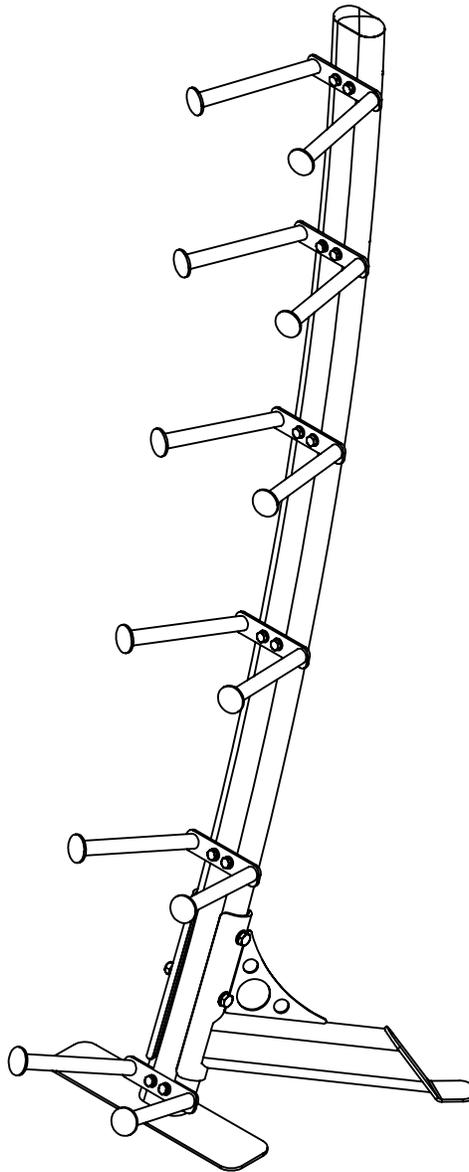


Body-Solid[®]

Built for Life



GMR10B

Assembly Instructions

OWNER'S & MANUAL

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 GMR10B. 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.
- 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.

The GMR10B 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 GMR10B.

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 unit 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 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 we can assist you better.

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**

Before You Begin

Thank you for purchasing the GMR10B.
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 GMR10B include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

Installation Requirements

Follow these installation requirements when assembling the GMR10B:

Set up the GMR10B on a solid, flat surface. A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.

Provide ample space around the unit. 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.

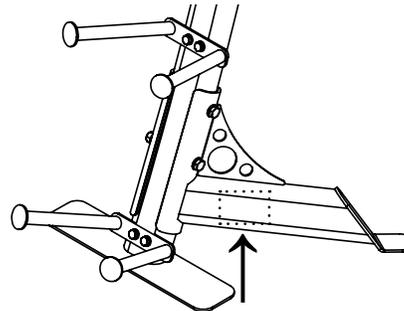
While you may be able to assemble the GMR10B using the illustrations only, important safety notes and other tips are included in the text.

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.

NOTE: The bottles that are marked "Poison" is your touch up paint. Keep away from children.

CAUTION: Obtain assistance! If you feel like you can't assemble the GMR10B 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.

Any Questions?
Call (800) 556-3113

STEP

1

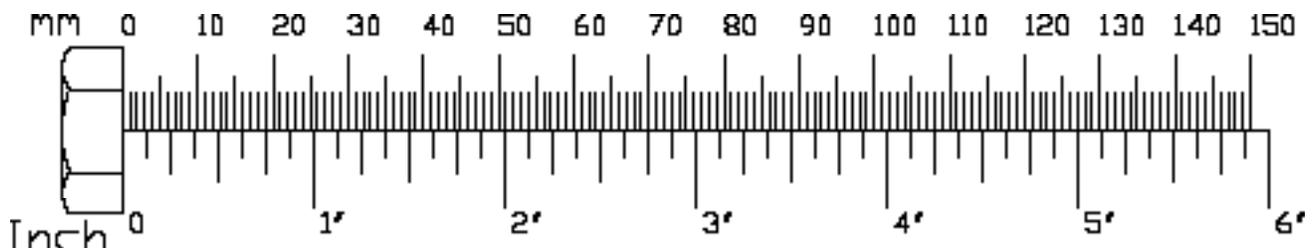
Be careful to assemble all components in the sequence they are presented.

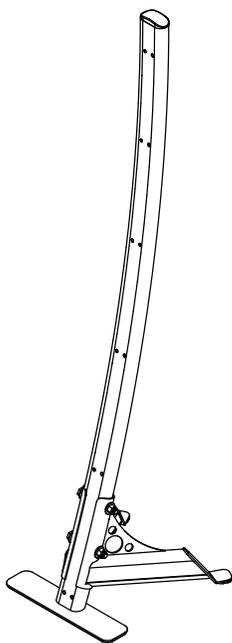
NOTE:

Wrench tighten ALL hardware at the end of STEP 1A. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

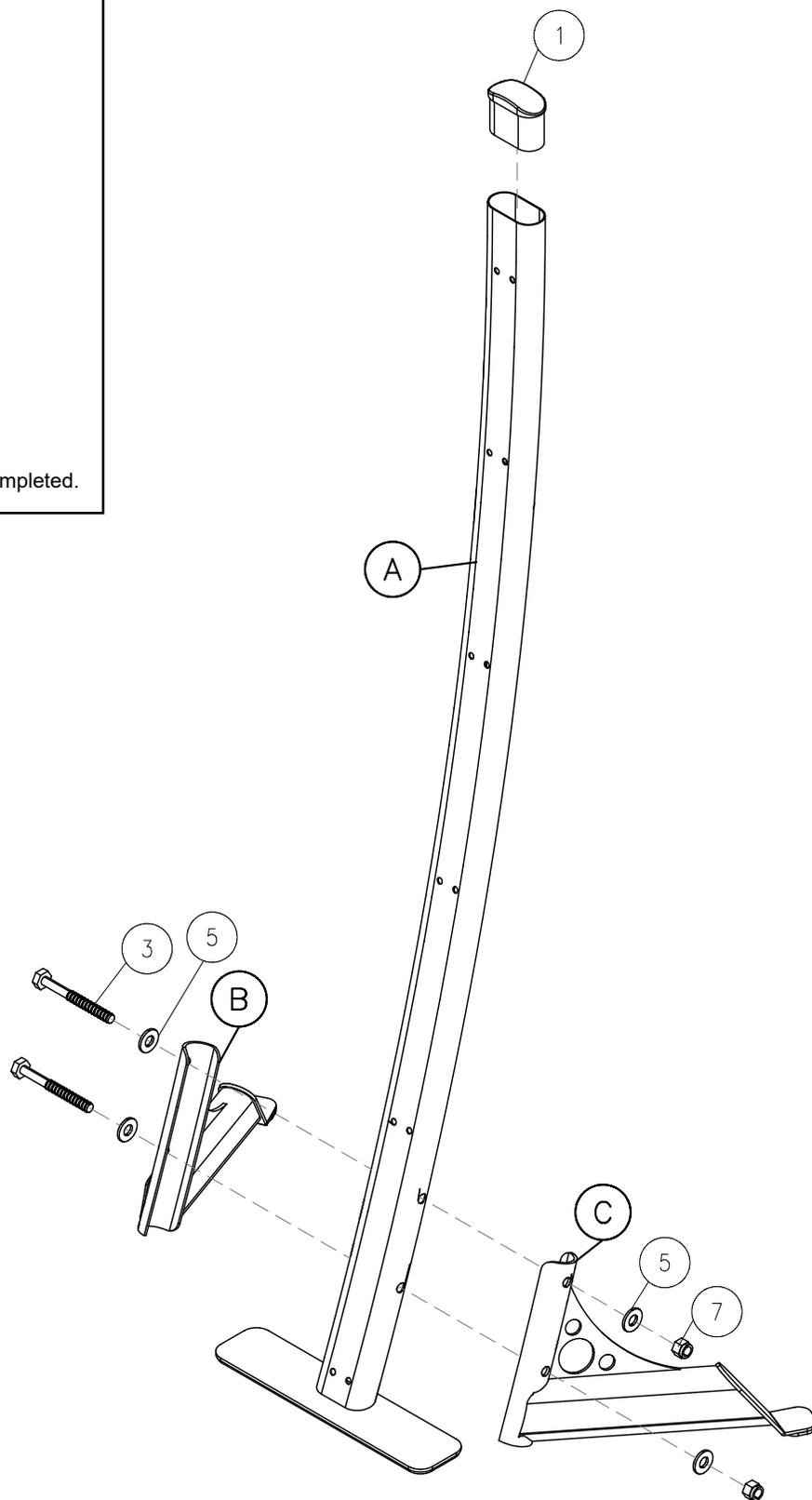
- A. Connect Right Rear Support (**C**) and Left Rear Support (**B**) to Main Frame Assembly (**A**) and secure using:
 - Two 3 (M10x100 Hex Head Bolt)**
 - Four 5 (M10 Arc Washer)**
 - Two 7 (M10 Nylon Lock Nut)**

- B. Insert 40X80mm End Cap (**1**) into Main Frame Assembly (**A**).





Above shows Step 1 assembled and completed.



STEP

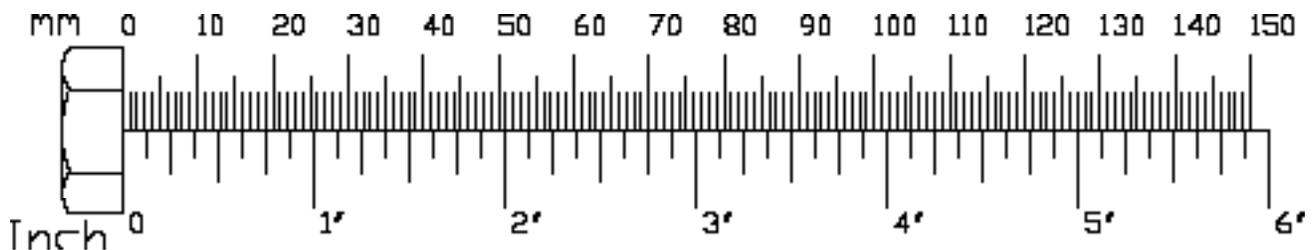
2

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

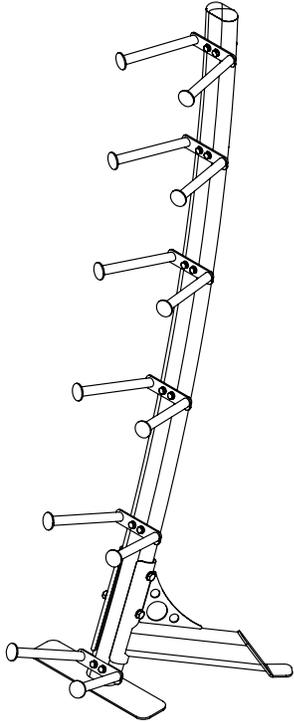
NOTE:

Wrench tighten ALL hardware at the end of STEP 2B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench

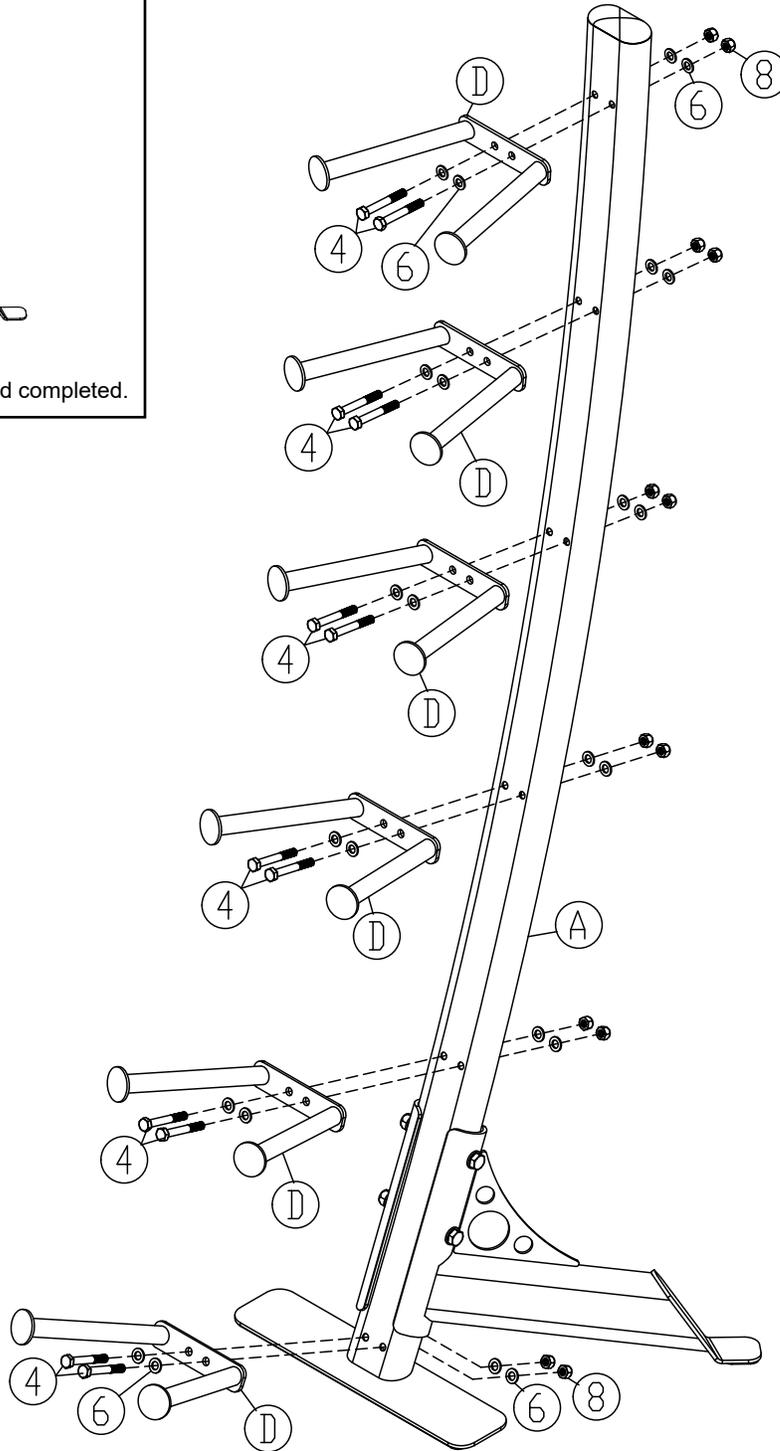
- A. Attach Ball Holders (**D**) to Main Frame Assembly (**A**) using:
Twelve 4 (M8x60 Hex Head Bolt)
Twenty-four 6 (M8 Washer)
Twelve 8 (M8 Nylon Lock Nut)



STEP
2



Above shows Step 2 assembled and completed.

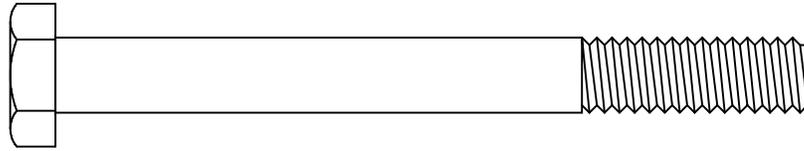


Hardware List

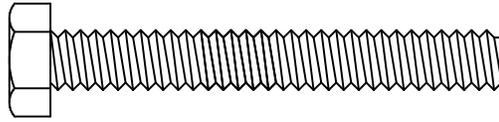
Part#	Qty	Description
A	1	MAIN FRAME ASSEMBLY
B	1	REAR SUPPORT - LEFT
C	1	REAR SUPPORT - RIGHT
D	6	BALL HOLDER
1	1	40X80 MM END CAP
3	2	M10X100MM HEX HEAD BOLT
4	12	M8X60MM HEX HEAD BOLT
5	4	M10 ARC WASHER
6	24	M8 FLAT WASHER
7	2	M10 NYLON LOCK NUT
8	12	M8 NYLON LOCK NUT
9	1	FRONT FOOT RUBBER PAD
10	2	REAR FOOT RUBBER PAD

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

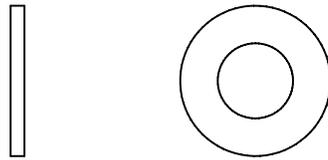
Hardware (To Scale)



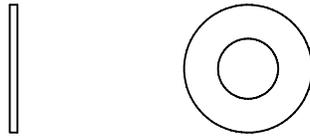
(3) Hex Head Bolt M10X100mm Qty. 2



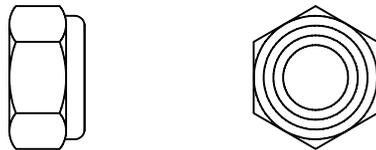
(4) Hex Head Bolt M8X60mm Qty. 12



(5) Arc Washer M10 Qty. 4



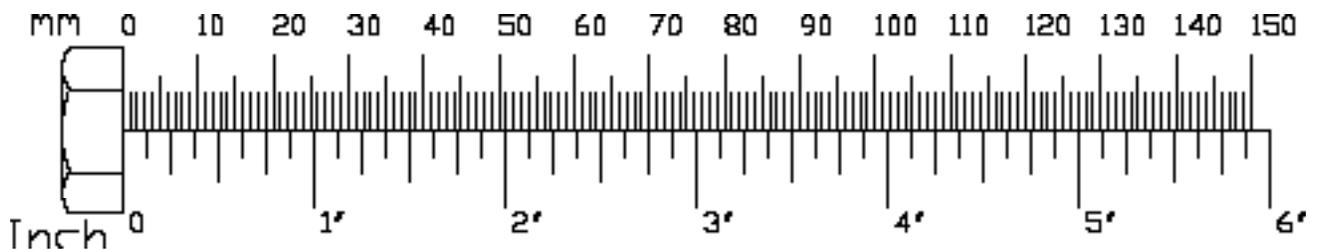
(6) Flat Washer M8 Qty. 24



(7) Nylon Lock Nut M10 Qty. 2



(8) Nylon Lock Nut M8 Qty. 12





GMR10B

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # 004504----



1900 S. Des Plaines Ave.
Forest Park, IL 60130
1 (800) 556-3113
Hours: M-F 8:30 - 5:00

www.bodysolid.com