

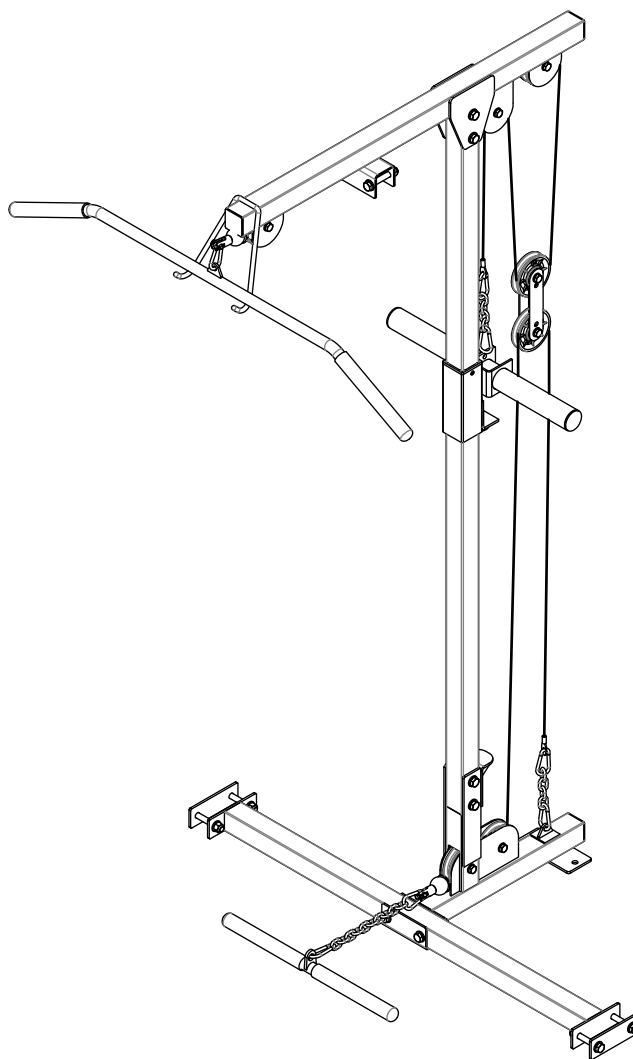
POWERLINE®

by *Body-Solid*

PLA1000

POWER RACK LAT ATTACHMENT

OWNER'S MANUAL



WWW.BODYSOLID.COM

V PLA1000-092018

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/strap 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. RAL8-6-03 WC-54

WARNING

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
Call 1-800-556-3113

MAINTENANCE SCHEDULE

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

	D A I L Y	W E E K L Y
Cables: Check tension, end fittings, and coating	✓	
Check that locking nut at weight stack is tight		✓
Upholstery: Wipe down and dry	✓	
Clean and condition		✓
Frame: Wipe down and dry	✓	
Polish / Wax		✓
Chrome: Wipe down and dry	✓	
Polish / Lubricate		✓
Nuts / Bolts / Fasteners: Tighten and / or adjust as needed		✓
Guide Rods: Lubricate and clean		✓
Linear Rods: Lubricate and clean		✓
Seal Sleeves: Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs		✓
Weight Stack Pins		✓
Warning Instruction Labels		✓
Springs / Pop Pins	✓	
Anti Skid Surfaces		✓
Hand Grips / Rollers		✓

For Body-Solid Customer Service
Call 1-800-556-3113
#MSSTKR0803

PLA 1000

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SAFETY INSTRUCTIONS

**WHEN USING EXERCISE EQUIPMENT,
YOU SHOULD ALWAYS TAKE BASIC
PRECAUTIONS INCLUDING THE
FOLLOWING:**

- Read all instructions before using the PLA1000. 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 serious 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 PLA1000 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PLA1000 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 Powerline Power Rack Lat Attachment.

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 Powerline by 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 Powerline website at www.bodysolid.com or contact an authorized Powerline dealer or a Powerline 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
Email: 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. PART NUMBERS
ARE REQUIRED WHEN ORDERING PARTS.**

PLA1000

PREPARATION

REQUIRED TOOLS

The basic tools that you must obtain before assembling the PLA1000 include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Standard / Metric Allen Key Set

INSTALLATION REQUIREMENTS

Follow these installation requirements when assembling the PLA1000:

Set up the PLA1000 on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

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.

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

ASSEMBLY TIPS

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

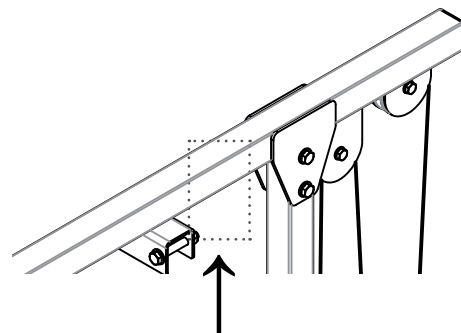
While you may be able to assemble the PLA1000 using the illustrations only, important safety notes and other tips may be included in the text.

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.

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

CAUTION: Obtain assistance! If you feel like you can't assemble the PLA1000 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.



**YOUR S/N # CAN
BE FOUND HERE**

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PART LIST

PART #	QTY	DESCRIPTION
A	1	BASE CROSSMEMBER
B	1	BASE FRAME
C	1	CHROME UPRIGHT
D	1	SLIDING CARRIAGE
E	1	TOP FRAME
F	1	LAT BAR
G	1	LOW ROW BAR
H	2	STEEL BRACKET
J	2	PULLEY BRACKET
1	12	M12X80MM HEX HEAD BOLT
2	1	M10X65MM HEX HEAD BOLT
3	6	M10X45MM HEX HEAD BOLT
4	1	M10 LOCK WASHER
5	24	M12 WASHER
6	15	M10 WASHER
7	12	M12 NYLON LOCKNUT
8	8	M10 NYLON LOCKNUT
9	7	SNAP LINK
10	1	CHAIN, 10 PCS.
11	4	HAND GRIP
12	1	RUBBER BUMPER
13	2	NYLON BUSHING
14	2	PIN
15	2	RETAINER RING
16	7	PULLEY
17	1	TOP CABLE, 3695MM
18	1	LOW CABLE, 2540MM
19	2	CHAIN, 4PCS.

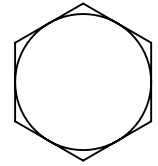
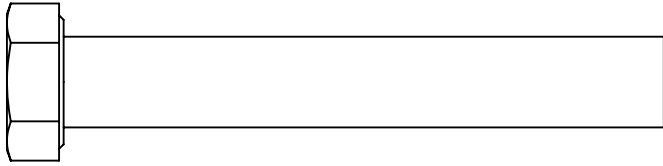
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HARDWARE ILLUSTRATION

PART #1

M12X80MM HEX HEAD BOLT

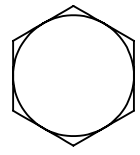
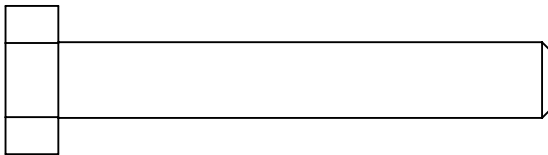
QTY. 12



PART #2

M10X65MM HEX HEAD BOLT

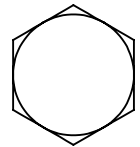
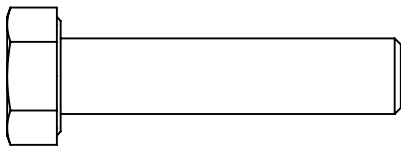
QTY. 1



PART #3

M10X45MM HEX HEAD BOLT

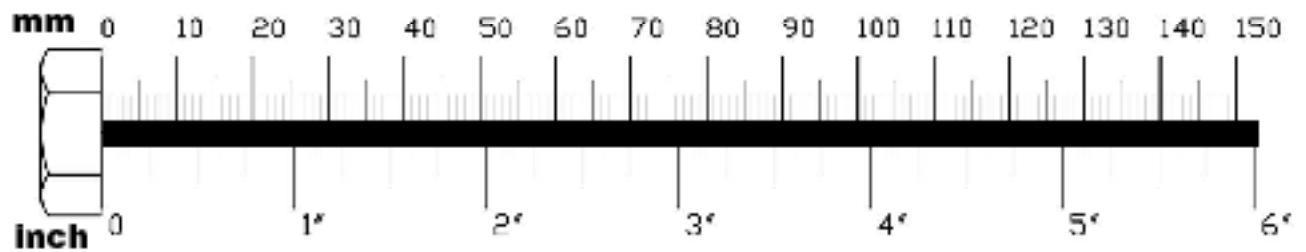
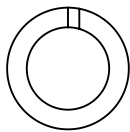
QTY. 6



PART #4

M10 LOCK WASHER

QTY. 1



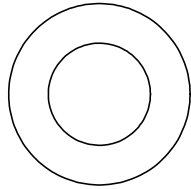
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HARDWARE ILLUSTRATION

PART #5

M12 WASHER

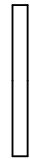
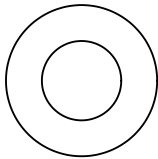
QTY. 24



PART #6

M10 WASHER

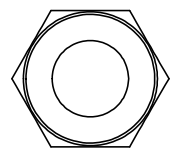
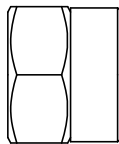
QTY. 15



PART #7

M12 NYLON LOCK NUT

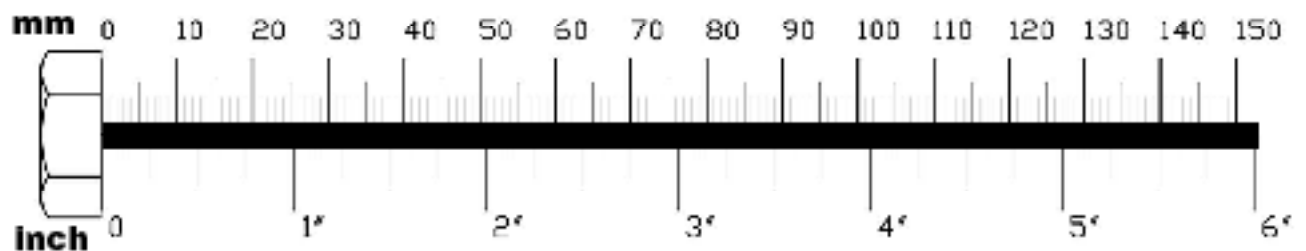
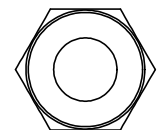
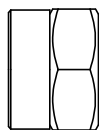
QTY. 12



PART #8

M10 NYLON LOCK NUT

QTY. 8



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NOTE

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STEP 1

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE FIRST. WRENCH TIGHTEN ALL HARDWARE AT THE END OF STEP 1F. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

1A. ATTACH BASE FRAME (B) TO BASE CROSSMEMBER (A) USING:

- 2 - (#1) M12X80MM HEX HEAD BOLT**
- 4 - (#5) M12 FLAT WASHER**
- 2 - (#7) M12 NYLON LOCK NUT**

1B. ATTACH BASE CROSSMEMBER (A) TO THE BASE FRAMES OF THE RACK (L) USING:

- 4 - (#1) M12X80MM HEX HEAD BOLT**
- 8 - (#5) M12 FLAT WASHER**
- 4 - (#7) M12 NYLON LOCK NUT**
- 2 - (H) STEEL PLATE**

NOTE:

PLEASE REFER TO THE DRAWING FOR CORRECT BOLT HOLE LOCATIONS FOR BASE CROSSMEMBER (A). THE BOLT HOLES ARE 3RD & 5TH HOLES FROM THE BACK END OF THE BASE FRAME OF THE POWER RACK.

**1C. ATTACH CHROME UPRIGHT (C) TO BASE FRAME (B) USING:
THE RACK (L) USING:**

- 2 - (#1) M12X80MM HEX HEAD BOLT**
- 4 - (#5) M12 FLAT WASHER**
- 2 - (#7) M12 NYLON LOCK NUT**

1D. INSERT SLIDING CARRIAGE (D) ONTO CHROME UPRIGHT (C).

1E. ATTACH TOP FRAME (E) TO REAR CROSSBAR (N) USING:

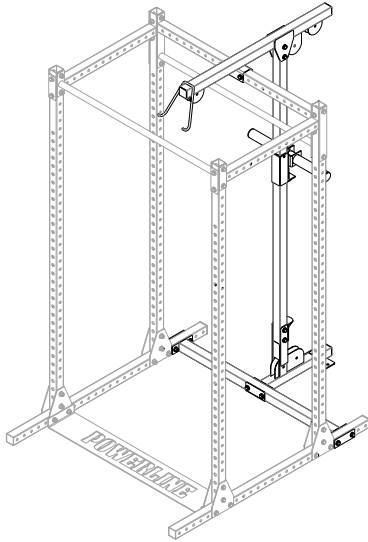
- 2 - (#1) M12X80MM HEX HEAD BOLT**
- 4 - (#5) M12 FLAT WASHER**
- 2 - (#7) M12 NYLON LOCK NUT**

1F. ATTACH TOP FRAME (E) TO CHROME UPRIGHT (C) USING:

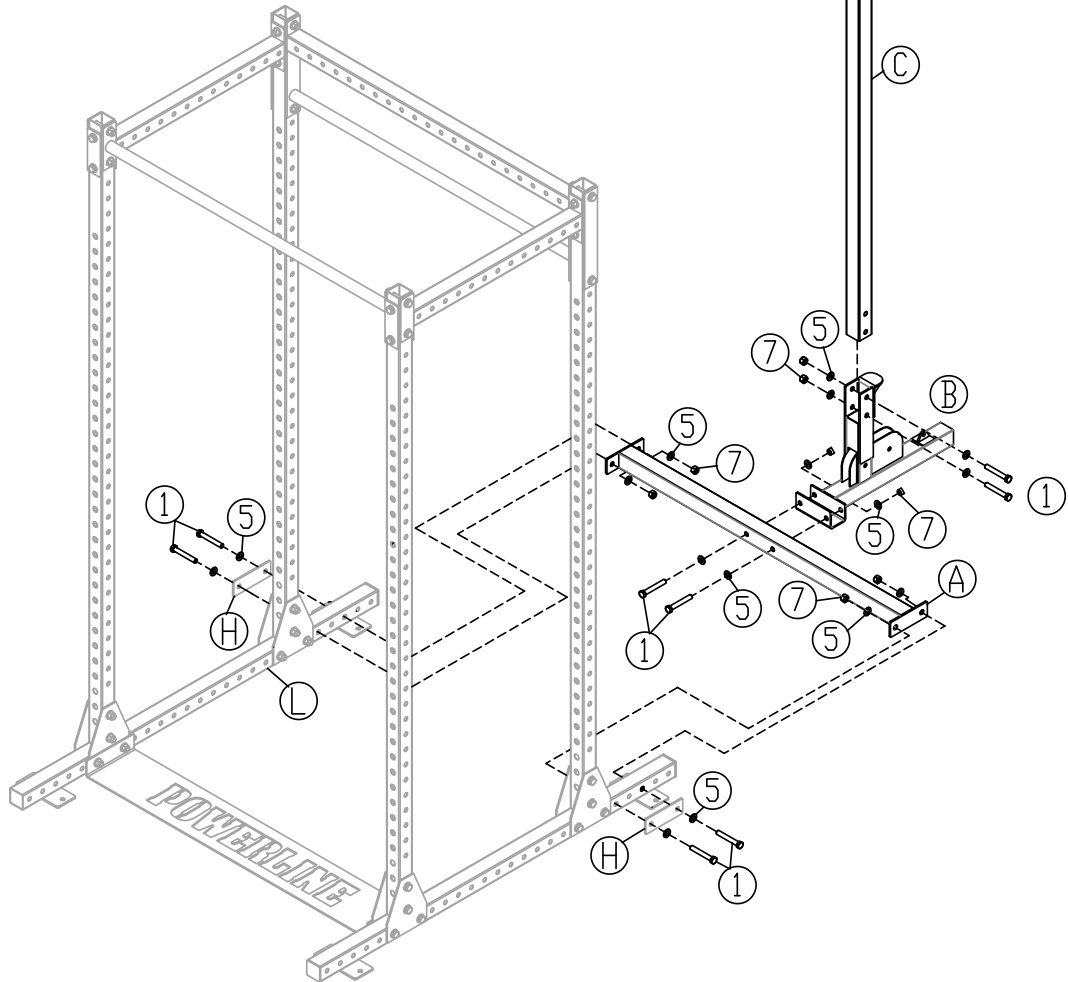
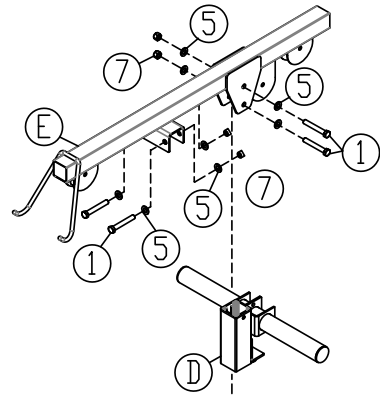
- 2 - (#1) M12X80MM HEX HEAD BOLT**
- 4 - (#5) M12 FLAT WASHER**

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STEP 1



ABOVE SHOWS STEP 1 ASSEMBLED AND COMPLETED



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STEP 2

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

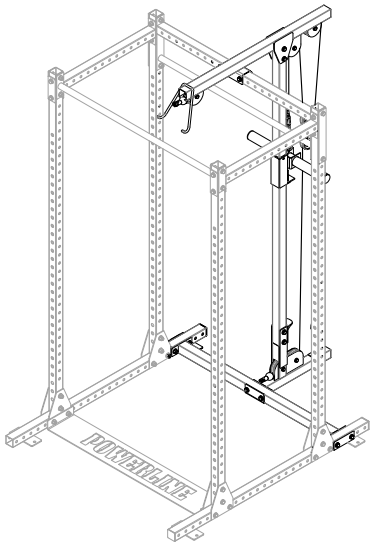
NOTE:

FINGER TIGHTEN ALL HARDWARE FIRST. WRENCH TIGHTEN ALL HARDWARE AT THE END OF STEP 2F. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

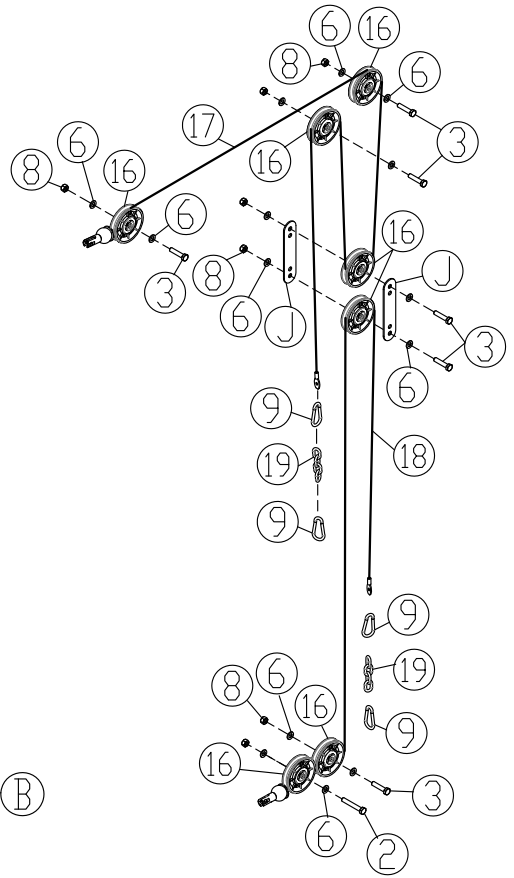
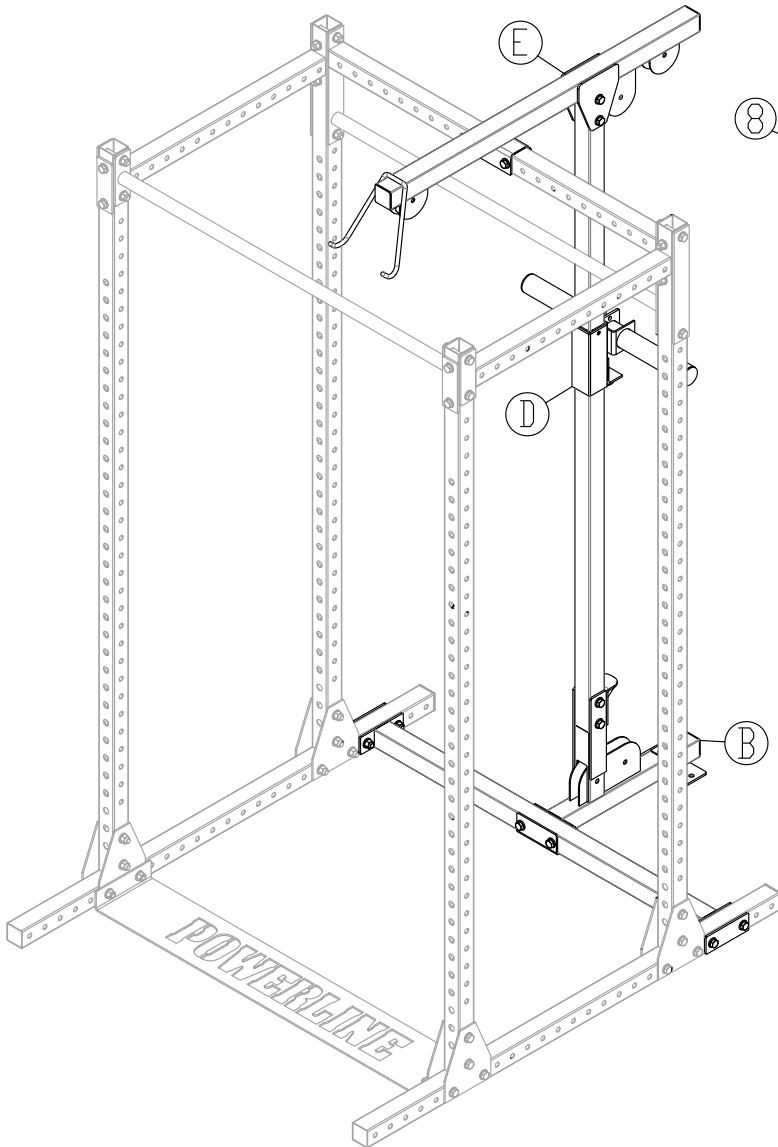
- 2A. ROUTE TOP CABLE (#17) AND INSTALL FOUR PULLEYS (#16) AS SHOWN IN STEP 2 DRAWING USING:**
- 4 - (#3) M10X45MM HEX HEAD BOLT**
 - 8 - (#6) M10 FLAT WASHER**
 - 4 - (#8) M10 NYLON LOCK NUT**
- 2B. ATTACH STEEL CHAIN (#19) AND SNAP LINK (#9) TO THE EYELET END OF THE TOP CABLE (#17)**
- 2C. ATTACH SNAP LINK (#9) TO SLIDING CARRIAGE (D)**
- 2D. ROUTE LOW CABLE (#18) AND INSTALL THREE PULLEYS (#16) AS SHOWN IN STEP 2 DRAWING USING:**
- 1 - (#2) M10X65MM HEX HEAD BOLT**
 - 2 - (#3) M10X45MM HEX HEAD BOLT**
 - 6 - (#6) M10 FLAT WASHER**
 - 3 - (#8) M10 NYLON LOCK NUT**
- 2E. ATTACH STEEL CHAIN (#19) AND SNAP LINK (#9) TO THE EYELET END OF THE LOW CABLE (#18)**
- 2F. ATTACH SNAP LINK (#9) TO BASE FRAME (B)**

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STEP 2



ABOVE SHOWS STEP 2 ASSEMBLED AND COMPLETED



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STEP 3

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS
IN THE SEQUENCE THAT THEY ARE PRESENTED.**

NOTE:

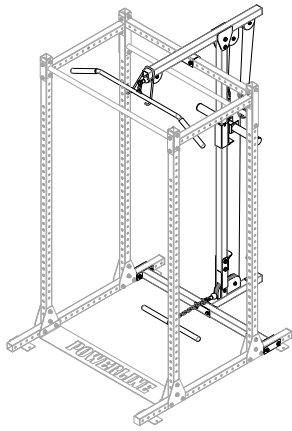
SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

3A. ATTACH LAT BAR (F) TO TOP CABLE (# 17).

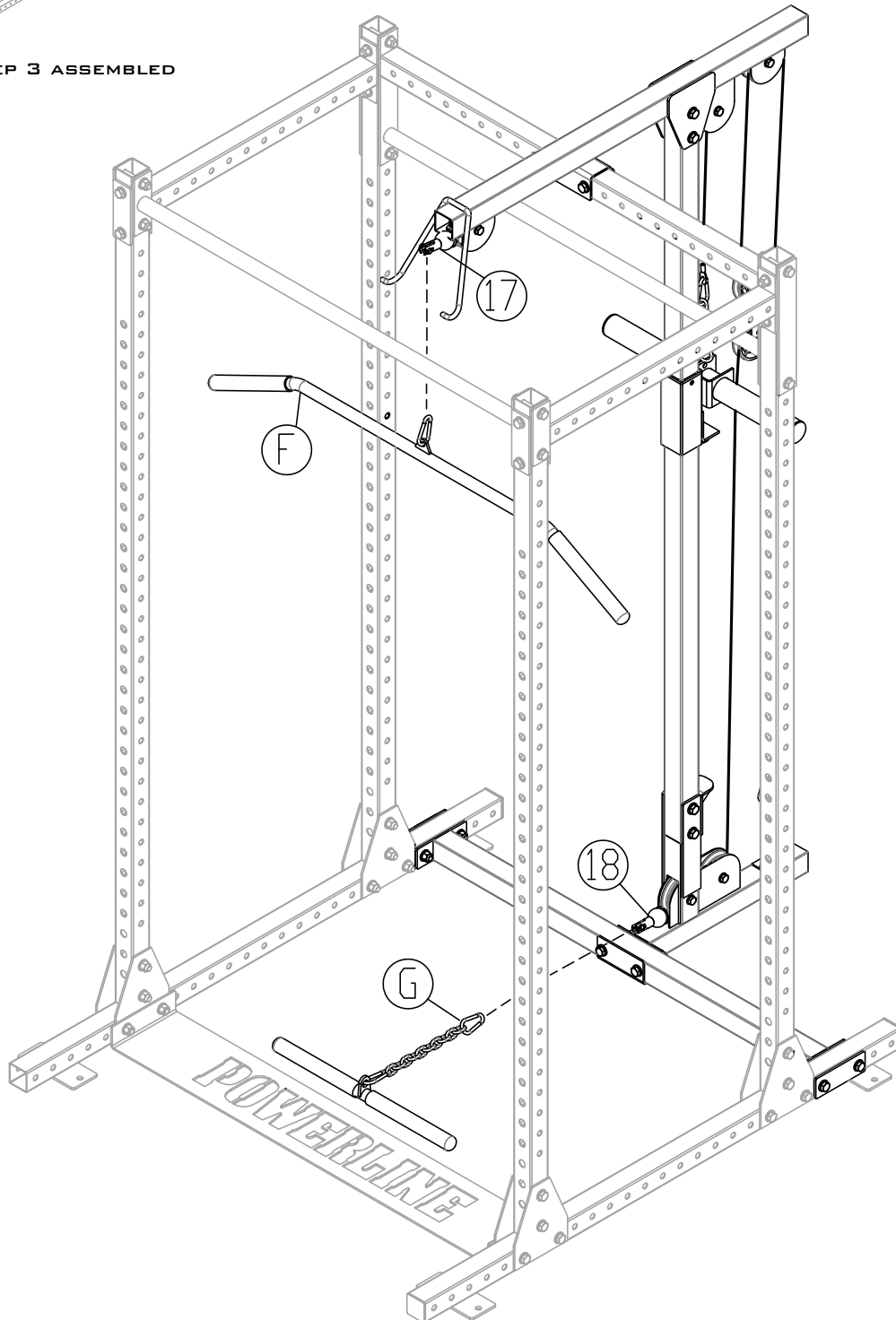
3B. ATTACH LOW ROW BAR (G) TO LOW CABLE (# 18).

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STEP 3



ABOVE SHOWS STEP 3 ASSEMBLED
AND COMPLETED

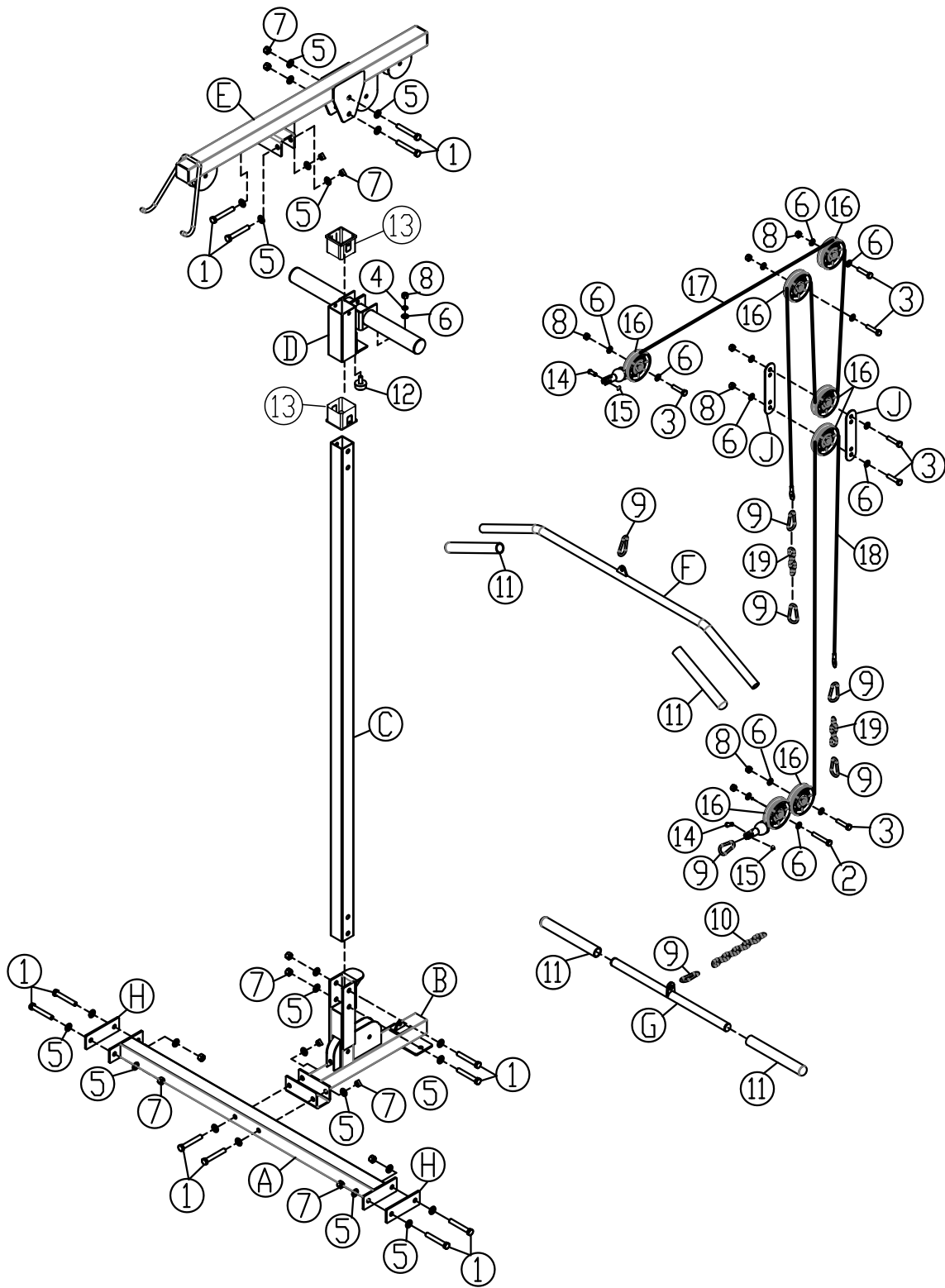


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NOTE

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EXPLODED VIEW



POWERLINE®

by *Body-Solid*

PLA1000

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # 014749-□□-□□-□□□□-□□□□

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Forest Park, IL 60130
Phone:(708)427-3555
Fax:(708)427-3556
Hours: M-F 8:30 - 5:00 CST**