

*EXM3000 Maintenance

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

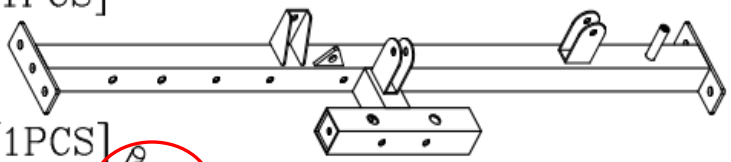




* Let’s maintain your machine!

EXM-3000.9 PARTS ILLUSTRATION SHEET

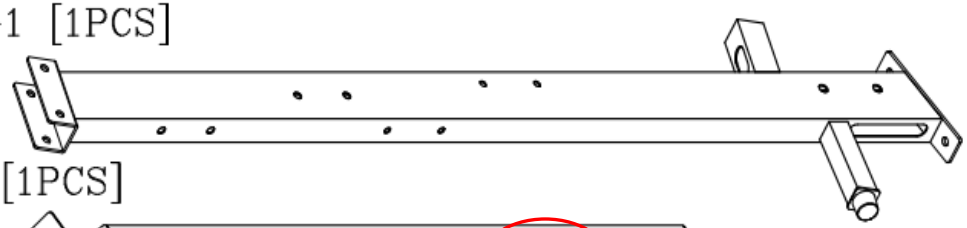
A [1PCS]



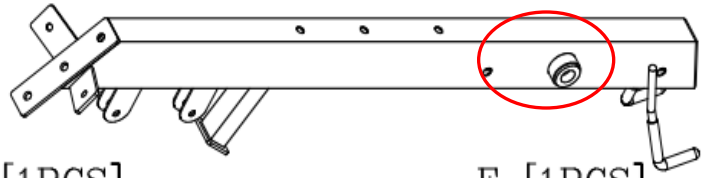
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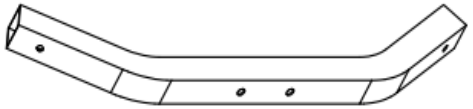
C-1 [1PCS]



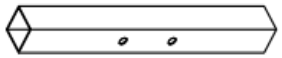
D [1PCS]



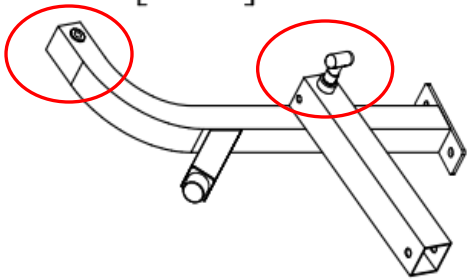
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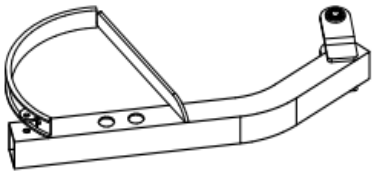
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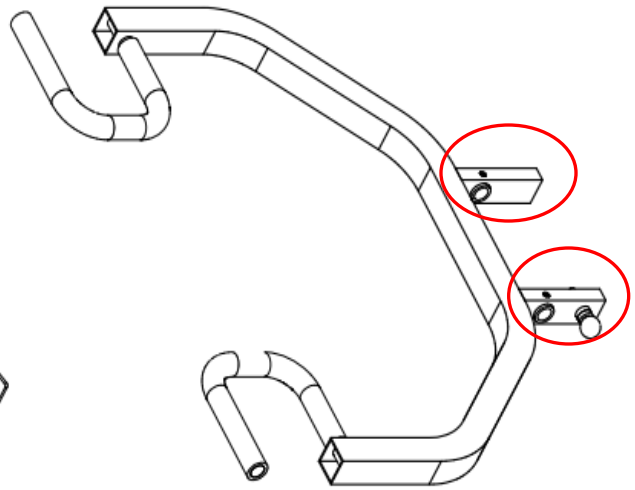
K-1 [1PCS]



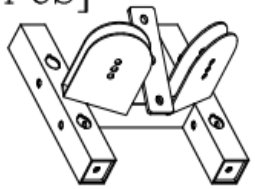
J-1 [1PCS]



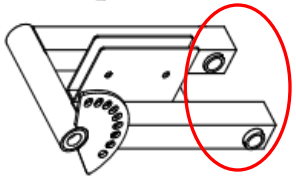
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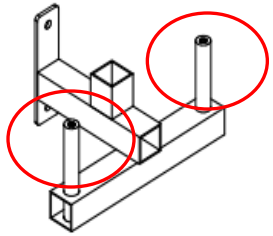
G [1PCS]



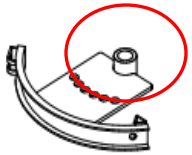
H [1PCS]



L [1PCS]

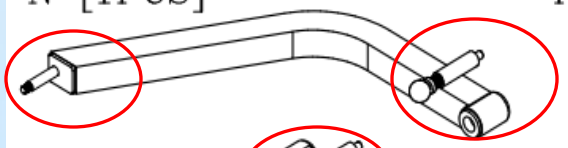


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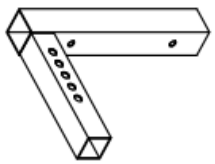


EXM-3000.9 PARTS ILLUSTRATION SHEET

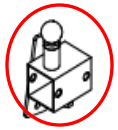
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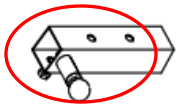
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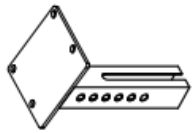
Q [1PCS]



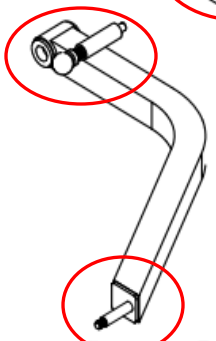
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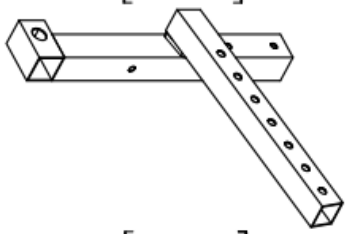
S [1PCS]



O [1PCS]



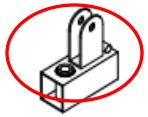
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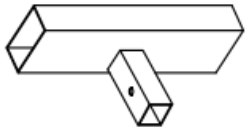
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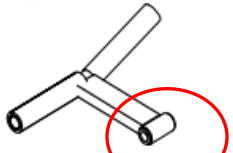
V [1PCS]



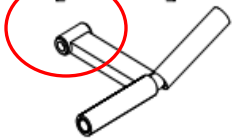
W [1PCS]



X [1PCS]



Y [1PCS]



Z-1 [2PCS]
8312-090



AA [1PCS]



AB [1PCS]



AC [1PCS]



AD [4PCS]



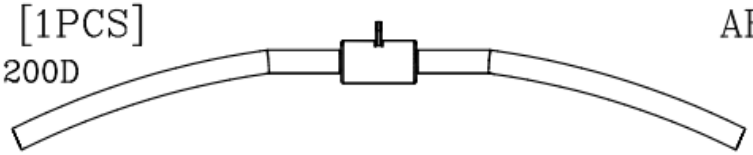
AE [4PCS]



AF [1PCS] LB500A



AG [1PCS]
LB1200D



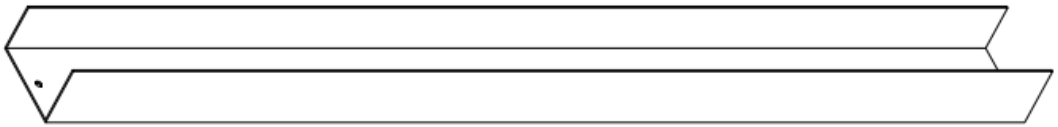
AH [2PCS]



AI [1PCS]
8312-062



AK [4PCS]
8380-009

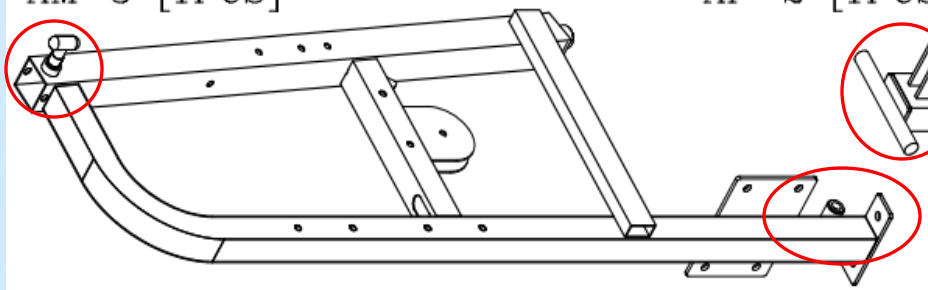


AL [2PCS]
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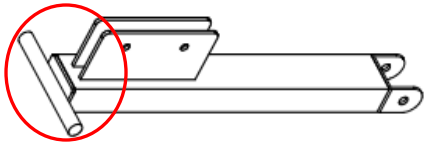


EXM-3000.9 PARTS ILLUSTRATION SHEET

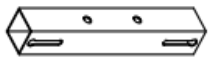
AM-3 [1PCS]



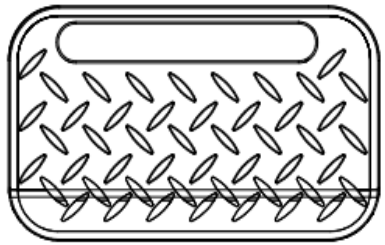
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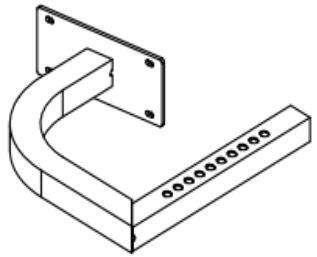
AQ-1 [1PCS]



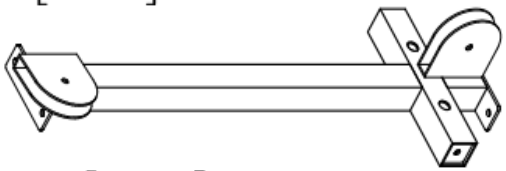
AR-2 [1PCS]



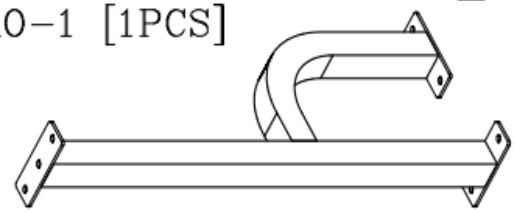
AS-2 [1PCS]



AN [1PCS]



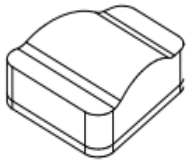
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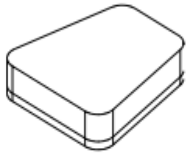
AT [2PCS]



AU [1PCS]



AV [1PCS]

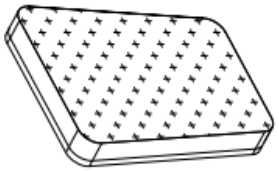


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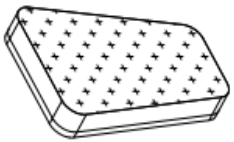


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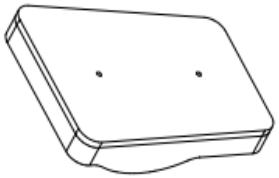
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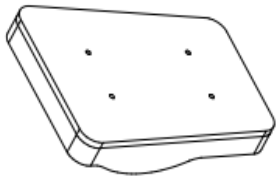
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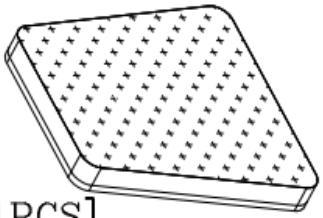
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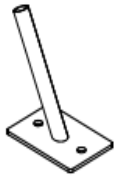


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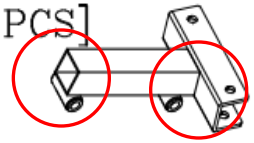


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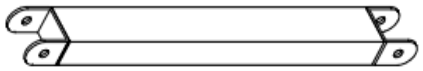




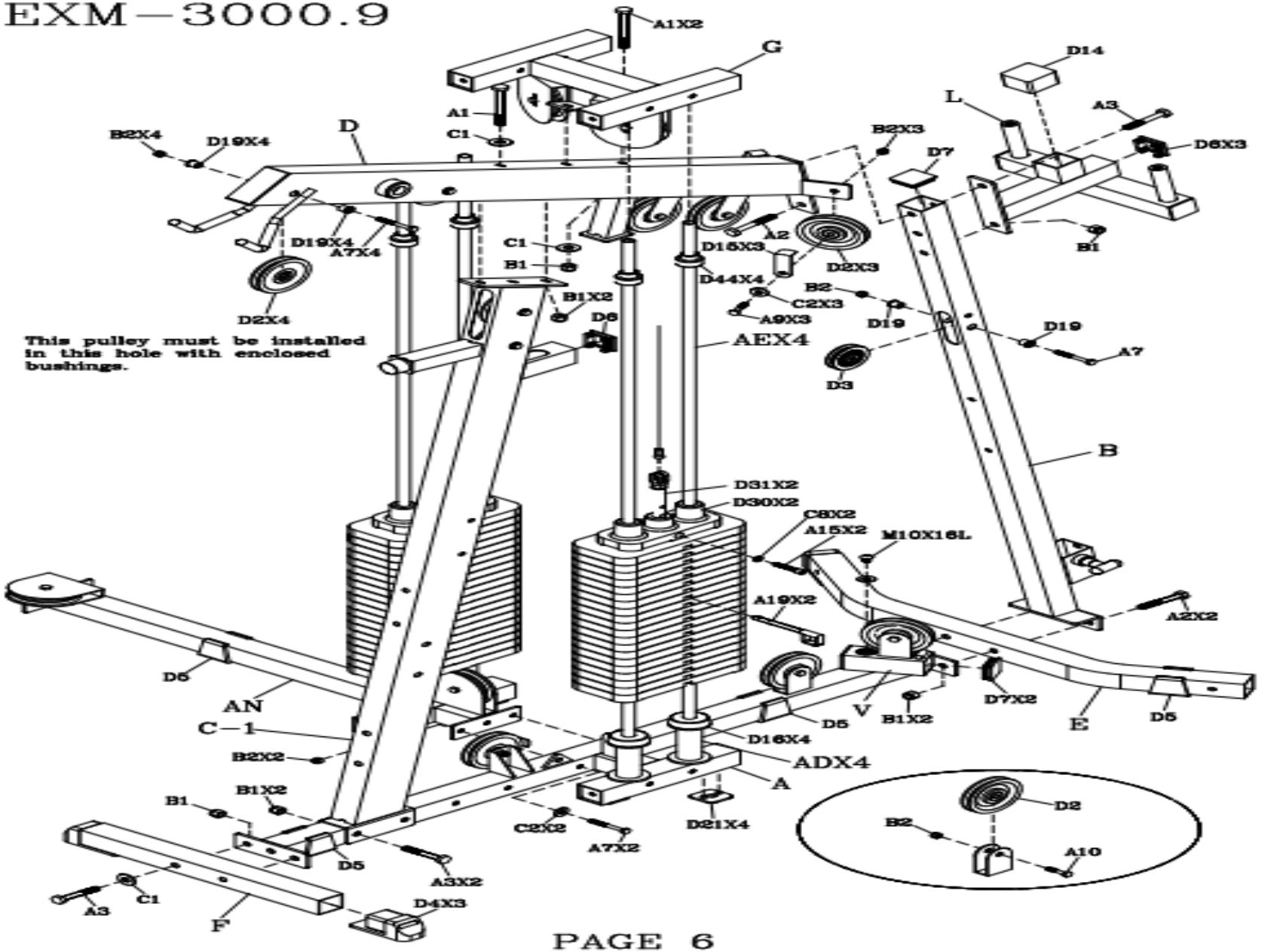
BD-1 [1PCS]



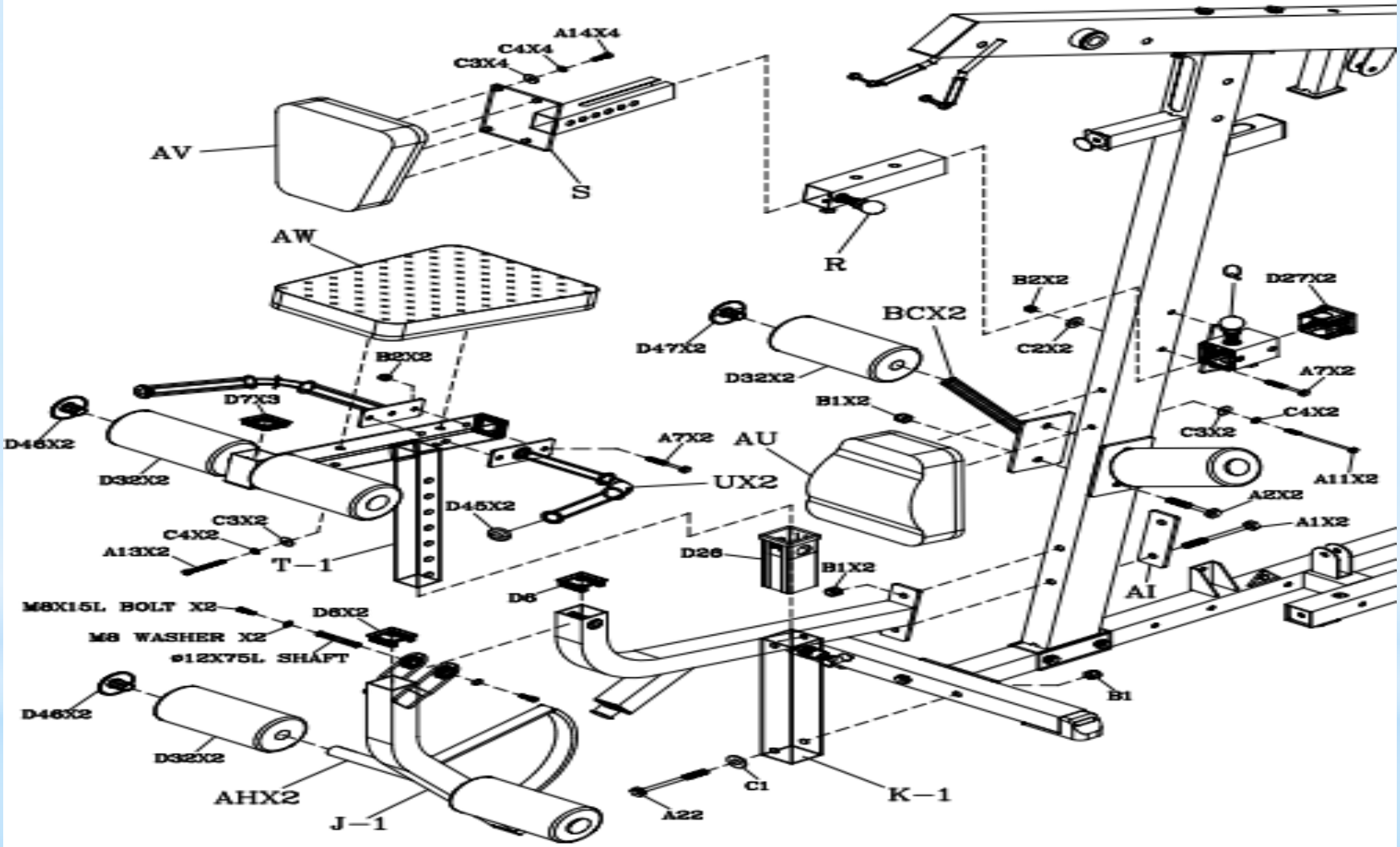
BE-1 [1PCS]



EXM—3000.9

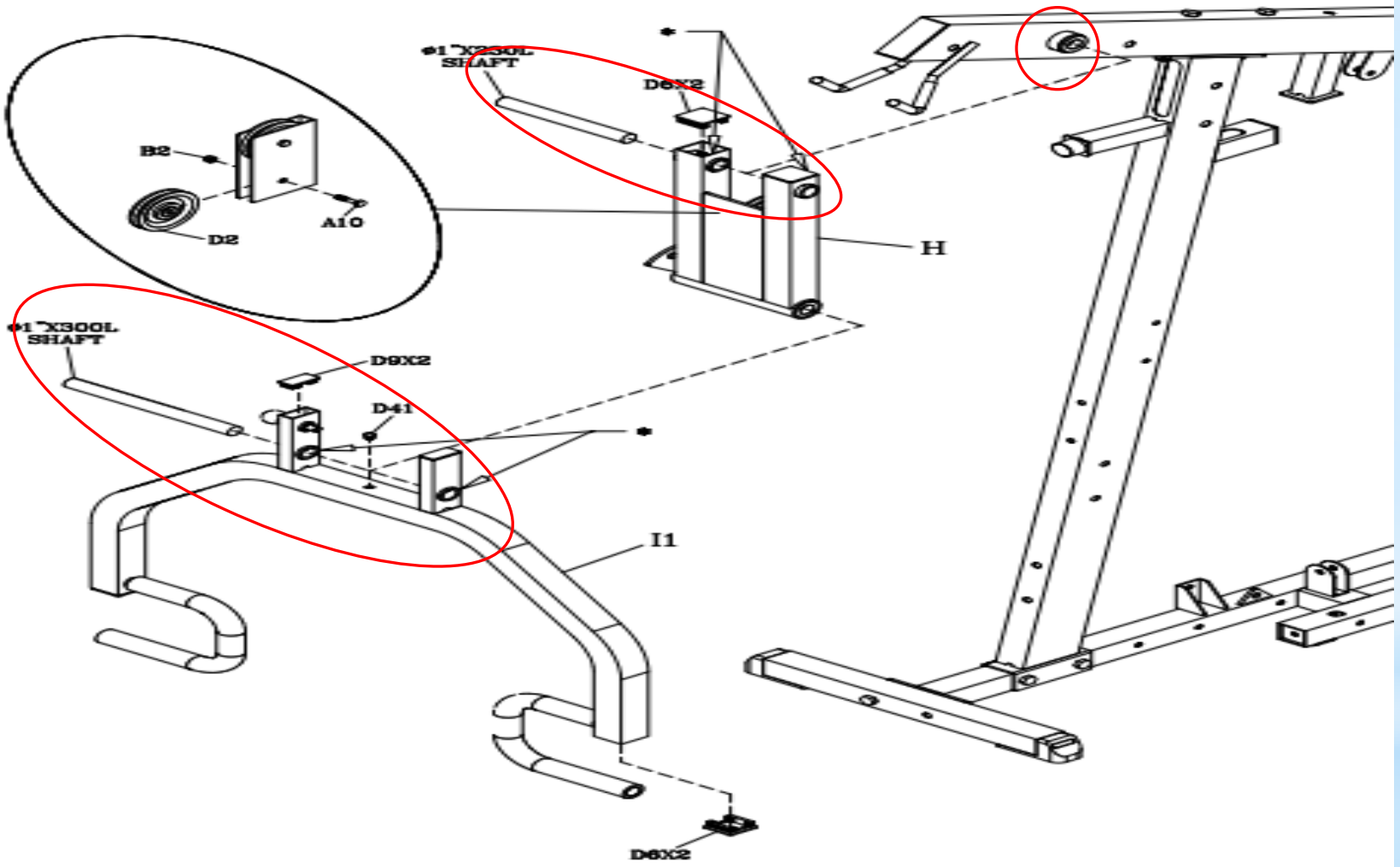

A1X2
G
D14
L
A3
D6X3
B2X4
D19X4
D
A1
C1
B2X3
D7
D19X4
A7X4
C1
B1
D15X3
A2
D2X3
B1
D44X4
B2
C2X3
A9X3
D19
D19
A7
D2X4
B1X2
D6
AEX4
D3
This pulley must be installed in this hole with enclosed bushings.
B
D31X2
D30X2
C8X2
A15X2
M10X16L
A19X2
A2X2
D5
AN
C—1
B2X2
D5
V
B1X2
D7X2
E
D5
D16X4
ADX4
A
B1
B1X2
C2X2
A7X2
D21X4
D5
A3X2
D2
B2
A10
A3
C1
F
D4X3

EXM－3000.9

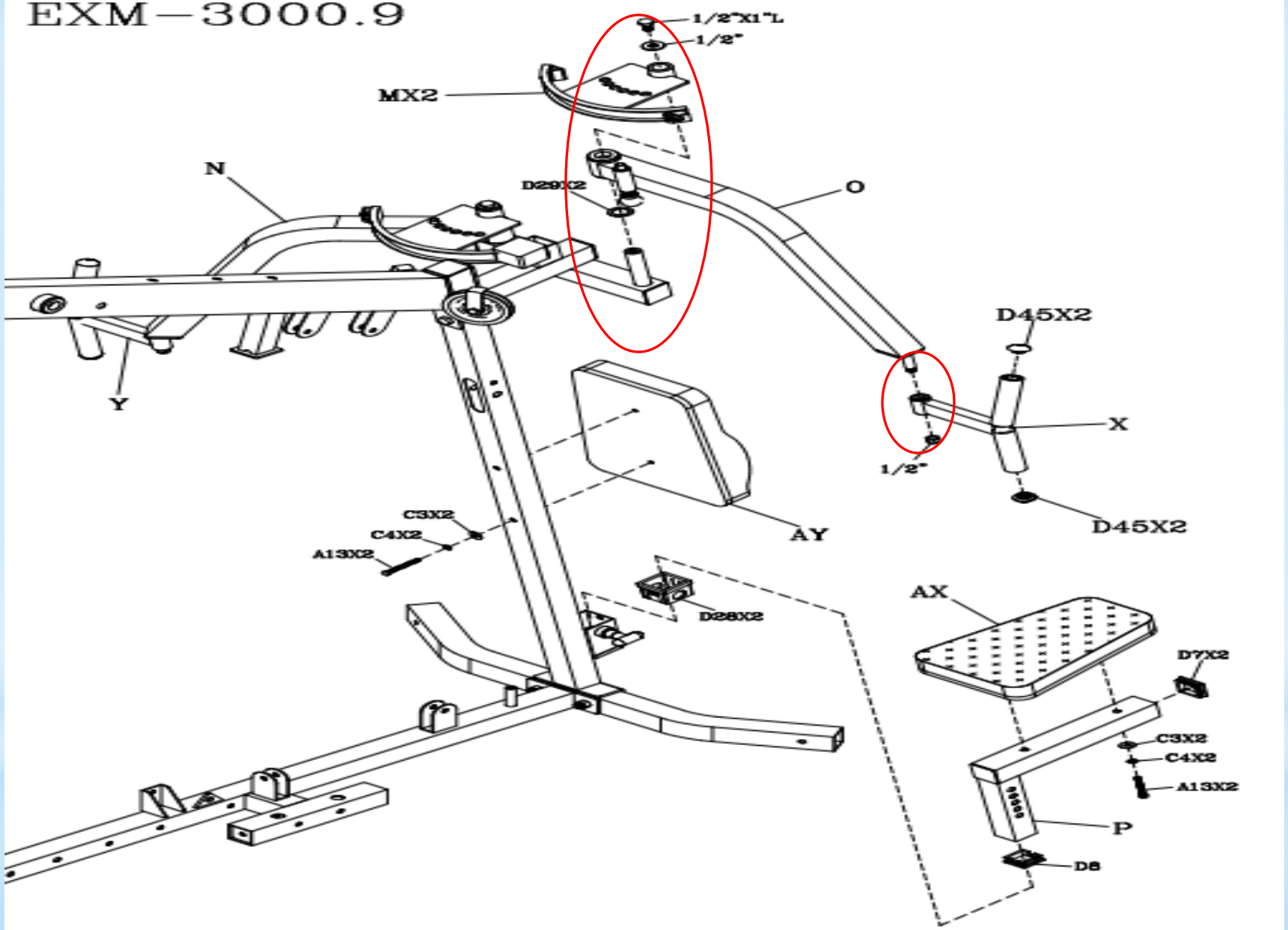

A14X4
C4X4
C3X4
AV
S
R
AW
B2X2
D47X2
D32X2
BCX2
Q
D27X2
C2X2
A7X2
B1X2
C4X2
C3X2
A11X2
A2X2
A1X2
AI
D46X2
D7X3
D32X2
A7X2
AU
UX2
D45X2
C3X2
C4X2
A13X2
T－1
D26
B1X2
D6
M8X15L BOLT X2
M8 WASHER X2
ø12X75L SHAFT
D6X2
D46X2
D32X2
AHX2
J－1
C1
A22
K－1
B1

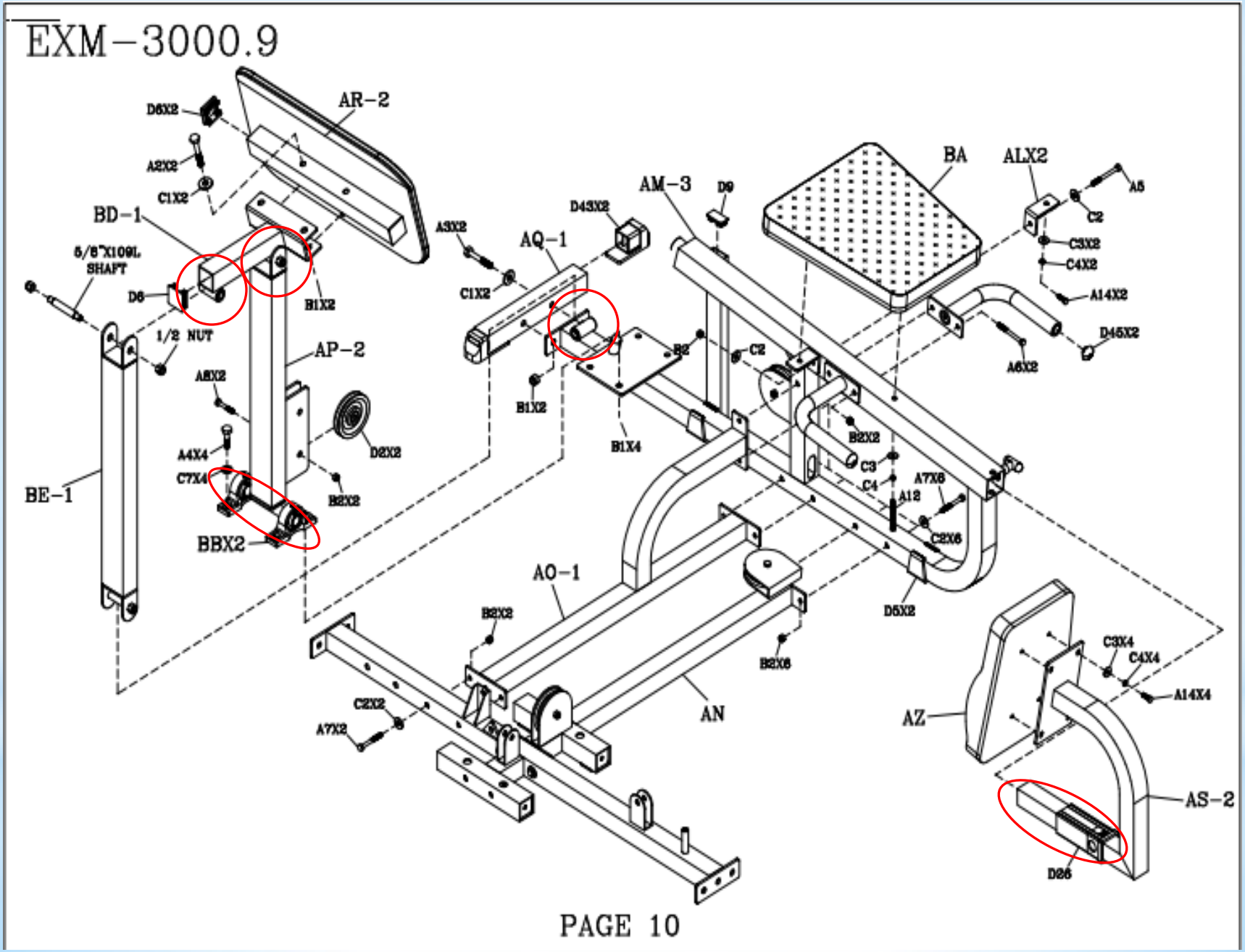
EXM—3000.9

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



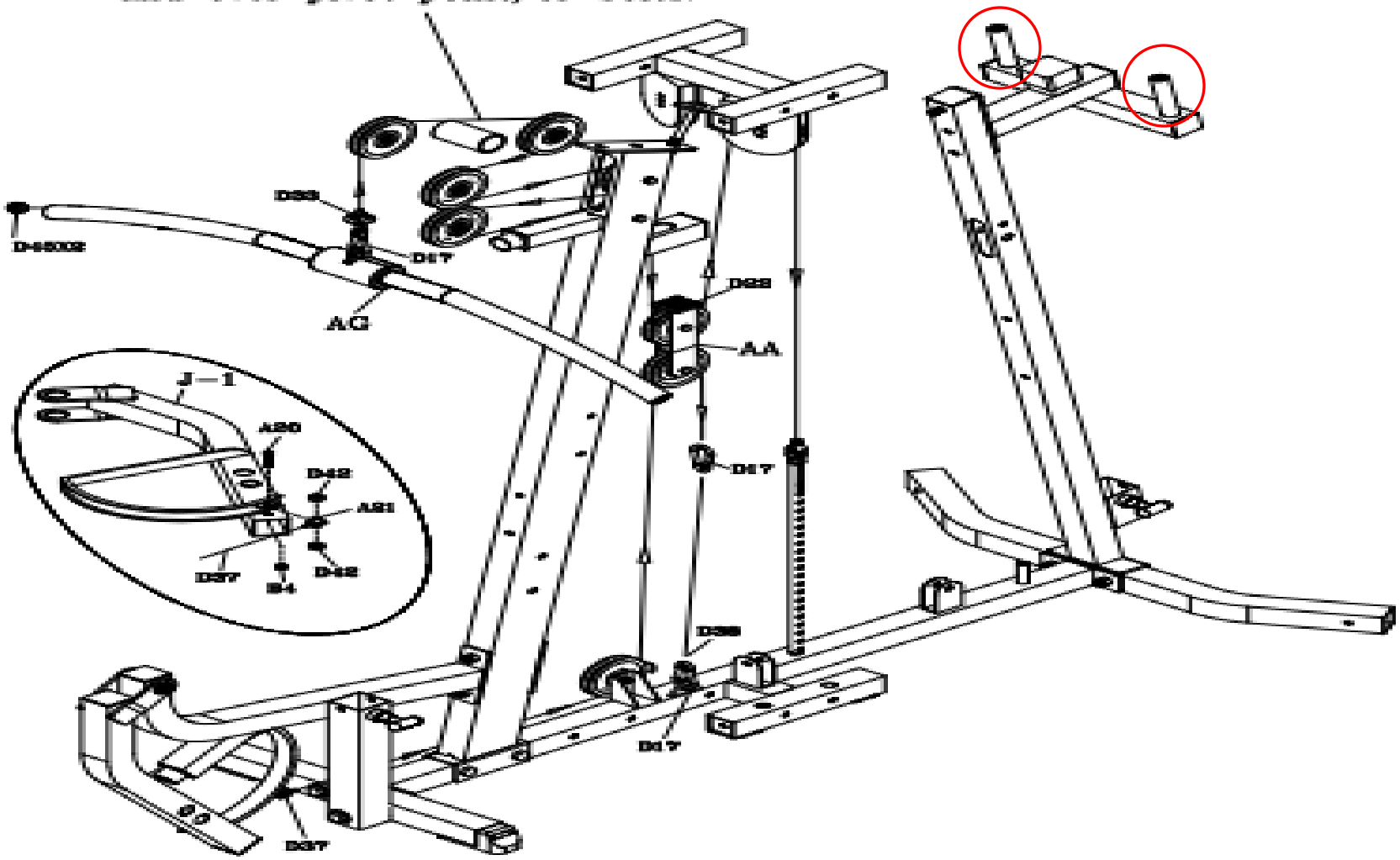
EXM-3000.9


1/2"X1"L
1/2"
MX2
N
D28X2
O
D45X2
Y
X
1/2"
D45X2
AY
C3X2
C4X2
A13X2
D28X2
AX
D7X2
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C4X2
A13X2
P
D8

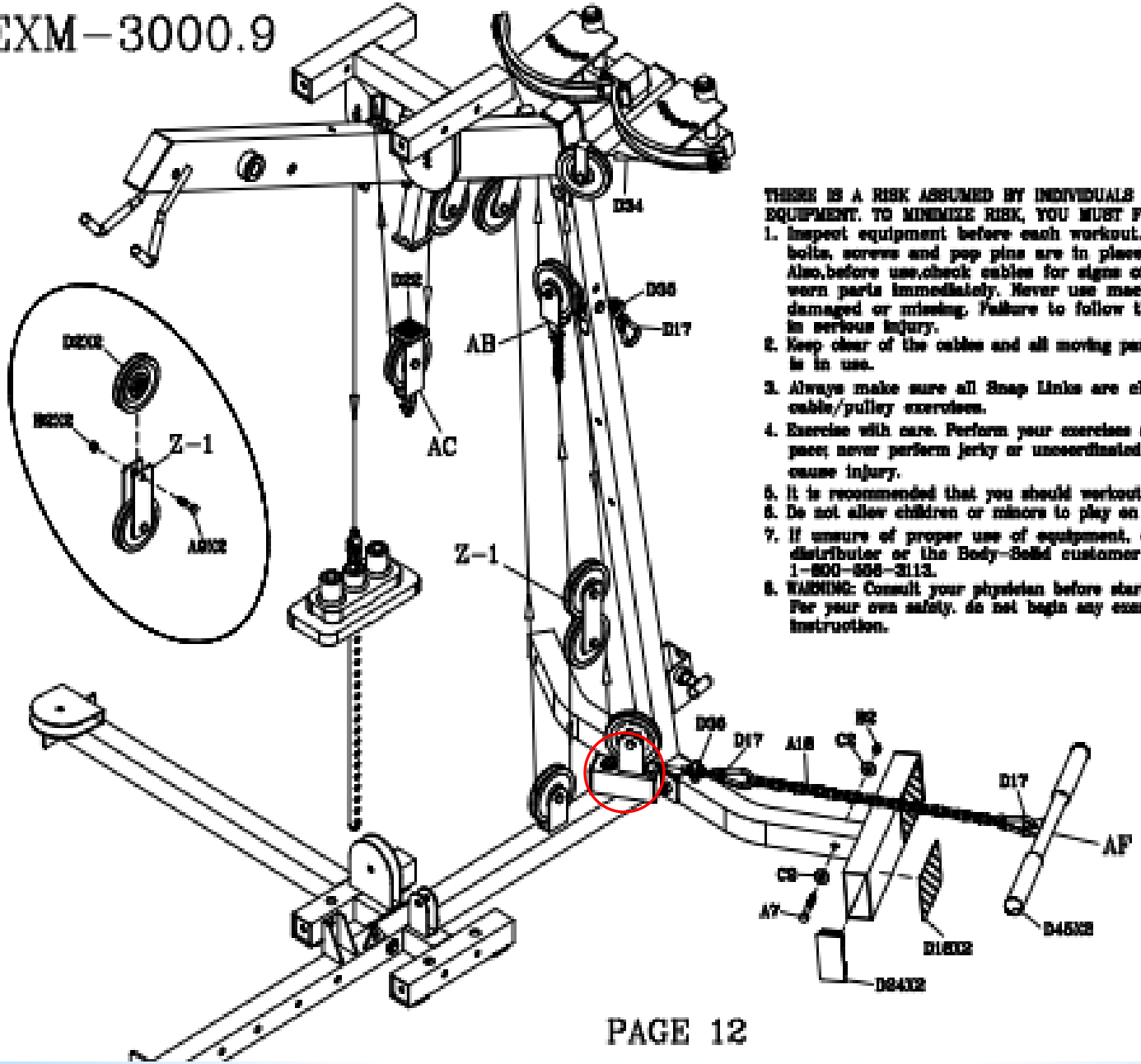

EXM-3000.9
AR-2
D6X2
A2X2
C1X2
BD-1
5/8"X109L SHAFT
D6
1/2 NUT
B1X2
AP-2
A8X2
A4X4
C7X4
D2X2
B2X2
BE-1
BBX2
A3X2
C1X2
AQ-1
D43X2
B1X2
B1X4
AM-3
D9
B2
C2
BA
ALX2
A5
C2
C3X2
C4X2
A14X2
D45X2
A6X2
B2X2
C3
C4
A7X6
A12
C2X6
D5X2
AO-1
B2X2
B2X6
AN
C2X2
A7X2
AZ
C3X4
C4X4
A14X4
AS-2
D26

EXM—3000.9

You must run cable through tubing and over pivot point/or bolts.



EXM-3000.9

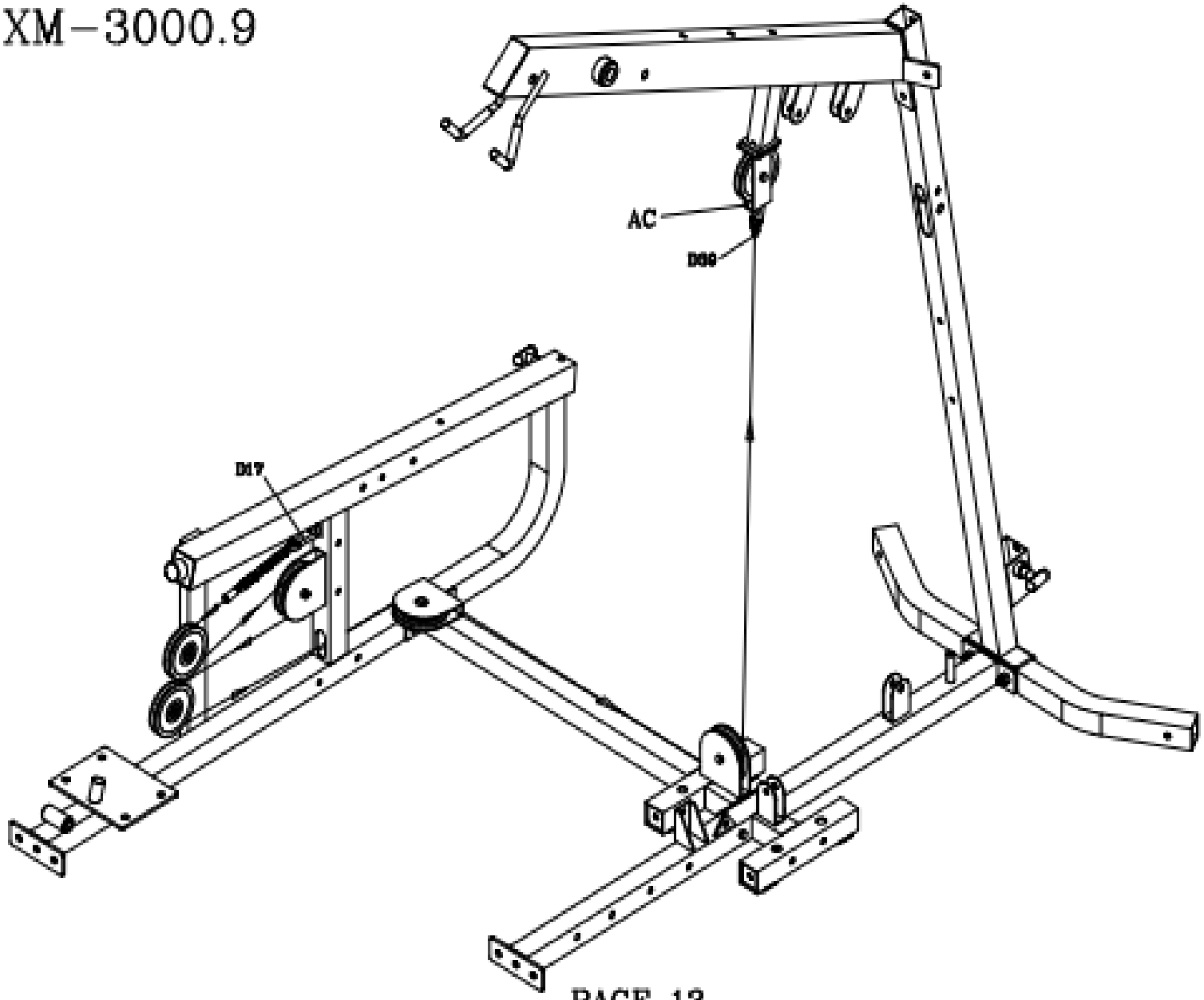


THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

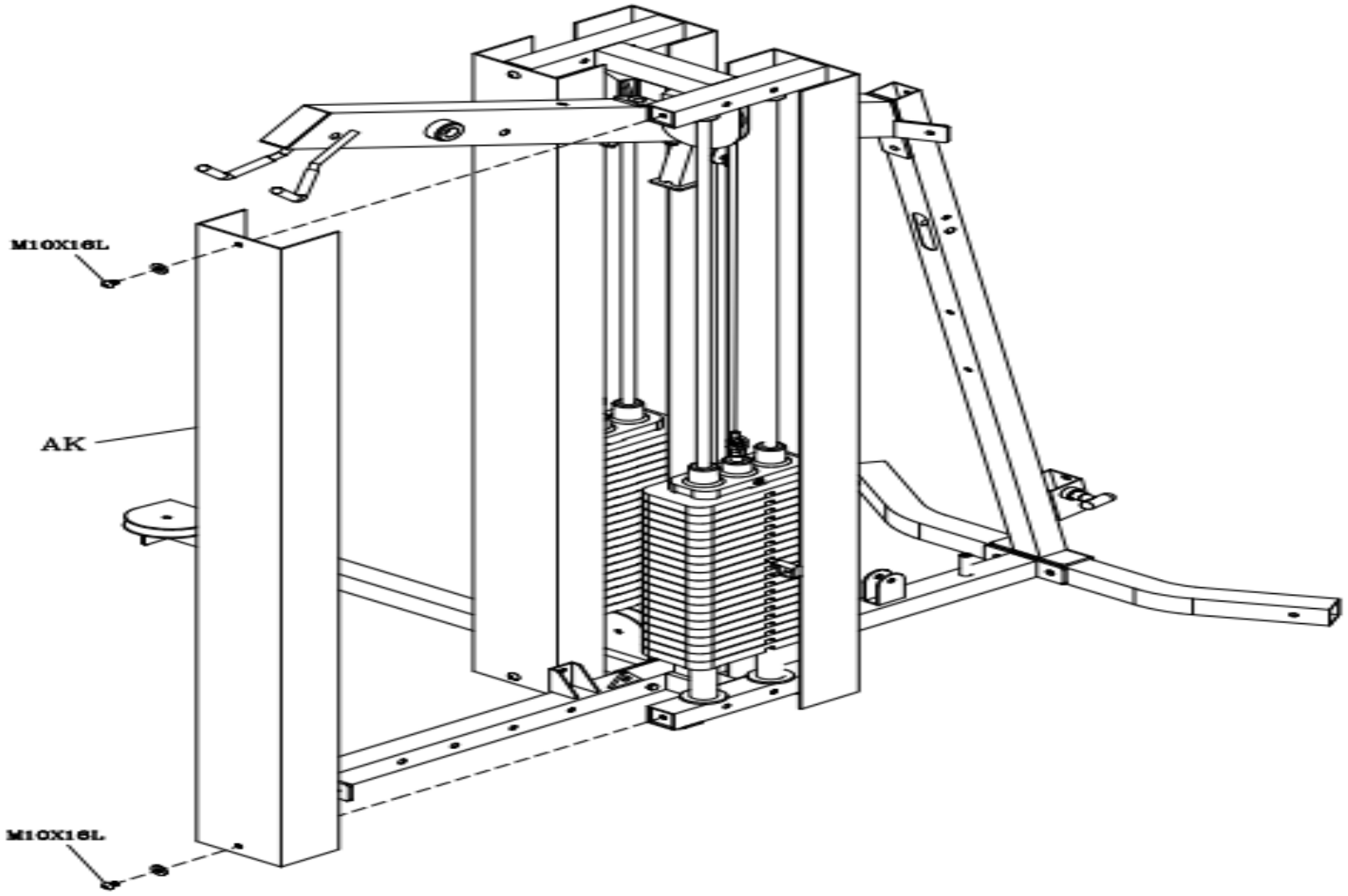
1. Inspect equipment before each workout. Checks that all nuts, bolts, screws and pop pins are in place and fully tightened. Also,before use,check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result 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.

RAIS-11-98

EXM-3000.9



EXM−3000.9



*Well done!

