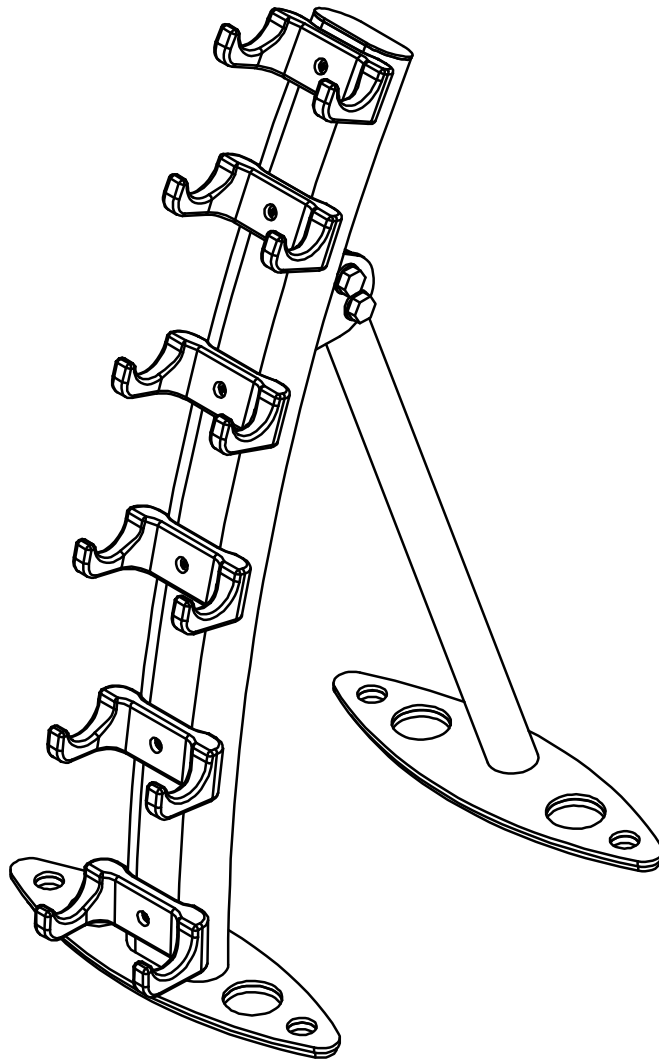


# Body-Solid®

Built for Life

GDR10



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# Before You Begin



## Retain this Owner's Manual for future reference!

*To maximize your use of the equipment please study this Owner's Manual thoroughly. Please retain this manual for future reference or parts information.*

Thank you for purchasing the GDR10.

### Unpacking the Equipment

The GDR10 is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Carefully unpack the box and lay the pieces on the floor near the area where you plan to use the rack.

After assembly, you should check all functions to ensure correct operation. If you experience problems, or if any items are missing, 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 unit. 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](http://www.bodysolid.com) or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service, *M-F 8:30am-5:00pm CST*, at one of the following:



**Toll Free: (800) 556-3113**

**Local: (708) 427-3555**

**Fax: (708) 427-3556**



**E-mail: [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**

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.

Any Questions?  
Call (800) 556-3113

# Assembly Instructions



**Assembly of the GDR10 takes professional installers about ½ hour to complete.**

*Professional installers are highly recommended!*

*If this is the first time you have assembled this type of equipment, plan on significantly more time. However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.*

## Assembly Tips

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the GDR10 using the illustrations only, important safety notes and other tips are included in the text.

## Required tools

The basic tools that you must obtain before assembling the GDR10 include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Standard / Metric Allen Key Set
- Phillips / Flathead Screwdriver

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

## IMPORTANT!

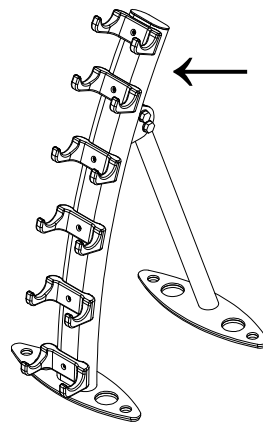
To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head) using the ruler below.

**The GDR10 has a maximum weight limit of 40lbs. for the entire unit.**

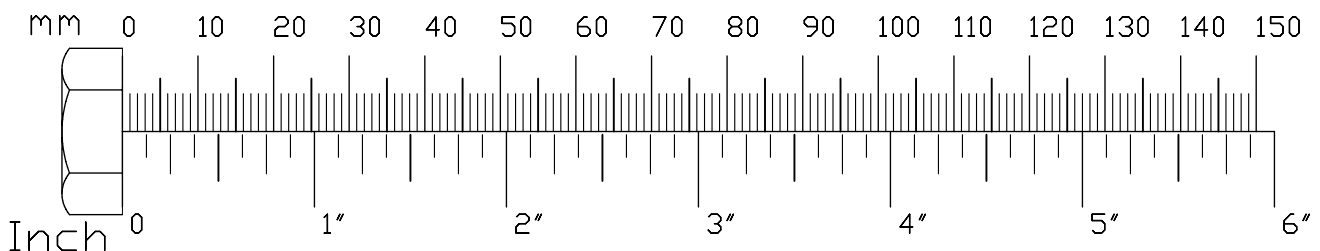
## Ordering Replacement Parts

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



**YOUR S/N # CAN  
BE FOUND HERE  
ON BACK.**

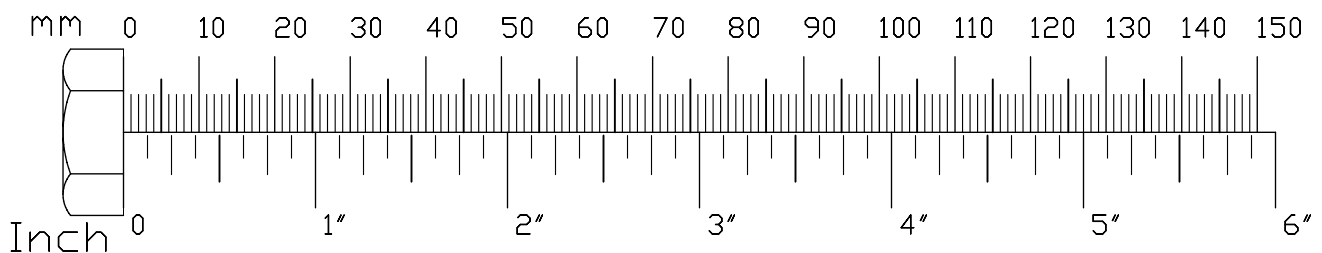


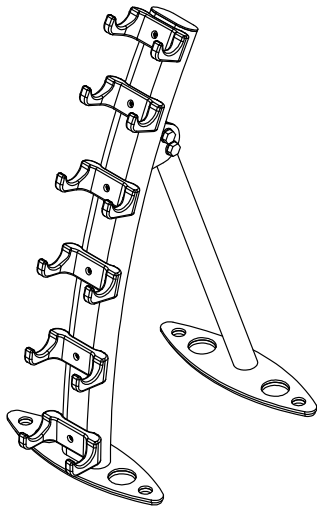
# STEP

# 1

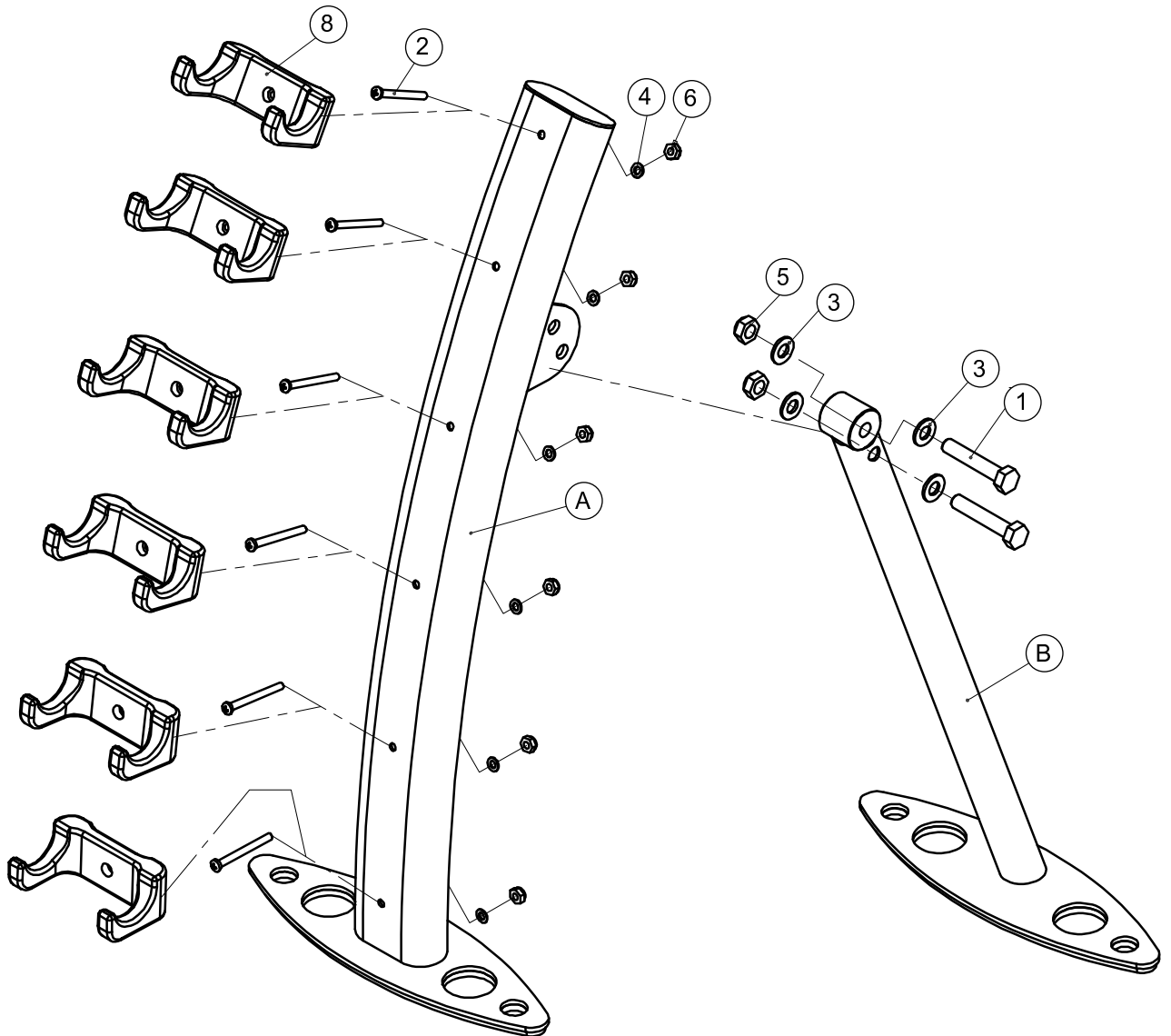
**Be careful to assemble all components in the sequence they are presented.**

- A. Connect Rear Frame (B) to Main Frame (A) using:
  - Two 1 (M8x45 hex head bolt)**
  - Four 3 (M8 washer)**
  - Two 5 (M8 nylon nut)**
  
- B. Connect six Plastic Dumbbell Holders (8) to Main Frame (A) using for each Plastic Dumbbell Holder (8):
  - One 2 (M4x40 phillips head bolt)**
  - One 4 (M4 washer)**
  - One 6 (M4 nylon nut)**





Above shows Step 1 assembled and completed.



## Hardware List

<b>Part#</b>	<b>Qty</b>	<b>Description</b>	<b>Size</b>
A	1	MAIN FRAME	
B	1	REAR FRAME	
1	2	HEX HEAD BOLT	M8x45
2	6	PHILLIPS HEAD BOLT	M4x40
3	4	WASHER	M8
4	6	WASHER	M4
5	2	NYLON NUT	M8
6	6	NYLON NUT	M4
7	1	END CAP	30x60
8	6	PLASTIC DUMBBELL HOLDER	
9	2	PAD	222x62x4

**Part numbers are required when ordering parts.**

# Exploded View Diagram

