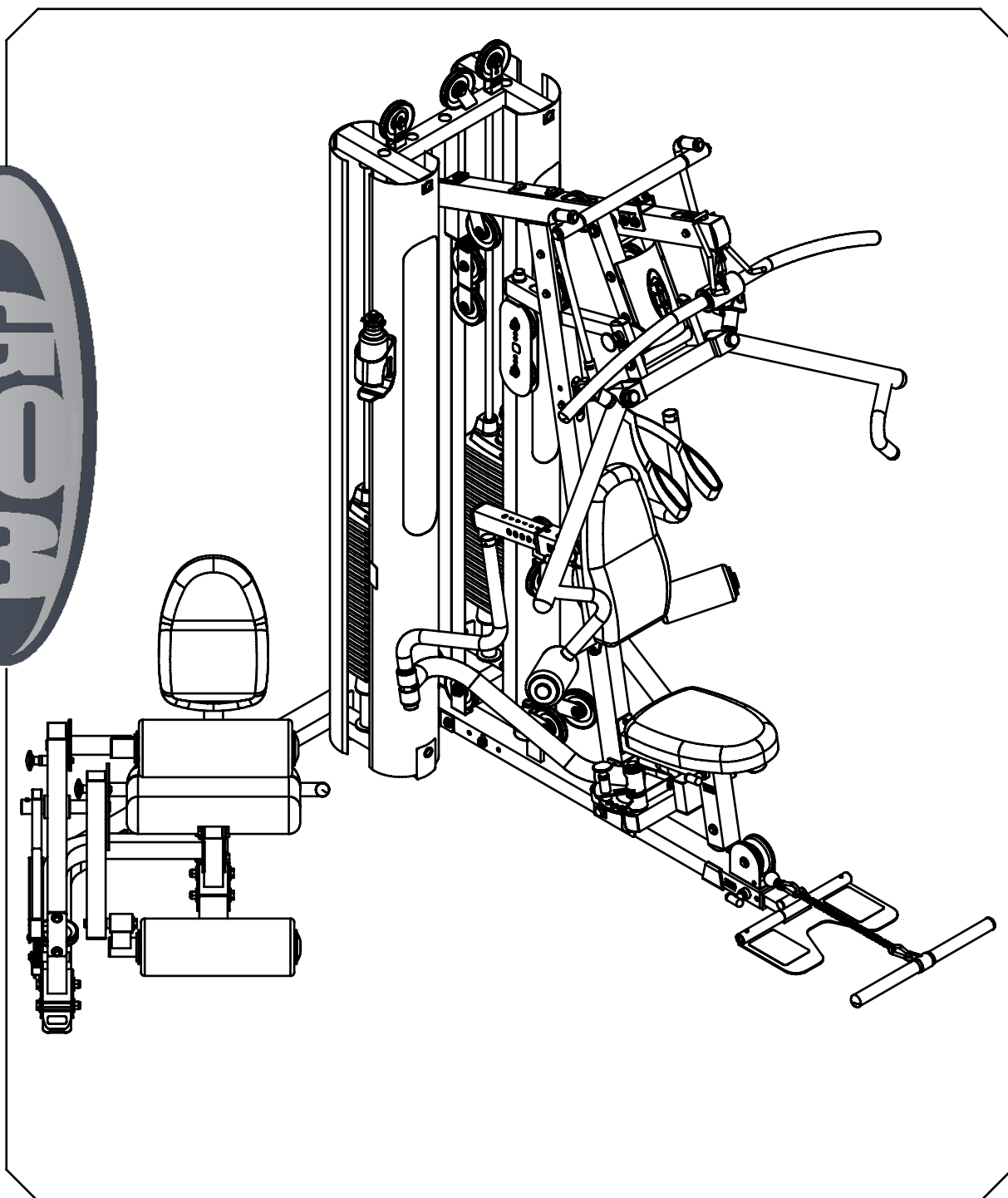


Body-Solid



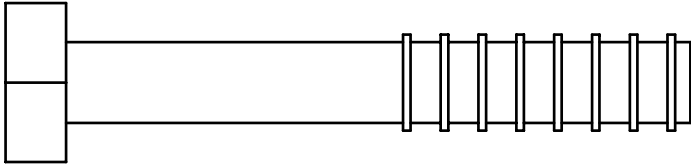
BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

G10B.2 OWNER'S MANUAL

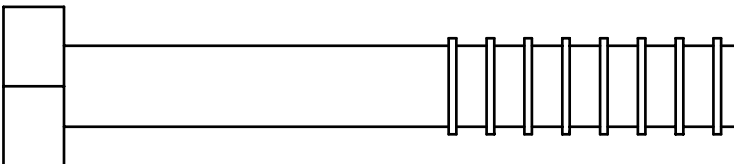
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

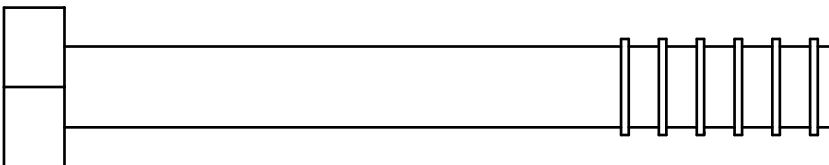
A2.HEX BOLT 1/2"X3 1/4"L PARTIAL THREAD QTY.8



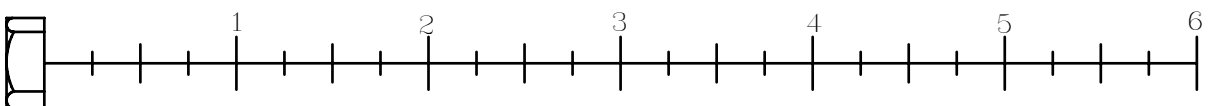
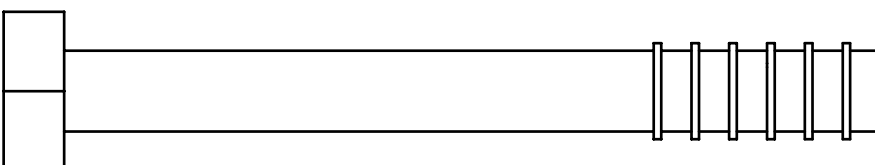
A3.HEX BOLT 1/2"X3 1/2"L PARTIAL THREAD QTY. 2



A4.HEX BOLT 1/2"X4"L PARTIAL THREAD QTY.1



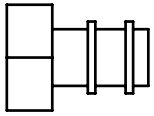
A5.HEX BOLT 1/2"X4 1/4"L PARTIAL THREAD QTY.10



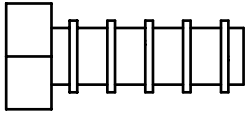
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

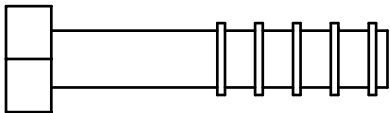
A6.HEX BOLT 3/8"X1/2"L PARTIAL THREAD QTY.2



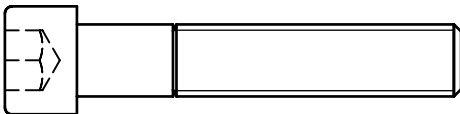
A7.HEX BOLT 3/8"X1"L PARTIAL THREAD QTY.4



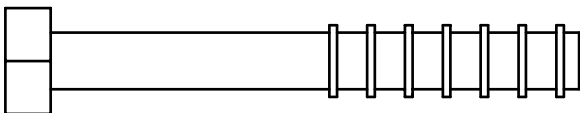
A8.HEX BOLT 3/8"X1 3/4"L PARTIAL THREAD QTY.15



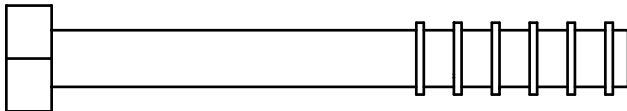
A9.ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.2



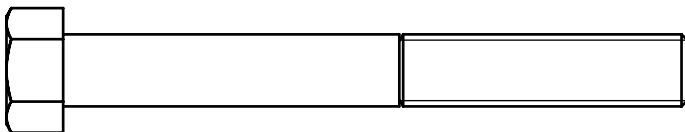
A10.HEX BOLT 3/8"X2 3/4"L PARTIAL THREAD QTY.5



A11.HEX BOLT 3/8"X3"L PARTIAL THREAD QTY.5



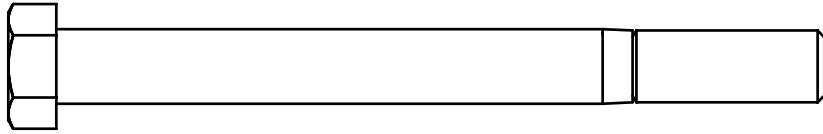
A12.HEX BOLT 3/8"X3 1/4"L PARTIAL THREAD QTY.2



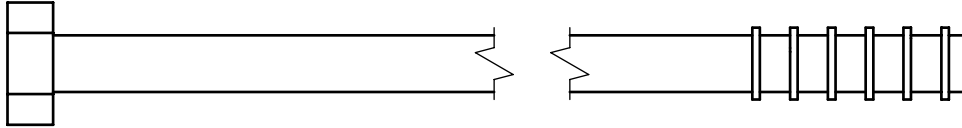
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

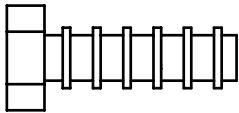
A13.HEX BOLT 3/8"X4"L PARTIAL THREAD QTY.5



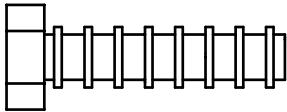
A14.HEX BOLT 3/8"X7 1/4"L PARTIAL THREAD QTY.2



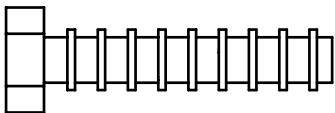
A15.HEX BOLT 5/16"X1"L PARTIAL THREAD QTY.4



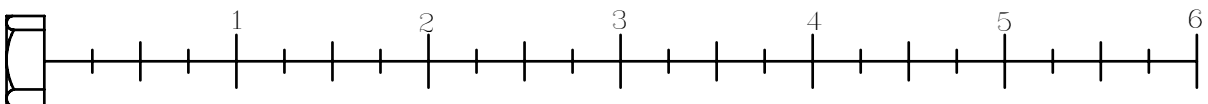
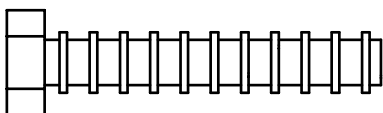
A16.HEX BOLT 5/16"X1 1/4"L PARTIAL THREAD QTY.4



A17.HEX BOLT 5/16"X1 1/2"L PARTIAL THREAD QTY.1



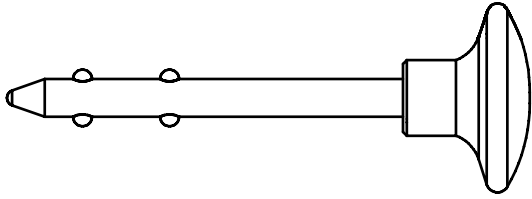
A18.HEX BOLT 5/16"X1 3/4"L PARTIAL THREAD QTY.4



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

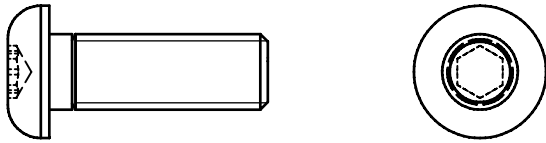
A19. 10IB PIN(8250-071) QTY.2



A20. Firm Sheath(8890-010) QTY.2



A21.ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.2



A22. Steel Chain(8820-002) QTY.1



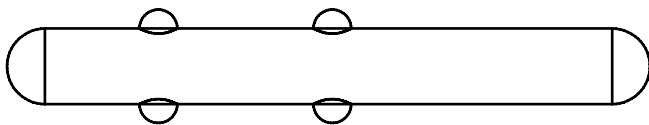
A23.HEX BOL M8X12L PARTIAL THREAD QTY.2



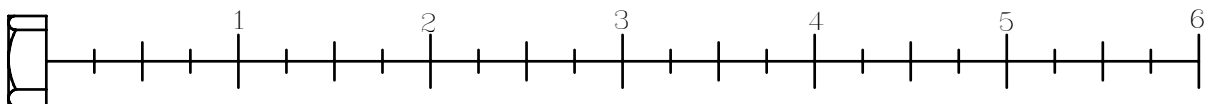
A25. $\varnothing 1/2 \times 8.5 \times 21.5$ Sleeve QTY. 1



A26. $\varnothing 10$ PIN(8250-023) QTY.1



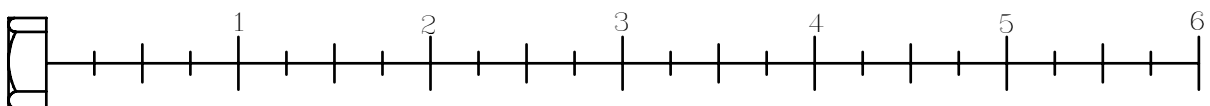
A27. M10X16R Round Bolt QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

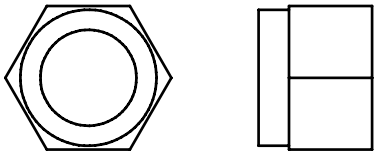
A28.ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.2



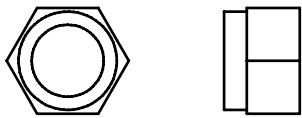
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

B1. 1/2" Nylon Lock Nut QTY.18



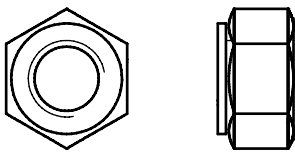
B2. 3/8" Nylon Lock Nut QTY.40



B3. 5/16" Nylon Lock Nut QTY.1



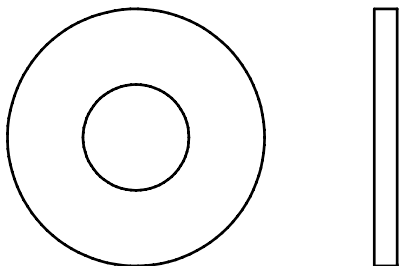
B4.M10 Nylon Lock Nut QTY.2



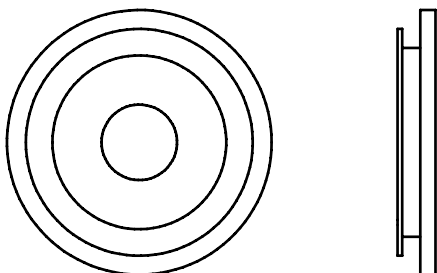
B5.M4 Nut QTY.2



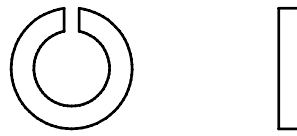
C1. 1/2" (I.D)FLAT WASHER Ø34 QTY.40



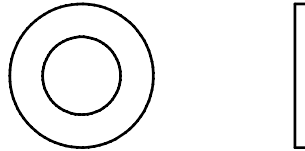
C2. 1/2" (I.D)Dish Washer QTY.1



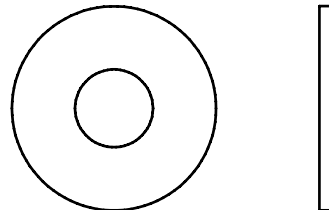
C3. 3/8" (I.D)Spring Washer QTY.2



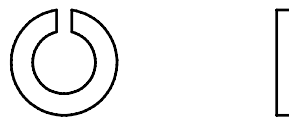
C4. 3/8"-FLAT WASHER Ø19 QTY.4



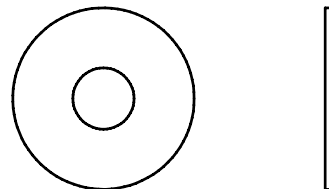
C5. 3/8" (I.D)FLAT WASHER Ø27 QTY.60



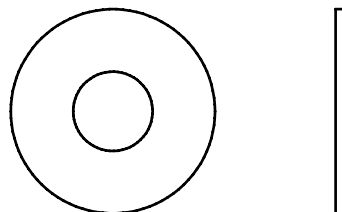
C6. 5/16" Spring Washer QTY.12



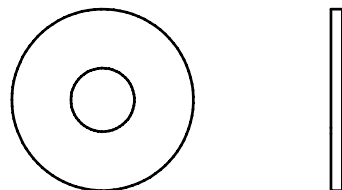
C7. 5/16" (I.D)FLAT WASHER Ø24 QTY.12



C8.M10" (I.D)FLAT WASHER Ø27 QTY.2



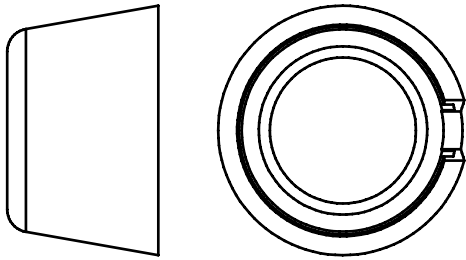
C9.M8 (I.D)FLAT WASHER Ø18 QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

C10. 1/2" Bolt Cap(9212-024) QTY.1




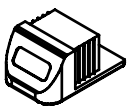


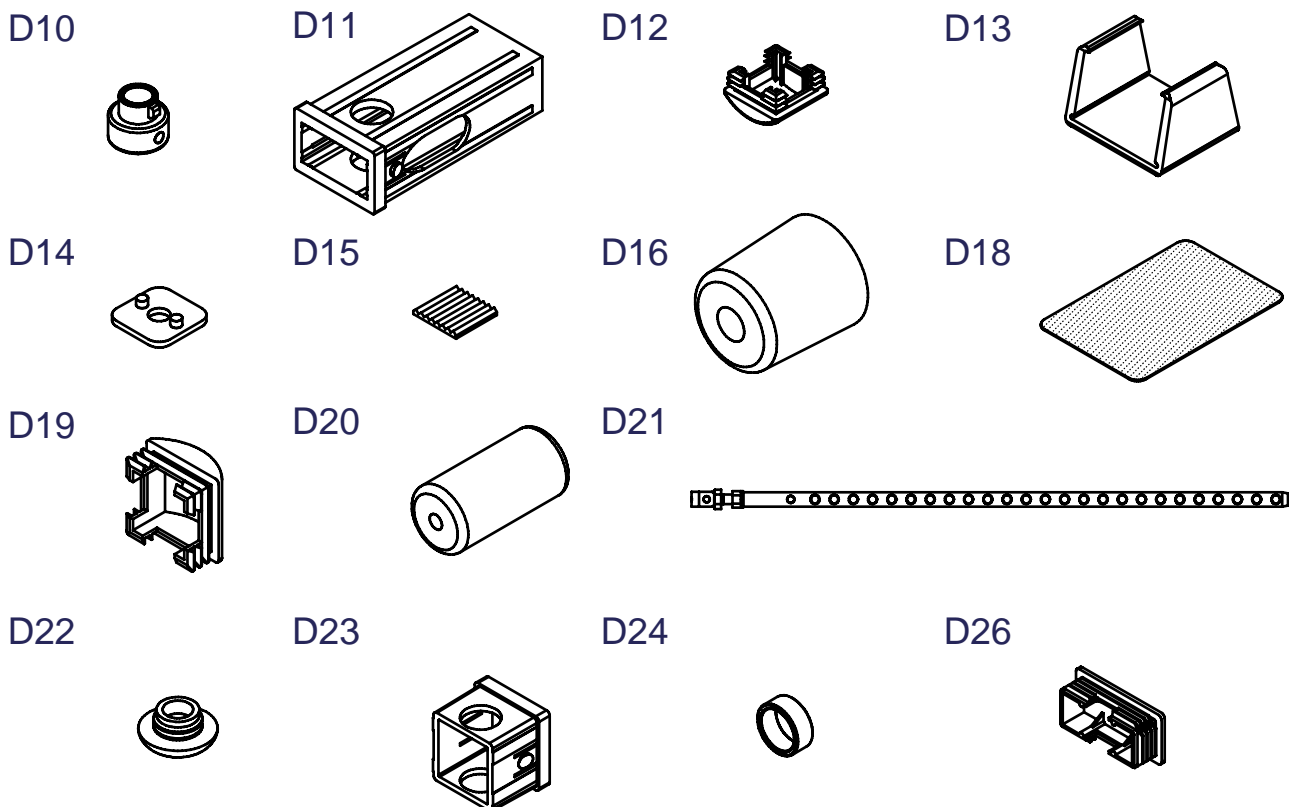
C11. M4 FLAT WASHER Ø12 QTY.4



G10B ASSEMBLY INSTRUCTIONS





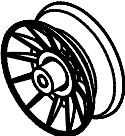
HARDWARE ILLUSTRATION

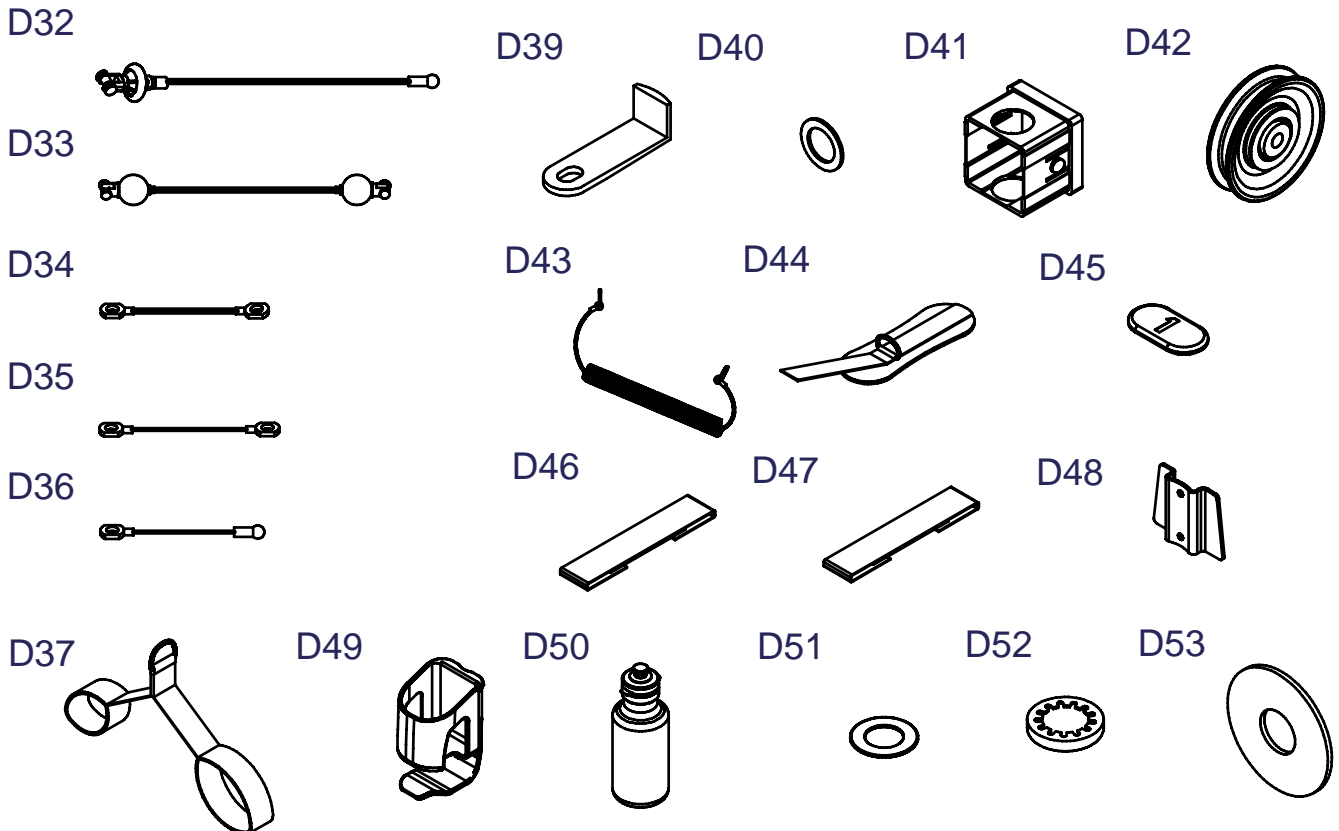
D1		D1. Ø5/8"X22.5L Steel Bushing (8110-011)-----[4PCS]
D2		D2. Ø3/4"X8L Steel Bushing (8110-014)-----[2PCS]
D3		D3. Ø10.5 Steel Bushing (8530-009)-----[10PCS]
D4		D4. Ø8 Spring Snap Link (8810-001)-----[4PCS]
D5		D5. Ø50.8 Round End Cap (9211-074)-----[2PCS]
D6		D6. 50X75X2.5t End Cap (9211-084)-----[3PCS]
D8		D8. 25.4X50.8X2.5t End Cap (9211-086)-----[7PCS]
D9		D9. 50x75 Foot Cap (9211-026)-----[3PCS]
D10		D10. Ø3/4" Shaft Collar (9211-046)-----[4PCS]
D11		D11. 50X75 Nylon Bushing (9211-083)-----[1PCS]
D12		D12. □50X1.8t End Cap (9211-087)-----[9PCS]
D13		D13. 2"X3" Rubber Dount(9212-011)-----[3PCS]
D14		D14. 2"X2" Rubber Cane Cap(9214-002)-----[4PCS]
D15		D15. 38X38 Rubber Pad(9310-001)-----[1PCS]
D16		D16. Ø65XØ20X50L Rubber Dount(9310-049)-----[4PCS]
D18		D18. 95X140L Rubber Pad (9310-035)-----[4PCS]
D19		D19. □45X1.8t End Cap(9211-091)-----[1PCS]
D20		D20. Ø4"X23X8" Foam Roller (9161-032)-----[2PCS]
D21		D21. Weight Selector Bar (8210-070A)-----[2PCS]
D22		D22. Ø1"X2.5t Round End Cap(9260-021)-----[4PCS]
D23		D23. 60X45 Nylon Bushing(9211-032)-----[2PCS]
D24		D24. Ø1"X10L Steel Bushing(8120-040)-----[1PCS]
D26		D26. 40X80 End Cap (9211-010)-----[2PCS]



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

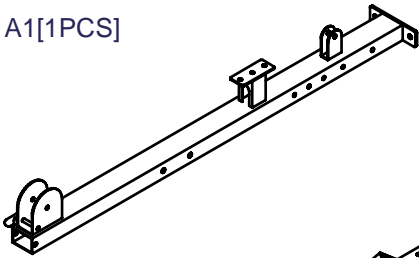
D27		D27. Ø50.8X2.5t End Cap (9211-020)-----[2PCS]
		D28. Ø1" End Cap (9211-016)-----[2PCS]
		D29. Ø1" Cu Washer(8520-008)-----[5PCS]
		D30. Ø110X22T Pully(9213-002C)-----[22PCS]
D28		D31. Ø110X51L Pully(9213-022A)-----[1PCS]
		D32. 5210mm Steel Cable -----[1PCS]
		D33. 5000mm Steel Cable -----[1PCS]
		D34. 2025mm Steel Cable -----[1PCS]
		D35. 757mm Steel Cable -----[1PCS]
D29		D36. 5085mm Steel Cable -----[1PCS]
		D37. Shoulder Belt(ACH-16)-----[1PCS]
		D39. Steel Rope Fixed Board(9213-013)-----[2PCS]
		D40. Ø20 Cu Washer(8520-007)-----[1PCS]
D30		D41. 60X50Nylon Bushing(9211-033)-----[2PCS]
		D42. Pulley(9213-026A)-----[2PCS]
		D43. Elastic Belt-----[2PCS]
		D44. Ankle Strap(NAS3)-----[1PCS]
		D45. Label(01~26)(9440-108)-----[2PCS]
D31		D46.Cushion Lable(9630-061)-----[1PCS]
		D47.Cushion Lable(9630-062)-----[1PCS]
		D48. Immomile Board(8388-025)-----[1PCS]
		D49. Kettle Rack(9260-086)-----[1PCS]
		D51.Nylon Washer(9214-022)-----[4PCS]
		D52.Ø1" CHROME END CAP(8341-060)-----[2PCS]
		D53.Ø3" NYLON WASHER(9214-008)-----[2PCS]



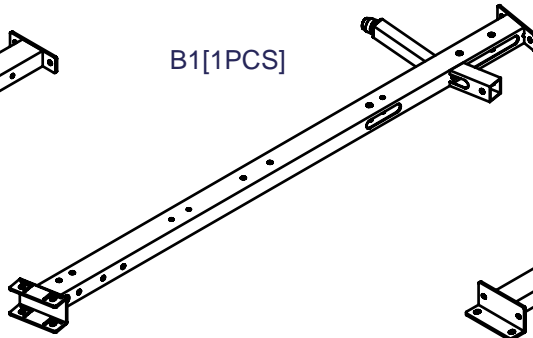
G10B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

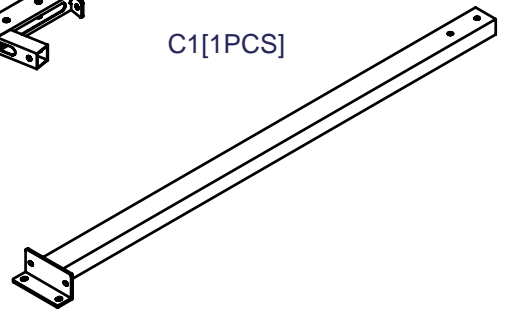
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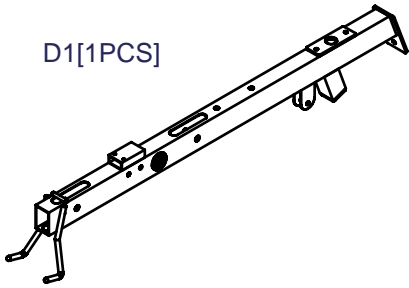
B1[1PCS]



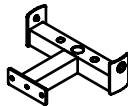
C1[1PCS]



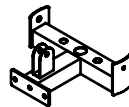
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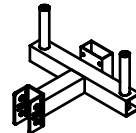
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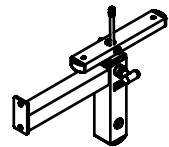
F[1PCS]



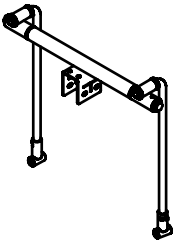
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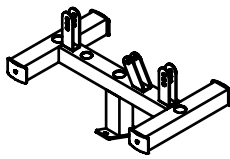
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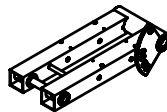
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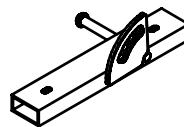
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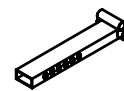
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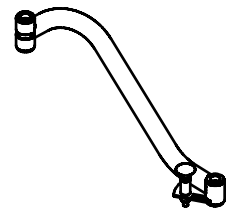
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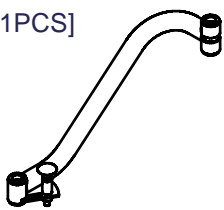
M[1PCS]



N1[1PCS]



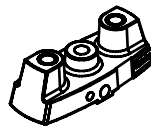
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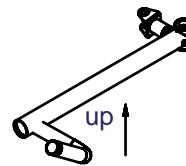
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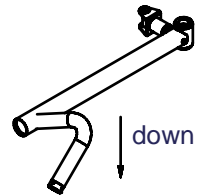
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8400-006



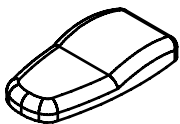
R1[1PCS]



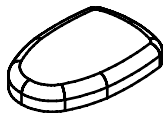
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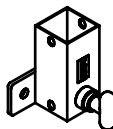
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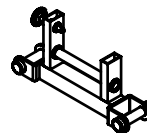
U1[1PCS]
9121-045



BQ[1PCS]



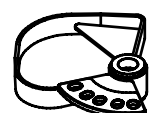
W1[1PCS]



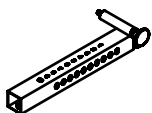
X1[1PCS]



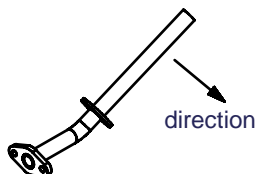
Y1[1PCS]



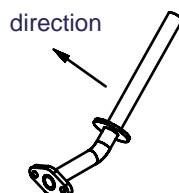
BR1[1PCS]



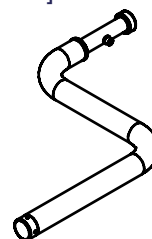
AA2[1PCS]



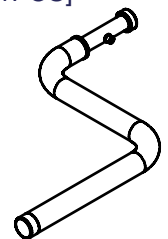
AB2[1PCS]



AE[1PCS]



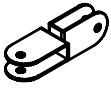
AF[1PCS]



G10B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

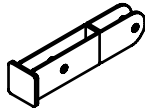
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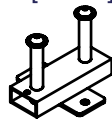
AH[1PCS]



AI[1PCS]



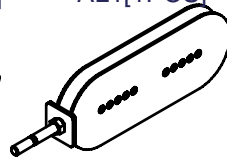
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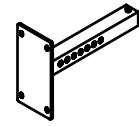
AK[2PCS]



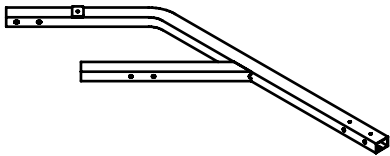
AL1[1PCS]



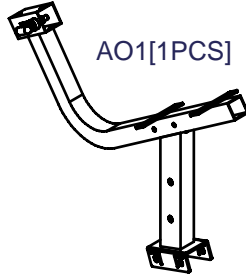
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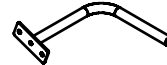
AM1[1PCS]



AO1[1PCS]



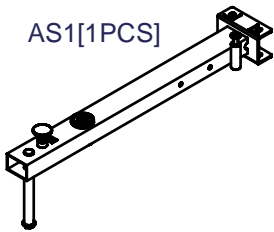
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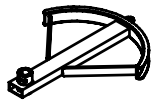
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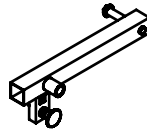
AS1[1PCS]



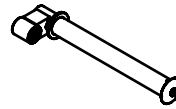
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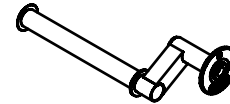
AU[1PCS]



AV1[1PCS]



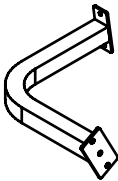
AW1[1PCS]



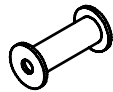
AX[1PCS]



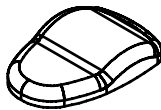
AY[1PCS]



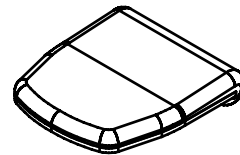
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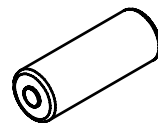
BA1[1PCS]
9111-049



BB1[1PCS]
9121-046



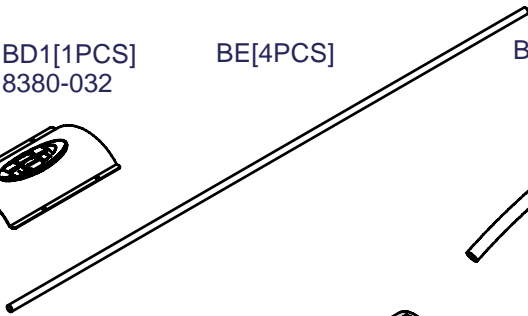
BC[2PCS]
9161-034



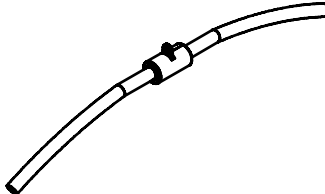
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8380-032



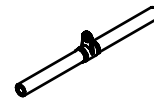
BE[4PCS]



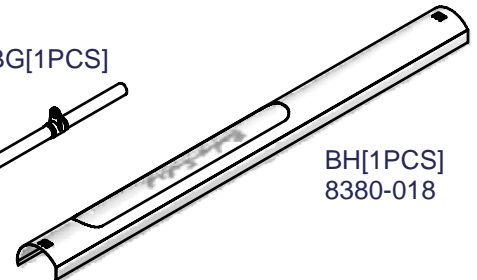
BF[1PCS]



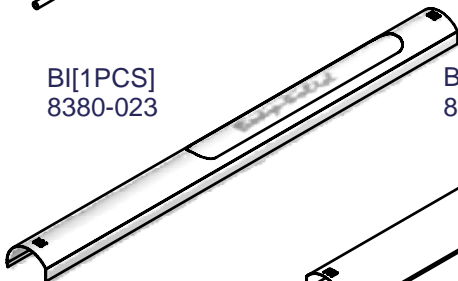
BG[1PCS]



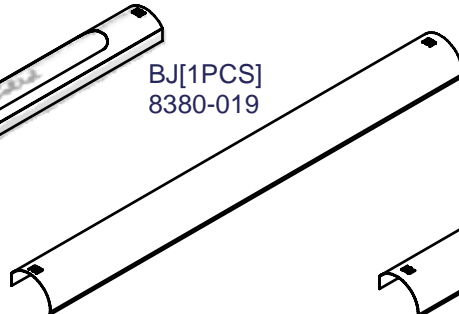
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8380-018



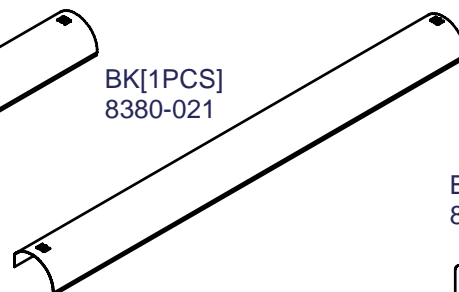
BI[1PCS]
8380-023



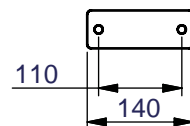
BJ[1PCS]
8380-019



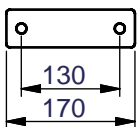
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8380-021



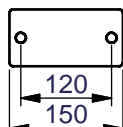
BL[1PCS]
8312-090



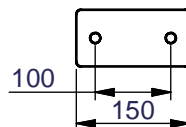
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8312-091



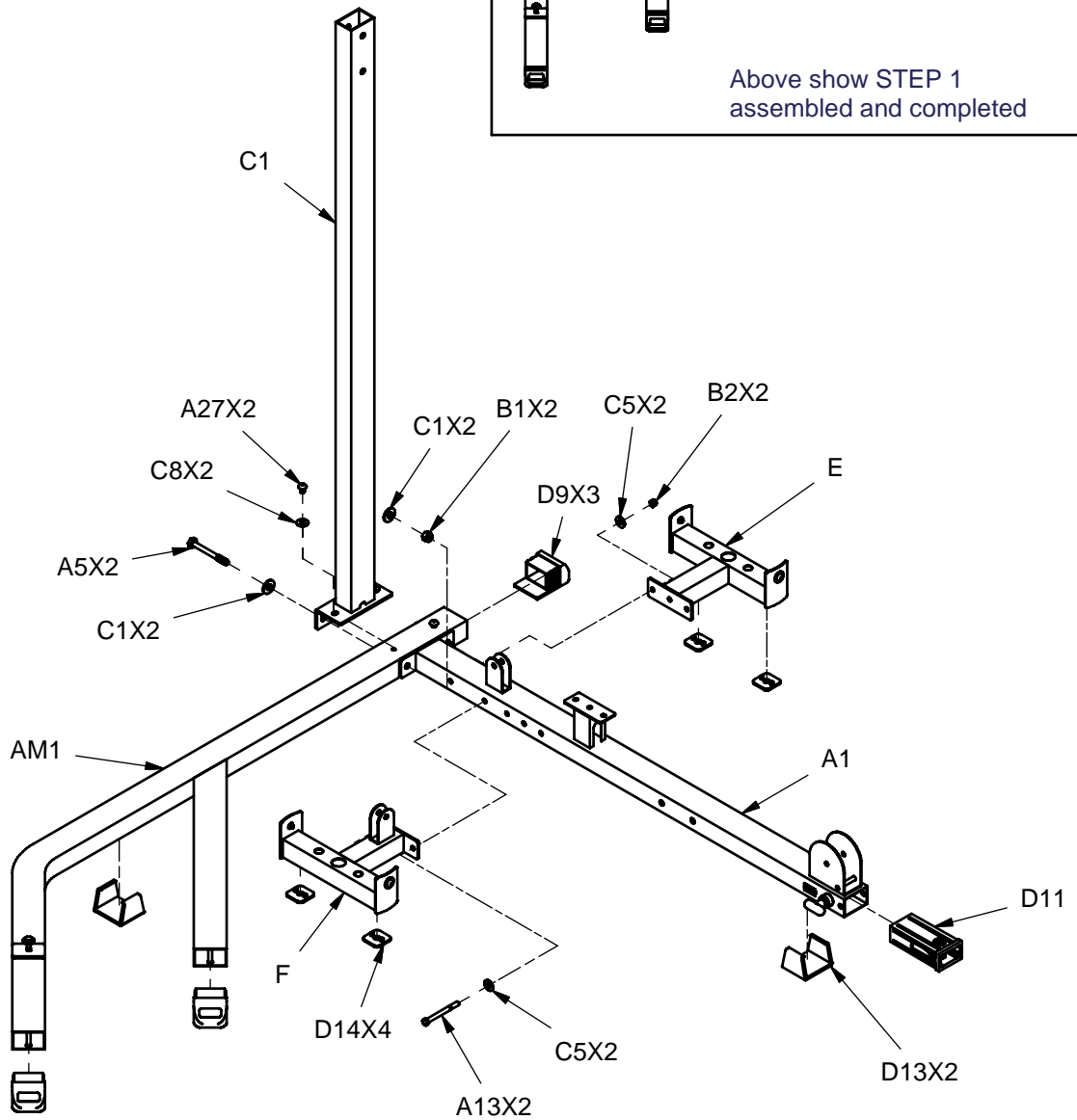
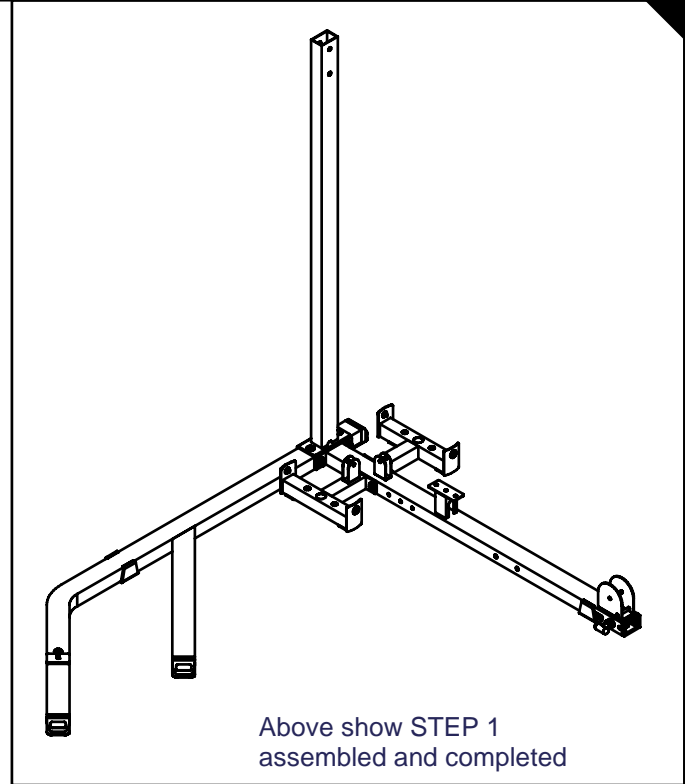
BO[1PCS]
8313-066



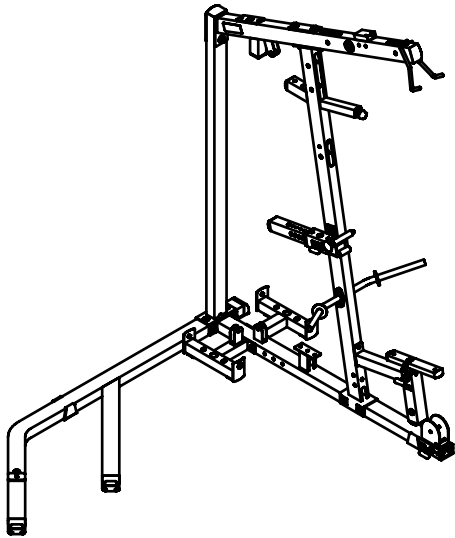
BP[1PCS]
8313-082



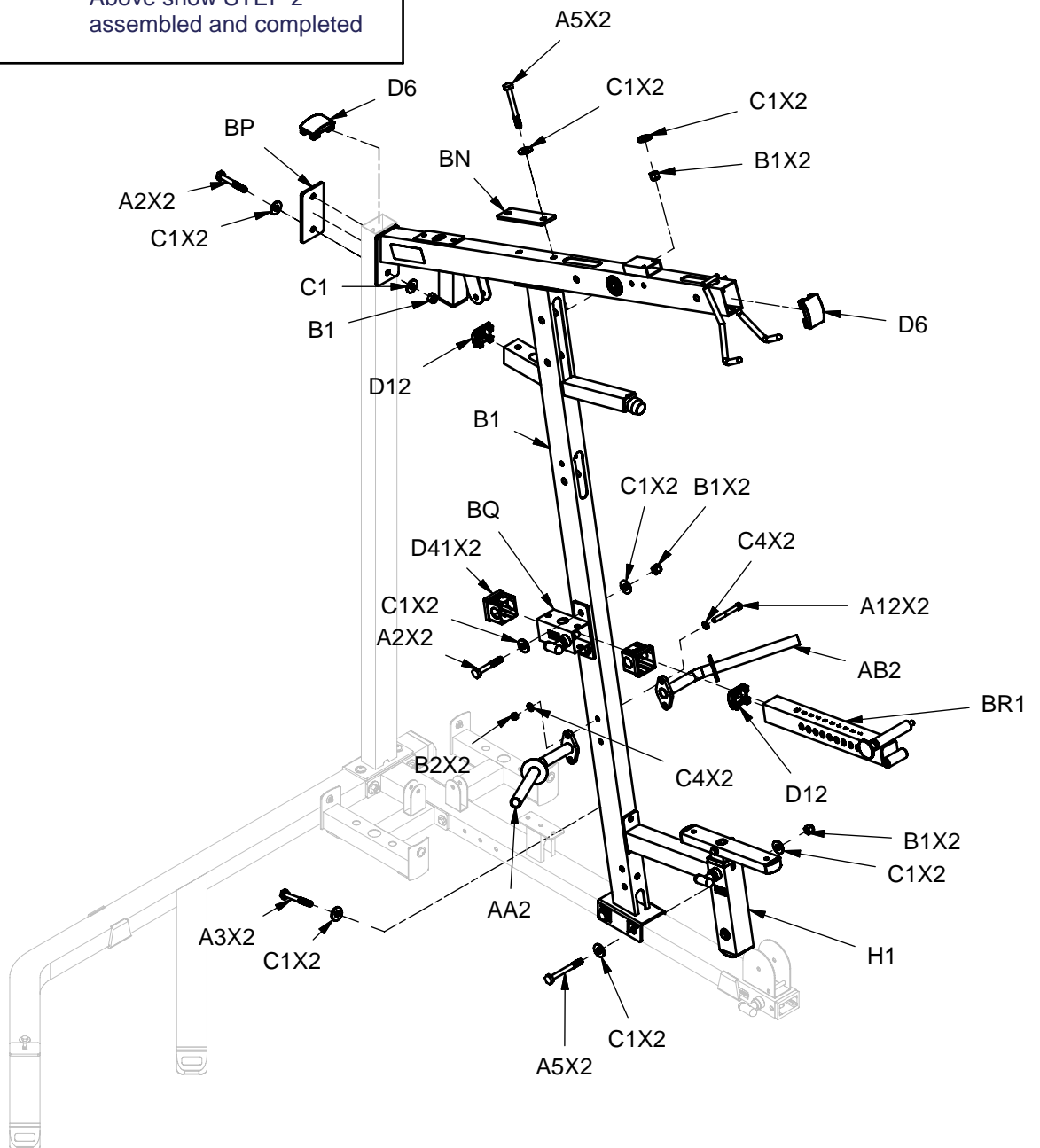
G10B ASSEMBLY INSTRUCTIONS



G10B ASSEMBLY INSTRUCTIONS

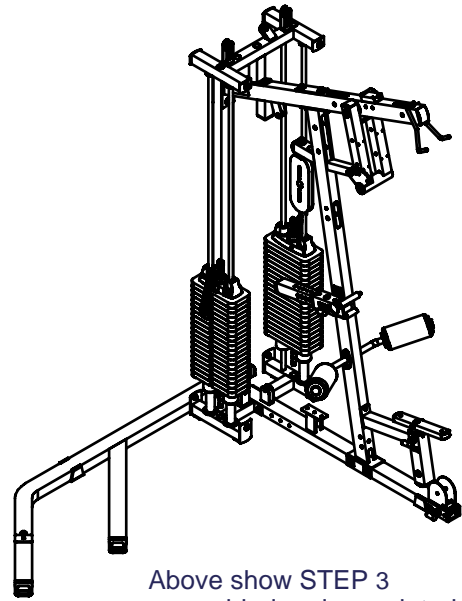


Above show STEP 2
assembled and completed

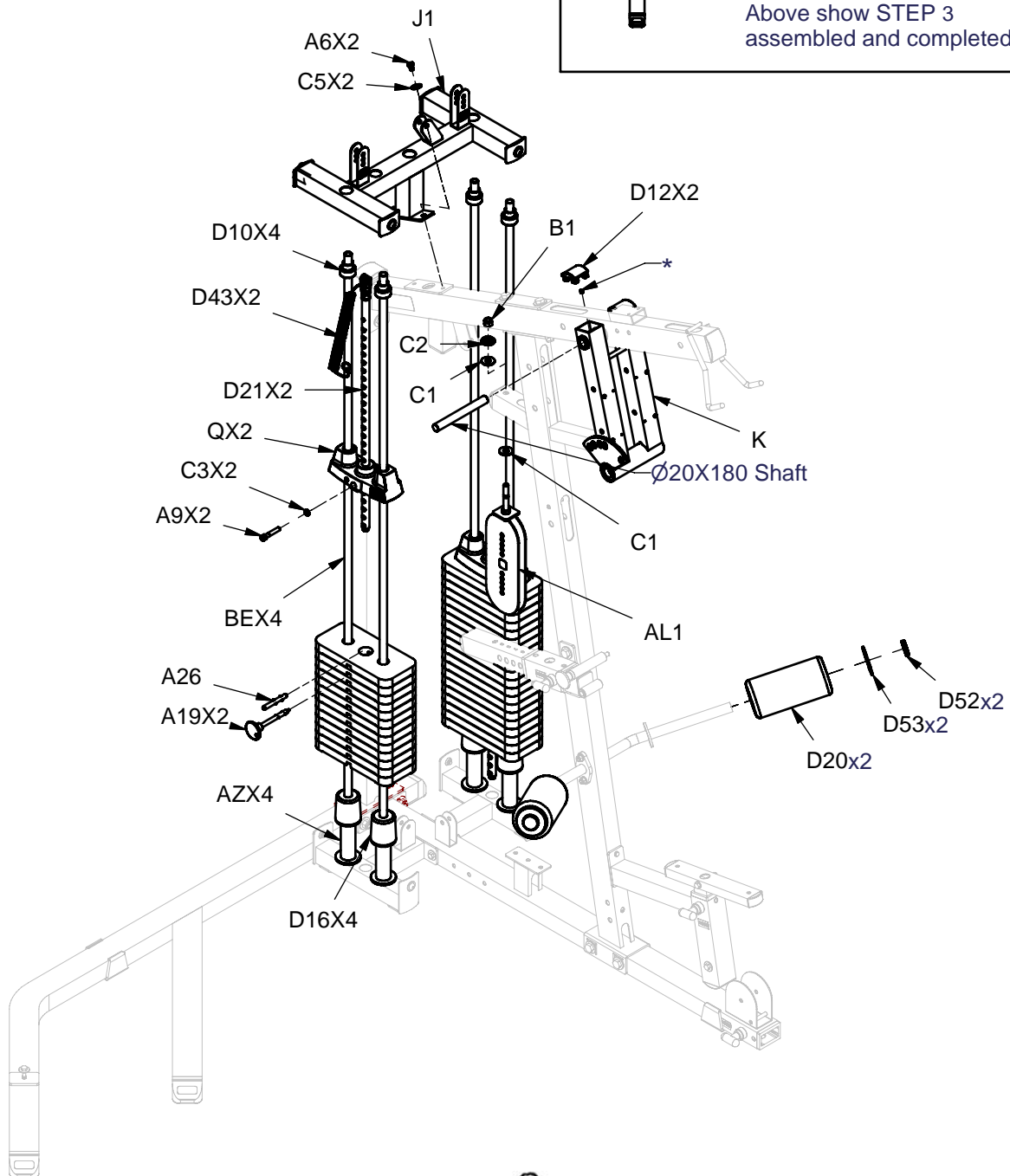


G10B ASSEMBLY INSTRUCTIONS

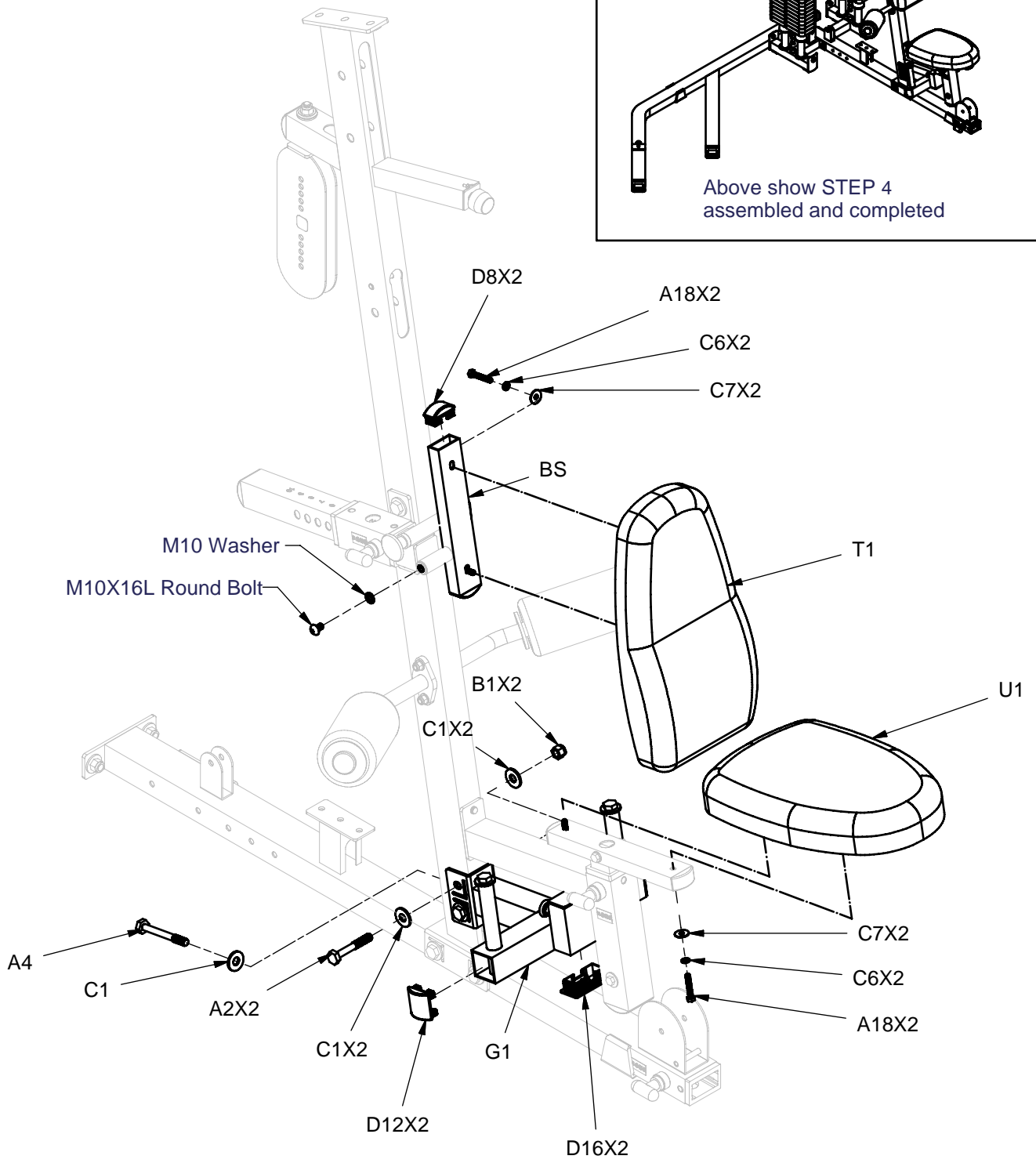
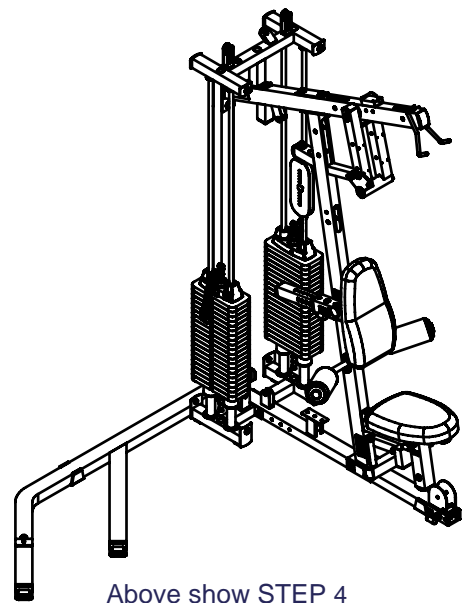
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



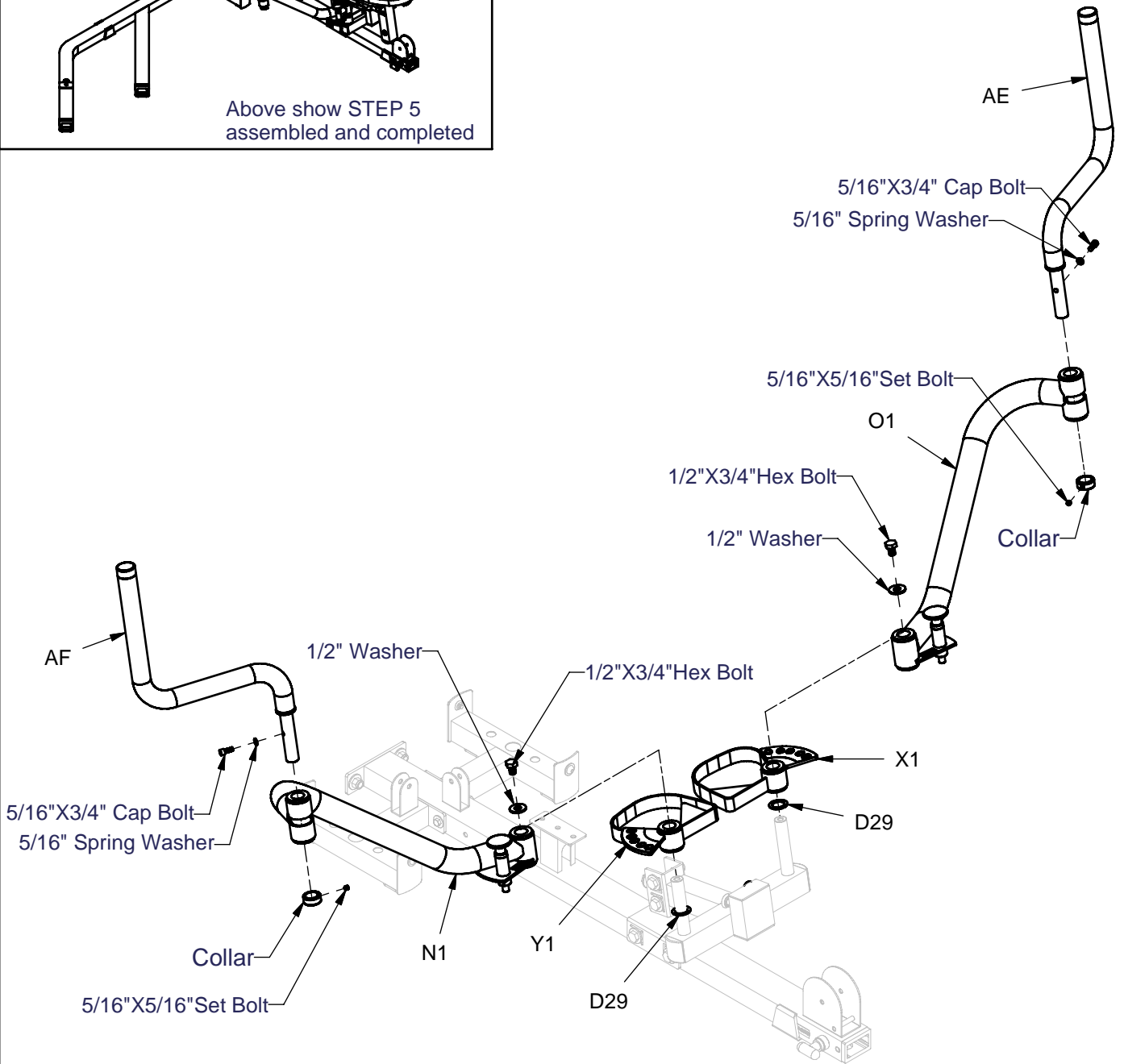
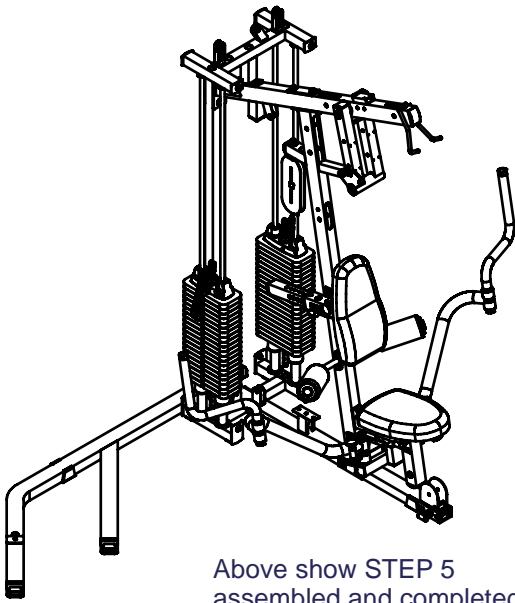
Above show STEP 3
assembled and completed



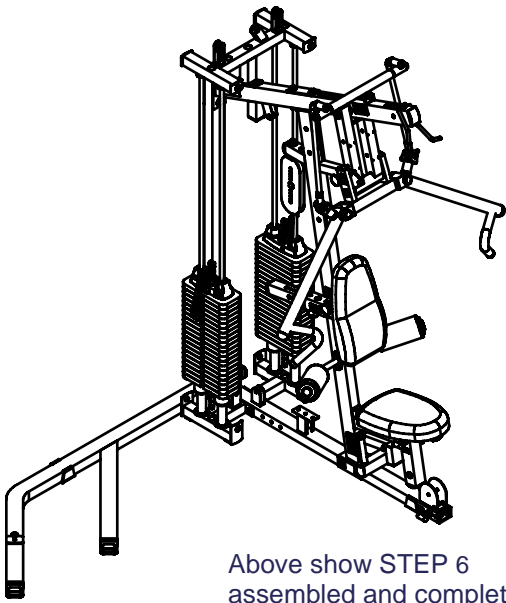
G10B ASSEMBLY INSTRUCTIONS



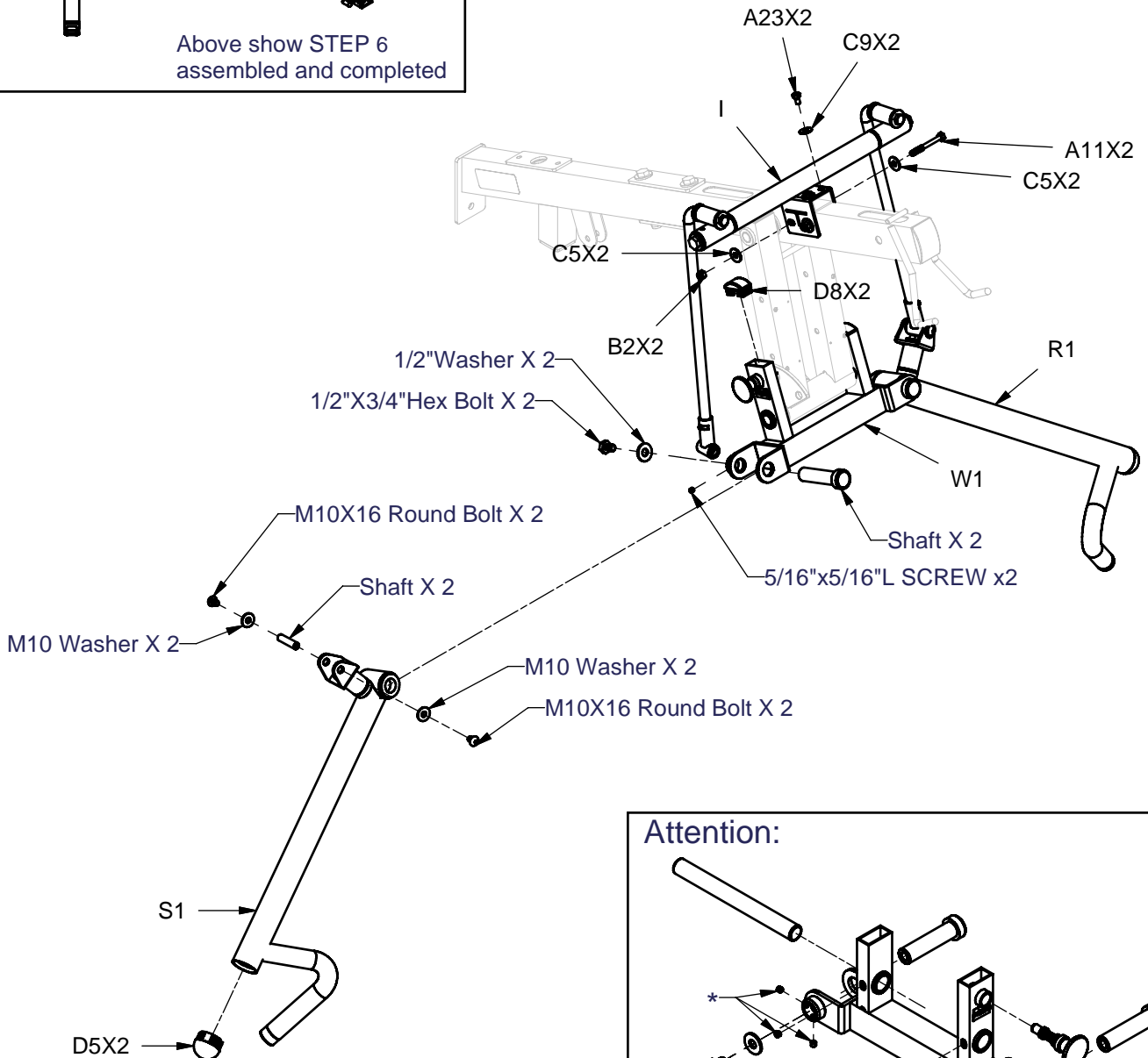
G10B ASSEMBLY INSTRUCTIONS



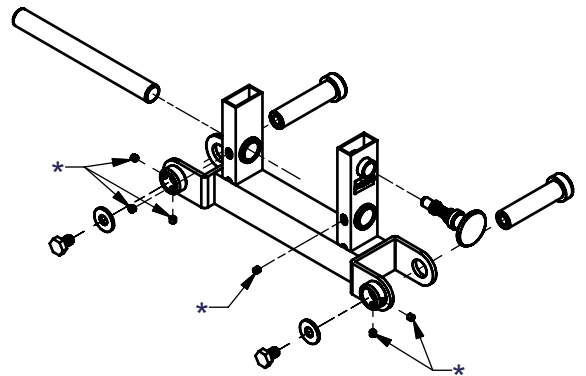
G10B ASSEMBLY INSTRUCTIONS



Above show STEP 6 assembled and completed

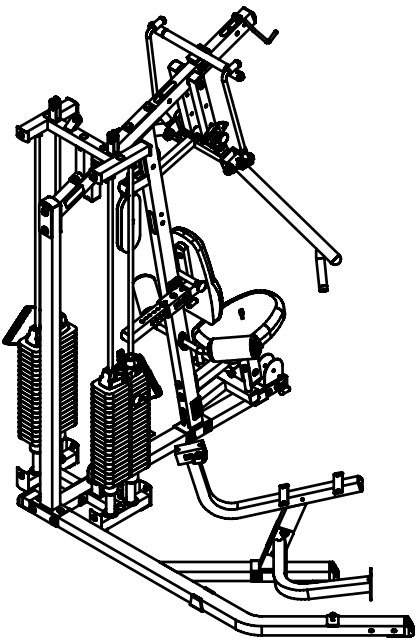


Attention:

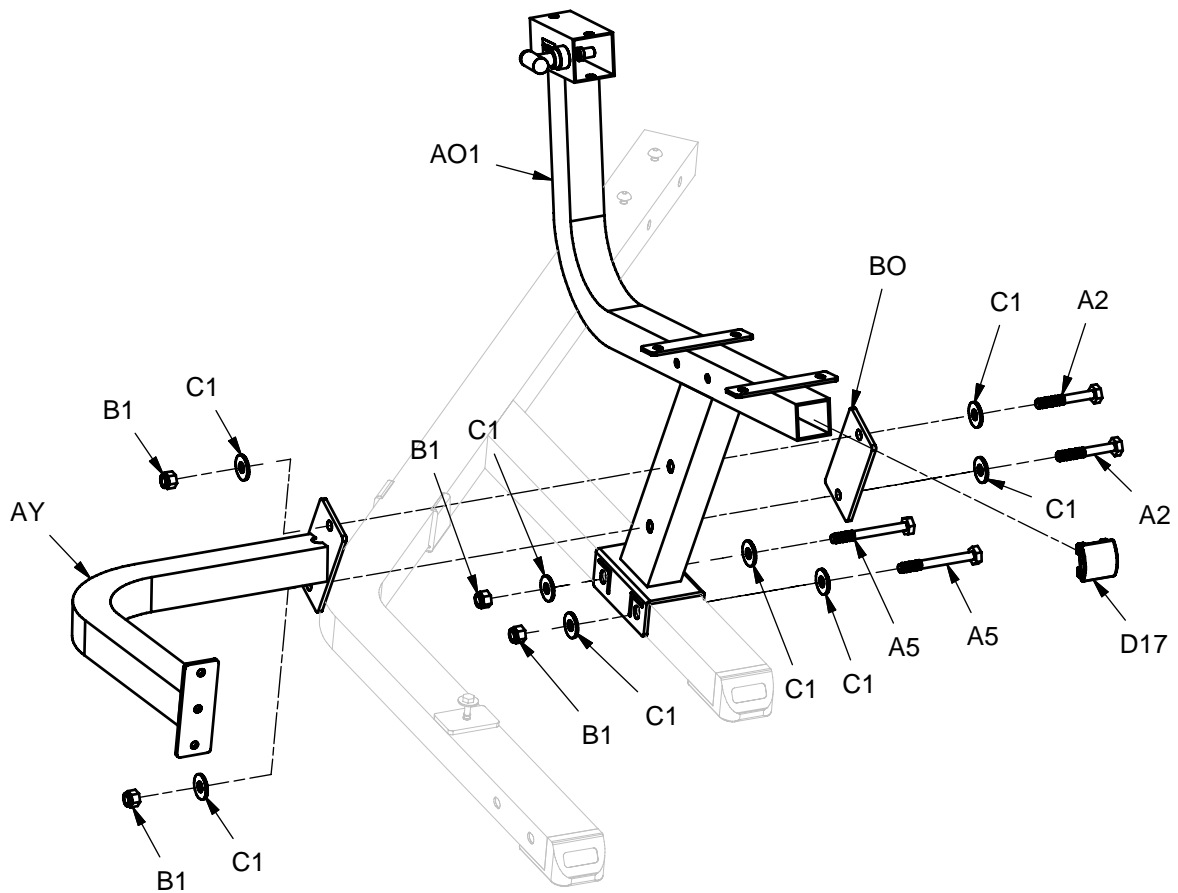


*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT IN ORDER TO REMOVE SHAFT

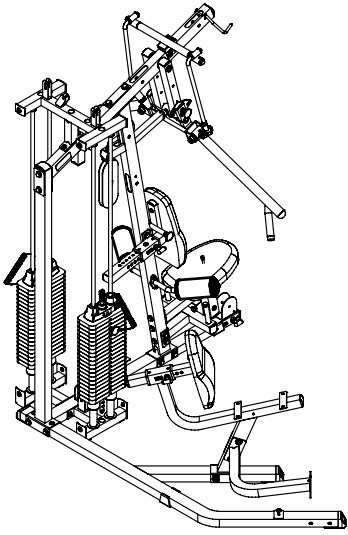
G10B ASSEMBLY INSTRUCTIONS



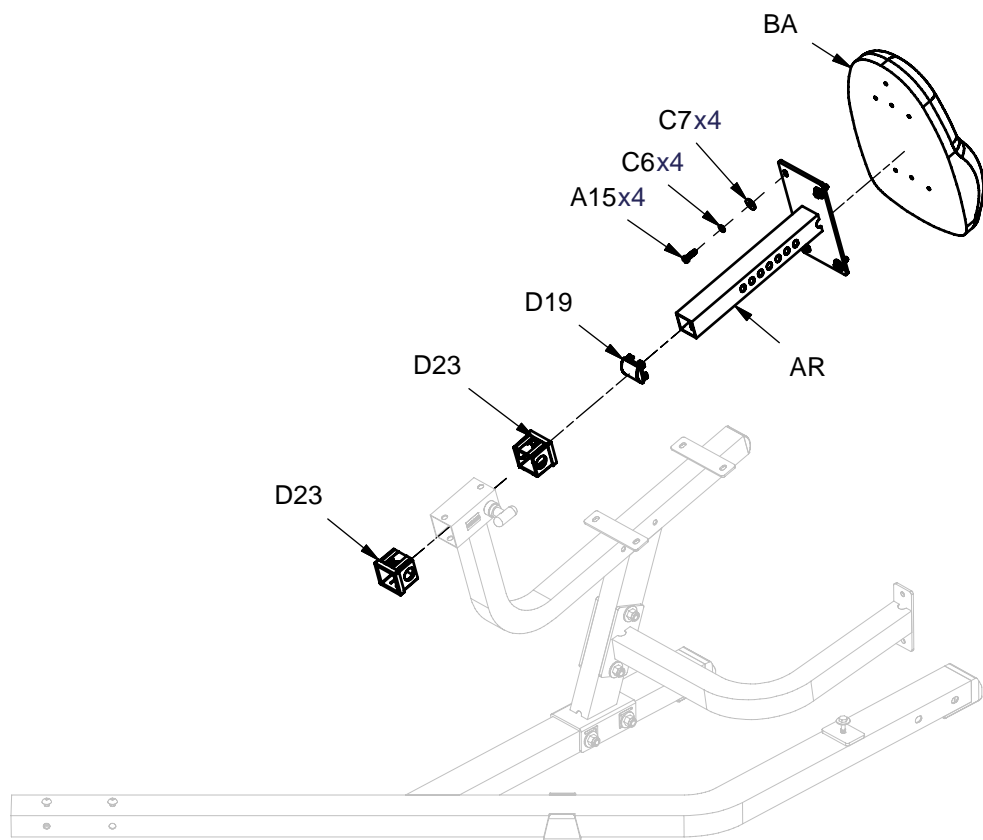
Above show STEP 7
assembled and completed



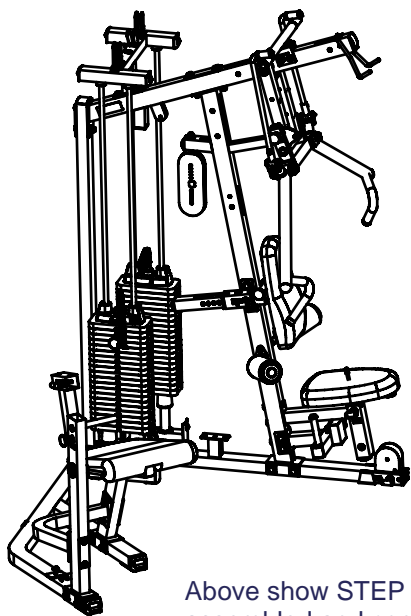
G10B ASSEMBLY INSTRUCTIONS



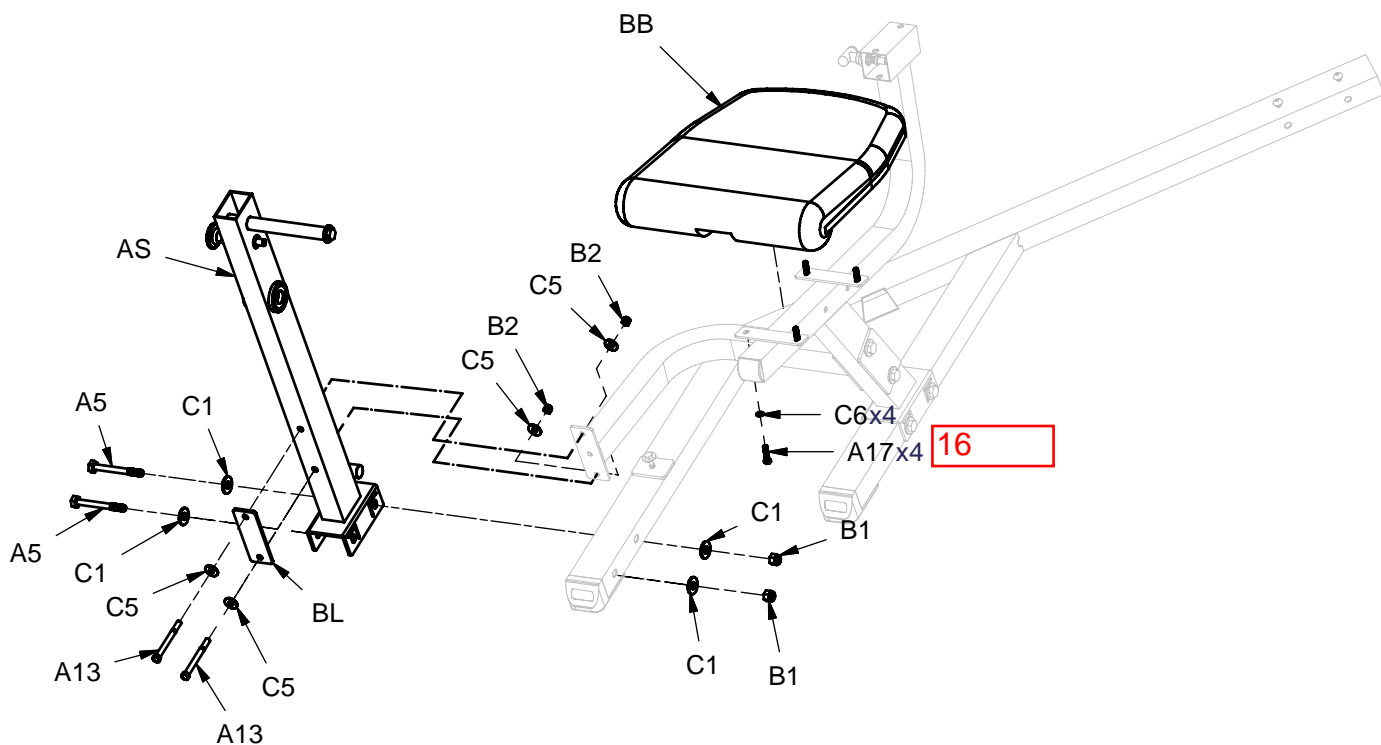
Above show STEP 8
assembled and completed



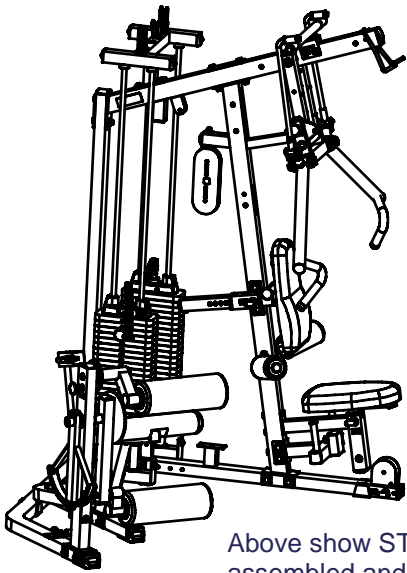
G10B ASSEMBLY INSTRUCTIONS



Above show STEP 9 assembled and completed

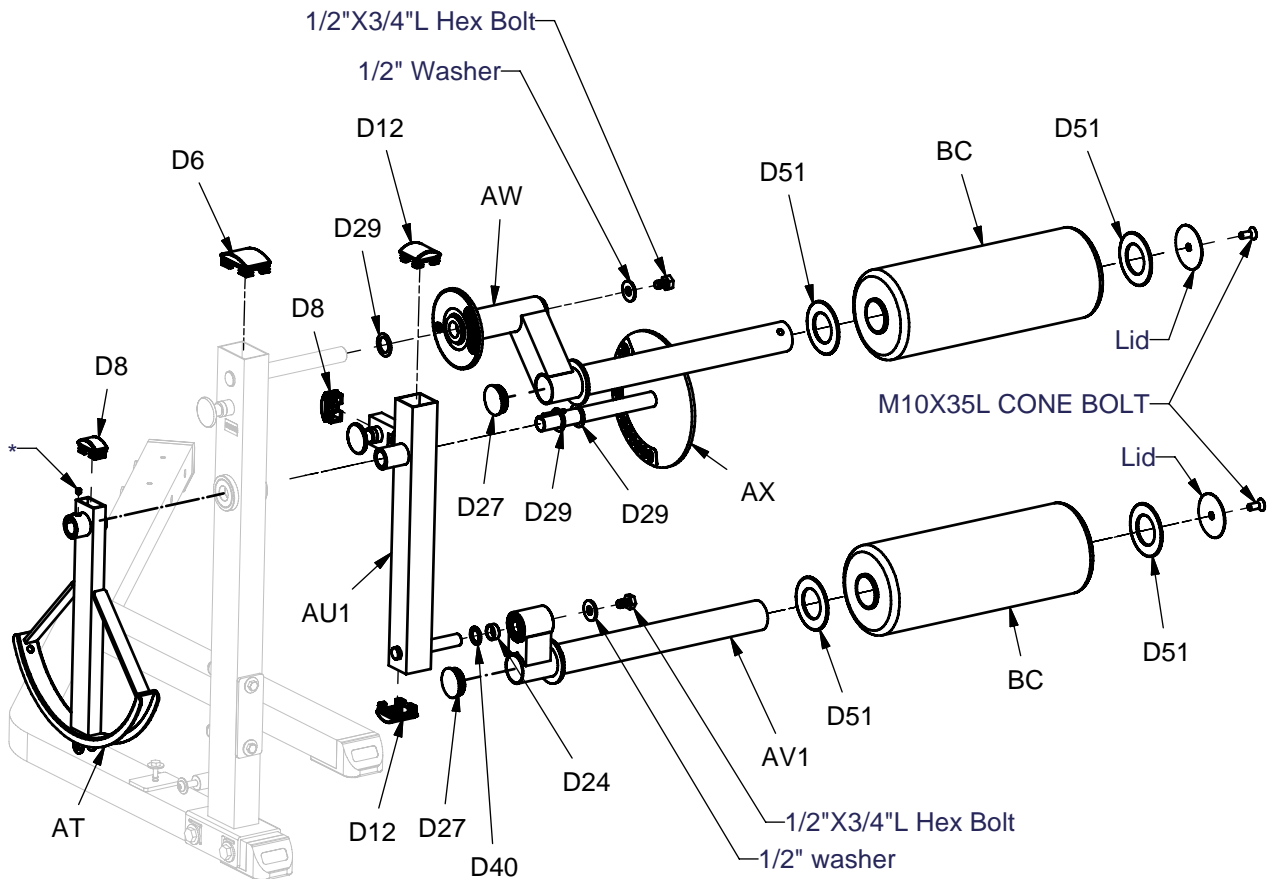


G10B ASSEMBLY INSTRUCTIONS

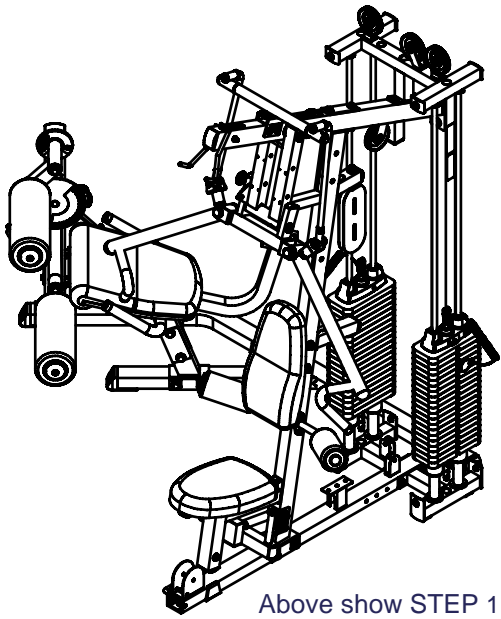


Above show STEP 10
assembled and completed

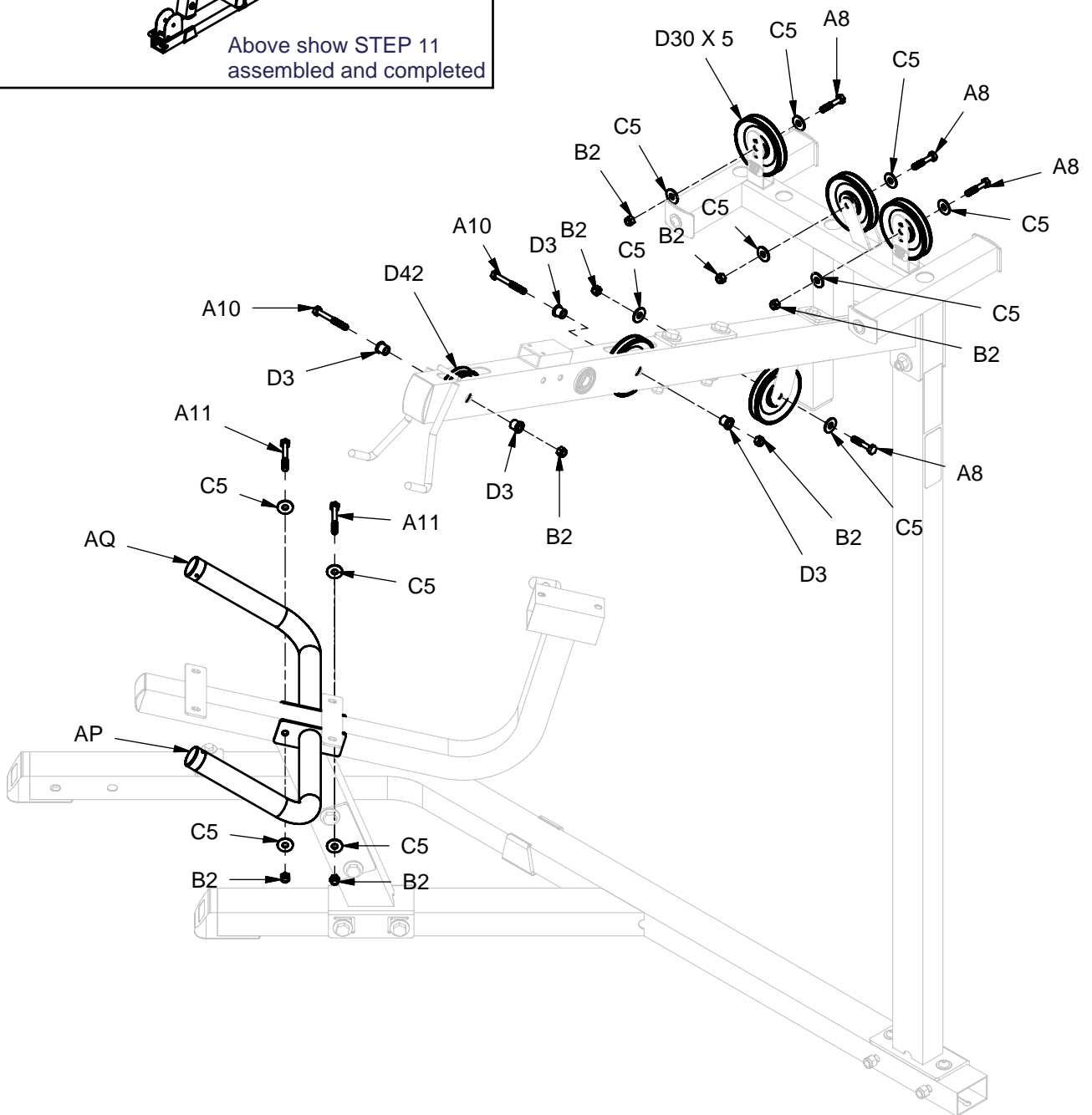
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



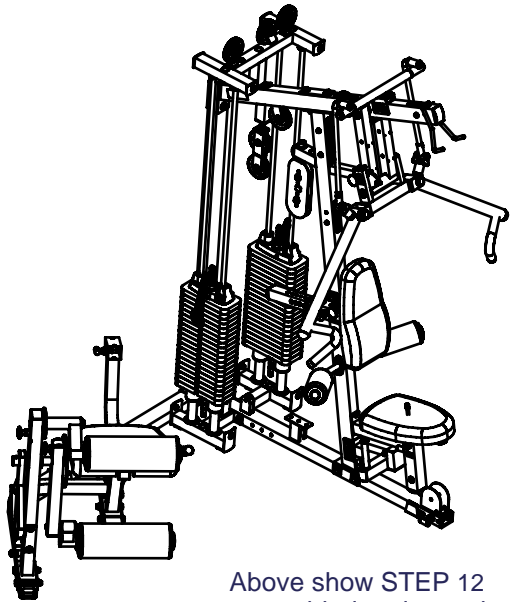
G10B ASSEMBLY INSTRUCTIONS



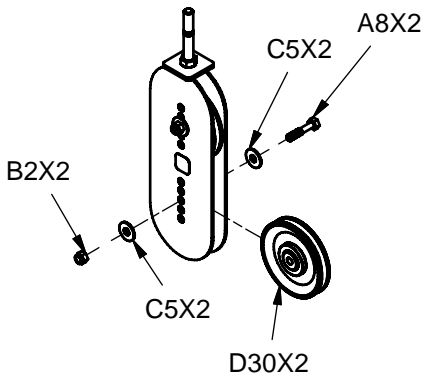
Above show STEP 11
assembled and completed



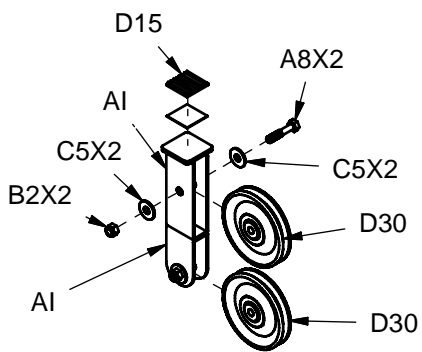
G10B ASSEMBLY INSTRUCTIONS



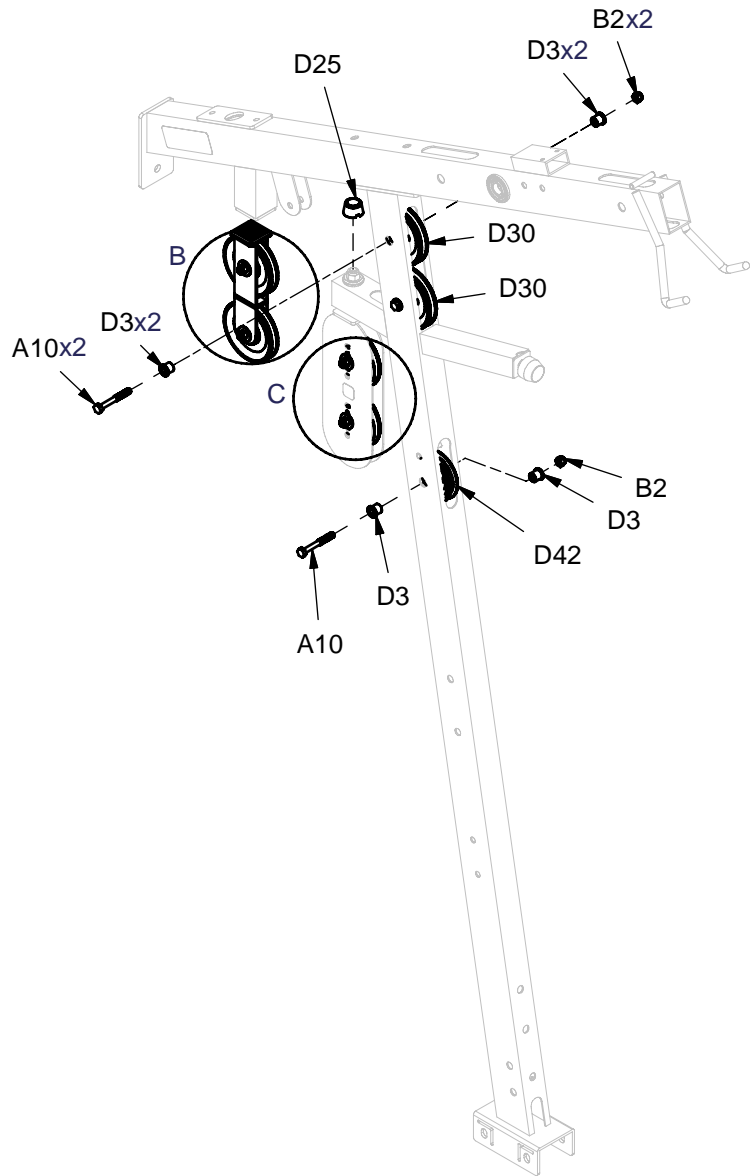
Above show STEP 12 assembled and completed



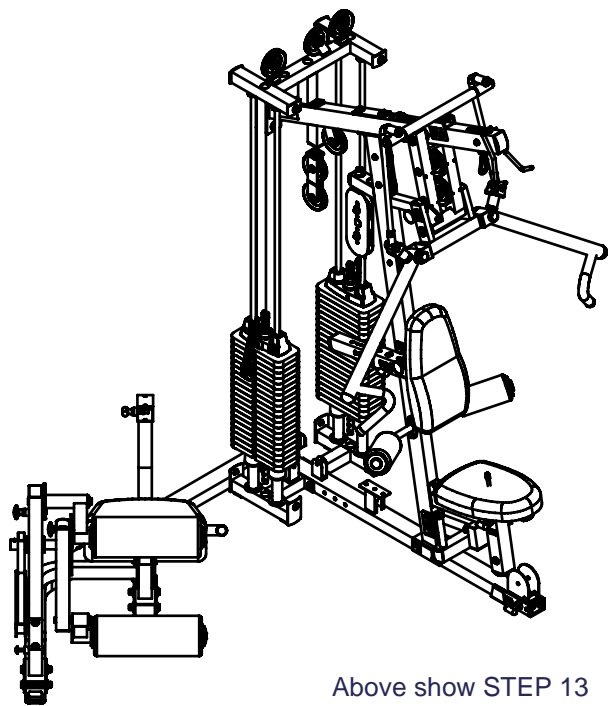
Detail C



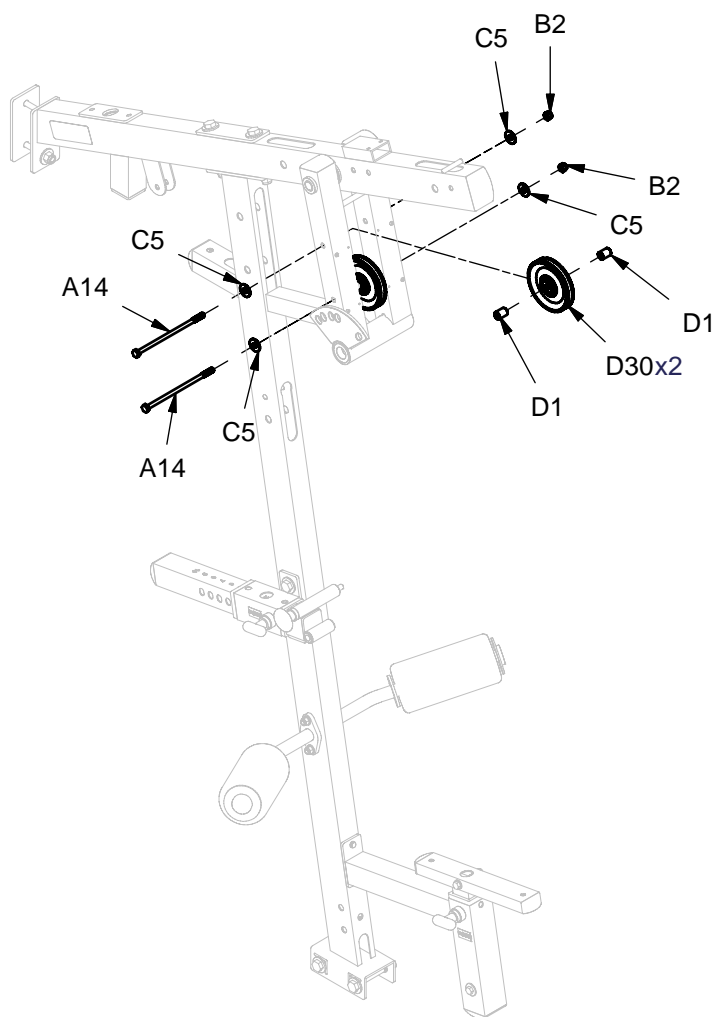
Detail B



G10B ASSEMBLY INSTRUCTIONS

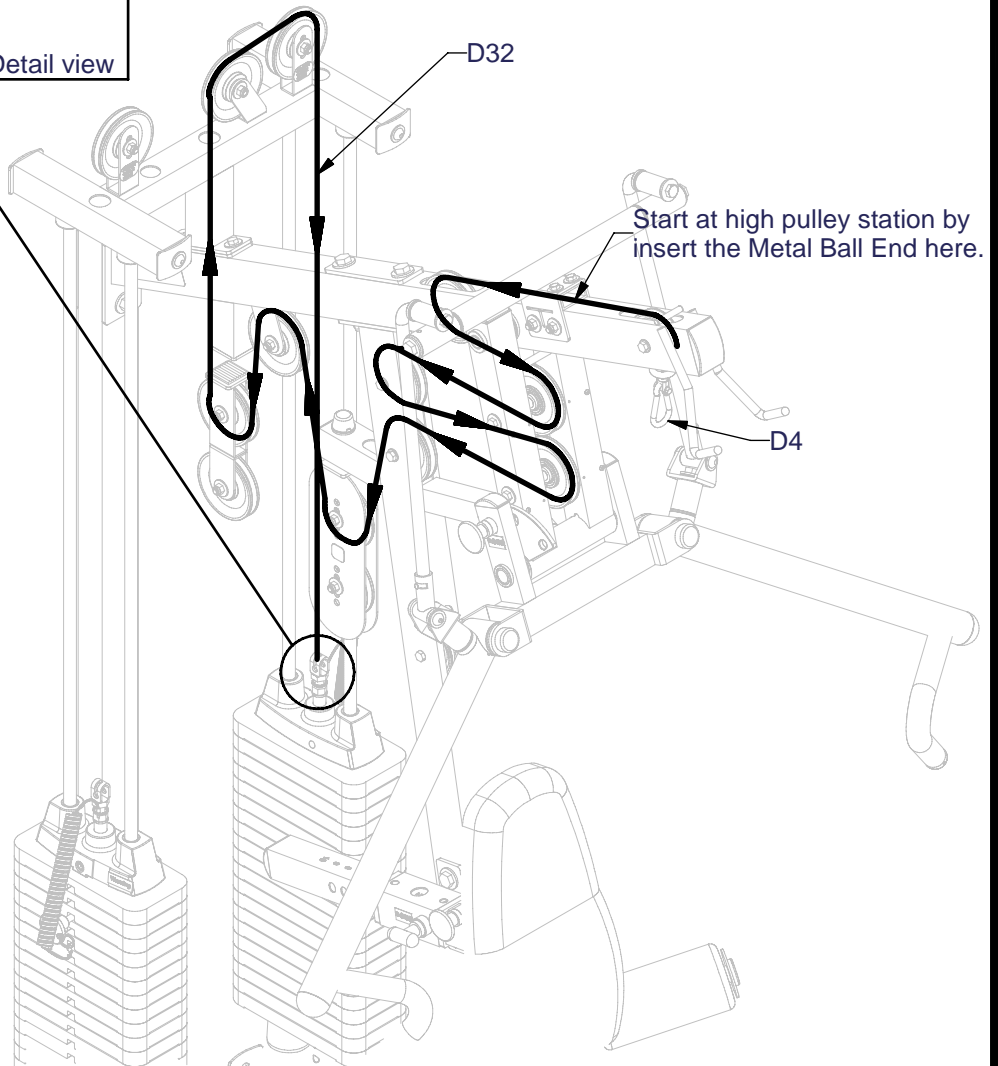
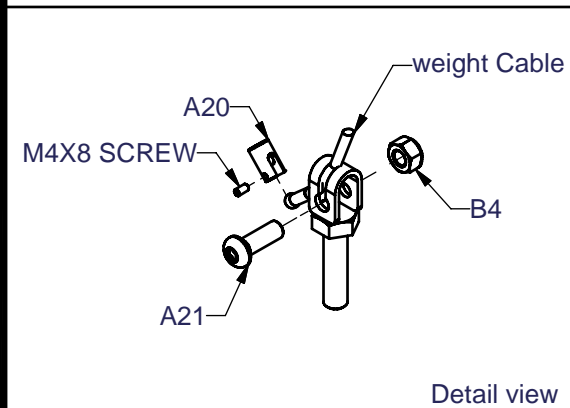


Above show STEP 13
assembled and completed



G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration

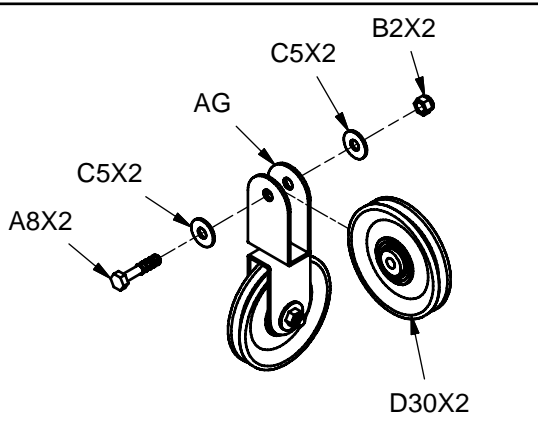


D32



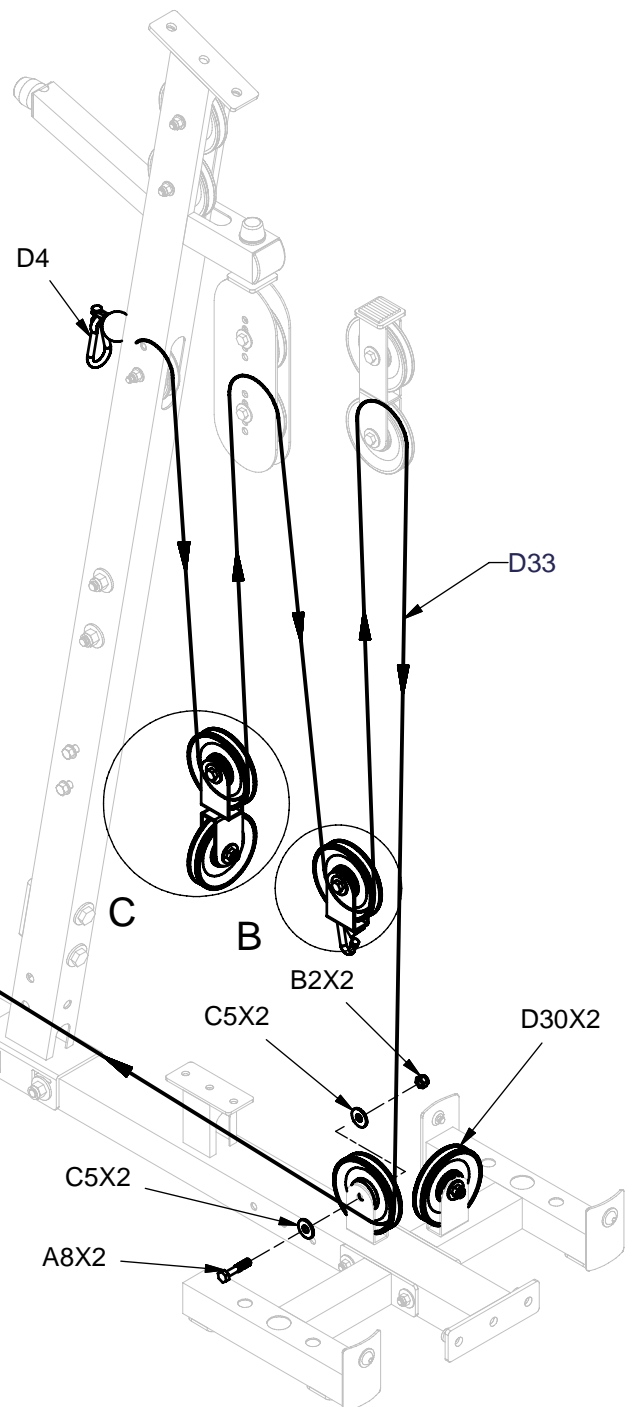
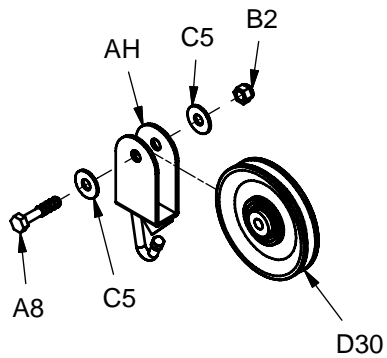
G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration



Detail C

Detail B



D33



G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration

D34



D35



M10X16L ROUND BOLT x2

M10 WASHER x2

A8X2

C5X2

D30X2

C5X2

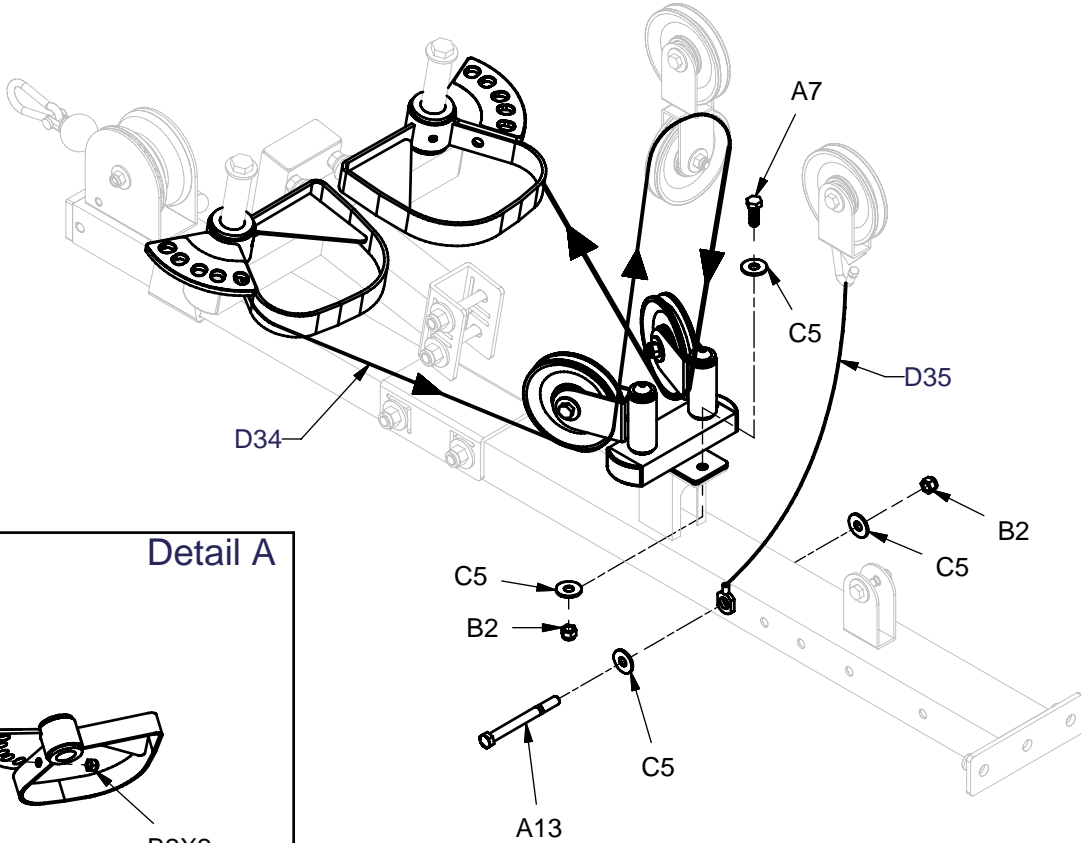
B2X2

AKX2

AJ

D8X2

Detail B



Detail A

A7X2



B2X2

D34

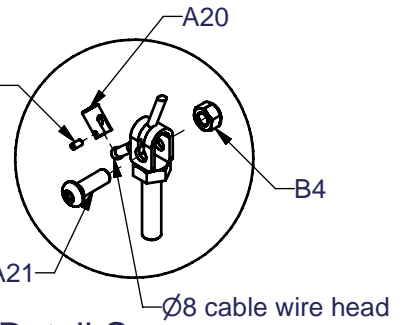
G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration

D36



M4X8 Stop Bolt

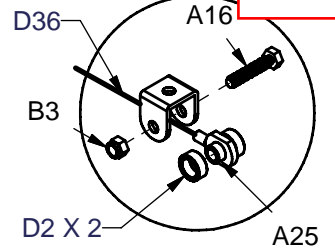


Detail C

BF

D22 X 2

17



Detail D

D18 X 4

5/16"X5/16" Set Bolt X 4

D4

BG

D22 X 2

M

P

D28 X 2

D36

3/8" X1 1/4" Hex Bolt

3/8" Washer

D39

D30

Detail A

D30

Detail B

M10X35 Round Bolt

M10 Washer

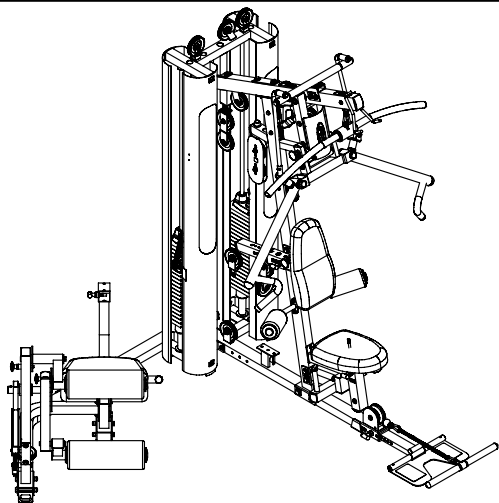
D39

A

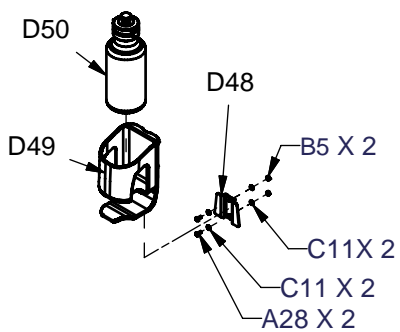
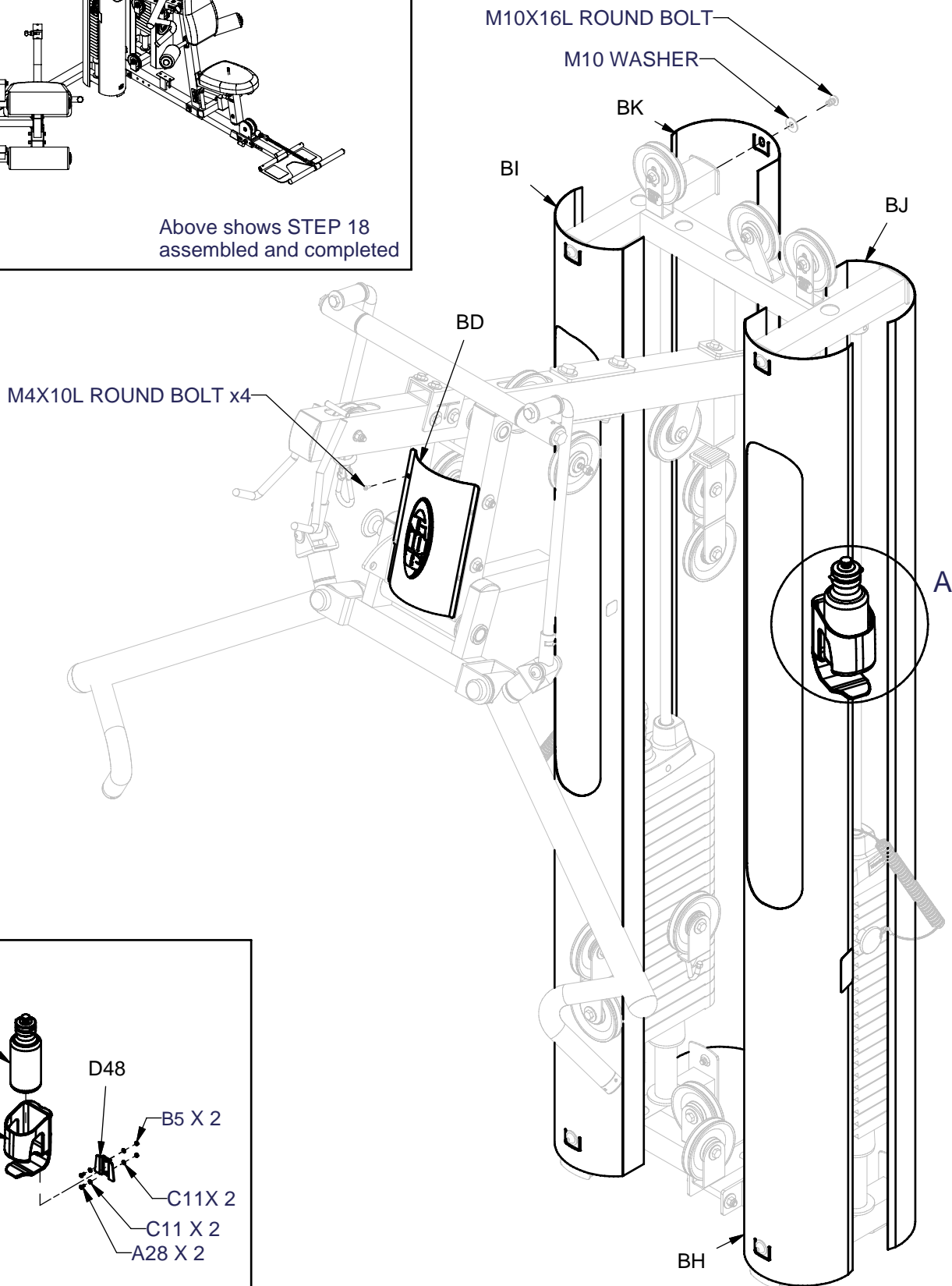
B

D

G10B ASSEMBLY INSTRUCTIONS



Above shows STEP 18 assembled and completed



Detail A