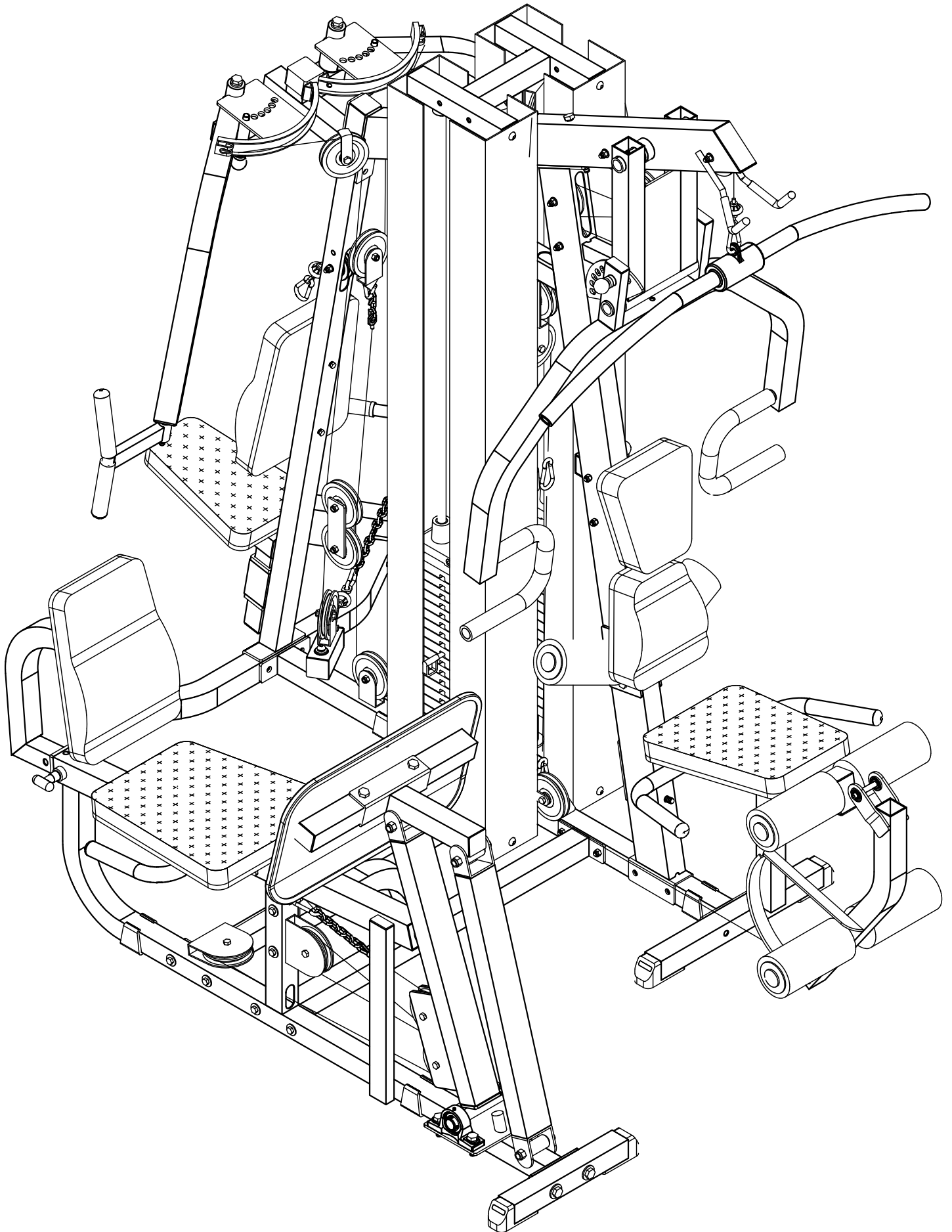


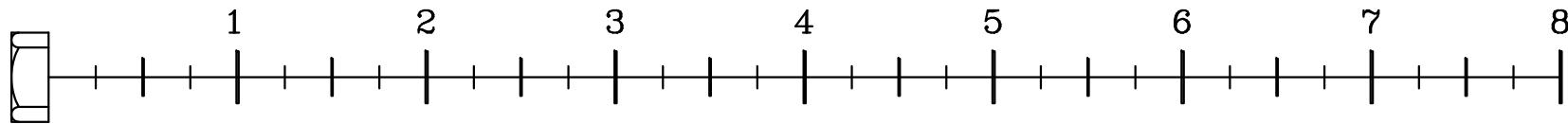
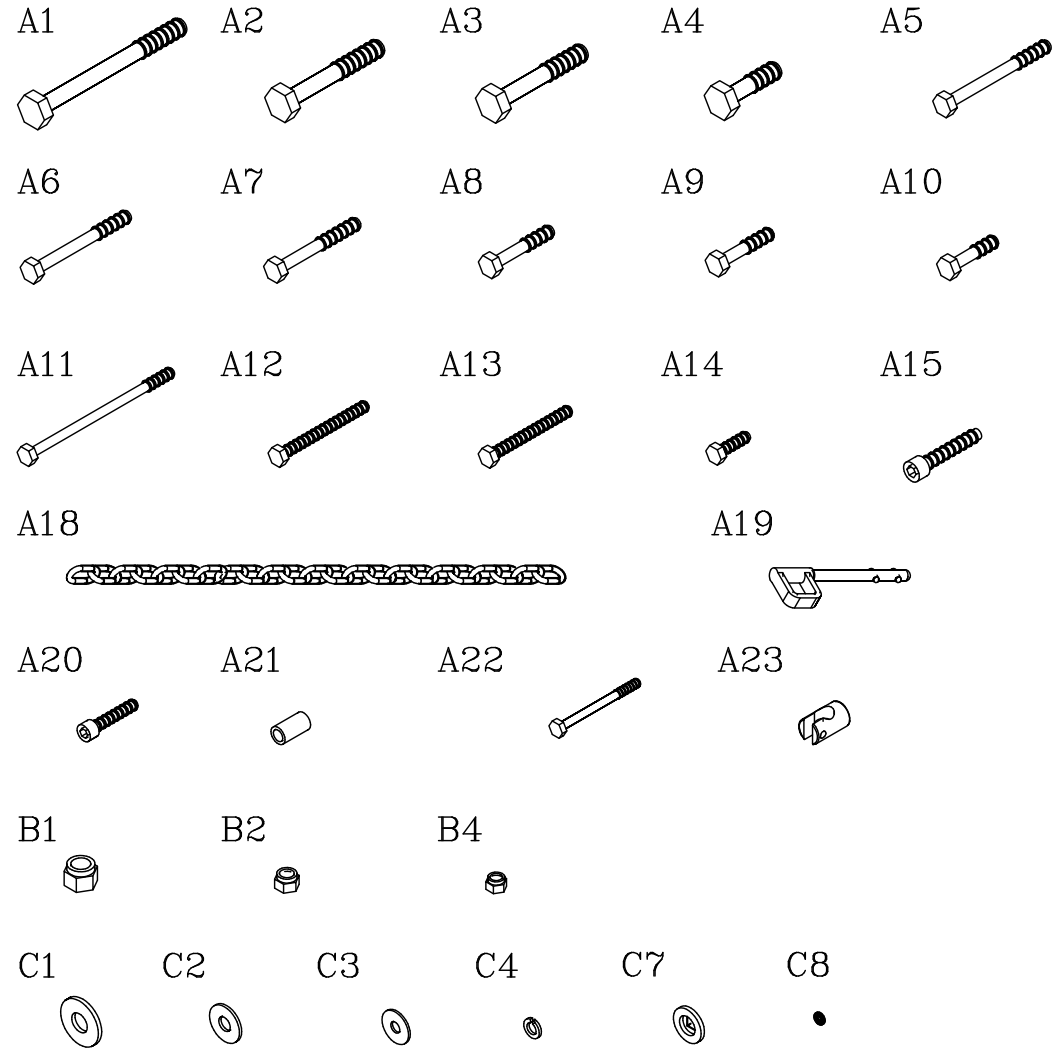
EXM-3000.9



VERSION 0913

# EXM-3000.9 HARDWARE ILLUSTRATION SHEET

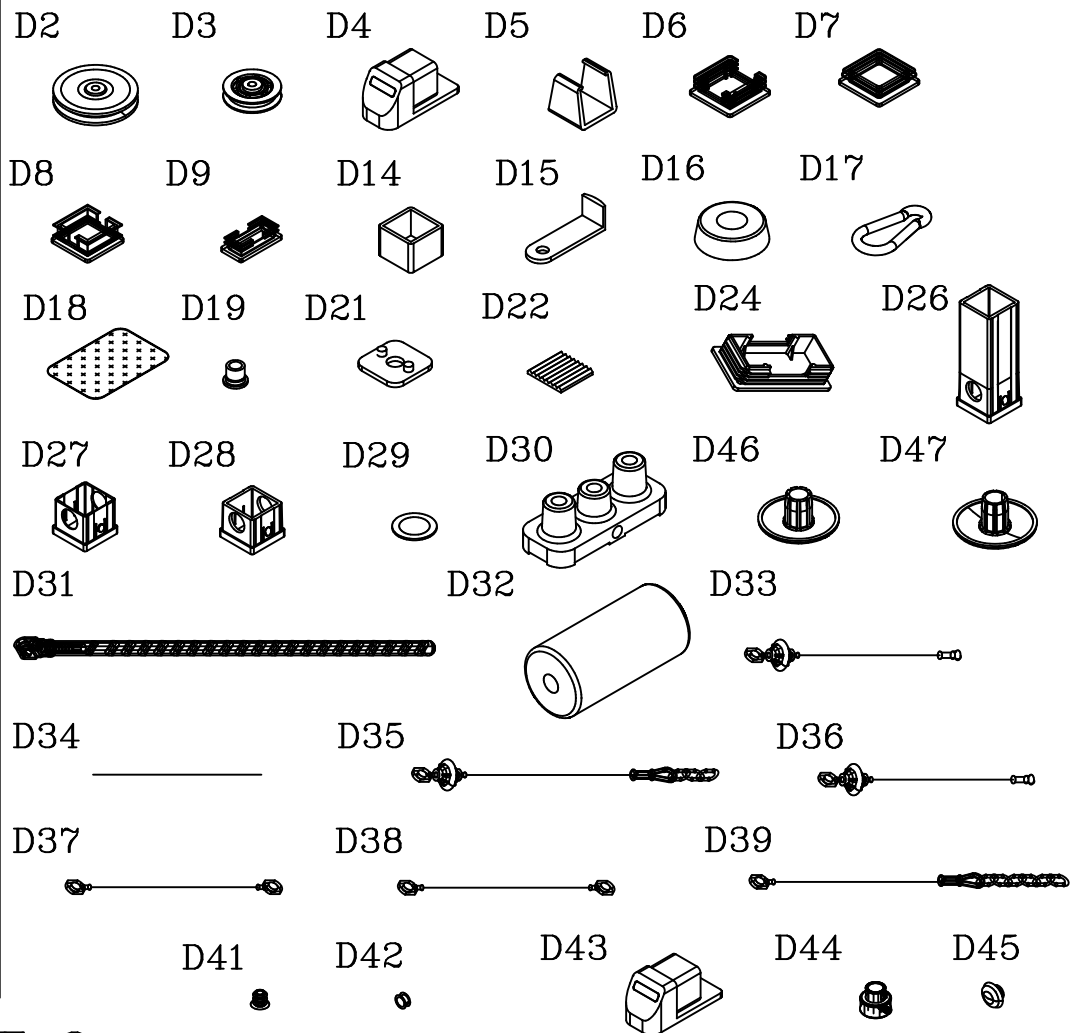
	Qty.
A1. 1/2"X5" HEX HEAD BOLT -----	[5PCS]
A2. 1/2"X3 1/4" HEX HEAD BOLT -----	[7PCS]
A3. 1/2"X3" HEX HEAD BOLT -----	[6PCS]
A4. 1/2"X1 3/4" HEX HEAD BOLT -----	[4PCS]
A5. 3/8"X3 1/2" HEX HEAD BOLT -----	[1PCS]
A6. 3/8"X3 1/4" HEX HEAD BOLT -----	[2PCS]
A7. 3/8"X2 3/4" HEX HEAD BOLT -----	[20PCS]
A8. 3/8"X2" HEX HEAD BOLT -----	[2PCS]
A9. 3/8"X1 3/4" HEX HEAD BOLT -----	[5PCS]
A10. 3/8"X1 1/2" HEX HEAD BOLT -----	[15PCS]
A11. 5/16"X5" HEX HEAD BOLT -----	[2PCS]
A12. 5/16"X3 1/4" HEX HEAD BOLT -----	[1PCS]
A13. 5/16"X2 3/4" HEX HEAD BOLT -----	[6PCS]
A14. 5/16"X1" HEX HEAD BOLT -----	[10PCS]
A15. 3/8"X2" ROUND BOLT -----	[2PCS]
A18. STEEL CHAIN -----	[1PCS]
A19. PIN -----	[2PCS]
A20. 5/16"X1 1/2" ROUND BOLT -----	[1PCS]
A21. ø1/2"X22L SLEEVE -----	[1PCS]
A22. 1/2"X5 1/2" HEX HEAD BOLT -----	[1PCS]
A23. ø12 BUSHING (8890-010) -----	[2PCS]
B1. 1/2" NYLON LOCK NUT -----	[22PCS]
B2. 3/8" NYLON LOCK NUT -----	[45PCS]
B4. 5/16" NYLON LOCK NUT -----	[1PCS]
C1. 1/2"Xø34 (I.D)WASHER -----	[8PCS]
C2. 3/8" (I.D)WASHER -----	[19PCS]
C3. 5/16" (I.D)WASHER -----	[19PCS]
C4. 5/16" SPRING WASHER -----	[19PCS]
C7. 1/2"Xø25 (I.D) WASHER -----	[4PCS]
C8. 3/8" SPRING WASHER -----	[2PCS]



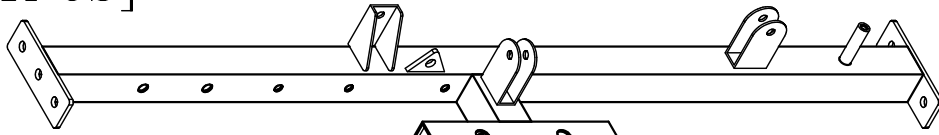
# EXM-3000.9 HARDWARE ILLUSTRATION SHEET

	Qty.
D2. $\phi$ 4 1/4" PULLEY (9213-002C) -----	[26PCS]
D3. $\phi$ 3" PULLEY (9213-006B) -----	[1PCS]
D4. 2"X2"X1.8t FOOT CAP (9211-024) -----	[3PCS]
D5. 2"X2" RUBBER DOUNT (9212-010) -----	[6PCS]
D6. 2"X2"X2.5t END CAP (9211-006) -----	[14PCS]
D7. 2"X2"X1.8t END CAP (9211-005) -----	[8PCS]
D8. 1 3/4"X1 3/4" END CAP (9211-004) -----	[1PCS]
D9. 1"X2" END CAP (9211-009) -----	[3PCS]
D14. 2"X2" RUBBER DOUNT (9310-020) -----	[1PCS]
D15. PULLEY WHEEL BLOCK (8331-017) -----	[3PCS]
D16. $\phi$ 2 1/2" RUBBER DOUNT (9310-010) -----	[4PCS]
D17. $\phi$ 8 SPRING SNAP LINK (8810-001) -----	[7PCS]
D18. 95X140mm NO-SLIP TAPE (9310-035) -----	[2PCS]
D19. $\phi$ 16X16 STEEL BUSHING (8530-009) -----	[10PCS]
D21. 2"X2" RUBBER CANE CAP (9214-002) -----	[4PCS]
D22. 38X38 RUBBER PAD (9310-001) -----	[2PCS]
D24. 2"X4" END CAP (9211-014) -----	[2PCS]
D26. 60X45 NYLON BUSHING (9211-047) -----	[2PCS]
D27. 60X50 NYLON BUSHING (9211-033) -----	[2PCS]
D28. 60X45 NYLON BUSHING (9211-032) -----	[2PCS]
D29. $\phi$ 38 CU WASHER (8520-008) -----	[2PCS]
D30. TOP PLATE (8400-005) -----	[2PCS]
D31. WEIGHT SELECTOR BAR (8210-042A) -----	[2PCS]
D32. $\phi$ 4"X8" FOAM ROLLER (9161-009) -----	[6PCS]
D33. 3820mm STEEL CABLE -----	[1PCS]
D34. 1890mm STEEL CABLE -----	[1PCS]
D35. 1545mm STEEL CABLE -----	[1PCS]
D36. 4070mm STEEL CABLE -----	[1PCS]
D37. 2735mm STEEL CABLE -----	[1PCS]
D38. 520mm STEEL CABLE -----	[1PCS]
D39. 4270mm STEEL CABLE -----	[1PCS]
D41. $\phi$ 5/8" ROUND END CAP (9211-015) -----	[1PCS]

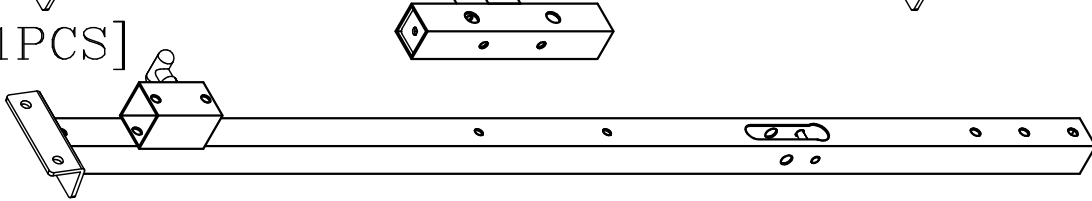
D42. $\phi$ 3/4"X8L STEEL BUSHING (8110-014) -----	[2PCS]
D43. 2"X2"X2.5t FOOT CAP (9211-025) -----	[2PCS]
D44. $\phi$ 3/4" SHAFT COLLAR (9211-046) -----	[4PCS]
D45. $\phi$ 1" ROUND END CAP (9260-021) -----	[12PCS]
D46. $\phi$ 1"x1.8t ROUND End Cap(9211-022)-----	[4PCS]
D47. $\phi$ 1"x2.5t ROUND End Cap(9211-085)-----	[2PCS]



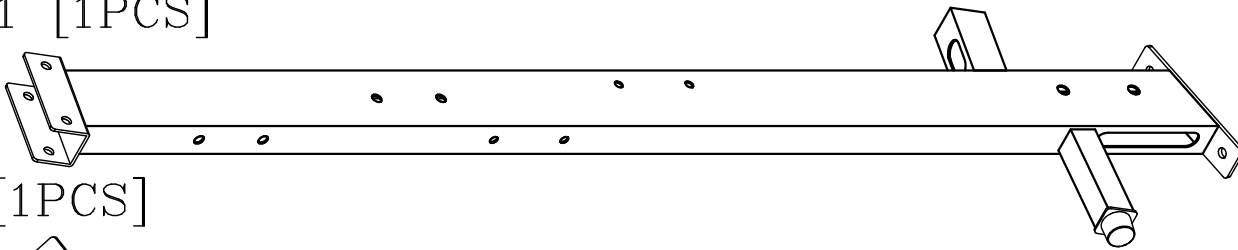
A [1PCS]



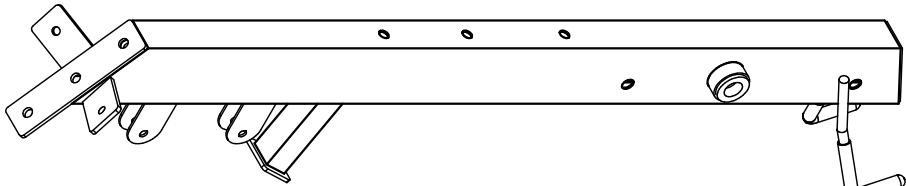
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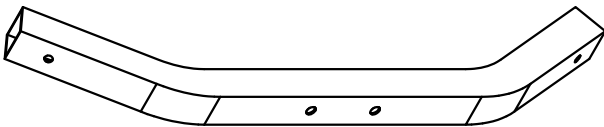
C-1 [1PCS]



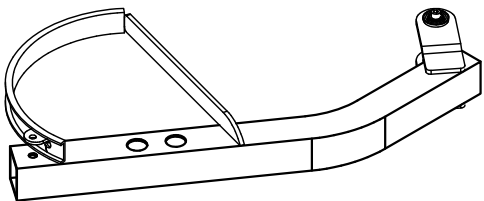
D [1PCS]



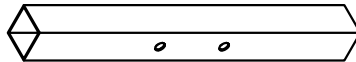
E [1PCS]



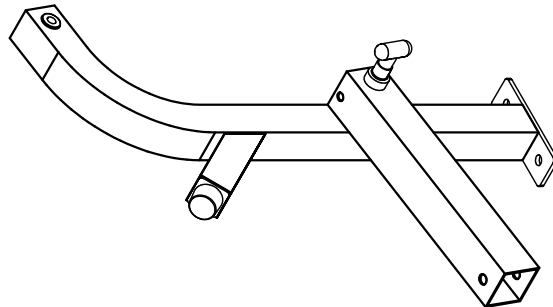
J-1 [1PCS]



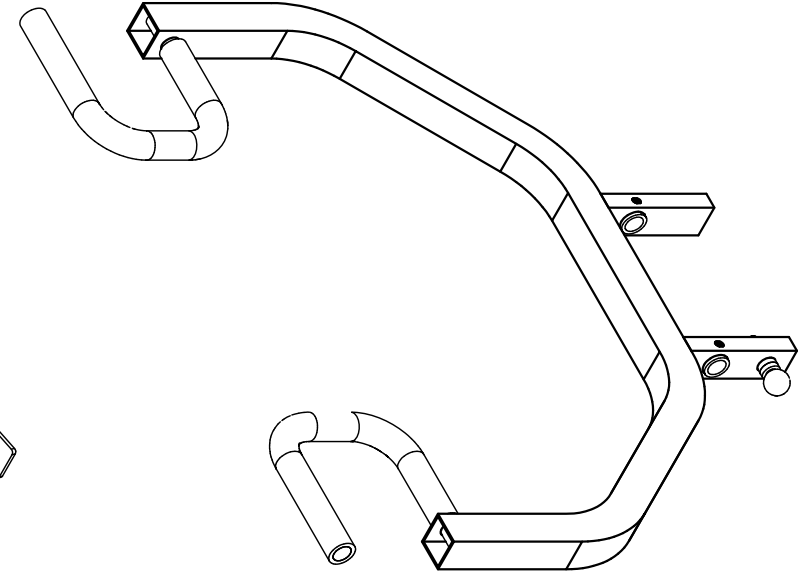
F [1PCS]



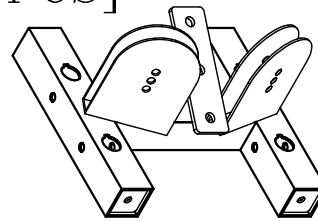
K-1 [1PCS]



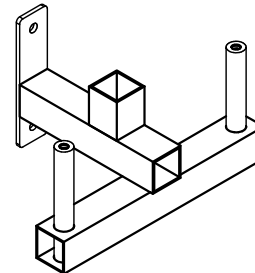
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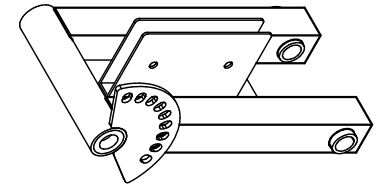
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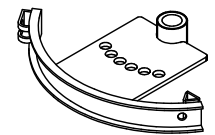
L [1PCS]



H [1PCS]



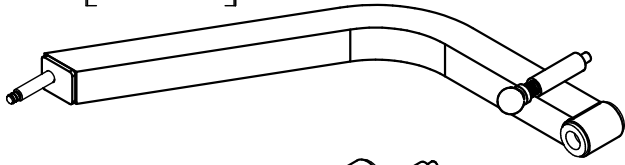
M [2PCS]



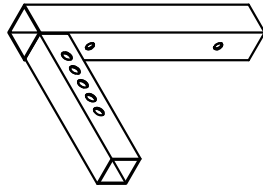
# EXM-3000.9

# PARTS ILLUSTRATION SHEET

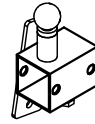
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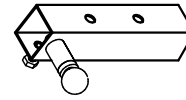
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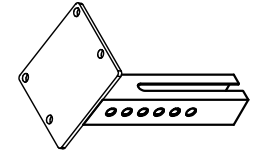
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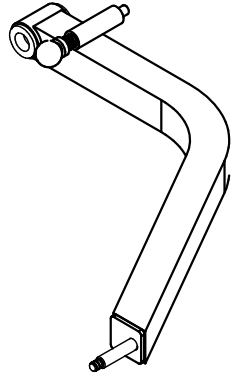
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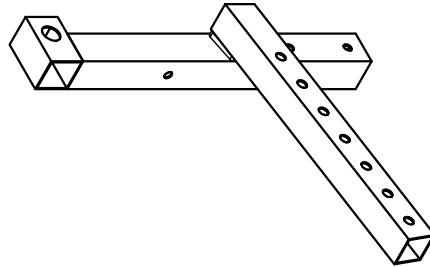
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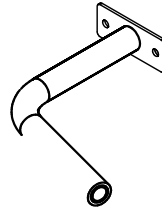
O [1PCS]



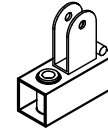
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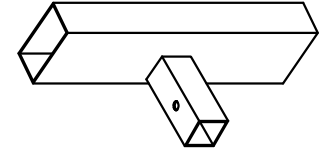
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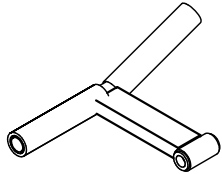
V [1PCS]



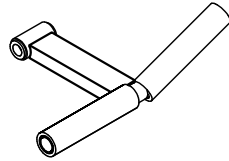
W [1PCS]



X [1PCS]



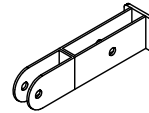
Y [1PCS]



Z-1 [2PCS]  
8312-090



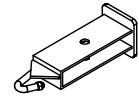
AA [1PCS]



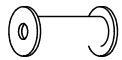
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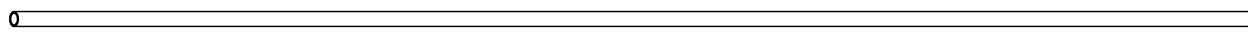
AC [1PCS]



AD [4PCS]



AE [4PCS]

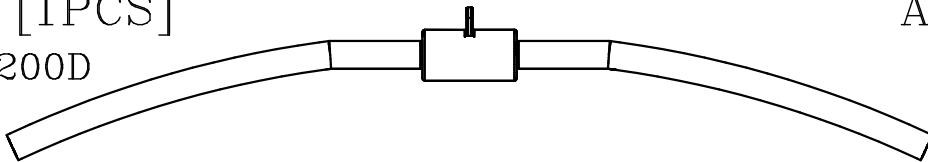


AF [1PCS] LB500A



AG [1PCS]

LB1200D



AH [2PCS]



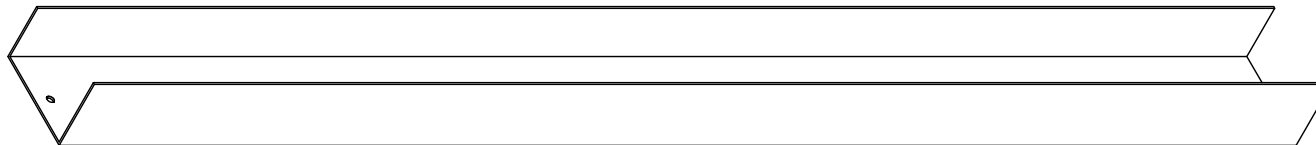
AI [1PCS]

8312-062



AK [4PCS]

8380-009

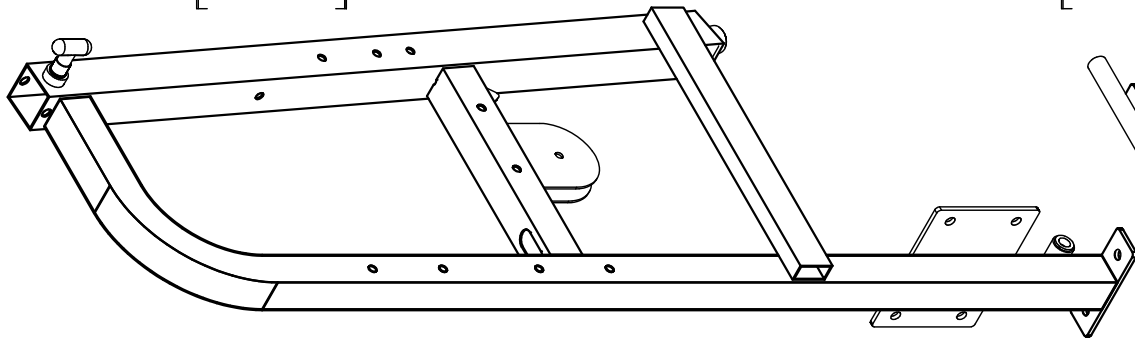


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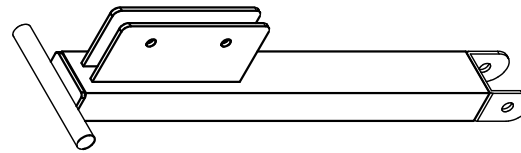
8331-018



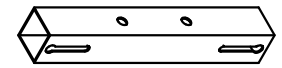
AM-3 [1PCS]



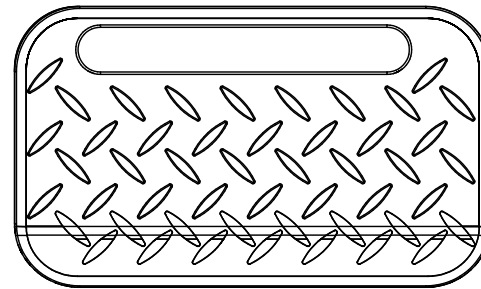
AP-2 [1PCS]



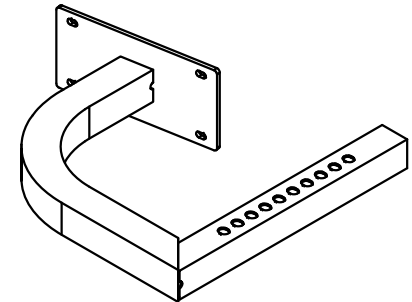
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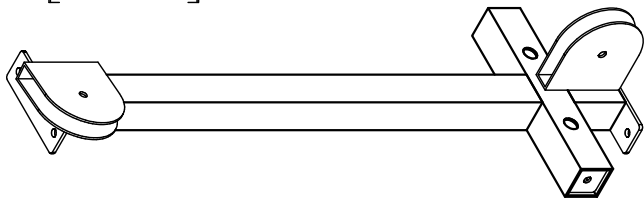
AR-2 [1PCS]



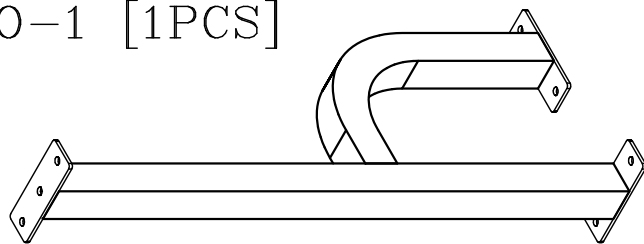
AS-2 [1PCS]



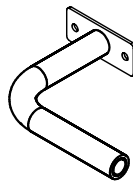
AN [1PCS]



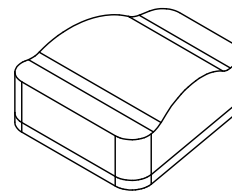
AO-1 [1PCS]



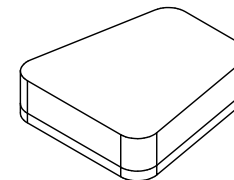
AT [2PCS]



AU [1PCS]



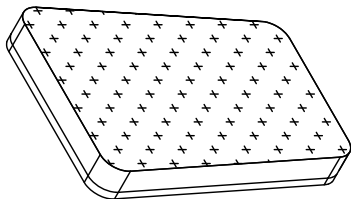
AV [1PCS]



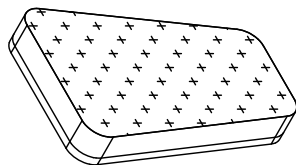
BB [2PCS]



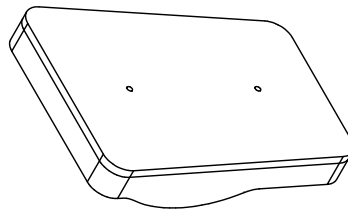
AW [1PCS]



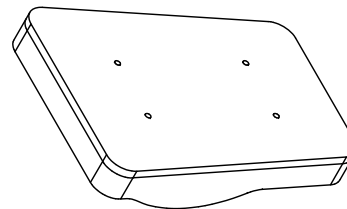
AX [1PCS]



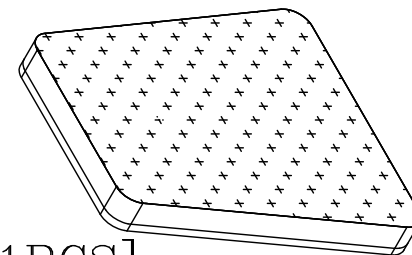
AY [1PCS]



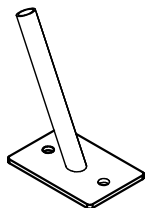
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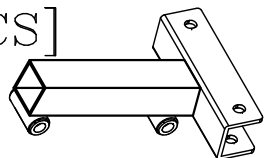
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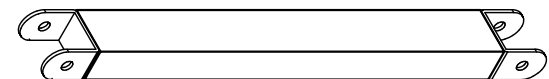
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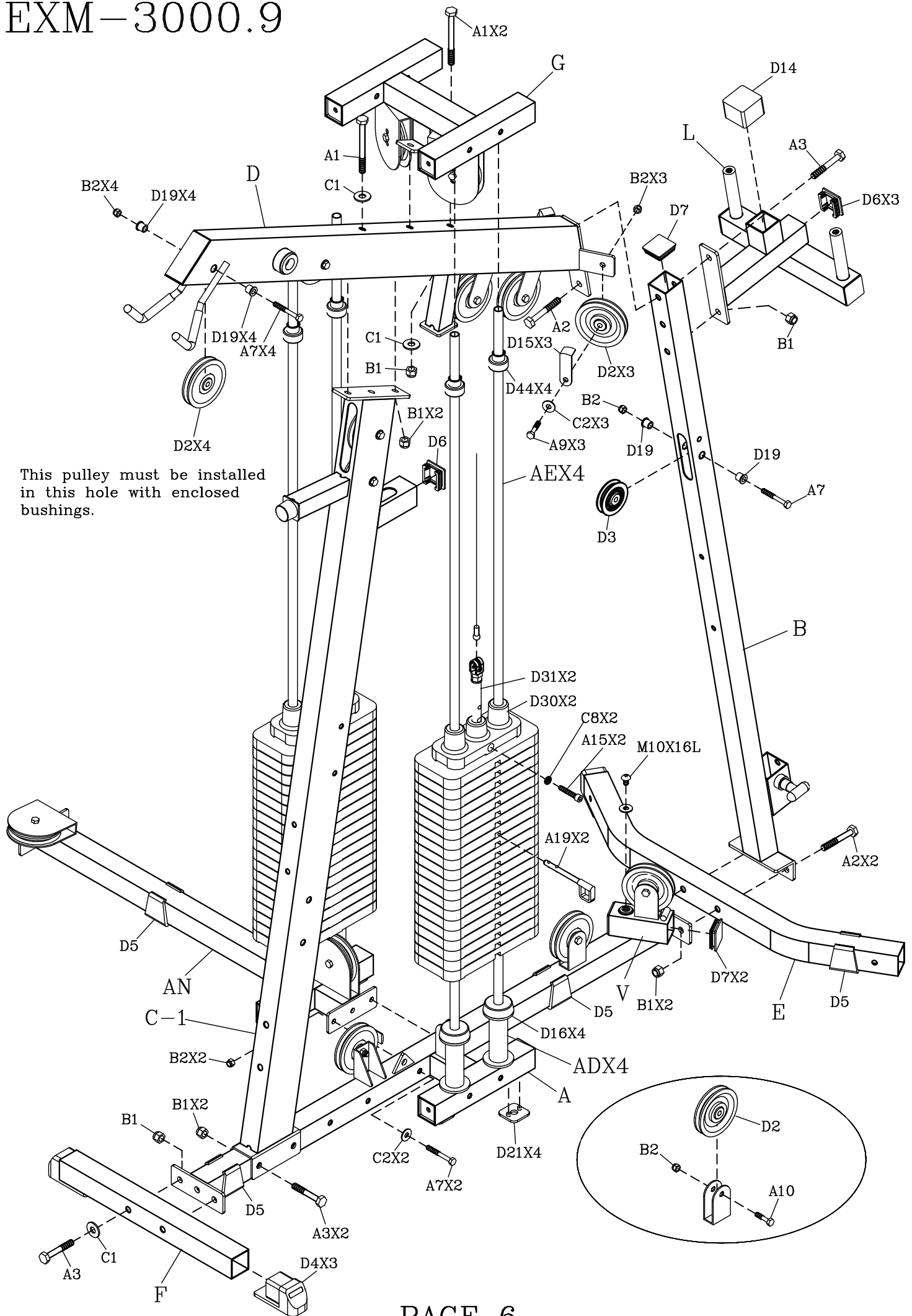
BD-1 [1PCS]



BE-1 [1PCS]

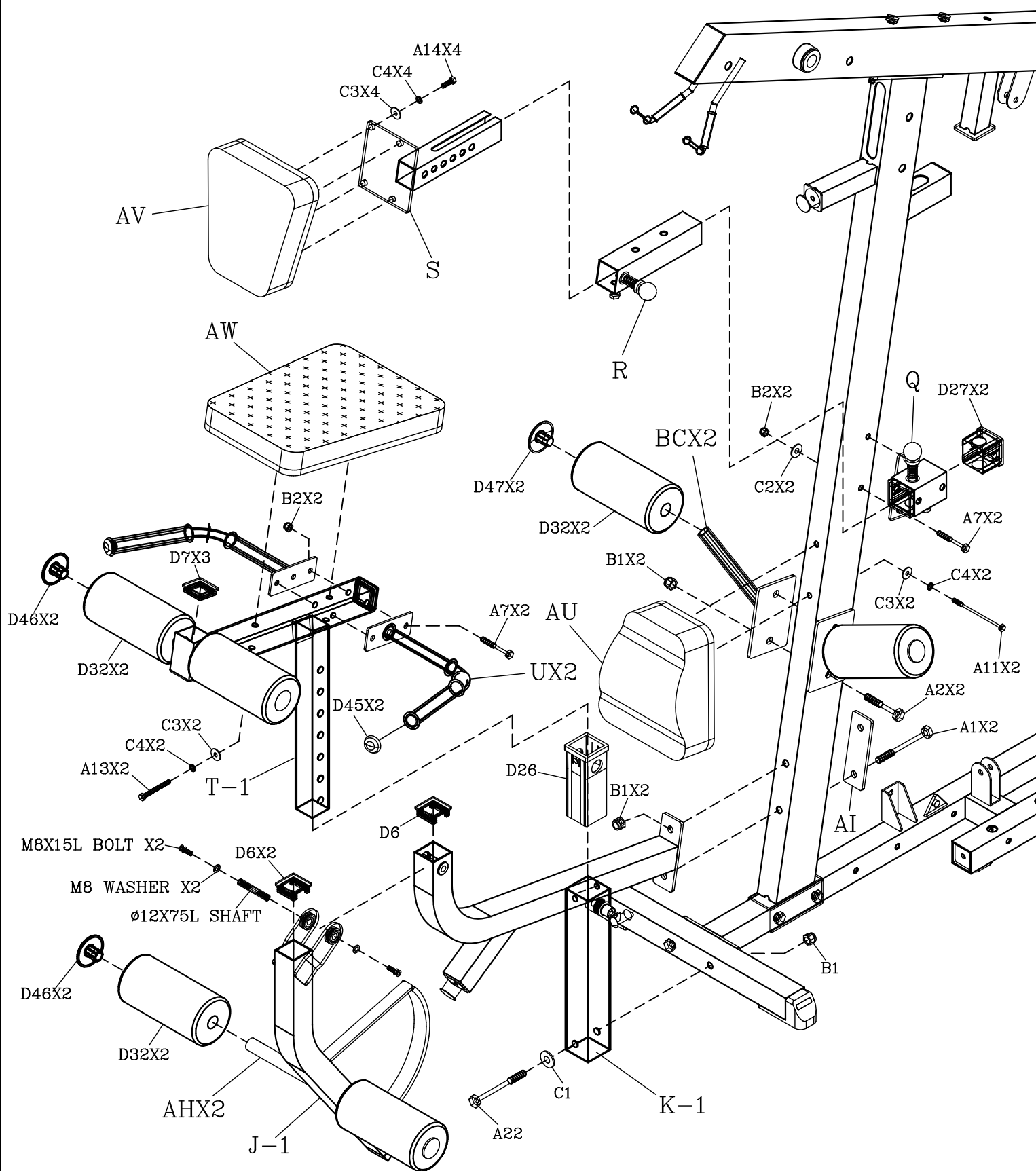


# EXM-3000.9



This pulley must be installed in this hole with enclosed bushings.

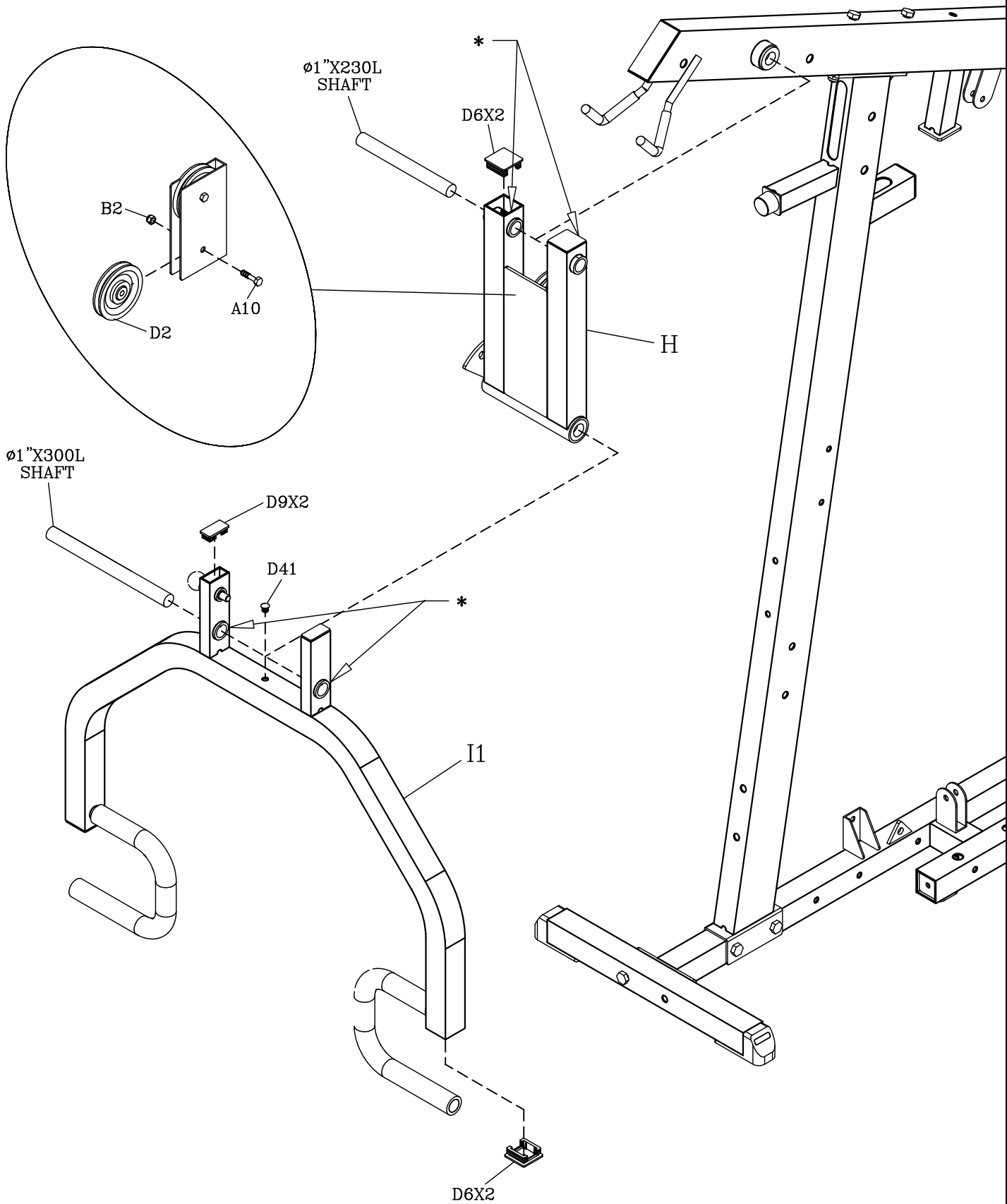
# EXM-3000.9



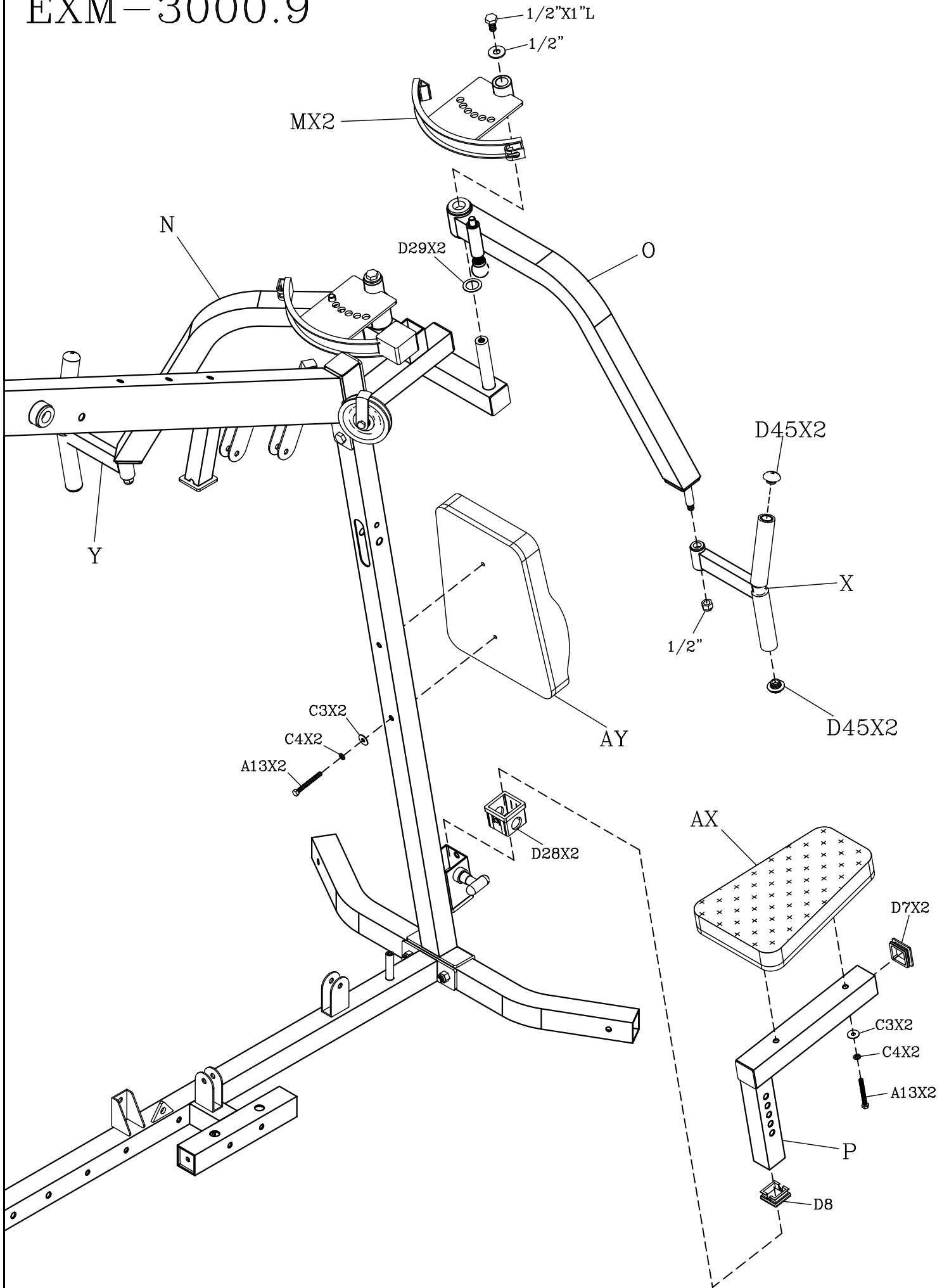


# EXM-3000.9

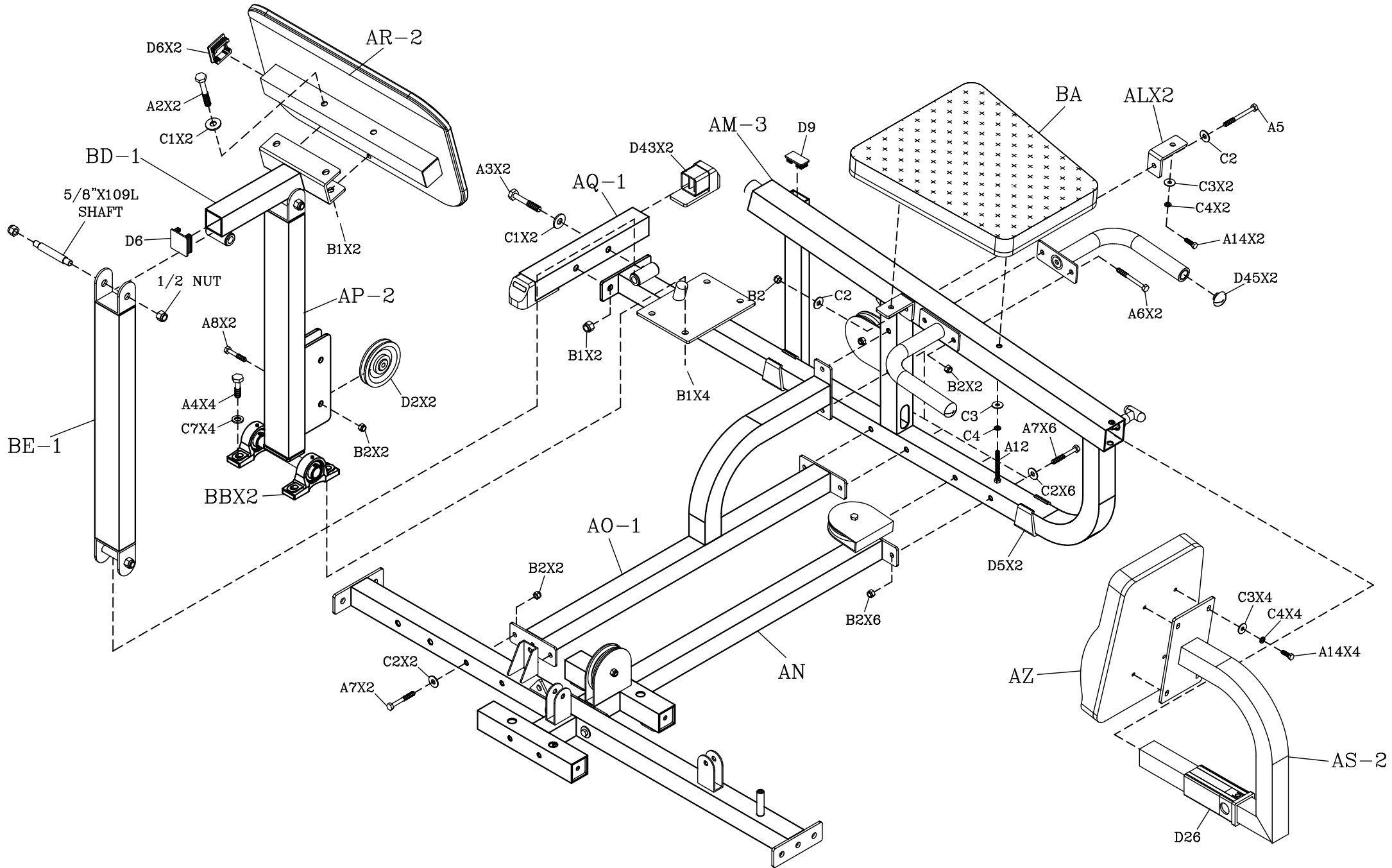
\* : NEED TO LOOSEN BOTH ALLEN HEAD BOLT  
IN ORDER TO REMOVE SHAFT



# EXM-3000.9



# EXM-3000.9



# Please Note

# Body-Solid®

Built for Life

Addendum - July 31st, 2015

## Model: EXM3000

### Instruction:

1. Install Cable (D34) by first assembling the ball end of the cable into the Selector Rod Top Bolt and attaching the Cable Cylinder Lock (A23) over the ball end of the cable. Secure it by tighten in the 1/8"x1/4" Set Screw. See Diagram 1.
2. Selector Rod Top Bolt must be threaded a minimum of 1/2" into the Selector Rod (D31), and 1/2" Jam Nut tightened securely against 1/2" Lock Washer to ensure proper connection. Check Jam Nut once a week to make sure it is tight. See Diagram 2.

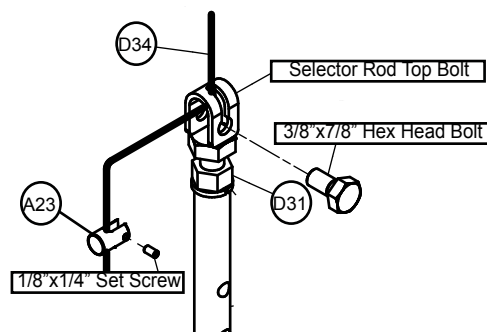


Diagram 1

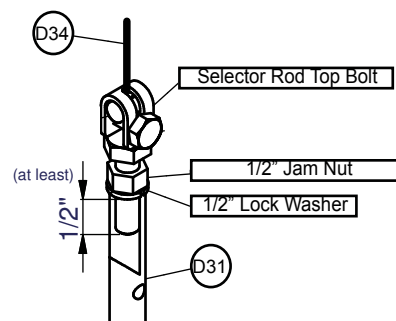


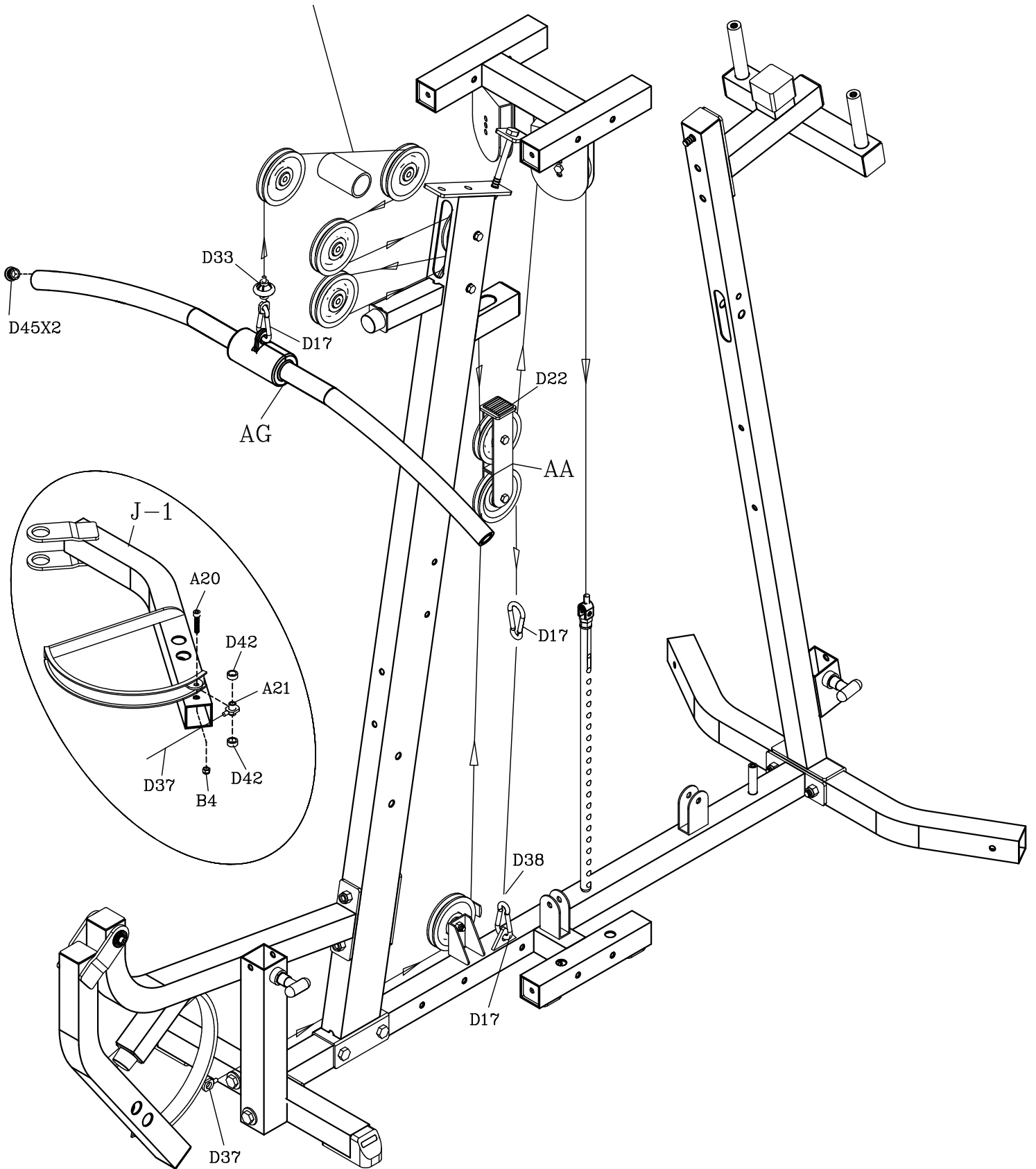
Diagram 2

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 addendum 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. Should additional information be required, or should situations arise that are not covered by this addendum, the matter should be directed to your local BODY-SOLID representative, or the Service Department at BODY-SOLID.

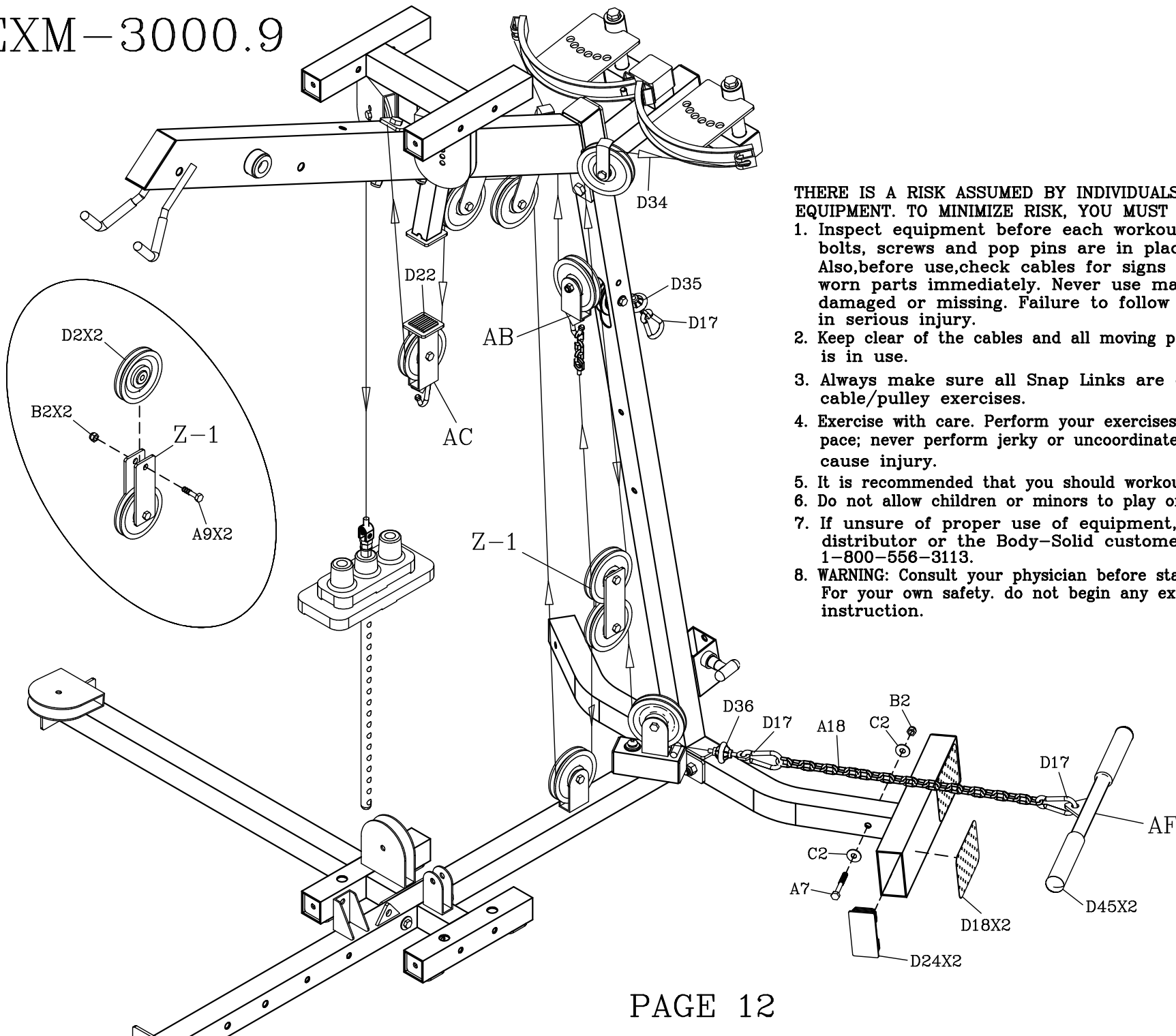
Call (708)427-3555

# EXM-3000.9

You must run cable through tubing and over pivot point/or bolts.



# EXM-3000.9



**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 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.

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