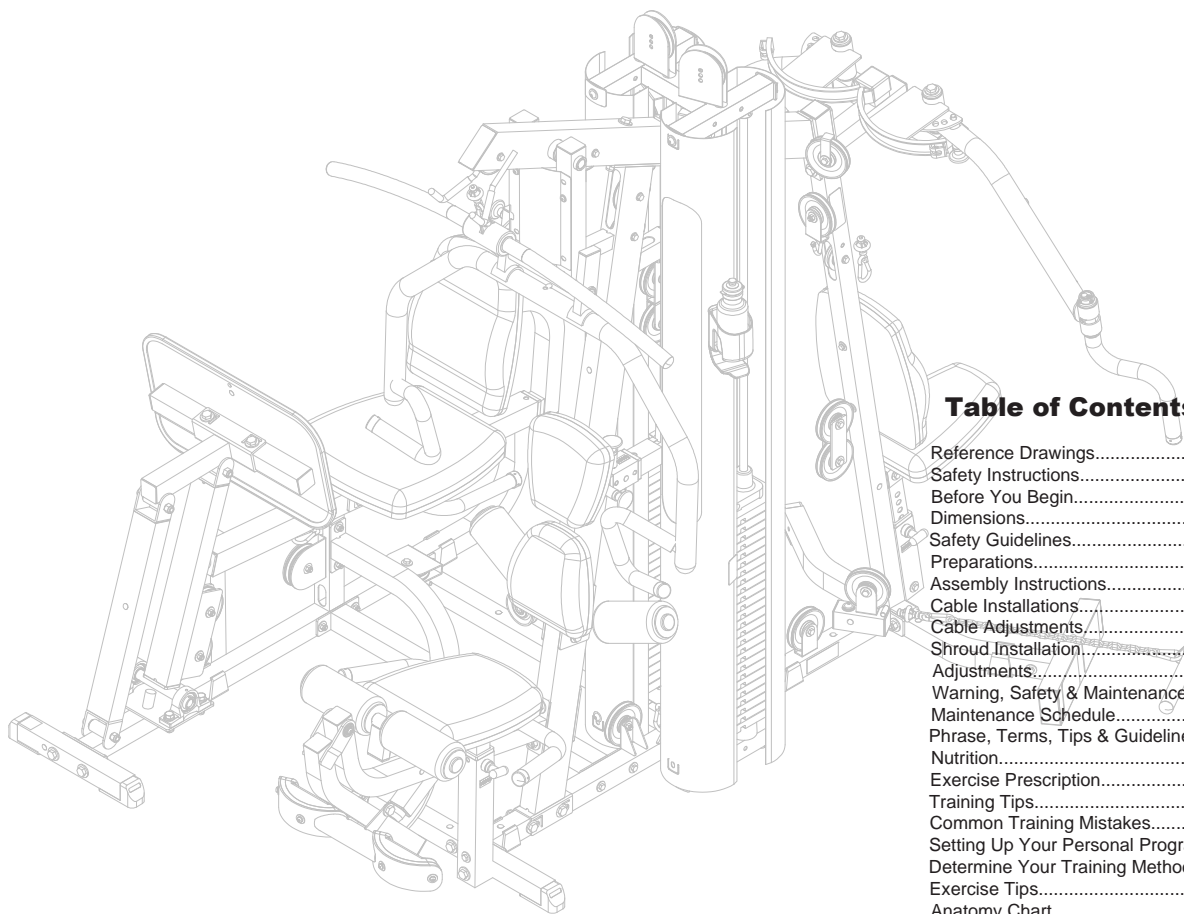


# Body-Solid®



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**A s s e m b l y** & **I n s t r u c t i o n s**  
**G9U OWNER'S** & **MANUAL**

# Standard/Metric Cross-Reference Table

The product hardware has been modified from Standard to Metric. When installing your machine, please use the table below to cross-reference between Standard and Metric hardware.

Standard (Inch)	Metric (mm)
1/16	2
1/8	3
3/16	5
1/4	6
5/16	8
3/8	10
7/16	11
1/2	12
9/16	14
5/8	16
11/16	18
3/4	19
13/16	20
7/8	22
15/16	24
<b>1</b>	<b>25</b>
1 1/4	31
1 1/2	37
1 3/4	44
<b>2</b>	<b>50</b>
2 1/4	56
2 1/2	62
2 3/4	69
<b>3</b>	<b>75</b>
3 1/4	81
3 1/2	87
3 3/4	94
<b>4</b>	<b>100</b>
5 1/4	106
5 1/2	112
5 3/4	119
<b>5</b>	<b>125</b>

*Body-Solid*  
Addendum

# Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain your Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from your local Body-Solid dealer.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. **FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. RAL8-6-03 WC-54

## WARNING

### Safety and Maintenance of Cables

**IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

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

<b>MAINTENANCE SCHEDULE</b>		<b>D</b>	<b>W</b>
Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.		<b>A</b>	<b>E</b>
		<b>I</b>	<b>K</b>
		<b>L</b>	<b>L</b>
		<b>Y</b>	<b>Y</b>
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**  
 #MSSTR0803

# 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 your machine. 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 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.
- **IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage. Cable inspection should be performed daily. Inspect all cables, and the area near the fitting at each end of each cable. Replace any damaged or worn cable immediately. Do not allow the machine to be used until these are replaced.

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

Your machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise.

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 your 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 your Owner's Manual. Use only 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 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. 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. Proof of Purchase**
- 3. Place of Purchase**
- 4. Serial Number (S/N)**
- 5. Part # and Description**



# Total Body Workout DVD

Follow the lead of international fitness presenter Geoff Bagshaw as he guides you step by step through a total health and conditioning program. Includes thorough explanations and demonstrations of over 50 exercises targeting all major muscle groups. The Body-Solid Total Body Workout is a "must have" for anyone truly serious about in-home training.



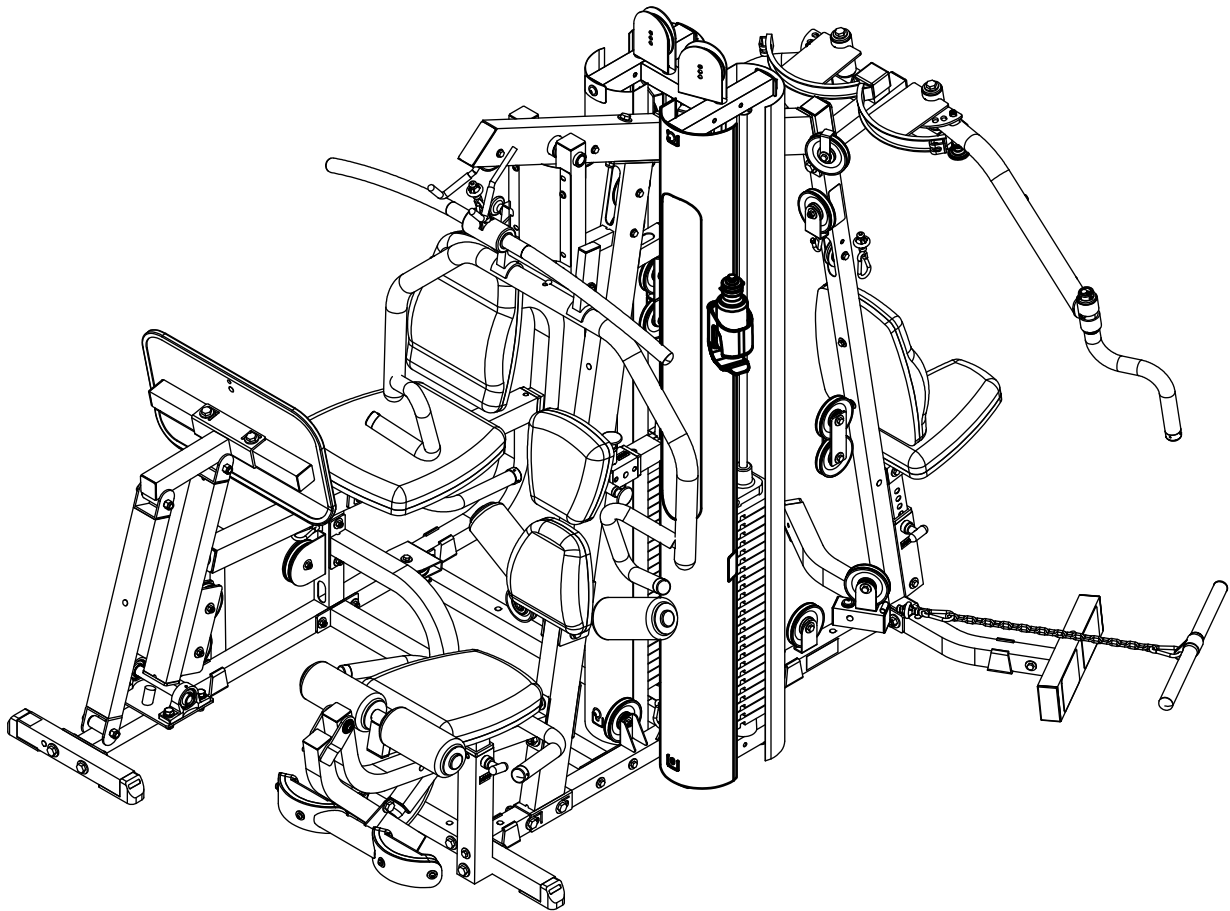
Also includes:

- Complete stretching routine
- Importance of cardio training
- Body-Solid company profile

*Body-Solid*

**Total Body Workout DVD**

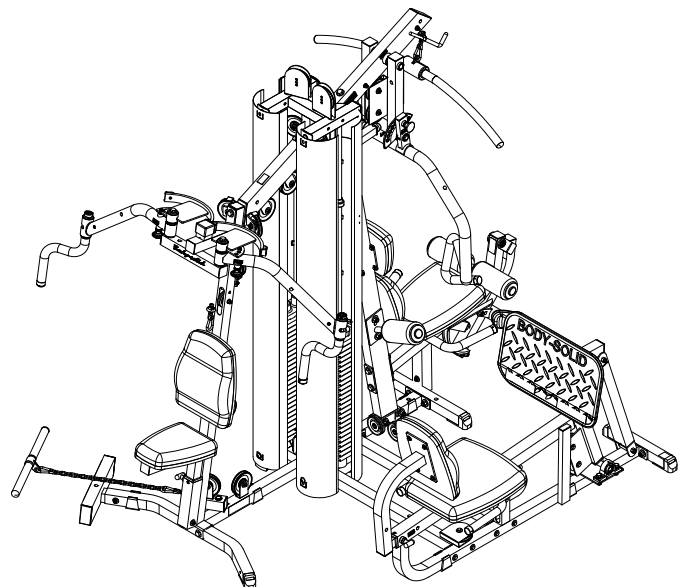
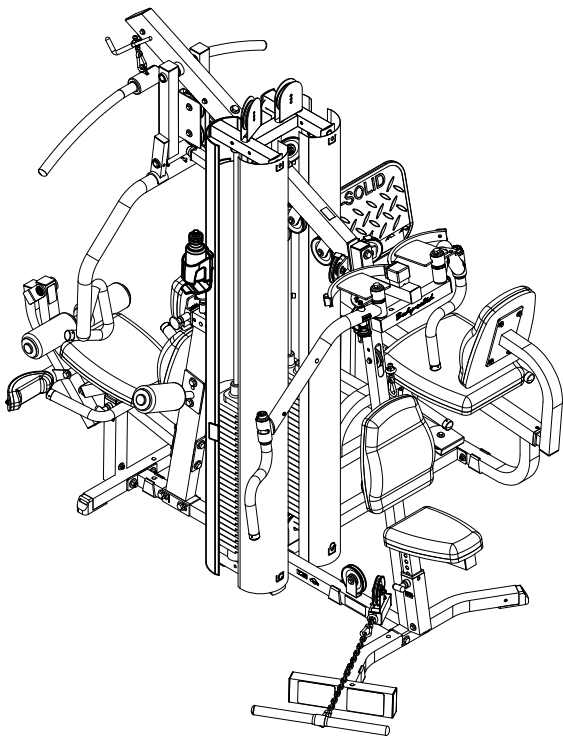
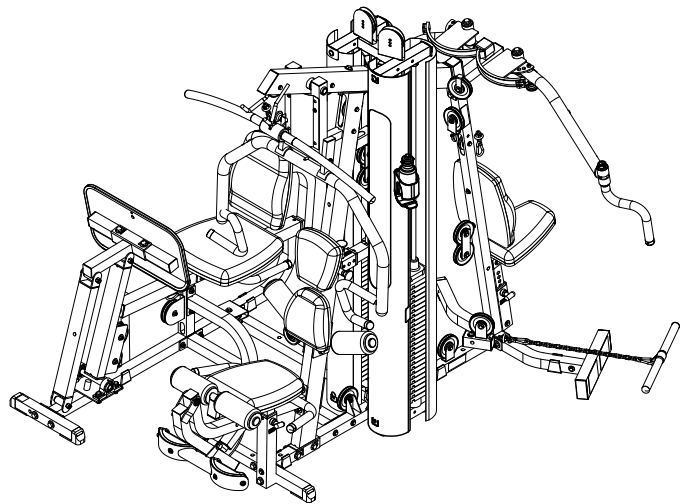
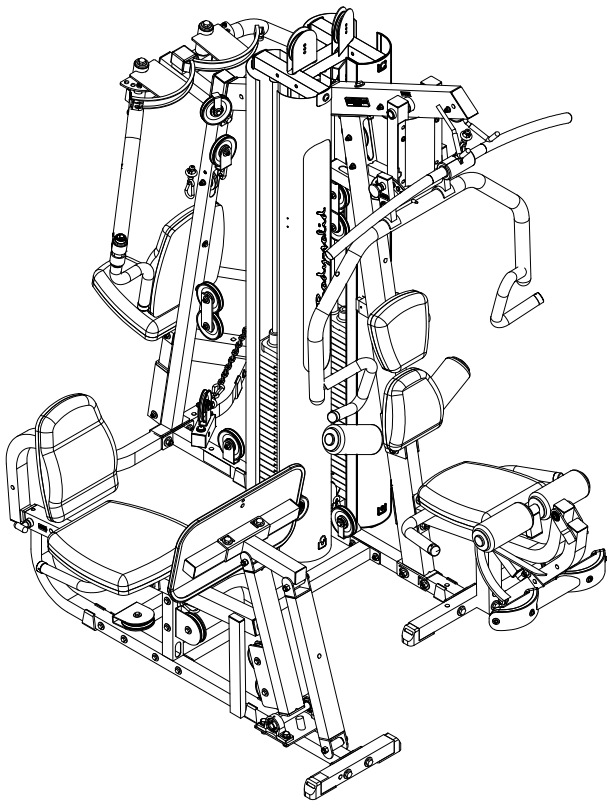
# G 9 U Reference Drawings



Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

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.

# G9U Reference Drawings



**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice. 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.

# 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 G9U. 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 G9U on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The G9U 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 G9U.

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 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 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: 1-708-427-3598  
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 parts.**

# Before You Begin

Thank you for purchasing the G9U. This gym is part of the Body-Solid line of quality strength training machines, which let 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 G9U is carefully tested and inspected before shipment. Body-Solid ships 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.

You will notice that most of the main frame parts are color coded with yellow dots, red dots, and blue dots on the individual pieces. These colored dots refer to different sections of the gym:

*Yellow dots = Pec Dec section  
Red dots = Leg Extension/Chest Press section  
Blue dots = Leg Press section*

Pay special attention to the colored dots on the pads. They will help you to quickly place the pads in their correct position.

After you have completely assembled the G9U you can remove all colored dots.

## 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.

## OPTIONAL Equipment

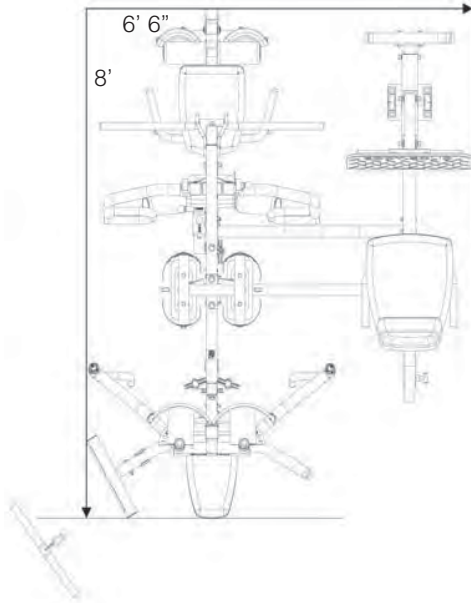
Optional equipment that you can purchase through your dealer:  
Vertical Knee Raise Station GKR9.



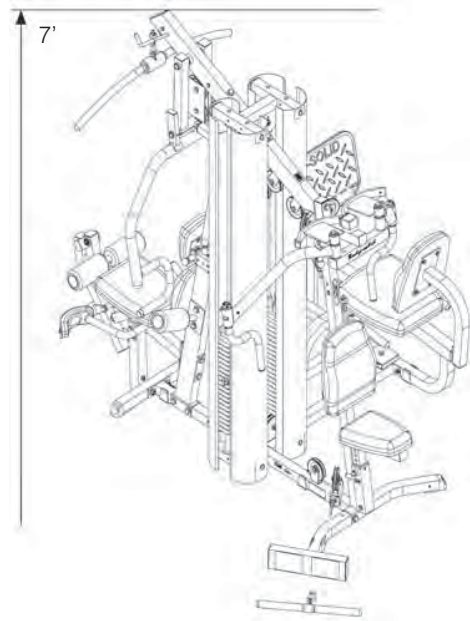
# Dimensions

The room layout diagram below will help you decide the best placement for your G9U.  
The dimensions of the G9U are: width 6'6" X length 8'. The ceiling height requirement for the G9U is 7'.  
The usage space is: width 9'6" X length 11'10" (The usage space is the overall space needed for operation.)  
The diagrams below are without the optional Vertical Knee Raise Station GKR9.

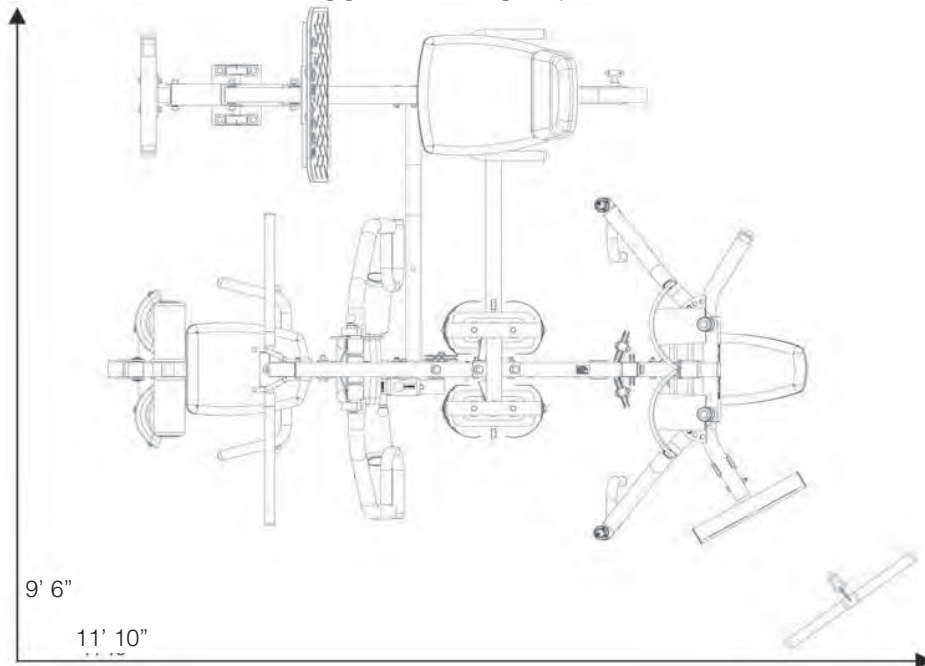
Dimensions



Height requirement



Suggested usage space



# S a f e t y   G u i d e l i n e s

Successful resistance training programs have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

---

- 1. It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**
- 2. Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**
- 3. Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through the entire range of motion.**
- 4. Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.**
- 5. Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and suitable, breathable clothing will reduce the risk of injury.**
- 6. Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.**
- 7. Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**
- 8. Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**
- 9. Do not attempt to lift more weight than you can control safely.**
- 10. Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**

# 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 G9U according to these guidelines, you could void the Body-Solid warranty.

## Required Tools

The tools that you must obtain before assembling the G9U include:

- 2mm Allen Key
- 3mm Allen Key
- 4mm Allen Key
- 5mm Allen Key
- 6mm Allen Key
- 8mm Allen Key
- 1/2" Open-End Wrench
- 9/16" Open-End Wrench
- 3/4" Open-End Wrench
- 13/16" Open-End Wrench
- 1/2" Box Wrench
- 9/16" Box Wrench
- 3/4" Box Wrench

**CAUTION: Obtain assistance! Do not attempt to assemble the G9U by yourself. Review the Installation Requirements before proceeding with the following steps.**

The G9U unit comes in seven boxes. 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.

## Installation Requirements

Follow these installation requirements when assembling the G9U:

Set up the G9U 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 warranty card.

# Assembly Instructions

## 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 of the G9U takes professional installers about 3-5 hours to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

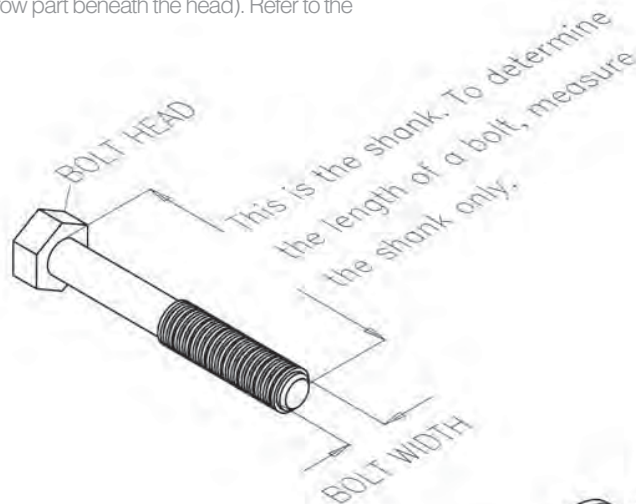
### Assembly Tips

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

While you may be able to assemble the G9U 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:



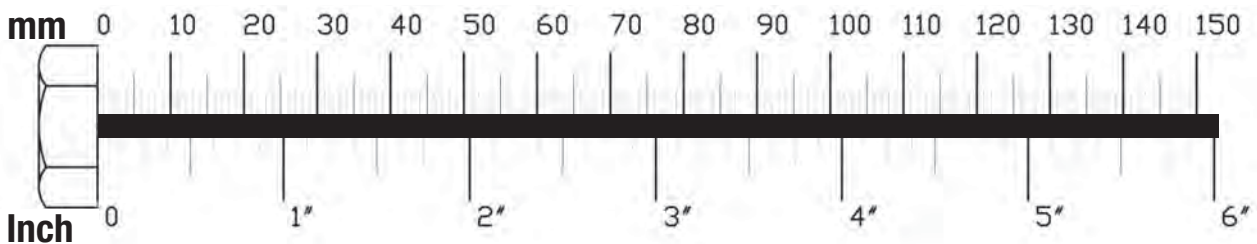
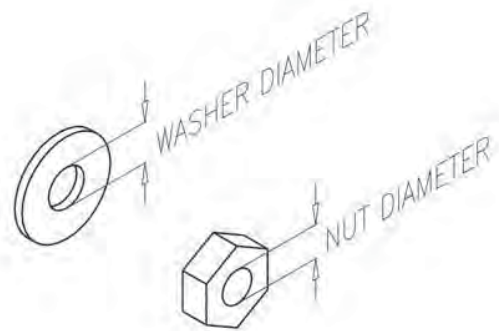
### IMPORTANT!

Before you begin you should fold-out pages 98, 99, and 100.

This is a 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. **Do Not** wrench tighten until end of step 5.

- A. Attach two Weight Stack Shims (28) to the bottom of Main Base Frame (A), and two Weight Stack Shims (28) to the bottom of Side Base Frame (B). Also, install two Frame Levelers (25) to the Main Base Frame (A) as shown.
- B. Attach Main Base Frame (A) to Side Base Frame (B) using:  
**Two 73 (3/8" x 2 3/4" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**
- C. Attach two Foot Caps (19) to the ends of Front Base Frame (C). Attach Front Base Frame (C) to the Main Base Frame (A) using:  
**One 65 (1/2" x 3" hex head bolt)\***  
**Two 93 (1/2" washer)**  
**One 90 (1/2" nylon lock nut)**

### \*NOTE:

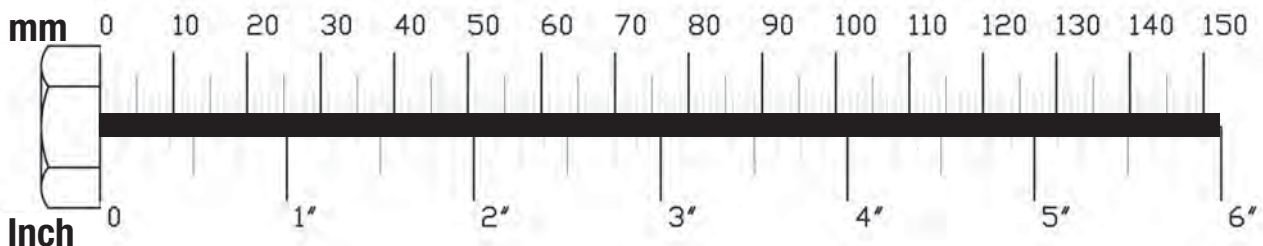
Only use one bolt (65) as shown. You will need the other side open for step 5.

- D. Attach one Foot Cap (19) to one end of Rear Base Frame (D). Leave the other side open, (depending on which side of the gym you want the low pulley station). \* Connect Rear Base Frame (D) and Rear Vertical Frame (E) to Main Base Frame (A) as shown using:  
**Two 64 (1/2" x 3 1/4" hex head bolt)**  
**Four 93 (1/2" washer)**  
**Two 90 (1/2" nylon lock nut)**

### \*NOTE:

Depending on how much space you have available, and the configuration of your room, you can assemble this gym with the low pulley station on either side.

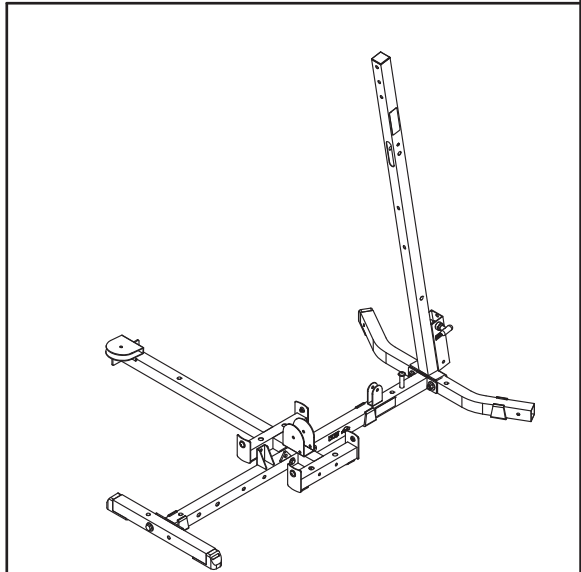
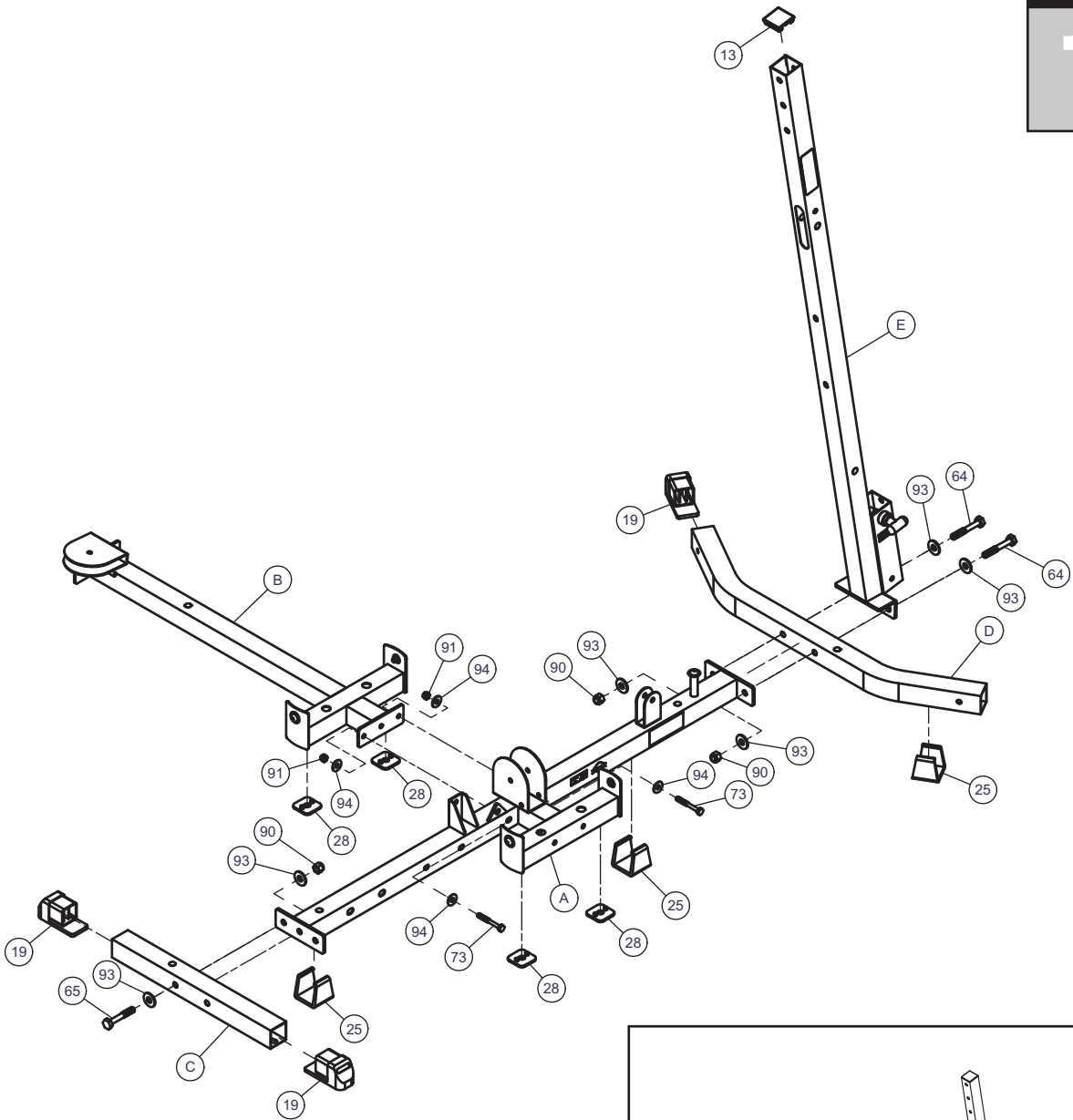
- E. Attach End Cap (13) to the top of Rear vertical Frame (E) and Frame Leveler (25) to Rear Base Frame (D).





**STEP**

**1**



Above shows STEP 1 assembled and completed

**STEP****2**

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

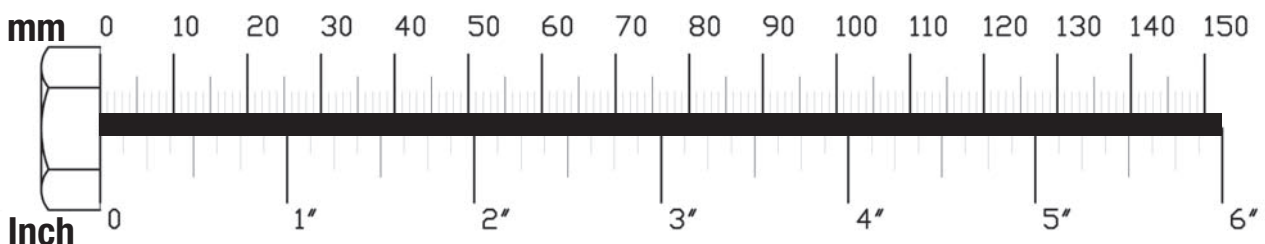
**NOTE:**

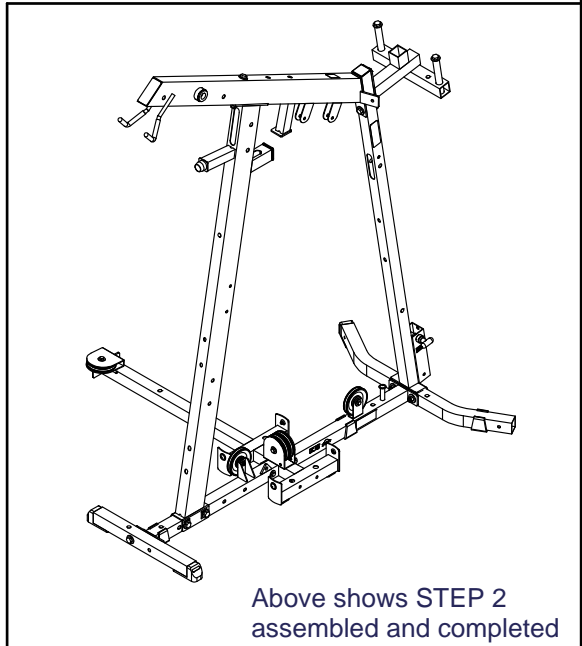
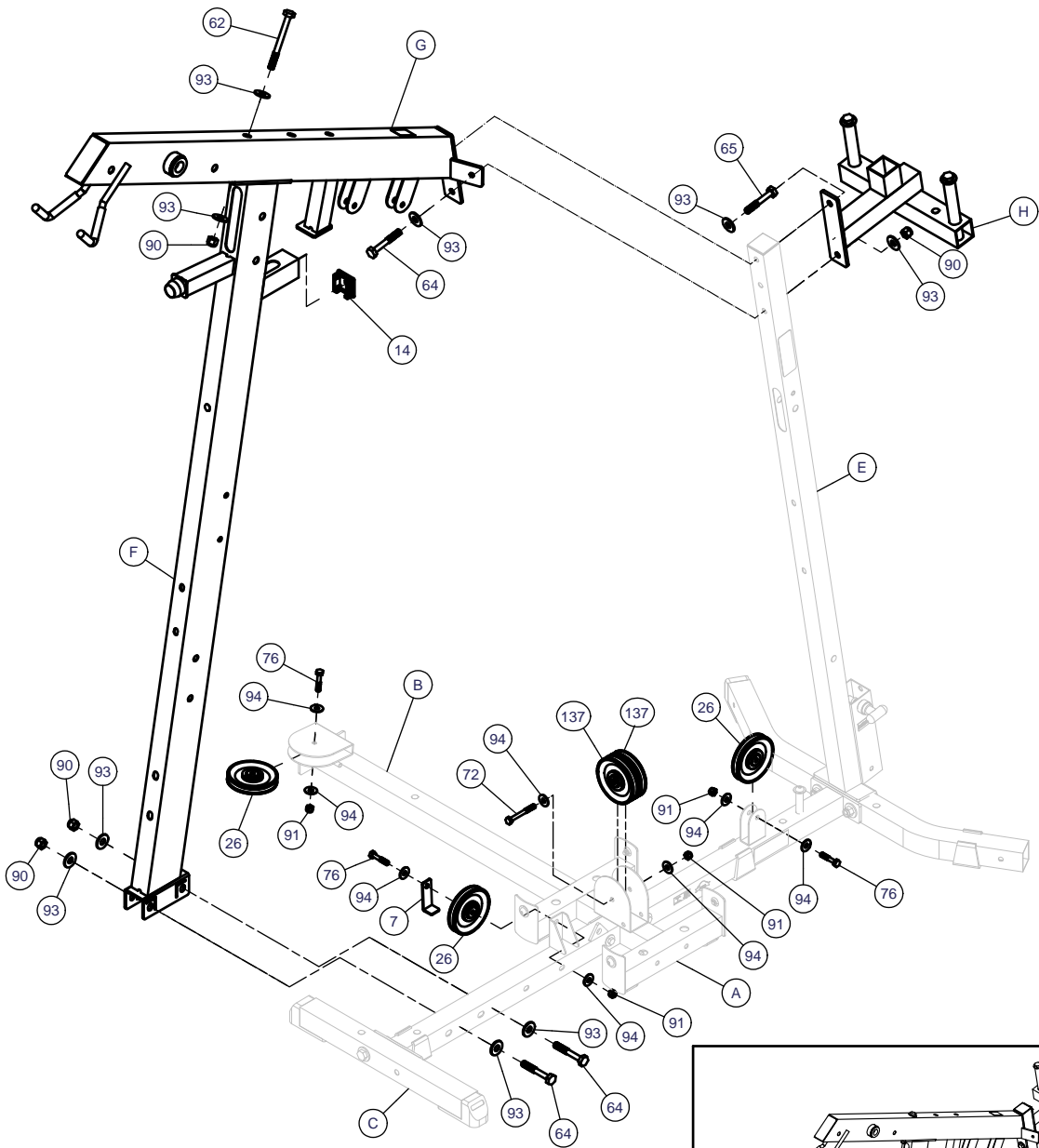
**Finger tighten all hardware in this step. Do Not wrench tighten until end of step 5.**

- A. Attach one Pulley (26) to Main Base Frame (A) and one Pulleys to Side Base Frame (B) as shown using:  
**Two 76 (3/8" x 1 3/4" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**
- B. Attach two Pulley (137) to Main Base Frame (A) as shown using:  
**One 72 (3/8" x 3" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**
- C. Attach one Pulley (26) and Pulley Cable Guide (7) to the middle of the Main Base Frame (A) as shown using:  
**One 76 (3/8" x 1 3/4" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**
- D. Attach Front Vertical Frame (F) to Main Base Frame (A) as shown using:  
**Two 64 (1/2" x 3 1/4" hex head bolt)**  
**Four 93 (1/2" washer)**  
**Two 90 (1/2" nylon lock nut)**
- E. Attach Top Main Frame (G) to Front Vertical Frame (F) as shown using only one bolt:  
**One 62 (1/2" x 5" hex head bolt)**  
**Two 93 (1/2" washer)**  
**One 90 (1/2" nylon lock nut)**
- F. Attach Top Main Frame (G) and Pec Dec Frame (H) to Rear Vertical Frame (E) using:  
**One 65 (1/2" x 3" hex head bolt)\***  
**One 64 (1/2" x 3 1/4" hex head bolt)**  
**Three 93 (1/2" washer)**  
**One 90 (1/2" nylon lock nut)**

**\*NOTE:**

**The top bolt (65) goes into an internally threaded nut inside the Top Main Frame (G).**





Above shows STEP 2 assembled and completed

**STEP****3****Be careful to assemble all components in the sequence they are presented.****NOTE:**

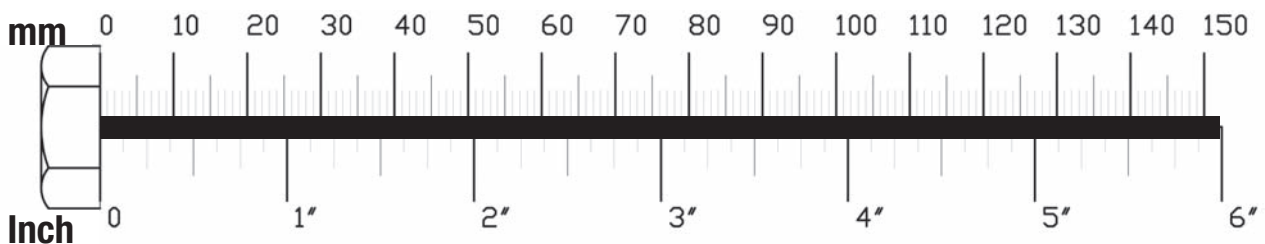
**Finger tighten all hardware in this step. Do Not wrench tighten until end of step 5.**

- A. Place two Weight Stack Risers (55) and two Rubber Donuts (31) onto Main Base Frame (A) as shown. Slide two Guide Rods (J) through the Rubber Donuts (31), the Weight Stack Risers (55), and into the Main Base Frame (A).
- B. Slide 20 Weight Stack Plates (51) onto the two Guide Rods (J). Make sure the opening in each weight stack plate, for the Weight Stack Pin (1), is facing outward.
- C. Attach Top Plate (8) to Selector Rod (6) using:  
**One 77 (3/8"x 2" flat allen head)**  
**One 100 (3/8" spring lock washer)**  
Slide Top Plate (8) and Selector Rod (6) onto Guide Rods (J).
- D. Place two Weight Stack Risers (55) and two Rubber Donuts (31) onto Side Base Frame (B) as shown. Slide two Guide Rods (J) through the Rubber Donuts (31), the Weight Stack Risers (55), and into the Side Base Frame (B).
- E. Slide 20 Weight Stack Plates (51) onto the two Guide Rods (J). Make sure the opening in each weight stack plate, for the Weight Stack Pin (1), is facing outward.
- F. Attach Top Plate (8) to Selector Rod (6) using:  
**One 77 (3/8"x 2" flat allen head)**  
**One 100 (3/8" spring lock washer)**  
Slide Top Plate (8) and Selector Rod (6) onto Guide Rods (J).
- G. Slide four Shaft Collars (22) onto the four Guide Rods (J) as shown.\*

**\*NOTE:**

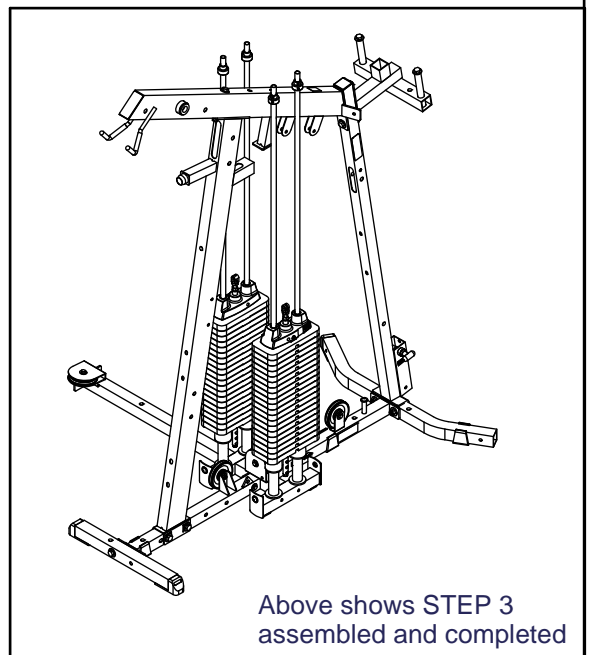
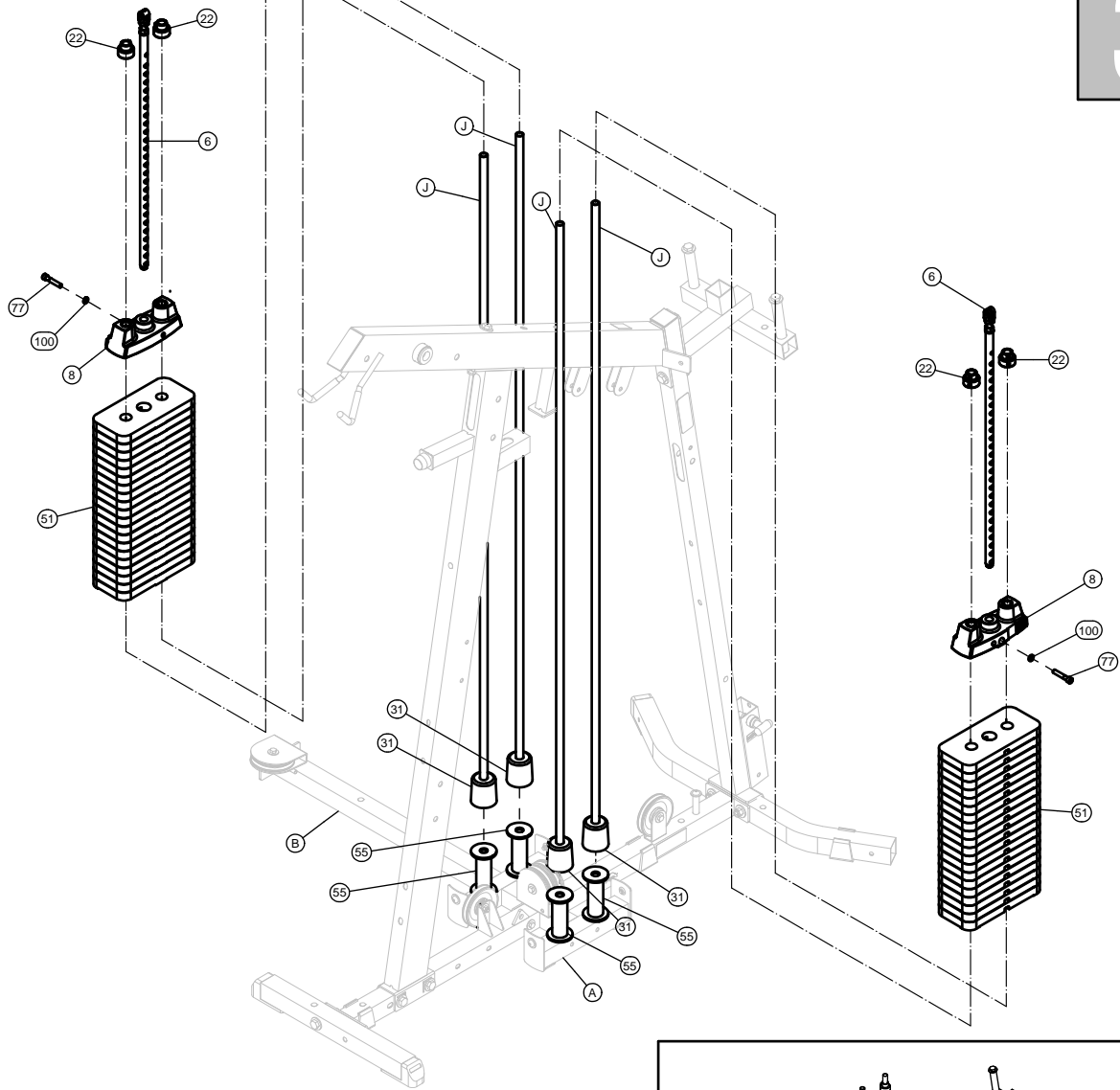
**Do not tighten the allen screw inside Shaft Collars (22), leave them loose.**

≈



**STEP**

**3**



Above shows STEP 3 assembled and completed



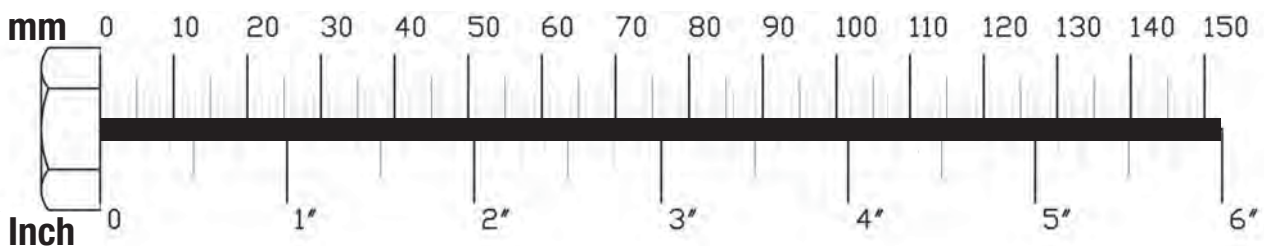
**STEP****4**

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

**NOTE:**

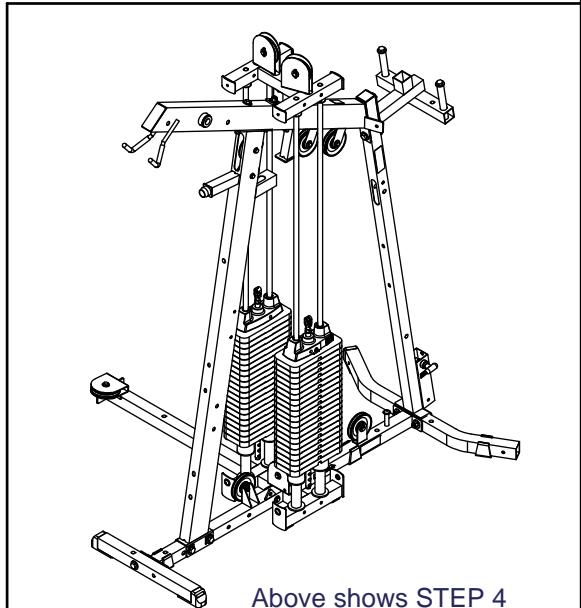
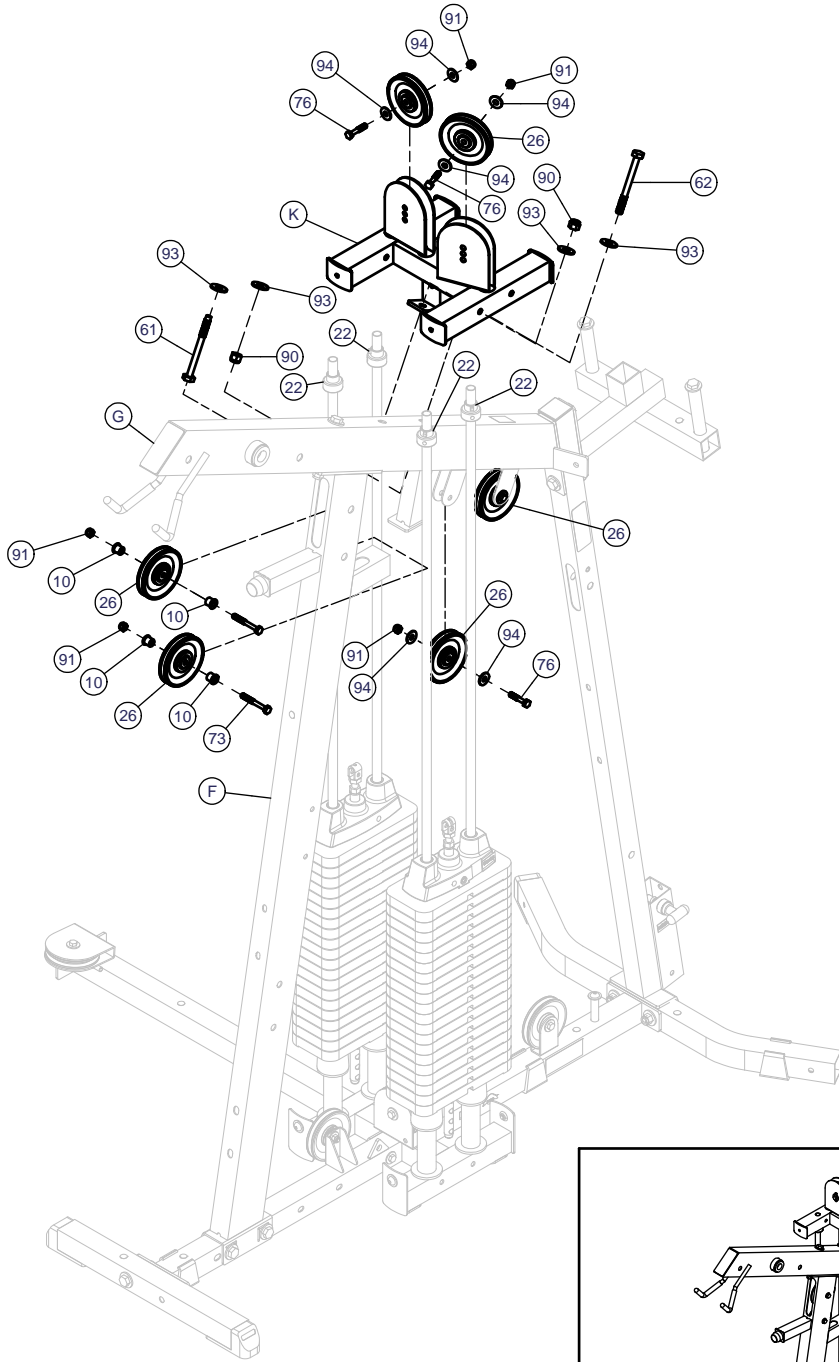
**Finger tighten all hardware in this step. Do Not wrench tighten until end of step 5.**

- A. Attach Top Pulley Frame (K) to Top Main Frame (G) and Front Vertical Frame (F) as shown using:  
**One 61 (1/2" x 5 1/4" hex head bolt)**  
**One 62 (1/2" x 5" hex head bolt)**  
**Four 93 (1/2" washer)**  
**Two 90 (1/2" nylon lock nut)**
- B. Slide the four Shaft Collars (22) to the top of the four Guide Rods (J).  
Insert the top of the Shaft Collars (22) into Top Pulley Frame (K).  
Tighten the allen screw in each Shaft Collars (22).
- C. Insert two Pulleys (26) into Front Vertical Frame (F) as shown using:  
**Four 10 (pulley spacer)**  
**Two 73 (3/8" x 2 3/4" hex head bolt)**  
**Two 91 (3/8" nylon lock nut)**
- D. Insert two Pulleys (26) into Top Pulley Frame (K) using:  
**Two 76 (3/8" x 1 3/4" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**
- E. Insert two Pulleys (26) into the pulley covers on the Top Main Frame (G) using:  
**Two 76 (3/8" x 1 3/4" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**



**STEP**

**4**



Above shows STEP 4 assembled and completed

**STEP****5**

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

**Most of the main frame parts in this step will have RED dots.**

**NOTE:**

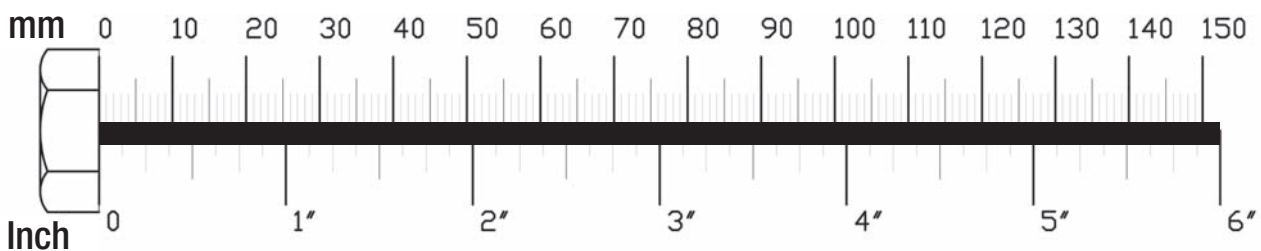
**LEG EXTENSION SEAT PAD FRAME (S) AND THE LEG EXTENSION FRAME (L) ARE PRE-ASSEMBLED AS ONE PIECE.**

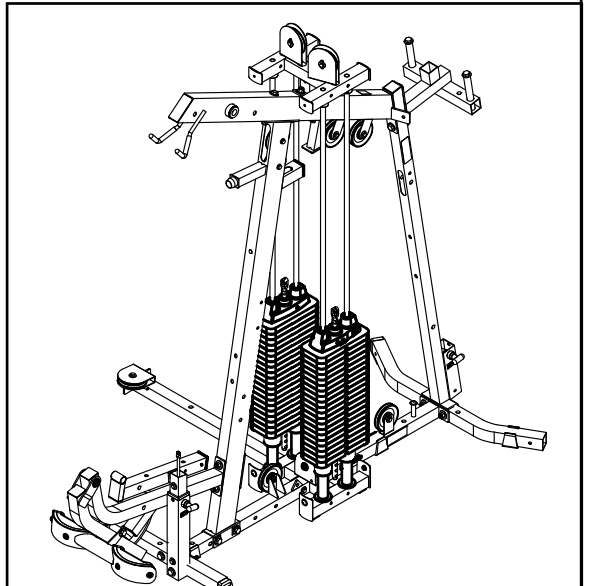
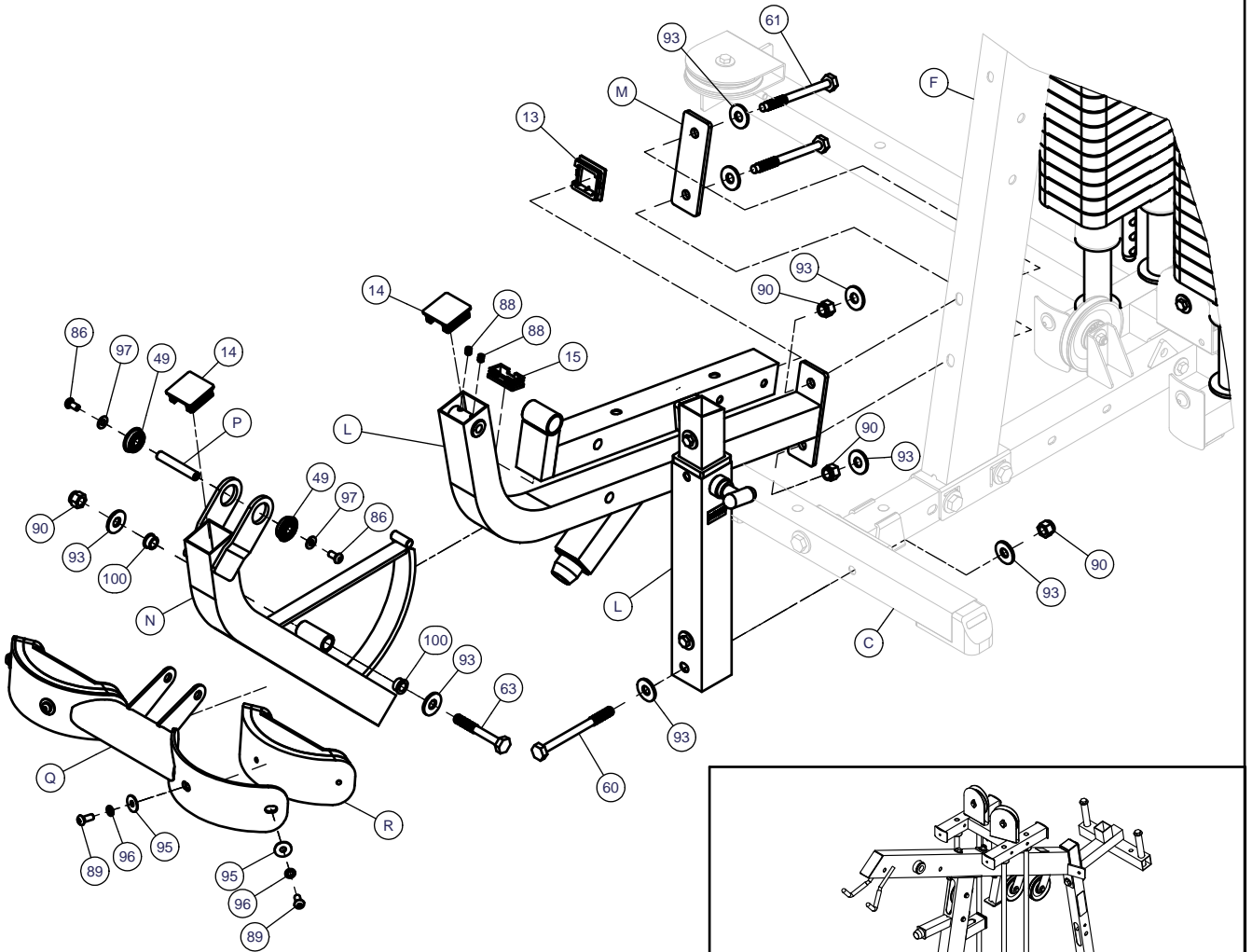
- A. Attach Leg Extension Frame (L) and 2"x 6" Plate (M) to Front Vertical Frame (F) using:  
**Two 61 (1/2"x 5 1/4" hex head bolt)**  
**Four 93 (1/2" washer)**  
**Two 90 (1/2" nylon lock nut)**
- B. Attach the bottom of Leg Extension Frame (L) to Front Base Frame (C), through the opening left from step 1 using:  
**One 60 (1/2"x 5 1/2" hex head bolt)**  
**Two 93 (1/2" washer)**  
**One 90 (1/2" nylon lock nut)**
- C. Attach Leg Extension Arm (N) to Leg Extension Frame (L) using pre-installed Shaft (P) as shown. Tighten the two Allen Screws (88) to lock down Shaft (P) in Leg Extension Frame (L). Attach three End Caps (14) to the top of Leg Extension Frame (L) and each end of the Leg Extension Arm (N).
- D. Attach Leg Extension Pad Holder (Q) to Leg Extension Arm (N) using:  
**One 63 (1/2"x 3 1/2" hex head bolt)**  
**Two 93 (1/2" washer)**  
**One 90 (1/2" nylon lock nut)**  
Bronze Bushing (100) was pre-assembled, inside Leg Extension Arm (N).
- E. Attach Leg Pads (R) to Leg Extension Pad Holder (Q) using:  
**Four 89 (5/16"x 3/4" round bolt)\***  
**Four 96 (5/16" spring lock washer)**  
**Four 95 (5/16" washer)**
- F. Attach End Cap (15) onto the front of Leg Extension Seat Pad Frame (S).

**\*Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over - tightening these bolts will cause T - nuts in pads to strip out.**

**NOTE:**

**At this point you must make sure that the gym is level, stable and in the right location. You should now wrench tighten all bolts and nuts on the mainframe unit only. Do NOT re-tighten any of the pad bolts. Also, leave all pulley bolts finger-tight until after STEP 20.**





Above shows STEP 5 assembled and completed

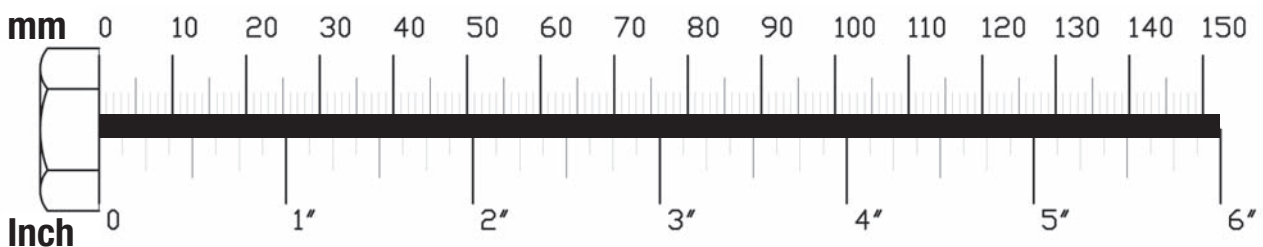
**STEP****6**

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

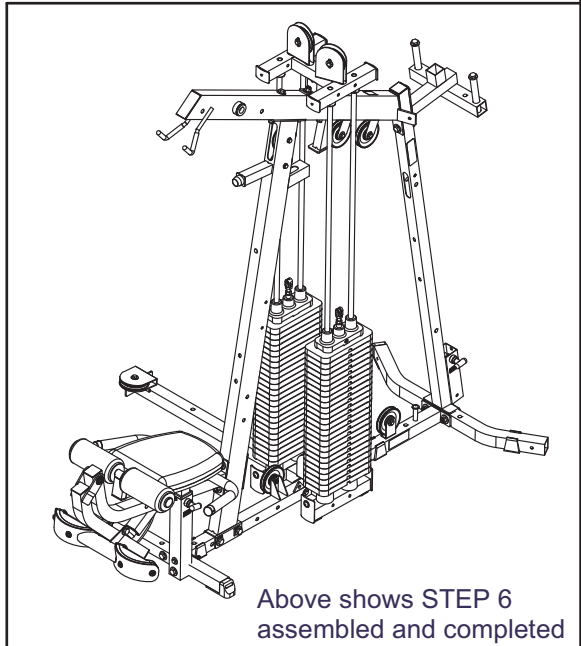
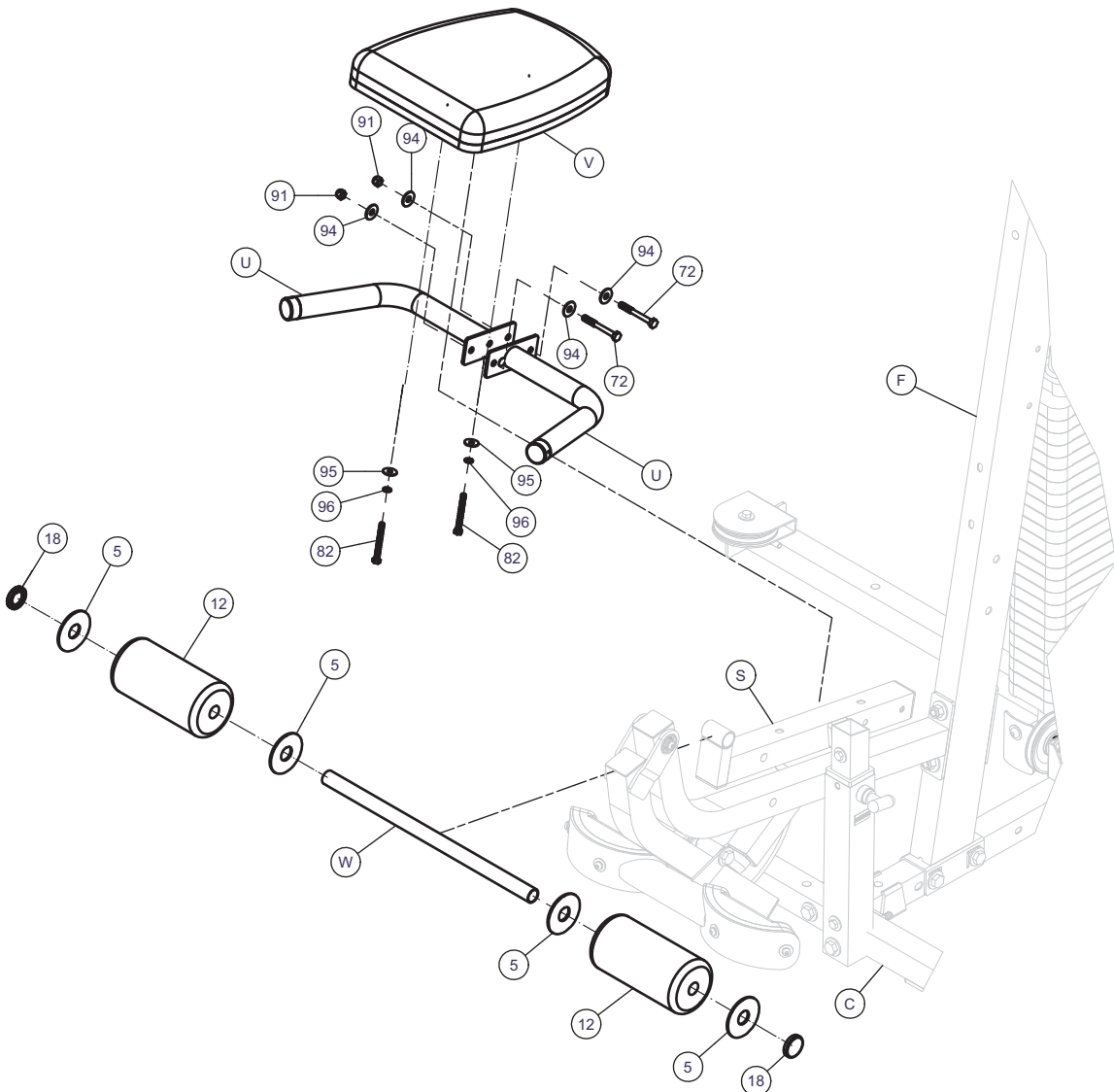
**Most of the main frame parts in this step will have RED dots.**

- A. Attach Leg Extension Handles (U) to Leg Extension Seat Pad Frame (S) using:  
**Two 72 (3/8" x 3" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**
- B. Attach Leg Extension Seat Pad (V) to Leg Extension Seat Pad Frame (S) using:  
**Two 82 (5/16" x 2 3/4" hex head bolt)\***  
**Two 96 (5/16" spring lock washer)**  
**Two 95 (5/16" washer)**  
**\*Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over-tightening these bolts will cause T-nuts in pads to strip out.**
- C. Slide 4" x 8" Foam Rollers (12) onto Foam Roller Bar (W) and attach to Leg Extension Seat Pad Frame (S). Hold Foam Rollers (12) in place with 3" Plastic Washer (5) on the inside and Plastic Roller End Cap (18) on the outside as shown.

**Note:**  
**You should now wrench tighten all bolts and nuts in this step.**  
**Do NOT re-tighten any of the pad bolts or pulley bolts.**







Above shows STEP 6 assembled and completed

**STEP****7**

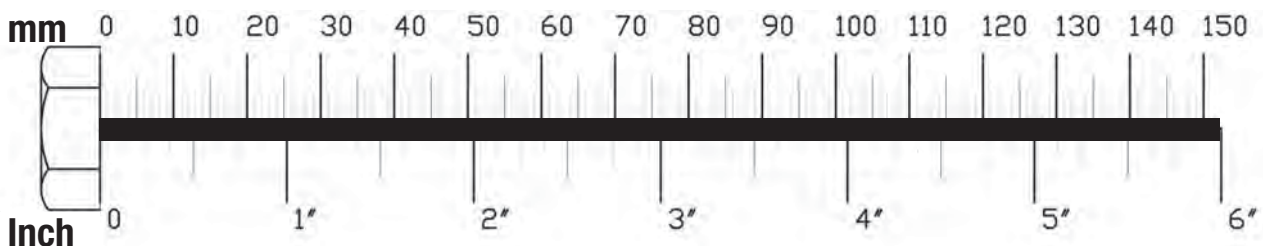
**Be careful to assemble all components in the sequence they are presented.**

**Most of the main frame parts in this step will have RED dots.**

- A. Attach two Leg Hold Downs (X) to the Front Vertical Frame (F) using:  
**Two 64 (1/2" x 3 1/4" hex head bolt)**  
**Four 93 (1/2" washer)**  
**Two 90 (1/2" nylon lock nut)**  
Slide two 4" x 8" Foam Rollers (12) onto the two Leg Hold Downs (X) and hold in place with two Plastic Roller End Caps (18).
- B. Insert two Plastic Bushings (21) into the Back Pad Holder (Y). Connect Back pad Holder (Y) to the Front Vertical Frame (F) using:  
**Two 73 (3/8" x 2 3/4" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**
- C. Slide Back Pad Adjuster (Z) into the Back Pad Holder (Y) and hold in place with Ball Head Pop Pin (56) and Adjustment Bolt (112). Look inside Back Pad Adjuster (Z) and adjust the Adjustment Bolt (112) with Lock Nut (113) so that it will stop Back Pad Adjuster (Z) from sliding out, but will not interfere with Back Pad Insert (ZB) in the next step.
- D. Attach Upper Back Pad (ZA) to Back Pad Insert (ZB) using:  
**Four 83 (5/16" x 1" hex head bolt)\***  
**Four 96 (5/16" spring lock washer)**  
**Four 95 (5/16" washer)**  
**\*Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over - tightening these bolts will cause T - nuts in pads to strip out.**  
Slide Back Pad Insert (ZB) into Back Pad Adjuster (Z) and hold in place with Ball Head Pop Pin (56) and Adjustment Bolt (112).
- E. Attach Lower Back Pad (ZC) to Front Vertical Frame (F) using:  
**Two 80 (5/16" x 5" hex head bolt)\***  
**Two 96 (5/16" spring lock washer)**  
**Two 95 (5/16" washer)**  
**\*Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over - tightening these bolts will cause T - nuts in pads to strip out.**

**Note:**

**You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.**





**STEP****8**

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

**Most of the main frame parts in this step will have RED dots.**

**NOTE:**

**You will need to loosen two Allen Screws (88) inside Seated Press Arm Support (AA), in order to remove shaft (AB).**

- A. Attach Seated Press Arm Support (AA) to Top Main Frame (G) with Shaft (AB). Tighten Allen Screw (88) in Seated Press Arm Support (AA).
- B. Attach two Pulleys (26) to Seated Press Arm Support (AA) using:  
**Two 76 (3/8" x 1 3/4" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**

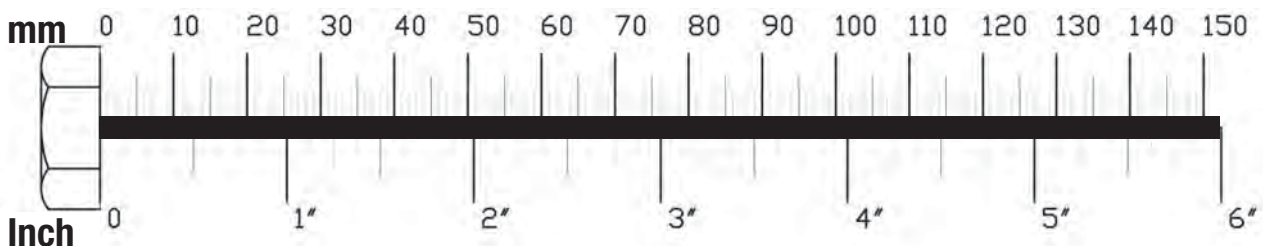
**NOTE:**

**You will need to loosen two Allen Screws (88), inside Seated Press Arm (AC), in order to remove shaft (AD).**

- C. Attach Seated Press Arm (AC) to Seated Press Arm Support (AA) with Shaft (AD). Tighten two Allen Screws (88) in Seated Press Arm Support (AA) and in Seated Press Arm (AC).
- D. Attach two End Caps (14) to the top of Seated Press Arm Support (AA). Attach two End Caps (15) to the top of Seated Press Arm (AC).
- E. Attach Small Shroud (AE) to Seated Press Arm Support (AA) using:  
**Four 86 (5/16" x 9/16" round allen head)**  
**Four 97 (5/16" washer)**

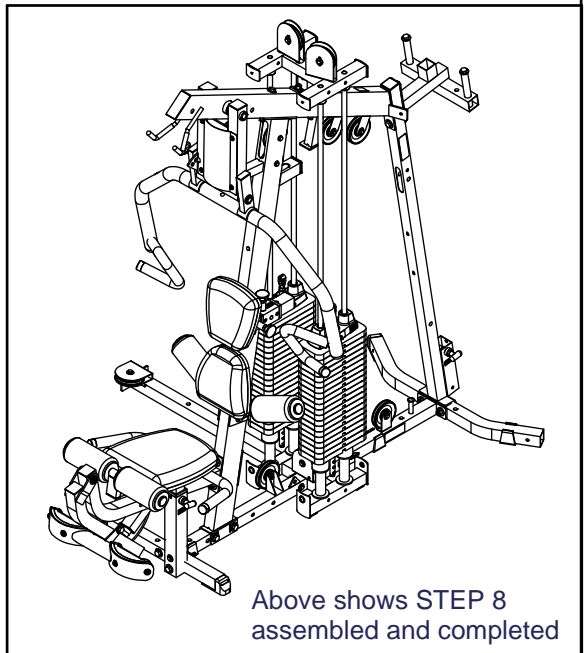
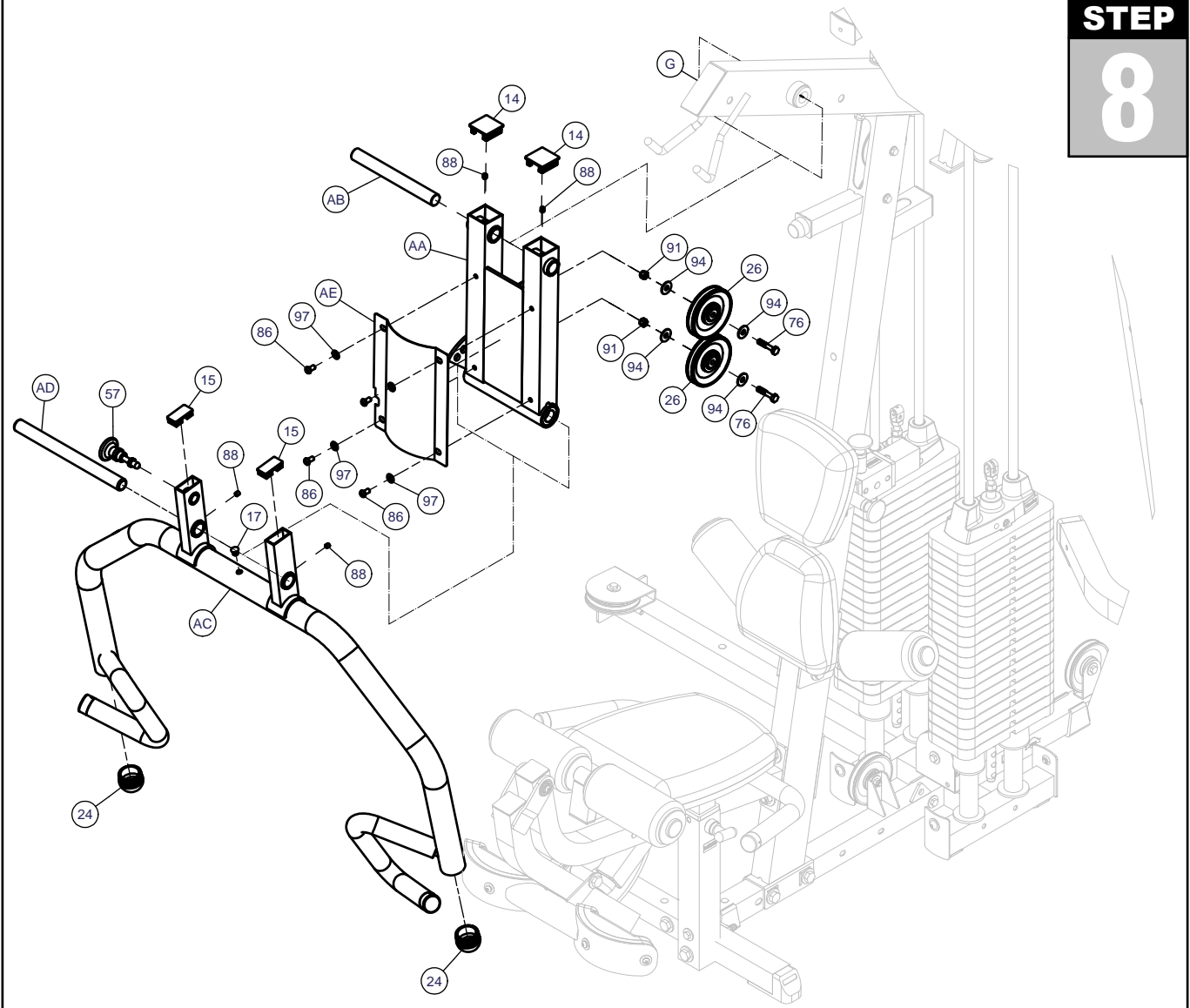
**Note:**

**You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.**



**STEP**

**8**



Above shows STEP 8 assembled and completed

**STEP****9**

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

**Most of the main frame parts in this step will have YELLOW dots.**

- A. Attach three End Caps (13) to the front and sides of Pec Dec Frame (H), and attach Square Rubber Cap (32) to the top of the Pec Dec Frame (H).
- B. Slide Oilite Washer (9), Left Pec Dec Arm (AK) and then the Left Pec Dec Cam (AL) onto the left side of the Pec Dec Frame (H) as shown, Attach using:  
**One 59 (1/2" x 1" hex head bolt)**  
**One 93 (1/2" washer)**
- C. Slide Round End Cap (29) into Left Pec Dec Handle (AM) and attach to the Left Pec Dec Arm (AK) using:  
**One 85 (5/16" x 3/4" flat allen head)**  
**One 96 (5/16" spring lock washer)**

**Note:**

**Left Pec Dec Handle (AM) should bend out, away from the gym, as shown.**

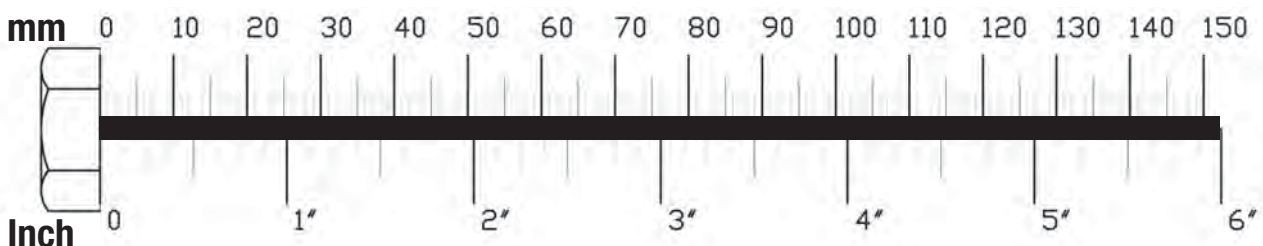
- D. Slide Oilite Washer (9), Right Pec Dec Arm (AP) and then the Right Pec Dec Cam (AQ) onto the Right side of the Pec Dec Frame (H) as shown, attach using:  
**One 59 (1/2" x 1" hex head bolt)**  
**One 93 (1/2" washer)**
- E. Slide Round End Cap (29) into Right Pec Dec Handle (AR) and attach to the Right Pec Dec Arm (AP) using:  
**One 85 (5/16" x 3/4" flat allen head)**  
**One 96 (5/16" spring lock washer)**

**Note:**

**Right Pec Dec Handle (AR) should bend out, away from the gym, as shown.**

- F. Attach two Chrome Collars (106) to the top of Left Pec Dec Handle (AM) and Right Pec Dec Handle (AR) using:  
**Two 88 (5/16" allen screw) preinstalled**

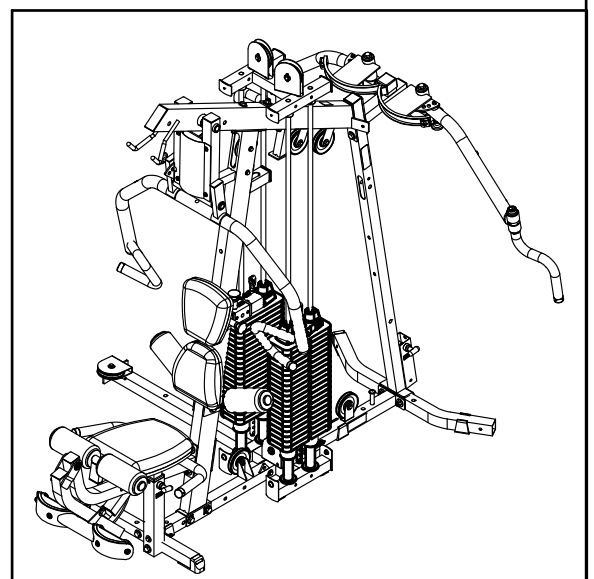
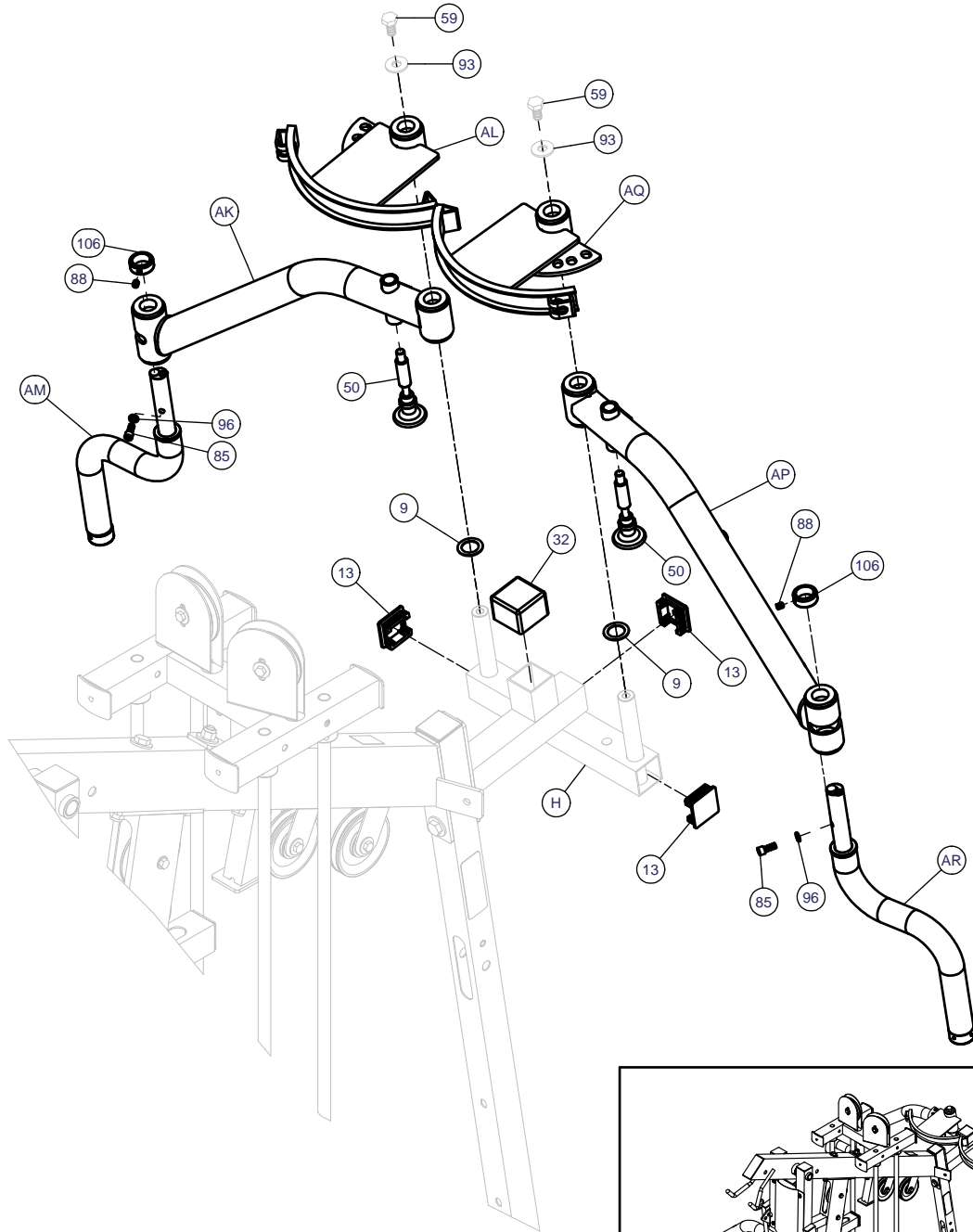
**You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.**





**STEP**

**9**



Above shows STEP 9 assembled and completed

**STEP****10**

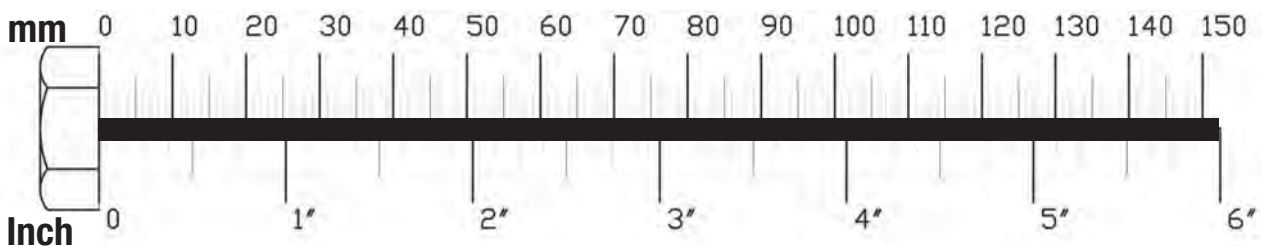
**Be careful to assemble all components in the sequence they are presented.**

**Most of the main frame parts in this step will have YELLOW dots.**

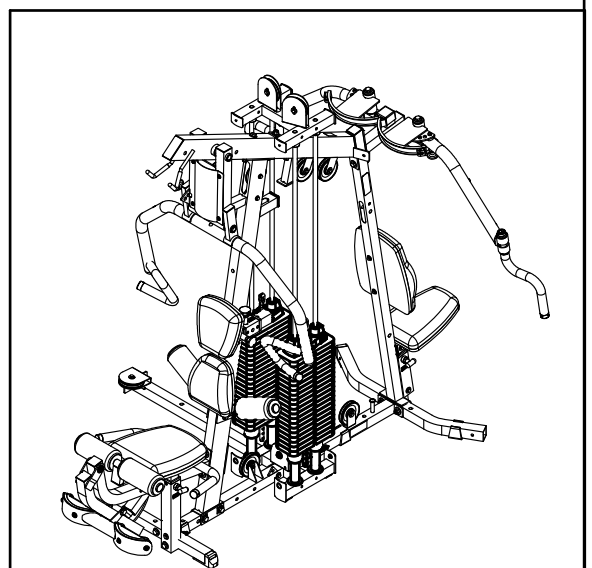
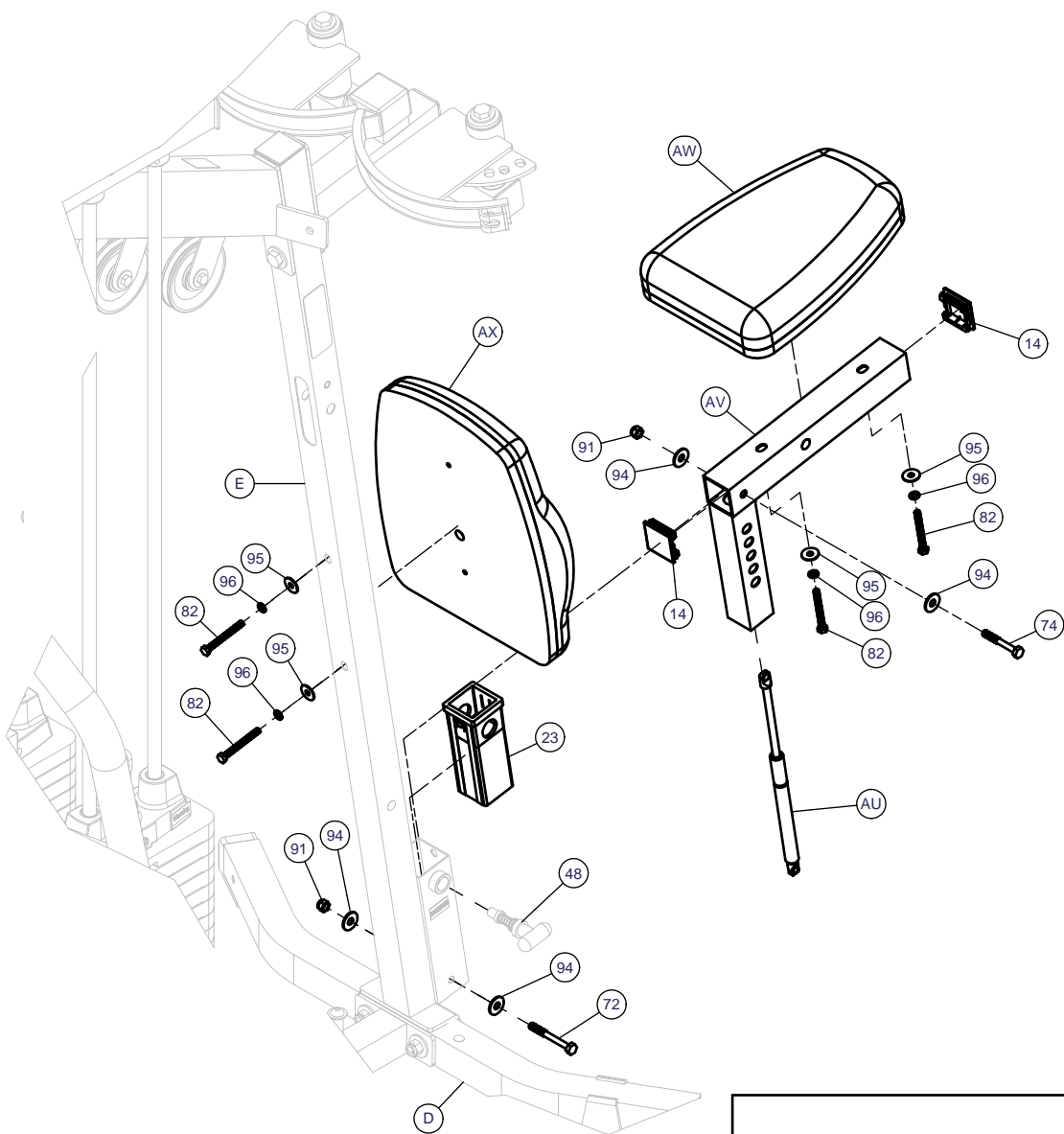
- A. Slide Plastic Bushing (23) into the receptacle at the bottom of the Rear Vertical Frame (E) as shown. Attach Hydraulic Seat Adjuster (AU) to the inside of the receptacle at the bottom of the Rear Vertical Frame (E) using:  
**One 72 (3/8" x 3" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**
- B. Attach two End Caps (13) to the front and back of Seat Pad Frame (AV). Slide Seat Pad Frame (AV) into receptacle at the bottom of Rear Vertical Frame (E), and attach to the top of Hydraulic Seat Adjuster (AU) using:  
**One 74 (3/8" x 2 1/2" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**  
Insert Pop Pin (48) into the threaded opening in the receptacle at the bottom of the Rear Vertical Frame (E).
- C. Attach Seat Pad (AW) to Seat Pad Frame (AV) using:  
**Two 82 (5/16" x 2 3/4" hex head bolt)\***  
**Two 96 (5/16" spring lock washer)**  
**Two 95 (5/16" washer)**  
**\*Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over-tightening these bolts will cause T-nuts in pads to strip out.**
- D. Attach Back Pad (AX) to Rear Vertical Frame (E) using:  
**Two 82 (5/16" x 2 3/4" hex head bolt)\***  
**Two 96 (5/16" spring lock washer)**  
**Two 95 (5/16" washer)**  
**\*Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. Over-tightening these bolts will cause T-nuts in pads to strip out.**

**Note:**

You should now wrench tighten all bolts and nuts in this step.  
Do NOT re-tighten any of the pad bolts or pulley bolts.



**STEP**  
**10**



Above shows STEP 10  
assembled and completed

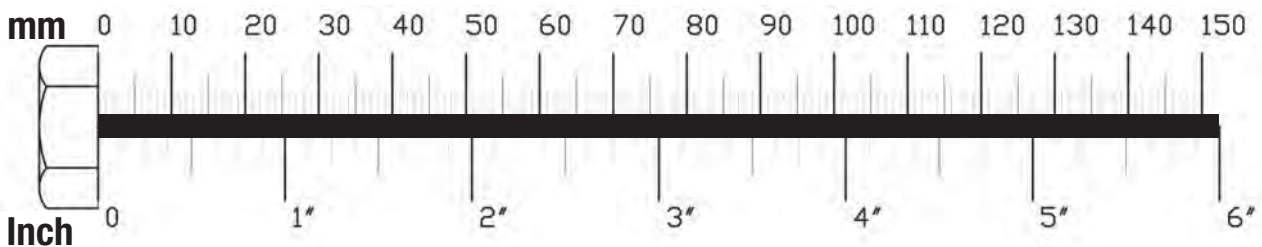
**STEP****11**

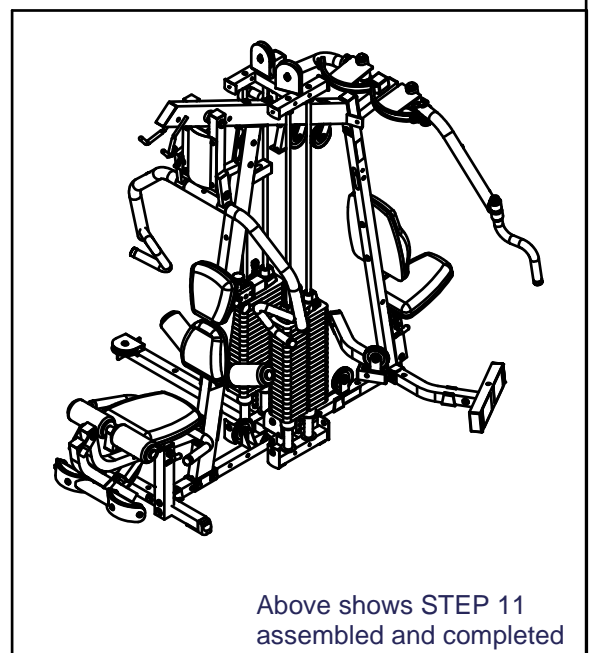
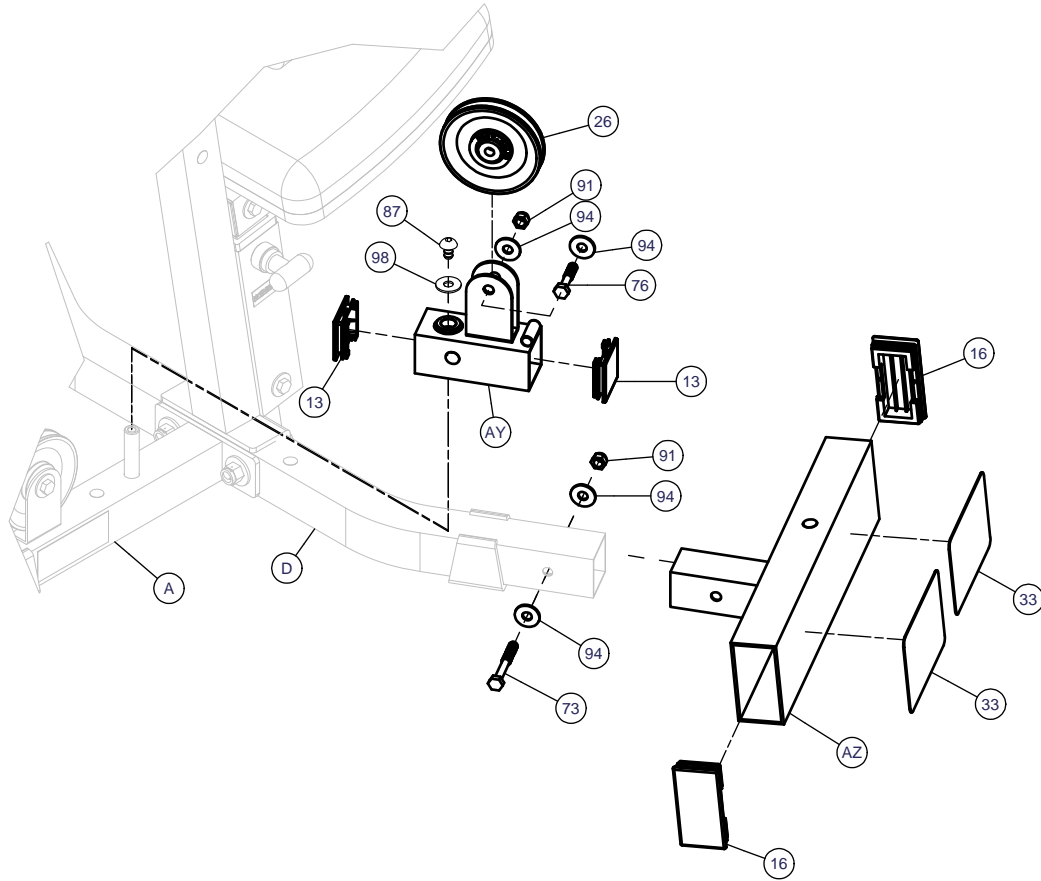
**Be careful to assemble all components in the sequence they are presented.**

- A. Attach two End Caps (13) to the ends of the Low Pulley Frame (AY). Connect Low Pulley Frame (AY) to the Main Base Frame (A) using:  
**One 98 (3/8" washer)**  
**One 87 (3/8" x 5/8" round allen head)**
- B. Attach Foot Brace (AZ) to the open side of Rear Base Frame (D) using:  
**One 73 (3/8"x 2 3/4" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**
- C. Attach two End Caps (16) and Grip Tape (33) to Foot Brace (AZ) as shown.
- D. Attach Pulley (26) to Low Pulley Frame (AY) using:  
**One 76 (3/8"x 1 3/4" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**

**Note:**

**You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.**





Above shows STEP 11 assembled and completed

**STEP****12**

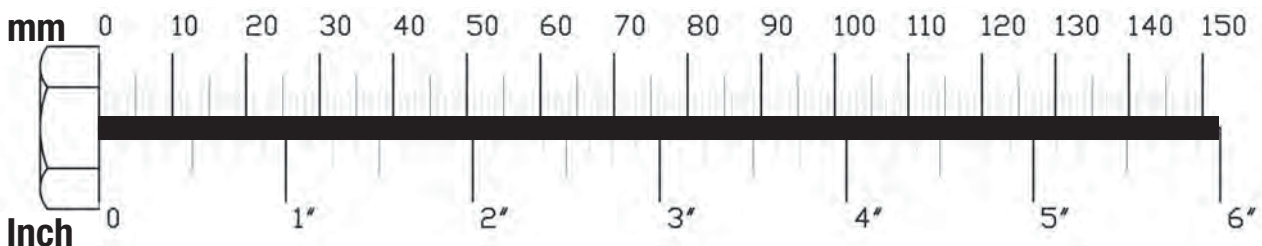
**Be careful to assemble all components in the sequence they are presented.**

**Most of the main frame parts in this step will have BLUE dots.**

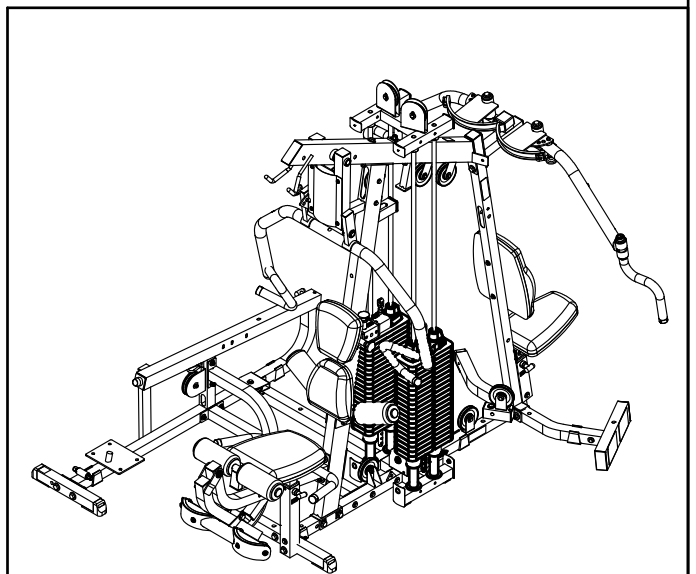
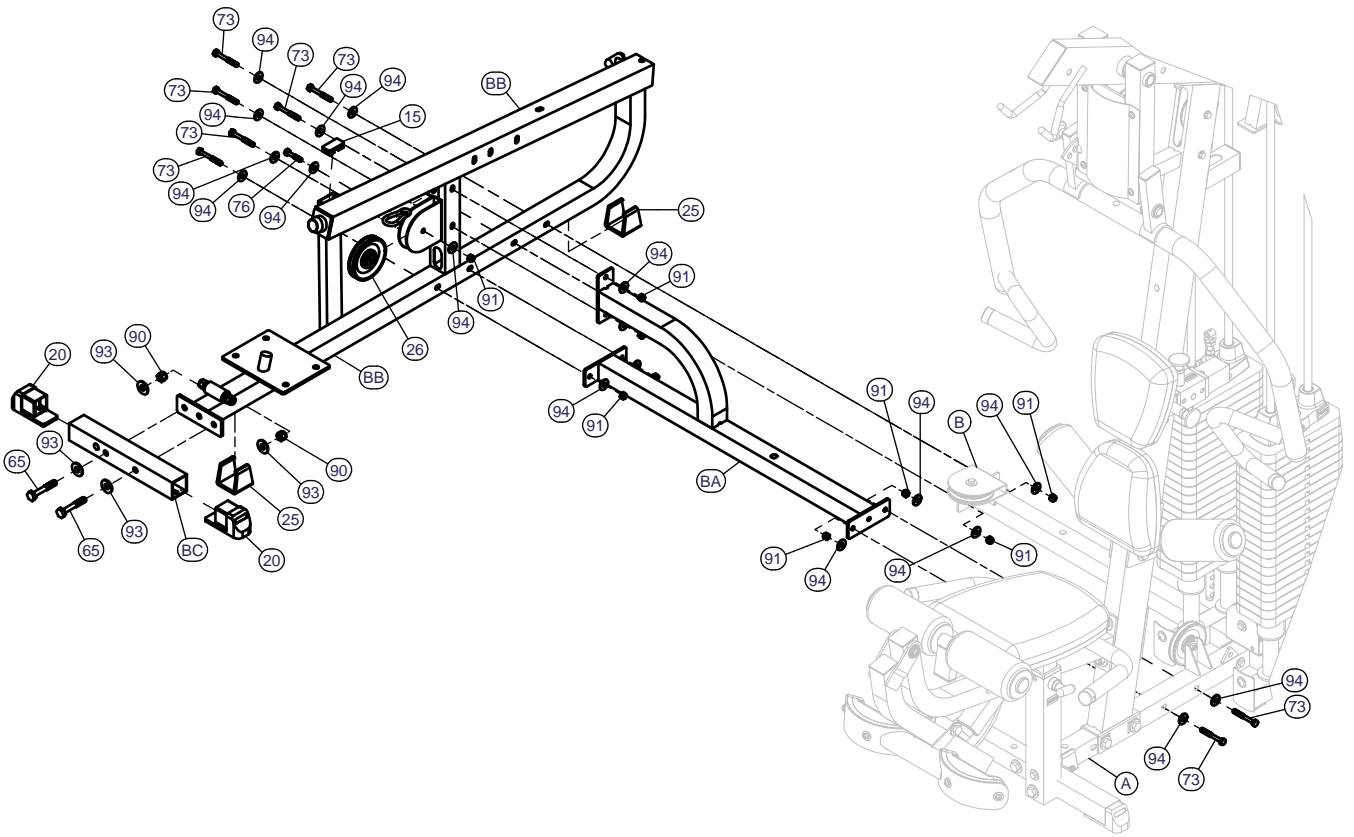
- A. Attach Leg Press Support (BA) to Main Base Frame (A) using:  
**Two 73 (3/8" x 2 3/4" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**
- B. Attach Leg Press Main Frame (BB) to Leg Press Support (BA) using:  
**Four 73 (3/8" x 2 3/4" hex head bolt)**  
**Eight 94 (3/8" washer)**  
**Four 91 (3/8" nylon lock nut)**
- C. Attach Leg Press Main Frame (BB) to Side Base Frame (B) using:  
**Two 73 (3/8" x 2 3/4" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**
- D. Attach End Cap (15) to the top of Leg Press Main Frame (BB).  
Attach two Frame Levelers (25) to the bottom of Leg Press Main Frame (BB).  
Attach Pulley (26) to Leg Press Main Frame (BB) using:  
**One 76 (3/8" x 1 3/4" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**
- E. Attach two Foot Caps (20) to each end of the Leg Press Front (BC).  
Attach Leg Press Front (BC) to the front of Leg Press Main Frame (BB) using:  
**Two 65 (1/2" x 3" hex head bolt)**  
**Four 93 (1/2" washer)**  
**Two 90 (1/2" nylon lock nut)**

**Note:**

**You should now wrench tighten all bolts and nuts in this step.  
Do NOT re-tighten any of the pad bolts or pulley bolts.**



**STEP**  
**12**



Above shows STEP 12  
assembled and completed

**STEP****13**

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

**Most of the main frame parts in this step will have BLUE dots.**

- A. Slide two Pillow Block Bearings (45) onto lower shaft on Main Leg Press Pivot (BD) and leave allen screws loose.

**NOTE:**

**Allen screws should both be on the inside.**

- B. Attach two Pillow Block Bearings (45) to the plate at the front of Leg Press Frame (BB) using:

**Four 66 (1/2"x 1 3/4" hex head bolt)**

**Eight 93 (1/2" Washer)**

**Four 90 (1/2" nylon lock nut)**

- C. Attach Front Leg Press Pivot (BE) and Shaft (BF) to Leg Press Frame (BB) as shown using:

**Two 41 (leg press oilite bushing)**

**Two 90 (1/2" nylon lock nut)**

- D. Attach Foot Plate T-frame (BG) and Shaft (BF) to Front Leg Press Pivot (BE) as shown using:

**Two 41 (leg press oilite bushing)**

**Two 90 (1/2" nylon lock nut)**

- E. Attach Foot Plate T-frame (BG) and Shaft (BF) to Main Leg Press Pivot (BD) as shown using:

**Two 41 (leg press oilite bushing)**

**Two 90 (1/2" nylon lock nut)**

- F. Attach Foot Plate (BR) to Foot Plate T-frame (BG) using:

**Two 64 (1/2"x 3 1/4" hex head bolt)**

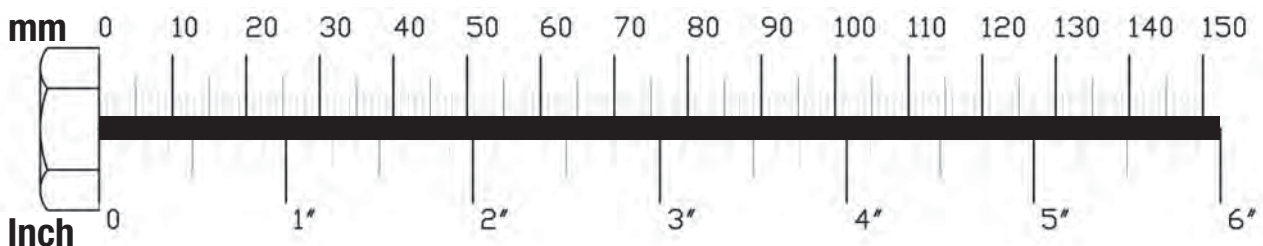
**Four 93 (1/2" washer)**

**Two 90 (1/2" nylon lock nut)**

Attach three End Caps (14) to each side of Foot Plate (BR) and front of Foot Plate T-frame (BG).

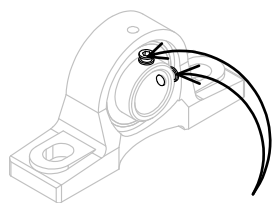
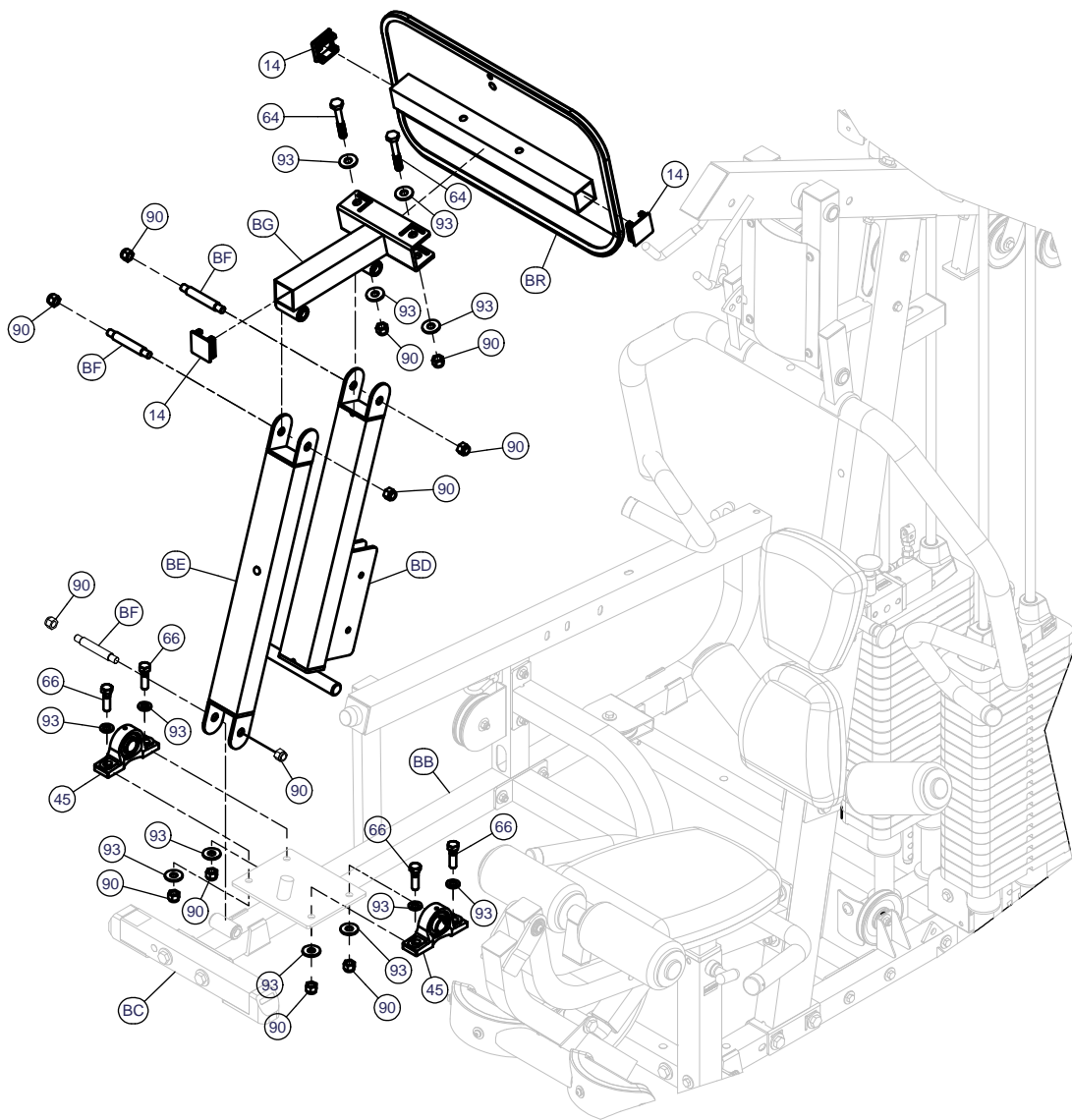
**Note:**

**You should now wrench tighten all bolts and nuts in this step. Do NOT re-tighten any of the pad bolts or pulley bolts.**





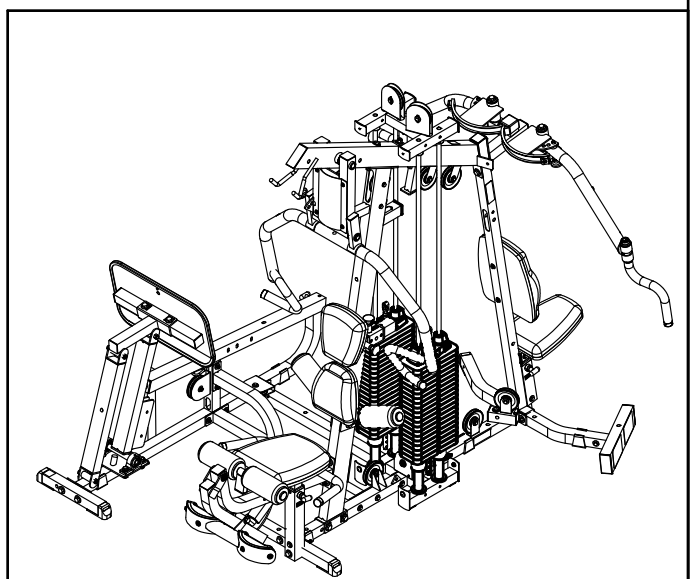
**STEP**  
**13**



There are two small allen set screws in each Pillow Block Bearing(45).

For best alignment of this system you should loosen all allen set screws before instilling the Pillow Block Bearings(45)

The last end final step of the assembly process is to wrench tighten all of these allen set screw in all the Pillow Block Bearings(45)



Above shows STEP 13 assembled and completed

**STEP****14**

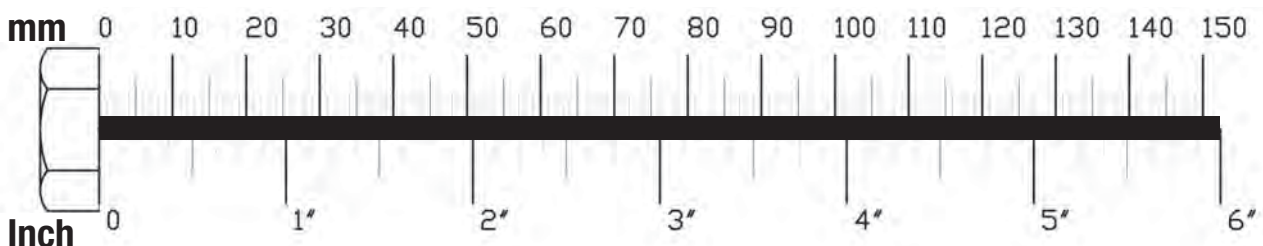
**Be careful to assemble all components in the sequence they are presented.**

**Most of the main frame parts in this step will have BLUE dots.**

- A. Slide Round End Cap (29) onto Leg Press Handles (BH).  
Attach Leg Press Handles (BH) onto Leg Press Frame (BB) using:  
**Two 71 (3/8" x 3 1/4" hex head bolt)**  
**Four 94 (3/8" washer)**  
**Two 91 (3/8" nylon lock nut)**
- B. Attach two Seat Pad Flange (BL) to Leg Press Frame (BB) using:  
**One 70 (3/8" x 3 1/2" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**
- C. Attach Leg Press Seat Pad (BM) to the two Seat Pad Flange (BL) using:  
**Two 83 (5/16" x 1" hex head bolt)\***  
**Two 96 (5/16" spring lock washer)**  
**Two 95 (5/16" washer)**  
**\*Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat.**  
**Over - tightening these bolts will cause T - nuts in pads to strip out.**
- D. Attach Leg Press Seat Pad (BM) to Leg Press Frame (BB) using:  
**One 81 (5/16" x 3 1/4" hex head bolt)\***  
**One 96 (5/16" spring lock washer)**  
**One 95 (5/16" washer)**  
**\*Do NOT over-tighten this bolt. Tighten this bolt until spring lock washer is flat.**  
**Over - tightening this bolt will cause T - nut in pad to strip out.**
- E. Slide Plastic Bushing (23) into Leg Press Frame (BB).  
Slide Leg Press Back Pad Frame (BP) into Plastic Bushing (23) and hold in place with T-Shaped Pop Pin (48).  
Attach End Cap (14) to the bottom of Leg Press Back Pad Frame (BP).
- F. Attach Leg Press Back Pad (BQ) to Leg Press Back Pad Frame (BP) using:  
**Four 83 (5/16" x 1" hex head bolt)\***  
**Four 96 (5/16" spring lock washer)**  
**Four 95 (5/16" washer)**  
**\*Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat.**  
**Over - tightening these bolts will cause T - nuts in pads to strip out.**

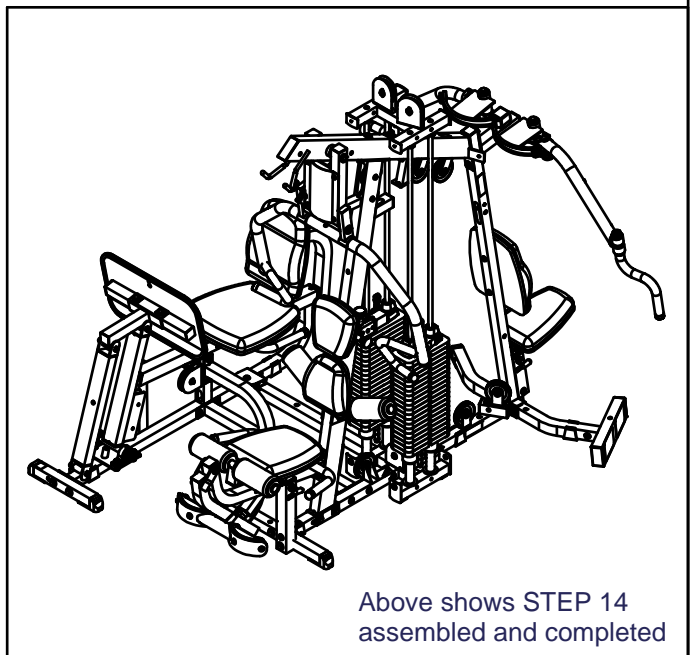
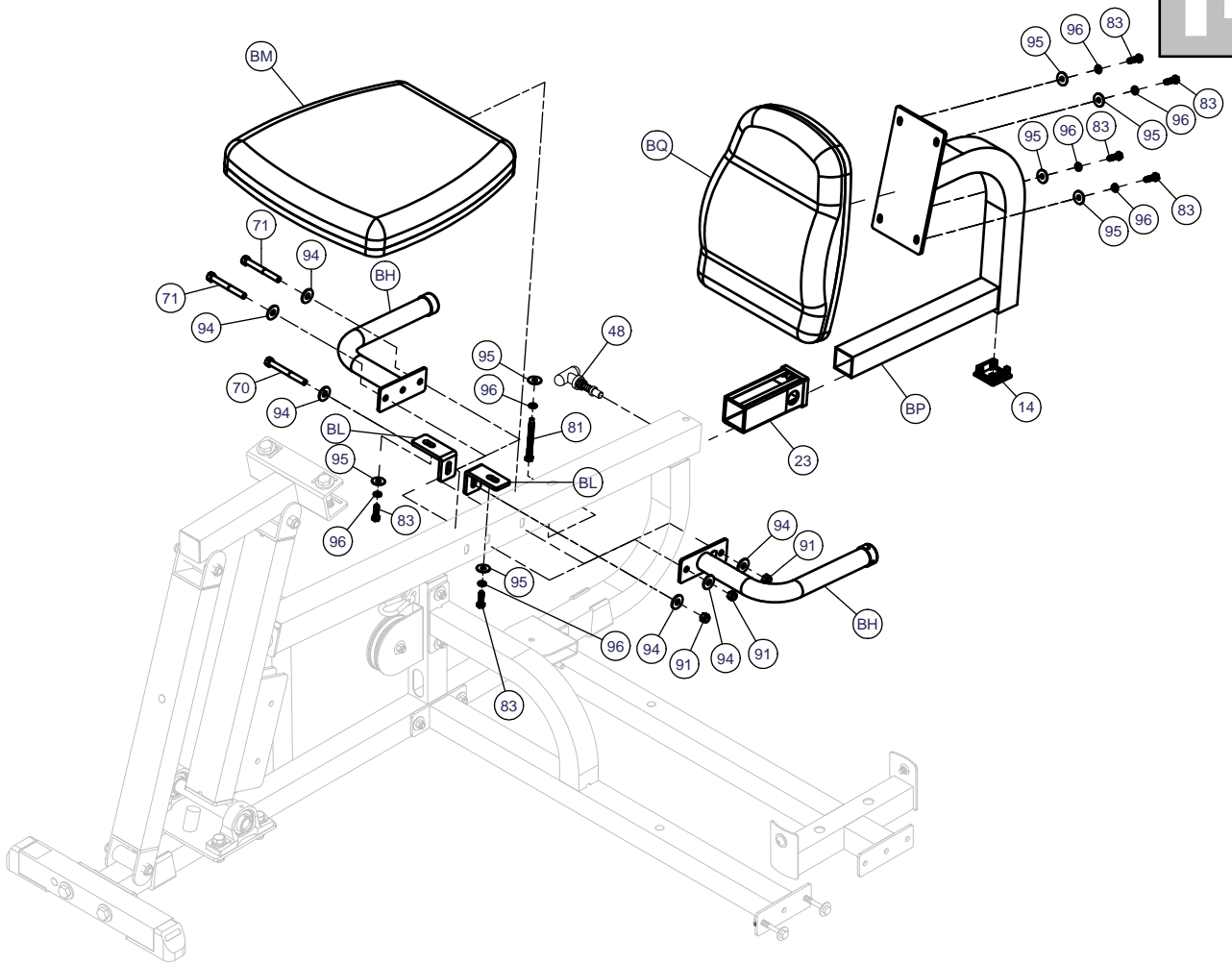
**Note:**

You should now **wrench tighten** all bolts and nuts in this step.  
Do NOT re-tighten any of the pad bolts or pulley bolts.



**STEP**

**14**



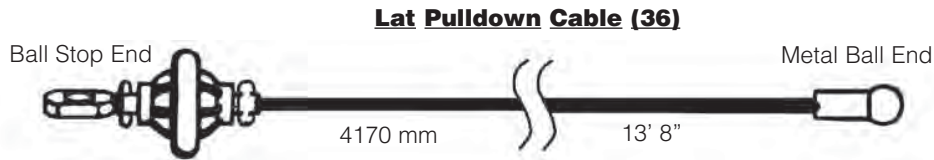
Above shows STEP 14 assembled and completed

**STEP****15**

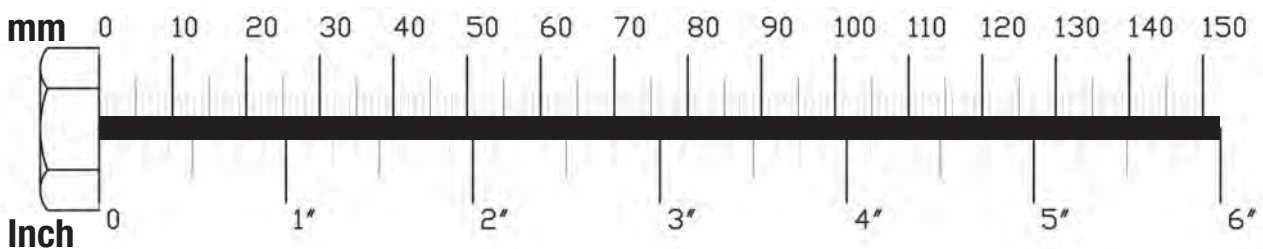
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.**

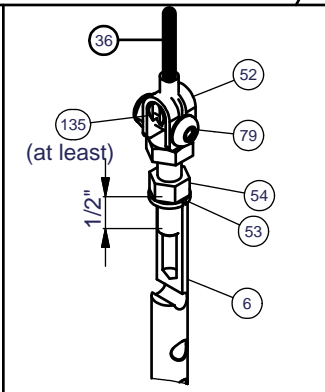
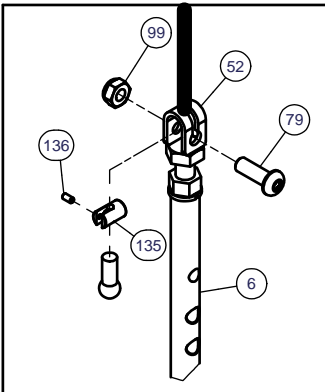
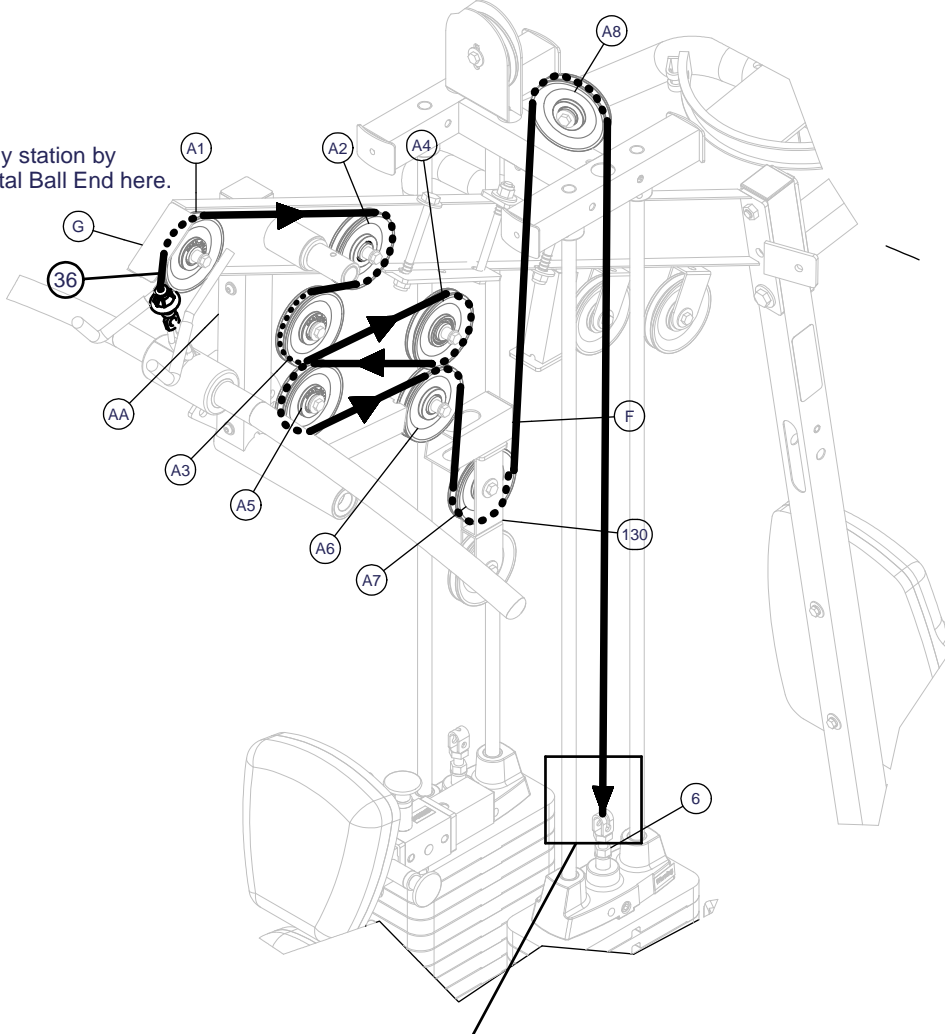


- A. Start at the front of the gym. Insert metal ball end of the Lat Pulldown Cable (36) into Top Main Frame (G), through the frame and out through the second opening. Pull entire length of Cable (36) all the way through. Install Pulley (A1) into the first opening, and Pulley (A2) into the second opening. Be sure that Cable (36) rides on top of these pulleys. Install each pulley using:  
**One 73 (3/8" x 2 3/4" hex head bolt)**  
**Two 10 (pulley spacer)**  
**One 91 (3/8" nylon lock nut)**
- B. Remove Pulley (A3), route Cable (36) inside pulley housing as shown, and re-install Pulley (A3).
- C. Remove Pulley (A4), route Cable (36) around Pulley (A4) as shown, and re-install Pulley (A4).
- D. Remove Pulley (A5), route Cable (36) inside pulley housing as shown, and reinstall Pulley (A5).
- E. Route Cable (36) over Pulley (A6). Route Cable (36) down through opening in the small arm sticking out of the Front Vertical Frame (F). Pull entire length of Cable (36) through.
- F. Route Cable (36) through the Double Pulley Holder (130) as shown and install Pulley (A7) using:  
**One 76 (3/8" x 1 3/4" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**
- G. Route Cable (36) up and over Pulley (A8)\* and then down toward weight stack.
- \*Note:**  
**Leave the bolt going through Pulley (A8) hand tight until the end of Cable Adjustments in Step 21.**
- H. Remove Bolt (56) from Selector Rod Top Bolt (52), slide Cable (36) through Selector Rod Top Bolt (52). Attach Cable End Shaft (135) and tighten Allen Screw (136). Pull Cable (36) tight, so Cable End Shaft (135) fits inside Selector Rod Top Bolt (52). Reinstall Bolt (56) in Selector Rod Top Bolt (52).



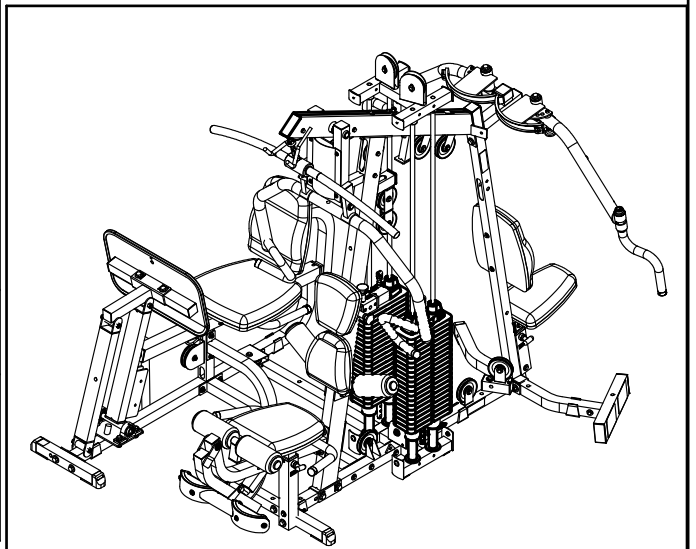
**STEP**  
**15**

Start at high pulley station by inserting the Metal Ball End here.



**! WARNING !**

Selectoe Eod Top Bolt(52) must be threaded a minumum of 1/2" into the Selector Rod (6),and Jam Nut (54) tightened securely against spring lock washer (53) to ensure proper connection.Check the Jam Nut (54) once a week to make sure it is tight.



Above shows STEP 15 assembled and completed

**STEP****16**

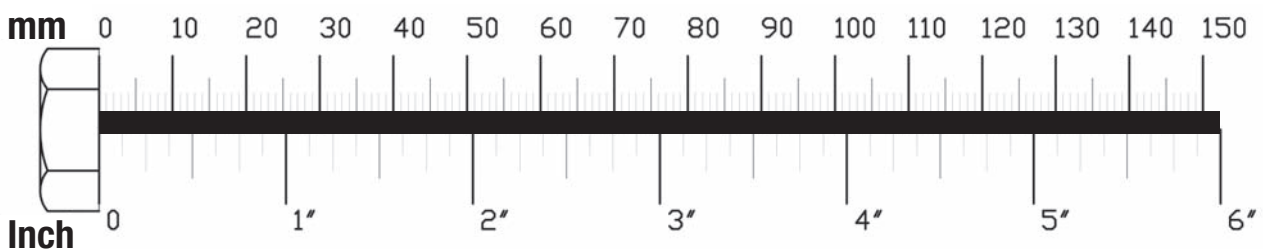
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

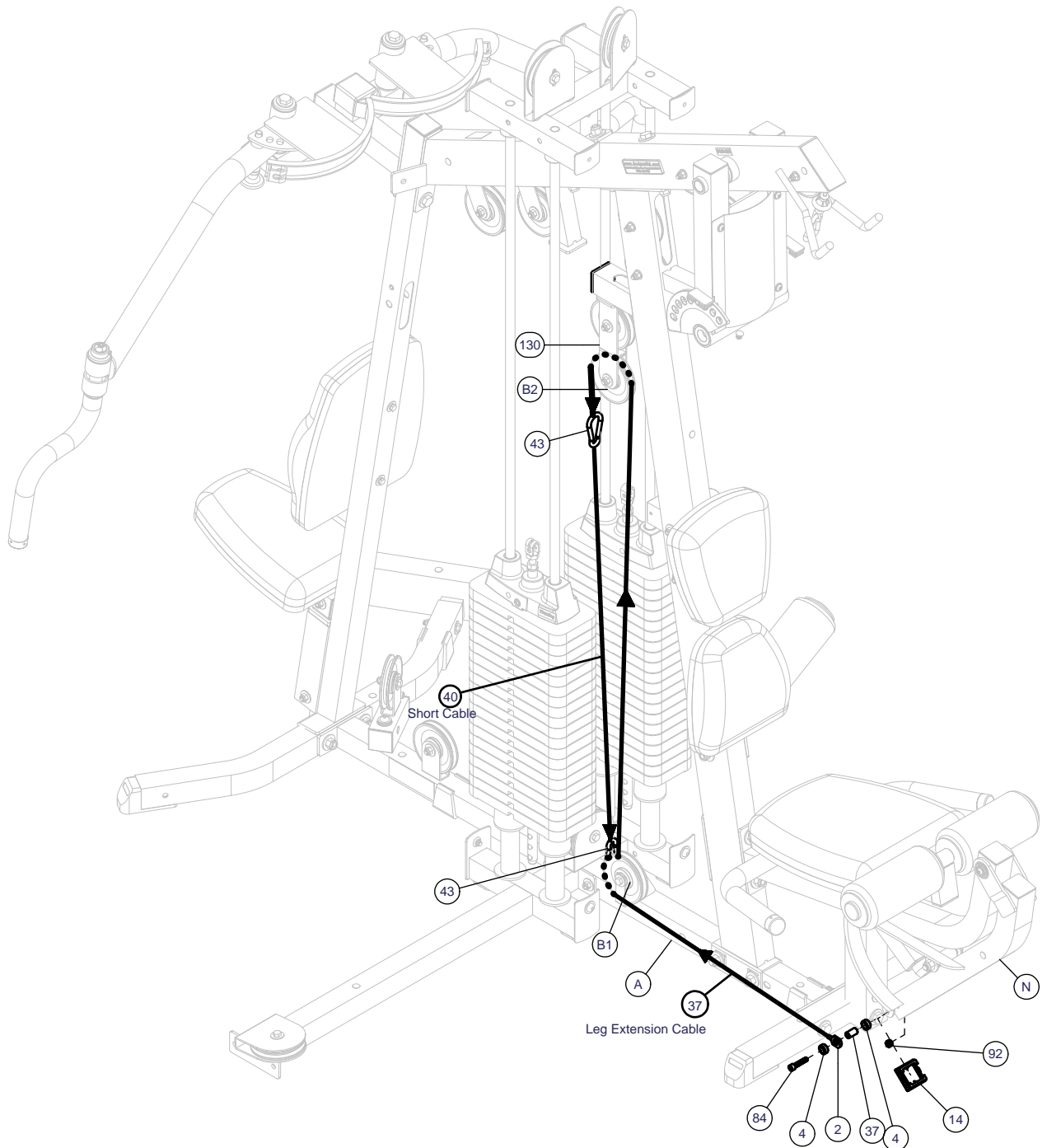
**All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.**

**Leg Extension Cable (37)****Short Cable (40)**

- A. Attach either stamped eye end of Leg Extension Cable (37) to Leg Extension Arm (N) using:
  - One 84 (5/16" x 1 1/2" flat allen head)**
  - Two 4 (3/4" steel bushing)**
  - One 2 (1/2" steel sleeve)**
  - One 92 (5/16" nylon lock nut)**
- B. Route Cable (37) under Pulley (B1) and up toward Double Pulley Holder (52).
- C. Route Cable (37) Inside the bottom portion of Double Pulley Holder (130) as shown, and install Pulley (B2) using:
  - One 76 (3/8" x 1 3/4" hex head bolt)**
  - Two 94 (3/8" washer)**
  - One 91 (3/8" nylon lock nut)**
- D. Attach stamped eye end of Short Cable (40) to Cable (37) using a Snap Link (43). Attach the chain end of Cable (40) to the Main Base Frame (A) using another Snap Link (43).



**STEP**  
**16**



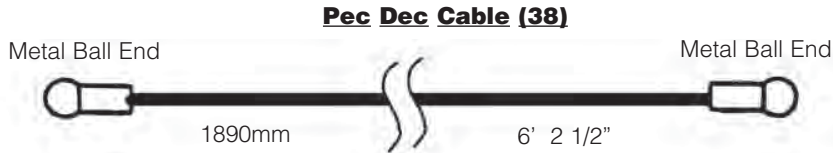


**STEP****17**

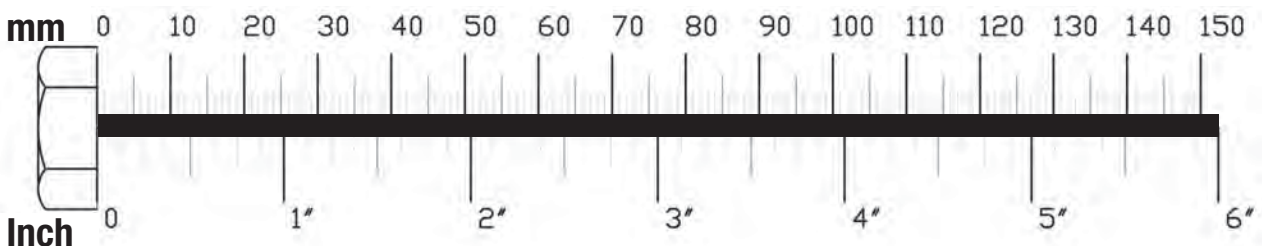
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

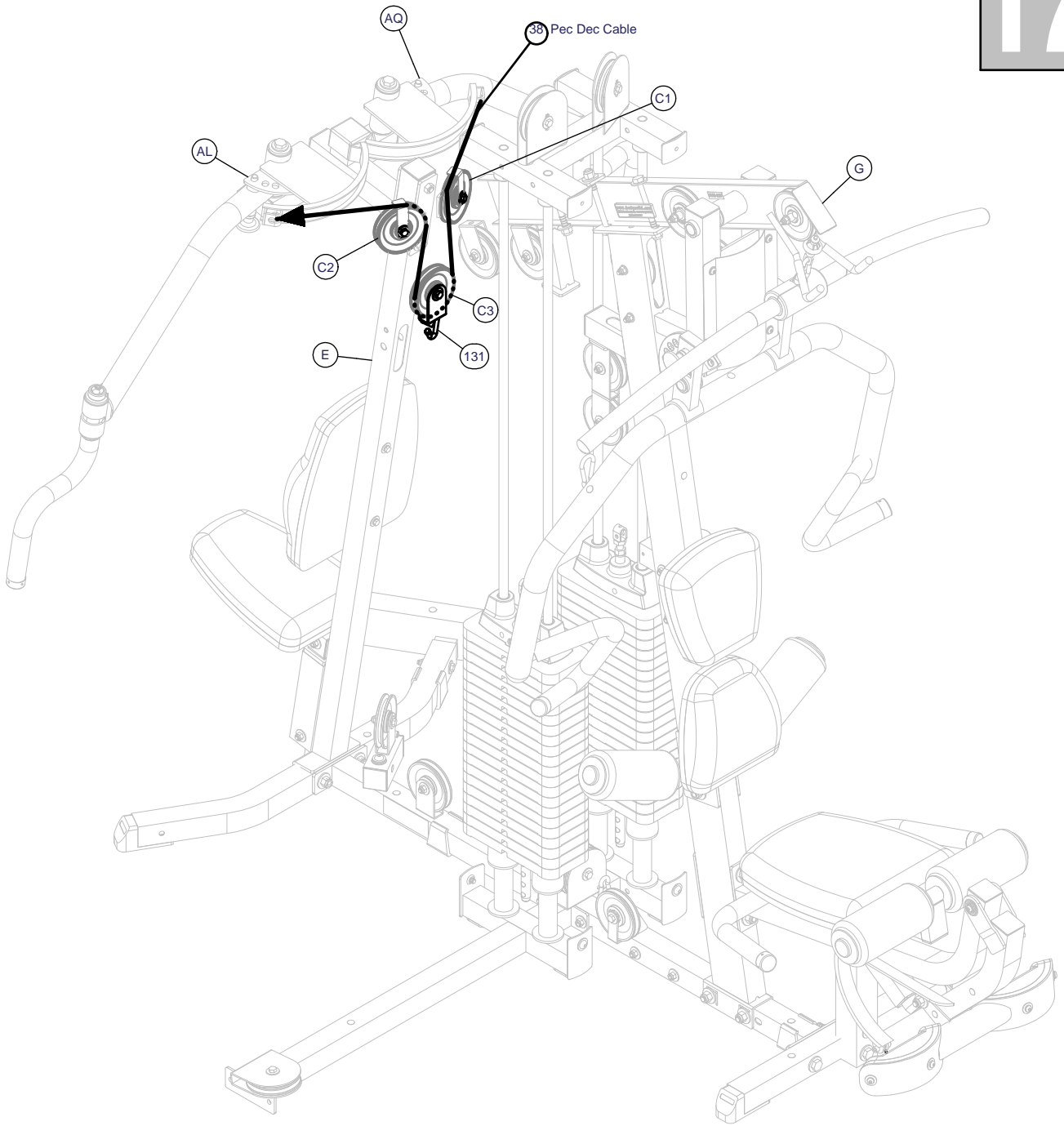
**All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.**



- A. Attach metal ball end of Pec Dec Cable (38) to Right Pec Dec Cam (AQ) and route under Top Main Frame (G).
- B. Attach the other ball end of Cable (38) to Left Pec Dec Cam (AL).
- C. Attach Pulley (C1) to flange on Top Main Frame (G) behind Right Pec Dec Cam (AQ) using:
  - One 76 (3/8" x 1 3/4" hex head bolt)**
  - One 7 (pulley cable guide)**
  - Two 94 (3/8" washer)**
  - One 91 (3/8" nylon lock nut)**
 Route Pec Dec Cable (38) over Pulley (C1).
- D. Attach Pulley (C2) to flange on Top Main Frame (G) behind Left Pec Dec Cam (AL) using:
  - One 76 (3/8" x 1 3/4" hex head bolt)**
  - One 7 (pulley cable guide)**
  - Two 94 (3/8" washer)**
  - One 91 (3/8" nylon lock nut)**
 Route Pec Dec Cable (38) over Pulley (C2).
- E. Hang Pec Dec Pulley Holder (131) on Pec Dec Cable (38) as shown and install Pulley (C3) using:
  - One 76 (3/8" x 1 3/4" hex head Bolt)**
  - Two 94 (3/8" washer)**
  - One 91 (3/8" nylon lock nut)**







**STEP****18**

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

**NOTE:**

**All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.**

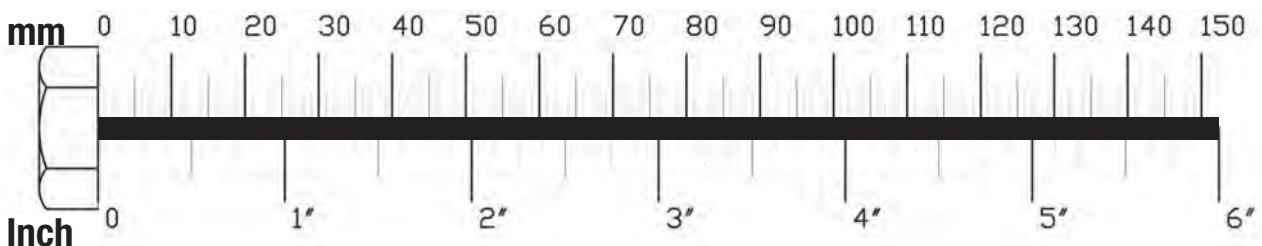
**Ab Crunch Cable (39)**

- A. Insert chain end of the Ab Crunch Cable (39) into the opening above Back Pad (AX), and pull entire length through.

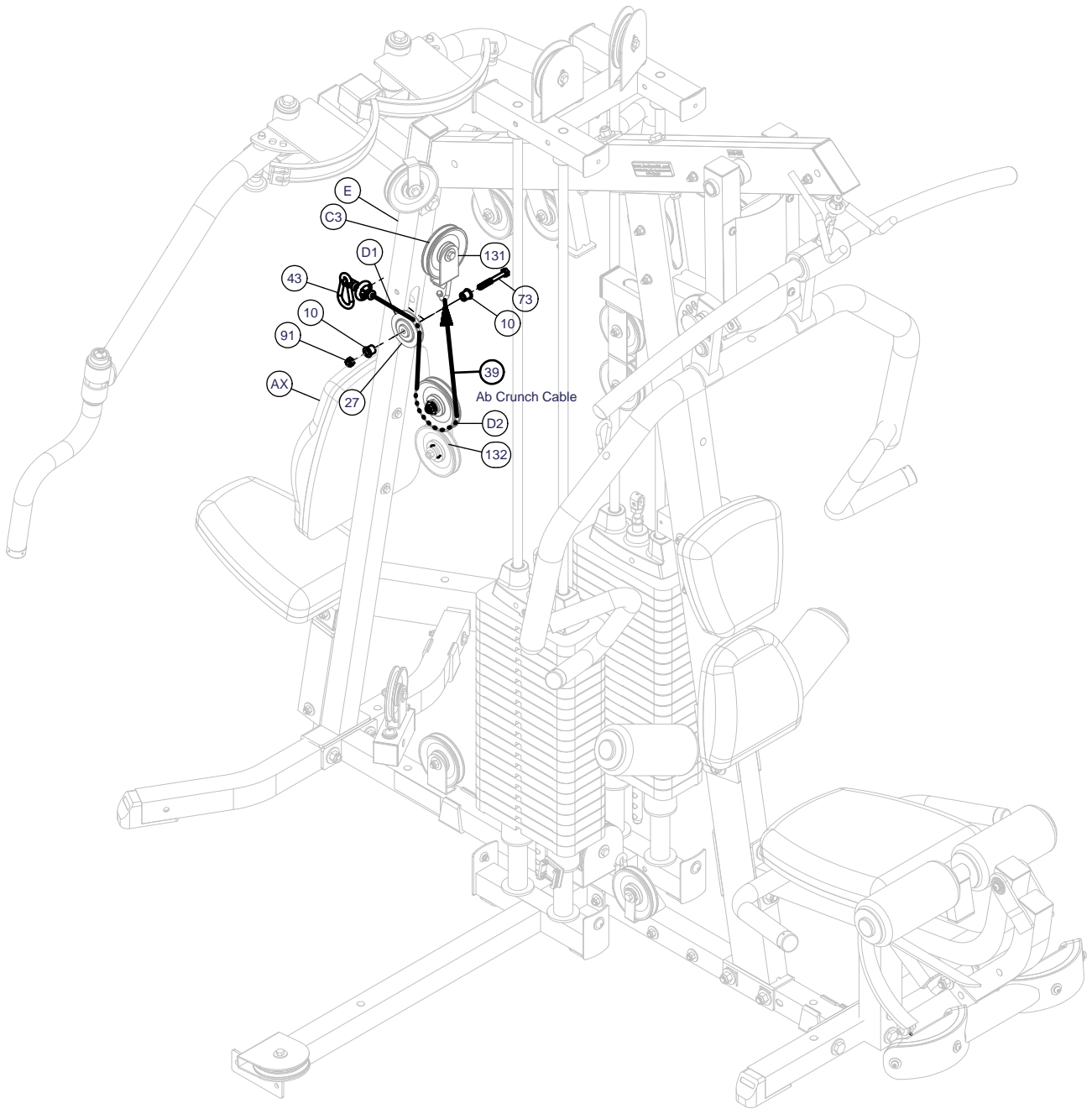
**NOTE:**

**You will now need the 3" diameter Pulley (27), for the next step.**

- B. Insert 3" Pulley (27) into the Rear Vertical Frame (E) under Cable (39) using:  
**Two 10 (pulley spacer)**  
**One 73 (3/8"x 2 3/4" hex head bolt)**  
**One 91 (3/8" nylon lock nut)**
- C. Attach chain end of Cable (39) to the bottom of Pec Dec Pulley Holder (131).
- D. Hang Pulley (D2) from on Cable (39) as shown using two Pulley Plates (132) and:  
**One 76 (3/8"x 1 3/4" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**



**STEP**  
**18**

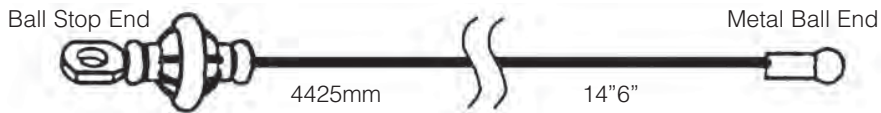


**STEP****19**

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

**NOTE:**

**All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.**

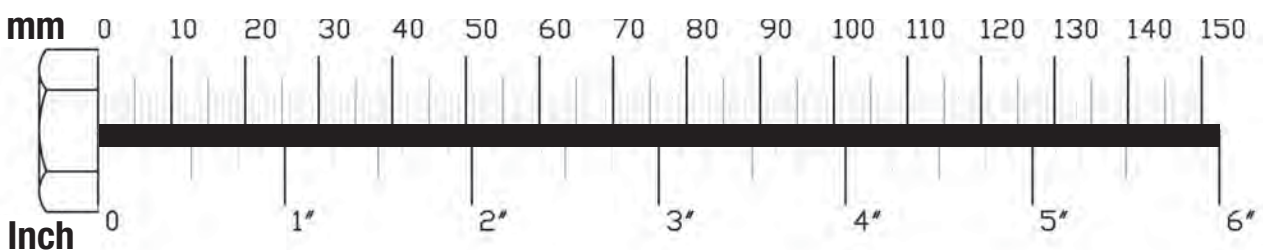
**Low Pulley Cable (35)**

- A. Insert metal ball end of Low Pulley Cable (35) at Low Pulley Frame (AY). Insert metal ball end of Cable (35) under Pulley (E1).
- B. Route Cable (35) over Pulley (E2), and attach Pulley (E2) to the bottom of Pulley Plates (132) using:  
**One 76 (3/8"x 1 3/4" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**
- C. Route Cable (35) under Pulley (E3).
- D. Route Cable (35) over Pulleys (E4) and (E5).
- E. Route Cable (35) through Pulley Holder With Hook (133) as shown. Install Pulley (E6) using:  
**One 76 (3/8"x 1 3/4" hex head bolt)**  
**Two 94 (3/8" washer)**  
**One 91 (3/8" nylon lock nut)**
- F. Remove Pulley (E7) from pulley housing. Insert Cable (35) into pulley housing as shown and reinstall Pulley (E7).\*

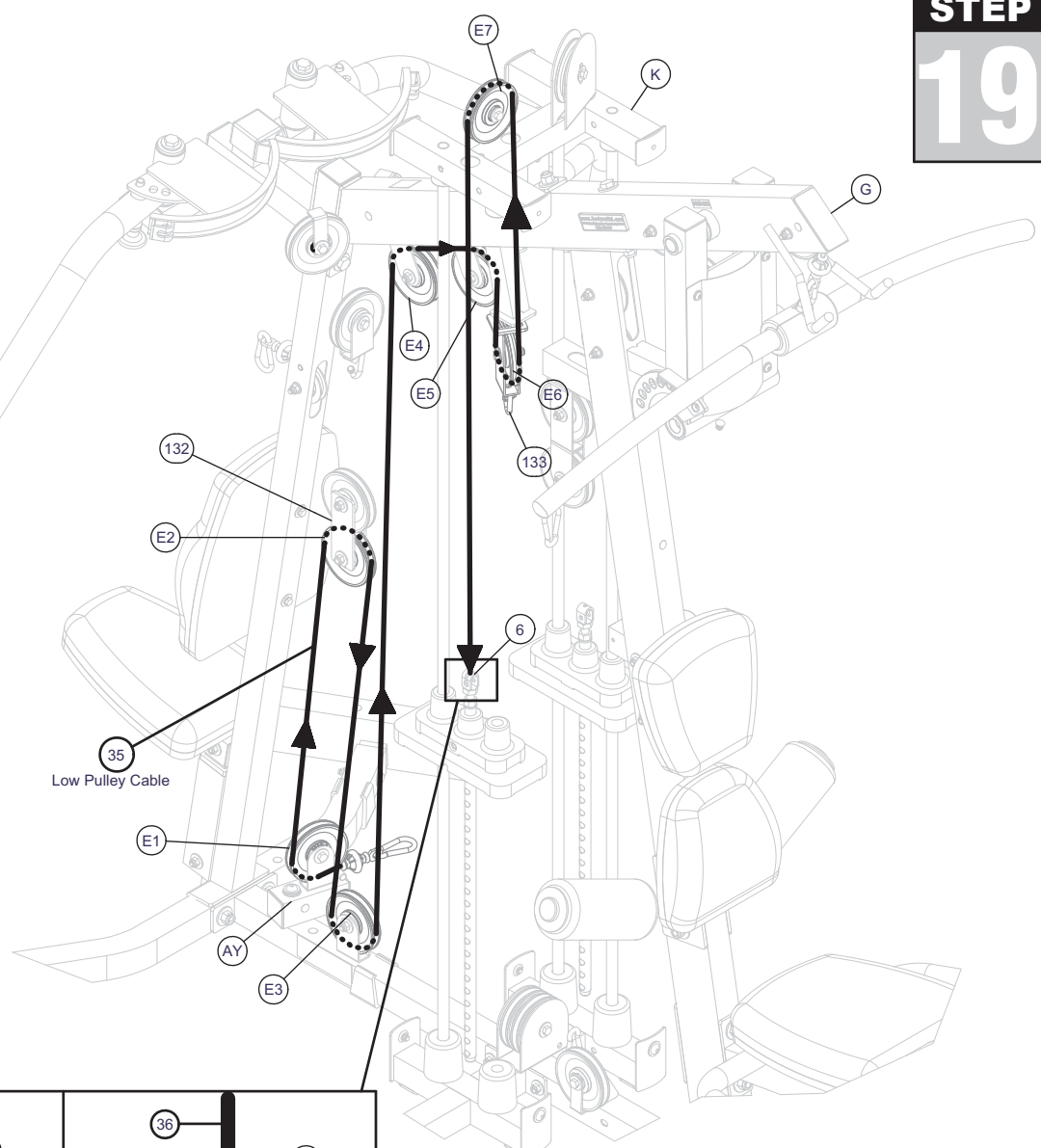
**\*Note:**

**Leave the bolt going through Pulley (E7) hand tight until the end of Cable Adjustments in Step 21.**

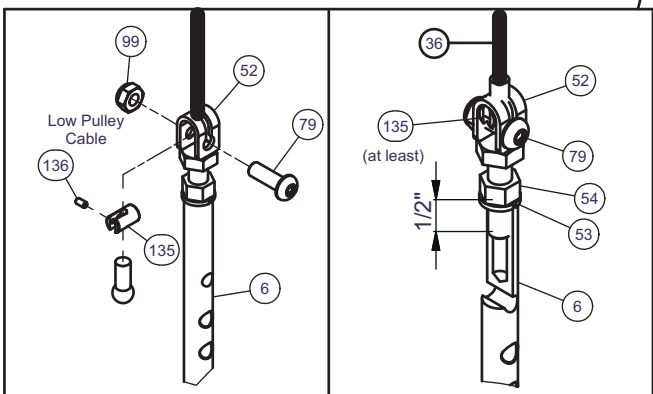
- G. Remove Bolt (56) from Selector Rod Top Bolt (52), slide Cable (35) through Selector Rod Top Bolt (52). Attach Cable End Shaft (135) and tighten Allen Screw (136). Pull Cable (36) tight, so Cable End Shaft (135) fits inside Selector Rod Top Bolt (52). Reinstall Bolt (56) in Selector Rod Top Bolt (52).



**STEP**  
**19**



Low Pulley Cable



**⚠ WARNING ⚠**

Selectoe Eod Top Bolt(52) must be threaded a minimum of 1/2" into the Selector Rod (6),and Jam Nut (54) tightened securely against spring lock washer (53) to ensure proper connection.Check the Jam Nut (54) once a week to make sure it is tight.

**STEP****20**

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

**NOTE:**

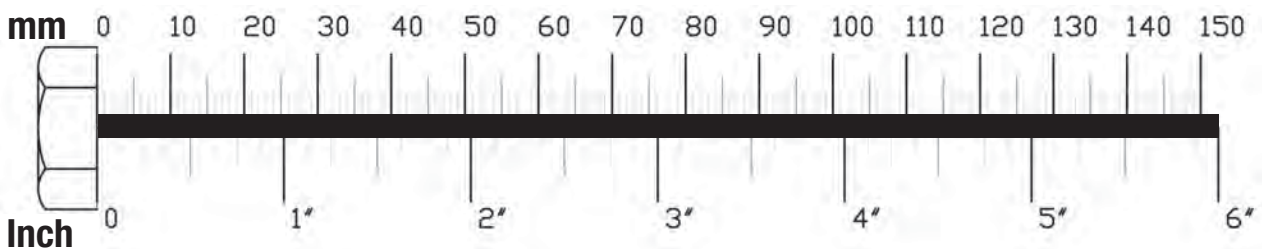
**All pulleys are the 4 1/4" diameter Pulleys (26), except where noted.**

**Leg Press Cable (34)**

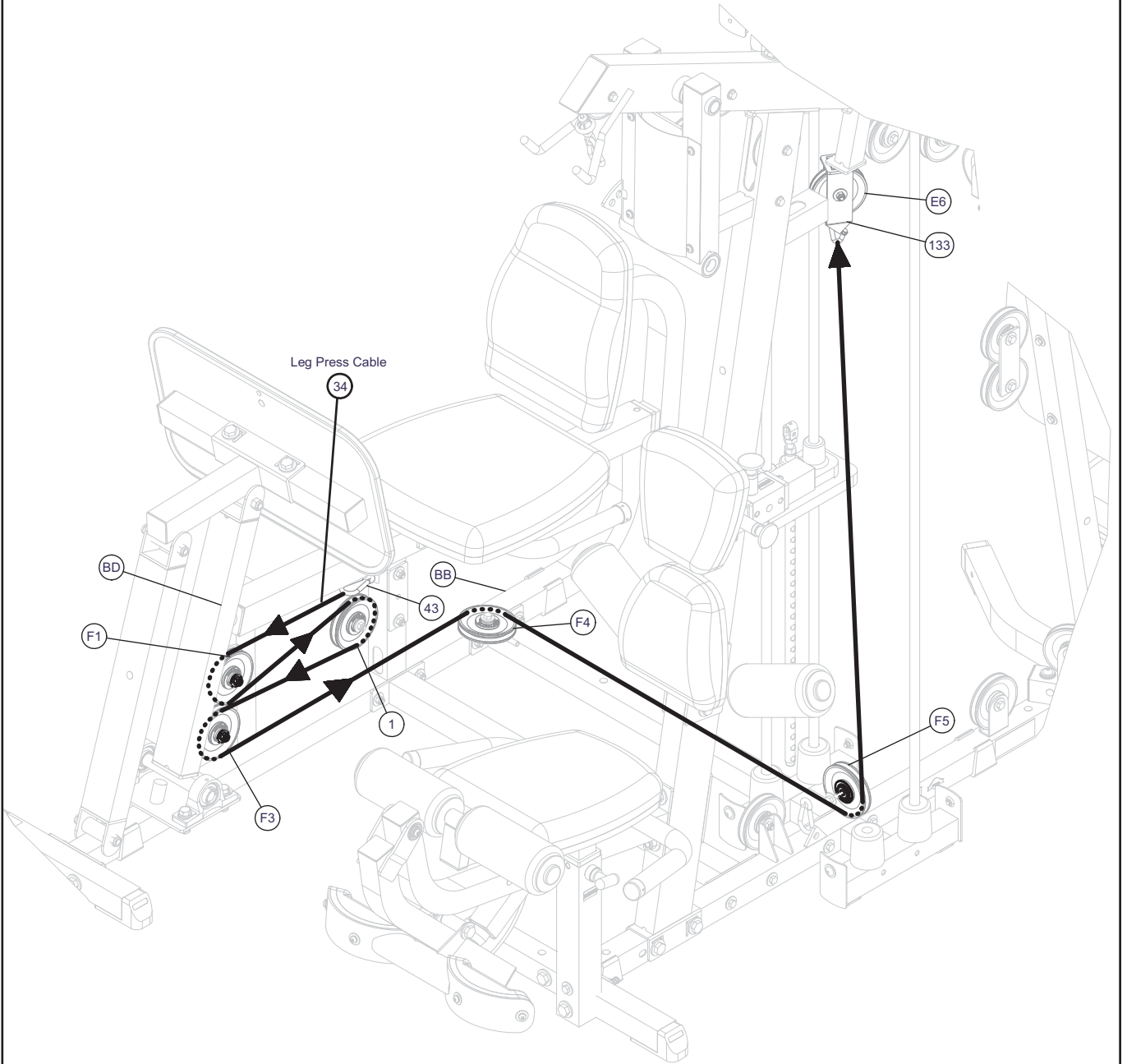
- A. Attach the chain end of Leg Press Cable (34) to Leg Press Frame (BB) with Snap Link (43).
- B. Route Cable (34) into the top of pulley housing in Leg Press Pivot (BD) as shown and install Pulley (F1) using:
  - One 75 (3/8" x 2" hex head bolt)**
  - Two 94 (3/8" washer)**
  - One 91 (3/8" nylon lock nut)**
- C. Route Cable (34) over Pulley (F2) as shown.
- D. Route Cable (34) back into the bottom of pulley housing in Leg Press Pivot (BD) and install Cable (34) over Pulley (F3) using:
  - One 75 (3/8" x 2" hex head bolt)**
  - Two 94 (3/8" washer)**
  - One 91 (3/8" nylon lock nut)**
- E. Route Cable (34) through the opening in the support column of Leg Press Frame (BB). Pull entire length of Cable (34) through. Route Cable (34) around Pulley (F4) as shown and toward Pulley (F5).
- F. Route Cable (34) under Pulley (F5) and up to the bottom of Pulley Holder With Hook (133). Attach Cable (34) to Pulley Holder With Hook (133).

**Note:**

**You should now wrench tighten all bolts and nuts. Except the pad bolts, Never re-tighten any pad bolts.**



**STEP**  
**20**



**NOW IS THE TIME TO MAKE ALL NECESSARY  
CABLE ADJUSTMENTS**

After cable installation is complete you must check all cables for proper tension. Obvious signs that cable tension problems exist include:

- Top Plates (8) do not rest directly on the top weight stack plates.
- The holes in the Selector Bar (6) do not line up with the holes in the Weight Stack Plates.
- Cable(s) are sloppy and there is no resistance from the weight stack for the first few inches of the exercise.

There are TEN areas for cable adjustment on the G9U:

- (A) TWO Selector Rod Top Bolts (52)
- (B) THREE Rubber Stops (42)
- (C) THREE Adjustable Chains on cables (34), (39), (40).
- (D) TWO Adjustments in pulley housing on Top Pulley Frame (K)

**SEE NOTE 1 AND NOTE 2 ON PAGE 51.**

If there is too much tension, and the Top Plate (8) is not resting directly on the top weight stack plate:

- 1st.- Turn and tighten the Rubber Stop (B).
- 2nd.- Move Snap Link (C) to add a link.
- 3rd.- Move pulley down to a lower hole in pulley housing on Top Pulley Frame (K).

If there is too much play or excessive slack:

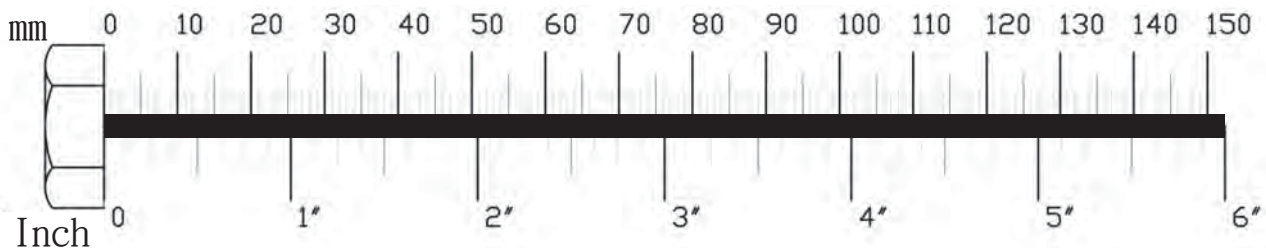
- 1st.- Turn and loosen the Rubber Stop (B).
- 2nd.- Move Snap Link (C) to minus a link.
- 3rd.- Move Pulley up to a higher hole in pulley housing on Top Pulley Frame (K).
- 4th.- Screw the Selector Bar Top Bolt (52) farther into the Selector Bar (6) of the Weight Stack.

**NOTE:**

**Cables should be inspected daily and adjusted periodically to ensure safe and smooth operation.**

**NOTE:**

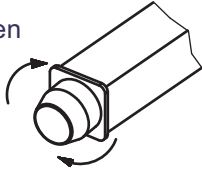
**After cable adjustment is complete, go back and tighten two bolts in pulley housing on Top Pulley Frame (K).**





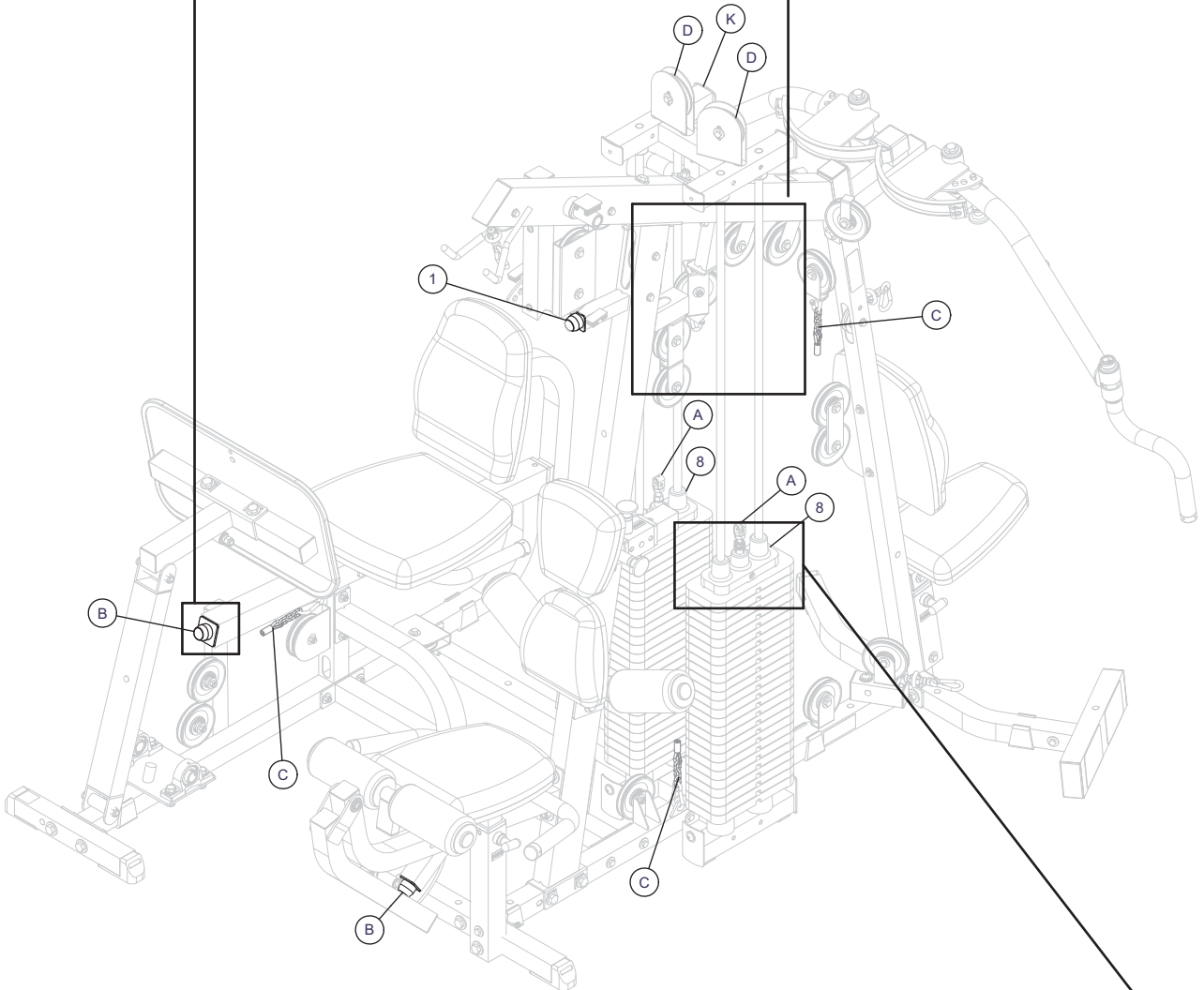
B.Rubber Stop(42)

Tighten

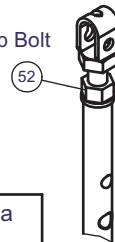


**NOTE 1**

Before beginning final cable adjustments, be sure that both of these pulley housing nutt-up as close as possible to the welded stops on the frame pieces.



Selector Rod Top Bolt



**NOTE 2**

Check lock nut weekly to be sure it is tight and locked on to the Selector Eod. (See page 61)

**⚠ WARNING ⚠**

Selector Eod Top Bolt(52) Must be threaded a minimum of a 1/2" into the Selector Rod (6), and Lock Nut (54) tightened securely to ensure proper connection.

**STEP****22**

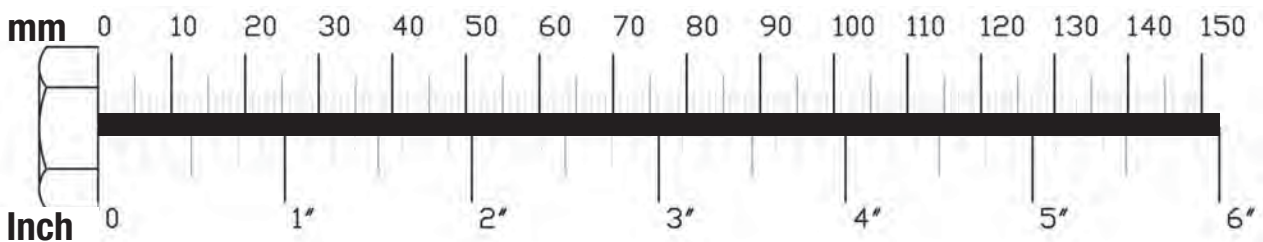
**Be careful to assemble all components in the sequence they are presented.**

**SEE NOTE 1:**

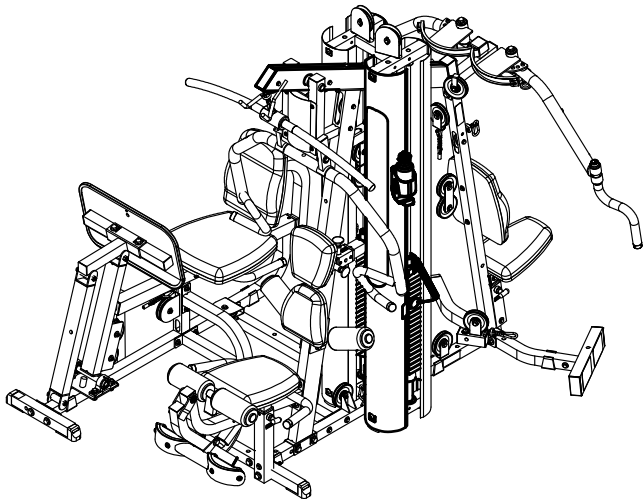
- A. Apply weight stack numbers to weight stack Top Plate (8) and each Weight Stack Plate as shown.

**SEE NOTE 2: Note the shape of each shroud for proper placement.**

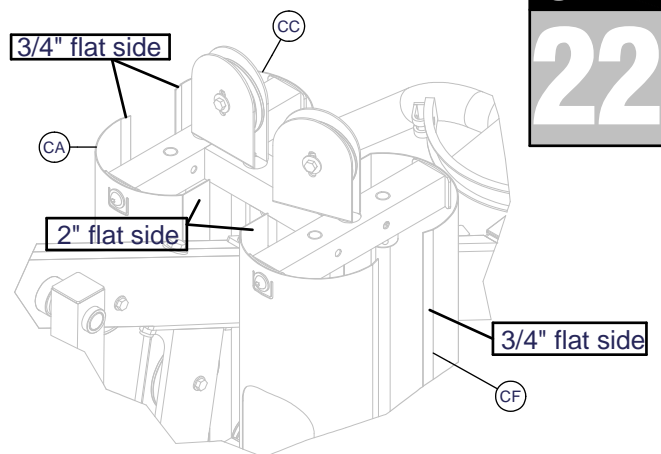
- B. Weight Stack Shroud (CA) is pre-assembled with Shroud Insert (CB). Attach Weight Stack Shroud (CA) to the side of the weight stack as shown. Bolt onto Side Base Frame (B) and Top Pulley Frame (K) using:  
**Two 87 (3/8" x 5/8" round allen head)**  
**Two 98 (3/8" washer)**
- C. Attach Weight Stack Shroud (CC) to the other side of this weight stack using:  
**Two 87 (3/8" x 5/8" round allen head)**  
**Two 98 (3/8" washer)**
- D. Weight Stack Shroud (CD) is pre-assembled with Shroud Insert (CE). Attach Weight Stack Shroud (CD) to the side of the weight stack as shown. Bolt onto Main Base Frame (A) and Top Pulley Frame (K) Using:  
**Two 87 (3/8" x 5/8" round allen head)**  
**Two 98 (3/8" washer)**
- E. Attach Weight Stack Shroud (CF) to the other side of this weight stack using:  
**Two 87 (3/8" x 5/8" round allen head)**  
**Two 98 (3/8" washer)**



**STEP**  
**22**



Above shows STEP 22 assembled and completed

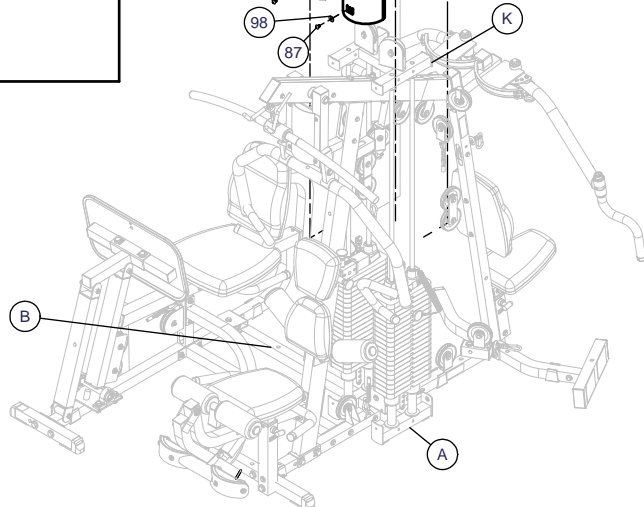
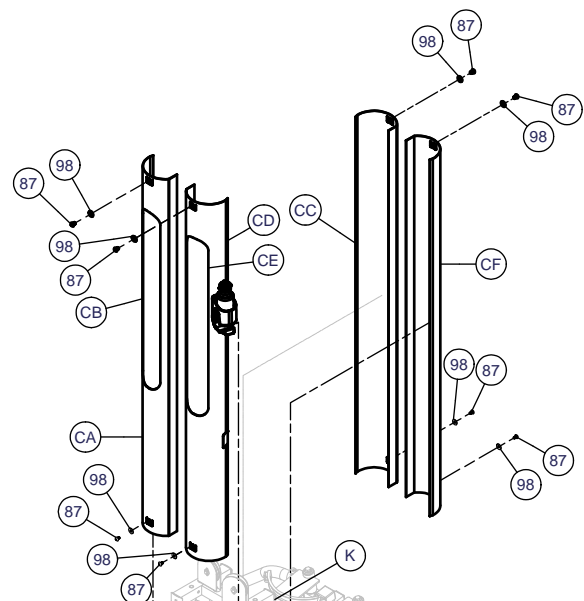
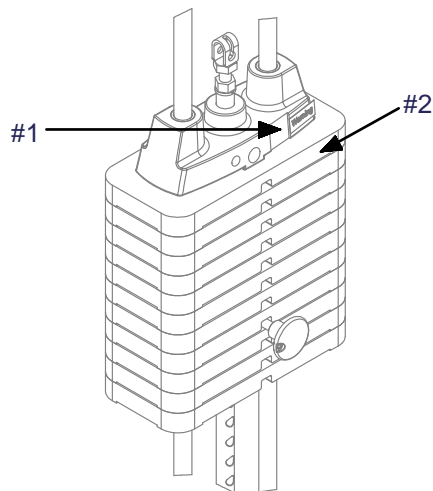


**NOTE 2**

This is the top view of the four Weight Stack Shrouds. Note the shape of each shroud for proper placement

**NOTE 1**

Apply weight stack numbers to the Weight Stack Plates (51). Start at the Top Plate (8) with the number 1, end the first plate should be number 2. The following Weight Stack Plates (51) should be numbered in sequential order down through the stack.



# A d j u s t m e n t s

Congratulations! You are done. 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.

Note: If any bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

This gym is capable of a variety of different exercises, as well as, smooth and user-friendly adjustment features. The following pages of adjustments will help you to familiarize yourself with your new gym. We hope you are completely satisfied with this product and wish you many years of enjoyment.

## 1. SEATED PRESS ARMS (AC) ADJUSTMENT

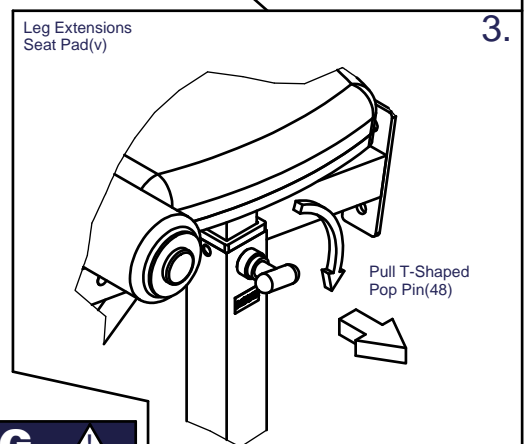
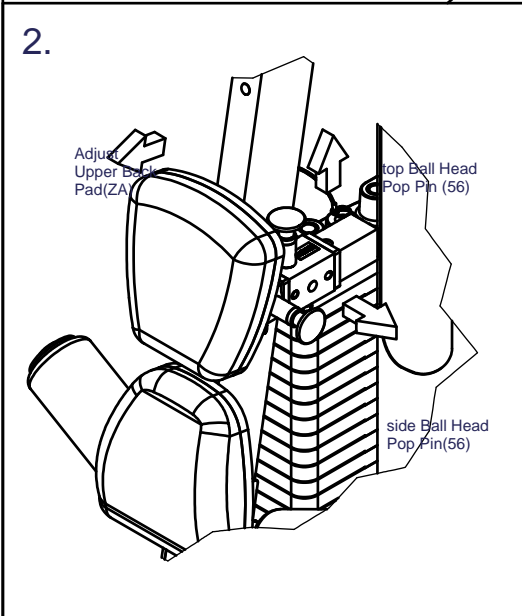
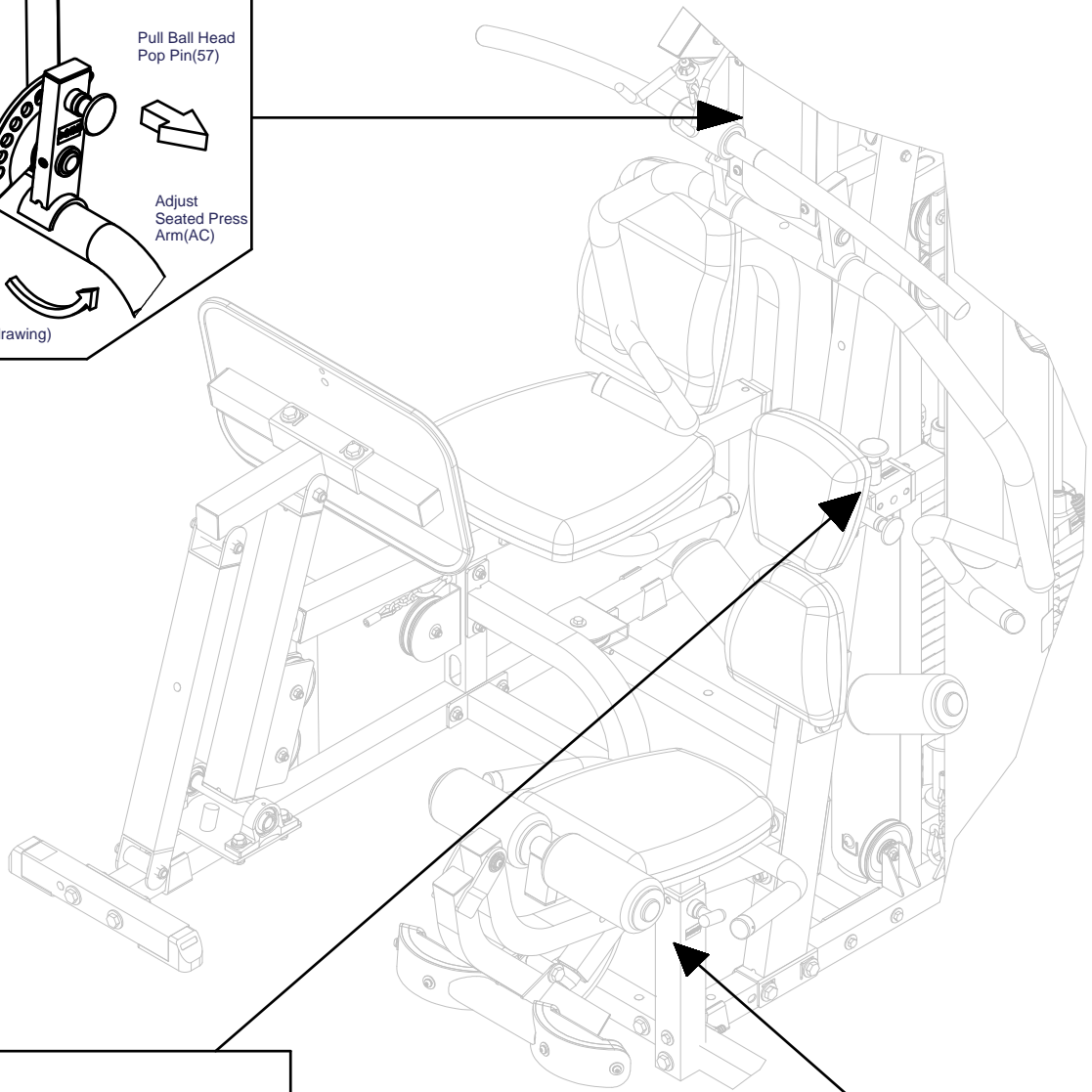
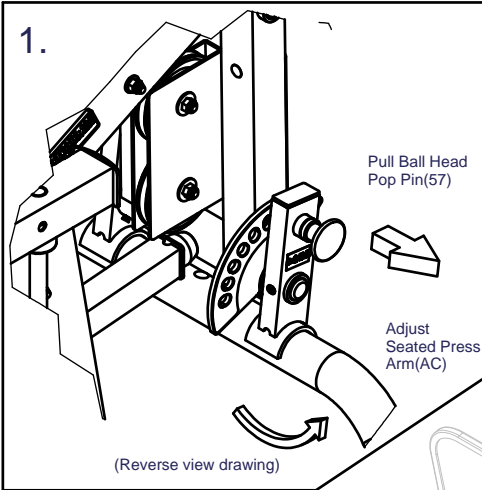
- A. Grasp the Seated Press Arm (AC) with your left hand.
- B. Pull the Ball Head Pop Pin (57) with your right hand to release the Seated Press Arm.
- C. Adjust the Seated Press Arm to the desired position (depending on the exercise you are performing).
- D. Release the Ball Head Pop Pin, and make sure it is fully engaged into the selector hole.

## 2. UPPER BACK PAD (ZA) ADJUSTMENT

- A. Grasp the Upper Back Pad (ZA).
- B. Pull the Ball Head Pop Pin on top of the Back Pad Holder to release Back Pad Adjuster. There are two adjustment positions.
- C. For certain exercises you may wish to fine Tune your adjustment by pulling the Ball Head Pop Pin on the side of the Back Pad Adjuster, this will release the Back Pad Insert. There are six additional adjustment positions.
- D. Adjust the Upper Back Pad (ZA) to the desired position.
- E. Release the Ball Head Pop Pin(s) and make sure they are fully engaged into the selector hole(s) of the Back Pad Insert(s).

## 3. LEG EXTENTION SEAT PAD (V) ADJUSTMENT

- A. Grasp the Leg Extention Seat Pad (V).
- B. Turn the T-Shaped Pop Pin (48) counter clockwise to unlock it, and then pull the Pop Pin to release the Leg Extention Seat Pad.
- C. Adjust the Leg Extention Seat Pad (V) to the desired position.
- D. Release the T-Shaped Pop Pin (48) and make sure it is fully engaged into the selector hole of the Leg Extention Seat Pad Frame. Turn Pop Pin clockwise to lock it in place.



**⚠ WARNING ⚠**

Pay special attention to the plunger on this Pop Pin (48). Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in the Pop Pin (48) operates freely. Failure to do so may result in serious injury.

Make sure Pop Pin(48) is fully engaged into selector hole, and then turn clockwise to lock it in place.

# A d j u s t m e n t s

## 4. PEC DEC ARM (AK) or (AP) ADJUSTMENT

- A. Grasp Pec Dec Arm (AK) or (AP).
- B. Pull the Ball Head Pop Pin (50) to release the Pec Dec Arm (AK) or (AP).
- C. Adjust the Pec Dec Arm to the desired position.
- D. Release the Ball Head Pop Pin (50) and make sure that it is fully engaged into the selector hole.

## 5. PEC DEC SEAT PAD (AW) ADJUSTMENT

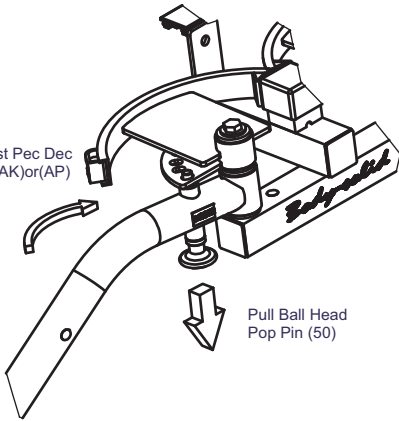
- A. Grasp the Pec Dec Seat Pad (AW).
- B. Turn the T-Shaped Pop Pin (48) counter clockwise to unlock it, then pull to release the Pec Dec Seat.
- C. Adjust the Pec Dec Seat Pad to the desired position.
- D. Release the T-Shaped Pop Pin (48) and make sure that it is fully engaged into the Pec Dec Seat Frame (AV). Turn clockwise to lock it in place.

## 6. LEG PRESS BACK PAD (BQ) ADJUSTMENT

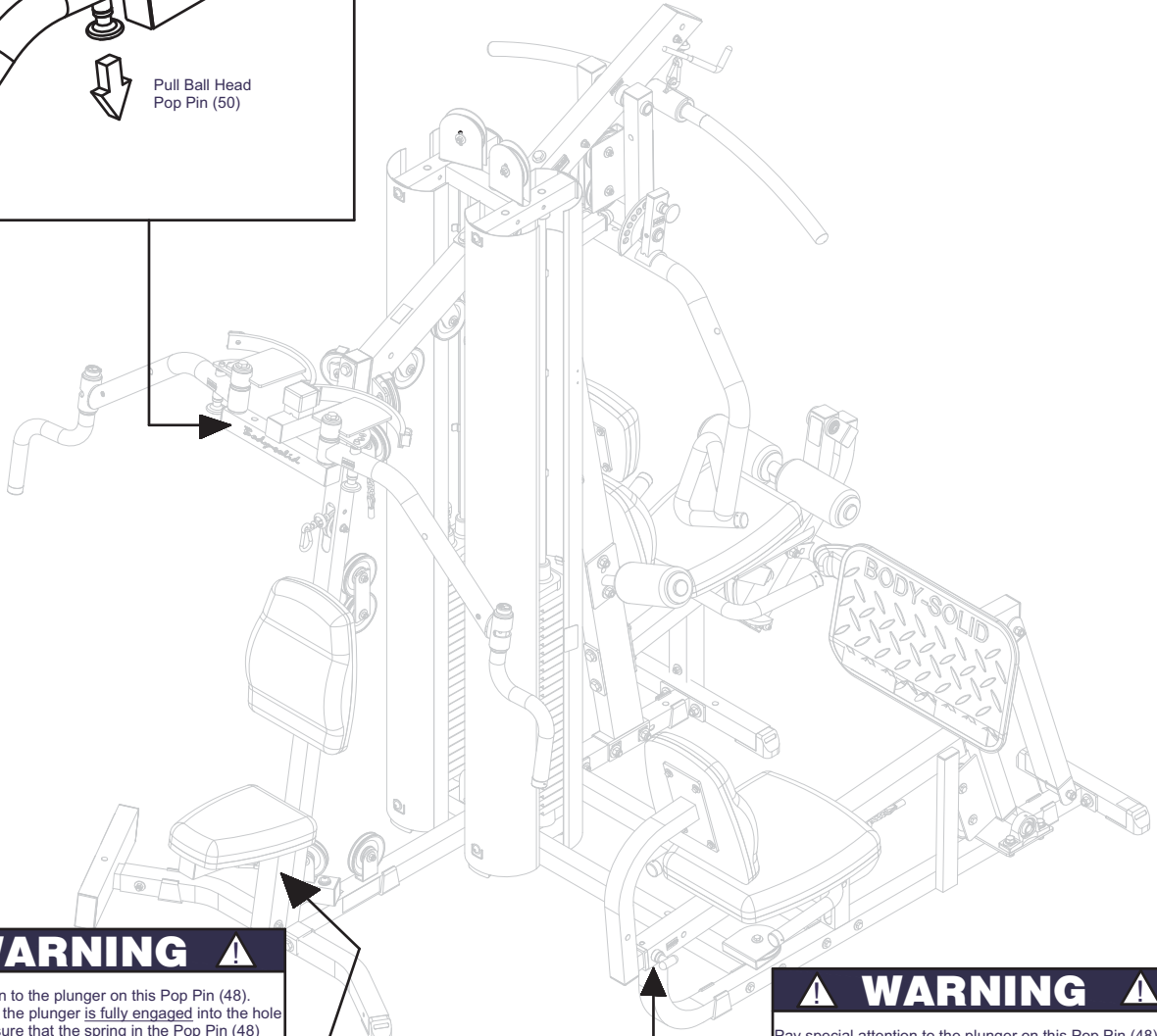
- A. Grasp the Leg Press Back Pad (BQ).
- B. Turn the T-Shaped Pop Pin (48) counter clockwise to unlock it, then pull to release the the Leg Press Back Pad.
- C. Adjust the Leg Press Back Pad to the desired position.
- D. Release the T-Shaped Pop Pin (48) and make sure that it is fully engaged into the selector hole in the Leg Press Back Pad Frame. Turn clockwise to lock it in place.

4.

Adjust Pec Dec Arm(AK)or(AP)



Pull Ball Head Pop Pin (50)



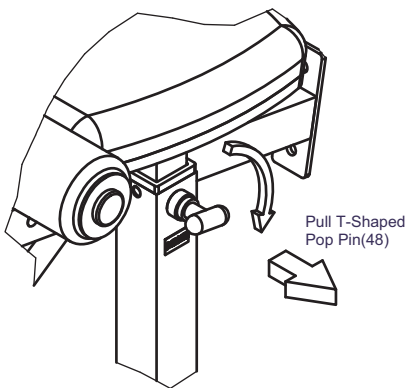
**⚠ WARNING ⚠**

Pay special attention to the plunger on this Pop Pin (48). Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in the Pop Pin (48) operates freely. Failure to do so may result in serious injury.

**⚠ WARNING ⚠**

Pay special attention to the plunger on this Pop Pin (48). Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in the Pop Pin (48) operates freely. Failure to do so may result in serious injury.

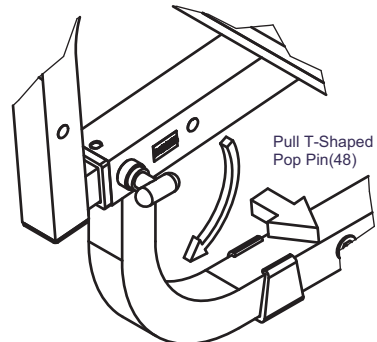
5.



Pull T-Shaped Pop Pin(48)

Make sure Pop Pin is fully engaged into selector hole, and then turn clockwise to lock it in place.

6.



Pull T-Shaped Pop Pin(48)

Make sure Pop Pin is fully engaged into selector hole, and then turn clockwise to lock it in place.



# Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in serious injury. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and labels are available from your local Body-Solid dealer. If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

<b>MAINTENANCE SCHEDULE</b>		D	A	I	L	Y
Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.						
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**  
 #MSSTK0003

**#DWSM-5**  
Warning Label for Maintenance

**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. RALB-6-03 WC-54

**#DWRULE-4**  
Warning Label for Rules



## Warning

### Safety and Maintenance of Cables

Although Body-Solid provides the highest quality of materials and workmanship in its products, the fact remains that component parts eventually wear out over time and with use. **This is particularly true with reference to pliable moving parts such as cables.** In spite of any expressed and/or implied warranties, intervening factors such as improper use, unusually heavy use, improper installation, improper alignment, poor maintenance, etc. serve to drastically reduce the usable life and safety of cables.

Be advised that dangerous conditions can arise even during warranty periods and that any expressed and/or implied warranties **Do Not Negate** the owner's responsibility to thoroughly, carefully and daily inspect all cables on this machine.

Serious injury can occur if you are struck by falling weights or moving parts. The risk that you assume by using this type of equipment can be reduced by following a few simple steps:

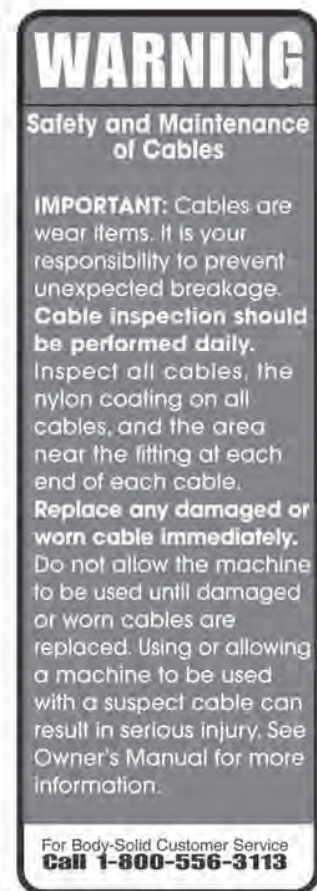
**Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables and the area near the fittings at each end of each cable. **Replace any damaged or worn cables immediately.** Do not allow the machine to be used until damaged or worn cables are replaced.

**Important:** Cables are wear items. It is your responsibility to prevent unexpected breakage. The actual wire strands, the fittings and the nylon coating itself must all be scrutinized. Using or allowing a machine to be used with a suspect cable can result in serious injury.

The nylon coating on a cable is essential for cable life and safety. Visually inspect all cables and pulleys. Look at the cables as they travel around the cams and pulleys. A cable that is wearing may exhibit a "ballooned" or broken coating in the area that passes over the pulley. Damage to the coating is an early warning signal. A cable should be replaced if the nylon coating is missing, is damaged in anyway, has pulled or shrunk from the fittings at the end of the cables, or if it is discolored. Discoloration of the cable coating is an early indication of internal problems such as wear or fraying.

Annual cable replacement (semiannual in multi-user settings) is strongly recommended as an additional precaution. The rate at which cables wear depends on many factors including: number of users, number of repetitions, weight setting, misuse, abuse, etc. Because of this, periodic cable replacement is not a sufficient safeguard against unexpected breakage.

Nothing short of a thorough, careful, daily inspection constitutes an adequate safety program.



## Warning, Safety & Maintenance

Precision craftsmanship assures Body-Solid's ability to consistently deliver products of the highest standards. Our products have been carefully designed to ensure safe, efficient long term operation.

However, it must be realized that safe use of this equipment requires that owners carefully read and follow the Body-Solid use recommendations, warnings, and maintenance guidelines in this Owners Manual.

Routine inspection and maintenance is of critical importance to ensure the maximum safety and performance of the G9U. Body-Solid uses the highest quality materials available, but wear is inevitable. Therefore, you must carefully inspect your equipment as outlined in the Maintenance Schedule on the next page.

Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine.

Including maintaining the equipment the owner's responsibility is also to:

- Be sure to always provide adequate supervision to all end-users.
- Be sure to instruct all end-users of proper usage.
- Be sure all supervisors and personal trainers who instruct end-users on equipment use are properly trained and know the function and importance of every adjustment and setting. Also, be sure these trainers provide proper instruction to end-users on the fundamentals of strength training.

### **CABLES:**

- While the machine is not in use. Carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.
- Visually inspect the cables for fraying, cracking, peeling or discoloration.
- Check slack in cables and re-adjust cable tension if needed. See pages 50-51.
- Check that locking nut at Weight Stacks are tight.

### **UPHOLSTERY:**

- Wipe down after every workout.
- Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.
- Keep sharp or pointed objects out of your pockets and clear of all upholstery.

### **NUTS/BOLTS/FASTENERS:**

- Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.
- Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

### **GUIDE RODS:**

- Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

### **ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:**

- Check all pieces for signs of visible wear or damage.
- Check springs in Snap Links and Pop Pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

### **ANTI-SKID SURFACES:**

- Replace if they appear worn or become slippery.

### **WARNING INSTRUCTION LABELS:**

- Inspect and familiarize yourself with all safety warnings and other user information on decals.

# Body-Solid®

BUILT FOR LIFE

MAINTENANCE SCHEDULE	DAILY	WEEKLY	LATEST DATE ENTRY						
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: <b>1-800-556-3113</b>	*Make several copies of this page to keep track of your maintenance. You can print more copies of this page by going to: <a href="http://www.bodysolid.com/support/docs.html">http://www.bodysolid.com/support/docs.html</a>								

# PHRASES, TERMS, TIPS & GUIDELINES

## BEGINNER'S GUIDELINES

- Work out at least two times a week.
- Include six to eight exercises that train major muscle groups.
- Perform two or three sets of at least eight to 12 repetitions.



### **AEROBIC**

Exercise that primarily uses oxygen to burn fuel at low to moderate levels of intensity. Running and jogging are examples of aerobic exercise.

### **ANAEROBIC**

Exercise that primarily uses the body's stored fuel for energy. Intense weightlifting is an example of an anaerobic exercise.

### **ATROPHY**

Decrease of a muscle caused by the decrease in the size of its cells because of inactivity.

### **BALLISTIC STRETCHING**

A stretching technique that involves a bouncing or bobbing movement during the stretch. The final position is not held. This is not a recommended stretching technique.

### **BREATHING**

Never hold your breath during any part of an exercise. Holding your breath may cause severe intra-thoracic pressure and raise blood pressure leading to dizziness, blackout or other complications. The rule of thumb is to exhale on exertion and inhale on the return part of the exercise.

### **CARDIOVASCULAR**

Referring to the heart, lungs, and other periphery systems involved in the transport of oxygen throughout the body.

### **CHALLENGE YOUR MUSCLES**

All strength training should progress gradually, using increases in weight until your goals are reached. Then, change your workout to include increased reps or a higher weight resistance. Alter the order of your exercises, perform multiple sets or different exercises to maintain results or reach new goals.

### **CHANGE ROUTINE**

Beginner's please note: If you want to make changes in the exercise routine that you do, wait until about the six to eight week point. Advanced lifters may want to change routines to avoid plateaus in gaining size or strength.

### **CIRCUIT TRAINING**

Exercise stations that consist of various combinations of weight training, flexibility, calisthenics, and aerobic exercise.

### **CONCENTRIC MUSCLE ACTION**

The muscle shortens while contracting against resistance.

### **ECCENTRIC MUSCLE ACTION**

The muscle lengthens while contracting against resistance.

### **EXERCISE FREQUENCY**

Exercise each muscle group 2-3 times per week. Allow a minimum of 48 hours rest for each muscle group worked. If you are doing a total-body workout, three training sessions per week, performed on every second day, is adequate.

### **EXERCISE LARGE MUSCLES FIRST**

You should work your large muscle groups first (ie. squat, bench press, lat pulldown) before you exercise your small muscle groups (ie. bicep curls, tricep pressdowns, lateral raises).

### **EXERCISE PROGRAM DURATION**

A weight training routine should take anywhere from 45 minutes to one hour to complete. Add another 20 to 60 minutes when you include stretching, warm-up, aerobics and cool-down.

### **GIVE YOUR MUSCLES A REST**

You'll get the most out of strength training if you give your muscles at least 48 hours rest to recover and rebuild between strength training workouts.

### **HYPERTROPHY**

Enlargement of a muscle caused by an increase in the size of its cells in response to weight training.

### **INTENSITY**

The degree to which the body is worked during exercise.

### **ISOKINETIC EXERCISE**

Resistance is given at a fixed velocity of movement with accommodating intensity. A machine that moves you through an entire range of motion at a preset speed and will not change no matter how much pressure is put forth by the individual.

### **ISOMETRIC EXERCISE**

Contracts the muscle statically without changing its length. Example: Attempting to lift a weight heavier than you can handle, but cannot move.

### **ISOTONIC EXERCISE**

Shortens and lengthens the muscle through a complete range of motion. This defines weight training with full range of motion.

### **MUSCLE FATIGUE**

Fatigue is when you can't possibly do another rep without sacrificing form.

### **MUSCULAR ENDURANCE**

The ability to perform repetitive muscular contractions against some resistance.

### **MUSCULAR STRENGTH**

The maximum force that can be applied by a muscle during a single maximum contraction.

### **OSTEOPOROSIS**

A decrease in bone density.

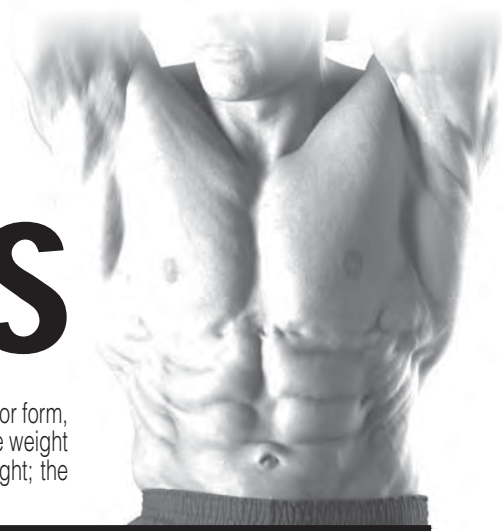
### **PLYOMETRIC EXERCISE**

A technique that includes specific exercises which encompass a rapid stretch of a muscle eccentrically, followed immediately by a rapid concentric contraction of that muscle for the purpose of facilitating and developing a forceful explosive movement over a short period of time. Examples of these are using medicine balls for upper extremity and depth jumping for lower extremity.

# PHRASES, TERMS, TIPS & GUIDELINES

## STARTING RESISTANCE LEVEL

If you begin weight training at too high a level, you risk serious injury. You will also develop poor form, which will hinder your efforts and discourage you. Use this as a guideline: if you cannot lift the weight eight times with proper form, the weight is too heavy. Similarly, don't choose too light a weight; the last two or three repetitions of your set should be difficult.



### POWER

Power is the rate of performing work. Power during a repetition is defined as the weight lifted times the vertical distance the weight is lifted divided by the time to complete the repetition. Power during a repetition can be increased by lifting the same weight the same vertical distance in a shorter period of time. Power can also be increased by lifting a heavier resistance the same vertical distance in the same period of time as a lighter resistance.

### PROGRESS GRADUALLY

Increase reps before increasing resistance. Reduce rest intervals between sets to increase intensity.

### PROGRESSIVE RESISTANCE

The principle of continually adding more weight to a specific exercise as your muscles become stronger to adapt to the heavier weights.

### PROPER FORM

Focus on the proper motion of the exercise and concentrate on the specific muscles being used. Do not sacrifice proper form to lift heavier weight or to perform more repetitions. Proper form also means lifting in a smooth, fluid motion. If you feel strain elsewhere, you should re-evaluate the amount of weight you are lifting or have a qualified professional critique your exercise motion.

### PROPER POSTURE

Maintaining proper posture will greatly reduce chances of injury and maximize exercise benefit. When standing always keep your feet shoulder-width apart. Do not lock your knees. Locking your knees can put unnecessary strain on them. Keep your back flat and straight, making sure not to twist or arch it in order to complete a repetition.

### PROPER TECHNIQUE

To get the most out of strength training and to reduce the chance of injury, use proper weight training techniques. These include working your muscles through their full range of motion (but not locking any joints), lifting at a speed at which you can control the weight and stop easily if necessary.

### RANGE OF MOTION

Moving through a complete range of motion (ROM) allows the muscles to stretch before contraction and increases the number of muscle fibers being recruited. This produces maximum contraction and force. By working the full ROM, flexibility will be maintained and possibly increased.

### REPETITION

A repetition is one complete movement of an exercise. It normally consists of two phases: the concentric muscle action, or lifting of the resistance, and the eccentric muscle action, or lowering of the resistance.

### REPETITION MAXIMUM (RM)

This is the maximum number of repetitions per set that can be performed at a given resistance with proper lifting technique. Thus, a set at a certain RM implies the set is performed to momentary voluntary fatigue. 1RM is the heaviest resistance that can be used for one complete repetition of an exercise. 10 RM is a lighter resistance that allows completion of 10 (but not 11) repetitions with proper exercise technique.

### REST INTERVAL

Allow a brief pause between sets to give your muscles a chance to partially recover before working them again. For power and muscle size development allow a 3 to 4 minute rest interval between sets. For muscular endurance and definition allow a 30 second rest interval. For strength training allow a 60 to 90 second rest interval.

### RISK SHOULD NOT EXCEED BENEFIT

If the risk of a specific exercise exceeds its potential benefit, it is best to stay on the conservative side. There are several ways to work specific muscle groups. Choose those that provide minimal risk. Ask a fitness professional for guidance.

### ROUTINE

The specific exercises, sets, reps and weight for a specific body part.

### SET

This is a group of repetitions performed continuously without stopping. While a set can be made up of any number of repetitions, sets typically range from 1 to 15 repetitions.

### SMALL MUSCLE GROUP EXERCISE

Single joint movement and isolation exercises (i.e. bicep curls, tricep pressdowns and leg extensions).

### SPEED OF MOVEMENT

Strength training movements should be slow and controlled. Do not use momentum to complete an exercise movement. Momentum puts unnecessary stress on tendons, ligaments and joints. Using momentum in your exercise movements does not develop increased strength.

### STATIC STRETCHING

A stretching technique that involves holding a specific muscle or muscle group at a desired length for a certain period of time. This type of stretching is highly recommended.

### STOP TRAINING IF YOU FEEL PAIN

If you feel pain during a specific exercise stop immediately. Any continuation may aggravate an existing injury. Re-evaluate your routine to make sure that you are doing a proper warm up. It is especially important to warm up specific muscle groups you are going to be using. Your muscles need a 5 to 15 minute warm up as well as a brief cool down. This can be as simple as performing a warm up set of high repetitions and light weight (25% to 50% of your training weight) for each exercise.

### STRENGTH

Strength is the maximal amount of force a muscle or muscle group can generate in a specified movement pattern at a specified velocity of movement.

### WARM UP

This cannot be stressed enough. Many workout-related injuries can be avoided by a proper warm up routine. Try to do a total body warm up before you start training. A good example of a total body warm up is using a stationary bike, treadmill, elliptical, rowing or skiing machine. It is especially important to warm up specific muscle groups you are going to be using. Your muscles need a 5 to 15 minute warm up as well as a brief cool down. This can be as simple as performing a warm up set of high repetitions and light weight (25% to 50% of your training weight) for each exercise.

### WORKOUT

The routine, specific exercises, weights, sets, and reps for one or more body parts.



# NUTRITION



Good nutrition is a diet in which foods are eaten in proper quantities and with the needed distribution of nutrients to maintain good health. Malnutrition, on the other hand, is the result of a diet in which there is an underconsumption, overconsumption, or unbalanced consumption of nutrients that leads to disease or an increased susceptibility to disease. What is stated in the above definitions is the fact that proper nutrition is essential to good health. A history of poor nutritional choices will eventually lead to poor health consequences.

There are many substances necessary for the proper functioning of the body. Nutrients are the substances that the body requires for the maintenance of health, growth, and to repair tissues. Nutrients can be divided into six classes: carbohydrates, fats, proteins, vitamins, minerals and water. Carbohydrates, or "carbs", are nutrients that are composed of carbon, hydrogen and oxygen, and are essential sources of energy in the body. Grains, vegetables, and fruits are excellent sources of carbohydrates. It is recommended that at least 55% to 60% of the total number of calories consumed come from carbohydrates (American Diabetes Association, Diabetes & Exercise, 1990). It is further recommended that 10% or less of the total calories consumed come from simple sugars like a candy bar.

One of the many benefits of consuming foods that are high in complex carbohydrates, such as rice, pasta, and whole grain breads, is that they also typically contain dietary fiber. Dietary fiber is a term used when referring to substances found in plants that cannot be broken down by the human digestive system. Although fiber cannot be digested, it is important in helping to avoid cancers of the digestive system, hemorrhoids, constipation, and diverticular disease because it helps food move quickly and easily through the digestive system. It is recommended that people consume 20 to 30 grams of fiber per day (American Diabetes Association, Diabetes & Exercise, 1990). Excellent sources of dietary fiber are grains, vegetables, legumes, and fruit.

Fats are an essential part of a healthy diet and serve vital functions in the human body. Among the functions performed by fats are temperature regulation, protection of vital organs, distribution of some vitamins, energy production, and formation of component parts of cell membranes. Like carbohydrates, fats are composed of carbon, hydrogen, and oxygen. However, their chemical structure is different.

Both animals and plants provide sources of fat. Saturated fats come primarily from animal sources and are typically solid at room temperature. Plant sources of saturated fats are palm oil, coconut oil, and cocoa butter. A high intake of saturated fats is directly related to increased cardiovascular disease. Unsaturated fats are typically liquid at room temperature. Corn, peanut,

canola, and soybean oil are sources of unsaturated fats. It is recommended that no more than 30% of one's diet be composed of fats. Ten percent or less of the total calories consumed should come from saturated fats. One way to reduce saturated fat intake would be to substitute margarine for butter.

Proteins are substances composed of carbon, hydrogen, oxygen, and nitrogen. Proteins are made by combining amino acids. Amino acids are nitrogen-containing building blocks for proteins that can be used for energy. Amino acids can combine in innumerable ways to form proteins, and it is estimated that tens of thousands of different types of proteins exist in the body. It is the ordering of the amino acids that provides the unique structure and function of proteins.

There are proteins in both meat products and plant products. Animal sources of protein such as milk, meat and eggs contain the eight essential amino acids (amino acids that the body cannot synthesize and therefore must be ingested). Plant sources of protein such as beans, starchy vegetables, nuts, and grains do not always contain all eight amino acids. Because of this, vegetarians must consume a variety of protein-containing foods. It is recommended that proteins make up 10% to 15% of one's daily calories. This will ensure adequate protein for growth, maintenance, and the repair of cells. Protein requirements for adults are not as high as those recommended for infants, children, and young adults. Note: individuals who are training intensely will have an increase in their protein requirements.

Vitamins are organic substances that are essential to the normal functioning of the human body. Although vitamins do not contain energy to be used by the body, these substances are essential in the metabolism of fats, carbohydrates and proteins. Because of the critical role vitamins play, it is necessary that they exist in proper quantities in the body.

Minerals are inorganic molecules that serve a variety of functions in the human body. The minerals that appear in the largest quantities (calcium, phosphorus, potassium, sulfur, sodium, chloride, and magnesium) are often called macrominerals. Other minerals are also essential to normal functioning of the body, but because they exist in smaller quantities (chromium, iron, copper, fluoride, iodine, manganese, molybdenum, selenium, and zinc) they are called microminerals.

A mineral that is often consumed in inadequate amounts by Americans is calcium. Calcium is a mineral important in the mineralization of bone, muscle contraction, and the transmission of nerve impulses. Osteoporosis is a disease characterized by a decrease in the total amount of bone mineral in the body and by a decrease in strength of the remaining bone. This

condition is most common in the elderly but may also exist in younger people who have diets inadequate in calcium or vitamin D or both.

Iron is another mineral that is often underconsumed by Americans. This is especially true of women. The oxygen-carrying properties of hemoglobin (blood) depend on the presence of iron. Anemia is a condition characterized by a decreased capacity to transport oxygen in the blood, and is also common in those lacking a sufficient amount of iron intake. Red meat and eggs are excellent sources of iron. Additionally spinach, lima and navy beans, and prune juice are excellent vegetarian sources of iron.

Sodium, on the other hand, is a mineral that many Americans over-consume. High sodium intake has been linked with hypertension, as well as high blood pressure. People can substantially reduce their sodium intake by limiting consumption of processed foods and decreasing the amount of salt added to foods when cooking.

In conclusion...don't forget hydration. Water is considered an essential nutrient because of its vital role in the normal functioning of the body. Water contributes approximately 60% of the total body weight and is essential in creating an environment in which all metabolic processes occur. Water is necessary to regulate temperature and to transport substances throughout the body.

## **FOLLOW THESE BASIC NUTRITIONAL GUIDELINES FOR GAINS IN STRENGTH AND LEAN MUSCLE MASS:**

- 1. Choose your foods carefully. Try getting your carbohydrates from sources such as rice, vegetables, beans, whole grains, pasta and fruit. Good protein sources include fish, chicken, turkey, lean meat and low-fat or nonfat dairy products.**
- 2. Minimize your fat intake.**
- 3. Drink a minimum of 10 eight-ounce glasses of water each day.**
- 4. Eat four to six small meals a day, about three hours apart. Small meals are more easily digested and result in greater nutrition absorption.**
- 5. Avoid eating junk food and fast food.**
- 6. Time your protein intake of 40-55 grams approximately 75 minutes after your workout.**
- 7. Immediately following your workout, replenish your glycogen stores with approximately 50-75 grams of carbohydrates.**

For more information on nutrition visit your local library or book store. There are many excellent books available.

## EXERCISE

# PRESCRIPTION



### Sets

Sets are defined as a combination of any number of reps of one exercise. The number of sets used in a workout is directly related to training results. Typically, two to three sets are used by intermediate and advanced lifters to achieve optimum gains in strength. Experts agree that multiple-set systems work best for the development of strength and muscular endurance. Gains will be made at a faster rate by using a multiple-set system than gains achieved through a single-set system. The use of a single set of an exercise is recommended and very effective for individuals who are untrained or just beginning a resistance training program. One-set programs might also be used for simple maintenance once you are in shape. It is important to note that low-volume set programs will increase strength in untrained individuals, but more complex physiological adaptations, such as gains in muscle mass, tone, size, and performance usually requires higher-volume set training for the best results. Multiple sets of an exercise present a more intense training stimulus to the muscles during each set. Once your desired initial fitness level has been achieved, multiple-set performances of the exercise using the proper resistance (with specific rest periods between sets) will take you to the next level of strength training, endurance, and muscular development.

### Resistance Used

The amount of resistance used for a specific exercise is probably the most important variable in resistance training. When designing a resistance training program, a weight for each exercise must be chosen. The use of repetition maximums (RM): the exact resistance that allows only a specific number of repetitions to be performed, is probably the easiest method for determining a resistance. Typically, one uses a training RM target or a RM target zone. Example: If your RM zone is 8 to 12 repetitions and you cannot lift the weight at least 8 times using proper form, the weight is too heavy. On the other hand, if you can easily lift the weight 12 times, the weight is too light. In either case, the weight needs to be changed. As the strength level of the lifter changes over time, the resistance is adjusted so a true RM target or target zone resistance is used.

### Rest Periods Between Sets and Exercises

One frequently overlooked variable in exercise prescription is the length of the rest period between sets and between different exercises. Your desired fitness goals will normally determine the amount of time you allow your body to rest. Exercises involving high repetitions (15 to 20) and a high number of sets (3 to 4) with short rest periods (30 seconds) between sets will raise metabolic demands. This in turn will burn excess body fat and increase muscular endurance. Short rest periods are a characteristic of circuit weight training, and the resistances used are typically lighter. This type of workout is best for trimming body fat and toning muscle. Exercises with heavier resistance and fewer sets usually have a longer resting period between sets. The results of using this method are normally increased muscular strength and mass. If the desired outcome is to gain overall muscle mass, your exercise prescription should lean toward a higher weight resistance doing 2 to 6 repetitions per set, with a rest period of 3 to 4 minutes between each set.

### Rest Periods Between Workouts

The amount of rest between training sessions depends on the recovery ability of the individual. Most experts agree that three workouts per week with one day of rest between sessions allows adequate recovery, especially for the beginner. If the resistance training is not excessive, only moderate amounts of delayed muscular soreness should be experienced one day after the session. As the lifter advances and his or her body is better able to tolerate and recuperate from the resistance exercise sessions, the frequency of training can be increased. Well-conditioned athletes may be capable of, and need training frequencies of 4 to 5 days in a row to improve significantly and achieve their desired goals. When consecutive-training-day sequences are used, it is usually beneficial to do different exercises for the same muscle groups and use different resistances for the exercises. When training is performed on consecutive days, it often involves the use of a split routine (different body parts exercised each day), or a split program (different exercises for the same body part performed each day). There are many books available at the library or your local book store for the intermediate and advanced weight training enthusiast. It is also recommended that you work with a qualified personal trainer to achieve your ultimate goals.

### Order of Exercise

Leaders in the field of strength and conditioning believe that working the larger muscle groups first (chest, back, legs), should take priority over training the smaller muscle groups (biceps, triceps, deltoids, calves). The reason behind this exercise order is that the exercises performed in the beginning of the workout are the ones that are going to require the greatest amount of muscle mass to perform. Hence, exercising the smaller muscle groups first will deplete the body of the energy necessary to stimulate the larger muscle groups. Arm-to-leg ordering allows for some recovery of the arm muscles while the leg muscles are exercised. "Stacking" exercises is a common practice among body builders as a way to attempt to bring about muscle hypertrophy. Stacking is loading up different exercises on the same muscle group (ie. standing bicep curls, preacher curls, one arm concentration curls). The exercise order will have a significant impact on the training stimulus stress level in a training session.

### Scheduling Training

Finding the time to do it is one of the most difficult aspects of a training program. Once you have established a time to workout you should plan a training routine based on what muscles to involve on which day. As previously discussed, the larger muscle groups such as the chest, back, and legs should take priority over working the smaller muscle groups. Give your muscles at least 48 hours (but no more than 72 hours) of rest in between sessions.

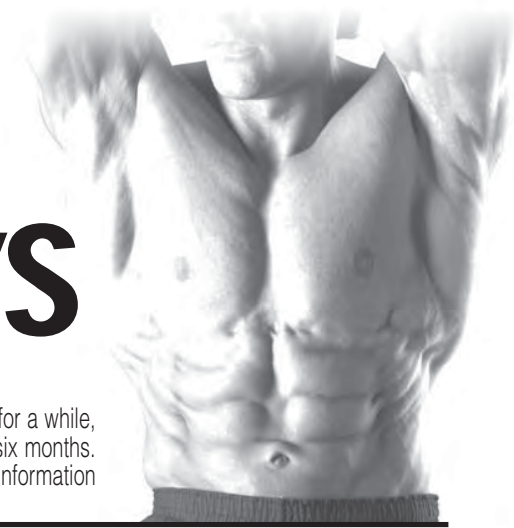
Body-Solid

# TRAINING TIPS

# FOR BEGINNER'S

## ARE YOU A "BEGINNER" ?

A beginner can be classified as someone who has never touched a weight, may have lifted for a while, but has taken a substantial amount of time off, or has not consistently trained over the last six months. If you happen to fall into any of these categories, pay close attention, because the following information will be detrimental to the start of your training program.



As a beginner, one of the most common mistakes is doing too much. Because beginners often make good gains quickly, many fall into the trap of thinking that more is better. This may be true later in the training equation, but not for the novice. Some of the most common injuries occur as a result of taking on too much, too soon.

One of the questions most frequently asked is, "How much weight should I use?" Determining the weight for each exercise will vary from person to person. The weight for each exercise will be lifted in sets and repetitions. Repetition is defined as one execution of any exercise. A set is a combination of any number of repetitions of one exercise.

Experimentation at each exercise station is a good technique for determining the starting weight for an individual. Take the chest press exercise for example. Performing this exercise with a weight that can be pressed 30 times with ease will not help you achieve any particular goals. Adding the appropriate amount of weight that will allow you to perform a maximum of 8 to 12 repetitions will help you obtain the results you desire.

On the other hand, if you put too much weight on the press bar and press it 4 or 5 times, then common sense will tell you to reduce the weight, wait a few minutes, then try again. Remember, never sacrifice perfect form just for the sake of lifting heavier weight. This is a sure-fire, one-way trip down the road to injury. Making muscles work hard, with proper form is the name of the game.

Now that you understand how to test each station for your starting amount of resistance, you should know which muscles to train first. Training the large muscles groups first, such as your chest, legs, and back, should be done before training your small muscle groups like the arms, shoulders, and calves.

Starting with the large muscle groups will help you achieve and maintain quicker gains. The large muscles groups will require more stimulation and a higher intensity level than the smaller muscle groups. Training your arms with all-out intensity and training your chest immediately afterwards will not leave you with enough energy necessary to properly stimulate the muscle fibers in your chest. Moreover, because the triceps are required in chest press movements, your arm muscles will fail much more quickly than your chest muscles, which will also hold back your chest training.

As a beginner, you will find that your gains will come quickly. The excitement and enthusiasm that comes with these gains may cause you to spend even more time on your gym. Take

it easy! Remember, just as too little exercise won't stimulate muscle growth...too much exercise won't either. You need to give your body plenty of rest, especially if you're still sore from the last workout. This will keep you fresh and growing stronger. **NEVER TRAIN A BODY PART THAT IS STILL SORE FROM THE PREVIOUS WORKOUT.** Performing some flexibility exercises is a good way to keep the blood flowing through the sore area, but do not train these muscles again until you are feeling recovered.

Speaking of soreness, there is something else that you, as a beginner, should be aware of: If you work out - your muscles will get sore. The majority of muscle soreness comes from microtears and a build up of lactic acid in the muscle fibers. This is the result of intense exercise. Muscle soreness can become a problem when the body is pushed too fast and too quickly. As a beginner, tendons, ligaments, joints and tissues have not yet developed the ability necessary to recover from high intensity exercise. A general warm up of stretching and light calisthenics prior to exercise can possibly reduce the amount of post-exercise muscle soreness. A good cool down of stretching and cardio work may also decrease muscle soreness.

Now that we have laid a good foundation of the "do's and don'ts", let's get into something a little more specific. The Beginner's Strength Training Program. One of the best beginner's programs is the three-days-a-week routine. For example, do a whole-body workout on Monday, Wednesday and Friday. Use the other days for rest and recuperation. As previously discussed, you want to start with the large muscle groups first, then move on to the small muscle groups. Perform one exercise per muscle group that consists of 2 or 3 sets of 8 to 12 repetitions. Follow this routine for at least six to eight weeks in order for your body to establish the proper stimulation for growth.

One or two exercises per muscle group may not sound like enough to produce any results, but if you're a beginner - it most definitely will. As you continue to train and your body adapts to your exercise routine and recuperative demands you place upon it, you'll be able to add more sets and exercises to your routine.

Another point that is highly recommended is the assistance of a personal trainer. Through the use of a personal trainer you can learn the mechanics and techniques of exercise, how to use proper form to avoid injury and details on proper nutrition. A good trainer will also provide MOTIVATION.

When choosing a personal trainer, here are some tips: Choose an individual that is certified through an accredited association. This is a good way to ensure that he or she is qualified to give you what you need. Also, take a look at what kind of shape they are in. If you want to be in great shape, look for a trainer who is in great shape. They will know what it takes to get results. Here are a few recommended organizations:

- National Strength & Conditioning (719) 632-6722
- American College of Sports Medicine (317) 637-9200
- National Academy of Sports Medicine (312) 929-5101

### SAMPLE WORKOUT ROUTINE WHEN TRAINING FOR STRENGTH

Exercises	Reps	Sets
Leg Press / Squat	8 to 12	2 or 3
Leg Extension	8 to 12	2 or 3
Leg Curl	8 to 12	2 or 3
Calf Raise	8 to 12	2 or 3
Bench / Chest Press	8 to 12	2 or 3
Incline Press	8 to 12	2 or 3
Incline Pec Fly	8 to 12	2 or 3
Lat Pulldown	8 to 12	2 or 3
Seated Row	8 to 12	2 or 3
Military Press	8 to 12	2 or 3
Upright Row	8 to 12	2 or 3
Bicep Curl	8 to 12	2 or 3
Tricep Pressdown	8 to 12	2 or 3
Tricep Extension	8 to 12	2 or 3
Resistance Ab Crunch	20 to 30	2 or 3
Resistance Oblique Crunch	20 to 30	2 or 3

Rest period between sets should be about 60 to 90 seconds.



*Body-Solid*

# COMMON TRAINING MISTAKES



## 1. Lack of Adequate Warm-Up and Inadequate Flexibility

A warmed muscle is a more flexible muscle that's better able to lift heavier weights and work in a full range of motion. Those warmed muscles also greatly reduce your chance of training injuries.

## 2. Improper Form

The use of improper form is a good way to keep you out of the gym. Not only does improper form cause injuries, it also doesn't allow for adequate muscle-fiber stimulation.

## 3. Too Much Weight

Overloading the muscles is a good way to promote muscular growth, but packing on too much weight can cause a snowball effect of improper form, injuries, and down time from your routine.

## 4. Not Enough Weight

Not lifting enough weight will prohibit the stimulation necessary for muscular growth. Keep challenging yourself to lift heavier weights on a progressive basis always maintaining proper form.

## 5. Not Enough Rest Between Workouts

If you're still sore from your previous workout, you don't have to go back at it just because it's your scheduled day. Give your body an extra day off to fully recover so when you return you will be able to give 100%.

## 6. Overtraining

It's not how much time you spend working out, but what you accomplish that really matters. Try to keep your resistance workouts within 45 to 60 minutes per session.

## 7. Poor Diet and Supplementation

Eating the right combination of foods, along with good supplementation, will greatly promote your success. Make your diet 50 percent carbohydrate, 35 percent protein, 15 percent fat, and take a good multivitamin and protein/carbohydrate supplement. Don't forget the water- at least 80 ounces a day! Hydration is critical.

## 8. Stale Routines

Your body adapts very quickly to the demands placed upon it. That's why you should have a variety of exercises and routines that you can do. To keep your body growing, you've got to keep it off-guard. Changing your exercises and routines is a sure way to do it.

# SETTING UP YOUR PERSONAL PROGRAM



It is important to first establish specific and realistic goals. You should determine your long term goal and then set a series of short term goals that will help you attain your long term goal. The most common goals are:



Muscular Endurance & Definition

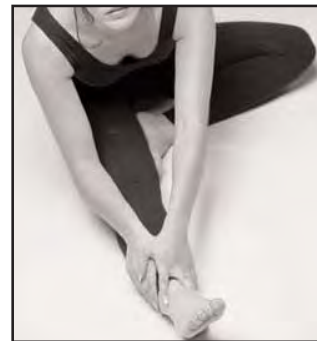


Increase Strength

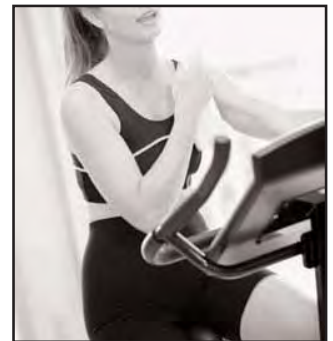


Increase Power & Muscle Mass

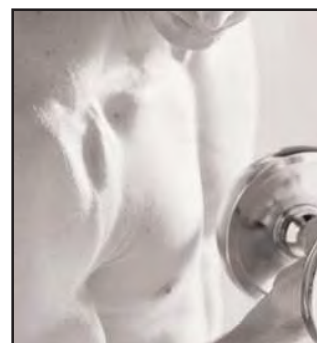
**If your personal goals involve losing a considerable amount of body fat you will need to focus more on aerobic exercise and weight training for muscular endurance and definition. If your goals involve a large increase in muscle size you will need to focus on power and muscle mass weight training. Depending on your goals, you will have different nutritional requirements.**



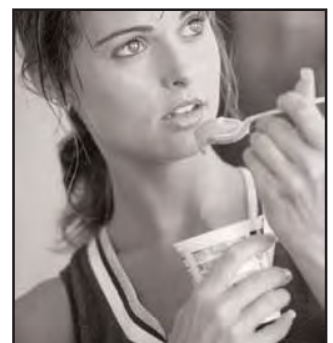
Stretching



Aerobic Exercise



Weight Training



Nutrition

Once you have determined your personal goals, you will need to set up a schedule that helps you attain them. Set up a schedule that includes the number of workouts per week, the type of workout activity, the time of day for each workout, and the actual workout program. Don't forget to factor in the warm up and cool down periods. You may have to modify your current lifestyle to accommodate your new schedule. It's very important to include the following basic components to achieve successful results:



## DETERMINE YOUR TRAINING METHOD

There are three basic types of weight training methods:

1. Training for muscular endurance and definition
2. Training for strength
3. Training for power and muscle mass

You should select a training method that reflects both your present fitness level and your long term goals. You should begin carefully and with proper professional guidance. You can always move from one training method to another as you progress.

If you are beginner, you should start slowly and carefully, gradually increasing the frequency and intensity of your training. Always play it safe – be realistic about your goals and your schedule. Realistic goals are safer and easier to follow.

Which is the right training method for you? First, take a look at your present physique and determine your objectives. Do you want a trim, toned, well-defined body? Are you involved in a sport where speed, strength and power are most important? Maybe you want bulging muscles and a terrific V-shape torso so you look great on the beach. Once you make a decision on what the final results should be, you can set up your personal program using the proper training method to achieve your goals.

### Which training method is right for you?

#### FOR MUSCULAR ENDURANCE & DEFINITION

This training method incorporates achieving and maintaining a high cardiovascular (heart) rate and helps burn away excess fatty tissue. It also adds muscle definition and muscular endurance to your entire body. Exercises are most commonly performed for 15 to 20 repetitions and 3 to 4 sets using a light to moderate weight. The rest period between sets should be about 30 seconds. These short rest intervals will help maintain an elevated heart rate and prevent the muscles from cooling down.

#### FOR STRENGTH

This type of training is the most popular of the three and is designed specifically for increasing strength throughout the muscle and the muscle-tendon junction. This type of training is especially important for athletes. Normally, exercises are performed using moderate to heavy weight for 8 to 12 repetitions and 2 to 3 sets. The rest period between sets should be from 60 to 90 seconds. This allows a degree of muscle recovery before you hit them again.

#### FOR POWER AND MUSCLE MASS

This is the method most often used by bodybuilders and is recommended only for the intermediate and advanced lifter. The weights used are heavy — this shocks the muscles and stimulates a more rapid increase in muscle size. Usually exercises are performed for 2 to 6 repetitions and 3 to 4 sets using very heavy weight. The rest period between sets should be from 3 to 4 minutes. The prolonged rest periods allow ample time for recovery between sets.

## DESIGNING YOUR PERSONAL ROUTINE

#### FIRST:

You need to decide which of the above training methods is best suited to accomplish your personal goals.

#### SECOND:

Study the exercise poster that came with your Body-Solid machine and select one or two exercises per body part (body parts are listed to the left of the exercise pictures). Be sure to include exercises for all body parts. If you leave out certain body parts your exercise routine and your body will not be balanced. If you are trying to increase muscle mass or increase strength to a muscle group it is alright to add extra exercises to the area you are particularly concerned about.

#### THIRD:

Coordinate your body part exercise program and your personal schedule. If you select one exercise per body part you can normally do your entire routine in the same workout. If you choose to do more than 12 exercises you may decide to divide your workout routine into upper and lower body exercises. You can split your schedule to work upper body one day and lower body the next day. Remember to rest each particular muscle group 48 hours before working it again.

#### FOURTH:

Order the exercises in your routine so you are working the large muscle groups first and the small muscle groups last.

#### FIFTH:

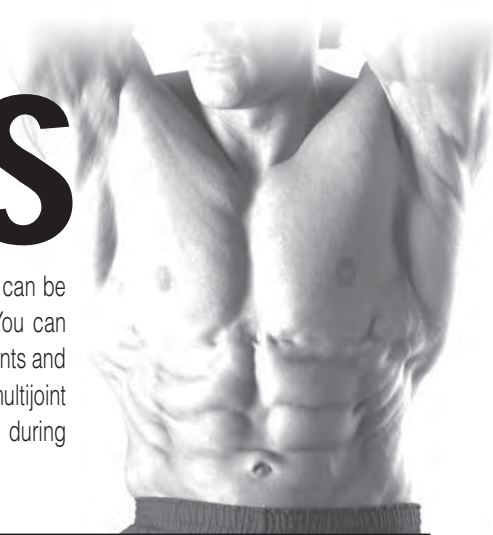
Keep a record! Write down the exercises, number of sets, number of reps and the amount of resistance (weight).

#### BEGINNER'S SAMPLE WORKOUT ROUTINE WHEN TRAINING FOR DEFINITION

<u>Exercise</u>	<u>Reps</u>	<u>Sets</u>
Bench / Chest Press	15 to 20	3 or 4
Lat Pulldown	15 to 20	3 or 4
Shoulder Press	15 to 20	3 or 4
Tricep Pressdown	15 to 20	3 or 4
Bicep Curl	15 to 20	3 or 4
Leg Press/Squat	15 to 20	3 or 4
Leg Extension	15 to 20	3 or 4
Leg Curl	15 to 20	3 or 4
Calf Raise	15 to 20	3 or 4
Ab Crunch	20 to 30	3 or 4

Rest period between sets should be about 30 seconds.

# Body-Solid EXERCISE TIPS



Listed below are Body-Solid's picks of the best exercises you can do for each body part. These exercises can be done using free weights, machines and multi-station gyms. Learn to do each exercise in proper form. You can make substitutions in your training and try variations of each using different Body-Solid grips, cable attachments and accessories to slightly change the emphasis of a particular exercise. Note: Many movements, especially multijoint exercises, work more than one muscle group. For example, your front deltoids and triceps are stimulated during bench / chest pressing movements.

## CHEST

This powerful muscle group is the cornerstone of a well-developed upper body. To most thoroughly work your pecs, include both pressing and fly movements and vary the angle of the bench from decline to flat to incline.

**BENCH / CHEST PRESS**  
**INCLINE PRESS**  
**DECLINE PRESS**  
**PEC FLY**  
**INCLINE FLY**  
**DECLINE FLY**  
**CABLE CROSSOVER**  
**DIPS**

## SHOULDERS

The shoulder joint, which has the greatest range of motion of all joints in the body, is best worked by training all three deltoid heads. Include a pressing movement followed by a raise for each of the three heads.

**SHOULDER PRESS**  
**BEHIND THE NECK PRESS**  
**FRONT DELTOID RAISE**  
**LATERAL (SIDE) DELTOID RAISE**  
**BENT-OVER LATERAL DELTOID RAISE**  
**REVERSE PEC-FLY**

## UPPER BACK

A powerful upper back is marked by both middle-back thickness and width (the sought-after V-taper). This is best achieved by combining various rows with pull-downs and pull-ups. Remember to vary your grip to slightly change the stimulus.

**PULL UP**  
**UPRIGHT ROW**  
**LAT PULLDOWN**  
**SEATED ROW**  
**BENT OVER ROW**  
**HIGH ROW**  
**REVERSE GRIP PULLDOWN**

## TRAPS

A signature muscle of a strong upper back, well-developed traps help prevent neck injury. Shrug movements should be done with heavy weights in a straight up-and-down motion.

**STRAIGHT BAR SHRUG**  
**DUMBBELL SHRUG**  
**BEHIND THE BACK SHRUG**  
**UPRIGHT ROW**

## LOWER BACK

Important not only for spinal protection but also because it's the seat of power for many exercises. If you spend a great deal of time crunching for abs, you need to balance your training for complete development and muscular balance.

**PULL UP**  
**UPRIGHT ROW**  
**LAT PULLDOWN**  
**SEATED ROW**  
**BENT OVER ROW**  
**HIGH ROW**  
**REVERSE GRIP PULLDOWN**

## TRICEPS

This three-headed muscle on the back of your arm is involved in extension of the elbow. Like the biceps, the triceps cross the elbow and shoulder joints. Because of this, you can and should work the triceps through a variety of angles to ensure complete development.

**LYING TRICEPS EXTENSION**  
**CABLE TRICEPS EXTENSION**  
**CABLE TRICEPS PRESSDOWN**  
**CLOSE-GRIP BENCH PRESS**  
**REVERSE-GRIP PRESSDOWN**  
**TRICEPS PRESS**  
**DIPS**

## BICEPS / FOREARMS

A two-headed muscle, the biceps' primary focus is to flex your elbow and supinate your wrist. The ability to build your biceps peak is largely genetic, but exercises that maximally stress the short head will help.

**BICEPS**  
**STANDING BICEP CURL**  
**SEATED BICEP CURL**  
**INCLINE CURL**  
**PREACHER CURL**  
**CONCENTRATION CURL**  
**ONE-ARM CABLE CURL**  
**FOREARMS**  
**WRIST CURL**  
**REVERSE WRIST CURL**

## ABDOMINALS

The rectus abdominus has upper and lower regions, but you can't isolate one area over the other. Still, include both upper and lower ab movement to more strongly emphasize those areas, and do twisting movements to work the obliques for complete development.

**UPPER AB REGION**  
**CABLE AB CRUNCH**  
**DECLINE BENCH CRUNCH**  
**LOWER AB REGION**  
**REVERSE CRUNCH**  
**HANGING KNEE RAISE**  
**HIP THRUST**  
**OBLIQUES**  
**CABLE SIDE BEND**  
**OBLIQUE CRUNCH**

## THIGHS / GLUTES

The main muscles of the thighs are the quadriceps which are composed of four muscles. You have several others near the hip joint, including the body's largest muscle group, the gluteals. Multijoint movements (in which action occurs at both the hip and knee joints) are your best choice to work these muscles.

**BACK SQUAT**  
**FRONT SQUAT**  
**LEG PRESS**  
**LUNGE**  
**REVERSE LUNGE**  
**STEP-UP**  
**LEG EXTENSION** (does not work glutes)

## HAMSTRINGS

On the back of the thighs, the hamstrings balance the quads and allow for a wide range of movement. Good exercise choices include those that work the hamstrings and both the hip and knee joints.

**DEADLIFT**  
**STIFF-LEGGED DEADLIFT**  
**GOOD MORNING**  
**LYING LEG CURL**  
**SEATED LEG CURL**  
**ONE-LEGGED STANDING LEG CURL**

## CALVES

Calves consist of two major muscles, the gastrocnemius and soleus. The latter is best worked when the knee is flexed, as in the seated calf raise.

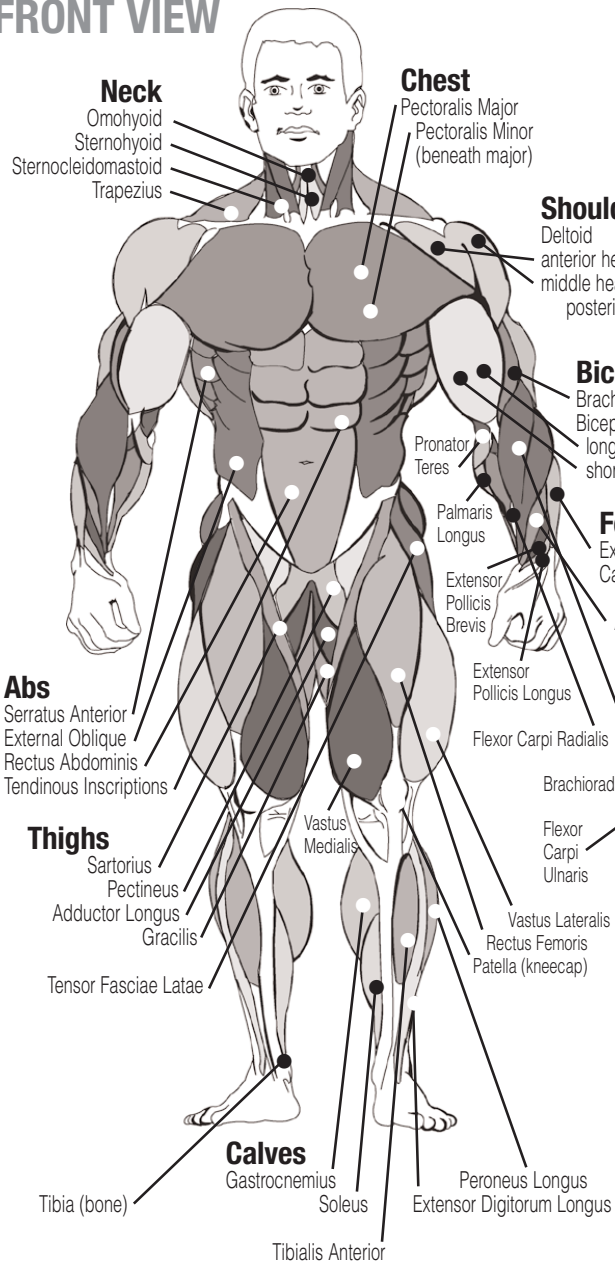
**STANDING CALF RAISE**  
**SEATED CALF RAISE**  
**DONKEY CALF RAISE**  
**LEG PRESS CALF RAISE**  
**HACK SQUAT CALF RAISE**



# ANATOMY CHART

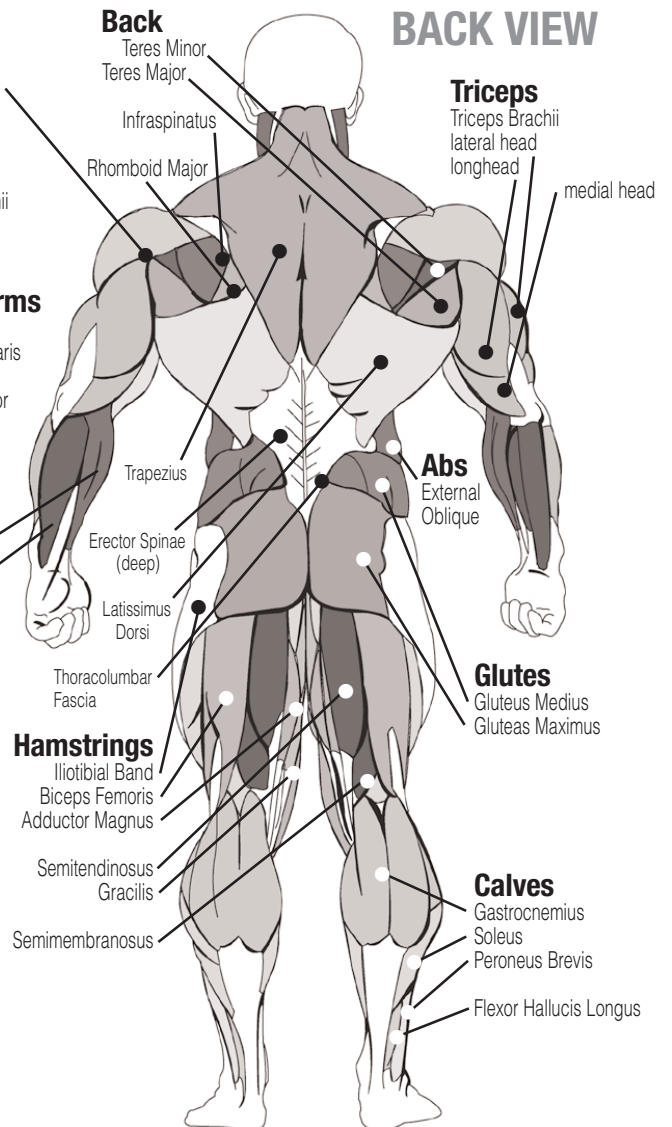


## FRONT VIEW



Note: These illustrations depicting exaggerated musculature are not in the textbook anatomical position. As such, they are inexact for medical purposes but are useful for a general understanding.

## BACK VIEW





## SHORT-TERM GOALS

Date Set \_\_\_\_\_ Date Accomplished \_\_\_\_\_

Goal \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reward\*\* \_\_\_\_\_

Date Set \_\_\_\_\_ Date Accomplished \_\_\_\_\_

Goal \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reward\*\* \_\_\_\_\_

Date Set \_\_\_\_\_ Date Accomplished \_\_\_\_\_

Goal \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reward\*\* \_\_\_\_\_

## LONG-TERM GOALS

Goal \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reward! \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\* Make several copies of this page to keep track of your goals and accomplishments.  
You can print more copies of this page by going to <http://www.bodysolid.com/support/docs.html>  
\*\* Don't forget to reward yourself for a job well-done!





# WEIGHT TRAINING EXERCISE LOG

<b>SAMPLE WORKOUT ROUTINE WHEN TRAINING FOR STRENGTH</b> Keep track of your changes and improvements. It's a great motivational tool!*		<b>S = Sets</b> <b>R = Repetitions per set</b> <b>W = Weight used</b>														
					S	R	W	S	R	W	S	R	W	S	R	W
Date		S	R	W	S	R	W	S	R	W	S	R	W	S	R	W
Exercise																
LEG PRESS / SQUAT																
LEG EXTENSION																
LEG CURL																
CALF RAISE																
BENCH / CHEST PRESS																
INCLINE PRESS																
INCLINE PEC FLY																
LAT PULLDOWN																
SEATED ROW																
MILITARY PRESS																
UPRIGHT ROW																
BICEP CURL																
TRICEP PRESSDOWN																
TRICEP EXTENSION																
RESISTANCE AB CRUNCH																
RESISTANCE OBLIQUE CRUNCH																
<b>TOTALS</b>																

\* Make several copies of this page to keep track of your progress. You can print more copies of this page by going to <http://www.bodysolid.com/support/docs.html>





*Body-Solid*

# STRETCHING & FLEXIBILITY



Flexibility is an important component of physical fitness and needs to be addressed in a resistance training program. The two main purposes for stretching are injury prevention and a faster rate of recovery from exercise. Stretching should be performed in both the warm up and cool down phases of a training session. A good general guideline is that each workout session should be preceded by 5 to 15 minutes of general warm up, followed by 8 to 12 minutes of stretching, and concluded with 4 to 5 minutes of post-exercise stretching.

A regular stretching program will loosen muscle tissue, allowing an increased range of motion. This helps prevent microtears at the muscle-tendon junction. Almost 90% of all injuries from muscle strain occur at the muscle-tendon junction. Repeated injury at this junction can lead to a build-up of scar tissue, which impedes range of motion and adds stress to the joints.

Begin by stretching the major muscle groups first. Move in and out of your stretches with smooth, slow, controlled motion. Hold the stretch for at least 10 seconds when you feel you have reached your muscle's maximum distance. Do not use fast, hurried or reckless motions when stretching. Fast and bouncy motions will increase the risk of injury.

The most common and most popular type of stretching is the **static stretching** technique. This form of stretching involves voluntary, complete relaxation of the muscles while they are elongated. A static stretch is a constant, steady stretch in which the end position is held for 10 to 30 seconds. This technique is popular because it is easy to learn, effective, and accompanied by minimal soreness with the least risk of injury.

**Ballistic stretching** involves a bouncing or bobbing movement during the stretch. The final position in the movement is not held. Ballistic stretching is unpopular because of the increased amount of delayed muscle soreness and the possibility of injury during the stretching exercise. Ballistic stretching is not recommended.

A dynamic stretch involves flexibility during sport specific movements. **Dynamic stretching** is similar to ballistic stretching in that it utilizes movement, but dynamic stretching includes movements that may be specific to a sport or movement pattern. Dynamic stretching is most common among track and field athletes, but is also used in other sports, such as basketball and volleyball. An example of dynamic stretching would be a track sprinter performing high knees with an emphasis on knee height and arm action, not on horizontal speed.

**The following pages show illustrations with descriptions of static stretching for warm up and post-exercise cool down. Remember... stretch your large muscle groups first and do all stretches in a smooth, slow, controlled manner.**



## UPPER BACK

### Cross Arm in Front of Chest

MUSCLE(S) AFFECTED: *latissimus dorsi and teres major*

1. Stand or sit with the right arm slightly flexed (15° to 30°) and adducted across the chest.
2. Grasp the upper arm just above the elbow, placing the left hand on the posterior side of the upper arm.
3. Pull the right arm across the chest (toward the left) with the left hand.
4. Hold for 10 seconds.
5. Repeat with the left arm.



Stretching the upper back

## UPPER BACK

### Arms Straight Up Above Head (Pillar)

MUSCLE(S) AFFECTED: *latissimus dorsi and wrist flexors*

1. Stand with arms in front of torso, fingers interlocked with palms facing each other.
2. Slowly straighten the arms above the head with palms up.
3. Continue to reach upward with hands and arms.
4. While continuing to reach upward, slowly reach slightly backward.
5. Hold for 10 seconds.



Stretching the shoulders, chest and upper back

## LOWER BACK

### Spinal Twist (Pretzel)

MUSCLE(S) AFFECTED: *internal oblique, external oblique and spinal erectors*

1. Sitting with legs straight and upper body nearly vertical, place right foot on left side of left knee.
2. Place back of left elbow on right side of right knee, which is now bent.
3. Place right palm on floor 12 to 16 inches behind hips.
4. Push right knee to the left with left elbow while turning shoulders and head to the right as far as possible. Try to look behind the back.
5. Hold for 10 seconds.
6. Repeat with left leg.



Stretching the low back and sides



# STRETCHING WARM-UP/COOL-DOWN

## LOWER BACK

### Semi-Leg Straddle

MUSCLE(S) AFFECTED: *spinal erectors*

1. Sitting, knees flexed 30 to 50 degrees, let the legs totally relax.
2. Point the knees outward; the lateral side of the knees may or may not touch the floor.
3. Lean forward from waist and reach forward with extended arms. Hold position for 10 to 15 seconds.
4. Bending and relaxing legs decreases hamstring involvement and increases lower back stretch.



Stretching the low back from seated position

## HIPS

### Forward Lunge (Fencer)

MUSCLE(S) AFFECTED: *iliopsoas, rectus femoris*

1. Standing, take a long step forward (as with the lunge) with the right leg and flex the right knee until it is directly over the right foot.
2. Keep right foot flat on floor.
3. Keep back leg straight.
4. Keep back foot pointed in same direction as front foot; it is not necessary to have heel on floor.
5. Keep torso upright and rest hands on hips or front leg.
6. Slowly lower hips forward and downward.
7. Hold for 10 to 15 seconds.
8. Repeat with the left leg.



Stretching the hip flexors

## HIPS

### Supine Knee Flex

MUSCLE(S) AFFECTED: *hip extensors (gluteus maximus and hamstrings)*

1. Lie on back with legs straight.
2. Flex right leg and lift knee toward chest.
3. Place both hands below knee and continue to pull knee toward chest.
4. Hold for 10 to 15 seconds.
5. Repeat with left leg.



Stretching the gluteals and hamstrings



## SHOULDER

### Seated Lean-Back

MUSCLE(S) AFFECTED: *deltoids and pectoralis major*

1. Sitting with legs straight and arms extended, place palms on floor about 12 inches behind hips.
2. Point fingers away (backward) from body.
3. Slide hands backward and lean backward.
4. Hold for 10 seconds.



Stretching shoulder joints—sitting

## CHEST

### Straight Arms Behind Back

MUSCLE(S) AFFECTED: *deltoids and pectoralis major*

1. Standing, place both arms behind back.
2. Interlock fingers with palms facing each other.
3. Straighten arms fully.
4. Slowly raise the straight arms.
5. Hold for 10 to 15 seconds.
6. Keep head upright and neck relaxed.



Stretching the chest

## POSTERIOR OF UPPER ARM

### Behind-Neck Stretch (Chicken Wing)

MUSCLE(S) AFFECTED: *triceps and latissimus dorsi*

1. Standing or sitting, flex right arm and raise elbow above head.
2. Reach the right hand down toward the left scapula.
3. Grasp right elbow with left hand.
4. Pull elbow behind head with left hand.
5. Hold for 10 seconds.
6. Repeat with left arm.



Stretching the triceps





# STRETCHING WARM-UP/COOL-DOWN

## NECK

### Look Right and Left

MUSCLE(S) AFFECTED: *sternocleidomastoid*

1. Stand or sit with head and neck upright.
2. Turn head to the right using a submaximal concentric contraction. Hold for 10 seconds.
3. Turn head to the left using a submaximal concentric contraction. Hold for 10 seconds.



Rotational flexion of the neck

## NECK

### Flexion and Extension

MUSCLE(S) AFFECTED: *sternocleidomastoid, suboccipitals and splenii*

1. Standing or sitting with head and neck upright, flex neck anteriorly (forward) by tucking chin in toward the chest; hold for 10 seconds.
2. If the chin touches the chest, try to touch lower on the chest with the chin.
3. Extend neck posteriorly (backward) by trying to touch the head to the trapezius; hold for 10 seconds.

Neck extension



Neck flexion



## SHOULDER

### Straight Arms Behind Back

MUSCLE(S) AFFECTED: *deltoids and pectoralis major*

1. Standing, place both arms behind back.
2. Interlock fingers with palms facing each other.
3. Straighten arms fully.
4. Slowly raise the straight arms.
5. Hold for 10 to 15 seconds.
6. Keep head upright and neck relaxed.



Stretching shoulder joints—standing



## SIDES

### Side Bend with Straight Arms

MUSCLE(S) AFFECTED: *external oblique, latissimus dorsi and serratus anterior*

1. Stand with feet 14 to 16 inches apart.
2. Interlace the fingers with palms facing each other.
3. Reach upward with straight arms.
4. Keeping arms straight, lean from waist to left side.  
Do not bend knees.
5. After moving as far as possible, hold for 10 seconds.
6. Repeat to the left side.



Stretching  
the sides, upper  
back and shoulders

## SIDES

### Side Bend with Bent Arm

MUSCLE(S) AFFECTED: *external oblique, latissimus dorsi, serratus anterior and triceps*

1. Stand with feet 14 to 16 inches apart.
2. Flex right arm and raise elbow above head.
3. Reach the right hand down toward the left shoulder.
4. Grasp the right elbow (just above the elbow) with the left hand.
5. Pull the elbow behind head.
6. Keeping arm bent, lean from waist to left side.
7. Do not bend knees.
8. After moving as far as possible, hold for 10 to 15 seconds.
9. Repeat with the left arm.



Stretching  
the sides, triceps  
and upper back

## ANTERIOR OF THIGH AND HIP FLEXOR

### Side Quadricep Stretch

MUSCLE(S) AFFECTED: *quadriceps and iliopsoas*

1. Lie on left side with both legs straight.
2. Place left forearm flat on floor and upper arm perpendicular to floor.
3. Place left forearm at 45° angle with torso.
4. Flex right leg with heel of right foot moving toward buttocks.
5. Grasp front of ankle with right hand and pull toward buttocks.  
WARNING: Do not pull on ankle so hard that pain or discomfort is felt in knee.
6. Move knee backward and slightly upward. The stretch occurs not so much from the excessive flexion of the knee but from moving the knee back and slightly up.
7. Hold for 10 to 15 seconds.
8. Repeat with the left leg.



Stretching the  
quadriceps  
on side

# STRETCHING WARM-UP/COOL-DOWN



## ANTERIOR OF THIGH AND HIP FLEXOR

### Kneeling Quadriceps Stretch

MUSCLE(S) AFFECTED: *quadriceps*

1. Kneel with the balls of the feet on the ground.
2. Keep hips straight (upper leg and torso should be in a straight line).
3. Place palms of hands on buttocks and push slightly forward.
4. With a straight body, lean slightly backward until developmental stretch is felt in quadriceps.
5. Hold for 10 to 15 seconds.



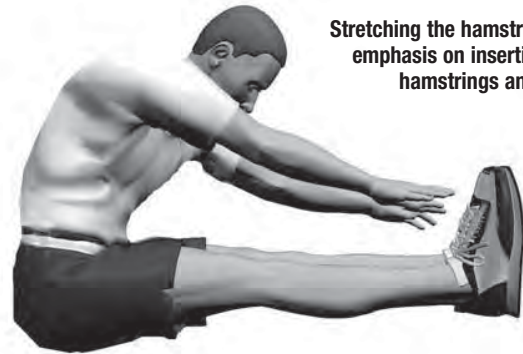
Stretching the quadriceps kneeling

## POSTERIOR OF THIGH

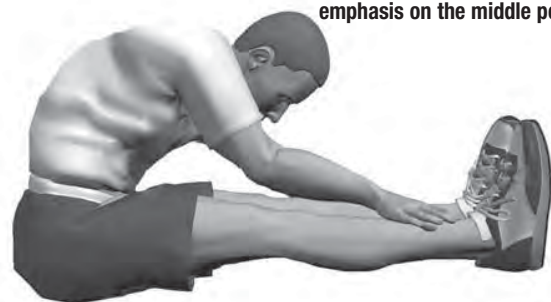
### Sitting Toe Touch

MUSCLE(S) AFFECTED: *hamstrings, spinal erectors and gastrocnemius*

1. Sit with the upper body nearly vertical and legs straight.
2. Lean forward from waist and grasp toes with each hand, slightly pull toes towards the upper body, and pull chest towards leg. (If you are very stiff, try to grasp the ankles.) Hold for 10 seconds.
3. Release toes and relax foot.
4. Grasp ankles and continue to pull chest towards legs. Hold for 10 seconds.
5. Still grasping the ankles, point away from body and continue to pull chest towards legs. Hold for 10 seconds.



Stretching the hamstrings with emphasis on insertion of the hamstrings and calves.



Stretching the hamstrings with emphasis on the middle portion.



Stretching the hamstrings with emphasis on the upper portion.





## POSTERIOR OF THIGH

### Semistraddle (Figure Four)

**MUSCLE(S) AFFECTED:** *gastrocnemius, hamstrings and spinal erectors*

1. Sit with the upper body nearly vertical and legs straight.
2. Place sole of left foot on left side of right knee. The lateral side of left leg should be resting on the floor.
3. Lean forward from the waist and grasp toes with right hand and slightly pull toes toward the upper body as the chest is also pulled toward right leg. Hold for 10 seconds.
4. Release toes and relax foot.
5. Grasp ankle and continue to pull chest toward right leg. Hold for 10 seconds.
6. Point toes away from body and continue to pull chest toward right leg. Hold for 10 seconds.
7. Repeat with the left leg.



Stretching the hamstrings with emphasis on insertion of the hamstrings and calves



Stretching the hamstrings with emphasis on the middle portion



Stretching the hamstrings with emphasis on the upper portion

**Remember... do all stretches in a smooth, slow, controlled manner.**

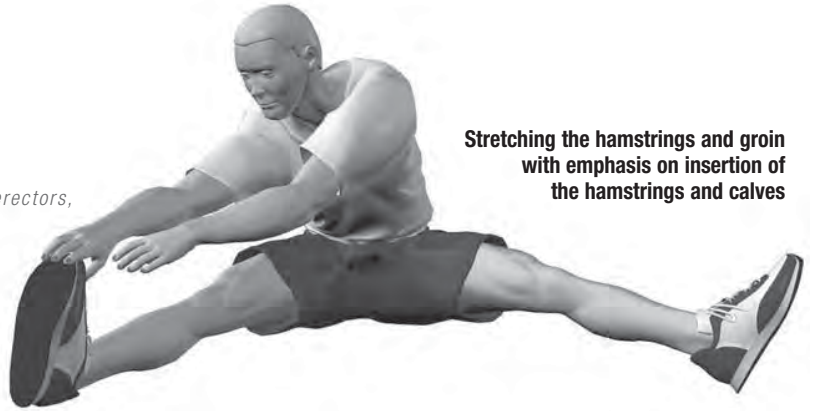


## GROIN

### Straddle (Spread Eagle)

**MUSCLE(S) AFFECTED:** *gastrocnemius, hamstrings, spinal erectors, adductors and sartorius*

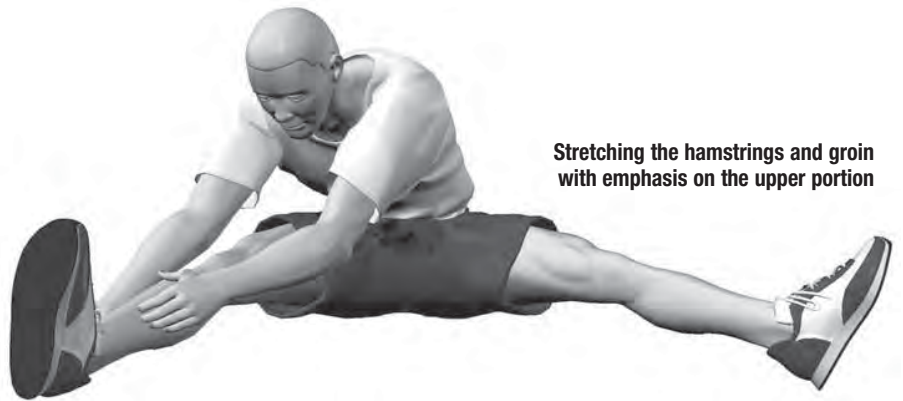
1. Sit with the upper body nearly vertical and legs straight, and spread legs as far as possible.
2. With right hand, grasp toes of right foot and pull on toes slightly, while pulling chest toward right leg. Hold for 10 seconds.
3. Release toes and relax foot.
4. Grasp ankle and continue to pull chest toward right leg. Hold for 10 seconds.
5. Point toes away from body and continue to pull chest toward right leg. Hold for 10 seconds.
6. Repeat process with the left leg.
7. Repeat process by grasping right toes with right hand and left toes with left hand. Move the torso forward and toward the ground.



Stretching the hamstrings and groin with emphasis on insertion of the hamstrings and calves



Stretching the hamstrings and groin with emphasis on the middle portion



Stretching the hamstrings and groin with emphasis on the upper portion



Stretching the groin, low back and hamstrings



# STRETCHING WARM-UP/COOL-DOWN

## GROIN

### Butterfly

MUSCLE(S) AFFECTED: *adductors and sartorius*

1. Sitting with the upper body nearly vertical and legs straight, flex both knees as the soles of the feet come together.
2. Pull feet toward body.
3. Place hands on feet and elbows on legs.
4. Pull torso slightly forward as elbows push legs down.
5. Hold for 10 to 15 seconds.



Stretching the groin

## POSTERIOR OF LOWER LEG

### Bent-Over Toe Raise

MUSCLE(S) AFFECTED: *gastrocnemius and soleus*

1. Stand with heel of right foot 6 to 8 inches in front of left foot.
2. Flex right foot toward shin (dorsi-flexion) with heel in contact with floor.
3. Lean forward and try to touch right leg with chest while both legs are straight.
4. Continue to lean downward with upper body as the foot is dorsi-flexed near maximal toward the shin.
5. Hold for 10 to 15 seconds.
6. Repeat with the left leg.



Stretching calves without a step



# STRETCHING WARM-UP/COOL-DOWN

## POSTERIOR OF LOWER LEG

### Step Stretch

MUSCLE(S) AFFECTED: *gastrocnemius and soleus; also, achilles tendon*

1. Have ready a step or board 3 to 4 inches high.
2. Place balls of both feet on the step or board, 1 inch from its edge.
3. With straight legs, lower heels as far as possible.
4. Hold for 10 to 15 seconds.
5. To stretch achilles tendon, raise heels slightly. Slightly flex the knees and then lower the heels. This stretch will be felt in the achilles tendon.
6. Hold for 10 to 15 seconds.
7. For a more intense and individualized stretch, perform this stretch with one leg at a time.



Stretching the calves standing on a step



Preparing to stretch the achilles tendon by slightly bending the knee



Stretching the achilles tendon by lowering the heel

# Notes



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# GLPS WORKOUT



## C H E S T



**Horizontal Grip Chest Press**  
(Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat pad, back pad and press arm pivot point so that when seated the horizontal press handles bisect the Chest (pectoral) muscles.
3. Sit comfortably on the seat pad with your back flat against the back pad.
4. Grasp horizontal press handles with your arms bent and palms facing down.
5. Keeping your elbows out and below your shoulders, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



**Incline Press**  
(Upper Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Set Press Arms to the Incline Press position and set back pad to the Incline Press position.
3. Adjust seat pad height so that when seated the horizontal press handles bisect the upper chest (pectoral) muscles.
4. Sit comfortably on the seat pad with your back flat against the back pad.
5. Grasp horizontal bench handles with your arms bent and palms facing downward.
6. Keeping your elbows out and below your shoulders, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.



**Cable Crossover**  
(Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Attach utility strap to low pulley cable.
3. Stand with your right side facing the low pulley and your feet set shoulder width apart. Grasp the handle with your right hand. Bend slightly at the waist and maintain this torso angle throughout the exercise movement.
4. Keeping your palm facing toward your body and arm slightly bent, pull strap upward and across your body in a semicircular arc until it is approximately level with your shoulder.
5. Pause for a moment, then slowly return the strap, back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite arm.



**Pectoral Fly**  
(Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat pad height so that when seated and grasping handles your upper arms are parallel with the floor.
3. Sit comfortably on the seat pad facing away from the machine and your back flat against the back pad.
4. Grasp handles with arms slightly bent and upper arms parallel with the floor.
5. Use Chest (pectoral) muscles to bring your arms forward and inward until the pec arms touch.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

## B A C K



**Lat Pulldown**  
(Latissimus Dorsi)

1. Insert pin into weight stack at desired resistance level.
2. Attach Lat Bar to high pulley cable and adjust press arms out of the way.
3. Adjust seat pad so your knees fit comfortably under leg hold-down rollers. Sit on seat pad facing into machine.
4. Grasp Lat Bar 3 to 6 inches wider than your shoulders, on each side.
5. Keeping your elbows back during movement, slowly pull the Bar down toward your chest until it lightly touches the upper part of your chest.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



**Shrugs**  
(Trapezius)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Stand facing the low pulley with your feet set shoulder width apart.
4. Grasp the Straight Bar and stand erect with your arms extended straight down and the Bar resting across your thighs. Allow the weight to pull your shoulders forward and downward.
5. Use Trapezius strength to "shrug" your shoulders upward and backward as far as possible.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



**Chest Supported Mid Row**  
(Latissimus Dorsi)

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat height so that when seated the Press Arm handles pivot to slightly below your chest area. Adjust chest pad and Press Arm handles to match arm length for full stretch.
3. Sit facing machine. Lock your legs under rollers. Keep chest flat against pad throughout movement.
4. Grasp the handles with both hands allowing the weight to gently stretch your Lats.
5. Using back strength pull the handles toward you being sure to keep your elbows close to your sides. Continue to pull the Bar until it is even with your midsection.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



**Seated Row**  
(Latissimus Dorsi)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Sit on the floor with your knees slightly bent and your feet placed firmly against the foot brace.
4. Grasp the Bar in both hands. Straighten your arms and lean towards the pulley to gently stretch your Lats.
5. Simultaneously pull the Bar toward you and sit erect, being sure to keep your elbows close to your sides. Continue to pull the Bar until it touches your midsection.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

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# GLPS WORKOUT



## A R M S



**Standing Bicep Curl**  
(Biceps)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Take an underhand grasp on the Bar. Stand erect with your feet set at shoulder width, approximately 1 to 2 feet away from pulley. Your arms should be down at your sides with the Bar resting on your thighs.
4. Keeping your upper arms locked against the sides of your torso, use Bicep strength to curl the Bar upward and forward in a semicircular arc to a position beneath your chin.
5. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.



**Concentration Curl**  
(Biceps)

1. Insert pin into weight stack at desired resistance level.
2. Attach a short handle strap to low pulley.
3. Stand with your left side facing the machine with the low pulley in front of you and just to your left.
4. Bend forward at the hips and knees and position your right hand just above your right knee where it will remain throughout the exercise movement.
5. Grasp the handle in your left hand, palm up. Keeping your left elbow anchored between your right hand and your left knee, slowly raise the handle upward in a semicircular arc until it lightly touches your chest.
6. Pause for a moment, then slowly return along the same arc to the starting position and repeat movement.
7. Exhale on exertion, inhale on the return motion.
8. Turn around and repeat with right arm.



**Triceps Press Down**  
(Triceps)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to high pulley cable.
3. Stand erect with your feet set at shoulder width. Take an overhand grasp of the Straight Bar with your hands set 3 to 5 inches apart.
4. Pull the Bar down and lock your upper arms against the sides of your torso where they must remain throughout the exercise movement. Lean slightly forward at the waist.
5. Moving only your forearms, use Triceps strength to press the Bar downward in a semicircular arc to a position below your waist.
6. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



**Seated Triceps Extension**  
(Triceps)

1. Insert pin into weight stack at desired resistance level.
2. Attach Tricep Strap to middle pulley cable. Adjust seat pad to a comfortable position.
3. Sit comfortably on seat pad, facing away from the machine. Reach behind your head and secure your hands into the loops of the Tricep Strap.
4. Bend at the waist so that your torso is at an approximate 45° angle from the machine. Keep your hands behind your head and your arms bent with your elbows facing forward.
5. Keeping your upper arms motionless, use triceps strength to move the Strap forward and outward in an arcing motion until your arms are fully extended.
6. Pause for a moment, then slowly return the Strap back along the same arc, to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

## L E G S



**Leg Press**  
(Quadriceps & Hamstrings)

1. Insert pin into weight stack at desired resistance level.
2. Adjust back pad to desired position.
3. Sit comfortably against seat pad with your back against the back pad and your feet against the press plate.
4. Grasp the handles at your sides for support.
5. Using leg muscles, slowly press the foot plate until your legs are extended. *Do not lock out your knees.*
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



**Calf Press**  
(Gastrocnemius)

1. Insert pin into weight stack at desired resistance level.
2. Adjust back pad to desired position.
3. Sit comfortably on seat pad with your back flat against the back pad and the balls of your feet securely against the bottom portion of the press plate.
4. Grasp the handles at your sides for balance and stability.
5. Extend your legs and hold them in this position throughout the exercise.
6. Extend your feet forward as far as you comfortably can, hold that position for a moment and then return your feet to the furthest back position you comfortably can. Repeat movement.
7. Exhale on exertion, inhale on return motion.



**Leg Extension**  
(Quadriceps)

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat pad, back pad and each set of rollers so that your knee joints line up with the pivot point and your ankles fit comfortably under the leg pads.
3. Using Quadricep strength, extend your feet outward and upward until your legs are extended.
4. Pause for a moment, then slowly return your feet back along the same arc, to the starting position. Repeat movement.
5. Exhale on exertion, inhale on return motion.



**Standing Leg Curl**  
(Hamstrings)

1. Insert pin into weight stack at desired resistance level.
2. Stand facing machine and hook your left heel under the bottom leg pad with left knee positioned slightly below the top roller pad. Grasp bench handles for stability.
3. Use hamstring strength to pull and curl your left foot upward, bending your knee as much as possible.
4. Pause for a moment, then slowly return your foot back along the same arc, to the starting position. Repeat movement.
5. Exhale on exertion, inhale on return motion.
6. Change sides and repeat with opposite leg.



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# GLPS WORKOUT



## SHOULDERS



**Shoulder Press**  
*(Deltoids)*

1. Insert pin into weight stack at desired resistance level.
2. Set Press Arms to the Shoulder Press position and set back pad to the Shoulder Press position.
3. Adjust seat pad height so that when seated the horizontal press handles bisect the shoulder (deltoid) muscles.
4. Sit comfortably on the seat pad with your back flat against the back pad.
5. Grasp horizontal bench handles with your arms bent and palms facing downward.
6. Keeping your elbows out, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.



**Side Deltoid Raise**  
*(Deltoids)*

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap or the Tricep/Ab Strap to the low pulley cable.
3. Stand with your right side facing the machine.
4. Securely grasp the Strap with your left hand and your palm facing down.
5. Using shoulder muscle strength, slowly raise the Strap upward and outward in a semicircular arc until it is in a position slightly above shoulder level.
6. Pause for a moment, then slowly return the Strap along the same arc, back to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.
8. Change hands, turn around and repeat with opposite arm.



**Upright Row**  
*(Deltoids & Trapezius)*

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Stand erect, facing machine, with your feet approximately shoulder width apart and grasp the Bar with your hands set approximately 6 inches apart and your palms facing down.
4. Straighten your arms and allow the weight to pull your arms straight down.
5. Keeping your elbows above your hands at all times, slowly pull the Bar upward until the back of your hands lightly touch your chin.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



**Rear Deltoid Fly**  
*(Deltoids & Trapezius)*

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat pad height so that when seated and grasping handles your upper arms are parallel with the floor.
3. Sit comfortably on the seat pad facing the machine with your back straight.
4. Grasp handles with arms slightly bent and upper arms parallel with the floor.
5. Using rear Deltoid muscle strength, pull the pec arms backward toward each other as far as you comfortably can.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

## H I P S



**Leg Abduction**  
*(Outer Thighs)*

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap to left ankle and low pulley cable. Stand 1 to 2 feet away from the pulley with your right side toward the machine.
3. Keeping your legs straight and your body balanced, allow the weight to pull your leg across your body and toward the machine. Be sure to keep hands away from all moving parts.
4. Using Outer Thigh strength, slowly pull your left leg across and away from your body as far as comfortably possible.
5. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite leg.



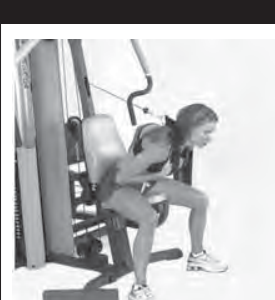
**Leg Adduction**  
*(Inner Thighs)*

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap to right ankle and low pulley cable. Stand 1 to 2 feet away from the pulley with your right side toward machine.
3. Keeping your legs straight and your body balanced, allow the weight to pull your leg away from your body and toward the machine. Be sure to keep hands away from all moving parts.
4. Using Inner Thigh strength, slowly pull your right leg across your body as far as comfortably possible.
5. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite leg.



**Glute Kickback**  
*(Glutes)*

1. Insert pin into weight stack at desired resistance level.
2. Attach the utility strap to the low pulley and then to your left ankle.
3. Stand facing the machine with your left foot in front of the low pulley.
4. Keeping your legs straight and your body balanced, allow the weight to pull your left leg toward the machine. Hold the back pad for balance.
5. Keeping both legs straight and using Gluteal strength, slowly pull your left leg backward and behind your body as far as comfortably as possible.
6. Pause for a moment, then slowly return along the same arc to the starting position and repeat movement.
7. Exhale on exertion, inhale on the return motion.
8. Attach utility strap to your right ankle and repeat above steps with your right leg.

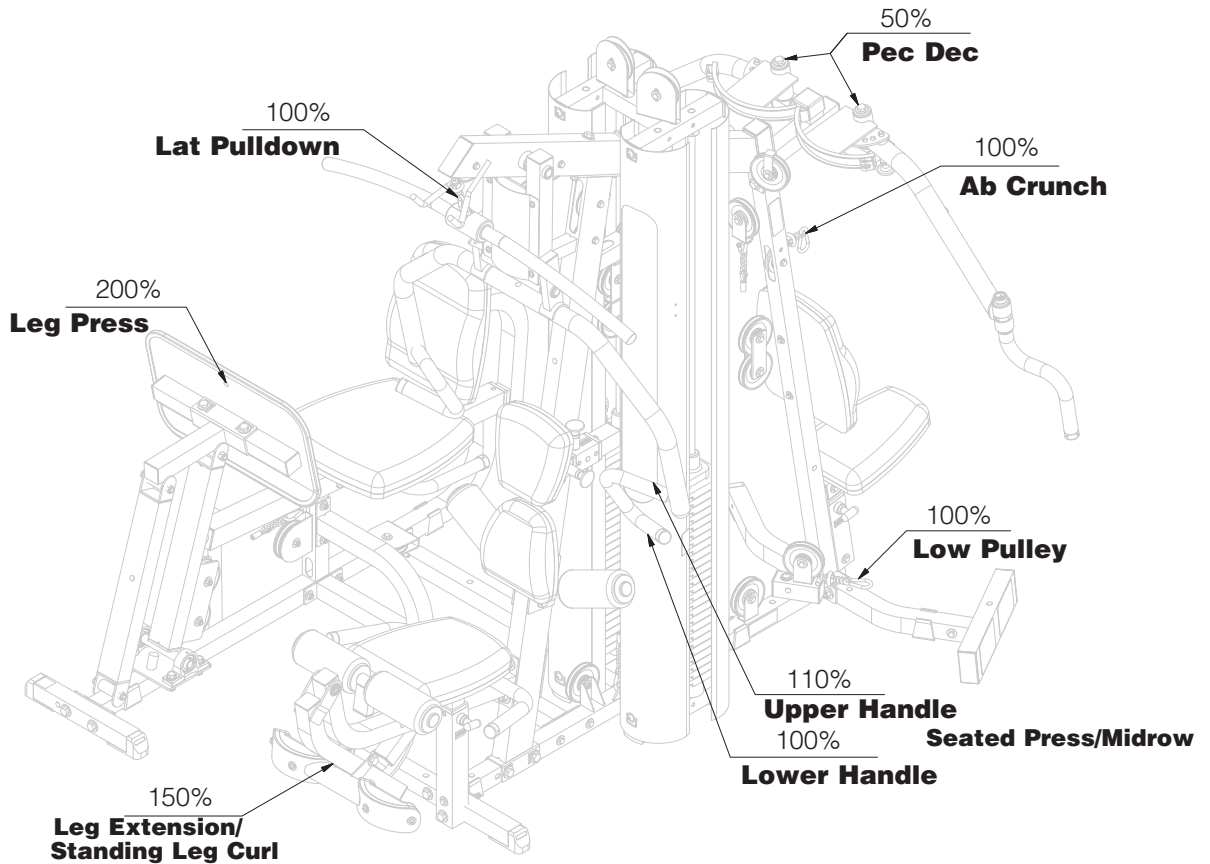


**Resistance Ab Crunch**  
*(Abdominals)*

1. Insert pin into weight stack at desired resistance level and adjust Press Arms to Storage position.
2. Attach Tricep / Ab Strap to middle pulley cable and adjust back pad to Chest Press position.
3. Sit on seat pad with your back resting against back pad. Grasp the Strap and place it securely over your shoulders, keeping your hands planted firmly on your upper chest throughout the entire exercise movement.
4. Using Abdominal muscle strength, slowly bend forward at the waist as far as possible.
5. Pause for a moment, then slowly return back to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.

## A B S

# Weight Ratios



	50%	100%	110%	150%	200%
Top Plate 1	5 lbs.	10 lbs.	11 lbs.	15 lbs.	20 lbs.
2	10	20	22	30	40
3	15	30	33	45	60
4	20	40	44	60	80
5	25	50	55	75	100
6	30	60	66	90	120
7	35	70	77	105	140
8	40	80	88	120	160
9	45	90	99	135	180
10	50	100	110	150	200
11	55	110	121	165	220
12	60	120	132	180	240
13	65	130	143	195	260
14	70	140	154	210	280
15	75	150	165	225	300
16	80	160	176	240	320
17	85	170	187	255	340
18	90	180	198	270	360
19	95	190	209	285	380
20	100	200	220	300	400
21	105	210	231	315	420

This chart shows the actual weight you are lifting.

To use this chart; count the number of plates you have pinned, and move across to the correct weight ratio (depending on the exercise you are performing).

**Weight Plates**

## G 9 U P a r t s L i s t

KEY#	QTY	PART#	DESCRIPTION
A	1	E37MBF-A	MAIN BASE FRAME
B	1	E37SBF-B	SIDE BASE FRAME
C	1	E37FBF-C	FRONT BASE FRAME
D	1	E37RBF-D	REAR BASE FRAME
E	1	E37RVF-E	REAR VERTICAL FRAME
F	1	E37FVF-F	FRONT VERTICAL FRAME
G	1	E37TMF-G	TOP MAIN FRAME
H	1	E37PDF-H	PEC DEC FRAME
J	4	E37GR-J	GUIDE ROD
K	1	E37TPF-K	TOP PULLEY FRAME
L	1	E37LEF-L	LEG EXTENSION FRAME
M	1	E37P-M	2"X 6" PLATE
N	1	E37LEA-N	LEG EXTENSION ARM
P	1	E37S-P	2" SHAFT
Q	1	E37LEPH-Q	LEG EXTENSION PAD HOLDER
S	1	E37LESPF-S	LEG EXTENSION SEAT PAD FRAME
T	1	E37HSA-T	HYDRAULIC SEAT ADJUSTER (PRE-INSTALLED)
U	2	E37LEH-U	LEG EXTENSION HANDLES
W	1	E37FRB-W	FOAM ROLLER BAR
X	2	E37LHD-X	LEG HOLD DOWN
Y	1	E37BPH-Y	BACK PAD HOLDER
Z	1	E37BPA-Z	BACK PAD ADJUSTER
ZB	1	E37BPI-ZB	BACK PAD INSERT
AA	1	E37SPAS-AA	SEATED PRESS ARM SUPPORT
AB	1	E37S-AB	9" SHAFT
AC	1	E37SPA-AC	SEATED PRESS ARMS
AD	1	E37S-AD	11 3/4" SHAFT
AK	1	E37LPDA-AK	LEFT PEC DEC ARM
AL	1	E37LPDC-AL	LEFT PEC DEC CAM
AM	1	E37LPDH-AM	LEFT PEC DEC HANDLE
AP	1	E37RPDA-AP	RIGHT PEC DEC ARM
AQ	1	E37RPDC-AQ	RIGHT PEC DEC CAM
AR	1	E37RPDH-AR	RIGHT PEC DEC HANDLE
AU	1	E37HSA-AU	HYDRAULIC SEAT ADJUSTER
AV	1	E37PDSF-AV	PEC DEC SEAT FRAME
AY	1	E37LRF-AY	LOW PULLEY FRAME
AZ	1	E37FB-AZ	FOOT BRACE

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

## G 9 U Parts List (continued)

KEY#	QTY	PART#	DESCRIPTION
BA	1	E37LPC-BA	LEG PRESS CONNECTION
BB	1	E37LPF-BB	LEG PRESS FRAME
BC	1	E37LPF-BC	LEG PRESS FRONT
BD	1	E37LPP-BD	LEG PRESS PIVOT
BE	1	E37FLPP-BE	FRONT LEG PRESS PIVOT
BF	3	E37S-BF	3" SHAFT
BG	1	E37FPTF-BG	FOOT PLATE T-FRAME
BH	2	E37LPH-BH	LEG PRESS HANDLES
BL	2	E37SPF-BL	SEAT PAD FLANGE
BP	1	E37LPBF-BP	LEG PRESS BACK PAD FRAME
BR	1	E37FP-BR	FOOT PLATE

## Shroud List

KEY#	QTY	PART#	DESCRIPTION
AE	1	E37SPHS-AE	SEATED PRESS HINGE SHROUD
CA	1	E37WSS-CA	WEIGHT STACK SHROUD
CB	1	E37SI-CB	SHROUD INSERT
CC	1	E37WSS-CC	WEIGHT STACK SHROUD
CD	1	E37WSS-CD	WEIGHT STACK SHROUD
CE	1	E37SI-CE	SHROUD INSERT
CF	1	E37WSS-CF	WEIGHT STACK SHROUD

## Pads List

KEY#	QTY	PART#	DESCRIPTION
R	2	E37LP-R	LEG PAD
V	1	E37LESP-V	LEG EXTENSION SEAT PAD
ZA	1	E37UBP-ZA	UPPER BACK PAD
ZC	1	E37LBP-ZC	LOWER BACK PAD
AW	1	E37PDSP-AW	PEC DEC SEAT PAD
AX	1	E37PDBP-AX	PEC DEC BACK PAD
BM	1	E37LPSP-BM	LEG PRESS SEAT PAD
BQ	1	E37LPBP-BQ	LEG PRESS BACK PAD

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

## G 9 U Hardware List

KEY#	QTY	PART#	DESCRIPTION
1	2	JPIN4.25	WEIGHT STACK PIN 4 1/4"L X 7/16"W
2	1	JSS.5	STEEL SLEEVE 1/2" OD X 5/16" ID X 3/4"L
3	1	JSCH.18	STEEL CHAIN 3/16"
4	2	JSB.75X.5	STEEL BUSHING 3/4" OD X 1/2" ID X 5/16"W
5	6	JPW31	PLASTIC WASHER 3" OD X 1" ID
6	2	JSR25	SELECTOR ROD (25 selector holes)
7	3	JPCG31	PULLEY CABLE GUIDE 3" L X 1"W
8	2	JTP10	TOP PLATE (10 lbs.)
9	2	JBW1.37X1	OILITE WASHER 1 3/8" OD X 1" ID (35mm X 25mm)
10	10	JPS.56X.37	PULLEY SPACER 9/16" OD X 3/8" ID X 5/8" L (15mm X 9mm X 17mm)
12	4	JFOAM48	FOAM ROLLER 4" X 8"
13	5	JPEC22X.56	PLASTIC END CAP 2" X 2" (9/16" THICK)
14	13	JPEC22X.75	PLASTIC END CAP 2" X 2" (3/4" THICK)
15	4	JPEC12	PLASTIC END CAP 1" X 2"
16	2	JPEC24	PLASTIC END CAP 2" X 4"
17	1	JFHC.37	FRAME HOLE CAP 3/8" (round)
18	4	JCREC1	CHROME ROLLER END CAP 1"
19	3	JFC221.8	FOOT CAP 2" X 2" (1.8" THICK)
20	2	JFC222.5	FOOT CAP 2" X 2" (2.5" THICK)
21	2	JPB222	PLASTIC BUSHING 2" X 2" (2" LONG)
22	4	JSC1.37X.75	SHAFT COLLAR 1 3/8" OD 3/4" ID 1.5" L
23	3	JPB226.5	PLASTIC BUSHING 2" X 2" (6 1/2" LONG)
24	2	JBEC2	PLASTIC BALL-END CAP 2"
25	5	JFL22	FRAME LEVELER 2" X 2"
26	26	JPP4.25W.87	PLASTIC PULLEY 4 1/4" X 7/8" WIDE
27	1	JPP3W.87	PLASTIC PULLEY 3" X 7/8" WIDE
28	4	JWSS22	WEIGHT STACK SHIMS 2" X 2"
29	10	JREC1.5	ROUND END CAP 1 1/2"
30	2	JRP2450	RUBBER PAD
31	4	JRD2.25	RUBBER DONUT 2 1/2"
32	1	JSRC22	SQUARE RUBBER CAP 2" X 2"
33	2	JGT5.5	GRIP TAPE 5 1/2" X 3 3/4"
41	6	JBB.87X.37	OILITE BUSHING 7/8" OD X 3/8" ID (22mm X 11mm leg press)
42	3	JRS1.5	RUBBER STOP 1 1/2"
43	7	JSNAP3	SNAP LINK
45	2	JPBB1LP	PILLOW BLOCK BEARING 1" ID
47	1	JRFPG3700	RUBBER FOOT PLATE GUARD-PREINSTALLED
48	3	JTSPP3	T-SHAPED POP PIN 3" L
49	2	JBB.87X.37	OILITE BUSHING 7/8" OD X 3/8" ID (22mm X 11mm leg extension)
50	2	JBHPP5.5	BALL HEAD POP PIN 5.5"L (pec dec)
51	40	JSP10	WEIGHT STACK PLATE 10lbs.
52	2	JSRTB.5	SELECTOR ROD TOP BOLT 1/2" X 2" FULL THREAD
53	2	JSLW.5	SPRING LOCK WASHER 1/2"
54	2	JLN.5	JAM NUT 1/2"
55	4	JWSR4.87	WEIGHT STACK RISERS 4 7/8"L
56	2	JBHPP313	BALL HEAD POP PIN 3 13/16" L (back support)
57	1	JBHPP311	BALL HEAD POP PIN 3 11/16" L (seated press)
59	2	JHEX121FTB	HEX HEAD BOLT 1/2" X 1" FULL THREAD

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

## G 9 U Hardware (continued)

KEY#	QTY	PART#	DESCRIPTION
60	1	JHEX.5X5.5PTB	HEX HEAD BOLT 1/2" X 5 1/2" PARTIAL THREAD
61	3	JHEX.5X5.25PTB	HEX HEAD BOLT 1/2" X 5 1/4" PARTIAL THREAD
62	2	JHEX.5X5PTB	HEX HEAD BOLT 1/2" X 5" PARTIAL THREAD
63	1	JHEX.5X3.5PTB	HEX HEAD BOLT 1/2" X 3 1/2" PARTIAL THREAD
64	9	JHEX.5X3.25PTB	HEX HEAD BOLT 1/2" X 3 1/4" PARTIAL THREAD
65	4	JHEX.5X3PTB	HEX HEAD BOLT 1/2" X 3" PARTIAL THREAD
66	4	JHEX.5X1.75FTB	HEX HEAD BOLT 1/2" X 1 3/4" FULL THREAD
70	1	JHEX.37X3.5PTB	HEX HEAD BOLT 3/8" X 3 1/2" PARTIAL THREAD
71	2	JHEX.37X3.25PTB	HEX HEAD BOLT 3/8" X 3 1/4" PARTIAL THREAD
72	4	JHEX.37X3PTB	HEX HEAD BOLT 3/8" X 3" PARTIAL THREAD
73	18	JHEX.37X2.75PTB	HEX HEAD BOLT 3/8" X 2 3/4" PARTIAL THREAD
74	1	JHEX.37X2.5PTB	HEX HEAD BOLT 3/8" X 2 1/2" PARTIAL THREAD
75	2	JHEX.37X2PTB	HEX HEAD BOLT 3/8" X 2" PARTIAL THREAD
76	21	JHEX.37X1.75PTB	HEX HEAD BOLT 3/8" X 1 3/4" PARTIAL THREAD
77	2	JFAH.37X2FTB	FLAT ALLEN HEAD 3/8" X 2" FULL THREAD
78	2	JHEX.37X.87FTB	HEX HEAD BOLT 3/8" X 7/8" FULL THREAD
79	2	JRAH.37X1.25FTB	ROUND ALLEN HEAD M10X30 FULL THREAD
80	2	JHEX.31X5PTB	HEX HEAD BOLT 5/16" X 5" PARTIAL THREAD
81	1	JHEX.31X3.25PTB	HEX HEAD BOLT 5/16" X 3 1/4" PARTIAL THREAD
82	6	JHEX.31X2.75FTB	HEX HEAD BOLT 5/16" X 2 3/4" FULL THREAD
83	10	JHEX.31X1FTB	HEX HEAD BOLT 5/16" X 1" FULL THREAD
84	1	JFAH.31X1.5FTB	FLAT ALLEN HEAD 5/16" X 1 1/2" FULL THREAD
85	4	JFAH.31X.75FTB	FLAT ALLEN HEAD 5/16" X 3/4" FULL THREAD
86	6	JRAH.31X.56FTB	ROUND ALLEN HEAD 5/16" X 9/16" FULL THREAD (8mmX15mm)
87	9	JRAH.37X.62FTB	ROUND ALLEN HEAD 3/8" X 5/8" FULL THREAD (10mmX16mm)
88	14	JAS.31X.31FT	ALLEN SCREW 5/16" X 5/16" FULL THREAD
89	4	JRAH.31X.75FTB	ROUND ALLEN HEAD 5/16" X 3/4" FULL THREAD
90	21	JNLN.5	NYLON LOCK NUT 1/2"
91	50	JNLN.37	NYLON LOCK NUT 3/8"
92	1	JNLN.31	NYLON LOCK NUT 5/16"
93	43	JWFLT.5	WASHER 1/2"
94	90	JWFLT.37	WASHER 3/8"
95	23	JWFLT.31	WASHER 5/16"
96	23	JWSW.31	SPRING LOCK WASHER 5/16"
97	4	JWFLT.31	WASHER 5/16" (8mm shrouds)
98	9	JWFLT.37	WASHER 3/8" (10mm shrouds)
99	2	JNLN.37	NYLON LOCK NUT M10
100	2	JWSW.375	SPRING LOCK WASHER 3/8"
101	4	JAS.19X.19	ALLEN SCREW 3/16" X 3/16" -PREINSTALLED
102	2	JCEC1.37X1	CHROME END CAP 1 3/8"OD X 1"ID X 3/4"L- PREINSTALLED
103	2	JRR1.5X1.25	RETAINING RING 1 1/2" OD X 1 1/4"ID (leg ext)-PREINSTALLED
104	2	JBB1.75X1	OILITE BUSHING 1 3/4"OD 1"ID - PREINSTALLED (seated press)
105	2	JBB.87x.62	OILITE BUSHING 7/8"OD 5/8"ID - PREINSTALLED (low row)
106	2	JCC1.43X1	CHROME COLLAR 1 7/16" OD X 1" ID
107	12	JBB1.75X1	OILITE BUSHING 1 3/4"OD 1"ID - PREINSTALLED (pec dec)
108	2	JACN.19	ACORN CAP NUT 3/16" ID - PREINSTALLED
112	2	JHEX.37X1FTB	HEX HEAD BOLT 3/8" X 1" FULL THREAD (adjustment bolt)
113	2	JLN.37	LOCK NUT 3/8"
114	2	JSB1.75X1	STEEL BUSHING 1 3/4"OD 1" ID - PREINSTALLED (seated press)
115	2	JRR1.75X1.5	RETAINING RING - 1 3/4"OD 1" ID -PREINSTALLED (seated press)
135	2	JCES	CABLE END SHAFT 3/4" L
136	2	JAS	ALLEN SCREW 1/8" X 1/4"(4mm X 8mm)
137	2	JPP4.25W.98	PLASTIC PULLEY 4 1/4" X 1" WIDE

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

## C a b l e L i s t

KEY#	QTY	PART#	DESCRIPTION
34	1	JLPC4300	LEG PRESS CABLE 4300 mm(14'1")
35	1	JLRC4425	LOW PULLEY CABLE 4425 mm(14' 6")
36	1	JLPC4170	LAT PULLDOWN CABLE 4170mm(13' 8")
37	1	JLEC2635	LEG EXTENSION CABLE 2635 mm(8' 7")
38	1	JPDC1890	PEC DEC CABLE 1890 mm(6' 2 1/2")
39	1	JACC1545	AB CRUNCH CABLE 1545 mm(5' 1")
40	1	JSC520	SHORT CABLE 520 mm(1' 8 1/2")

## P u l l e y H o l d e r L i s t

KEY#	QTY	PART#	DESCRIPTION
130	1	JE37DPH	DOUBLE PULLEY HOLDER
131	1	JE37PDPH	PEC DEC PULLEY HOLDER
132	2	JE37PP	PULLEY PLATE
133	1	JE37PHWH	PULLEY HOLDER WITH HOOK

## A c c e s s o r i e s L i s t

KEY#	QTY	PART#	DESCRIPTION
120	1	JE37LB	LAT BAR
121	1	JE37LRB	LOW ROW BAR
122	1	JE37AS	ANKLE STRAP
123	1	JE37ACH	AB CRUNCH HARNESS
124	2	JFG18	FOAM GRIP 1 1/2" OD X 18" L -PREINSTALLED
125	2	JFG8.37	FOAM GRIP 1 1/2" OD X 8 3/8" L -PREINSTALLED
126	2	JFG17.25	FOAM GRIP 1 1/2" OD X 17 1/4" L -PREINSTALLED
127	2	JFG24	FOAM GRIP 1 1/2" OD X 24" L -PREINSTALLED
128	4	JFG17	FOAM GRIP 1 1/2" OD X 17" L -PREINSTALLED
POSTER	1	EXM3700POSTER	WORK OUT POSTER
PAINT	1	TUP-G	TOUCH UP PAINT - GRAY

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



## O b t a i n i n g   S e r v i c e

Please retain this Owner's Manual for future reference. 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 machine. Failure to do so will void your warranty and could result in personal injury.

For more 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: 1-708-427-3598  
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

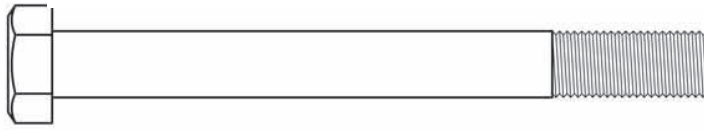
### Ordering replacement parts

When ordering replacement parts, please have the following information available:

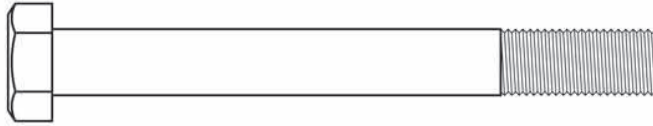
1. Model number: G9U
2. Date of purchase: \_\_\_\_\_
3. Name of dealer: \_\_\_\_\_  
\_\_\_\_\_
4. Dealer location: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Part numbers (see pages 90-94): \_\_\_\_\_  
\_\_\_\_\_
6. Description of part: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# G 9 U H A R D W A R E

( s h o w n i n a c t u a l s i z e )



(70) HEX BOLT 3/8" X 3 1/2" PARTIAL THREAD QTY.1



(71) HEX BOLT 3/8" X 3 1/4" PARTIAL THREAD QTY.2



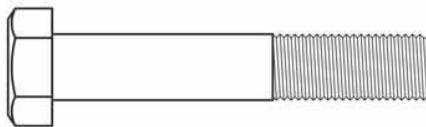
(72) HEX BOLT 3/8" X 3" PARTIAL THREAD QTY.3



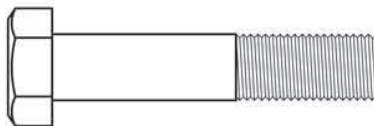
(73) HEX BOLT 3/8" X 2 3/4" PARTIAL THREAD QTY.18



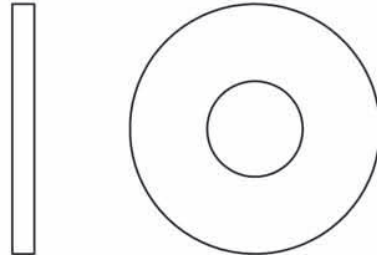
(74) HEX BOLT 3/8" X 2 1/2" PARTIAL THREAD QTY.1



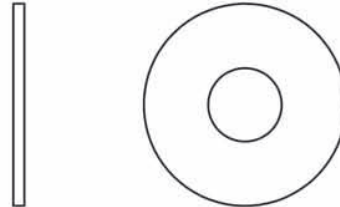
(75) HEX BOLT 3/8" X 2" PARTIAL THREAD QTY.2



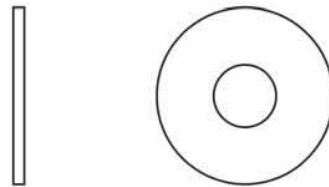
(76) HEX BOLT 3/8" X 1 3/4" PARTIAL THREAD QTY.21



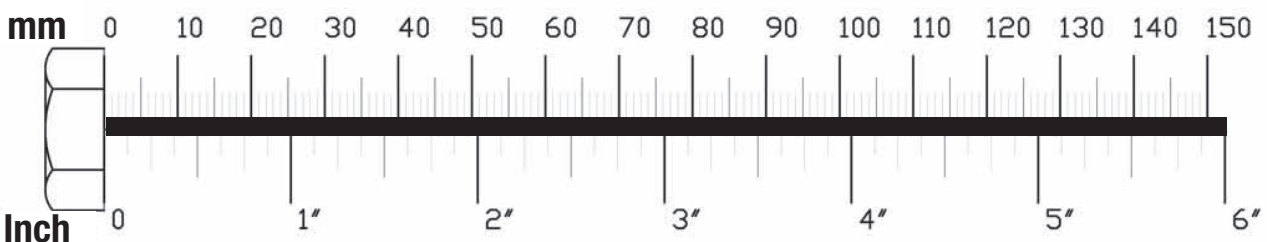
(93) FLAT WASHER 1/2" X 34mm QTY. 43



(94) FLAT WASHER 3/8" QTY. 90

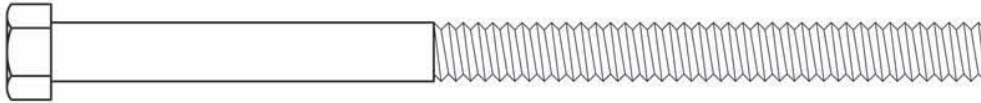


(95) FLAT WASHER 5/16" QTY. 23

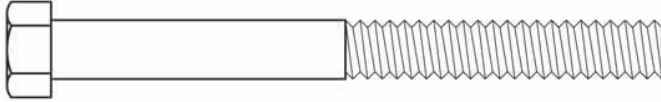


# G 9 U H A R D W A R E

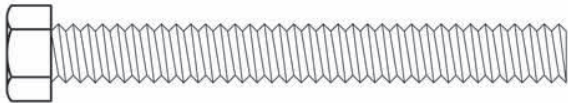
( s h o w n i n a c t u a l s i z e )



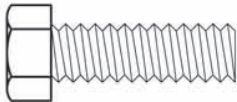
<80> HEX BOLT 5/16" X 5" PARTIAL THREAD QTY. 2



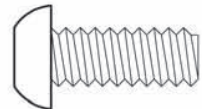
<81> HEX BOLT 5/16" X 3 1/4" PARTIAL THREAD QTY. 1



<82> HEX BOLT 5/16" X 1" FULL THREAD QTY. 6



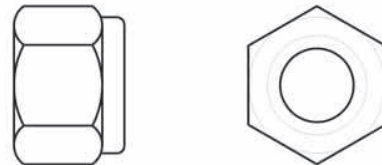
<83> HEX BOLT 5/16" X 1" FULL THREAD QTY. 10



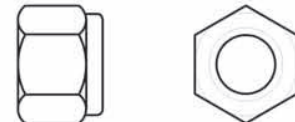
<89> ROUND ALLEN HEAD 5/16" X 3/4" FULL THREAD BOLT QTY. 4



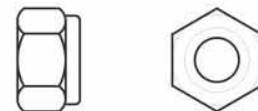
<96> SPRING LOCK WASHER 5/16" QTY. 23



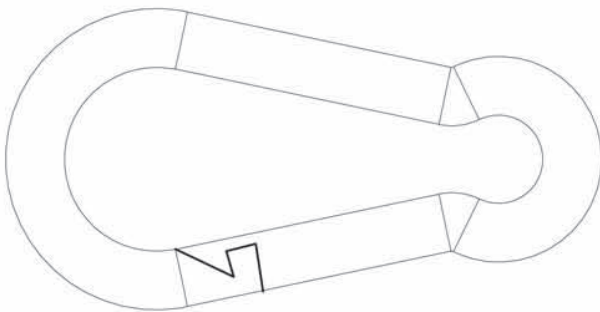
<90> NYLON LOCK NUT 1/2" QTY. 21



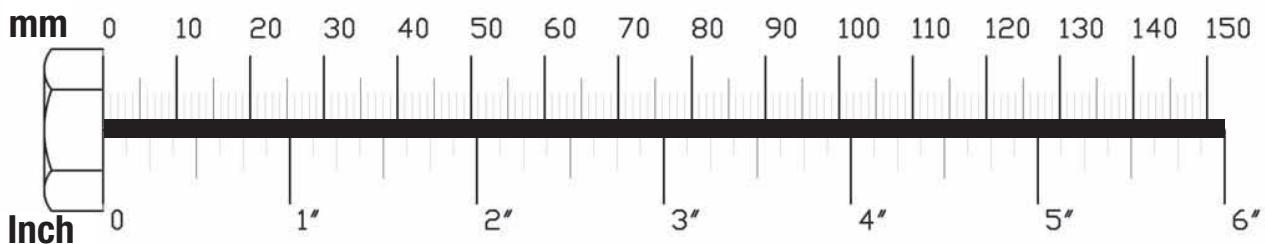
<91> NYLON LOCK NUT 3/8" QTY. 50



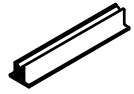
<92> NYLON LOCK NUT 5/16" QTY. 1



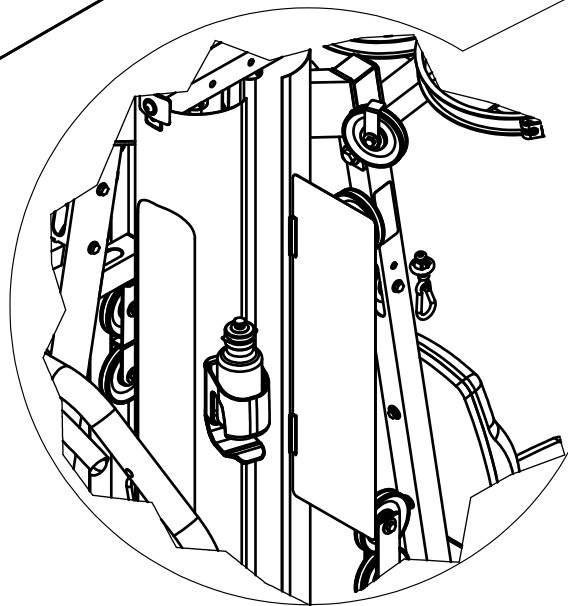
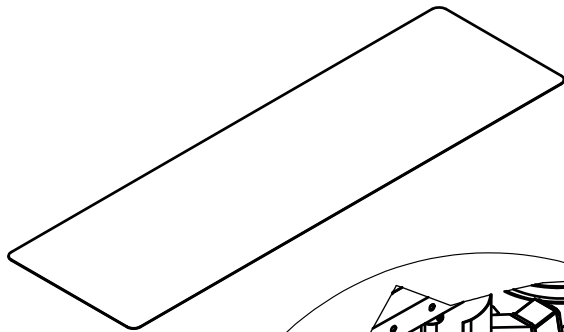
<43> QUICK RELEASE SNAP LINK QTY. 7



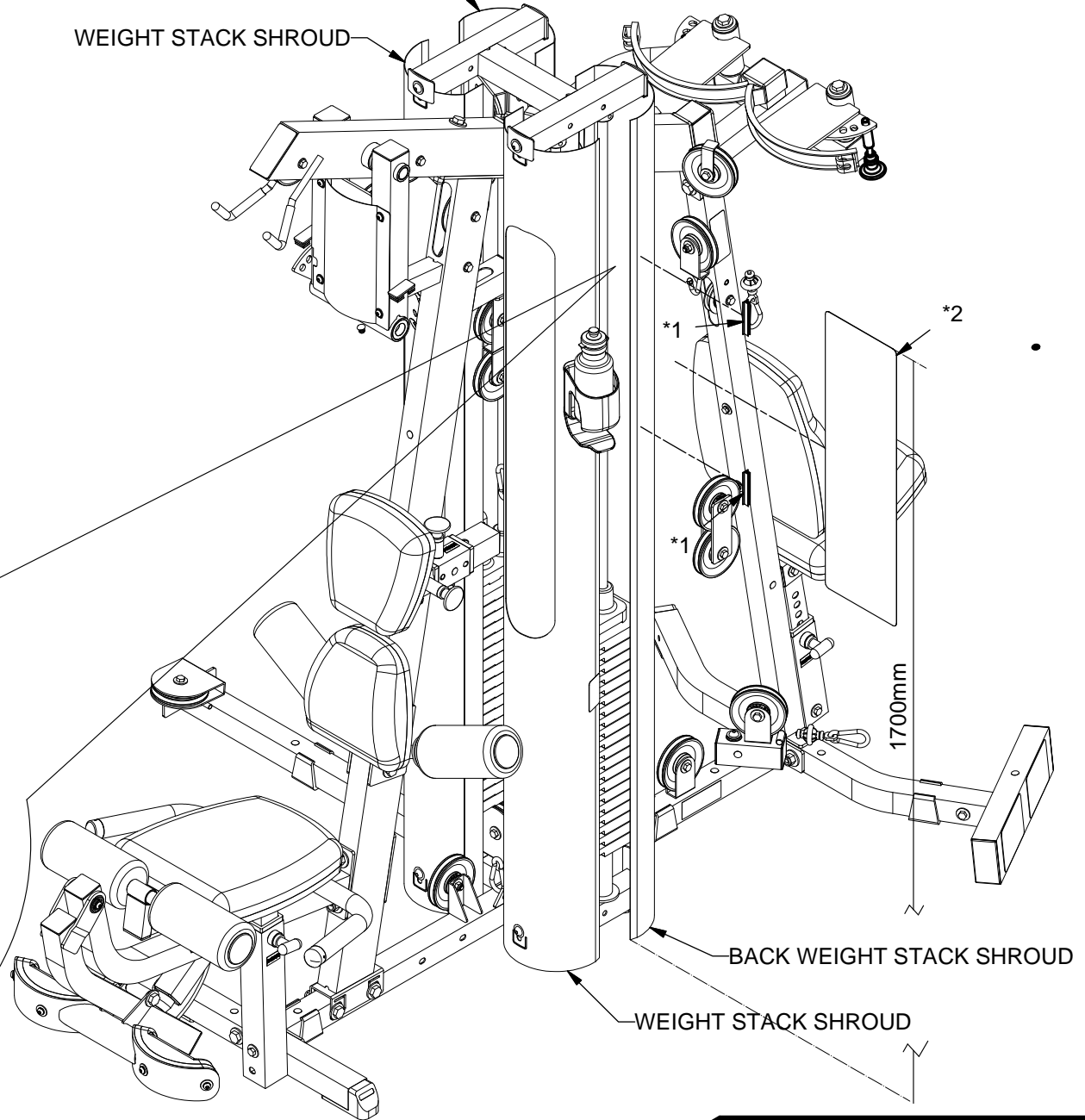
\*1[2PCS]  
9219-012  
Panel Holder



\*2[1PCS]  
9440-158  
Exercise Panel  
#Assemble onto the back shroud



BACK WEIGHT STACK SHROUD  
WEIGHT STACK SHROUD





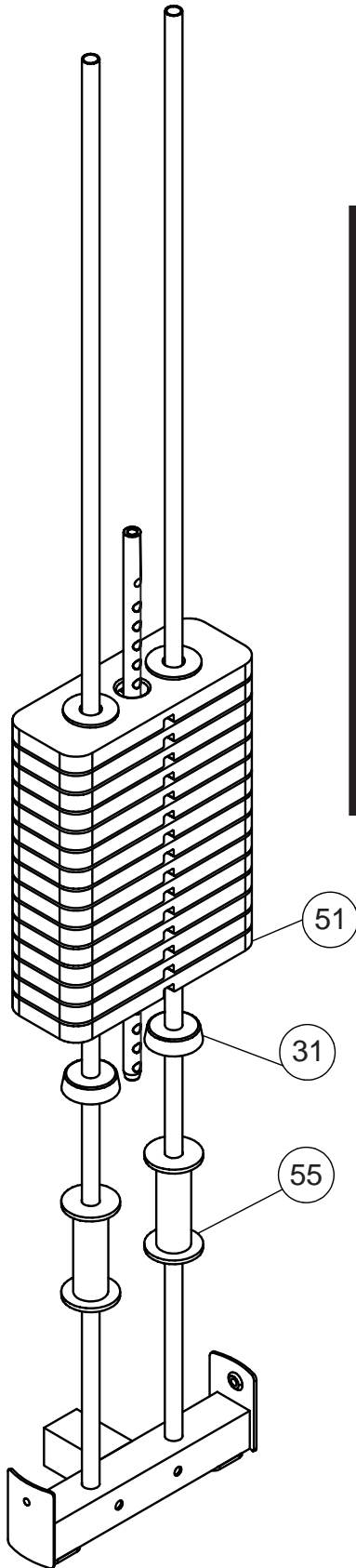
*Body-Solid*  
Addendum

Instructions: Please substitute these pages into the original Owner's Manual.

Enclosed: Weight Stack Risers (55). Qty 4.  
Please refer to the original Owner's Manual for detailed installation instructions.

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 Inc. in Forest Park, Illinois.

Any Questions?  
Call (800) 556-3113



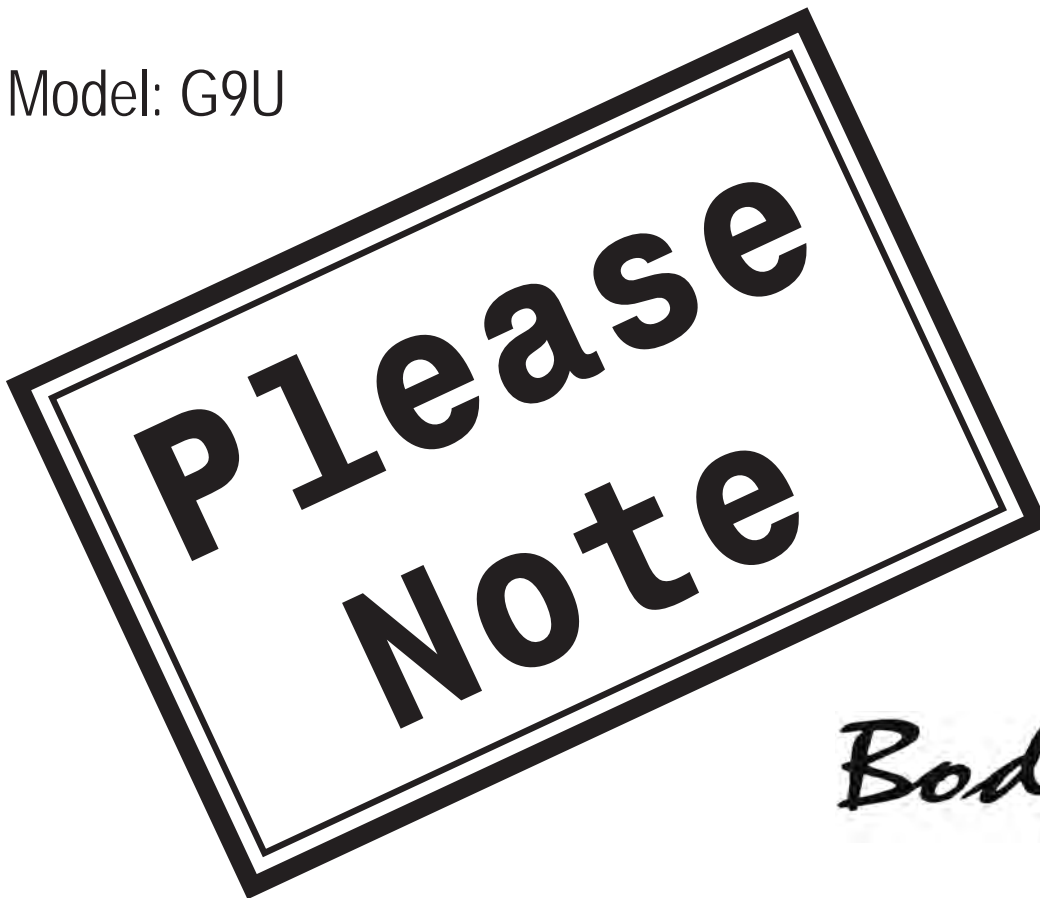
**For 20 Weight Stack Plates,  
Use Weight Stack Risers (55).**



**For 25 Weight Stack Plates,  
Omit Weight Stack Risers (55).**

*Body-Solid*  
Addendum

Model: G9U



*Body-Solid*  
Addendum

Instructions:

Please include this hardware into Step 3 of the original Owner's Manual.

Enclosed: 3/8" Spring Washer Qty. 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 Inc. in Forest Park, Illinois.

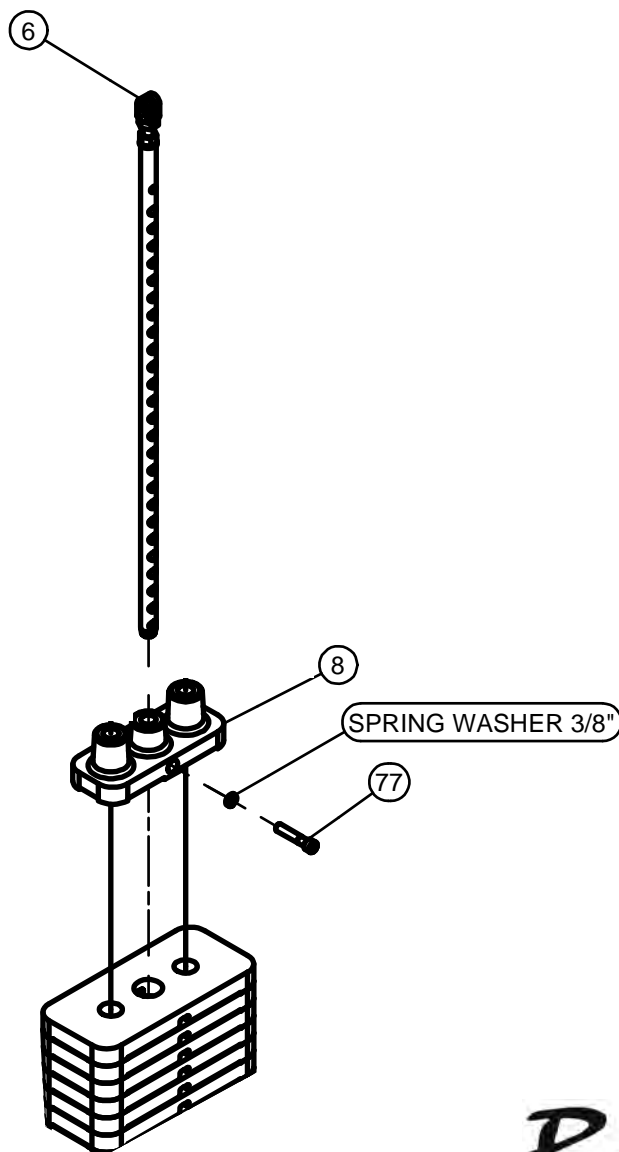
Any Questions?  
Call (800) 556-3113





## WARNING

To avoid serious injury, 3/8" Spring Washers must be used to tightly secure Selector Rod (6) and Top Plate (8) with Allen Head Bolt (77). Failure to use the enclosed 3/8" Spring Washers properly may result in death or serious injury.



*Body-Solid*  
Addendum

# EXPLODED VIEW DIAGRAM G9U

