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.
• SAFETY INSTRUCTIONS.................................. PAGE 4
• PREPARATION............................................ PAGE 5
• HARDWARE ILLUSTRATION............................... PAGE 6
• PART / HARDWARE LIST.................................... PAGE 7
• ASSEMBLY INSTRUCTIONS.............................. PAGE 8
• EXPLODED VIEW........................................... PAGE 15
• CONTACT PAGE............................................ PAGE 16
**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 medical 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.

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**When using exercise equipment, you should always take basic precautions, including the following:**

- Read all instructions before using the GPR400. 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 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 GPR400 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The GPR400 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 Power Rack.

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 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 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. 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
Thank you for purchasing the GPR400. This Product is part of the Body-Solid line of quality strength training machines, which lets 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.

**Preparation**

**Required Tools**

The basic tools that you must obtain before assembling the GPR400 include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

**Installation Requirements**

Follow these installation requirements when assembling the GPR400:

Set up the GPR400 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.

**Assembly Tips**

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

While you may be able to assemble the GPR400 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:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

**CAUTION:** Obtain assistance! If you feel like you can’t assemble the GPR400 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.

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.
Part #1
HEX HEAD BOLT M16x110mm
QTY. 32

Part #2
FLAT HEAD CAP SCREW M6x16mm
QTY. 8

Part #3
REGULAR O.D. WASHER M16
QTY. 56

Part #4
LARGE O.D. WASHER M16
QTY. 8

Part #5
NYLON LOCK NUT
QTY. 32
<table>
<thead>
<tr>
<th>Part#</th>
<th>Qty</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>2</td>
<td>BASE FRAME</td>
</tr>
<tr>
<td>B</td>
<td>4</td>
<td>UPRIGHT</td>
</tr>
<tr>
<td>C</td>
<td>2</td>
<td>TOP SIDE FRAME</td>
</tr>
<tr>
<td>D</td>
<td>1</td>
<td>CHIN UP BAR</td>
</tr>
<tr>
<td>E</td>
<td>1</td>
<td>TOP REAR FRAME</td>
</tr>
<tr>
<td>F</td>
<td>8</td>
<td>STEEL PLATE</td>
</tr>
<tr>
<td>G</td>
<td>2</td>
<td>PIPE</td>
</tr>
<tr>
<td>H</td>
<td>2</td>
<td>CHROME PIN</td>
</tr>
<tr>
<td>J</td>
<td>1</td>
<td>RIGHT J-CUP</td>
</tr>
<tr>
<td>K</td>
<td>1</td>
<td>LEFT J-CUP</td>
</tr>
<tr>
<td>1</td>
<td>32</td>
<td>M16x110mm HEX HEAD BOLT</td>
</tr>
<tr>
<td>2</td>
<td>8</td>
<td>M6x16mm FLAT HEAD CAP SCREW</td>
</tr>
<tr>
<td>3</td>
<td>56</td>
<td>M16 REGULAR O.D WASHER</td>
</tr>
<tr>
<td>4</td>
<td>8</td>
<td>M16 LARGE O.D WASHER</td>
</tr>
<tr>
<td>5</td>
<td>32</td>
<td>M16 NYLON LOCK NUT</td>
</tr>
<tr>
<td>6</td>
<td>2</td>
<td>PULL PIN</td>
</tr>
<tr>
<td>7</td>
<td>2</td>
<td>120x55mm PLASTIC INSERT</td>
</tr>
<tr>
<td>8</td>
<td>2</td>
<td>55x55mm PLASTIC INSERT</td>
</tr>
<tr>
<td>9</td>
<td>12</td>
<td>PROTECTIVE FILM</td>
</tr>
</tbody>
</table>
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 tightened to fully go on.

1A. Attach Steel Plates (F) to both Base Frames (A) using:
8 - (#1) M16x110mm Hex Head Bolt
16 - (#3) M16 Regular O.D. Washer
8 - (#5) M16 Nylon Lock Nut

NOTE #1:
Please refer to the drawing for the correct bolt hole locations.

1B. Attach Uprights (B) to Steel Plates (F) using:
8 - (#1) M16x110mm Hex Head Bolt
16 - (#3) M16 Regular O.D. Washer
8 - (#5) M16 Nylon Lock Nut

NOTE #2:
It is recommended to install the equipment with at least two persons.
Above shows Step 1 assembled and completed.

Note #1

Front of Rack
STEP 2

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

**NOTE:**
Wrench tighten ALL hardware at the end of STEP 2C. 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 Top Side Frames (C) to Front Uprights (B) using:
- 4 - (#1) M16x110mm Hex Head Bolt
- 8 - (#3) M16 Regular O.D. Washer
- 4 - (#5) M16 Nylon Lock Nut

2B. Attach Top Side Frames (C), Top Rear Frame (E) and Rear Uprights (B) together using:
- 8 - (#1) M16x110mm Hex Head Bolt
- 12 - (#3) M16 Regular O.D. Washer
- 4 - (#4) M16 Large O.D. Washer
- 8 - (#5) M16 Nylon Lock Nut

2C. Attach Chin Up Bar (D) to Top Side Frames (C) using:
- 4 - (#1) M16x110mm Hex Head Bolt
- 4 - (#3) M16 Regular O.D. Washer
- 4 - (#4) M16 Large O.D. Washer
- 4 - (#5) M16 Nylon Lock Nut

**NOTE:**
It is recommended to install the equipment with at least two persons.
Above shows Step 2 assembled and completed.
Be careful to assemble all components in the sequence they are presented.

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

### Adjustable J Cups and Pipe & Pin Safeties

**3A.** Attach Left & Right J Cups (K & J) to uprights (D).

**3B.** Hold Pipes (G) between the Uprights of the Rack (B) and Insert the Chrome Pins (H) into the Pipes (G) and Uprights (B).

**3C.** Insert the Pull Pins (#6) into the end of the Chrome Pins (H).
Above shows Step 3 assembled and completed.
GPR400

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # 015296-                          -                          -                          -                          -

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

www.bodysolid.com

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