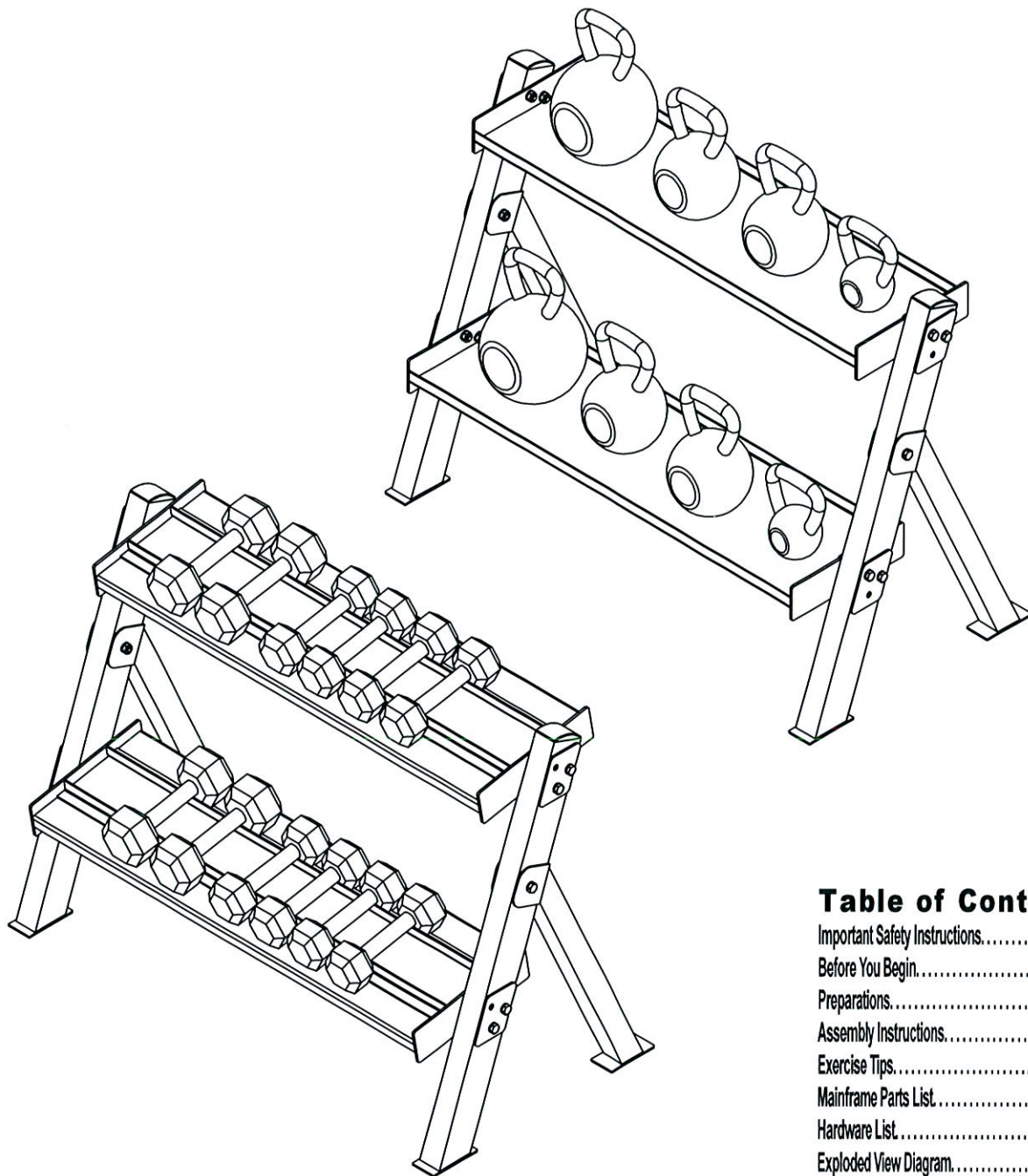


# Body-Solid®

Built for Life

GDKR100



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Assembly & Instructions  
**OWNER'S & MANUAL**

## STEP

# 1

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

### LEFT SIDE ASSEMBLY

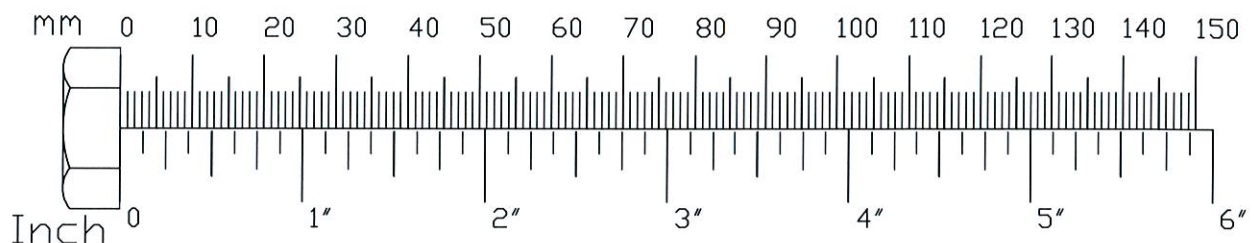
Assemble the left side of the GDKR100 as described below.

- A. Connect Rear Base Frame (A) to Support Frame (B) using:  
**One 1 (M10x70 hex head bolt)**  
**Two 4 (M10 washer)**  
**One 3 (M10 nylon lock nut)**
- B. Attach Rubber Pad (6) to Rear Base Frame (A) and Support Frame (B).
- C. Insert Convex End Cap (5) into Support Frame (B).

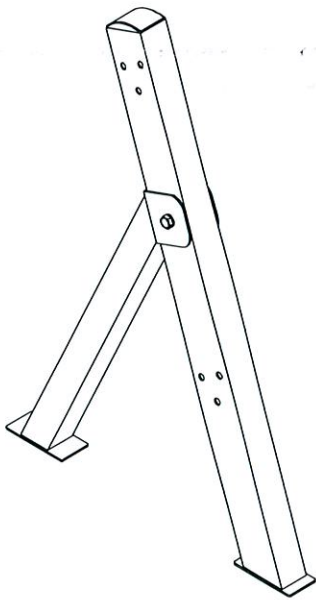
### RIGHT SIDE ASSEMBLY

Assemble the right side of the GDKR100 as described below.

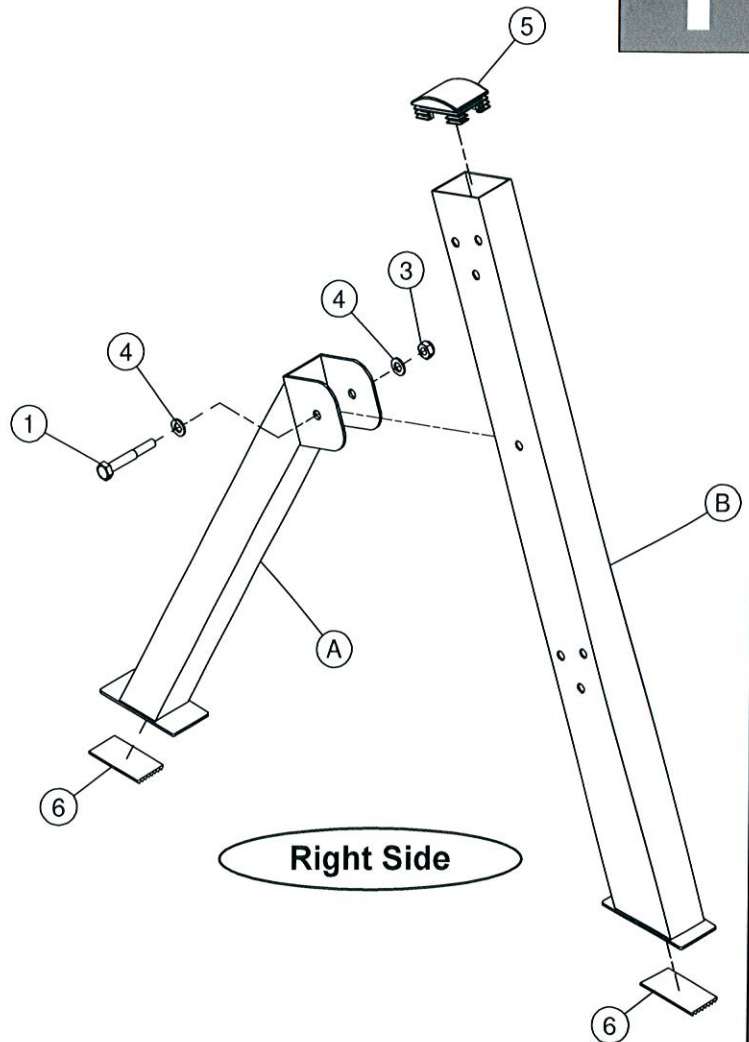
- A. Connect Rear Base Frame (A) to Support Frame (B) using:  
**One 1 (M10x70 hex head bolt)**  
**Two 4 (M10 washer)**  
**One 3 (M10 nylon lock nut)**
- B. Attach Rubber Pad (6) to Rear Base Frame (A) and Support Frame (B).
- C. Insert Convex End Cap (5) into Support Frame (B).



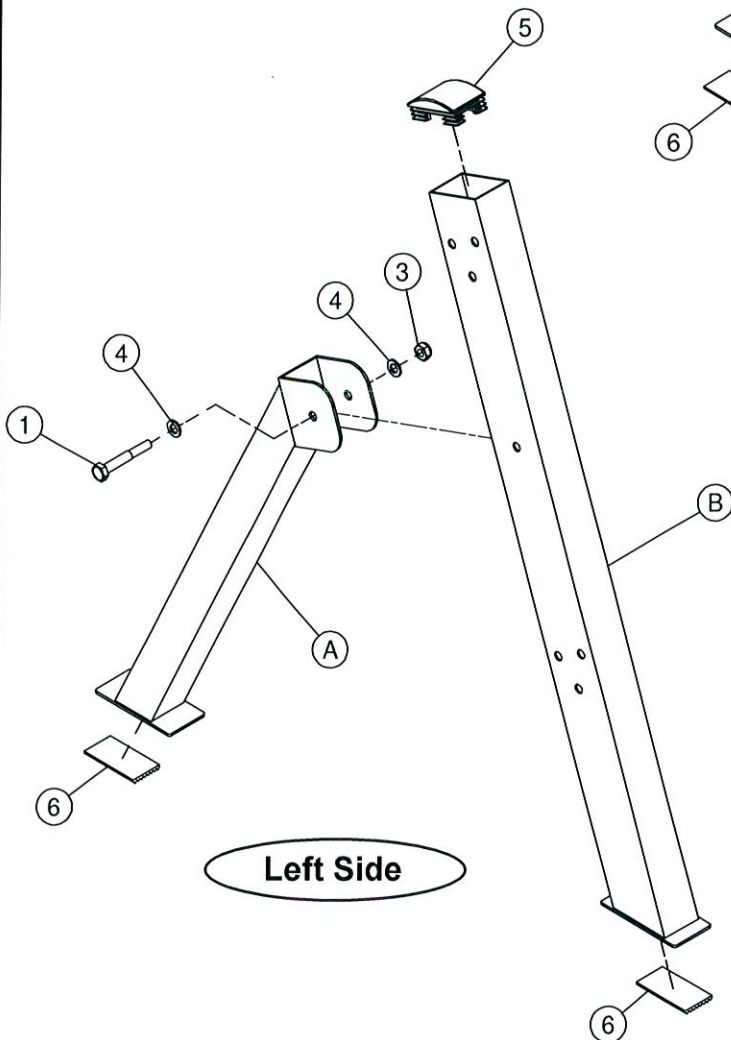
# STEP 1



Above shows Step 1 assembled and completed.



Right Side



Left Side



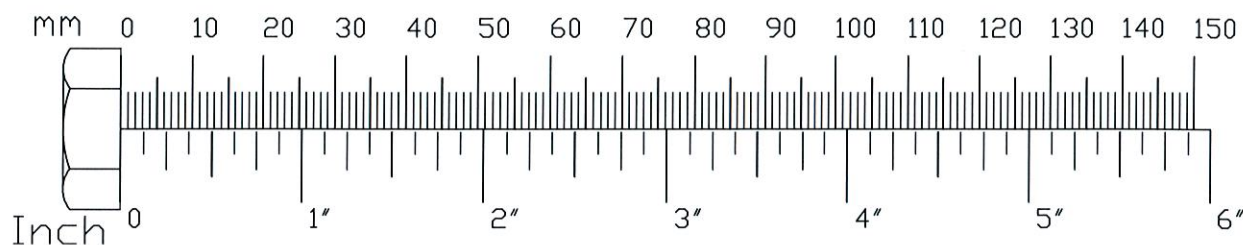
**STEP****2**

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

## KETTLEBELL RACK INSTALLATION

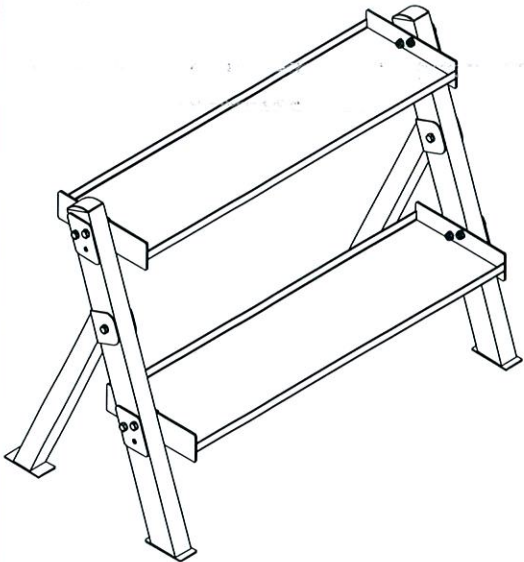
*NOTE: The GDKR100 may be assembled as a Kettlebell Rack or a Dumbbell Rack. To install the GDKR100 as a Kettlebell Rack, use Step 2 of this manual. For Dumbbell Rack Installation, proceed to Step 3.*

- A. Connect the lower Kettlebell Rack (C) and Plate (D) to Support Frame (B) on the left side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- B. Connect the upper Kettlebell Rack (C) and Plate (D) to Support Frame (B) on the left side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- C. Connect the lower Kettlebell Rack (C) and Plate (D) to Support Frame (B) on the right side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- D. Connect the upper Kettlebell Rack (C) and Plate (D) to Support Frame (B) on the right side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- E. Congratulations! The assembly of your GDKR100 Kettlebell Rack is complete.



**STEP**  
**2**

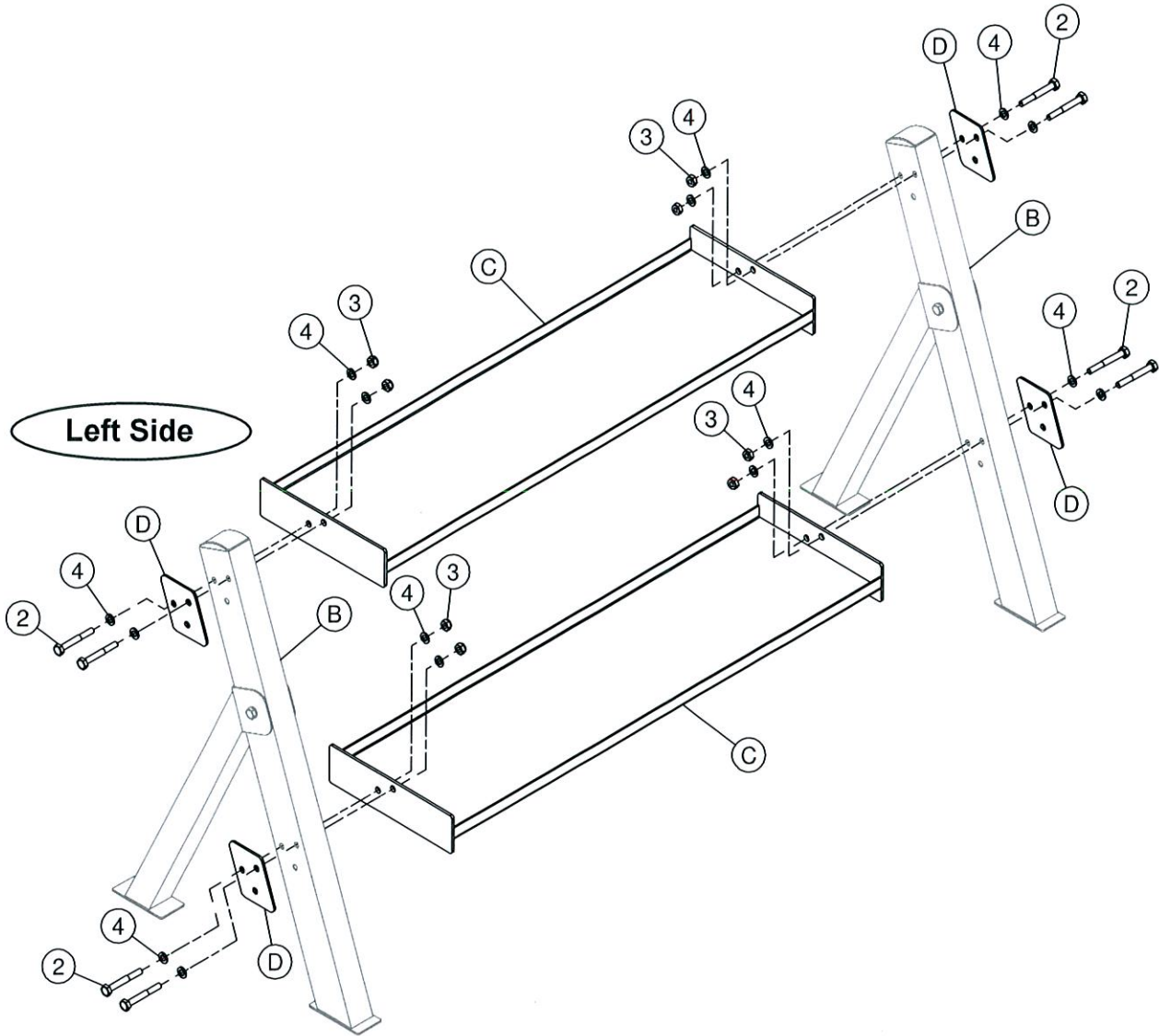
# KETTLEBELL RACK INSTALLATION



Above shows Step 2 assembled and completed.

**Right Side**

**Left Side**

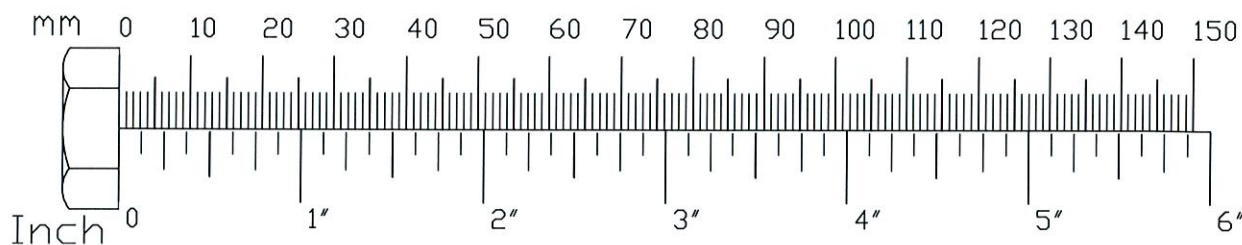


**STEP****3**

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

### **DUMBBELL RACK INSTALLATION**

- A. Connect the lower Dumbbell Rack (C) and Plate (D) to Support Frame (B) on the left side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- B. Connect the upper Dumbbell Rack (C) and Plate (D) to Support Frame (B) on the left side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- C. Connect the lower Dumbbell Rack (C) and Plate (D) to Support Frame (B) on the right side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- D. Connect the upper Dumbbell Rack (C) and Plate (D) to Support Frame (B) on the right side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- E. Congratulations! The assembly of your GDKR100 Dumbbell Rack is complete.

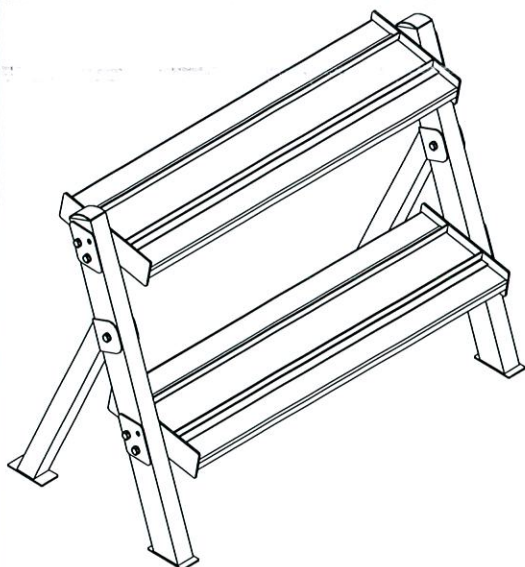




STEP

3

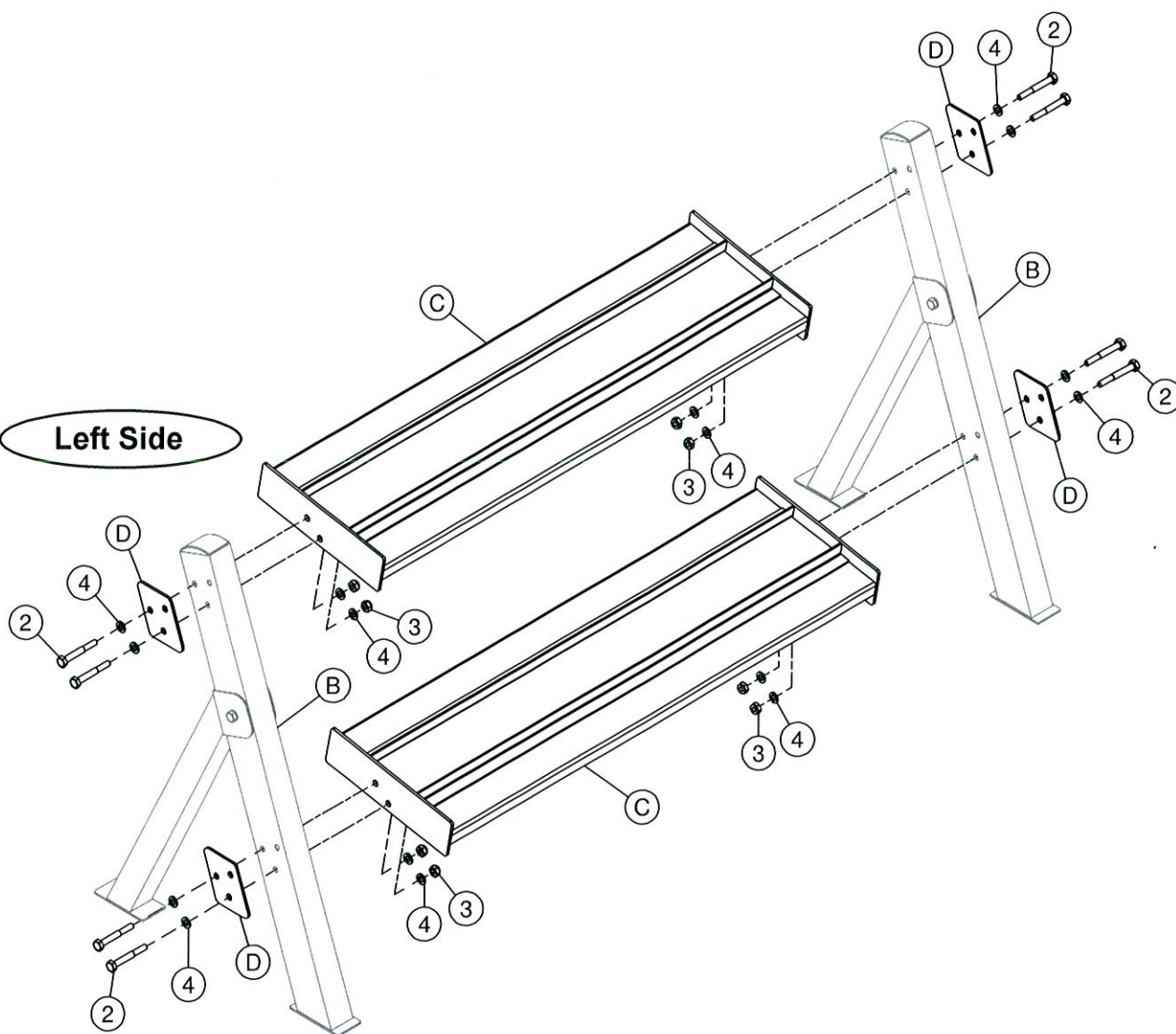
## DUMBBELL RACK INSTALLATION



Above shows Step 3 assembled and completed.

Right Side

Left Side



## Mainframe Parts List

Part#	Qty	Description
A	2	REAR BASE FRAME
B	2	SUPPORT FRAME
C	2	DUMBELL / KETTLE BELL RACK
D	4	PLATE 75mm x 121mm (8360-126)

## Hardware List

1	2	HEX HEAD BOLT	M10x70	
2	8	HEX HEAD BOLT	M10x75	
3	10	NYLON LOCK NUT	M10	
4	20	WASHER	M10x19OD	
5	2	CONVEX END CAP	50mm x 75mm	(9211-084)
6	4	RUBBER PAD	38mm x 75mm	(9310-002)
7	1	BODYSOLID LOGO		(9440-027)
8	1	MAINTENANCE LABEL		(9440-103)
9	1	GENERAL WARNING STICKER		(9440-105)
10	1	BODYSOLID PLATE		(9440-199)

Part numbers are required when ordering parts.

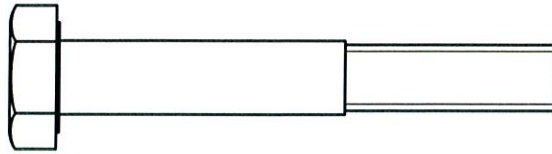


# Hardware (To Scale)



Part# 1

M10x70



Hex Head Bolt (Partial Thread)

Qty. 2



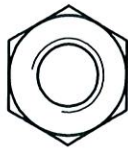
Part# 2

M10x75



Hex Head Bolt (Partial Thread)

Qty. 8



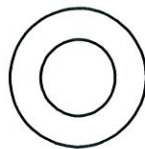
Part# 3

M10



Nylon Nut

Qty. 10



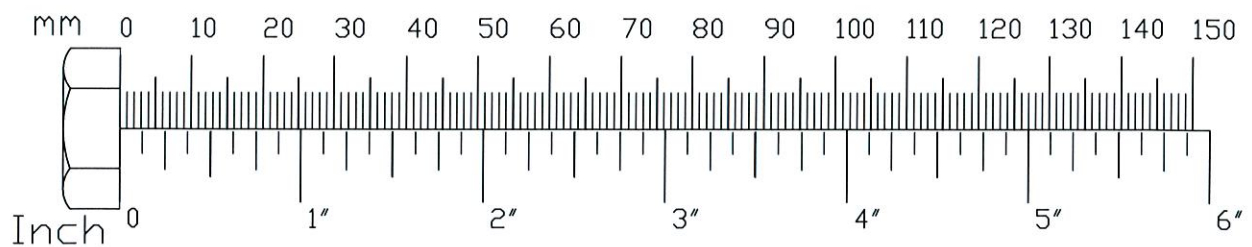
Part# 4

M10

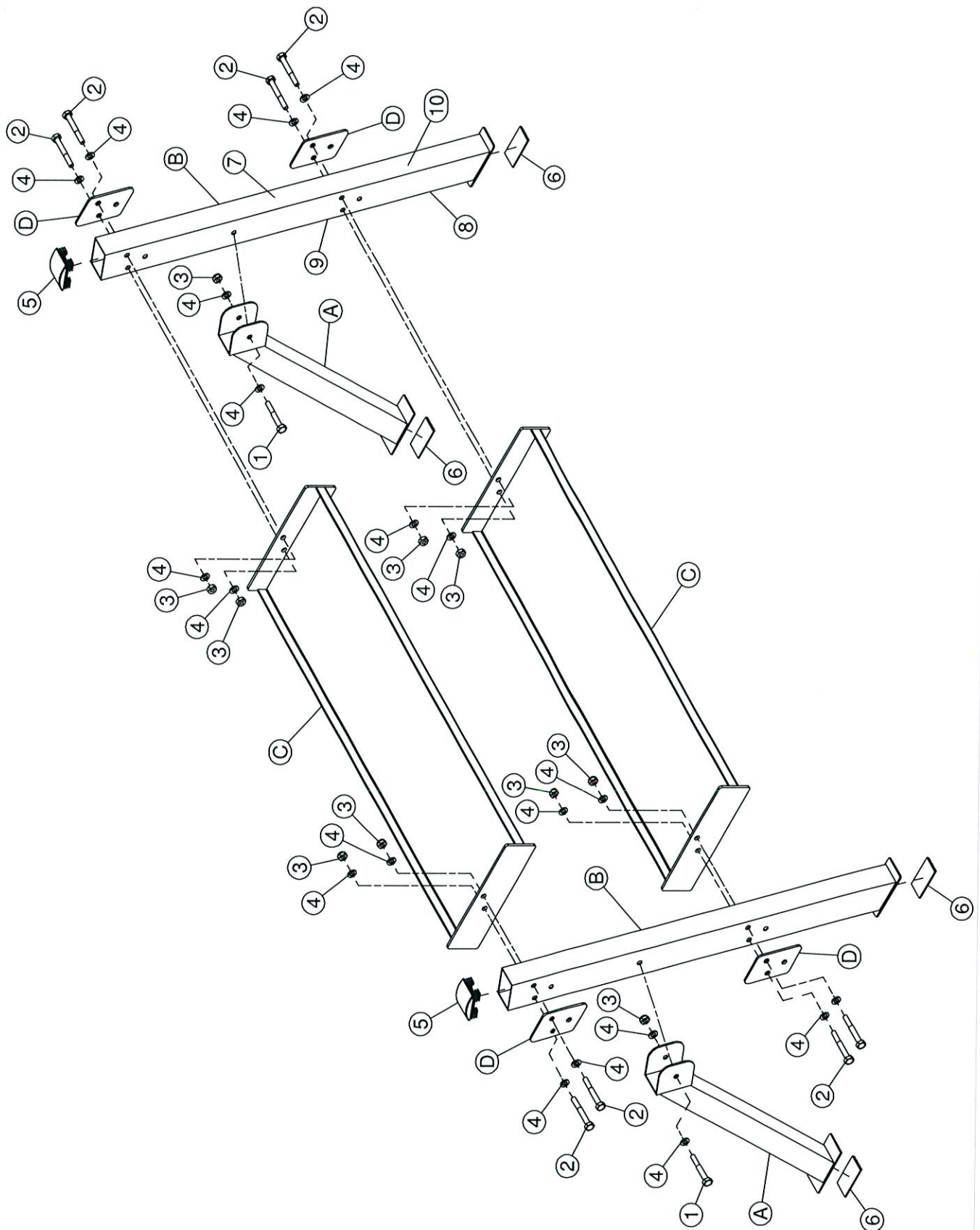


Washer

Qty. 20



# Kettlebell Rack Exploded View Diagram



# Dumbbell Rack Exploded View Diagram

