*GCMH390 Maintenance



* Customers can put some grease on pivot points(red circle place), with brass or gunmetal bushings.

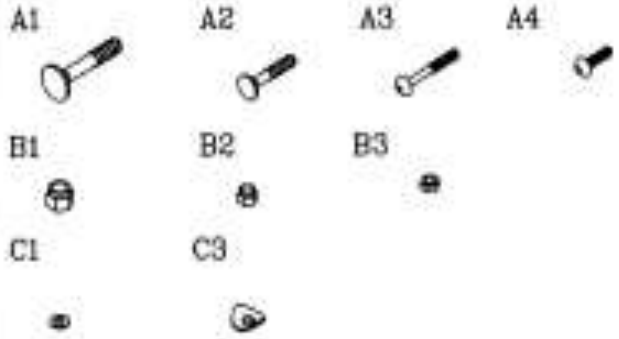




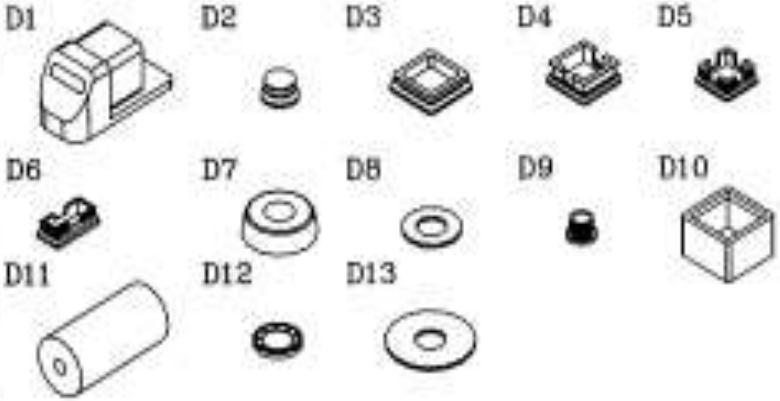
* Let's maintain your machine!

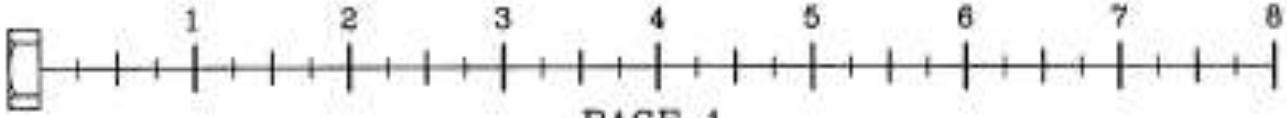
CMH-390B HARDWARE ILLUSTRATION SHEET

	Qty.
A1. 1/2"X2 3/4" CARRIAGE BOLT	[4PCS]
A2. 3/8"X2" CARRIAGE BOLT	[4PCS]
A3. M8X60 BUTTON HEAD CAP SCREW	[2PCS]
A4. M8X30 BUTTON HEAD CAP SCREW	[2PCS]
B1. 1/2" NYLON LOCK NUT	[4PCS]
B2. 3/8" NYLON LOCK NUT	[4PCS]
B3. M8 NYLON LOCK NUT	[4PCS]
C1. M8 (I.D)WASHER	[8PCS]
C3. 3/8" ARC WASHER	[4PCS]



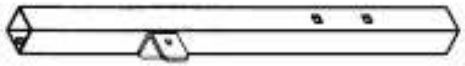
	Qty.
D1. 50X50 FOOT CAP (9211-024)	[4PCS]
D2. ø32 ROUND END CAP (9211-023)	[2PCS]
D3. 50X50 END CAP (9211-005)	[2PCS]
D4. 45X45 END CAP (9211-004)	[1PCS]
D5. 38X38 END CAP (9211-003)	[2PCS]
D6. 25X50 END CAP (9211-009)	[2PCS]
D7. ø2 1/2" RUBBER DOUNT (9310-012)	[1PCS]
D8. ø2" NYLON WASHER (9214-001)	[1PCS]
D9. ø1" ROUND END CAP (9211-016)	[3PCS]
D10. 50X45 NYLON BUSHING (9211-030)	[1PCS]
D11. ø4"X8" FOAM ROLLER (9161-009)	[1PCS]
D12. ø1" ROUND END CAP (8341-033)	[1PCS]
D13. ø3" NYLON WASHER (9214-008)	[1PCS]





CMH-390B PARTS ILLUSTRATION SHEET

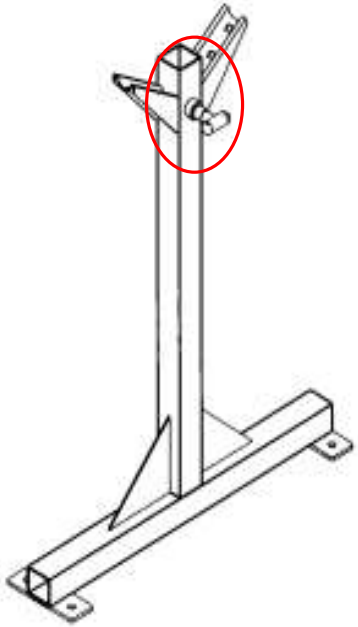
A-1 [1PCS]



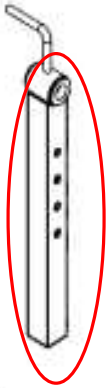
A-2 [1PCS]



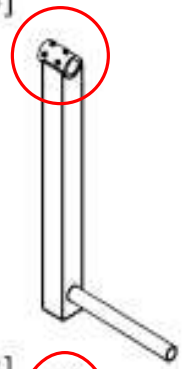
B [1PCS]



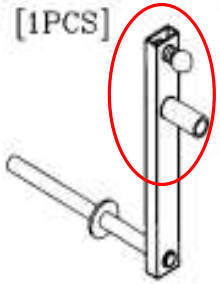
C [1PCS]



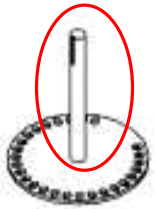
D [1PCS]



E [1PCS]



F [1PCS]



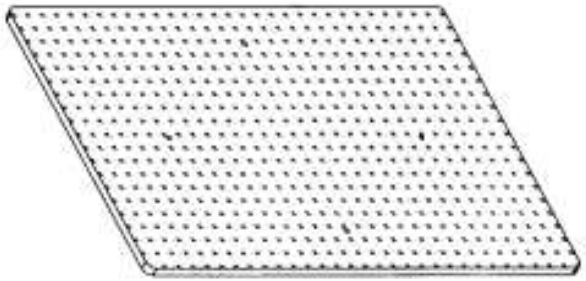
G [2PCS]

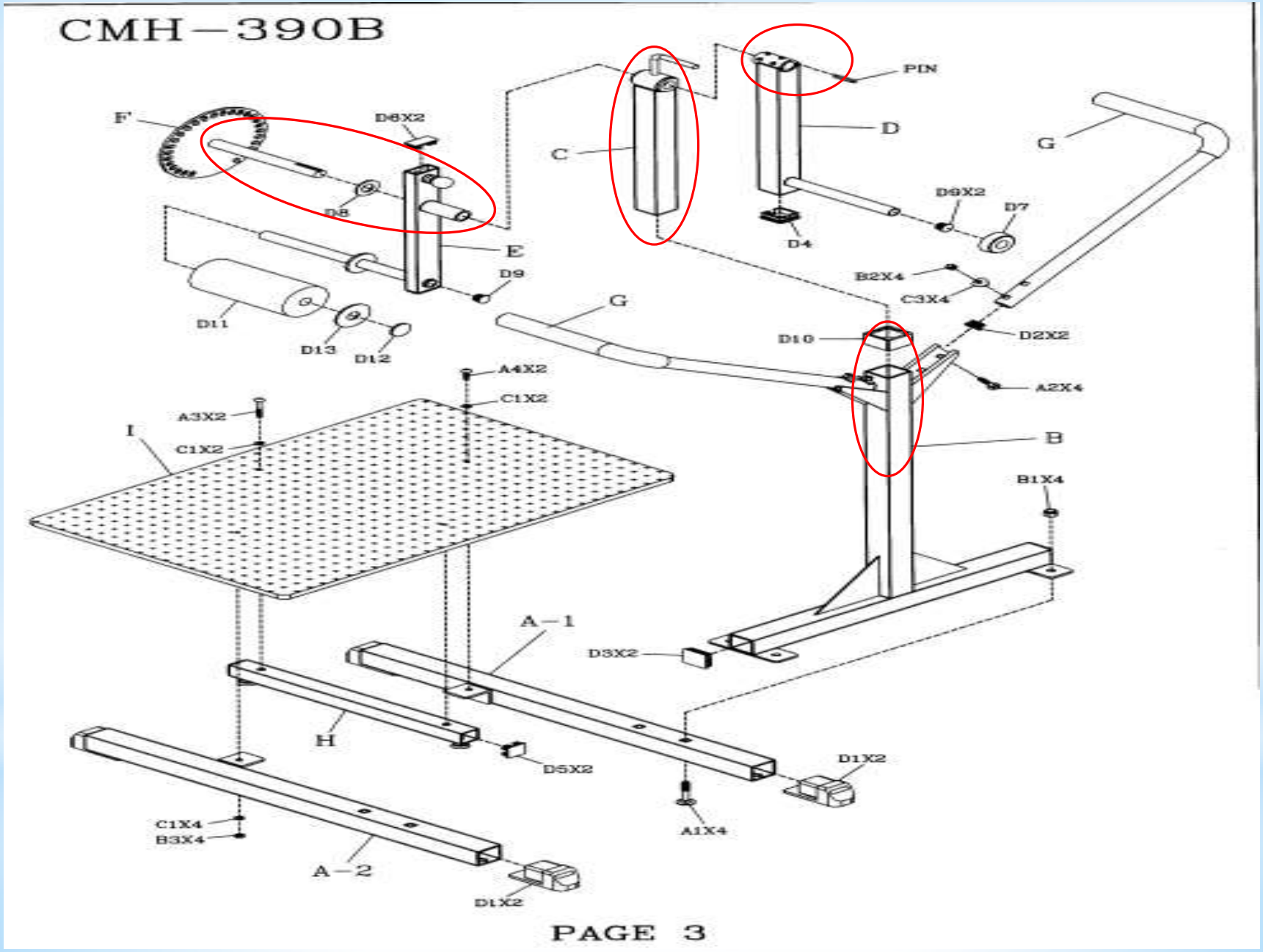


H [1PCS]



I [1PCS]




CMH−390B
PIN
F
D6X2
C
D
G
D8
D9X2
D7
D4
E
D9
B2X4
C3X4
D11
G
D13
D12
D10
D2X2
A4X2
A2X4
C1X2
A3X2
I
C1X2
B
B1X4
A−1
D3X2
H
D5X2
D1X2
C1X4
B3X4
A1X4
A−2
D1X2

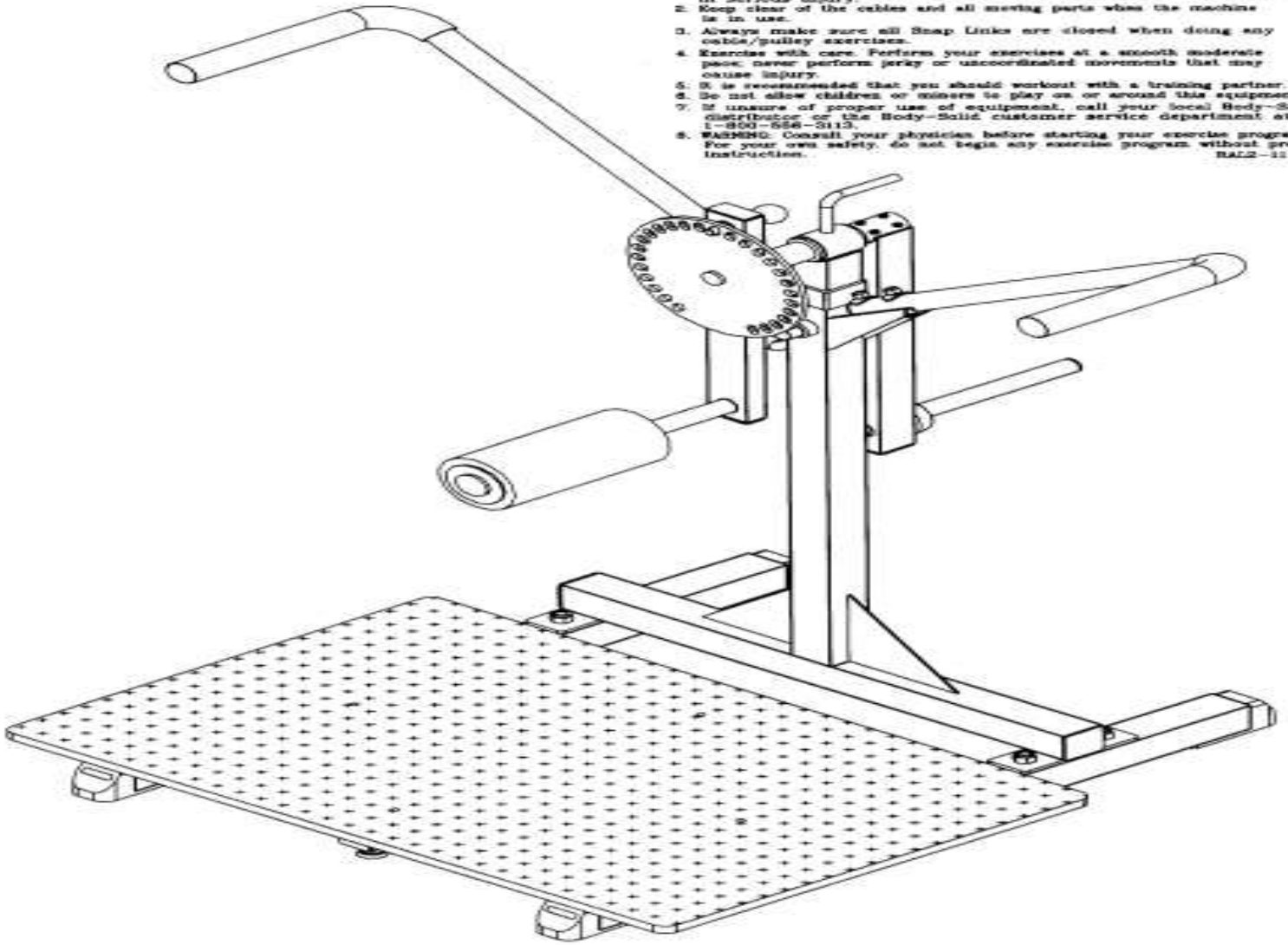
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CMH—390B

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. Checks 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 1-800-656-3113.
8. WARNING: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

RAL2-11-96



VERSION 9908

*Well done!

