

*GLPH2100 Maintenance

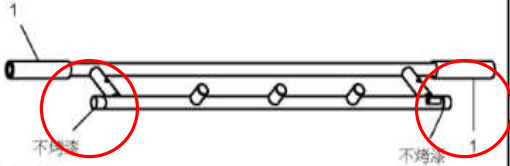
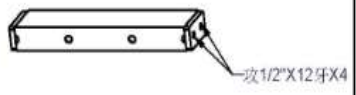
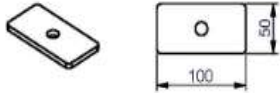


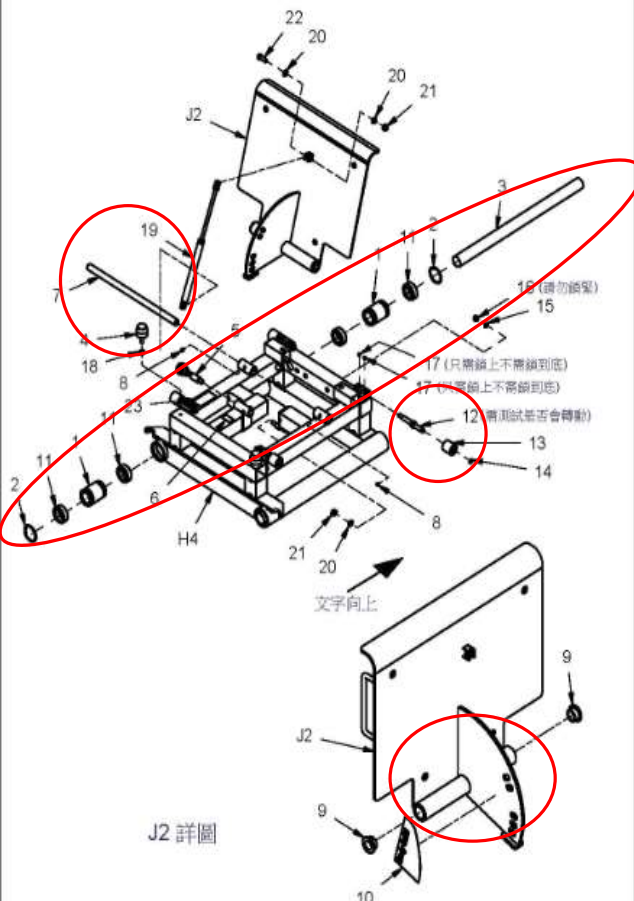
* Customers can put some grease on pivot points (red circle place), with brass or gunmetal bushings.

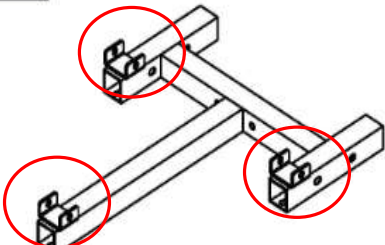
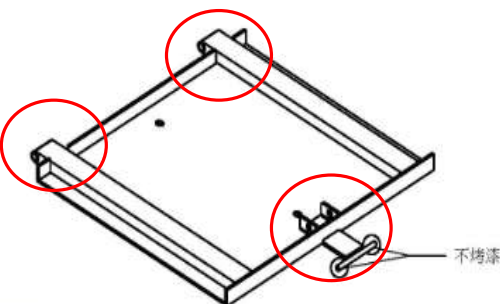
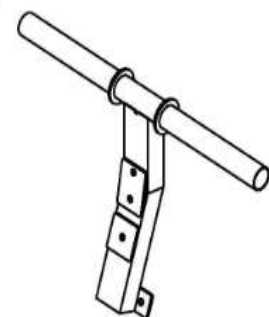


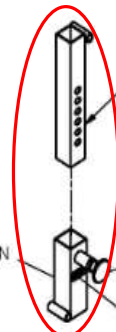
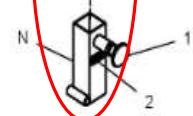
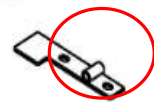
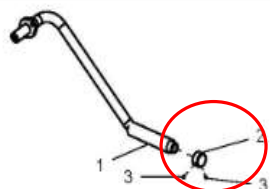
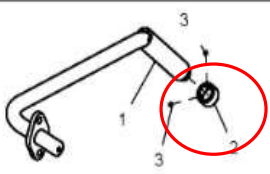
* Let's maintain your machine!

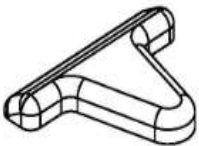
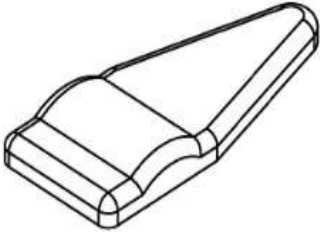
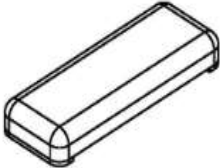
零件代碼	品名及圖案	用量	備註	零件代碼	品名及圖案	用量	備註
20GLPH2100-F	支撐架 國麗3124S-烤閃銀漆 國麗KL0002-透明 二塗二烤	1PCS	1.組立5/16"X5/16"沈頭螺絲=2PCS 2.貼9440-028 Bodysolid貼紙=1PCS 3.貼9440-117夾手貼紙=1PCS	20GLPH2100-A	國麗3124S-烤閃銀漆 國麗KL0002-透明 二塗二烤	1PCS	
20GLPH2100-G	支撐架 國麗3124S-烤閃銀漆 國麗KL0002-透明 二塗二烤	1PCS	1.組立5/16"X5/16"沈頭螺絲=2PCS 2.貼9440-028 Bodysolid貼紙=1PCS 3.貼9440-117夾手貼紙=1PCS	20GLPH2100-B	國麗3124S-烤閃銀漆 國麗KL0002-透明 二塗二烤	1PCS	1.貼9440-105貼紙=1PCS 2.貼9440-103貼紙=1PCS 3.貼9440-055產地貼紙=1PCS 4.貼工單貼紙=1PCS 5.貼9440-199通訊標籤=1PCS
8280-015	鍍硬絡	2PCS	Ø35X1600L	10GLPH2100-06	國麗3124S-烤閃銀漆 國麗KL0002-透明 二塗二烤	1PCS	
KGLPH2100	說明書	1SET	9180-001保護蓋=2PCS 9630-009束帶=2PCS 9630-028束帶=1PCS	20GLPH2100-K	不烤漆 烤深灰漆 國邦790-49153F1HT	1PCS	1.組立9162-002高密度把手 Ø24X51X150L=2PCS
							設變車號 2018080002
							□50X2.5X800
							不同LPH-1000

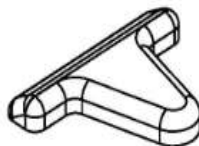
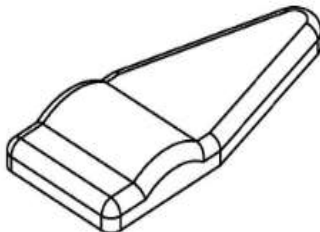
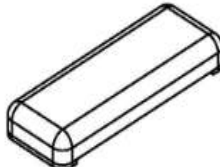
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20GLPH2100-L	 <p>烤深灰漆 國邦790-49153F1HT</p>	1PCS	1.組立9162-002高密度把手 Ø24X5X150L=2PCS 不同 LPH-1000
20GLPH2100-O	 <p>國標3124S-烤閃銀漆 國標KL0002-透明 二塗二烤</p>	1PCS	
8312-052	 <p>烤深灰漆 國邦790-49153F1HT</p>	1PCS	
23GLPH2100	附件包	1SET	
GLPH2100	螺絲包	1SET	<p>9630-009束帶=3PCS 9630-028石棉=6PCS 9180-011保麗龍=3PCS</p>

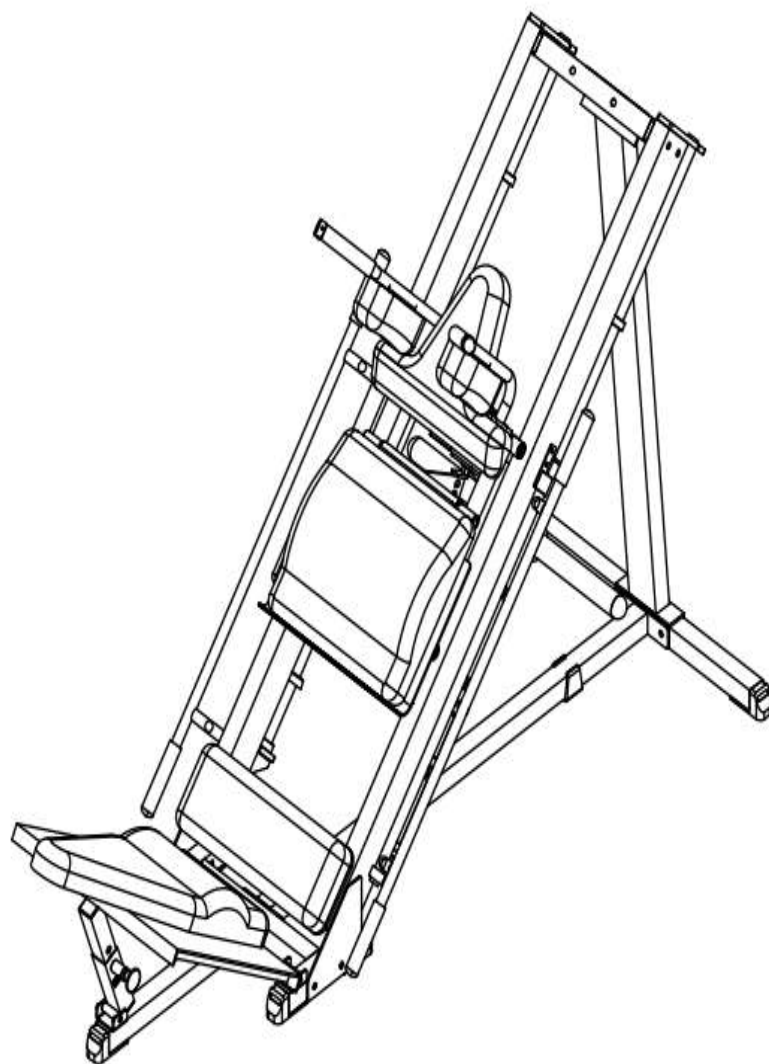
零件代碼	品 名 及 圖 案	用量	備 註
20LPH2100-H4 20LPH2100-J2 國邦790-49153F1HT-深灰	 <p>滑座=1SET 調整角度踏板=1SET</p>		<p>1.組立8510-015螺絲承=4PCS 2.組立Ø53 C型扣環=4PCS 3.組立9211-058透明管=2PCS 4.組立9310-018橡膠阻擋墊=2PCS 5.組立8250-033調整組=1PCS 6.貼9440-104貼紙=1PCS 7.組立8210-044轉軸心=1PCS 8.組立5/16\"X5/16\"沉頭螺絲=2PCS 9.組立8520-013鋼套=2PCS 10.貼9440-066貼紙=1PCS 11.組立9219-013尼龍套管=8PCS 12.組立8260-059轉軸心=4PCS 13.組立9213-038A皮帶輪=4PCS 14.組立S12扣環=4PCS 15.組立3/8\"螺絲可Ø16=4PCS 16.組立3/8\"尼龍=4PCS 17.組立5/16\"X1/4\"沉頭螺絲=6PCS 18.組立3/8\"螺絲=2PCS 19.組立8830-035氣壓棒=1PCS 20.組立M 10螺絲可Ø19=3PCS 21.組立M 10尼龍=2PCS 22.組立M 10X30L 半圓頭內六角螺絲=1PCS 23.貼9440-208警告標籤=1PCS</p>
	J2 詳圖		<p>9180-001保麗龍=2PCS 9180-011保麗龍=1PCS 9630-029蜂翼紙 41X41X208台份=2PCS</p>

零件代碼	品名及圖案	用量	備註
20GLPH2100-D	 <p>國羅3124S-烤閃銀漆 國羅KL0002-透明 二塗二烤</p>	1PCS	
20GLPH2100-C1	 <p>不烤漆</p> <p>烤深灰漆 國邦790-49153F1HT</p>	1PCS	
20GLPH2100-I2	 <p>烤深灰漆 國邦790-49153F1HT</p>	1PCS	9630-009束帶=4PCS 9630-028石吊=8PCS 9630-011氣泡布 1000X1000=1PCS 9180-001保護蓋=1PCS 9180-002保護蓋=2PCS 9180-008保護蓋=1PCS 9180-011保護蓋=1PCS

零件代碼	品名及圖案	用量	備註
260456	 <p>電鍍</p> <p>電鍍管不可烤漆 (260456)</p>	1PCS	1.組立8250-097調整組=1PCS 2.貼9440-104貼紙=1PCS
20GLPH2100-N	 <p>國羅3124S-烤閃銀漆 國羅KL0002-透明 二塗二烤</p> <p>45X1.8X300</p>	1PCS	
20GLPH2100-P	 <p>8343-023</p> <p>2PCS</p>	2PCS	
20GLPH2100-S	 <p>8333-045</p> <p>1PCS</p>	1PCS	
20GLPH2100-T	 <p>先包成一包 烤深灰漆 國邦790-49153F1HT</p>	1PCS	
20GLPH2100-Q	 <p>烤深灰漆 國邦790-49153F1HT</p>	1PCS	1.組立9162-010高密度把手 $\phi 24 \times 5 \times 130L=1PCS$ 2.組立8890-006鐵套 $\phi 35 \times 26 \times 19L=1PCS$ 3.組立3/16"X3/16"沈頭螺絲 =2PCS
20GLPH2100-R	 <p>烤深灰漆 國邦790-49153F1HT</p>	1PCS	1.組立9162-010高密度把手 $\phi 24 \times 5 \times 130L=1PCS$ 2.組立8890-006鐵套 $\phi 35 \times 26 \times 19L=1PCS$ 3.組立3/16"X3/16"沈頭螺絲 =2PCS

零件代碼	品 名 及 圖 案	用量	備 註
9112-026	9132-016		黑色芙蓉皮
背墊=1PCS	胸墊=1PCS		9112-025 1.貼9440-070貼紙 =1PCS
 			
9112-025			
背墊=1PCS			
			
9122-031	9132-002		
背墊=1PCS	肩墊=2PCS		
 			

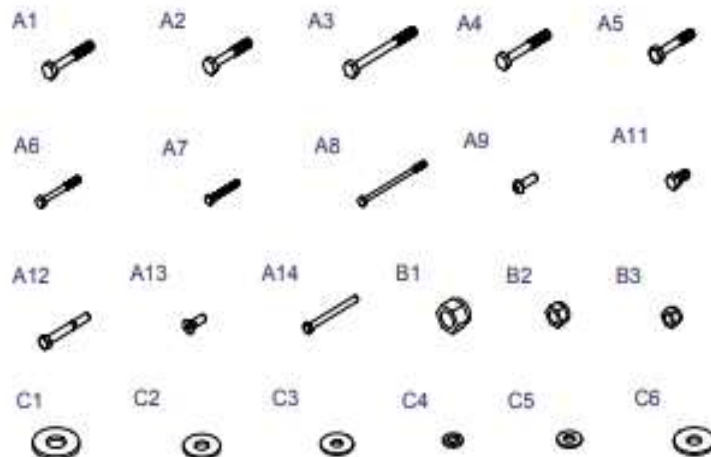
零件代碼	品 名 及 圖 案	用量	備 註
9112-026A	9132-016A		聚紅色芙蓉皮
背墊=1PCS	胸墊=1PCS		9112-025A 1.貼9440-070貼紙 =1PCS
 			
9112-025A			
背墊=1PCS			
			
9122-031A	9132-002A		
背墊=1PCS	肩墊=2PCS		
 			



GLPH2100 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

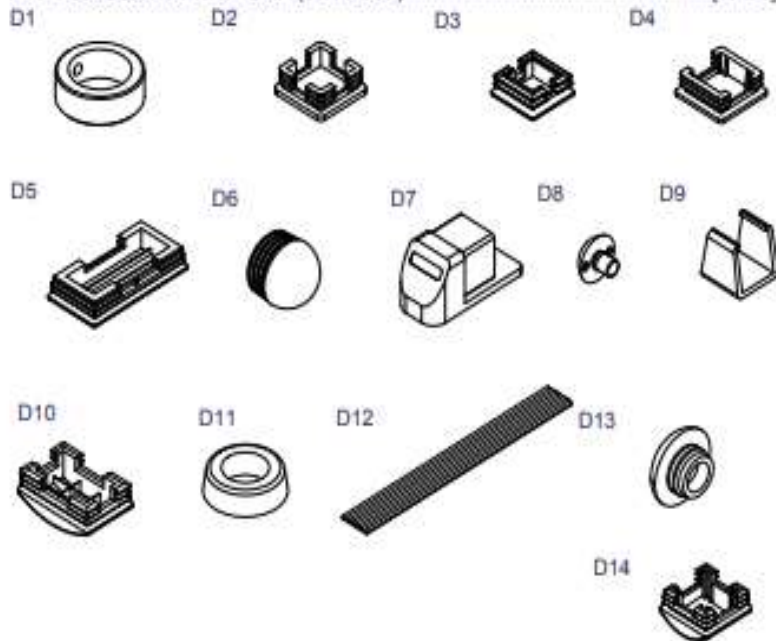
	Qty.
A1. 1/2"X3 1/4" HEX HEAD BOLT.....	[4PCS]
A2. 1/2"X3" HEX HEAD BOLT.....	[6PCS]
A3. 1/2"X5" HEX HEAD BOLT.....	[2PCS]
A4. 1/2"X3 1/2" HEX HEAD BOLT.....	[4PCS]
A5. 1/2"X2 3/4" HEX HEAD BOLT.....	[4PCS]
A6. 3/8"X3" HEX HEAD BOLT.....	[4PCS]
A7. 5/16"X2 1/4" HEX HEAD BOLT.....	[2PCS]
A8. 5/16"X5" HEX HEAD BOLT.....	[2PCS]
A9. 5/16"X1" ROUND BOLT.....	[13PCS]
A11. 3/8"X3/4" HEX HEAD BOLT.....	[2PCS]
A12. 5/16"X2 1/2" HEX HEAD BOLT.....	[4PCS]
A13. 5/16"X1" CONOID HEAD BOLT.....	[4PCS]
A14. 1/2"X5 3/4" HEX HEAD BOLT.....	[1PCS]
B1. 1/2" NYLON LOCK NUT.....	[17PCS]
B2. 3/8" NYLON LOCK NUT.....	[4PCS]
B3. 5/16" NYLON LOCK NUT.....	[4PCS]
C1. 1/2" (I.D)WASHER.....	[36PCS]
C2. 3/8" (I.D)WASHER.....	[8PCS]
C3. 5/16" (I.D)WASHER.....	[17PCS]
C4. 5/16" SPRING WASHER.....	[17PCS]
C5. 5/16" PHI 18 ID WASHER.....	[8PCS]
C6. 3/8" PHI 30 ID WASHER.....	[2PCS]



GLPH2100 ASSEMBLY INSTRUCTIONS

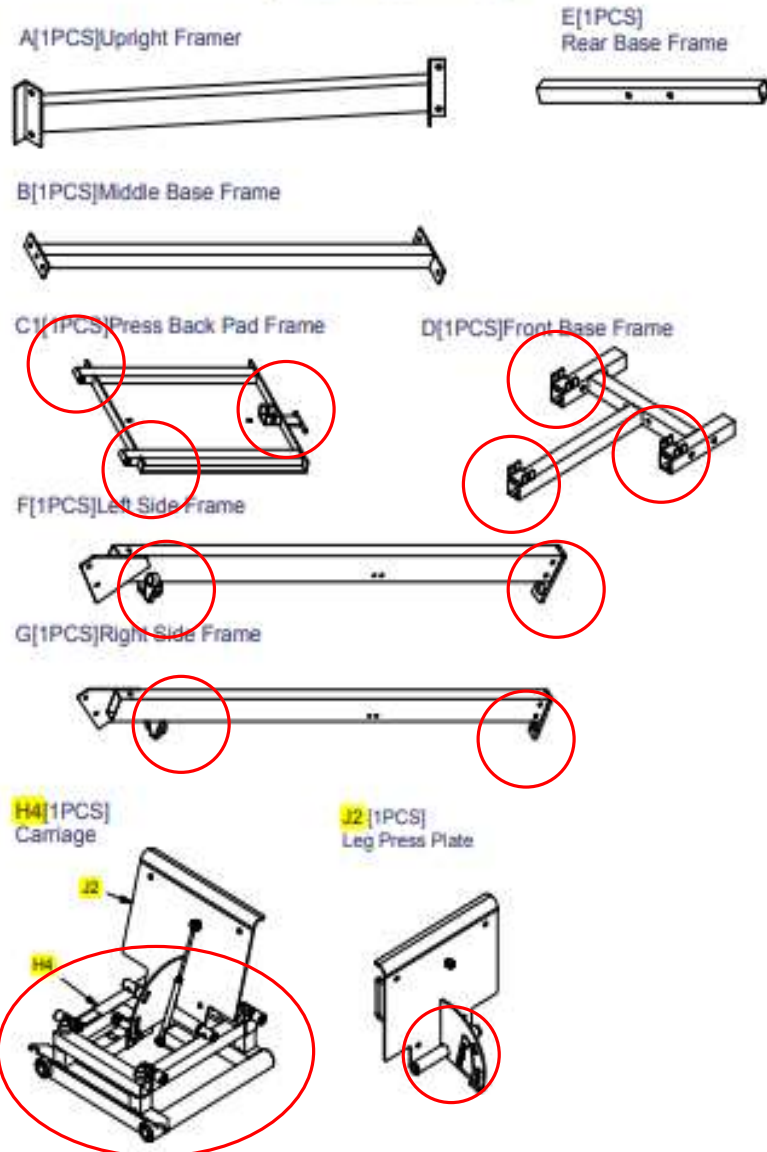
HARDWARE ILLUSTRATION

	Qty.
D1. Ø36 SHAFT COLLAR (8130-090)	[2PCS]
D2. 38X38 END CAP (9211-003)	[4PCS]
D3. 1 3/4"X1 3/4" END CAP (9211-004)	[2PCS]
D4. 2"X2"X2.5t END CAP (9211-006)	[2PCS]
D5. 2"X4" END CAP (9211-014)	[2PCS]
D6. Ø49.5x44.5L END CAP (9211-074)	[2PCS]
D7. 2"X2"X2.5t FOOT CAP (9211-025)	[7PCS]
D8. Ø21.5 PLUG (9211-060)	[4PCS]
D9. 2"X2" FOOT LEVELERS (9212-010)	[2PCS]
D10. 50X75X2.5T END CAP(9211-084)	[1PCS]
D11. Ø36 RUBBER DONUT (9310-033)	[2PCS]
D12. 38X325 RUBBER PAD (9310-042)	[1PCS]
D13. Ø1" ROUND END CAP (9260-021)	[4PCS]
D14. 50X50X1.8T END CAP (9211-087)	[1PCS]



GLPH2100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION



GLPH2100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION

I2[1PCS]
Weight Post



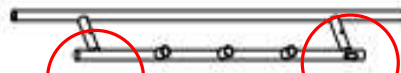
Q [1PCS]
Right Shoulder
Frame



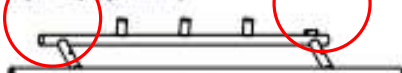
R [1PCS]
Left Shoulder
Frame



L [1PCS] Left Safety



K [1PCS] Right Safety



M [1PCS]
Adjustment
Tube
260-056



N [1PCS]
Adjustment
Frame



O [1PCS]
Top Frame



S [1PCS]
Left Pad
Pivot Frame



T [1PCS]
Right Pad
Pivot Frame



U [1PCS]
Lumbar Squat Pad
(9112-028)



V [1PCS]
Top Squat Pad
(9132-016)



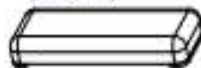
W [1PCS]
Press Back Pad
(9112-025)



X [2PCS]
Shoulder Pad
(9132-002)



Y [1PCS]
Seat Pad
(9122-031)



Z [2PCS]
Shoulder
Pad Frame
8343-023



R [2PCS]
Safety Bracket



AA [2PCS] Guide Rod
8280-015



AC [1PCS] Plat
8312-052



AB [1PCS]
Back Pad Frame
8333-045



GLPH2100 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 1

****Note :** Do Not fully tighten frame bolts and nuts until after completing Step 1

The following Parts and Hardware will be needed to complete Step 1

Qty	Part	Part Description	Qty	Part	Part Description
1	A	Upright Frame	2	A1	1/4"x3 1/4" hex head bolt
1	B	Middle Base Frame	6	A2	1/4"x3" hex head bolt
1	D	Front Base Frame	2	A3	1/4"x5" hex head bolt
1	E	Rear Base Frame	4	A5	1/4"x2 1/4" hex head bolt
1	F	Left Side Frame	10	B1	1/2" nylon lock nut
1	G	Right Side Frame	24	C1	1/2" ID washer
1	O	Top Frame	2	D5	2x4 end cap
			7	D7	foot cap
			2	D9	foot levelers

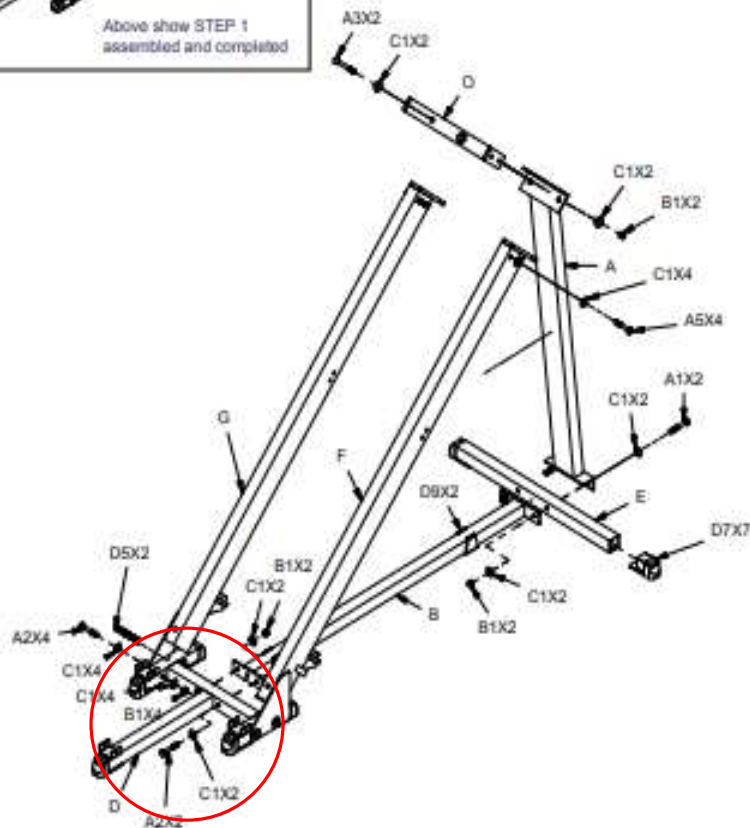
Step by Step

1. Attach 2 (D9) - foot levelers to (B) - Middle Base Frame, then attach 7 (D7) - foot cap to (E) - Rear Base Frame and (D) - Front Base Frame
2. Attach (D) - Front Base Frame to (B) - Middle Base Frame, then attach (E) - Rear Base Frame and (A) - Upright Frame to (B) - Middle Base Frame
3. Attach (O) - Top Frame to (A) - Upright Frame
4. Attach (F) - Left Side Frame and (G) - Right Side Frame to (D) - Front Base Frame and (O) - Top Frame

GLPH2100 ASSEMBLY INSTRUCTIONS



Above show STEP 1 assembled and completed



GLPH2100 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 2

Note : Do Not fully tighten frame bolts and nuts until after completing Step 2

The following Parts and Hardware will be needed to complete Step 2

Parts Description			Hardware Description		
Qty	Part	Part Description	Qty	Part	Part Description
1	H4	Carriage	2	D1	shaft collar
1	J2	Leg Press Plate	4	D2	38x38 end cap
2	AA	Guide Rod	2	D4	2x2 end cap
			2	D11	rubber donut
			1	D14	50x50 end cap
			1		Ø35xØ70L nylon bushing
			1		Ø3/4"x410L shaft
			2		5/16"x5/16" set screw

Step by Step

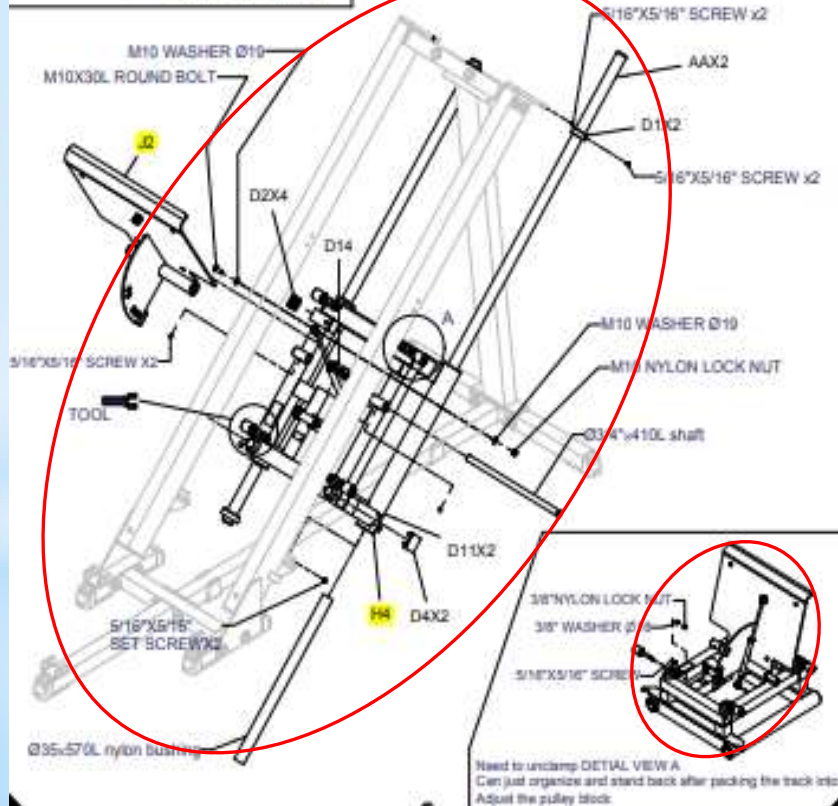
- Before assembling the Ø3/4"x410L shaft disassemble the 5/16"x5/16" set screw and (J2) - Leg Press Plate
- Attach 4 (D2) - 38x38 end cap and 4 (D4) - 2x2 end cap and 1(D14)-50x50 end cap to (H4) - Carriage
- Slide the Slide 2 (D11) - rubber donut, (H3) - Carriage, and 2 (D1) - shaft collar on 2 (AA) - Guide Rod (note : position (H4) - Carriage on 2 (AA) - Guide Rod so that tubes with ball bearing casings are on the bottom, and the rubber stoppers mounted on (H4) - Carriage are on the end with the rubber donuts as shown)
- Mount 2 (AA) - Guide Rod to (F) - Left Side Frame and (G) - Right Side Frame (not : position with 2 (D11) - rubber donut at the front base of the machine and 2 (D1) - shaft collar at the back top of the machine as shown)
- Secure 2 (AA) - Guide Rod to (F) - Left Side Frame and (G) - Right Side Frame by tightening allen screws in 2 (D1) - shaft collar and at the base of to (F) - Left Side Frame and (G) - Right Side Frame
- Before assembling the (AA) disassemble the Ø35xØ70L nylon bushing

Securely Tighten All Frame Bolts Used in Steps 1 and 2

GLPH2100 ASSEMBLY INSTRUCTIONS



Above show STEP 2
assembled and completed



GLPH2100 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 3

Note : Do Not fully tighten frame bolts and nuts until after completing Step 3

The following Parts and Hardware will be needed to complete Step 3

Parts Description			Hardware Description		
Qty	Part	Part Description	Qty	Part	Part Description
1	L	Left Safety	4	A12	5/16"X2 1/2" hex head bolt
1	k	Right Safety	4	B3	5/16" nylon lock nut
2	P	Safety Bracket	8	C3	5/16" ID washer
			4	D8	plug
			4	D13	Round end cap

Step by Step

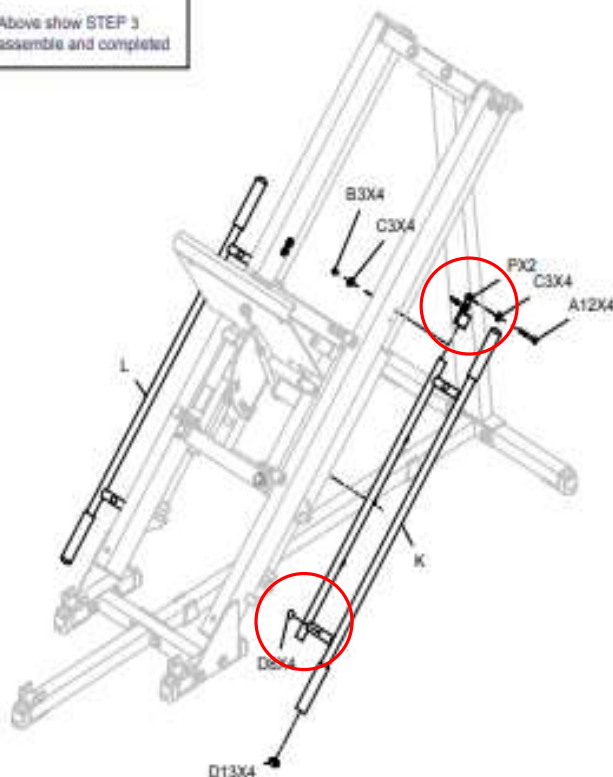
1. Attach (L) - Left Safety to bottom of (G) - Right Side Frame, next connect (P) - Safety Bracket to (L) - Left Safety and (G) - Right Side Frame
2. Attach (K) - Right Safety to bottom of (F) - Left Side Frame, next connect (P) - Safety Bracket to (K) - Right Safety and (F) - Left Side Frame

Securely Tighten All Frame Bolts Used in Steps 3

GLPH2100 ASSEMBLY INSTRUCTIONS



Above show STEP 3
assembly and completed



GLPH2100 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 4

****Note :** Do Not fully tighten frame bolts and nuts until after completing Step 4

The following Parts and Hardware will be needed to complete Step 4

Parts Description			Hardware Description		
Qty	Part	Part Description	Qty	Part	Part Description
4	I2	Weight Post	2	A1	1/2"x3 1/4" hex head bolt
1	Q	Right Shoulder Frame	4	A6	3/8"x3" hex head bolt
1	R	Left Shoulder Frame	1	A14	1/2"x5 3/4" hex head bolt
1	AB	Back Pad Frame	2	A11	3/8"x3/4" hex head bolt
1	AC	Plate	3	B1	1/2" nylon lock nut
			4	B2	3/8" nylon lock nut
			4	C1	1/2" ID washer
			8	C2	3/8" ID washer
			2	C6	3/8" phi 30 ID washer
			2	D6	Round end Cap
			1	D10	End Cap

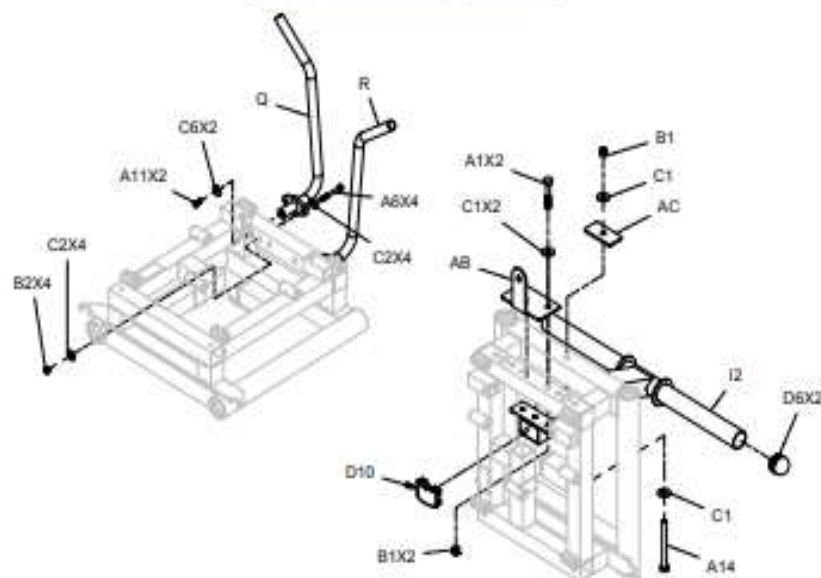
Step by Step

1. Attach (AB) - Back Pad Frame and (AC) - Plate and (I2) - Weight Post to (H4) - Carriage
2. Attach (Q) - Right Shoulder Frame and (R) - Left Shoulder Frame to (H4) - Carriage

Securely Tighten All Frame Bolts Used in Steps 4

GLPH2100 ASSEMBLY INSTRUCTIONS

ASSEMBLE-STEP 4



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 part 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.

GLPH2100 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 5

Note : Do Not fully tighten frame bolts and nuts until after completing Step 5

The following Parts and Hardware will be needed to complete Step 5

Parts Description			Hardware Description		
Qty	Part	Part Description	Qty	Part	Part Description
1	J2	Leg Press Plate	2	A7	5/16"x2 1/4" hex head bolt
1	U	Lumbar Squat Pad	9	A9	5/16"x1 round bolt
1	V	Top Squat Pad	4	A13	5/16"x1 conoid head bolt
2	X	Shoulder Pad	3	C3	5/16" ID washer
2	Z	Shoulder Pad Frame	11	C4	5/16" spring washer
			8	C5	5/16" phi 18 ID washer

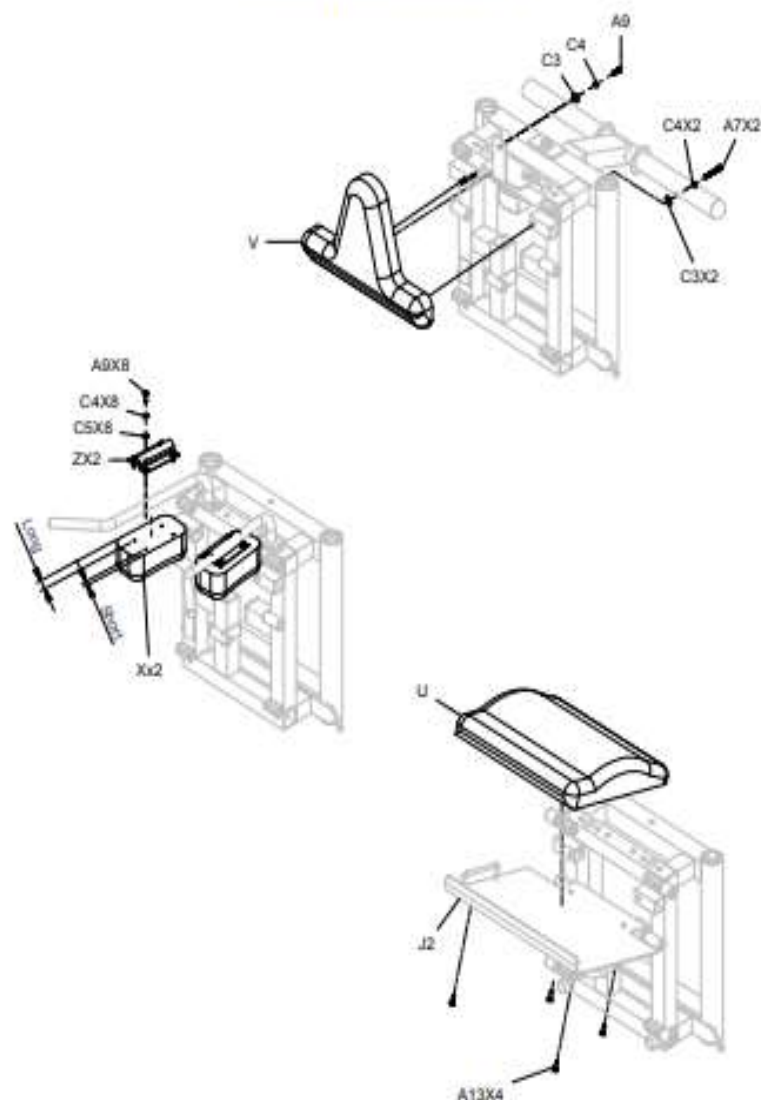
Step by Step

1. Attach (V) - Top Squat Pad to (AB) - Back Pad Frame and (H4) - Carriage (note : Do not over tighten pad bolts, over tightening will strip the t-nuts pressed into the wood)
2. Attach 2 (X) - Shoulder Pad and 2 (Z) - Shoulder Pad Frame to (Q) - Right Shoulder Frame and (R) - Left Shoulder Frame (note : Do not over tighten pad bolts, over tightening will strip the t-nuts pressed into the wood)
3. Attach (U) - Lumbar Squat Pad to (J2) - Leg Press Plate (note : Do not over tighten pad bolts, over tightening will strip the t-nuts pressed into the wood)

Securely Tighten All Frame Bolts Used in Steps 5

GLPH2100 ASSEMBLY INSTRUCTIONS

ASSEMBLE-STEP 5



GLPH2100 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 6

****Note : Do Not fully tighten frame bolts and nuts until after completing Step 6**

The following Parts and Hardware will be needed to complete Step 6

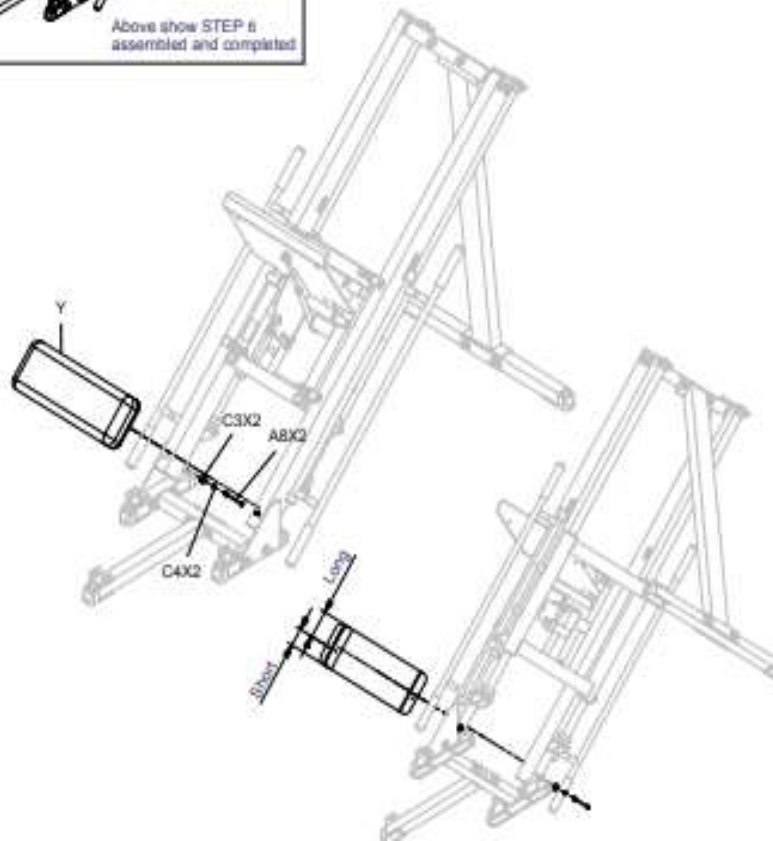
Parts Description			Hardware Description		
Qty	Part	Part Description	Qty	Part	Part Description
1	Y	Seat Pad	2	A8	5/16"x5" hex head bolt
			2	C3	5/16" ID washer
			2	C4	5/16" spring washer

Step by Step

1. Attach (Y) - Seat Pad to (F) - Left Side Frame and (G) - Right Side Frame

Securely Tighten All Frame Bolts Used in Steps 6

GLPH2100 ASSEMBLY INSTRUCTIONS



GLPH2100 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 7

***Note : Do Not fully tighten frame bolts and nuts until after completing Step 7*

The following Parts and Hardware will be needed to complete Step 7

Parts Description			Hardware Description		
Qty	Part	Part Description	Qty	Part	Part Description
1	C1	Press Back Pad Frame	4	A4	1/2"X3 1/2" hex head bolt
1	M	Adjustment Tube	4	A9	5/16"X1" round bolt
1	N	Adjustment Frame	4	B1	1/2"nylon lock nut
1	S	Left Pad Pivot Frame	8	C1	1/2"ID washer
1	T	Right Pad Pivot Frame	4	C3	5/16"ID washer
1	W	Press Back Pad	4	C4	5/16"spring washer
			2	D3	1 3/4"X1 3/4" end cap
			1	D12	38X325 rubber pad

Step by Step

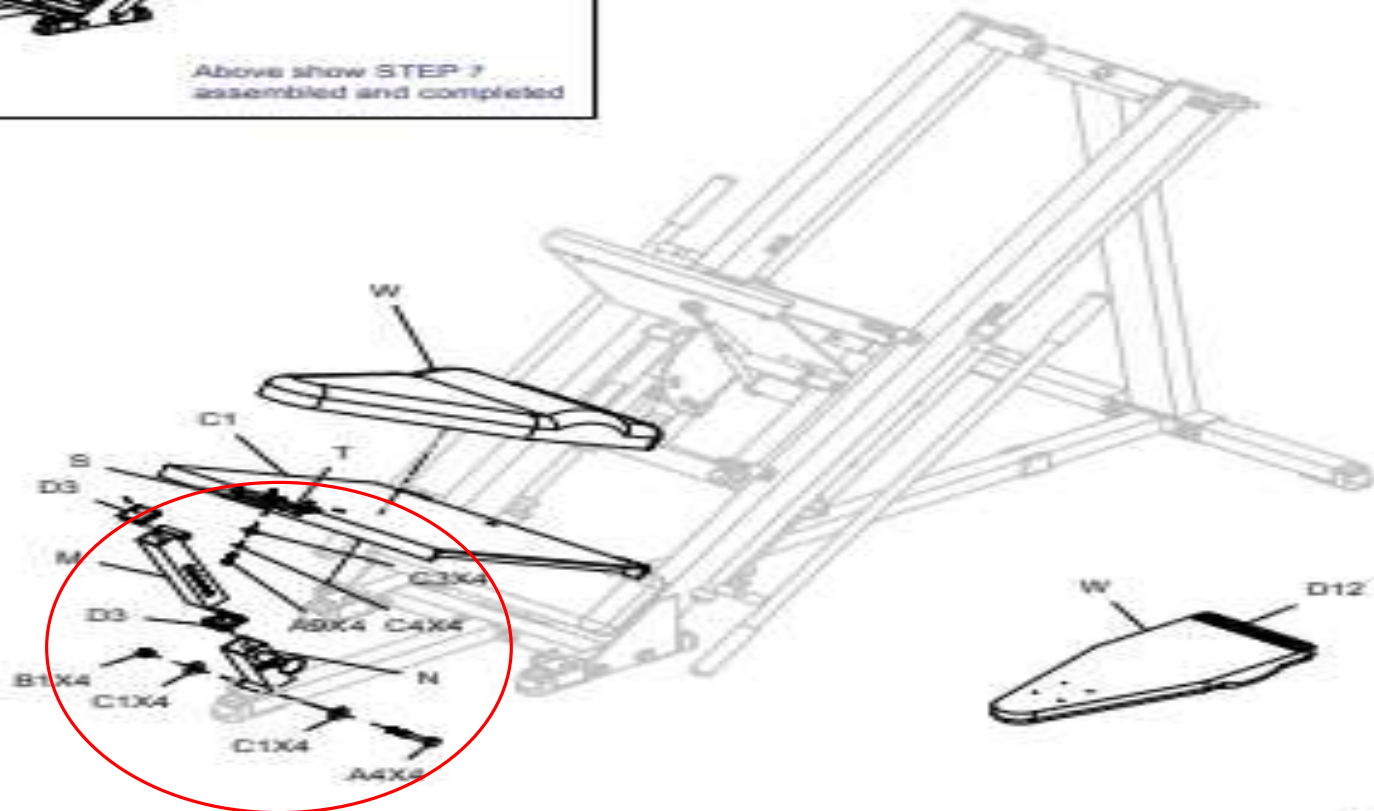
1. Attach (N) - Adjustment Frame to (D) - Front Base Frame
2. Attach (S) - Left Pad Pivot Frame and (T) - Right Pad Pivot Frame to (C1) - Press Back Pad Frame and (W) - Press Back Pad
3. Attach (C1) - Press Back Pad Frame to (D) - Front Base Frame
4. Attach (M) - Adjustment Tube to (C1) - Press Back Pad Frame
5. Slide (M) - Adjustment Tube into (N) - Adjustment Frame

Securely Tighten All Frame Bolts Used in Steps 7

GLPH2100 ASSEMBLY INSTRUCTIONS



Above show STEP 7
assembled and completed



*Well done!

