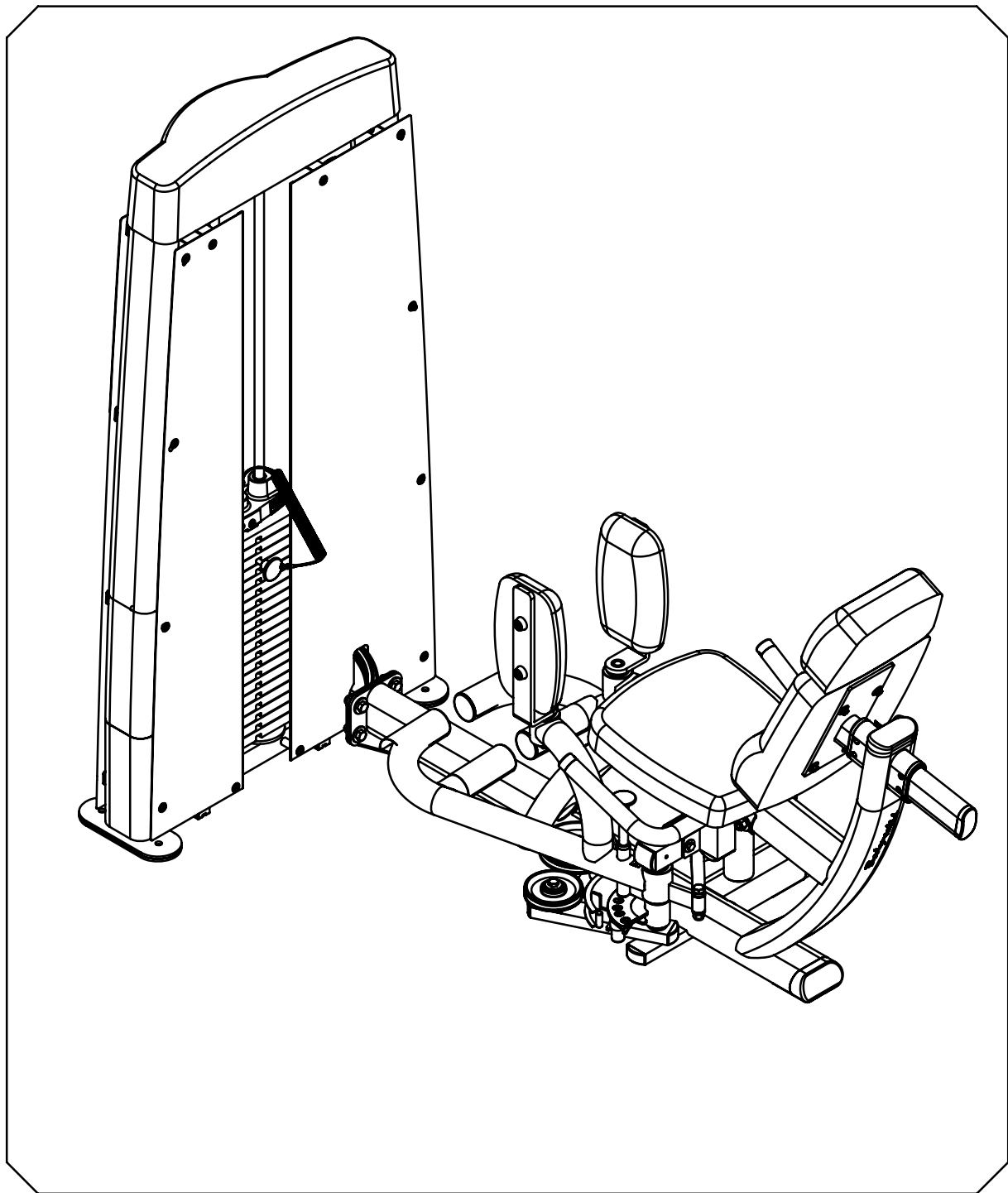


Body-Solid

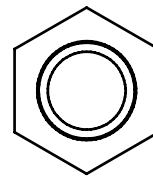
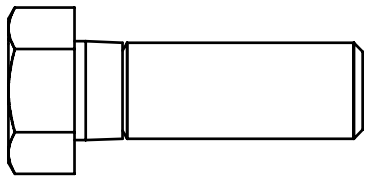


BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
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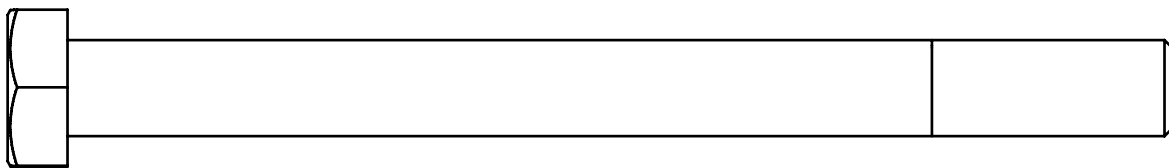
DIOT OWNER'S MANUAL

DIOT ASSEMBLY INSTRUCTIONS

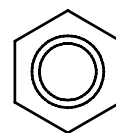
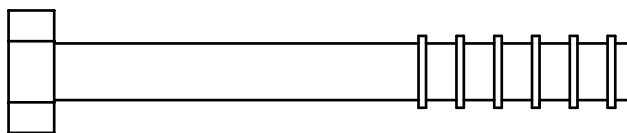
HARDWARE ILLUSTRATION



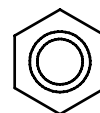
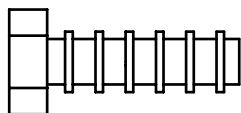
(A1)HEX BOLT 1/2"x1 1/2"L PARTIAL THREAD QTY.4



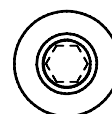
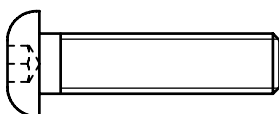
(A2)HEX BOLT 1/2"x5 3/4"L PARTIAL THREAD QTY.2



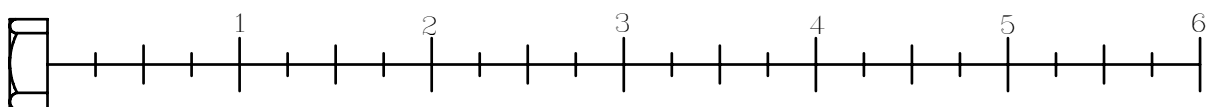
(A3)HEX BOLT 3/8"x3"L PARTIAL THREAD QTY.2



(A4)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.4

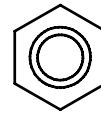
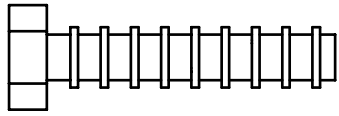


(A5)ROUND ALLEN HEAD 5/16"x1 1/4"L PARTIAL THREAD QTY.4

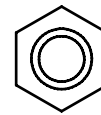
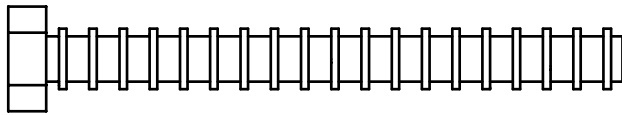


DIOT ASSEMBLY INSTRUCTIONS

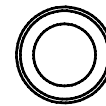
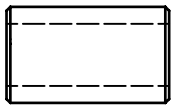
HARDWARE ILLUSTRATION



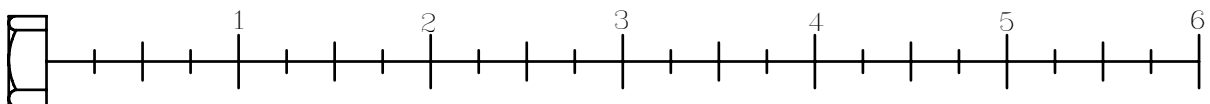
(A6)HEX BOLT 5/16"x1 1/2"L PARTIAL THREAD QTY.1



(A7)HEX BOLT 5/16"x3"L PARTIAL THREAD QTY.2



(A8)IMMOBILE COVER Ø1/2"XØ8.5X21.5L(8690-012) QTY.1

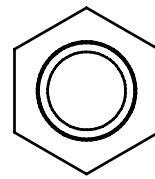
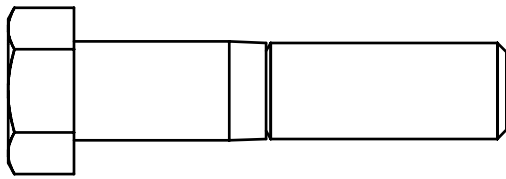


DIOT ASSEMBLY INSTRUCTIONS

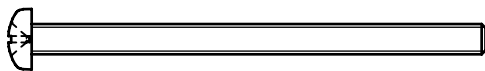
FRAME HARDWARE ILLUSTRATION



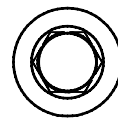
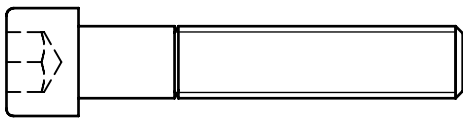
(A18) ALLEN SCREW 5/16" X 3/8" L FULL THREAD QTY. 3



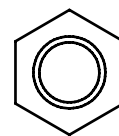
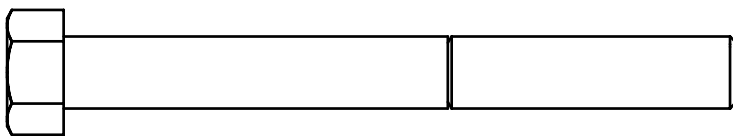
(A9) HEX BOLT 1/2" X 2 1/4" L PARTIAL THREAD QTY. 4



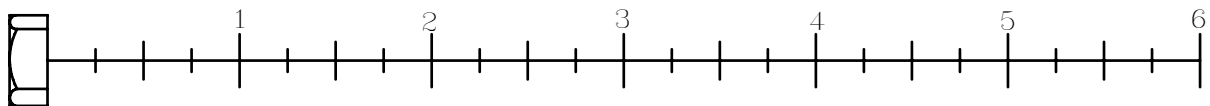
(A10) HEX BOLT M4 X 65 L PARTIAL THREAD QTY. 2



(A11) ROUND ALLEN HEAD 3/8" X 2" L PARTIAL THREAD QTY. 1

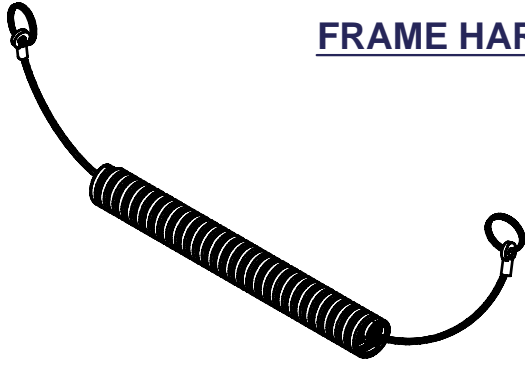


(A12) HEX BOLT 3/8" X 3 1/2" L PARTIAL THREAD QTY. 1

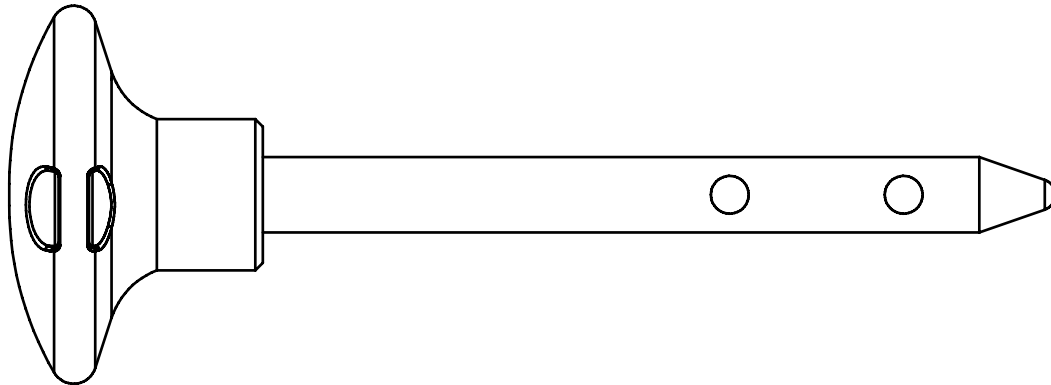


DIOT ASSEMBLY INSTRUCTIONS

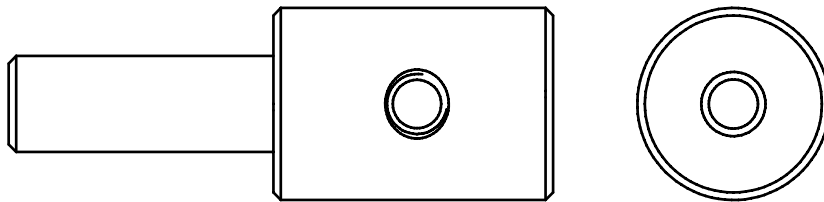
FRAME HARDWARE ILLUSTRATION



(A13)ELASTIC BOLT QTY.1



(A14)10LB PIN (8250-071) QTY.1



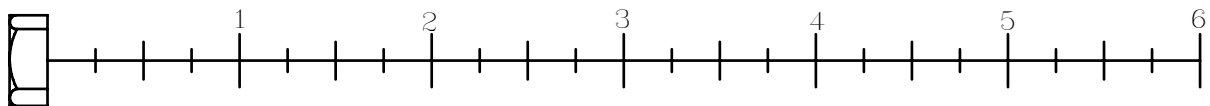
(A15)WEIGHT STACK CABLE (8260-009) QTY.1



(A16)ROUND ALLEN HEAD M6X20L PARTIAL THREAD QTY.20

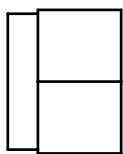
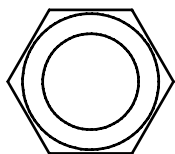


(A17)ROUND ALLEN HEAD 5/32"X1/4"L PARTIAL THREAD QTY.4

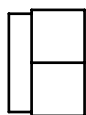
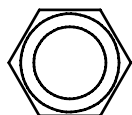


DIOT ASSEMBLY INSTRUCTIONS

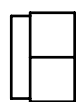
HARDWARE ILLUSTRATION



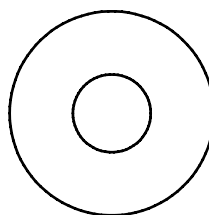
(B1) NYLON LOCK NUT 1/2" QTY.6



(B2) NYLON LOCK NUT 3/8" QTY.2



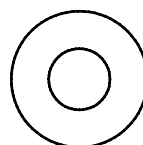
(B3) NYLON LOCK NUT 5/16" QTY.1



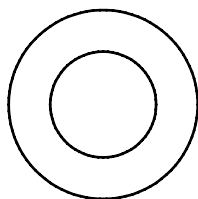
(C3) 3/8"(I.D.) FLAT WASHER Ø27 QTY.4



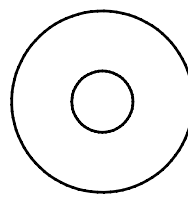
(C4) 5/16" SPRING WASHER QTY.6



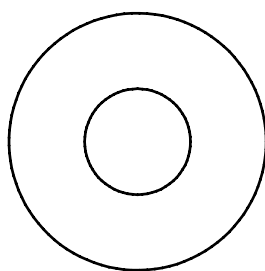
(C5) 5/16"(I.D.) FLAT WASHER Ø18 QTY.2



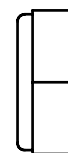
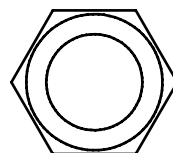
(C1) 1/2"(I.D.) FLAT WASHER Ø25 QTY.2



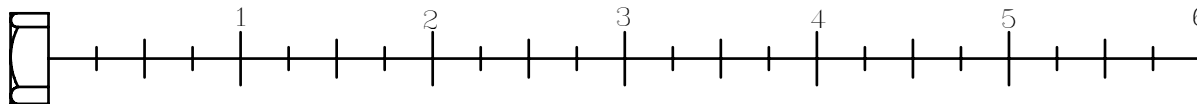
(C6) 5/16"(I.D.) FLAT WASHER Ø24 QTY.6



(C2) 1/2"(I.D.) FLAT WASHER Ø34 QTY.12



(B7) NYLON LOCK NUT 1/2"X8H QTY.2



DIOT ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.	Ø3/4"X8L STEEL BUSHING (8110-014)	[2PCS]
D2.	Ø1" CU WASHER (8520-008)	[4PCS]
D3.	Ø60 END CAP (9211-065)	[4PCS]
D4.	1"X2" END CAP (9211-086)	[3PCS]
D5.	2"X2" END CAP (9211-087)	[3PCS]
D6.	50X100(40X80)NYLON BUSHING(9211-107)	[2PCS]
D7.	58X116X2.5T FOOT CAP(9211-109)	[2PCS]
D8.	58X116 END CAP(9211-112)	[2PCS]
D9.	40X80 END CAP(9211-113)	[1PCS]
D10.	RUBBER BOLT HEAD PROTECTOR 5/16"(9214-030)	[4PCS]
D11.	95X140L RUBBER PAD(9310-035)	[4PCS]
D12.	Ø3/4" SHAFT COLLAR(9211-046)	[2PCS]
D13.	Ø4" RUBBER DOUNT(9310-017)	[2PCS]
D14.	95X250 RUBBER PAD(9310-060)	[2PCS]
D15.	Ø6" PULLEY(9213-009A)	[1PCS]
D16.	Ø117 PULLEY(9213-010B)	[5PCS]
D17.	WEIGHT SELECTOR BAR(8210-042)	[1PCS]

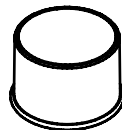
D1



D2



D3



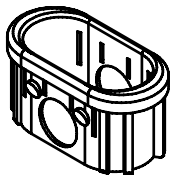
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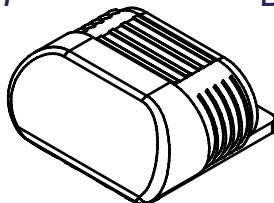
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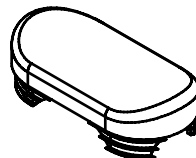
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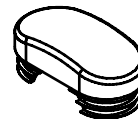
D7



D8



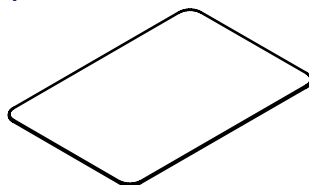
D9



D10



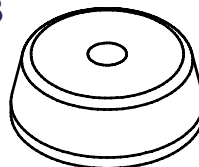
D11



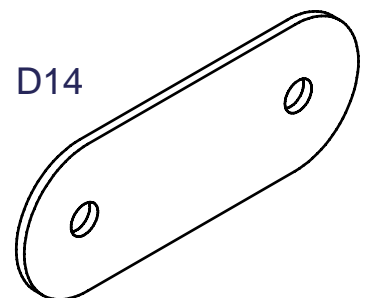
D12



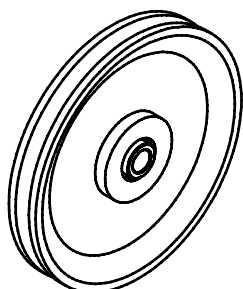
D13



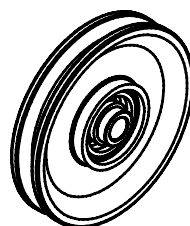
D14



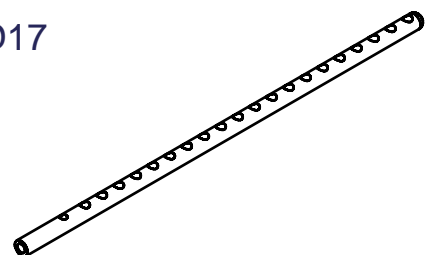
D15



D16



D17

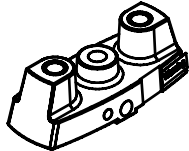


DIOT ASSEMBLY INSTRUCTIONS

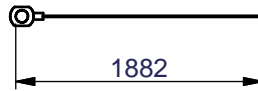
HARDWARE ILLUSTRATION

- D18.TOP PLATE(8400-006)-----[1PCS]
- D19.1882mm STEEL CABLE(FDIOTA)-----[1PCS]
- D20.2220mm STEEL CABLE(FDIOTB)-----[1PCS]
- D21.DIOT For DGYM Steel Cable(FDIOTC)-----[1PCS]

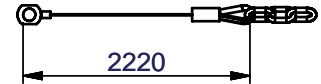
D18



D19

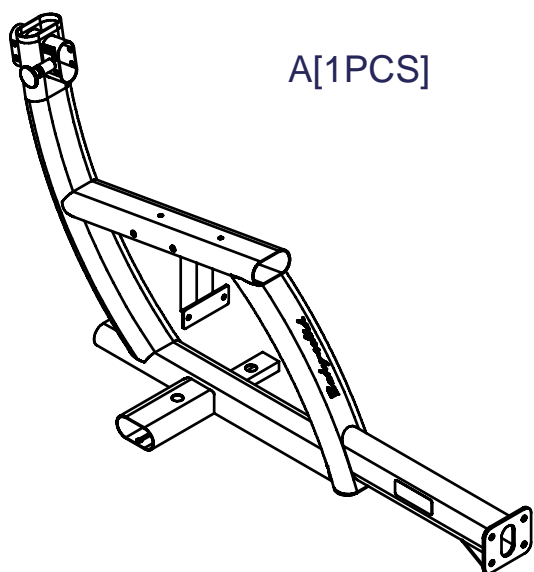


D20

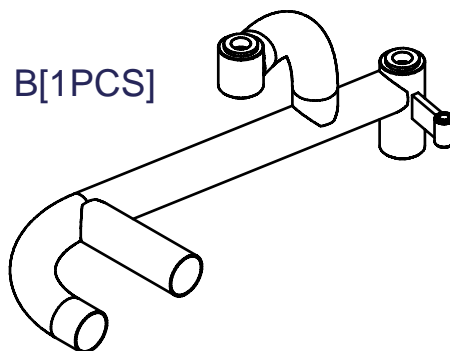


DIOT ASSEMBLY INSTRUCTIONS

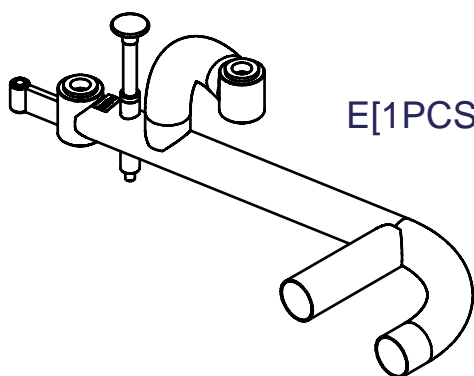
PARTS ILLUSTRATION SHEET



A[1PCS]

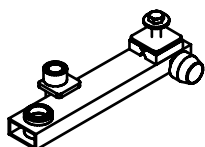


B[1PCS]

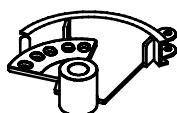


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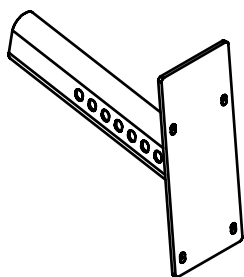
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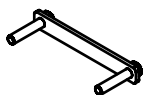
D[1PCS]



F[1PCS]



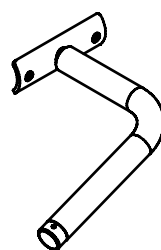
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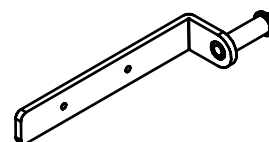
Direction



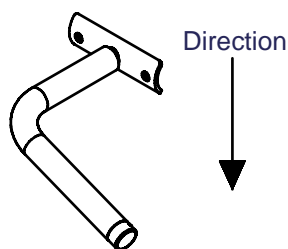
H[1PCS]



I[2PCS]



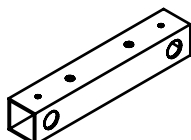
J[1PCS]



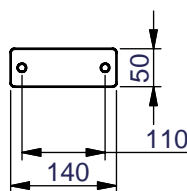
Direction



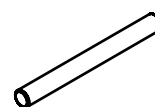
K[1PCS]



L[1PCS]
8312-090



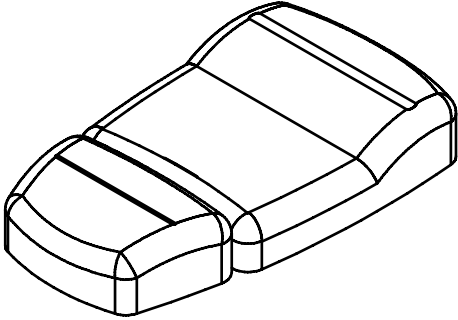
M[2PCS]
8220-071
Ø1"X250L



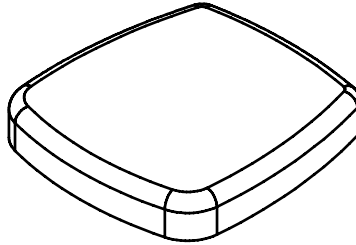
DIOT ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

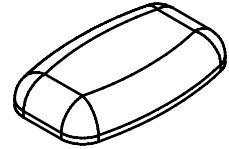
N[1PCS]
9111-055



O[1PCS]
9121-052



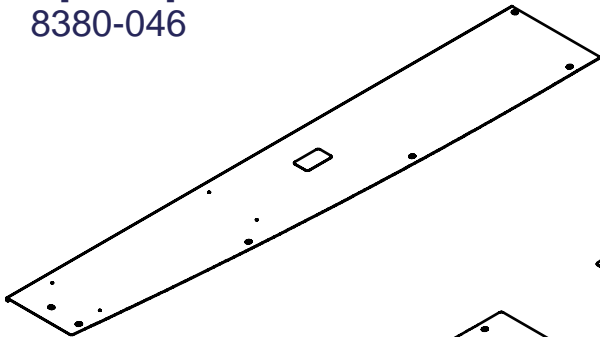
P[2PCS]
9131-017



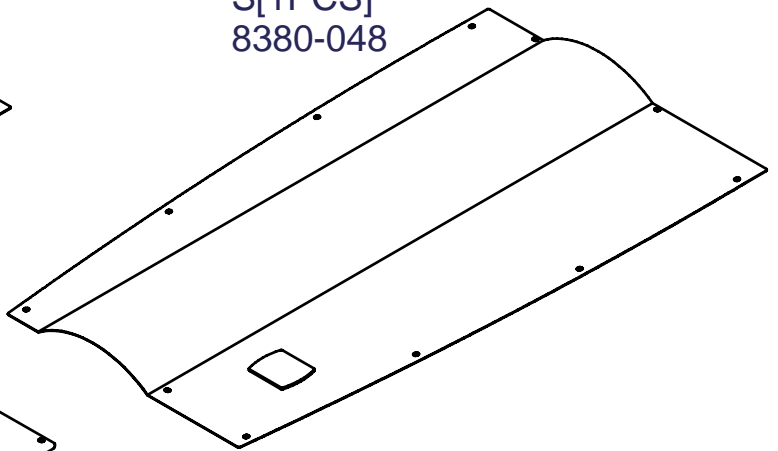
DIOT ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET

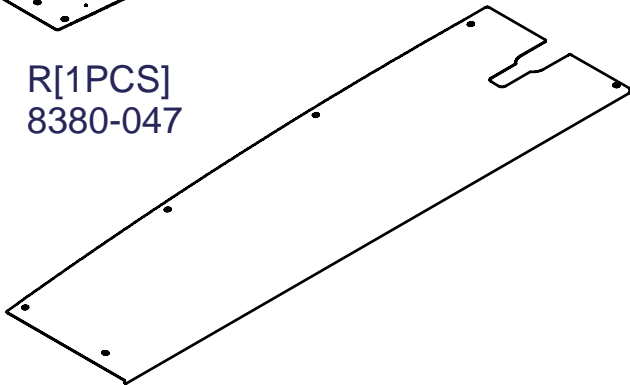
Q[1PCS]
8380-046



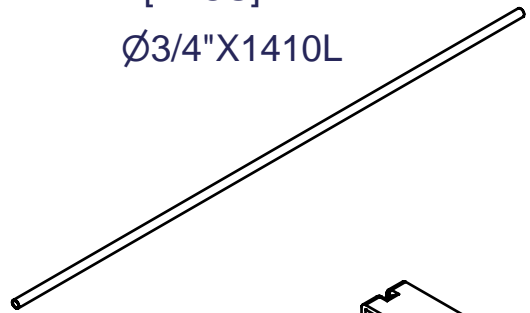
S[1PCS]
8380-048



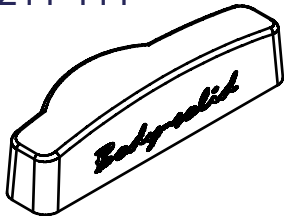
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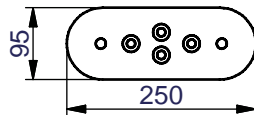
T[2PCS]
Ø3/4"X1410L



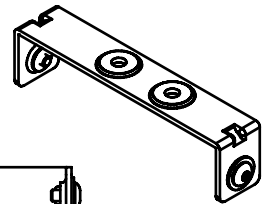
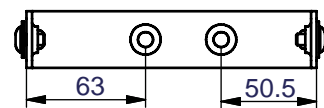
U[1PCS]
9211-111



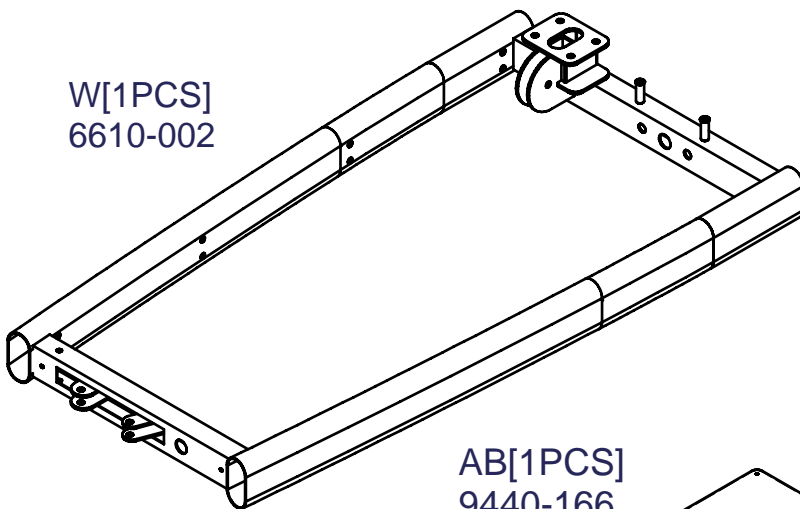
V[2PCS]
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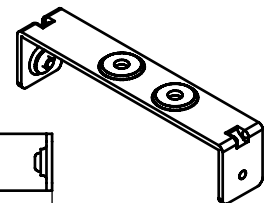
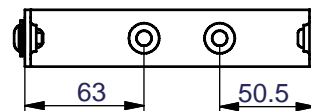
X[9PCS]
8321-040
both side



W[1PCS]
6610-002



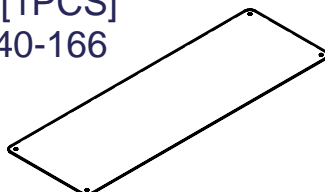
Y[1PCS]
8321-040
one side



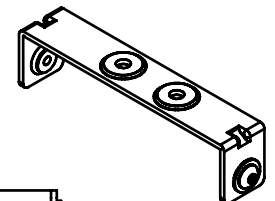
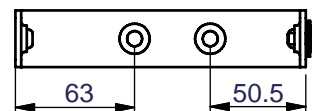
AA[1PCS]
6640-001



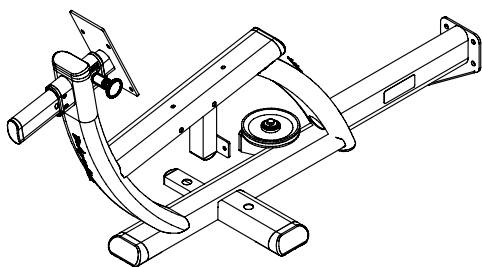
AB[1PCS]
9440-166



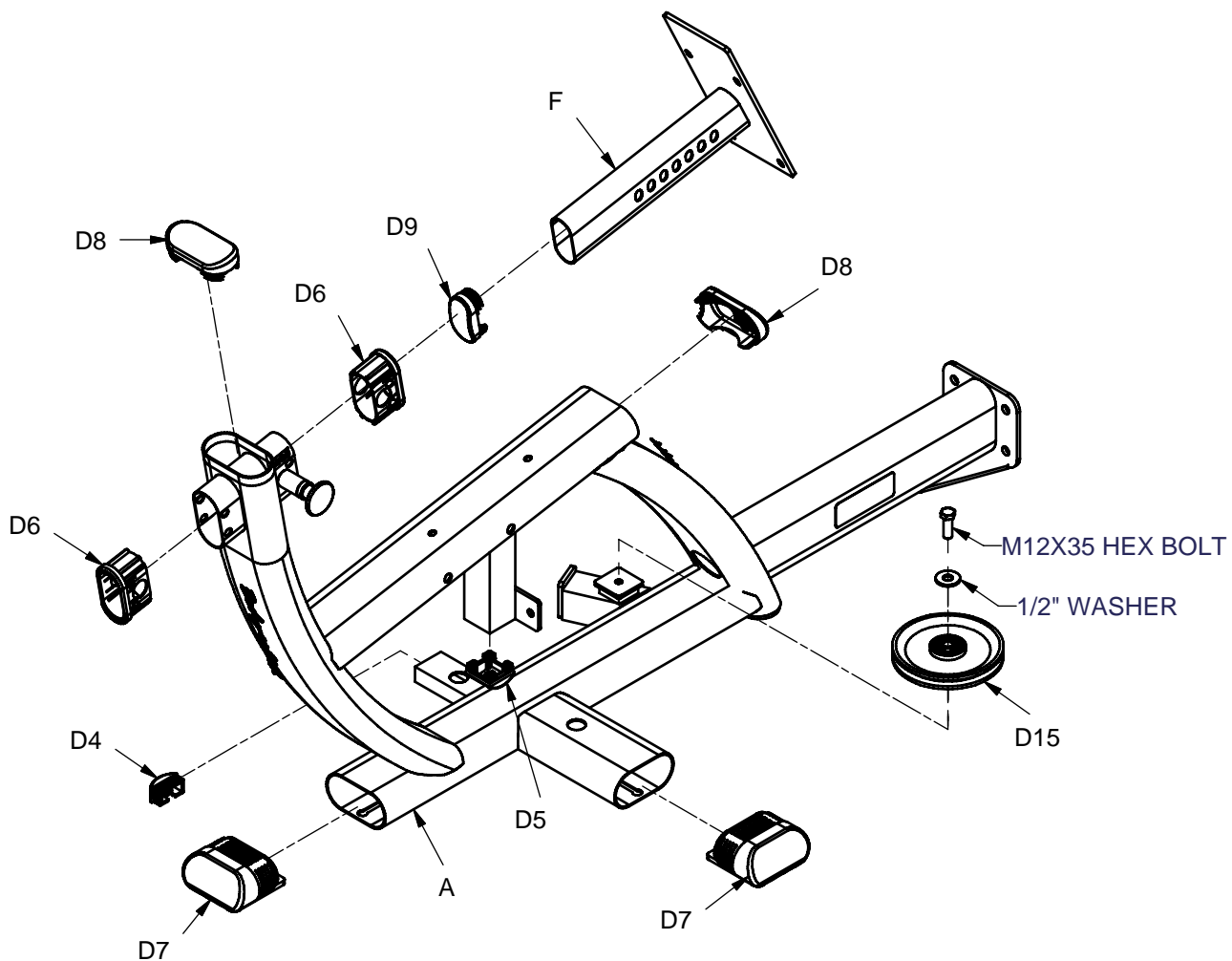
Z[2PCS]
8321-040
one side



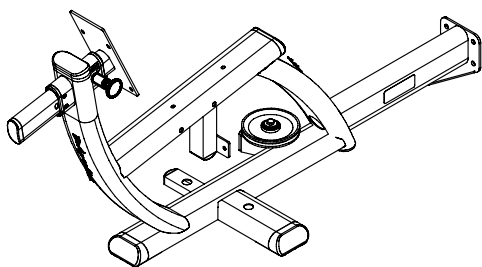
DIOT ASSEMBLY INSTRUCTIONS



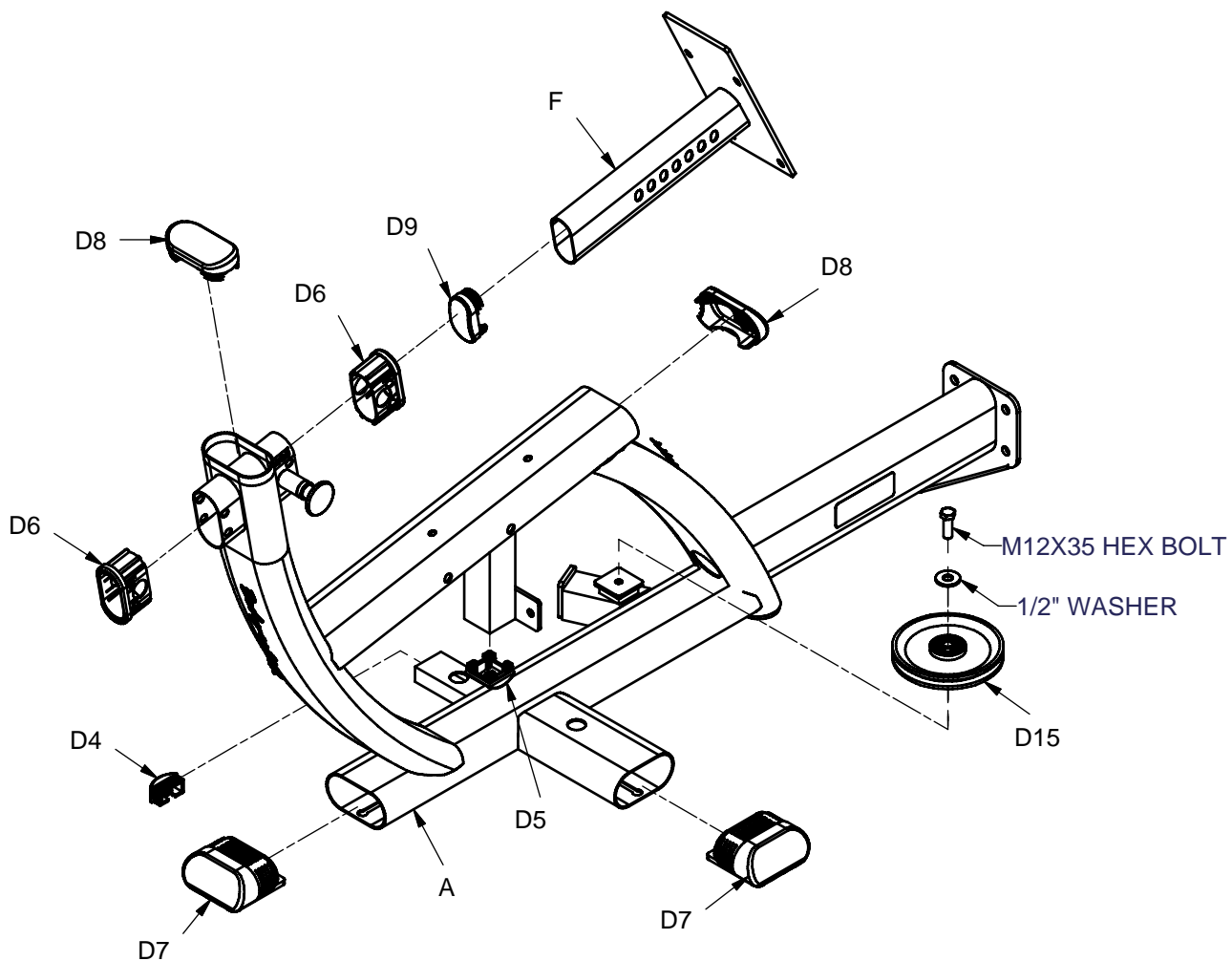
Above shows STEP 1
assembled and completed



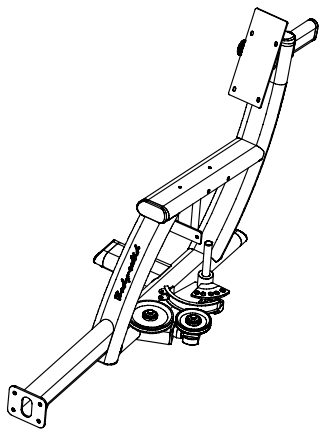
DIOT ASSEMBLY INSTRUCTIONS



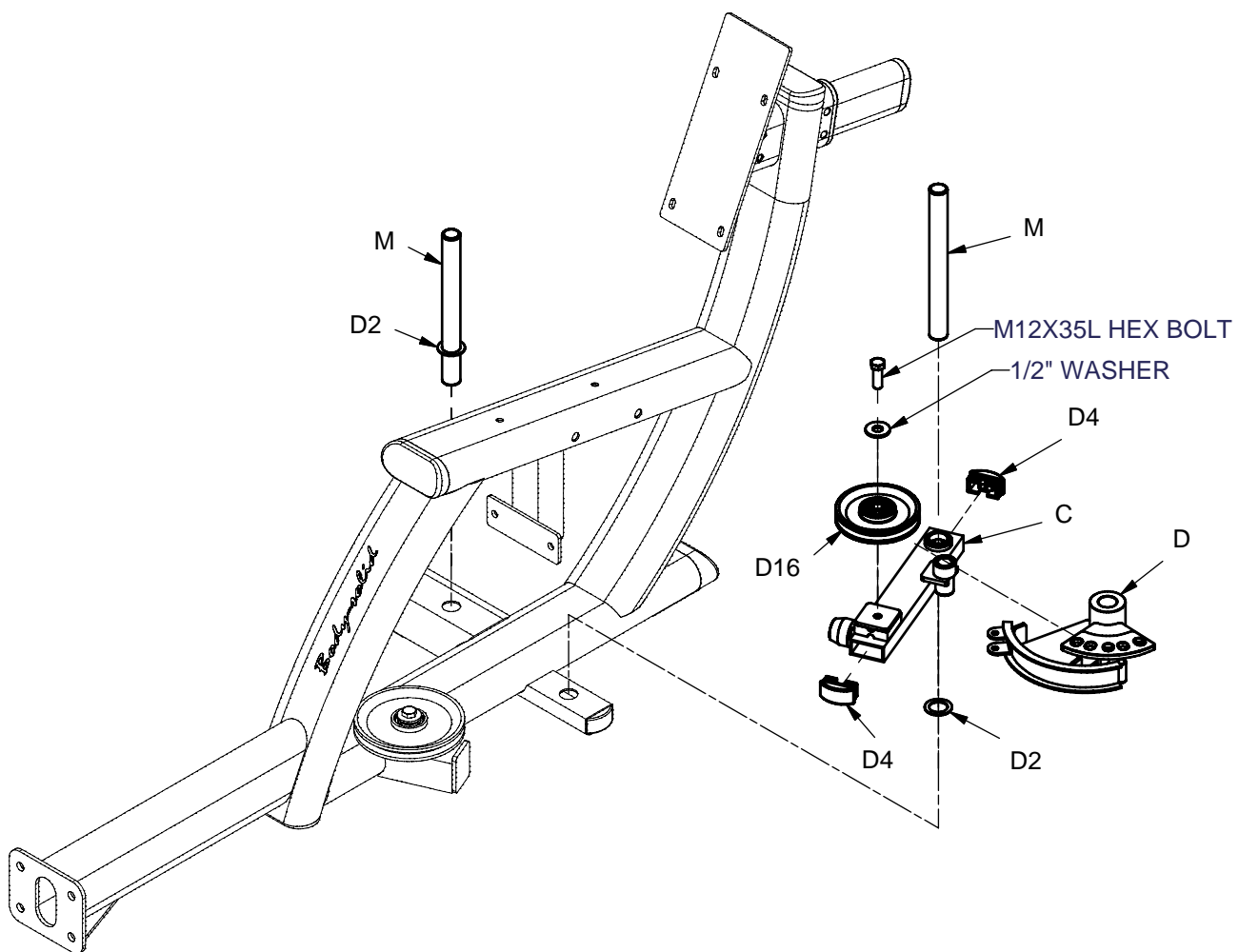
Above shows STEP 1
assembled and completed



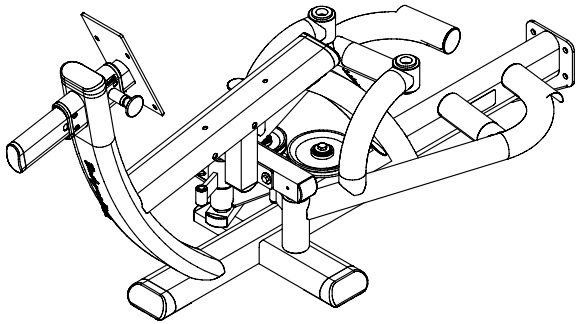
DIOT ASSEMBLY INSTRUCTIONS



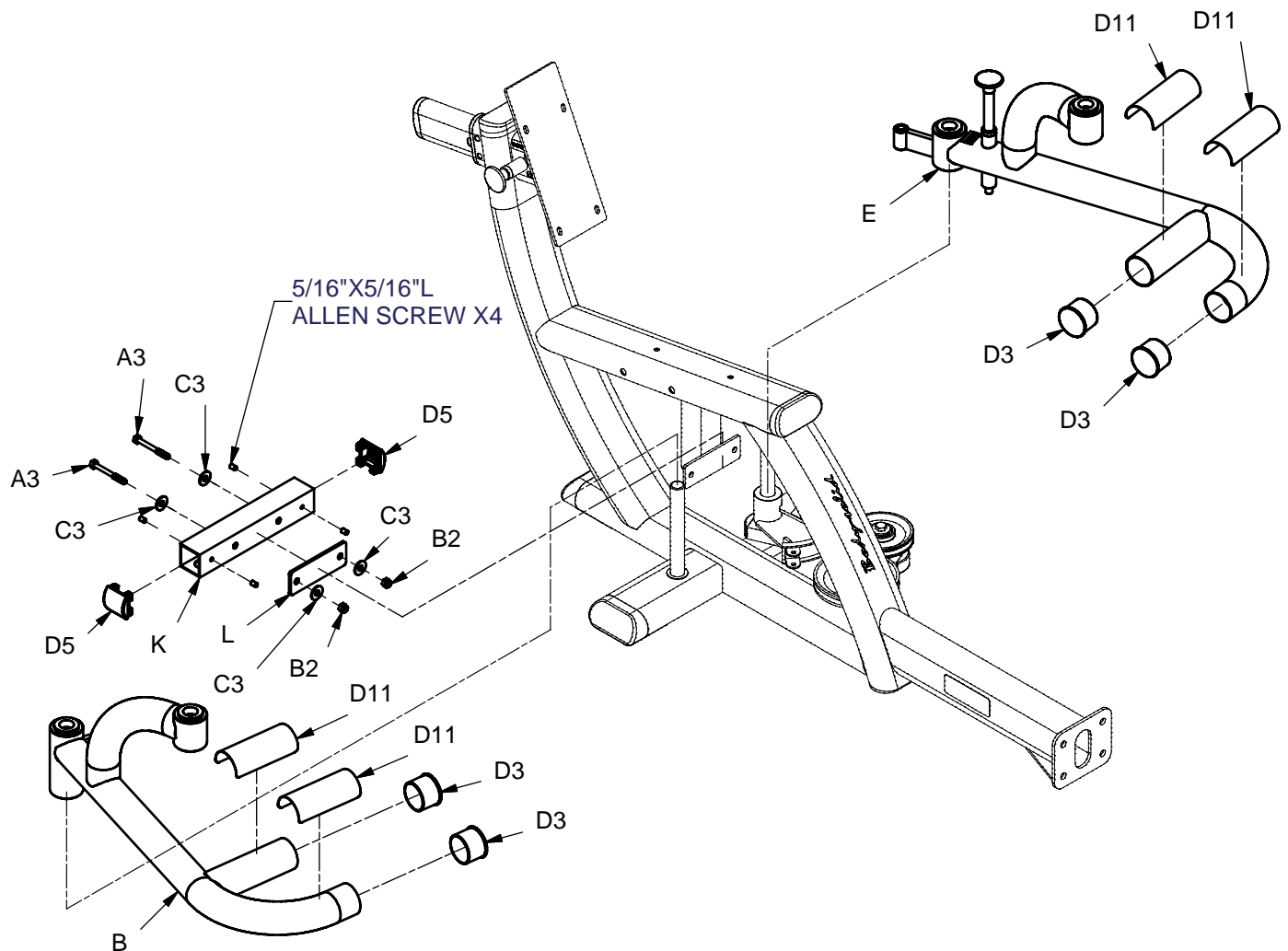
Above shows STEP 2
assembled and completed



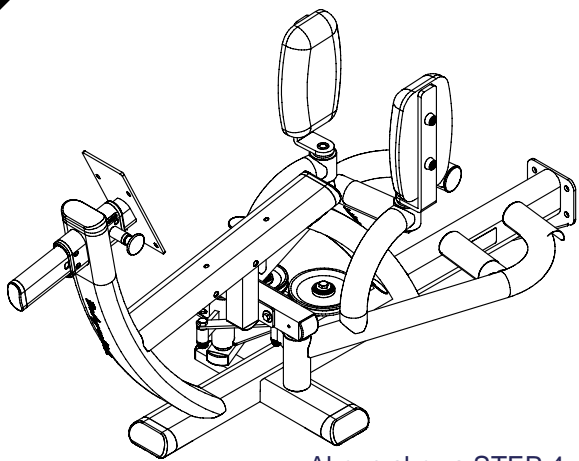
DIOT ASSEMBLY INSTRUCTIONS



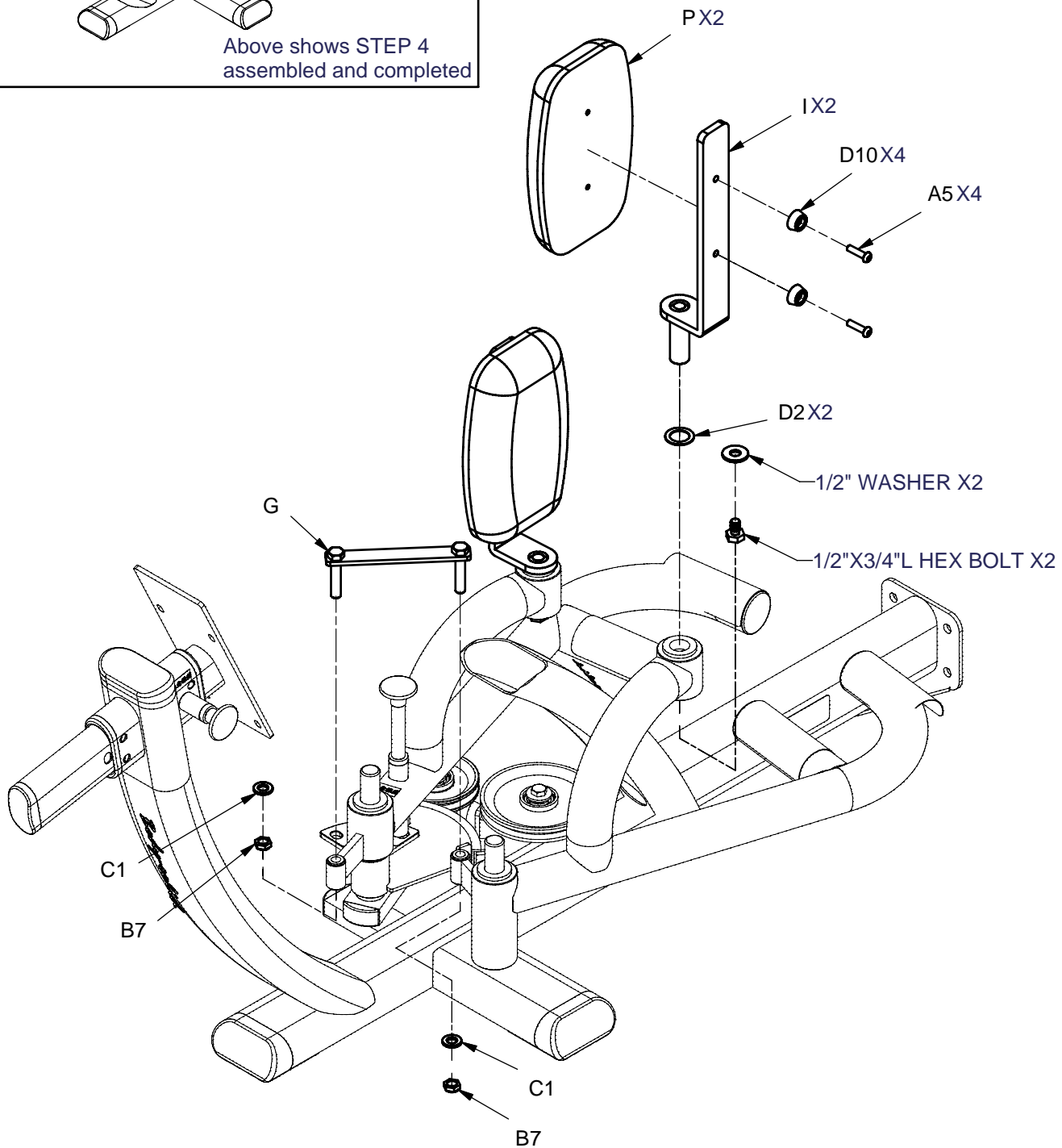
Above shows STEP 3
assembled and completed



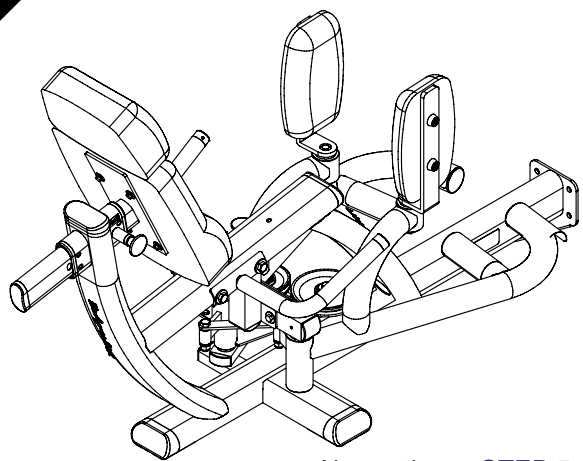
DIOT ASSEMBLY INSTRUCTIONS



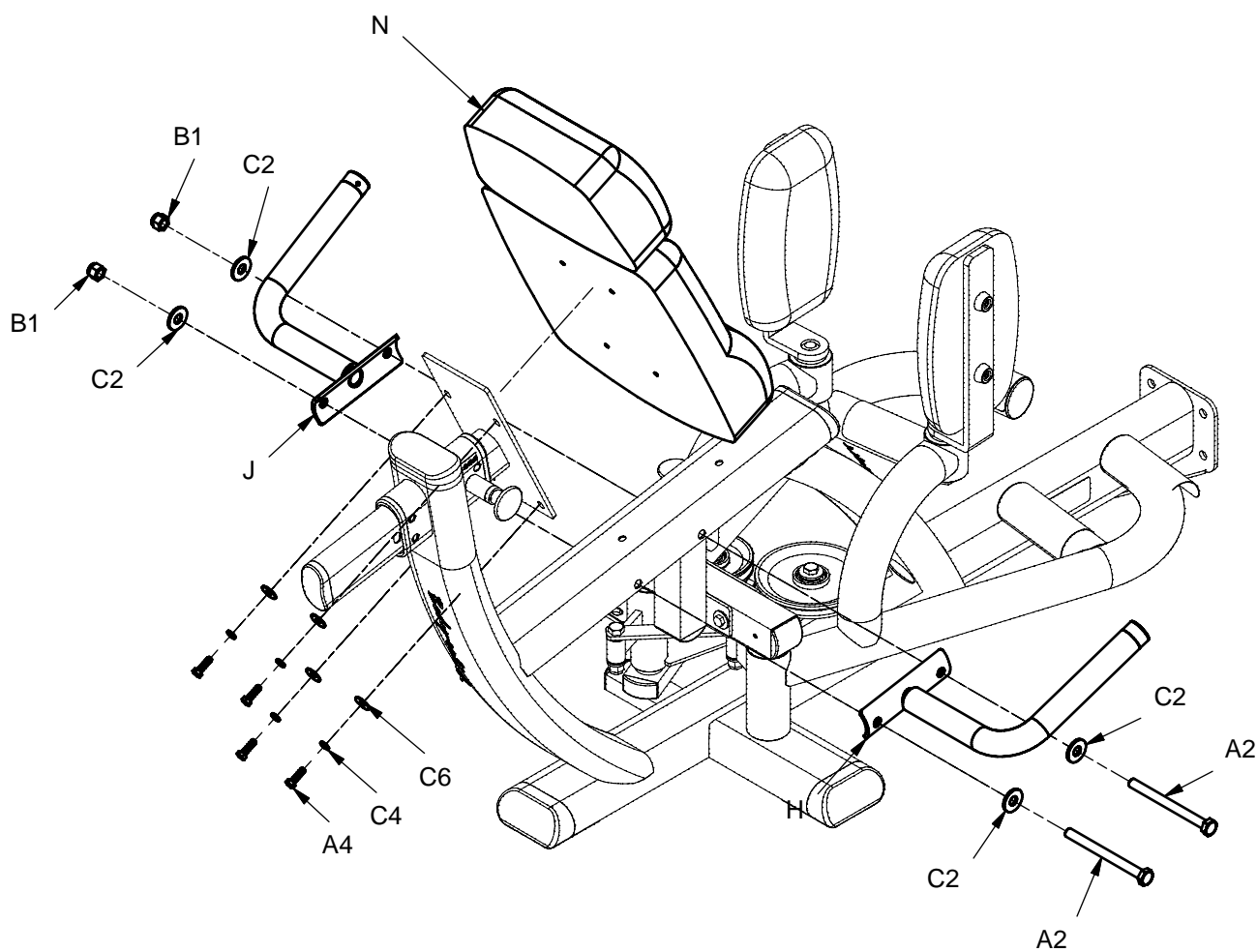
Above shows STEP 4 assembled and completed



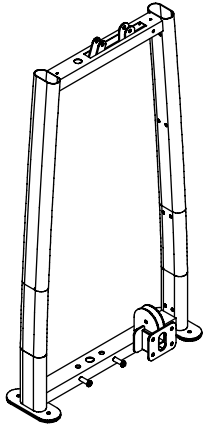
DIOT ASSEMBLY INSTRUCTIONS



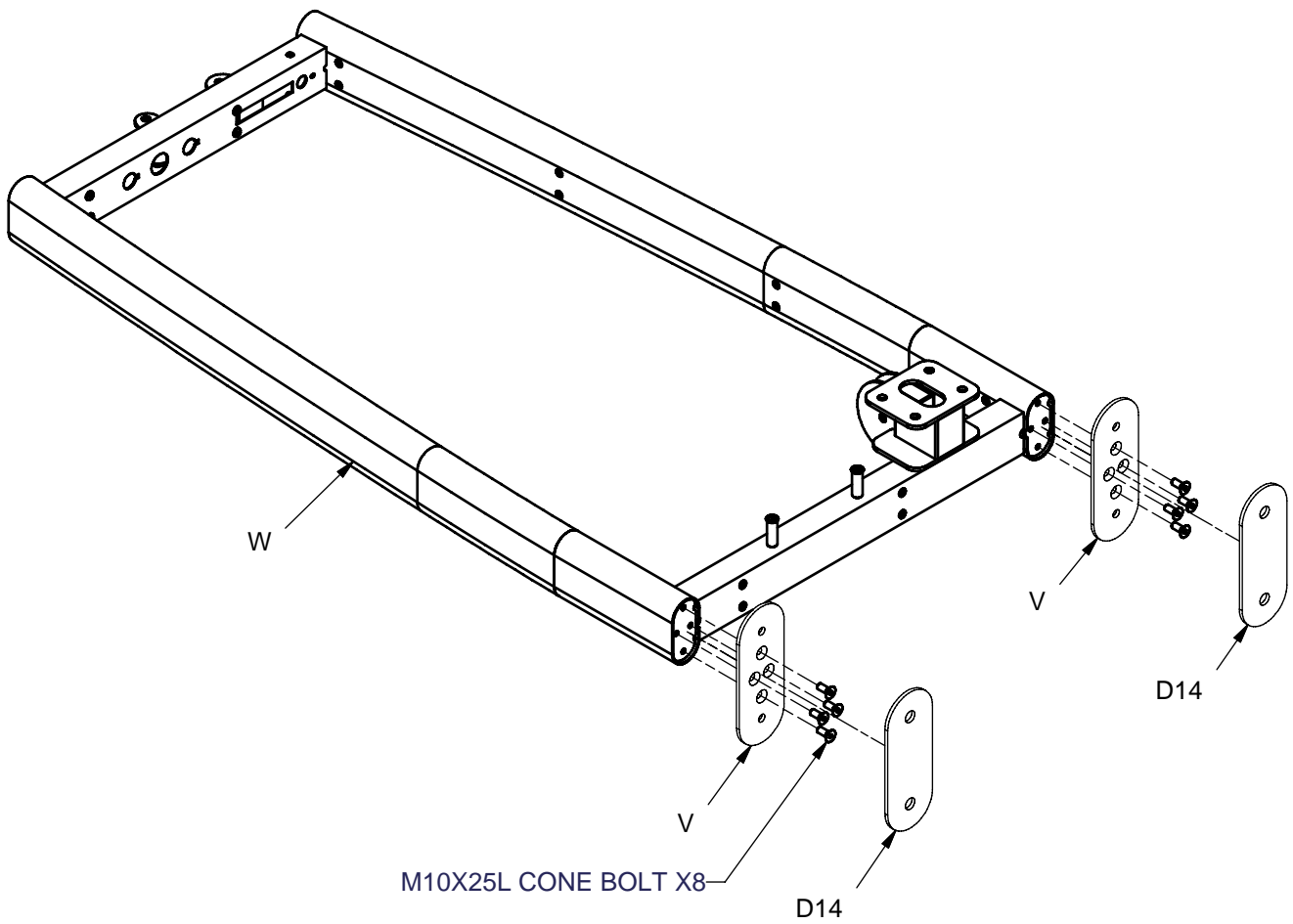
Above shows STEP 5
assembled and completed



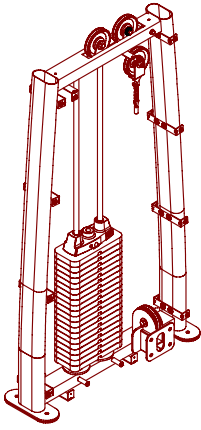
DIOT ASSEMBLY INSTRUCTIONS



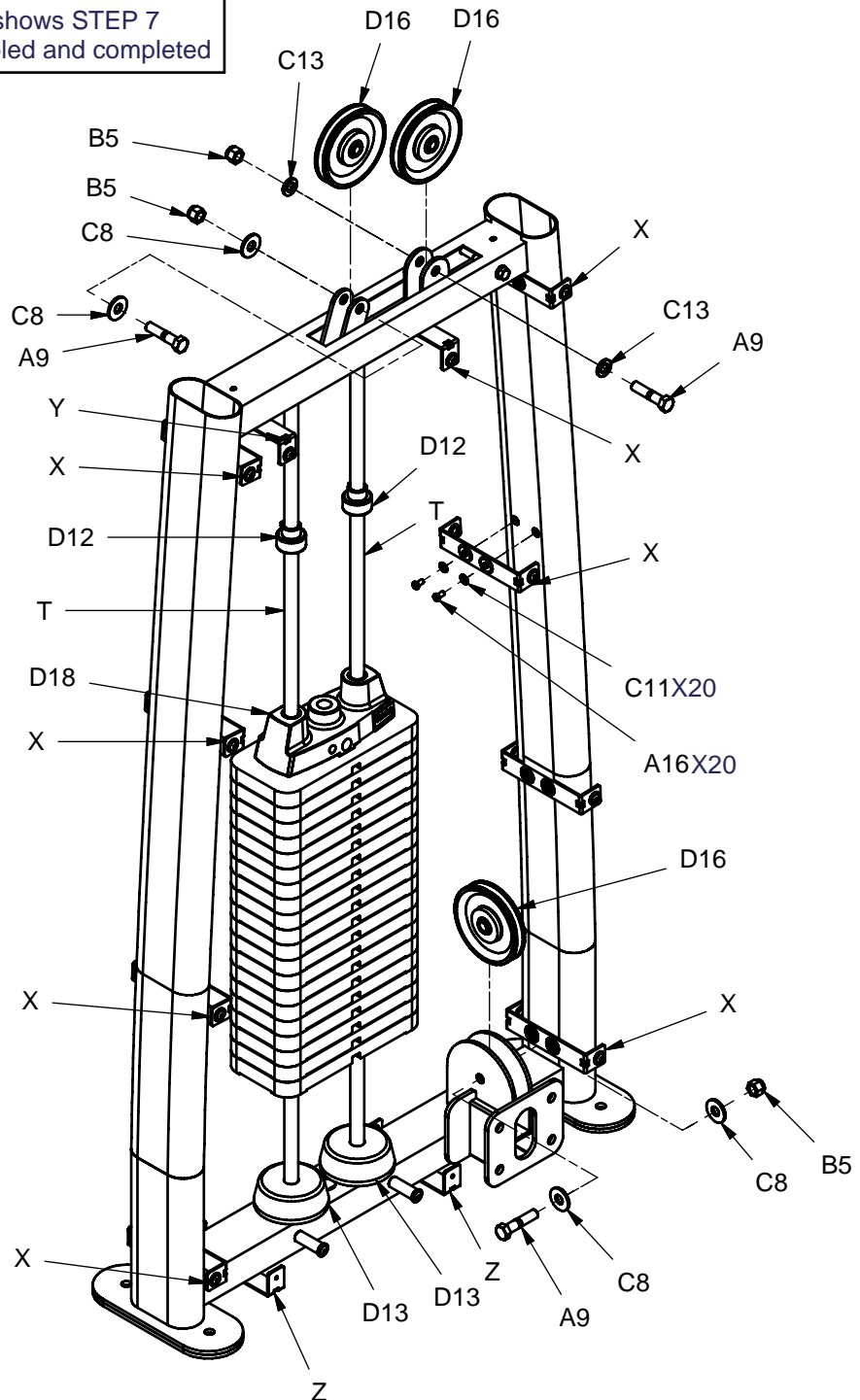
Above shows STEP 6
assembled and completed



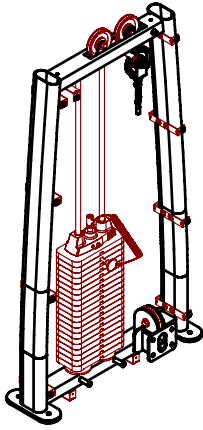
DIOT ASSEMBLY INSTRUCTIONS



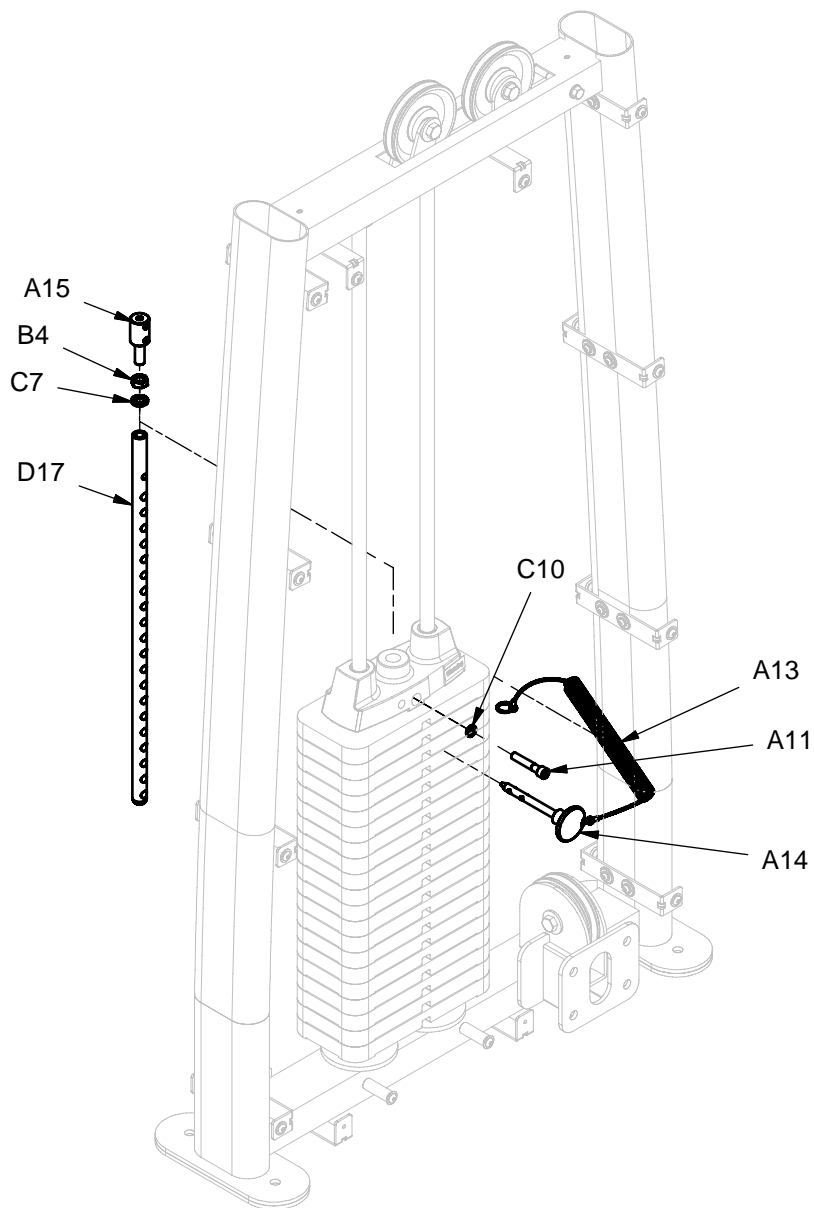
Above shows STEP 7 assembled and completed



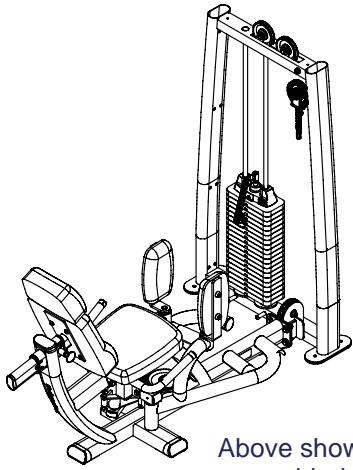
DIOT ASSEMBLY INSTRUCTIONS



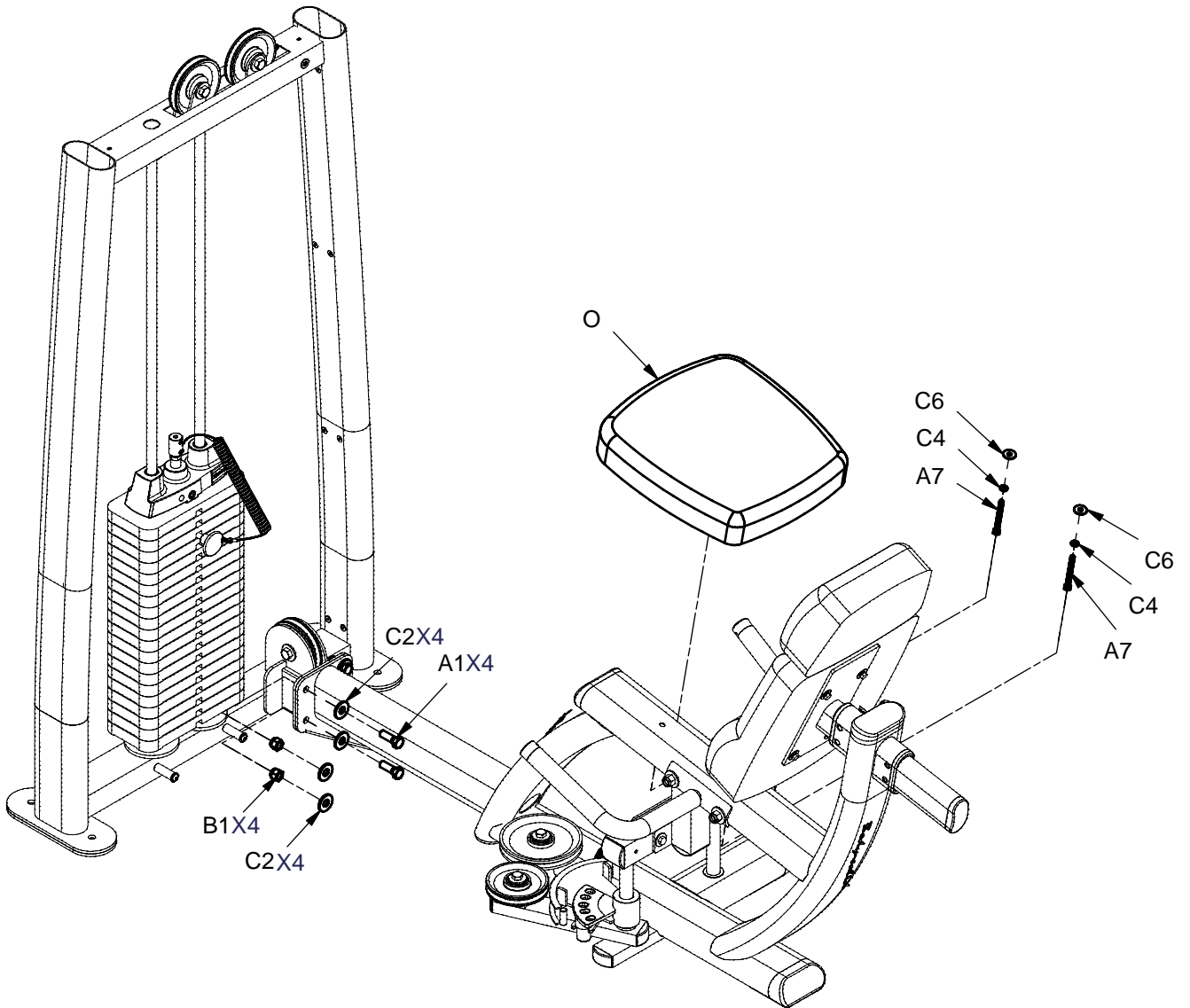
Above shows STEP 8
assembled and completed



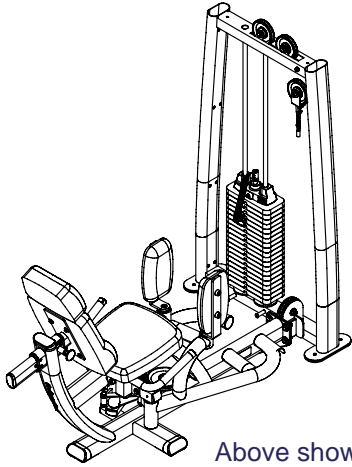
DIOT ASSEMBLY INSTRUCTIONS



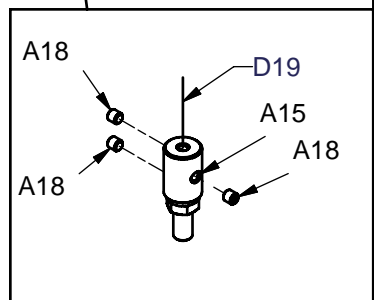
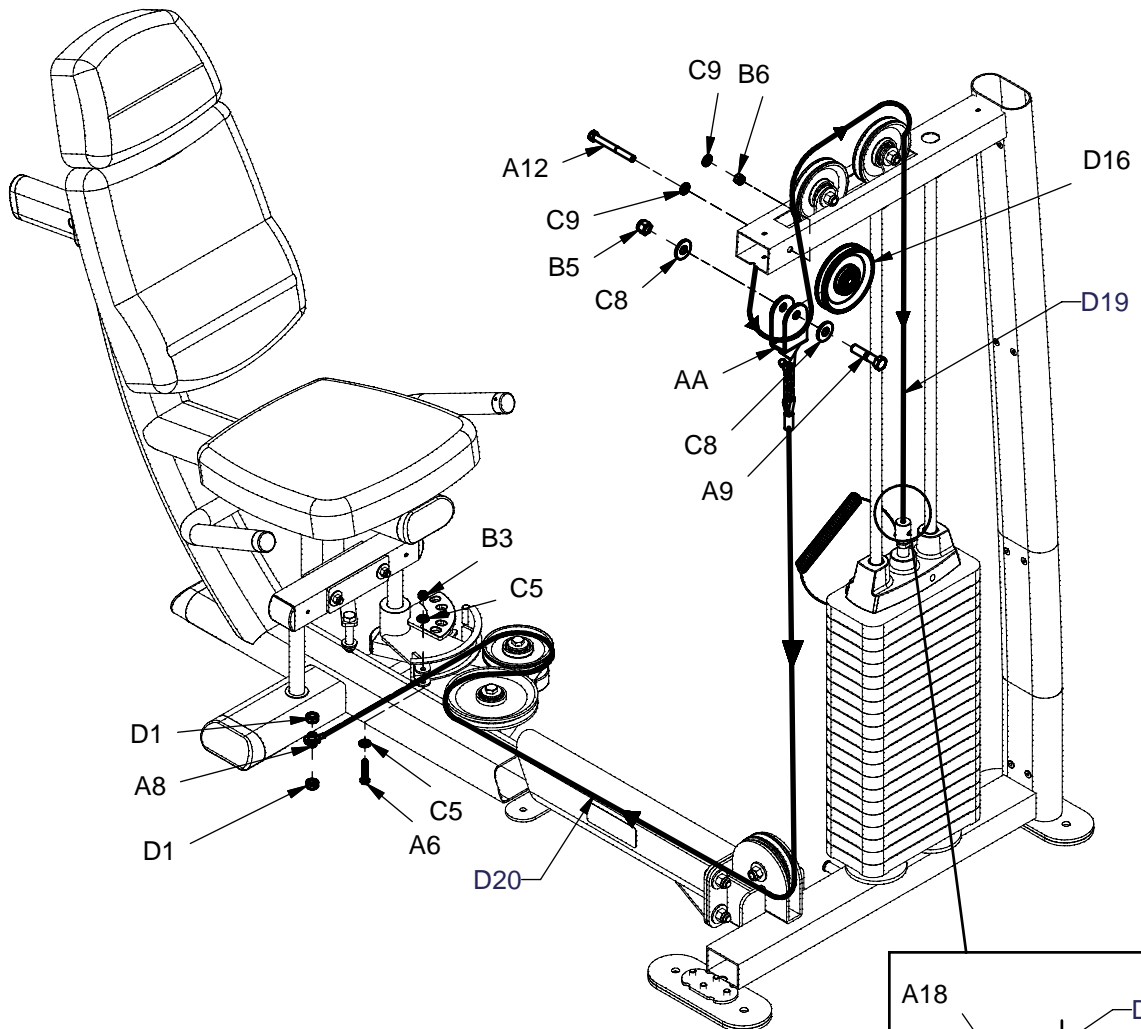
Above shows STEP 9 assembled and completed



DIOT ASSEMBLY INSTRUCTIONS

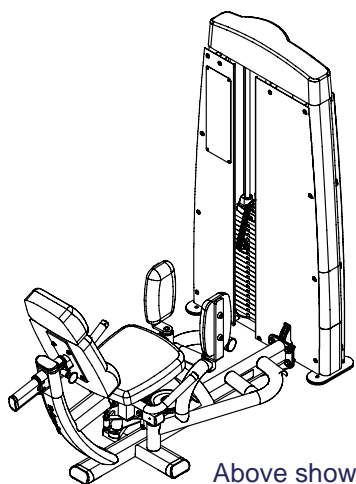


Above shows STEP 10 assembled and completed

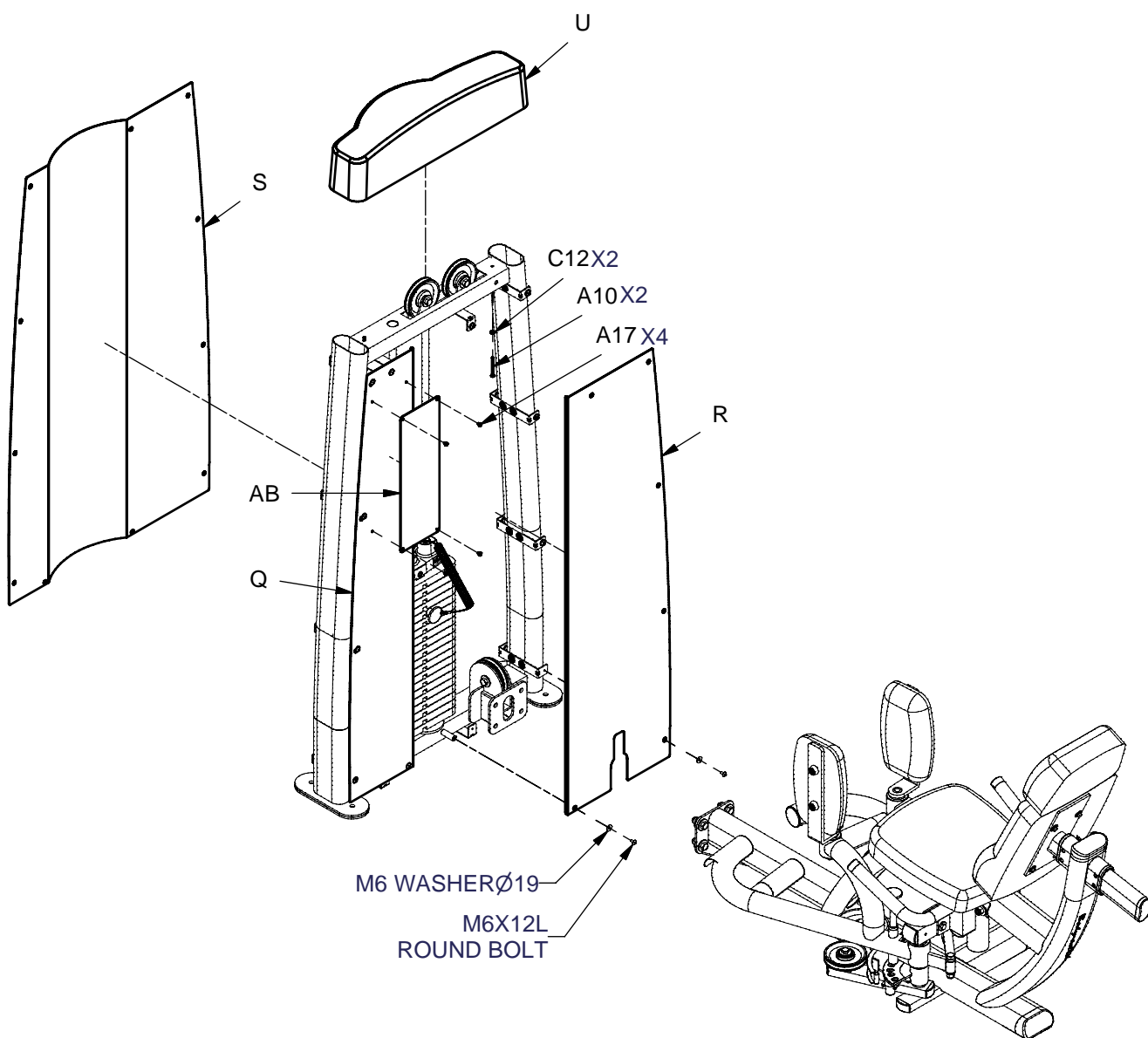


DETAIL VIEW

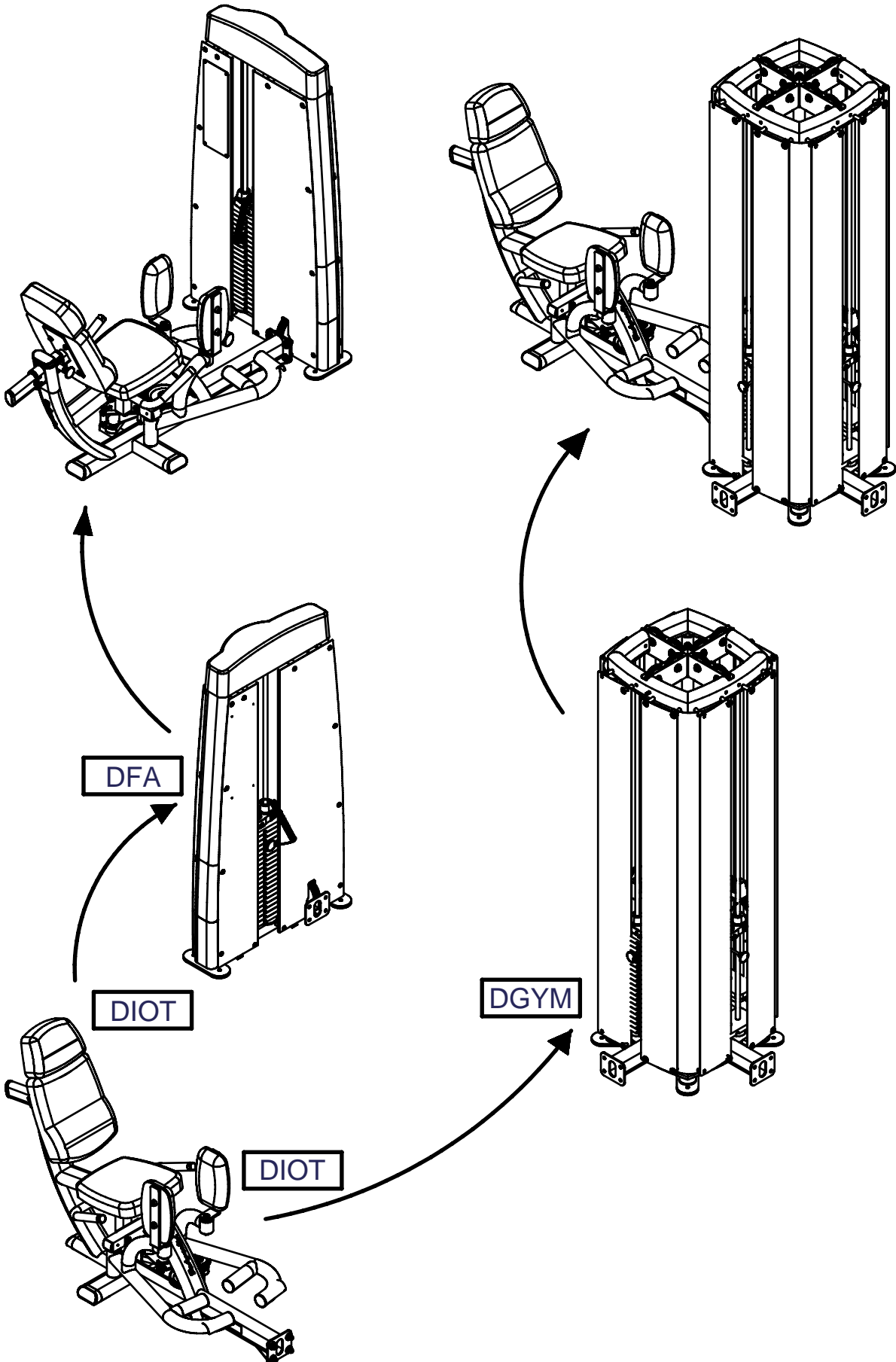
DIOT ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed



DIOT ASSEMBLY INSTRUCTIONS



DIOT ASSEMBLY INSTRUCTIONS

Cable to match illustration

