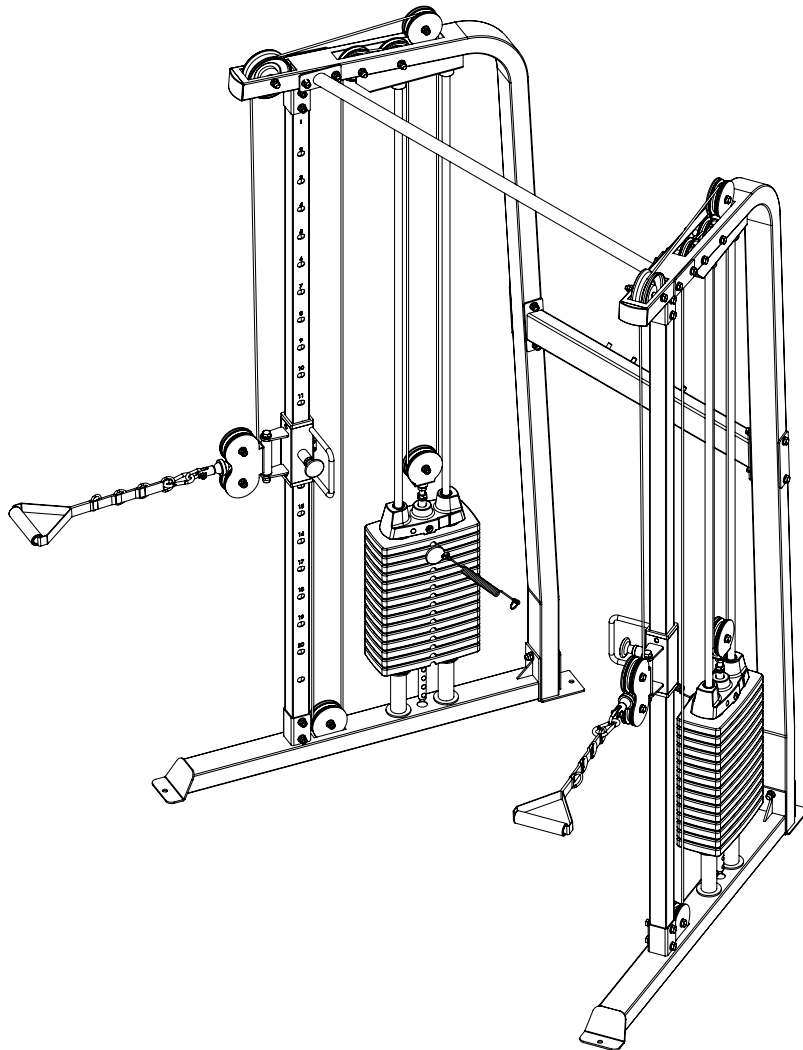


# POWERLINE®

by *Body-Solid*

**PFT100**  
FUNCTIONAL TRAINER

**OWNER'S MANUAL**



[WWW.BODYSOLID.COM](http://WWW.BODYSOLID.COM)

V PFT100-010917

**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**

**MAINTENANCE SCHEDULE**

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

|   | D<br>A<br>I<br>L<br>Y | W<br>E<br>E<br>K<br>L<br>Y |
|---|-----------------------|----------------------------|
| 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

# **PFT100**

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# PFT100

## SAFETY INSTRUCTIONS

**WHEN USING EXERCISE EQUIPMENT,  
YOU SHOULD ALWAYS TAKE BASIC  
PRECAUTIONS INCLUDING THE  
FOLLOWING:**

- Read all instructions before using the PFT100. 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 serious 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.
- 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**

- 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 PFT100 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PFT100 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 Powerline Functional Trainer.

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 Powerline by 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 Powerline website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Powerline dealer or a Powerline 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  
Email: [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.**

# PFT100

## PREPARATION

### REQUIRED TOOLS

The basic tools that you must obtain before assembling the PFT100 include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Standard / Metric Allen Key Set

### INSTALLATION REQUIREMENTS

Follow these installation requirements when assembling the PFT100:

Set up the PFT100 on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

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

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.

### ORDERING REPLACEMENT PARTS

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. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

### ASSEMBLY TIPS

Read all “Notes” on each page before beginning each step.

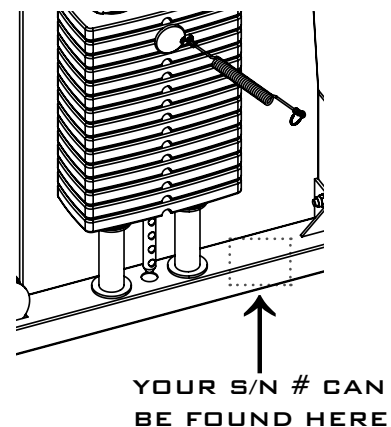
While you may be able to assemble the PFT100 using the illustrations only, important safety notes and other tips may be included in the text.

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

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

**NOTE:** The bottles that are marked “Poison” is your touch up paint. Keep away from children.

**CAUTION:** Obtain assistance! If you feel like you can't assemble the PFT100 by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.



# PFT100

## PART LIST

| <b>PART #</b> | <b>QTY</b> | <b>DESCRIPTION</b>                              |
|---------------|------------|---|
| A             | 2          | BASE FRAME                                      |
| B             | 2          | CHROME UPRIGHT                                  |
| C             | 2          | REAR UPRIGHT                                    |
| D             | 1          | CENTER CROSSMEMBER                              |
| E             | 1          | CHIN UP BAR                                     |
| F             | 2          | STEEL BRACKET                                   |
| G             | 2          | STEEL BRACKET                                   |
| H             | 2          | HANDLE  |
| J             | 2          | DOUBLE PULLEY HOLDER                            |
| K             | 4          | WEIGHT RISER                                    |
| L             | 2          | PULLEY BRACKET                                  |
| M             | 2          | STEEL BRACKET                                   |
| 1             | 2          | HEX HEAD BOLT, M12X130MM                        |
| 2             | 8          | HEX HEAD BOLT, M10X100MM                        |
| 3             | 6          | HEX HEAD BOLT, M10X95MM                         |
| 4             | 4          | HEX HEAD BOLT, M10X75MM                         |
| 5             | 8          | HEX HEAD BOLT, M10X65MM                         |
| 6             | 10         | HEX HEAD BOLT, M10X45MM                         |
| 7             | 10         | SET SCREW, M8X10MM                              |
| 8             | 2          | SOCKET HEAD CAP SCREW,<br>3/8"x2.0"             |
| 9             | 4          | FLAT WASHER, M12                                |
| 10            | 70         | FLAT WASHER, M10                                |
| 11            | 1          | LOCK WASHER, 3/8"                               |
| 12            | 1          | LOCK WASHER, 1/2"                               |
| 13            | 2          | NYLON LOCK NUT, M12                             |
| 14            | 34         | NYLON LOCK NUT, M10                             |
| 15            | 1          | NUT, 1/2"                                       |
| 16            | 14         | PULLEY, 3.5"                                    |
| 17            | 8          | SPACER, $\varnothing$ 16X $\varnothing$ 10X28MM |
| 18            | 2          | V GROOVED PULLEY                                |
| 19            | 4          | SPACER, $\varnothing$ 16X $\varnothing$ 10X14MM |

# PFT100

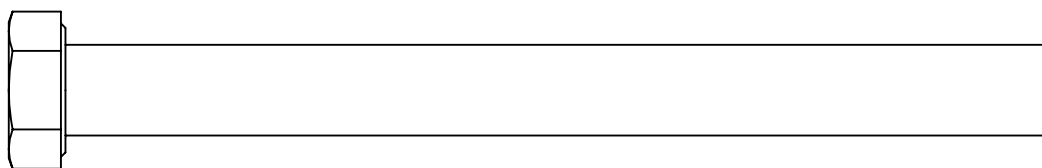
## PART LIST

| <b>PART #</b> | <b>QTY</b> | <b>DESCRIPTION</b>                                   |
|---------------|------------|--|
| 20            | 2          | PLASTIC END CAP, 75X50MM                             |
| 21            | 4          | NYLON BUSHING, 60X60MM                               |
| 22            | 4          | BUSHING, , $\varnothing$ 21.5x $\varnothing$ 12x14MM |
| 23            | 2          | POP PIN  |
| 24            | 2          | WEIGHT STACK PIN                                     |
| 25            | 2          | TOP PLATE  |
| 26            | 2          | SELECTOR ROD   |
| 27            | 4          | RUBBER DONUT   |
| 28            | 2          | HANDLE STRAP   |
| 29            | 2          | SNAP LINK  |
| 30            | 4          | CHROME GUIDE ROD                                     |
| 31            | 4          | COLLAR   |
| 32            | 2          | CABLE, 7700MM  |
| 33            | 2          | PIN  |
| 34            | 2          | RETAINING RING                                       |

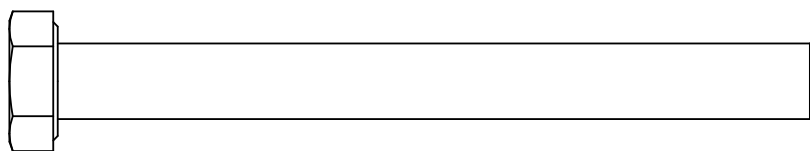
# PFT100

## HARDWARE ILLUSTRATION

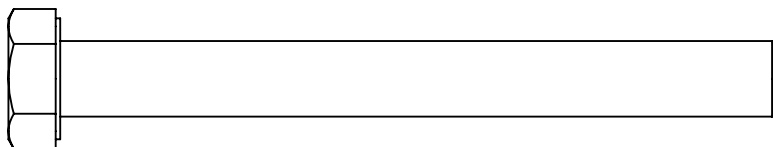
**PART #1**                      **M12X130MM HEX HEAD BOLT**                      **QTY. 2**



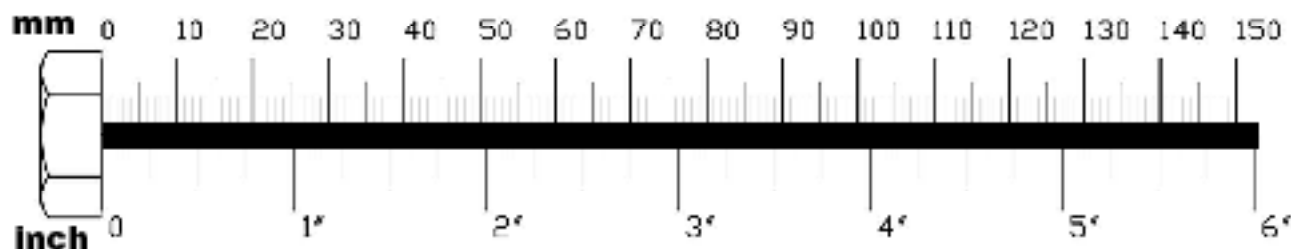
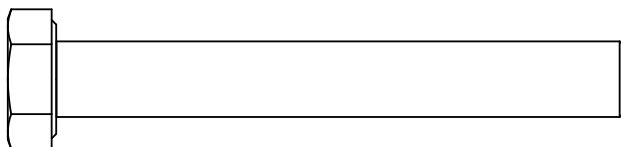
**PART #2**                      **M10X100MM HEX HEAD BOLT**                      **QTY. 8**



**PART #3**                      **M10X95MM HEX HEAD BOLT**                      **QTY. 6**



**PART #4**                      **M10X75MM HEX HEAD BOLT**                      **QTY. 4**





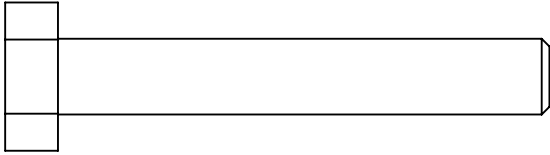
# PFT100

## HARDWARE ILLUSTRATION CONT.

**PART #5**

**M10X65MM HEX HEAD BOLT**

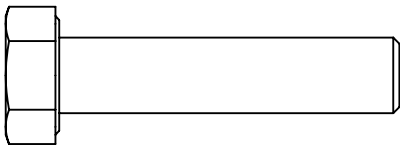
**QTY. 8**



**PART #6**

**M10X45MM HEX HEAD BOLT**

**QTY. 10**



**PART #7**

**M8X10MM SET SCREW**

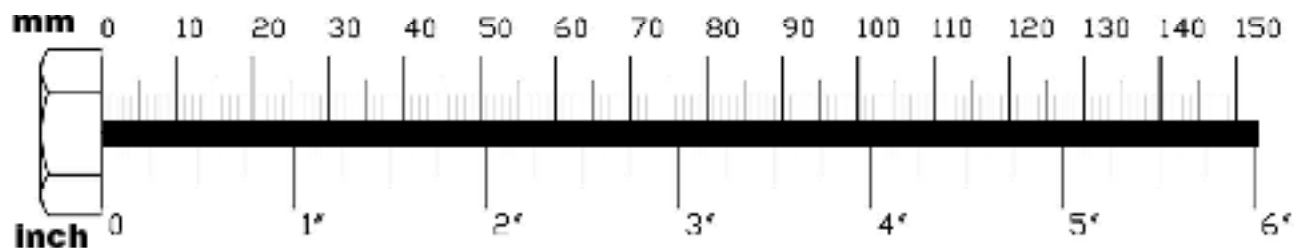
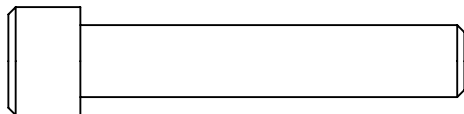
**QTY. 10**



**PART #8**

**3/8"X2.0" SOCKET HEAD CAP SCREW  
(PRE-INSTALLED)**

**QTY. 2**



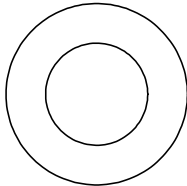
# PFT100

## HARDWARE ILLUSTRATION CONT.

PART #9

M12 FLAT WASHER

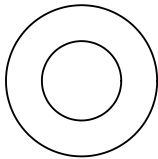
QTY. 4



PART #10

M10 FLAT WASHER

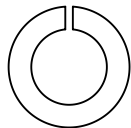
QTY. 70



PART #11

3/8" LOCK WASHER  
(PRE-INSTALLED)

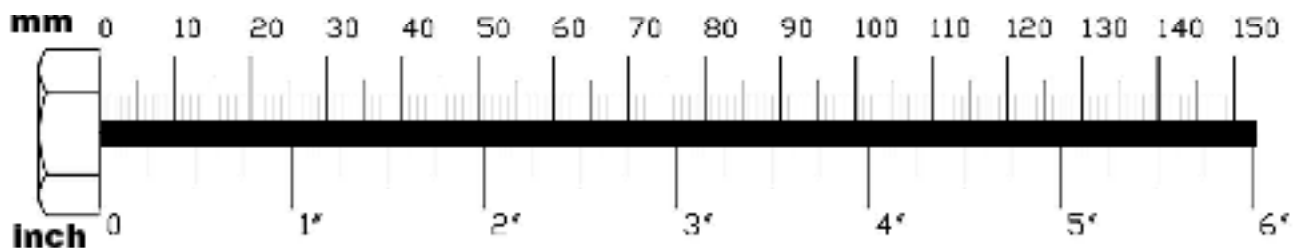
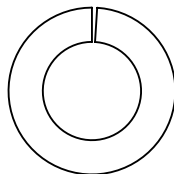
QTY. 1



PART #12

1/2" LOCK WASHER

QTY. 1



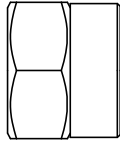
# PFT100

HARDWARE ILLUSTRATION CONT.

PART # 13

M12 NYLON LOCK NUT

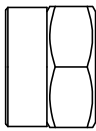
QTY. 2



PART # 14

M10 NYLON LOCK NUT

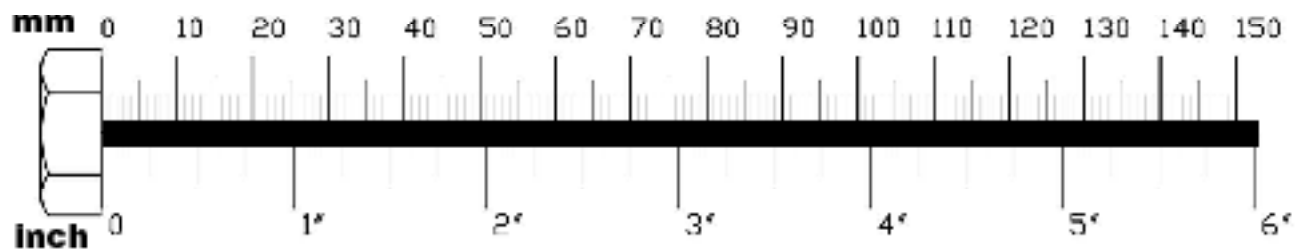
QTY. 34



PART # 15

1/2" NUT

QTY. 1



# PFT100

## STEP 1

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

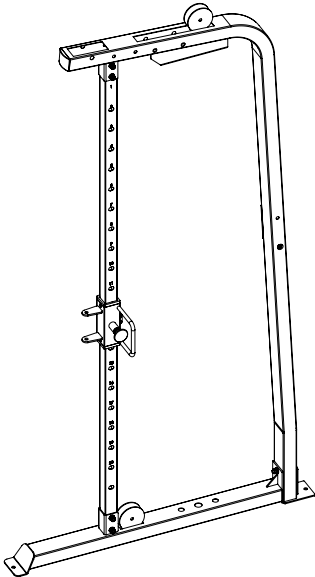
NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

### **RIGHT SIDE ASSEMBLY**

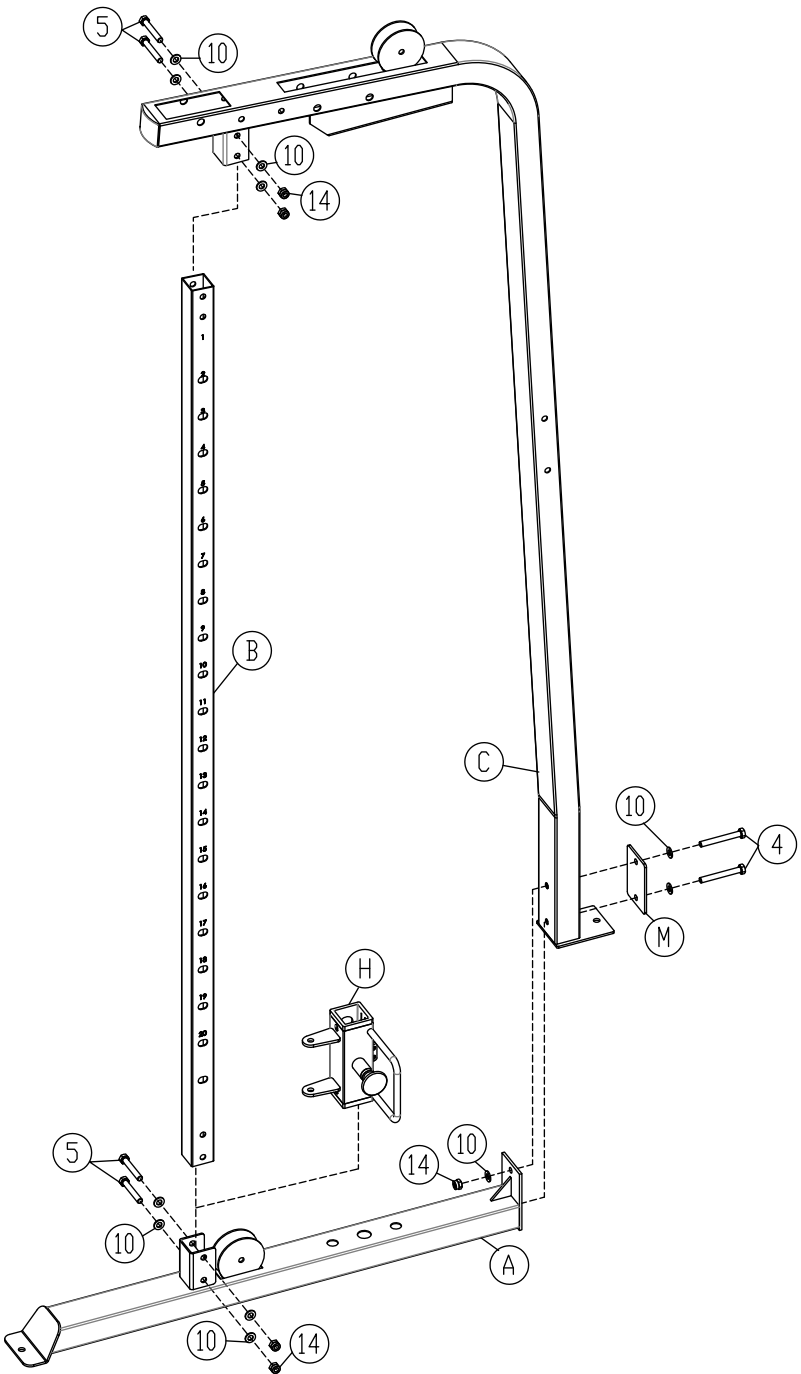
- 1 A. INSERT HANDLE (H) ONTO CHROME UPRIGHT (B)**
  
- 1 B. ATTACH CHROME UPRIGHT (B) TO BASE FRAME (A) USING:**
  - 2 - (#5) M10X65MM HEX HEAD BOLT**
  - 4 - (#10) M10 FLAT WASHER**
  - 2 - (#14) M10 NYLON LOCK NUT**
  
- 1 C. ATTACH REAR UPRIGHT (C) TO BASE FRAME (A) USING:**
  - 2 - (#4) M10X75MM HEX HEAD BOLT**
  - 3 - (#10) M10 FLAT WASHER**
  - 1 - (#14) M10 NYLON LOCK NUT**
  - 1 - (M) STEEL BRACKET**
  
- 1 D. ATTACH CHROME UPRIGHT (B) TO BACK UPRIGHT (C) USING:**
  - 2 - (#5) M10X65MM HEX HEAD BOLT**
  - 4 - (#10) M10 FLAT WASHER**
  - 2 - (#14) M10 NYLON LOCK NUT**

# PFT 100

## STEP 1



ABOVE SHOWS STEP 1 ASSEMBLED AND COMPLETED



# PFT100

## STEP 2

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

### LEFT SIDE ASSEMBLY

**2A. INSERT HANDLE (H) ONTO CHROME UPRIGHT (B)**

**2B. ATTACH CHROME UPRIGHT (B) TO BASE FRAME (A) USING:**

**2 - (#5) M10X65MM HEX HEAD BOLT**

**4 - (#10) M10 FLAT WASHER**

**2 - (#14) M10 NYLON LOCK NUT**

**2C. ATTACH REAR UPRIGHT (C) TO BASE FRAME (A) USING:**

**2 - (#4) M10X75MM HEX HEAD BOLT**

**3 - (#10) M10 FLAT WASHER**

**1 - (#14) M10 NYLON LOCK NUT**

**1 - (M) STEEL BRACKET**

**2D. ATTACH CHROME UPRIGHT (B) TO REAR UPRIGHT (C) USING:**

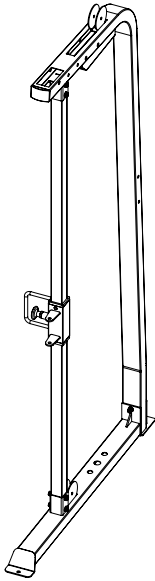
**2 - (#5) M10X65MM HEX HEAD BOLT**

**4 - (#10) M10 FLAT WASHER**

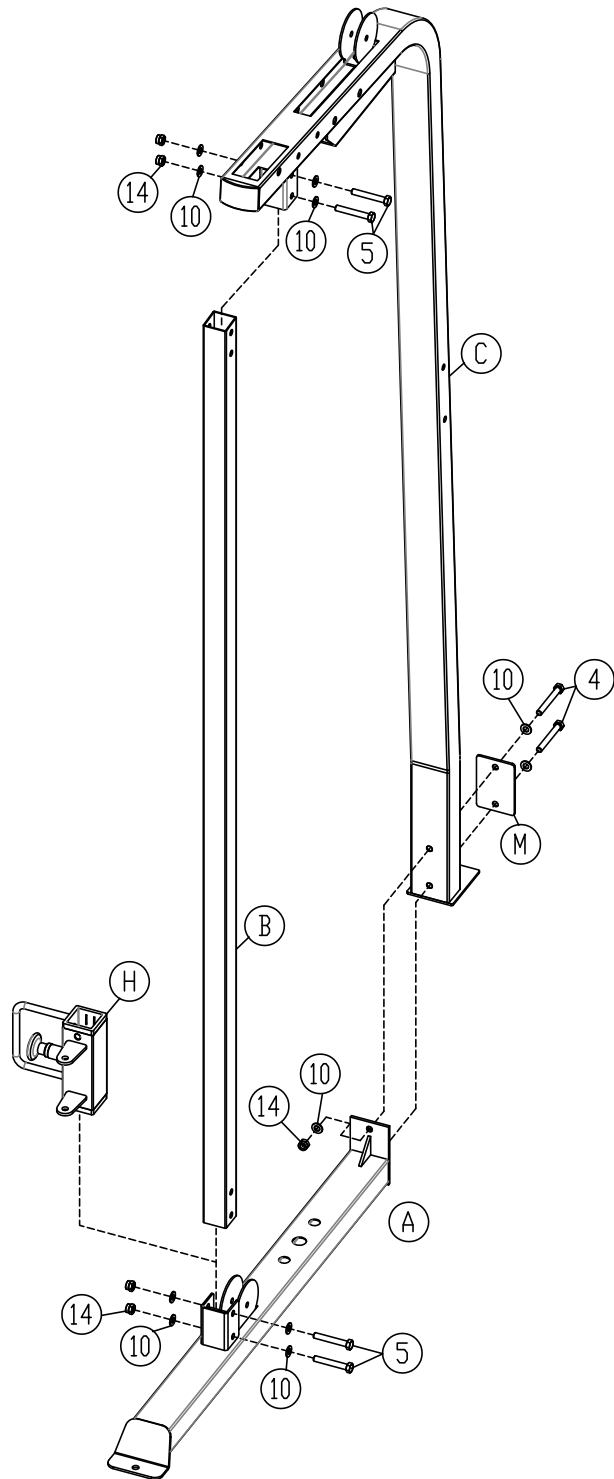
**2 - (#14) M10 NYLON LOCK NUT**

# PFT 100

## STEP 2



ABOVE SHOWS STEP 2 ASSEMBLED AND COMPLETED



# PFT100

## STEP 3

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

FINGER TIGHTEN ALL HARDWARE FIRST IN THIS STEP. WRENCH TIGHTEN ALL HARDWARE AT THE END OF STEP 3C. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

**3A. ATTACH REAR UPRIGHTS (C) TO CENTER CROSSMEMBER (D)**

**USING:**

- 4 - (#2) M10X100MM HEX HEAD BOLT**
- 8 - (#10) M10 FLAT WASHER**
- 4 - (#14) M10 NYLON LOCK NUT**
- 2 - (F) STEEL BRACKET**

**3B. ATTACH REAR UPRIGHTS (C) TO CHIN UP BAR (E) USING:**

- 4 - (#2) M10X100MM HEX HEAD BOLT**
- 8 - (#10) M10 FLAT WASHER**
- 4 - (#14) M10 NYLON LOCK NUT**
- 2 - (G) STEEL BRACKET**

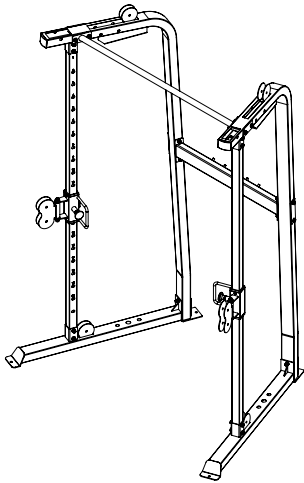
**3C. ATTACH DOUBLE PULLEY HOLDERS (J) TO HANDLES (H) USING:**

- 2 - (#1) M12X130MM HEX HEAD BOLT**
- 4 - (#9) M12 FLAT WASHER**
- 2 - (#13) M12 NYLON LOCK NUT**
- 4 - (#22) BUSHING,  $\varnothing 21.5 \times \varnothing 12 \times 14$ MM**

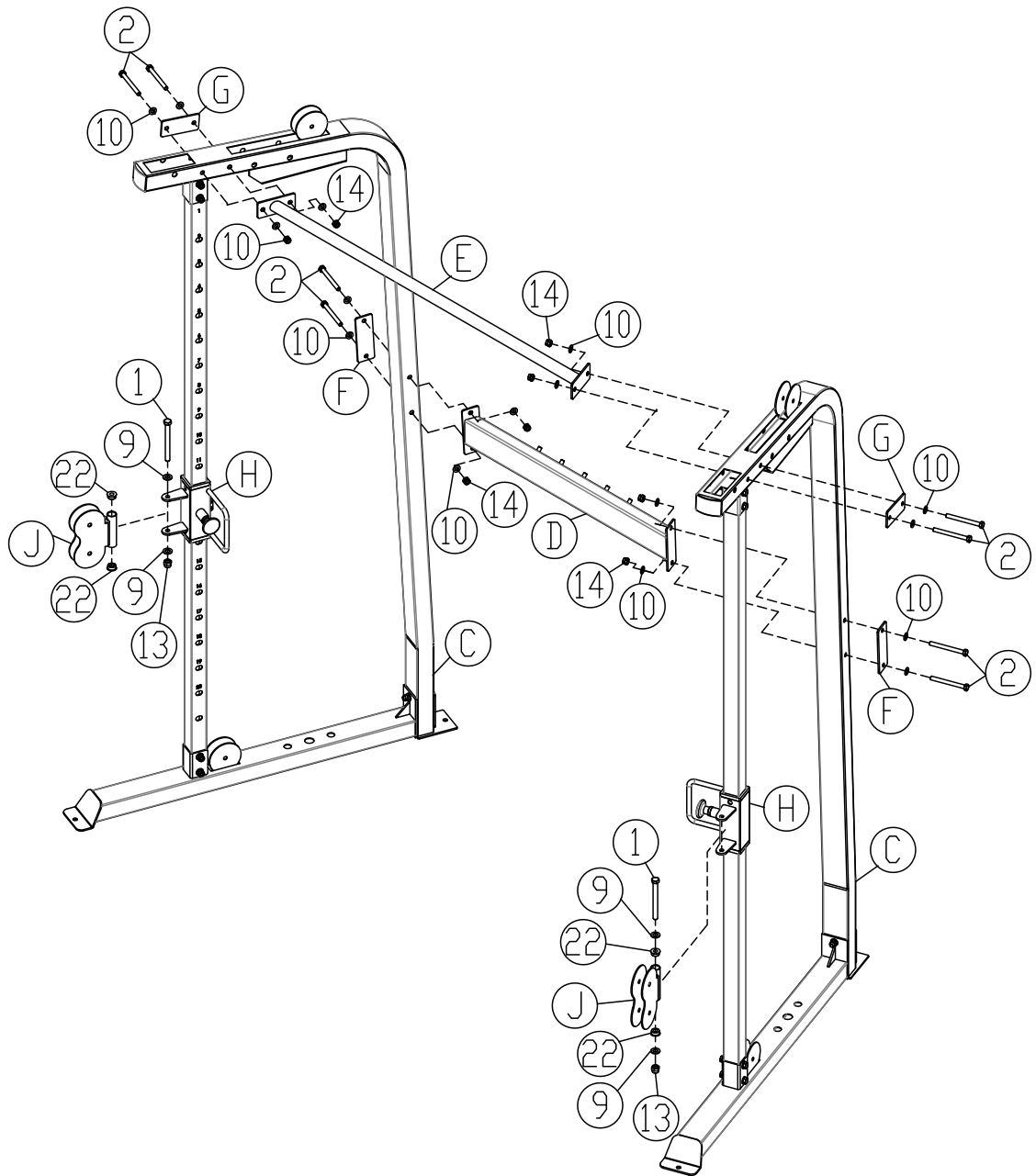


# PFT 100

## STEP 3



ABOVE SHOWS STEP 3 ASSEMBLED AND COMPLETED



# PFT100

## STEP 4

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

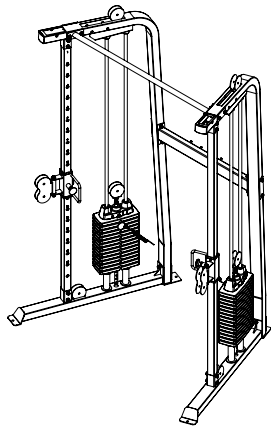
- 4A. INSTALL CHROME GUIDE RODS (#30) INTO THE HOLES OF BASE FRAME (A).
- 4B. INSTALL WEIGHT RISERS (K) & RUBBER DONUTS (#27) AND SLIDE TO THE BOTTOM OF THE GUIDE RODS (#30)

IMPORTANT NOTES: IF 20PCS OF WEIGHT PLATES ARE TO BE INSTALLED, DO NOT INSTALL WEIGHT RISERS (K)

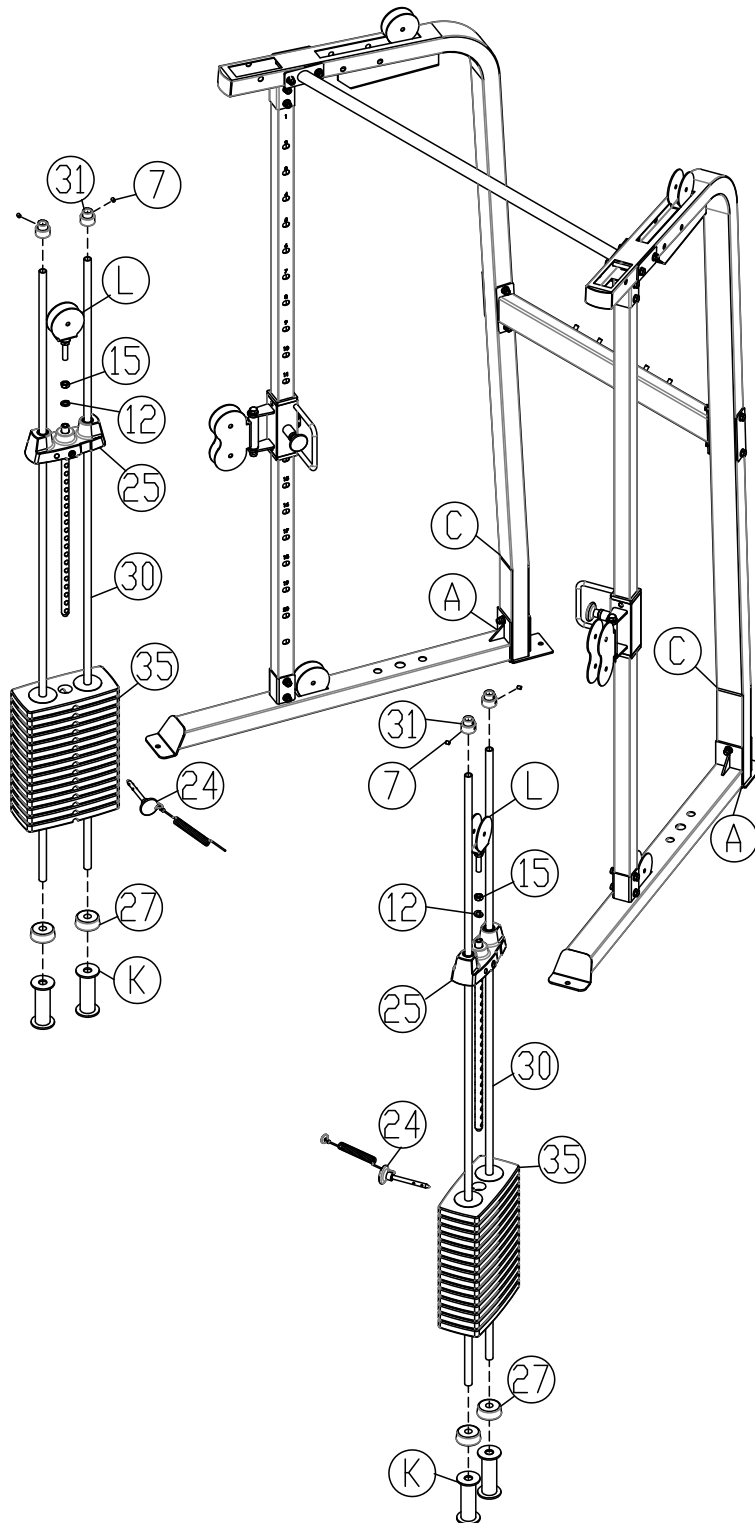
- 4C. TILT GUIDE RODS (#30) AWAY FROM BASE FRAME (A) AND INSTALL WEIGHT PLATES (#35).
- 4D. INSTALL TOP PLATE & SELECTOR ROD ASSEMBLY (#25) ONTO THE GUIDE RODS (A) .
- 4E. INSTALL WEIGHT STACK PIN (#24) USING THE KEY RING END THROUGH THE PULLEY BRACKET (L).
- 4F. INSTALL 1/2" HEX NUT (#15), 1/2" LOCK WASHER (#12) AND PULLEY BRACKET (L) ONTO THE TOP PLATE (#25) .
- 4G. INSTALL TWO COLLARS (#31) ONTO THE GUIDE RODS (#30)
- 4H. SLIDE COLLARS (#31) UPWARD INTO THE REAR UPRIGHT (C) SO THEY LOCK THE GUIDE RODS INTO POSITION BY TIGHTENING THE M8X10MM SET SCREWS (#7).
- 4J. REPEAT THE SAME STEPS (4A TO 4H) ON THE OTHER SIDE OF THE MACHINE.

# PFT 100

## STEP 4



ABOVE SHOWS STEP 4 ASSEMBLED AND COMPLETED



# PFT100

## STEP 5

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

**5A. INSTALL ONE V GROOVED PULLEY (#18) AND SEVEN 3.5" PULLEYS (#16) LEFT SIDE OF THE MACHINE AS SHOWN IN STEP 5 DRAWING USING:**

**5 - (#6) M10X45MM HEX HEAD BOLT**

**3 - (#3) M10X95MM HEX HEAD BOLT**

**16 - (#10) M10 FLAT WASHER**

**8 - (#14) M10 NYLON LOCK NUT**

**4 - (#17) BUSHING,  $\varnothing 16 \times \varnothing 10 \times 28$ MM**

**2 - (#19) BUSHING,  $\varnothing 16 \times \varnothing 10 \times 14$ MM**

**5B. ROUTE CABLE (#32) AS SHOWN IN STEP 5 DRAWING.**

**NOTE: CABLE (#32) NEEDS TO BE STRIPPED BEFORE INSERTING IT INTO THE HOLE ON THE BACK OF THE HANDLE (H).**

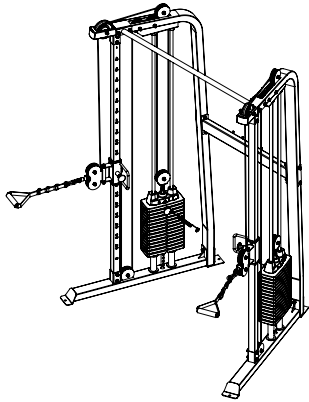
**5C. ONCE THE CABLE (#32) IS STRIPPED AND INSERTED INTO THE HOLE ON THE BACK OF HANDLE (H), WRENCH TIGHTEN THE THREE M8X10MM SET SCREWS (#7) TO SECURE THE CABLE (#32).**

**5D. ATTACH SNAP LINK (#29) & STRAP HANDLE (#28) TO THE CABLE (#32).**

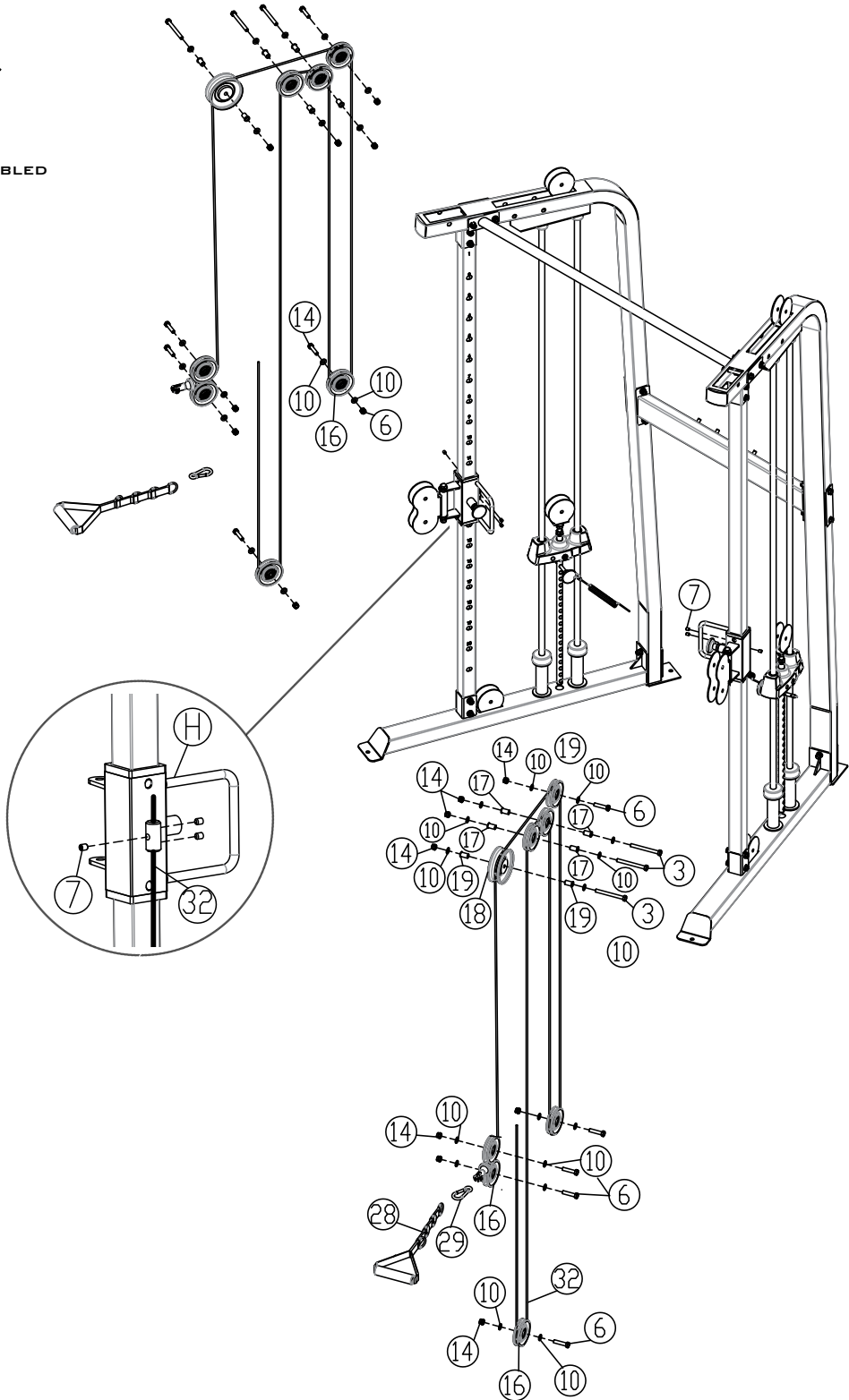
**5E. REPEAT THE SAME STEPS (5A, 5B, 5C, 5D) ON THE OTHER SIDE OF THE MACHINE.**

# PFT 100

## STEP 5

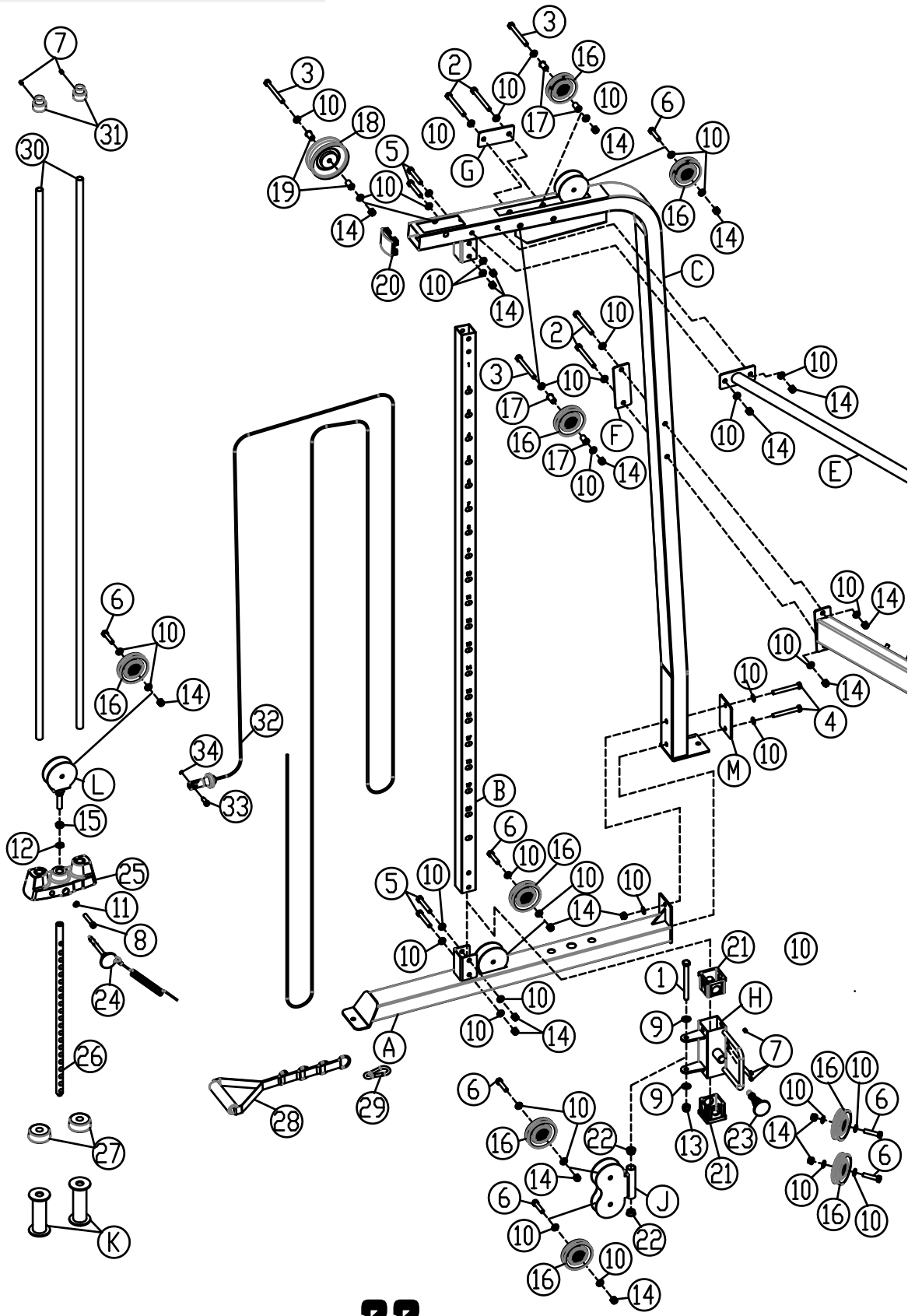


ABOVE SHOWS STEP 5 ASSEMBLED AND COMPLETED



# PFT100

EXPLODED VIEW





# POWERLINE®

by *Body-Solid*

**PFT100**

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # 013964-□□-□□-□□□□-□□□□

**1900 S. Des Plaines Ave.  
Forest Park, IL 60130  
Phone:(708)427-3555  
Fax:(708)427-3556  
Hours: M-F 8:30 - 5:00 CST**