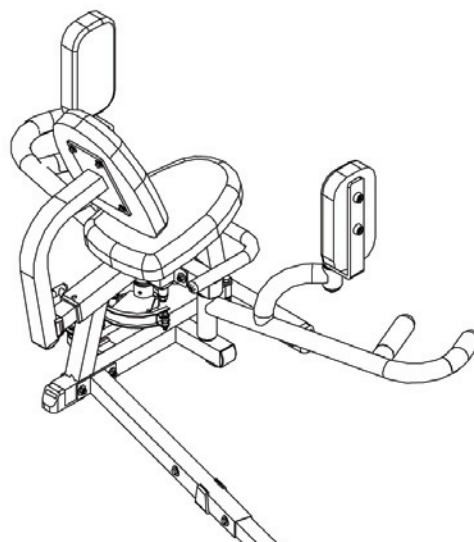
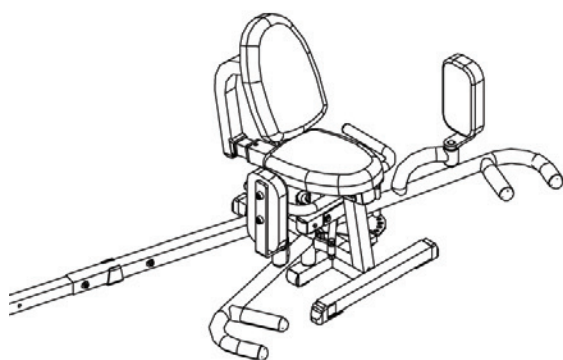
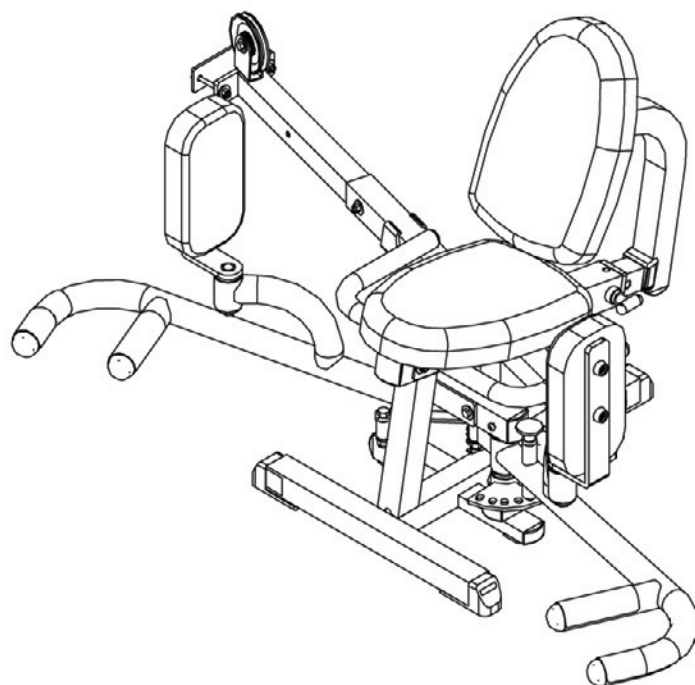


# Body-Solid®



**GIOT**  
**(fits onto G2B, G3S, G4I, G5S, G6B, G9S, G10B)**  
**ASSEMBLY INSTRUCTIONS**

# Before You Begin

Thank you for purchasing the Inner And Outer Thigh Attachment. This is part of the Body-Solid line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning.

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## **This Attachment will fit onto the: G2B, G3S, G4I, G5S, G6B, G9S, G10B.**

These instructions show the Inner and Outer Thigh Attachment being attached to only one gym. Because of the design of these gyms is similar, the Inner and Outer Thigh Attachment will fit.

When you attach the Inner and Outer Thigh Attachment, leave all nuts and bolts hand tight, until the last step is complete. Then go back and wrench tighten all nuts and bolts.

## **Unpacking the Equipment**

This piece is carefully tested and inspected before shipment. Body-Solid may ship in several pieces that require assembly. Ask for assistance during the assembly process.

Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

***Be careful to assemble all components in the sequence presented in this guide.***

If any items are missing, contact the dealer from whom you purchased the unit or call Body-Solid Customer Service: 1-800-833-1227.

**CAUTION: To set up this unit, you will need assistance. You must review and follow these instructions. If you do not assemble and use according to the guidelines, you could void the Body-Solid warranty.**

**CAUTION:**  
Obtain assistance.  
Review the Installation Requirements before proceeding with the following steps.

## **Installation Requirements:**

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

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

**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.

Insert all bolts in the same direction. 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 warranty card.

# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

## **When using exercise equipment, you should always take basic precautions, including the following:**

- Read all instructions before using. These instructions are written to ensure your safety and to protect the unit.
- 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 injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- 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 before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

## **Personal Safety During Assembly**

If possible have a qualified dealer assemble the equipment.

- 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 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

This piece 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 Body-Solid equipment.

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 1-800-833-1227 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 key number, part number, and description from this Owner's Manual. Use only 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 Body-Solid web site at:

[www.bodysolid.com](http://www.bodysolid.com)

or contact an authorized Body-Solid dealer or a Body-Solid 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 ext. 5  
Fax: 1-708-427-3556  
E-mail: [service@bodysolid.com](mailto: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. Key number, part number, and description are required when ordering parts.**

# Safety Guidelines

Successful resistance training programs have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

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- 1. It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**
- 2. Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**
- 3. Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.**
- 4. Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.**
- 5. Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and suitable, breathable clothing will reduce the risk of injury.**
- 6. Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.**
- 7. Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**
- 8. Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**
- 9. Do not attempt to lift more weight than you can control safely.**
- 10. Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**

# Assembly Instructions

## Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

### Required Tools:

9/16" Open-End Wrench  
11/16" Open-End Wrench  
3/4" Open-End Wrench  
13/16" Open-End Wrench

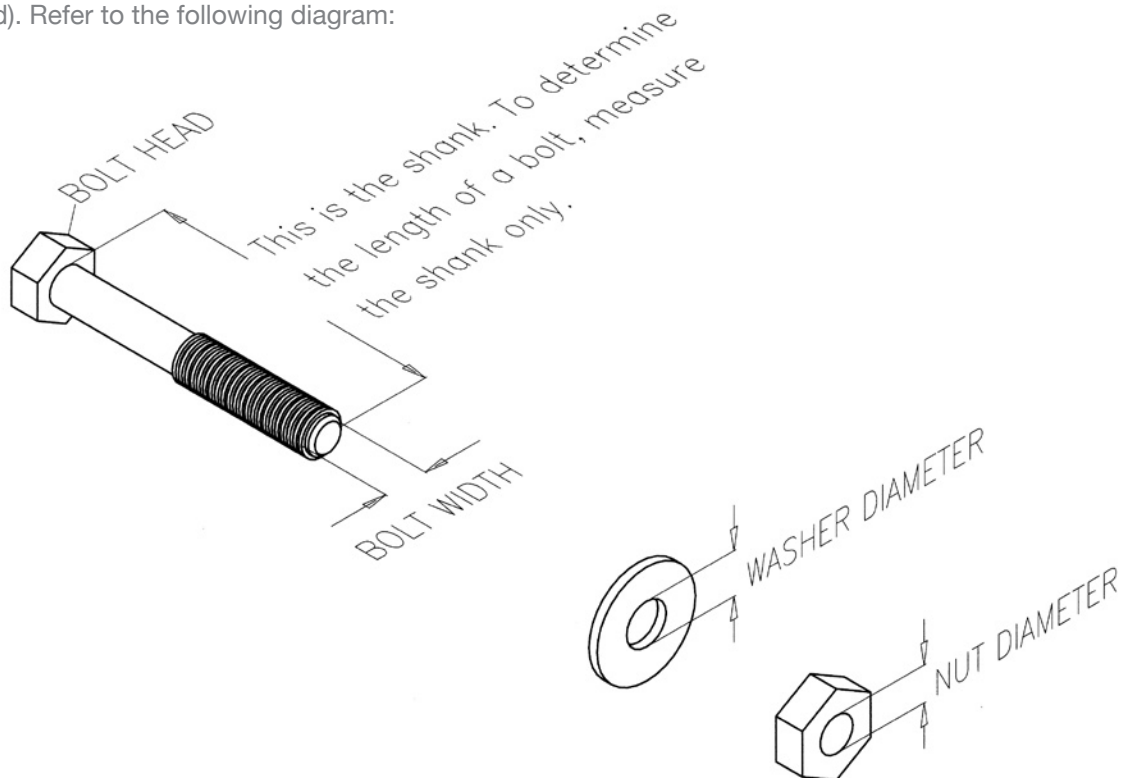
### Assembly Tips:

Read all "Notes" on each page before beginning each step.

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

Some parts may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



### Do not fully tighten bolts until instructed to do so.

Note: 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.

Be careful to assemble all components in the sequence they are presented.

**NOTE:**

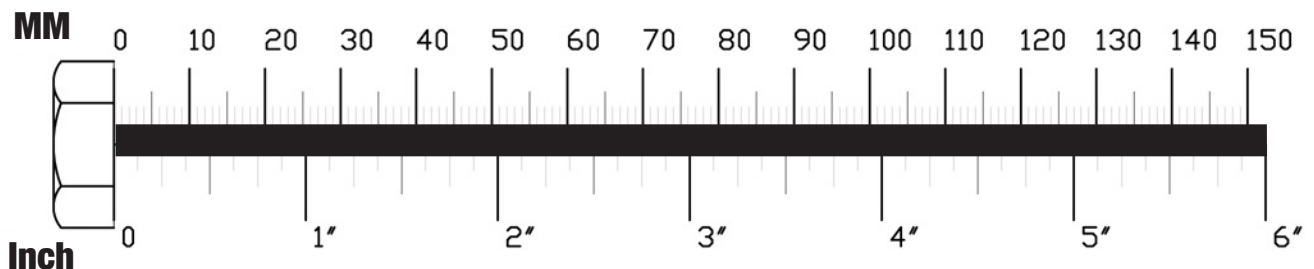
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 3.

**\*NOTE:**

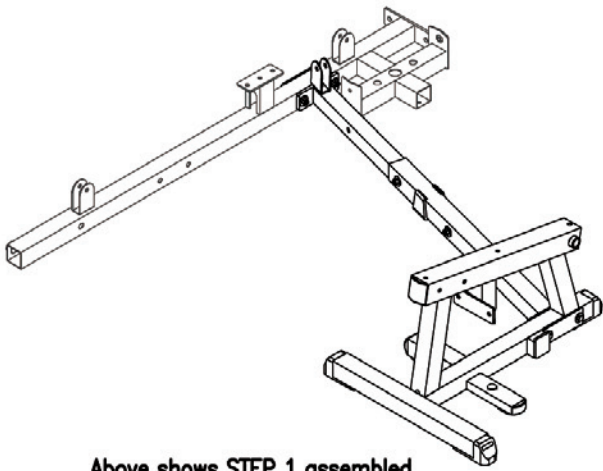
Use hardware in bag "C" for gym G10B.

Use hardware in bag "B" for gyms G2B, G3S, G4I, G5S, G6B, G9S.

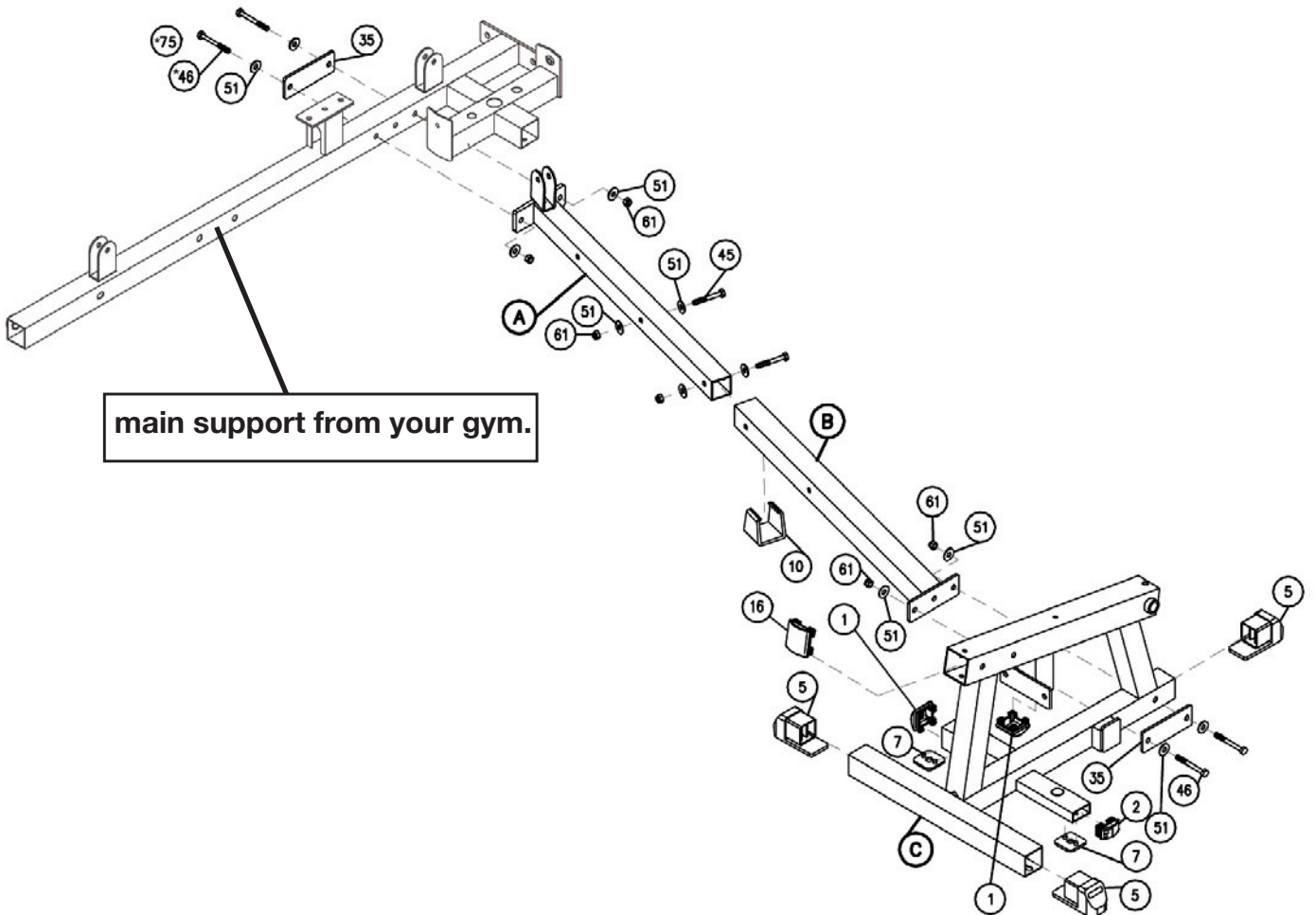
- A. Attach Main Base Frame (A) and Flat Plate (35) to the Main Support Frame of your gym as shown using:  
**\*Two 46 (3/8" x 3" hex head bolt)**  
**Four 51 (3/8" washer)**  
**Two 61 (3/8" nylon lock nut)**
- B. Slide Main Base Frame (A) into Main Base Extension (B) and connect using:  
**Two 45 (3/8" x 2 1/2" hex head bolt)**  
**Four 51 (3/8" washer)**  
**Two 61 (3/8" nylon lock nut)**  
 Clip a Frame Leveler (10) onto Main Base Extension (B).
- C. Attach Large Frame (C) and Flat Plate (35) to Main Base Extension (B) and connect using:  
**Two 46 (3/8" x 3" hex head bolt)**  
**Four 51 (3/8" washer)**  
**Two 61 (3/8" nylon lock nut)**
- D. Attach two Shims (7) to the bottom of Large Frame (C) as shown.  
 Attach two End Caps (1) and one End Cap (16) to the Large Frame (C) as shown.  
 Attach one Small End Cap (2) to the Large Frame (C) as shown.  
 Attach three Foot Caps (5) to the Large Frame (C) as shown.



STEP  
**1**



Above shows STEP 1 assembled and completed.



main support from your gym.

**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**Finger tighten all hardware in this step. Do Not wrench tighten until end of step 3.**

- A. Slide two Chrome Rods (U) into each side of Large Frame (C) as shown.
- B. Slide Copper Washer (31) onto Chrome Rod (U) as shown.  
Insert two End Caps (2) into Pop Pin Pivot (D).  
Slide Pop Pin Pivot (D) onto the left side of Large Frame (C), onto Chrome Rod (U) as shown.  
Attach Rubber Cap (13)\* onto Pop Pin Pivot (D).

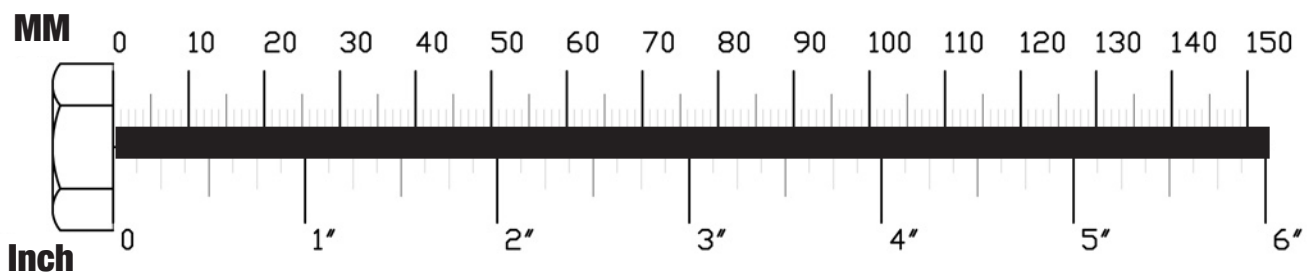
**\*Note:**

**Rubber Cap (13) might be pre-assembled.**

- C. Slide the Pop Pin Adjuster (E) onto Chrome Rod (U) as shown.
- D. Slide the Plastic Bushing (7) into the Large Frame (C) as shown.  
Slide the Plastic Bushing (6) onto Back Pad Frame (N) as shown.  
Slide the Back Pad Frame (N) into the Large Frame (C) as shown, and hold in place with T-Shaped Pop Pin (37).
- E. Attach Back Pad (T) to the Back Pad Frame (N) using:  
**Four 48 (5/16" x 1" hex head bolt)\***  
**Four 56 (5/16" spring lock washer)**  
**Four 55 (5/16" washer)**  
Insert End Cap (1) into the bottom of the Back Pad Frame (N).

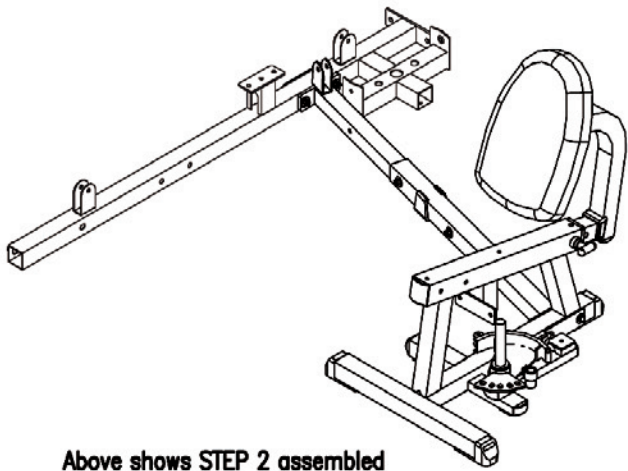
**\*Note:**

**Do not over tighten Pad Bolts (48), over tightening will strip the T-nuts pressed into the wood.**

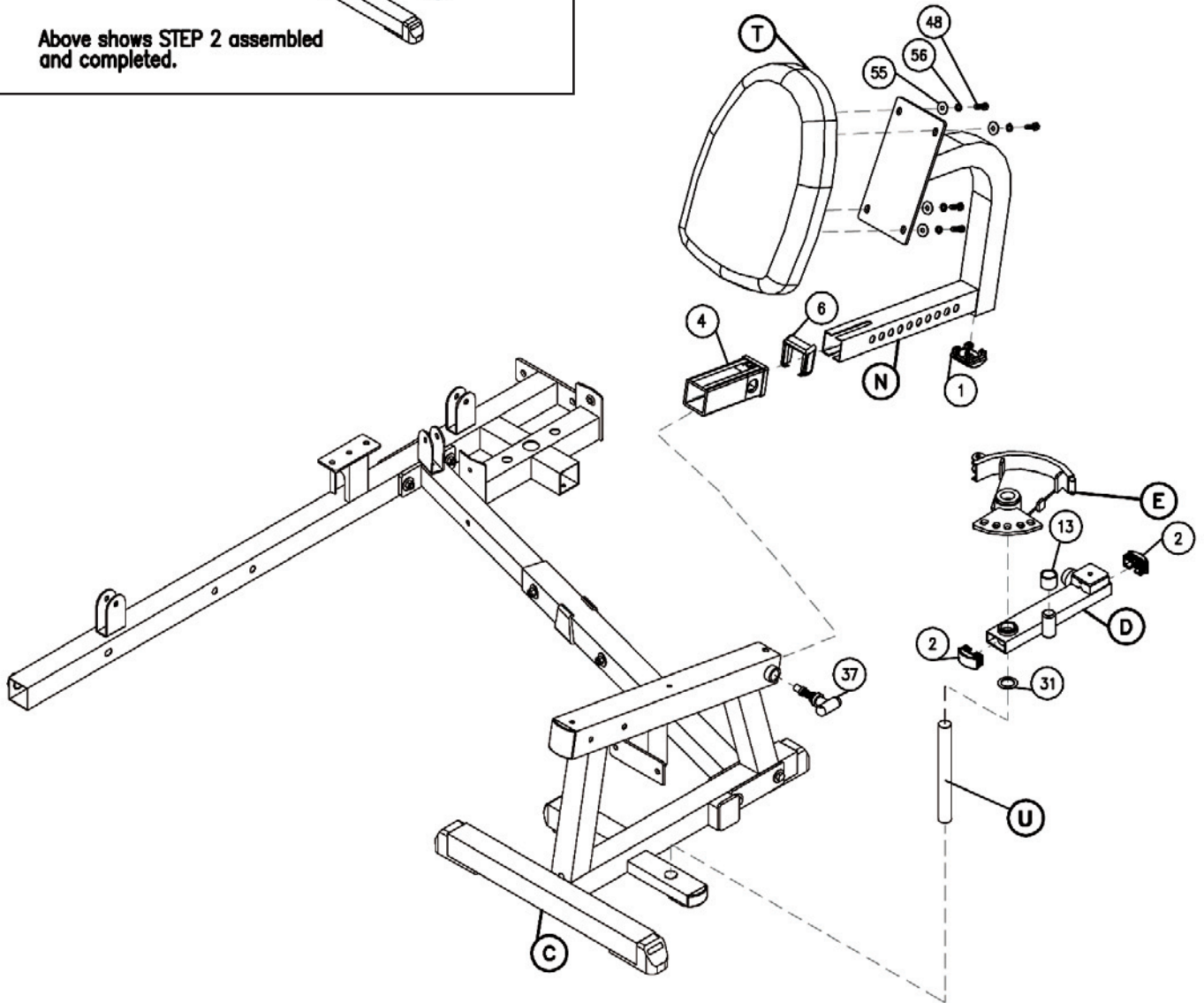




STEP  
**2**



Above shows STEP 2 assembled and completed.

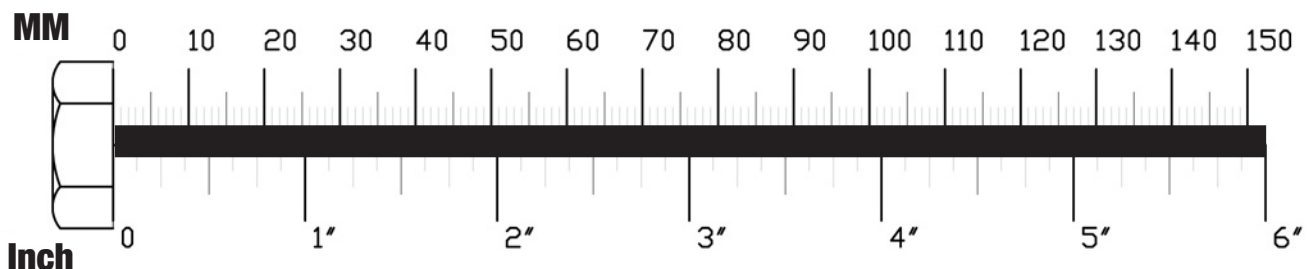


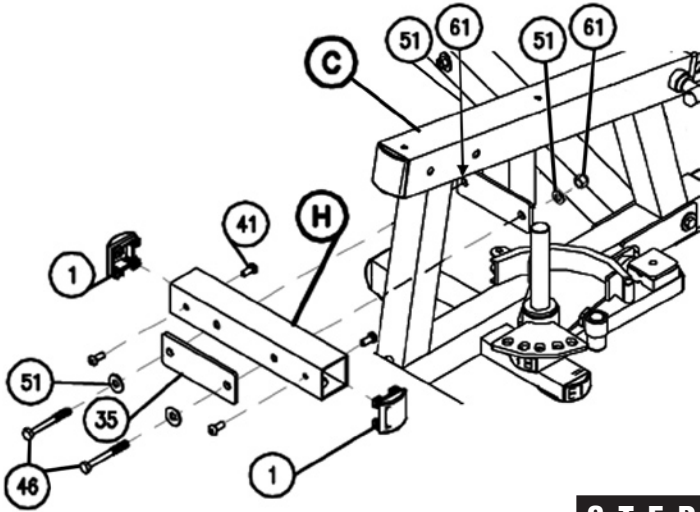
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

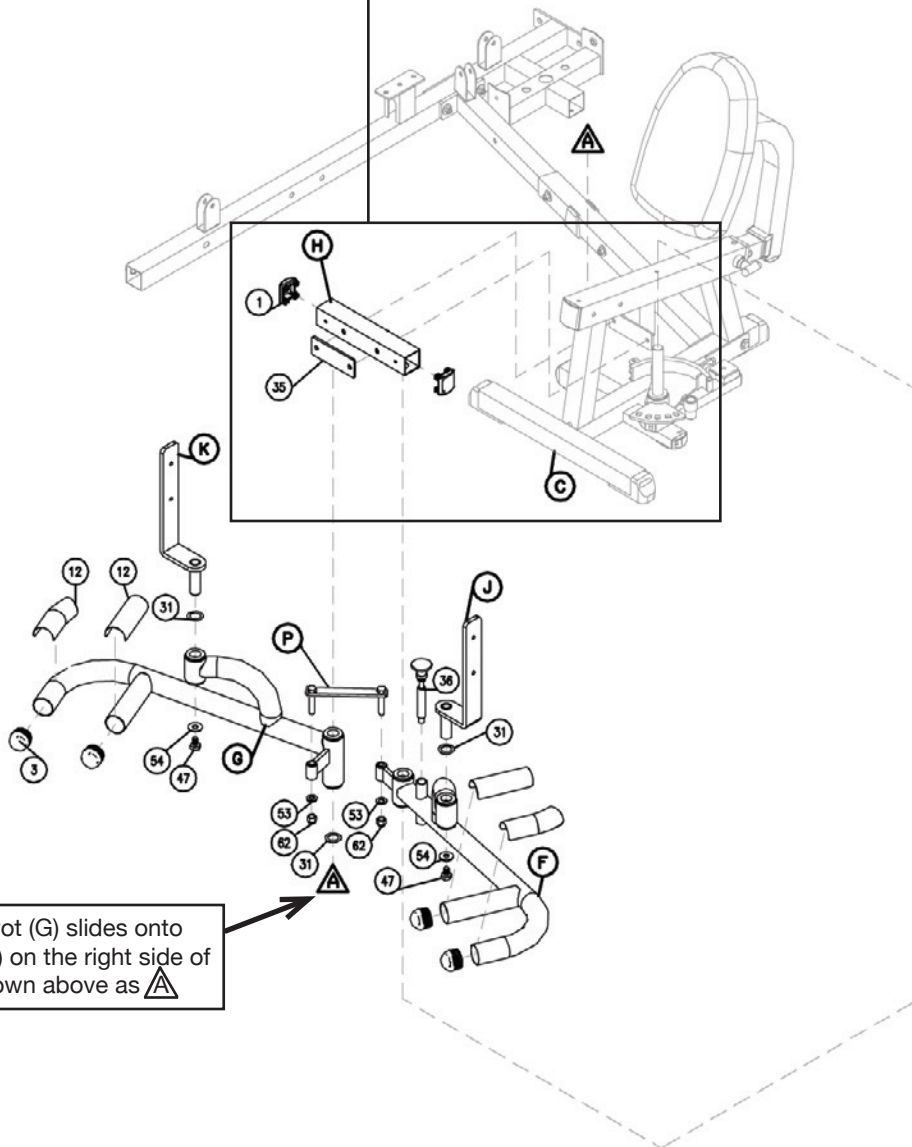
**Finger tighten all hardware until the end of this step.**

- A. Slide Left Leg Pivot (F) onto the left side of the Large Frame (C), and hold in place with Pop Pin (36).  
Slide Copper Washer (31) and Right Leg Pivot (G) onto the right side of the Large Frame (C) as shown.
- B. Connect Left Leg Pivot (F) and Right Leg Pivot (G) with the Connector Bar (P) using:  
**Two 53 (1/2" washer x 1" o.d.)**  
**Two 62 (1/2" nylon lock nut)**  
Insert four Round End Caps (3) and four Grip Tape (12) onto the Left Leg Pivot (F) and the Right Leg Pivot (G) as shown.
- C. Insert Leg Pad Holder (J) through Copper Washer (31), and into Left Leg Pivot (F), attach using:  
**One 47 (1/2" x 3/4" hex head bolt)**  
**One 54 (1/2" washer)**
- D. Insert Leg Pad Holder (K) through Copper Washer (31), into Right Leg Pivot (G), attach using:  
**One 47 (1/2" x 3/4" hex head bolt)**  
**One 54 (1/2" washer)**
- E. Place the Leg Pivot Hold Down (H) on top of the Left Leg Pivot (F) and the Right Leg Pivot (G) as shown. Connect to Large Frame (C) using the Flat Plate (35) and:  
**Two 46 (3/8" x 3" hex head bolt)**  
**Four 51 (3/8" washer)**  
**Two 61 (3/8" nylon lock nut)**  
Insert two End Caps (1) onto Leg Pivot Hold Down (H).  
Tighten the four Allen Screws (41) in Leg Pivot Hold Down (H) onto two Chrome Rods (U):  
**Four 41 (5/16" x 3/4" allen screw)**
- F. You should now wrench tighten all bolts and nuts on this unit.





**STEP 3 E**



Right Leg Pivot (G) slides onto Chrome Rod (U) on the right side of the unit, shown above as **A**

**STEP****4**

**Be careful to assemble all components in the sequence they are presented.**

- A. Attach Left Handle (L) and Right Handle (M) to Large Frame (C) using:  
**Two 43 (3/8" x 3 1/4" hex head bolt)**  
**Four 51 (3/8" washer)**  
**Two 61 (3/8" nylon lock nut),**  
and wrench tighten.
- B. Attach Seat Pad (S) to the Large Frame (C) using:  
**Two 49 (5/16" x 3" hex head bolt)\***  
**Two 56 (5/16" spring lock washer)**  
**Two 55 (5/16" washer)**

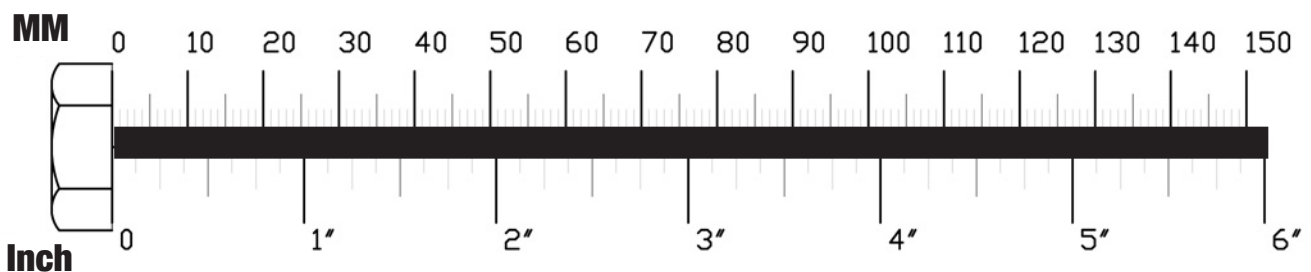
**\*Note:**

**Wrench tighten, but do not over tighten Pad Bolts (49),  
over tightening will strip the T-nuts pressed into the wood.**

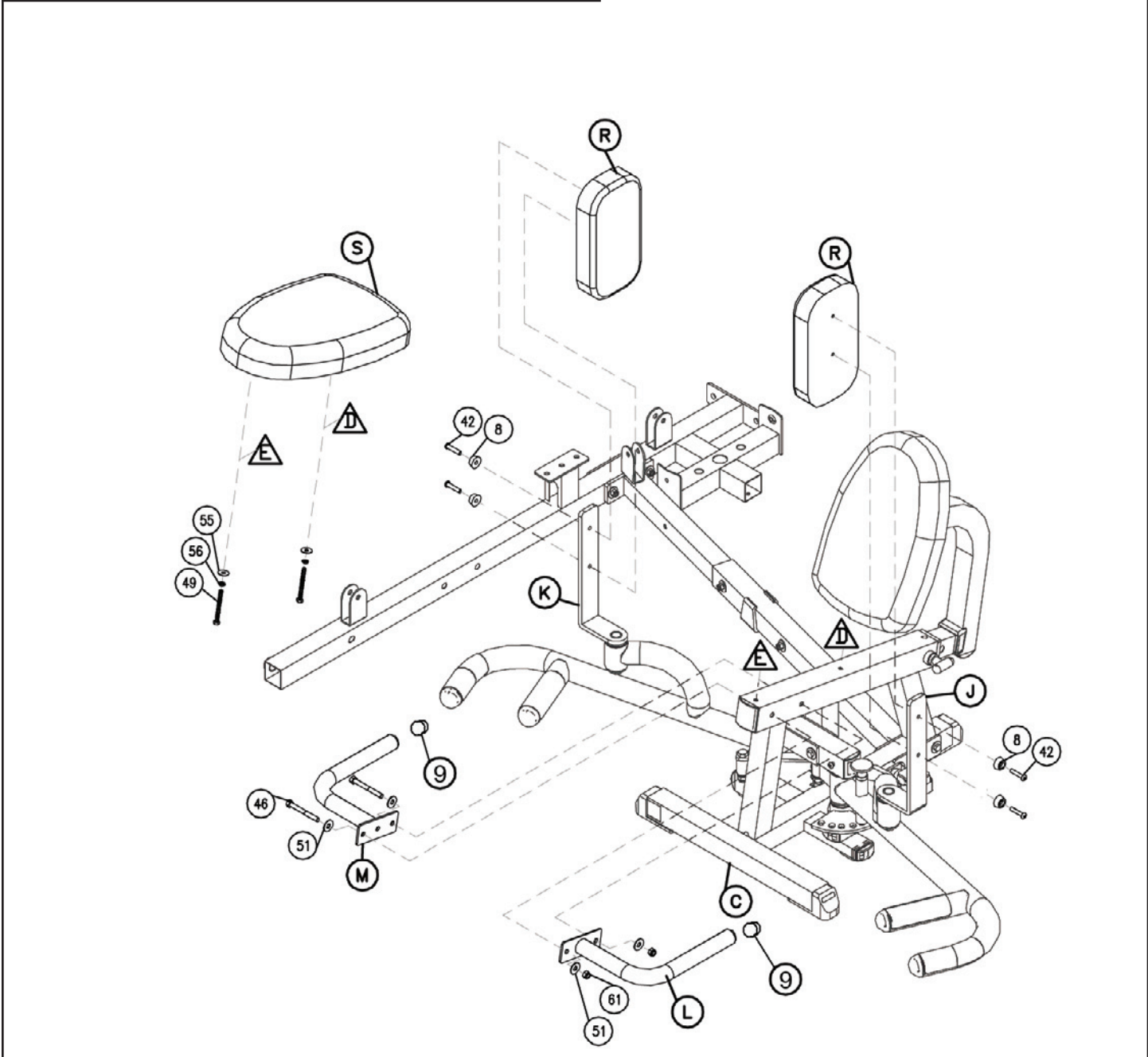
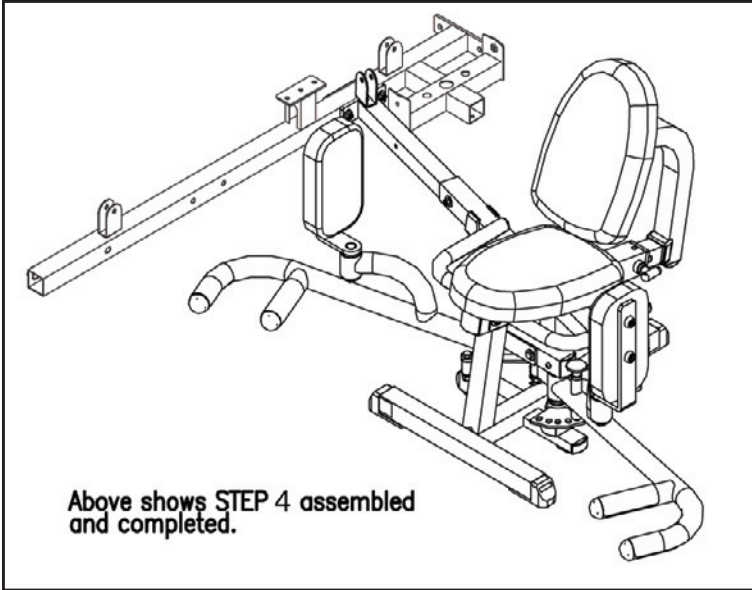
- C. Attach two Leg Pads (R) to the two Leg Pad Holders (J) and (K) using:  
**Four 42 (5/16" x 1 1/2" allen head bolt)\***  
**Four 8 (5/16" rubber bolt head protector)**

**\*Note:**

**Wrench tighten, but do not over tighten Pad Bolts (42),  
over tightening will strip the T-nuts pressed into the wood.**

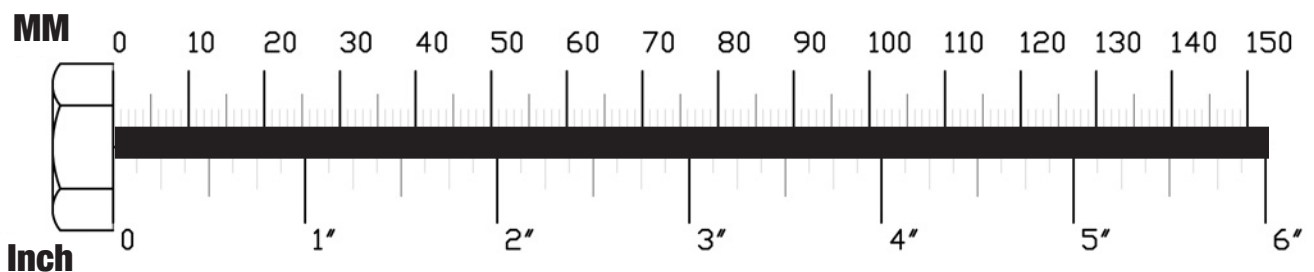


STEP  
**4**

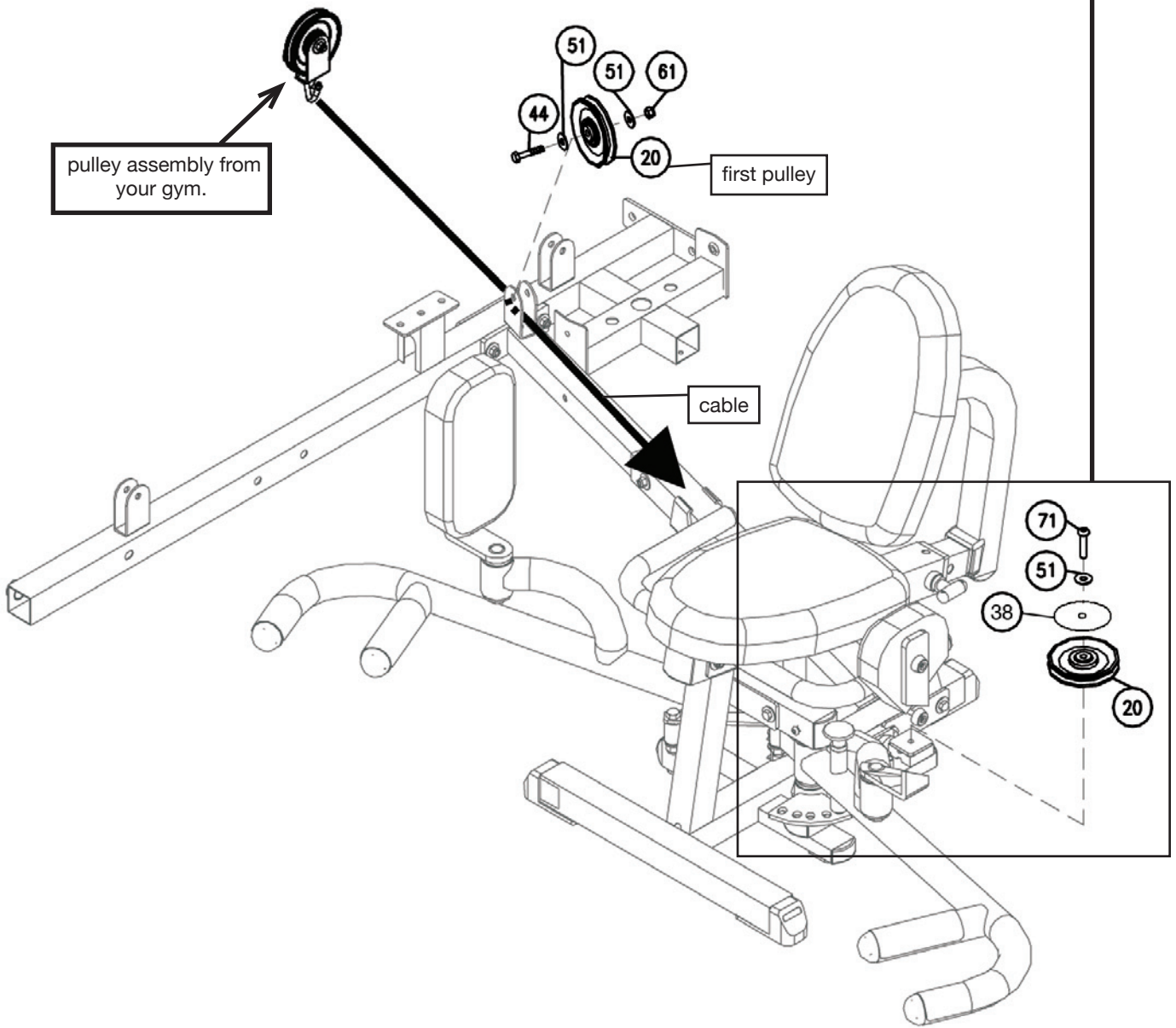
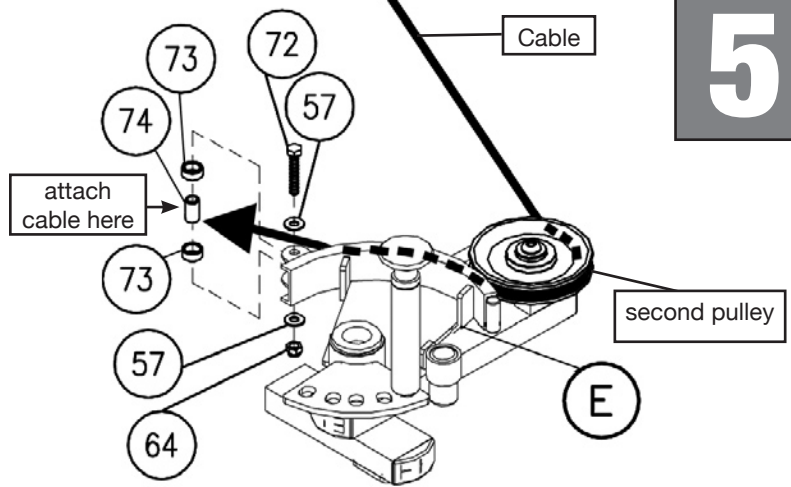
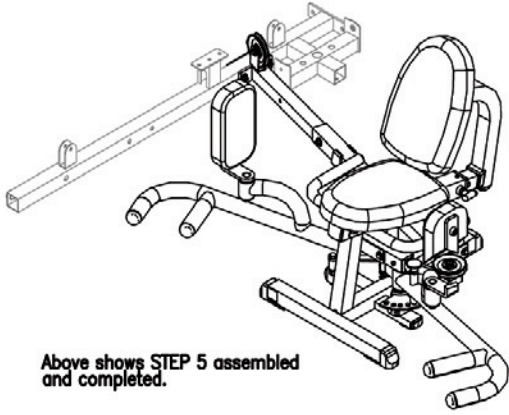


**Be careful to assemble all components in the sequence they are presented.**

- A. Route Cable (15) under the first Pulley (20), and install the first Pulley (20) as shown using:  
**One 44 (3/8" x 1 3/4" hex head bolt)**  
**Two 51 (3/8" washer)**  
**One 61 (3/8" nylon lock nut),**  
 and wrench tighten.
- B. Route Cable (15) around the second Pulley (20), and install the second Pulley (20) and Round Flate Plate (38) as shown using:  
**One 71 (3/8" x 1 1/2" allen head bolt)**  
**One 51 (3/8" washer),**  
 and wrench tighten.
- C. Insert Spacer (74) into the end of the Cable (15).  
 Insert Spacer (74) into the two Spacers (73), with one Spacer (73) above the Cable (15) and one Spacer (73) below the Cable (15).  
 Install the three Spacers (74) and (73), attached to the Cable (15), into Pop Pin Adjuster (E) as shown in the small diagram using:  
**One 72 (5/16" x 1 3/4" hex head bolt)**  
**Two 57 (5/16" washer)**  
**One 64 (5/16" nylon lock nut)**



**STEP**  
**5**



# GIOT Main Frame Parts List

<b>KEY#</b>	<b>QTY</b>	<b>PART#</b>	<b>DESCRIPTION</b>
A	1	GIOTMBF-A	MAIN BASE FRAME
B	1	GIOTMBE-B	MAIN BASE EXTENSION
C	1	GIOTLF-C	LARGE FRAME
D	1	GIOTPPP-D	POP PIN PIVOT
E	1	GIOTPPA-E	POP PIN ADJUSTER
F	1	GIOTLLP-F	LEFT LEG PIVOT
G	1	GIOTRLP-G	RIGHT LEG PIVOT
H	1	GIOTLPHD-H	LEG PIVOT HOLDDOWN
J	1	GIOTLPH-J	LEG PAD HOLDER
K	1	GIOTLPH-K	LEG PAD HOLDER
L	1	GIOTLH-L	LEFT HANDLE
M	1	GIOTRH-M	RIGHT HANDLE
N	1	GIOTBPF-N	BACK PAD FRAME
P	1	GIOTCB-P	CONNECTOR BAR
R	1	GIOTTP-R	THIGH PAD
S	1	GIOTSP-S	SEAT PAD
T	1	GIOTBP-T	BACK PAD
U	2	GIOTCR-U	CHROME ROD

**Key numbers, part numbers, and description are required when ordering parts.**

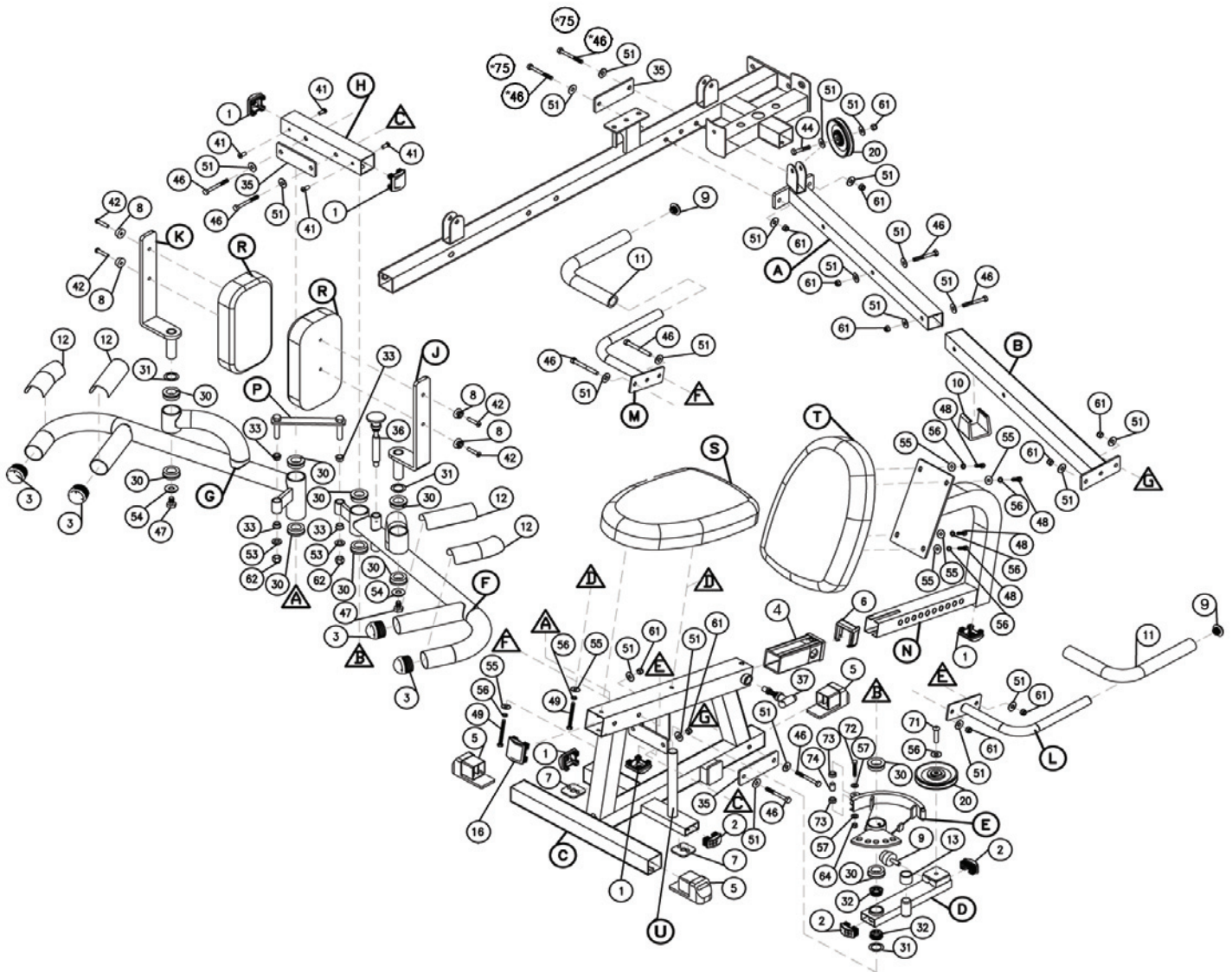


# GIOT Hardware List

KEY#	QTY	PART#	DESCRIPTION
1	6	JCEC22	CONVEX END CAP 2" X 2"
2	3	JCEC12	CONVEX END CAP 1" X 2"
3	4	JREC2	PLASTIC BALL-END CAP 2"
4	1	JPB2X6	PLASTIC BUSHING 2" X 2" X 6"
5	3	JFC22	FOOT CAP 2" X 2"
6	1	JBPAS	BACK PAD ADJUSTER STOP
7	2	JWSS22	SHIMS 2" X 2"
8	4	JRPHP	RUBBER BOLT HEAD PROTECTOR 5/16"
9	2	JREC1.5	ROUND END CAP 1 1/2"
10	1	JFL2X2	FRAME LEVELER 2" X 2"
12	4	JGT3X5	GRIP TAPE 3" X 5"
13	1	RC	RUBBER CAP
15	1	GIOTC	CABLE
16	1	JCEC2.5X2.5	CONVEX END CAP 2 1/2" X 2 1/2"
31	4	CWSH	COPPER WASHER
35	3	JFP2X5.5	FLAT PLATE 2" X 5 1/2"
36	1	JFPP3.75	FLAT POP PIN 3 3/4"
37	1	JTSP3	T-SHAPED POP PIN 3"
38	1	RFP4.37	ROUND FLAT PLATE 4 3/8"
41	4	HEX.31X.75FT	HEX HEAD BOLT 5/16" X 3/4" FULL THREAD
42	4	AHB.31X1.5PT	ALLEN HEAD BOLT 5/16" X 1 1/2" PARTIAL THREAD
43	2	HEX.37X3.25PT	HEX HEAD BOLT 3/8" X 3 1/4" PARTIAL THREAD
44	1	HEX.37X1.75PT	HEX HEAD BOLT 3/8" X 1 3/4" PARTIAL THREAD
45	2	HEX.37X2.5PT	HEX HEAD BOLT 3/8" X 2 1/2" PARTIAL THREAD
46	6	HEX.37X3PT	HEX HEAD BOLT 3/8" X 3" PARTIAL THREAD
47	2	HEX.5X.75PT	HEX HEAD BOLT 1/2" X 3/4" PARTIAL THREAD
48	4	HEX.31X1PT	HEX HEAD BOLT 5/16" X 1" PARTIAL THREAD
49	2	HEX.31X3PT	HEX HEAD BOLT 5/16" X 3" PARTIAL THREAD
51	22	JWFLT.37	WASHER 3/8"
53	2	WFLT.5X1OD	WASHER 1/2" x 1"OD
54	2	JWFLT.5	WASHER 1/2"
55	6	JWFLT.31	WASHER 5/16"
56	6	SLW.31	SPRING LOCK WASHER 5/16"
57	2	JWFLT.31	WASHER 5/16"
61	11	JNLN.37	NYLON LOCK NUT 3/8"
62	2	JNLN.5	NYLON LOCK NUT 1/2"
64	1	JNLN.31	NYLON LOCK NUT 5/16"
71	1	AHB.37X1.5PT	ALLEN HEAD BOLT 3/8" X 1 1/2" PARTIAL THREAD
72	1	HEX.31X1.75PT	HEX HEAD BOLT 5/16" X 1 3/4" PARTIAL THREAD
73	2	MS.5X.31L	SPACER 1/2"ID X 5/16"L
74	1	MS.31X.75L	SPACER 5/16"ID X 3/4"L
75	2	HEX.37X4.25PT	HEX HEAD BOLT 3/8" X 4 1/4" PARTIAL THREAD

**Key numbers, part numbers, and description are required when ordering parts.**

# EXPLODED VIEW DIAGRAM GIOT



**\*Use the hardware in bag "C" bolt key #75 for gym G10B.**

**Use the hardware in bag "B" bolt key #46 for gyms G2B, G3S, G4I, G5S, G6B, and G9S.**