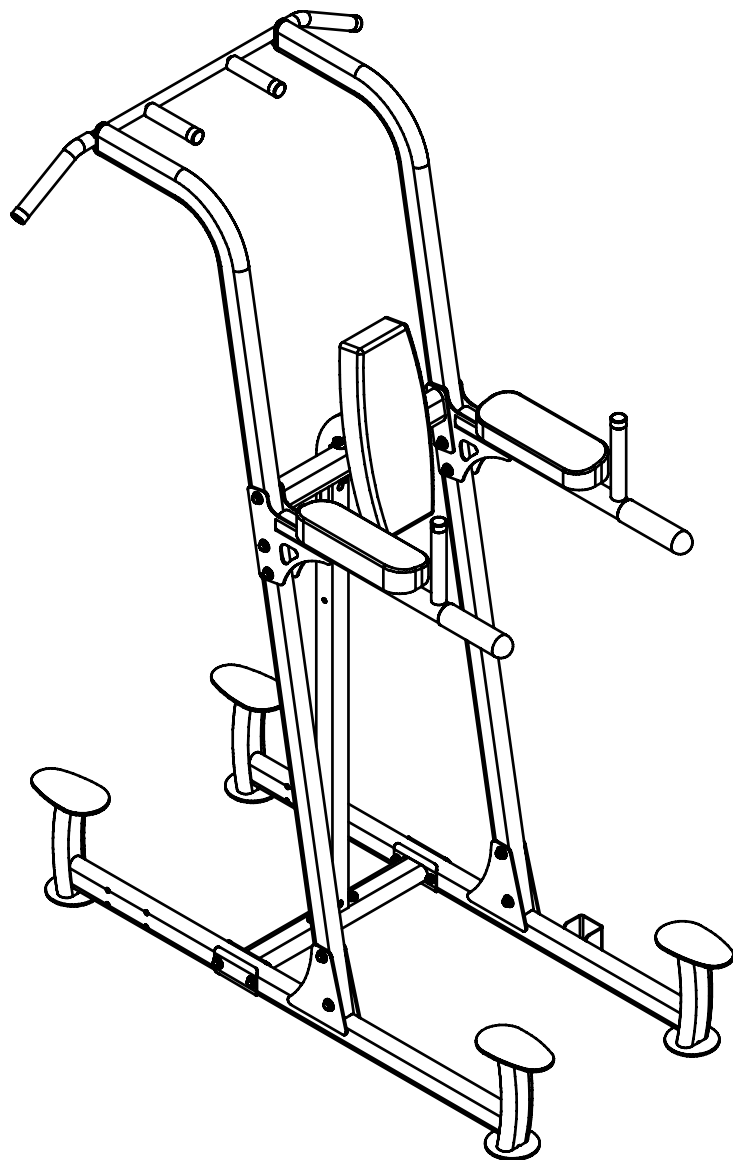


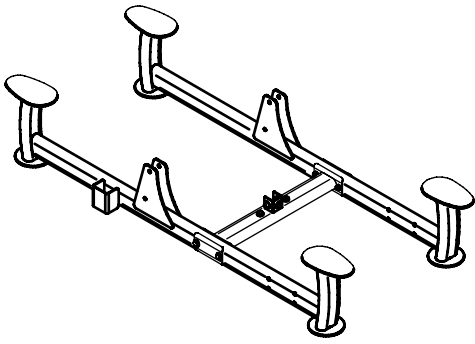
Body-Solid



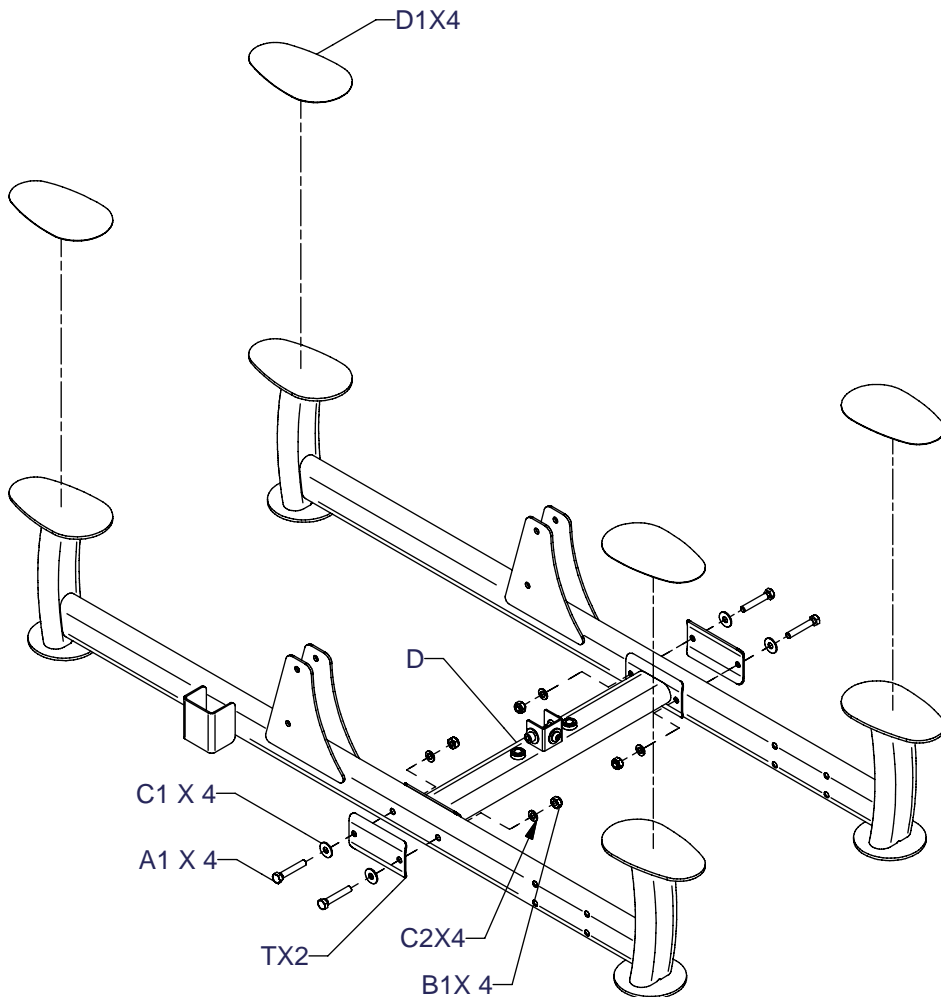
BODY-SOLID, Inc
1900 S.Des Plaines Ave.
Forest Park, IL 60130 USA
Phone:(708)427-3555
Fax:(708)427-3556
www.bodysolid.com

FCD OWNER'S MANUAL

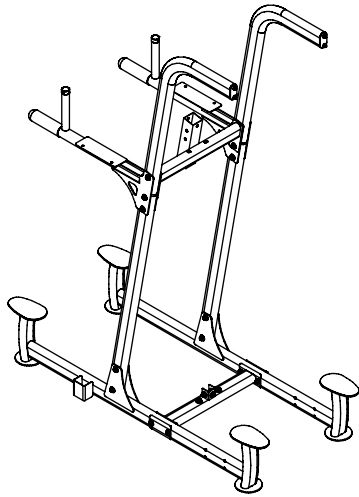
FCD ASSEMBLY INSTRUCTIONS



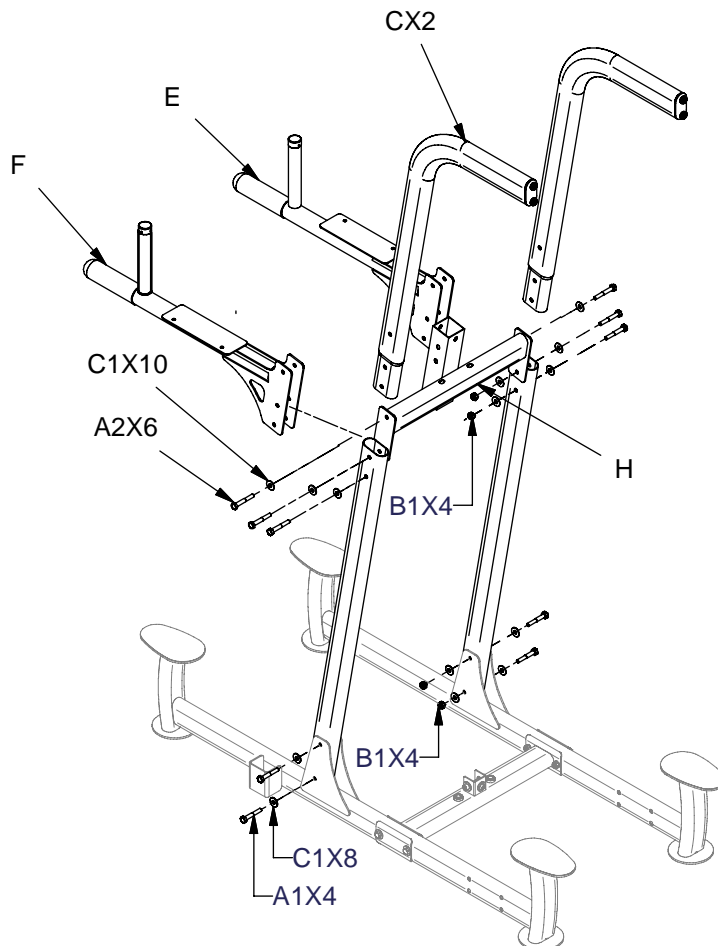
Above shows STEP1
assembled and completed



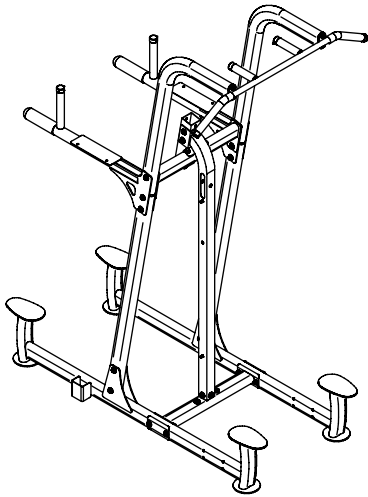
FCD ASSEMBLY INSTRUCTIONS



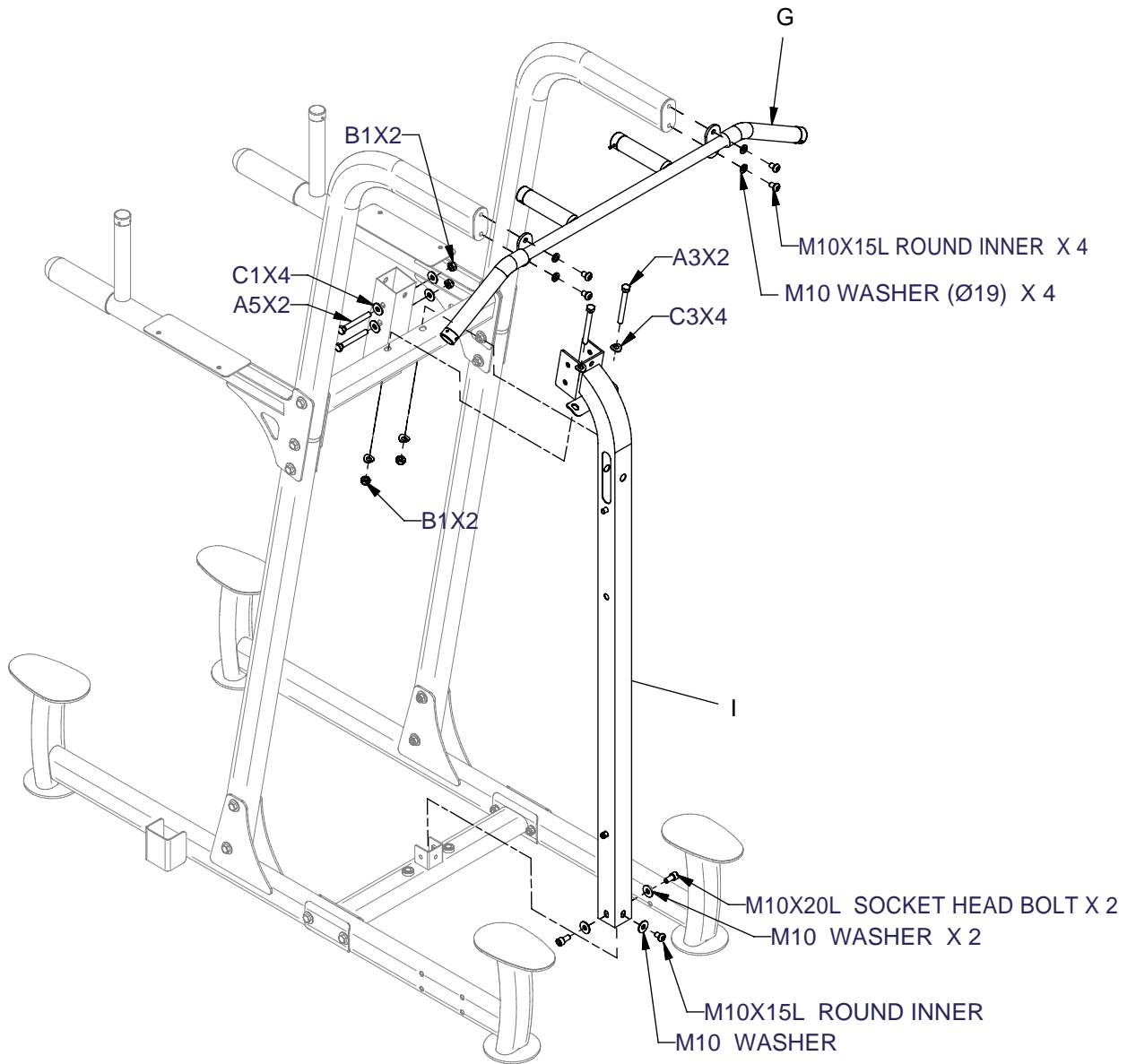
Above shows STEP2
assembled and completed



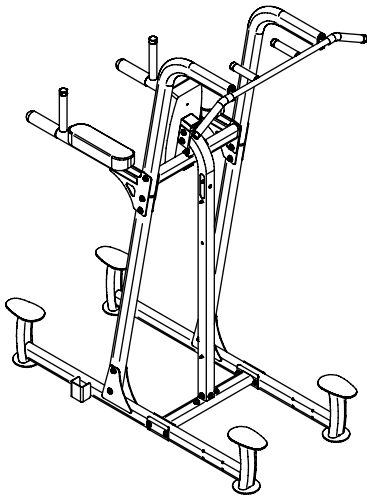
FCD ASSEMBLY INSTRUCTIONS



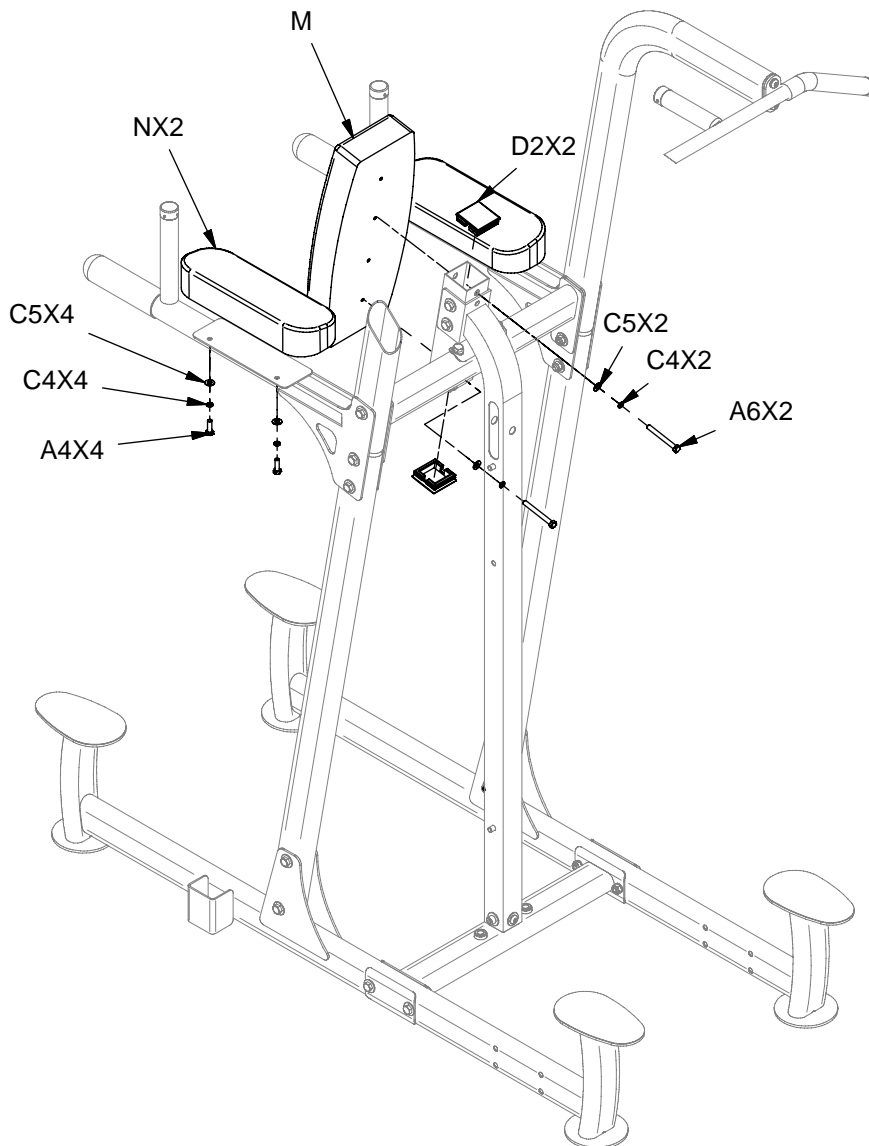
Above shows STEP3
assembled and completed



FCD ASSEMBLY INSTRUCTIONS

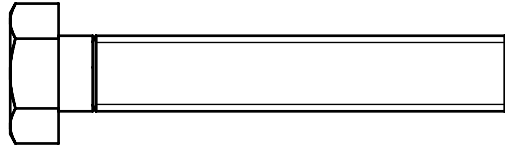
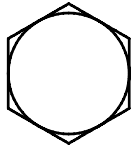


Above shows STEP4
assembled and completed

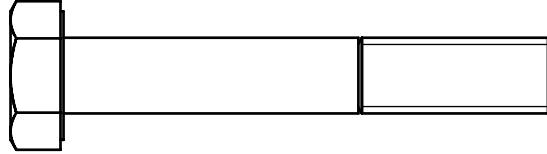
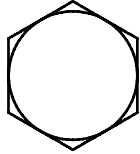


FCD HARDWARE ILLUSTRATION SHEET

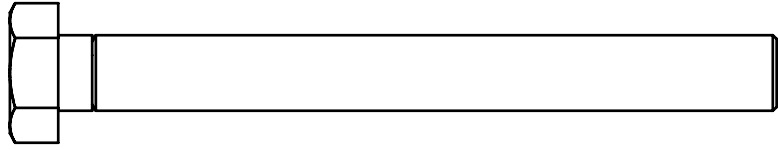
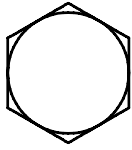
A1.M10X60L HEX HEAD BOLT-----[8PCS]



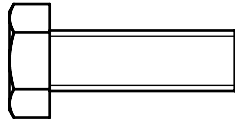
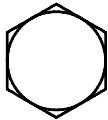
A2.M10X65L HEX HEAD BOLT-----[6PCS]



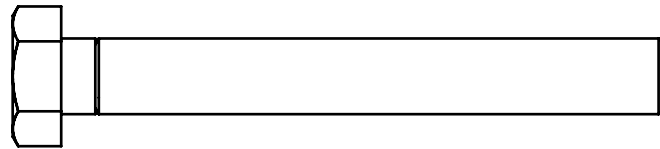
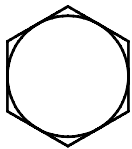
A3.M10X95L HEX HEAD BOLT-----[2PCS]



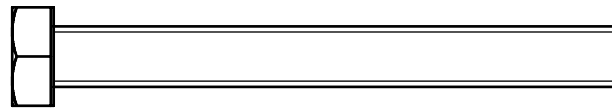
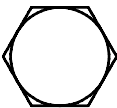
A4.M8X25L HEX HEAD BOLT-----[4PCS]



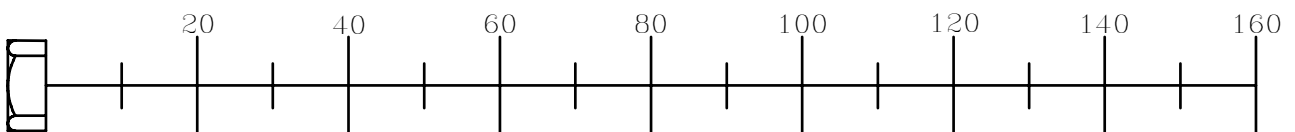
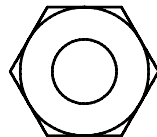
A5.M10X80L HEX HEAD BOLT-----[2PCS]



A6.M8X75L HEX HEAD BOLT-----[2PCS]

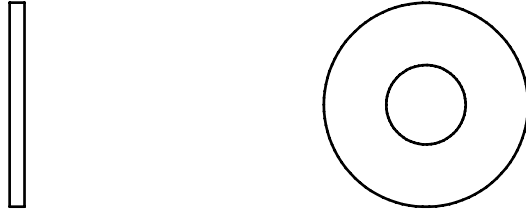


B1.M10 NYLON LOCK NUT-----[16PCS]



FCD HARDWARE ILLUSTRATION SHEET

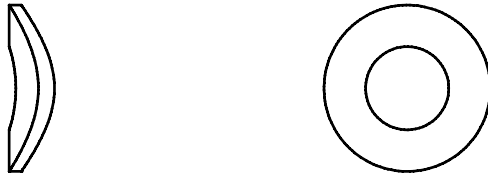
C1.M10 WASHER-----[26PCS]



C2.M10 WASHER (Ø19)-----[4PCS]



C3.M10 ARC WASHER-----[4PCS]



C4.M8 SPRING LOCK WASHER-----[6PCR]



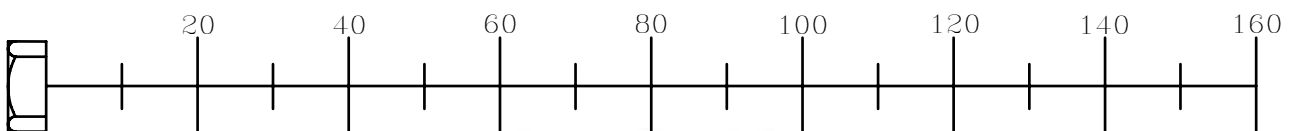
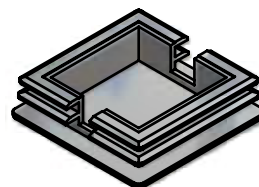
C5.M8 WASHER-----[6PCR]



D1.NON SKID TAPE -----[4PCS]

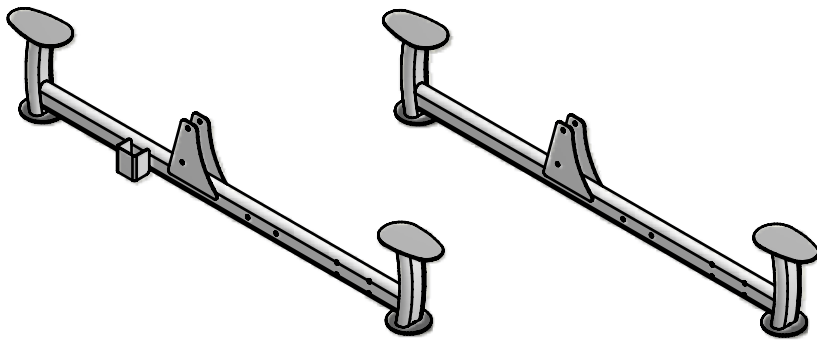


D2.END CAP-----[2PCS]

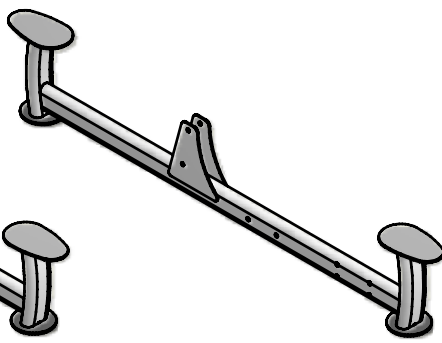


FCD PARTS ILLUSTRATION SHEET

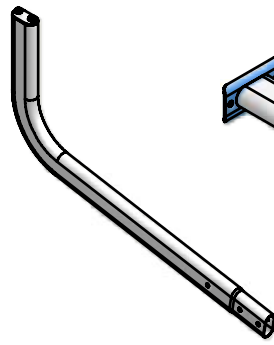
A[1PCS]



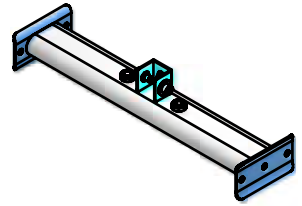
B[1PCS]



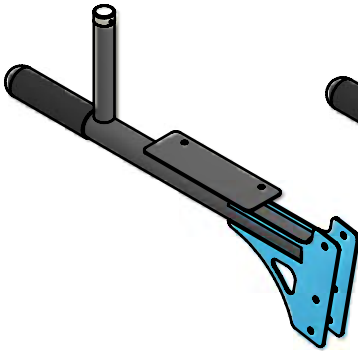
C[2PCS]



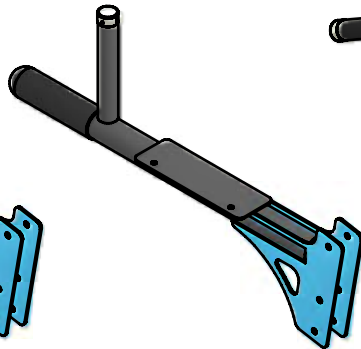
D[1PCS]



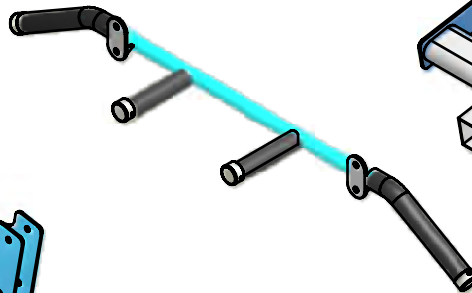
E[1PCS]



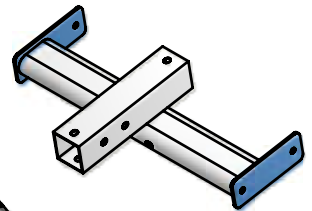
F[1PCS]



G[1PCS]



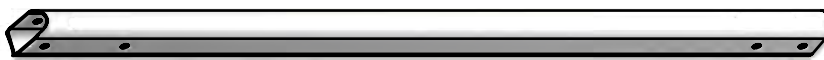
H[1PCS]



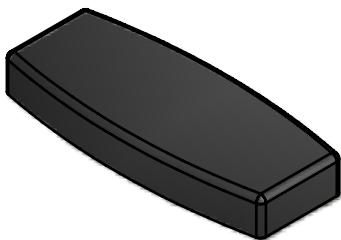
I[1PCS]



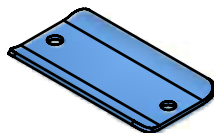
Y[2PCS]



M[1PCS]



T[2PCS]



N[2PCS]

