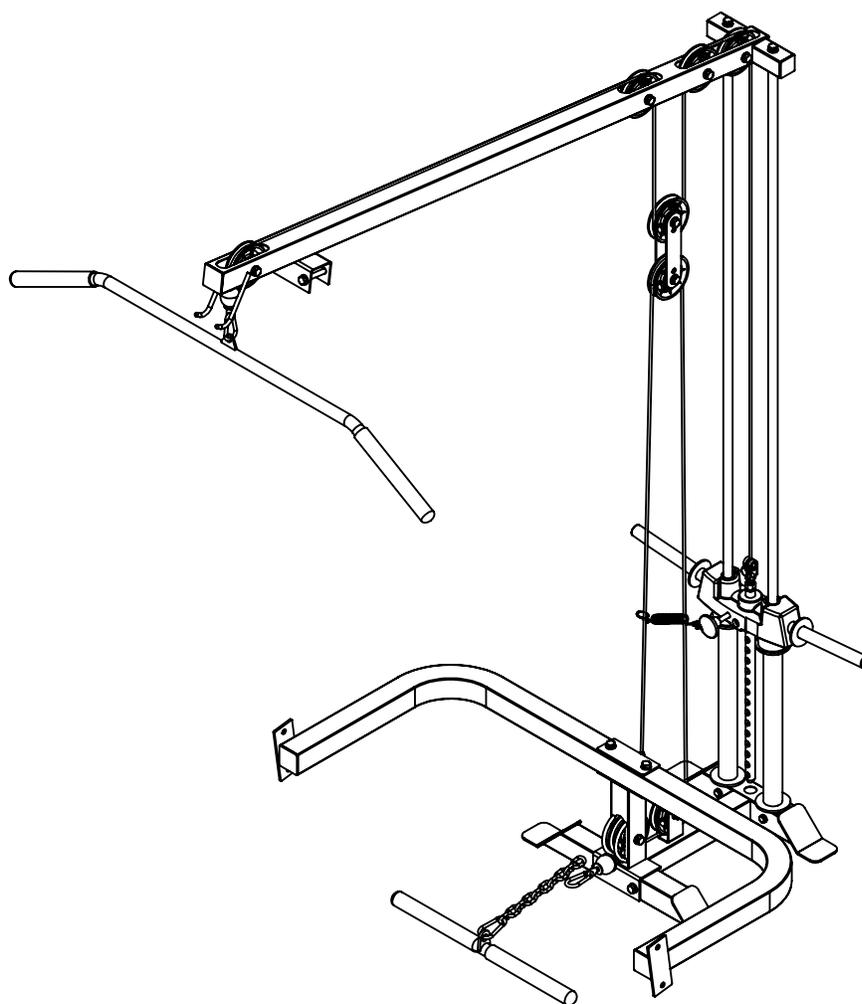


# POWERLINE<sup>®</sup>

by *Body-Solid*

## PLT200 SMITH MACHINE LAT ATTACHMENT

Owner's Manual



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

Ver. PLT200-20231009

**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

<b>MAINTENANCE SCHEDULE</b>		D	W
Check the function and integrity of the following components. As noted, Inspect equipment before each workout. Replace all damaged, broken or worn components immediately.		A	E
		I	L
		L	L
		Y	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

# PLT200

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# PLT200

## SAFETY INSTRUCTIONS

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

- Read all instructions before using the PLT200. 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 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.

### 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 PLT200 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PLT200 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 Smith Machine Lat Attachment.

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.

# PLT200

## PREPARATION

### Required tools

The basic tools that you must obtain before assembling the PLT200 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 PLT200:

Set up the PLT200 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.

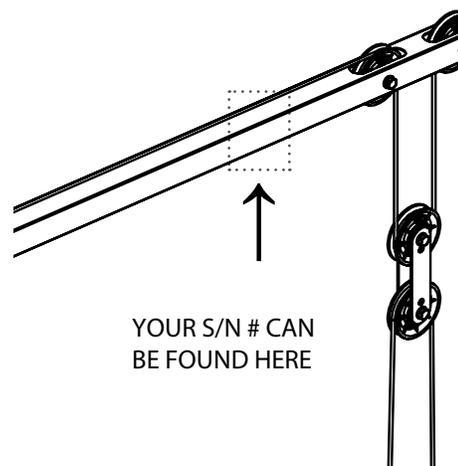
While you may be able to assemble the PLT200 using the illustrations only, important safety notes and other tips may be included in the text.

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 PLT200 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.



# PLT200

## PART LIST

Part #	QTY	DESCRIPTION
A	1	BASE FRAME
B	1	CENTER UPRIGHT
C	1	U FRAME
D	1	STEEL BRACKET C-C 100mm
E	2	CHROME GUIDE ROD
F	1	TOP FRAME
G	2	WEIGHT RISER
H	2	PULLEY BRACKET
J	1	LAT BAR
K	1	CURL BAR
1	4	HEX HEAD BOLT, M10x75mm
2	2	HEX HEAD BOLT, M10x70mm
3	5	HEX HEAD BOLT, M10x65mm
4	3	HEX HEAD BOLT, M10x50mm
5	1	HEX HEAD BOLT, M10x20mm
6	1	SOCKET HEAD CAP SCREW, M10x45mm
7	2	HEX HEAD BOLT, M8x65mm
8	1	SET SCREW, M4x8mm
10	18	M10 WASHER
12	4	M8 WASHER
13	2	M12 HEX NUT
14	2	CURL BAR GRIP
15	4	PLASTIC ROUND END CAP
16	4	SNAP LINK
17	1	STEEL CHAIN, 235mm
18	2	LAT BAR GRIP
19	2	RUBBER DONUT
20	1	WEIGHT STACK SELECTOR PIN
21	1	WEIGHT STACK SELECTOR ROD

# PLT200

## PART LIST

Part #	QTY	DESCRIPTION
22	1	TOP PLATE
23	10	METAL BUSHING, $\varnothing 18 \times \varnothing 10.5 \times 13.5 \text{mm}$
24	1	CABLE, 3210mm
25	8	PULLEY, $\varnothing 96 \text{mm}$
26	1	TOP BOLT
27	1	CABLE END LOCK
28	14	M10 NYLON LOCK NUT
29	2	M8 NYLON LOCK NUT
31	1	M10 LOCK WASHER
32	1	CABLE, 3210mm

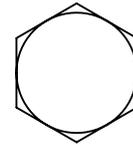
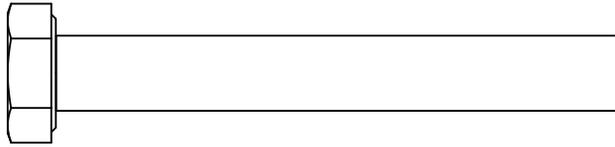
# PLT200

## HARDWARE ILLUSTRATION

Part #1

M10x75mm HEX HEAD BOLT

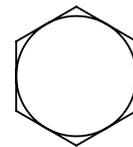
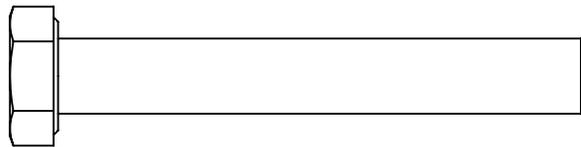
QTY. 4



Part #2

M10x70mm HEX HEAD BOLT

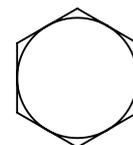
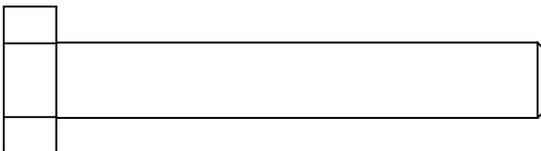
QTY. 2



Part #3

M10x65mm HEX HEAD BOLT

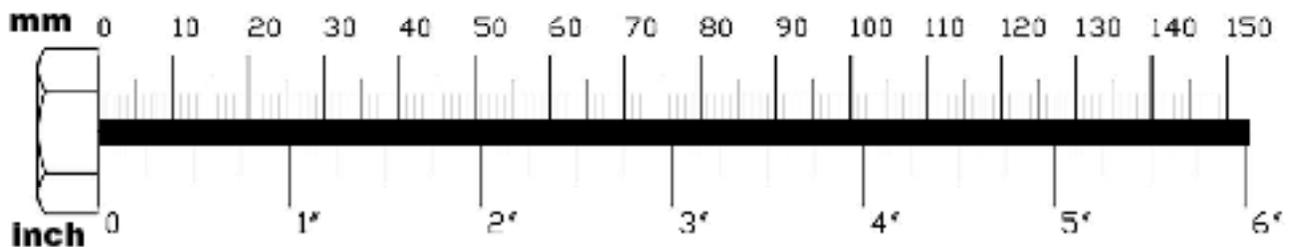
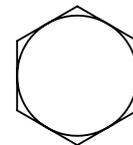
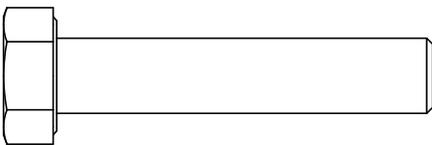
QTY. 5



Part #4

M10x50mm HEX HEAD BOLT

QTY. 3



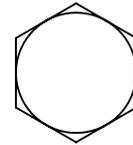
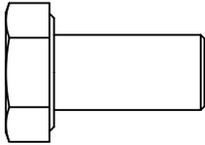
# PLT200

## HARDWARE ILLUSTRATION

Part #5

M10x20mm HEX HEAD BOLT

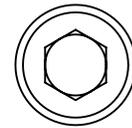
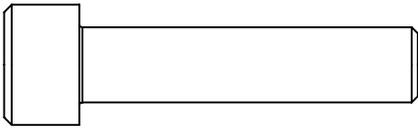
QTY. 1



Part #6

M10X45mm SOCKET HEAD CAP SCREW

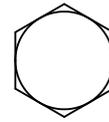
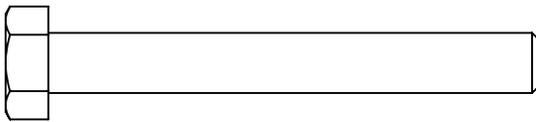
QTY. 1



Part #7

M8x65mm HEX DEAD BOLT

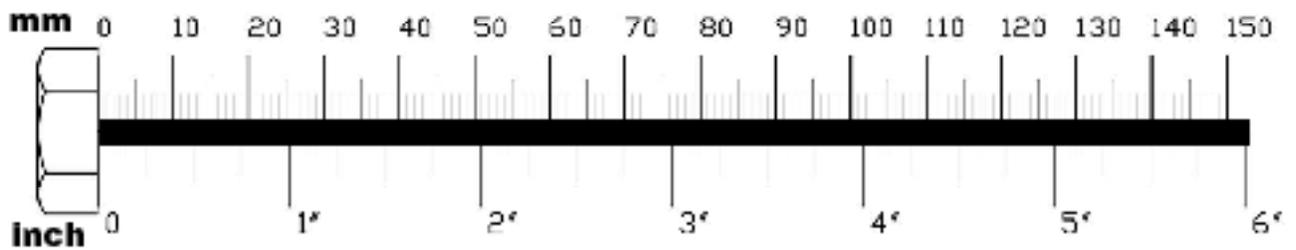
QTY. 2



Part #8

M4x8mm SET SCREW

QTY. 1



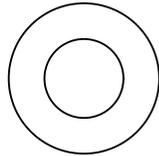
# PLT200

## HARDWARE ILLUSTRATION

Part #10

M10 WASHER

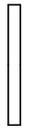
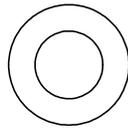
QTY. 18



Part #12

M8 WASHER

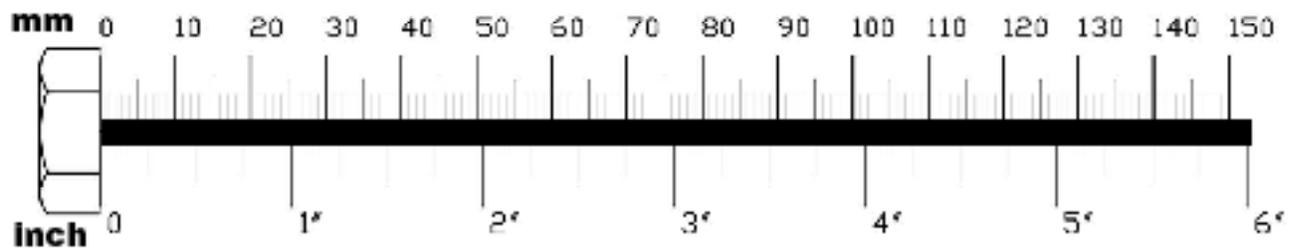
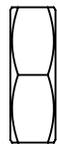
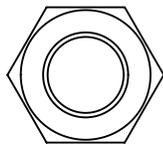
QTY. 4



Part #13

M12 HEX NUT

QTY. 2



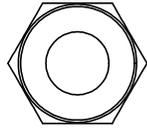
# PLT200

## HARDWARE ILLUSTRATION

Part #28

M10 NYLON LOCK NUT

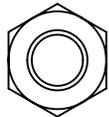
QTY. 14



Part #29

M8 NYLON LOCK NUT

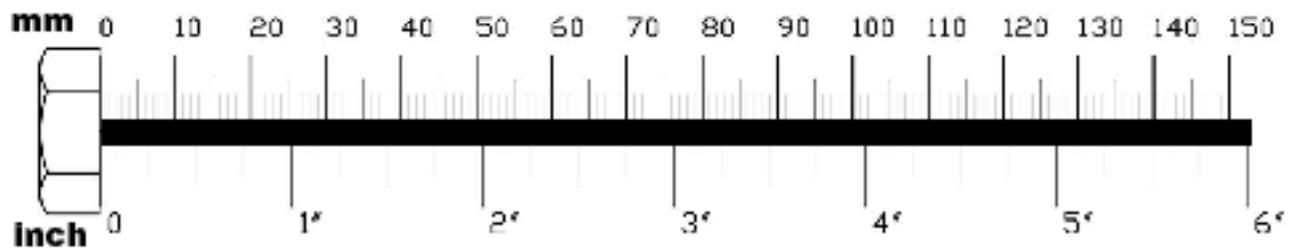
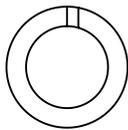
QTY. 2



Part #31

M10 LOCK WASHER

QTY. 1



# PLT200

## STEP 1

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

### NOTE:

Finger tighten all hardware in this step. DO NOT wrench tighten until the last step. some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, must wrench tighten.

1A. Attach U FRAME (C), REAR UPRIGHTS (L) & WEIGHT HORNS (P) of PSM200 together using:

4 - (#1) M10x75mm Hex Head Bolt (Hardware is from PSM200)

8 - (#10) M10 Flat Washer (Hardware is from PSM200)

4 - (#28) M10 Nylon Lock Nut (Hardware is from PSM200)

1B. Attach CENTER UPRIGHT (B) to the BASE FRAME (A) using:

2 - (#2) M10x70mm Hex Head Bolt

4 - (#10) M10 Flat Washer

2 - (#28) M10 Nylon Lock Nut

1C. Attach U FRAME (C) to the CENTER UPRIGHT (B) using:

2 - (#1) M10x75mm Hex Head Bolt

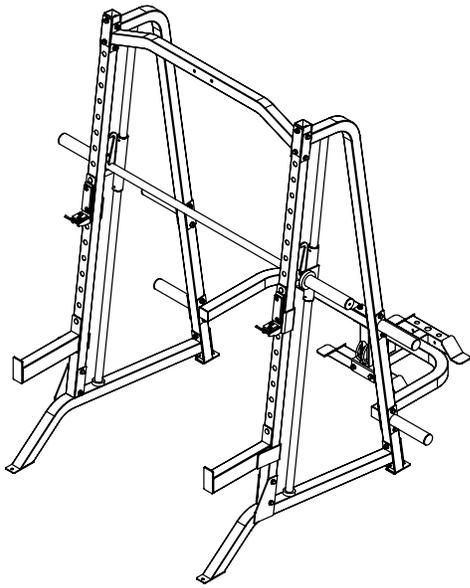
4 - (#10) M10 Flat Washer

2 - (#28) M10 Nylon Lock Nut

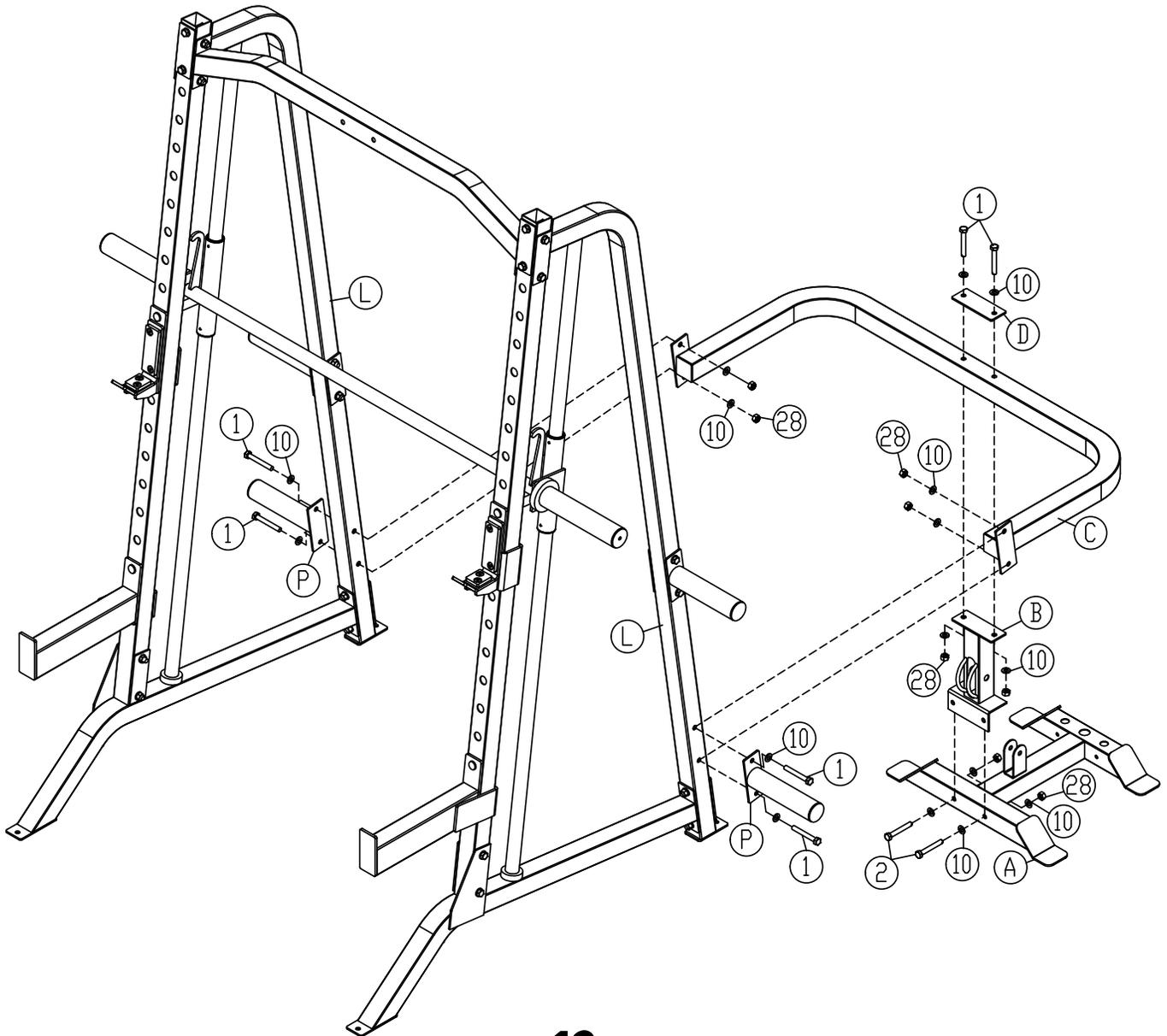
1 - (D) Steel Bracket

# PLT200

## STEP 1



Above shows step 1 assembled and completed



# PLT200

## STEP 2

### NOTE:

Finger tighten all hardware in this step. DO NOT wrench tighten until the last step. some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, must wrench tighten.

NOTE: There are two options for weight installation.

2A. Attach Guide Rods (E) to Base Frame (A).

2 - (#7) M8x65mm Hex Head Bolt

4 - (#12) M8 Flat Washer

2 - (#29) M8 Nylon Lock Nut

**NOTE: Make sure Guide Rods with side holes face down.**

2B. Attach Selector Rod (#21) to Top Plate (#22) using:

1 - (#6) M10x45mm Socket Head Cap Screw

1 - (#31) M10 Lock Washer

### **Option #1**

2C. Install Weight Risers (G) and slide to the bottom of the Guide Rods (E).

2D. Install Rubber Dounts (#19) and slide on top of Weight Risers (G).

2E. Install Top Plate (#22) onto the guide Rod (E).

### **Option #2**

2C. Install Rubber Dounts (#19) and slide to the bottom of the Guide Rods (E).

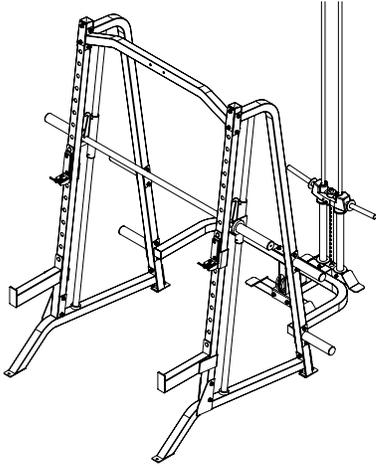
2D. Install 15pcs of weight plate (#35).

2E. Install Top Plate (#22) onto the guide Rods (E)

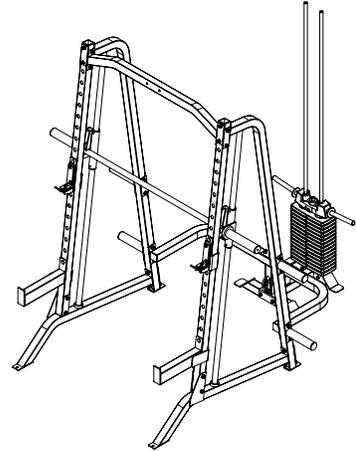
**NOTE: Make sure the grooves of the weight plates are faced down during installation**

# PLT200

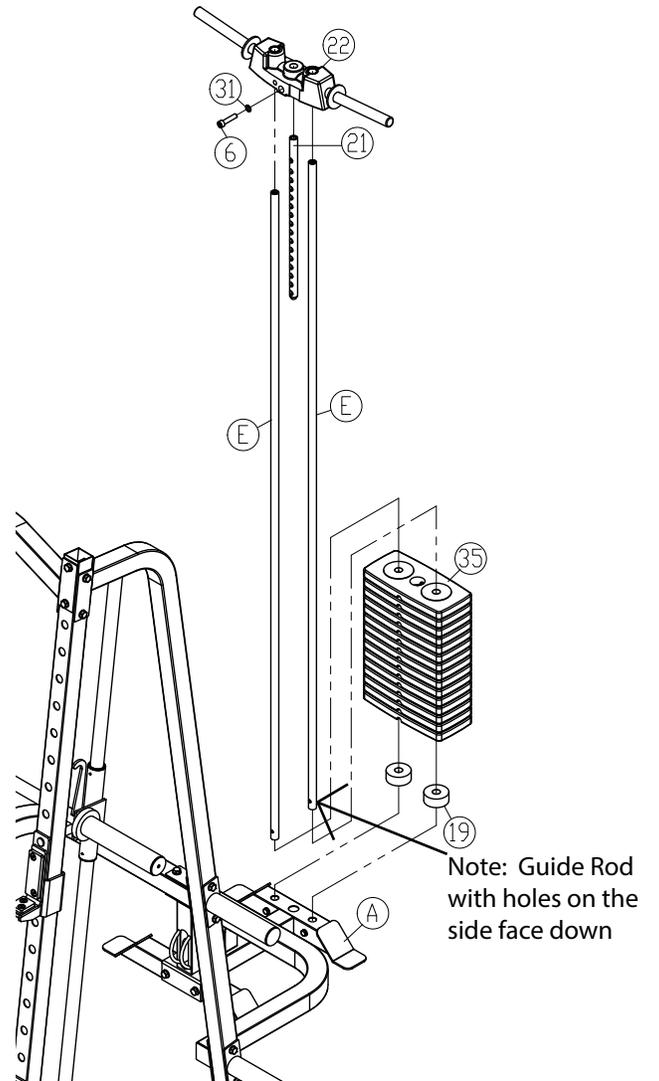
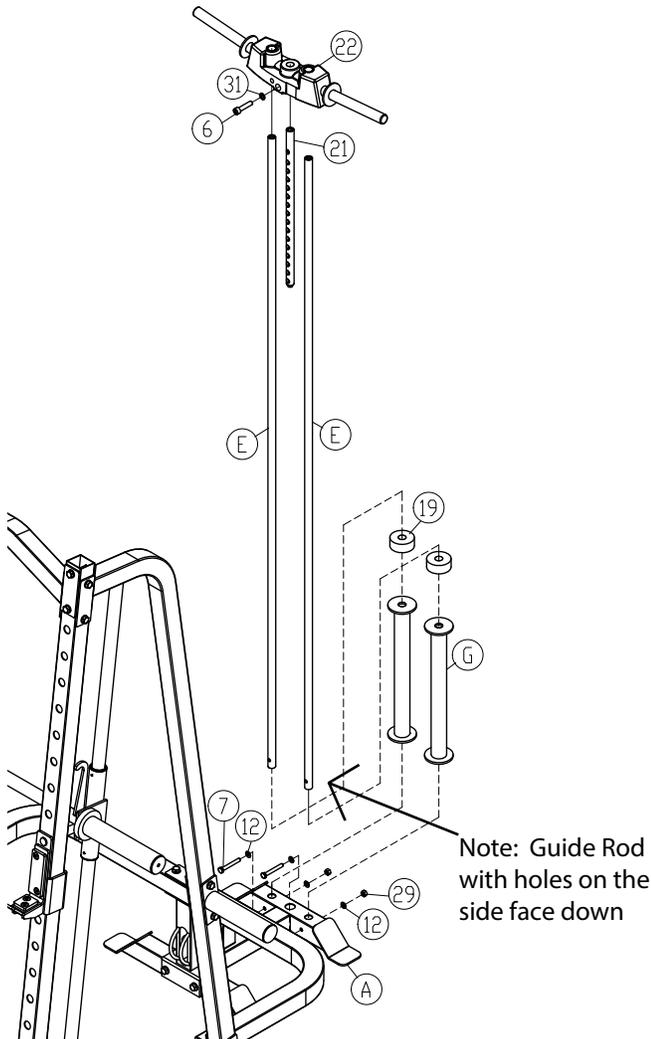
## STEP 2



Above shows Step 2 (Option #1) assembled and completed.



Above shows Step 2 (Option #2) assembled and completed.



# PLT200

## STEP 3

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

### NOTE:

Wrench tighten all hardware at the end of Step 3B. some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, must wrench tighten.

3A. Put Top Frame (F) onto Guide Rods (E)

3B. Attach Top Frame (F) of PLT200 to Top Frame (L) of PSM200 using :

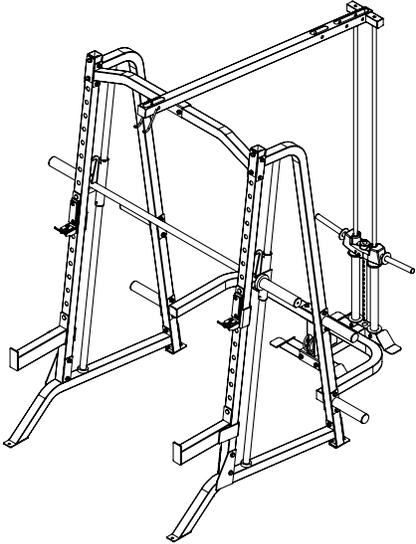
2 - (#1) M10x75mm Hex Head Bolt

4 - (#10) M10 Flat Washer

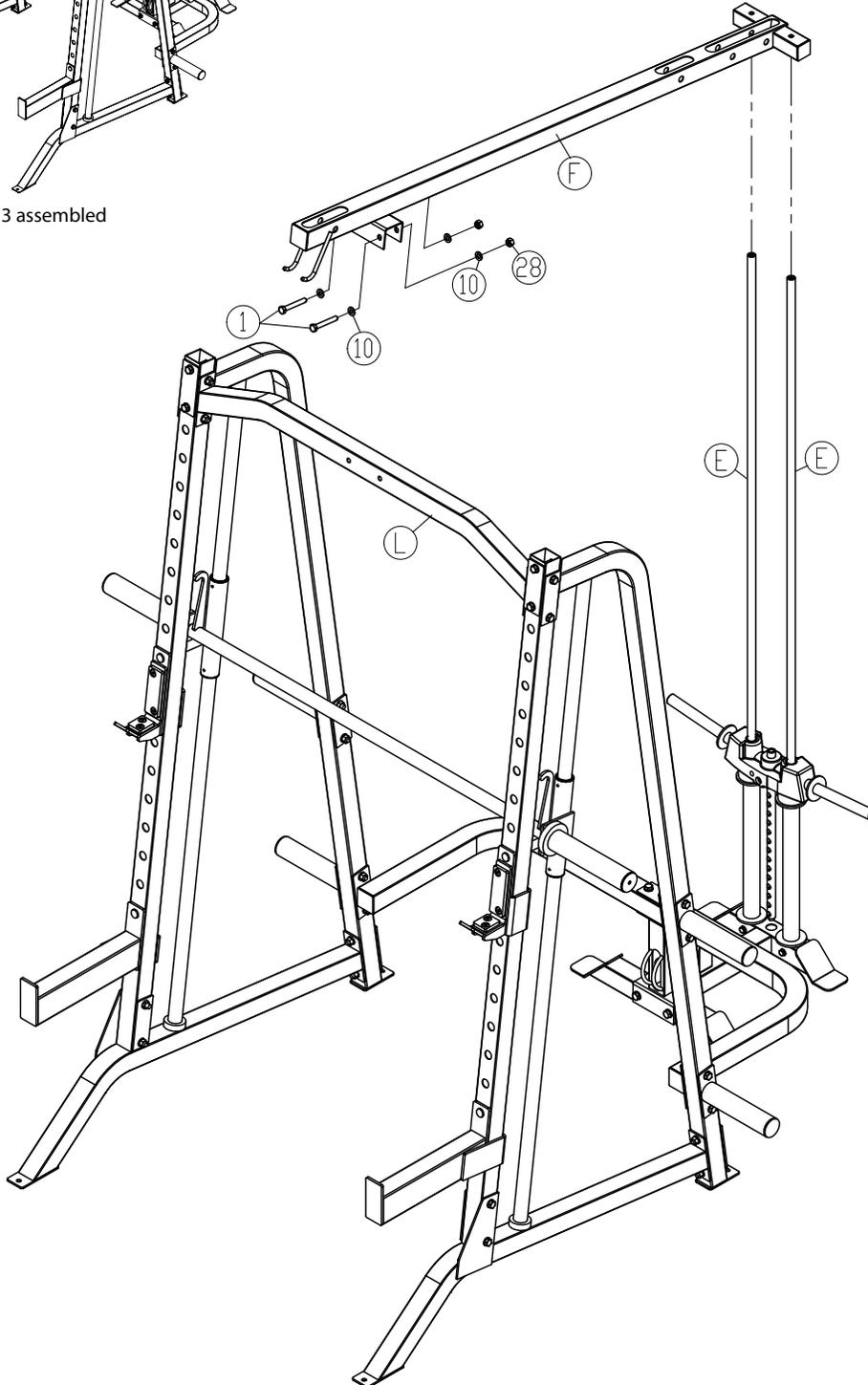
2 - (#28) M10 Nylon Lock Nut

# PLT200

## STEP 3



Above shows step 3 assembled and completed



# PLT200

## STEP 4

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

### NOTE:

Wrench tighten all hardware at the end of Step 4G. some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, must wrench tighten.

4A. Put the key ring of the Weight Selector Pin (#20) onto the threaded end of the Top Bolt (#26).

4B. Install Top Bolt (#26), Two M12 Hex Nuts (#13) onto the Top Plate (#22)

4C. Route Top Cable (#24) and install five Pulleys (#25) as show in Step 4 drawing using:

- 4 - (#3) M10x65mm Hex Head Bolt
- 1 - (#4) M10x50mm Hex Head Bolt
- 2 - (#10) M10 Flat washer
- 8 - (#23) Metal Bushing
- 5 - (#28) M10 Nylon Lock Uut
- 2 - (H) Pulley Bracket

NOTE: Cable (#24) must go over Top Frame (F). DO Not put Cable (#24) through Top Frame (F)

4D. Install Top Cable (#24) by first assembling the small ball end into the Top Bolt (#26) and attach the Cable End Lock (#27) over the ball end of the cable. Secure it by tightening M4x8mm Set Screw (#8).

4E. Install M10x20mm Hex Head bolt (#5) through the slot hole of the Top Bolt (#26).

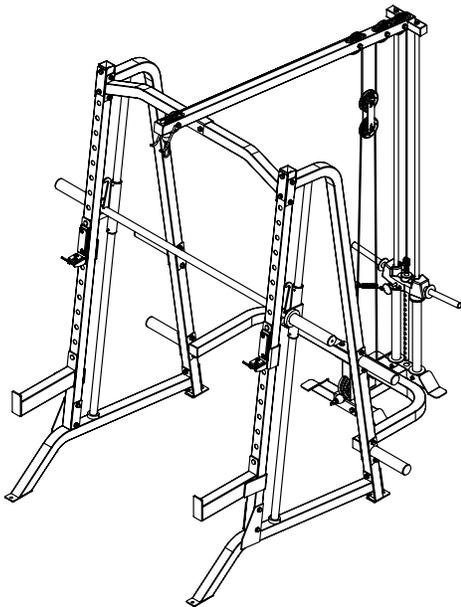
4F. Route Low Cable (#32) and install three Pulleys (#25) as show in Step 4 drawing using:

- 1 - (#3) M10x65mm Hex Head Bolt
- 2 - (#4) M10x50mm Hex Head Bolt
- 4 - (#10) M10 Flat washer
- 2 - (#23) Metal Bushing
- 3 - (#28) M10 Nylon Lock Uut
- 2 - (H) Pulley Bracket

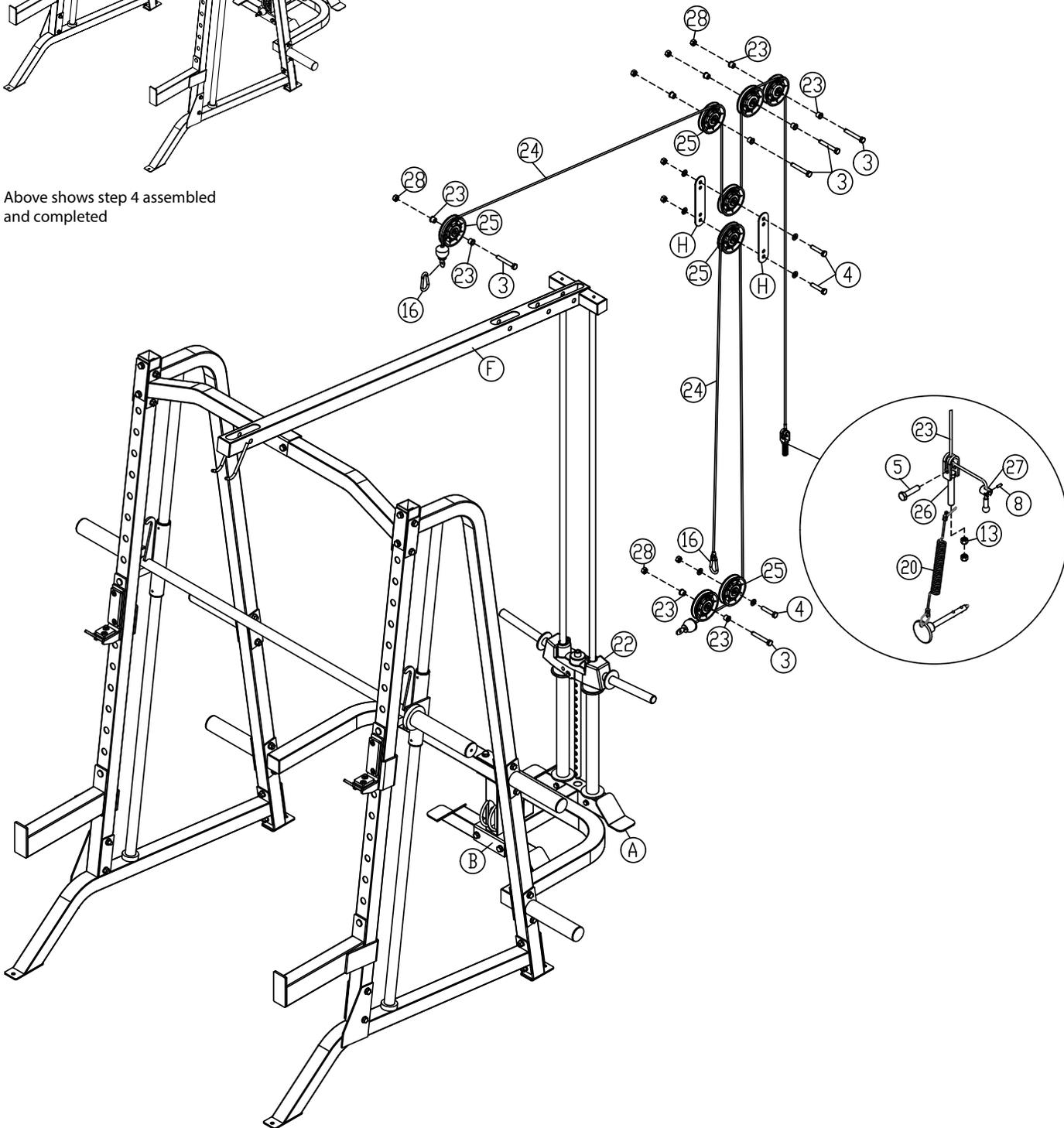
4G. Attach Low Cable (#32) with Snap Link (#16) to Center Upright (B).

# PLT200

## STEP 4



Above shows step 4 assembled and completed



# PLT200

## STEP 5

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

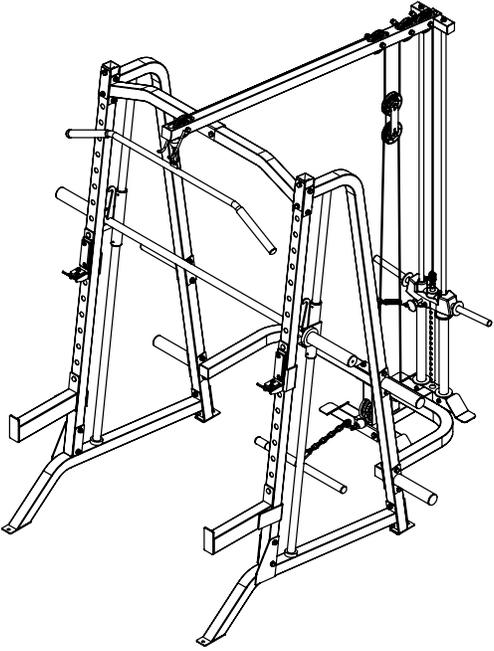
NOTE:

Some components may be pre-assembled. nylon lock nuts will not fully screw onto bolts, must wrench tighten.

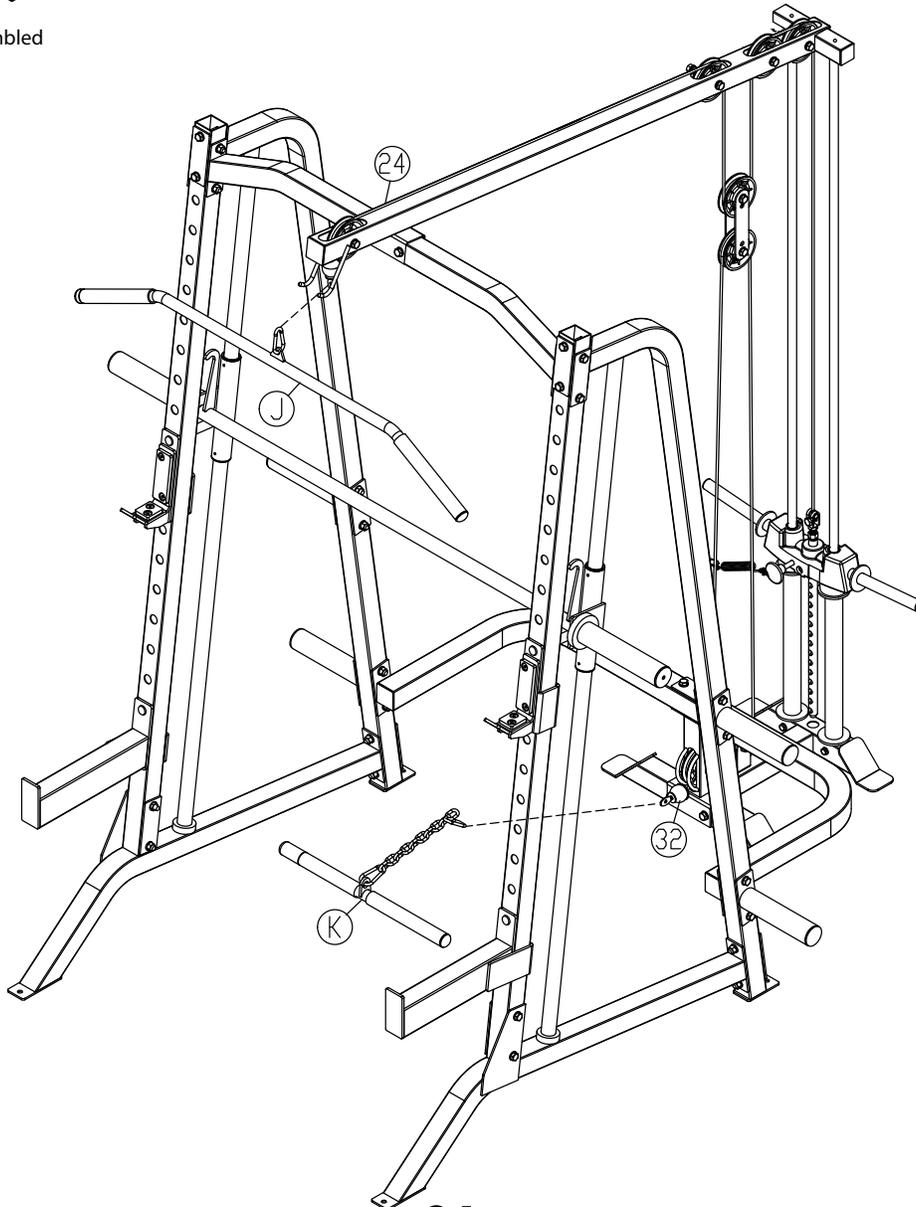
- 5A. Attach Lat Bar (J) to Top Cable (#24).
- 5B. Attach Short Bar (K) to Low Cable (#32).

# PLT200

## STEP 5



Above shows step 4 assembled and completed





**NOTE**

# POWERLINE®

by *Body-Solid*

PLT200

please write your serial number in the boxes below

S/N # 018501-□□-□□-□□□□-□□□□

**1900 S. Des Plaines Ave.  
Forest Park, IL 60130  
Phone:(708)427-3555  
Fax:(708)427-3556  
Hours: M-F 8:30 - 5:00 CST**