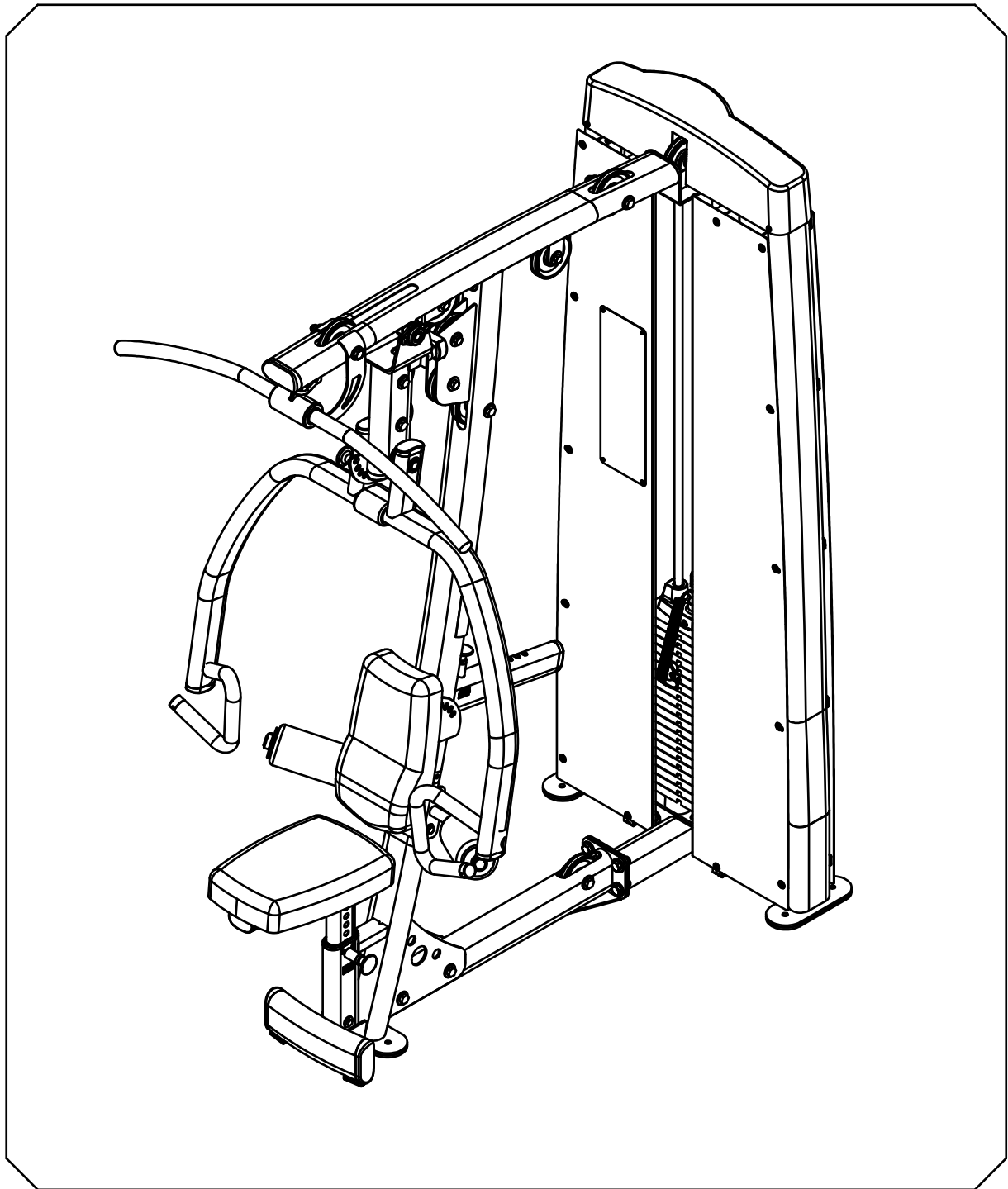


# Body-Solid

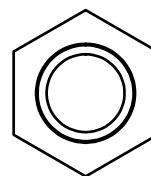
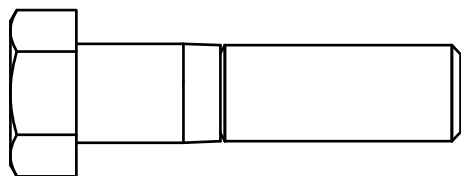


BODY-SOLID, Inc.  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA  
Phone: (708) 427-3555  
Fax: (708) 427-3556  
[www.bodysolid.com](http://www.bodysolid.com)

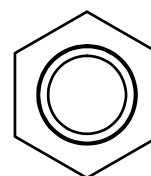
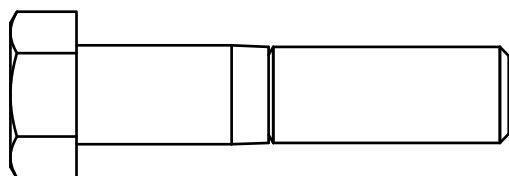
## DPLS.2 OWNER'S MANUAL

# DPLS ASSEMBLY INSTRUCTIONS

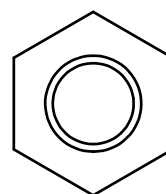
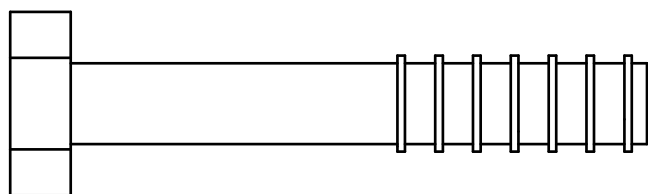
## HARDWARE ILLUSTRATION



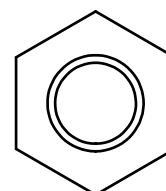
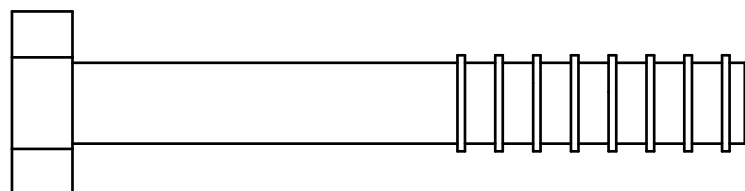
(A1)HEX BOLT 1/2"x1 1/4"L PARTIAL THREAD QTY.2



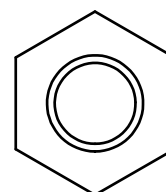
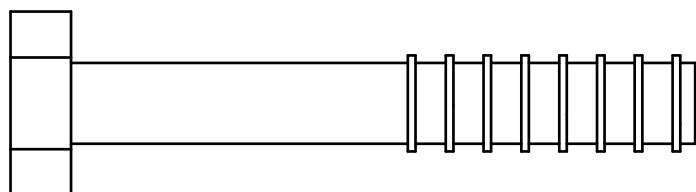
(A2)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.4



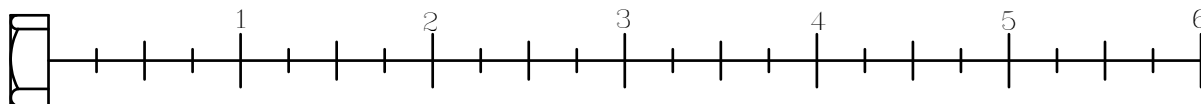
(A3)HEX BOLT 1/2"x3"L PARTIAL THREAD QTY.1



(A4)HEX BOLT 1/2"x3 1/2"L PARTIAL THREAD QTY.2

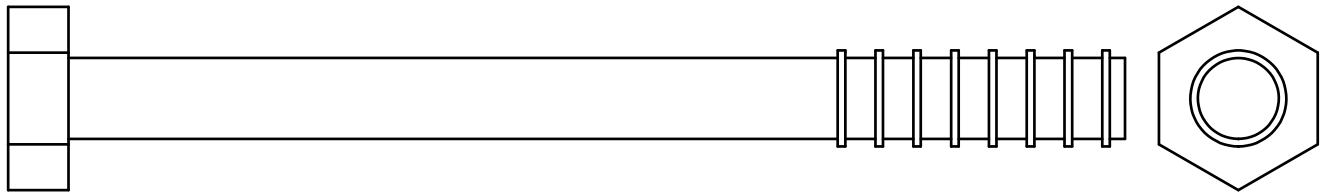


(A5)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.3

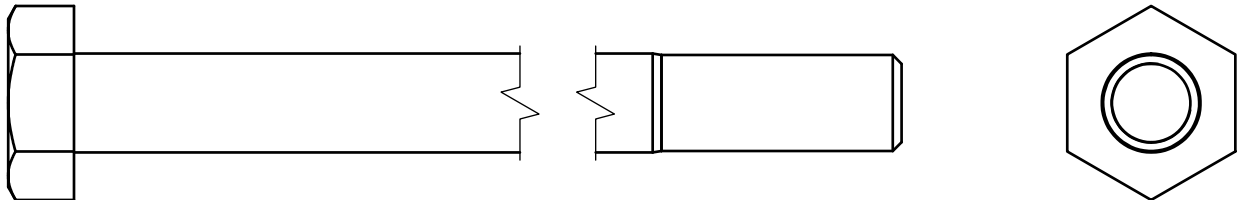


# DPLS ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION



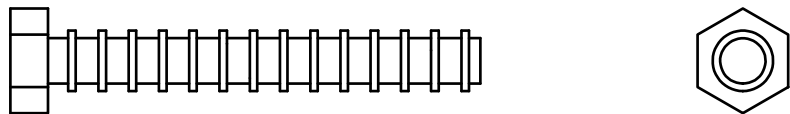
(A6)HEX BOLT 1/2"x5 1/2"L PARTIAL THREAD QTY.2



(A7)HEX BOLT 1/2"x6"L PARTIAL THREAD QTY.1

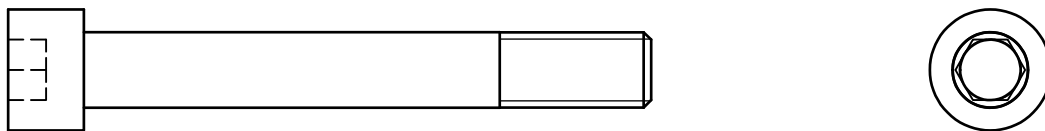


(A8)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.4

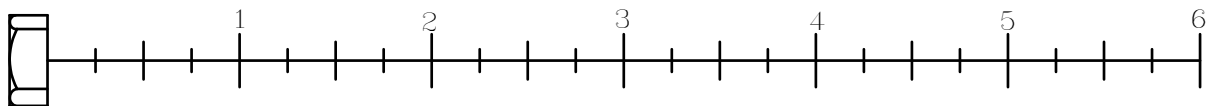


(A9)HEX BOLT 5/16"x2 1/4"L PARTIAL THREAD QTY.2

## HARDWARE ILLUSTRATION CONNECT DGYM

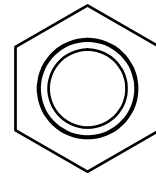
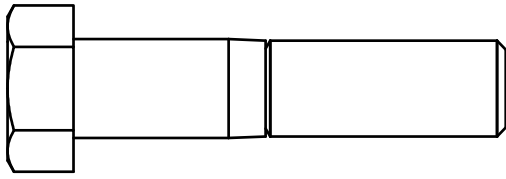


(A10)ROUND ALLEN HEAD M10X75L PARTIAL THREAD QTY.2

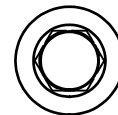
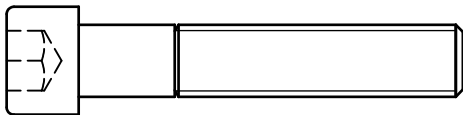


# DPLS ASSEMBLY INSTRUCTIONS

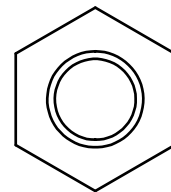
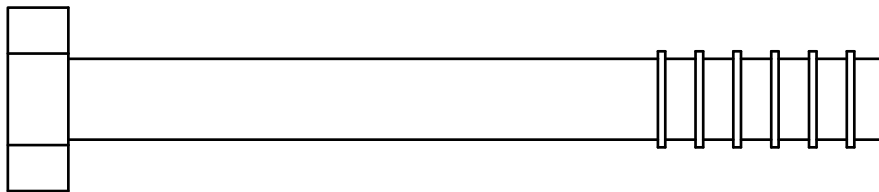
## FRAME HARDWARE ILLUSTRATION



(A12)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.1

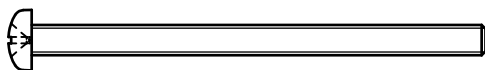


(A14)ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.1

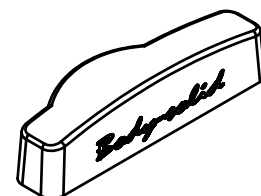


(A15)HEX BOLT 1/2"x4 1/4"L PARTIAL THREAD QTY.1

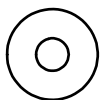
## Optional Purchase



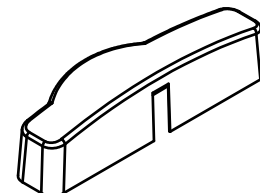
(A13)HEX BOLT M4X65L"L PARTIAL THREAD QTY.2



TOP CAP(9211-111)

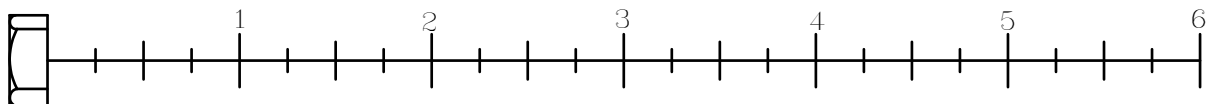


(C9)M4(I.D.)FLAT WASHER Ø12 QTY.2



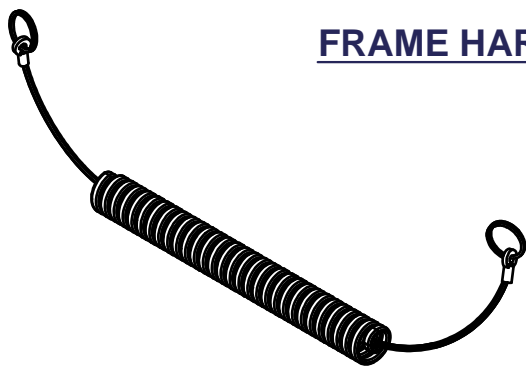
TOP CAP(9211-119)

"M4X65 ROUND BOLT" and "M4 WASHER" is used to assemble with 9211-111 and 9211-119 TOP CAP

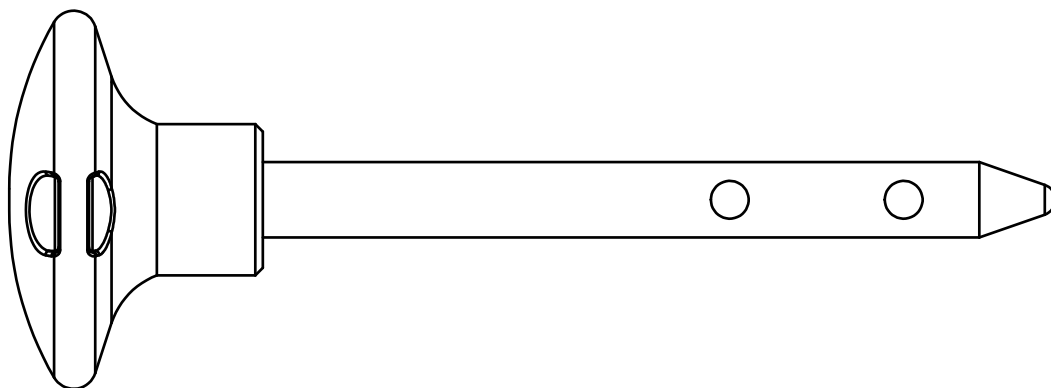


# DPLS ASSEMBLY INSTRUCTIONS

## FRAME HARDWARE ILLUSTRATION



(A16)ELASTIC BOLT QTY.1



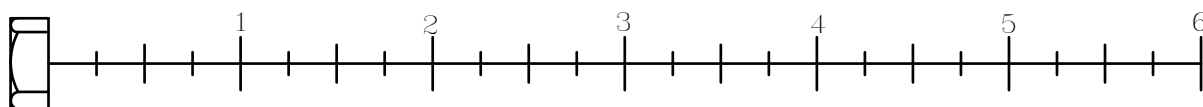
(A17)10LB PIN (8250-071) QTY.1



(A19)ROUND ALLEN HEAD M6X20L PARTIAL THREAD QTY.24

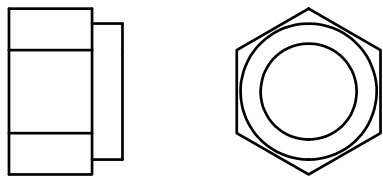


(A20)ROUND ALLEN HEAD 5/32"X1/4"L PARTIAL THREAD QTY.4

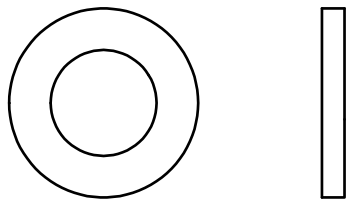


# DPLS ASSEMBLY INSTRUCTIONS

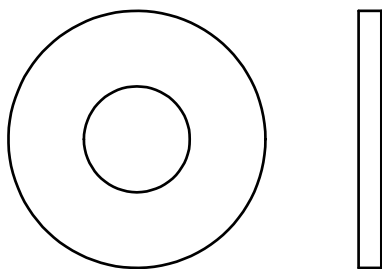
## HARDWARE ILLUSTRATION



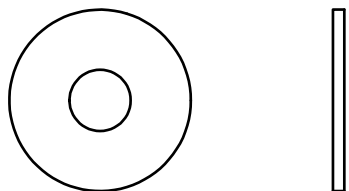
(B1) NYLON LOCK NUT 1/2" QTY.19



(C1) 1/2" (I.D.) FLAT WASHER Ø25 QTY.2



(C2) 1/2" (I.D.) FLAT WASHER Ø34 QTY.36

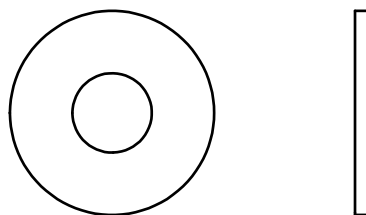


(C3) 5/16" (I.D.) FLAT WASHER Ø24 QTY.6

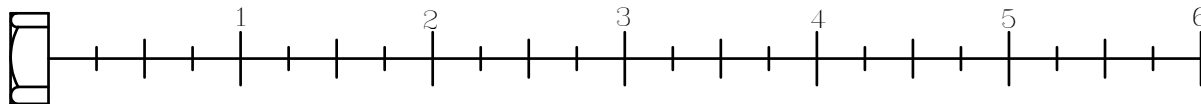


(C4) 5/16" SPRING WASHER QTY.6

## HARDWARE ILLUSTRATION CONNECT DGYM

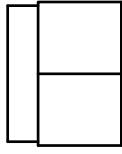
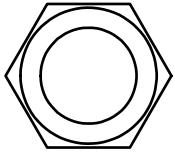


(C5) M10 (I.D.) FLAT WASHER Ø27 QTY.2

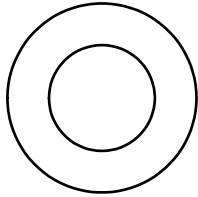


# DPLS ASSEMBLY INSTRUCTIONS

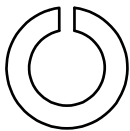
## FRAME HARDWARE ILLUSTRATION



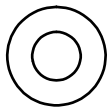
(B3)NYLON LOCK NUT 1/2" QTY.1



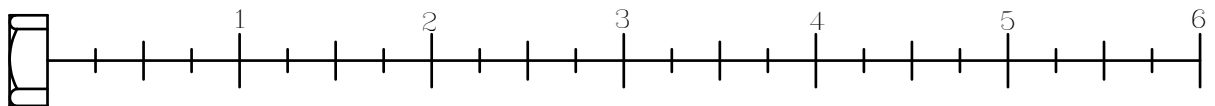
(C7)1/2"(I.D.)FLAT WASHER  $\varnothing$ 25 QTY.2



(C8)3/8" SPRING WASHER QTY.1

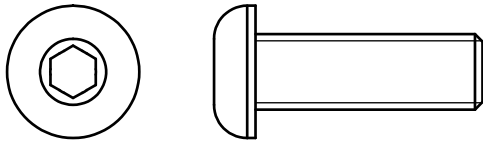


(C10)M6(I.D.)FLAT WASHER  $\varnothing$ 13 QTY.24

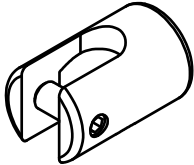


# DPLS ASSEMBLY INSTRUCTIONS

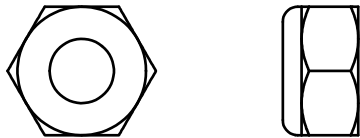
## Selector Rod HARDWARE ILLUSTRATION



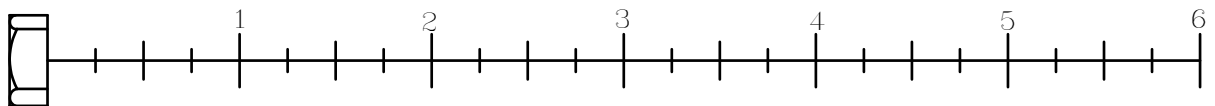
(A21)ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.1



(A22)FIRM SHEATH(8890-046) QTY.1



(B4)NYLON LOCK NUT M10 QTY.1





# DPLS ASSEMBLY INSTRUCTIONS

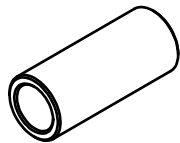
## HARDWARE ILLUSTRATION

D1.Ø3/4"X16L STEEL BUSHING (8110-066)	[6PCS]
D2.Ø3/4"X45L STEEL BUSHING (8110-067)	[6PCS]
D3.Ø8 SPRING SNAP LINK(8810-001)	[1PCS]
D5. 25x50 End Cap (9211-086)	[2PCS]
D6.50X100(40X80)NYLON BUSHING(9211-107)	[2PCS]
D7.58X116X2.5T FOOT CAP(9211-108)	[2PCS]
D8.58X116 END CAP(9211-112)	[2PCS]
D9.40X80 END CAP(9211-113)	[5PCS]
D10. Ø1"x2.5t Round End Cap(9260-021)	[2PCS]
D11.Ø3/4" SHAFT COLLAR(9211-046)	[2PCS]
D12.Ø65XØ20X70L RUBBER DOUNT(9310-049)	[2PCS]
D13.95X250 RUBBER PAD(9310-060)	[3PCS]
D14.Ø117 PULLEY(9213-010B)	[11PCS]
D15.TOP PLATE(8400-006)	[1PCS]

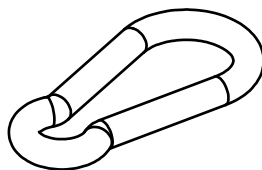
D1



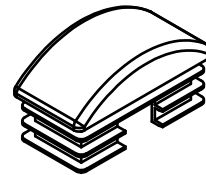
D2



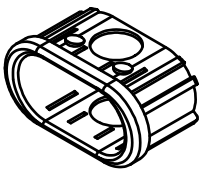
D3



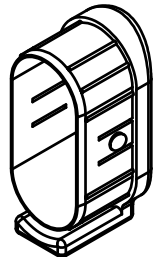
D5



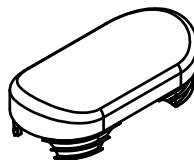
D6



D7



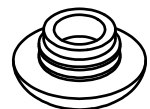
D8



D9



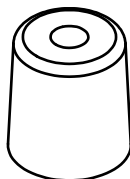
D10



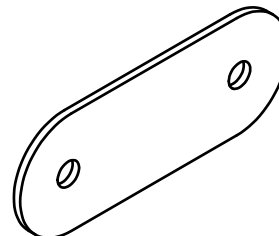
D11



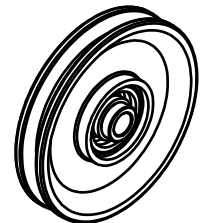
D12



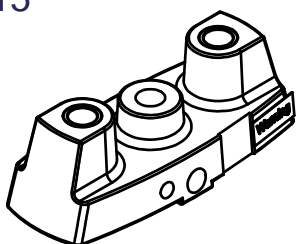
D13



D14



D15

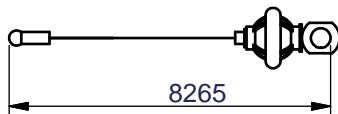


# DPLS ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

D17.8265mm STEEL CABLE(FDPLSA)-----	[1PCS]
D18.DPLS For DGYM Steel Cable (FDPLSB)-----	[1PCS]
D19.Ø1" SHAFT COLLAT(8130-024)-----	[2PCS]
D20. 3" Nylon Washer (9214-008)-----	[2PCS]
D21.Ø1" END CAP(9211-016)-----	[2PCS]
D22.WEIGHT SELECTOR BAR(8210-042B)-----	[1PCS]

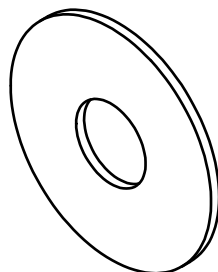
D17



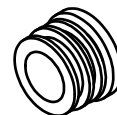
D19



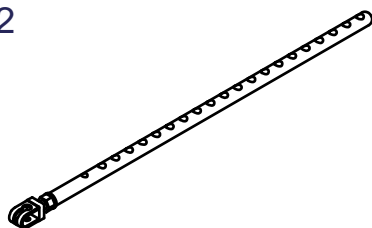
D20



D21



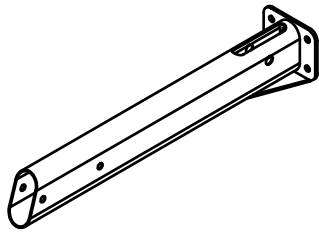
D22



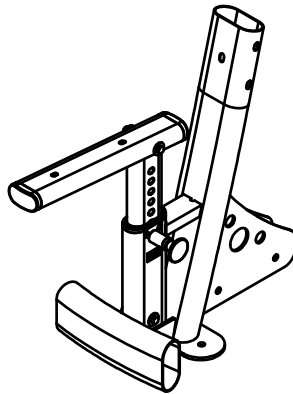
# DPLS ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

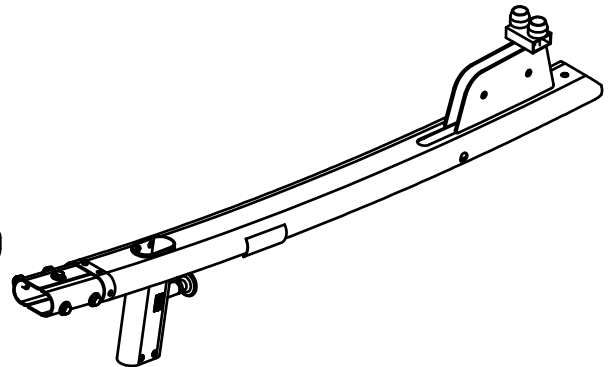
A[1PCS]



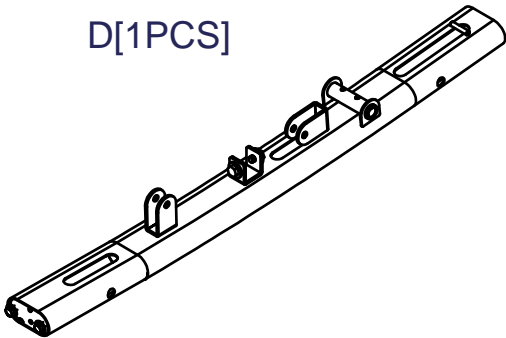
B[1PCS]



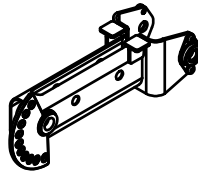
C[1PCS]



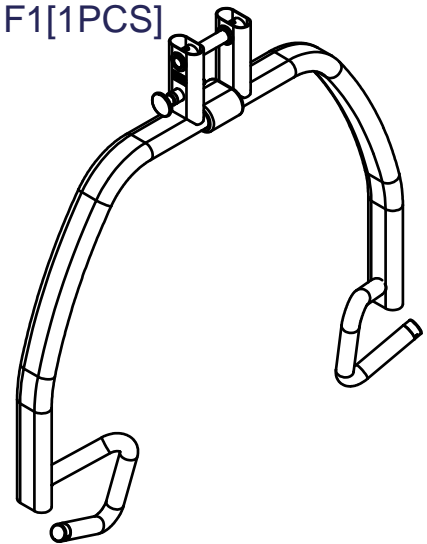
D[1PCS]



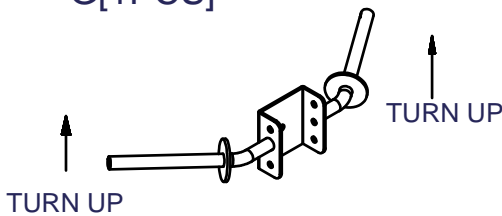
E[1PCS]



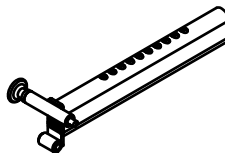
F1[1PCS]



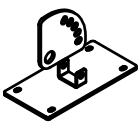
G[1PCS]



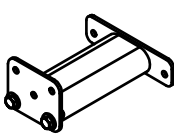
I[1PCS]



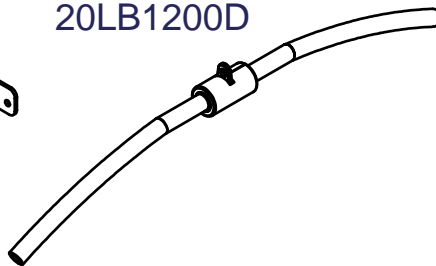
J[1PCS]



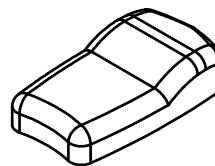
K[1PCS]



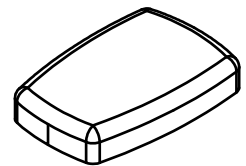
L[1PCS]  
20LB1200D



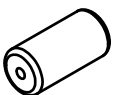
M[1PCS]  
9111-058



N[1PCS]  
9121-057



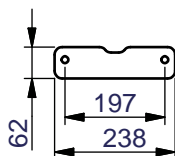
O[2PCS]  
9161-032



P[1PCS]  
8220-137  
Ø20X160L



Q[1PCS]  
8313-130



R[1PCS]  
8343-146



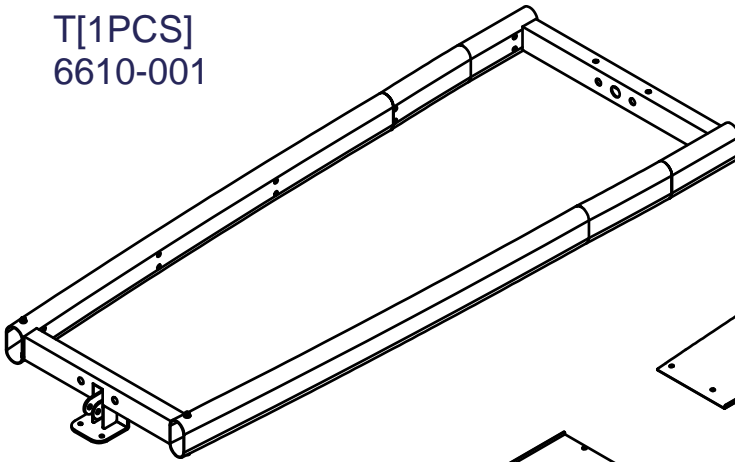
S[1PCS]  
8343-147



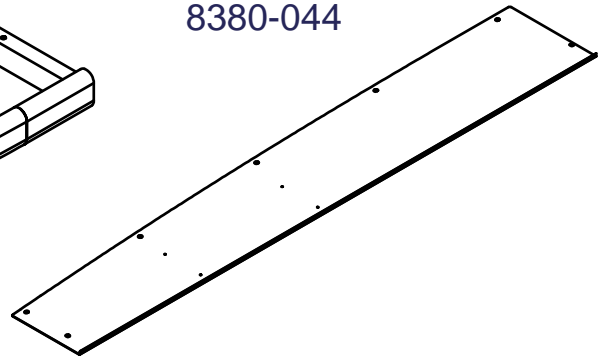
# DPLS ASSEMBLY INSTRUCTIONS

## FRAME PARTS ILLUSTRATION SHEET

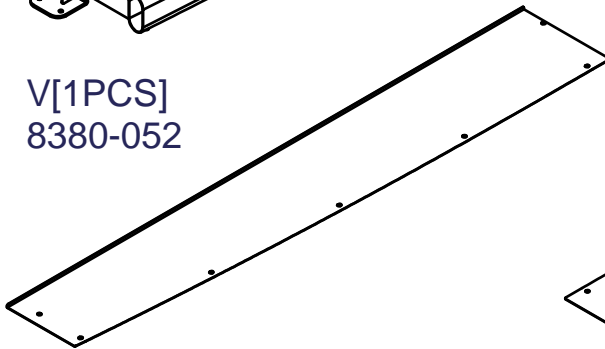
T[1PCS]  
6610-001



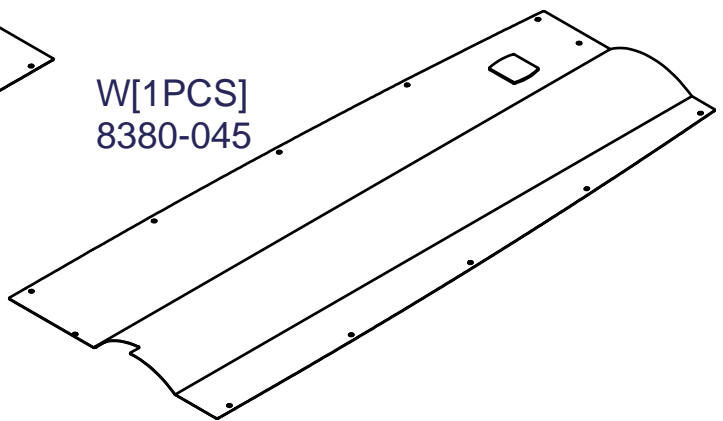
U[1PCS]  
8380-044



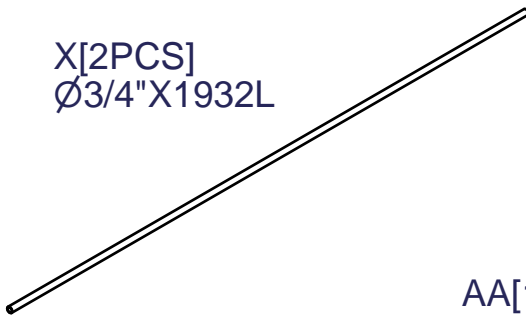
V[1PCS]  
8380-052



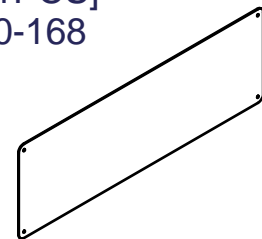
W[1PCS]  
8380-045



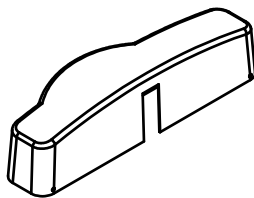
X[2PCS]  
Ø3/4"X1932L



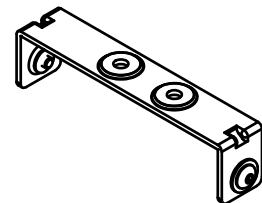
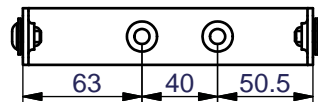
AC[1PCS]  
9440-168



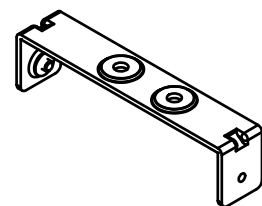
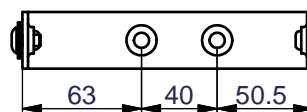
AD[1PCS]  
9211-119A



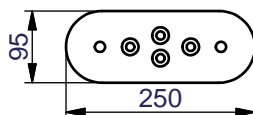
AA[12PCS]  
8321-040  
both side



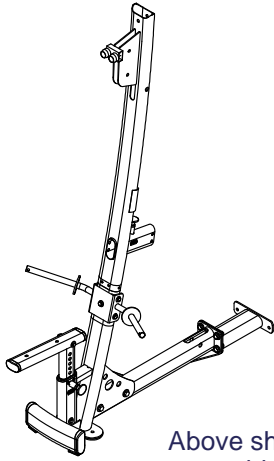
AB[2PCS]  
8321-040  
one side



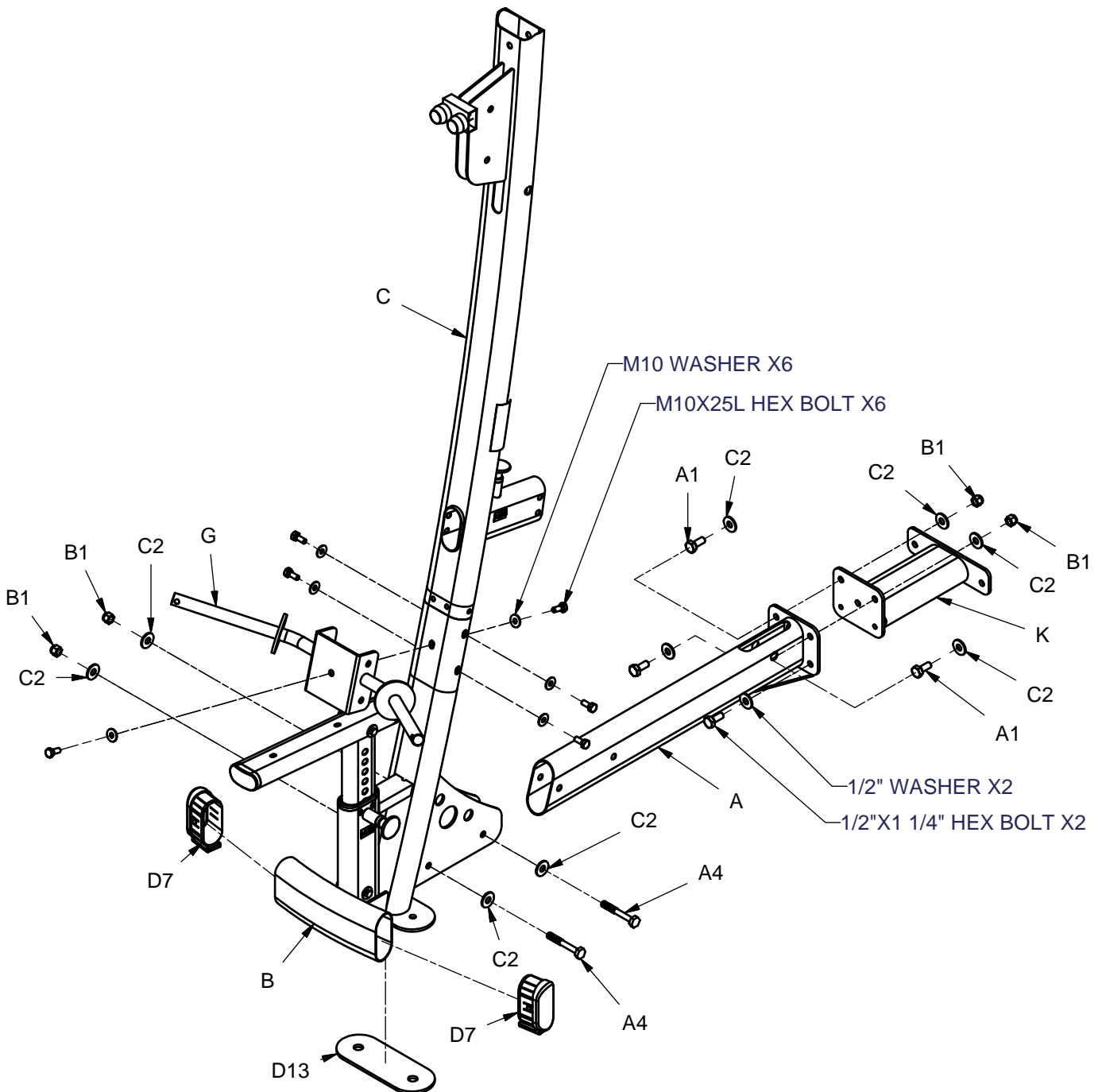
Z[2PCS]  
8313-144



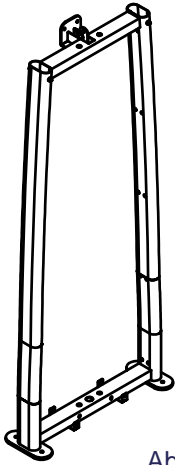
# DPLS ASSEMBLY INSTRUCTIONS



Above shows STEP 1 assembled and completed

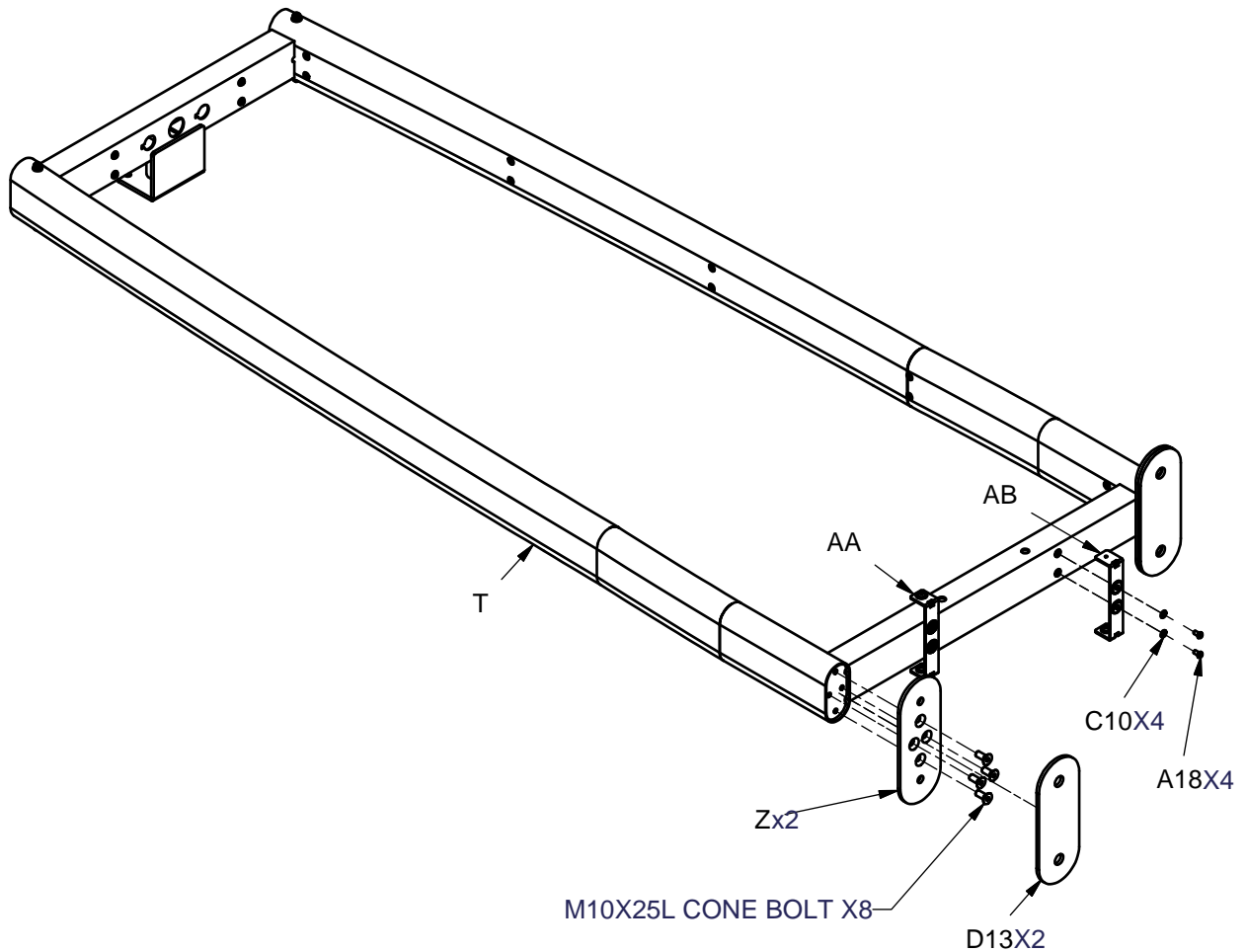


# DPLS ASSEMBLY INSTRUCTIONS

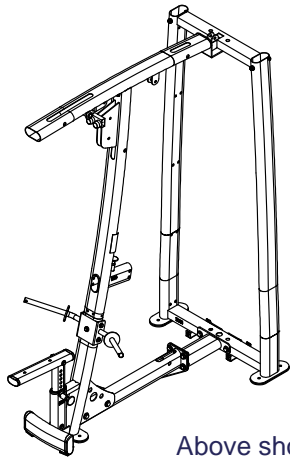


Above shows STEP 2  
assembled and completed

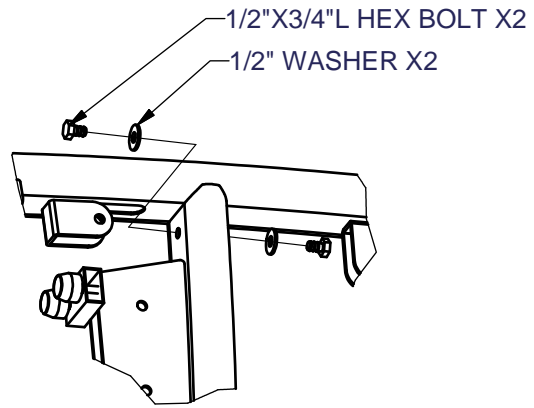
## DPLS single weight stack assembly instructions



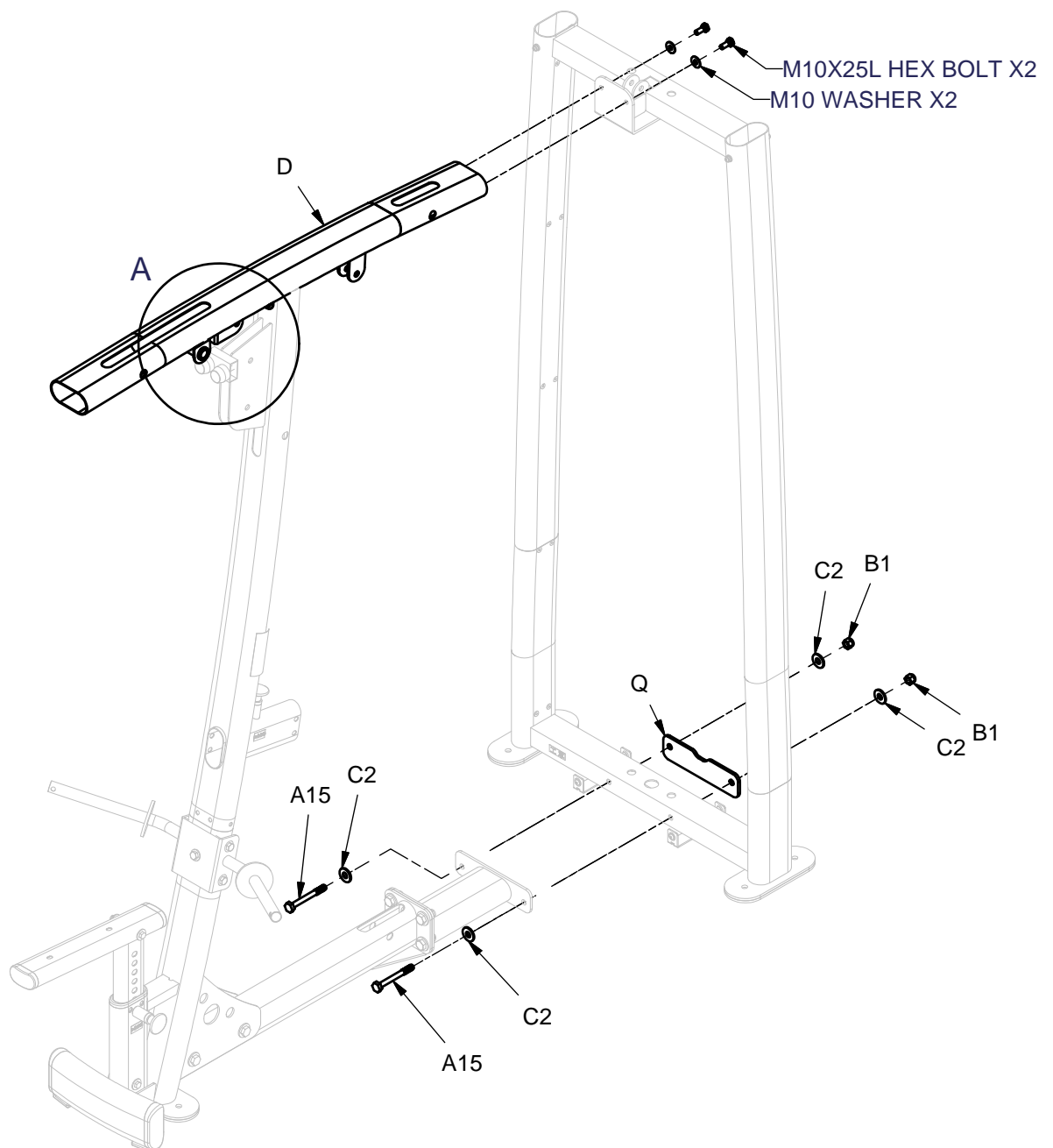
# DPLS ASSEMBLY INSTRUCTIONS



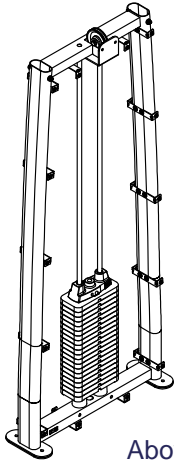
Above shows STEP 3 assembled and completed



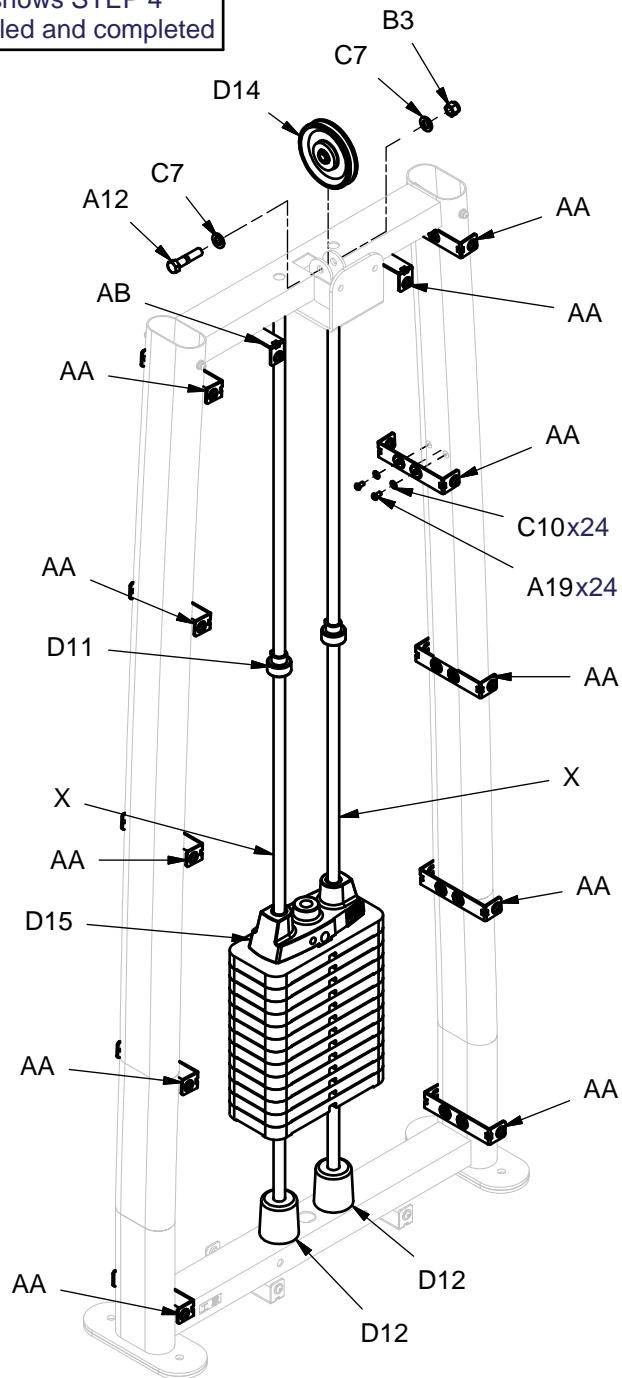
DETAIL A



# DPLS ASSEMBLY INSTRUCTIONS

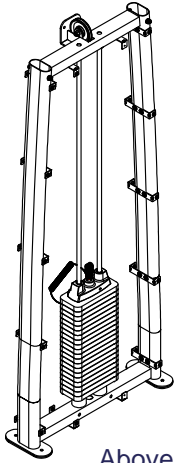


Above shows STEP 4 assembled and completed

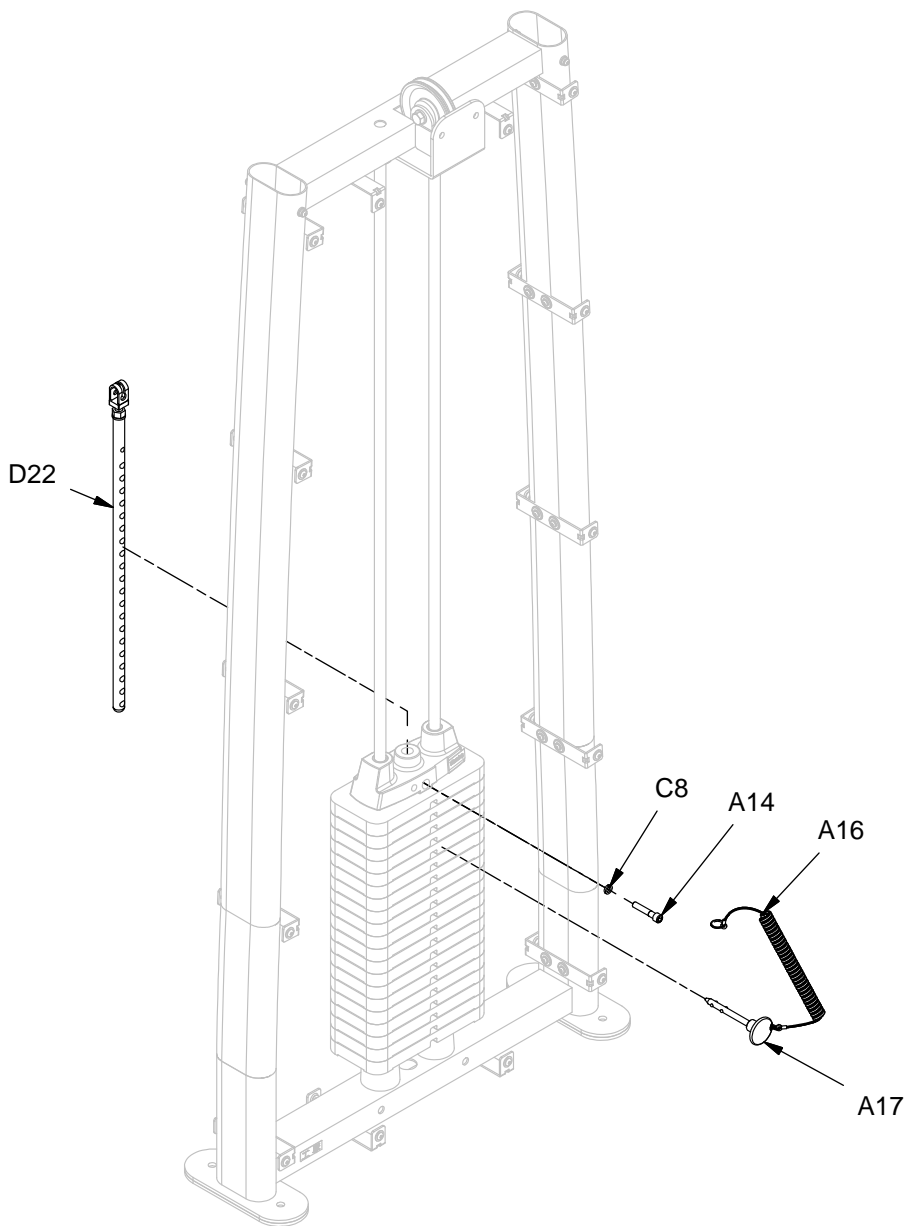




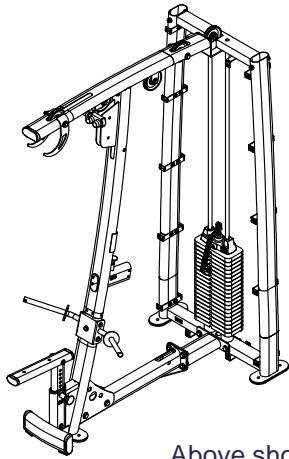
# DPLS ASSEMBLY INSTRUCTIONS



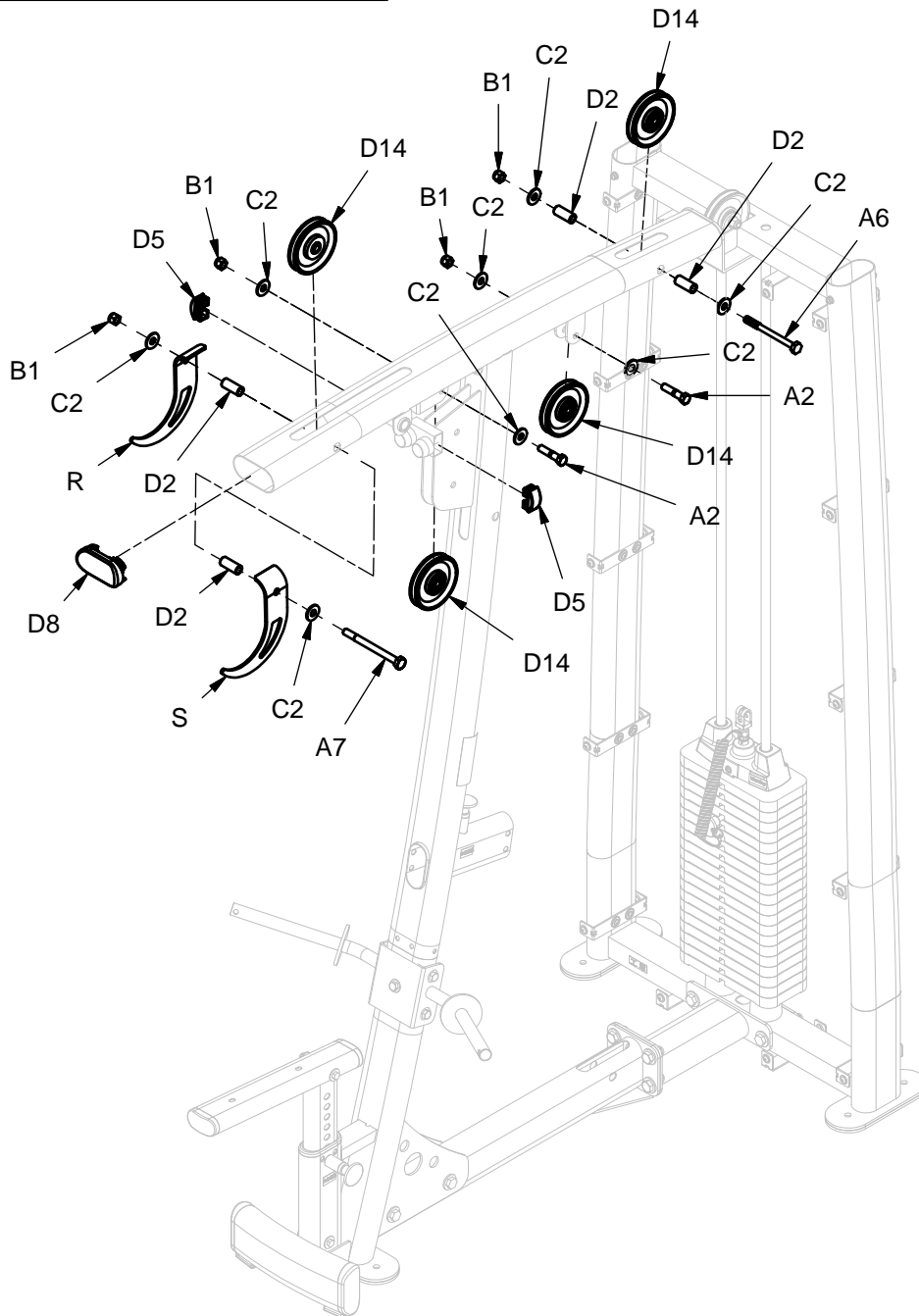
Above shows STEP 5  
assembled and completed



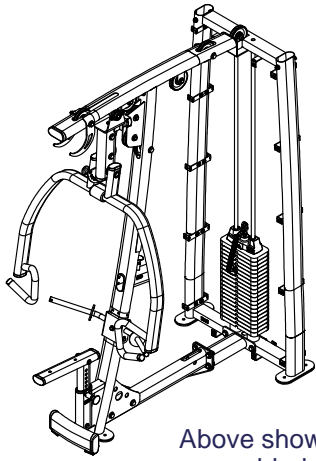
# DPLS ASSEMBLY INSTRUCTIONS



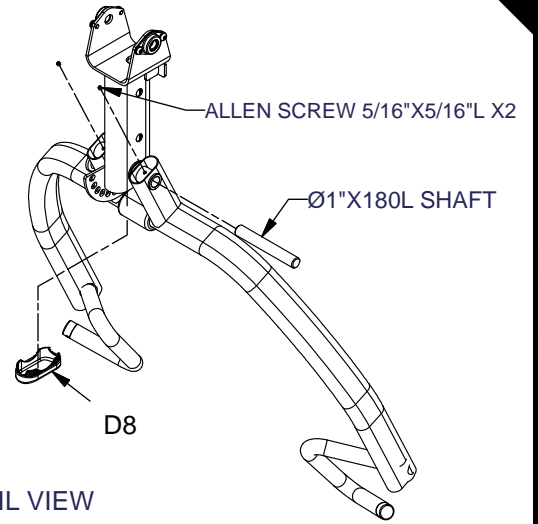
Above shows STEP 6  
assembled and completed



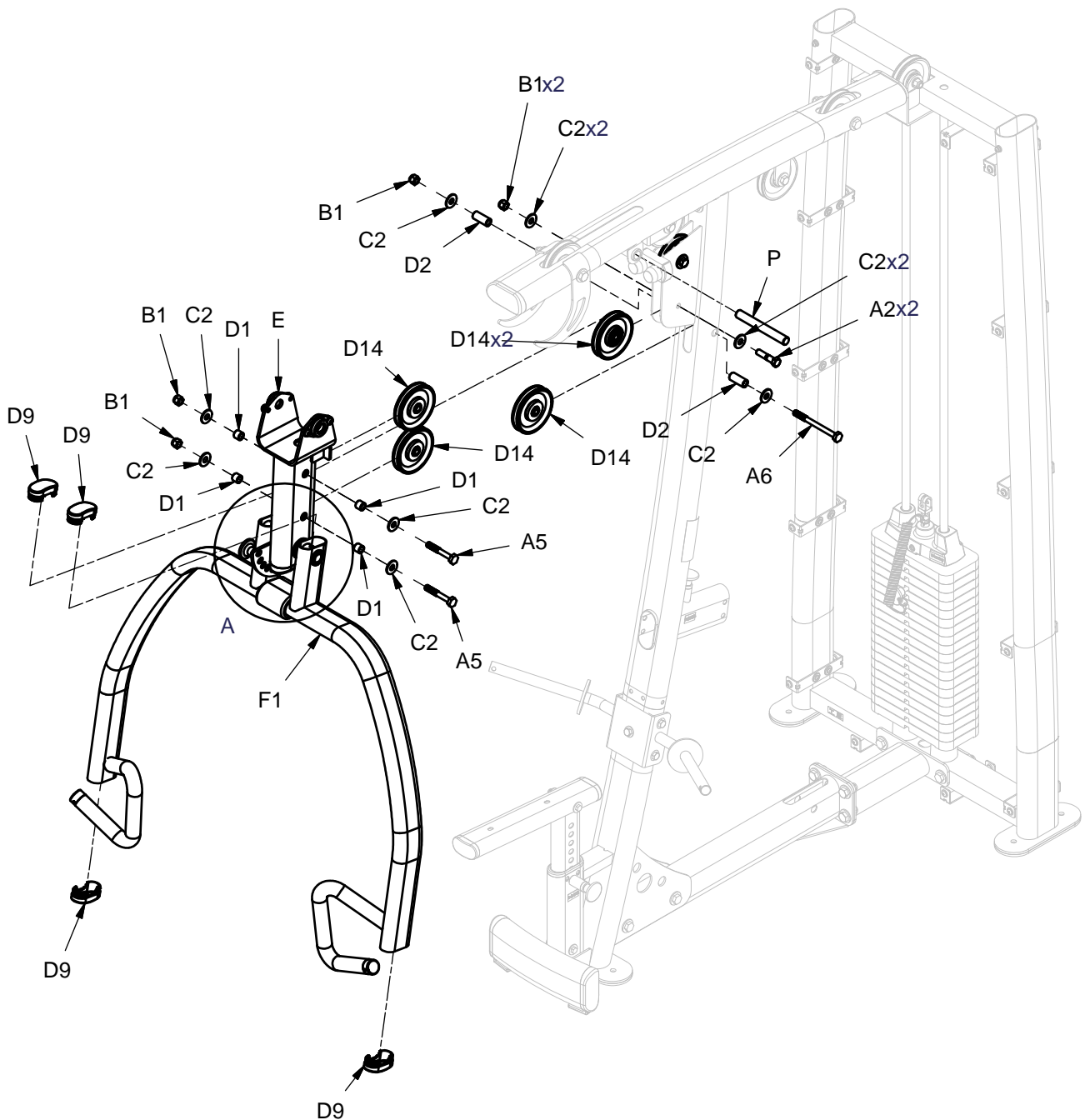
# DPLS ASSEMBLY INSTRUCTIONS



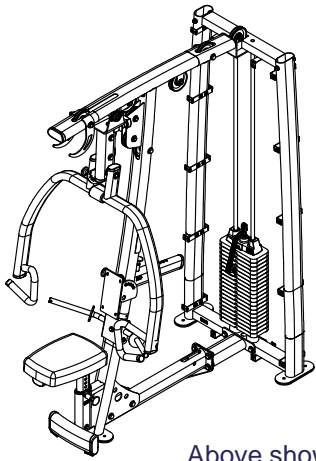
Above shows STEP 7 assembled and completed



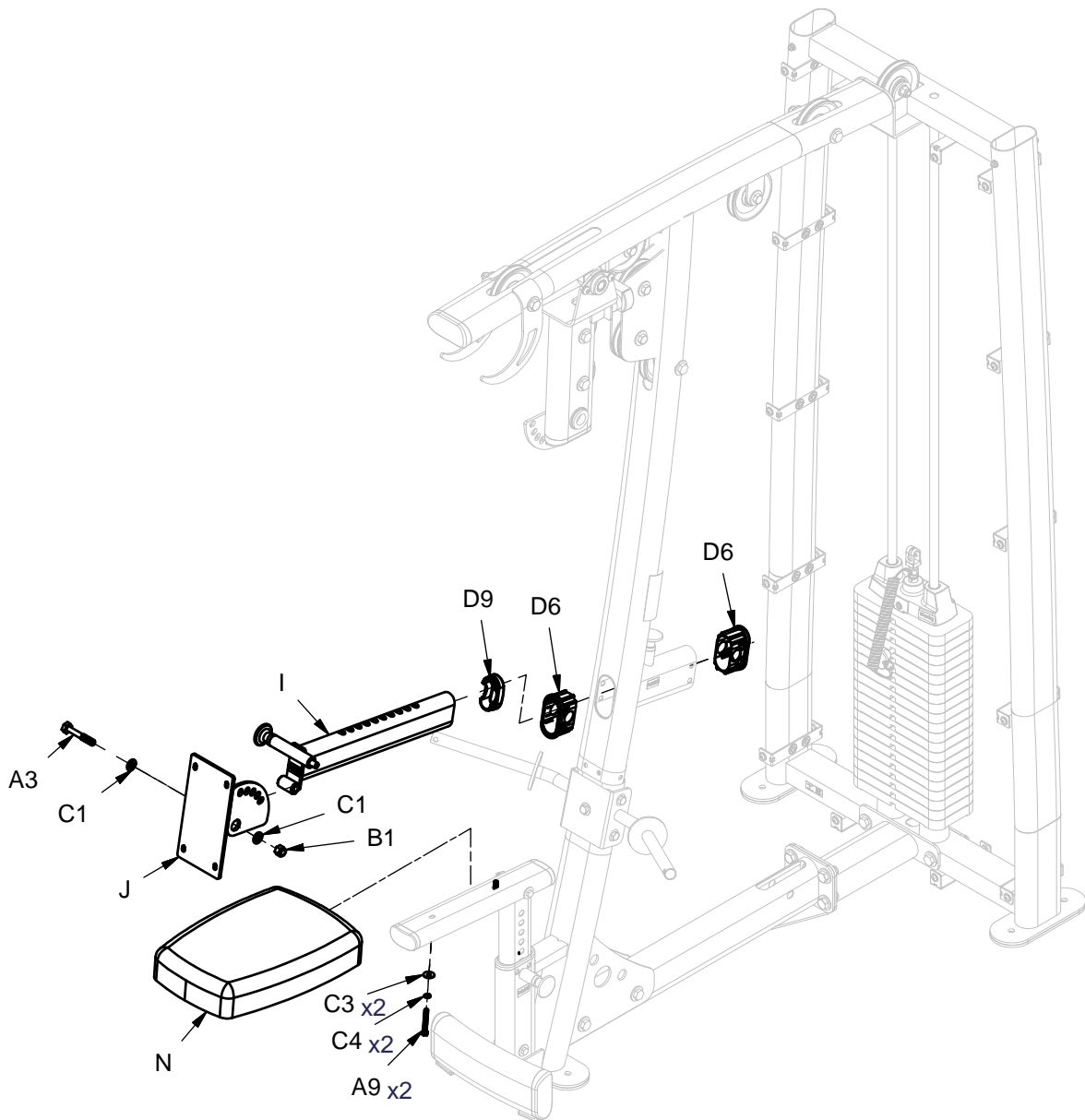
DETAIL VIEW



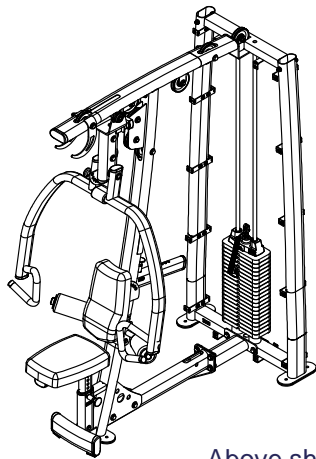
# DPLS ASSEMBLY INSTRUCTIONS



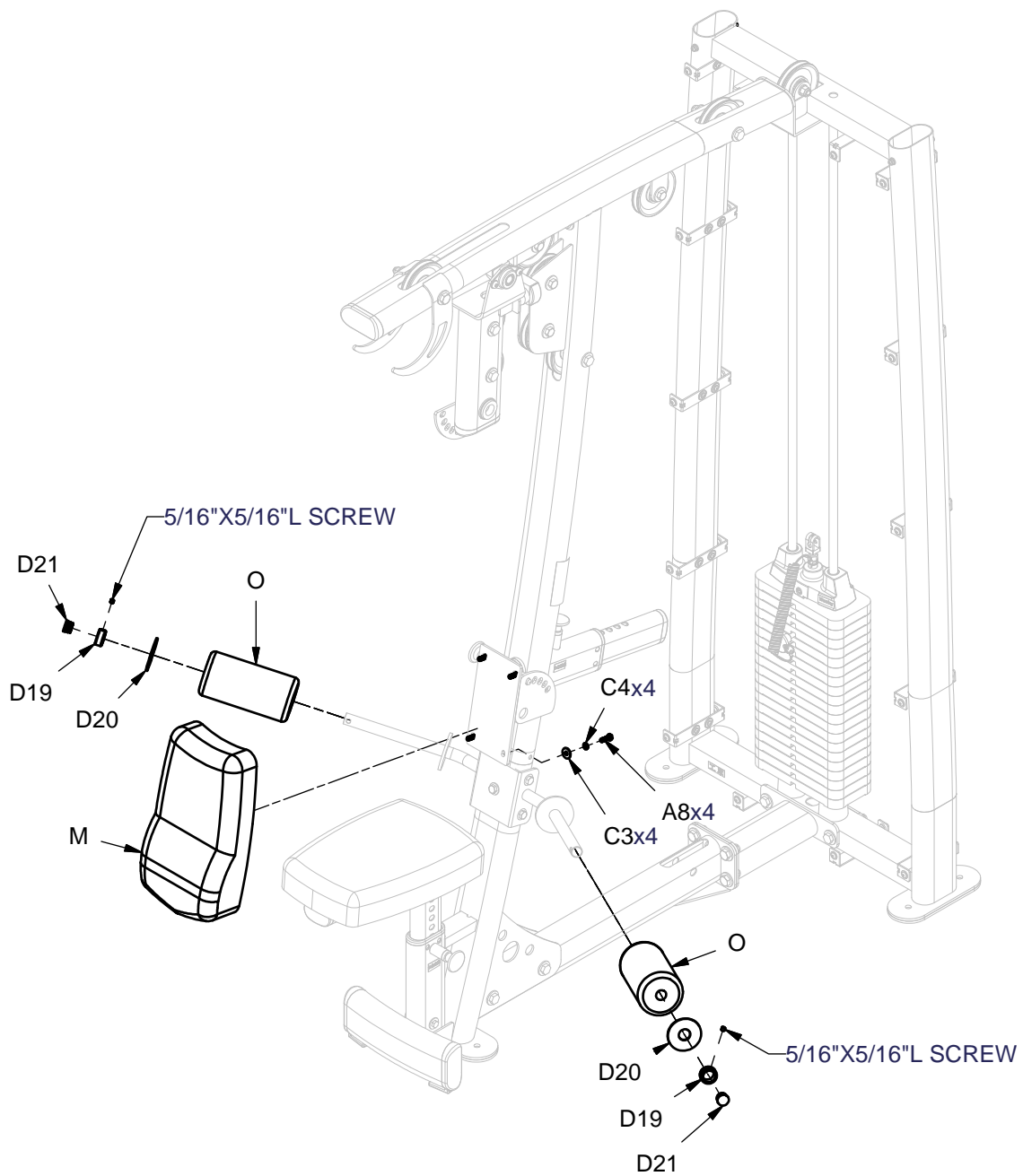
Above shows STEP 8  
assembled and completed



# DPLS ASSEMBLY INSTRUCTIONS



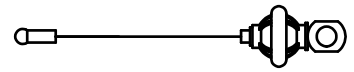
Above shows STEP 9  
assembled and completed



# DPLS ASSEMBLY INSTRUCTIONS

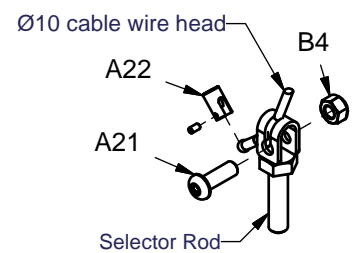
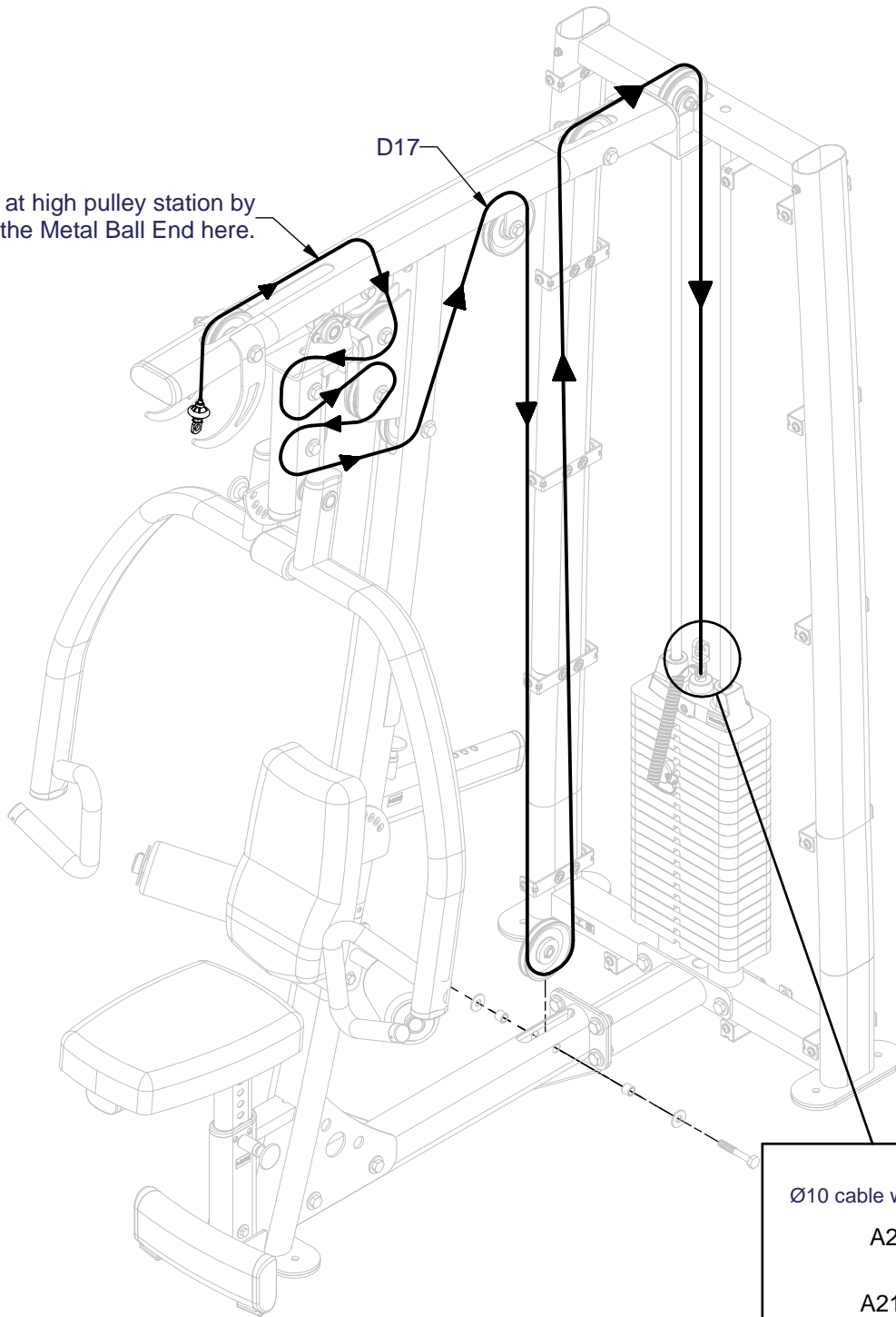
## Cable to match illustration

D17



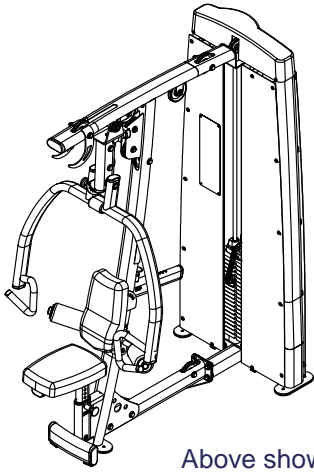
← assemble direction

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

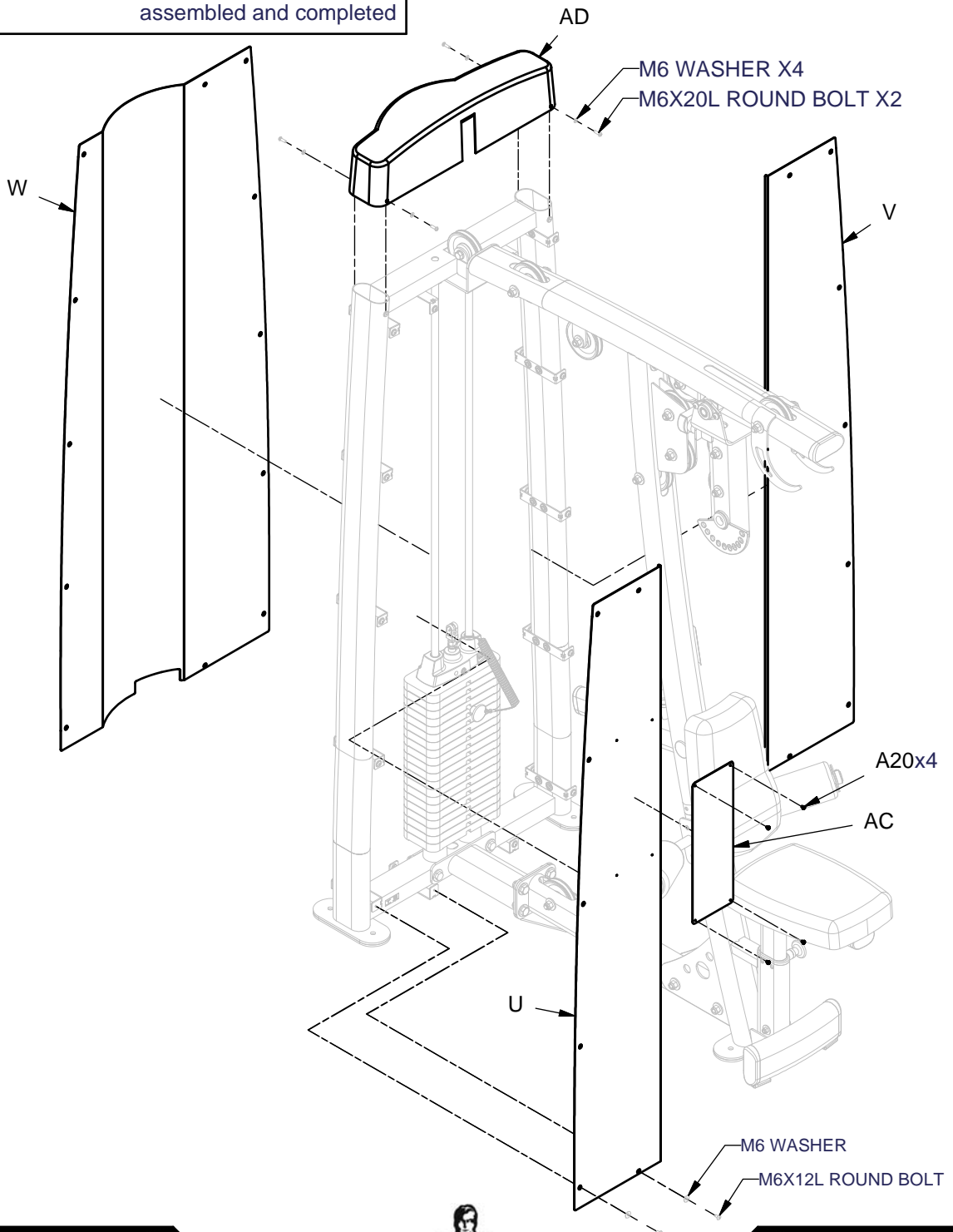


DETAIL VIEW

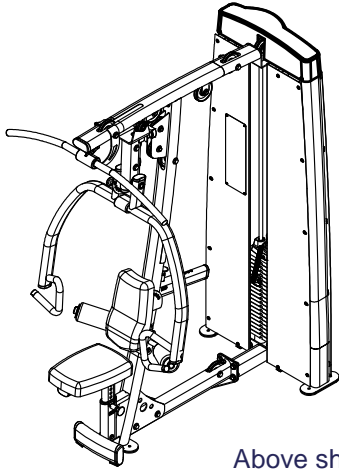
# DPLS ASSEMBLY INSTRUCTIONS



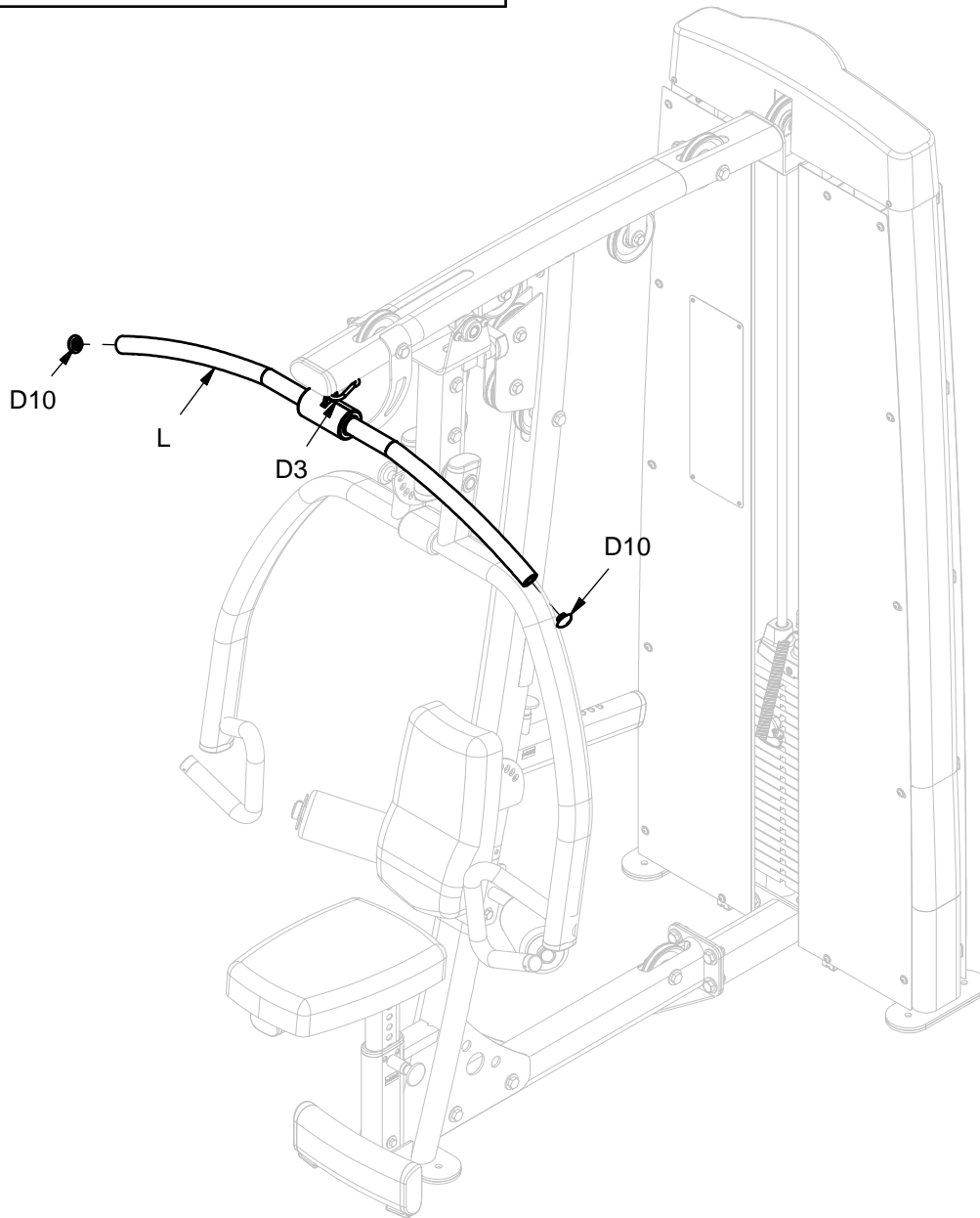
Above shows STEP 10  
assembled and completed



# DPLS ASSEMBLY INSTRUCTIONS

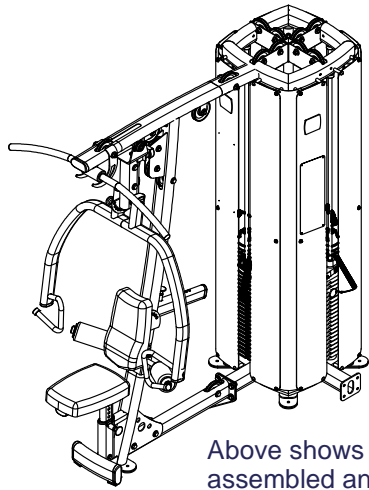


Above shows STEP 11  
assembled and completed

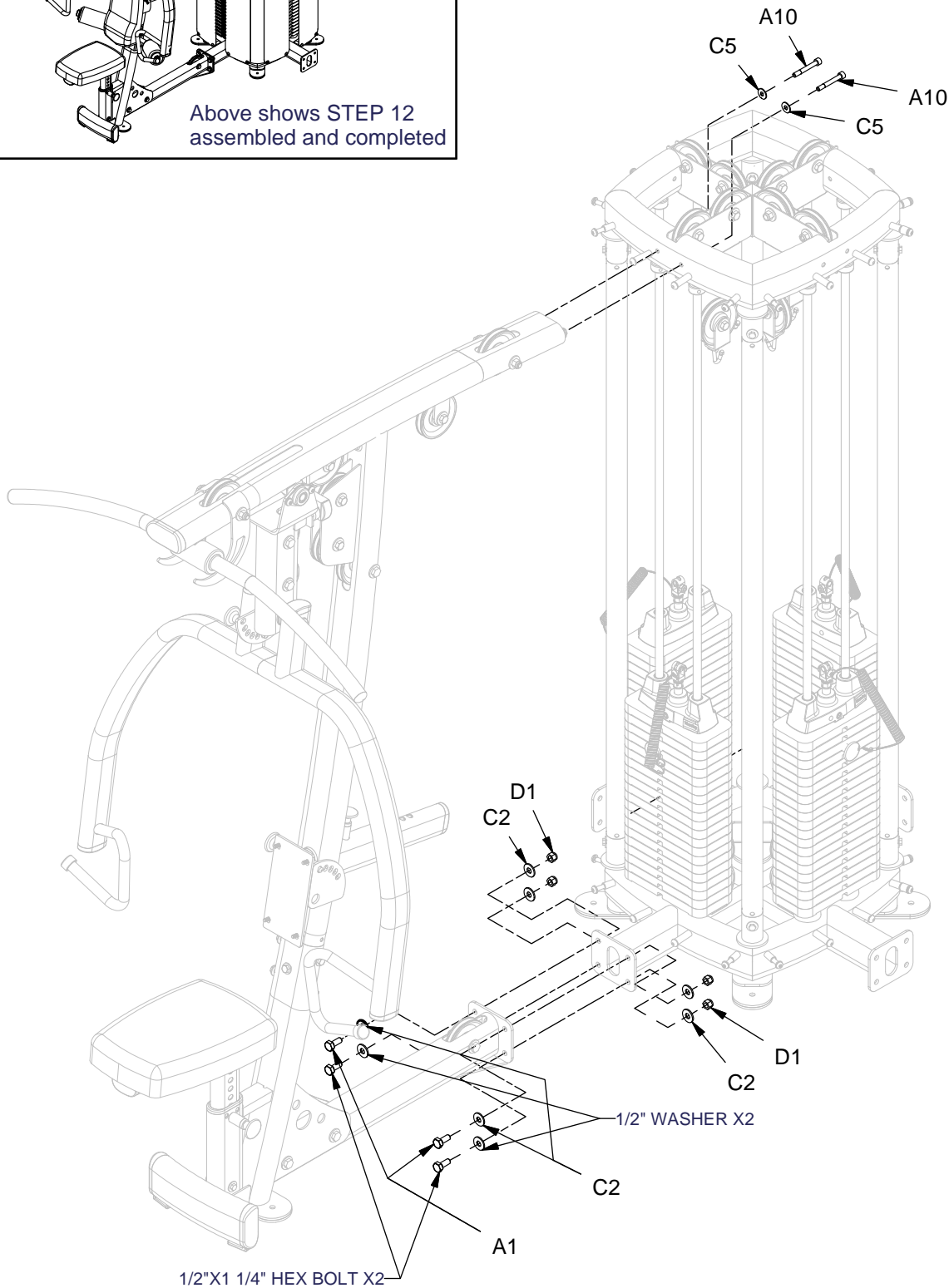




# DPLS ASSEMBLY INSTRUCTIONS



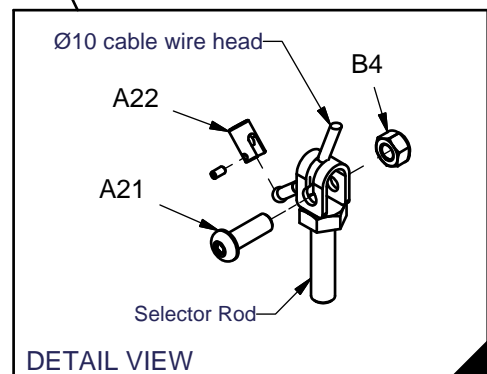
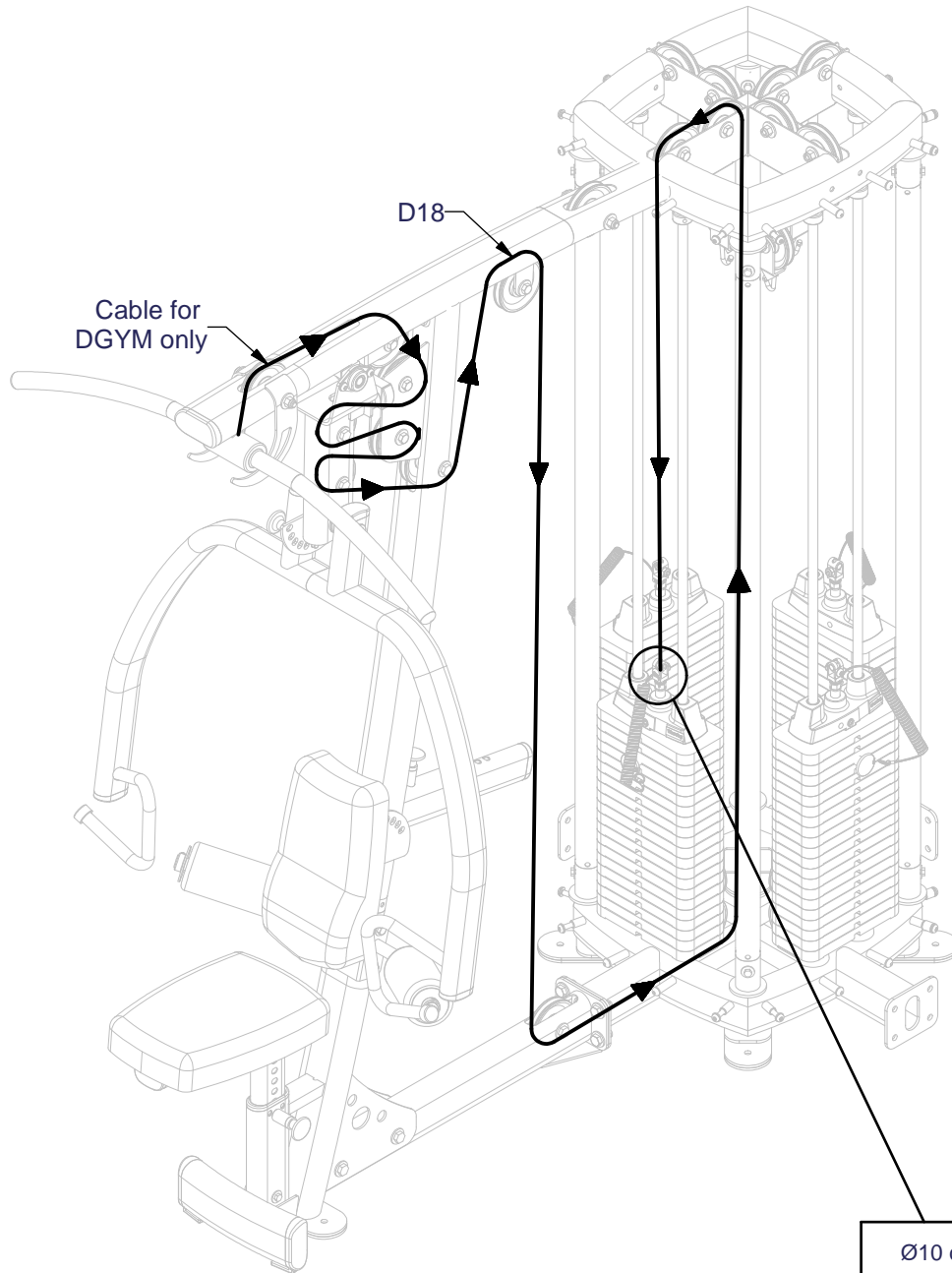
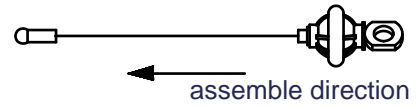
Above shows STEP 12 assembled and completed



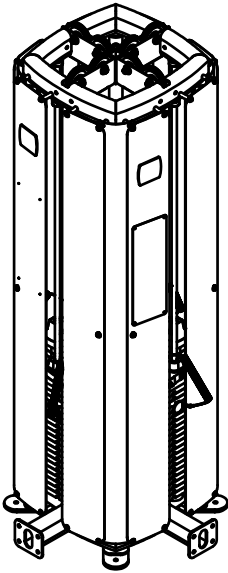
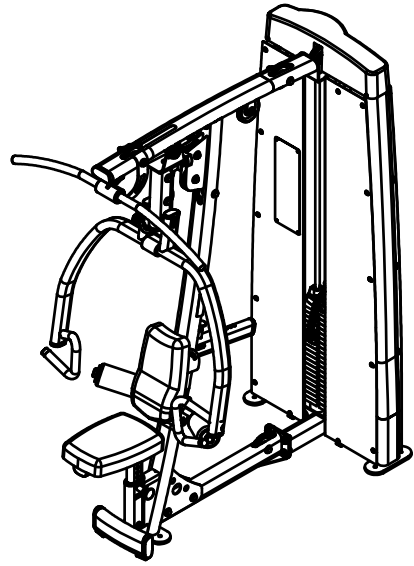
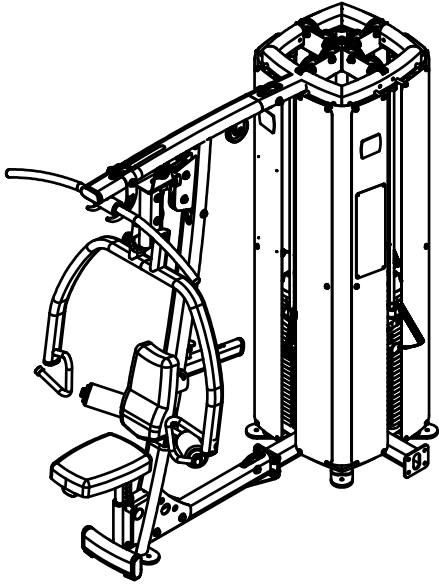
# DPLS ASSEMBLY INSTRUCTIONS

Cable to match illustration

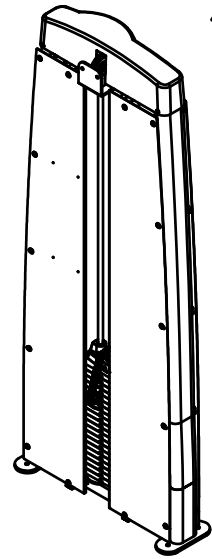
D18



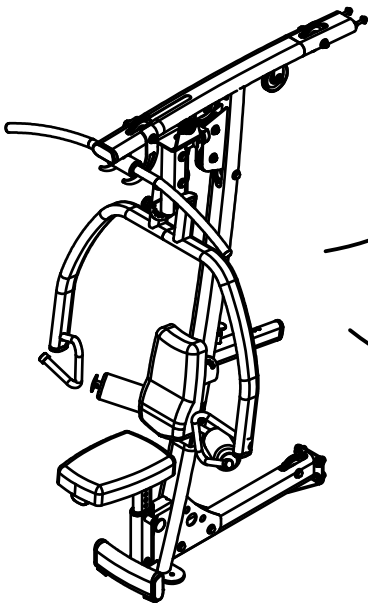
# DPLS ASSEMBLY INSTRUCTIONS



DGYM



DFC



[k]

