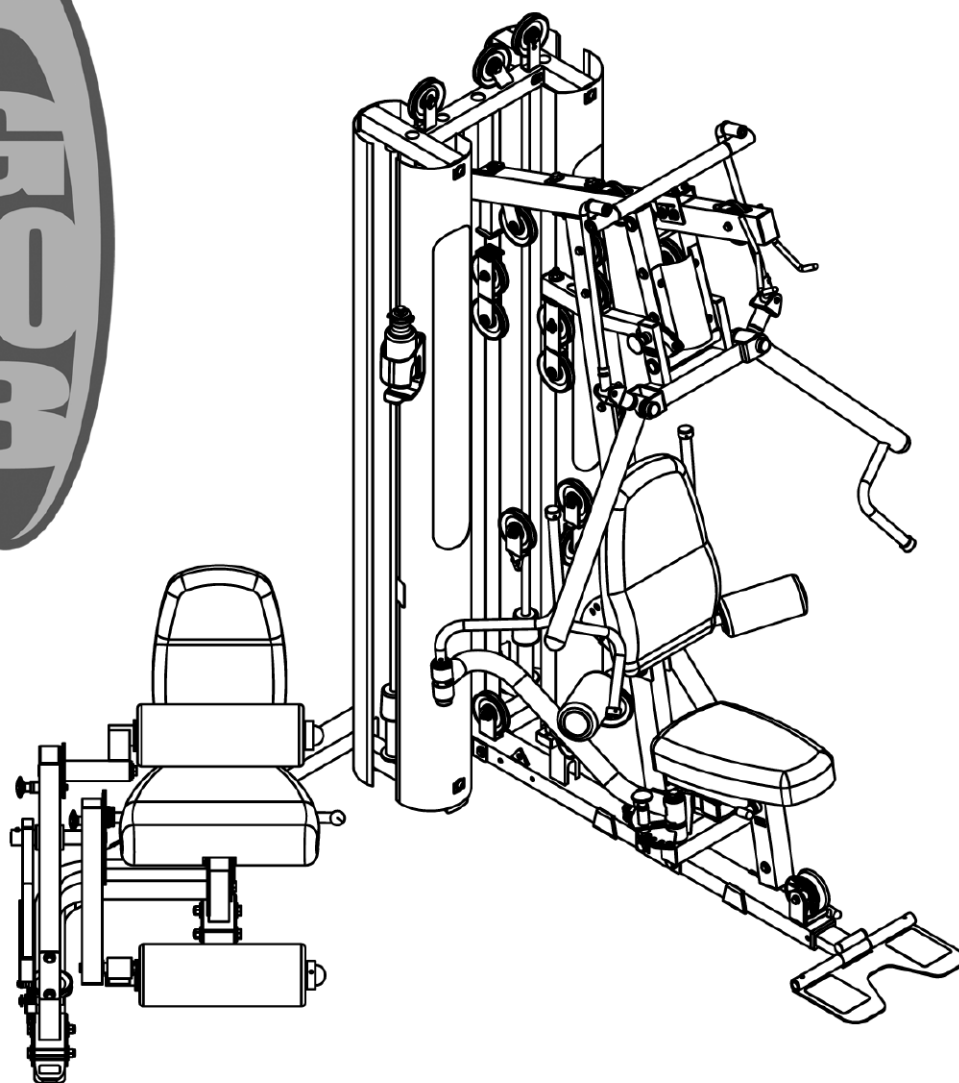


Body-Solid



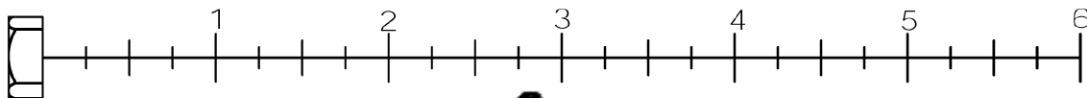
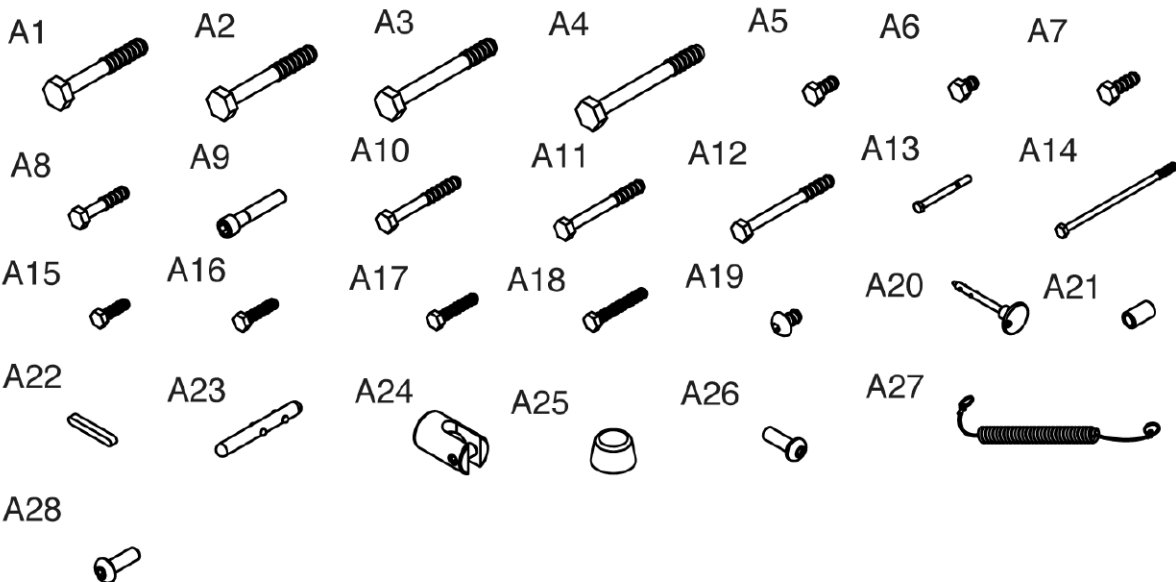
BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone:(708)427-3555
Fax:(708)427-3556
www.bodysolid.com

G10B OWNER'S MANUAL

G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

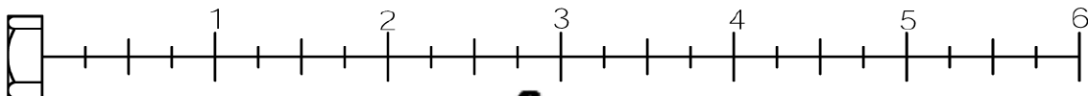
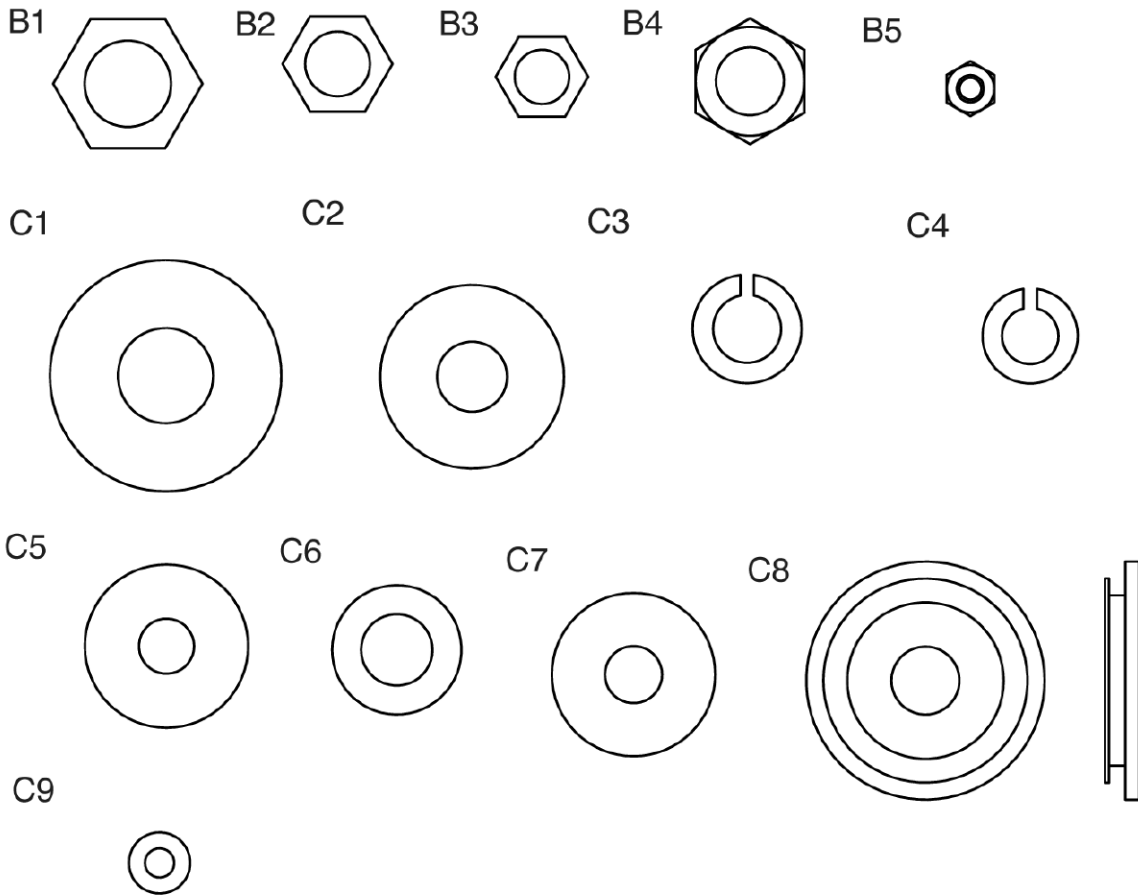
A1. 1/2"X3 1/4" Hex Head Bolt-----	[6PCS]
A2. 1/2"X3 1/2" Hex Head Bolt-----	[3PCS]
A3. 1/2"X4" Hex Head Bolt-----	[1PCS]
A4. 1/2"x4 1/4"Hex Head Bolt-----	[10PCS]
A5. M8X12L Hex Head Bolt-----	[2PCS]
A6. 3/8"X1/2" Hex Head Bolt-----	[2PCS]
A7. 3/8"X1" Hex Head Bolt-----	[2PCS]
A8. 3/8"X1 3/4"L Hex Head Bolt -----	[15PCS]
A9. 3/8"X2" Round Bolt-----	[2PCS]
A10. 3/8"X2 3/4"L Hex Head Bolt -----	[5PCS]
A11. 3/8"X3"L Hex Head Bolt -----	[4PCS]
A12. 3/8"X3 1/2"L Hex Head Bolt -----	[1PCS]
A13. 3/8"X4"L Hex Head Bolt -----	[4PCS]
A14. 3/8"X7 1/4"L Hex Head Bolt -----	[2PCS]
A15. 5/16"X1"L Hex Head Bolt -----	[8PCS]
A16. 5/16"x1 1/4"L Hex Head Bolt-----	[4PCS]
A17. 5/16"x1 1/2"L Hex Head Bolt-----	[3PCS]
A18. 5/16"X2"L Hex Head Bolt -----	[2PCS]
A19. M10X16L Hex Socket Button Hd Cap Screws-----	[4PCS]
A20. 10LB PIN(8250-071)-----	[2PCS]
A21. 1/2"x21 SLEEVE-----	[3PCS]
A22. □6x45L level KEY-----	[1PCS]
A23. ∅10 PIN(8250-023) -----	[1PCS]
A24. Firm sheath(8890-010) -----	[2PCS]
A25. 1/2" Bolt Cap (9212-024) -----	[1PCS]
A26. M10X30L Round Bolt -----	[2PCS]
A27. Elastic Belt -----	[2PCS]
A28. M4X12 ROUND ALLEN HEAD -----	[2PCS]



G10B ASSEMBLY INSTRUCTIONS









HARDWARE ILLUSTRATION

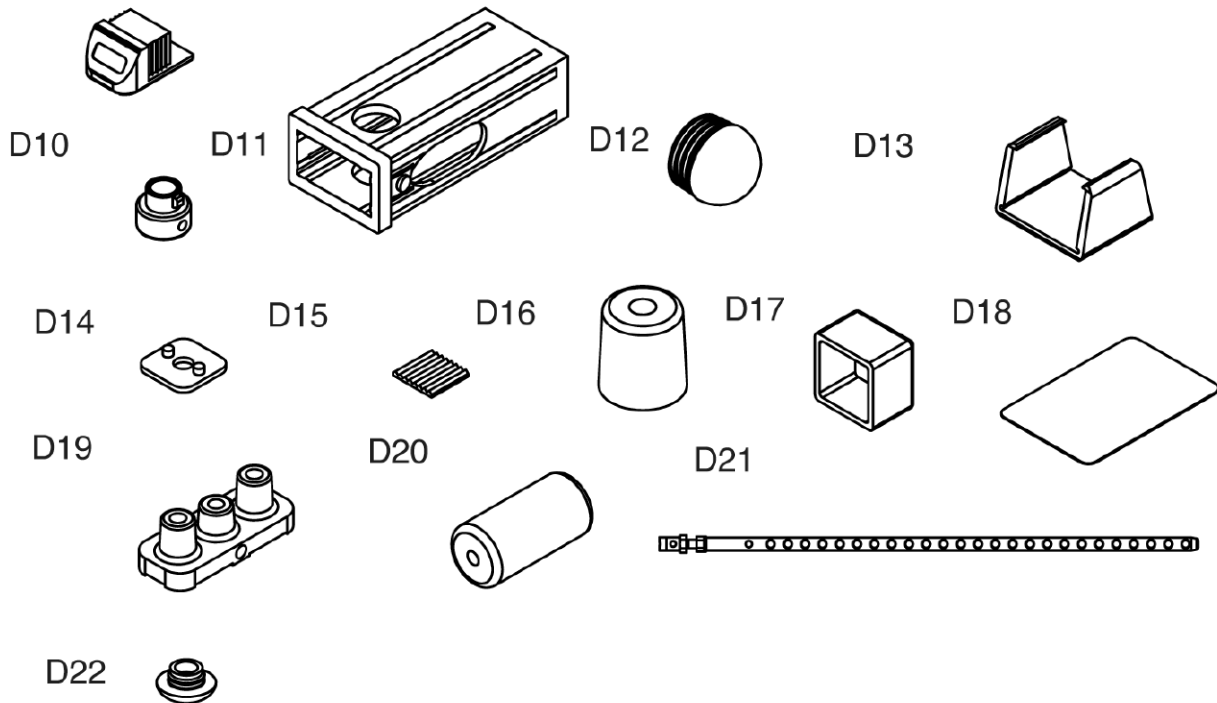
B1. 1/2" Nylon Lock Nut-----	[17PCS]
B2. 3/8" Nylon Lock Nut-----	[33PCS]
B3. 5/16" Nylon Lock Nut-----	[3PCS]
B4. M10 Nylon Lock Nut-----	[2PCS]
B5. M4 Nut-----	[2PCS]
C1. 1/2"(I.D.) Washer(ø34)-----	[35PCS]
C2. 3/8" (I.D.)Washer(ø27)-----	[58PCS]
C3. 3/8" Spring Washer-----	[2PCS]
C4. 5/16" Spring Washer-----	[14PCS]
C5. 5/16" (I.D.)Washer(ø24)-----	[14PCS]
C6. M10 (I.D.)Washer(ø19)-----	[4PCS]
C7. M8 (I.D.)Washer(ø18)-----	[2PCS]
C8. 1/2" Round End Cap Washer-----	[1PCS]
C9. M4 Washer-----	[2PCS]



G10B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

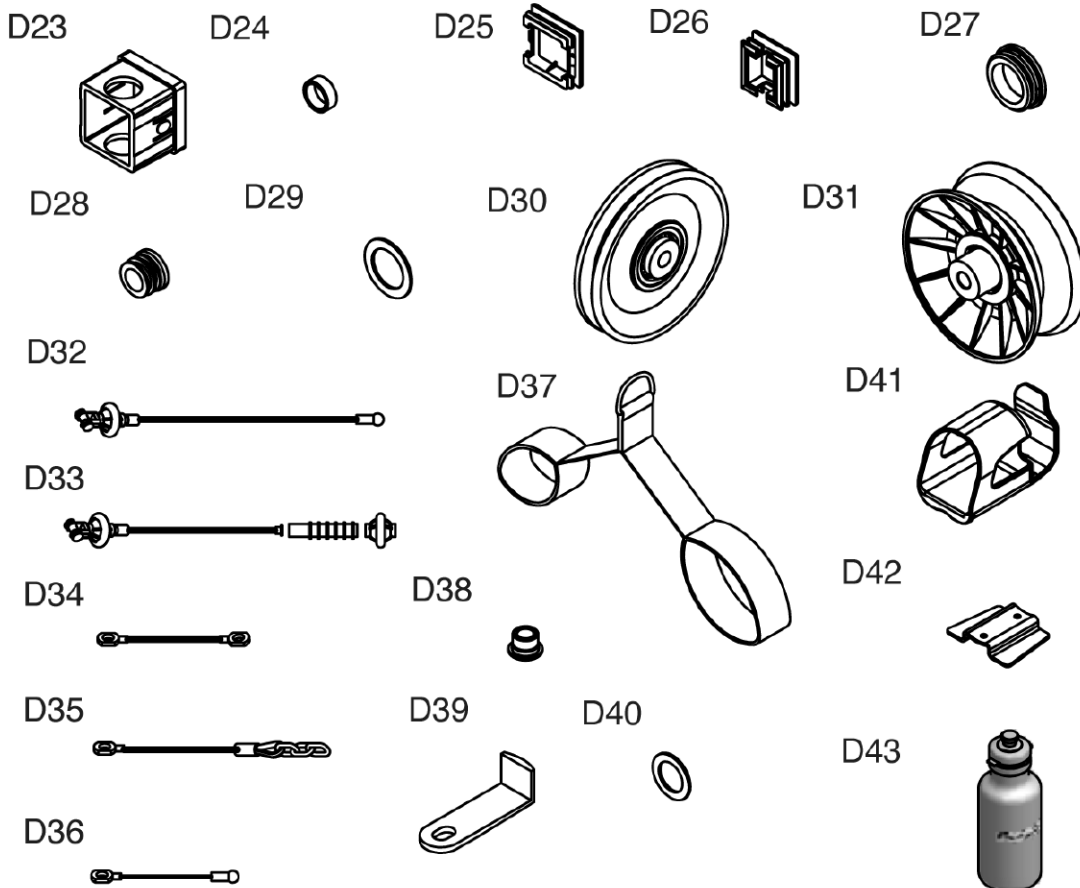
D1		D1. $\varnothing 5/8$ "x22.5L Steel Bushing (8110-011)-----[4PCS]
D2		D2. $\varnothing 3/4$ "X8L Steel Bushing (8110-014)-----[6PCS]
		D3. $\varnothing 10.5$ Steel Bushing (8530-009)-----[10PCS]
D3		D4. $\varnothing 8$ Spring Snap Link (8810-001)-----[4PCS]
		D5. 2"x2"x2.5t End Cap (9211-006)-----[6PCS]
		D6. 25x50 End Cap (9211-009)-----[6PCS]
D4		D7. 50x75 End Cap (9211-012)-----[3PCS]
		D8. $\varnothing 1$ " Round End Cap (9211-022)-----[2PCS]
		D9. 50x75x2.5t Foot Cap (9211-026)-----[3PCS]
D5		D10. $\varnothing 3/4$ " Shaft Collar (9211-046)-----[4PCS]
		D11. 50X75 Nylon Bushing (9211-083)-----[1PCS]
		D12. $\varnothing 50.8$ Round End Cap (9211-074)-----[2PCS]
D6		D13. 2"x3" Rubber Dount(9212-011)-----[3PCS]
		D14. 2"x2" Rubber Cane Cap(9214-002)-----[4PCS]
		D15. 38x38 Rubber Pad(9310-001)-----[1PCS]
D7		D16. $\varnothing 65$ x $\varnothing 20$ x70L Rubber Dount(9310-049)-----[4PCS]
		D17. 2"x2" Rubber Dount(9310-020)-----[1PCS]
		D18. 95X140L Rubber Pad (9310-035)-----[4PCS]
D8		D19. Top Plate(8400-005)-----[2PCS]
		D20. $\varnothing 4$ "x23x8" Foam Roller (9161-032)-----[2PCS]
		D21. Weight Selector Bar (8210-070A)-----[2PCS]
D9		D22. $\varnothing 1$ "x2.5t Round End Cap(9260-021)-----[6PCS]



G10B ASSEMBLY INSTRUCTIONS

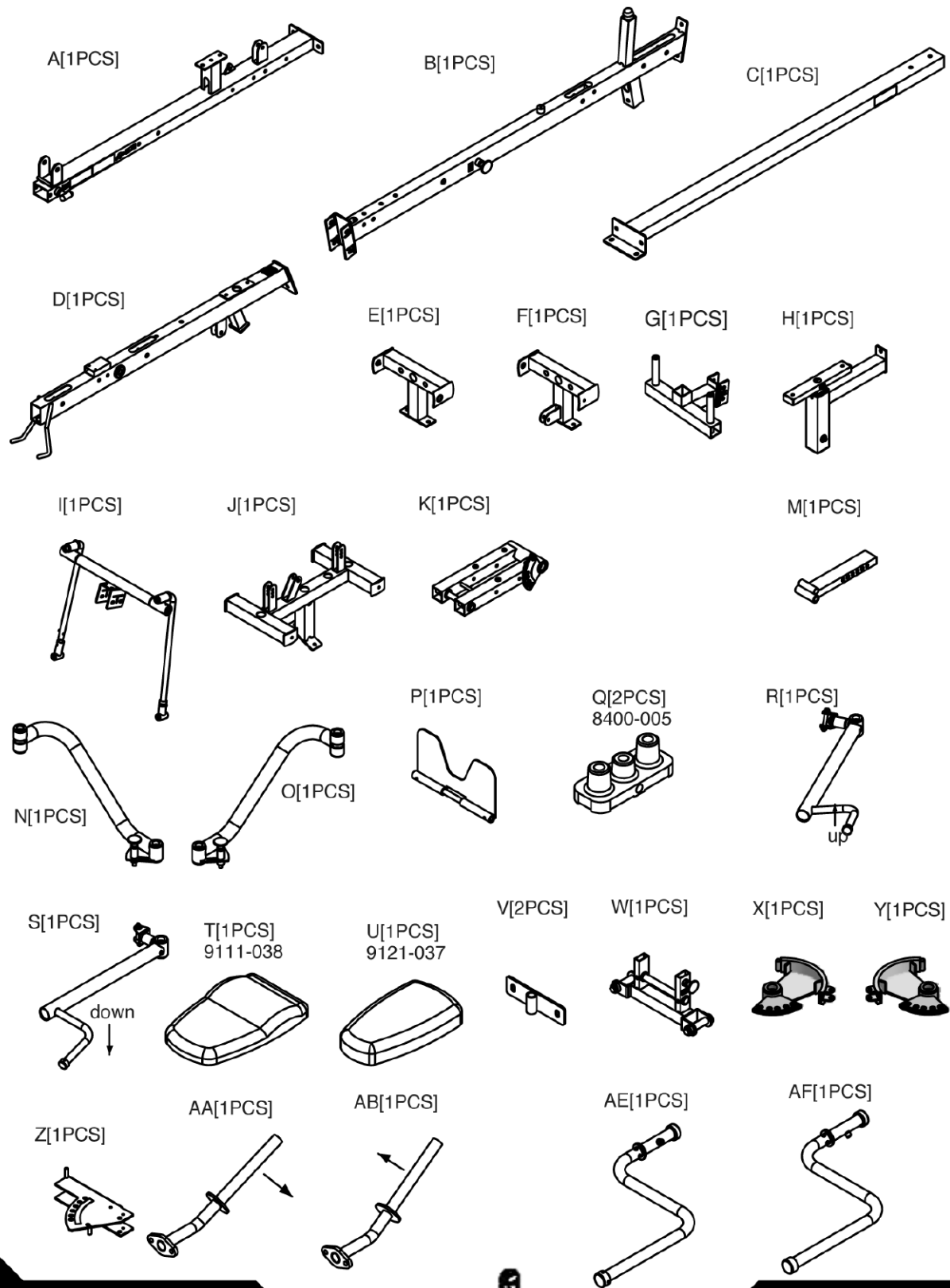
HARDWARE ILLUSTRATION

D23.	60x45 Nylon Bushing(9211-032)	[2PCS]
D24.	Ø1"X10L Steel Bushing (8120-040)	[1PCS]
D25.	2"X2"x1.8T End Cap (9211-005)	[2PCS]
D26.	□45 End Cap (9211-004)	[1PCS]
D27.	Ø50.8x2.5t End Cap (9211-020)	[2PCS]
D28.	Ø1" End Cap (9211-016)	[2PCS]
D29.	Ø1" CU WASHER(8520-008)	[4PCS]
D30.	Ø110X22T Pully (9213-002C)	[24PCS]
D31.	Ø110X51L Pully(9213-022A)	[1PCS]
D32.	5120mm Steel Cable	[1PCS]
D33.	4705mm Steel Cable	[1PCS]
D34.	2000mm Steel Cable	[1PCS]
D35.	580mm Steel Cable	[1PCS]
D36.	5035mm Steel Cable	[1PCS]
D37.	Shoulder Belt(ACH-16)	[1PCS]
D38.	Ø10.5X13L Steel Bushing(8530-014)	[2PCS]
D39.	Steel Rope Fixed Board(9213-013)	[2PCS]
D40.	Ø20 CU WASHER(8520-007)	[1PCS]
D41.	KETTLE RACK(9260-086)	[1PCS]
D42.	IMMOBILE BOARD(8388-025)	[1PCS]
D43.	KETTLE(9260-107)	[1PCS]



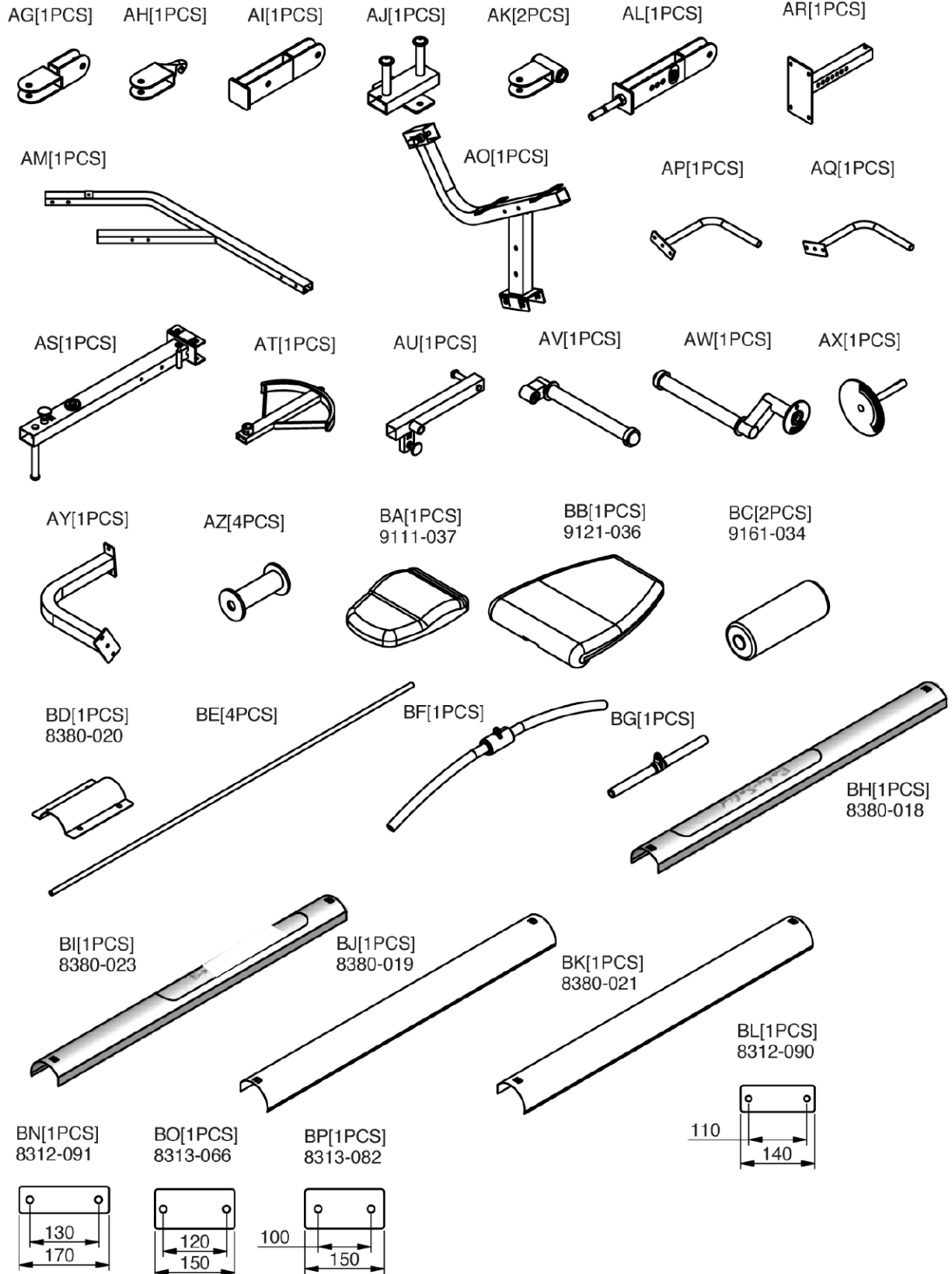
G10B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET



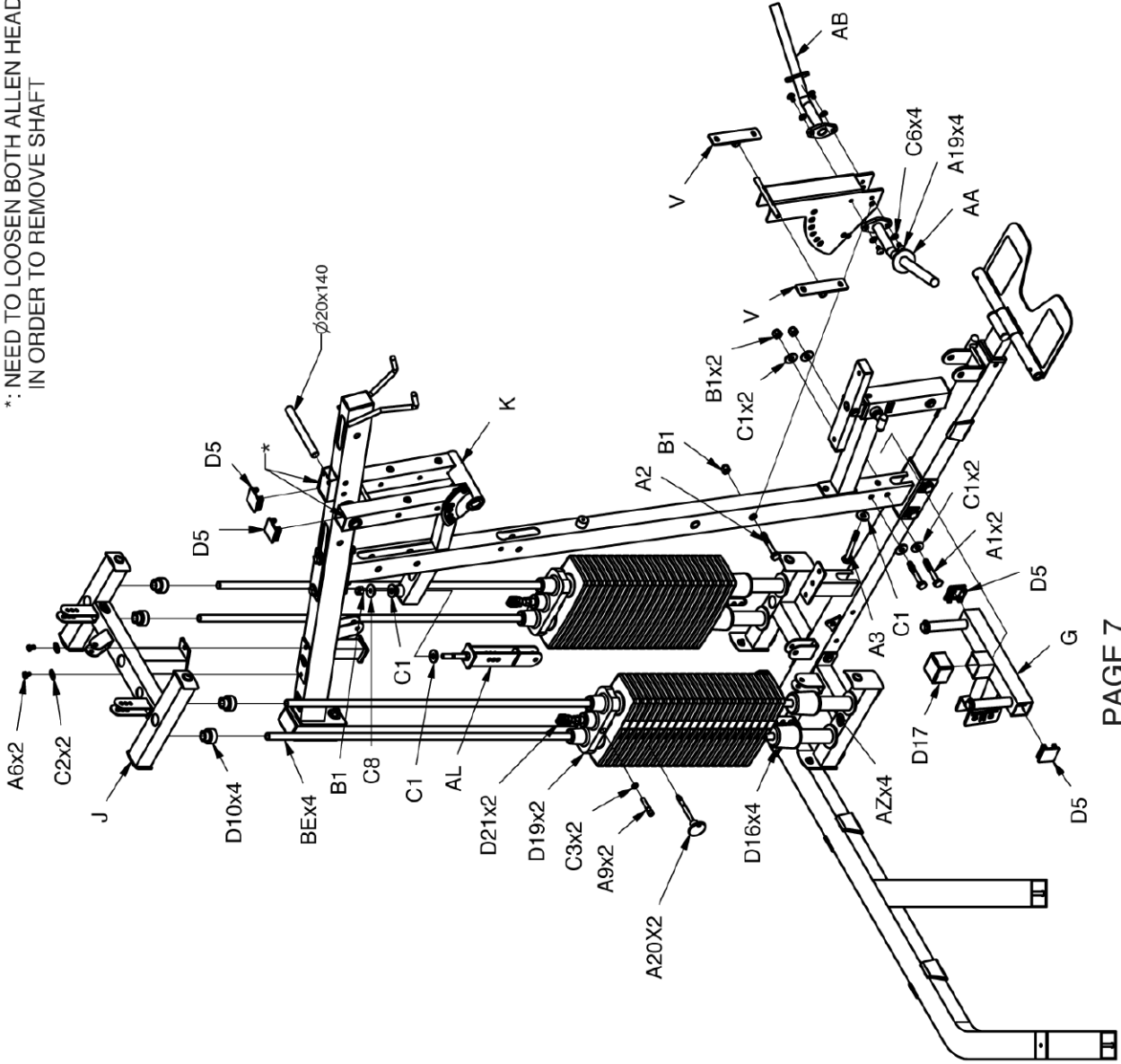
G10B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET



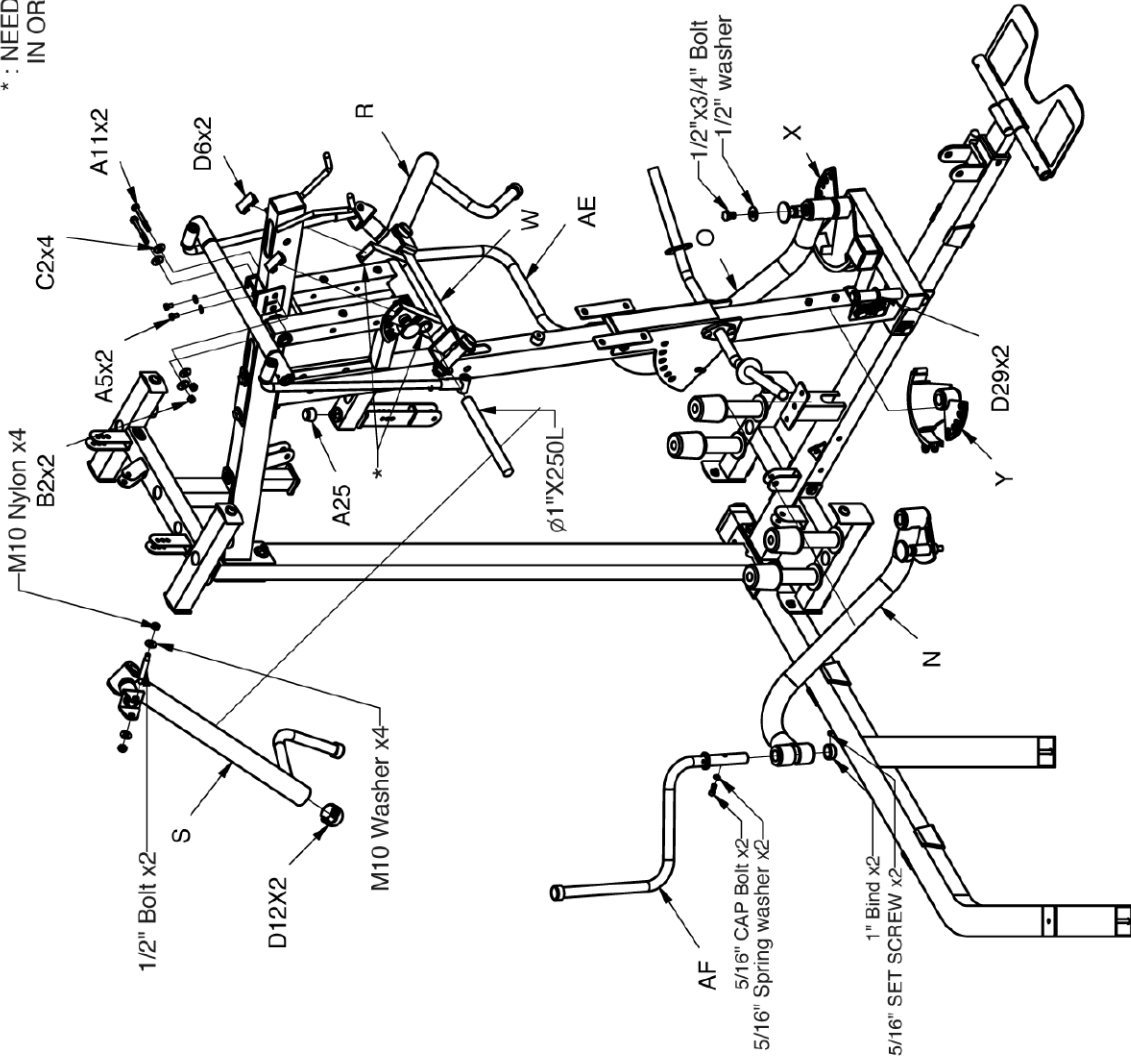
G10B-102004

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



G10B-102004

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



G10B-102004



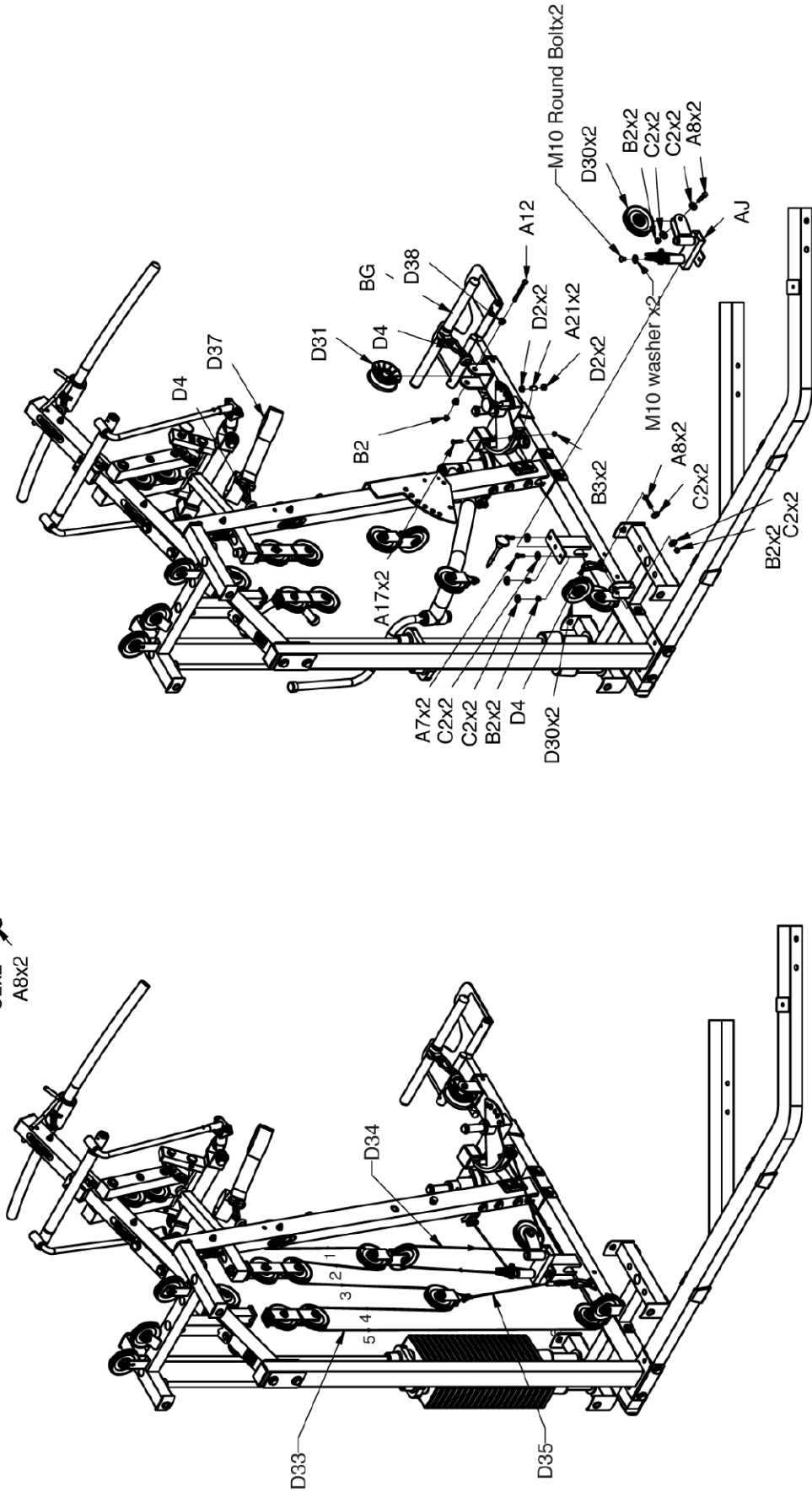
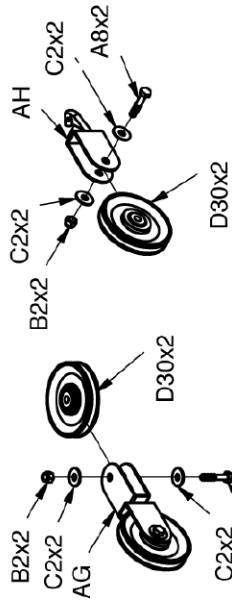
D33



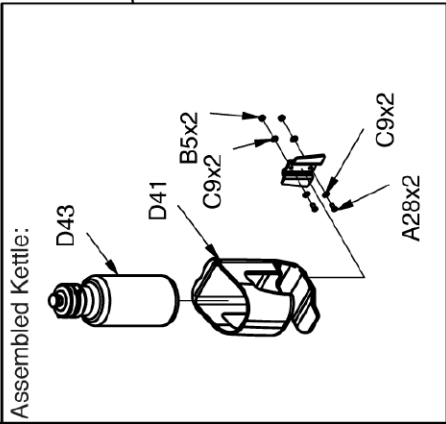
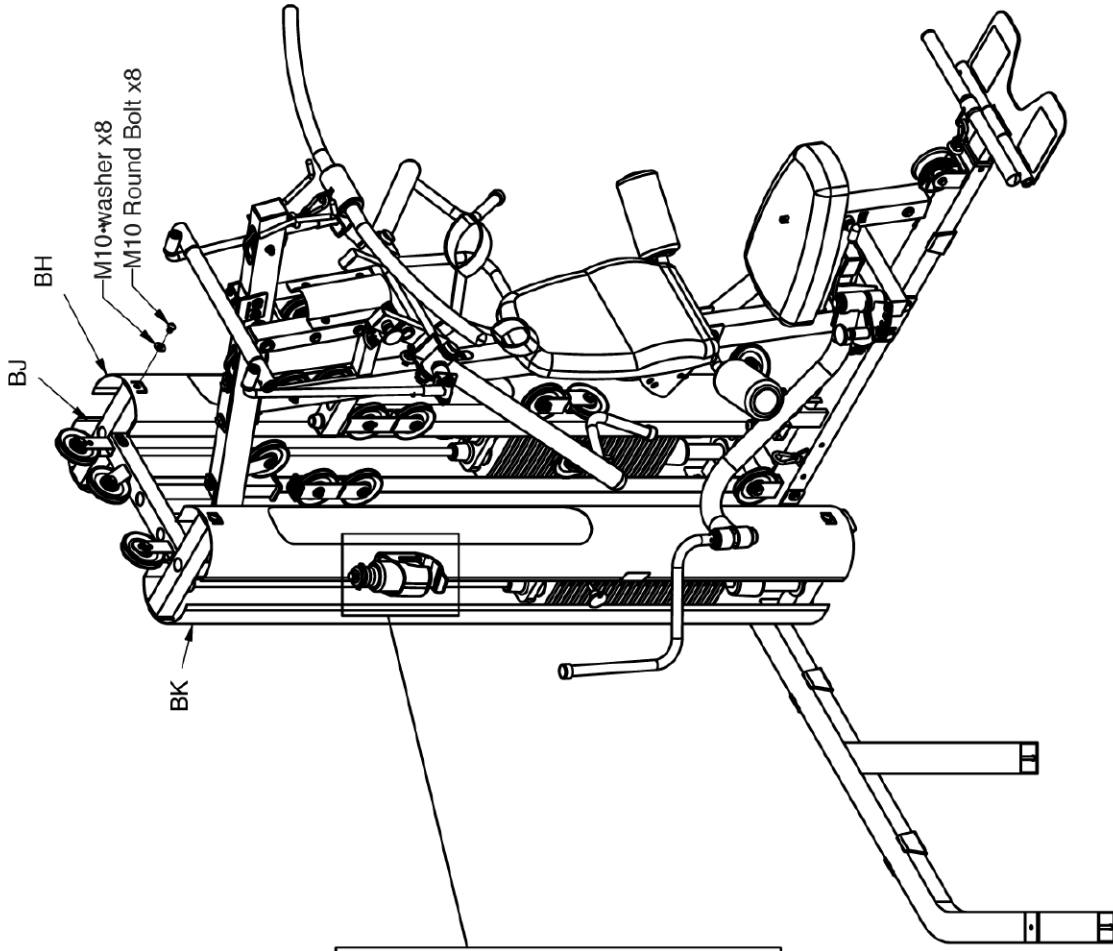
D34



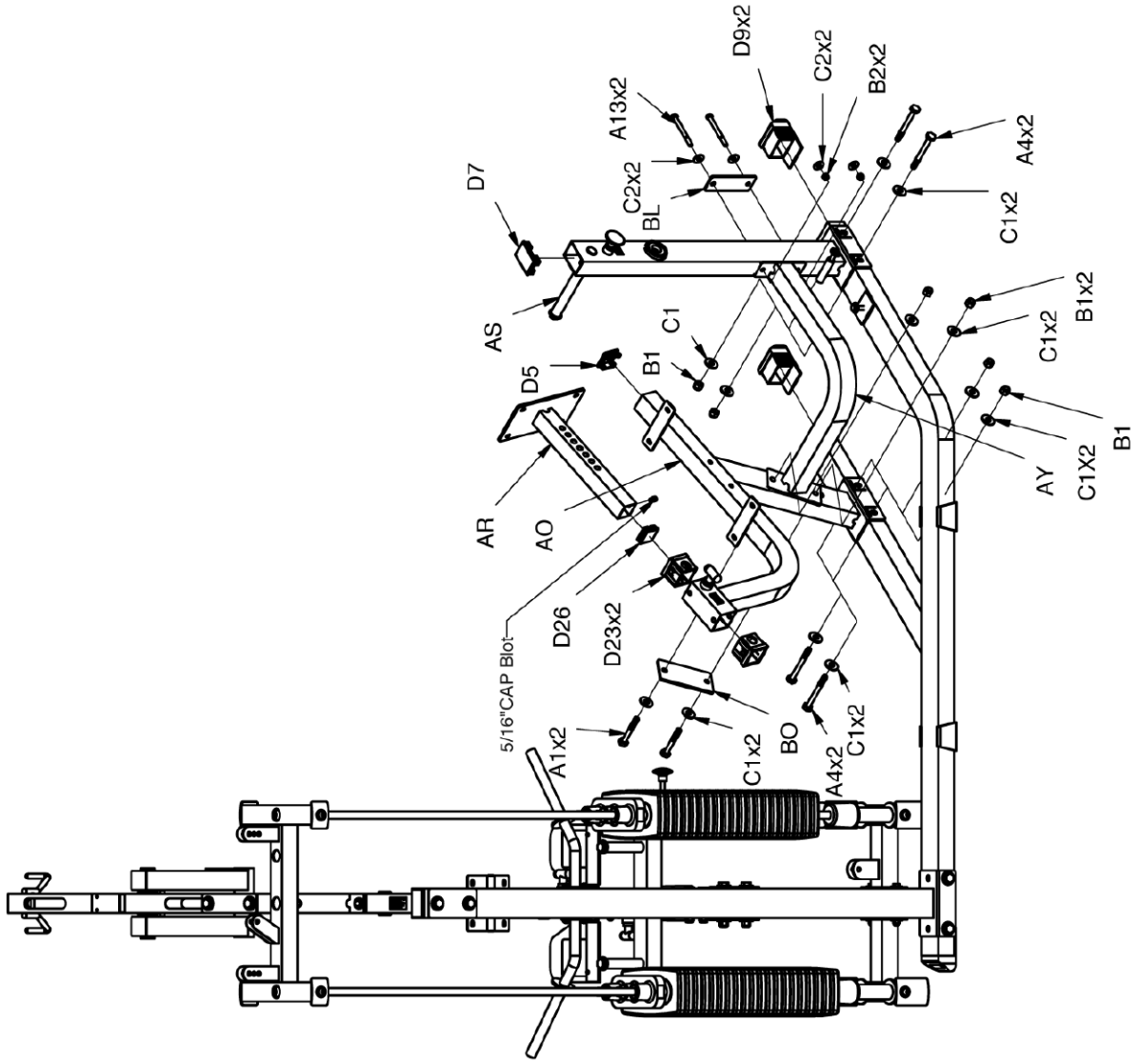
D35



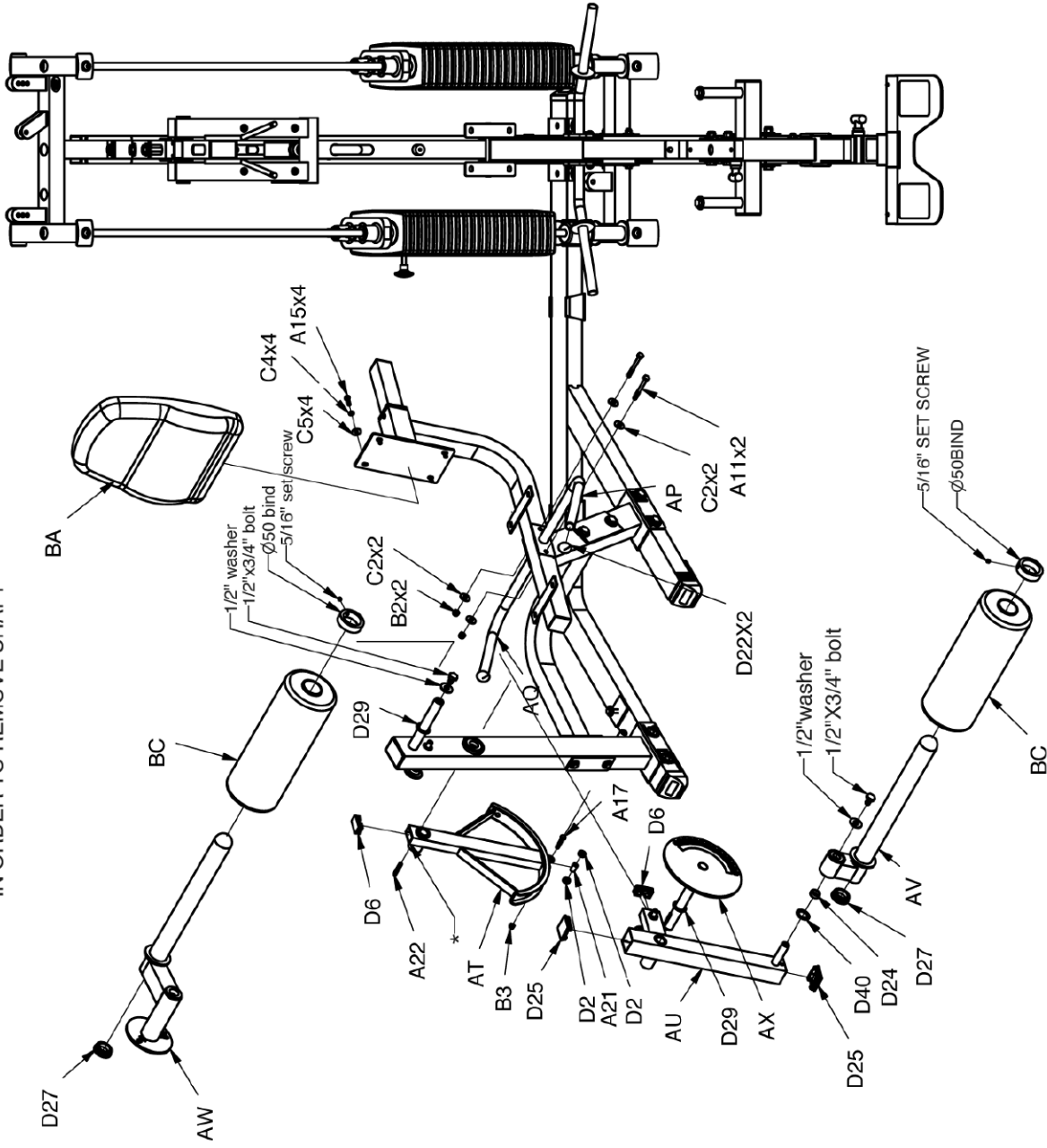
G10B-102004



G10B-102004



*: NEED TO LOOSEN ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



G10B-102004



Attention:

