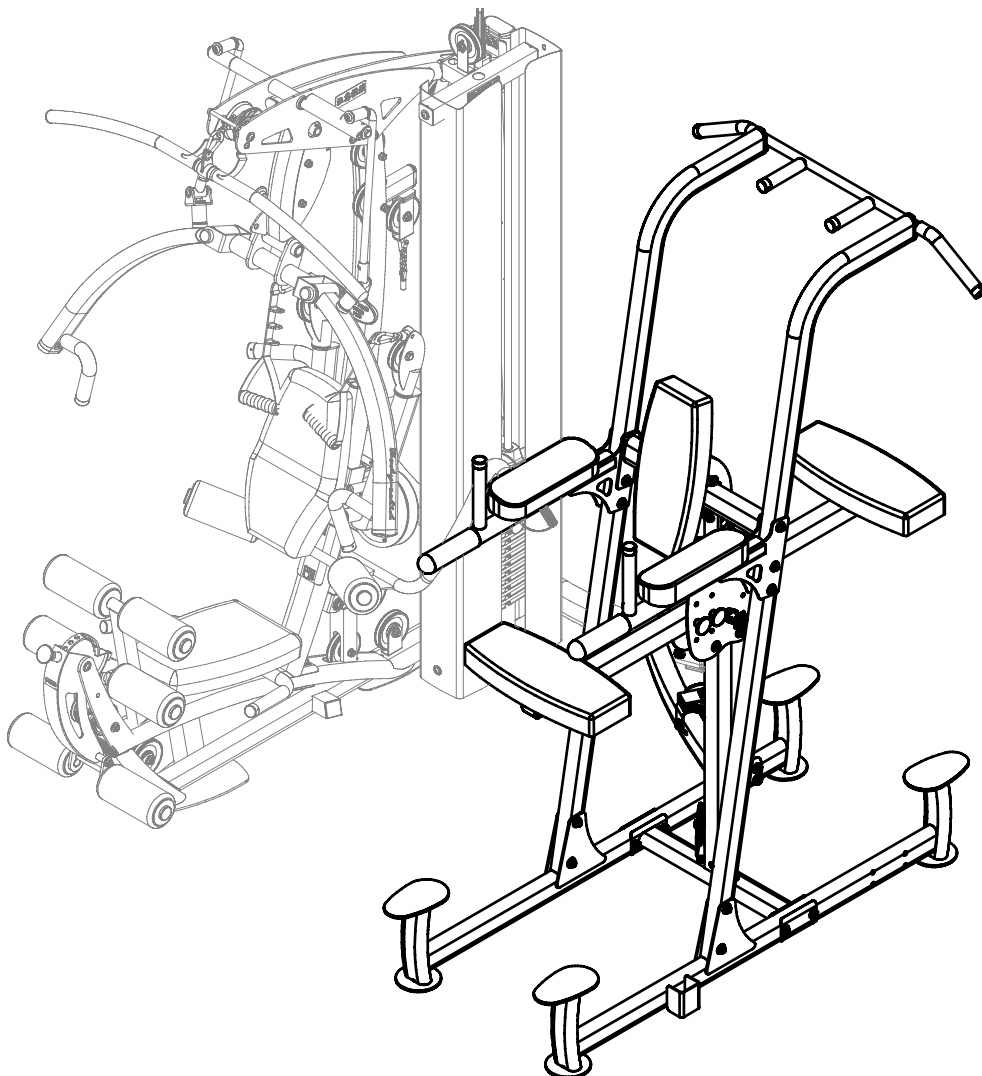


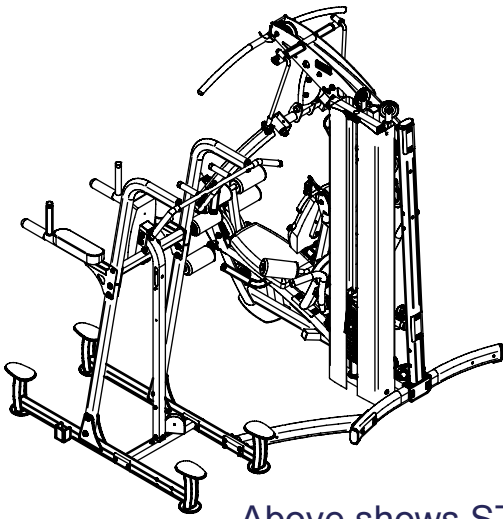
# Body-Solid



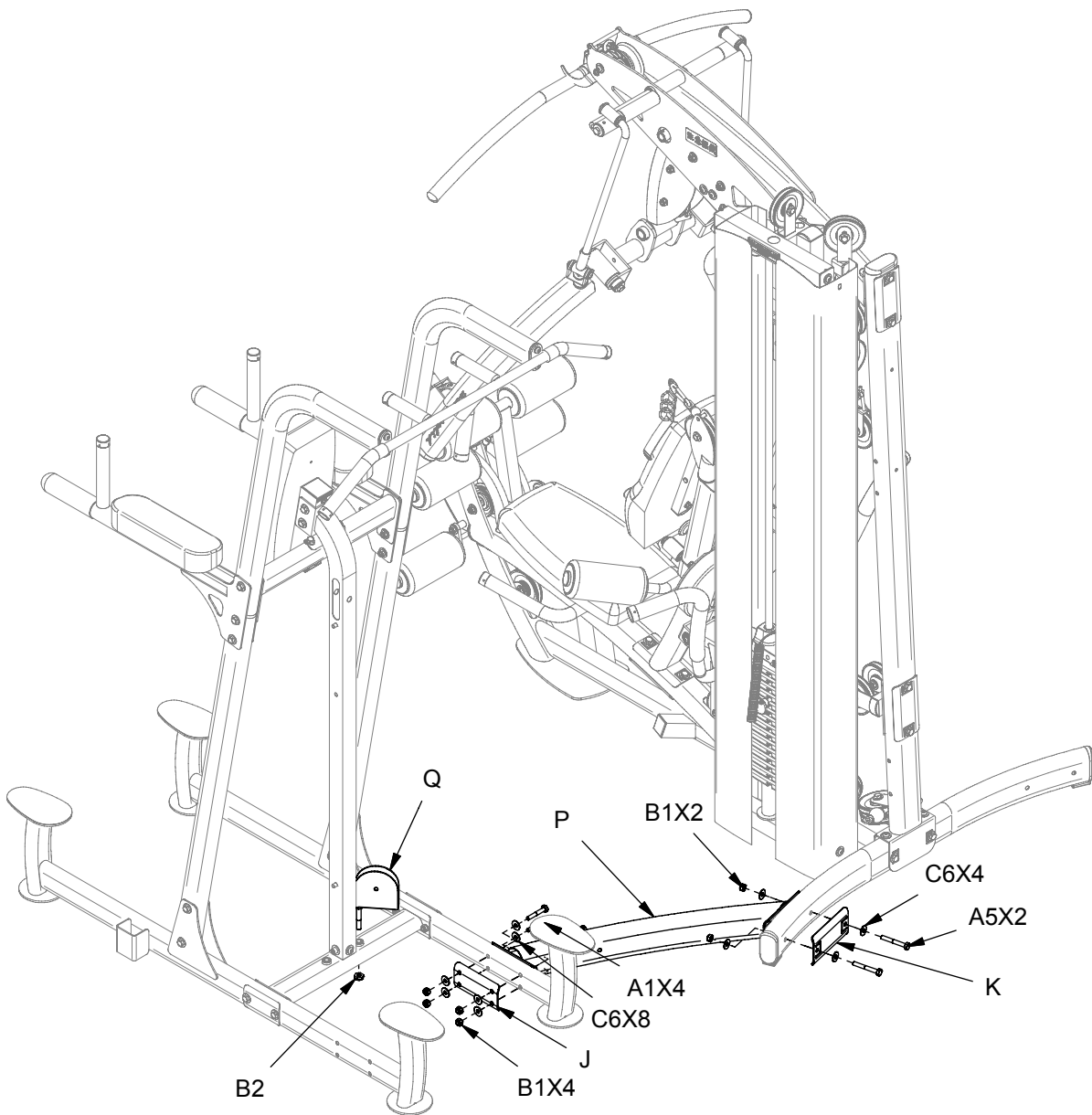
BODY-SOLID, Inc  
1900 S.Des Plaines Ave.  
Forest Park, IL 60130 USA  
Phone:(708)427-3555  
Fax:(708)427-3556  
[www.bodysolid.com](http://www.bodysolid.com)

FCDWA OWNER'S MANUAL

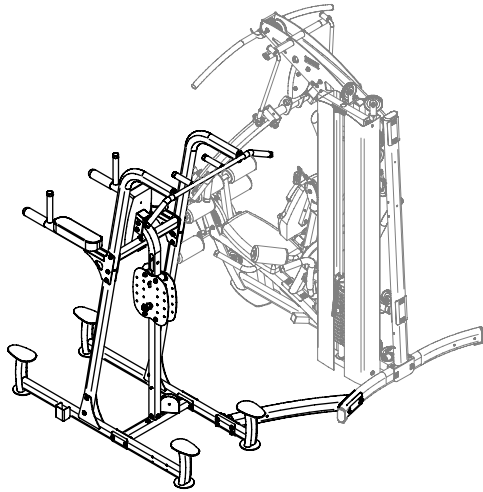
# FCDWA ASSEMBLY INSTRUCTIONS



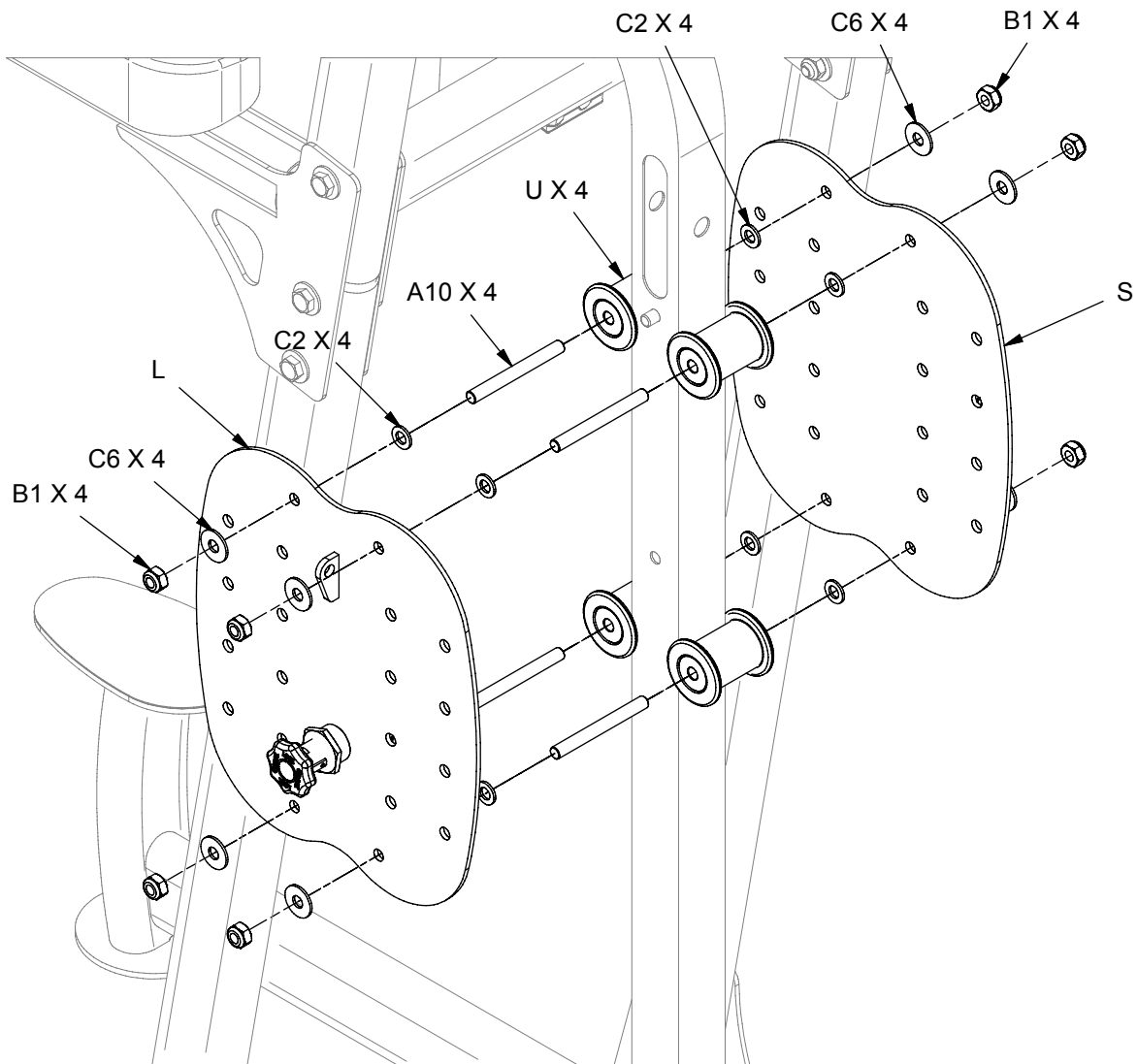
Above shows STEP1  
assembled and completed



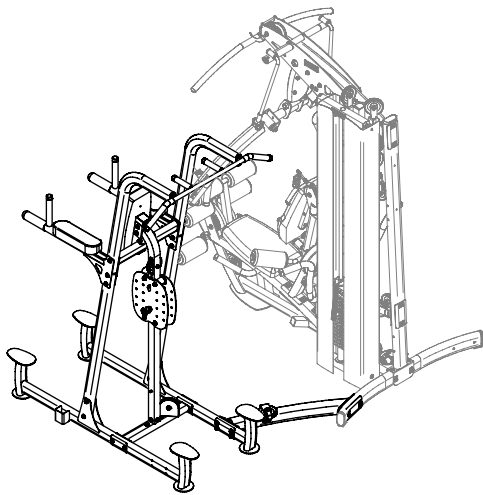
# FCDWA ASSEMBLY INSTRUCTIONS



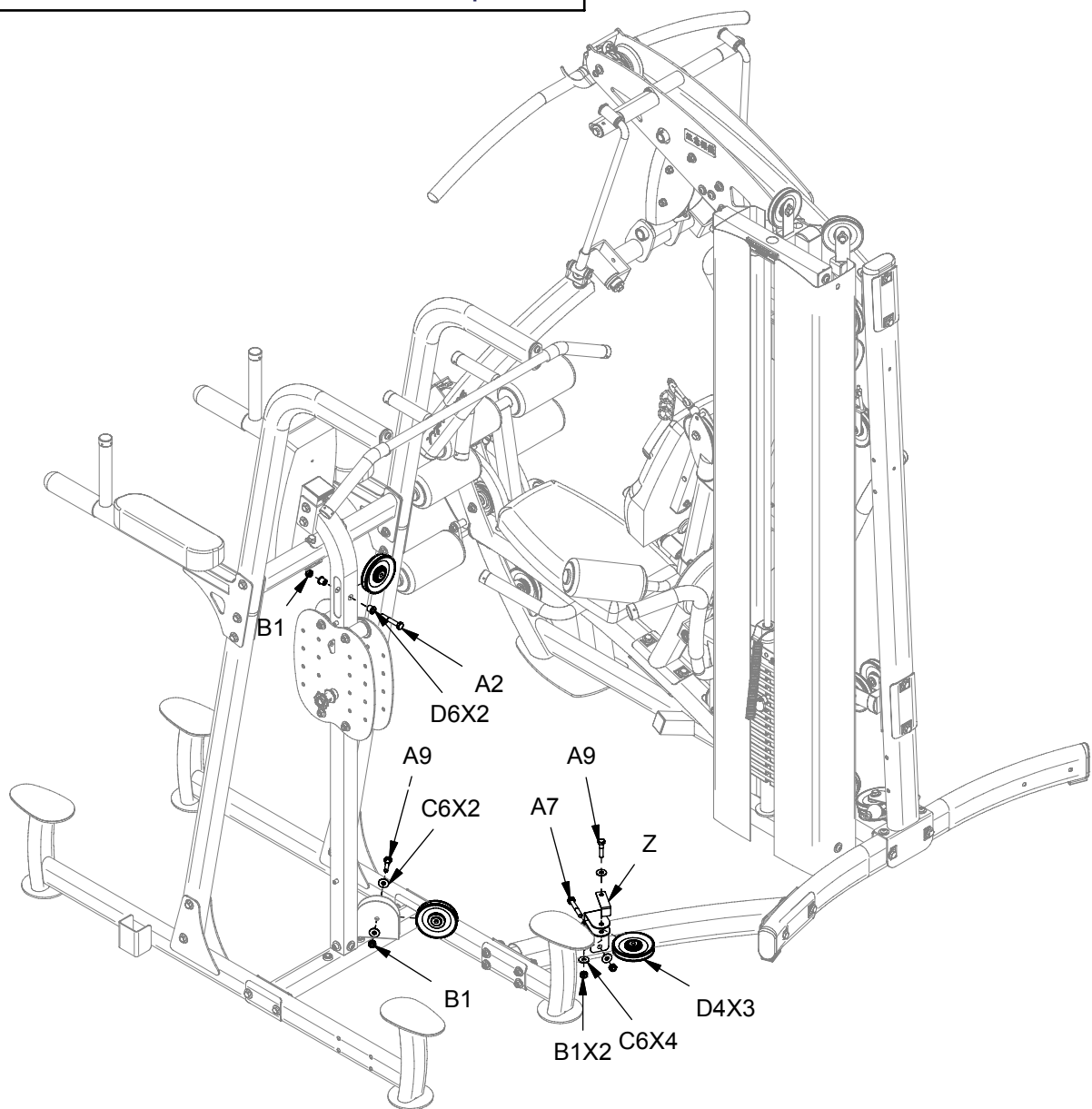
Above shows STEP2  
assembled and completed



# FCDWA ASSEMBLY INSTRUCTIONS

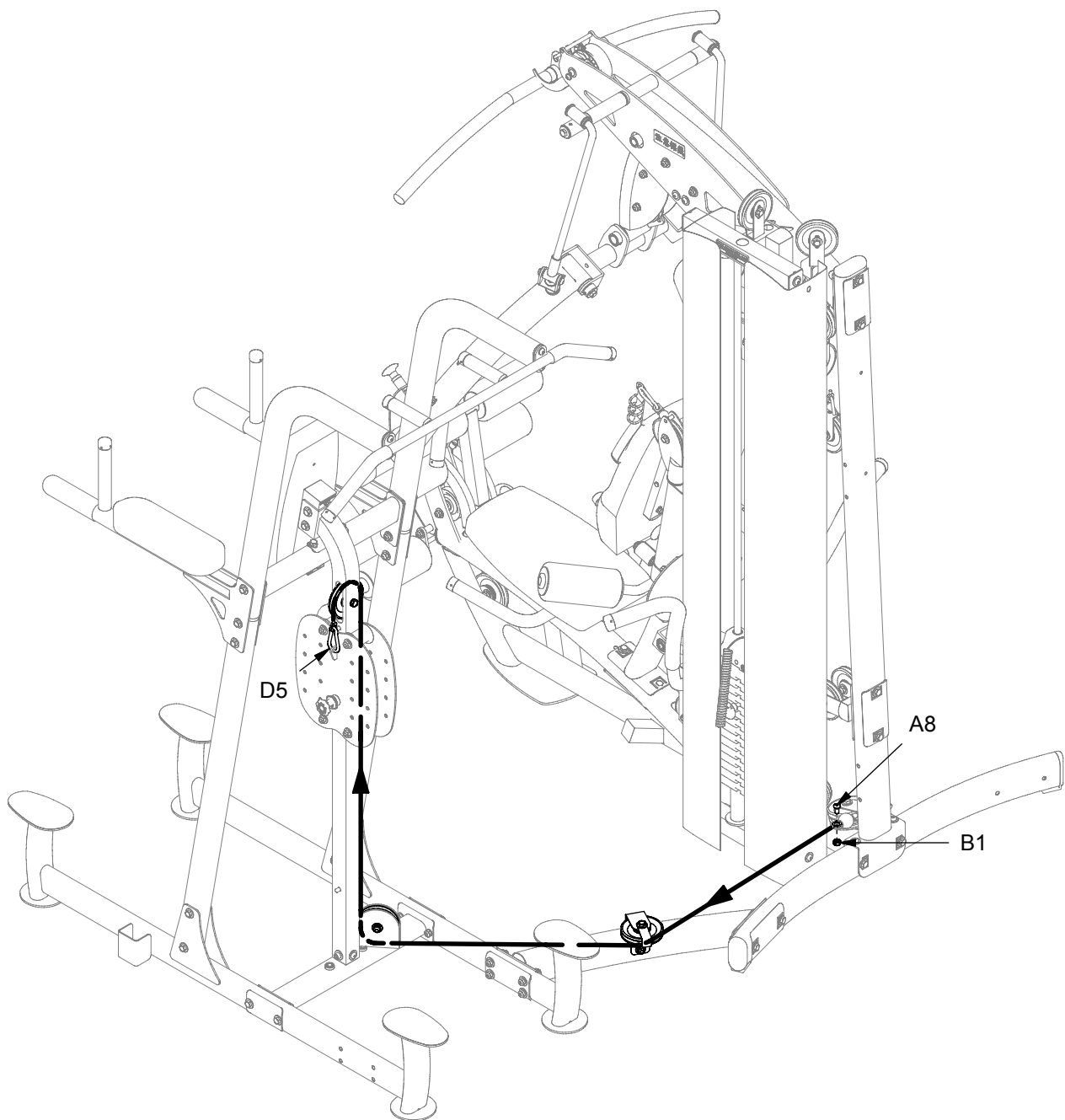


Above shows STEP3  
assembled and completed

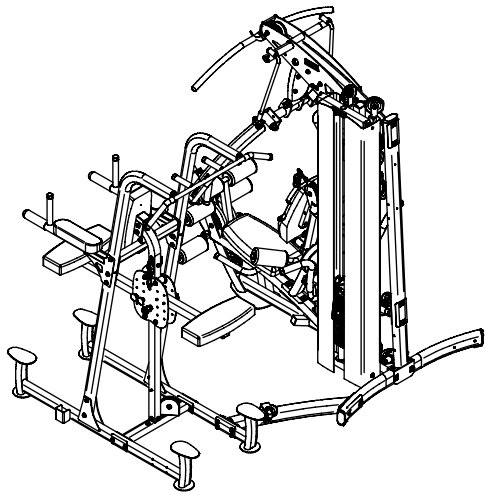


## Wire Rope illustration

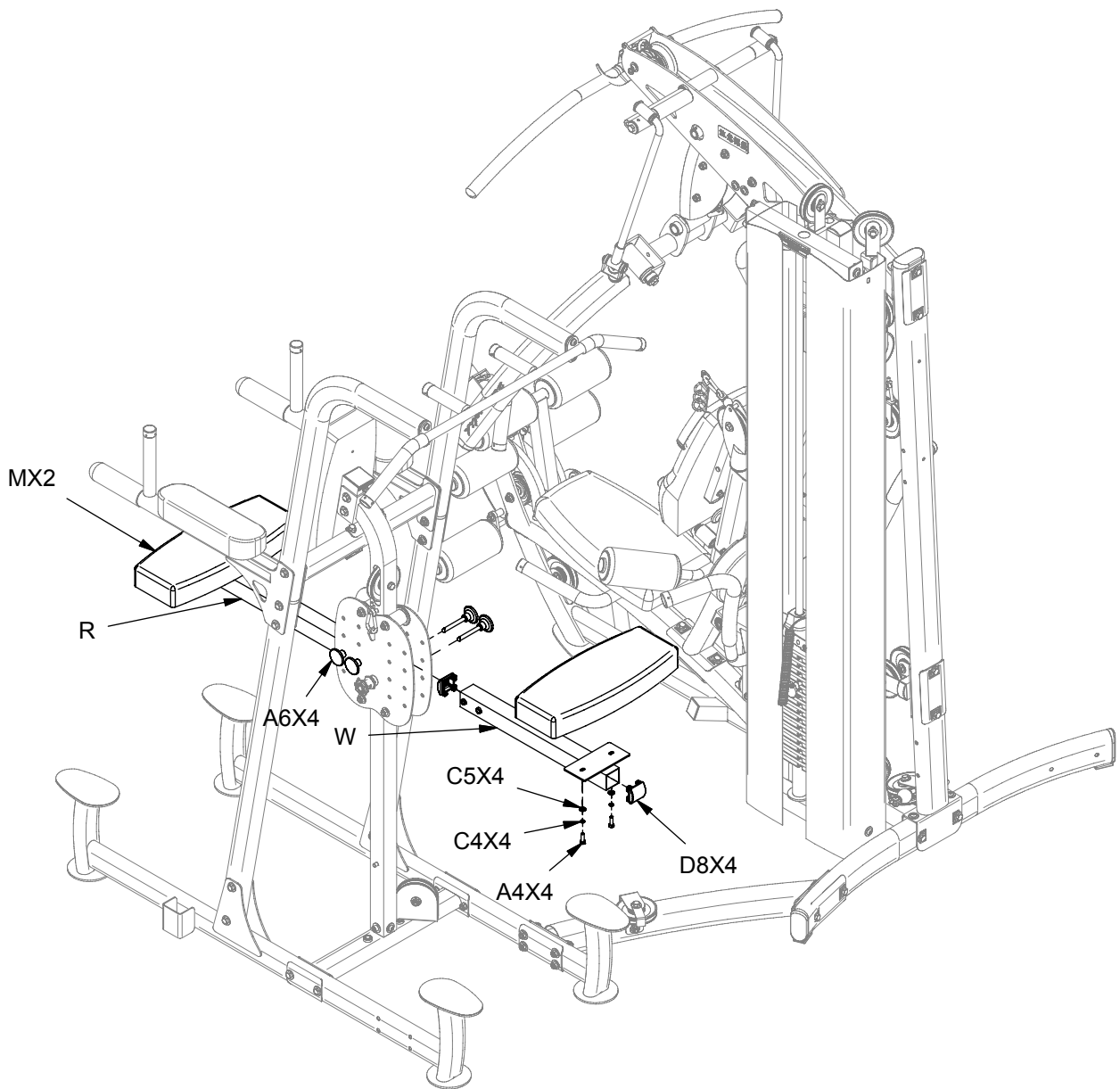
### CABLE ( D7 )



# FCDWA ASSEMBLY INSTRUCTIONS

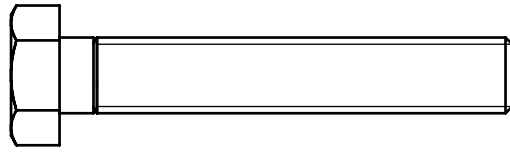
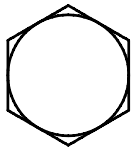


Above shows STEP4 assembled and completed

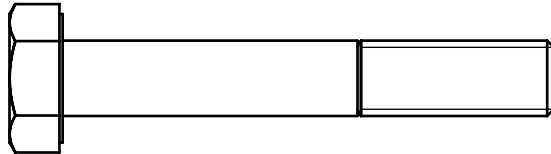
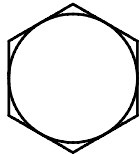


# FCDWA HARDWARE ILLUSTRATION SHEET

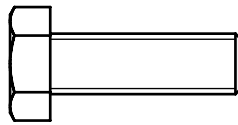
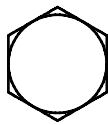
A1.M10X60L HEX HEAD BOLT-----[4PCS]



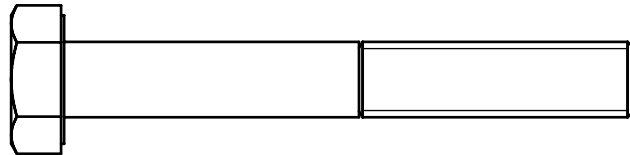
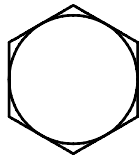
A2.M10X65L HEX HEAD BOLT-----[1PCS]



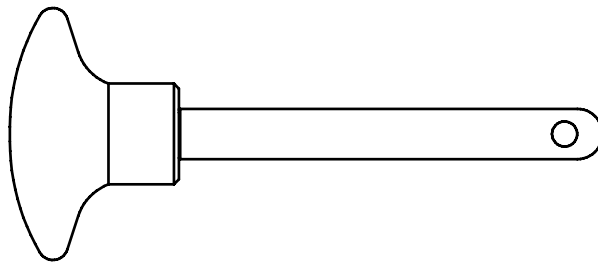
A4.M8X25L HEX HEAD BOLT-----[4PCS]



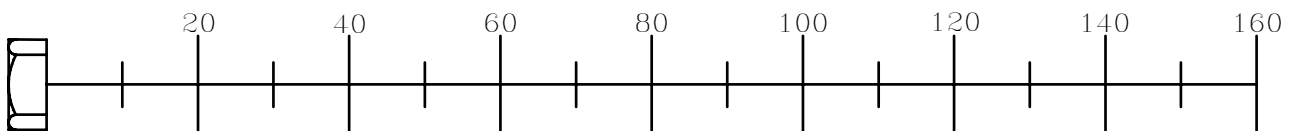
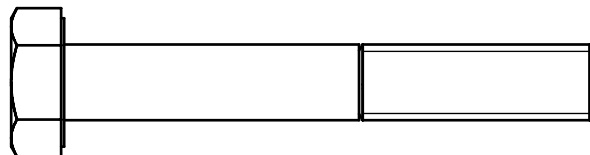
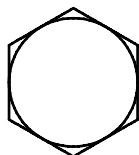
A5.M10X75L HEX HEAD BOLT-----[2PCS]



A6.BALL PIN-----[4PCS]



A7.M10X70L HEX HEAD BOLT-----[1PCS]

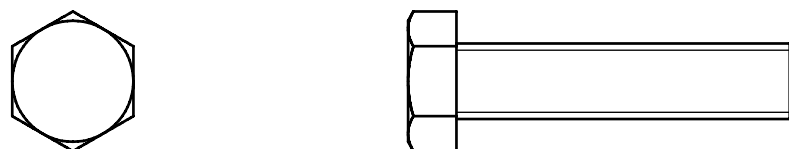


# FCDWA HARDWARE ILLUSTRATION SHEET

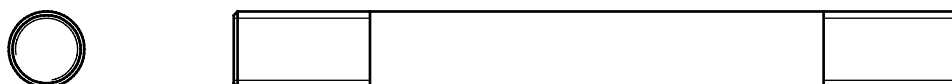
A8.M10X20L ALLEN HEAD BOLT -----[1PCS]



A9.M10X45L HEX HEAD BOLT-----[2PCS]



A10.M10X96L DOUBLE THREAD BOLT-----[4PCS]



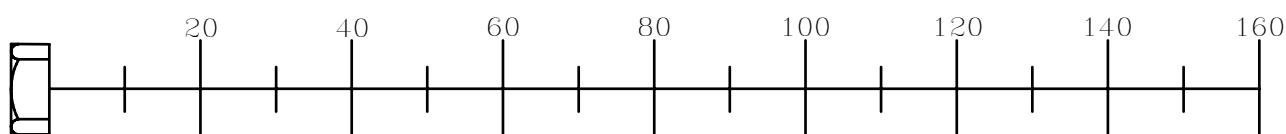
B1.M10 NYLON LOCK NUT-----[11PCS]



B2.M12 NYLON LOCK NUT-----[1PCS]



C2.M10 WASHER (Ø19)-----[8PCS]





# FCDWA HARDWARE ILLUSTRATION SHEET

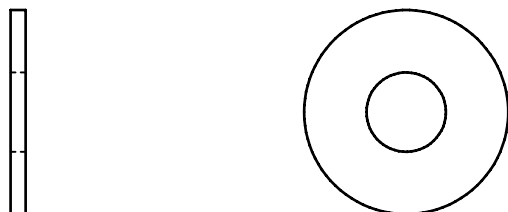
C4.M8 SPRING LOCK WASHER-----[4PCS]



C5.M8 WASHER-----[4PCS]



C6.M10 WASHER-----[18PCS]

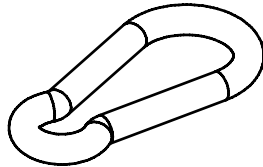


# FCDWA HARDWARE ILLUSTRATION SHEET

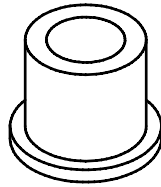
D4.PULLEY-----[3PCS]



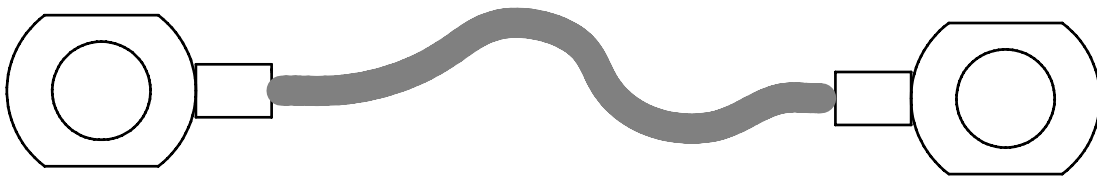
D5.SPRING SNAP LINK -----[1PCS]



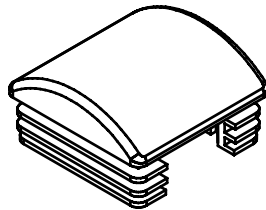
D6.PULLEY SPACER -----[2PCS]



D7.CABLE-----[1PCS]

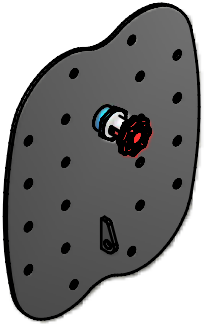


D8.END CAP -----[4PCS]

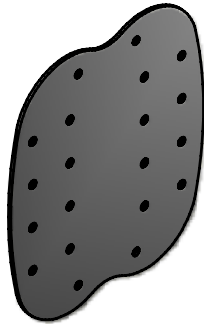


# FCDWA PARTS ILLUSTRATION SHEET

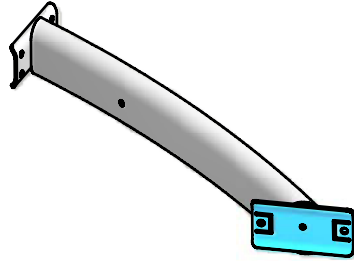
L[1PCS]



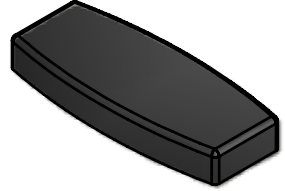
S[1PCS]



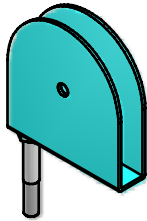
P[1PCS]



M[2PCS]



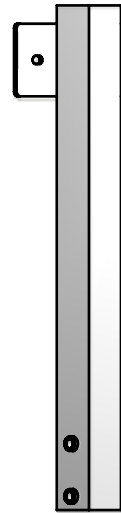
Q[1PCS]



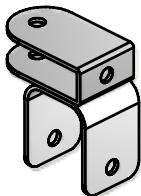
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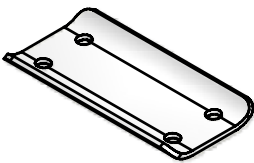
W[1PCS]



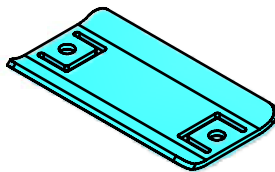
O[1PCS]



J[1PCS]



K[1PCS]



U[4PCS]



Z[1PCS]

