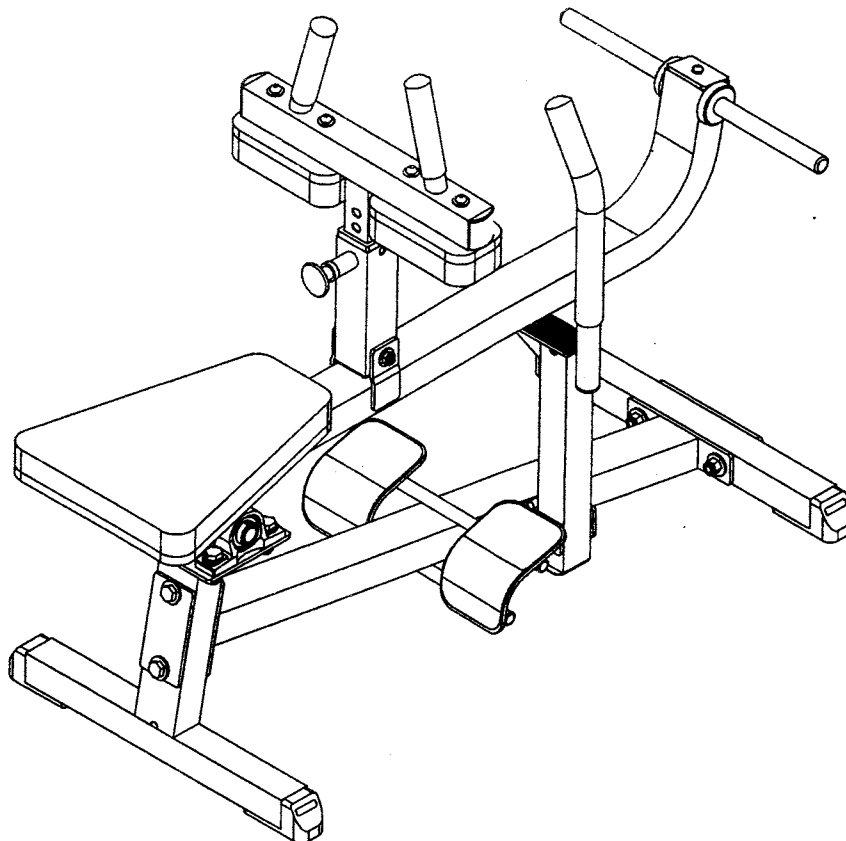
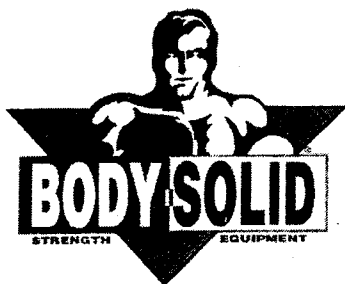


# Body-Solid



## **GSCR349 2X3 SEATED CALF MACHINE**



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## **GSCR349 OWNER'S MANUAL**

# GSCR349 ASSEMBLY INSTRUCTIONS

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# **GSCR349 ASSEMBLY INSTRUCTIONS**

## **GENERAL INSTRUCTIONS**

Thank you for purchasing the Body-Solid equipment. At Body-solid, our goal is to ensure customer satisfaction. If you have any questions about these instructions or have any problems with assembly or parts for this machine, please call our Customer Service Department at 1-800-556-3113.

Prior to assembling any Body-Solid machine, please take the time to read the instructions thoroughly. Please use this manual to make sure that all parts have been included with your shipment. When ordering replacement parts, please refer to the part number and description of each part from this manual. Use only Body-Solid replacement parts when servicing any Body-Solid machine. Failure to do so may void your warranty and could result in personal injury.

Body-Solid equipment is designed to provide the safest, smoothest and most effective workouts possible. After you have finished assembling this product, check all stations to ensure correct operation. If for some reason you experience problems with any functions of this machine, do not continue operation. First, re-check all of the assembly instructions to locate any possible errors made during assembly. If you are not able to correct the problem, contact our Customer Service Department immediately at 1-800-556-3113.

## **TOOLS REQUIRED**

- Socket Wrench
- 5/16", and 1/2" Sockets
- Crescent Wrench
- Rubber Mallet



# **GSCR349 ASSEMBLY INSTRUCTIONS**

## **TRAINING TIPS AND SAFETY INFORMATION**

**Before starting any exercise program, it is recommended that you consult your physician and get a complete physical examination. There is a risk assumed by individuals who use this type of equipment. To minimize risk, follow the rules below.**

- Always consult your physician before starting any exercise program.
- Do not allow children or minors to play on or around the equipment.
- Warm up properly before engaging in any weight training regimen.
- Before using, read all the warning labels and instructions on the use of this machine.
- Do not modify the machine in any way.
- Inspect the machine before use for any damaged, worn or missing parts. If there is any doubt about the ability of this equipment to operate safely, do not use the equipment until it is serviced.
- Exercise with care, performing exercises at a smooth, moderate pace. Never perform jerky or uncoordinated movements that may result in injury.
- Never hold your breath while exercising.
- Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.
- It is recommended that you train with a training partner.
- Keep body and clothing clear of cables and moving parts when the machine is in use.
- Know your limitations. If you are new to resistance training or are starting an exercise routine after a prolonged lay-off, start slowly and build up to a more intense routine.

**Failure to follow these rules may result in serious injury. If unsure about the proper use of the machine, consult your local Body-Solid distributor or call the Body-Solid Customer Service department at 1-800-556-3113.**

# GSCR349 ASSEMBLY INSTRUCTIONS

## INSPECTIONS AND MAINTENANCE SCHEDULE

There is a risk assumed by individuals who use this type of equipment. To minimize risk, follow the rules below.

- Inspect equipment daily, ensuring that all nuts, bolts and screws are fully tightened.
- Inspect cables daily ensuring they are routed properly and not worn, frayed or stretched. Check and adjust tension on cables daily.
- When using pop-pin adjustments, always make sure the plunger for the pop-pin is securely inserted into an adjustment hole.
- Before performing any exercise, always make sure all ball-pins, ring-pins, pop-pins and selector pins are inserted properly and all snap-links are properly closed.
- Replace worn parts immediately.
- Human perspiration is corrosive. Clean your machine regularly. Wipe down and dry upholstery and frame pieces on a daily basis.
- Every week clean the chrome guide rods with a dry cloth and apply a coat of dry silicon spray or Teflon based spray lubricant.
- Every week clean and lubricate all non-chrome guide rods and all seat posts and adjustments for starting positions.
- Every week check hand grips, rollers and non-skid surfaces for wear.
- Only use Body-Solid parts. Parts from other manufacturers or any other modifications will void the warranty and may result in serious injury.
- Do not use this machine with damaged, worn or missing parts.
- If there is any doubt about the ability of this equipment to operate safely, do not use the equipment until it is serviced.
- Please ensure that all warning stickers are visible and acknowledged by users of the equipment.

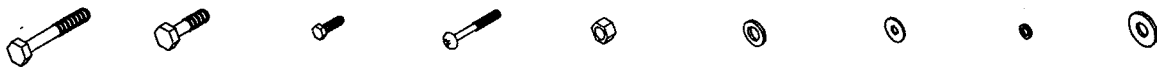
**Failure to follow these rules may result in serious injury. If unsure about the proper use of the machine, consult your local Body-Solid distributor or call the Body-Solid Customer Service department at 1-800-556-3113.**

# GSCR349 ASSEMBLY INSTRUCTIONS

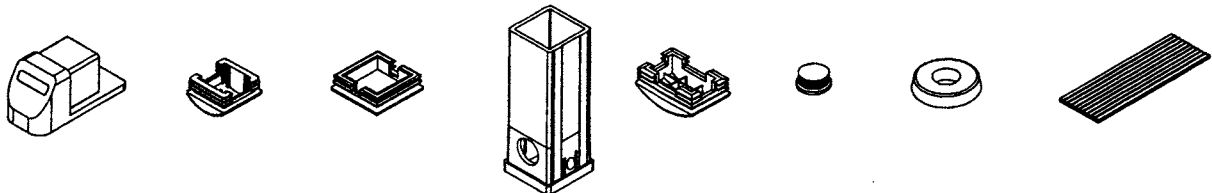
## HARDWARE ILLUSTRATION

	Qty.
A1. M12X80 HEX HEAD BOLT -----	[4PCS]
A2. M12X45 HEX HEAD BOLT -----	[4PCS]
A3. 5/16"X1" HEX HEAD BOLT -----	[4PCS]
A4. 5/16"X2 3/4" ROUND BOLT -----	[4PCS]
B1. M12 NYLON LOCK NUT -----	[8PCS]
C1. M12X $\phi$ 25 (I.D)WASHER -----	[4PCS]
C2. 5/16" (I.D)WASHER -----	[8PCS]
C3. 5/16" SPRING WASHER -----	[8PCS]
C4. M12 (I.D)WASHER -----	[12PCS]
D1. 2"X2"X2.5t FOOT CAP (9211-025) -----	[4PCS]
D2. 2"X2" END CAP (9211-087) -----	[3PCS]
D3. 60X60 END CAP (9211-049) -----	[1PCS]
D4. 60X45 NYLON BUSHING (9211-047) -----	[1PCS]
D6. 50X75 END CAP (9211-084) -----	[1PCS]
D7. $\phi$ 31.8 ROUND END CAP (9211-017) -----	[1PCS]
D8. $\phi$ 2 1/2" RUBBER DOUNT (9310-011) -----	[2PCS]
D9. 50X144 RUBBER PAD (9310-044A) -----	[1PCS]
D10. 120X195 RUBBER PAD (9310-041) -----	[2PCS]
D13. $\phi$ 31.8 ROUND END CAP (9211-023) -----	[3PCS]

A1      A2      A3      A4      B1      C1      C2      C3      C4

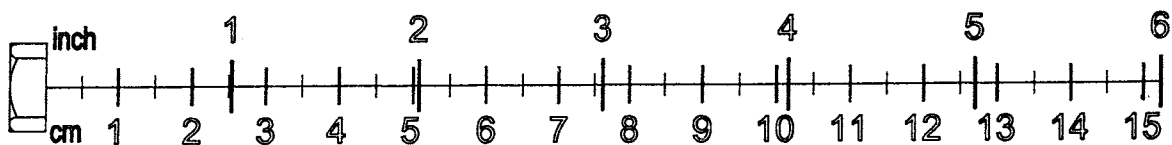
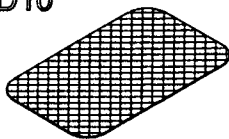


D1      D2      D3      D4      D6      D7      D8      D9



D10

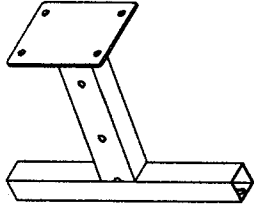
D13



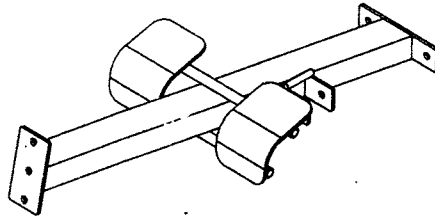
# GSCR349 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION

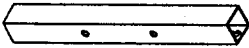
A [1PCS]



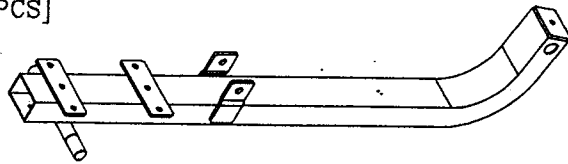
B [1PCS]



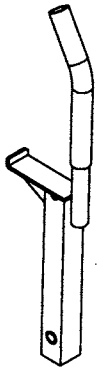
C [1PCS]



D [1PCS]



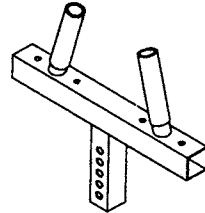
E [1PCS]



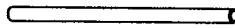
F [1PCS]



G [1PCS]



H [1PCS]



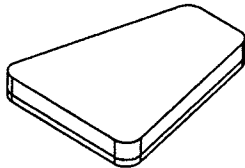
I [1PCS]  
8312-077



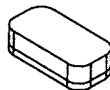
J [1PCS]  
8313-066



K [1PCS]  
9122-007



L [2PCS]  
9132-001



M [2PCS]  
8510-005



# GSCR349 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 1

*\*\*Note : Do Not fully tighten frame bolts and nuts until after completing Step 1*

The following Parts and Hardware will be needed to complete Step 1

Parts Description			Hardware Description		
<u>Qty</u>	<u>Part</u>	<u>Part Description</u>	<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	A	Back Frame	4	A1	M12x80 hex head bolt
1	B	Middle Frame	4	B1	M12 nylon lock nut
1	C	Front Frame	8	C4	M12 ID washer
1	I	Front Support Plate	4	D1	2"x2" foot caps
1	J	Back Support Plate	2	D10	rubber pad

### Step by Step

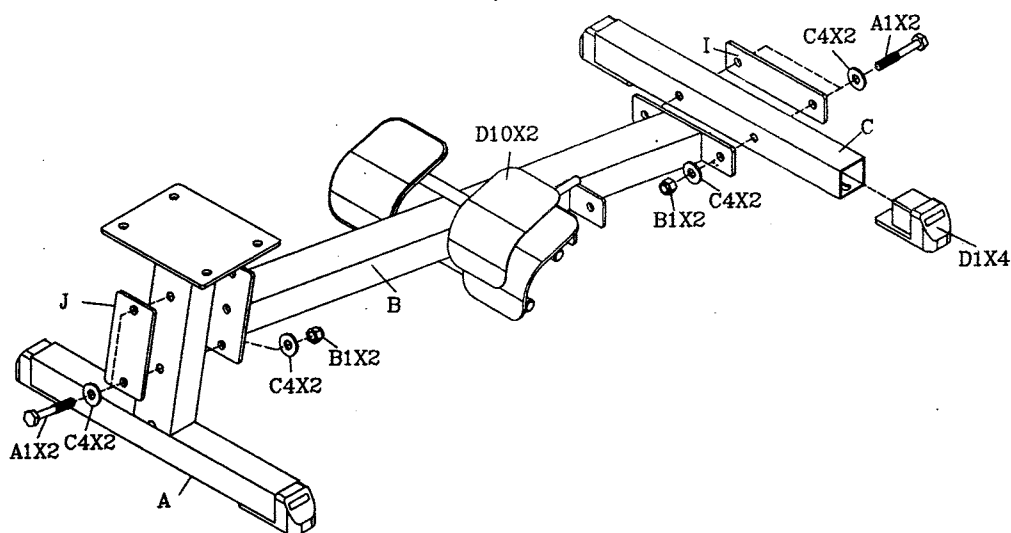
1. Attach 4 (D1) - Foot Caps to (A) - Back Frame and (C) - Front Frame
2. Attach (C) - Front Frame and (I) - Front Support Plate to (B) - Middle Frame
3. Attach (A) - Back Frame and (J) - Back Support Plate to (B) - Middle Frame

**\*\*Securely Tighten All Frame Bolts Used in Steps 1**



# GSCR349 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 1



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 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.

RAL2-11-98

# GSCR349 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 2

*\*\*Note : Do Not fully tighten frame bolts and nuts until after completing Step 2*

The following Parts and Hardware will be needed to complete Step 2

Parts Description			Hardware Description		
Qty	Part	Part Description	Qty	Part	Part Description
1	D	Pivot Frame	4	A2	M12x45 hex head bolt
1	E	Safety Catch	4	A3	5/16"x1" hex head bolt
1	H	Weight Post	4	B1	M12 nylon lock nut
1	K	Seat Pad	4	C1	M12x $\phi$ 25 ID washer
2	M	Pillow Block Bearings	4	C2	5/16" ID washer
			4	C3	5/16" spring washer
			4	C4	M12 ID washer
			1	D2	2"x2" end cap
			1	D6	50x75 end cap
			1	D7	$\phi$ 31.8 round end cap
			2	D8	2 1/2" rubber donut
			1	D9	50x144 rubber pad
			2		M10 nut(pre-assembled)
			1		1/2"x90 shaft(pre-assembled)
			1	D13	$\phi$ 31.8 round end cap

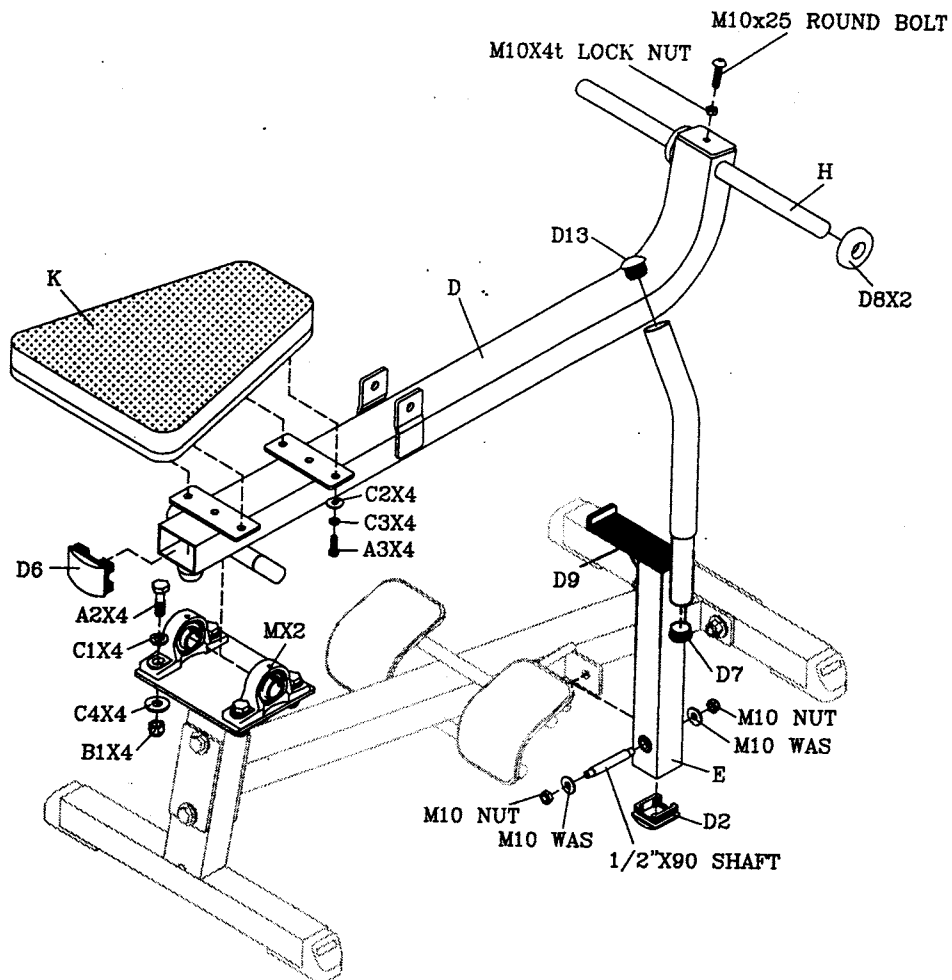
### Step by Step

1. Attach (E) - Safety Catch to (B) - Middle Frame
2. Attach (H) - Weight Post to (D) - Pivot Frame
3. Attach (K) - Seat Pad to (B) - Middle Frame
4. Attach one (M) - Pillow Block Bearing to (A) - Back Frame, next slide (D) - Pivot Frame to the attached (M) - Pillow Block Bearing. Then, attach second (M) - Pillow Block Bearing to (D) - Pivot Frame and (A) - Back Frame

**\*\*Securely Tighten All Frame Bolts Used in Steps 2**

# GSCR349 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 2



# GSCR349 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 3

*\*\*Note : Do Not fully tighten frame bolts and nuts until after completing Step 3*

The following Parts and Hardware will be needed to complete Step 3

### Parts Description

### Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>	<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	F	Adjustable Thigh Frame	4	A4	5/16"x2 3/4" hex head bolt
1	G	Thigh Pad Frame	4	C2	5/16" ID washer
2	L	Thigh Pad	4	C3	5/16" spring washer
			1	D3	60x60 end cap
			1	D4	60x45 nylon bushing
			2	D2	2"x2" end cap
			1		1/2"x109 shaft(pre-assembled)
			2		M10 nylon lock nut
			2	D13	φ 31.8 round end cap

### Step by Step

1. Slide (D4) - nylon bushing into (F) - Adjustable Thigh Frame
2. Attach (F) - Adjustable Thigh Frame to (D) - Pivot Frame
3. Attach 2 (L) - Thigh Pads to (G) - Thigh Pas Frame, ntxt slide (G) - Thigh Pad Frame into (F) - Adjustable Thigh Frame

**\*\*Securely Tighten All Frame Bolts Used in Steps 3**

# GSCR349 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 3

