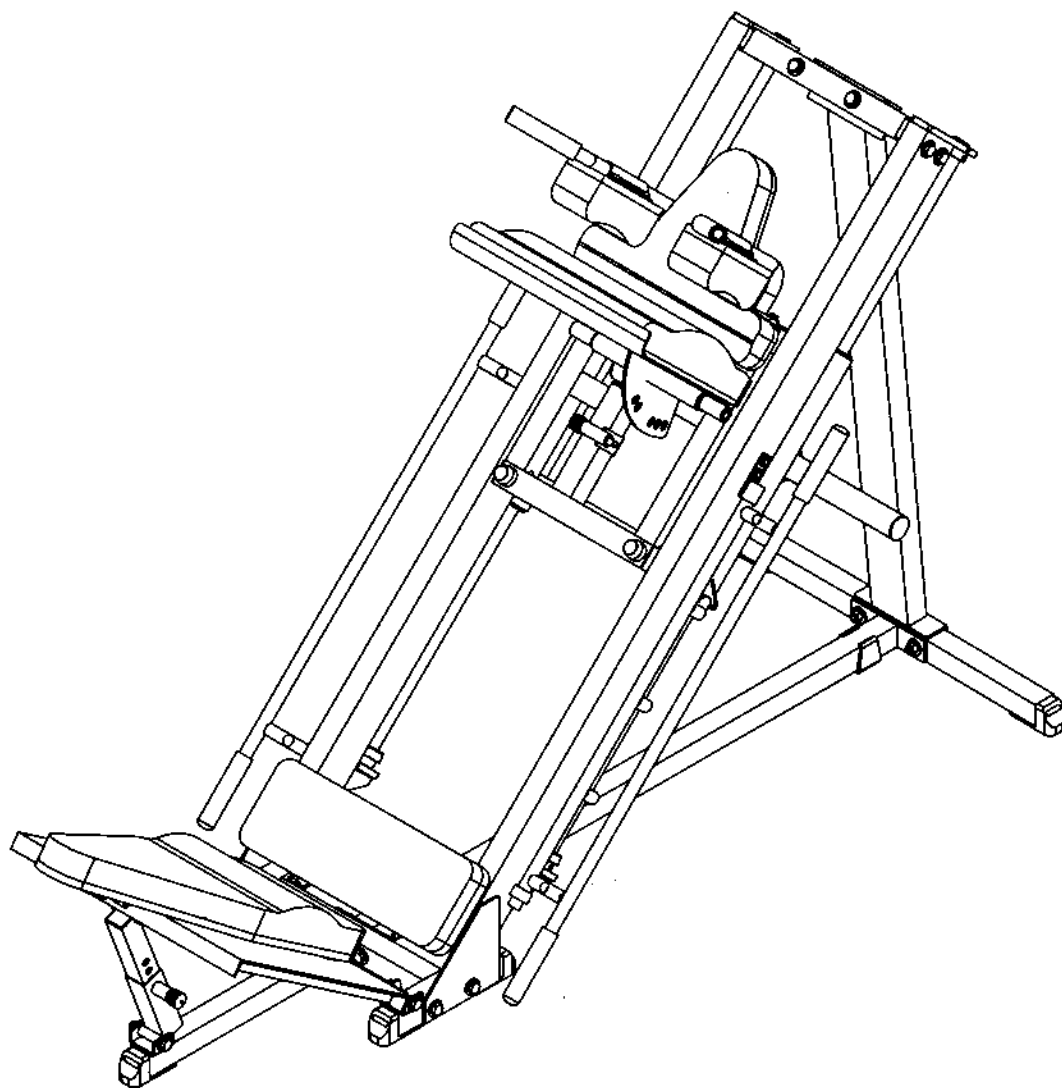


# Body-Solid



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)

## WLPH2100.3 OWNER'S MANUAL

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# **WLPH2100.3 ASSEMBLY INSTRUCTIONS**

## **GENERAL INSTRUCTIONS**

Thank you for purchasing the Body-Solid WLPH2100. 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
- 3/8", and 1/2" Sockets
- Crescent Wrench
- Rubber Mallet

## 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.**

## INSPECTIONS AND MAINTENANCE SCHEDULE

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

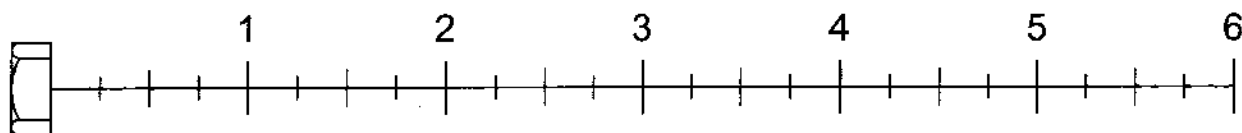
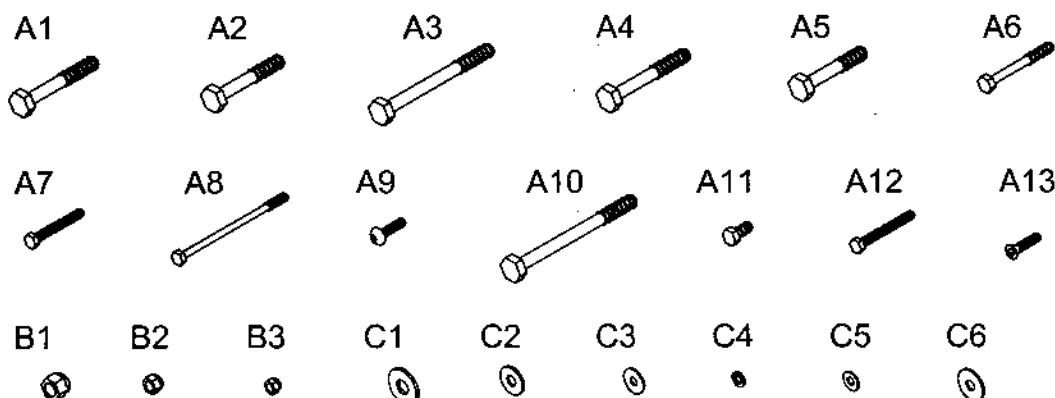
- Inspect equipment daily, ensuring that all nuts, bolts and screws are fully tightened.
- Inspect cables daily ensuring they are routed properly and not worn, frayed or stretched. Check and adjust tension on cables daily.
- When using pop-pin adjustments, always make sure the plunger for the pop-pin 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.**

# WLPH2100.3 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

	Qty.
A1. 1/2"X3 1/4" HEX HEAD BOLT -----	[4PCS]
A2. 1/2"X3" HEX HEAD BOLT -----	[6PCS]
A3. 1/2"X5" HEX HEAD BOLT -----	[2PCS]
A4. 1/2"X3 1/2" HEX HEAD BOLT -----	[4PCS]
A5. 1/2"X2 3/4" HEX HEAD BOLT -----	[4PCS]
A6. 3/8"X3" HEX HEAD BOLT -----	[4PCS]
A7. 5/16"X2 1/4" HEX HEAD BOLT -----	[2PCS]
A8. 5/16"X5" HEX HEAD BOLT -----	[2PCS]
A9. 5/16"X1" ROUND BOLT -----	[13PCS]
A10. 1/2"X5 1/2" HEX HEAD BOLT -----	[1PCS]
A11. 3/8"X3/4" HEX HEAD BOLT -----	[2PCS]
A12. 5/16"X2 1/2" HEX HEAD BOLT -----	[4PCS]
A13. 5/16"X1" CO.NOID HEAD BOLT -----	[4PCS]
B1. 1/2" NYLON LOCK NUT -----	[17PCS]
B2. 3/8" NYLON LOCK NUT -----	[4PCS]
B3. 5/16" NYLON LOCK NUT -----	[4PCS]
C1. 1/2" (I.D)WASHER -----	[38PCS]
C2. 3/8" (I.D)WASHER -----	[8PCS]
C3. 5/16" (I.D)WASHER -----	[17PCS]
C4. 5/16" SPRING WASHER -----	[17PCS]
C5. 5/16" PHI 18 ID WASHER -----	[8PCS]
C6. 3/8" PHI 30 ID WASHER -----	[2PCS]



# WLPH2100.3 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

	Qty.
D1. $\phi$ 36 SHAFT COLLAR (8130-090) -----	[2PCS]
D2. 38X38 END CAP (9211-003) -----	[4PCS]
D3. 1 3/4"X1 3/4" END CAP (9211-004) -----	[2PCS]
D4. 2"X2"X2.5t END CAP (9211-006) -----	[6PCS]
D5. 2"X4" END CAP (9211-014) -----	[2PCS]
D6. $\phi$ 50 ROUND END CAP (9211-020) -----	[2PCS]
D7. 2"X2"X2.5t FOOT CAP (9211-025) -----	[7PCS]
D8. $\phi$ 21.5 PLUG (9211-060) -----	[4PCS]
D9. 2"X2" FOOT LEVELERS (9212-010) -----	[2PCS]
D11. $\phi$ 36 RUBBER DONUT (9310-033) -----	[2PCS]
D12. 38X325 RUBBER PAD (9310-042) -----	[1PCS]
D13. $\phi$ 1" ROUND END CAP (9260-021) -----	[4PCS]

D1



D2



D3



D4



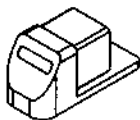
D5



D6



D7



D8



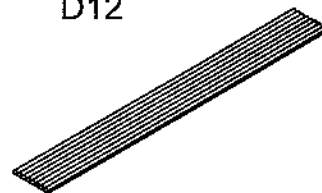
D9



D11



D12



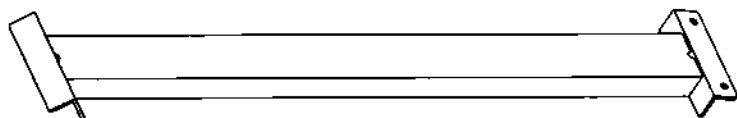
D13



# WLPH2100.3 ASSEMBLY INSTRUCTIONS

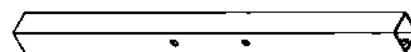
## PARTS ILLUSTRATION

A [1PCS] Upright Frame

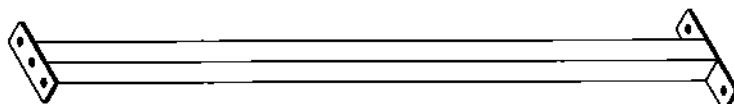


E [1PCS]

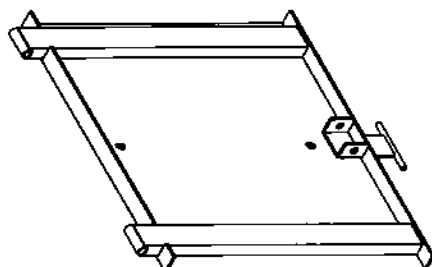
Rear Base Frame



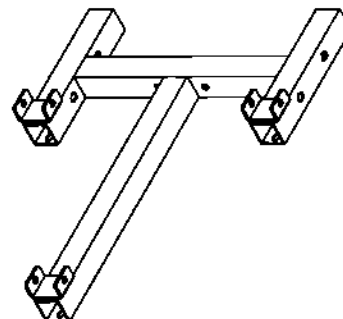
B [1PCS] Middle Base Frame



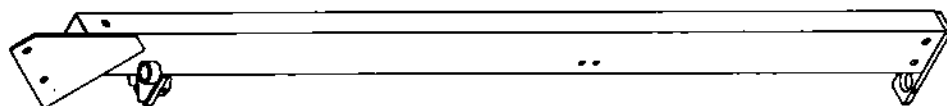
C [1PCS] Press Back Pad Frame



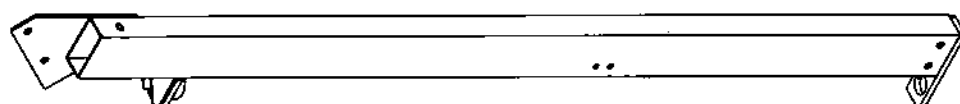
D [1PCS] Front Base Frame



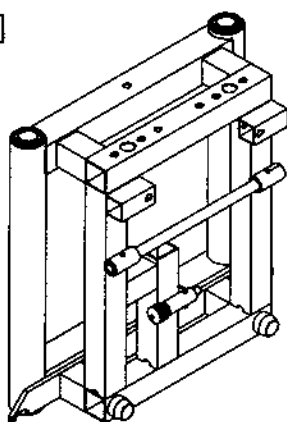
F [1PCS] Left Side Frame



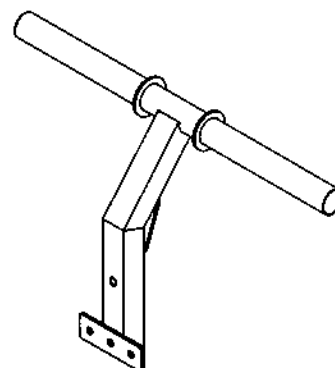
G [1PCS] Right Side Frame



H1 [1PCS]  
Carriage



I [1PCS]  
Weight Post

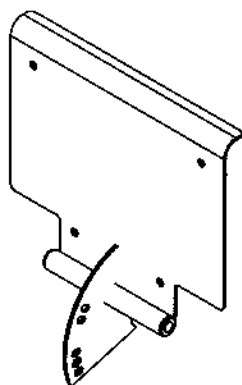




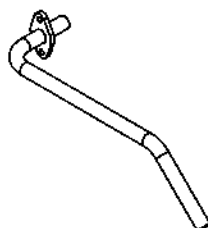
# WLPH2100.3 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION

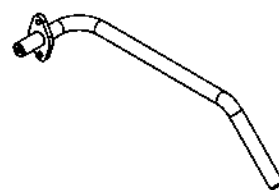
J [1PCS]  
Leg Press Plate



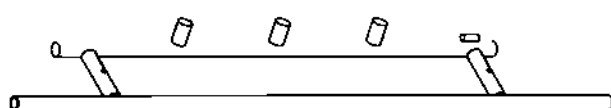
Q [1PCS]  
Right Shoulder  
Frame



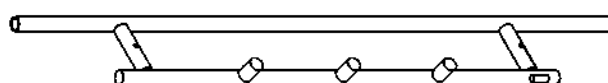
R [1PCS]  
Left Shoulder  
Frame



K [1PCS] Right Safety



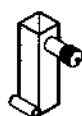
L [1PCS] Left Safety



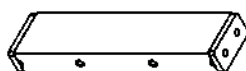
M [1PCS]  
Adjustment  
Tube



N [1PCS]  
Adjustment  
Frame



O [1PCS]  
Top Frame



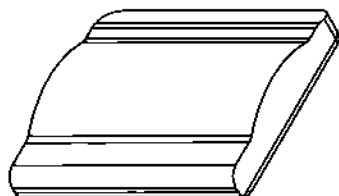
S [1PCS]  
Left Pad  
Pivot Frame



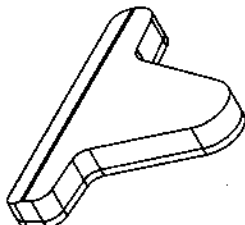
T [1PCS]  
Right Pad  
Pivot Frame



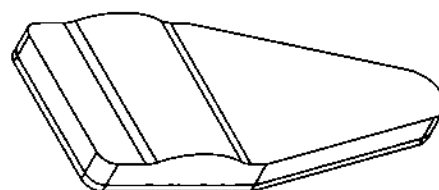
U [1PCS]  
Lumbar Squat Pad



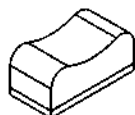
V [1PCS]  
Top Squat Pad



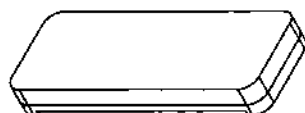
W [1PCS]  
Press Back Pad



X [2PCS]  
Shoulder Pad



Y [1PCS]  
Seat Pad



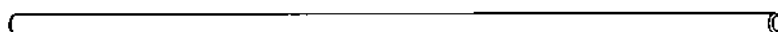
Z [2PCS]  
Shoulder  
Pad Frame  
8343-023



P [2PCS]  
Safety Bracket



AA [2PCS] Guide Rod  
8280-015



AB [1PCS]  
Back Pad Frame  
8333-045



AC [1PCS] Plate  
8312-013



# WLPH2100.3 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

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	A	Upright Frame
1	B	Middle Base Frame
1	D	Front Base Frame
1	E	Rear Base Frame
1	F	Left Side Frame
1	G	Right Side Frame
1	O	Top Frame

### Hardware Description

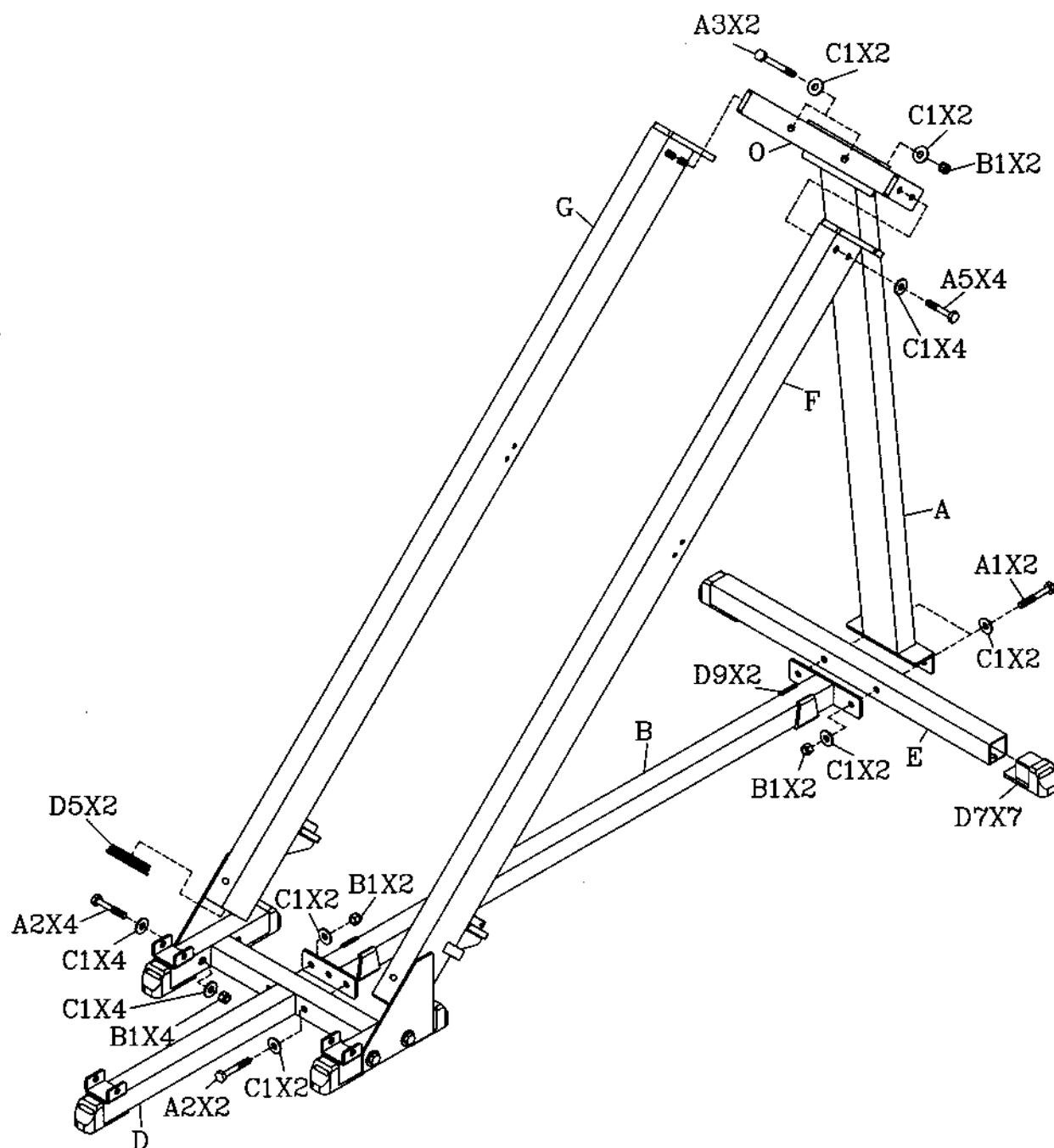
<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A1	1/2"x3 1/4" hex head bolt
6	A2	1/2"x3" hex head bolt
2	A3	1/2"x5" hex head bolt
4	A5	1/2"x2 3/4" hex head bolt
10	B1	1/2" nylon lock nut
24	C1	1/2" ID washer
2	D5	2x4 end cap
7	D7	foot cap
2	D9	foot levelers

### Step by Step

1. Attach 2 (D9) - foot levelers to (B) - Middle Base Frame, then attach 7 (D7) - foot cap to (E) - Rear Base Frame and (D) - Front Base Frame
2. Attach (D) - Front Base Frame to (B) - Middle Base Frame, then attach (E) - Rear Base Frame and (A) - Upright Frame to (B) - Middle Base Frame
3. Attach (O) - Top Frame to (A) - Upright Frame
4. Attach (F) - Left Side Frame and (G) - Right Side Frame to (D) - Front Base Frame and (O) - Top Frame

## WLPH2100.3 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 1



## 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

Qty	Part	Part Description
1	H1	Carriage
1	J	Leg Press Plate
2	AA	Guide Rod

### Hardware Description

Qty	Part	Part Description
2	D1	shaft collar
4	D2	38x38 end cap
5	D4	2x2 end cap
2	D11	rubber donut
1		$\phi$ 35x570L nylon bushing
1		$\phi$ 3/4"x410L shaft
2		5/16"x5/16" set screw

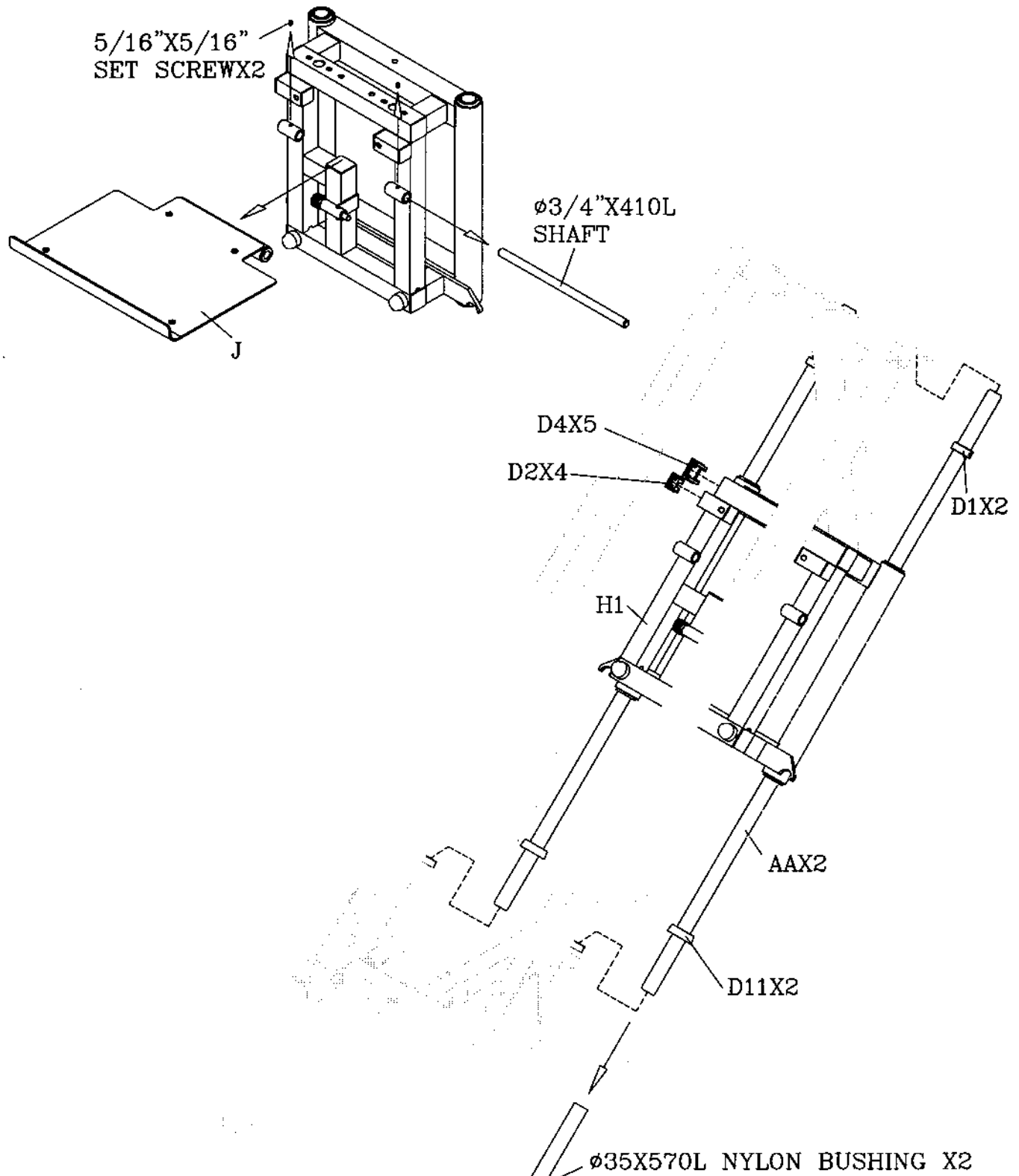
### Step by Step

1. Before assembling the  $\phi$  3/4"x410L shaft disassemble the 5/16"x5/16" set screw and (J) - Leg Press Plate
2. Attach 4 (D2) - 38x38 end cap and 5 (D4) - 2x2 end cap to (H1) - Carriage
3. Shaft the Slide 2 (D11) - rubber donut, (H1) - Carriage, and 2 (D1) - shaft collar on 2 (AA) - Guide Rod (note : position (H1) - Carriage on 2 (AA) - Guide Rod so that tubes with ball bearing casings are on the bottom, and the rubber stoppers mounted on (H1) - Carriage are on the end with the rubber donuts as shown)
4. Mount 2 (AA) - Guide Rod to (F) - Left Side Frame and (G) - Right Side Frame (not : position with 2 (D11) - rubber donut at the 1front base of the machine and 2 (D1) - shaft collar at the back top of the machine as shown)
5. Secure 2 (AA) - Guide Rod to (F) - Left Side Frame and (G) - Right Side Frame by tightening alien screws in 2 (D1) - shaft collar and at the base of to (F) - Left Side Frame and (G) - Right Side Frame
6. Before assembling the (AA) disassemble the  $\phi$  35x570L nylon bushing

Securely Tighten All Frame Bolts Used in Steps 1 and 2

# WLPH2100.3 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 2



## 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**

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	L	Left Safety
1	K	Right Safety
2	P	Safety Bracket

### **Hardware Description**

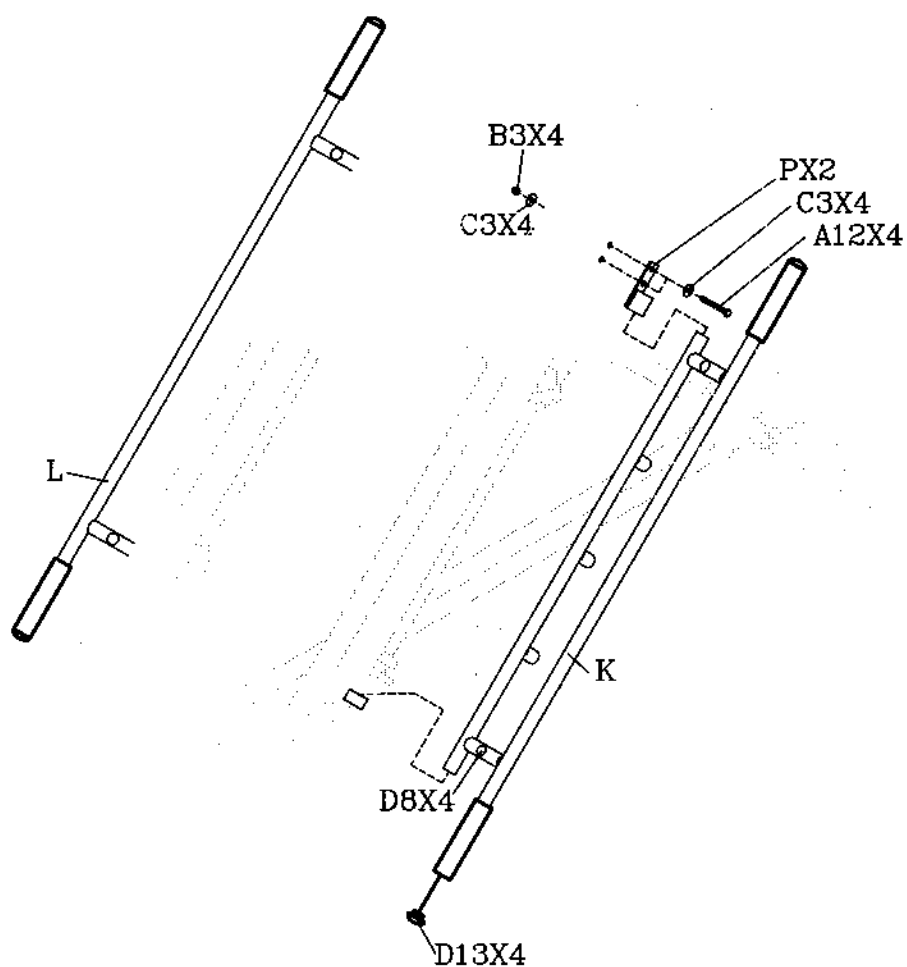
<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
4	A12	5/16"x2 1/2" hex head bolt
4	B3	5/16" nylon lock nut
8	C3	5/16" ID washer
4	D8	plug
4	D13	Round end cap

### **Step by Step**

1. Attach (L) - Left Safety to bottom of (G) - Right Side Frame, next connect (P) - Safety Bracket to (L) - Left Safety and (G) - Right Side Frame
2. Attach (K) - Right Safety to bottom of (F) - Left Side Frame, next connect (P) - Safety Bracket to (K) - Right Safety and (F) - Left Side Frame

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

## ASSEMBLY- STEP 3



# WLPH2100.3 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 4

**\*\*Note :** Do Not fully tighten frame bolts and nuts until after completing Step 4

The following Parts and Hardware will be needed to complete Step 4

### Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	I	Weight Post
1	Q	Right Shoulder Frame
1	R	Left Shoulder Frame
1	AB	Back Pad Frame
1	AC	Plate

### Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A1	1/2"x3 1/4" hex head bolt
4	A6	3/8"x3" hex head bolt
1	A10	1/2"x5 1/2" hex head bolt
2	A11	3/8"x3/4" hex head bolt
3	B1	1/2" nylon lock nut
4	B2	3/8" nylon lock nut
6	C1	1/2" ID washer
8	C2	3/8" ID washer
2	C6	3/8" phi 30 ID washer
1	D4	2x2x2.5t end cap
2	D6	round end cap

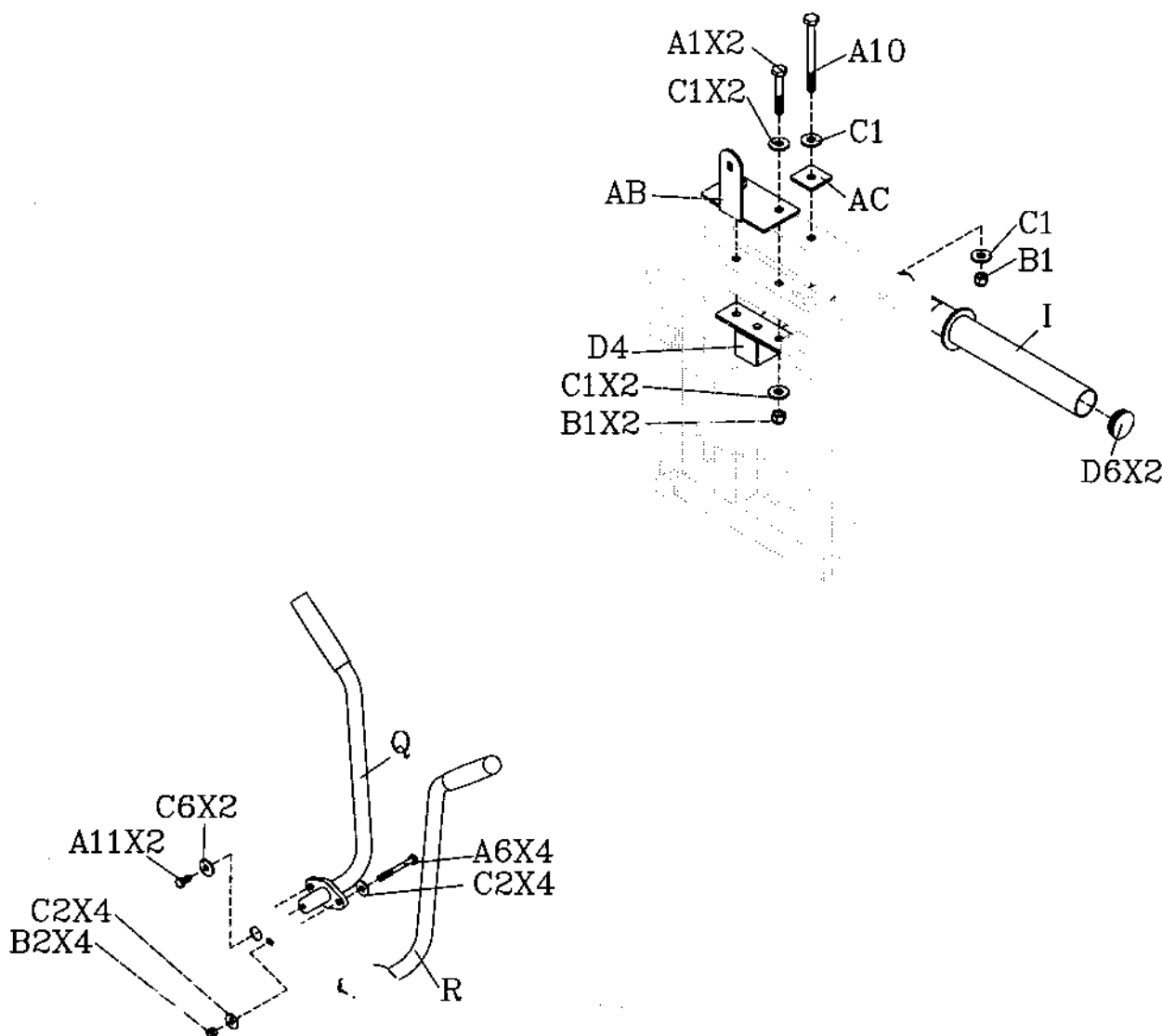
### Step by Step

1. Attach (AB) - Back Pad Frame and (AC) - Plate and (I) - Weight Post to (H1) - Carriage
2. Attach (Q) - Right Shoulder Frame and (R) - Left Shoulder Frame to (H1) - Carriage

Securely Tighten All Frame Bolts Used in Steps 4



## ASSEMBLY- STEP 4



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

# WLPH2100.3 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 5

**\*\*Note :** Do Not fully tighten frame bolts and nuts until after completing Step 5

The following Parts and Hardware will be needed to complete Step 5

### Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	J	Leg Press Plate
1	U	Lumbar Squat Pad
1	V	Top Squat Pad
2	X	Shoulder Pad
2	Z	Shoulder Pad Frame

### Hardware Description

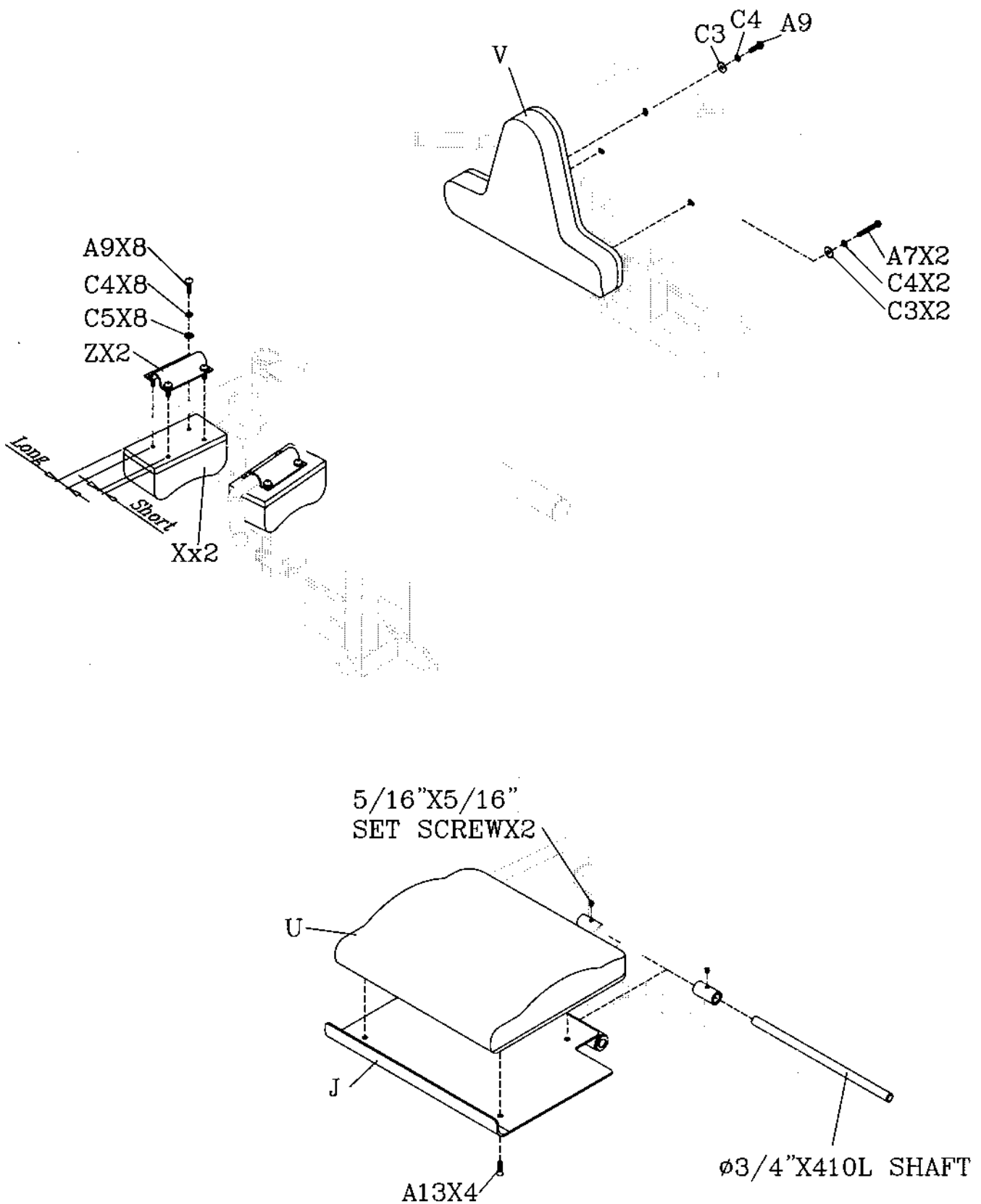
<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A7	5/16"x2 1/4" hex head bolt
9	A9	5/16"x1 round bolt
4	A13	5/16"x1 co.noid head bolt
3	C3	5/16" ID washer
11	C4	5/16" spring washer
8	C5	5/16" phi 18 ID washer
1		$\phi$ 3/4"x410L shaft
2		5/16"x5/16" set screw

### Step by Step

1. Attach (V) - Top Squat Pad to (AB) - Back Pad Frame and (H1) - Carriage (note : Do not over tighten pad bolts, over tightening will strip the t-nuts pressed into the wood)
2. Attach 2 (X) - Shoulder Pad and 2 (Z) - Shoulder Pad Frame to (Q) - Right Shoulder Frame and (R) - Left Shoulder Frame (note : Do not over tighten pad bolts, over tightening will strip the t-nuts pressed into the wood)
3. Attach (J) - Leg Press Plate and 5/16"x5/16"set screw and  $\phi$  3/4"x410L shaft to (H1) - Carriage
4. Attach (U) - Lumbar Squat Pad to (J) - Leg Press Plate (note : Do not over tighten pad bolts, over tightening will strip the t-nuts pressed into the wood)

**Securely Tighten All Frame Bolts Used in Steps 5**

## ASSEMBLY- STEP 5



## ASSEMBLY- STEP 6

**\*\*Note :** *Do Not fully tighten frame bolts and nuts until after completing Step 6*

The following Parts and Hardware will be needed to complete Step 6

### Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	Y	Seat Pad

### Hardware Description

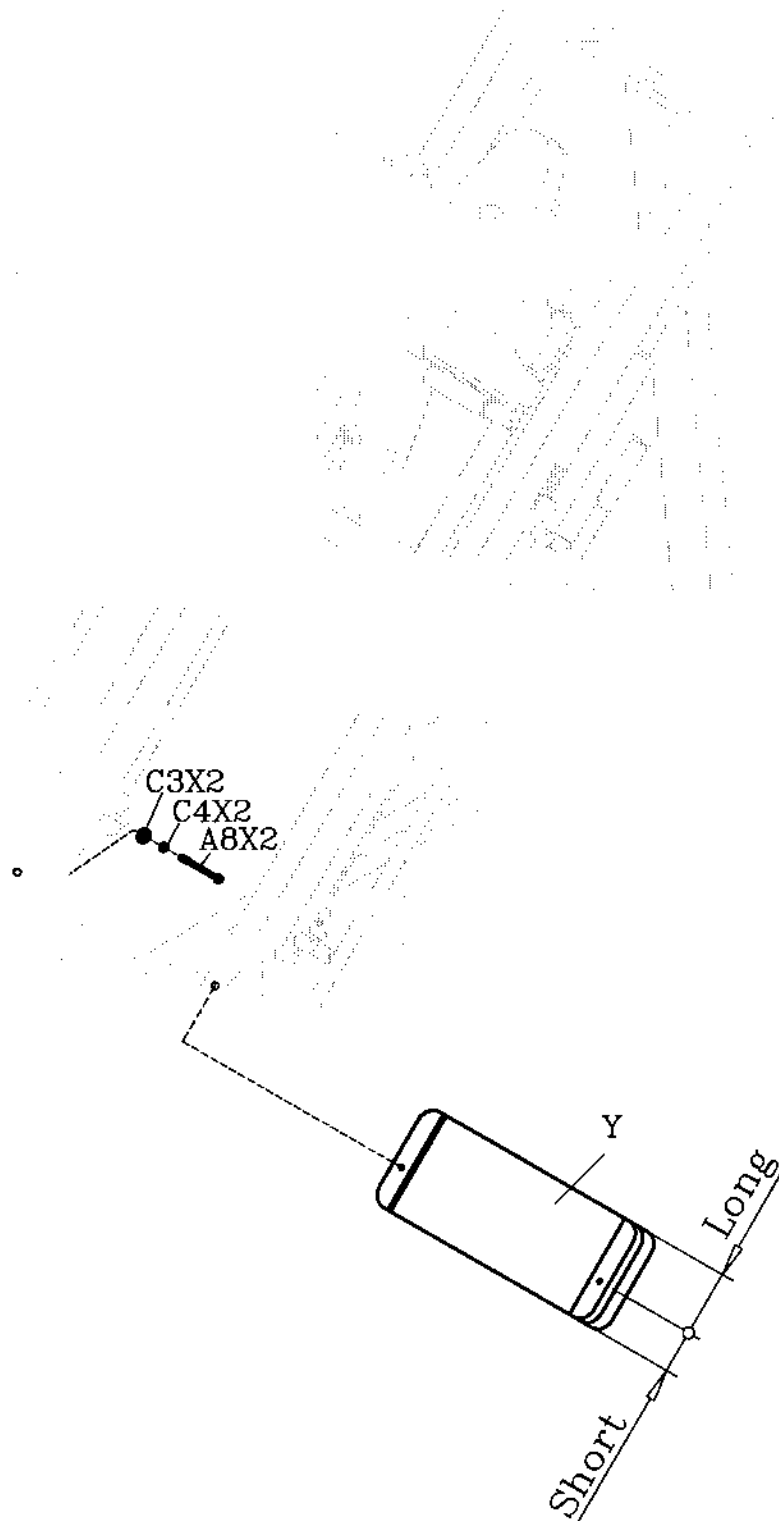
<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A8	5/16"x5" hex head bolt
2	C3	5/16" ID washer
2	C4	5/16" spring washer

### Step by Step

1. Attach (Y) - Seat Pad to (F) - Left Side Frame and (G) - Right Side Frame

Securely Tighten All Frame Bolts Used in Steps 6

## ASSEMBLY- STEP 6



# WLPH2100.3 ASSEMBLY INSTRUCTIONS

## ASSEMBLY- STEP 7

**\*\*Note :** Do Not fully tighten frame bolts and nuts until after completing Step 7

The following Parts and Hardware will be needed to complete Step 7

### Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	C	Press Back Pad Frame
1	M	Adjustment Tube
1	N	Adjustment Frame
1	S	Left Pad Pivot Frame
1	T	Right Pad Pivot Frame
1	W	Press Back Pad

### Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
4	A4	1/2"x3 1/2" hex head bolt
4	A9	5/16"x1" round bolt
4	B1	1/2" nylon lock nut
8	C1	1/2" ID washer
4	C3	5/16" ID washer
4	C4	5/16" spring washer
2	D3	1 3/4"x1 3/4" end cap
1	D12	38x325 rubber pad

### Step by Step

1. Attach (N) - Adjustment Frame to (D) - Front Base Frame
2. Attach (S) - Left Pad Pivot Frame and (T) - Right Pad Pivot Frame to (C) - Press Back Pad Frame and (W) - Press Back Pad
3. Attach (C) - Press Back Pad Frame to (D) - Front Base Frame
4. Attach (M) - Adjustment Tube to (C) - Press Back Pad Frame
5. Slide (M) - Adjustment Tube into (N) - Adjustment Frame

Securely Tighten All Frame Bolts Used in Steps 7

## ASSEMBLY- STEP 7

