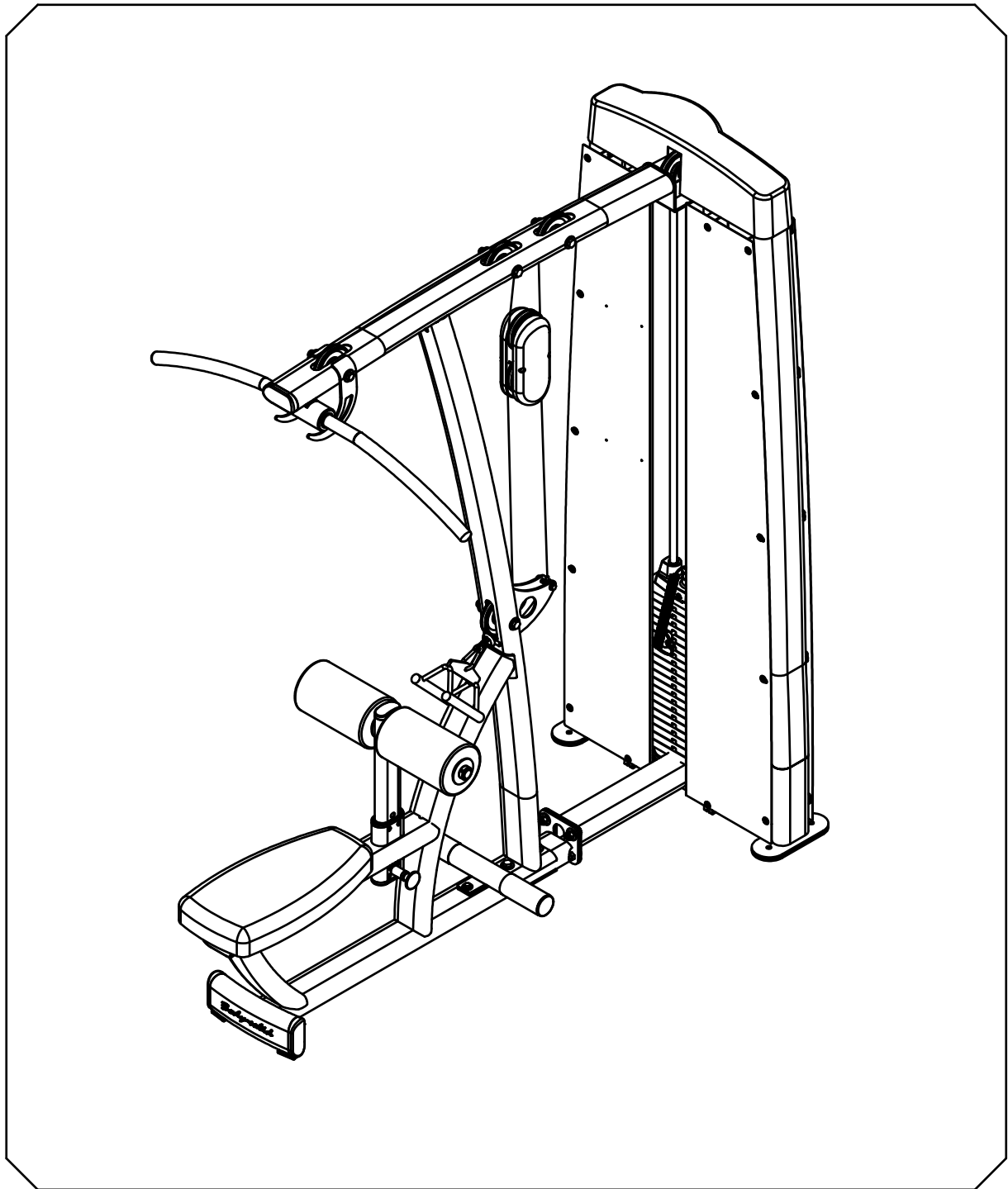


# Body-Solid

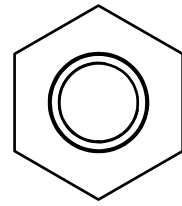
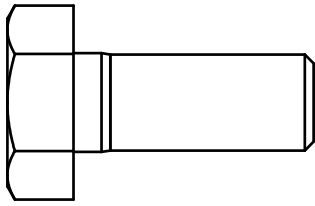


BODY-SOLID, Inc.  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA  
Phone: (708) 427-3555  
Fax: (708) 427-3556  
[www.bodysolid.com](http://www.bodysolid.com)

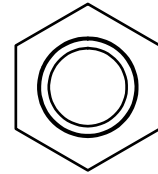
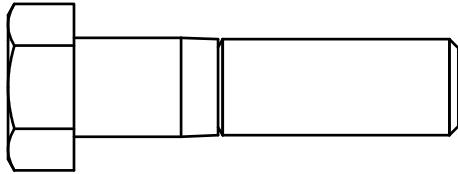
## DLAT.1 OWNER'S MANUAL

# DLAT ASSEMBLY INSTRUCTIONS

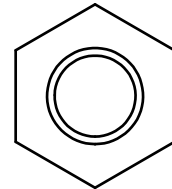
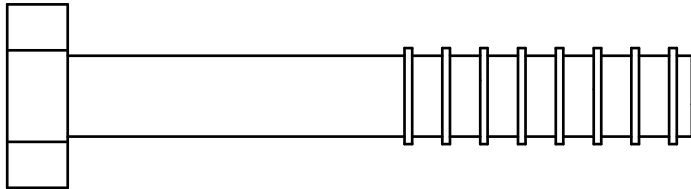
## HARDWARE ILLUSTRATION



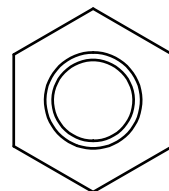
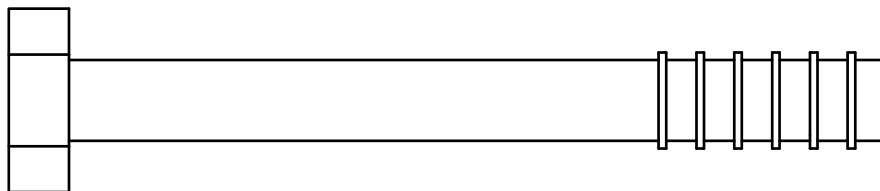
(A1)HEX BOLT 1/2"x1 1/4"L PARTIAL THREAD QTY.2



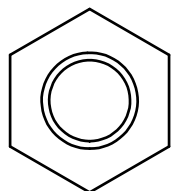
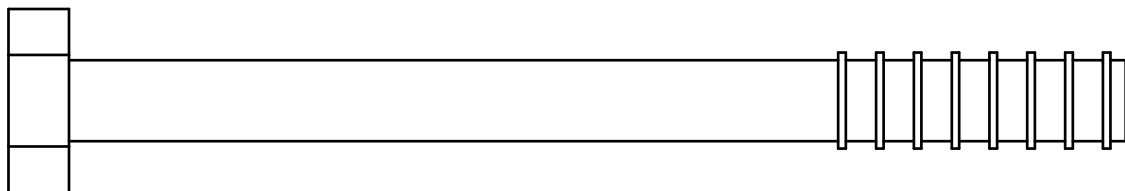
(A2)HEX BOLT 1/2"x2"L PARTIAL THREAD QTY.2



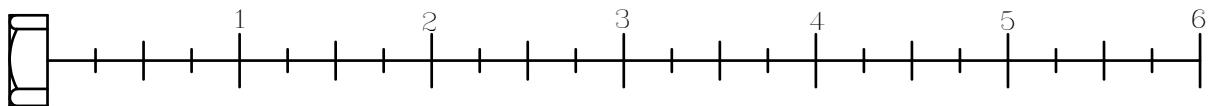
(A3)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.1



(A4)HEX BOLT 1/2"x4 1/4"L PARTIAL THREAD QTY.2

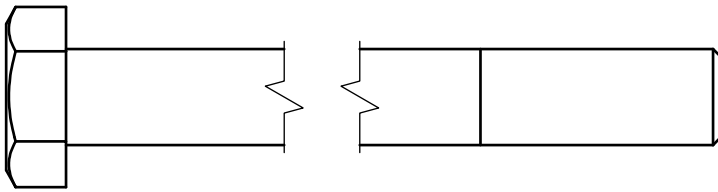


(A5)HEX BOLT 1/2"x5 1/2"L PARTIAL THREAD QTY.3

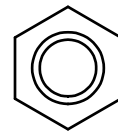
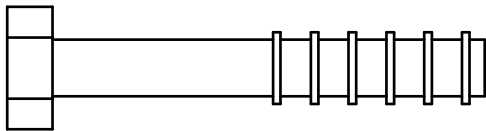


# DLAT ASSEMBLY INSTRUCTIONS

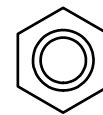
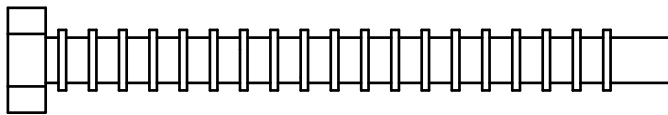
## HARDWARE ILLUSTRATION



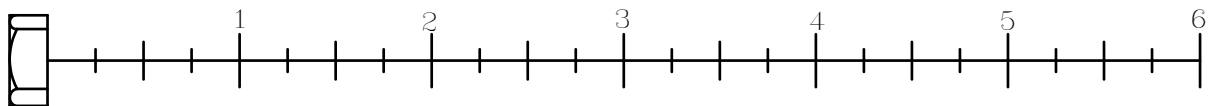
(A6)HEX BOLT 1/2"x5 3/4"L PARTIAL THREAD QTY.1



(A7)HEX BOLT 3/8"x2 1/4"L PARTIAL THREAD QTY.1

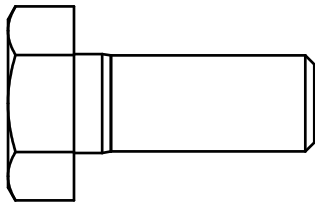


(A9)HEX BOLT 5/16"x3 1/4"L PARTIAL THREAD QTY.2

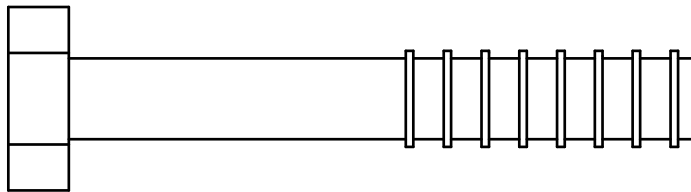
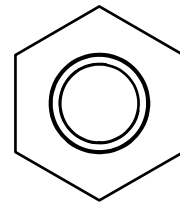


# DLAT ASSEMBLY INSTRUCTIONS

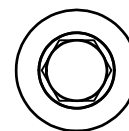
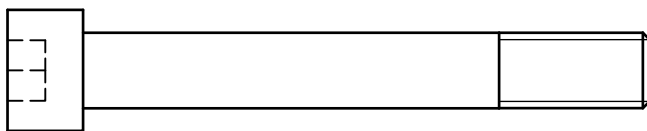
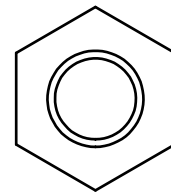
## HARDWARE ILLUSTRATION CONNECT DGYM



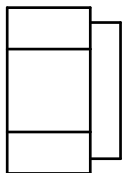
(A10)HEX BOLT 1/2"x1 1/4"L PARTIAL THREAD QTY.4



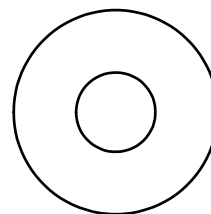
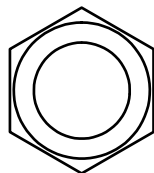
(A11)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.1



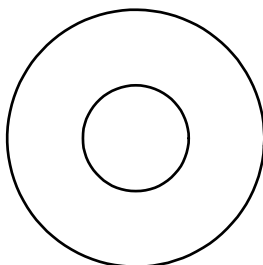
(A21)ROUND ALLEN HEAD M10X75L PARTIAL THREAD QTY.2



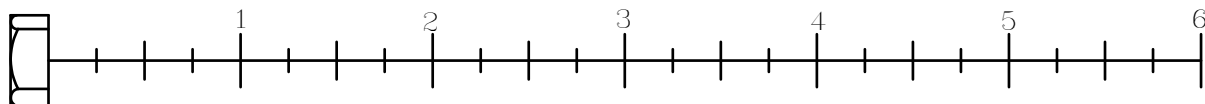
(B1)NYLON LOCK NUT 1/2" QTY.5



(C12)M10(I.D.)FLAT WASHER Ø27 QTY.2

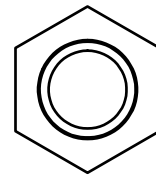
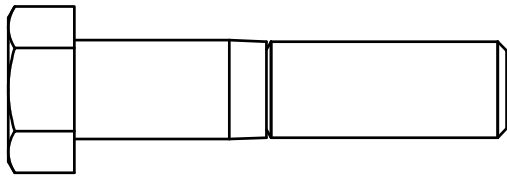


(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.10

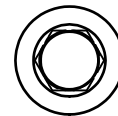
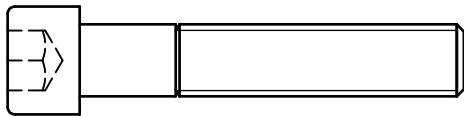


# DLAT ASSEMBLY INSTRUCTIONS

## FRAME HARDWARE ILLUSTRATION

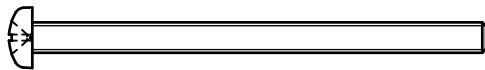


(A13)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.1

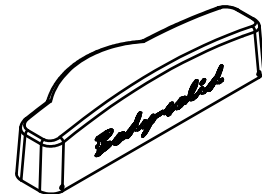


(A15)ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.1

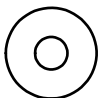
## Optional Purchase



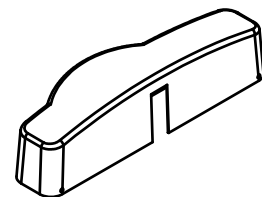
(A14)HEX BOLT M4X65L"L PARTIAL THREAD QTY.2



TOP CAP(9211-111)

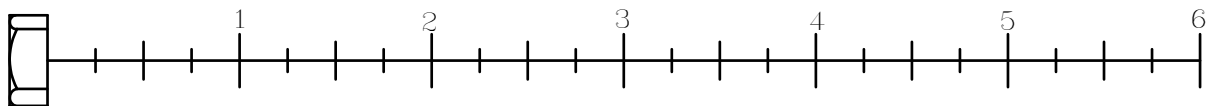


(C10)M4(I.D.)FLAT WASHER Ø12 QTY.2



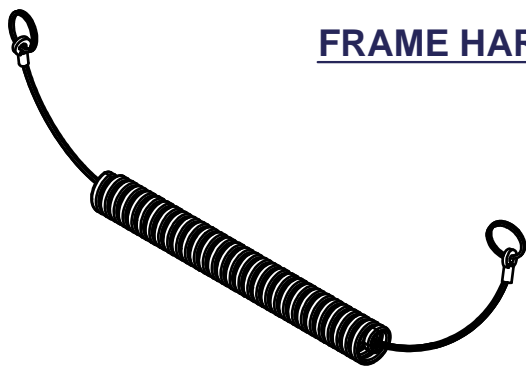
TOP CAP(9211-119)

"M4X65 ROUND BOLT" and "M4 WASHER" is used to assemble with 9211-111 and 9211-119 TOP CAP

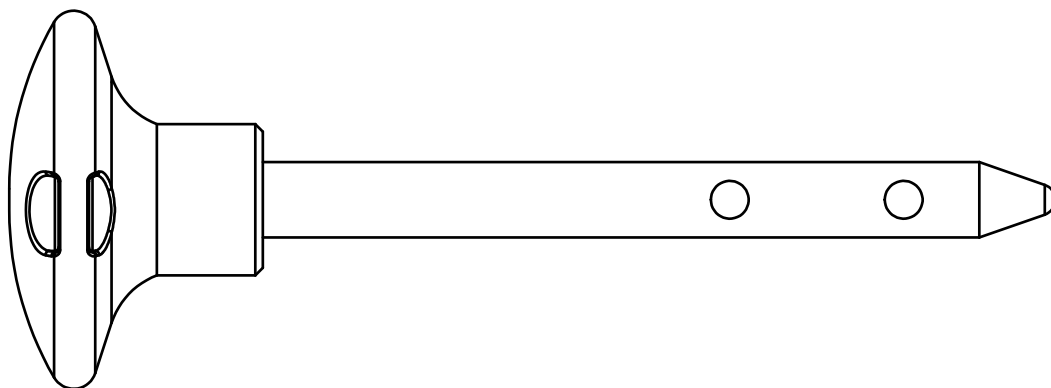


# DLAT ASSEMBLY INSTRUCTIONS

## FRAME HARDWARE ILLUSTRATION



(A16)ELASTIC BOLT QTY.1



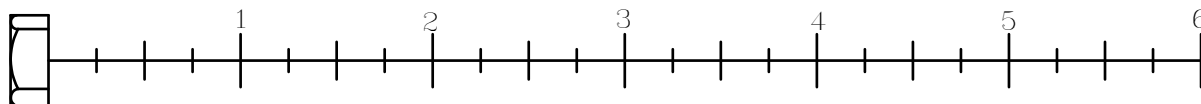
(A17)10LB PIN (8250-071) QTY.1



(A19)ROUND ALLEN HEAD M6X20L PARTIAL THREAD QTY.24

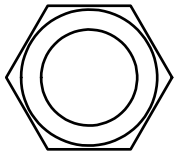


(A20)ROUND ALLEN HEAD 5/32"X1/4"L PARTIAL THREAD QTY.4

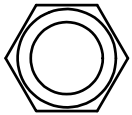
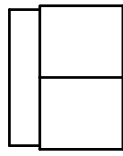


# DLAT ASSEMBLY INSTRUCTIONS

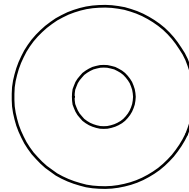
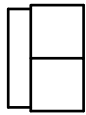
## HARDWARE ILLUSTRATION



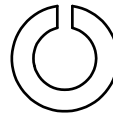
(B2) NYLON LOCK NUT 1/2" QTY.10



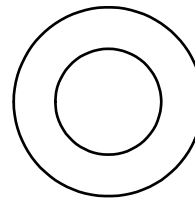
(B3) NYLON LOCK NUT 3/8" QTY.1



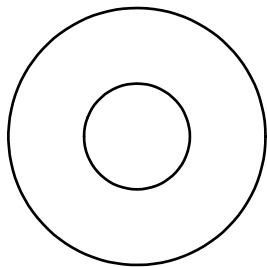
(C5) 5/16" (I.D.) FLAT WASHER Ø24 QTY.2



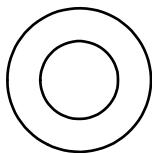
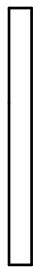
(C6) 5/16" SPRING WASHER QTY.2



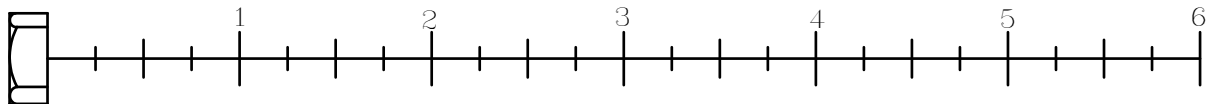
(C13) 1/2" (I.D.) FLAT WASHER Ø25 QTY.4



(C3) 1/2" (I.D.) FLAT WASHER Ø34 QTY.17

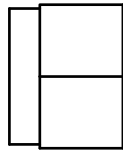
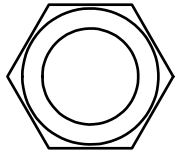


(C4) 3/8" (I.D.) FLAT WASHER Ø19 QTY.2

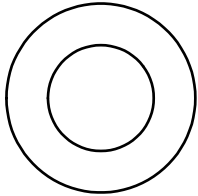


# DLAT ASSEMBLY INSTRUCTIONS

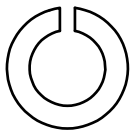
## FRAME HARDWARE ILLUSTRATION



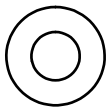
(B5)NYLON LOCK NUT 1/2" QTY.1



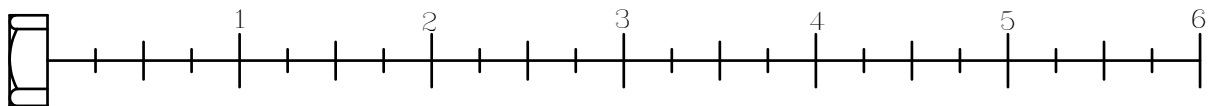
(C8)1/2"(I.D.)FLAT WASHER  $\varnothing$ 25 QTY.2



(C9)3/8" SPRING WASHER QTY.1



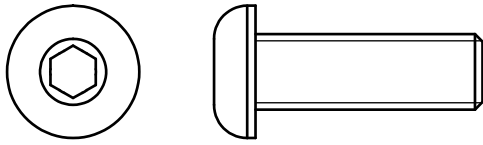
(C11)M6(I.D.)FLAT WASHER  $\varnothing$ 13 QTY.24



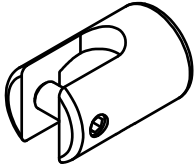


# DLAT ASSEMBLY INSTRUCTIONS

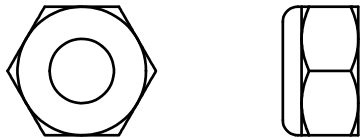
## Selector Rod HARDWARE ILLUSTRATION



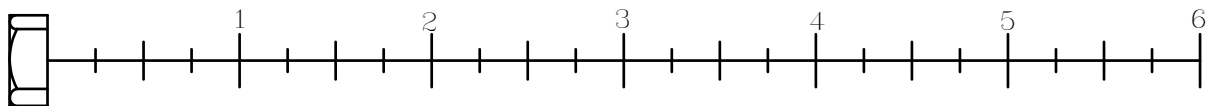
(A22)ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.1



(A23)FIRM SHEATH(8890-046) QTY.1



(B6)NYLON LOCK NUT M10 QTY.1



# DLAT ASSEMBLY INSTRUCTIONS

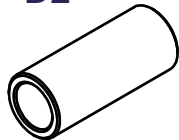
## HARDWARE ILLUSTRATION

D1.Ø3/4"X16L STEEL BUSHING (8110-066)	[2PCS]
D2.Ø3/4"X45L STEEL BUSHING (8110-067)	[8PCS]
D3.Ø1" SHAFT COLLAR(8130-024)	[2PCS]
D4.Ø8 SPRING SNAP LINK(8810-001)	[2PCS]
D5.Ø1" END CAP(9211-016)	[2PCS]
D6.Ø60 END CAP(9211-065)	[2PCS]
D7.50X100(40X80)NYLON BUSHING(9211-107)	[2PCS]
D8.58X116X2.5T FOOT CAP(9211-108)	[2PCS]
D9.COVER(9211-110)	[2PCS]
D10.58X116 END CAP(9211-112)	[2PCS]
D11.40X80 END CAP(9211-113)	[2PCS]
D12. 3" Nylon Washer (9214-008)	[4PCS]
D13. Ø1"x2.5t Round End Cap(9260-021)	[2PCS]
D14.Ø3/4" SHAFT COLLAR(9211-046)	[2PCS]
D15.Ø2 1/2"X19.2X19.4T RUBBER DOUNT(9310-010)	[2PCS]
D16.95X140L RUBBER PAD(9310-035)	[2PCS]
D17.95X250 RUBBER PAD(9310-060)	[2PCS]

D1



D2



D3



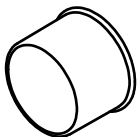
D4



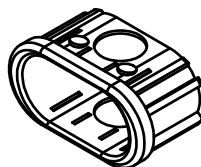
D5



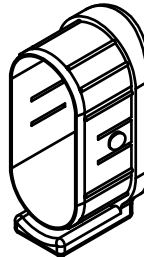
D6



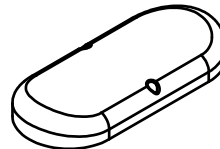
D7



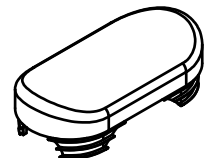
D8



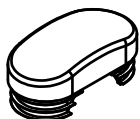
D9



D10



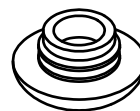
D11



D12



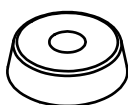
D13



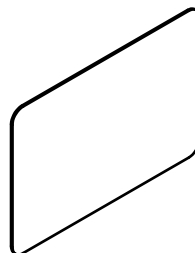
D14



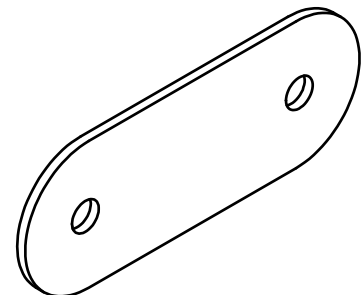
D15



D16



D17

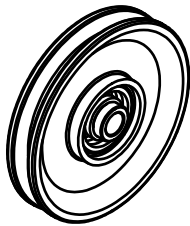


# DLAT ASSEMBLY INSTRUCTIONS

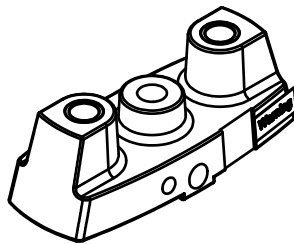
## HARDWARE ILLUSTRATION

D18.Ø117 PULLEY(9213-010B)-----	[8PCS]
D19.TOP PLATE(8400-006)-----	[1PCS]
D21.1975mm STEEEL CABLE(FDLATA)-----	[1PCS]
D22.3250mm STEEL CABLE(FDLATB)-----	[1PCS]
D23.DLAT For DGYM Steel Cable(FDLATC)-----	[1PCS]
D24.150X250L RUBBER PAD(9310-036)-----	[1PCS]
D25.WEIGHT SELECTOR BAR(8210-042B)-----	[1PCS]

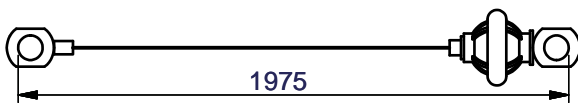
D18



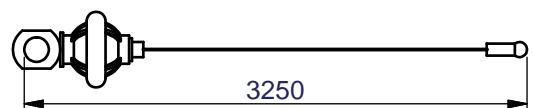
D19



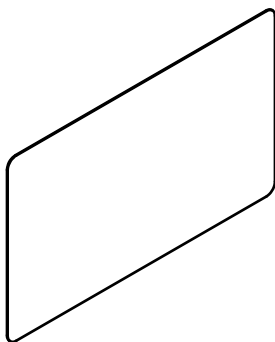
D21



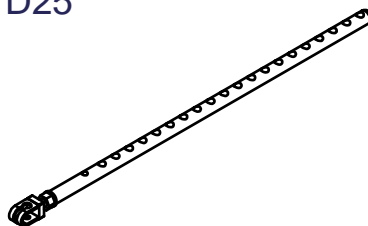
D22



D24



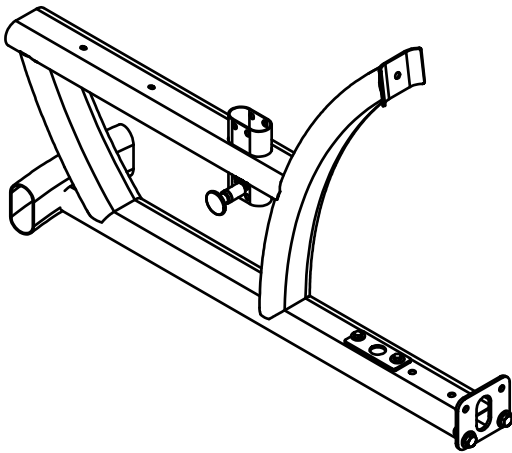
D25



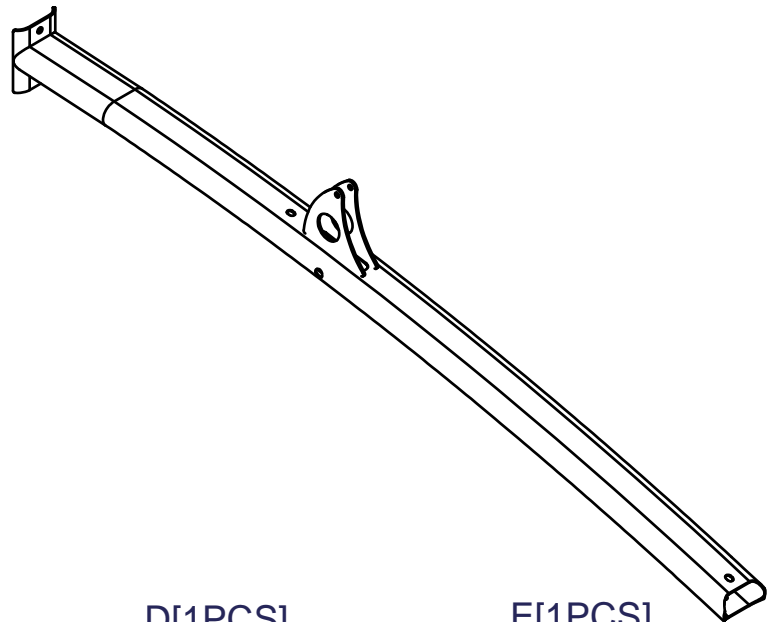
# DLAT ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

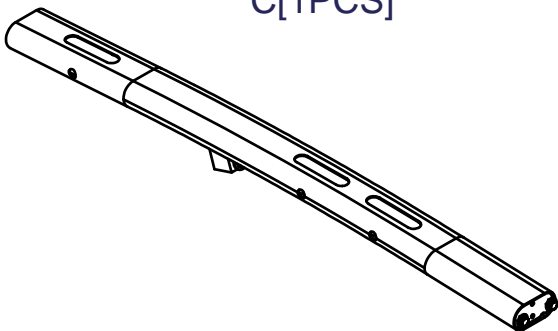
A1[1PCS]



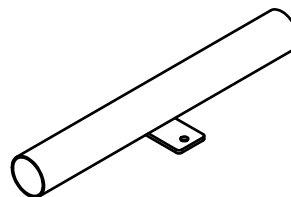
B[1PCS]



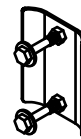
C[1PCS]



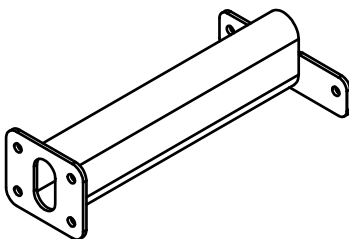
D[1PCS]



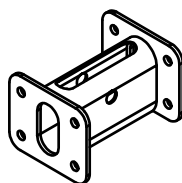
E[1PCS]



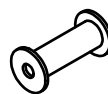
F[1PCS]



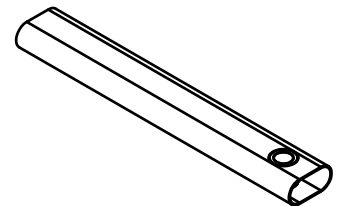
G[1PCS]  
CONNECT DGM



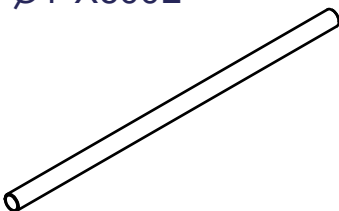
H[2PCS]



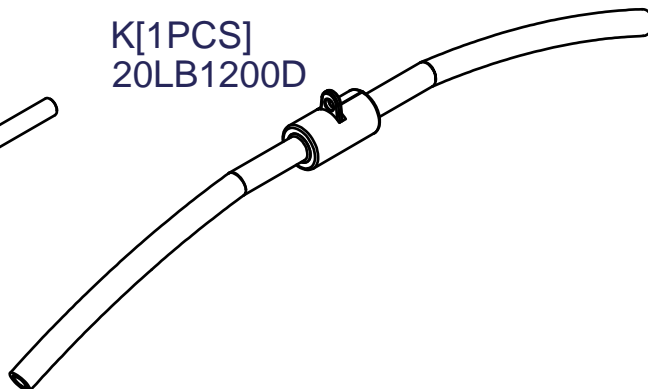
I[1PCS]



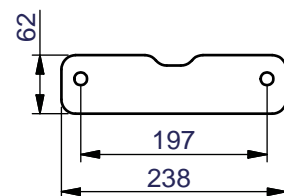
J[1PCS]  
Ø1"X600L



K[1PCS]  
20LB1200D



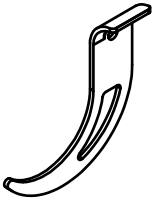
L[1PCS]  
8313-130



# DLAT ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

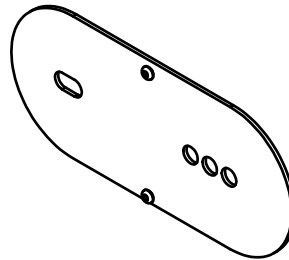
M[1PCS]  
8343-146



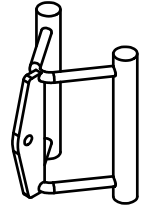
N[1PCS]  
8343-147



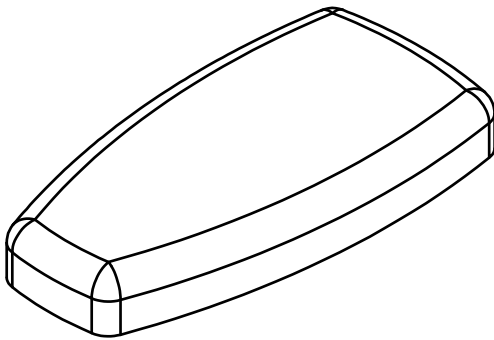
O[2PCS]  
8343-140



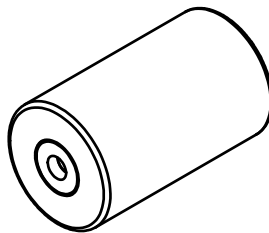
P[1PCS]  
8290-001



Q[1PCS]  
9121-054



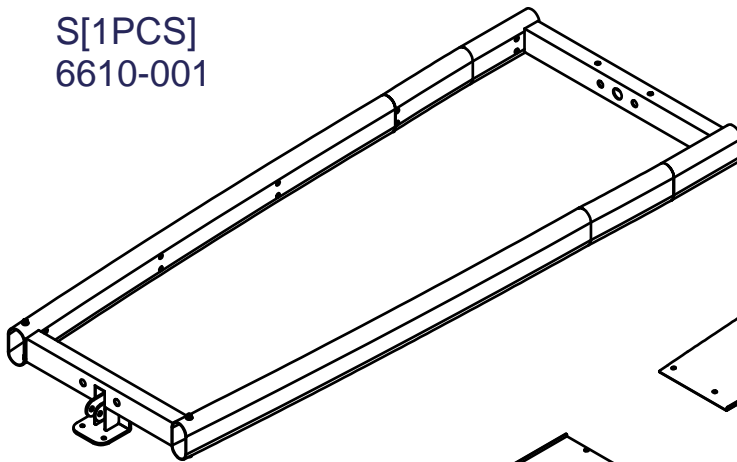
R[2PCS]  
9161-021B  
Ø150X250L



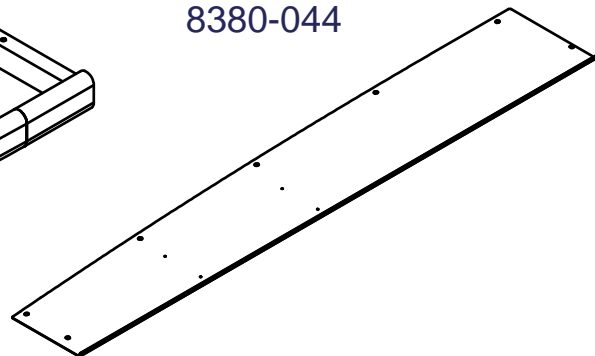
# DLAT ASSEMBLY INSTRUCTIONS

## FRAME PARTS ILLUSTRATION SHEET

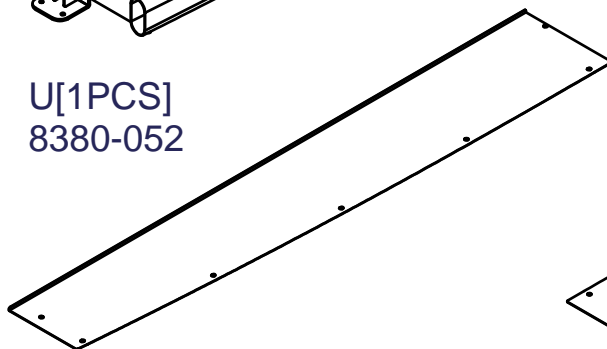
S[1PCS]  
6610-001



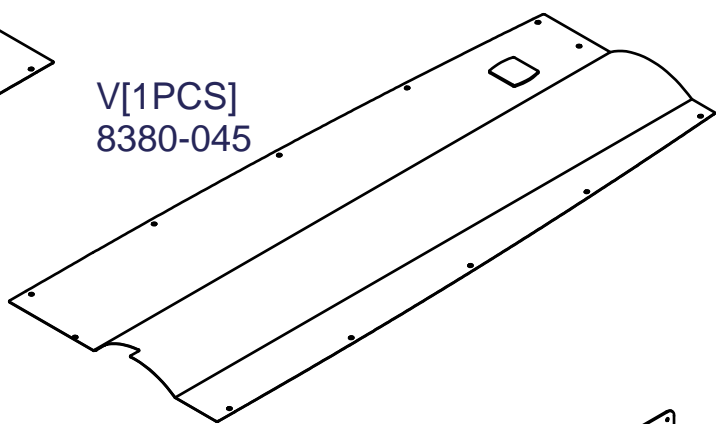
T[1PCS]  
8380-044



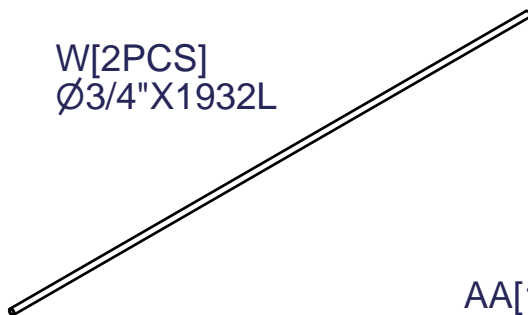
U[1PCS]  
8380-052



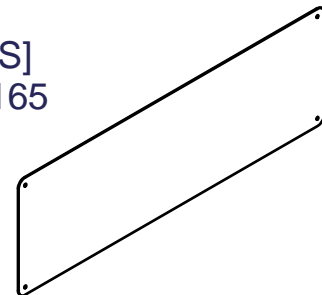
V[1PCS]  
8380-045



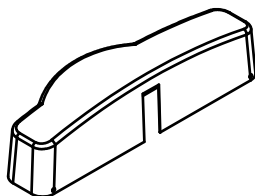
W[2PCS]  
Ø3/4"X1932L



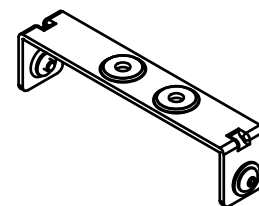
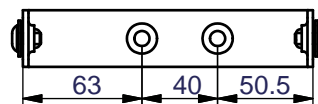
Z[1PCS]  
9440-165



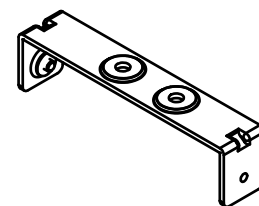
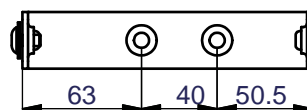
AC[1PCS]  
9211-119A



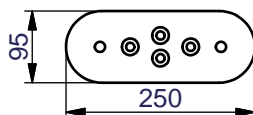
AA[12PCS]  
8321-040  
both side



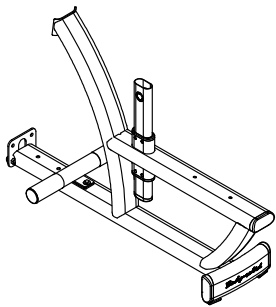
AB[2PCS]  
8321-040  
one side



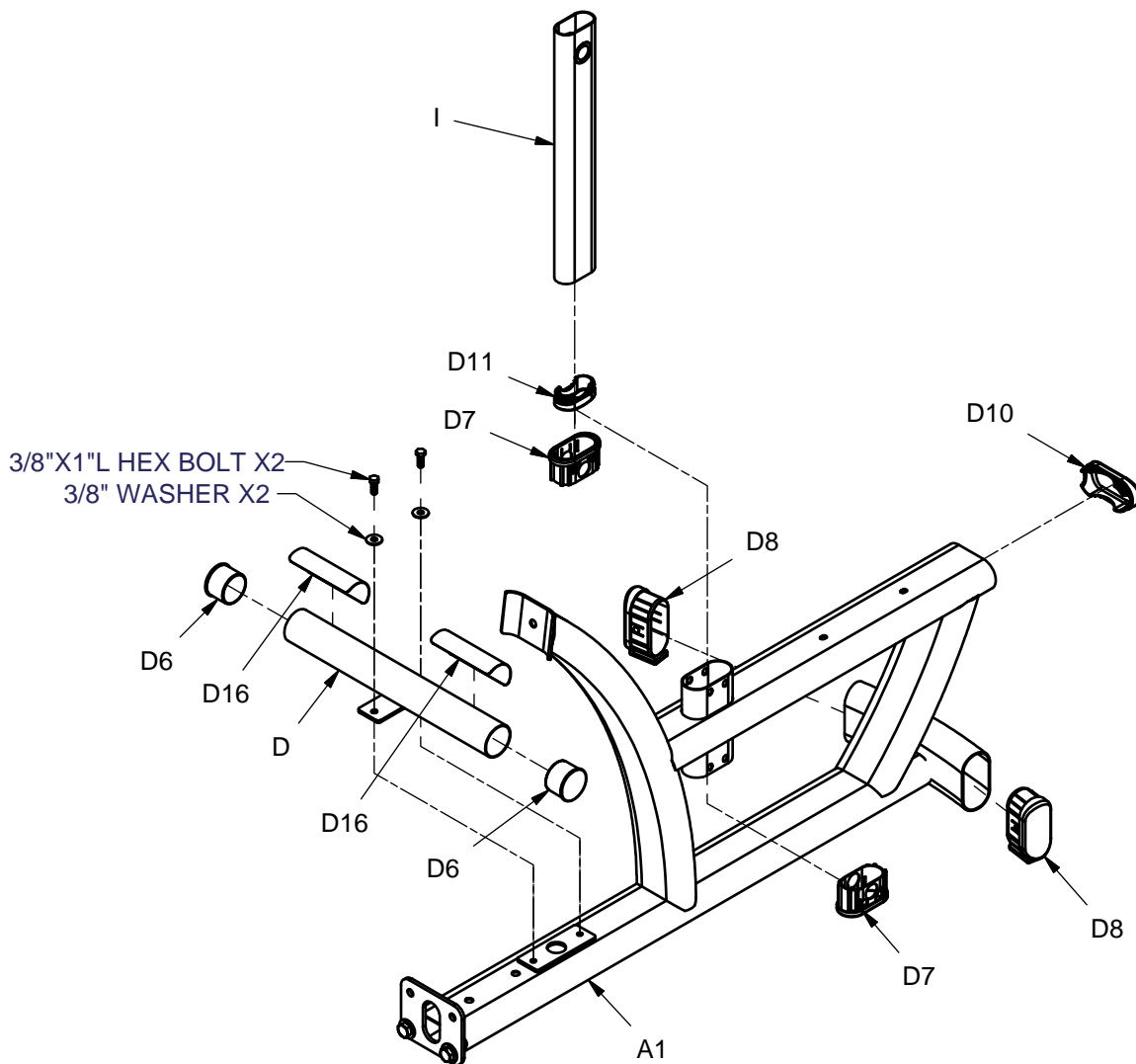
Y[2PCS]  
8313-144



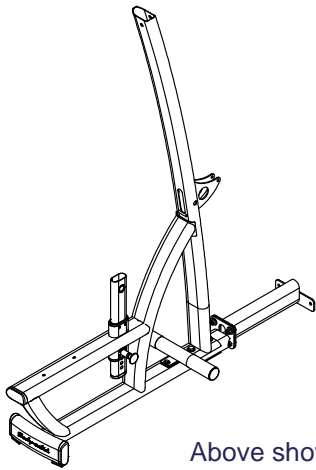
# DLAT ASSEMBLY INSTRUCTIONS



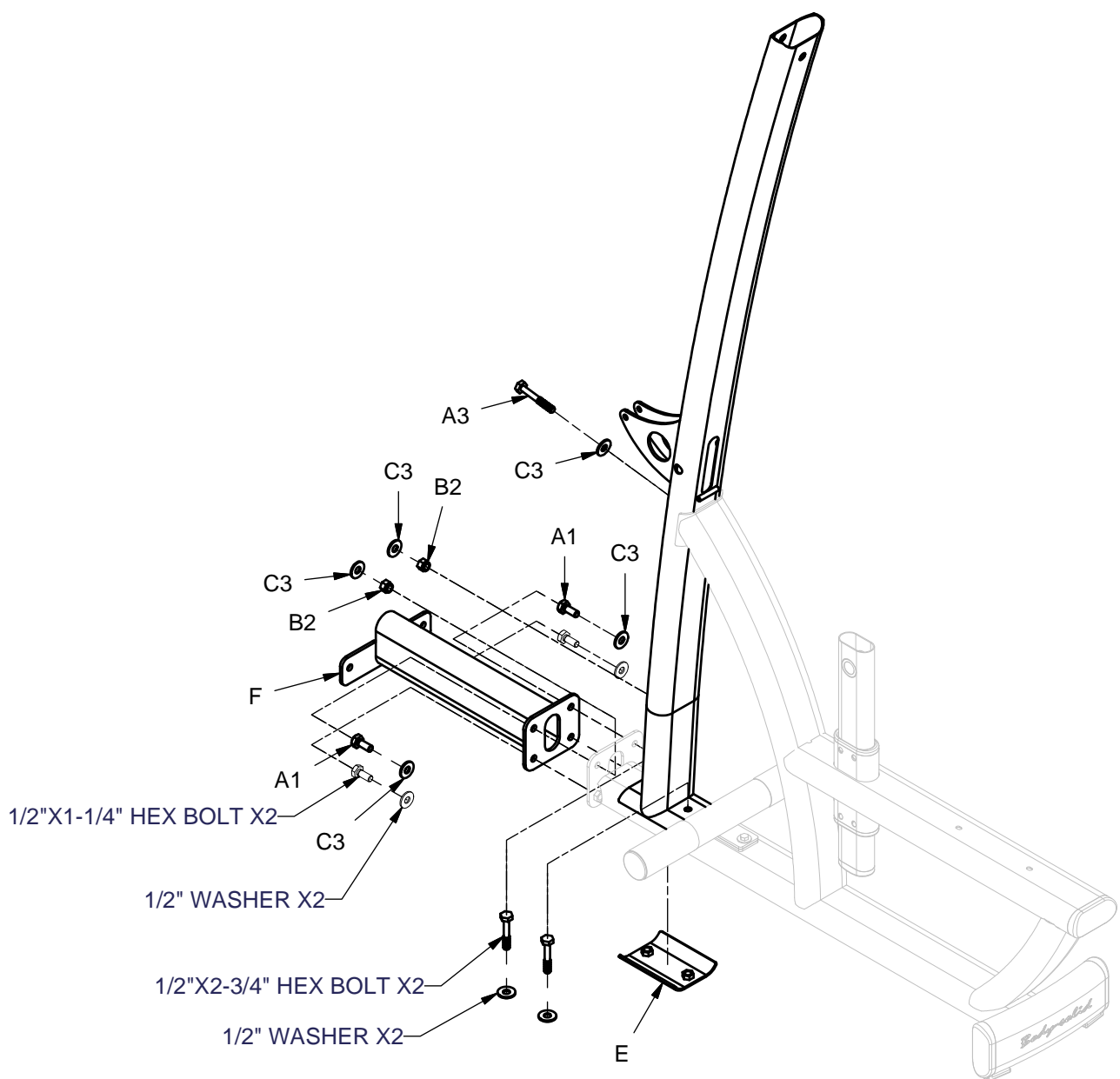
Above shows STEP 1  
assembled and completed



# DLAT ASSEMBLY INSTRUCTIONS

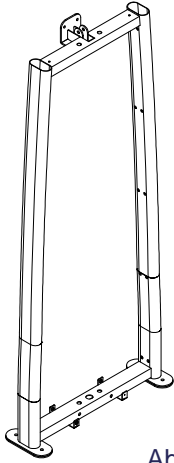


Above shows STEP 2  
assembled and completed



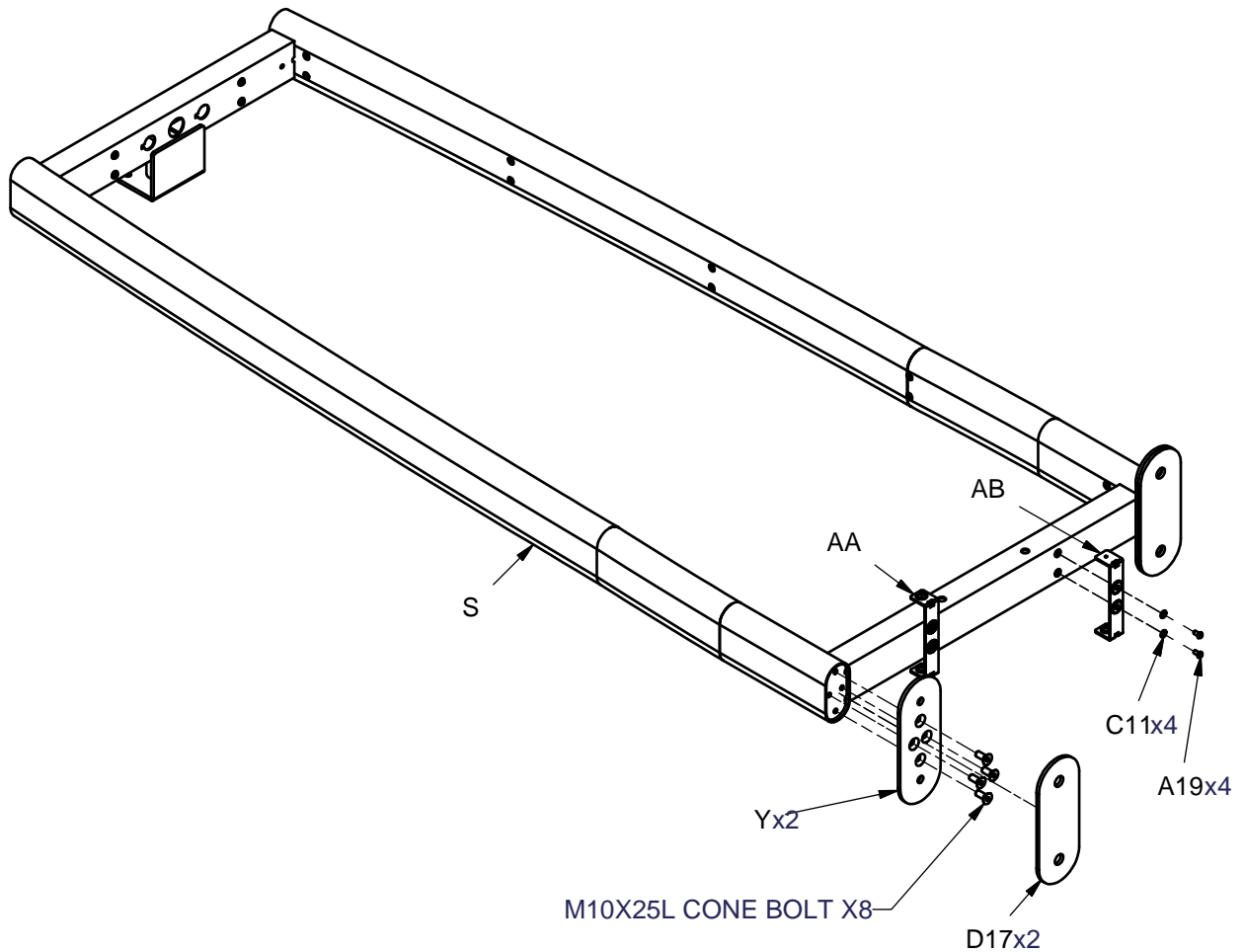


# DLAT ASSEMBLY INSTRUCTIONS

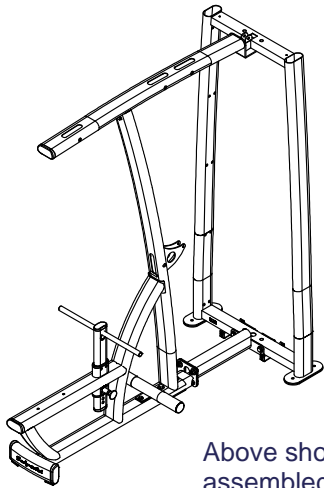


Above shows STEP 3  
assembled and completed

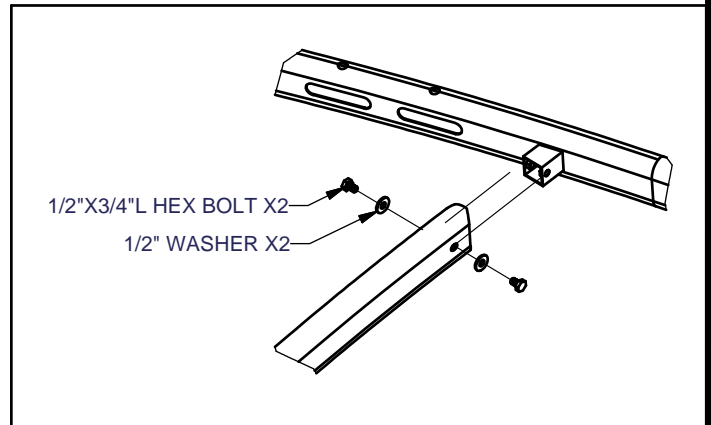
## DLAT single weight stack assembly instructions



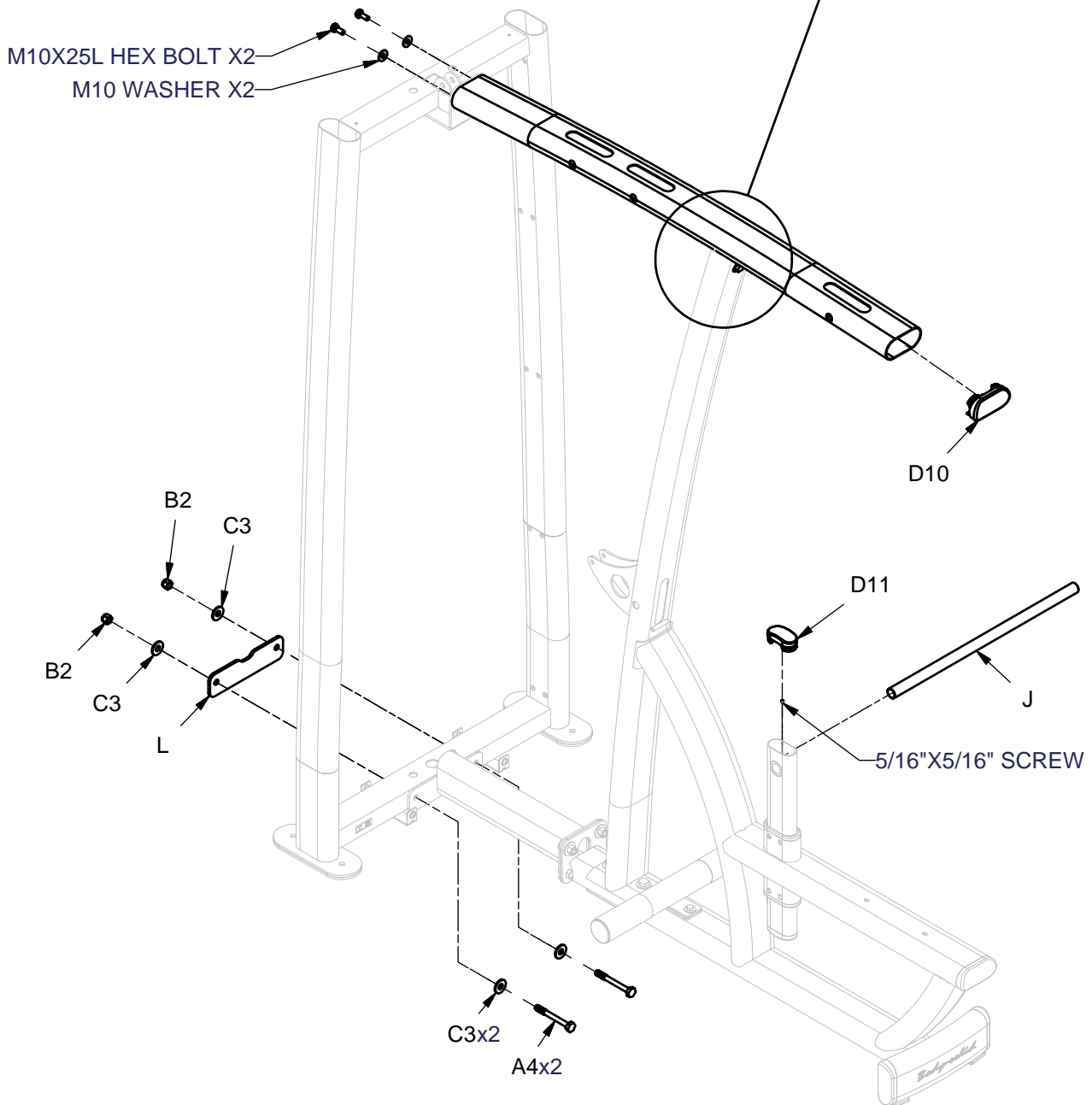
# DLAT ASSEMBLY INSTRUCTIONS



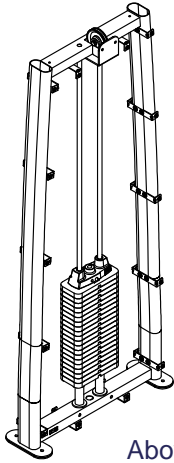
Above shows STEP 4 assembled and completed



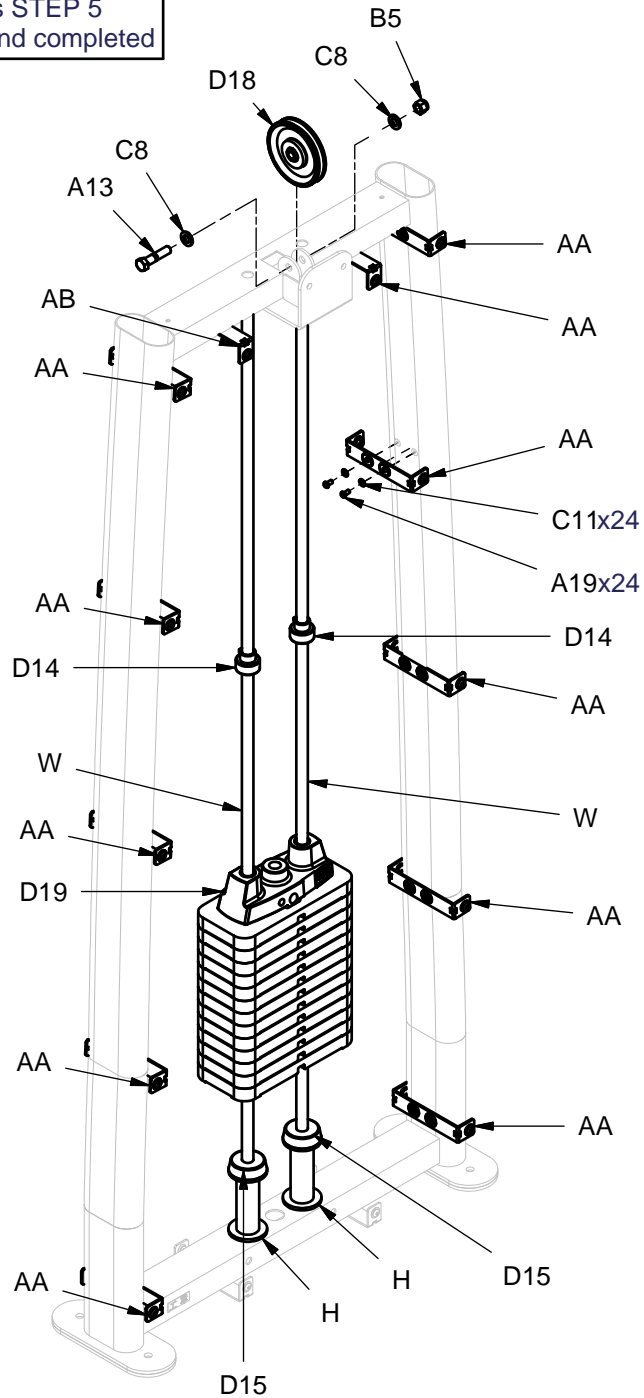
1/2"X3/4"L HEX BOLT X2  
1/2" WASHER X2



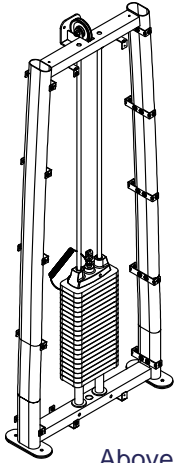
# DLAT ASSEMBLY INSTRUCTIONS



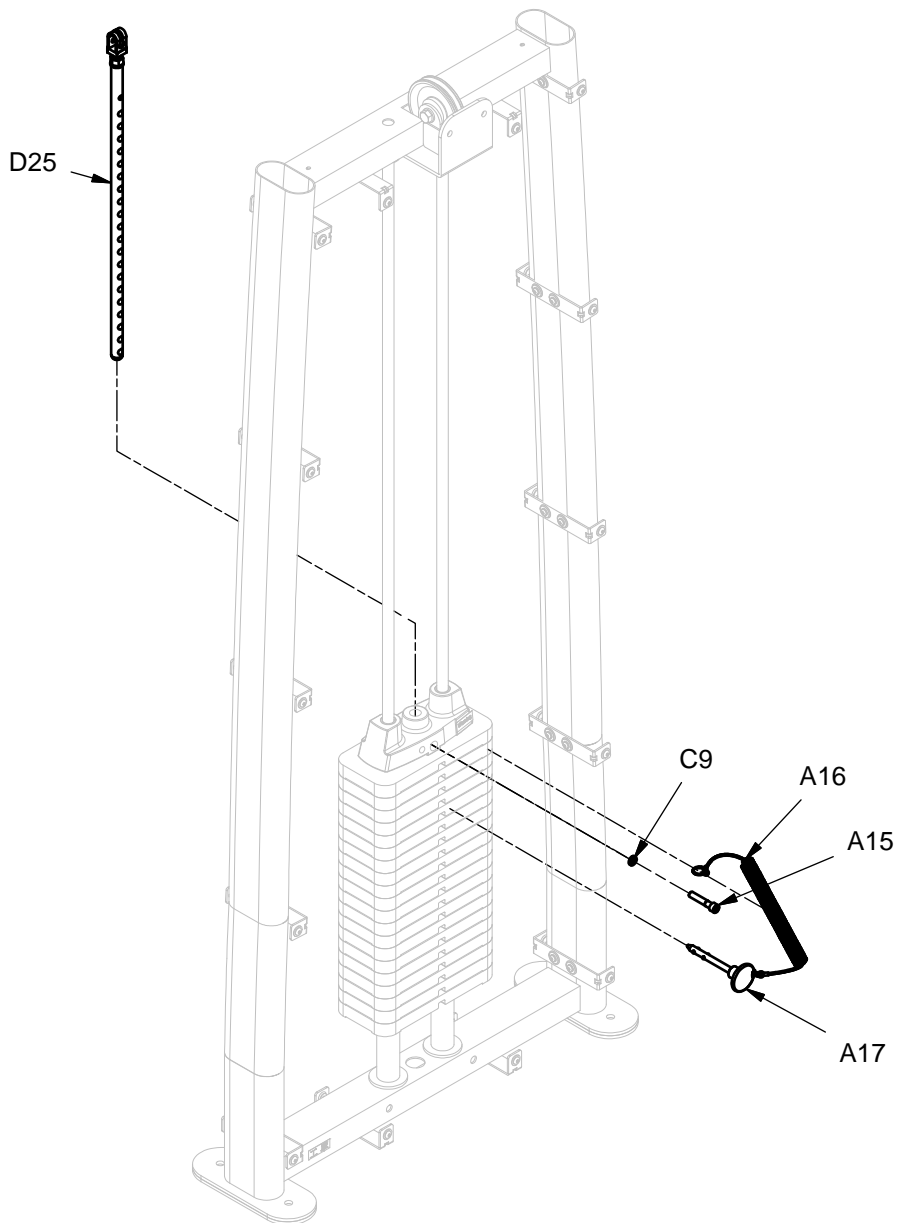
Above shows STEP 5 assembled and completed



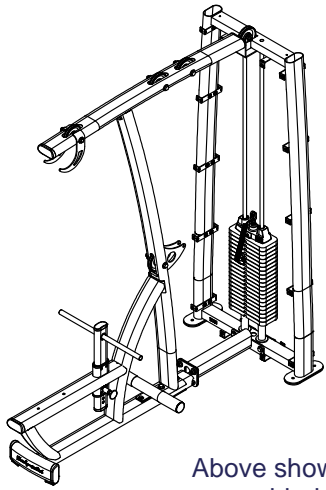
# DLAT ASSEMBLY INSTRUCTIONS



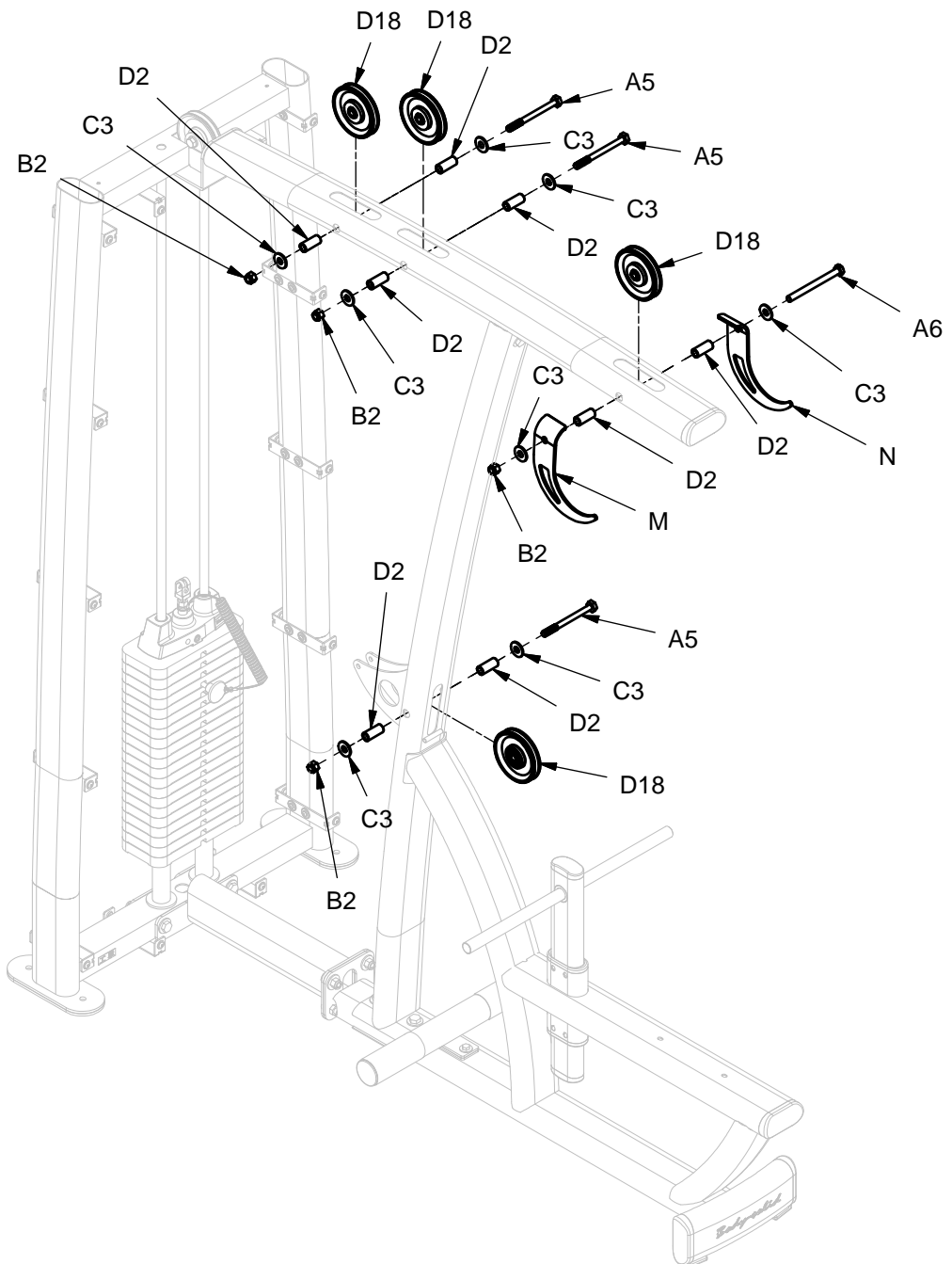
Above shows STEP 6  
assembled and completed



# DLAT ASSEMBLY INSTRUCTIONS

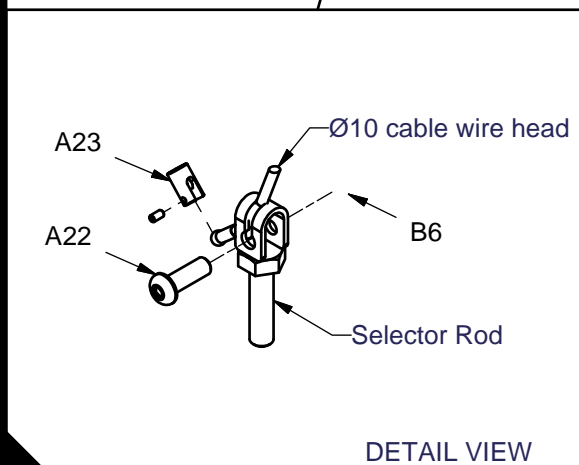
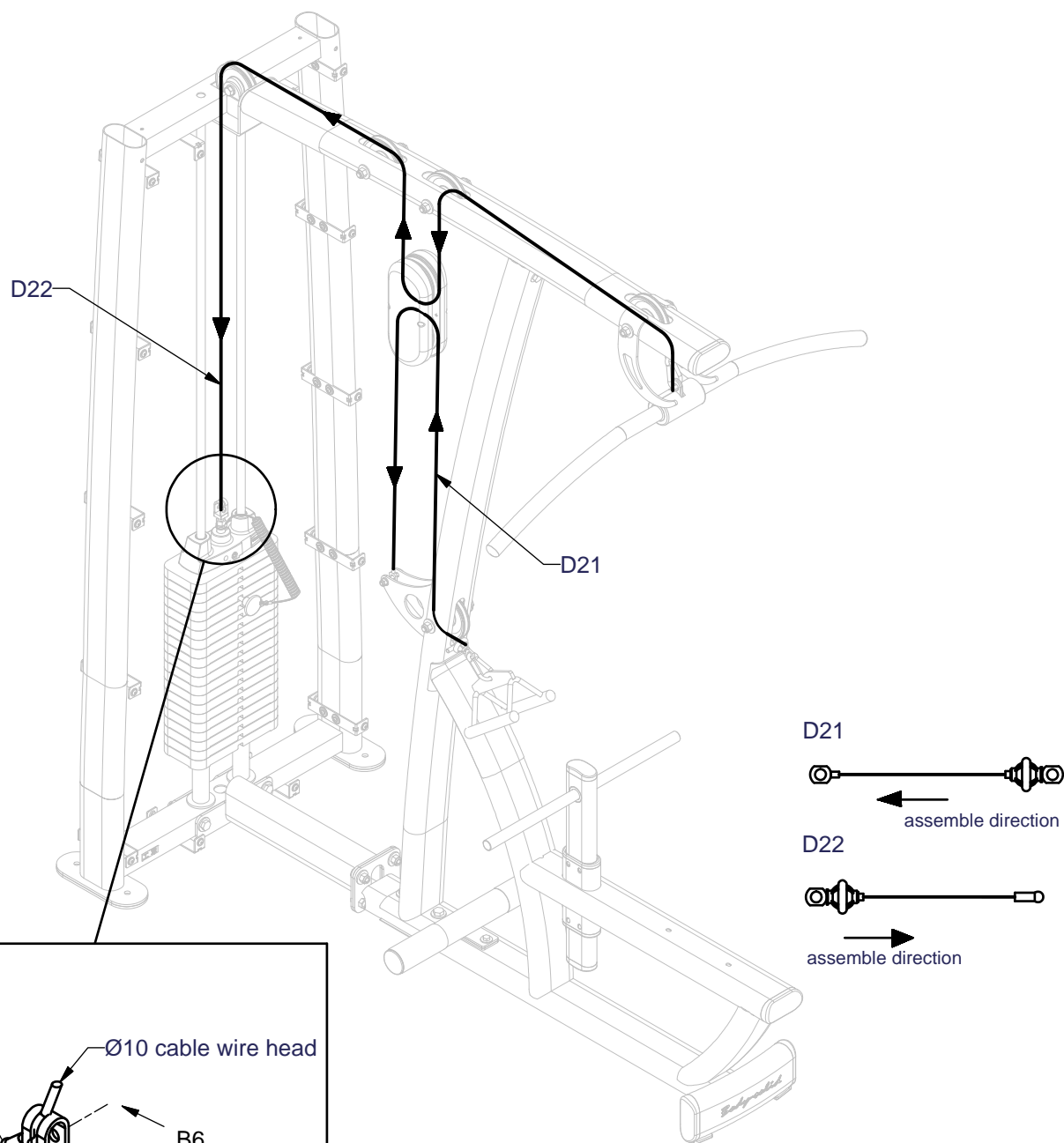


Above shows STEP 7  
assembled and completed

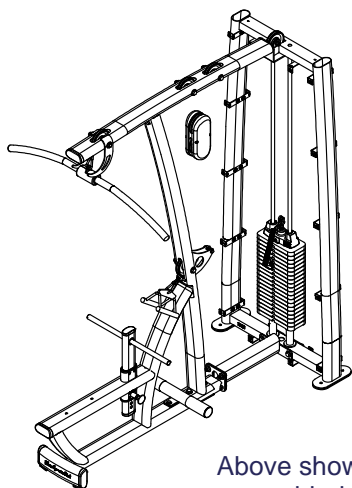


# DLAT ASSEMBLY INSTRUCTIONS

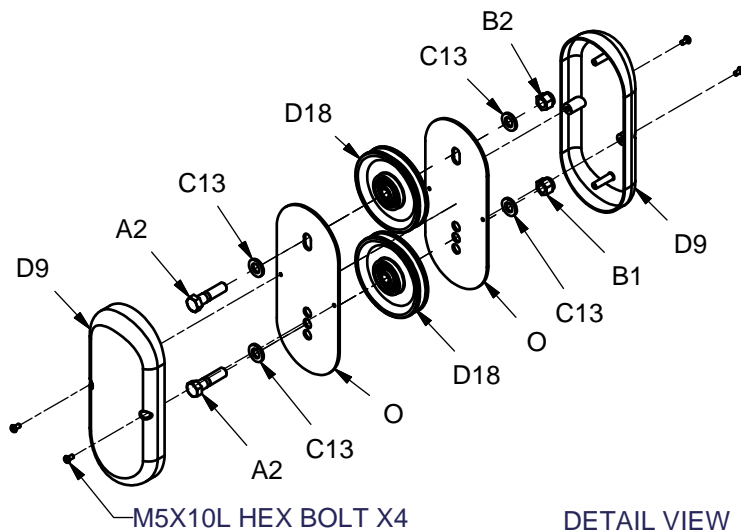
Cable to match illustration



# DLAT ASSEMBLY INSTRUCTIONS

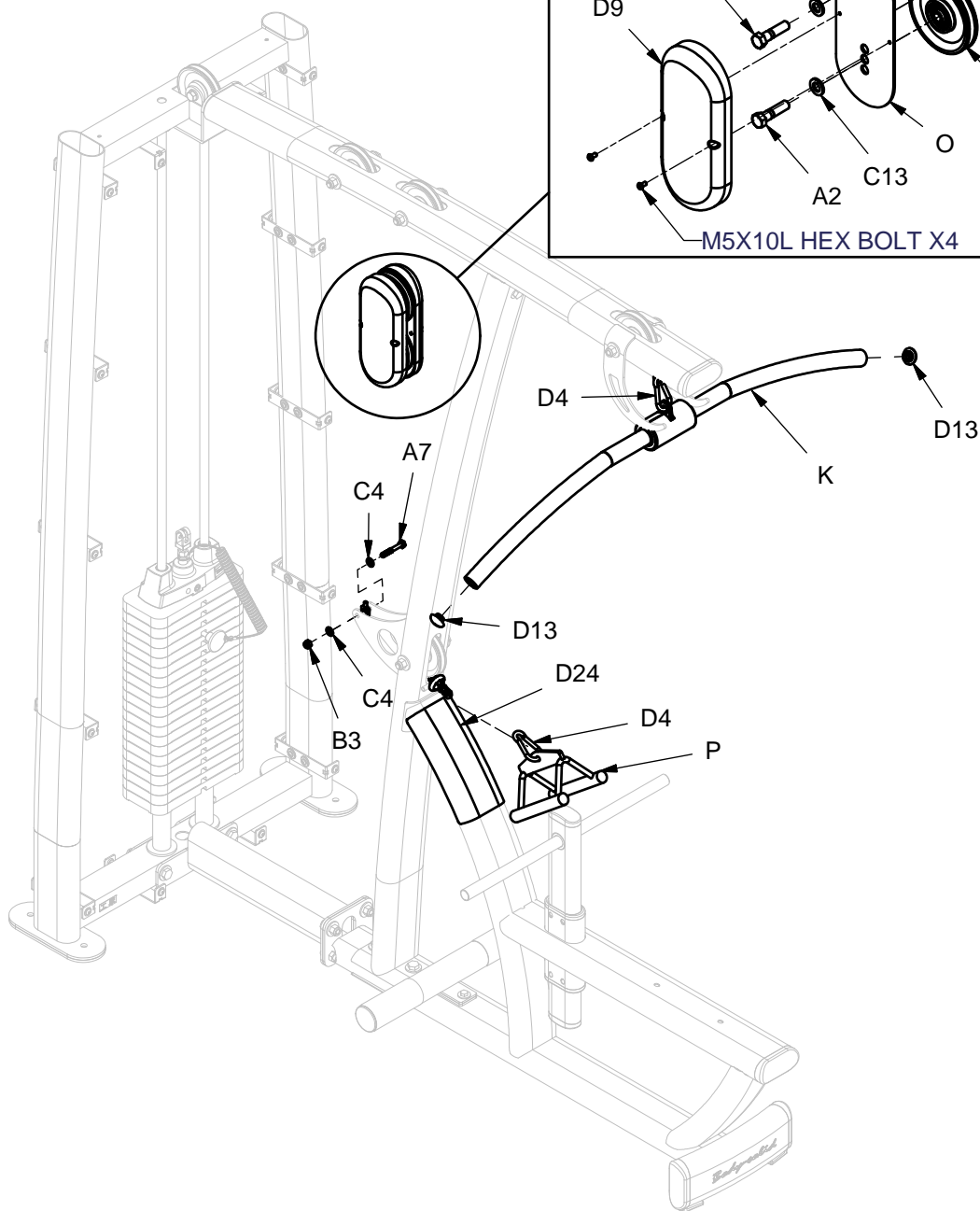


Above shows STEP 8 assembled and completed

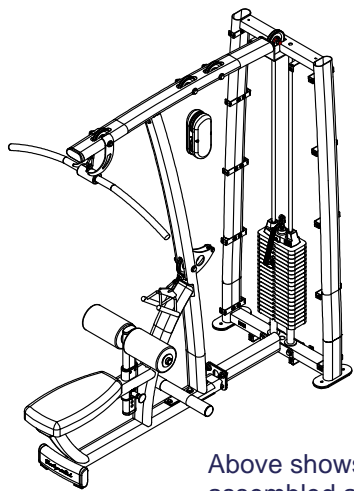


M5X10L HEX BOLT X4

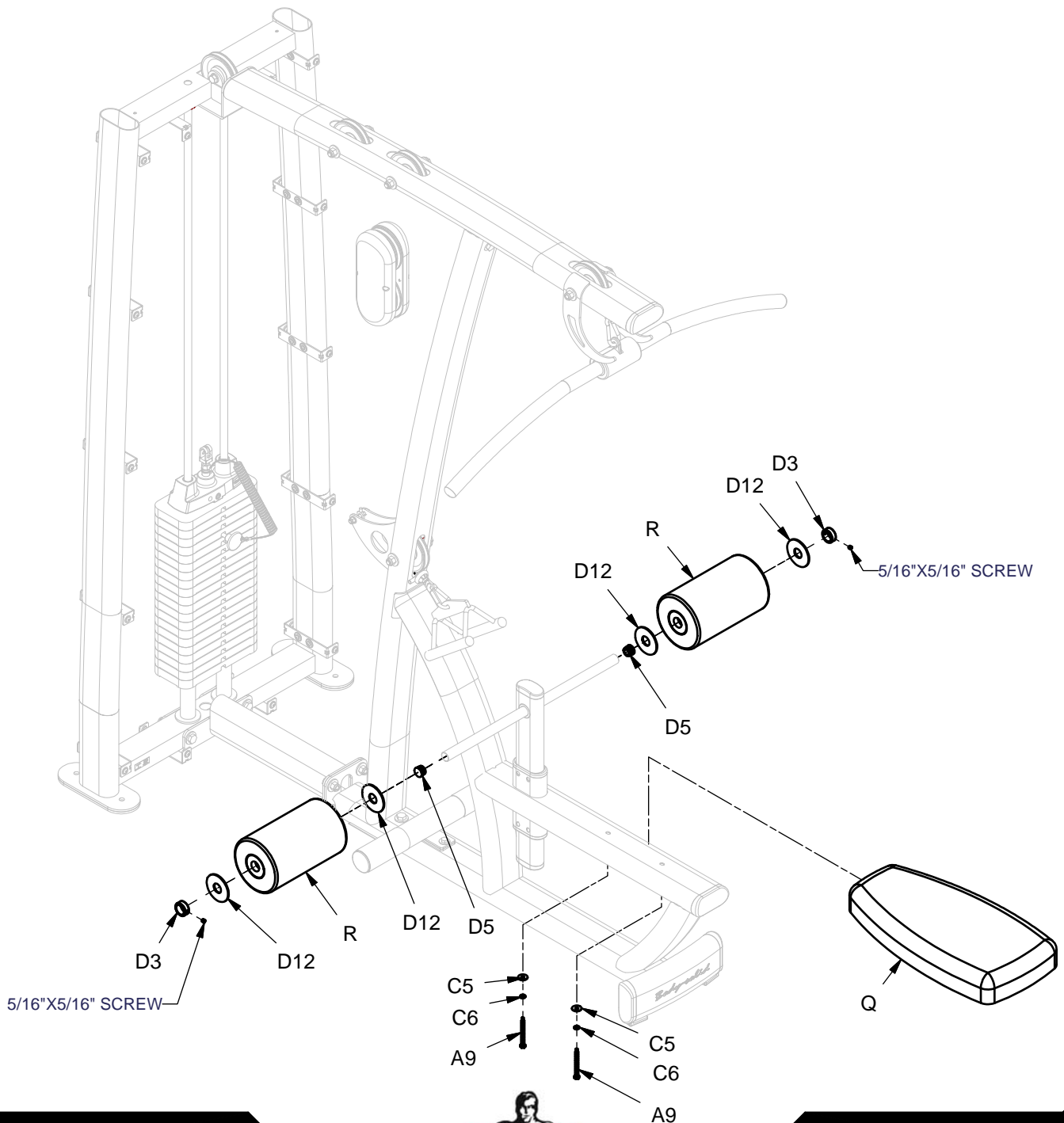
DETAIL VIEW



# DLAT ASSEMBLY INSTRUCTIONS

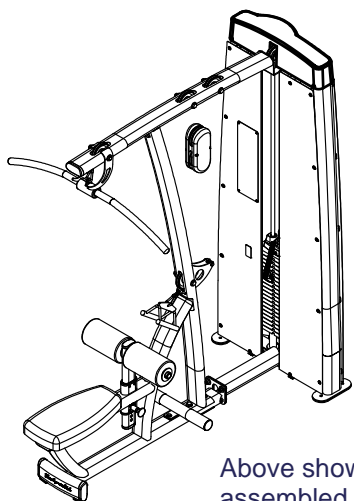


Above shows STEP 9  
assembled and completed

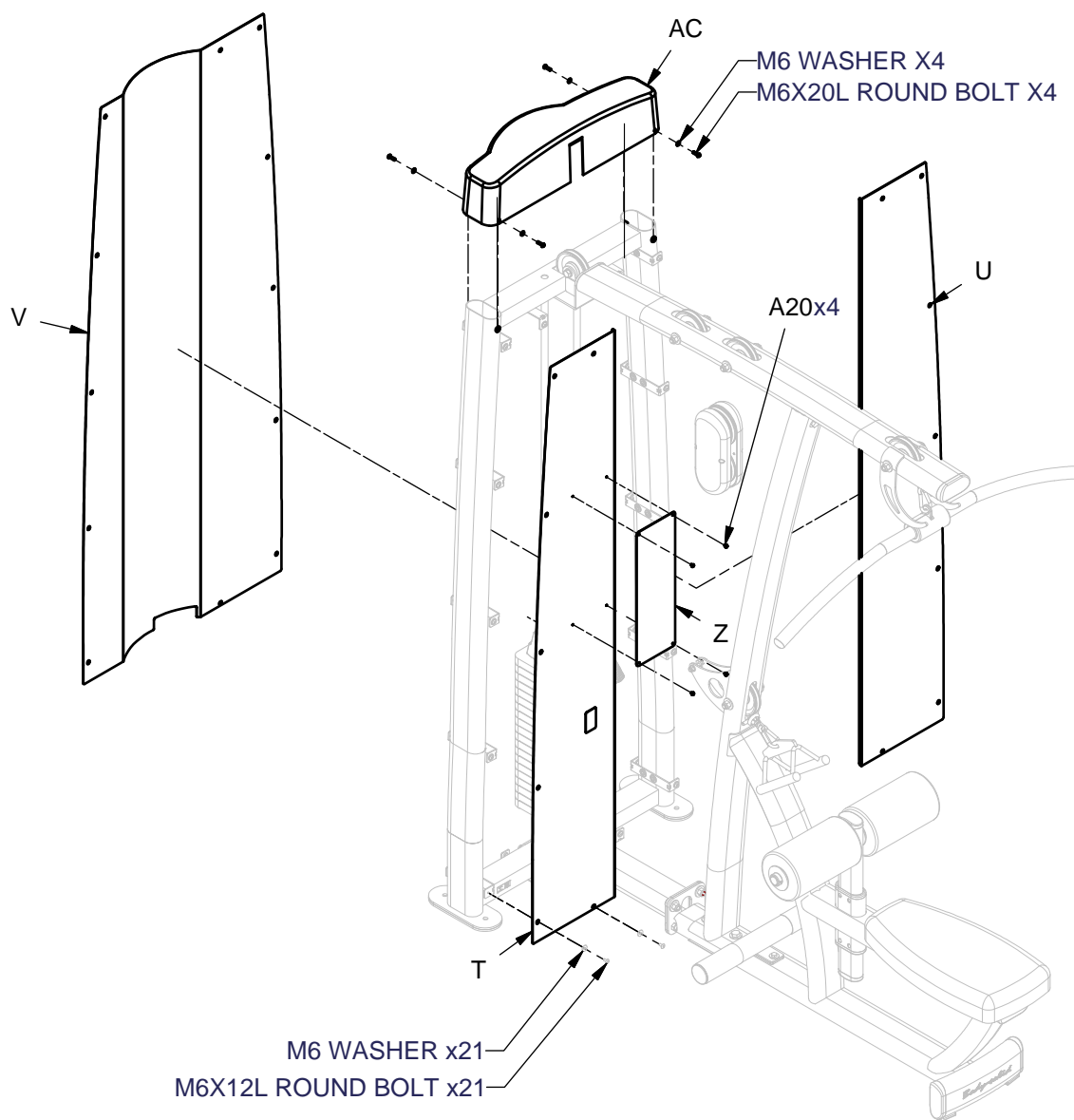




# DLAT ASSEMBLY INSTRUCTIONS



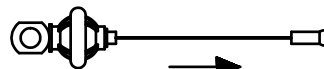
Above shows STEP 10 assembled and completed



# DLAT ASSEMBLY INSTRUCTIONS

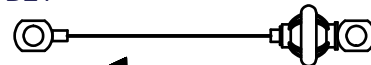
Cable to match illustration

D23

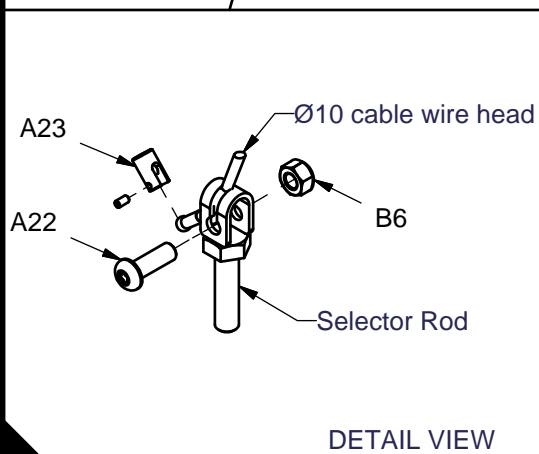
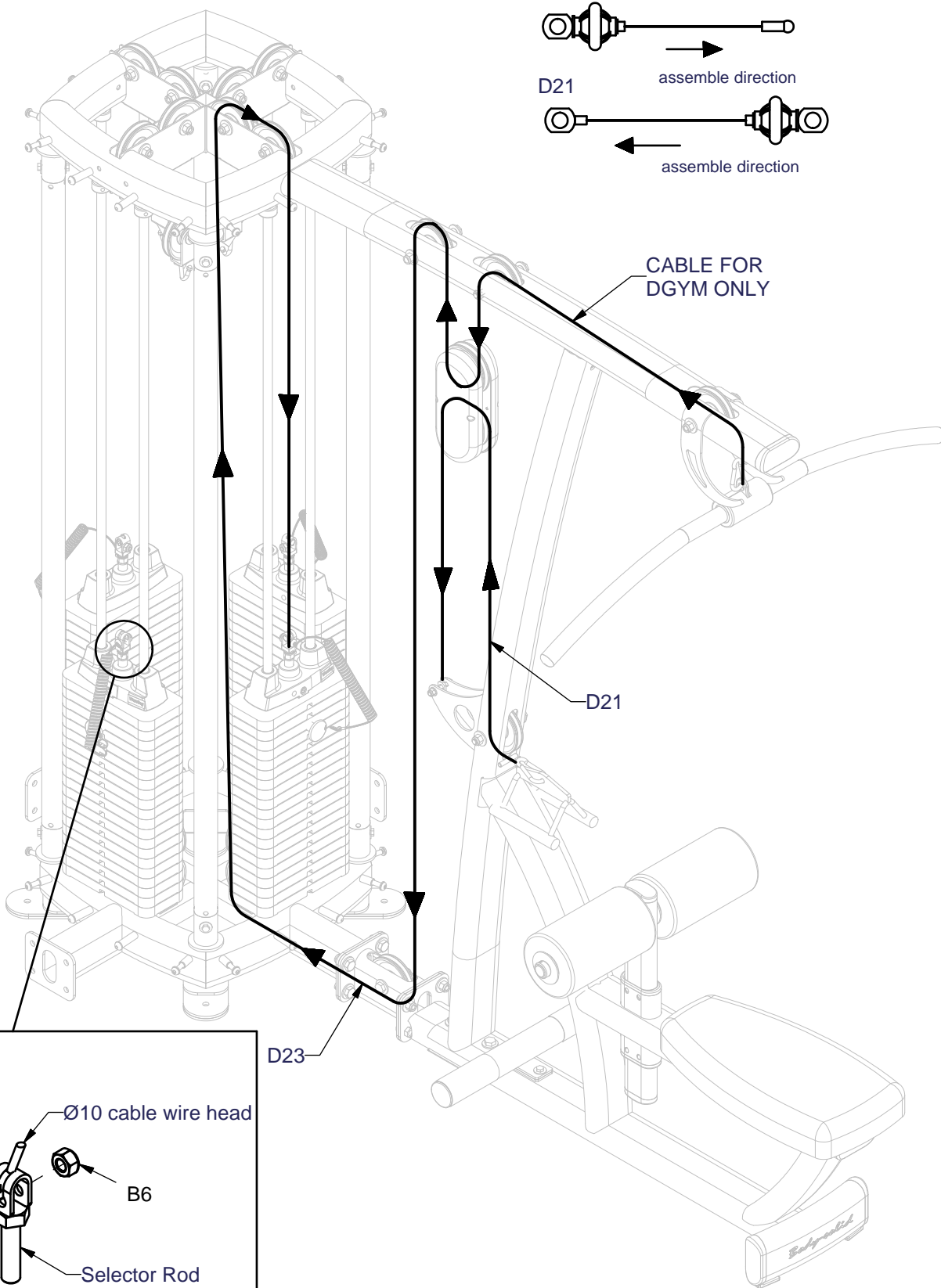


assemble direction

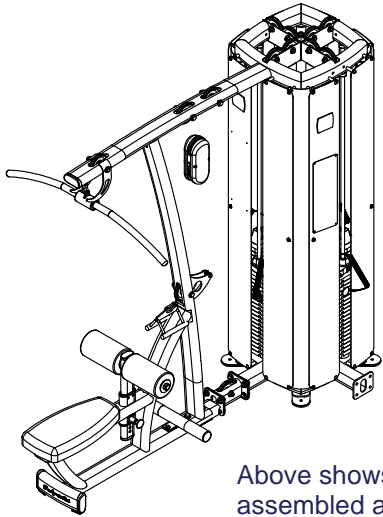
D21



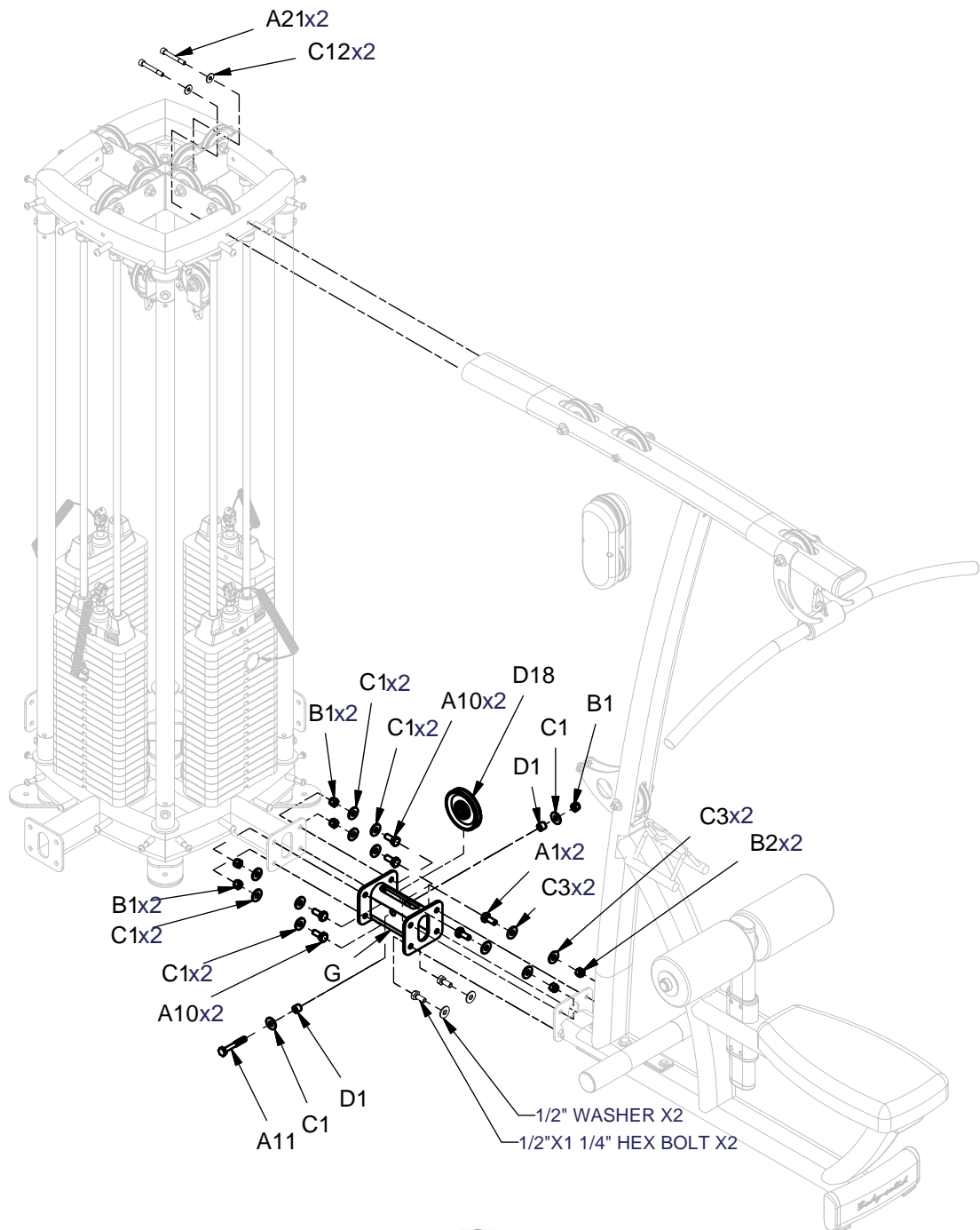
assemble direction



# DLAT ASSEMBLY INSTRUCTIONS



Above shows STEP 11  
assembled and completed



# DLAT ASSEMBLY INSTRUCTIONS

