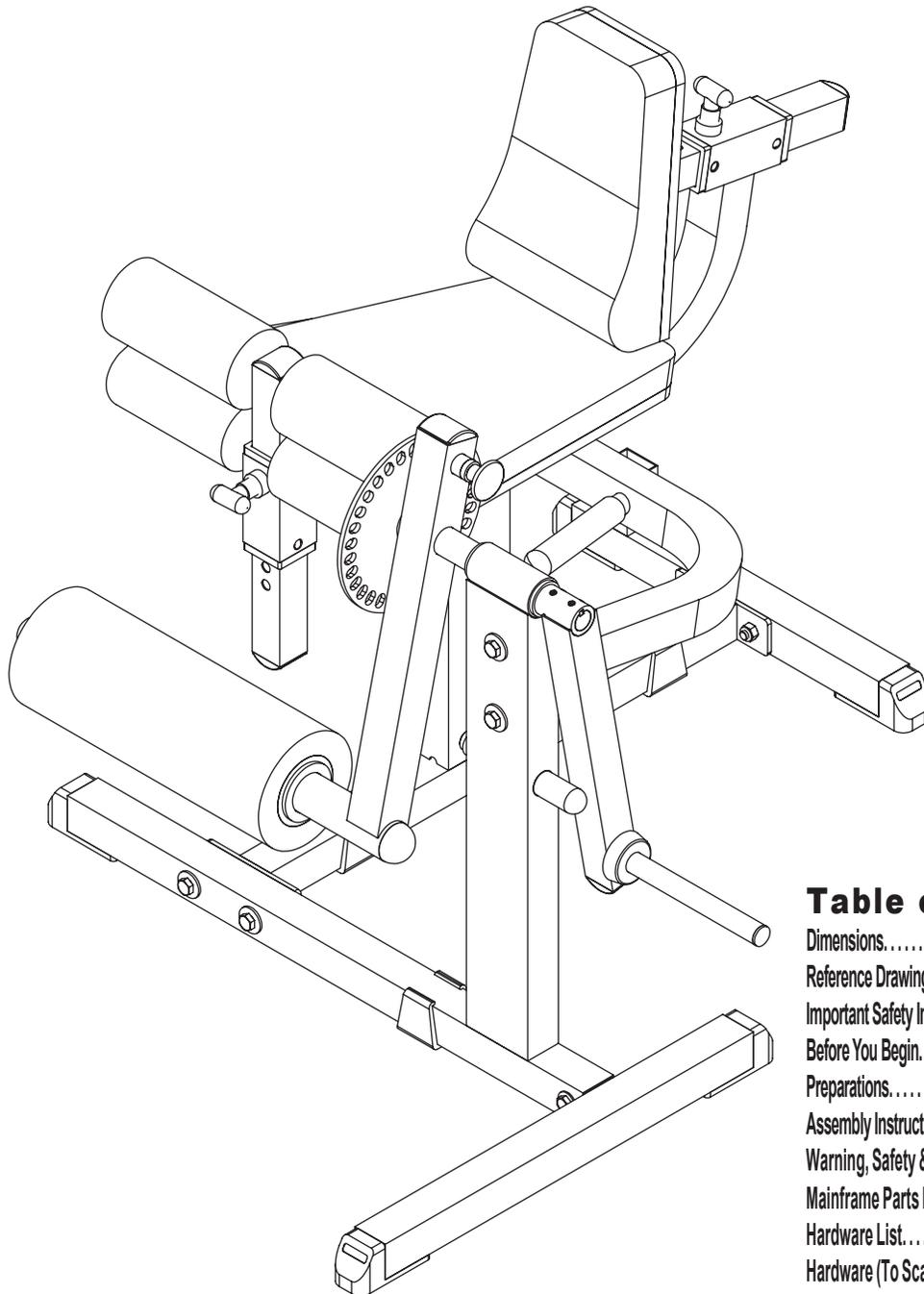


# Body-Solid<sup>®</sup>

Built for Life

GCEC-340



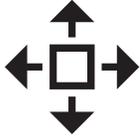
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Assembly Instructions

**OWNER'S & MANUAL**

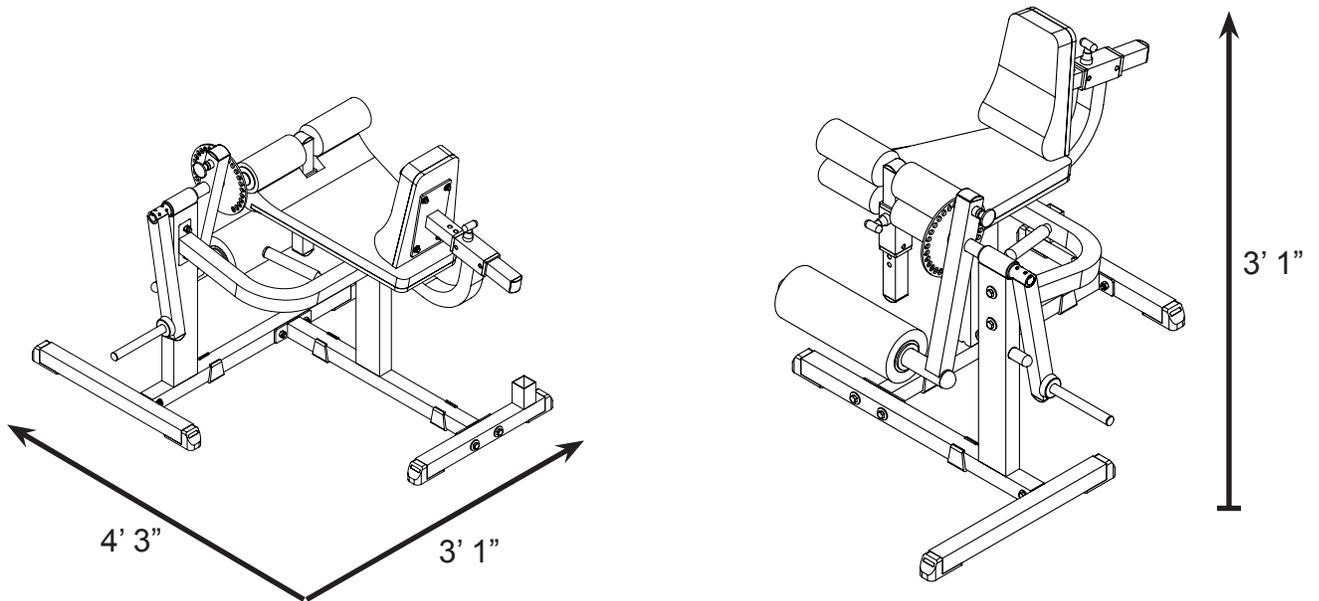
# Dimensions



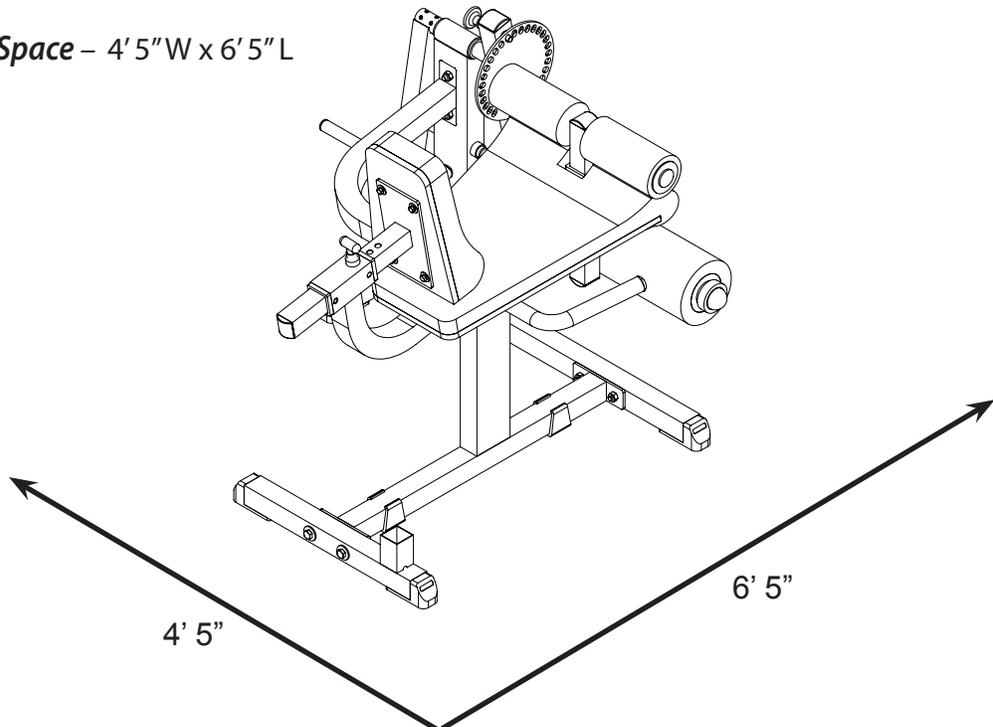
The room layout diagram below will help you decide the best placement for your GCEC-340.

*The overall space needed for operation may be more depending on the user.*

**Minimum Usage Space – 3' 1" W x 4' 3" L x 3' 1" H**



**Suggested Usage Space – 4' 5" W x 6' 5" L**

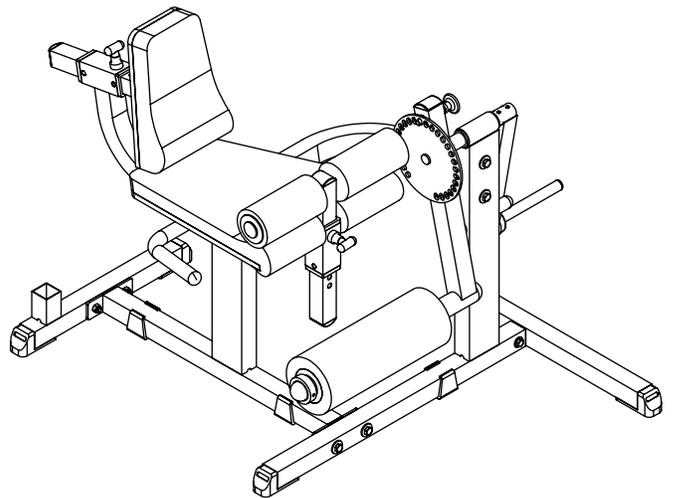
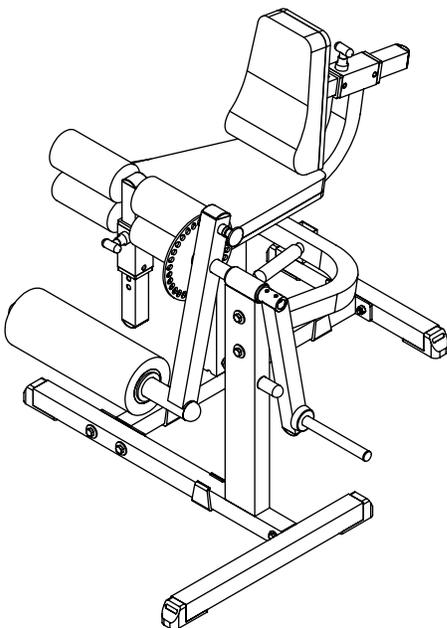
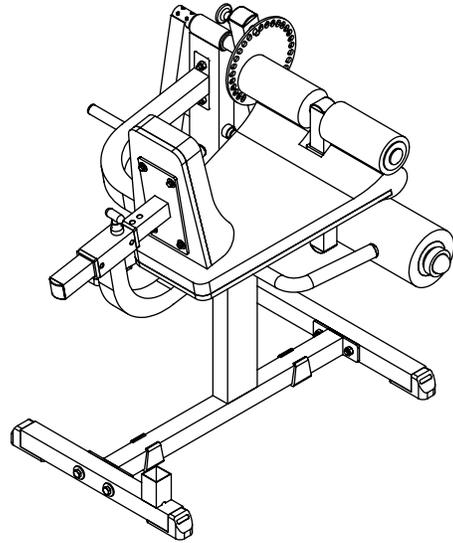
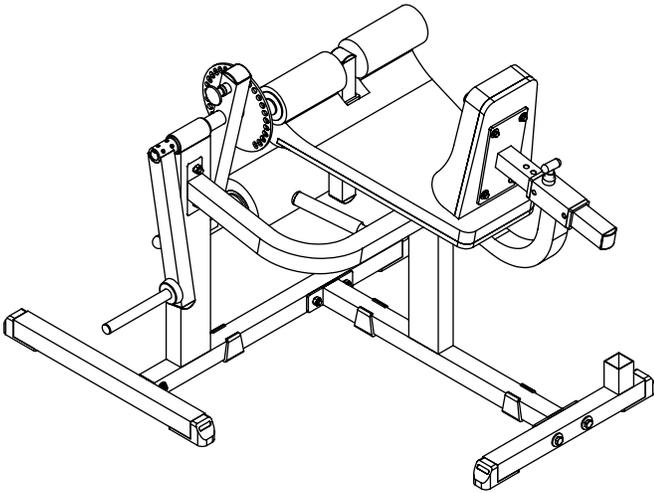


## Reference Diagrams



Use the following diagrams as a point of reference when assembling your GCEC-340.

*Becoming familiar with the unit and the orientation of its components will help ease installation. Please use the following diagrams to become more accustomed with your GCEC-340 and its applications.*



# 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 the GCEC-340. These instructions are written to ensure your safety and to protect the unit.
- 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.
- 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 the 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 before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

## **Personal Safety During Assembly**

- It is strongly recommended that a qualified dealer assemble the equipment.  
**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 GCEC-340 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

# Before You Begin



## Retain this Owner's Manual for future reference!

*To maximize your use of the equipment please study this Owner's Manual thoroughly. Please retain this manual for future reference or parts information.*

Thank you for purchasing the GCEC-340.

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 GCEC-340 is carefully tested and inspected before shipment. We have shipped the unit in several 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.

The GCEC-340 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 GCEC-340.

After assembly, you should check all functions to ensure correct operation. If you experience problems, or if any items are missing, 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 unit. 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](http://www.bodysolid.com) or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service, **M-F 8:30am-5:00pm CST**, at one of the following:



**Toll Free: (800) 556-3113**

**Local: (708) 427-3555**

**Fax: (708) 427-3556**



**E-mail: [service@bodysolid.com](mailto:service@bodysolid.com)**

or write to:



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

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.

Any Questions?  
Call (800) 556-3113

# Preparations



**CAUTION:** To set up this unit, you will need assistance. Do not attempt assembly by yourself.

You must review and follow the instructions in this Owner's Manual. If you do not assemble and use the GCEC-340 according to these guidelines, you could void the Body-Solid warranty.

## CAUTION !

Obtain assistance! Do not attempt to assemble the GCEC-340 by yourself. Review the Installation Requirements before proceeding with the following steps.

### Required Tools

The basic tools that you must obtain before assembling the GCEC-340 include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Allen Set
- Rubber Mallet
- Silicone Spray Oil
- Knife

### Installation Requirements

Follow these installation requirements when assembling the GCEC-340:

#### Set up the GCEC-340 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 and a more comfortable workout.

#### 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.

To benefit from the best and most comprehensible warranty in the fitness industry, completely fill out and mail the warranty card enclosed with the unit.

# Assembly Instructions



**Assembly of the GCEC-340 takes professional installers about 1 hour to complete.**

*Professional installers are highly recommended!*

*If this is the first time you have assembled this type of equipment, plan on significantly more time. However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.*

## Assembly Tips

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

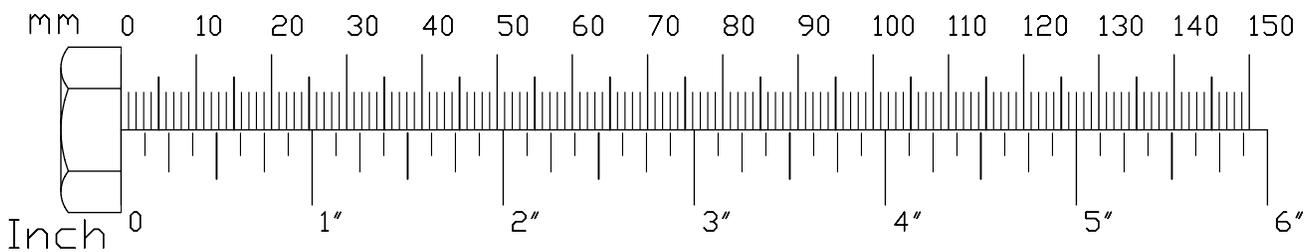
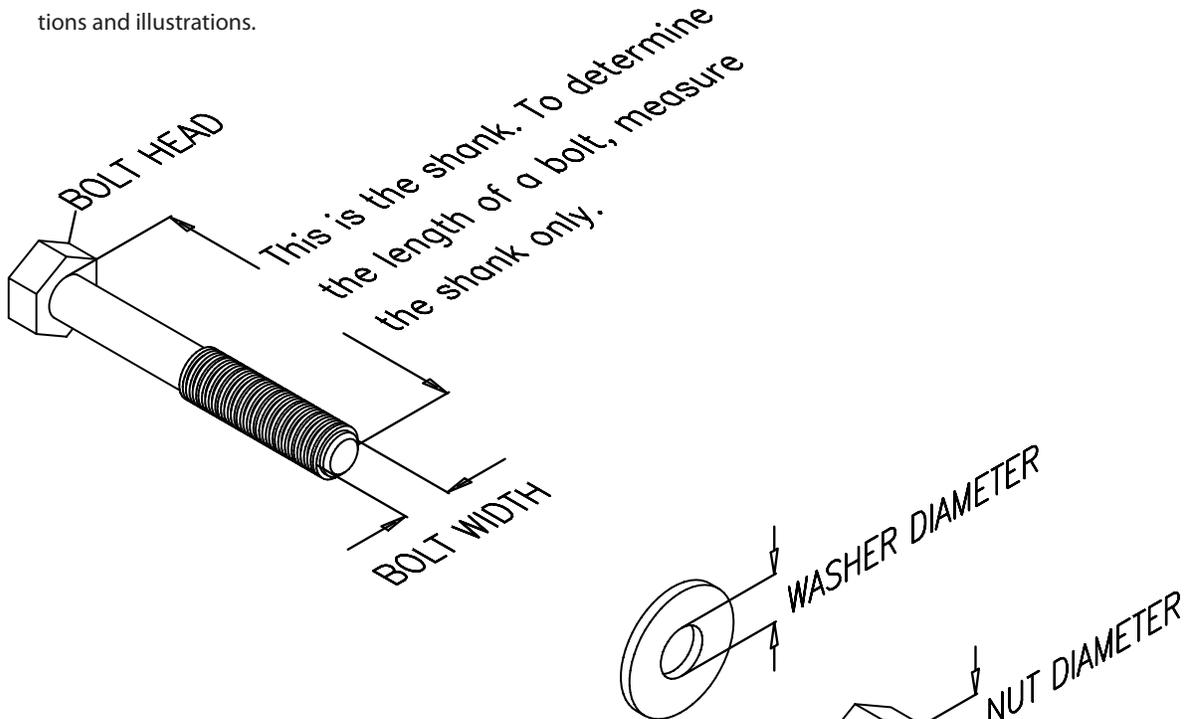
While you may be able to assemble the GCEC-340 using the illustrations only, important safety notes and other tips are included in the text.

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

## IMPORTANT!

Before you begin you should look at the quick reference guide that shows all hardware parts (in actual size) along with the corresponding component numbers in the assembly instructions.

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



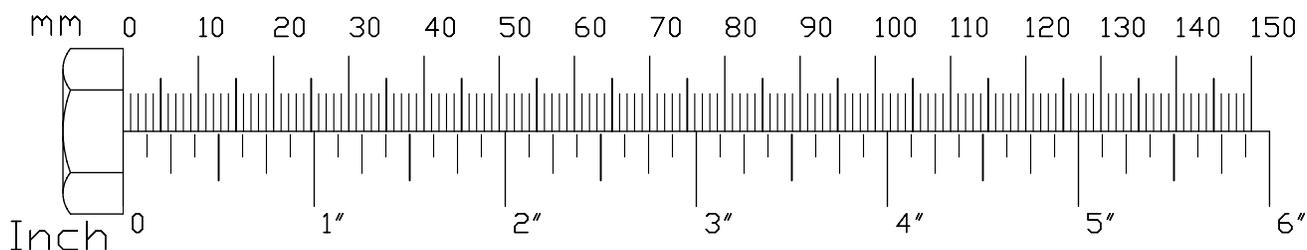
# STEP

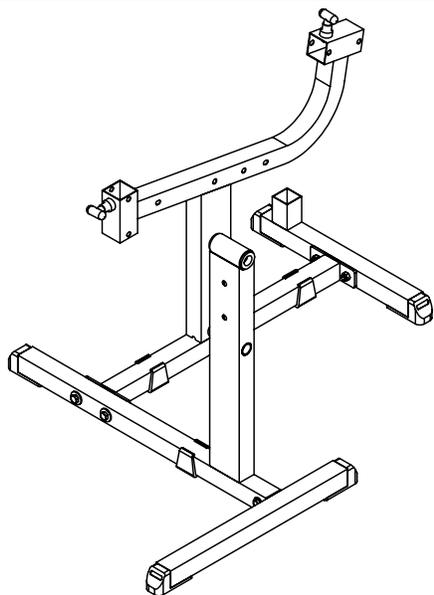
# 1

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

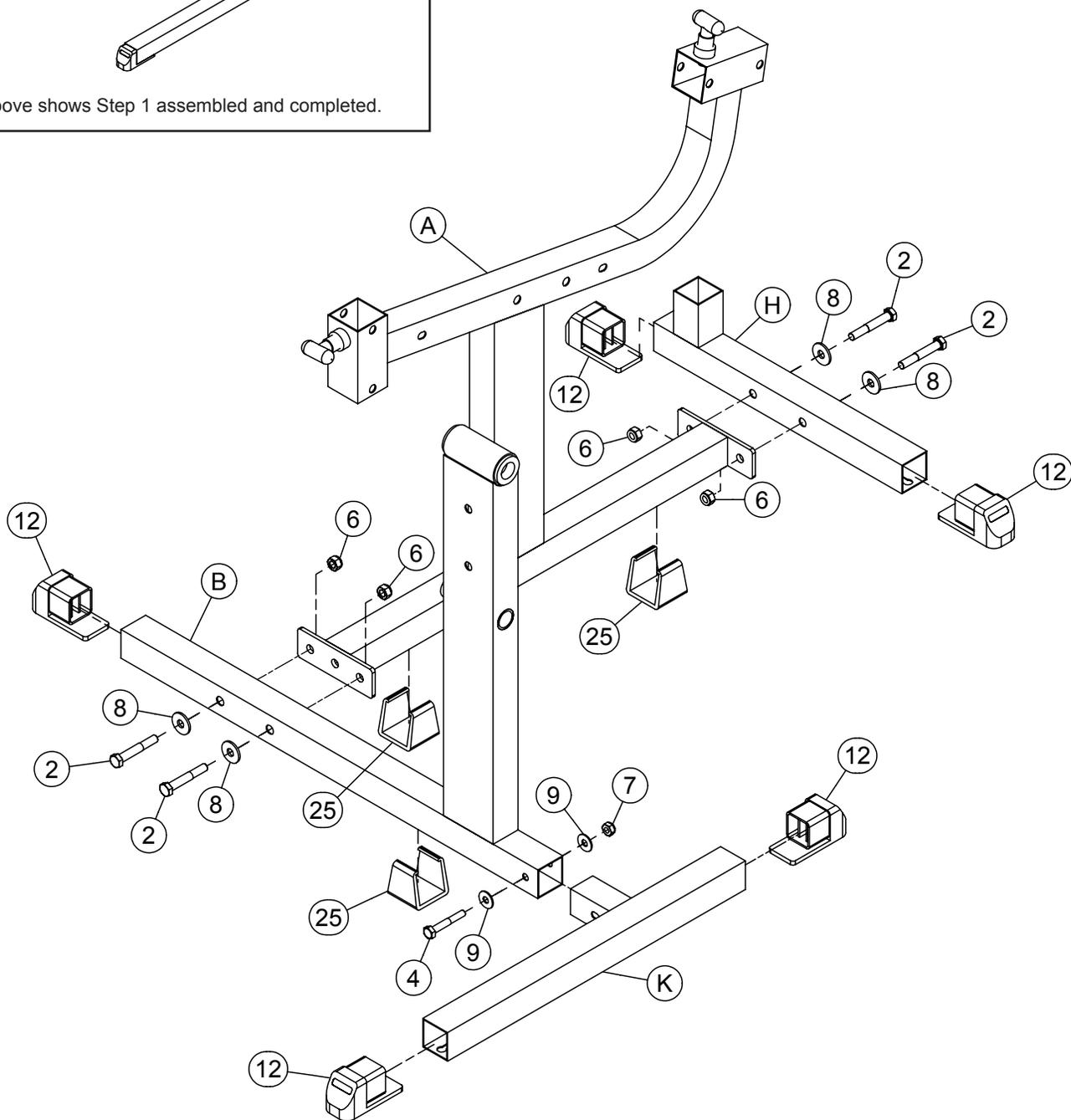
**NOTE: Finger tighten all hardware in this step.  
Do Not wrench tighten until the end of Step 3.**

- A. Slide both Foot Caps (12) into Multi-Hip Vertical Frame (K).
- B. Slide both Foot Caps (12) into Rear Base Frame (H).
- C. Attach both Rubber Clips (25) onto Main Base Frame (A) as shown.
- D. Slide Foot Cap (12) into Leg Extension Frame (B).
- E. Attach Rubber Clip (25) onto Leg Extension Frame (B).
- F. Insert Multi-Hip Vertical Frame (K) into Leg Extension Frame (B) and secure using:  
**One 4 (M10x65 hex head bolt)**  
**Two 9 (M10 washer)**  
**One 7 (M10 nylon nut)**
- G. Connect Leg Extension Frame (B) to Main Base Frame (A) using:  
**Two 2 (M12x75 hex head bolt)**  
**Two 8 (M12 washer)**  
**Two 6 (M12 nylon nut)**
- H. Connect Rear Base Frame (H) to Main Base Frame (A) using:  
**Two 2 (M12x75 hex head bolt)**  
**Two 8 (M12 washer)**  
**Two 6 (M12 nylon nut)**





Above shows Step 1 assembled and completed.

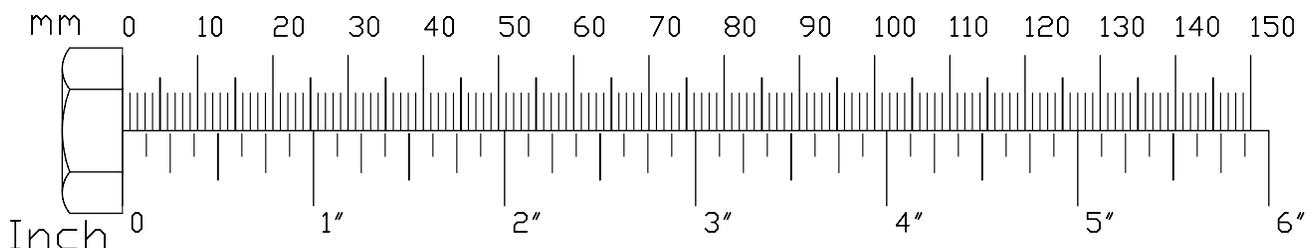


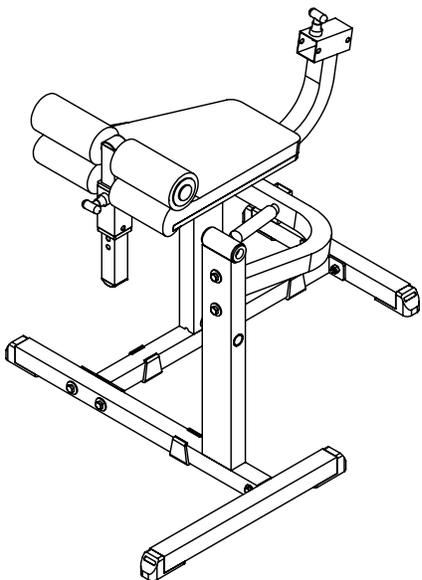
**STEP****2**

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

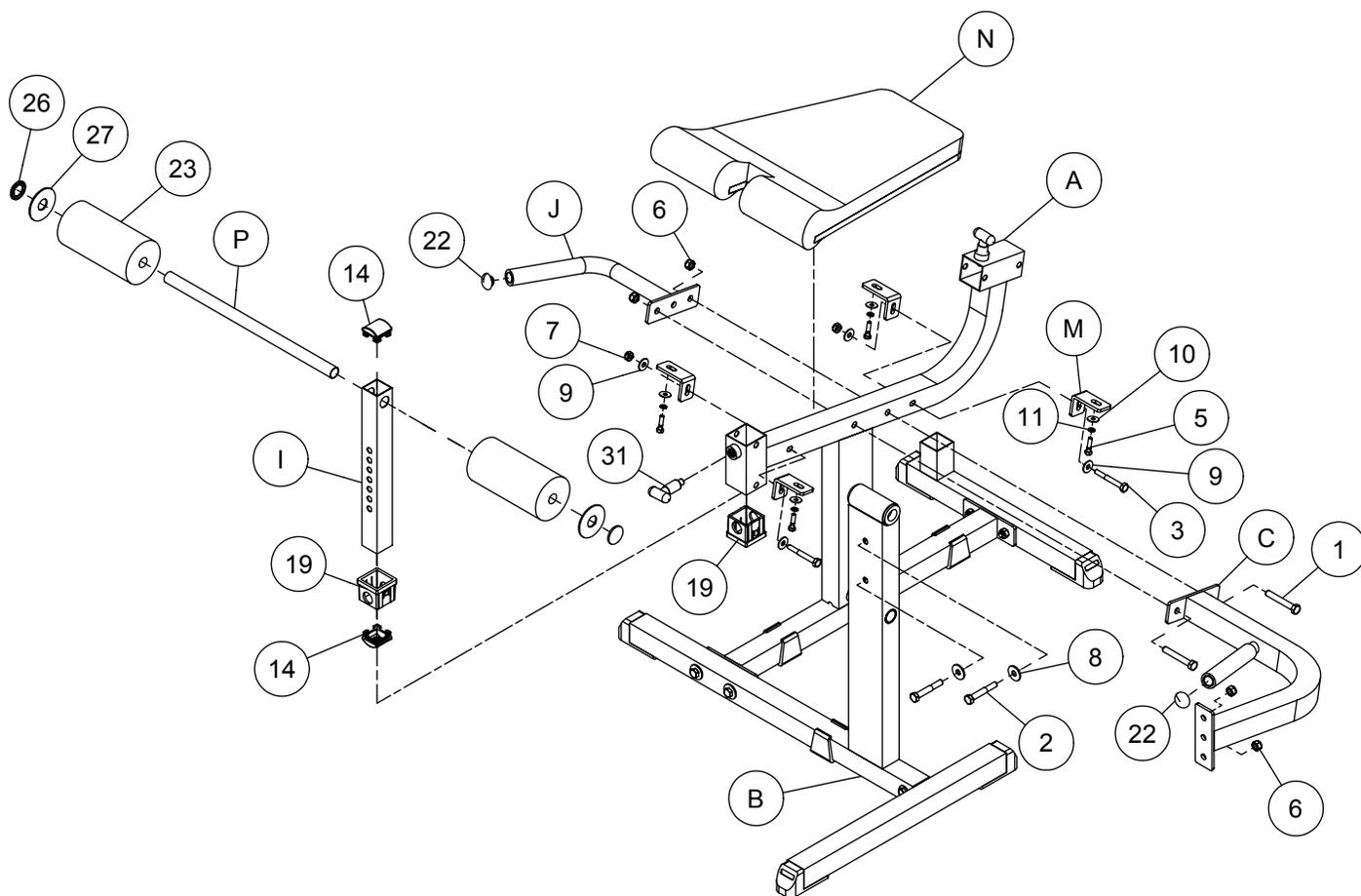
**NOTE: Finger tighten all hardware in this step.  
Do Not wrench tighten until the end of Step 3.**

- A. Connect Leg Hold Down (C) to Leg Extension Frame (B) using:  
**Two 2 (M12x75 hex head bolt)**  
**Two 8 (M12 washer)**  
**Two 6 (M12 nylon nut)**
- B. Connect Leg Hold Down (C) and Left Leg Hold Down (J) to Main Base Frame (A) using:  
**Two 1 (M12x80 hex head bolt)**  
**Two 6 (M12 nylon nut)**
- C. Insert Round End Cap (22) into Left Leg Hold Down (J).
- D. Insert Round End Cap (22) into Leg Hold Down (C).
- E. Connect two Plates (M) to Main Base Frame (A) as shown using:  
**One 3 (M10x80 hex head bolt)**  
**Two 9 (M10 washer)**  
**One 7 (M10 nylon nut)**
- F. Connect the remaining two Plates (M) to Main Base Frame (A) as shown using:  
**One 3 (M10x80 hex head bolt)**  
**Two 9 (M10 washer)**  
**One 7 (M10 nylon nut)**
- G. Attach Seat Pad (N) to Plate (M) using:  
**Four 5 ( $\frac{5}{16}$ " x 1  $\frac{1}{4}$ " hex head bolt)**  
**Four 11 ( $\frac{5}{16}$ " spring washer)**  
**Four 10 ( $\frac{5}{16}$ " washer)**
- H. Insert both Nylon Bushings (19) into Main Base Frame (A).
- I. Insert both End Caps (14) into Adjustable Tube (I).
- J. Insert Adjustable Tube (I) into Main Base Frame (A) and secure using T-Shaped Pop Pin (31).
- K. Slide Roller Bar (P) into Adjustable Tube (I).
- L. Slide Foam Roller (23) onto both sides of Roller Bar (P).
- M. Slide Nylon Washer (27) onto both sides of Roller Bar (P).
- N. Insert Round End Cap (26) onto both sides of Roller Bar (P).





Above shows Step 2 assembled and completed.

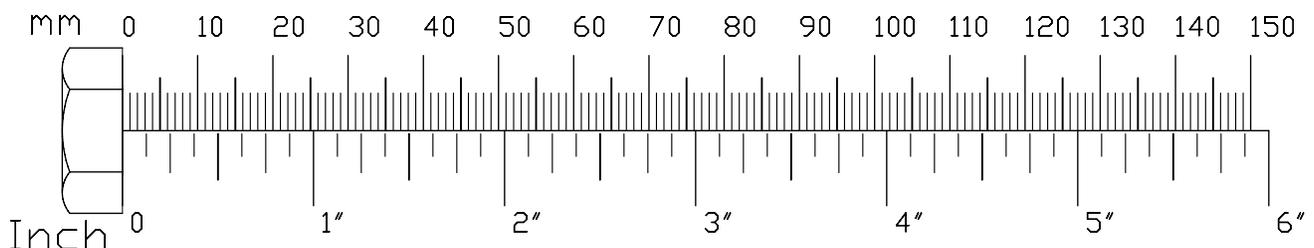


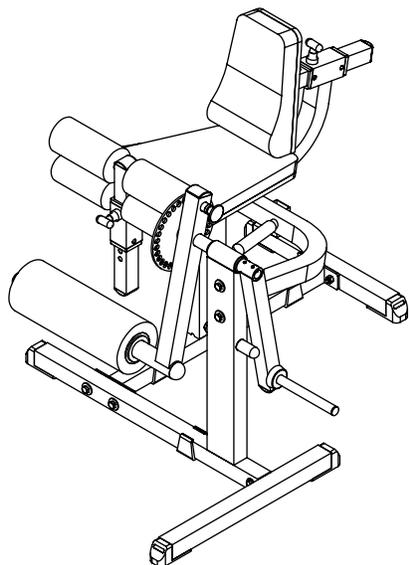
**STEP****3**

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

**NOTE: Finger tighten all hardware until the end of this step.**

- A. Insert both Nylon Bushings (19) into Main Base Frame (A).
- B. Insert End Cap (14) into Back Pad Frame (E).
- C. Connect Back Pad (O) to Back Pad Frame (E) using:  
**Four 5 (5/16" x 1 1/4" hex head bolt)**  
**Four 11 (5/16" spring washer)**  
**Four 10 (5/16" washer)**
- D. Slide Back Pad Frame (E) into Main Base Frame (A) and secure using T-Shaped Pop Pin (31).
- E. Insert both Round End Caps (15) into Leg Extension Arm (D).
- F. Insert End Cap (13) into Leg Extension Arm (D).
- G. Insert End Cap (14) into Multi-Hip Arm (F).
- H. Insert Rubber Donut (18) onto Multi-Hip Arm (F).
- I. Insert both Round End Caps (16) into Multi-Hip Arm (F).
- J. Slide Foam Roller (24) onto Leg Extension Arm (D).
- K. Slide Shaft Collar (21) onto Leg Extension Arm (D) and secure using Allen Screw (29).
- L. Slide Nylon Washer (20) onto Multi-Hip Adjuster (G).
- M. M6 Machine Key (28) is pressed into the cut slot on the end of the shaft of the Multi-Hip Adjuster (G). Remove it. Then slide Multi-Hip Adjuster (G) into Leg Extension Arm (D), Leg Extension Frame (B) and Multi-Hip Arm (F).
- N. Insert M6 Machine Key (28) into Multi-Hip Adjuster (G) then secure Multi-Hip Adjuster (G) by tightening four Allen Screws (29) on Multi-Hip Arm (F).
- O. Insert Round End Cap (17) onto Shaft (L).
- P. Insert Shaft (L) into Leg Extension Frame (B).
- Q. Congratulations, the GCEC340 installation is complete.
- R. When not in use, Adjustable Tube (I) may be placed in the rest spot as shown in Diagram 1.





Above shows Step 3 assembled and completed.

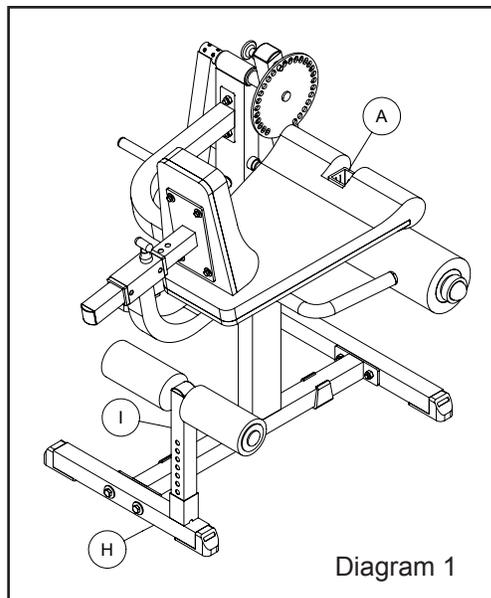
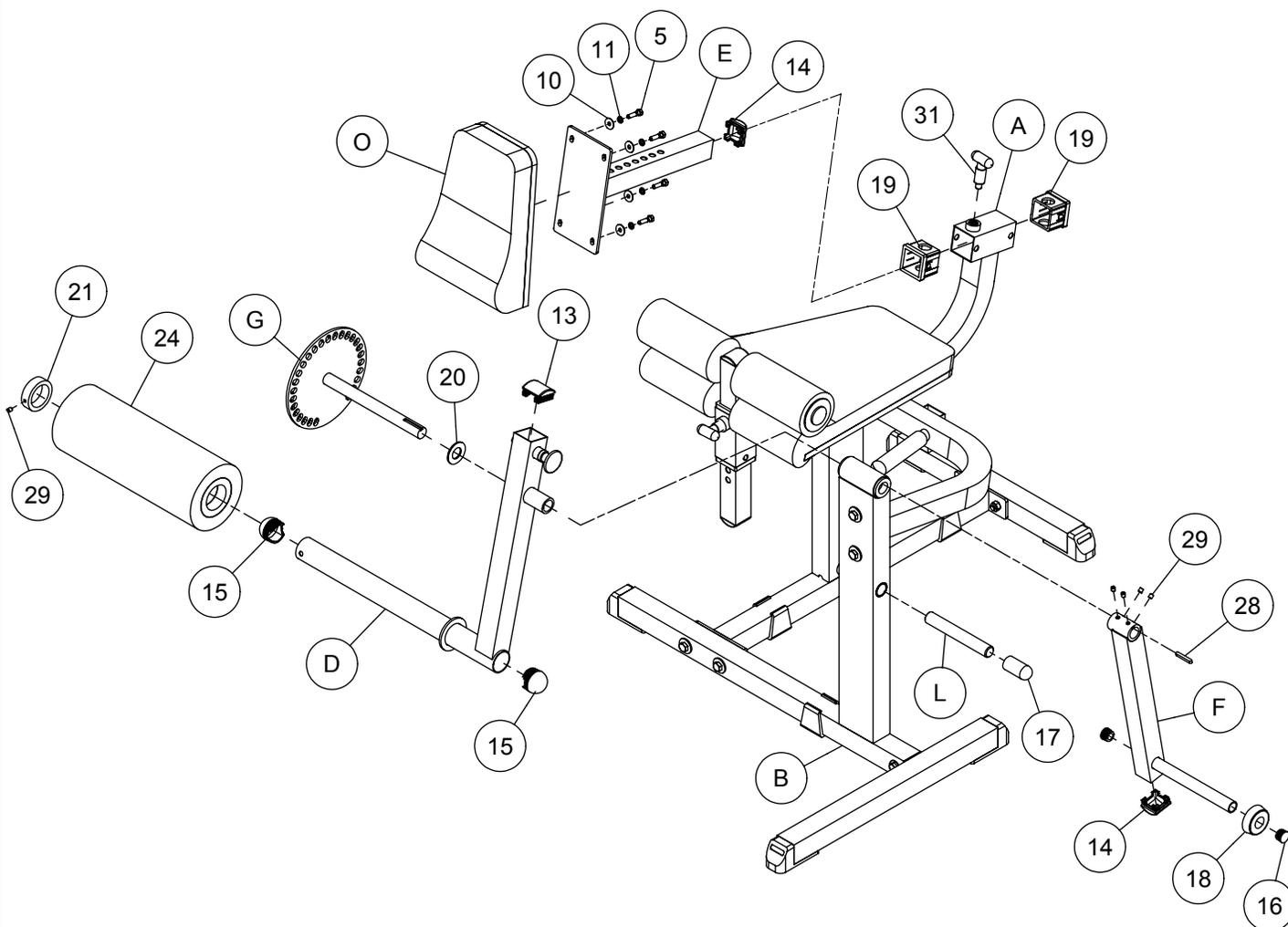


Diagram 1



# Warning, Safety & Maintenance



It is imperative that the user becomes familiar and understands all warnings posted on the unit.

To minimize the risk of injury, follow all safety guidelines provided with the unit and owner's manual.

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 (800) 556-3113.

<b>MAINTENANCE SCHEDULE</b>		<b>D</b>	<b>A</b>	<b>I</b>	<b>L</b>	<b>W</b>
Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.		<b>L</b>	<b>L</b>	<b>L</b>	<b>L</b>	<b>E</b>
		<b>L</b>	<b>L</b>	<b>L</b>	<b>L</b>	<b>E</b>
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 Label for Maintenance

**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 Label for Rules



**It is imperative that the user becomes familiar and understands all warnings posted on the unit.**

*To minimize the risk of injury, follow all safety guidelines provided with the unit and owner's manual.*

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 use recommendations, warnings, and maintenance guidelines in this Owners Manual.

Routine inspection and maintenance is of critical importance to ensure maximum safety and performance. Body-Solid uses the highest quality materials available, but wear is inevitable. Therefore, you must carefully inspect your equipment as outlined in the Maintenance Schedule.

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:**

- 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 the 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.
- Check that the jam nut on the selector rod top bolt is tight.

#### **UPHOLSTERY:**

- Wipe down and sanitize 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.

#### **GUIDE RODS:**

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

#### **ADJUSTMENTS / LOCKING PINS / TIGHTENING 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.

## Mainframe Parts List

Part#	Qty	Description		
A	1	MAIN BASE FRAME		
B	1	LEG EXTENSION FRAME		
C	1	LEG HOLD DOWN		
D	1	LEG EXTENSION ARM		
E	1	BACK PAD FRAME		
F	1	MULTI-HIP ARM		
G	1	MULTI-HIP ADJUSTER		
H	1	REAR BASE FRAME		
I	1	ADJUSTABLE TUBE	45x1.8x405L	
J	1	LEFT LEG HOLD DOWN		
K	1	MULTI-HIP VERTICAL FRAME		
L	1	SHAFT	Φ 25.4x108L	(8220-017)
M	4	PLATE	38x6x125	(8331-018)
N	1	SEAT PAD		(9122-021)
O	1	BACK PAD		(9112-008)
P	1	ROLLER BAR	Φ 1"x1.6x473L	

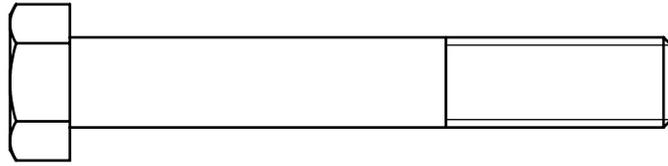
**Part numbers are required when ordering parts.**

## Hardware List

Part#	Qty	Description		
1	2	HEX HEAD BOLT	M12x80	
2	6	HEX HEAD BOLT	M12x75	
3	2	HEX HEAD BOLT	M10x80	
4	1	HEX HEAD BOLT	M10x65	
5	8	HEX HEAD BOLT	5/16" x 1 1/4"	
6	8	NYLON NUT	M12	
7	3	NYLON NUT	M10	
8	6	WASHER	M12	
9	6	WASHER	M10	
10	8	WASHER	5/16"	
11	8	SPRING WASHER	5/16"	
12	5	FOOT CAP	2" x 2"	(9211-024)
13	1	END CAP	2" x 2"	(9211-087)
14	4	END CAP	1 3/4" x 1 3/4"	(9211-091)
15	2	ROUND END CAP	Φ 50	(9211-074)
16	2	ROUND END CAP	Φ 1"	(9211-016)
17	1	ROUND END CAP	Φ 31x65	(9212-004)
18	1	RUBBER DONUT	Φ 2 1/2"	(9310-012)
19	4	NYLON BUSHING	60x45	(9211-032)
20	1	NYLON WASHER	Φ 1"	(9214-001)
21	1	SHAFT COLLAR	Φ 2"	(8130-065)
22	2	ROUND END CAP	Φ 1"	(9260-021)
23	2	FOAM ROLLER	Φ 4" x 8"	(9161-054)
24	1	FOAM ROLLER	Φ 6" x 16"	(9161-057)
25	3	RUBBER CLIP	2" x 2"	(9210-010)
26	2	ROUND END CAP	Φ 1"	(8341-033)
27	2	NYLON WASHER	Φ 3"	(9214-008)
28	1	M6 MACHINE KEY	6x45L	(8890-060)
29	5	ALLEN SCREW	M8x8	
30	1	POP PIN	1/2" x 65L	(8250-067)
31	2	T-SHAPED POP PIN	3"	(8250-012)
32	1	FOAM GRIP	1 1/2" OD x 14 3/4" L	(9162-023)
33	1	FOAM GRIP	1 1/2" OD x 6 3/4" L	(9162-004)
34	2	OILITE BUSHING POP	1" ID x 1 3/4" OD	(8520-004)
35	3	PIN STICKER		(9440-104)
36	1	WARNING STICKER		(9440-105)
37	1	MAINTENANCE LABEL		(9440-103)
38	1	BODYSOLID LOGO		(9440-027)
39	1	WARNING STICKER		(9440-217)
40	1	BODYSOLID PLATE		(9440-199)

Part numbers are required when ordering parts.

# Hardware (To Scale)

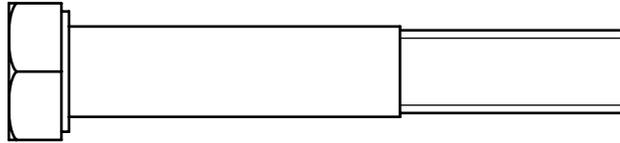


Part# 1

M12x80

Hex Head Bolt

Qty. 2

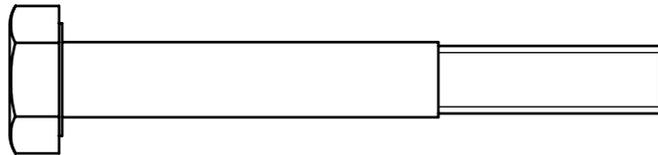


Part# 2

M12x75

Hex Head Bolt

Qty. 6

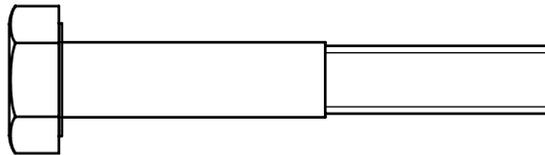


Part# 3

M10x80

Hex Head Bolt

Qty. 2

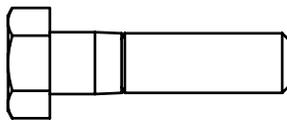


Part# 4

M10x65

Hex Head Bolt

Qty. 1

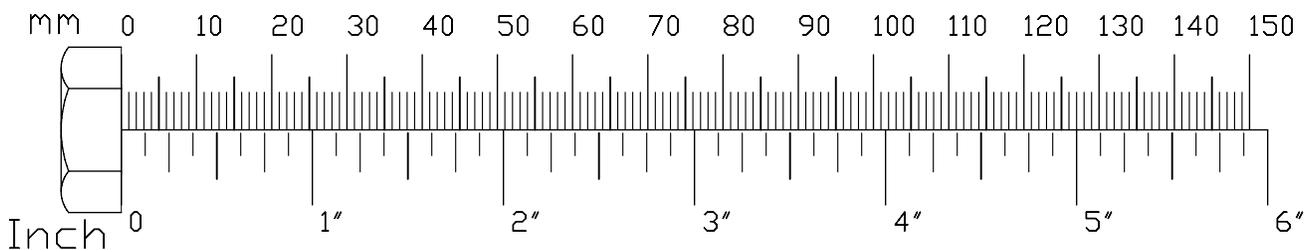


Part# 5

$\frac{5}{16}$ " x 1  $\frac{1}{4}$ "

Hex Head Bolt

Qty. 8



**Hardware (To Scale)**

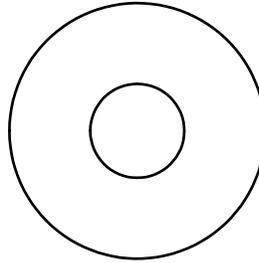


Part# 29

M8x8

Allen Screw

Qty. 5

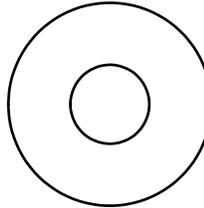


Part# 8

M12

Washer

Qty. 6

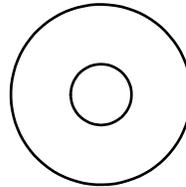


Part# 9

M10

Washer

Qty. 6

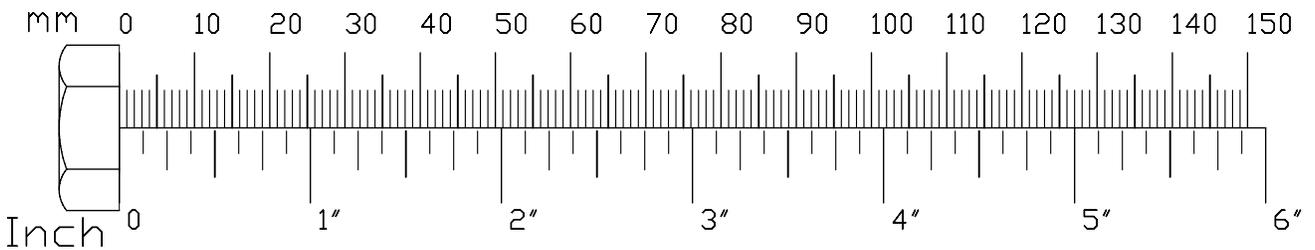


Part# 10

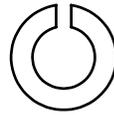
$\frac{5}{16}$ "

Washer

Qty. 8



**Hardware (To Scale)**

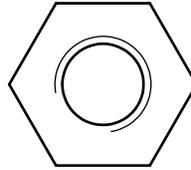


Part# 11

5/16"

Spring Washer

Qty. 8

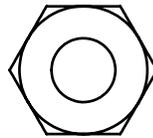


Part# 6

M12

Nylon Nut

Qty. 8

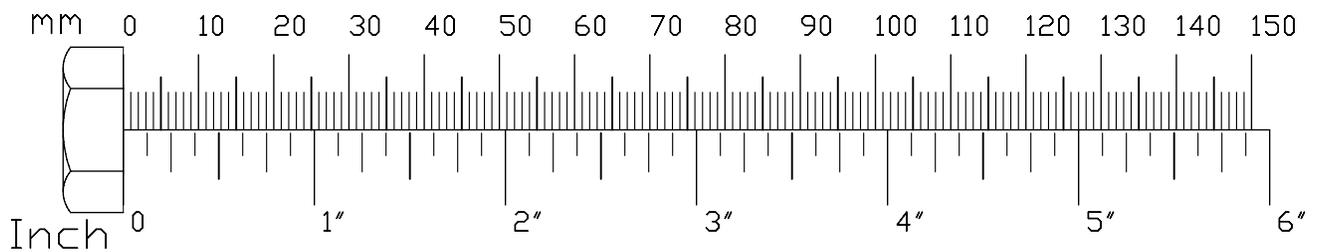


Part# 7

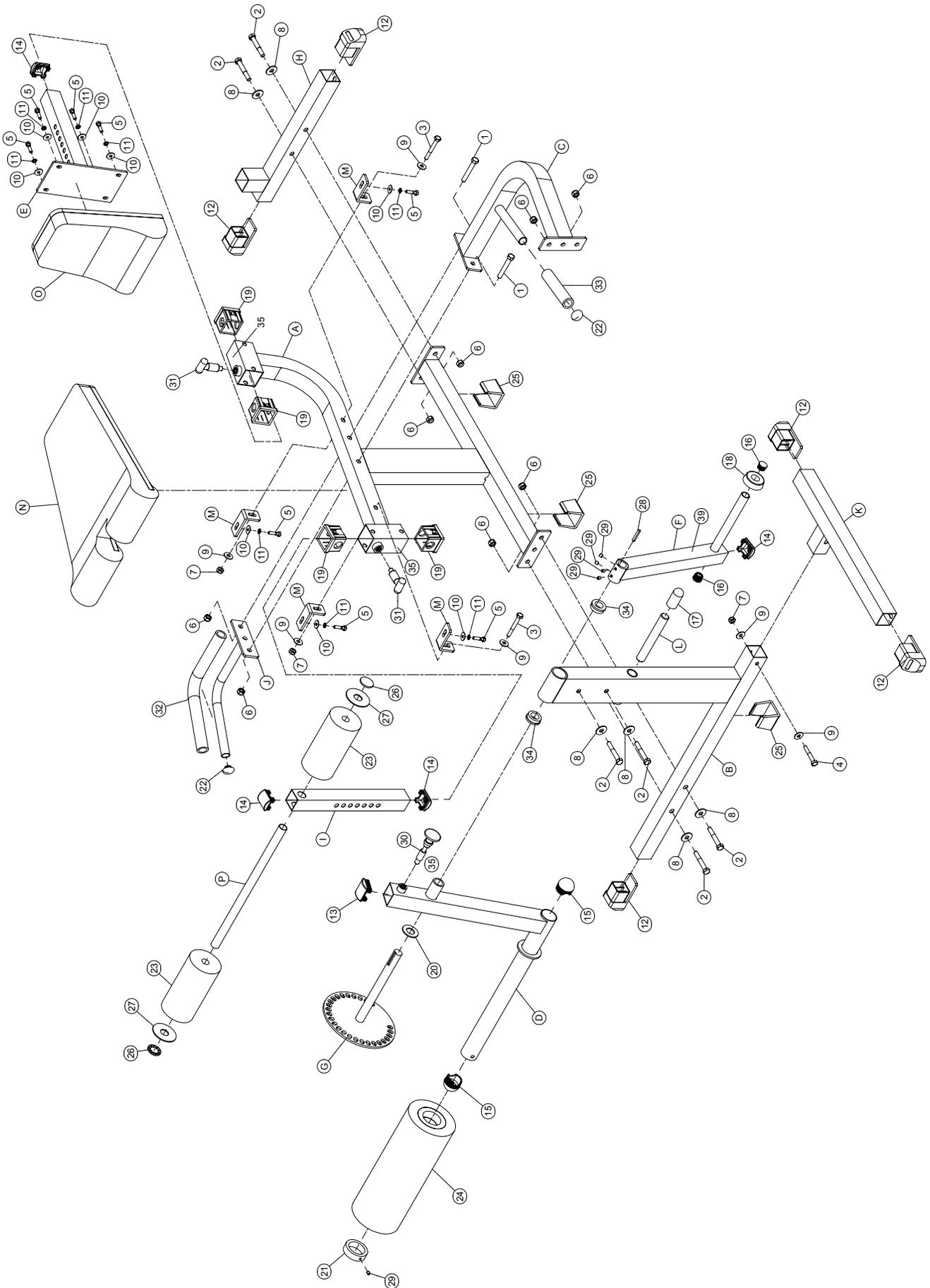
M10

Nylon Nut

Qty. 3



# Exploded View Diagram







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