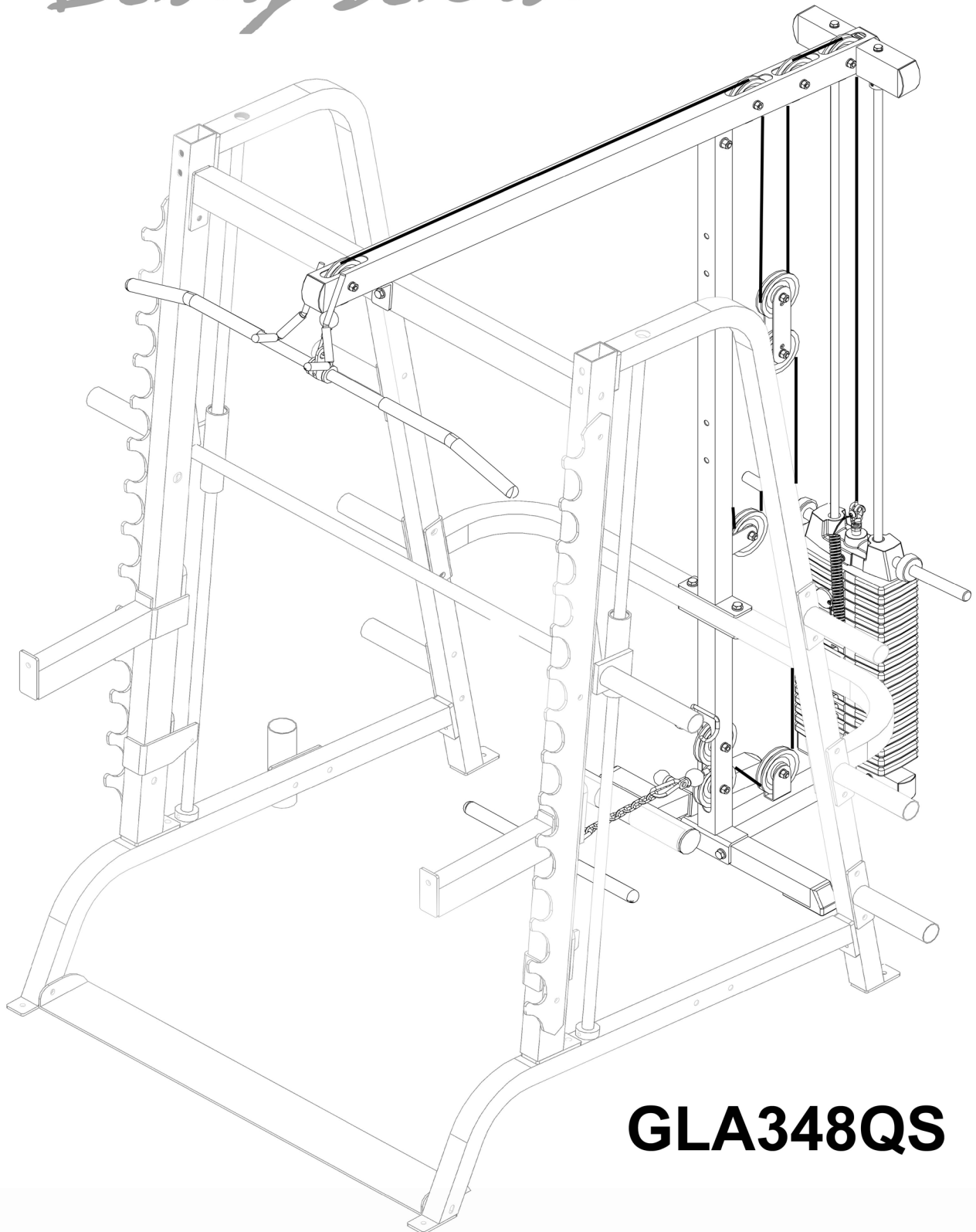


Body-Solid®



GLA348QS

A s s e m b l y

I n s t r u c t i o n s

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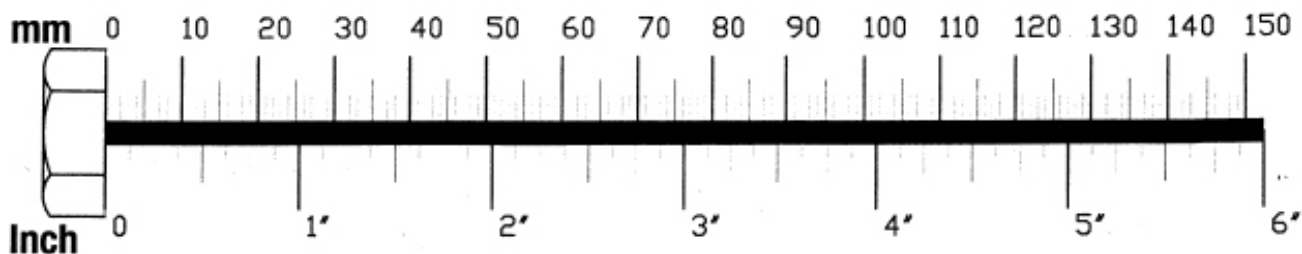
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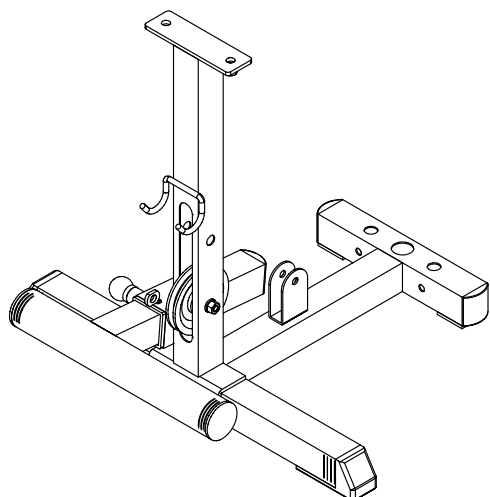
Be careful to assemble all components in the sequence they are presented.

NOTE:

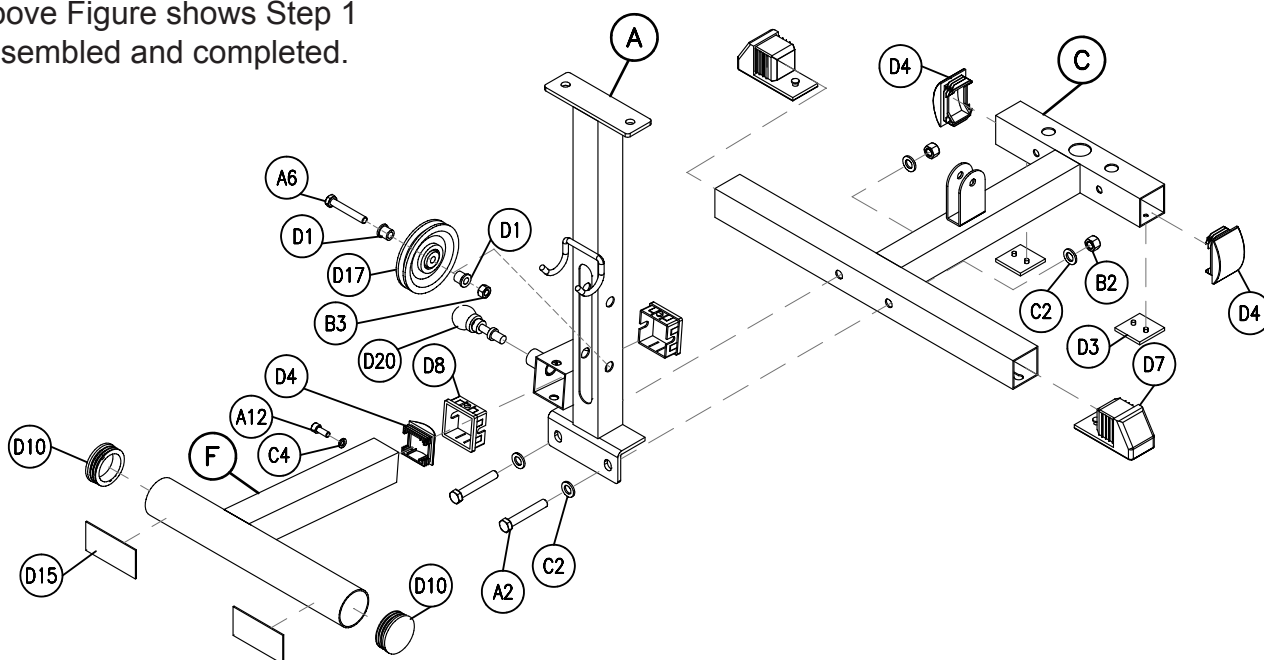
Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 5.

- A. Attach Short Upright Frame (A) to Weight Stack Frame (C) using:
Two A2 (1/2" x 3" hex head bolt)
Four C2 (1/2" washer)
Two B2 (1/2" nylon lock nut)
- B. Attach two Weight Stack Shims (D3) to the bottom of Weight Stack Frame (C).
 Attach two End Caps (D4) to Weight Stack Frame (C) as shown.
 Attach two Foot Caps (D7) to the Weight Stack Frame (C).
- C. Install Pulley (D17) into Short Upright Frame (A) using:
One A6 (3/8" x 2 3/4" hex head bolt)
Two D1 (pulley spacer)
One B3 (3/8" nylon lock nut)
- D. Attach End Cap (D4) to Foot Brace (F) as shown.
 Attach two Round End Caps (D10) to Foot Brace (F) as shown.
 Attach two Grip Tape (D15) to Foot Brace (F) as shown.
- E. Attach two Nylon Bushings (D8) into both sides of the Short Upright Frame (A).
 Slide Foot Brace (F) into the Nylon Bushings (D8) in Short Upright Frame (A), and hold in place with Pop Pin (D20).
 Attach Socket Head Bolt (A12) and Spring Lock Washer (C4) onto the Slide Foot Brace (F).





Above Figure shows Step 1 assembled and completed.



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 5.

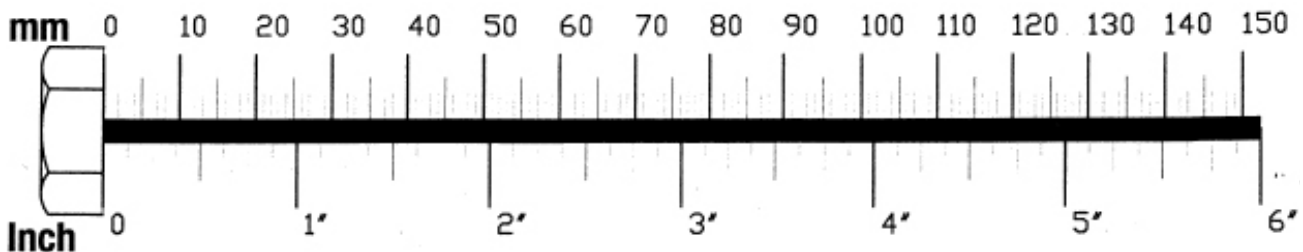
- A. Slide Short Upright Frame (A) and Weight Stack Frame (C) under the Middle Frame GS348 Part G) on the Series 7 Smith Machine (GS-348).
Line up the holes in the Middle Frame on the Series 7 Smith Machine (GS-348) and the holes at the top of the Short Upright Frame (A).
- B. Attach the Long Upright Frame (B) and the Short Upright Frame (A) to the Middle Frame GS348 Part G) on the Series 7 Smith Machine (GS-348) using:
Two A3 (1/2" x 3 1/4" hex head bolt)
Four C2 (1/2" washer)
Two B2 (1/2" nylon lock nut)
- C. Insert two Guide Rods (J) into the outer holes on the Weight Stack Frame (C).
Connect the Guide Rods (J) to the Weight Stack Frame (C) using:
Two A6 (3/8" x 2 3/4" hex head bolt)*
Four C3 (3/8" washer)
Two B3 (3/8" nylon lock nut)

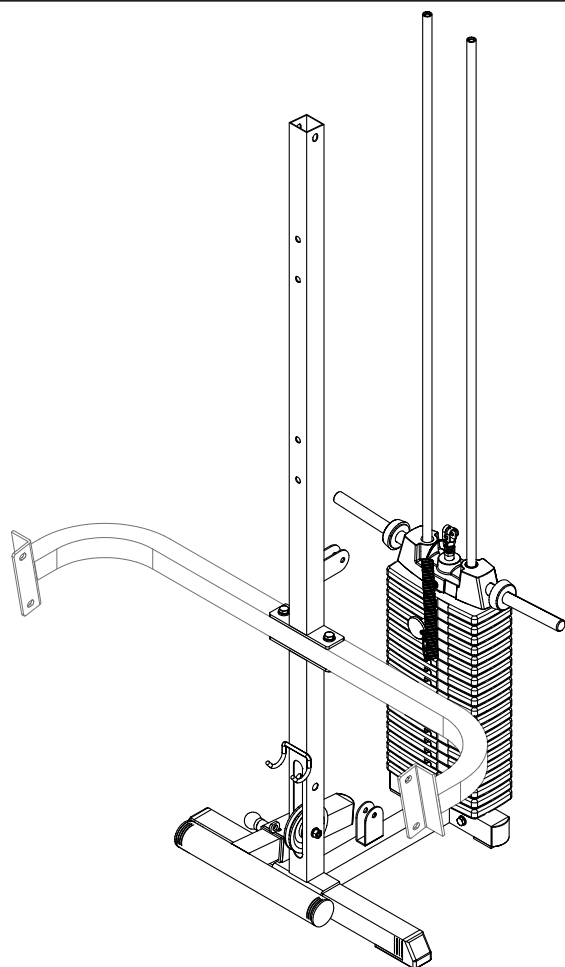
***NOTE:**

Wrench tighten the two Bolts (A6). You will not have access to them after the Weight Plates are on.

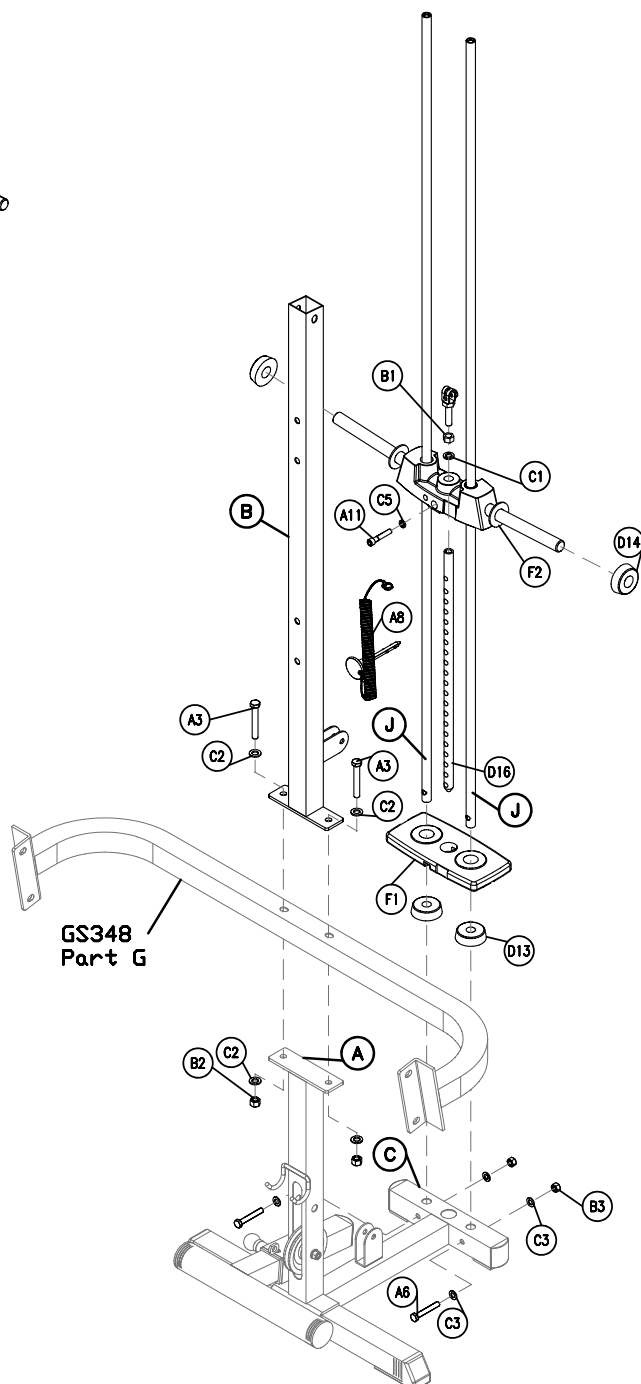
Slide one Rubber Donut (D13) onto each of the two Guide Rods (J).

- D. Slide the Weight Stack Plates (F1) onto the two Guide Rods (J). Line up the opening in each Weight Stack Plate (F1), for the Weight Stack Selecting Pin (A8).
- E. Connect the Top Plate (F2) to the Selector Rod (D16) using:
One A11 (3/8" x 3 3/4" socket head bolt)
One C5 (3/8" washer)
Slide the Top Plate (F2) and Selector Rod (D16) onto the Guide Rods (J).
Slide one Rubber Donut (D14) onto each side of the Top Plate (F2).





Above Figure shows Step 2 assembled and completed.



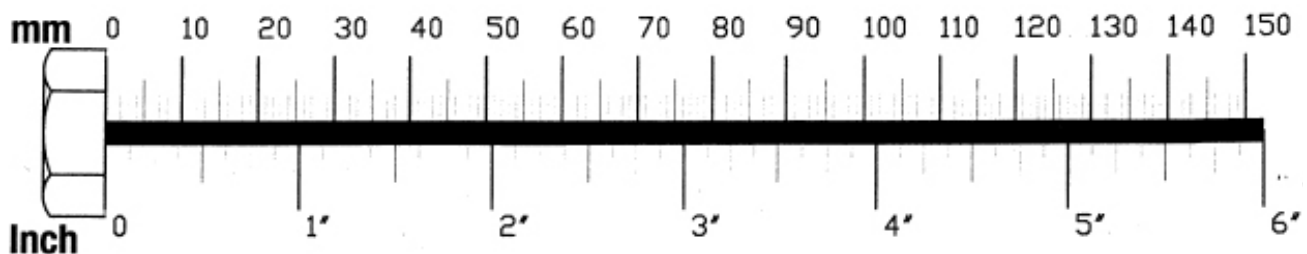
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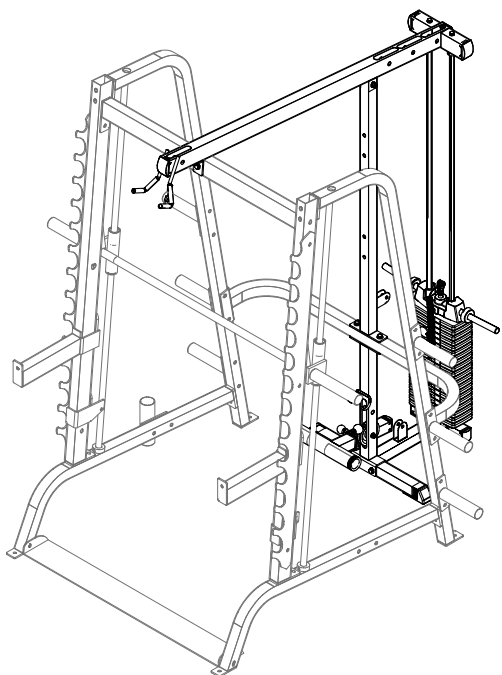
Be careful to assemble all components in the sequence they are presented.

NOTE:

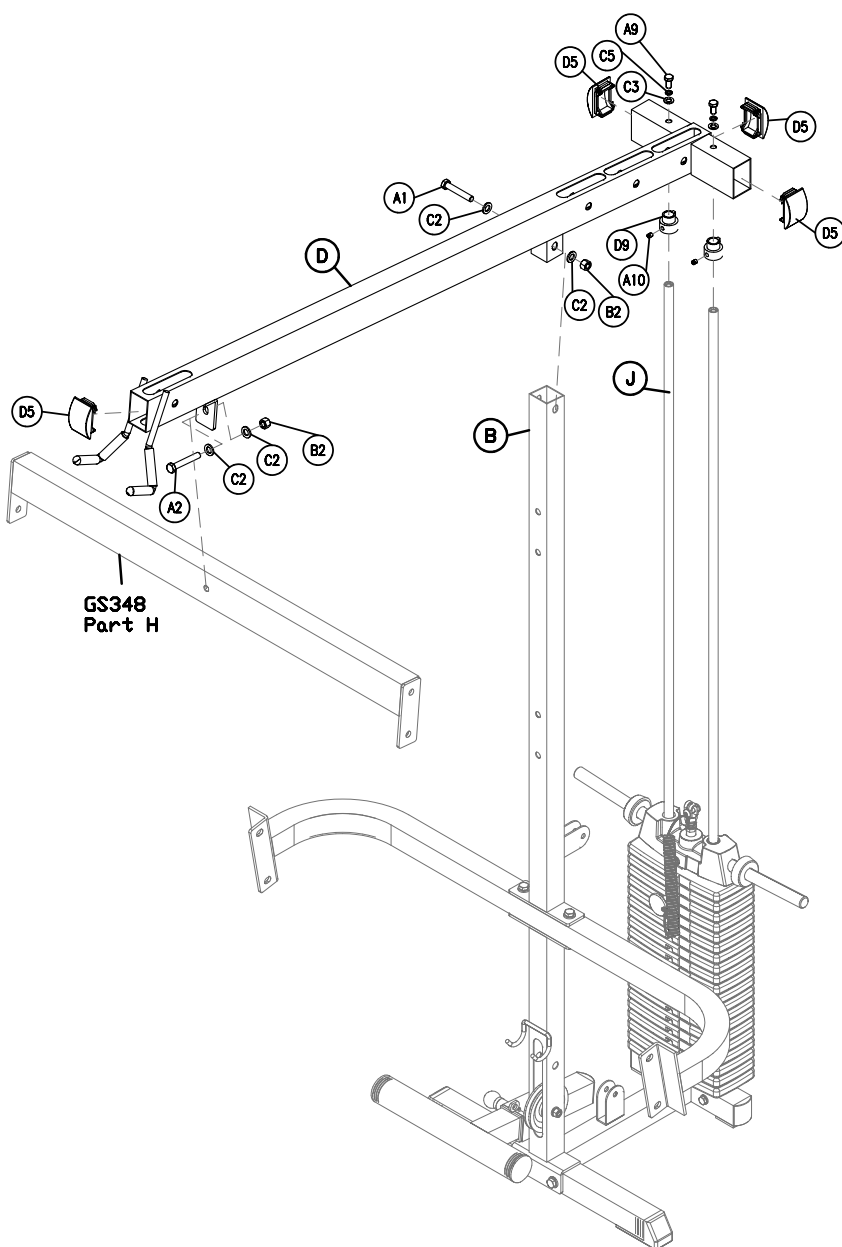
Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 5.

- A. Slide one Shaft Collar (D9) onto each of the two Guide Rods (J).
- B. Slide the two Guide Rods (J) into Top Frame (D).
Attach Top Frame (D) to the Long Upright Frame (B) using:
One A1 (1/2" x 2 3/4" hex head bolt)
Two C2 (1/2" washer)
One B2 (1/2" nylon lock nut)
- C. Slide the Shaft Collars (D9) up and into the Top Frame (D), and turn to hold the Shaft Collars in place at the top of the Guide Rods.
- D. Attach Top Frame (D) to the two Guide Rods (J) using:
Two A9 (3/8" x 5/8" allen head bolt)
Two C5 (3/8" spring lock washer)
Two C3 (3/8" washer)
- E. Attach the lat attachment (LA-348) Top Frame (D) to the Series 7 Smith Machine (GS-348) Top Frame GS348 (Part H) using:
One A2 (1/2" x 3" hex head bolt)
Two C2 (1/2" washer)
One B2 (1/2" nylon lock nut)
- F. Attach the four End Caps (D5) onto Top Frame (D) as shown.





Above Figure shows Step 3 assembled and completed.



4

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

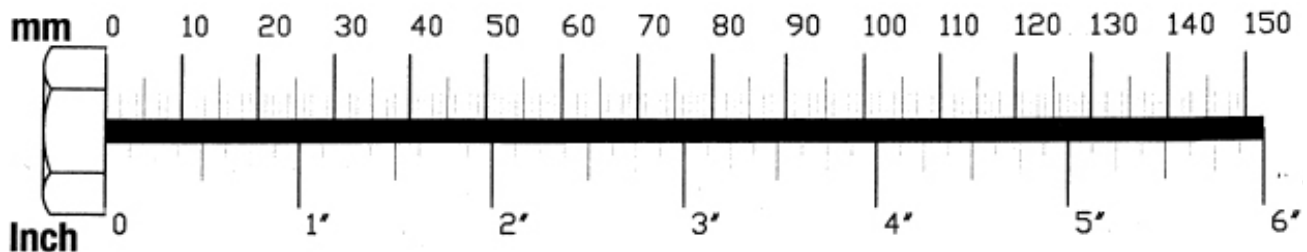
NOTE:

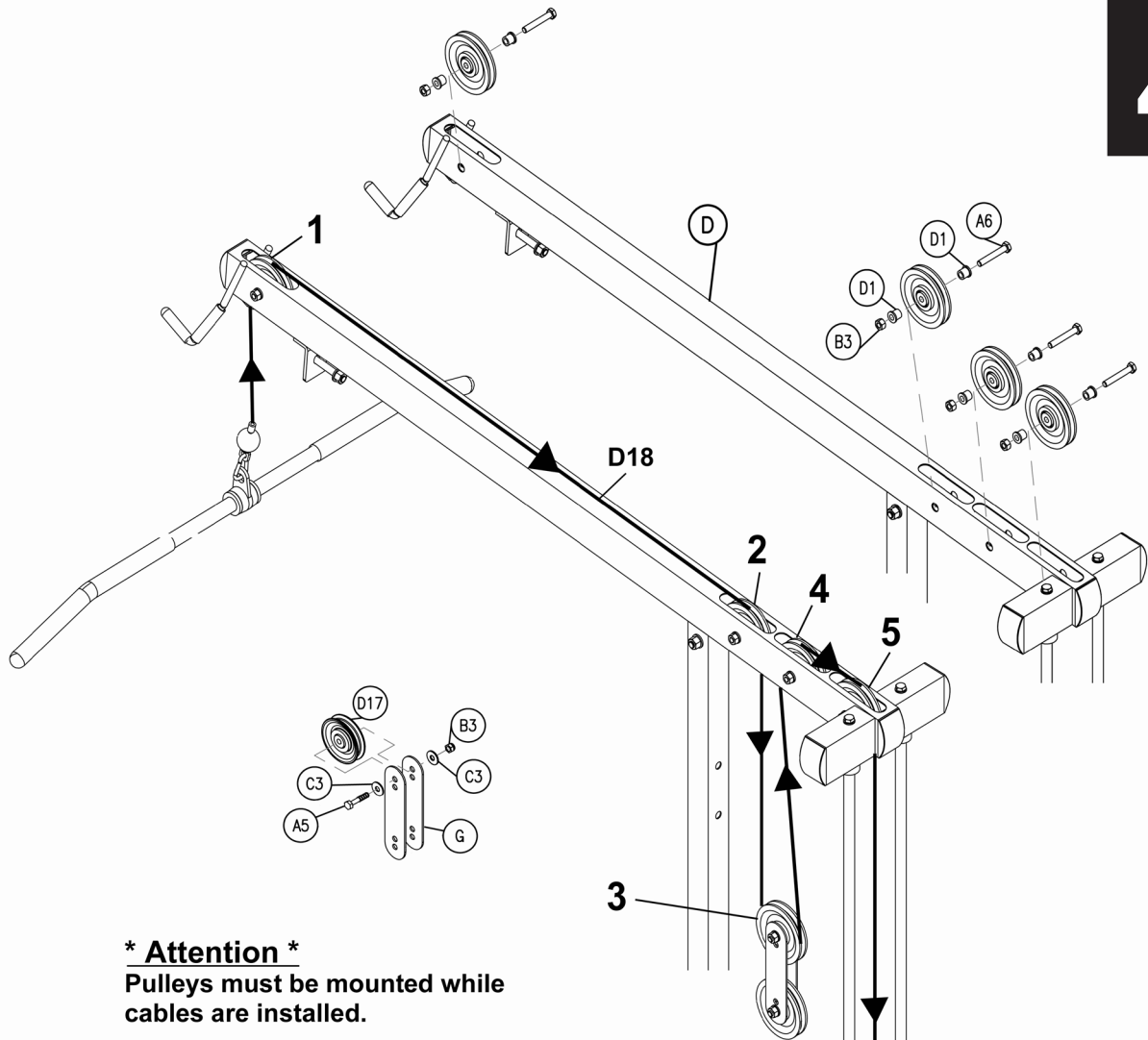
Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 5. The pulleys and cables need to be installed concurrently.

- A. Insert Cable (D18) into and through the Top Frame (D) in front of pulley 1.
Install Pulley 1 (D17) using:
One A6 (3/8" x 2 5/8" hex head bolt)
Two D1 (3/8" pulley spacer)
One B3 (3/8" nylon lock nut)
- B. Route Cable (D18) above Top Frame (D) above Pulley 2 (D17) and down through Top Frame (D).
Install Pulley 2 (D17) using:
One A6 (3/8" x 2 5/8" hex head bolt)
Two D1 (3/8" pulley spacer)
One B3 (3/8" nylon lock nut)
- C. Install Pulley 3 (D17) between the two Flat Plates (G), using:
One A5 (3/8" x 1 3/4" hex head bolt)
Two C3 (3/8" washer)
One B3 (3/8" nylon lock nut)
- D. Route Cable (D18) up and through the Top Frame (D) in front of Pulley 4 (D17).
Install Pulley 4 (D17) using:
One A6 (3/8" x 2 5/8" hex head bolt)
Two D1 (3/8" pulley spacer)
One B3 (3/8" nylon lock nut)
- E. Route Cable (D18) around Pulley 4 (D17) and Pulley 5 (D17).
Install Pulley 5 (D17) using:
One A6 (3/8" x 2 5/8" hex head bolt)
Two D1 (3/8" pulley spacer)
One B3 (3/8" nylon lock nut)
- F. See the WARNING Diagram. The Metal Ball End of Cable (D18) should be hanging just above the weight stack. Remove Bolt (E4) from Selector Rod Top Bolt (E1), slide the Metal Ball End of Cable (D18) through Selector Rod Top Bolt (E1). Attach Cable End Shaft (E2) and securely tighten Allen Bolt (E3). Pull Cable (D18) tight, so that the Cable End Shaft (E2) fits securely inside Selector Rod Top Bolt (E1). Reinstall Bolt (E4) in Selector Rod Top Bolt (E1).

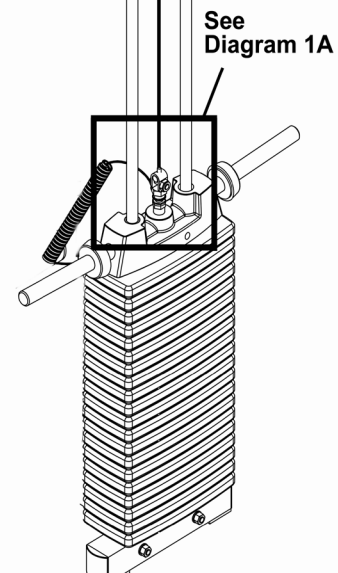
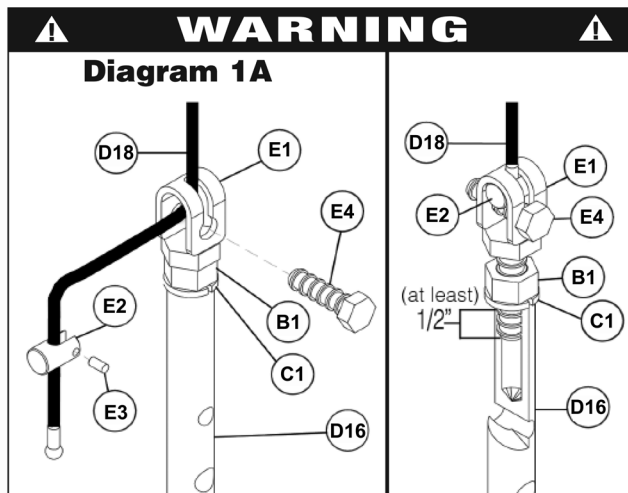
NOTE:

**Make sure the Selector Rod Top Bolt (E1) is threaded inside Selector Rod (D16) at least 1/2".
Make sure Spring Lock Washer (C1) is in place and wrench tighten Jam Nut (B1).**





*** Attention ***
Pulleys must be mounted while cables are installed.



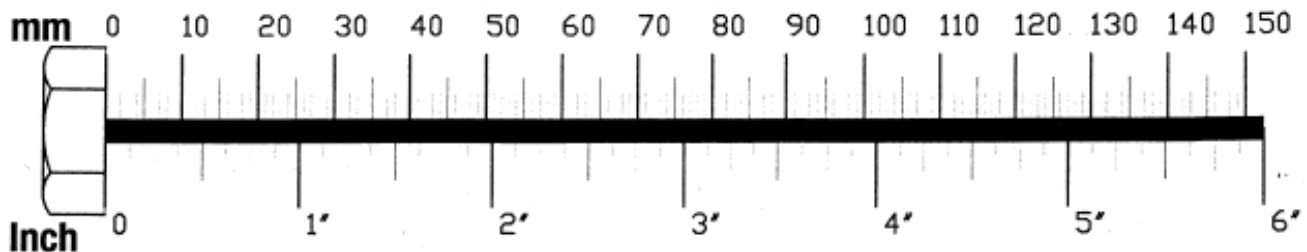
5

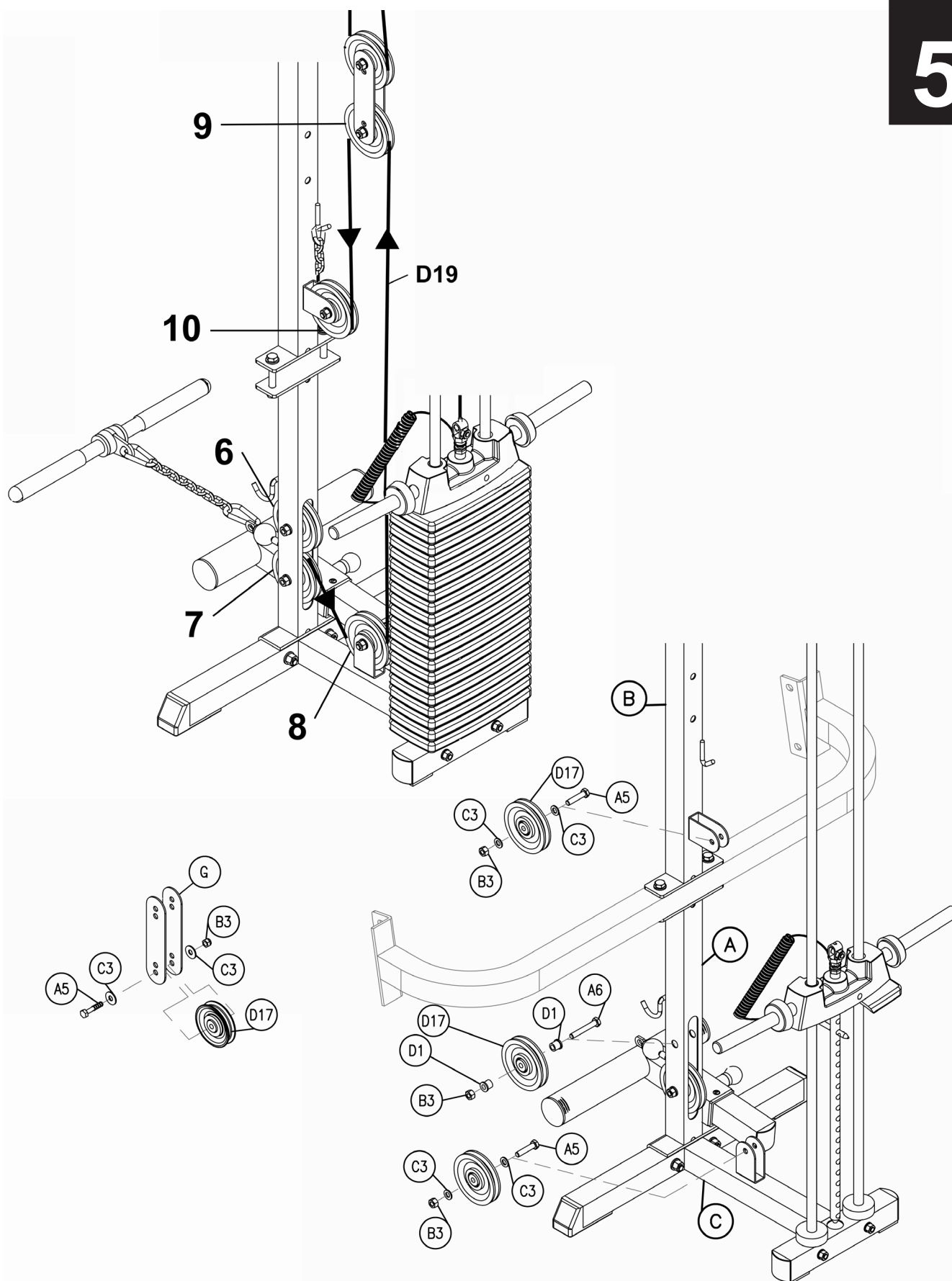
Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 5. The pulleys and cables need to be installed concurrently.

- A. Insert Cable (D19) through Short Upright Frame (A).
Install Pulley 6 (D17) onto Short Upright Frame (A) using:
One A6 (3/8" x 2 5/8" hex head bolt)
Two D1 (3/8" pulley spacer)
One B3 (3/8" nylon lock nut)
- B. Route Cable (D19) under and around Pulley 8 (D17).
Install Pulley 8 (D17) using:
One A5 (3/8" x 1 3/4" hex head bolt)
Two C3 (3/8" washer)
One B3 (3/8" nylon lock nut)
- C. Route Cable (D19) up and around Pulley 9 (D17).
Install Pulley 9 (D17) using:
One A5 (3/8" x 1 3/4" hex head bolt)
Two C3 (3/8" washer)
One B3 (3/8" nylon lock nut)
- D. Route Cable (D19) down and around Pulley 10 (D17).
Install Pulley 10 (D17) using:
One A5 (3/8" x 1 3/4" hex head bolt)
Two C3 (3/8" washer)
One B3 (3/8" nylon lock nut)
- E. Attach Cable (D19) to Long Upright Frame (B).
- F. You may now wrench tighten all the nuts and bolts including the two Allen Screws (A10) of Guide Rods Shaft Color (D9).
- G. Attach Lat Bar (H) with Snap Link (D2) and connect assembly to the High Lat Cable (D18).
Attach Low Row Bar (I) to Snap Link (D2), then to Steel Chain (A7) and Snap Link (D2).
Finally, connect the Low Row Bar assembly to the Low Row Cable (D19).





PART#	QTY	Description
A1	1	HEX HEAD BOLT 1/2" X 2 3/4" (M12 X 70) PARTIAL THREAD
A2	3	HEX HEAD BOLT 1/2" X 3" (M12 X 75) PARTIAL THREAD
A3	2	HEX HEAD BOLT 1/2" X 3 1/4" (M12 X 80) PARTIAL THREAD
A5	4	HEX HEAD BOLT 3/8" X 1 3/4" (M10 X 45)PARTIAL THREAD
A6	8	HEX HEAD BOLT 3/8" X 2 5/8" (M10 X 65) PARTIAL THREAD
A7	1	STEEL CHAIN Φ 6 x 9 Rings
A8	1	WEIGHT STACK SELECTING PIN
A9	2	ALLEN HEAD BOLT 3/8" X3/4" (M10 X 20) FULL THREAD
A10	2	ALLEN SCREW 5/16" x 3/8" (M8 X 10)
A11	1	SOCKET HEAD BOLT 3/8" x 1 3/4" (M10 X 45)
A12	1	SOCKET HEAD BOLT 1/4" x 3/4" (M8 X 20)
B1	1	NUT 1/2" (M12)
B2	6	NYLON LOCK NUT 1/2"
B3	12	NYLON LOCK NUT 3/8"
C1	1	SPRING LOCK WASHER 1/2"
C2	12	WASHER 1/2"
C3	14	WASHER 3/8"
C4	1	SPRING LOCK WASHER 5/16"
C5	3	SPRING LOCK WASHER 3/8"
D1	12	PULLEY SPACER 3/8" ID
D2	3	SNAP LINK
D3	2	WEIGHT STACK SHIMS 2" X 2"
D4	3	END CAP 2" X 2"
D5	4	END CAP 2" X 3"
D7	2	FOOT CAP 2" X 2"
D8	2	NYLON BUSHING 2" X 2"
D9	2	SHAFT COLLAR
D10	2	ROUND END CAP 2"
D13	2	RUBBER DONUT 3/4" ID 2 1/2" OD
D14	2	RUBBER DONUT 1" ID 2 1/2" OD
D15	2	GRIP TAPE
D16	1	SELECTOR ROD (20 holes)
D17	10	PLASTIC PULLEY 4 1/4" OD X 3/4" W
D18	1	HIGH LAT CABLE 3860mm
D19	1	LOW ROLL CABLE 2680mm
D20	1	POP PIN
D22	2	LAT BAR FOAM GRIP ϕ 24*T3*380mm
D23	2	LOW ROLL BAR FOAM GRIP ϕ 24*T3*160mm
D24	1	LAT BAR FOAM PROTECTOR
D25	2	RUBBER TUBE ϕ 14*T2*170
E1	1	SELECTOR ROD TOP BOLT
E2	1	CABLE END SHAFT
E3	1	ALLEN SCREW 3/16" X 5/16" FULL THREAD (cable end shaft)
E4	1	HEX HEAD BOLT 3/8" X 1" FULL THREAD
F1	20	WEIGHT STACK 10 Lbs
F2	1	10 LB TOP PLATE WITH HORNS

Part numbers are required when ordering parts.

GLA348QS Mainframe Parts List

PART#	QTY	DESCRIPTION
A	1	SHORT UPRIGHT FRAME
B	1	LONG UPRIGHT FRAME
C	1	WEIGHT STACK FRAME
D	1	TOP FRAME
F	1	FOOT BRACE
G	2	FOOT PLATE
H	1	LAT BAR
I	1	LOW ROW BAR
J	2	GUIDE ROD

Part numbers are required when ordering parts.

