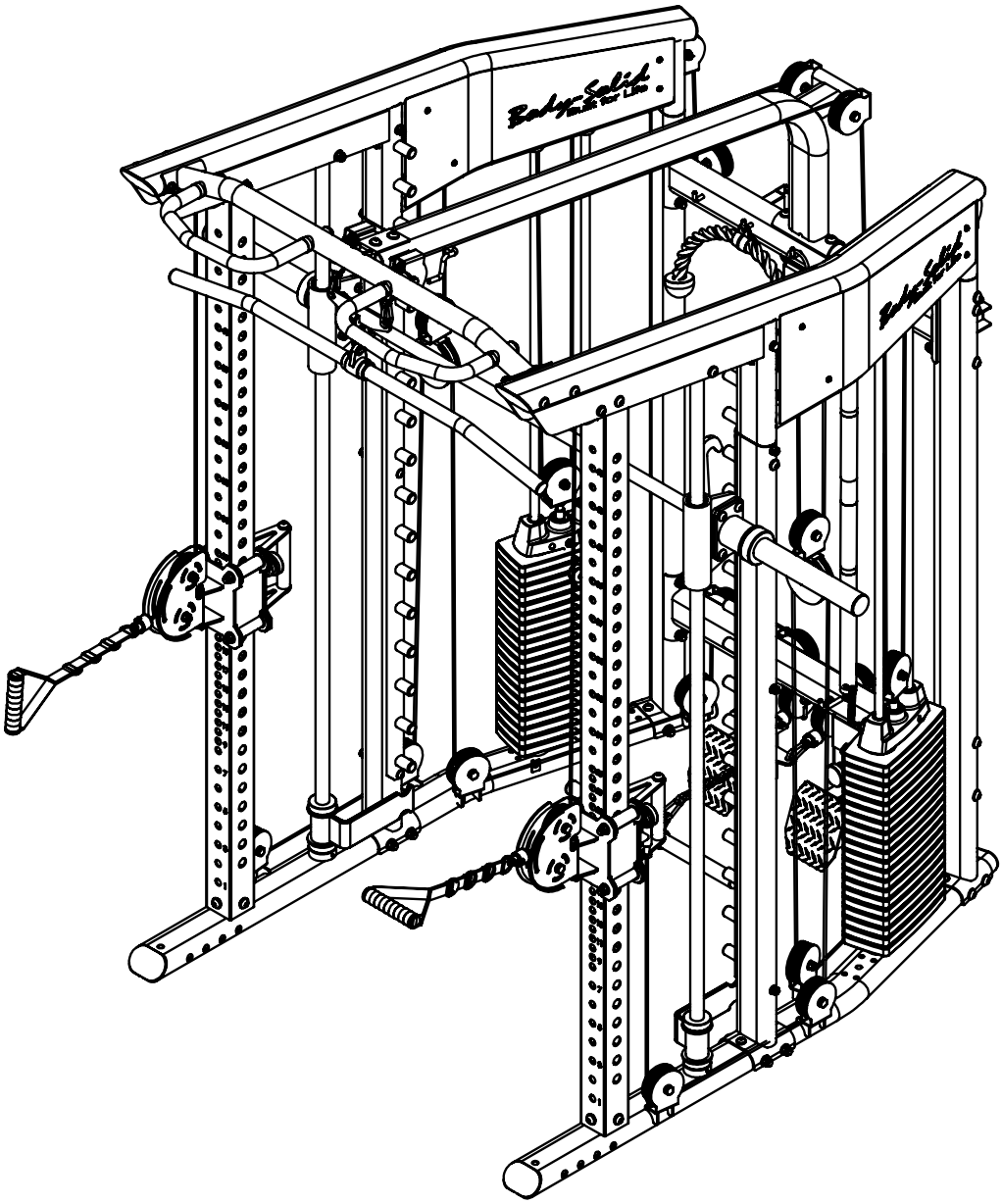
Body-Solid®

Built for Life



GSFR100

Assembly & Instructions

OWNER'S MANUAL

V. GSFR100-20260615

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 this 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. **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

DANGER

MAXIMUM 1 USER AT A TIME

Usage by two or more users is not permitted at any time.
Death or serious injuries will result with improper exercise.
Use only the weight stack supplied by the manufacturer.
DO NOT add additional resistance, unauthorized accessories or attachments to the machine.
Never pin the weight stack or top plate into an elevated position.

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

Bolt machine to the ground before use

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Important Safety Instructions

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

Il est conseille de subir un examen medical complet avant d'entreprendre tout programme d'exercise. Si vous avez des etourdissements ou des faiblesses, arretez les exercices immediatement.

Antes de comenzar cualquier programma de ejercicios, deberias tener un examen fisico con su doctor.

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

- Read all instructions before using the **GSFR100**. 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.
- 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.

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 the **GSFR100** on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The **GSFR100** 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 **Smith Functional Trainer Rack.**

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 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
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. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

Preparation

Thank you for purchasing the **GSFR100**. This Product is part of the Body-Solid line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

Required Tools

The basic tools that you must obtain before assembling the **GSFR100** include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

Installation Requirements

Follow these installation requirements when assembling the **GSFR100**:

Set up the **GSFR100** on a solid, flat surface. A smooth, flatsurface 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 the warranty card.

Assembly Tips

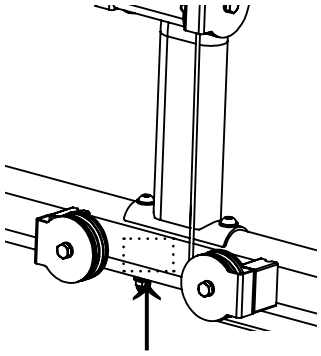
Read all "Notes" on each page before beginning each step.

While you may be able to assemble the **GSFR100** 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: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

CAUTION: Obtain assistance! If you feel like you can't assemble the **GSFR100** by yourself then do not attempt to do so as this could result in injury. Review the installation requirements before proceeding with the following steps.



Your S/N# can be found here

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

GSFR100 Parts & Hardware List

Part#	Qty	Description
A	1	RIGHT BASE FRAME
B	2	MIDDLE UPRIGHT
C	1	RIGHT REAR UPRIGHT
D	1	RIGHT TOP FRAME
E	2	PULLEY BRACKET
F	2	DOUBLE PULLEY BRACKET
G	1	CENTER LOWER CROSSMEMBER
H	2	FOOT SUPPORT
J	1	CENTER UPPER CROSSMEMBER
K	1	CENTER TOP FRAME
L	2	SMITH BAR CATCH PLATE
M	2	SMITH BAR SAFETY CATCH
N	2	SLIDING CARRIAGE
P	2	CHROME HANDLE BAR
Q	1	LEFT BASE FRAME
R	1	LEFT REAR UPRIGHT
S	1	LEFT TOP FRAME
T	1	LEFT HOOK
U	1	HIGH PULLEY CONNECTOR BRACKET
V	2	FRONT UPRIGHT
W	4	WEIGHT STACK GUIDE ROD
X	2	SMITH BAR GUIDE ROD
Y	1	SMITH BAR
Z	1	RIGHT OUTER SHROUD
AA	1	RIGHT INNER SHROUD
AB	1	RIGHT ADJUSTMENT PLATE
AC	1	LEFT ADJUSTMENT PLATE
AD	1	LEFT OUTER SHROUD
AE	1	LEFT INNER SHROUD
AF	1	LOW PULLEY CONNECTOR BRACKET
AG	8	U BRACKET
AH	1	SMITH BAR RIGHT CARRIAGE
AI	2	ROUND COVER
AJ	2	WEIGHT HORN

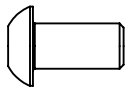
GSFR100 Parts & Hardware List

Part#	Qty	Description
AK	1	SMITH BAR LEFT CARRIAGE
AL	1	FRONT CROSSMEMBER
AM	2	PULL UP BAR
AN	2	DOUBLE SWIVEL PULLEY BRACKET
AO	1	RIGHT HOOK
AP	12	L BRACKET
1	4	SPACER BUSHING, ø22 x ø10.5 x 30mm
2	4	SPACER BUSHING, ø22 x ø12.5 x 30mm
3	8	ROLLER WITH BEARINGS, ø50 x ø13 x 87mm
4	8	BUSHING, ø25 x ø20.8 x ø12.5 x 10mm
5	44	PULLEY, ø90mm
6	2	PULLEY, ø117mm
7	4	RUBBER DONUT
8	2	WEIGHT SELECTOR PIN WITH LANYARD
9	4	POP PIN
10	2	TOP PLATE
11	2	WEIGHT SELECTOR ROD
12	4	SHAFT COLLAR
13	4	RUBBER BUMPER, ø60 x ø30.5 x 17mm
14	9	SNAP LINK
15	1	STEEL CHAIN, 10PCS
16	1	ANKLE CUFF
17	1	TRICEP ROPE
18	1	DOUBLE SWIVEL BAR
19	2	STRAP HANDLE
20	1	LAT BAR
21	1	STRAIGH BAR
22	4	BEARING, 6906ZZ
23	4	LINEAR BEARING, LM30UU
24	2	TOP CABLE, 8620mm
25	2	LOW CABLE, 4850mm
26	6	CABLE CONNECTOR
27	6	ACCESSORY CONNECTOR

Part#	Qty	Description
28	12	M6x12mm BUTTON HEAD CAP SCREW
29	2	WEIGHT HORN RUBBER DONUT
33	2	M8x50mm SOCKET HEAD CAP SCREW
34	2	M10x50mm SOCKET HEAD CAP SCREW
35	40	M10x50mm HEX HEAD BOLT
36	4	M10x115mm HEX HEAD BOLT
37	16	M6x15mm BUTTON HEAD CAP SCREW
38	16	M8x20mm BUTTON HEAD CAP SCREW
39	10	M10x25mm BUTTON HEAD CAP SCREW
40	2	M10x105mm BUTTON HEAD CAP SCREW
41	2	M10x115mm BUTTON HEAD CAP SCREW
42	6	M10x120mm BUTTON HEAD CAP SCREW
43	22	M12x30mm BUTTON HEAD CAP SCREW
44	8	M10x45mm BUTTON HEAD CAP SCREW
45	4	M12x40mm BUTTON HEAD CAP SCREW
46	4	M12x80mm BUTTON HEAD CAP SCREW
47	4	M12x105mm BUTTON HEAD CAP SCREW
48	2	M12x110mm BUTTON HEAD CAP SCREW
49	8	M12x120mm BUTTON HEAD CAP SCREW
50	14	M12x125mm BUTTON HEAD CAP SCREW
51	8	M12x130mm BUTTON HEAD CAP SCREW
52	2	CABLE CONNECTOR BOLT
53	22	M12 LOCK WASHER
54	10	M10 LOCK WASHER
55	18	M8 LOCK WASHER
56	106	M12 FLAT WASHER
57	132	M10 FLAT WASHER
58	16	M8 FLAT WASHER
59	16	M6 FLAT WASHER
60	8	M12 JAM NUT
61	40	M12 NYLON LOCK NUT

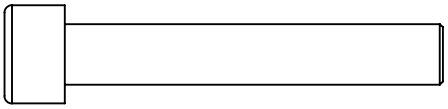
Part#	Qty	Description
62	62	M10 NYLON LOCK NUT
63	2	M8 NYLON LOCK NUT
64	2	M6x16mm SET SCREW
65	4	M8x8mm SET SCREW
66	4	RETAINER RING, ø45mm
67	4	M5x10mm FLAT HEAD CAP SCREW

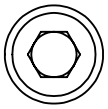
Part #28 BUTTON HEAD CAP SCREW M6x12mm QTY. 12



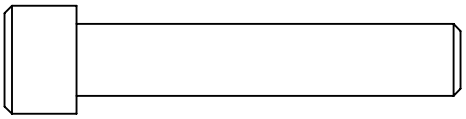


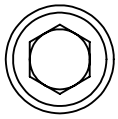
Part #33 SOCKET HEAD CAP SCREW M8x50mm QTY. 2



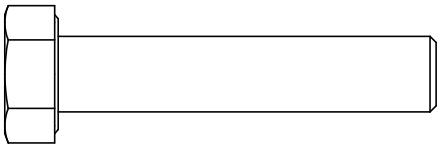


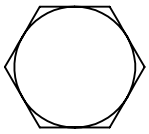
Part #34 SOCKET HEAD CAP SCREW M10x50mm QTY. 2



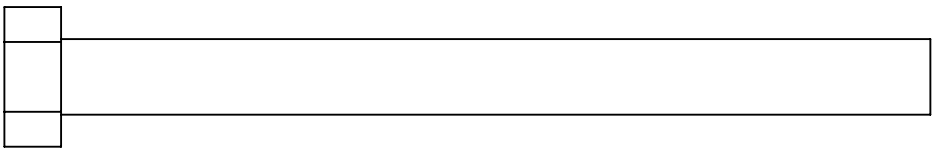


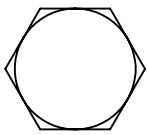
Part #35 HEX HEAD BOLT M10x50mm QTY. 40

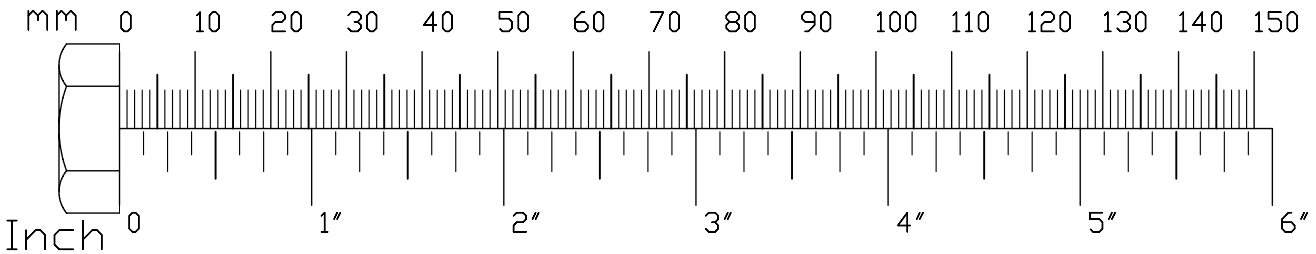




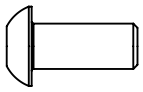
Part #36 HEX HEAD BOLT M10x115mm QTY. 4





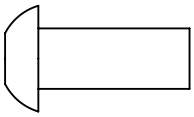


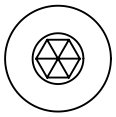
Part #37 BUTTON HEAD CAP SCREW M6x15mm QTY. 16



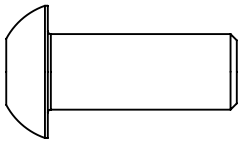


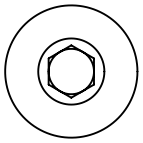
Part #38 BUTTON HEAD CAP SCREW M8x20mm QTY. 16



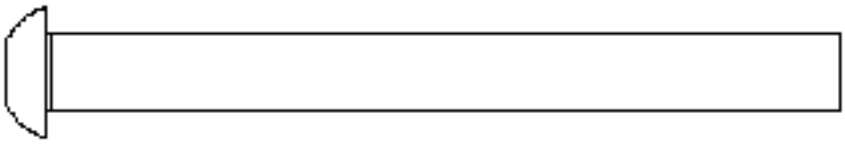


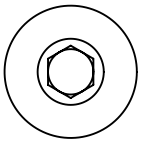
Part #39 BUTTON HEAD CAP SCREW M10x25mm QTY. 10



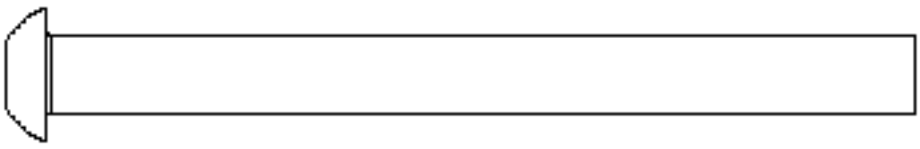


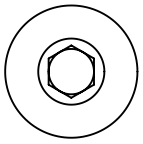
Part #40 BUTTON HEAD CAP SCREW M10x105mm QTY. 2

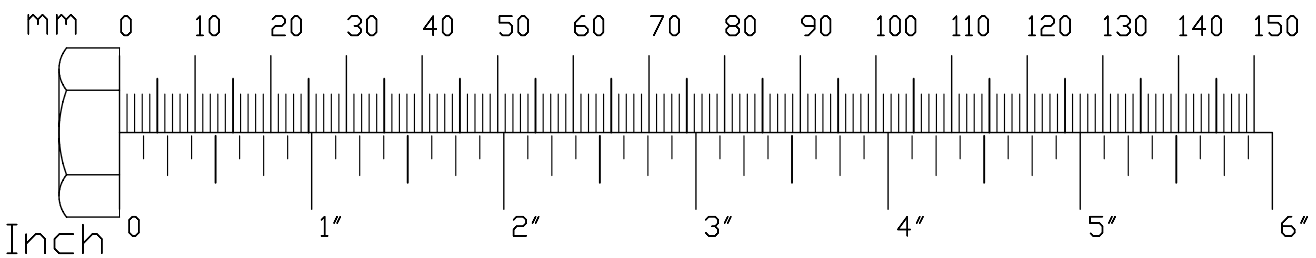




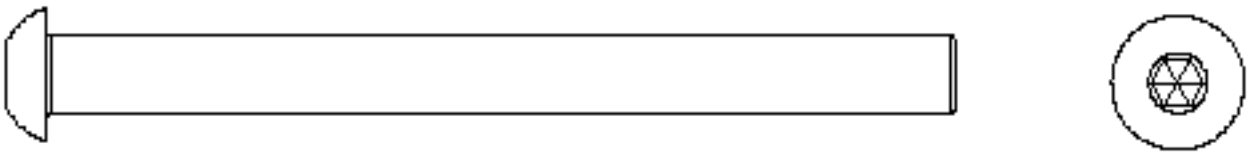
Part #41 BUTTON HEAD CAP SCREW M10x115mm QTY. 2







Part #42 BUTTON HEAD CAP SCREW M10x120mm QTY. 6



Part #43 BUTTON HEAD CAP SCREW M12x30mm QTY. 22



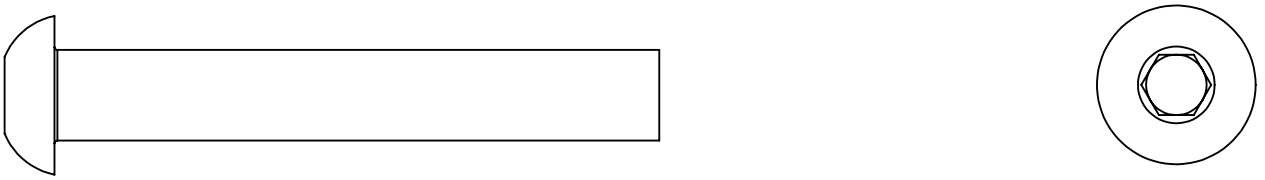
Part #44 BUTTON HEAD CAP SCREW M10x45mm QTY. 8

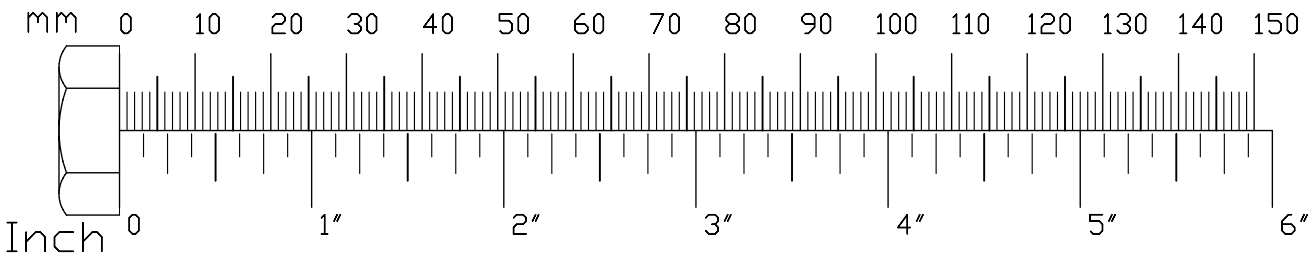


Part #45 BUTTON HEAD CAP SCREW M12x40mm QTY. 4

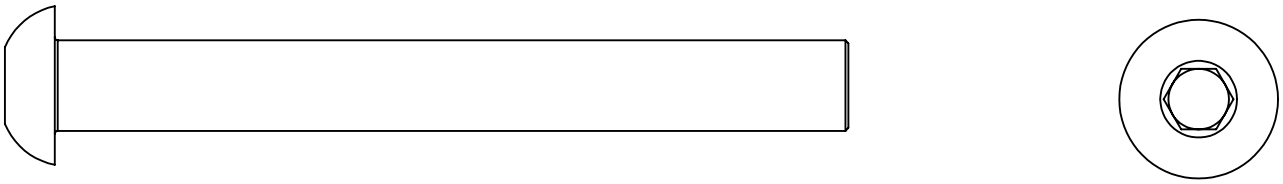


Part #46 BUTTON HEAD CAP SCREW M12x80mm QTY. 4

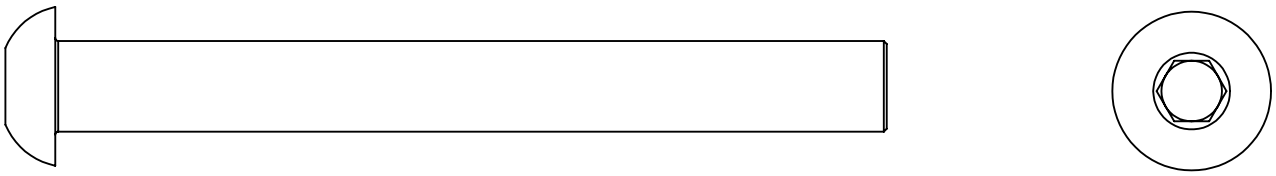




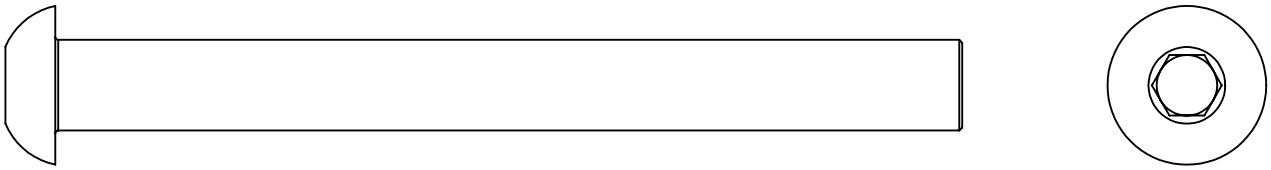
Part #47 BUTTON HEAD CAP SCREW M12x105mm QTY. 4



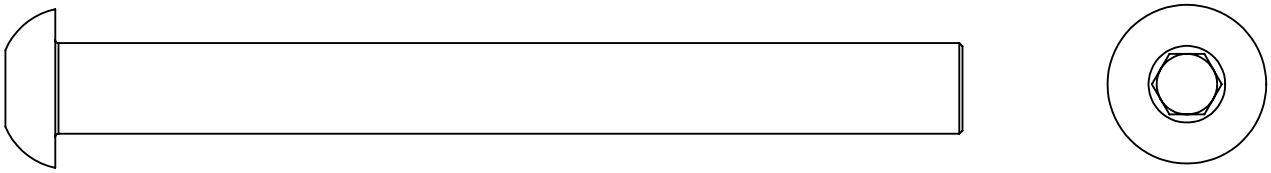
Part #48 BUTTON HEAD CAP SCREW M12x110mm QTY. 2



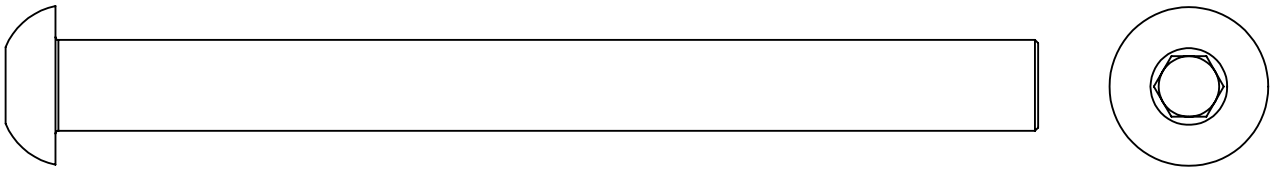
Part #49 BUTTON HEAD CAP SCREW M12x120mm QTY. 8

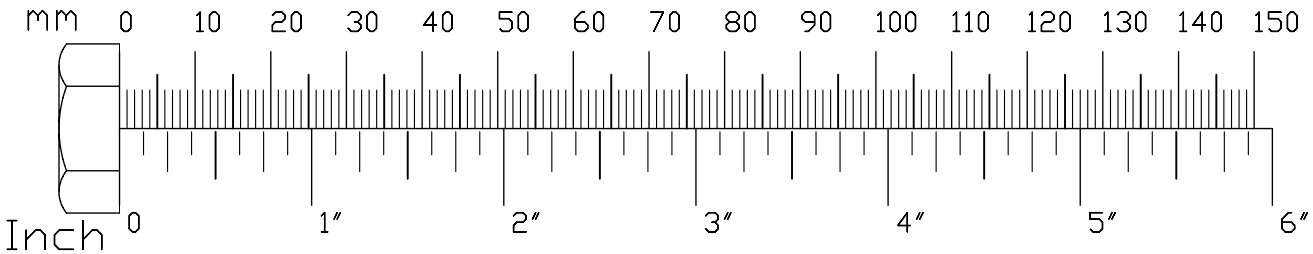


Part #50 BUTTON HEAD CAP SCREW M12x125mm QTY. 14

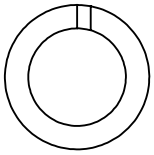


Part #51 BUTTON HEAD CAP SCREW M12x130mm QTY. 8



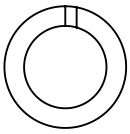


Part #53 LOCK WASHER M12 QTY. 22



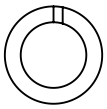


Part #54 LOCK WASHER M10 QTY. 10



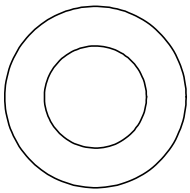


Part #55 LOCK WASHER M8 QTY. 18

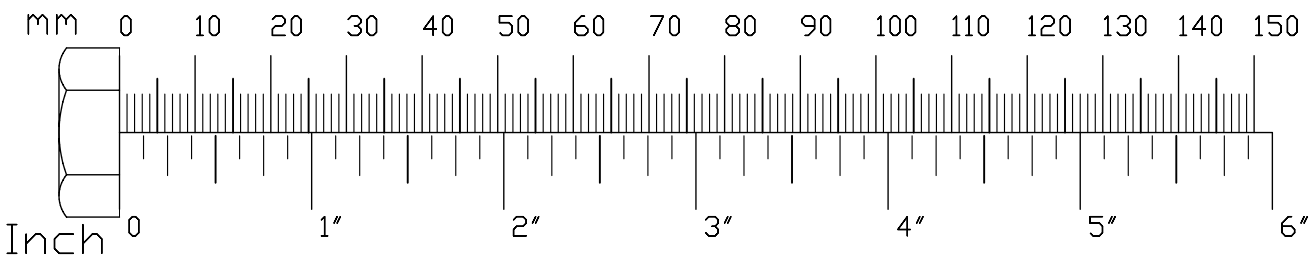




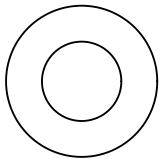
Part #56 FLAT WASHER M12 QTY. 106





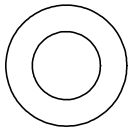


Part #57 FLAT WASHER M10 QTY. 132



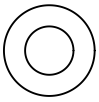


Part #58 FLAT WASHER M8 QTY. 16



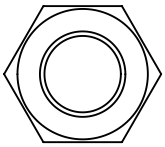


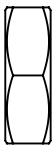
Part #59 FLAT WASHER M6 QTY. 16

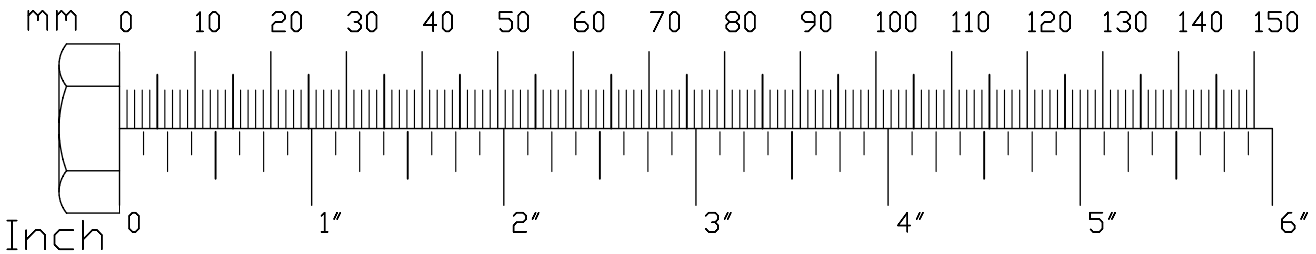




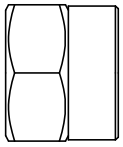
Part #60 JAM NUT M12 QTY. 8

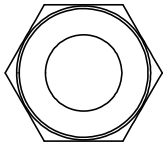




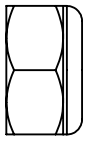


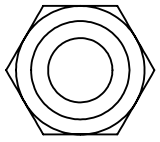
Part #61 NYLON LOCK NUT M12 QTY. 40



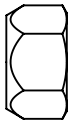


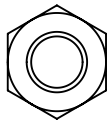
Part #62 NYLON LOCK NUT M10 QTY. 62



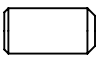


Part #63 NYLON LOCK NUT M8 QTY. 2

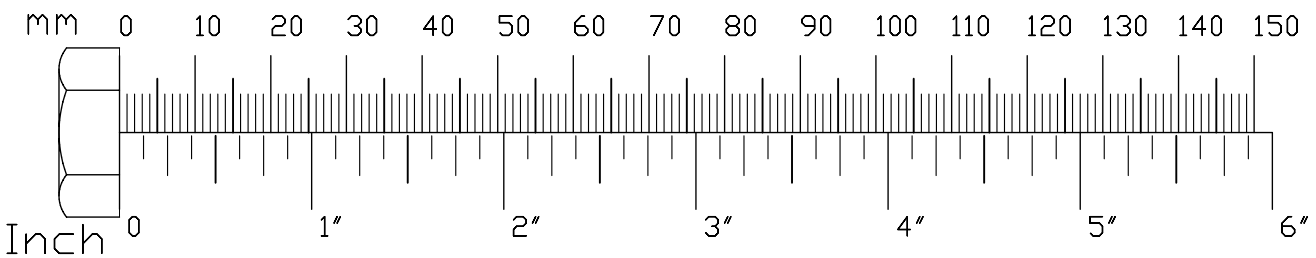




Part #64 SET SCREW M6x16mm QTY. 2







Part #65 SET SCREW M8x8mm QTY. 4

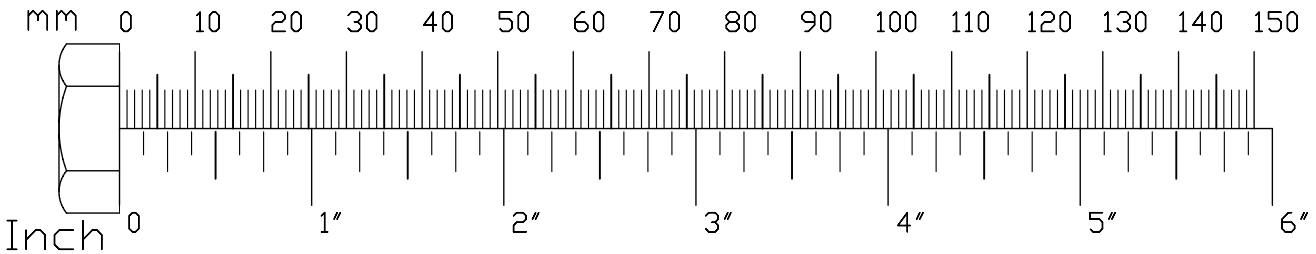




Part #67 FLAT HEAD CAP SCREW M5x10mm QTY. 4







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 instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

LEFT SIDE ASSEMBLY

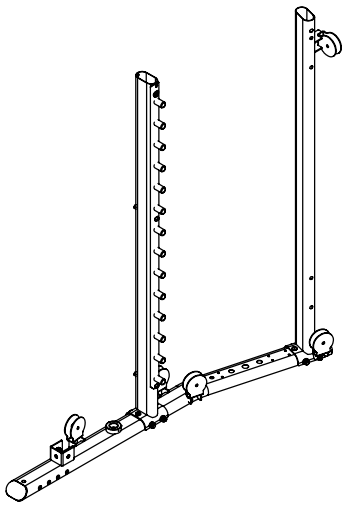
1A. Attach Middle Upright **(B)** to Left Base Frame **(Q)** using:

2 - (#51) M12x130mm Button Head Cap Screw
4 - (#56) M12 Washer
2 - (#61) M12 Nylon Lock Nut
2 - (#39) M10x25mm Button Head Cap Screw
2 - (#54) M10 Lock Washer
2 - (#57) M10 Washer

1B. Attach Left Rear Upright **(R)** to Left Base Frame **(Q)** using:

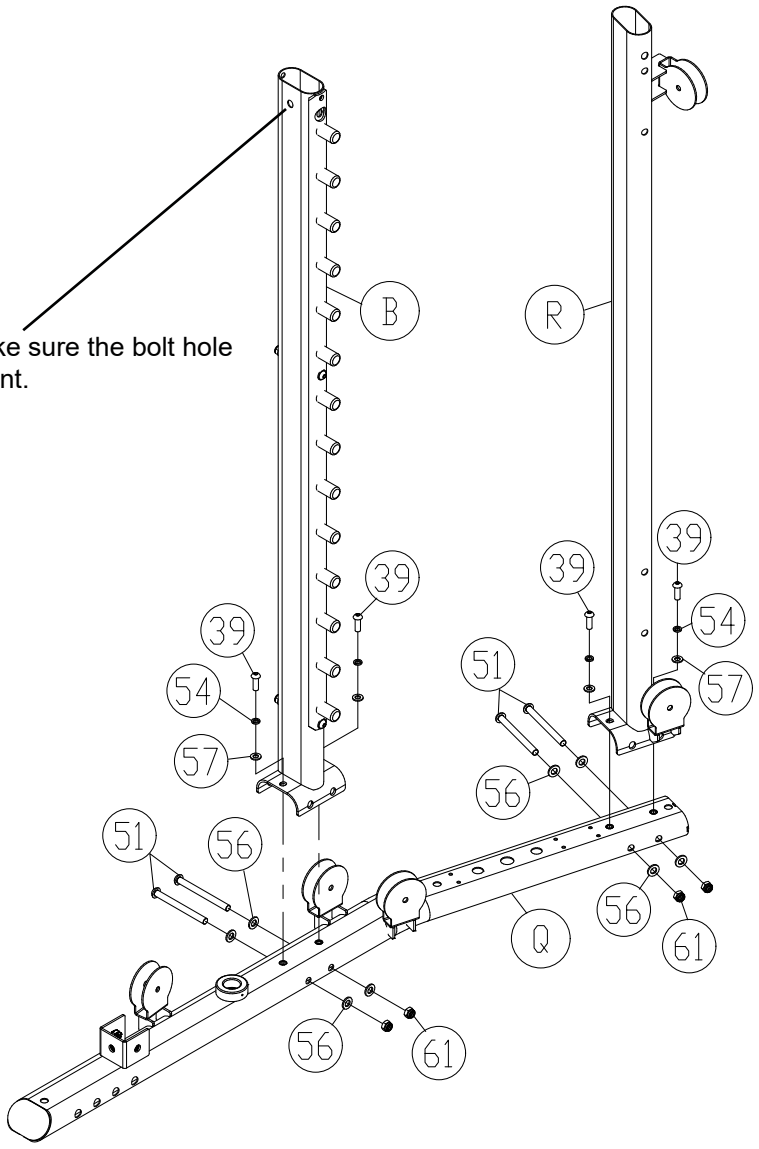
2 - (#51) M12x130mm Button Head Cap Screw
4 - (#56) M12 Washer
2 - (#61) M12 Nylon Lock Nut
2 - (#39) M10x25mm Button Head Cap Screw
2 - (#54) M10 Lock Washer
2 - (#57) M10 Washer

STEP 1



Above shows Step 1 assembled and completed.

NOTE: Please make sure the bolt hole face the front.



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 instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

RIGHT SIDE ASSEMBLY

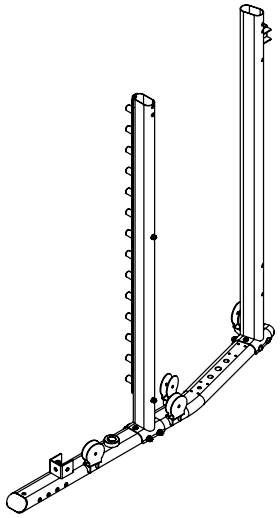
2A. Attach Middle Upright **(B)** to Right Base Frame **(A)** using:

2 - (#51) M12x130mm Button Head Cap Screw
4 - (#56) M12 Washer
2 - (#61) M12 Nylon Lock Nut
2 - (#39) M10x25mm Button Head Cap Screw
2 - (#54) M10 Lock Washer
2 - (#57) M10 Washer

2B. Attach Right Rear Upright **(C)** to Right Base Frame **(A)** using:

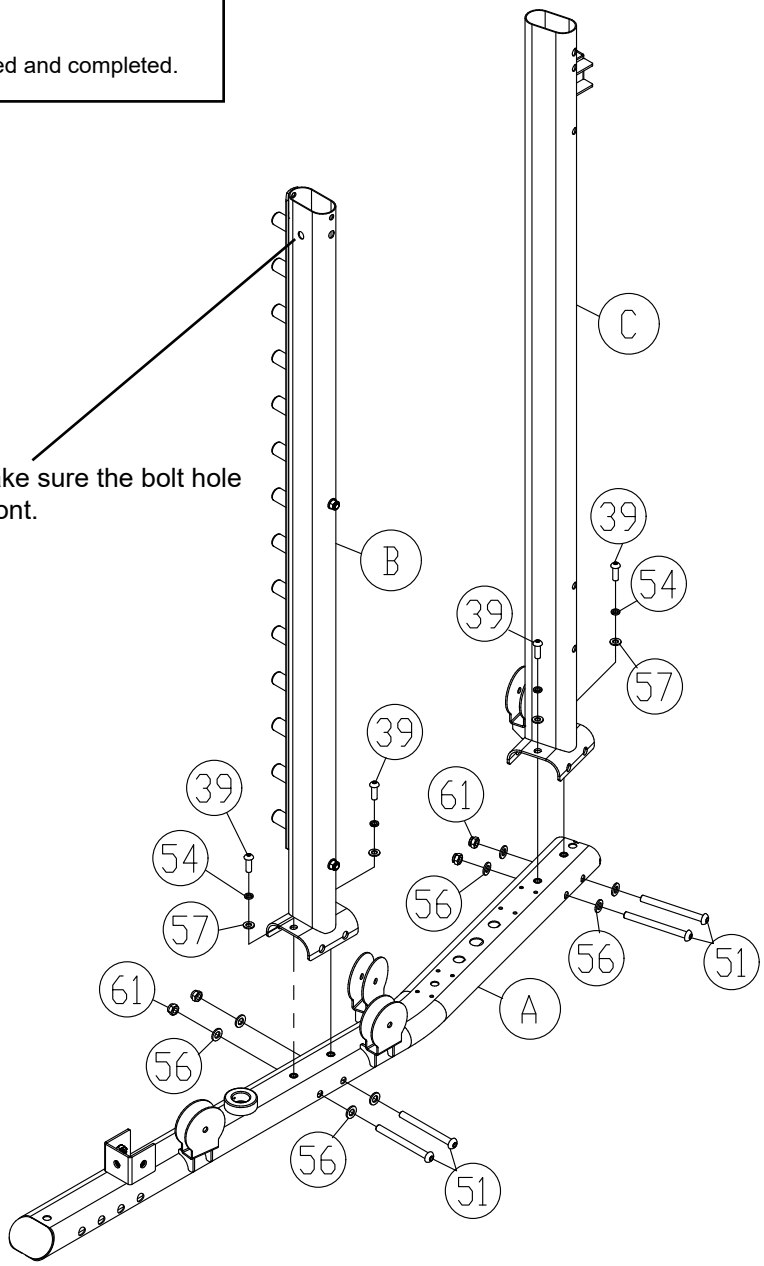
2 - (#51) M12x130mm Button Head Cap Screw
4 - (#56) M12 Washer
2 - (#61) M12 Nylon Lock Nut
2 - (#39) M10x25mm Button Head Cap Screw
2 - (#54) M10 Lock Washer
2 - (#57) M10 Washer

STEP 2



Above shows Step 2 assembled and completed.

NOTE: Please make sure the bolt hole face the front.



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 instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.L

3A. Attach Center Upper Crossmember **(J)** to Left & Right Rear Upright **(R & C)** using:

4 - (#50) M12x125mm Button Head Cap Screw
8 - (#56) M12 Washer
4 - (#61) M12 Nylon Lock Nut

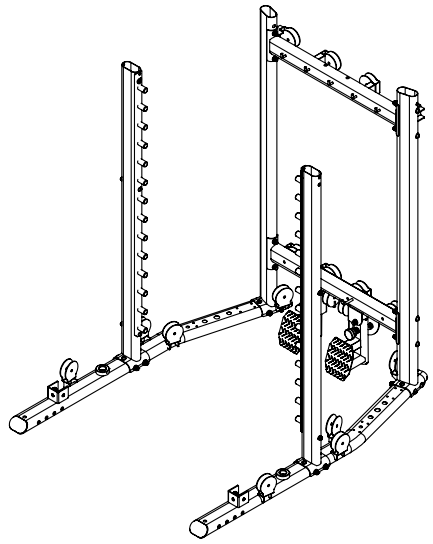
3B. Attach Center Lower Crossmember **(G)** to Left & Right Rear Upright **(R & C)** using:

4 - (#50) M12x125mm Button Head Cap Screw
8 - (#56) M12 Washer
4 - (#61) M12 Nylon Lock Nut

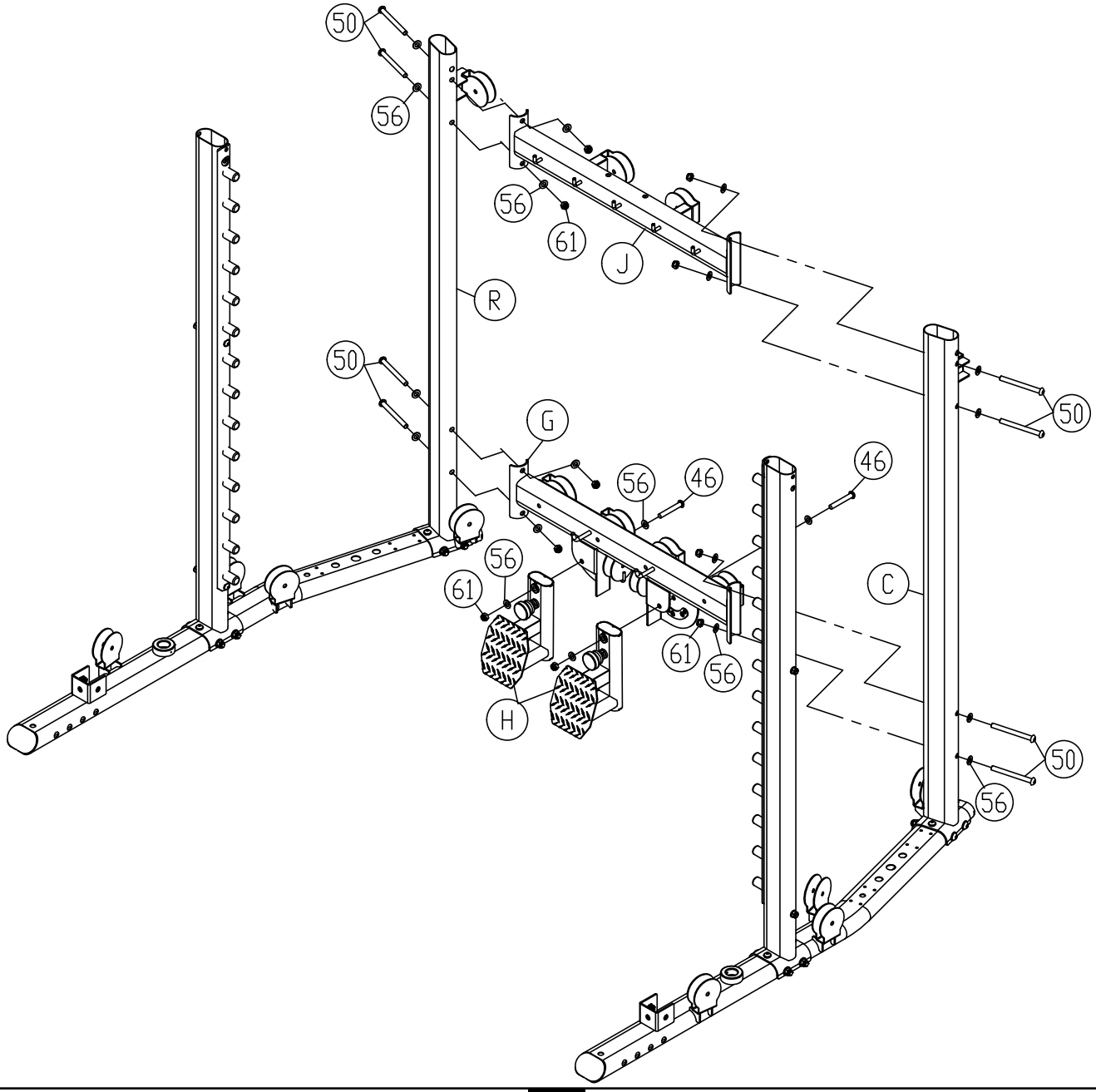
3C. Attach Foot Supports **(H)** to Center Lower Crossmember **(G)** using:

2 - (#46) M12x80mm Button Head Cap Screw
8 - (#56) M12 Washer
4 - (#61) M12 Nylon Lock Nut

STEP 3



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 instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

4A. Insert Smith Bar Guide Rods **(X)** into Left & Right Base Frame **(A & Q).**

4B. Insert Rubber Bumpers **(#13)** into Each Guide Rods **(X).**

4C. Insert Smith Bar Safety Catches **(M)** into Each Guide Rods **(X).**

4D. Insert Rubber Bumpers **(#13)** into Each Guide Rods **(X).**

4E. Insert Smith Bar Assembly **(Y)** into Each Guide Rods **(X).**

4F. Secure Each Guide Rods **(X)** using M6x16mm Set Screws **(#64).**

4G. Attach Front Uprights **(V)** to Left & Right Base Frames **(A & Q)** using:

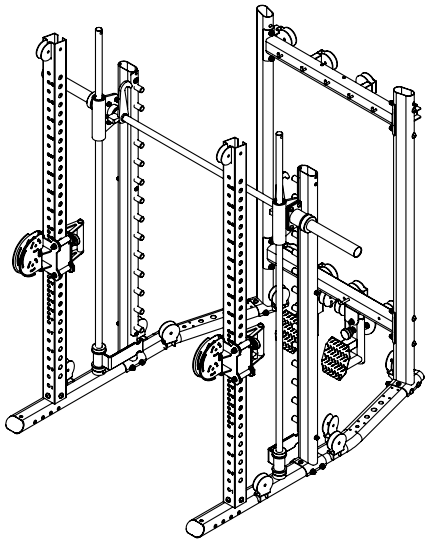
6 - (#43) M12x30mm Button Head Cap Screw
6 - (#53) M12 Lock Washer
6 - (#56) M12 Washer

4E. Insert Sliding Carriages **(N1 & N2)** into Each Front Uprights **(V).**

IMPORTANT NOTE:

Please make sure the Cable Connector of the Sliding Carriage (N1 & N2) is faced outside of the machine for both Left and Right Sides. Refer Step 4 Drawing.

STEP 4



Above shows Step 4 assembled and completed.

STEP 5

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 instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

5A. Attach Left Top Frame **(S)** to Left Rear Upright **(R)** using:

3 - (#43) M12x30mm Button Head Cap Screw
3 - (#53) M12 Lock Washer
3 - (#56) M12 Washer

5B. Attach Left Top Frame **(S)** to Middle Upright **(B)** using:

3 - (#43) M12x30mm Button Head Cap Screw
3 - (#53) M12 Lock Washer
3 - (#56) M12 Washer

5C. Attach Smith Bar Catch Plate **(L)** to Middle Upright **(B)** using:

1 - (#42) M10x120mm Button Head Cap Screw
2 - (#57) M10 Washer
1 - (#62) M10 Nylon Lock Nut

5D. Attach Left Top Frame **(S) to** Smith Bar Guid Rod **(X)** using:

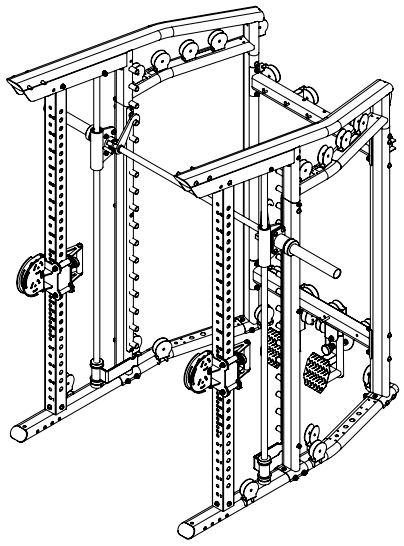
1 - (#47) M12x105mm Button Head Cap Screw
2 - (#56) M12 Washer
1 - (#61) M12 Nylon Lock Nut
2 - (#2) Spacing

5E. Attach Left Top Frame **(S) to** Front Upright **(V)** using:

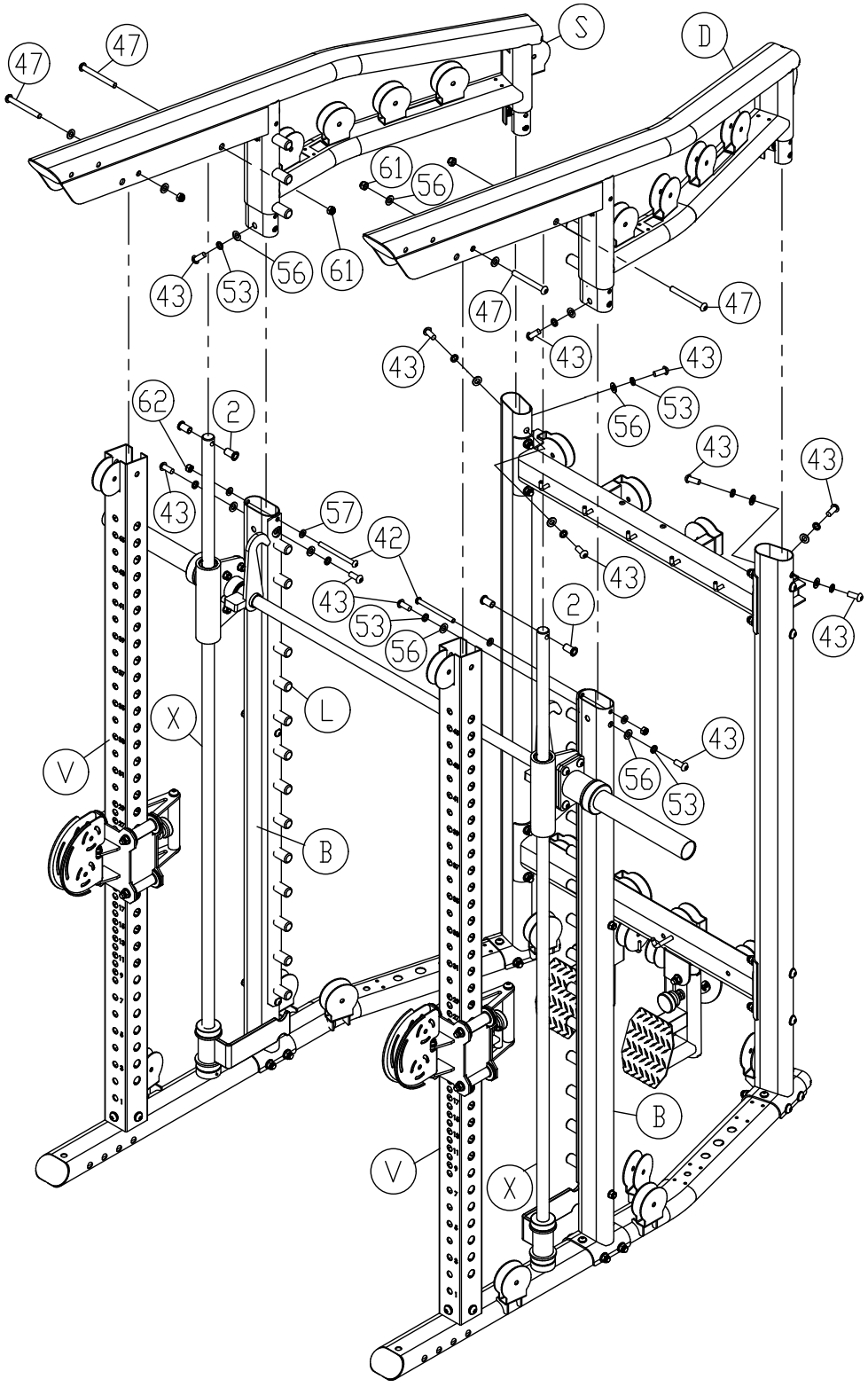
1 - (#47) M12x105mm Button Head Cap Screw
2 - (#56) M12 Washer
1 - (#61) M12 Nylon Lock Nut

5F. Repeat the Same Steps **(5A to 5E)** on the Right side of the machine.

STEP 5



Above shows Step 5 assembled and completed.



STEP

6

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

NOTE:

Wrench tighten ALL hardware at the end of STEP 6E. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

6A. Attach Front Crossmember **(AL)** to Top Frames **(D &S)** using:

4 - (#50) M12x125mm Button Head Cap Screw
8 - (#56) M12 Washer
4 - (#61) M12 Nylon Lock Nut

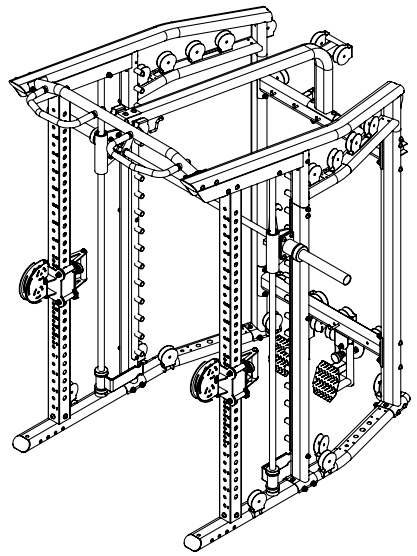
6B. Attach Center Top Frame **(K)** to Center Upper Crossmember **(J)** using:

2 - (#50) M12x125mm Button Head Cap Screw
4 - (#56) M12 Washer
2 - (#61) M12 Nylon Lock Nut

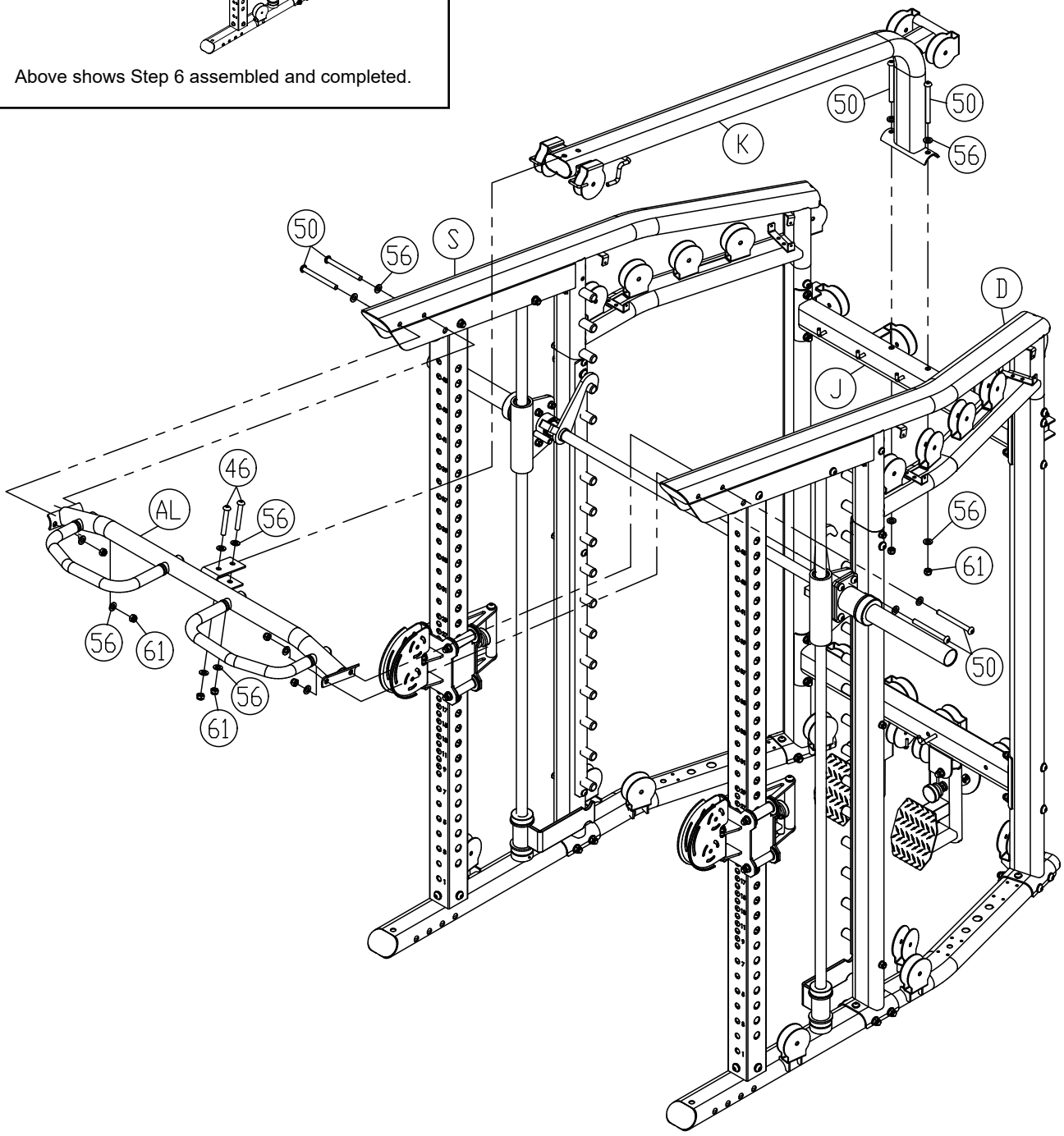
6C. Attach Front Crossmember **(AL)** to Center Top Frames **(K)** using:

2 - (#46) M12x80mm Button Head Cap Screw
4 - (#56) M12 Washer
2 - (#61) M12 Nylon Lock Nut

STEP 6



Above shows Step 6 assembled and completed.



STEP 7

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

NOTE:

Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

IMPORTANT NOTE:

If Weight Stack Shrouds (GSFR100SH) are to be installed, please refer to the GSFT100SH manuals and start the installation of the U Brackets before you install the weight plates.

7A. Install Chrome Guide Rods **(W)** into the holes in the Base Frame **(Q).**

7B. Attach Weight Selector Rod **(#11)** to Top Plate **(#10)** using:
1 - (#34) M10x50mm SOCKET HEAD CAP SCREW
1 - (#54) M10 LOCK WASHER

7C. Install Rubber Donuts **(#7)** and slide to the bottom of the Guide Rods

7D. Tilt Guide Rods **(W)** away from the Base Frame **(Q)** and install weight plates **(#70)**. Be careful to hold guide rods steadily when installing weight plates.

7E. Install Top Plate & Selector Rod Assembly **(#10)** onto the Guide Rods **(W)** .

7F. Install Weight Stack Pin (**#8)** using the key ring end through the Pulley Bracket **(E)**.

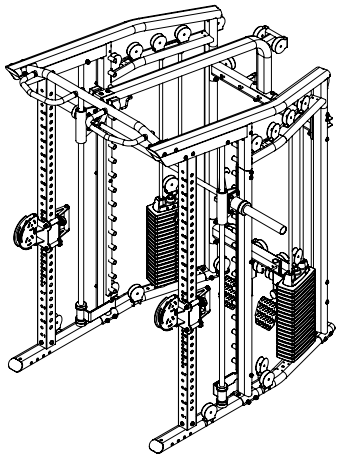
7G. Install two M12 Hex Nut **(#60)** and Pulley Bracket **(W)** onto the Top Plate **(#10)**.

7H. Install Shaft Collars **(#12)** onto the Guide Rods **(W)**

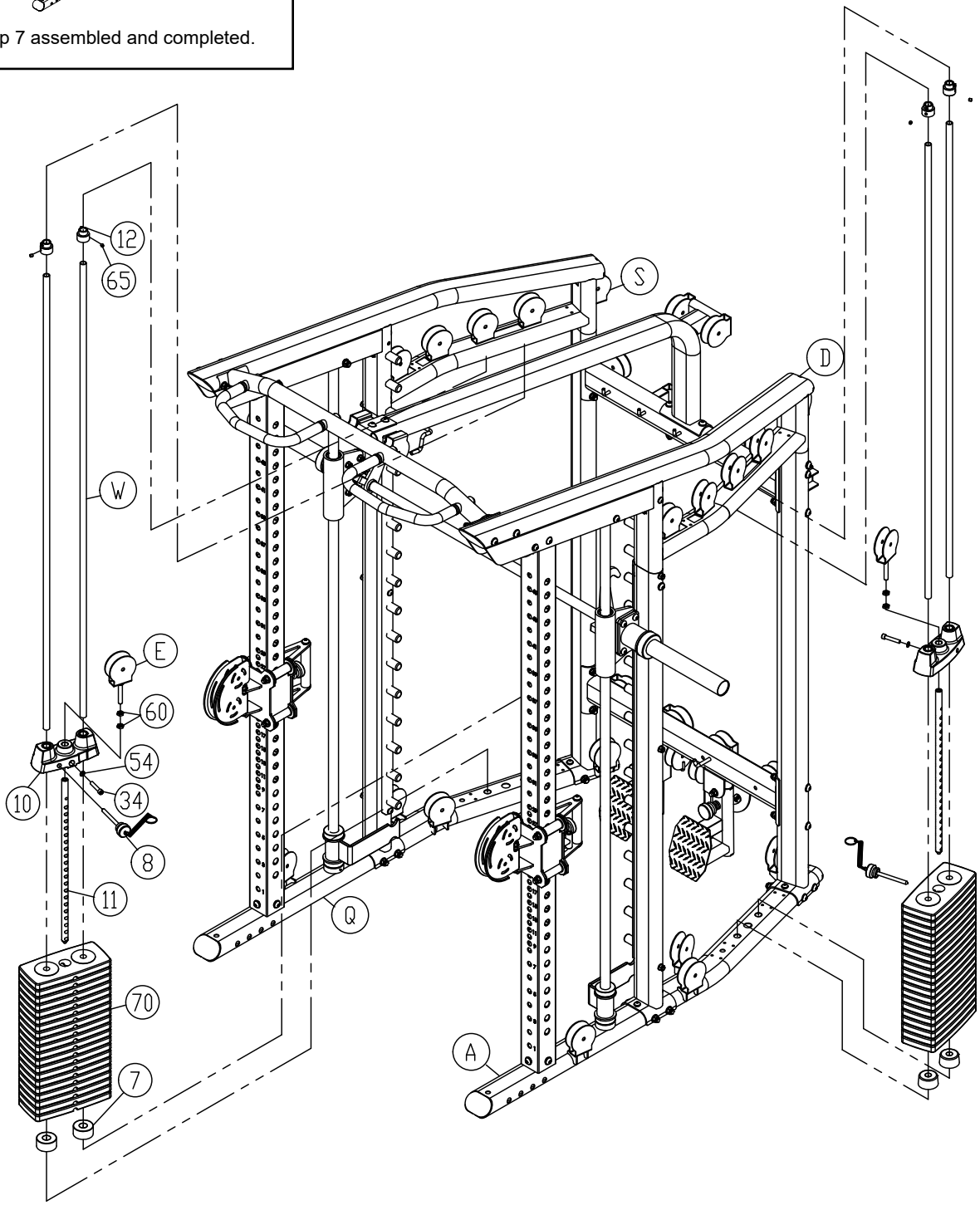
7J. Slide Shaft Collars **(#12)** upward against the Top Frame (S) and lock the guide rods into position by tightening the M8x8mm Set Screws **(#65).**

7K. Repeat the Same Steps **(7A to 7J)** on the other side of the machine.

STEP 7



Above shows Step 7 assembled and completed.



STEP 8

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

NOTE:

Wrench tighten ALL hardware at the end of STEP 8A. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench

NOTE #1: Some of the components are hidden to better illustrate the cable routing.

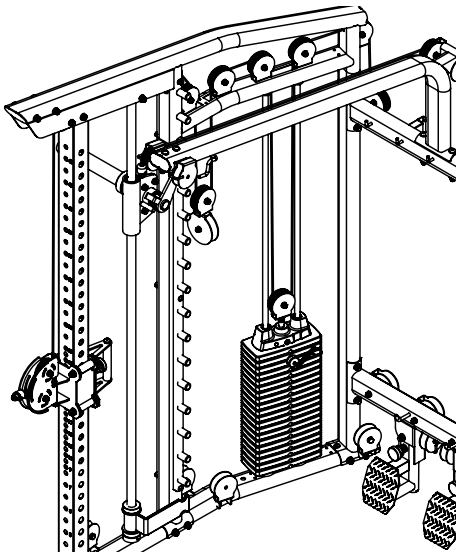
NOTE #2: In order to route the Cable (#24) correctly, please disassemble Cable Connector (#26) and Accessory Connector (#27) from one end of the Cable (#24) by removing two M6x12mm Button Head Cap Screws (#28)

After the Cable (#24) is installed in the machine, please assemble back the Cable Connector (#26) and Accessory Connector (#27) to the Cable (#24) using two M6x12mm Button Head Cap Screws (#28)

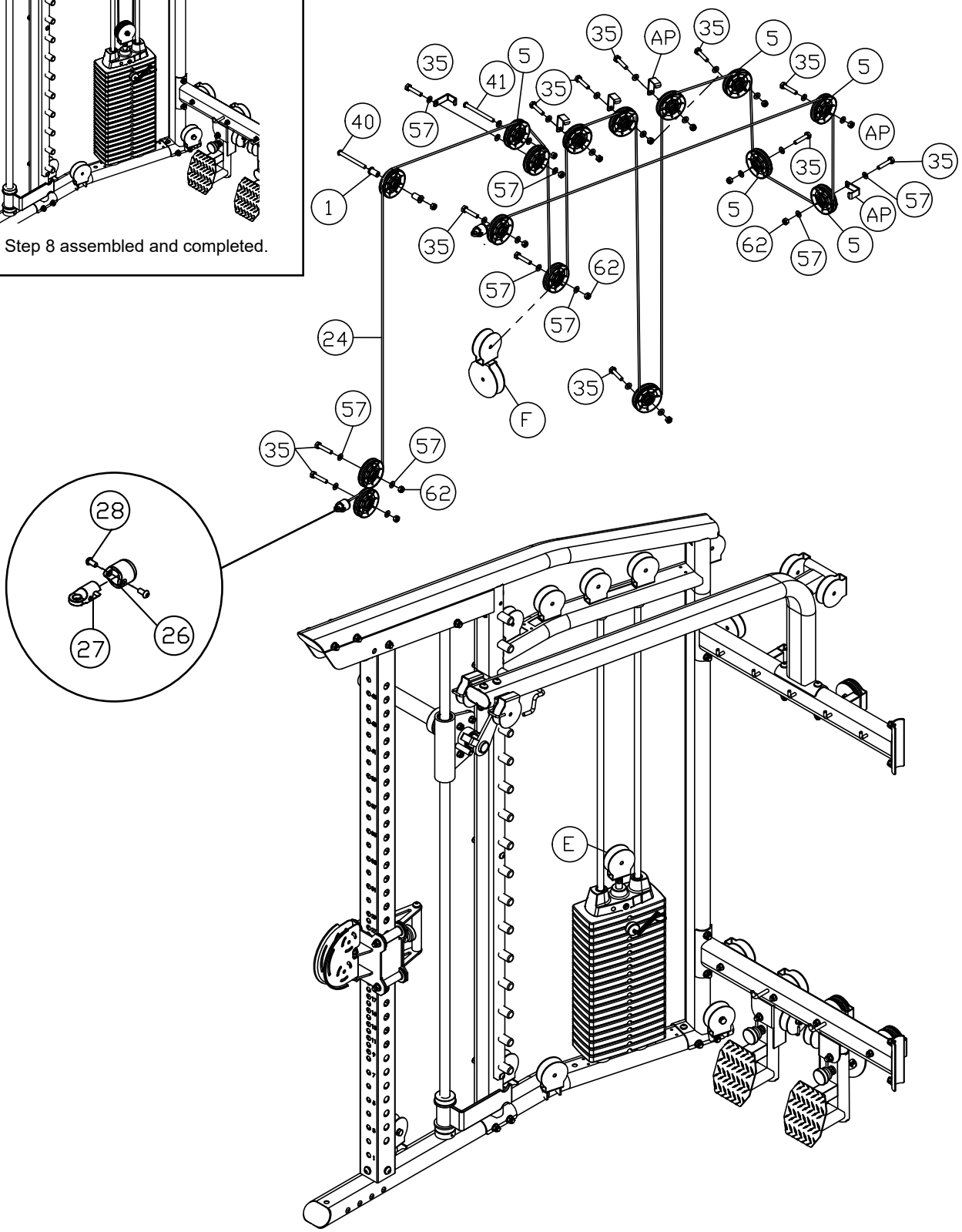
8A. Route Top Cable **(#24)** while installing fifteen ø90mm Pulleys **(#22)** on the right side of the machine as shown in STEP 9 drawing using:

13 - (#35) M10x50mm Hex Head Bolt
1 - (#40) M10x105mm Hex Head Bolt
1 - (#41) M10x115mm Hex Head Bolt
30 - (#57) M10 Washer
15 - (#62) M10 Nylon Lock Nut
1 - (F) Floating Pulley Bracket
1 - (E) Pulley Bracket
2 - (#1) Spacer Bushing
5 - (AP) L Bracket

STEP 8



Above shows Step 8 assembled and completed.



STEP 9

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

NOTE:

Wrench tighten ALL hardware at the end of STEP 9C. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench

NOTE #1: Some of the components are hidden to better illustrate the cable routing.

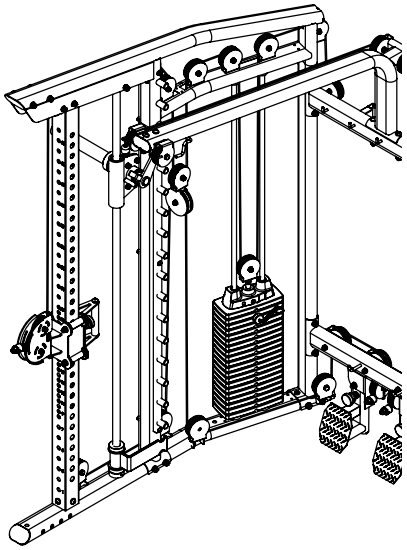
9A. Route Low Cable **(#25)** while installing Seven ø90mm Pulleys **(#5)** and One ø117mm Pulley **(#6)** on the Left side of the machine as shown in STEP 10 drawing using:

6 - (#35) M10x50mm Hex Head Bolt
2 - (#36) M10x115mm Hex Head Bolt
16 - (#57) M10 Washer
7 - (#62) M10 Nylon Lock Nut
1 - (F) Floating Pulley Bracket
1 - (AP) L Bracket

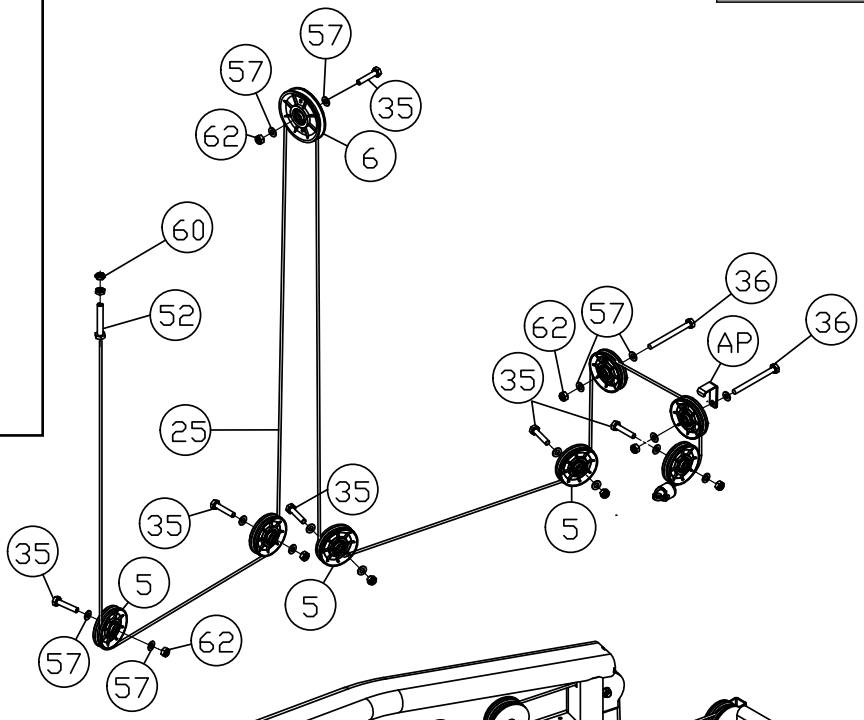
9B. Attach Low Cable **(#25)** to Cable Connector Bolt **(#52)** and screw in two M12 Hex Nuts **(#60)** into Cable Connector Bolt **(#28)**

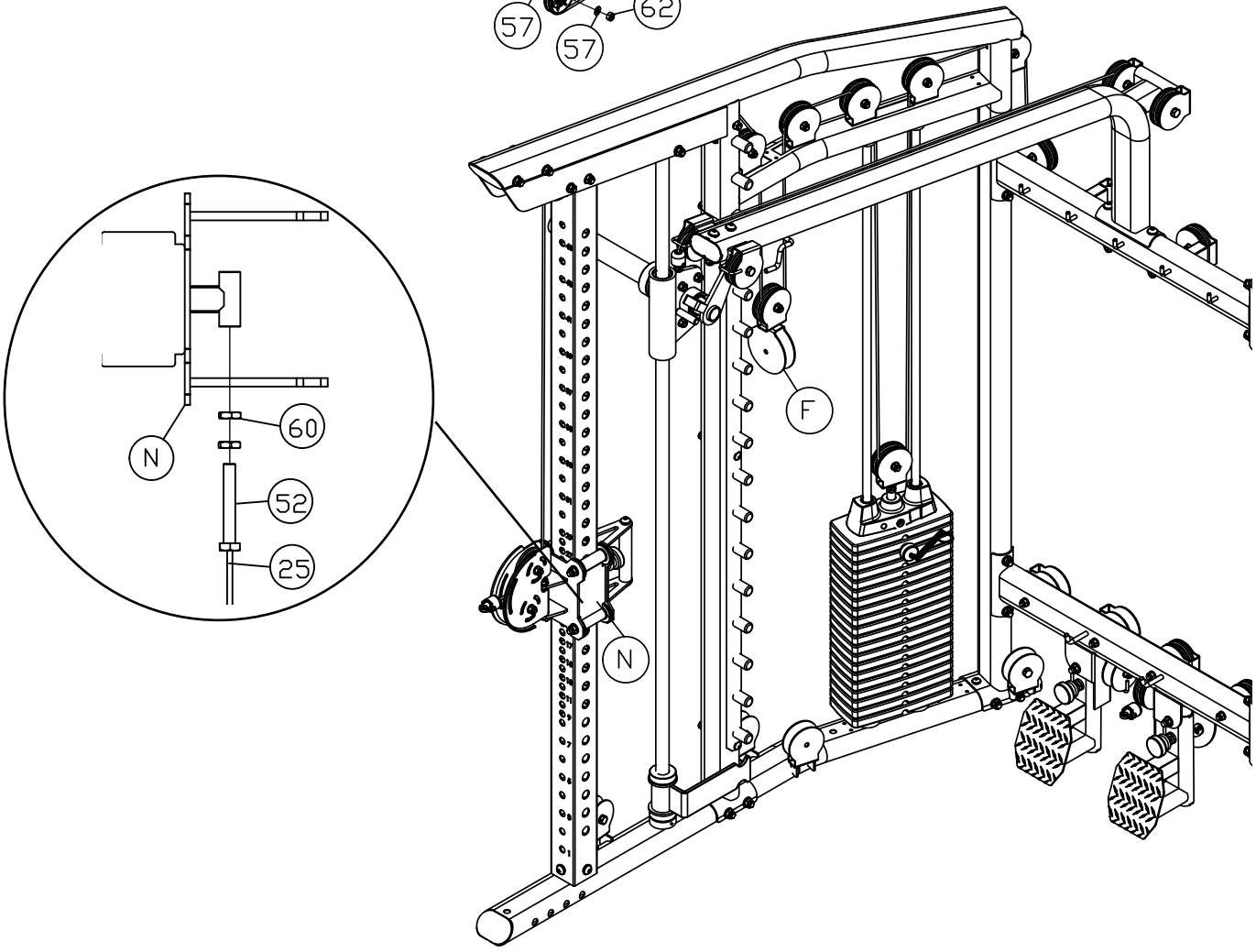
9C. Attach the Cable Connector Bolt **(#52)** of the Low Cable **(#25)** to the Side of the Right Sliding Carriage **(N)** and secure the Cable **(#25)** by wrench tightening the two M12 Hex Nuts **(#60).** Cable Connector Bolt **(#52)** must be threaded a minimun of 1/2” into the threaded hole of Sliding Carriage **(N)**.

STEP 9



Above shows Step 9 assembled and completed.





STEP 10

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

NOTE:

Wrench tighten ALL hardware at the end of STEP 10A. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

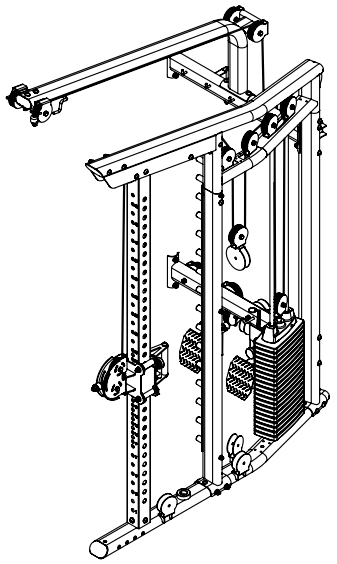
NOTE #1: Some of the components are hidden to better illustrate the cable routing.

NOTE #2: In order to route the Cable (#24) correctly, please disassemble Cable Connector (#26) and Accessory Connector (#27) from one end of the Cable (#24) by removing two M6x12mm Button Head Cap Screws (#28)

After the Cable (#24) is installed in the machine, please assemble back the Cable Connector (#26) and Accessory Connector (#27) to the Cable (#24) using two M6x12mm Button Head Cap Screws (#28)

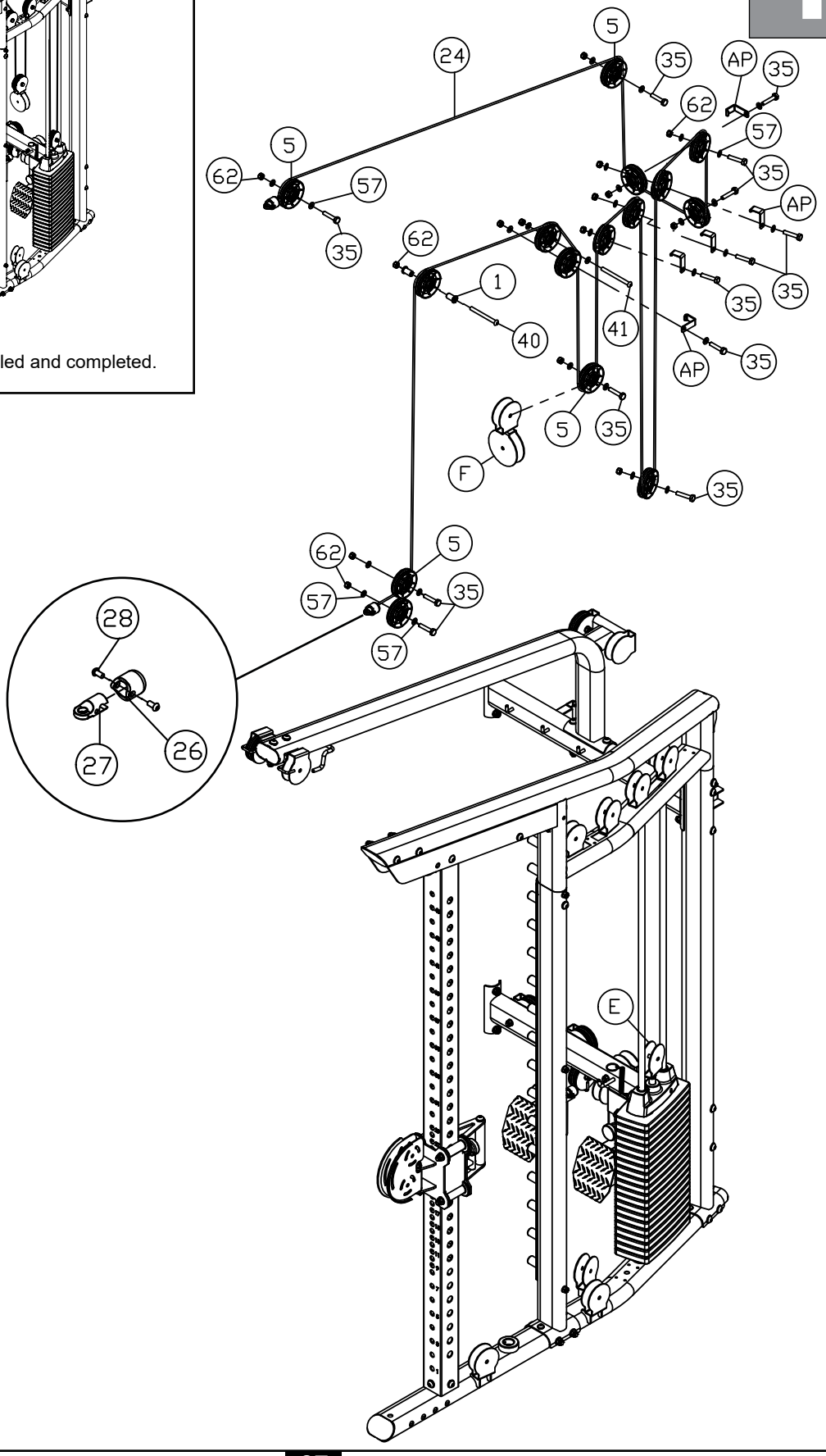
10A. Route Top Cable **(#24)** while installing fifteen ø90mm Pulleys **(#22)** on the right side of the machine as shown in STEP 9 drawing using:

13 - (#35) M10x50mm Hex Head Bolt
1 - (#40) M10x105mm Hex Head Bolt
1 - (#41) M10x115mm Hex Head Bolt
30 - (#57) M10 Washer
15 - (#62) M10 Nylon Lock Nut
1 - (F) Floating Pulley Bracket
1 - (E) Pulley Bracket
2 - (#1) Spacer Bushing
5 - (AP) L Bracket



Above shows Step 9 assembled and completed.

STEP 10



STEP 11

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

NOTE:

Wrench tighten ALL hardware at the end of STEP 11C. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench

NOTE: Some of the components are hidden to better illustrate the cable routing.

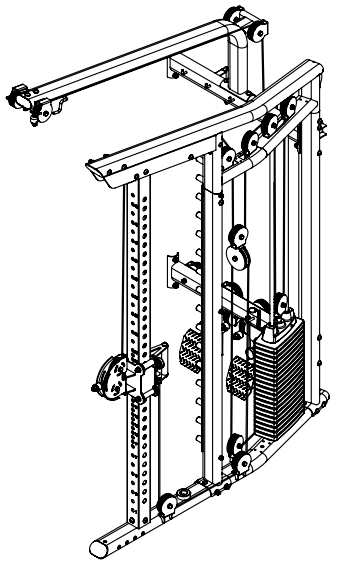
11A. Route Low Cable **(#25)** while installing Seven ø90mm Pulleys **(#5)** and One ø117mm Pulley **(#6)** on the Right side of the machine as shown in STEP 10 drawing using:

6 - (#35) M10x50mm Hex Head Bolt
2 - (#36) M10x115mm Hex Head Bolt
16 - (#57) M10 Washer
7 - (#62) M10 Nylon Lock Nut
1 - (F) Floating Pulley Bracket
1 - (AP) L Bracket

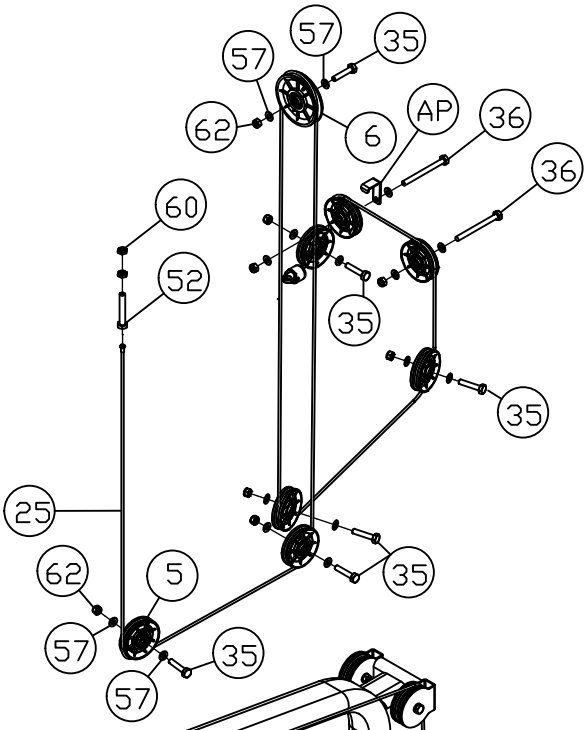
11B. Attach Low Cable **(#25)** to Cable Connector Bolt **(#52)** and screw in two M12 Hex Nuts **(#60)** into Cable Connector Bolt **(#28)**

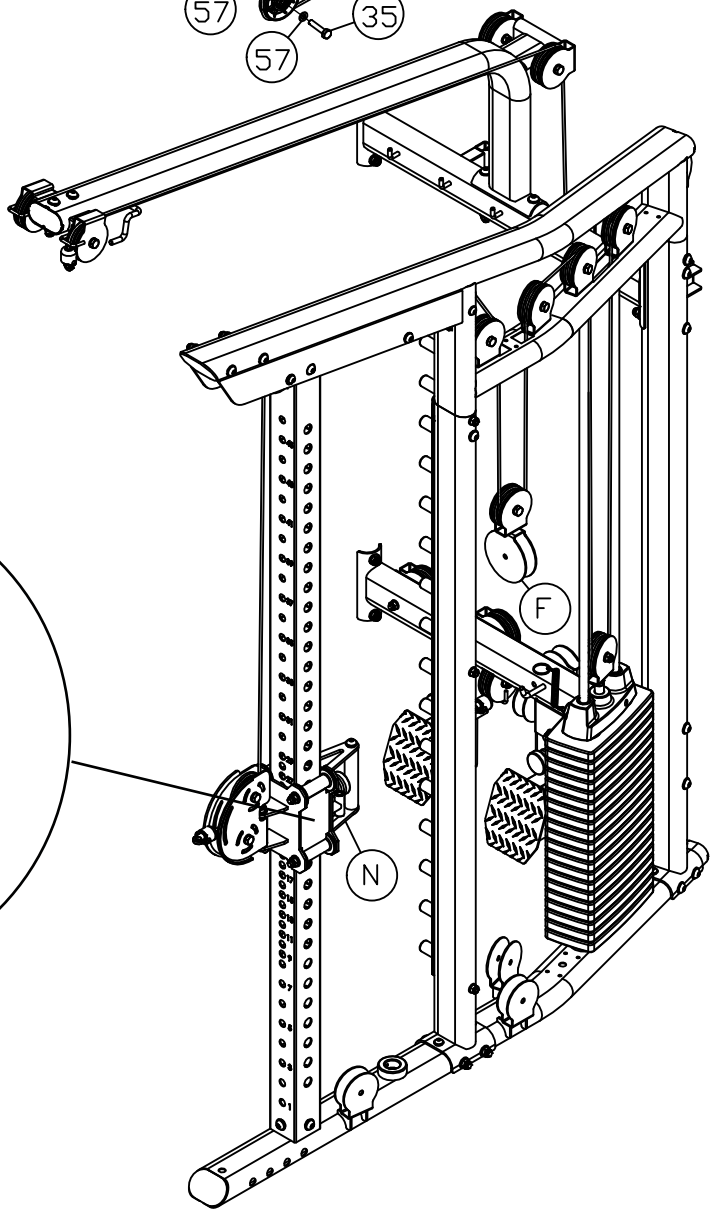
11C. Attach the Cable Connector Bolt **(#52)** of the Low Cable **(#25)** to the Side of the Right Sliding Carriage **(N)** and secure the Cable **(#25)** by wrench tightening the two M12 Hex Nuts **(#60)**

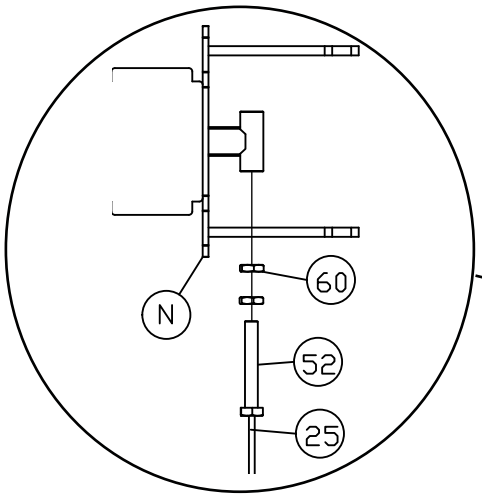
STEP 11



Above shows Step 10 assembled and complet-







STEP

12

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

NOTE:

Wrench tighten ALL hardware at the end of STEP 12A. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench

12A. Attach Shrouds **(Z, AA, AD, AE)** to the U Brackets **(AG)** of the Machine using.

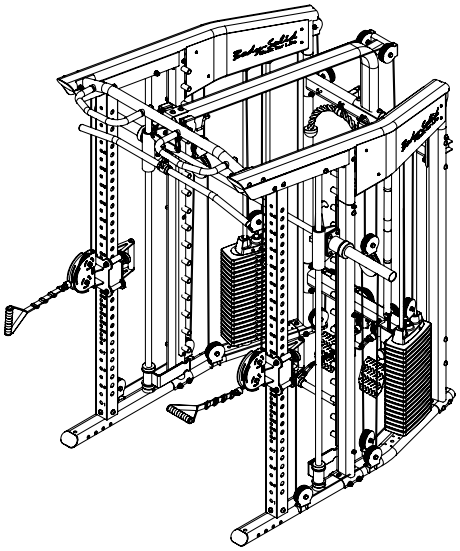
16 - (#37) M6x15mm Button Head Cap Screw
16 - (#59) M6 Washer

12B. Attach Strap Handles **(#35)** to Top Cables **(#24)**.

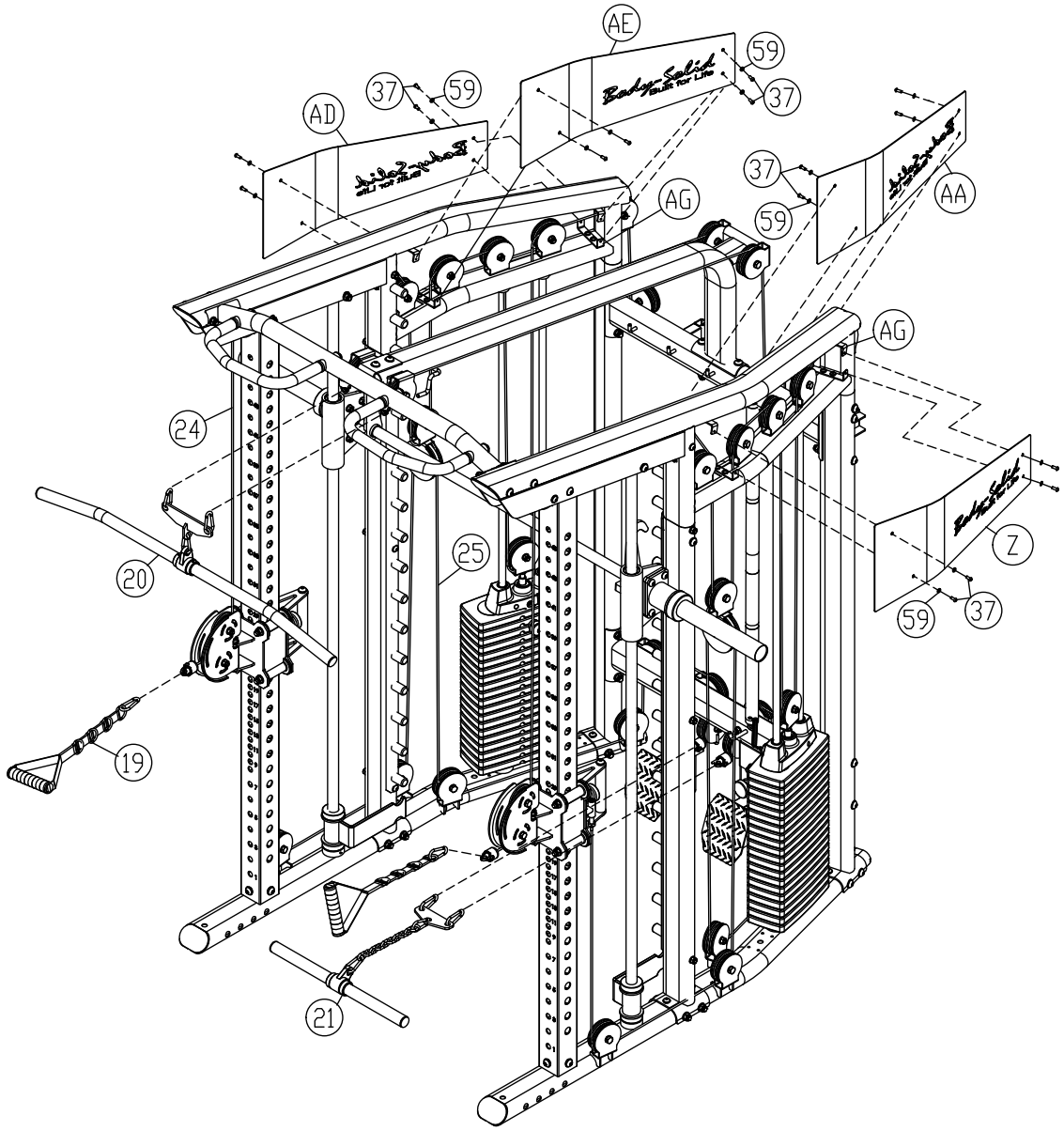
12C. Attach Lat Bar **(#20)** to Top Cables **(#24)**.

12D. Attach Straight Bar **(#21)** to Low Cables **(#25)**.

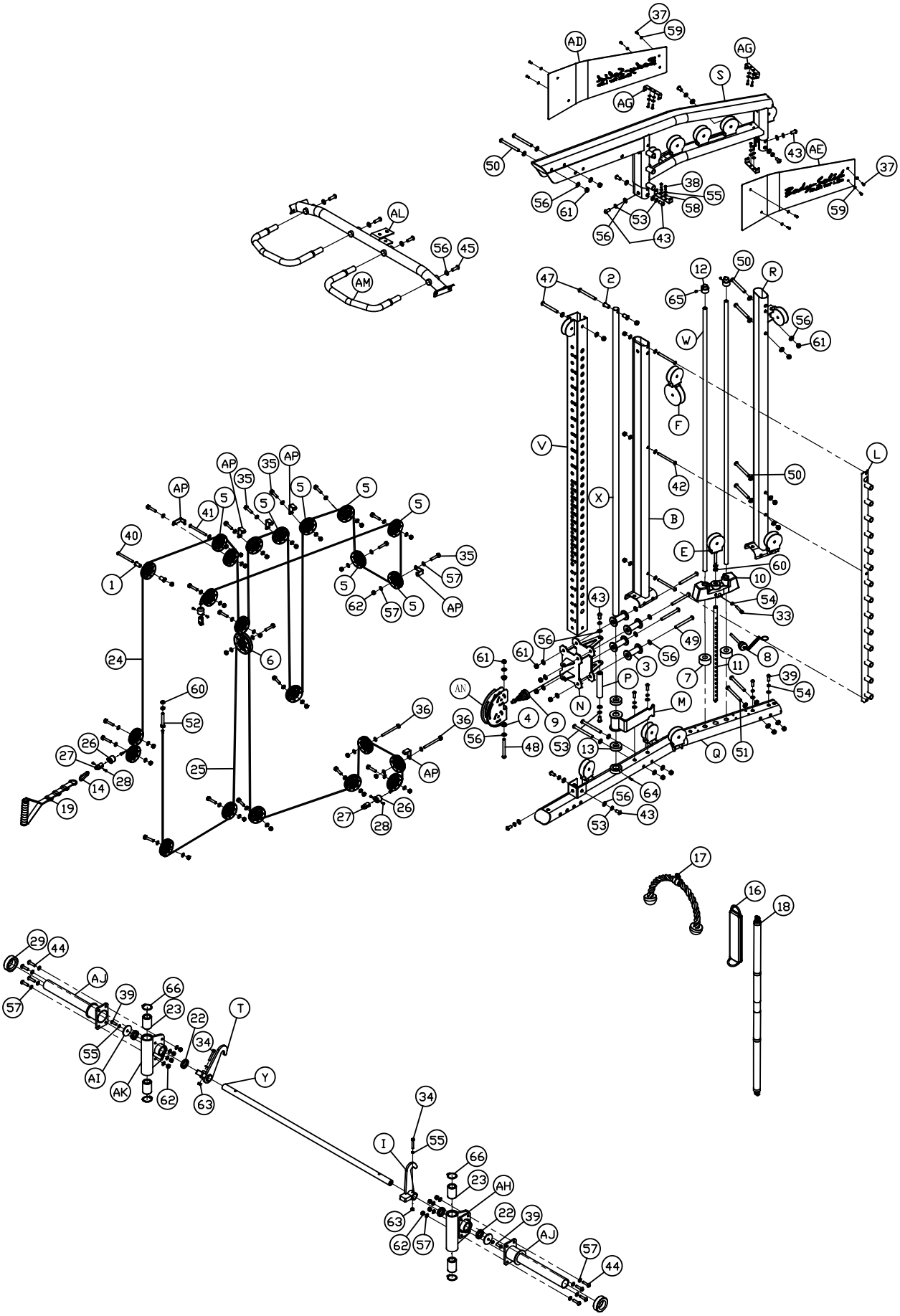
STEP
12



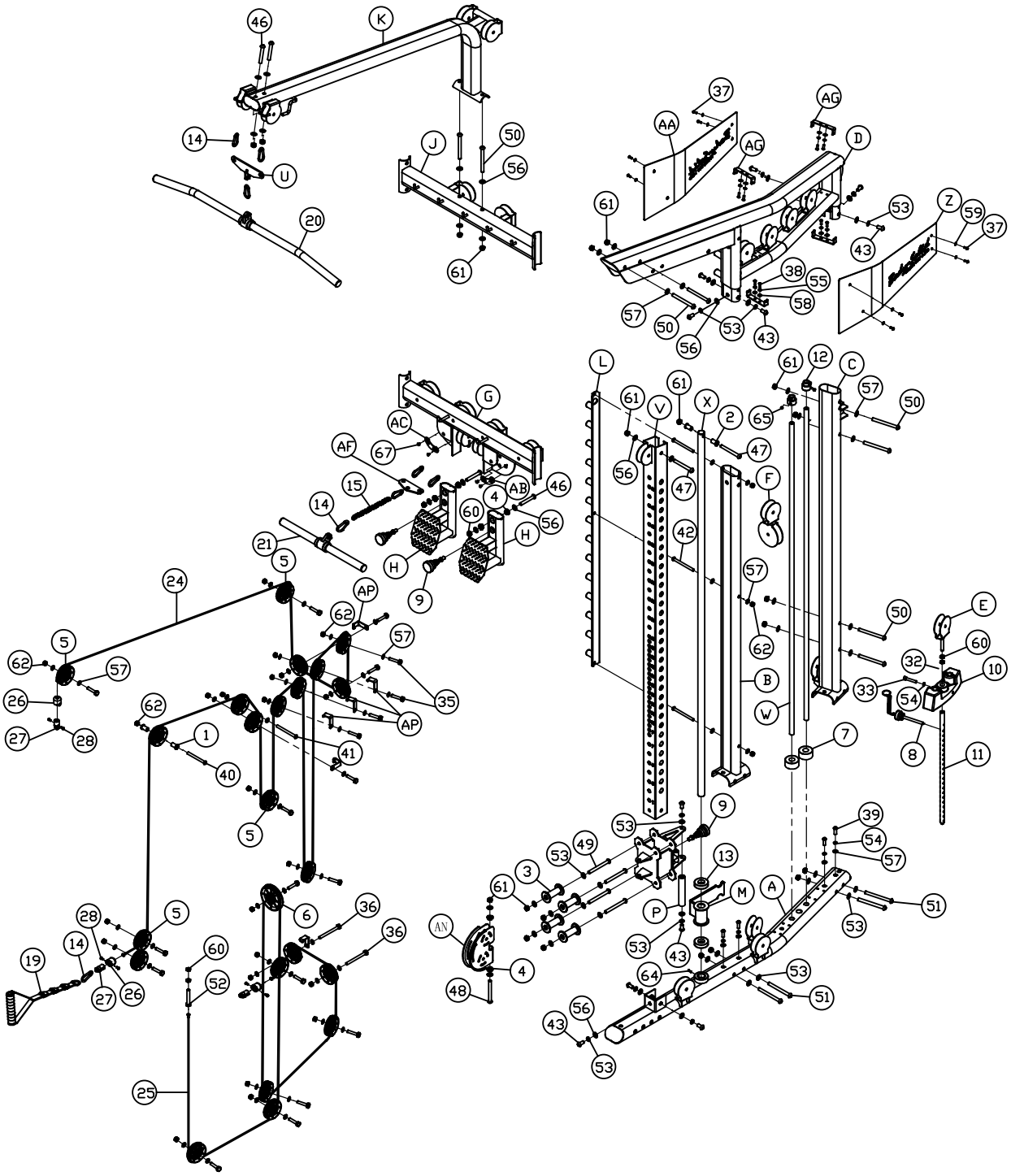
Above shows Step 11 assembled and completed.



GSFR100 Exploded View (1)



GSFR100 Exploded View (2)



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GSFR100

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