

Body-Solid®



EXM2500

Assembly Instructions / Owner's Manual

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Before You Begin

Thank you for purchasing the EXM2500. This gym 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 EXM2500 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 EXM2500 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 EXM2500:

- Set up the EXM2500 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 EXM2500 by yourself.

Be careful to assemble all components in the sequence presented in this guide. If you do not assemble and use the EXM2500 according to these guidelines, you could void the Body-Solid warranty.

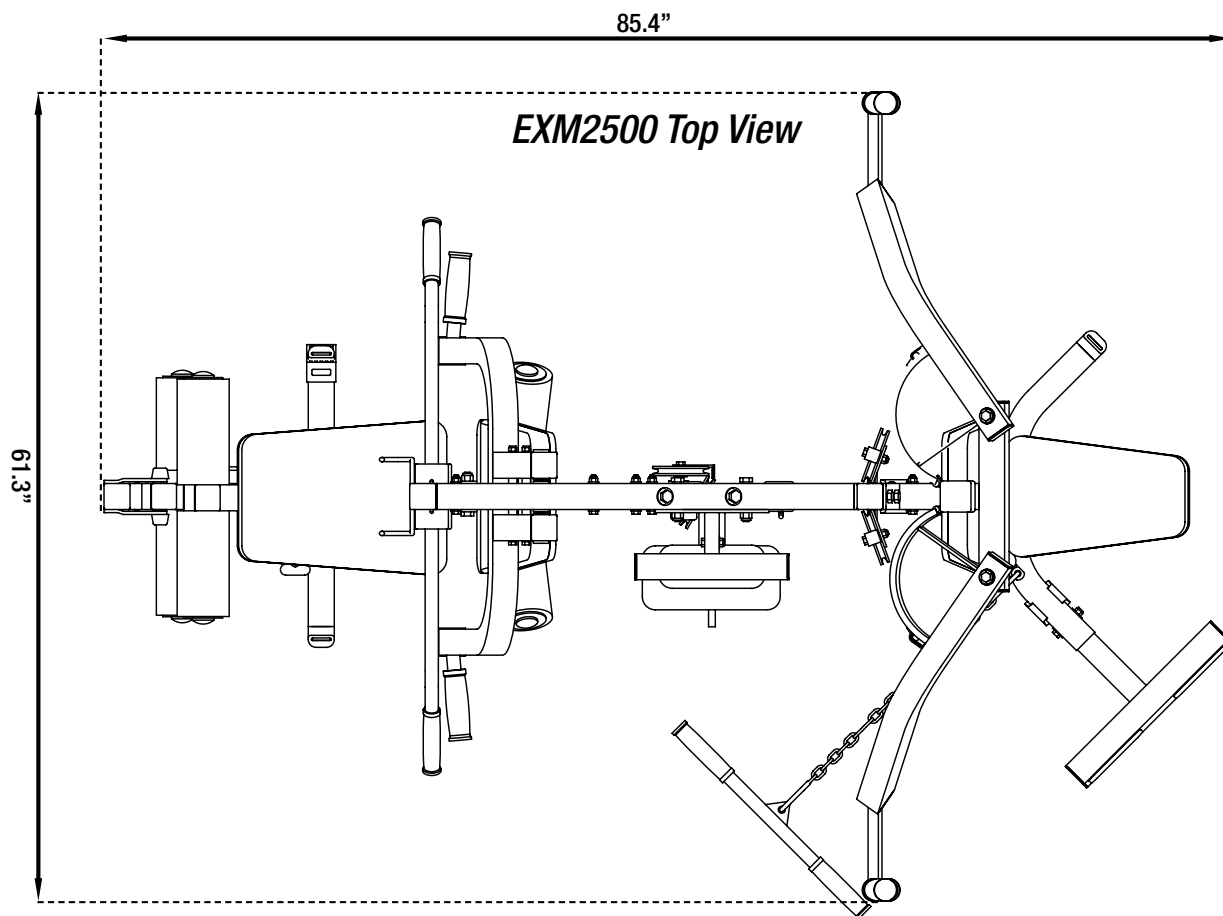
The EXM2500 gym comes in three boxes. The weight stack plates ship in separate boxes depending on your weight stack option.

*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 EXM2500 are: length 85.4" x width 61.3" x Height is 83". The diagrams below are without the optional Leg Press Station GLP2500.



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 EXM2500 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

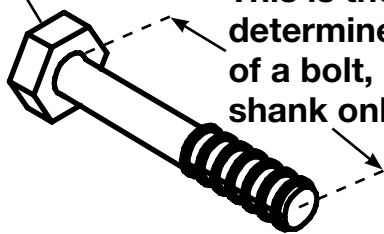
Read all "Notes" on each page before beginning each step.

While you may be able to assemble the EXM2500 using the illustrations only, important safety notes and other tips are included in the text.

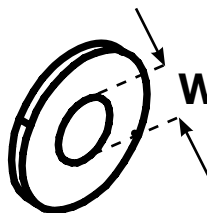
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

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:

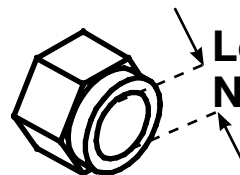
Bolt Head



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.

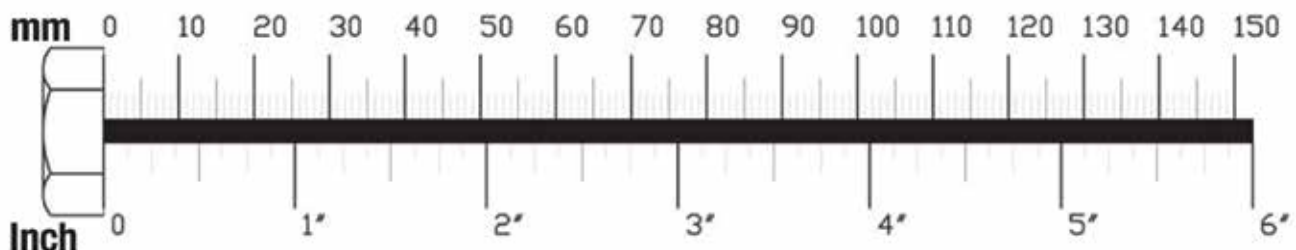
IMPORTANT!

Lock Nut Hardware

To assemble a locking nut onto a bolt, spin the nut clockwise onto the end of the bolt. You will notice that you can spin the nut only halfway on by hand. Don't worry, this is normal.

The nut has a piece of nylon plastic embedded in the nut. This piece prevents the nut from coming loose on its own.

To finish the assembly, use a proper wrench on the head of the bolt and another wrench on the nut. Tools will give you the leverage you need to tighten the lock nut onto the bolt. Tighten until it is tight against the frame or washer.



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 EXM2500 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The EXM2500 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 EXM2500.

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 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 EXM2500. 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

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.

	DAILY	WEEKLY
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

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 EXM2500. 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.

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 slack in cables and re-adjust cable tension if needed. See pages 54-55.
- 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.

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.

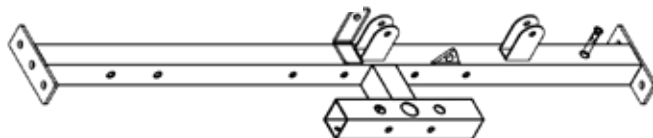
1. It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
2. Always warm up before starting a workout. Try to do a total body warm up before you start. 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.

EXM2500 Parts List

QTY	Part #	Description
(1)	A	Main Base Frame
(1)	B	2" x 2" Rear Stabilizer
(1)	C	2" x 2" Upright
(1)	D	2" x 4" Upright
(1)	E	2" x 2" Front Stabilizer
(1)	F	Leg Extension Main Frame
(1)	G	2" x 4" Top Frame
(1)	H	2" x 2" Seat Pad Frame
(1)	I	Leg Ext. Seat Pad Frame
(1)	J	Leg Extension Frame
(1)	K	Foot Brace
(1)	L	2" x 2" Pec Dec Top
(1)	M	Weight Stack Top
(1)	N	Right Pec Dec Arm
(1)	O	Left Pec Dec Arm
(1)	P	Seated Press Arms
(2)	Q	Foam Roller Bar
(1)	R	Leg Extension Seat Pad
(1)	S	Pec Dec Seat Pad
(1)	T	2" x 2" Pulley Frame
(2)	U	Pulley Rectangles
(1)	U2	Double Pulley Holder
(1)	V	Big Pulley Holder
(1)	W	Small Pulley Holder
(2)	X	Guide Rods
(1)	Y	Lat Bar
(1)	Z	Small Straight Bar
(1)	AA	Left Pec Dec Handle
(1)	AB	Right Pec Dec Handle
(2)	AC	Back Pad
(2)	AD	Seated Row Foam Roller Bar

EXM2500 Parts Diagram

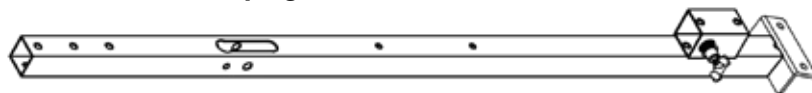
A
Main Base Frame



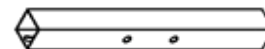
B
2" x 2" Rear Stabilizer



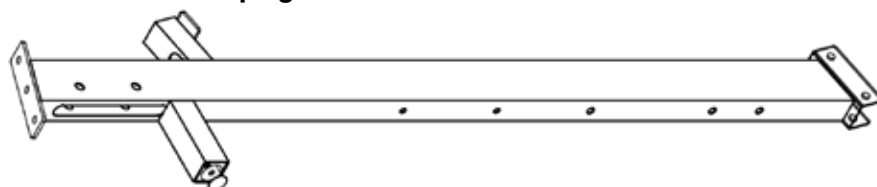
C
2" x 2" Upright



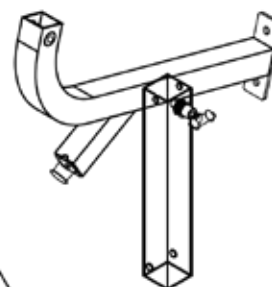
E
2" x 2" Front Stabilizer



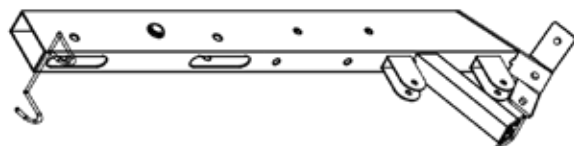
D
2" x 4" Upright



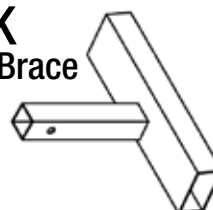
F
Leg Extension Main Frame



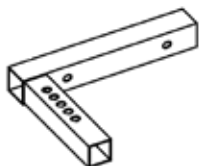
G
2" x 4" Top Frame



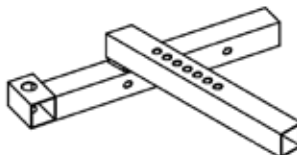
K
Foot Brace



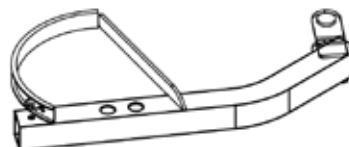
H
2" x 2" Seat Pad Frame



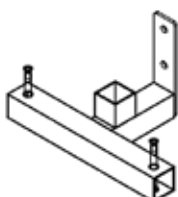
I
Leg Ext. Seat Pad Frame



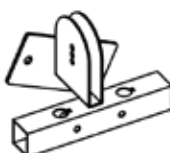
J
Leg Extension Frame



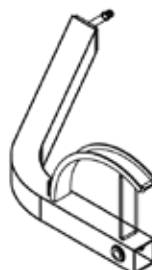
L
2" x 2" Pec Dec Top



M
Weight Stack Top



N
Right Pec Dec Arm

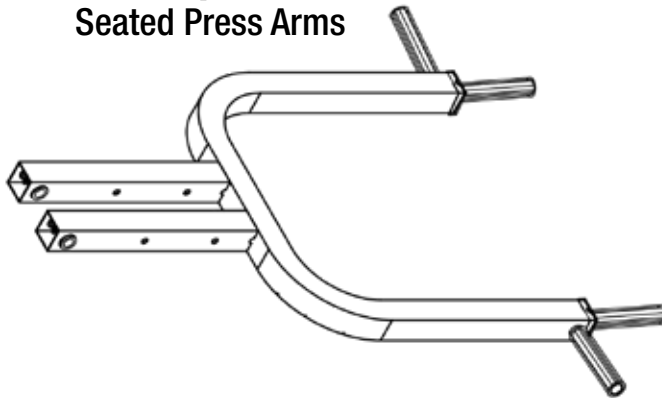


O
Left Pec Dec Arm



EXM2500 Parts Diagram

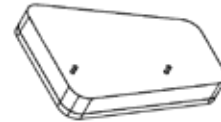
P
Seated Press Arms



R
Leg Extension Seat Pad



S
Pec Dec Seat Pad



Q
Foam Roller Bar (2)



T
2" x 2" Pulley Frame



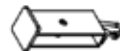
U
Pulley Rectangles (2)



U2
Double Pulley Holder



V
Big Pulley Holder



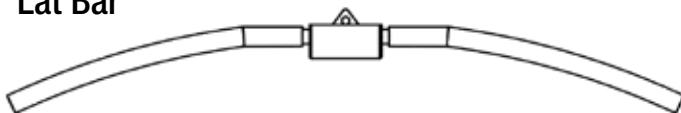
W
Small Pulley Holder



X
Guide Rods (2)



Y
Lat Bar



Z
Small Straight Bar



AA
Left Pec Dec Handle



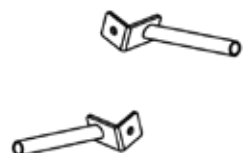
AB
Right Pec Dec Handle



AC
Back Pad (2)



AD
Seated Row Foam Roller Bar (2)



EXM2500 Hardware List

QTY	Part #	Description
(5)	a1	1/2" x 5" Hex Head Bolt
(10)	a3	1/2" x 3" Hex Head Bolt
(2)	a4	3/8" x 7 1/4" Hex Head Bolt
(5)	a5	3/8" x 2 3/4" Hex Head Bolt
(1)	a6	3/8" x 2 1/2" Hex Head Bolt
(5)	a7	3/8" x 1 3/4" Hex Head Bolt
(10)	a8	3/8" x 1 1/2" Hex Head Bolt
(2)	a10	5/16" x 5" Hex Head Bolt
(6)	a11	5/16" x 2 3/4" Hex Head Bolt
(1)	a12	Steel Chain
(1)	a13	Weight Stack Pin
(1)	a14	3/8" x 2" Round Bolt
(1)	a15	5/16" x 1 1/2" Round Bolt
(1)	a16	1/2" x 22L Sleeve
(1)	a17	1/2" x 5 1/2" Hex Head Bolt
(1)	a18	12 Weight Stack Cable Bushing
(13)	b1	1/2" Nylon Locking Nut
(23)	b2	3/8" Nylon Locking Nut
(1)	b4	5/16" Nylon Locking Nut
(8)	c1	1/2" (I.D.) Washer
(9)	c2	3/8" (I.D.) Washer
(9)	c3	5/16" (I.D.) Washer
(8)	c4	5/16" Spring Washer
(2)	c5	1/2" Round End Cap Washer
(1)	c6	3/8" Spring Washer
(2)	d1	1/2" Bolt Cap
(3)	d2	2" x 2" Foot Cap
(18)	d3	2" x 2" x 1.8" End Cap
(1)	d4	1 3/4" x 1 3/4" End Cap
(3)	d5	2" x 4" End Cap
(21)	d6	110mm Pulley

EXM2500 Hardware List

QTY	Part #	Description
(1)	d7	(smaller) 3" Pulley
(2)	d8	Short Nylon Bushing
(2)	d9	38 x 38 mm Rubber Pad
(2)	d10	2 1/2" Rubber Donut
(1)	d11	2" x 2" Square Rubber Cap
(10)	d12	Steel Bushing
(6)	d13	4" x 8" Foam Roller
(2)	d15	95 x 140mm Grip Tape
(3)	d18	Pulley Cable Guide
(1)	d19	Selector Rod
(5)	d20	8mm Snap Link
(4)	d21	5/8" Steel Bushing
(4)	d28	2" x 2" x 2.5t End Cap
(1)	d29	Top Plate
(3)	d32	2" x 2" Rubber Donut
(2)	d33	Weight Stack Shims
(2)	d34	3/4" x 8L Steel Bushing
(2)	d35	3/4" Shaft Collar
(1)	d36	60 x 45 Nylon Bushing
(1)	d37	5/8" Round End Cap
(12)	d38	1" Small End Cap
(2)	d39	1" Seated Row Foam Roller End Cap
(4)	d40	1" Leg Ext Foam Roller End Cap

EXM2500 Cable List

(1)	d23	Lat Pulldown Cable 4045mm
(1)	d24	Long Cable 7540mm
(1)	d25	Pec Dec Cable 1640mm
(1)	d26	Mid Pulley Cable 1500mm
(1)	d27	Short Cable 950mm

EXM2500 Hardware Diagram

d1(2)



d2(3)



d3(18)



d4(1)



d5(3)



d6(21)



d7(1)



d8(2)



d9(2)



d10(2)



d11(1)



d12(10)



d13(6)



d15(2)



d18(3)



d19(1)



d20(5)



d21(4)



d28(4)



d29(1)



d32(3)



d33(2)



d34(2)



d35(2)



d36(1)



d37(1)



d38(12)



d39(2)

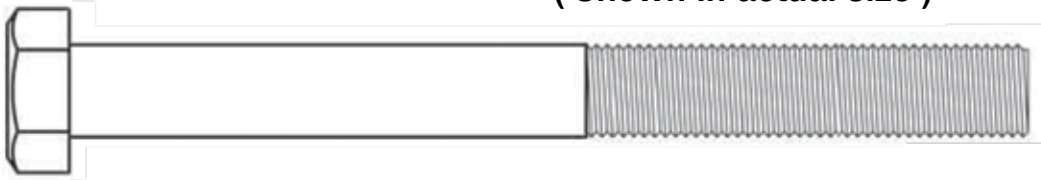


d40(4)

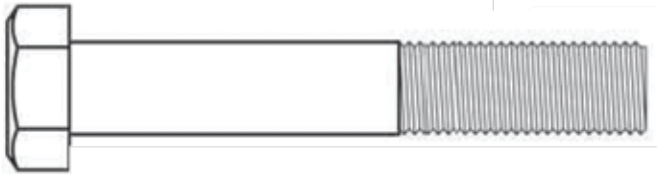


EXM2500 Hardware Diagram

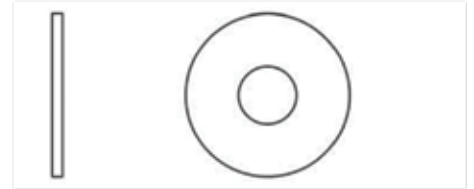
(Shown in actual size)



a1 1/2" x 5" Hex Head Bolt (5)



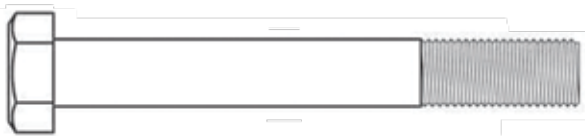
a3 1/2" x 3" Hex Head Bolt (10)



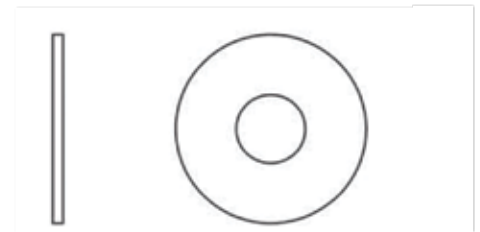
c3 5/16" Washer (9)



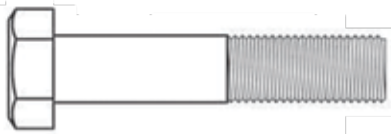
a4 3/8" x 7 1/4" Hex Head Bolt (2)



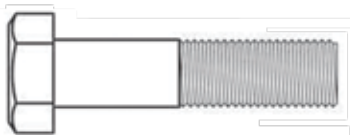
a5 3/8" x 2 3/4" Hex Head Bolt (5)



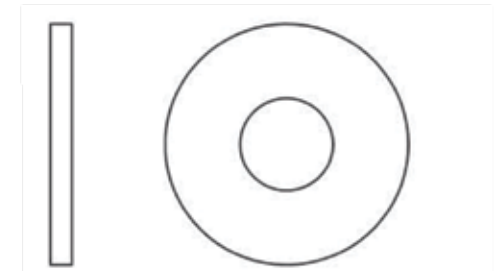
c2 3/8" Washer (9)



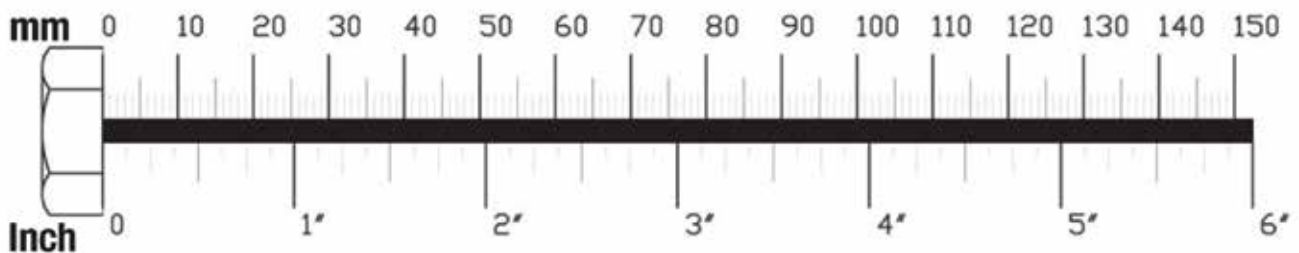
a7 3/8" x 1 3/4" Hex Head Bolt (5)



a8 3/8" x 1 1/2" Hex Head Bolt (10)

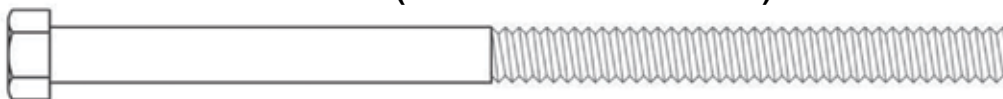


c1 1/2" Washer (8)

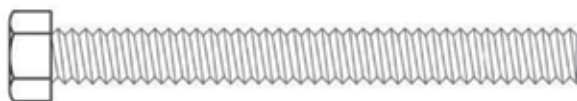


EXM2500 Hardware Diagram

(Shown in actual size)



a10 5/16" x 5" Hex Head Bolt (2)



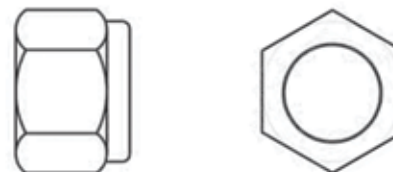
a11 5/16" x 2 3/4" Hex Head Bolt (6)



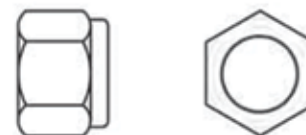
c4 5/16" Spring Washer (8)



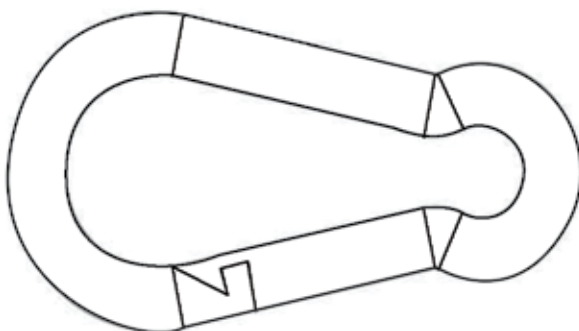
c6 3/8" Spring Washer (1)



b1 1/2" Nylon Locking Nut (13)



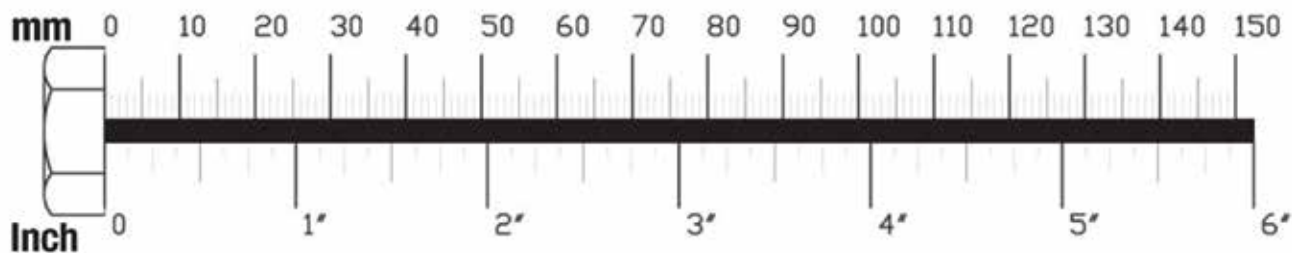
b2 3/8" Nylon Locking Nut (23)



d20 Snap Link (5)



b4 5/16" Nylon Locking Nut (1)



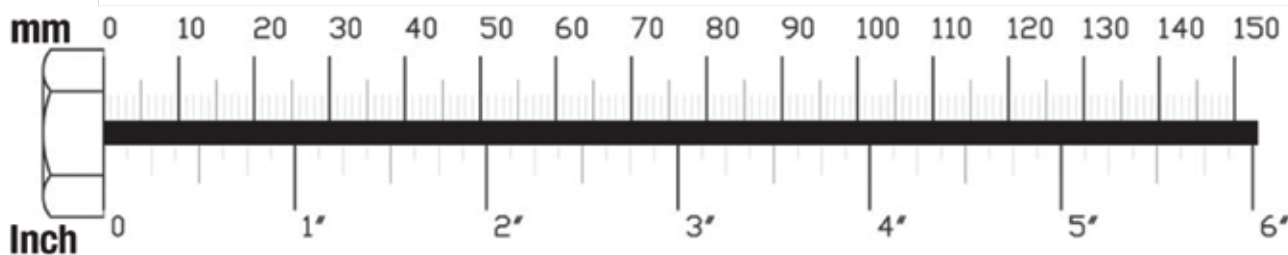
STEP 1A

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

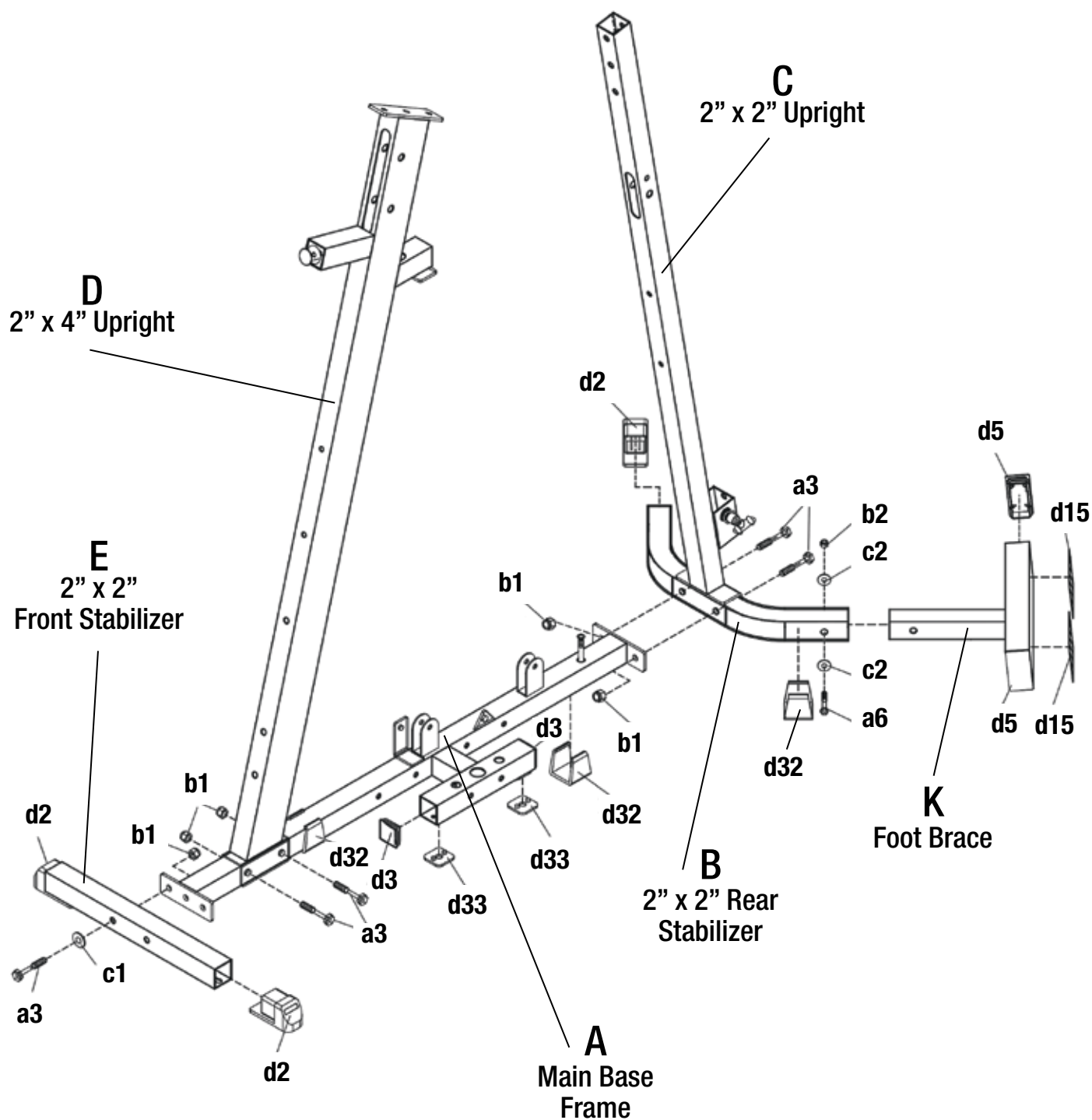
NOTE:

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

1. Attach (2) Weight Stack Shims d33, (2) End Caps d3, and (2) Frame Levelers d32 to the bottom of Main Base Frame A, as shown.
2. Attach (2) Foot Caps d2 to the ends of 2" x 2" Front Stabilizer E.
Attach 2" x 2" Front Stabilizer E With **ONE BOLT** to Main Base Frame A using:
 (1) a3 1/2" x 3" hex head bolt
 (1) c1 1/2" washer
 (1) b1 1/2" nylon locking nut
 Leave the one hole open for **STEP 2A**
3. Attach one Foot Cap d2 to the end of 2" x 2" Rear Stabilizer B.
Attach Main Base Frame A to 2" x 2" Rear Stabilizer B and 2" x 2" Upright C as shown using:
 (2) a3 1/2" x 3" hex head bolt
 (2) b1 1/2" nylon locking nut
4. Attach 2" x 4" Upright D to Main Base Frame A using:
 (2) a3 1/2" x 3" hex head bolt
 (2) b1 1/2" nylon locking nut
5. Attach (1) Frame Leveler d32 to 2" x 2" Rear Stabilizer B.
Attach (2) End Caps d5 and apply the (2) Grip Tape pieces d15 onto Foot Brace K. Slide Foot Brace K into 2" x 2" Rear Stabilizer B and attach as shown using:
 (1) a6 3/8" x 2 1/2" hex head bolt
 (2) c2 3/8" washer
 (1) b2 3/8" nylon locking nut



STEP 1A



STEP 1B

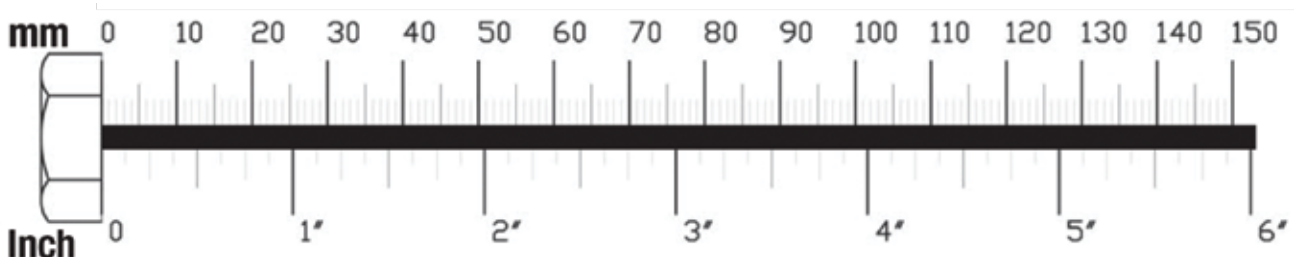
Be careful to assemble all components in the sequence they are presented.

NOTE:

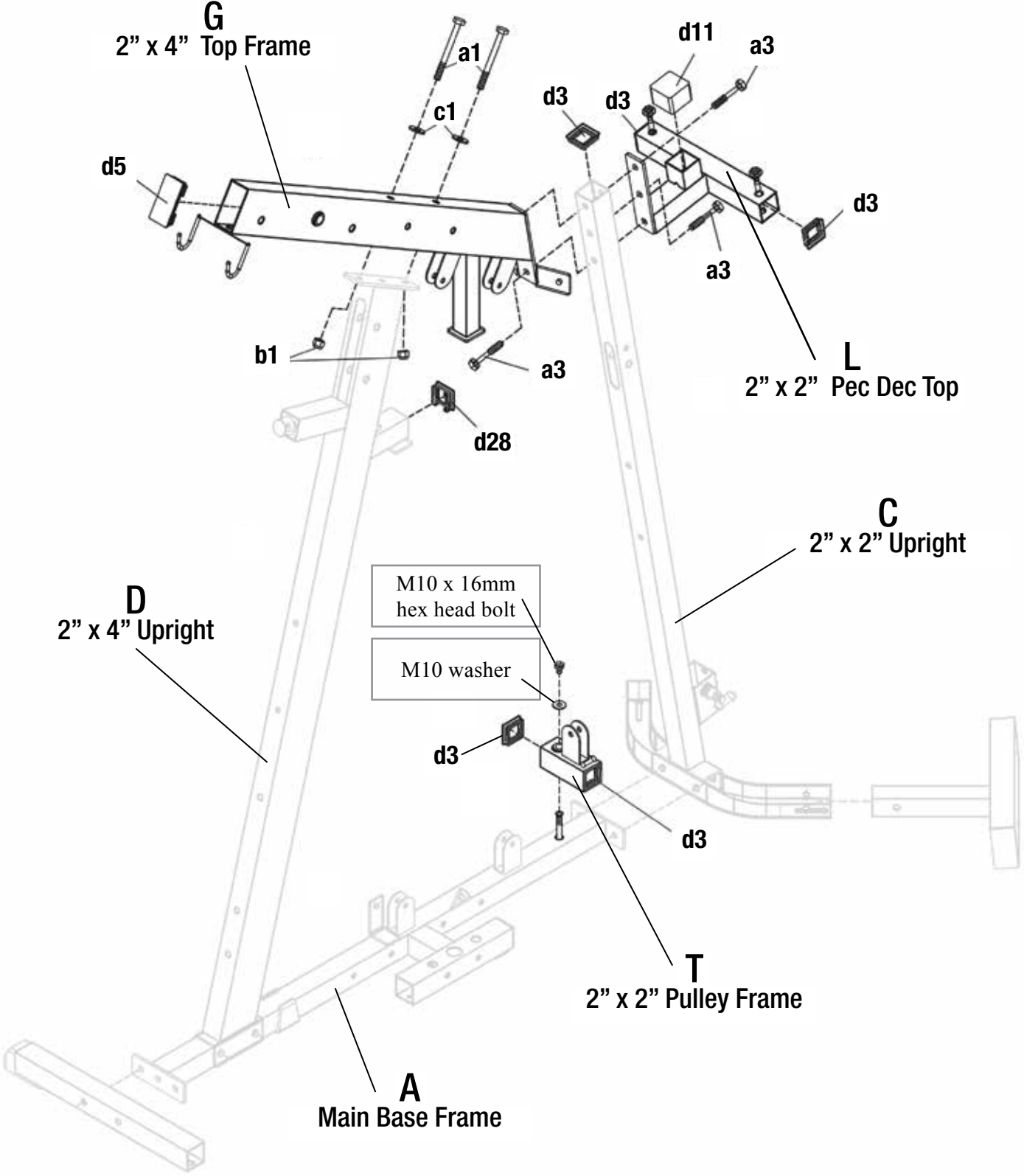
Finger tighten all hardware in this step. Do Not wrench tighten until end of **STEP 3B**

1. Attach (1) End Cap d28 onto 2" x 4" Upright D, as shown.
2. Attach (1) End Cap d5 onto 2" x 4" Top Frame G, as shown.
Attach 2" x 4" Top Frame G to the 2" x 4" Upright D using:
(2) a1 1/2" x 5" hex head bolt
(2) c1 1/2" washer
(2) b1 1/2" nylon locking nut
3. Attach (1) End Cap d3 to the top of 2" x 2" Upright C.
Attach (1) Square Rubber Cap d11 and two End Caps d3 to the 2" x 2" Pec Dec Top L as shown.
Attach 2" x 2" Pec Dec Top L to the 2" x 2" Upright C and onto 2" x 4" Top Frame G as shown using:
(3) a3 1/2" x 3" hex head bolt
4. Attach (2) End Caps d3 onto the 2" x 2" Pulley Frame T.
Attach 2" x 2" Pulley Frame T to Main Base Frame A using:
Pre-installed hardware shown in diagram with a box around it.

- | | |
|------------|--------------------------|
| (2) | M10 x 16mm hex head bolt |
| (1) | M10 washer |



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 3B**

1. Attach Leg Extension Main Frame F to the 2" x 2" Front Stabilizer E using:

(1) a17 1/2" x 5 1/2" hex head bolt

(1) c1 1/2" washer

(1) b1 1/2" nylon locking nut

2. Attach Leg Extension Main Frame F to the 2" x 4" Upright D using:

(2) a1 1/2" x 5" hex head bolt

(2) c1 1/2" washer

(2) b1 1/2" nylon locking nut

3. Attach Leg Extension Frame J to the Leg Extension Main Frame F using:

(2) M8 washer

(2) M8 x 15mm round bolt

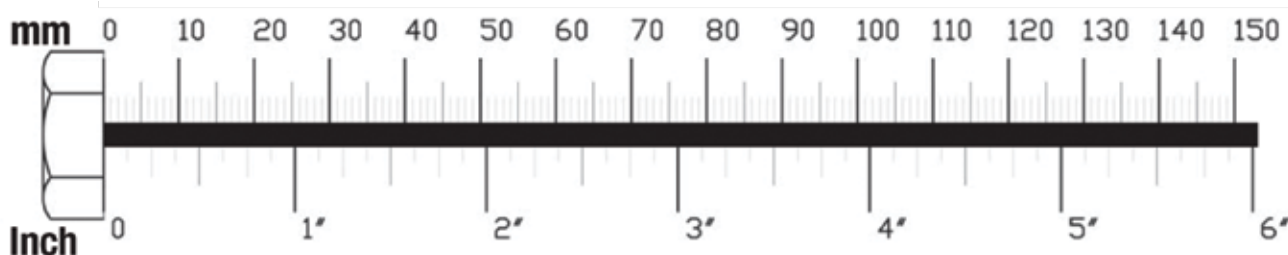
(2) 32 X 12 bearing

(1) M12 X 75mm shaft

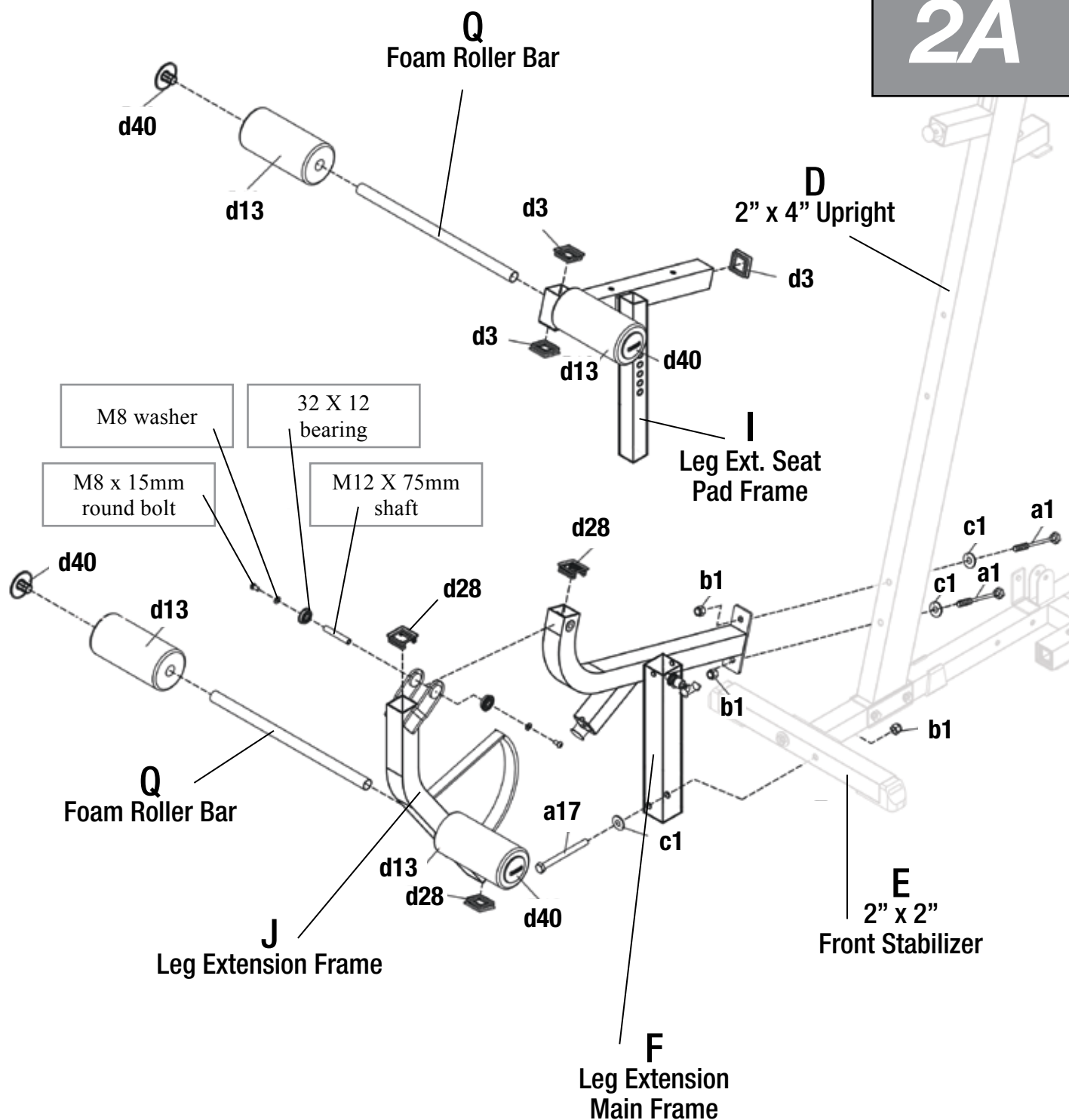
This hardware is attached to Leg Extension Frame J and shown in diagram with a box around it.

4. Slide (1) Foam Roller Bar Q into Leg Extension Frame J with (2) Foam Rollers d13 and (2) 1" Leg Ext Foam Roller End Cap d40 holding it in place as shown. Attach (2) End Caps d28 onto the top and bottom Leg Extension Frame J and (1) End Cap d28 onto the top of Leg Extension Main Frame F.

5. Slide (1) Foam Roller Bar Q into Leg Ext. Seat Pad Frame I with (2) Foam Rollers d13 and (2) 1" Leg Ext Foam Roller End Cap d40 holding it in place as shown. Attach (3) End Caps d3 onto the Leg Ext. Seat Pad Frame I.



STEP 2A



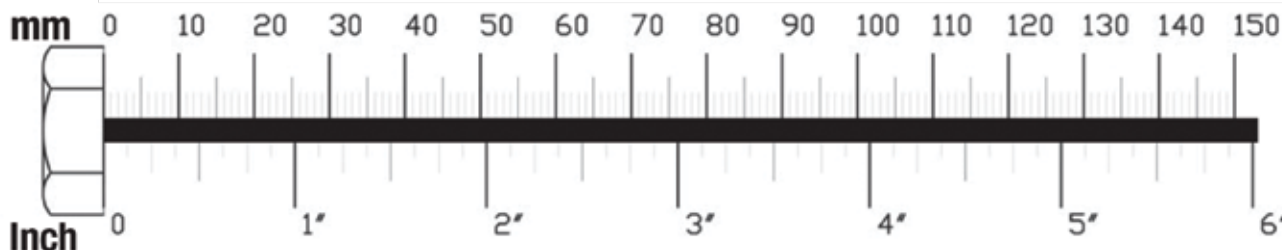
STEP 2B

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

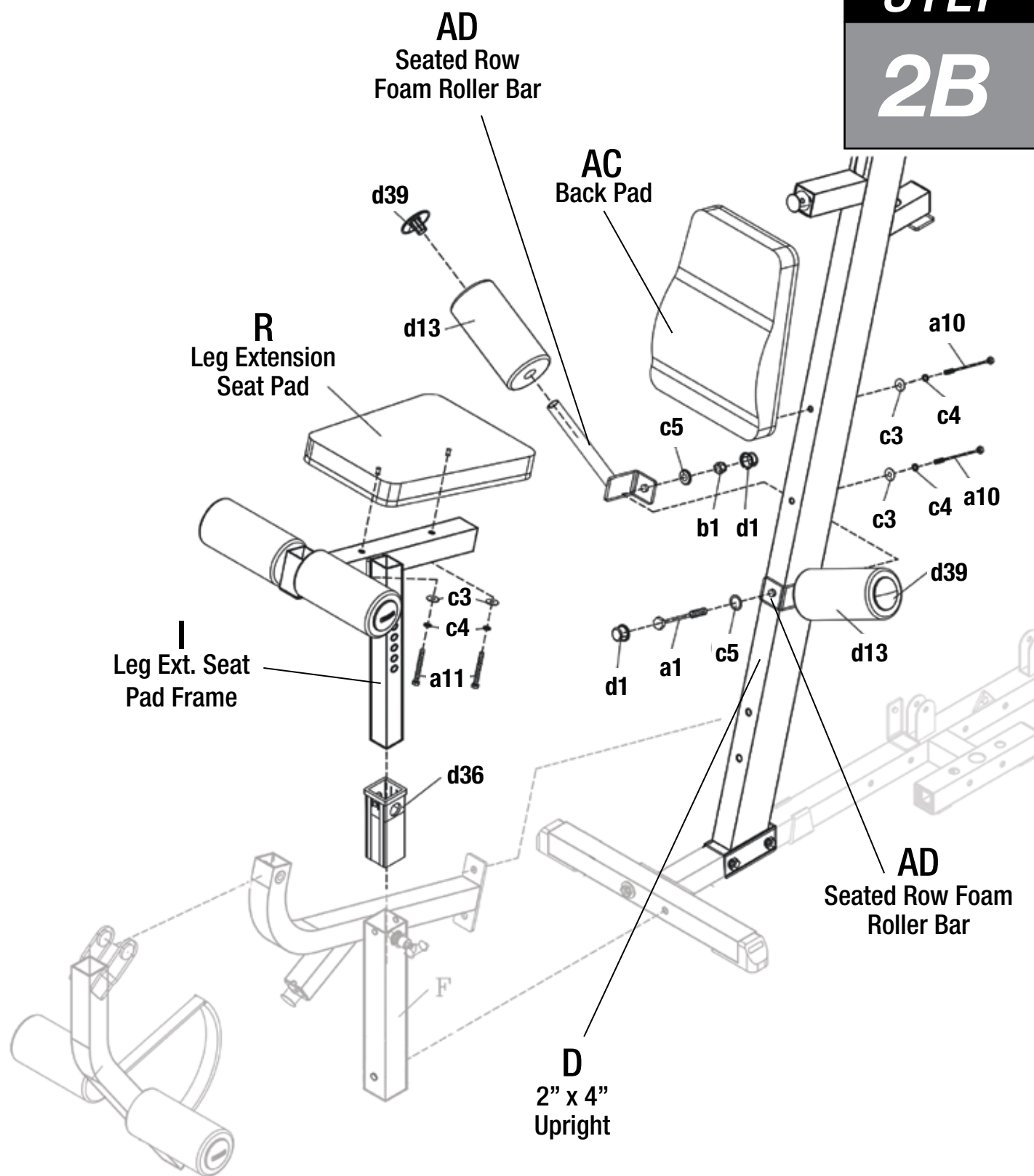
NOTE:

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

1. Attach Leg Extension Seat Pad R to the Leg Ext. Seat Pad Frame I using:
(2) a11 5/16" x 2 3/4" hex head bolt
(2) c4 5/16" spring washer
(2) c3 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.
2. Slide 60 x 45 Nylon Bushing d36 into the top of Leg Extension Main Frame F and insert Leg Ext. Seat Pad Frame I into 60 x 45 Nylon Bushing d36.
3. Attach (2) Seated Row Foam Roller Bars AD onto 2" x 4" Upright D, as shown:
(1) a1 1/2" x 5" hex head bolt
(2) c5 1/2" round end cap washer
(1) b1 1/2" nylon locking nut
Then cover A1 and B1 with two 1/2" Bolt Cap d1
4. Slide (2) Foam Rollers d13 and (2) 1" Seated Row Foam Roller End Cap d39 onto the (2) Seated Row Foam Roller Bars AD holding it in place as shown.
5. Attach Back Pad AC onto the 2" x 4" Upright D using:
(2) a10 5/16" x 5" hex head bolt
(2) c4 5/16" spring washer
(2) c3 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.



STEP 2B



STEP 3A

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

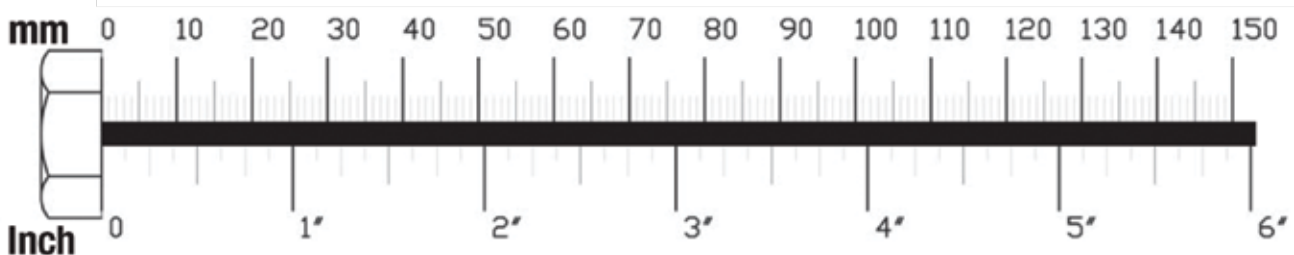
NOTE:

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

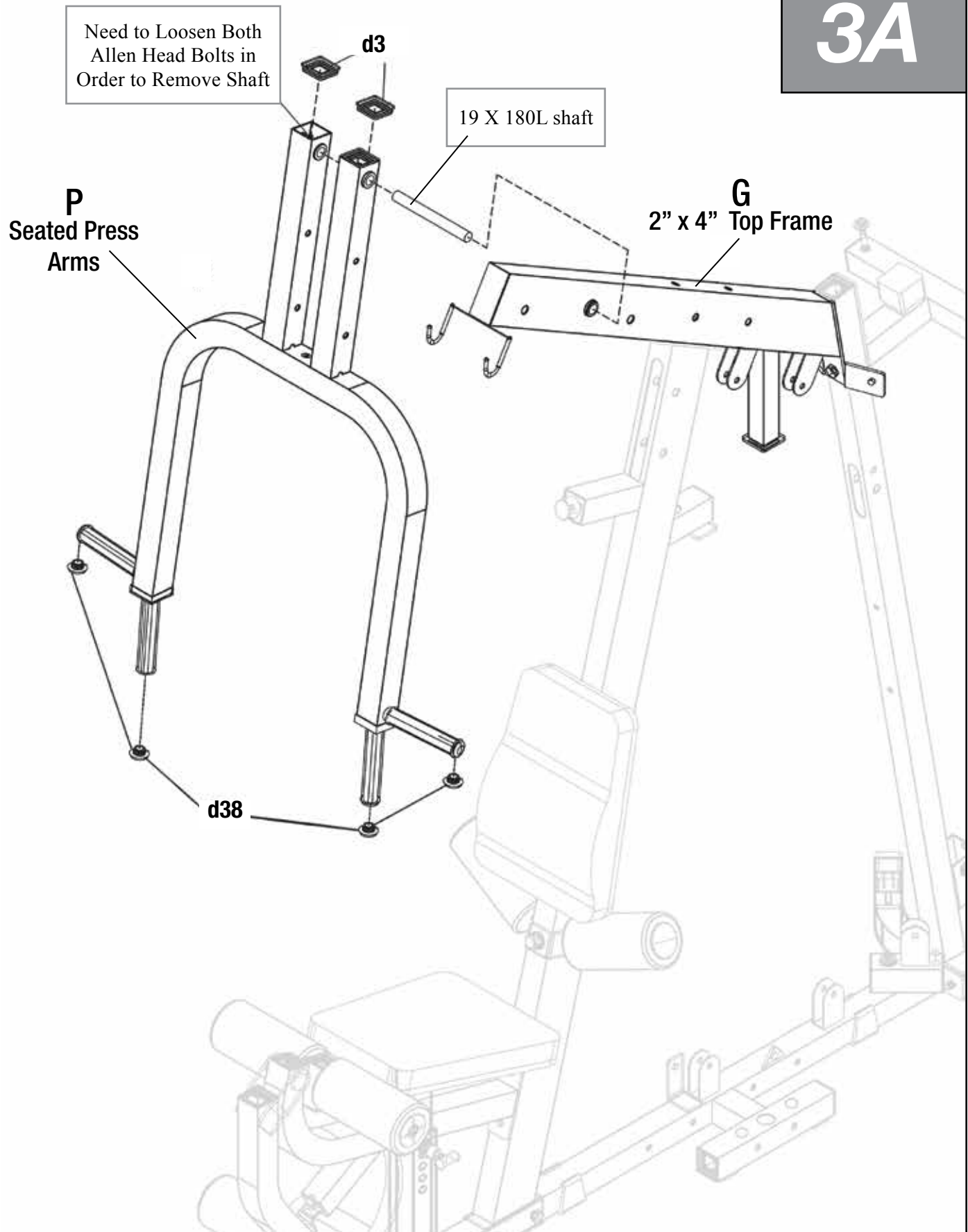
1. Attach Seated Press Arms P to the 2" x 4" Top Frame G using:
This hardware is pre-installed in Seated Press Arm P, loosen both allen head bolts to remove shaft, install and then re-tighten. Pre-installed hardware shown in diagram with a box around it.

(1) 19 X 180L shaft

2. Attach (2) 1" Small End Caps d38 onto the bottom handles on the Seated Press Arms P.
Attach (2) 1" Small End Caps d38 onto the side handles on the Seated Press Arms P.
3. Attach (2) 2" x 2" x 1.8" End Caps d3 onto the top of the Seated Press Arms P.



STEP 3A



STEP 3B

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

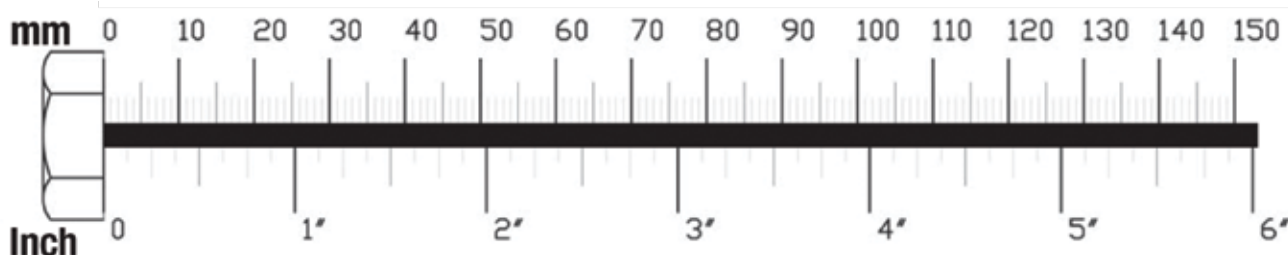
NOTE:

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

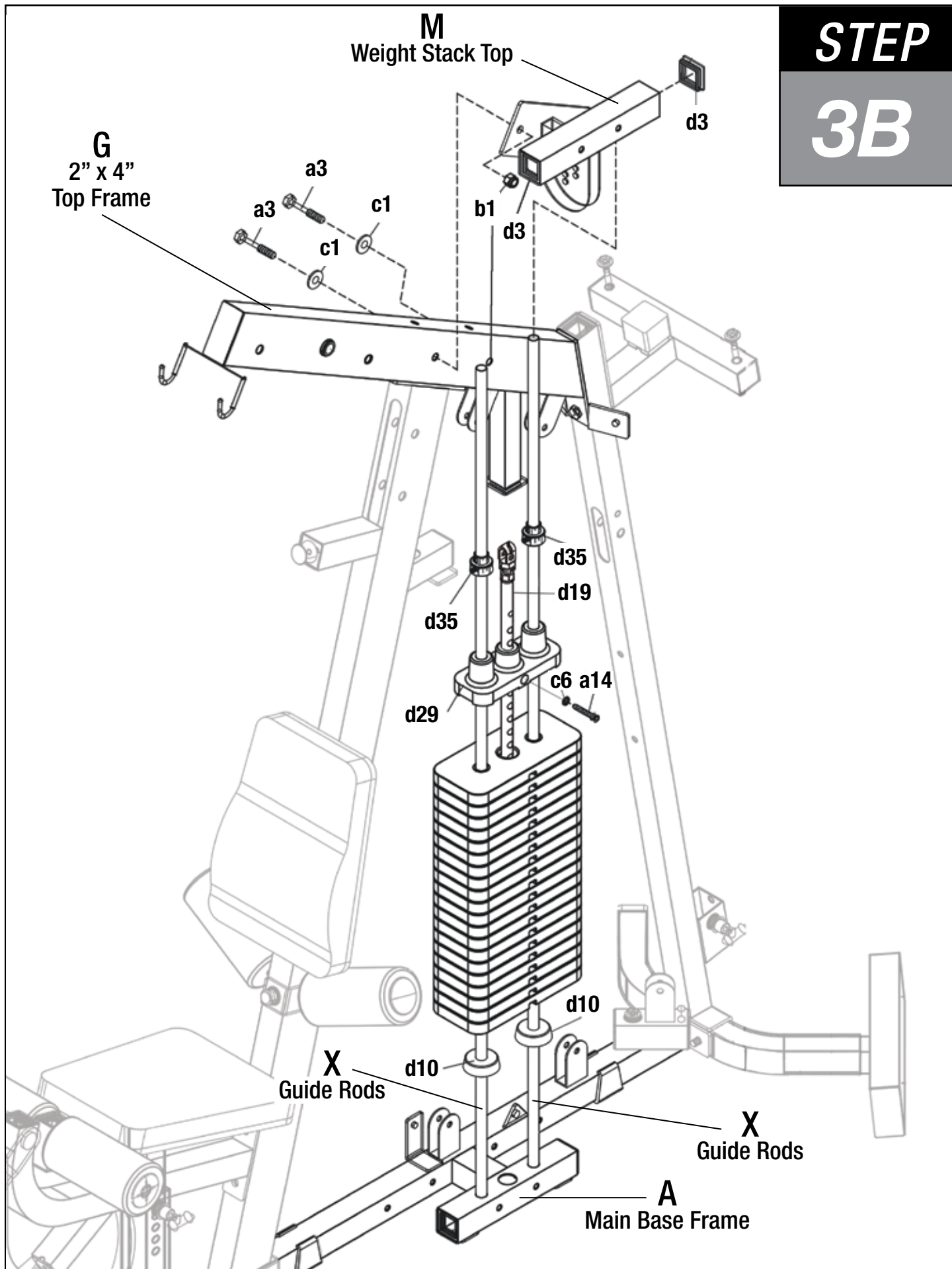
1. Insert (2) Guide Rods X into the Main Base Frame A.
Insert (2) 2 1/2" Rubber Donuts d10 onto the (2) Guide Rods X as shown.
Slide 20 Weight Stack Plates (one at a time) onto the (2) Guide Rods X. Make sure the opening in each weight stack plate, for the Weight Stack Pin a13, is facing outward.
2. Attach Top Plate d29 to Selector Rod d19 using:
(1) a14 3/8" x 2" round bolt
(1) c6 3/8" spring washer
Slide Top Plate d29 and Selector Rod d19 onto Guide Rods X as shown.
3. Slide (2) Shaft Collars d35 onto the (2) Guide Rods X as shown.
Slide Weight Stack Top M onto the (2) Guide Rods X and attach Weight Stack Top M to 2" x 4" Top Frame G using:
(2) a3 1/2" x 3" hex head bolt
(2) c1 1/2" washer
(2) b1 1/2" nylon locking nut
4. Attach (2) 2" x 2" x 1.8" End Caps d3 onto Weight Stack Top M.
Insert (2) Shaft Collars d35 into Weight Stack Top M, turn to attach, then tighten allen bolt in the (2) Shaft Collars d35.

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.



STEP 3B



STEP

4A

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 4A**

1. Attach Right Pec Dec Arm N (there is a Red dot on this piece) onto the top of 2" x 2" Pec Dec Top L as shown using:
This hardware is pre-installed on 2" x 2" Pec Dec Top L and shown in diagram with a box around it.

(1) M10 x 16mm hex head bolt

(1) M10 washer

Attach (1) End Cap d3 onto Right Pec Dec Arm N as shown.

2. Attach Right Pec Dec Handle AB (there is a Red dot on this piece) onto the Right Pec Dec Arm N using:
This hardware is pre-installed on Right Pec Dec Arm N and shown in diagram with a box around it.

(1) 1/2" nylon lock nut

Right Pec Dec Handle AB has an arrow on it, the arrow should point up.

Attach (2) Small End Caps d38 onto Right Pec Dec Handle AB as shown.

3. Attach Left Pec Dec Arm O (there is a Green dot on this piece) onto the top of Pec Dec Top L as shown using:
This hardware is pre-installed on Pec Dec Top L.

(1) **10mm x 16 hex head bolt**

(1) **10mm washer**

Attach (1) End Cap d3 onto Left Pec Dec Arm O as shown.

4. Attach 2" x 2" Left Pec Dec Handle AA (there is a Green dot on this piece) onto the Left Pec Dec Arm O using:

This hardware is pre-installed on Left Pec Dec Arm O.

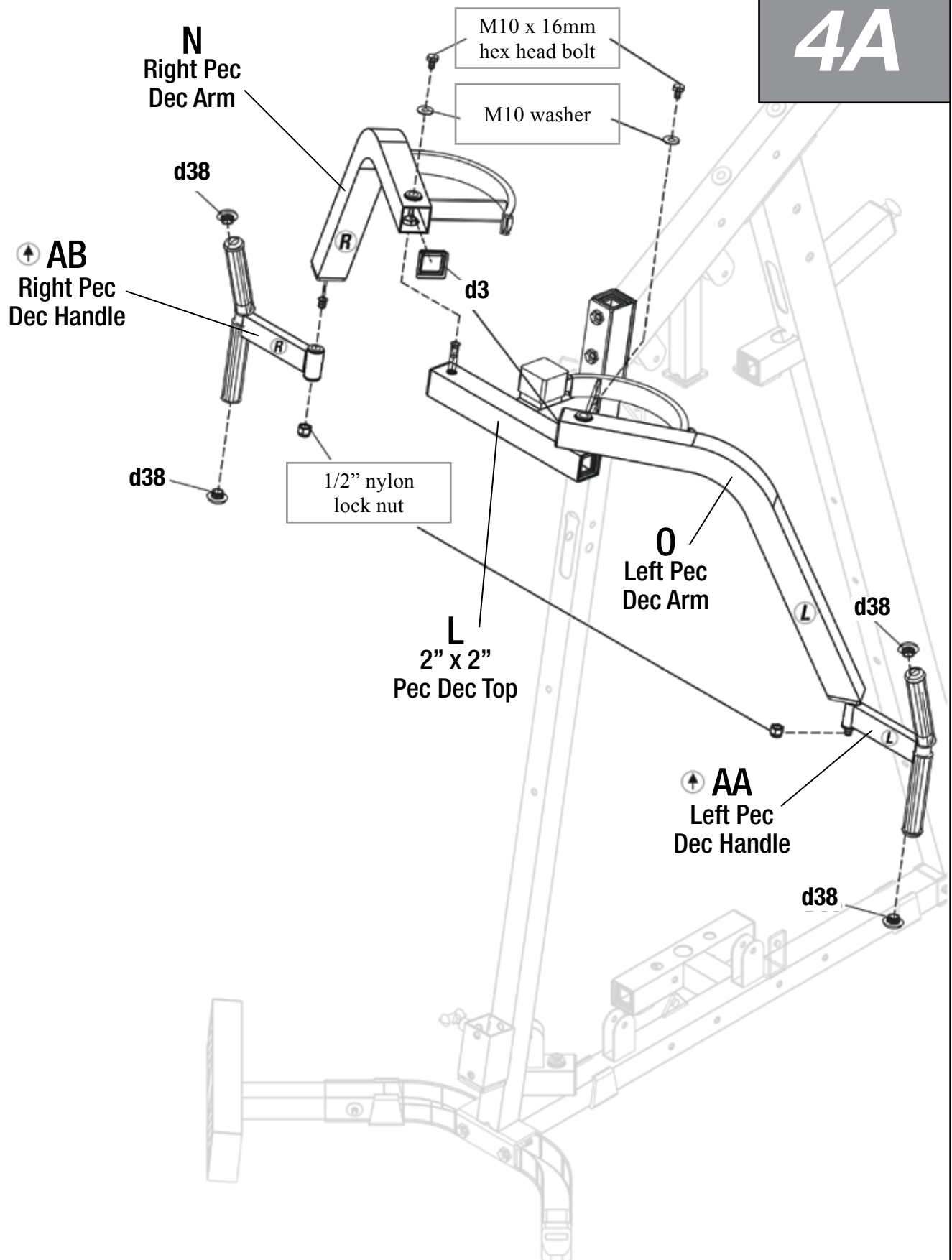
(1) **1/2" nylon lock nut**

Left Pec Dec Handle AA has an arrow on it, the arrow should point up.

Attach (2) Small End Caps d38 onto Left Pec Dec Handle AA as shown.

NOTE: At this point you should now wrench tighten all bolts and nuts on this step.

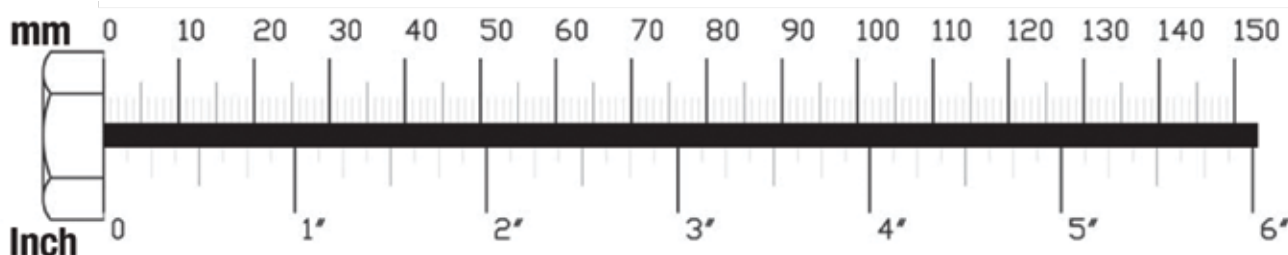
STEP 4A



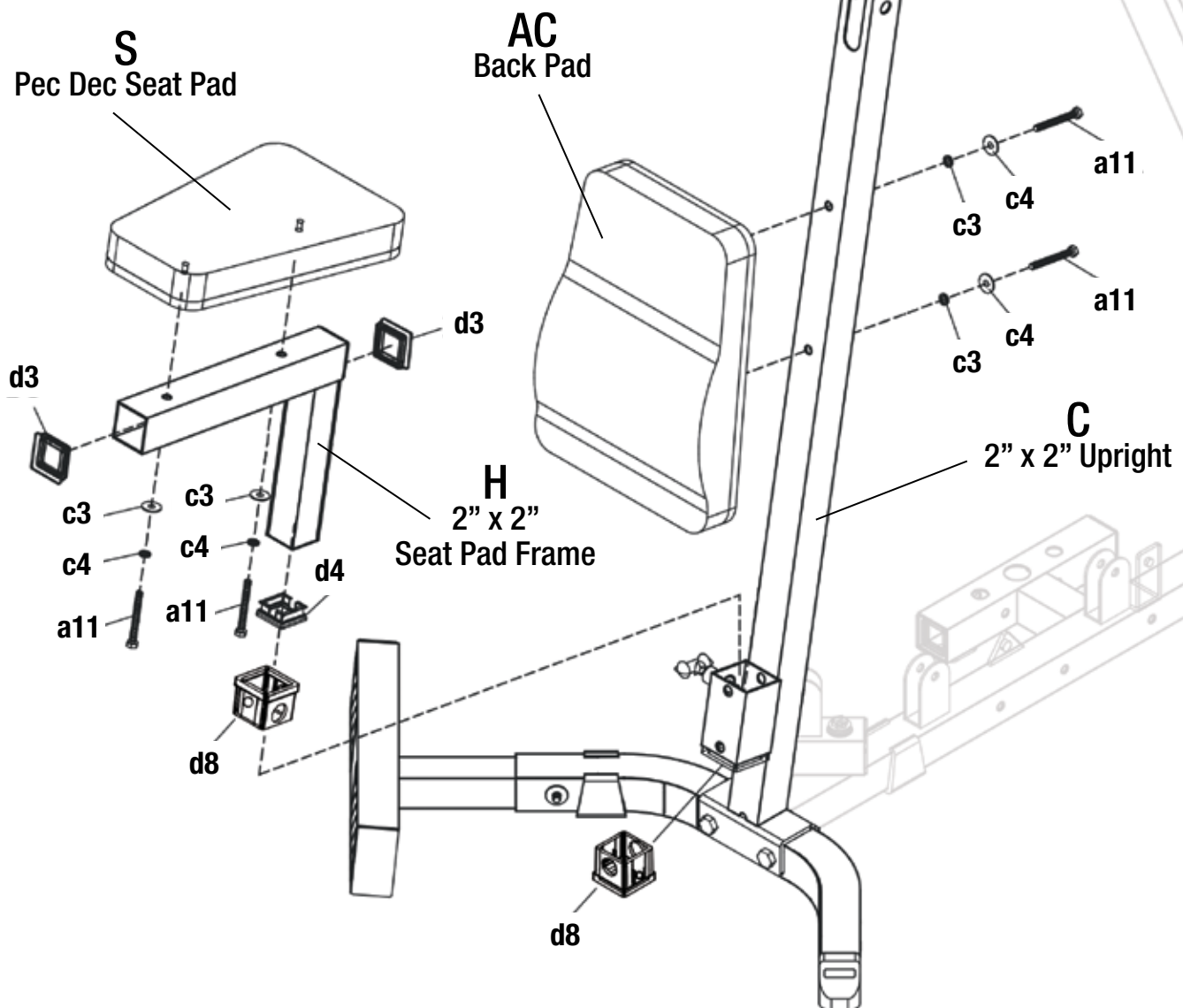
STEP 4B

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

1. Attach (2) End Caps d3, and (1) End Cap d4 to the 2" x 2" Seat Pad Frame H as shown. Attach Pec Dec Seat Pad S to the 2" x 2" Seat Pad Frame H using:
(2) a11 5/16" x 2 3/4" hex head bolt
(2) c4 5/16" spring washer
(2) c3 5/16" washer
You can wrench tighten these bolts now.
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 (2) Short Nylon Bushings d8 into the 2" x 2" Upright C and insert 2" x 2" Seat Pad Frame H into Short Nylon Bushings d8 as shown.
3. Attach Back Pad AC onto the 2" x 2" Upright C as shown using:
(2) a11 5/16" x 2 3/4" hex head bolt
(2) c4 5/16" spring washer
(2) c3 5/16" washer
You can wrench tighten these bolts now.
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.



STEP 4B



STEP

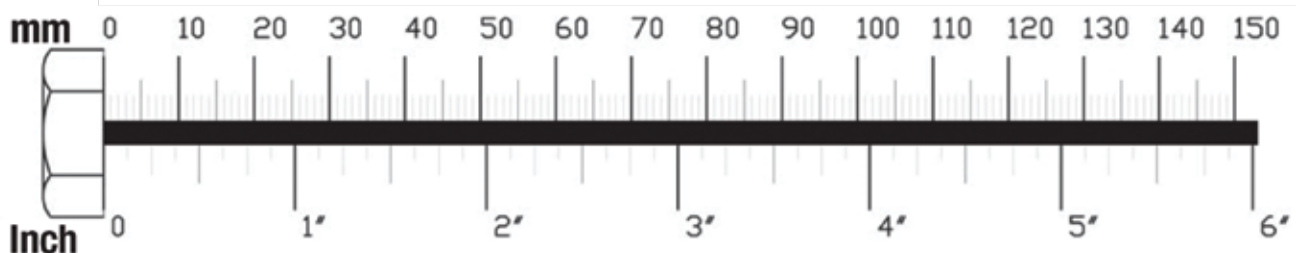
5A

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 the cables are installed.

1. Insert (2) Pulleys d6 inside 2" x 4" Top Frame G, and attach using:
(2) a5 3/8" x 2 3/4" hex head bolt
(4) d12 steel bushing
(2) b2 3/8" nylon locking nut
2. Insert (2) Pulleys d6 into the (2) flanges hanging off the bottom of 2" x 4" Top Frame G, and attach using:
(2) a8 3/8" x 1 1/2" hex head bolt
(2) b2 3/8" nylon locking nut
3. Attach (2) Pulleys d6 onto the (2) flanges hanging off the back of 2" x 4" Top Frame G, and attach using:
(2) a7 3/8" x 1 3/4" hex head bolt
(2) d18 pulley cable guide
(2) c2 3/8" washer
(2) b2 3/8" nylon locking nut
4. Insert (1) (smaller) 3" Pulley d7 into 2" x 2" Upright C and attach using:
(1) a5 3/8" x 2 3/4" hex head bolt
(2) d12 steel bushing
(1) b2 3/8" nylon locking nut

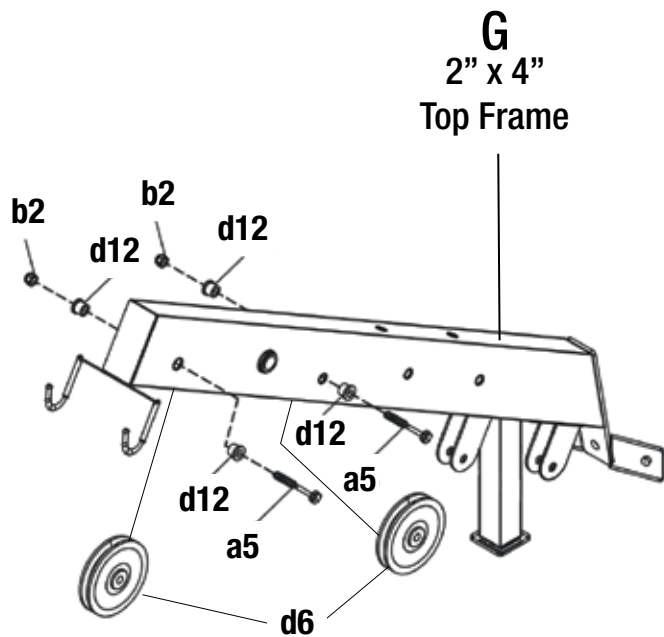
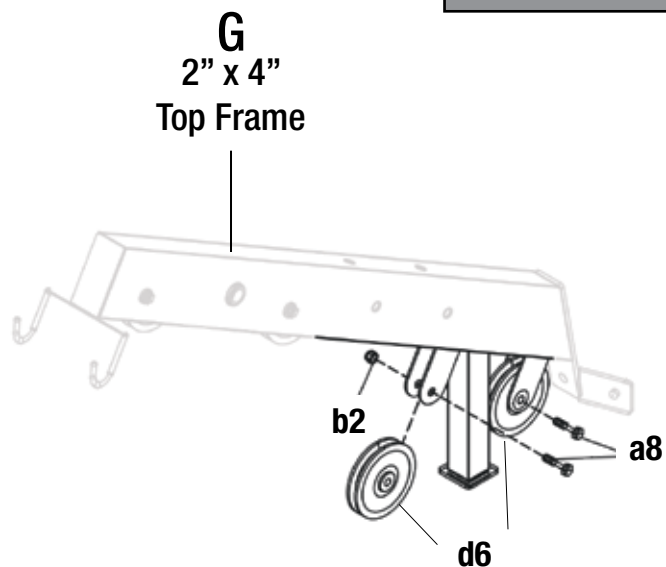
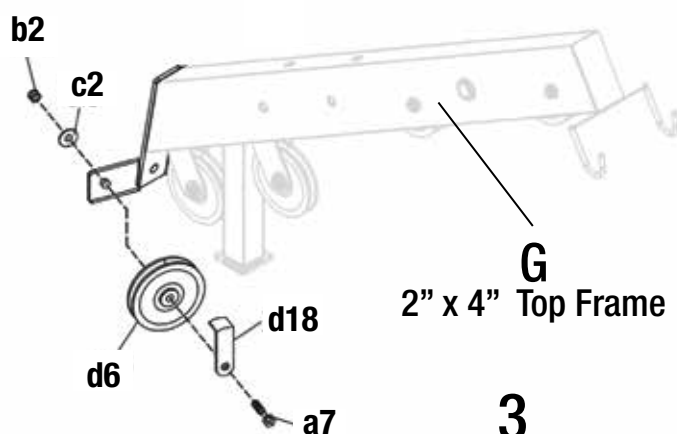
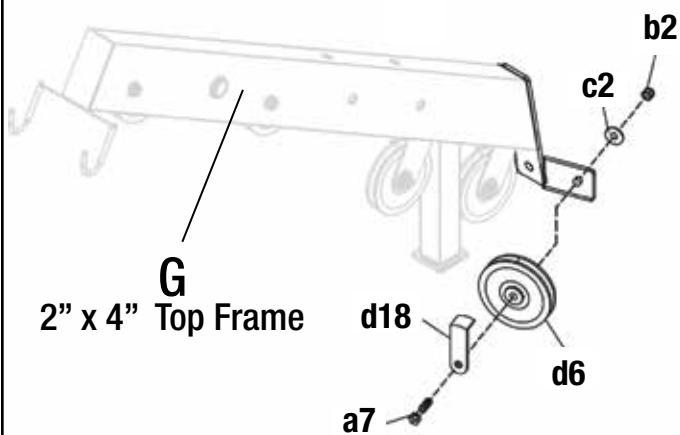
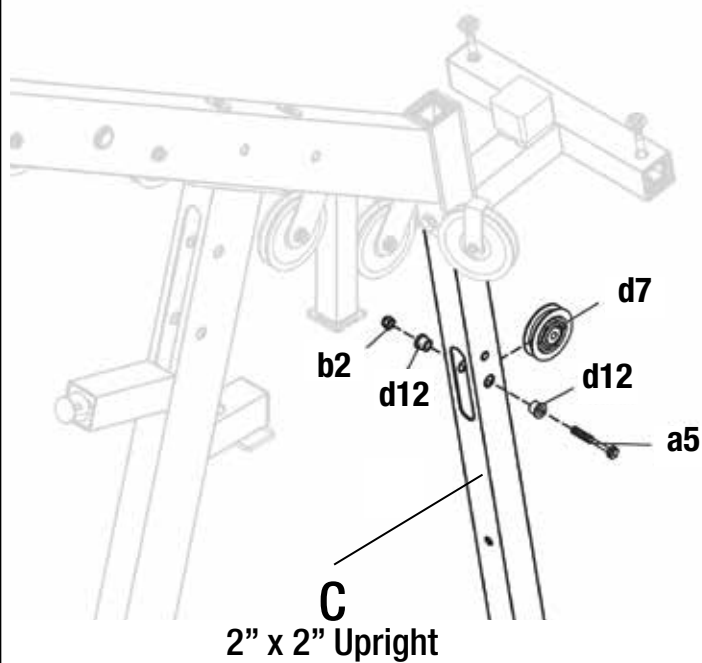


NOTE:

Leave all hardware in this step finger tight. Do Not wrench tighten until the cables are installed.

STEP

5A

**1****2****3****4**

STEP

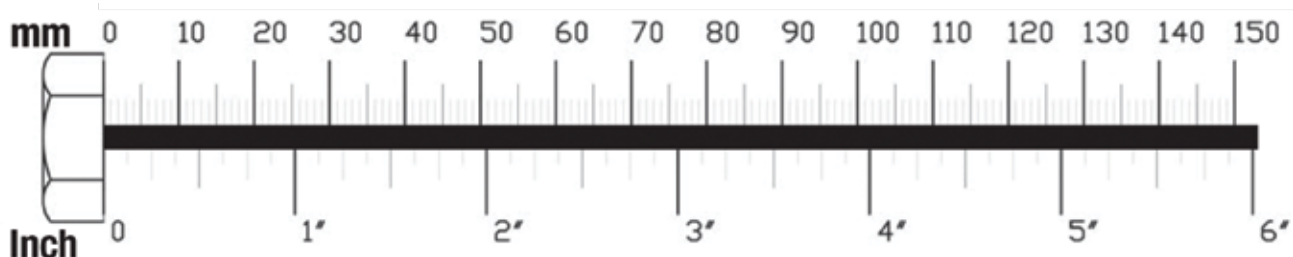
5B

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 the cables are installed.

1. Insert (2) Pulleys d6 into 2" x 4" Upright D, and attach using:
(2) a5 3/8" x 2 3/4" hex head bolt
(4) d12 steel bushing
(2) b2 3/8" nylon locking nut
2. Insert (2) Pulleys d6 into the (2) double flanges on Main Base Frame A as shown, and attach using:
(2) a8 3/8" x 1 1/2" hex head bolt
(2) b2 3/8" nylon locking nut
3. Attach (1) Pulley d6 onto the outside of the single flange on Main Base Frame A as shown, and attach using:
(1) a7 3/8" x 1 3/4" hex head bolt
(1) d18 pulley cable guide
(1) c2 3/8" washer
(1) b2 3/8" nylon locking nut
4. Install (1) Pulley d6 onto 2" x 2" Pulley Frame T using:
(1) a8 3/8" x 1 1/2" hex head bolt
(1) b2 3/8" nylon locking nut
You do not have to remove 2" x 2" Pulley Frame T to install Pulley d6.

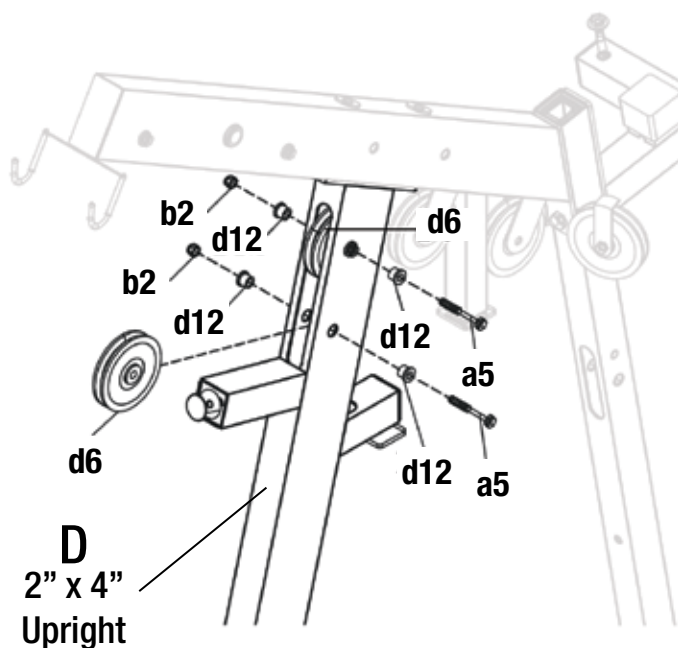
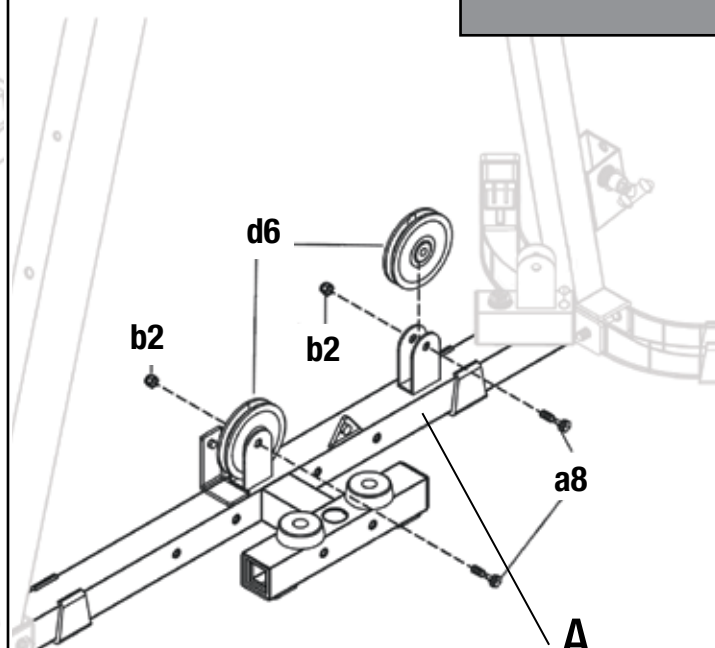
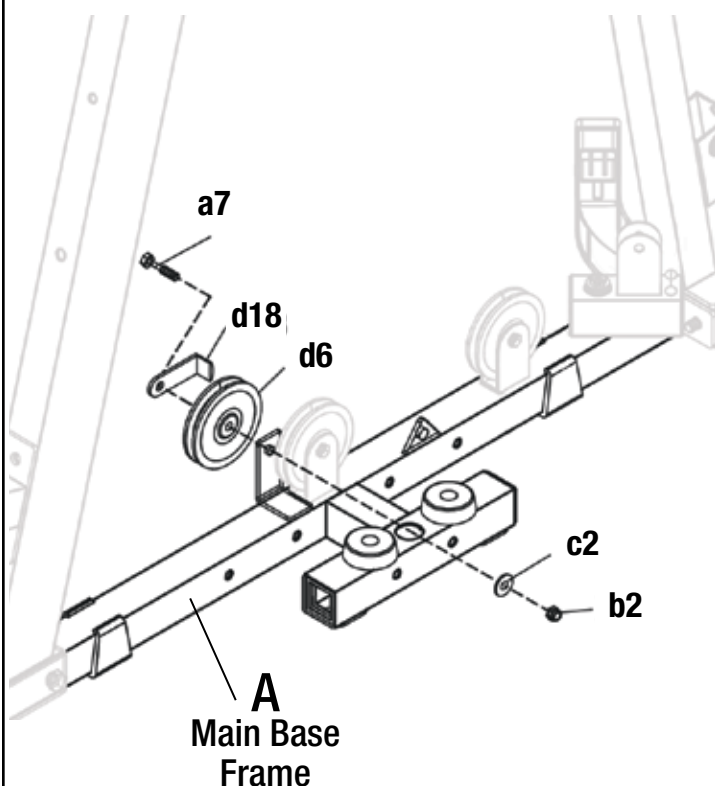
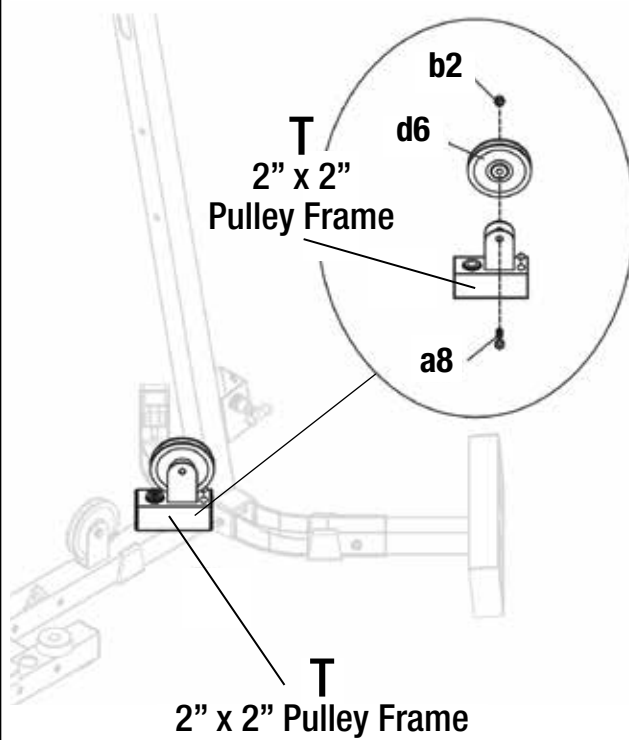


NOTE:

Leave all hardware in this step finger tight. Do Not wrench tighten until the cables are installed.

STEP

5B

**1****2****A**
Main Base Frame**3****4**

STEP

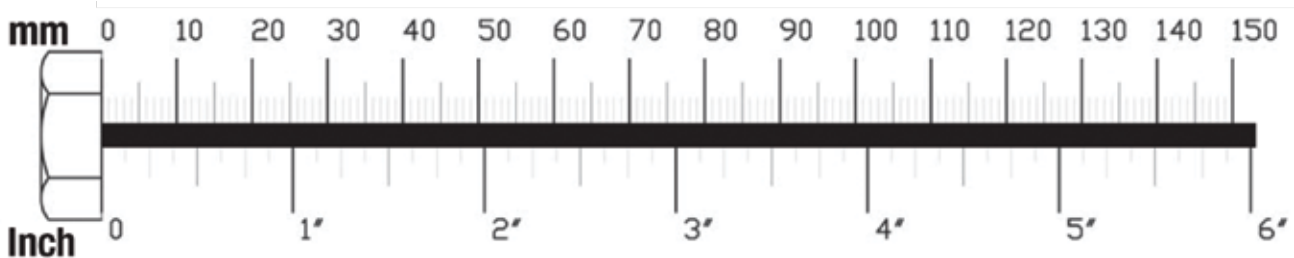
6

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 the cables are installed.

1. Insert (2) Pulleys **d6** into Seated Press Arms **P**, and attach using:
(2) a4 3/8" x 7 1/4" hex head bolt
(4) c2 3/8" washer
(4) d21 5/8" steel bushing
(2) b2 3/8" nylon locking nut
2. Insert (1) Pulley **d6** into the flanges on the Weight Stack Top **M** as shown, and attach using:
(1) a8 3/8" x 1 1/2" hex head bolt
(1) b2 3/8" nylon locking nut

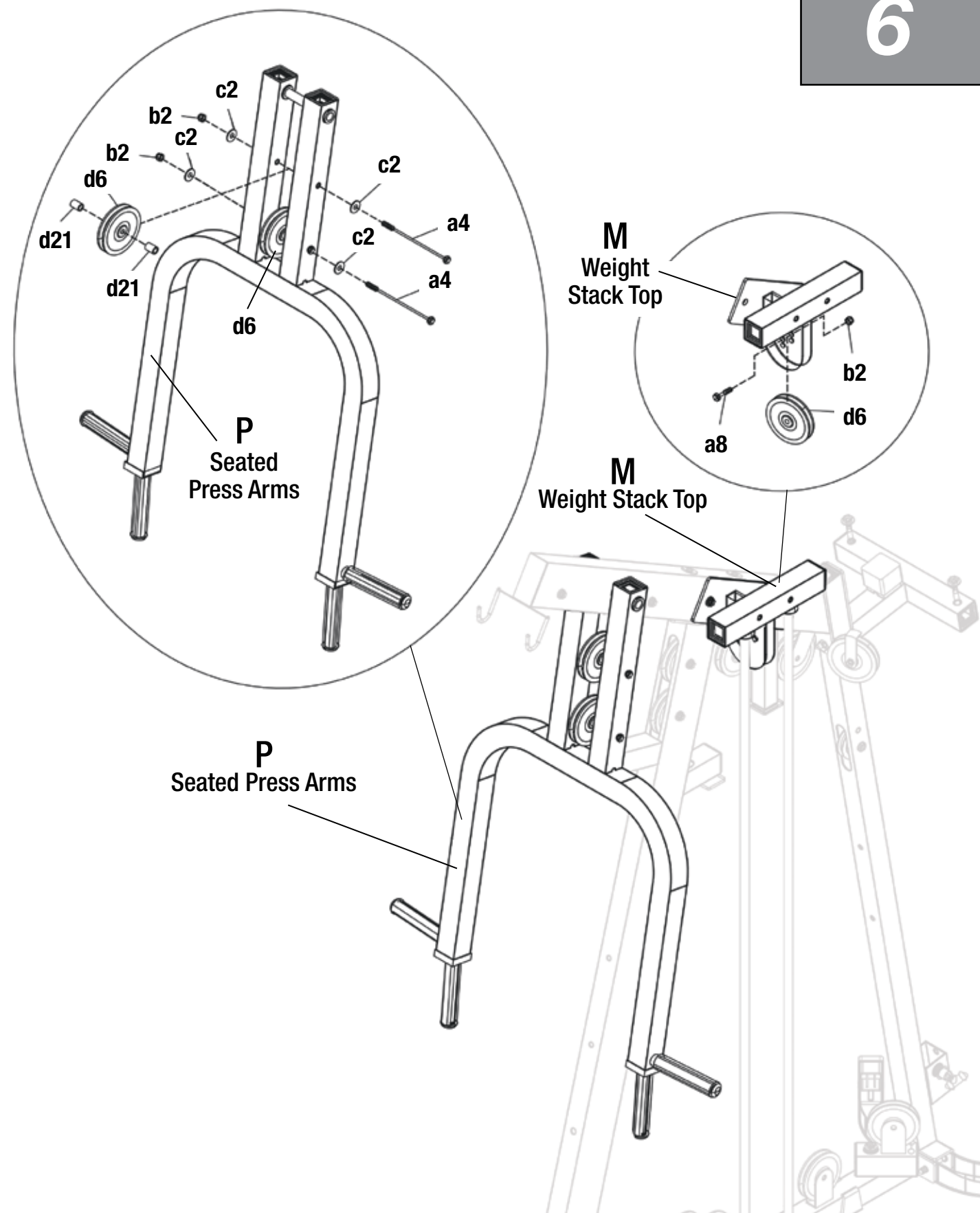


NOTE:

Leave all hardware in this step finger tight. Do Not wrench tighten until the cables are installed.

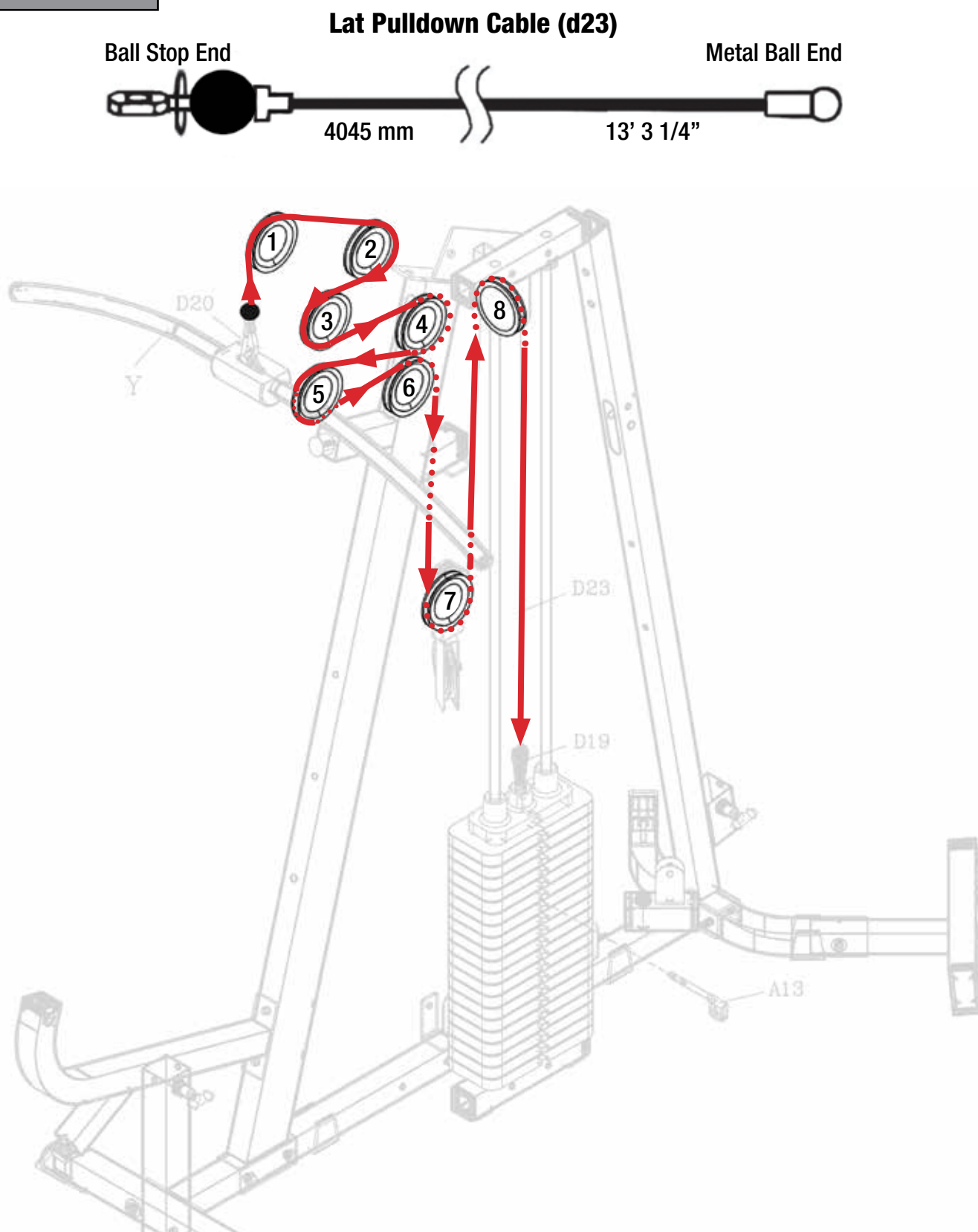
STEP

6



STEP 7.0

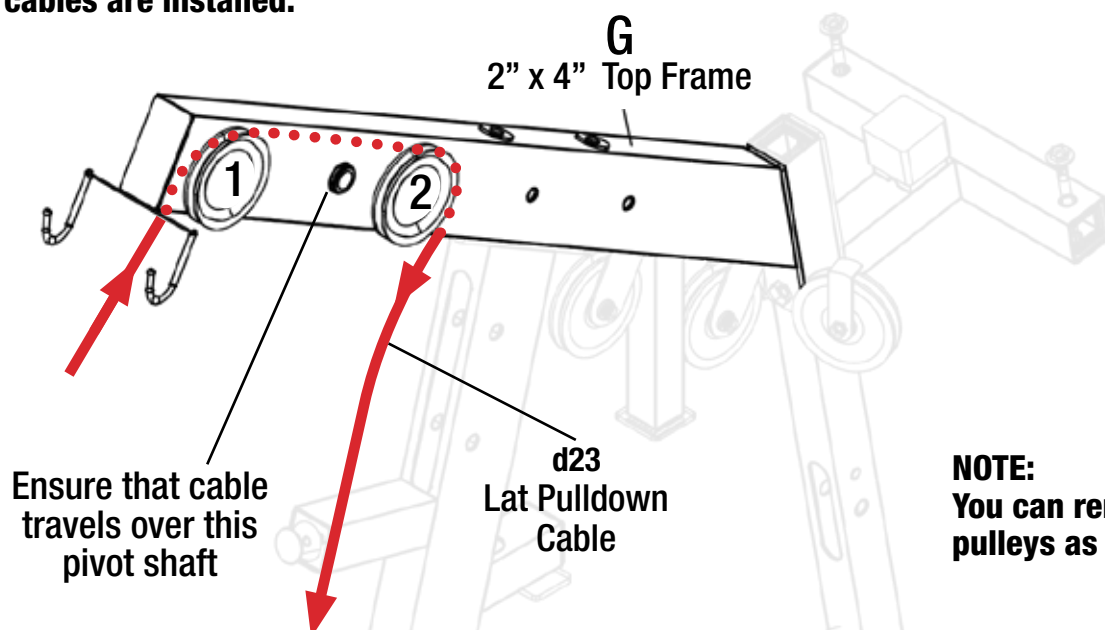
Be careful to assemble all components in the sequence they are presented.



STEP 7.1

NOTE:

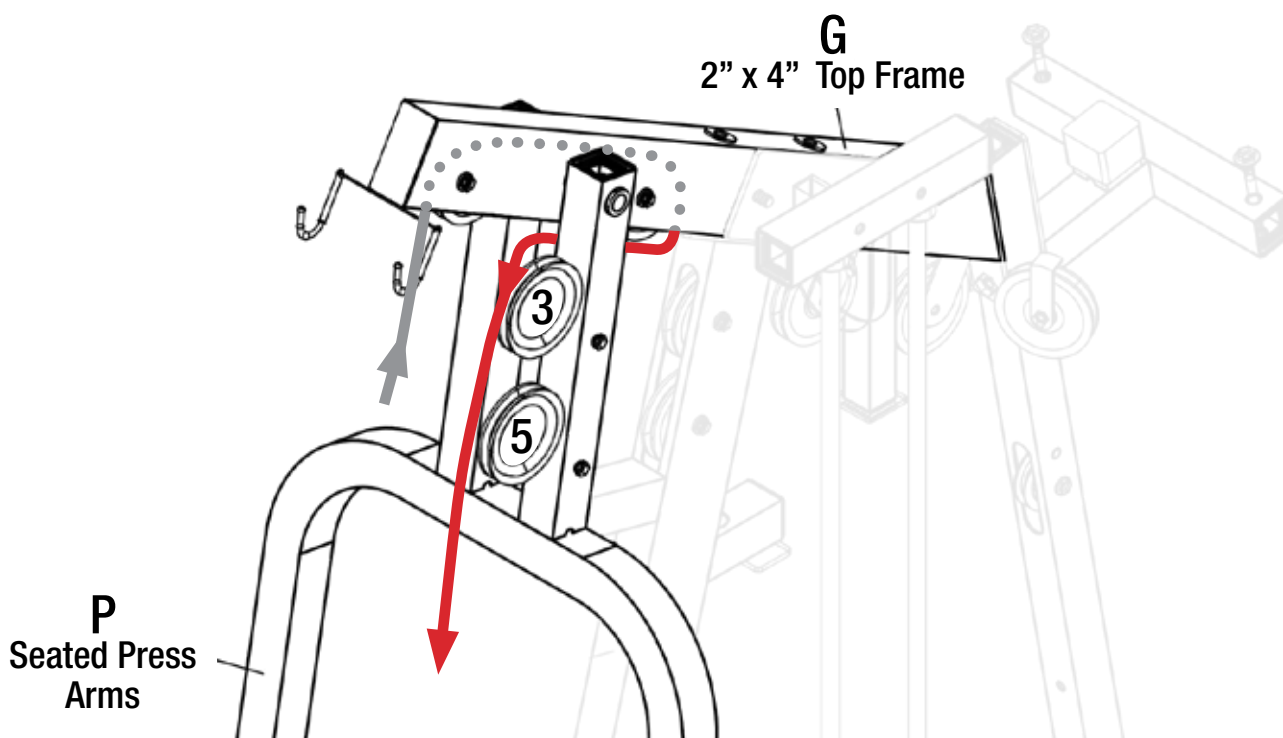
Remove finger tightened pulleys as needed. Do Not wrench tighten until the cables are installed.



NOTE:

You can remove and reinstall pulleys as needed.

Start at the front of the gym. Insert Metal Ball End of the Lat Pulldown Cable d23 into 2" x 4" Top Frame G, through the frame above both pulleys ① & ②. Be sure that the Lat Pulldown Cable D23 rides on top of these pulleys ① & ②, and pull entire length of Cable D23 all the way through.



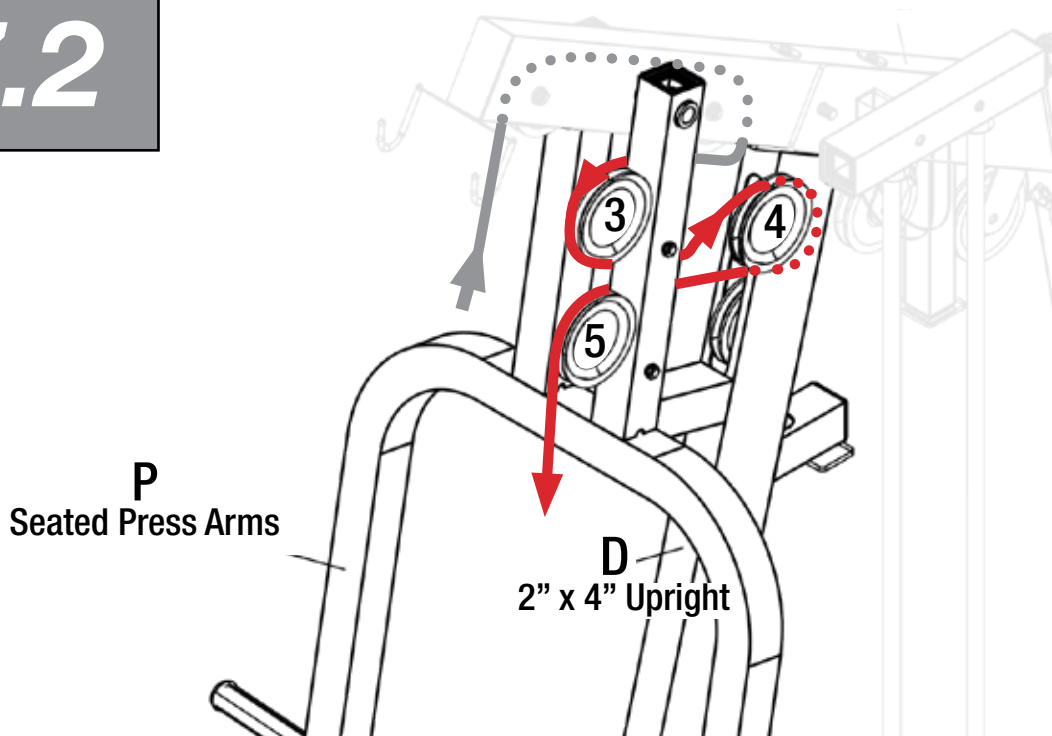
Route the Lat Pulldown Cable d23 into Seated Press Arms P over the top Pulley ③. Pull entire length of Lat Pulldown Cable d23 through in front of Pulley ⑤.

STEP

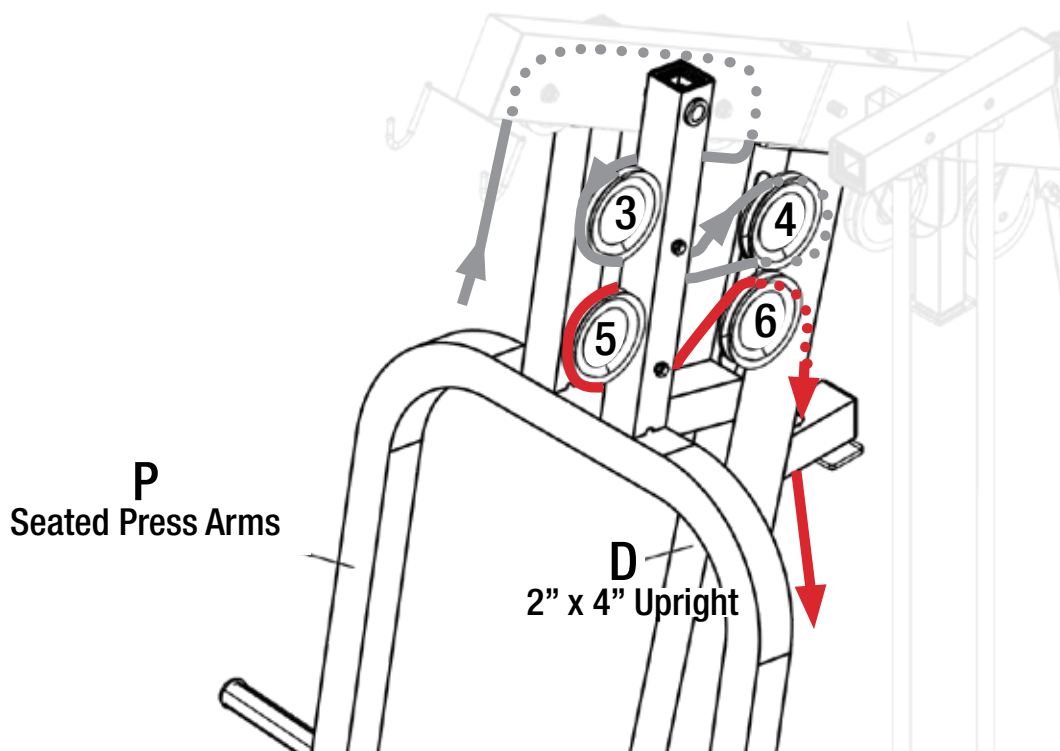
7.2

NOTE:

Remove finger tightened pulleys as needed. Do Not wrench tighten until the cables are installed.



Remove the top pulley ④ in Seated Press Frame D and route Cable d23 around the top of pulley ④. Reinstall top Pulley ④ into Seated Press Frame D with the cable routed completely around it.



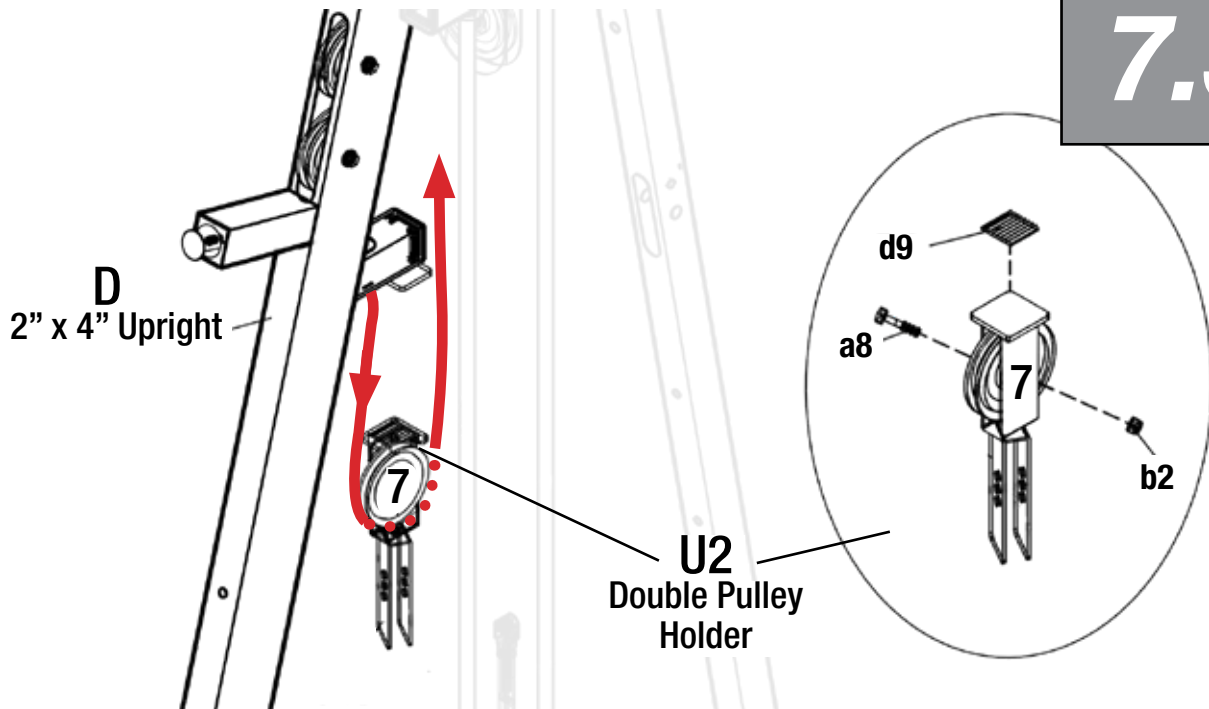
Route the Lat Pulldown Cable d23 around the Pulley ⑤ in Seated Press Arms P. Route Cable d23 through 2" x 4" Upright D above the lower Pulley ⑥ and down and out of 2" x 4" Upright D. Route the Lat Pulldown Cable d23 through the opening in the small arm attached to 2" x 4" Upright D. Pull entire length of the Lat Pulldown Cable d23 through.

NOTE:

Remove finger tightened pulleys as needed. Do Not wrench tighten until the cables are installed.

STEP

7.3

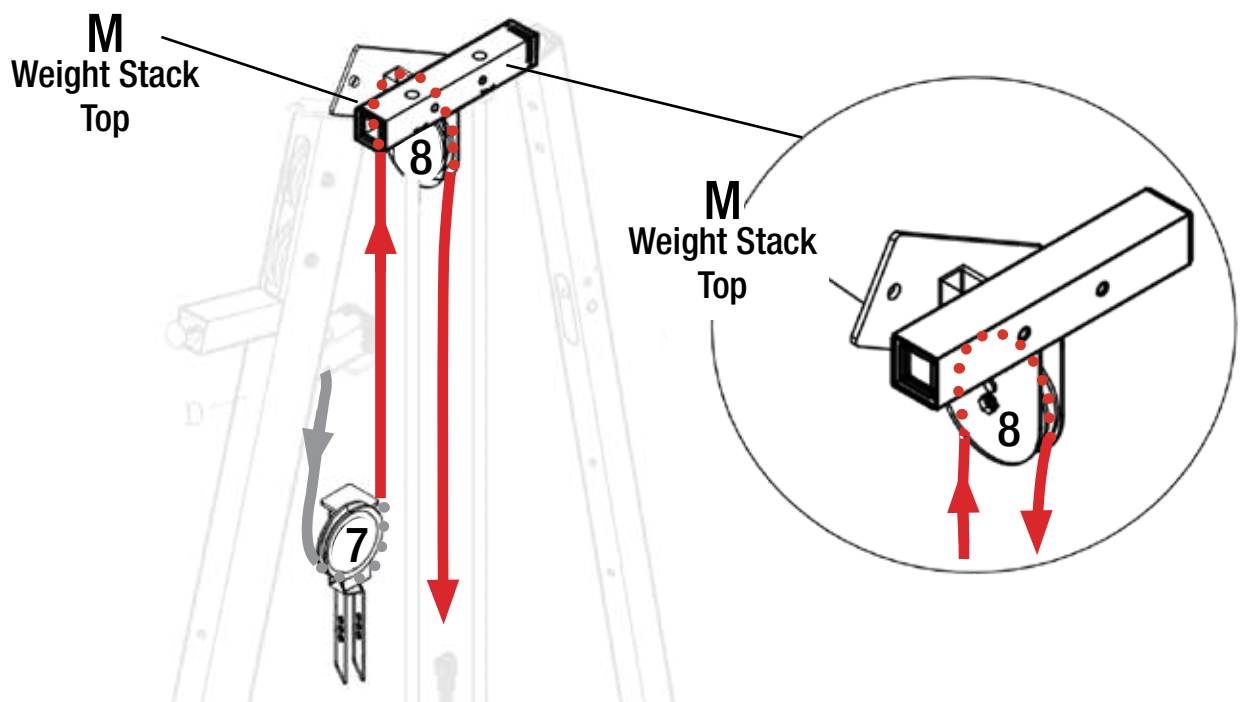


Route the Lat Pulldown Cable d23 from 2" x 4" Upright D through the top of the Double Pulley Holder U2 and then install a Pulley ⑦ as shown using:

(1) a8 3/8"x 1 1/2" hex head bolt

(1) b2 3/8" nylon locking nut.

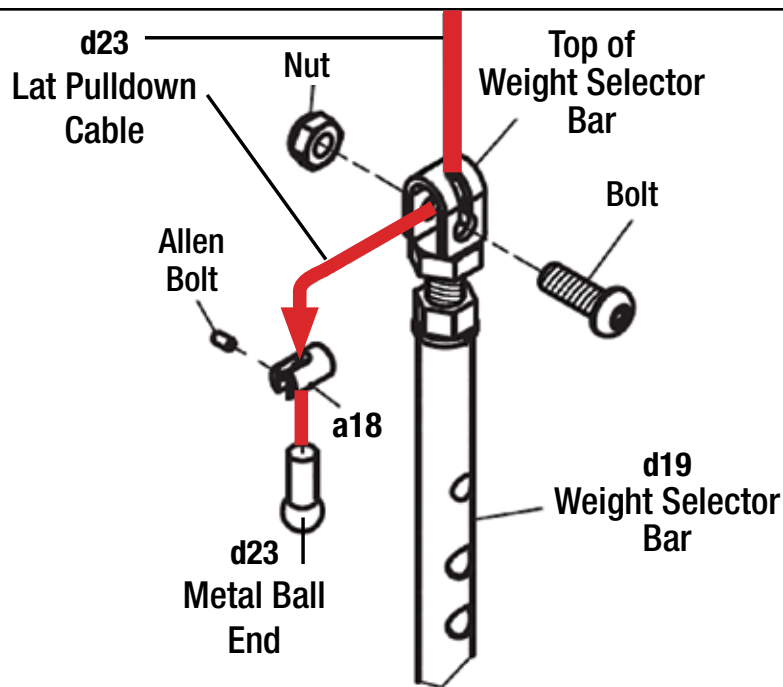
Attach Rubber Pad d9 to the top of Double Pulley Holder U2 as shown.



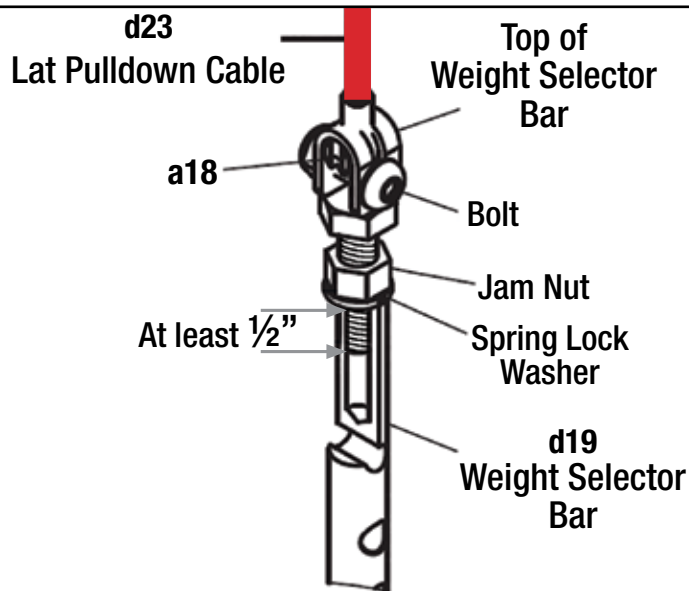
Route the Lat Pulldown Cable d23 up to the Weight Stack Top M, route the cable around the pulley and pull entire length of Cable d23 through. Route the Lat Pulldown Cable d23 down toward the weight stack.

STEP

7.4



Remove the Nut and Bolt in the top of the Weight Selector Bar d19. Slide the Lat Pulldown Cable d23 through the opening in the top of the Weight Selector Bar d19 as shown. Attach Weight Stack Cable Bushing a18 to the Metal Ball End of the Lat Pulldown Cable d23 and tighten the Allen Screw. Pull the Cable tight, so Weight Stack Cable Bushing a18 fits inside Weight Selector Bar d19. Reinstall the Nut and Bolt in the top of the Weight Selector Bar d19.



! WARNING !

WARNING:

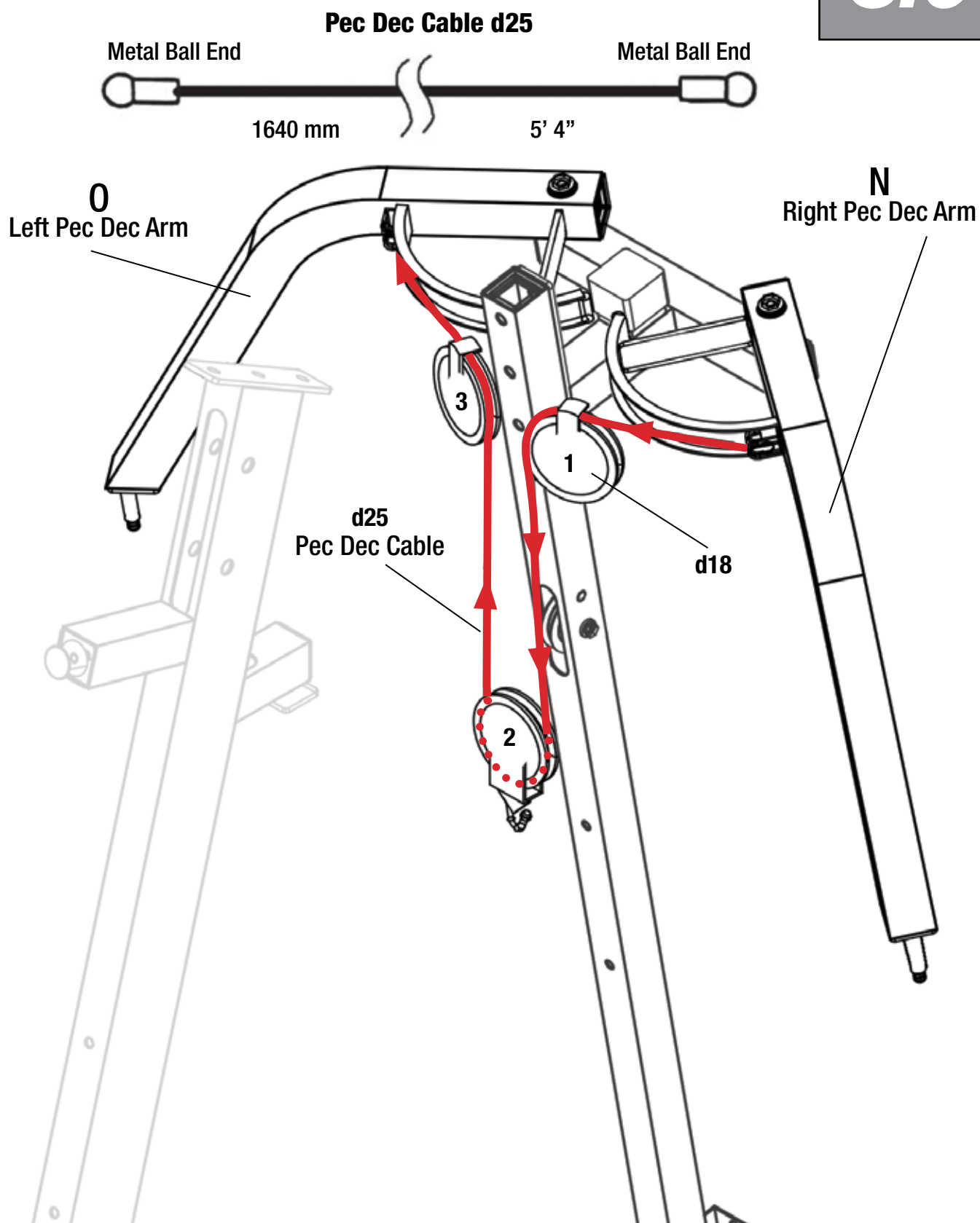
Selector Rod Top must be threaded a minimum of 1/2" into the Weight Selector Bar d19, and Jam Nut tightened securely against Spring Lock Washer to ensure proper connection. Check the Jam Nut once a week to make sure it is tight.

NOTE:

At this point you should now wrench tighten all bolts and nuts on this step.

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

STEP
8.0

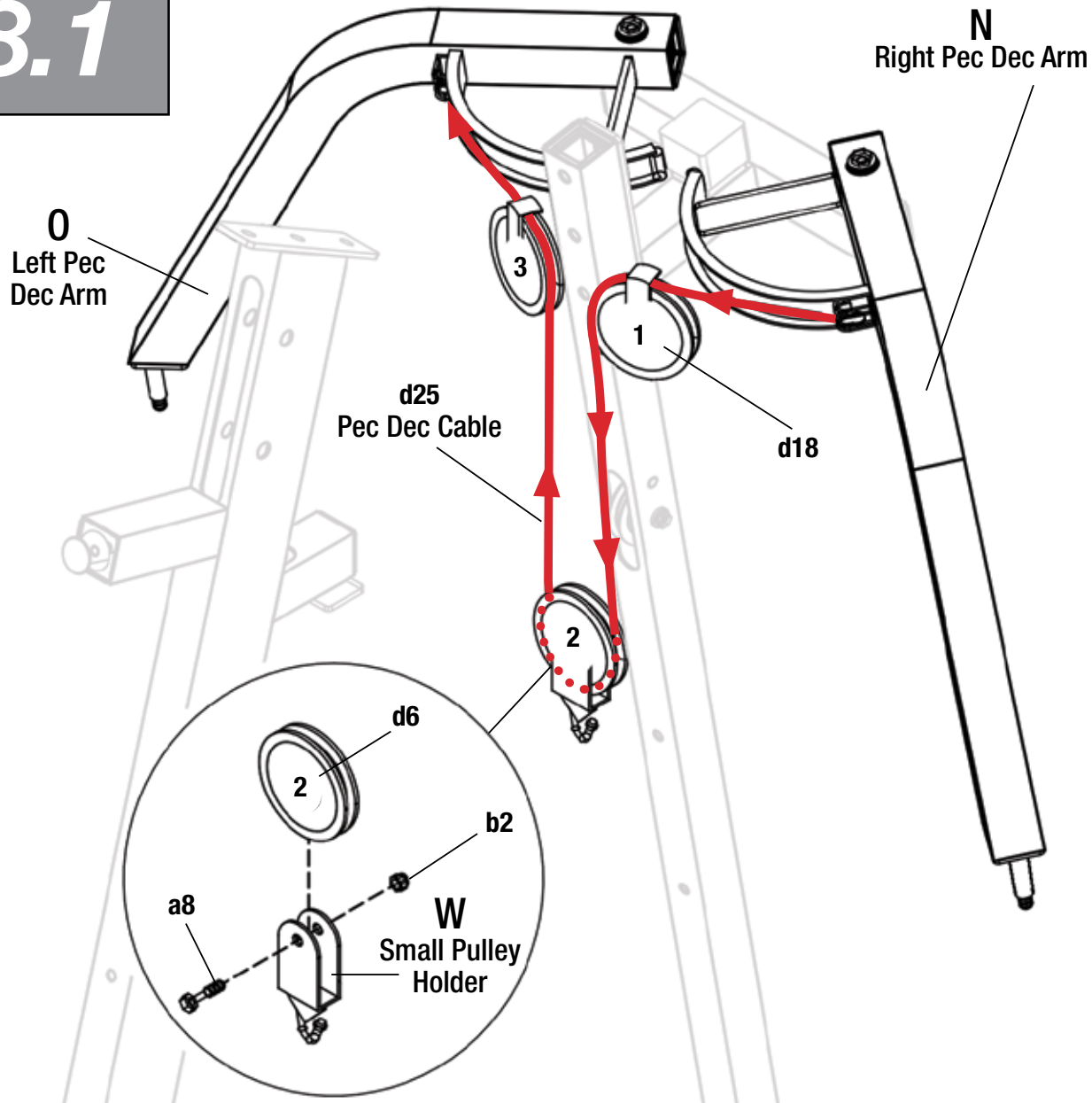


STEP

8.1

NOTE:

Remove finger tightened pulleys as needed. Do Not wrench tighten until the cables are installed.



Attach one end of the Pec Dec Cable d25 into the Right Pec Dec Arm N. Route the Pec Dec Cable d25 over the top of Pulley ① and under Pulley Cable Guide d18 as shown.

Route the Pec Dec Cable d25 down and through Small Pulley Holder W, and install the Pulley ② into the Small Pulley Holder W as shown using:

(1) a8 3/8" x 1 1/2" hex head bolt

(1) b2 3/8" nylon locking nut

Route the Pec Dec Cable d25 up from the Small Pulley Holder W, over the top of Pulley ③ and under Pulley Cable Guide d18.

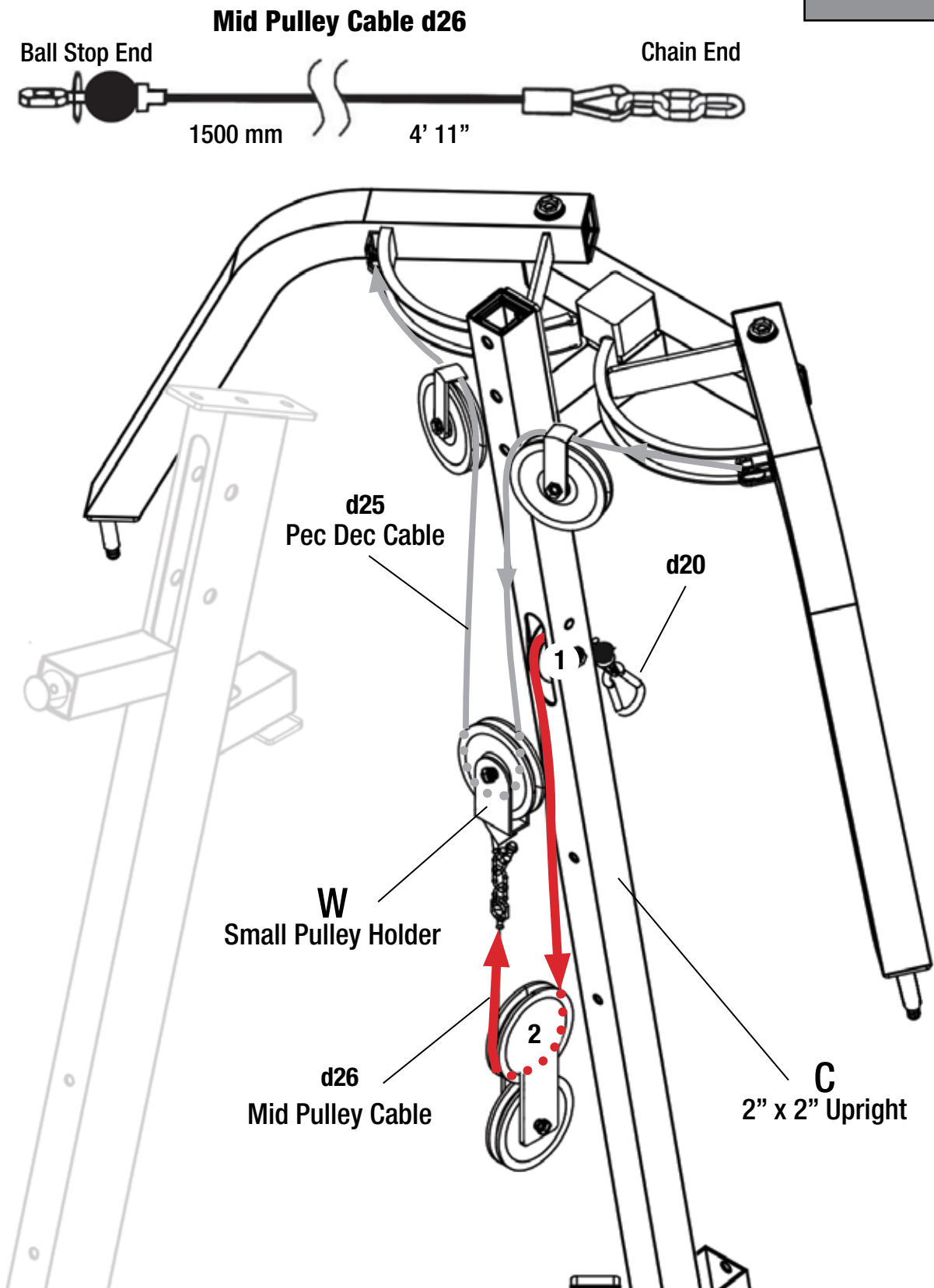
Attach this end of the Pec Dec Cable d25 into the Left Pec Dec Arm O.

NOTE:

At this point you should now wrench tighten all bolts and nuts on this step.

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

STEP
9.0

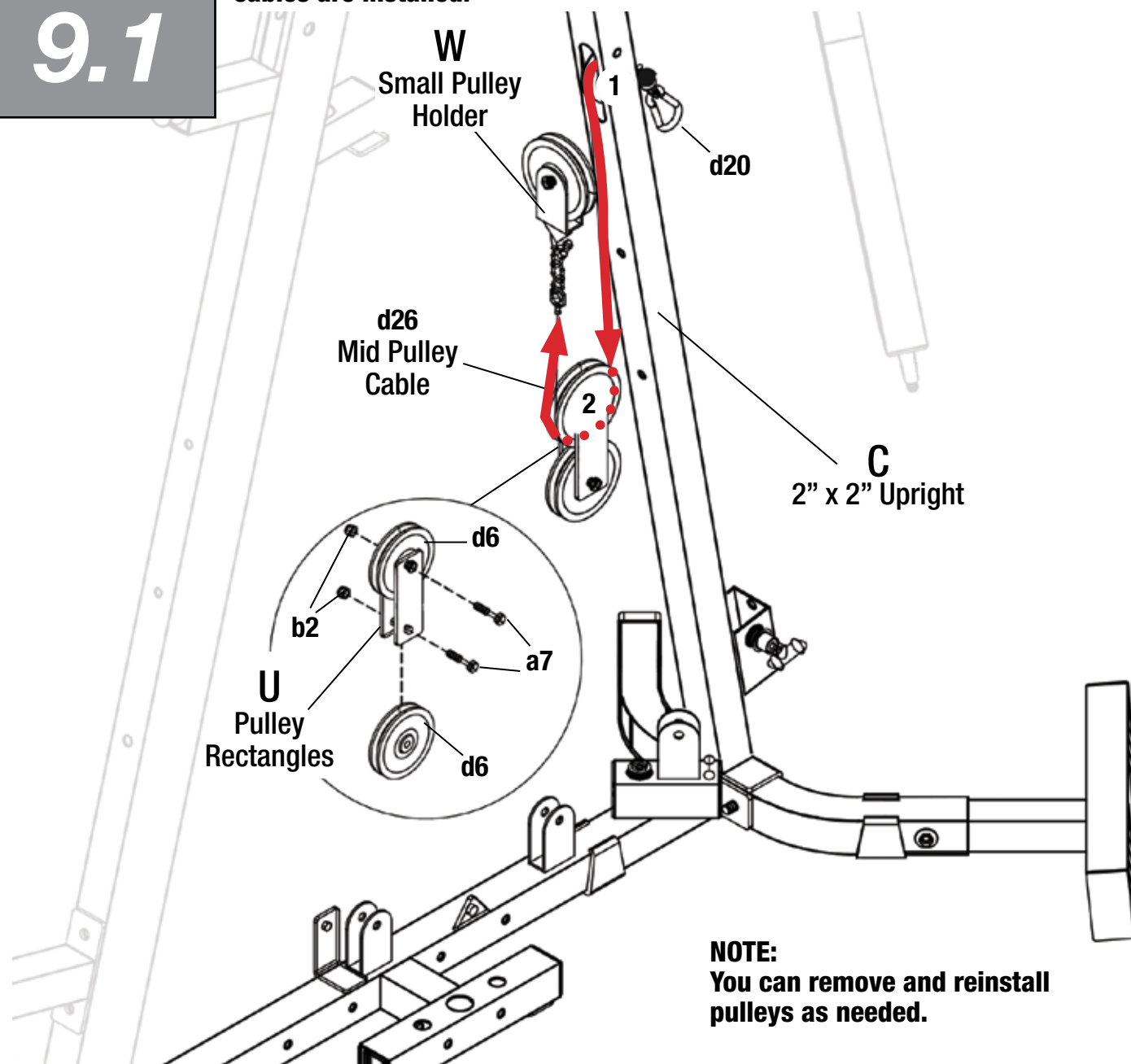


STEP

9.1

NOTE:

Remove finger tightened pulleys as needed. Do Not wrench tighten until the cables are installed.



NOTE:

You can remove and reinstall pulleys as needed.

Insert chain end of the Mid Pulley Cable d26 into the opening in 2" x 2" Upright C above the Back Pad, route the cable above the pulley ① and pull entire length through.

Route the Mid Pulley Cable d26 down and through the (2) Pulley Rectangles U, and install the (2) Pulleys ② between the (2) Pulley Rectangles U as shown using:

(2) a7 3/8" x 1 3/4" hex head bolt

(2) b2 3/8" nylon locking nut

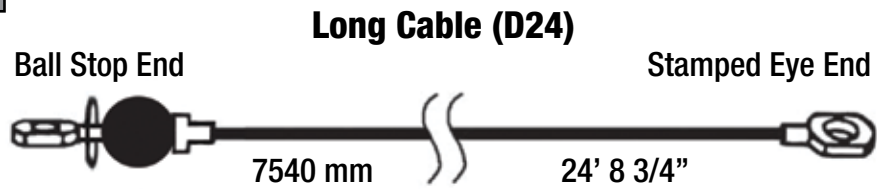
Route the Mid Pulley Cable d26 up from the (2) Pulley Rectangles U and attach to the hook on the bottom of the Small Pulley Holder W.

NOTE:

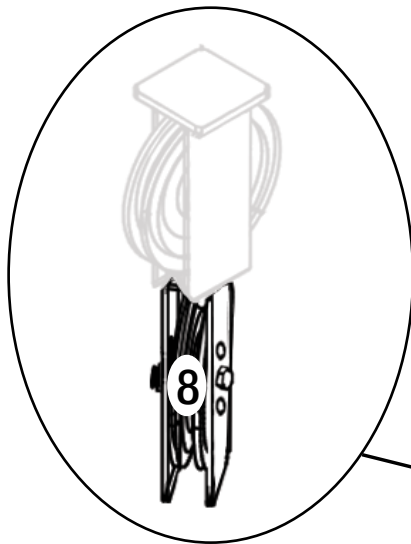
At this point you should now wrench tighten all bolts and nuts on this step.

STEP 10.0

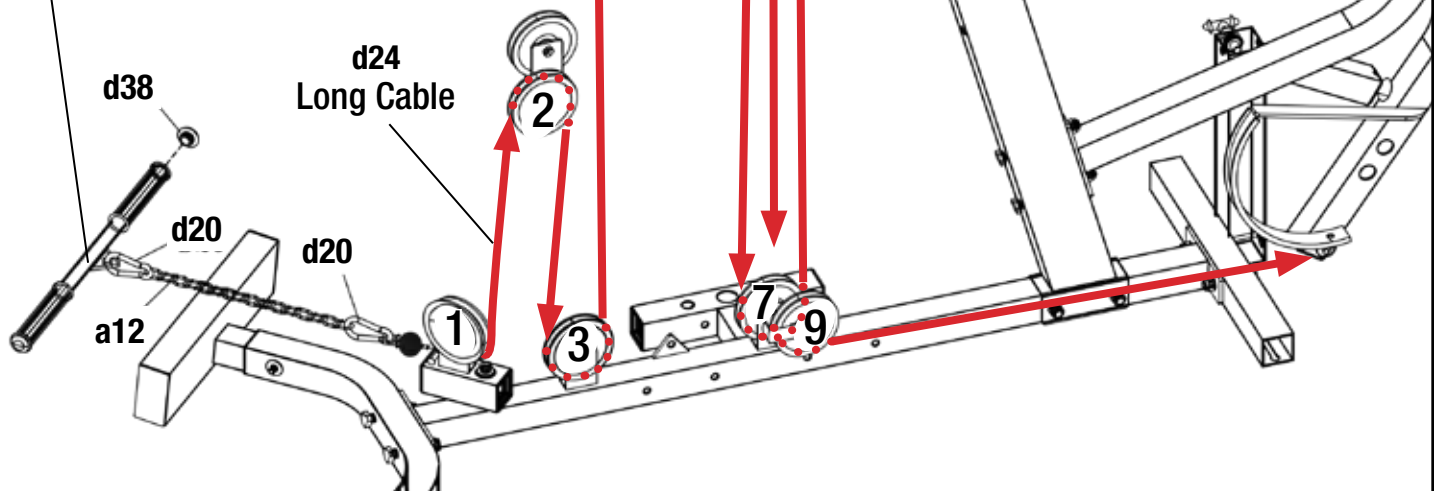
Be careful to assemble all components in the sequence they are presented.



Use the lower half of this floating pulley



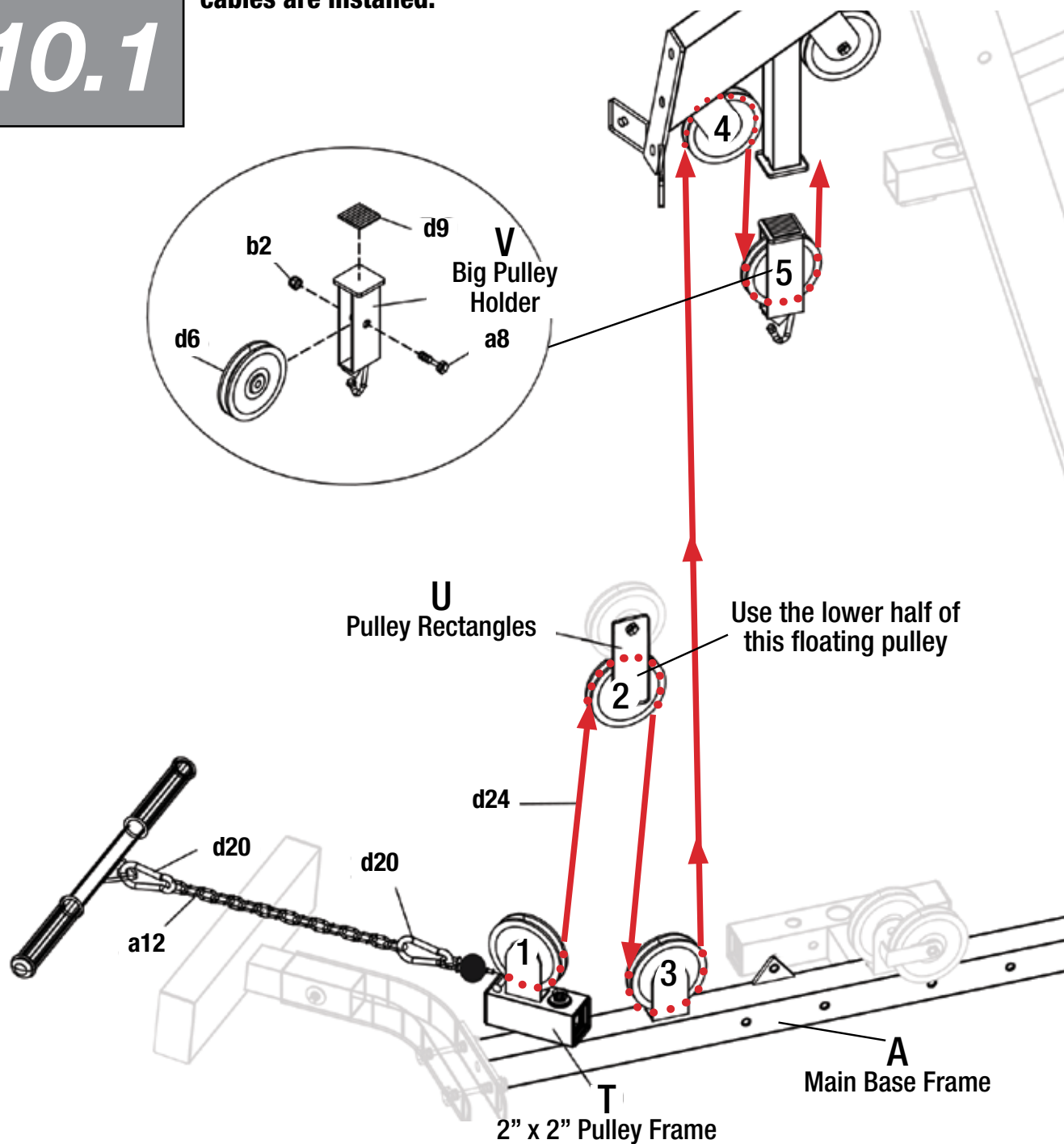
Z
Small Straight
Bar



STEP 10.1

NOTE:

Remove finger tightened pulleys as needed. Do Not wrench tighten until the cables are installed.



Insert the Stamped Eye End of the Long Cable **d24** into the Small Pulley Frame **T** under the pulley ① and pull entire length of cable through. Route the Long Cable **d24** up and through the two Pulley Rectangles **U** around the lower pulley ② and then down to Pulley ③ attached to the double flanges on Main Base Frame **A**. Route the Long Cable **d24** around Pulley ③ and up from Main Base Frame **A**, then around the pulley ④ attached to the bottom of Top Frame **G**. Route the Long Cable **d24** down and through Big Pulley Holder **V** and install Pulley ⑤ inside Big Pulley Holder **V** as shown using:

(1) **a8** 3/8" x 1 1/2" hex head bolt

(1) **b2** 3/8" nylon locking nut

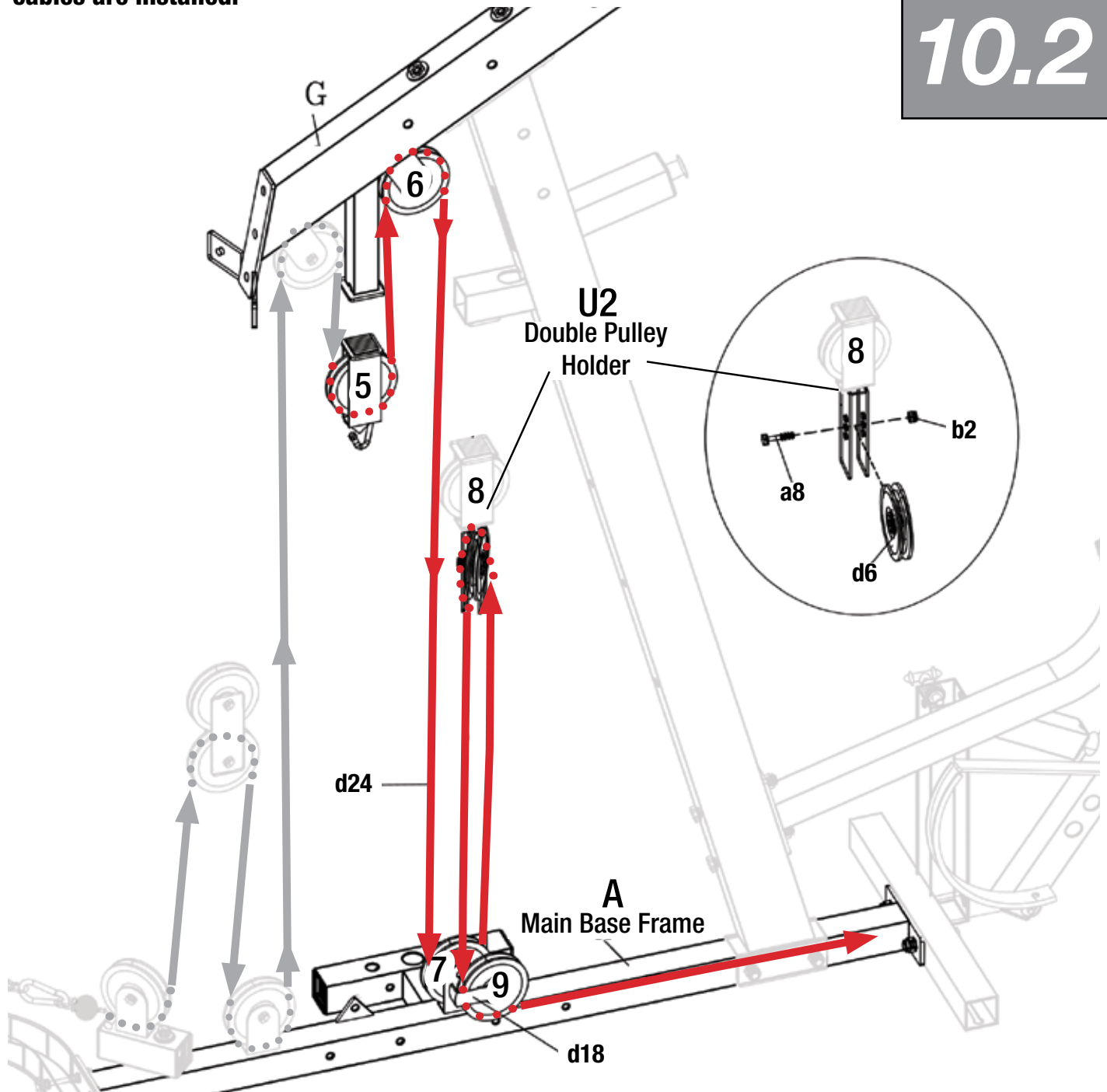
Attach Rubber Pad **d9** to the top of Big Pulley Holder **V** as shown.

NOTE:

Remove finger tightened pulleys as needed. Do Not wrench tighten until the cables are installed.

STEP

10.2



From Pulley ⑤ route the Long Cable d24 up to Pulley ⑥ attached to the bottom of Top Frame G and route the cable around Pulley ⑥. Route the Long Cable d24 down to Pulley ⑦ attached to the double flanges on Main Base Frame A, and around Pulley ⑦. Route the Long Cable d24 up and through the bottom of the Double Pulley Holder U2 and then install a Pulley ⑧ as shown using:

(1) a8 3/8" x 1 1/2" hex head bolt

(1) b2 3/8" nylon locking nut

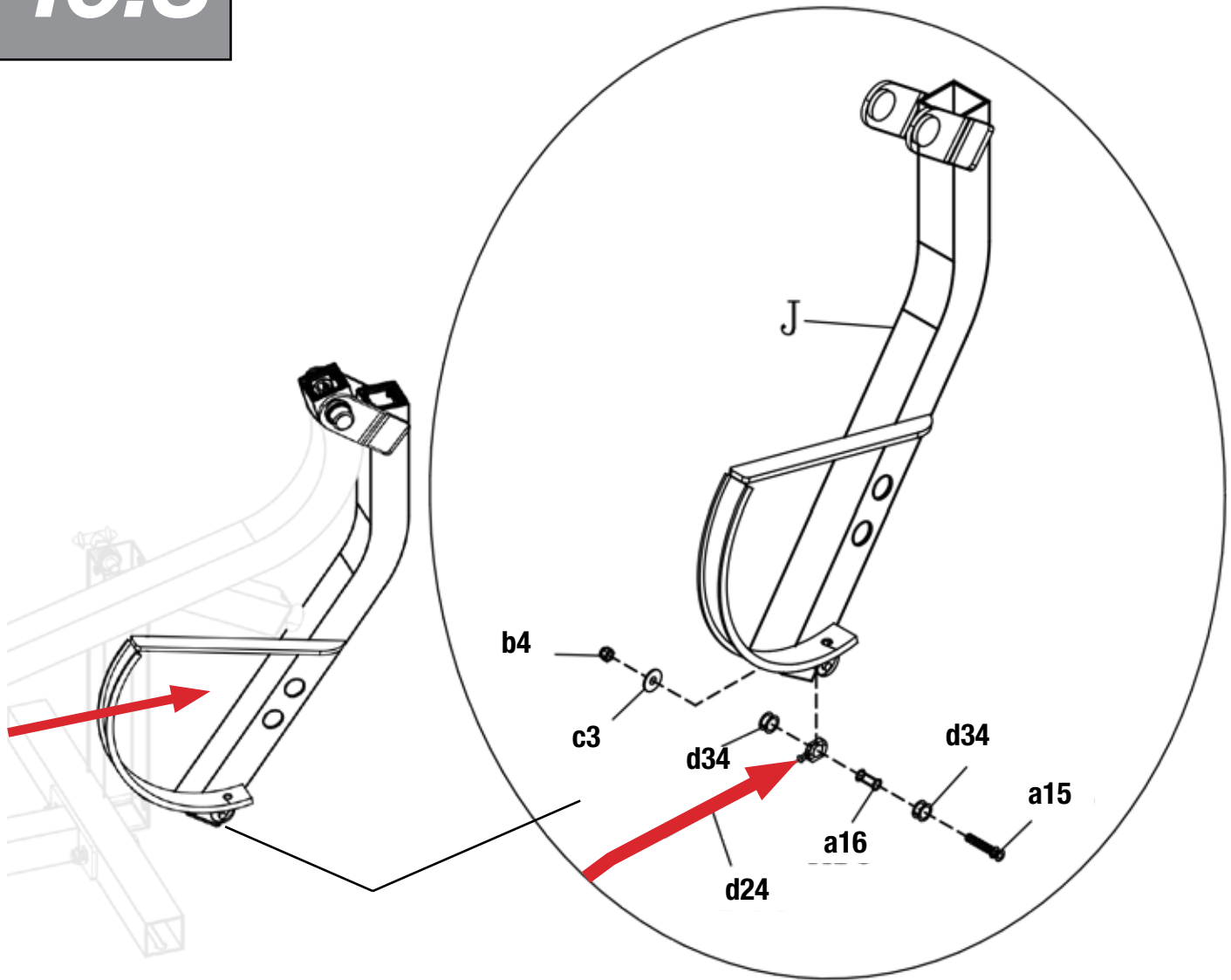
Route the Long Cable d24 down toward Pulley ⑨, this is the pulley that is off to one side of Main Base Frame A. Route the cable around Pulley ⑨ and under the Pulley Cable Guide d18, route the cable d24 forward toward the front of the gym as shown.

STEP

10.3

NOTE:

Remove finger tightened pulleys as needed. Do Not wrench tighten until the cables are installed.



Route the Long Cable d24 forward from Pulley ⑨, and attach the Stamped Eye End to the Leg Extension Frame J as shown using:

- (1) a15 5/16" x 1 1/2" hex head bolt
- (2) d34 3/4" x 8L steel bushing
- (1) a16 1/2" x 22L sleeve
- (1) c3 5/16" washer
- (1) b4 5/16" nylon locking nut

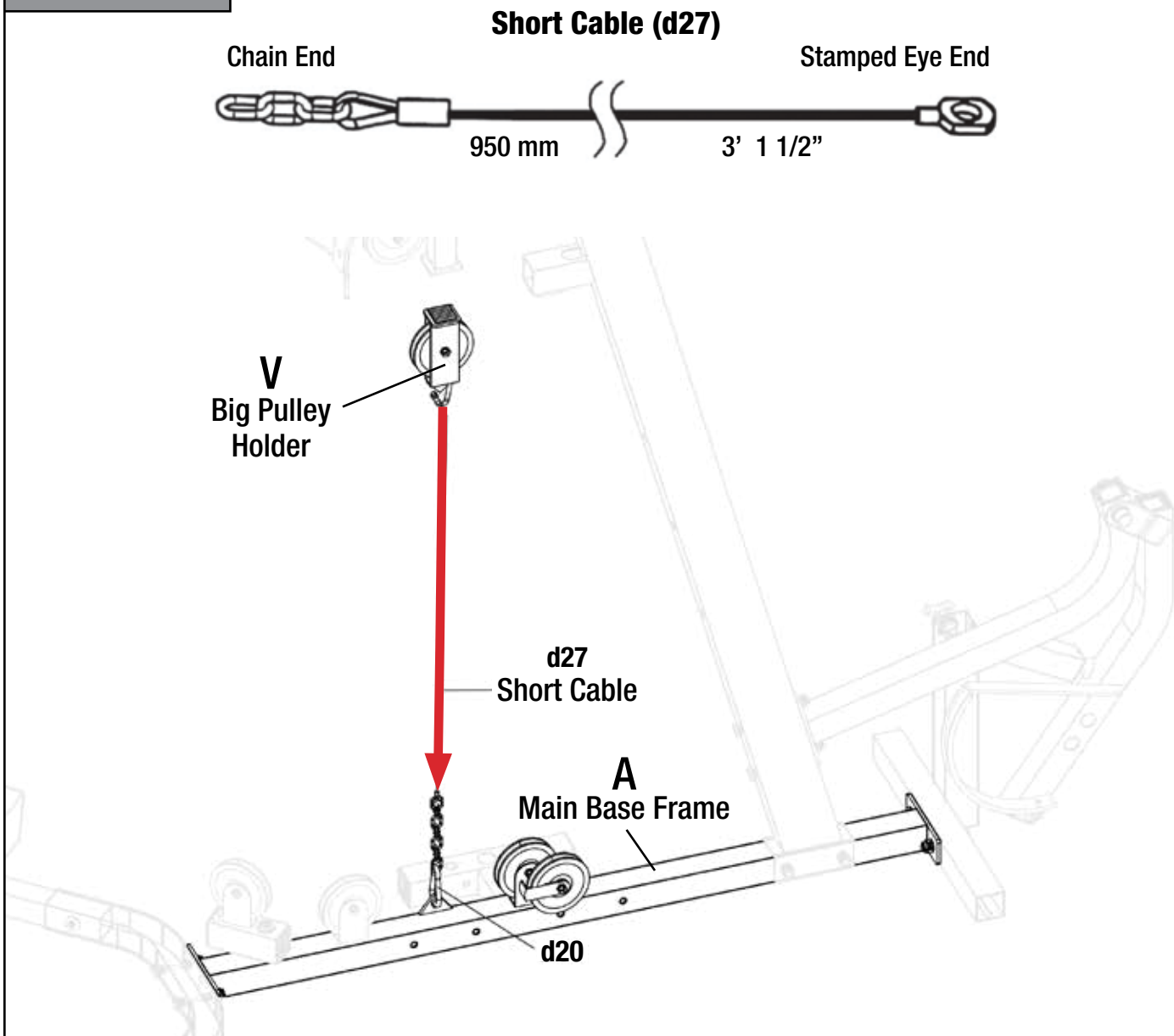
NOTE:

At this point you should now wrench tighten all bolts and nuts on this step.

STEP

11

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



Attach the Stamped Eye End of the Short Cable d27 to the hook on the bottom of the Big Pulley Holder V and attach the Chain End of the Short Cable d27 to the Main Base Frame A with a Snap Link d20 as shown. You can use any link on this chain to take up slack in the cable. *(Unless the optional leg press attachment is being used).*

NOTE:

At this point you should now wrench tighten all bolts and nuts.

Cable Adjustments

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:

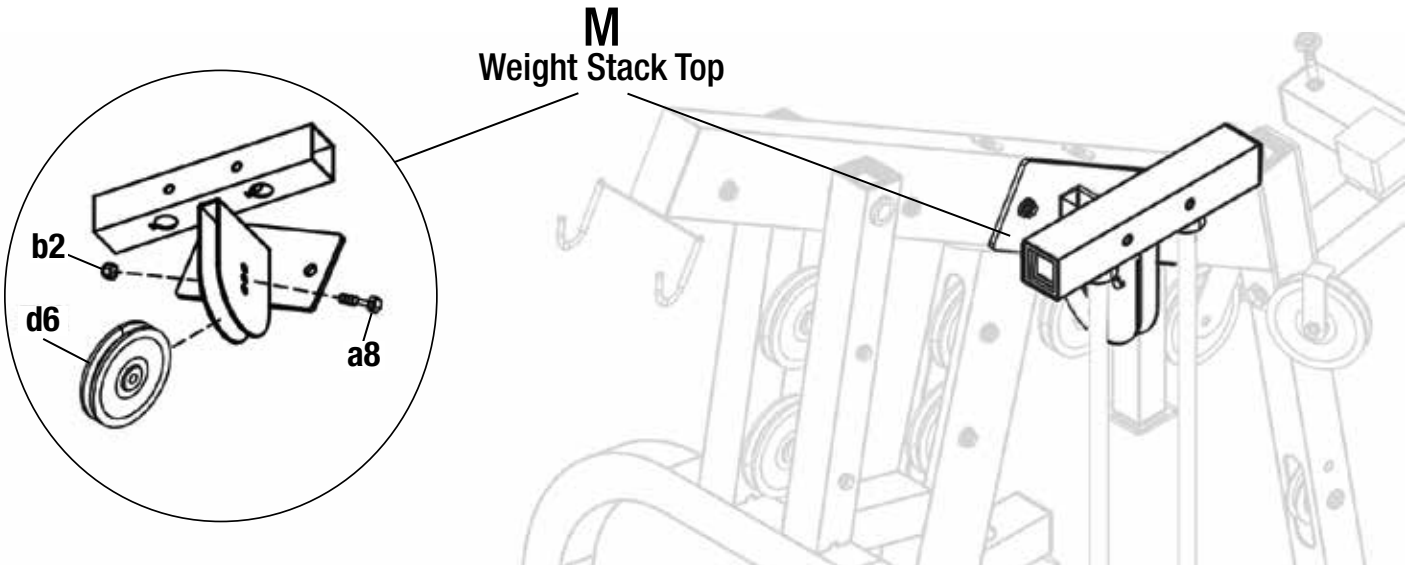
Move the pulley up or down in **Weight Stack Top M**

Move the pulley up or down in **Double Pulley Holder U2**

Adjust the chain attached to the **Main Base Frame A**

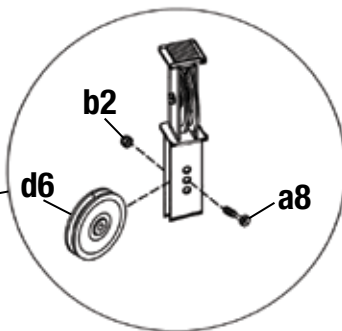
Adjust the chain attached to the **Small Pulley Holder W**

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 **d29** will be lifted off the weight stack.



First, remove the Weight Stack Pin **a13** from the Weight Stack. This will release tension on the cables. You can now remove the pulley inside Weight Stack Top **M** and move the pulley up or down to adjust the cable tension.

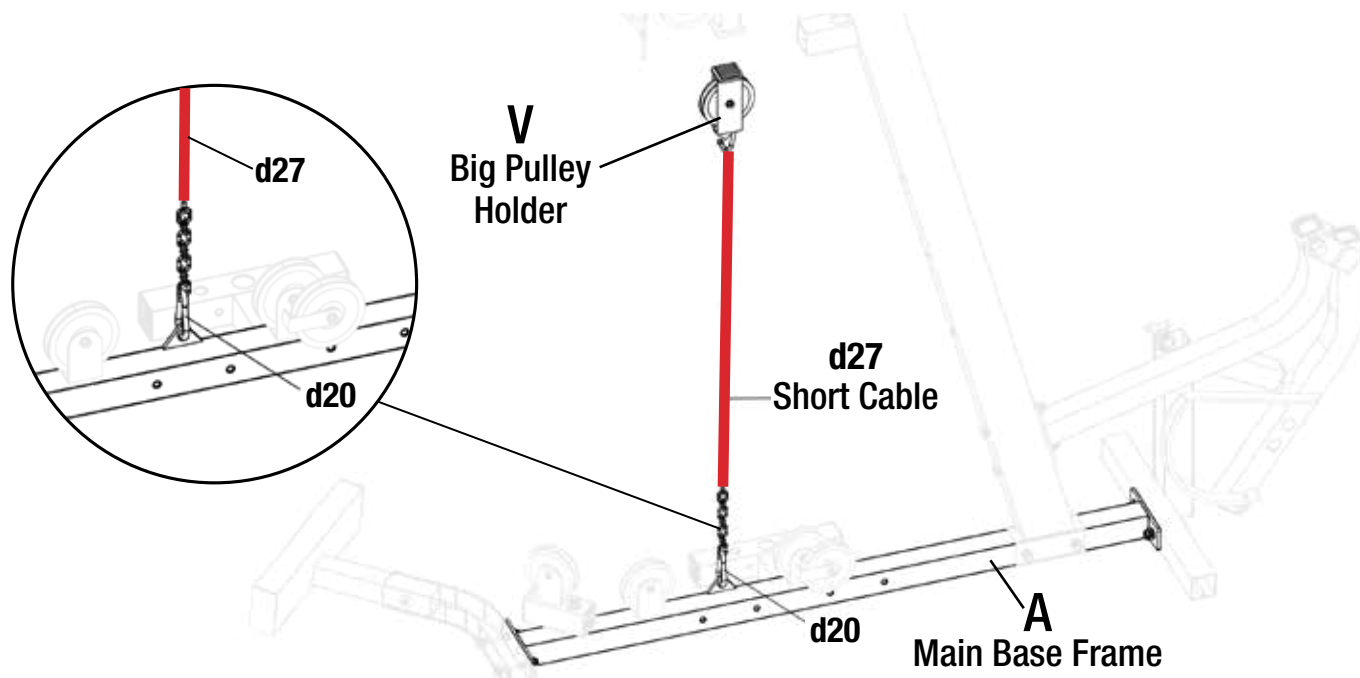
D
2" x 4" Upright



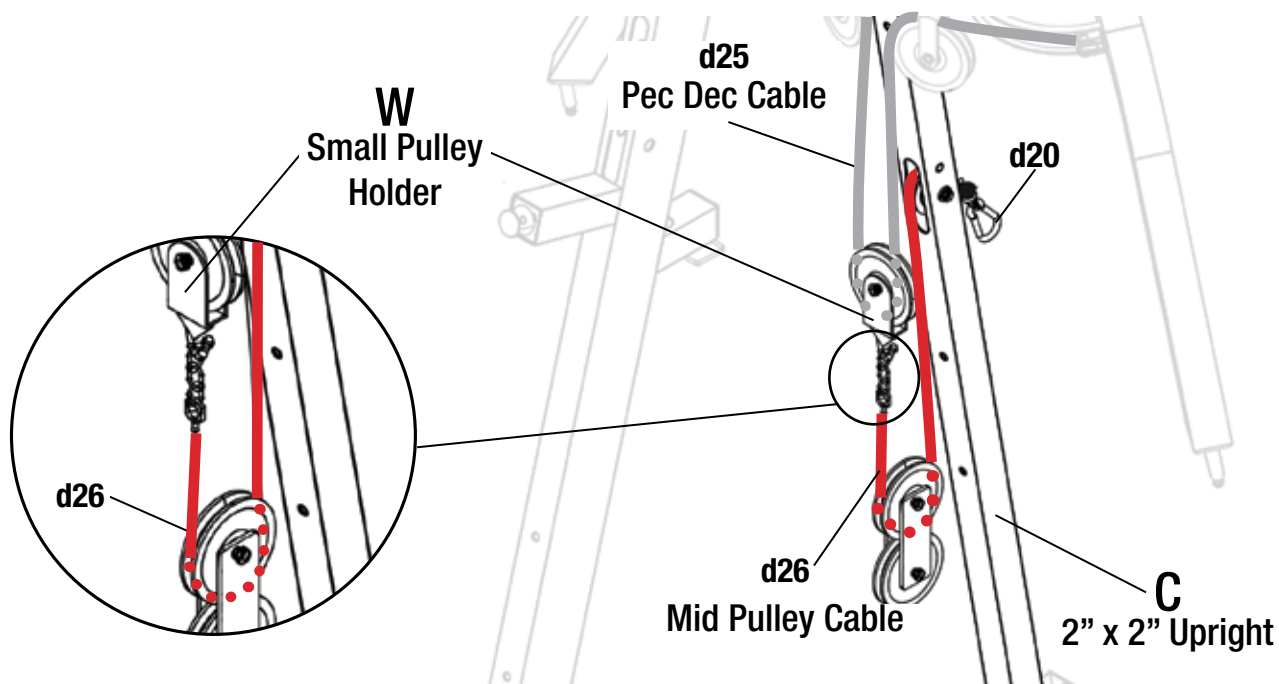
U2
Double Pulley Holder

First, remove the Weight Stack Pin **a13** from the Weight Stack. This will release tension on the cables. You can now remove the lower pulley inside Double Pulley Holder **U2** and move the pulley up or down to adjust the cable tension.

Cable Adjustments



First, remove the Weight Stack Pin **a13** from the Weight Stack. This will release tension on the cables. You can now adjust the Snap Link **d20** located at the bottom of Short Cable **d27** and attached to Main Base Frame **A**, to adjust the cable tension.



First, remove the Weight Stack Pin **a13** from the Weight Stack. This will release tension on the cables. You can now adjust the chain located at the end of Mid Pulley Cable **d26** and attached to Small Pulley Holder **W**, to adjust the cable tension.

