

Body-Solid®

Built for Life

GAB300

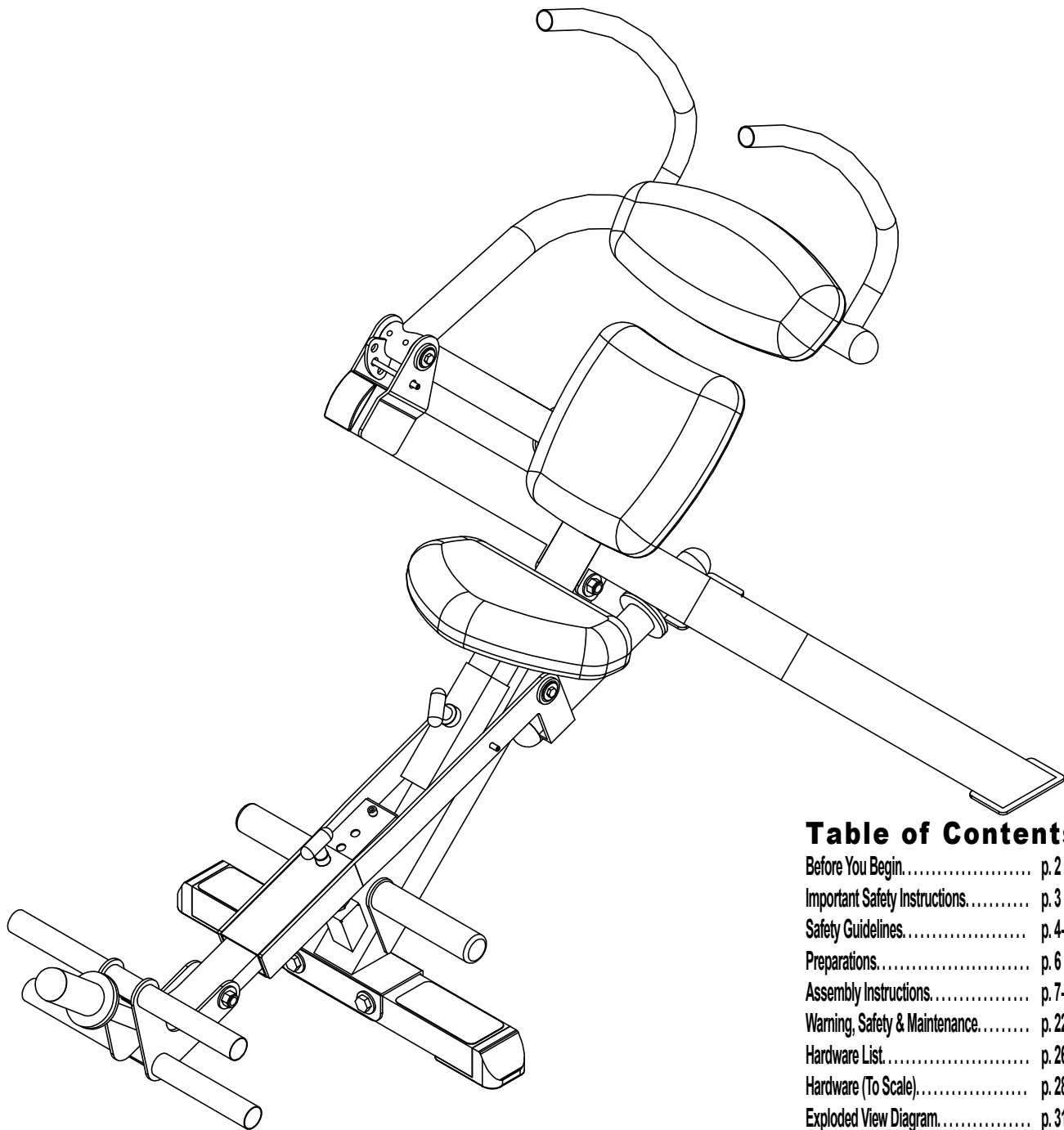


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Assembly Instructions

OWNER'S & MANUAL

Before You Begin

Thank you for purchasing the GAB300. 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 GAB300 is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Ask for assistance during the assembly process. Carefully unpack the box and lay the pieces on the floor near the area where you plan to use the equipment.

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

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

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

Any Questions?
Call (800) 556-3113

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 GAB300. 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 before each use. Make sure that all fasteners 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 GAB300 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The GAB300 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 GAB300.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first re-check the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this unit. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at www.bodysolid.com 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

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

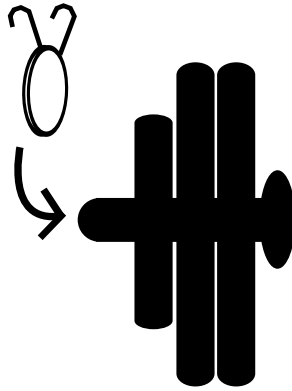
Retain this Owner's Manual for future reference. Part numbers are required when ordering replacement parts.

Safety Guidelines

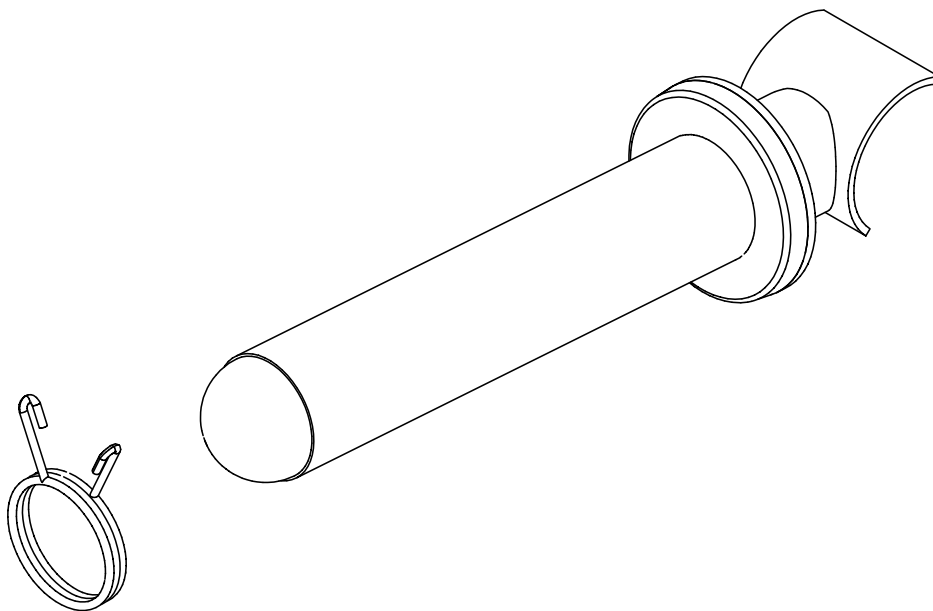
Successful resistance training programs have one prominent feature in common... safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment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

- **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.**
- **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.**
- **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 an entire range of motion.**
- **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.**
- **Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.**
- **Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Equipment should be lubricated as indicated by the manufacturer.**
- **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.**
- **Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**
- **Do not attempt to lift more weight than you can control safely.**
- **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.**

! WARNING!



Weight Horn Collars must be used to lock the weight plates onto the Weight Horn. Failure to use Weight Horn Collars may result in death or serious injury.



For more information or to purchase a Weight Horn Collar visit www.bodysolid.com

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 GAB300 according to these guidelines, you could void the Body-Solid warranty.

Required Tools

The basic tools that you must obtain before assembling the GAB300 include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Allen Wrench Set

Installation Requirements

Follow these installation requirements when assembling the GAB300:

Set up the GAB300 on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

CAUTION: Obtain assistance! Do not attempt to assemble the GAB300 by yourself. Review the Installation Requirements before proceeding with the following steps.

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

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

Assembly Instructions

Assembly of the GAB300 takes professional installers about 1 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

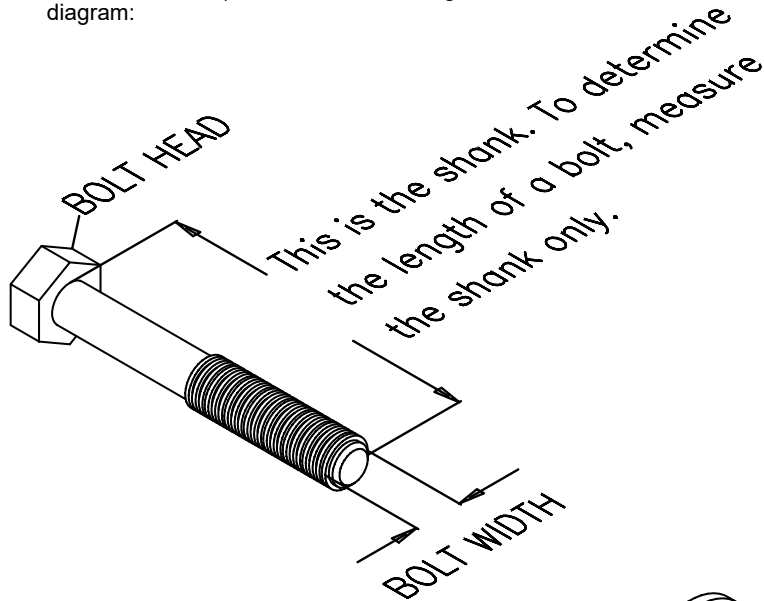
Assembly Tips

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

While you may be able to assemble the GAB300 using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:

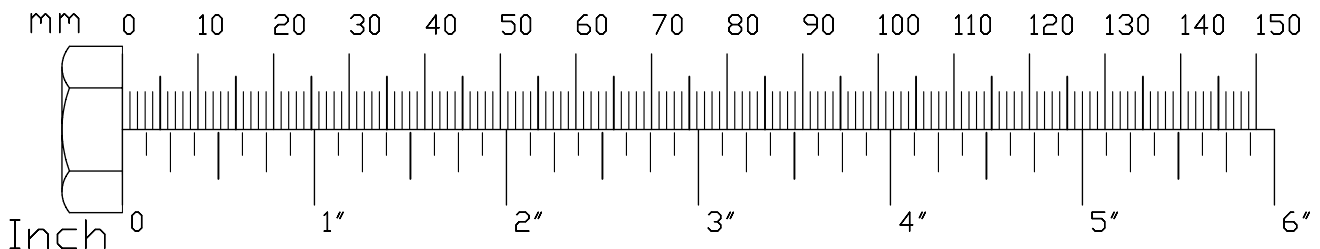
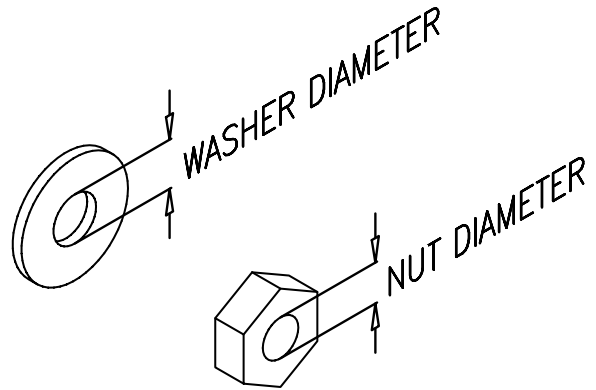


IMPORTANT!

Before you begin you should look at the quick reference guide that shows all hardware parts (in actual size) along with the corresponding part 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

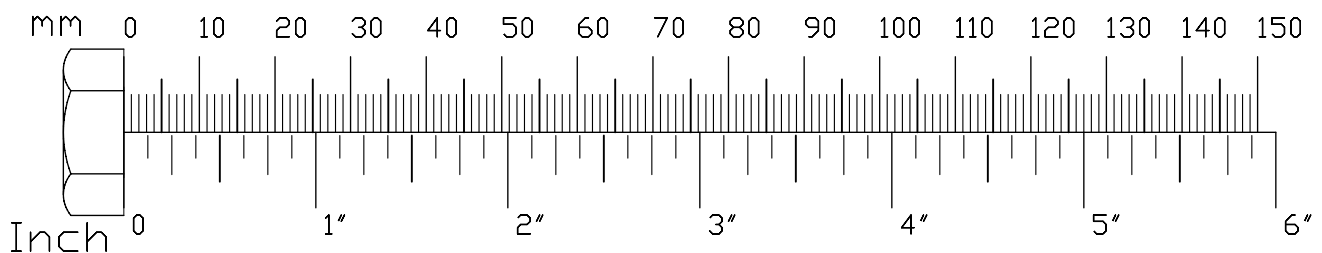
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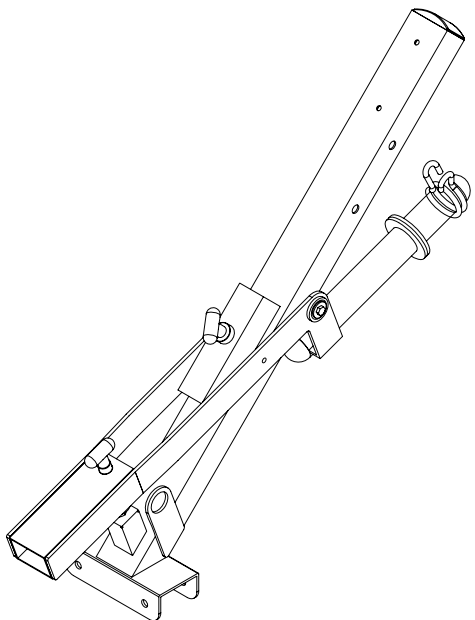
Be careful to assemble all components in the sequence they are presented.

NOTE:

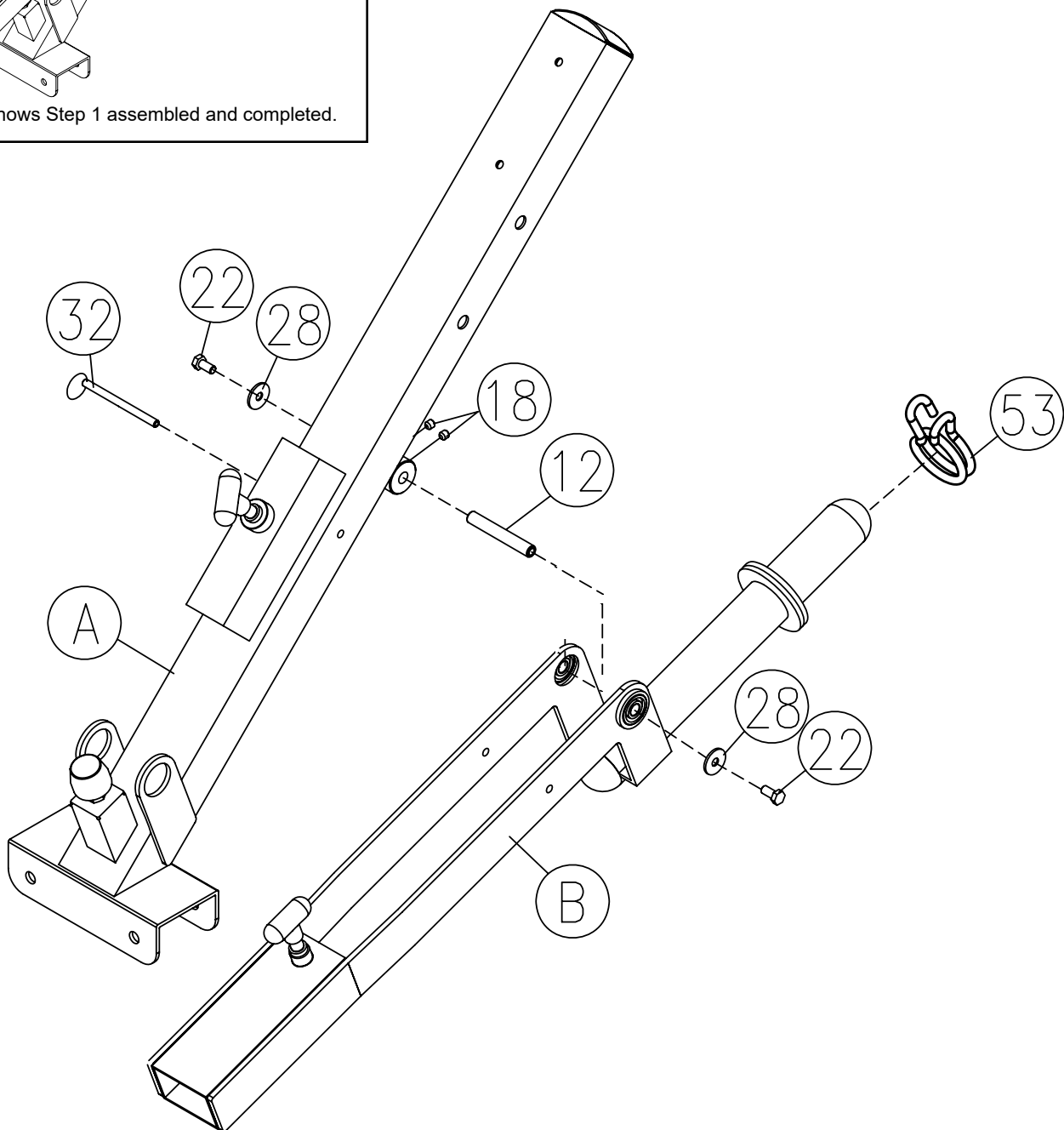
Finger tighten all hardware in this step unless otherwise noted.

- A. Slide Main Frame (A) into Pivoting Frame (B) and connect to Shaft (12) as shown using:
Two 22 (M8x16mm hex head bolt)
Two 28 (M8, OD 24mm washer)
- B. Secure the shaft assembly as shown using:
Two 18 (M8x10mm Set Screw)
- C. Lock Pivoting Frame (B) to Main Frame (A) using Lock Pin (32) until the unit is ready to use.
- D. Secure Weight Horn Collar (53) to the Weight Horn.





Above shows Step 1 assembled and completed.



STEP**2**

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

NOTE:

Finger tighten all hardware in this step unless otherwise noted.

- A. Attach Left Leg (C) and Right Leg (D) onto Main Frame (A) using:

Two 21 (M12x100mm hex head bolt)

Four 29 (M12 washer)

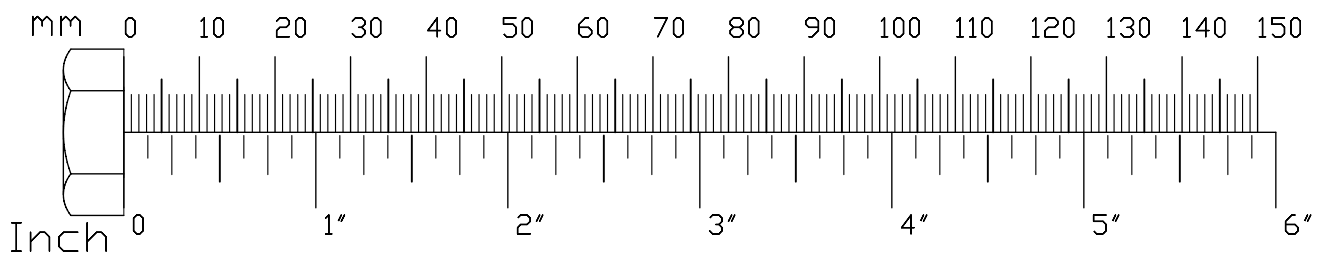
Two 26 (M12 nylon nut)

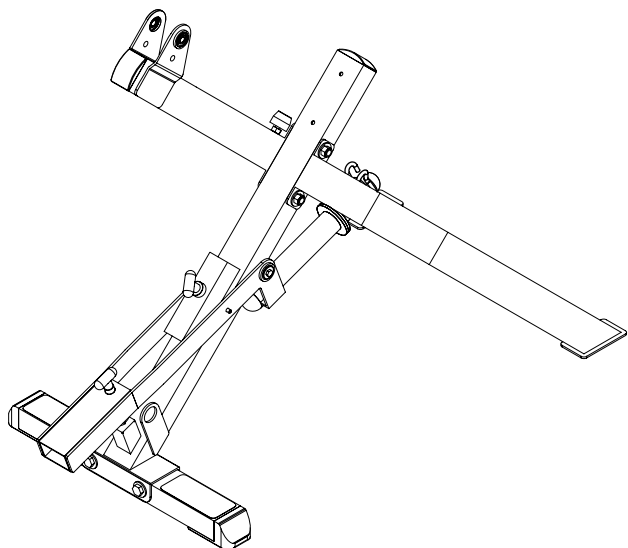
- B. Attach Front Foot Frame (E) onto Main Frame (A) using:

Two 21 (M12x100mm hex head bolt)

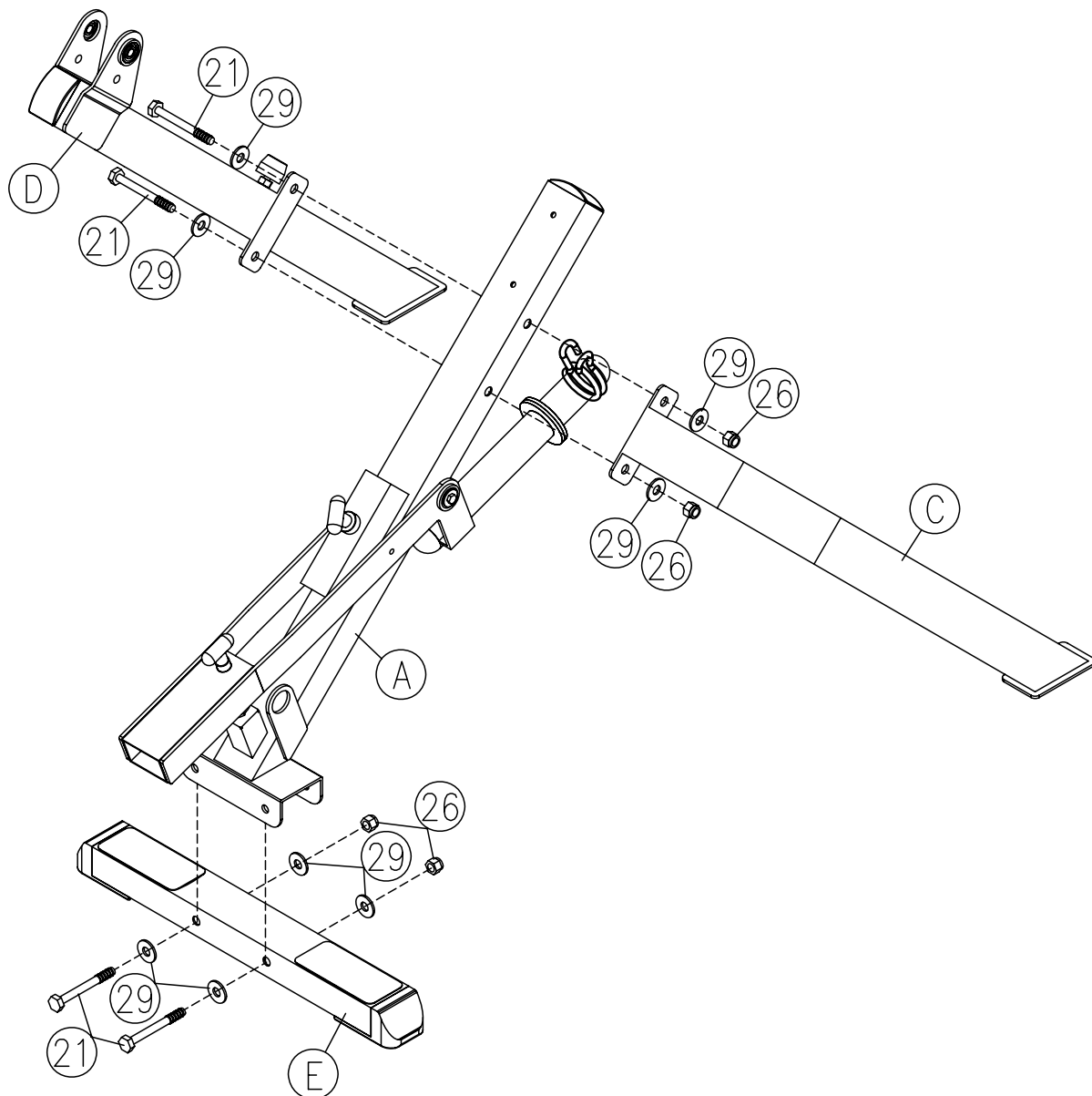
Four 29 (M12 washer)

Two 26 (M12 nylon nut)





Above shows Step 2 assembled and completed.



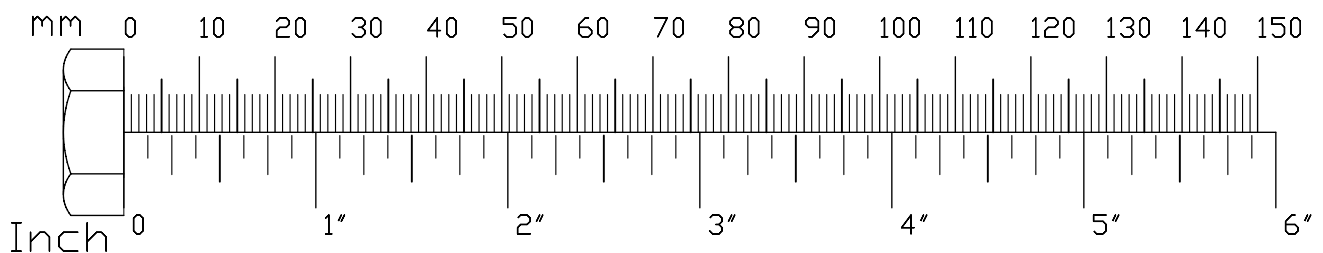
STEP**3**

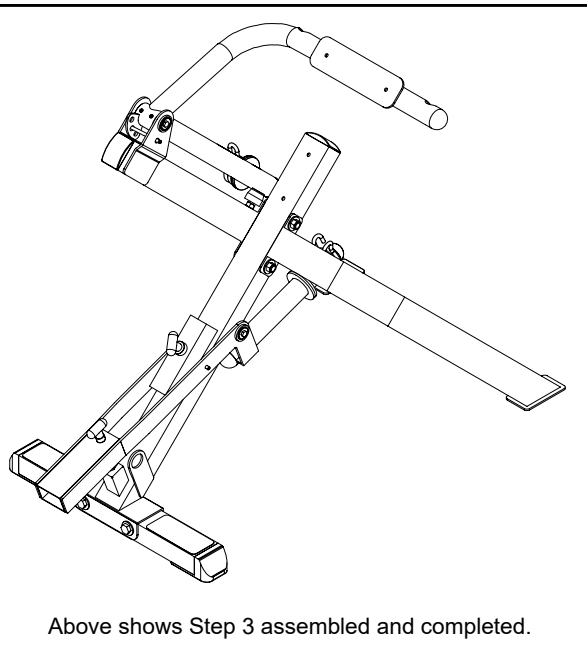
Be careful to assemble all components in the sequence they are presented.

NOTE:

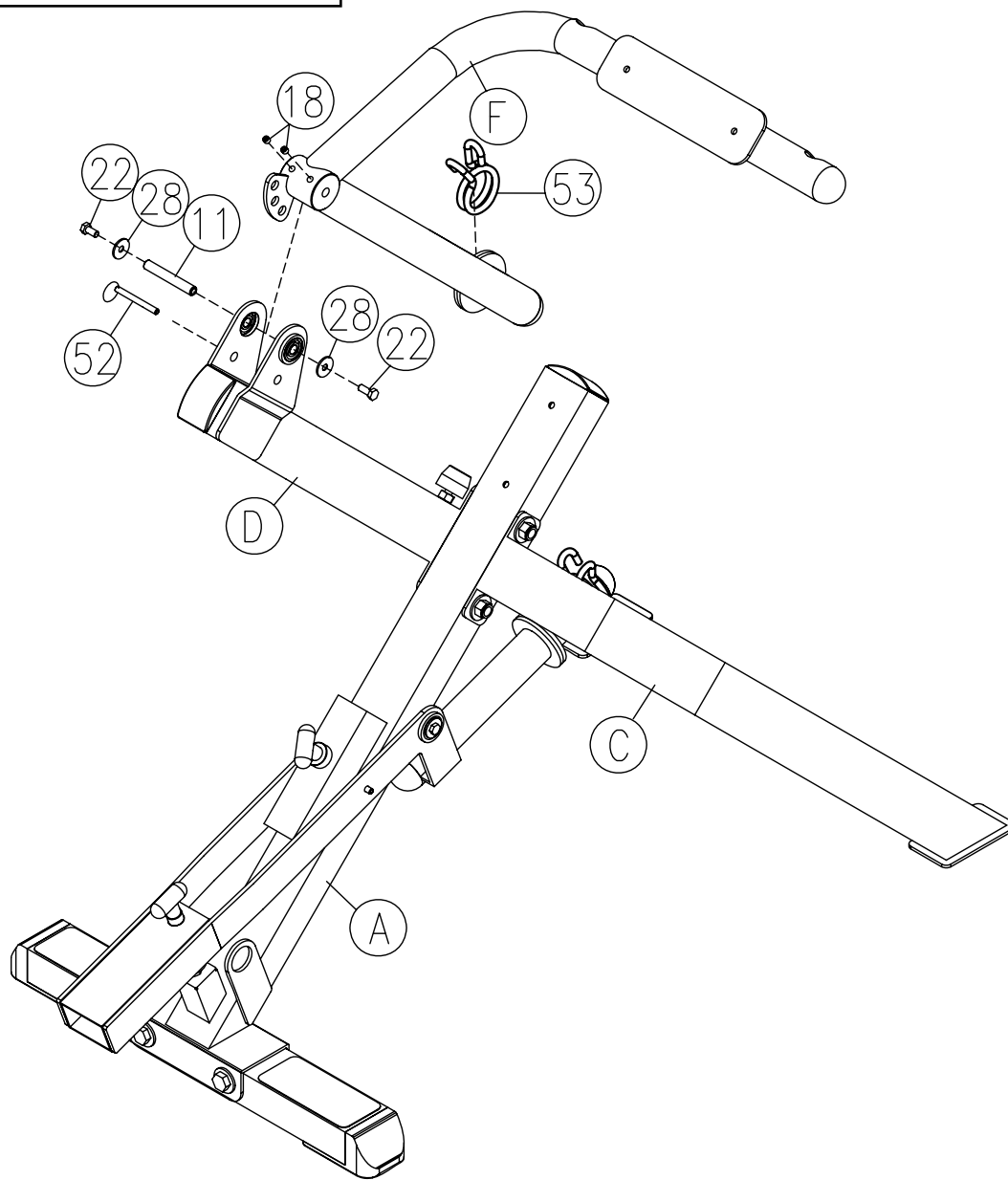
Finger tighten all hardware in this step unless otherwise noted.

- A. Attach Top Pivot (F) to Right Leg (D) and connect Shaft (11) as shown using:
Two 22 (M8x16mm hex head bolt)
Two 28 (M8 washer)
- B. Secure Shaft (11) in Top Pivot (F) using:
Two 18 (M8x10 Set Screw)
- C. Lock Top Pivot (F) in place with Lock Pin (52).
- D. Secure Weight Horn Collar (53) to the Weight Horn.





Above shows Step 3 assembled and completed.



STEP**4**

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

NOTE:

Finger tighten all hardware in this step unless otherwise noted.

- A. Attach two Crunch Handles (G) to Top Pivot (F) using:

Two 19 (M10x25mm round allen head bolt)

Two 30 (M10 washer)

- B. Attach Seat Pad (I) to Seat Frame (H) using:

Two 24 (M8x25mm hex head bolt) M8x25mm

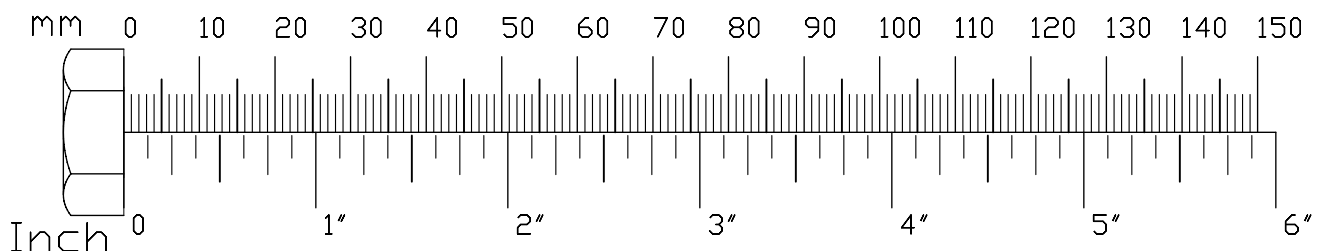
Two 31 (M8 washer)

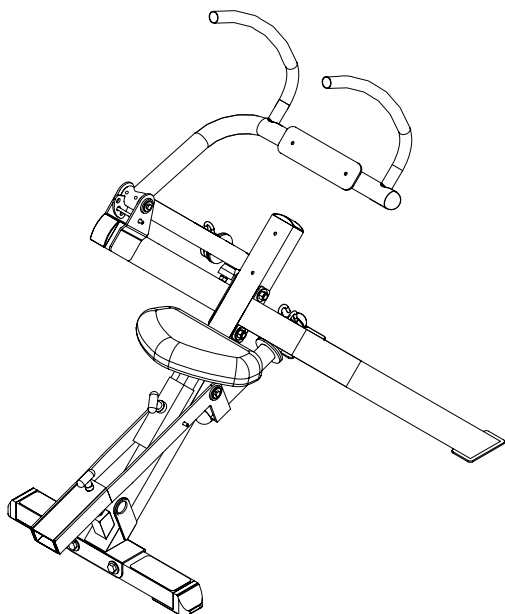
Two 51 (M8 spring lock washer)

NOTE: Do not re-tighten any of the pad bolts; overtightening pad bolts will cause the T-nuts within the pads to strip out.

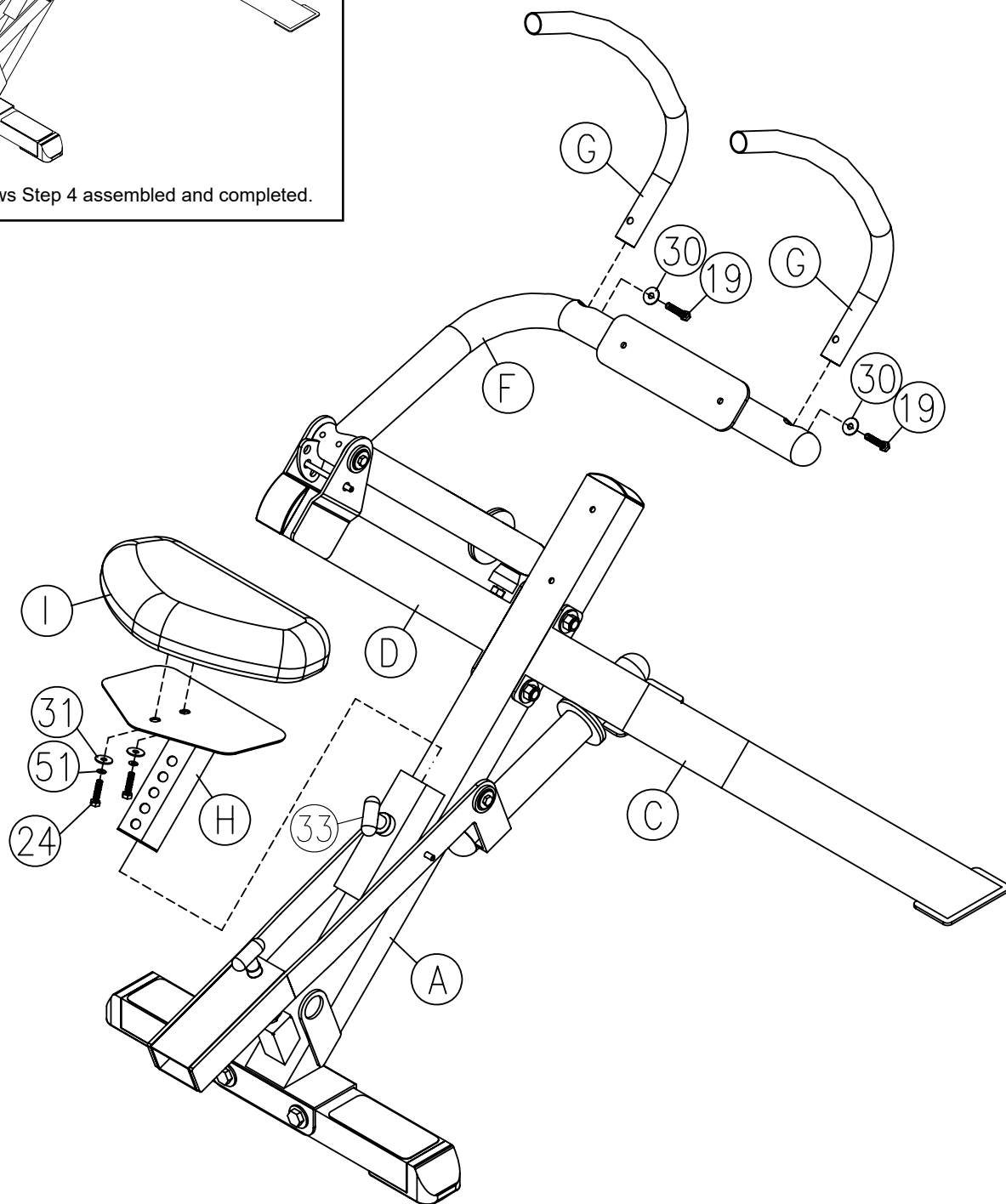
- C. Slide Seat Frame (H) into Main Frame (A) as shown and lock in place using Pop Pin (33).

NOTE: Now wrench tighten all bolts and nuts.





Above shows Step 4 assembled and completed.



STEP**5**

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

A. Attach Head Pad (J) to Pivot (F) as shown using:

Two 23 (M8x70mm hex head bolt)

Two 51 (M8 spring lock washer)

Two 31 (M8 washer)

NOTE: Do not re-tighten any of the pad bolts; overtightening pad bolts will cause the T-nuts within the pads to strip out.

B. Attach Back Pad (K) to Main Frame (A) using:

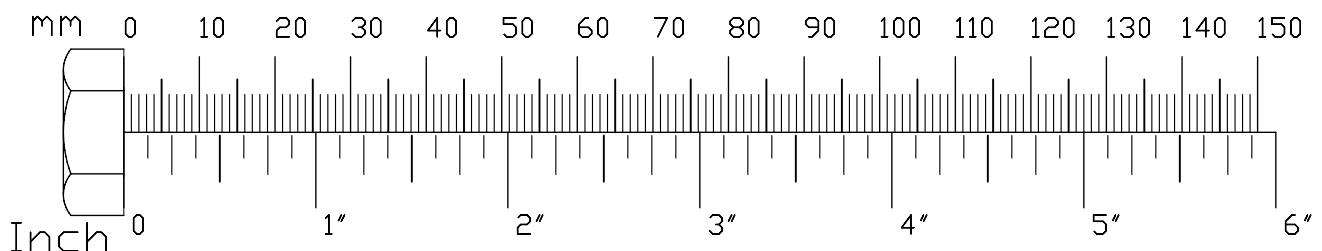
Two 25 (M8x75mm hex head bolt)

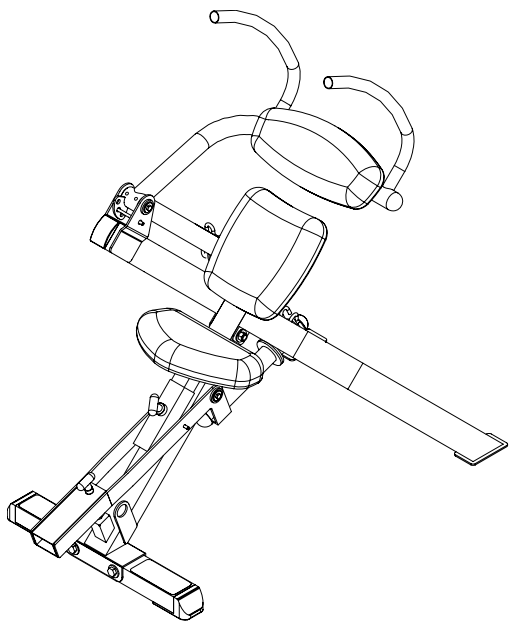
Two 51 (M8 spring lock washer)

Two 31 (M8 washer)

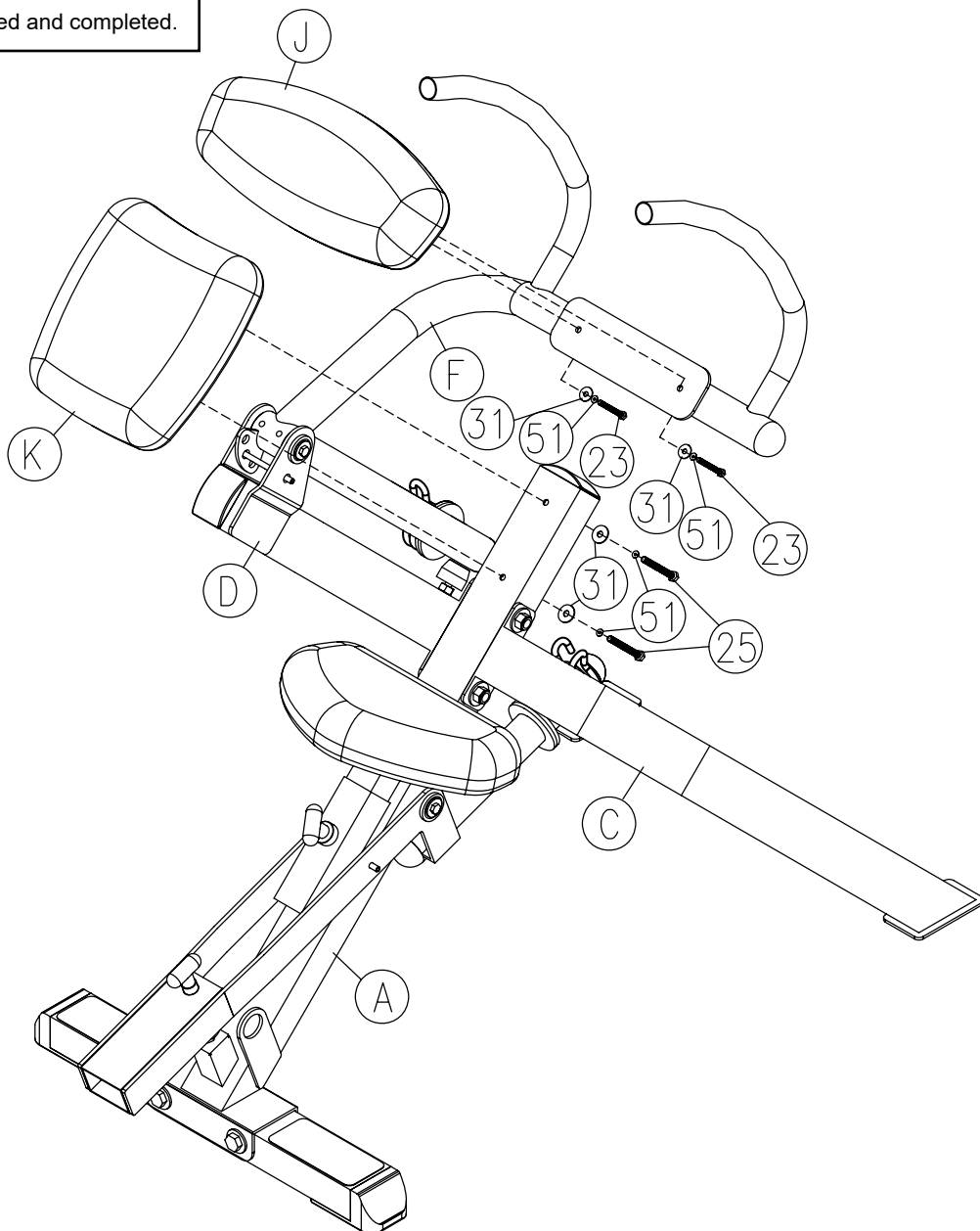
NOTE: Do not re-tighten any of the pad bolts; overtightening pad bolts will cause the T-nuts within the pads to strip out.

NOTE: Now wrench tighten all bolts and nuts.





Above shows Step 5 assembled and completed.



STEP**6**

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

NOTE:

Finger tighten all hardware in this step unless otherwise noted.

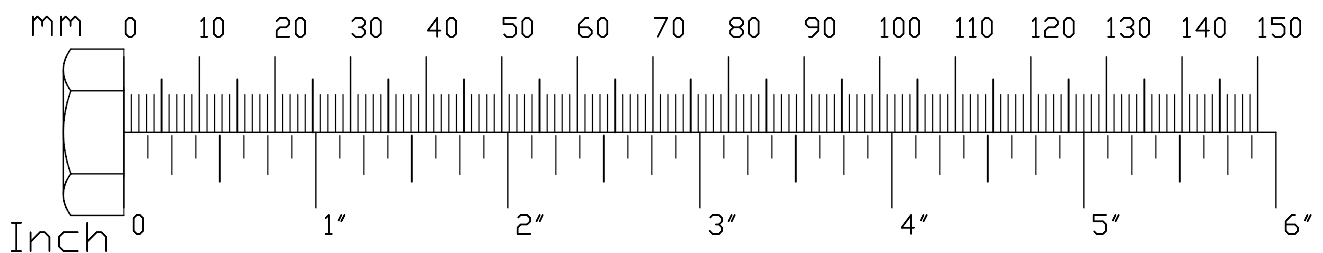
- A. Attach Pivoting Foot Brace (N) to Adjust Arm (P) as shown in the diagram using:

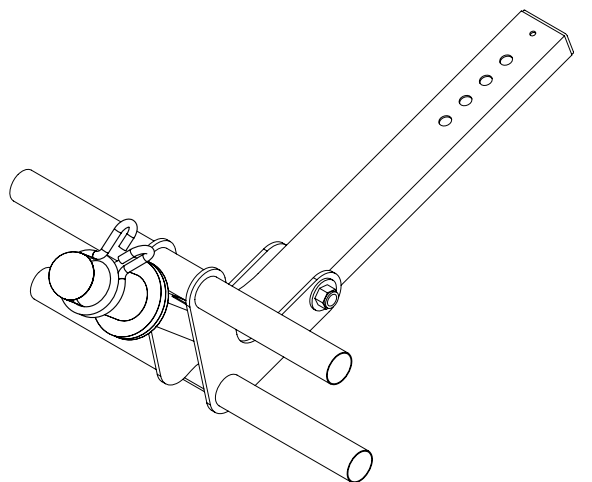
One 20 (M12x90mm hex head bolt)

Two 29 (M12 washer)

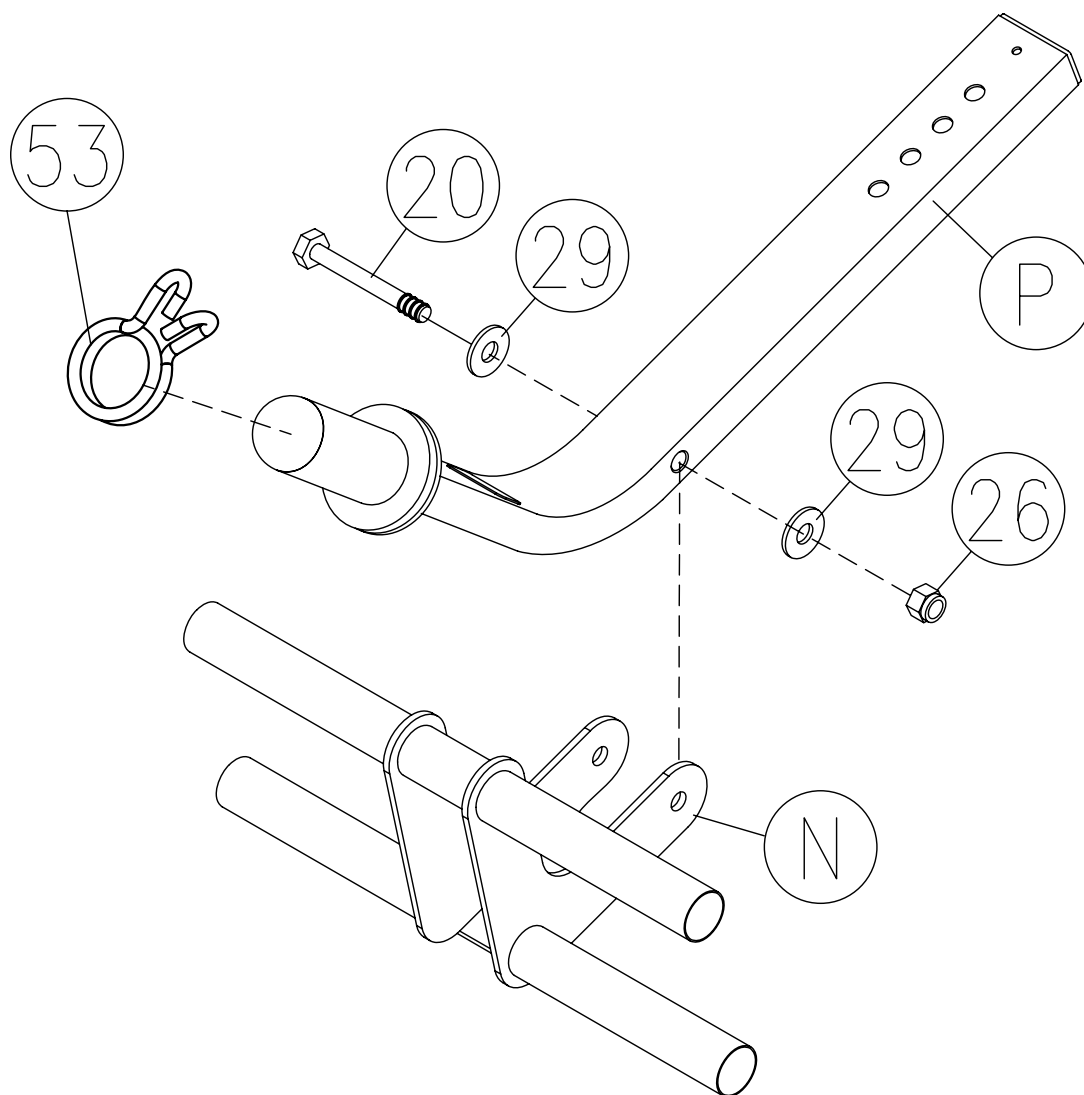
One 26 (M12 nylon nut)

- B. Secure Weight Horn Collar (53) to the Weight Horn.





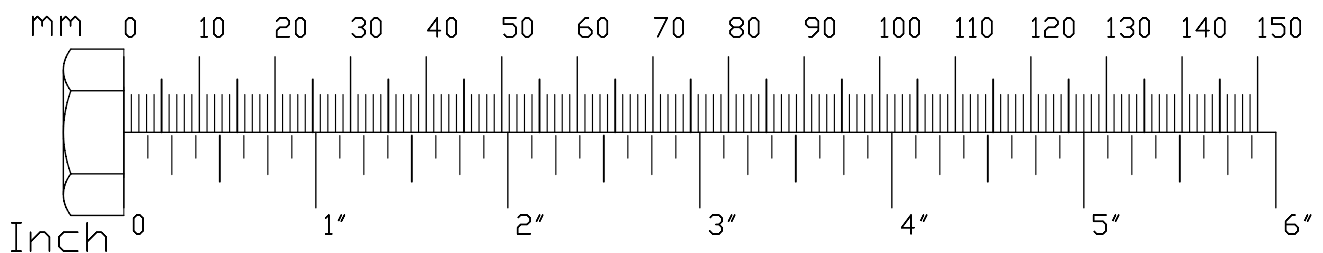
Above shows Step 6 assembled and completed.

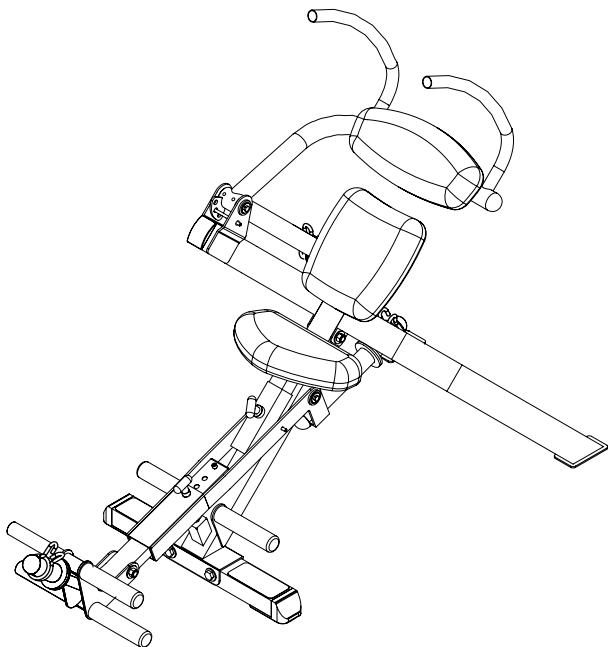


STEP**7**

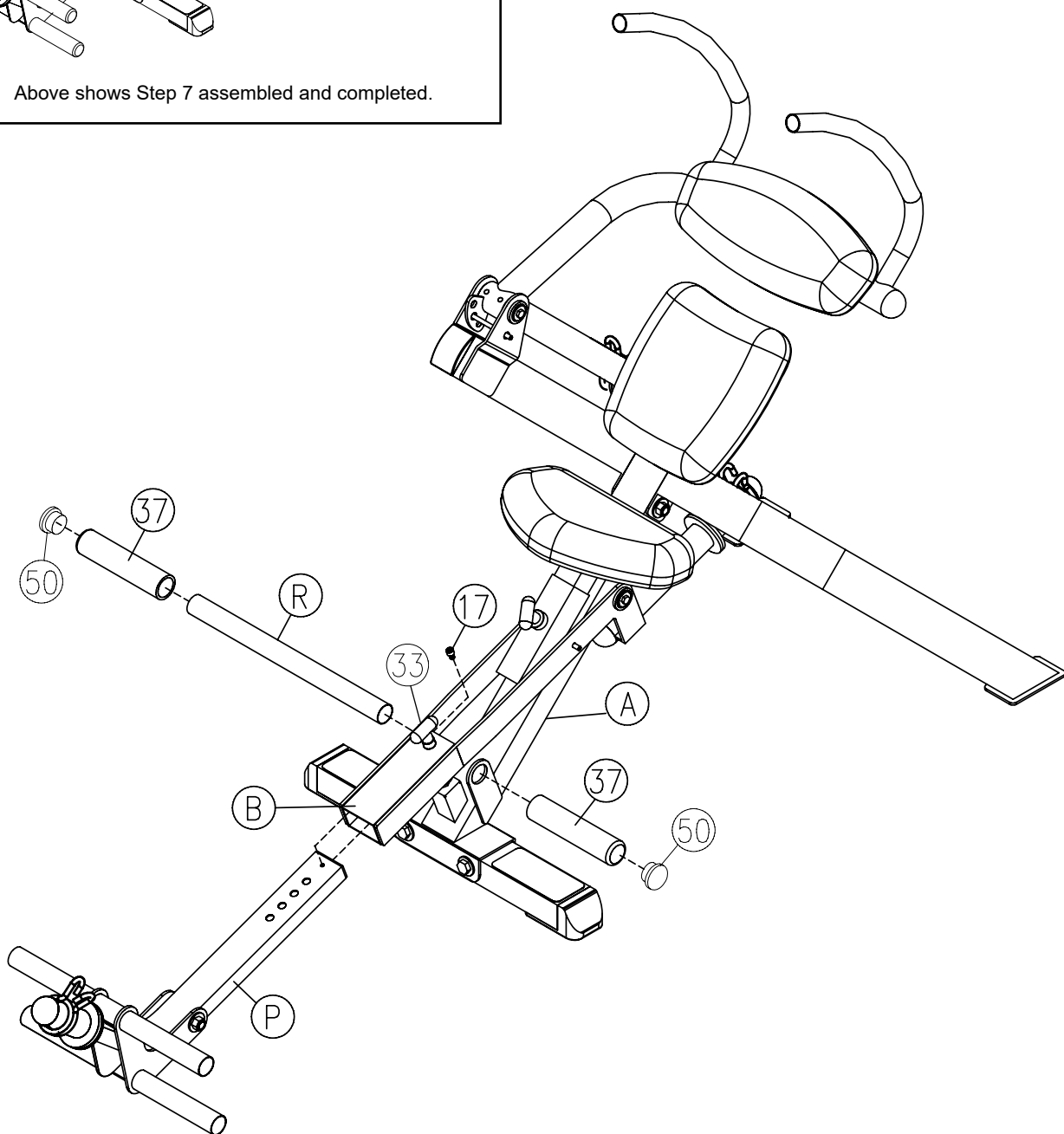
Be careful to assemble all components in the sequence they are presented.

- A. Slide Adjustable Arm (P) into Pivoting Frame (B) and hold in place using Pop Pin (33).
- B. Secure Adjustable Arm (P) using:
One 17 (M6x10mm socket head bolt)
- C. Slide Leg Hold Down (R) into the opening on Main Frame (A) and hold in place by installing Rubber Sleeves (37).
- D. Insert Round End Cap (50) into both sides of Leg Hold Down (R).
- E. You may now tighten all hardware on the unit.
- F. Congratulations!! The installation of your GAB300 is complete.





Above shows Step 7 assembled and completed.



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 this 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

Warning Label for Rules

| MAINTENANCE SCHEDULE | | D A I L Y | W E E K 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
#MSSTKR0803

Warning Label for Maintenance

Warning, Safety & Maintenance

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 death or 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 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

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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 maximum safety and performance. 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.

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.
- Check that the jam nut on the selector rod top bolt is 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.

Warning, Safety & Maintenance

| MAINTENANCE SCHEDULE | DAILY | WEEKLY | LATEST DATE ENTRY | | | | | | |
|--|-------|--|-------------------|--|--|--|--|--|--|
| CABLES: CHECK TENSION, END FITTINGS, AND COATING. CHECK THAT JAM NUT ON THE SELECTOR ROD TOP BOLT 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: 1-800-556-3113 | | *Make several copies of this page to keep track of your maintenance. You can print more copies of this page by going to: http://www.bodysolid.com/support/docs.html | | | | | | | |

Hardware List

| Part# | Qty | Description |
|--------------|------------|---------------------|
| A | 1 | MAIN FRAME |
| B | 1 | PIVOTING FRAME |
| C | 1 | LEFT LEG |
| D | 1 | RIGHT LEG |
| E | 1 | FRONT FOOT FRAME |
| F | 1 | TOP PIVOT |
| G | 2 | HANDLE |
| H | 1 | SEAT FRAME |
| I | 1 | SEAT PAD |
| J | 1 | HEAD PAD |
| K | 1 | BACK PAD |
| N | 1 | PIVOTING FOOT BRACE |
| P | 1 | ADJUSTABLE ARM |
| R | 1 | LEG HOLD DOWN |

Part numbers are required when ordering parts.

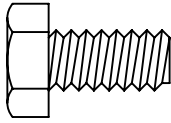
Hardware List

| Part# | Qty | Description |
|-------|-----|--|
| 11 | 1 | SHAFT Ø17x86 |
| 12 | 1 | SHAFT Ø12x114 |
| 17 | 1 | SOCKET HEAD BOLT M6x10 |
| 18 | 4 | SET SCREW M8x10 |
| 19 | 2 | ROUND ALLEN HEAD BOLT M10x25 FULL THREAD |
| 20 | 1 | HEX HEAD BOLT M12x90 PARTIAL THREAD |
| 21 | 4 | HEX HEAD BOLT M12x100 PARTIAL THREAD |
| 22 | 4 | HEX HEAD BOLT M8x16 FULL THREAD |
| 23 | 2 | HEX HEAD BOLT M8x70 PARTIAL THREAD |
| 24 | 2 | HEX HEAD BOLT M8x25 FULL THREAD |
| 25 | 2 | HEX HEAD BOLT M8x75 PARTIAL THREAD |
| 26 | 5 | NYLON LOCK NUT M12 |
| 27 | 2 | LOCK NUT M10 |
| 28 | 4 | WASHER M8, 24OD |
| 29 | 10 | WASHER M12 |
| 30 | 2 | WASHER M10 |
| 31 | 6 | WASHER M8 ID 16 OD |
| 32 | 1 | LOCK PIN Ø10x120 |
| 33 | 2 | T-SHAPED POP PIN Ø12 ½ x 68 |
| 34 | 2 | BEARING Ø12 x Ø37 x 12 ID |
| 35 | 2 | BEARING Ø17 x Ø40 x 12 ID |
| 36 | 2 | RUBBER STOP Ø38x58 |
| 37 | 6 | RUBBER SLEEVE Ø30 x 3T x 180 |
| 38 | 2 | RUBBER GRIP Ø24 x 3T x 380 |
| 39 | 2 | FOOT CAPS 75x50 |
| 40 | 2 | END CAP 75x50 |
| 41 | 1 | END CAP 45x45x2 |
| 42 | 6 | ROUND END CAP Ø48 OD |
| 43 | 1 | END CAP 60x30x1 ½ |
| 44 | 2 | ROUND END CAP Ø25.4 |
| 45 | 2 | FOOT PAD 121x65x6T |
| 46 | 1 | PLASTIC SLEEVE J75 x J60 x 160 |
| 47 | 3 | RUBBER DONUT 10T x Ø85 x Ø48 |
| 49 | 2 | RUBBER PAD 2T x 45 x 45 |
| 50 | 6 | ROUND END CAP Ø38 x 24 OD |
| 51 | 6 | SPRING WASHER M8 |
| 52 | 1 | LOCK PIN Ø10x85 |
| 53 | 3 | WEIGHT HORN COLLAR |
| 54 | 3 | WEIGHT HORN COLLAR WARNING LABEL |
| 55 | 1 | GENERAL WARNING STICKER |
| 56 | 1 | MAINTENANCE STICKER |
| 57 | 1 | BODYSOLID LOGO |

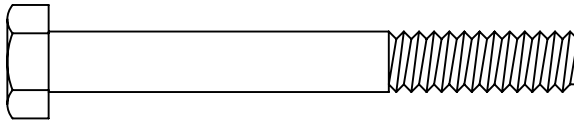
Part numbers are required when ordering parts.

Hardware (To Scale)

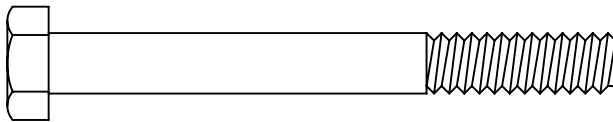
Part# 22 M8x16 Hex Head Bolt (Full Thread) Qty. 4



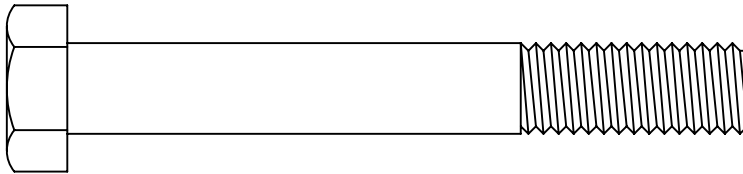
Part# 23 M8x70 Hex Head Bolt (Partial Thread) Qty. 2



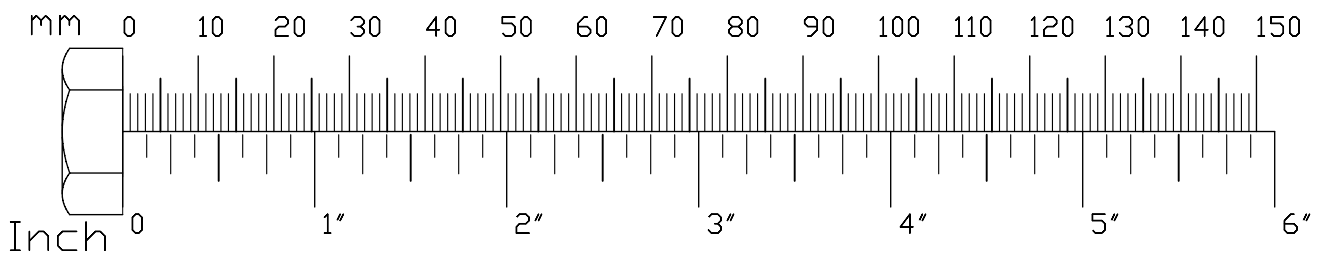
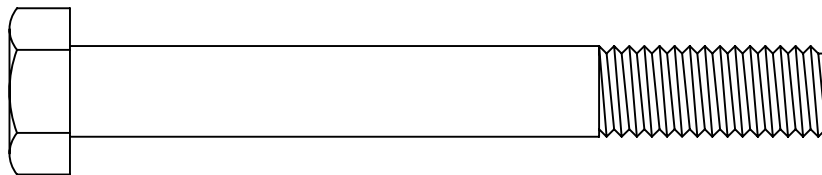
Part# 25 M8x75 Hex Head Bolt (Partial Thread) Qty. 2



Part# 20 M12x90 Hex Head Bolt (Partial Thread) Qty. 1



Part# 21 M12x100 Hex Head Bolt (Partial Thread) Qty. 4

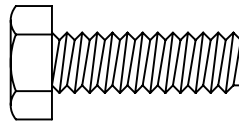


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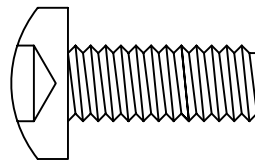
Part# 18 M8x10 Set Screw Qty. 4



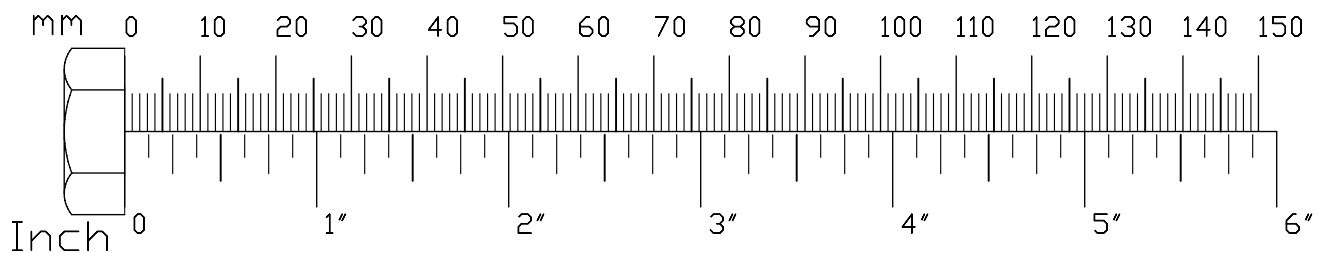
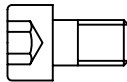
Part# 24 M8x25 Hex Head Bolt (Full Thread) Qty. 2



Part# 19 M10x25 Round Allen Head Bolt (Full Thread) Qty. 2

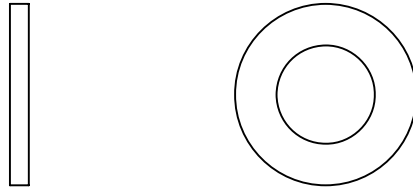


Part# 17 M6x10 Socket Head Bolt Qty. 1

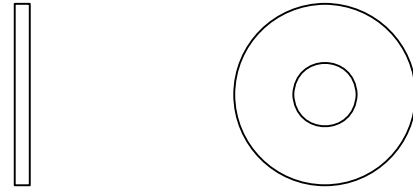


Hardware (To Scale)

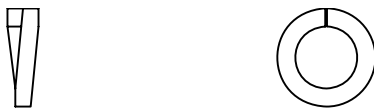
Part# 29 M12 Washer Qty. 10



Part# 28 M8x24 Washer Qty. 4



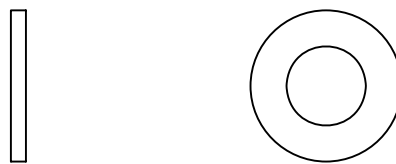
Part# 51 M8 Spring Washer Qty. 6



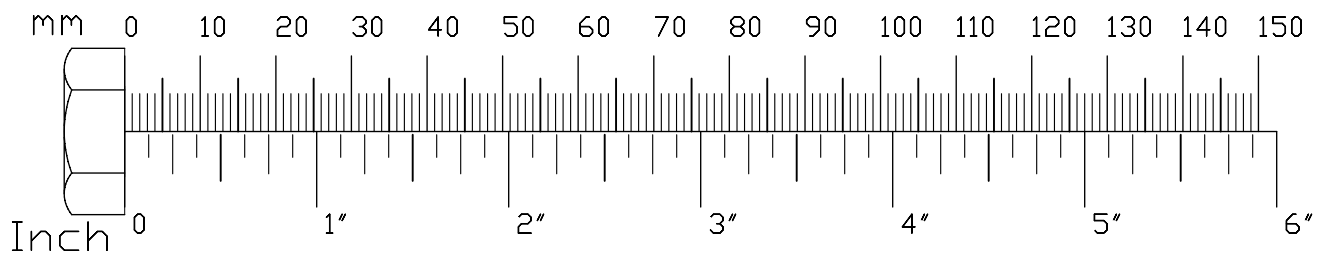
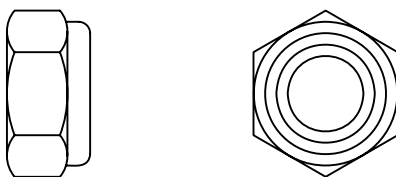
Part# 31 M8x16 Washer Qty. 6



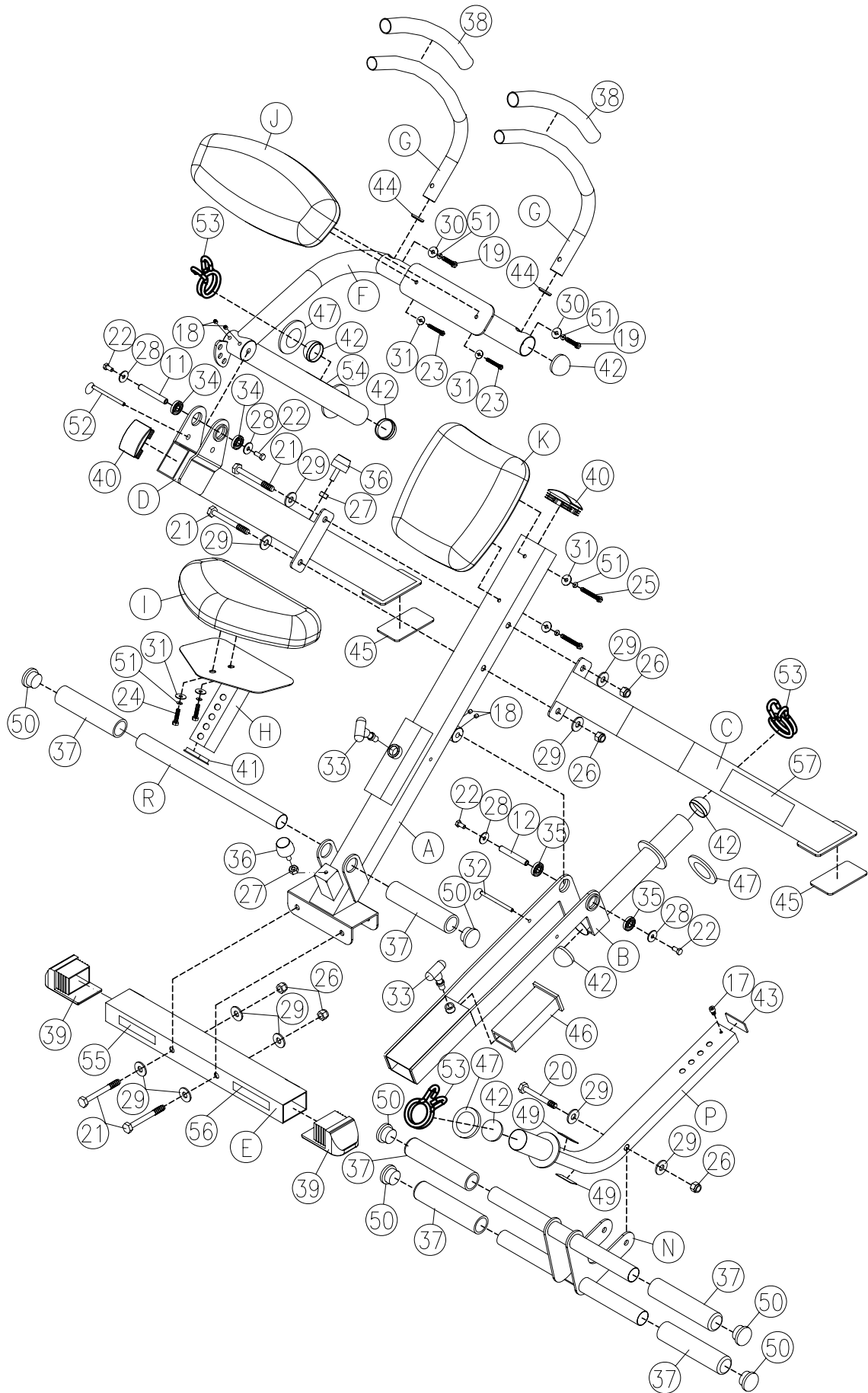
Part# 30 M10 Washer Qty. 2



Part# 26 M12 Nylon Lock Nut Qty. 5



Exploded View



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