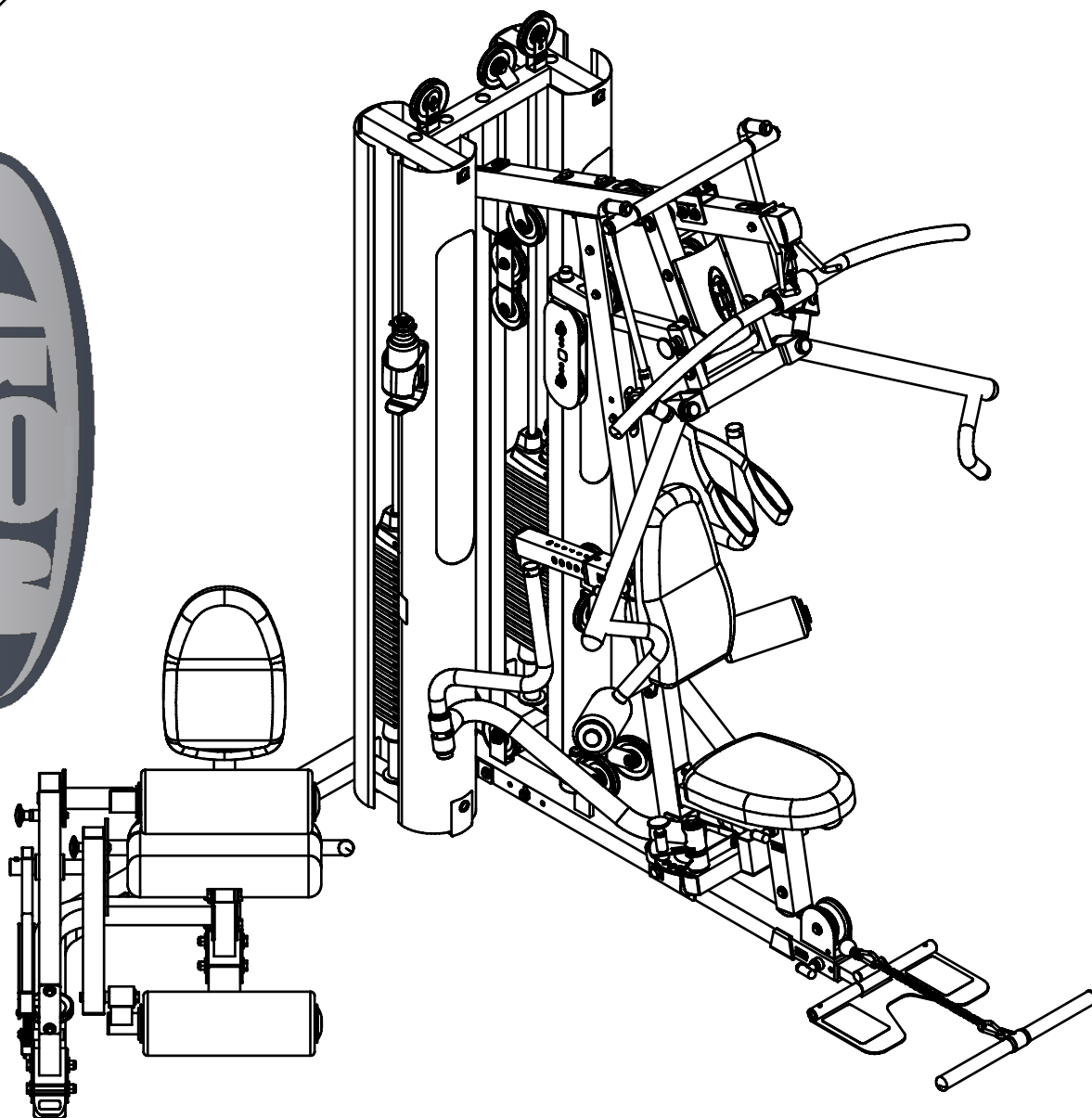


Body-Solid



BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

G10B.2 OWNER'S MANUAL

Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain your Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning 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.
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
#MSSTR0803

Important Safety Instructions

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

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

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

- Read all instructions before using your machine. 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 as described in this guide. 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.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- 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.
- **IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage. Cable inspection should be performed daily. Inspect 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 these are replaced.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

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

Your machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise.

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 your Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from your 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
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

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

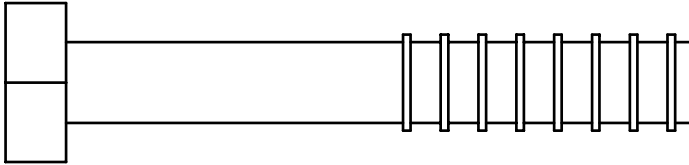
Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

- 1. Model Number**
- 2. Proof of Purchase**
- 3. Place of Purchase**
- 4. Serial Number (S/N)**
- 5. Part # and Description**

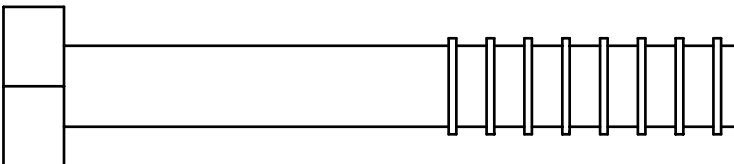
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

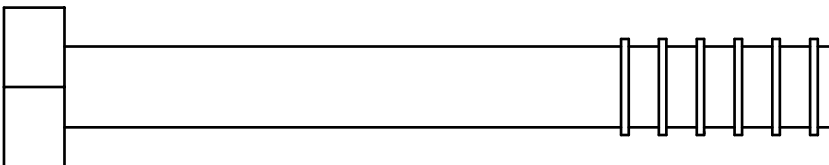
A2.HEX BOLT 1/2"X3 1/4"L PARTIAL THREAD QTY.8



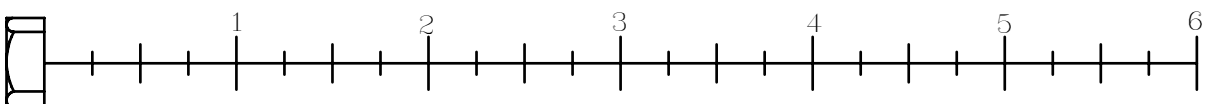
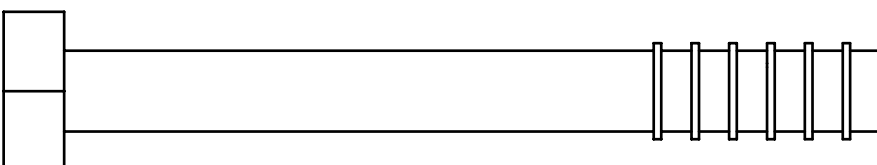
A3.HEX BOLT 1/2"X3 1/2"L PARTIAL THREAD QTY. 2



A4.HEX BOLT 1/2"X4"L PARTIAL THREAD QTY.1



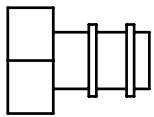
A5.HEX BOLT 1/2"X4 1/4"L PARTIAL THREAD QTY.10



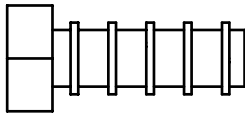
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

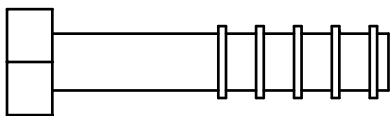
A6.HEX BOLT 3/8"X1/2"L PARTIAL THREAD QTY.2



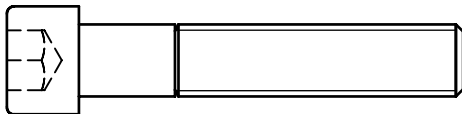
A7.HEX BOLT 3/8"X1"L PARTIAL THREAD QTY.4



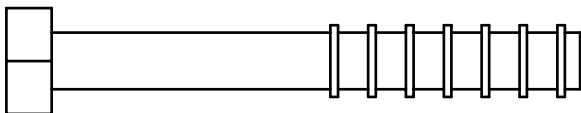
A8.HEX BOLT 3/8"X1 3/4"L PARTIAL THREAD QTY.15



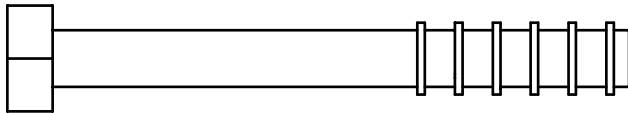
A9.ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.2



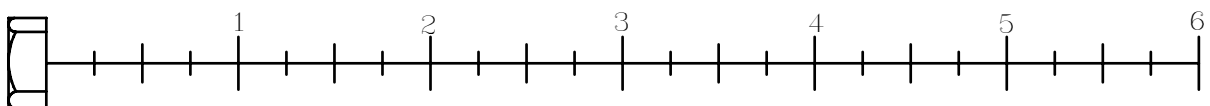
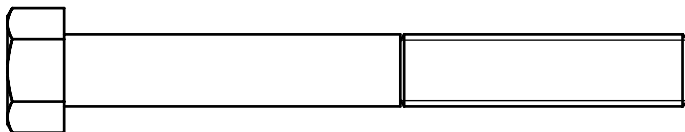
A10.HEX BOLT 3/8"X2 3/4"L PARTIAL THREAD QTY.5



A11.HEX BOLT 3/8"X3"L PARTIAL THREAD QTY.5



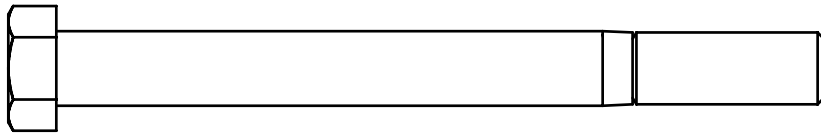
A12.HEX BOLT 3/8"X3 1/4"L PARTIAL THREAD QTY.2



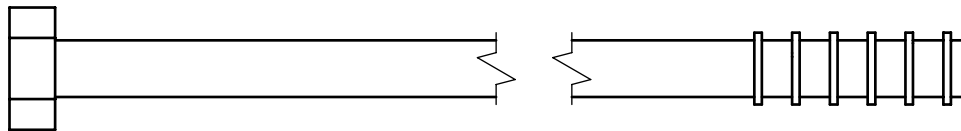
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

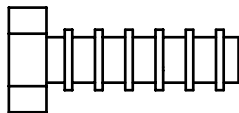
A13.HEX BOLT 3/8"X4"L PARTIAL THREAD QTY.5



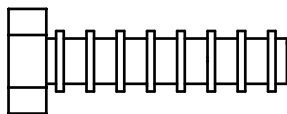
A14.HEX BOLT 3/8"X7 1/4"L PARTIAL THREAD QTY.2



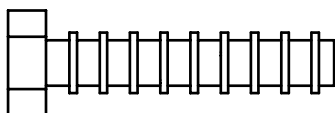
A15.HEX BOLT 5/16"X1"L PARTIAL THREAD QTY.4



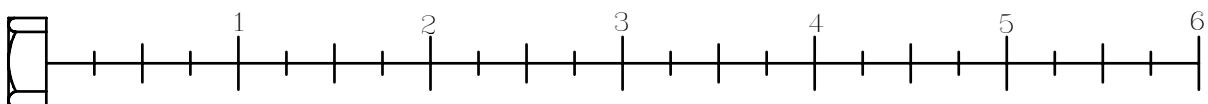
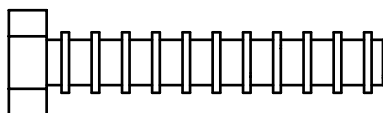
A16.HEX BOLT 5/16"X1 1/4"L PARTIAL THREAD QTY.4



A17.HEX BOLT 5/16"X1 1/2"L PARTIAL THREAD QTY.1



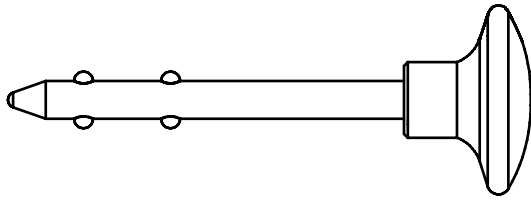
A18.HEX BOLT 5/16"X1 3/4"L PARTIAL THREAD QTY.4



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

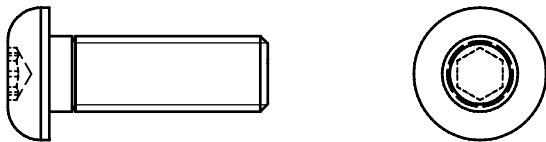
A19. 10IB PIN(8250-071) QTY.2



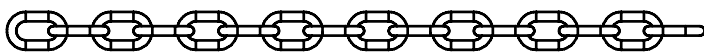
A20. Firm Sheath(8890-010) QTY.2



A21.ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.2



A22. Steel Chain(8820-002) QTY.1



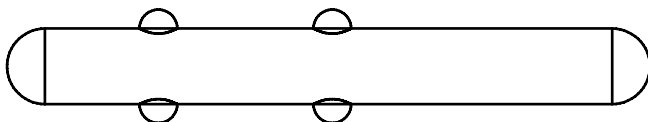
A23.HEX BOL M8X12L PARTIAL THREAD QTY.2



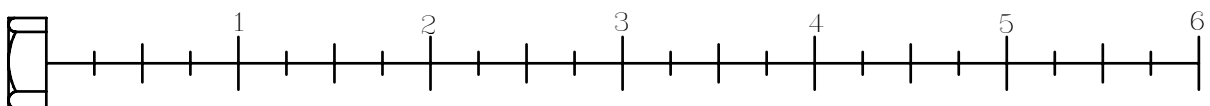
A25. $\varnothing 1/2 \times 8.5 \times 21.5$ Sleeve QTY. 1



A26. $\varnothing 10$ PIN(8250-023) QTY.1



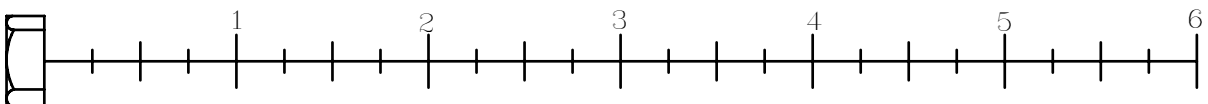
A27. M10X16R Round Bolt QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

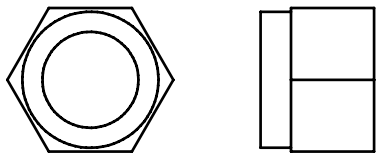
A28.ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

B1. 1/2" Nylon Lock Nut QTY.18



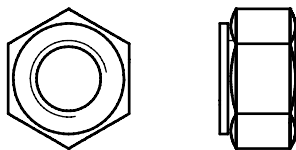
B2. 3/8" Nylon Lock Nut QTY.40



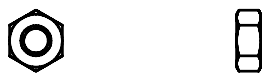
B3. 5/16" Nylon Lock Nut QTY.1



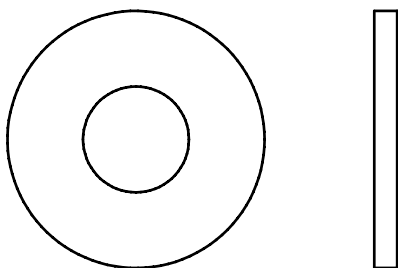
B4.M10 Nylon Lock Nut QTY.2



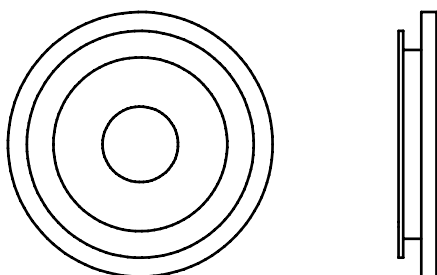
B5.M4 Nut QTY.2



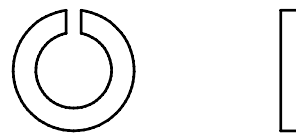
C1. 1/2" (I.D)FLAT WASHER Ø34 QTY.40



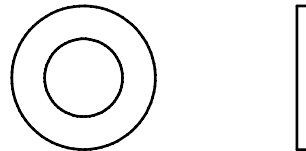
C2. 1/2" (I.D)Dish Washer QTY.1



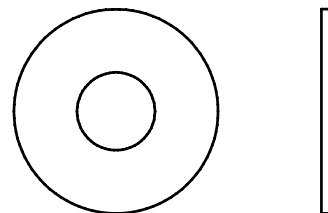
C3. 3/8" (I.D)Spring Washer QTY.2



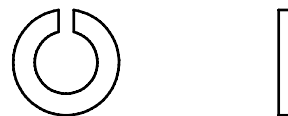
C4. 3/8"-FLAT WASHER Ø19 QTY.4



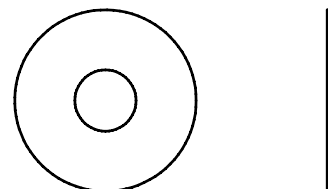
C5. 3/8" (I.D)FLAT WASHER Ø27 QTY.60



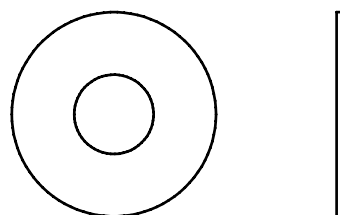
C6. 5/16" Spring Washer QTY.12



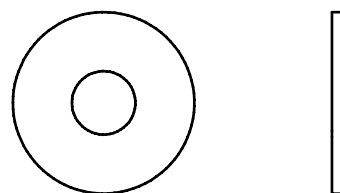
C7. 5/16" (I.D)FLAT WASHER Ø24 QTY.12



C8.M10" (I.D)FLAT WASHER Ø27 QTY.2



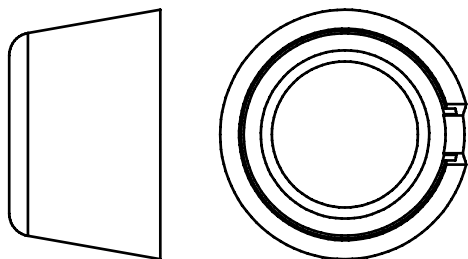
C9.M8 (I.D)FLAT WASHER Ø18 QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

C10. 1/2" Bolt Cap(9212-024) QTY.1



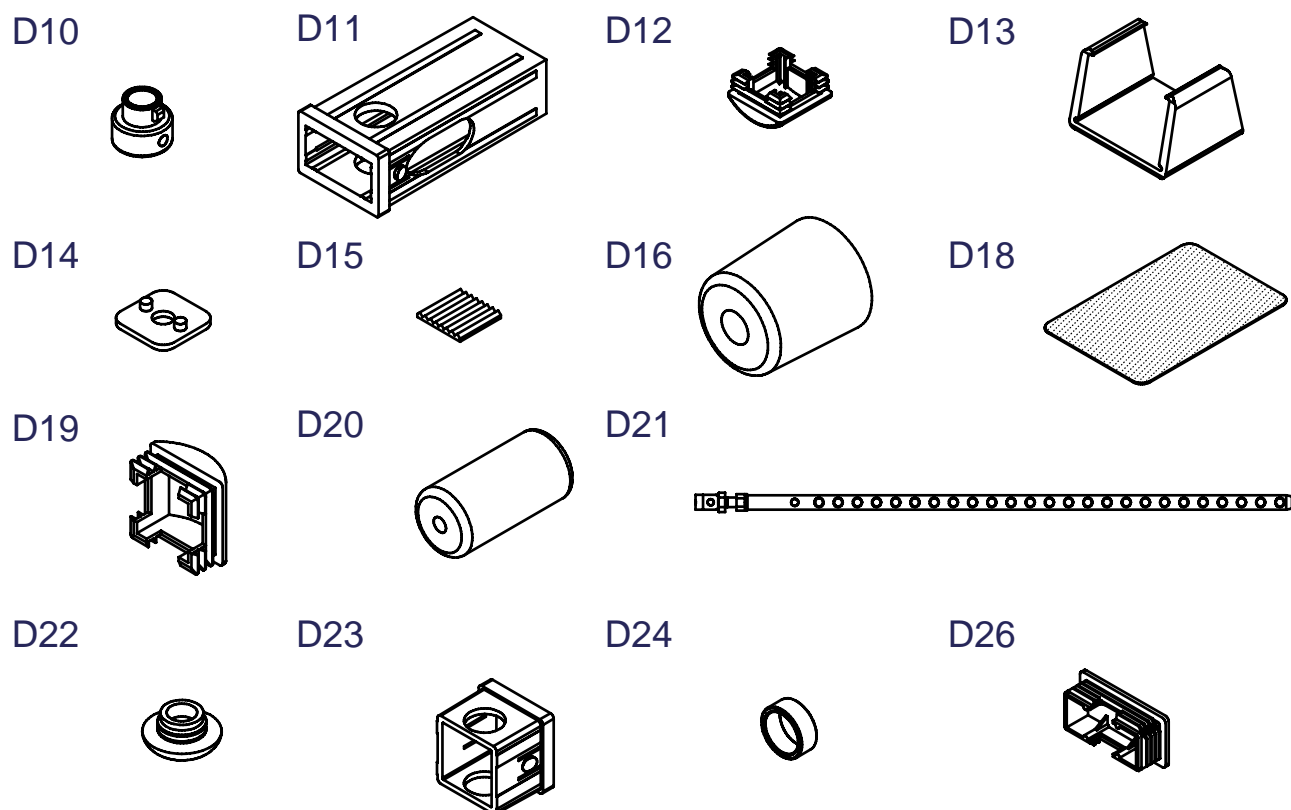
C11. M4 FLAT WASHER Ø12 QTY.4



G10B ASSEMBLY INSTRUCTIONS





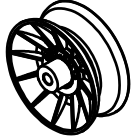
HARDWARE ILLUSTRATION

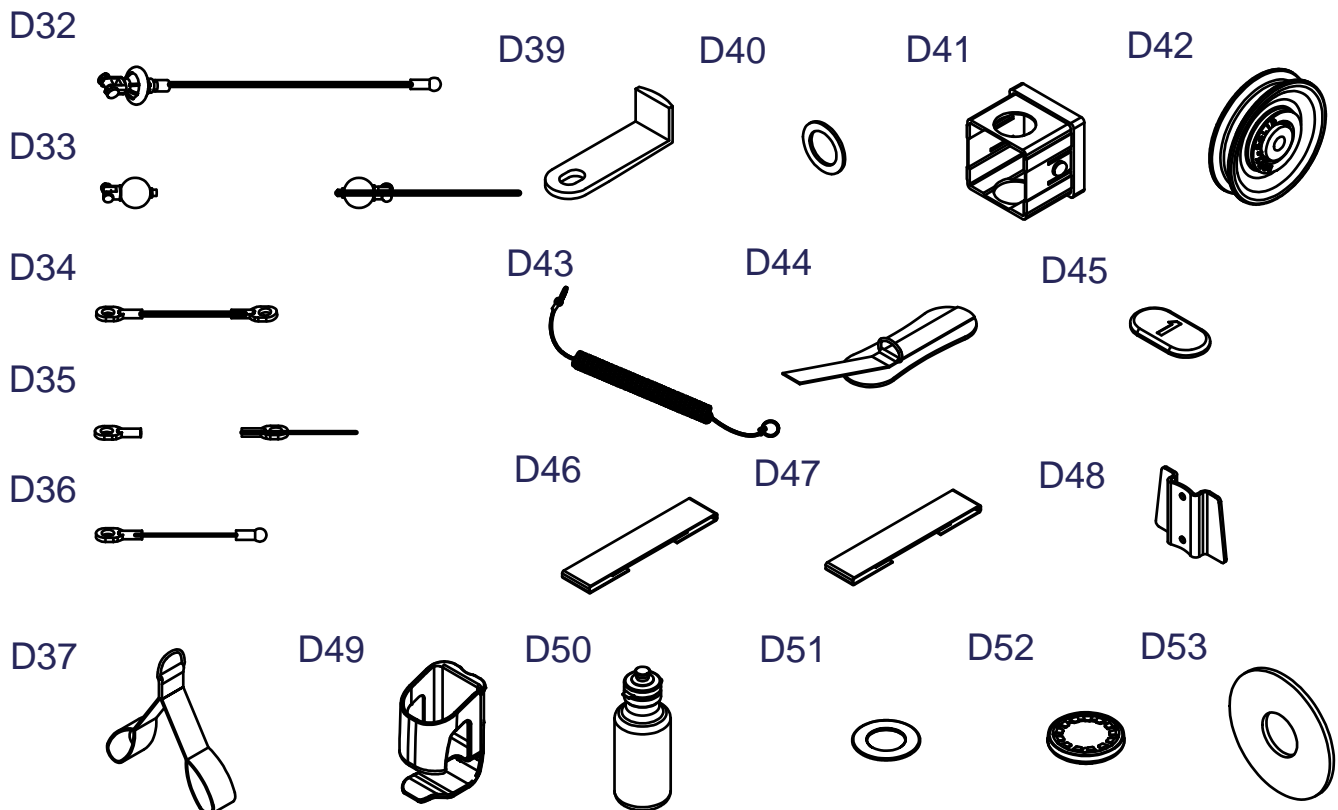
D1		D1. Ø5/8"X22.5L Steel Bushing (8110-011)-----[4PCS]
D2		D2. Ø3/4"X8L Steel Bushing (8110-014)-----[2PCS]
D3		D3. Ø10.5 Steel Bushing (8530-009)-----[10PCS]
D4		D4. Ø8 Spring Snap Link (8810-001)-----[4PCS]
D5		D5. Ø50.8 Round End Cap (9211-074)-----[2PCS]
D6		D6. 50X75X2.5t End Cap (9211-084)-----[3PCS]
		D8. 25.4X50.8X2.5t End Cap (9211-086)-----[7PCS]
		D9. 50x75 Foot Cap (9211-026)-----[3PCS]
		D10. Ø3/4" Shaft Collar (9211-046)-----[4PCS]
		D11. 50X75 Nylon Bushing (9211-083)-----[1PCS]
		D12. □50X1.8t End Cap (9211-087)-----[9PCS]
		D13. 2"X3" Rubber Dount(9212-011)-----[3PCS]
		D14. 2"X2" Rubber Cane Cap(9214-002)-----[4PCS]
		D15. 38X38 Rubber Pad(9310-001)-----[1PCS]
		D16. Ø65XØ20X50L Rubber Dount(9310-049)-----[4PCS]
		D18. 95X140L Rubber Pad (9310-035)-----[4PCS]
		D19. □45X1.8t End Cap(9211-091)-----[1PCS]
		D20. Ø4"X23X8" Foam Roller (9161-032)-----[2PCS]
		D21. Weight Selector Bar (8210-070A)-----[2PCS]
		D22. Ø1"X2.5t Round End Cap(9260-021)-----[4PCS]
		D23. 60X45 Nylon Bushing(9211-032)-----[2PCS]
		D24. Ø1"X10L Steel Bushing(8120-040)-----[1PCS]
		D26. 40X80 End Cap (9211-010)-----[2PCS]



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

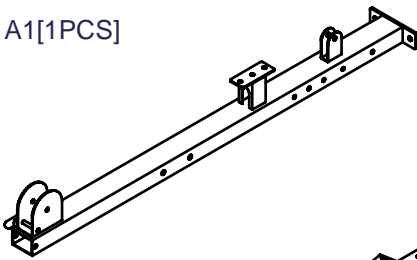
D27		D27. Ø50.8X2.5t End Cap (9211-020)-----[2PCS]
		D28. Ø1" End Cap (9211-016)-----[2PCS]
		D29. Ø1" Cu Washer(8520-008)-----[5PCS]
		D30. Ø110X22T Pully(9213-002C)-----[22PCS]
D28		D31. Ø110X51L Pully(9213-022A)-----[1PCS]
		D32. 5210mm Steel Cable -----[1PCS]
		D33. 5000mm Steel Cable -----[1PCS]
		D34. 2025mm Steel Cable -----[1PCS]
D29		D35. 757mm Steel Cable -----[1PCS]
		D36. 5085mm Steel Cable -----[1PCS]
		D37. Shoulder Belt(ACH-16)-----[1PCS]
		D39. Steel Rope Fixed Board(9213-013)-----[2PCS]
		D40. Ø20 Cu Washer(8520-007)-----[1PCS]
D30		D41. 60X50Nylon Bushing(9211-033)-----[2PCS]
		D42. Pulley(9213-026A)-----[2PCS]
		D43. Elastic Belt-----[2PCS]
		D44. Ankle Strap(NAS3)-----[1PCS]
D31		D45. Label(01~26)(9440-108)-----[2PCS]
		D46.Cushion Lable(9630-061)-----[1PCS]
		D47.Cushion Lable(9630-062)-----[1PCS]
		D48. Immomile Board(8388-025)-----[1PCS]
		D49. Kettle Rack(9260-086)-----[1PCS]
		D51.Nylon Washer(9214-022)-----[4PCS]
		D52.Ø1" CHROME END CAP(8341-033)-----[2PCS]
		D53.Ø3" NYLON WASHER(9214-008)-----[2PCS]



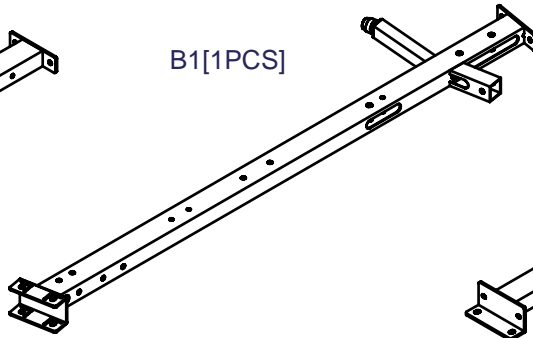
G10B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

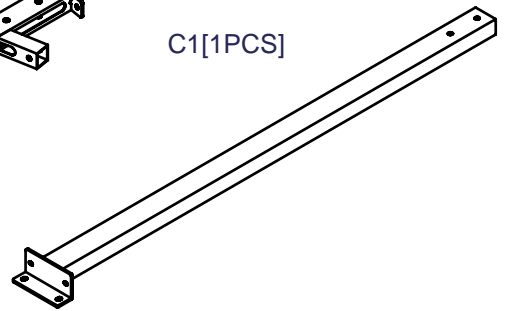
A1[1PCS]



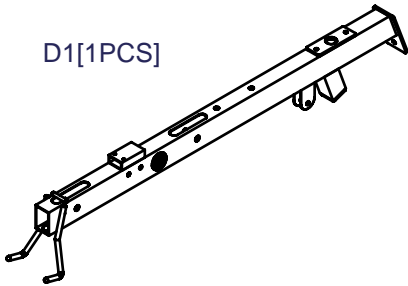
B1[1PCS]



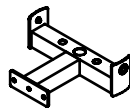
C1[1PCS]



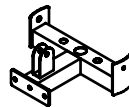
D1[1PCS]



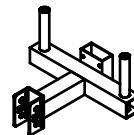
E[1PCS]



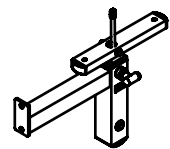
F[1PCS]



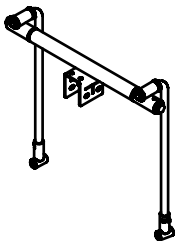
G1[1PCS]



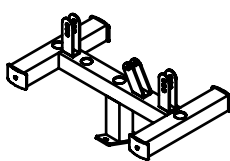
H1[1PCS]



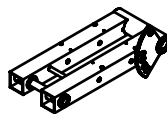
I[1PCS]



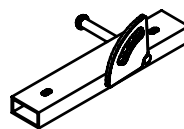
J1[1PCS]



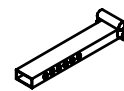
K[1PCS]



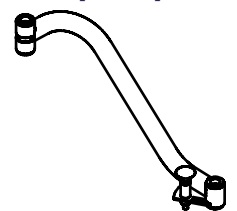
BS[1PCS]



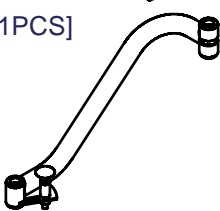
M[1PCS]



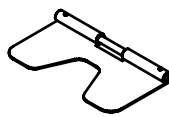
N1[1PCS]



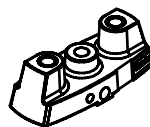
O1[1PCS]



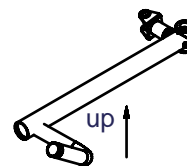
P[1PCS]



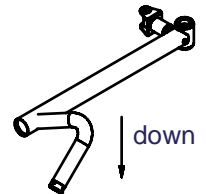
Q[2PCS]
8400-006



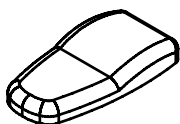
R1[1PCS]



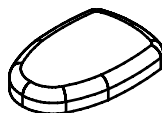
S1[1PCS]



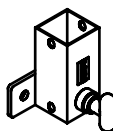
T1[1PCS]
9111-048



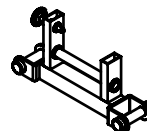
U1[1PCS]
9121-045



BQ[1PCS]



W1[1PCS]



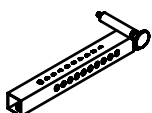
X1[1PCS]



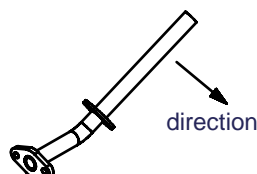
Y1[1PCS]



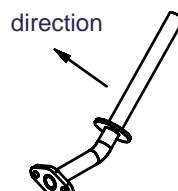
BR1[1PCS]



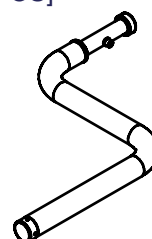
AA2[1PCS]



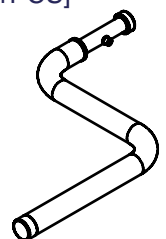
AB2[1PCS]



AE[1PCS]

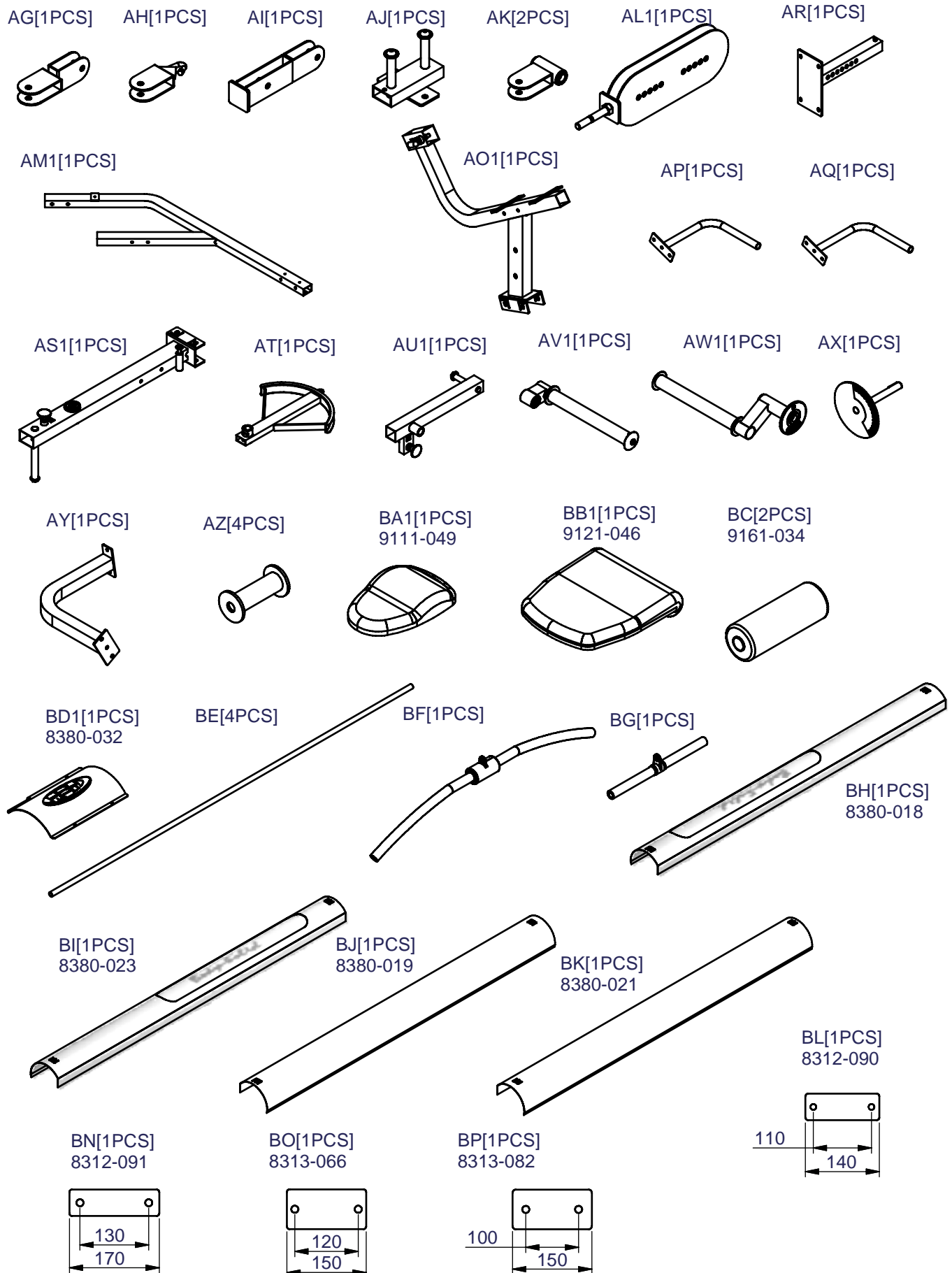


AF[1PCS]

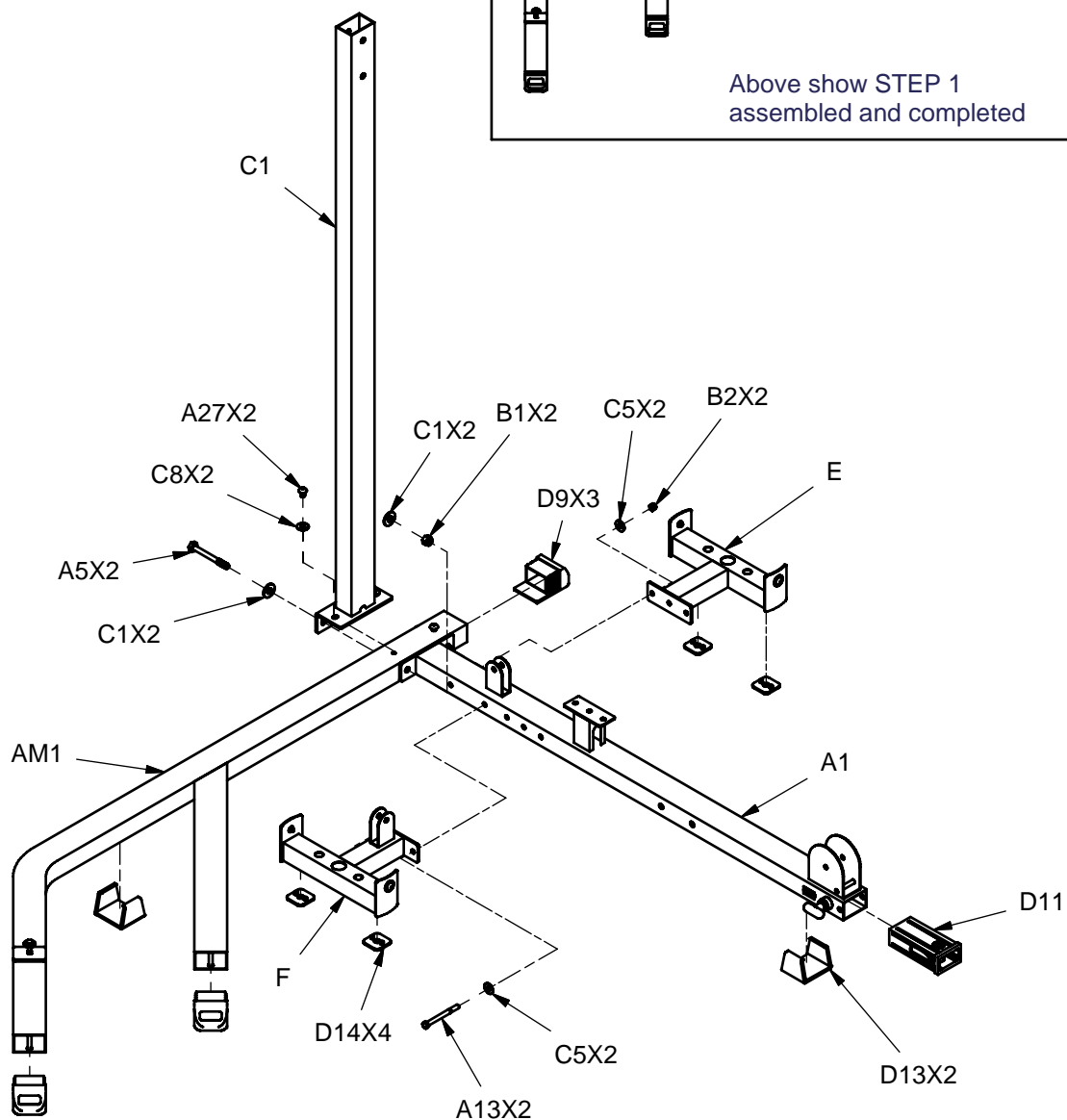
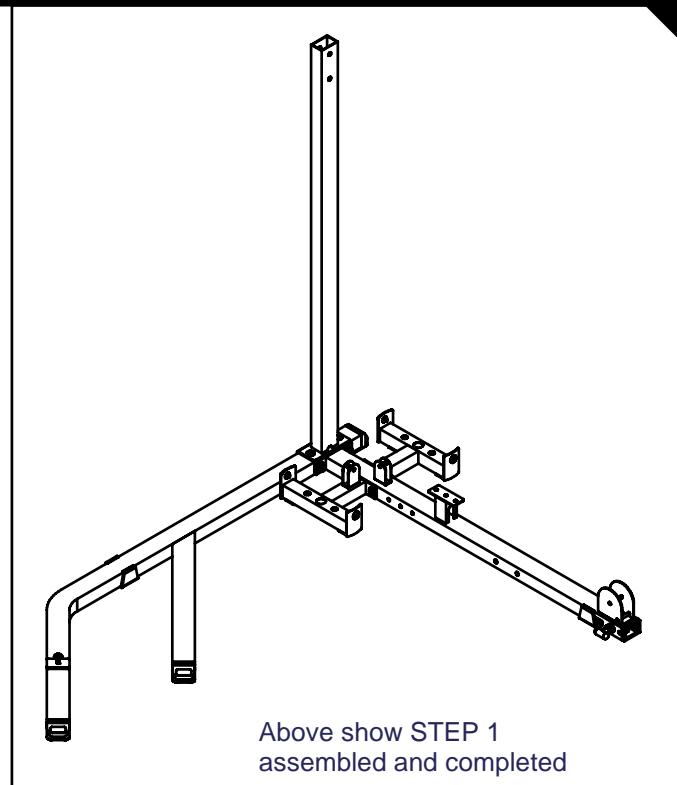


G10B ASSEMBLY INSTRUCTIONS

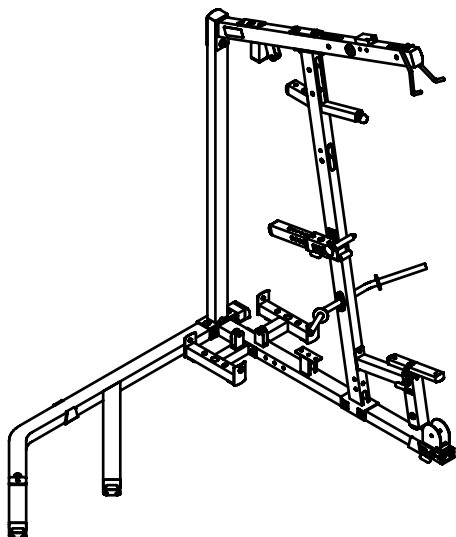
PARTS ILLUSTRATION SHEET



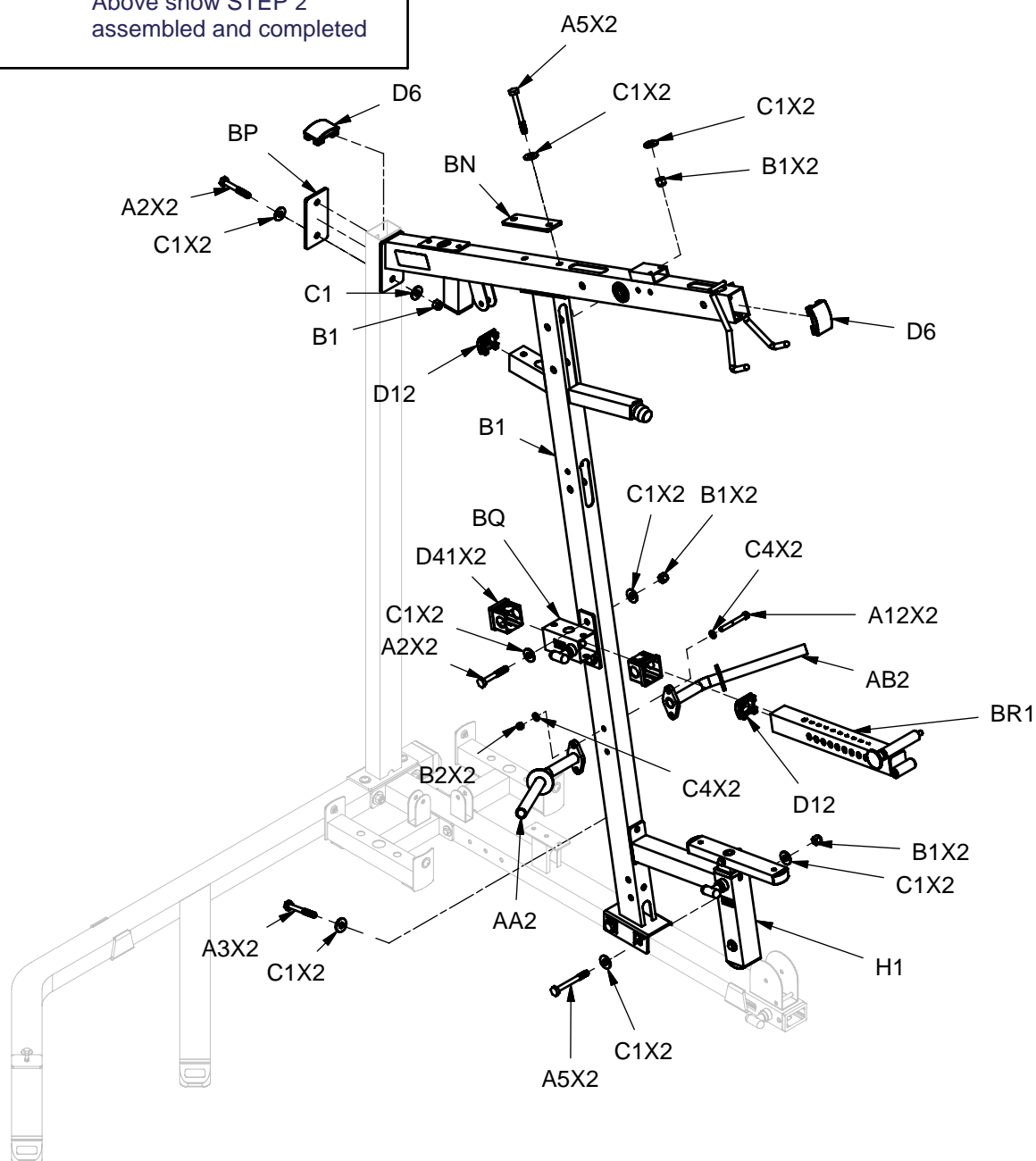
G10B ASSEMBLY INSTRUCTIONS



G10B ASSEMBLY INSTRUCTIONS

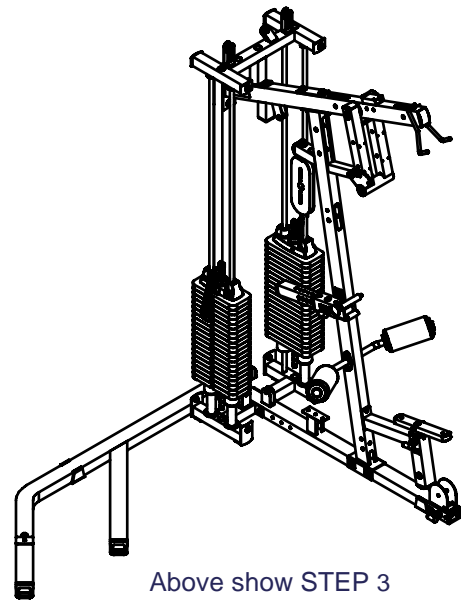


Above show STEP 2
assembled and completed

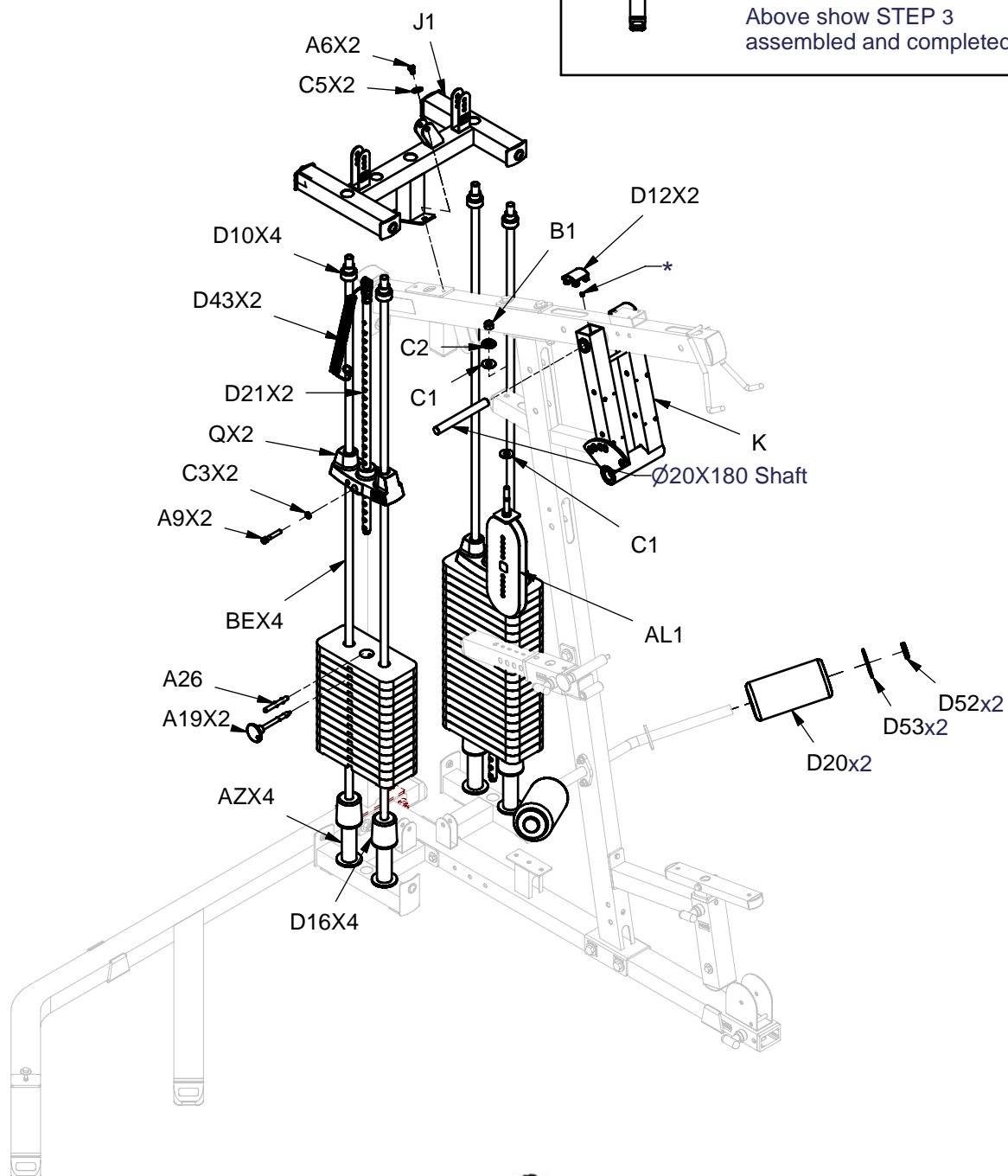


G10B ASSEMBLY INSTRUCTIONS

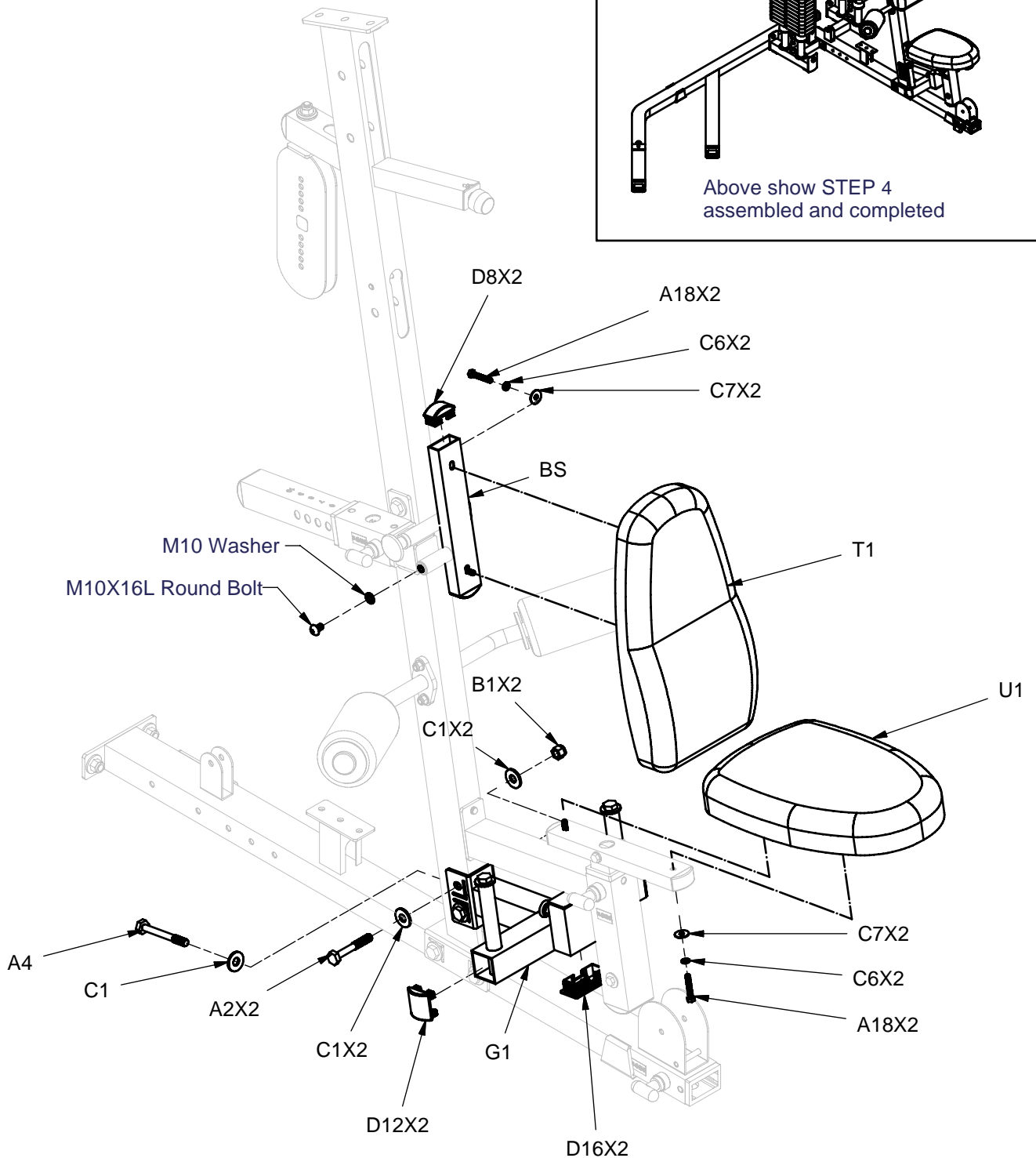
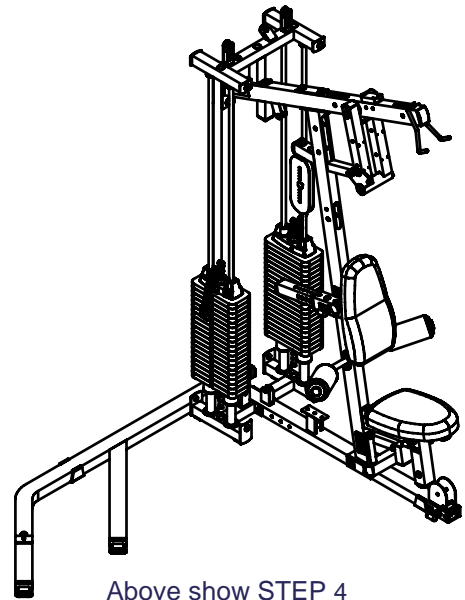
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



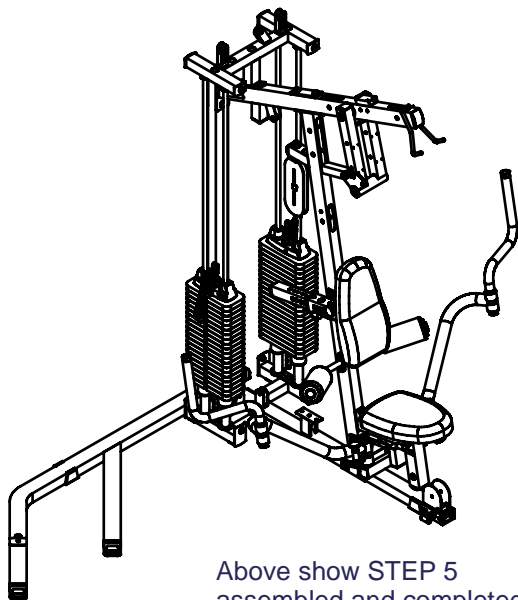
Above show STEP 3
assembled and completed



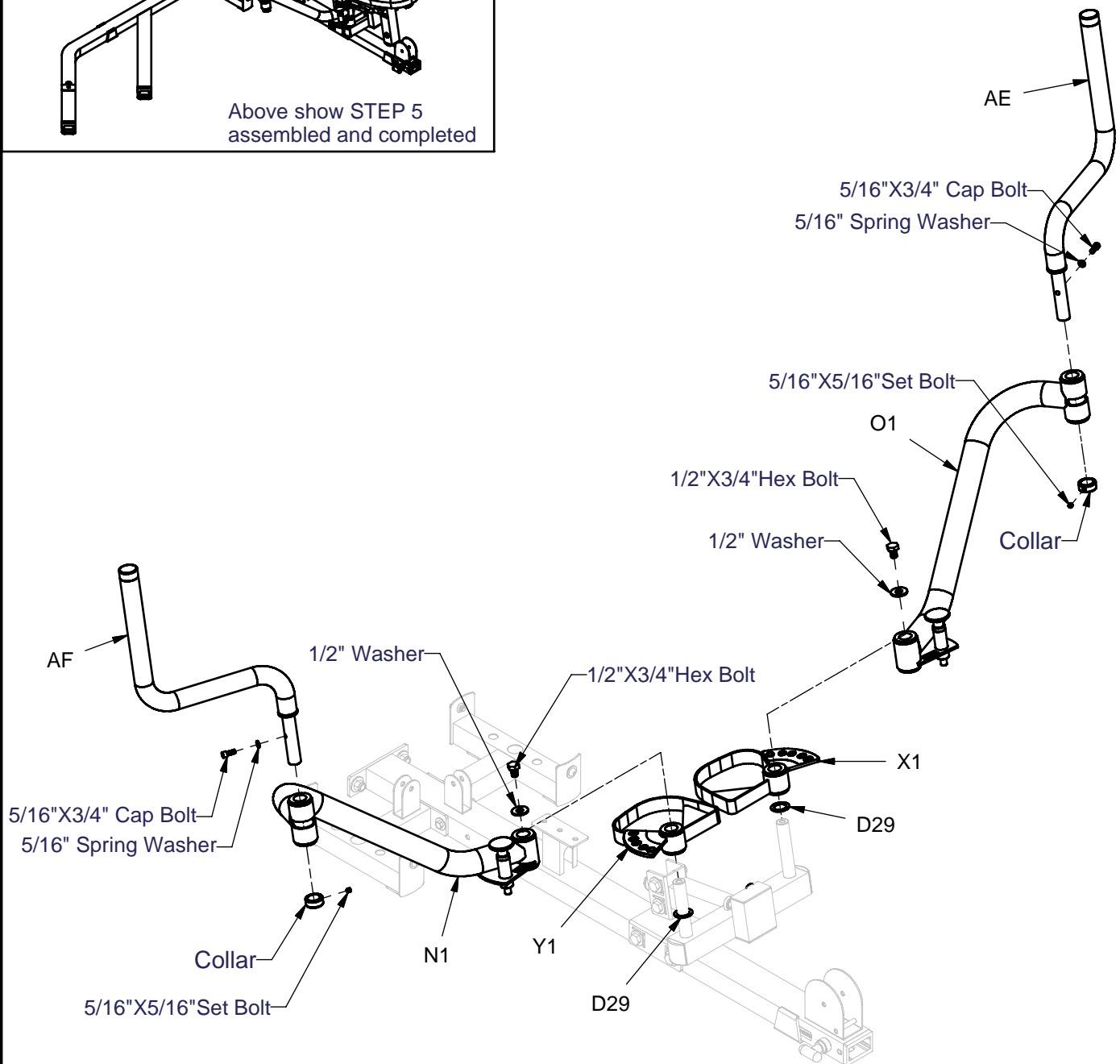
G10B ASSEMBLY INSTRUCTIONS



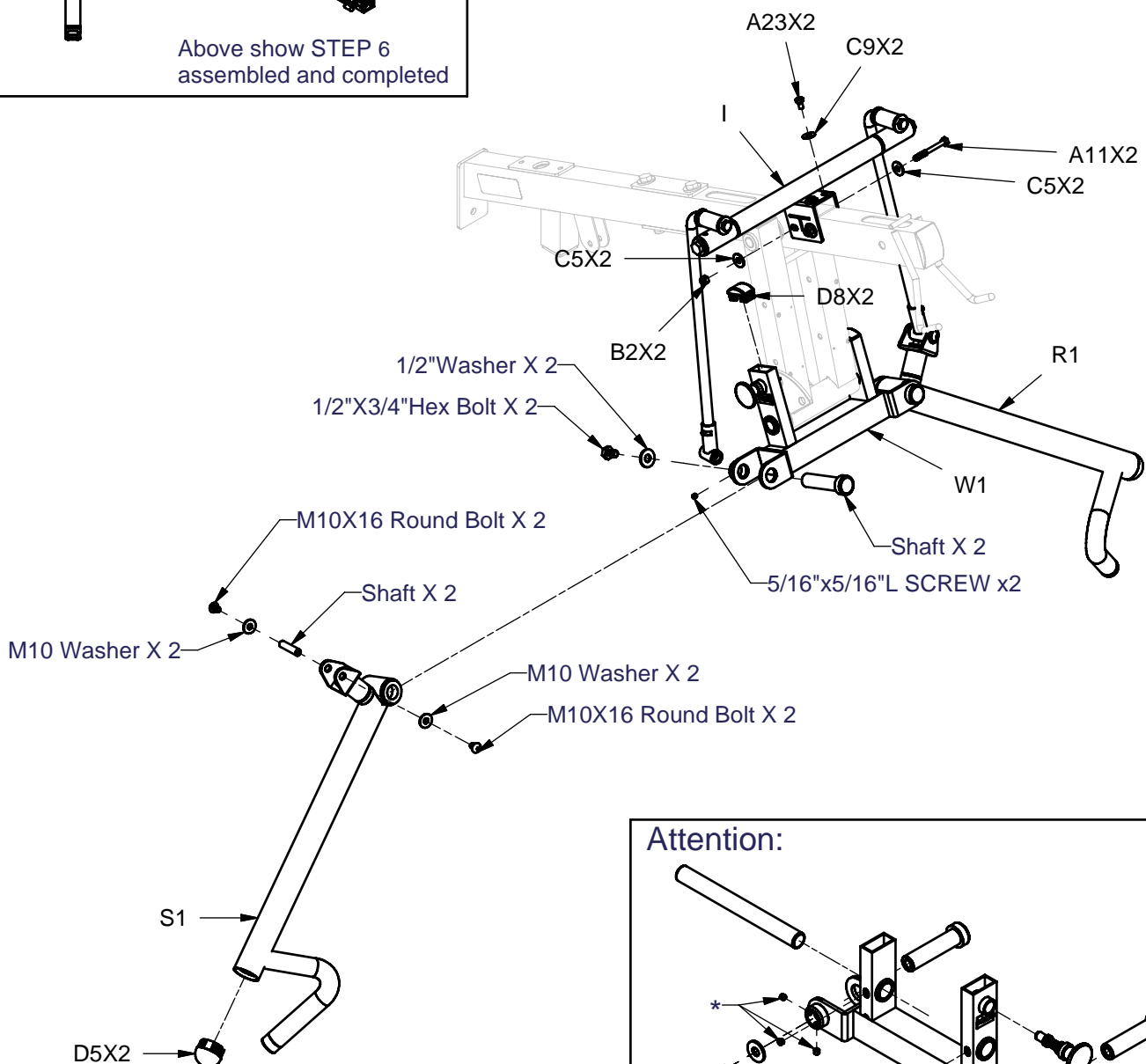
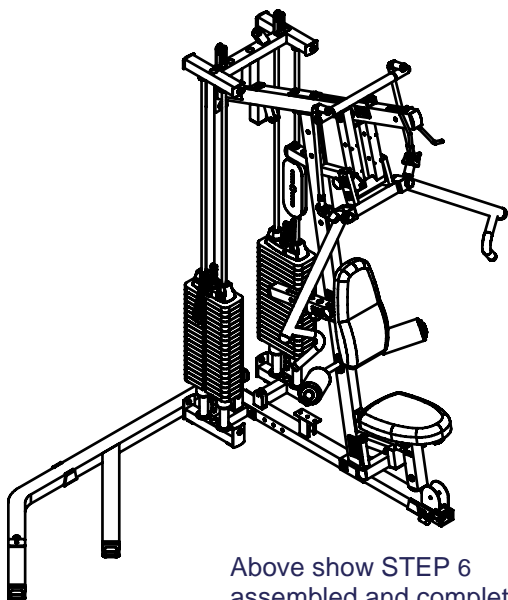
G10B ASSEMBLY INSTRUCTIONS



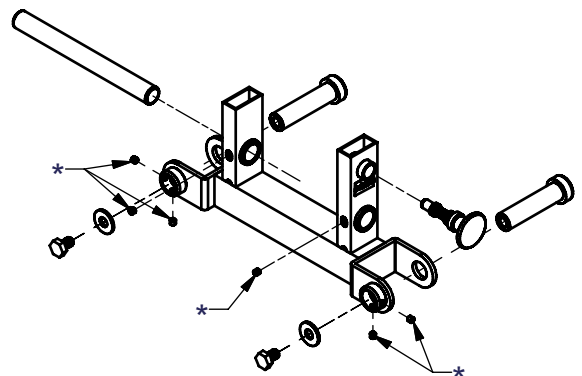
Above show STEP 5
assembled and completed



G10B ASSEMBLY INSTRUCTIONS

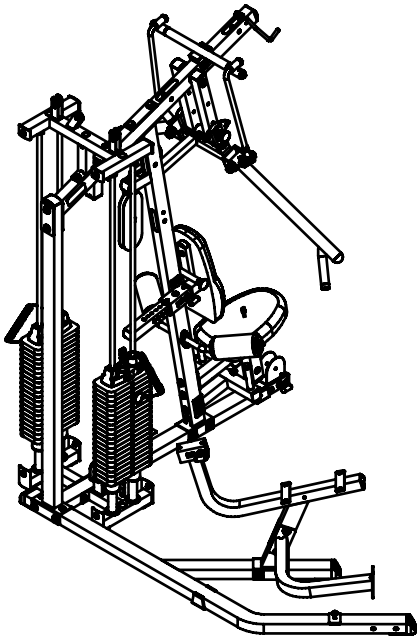


Attention:

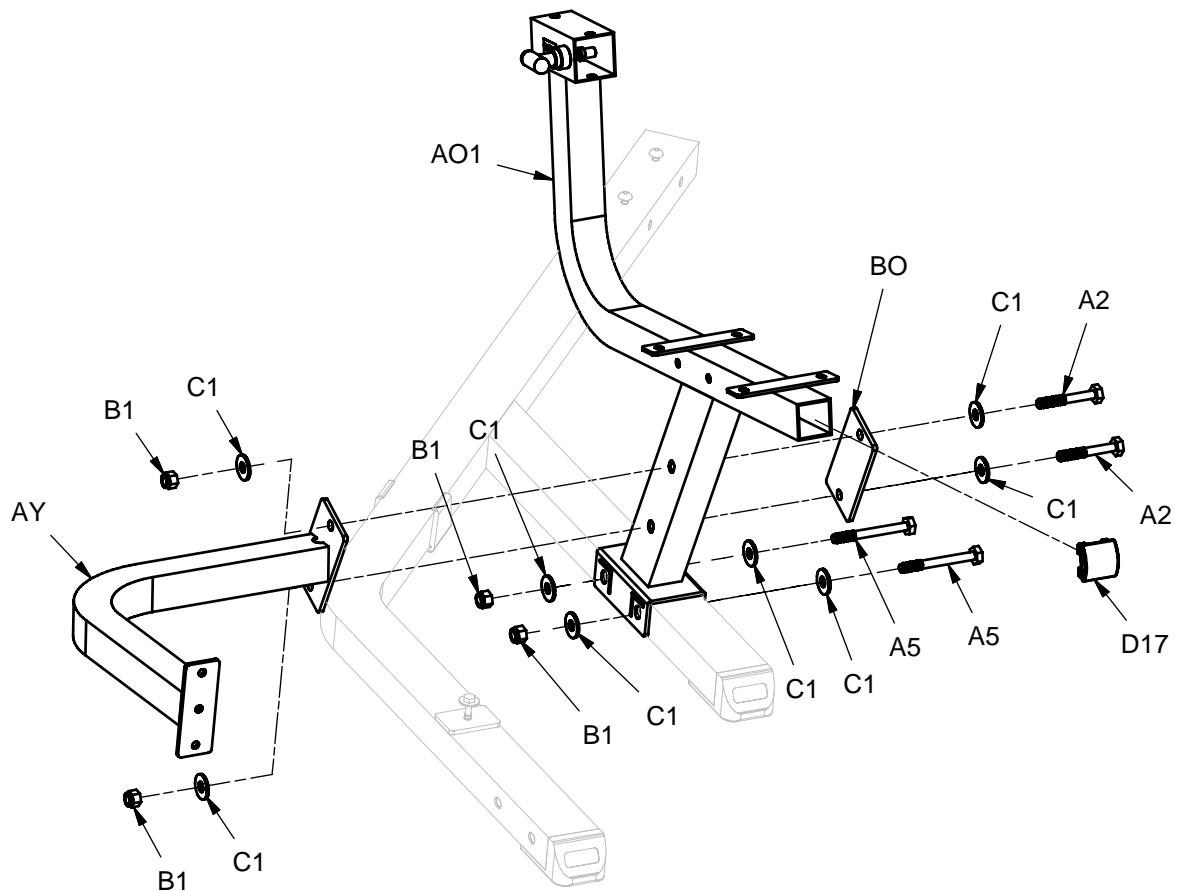


*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT IN ORDER TO REMOVE SHAFT

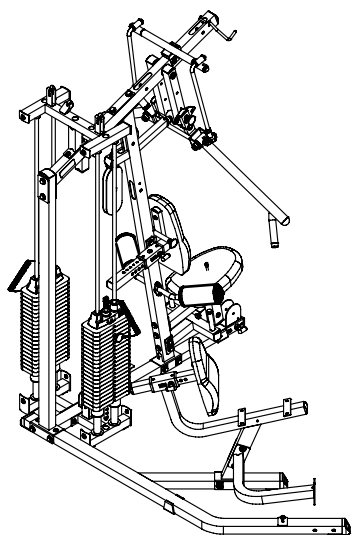
G10B ASSEMBLY INSTRUCTIONS



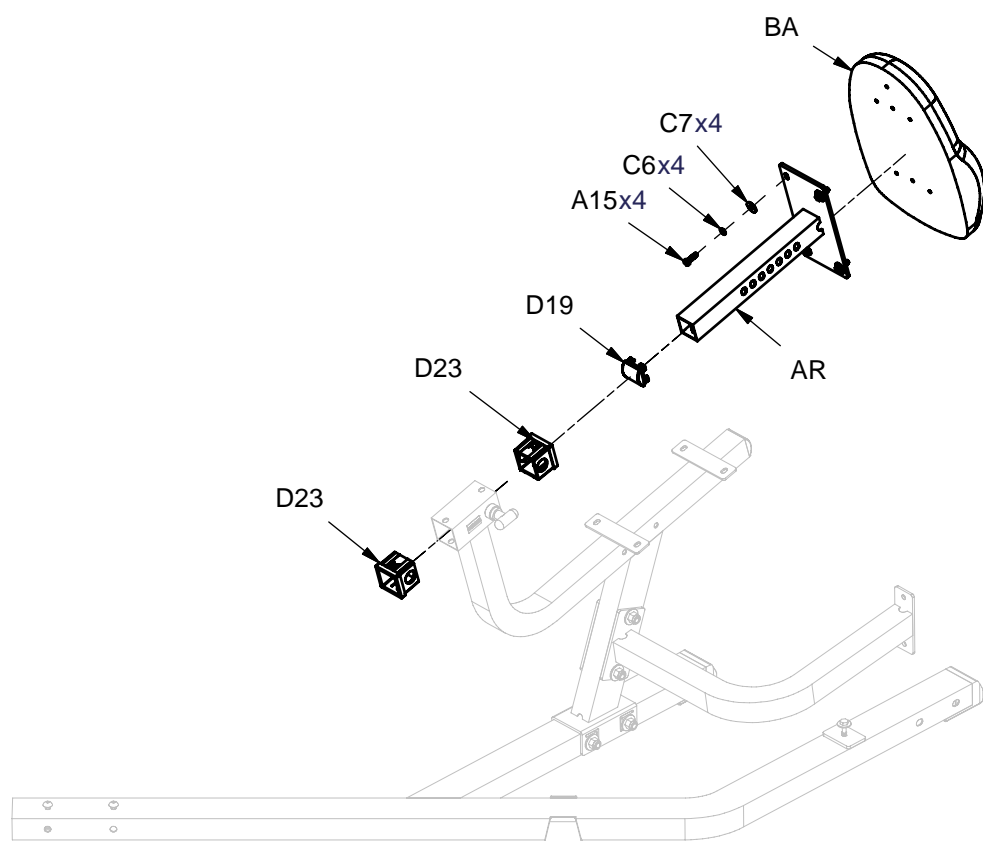
Above show STEP 7
assembled and completed



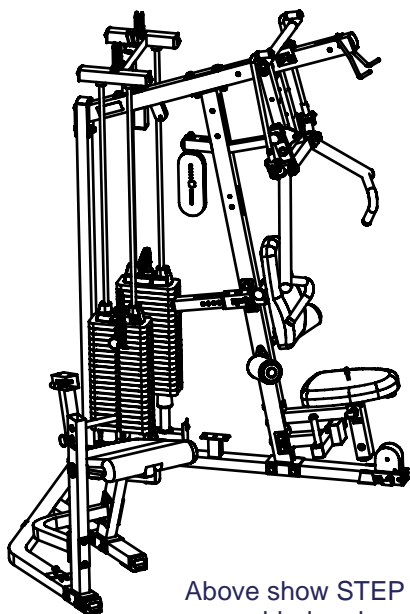
G10B ASSEMBLY INSTRUCTIONS



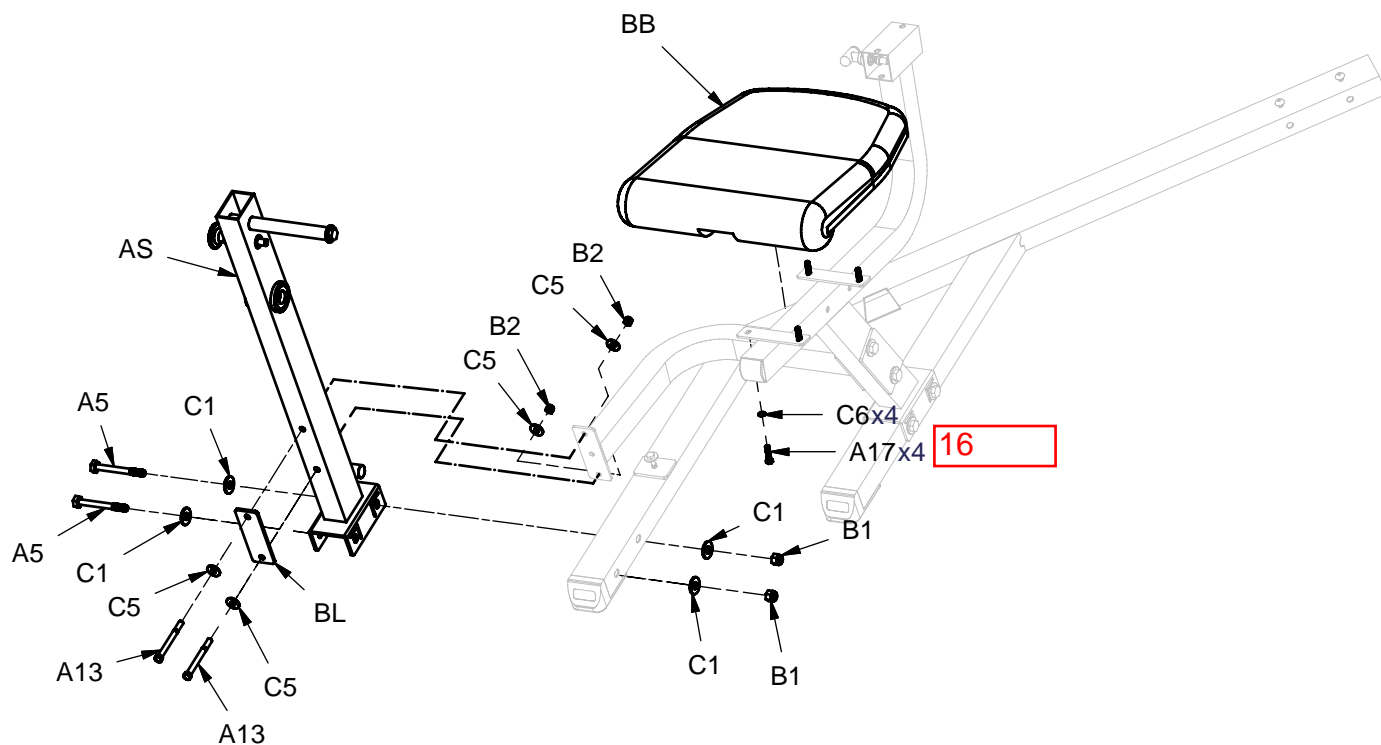
Above show STEP 8
assembled and completed



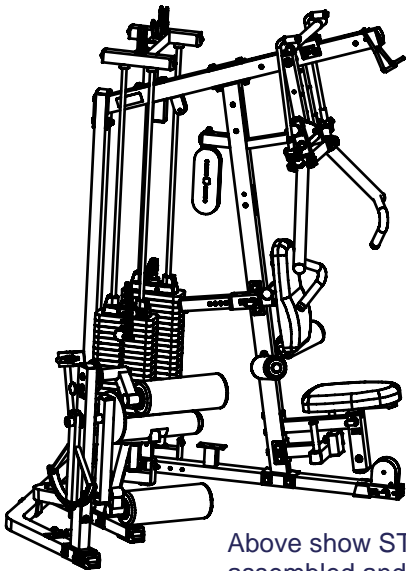
G10B ASSEMBLY INSTRUCTIONS



Above show STEP 9
assembled and completed

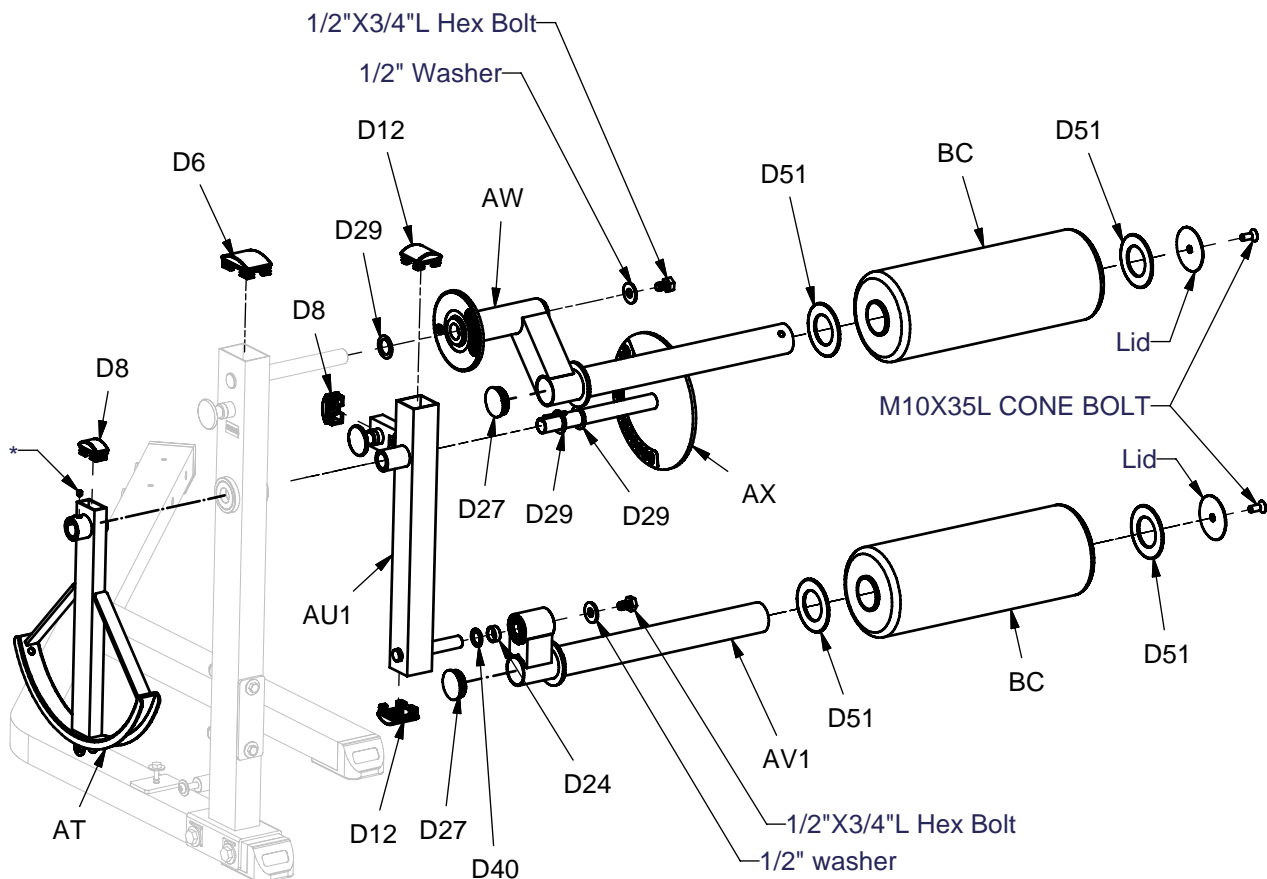


G10B ASSEMBLY INSTRUCTIONS

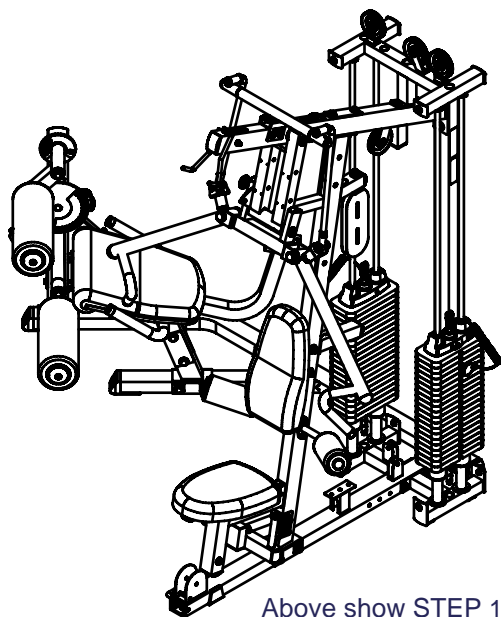


Above show STEP 10
assembled and completed

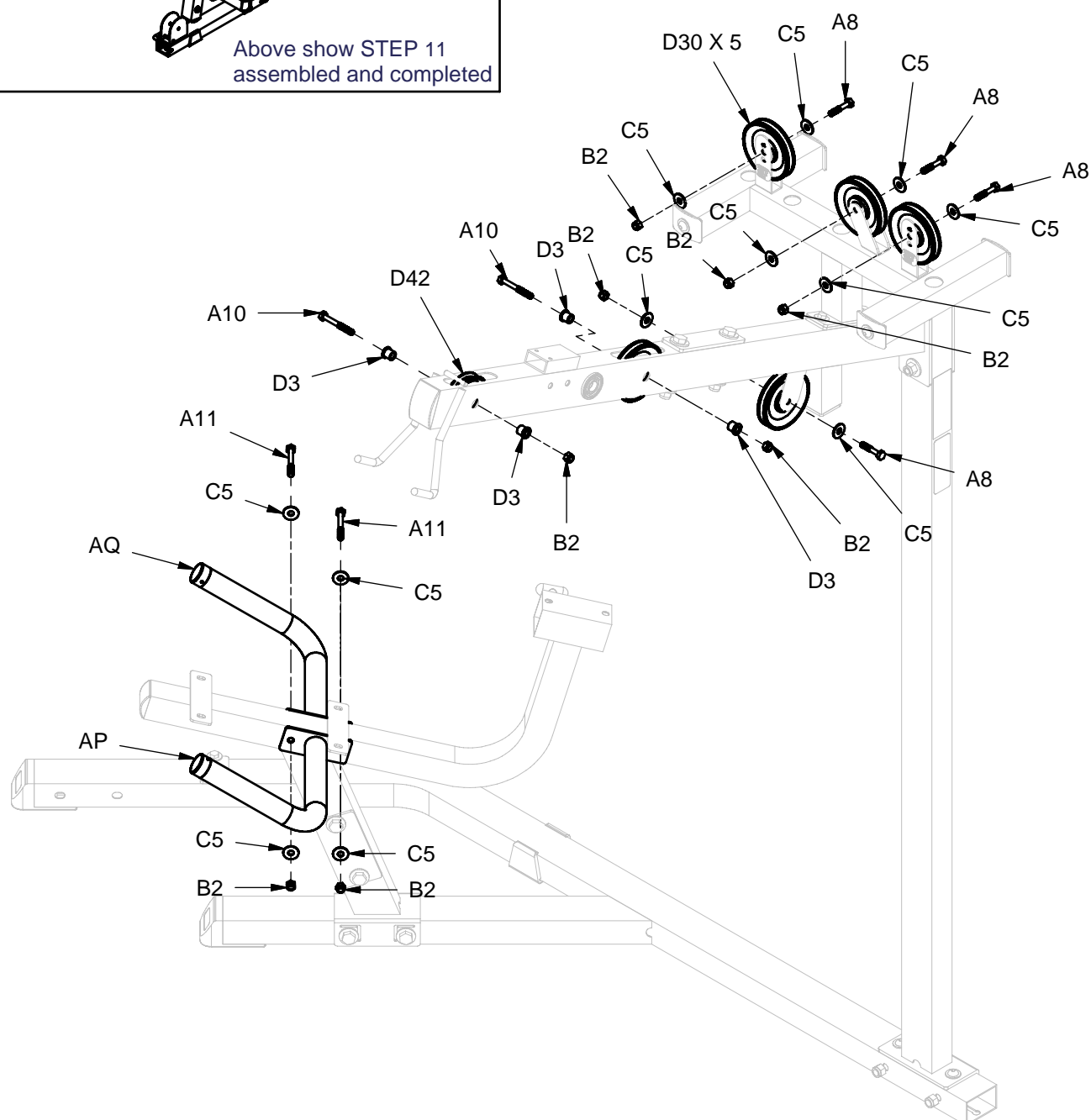
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



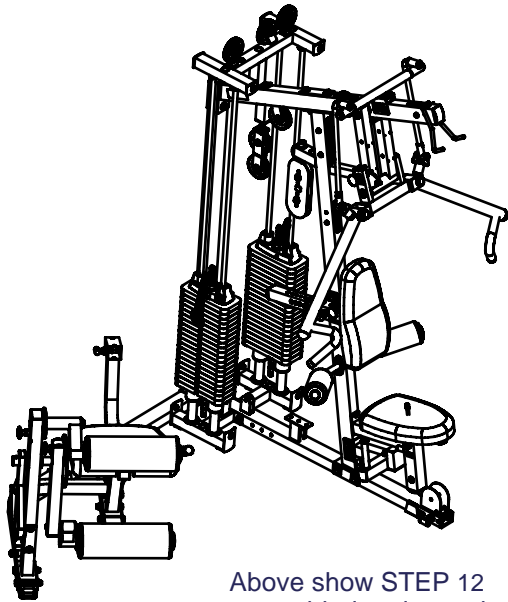
G10B ASSEMBLY INSTRUCTIONS



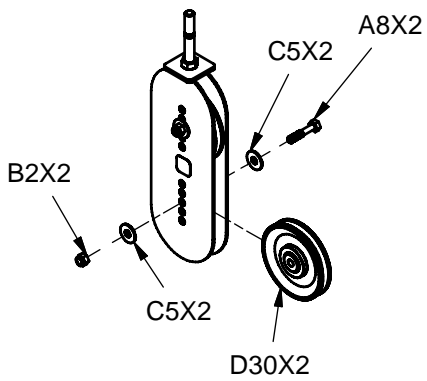
Above show STEP 11
assembled and completed



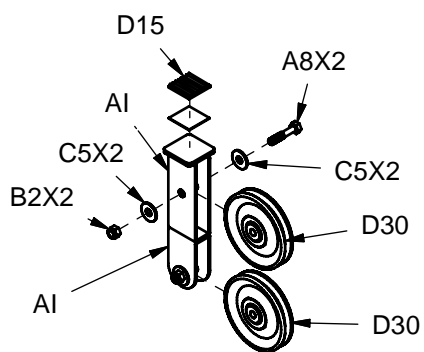
G10B ASSEMBLY INSTRUCTIONS



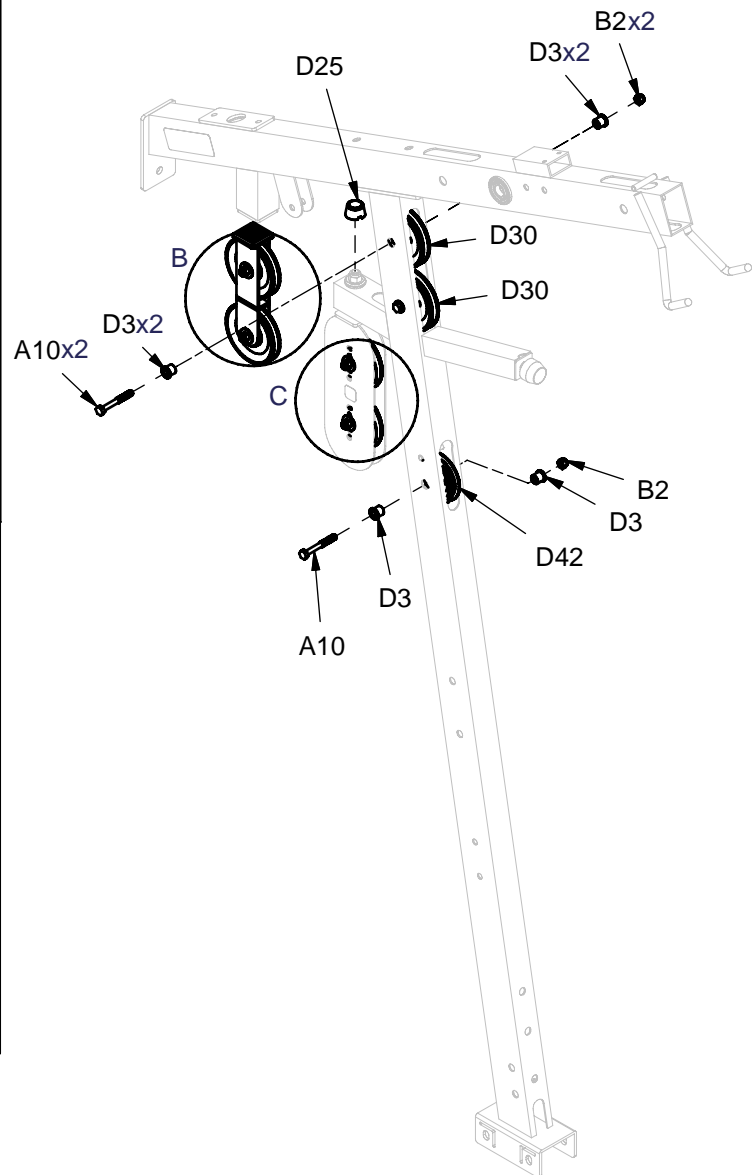
Above show STEP 12
assembled and completed



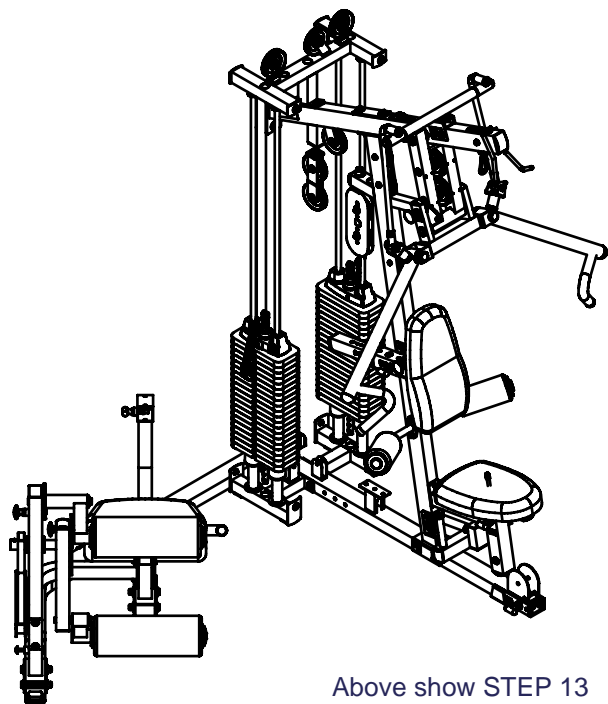
Detail C



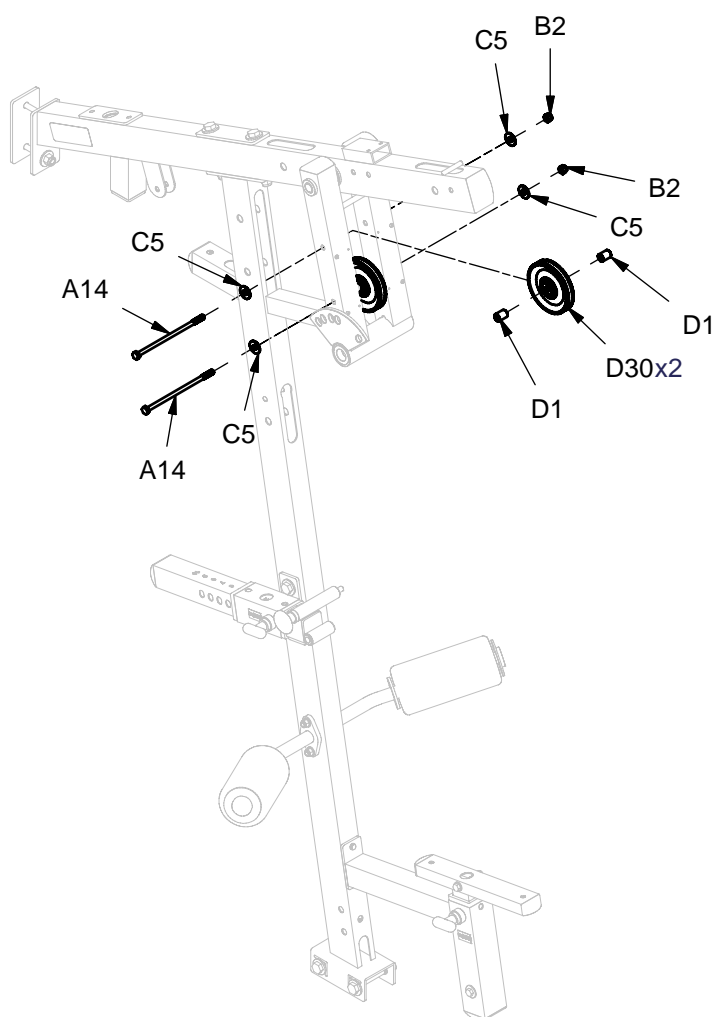
Detail B



G10B ASSEMBLY INSTRUCTIONS

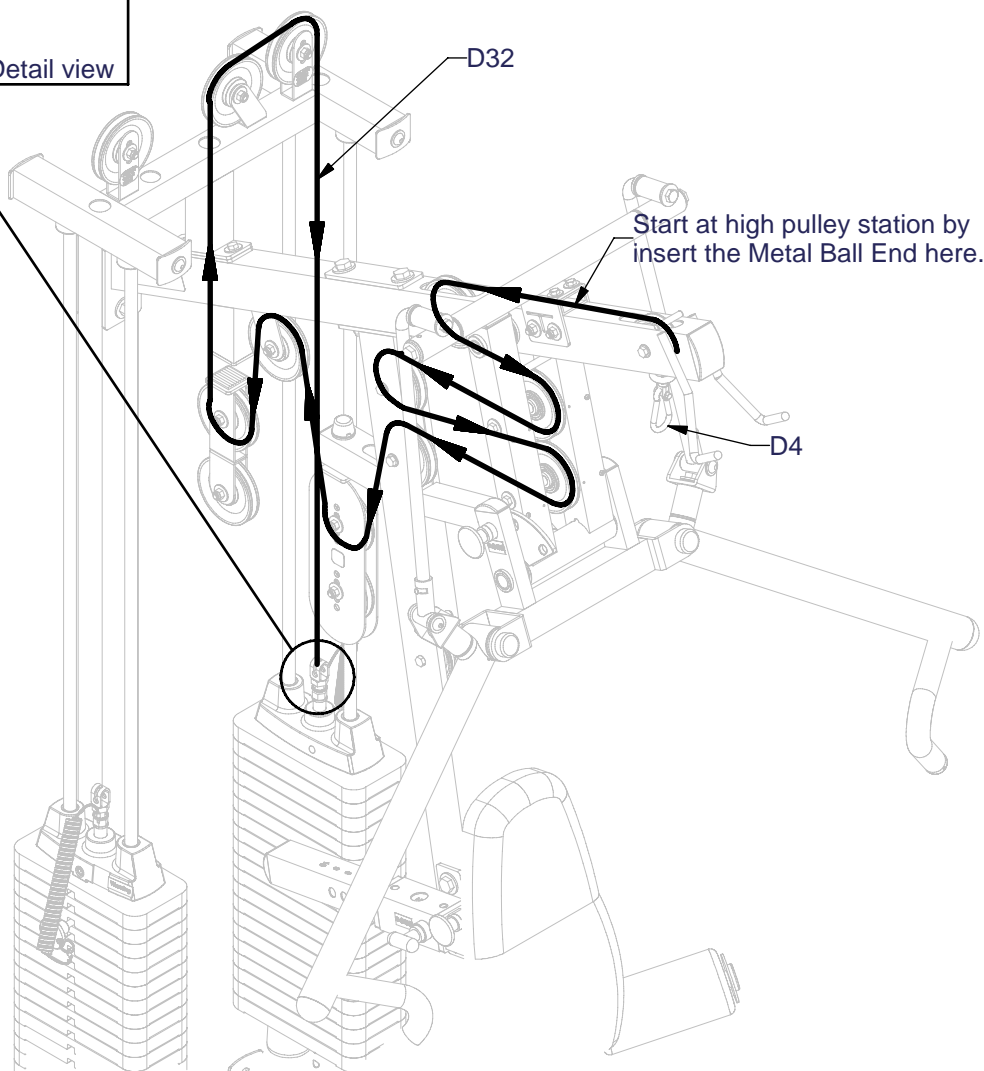
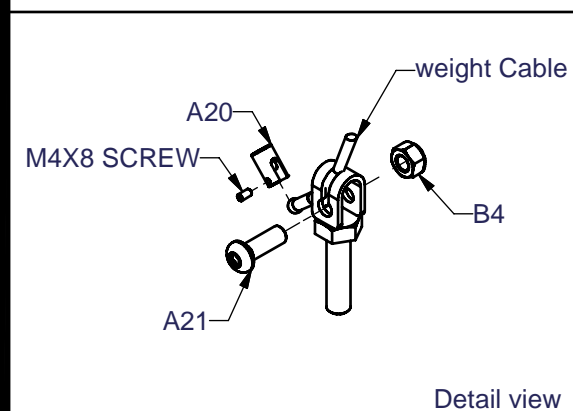


Above show STEP 13
assembled and completed



G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration

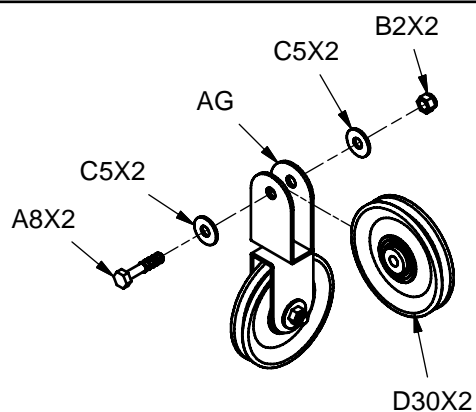


D32



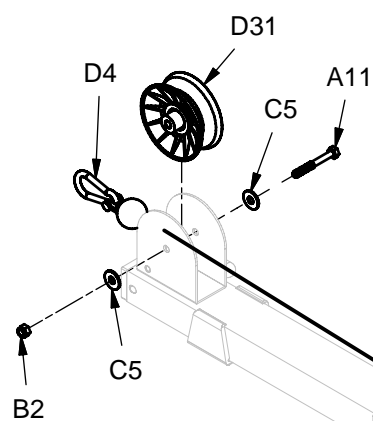
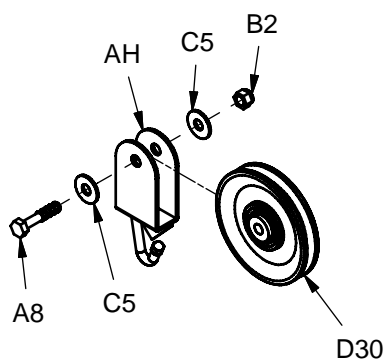
G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration

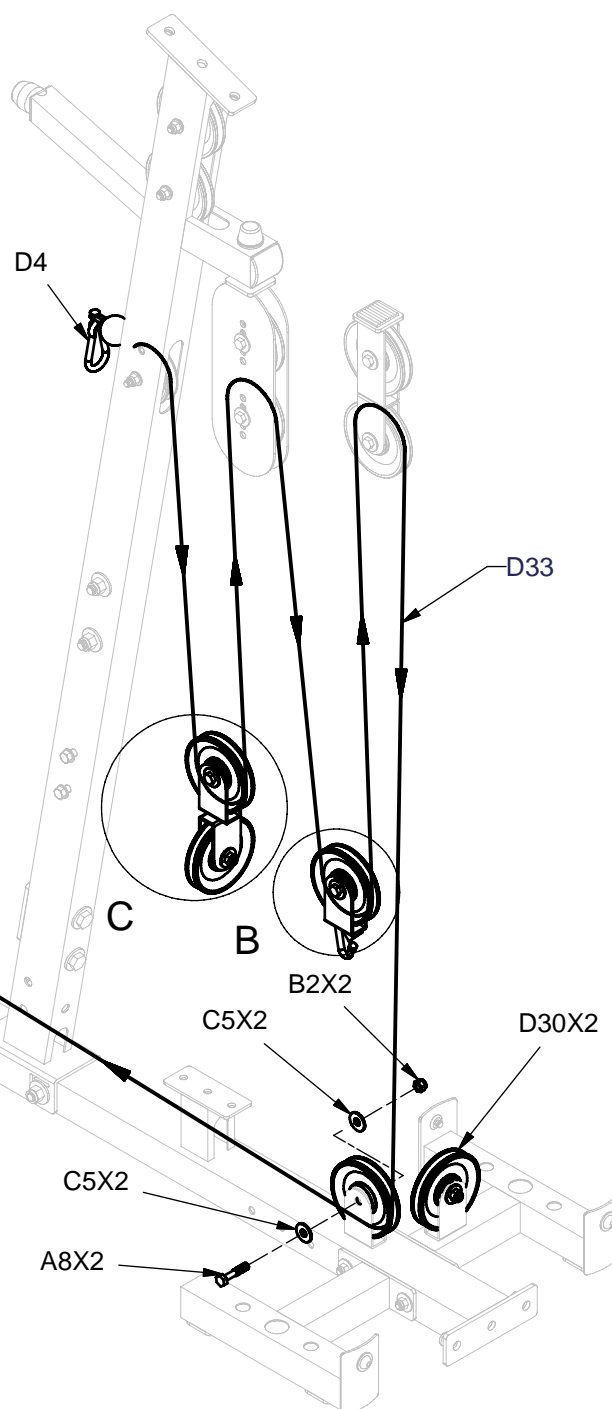


Detail C

Detail B



D33



G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration

D34



D35



M10X16L ROUND BOLT x2

M10 WASHER x2

A8X2

C5X2

D30X2

C5X2

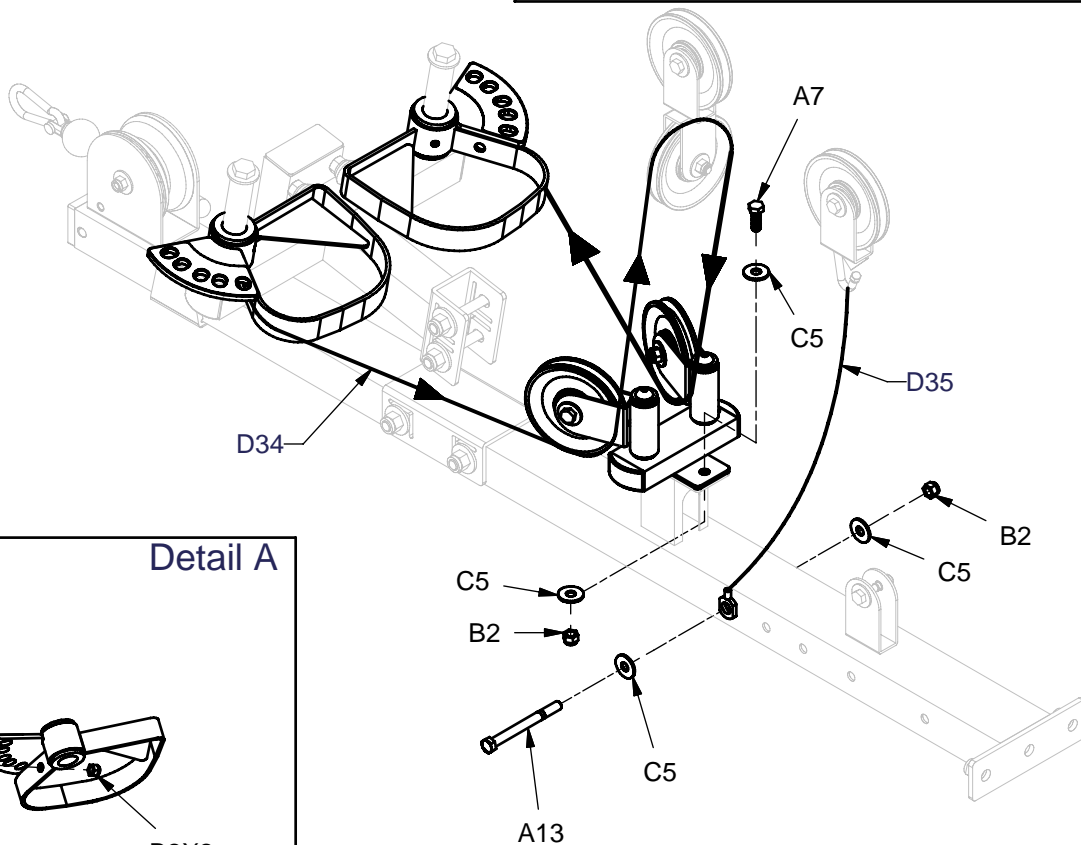
B2X2

D8X2

AKX2

AJ

Detail B



Detail A

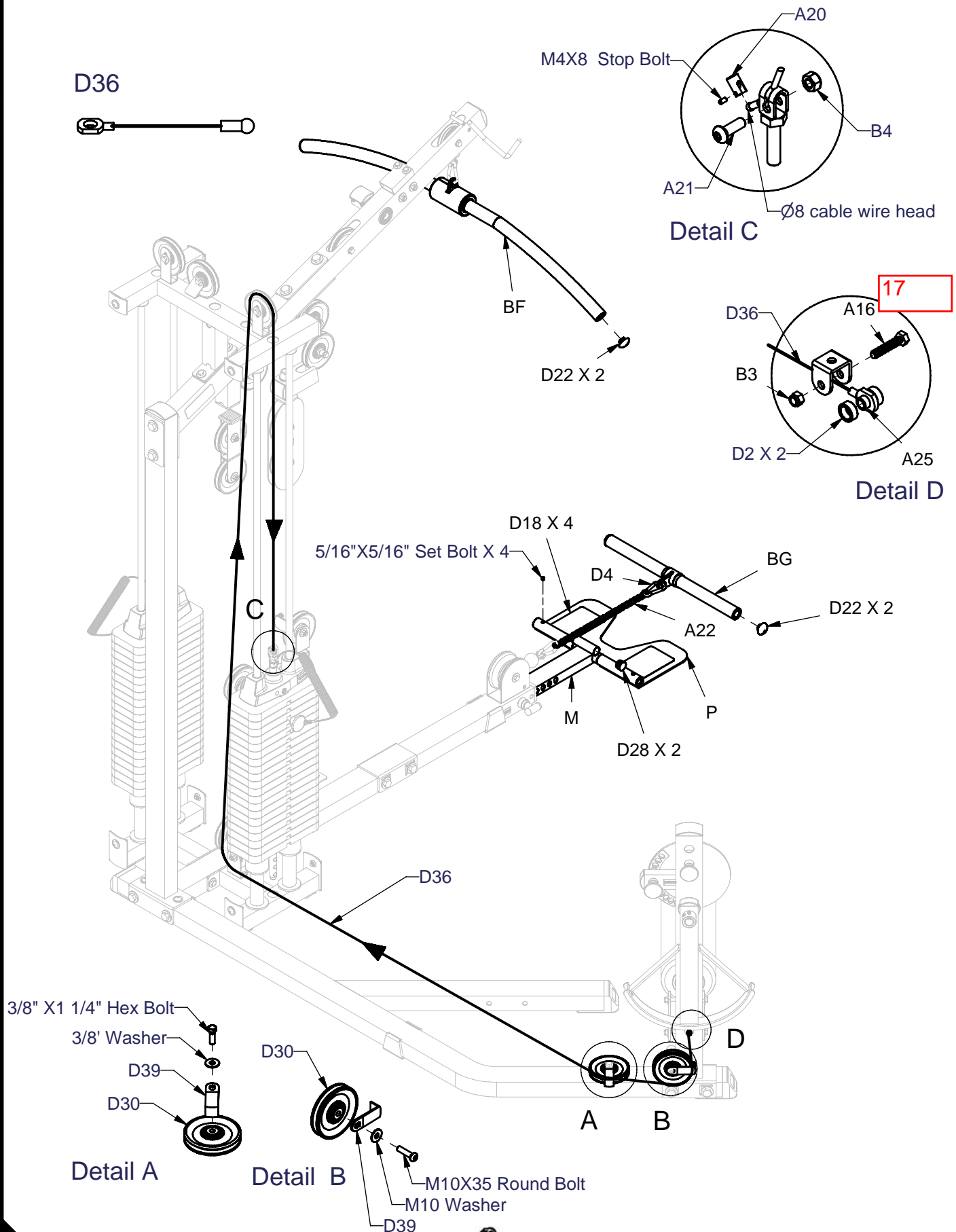
A7X2

B2X2

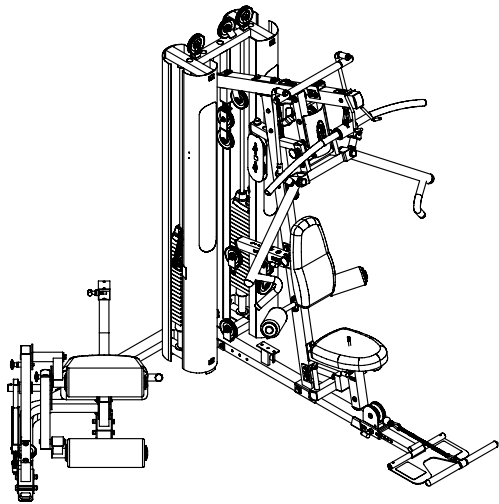
D34

G10B ASSEMBLY INSTRUCTIONS

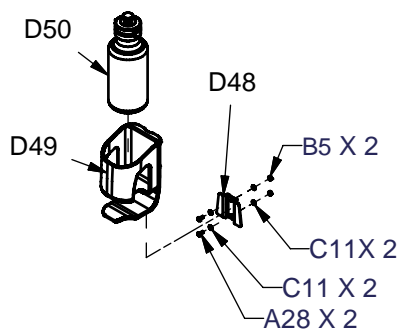
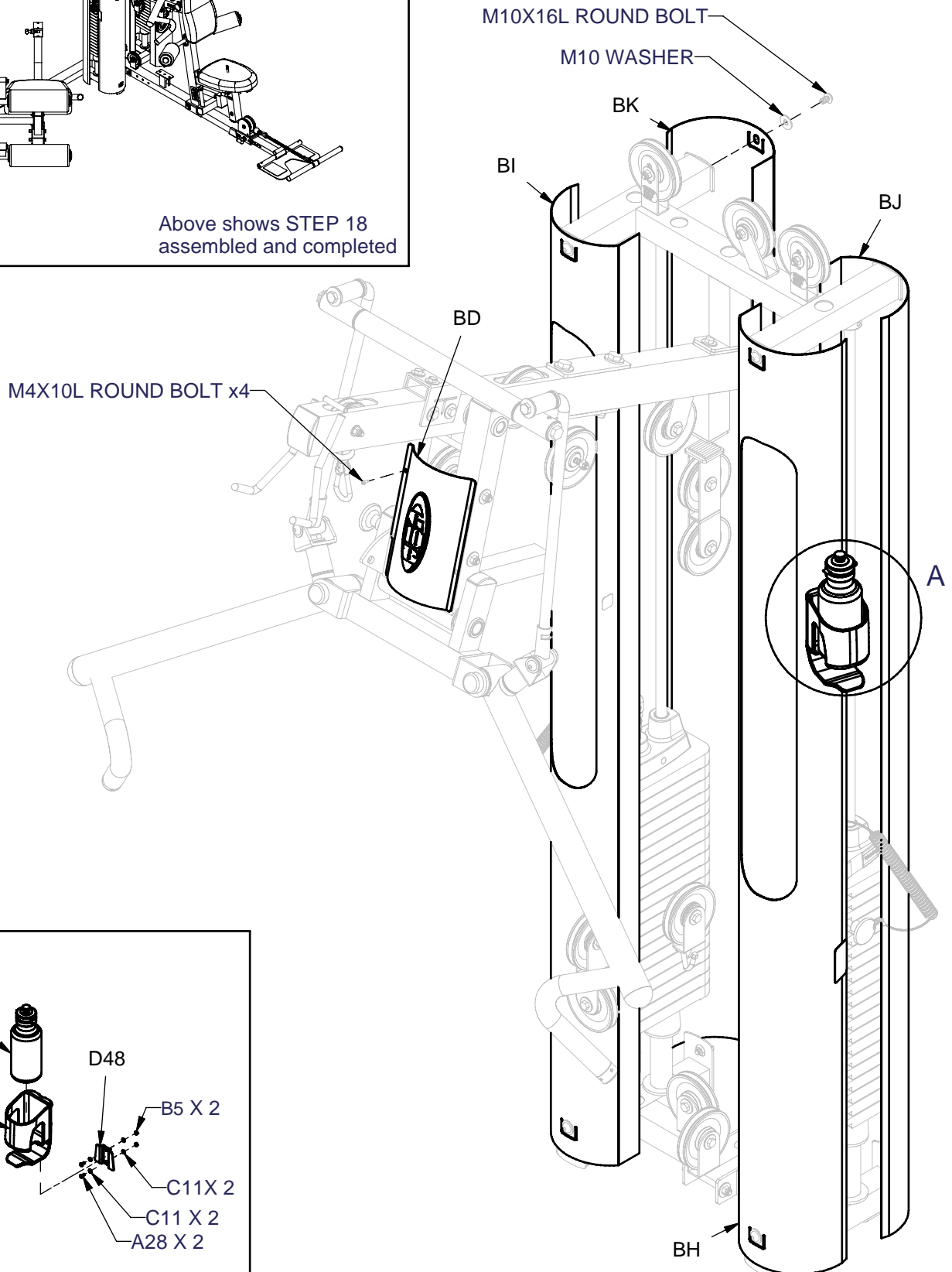
Cable to match illustration



G10B ASSEMBLY INSTRUCTIONS



Above shows STEP 18
assembled and completed



Detail A