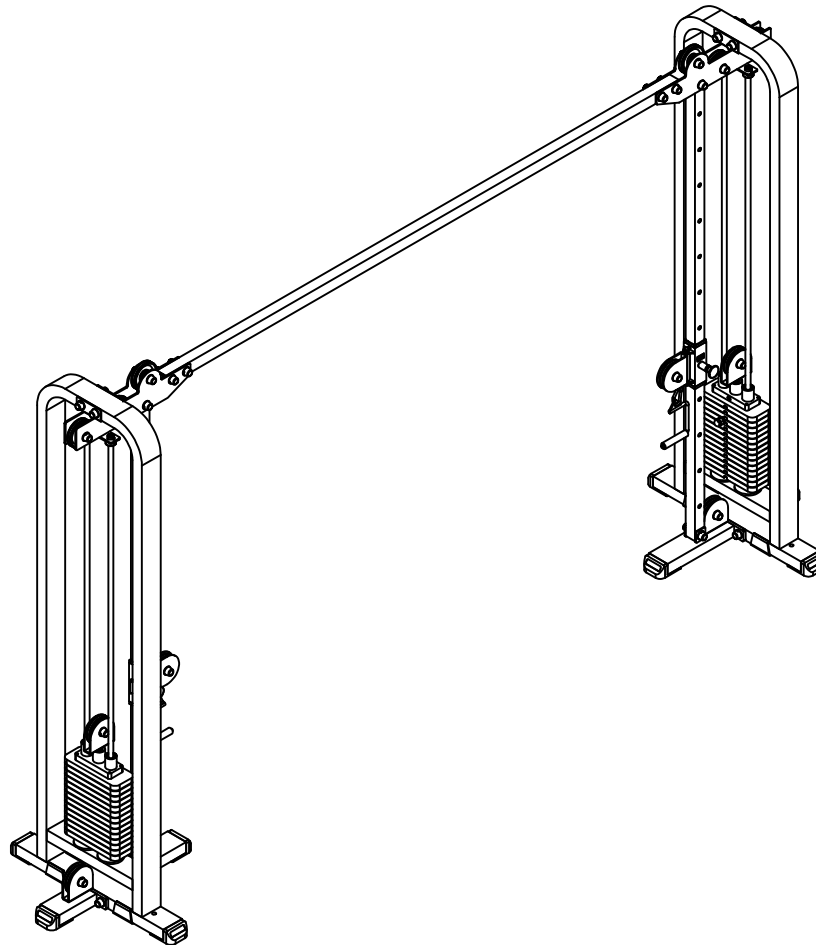


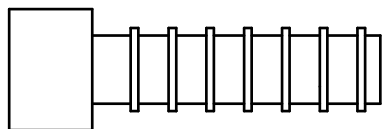
Body-Solid



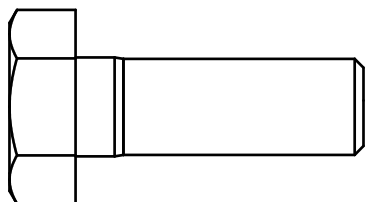
BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

SCC-1200G OWNER'S MANUAL

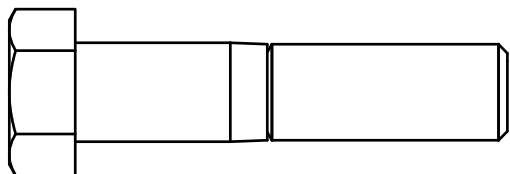
SCC-1200G ASSEMBLY INSTRUCTIONS



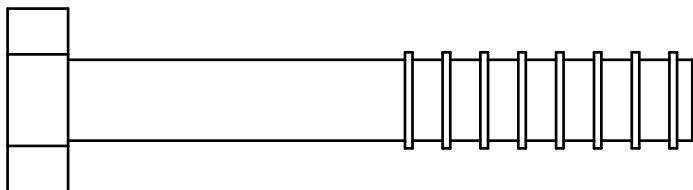
(A1)ROUND ALLEN HEAD 7/16"x1/2"L PARTIAL THREAD QTY.2



(A2)HEX BOLT 1/2"x1 1/2"L-13UNC PARTIAL THREAD QTY.2



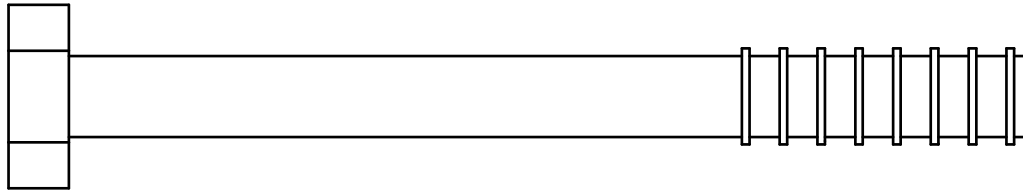
(A3)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.8



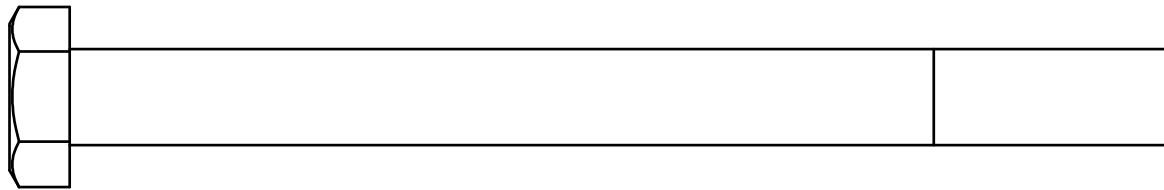
(A4)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.14



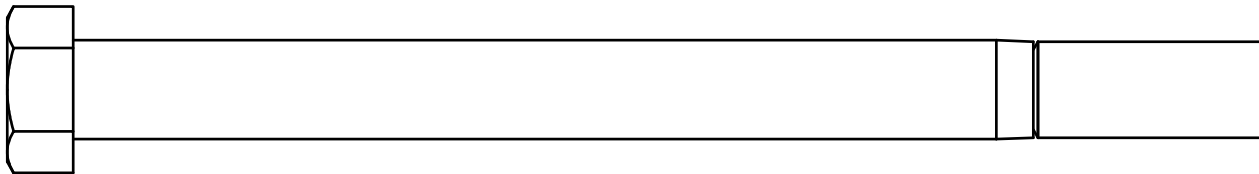
SCC-1200G ASSEMBLY INSTRUCTIONS



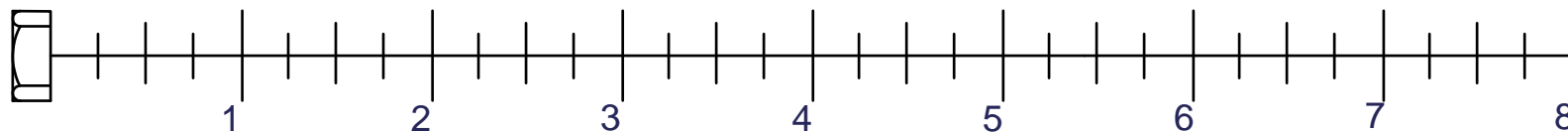
(A5)HEX BOLT 1/2"x5"L PARTIAL THREAD QTY.4



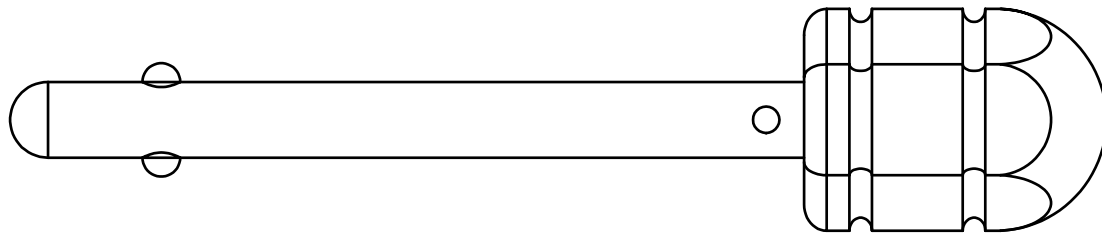
(A6)HEX BOLT 1/2"x5 3/4"L PARTIAL THREAD QTY.4



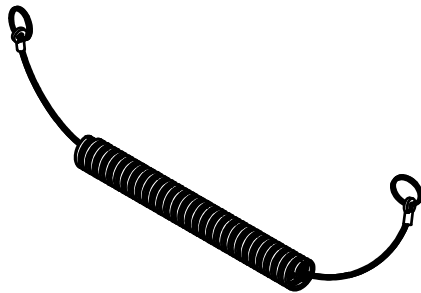
(A7)HEX BOLT 1/2"x6 1/4"L PARTIAL THREAD QTY.2



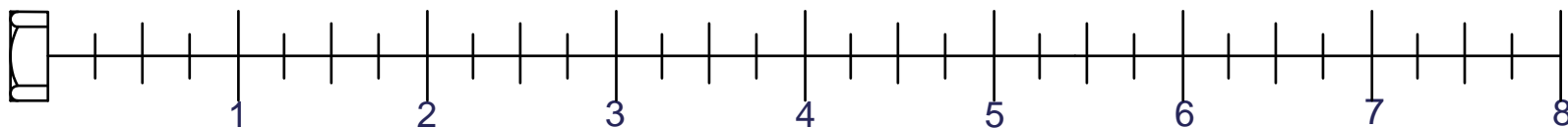
SCC-1200G ASSEMBLY INSTRUCTIONS



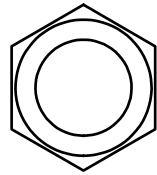
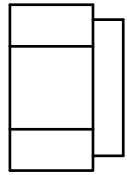
(A8)10LB PIN(8250-021) QTY.2



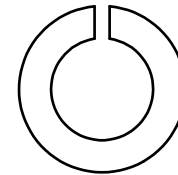
(A9)ELASTIC BOLT QTY.2



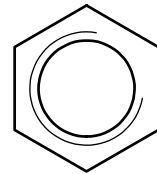
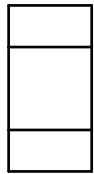
SCC-1200G ASSEMBLY INSTRUCTIONS



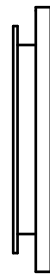
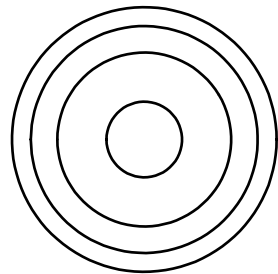
(B1)NYLON LOCK NUT 1/2" QTY.32



(C2)1/2"(I.D.)SPRING WASHER QTY.2



(B2)LOCK NUT 1/2"-13UNC QTY.2



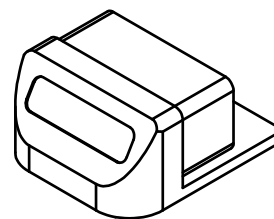
(C1)1/2"(I.D.)ROUND END CAP WASHER QTY.60

SCC-1200G ASSEMBLY INSTRUCTIONS

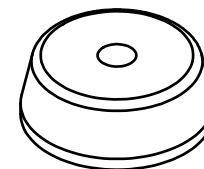
HARDWARE ILLUSTRATION

- D1. 1/2" BOLT CAP(9212-024)-----[60PCS]
- D2. Ø4 1/2" PULLEY(9213-010A)-----[6PCS]
- D3. Ø4 1/2" PULLEY(9213-010B)-----[8PCS]
- D4. 2"x4" FOOT CAP(9211-028)-----[8PCS]
- D5. Ø4" RUBBER DOUNT(9310-017)-----[4PCS]
- D6. STIRRUP HANDLE(8290-002)-----[2PCS]
- D7. SPRING SNAP LINK(8810-001)-----[2PCS]
- D8. Ø3/4" SHAFT COLLAR(9211-050)-----[4PCS]
- D9. WEIGHT SELECTOR BAR(8220-061)-----[2PCS]
- D10. CHROME TOP PLATE(8400-002)-----[2PCS]
- D11. 8300mm STEEL CABLE-----[2PCS]
- D12. 60X50 NYLON BUSHING(9211-033)-----[4PCS]
- D13. Ø5/8" ROUND END CAP(9211-015)-----[4PCS]
- D14. 2"x4" RUBBER DOUNT(9212-009)-----[4PCS]

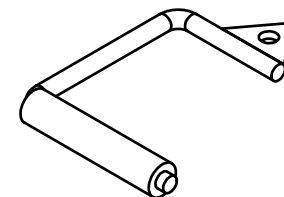
D4



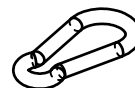
D5



D6



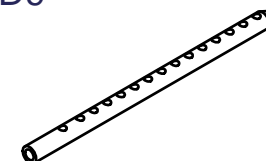
D7



D8



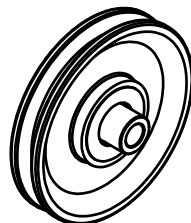
D9



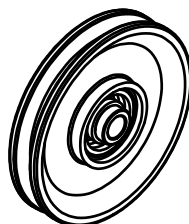
D1



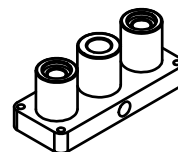
D2



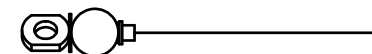
D3



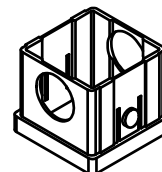
D10



D11



D12



D13



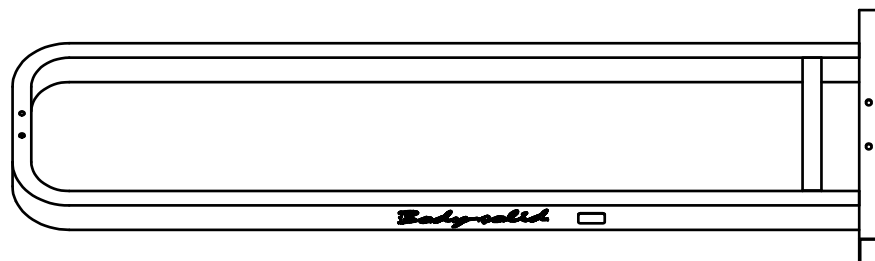
D14



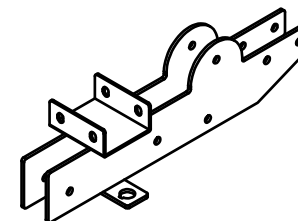
SCC-1200G ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

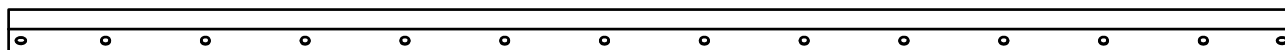
A[2PCS] WEIGHT STACK FRAME



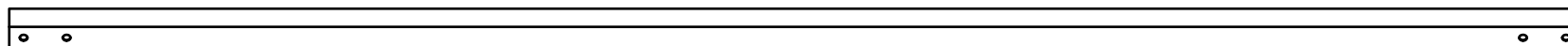
D[2PCS] TOP PULLEY FRAME



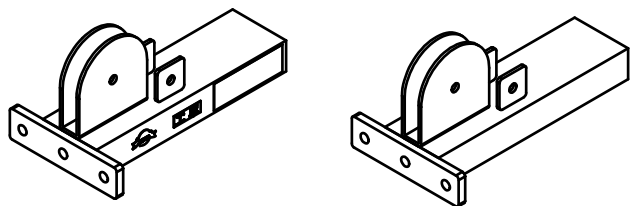
B[2PCS] UPRIGHT PILLAR



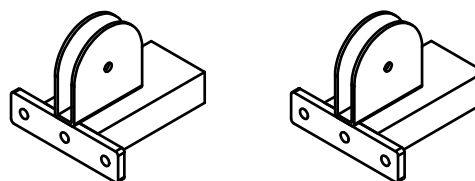
C[1PCS] TOP CROSS SUPPORT



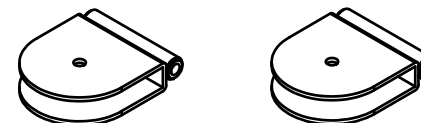
E[2PCS] BOTTOM PILLAR FRAME



F[2PCS] BOTTOM PULLEY FRAME



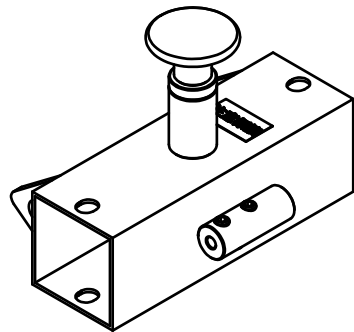
G[2PCS] MIDDLE PULLEY HOLDER



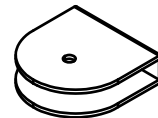
SCC-1200G ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

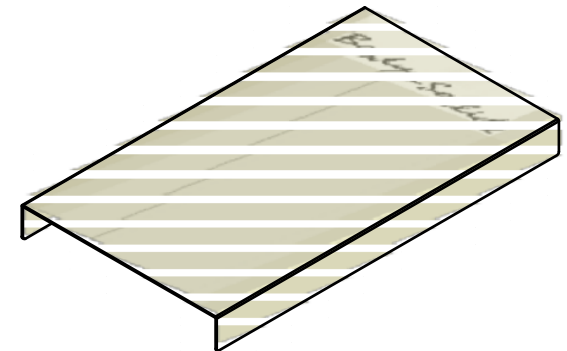
H[1PCS]
ADJUSTABLE CROSSOVER FRAME



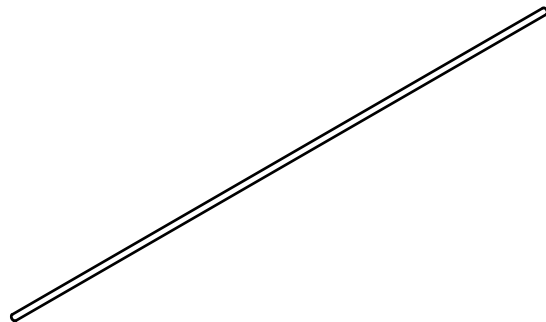
J[2PCS]8323-014
TOP PLATE PULLEY FRAME



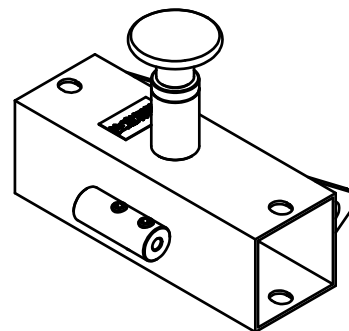
L[2PCS]9220-009
PROTECT PLABK



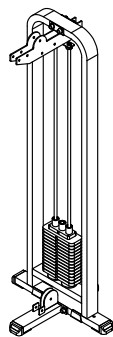
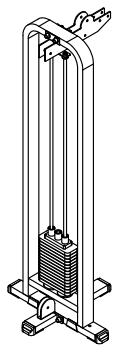
I[4PCS]8280-004
CHROME GUIDE ROD



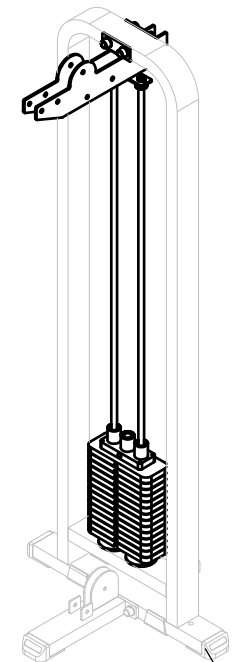
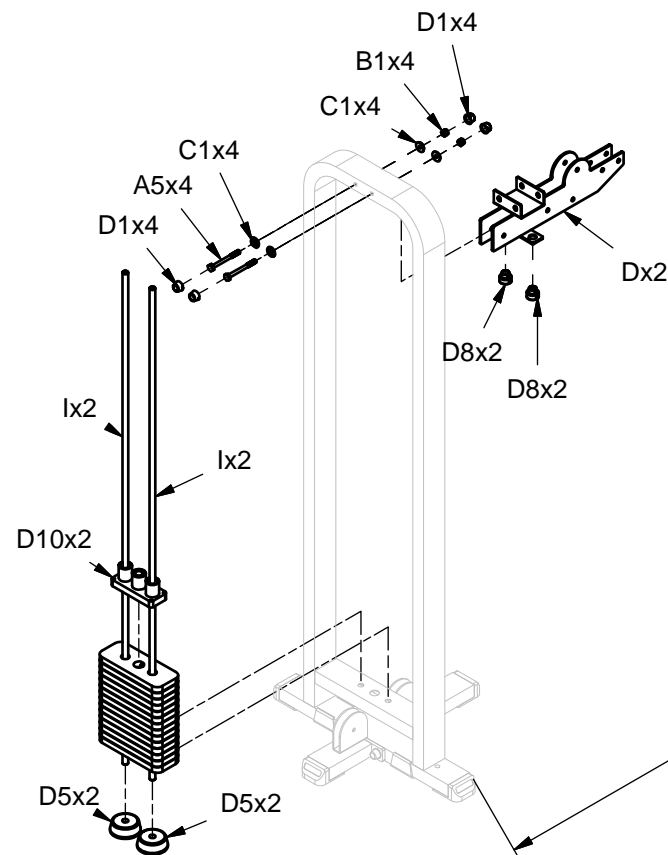
K[1PCS]
ADJUSTABLE CROSSOVER FRAME



SCC-1200G ASSEMBLY INSTRUCTIONS

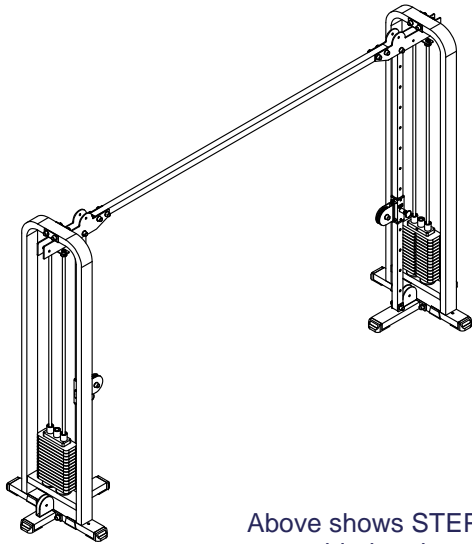


Above shows STEP 2 assembled and completed

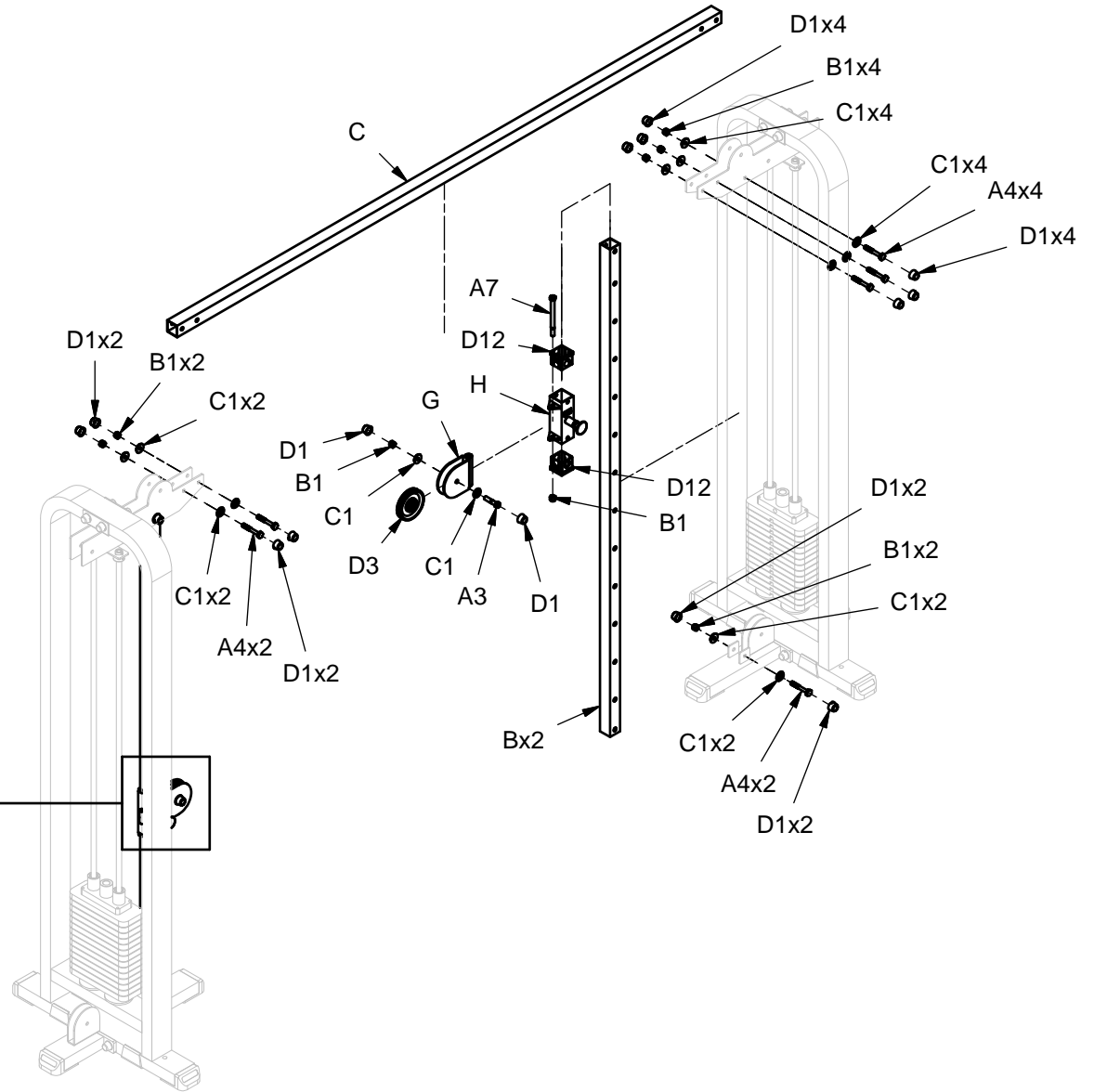
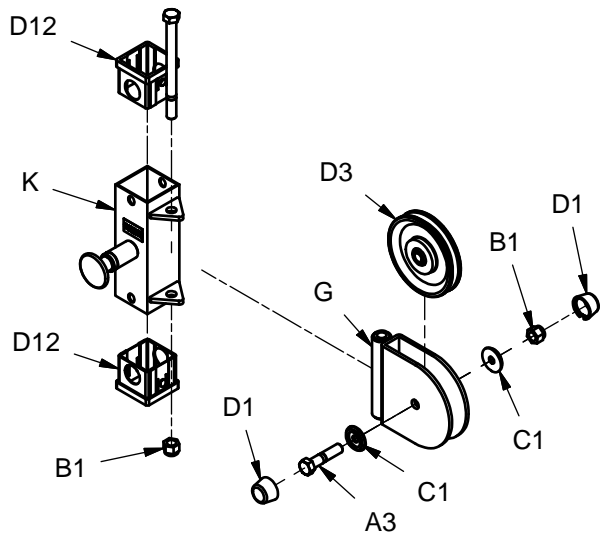


*:Before the assembling of the weight stacks:
Finish (step 1) and adjust the distance between
the two bases to 3307mm(130in)

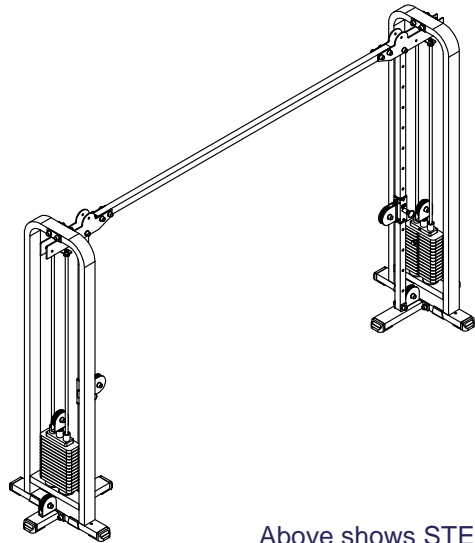
SCC-1200G ASSEMBLY INSTRUCTIONS



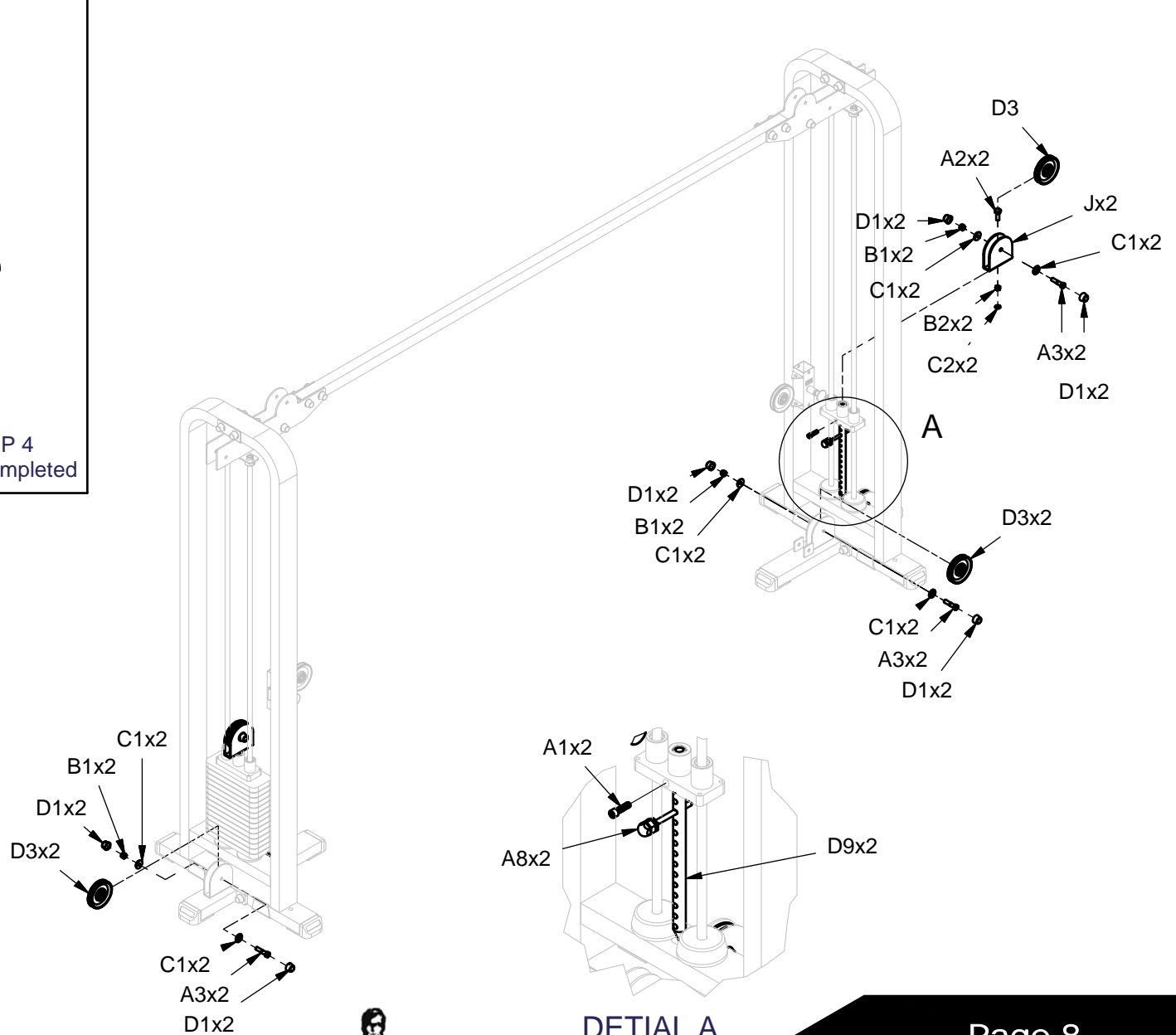
Above shows STEP 3 assembled and completed



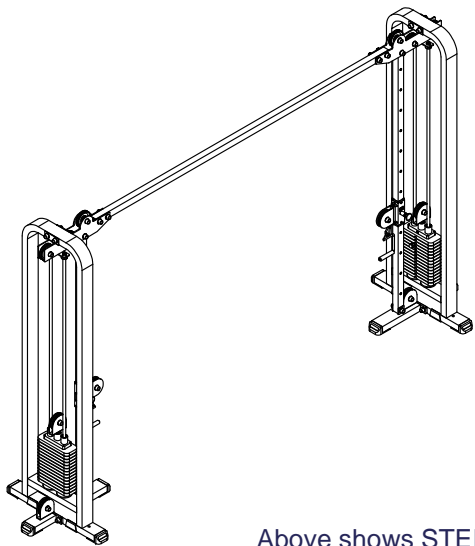
SCC-1200G ASSEMBLY INSTRUCTIONS



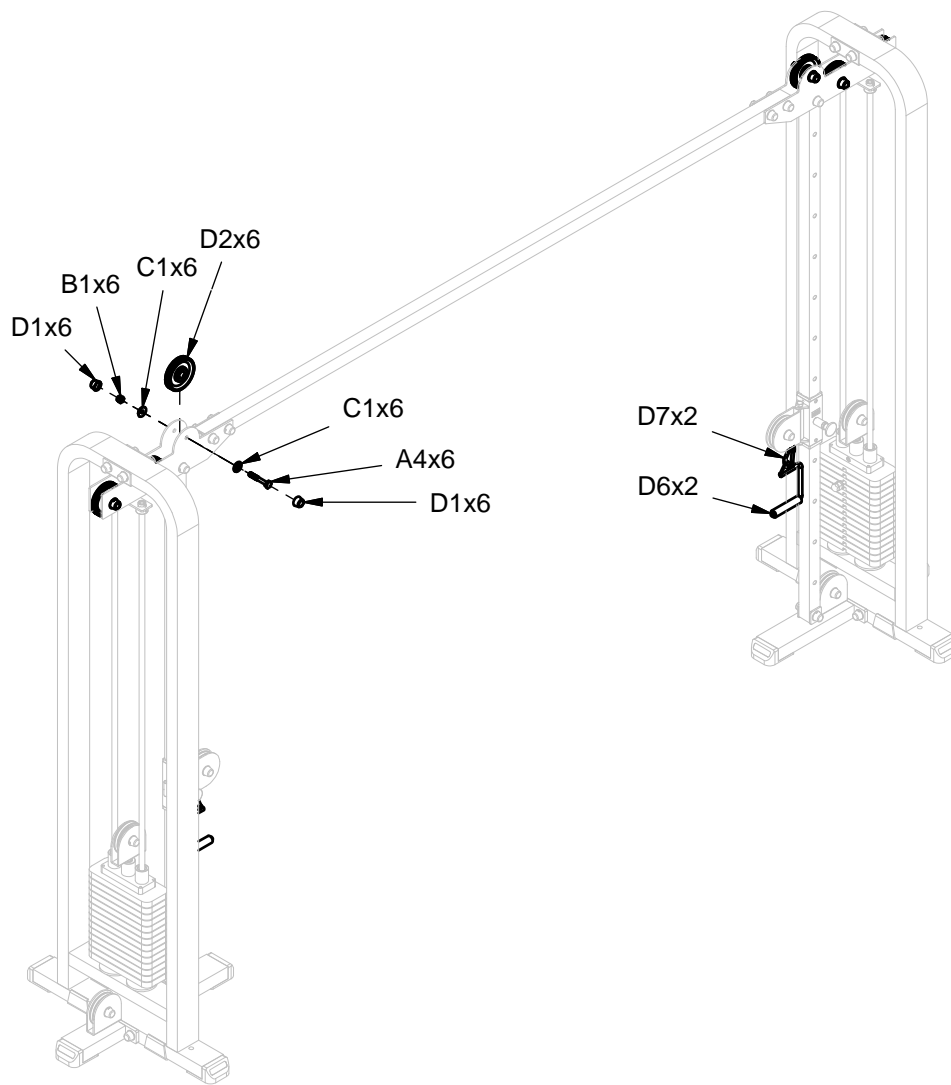
Above shows STEP 4 assembled and completed



SCC-1200G ASSEMBLY INSTRUCTIONS

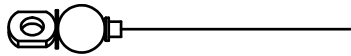


Above shows STEP 5 assembled and completed

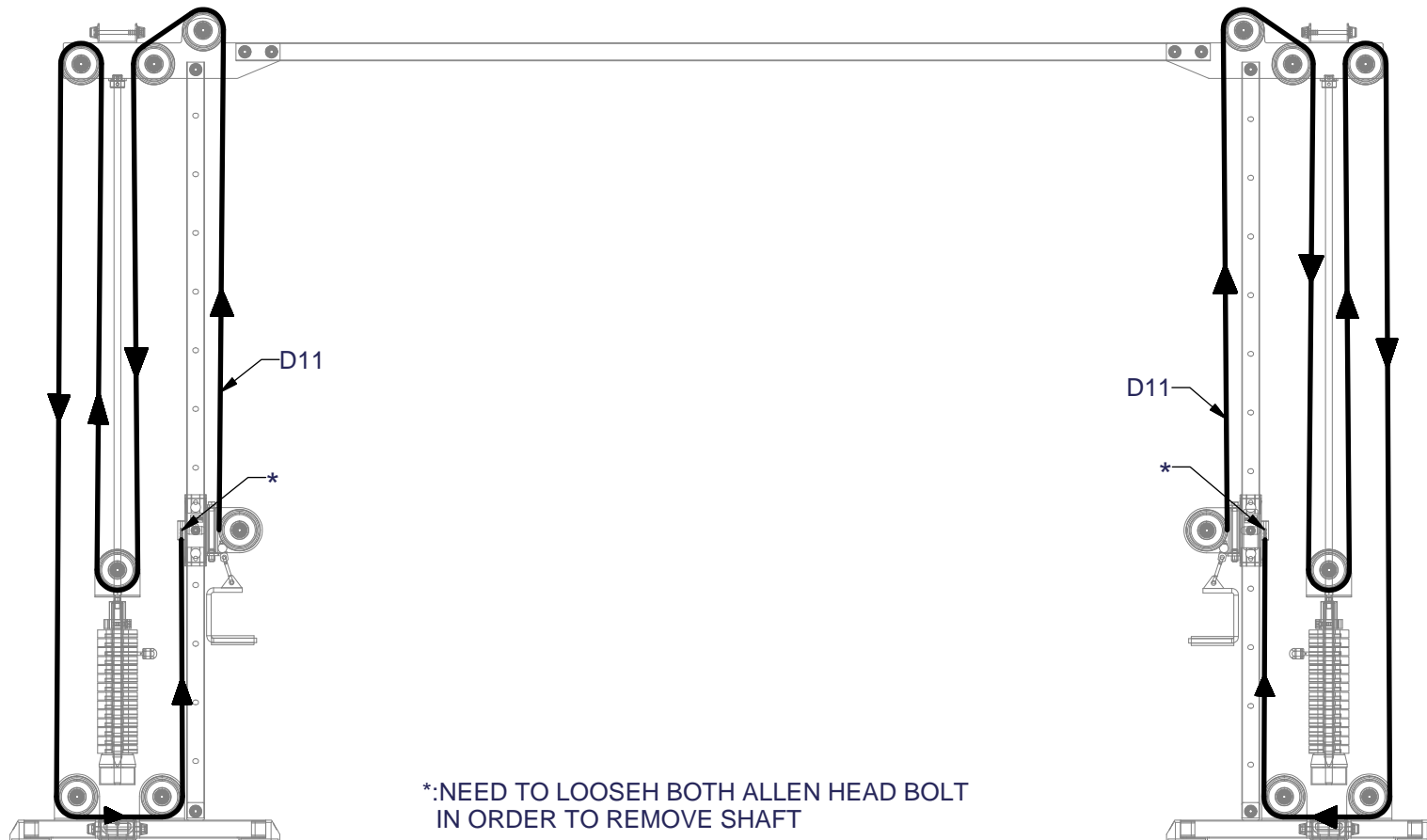


SCC-1200 ASSEMBLY INSTRUCTIONS

D11



Cable to constitute illustration



*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT

Step-1 is spelled as SETP-1
The Steps should read as follows

CABLE CROSSOVER

NOTE: DO NOT TIGHTEN NUTS
AND BOLTS SECURELY UNTIL YOU HAVE COMPLETED ALL ASSEMBLY STEP

Step - 1

- *Attach D14 Rubber Dount's to Bottom of A Weight Stack Frame.
- *Insert D4 Foot Cap's into ends of E Bottom Pillar Frame,
F Bottom Pulley Frame and A Weight Stack Frame.
- *Attach E Bottom Pillar Frame and F Bottom Pulley Frame to A Weight Stack Frame.

Step - 2

- *Attach I Chrome Guide Rod's and D5 Rubber Donut's to A Weight Stack Frame.
- *In this order slide Weight Stack, D10 Chrome Top Plate,
and D8 Shaft Collar's onto I Chrome Guide Rod's.
- *Insert D Top Pulley Frame onto I Chrome Guide Rod's and then attach to A Weight Stack Frame.
- *Insert D8 Shaft Collar's into D Top Pulley Frame.
- *Repeat all the steps above in order to assemble opposite side.

Step - 3 - Use this step on both sides

- *Attach D3 Pulley to G Middle Pulley Holder.
- *Attach G Middle Pulley Holder to K or H Adjustable Crossover Frame.
- *Insert D12 Nylon Bushing's to both sides of K or H Adjustable Crossover Frame.
- *Slide K or H Adjustable Crossover Frame onto B
Upright Pillar - Pull red mushroom cap adjuster to slide on.
- *Attach B Upright Pillar to E Bottom Pillar Frame and D Top Pulley Frame
- *Attach C Top Cross Support to D Top Pulley Frame

Step - 4 - Use this step on both sides

- *Attach J Top Plate Pulley Frame and small ring of A9 Elastic Bolt to D9 Weight Selector Bar.
- *Attach D3 Pulley to J Top Plate Pulley Frame.
- *Attach D9 Weight Selector Bar to D10 Chrome Top Plate.
- *Attach large ring of A9 Elastic Bolt to A8 10Lb. Pin.
- *Attach D3 Pulley to E Bottom Pillar Frame.
- *Attach D3 Pulley to F Bottom Pulley Frame.

Step - 5 - Use this step on both sides.

- *Attach D2 Pulley to inside of D Top Pulley Frame.
- *Attach D3 Pulley to outside of D Top Pulley Frame.
- *Attach D6 Stirrup Handle to H and K Adjustable Crossover Frame.

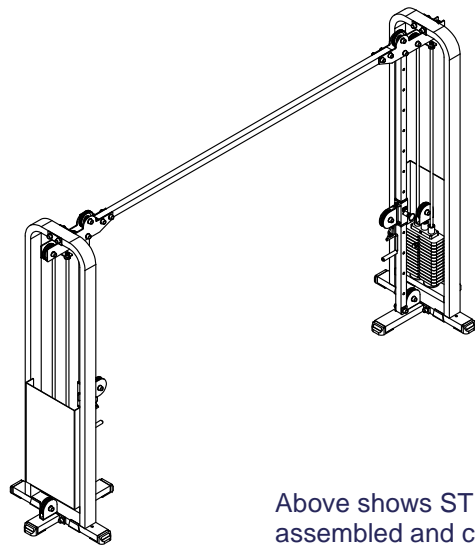
Step - 6

- *Attach Cables as shown in cable routing instructions.
- *Tighten all Bolts
- *Attach all Bolt Caps and L Protect Plate.

SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your CABLE CROSSOVER MACHINE.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. **Warning:** CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

SCC-1200G ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed

