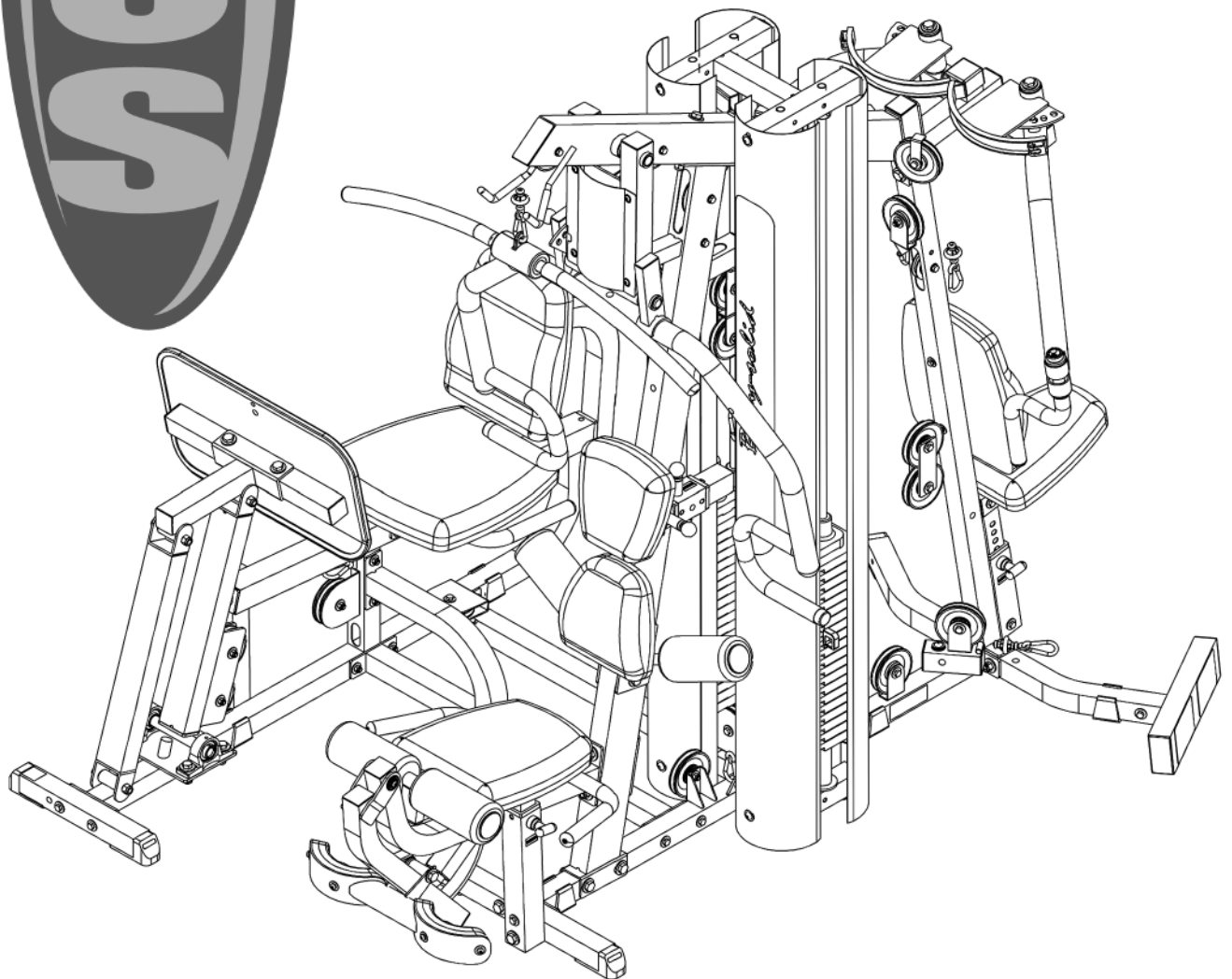




by *Body-Solid*[®]



A s s e m b l y I n s t r u c t i o n s

STEP**1****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 5.

- A. Attach two Weight Stack Shims (28) to the bottom of Main Base Frame (A), and two Weight Stack Shims (28) to the bottom of Side Base Frame (B). Also, install two Frame Levelers (25) to the Main Base Frame (A) as shown.
- B. Attach Main Base Frame (A) to Side Base Frame (B) using:
Two 73 (3/8" x 2 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- C. Attach two Foot Caps (19) to the ends of Front Base Frame (C). Attach Front Base Frame (C) to the Main Base Frame (A) using:
One 65 (1/2" x 3" hex head bolt)*
Two 93 (1/2" washer)
One 90 (1/2" nylon lock nut)

***NOTE:**

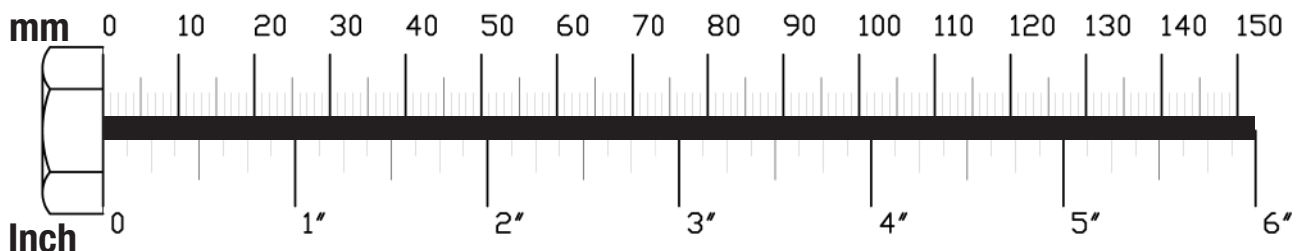
Only use one bolt (65) as shown. You will need the other side open for step 5.

- D. Attach one Foot Cap (19) to one end of Rear Base Frame (D). Leave the other side open, (depending on which side of the gym you want the low pulley station).* Connect Rear Base Frame (D) and Rear Vertical Frame (E) to Main Base Frame (A) as shown using:
Two 64 (1/2" x 3 1/4" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)

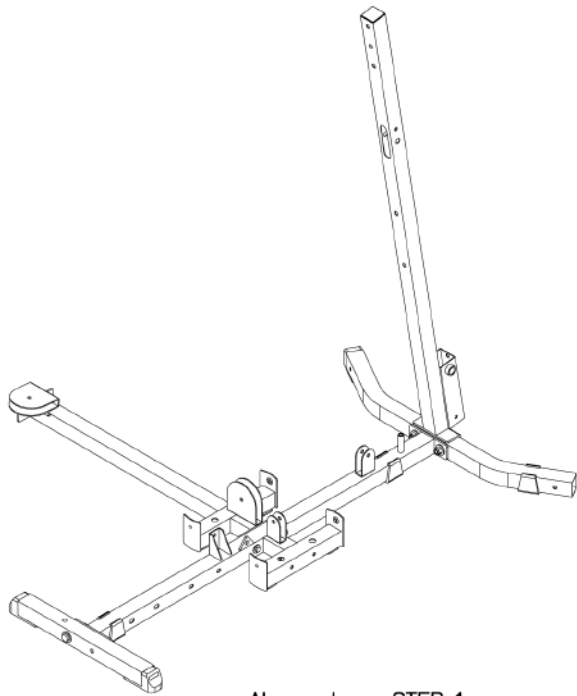
***NOTE:**

Depending on how much space you have available, and the configuration of your room, you can assemble this gym with the low pulley station on either side.

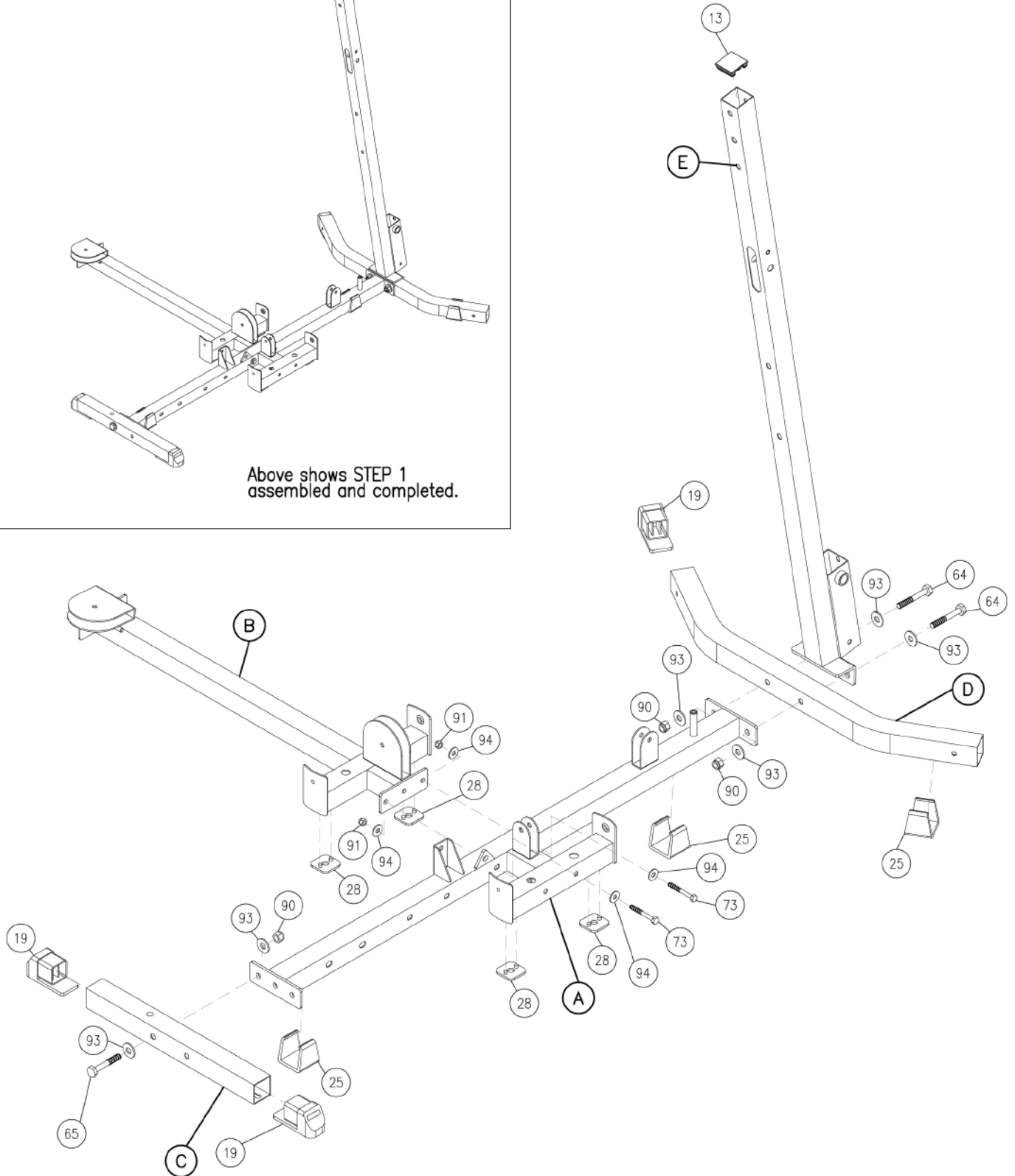
- E. Attach End Cap (13) to the top of Rear vertical Frame (E) and Frame Leveler (25) to Rear Base Frame (D).



STEP
1



Above shows STEP 1 assembled and completed.



STEP**2**

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

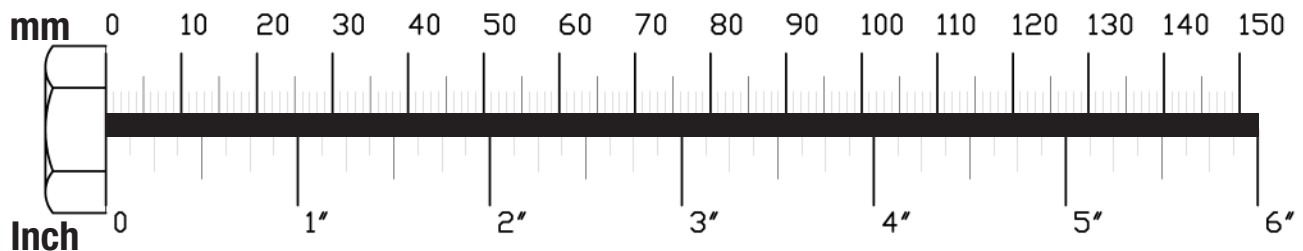
NOTE:

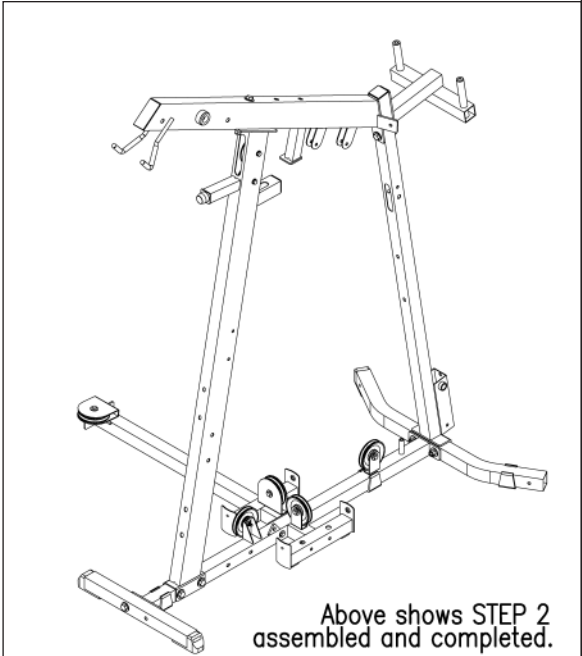
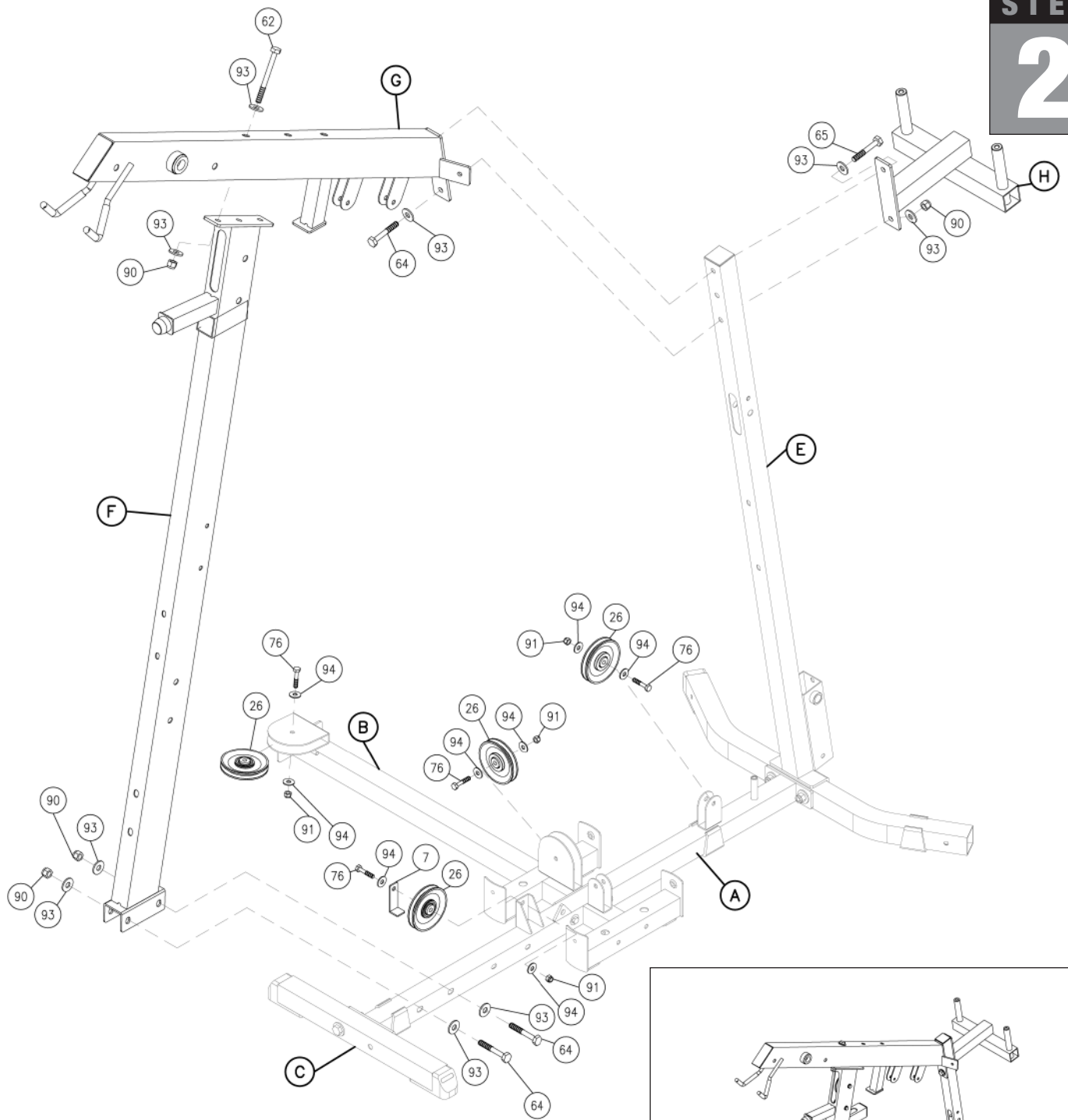
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 5.

- A. Attach one Pulley (26) to Main Base Frame (A) and two Pulleys to Side Base Frame (B) as shown using:
Three 76 (3/8" x 1 3/4" hex head bolt)
Six 94 (3/8" washer)
Three 91 (3/8" nylon lock nut)
- B. Attach one Pulley (26) and Pulley Cable Guide (7) to the middle of the Main Base Frame (A) as shown using
One 76 (3/8" x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- C. Attach Front Vertical Frame (F) to Main Base Frame (A) as shown using:
Two 64 (1/2" x 3 1/4" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)
- D. Attach Top Main Frame (G) to Front Vertical Frame (F) as shown using only one bolt:
One 62 (1/2" x 5" hex head bolt)
Two 93 (1/2" washer)
One 90 (1/2" nylon lock nut)
- E. Attach Top Main Frame (G) and Pec Dec Frame (H) to Rear Vertical Frame (E) using:
One 65 (1/2" x 3" hex head bolt)*
One 64 (1/2" x 3 1/4" hex head bolt)
Three 93 (1/2" washer)
One 90 (1/2" nylon lock nut)

***NOTE:**

The top bolt (65) goes into an internally threaded nut inside the Top Main Frame (G).





Above shows STEP 2 assembled and completed.

STEP**3****Be careful to assemble all components in the sequence they are presented.****NOTE:**

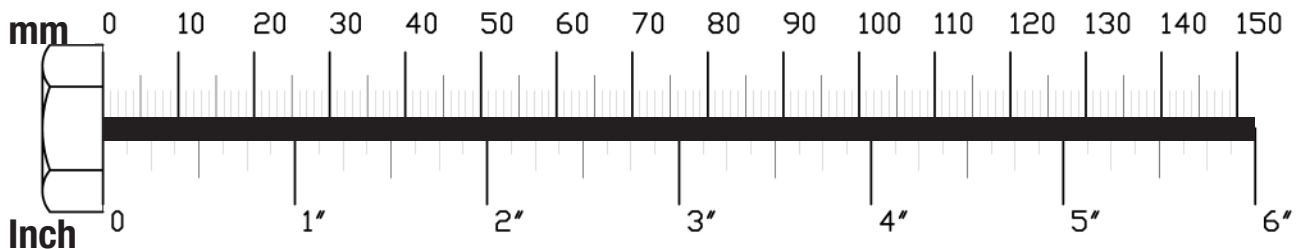
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 5.

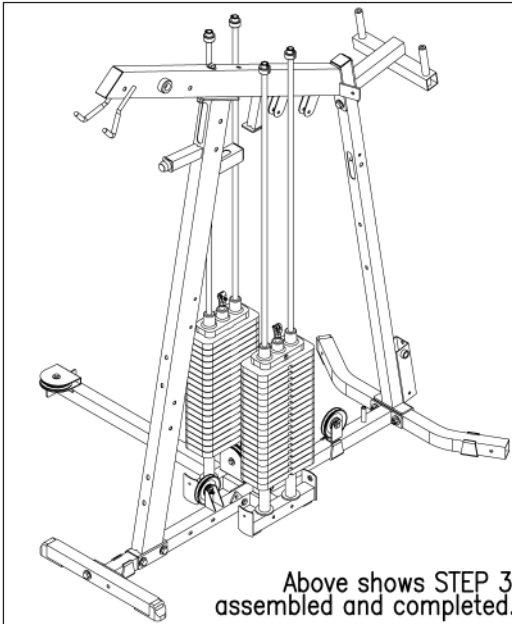
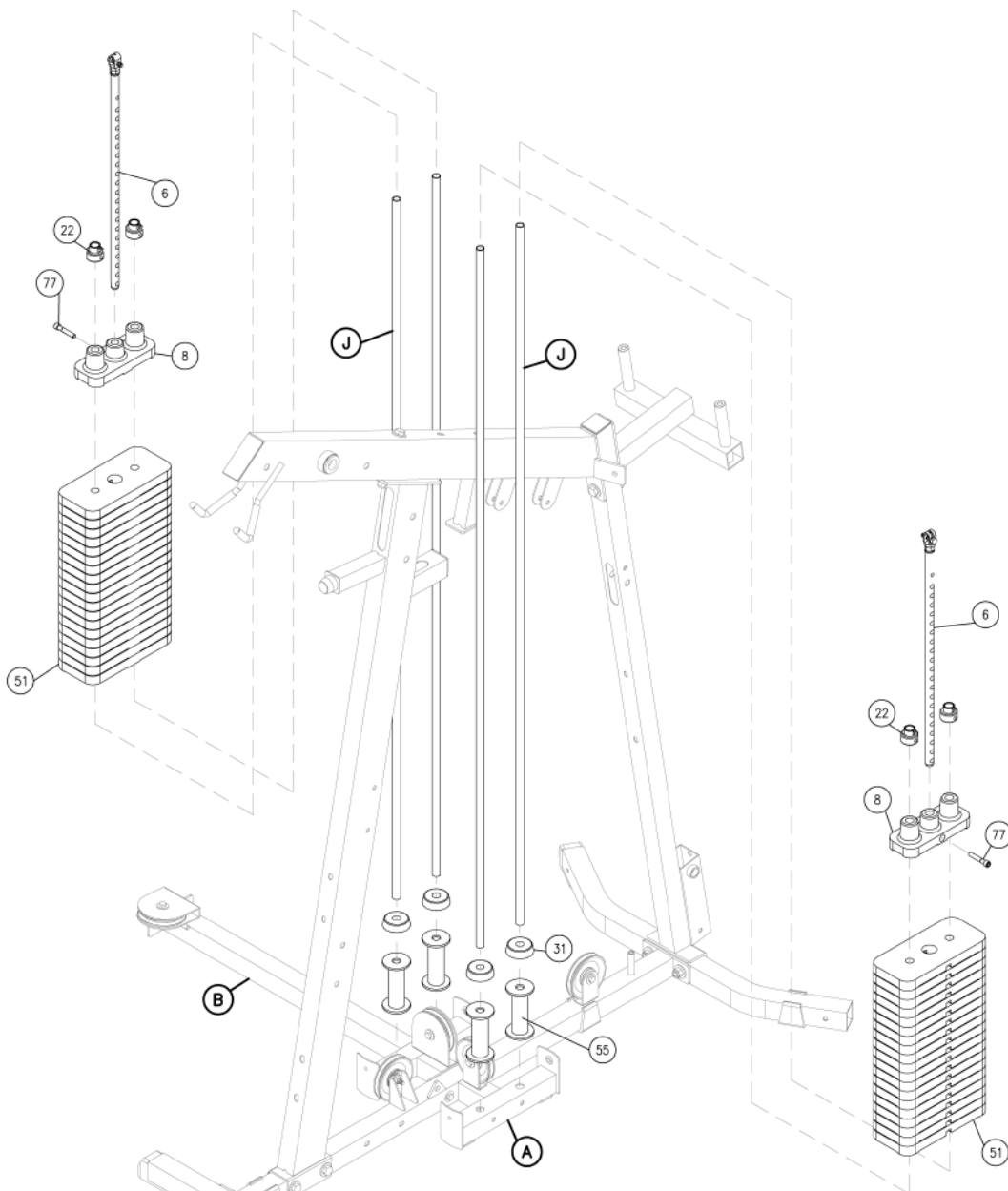
- A. Place two Weight Stack Risers (55) and two Rubber Donuts (31) onto Main Base Frame (A) as shown. Slide two Guide Rods (J) through the Rubber Donuts (31), the Weight Stack Risers (55), and into the Main Base Frame (A).
- B. Slide 20 Weight Stack Plates (51) onto the two Guide Rods (J). Make sure the opening in each weight stack plate, for the Weight Stack Pin (1), is facing outward.
- C. Attach Top Plate (8) to Selector Rod (6) using:
One 77 (3/8"x 2" flat allen head)
Slide Top Plate (8) and Selector Rod (6) onto Guide Rods (J).
- D. Place two Weight Stack Risers (55) and two Rubber Donuts (31) onto Side Base Frame (B) as shown. Slide two Guide Rods (J) through the Rubber Donuts (31), the Weight Stack Risers (55), and into the Side Base Frame (B).
- E. Slide 20 Weight Stack Plates (51) onto the two Guide Rods (J). Make sure the opening in each weight stack plate, for the Weight Stack Pin (1), is facing outward.
- F. Attach Top Plate (8) to Selector Rod (6) using:
One 77 (3/8"x 2" flat allen head)
Slide Top Plate (8) and Selector Rod (6) onto Guide Rods (J).
- G. Slide four Shaft Collars (22) onto the four Guide Rods (J) as shown.*

***NOTE:**

Do not tighten the allen screw inside Shaft Collars (22), leave them loose.

≈





Above shows STEP 3 assembled and completed.

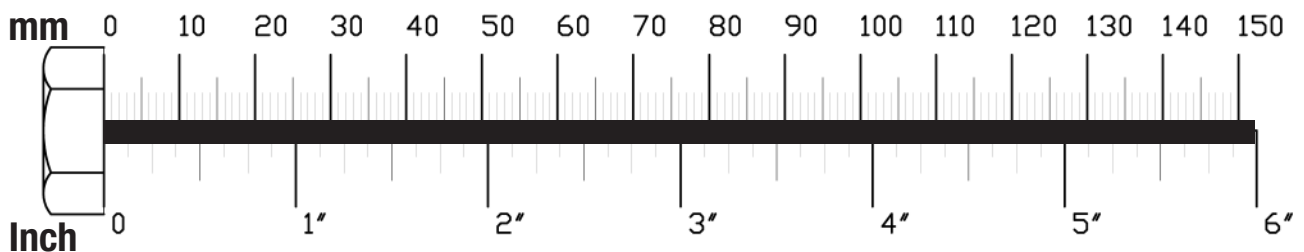
STEP**4**

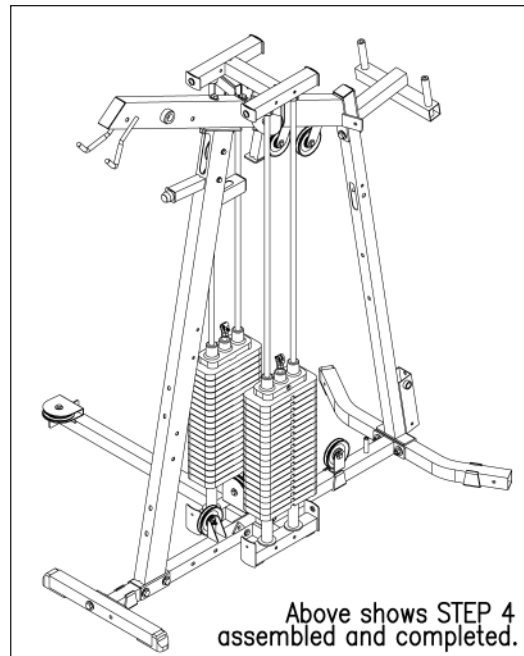
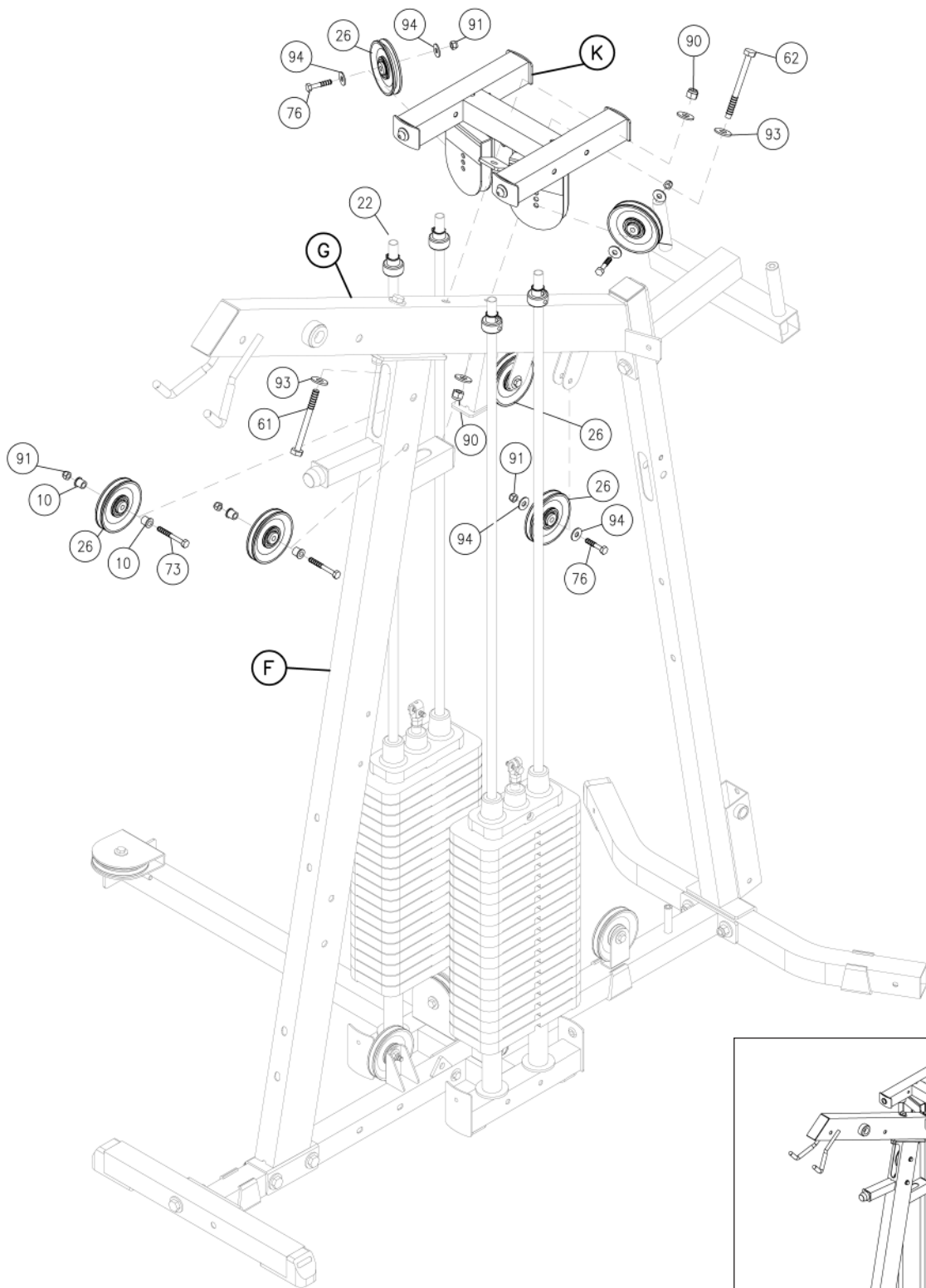
Be careful to assemble all components in the sequence they are presented.

NOTE:

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

- A. Attach Top Pulley Frame (K) to Top Main Frame (G) and Front Vertical Frame (F) as shown using:
One 61 (1/2"x 5 1/4" hex head bolt)
One 62 (1/2"x 5" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)
- B. Slide the four Shaft Collars (22) to the top of the four Guide Rods (J).
Insert the top of the Shaft Collars (22) into Top Pulley Frame (K).
Tighten the allen screw in each Shaft Collars (22).
- C. Insert two Pulleys (26) into Front Vertical Frame (F) as shown using:
Four 10 (pulley spacer)
Two 73 (3/8"x 2 3/4" hex head bolt)
Two 91 (3/8" nylon lock nut)
- D. Insert two Pulleys (26) into Top Pulley Frame (K) using:
Two 76 (3/8"x 1 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- E. Insert two Pulleys (26) into the pulley covers on the Top Main Frame (G) using:
Two 76 (3/8"x 1 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)





Above shows STEP 4 assembled and completed.

STEP**5**

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

Most of the main frame parts in this step will have RED dots.

NOTE:

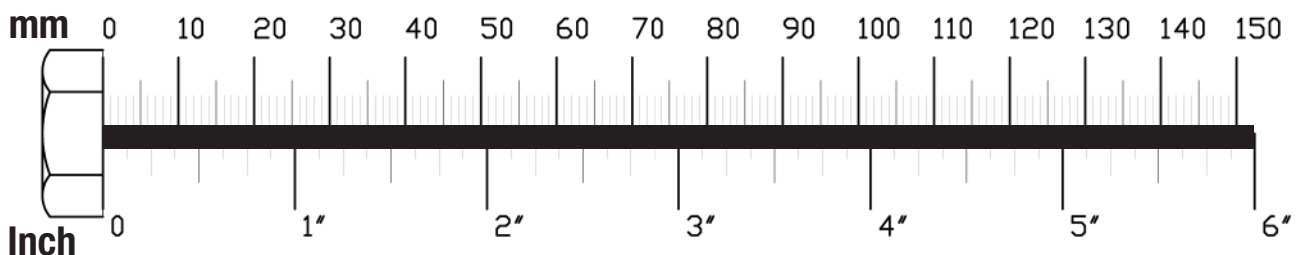
LEG EXTENSION SEAT PAD FRAME (S) AND THE LEG EXTENSION FRAME (L) ARE PRE-ASSEMBLED AS ONE PIECE.

- A. Attach Leg Extension Frame (L) and 2"x 6" Plate (M) to Front Vertical Frame (F) using:
Two 61 (1/2"x 5 1/4" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)
- B. Attach the bottom of Leg Extension Frame (L) to Front Base Frame (C), through the opening left from step 1 using:
One 60 (1/2"x 5 1/2" hex head bolt)
Two 93 (1/2" washer)
One 90 (1/2" nylon lock nut)
- C. Attach Leg Extension Arm (N) to Leg Extension Frame (L) using pre-installed Shaft (P) as shown. Tighten the two Allen Screws (88) to lock down Shaft (P) in Leg Extension Frame (L). Attach three End Caps (14) to the top of Leg Extension Frame (L) and each end of the Leg Extension Arm (N).
- D. Attach Leg Extension Pad Holder (Q) to Leg Extension Arm (N) using:
One 63 (1/2"x 3 1/2" hex head bolt)
Two 93 (1/2" washer)
One 90 (1/2" nylon lock nut)
Bronze Bushing (100) was pre-assembled, inside Leg Extension Arm (N).
- E. Attach Leg Pads (R) to Leg Extension Pad Holder (Q) using:
Four 89 (5/16"x 3/4" round bolt)*
Four 96 (5/16" spring lock washer)
Four 95 (5/16" washer)

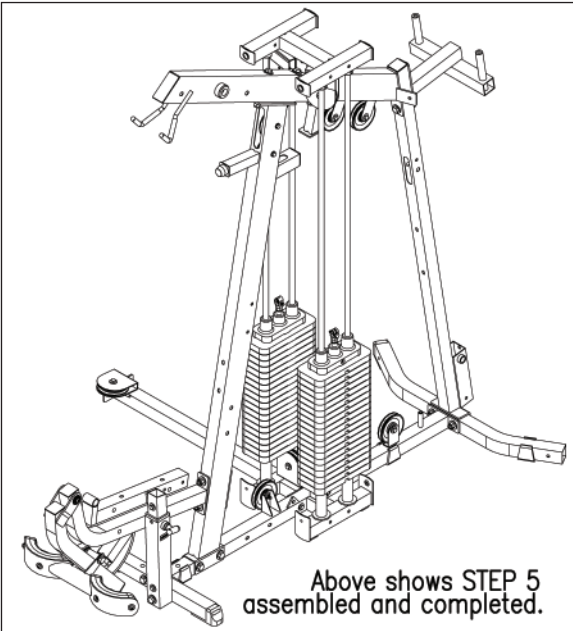
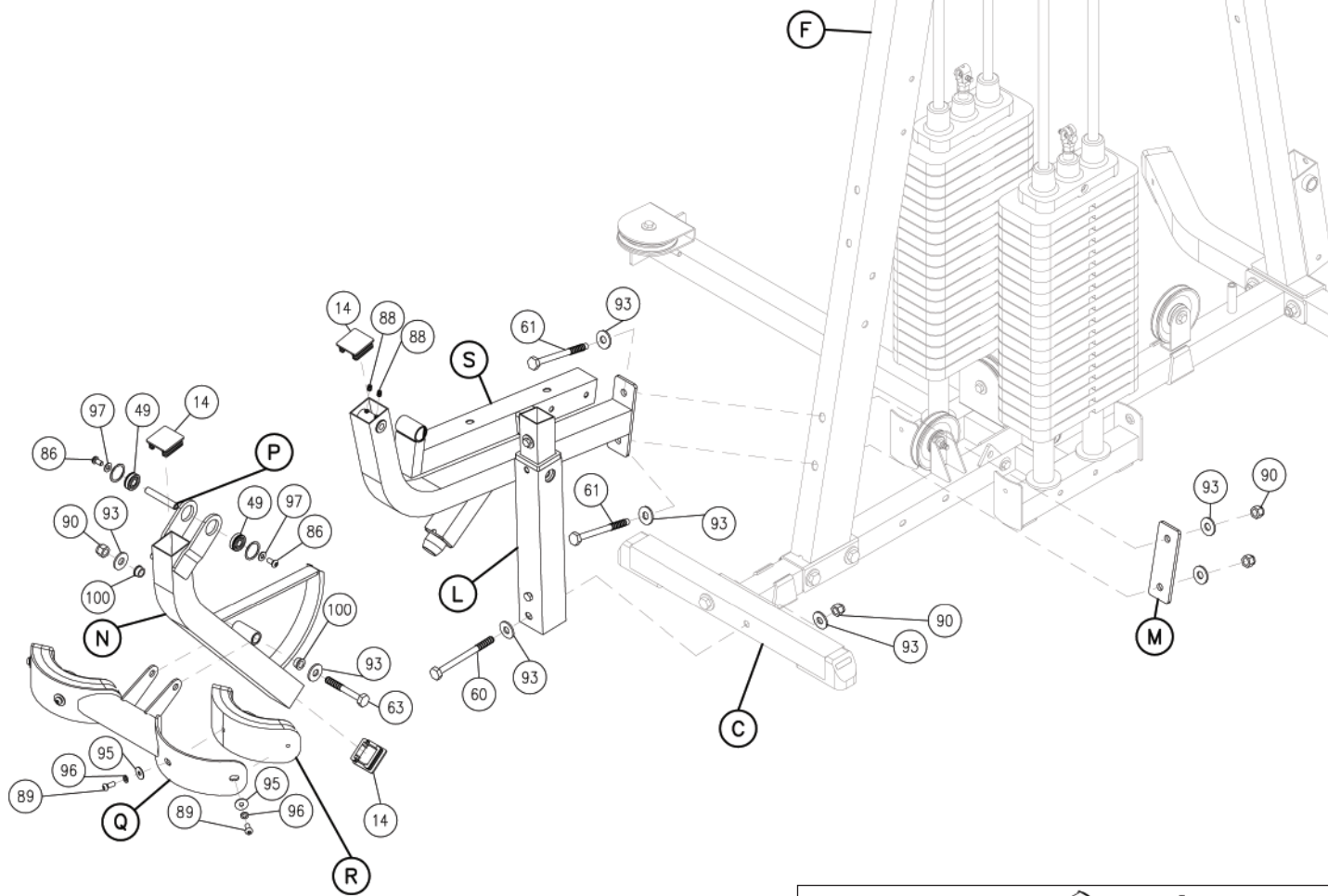
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over - tightening these bolts will cause T - nuts in pads to strip out.**

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 re-tighten any of the pad bolts. Also, leave all pulley bolts finger-tight until after STEP 20.



STEP
5



Above shows STEP 5 assembled and completed.

STEP**6**

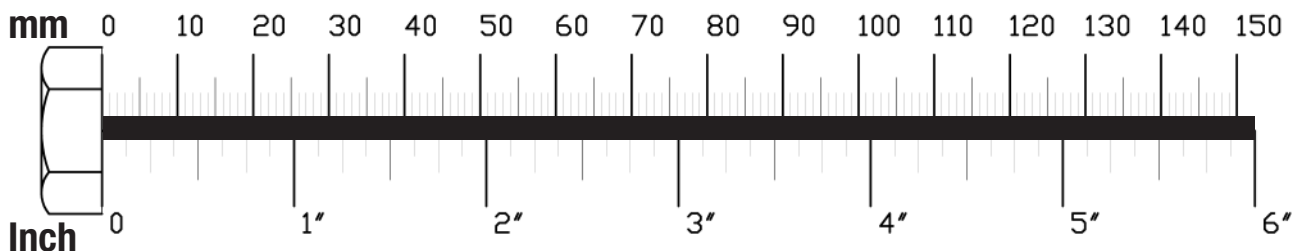
Be careful to assemble all components in the sequence they are presented.

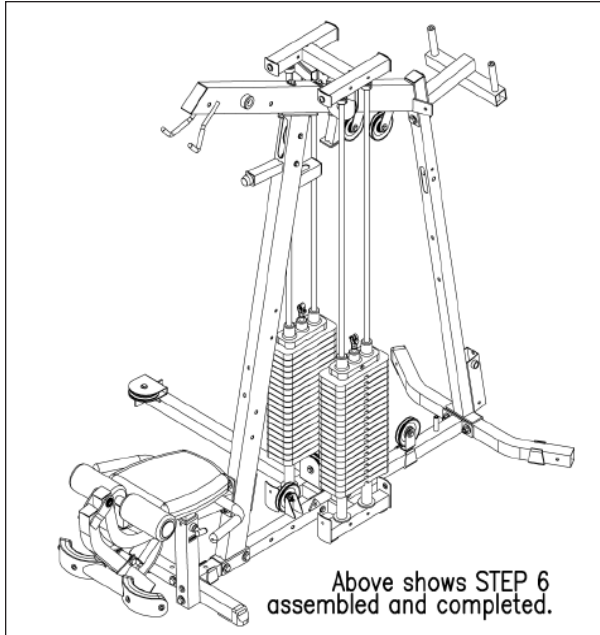
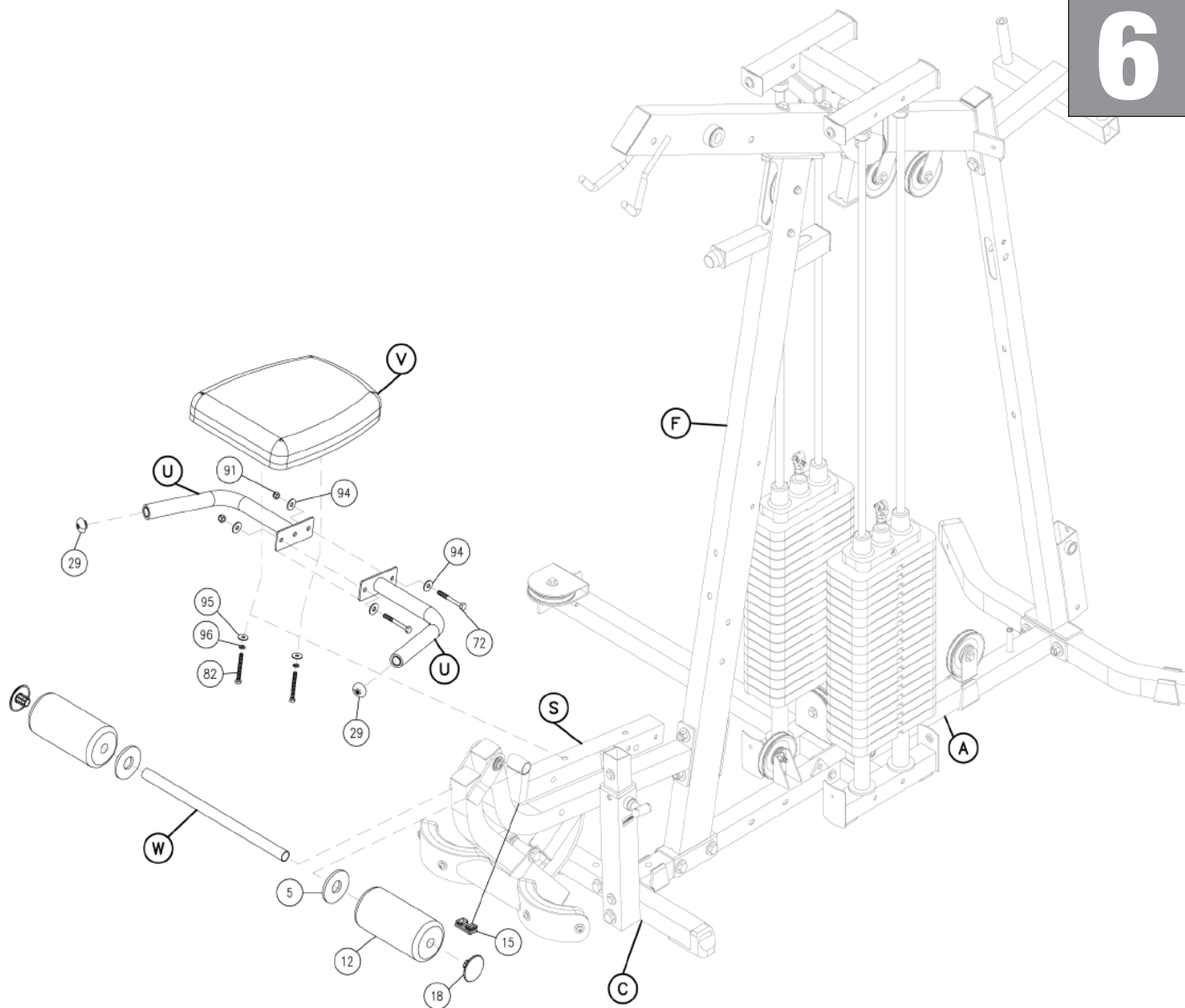
Most of the main frame parts in this step will have RED dots.

- A. Attach End Cap (15) onto the front of Leg Extension Seat Pad Frame (S).
- B. Insert two Round End Caps (29) into the end of Leg Extension Handles (U). Attach Leg Extension Handles (U) to Leg Extension Seat Pad Frame (S) using:
Two 72 (3/8" x 3" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- C. Attach Leg Extension Seat Pad (V) to Leg Extension Seat Pad Frame (S) using:
Two 82 (5/16" x 2 3/4" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" 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.**
- D. Slide 4"x 8" Foam Rollers (12) onto Foam Roller Bar (W) and attach to Leg Extension Seat Pad Frame (S). Hold Foam Rollers (12) in place with 3" Plastic Washer (5) on the inside and Plastic Roller End Cap (18) on the outside as shown.

Note:

You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.





Above shows STEP 6 assembled and completed.

STEP**7**

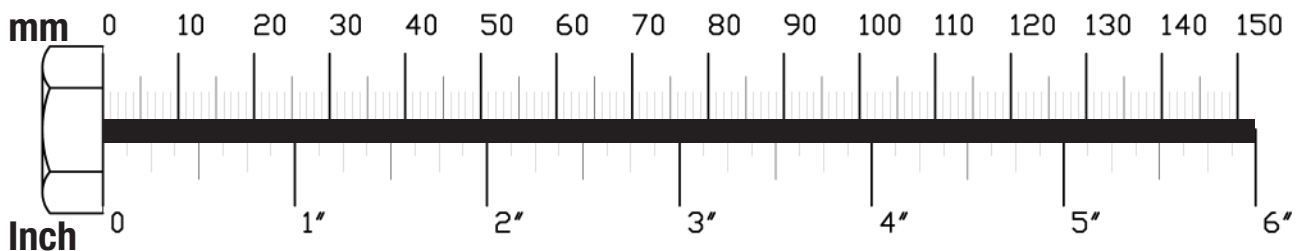
Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have RED dots.

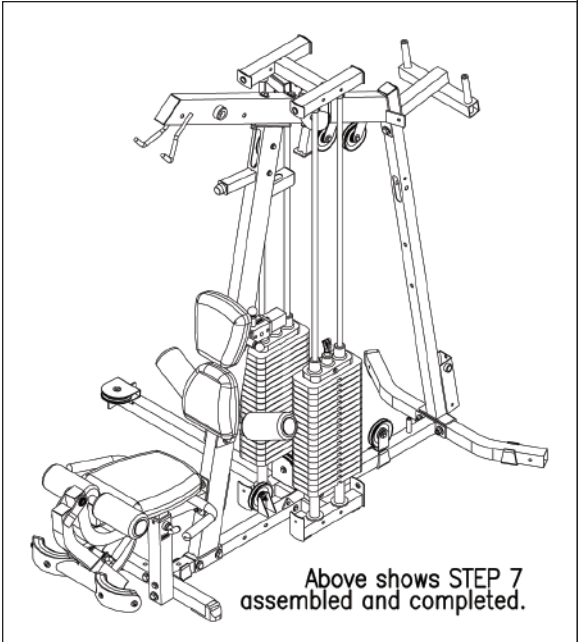
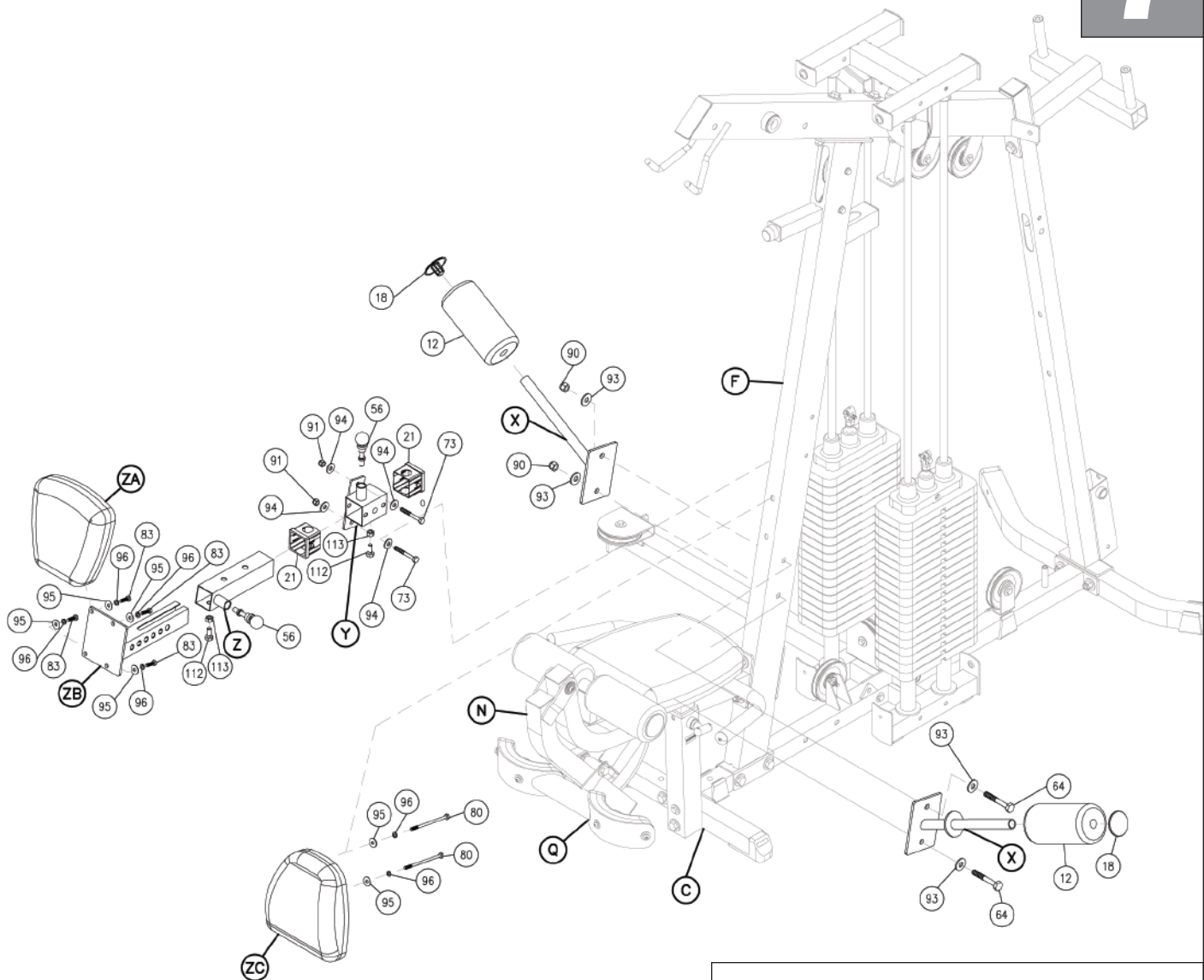
- A. Attach two Leg Hold Downs (X) to the Front Vertical Frame (F) using:
Two 64 (1/2"x 3 1/4" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)
 Slide two 4"x 8" Foam Rollers (12) onto the two Leg Hold Downs (X) and hold in place with two Plastic Roller End Caps (18).
- B. Insert two Plastic Bushings (21) into the Back Pad Holder (Y). Connect Back pad Holder (Y) to the Front Vertical Frame (F) using:
Two 73 (3/8"x 2 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- C. Slide Back Pad Adjuster (Z) into the Back Pad Holder (Y) and hold in place with Ball Head Pop Pin (56) and Adjustment Bolt (112). Look inside Back Pad Adjuster (Z) and adjust the Adjustment Bolt (112) with Lock Nut (113) so that it will stop Back Pad Adjuster (Z) from sliding out, but will not interfere with Back Pad Insert (ZB) in the next step.
- D. Attach Upper Back Pad (ZA) to Back Pad Insert (ZB) using:
Four 83 (5/16"x 1" hex head bolt)*
Four 96 (5/16" spring lock washer)
Four 95 (5/16" 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.**
 Slide Back Pad Insert (ZB) into Back Pad Adjuster (Z) and hold in place with Ball Head Pop Pin (56) and Adjustment Bolt (112).
- E. Attach Lower Back Pad (ZC) to Front Vertical Frame (F) using:
Two 80 (5/16"x 5" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" 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.**

Note:

You should now **wrench tighten** all bolts and nuts in this step.
 Do NOT re-tighten any of the pad bolts or pulley bolts.



STEP
7



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

Most of the main frame parts in this step will have RED dots.

NOTE:

You will need to loosen two Allen Screws (88) inside Seated Press Arm Support (AA), in order to remove shaft (AB).

- A. Attach Seated Press Arm Support (AA) to Top Main Frame (G) with Shaft (AB).
Tighten Allen Screw (88) in Seated Press Arm Support (AA).
- B. Attach two Pulleys (26) to Seated Press Arm Support (AA) using:
Two 76 (3/8" x 1 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)

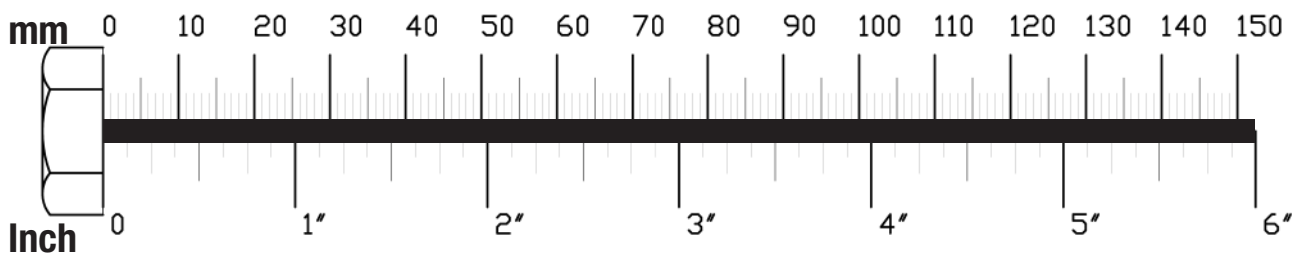
NOTE:

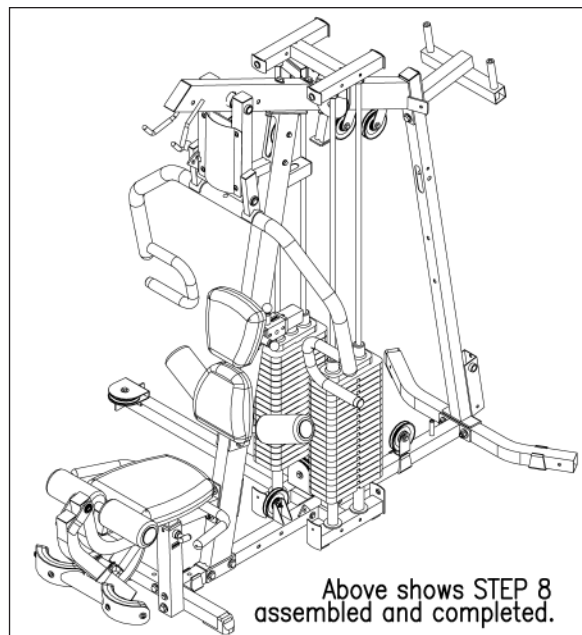
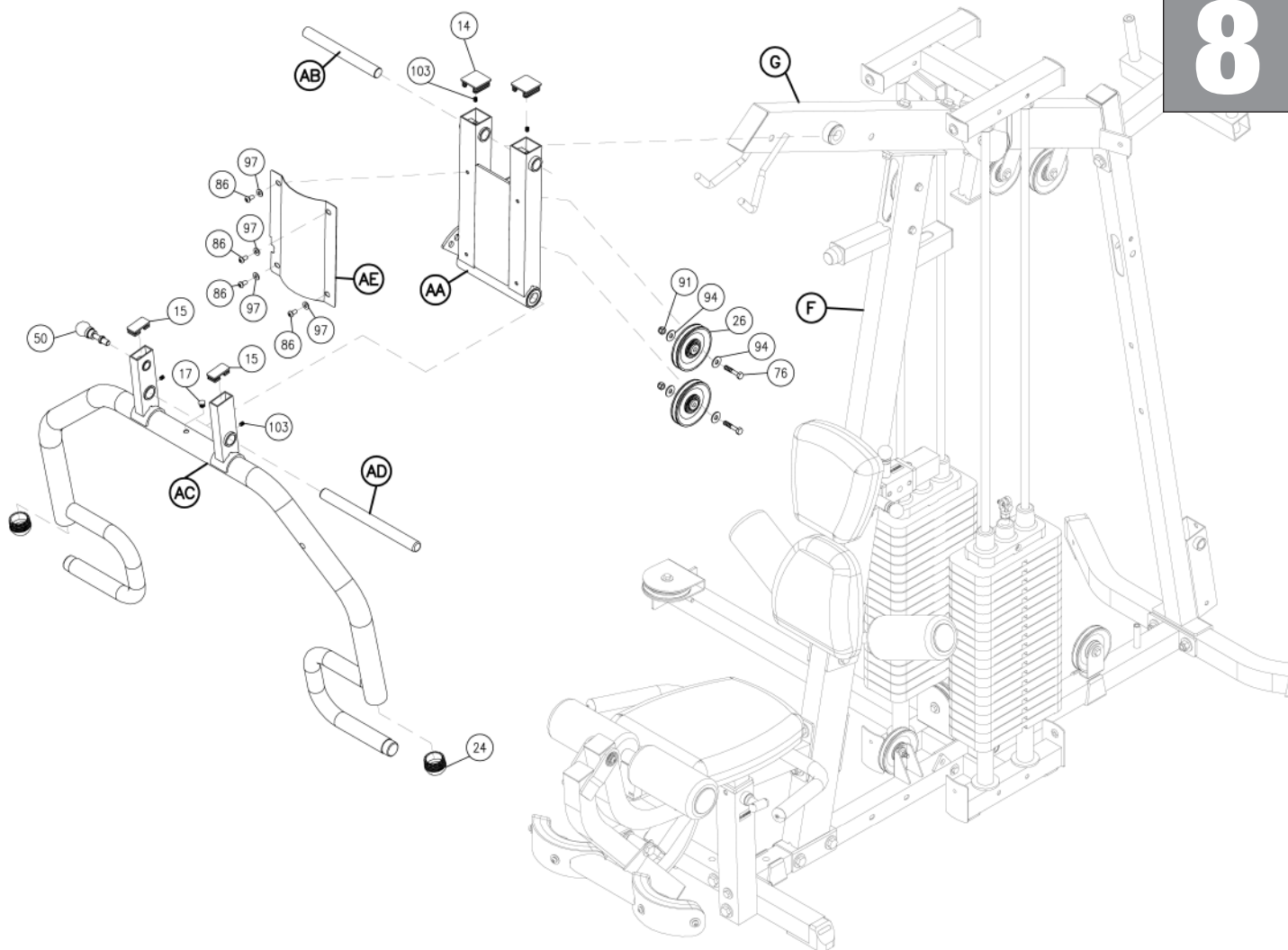
You will need to loosen two Allen Screws (88), inside Seated Press Arm (AC), in order to remove shaft (AD).

- C. Attach Seated Press Arm (AC) to Seated Press Arm Support (AA) with Shaft (AD).
Tighten two Allen Screws (88) in Seated Press Arm Support (AA) and in Seated Press Arm (AC).
- D. Attach two End Caps (14) to the top of Seated Press Arm Support (AA).
Attach two End Caps (15) to the top of Seated Press Arm (AC).
- E. Attach Small Shroud (AE) to Seated Press Arm Support (AA) using:
Four 86 (5/16" x 9/16" round allen head)
Four 97 (5/16" washer)

Note:

**You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.**





Above shows STEP 8 assembled and completed.

STEP**9**

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

Most of the main frame parts in this step will have YELLOW dots.

- A. Attach three End Caps (13) to the front and sides of Pec Dec Frame (H), and attach Square Rubber Cap (32) to the top of the Pec Dec Frame (H).
- B. Slide Oilite Washer (9), Left Pec Dec Arm (AK) and then the Left Pec Dec Cam (AL) onto the left side of the Pec Dec Frame (H) as shown, Attach using:
One 59 (1/2"x 1" hex head bolt)
One 93 (1/2" washer)
- C. Slide Round End Cap (29) into Left Pec Dec Handle (AM) and attach to the Left Pec Dec Arm (AK) using:
One 85 (5/16"x 3/4" flat allen head)
One 96 (5/16" spring lock washer)

Note:

Left Pec Dec Handle (AM) should bend out, away from the the gym, as shown.

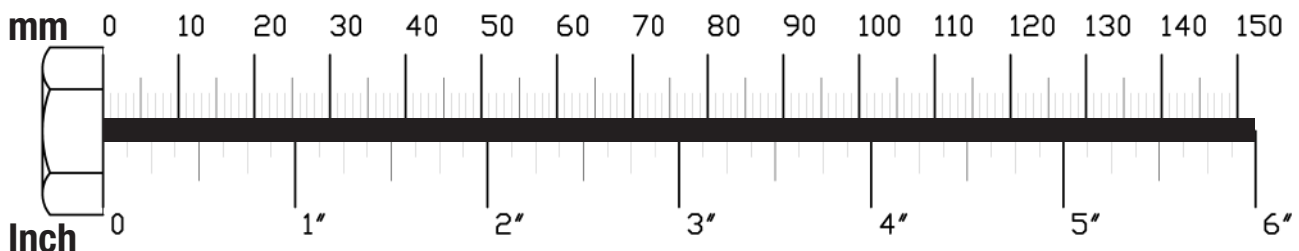
- D. Slide Oilite Washer (9), Right Pec Dec Arm (AP) and then the Right Pec Dec Cam (AQ) onto the Right side of the Pec Dec Frame (H) as shown, attach using:
One 59 (1/2"x 1" hex head bolt)
One 93 (1/2" washer)
- E. Slide Round End Cap (29) into Right Pec Dec Handle (AR) and attach to the Right Pec Dec Arm (AP) using:
One 85 (5/16"x 3/4" flat allen head)
One 96 (5/16" spring lock washer)

Note:

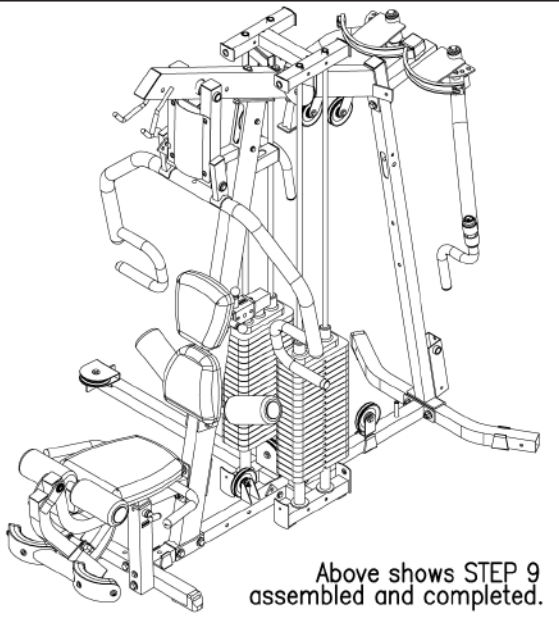
Right Pec Dec Handle (AR) should bend out, away from the gym, as shown.

- F. Attach two Chrome Collars (106) to the top of Left Pec Dec Handle (AM) and Right Pec Dec Handle (AR) using:
Two 88 (5/16" allen screw) preinstalled

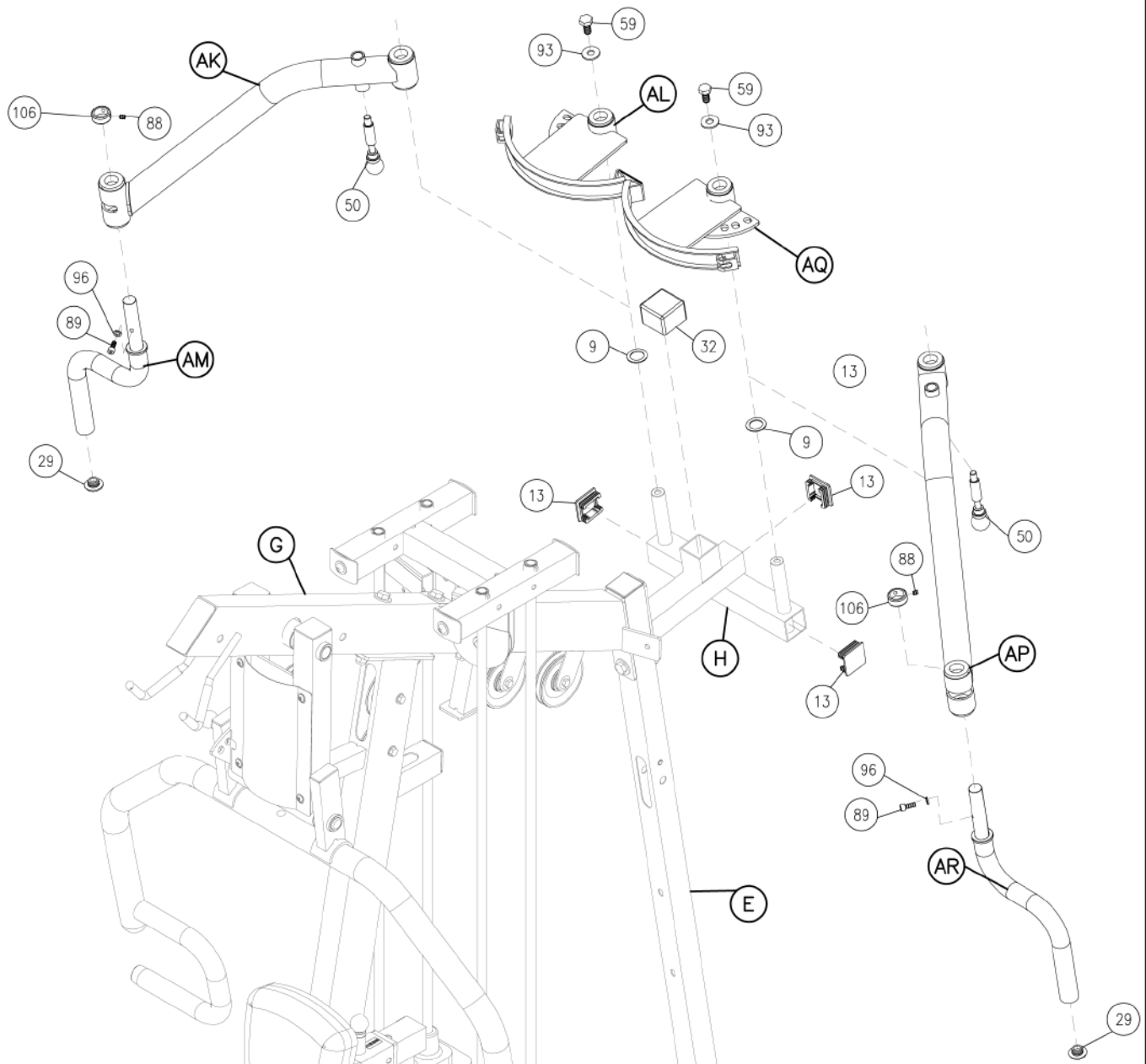
You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.



STEP
9



Above shows STEP 9 assembled and completed.



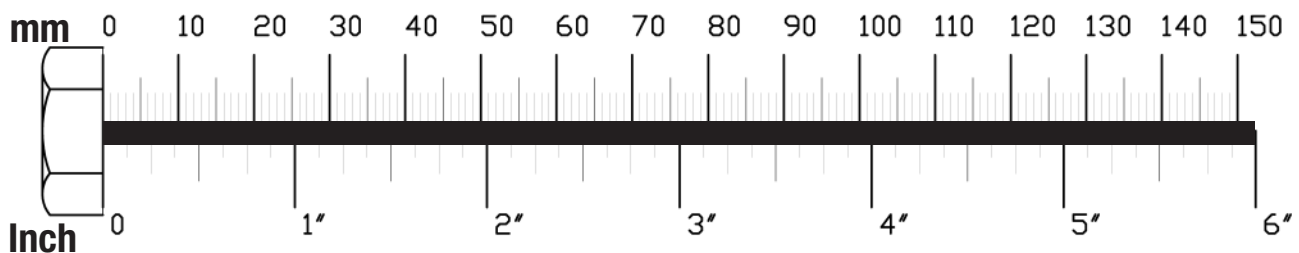
Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have YELLOW dots.

- A. Slide Plastic Bushing (23) into the receptacle at the bottom of the Rear Vertical Frame (E) as shown. Attach Hydraulic Seat Adjuster (AU) to the inside of the receptacle at the bottom of the Rear Vertical Frame (E) using:
One 72 (3/8" x 3" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- B. Attach two End Caps (13) to the front and back of Seat Pad Frame (AV). Slide Seat Pad Frame (AV) into receptacle at the bottom of Rear Vertical Frame (E), and attach to the top of Hydraulic Seat Adjuster (AU) using:
One 74 (3/8" x 2 1/2" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
 Insert Pop Pin (48) into the threaded opening in the receptacle at the bottom of the Rear Vertical Frame (E).
- C. Attach Seat Pad (AW) to Seat Pad Frame (AV) using:
Two 82 (5/16" x 2 3/4" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" 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.**
- D. Attach Back Pad (AX) to Rear Vertical Frame (E) using:
Two 82 (5/16" x 2 3/4" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" 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.**

Note:

You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.



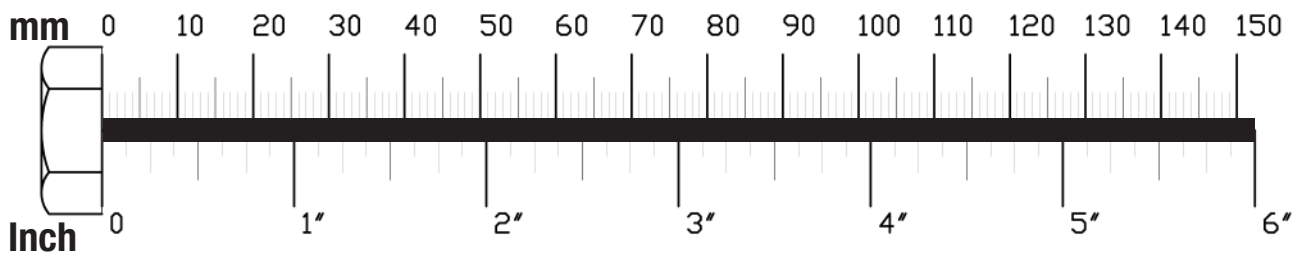
STEP**11**

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

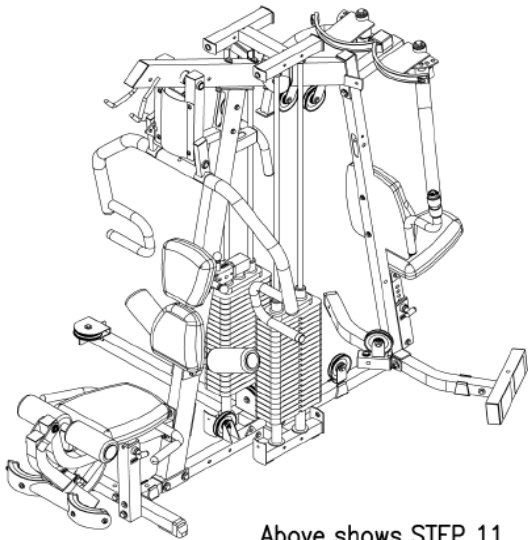
- A. Attach two End Caps (13) to the ends of the Low Pulley Frame (AY). Connect Low Pulley Frame (AY) to the Main Base Frame (A) using:
One 98 (3/8" washer)
One 87 (3/8" x 5/8" round allen head)
- B. Attach Foot Brace (AZ) to the open side of Rear Base Frame (D) using:
One 73 (3/8"x 2 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- C. Attach two End Caps (16) and Grip Tape (33) to Foot Brace (AZ) as shown.
- D. Attach Pulley (26) to Low Pulley Frame (AY) using:
One 76 (3/8"x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)

Note:

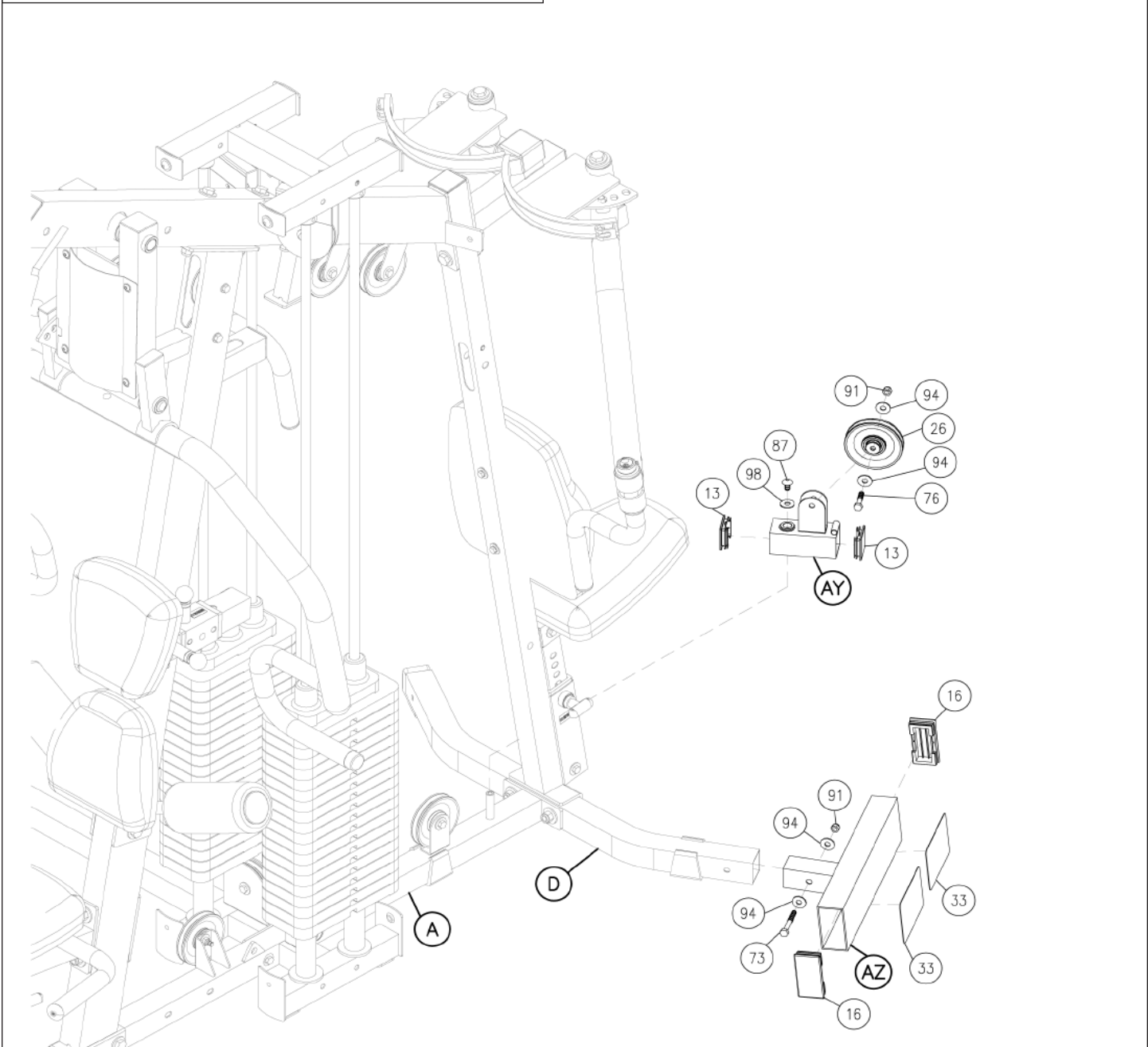
You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.



STEP
11



Above shows STEP 11 assembled and completed.



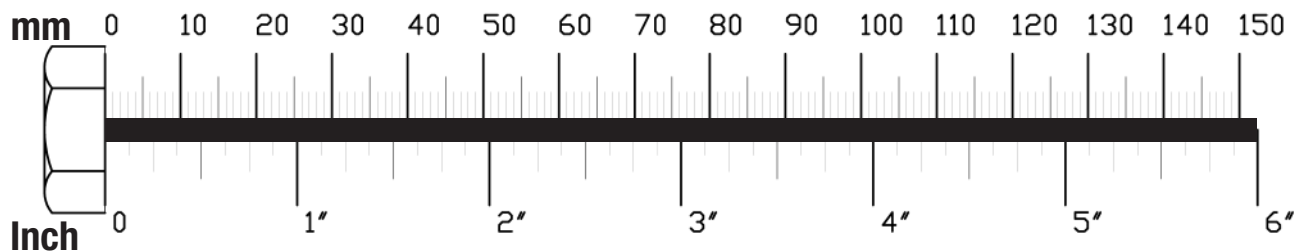
Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have BLUE dots.

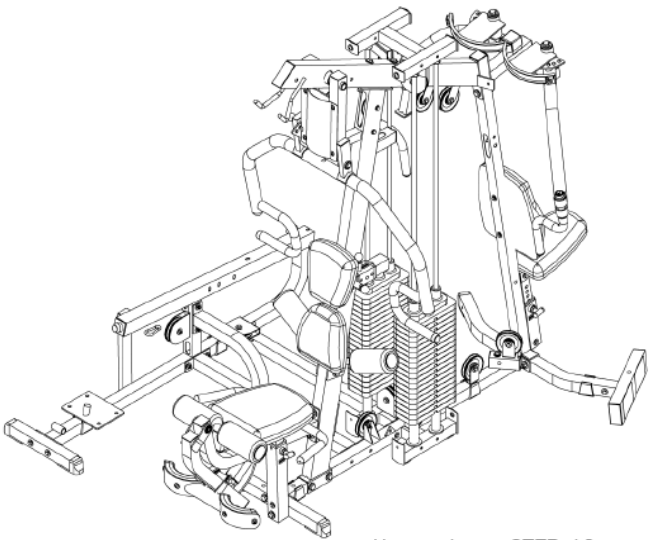
- A. Attach Leg Press Support (BA) to Main Base Frame (A) using:
Two 73 (3/8" x 2 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- B. Attach Leg Press Main Frame (BB) to Leg Press Support (BA) using:
Four 73 (3/8" x 2 3/4" hex head bolt)
Eight 94 (3/8" washer)
Four 91 (3/8" nylon lock nut)
- C. Attach Leg Press Main Frame (BB) to Side Base Frame (B) using:
Two 73 (3/8" x 2 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- D. Attach End Cap (15) to the top of Leg Press Main Frame (BB).
 Attach two Frame Levelers (25) to the bottom of Leg Press Main Frame (BB).
 Attach Pulley (26) to Leg Press Main Frame (BB) using:
One 76 (3/8" x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- E. Attach two Foot Caps (20) to each end of the Leg Press Front (BC).
 Attach Leg Press Front (BC) to the front of Leg Press Main Frame (BB) using:
Two 65 (1/2" x 3" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)

Note:

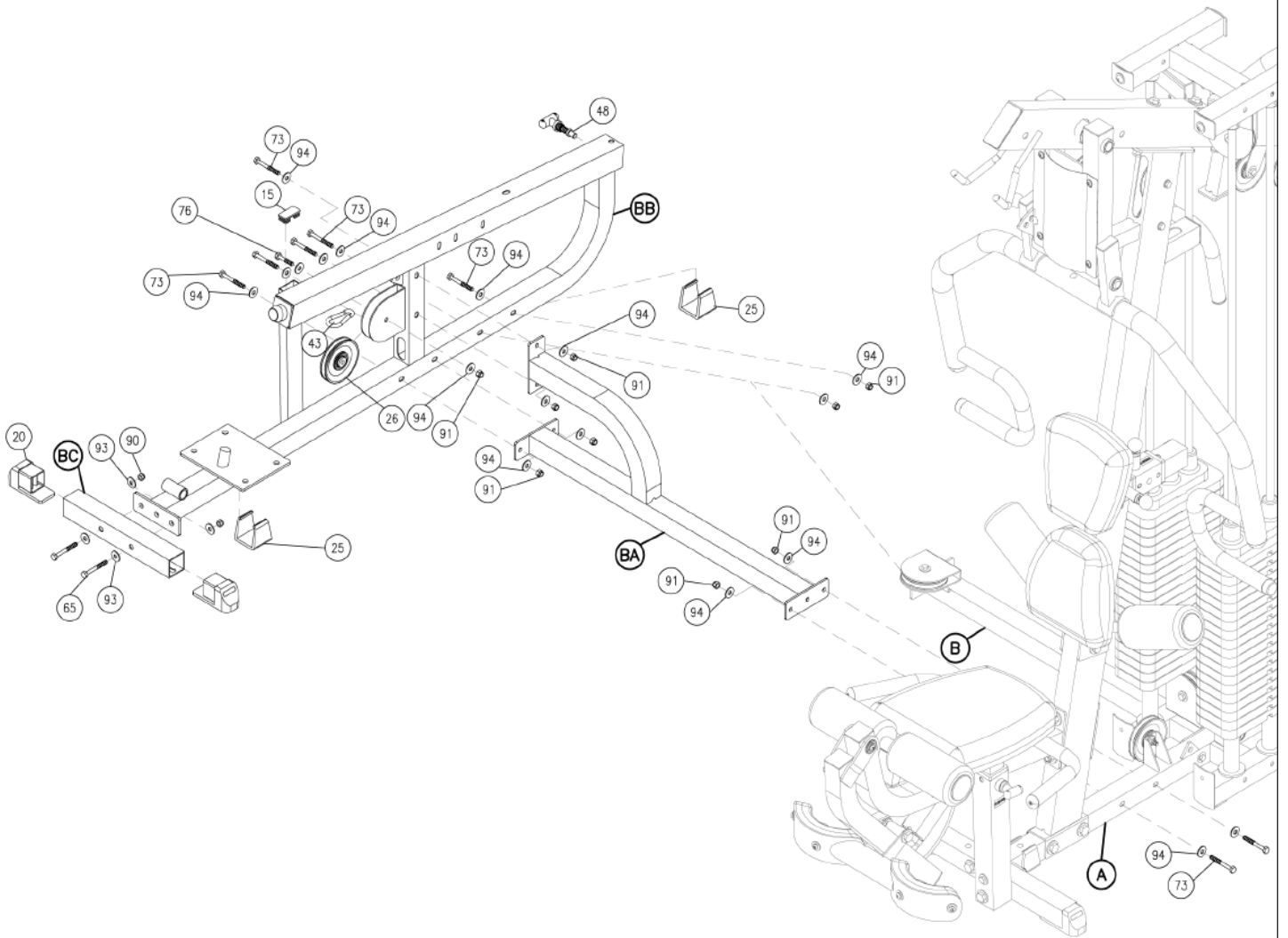
You should now wrench tighten all bolts and nuts in this step.
 Do NOT re-tighten any of the pad bolts or pulley bolts.



STEP
12



Above shows STEP 12 assembled and completed.



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

Most of the main frame parts in this step will have BLUE dots.

- A. Slide two Pillow Block Bearings (45) onto lower shaft on Main Leg Press Pivot (BD) and leave allen screws loose.

NOTE:

Allen screws should both be on the inside.

- B. Attach two Pillow Block Bearings (45) to the plate at the front of Leg Press Frame (BB) using:

Four 66 (1/2" x 1 3/4" hex head bolt)

Eight 93 (1/2" Washer)

Four 90 (1/2" nylon lock nut)

- C. Attach Front Leg Press Pivot (BE) and Shaft (BF) to Leg Press Frame (BB) as shown using:

Two 41 (leg press oilite bushing)

Two 90 (1/2" nylon lock nut)

- D. Attach Foot Plate T-frame (BG) and Shaft (BF) to Front Leg Press Pivot (BE) as shown using:

Two 41 (leg press oilite bushing)

Two 90 (1/2" nylon lock nut)

- E. Attach Foot Plate T-frame (BG) and Shaft (BF) to Main Leg Press Pivot (BD) as shown using:

Two 41 (leg press oilite bushing)

Two 90 (1/2" nylon lock nut)

- F. Attach Foot Plate (BR) to Foot Plate T-frame (BG) using:

Two 64 (1/2" x 3 1/4" hex head bolt)

Four 93 (1/2" washer)

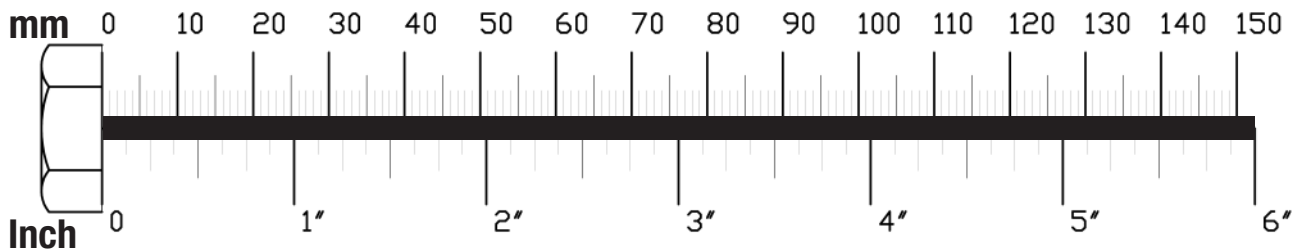
Two 90 (1/2" nylon lock nut)

Attach three End Caps (14) to each side of Foot Plate (BR) and front of Foot Plate T-frame (BG).

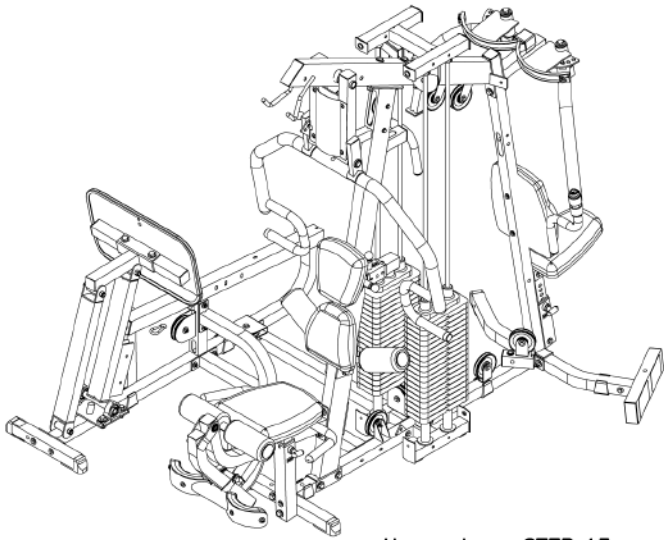
Note:

You should now wrench tighten all bolts and nuts in this step.

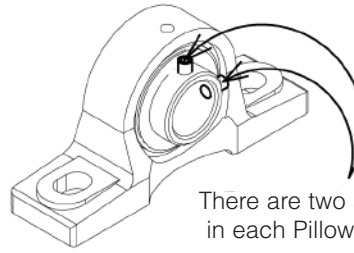
Do NOT re-tighten any of the pad bolts or pulley bolts.



STEP 13



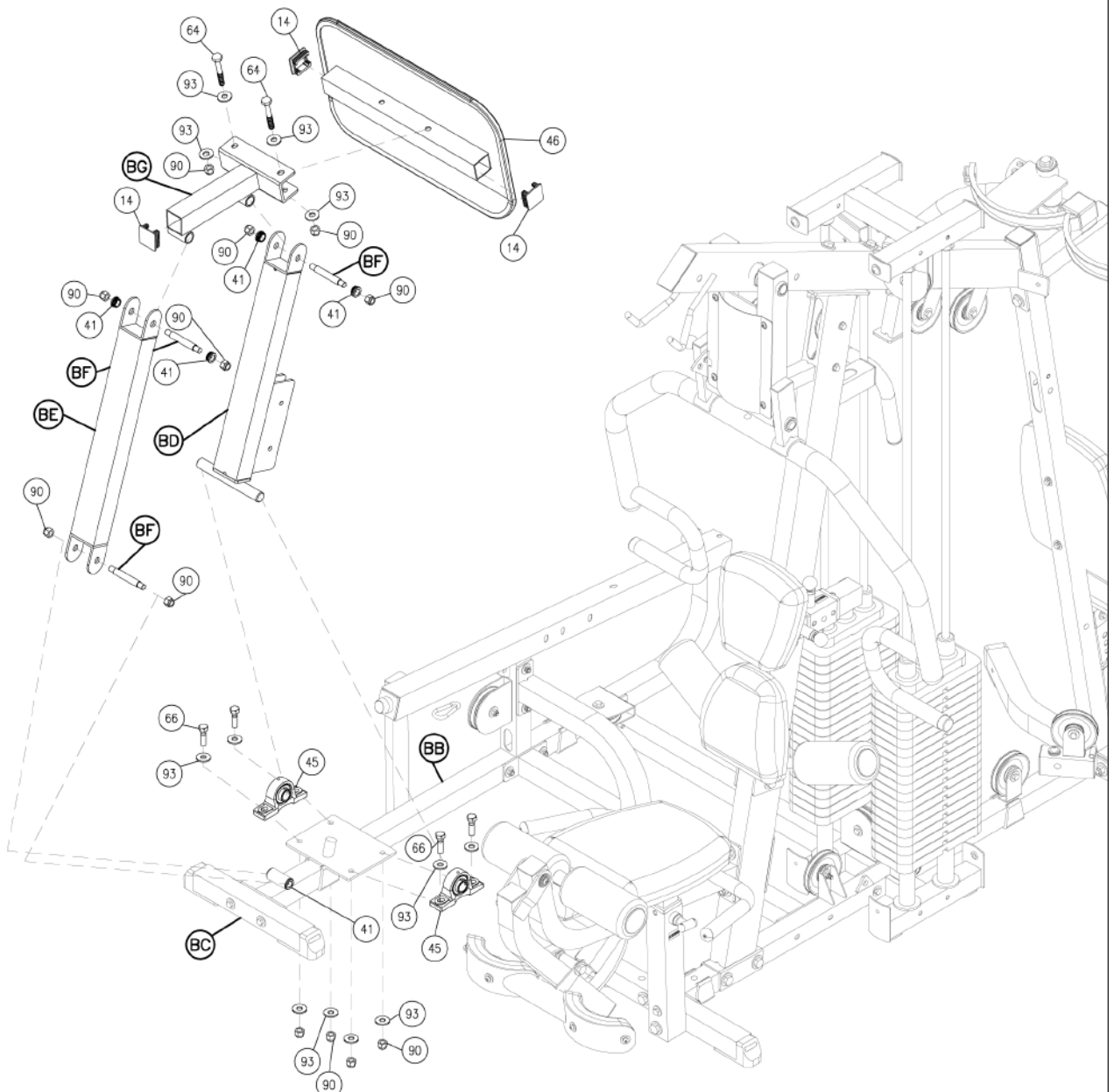
Above shows STEP 13 assembled and completed.



There are two small allen set screws in each Pillow Block Bearings (45).

For best alignment of this system you should loosen all allen set screws before installing the Pillow Block Bearings (45).

The last and final step of the assembly process is to wrench tighten all of these allen set screws in all the Pillow Block Bearings (45).



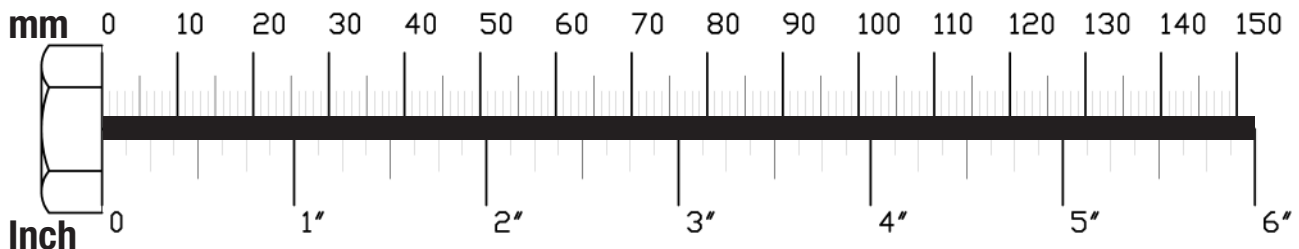
Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have BLUE dots.

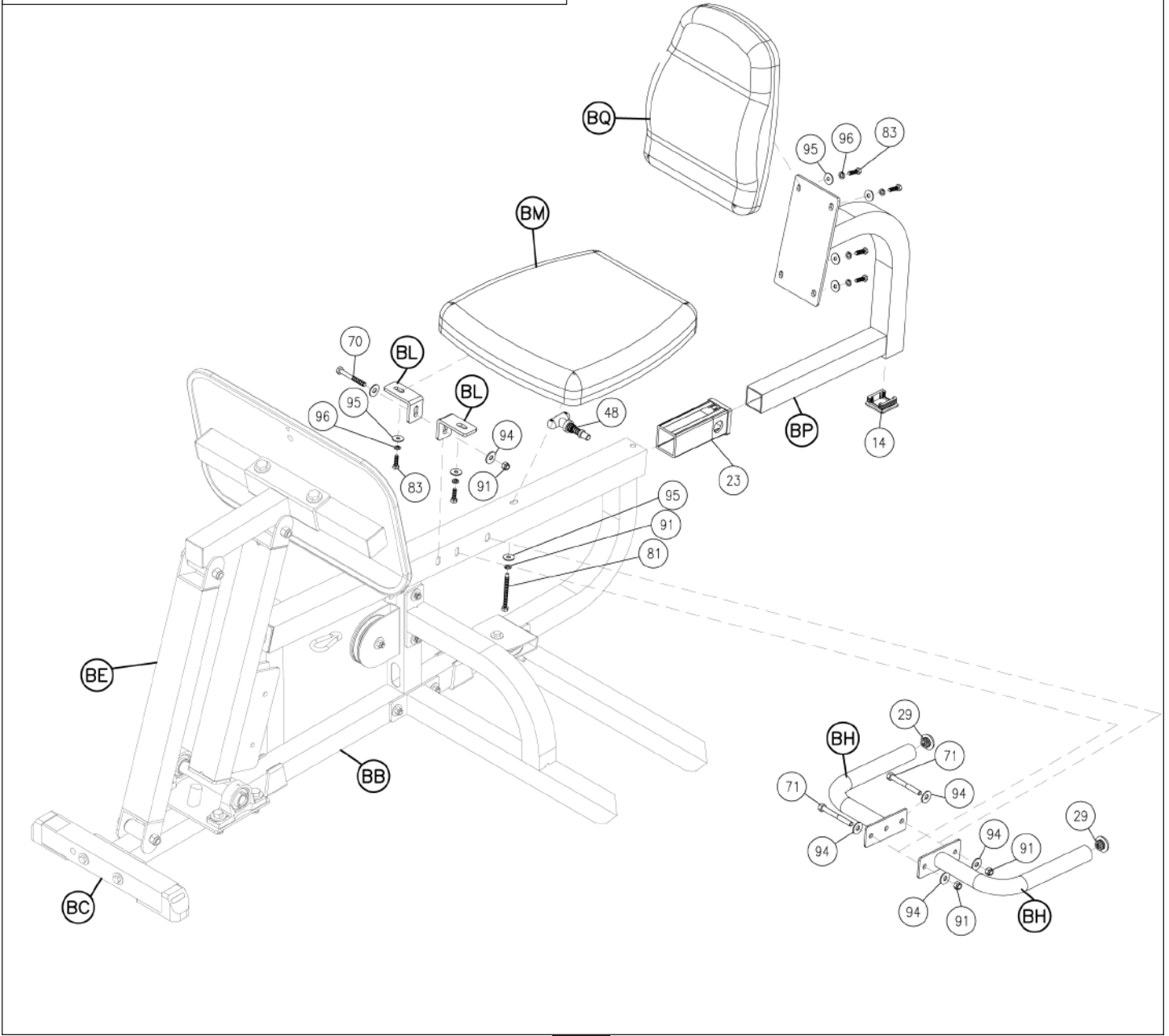
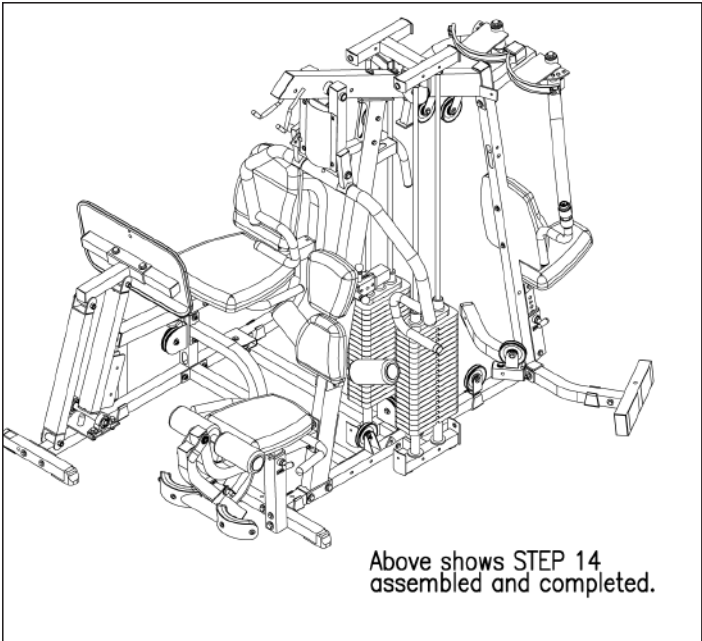
- A. Slide Round End Cap (29) onto Leg Press Handles (BH).
Attach Leg Press Handles (BH) onto Leg Press Frame (BB) using:
Two 71 (3/8" x 3 1/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)
- B. Attach two Seat Pad Flange (BL) to Leg Press Frame (BB) using:
One 70 (3/8" x 3 1/2" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- C. Attach Leg Press Seat Pad (BM) to the two Seat Pad Flange (BL) using:
Two 83 (5/16" x 1" hex head bolt)*
Two 96 (5/16" spring lock washer)
Two 95 (5/16" 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.**
- D. Attach Leg Press Seat Pad (BM) to Leg Press Frame (BB) using:
One 81 (5/16" x 3 1/4" hex head bolt)*
One 96 (5/16" spring lock washer)
One 95 (5/16" washer)
***Do NOT over-tighten this bolt. Tighten this bolt until spring lock washer is flat. Over-tightening this bolt will cause T-nut in pad to strip out.**
- E. Slide Plastic Bushing (23) into Leg Press Frame (BB).
Slide Leg Press Back Pad Frame (BP) into Plastic Bushing (23) and hold in place with T-Shaped Pop Pin (48).
Attach End Cap (14) to the bottom of Leg Press Back Pad Frame (BP).
- F. Attach Leg Press Back Pad (BQ) to Leg Press Back Pad Frame (BP) using:
Four 83 (5/16" x 1" hex head bolt)*
Four 96 (5/16" spring lock washer)
Four 95 (5/16" 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.**

Note:

You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.



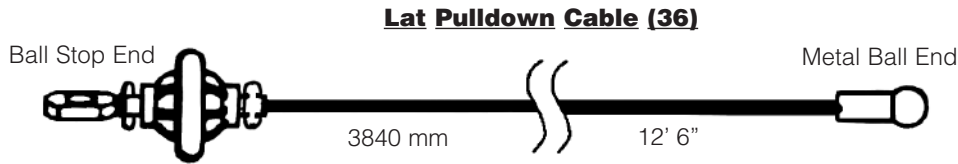
STEP
14



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

NOTE:

All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.

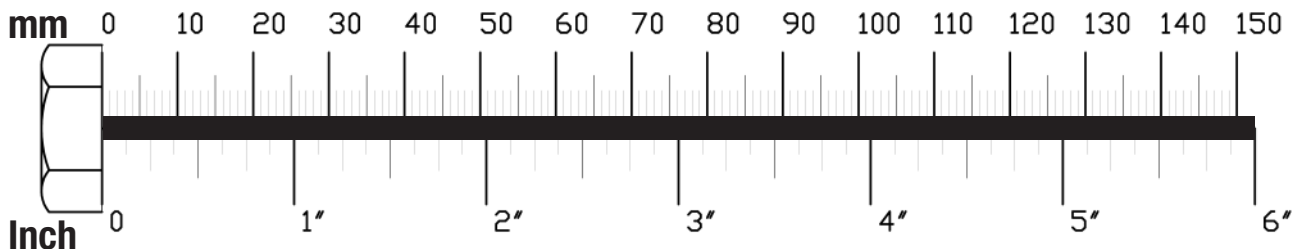


- A. Start at the front of the gym. Insert metal ball end of the Lat Pulldown Cable (36) into Top Main Frame (G), through the frame and out through the second opening. Pull entire length of Cable (36) all the way through. Install Pulley (A1) into the first opening, and Pulley (A2) into the second opening. Be sure that Cable (36) rides on top of these pulleys. Install each pulley using:
 - One 73 (3/8" x 2 3/4" hex head bolt)**
 - Two 10 (pulley spacer)**
 - One 91 (3/8" nylon lock nut)**
- B. Remove Pulley (A3), route Cable (36) inside pulley housing as shown, and re-install Pulley (A3).
- C. Remove Pulley (A4), route Cable (36) around Pulley (A4) as shown, and re-install Pulley (A4).
- D. Remove Pulley (A5), route Cable (36) inside pulley housing as shown, and reinstall Pulley (A5).
- E. Route Cable (36) over Pulley (A6). Route Cable (36) down through opening in the small arm sticking out of the Front Vertical Frame (F). Pull entire length of Cable (36) through.
- F. Route Cable (36) through the Double Pulley Holder (130) as shown and install Pulley (A7) using:
 - One 76 (3/8" x 1 3/4" hex head bolt)**
 - Two 94 (3/8" washer)**
 - One 91 (3/8" nylon lock nut)**
- G. Route Cable (36) up and over Pulley (A8)* and then down toward weight stack.

*Note:

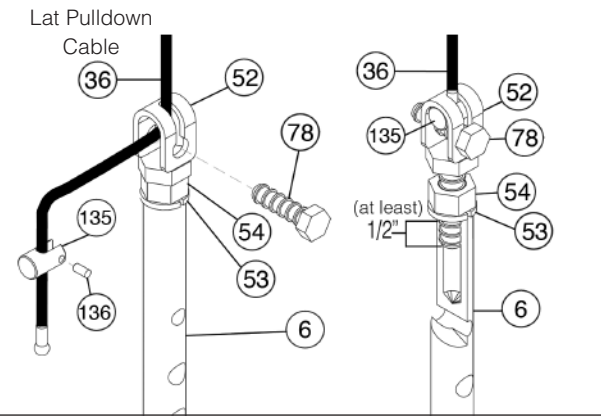
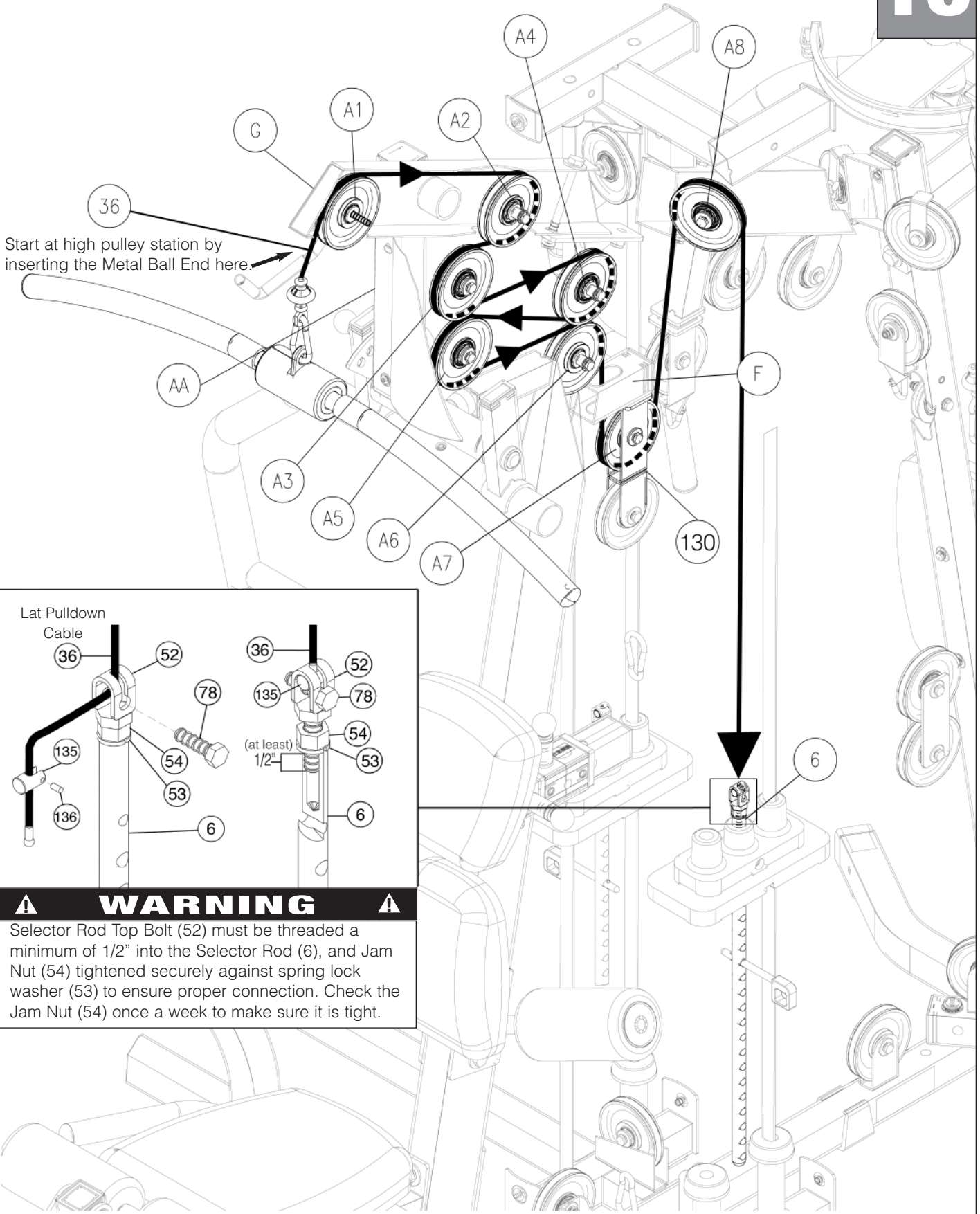
Leave the bolt going through Pulley (A8) hand tight until the end of Cable Adjustments in Step 21.

- H. Remove Bolt (56) from Selector Rod Top Bolt (52), slide Cable (36) through Selector Rod Top Bolt (52). Attach Cable End Shaft (135) and tighten Allen Screw (136). Pull Cable (36) tight, so Cable End Shaft (135) fits inside Selector Rod Top Bolt (52). Reinstall Bolt (56) in Selector Rod Top Bolt (52).



STEP
15

Start at high pulley station by inserting the Metal Ball End here.

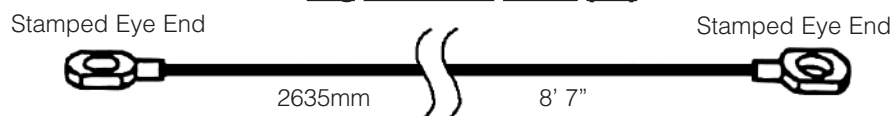
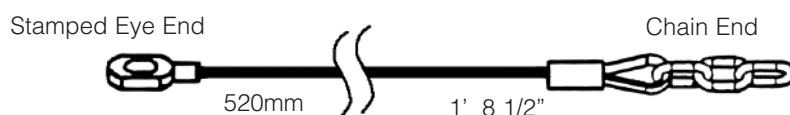


⚠ WARNING ⚠
Selector Rod Top Bolt (52) must be threaded a minimum of 1/2" into the Selector Rod (6), and Jam Nut (54) tightened securely against spring lock washer (53) to ensure proper connection. Check the Jam Nut (54) once a week to make sure it is tight.

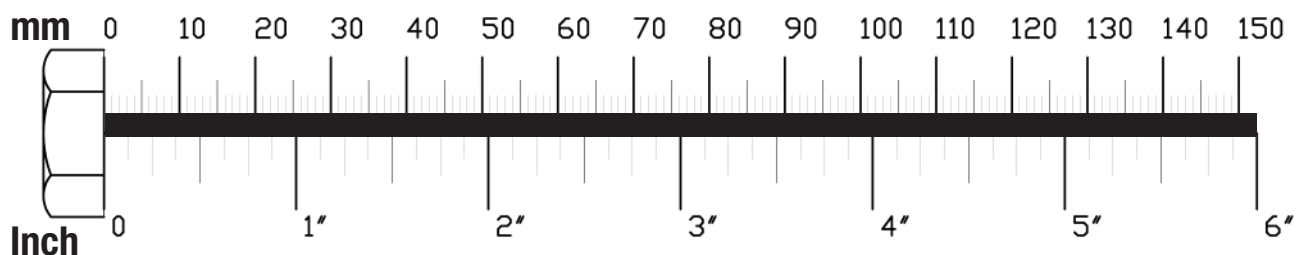
Be careful to assemble all components in the sequence they are presented.

NOTE:

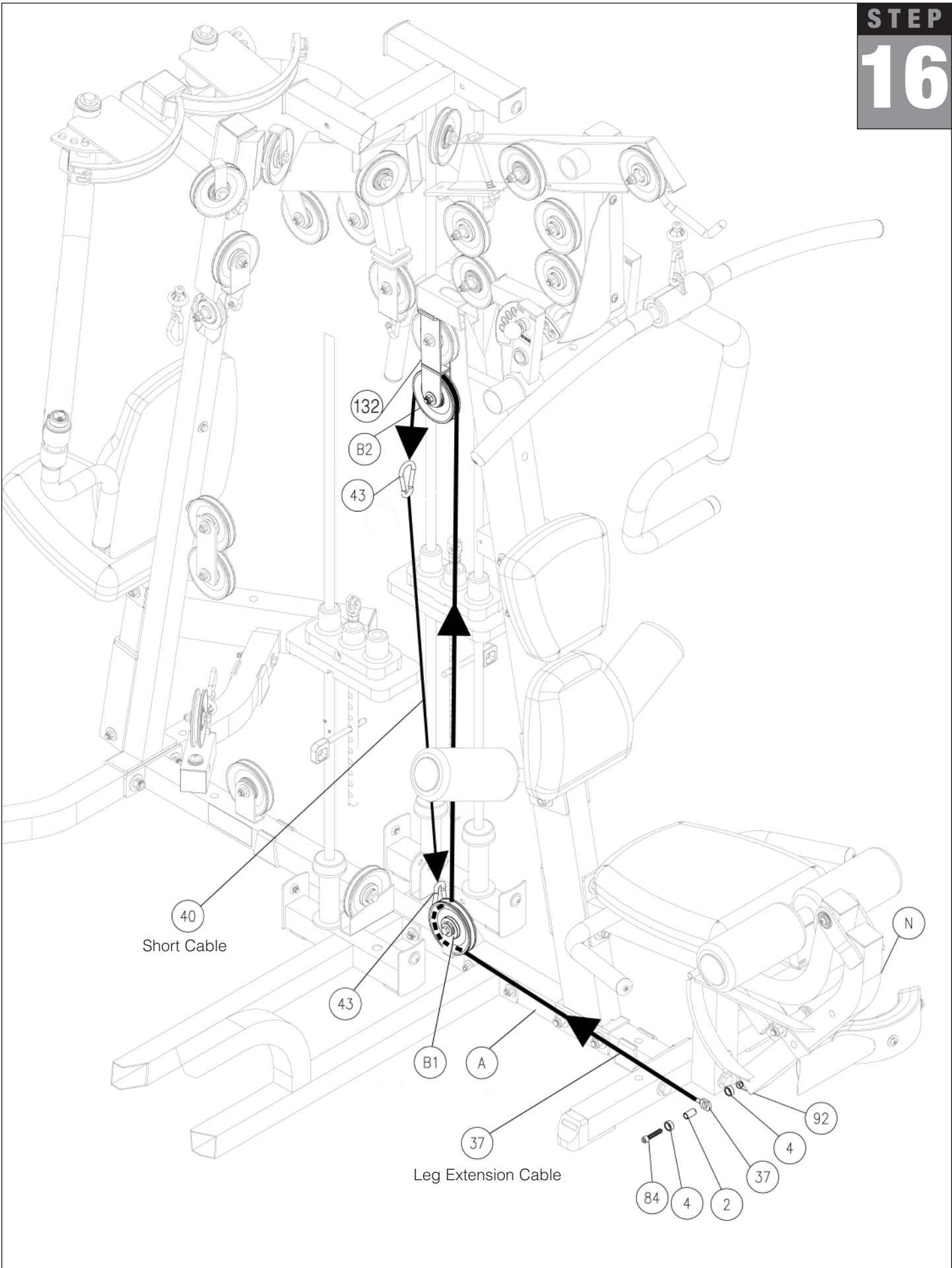
All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.

Leg Extension Cable (37)**Short Cable (40)**

- A. Attach either stamped eye end of Leg Extension Cable (37) to Leg Extension Arm (N) using:
 - One 84 (5/16" x 1 1/2" flat allen head)**
 - Two 4 (3/4" steel bushing)**
 - One 2 (1/2" steel sleeve)**
 - One 92 (5/16" nylon lock nut)**
- B. Route Cable (37) under Pulley (B1) and up toward Double Pulley Holder (52).
- C. Route Cable (37) Inside the bottom portion of Double Pulley Holder (132) as shown, and install Pulley (B2) using:
 - One 76 (3/8" x 1 3/4" hex head bolt)**
 - Two 94 (3/8" washer)**
 - One 91 (3/8" nylon lock nut)**
- D. Attach stamped eye end of Short Cable (40) to Cable (37) using a Snap Link (43). Attach the chain end of Cable (40) to the Main Base Frame (A) using another Snap Link (43).



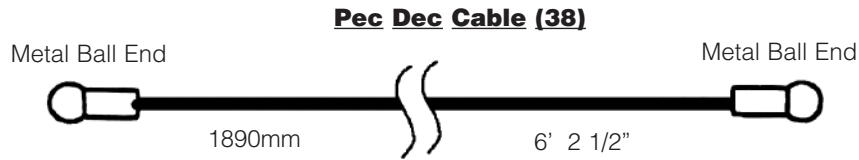
STEP
16



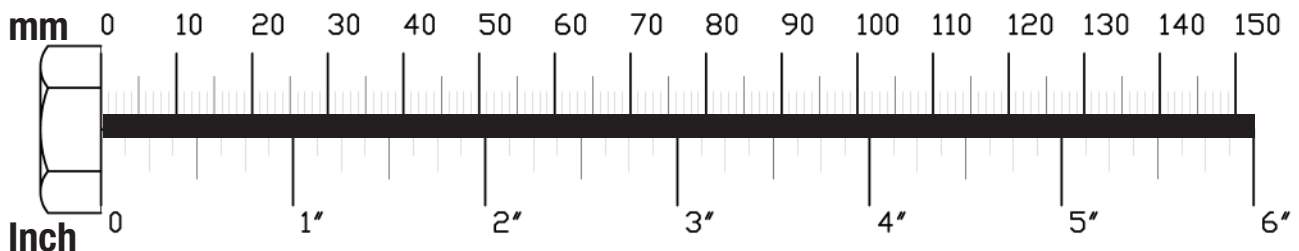
Be careful to assemble all components in the sequence they are presented.

NOTE:

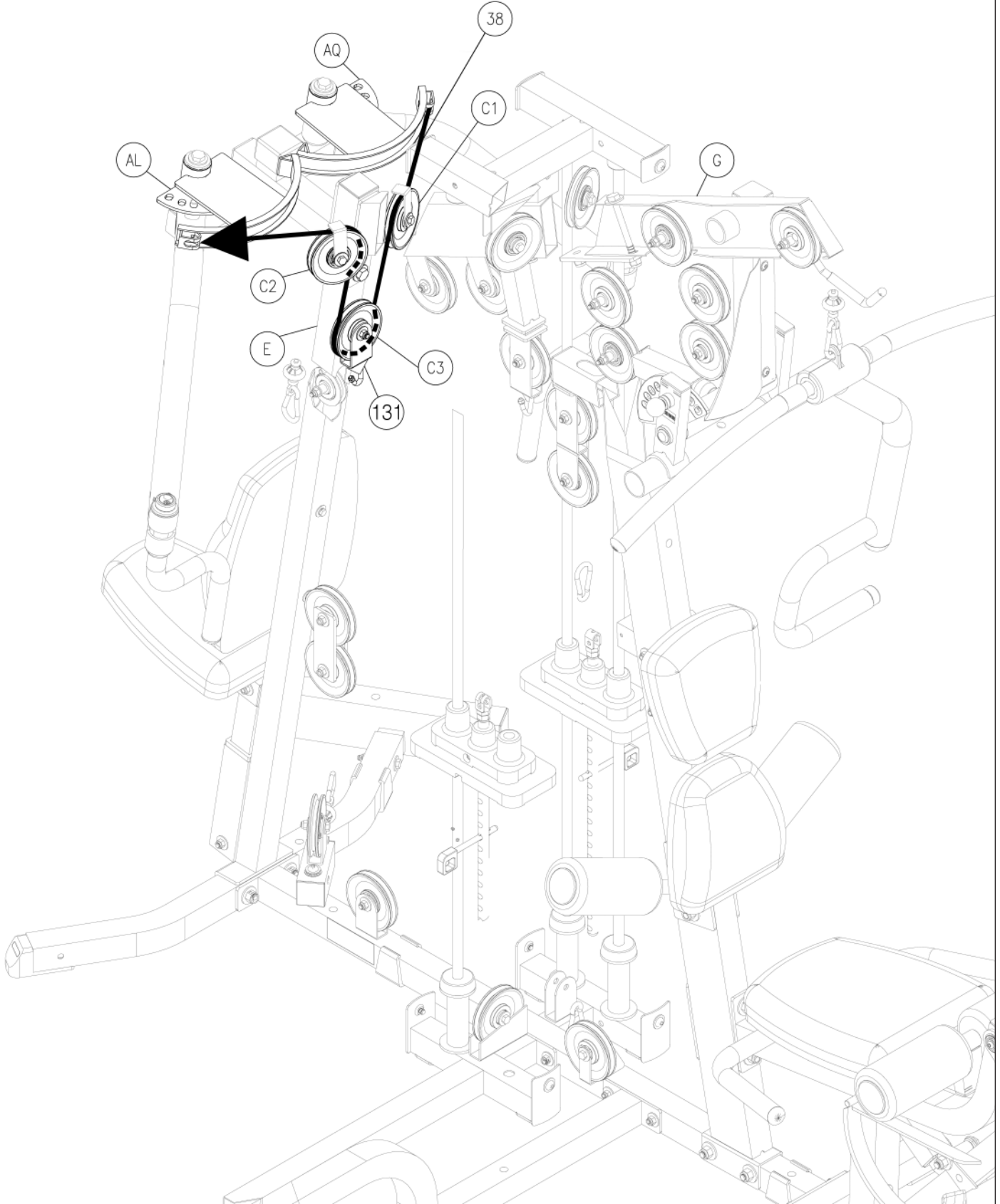
All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.



- A. Attach metal ball end of Pec Dec Cable (38) to Right Pec Dec Cam (AQ) and route under Top Main Frame (G).
- B. Attach the other ball end of Cable (38) to Left Pec Dec Cam (AL).
- C. Attach Pulley (C1) to flange on Top Main Frame (G) behind Right Pec Dec Cam (AQ) using:
 - One 76 (3/8"x 1 3/4" hex head bolt)**
 - One 7 (pulley cable guide)**
 - Two 94 (3/8" washer)**
 - One 91 (3/8" nylon lock nut)**
 Route Pec Dec Cable (38) over Pulley (C1).
- D. Attach Pulley (C2) to flange on Top Main Frame (G) behind Left Pec Dec Cam (AL) using:
 - One 76 (3/8"x 1 3/4" hex head bolt)**
 - One 7 (pulley cable guide)**
 - Two 94 (3/8" washer)**
 - One 91 (3/8" nylon lock nut)**
 Route Pec Dec Cable (38) over Pulley (C2).
- E. Hang Pec Dec Pulley Holder (131) on Pec Dec Cable (38) as shown and install Pulley (C3) using:
 - One 76 (3/8"x 1 3/4" hex head Bolt)**
 - Two 94 (3/8" washer)**
 - One 91 (3/8" nylon lock nut)**



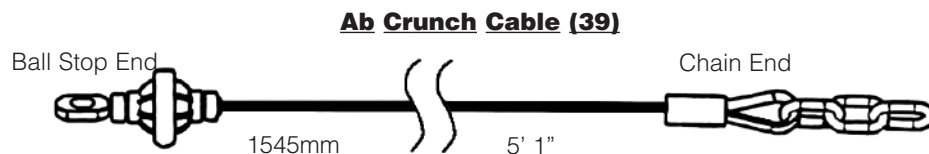
Pec Dec Cable



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

NOTE:

All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.

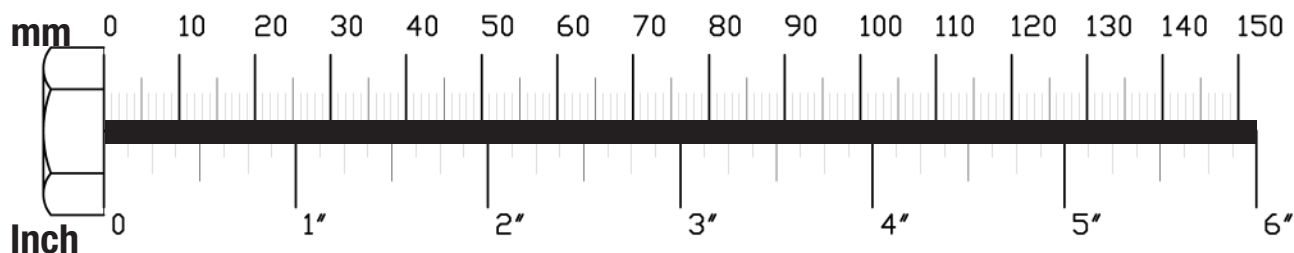


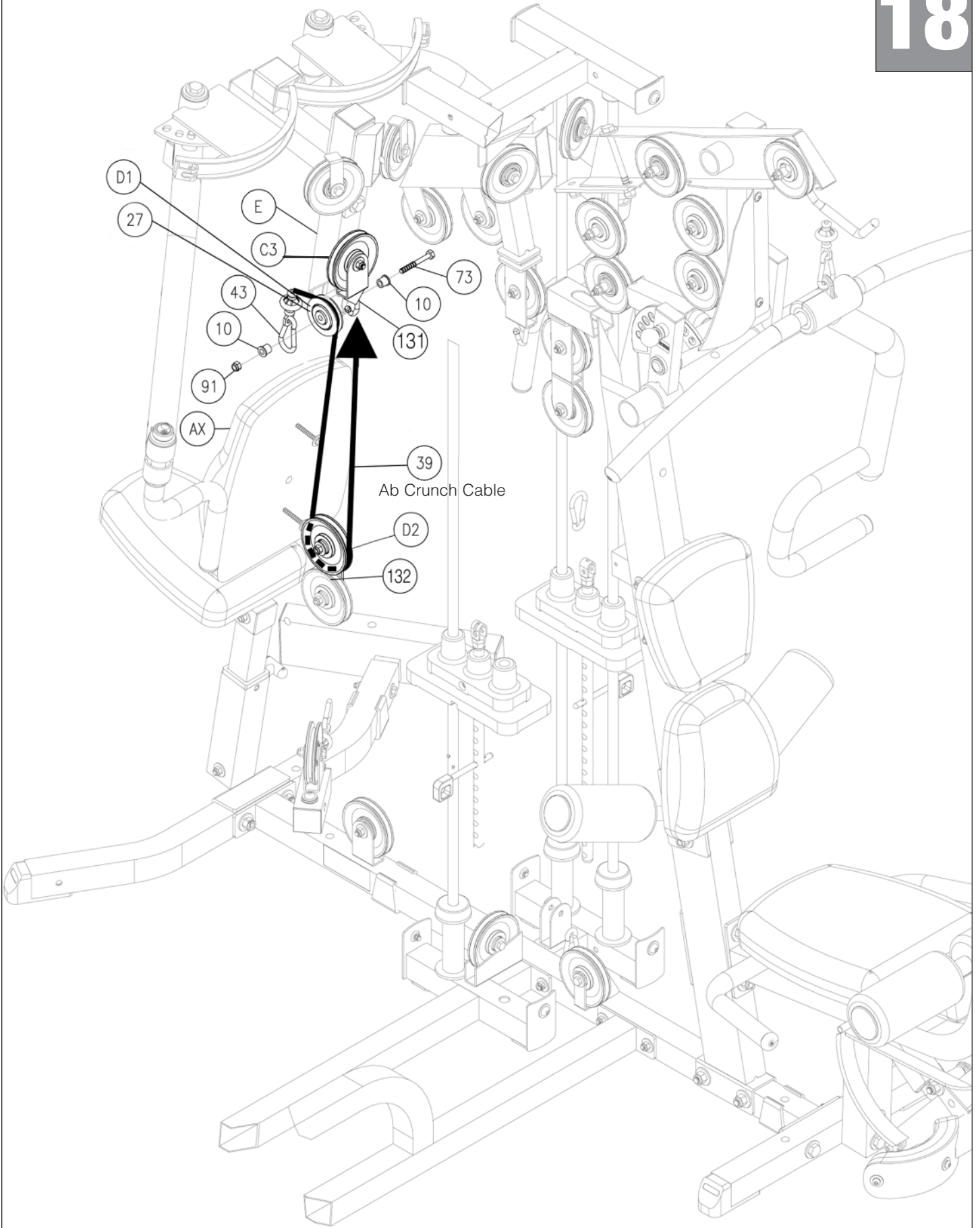
- A. Insert chain end of the Ab Crunch Cable (39) into the opening above Back Pad (AX), and pull entire length through.

NOTE:

You will now need the 3" diameter Pulley (27), for the next step.

- B. Insert 3" Pulley (27) into the Rear Vertical Frame (E) under Cable (39) using:
Two 10 (pulley spacer)
One 73 (3/8"x 2 3/4" hex head bolt)
One 91 (3/8" nylon lock nut)
- C. Attach chain end of Cable (39) to the bottom of Pec Dec Pulley Holder (131).
- D. Hang Pulley (D2) from on Cable (39) as shown using two Pulley Plates (132) and:
One 76 (3/8"x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)

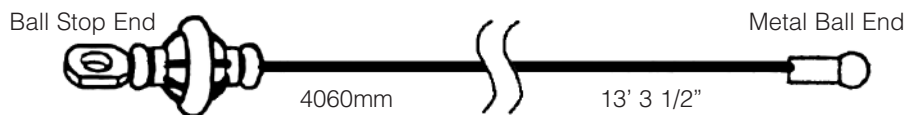




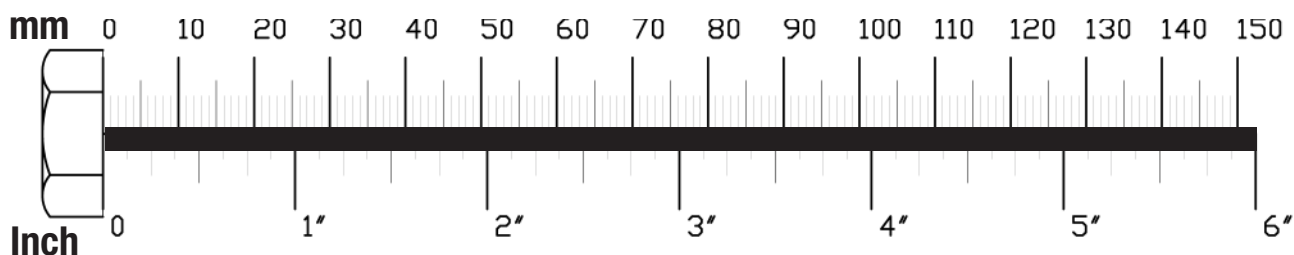
Be careful to assemble all components in the sequence they are presented.

NOTE:

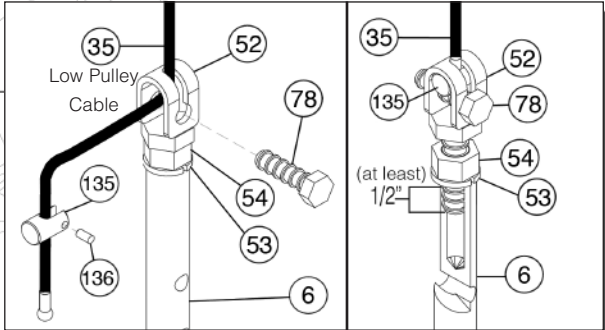
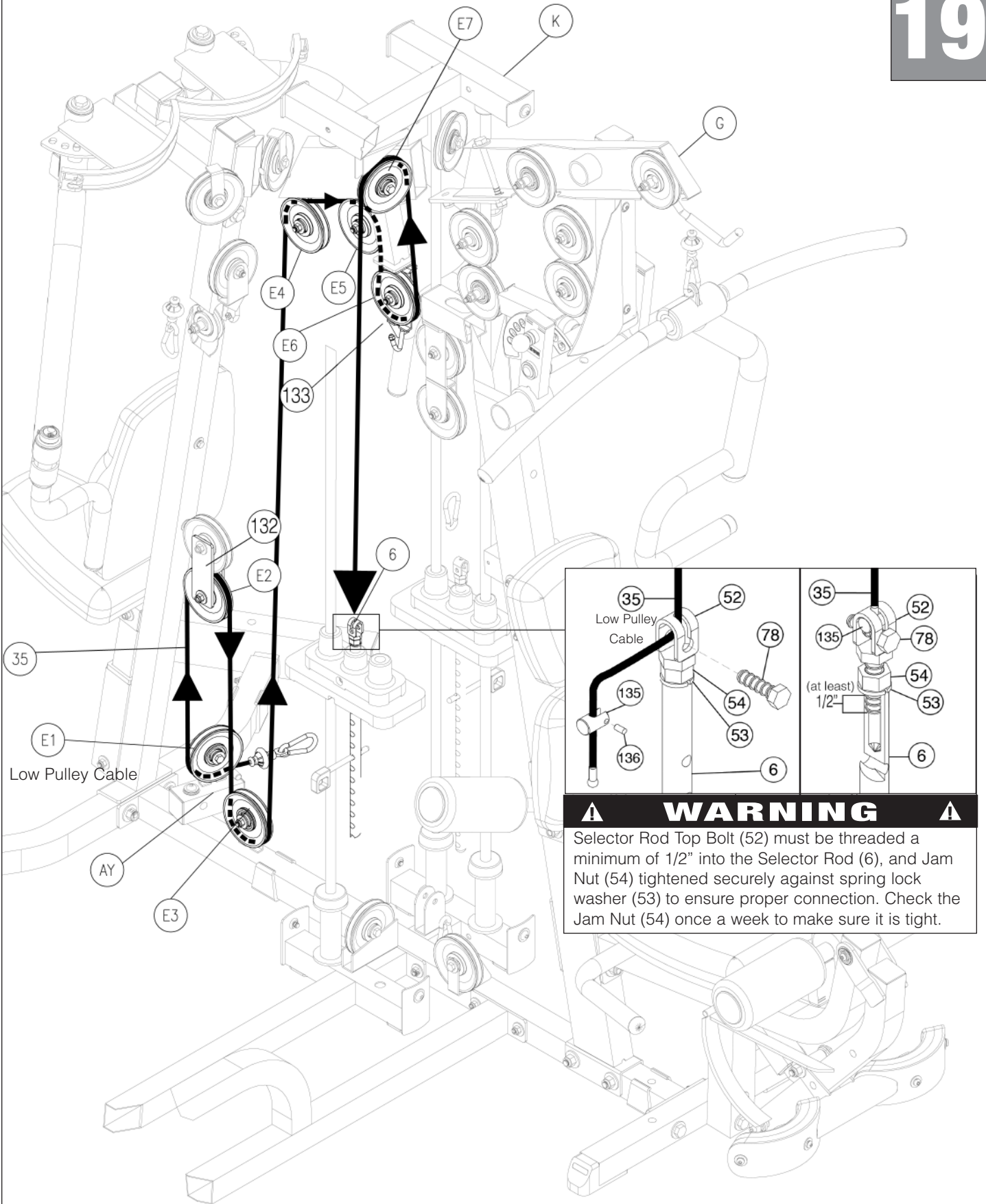
All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.

Low Pulley Cable (35)

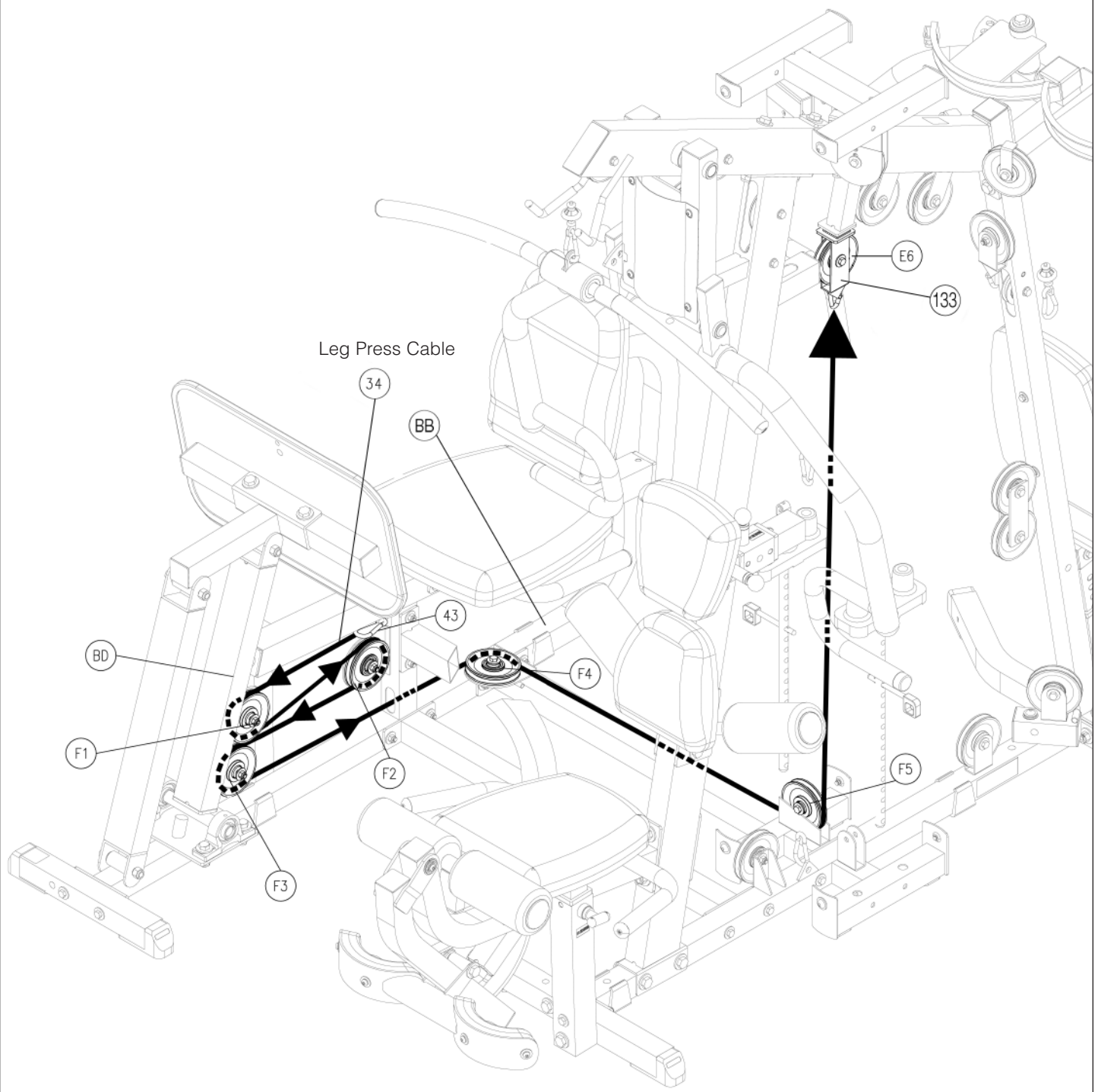
- A. Insert metal ball end of Low Pulley Cable (35) at Low Pulley Frame (AY). Insert metal ball end of Cable (35) under Pulley (E1).
 - B. Route Cable (35) over Pulley (E2), and attach Pulley (E2) to the bottom of Pulley Plates (132) using:
 - One 76 (3/8"x 1 3/4" hex head bolt)**
 - Two 94 (3/8" washer)**
 - One 91 (3/8" nylon lock nut)**
 - C. Route Cable (35) under Pulley (E3).
 - D. Route Cable (35) over Pulleys (E4) and (E5).
 - E. Route Cable (35) through Pulley Holder With Hook (133) as shown. Install Pulley (E6) using:
 - One 76 (3/8"x 1 3/4" hex head bolt)**
 - Two 94 (3/8" washer)**
 - One 91 (3/8" nylon lock nut)**
 - F. Remove Pulley (E7) from pulley housing. Insert Cable (35) into pulley housing as shown and reinstall Pulley (E7).*
- *Note:**
Leave the bolt going through Pulley (E7) hand tight until the end of Cable Adjustments in Step 21.
- G. Remove Bolt (56) from Selector Rod Top Bolt (52), slide Cable (35) through Selector Rod Top Bolt (52). Attach Cable End Shaft (135) and tighten Allen Screw (136). Pull Cable (36) tight, so Cable End Shaft (135) fits inside Selector Rod Top Bolt (52). Reinstall Bolt (56) in Selector Rod Top Bolt (52).



STEP
19



⚠ WARNING ⚠
Selector Rod Top Bolt (52) must be threaded a minimum of 1/2" into the Selector Rod (6), and Jam Nut (54) tightened securely against spring lock washer (53) to ensure proper connection. Check the Jam Nut (54) once a week to make sure it is tight.



**NOW IS THE TIME TO MAKE ALL NECESSARY
CABLE ADJUSTMENTS**

After cable installation is complete you must check all cables for proper tension. Obvious signs that cable tension problems exist include:

- Top Plates (8) do not rest directly on the top weight stack plates.
- The holes in the Selector Bar (6) do not line up with the holes in the Weight Stack Plates.
- Cable(s) are sloppy and there is no resistance from the weight stack for the first few inches of the exercise.

There are TEN areas for cable adjustment on the G9S:

- (A) TWO Selector Rod Top Bolts (52)
- (B) THREE Rubber Stops (42)
- (C) THREE Adjustable Chains on cables (34), (39), (40).
- (D) TWO Adjustments in pulley housing on Top Pulley Frame (K)

SEE NOTE 1 AND NOTE 2 ON PAGE 43.

If there is too much tension, and the Top Plate (8) is not resting directly on the top weight stack plate:

- 1st.- Turn and tighten the Rubber Stop (B).
- 2nd.- Move Snap Link (C) to add a link.
- 3rd.- Move pulley down to a lower hole in pulley housing on Top Pulley Frame (K).

If there is too much play or excessive slack:

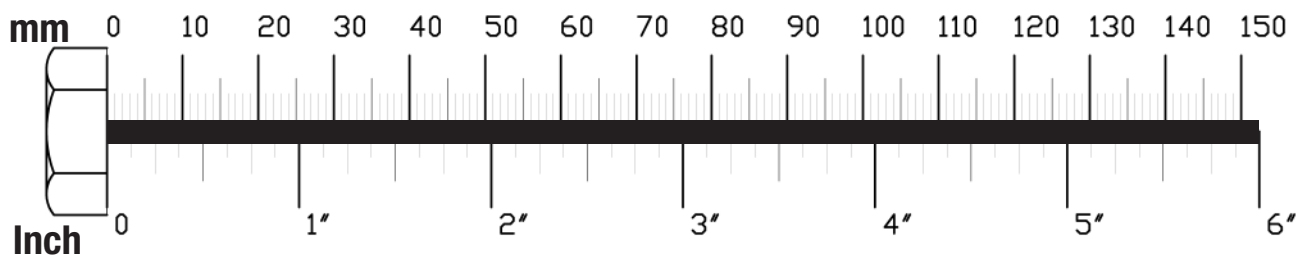
- 1st.- Turn and loosen the Rubber Stop (B).
- 2nd.- Move Snap Link (C) to minus a link.
- 3rd.- Move Pulley up to a higher hole in pulley housing on Top Pulley Frame (K).
- 4th.- Screw the Selector Bar Top Bolt (52) farther into the Selector Bar (6) of the Weight Stack.

NOTE:

Cables should be inspected daily and adjusted periodically to ensure safe and smooth operation.

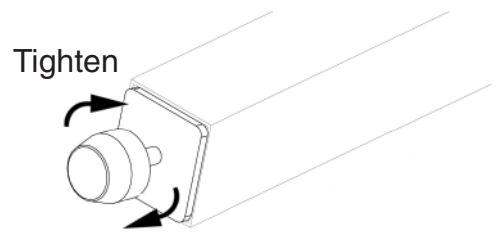
NOTE:

After cable adjustment is complete, go back and tighten two bolts in pulley housing on Top Pulley Frame (K).



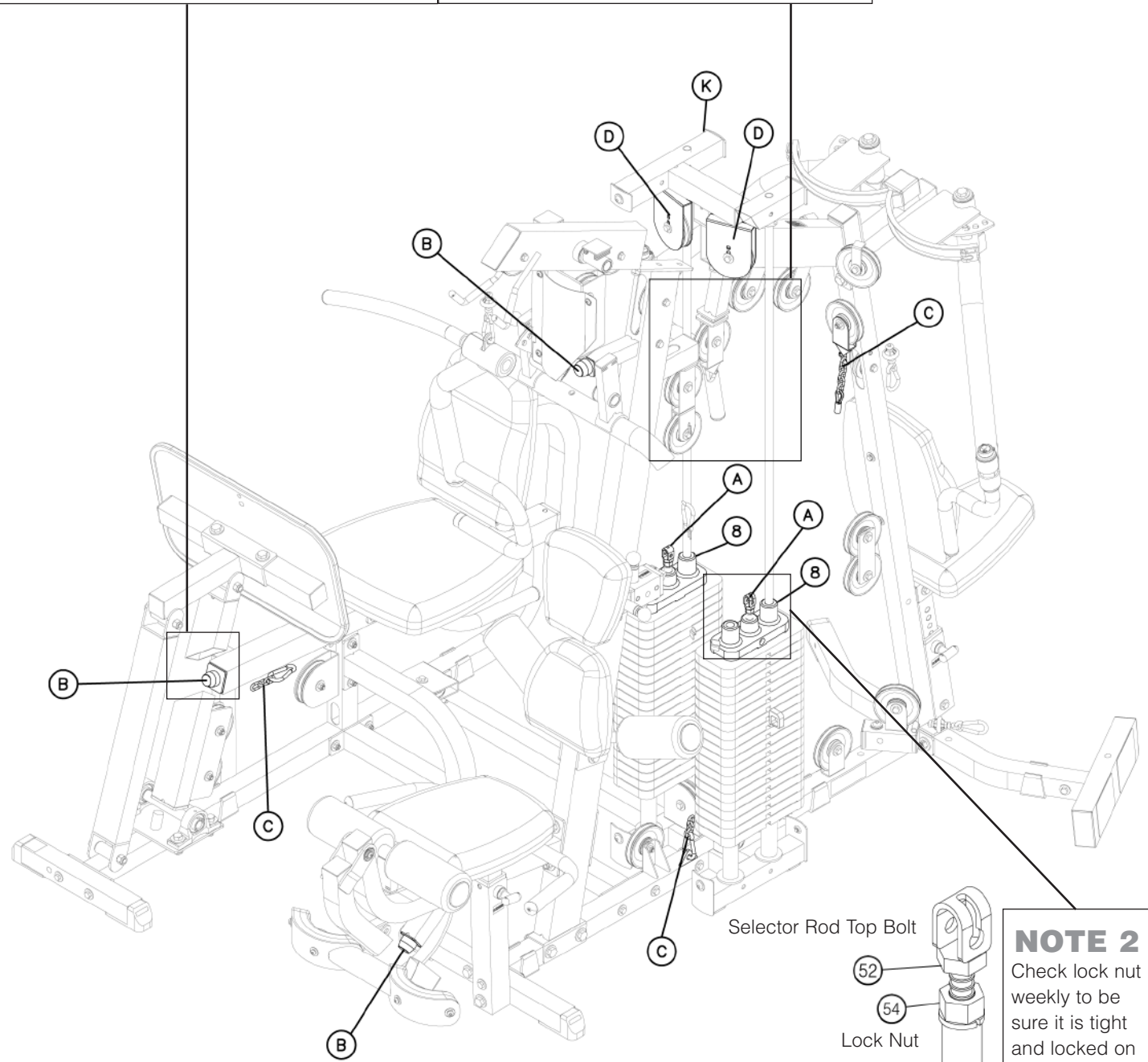
STEP
21

B. Rubber Stop (42)



NOTE 1

Before beginning final cable adjustments, be sure that both of these pulley housings butt-up as close as possible to the welded stops on the frame pieces.



⚠ WARNING ⚠

Selector Rod Top Bolt (52) Must be threaded a minimum of a 1/2" into the Selector Rod(6), and Lock Nut (54) tightened securely to ensure proper connection.

NOTE 2

Check lock nut weekly to be sure it is tight and locked on to the Selector Rod.

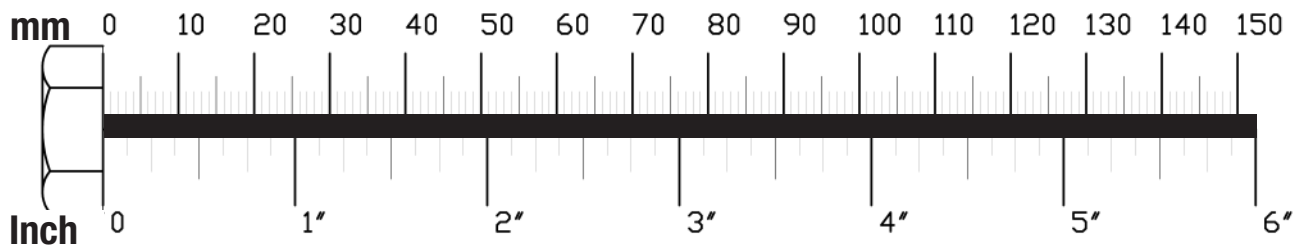
Be careful to assemble all components in the sequence they are presented.

SEE NOTE 1 on page 45:

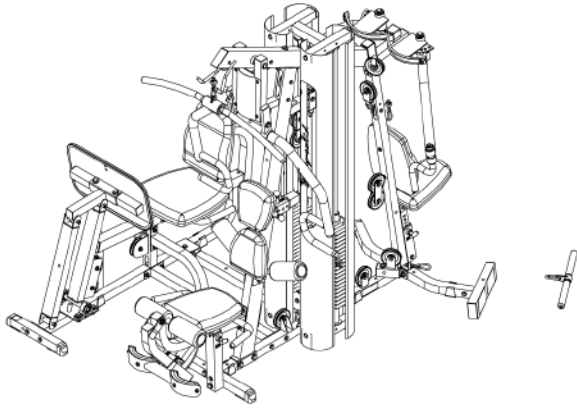
- A. Apply weight stack numbers to weight stack Top Plate (8) and each Weight Stack Plate as shown.

SEE NOTE 2 on page 45: Note the shape of each shroud for proper placement.

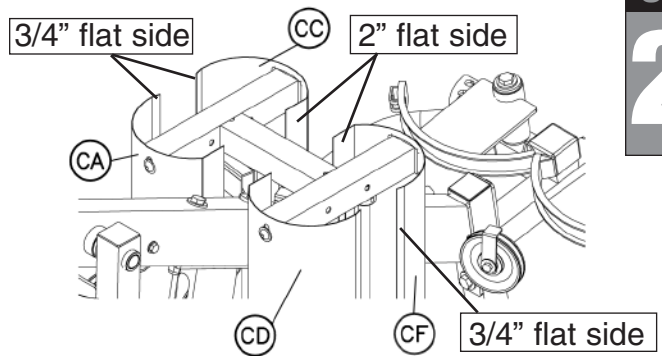
- B. Weight Stack Shroud (CA) is pre-assembled with Shroud Insert (CB).
Attach Weight Stack Shroud (CA) to the side of the weight stack as shown.
Bolt onto Side Base Frame (B) and Top Pulley Frame (K) using:
Two 87 (3/8" x 5/8" round allen head)
Two 98 (3/8" washer)
- C. Attach Weight Stack Shroud (CC) to the other side of this weight stack using:
Two 87 (3/8" x 5/8" round allen head)
Two 98 (3/8" washer)
- D. Weight Stack Shroud (CD) is pre-assembled with Shroud Insert (CE).
Attach Weight Stack Shroud (CD) to the side of the weight stack as shown.
Bolt onto Main Base Frame (A) and Top Pulley Frame (K) Using:
Two 87 (3/8" x 5/8" round allen head)
Two 98 (3/8" washer)
- E. Attach Weight Stack Shroud (CF) to the other side of this weight stack using:
Two 87 (3/8" x 5/8" round allen head)
Two 98 (3/8" washer)



STEP
22



Above shows STEP 21 assembled and completed.

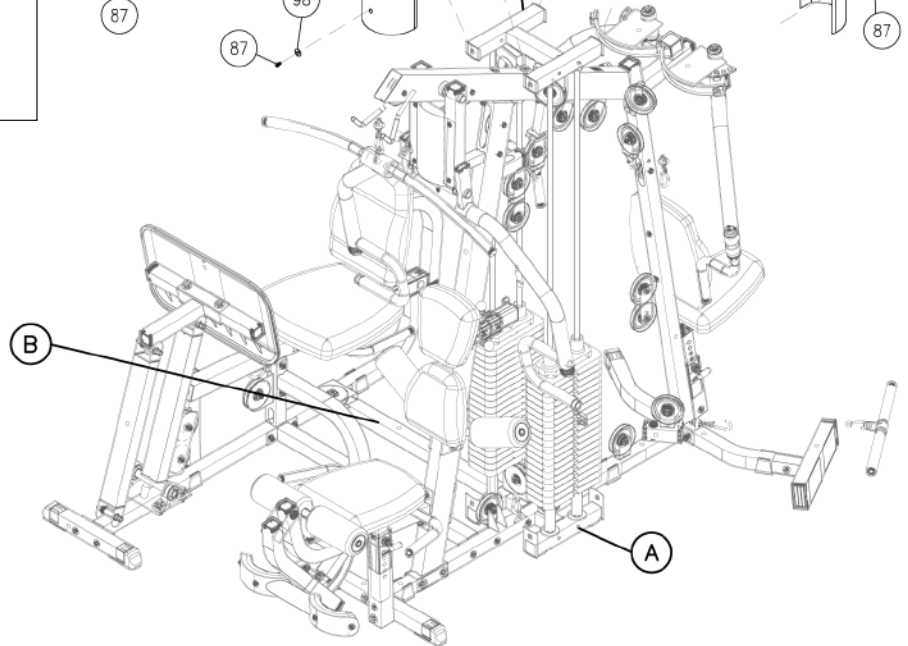
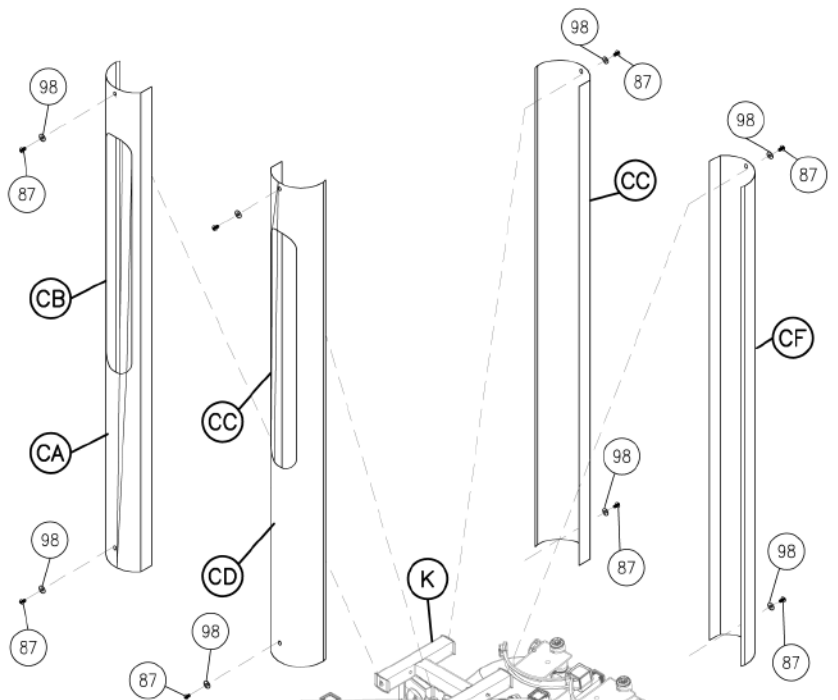
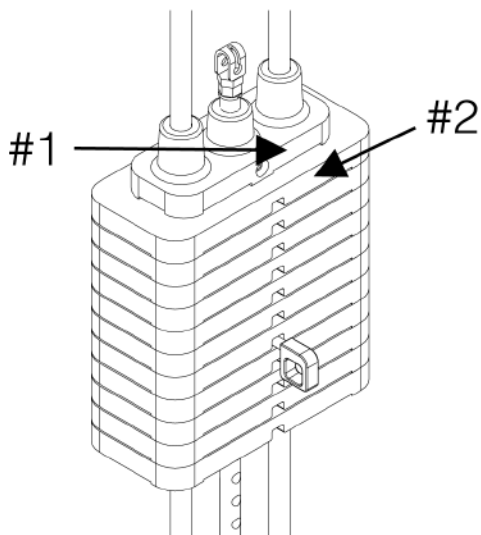


NOTE 2

This is the top view of the four Weight Stack Shrouds. Note the shape of each shroud for proper placement.

NOTE 1

Apply weight stack numbers to the Weight Stack Plates (51). Start at the Top Plate (8) with the number 1, and the first plate should be number 2. The following Weight Stack Plates (51) should be numbered in sequential order down through the stack.



G 9 S P a r t s L i s t

KEY#	QTY	PART#	DESCRIPTION
A	1	JG9SMBF-A	MAIN BASE FRAME
B	1	JG9SSBF-B	SIDE BASE FRAME
C	1	JG9SFBF-C	FRONT BASE FRAME
D	1	JG9SRBF-D	REAR BASE FRAME
E	1	JG9SRVF-E	REAR VERTICAL FRAME
F	1	JG9SFVF-F	FRONT VERTICAL FRAME
G	1	JG9STMF-G	TOP MAIN FRAME
H	1	JG9SPDF-H	PEC DEC FRAME
J	4	JG9SGR-J	GUIDE ROD
K	1	JG9STPF-K	TOP PULLEY FRAME
L	1	JG9SLEF-L	LEG EXTENSION FRAME
M	1	JG9SP-M	2"X 6" PLATE
N	1	JG9SLEA-N	LEG EXTENSION ARM
P	1	JG9SS-P	2" SHAFT
Q	1	JG9SLEPH-Q	LEG EXTENSION PAD HOLDER
S	1	JG9SLESPF-S	LEG EXTENSION SEAT PAD FRAME
T	1	JG9SHSA-T	HYDRAULIC SEAT ADJUSTER (PRE-INSTALLED)
U	2	JG9SLEH-U	LEG EXTENSION HANDLES
W	1	JG9SFRB-W	FOAM ROLLER BAR
X	2	JG9SLHD-X	LEG HOLD DOWN
Y	1	JG9SBPH-Y	BACK PAD HOLDER
Z	1	JG9SBPA-Z	BACK PAD ADJUSTER
ZB	1	JG9SBPI-ZB	BACK PAD INSERT
AA	1	JG9SSPAS-AA	SEATED PRESS ARM SUPPORT
AB	1	JG9SS-AB	9" SHAFT
AC	1	JG9SSPA-AC	SEATED PRESS ARMS
AD	1	JG9SS-AD	11 3/4" SHAFT
AK	1	JG9SLPDA-AK	LEFT PEC DEC ARM
AL	1	JG9SLPDC-AL	LEFT PEC DEC CAM
AM	1	JG9SLPDH-AM	LEFT PEC DEC HANDLE
AP	1	JG9SRPDA-AP	RIGHT PEC DEC ARM
AQ	1	JG9SRPDC-AQ	RIGHT PEC DEC CAM
AR	1	JG9SRPDH-AR	RIGHT PEC DEC HANDLE
AU	1	JG9SHSA-AU	HYDRAULIC SEAT ADJUSTER
AV	1	JG9SPDSF-AV	PEC DEC SEAT FRAME
AY	1	JG9SLRF-AY	LOW PULLEY FRAME
AZ	1	JG9SFB-AZ	FOOT BRACE

Part numbers are required when ordering parts.

G 9 S P a r t s L i s t (c o n t i n u e d)

KEY#	QTY	PART#	DESCRIPTION
BA	1	JG9SLPC-BA	LEG PRESS CONNECTION
BB	1	JG9SLPF-BB	LEG PRESS FRAME
BC	1	JG9SLPF-BC	LEG PRESS FRONT
BD	1	JG9SLPP-BD	LEG PRESS PIVOT
BE	1	JG9SFLPP-BE	FRONT LEG PRESS PIVOT
BF	3	JG9SS-BF	3" SHAFT
BG	1	JG9SFPTF-BG	FOOT PLATE T-FRAME
BH	2	JG9SLPH-BH	LEG PRESS HANDLES
BL	2	JG9SSPF-BL	SEAT PAD FLANGE
BP	1	JG9SLPBF-BP	LEG PRESS BACK PAD FRAME
BR	1	JG9SFP-BR	FOOT PLATE

S h r o u d L i s t

KEY#	QTY	PART#	DESCRIPTION
AE	1	JG9SSPHS-AE	SEATED PRESS HINGE SHROUD
CA	1	JG9SWSS-CA	WEIGHT STACK SHROUD
CB	1	JG9SSI-CB	SHROUD INSERT
CC	1	JG9SWSS-CC	WEIGHT STACK SHROUD
CD	1	JG9SWSS-CD	WEIGHT STACK SHROUD
CE	1	JG9SSI-CE	SHROUD INSERT
CF	1	JG9SWSS-CF	WEIGHT STACK SHROUD

P a d s L i s t

KEY#	QTY	PART#	DESCRIPTION
R	2	JG9SLP-R	LEG PAD
V	1	JG9SLESP-V	LEG EXTENSION SEAT PAD
ZA	1	JG9SUBP-ZA	UPPER BACK PAD
ZC	1	JG9SLBP-ZC	LOWER BACK PAD
AW	1	JG9SPDSP-AW	PEC DEC SEAT PAD
AX	1	JG9SPDBP-AX	PEC DEC BACK PAD
BM	1	JG9SLPSP-BM	LEG PRESS SEAT PAD
BQ	1	JG9SLPBP-BQ	LEG PRESS BACK PAD

Part numbers are required when ordering parts.

G 9 S Hardware List

KEY#	QTY	PART#	DESCRIPTION
1	2	JPIN4.25	WEIGHT STACK PIN 4 1/4"L X 7/16"W
2	1	JSS.5	STEEL SLEEVE 1/2" OD X 5/16" ID X 3/4"L
3	1	JSCH.18	STEEL CHAIN 3/16"
4	2	JSB.75X.5	STEEL BUSHING 3/4" OD X 1/2" ID X 5/16"W
5	2	JPW31	PLASTIC WASHER 3" OD X 1" ID
6	2	JSR20	SELECTOR ROD (20 selector holes)
7	3	JPCG31	PULLEY CABLE GUIDE 3" L X 1"W
8	2	JTP10	TOP PLATE (10 lbs.)
9	2	JBW1.37X1	OILITE WASHER 1 3/8" OD X 1" ID (35mm X 25mm)
10	10	JPS.56X.37	PULLEY SPACER 9/16" OD X 3/8" ID X 5/8" L (15mm X 9mm X 17mm)
12	4	JFOAM48	FOAM ROLLER 4" X 8"
13	5	JPEC22X.56	PLASTIC END CAP 2" X 2" (9/16" THICK)
14	13	JPEC22X.75	PLASTIC END CAP 2" X 2" (3/4" THICK)
15	4	JPEC12	PLASTIC END CAP 1" X 2"
16	2	JPEC24	PLASTIC END CAP 2" X 4"
17	1	JFHC.37	FRAME HOLE CAP 3/8" (round)
18	4	JPFREC2.5	PLASTIC ROLLER END CAP 2.5" OD X 1" ID
19	3	JFC221.8	FOOT CAP 2" X 2" (1.8" THICK)
20	2	JFC222.5	FOOT CAP 2" X 2" (2.5" THICK)
21	2	JPB222	PLASTIC BUSHING 2" X 2" (2" LONG)
22	4	JSC1.37X.75	SHAFT COLLAR 1 3/8" OD 3/4 ID 1.5" L
23	3	JPB226.5	PLASTIC BUSHING 2" X 2" (6 1/2" LONG)
24	2	JBEC2	PLASTIC BALL-END CAP 2"
25	5	JFL22	FRAME LEVELER 2"X 2"
26	26	JPP4.25W.75	PLASTIC PULLEY 4 1/4" X 3/4" WIDE
27	1	JPP3W.62	PLASTIC PULLEY 3" X 5/8" WIDE
28	4	JWSS22	WEIGHT STACK SHIMS 2" X 2"
29	10	JREC1.5	ROUND END CAP 1 1/2"
30	2	JRP2450	RUBBER PAD
31	4	JRD2.25	RUBBER DONUT 2 1/2"
32	1	JSRC22	SQUARE RUBBER CAP 2" X 2"
33	2	JGT5.5	GRIP TAPE 5 1/2" X 3 3/4"
41	6	JBB.87X.37	OILITE BUSHING 7/8" OD X 3/8" ID (22mm X 11mm leg press)
42	3	JRS1.5	RUBBER STOP 1 1/2"
43	7	JSNAP3	SNAP LINK
45	2	JPBB1LP	PILLOW BLOCK BEARING 1" ID
47	1	JRFPG3700	RUBBER FOOT PLATE GUARD-PREINSTALLED
48	3	JTSPP3	T-SHAPED POP PIN 3" L
49	2	JBB.87X.37	OILITE BUSHING 7/8" OD X 3/8" ID (22mm X 11mm leg extension)
50	2	JBHPP5.5	BALL HEAD POP PIN 5.5"L (pec dec)
51	40	JSP10	WEIGHT STACK PLATE 10lbs.
52	2	JSRTB.5	SELECTOR ROD TOP BOLT 1/2" X 2" FULL THREAD
53	2	JSLW.5	SPRING LOCK WASHER 1/2"
54	2	JLN.5	JAM NUT 1/2"
55	4	JWSR4.87	WEIGHT STACK RISERS 4 7/8"L
56	2	JBHPP313	BALL HEAD POP PIN 3 13/16" L (back support)
57	1	JBHPP311	BALL HEAD POP PIN 3 11/16" L (seated press)
59	2	JHEX121FTB	HEX HEAD BOLT 1/2"X 1" FULL THREAD

Part numbers are required when ordering parts.

G 9 S Hardware (continued)

KEY#	QTY	PART#	DESCRIPTION
60	1	JHEX.5X5.5PTB	HEX HEAD BOLT 1/2" X 5 1/2" PARTIAL THREAD
61	3	JHEX.5X5.25PTB	HEX HEAD BOLT 1/2" X 5 1/4" PARTIAL THREAD
62	2	JHEX.5X5PTB	HEX HEAD BOLT 1/2" X 5" PARTIAL THREAD
63	1	JHEX.5X3.5PTB	HEX HEAD BOLT 1/2" X 3 1/2" PARTIAL THREAD
64	9	JHEX.5X3.25PTB	HEX HEAD BOLT 1/2" X 3 1/4" PARTIAL THREAD
65	4	JHEX.5X3PTB	HEX HEAD BOLT 1/2" X 3" PARTIAL THREAD
66	4	JHEX.5X1.75FTB	HEX HEAD BOLT 1/2" X 1 3/4" FULL THREAD
70	1	JHEX.37X3.5PTB	HEX HEAD BOLT 3/8" X 3 1/2" PARTIAL THREAD
71	2	JHEX.37X3.25PTB	HEX HEAD BOLT 3/8" X 3 1/4" PARTIAL THREAD
72	3	JHEX.37X3PTB	HEX HEAD BOLT 3/8" X 3" PARTIAL THREAD
73	18	JHEX.37X2.75PTB	HEX HEAD BOLT 3/8" X 2 3/4" PARTIAL THREAD
74	1	JHEX.37X2.5PTB	HEX HEAD BOLT 3/8" X 2 1/2" PARTIAL THREAD
75	2	JHEX.37X2PTB	HEX HEAD BOLT 3/8" X 2" PARTIAL THREAD
76	21	JHEX.37X1.75PTB	HEX HEAD BOLT 3/8" X 1 3/4" PARTIAL THREAD
77	2	JFAH.37X2FTB	FLAT ALLEN HEAD 3/8" X 2" FULL THREAD
78	2	JHEX.37X.87FTB	HEX HEAD BOLT 3/8" X 7/8" FULL THREAD
80	2	JHEX.31X5PTB	HEX HEAD BOLT 5/16" X 5" PARTIAL THREAD
81	1	JHEX.31X3.25PTB	HEX HEAD BOLT 5/16" X 3 1/4" PARTIAL THREAD
82	6	JHEX.31X2.75FTB	HEX HEAD BOLT 5/16" X 2 3/4" FULL THREAD
83	10	JHEX.31X1FTB	HEX HEAD BOLT 5/16" X 1" FULL THREAD
84	1	JFAH.31X1.5FTB	FLAT ALLEN HEAD 5/16" X 1 1/2" FULL THREAD
85	4	JFAH.31X.75FTB	FLAT ALLEN HEAD 5/16" X 3/4" FULL THREAD
86	6	JRAH.31X.56FTB	ROUND ALLEN HEAD 5/16" X 9/16" FULL THREAD (8mmX15mm)
87	9	JRAH.37X.62FTB	ROUND ALLEN HEAD 3/8" X 5/8" FULL THREAD (10mmX16mm)
88	14	JAS.31X.31FT	ALLEN SCREW 5/16" X 5/16" FULL THREAD
89	4	JRAH.31X.75FTB	ROUND ALLEN HEAD 5/16" X 3/4" FULL THREAD
90	21	JNLN.5	NYLON LOCK NUT 1/2"
91	50	JNLN.37	NYLON LOCK NUT 3/8"
92	1	JNLN.31	NYLON LOCK NUT 5/16"
93	43	JWFLT.5	WASHER 1/2"
94	90	JWFLT.37	WASHER 3/8"
95	23	JWFLT.31	WASHER 5/16"
96	23	JWSW.31	SPRING LOCK WASHER 5/16"
97	4	JWFLT.31	WASHER 5/16" (8mm shrouds)
98	9	JWFLT.37	WASHER 3/8" (10mm shrouds)
101	4	JAS.19X.19	ALLEN SCREW 3/16" X 3/16" -PREINSTALLED
102	2	JCEC1.37X1	CHROME END CAP 1 3/8"OD X 1"ID X 3/4"L- PREINSTALLED
103	2	JRR1.5X1.25	RETAINING RING 1 1/2" OD X 1 1/4"ID (leg ext)-PREINSTALLED
104	2	JBB1.75X1	OILITE BUSHING 1 3/4"OD 1"ID - PREINSTALLED (seated press)
105	2	JBB.87x.62	OILITE BUSHING 7/8"OD 5/8"ID - PREINSTALLED (low row)
106	2	JCC1.43X1	CHROME COLLAR 1 7/16" OD X 1" ID
107	12	JBB1.75X1	OILITE BUSHING 1 3/4"OD 1"ID - PREINSTALLED (pec dec)
108	2	JACN.19	ACORN CAP NUT 3/16" ID - PREINSTALLED
112	2	JHEX.37X1FTB	HEX HEAD BOLT 3/8" X 1" FULL THREAD (adjustment bolt)
113	2	JLN.37	LOCK NUT 3/8"
114	2	JSB1.75X1	STEEL BUSHING 1 3/4"OD 1" ID - PREINSTALLED (seated press)
115	2	JRR1.75X1.5	RETAINING RING - 1 3/4"OD 1" ID -PREINSTALLED (seated press)
135	2	JCES	CABLE END SHAFT 3/4" L
136	2	JAS	ALLEN SCREW 1/8" X 1/4"(4mm X 8mm)

Part numbers are required when ordering parts.

C a b l e L i s t

KEY#	QTY	PART#	DESCRIPTION
34	1	JLPC4270	LEG PRESS CABLE 4270 mm(14')
35	1	JLRC4060	LOW PULLEY CABLE 4060 mm(13' 3 1/2")
36	1	JLPC3840	LAT PULLDOWN CABLE 3840 mm(12' 6")
37	1	JLEC2635	LEG EXTENSION CABLE 2635 mm(8' 7")
38	1	JPDC1890	PEC DEC CABLE 1890 mm(6' 2 1/2")
39	1	JACC1545	AB CRUNCH CABLE 1545 mm(5' 1")
40	1	JSC520	SHORT CABLE 520 mm(1' 8 1/2")

P u l l e y H o l d e r L i s t

KEY#	QTY	PART#	DESCRIPTION
130	1	JG9SDPH	DOUBLE PULLEY HOLDER
131	1	JG9SPDPH	PEC DEC PULLEY HOLDER
132	2	JG9SPP	PULLEY PLATE
133	1	JG9SPHWH	PULLEY HOLDER WITH HOOK

A c c e s s o r i e s L i s t

KEY#	QTY	PART#	DESCRIPTION
120	1	JG9SLB	LAT BAR
121	1	JG9SLRB	LOW ROW BAR
122	1	JG9SAS	ANKLE STRAP
123	1	JG9SACH	AB CRUNCH HARNESS
124	2	JFG18	FOAM GRIP 1 1/2" OD X 18" L -PREINSTALLED
125	2	JFG8.37	FOAM GRIP 1 1/2" OD X 8 3/8" L -PREINSTALLED
126	2	JFG17.25	FOAM GRIP 1 1/2" OD X 17 1/4" L -PREINSTALLED
127	2	JFG24	FOAM GRIP 1 1/2" OD X 24" L -PREINSTALLED
128	4	JFG17	FOAM GRIP 1 1/2" OD X 17" L -PREINSTALLED
POSTER	1	G9SPOSTER	WORK OUT POSTER
PAINT	1	TUP-G	TOUCH UP PAINT - GRAY

Part numbers are required when ordering parts.

O b t a i n i n g S e r v i c e

Please retain this Owner's Manual for future reference. When ordering parts you must use the part number 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 more 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: 1-800-833-1227
Phone: 1-708-427-3555
Fax: 1-708-427-3556
E-mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Ordering replacement parts

When ordering replacement parts, please have the following information available:

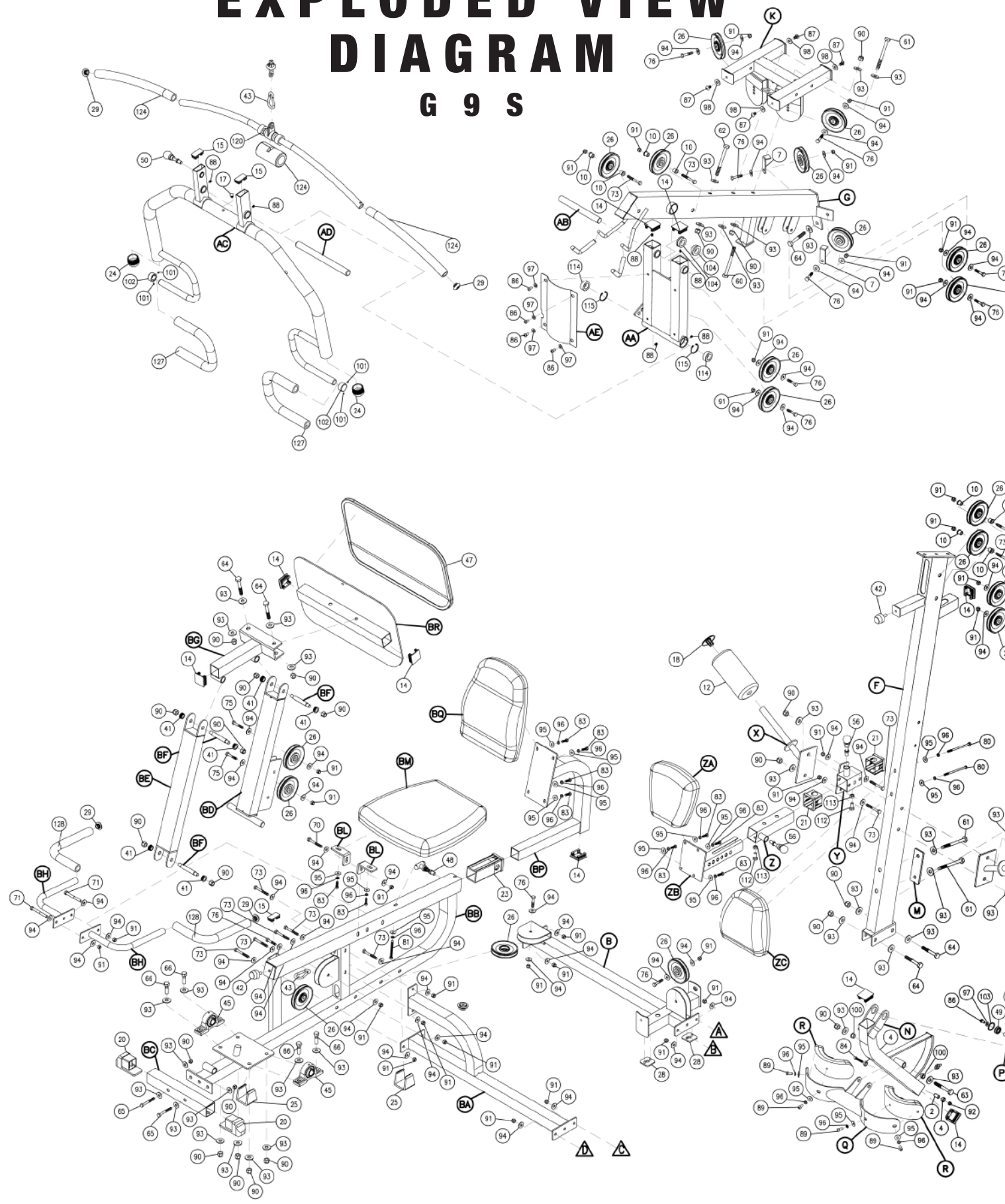
1. Model number: G9S
2. Date of purchase: _____
3. Name of dealer: _____

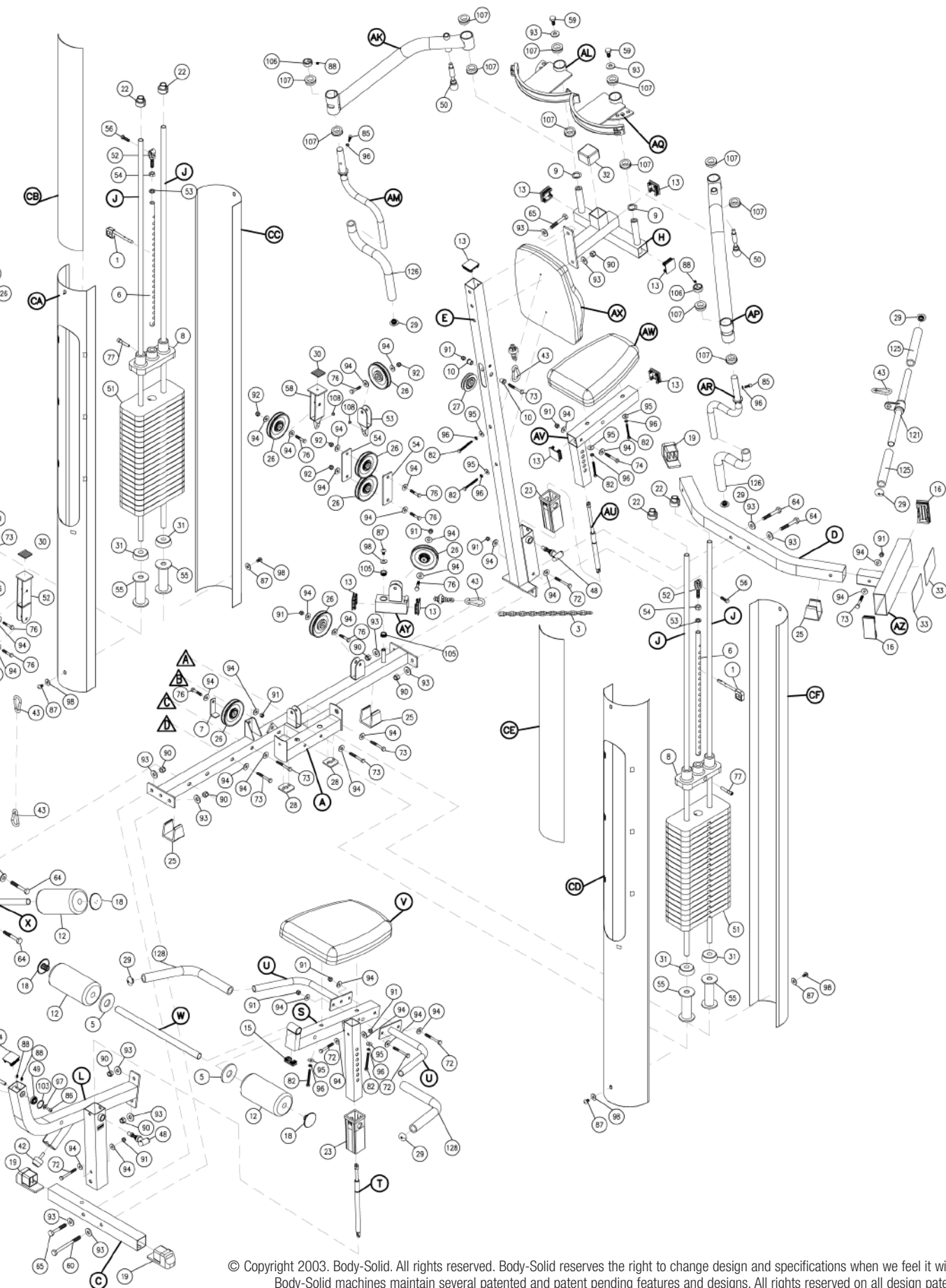
4. Dealer location: _____

5. Part numbers (see pages 46-51): _____

6. Description of part: _____

EXPLODED VIEW DIAGRAM G 9 S





© Copyright 2003. Body-Solid. All rights reserved. Body-Solid reserves the right to change design and specifications when we feel it will improve the product. Body-Solid machines maintain several patented and patent pending features and designs. All rights reserved on all design patents and utility patents.