

Body-Solid®



GLP2500

Assembly Instructions / Owner's Manual

Before You Begin

Thank you for purchasing the Body-Solid GLP2500 Leg Press Attachment. This Leg Press 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 GLP2500 Leg Press is carefully tested and inspected before shipment. Body-Solid ships the unit in 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.

Required Tools:

The tools that you must obtain before assembling include:

- Set of Allen Keys
- Socket & Ratchet Set
- Adjustable Wrenches

Installation Requirements

Be careful to assemble components in the sequence presented in this guide. Follow these installation requirements:

- Set up 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.
- 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 warranty card.**

Be careful to assemble all components in the sequence presented in this guide. If you do not assemble and use the GLP2500 Leg Press according to these guidelines, you could void the Body-Solid warranty.

*If any items are missing, contact the dealer from whom you purchased the unit or call **1-800-556-3113** for Body-Solid customer service.*

Preparations

Assembly of the GLP2500 takes professional installers about 1/2 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time. Professional installers are recommended.

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

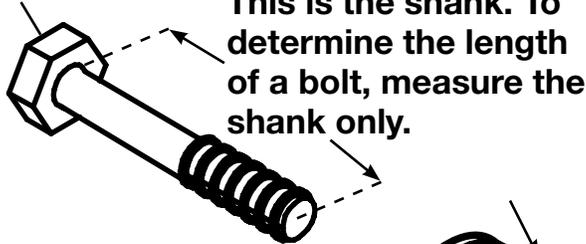
Read all "Notes" on each page before beginning each step.

While you may be able to assemble the GLP2500 Leg Press using the illustrations only, important safety notes and other tips are included in the text.

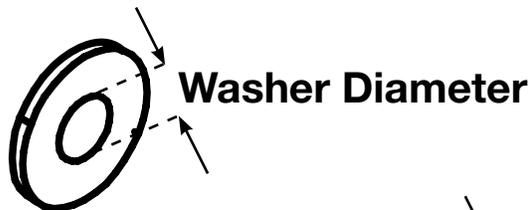
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

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

Bolt Head



This is the shank. To determine the length of a bolt, measure the shank only.



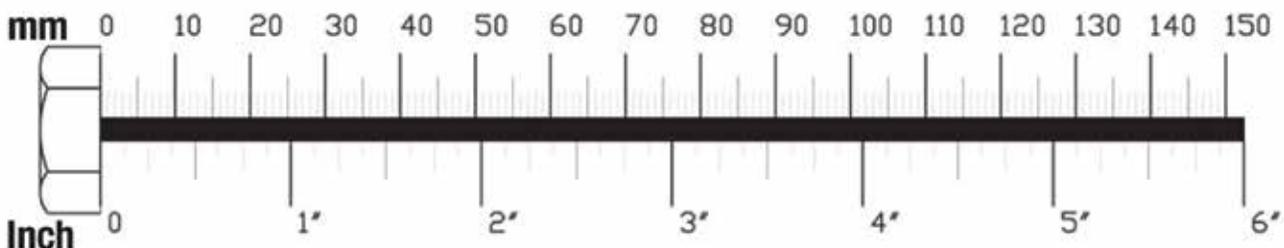
Washer Diameter



Lock Nut Diameter

Do not fully tighten bolts until instructed to do so.

NOTE: 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 Body-Solid customer service.



Important Safety Instructions

Personal Safety During Assembly

- It is strongly recommended that a qualified dealer assemble the equipment. If you are going to do it yourself; **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 GLP2500 Leg Press on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The GLP2500 Leg Press 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 GLP2500 Leg Press.

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 will need 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

E-mail: service@bodysolid.com

Or write to: **Body-Solid, Inc.**

Service Department

1900 S. Des Plaines Ave.

Forest Park, IL 60130 USA

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

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

- Read all instructions before using the GLP2500 Leg Press. 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.
- 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 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.

Retain this Owner's Manual for future reference. Part numbers from this manual are required when ordering parts.

Warning, Safety & Maintenance

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 recommendations, warnings, and maintenance guidelines.

Routine inspection and maintenance is of critical importance to ensure the maximum safety and performance of the GLP2500 Leg Press. Body-Solid uses the highest quality materials available, but wear is inevitable.

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 Tension

- Check slack in cables and re-adjust cable tension if needed.

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 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 locking nut at the Weight Stack is tight.
- Lubricate cables and pulley grooves with Silicone spray.

Upholstery

- Wipe down 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. Do not over-tighten Seat Pad or Back Pad bolts.

Guide Rods

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

Adjustments/Locking Pins/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.

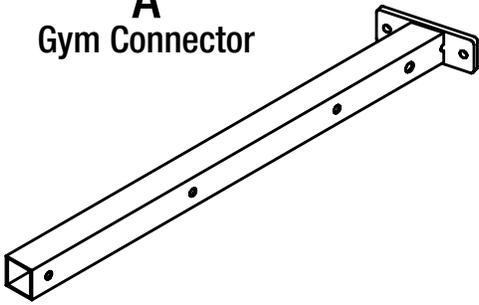
GLP2500 Parts List

QTY	Part #	Description
(1)	A	Gym Connector
(1)	B	Base Frame
(1)	C	Back Pad Frame
(1)	D	Inside Pivot
(1)	E	Outside Pivot
(1)	F	Plate Connector
(1)	G	Foot Plate
(2)	H	Hand Grip
(2)	J	Flat Plate
(2)	K	Pillow Block Bearing
(1)	L	Seat Pad
(1)	M	Back Pad
(1)	N	Leg Press Connector
(1)	O	Pulley Holder
(1)	P	Pulley Base
(1)	Q	Pulley Holder Pivot

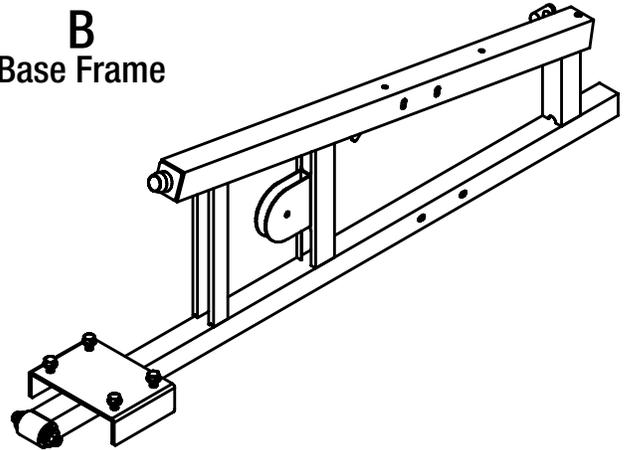
QTY	Part #	Description
(2)	1	M12 x 80 Hex Head Bolt
(3)	2	M10 x 45 Hex Head Bolt
(2)	3	M10 x 50 Hex Head Bolt
(5)	4	M10 x 75 Hex Head Bolt
(2)	5	M10 x 80 Hex Head Bolt
(6)	6	M10 x 110 Hex Head Bolt
(4)	7	5/16" x 1" Hex Head Bolt
(2)	8	5/16" x 3 1/4" Hex Head Bolt
(2)	9	M10 x 65 Hex Head Bolt
(1)	10	M12 x 75 Hex Head Bolt
(1)	11	M12 x 90 Hex Head Bolt
(4)	12	M12 x 45 Hex Head Bolt
(1)	13	M10 x 16 Round Allen Head Bolt

GLP2500 Parts Diagram

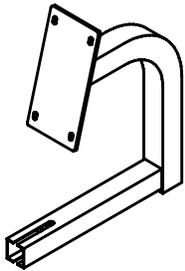
A
Gym Connector



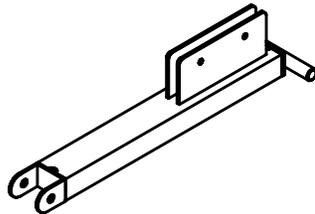
B
Base Frame



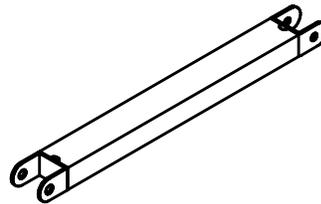
C
Back Pad Frame



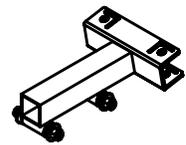
D
Inside Pivot



E
Outside Pivot



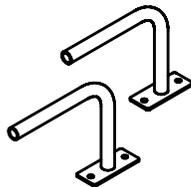
F
Plate Connector



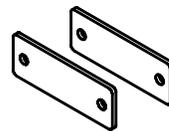
G
Foot Plate



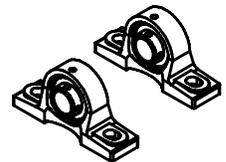
H
Hand Grip



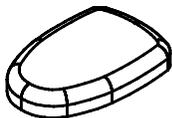
J
Flat Plate



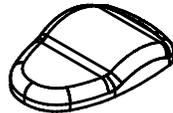
K
Pillow Block Bearing



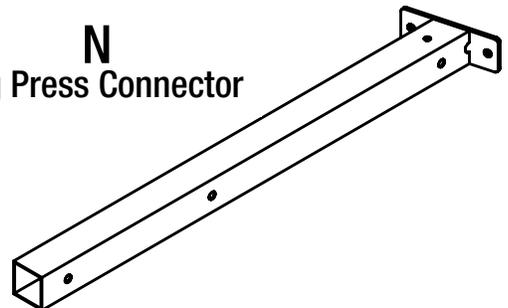
L
Seat Pad



M
Back Pad



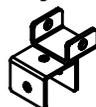
N
Leg Press Connector



O
Pulley Holder



P
Pulley Base



Q
Pulley Holder Pivot

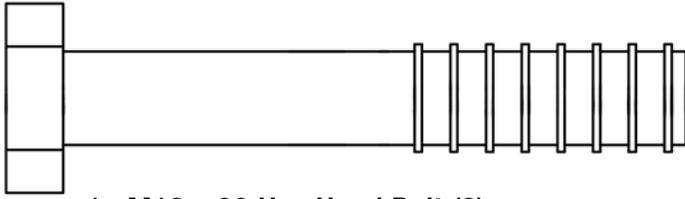


GLP2500 Hardware List

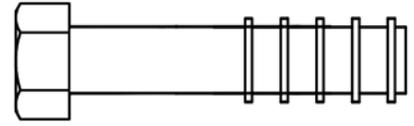
QTY	Part #	Description
(4)	14	M12 Nylon Locking Nut
(16)	15	M10 Nylon Locking Nut
(6)	16	1/2" Nylon Locking Nut
(1)	17	3/8" Jam Nut
(10)	18	M12 Flat Washer
(32)	19	M10 Flat Washer
(6)	20	5/16" Spring Washer
(6)	21	5/16" Flat Washer
(6)	22	M12 Flat Washer
(6)	23	1/2" Washer
(1)	31	Snap Link
(4)	32	End Cap
(1)	33	2" x 2" Foot Cap
(1)	34	Nylon Bushing
(1)	35	Frame Cover
(2)	36	Round End Cap
(1)	37	Leg Press Cable
(5)	38	4 1/4" Pulley
(1)	39	3/4" x 109mm Shaft
(2)	40	5/8" x 109mm Shaft
(1)	41	Rubber Pad
(2)	42	180 x 300mm Adhesive
(2)	43	1/2" Copper Bushing
(4)	44	16mm Copper Bushing
(2)	45	3/4" Copper Bushing
(1)	46	T-Shaped Pop Pin
(1)	47	Rubber Stop
(2)	48	Foam Grip
(1)	49	Seat Band

GLP2500 Hardware Diagram

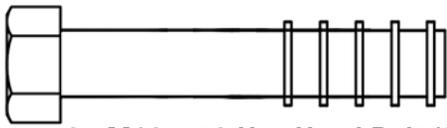
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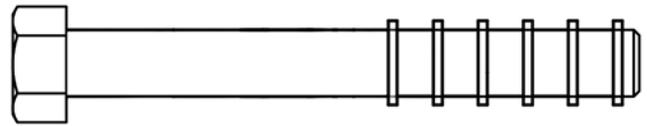
1 M12 x 80 Hex Head Bolt (2)



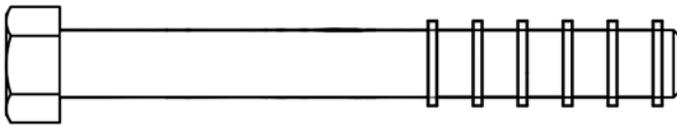
2 M10 x 45 Hex Head Bolt (3)



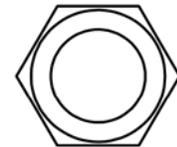
3 M10 x 50 Hex Head Bolt (2)



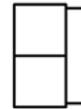
4 M10 x 75 Hex Head Bolt (5)



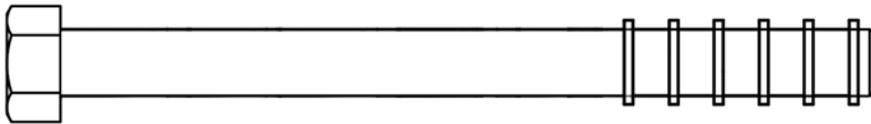
5 M10 x 80 Hex Head Bolt (2)



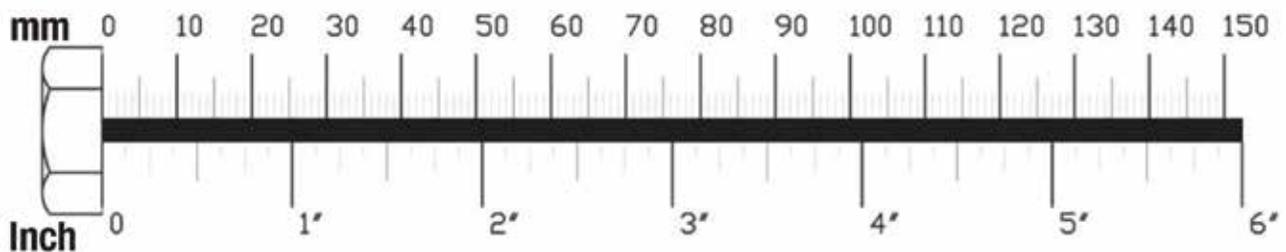
14 M12 Nylon Locking Nut (4)



15 M10 Nylon Locking Nut (16)

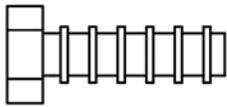


6 M10 x 110 Hex Head Bolt (2)

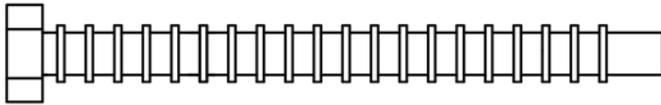


GLP2500 Hardware Diagram

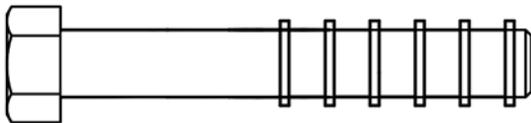
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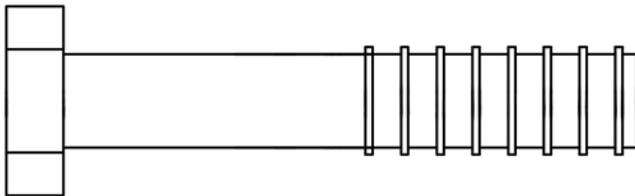
7 5/16" x 1" Hex Head Bolt (4)



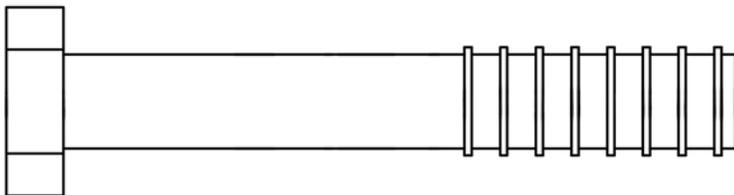
8 5/16" x 3 1/4" Hex Head Bolt (2)



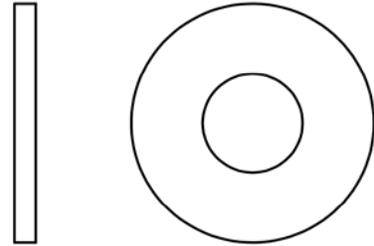
9 M10 x 65 Hex Head Bolt (2)



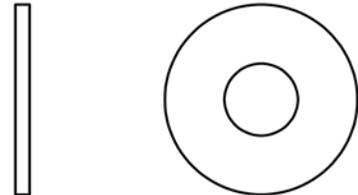
10 M12 x 75 Hex Head Bolt (1)



11 M12 x 90 Hex Head Bolt (1)



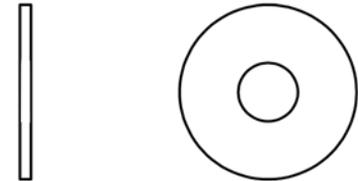
18 M12 Flat Washer (10)



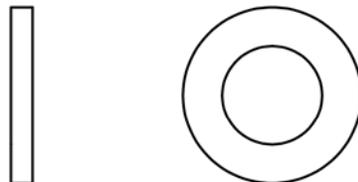
19 M10 Flat Washer (32)



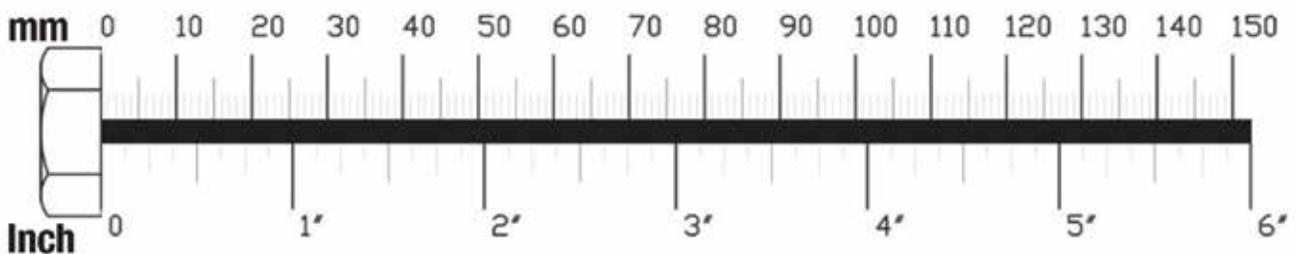
20 5/16" Spring Washer (6)



21 5/16" Flat Washer (6)

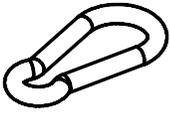


22 M12 Flat Washer (6)



GLP2500 Hardware Diagram

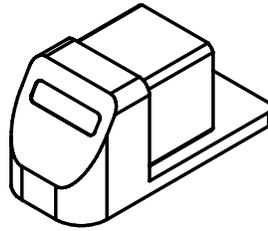
31(1)



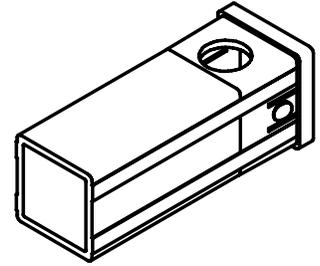
32(4)



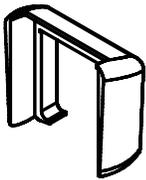
33(1)



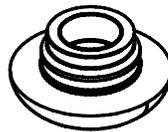
34(1)



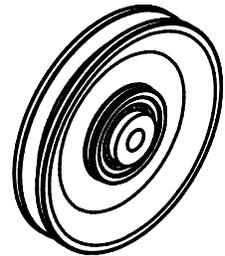
35(1)



36(2)



38(5)



37(1)

Leg Press Cable

Stamped Eye End



Chain End



STEP

1

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

NOTE:

You can only attach the GLP2500 Leg Press to the right of your EXM2500 Home Gym. To figure out the right side of the EXM2500 Home Gym just sit on the Seated Press or it is the opposite side of the Weight Stack.

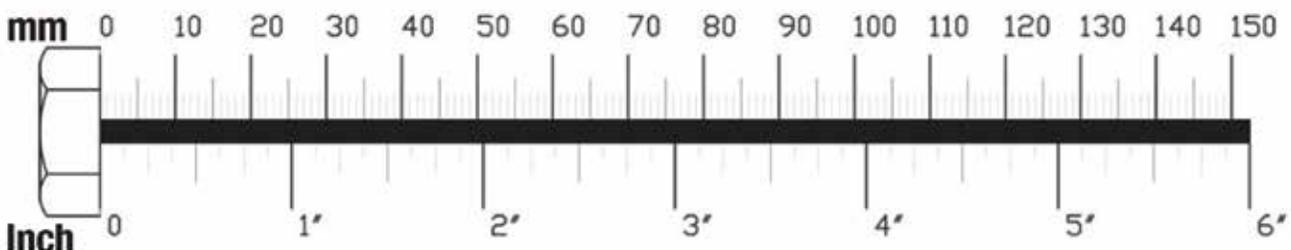
NOTE:

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

1. Connect Gym Connector A and Flat Plate J to your EXM2500 Home Gym by using:
(2) 4 M10 x 75 hex head bolt
(4) 19 M10 washer
(2) 15 M10 nylon locking nut
2. Slide Leg Press Connector N over Gym Connector A and secure together at the shortest length, after bolting together they should measure around 34 inches or 862mm, using:
(2) 9 M10 x 65 hex head bolt
(4) 19 M10 washer
(2) 15 M10 nylon locking nut
3. Attach (1) Foot Cap 33 to the back of Base Frame B, as shown.
Attach Base Frame B and Flat Plate J to Leg Press Connector N using:
(2) 4 M10 x 75 hex head bolt
(4) 19 M10 washer
(2) 15 M10 nylon locking nut

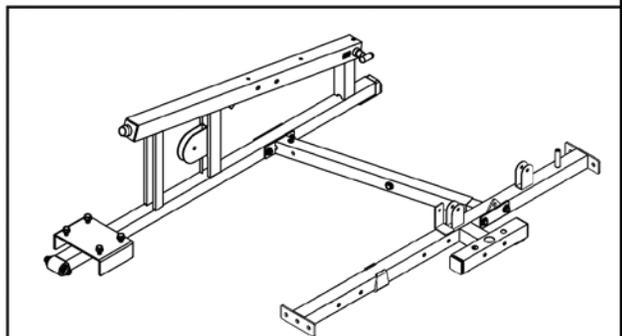
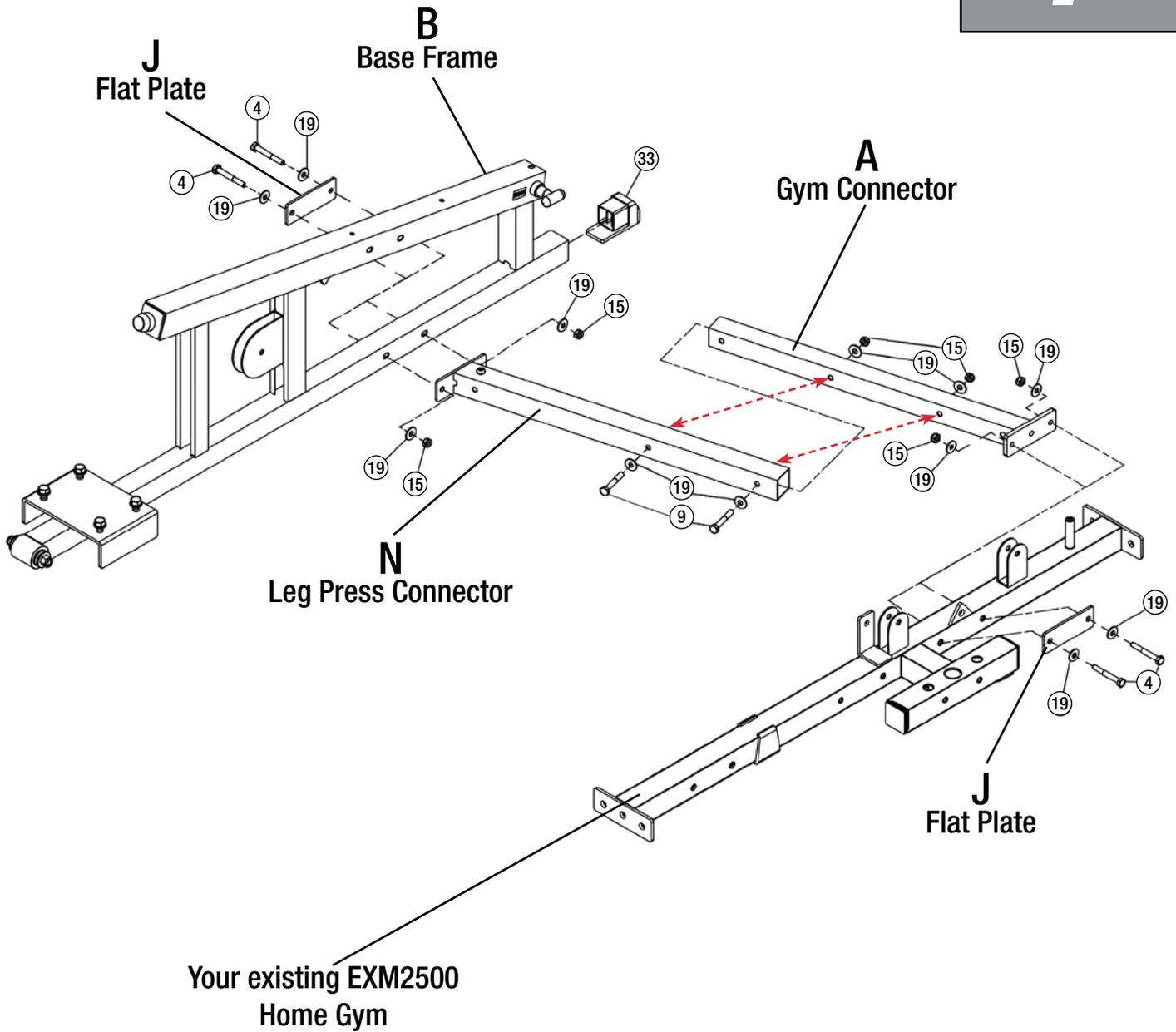
NOTE:

At this point you should now wrench tighten all hardware on this step.



STEP

1



Above shows Step 1 assembled and complete.

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 the step. Some hardware may be pre-installed.

1. Connect the first Pillow Block Bearing K to the front of Base Frame B using:
 - (2) 12 M12 x 45 hex head bolt
 - (2) 22 M12 washer
 - (2) 18 M12 washer
 - (2) 14 M12 nylon locking nut

2. Insert Inside Pivot D into the installed Pillow Block Bearing K then insert the remaining Pillow Block Bearing K onto Inside Pivot D and secure the assembly to Base Frame B using:
 - (2) 12 M12 x 45 hex head bolt
 - (2) 22 M12 washer
 - (2) 18 M12 washer
 - (2) 14 M12 nylon locking nut

3. Insert End Cap 32 to Plate Connector F.
Connect Plate Connector F to Inside Pivot D using:
 - (1) 40 5/8" x 109mm shaft
 - (2) 23 1/2" washer
 - (2) 16 1/2" nylon locking nut

4. Connect the Outside Pivot E to Base Frame B using:
 - (1) 39 3/4" x 109mm shaft
 - (2) 23 1/2" washer
 - (2) 16 1/2" nylon locking nut

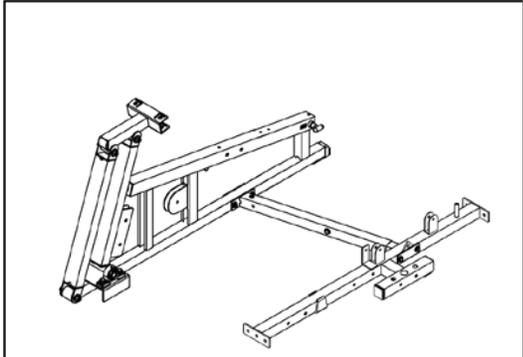
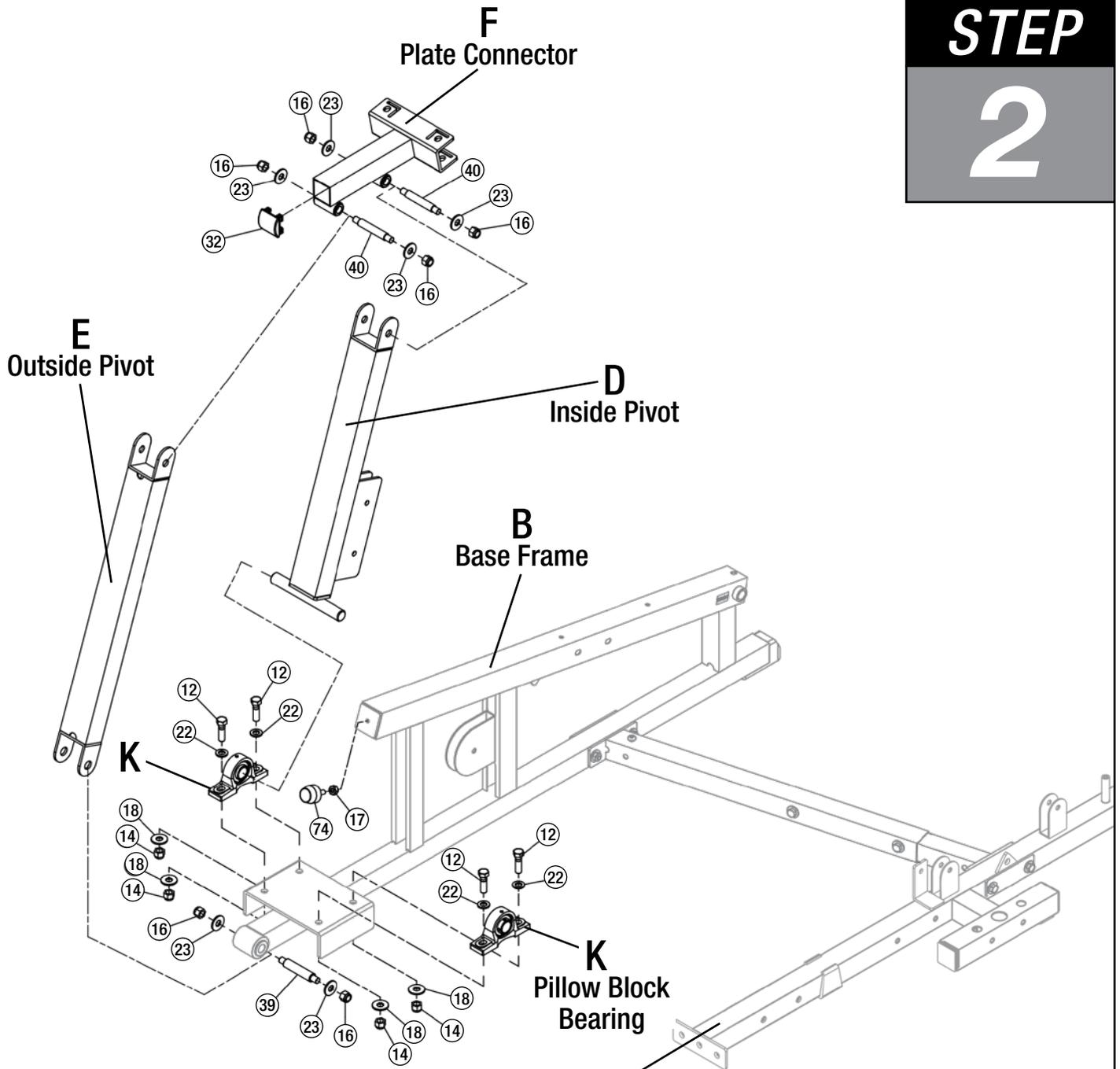
5. Attach Plate Connector F to Outside Pivot E using:
 - (1) 40 5/8" x 109mm shaft
 - (2) 23 1/2" washer
 - (2) 16 1/2" nylon locking nut

NOTE:

At this point you should now wrench tighten all hardware on this step.

STEP

2



Above shows Step 2 assembled and complete.

STEP

3

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

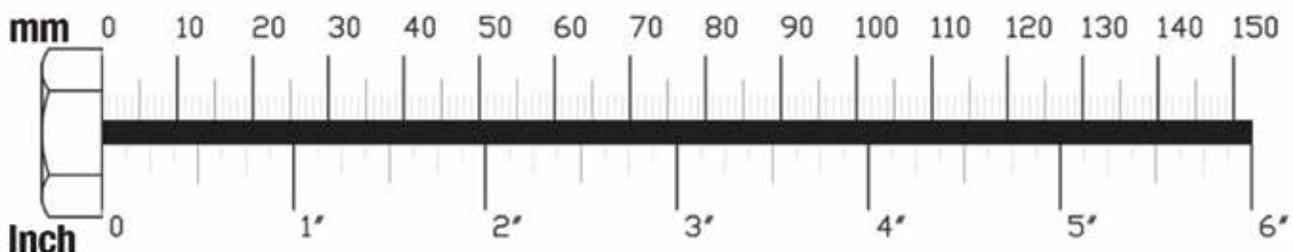
NOTE:

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

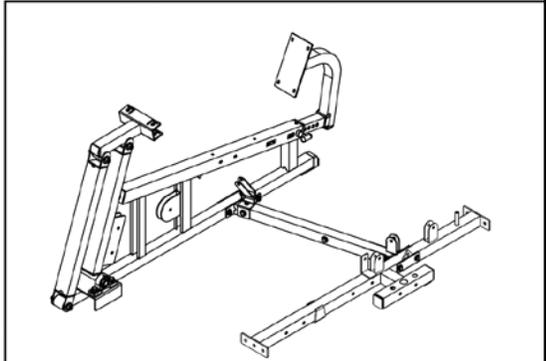
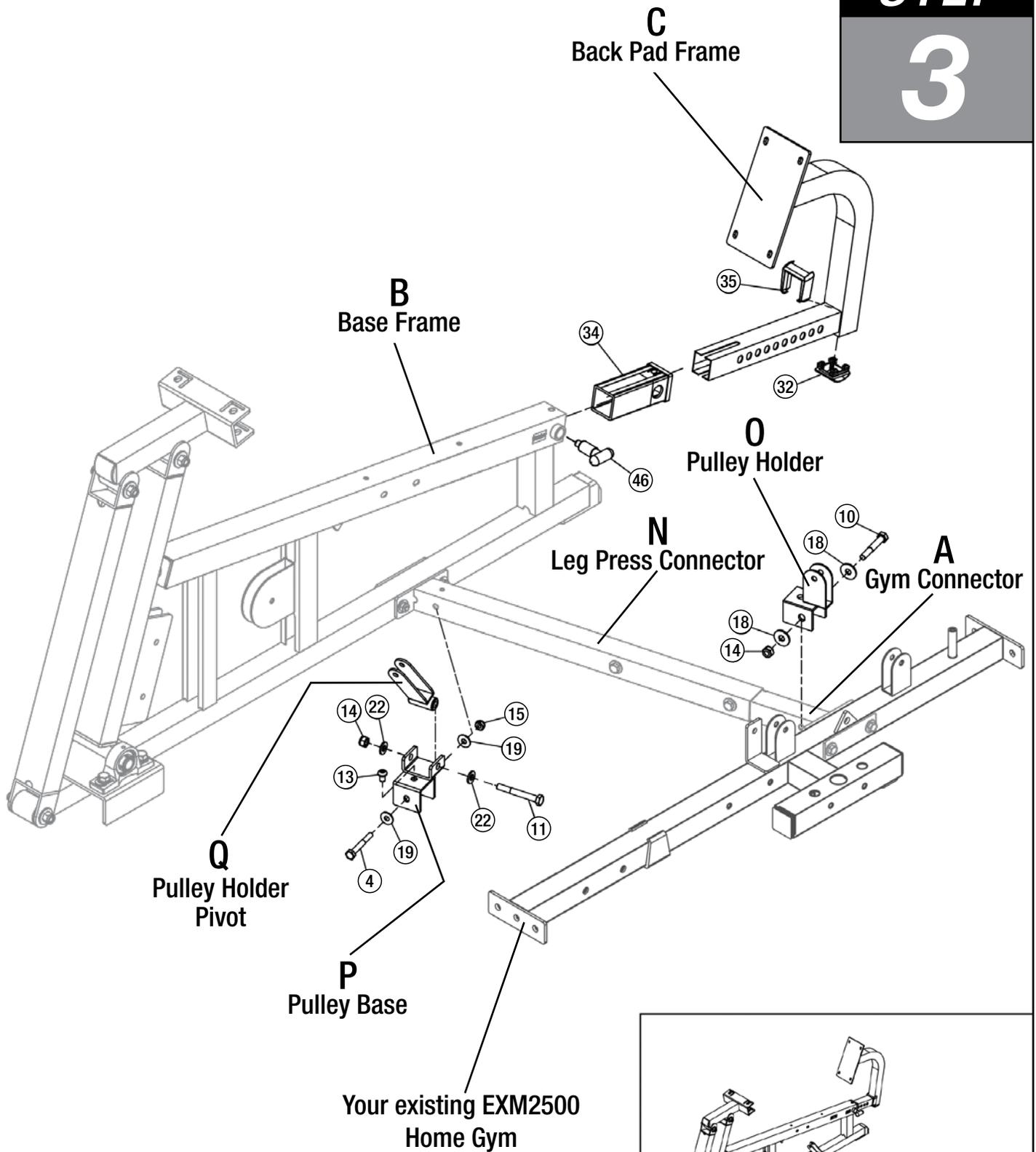
1. Attach Frame Cover 35 and insert End Cap 32 to Back Pad Frame C as shown.
Insert Nylon Bushing 34 into Base Frame B.
Insert Back Pad Frame C into Nylon Bushing 34 and secure both to Base Frame B with T-Shaped Pop Pin 46 as shown.
2. Attach Pulley Holder O onto Gym Connector A and secure using:
(1) 10 M12 x 75 hex head bolt
(2) 18 M12 washer
(1) 14 M12 nylon locking nut
3. Attach Pulley Base P onto Leg Press Connector N and secure using:
(1) 4 M10 x 75 hex head bolt
(2) 19 M10 washer
(1) 15 M10 nylon locking nut
(1) 13 M10 x 16 round allen head bolt
4. Connect Pulley Holder Pivot Q to Pulley Base P using:
(1) 11 M12 x 90 hex head bolt
(2) 22 M12 washer
(1) 14 M12 nylon locking nut

NOTE:

At this point you should now wrench tighten all hardware on this step.



STEP 3



Above shows Step 3 assembled and complete.

STEP

4

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

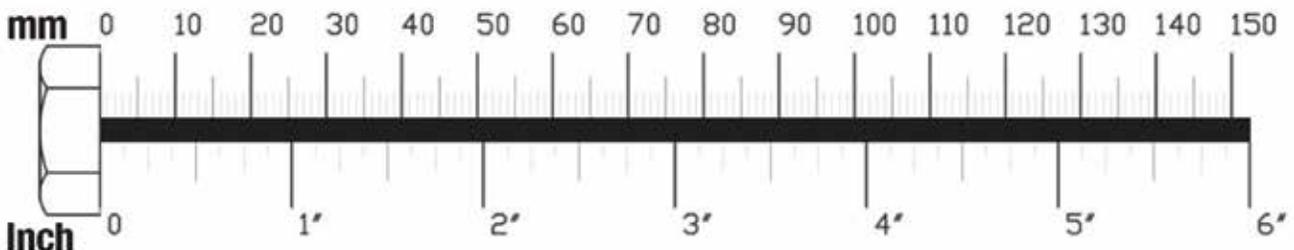
NOTE:

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

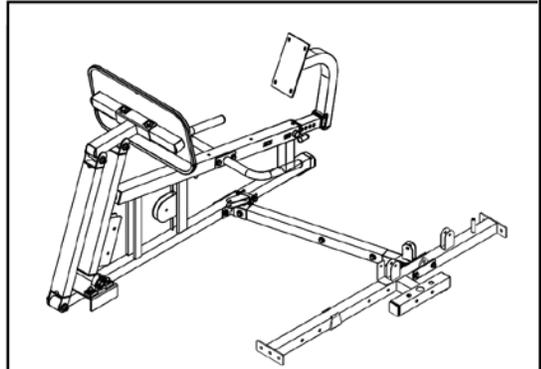
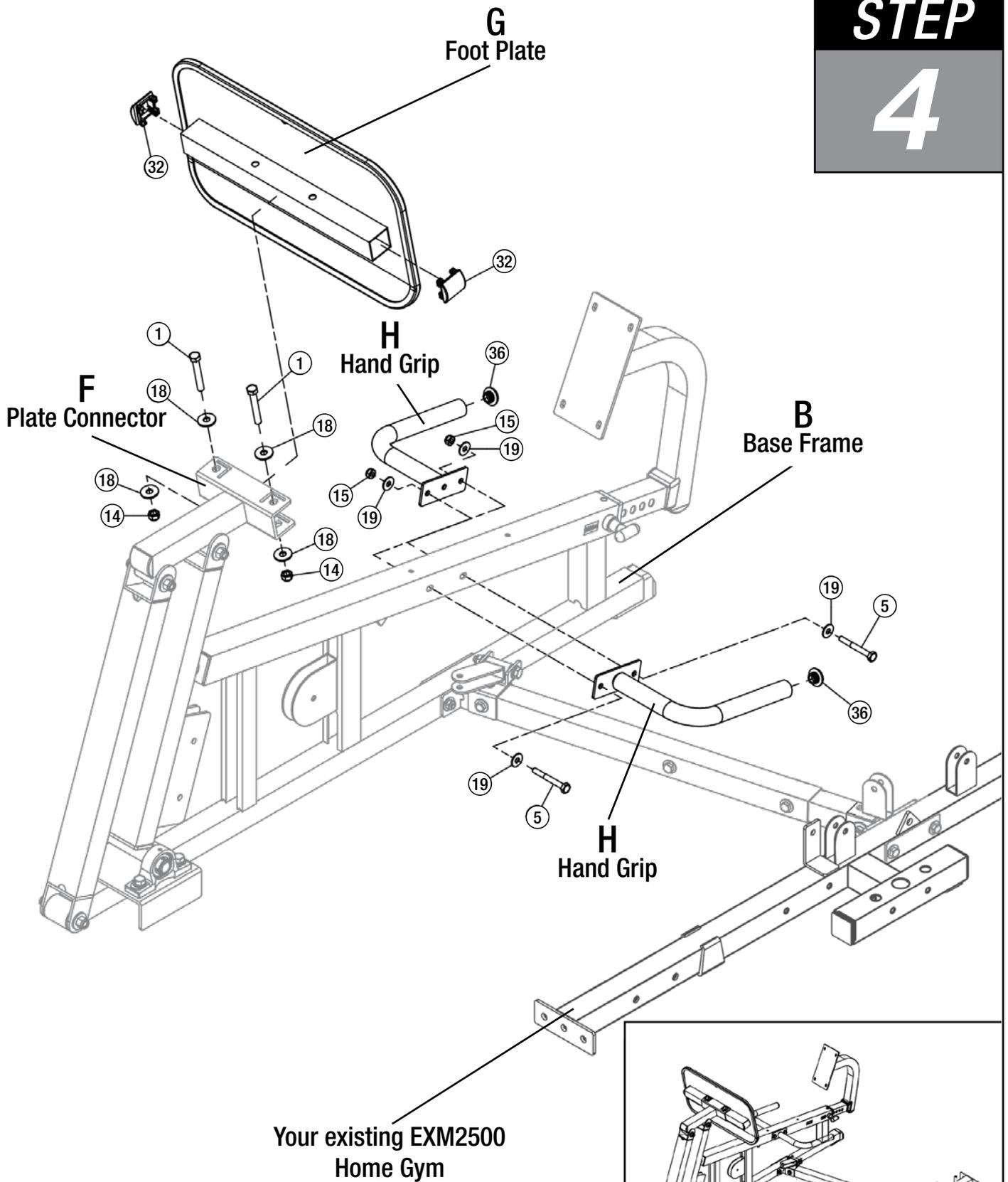
1. Insert one Round End Cap 36 into each Hand Grip H.
Connect both Hand Grip H to Base Frame B using:
(2) 5 M10 x 80 hex head bolt
(4) 19 M10 washer
(2) 15 M10 nylon locking nut
2. Insert two End Caps 32 into the openings of Foot Plate G.
3. Connect Foot Plate G to Plate Connector F using:
(2) 1 M12 x 80 hex head bolt
(4) 18 M12 washer
(2) 14 M12 nylon locking nut

NOTE:

At this point you should now wrench tighten all hardware on this step.



STEP 4



Above shows Step 4 assembled and complete.

STEP

5

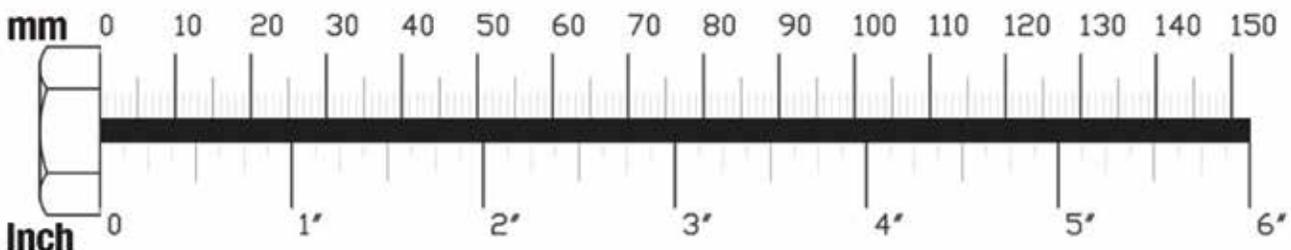
Be careful to assemble all components in the sequence they are presented.

1. Wrap Seat Band 49 around Back Pad M as shown. Slid the seat band down until it is below the top set of openings for the bolts that will attach Back Pad M to Back Pad Frame C in the next step.
2. Attach Back Pad M to Back Pad Frame C using:
 - (4) 7 5/16" x 1" hex head bolt
 - (4) 20 5/16" spring washer
 - (4) 21 5/16" washer

Do NOT over-tighten these bolts. Tighten these bolts until spring washer 20 is flat. Over-tightening these bolts will cause T-nuts in pads to strip out.

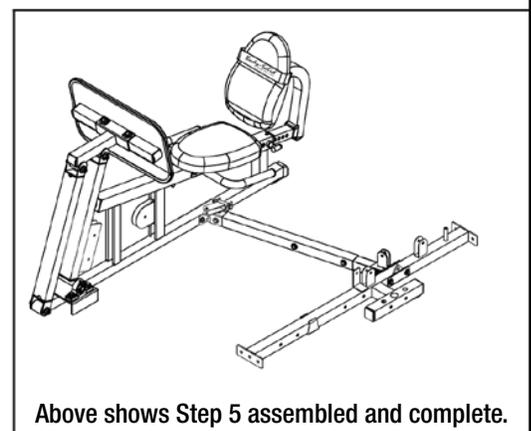
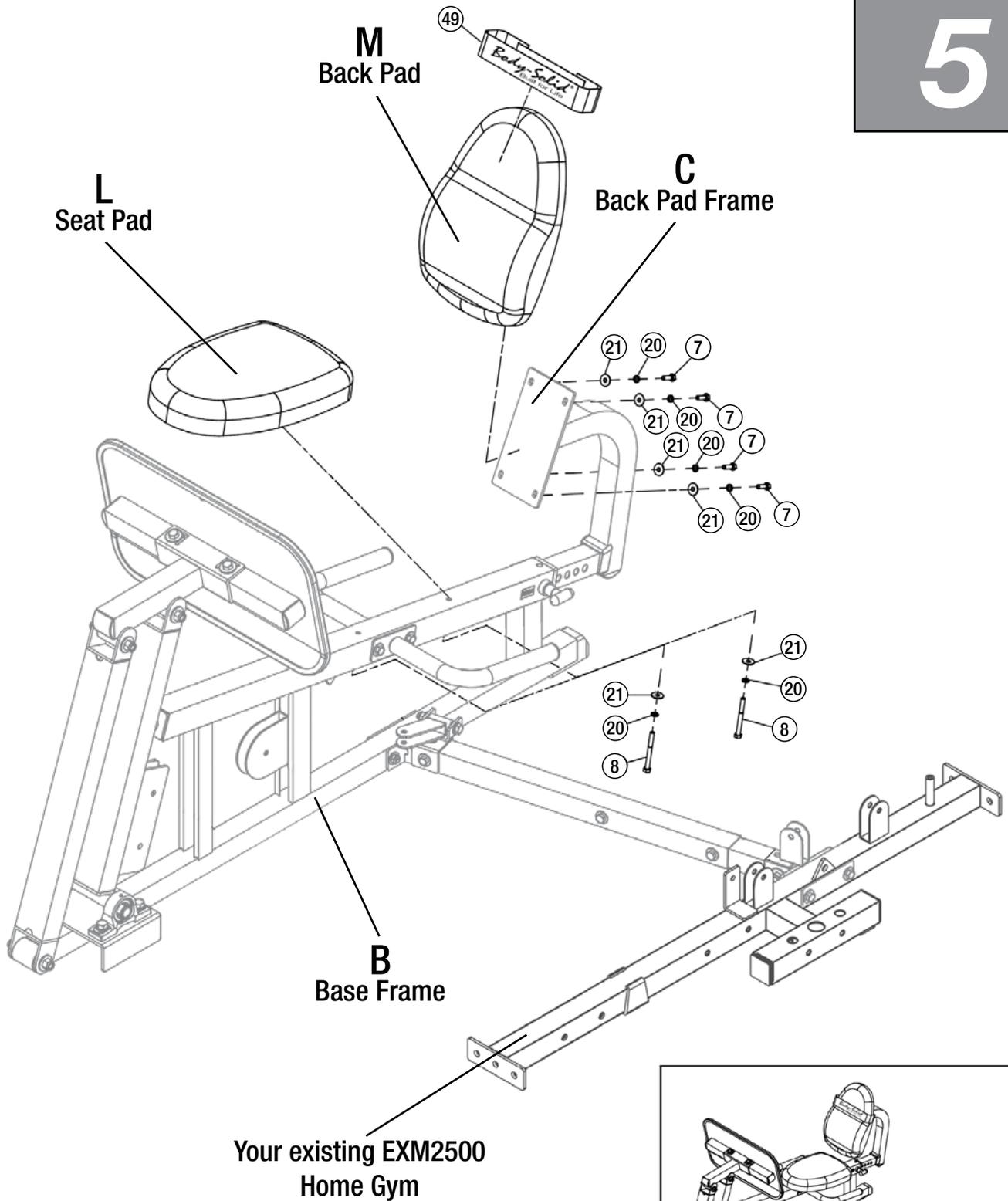
3. Attach Seat Pad L to Base Frame B using:
 - (2) 8 5/16" x 3 1/4" hex head bolt
 - (2) 20 5/16" spring washer
 - (2) 21 5/16" washer

Do NOT over-tighten these bolts. Tighten these bolts until spring washer 20 is flat. Over-tightening these bolts will cause T-nuts in pads to strip out.



STEP

5



STEP

6

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 cable is installed. All five of the pulleys are the same, they are part number 38 the 4 ¼" Pulleys.

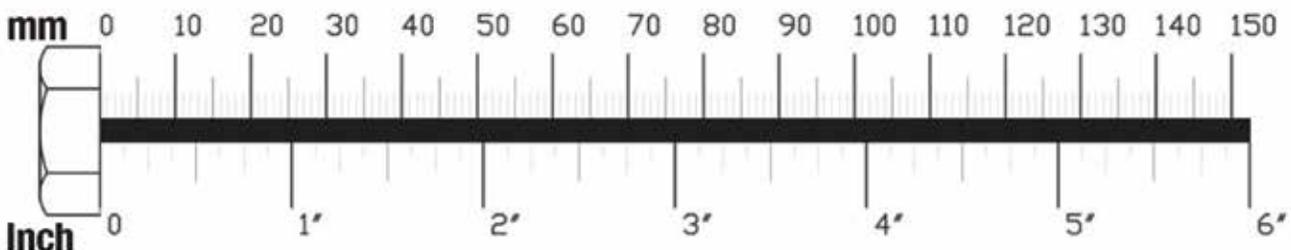
1. Install Pulley 1 into the top opening in Inside Pivot D as shown using:
(1) 3 M10 x 50 hex head bolt
(2) 19 M10 washer
(1) 15 M10 nylon locking nut

2. Install Pulley 2 into Base Frame B as shown using:
(1) 2 M10 x 45 hex head bolt
(2) 19 M10 washer
(1) 15 M10 nylon locking nut

3. Install Pulley 3 into the bottom opening in Inside Pivot D as shown using:
(1) 3 M10 x 50 hex head bolt
(2) 19 M10 washer
(1) 15 M10 nylon locking nut

4. Install Pulleys 4 onto Pulley Holder Pivot Q as shown using:
(1) 2 M10 x 45 hex head bolt
(2) 19 M10 washer
(1) 15 M10 nylon locking nut

5. Install Pulley 5 onto Pulley Holder O as shown using:
(1) 2 M10 x 45 hex head bolt
(2) 19 M10 washer
(1) 15 M10 nylon locking nut

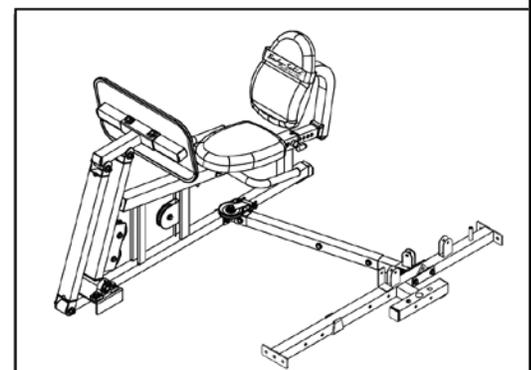
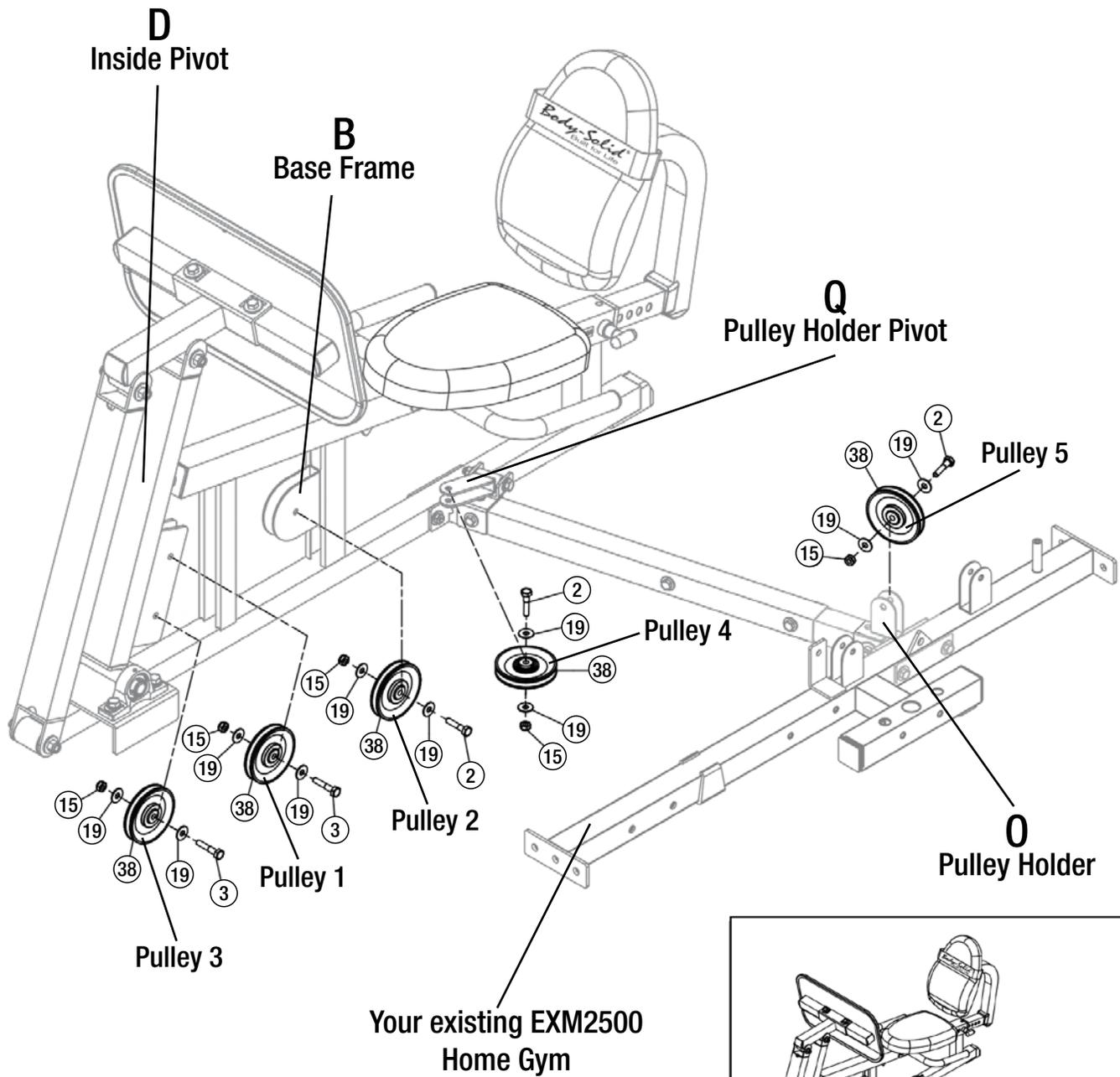


STEP

6

NOTE:

Leave all hardware in this step finger tight. Do Not wrench tighten until the cable is installed.



Above shows Step 6 assembled and complete.

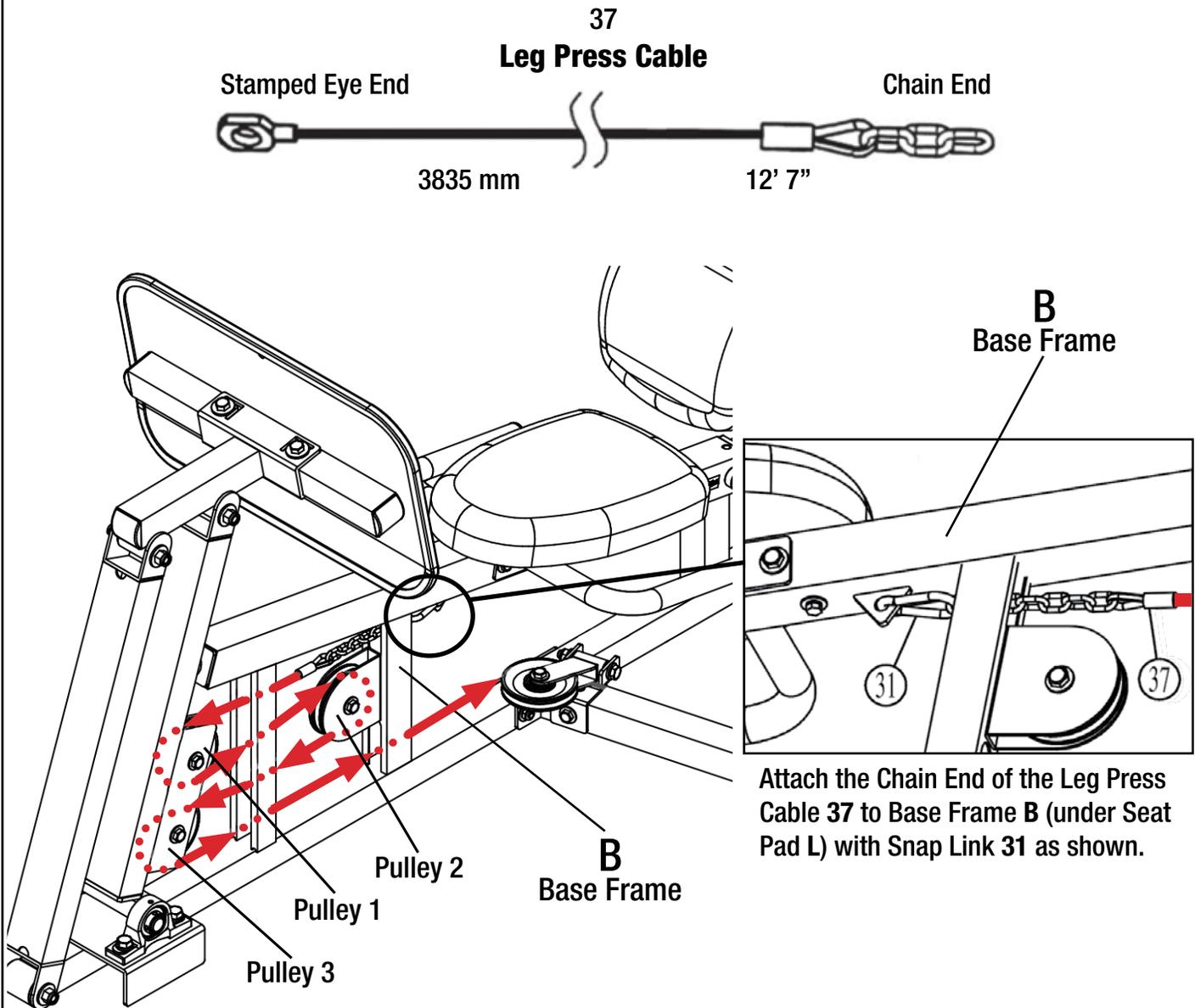
STEP

7

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

NOTE:

Remove finger tightened pulleys as needed. Do Not wrench tighten until the cable is installed.



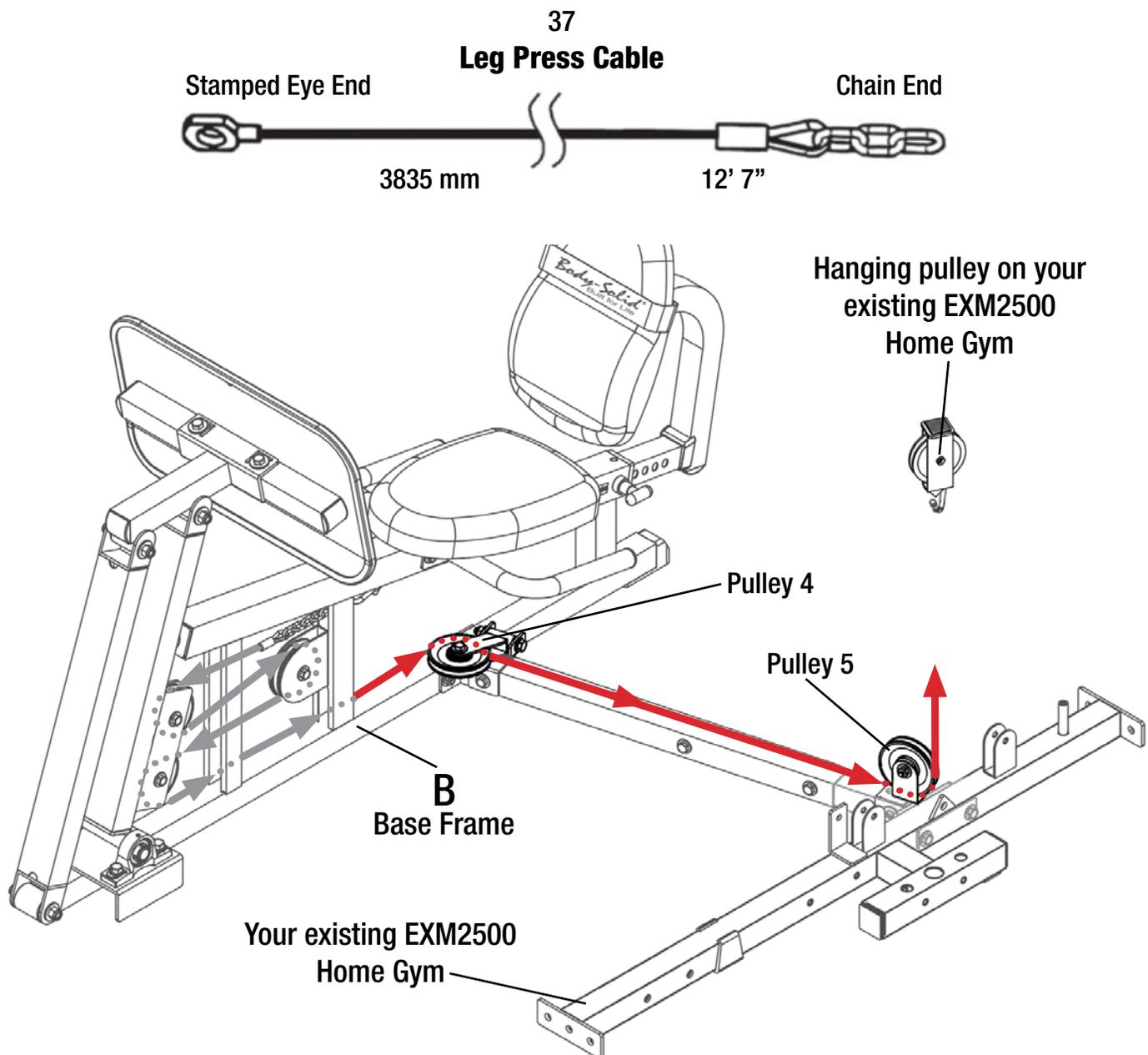
Attach the Chain End of the Leg Press Cable 37 to Base Frame B, as shown in the small image on the right, and then route cable 37 through both uprights in Base Frame B. Route Leg Press Cable 37 forward and around Pulley 1, you can remove and reinstall pulleys as needed. Route Leg Press Cable 37 back through Base Frame B and around Pulley 2. Route Leg Press Cable 37 forward, through Base Frame B and around Pulley 3. Route Leg Press Cable 37 back through both uprights in Base Frame B and pull entire length of Cable 37 all the way through.

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

STEP
7

NOTE:

Remove finger tightened pulleys as needed. Do Not wrench tighten until the cable is installed.

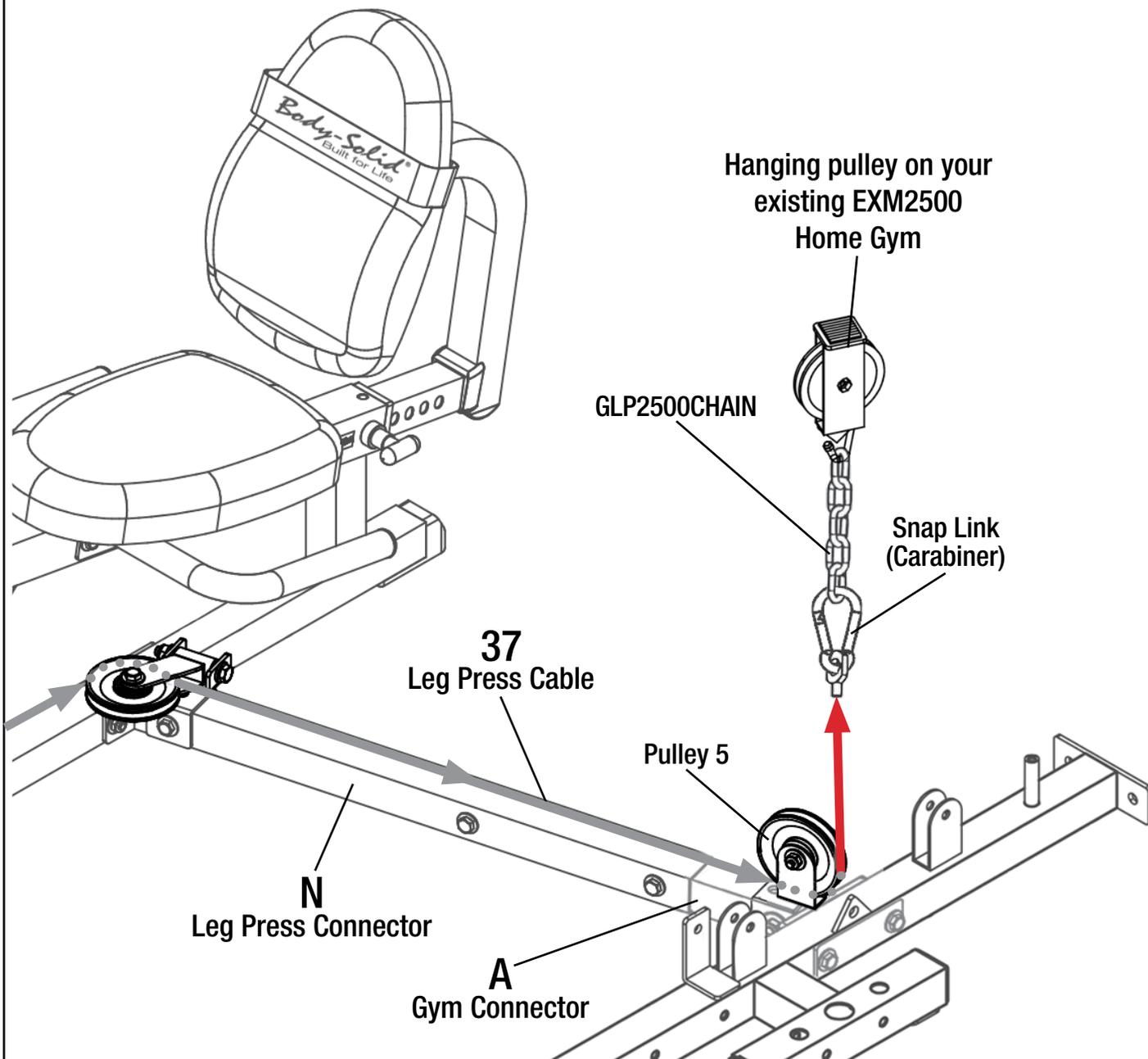


Route Leg Press Cable 37 Back and around Pulley 4. Route Leg Press Cable 37 toward your gym, under and around Pulley 5. Route Leg Press Cable 37 up and toward the hanging Pulley on your EXM2500 Home Gym. You can now disconnect the Short Cable d27 from your existing EXM2500 from the Main Base Frame A of your gym, and the Big Pulley Holder V in your EXM2500 Owner's Manual (not shown). You will not need this cable, it will be replaced with Leg Press Cable 37.

STEP

8

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



Make sure that Leg Press Connector N and Gym Connector A are connected at their shortest length, it should be around 34 inches or 862mm. Hang the supplemental GLP2500CHAIN to the bottom of the hanging pulley (Big Pulley Holder (V) in your EXM2500 Owner's Manual) on your existing EXM2500 Home Gym. Connect the other side of the GLP2500CHAIN to a Snap Link or Carabiner and then connect that Snap Link to the Stamped Eye End of the Leg Press Cable 37.

NOTE:

At this point you should now wrench tighten all bolts and nuts.

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