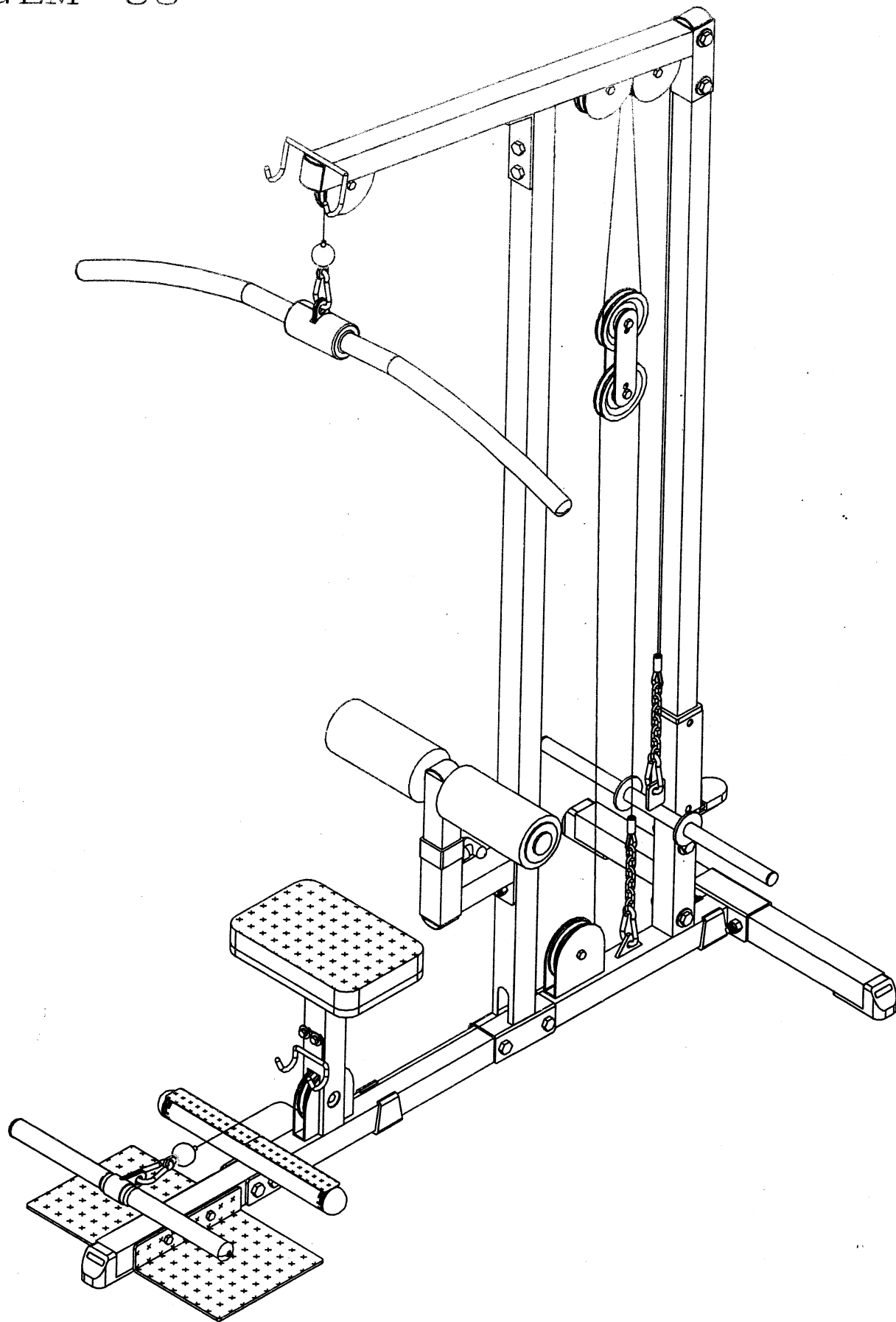


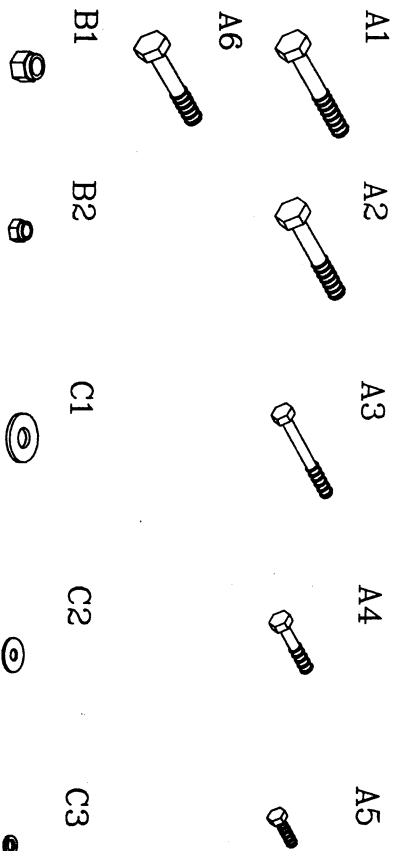
GLM-83



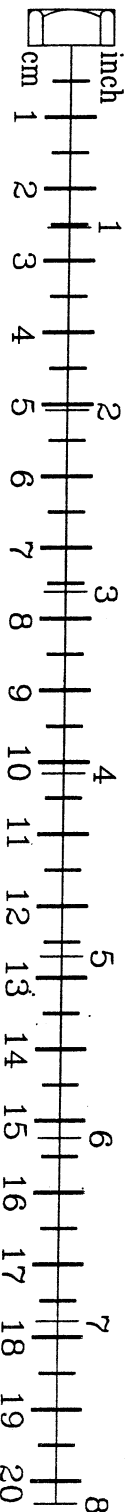
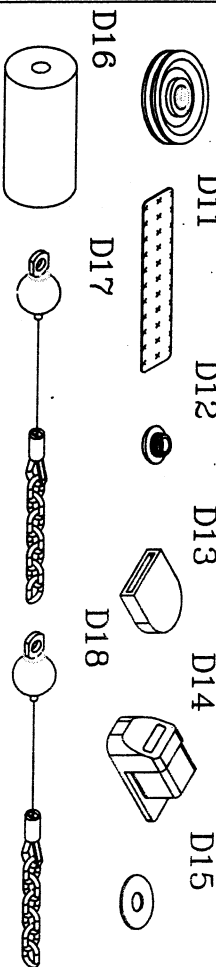
VERSION 0506

GLM-83 HARDWARE ILLUSTRATION SHEET

A1.	M12X75	HEX HEAD BOLT	[6PCS]
A2.	M12X70	HEX HEAD BOLT	[4PCS]
A3.	M10X70	HEX HEAD BOLT	[2PCS]
A4.	M10X40	HEX HEAD BOLT	[7PCS]
A5.	5/16"X25	HEX HEAD BOLT	[4PCS]
A6.	M12X65	HEX HEAD BOLT	[4PCS]
B1.	M12	NYLON LOCK NUT	[14PCS]
B2.	M10	NYLON LOCK NUT	[9PCS]
C1.	M12 (I.D)	WASHER	[12PCS]
C2.	M8 (I.D)	WASHER	[4PCS]
C3.	M8	SPRING WASHER	[4PCS]

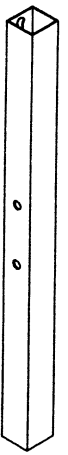


D1.	2"X2"	RUBBER DOUNT(9212-010)	[2PCS]
D2.	2"X2"	END CAP(9211-087)	[1PCS]
D3.	45X45	END CAP(9211-091)	[3PCS]
D4.	ø50	ROUND END CAP(9211-074)	[2PCS]
D5.	ø1"	ROUND END CAP(9211-016)	[2PCS]
D6.	ø1"	ROUND END CAP(8341-033)	[2PCS]
D7.	50X45	NYLON BUSHING(9211-030)	[1PCS]
D8.	60X45	NYLON BUSHING(9211-032)	[2PCS]
D9.	ø8mm	SPRING SNAP LINK(8810-001)	[4PCS]
D10.	ø110	PULLEY(9213-002)	[7PCS]
D11.	38X195mm	NO SLIP TAPEL(9310-030)	[2PCS]
D12.	ø1"	ROUND END CAP(9260-021)	[4PCS]
D13.	ø2"	RUBBER PAD(9310-019)	[1PCS]
D14.	2"X2"	FOOT CAP(9211-024)	[3PCS]
D15.	ø3"	NYLON WASHER(9214-008)	[2PCS]
D16.	ø4"X8"	FOAM ROLLER(9161-009)	[2PCS]
D17.	3660mm	STEEL CABLE	[1PCS]
D18.	2760mm	STEEL CABLE	[1PCS]

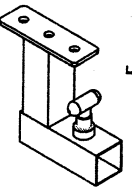


GLM-83 PARTS ILLUSTRATION SHEET

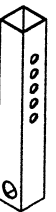
A [1PCS]



I [1PCS]



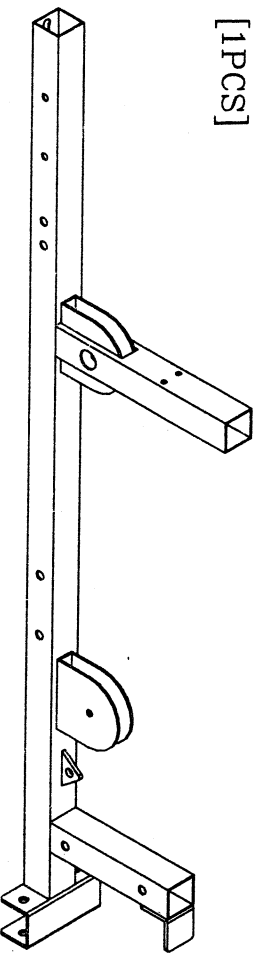
J [1PCS]



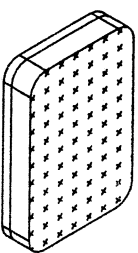
K [1PCS]



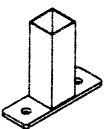
B [1PCS]



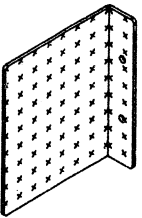
L [1PCS]
9122-010



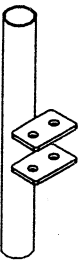
M [1PCS]



C [2PCS]
8370-006



D [1PCS]



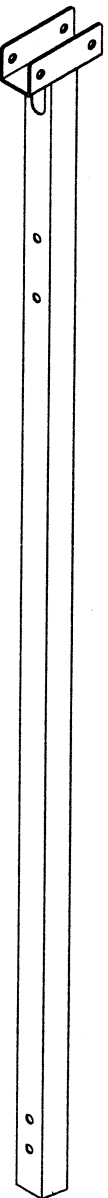
N [2PCS]
8342-014



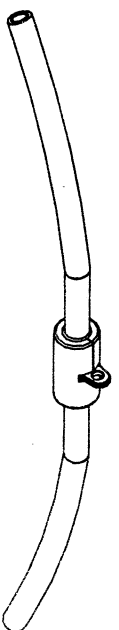
O [1PCS]



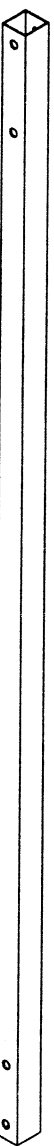
E [1PCS]



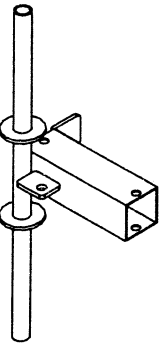
P [1PCS]



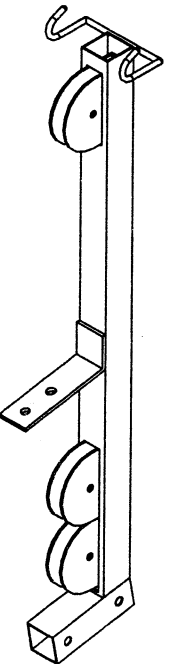
F [1PCS]



G [1PCS]



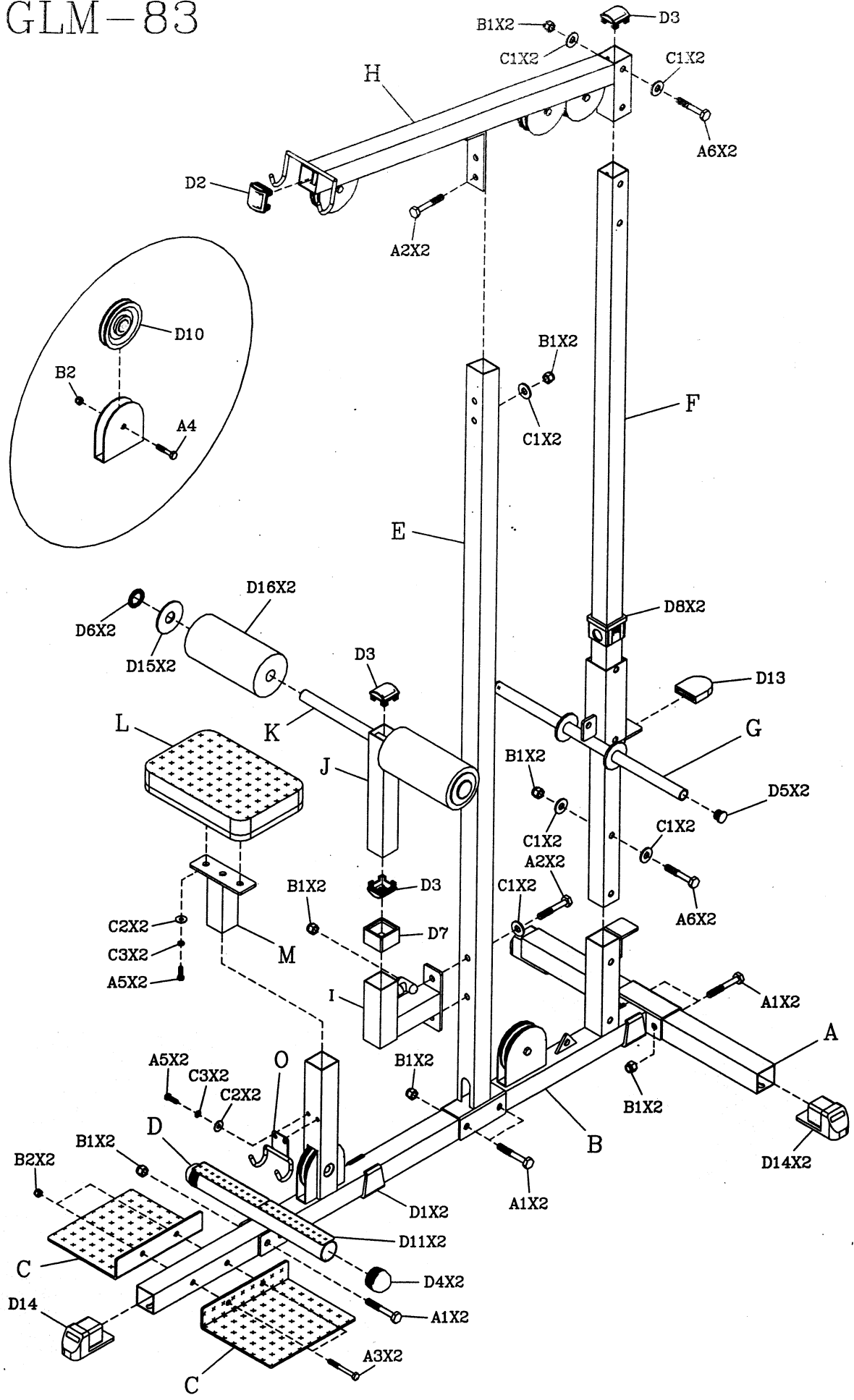
H [1PCS]

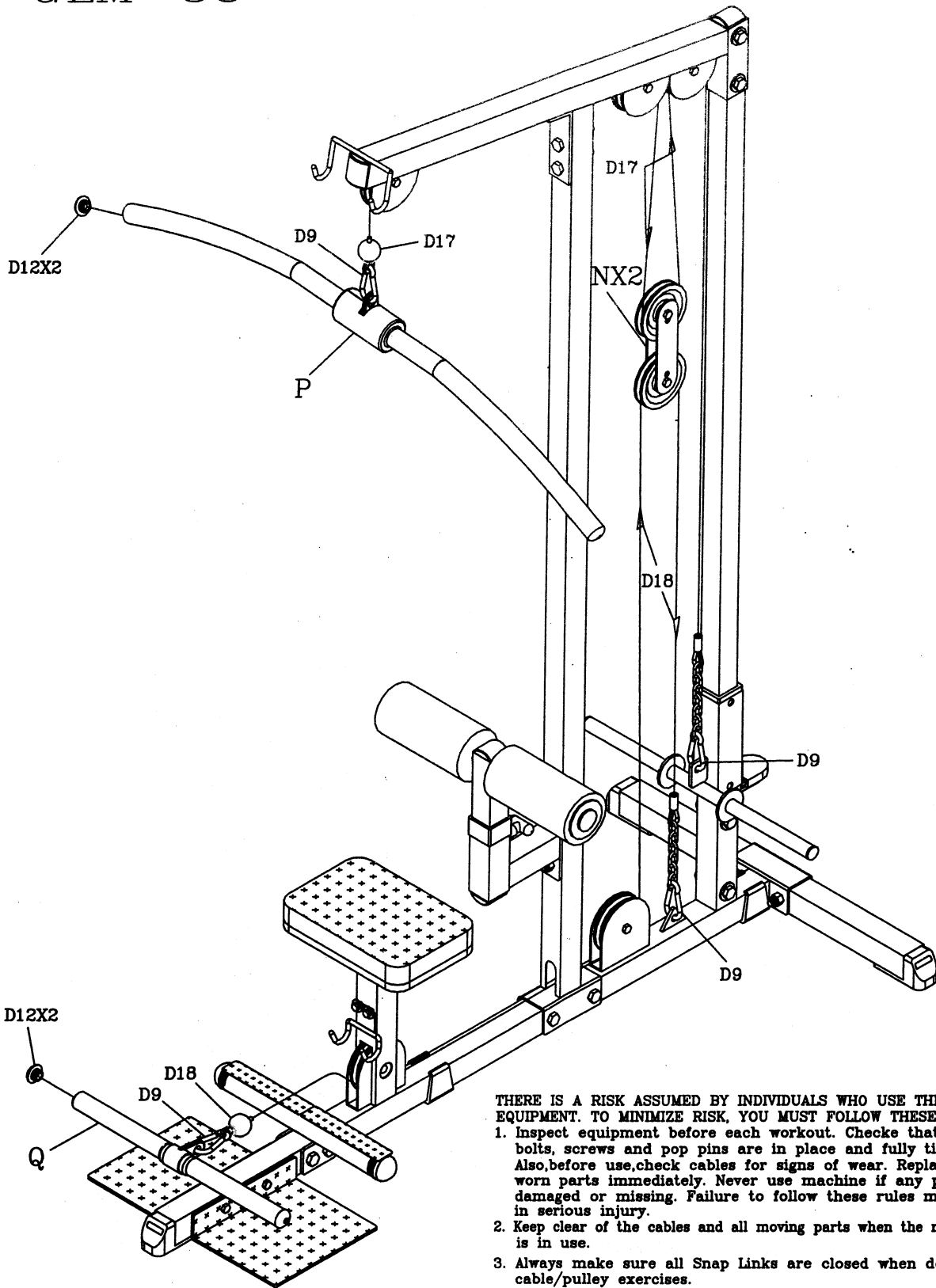


Q [1PCS]



GLM-83





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 1-800-558-3113.
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