Body-Solid®

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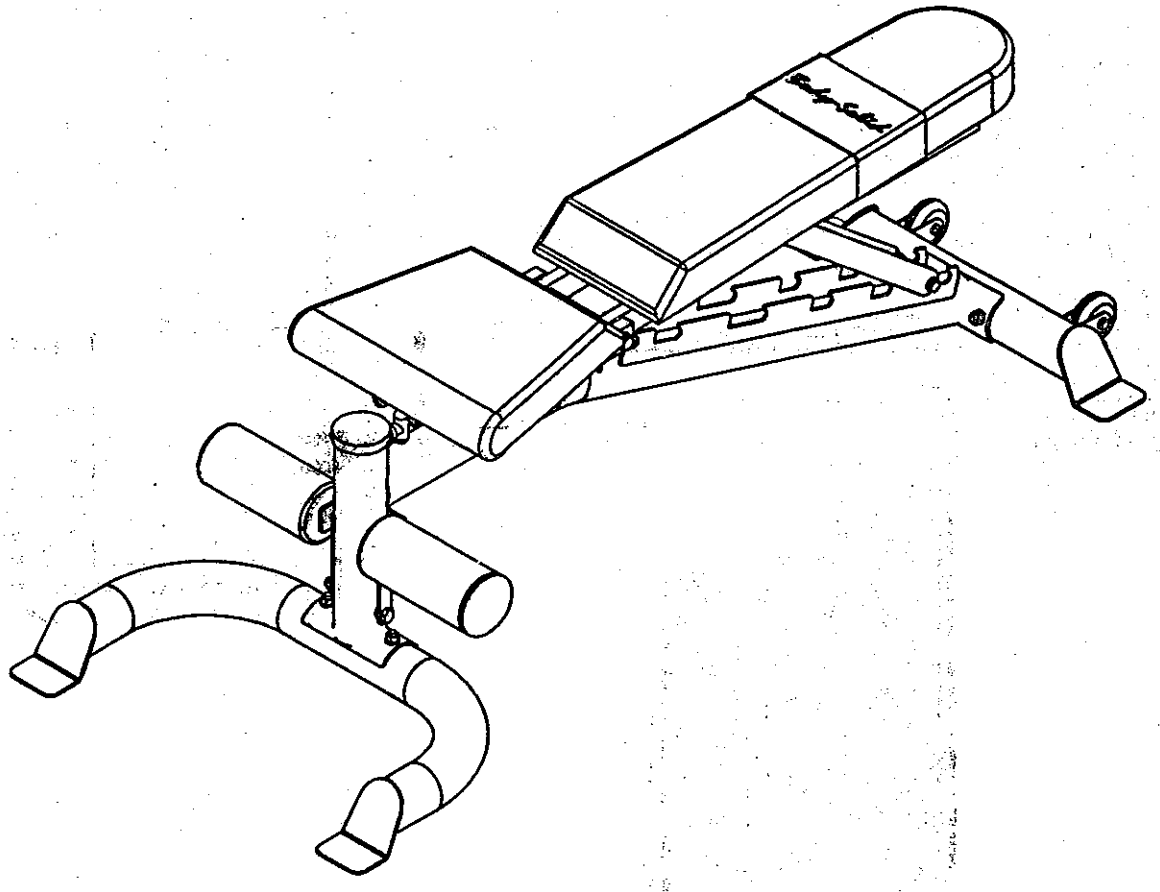


GFID100

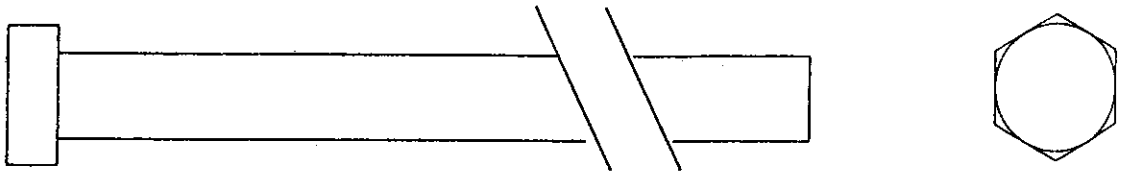
Assembly & Instructions

OWNER'S & MANUAL

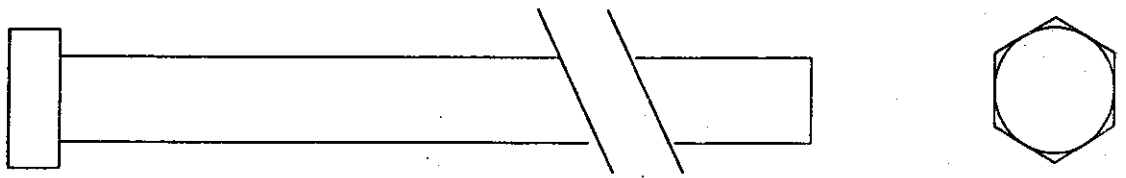
V. GFID100-110614

GFID100 Hardware Illustration

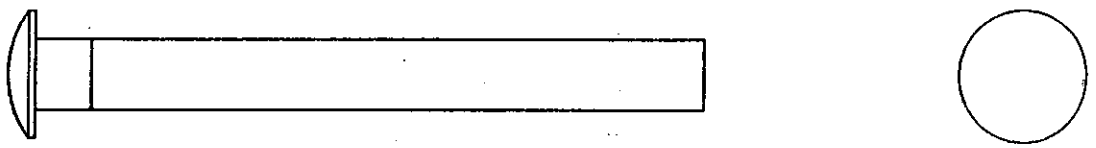
Part #1 HEX HEAD BOLT M12x165mm QTY. 1



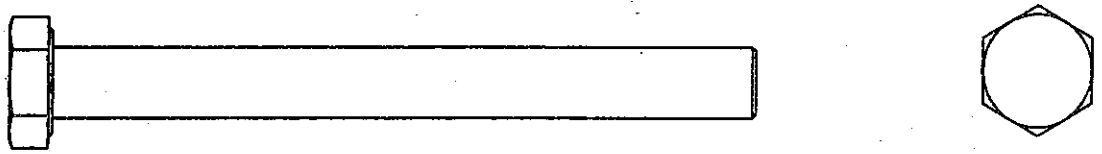
Part #2 HEX HEAD BOLT M12x220mm QTY. 1



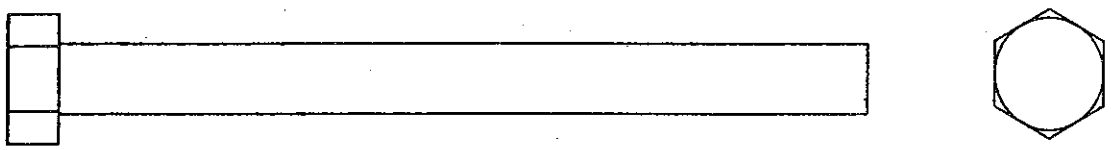
Part #3 CARRIAGE BOLT M10x95mm QTY. 4

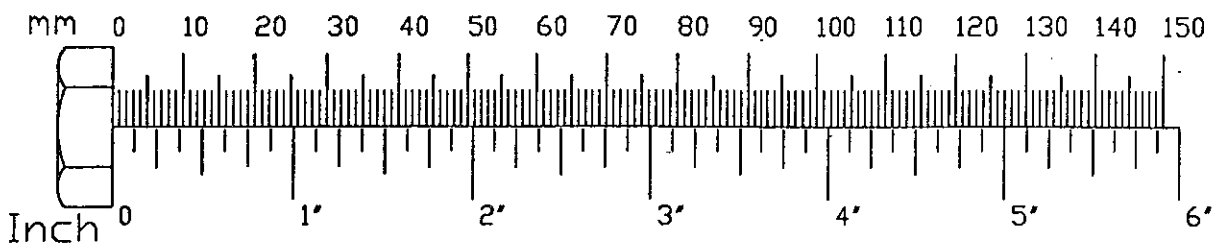


Part #4 HEX HEAD BOLT M10x100mm QTY. 1



Part #5 HEX HEAD BOLT M10x115mm QTY. 1





GFID100 Hardware Illustration

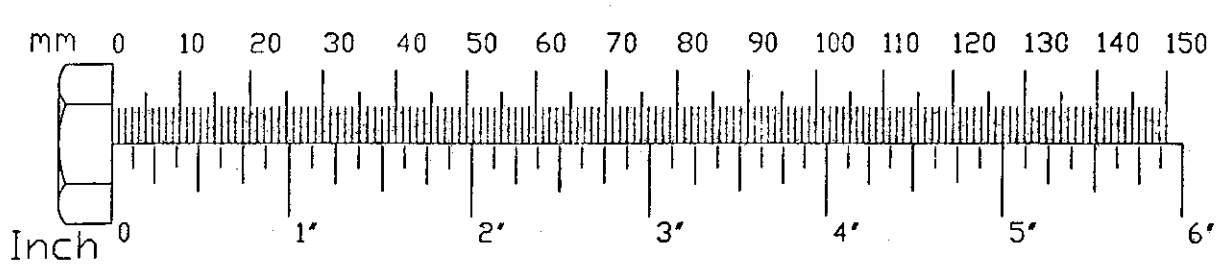
Part #6 HEX HEAD BOLT M8x45mm QTY. 2

Part #7 HEX HEAD BOLT M8x60mm QTY. 8

Part #8 BUTTON HEAD CAP SCREW M6x20mm QTY. 1

Part #9 NYLON LOCK NUT M12 QTY. 2

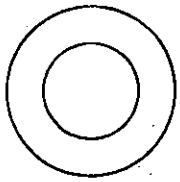
Part #10 NYLON LOCK NUT M10 QTY. 6



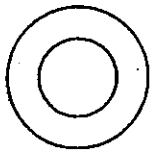
GFID100 Hardware Illustration

Part #11 NYLON LOCK NUT M8 QTY. 2

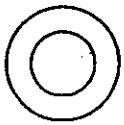
Part #12 FLAT WASHER M12 QTY. 4

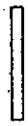


Part #13 FLAT WASHER M10 QTY. 10

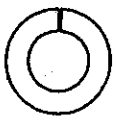


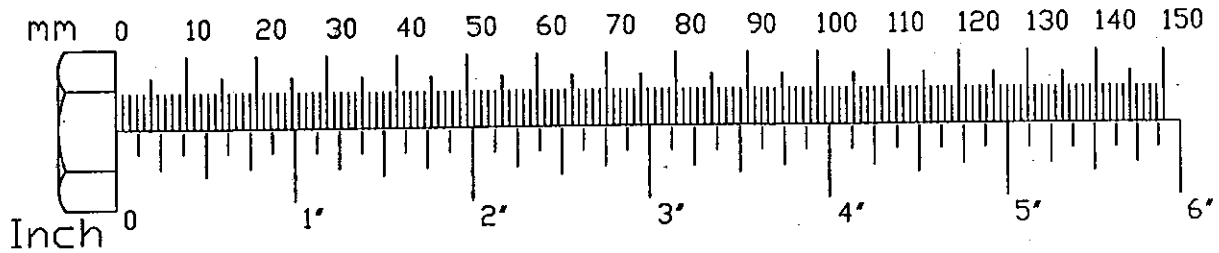
Part #14 FLAT WASHER M8 QTY. 12





Part #15 LOCK WASHER M8 QTY. 8





GFID100 Parts & Hardware List

Part#	Qty	Description
A	1	MAIN FRAME
B	1	FRONT LEG
C	1	BACK LEG
D	1	U BRACKET
E	1	SEAT FRAME
F	2	BACK FRAME
G	1	ADJUSTMENT BRACKET
1	1	M12x165mm HEX HEAD BOLT
2	1	M12x220mm HEX HEAD BOLT
3	4	M10x95mm CARRIAGE BOLT
4	1	M10x100mm HEX HEAD BOLT
5	1	M10x115mm HEX HEAD BOLT
6	2	M8x45mm HEX HEAD BOLT
7	8	M8x60mm HEX HEAD BOLT
8	1	M6x20mm BUTTON HEAD CAP SCREW
9	2	M12 NYLON LOCK NUT
10	6	M10 NYLON LOCK NUT
11	2	M8 NYLON LOCK NUT
12	4	M12 FLAT WASHER
13	10	M10 FLAT WASHER
14	12	M8 FLAT WASHER
15	8	M8 LOCK WASHER
16	4	BUSHING, Ø21xØ12.5x10mm
17	8	BUSHING, Ø16xØ12.5x8mm
18	8	END CAP, 40x20mm
19	1	RUBBER BUMPER
20	1	T-KNOB LOCK PIN, Ø12.5x48mm
21	1	POP PIN, Ø12.5x56mm
22	1	ROUND END CAP, Ø75mm
23	2	FOAM ROLLER
24	2	FOAM ROLLER COVER
25	2	ROUND END CAP, Ø95mm

Part#	Qty	Description
26	1	SEAT PAD
27	1	BACK REST
28	1	TUBE, Ø16xØ12x74mm
29	1	PAD WRAP
30	2	FOOT PAD
31	2	TRANSPORT WHEEL

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

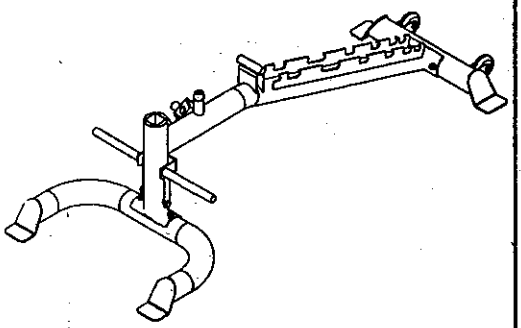
NOTE:
Finger tighten all hardware in this step. DO NOT wrench tighten until instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

1A. Attach Front Leg **(B)** to Main Frame **(A)** using:
- **2 - (#3) M10x95mm Carriage Bolt**
- **2 - (#13) M10 Flat Washer**
- **2 - (#10) M10 Nylon Lock Nut**

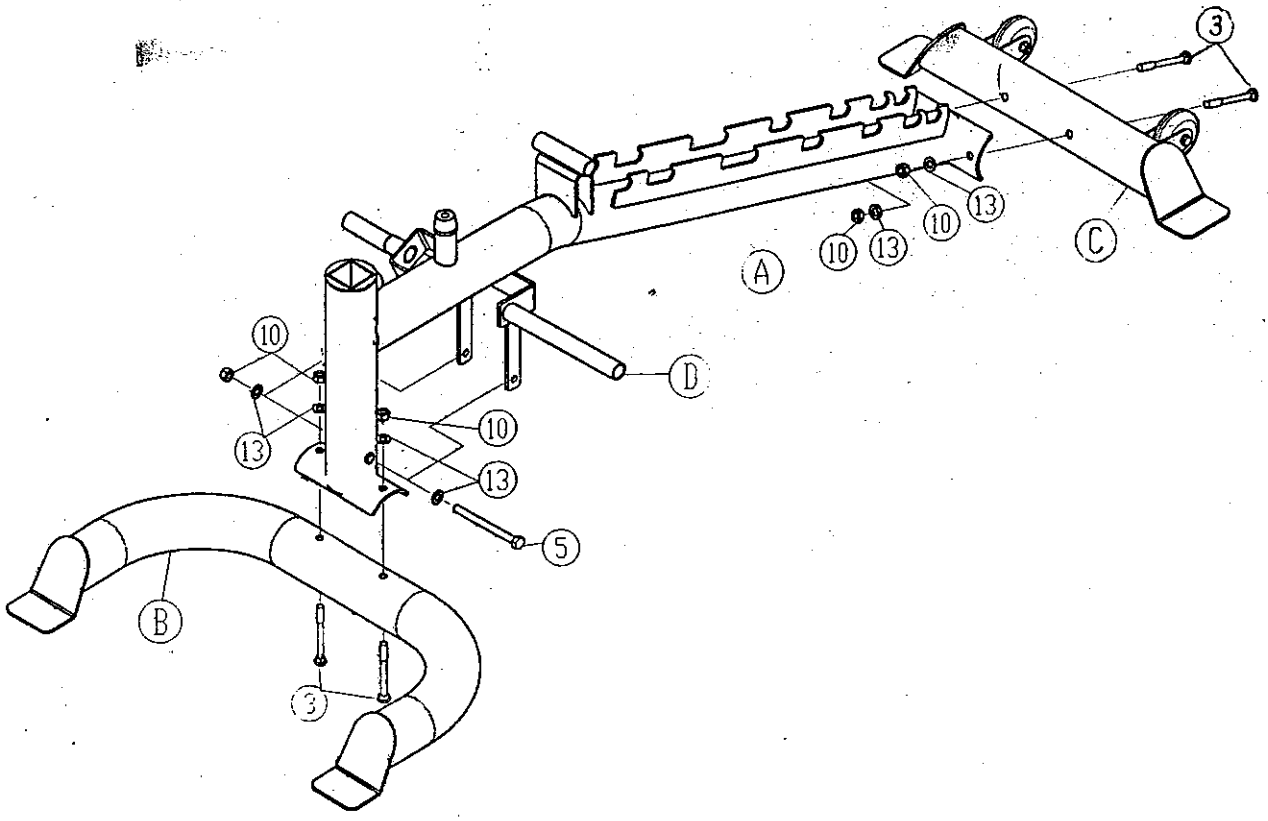
1B. Attach Back Leg **(C)** to Main Frame **(A)** using:
- **2 - (#3) M10x95mm Carriage Bolt**
- **2 - (#13) M10 Flat Washer**
- **2 - (#10) M10 Nylon Lock Nut**

1C. Attach U Bracket **(D)** to Main Frame **(A)** using:
- **1 - (#5) M10x95mm Hex Head Bolt**
- **2 - (#13) M10 Flat Washer**
- **1 - (#10) M10 Nylon Lock Nut**

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 instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

2A. Attach Seat and Back Frames **(E & F)** to Main Frame **(A)** using:

1 - (#2) M12x220mm Hex Head Bolt
2 - (#12) M12 Flat Washer
1 - (#9) M12 Nylon Lock Nut
2 - (#16) Ø21xØ12.5x10mm Bushing
8 - (#17) Ø16xØ12.5x8mm Bushing

2B. Attach Adjustment Bracket **(G)** to Back Frames **(F)** using:

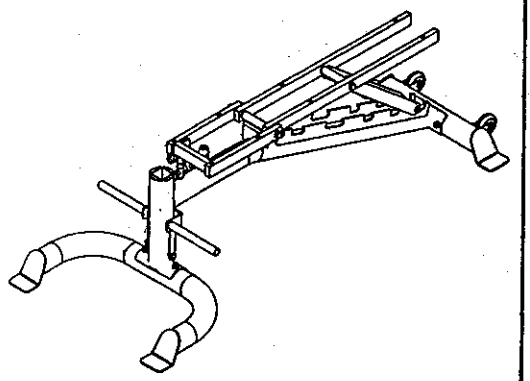
1 - (#1) M12x165mm Hex Head Bolt
2 - (#12) M12 Flat Washer
1 - (#9) M12 Nylon Lock Nut
2 - (#16) Ø21xØ12.5x10mm Bushing

2C. Attach Tube **(28)** to Adjustment Bracket **(G)** using:

1 - (#4) M10x100mm Hex Head Bolt
2 - (#13) M10 Flat Washer
1 - (#10) M10 Nylon Lock Nut

2D. Attach T-Knob Lock Pin **(20)** and Pop Pin **(21)** to Main Frame **(A)**

STEP 2



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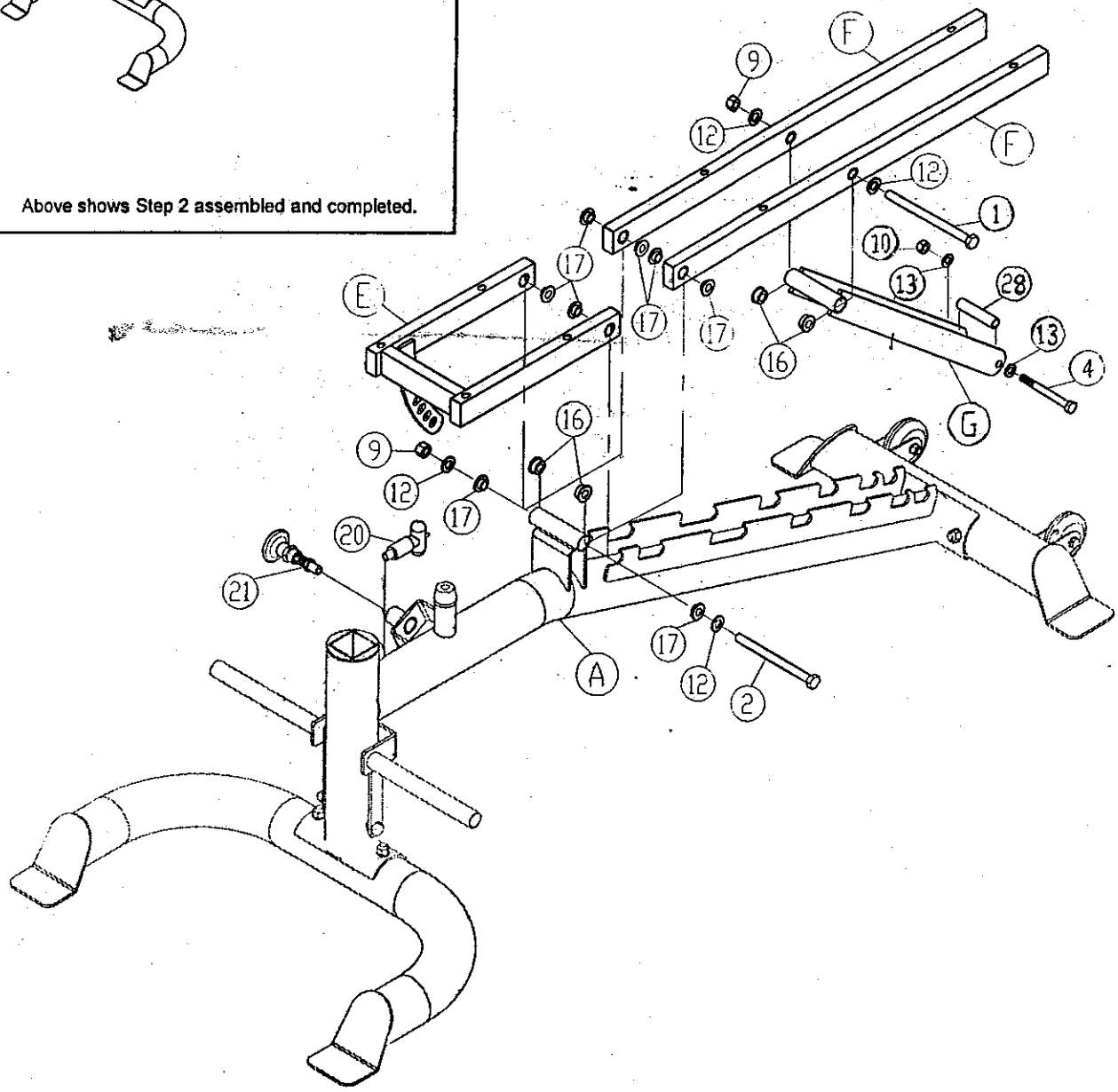


STEP 3

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

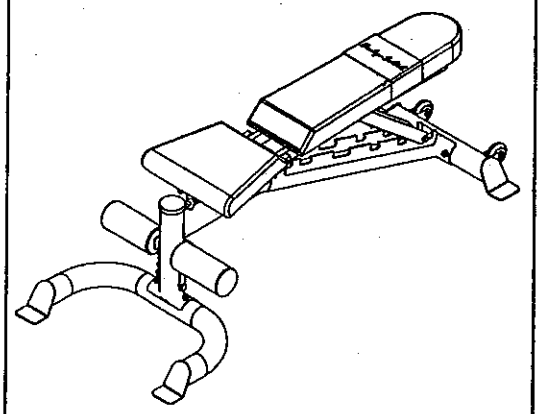
NOTE:
Wrench tighten ALL hardware at the end of STEP 3B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

3A. Attach Seat Pad **(26)** to Seat Frame **(E)** using:
4 - (#7) M8x60mm Hex Head Bolt
4 - (#14) M8 Flat Washer
4 - (#15) M8 Lock Washer

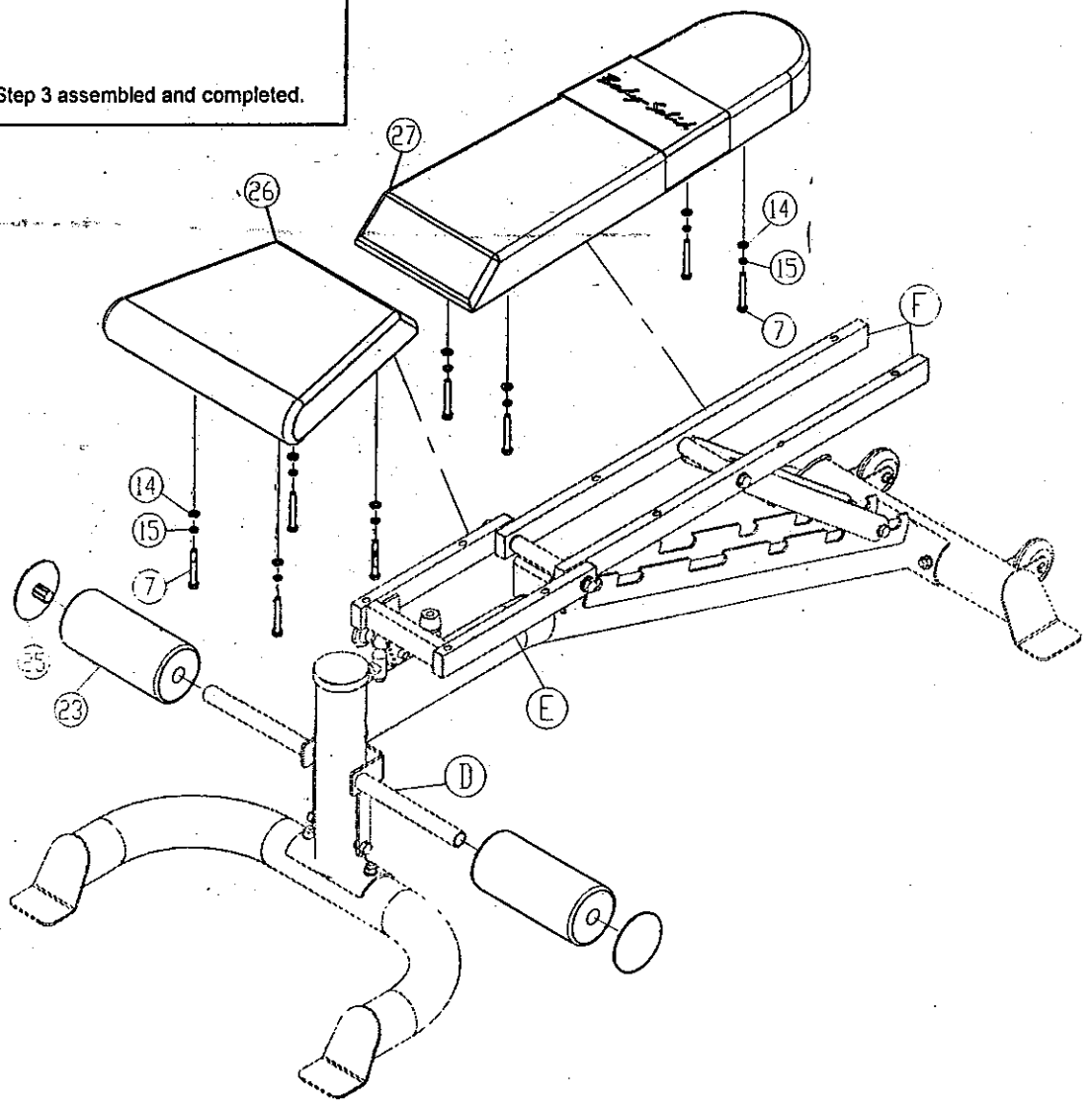
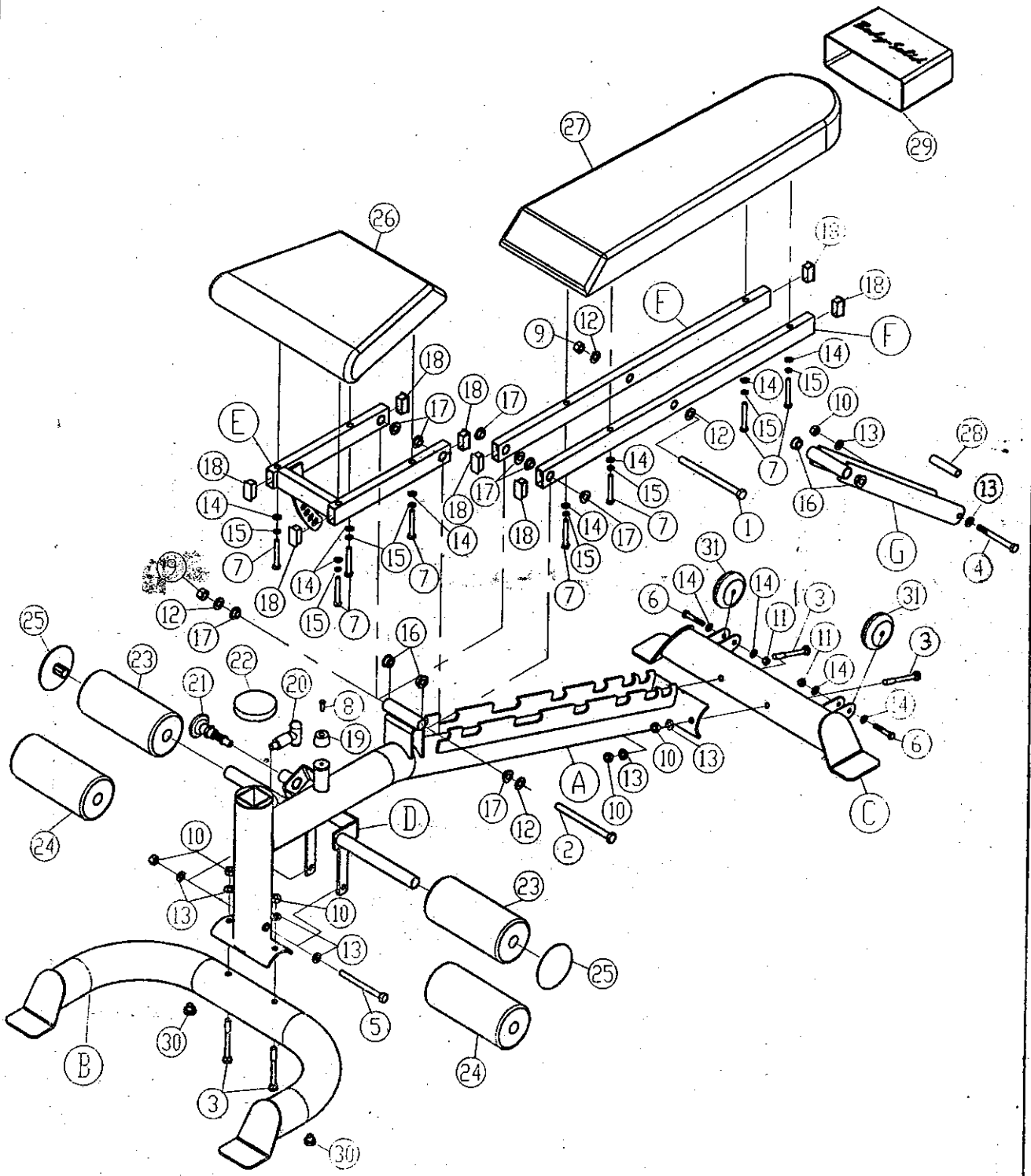
3B. Attach Back Rest **(27)** to Back Frames **(F)** using:
4 - (#7) M8x60mm Hex Head Bolt
4 - (#14) M8 Flat Washer
4 - (#15) M8 Lock Washer

3C. Insert two Foam Rollers **(23)** and two Round End Caps **(25)** onto U-Bracket **(D)**.

STEP 3



Above shows Step 3 assembled and completed.



GFID100 Exploded View