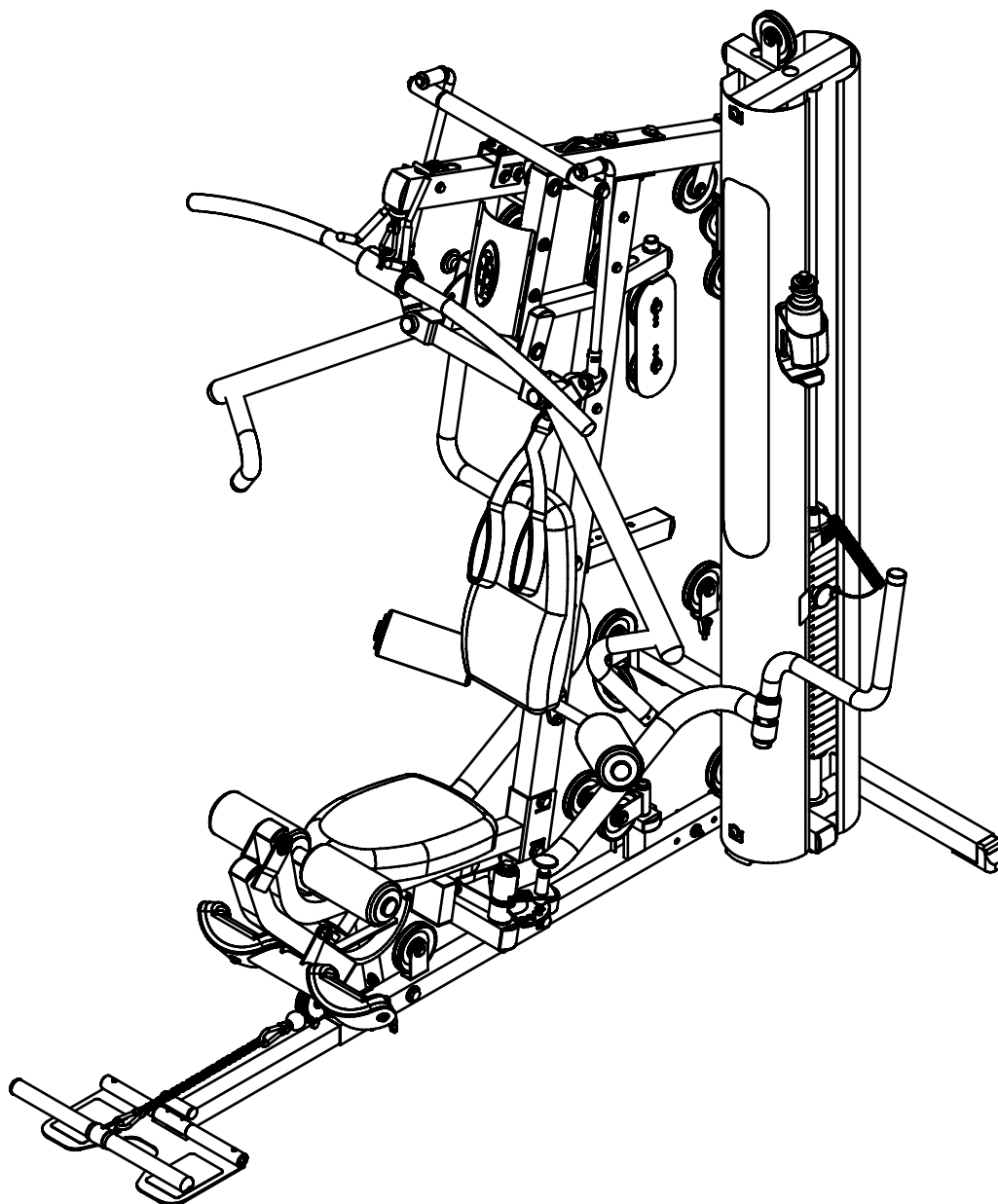


Body-Solid

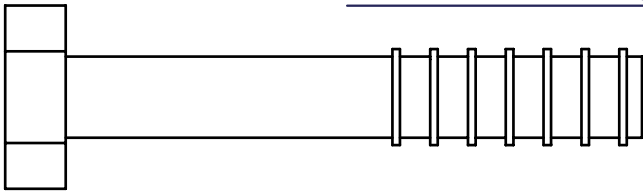


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Fax: (708) 427-3556
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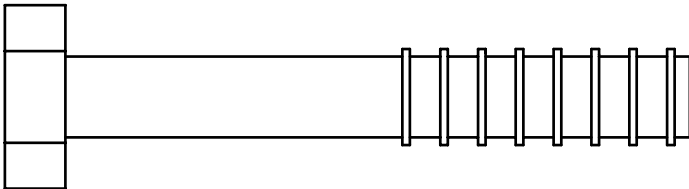
G6B.3 OWNER'S MANUAL

G6B ASSEMBLY INSTRUCTIONS

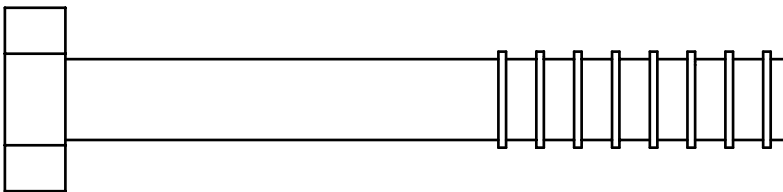
HARDWARE ILLUSTRATION



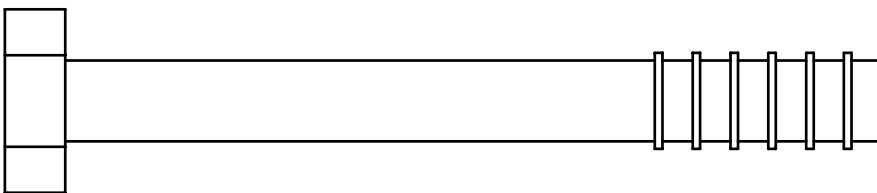
(A1)HEX BOLT 1/2"X3"L PARTIAL THREAD QTY.2



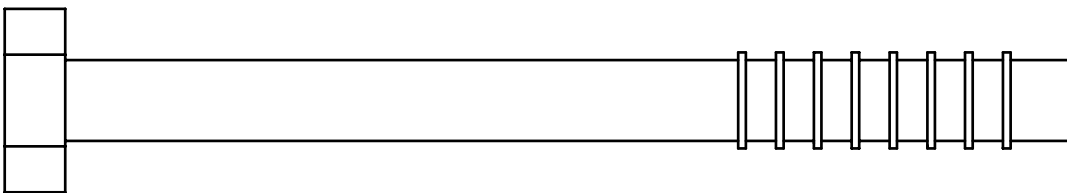
(A2)HEX BOLT 1/2"X3 1/4"L PARTIAL THREAD QTY.10



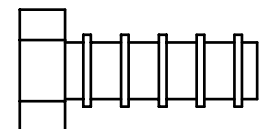
(A3)HEX BOLT 1/2"X3 3/4"L PARTIAL THREAD QTY.2



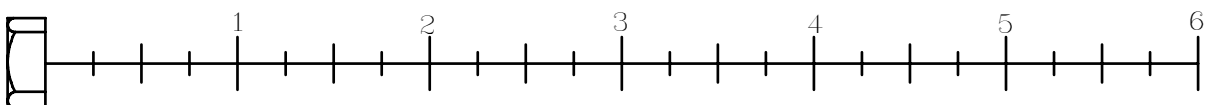
(A4)HEX BOLT 1/2"X4 1/4"L PARTIAL THREAD QTY.2



(A5)HEX BOLT 1/2"X5 1/4"L PARTIAL THREAD QTY.1

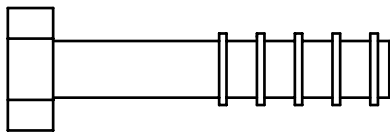


(A6)HEX BOLT 3/8"X1"L PARTIAL THREAD QTY.6

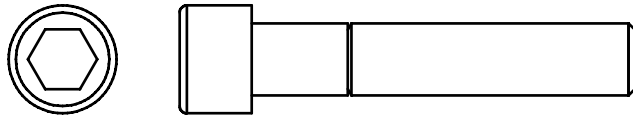


G6B ASSEMBLY INSTRUCTIONS

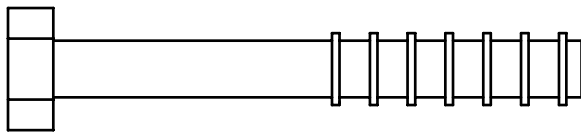
HARDWARE ILLUSTRATION



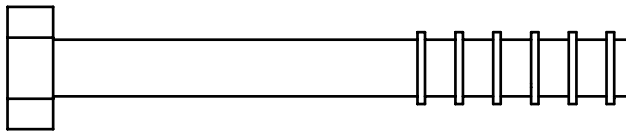
(A7)HEX BOLT 3/8"X1 3/4"L PARTIAL THREAD QTY.15



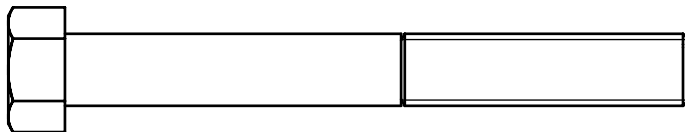
(A8)ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.1



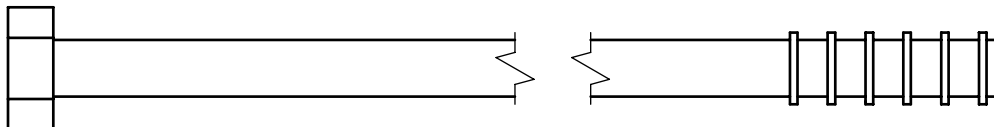
(A9)HEX BOLT 3/8"X2 3/4"L PARTIAL THREAD QTY.5



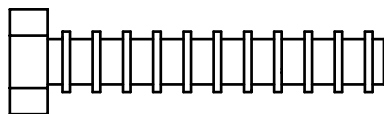
(A10)HEX BOLT 3/8"X3" PARTIAL THREAD QTY.3



(A11)HEX BOLT 3/8"X3 1/4"L PARTIAL THREAD QTY.2



(A12)HEX BOLT 3/8"X7 1/4" PARTIAL THREAD QTY.2



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

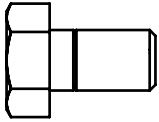


(A14)ROUND ALLEN HEAD 5/16"X3/4"L PARTIAL THREAD QTY.4

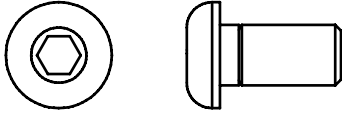


G6B ASSEMBLY INSTRUCTIONS

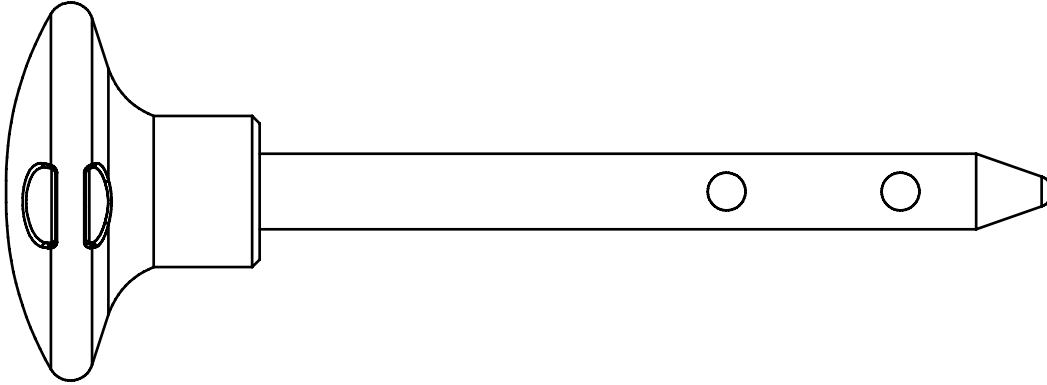
HARDWARE ILLUSTRATION



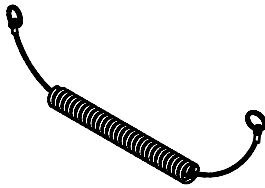
(A15)HEX BOLT M8X12L PARTIAL THREAD QTY.2



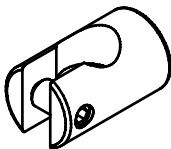
(A16)ROUND ALLEN HEAD M8X16L PARTIAL THREAD QTY.2



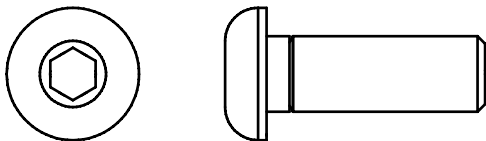
(A17)10LB PIN (8250-071) QTY.1



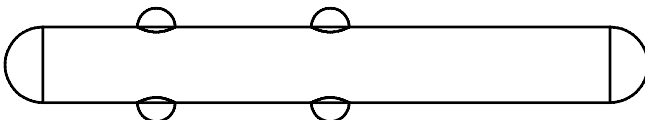
(A18) ELASTIC BELT QUT.1



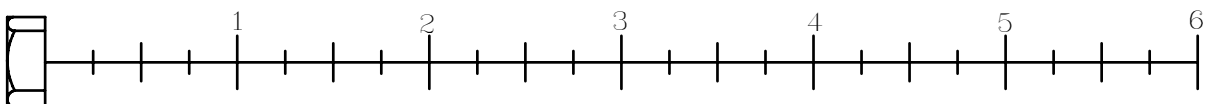
(A19)FIRM SHEATH(8890-010) QTY.1



(A20)ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.1

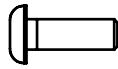


(A21)Ø10 FIXED PIN(8250-023) QTY.1

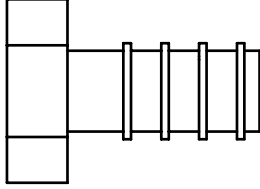


G6B ASSEMBLY INSTRUCTIONS

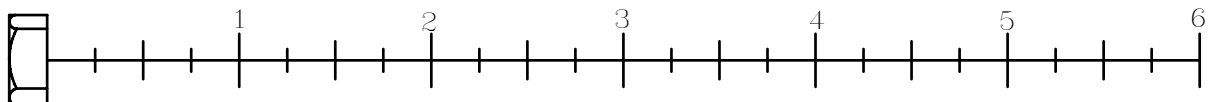
HARDWARE ILLUSTRATION



(A22)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.2

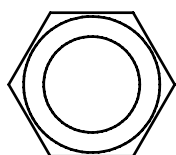
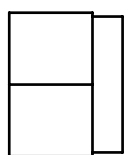


(A23)HEX BOLT 1/2"X1"L PARTIAL THREAD QTY.1

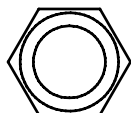
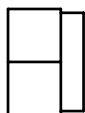


G6B ASSEMBLY INSTRUCTIONS

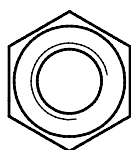
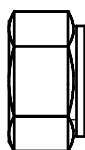
HARDWARE ILLUSTRATION



(B1)NYLON LOCK NUT 1/2" QTY.16



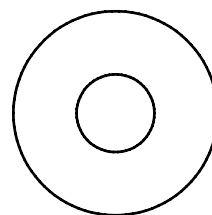
(B2)NYLON LOCK NUT 3/8" QTY.31



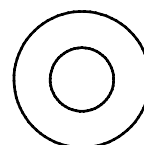
(B3)NYLON LOCK NUT M10 QTY.1



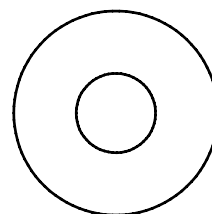
(B4)NUT M4 QTY.2



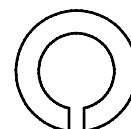
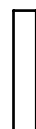
(C3)3/8"(I.D.)FLAT WASHER Ø27 QTY.44



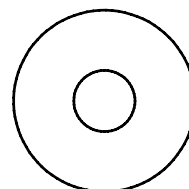
(C4)M8(I.D.)FLAT WASHER Ø16 QTY.2



(C5)3/8"(I.D.)FLAT WASHER Ø19 QTY.8



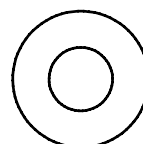
(C6)3/8" SPRING WASHER QTY.1



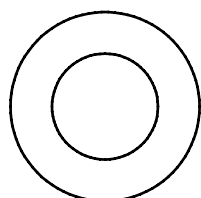
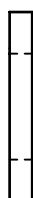
(C7)5/16"(I.D.)FLAT WASHER Ø24 QTY.8



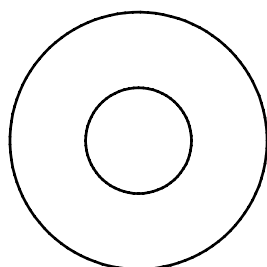
(C8) 5/16"SPRING WASHER QTY.8



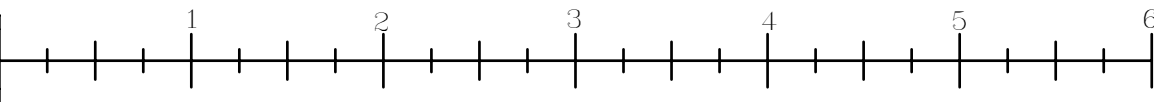
(C9)M8"(I.D.)FLAT WASHER Ø18 QTY.2



(C1)1/2"(I.D.)FLAT WASHER Ø25 QTY.2

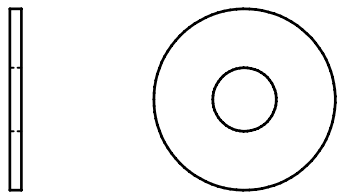


(C2)1/2"(I.D.)FLAT WASHER Ø34 QTY.35

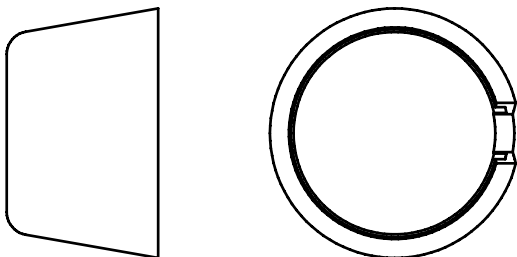


G6B ASSEMBLY INSTRUCTIONS

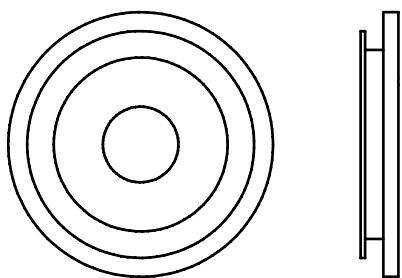
HARDWARE ILLUSTRATION



(C10)M8(I.D.)FLAT WASHER Ø24 QTY.2



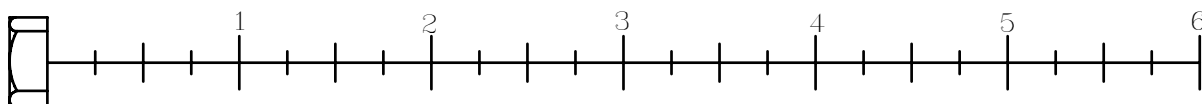
(C11)1/2" Bolt Cap(9212-024) QTY.1



(C12)1/2" Round End Cap Washer QTY.1



(C13)M4 Washer QTY.4



G6B ASSEMBLY INSTRUCTIONS

D1



HARDWARE ILLUSTRATION

D2



D1. Ø5/8"x22.5L Steel Bushing (8110-011)-----[4PCS]

D2. Ø1" CU WASHER(8520-008) -----[2PCS]

D3



D3. Ø10.5 Steel Bushing (8530-009)-----[10PCS]

D4. Ø8 Spring Snap Link (8810-001)-----[4PCS]

D4



D5. 40x80 END CAP(9211-010)-----[2PCS]

D6. Ø1" End Cap(9211-016) -----[2PCS]

D8. 50x50x2.5t Foot Cap (9211-025)-----[2PCS]

D9. 60x50 NYLON BUSHING(9211-033) -----[2PCS]

D10. Ø3/4" Shaft Collar (9211-046)-----[2PCS]

D5



D11. Ø50 Round End Cap (9211-074)-----[2PCS]

D12. 50x75 End Cap (9211-084)-----[1PCS]

D14. 25x50 End Cap (9211-086)-----[6PCS]

D16. 2"x2" End Cap (9211-087)-----[11PCS]

D6



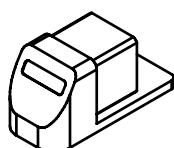
D17. 2"x2" Rubber Dount(9212-010)-----[2PCS]

D18. Ø110 PULLEY(9213-002C)-----[18PCS]

D19. Ø90 PULLEY(9213-026A) -----[3PCS]

D20. 2"x2" Rubber Cane Cap(9214-002)-----[3PCS]

D8

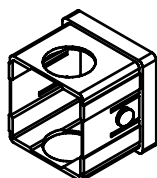


D21. 3" Nylon Washer (9214-008)-----[6PCS]

D22. Ø1"x2.5t Round End Cap(9260-021)-----[4PCS]

D23. 38x38 Rubber Pad(9310-001)-----[1PCS]

D9



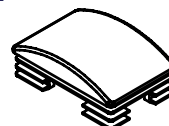
D10



D11



D12



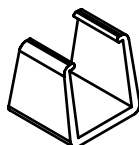
D14



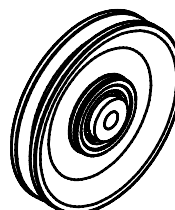
D16



D17



D18



D19



D20



D21



D22



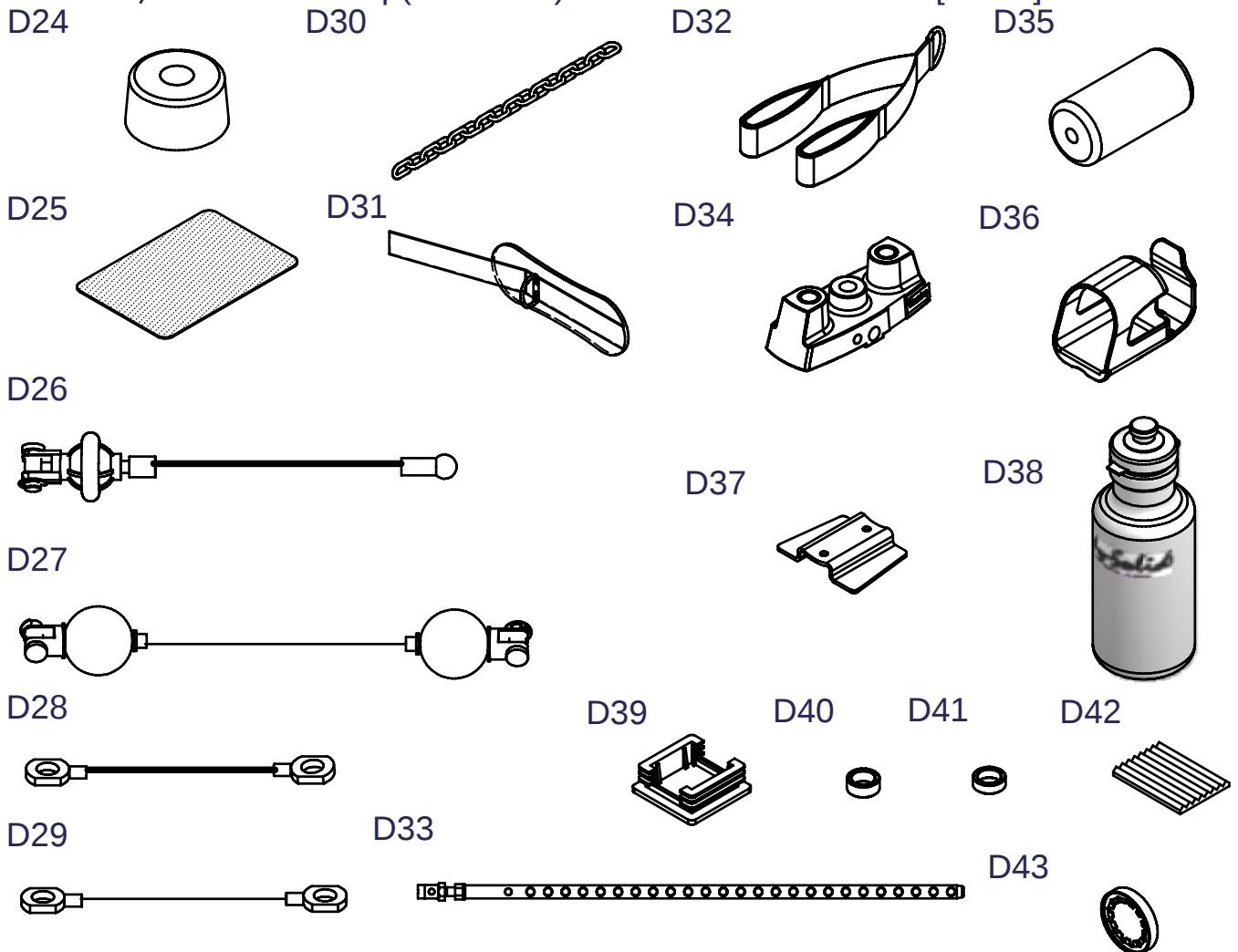
D23



G6B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

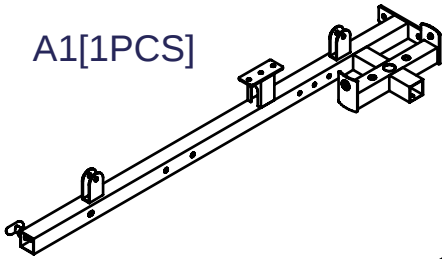
D24. Ø2-1/2" Rubber Dount(9310-027)-----	[2PCS]
D25. 95X140L Rubber Pad (9310-035)-----	[4PCS]
D26. 5110mm STEEL CABLE-----	[1PCS]
D27. 5090mm STEEL CABLE-----	[1PCS]
D28. 2055mm STEEL CABLE-----	[1PCS]
D29. 757mm STEEL CABLE -----	[1PCS]
D30. 23 STEEL CHAIN -----	[1PCS]
D31. ANKLE STRAP(50NAS2)-----	[1PCS]
D32. SHOULDER BELT(ACH-16) -----	[1PCS]
D33. Weight Selector Bar (8210-070A)-----	[1PCS]
D34. Top Plate(8400-006)-----	[1PCS]
D35.Ø4"x23x8" Foam Roller (9161-032)-----	[4PCS]
D36.KETTLE RACK (9260-086)-----	[1PCS]
D37.IMMOBILE BOARD(8388-025)-----	[1PCS]
D38.KETTLE(9260-107)-----	[1PCS]
D39.□50X2.5T END CAP(9211-006)-----	[1PCS]
D40.Ø3/4"X8L STEEL BUSHING(8110-014)-----	[1PCS]
D41.Ø3/4"X6.5L STEEL BUSHING(811-055)-----	[1PCS]
D42.38X55 RUBBER PAD(9310-028)-----	[1PCS]
D43.Ø1" Flat End Cap(8341-060)-----	[4PCS]



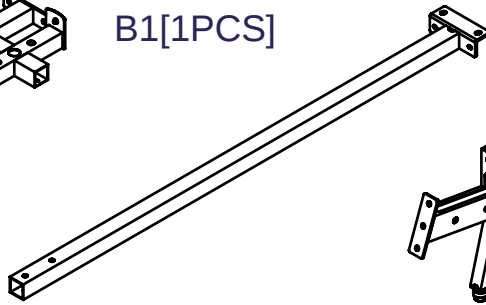
G6B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

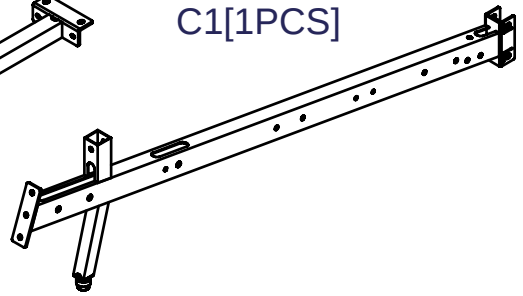
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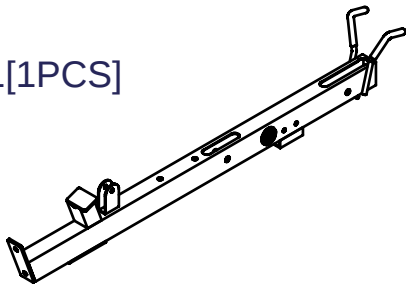
B1[1PCS]



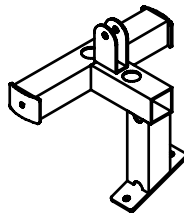
C1[1PCS]



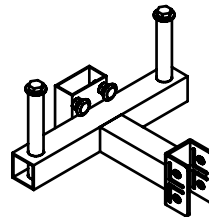
D1[1PCS]



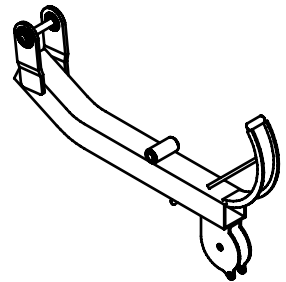
G1[1PCS]



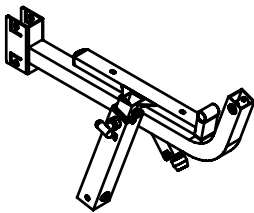
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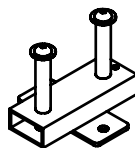
I1[1PCS]



J2[1PCS]



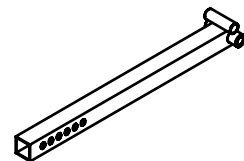
K[1PCS]



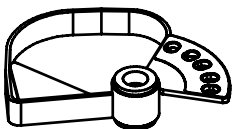
L[2PCS]



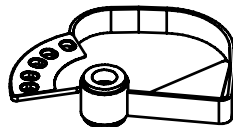
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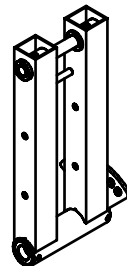
N1[1PCS]



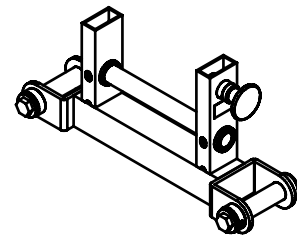
O1[1PCS]



P[1PCS]

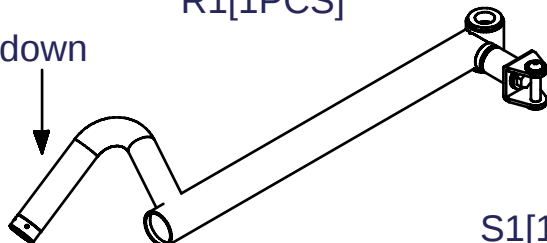


Q1[1PCS]



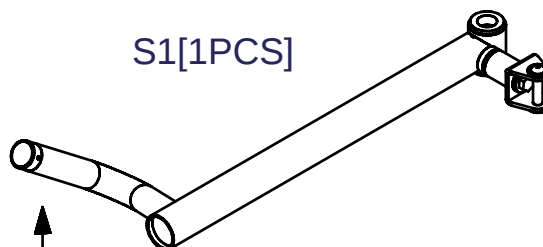
R1[1PCS]

down

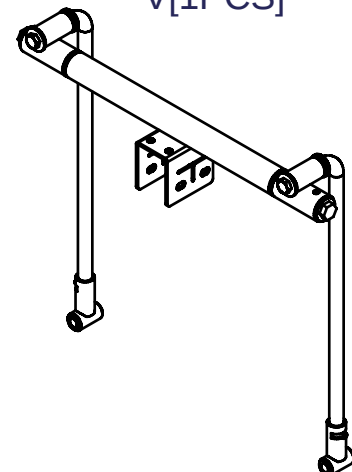


S1[1PCS]

up



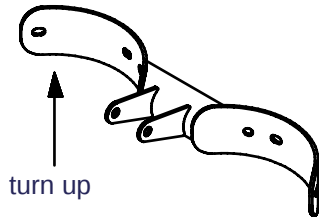
V[1PCS]



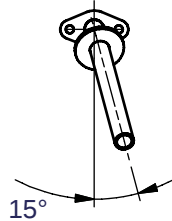
G6B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

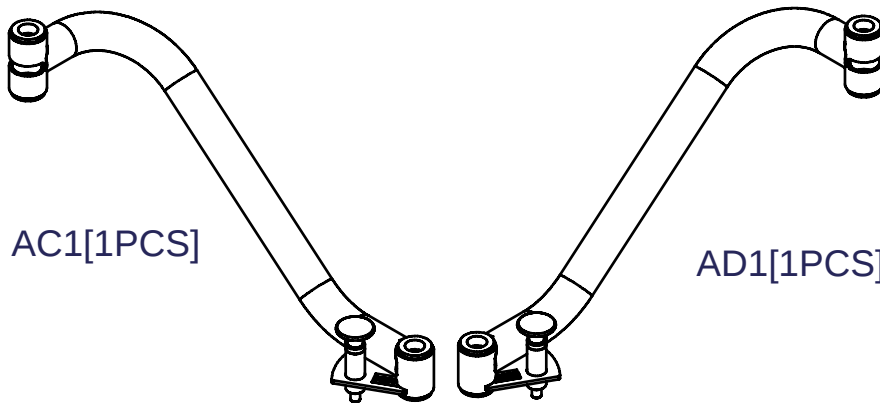
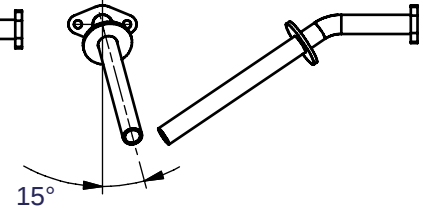
X1[1PCS]



AA2[1PCS]

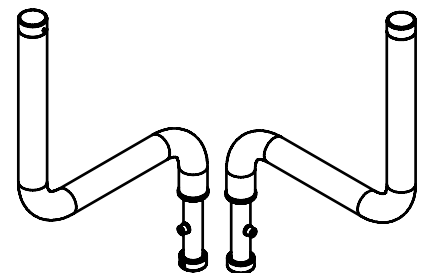


AB2[1PCS]



AE[1PCS]

AF[1PCS]



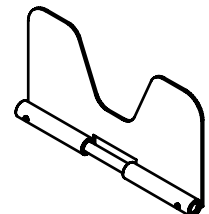
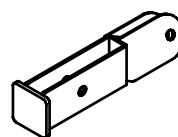
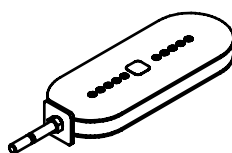
AG[1PCS]

AH[1PCS]

AI[1PCS]

AJ1[1PCS]

AL[1PCS]

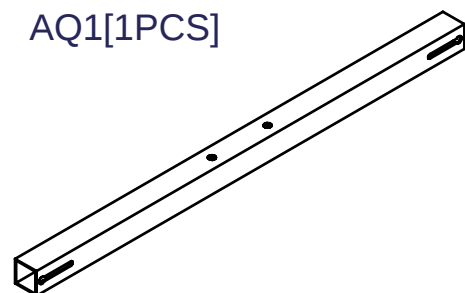
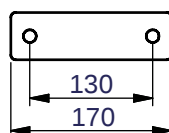
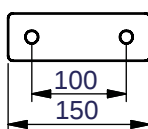
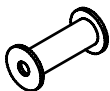


AM[2PCS]

AN[1PCS]
8312-062

AP[1PCS]
8312-091

AQ1[1PCS]

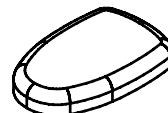
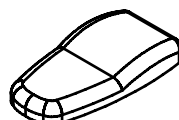
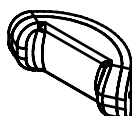


AR1[1PCS]
8380-032

AT[2PCS]
9133-007

AU1[1PCS]
9111-048

AV1[1PCS]
9121-045



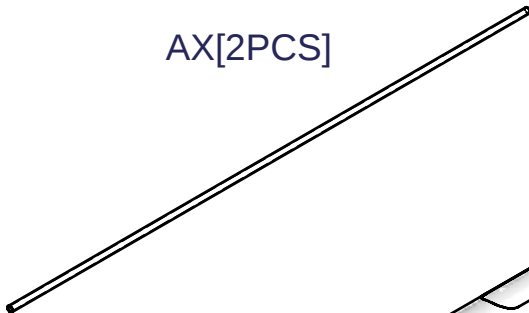
G6B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

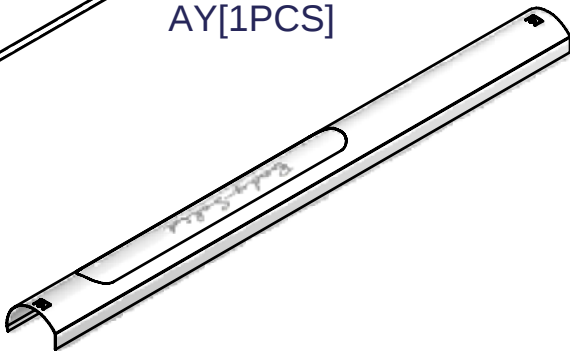
AW[1PCS]



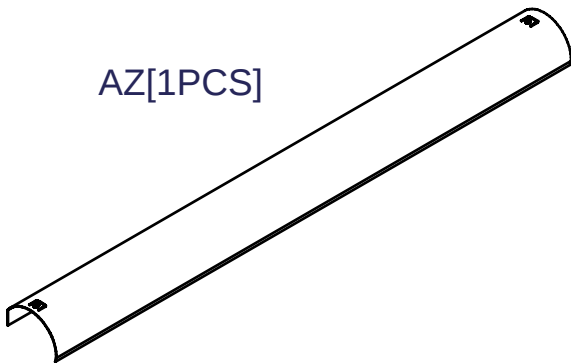
AX[2PCS]



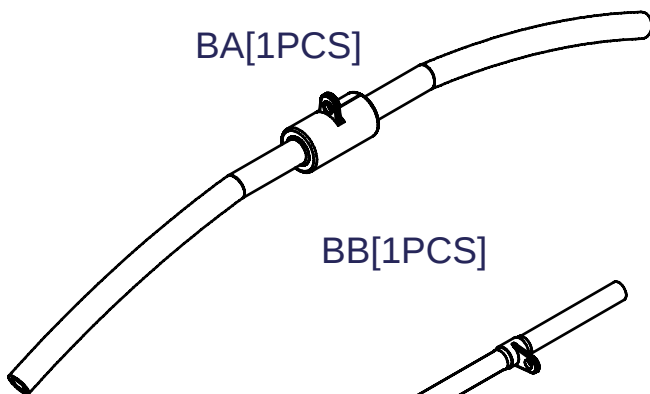
AY[1PCS]



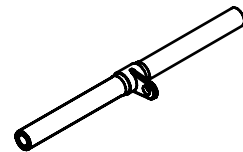
AZ[1PCS]



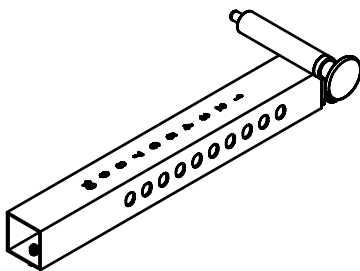
BA[1PCS]



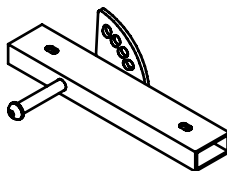
BB[1PCS]



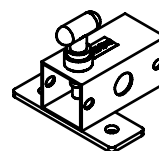
BC[1PCS]



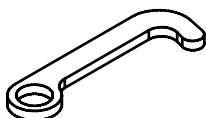
BD[1PCS]



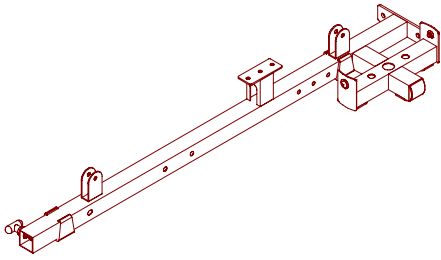
BE[1PCS]



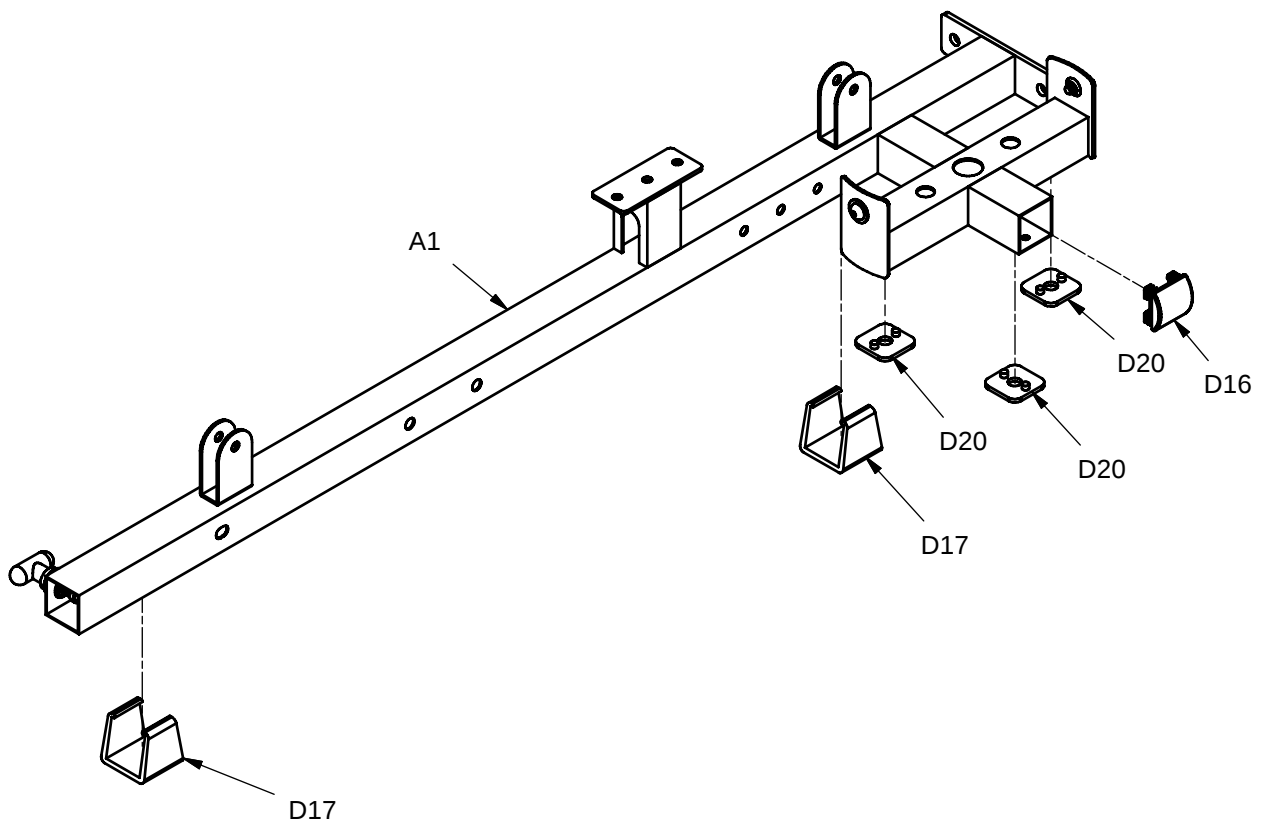
BF[1PCS]
8341-050



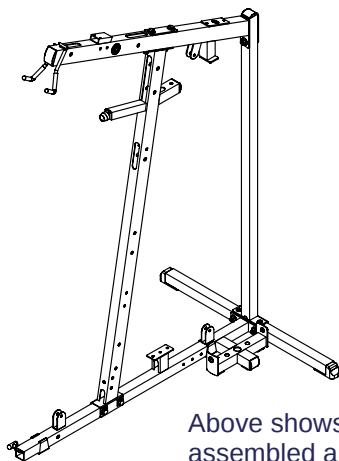
G6B ASSEMBLY INSTRUCTIONS



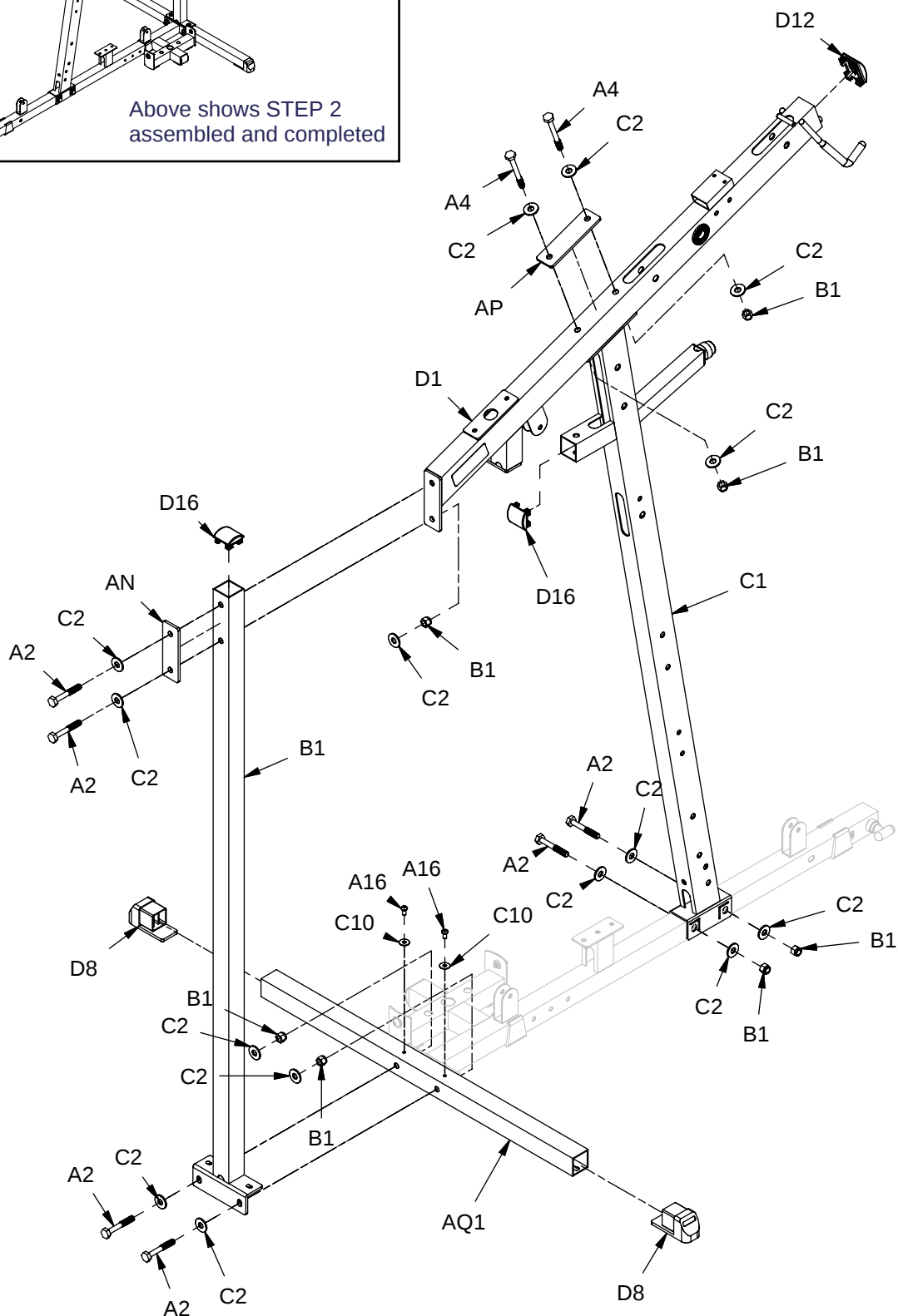
Above shows STEP 1
assembled and completed



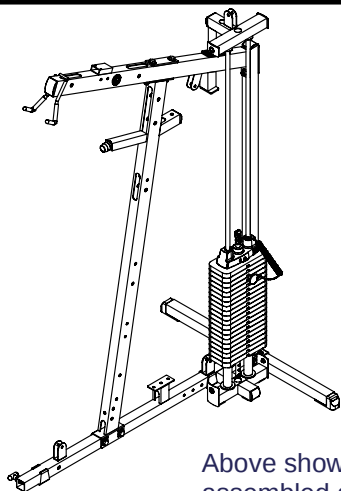
G6B ASSEMBLY INSTRUCTIONS



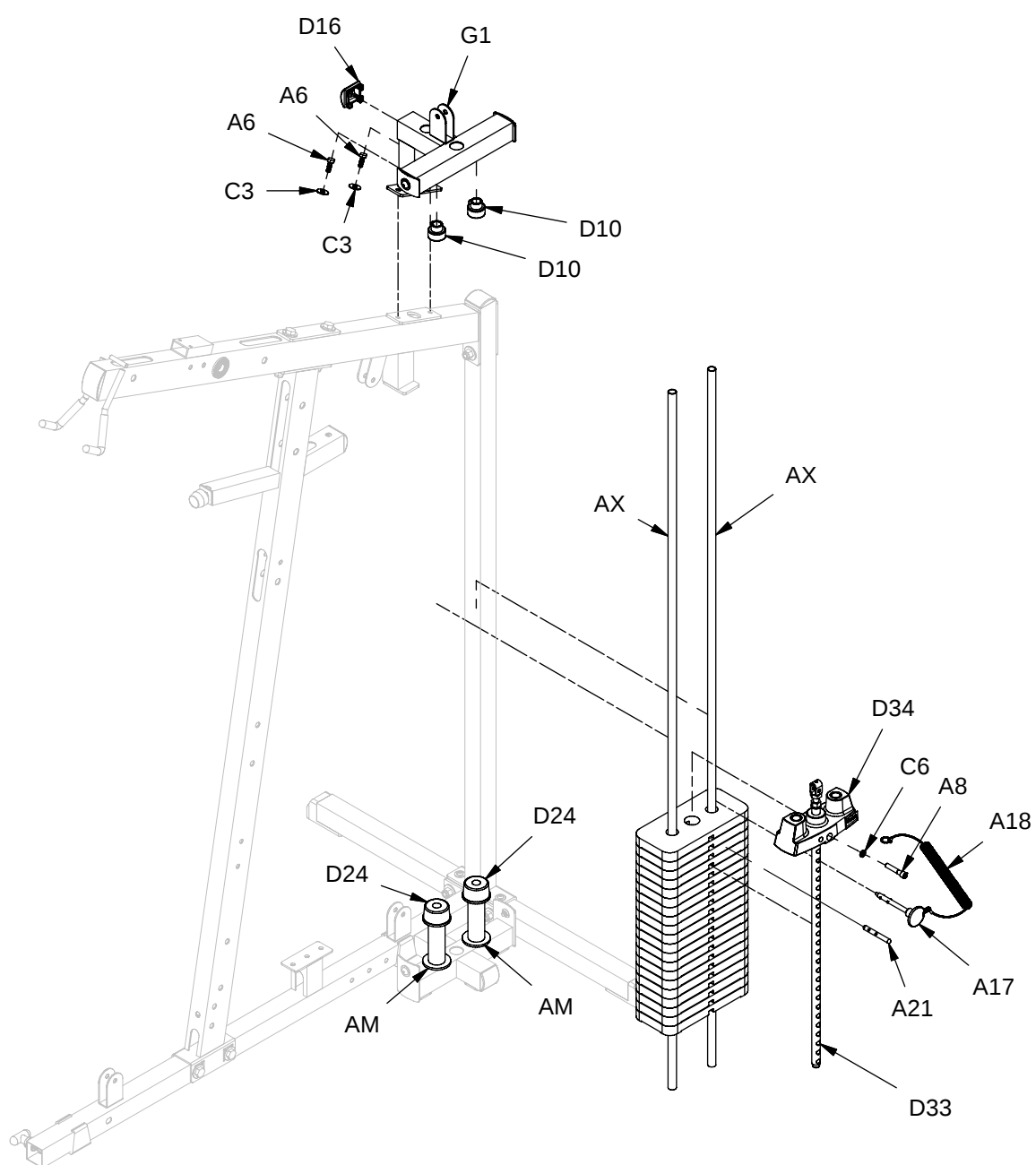
Above shows STEP 2
assembled and completed



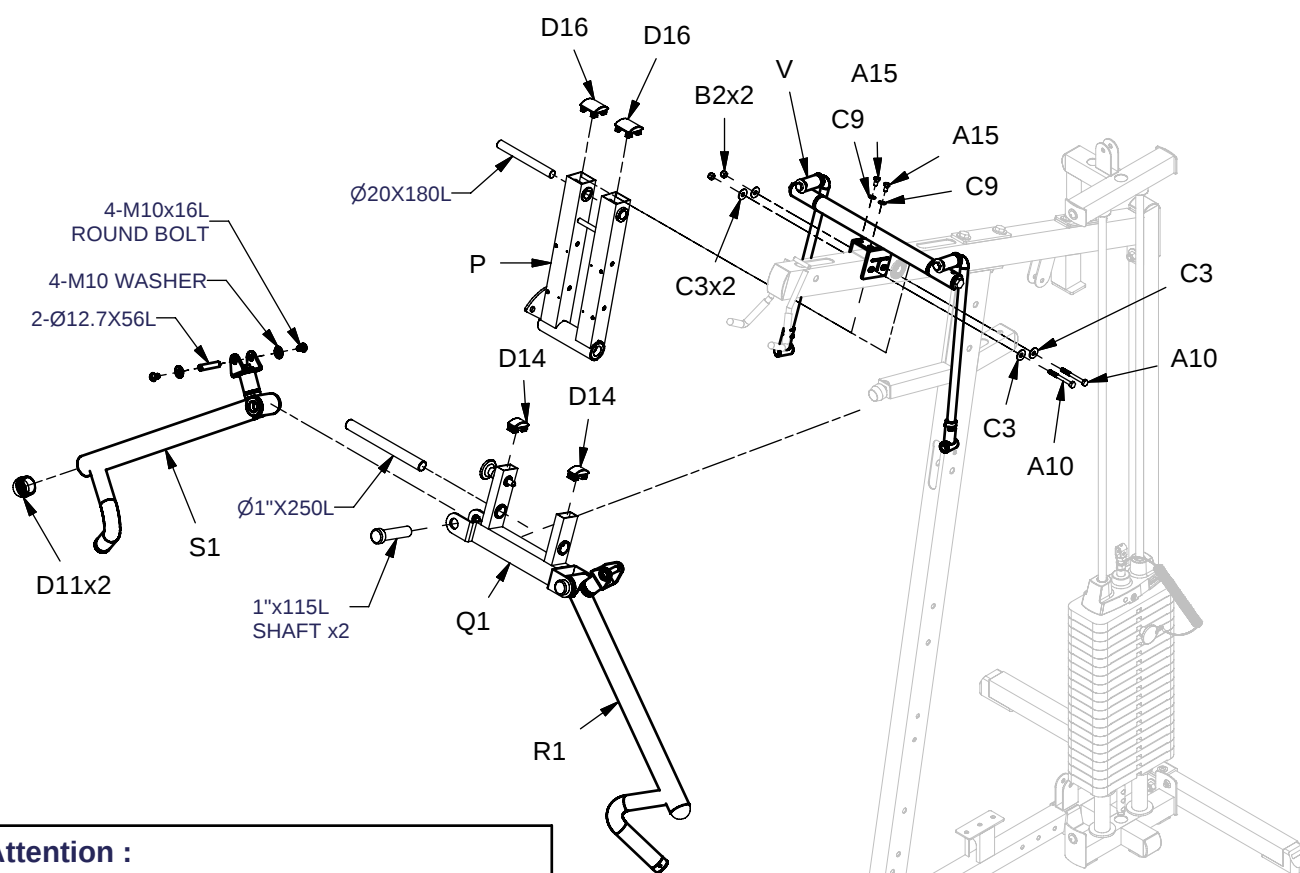
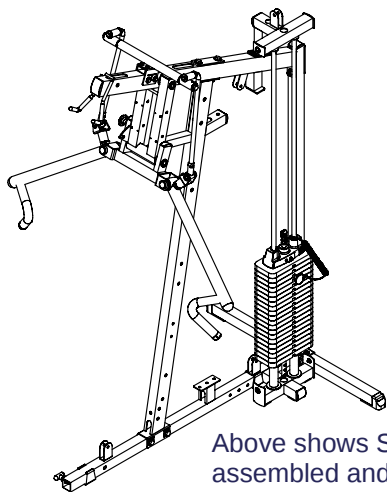
G6B ASSEMBLY INSTRUCTIONS



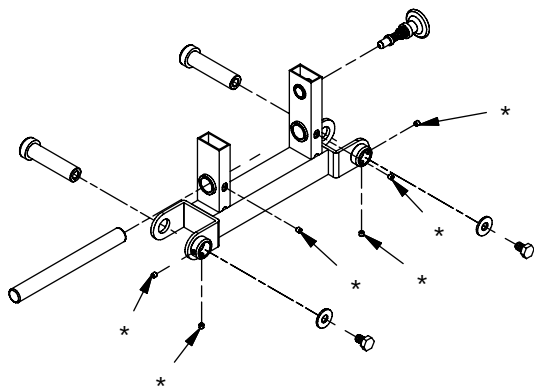
Above shows STEP 3
assembled and completed



G6B ASSEMBLY INSTRUCTIONS

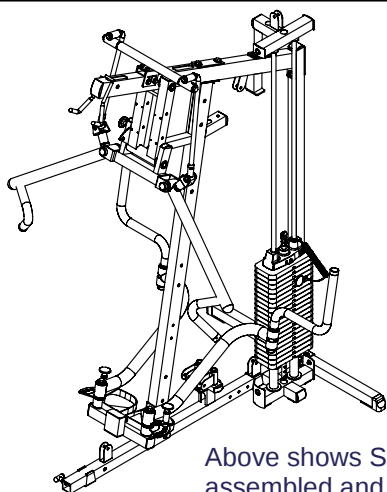


Attention :

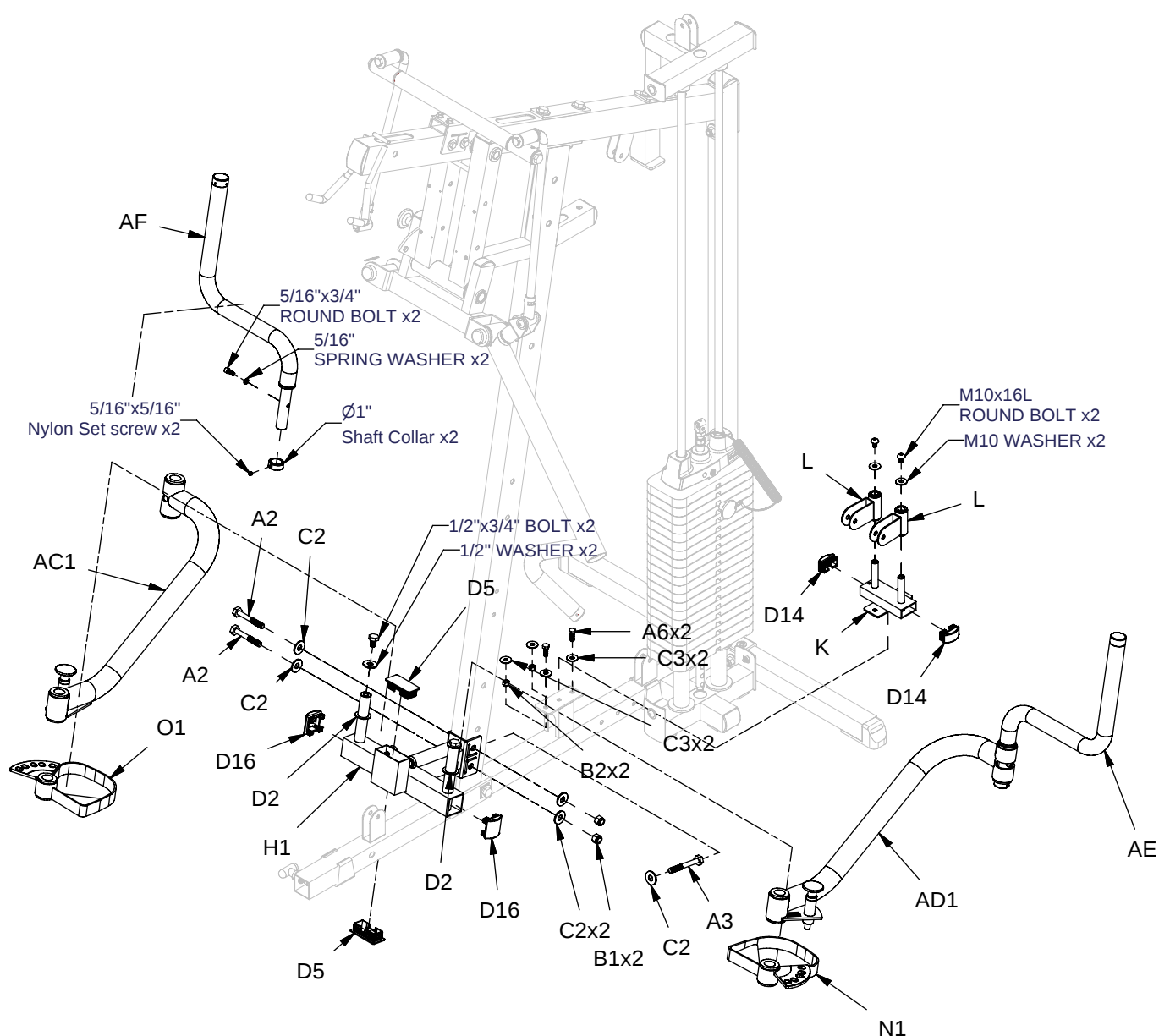


*:NEED TO LOOSEN BOTH ALLEN HEAD BOLT IN ORDER TO REMOVE SHAFT

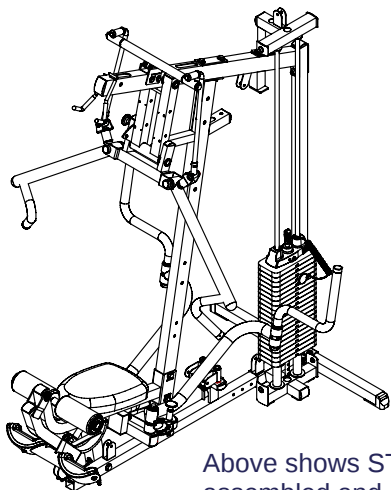
G6B ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed

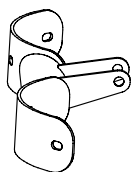


G6B ASSEMBLY INSTRUCTIONS



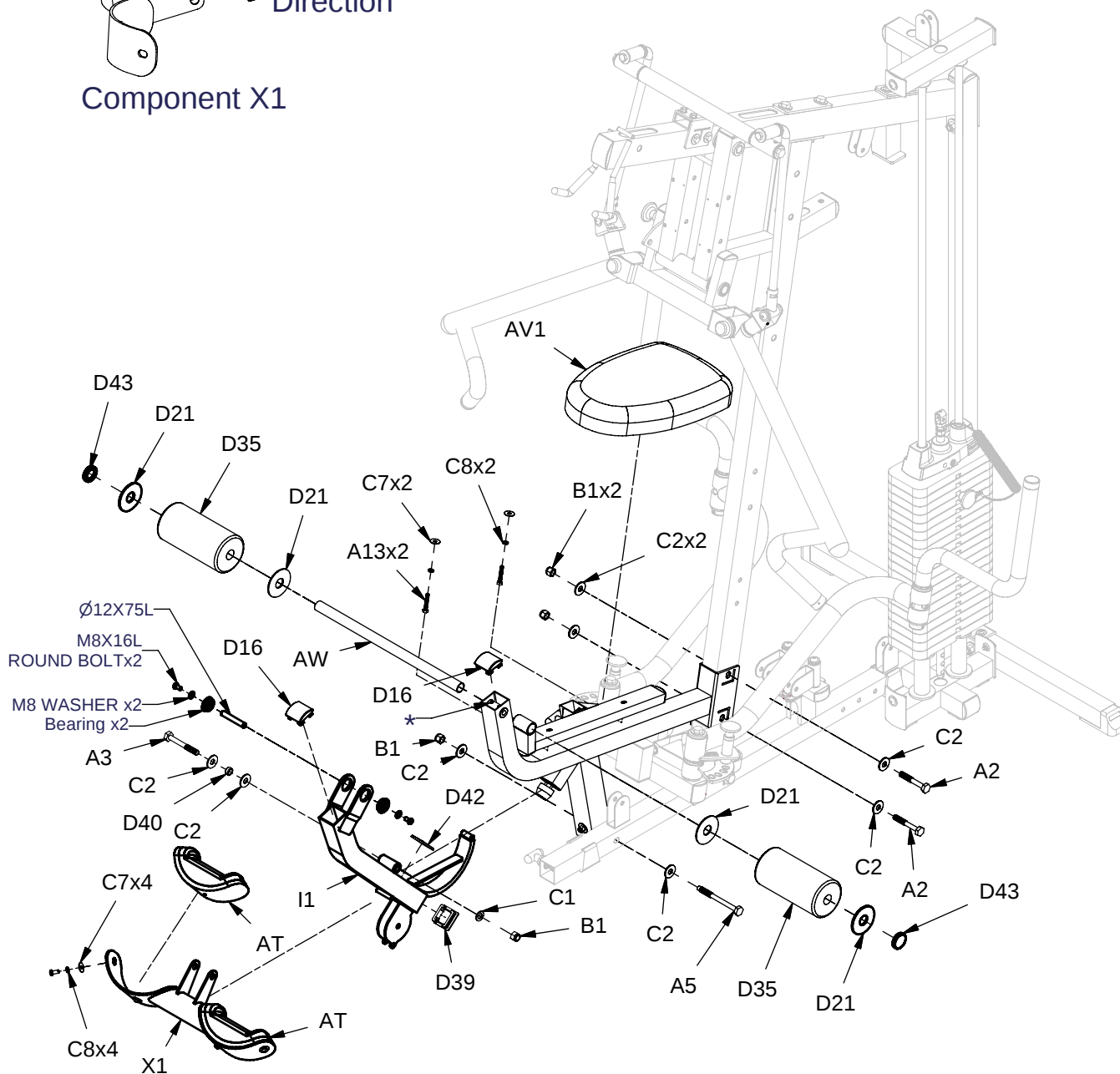
Above shows STEP 6
assembled and completed

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

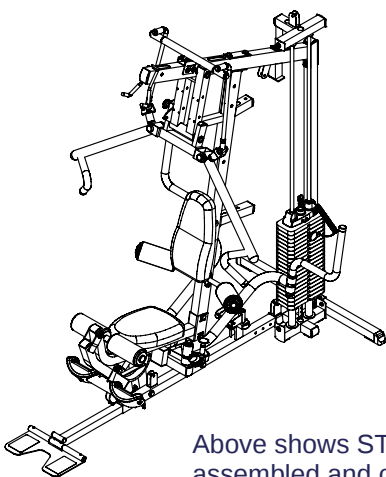


Direction

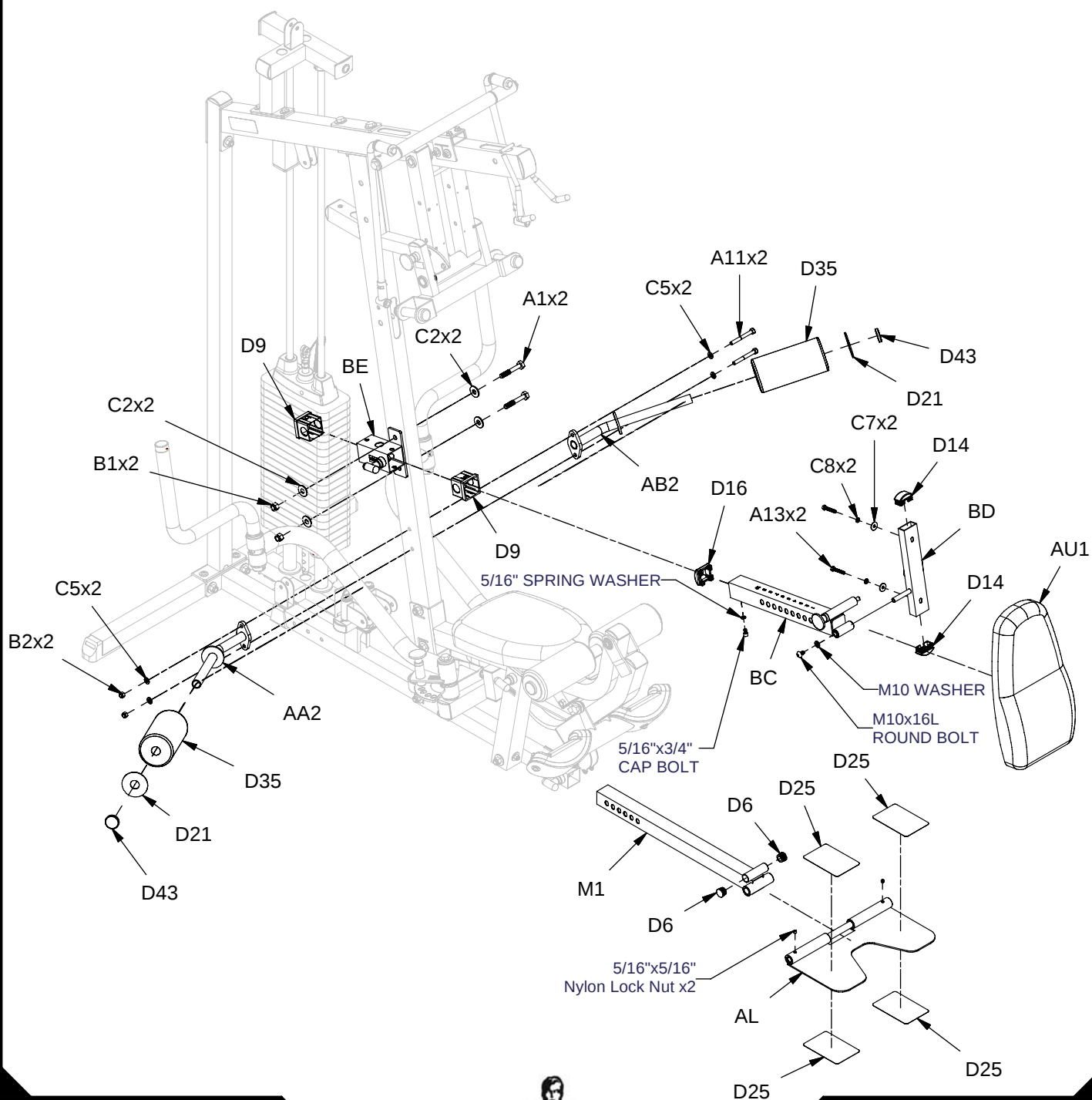
Component X1



G6B ASSEMBLY INSTRUCTIONS

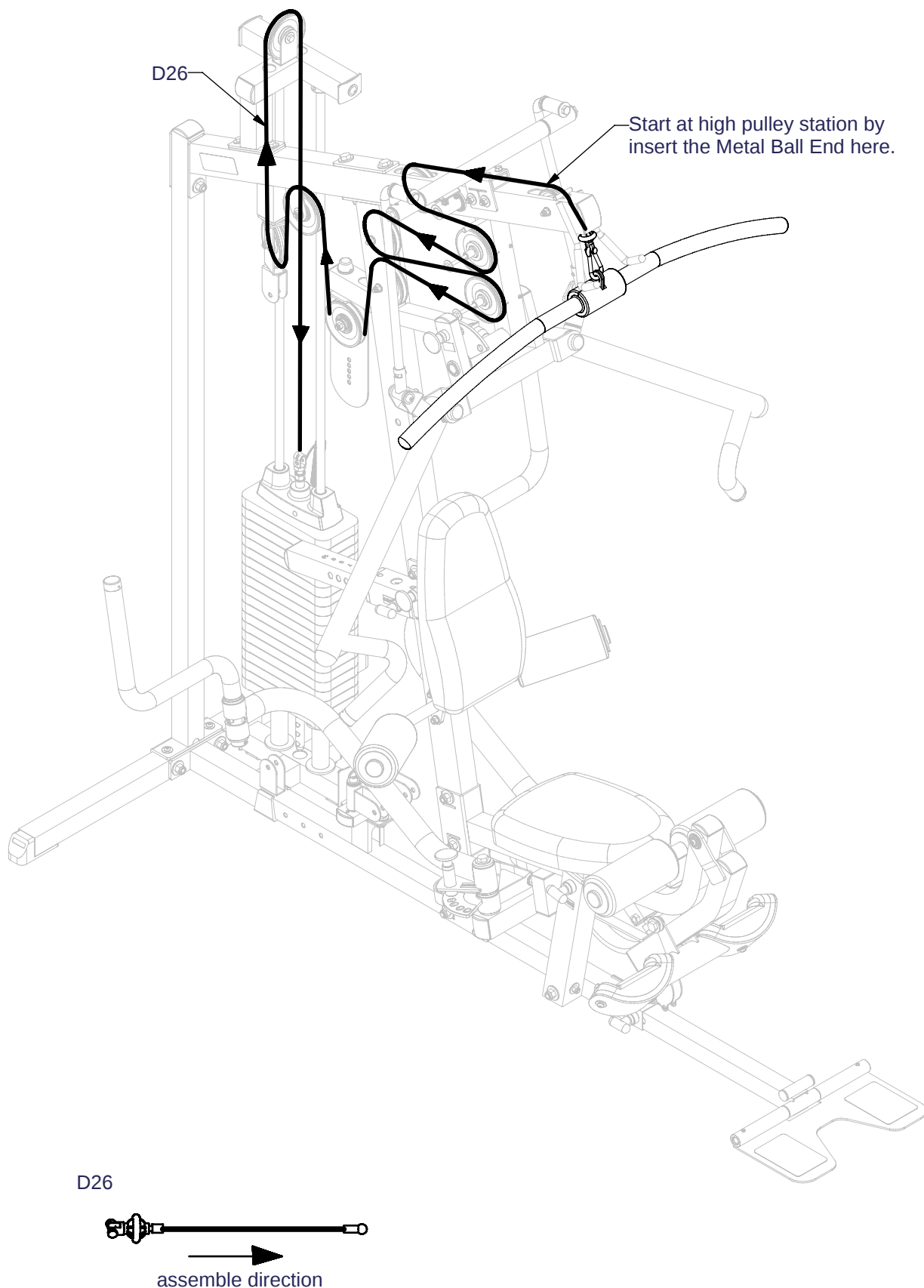


Above shows STEP 7
assembled and completed

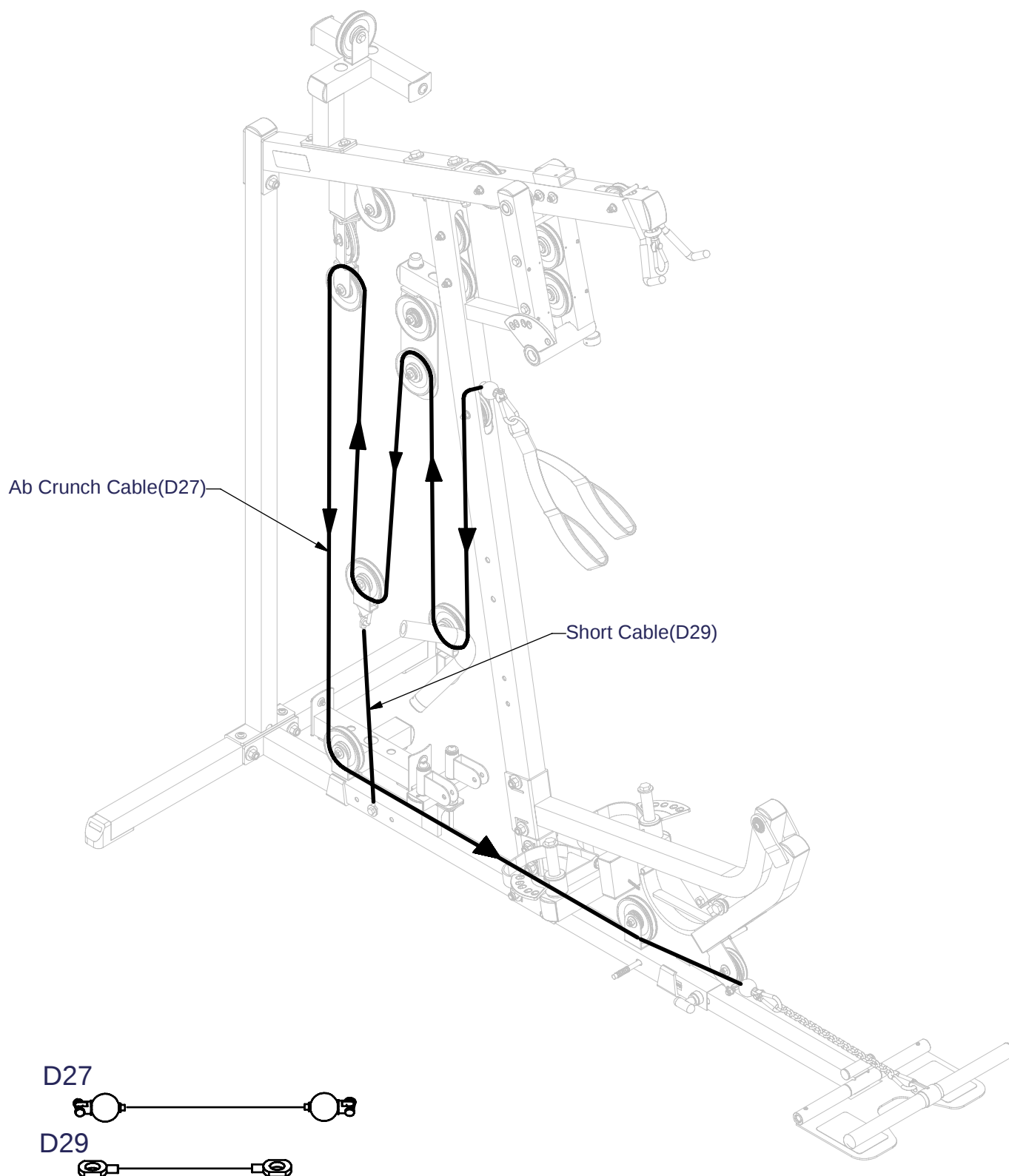


G6B ASSEMBLY INSTRUCTIONS

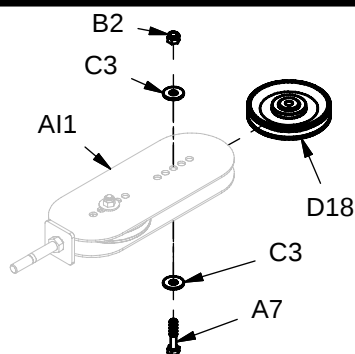
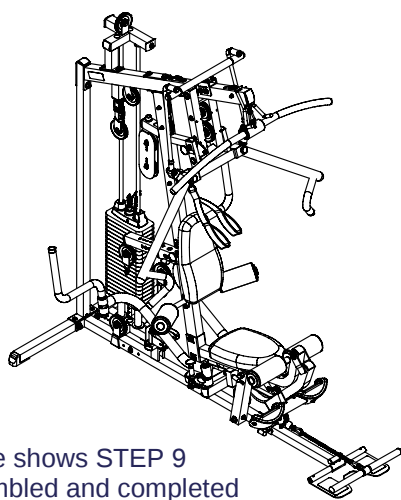
Cable to constitute illustration



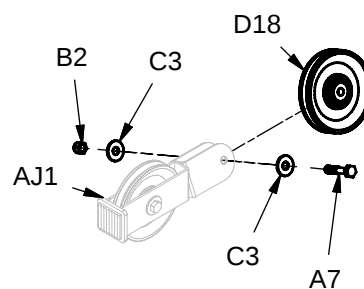
Cable to constitute illustration



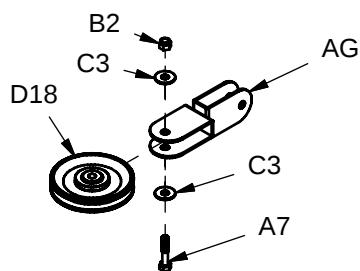
G6B ASSEMBLY INSTRUCTIONS



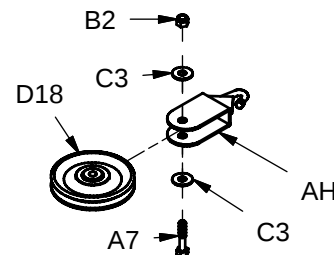
2 assembled



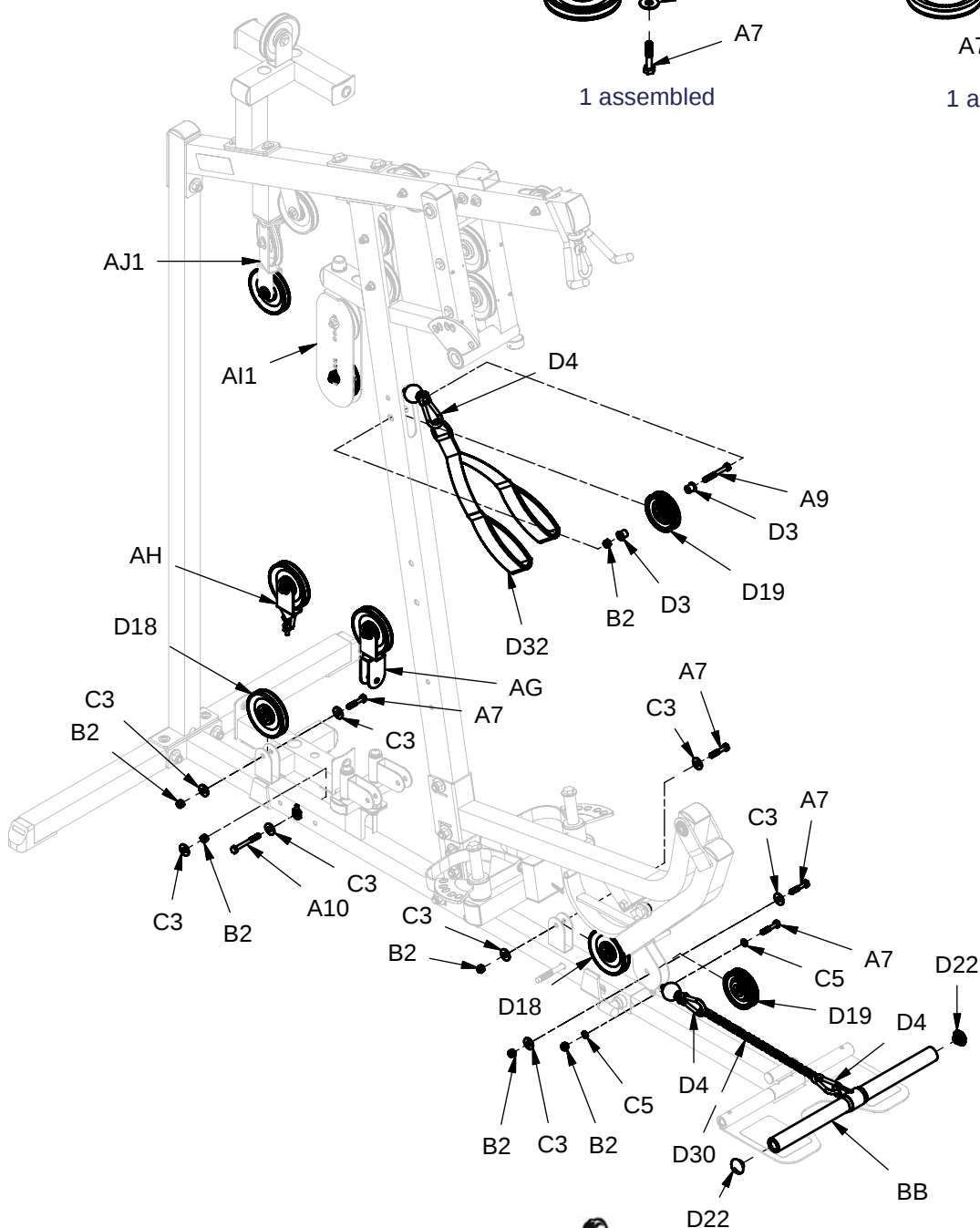
2 assembled



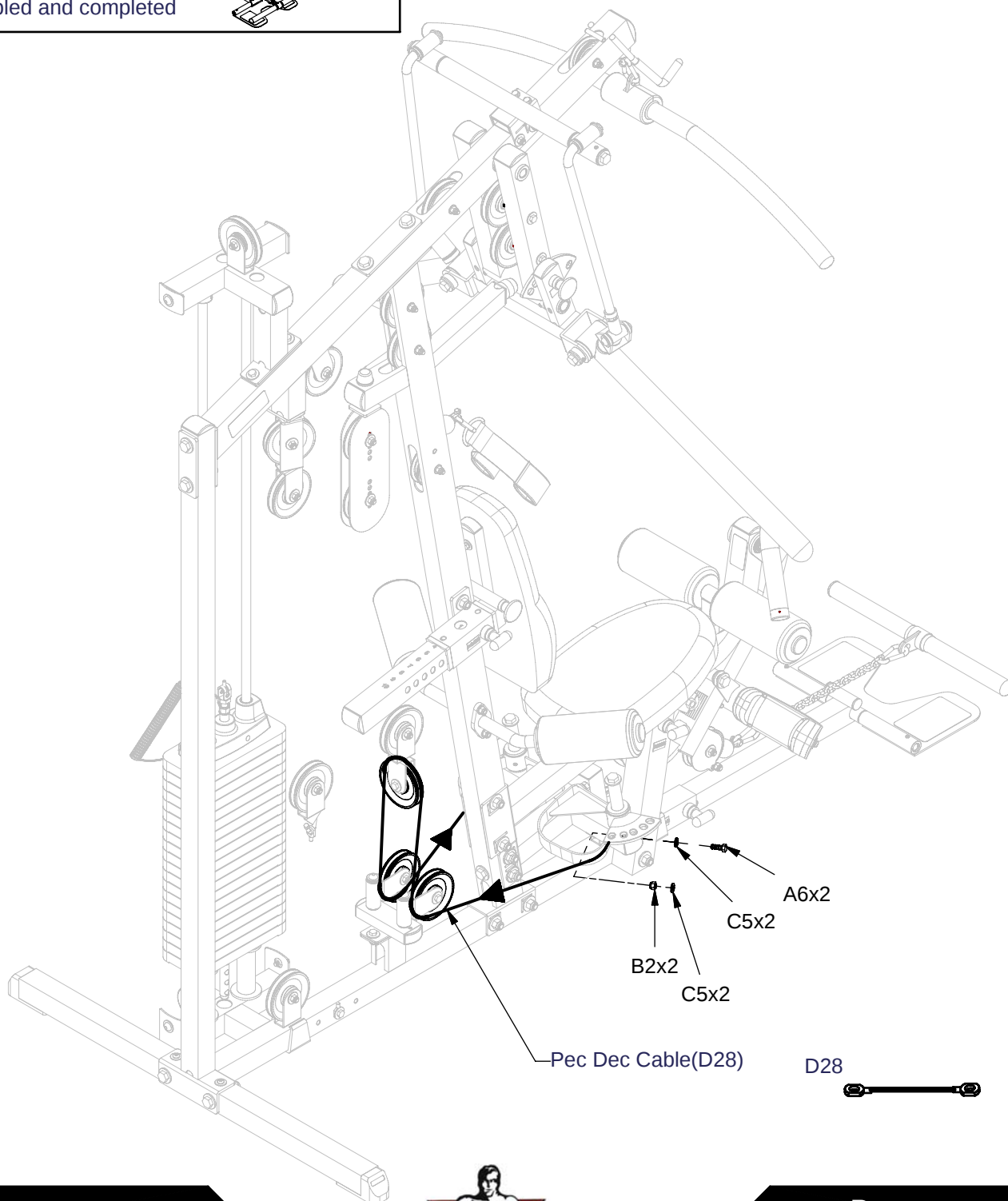
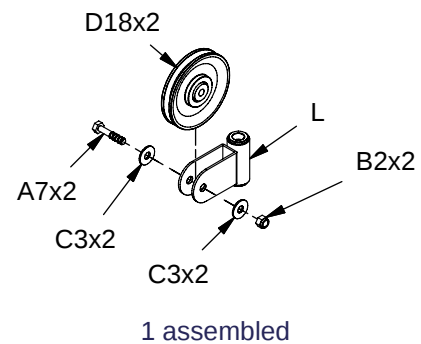
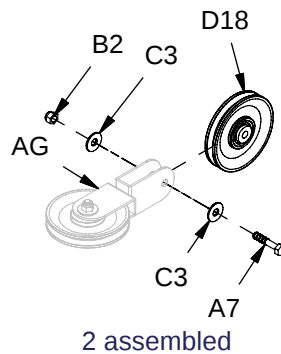
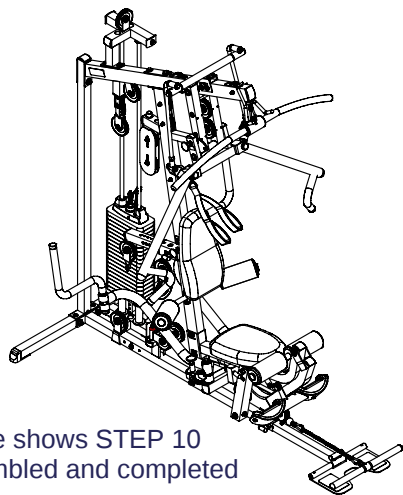
1 assembled



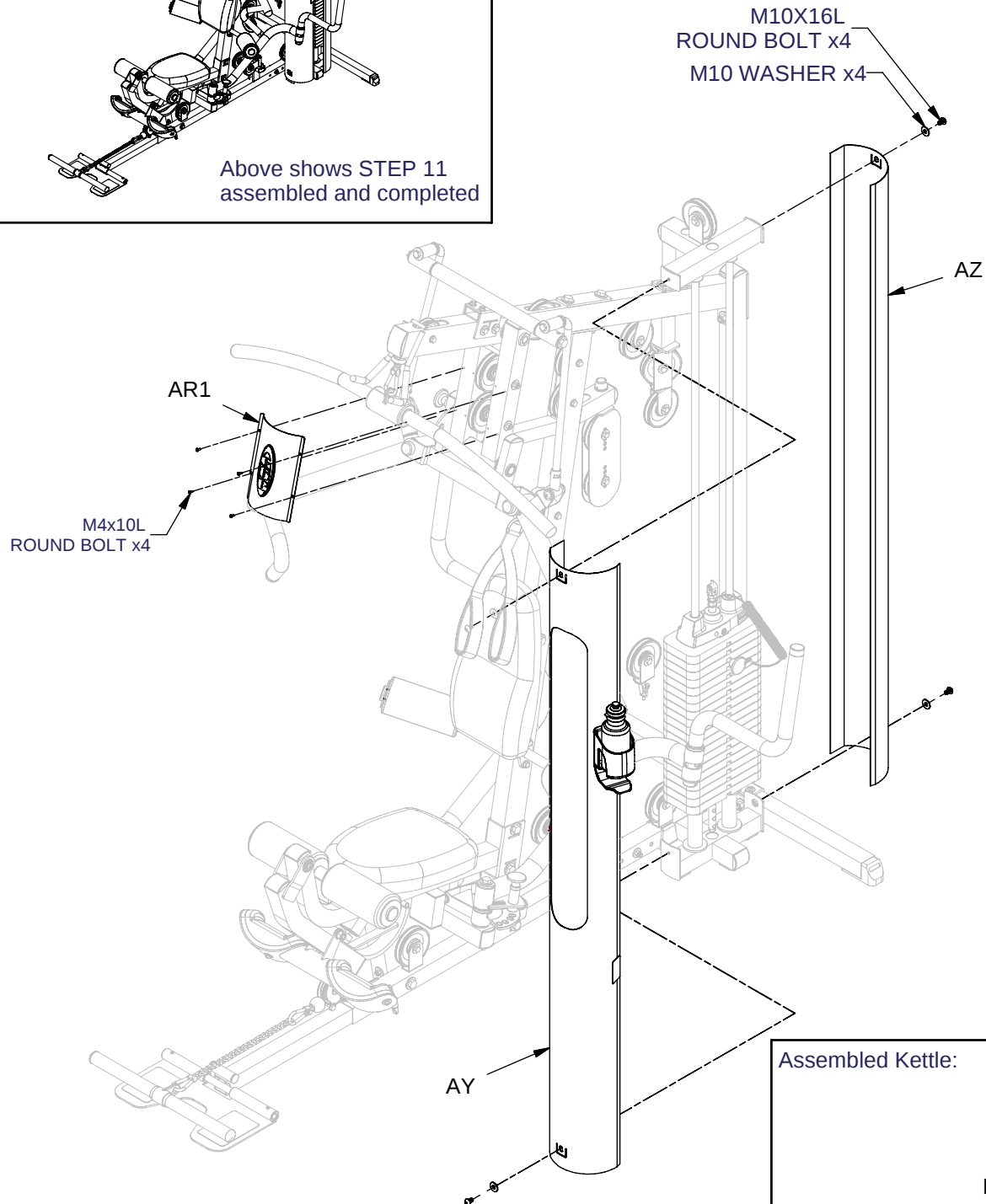
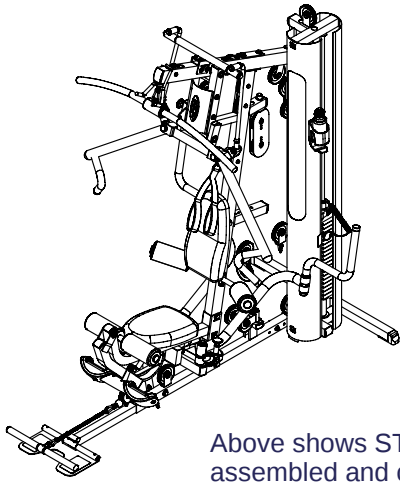
1 assembled



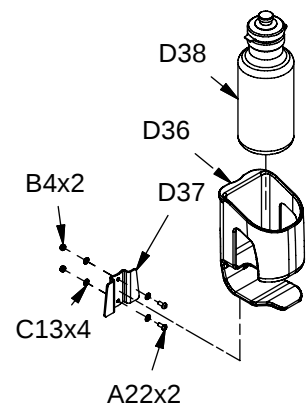
G6B ASSEMBLY INSTRUCTIONS



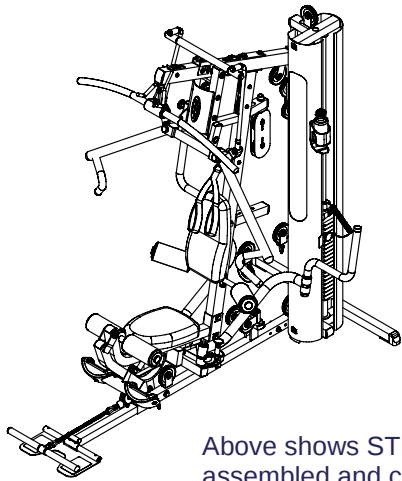
G6B ASSEMBLY INSTRUCTIONS



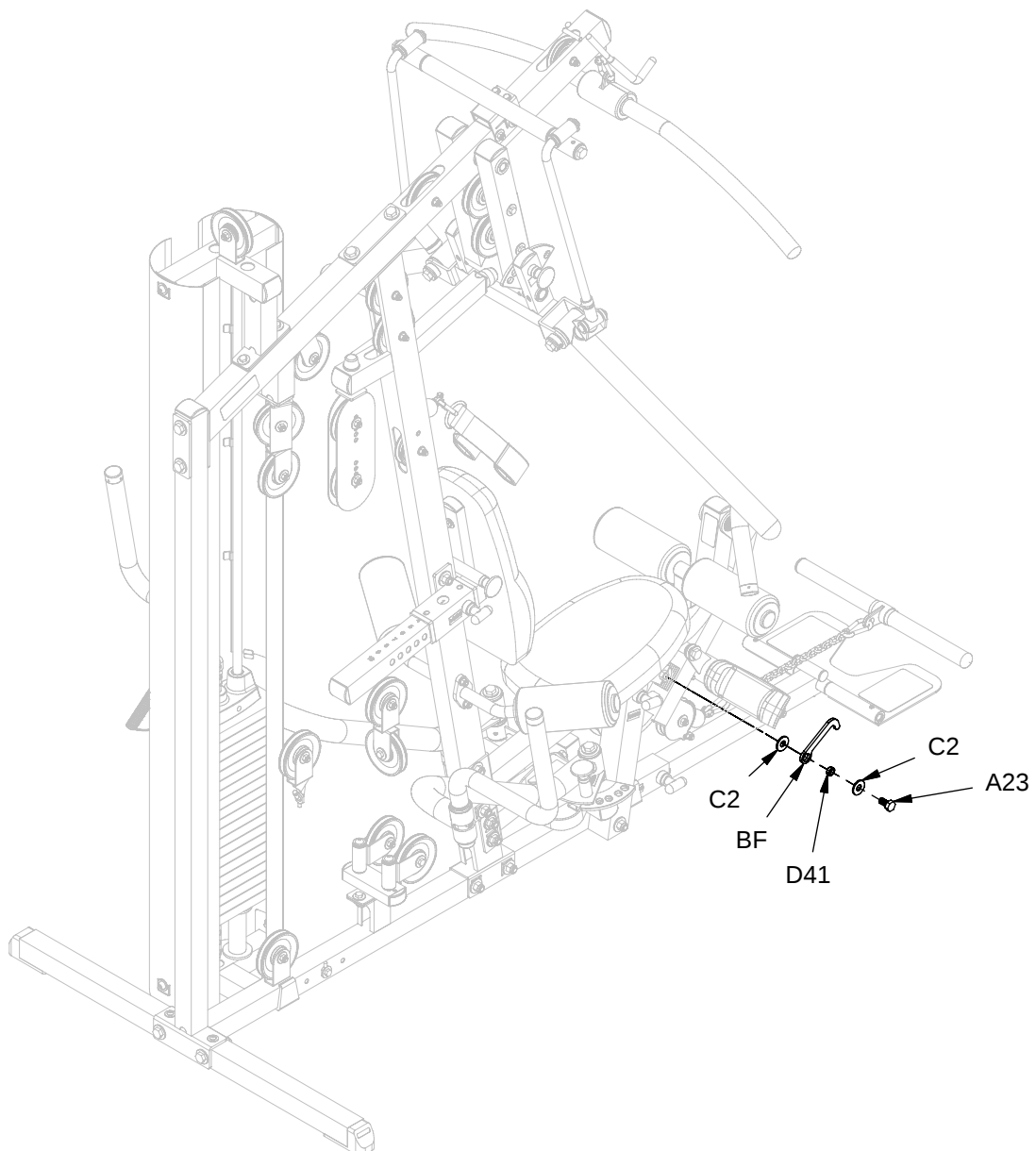
Assembled Kettle:



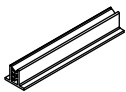
G6B ASSEMBLY INSTRUCTIONS



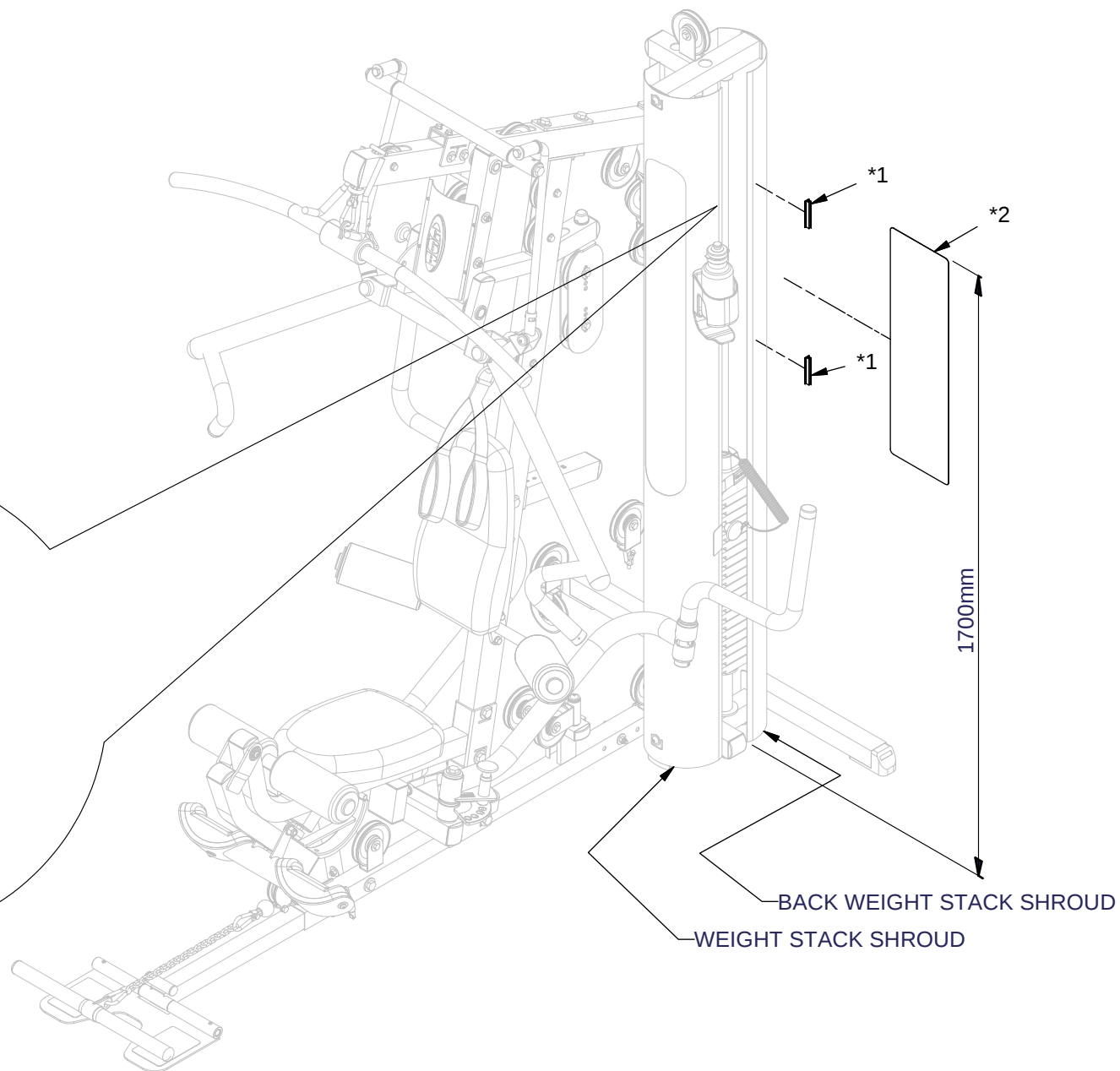
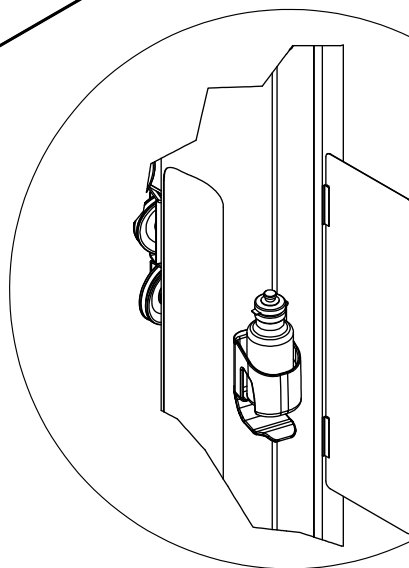
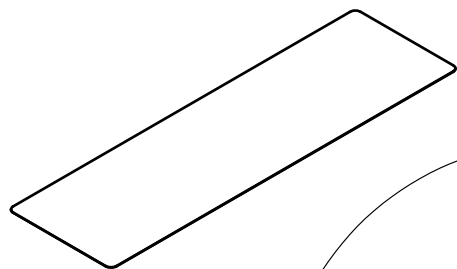
Above shows STEP 12
assembled and completed



*1[2PCS]
9219-012
Panel Holder



*2[1PCS]
9440-158
Exercise Panel
Assemble on to the shroud



G6B-032007

