

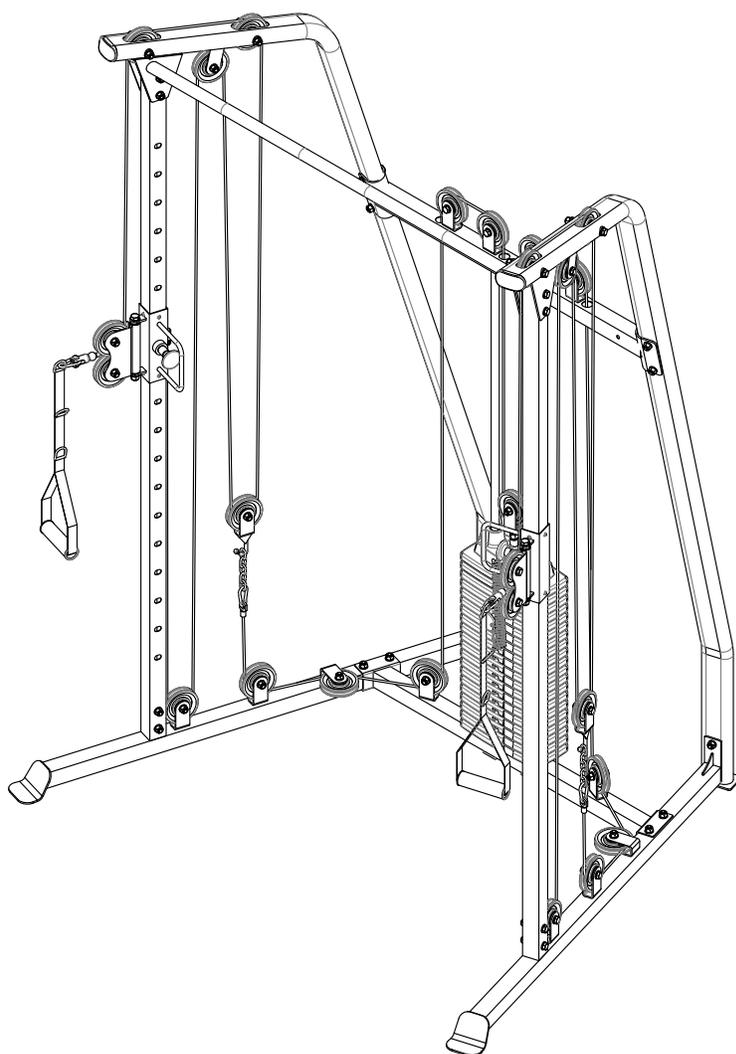
# POWERLINE<sup>®</sup>

by *Body-Solid*

## PFT50

FUNCTIONAL TRAINER

### Owner's Manual



[WWW.BODYSOLID.COM](http://WWW.BODYSOLID.COM)

V PFT50-20230714

**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!

### Safety and Maintenance of Cables

**IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.**

Inspect all cables, the nylon coating on all cables, and the area near fitting at each end of each cable.

**Replace and damaged or worn cable immediately.**

Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service  
**Call 1-800-556-3113**

## MAINTENANCE SCHEDULE

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

	D	A	I	L	Y	W
						E
						E
						E
						L
						Y
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

# PFT50

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# PFT50

## SAFETY INSTRUCTIONS

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

- Read all instructions before using the PFT50. 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 as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause serious injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts
- Use care when getting on or off the unit.
- Do no 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.

### Personal Safety During Assembly

- 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 PFT50 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PFT50 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 Powerline Functional Trainer.

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 must use the part number and description from this Owner's Manual. Use only Powerline by 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 Powerline website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Powerline dealer or a Powerline 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  
Email: [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

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

# PFT50

## PREPARATION

### Required tools

The basic tools that you must obtain before assembling the PFT50 include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Standard / Metric Allen Key Set

### Installation Requirements

Follow these installation requirements when assembling the PFT50:

Set up the PFT50 on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

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.

### Ordering Replacement Parts

If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

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

### Assembly Tips

Read all “Notes” on each page before beginning each step.

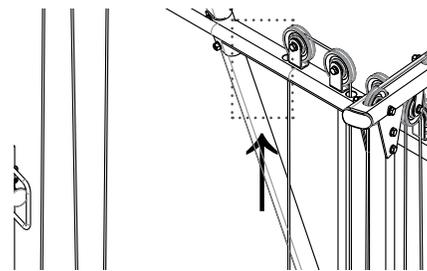
While you may be able to assemble the PFT50 using the illustrations only, important safety notes and other tips may be included in the text.

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 PFT50 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

# PFT50

## PART LIST

Part #	QTY	DESCRIPTION
A	1	LEFT LOWER BEAM
B	1	RIGHT LOWER BEAM
C	1	BASE FRAME
D	2	CHROME UPRIGHT
E	1	LEFT UPPER UPRIGHT
F	2	LOWER UPRIGHT
G	1	SUPPORT BEAM
H	1	LAT BAR
Y	2	GUIDE ROD
J	2	HANDLE
K	2	DOUBLE PULLEY HOLDER
L	2	SINGLE PULLEY HOLDER
M	1	PULLEY BRACKET
N	1	SELECTOR ROD
p	1	RIGHT UPPER UPRIGHT
1	2	PULL PIN
2	4	BUSHING, 25X12.5X10mm
3	8	BUSHING, 25x10.5x32mm
4	1	CABLE, 7350mm
5	2	CABLE, 6740mm
6	4	SNAP LINK
7	2	STEEL CHAIN
8	25	PULLEY
9	1	PLASTIC PLATE
10	2	SQUARE END CAP
11	2	OVAL END CAP
13	16	PLASTIC INSERT
14	2	EVA PAD, 56x96mm
15	2	RUBBER DONUT
16	2	RUBBER
17	2	HANDLE STRAP

# PFT50

## PART LIST

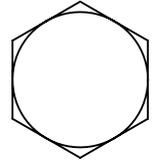
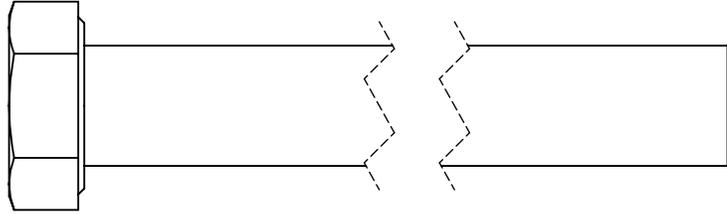
Part #	QTY	DESCRIPTION
18	2	M12x175mm HEX HEAD BOLT
19	21	M10x45mm HEX HEAD BOLT
20	12	M10x60mm HEX HEAD BOLT
21	4	M10x70mm HEX HEAD BOLT
22	4	M10x100mm HEX HEAD BOLT
24	6	M8x10mm SET SCREW
25	2	M6 ACORN CAP NUT
26	4	M12 WASHER
27	88	M10 WASHER
28	2	M12 NYLON LOCK NUT
29	43	M10 NYLON LOCK NUT
30	1	TOP PLATE
32	1	WEIGHT PLATE PIN
35	1	M12 HEX NUT
36	1	M12 LOCK WASHER
37	2	CLEVIS PIN
38	2	RETAINING RING
39	1	M10x45mm SOCKET HEAD CAP SCREW
40	1	M10 LOCK WASHER
41	4	M10x65mm HEX HEAD BOLT

# PFT50

## HARDWARE ILLUSTRATION

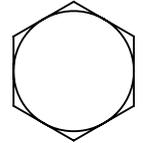
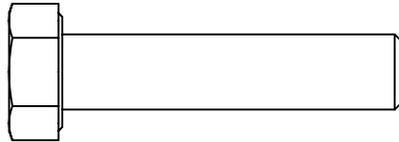
Part #18 M12x177mm HEX HEAD BOLT

QTY. 2



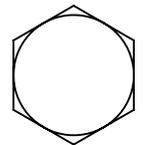
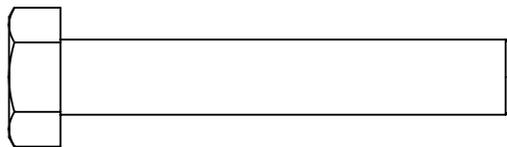
Part #19 M10x45mm HEX HEAD BOLT

QTY. 21



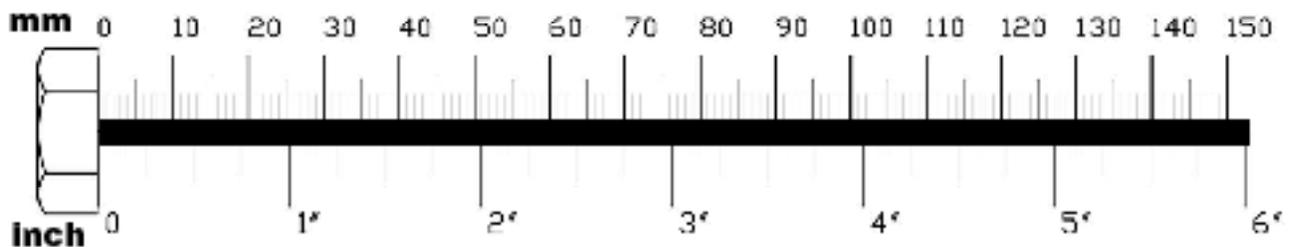
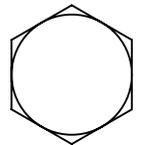
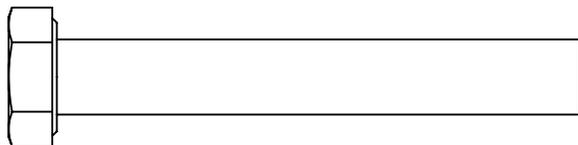
Part #20 M10X60mm HEX HEAD BOLT

QTY. 12



Part #21 M10X70mm HEX HEAD BOLT

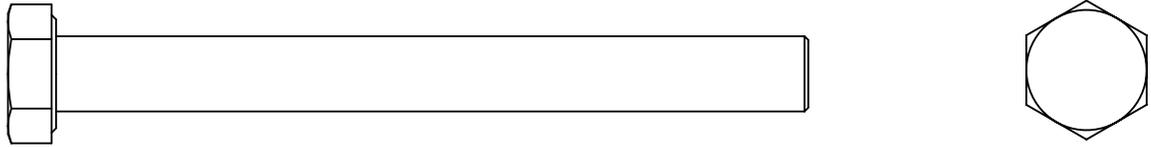
QTY.4



# PFT50

## HARDWARE ILLUSTRATION

Part #22 M10X100mm HEX HEAD BOLT QTY.4



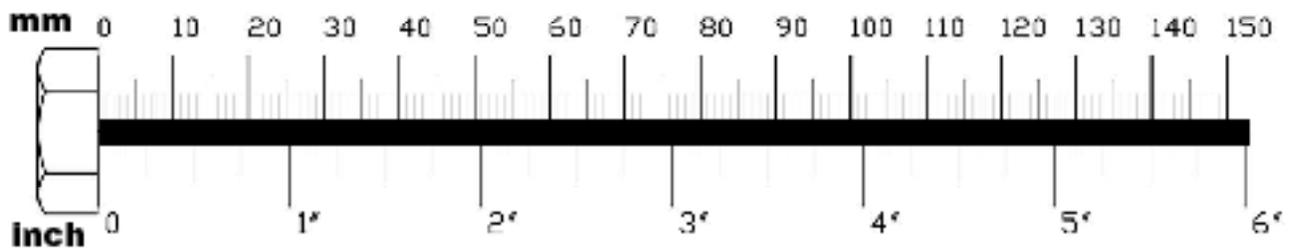
Part #24 M8X10mm SET SCREW QTY. 6



Part #26 M12 WASHER QTY. 4



Part #27 M10 WASHER QTY. 88

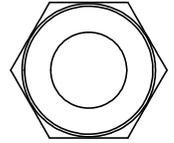
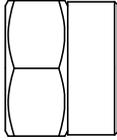


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## HARDWARE ILLUSTRATION

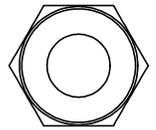
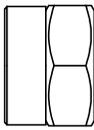
Part #28 M12 NYLON LOCK NUT

QTY. 2



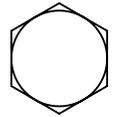
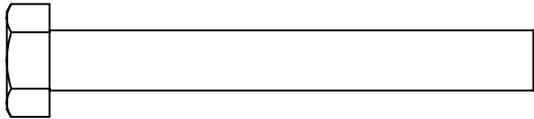
Part #29 M10 NYLON LOCK NUT

QTY. 43



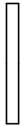
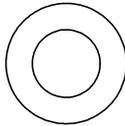
Part #31 M8x65mm HEX HEAD BOLT

QTY. 2



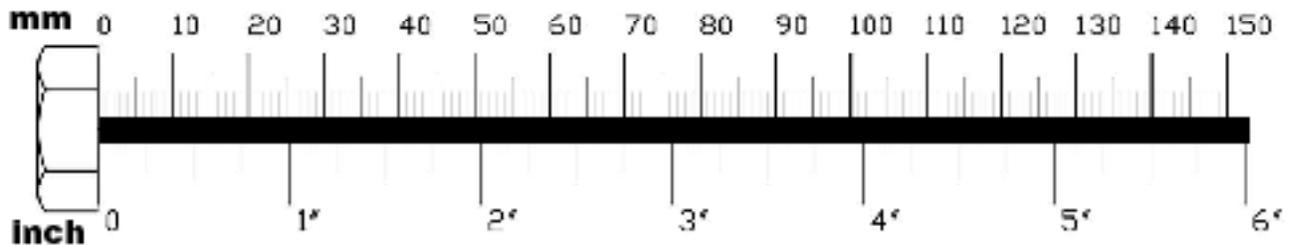
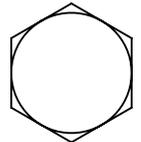
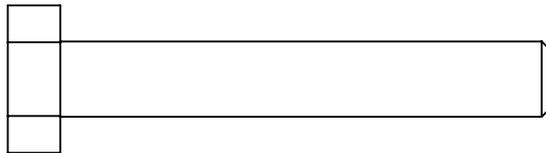
Part #33 M8 WASHER

QTY. 4



Part #41 M10x65mm HEX HEAD BOLT

QTY. 4

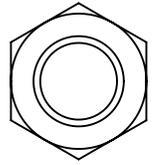
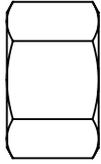


# PFT50

## HARDWARE ILLUSTRATION

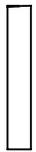
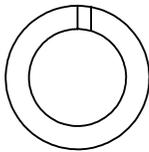
Part #35 M12 NUT

QTY.1



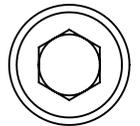
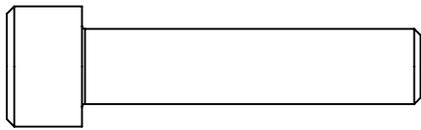
Part #36 M12 LOCK WASHER

QTY.1



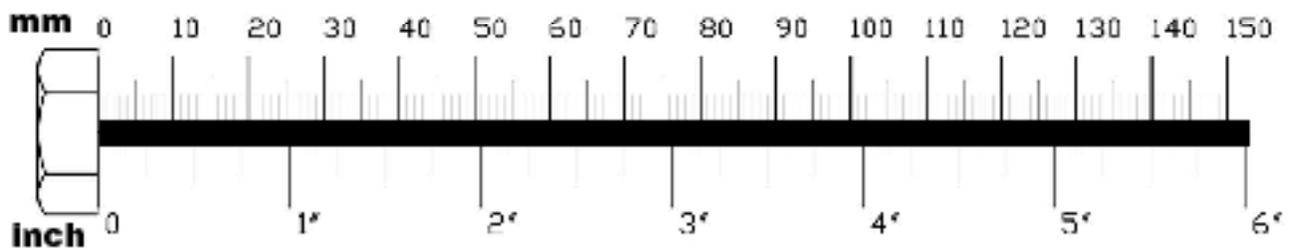
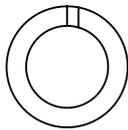
Part #39 M10x45mm SOCKET HEAD CAP SCREW

QTY. 1



Part #40 M10 LOCK WASHER

QTY. 1



# PFT50

## STEP 1

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

### NOTE:

finger tighten all hardware. some components may be pre-assembled.

1A. Attach Left Lower Beam (A) to Base Frame (C) using:

- 2 - (#20) M10X60mm Hex Head Bolt
- 4 - (#27) M10 Washer
- 2 - (#29) M10 Nylon Lock Nut

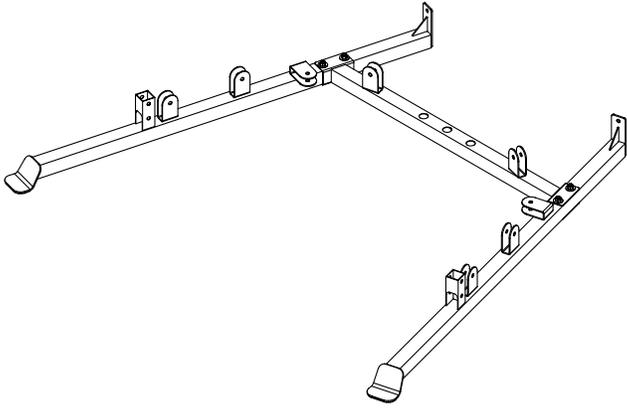
1B. Attach Right Lower Beam (B) to Base Frame (C) using:

- 2 - (#20) M10X60mm Hex Head Bolt
- 4 - (#27) M10 Washer
- 2 - (#29) M10 Nylon Lock Nut

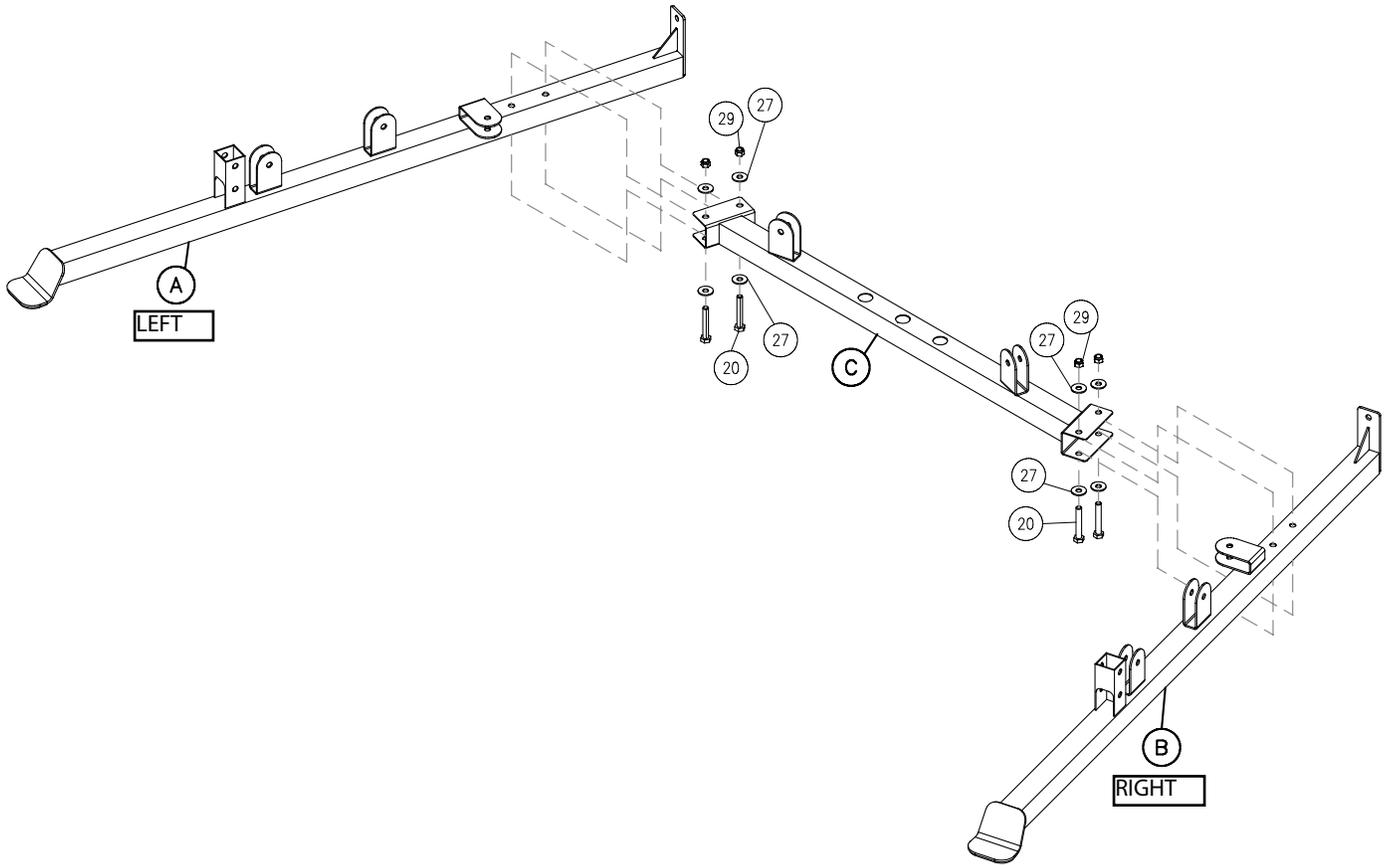
Note: Bolt #20, M10X60mm, in this step needs to be bottom up as shown in STEP 1 DRAWING.

# PFT50

## STEP 1



above shows step 1 assembled and completed



# PFT50

## STEP 2

BE CAREFUL TO ASSEMBLE ALL COMPONENTS  
IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

finger tighten all hardware. some components may be pre-assembled.

2A. Attach Chrome Uprights (D) to Left & Right Lower  
Beams (A & B) using:

- 4 - (#20) M10X60mm Hex Head Bolt
- 8 - (#27) M10 Washer
- 4 - (#29) M10 Nylon Lock Nut

2B. Slide a Handle Assembly (J) onto each Chrome Upright (D).

2C. Attach Lower Uprights (F) to Lower Beams (A & B) using

- 4 - (#20) M10X60mm Hex Head Bolt
- 6 - (#27) M10 Washer
- 2 - (#29) M10 Nylon Lock Nut

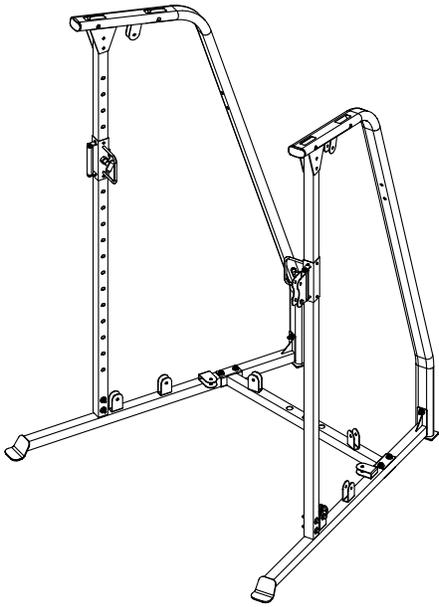
2D. Insert Upper Uprights (E & P) into Lower Uprights (F) and attach  
Upper Uprights (E) to Chrome Uprights using

- 4 - (#21) M10X70mm Hex Head Bolt
- 8 - (#27) M10 Washer
- 4 - (#29) M10 Nylon Lock Nut

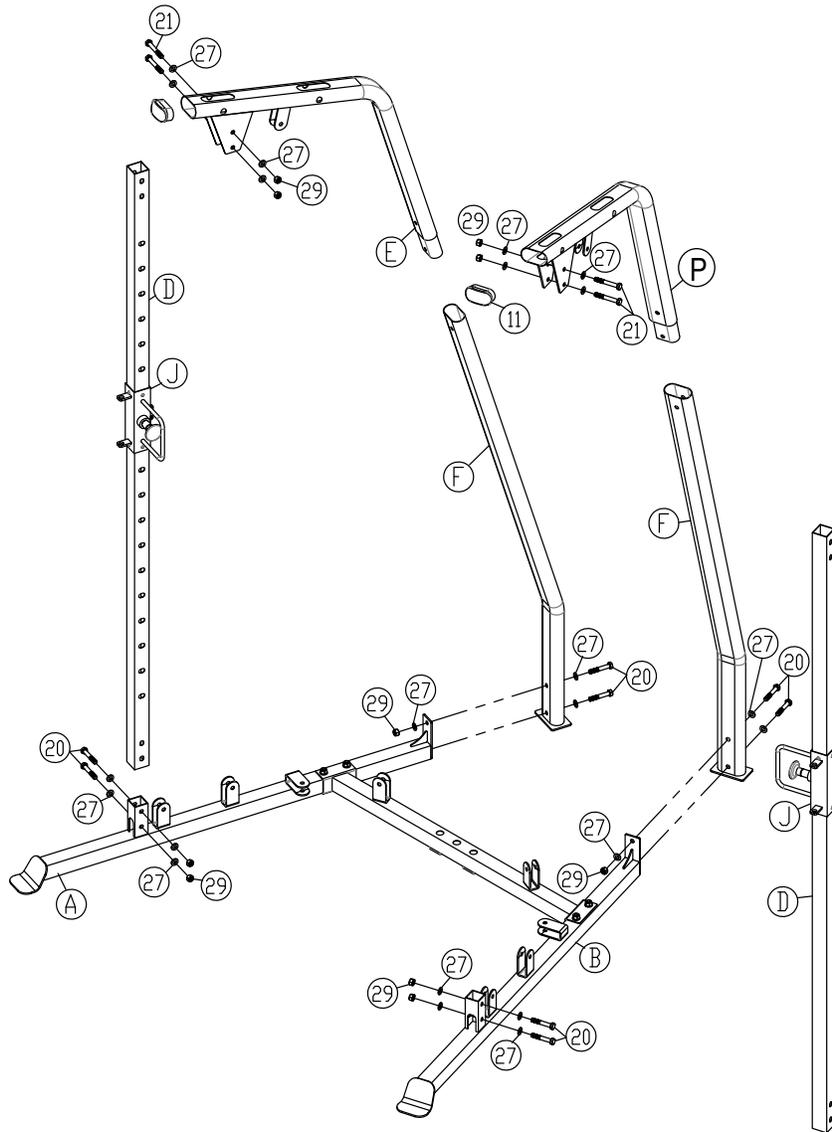
2E. Insert a Oval End Cap (#11) into each Upright (e & f).

# PFT50

## STEP 2



above shows step 2 assembled  
and completed



# PFT50

## STEP 3

BE CAREFUL TO ASSEMBLE ALL COMPONENTS  
IN THE SEQUENCE THAT THEY ARE PRESENTED.

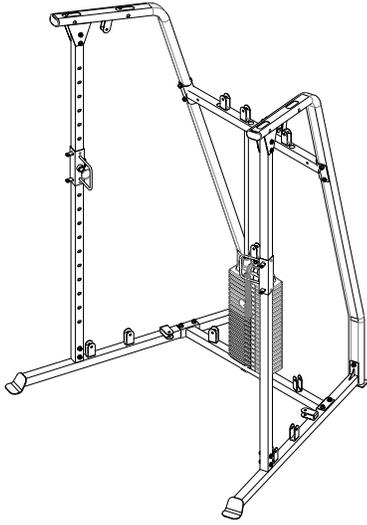
### NOTE:

finger tighten all hardware. some components may be pre-assembled.

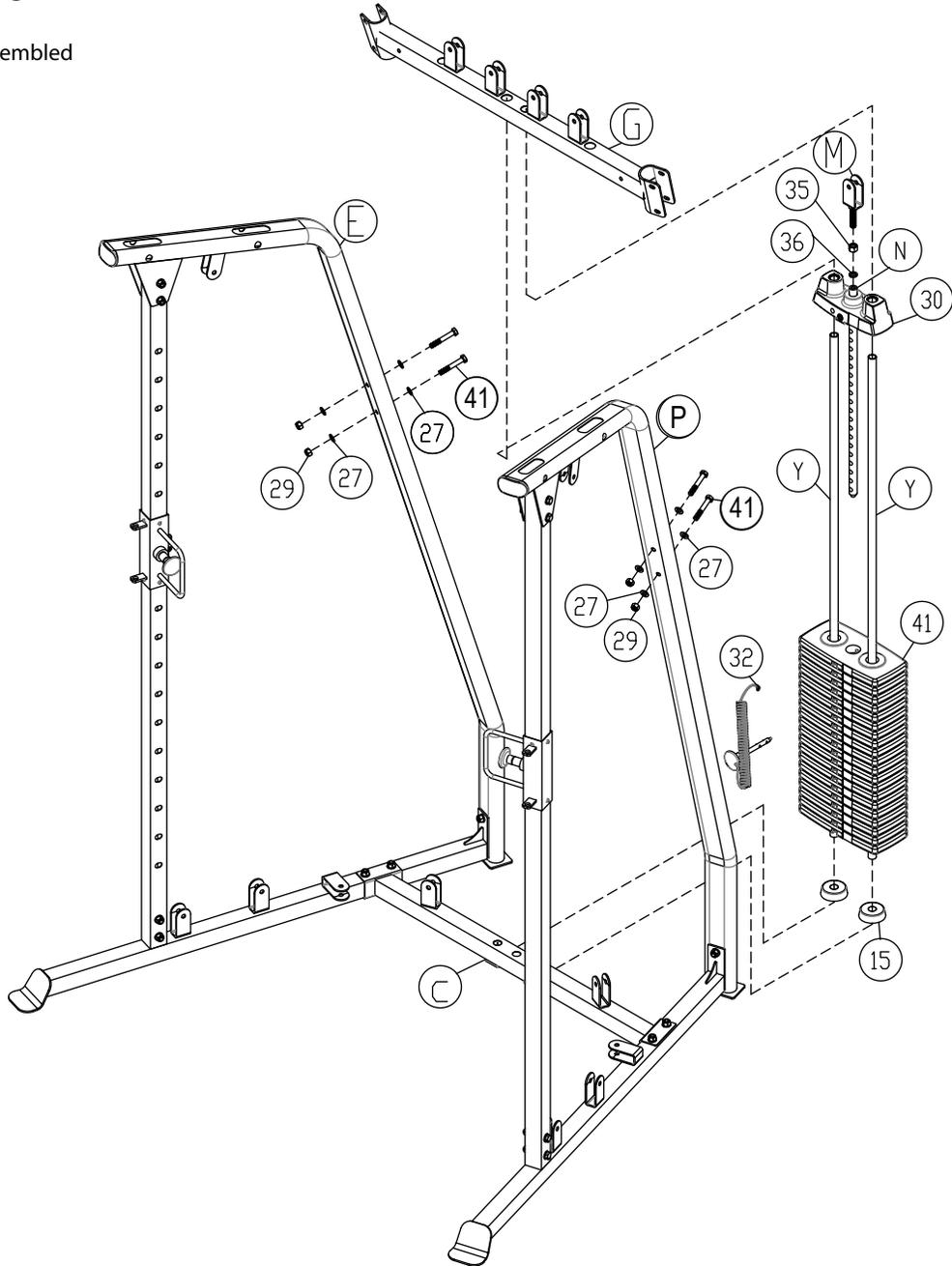
- 3A. Install Guide Rods (Y) into the holes of the Base Frame (C).
- 3B. Install Rubber Donuts (#15) and slide to the bottom of the Guide Rods (Y)
- 3C. Insert all Weight plates (#41) onto Guide Rods (Y)
- 3D. Install Top Plate (#30) & Selector Rod Assembly (N) onto Guide Rods (Y).
- 3E. Install Weight Plate Pin (#32) using the key ring end through the Pulley Bracket (M)
- 3F. Install M12 Hex Nut (#35), M12 Lock Washer (#36) & Pulley Bracket (M) onto Selector Rod (N).
- 3G. Insert Guide Rods (Y) into Support Beam (G) and attach Support Beam (G) to both Left & Right upper Uprights (E & P) using:
  - 4 - (#41) M10X65mm Hex Head Bolt
  - 8 - (#27) M10 Washer
  - 4 - (#29) M10 Nylon Lock Nut

# PFT50

## STEP 3



above shows step 3 assembled and completed



# PFT50

## STEP 4

BE CAREFUL TO ASSEMBLE ALL COMPONENTS  
IN THE SEQUENCE THAT THEY ARE PRESENTED.

### NOTE:

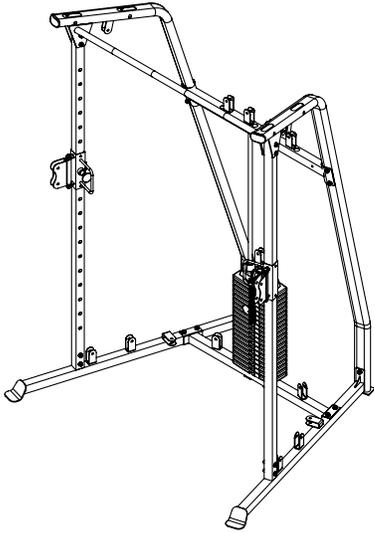
finger tighten all hardware FIRST. wrench tighten all hardware  
at the END of this step. some components may be pre-assembled.  
nylon lock nuts will not fully screw onto bolts, must wrench tighten.

- 4A. attach Lat Bar (H) to Left & Right Upper uprights (E & P) using:
  - 4 - (#21) M10X70mm Hex Head Bolt
  - 8 - (#27) M10 Washer
  - 4 - (#29) M10 Nylon Lock Nut
  
- 3B. attach Double Pulley (K) to Handle (J) on each side using:
  - 2 - (#18) M12X175mm Hex Head Bolt
  - 4 - (#26) M12 Washer
  - 2 - (#28) M12 Nylon Lock Nut
  - 4 - (#2) BUSHING

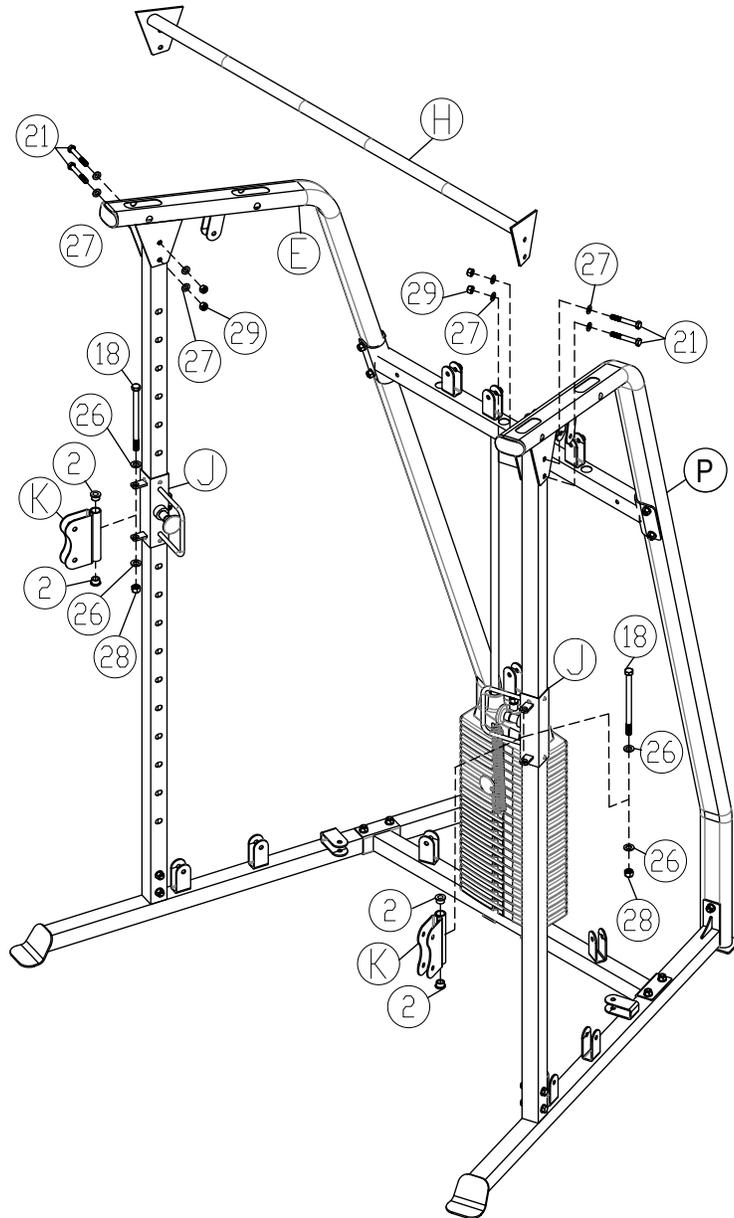
Note: Do not tighten down bolts to hard, make sure that the Double  
Pulley is able to swivel.

# PFT50

## STEP 4



above shows step 4 assembled and completed



# PFT50

## STEP 5

BE CAREFUL TO ASSEMBLE ALL COMPONENTS  
IN THE SEQUENCE THAT THEY ARE PRESENTED.

### NOTE:

finger tighten all hardware FIRST. wrench tighten all hardware  
at the END of this step. some components may be pre-assembled.  
nylon lock nuts will not fully screw onto bolts, must wrench tighten.

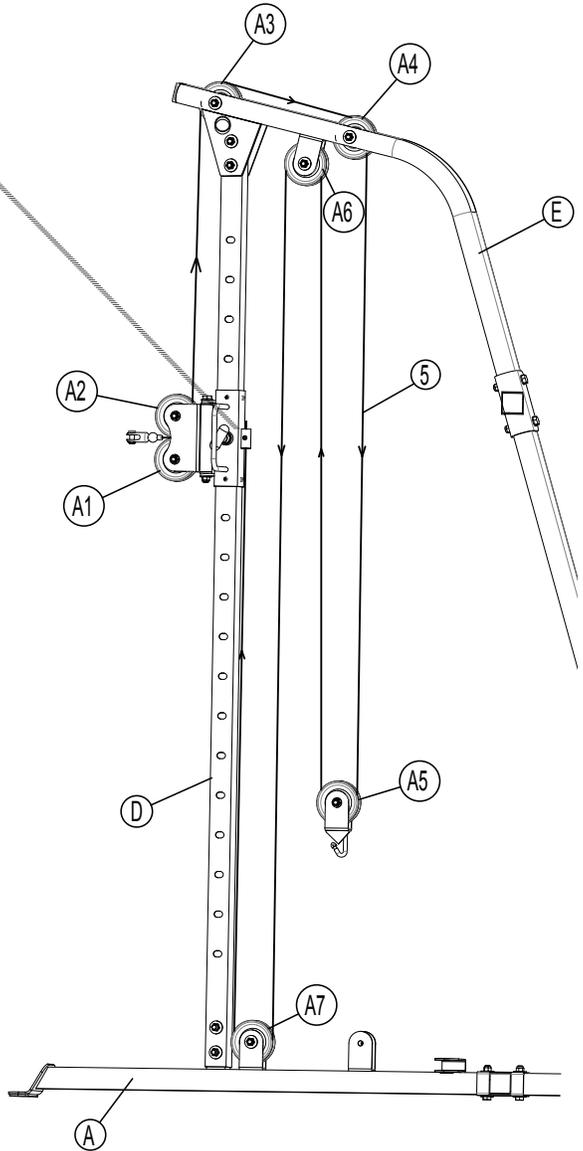
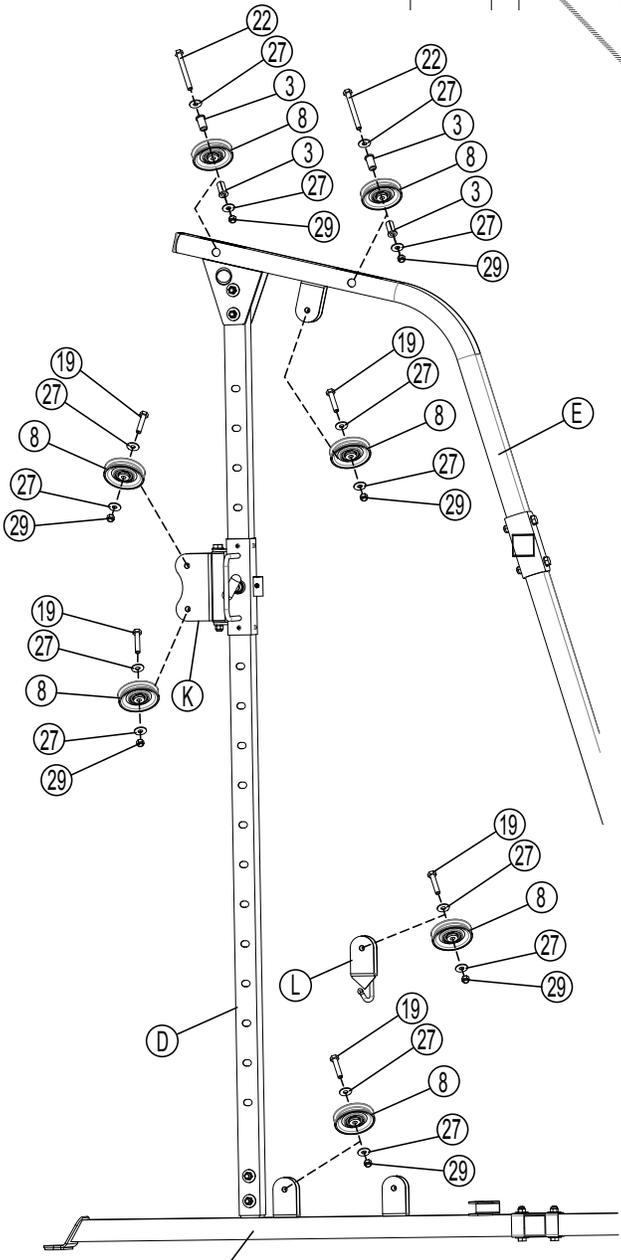
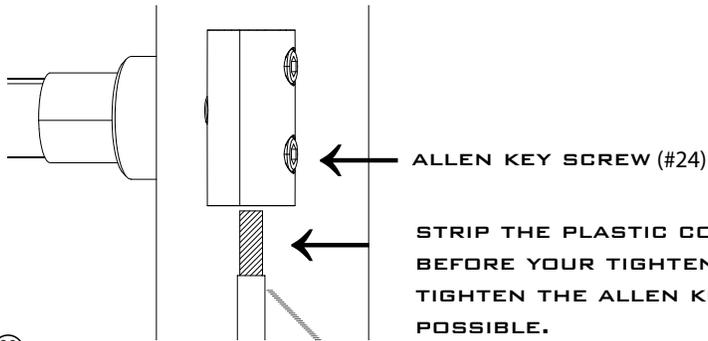
5A. Route Cable (#5) while installing Pulleys (#8) on the left side  
of the machine as shown in step 5 drawing using:

- 5 - (#19) M10X45mm Hex Head Bolt
- 2 - (#22) M10X100mm Hex Head Bolt
- 14 - (#27) M10 Washer
- 7 - (#29) M10 Nylon Lock Nut
- 4 - (3) Bushing

5B. Repeat the previous Step (5A) on the other side of the machine.

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## STEP 5



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## STEP 6

BE CAREFUL TO ASSEMBLE ALL COMPONENTS  
IN THE SEQUENCE THAT THEY ARE PRESENTED.

### NOTE:

finger tighten all hardware FIRST. wrench tighten all hardware  
at the END of this step. some components may be pre-assembled.  
nylon lock nuts will not fully screw onto bolts, must wrench tighten.

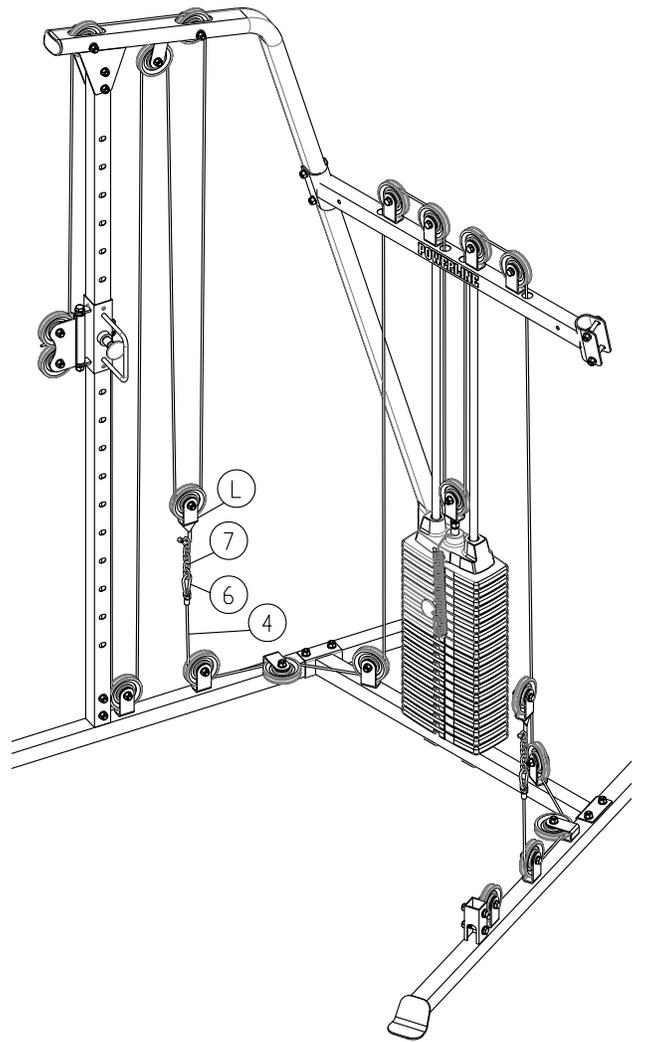
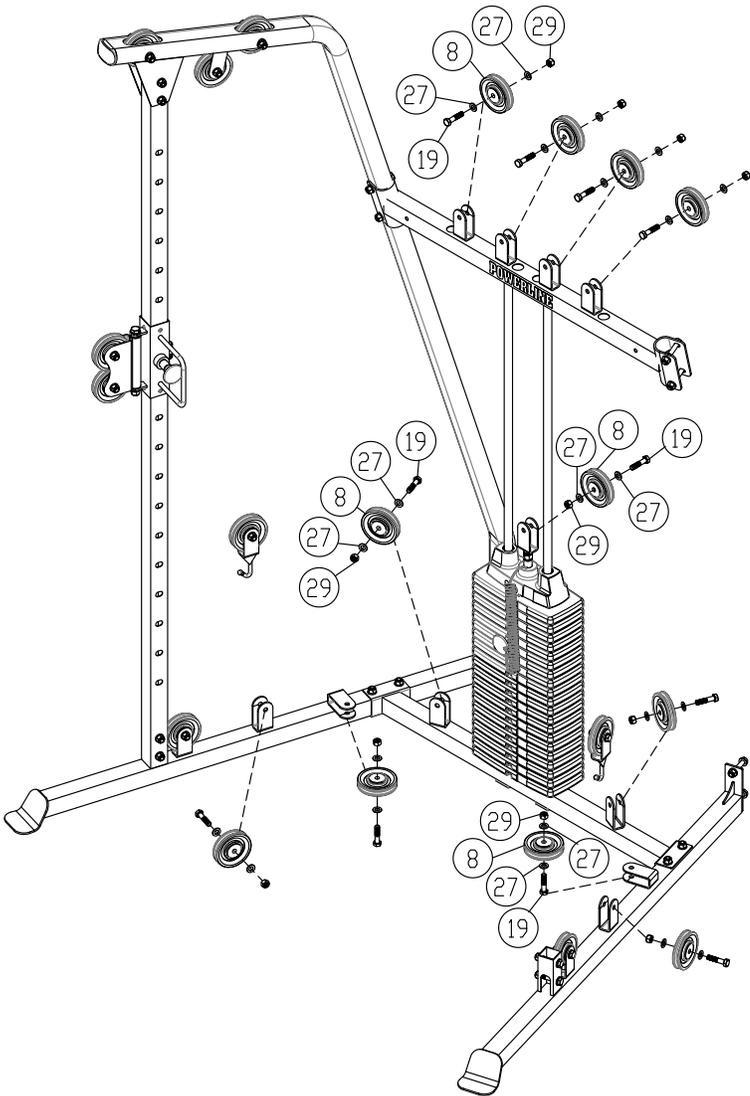
6A. Route Cable (#4) while installing Pulleys (#8) on the left side  
of the machine as shown in step 6 drawing using:

- 11 - (#19) M10X45mm Hex Head Bolt
- 22 - (#27) M10 Washer
- 11 - (#29) M10 Nylon Lock Nut

6B. Attach Snap Link (#6) & Steel Chain (#7) to Cable (4) on each  
side of the machine and then hook the other end of the Steel  
chain (#7) onto each hook of the Single Pulley Holder (L).

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## STEP 6

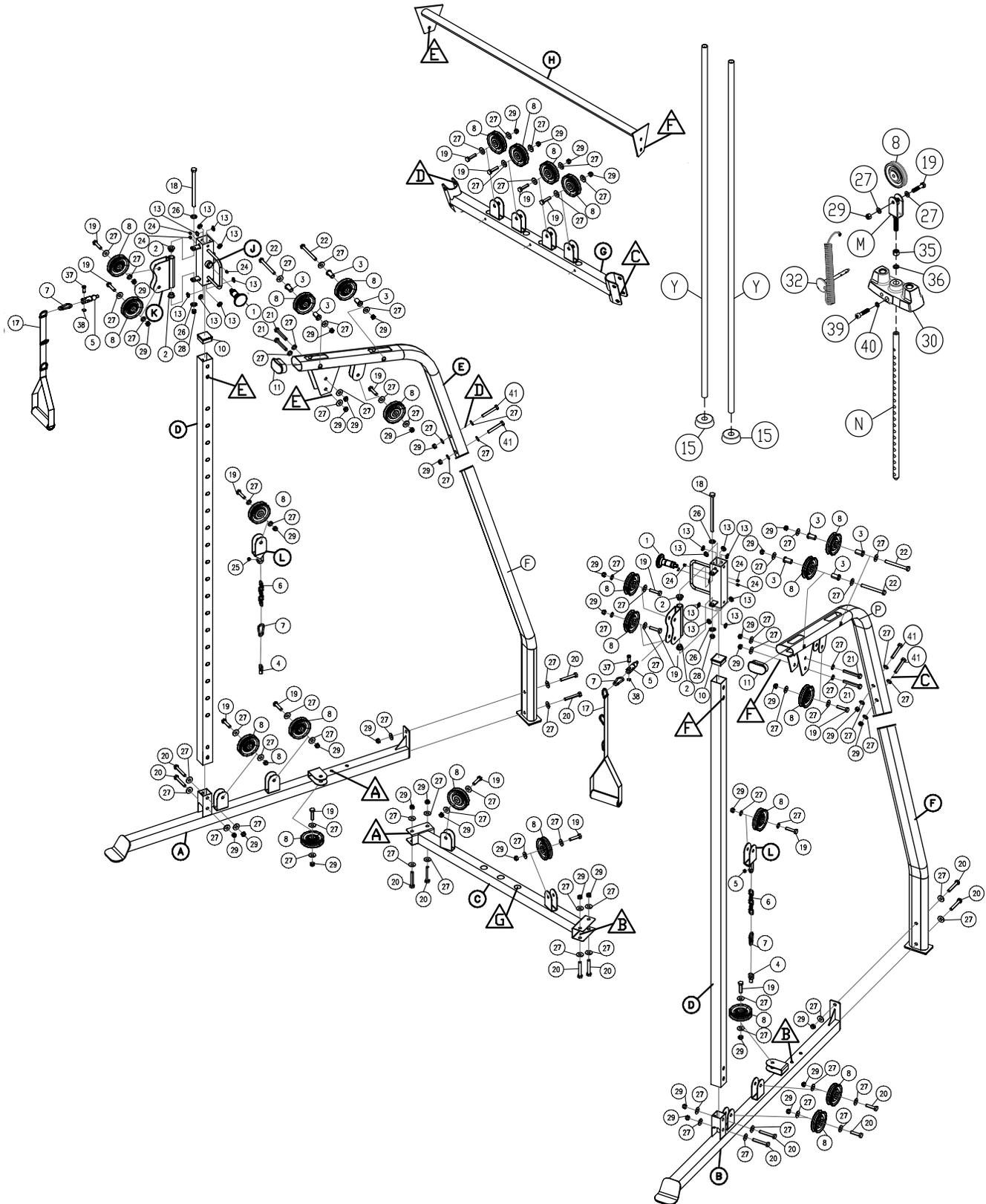


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NOTE

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EXPLODED VIEW



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