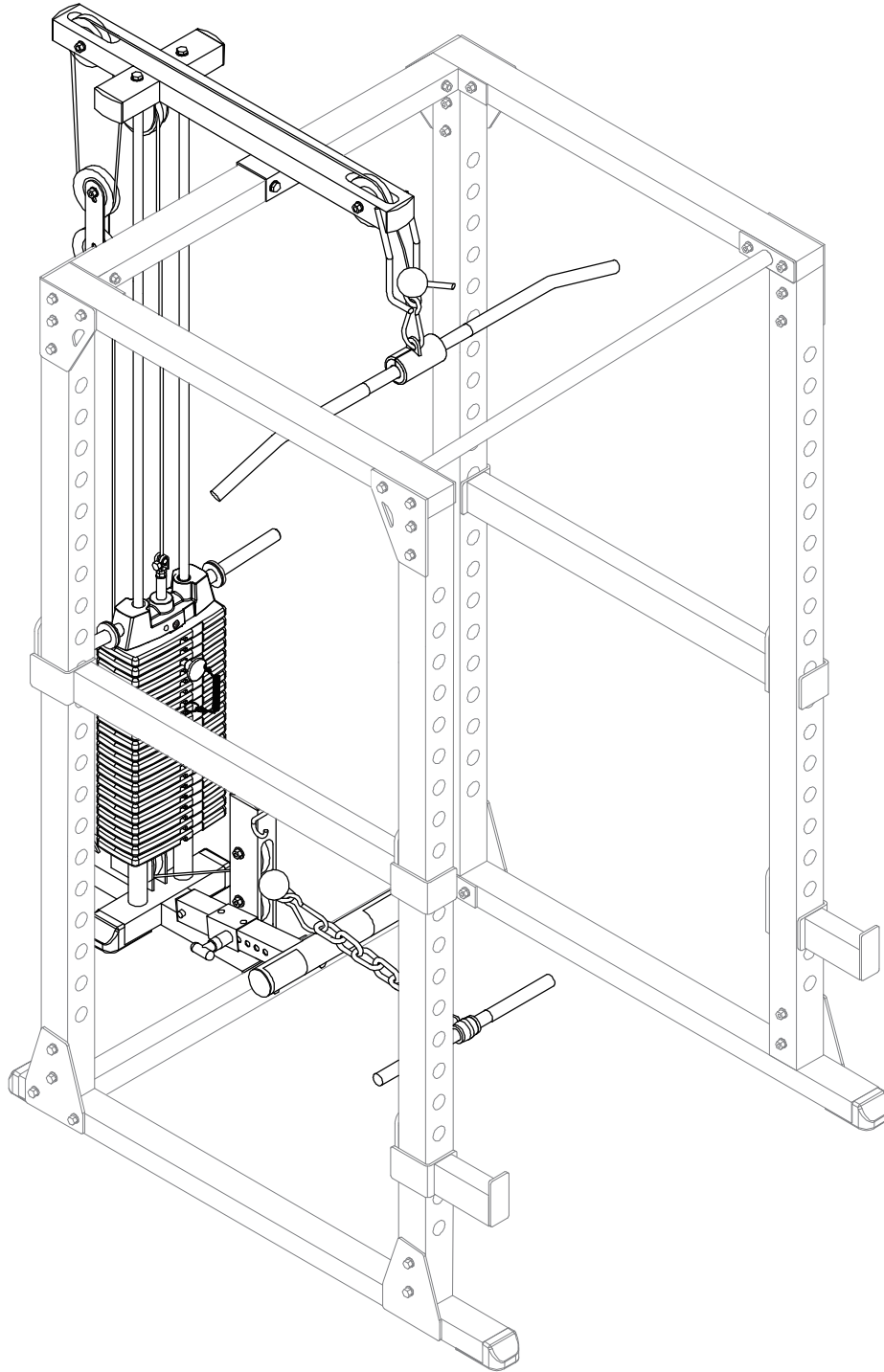


# Body-Solid<sup>®</sup>

Built for Life

GLA378



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 GLA378. 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.
- 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**

- 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.
- Assemble and operate the GLA378 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The GLA378 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 GLA378.

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 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](http://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](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 replacement parts.**

# Before You Begin

Thank you for purchasing the GLA378. This gym is part of the Body-Solid line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

## **Unpacking the Equipment**

The GLA378 is carefully tested and inspected before shipment. We have shipped the unit in several 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.

***Be careful to assemble all components in the sequence presented in this guide.***

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-556-3113 for the dealer nearest you.

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

# Preparations

**CAUTION: To set up this unit, you will need assistance. Do not attempt assembly by yourself.**

You must review and follow the instructions in this Owner's Manual. If you do not assemble and use the GLA378 according to these guidelines, you could void the Body-Solid warranty.

## Required Tools

The basic tools that you must obtain before assembling the GLA378 include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

## Installation Requirements

Follow these installation requirements when assembling the GLA378:

Set up the GLA378 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 the warranty card.

**CAUTION: Obtain assistance! Do not attempt to assemble the GLA378 by yourself. Review the Installation Requirements before proceeding with the following steps.**

Be careful to assemble components in the sequence presented in this guide.

**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.

# Assembly Instructions

Assembly of the GLA378 takes professional installers about 1 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

## Professional installers are highly 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.

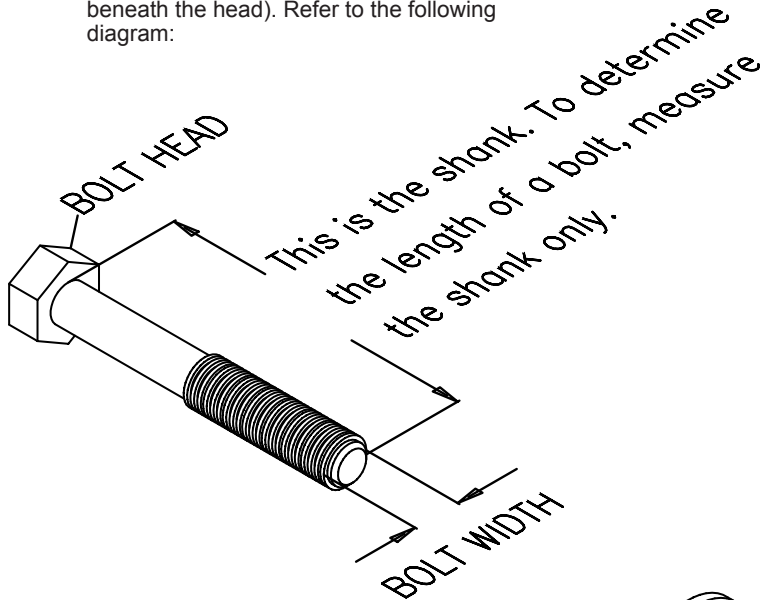
### Assembly Tips

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

While you may be able to assemble the GLA378 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:

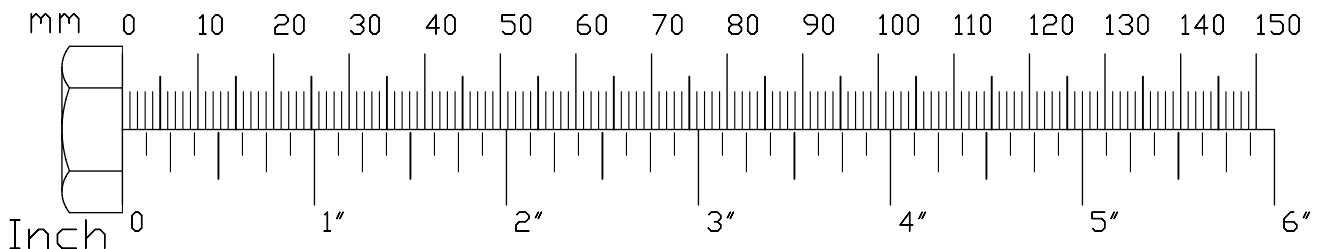
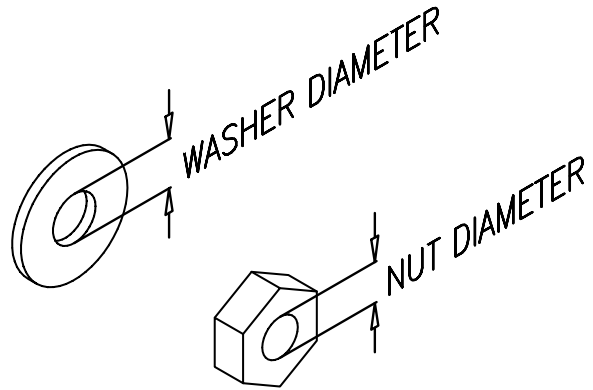


### IMPORTANT!

Before you begin you should look at the quick reference guide that shows all hardware parts (in actual size) along with the corresponding key numbers on the assembly instructions.

**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 the dealer nearest you.



# STEP

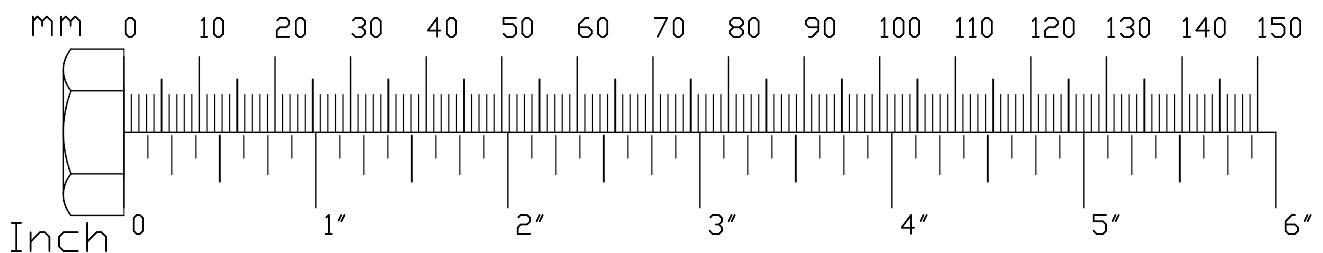
# 1

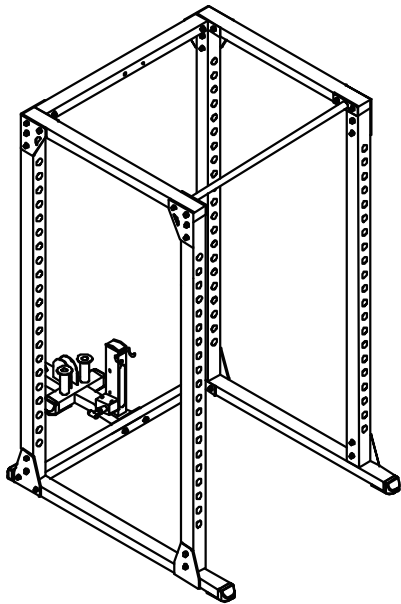
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

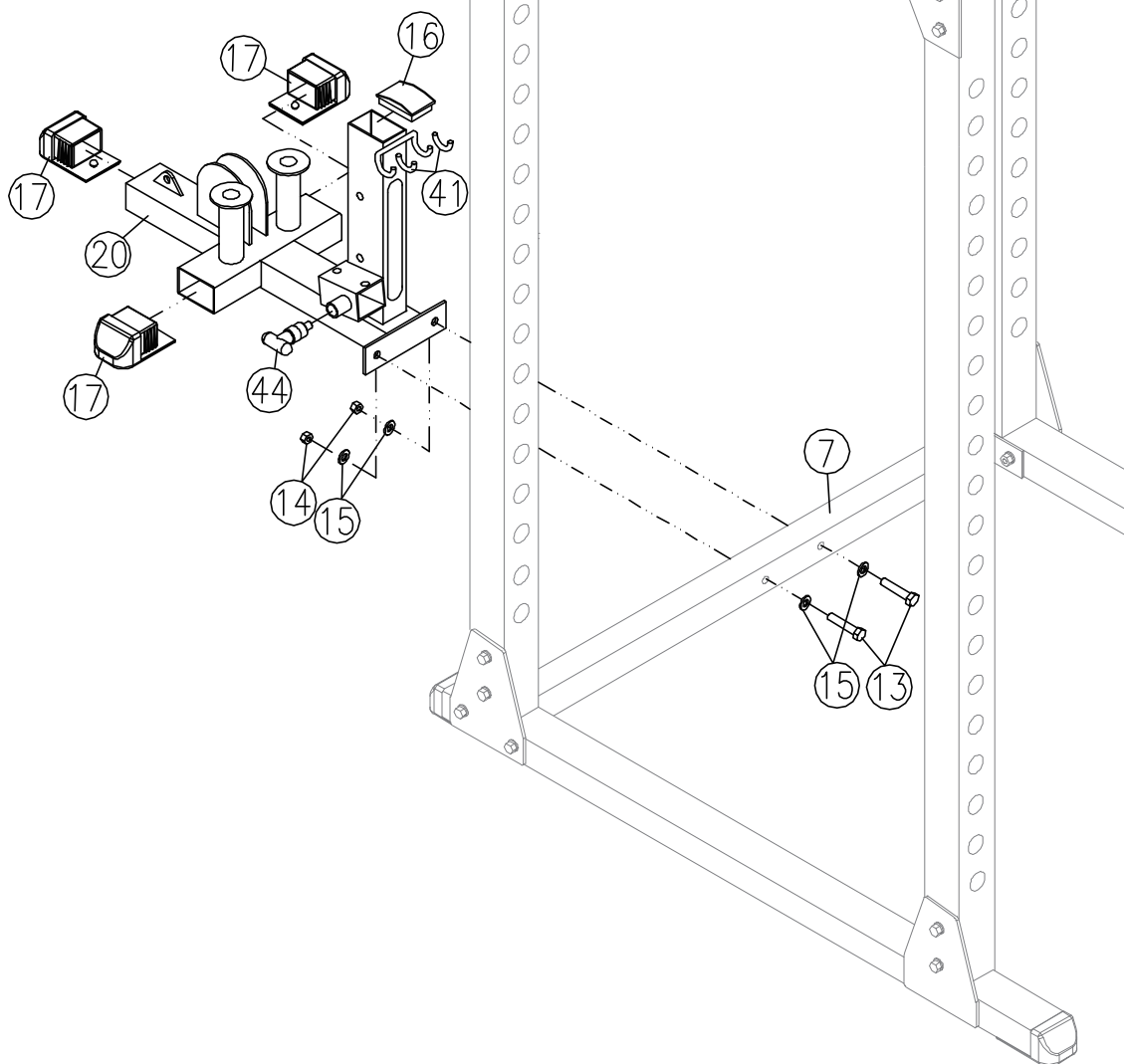
**Finger tighten all hardware in this step unless otherwise noted.  
Some components may be pre-assembled**

- A. Connect Bottom Frame (20) to Rear Bottom Frame (7)<sup>GPR378</sup> using:  
**Two 13 (12\*100mm hex head bolt)**  
**Four 15 (12mm washer)**  
**Two 14 (12mm nylon nut)**
- B. Thread T-Shaped Pop Pin (44) into Bottom Frame (20).
- C. Insert End Cap (16) and Foot Caps (17) into Bottom Frame (20) as shown in the diagram.
- D. Insert Rubber Covers (41) onto the hooks of Bottom Frame (20).





Above shows Step 1 assembled and completed.



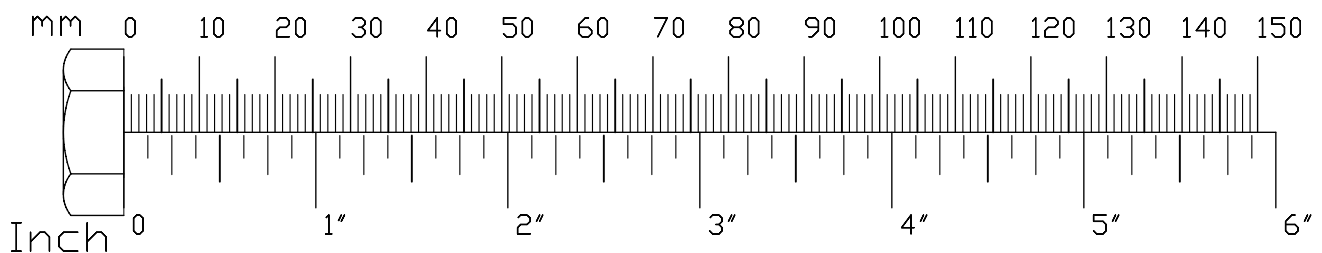
**STEP****2**

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

**NOTE:**

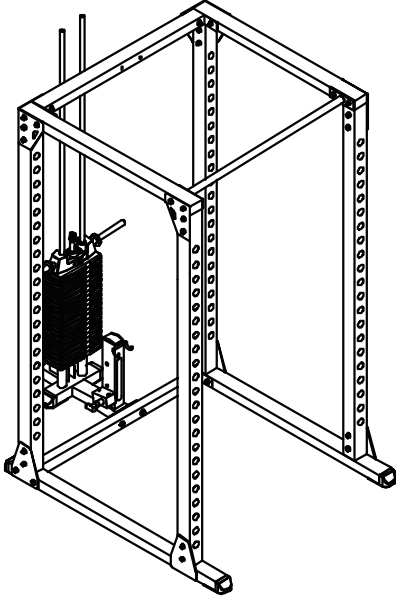
**Finger tighten all hardware in this step unless otherwise noted. Some components may be pre-assembled**

- A. Place 3/4" Rubber Donuts (49) onto the welded risers on Bottom Frame (20).
- B. Slide Guide Rods (27) through 3/4" Rubber Donuts (49) and the welded risers on Bottom Frame (20).
- C. Slide Weight Stack Plates (64) onto Guide Rods (27).
- D. Slide 1" Rubber Donuts (51) onto the weight horns on Top Plate (24).
- E. Connect Top Plate (24) to Selector Rod (28) by using:  
**One 60 (10\*45mm socket head bolt)**  
**One 61 (10mm spring washer)**
- F. Thread Selector Rod Top Bolt (29) into Selector Rod (28) using:  
**One 30 (12mm nut)**  
**One 63 (12mm spring washer)**

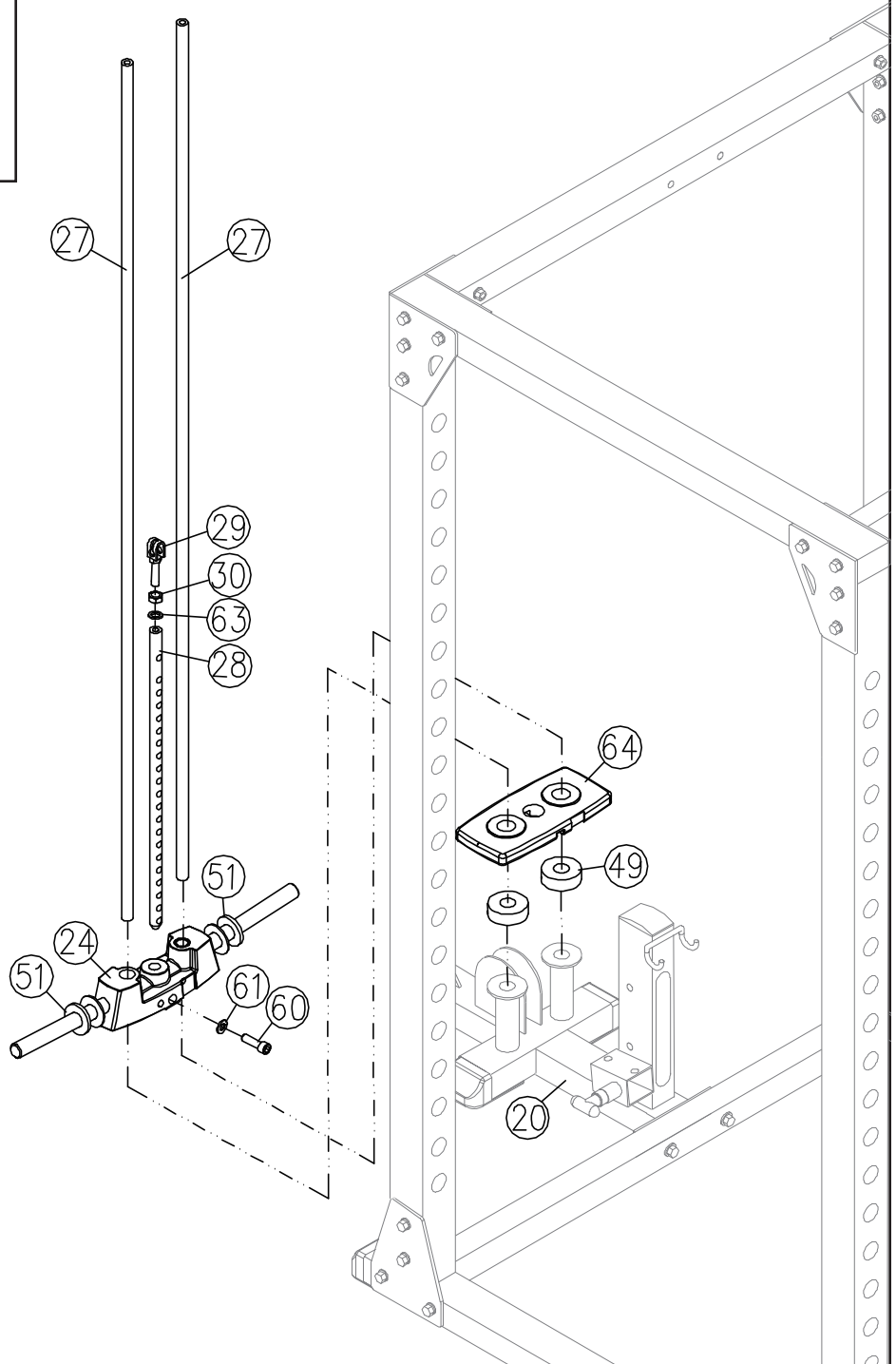




**STEP**  
**2**



Above shows Step 2 assembled and completed.



**STEP****3**

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

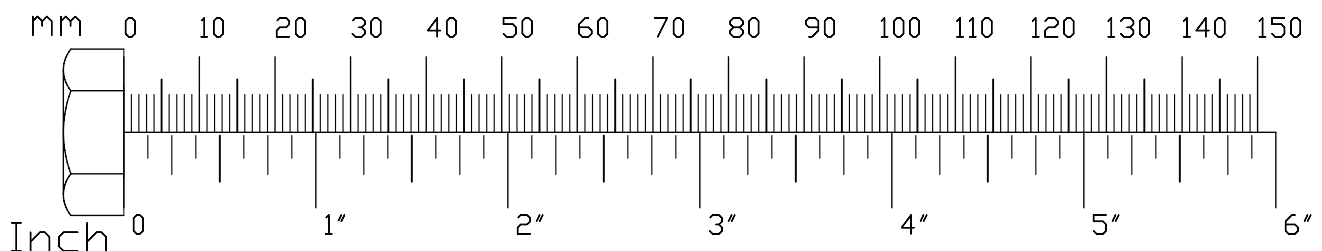
**NOTE:**

**Finger tighten all hardware in this step unless otherwise noted. Some components may be pre-assembled**

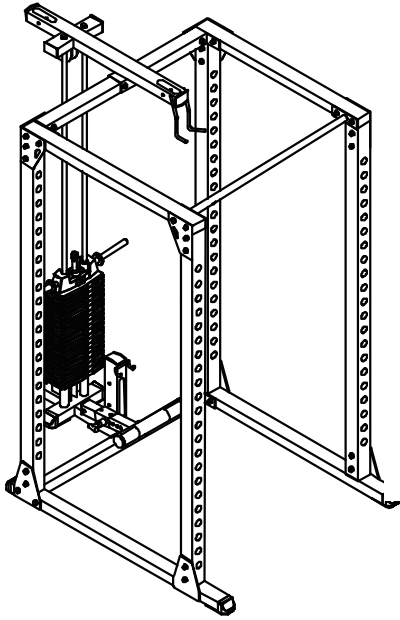
- A. Insert End Cap (53) and Round End Caps (54) into Foot Brace (25).
- B. Attach Grip Tapes (58) to Foot Brace (25).
- C. Insert Plastic Bushings (57) into the tubing on Bottom Frame (20) as shown.
- D. Slide Foot Brace (25) into Bottom Frame (20) as shown in the diagram.
- E. Secure Foot Brace (25) by inserting 5/16" x 3/4" Socket Head Bolt (59) as shown.

NOTE: Do not overtighten Socket Head Bolt (59).

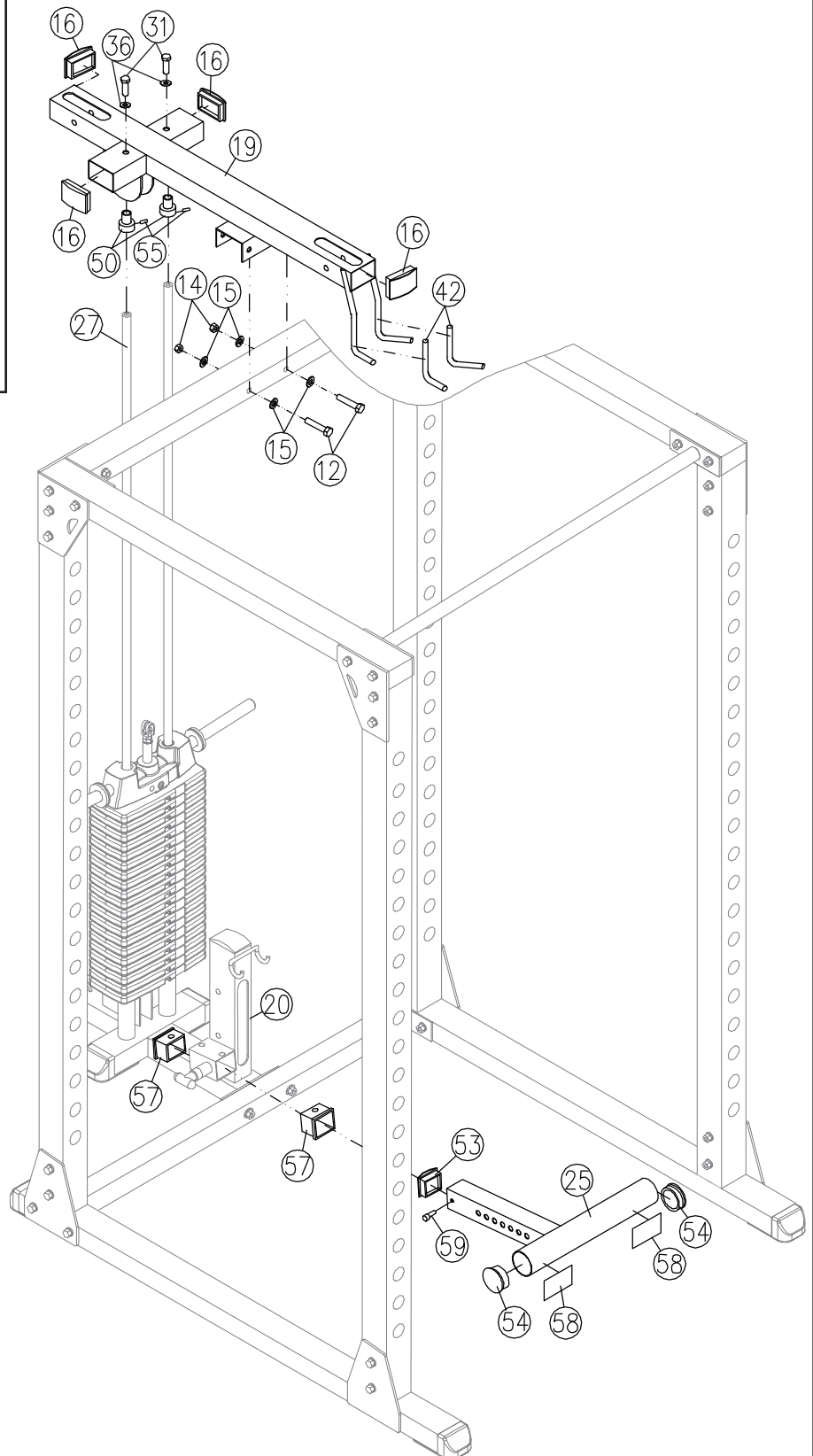
- F. Insert Rubber Covers (42) onto the hooks on Top Frame (19).
- G. Insert End Caps (16) into Top Frame (19).
- H. Slide Shaft Covers (50) onto Guide Rods (27).
- I. Secure Top Frame (19) as shown by using:
  - Two 31 (10\*20mm hex head bolt)**
  - Two 36 (10mm washer)**
  - Two 12 (12\*105mm hex head bolt)**
  - Four 15 (12mm washer)**
  - Two 14 (12mm nylon nut)**
- J. Slide Shaft Covers (50) into Top Frame (19) and turn. Secure Shaft Covers (50) by tightening 5/16" x 5/16" Allen Screw (55).



**STEP**  
**3**



Above shows Step 3 assembled and completed.



# STEP

# 4

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

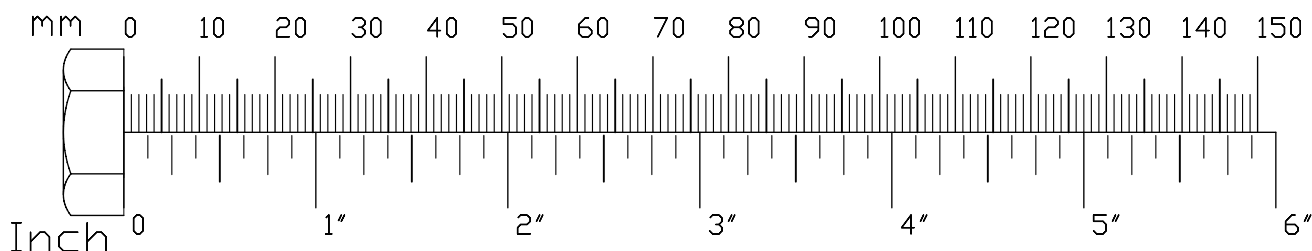
**NOTE:**

**Finger tighten all hardware in this step unless otherwise noted. Some components may be pre-assembled**

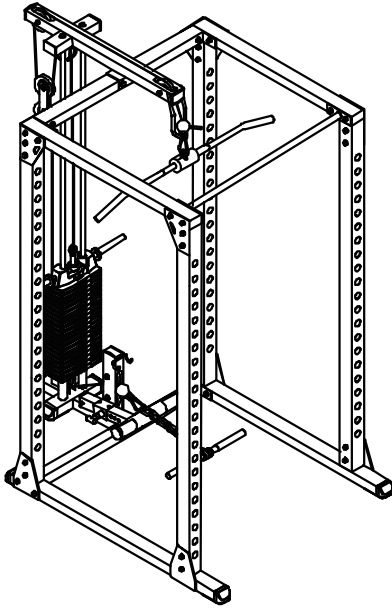
- A. Insert Rubber Grips (39) onto Lat Pull Down Bar (21).
- B. Connect Snap Link (47) onto the Snap Link Loop on Lat Pull Down Bar (21).
- C. Insert Rubber Grips (40) onto Low Row Bar (18).
- D. Connect Snap Link (47) to Chain (56) to Snap Link (47) as shown in the diagram. Attach this assembly to Low Row Bar (18).
- E. Connect Pulley (52-A) and Pulley (52-B) to Top Frame (19) using:  
**Two 34 (10\*95mm hex head bolt)**  
**Four 36 (10mm washer)**  
**Four 48 (10\*16.5mm pulley spacer)**  
**Two 35 (10mm nylon nut)**
- F. Connect Pulley (52-C) to Top Frame (19) using:  
**One 32 (10\*50mm hex head bolt)**  
**Two 36 (10mm washer)**  
**One 35 (10mm nylon nut)**
- G. Connect Pulley (52-D) to Pulley Plate (26) using:  
**One 37 (10\*45mm hex head bolt)**  
**Two 36 (10mm washer)**  
**One 35 (10mm nylon nut)**
- H. Route Cable (22) around Pulley (52-A), over and down from Pulley (52-B), around and up from Pulley (52-D), over and down from Pulley (52-C) and secure onto (29).

**WARNING:** Failure to properly connect Selector Rod Top Bolt (29), 1/2" Spring Lock Washer (63), 1/2" Jam Nut (30) to Selector Bar (28) may result in death or serious injury. *Thread Selector Rod Top Bolt 1/2" minimum. Make sure Spring Lock Washer (63) is securely in place and wrench tighten Jam Nut (30). Check Jam Nut (30) once a week to make sure it is tightly secured in place.*

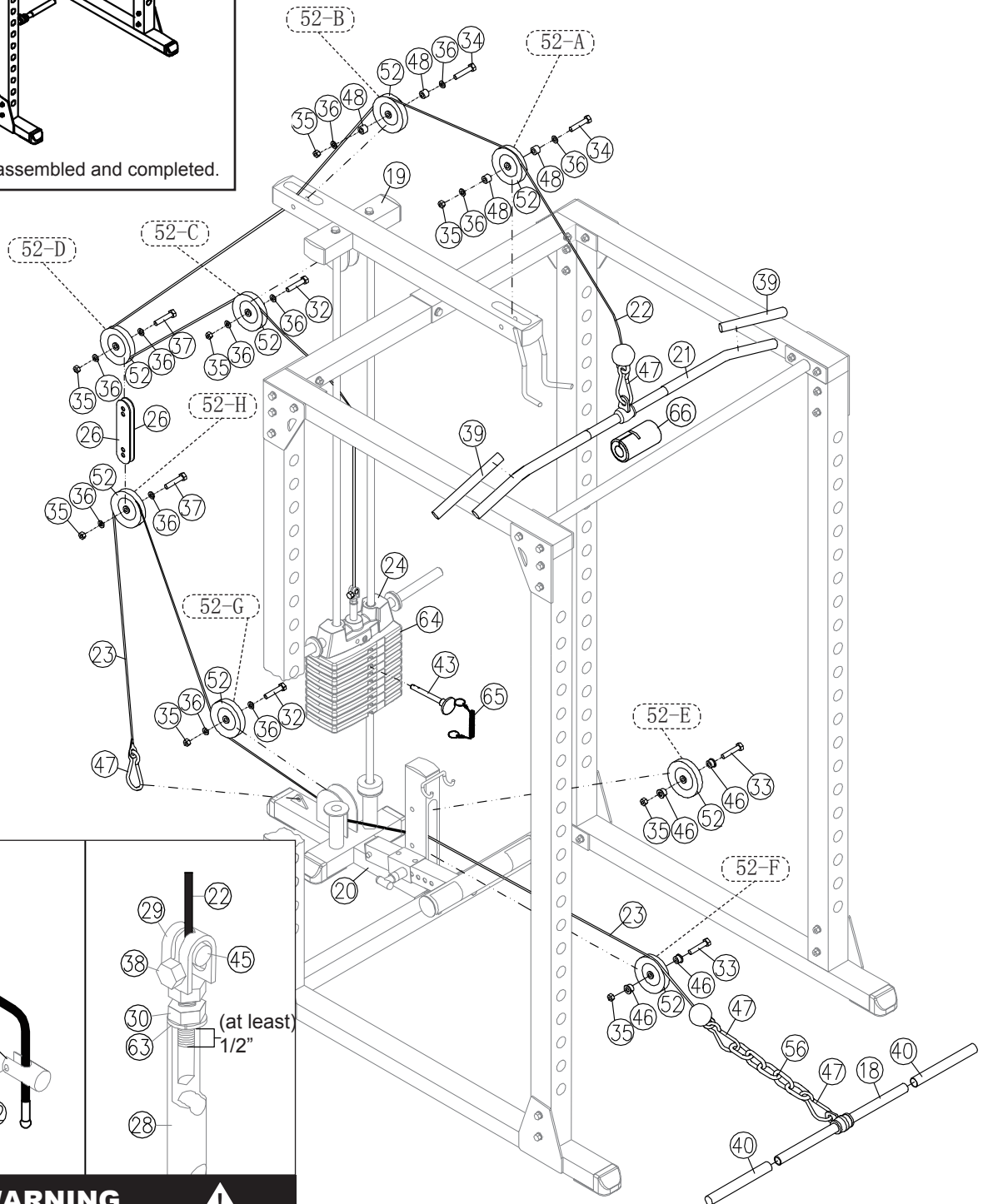
- I. Insert Cable (23) through Bottom Frame (20).
- J. Connect Pulley (52-E) and Pulley (52-F) to Bottom Frame (20), with Cable (23) between the pulleys using:  
**Two 33 (10\*65mm hex head bolt)**  
**Four 46 (10mm pulley spacer)**  
**Two 35 (10mm nylon nut)**
- K. Route cable under Pulley (52-G) then secure to Bottom Frame (20) using:  
**One 32 (10\*50mm hex head bolt)**  
**Two 36 (10mm washer)**  
**One 35 (10mm nylon nut)**
- L. Bring cable up and around Pulley (52-H) and secure Pulley (52-H) using:  
**One 37 (10\*45mm hex head bolt)**  
**Two 36 (10mm washer)**  
**One 35 (10mm nylon nut)**
- M. Terminate Cable (23) to Bottom Frame (20) using the remaining Snap Link (47).
- N. Attach Lat Bar (21) and Low Row Bar (18) assemblies to the unit as shown in the diagram.
- O. Connect Lanyard (65) to Weight Stack Pin (43), then insert Weight Stack Pin (43) into Weight Stack Plates (64).
- P. Connect Lanyard (65) to Cable (23) near Selector Rod Top Bolt (29).



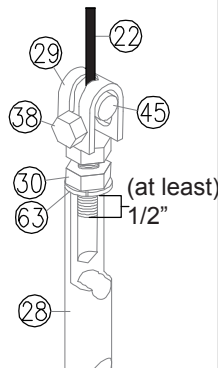
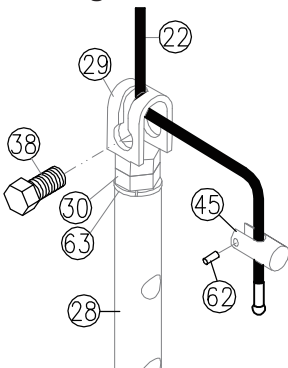
# STEP 4



Above shows Step 4 assembled and completed.



**Diagram 1A**



**WARNING**



## Hardware List

<b>Part#</b>	<b>Qty</b>	<b>Description</b>
12	2	12*105mm HEX HEAD BOLT PARTIAL THREAD
13	2	12*100mm HEX HEAD BOLT PARTIAL THREAD
14	4	12mm NYLON NUT
15	8	12mm WASHER
16	5	75*50mm END CAP
17	3	75*50mm FOOT CAPS
18	1	LOW ROW BAR
19	1	TOP FRAME
20	1	BOTTOM FRAME
21	1	LAT PULL DOWN BAR
22	1	CABLE 2770mm
23	1	CABLE 3740mm
24	1	TOP PLATE WITH HORNS
25	1	FOOT BRACE
26	2	PULLEY PLATE
27	2	GUIDE ROD
28	1	SELECTOR ROD
29	1	12*50mm SELECTOR ROD TOP BOLT
30	1	12mm NUT
31	2	10*25mm HEX HEAD BOLT FULL THREAD
32	2	10*50mm HEX HEAD BOLT FULL THREAD
33	2	10*65mm HEX HEAD BOLT FULL THREAD
34	2	10*95mm HEX HEAD BOLT FULL THREAD
35	8	10mm NYLON LOCK NUT
36	14	10mm WASHER
37	2	10*45mm HEX HEAD BOLT FULL THREAD
38	1	10*25mm HEX HEAD BOLT FULL THREAD
39	2	RUBBER GRIP
40	2	RUBBER GRIP

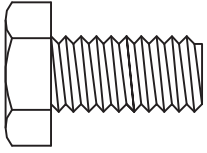
**Part numbers are required when ordering parts.**

## Hardware List

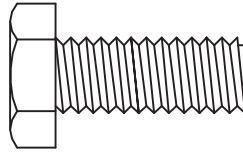
<b>Part#</b>	<b>Qty</b>	<b>Description</b>
41	2	RUBBER COVER
42	2	RUBBER COVER
43	1	WEIGHT STACK PIN
44	1	T-SHAPED POP PIN
45	1	CABLE END SHAFT
46	4	10*16.5mm PULLEY SPACER
47	4	SNAP LINK
48	4	10*26mm PULLEY SPACER
49	2	19*19.5mm RUBBER DONUT
50	2	SHAFT COVER
51	2	25*19.5mm RUBBER DONUT
52	8	PULLEY
53	1	50*50mm END CAP
54	2	ROUND END CAP
55	2	8*10mm ALLEN SCREW
56	1	CHAIN
57	2	50*50mm PLASTIC BUSHING
58	2	GRIP TAPE
59	1	8*20mm SOCKET HEAD BOLT
60	1	10*45mm SOCKET HEAD BOLT
61	1	10mm SPRING LOCK WASHER
62	1	4*8mm ALLEN SCREW
63	1	12mm SPRING LOCK WASHER
64	20	10 Lb.WEIGHT STACK PLATE
65	1	LANYARD (COMPLETE WITH TWO RINGS)
66	1	FOAM ROLLER

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

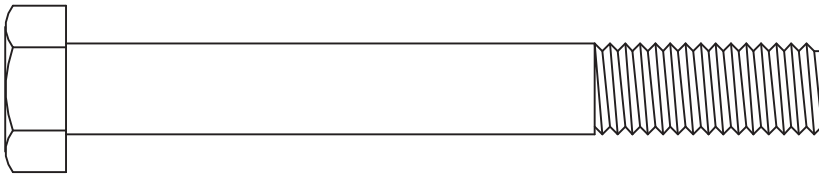
# Hardware (To Scale)



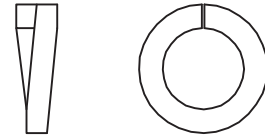
(1) HEX BOLT 10mm X 20mm FULL THREAD QTY. 2



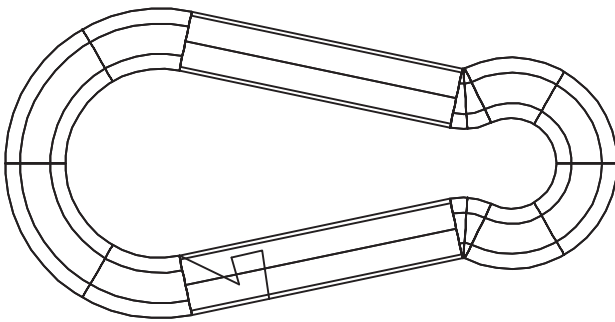
(2) HEX BOLT 10mm X 25mm FULL THREAD QTY. 1



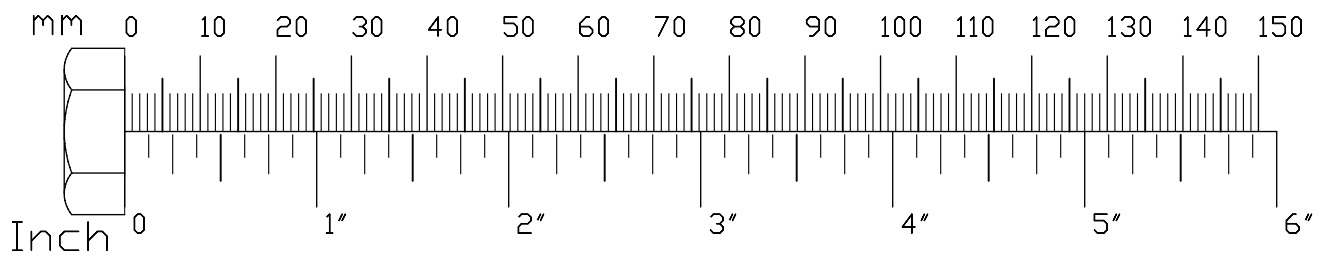
(7) HEX BOLT 12mm X 100mm PARTIAL THREAD QTY. 2



(25) SPRING WASHER 10mm QTY. 1



(16) QUICK RELEASE SNAP LINK QTY. 4





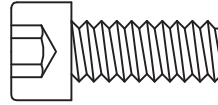
# Hardware (To Scale)



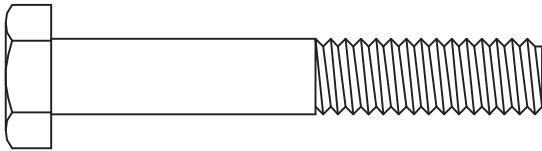
(23) BOLT 4mm X 8mm WITH DOG POINT QTY. 1



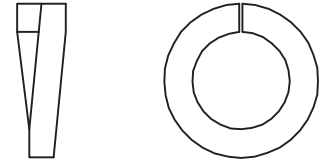
(9) BOLT 8mm X 10mm WITH DOG POINT QTY. 2



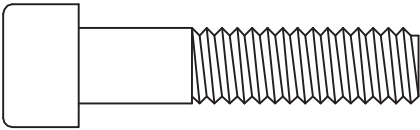
(10) FLAT ALLEN HEAD 8mm X 20mm BOLT QTY. 1



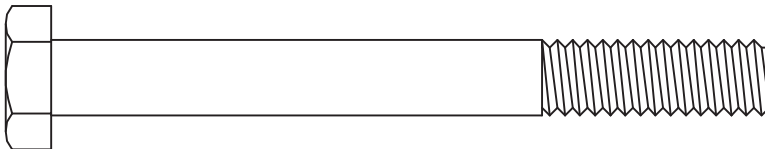
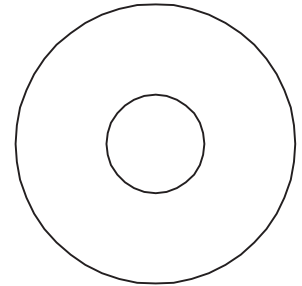
(5) HEX BOLT 10mm X 65mm PARTIAL THREAD QTY. 2



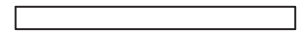
(26) SPRING WASHER 12mm QTY. 1



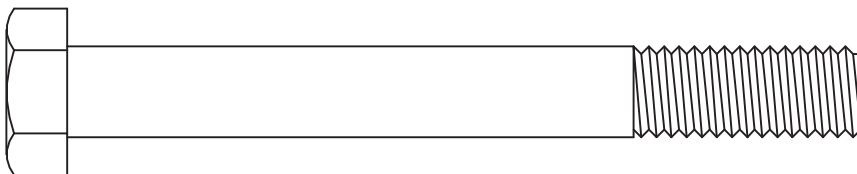
(11) FLAT ALLEN HEAD 10mm X 45mm BOLT QTY. 1



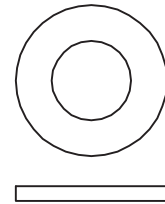
(6) HEX BOLT 10mm X 95mm PARTIAL THREAD QTY. 2



(15) FLAT WASHER 12mm X 37mm QTY. 8

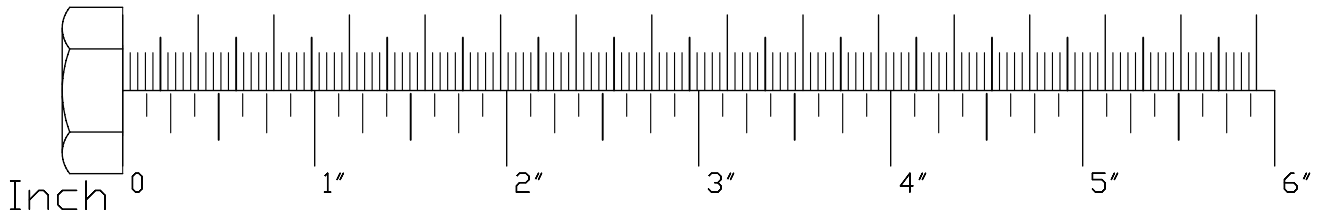


(8) HEX BOLT 12mm X 105mm PARTIAL THREAD QTY. 2

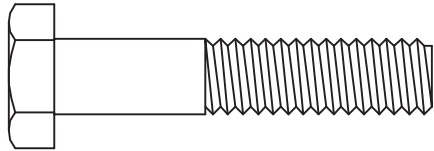


(14) FLAT WASHER 10mm QTY. 14

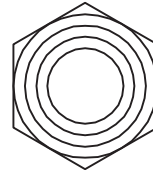
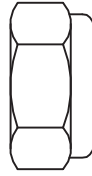
mm 0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150



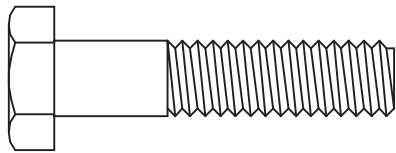
# Hardware (To Scale)



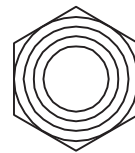
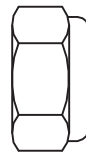
(4) HEX BOLT 10mm X 50mm PARTIAL THREAD QTY. 2



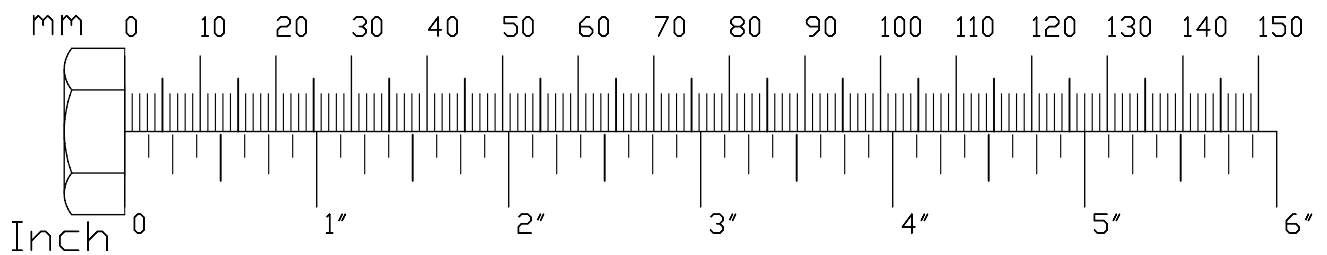
(13) NYLON LOCK NUT 12mm QTY. 4



(3) HEX BOLT 10mm X 45mm PARTIAL THREAD QTY. 2



(12) NYLON LOCK NUT 10mm QTY. 8





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