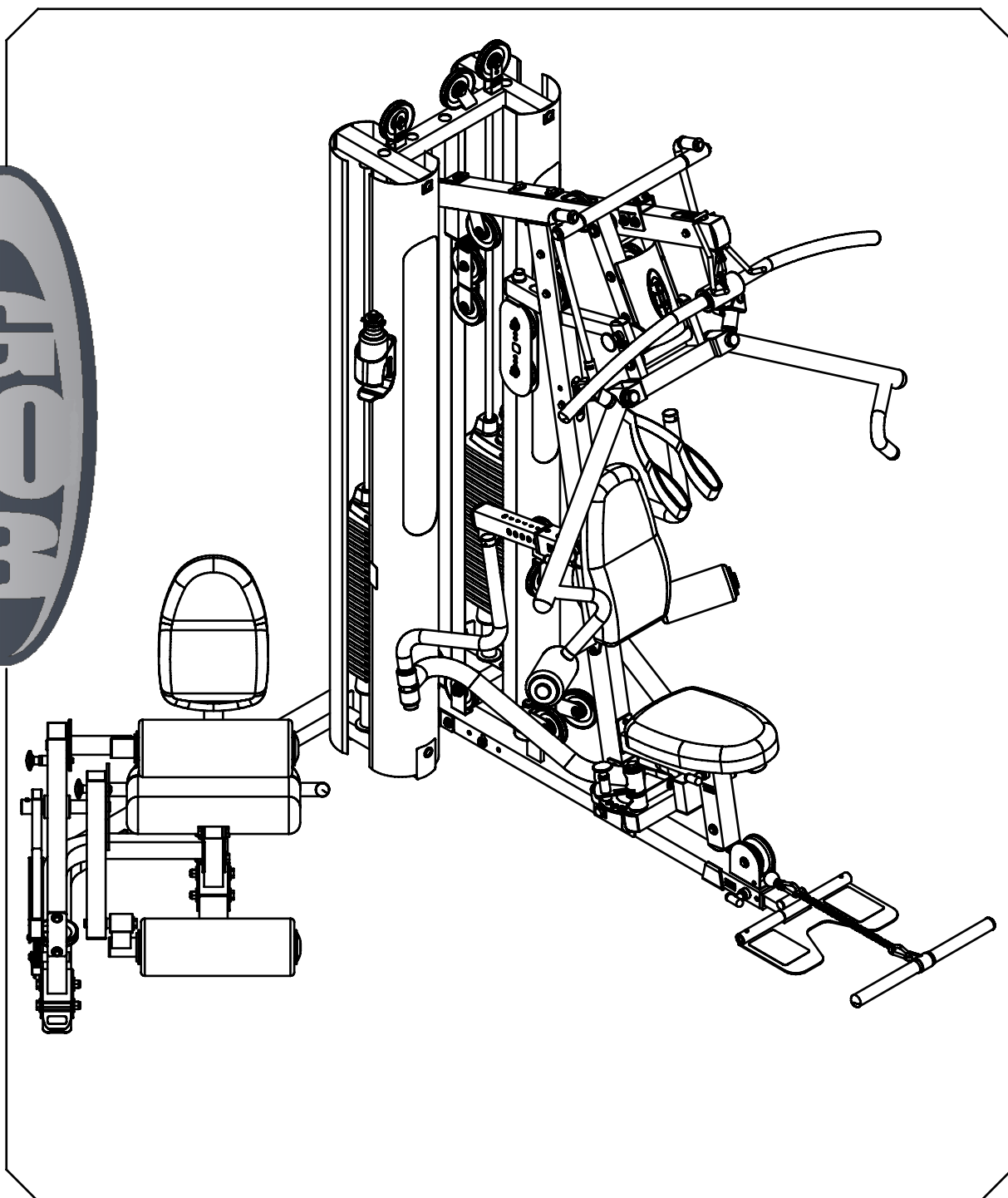


Body-Solid



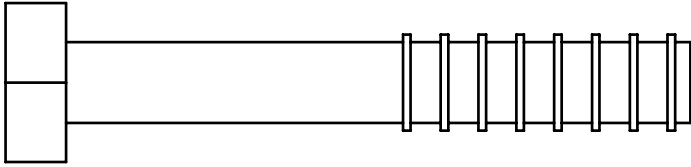
BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

G10B.2 OWNER'S MANUAL

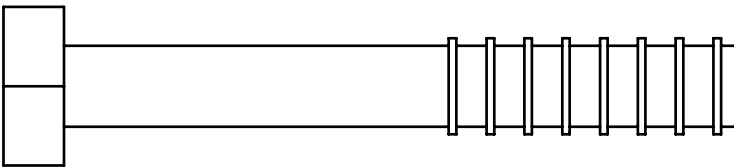
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

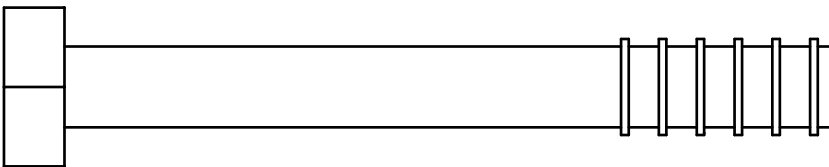
A2.HEX BOLT 1/2"X3 1/4"L PARTIAL THREAD QTY.8



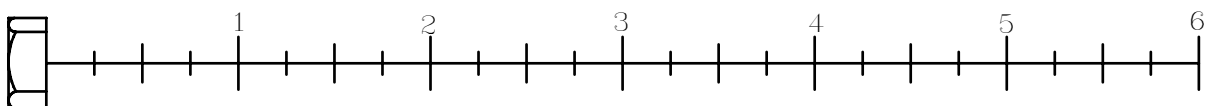
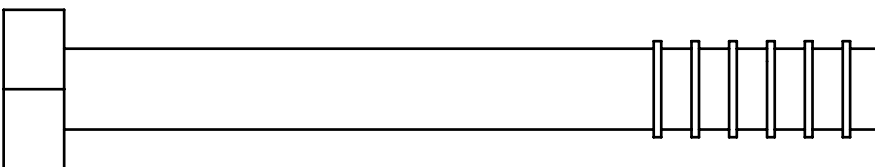
A3.HEX BOLT 1/2"X3 1/2"L PARTIAL THREAD QTY. 2



A4.HEX BOLT 1/2"X4"L PARTIAL THREAD QTY.1



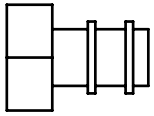
A5.HEX BOLT 1/2"X4 1/4"L PARTIAL THREAD QTY.10



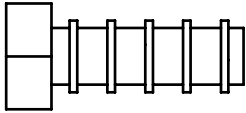
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

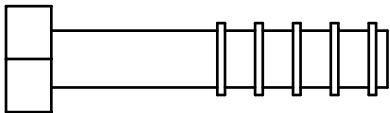
A6.HEX BOLT 3/8"X1/2"L PARTIAL THREAD QTY.2



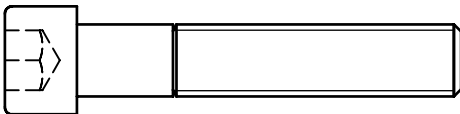
A7.HEX BOLT 3/8"X1"L PARTIAL THREAD QTY.4



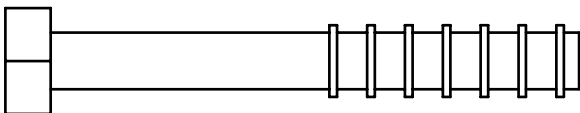
A8.HEX BOLT 3/8"X1 3/4"L PARTIAL THREAD QTY.15



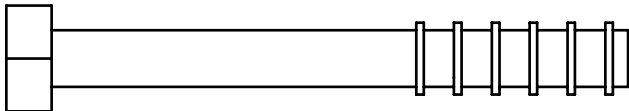
A9.ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.2



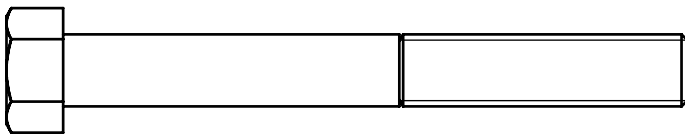
A10.HEX BOLT 3/8"X2 3/4"L PARTIAL THREAD QTY.5



A11.HEX BOLT 3/8"X3"L PARTIAL THREAD QTY.5



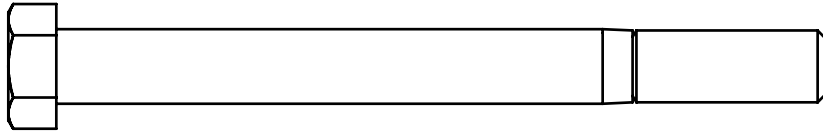
A12.HEX BOLT 3/8"X3 1/4"L PARTIAL THREAD QTY.2



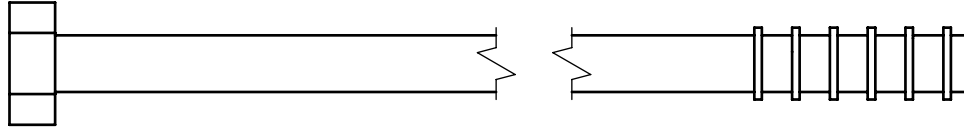
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

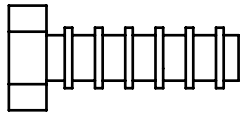
A13.HEX BOLT 3/8"X4"L PARTIAL THREAD QTY.5



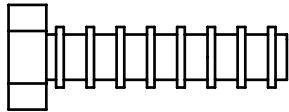
A14.HEX BOLT 3/8"X7 1/4"L PARTIAL THREAD QTY.2



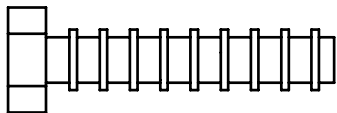
A15.HEX BOLT 5/16"X1"L PARTIAL THREAD QTY.4



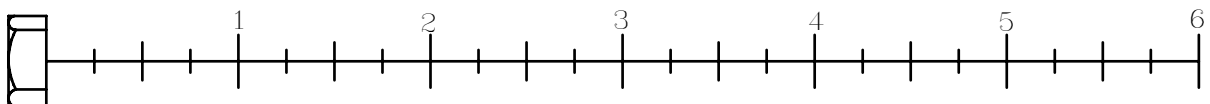
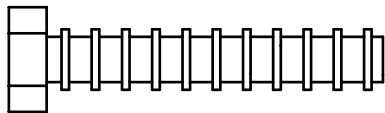
A16.HEX BOLT 5/16"X1 1/4"L PARTIAL THREAD QTY.4



A17.HEX BOLT 5/16"X1 1/2"L PARTIAL THREAD QTY.1



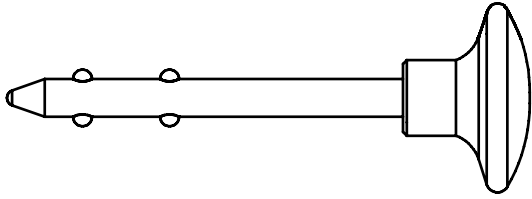
A18.HEX BOLT 5/16"X1 3/4"L PARTIAL THREAD QTY.4



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

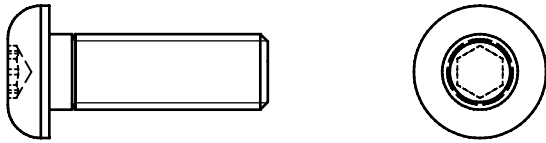
A19. 10IB PIN(8250-071) QTY.2



A20. Firm Sheath(8890-010) QTY.2



A21.ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.2



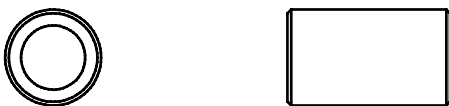
A22. Steel Chain(8820-002) QTY.1



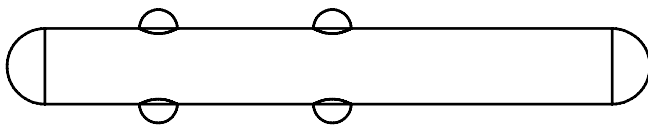
A23.HEX BOL M8X12L PARTIAL THREAD QTY.2



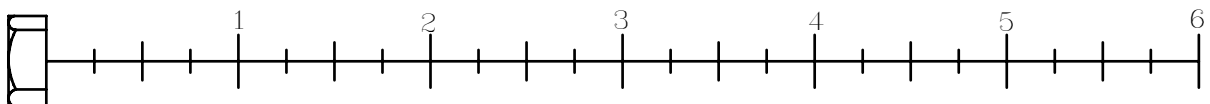
A25. $\varnothing 1/2 \times 8.5 \times 21.5$ Sleeve QTY. 1



A26. $\varnothing 10$ PIN(8250-023) QTY.1



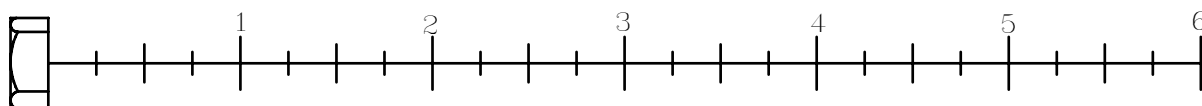
A27. M10X16R Round Bolt QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

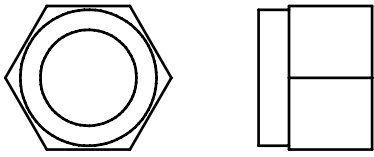
A28.ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

B1. 1/2" Nylon Lock Nut QTY.18



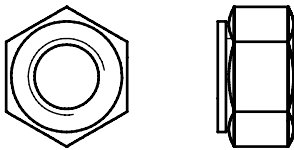
B2. 3/8" Nylon Lock Nut QTY.40



B3. 5/16" Nylon Lock Nut QTY.1



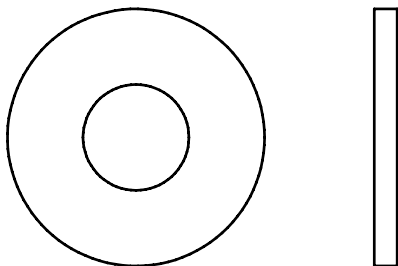
B4.M10 Nylon Lock Nut QTY.2



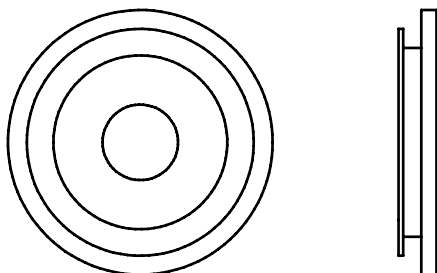
B5.M4 Nut QTY.2



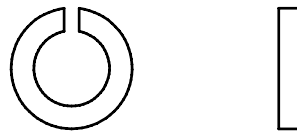
C1. 1/2" (I.D)FLAT WASHER Ø34 QTY.40



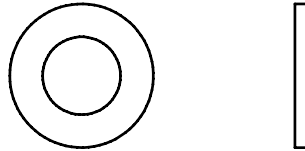
C2. 1/2" (I.D)Dish Washer QTY.1



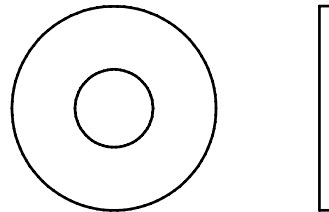
C3. 3/8" (I.D)Spring Washer QTY.2



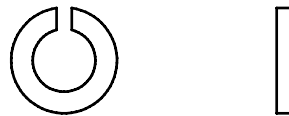
C4. 3/8"-FLAT WASHER Ø19 QTY.4



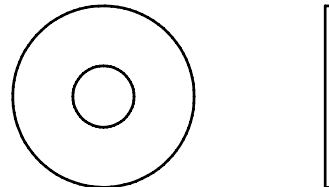
C5. 3/8" (I.D)FLAT WASHER Ø27 QTY.60



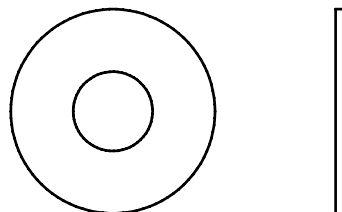
C6. 5/16" Spring Washer QTY.12



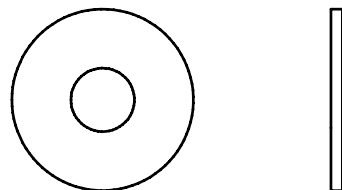
C7. 5/16" (I.D)FLAT WASHER Ø24 QTY.12



C8.M10" (I.D)FLAT WASHER Ø27 QTY.2



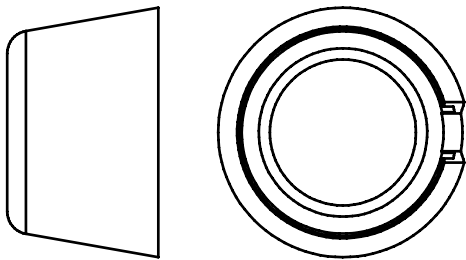
C9.M8 (I.D)FLAT WASHER Ø18 QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

C10. 1/2" Bolt Cap(9212-024) QTY.1







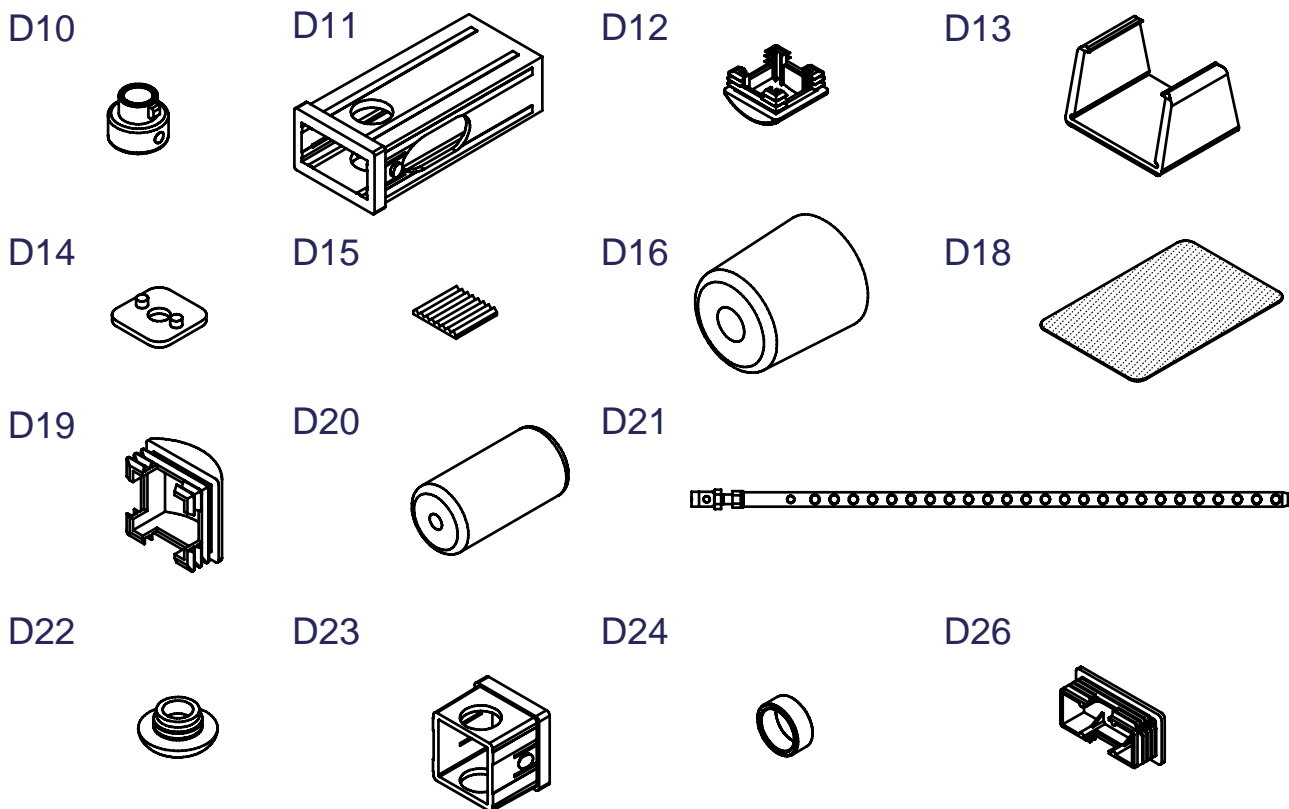
C11. M4 FLAT WASHER Ø12 QTY.4



G10B ASSEMBLY INSTRUCTIONS




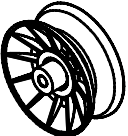
HARDWARE ILLUSTRATION

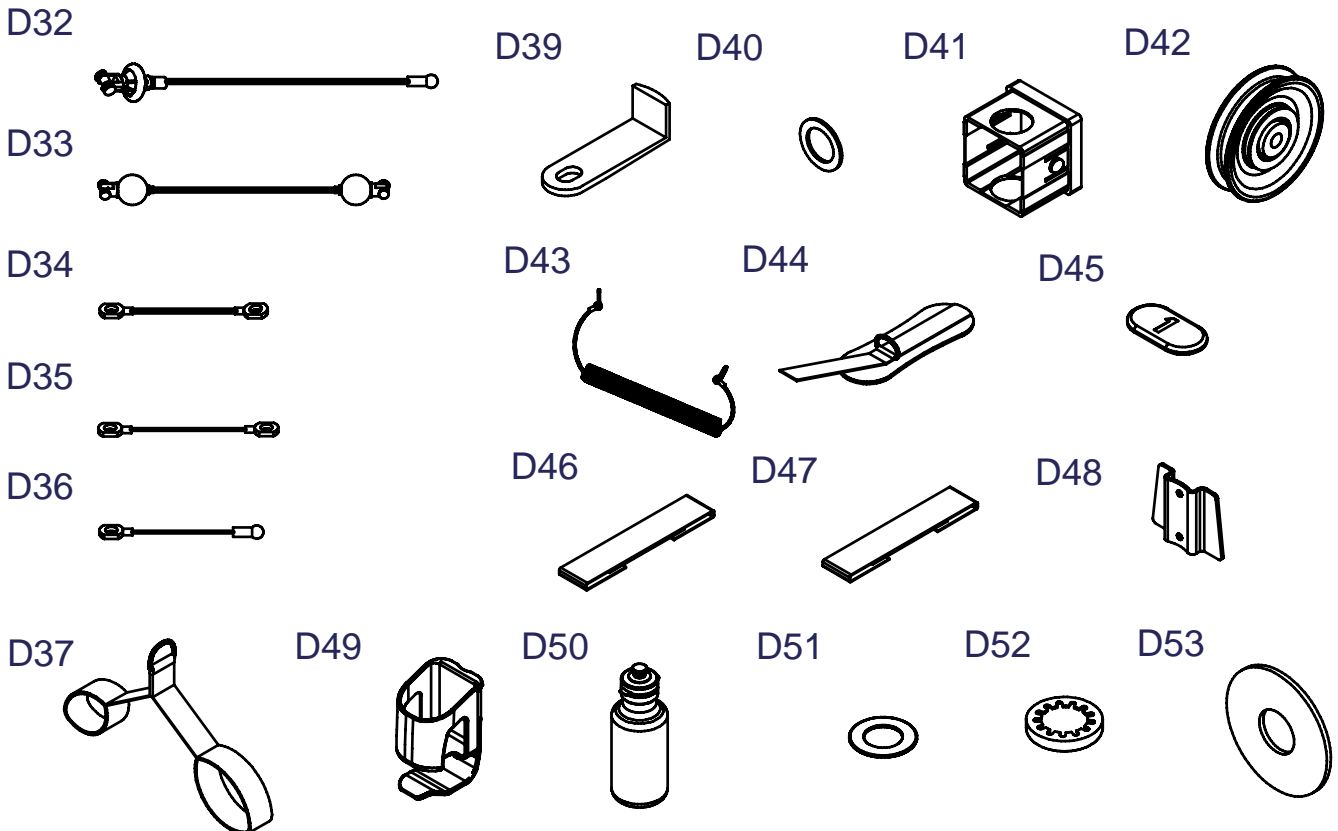
| | | |
|-----|---|---|
| D1 |  | D1. Ø5/8"X22.5L Steel Bushing (8110-011)-----[4PCS] |
| D2 |  | D2. Ø3/4"X8L Steel Bushing (8110-014)-----[2PCS] |
| D3 |  | D3. Ø10.5 Steel Bushing (8530-009)-----[10PCS] |
| D4 |  | D4. Ø8 Spring Snap Link (8810-001)-----[4PCS] |
| D5 |  | D5. Ø50.8 Round End Cap (9211-074)-----[2PCS] |
| D6 |  | D6. 50X75X2.5t End Cap (9211-084)-----[3PCS] |
| D8 |  | D8. 25.4X50.8X2.5t End Cap (9211-086)-----[7PCS] |
| D9 |  | D9. 50x75 Foot Cap (9211-026)-----[3PCS] |
| D10 | | D10. Ø3/4" Shaft Collar (9211-046)-----[4PCS] |
| D11 | | D11. 50X75 Nylon Bushing (9211-083)-----[1PCS] |
| D12 | | D12. □50X1.8t End Cap (9211-087)-----[9PCS] |
| D13 | | D13. 2"X3" Rubber Dount(9212-011)-----[3PCS] |
| D14 | | D14. 2"X2" Rubber Cane Cap(9214-002)-----[4PCS] |
| D15 | | D15. 38X38 Rubber Pad(9310-001)-----[1PCS] |
| D16 | | D16. Ø65XØ20X50L Rubber Dount(9310-049)-----[4PCS] |
| D18 | | D18. 95X140L Rubber Pad (9310-035)-----[4PCS] |
| D19 | | D19. □45X1.8t End Cap(9211-091)-----[1PCS] |
| D20 | | D20. Ø4"X23X8" Foam Roller (9161-032)-----[2PCS] |
| D21 | | D21. Weight Selector Bar (8210-070A)-----[2PCS] |
| D22 | | D22. Ø1"X2.5t Round End Cap(9260-021)-----[4PCS] |
| D23 | | D23. 60X45 Nylon Bushing(9211-032)-----[2PCS] |
| D24 | | D24. Ø1"X10L Steel Bushing(8120-040)-----[1PCS] |
| D26 | | D26. 40X80 End Cap (9211-010)-----[2PCS] |



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

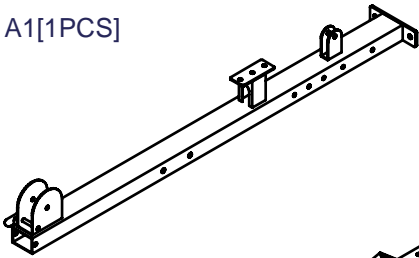
| | | |
|-----|---|--|
| D27 |  | D27. Ø50.8X2.5t End Cap (9211-020)-----[2PCS] |
| | | D28. Ø1" End Cap (9211-016)-----[2PCS] |
| | | D29. Ø1" Cu Washer(8520-008)-----[5PCS] |
| | | D30. Ø110X22T Pully(9213-002C)-----[22PCS] |
| D28 |  | D31. Ø110X51L Pully(9213-022A)-----[1PCS] |
| | | D32. 5210mm Steel Cable -----[1PCS] |
| | | D33. 5000mm Steel Cable -----[1PCS] |
| | | D34. 2025mm Steel Cable -----[1PCS] |
| | | D35. 757mm Steel Cable -----[1PCS] |
| D29 |  | D36. 5085mm Steel Cable -----[1PCS] |
| | | D37. Shoulder Belt(ACH-16)-----[1PCS] |
| | | D39. Steel Rope Fixed Board(9213-013)-----[2PCS] |
| | | D40. Ø20 Cu Washer(8520-007)-----[1PCS] |
| D30 |  | D41. 60X50Nylon Bushing(9211-033)-----[2PCS] |
| | | D42. Pulley(9213-026A)-----[2PCS] |
| | | D43. Elastic Belt-----[2PCS] |
| | | D44. Ankle Strap(NAS3)-----[1PCS] |
| D31 |  | D45. Label(01~26)(9440-108)-----[2PCS] |
| | | D46. Cushion Lable(9630-061)-----[1PCS] |
| | | D47. Cushion Lable(9630-062)-----[1PCS] |
| | | D48. Immomile Board(8388-025)-----[1PCS] |
| | | D49. Kettle Rack(9260-086)-----[1PCS] |
| | | D51. Nylon Washer(9214-022)-----[4PCS] |
| | | D52. Ø1" CHROME END CAP(8341-060)-----[2PCS] |
| | | D53. Ø3" NYLON WASHER(9214-008)-----[2PCS] |



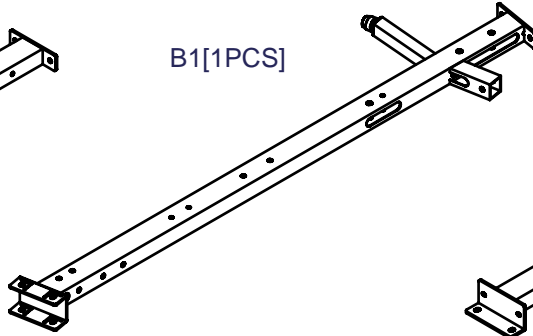
G10B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

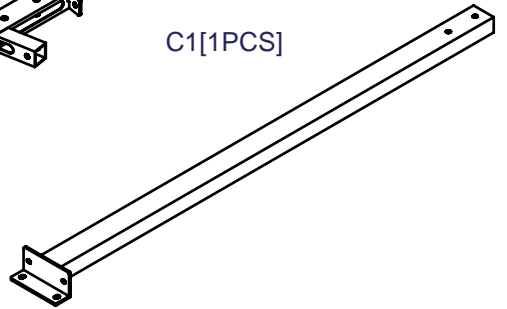
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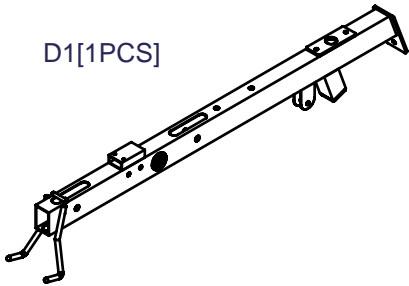
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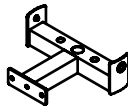
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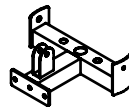
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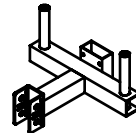
E[1PCS]



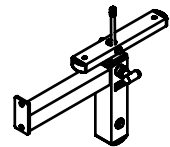
F[1PCS]



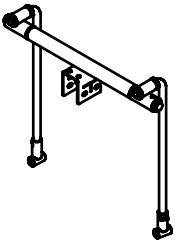
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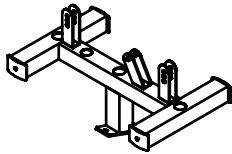
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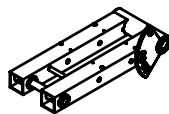
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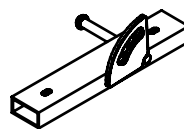
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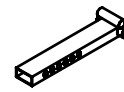
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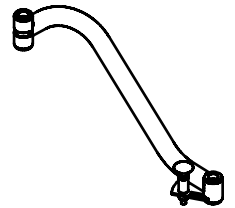
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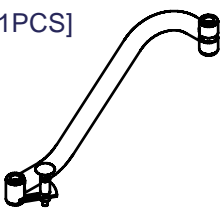
M[1PCS]



N1[1PCS]



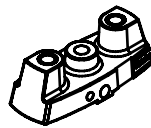
O1[1PCS]



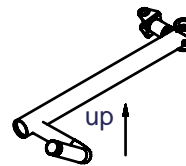
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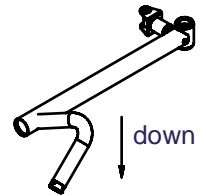
Q[2PCS]
8400-006



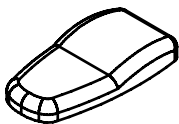
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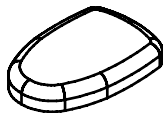
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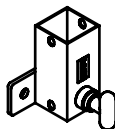
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9111-048



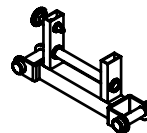
U1[1PCS]
9121-045



BQ[1PCS]



W1[1PCS]



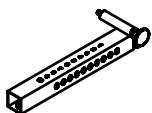
X1[1PCS]



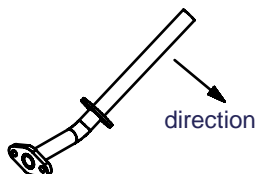
Y1[1PCS]



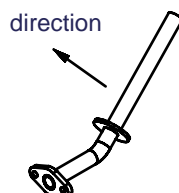
BR1[1PCS]



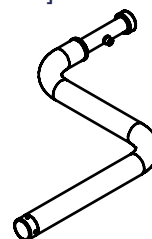
AA2[1PCS]



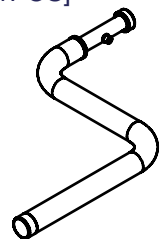
AB2[1PCS]



AE[1PCS]



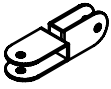
AF[1PCS]



G10B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

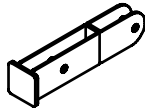
AG[1PCS]



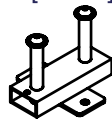
AH[1PCS]



AI[1PCS]



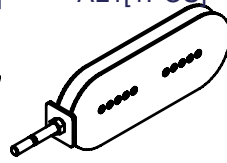
AJ[1PCS]



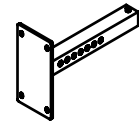
AK[2PCS]



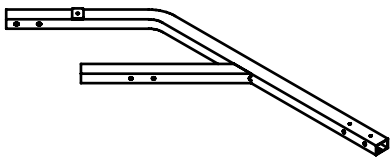
AL1[1PCS]



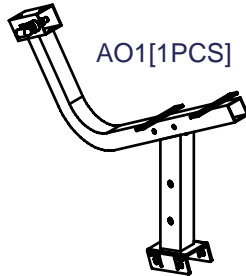
AR[1PCS]



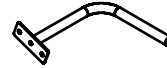
AM1[1PCS]



AO1[1PCS]



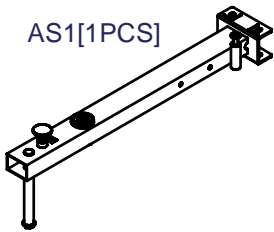
AP[1PCS]



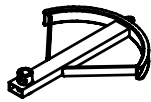
AQ[1PCS]



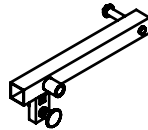
AS1[1PCS]



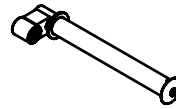
AT[1PCS]



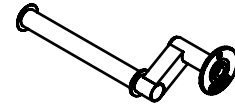
AU[1PCS]



AV1[1PCS]



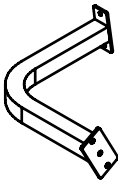
AW1[1PCS]



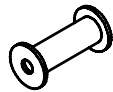
AX[1PCS]



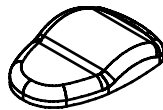
AY[1PCS]



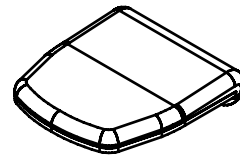
AZ[4PCS]



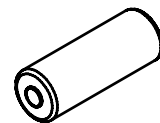
BA1[1PCS]
9111-049



BB1[1PCS]
9121-046



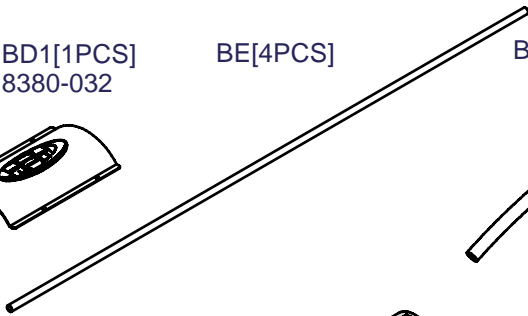
BC[2PCS]
9161-034



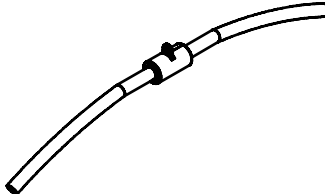
BD1[1PCS]
8380-032



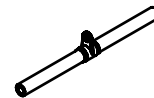
BE[4PCS]



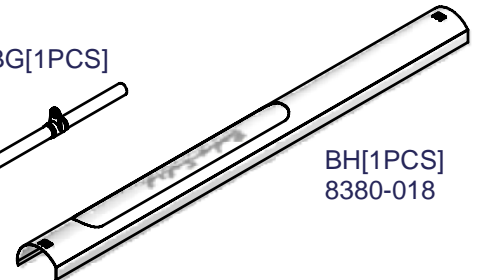
BF[1PCS]



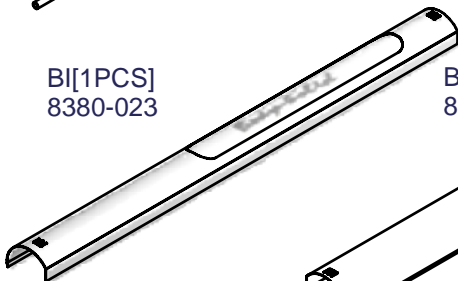
BG[1PCS]



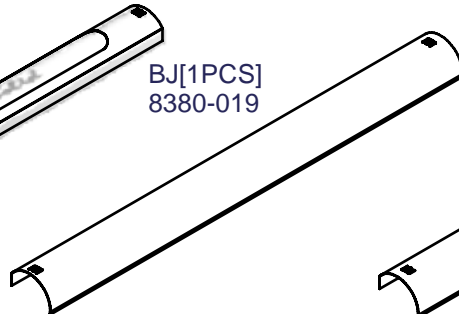
BH[1PCS]
8380-018



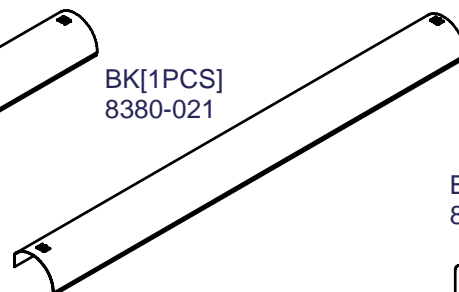
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8380-023



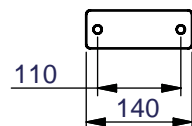
BJ[1PCS]
8380-019



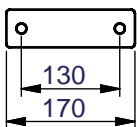
BK[1PCS]
8380-021



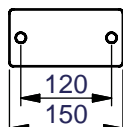
BL[1PCS]
8312-090



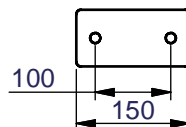
BN[1PCS]
8312-091



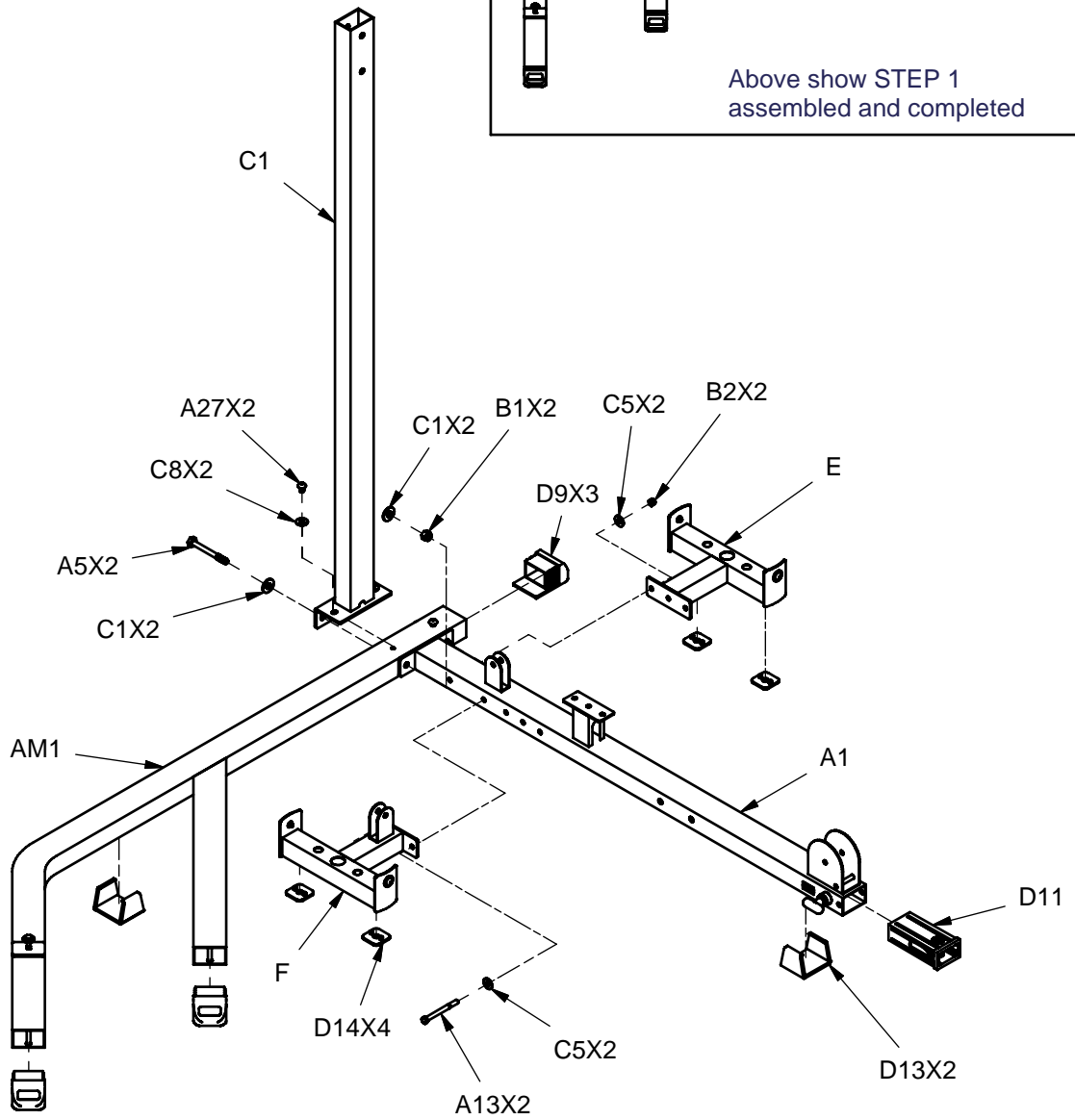
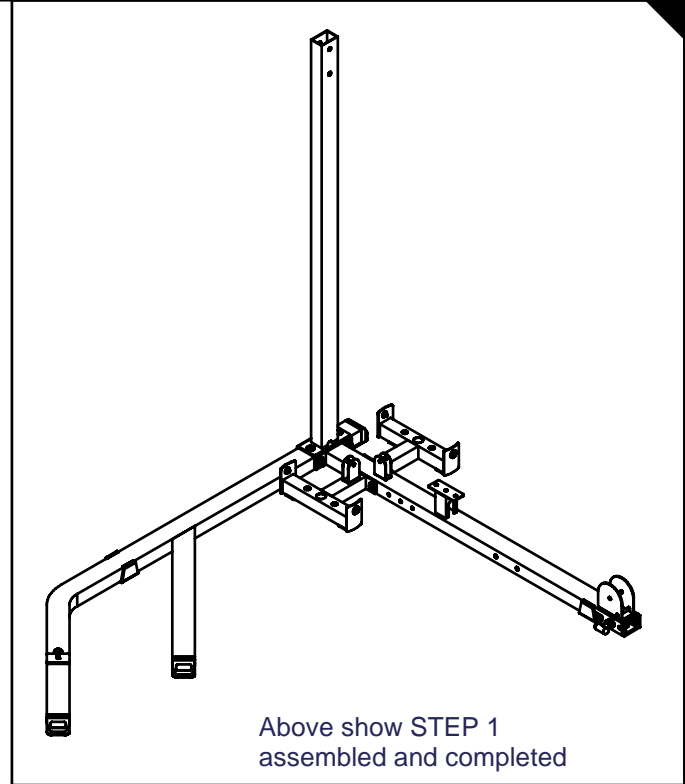
BO[1PCS]
8313-066



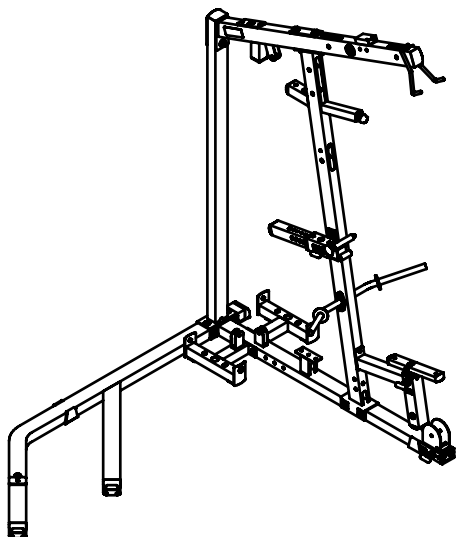
BP[1PCS]
8313-082



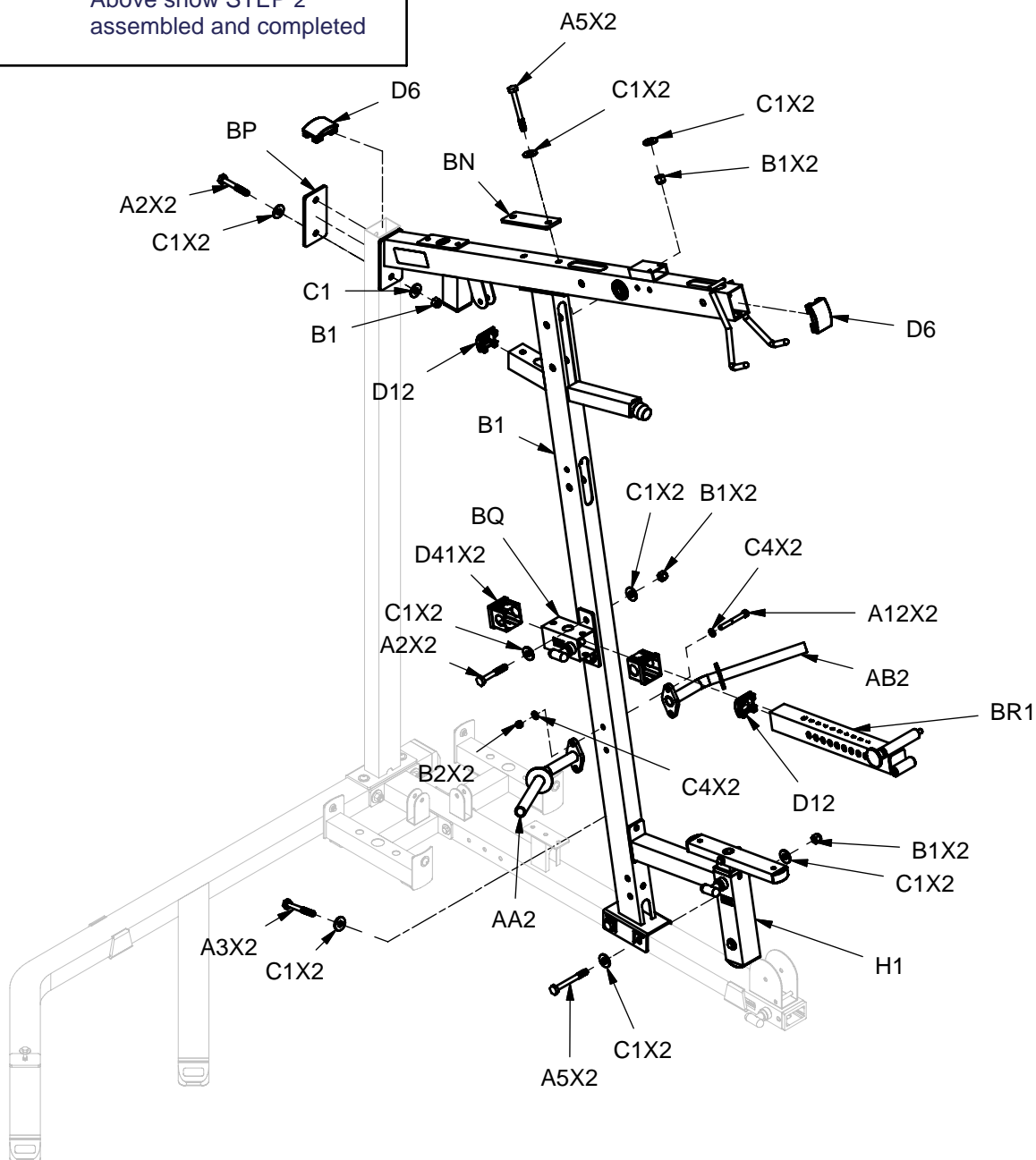
G10B ASSEMBLY INSTRUCTIONS



G10B ASSEMBLY INSTRUCTIONS

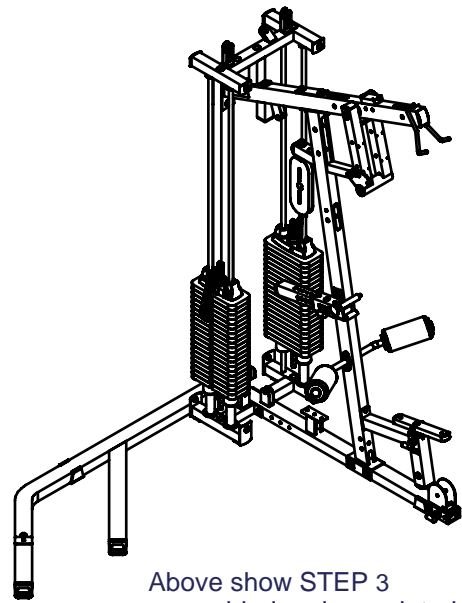


Above show STEP 2 assembled and completed

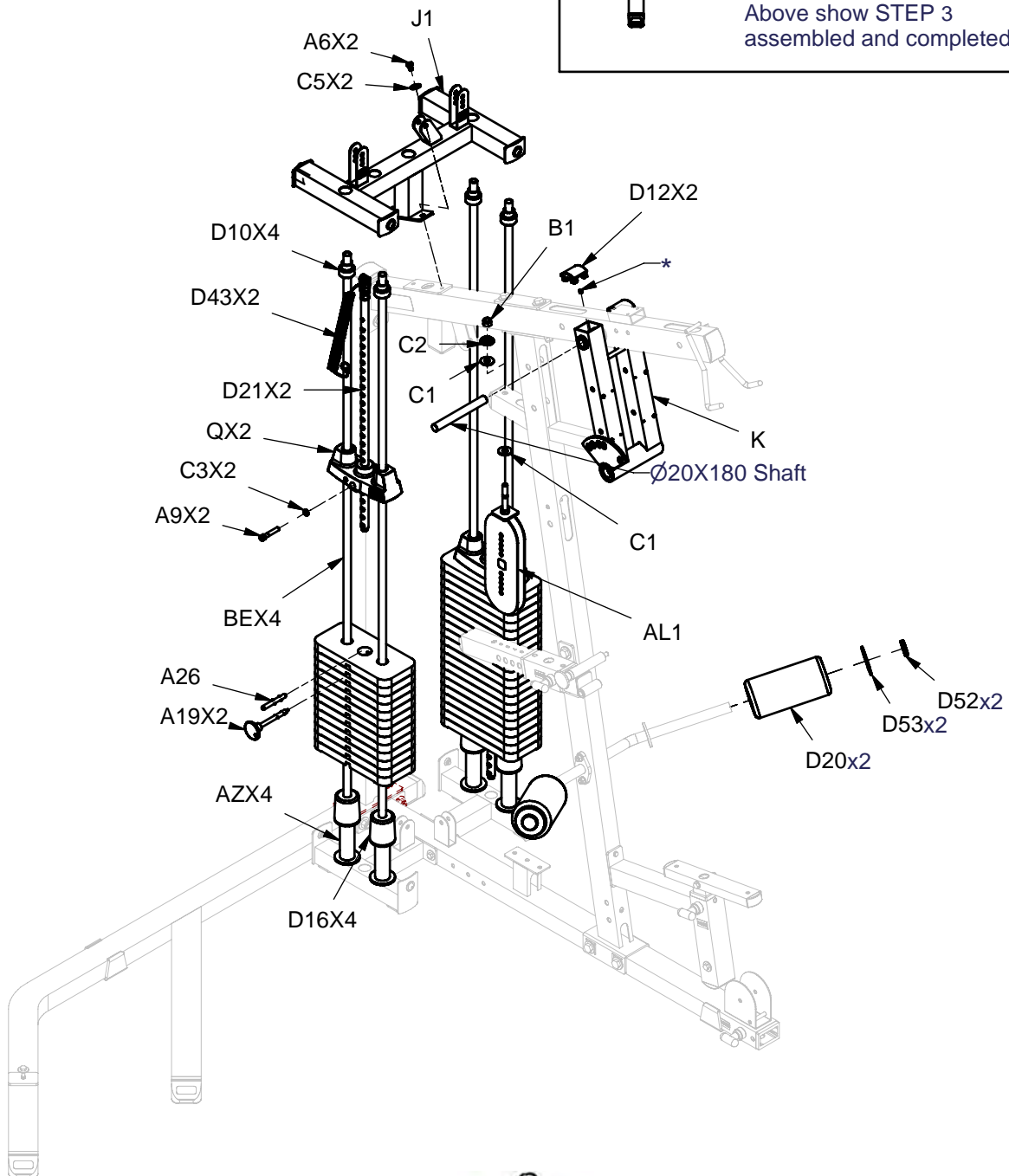


G10B ASSEMBLY INSTRUCTIONS

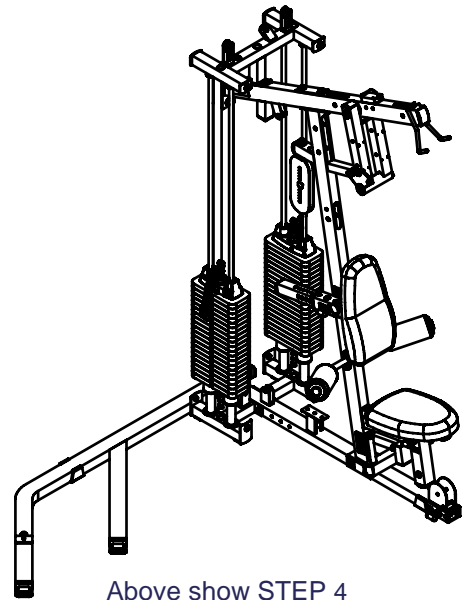
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



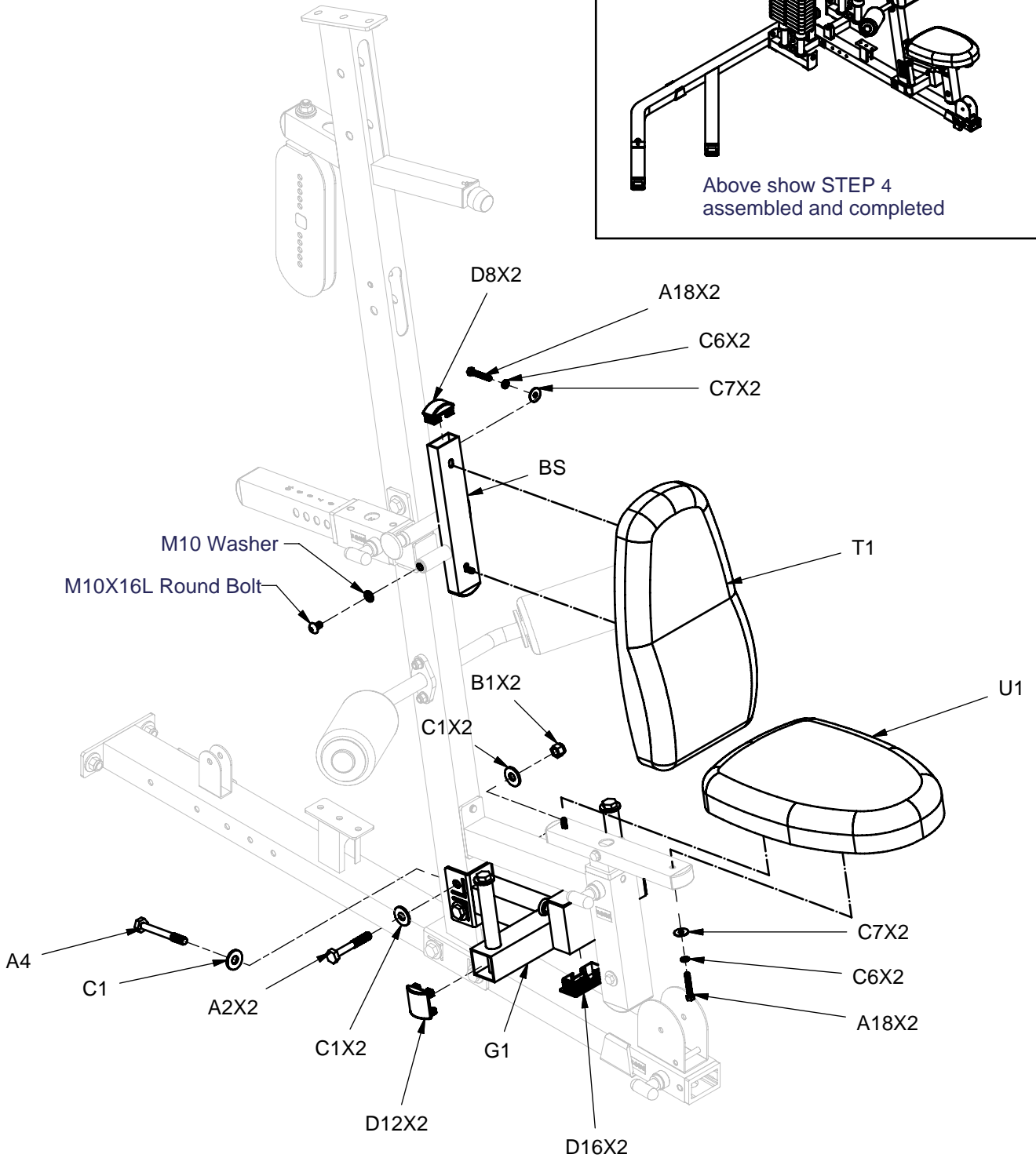
Above show STEP 3
assembled and completed



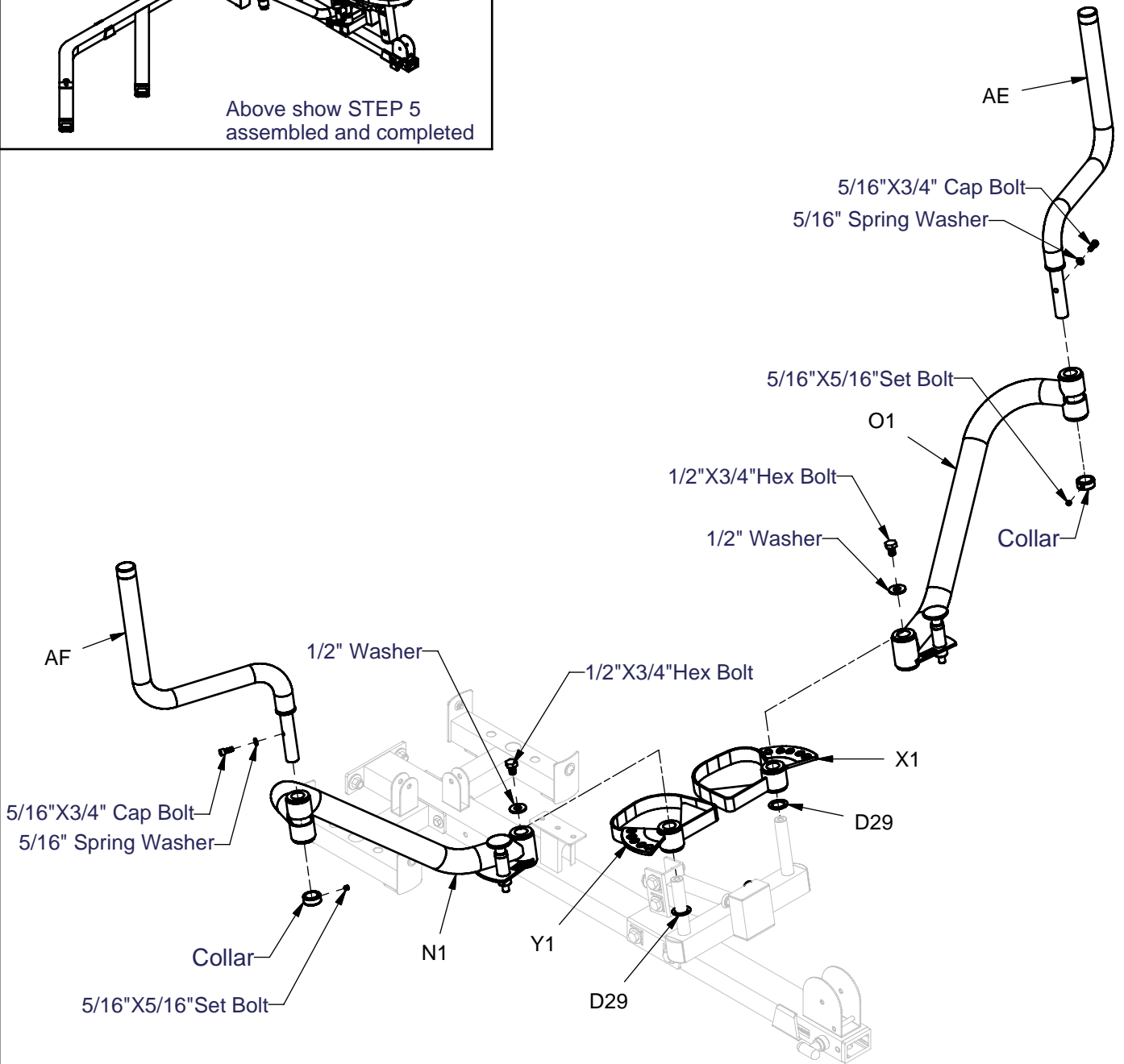
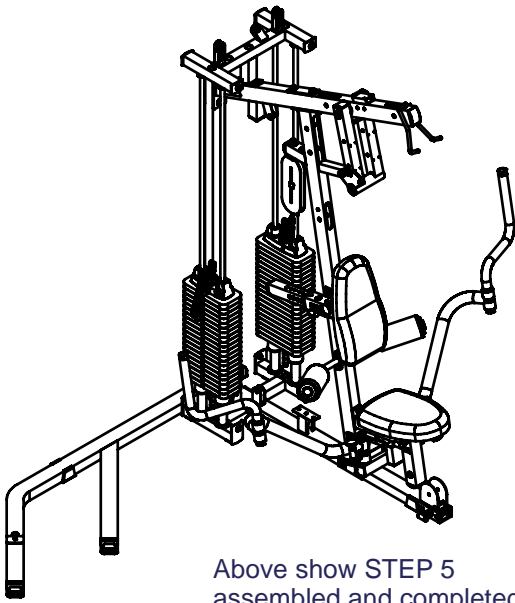
G10B ASSEMBLY INSTRUCTIONS



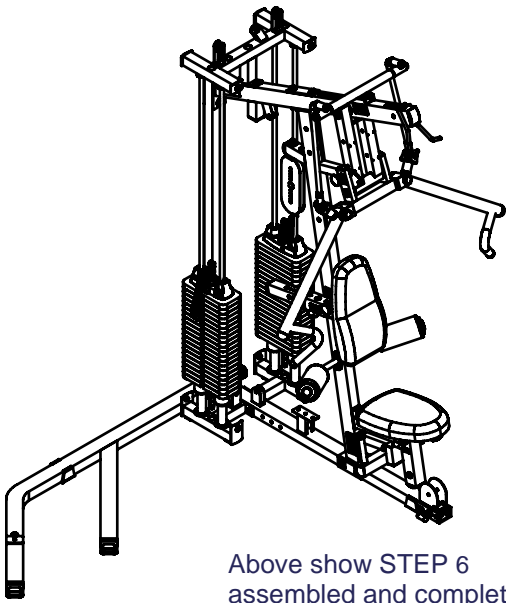
Above show STEP 4 assembled and completed



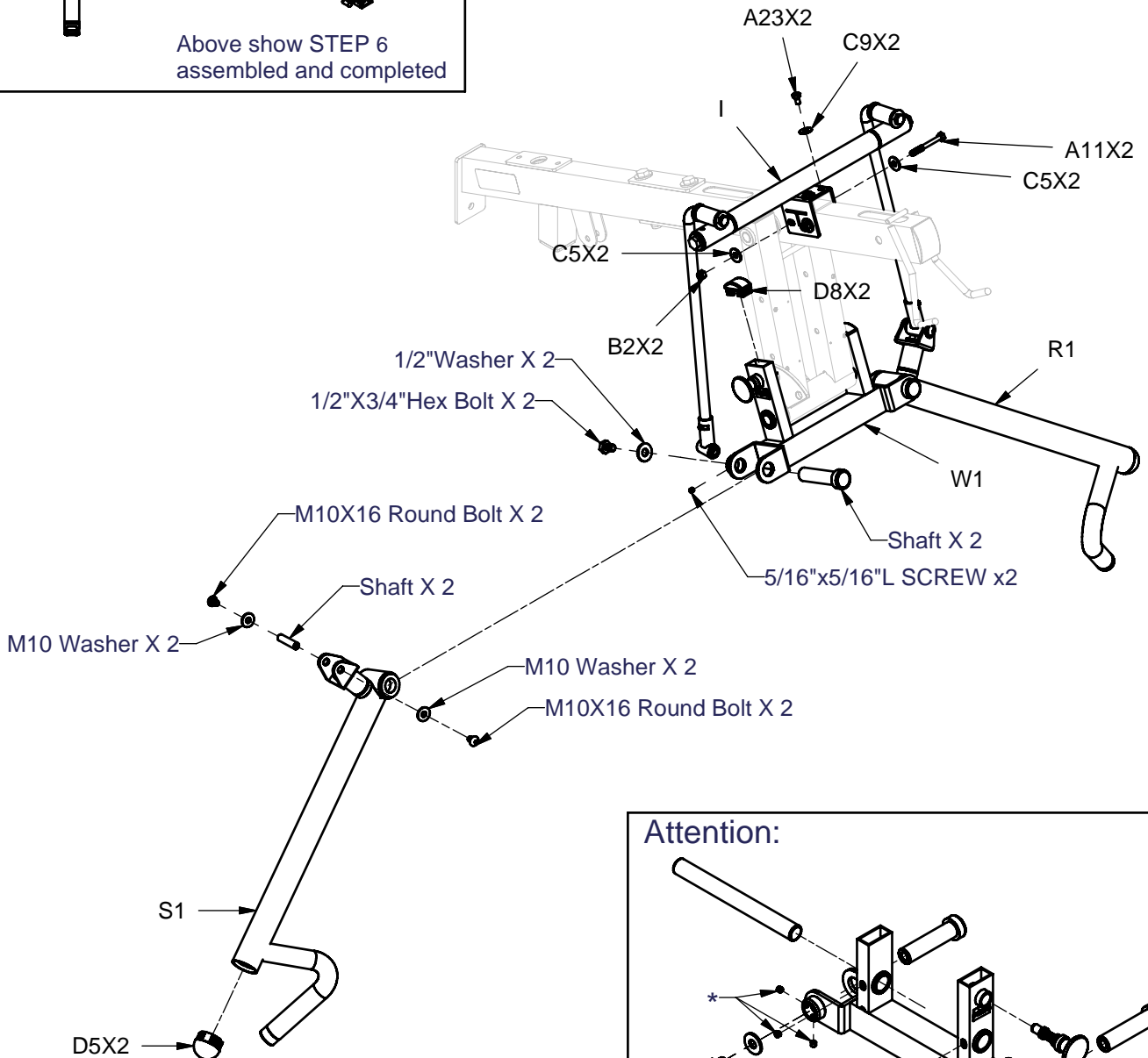
G10B ASSEMBLY INSTRUCTIONS



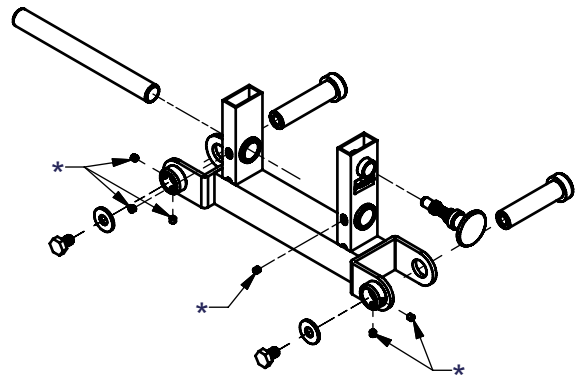
G10B ASSEMBLY INSTRUCTIONS



Above show STEP 6 assembled and completed

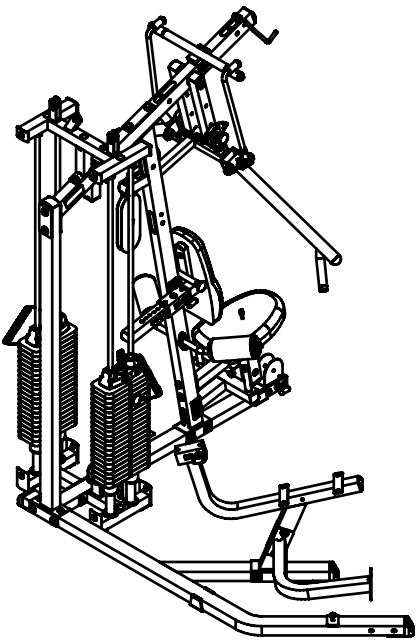


Attention:

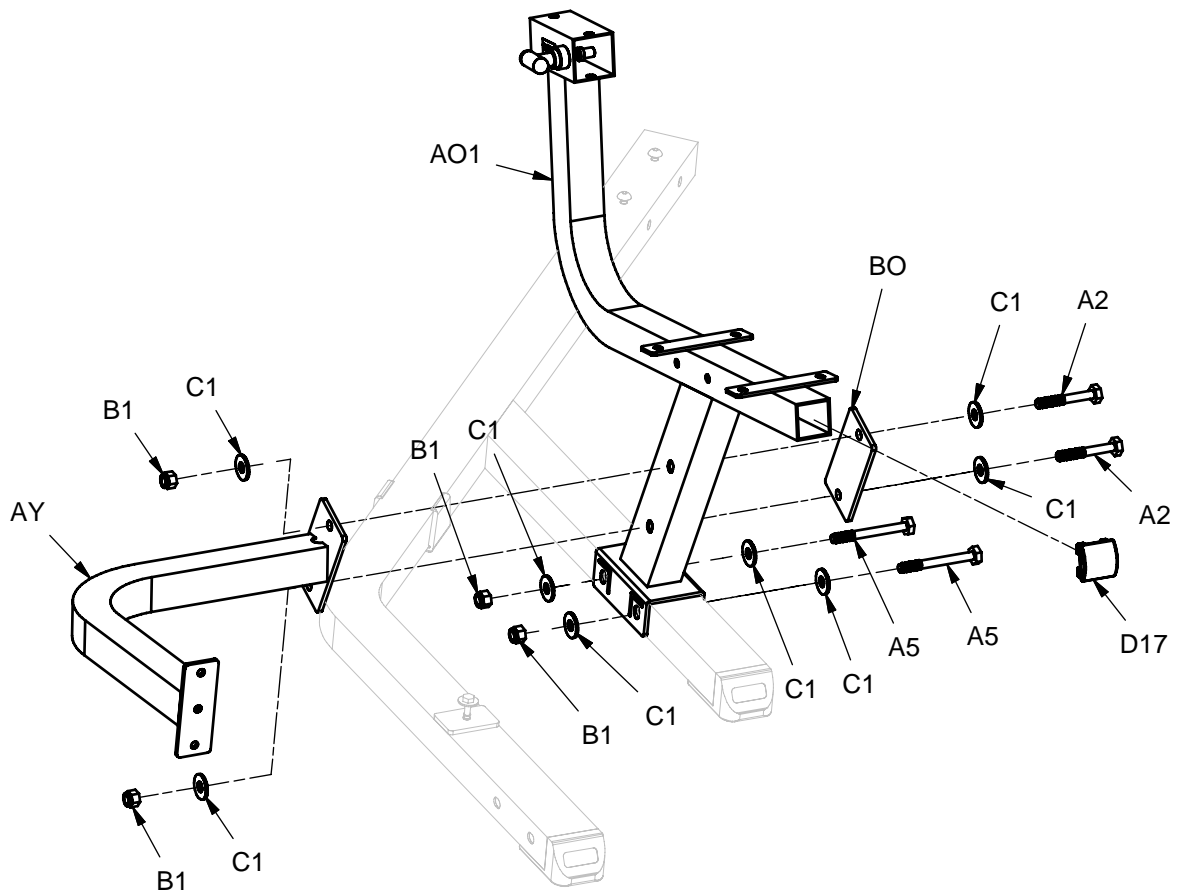


*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT IN ORDER TO REMOVE SHAFT

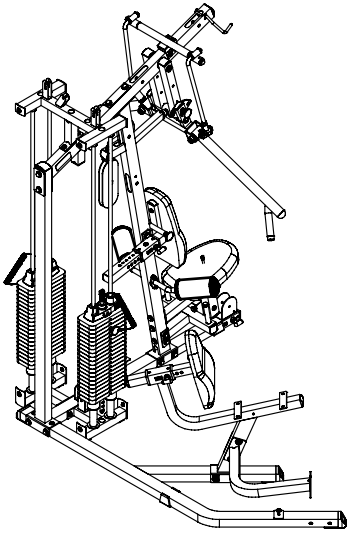
G10B ASSEMBLY INSTRUCTIONS



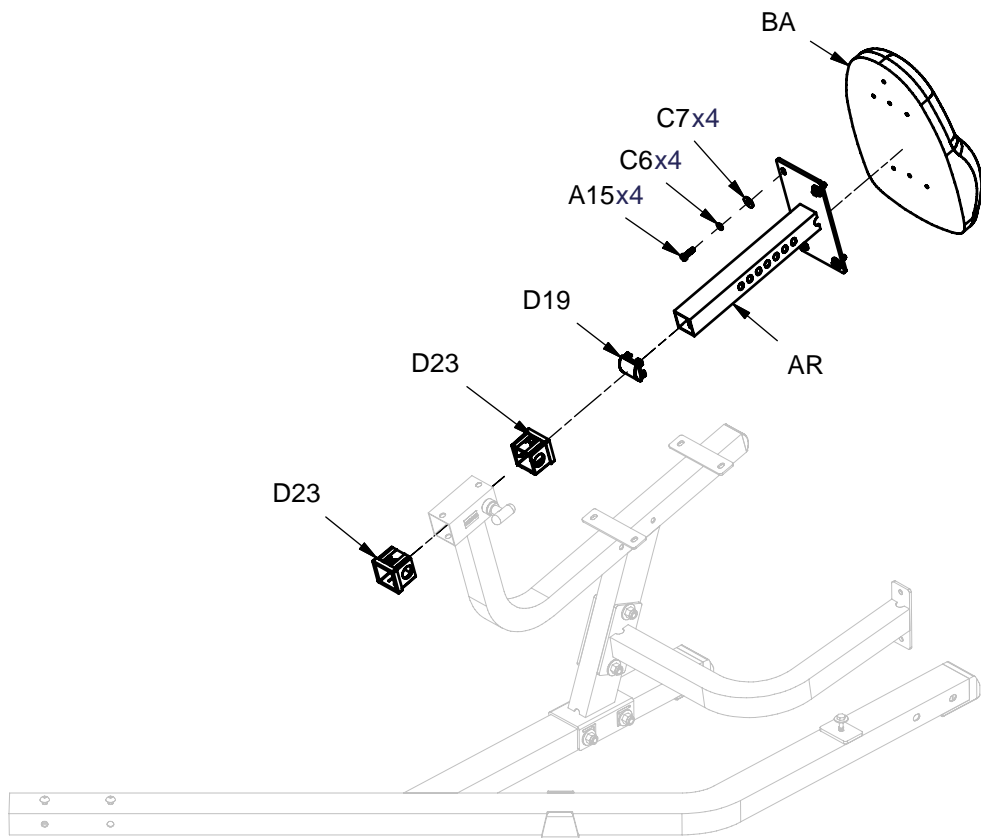
Above show STEP 7
assembled and completed



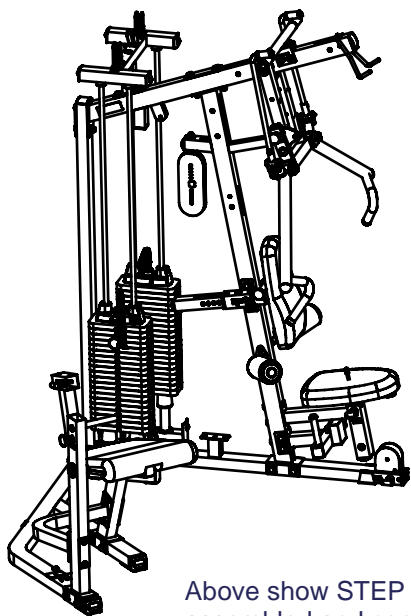
G10B ASSEMBLY INSTRUCTIONS



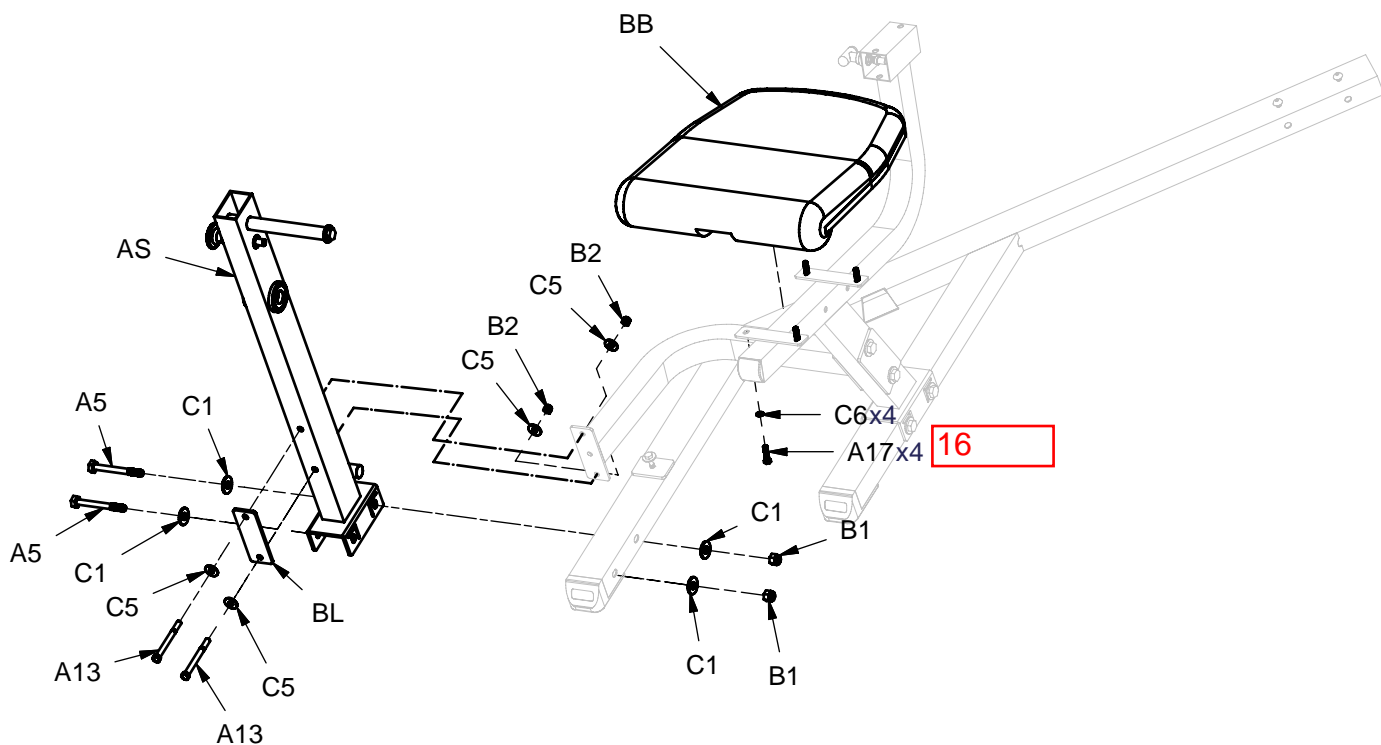
Above show STEP 8
assembled and completed



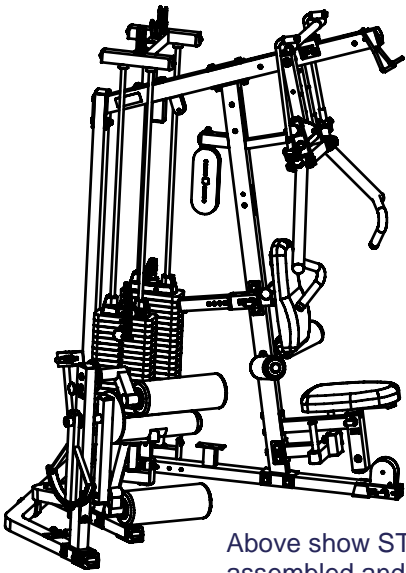
G10B ASSEMBLY INSTRUCTIONS



Above show STEP 9 assembled and completed

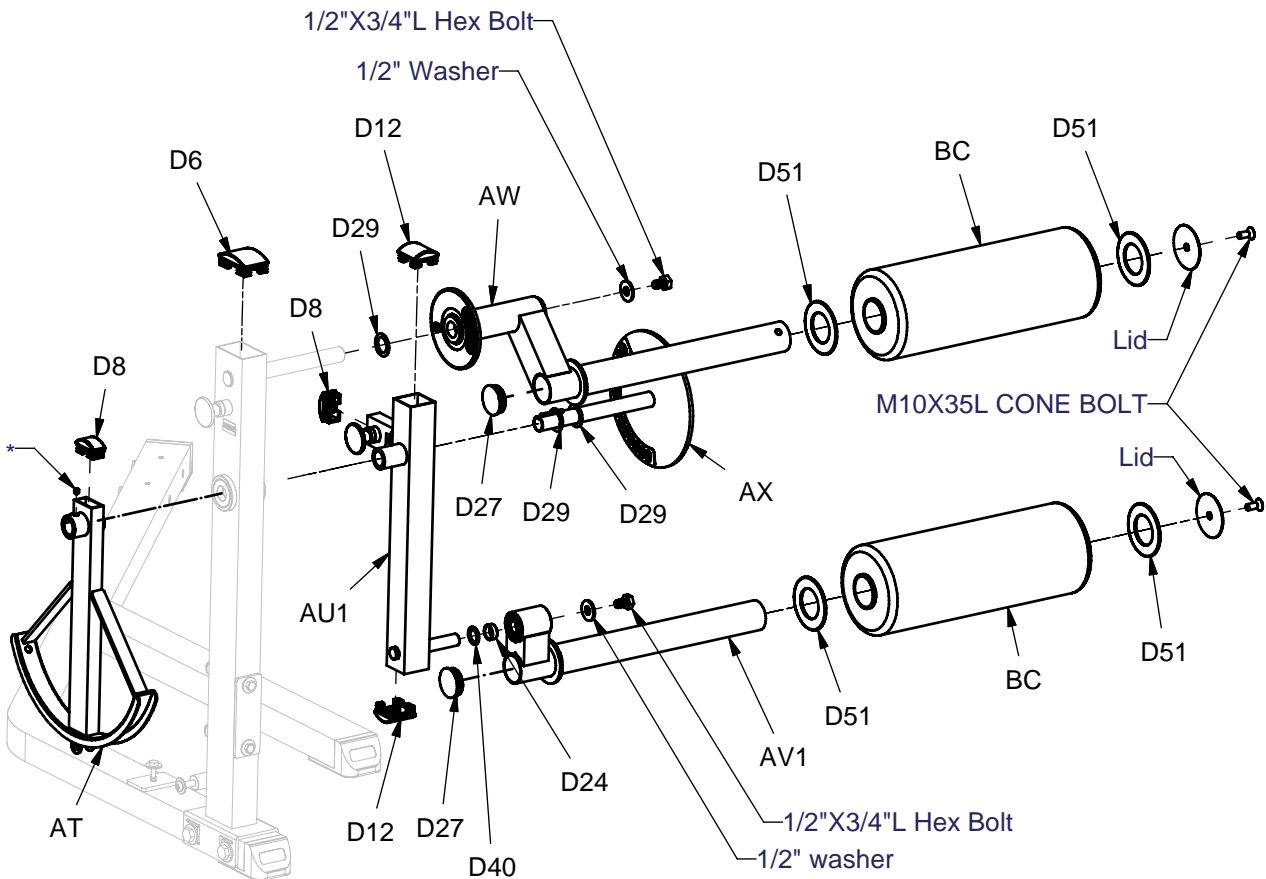


G10B ASSEMBLY INSTRUCTIONS

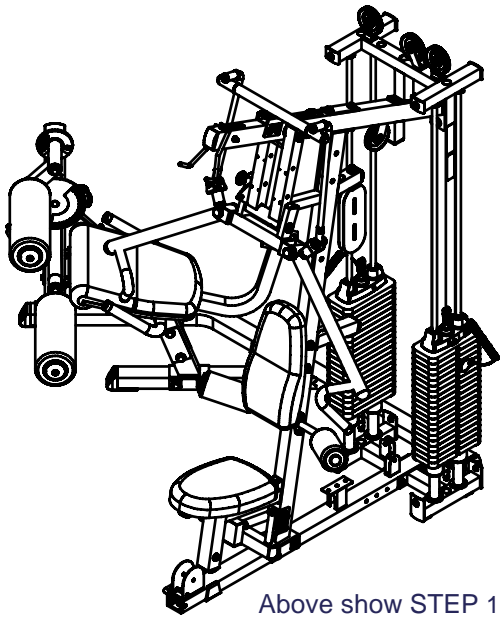


Above show STEP 10 assembled and completed

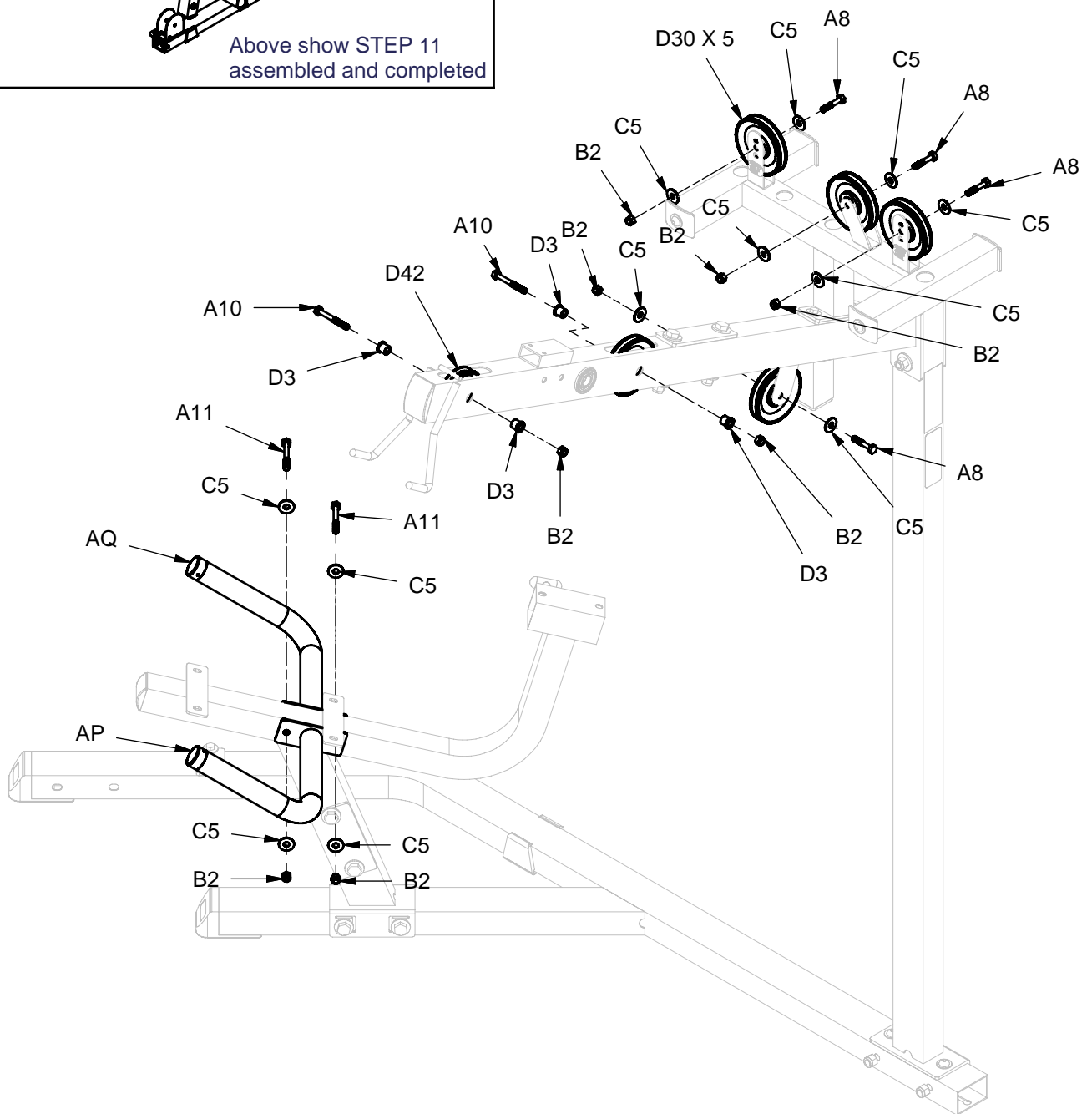
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT IN ORDER TO REMOVE SHAFT



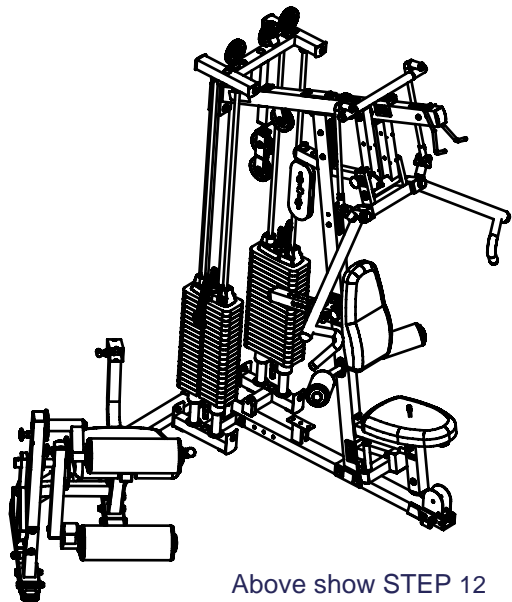
G10B ASSEMBLY INSTRUCTIONS



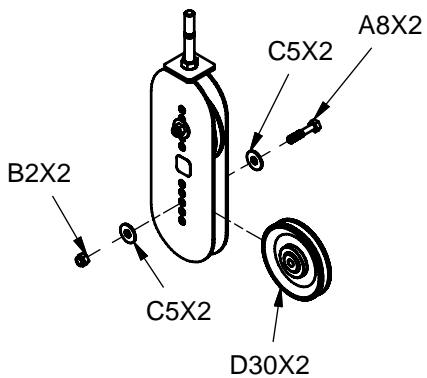
Above show STEP 11 assembled and completed



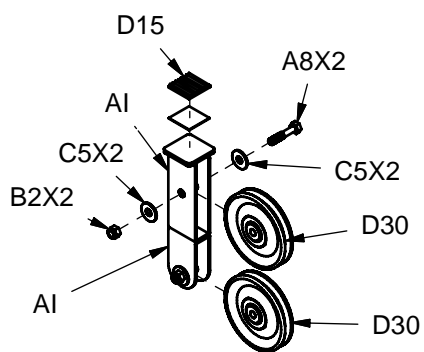
G10B ASSEMBLY INSTRUCTIONS



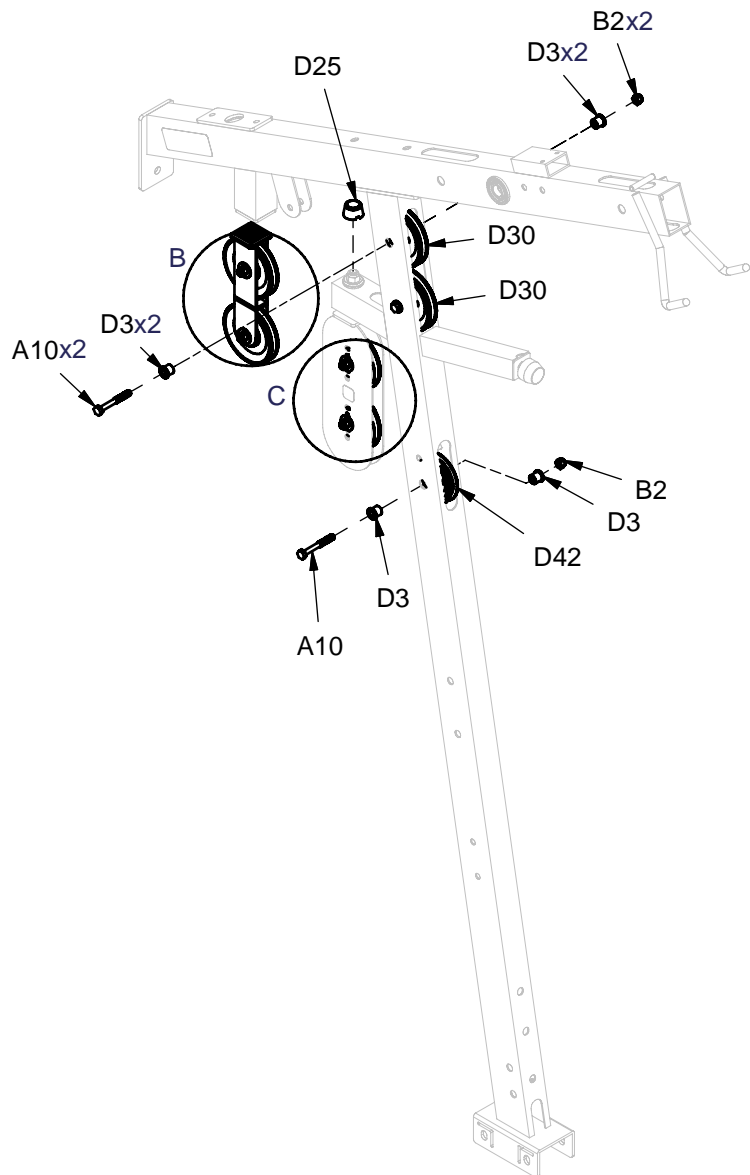
Above show STEP 12
assembled and completed



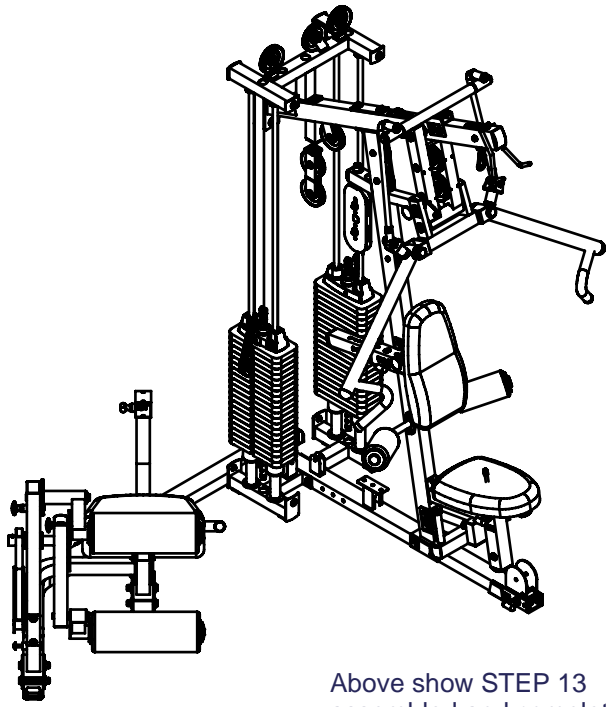
Detail C



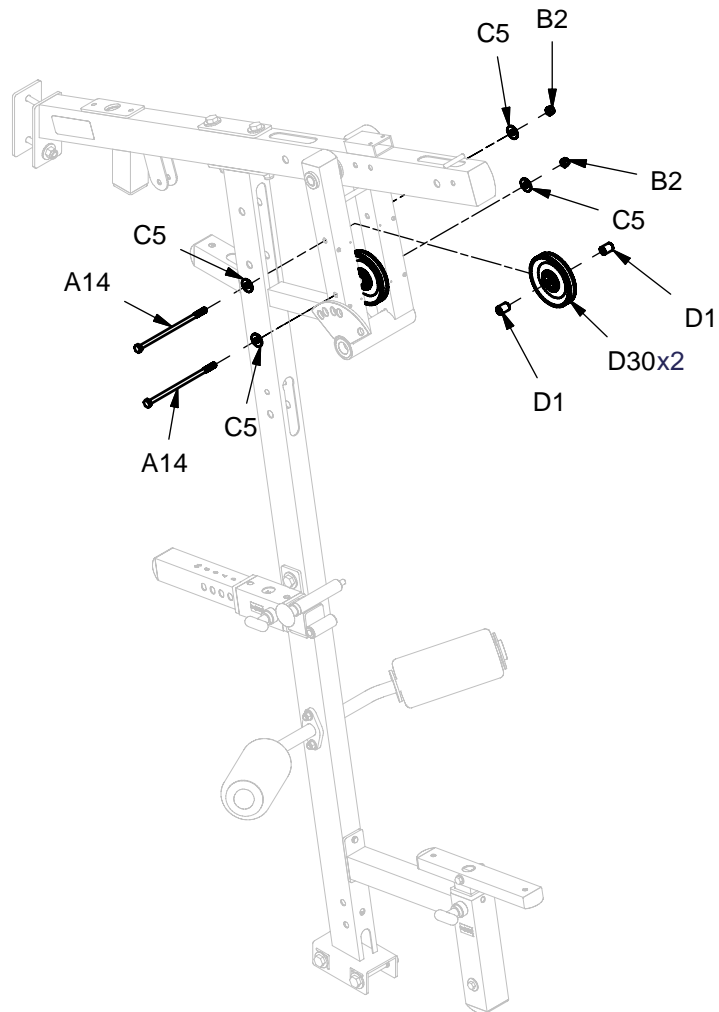
Detail B



G10B ASSEMBLY INSTRUCTIONS

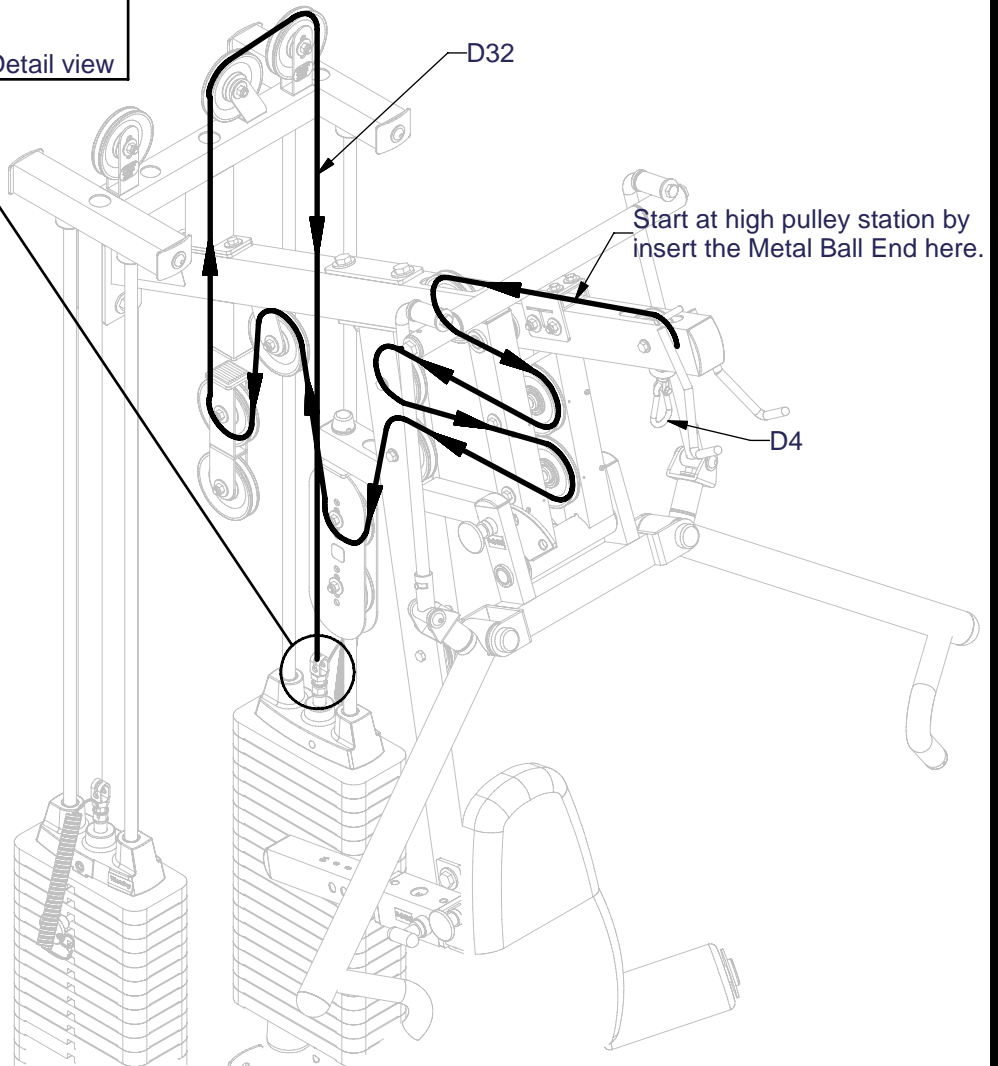
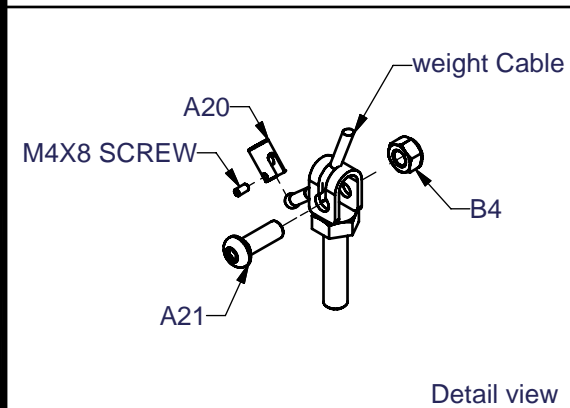


Above show STEP 13 assembled and completed



G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration

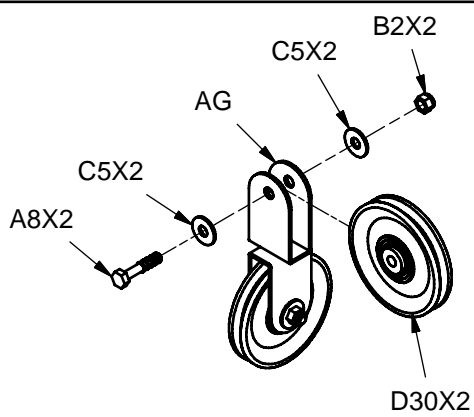


D32



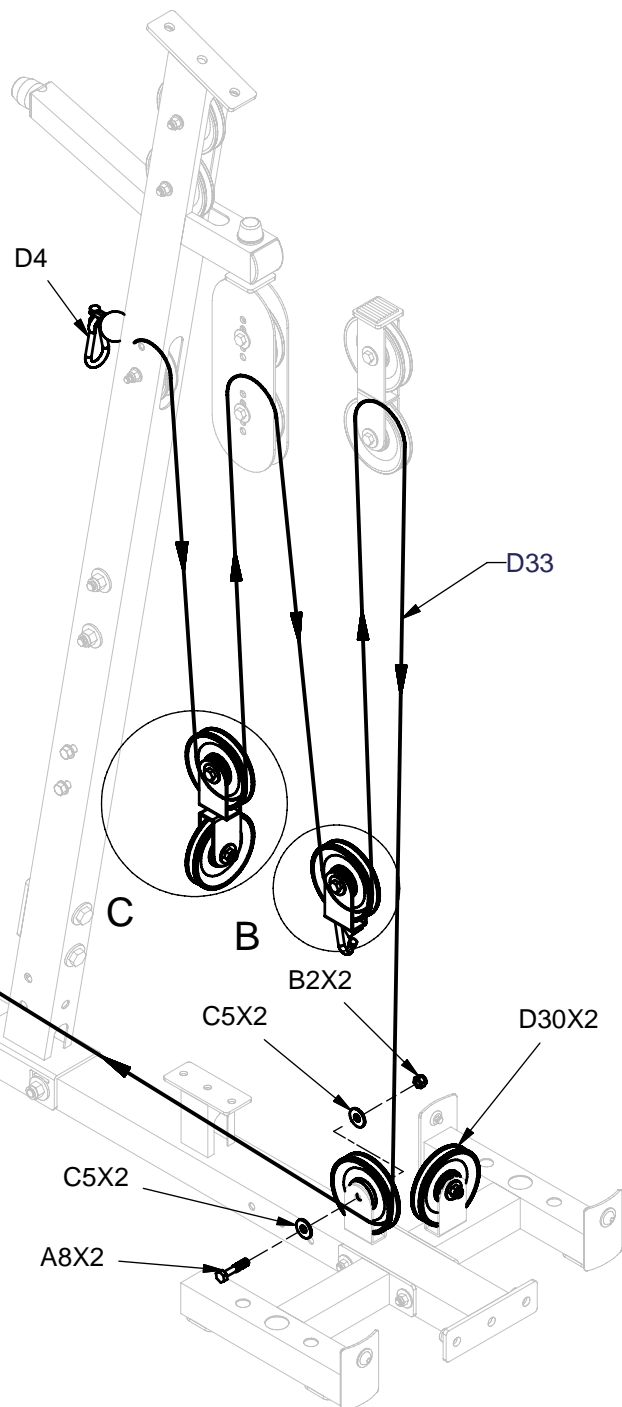
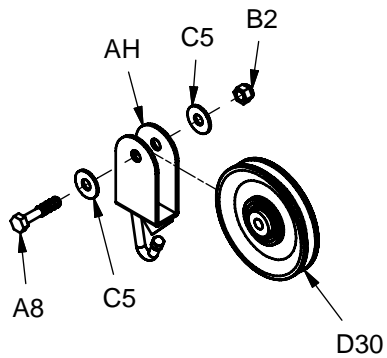
G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration



Detail C

Detail B



D33



G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration

D34



D35



M10X16L ROUND BOLT x2

M10 WASHER x2

A8X2

C5X2

D30X2

C5X2

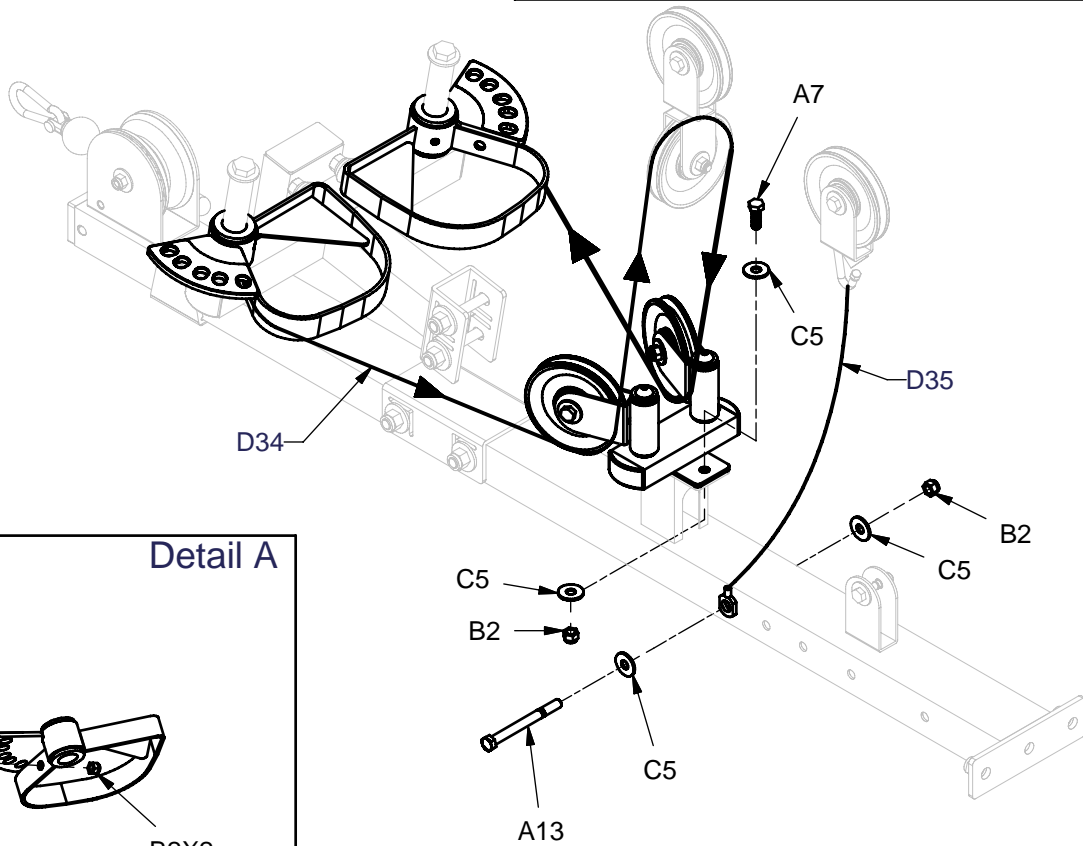
B2X2

AKX2

AJ

D8X2

Detail B



Detail A

A7X2

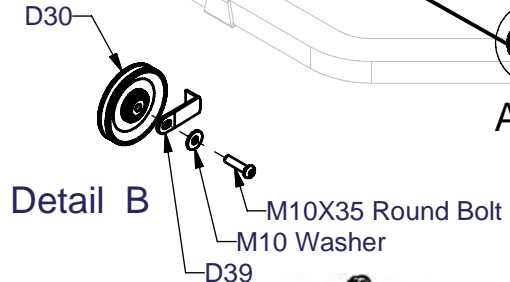
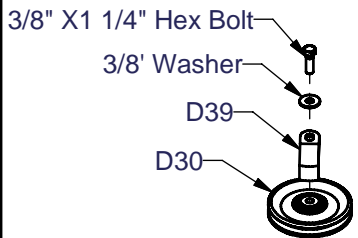
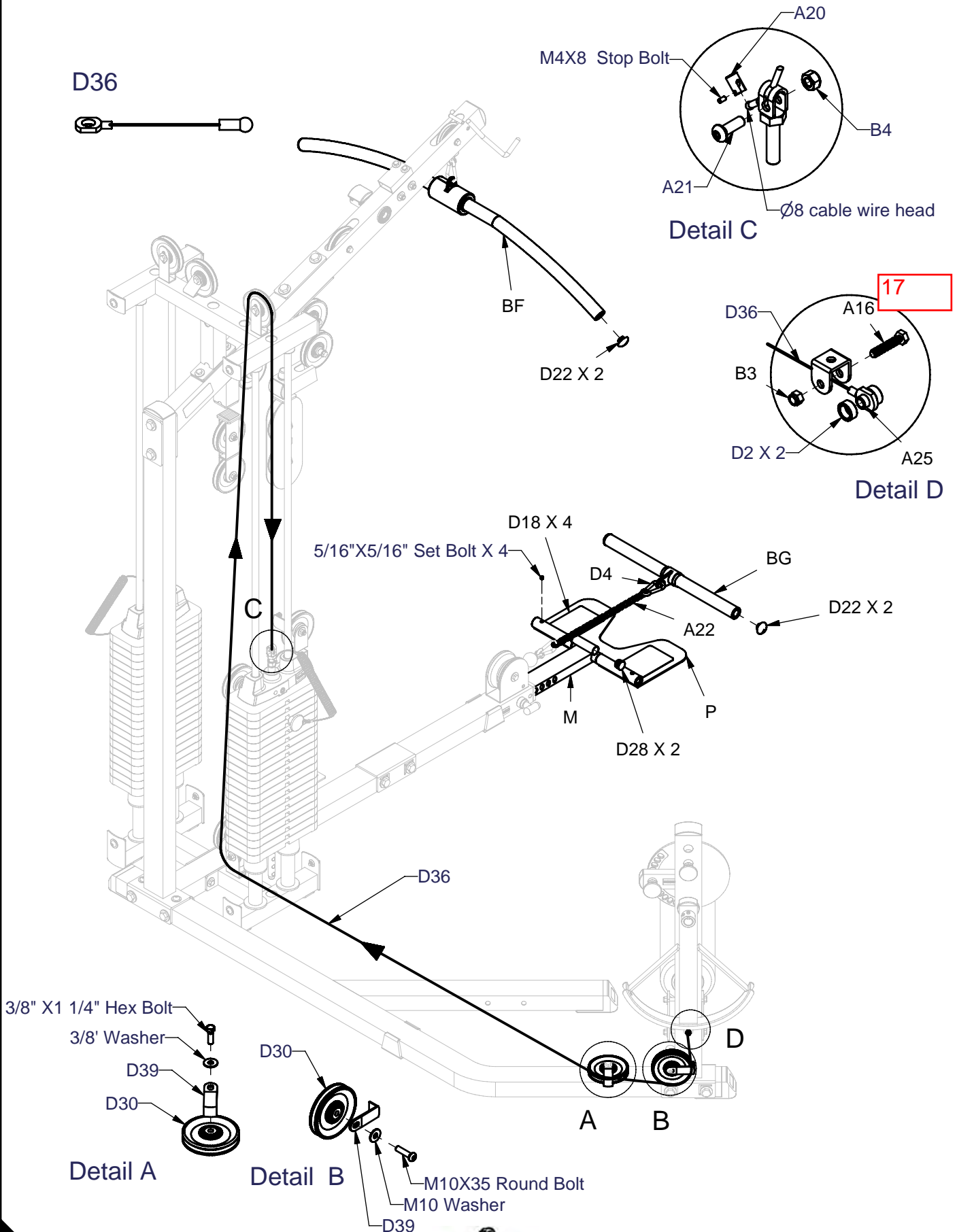


B2X2

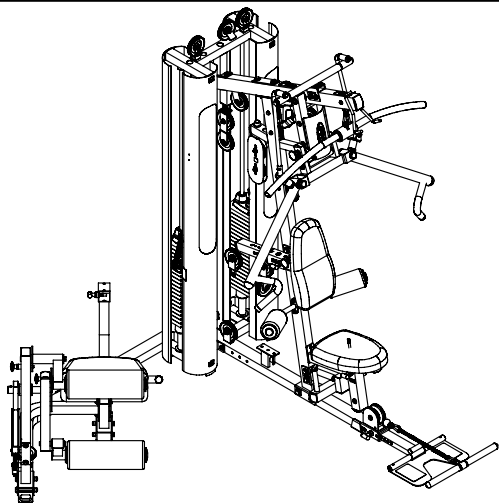
D34

G10B ASSEMBLY INSTRUCTIONS

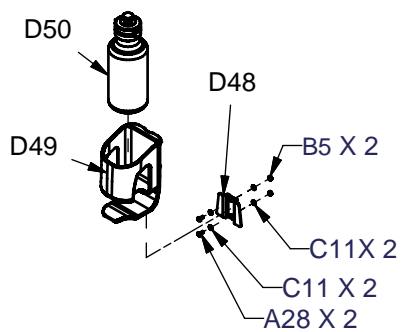
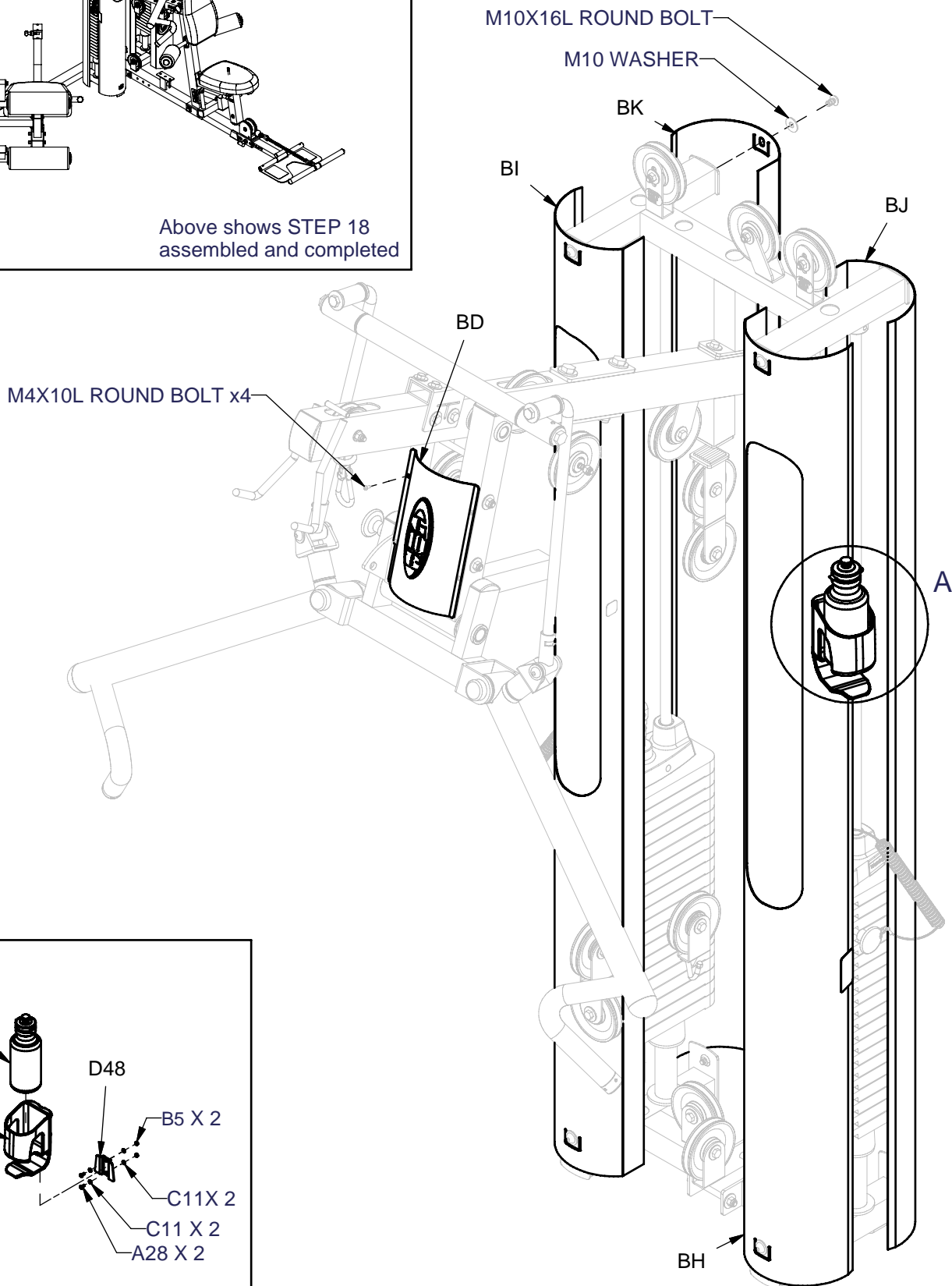
Cable to match illustration



G10B ASSEMBLY INSTRUCTIONS



Above shows STEP 18 assembled and completed



Detail A