

Body-Solid®



EXM1

Assembly Instructions / Owner's Manual

Contents

Before You Begin	3
Dimensions	4
Preparations	5
Important Safety Instructions	6
Warning, Safety & Maintenance	7-8
Safety Guidelines	9
Parts List	10
Parts Diagram	11
Hardware List	12-14
Hardware Diagram	15-17
Assembly Instructions	18-51
Cable Adjustments	52-53

Before You Begin

Thank you for purchasing the EXM1. This gym is built by Body-Solid exclusively for Fitness Factory and is part of the Body-Solid line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning.

Unpacking the Equipment

The EXM1 is carefully tested and inspected before shipment. Body-Solid ships the unit in pieces that require assembly. Ask for assistance during the assembly process.

Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

Required Tools:

The tools that you must obtain before assembling the EXM1 include:

- Set of Allen Keys
- Socket & Ratchet Set
- Adjustable Wrenches

Installation Requirements

Be careful to assemble components in the sequence presented in this guide. Follow these installation requirements when assembling the EXM1:

- Set up the EXM1 on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.
- Provide ample space around the machine. Open space around the machine allows for easier access.
- Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.
- Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.
- **Fill out and mail warranty card.**

CAUTION: Obtain assistance! Do not attempt to assemble the EXM1 by yourself.

Be careful to assemble all components in the sequence presented in this guide. If you do not assemble and use the EXM1 according to these guidelines, you could void the Body-Solid warranty.

The EXM1 gym comes in three boxes. The weight stack plates ship in separate boxes depending on your weight stack option.

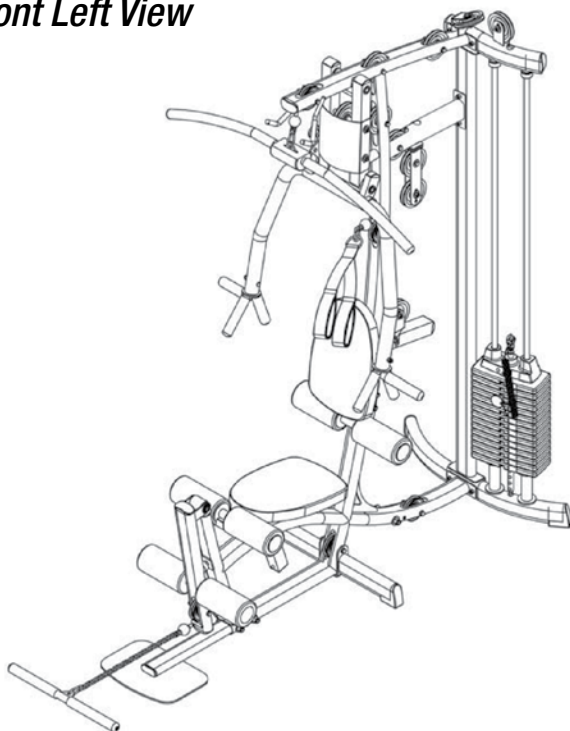
*If any items are missing, contact the dealer from whom you purchased the unit or call **1-800-556-3113** for Body-Solid customer service.*

To locate your Serial Number see page 4.

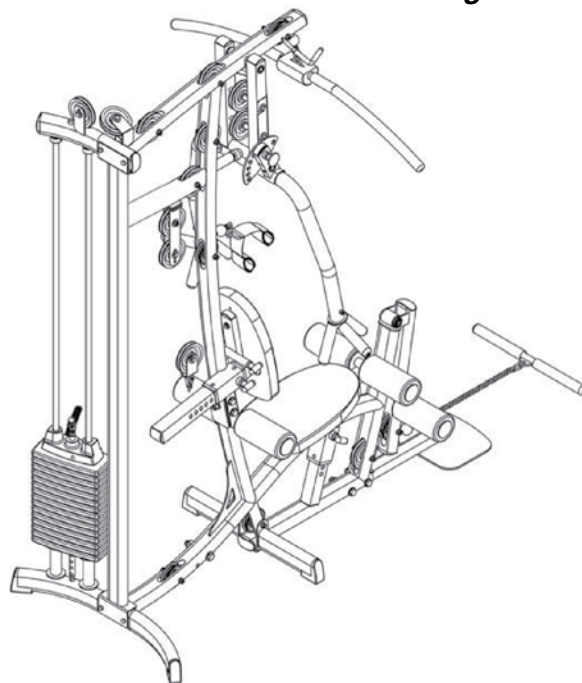
Dimensions

The dimensions of the EXM1 are: length 71" x width 37" x Height is 83".
The diagrams below are without the optional Leg Press Station EXMLP1.

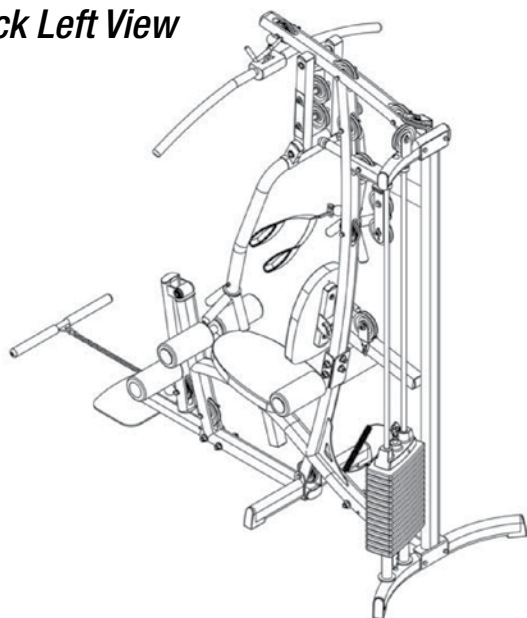
Front Left View



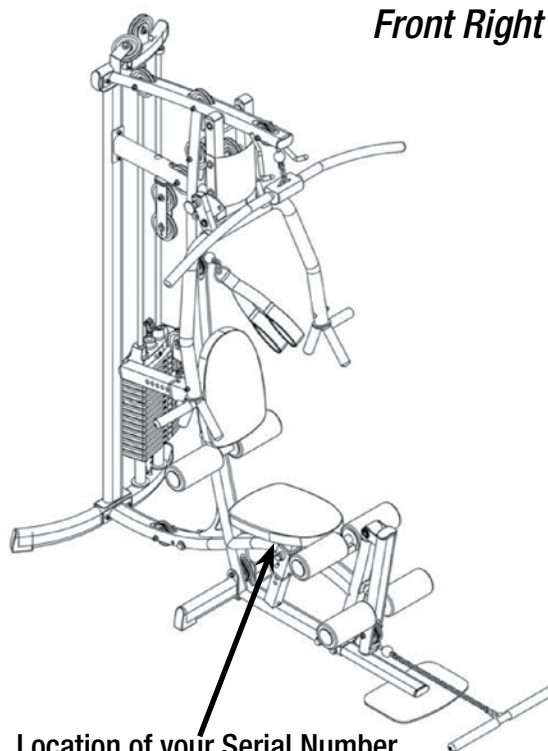
Back Right View



Back Left View



Front Right View



Due to continuing product improvements, specifications and designs are subject to change without notice.

Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given.

Location of your Serial Number,
is under the seat pad.

Preparations

Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow these assembly steps sequentially, the process will take time, but is fairly easy.

Assembly of the EXM1 takes professional installers about 3-5 hours to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

Assembly Tips

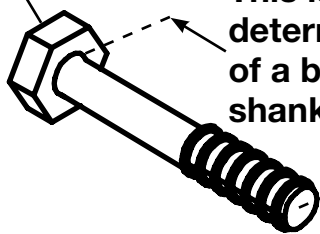
Read all "Notes" on each page before beginning each step.

While you may be able to assemble the EXM1 using the illustrations only, important safety notes and other tips are included in the text.

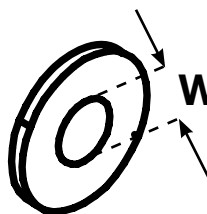
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:

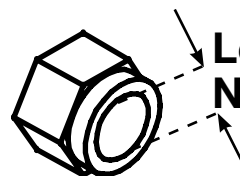
Bolt Head



This is the shank. To determine the length of a bolt, measure the shank only.



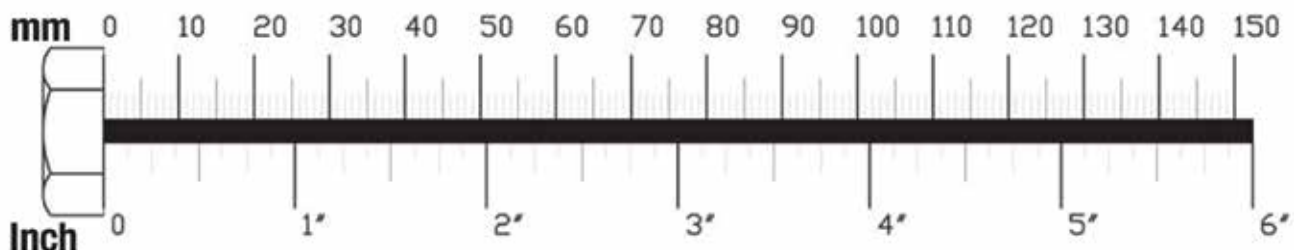
Washer Diameter



Lock Nut Diameter

Do not fully tighten bolts until instructed to do so.

NOTE: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for Body-Solid customer service.



Important Safety Instructions

Personal Safety During Assembly

- It is strongly recommended that a qualified dealer assemble the equipment. If you are going to do it yourself; **Assistance is required.**
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the EXM1 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The EXM1 is designed for your enjoyment.

By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid EXM1.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you will need your Serial Number, see page 4. You also must use the part number (pages 10-17) and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at **www.bodysolid.com** or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113

Phone: 1-708-427-3555

E-mail: service@bodysolid.com

Or write to: **Body-Solid, Inc.**

Service Department

1900 S. Des Plaines Ave.

Forest Park, IL 60130 USA

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the EXM1. These instructions are written to ensure your safety and to protect the unit.
- Do not remove any safety labels from the machine.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose.
- Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Retain this Owner's Manual for future reference. For your Serial Number see page 4, also part numbers are required when ordering parts.

Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before use. Failure to do so may result in serious injury. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and labels are available from your local Body-Solid dealer. If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1(800) 556-3113.

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. **FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. RAL8-6-03 WC-54

#DWRULE-4
Warning Label for Rules

Serious injury can occur if you are struck by falling weights or moving parts. The risk that you assume by using this type of equipment can be reduced by using common sense and following a few simple steps.

Important: cables are wear items. It is your responsibility to prevent unexpected breakage. The actual wire strands, the fittings and the nylon coating itself must be scrutinized. Using or allowing a machine to be used with a suspect cable can result in serious injury.

The nylon coating on a cable is essential for cable life and safety. Visually inspect all cables for fraying, cracking, peeling or discoloration. Look at the cables as they travel around the cams and pulleys. While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas. A cable that is wearing will exhibit a "ballooned" or broken coating in that area. Damage to the coating is an early warning signal. A cable should be replaced if the nylon coating is missing, is damaged in any way, has pulled or shrunk from the fittings at the end of the cables, or if it is discolored. Discoloration of the cable coating is an early indication of internal problems such as wear or fraying.

WARNING

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
Call 1-800-556-3113

MAINTENANCE SCHEDULE

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

	D	W
	A	E
	I	K
	L	L
	Y	Y
Cables: Check tension, end fittings, and coating	✓	
Check that locking nut at weight stack is tight		✓
Upholstery: Wipe down and dry	✓	
Clean and condition		✓
Frame: Wipe down and dry	✓	
Polish / Wax		✓
Chrome: Wipe down and dry	✓	
Polish / Lubricate		✓
Nuts / Bolts / Fasteners: Tighten and / or adjust as needed		✓
Guide Rods: Lubricate and clean		✓
Linear Rods: Lubricate and clean		✓
Seat Sleeves: Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs		✓
Weight Stack Pins		✓
Warning Instruction Labels		✓
Springs / Pop Pins	✓	
Anti Skid Surfaces		✓
Hand Grips / Rollers		✓

For Body-Solid Customer Service
Call 1-800-556-3113
#MSSTKR0803

#DWSM-5
Warning Label for Maintenance

Warning, Safety & Maintenance

Precision craftsmanship assures Body-Solid's ability to consistently deliver products of the highest standards. Our products have been carefully designed to ensure safe, efficient long term operation.

However, it must be realized that safe use of this equipment requires that owners carefully read and follow the Body-Solid recommendations, warnings, and maintenance guidelines in this Owners Manual.

Routine inspection and maintenance is of critical importance to ensure the maximum safety and performance of the EXM1. Body-Solid uses the highest quality materials available, but wear is inevitable.

Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine.

Including maintaining the equipment the owner's responsibility is also to:

- Be sure to always provide adequate supervision to all end-users.
- Be sure to instruct all end-users of proper usage.
- Be sure all supervisors and personal trainers who instruct end-users on equipment use are properly trained and know the function and importance of every adjustment and setting. Also, be sure these trainers provide proper instruction to end-users on the fundamentals of strength training.

Cables Tension

- Check slack in cables and re-adjust cable tension if needed. See pages 52-53.

Cables

- While the machine is not in use. Carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until the damaged cable has been replaced.
- Visually inspect the cables for fraying, cracking, peeling or discoloration.
- Check that locking nut at the Weight Stack is tight.
- Lubricate cables and pulley grooves with Silicone spray.

Upholstery

- Wipe down after every workout.
- Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.
- Keep sharp or pointed objects out of your pockets and clear of all upholstery.

Nuts/Bolts/Fasteners

- Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.
- Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned. Do not over-tighten Seat Pad or Back Pad bolts.

Guide Rods

- Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

Adjustments/Locking Pins/Knobs

- Check all pieces for signs of visible wear or damage.
- Check springs in Snap Links and Pop Pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

Anti-Skid Surfaces

- Replace if they appear worn or become slippery.

Warning Instruction Labels

- Inspect and familiarize yourself with all safety warnings and other user information on decals.

Pulleys

- Visually inspect the pulleys for wear or any problems.
- Lubricate cables and pulley grooves with Silicone spray.
- Replace pulleys immediately if needed.

Safety Guidelines

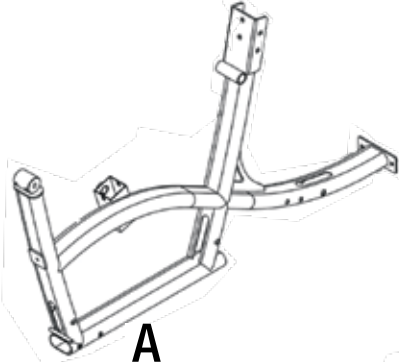
Successful resistance training programs have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

1. It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
2. Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.
3. Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.
4. Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.
5. Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and suitable, breathable clothing will reduce the risk of injury.
6. Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. All equipment should be lubricated as indicated by the manufacturer.
7. Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.
8. Keep hands, limbs, clothing and long hair well out of the way of all moving parts.
9. Do not attempt to lift more weight than you can control safely.
10. Inspect the machine daily for loose or worn parts. If a problem is found **do not allow the machine to be used** until all parts are tightened or worn or defective parts are repaired or replaced.

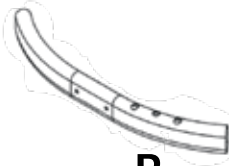
EXM1 Parts List

QTY	Part #	Description
(1)	A	Lower Main Frame
(1)	B	Rear Leg
(1)	C	Rear Upright
(1)	D	Upper Main Frame
(1)	E	Rear Upper Beam
(2)	F	Weight Raisers
(2)	G	Guide Rods
(1)	H	Flat Plate
(1)	J	Front Foot Plate
(1)	K	Leg Extension Arm
(1)	L	Seat Pad Frame
(1)	M	Back Pad Frame
(1)	N	Back Pad Adjustment
(1)	P	Stabilizing Leg
(1)	Q	Press Arm Pivot
(1)	R	Press Arm
(1)	S	Right Handle
(1)	T	Left Handle
(1)	U	Press Arm Pulley Cover
(1)	V	Double Pulley Holder
(1)	W	Small Pulley Holder
(1)	X	Lat Bar
(1)	Y	Low Row Bar
(2)	AA	Back/Seat Pads
(1)	AB	Bracket

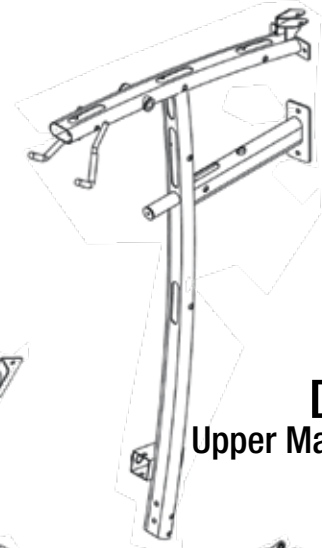
EXM1 Parts Diagram



A
Lower Main Frame



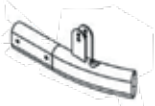
B
Rear Leg



D
Upper Main Frame



C
Rear Upright



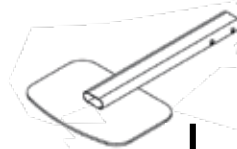
E
Rear Upper Beam



F
Weight Raisers



H
Flat Plate



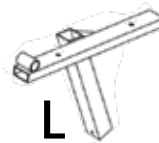
J
Front Foot Plate



K
Leg Extension Arm



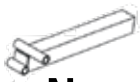
G
Guide Rods



L
Seat Pad Frame



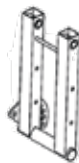
M
Back Pad Frame



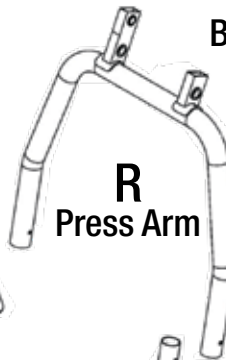
N
Back Pad Adjustment



P
Stabilizing Leg



Q
Pres Arm Pivot



R
Press Arm



S
Right Handle



T
Left Handle



U
Press Arm Pulley Cover



V
Double Pulley Holder



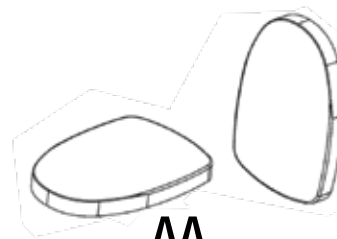
W
Small Pulley Holder



X
Lat Bar



Y
Low Row Bar



AA
Back/Seat Pads



AB
Bracket

EXM1 Hardware List

QTY	Part #	Description
(2)	1	1 3/4" x 1 3/4" End Cap
(2)	2	2" x 2" End Cap
(4)	3	1 1/8"L x 3/8"ID Metal Spacer
(13)	4	4 1/4" Pulley
(1)	5	3/4" x 10" Shaft
(2)	6	3/4"ID x 1 1/4"OD Steel Bushing
(2)	7	1" x 2" End Cap
(8)	8	5/16" x 3/8" Socket Head Bolt (Full Thread)
(4)	9	1 1/2" x 5 1/2" Rubber Grip
(2)	10	1 1/4" x 5 1/2" Rubber Grip
(4)	11	1 1/2" Round End Cap
(2)	12	1 1/4" Round End Cap
(1)	13	Round Pop Pin
(16)	14	3/8"ID Pulley Spacer
(4)	15	3 1/2" Small Pulley
(1)	16	5/8" x 8" Shaft
(7)	17	3" x 1 1/2" End Cap
(2)	18	Rubber Cover
(2)	19	1 1/16"OD x 1 1/2"L Rubber Stop
(4)	20	2" x 2" Plastic Bushing
(2)	21	T-Shaped Pop Pin
(6)	22	Foam Roller
(4)	23	1" x 2" End Cap
(6)	24	Foam Roller End Cap
(6)	25	3"OD Plastic Washer
(1)	26	6" T-Shaped Pop Pin
(3)	27	Snap Link
(2)	29	Rubber Donuts
(1)	30	Weight Stack Pin
(1)	31	Selector Rod
(2)	32	Shaft Collar

EXM1 Hardware List

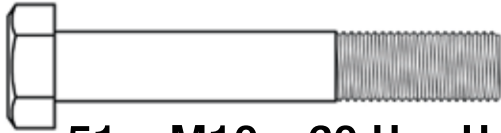
QTY	Part #	Description
(1)	33	Cable End Shaft
(1)	34	Selector Rod Top Bolt
(1)	35	M10 x 45 Socket Head Allen Bolt
(15)	36	10lb. Weight Stack Plates
(1)	37	10lb. Top Plate
(1)	38	Ab Strap
(3)	39	Foam Roller Bar
(2)	41	1" x 1" Rubber Pad
(1)	45	1/2" x 3" Shaft
(4)	46	1 1/2" x 3" Foot Cap
(2)	47	10mm Jam Nut
(2)	48	5/16"ID Bronze Bushing
(1)	49	Chain
(2)	50	m10 x 215 Hex Head Bolt
(2)	51	m10 x 60 Allen Head Bolt
(10)	52	m10 x 95 Hex Head Bolt
(5)	53	m10 x 45 Hex Head Bolt
(2)	54	m10 x 55 Hex Head Bolt
(8)	55	m10 x 65 Hex Head Bolt
(4)	56	m8 x 45 Hex Head Bolt
(2)	57	m6 x 20 Round Allen Head Bolt
(2)	58	m10 x 105 Hex Head Bolt
(1)	59	m10 x 20 Hex Head Bolt
(28)	60	m10 x 20 Washer
(4)	61	m8 x 24 Washer
(4)	62	m8 Spring Lock Washer
(1)	63	m12 Spring Lock Washer
(1)	64	m10 Spring Lock Washer
(2)	65	m6 x 10 Socket Head Allen Bolt
(34)	70	m10 Nylon Lock Nut
(1)	71	m12 Jam Nut

EXM1 Hardware List

QTY	Part #	Description
(1)	80	1 1/4" x 2 3/4" End Cap
(2)	81	Leg Extension Bushing
(2)	82	Retaining Ring
(2)	84	Short Pulley Spacer
(1)	85	Lanyard
(2)	87	Press Arm Bronze Bushing
(1)	90	High Pulley Cable
(1)	91	Low Pulley Cable
(1)	92	Short Cable
(1)	93	Plastic Bushing
(2)	94	Pulley Spacer
(1)	95	m12 x 135 Hex Head Bolt
(1)	96	m12 Nylon Lock Nut
(1)	97	m12 x 20 Washer
(2)	98	m10 x 110 Hex Head Bolt
(2)	99	m10 x 20 Allen Head Bolt
(2)	100	Bronze Bushing
(4)	101	m10 x 30 Washer
(2)	102	m6 Spring Lock Washer

EXM1 Hardware Diagram

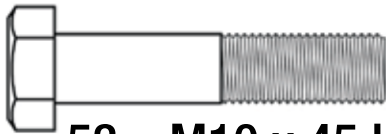
(Shown in actual size)



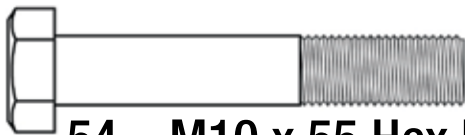
51 M10 x 60 Hex Head Bolt (2)



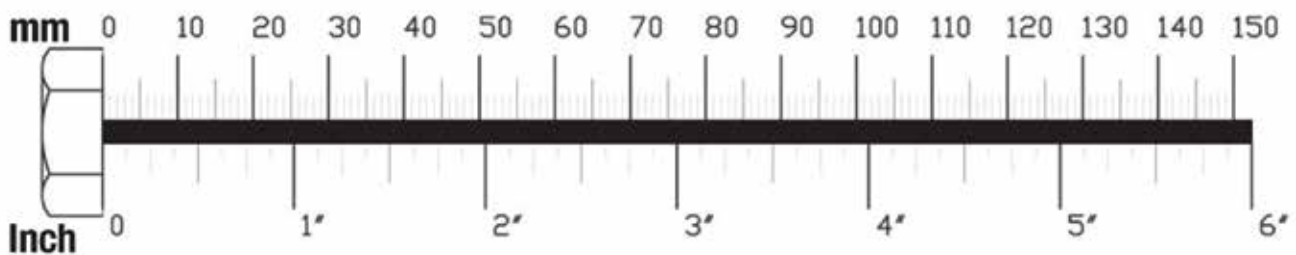
52 M10 x 95 Hex Head Bolt (10)



53 M10 x 45 Hex Head Bolt (5)

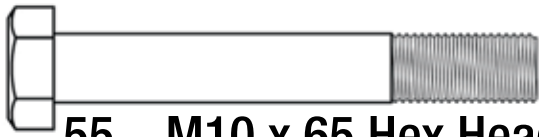


54 M10 x 55 Hex Head Bolt (2)

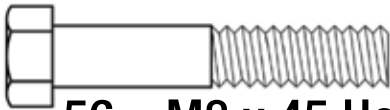


EXM1 Hardware Diagram

(Shown in actual size)



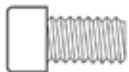
55 M10 x 65 Hex Head Bolt (8)



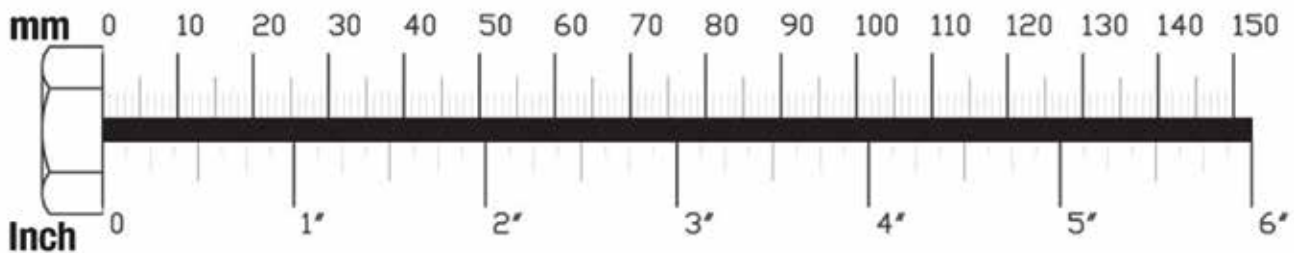
56 M8 x 45 Hex Head Bolt (4)



58 M10 x 105 Hex Head Bolt (2)



65 M6 x 10 Socket Head Allen Bolt (2)

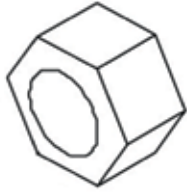


EXM1 Hardware Diagram

(Shown in actual size)



71 M12 Jam Nut (1)



70 M10 Nylon Lock Nut (34)



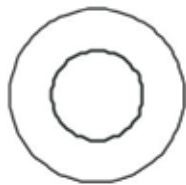
62 M8 Spring Lock Washer (4)



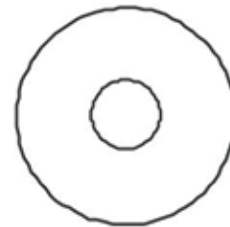
60 M10 x 20 Washer (28)



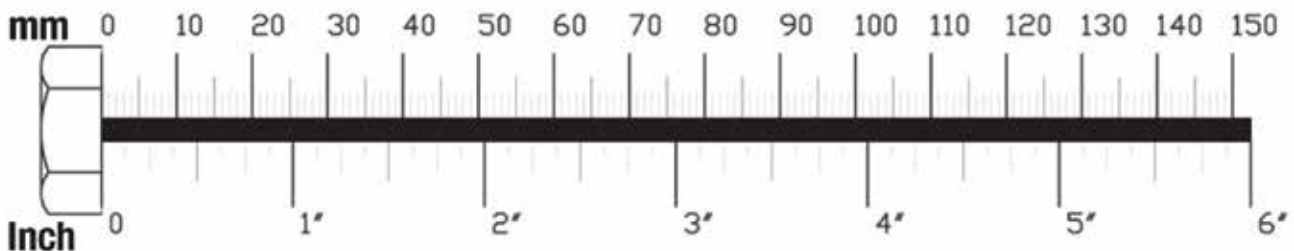
61 M8 x 24 Washer (4)



97 M12 x 20 Washer (1)



101 M10 x 30 Washer (4)



STEP

1A

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 3**

1. Attach Stabilizing Leg P to the Lower Main Frame A as shown using:

(1) 98 m10 x 110 hex head bolt

(2) 101 m10 x 30 washer

(1) 4 4 ¼" pulley (This goes inside Lower Main Frame A)

(2) 94 Pulley Spacers

(1) 70 m10 nylon lock nut

NOTE:

The Pulley (4) fits inside Lower Main Frame (A). Leave this Pulley finger tight, you will be installing a cable in **STEP 9**

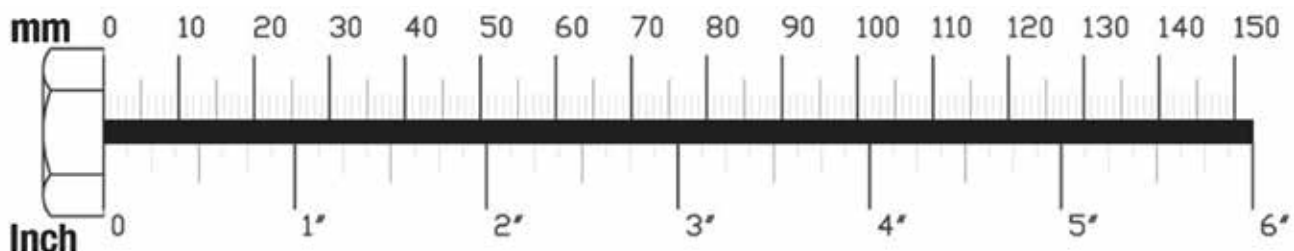
2. Attach two Foot Caps 46 to Stabilizing Leg P as shown.

3. Attach Lower Main Frame A to Rear Leg B and Rear Upright C using:

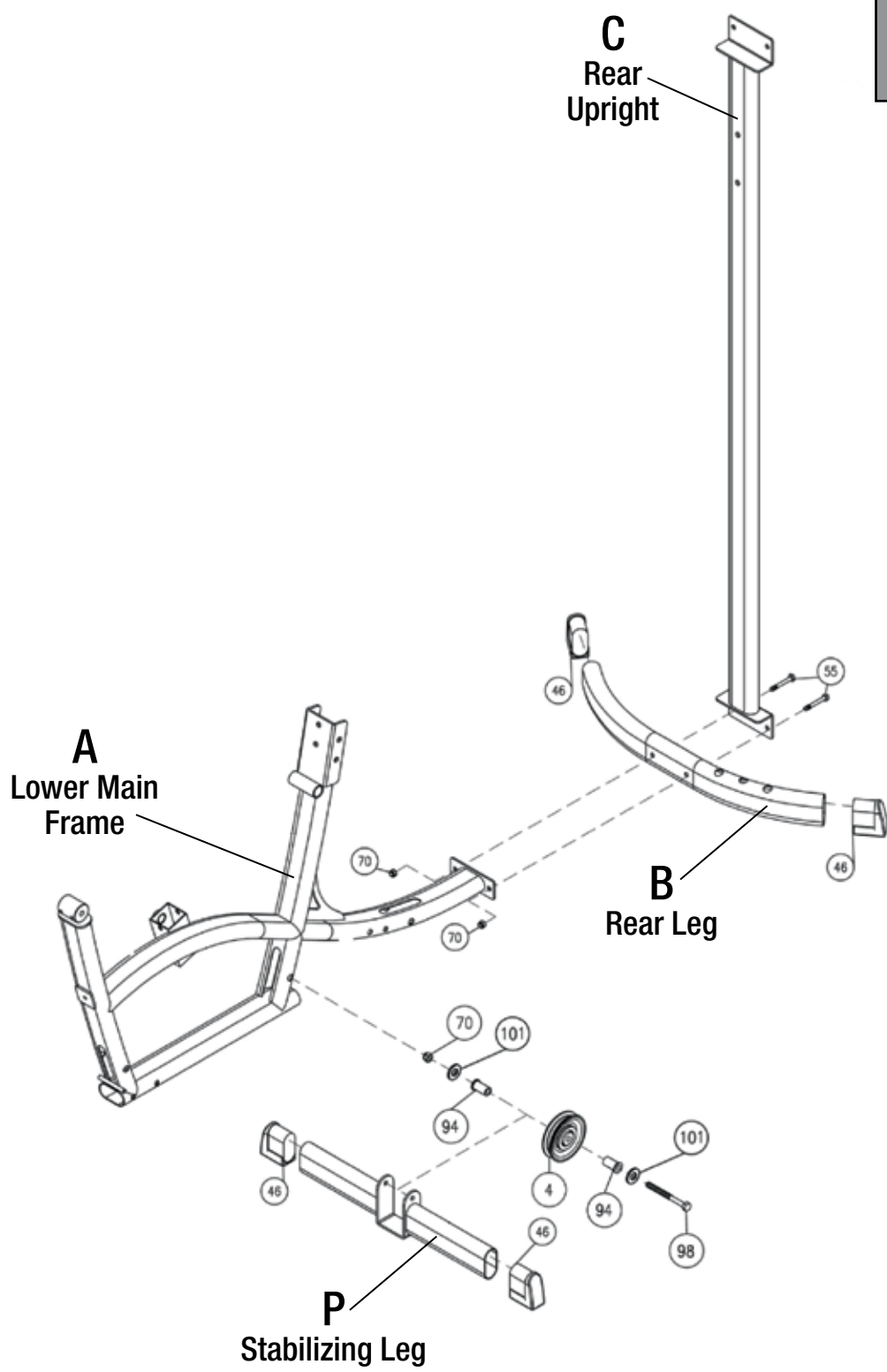
(2) 55 m10 x 65 hex head bolt

(2) 70 m10 nylon lock nut

4. Attach two Foot Caps 46 to Rear Leg B as shown.



STEP 1A



STEP

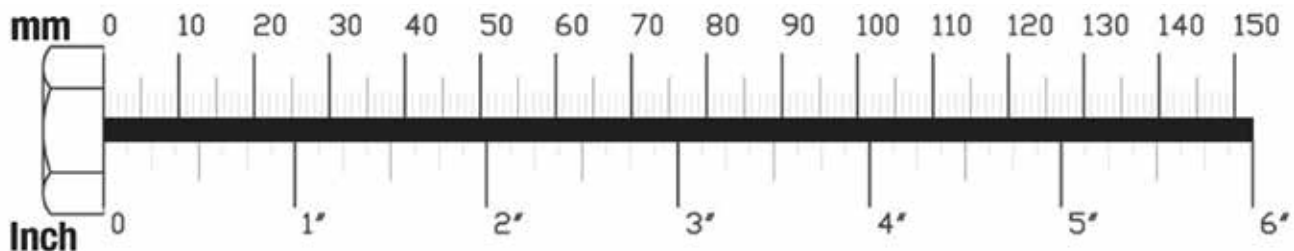
1B

Be careful to assemble all components in the sequence they are presented.

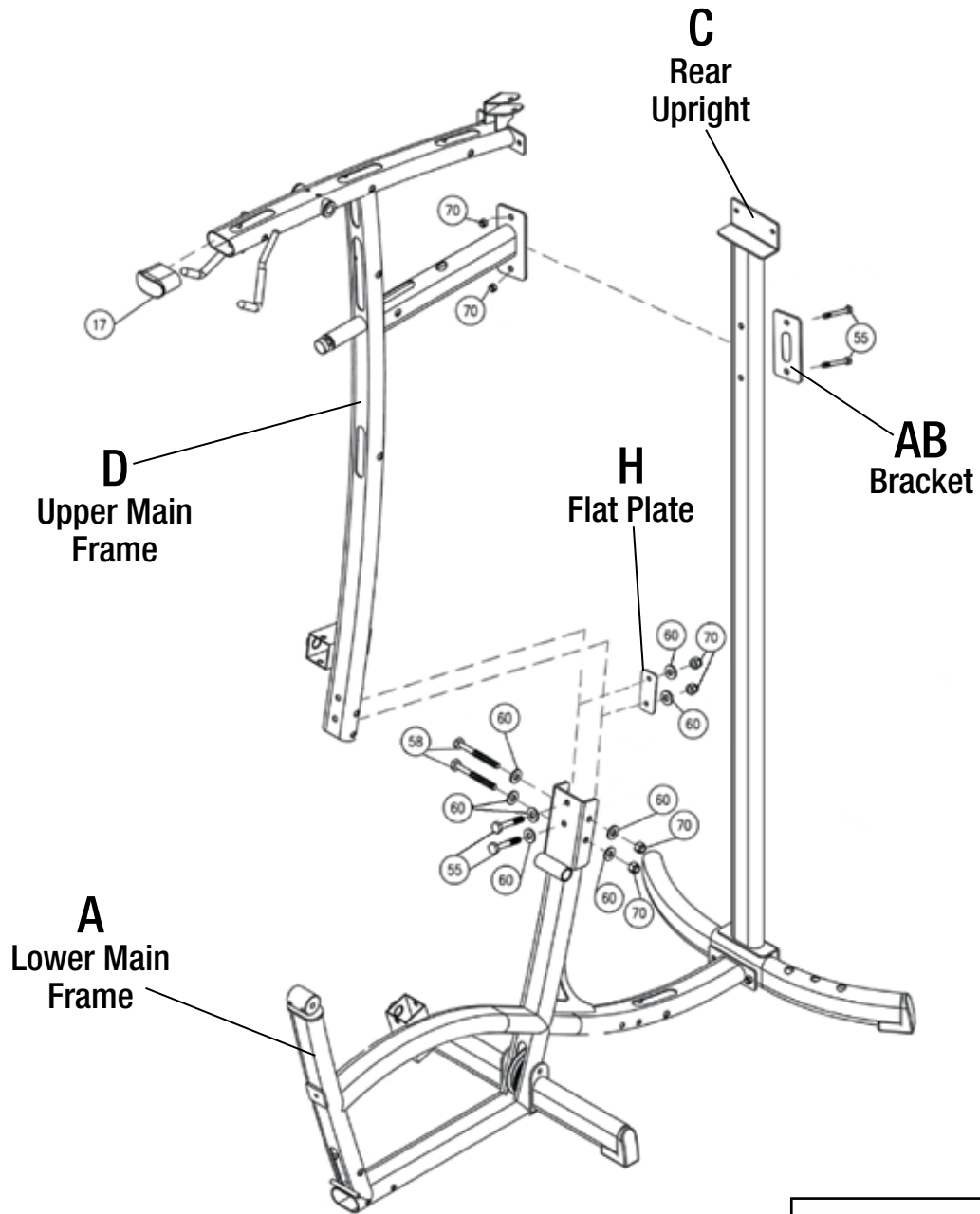
NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 3**

1. Attach Upper Main Frame **D** to Lower Main Frame **A** as shown using:
(2) 58 m10 x 105 hex head bolt
(4) 60 m10 x 60 washer
(2) 70 m10 nylon lock nut
2. Attach Flat Plate **H** as shown using:
(2) 55 m10 x 65 hex head bolt
(4) 60 m10 x 60 washer
(2) 70 m10 nylon lock nut
3. Attach Bracket **AB** to Upper Main Frame **D** and Rear Upright **C** as shown using:
(2) 55 m10 x 65 hex head bolt
(2) 70 m10 nylon lock nut
4. Attach one End Cap **17** to Upper Main Frame **D** as shown.



STEP 1B



STEP 2A

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 3**
At this point make sure that the gym is in the right location.

1. Place two Weight Stack Raisers F and two Rubber Donuts 29 onto Rear Leg B as shown. Slide two Guide Rods G through the Rubber Donuts 29 and through the two Weight Stack Raisers F and into the Rear Leg B.

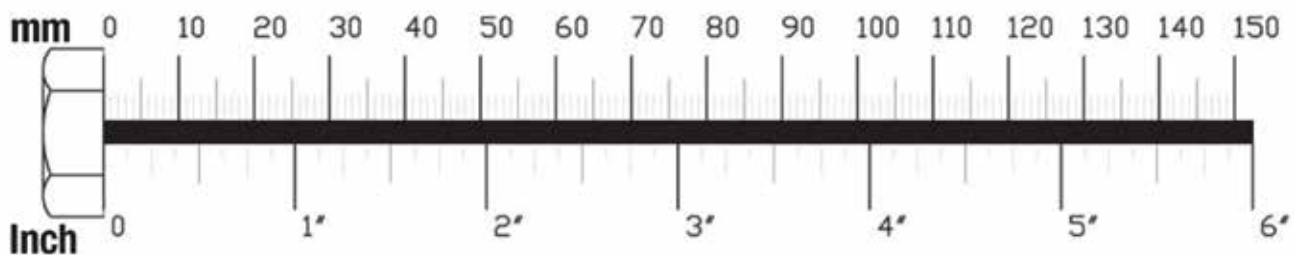
NOTE:

Use Weight Stack Raiser (F) for a 160lb. weight stack.
Do NOT use Weight Stack Raiser (F) for a 210lb. weight stack.

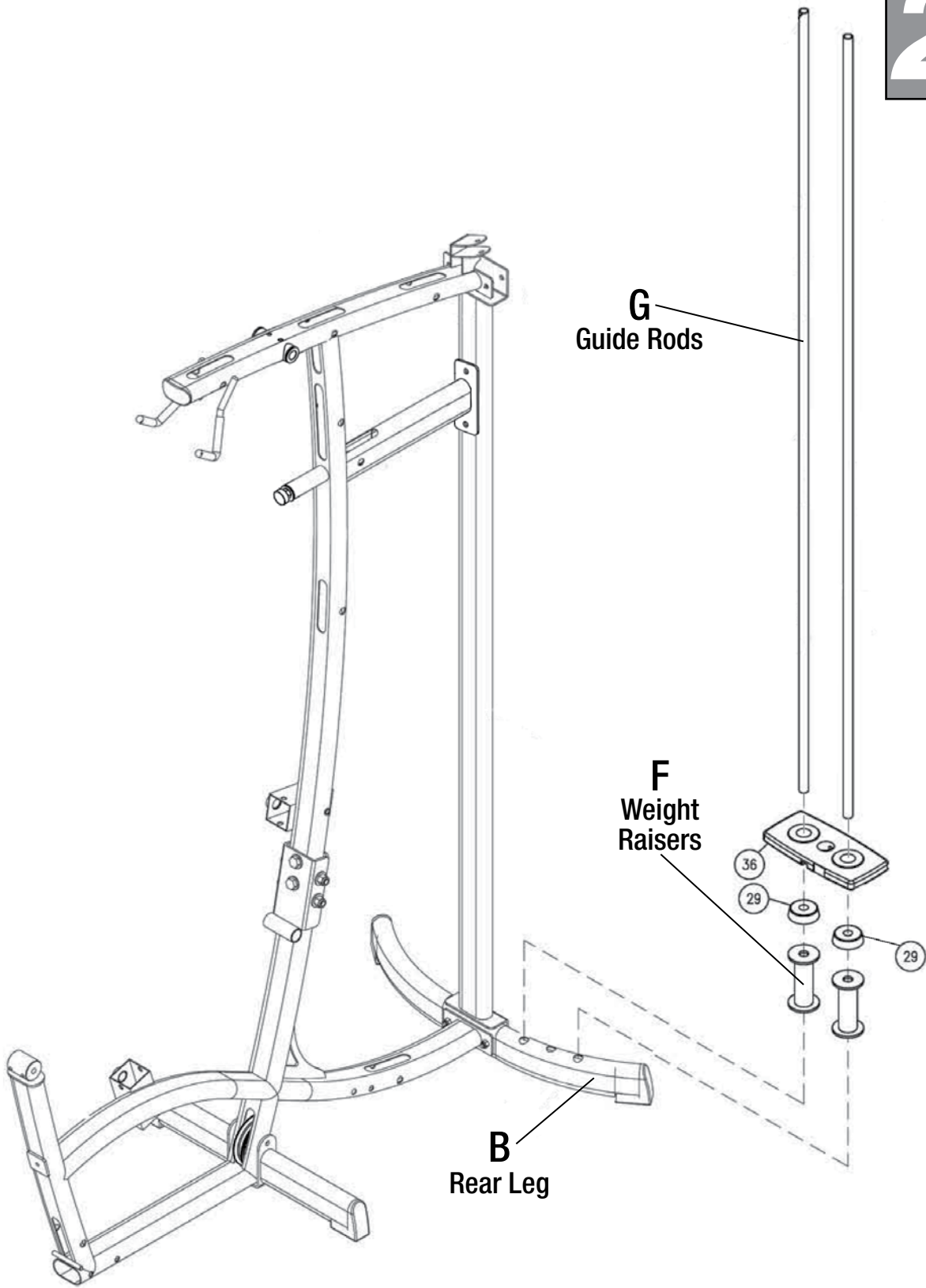
2. Slide Weight Stack Plates 36 onto Guide Rods G. Make sure the opening in each Weight Stack Plates 36, for the Weight Stack Pin 30, is facing forward.

NOTE:

Use fifteen 10lb. plates for a 160lb. weight stack.
Use twenty 10lb. plates for a 210lb. weight stack.



STEP 2A



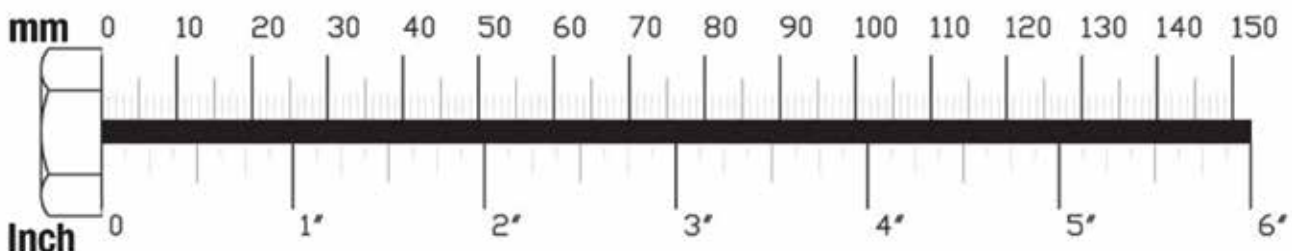
STEP 2B

Be careful to assemble all components in the sequence they are presented.

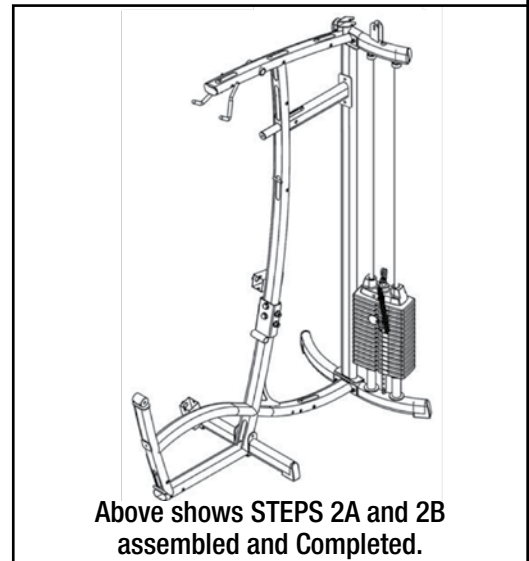
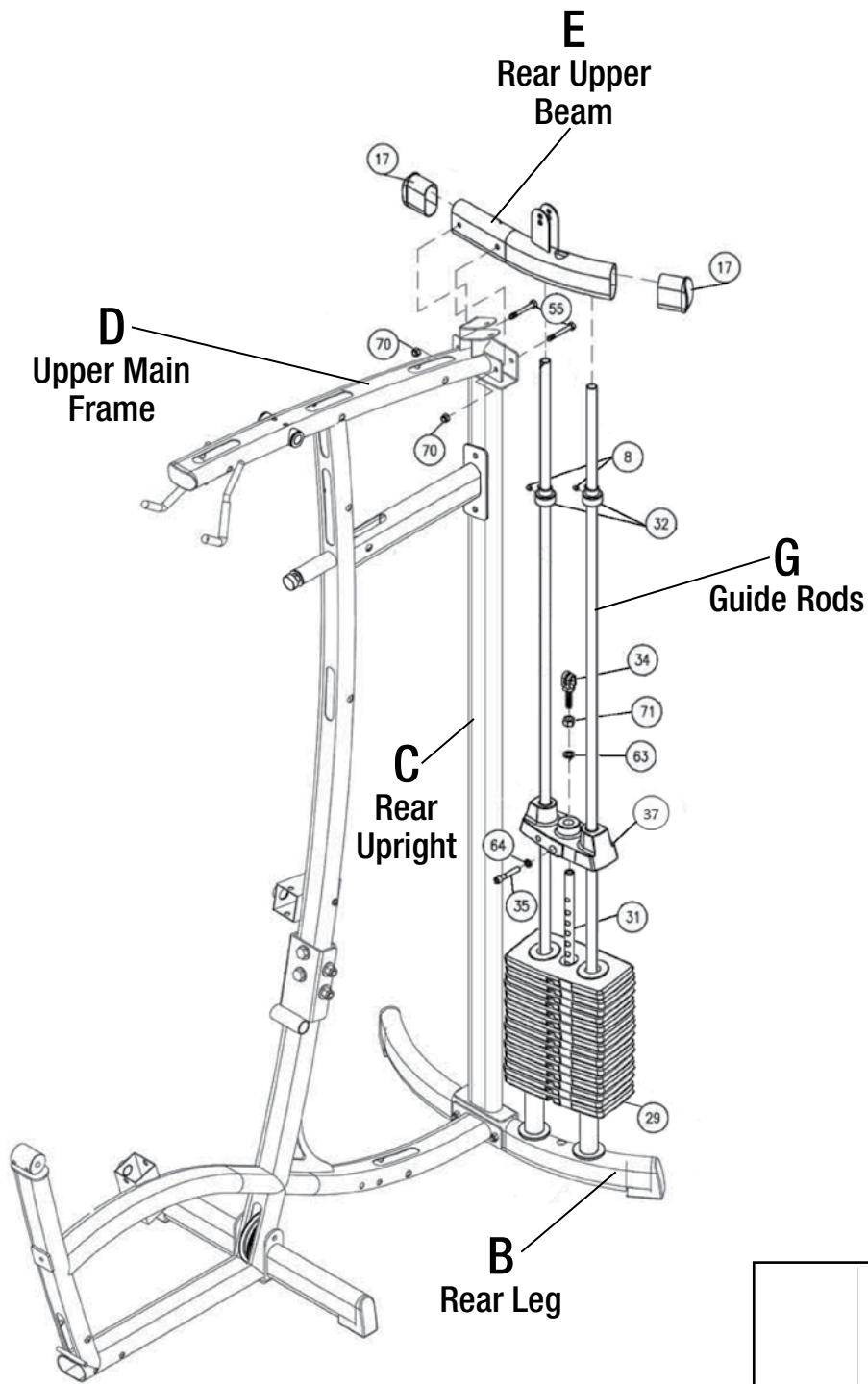
NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 3**
At this point make sure that the gym is in the right location.

1. Connect Top Plate 37 to the Selector Rod 31 using:
(1) 35 m10 x 45 socket head allen bolt
(1) 64 m10 spring lock washer
Socket Head Allen Bolt 35 screws into the Selector Rod 31, in the top hole (it is threaded).
2. Slide Top Plate 37 and Selector Rod 31 onto Guide Rods G.
Slide two Shaft Collars 32 onto the two Guide Rods G as shown.
3. Insert Guide Rods G into Rear Upper Beam E and attach Upper Beam E to the Upper Main Frame D and Rear Upright C using:
(2) 55 m10 x 65 hex head bolt
(2) 70 m10 nylon lock nut
Slide two Shaft Collars 32 up and into Rear Upper Beam E, and twist to lock.
You can wrench tighten the 2 pre-installed Socket Head Bolts 8 now.
4. Attach two End Caps 17 to Rear Upper Beam E as shown.



STEP 2B



STEP

3

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 3**

1. Insert Plastic Bushing 93 into the Lower Main Frame A as shown. Insert Front Foot Plate J into the Plastic Bushing 93 and into Lower Main Frame A as shown and attach using:
(2) 52 m10 x 95 hex head bolt
(4) 60 m10 x 60 washer
(2) 70 m10 nylon lock nut
2. Attach End Cap 80 to the Front Foot Plate J as shown. Attach End Cap 17 to the Lower Main Frame A as shown.
3. Attach Leg Extension Arm K to Lower Main Frame A by first removing 3" shaft and then attach as shown using:
(2) 57 m6 x 10 allen head bolt
(2) 61 m8 x 24 washer

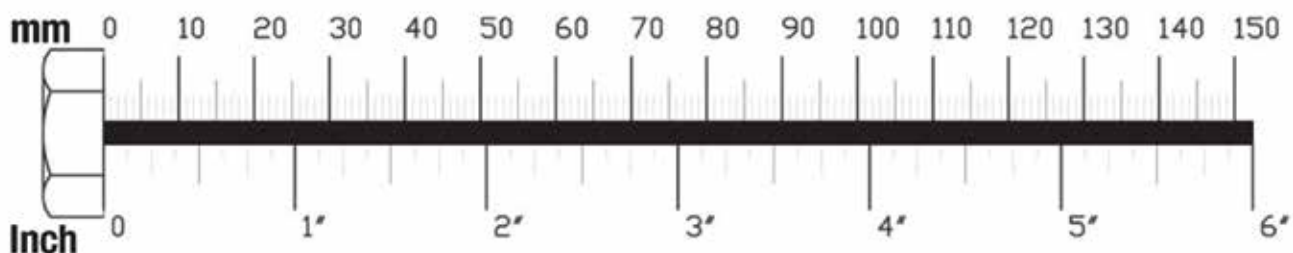
NOTE:

Some of these parts are pre-installed

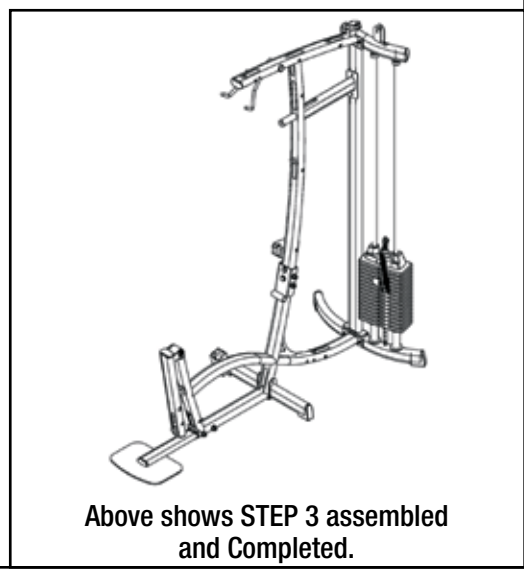
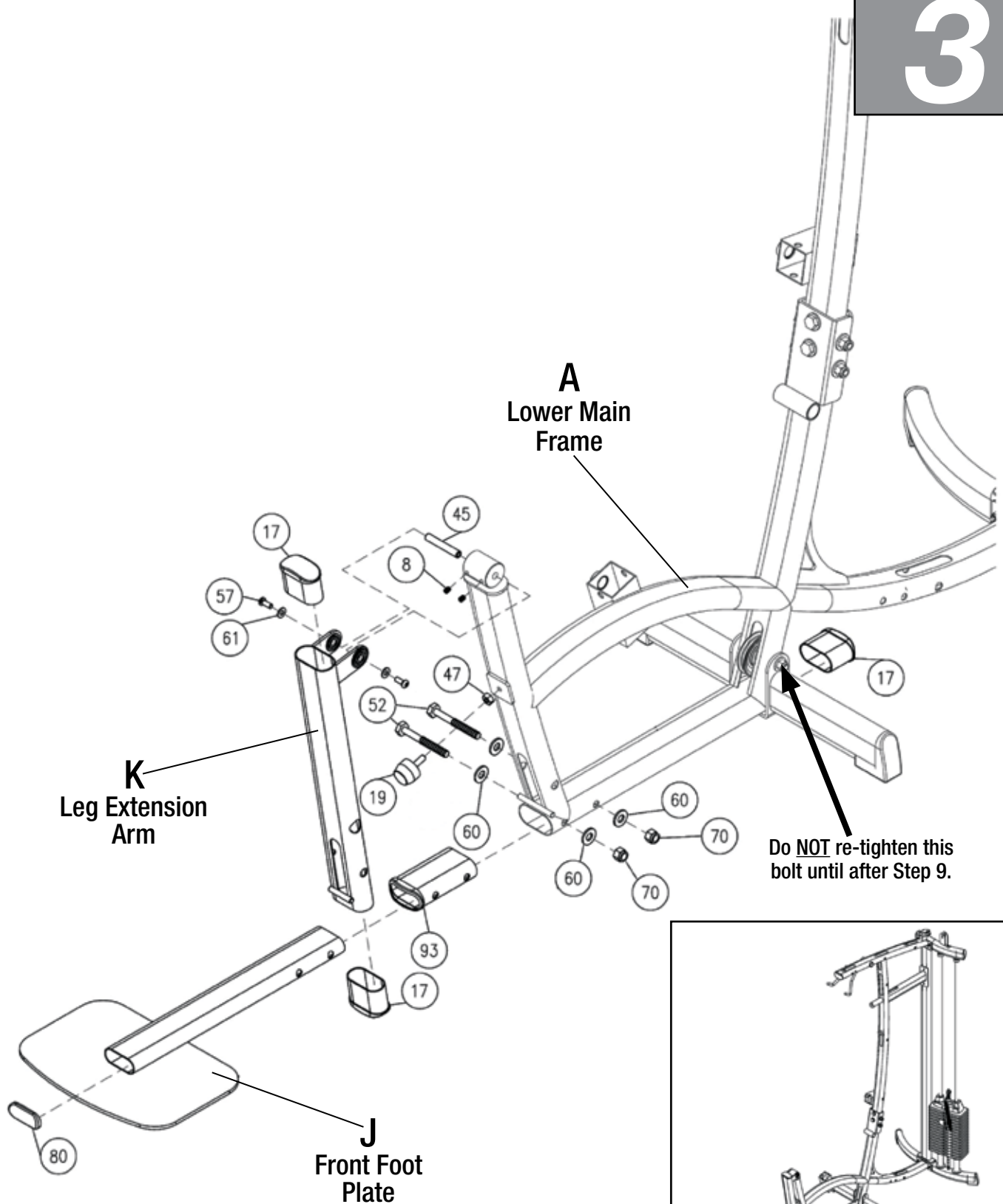
4. Attach two End Caps 17 to the top and bottom of Leg Extension Arm K as shown.

NOTE:

At this point you must make sure that the gym is level, stable and in the right location. You should now wrench tighten all bolts and nuts on the mainframe unit only. Do NOT wrench tighten the pulley bolt that holds Stabilizing Leg P to Lower Main Frame A, as shown on page 19, later you will be installing a cable in Step 9.



STEP 3



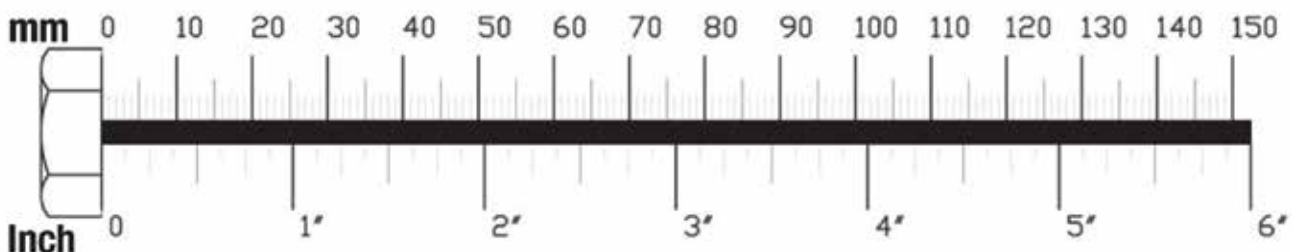
STEP 4A

Be careful to assemble all components in the sequence they are presented.

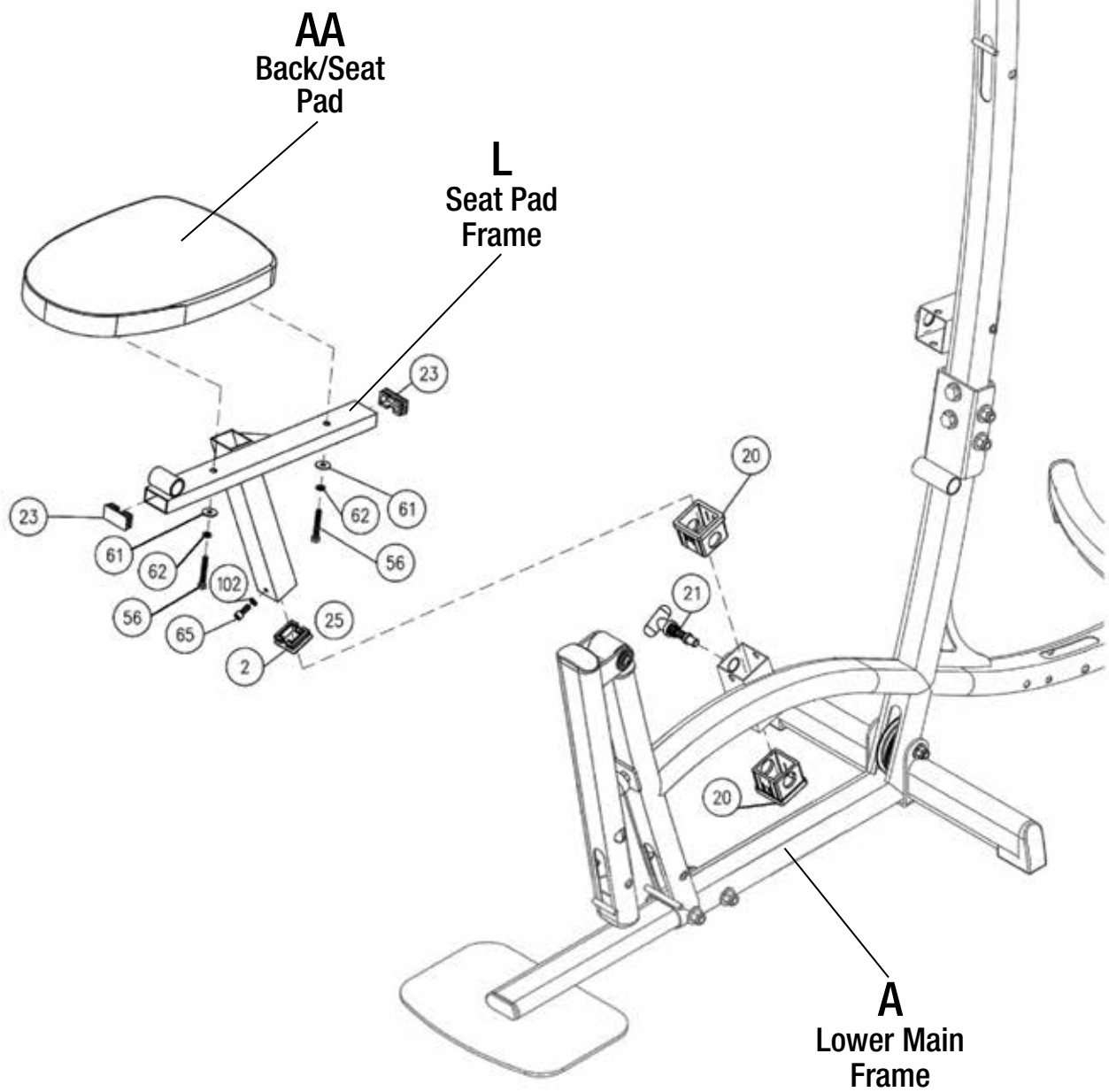
1. Attach Back/Seat Pad AA to the Seat Pad Frame L as shown using:
(2) 56 m8 x 45 hex head bolt
(2) 62 m8 spring lock washer
(2) 61 m8 washer
Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over-tightening these bolts will cause T-nuts in pads to strip out.
2. Slide two End Caps 23 into the front and back of Seat Pad Frame L as shown.
Slide End Cap 2 into the bottom of Seat Pad Frame L as shown.
3. Slide two Plastic Bushing 20 into the top and bottom of the opening in the Lower Main Frame A as shown.
Insert Seat Pad Frame L into the two Plastic Bushings 20 in the opening in the Lower Main Frame A as shown.
4. Hold the Seat Pad Frame L in place with the T-Shaped Pop Pin 21.
To stop the Seat Pad Frame L from sliding all the way out insert:
(1) 65 m6 x 10 socket head allen bolt
(1) 102 m6 spring lock washer

NOTE:

Some of these parts are pre-installed



STEP 4A



STEP 4B

Be careful to assemble all components in the sequence they are presented.

1. Attach Back/Seat Pad AA to the Back Pad Frame M as shown using:
(2) 56 m8 x 45 hex head bolt
(2) 62 m8 spring lock washer
(2) 61 m8 washer
Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over-tightening these bolts will cause T-nuts in pads to strip out.
2. Slide two End Caps 23 into the top and bottom of Back Pad Frame M as shown.
3. Attach Back Pad Frame M onto the Back Pad Adjustment N with 6" T-Shaped Pop Pin 26 and wrench tighten:
(1) 95 m12 x 135 hex head bolt
(1) 97 m12 washer
(1) 96 m12 nylon lock nut

NOTE:

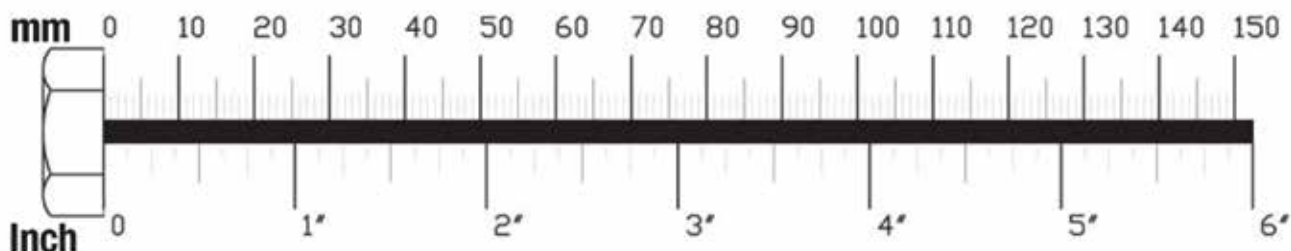
Two Bronze Bushings 84 should be pre-installed into Back Pad Adjustment N

4. Slide two Plastic Bushing 20 into the front and back of the opening in the Upper Main Frame D as shown.
Insert Back Pad Adjustment N into the two Plastic Bushings 20 in the opening in the Upper Main Frame D as shown.
5. Hold the Back Pad Adjustment N in place with the T-Shaped Pop Pin 21.
Slide End Cap 2 into the back of Back Pad Adjustment N as shown.
To stop the Back Pad Adjustment N from sliding all the way out insert:
(1) 65 m6 x 10 socket head allen bolt
(1) 102 m6 spring lock washer

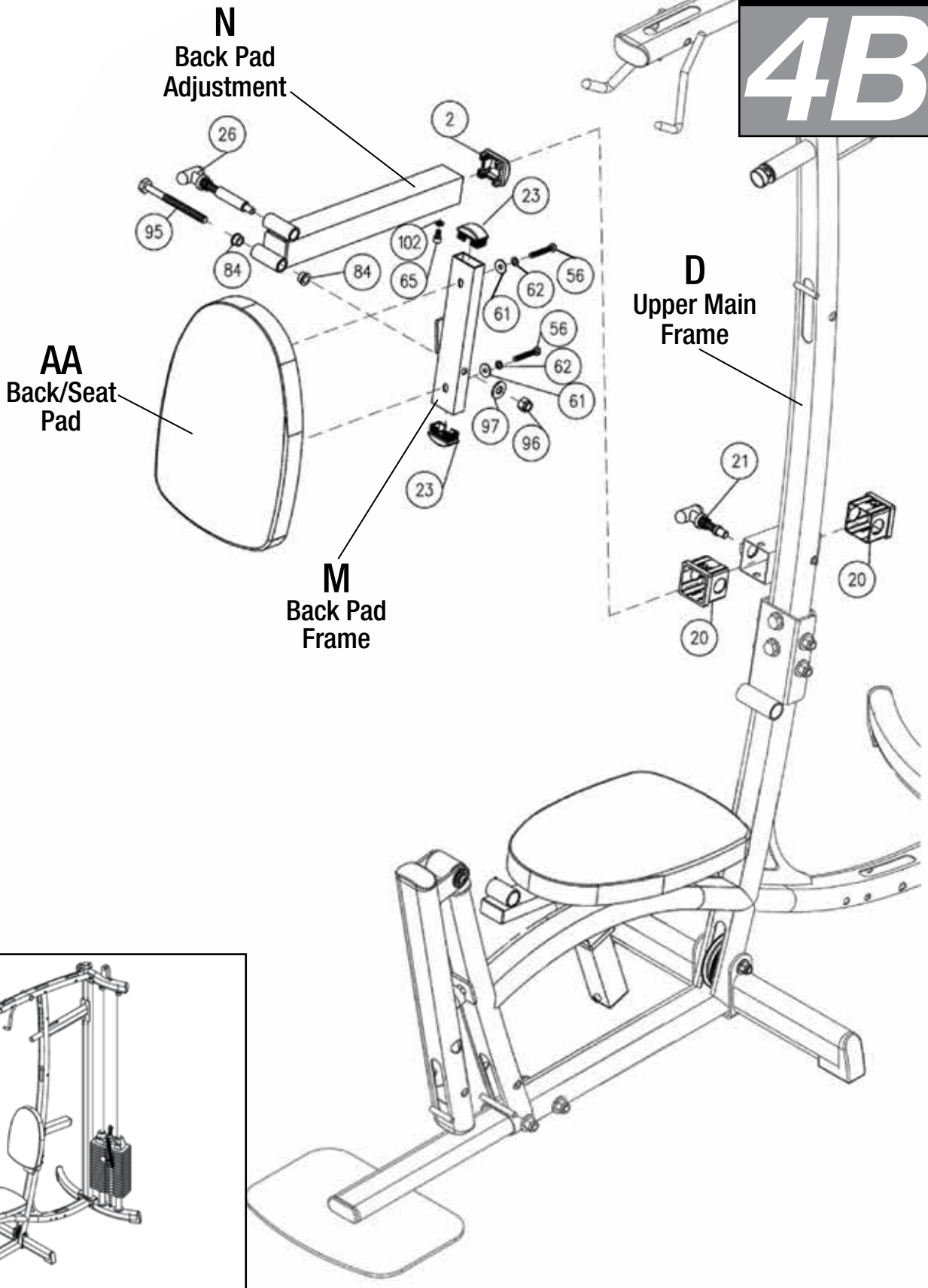
NOTE:

Some of these parts are pre-installed

6. After installing Back Pad assembly onto the main frame, review alignment with the main frame. If the Back Pad needs to be re-aligned, loosen bolts, straighten the back pad and re-tighten bolts.



STEP 4B



Above shows STEPS 4A and 4B assembled and Completed.

STEP 5A

Be careful to assemble all components in the sequence they are presented.

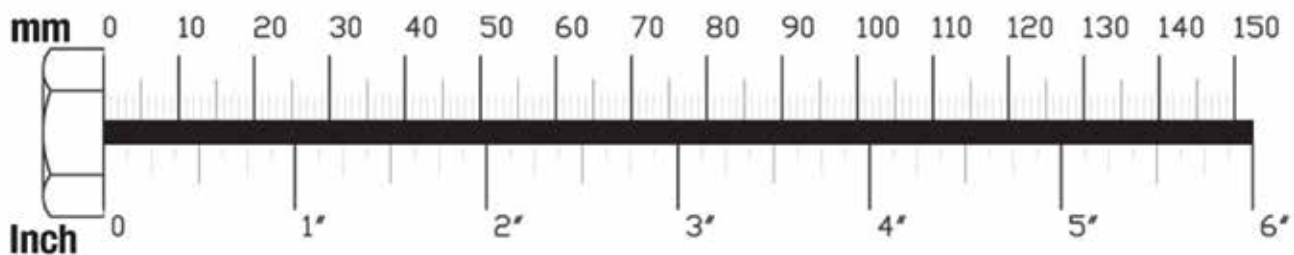
NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 5B**

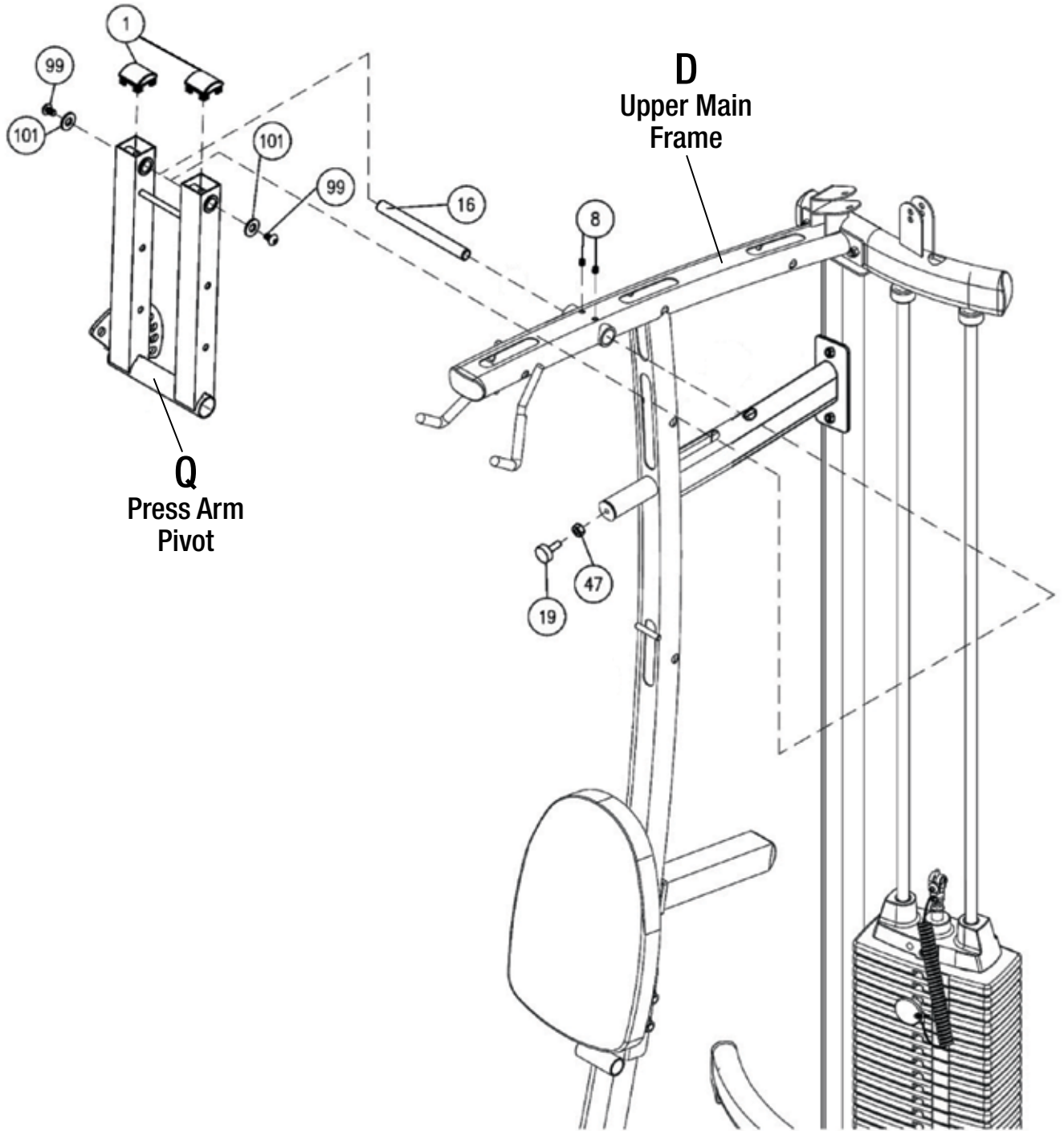
1. Attach Press Arm Pivot Q to Upper Main Frame D as shown using Shaft 16 and:
(2) 99 m10 x 20 allen head bolt
(2) 101 m10 x 30 washer
2. Tighten the two Socket Head Bolts 8 in the top of Upper Main Frame D.
NOTE:
Some of these parts are pre-installed
3. Install two End Caps 1 into the top of Press Arm Pivot Q.
4. Check to make sure the Rubber Stop 19 and Jam Nut 47 are in Upper Main Frame D as shown.

NOTE:

These parts are pre-installed



STEP
5A



STEP 5B

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 5B**

1. Install two End Caps 7 into the top of Press Arm R.
2. Attach Press Arm R to Press Arm Pivot Q as shown using Shaft 5.
Install Round Pop Pin 13.
Tighten the two Socket Head Bolts 8 in Press Arm R.

NOTE:

Some of these parts are pre-installed

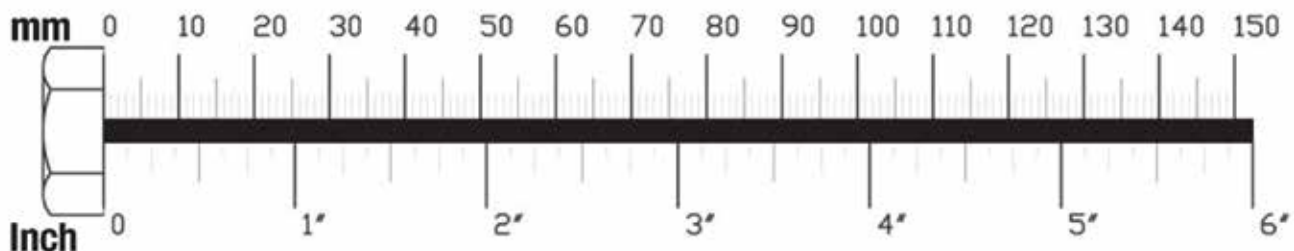
4. Attach Right Handle S and Left Handle T to Press Arm R as shown using for each handle:
(1) 51 m10 x 60 allen head bolt
(2) 60 m10 x 20 washer
(1) 70 m10 nylon lock nut

NOTE:

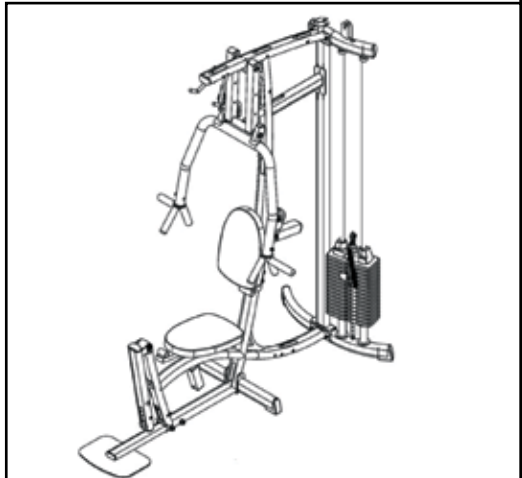
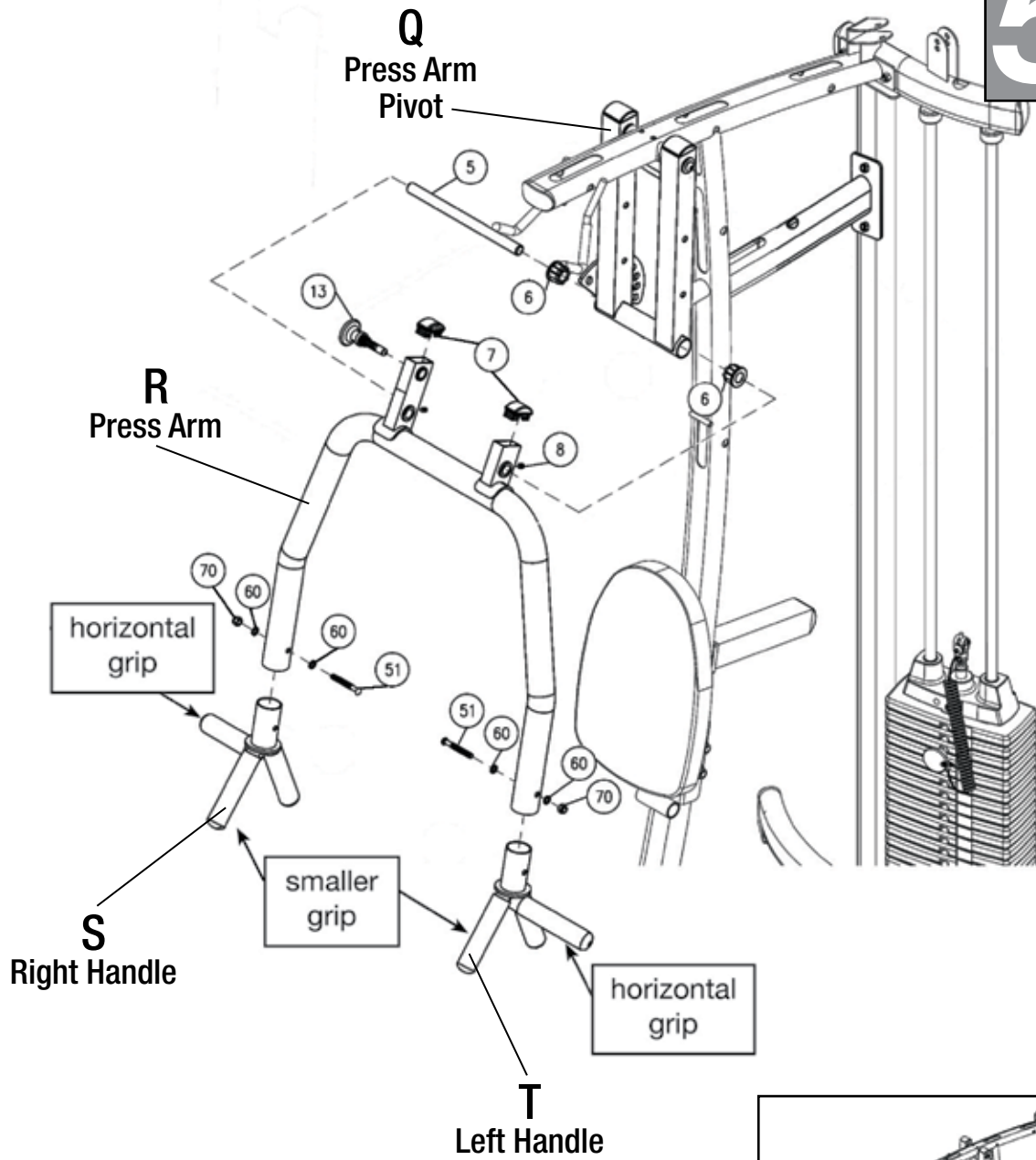
When installing the Handles the horizontal grip is pointed outward and the smaller grip is pointed forward as shown.

NOTE:

You should now wrench tighten all bolts and nuts in step 5A and 5B. Do NOT re-tighten any of the pad bolts. Leave all pulley bolts finger tight until after cable installation in Step 10.



STEP 5B



Above shows STEPS 5A and 5B assembled and Completed.

STEP

6

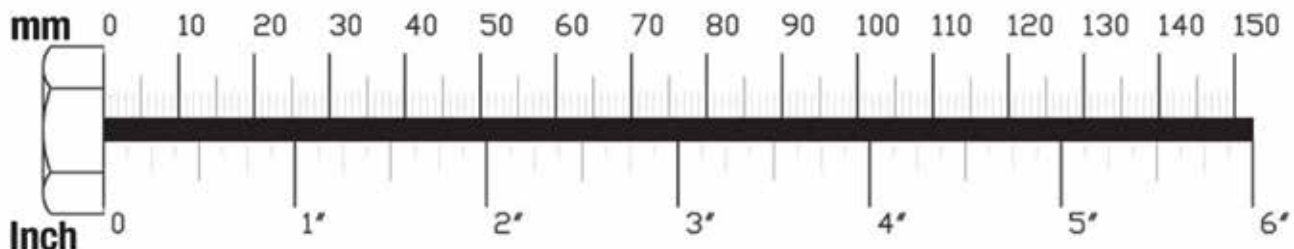
Be careful to assemble all components in the sequence they are presented.

1. Slide Foam Roller Bar 39 into the opening in Lower Main Frame A as shown. Slide two Plastic Washers 25 and two Foam Rollers 22 onto Foam Roller Bar 39 as shown. Hold Foam Rollers 22 in place with two Foam Roller End Cap 24 as shown.
2. Slide Foam Roller Bar 39 into the opening in Seat Pad Frame L as shown. Slide two Plastic Washers 25 and two Foam Rollers 22 onto Foam Roller Bar 39 as shown. Hold Foam Rollers 22 in place with two Foam Roller End Cap 24 as shown.
3. Slide Foam Roller Bar 39 into the opening in Leg Extension Arm K as shown. Slide two Plastic Washers 25 and two Foam Rollers 22 onto Foam Roller Bar 39 as shown. Hold Foam Rollers 22 in place with two Foam Roller End Cap 24 as shown.

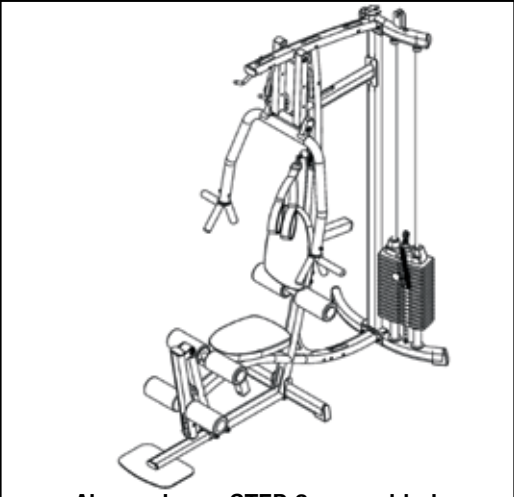
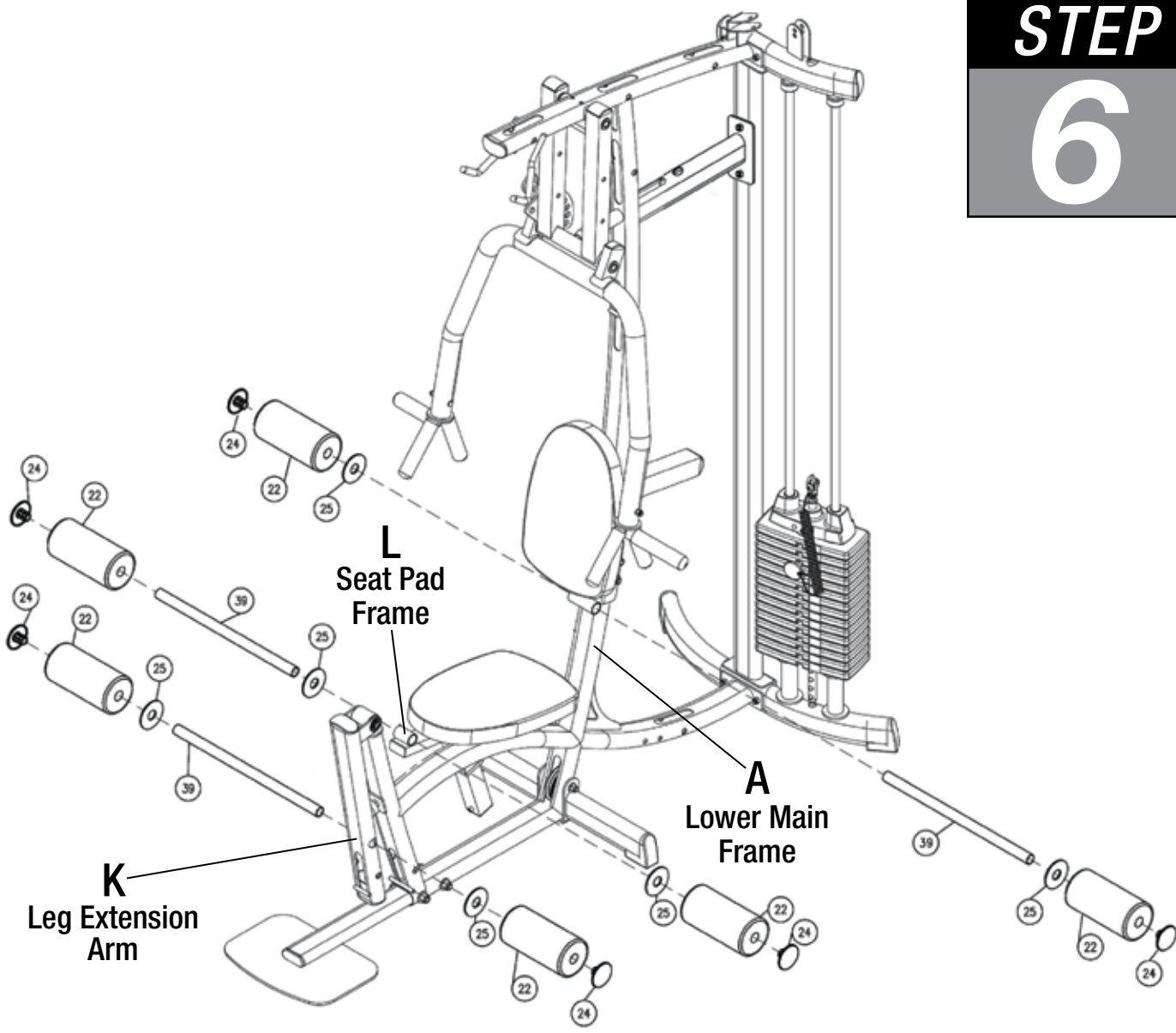
NOTE:

You can now go through the main frame unit and double check that all bolts and nuts are wrench tight. Do **NOT** re-tighten any of the pad bolts.

Leave all pulley bolts hand tight until after cable installation in Step 10.



STEP 6



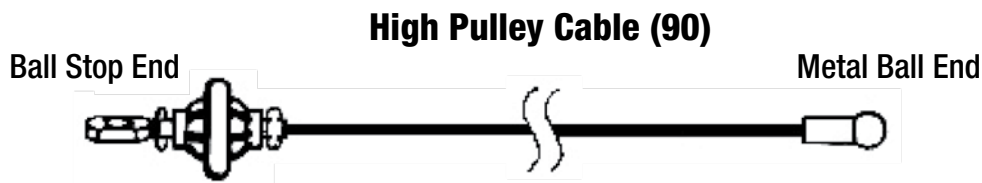
Above shows STEP 6 assembled and Completed.

STEP 7A

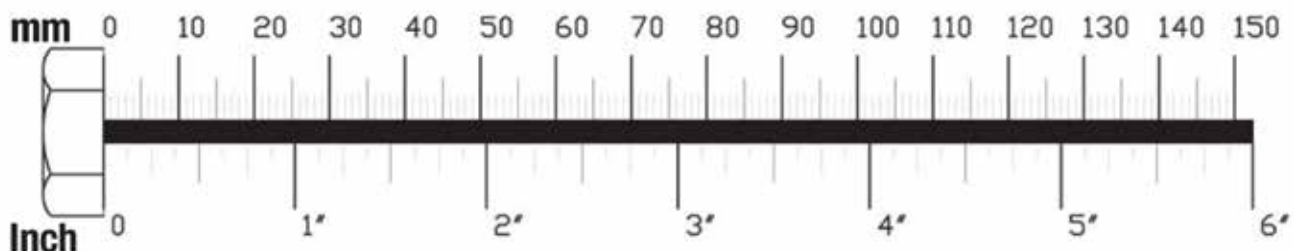
Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 8B**



1. See Diagram 1. Begin at the front of the gym, at the high pulley station. Route the Metal Ball End of the High Pulley Cable 90 up and through the opening where Pulley (A1) will be installed.
2. Then route the cable above the frame, not through, and then down through the next opening where Pulley (A2) will be installed.
3. See Diagram 2. Attach Small Pulley (A1) (15) 3 1/2" Small Pulley as shown using:
(1) 52 m10 x 95 hex head bolt
(2) 14 3/8" pulley spacer
(1) 70 m10 nylon lock nut
4. See Diagram 2. Attach Pulley (A2) (4) 4 1/4" Pulley as shown using:
(1) 52 m10 x 95 hex head bolt
(2) 14 3/8" pulley spacer
(1) 70 m10 nylon lock nut
3. See Diagram 1. Route the cable forward and through Press Arm Pivot Q, where Pulley (A3) and (A5) will be installed and pull entire length of cable through.



STEP 7A

Diagram 1
(cable installation)

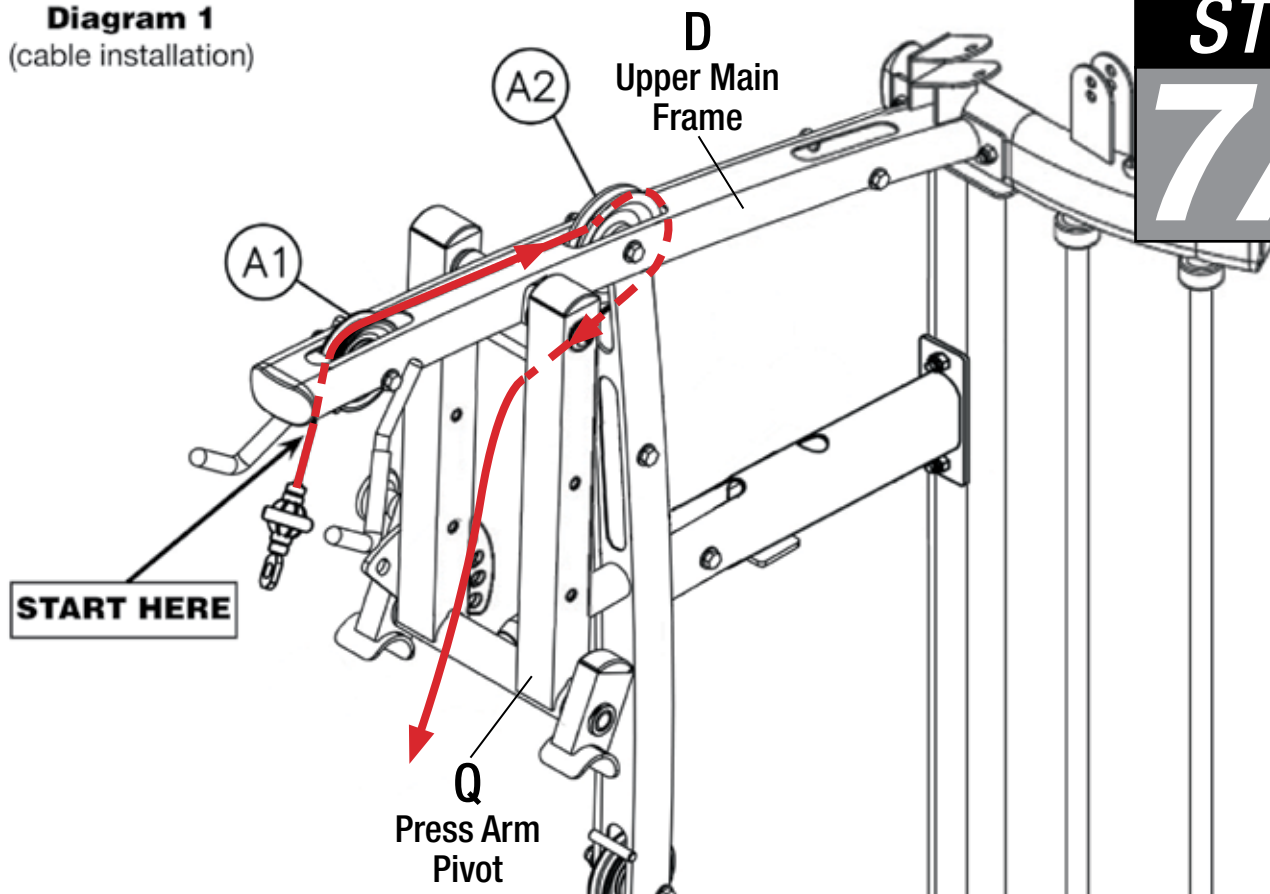
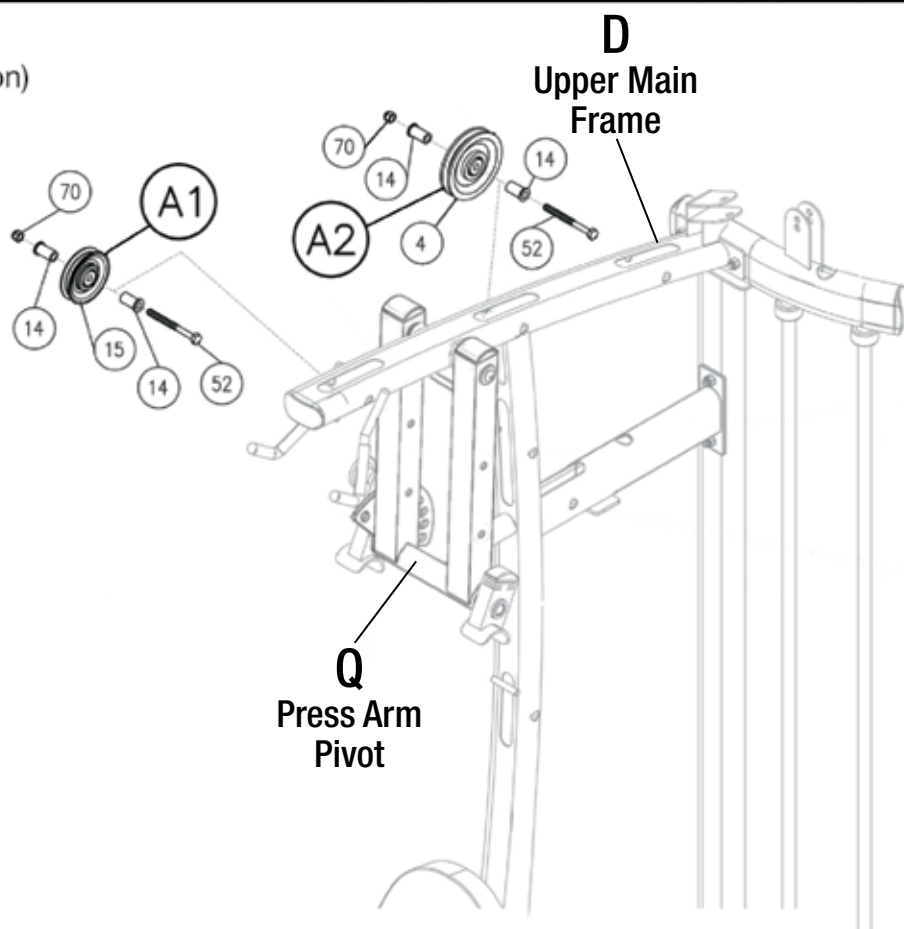


Diagram 2
(pulley installation)

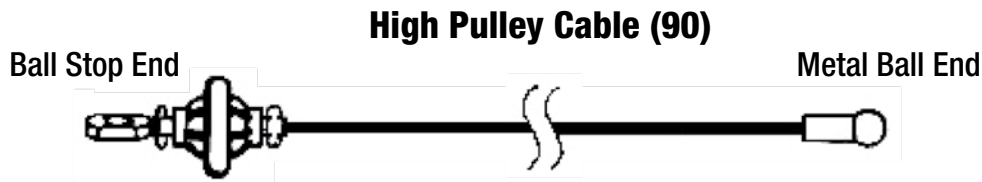


STEP 7B

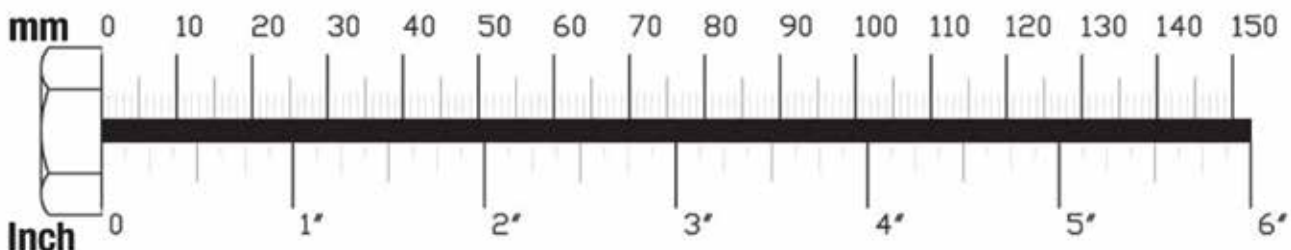
Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 8B**



1. See Diagram 2. Attach Pulley **(A3)** (4) 4 ¼" Pulley and Pulley **(A5)** (4) 4 ¼" Pulley as shown using:
(2) 50 m10 x 215 hex head bolt
(4) 3 1 1/8" pulley spacer
(4) 60 m10 washer
(2) 70 m10 nylon lock nut
2. See Diagram 1. Feed the cable around Pulley **(A3)** and back and through Upper Main Frame **D**, then install Pulley **(A4)** (4) 4 ¼" Pulley as shown in Diagram 2 using:
(1) 52 m10 x 95 hex head bolt
(2) 14 3/8" pulley spacer
(1) 70 m10 nylon lock nut
3. See Diagram 1. Route the Metal Ball End of the High Pulley Cable **90** forward and through Press Arm Pivot **Q** and around Pulley **(A5)**.
4. Then route cable back and through Upper Main Frame **D** and down through the support arm sticking out of Upper Main Frame **D**. Then install Pulley **(A6)** (4) 4 ¼" Pulley as shown in Diagram 2 using:
(1) 54 m10 x 65 hex head bolt
(2) 48 5/16" bronze bushing
(1) 70 m10 nylon lock nut
5. See Diagram 3. Attach Press Arm Pulley Shroud **U** to Press Arm Pivot **Q** and tighten.



STEP 7B

Diagram 1
(cable installation)

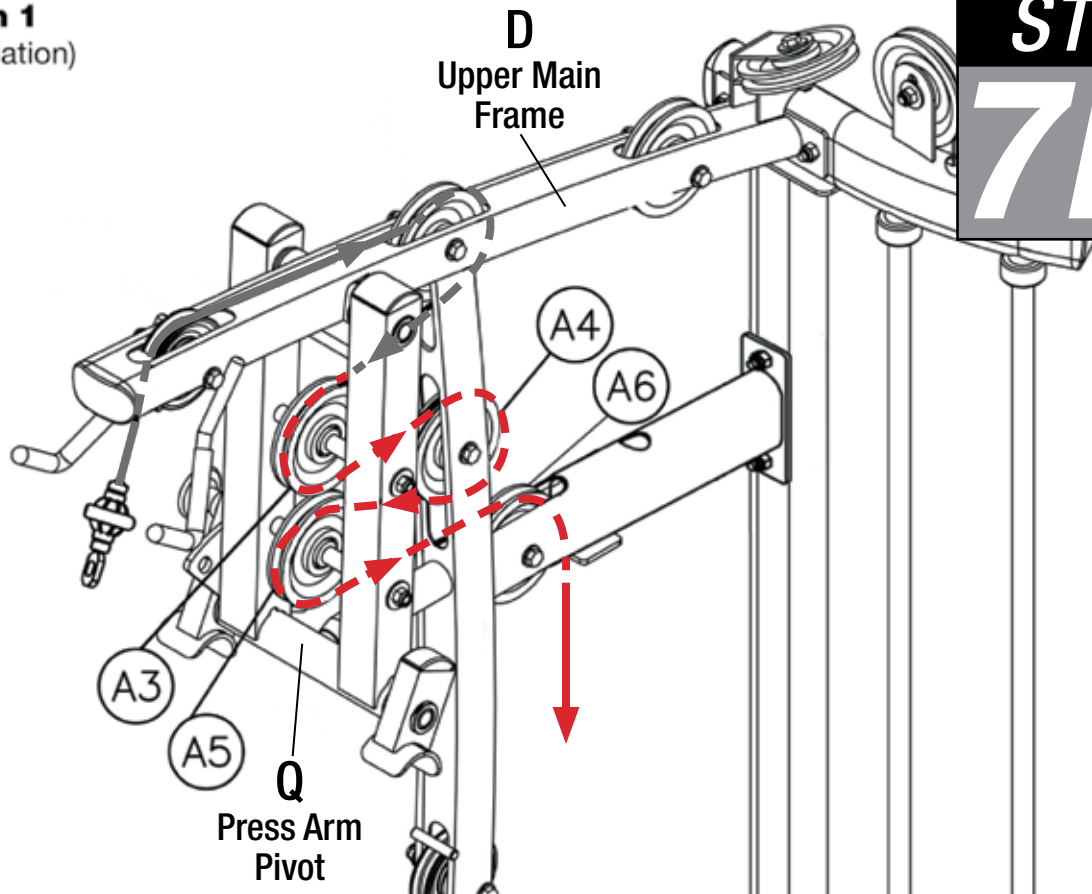


Diagram 2
(pulley installation)

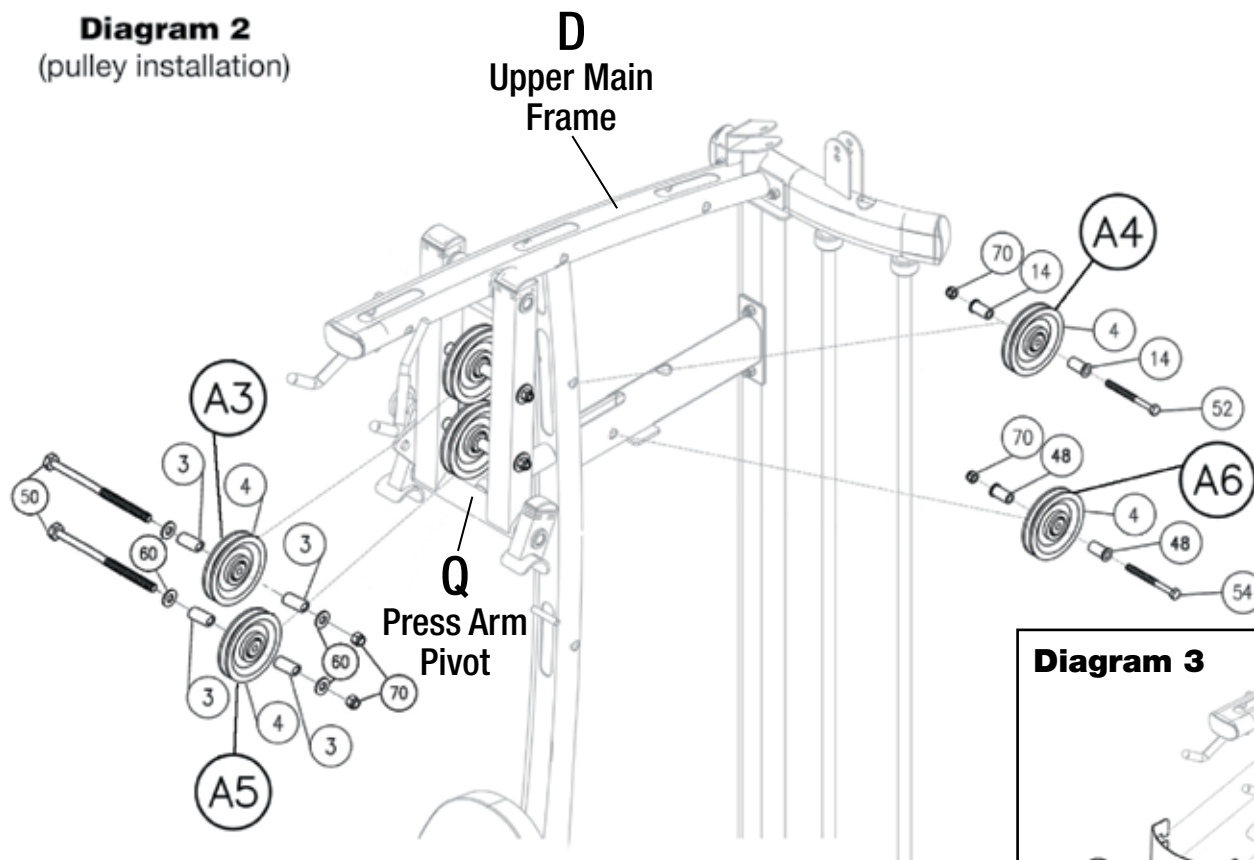
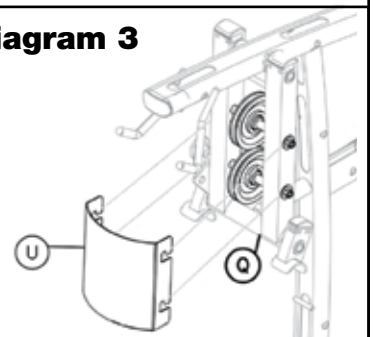


Diagram 3

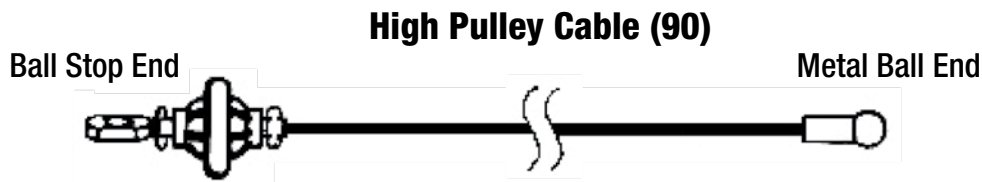


STEP 8A

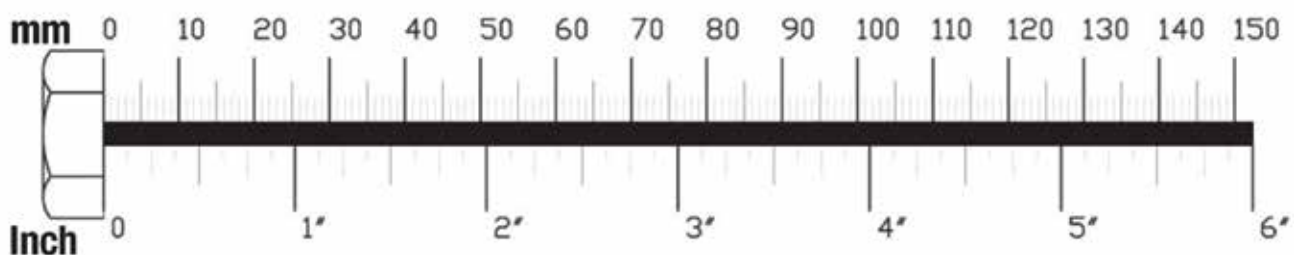
Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 8B**



1. See Diagram 1. Start at the Double Pulley Holder V and route the High Pulley Cable 90 around Pulley (A7) (4) 4 ¼" Pulley and install Pulley (A7) using:
(1) 54 m10 x 55 hex head bolt
(2) 60 m10 washer
(1) 70 m10 nylon lock nut
Route the High Pulley Cable 90 up and through the hole in the support arm in Upper Main Frame D, then up and through the top of Upper Main Frame D, and then through the top of Rear Upper Beam E and pull down the entire length of cable through.
2. See Diagram 2. Attach Pulley (A8) (4) 4 ¼" Pulley and Pulley (A10) (4) 4 ¼" Pulley as shown using:
(1) 52 m10 x 95 hex head bolt
(1) 53 m10 x 45 hex head bolt
(2) 14 3/8" pulley spacer
(2) 60 m10 washer
(2) 70 m10 nylon lock nut
3. See Diagram 1. Make sure that the cable is routed above Pulley (A8), around Pulley (A9) and above Pulley (A10). See Diagram 2. Attach Small Pulley (A9) (15) 3 ½" Pulley as shown using:
(1) 53 m10 x 45 hex head bolt
(2) 60 m10 washer
(1) 70 m10 nylon lock nut



STEP 8A

Diagram 1
(cable installation)

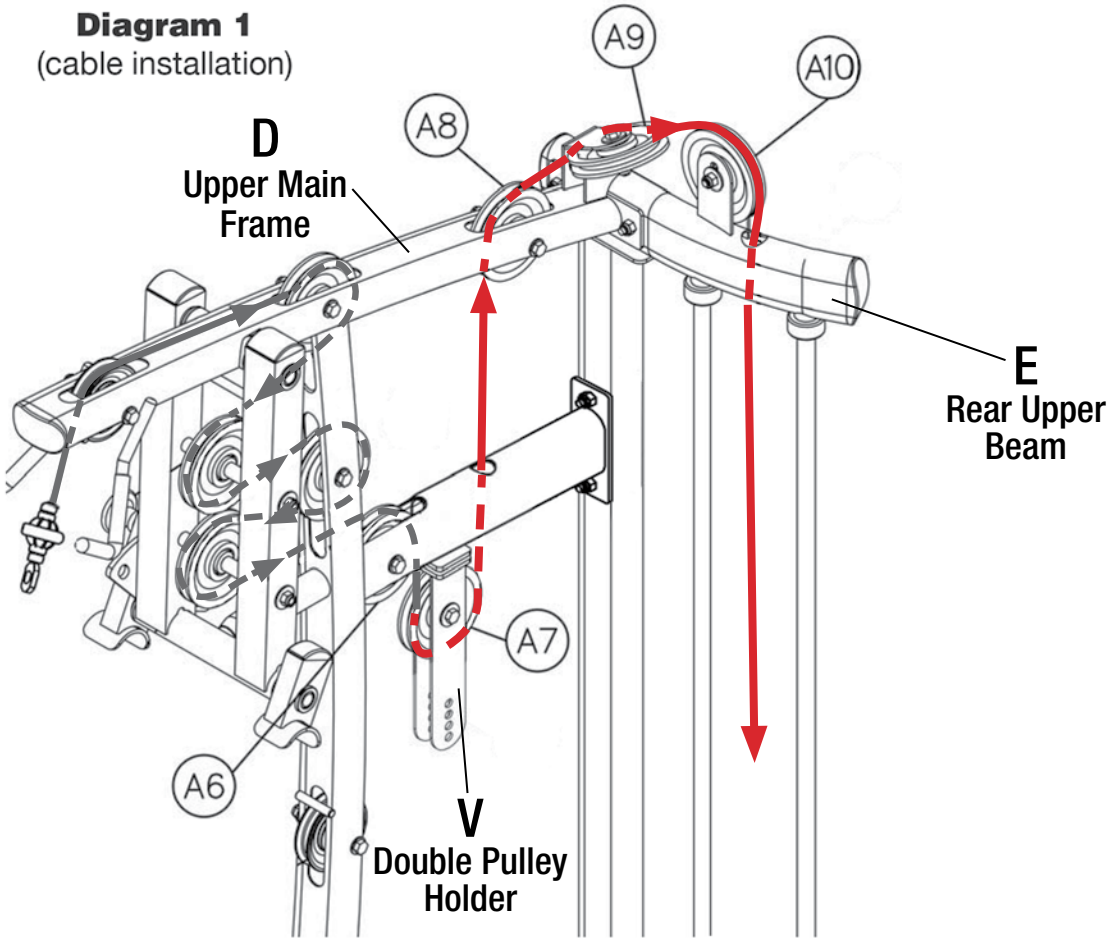
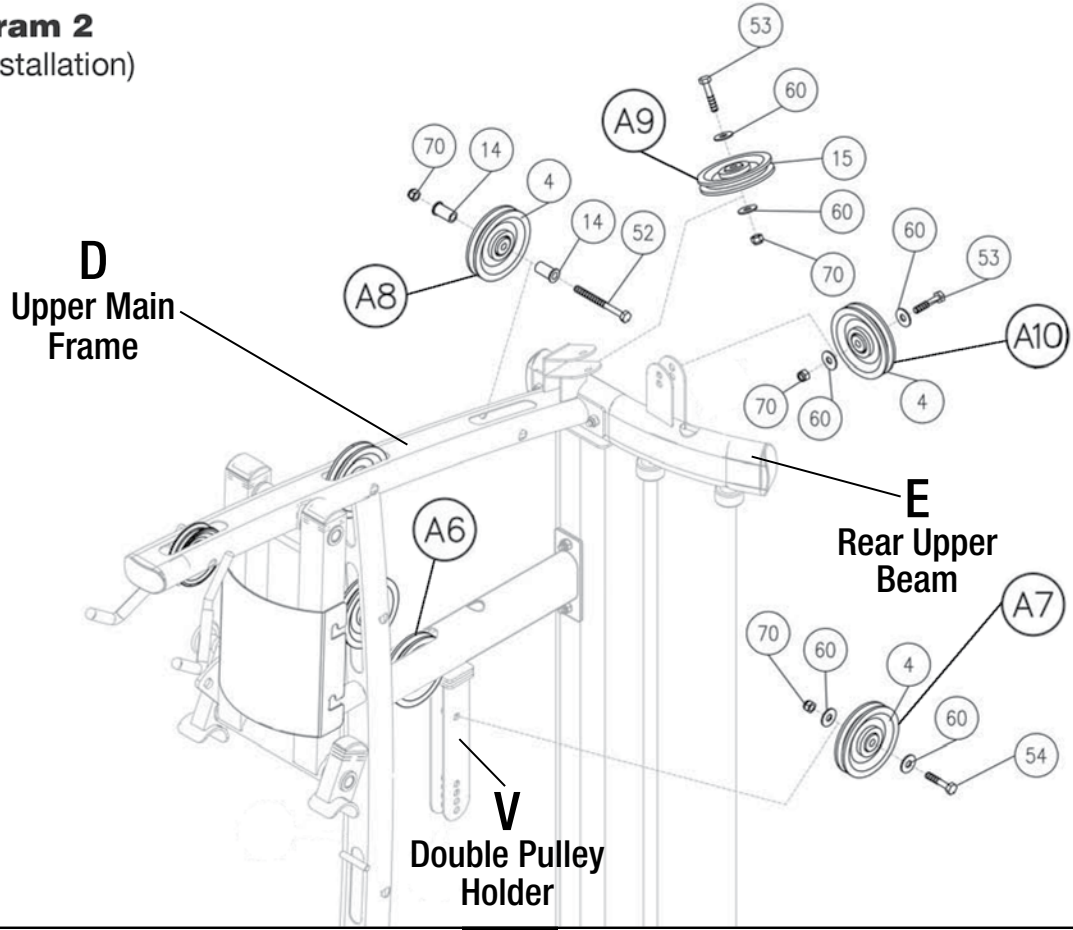


Diagram 2
(pulley installation)



STEP 8B

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 8B**



1. You will now connect the High Pulley Cable 90 to the weight stack. See Diagram 1. Remove Bolt 59 inside of the Selector Rod Top Bolt 34. Slide the High Pulley Cable 90 through the opening in the top of the Selector Rod Top Bolt 34 as shown.
2. Attach Cable End Shaft 33 to the Metal Ball End of the High Pulley Cable 90 and tighten the Allen Bolt.
3. Now pull the Cable back through the Selector Rod Top Bolt 34 so it is tight, and the Cable End Shaft 33 fits inside the Selector Rod Top Bolt 34.
4. Re-install Bolt 59 in the top of the Selector Rod Top Bolt 34.

WARNING:

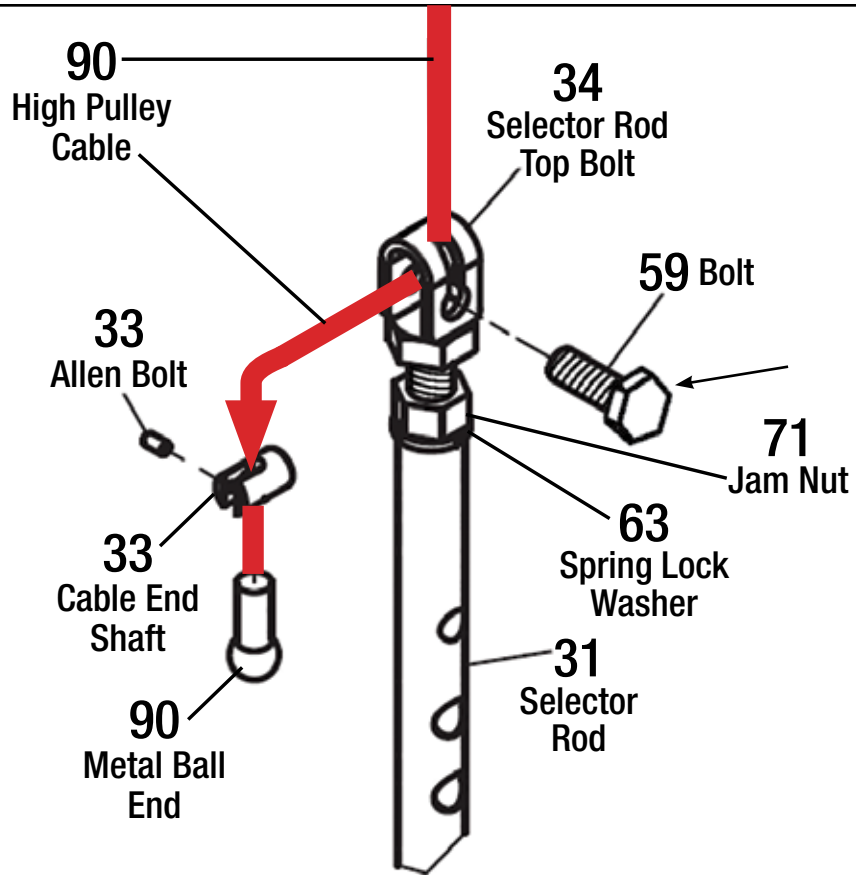
Selector Rod Top Bolt 34 must be threaded a minimum of 1/2" into the Selector Rod 31, and Jam Nut 71 tightened securely against Spring Lock Washer 63 to ensure proper connection. Check the Jam Nut 71 once a week to make sure it is tight.

NOTE:

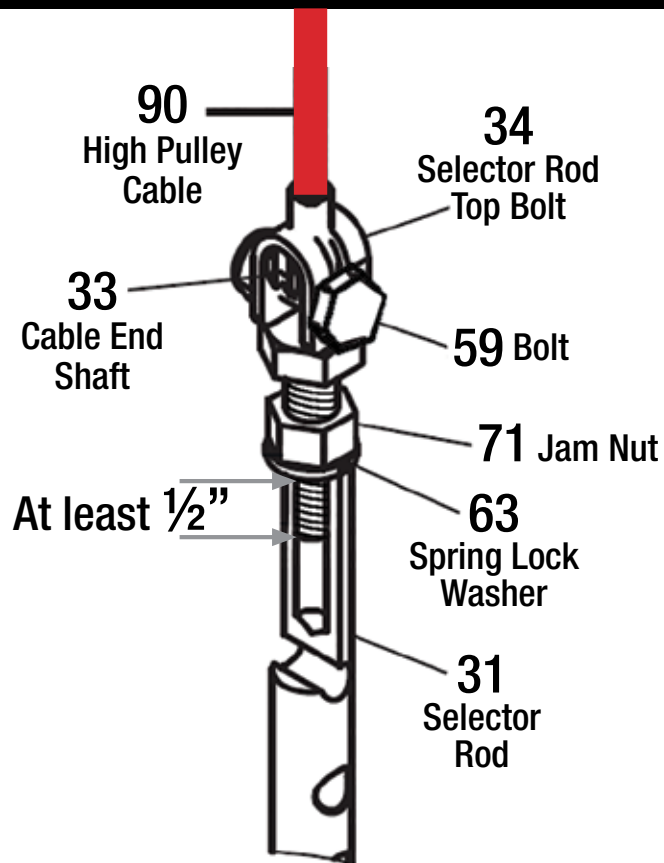
At this point you should now wrench tighten all bolts and nuts on Step 7A, Step 7B, Step 8A and Step 8B.

Diagram 1

STEP 8B



! WARNING !



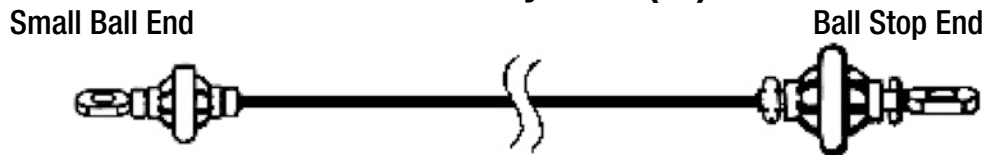
STEP 9A

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 10**

Low Pulley Cable (91)



1. See Diagram 1. Insert Small Ball End of the Low Pulley Cable 91 into the opening in the Leg Extension Arm K, where Small Pulley (B1) will be installed.
2. Then insert Cable 91 into and through Lower Main Frame A. Run Cable 91 along the top of the frame and into and through Lower Main Frame A again, you will have to remove Pulley (B3) and re-install. Now pull entire length of Cable 91 through.
3. See Diagram 2. Attach Small Pulley (B1) (15) 3 1/2" Small Pulley and install Pulley (B2) (4) 4 1/4" Pulley using:
(2) 52 m10 x 95 hex head bolt
(4) 14 3/8" pulley spacer
(2) 70 m10 nylon lock nut
4. See Diagram 1. Route the Low Pulley Cable 91 up and through the opening in Lower Main Frame A, where Pulley (B4) will be installed and pull the entire length of cable through.
5. See Diagram 2. Attach Pulley (B4) (4) 4 1/4" Pulley as shown using:
(1) 52 m10 x 95 hex head bolt
(2) 14 3/8" pulley spacer
(1) 70 m10 nylon lock nut

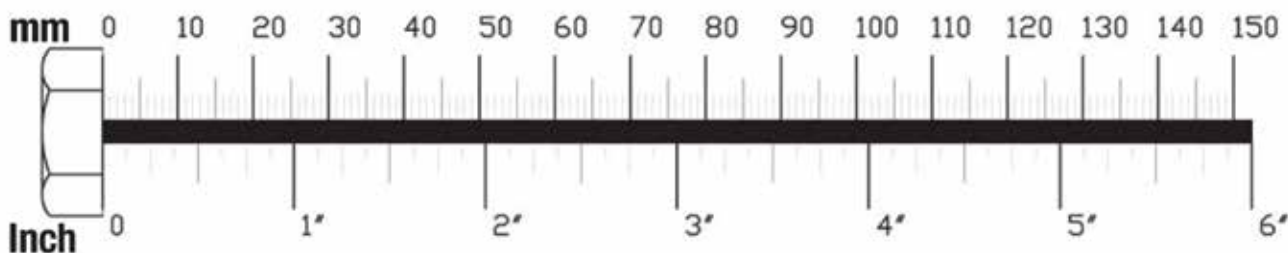


Diagram 1
(cable installation)

STEP
9A

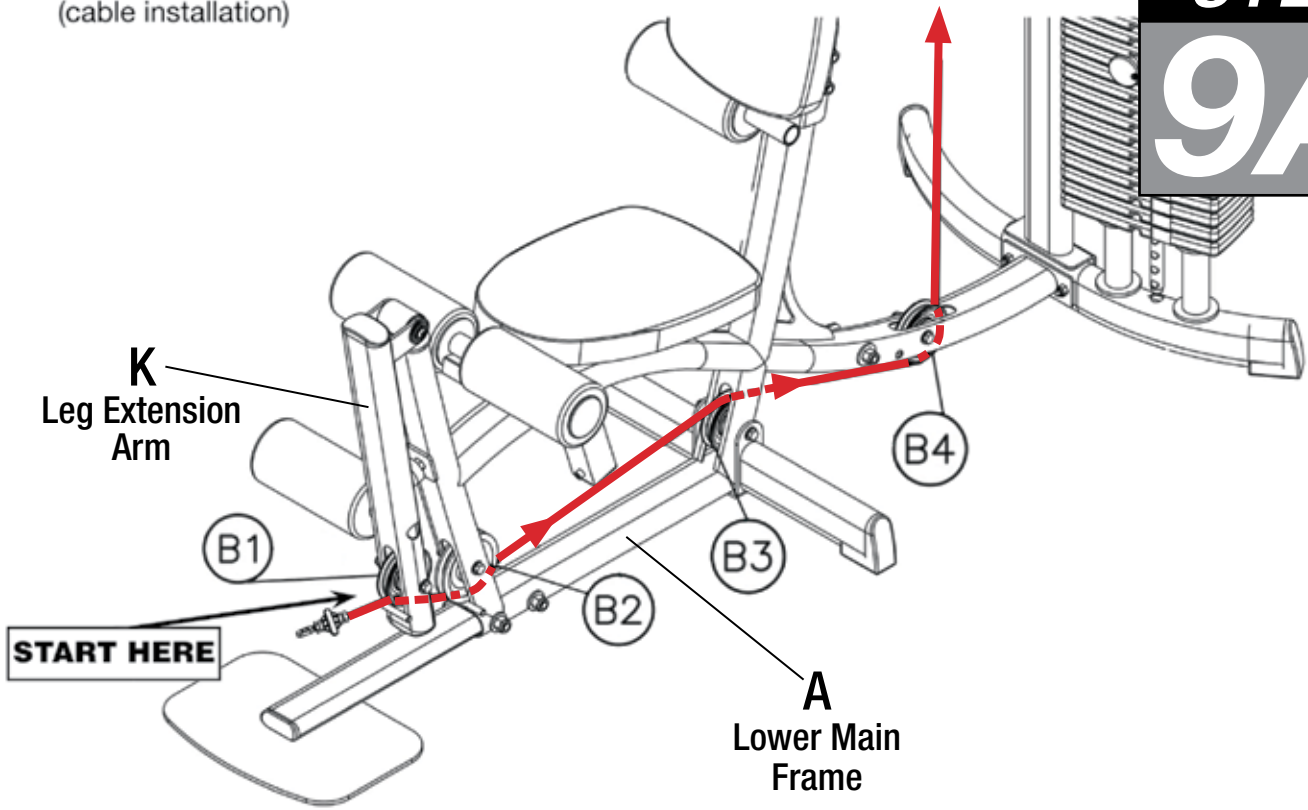
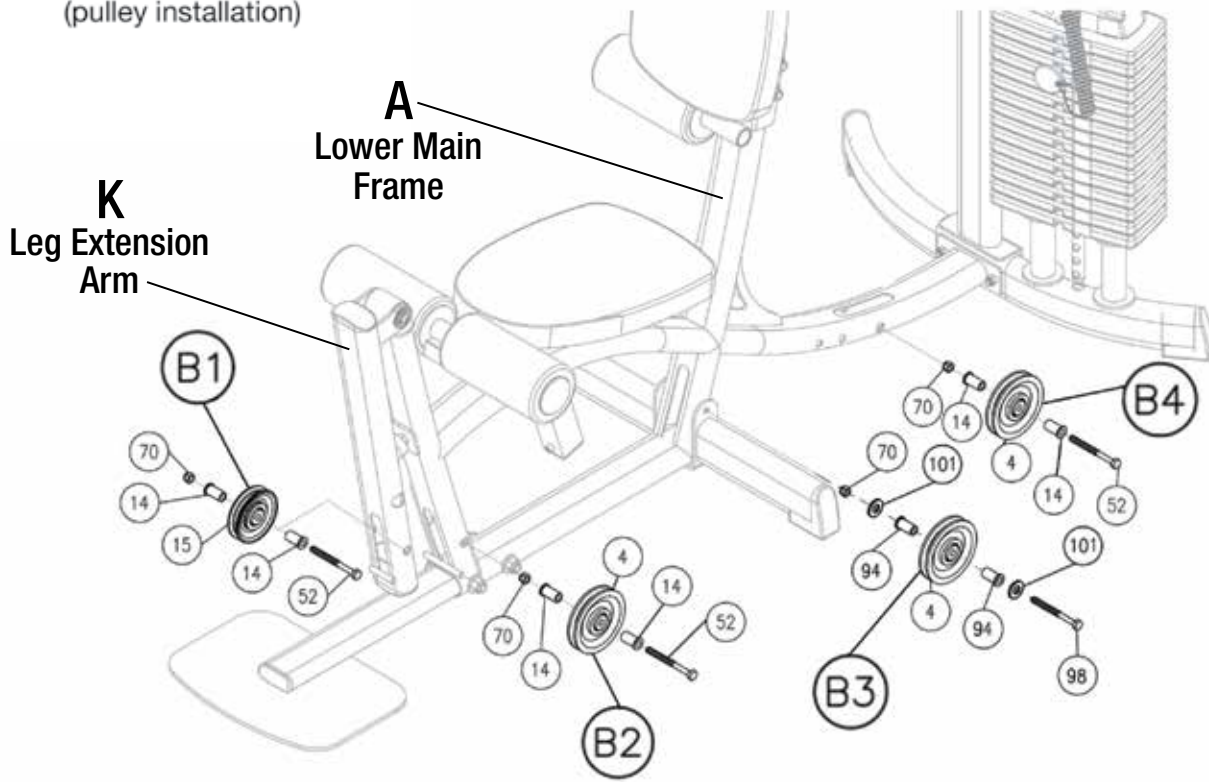


Diagram 2
(pulley installation)

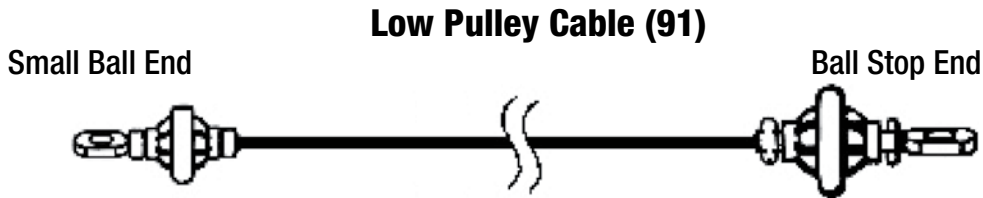


STEP 9B

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 10**



1. See Diagram 1. Route the Low Pulley Cable 91 up and through the Double Pulley Holder V. Route Cable 91 around Pulley **(B5) (4) 4 1/4" Pulley**. See Diagram 2 and install Pulley **(B5) (4) 4 1/4" Pulley** as shown using:
(1) 54 m10 x 55 hex head bolt
(2) 60 m10 washer
(1) 70 m10 nylon lock nut
2. See Diagram 1. Route the Low Pulley Cable 91 down and through the Small Pulley Holder W. Route Cable 91 around Pulley **(B6) (4) 4 1/4" Pulley**. See Diagram 2 and install Pulley **(B6) (4) 4 1/4" Pulley** as shown using:
(1) 53 m10 x 45 hex head bolt
(2) 60 m10 washer
(1) 70 m10 nylon lock nut
3. See Diagram 1. Route the Low Pulley Cable 91 up and through Upper Main Frame D. Route Cable 91 around Pulley **(B7) (15) 3 1/2" Small Pulley**. See Diagram 2 and install Pulley **(B7) (15) 3 1/2" Small Pulley** as shown using:
(1) 52 m10 x 95 hex head bolt
(2) 14 3/8" pulley spacer
(1) 70 m10 nylon lock nut

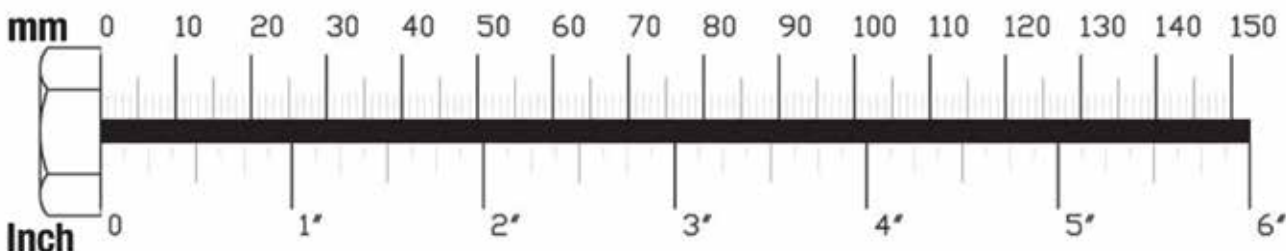


Diagram 1
(cable installation)

STEP 9B

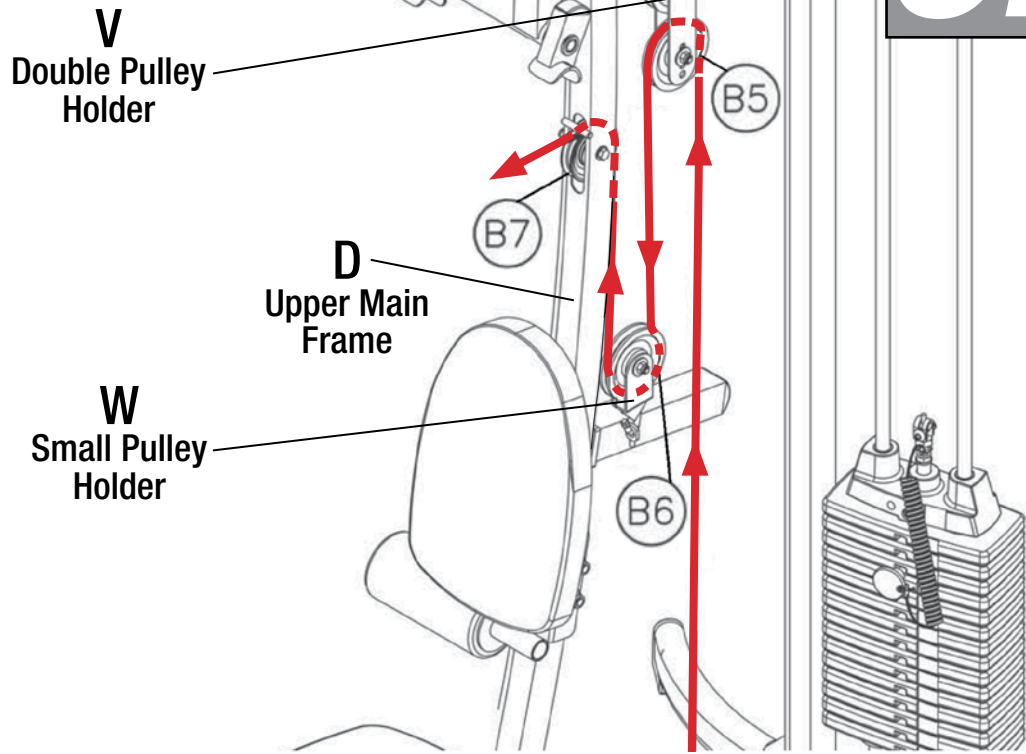
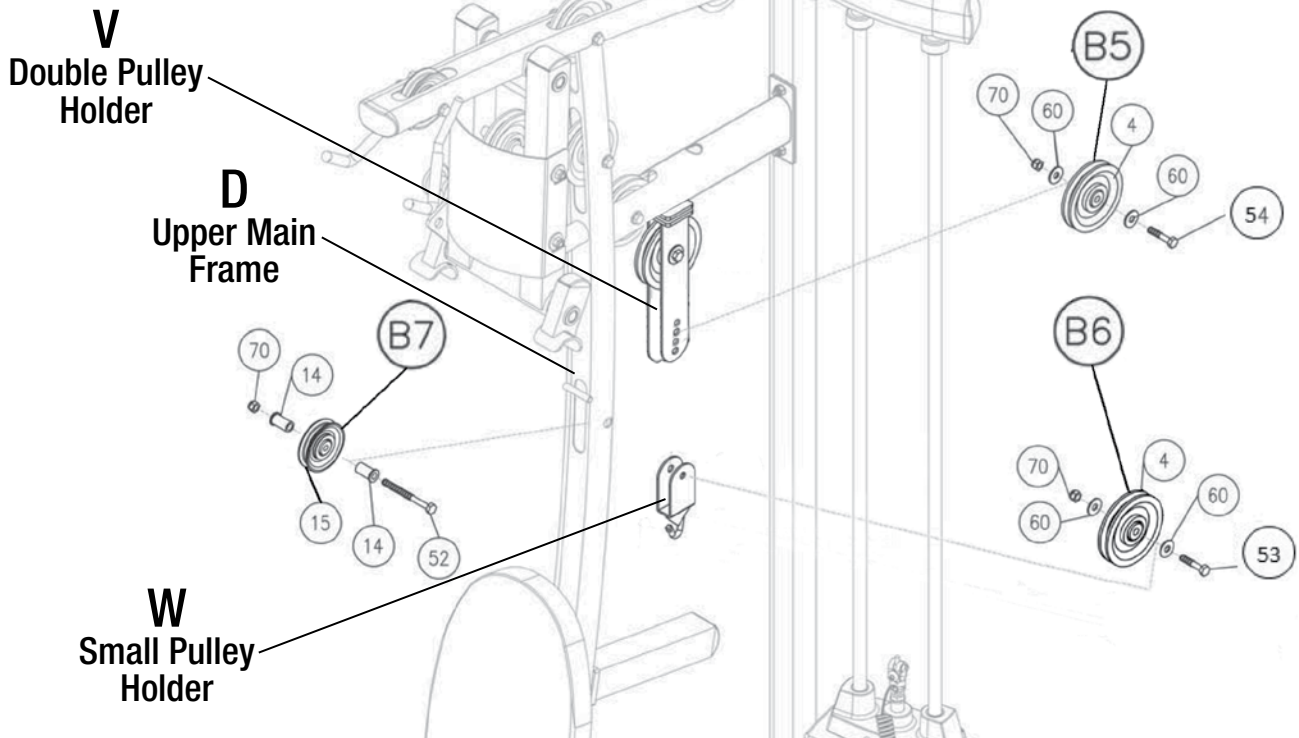


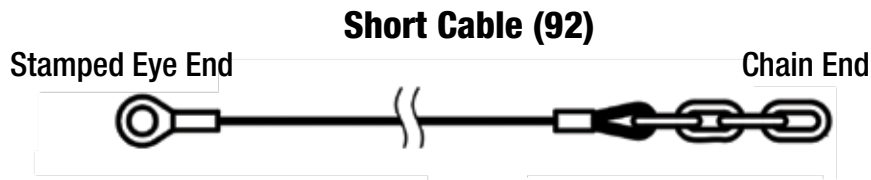
Diagram 2
(pulley installation)



STEP

10

Be careful to assemble all components in the sequence they are presented.



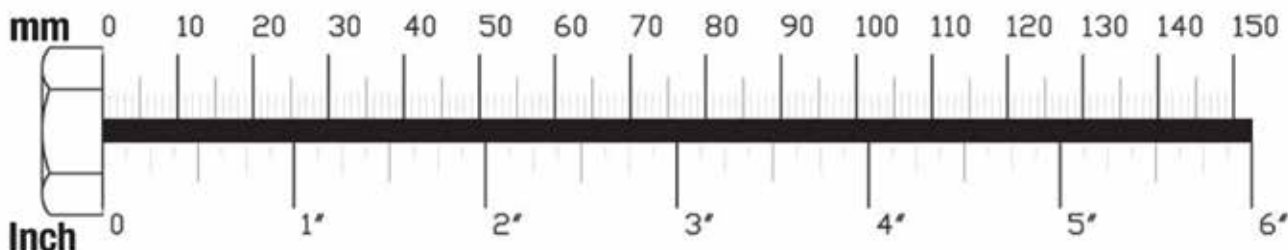
1. See Diagram 1. Stamped Eye End of the Short Cable 92 goes inside the Lower Main Frame A as shown.
1. See Diagram 2. Attach the Stamped Eye End of the Short Cable 92 to the Lower Main Frame A as shown using:
 - (1) 98 m10 x 110 hex head bolt
 - (2) 60 m10 washer
 - (1) 70 m10 nylon lock nut
2. See Diagram 2. Route the Short Cable 92 up and attach the Chain End to the hook on the bottom of the Small Pulley Holder W as shown. Hold cable 92 in place using:
 - (1) 40 $\frac{3}{16}$ " acorn cap nut

NOTE:

These parts are pre-installed

NOTE:

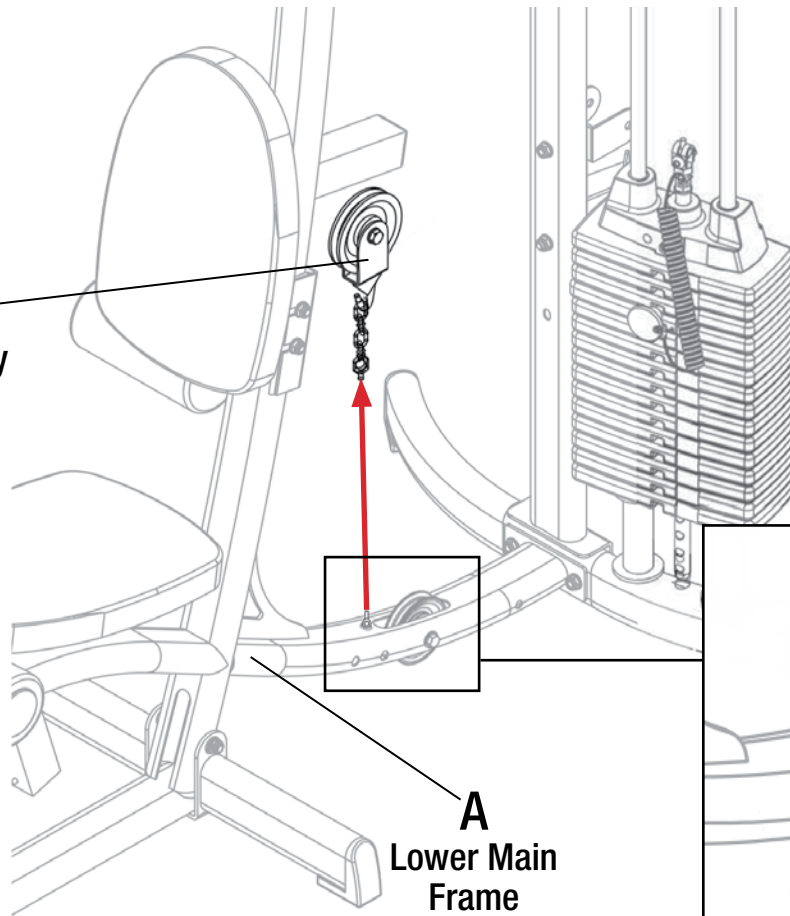
You can now wrench tighten all bolts and nuts. Do Not re-tighten any pad bolts.



STEP 10

Diagram 1

W
Small Pulley
Holder

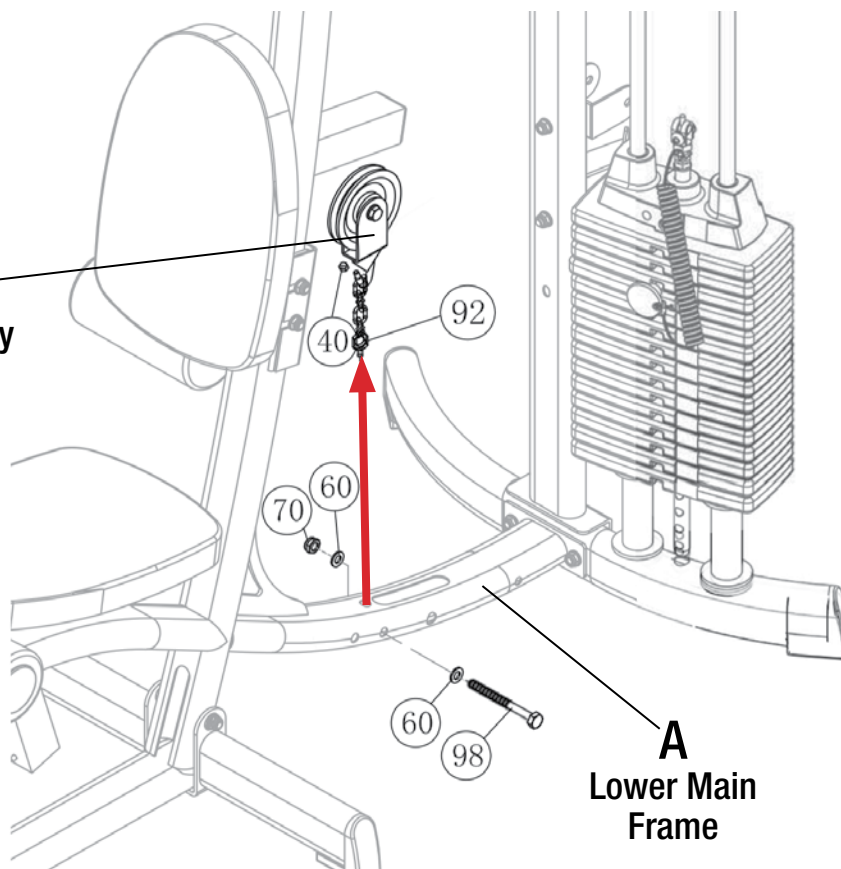


A
Lower Main
Frame

Cable 92 goes inside
Lower Main Frame A

Diagram 2

W
Small Pulley
Holder



A
Lower Main
Frame

Cable Adjustment

Cables can stretch slightly when your gym is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Cable tension can be adjusted in several ways:

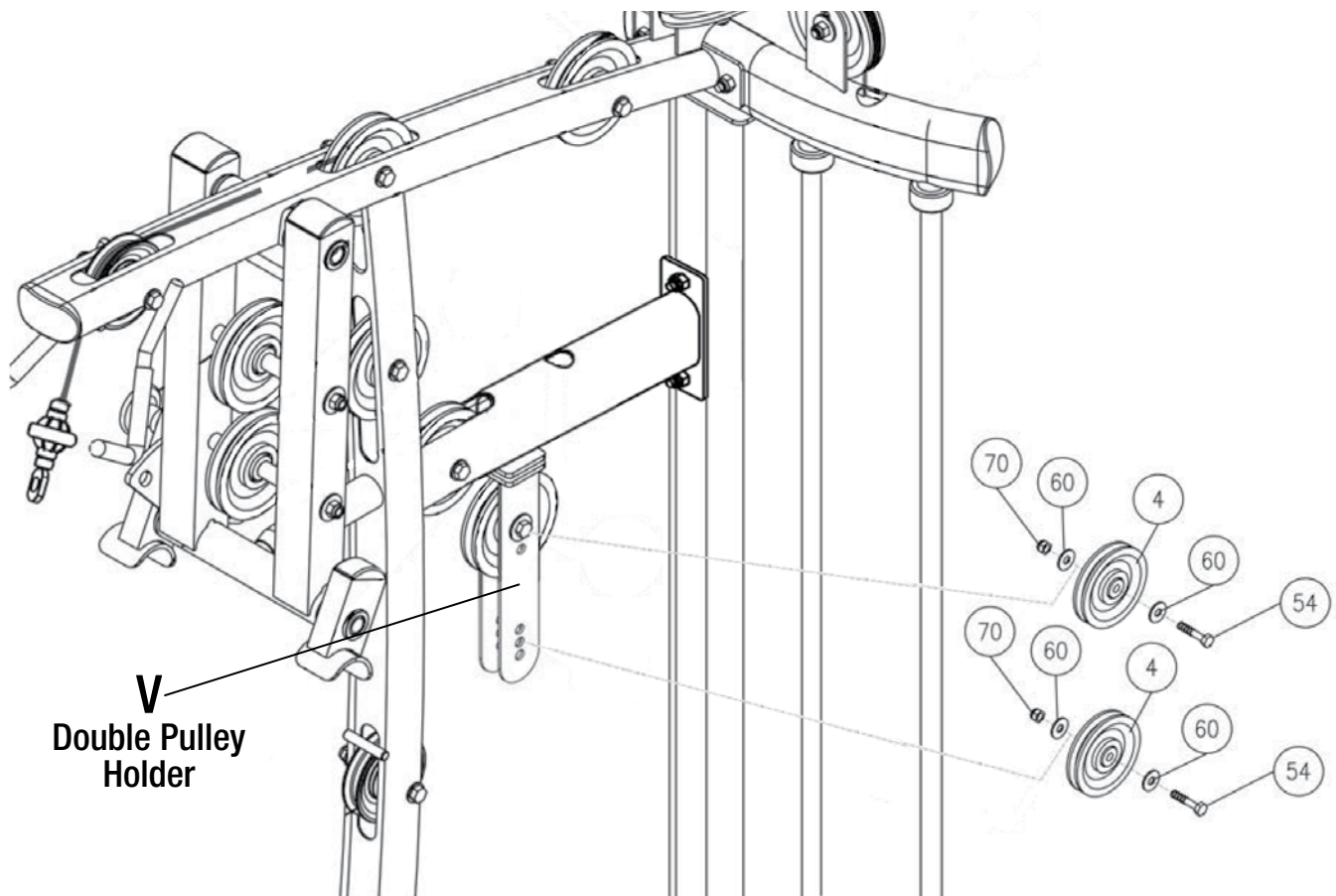
Move the pulley up or down in the top of **Double Pulley Holder V**

Move the pulley up or down in the bottom of **Double Pulley Holder V**

Move the pulley up or down in the top of **Rear Upper Beam E**

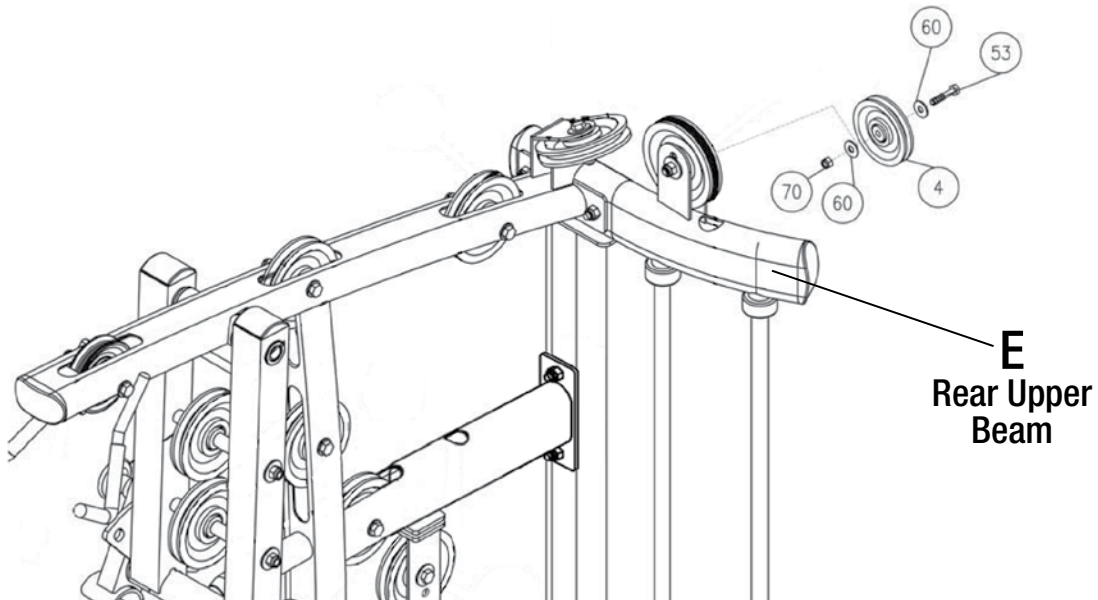
Adjust the chain attached to the **Small Pulley Holder W**

To adjust your cables see the illustrations below. Do not over tighten the cables. If the cables are over tightened you will notice the Top Plate **37** will be lifted off the weight stack.

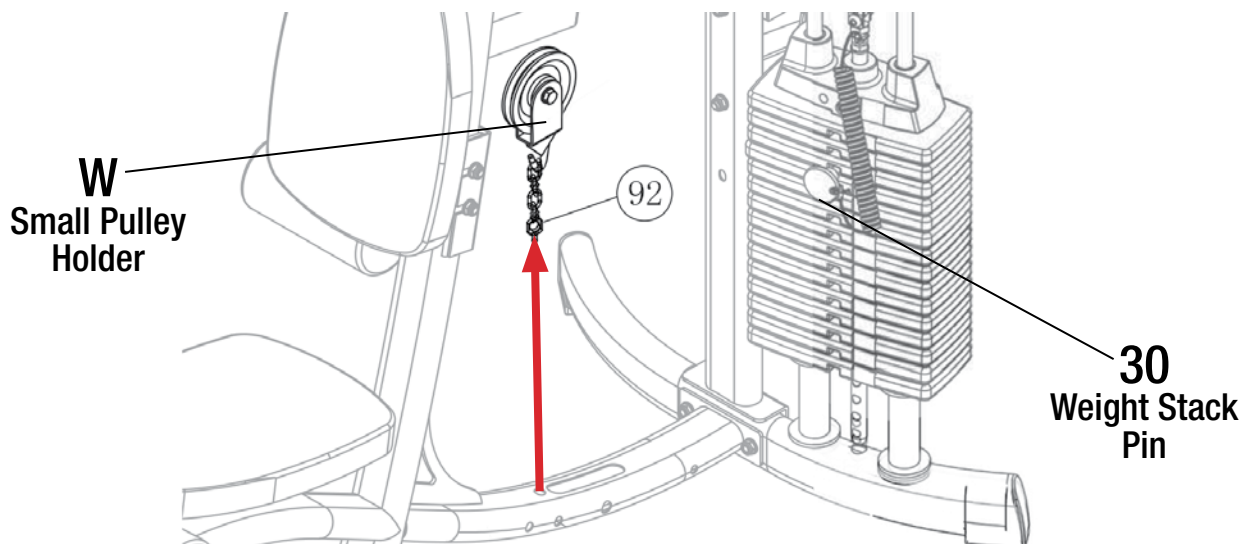


First, remove the Weight Stack Pin **30** from the Weight Stack. This will release tension on the cables. You can now remove the pulley inside the top of the Double Pulley Holder **V** and move the pulley up or down to adjust the cable tension. You can also remove the pulley inside the bottom of the Double Pulley Holder **V** and move the pulley up or down to adjust the cable tension.

Cable Adjustment



First, remove the Weight Stack Pin **30** from the Weight Stack. This will release tension on the cables. You can now remove the pulley inside the top of the Rear Upper Beam **E** and move the pulley up or down to adjust the cable tension.



First, remove the Weight Stack Pin **30** from the Weight Stack. This will release tension on the cables. You can now adjust the chain located at the top of Short Cable **92** and attached to Small Pulley Holder **W**. Tension can be adjusted by selecting various links in this chain.

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