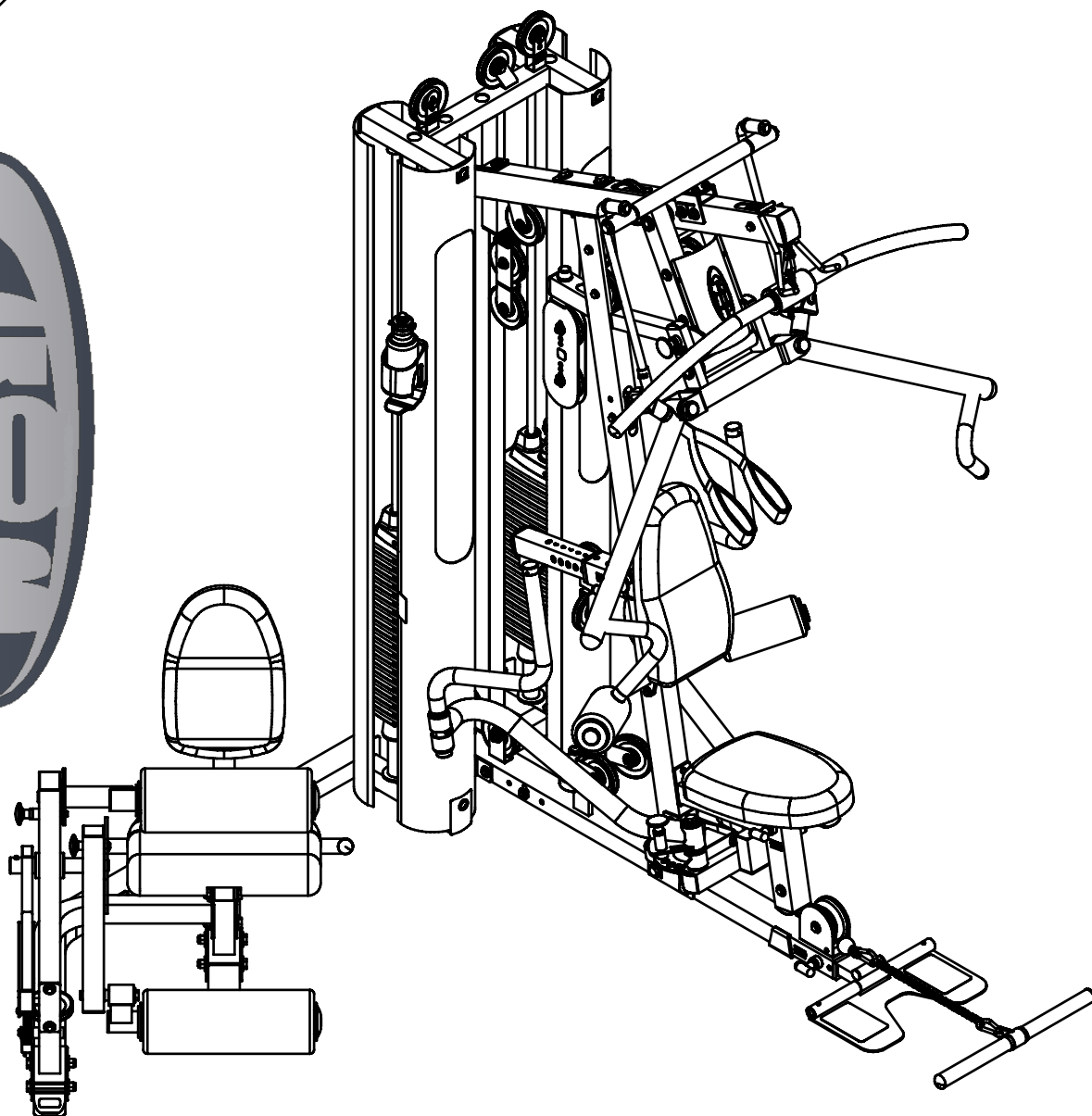


Body-Solid



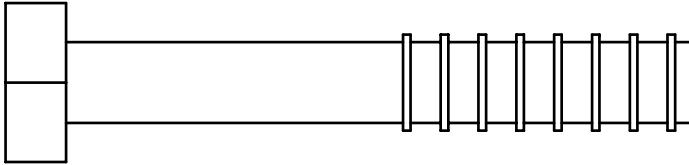
BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

G10B.2 OWNER'S MANUAL

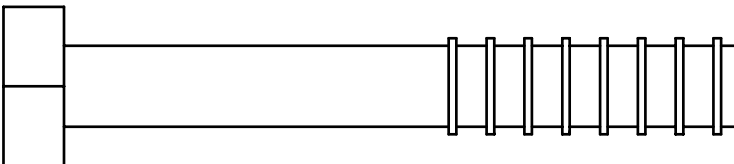
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

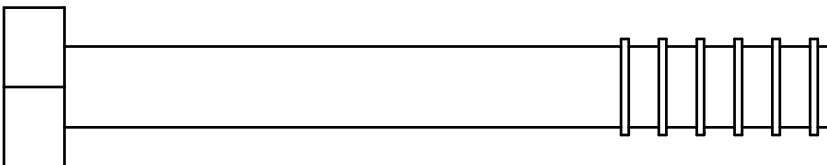
A2.HEX BOLT 1/2"X3 1/4"L PARTIAL THREAD QTY.8



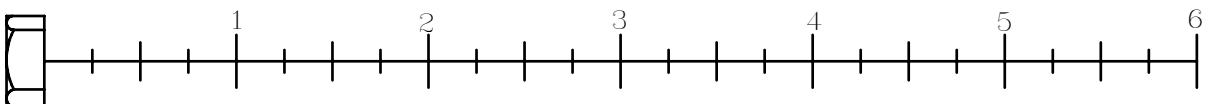
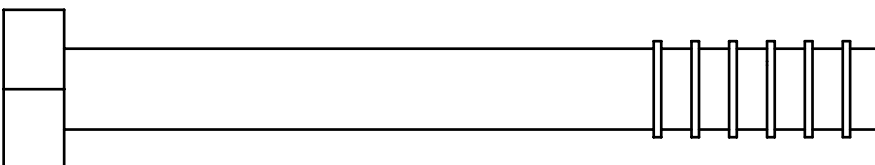
A3.HEX BOLT 1/2"X3 1/2"L PARTIAL THREAD QTY. 2



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



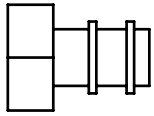
A5.HEX BOLT 1/2"X4 1/4"L PARTIAL THREAD QTY.10



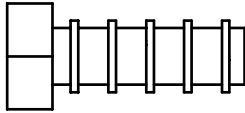
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

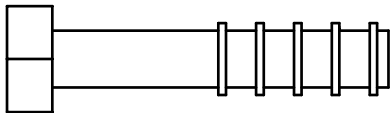
A6.HEX BOLT 3/8"X1/2"L PARTIAL THREAD QTY.2



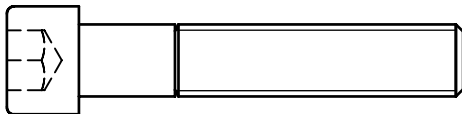
A7.HEX BOLT 3/8"X1"L PARTIAL THREAD QTY.4



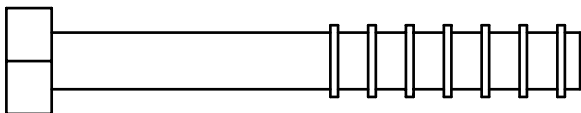
A8.HEX BOLT 3/8"X1 3/4"L PARTIAL THREAD QTY.15



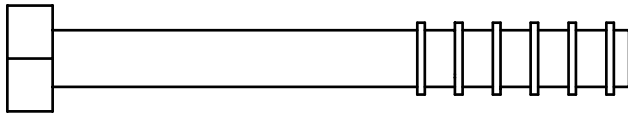
A9.ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.2



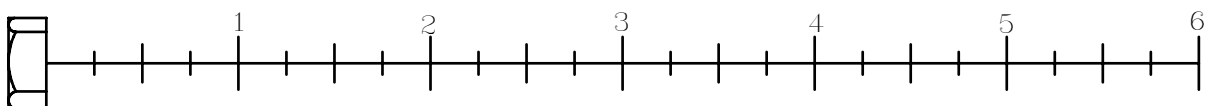
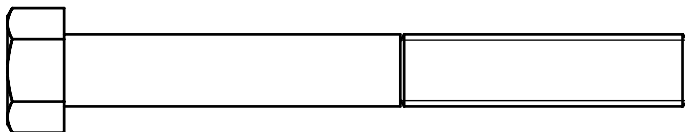
A10.HEX BOLT 3/8"X2 3/4"L PARTIAL THREAD QTY.5



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



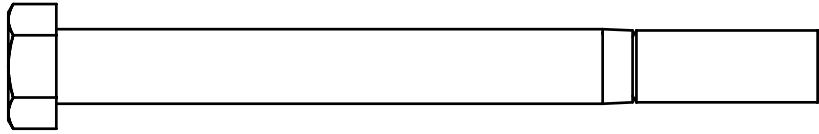
A12.HEX BOLT 3/8"X3 1/4"L PARTIAL THREAD QTY.2



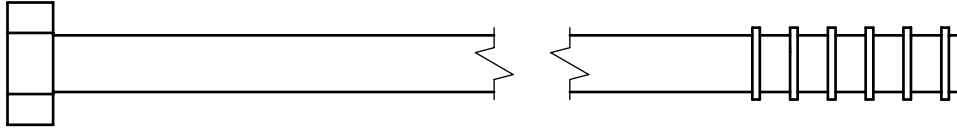
G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

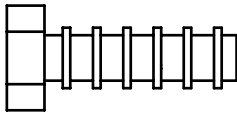
A13.HEX BOLT 3/8"X4"L PARTIAL THREAD QTY.5



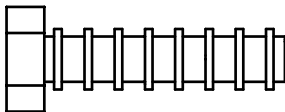
A14.HEX BOLT 3/8"X7 1/4"L PARTIAL THREAD QTY.2



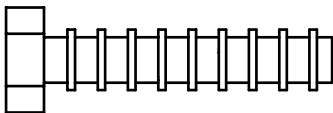
A15.HEX BOLT 5/16"X1"L PARTIAL THREAD QTY.4



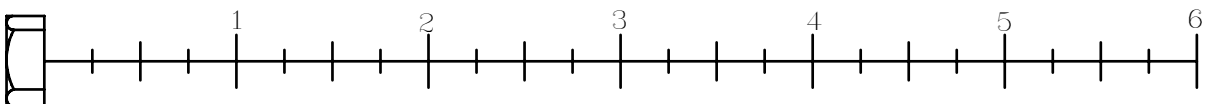
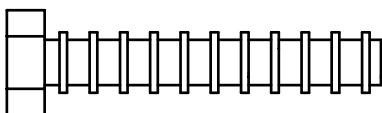
A16.HEX BOLT 5/16"X1 1/4"L PARTIAL THREAD QTY.4



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



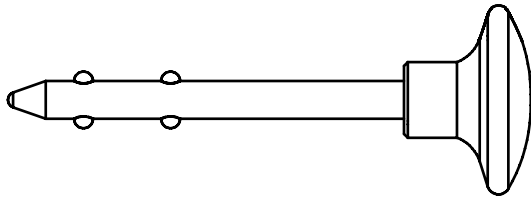
A18.HEX BOLT 5/16"X1 3/4"L PARTIAL THREAD QTY.4



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

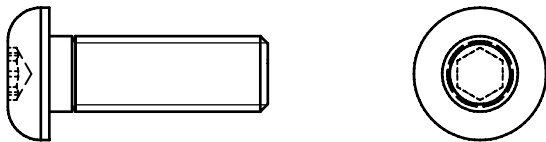
A19. 10IB PIN(8250-071) QTY.2



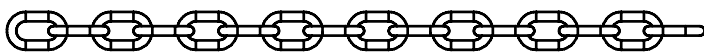
A20. Firm Sheath(8890-010) QTY.2



A21.ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.2



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



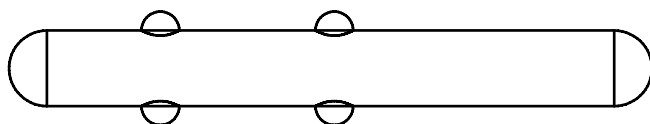
A23.HEX BOL M8X12L PARTIAL THREAD QTY.2



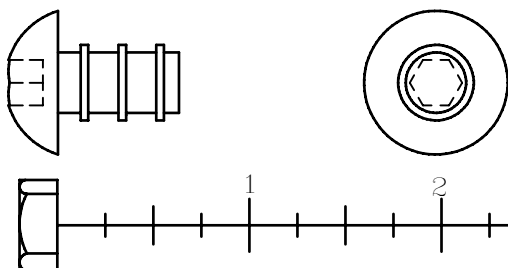
A25. $\varnothing 1/2 \times 8.5 \times 21.5$ Sleeve QTY. 1



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



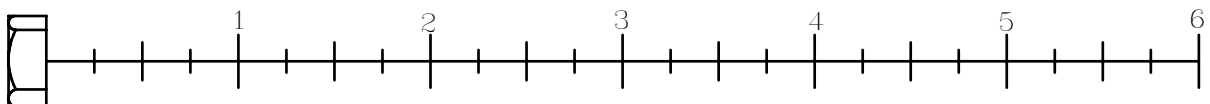
A27. M10X16R Round Bolt QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

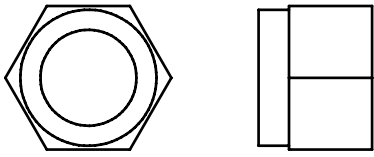
A28.ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

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



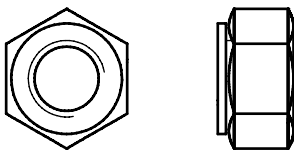
B2. 3/8" Nylon Lock Nut QTY.40



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



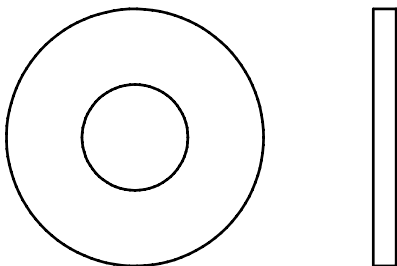
B4.M10 Nylon Lock Nut QTY.2



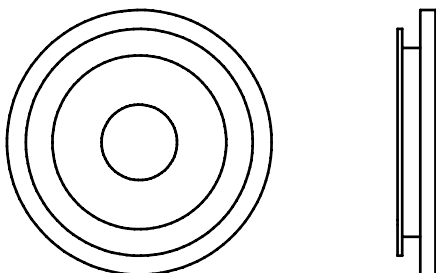
B5.M4 Nut QTY.2



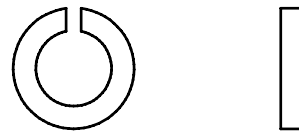
C1. 1/2" (I.D)FLAT WASHER Ø34 QTY.40



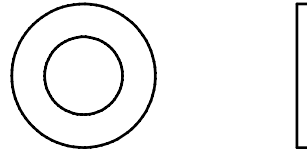
C2. 1/2" (I.D)Dish Washer QTY.1



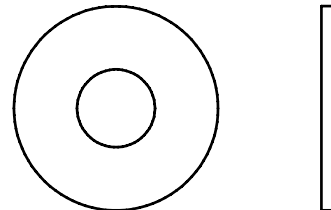
C3. 3/8" (I.D)Spring Washer QTY.2



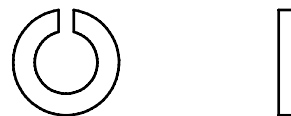
C4. 3/8"-FLAT WASHER Ø19 QTY.4



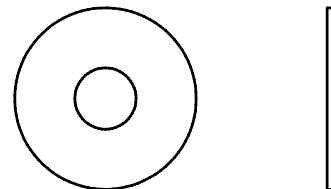
C5. 3/8" (I.D)FLAT WASHER Ø27 QTY.60



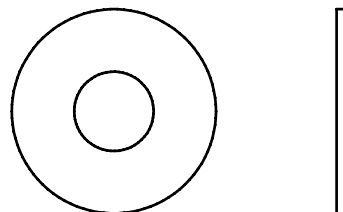
C6. 5/16" Spring Washer QTY.12



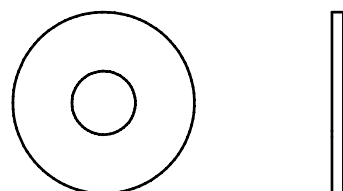
C7. 5/16" (I.D)FLAT WASHER Ø24 QTY.12



C8.M10" (I.D)FLAT WASHER Ø27 QTY.2



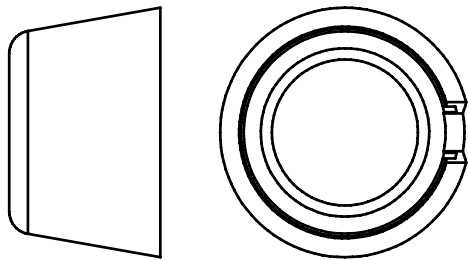
C9.M8 (I.D)FLAT WASHER Ø18 QTY.2



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

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

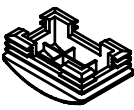


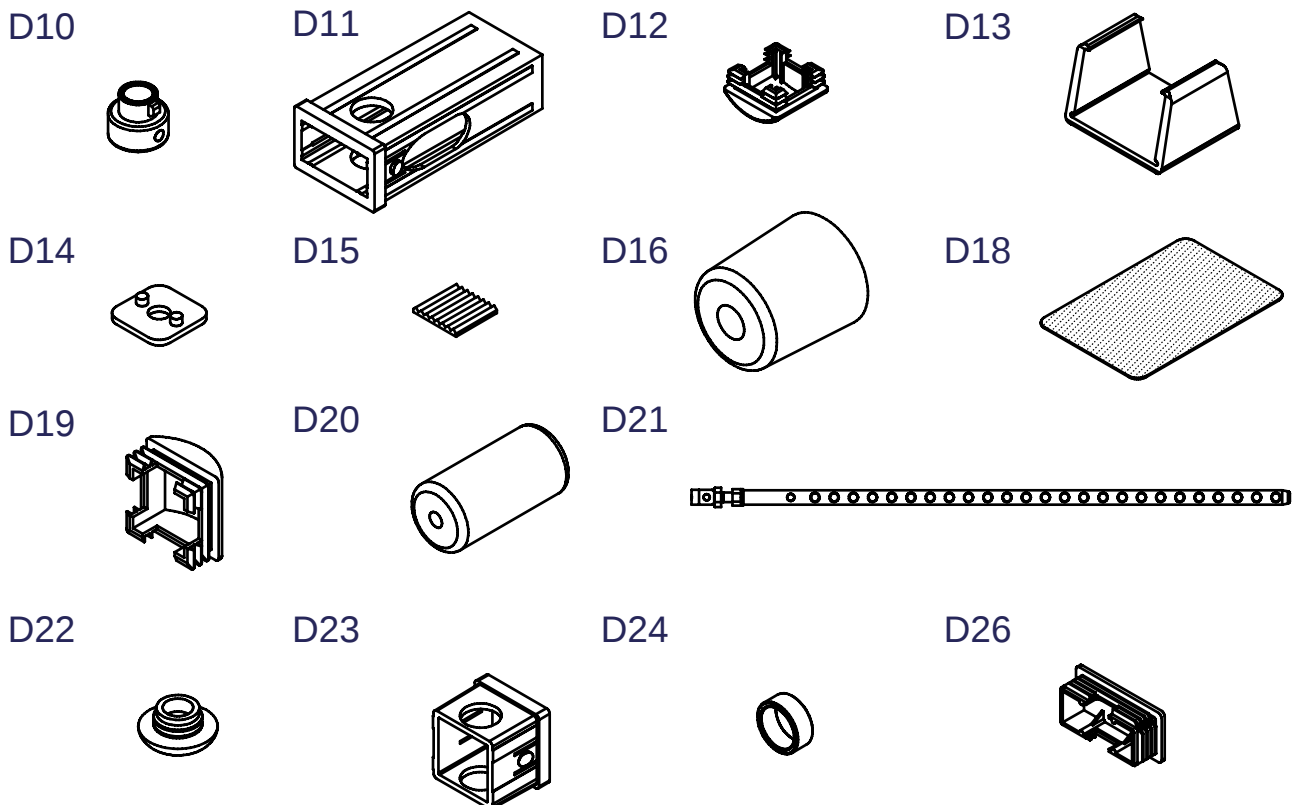
C11. M4 FLAT WASHER Ø12 QTY.4



G10B ASSEMBLY INSTRUCTIONS

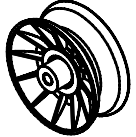
HARDWARE ILLUSTRATION

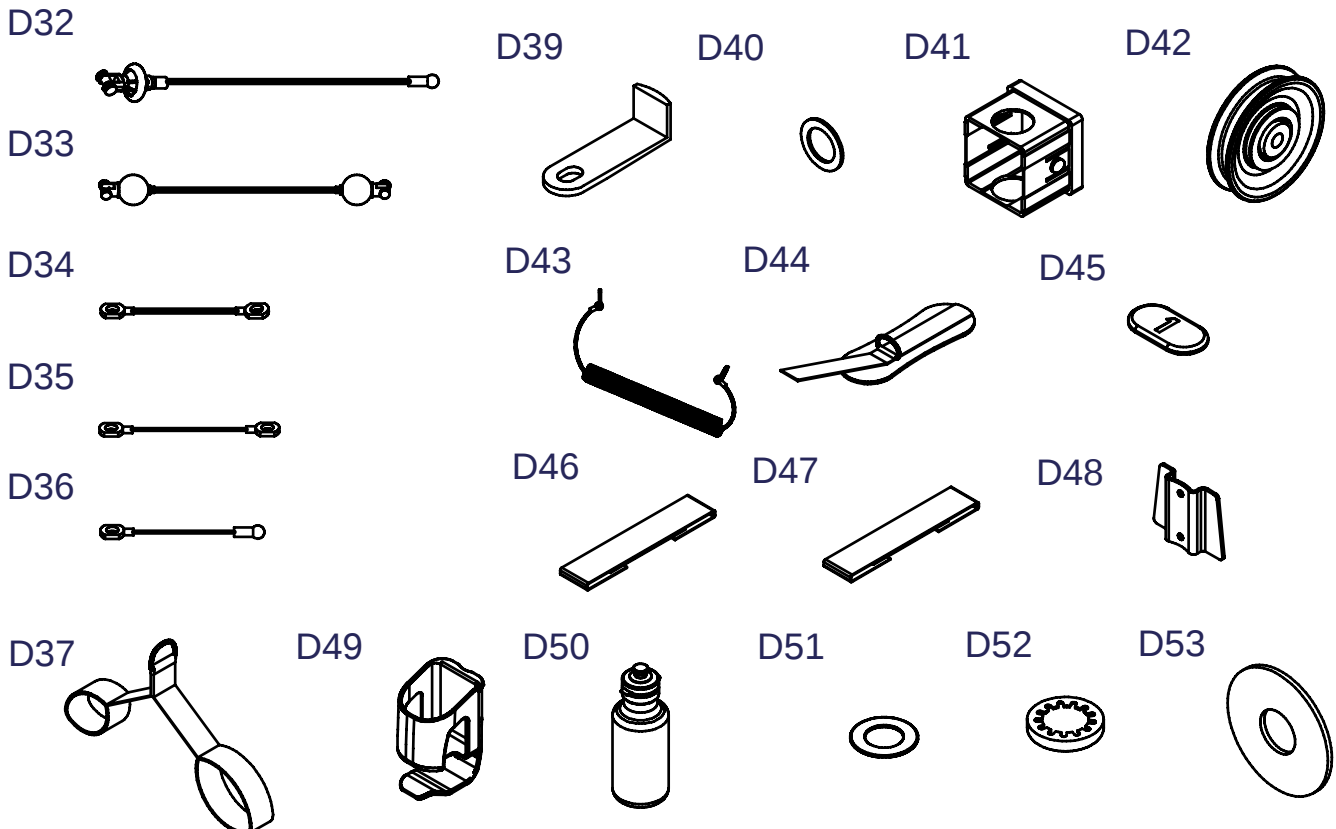
D1		D1. Ø5/8"X22.5L Steel Bushing (8110-011)-----[4PCS]
D2		D2. Ø3/4"X8L Steel Bushing (8110-014)-----[2PCS]
D3		D3. Ø10.5 Steel Bushing (8530-009)-----[10PCS]
D4		D4. Ø8 Spring Snap Link (8810-001)-----[4PCS]
D5		D5. Ø50.8 Round End Cap (9211-074)-----[2PCS]
D6		D6. 50X75X2.5t End Cap (9211-084)-----[3PCS]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



G10B ASSEMBLY INSTRUCTIONS

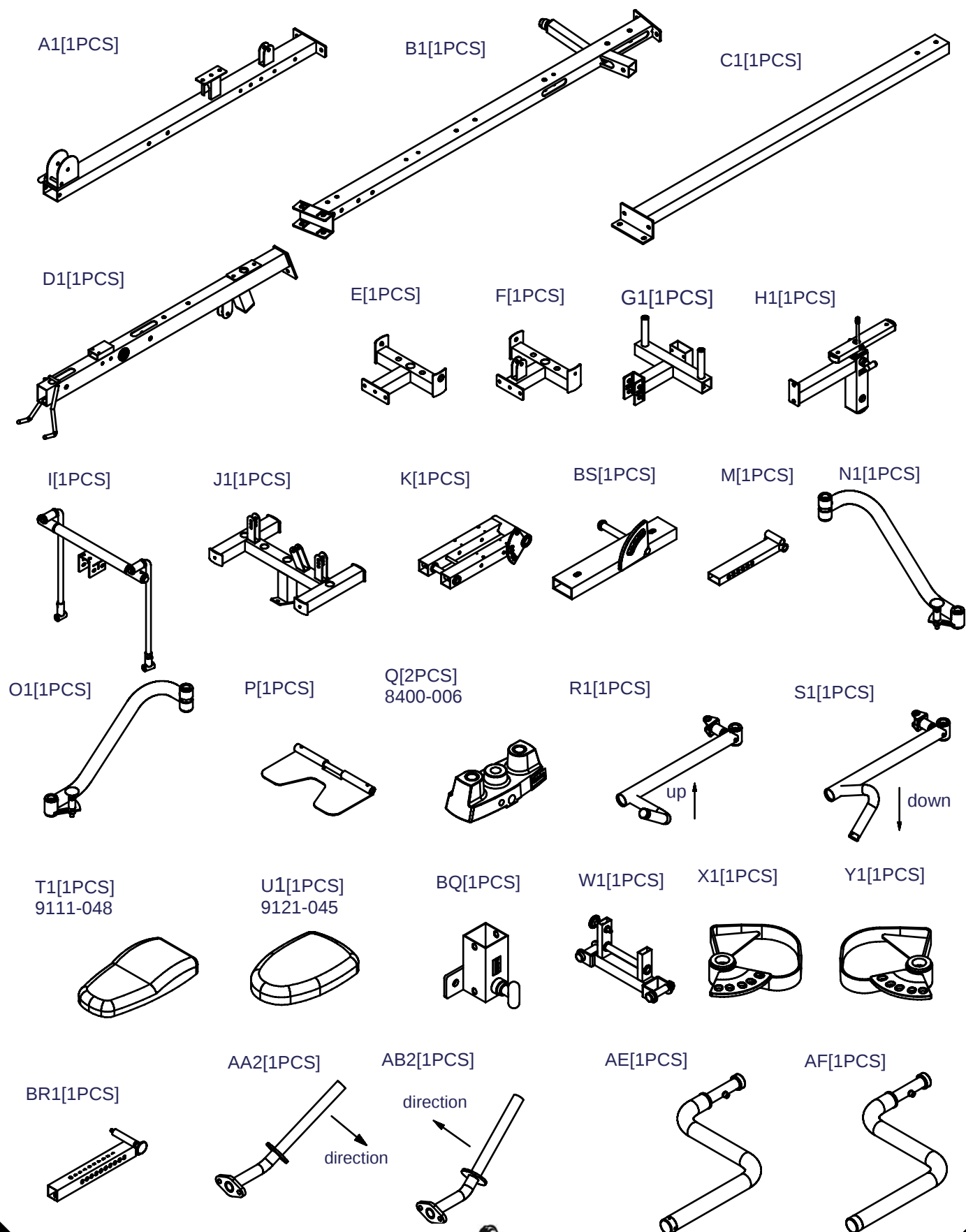
HARDWARE ILLUSTRATION

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]
D29		D35. 757mm Steel Cable -----[1PCS]
		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]
D31		D45. Label(01~26)(9440-108)-----[2PCS]
		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]



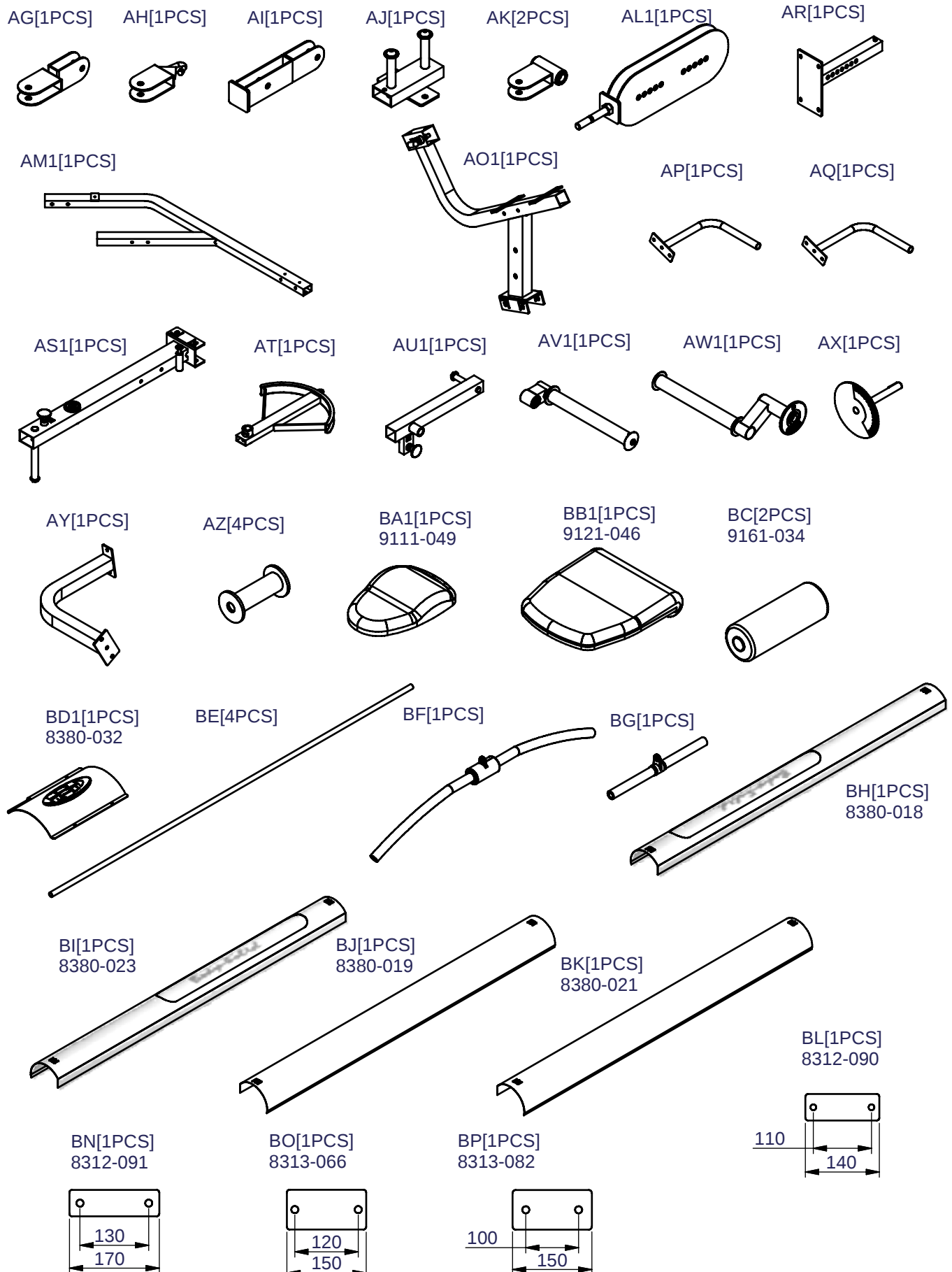
G10B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

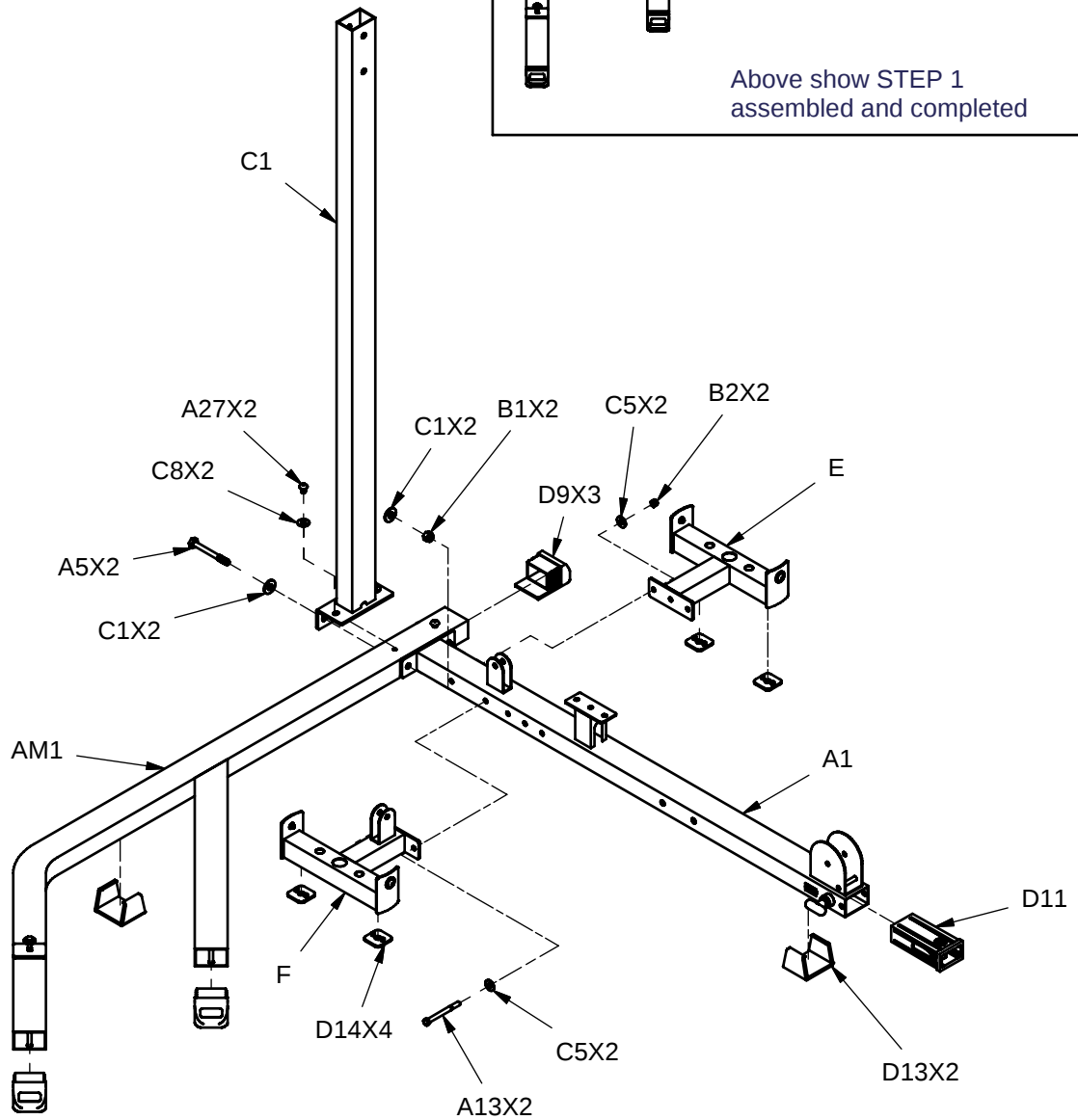
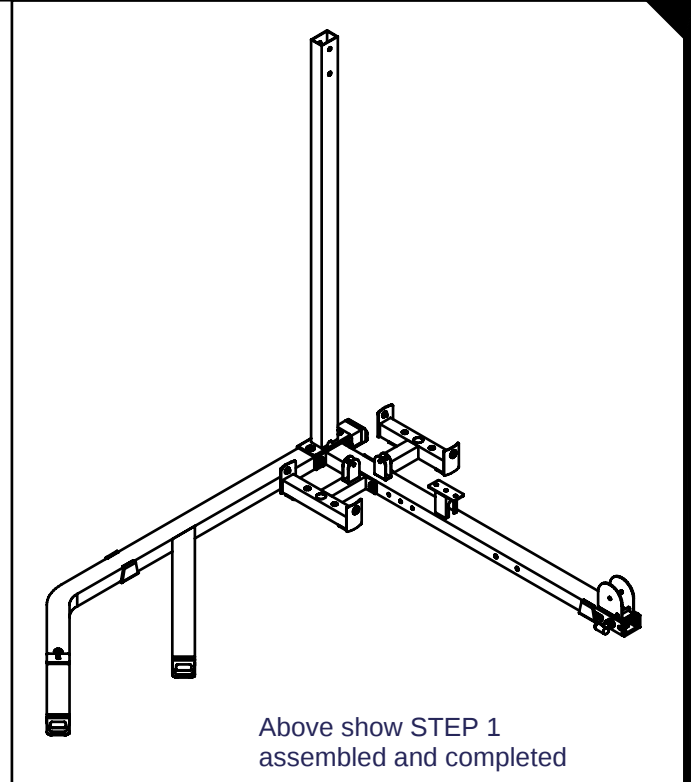


G10B ASSEMBLY INSTRUCTIONS

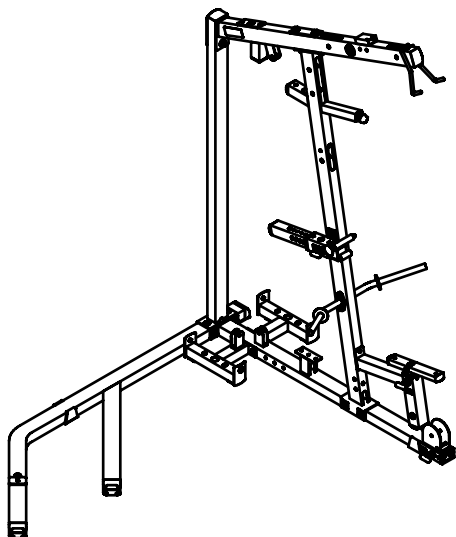
PARTS ILLUSTRATION SHEET



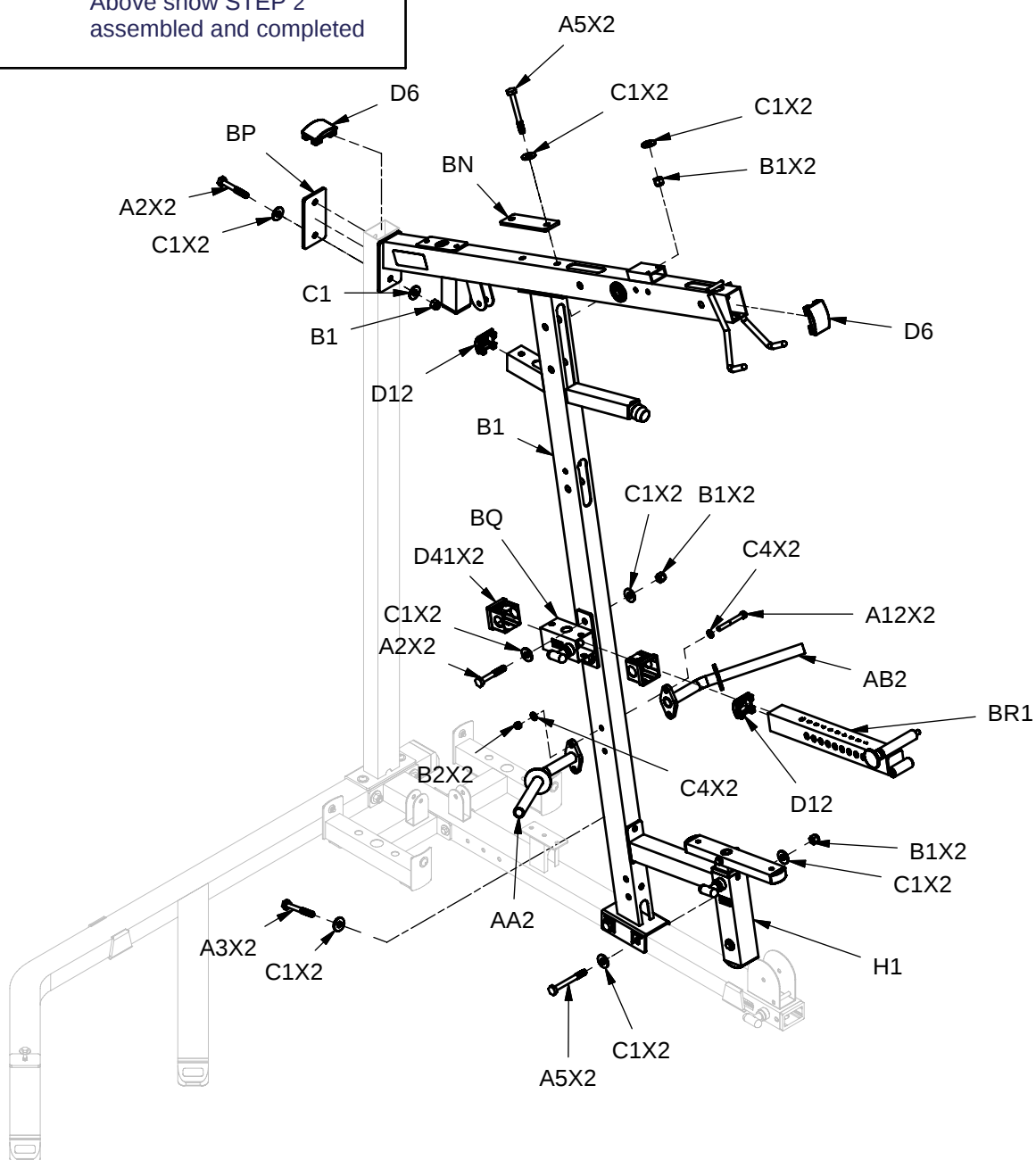
G10B ASSEMBLY INSTRUCTIONS



G10B ASSEMBLY INSTRUCTIONS

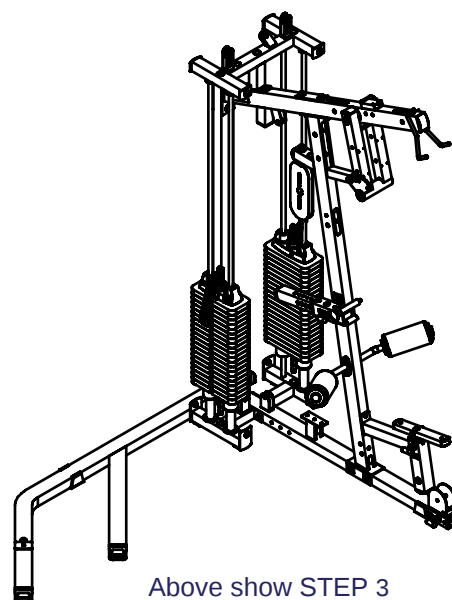


Above show STEP 2
assembled and completed

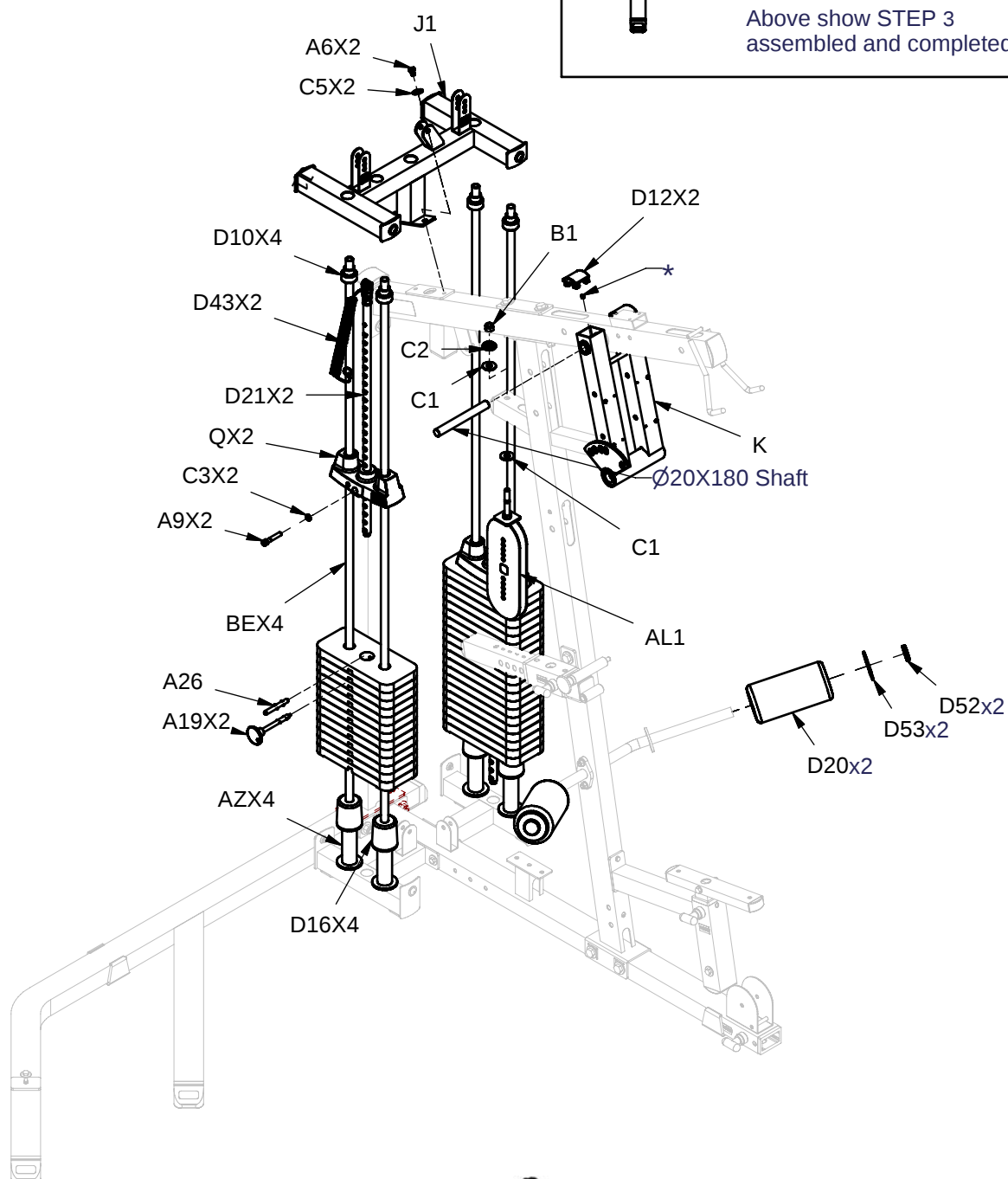


G10B ASSEMBLY INSTRUCTIONS

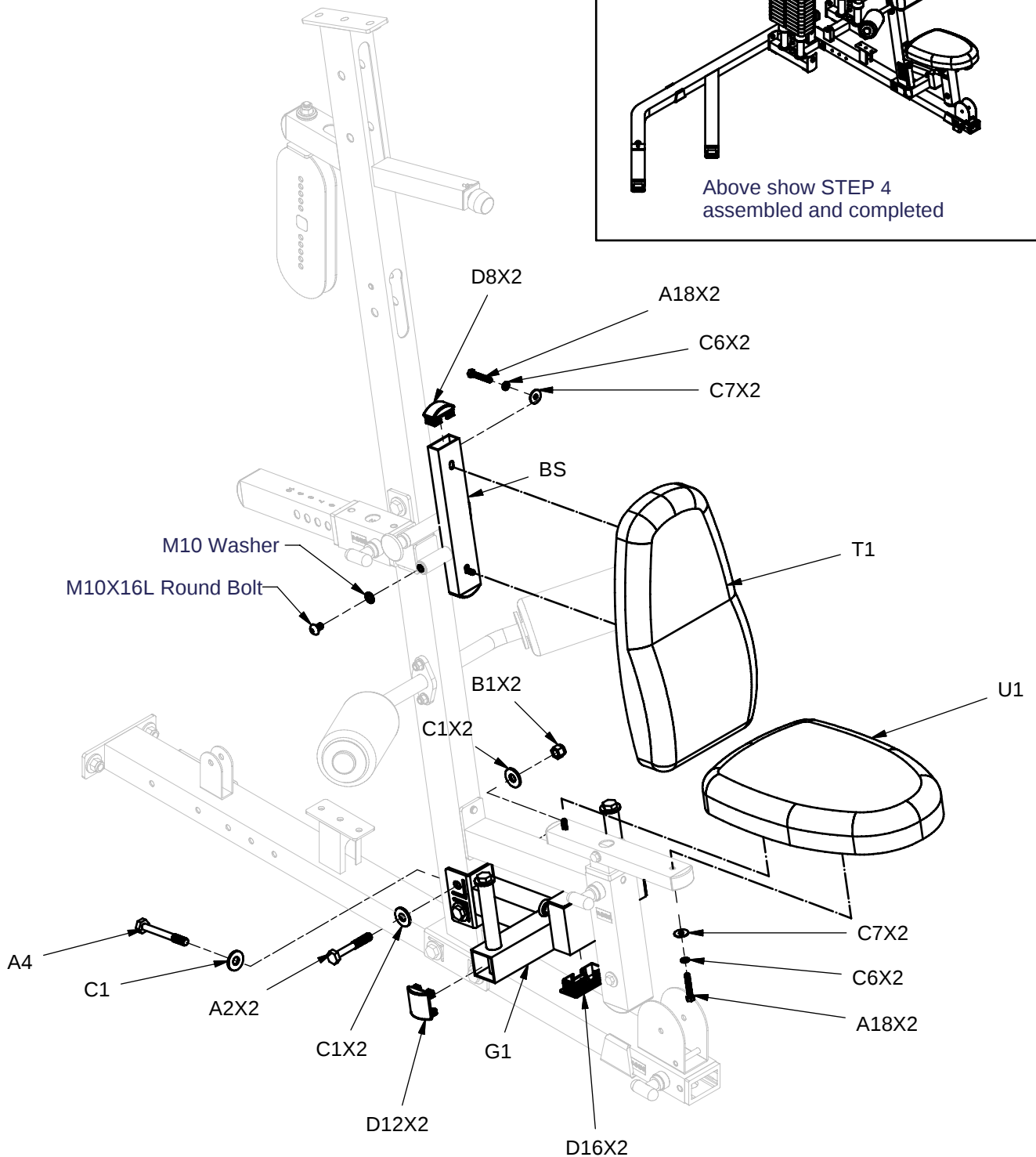
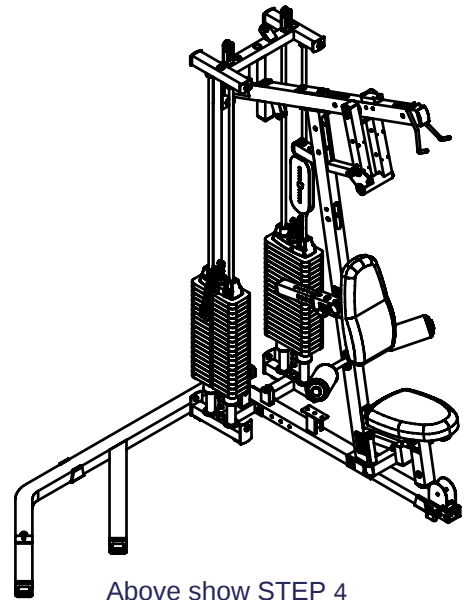
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



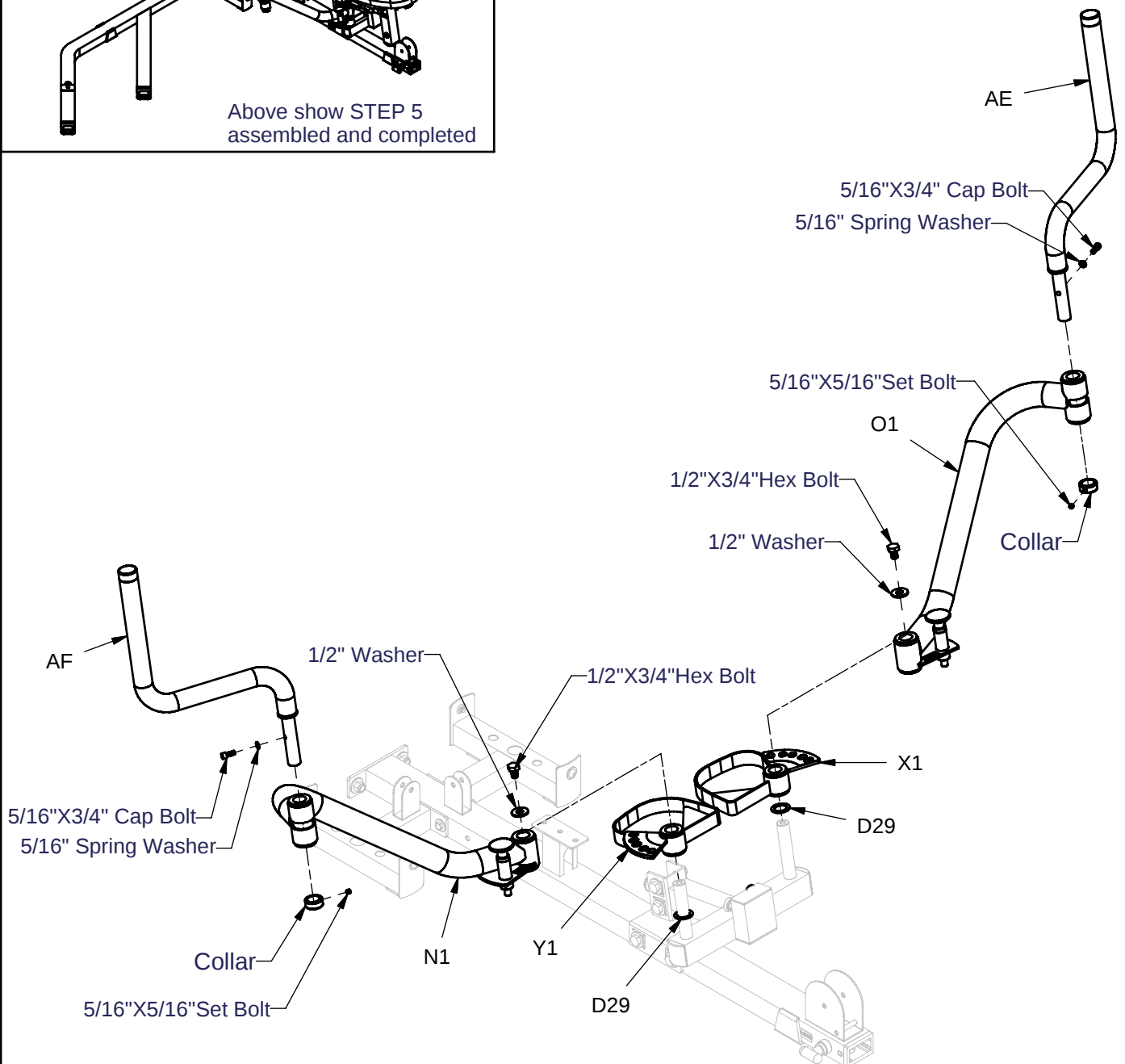
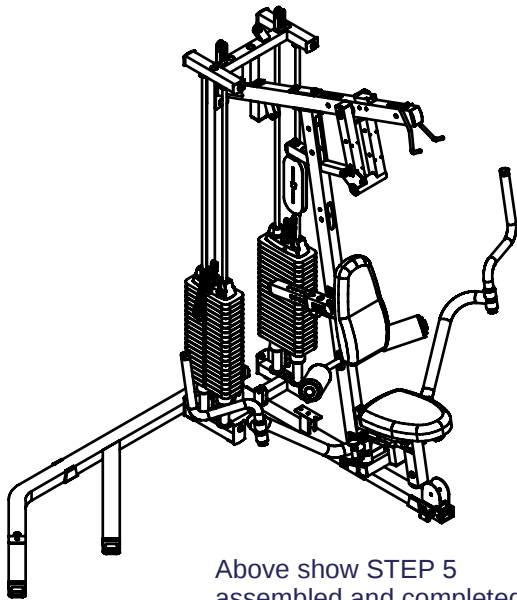
Above show STEP 3
assembled and completed



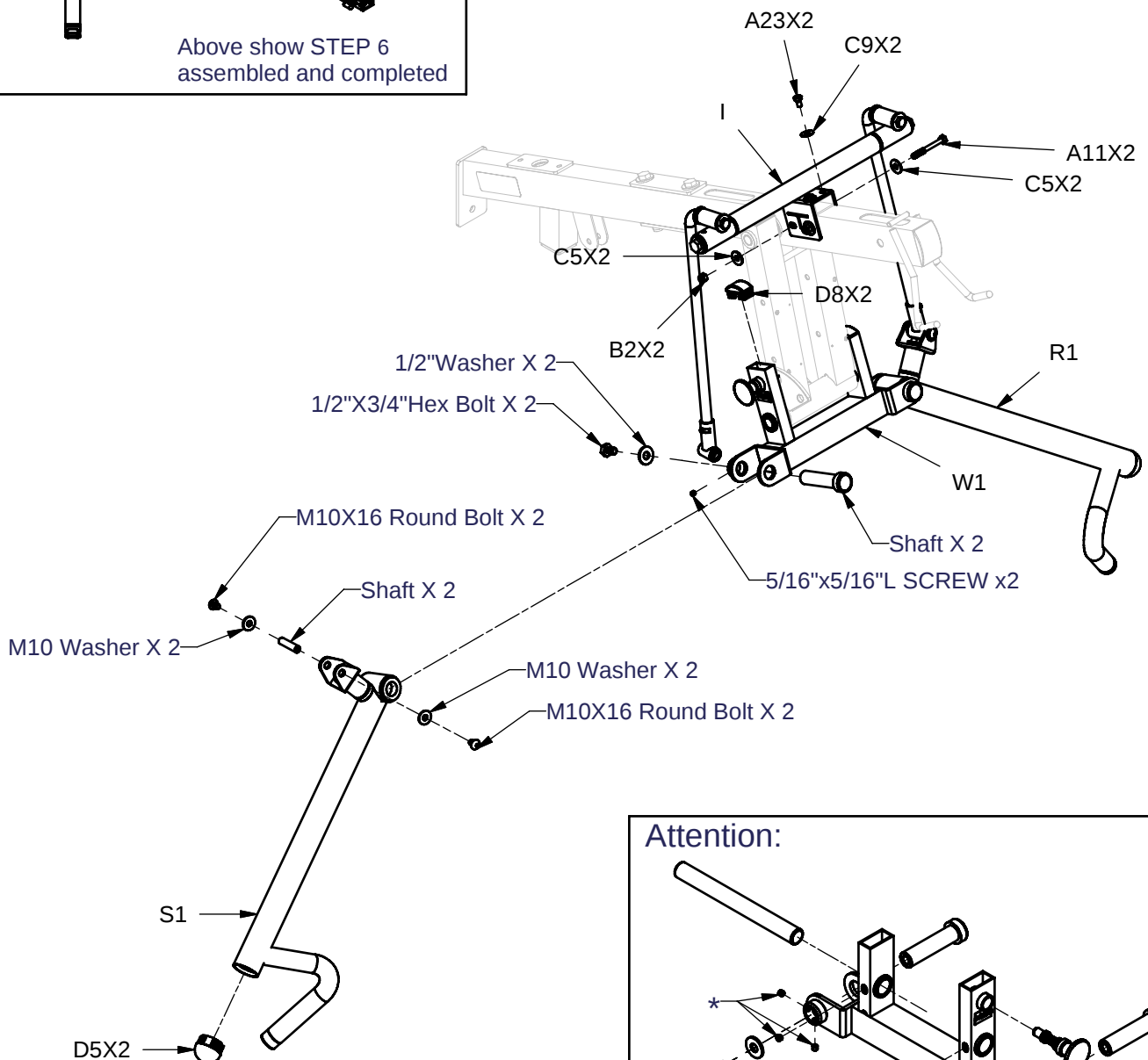
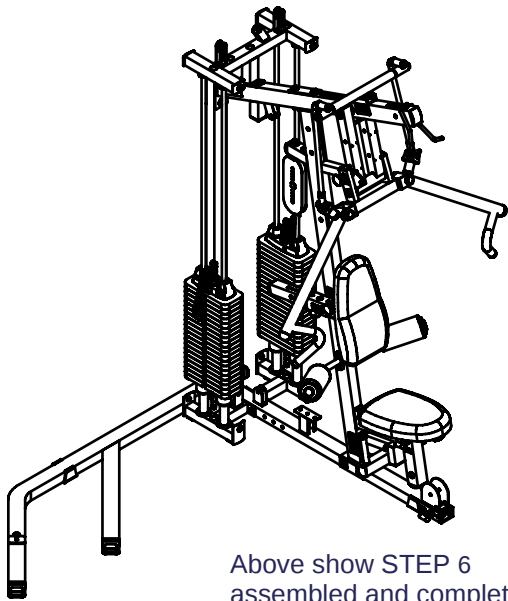
G10B ASSEMBLY INSTRUCTIONS



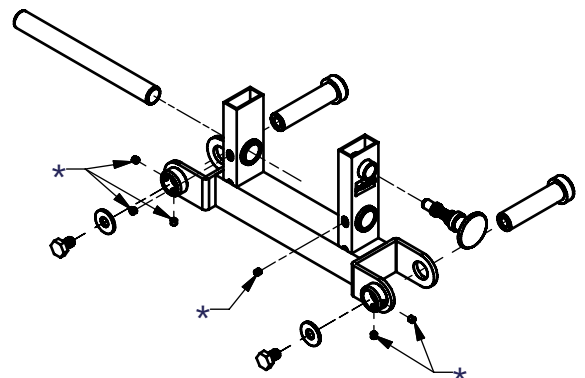
G10B ASSEMBLY INSTRUCTIONS



G10B ASSEMBLY INSTRUCTIONS

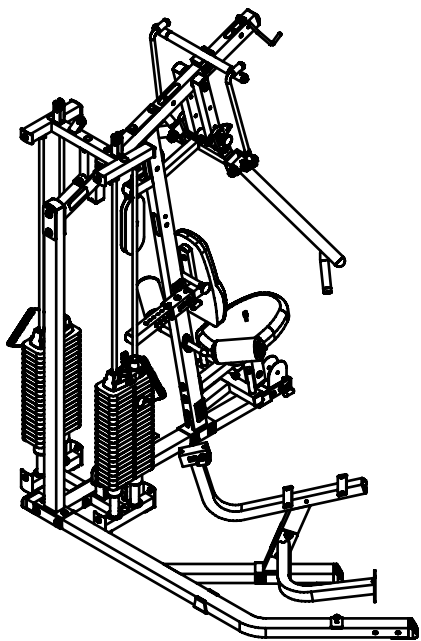


Attention:

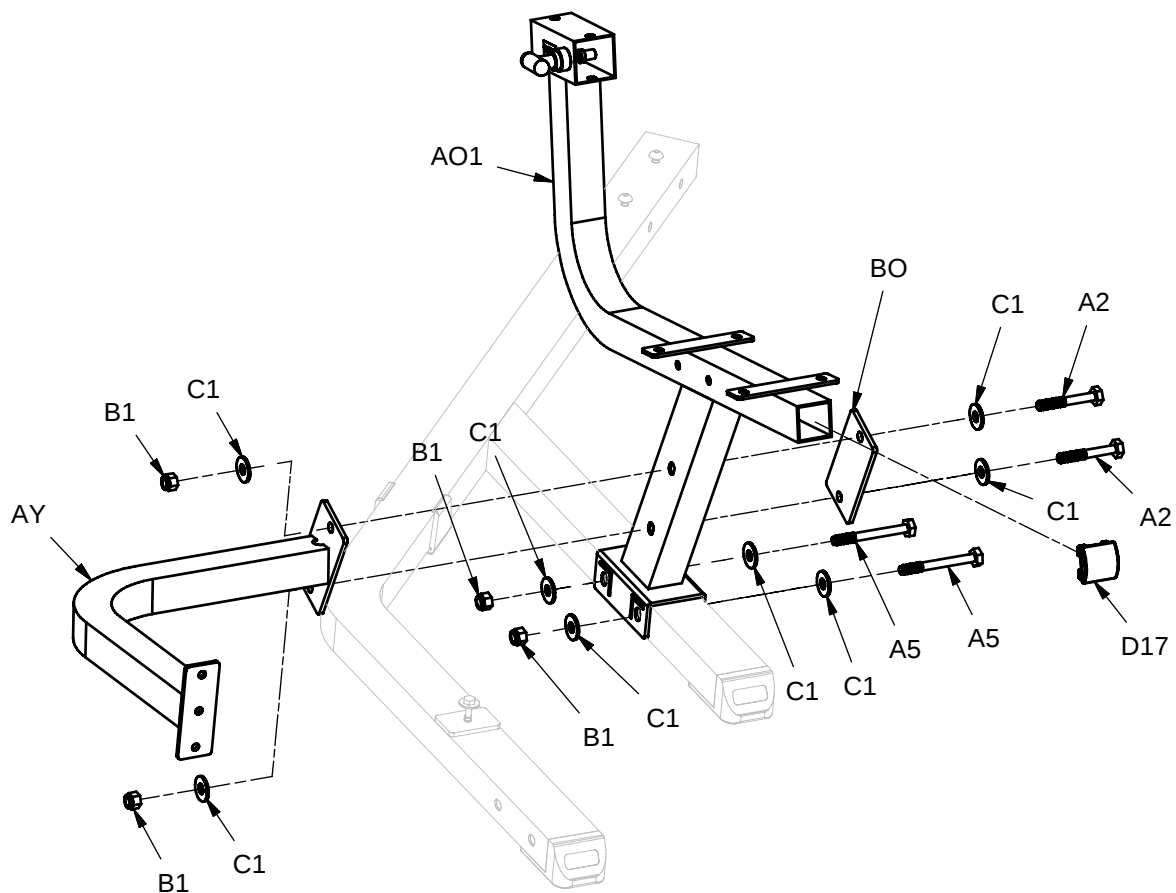


*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT IN ORDER TO REMOVE SHAFT

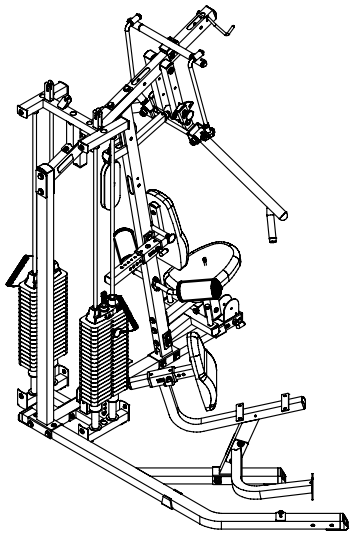
G10B ASSEMBLY INSTRUCTIONS



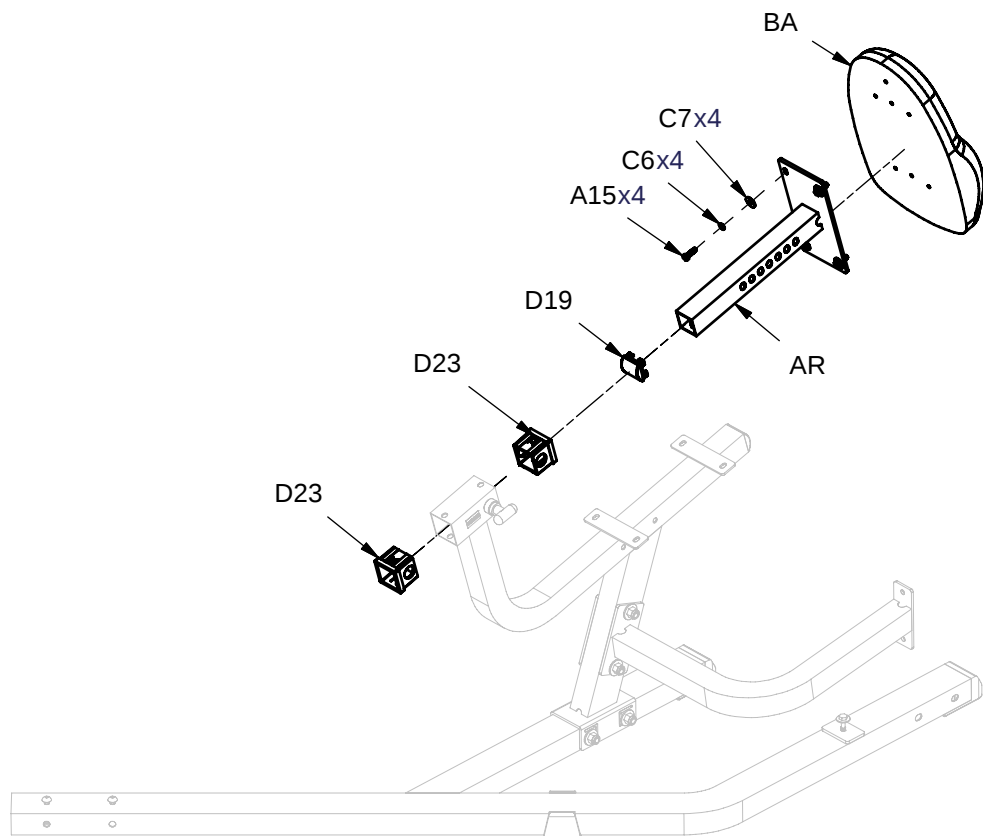
Above show STEP 7
assembled and completed



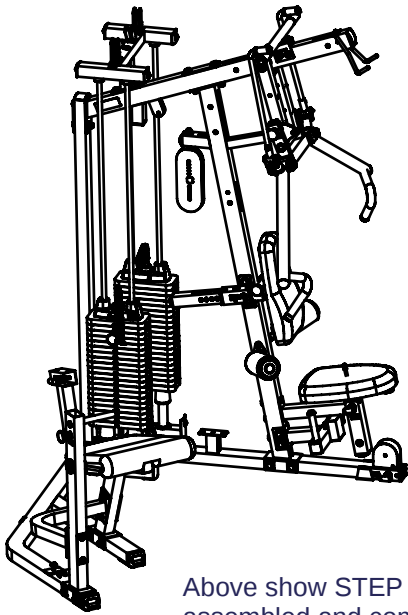
G10B ASSEMBLY INSTRUCTIONS



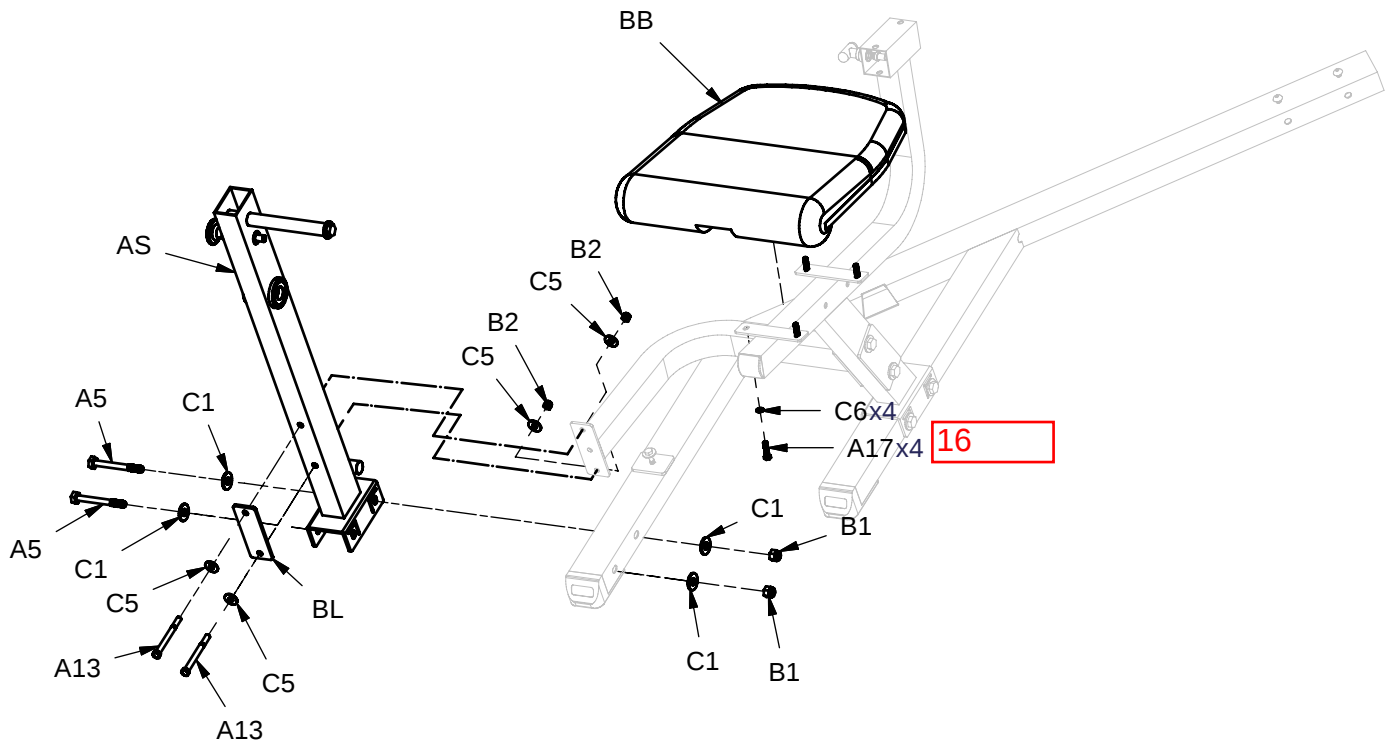
Above show STEP 8
assembled and completed



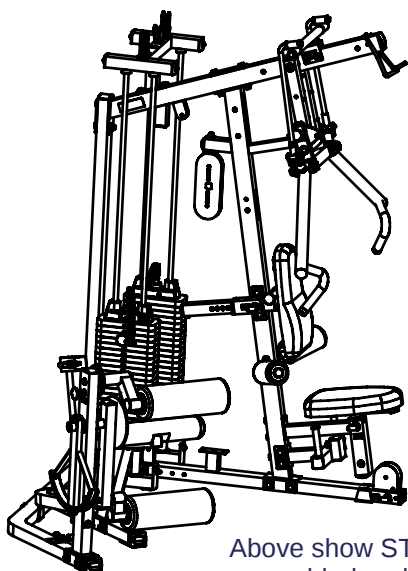
G10B ASSEMBLY INSTRUCTIONS



Above show STEP 9
assembled and completed

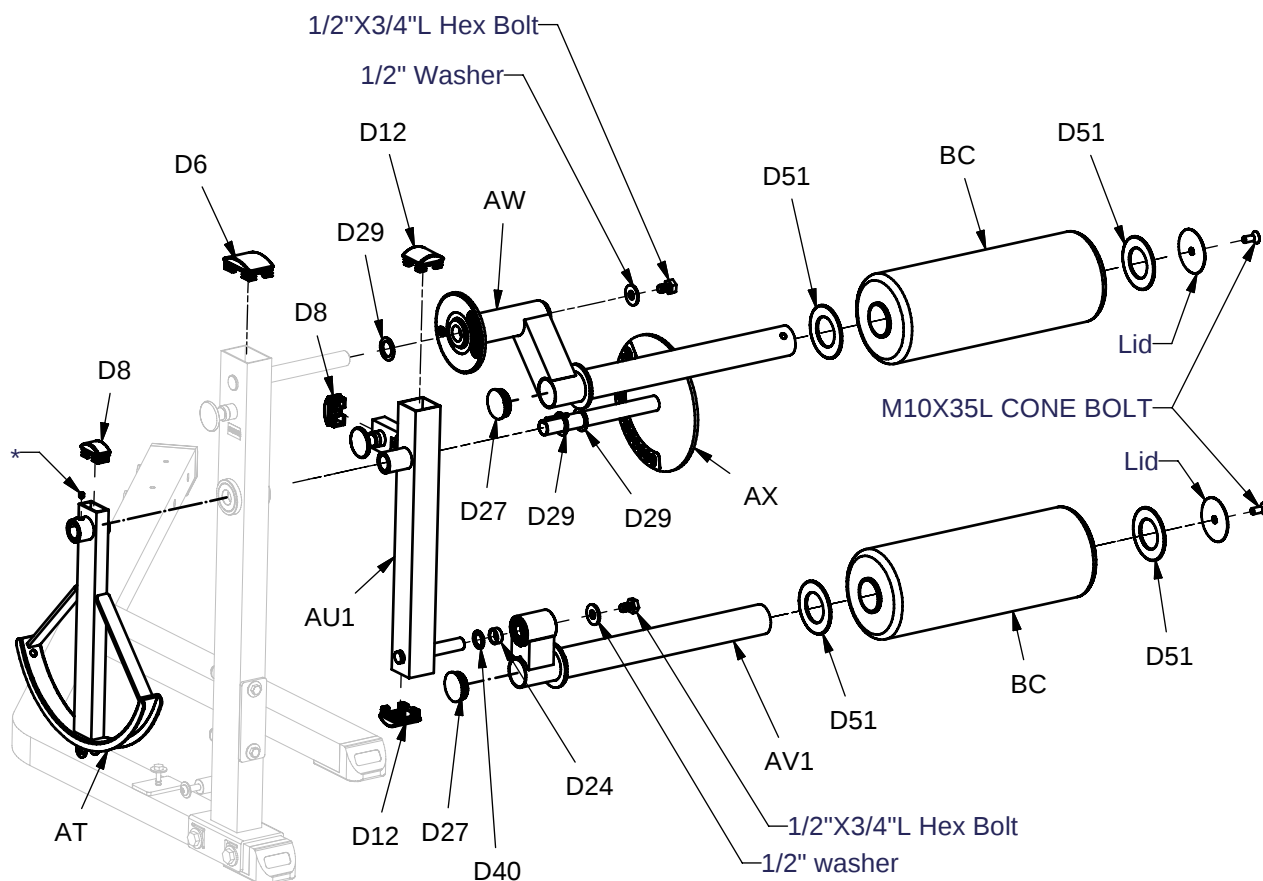


G10B ASSEMBLY INSTRUCTIONS

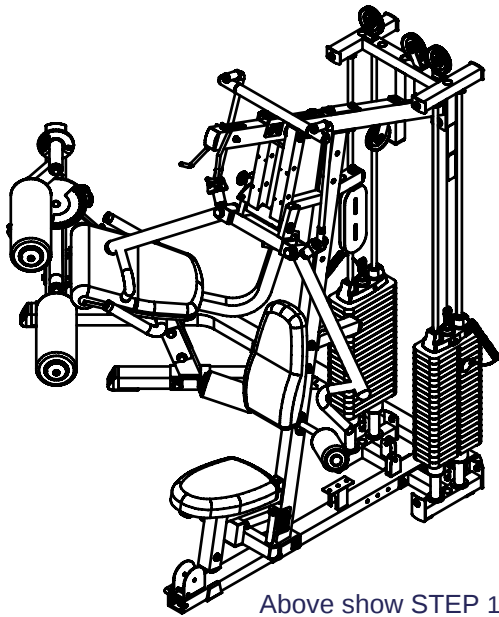


Above show STEP 10
assembled and completed

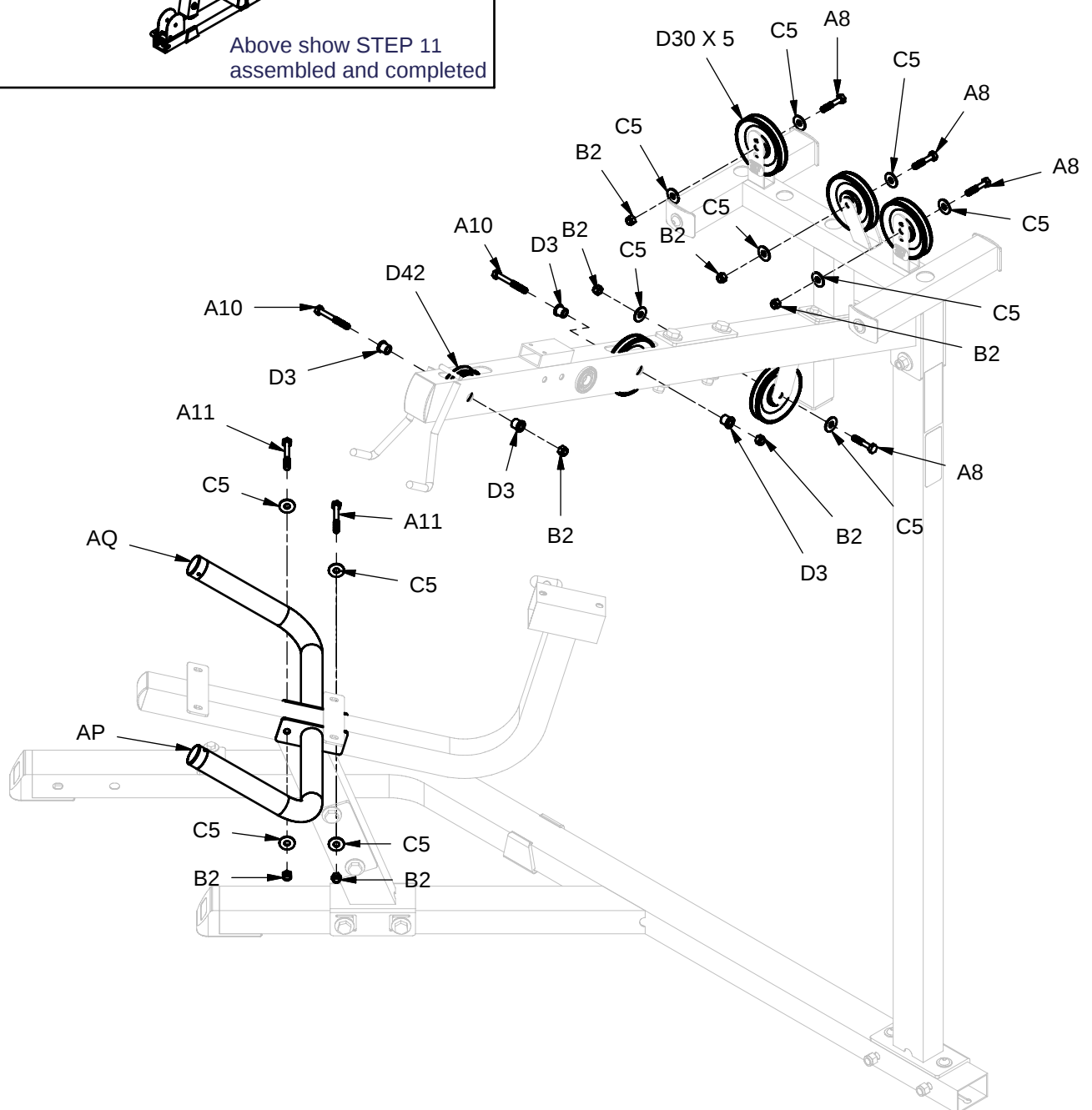
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



G10B ASSEMBLY INSTRUCTIONS



Above show STEP 11
assembled and completed



Above show STEP 12

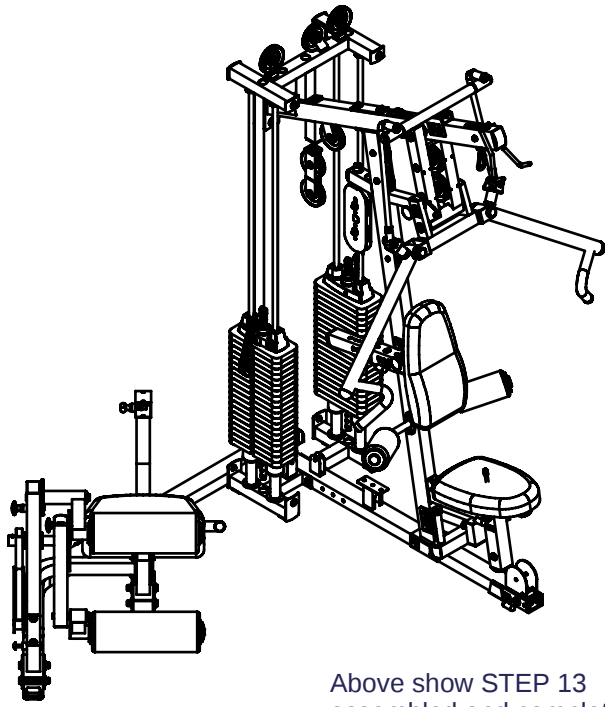
This diagram shows an exploded view of a mechanical assembly. The components are labeled as follows:

- A10x2**: A long bolt with a hexagonal head, shown in the lower left.
- B2x2**: Two small circular components, shown at the top right.
- D25**: A small circular component, shown near the top center.
- D30**: Two larger circular components, shown in the middle right.
- D3**: A small circular component, shown in the lower middle.
- D42**: A larger circular component, shown in the lower right.
- B**: A circular component, shown in the middle left.
- C**: A circular component, shown in the middle right.

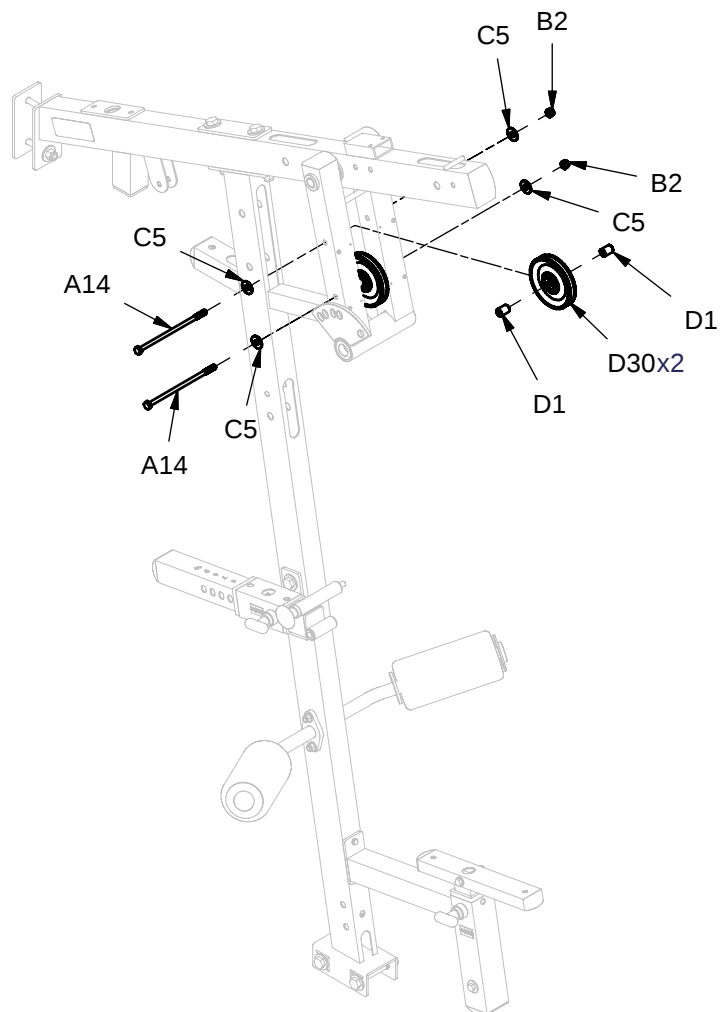
The assembly is shown in a perspective view, with the components arranged to show their relative positions and how they fit together. The background is white, and the components are shown in a light gray color.

An exploded view diagram of the mechanical assembly. The components are labeled as follows: D15 (a small square plate at the top), A1 (a small rectangular plate below D15), C5X2 (a small circular component with a central hole, shown in two locations), B2X2 (a small circular component with a central hole, shown in two locations), A1 (a small rectangular plate at the bottom), D30 (two large circular components with concentric rings, shown in two locations), and A8X2 (a small rectangular plate shown in two locations). The diagram illustrates the relative positions and assembly sequence of these parts.

G10B ASSEMBLY INSTRUCTIONS

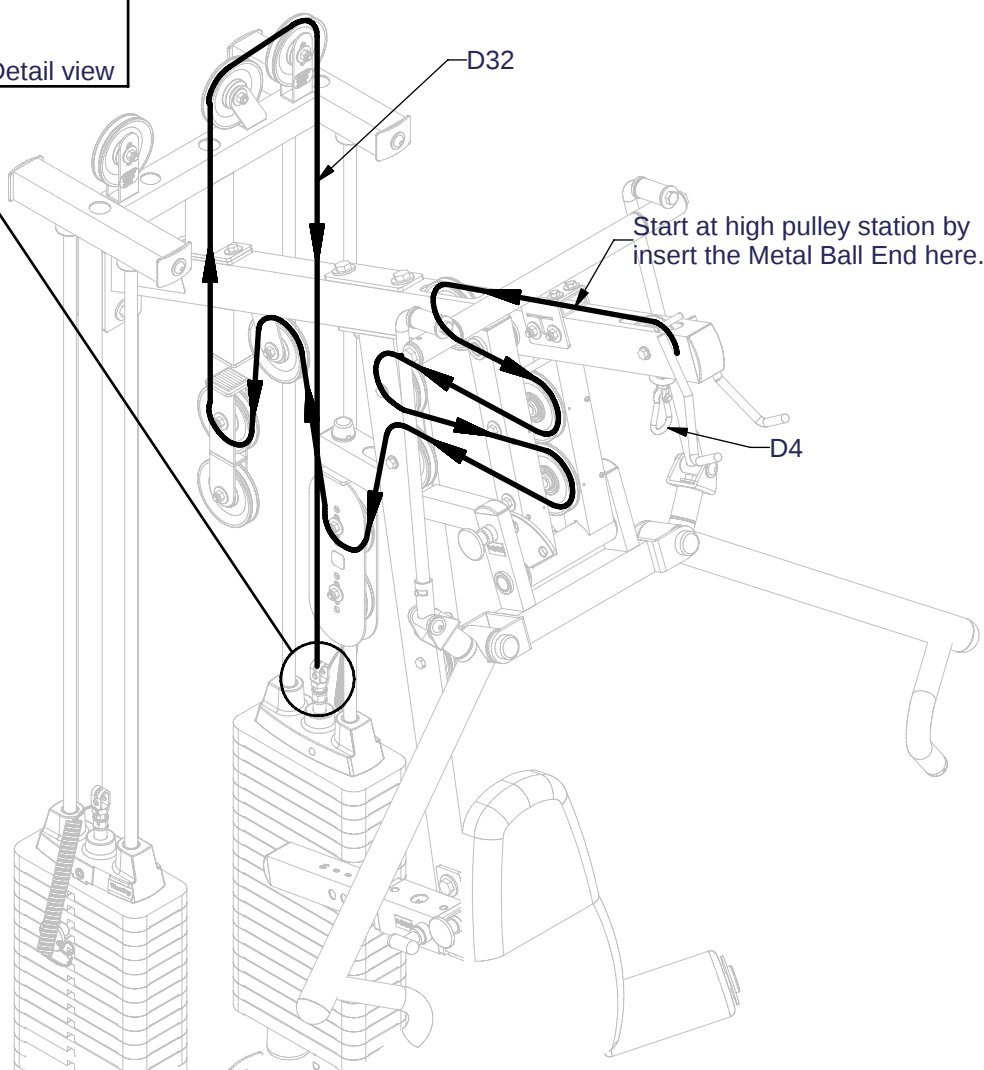
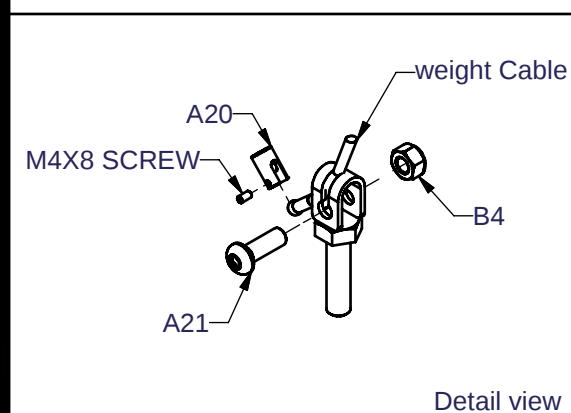


Above show STEP 13
assembled and completed



G10B ASSEMBLY INSTRUCTIONS

Cable to match illustration

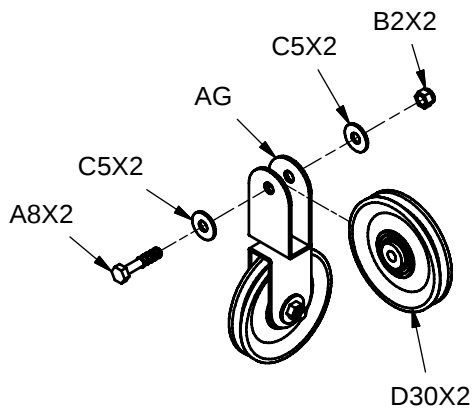


D32



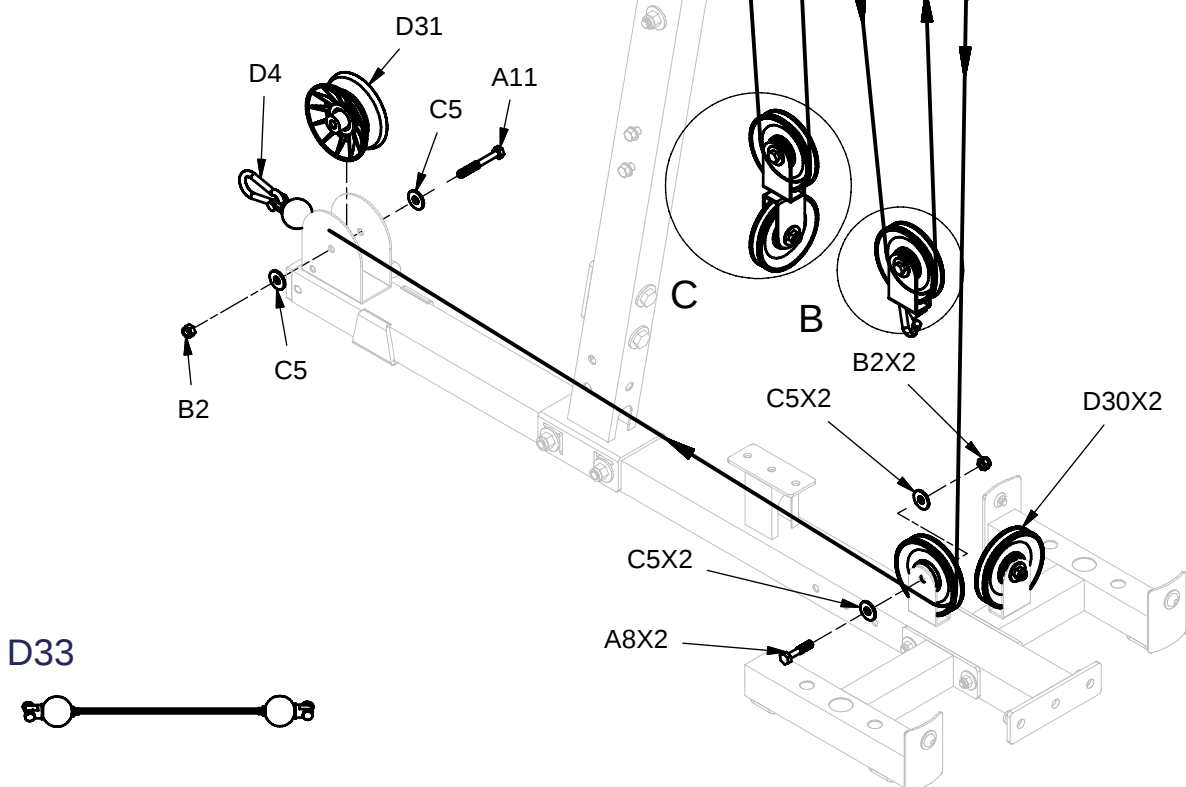
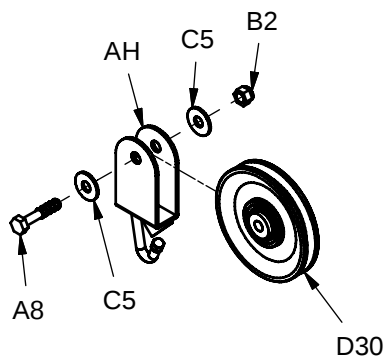
G10B ASSEMBLY INSTRUCTIONS

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

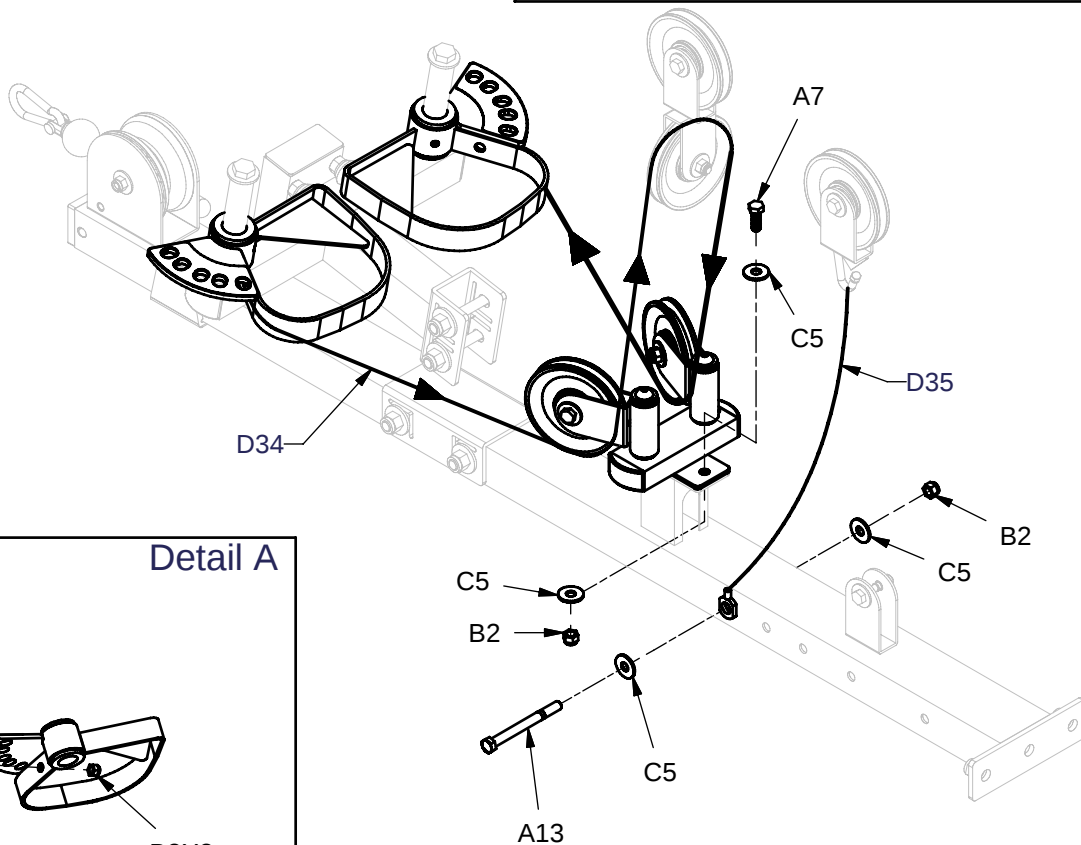
B2X2

D8X2

AKX2

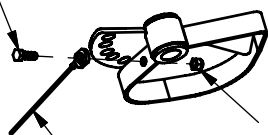
AJ

Detail B



Detail A

A7X2

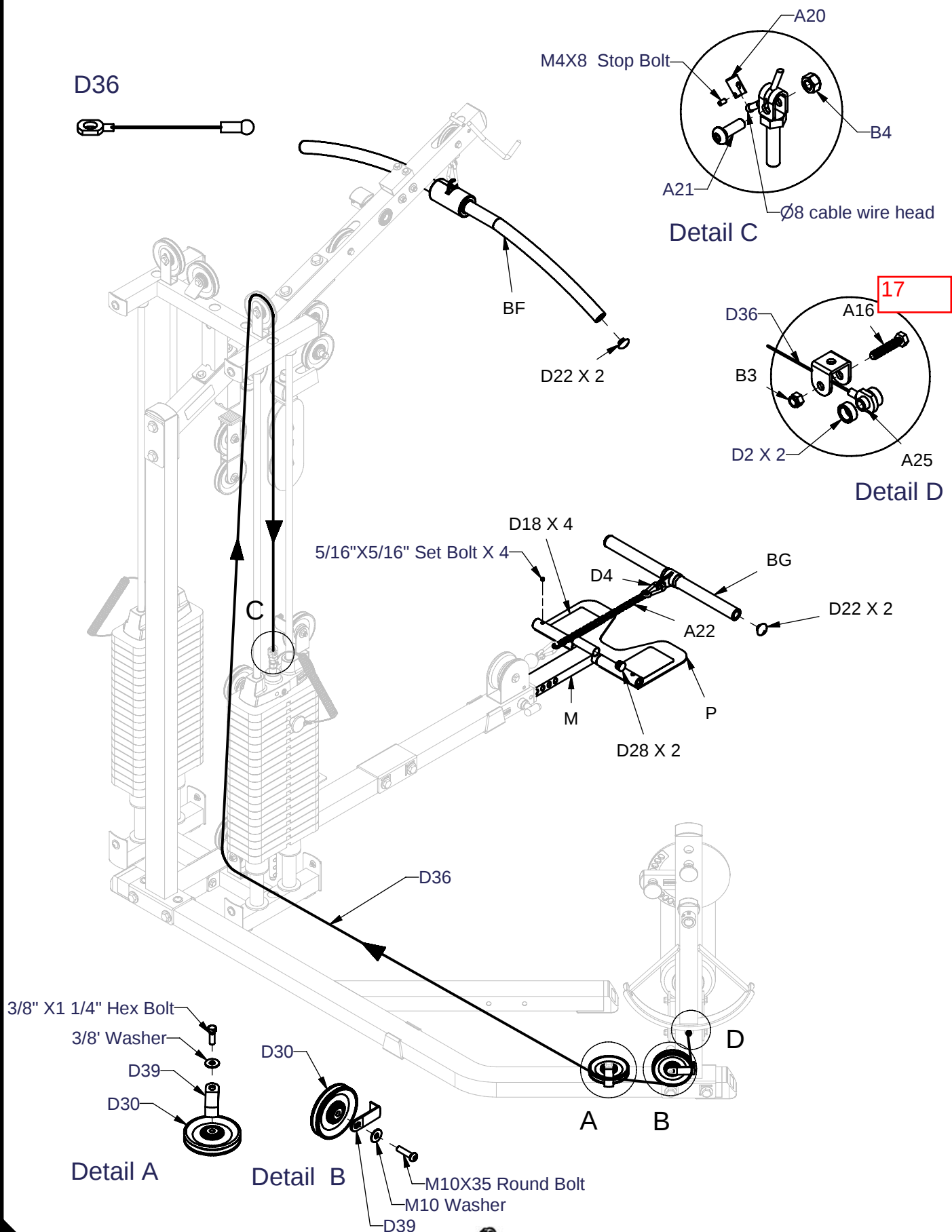


B2X2

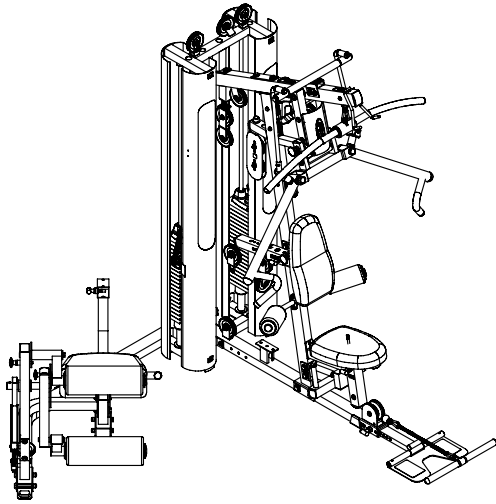
D34

G10B ASSEMBLY INSTRUCTIONS

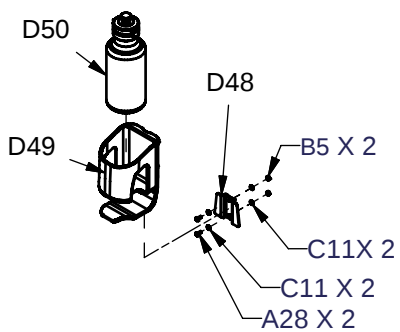
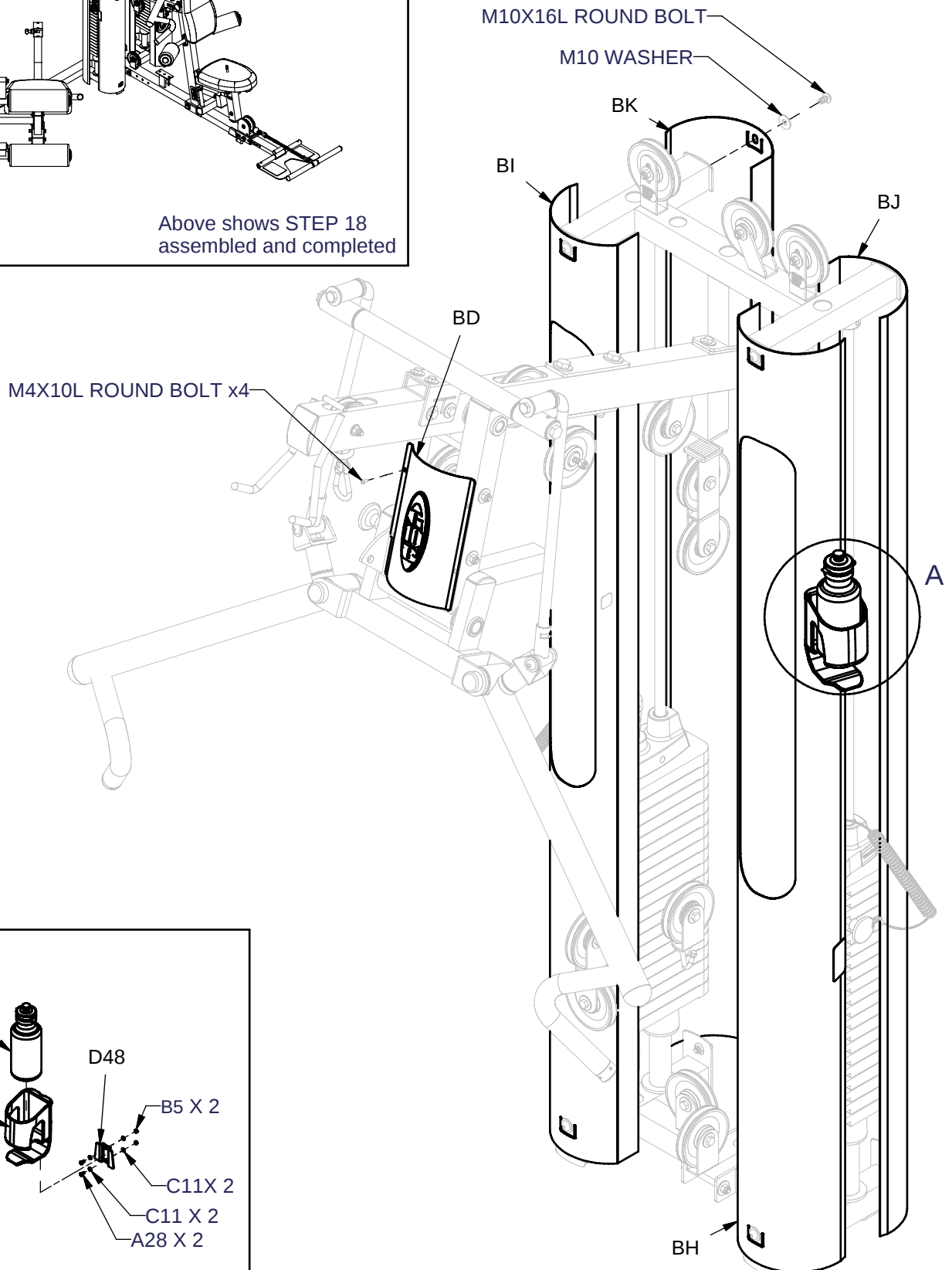
Cable to match illustration



G10B ASSEMBLY INSTRUCTIONS



Above shows STEP 18
assembled and completed



Detail A