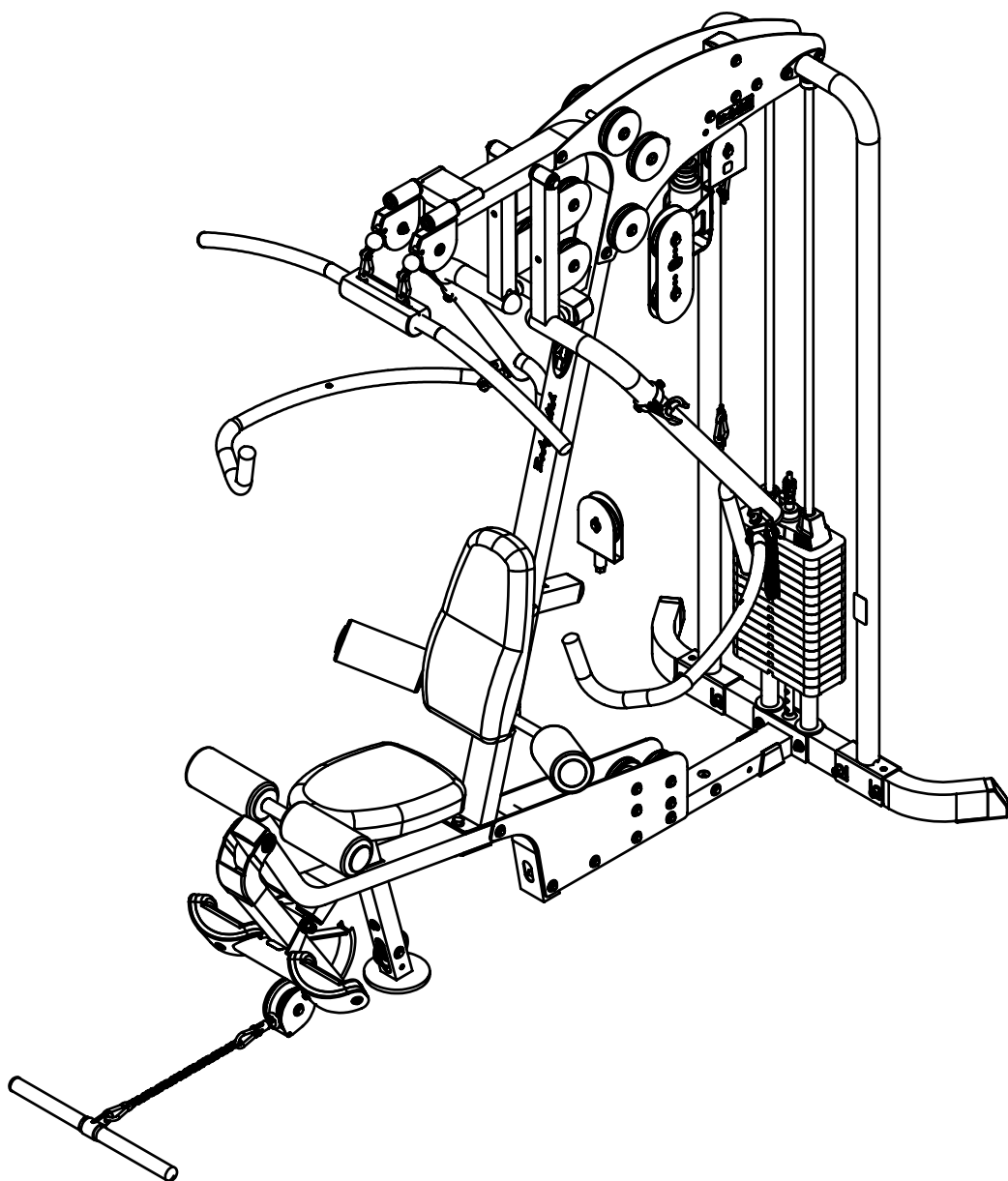


Body-Solid

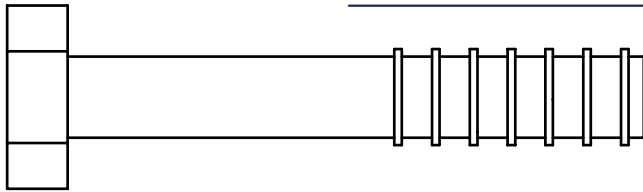


BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

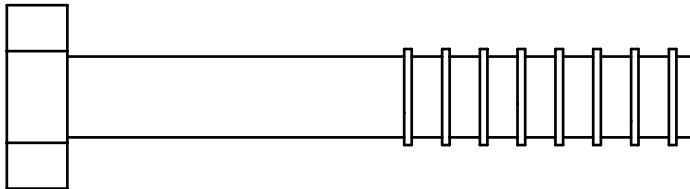
G4I.2 OWNER'S MANUAL

G4I ASSEMBLY INSTRUCTIONS

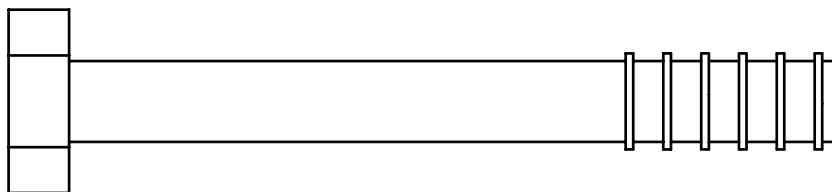
HARDWARE ILLUSTRATION



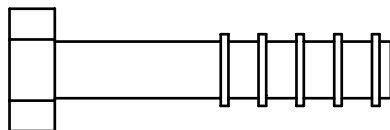
(A1)HEX BOLT 1/2"X3"L PARTIAL THREAD QTY.1



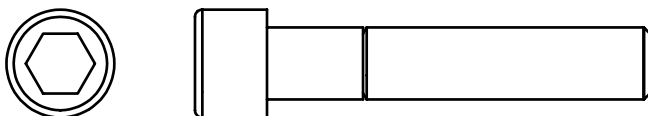
(A2)HEX BOLT 1/2"X3 1/4"L PARTIAL THREAD QTY.5



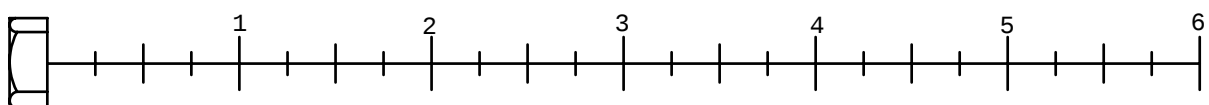
(A3)HEX BOLT 1/2"X4"L PARTIAL THREAD QTY.2



(A5)HEX BOLT 3/8"X1 3/4"L PARTIAL THREAD QTY.8

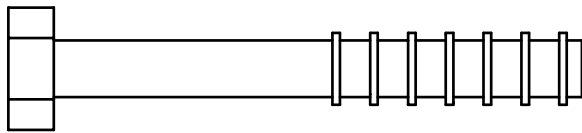


(A6)ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.1

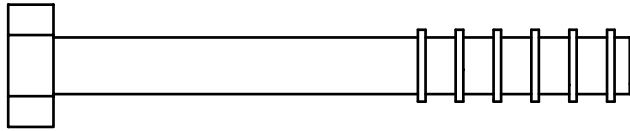


G4I ASSEMBLY INSTRUCTIONS

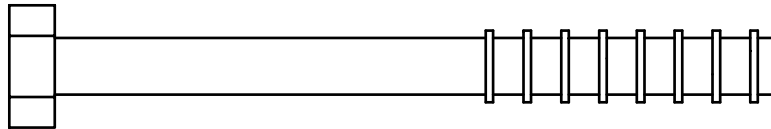
HARDWARE ILLUSTRATION



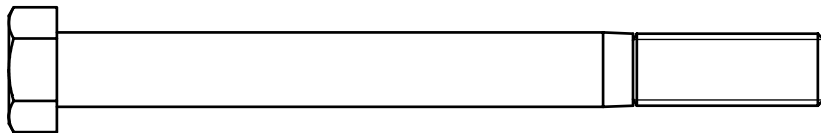
(A7)HEX BOLT 3/8"X2 3/4"L PARTIAL THREAD QTY.2



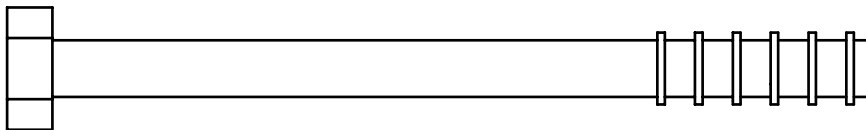
(A8)HEX BOLT 3/8"X3" PARTIAL THREAD QTY.2



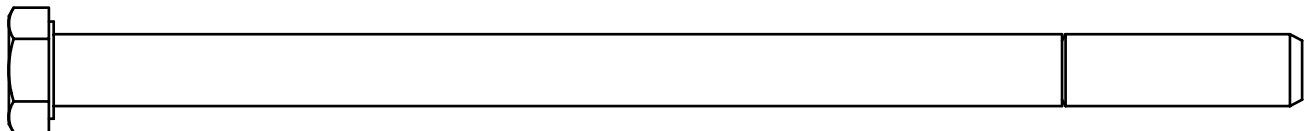
(A9)HEX BOLT 3/8"X3 3/4" PARTIAL THREAD QTY.8



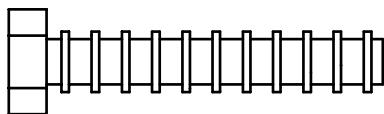
(A10)HEX BOLT 3/8"X4" PARTIAL THREAD QTY.9



(A11)HEX BOLT 3/8"X4 1/4"L PARTIAL THREAD QTY.4



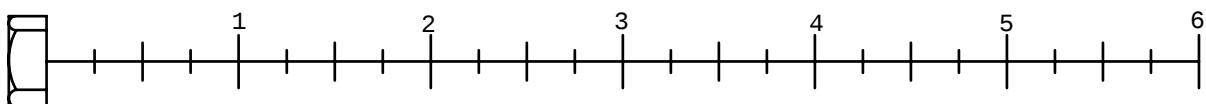
(A12)HEX BOLT 3/8"X6 1/2" PARTIAL THREAD QTY.3



(A13)HEX BOLT 5/16"X1 3/4"L PARTIAL THREAD QTY.4



(A14)ROUND ALLEN HEAD 5/16"X3/4"L PARTIAL THREAD QTY.4

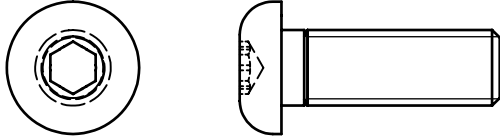


G4I ASSEMBLY INSTRUCTIONS

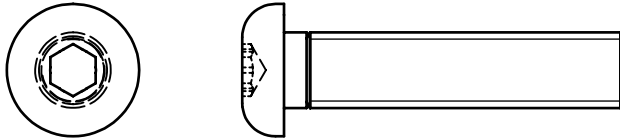
HARDWARE ILLUSTRATION



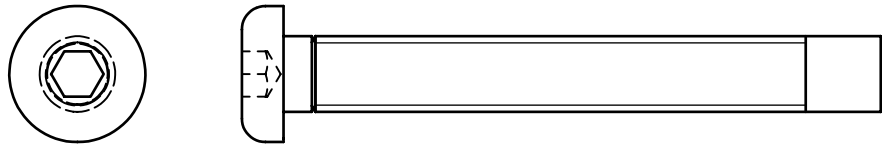
(A15)ROUND INNER HEX SCREW M4X12L PARTIAL THREAD QTY.2



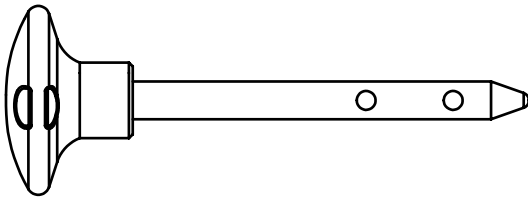
(A16)ROUND BOLT M10X30L PARTIAL THREAD QTY.1



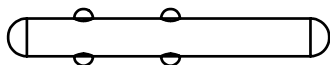
(A17)ROUND BOLT M10X45L PARTIAL THREAD QTY.2



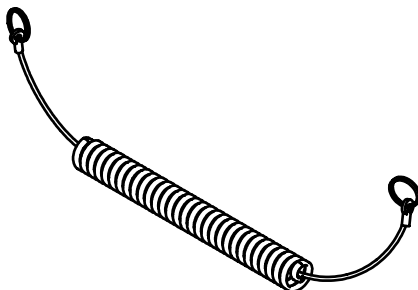
(A18)ROUND BOLT M10X80L PARTIAL THREAD QTY.2



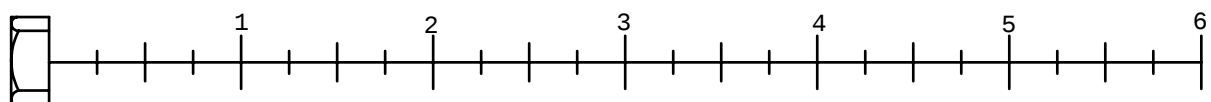
(A19)10LB PIN (8250-071) QTY.1



(A20)Ø10 FIXED PIN(8250-023) QTY.1

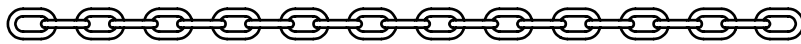


(A21) ELASTIC BOLT QUT.1



G4I ASSEMBLY INSTRUCTIONS

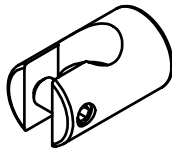
HARDWARE ILLUSTRATION



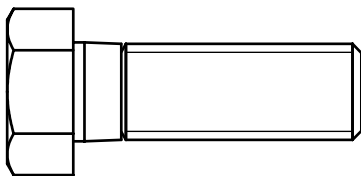
(A22)23 STEEL CHAIN (8820-002) QTY.1



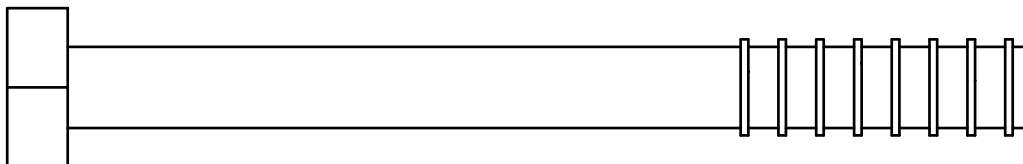
(A23)12 STEEL CHAIN (8820-008) QTY.2



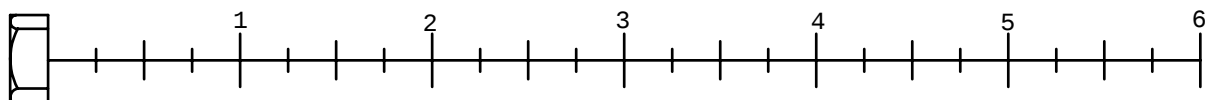
(A24)FIRM SHEATH(8890-010) QTY.1



(A25)HEX BOLT 1/2"X1 1/2"L PARTIAL THREAD QTY.1

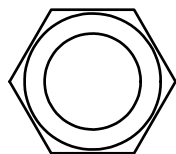
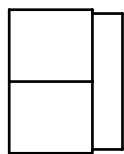


(A26)HEX BOLT 1/2"X5"L PARTIAL THREAD QTY.1

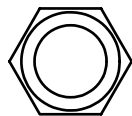
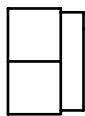


G4I ASSEMBLY INSTRUCTIONS

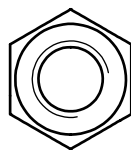
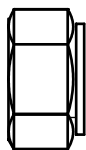
HARDWARE ILLUSTRATION



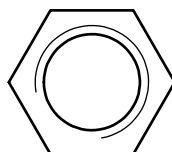
(B1)NYLON LOCK NUT 1/2" QTY.8



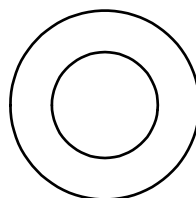
(B2)NYLON LOCK NUT 3/8" QTY.36



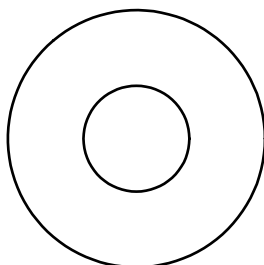
(B3)NYLON LOCK NUT M10 QTY.5



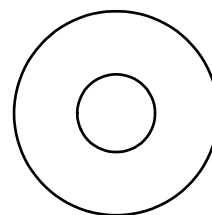
(B5)NUT 1/2"-13UNC QTY.1



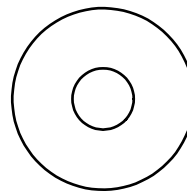
(C1)1/2"(I.D.)FLAT WASHER Ø25 QTY.16



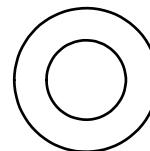
(C2)1/2"(I.D.)FLAT WASHER Ø34 QTY.6



(C3)3/8"(I.D.)FLAT WASHER Ø27 QTY.76



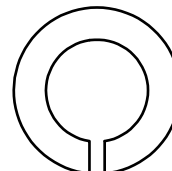
(C4)5/16"(I.D.)FLAT WASHER Ø24 QTY.8



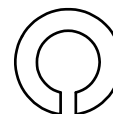
(C5)M10(I.D.)FLAT WASHER Ø19 QTY.4



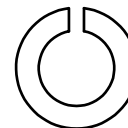
(C6) M4(I.D.)FLAT WASHER Ø12 QTY.2



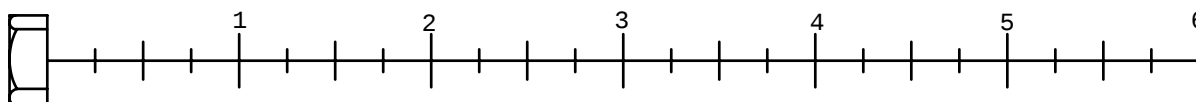
(C7) 1/2"SPRING WASHER QTY.1



(C8) 5/16"SPRING WASHER QTY.8

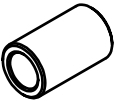
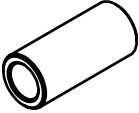
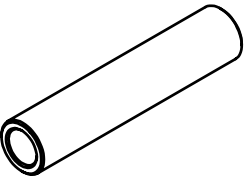
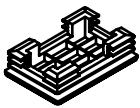
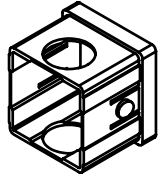
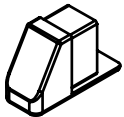
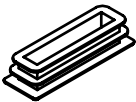
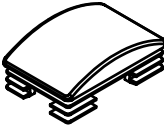
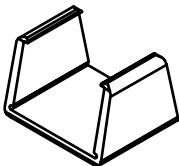
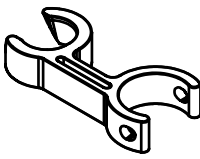
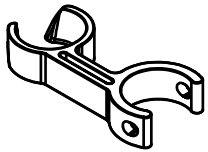
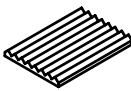
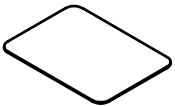


(C9) 3/8"SPRING WASHER QTY.1



G4I ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1	D2				D1. Ø3/4"X8L STEEL BUSHING (8110-014) -----[1PCS]
					D2. Ø3/4"X12L STEEL BUSHING (8110-016A) -----[1PCS]
D3	D4				D3. Ø5/8"X26L STEEL BUSHING (8110-037) -----[10PCS]
					D4. Ø5/8"X35L STEEL BUSHING (8110-043) -----[2PCS]
D5	D6				D5. Ø5/8"X75L STEEL BUSHING (8110-044) -----[4PCS]
					D6. Ø5/8"X8L STEEL BUSHING (8110-045) -----[6PCS]
D7	D8				D7. Ø3/4"X6.5L STEEL BUSHING (8110-055) -----[1PCS]
					D8. Ø1" CU WASHER (8520-008) -----[2PCS]
D9	D10				D9. Ø10X13L PULLEY SPACER (8530-014) -----[2PCS]
					D10. Ø8 SPRING SNAP LINK (8810-001) -----[7PCS]
D11	D12				D11. 50X75X2.5t END CAP (9211-012) -----[2PCS]
					D12. Ø1"X1.6t ROUND END CAP (9211-022) -----[4PCS]
D13	D14				D13. Ø38X1.6t ROUND END CAP (9211-023) -----[2PCS]
					D14. 60X50 NYLON BUSHING (9211-033) -----[2PCS]
D15	D16				D15. Ø3/4" SHAFT COLLAR (9211-046) -----[2PCS]
					D16. 50X75X2.5t FOOT CAP (9211-048) -----[2PCS]
D17	D18				D17. 25X50X2t END CAP (9211-070) -----[2PCS]
					D18. Ø50 ROUND END CAP (9211-074) -----[4PCS]
D19	D20				D19. 50X75X2.5t END CAP (9211-084) -----[2PCS]
					D20. 25X50X2.5t END CAP (9211-086) -----[1PCS]
D21	D22				D21. 50X50X1.8t END CAP (9211-087) -----[3PCS]
					D22. FRAME LEVELER (9212-011) -----[1PCS]
D23	D24				D23. Ø3" NYLON WASHER (9214-008) -----[2PCS]
					D24. Ø49XØ36 FASTENING HOLDER (9219-003) -----[1PCS]
D25	D26				D25. Ø49XØ36 FASTENING HOLDER (9219-004) -----[1PCS]
					D26. Ø1"X2.5t ROUND END CAP (9260-021) -----[6PCS]
D27	D28				D27. 38X38 RUBBER PAD (9310-001) -----[1PCS]
					D28. Ø2-1/2" RUBBER DOUNT (9310-010) -----[2PCS]
D29	D30				D29. 38X50 RUBBER PAD (9310-028) -----[1PCS]
					D30. 70X95 RUBBER PAD (9310-034) -----[1PCS]

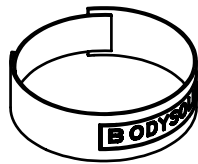
G4I ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

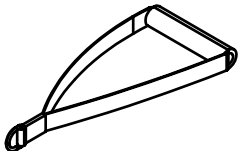
D31



D32



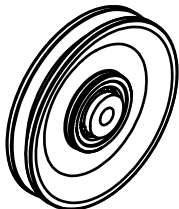
D33



D34



D35



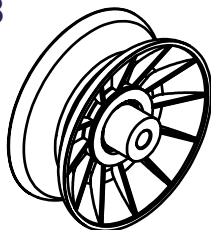
D36



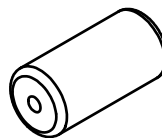
D37



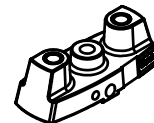
D38



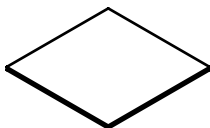
D39



D40



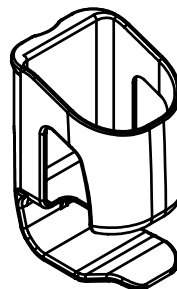
D41



D42



D43



D44



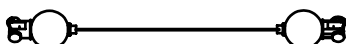
D45



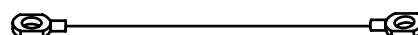
D48



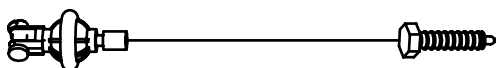
D46



D49



D47



D50

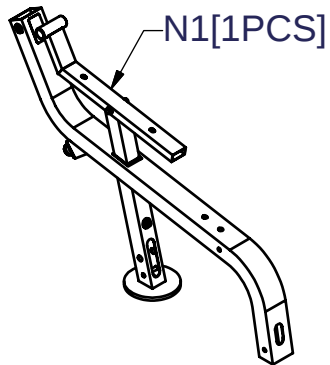


D31.45X70 NO-SLIP TAPE (9310-053)	[1PCS]
D32.LABEL ELASTIC BELT (9630-056)	[1PCS]
D33.HANDLE (9630-065)	[1PCS]
D34.ANKLE STRAP (50NAS2)	[1PCS]
D35.Ø4 1/4"x22t PULLEY(9213-002C)	[20PCS]
D36.Ø3" PULLEY(9213-006B)	[1PCS]
D37.Ø3 1/2" PULLEY(9213-011A)	[1PCS]
D38.Ø110X22t PULLEY(9213-022A)	[1PCS]
D39.Ø4"X23X8" FOAM ROLLER (9161-032)	[4PCS]
D40.TOP PLATE (8400-006)	[1PCS]
D41.RUBBER DOUNT (9190-006)	[1PCS]
D42.IMMOBILE BOARD (8388-025)	[1PCS]
D43.KETTKE RACK (9260-086)	[1PCS]
D44. KETTKE (9260-107)	[1PCS]
D45.WEIGHT SELECTOR BAR (8210-042A)	[1PCS]
D46.6885mm STEEL CABLE	[1PCS]
D47.4475mm STEEL CABLE	[1PCS]
D48.2800mm STEEL CABLE	[1PCS]
D49.810mm STEEL CABLE	[1PCS]
D50.757mm STEEL CABLE	[1PCS]

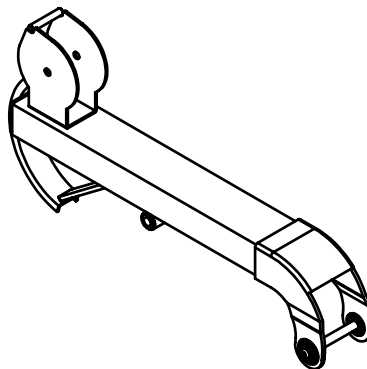
G4I ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

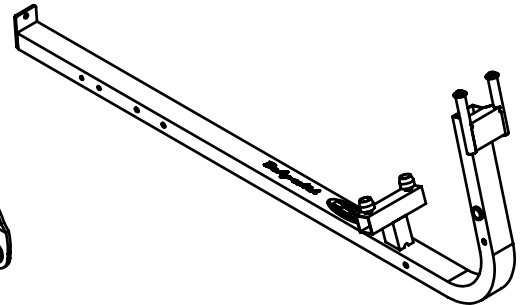
A2[1PCS]



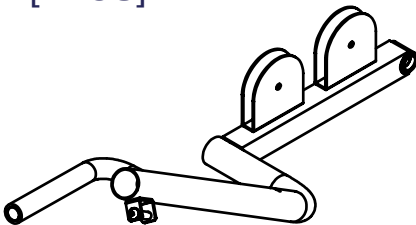
B[1PCS]



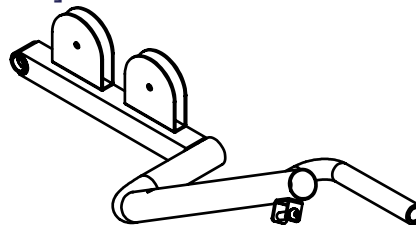
C[1PCS]



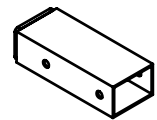
D[1PCS]



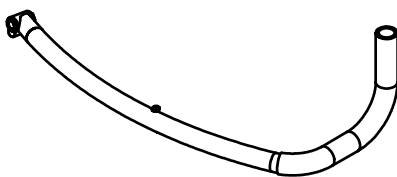
E[1PCS]



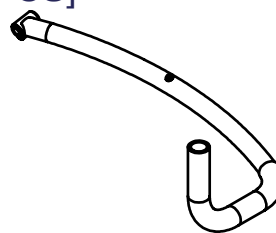
G[1PCS]



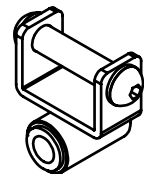
H[1PCS]



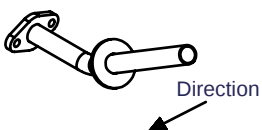
I[1PCS]



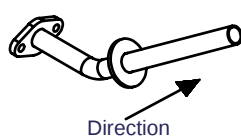
J[2PCS]



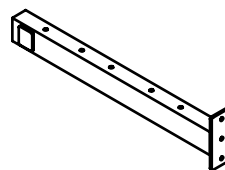
K[1PCS]



M[1PCS]



Q[1PCS]



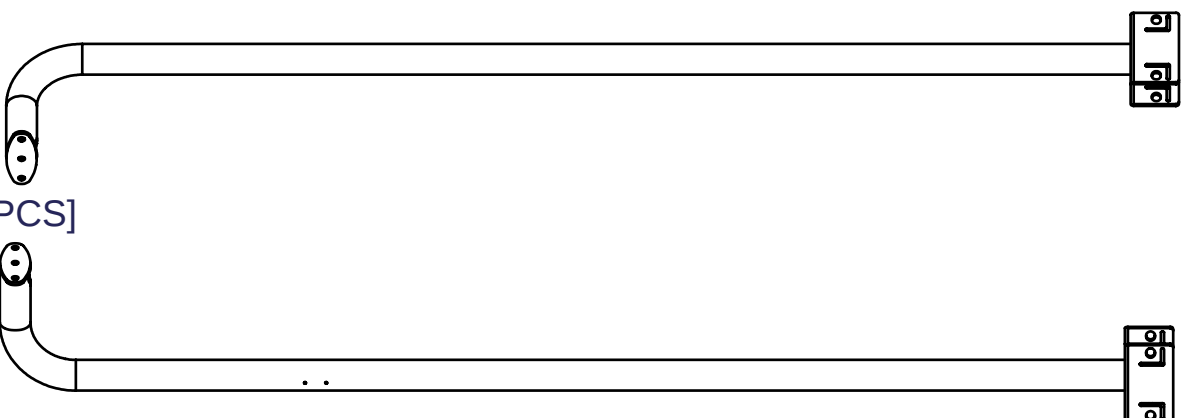
R[1PCS]



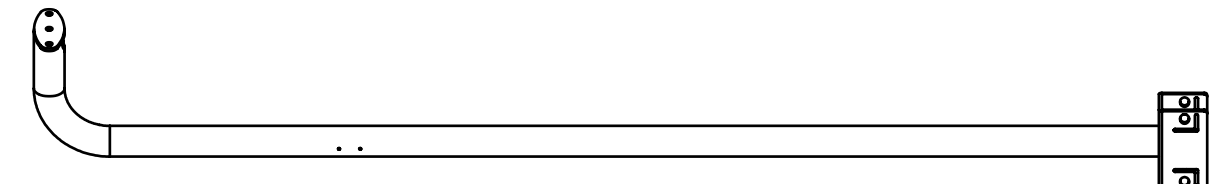
S[2PCS]



O[1PCS]

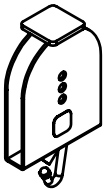


P[1PCS]



PARTS ILLUSTRATION

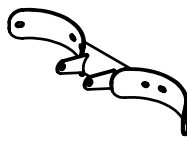
T[1PCS]



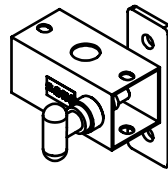
U[2PCS]



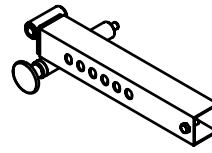
V[1PCS]



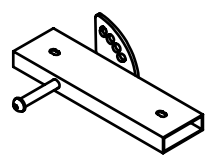
X1[1PCS]



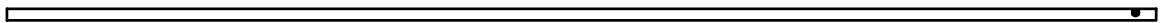
Y1[1PCS]



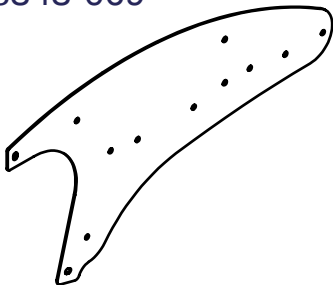
Z[1PCS]



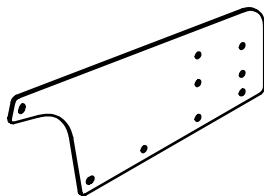
AA[2PCS]



AB[2PCS]
8343-069



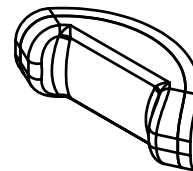
AC[2PCS]
8360-049



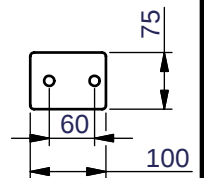
AD[6PCS]
8343-065



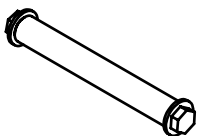
AE[2PCS]
9133-007



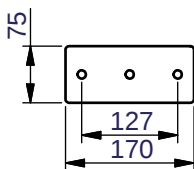
AF[1PCS]
8313-071



AG[1PCS]



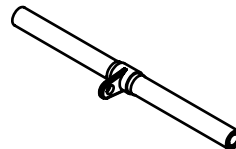
AH[1PCS]
8313-098



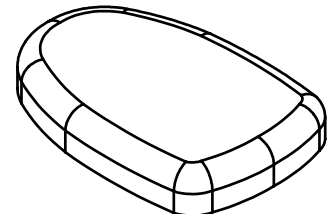
AI[2PCS]
8343-110



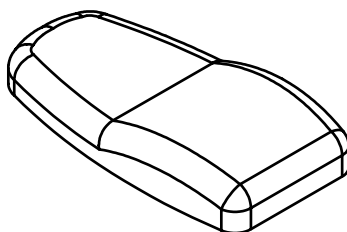
AJ[1PCS]



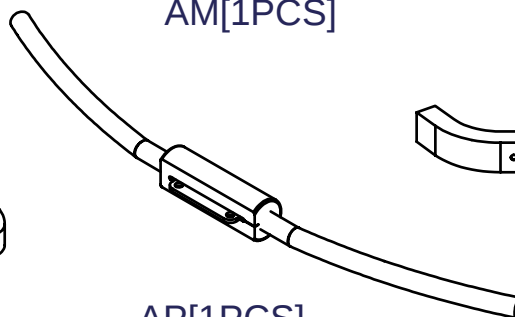
AK[1PCS]
9121-045



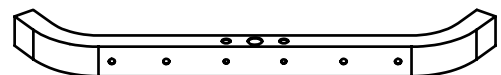
AL[1PCS]
9111-048



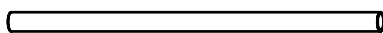
AM[1PCS]



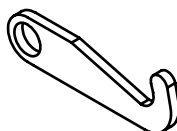
AN[1PCS]



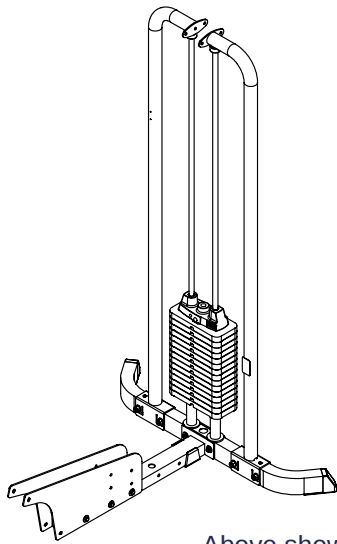
AO[1PCS]



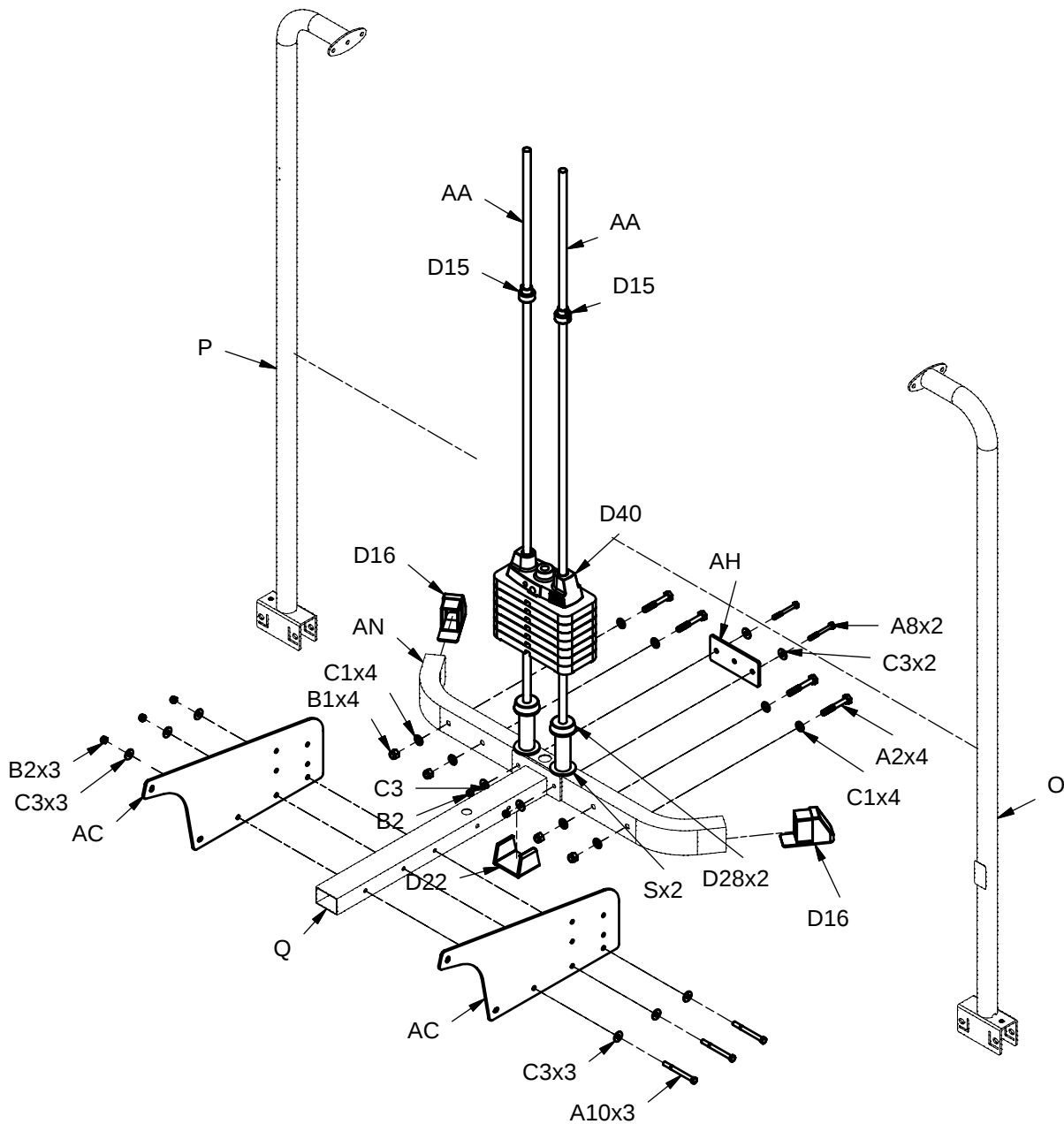
AP[1PCS]
8341-050



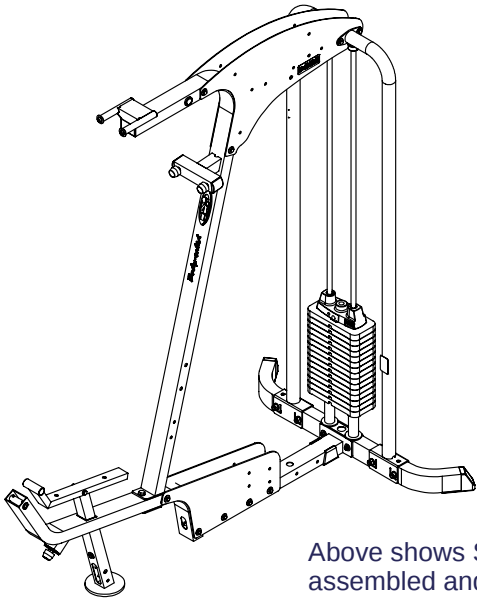
G4I ASSEMBLY INSTRUCTIONS



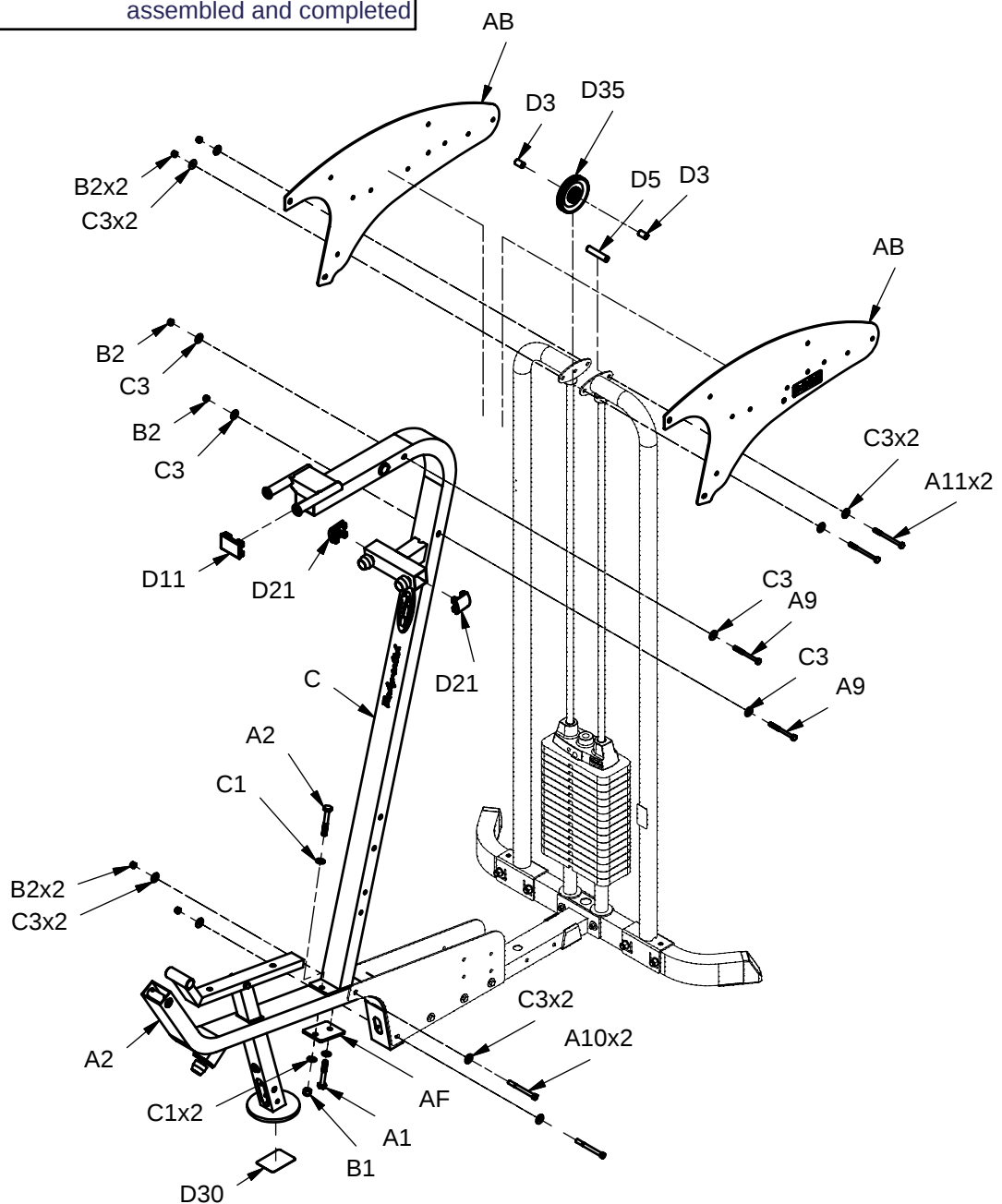
Above shows STEP 1
assembled and completed



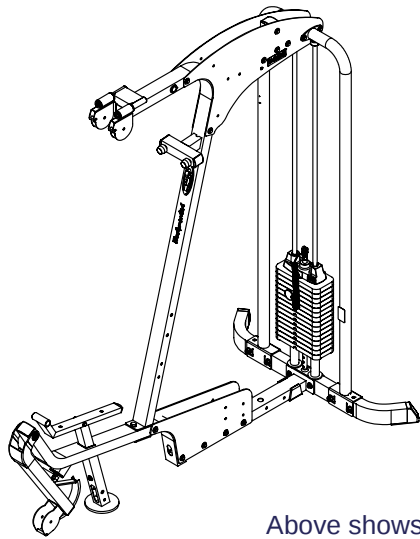
G4I ASSEMBLY INSTRUCTIONS



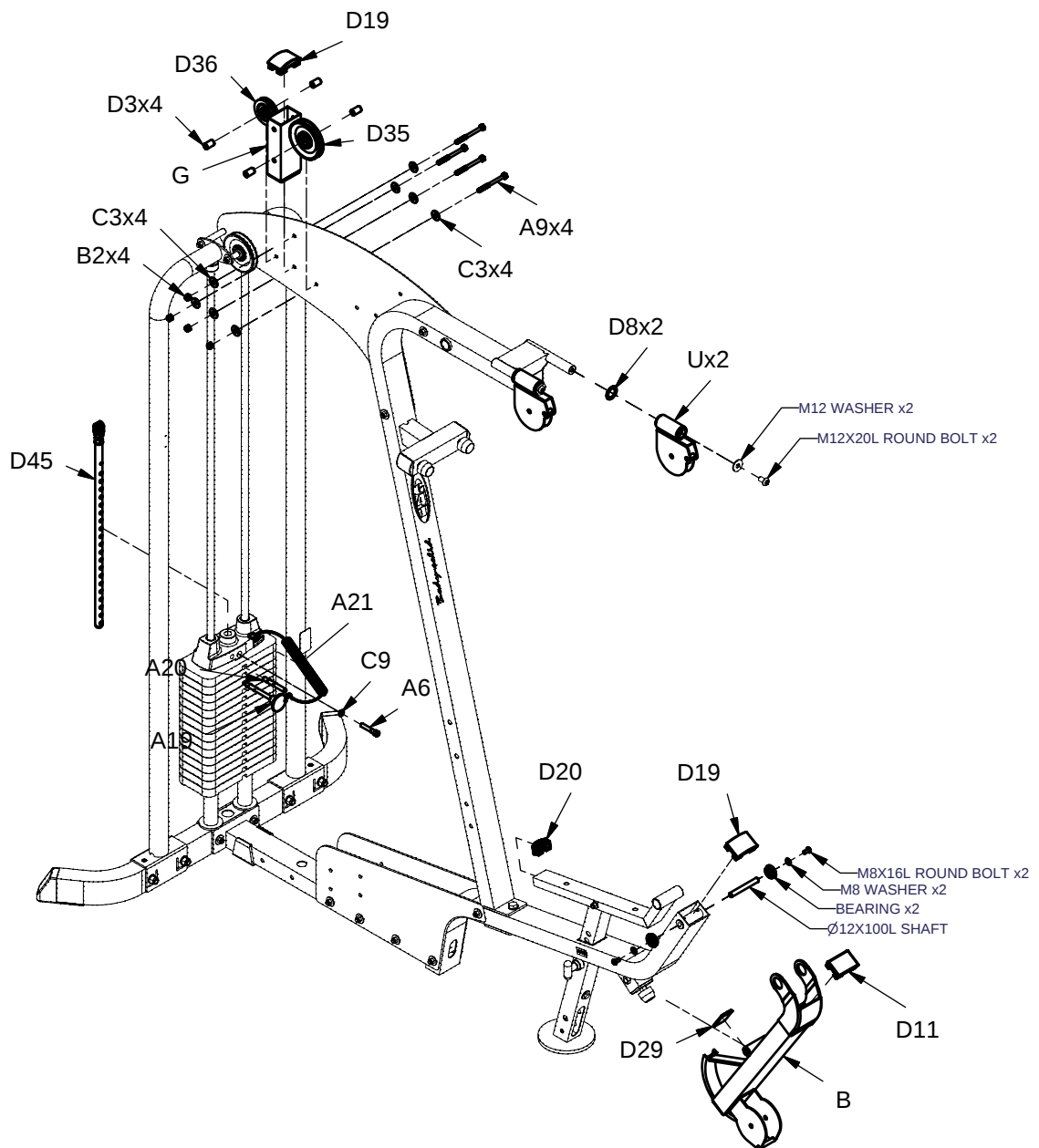
Above shows STEP 2
assembled and completed



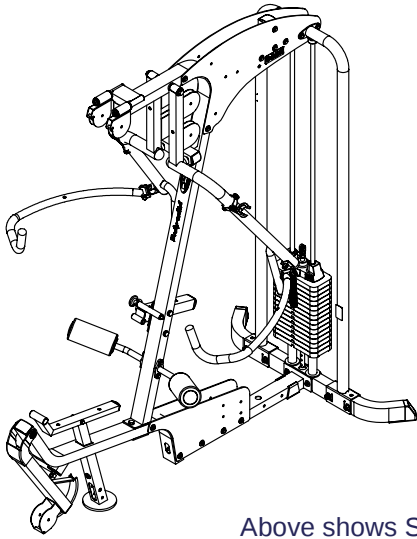
G4I ASSEMBLY INSTRUCTIONS



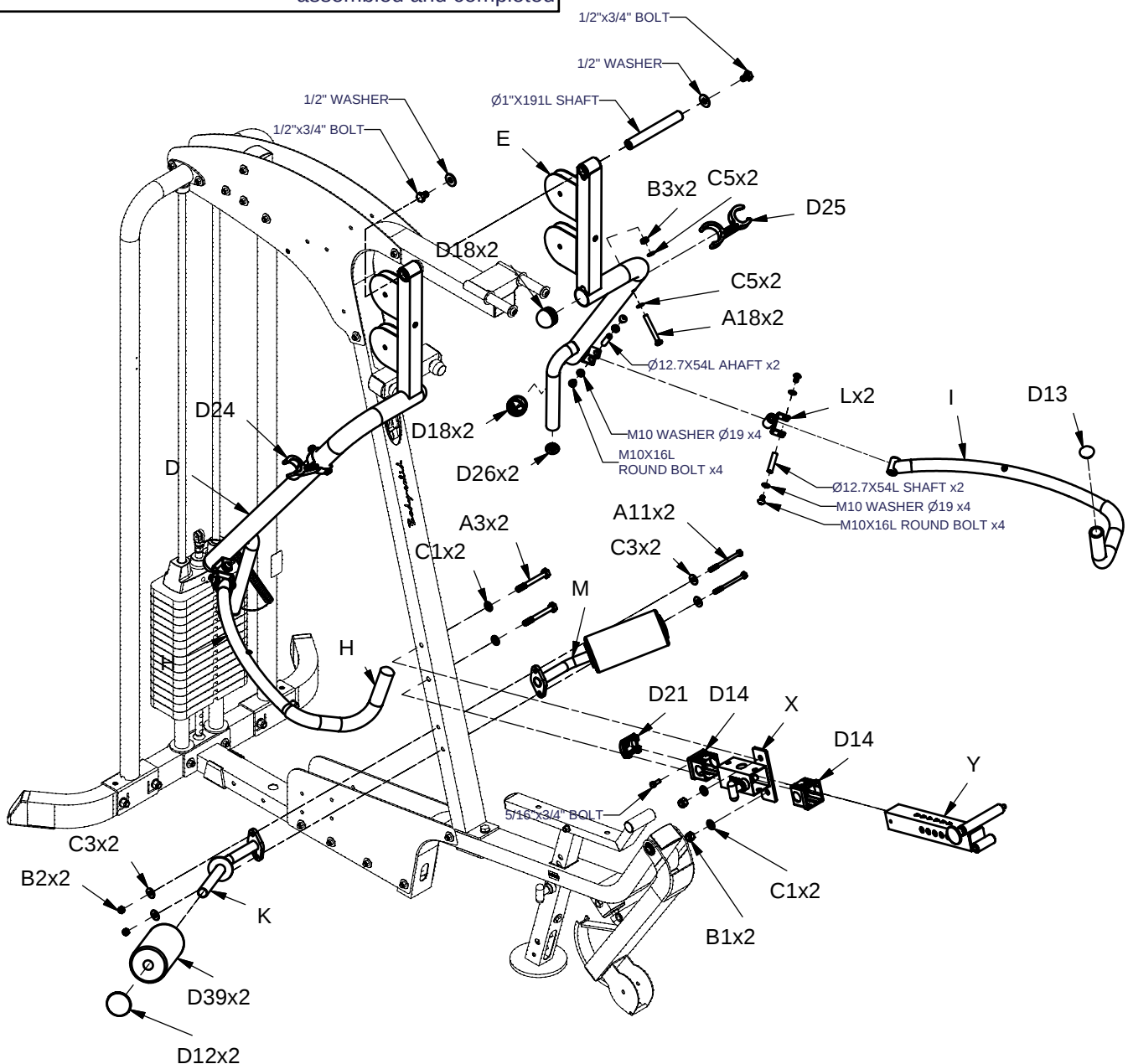
Above shows STEP 3
assembled and completed



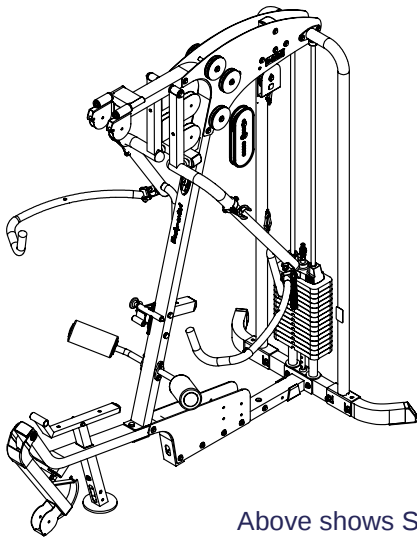
G4I ASSEMBLY INSTRUCTIONS



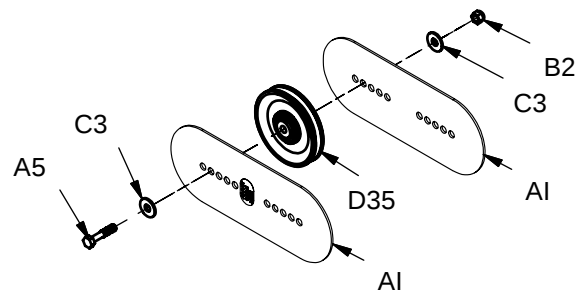
Above shows STEP 4
assembled and completed



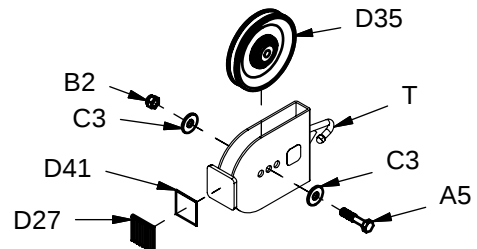
G4I ASSEMBLY INSTRUCTIONS



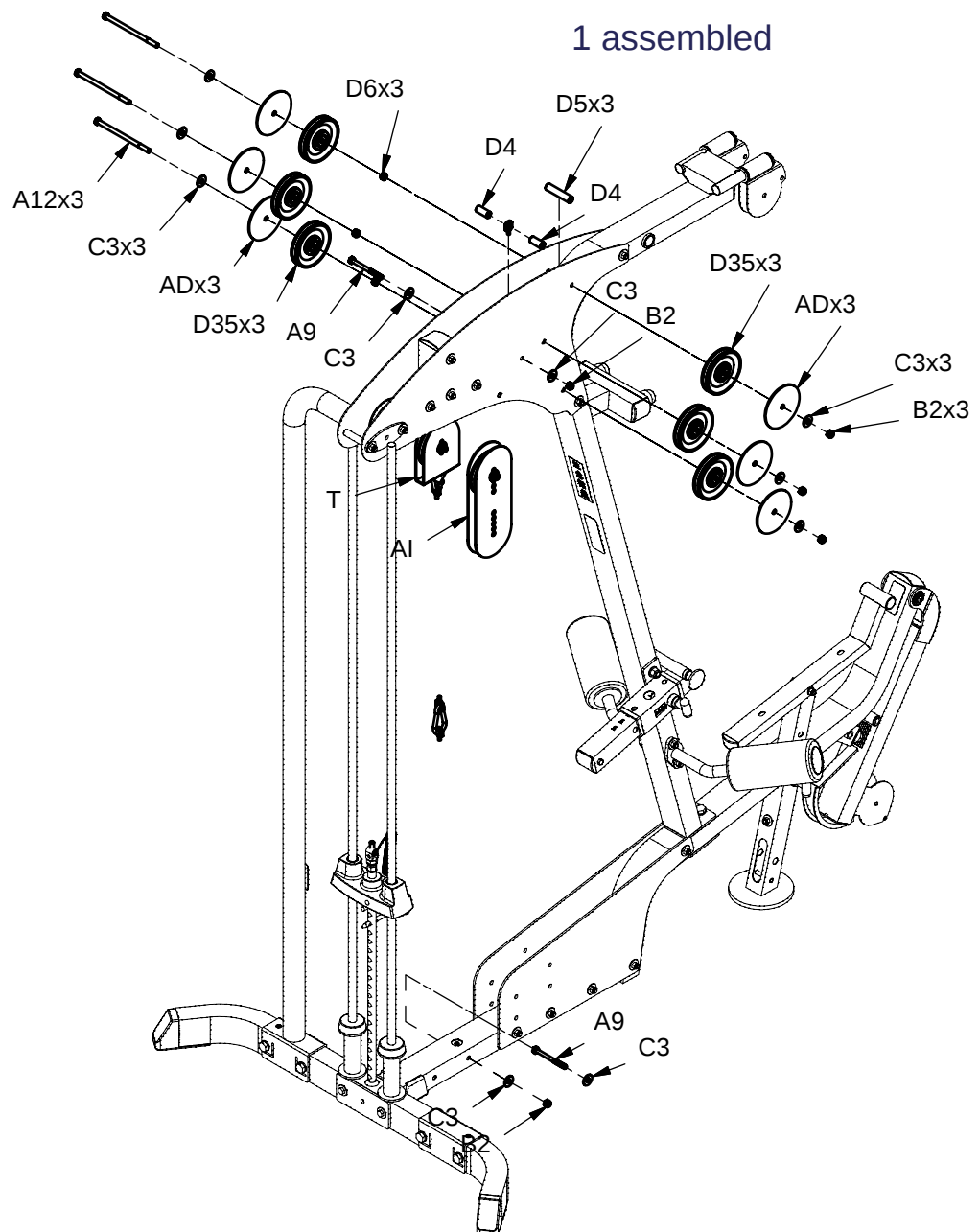
Above shows STEP 5
assembled and completed



1 assembled

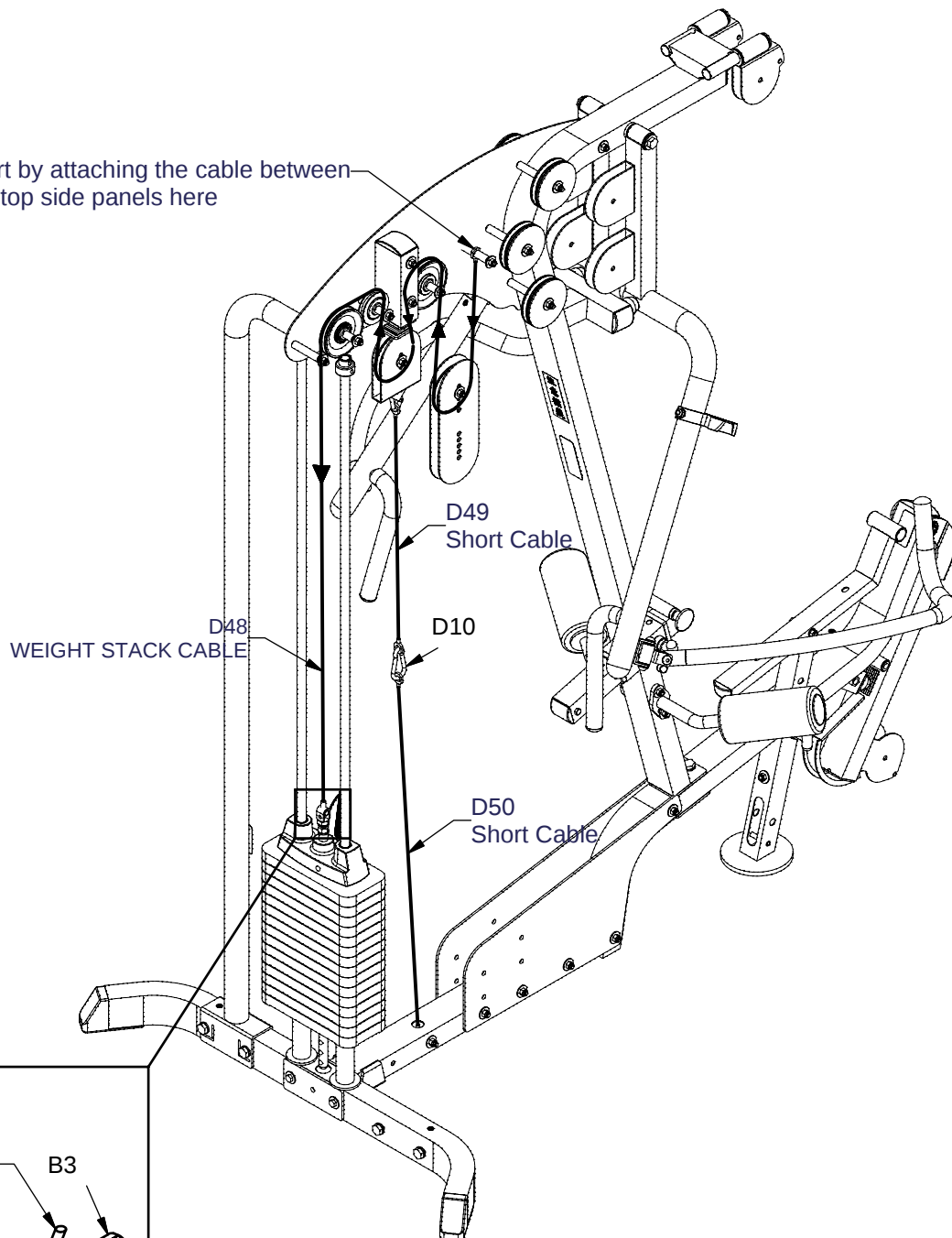


1 assembled

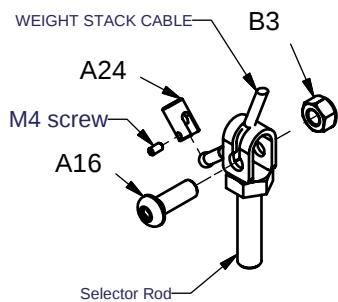


Cable to constitute illustration

Start by attaching the cable between the top side panels here



Attention :

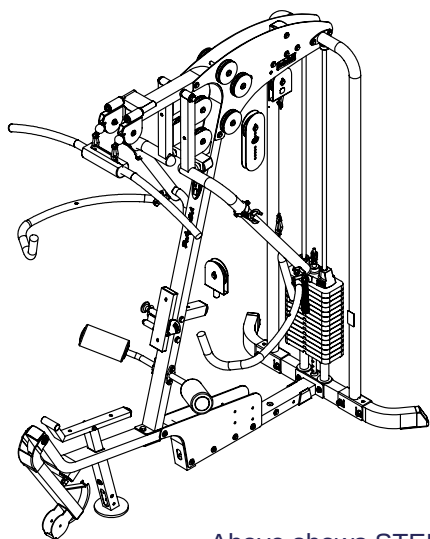


D48  

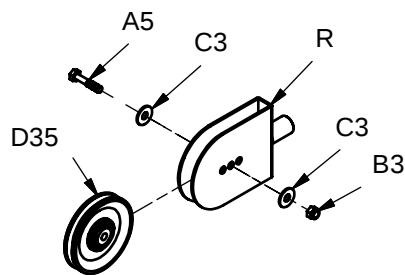
D49  

D50  

G4I ASSEMBLY INSTRUCTIONS

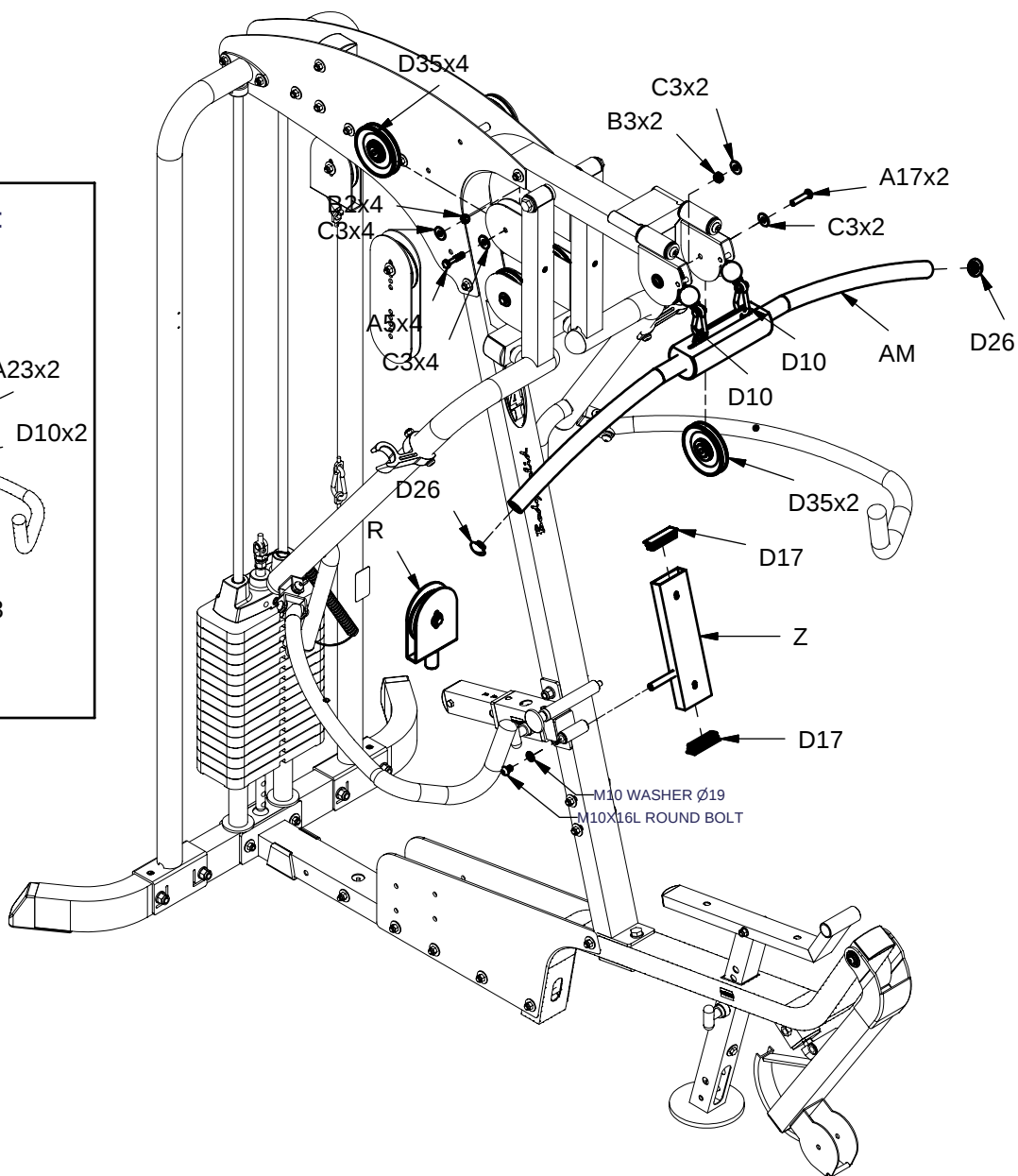
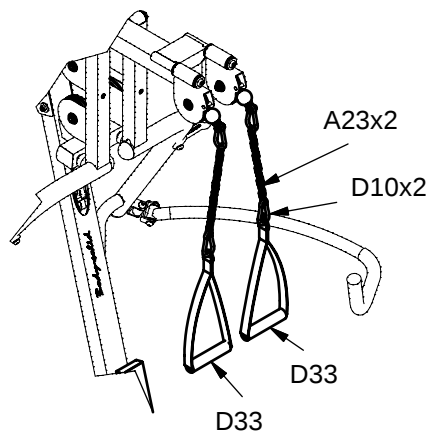


Above shows STEP 6
assembled and completed



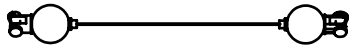
1 assembled

Additional Constitute :

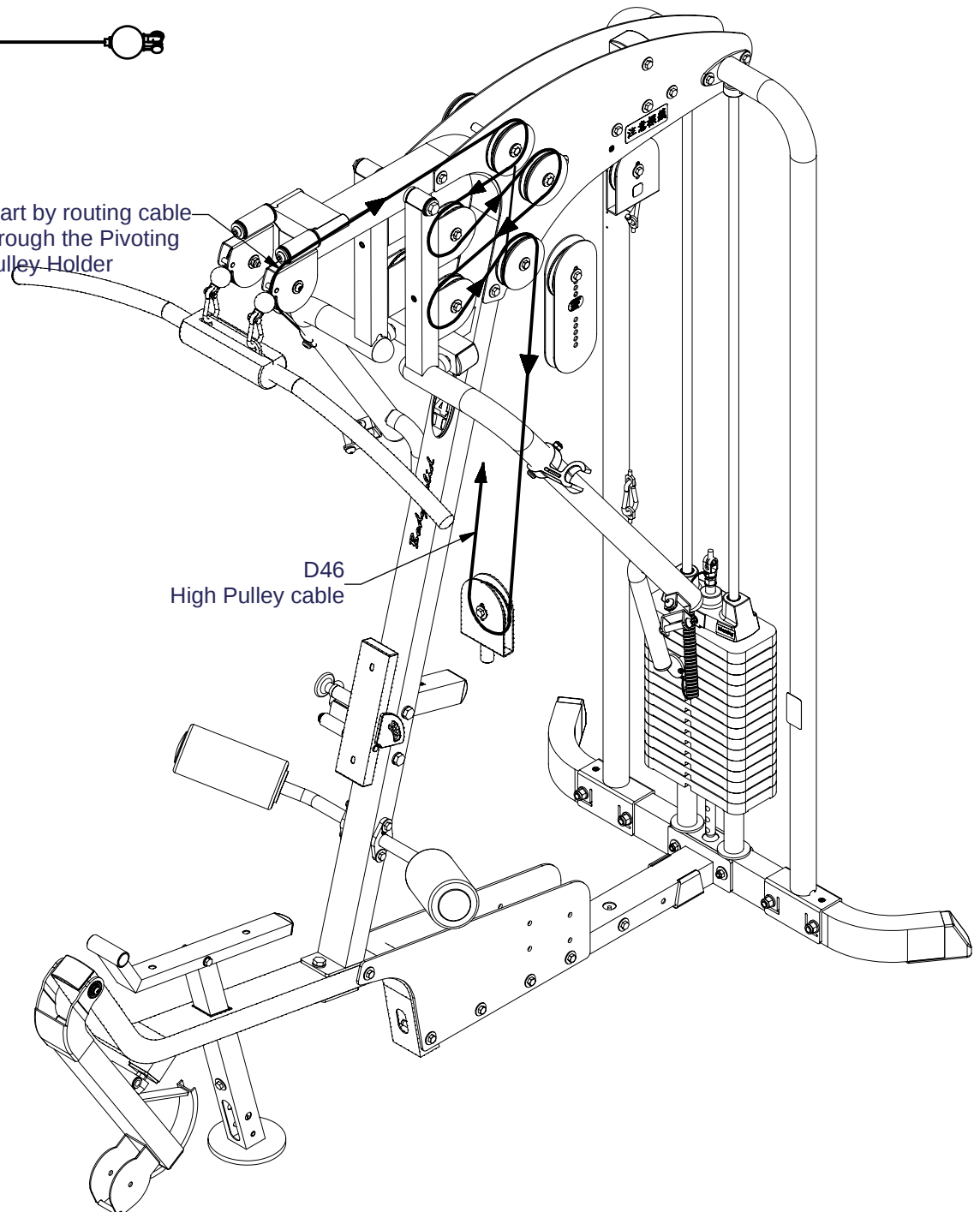


Cable to constitute illustration

D46

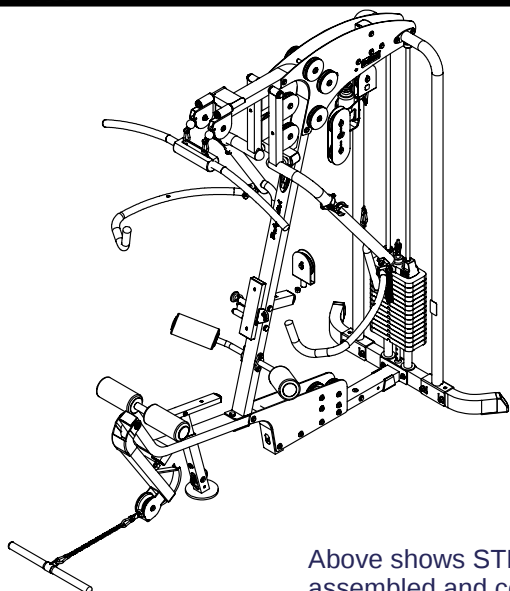


Start by routing cable through the Pivoting Pulley Holder

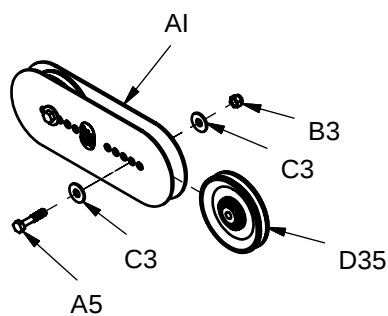


D46
High Pulley cable

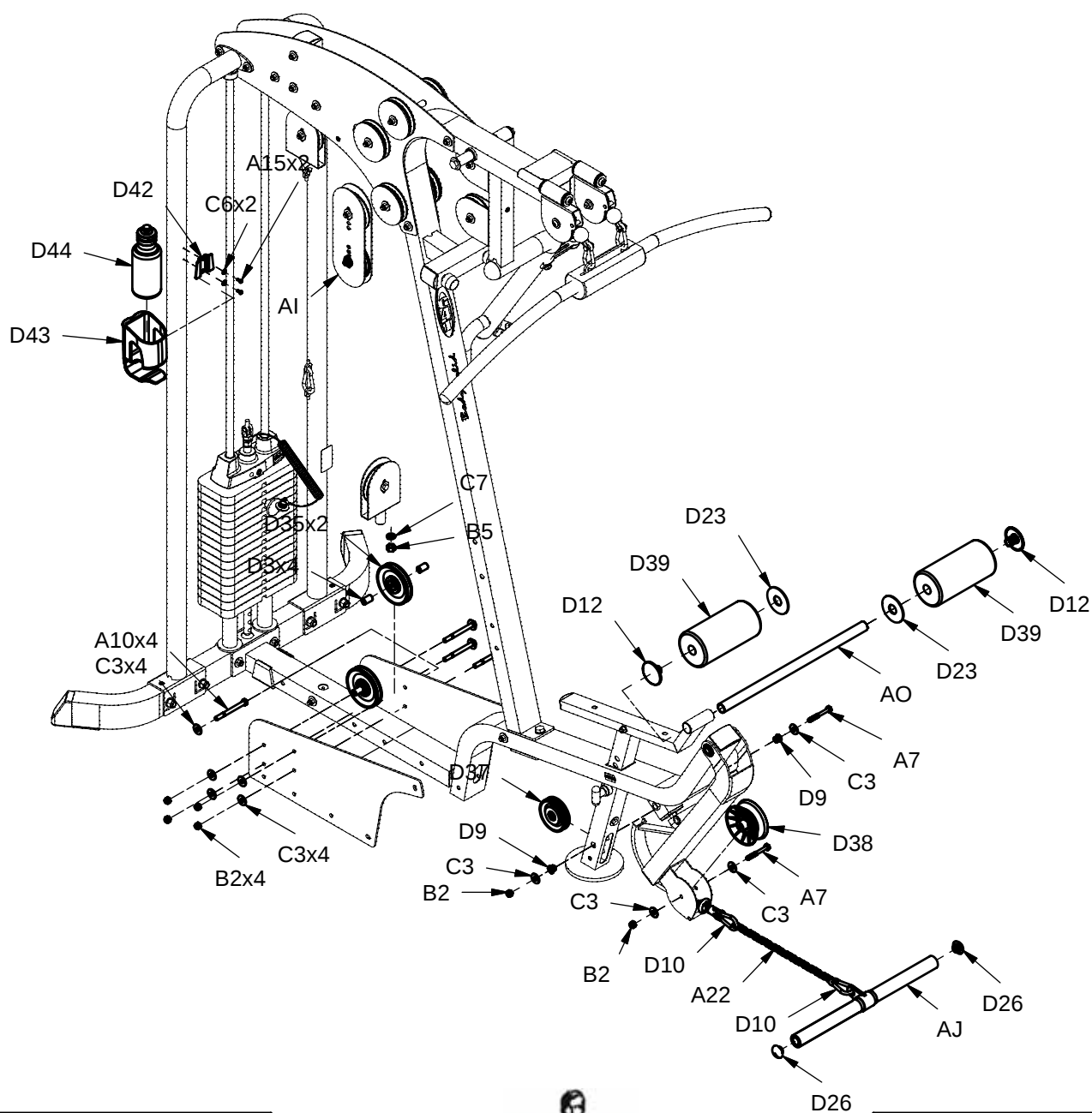
G4I ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed

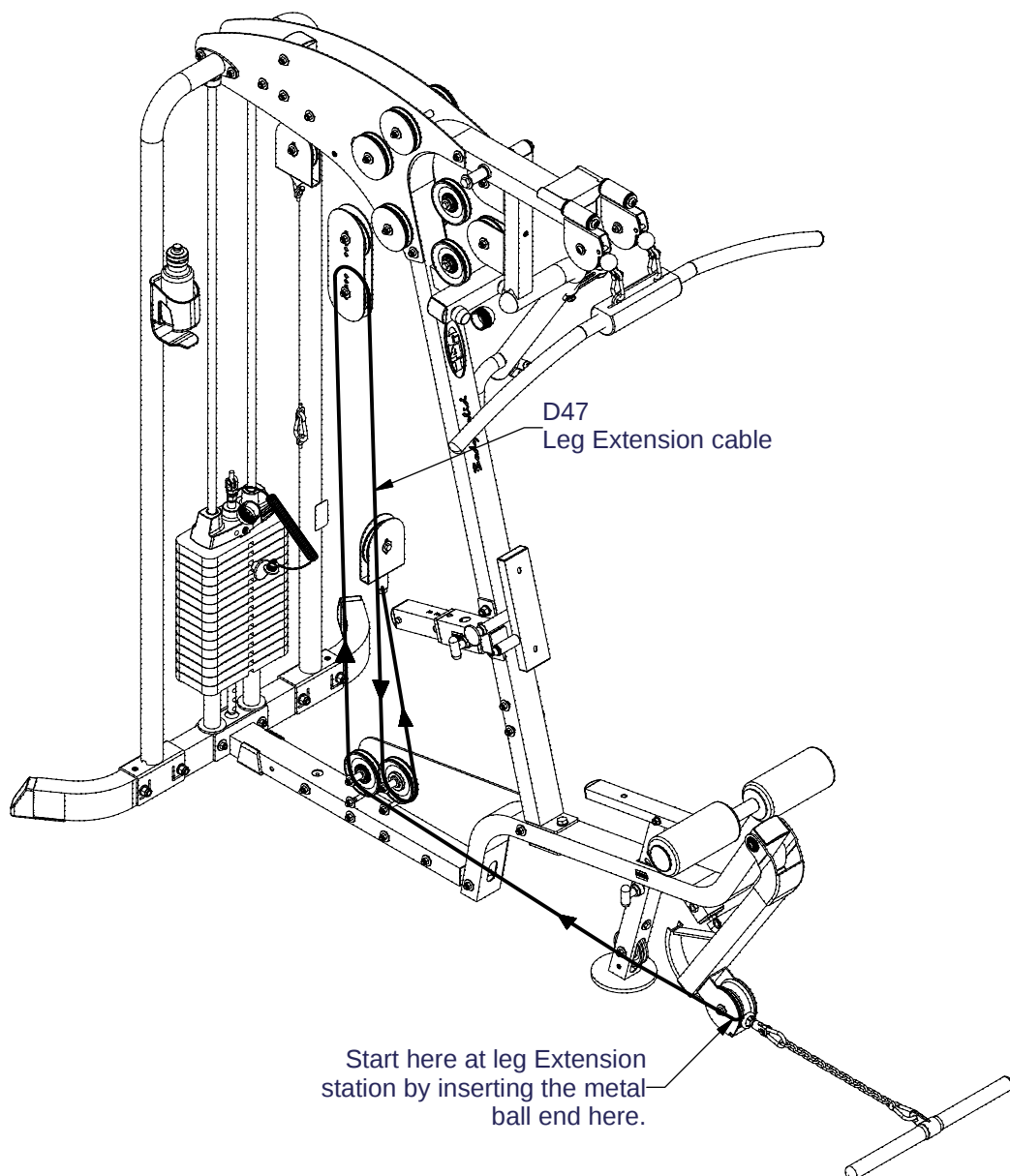
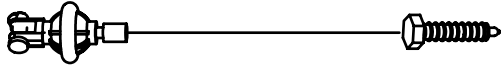


2 assembled

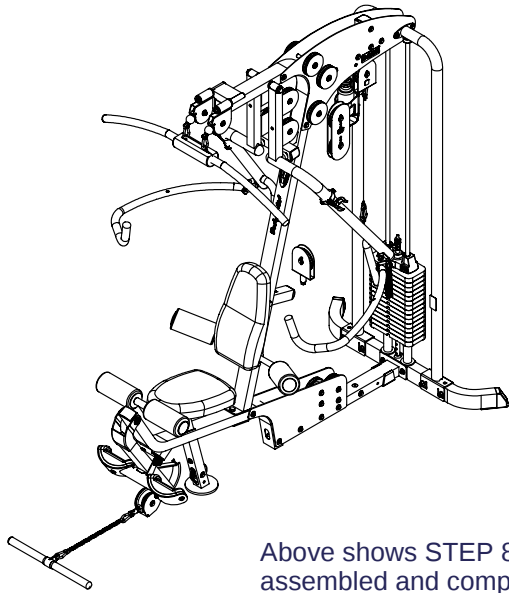


Cable to constitute illustration

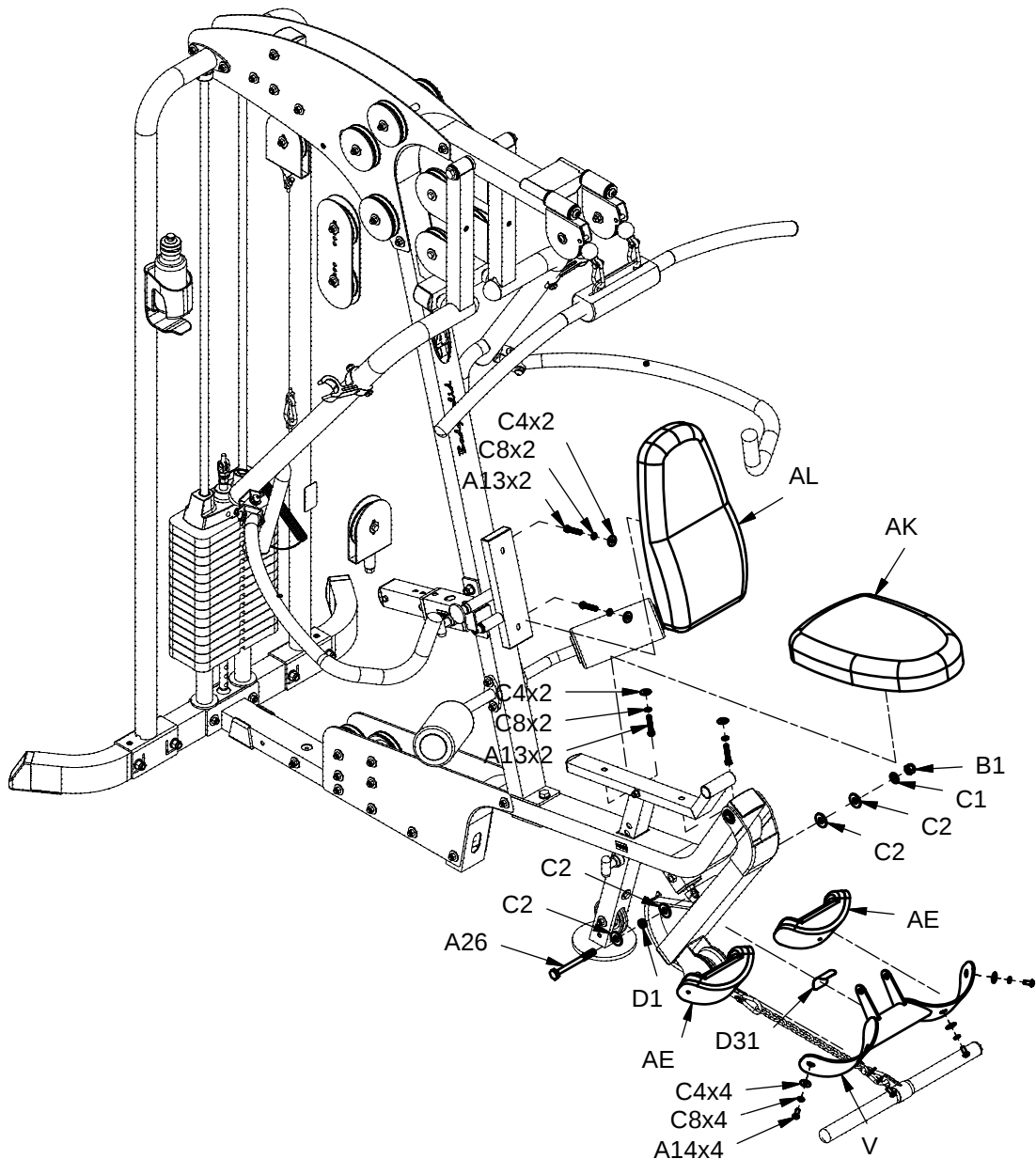
D47



G4I ASSEMBLY INSTRUCTIONS

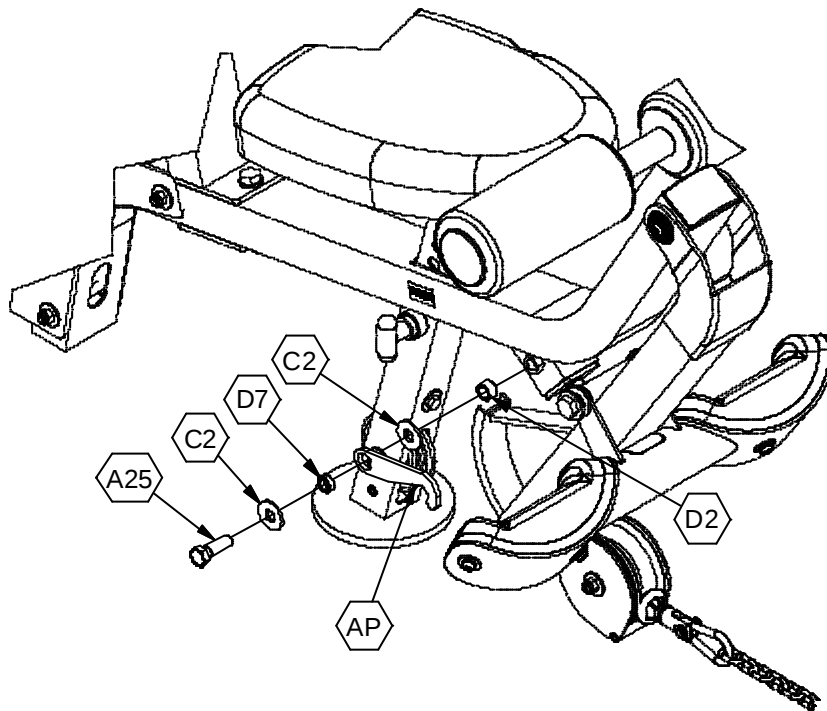


Above shows STEP 8
assembled and completed

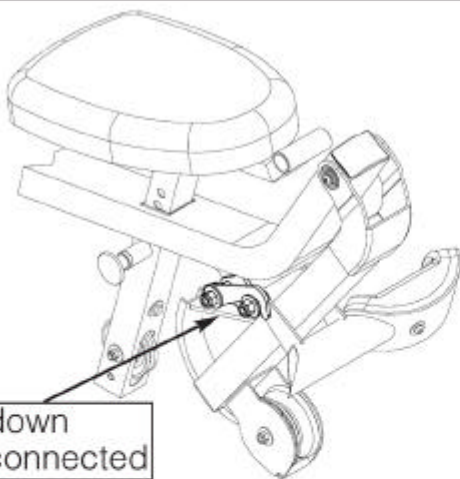


G4I ASSEMBLY INSTRUCTIONS

Attach this low pulley lock-down system to your G4I gym as shown below. When connected, the lock-down will keep your gym tight end secure for all low pulley exercises. When disconnected, it allows full 105° range of motion for leg extension and standing leg curl exercises.



Above shows STEP 9 assembled and completed



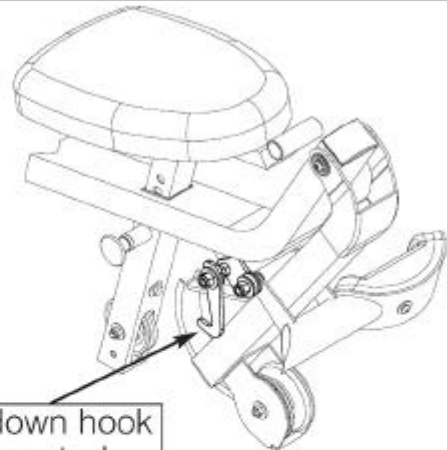
Lock-down hook connected

Lock-down hook should be **connected** for low pulley cable exercises.

These include:

seated row
leg abduction
leg adduction
cable crossover
shrugs

oblique bend
biceps curl
concentration curl
deltoid raise
upright row



Lock-down hook disconnected

Lock-down hook must be **disconnected** when doing leg extension and standing leg curl exercises.