

Body-Solid®

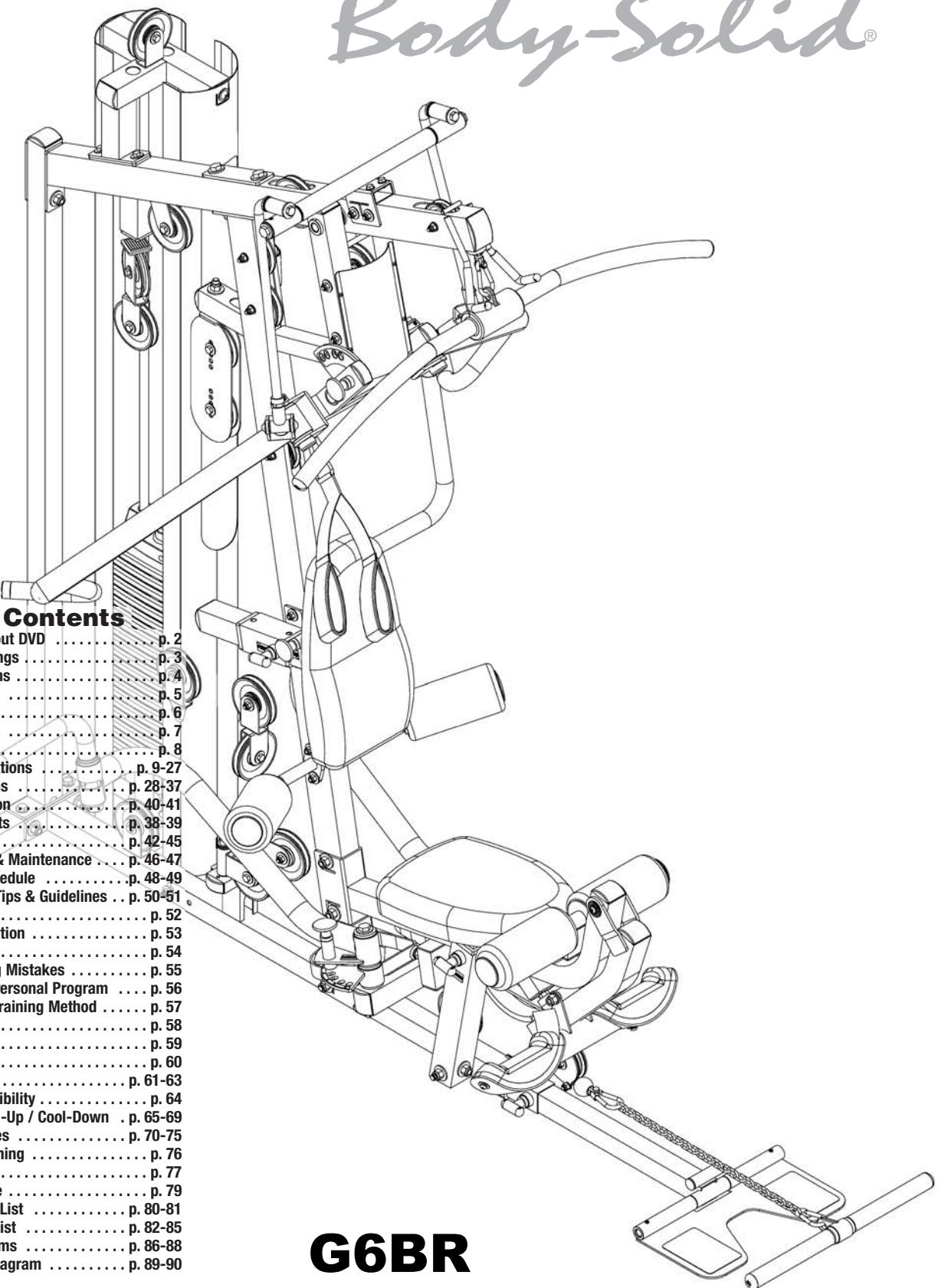


Table of Contents

Total Body Workout DVD	p. 2
Reference Drawings	p. 3
Safety Instructions	p. 4
Before You Begin	p. 5
Dimensions	p. 6
Safety Guidelines	p. 7
Preparations	p. 8
Assembly Instructions	p. 9-27
Cable Installations	p. 28-37
Shroud Installation	p. 40-41
Cable Adjustments	p. 38-39
Adjustments	p. 42-45
Warning, Safety & Maintenance	p. 46-47
Maintenance Schedule	p. 48-49
Phrases, Terms, Tips & Guidelines	p. 50-51
Nutrition	p. 52
Exercise Prescription	p. 53
Training Tips	p. 54
Common Training Mistakes	p. 55
Setting Up Your Personal Program	p. 56
Determine Your Training Method	p. 57
Exercise Tips	p. 58
Anatomy Chart	p. 59
Fitness Goals	p. 60
Exercise Logs	p. 61-63
Stretching & Flexibility	p. 64
Stretching: Warm-Up / Cool-Down	p. 65-69
Workout/Exercises	p. 70-75
Signs of Overtraining	p. 76
Weight Ratios	p. 77
Obtaining Service	p. 79
Mainframe Parts List	p. 80-81
Hardware Parts List	p. 82-85
Hardware Diagrams	p. 86-88
Exploded View Diagram	p. 89-90

G6BR

Assembly & Instructions
OWNER'S & MANUAL

Total Body Workout DVD

Follow the lead of international fitness presenter Geoff Bagshaw as he guides you step by step through a total health and conditioning program. Includes thorough explanations and demonstrations of over 50 exercises targeting all major muscle groups. The Body-Solid Total Body Workout is a "must have" for anyone truly serious about in-home training.



Also includes:

- Complete stretching routine
- Importance of cardio training
- Body-Solid company profile

Body-Solid
Total Body Workout DVD

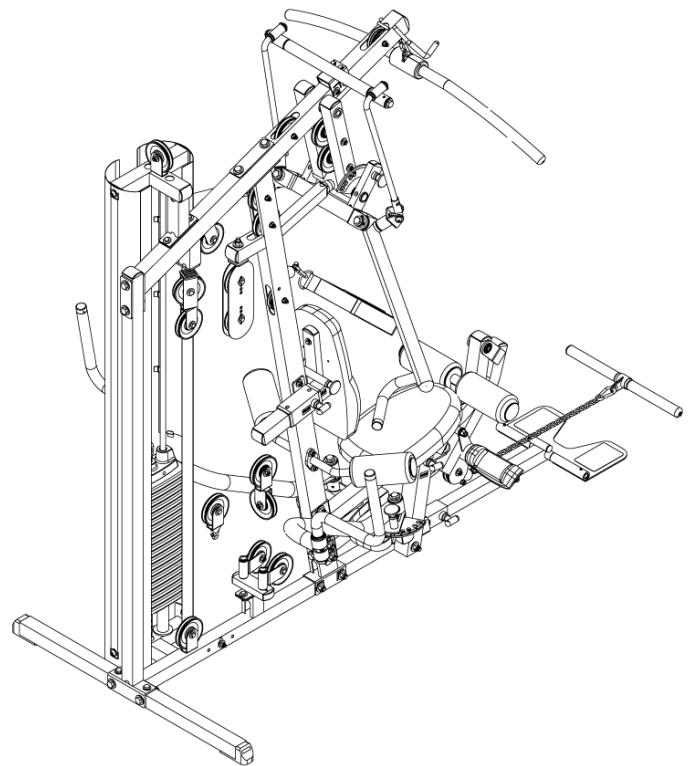
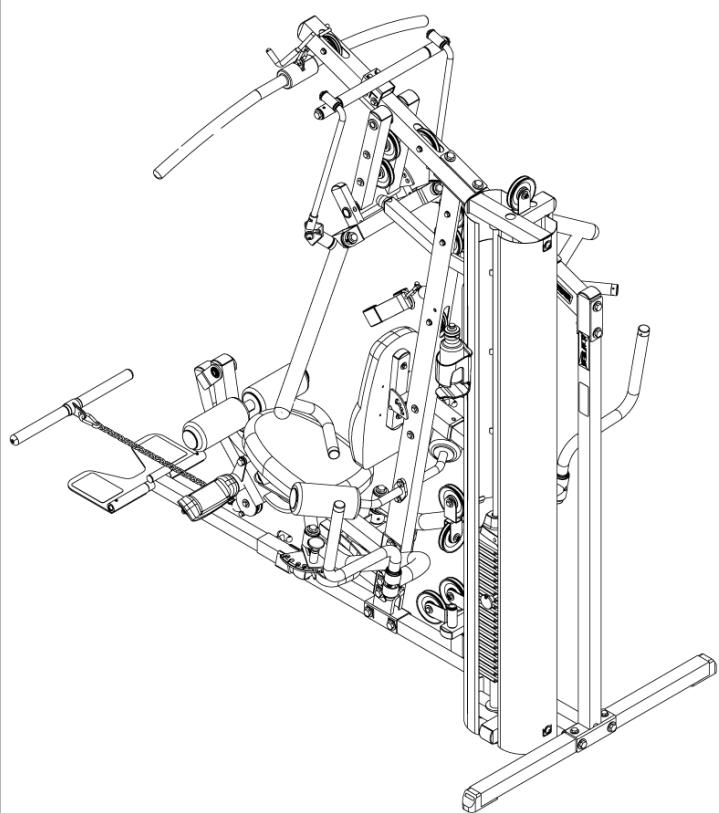
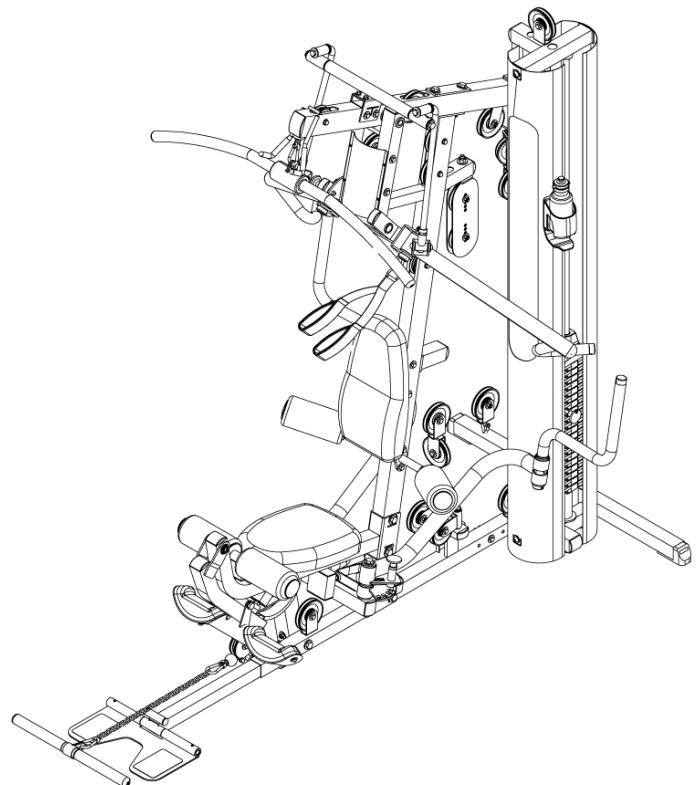
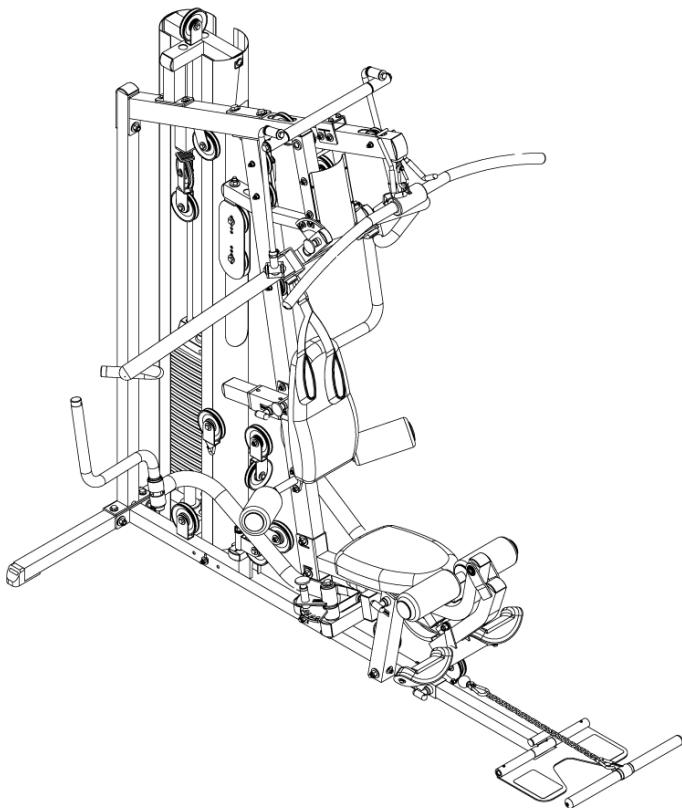
Standard/Metric Cross-Reference Table

The product hardware has been modified from Standard to Metric. When installing your machine, please use the table below to cross-reference between Standard and Metric hardware.

Standard (Inch)	Metric (mm)
1/16	2
1/8	3
3/16	5
1/4	6
5/16	8
3/8	10
7/16	11
1/2	12
9/16	14
5/8	16
11/16	18
3/4	19
13/16	20
7/8	22
15/16	24
1	25
1 1/4	31
1 1/2	37
1 3/4	44
2	50
2 1/4	56
2 1/2	62
2 3/4	69
3	75
3 1/4	81
3 1/2	87
3 3/4	94
4	100
5 1/4	106
5 1/2	112
5 3/4	119
5	125

Body-Solid
Addendum

G6BR
Reference Drawings



Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the G6BR. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- It is strongly recommended that a qualified dealer assemble the equipment. **Assistance is required.**
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the G6B25YR on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The G6BR is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid G6BR.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-833-1227 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at www.bodysolid.com or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555 ext. 5
Fax: 1-708-427-3598
E-mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. Part numbers are required when ordering parts.

Thank you for purchasing the G6BR. This gym is part of the Body-Solid line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

Unpacking the Equipment

The G6BR is carefully tested and inspected before shipment. Body-Solid ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

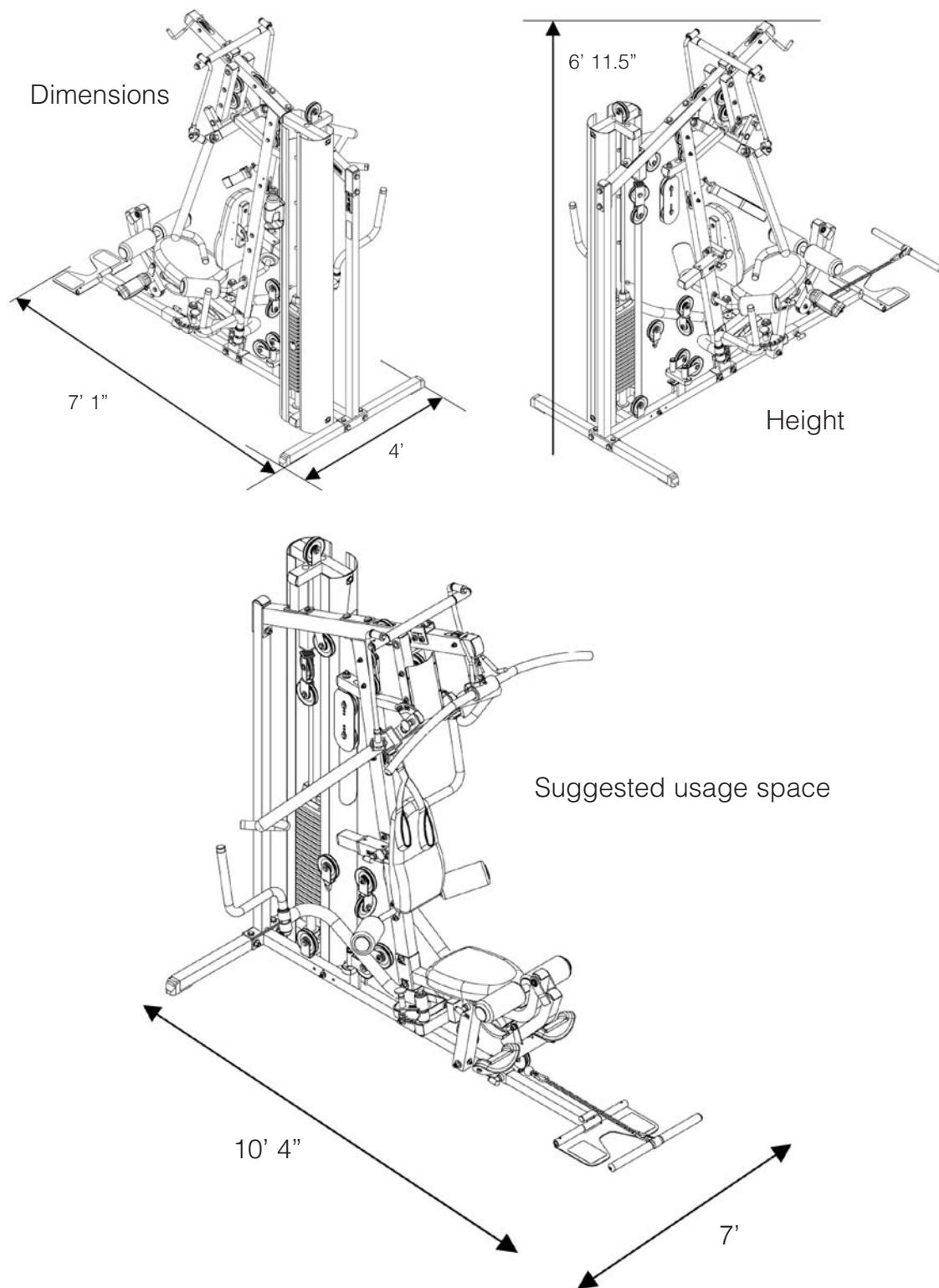
Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

Be careful to assemble all components in the sequence presented in this guide.

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-833-1227 for the dealer nearest you.

Dimensions

The room layout diagram below will help you decide the best placement for your G6BR. The dimensions of the G6BR are: width 4' X length 7'1". The ceiling height requirement for the G6BR is 7'. The usage space is: width 7' X length 10' 4" (The usage space is the overall space needed for operation.)
The usage space needed for the G6B25YR could be more, depending on the user, allow enough room for the Low Row Station.



S a f e t y G u i d e l i n e s

Successful resistance training programs have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- 1. It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**
- 2. Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**
- 3. Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through the entire range of motion.**
- 4. Breath properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.**
- 5. Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and suitable, breathable clothing will reduce the risk of injury.**
- 6. Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.**
- 7. Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**
- 8. Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**
- 9. Do not attempt to lift more weight than you can control safely.**
- 10. Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**

CAUTION: To set up this unit, you will need assistance. Do not attempt assembly by yourself.

You must review and follow the instructions in this Owner's Manual. If you do not assemble and use the G6BR according to these guidelines, you could void the Body-Solid warranty.

Required Tools

The tools that you must obtain before assembling the G6BR include:

- 3mm Allen Key
- 4mm Allen Key
- 5mm Allen Key
- 6mm Allen Key
- 8mm Allen Key
- 9/16" Open-End Wrench
- 11/16" Open-End Wrench
- 13/16" Open-End Wrench
- 3/4" Open-End Wrench
- 9/16" Box Wrench
- 11/16" Box Wrench
- 13/16" Box Wrench
- 3/4" Box Wrench

CAUTION: Obtain assistance! Do not attempt to assemble the G6BR by yourself. Review the Installation Requirements before proceeding with the following steps.

The G6BR unit comes in eight boxes. Be careful to assemble components in the sequence presented in this guide.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

Installation Requirements

Follow these installation requirements when assembling the G6BR:

Set up the G6BR on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail warranty card.

Assembly Instructions

Assembly of the G6BR takes professional installers about 3 hours to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

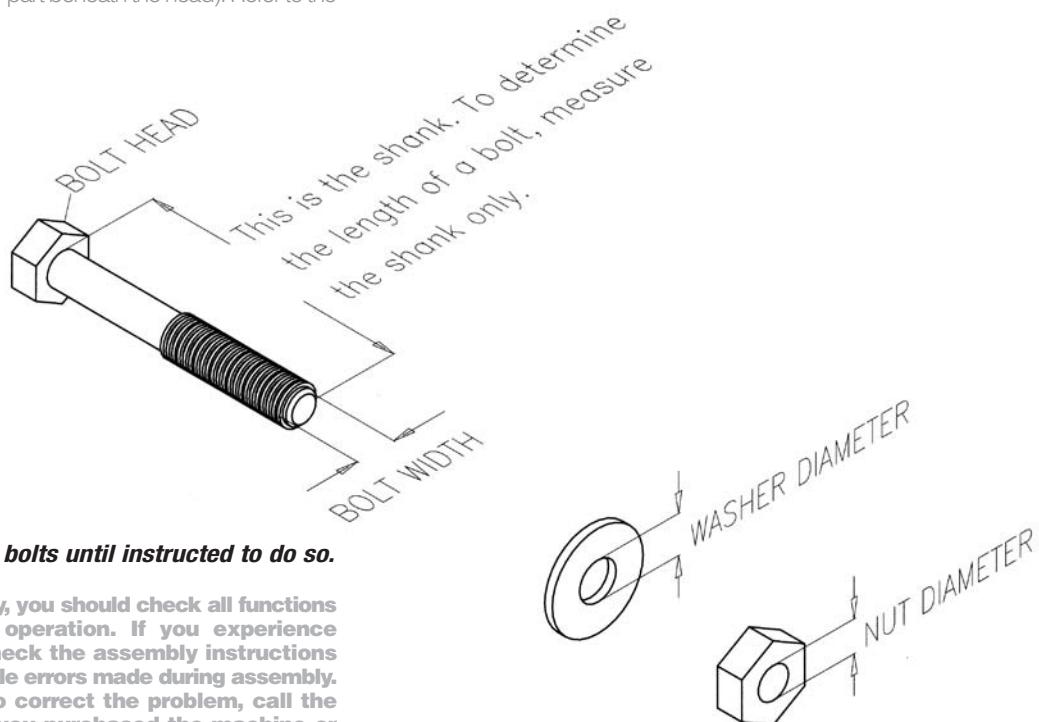
Assembly Tips

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the G6B25YR using the illustrations only, important safety notes and other tips are included in the text.

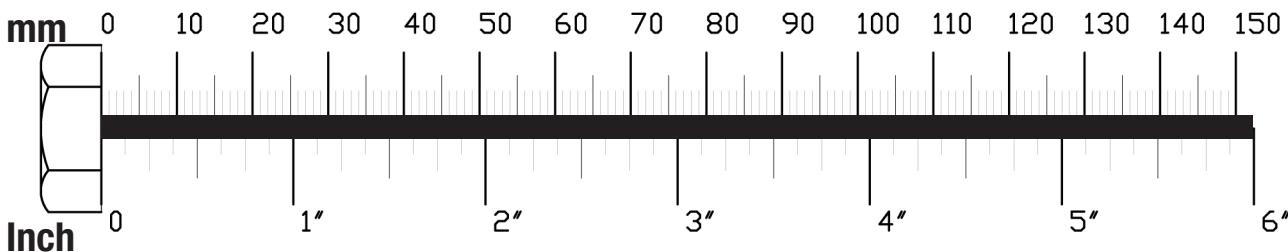
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



Do not fully tighten bolts until instructed to do so.

Note: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-833-1227 for the dealer nearest you.



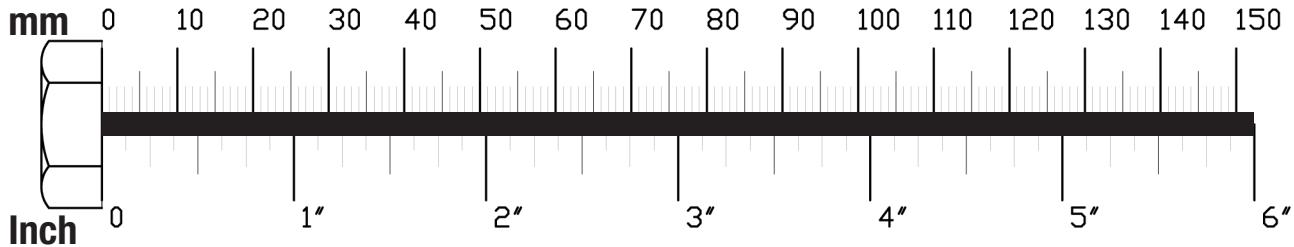
STEP**1**

Be careful to assemble all components in the sequence they are presented.

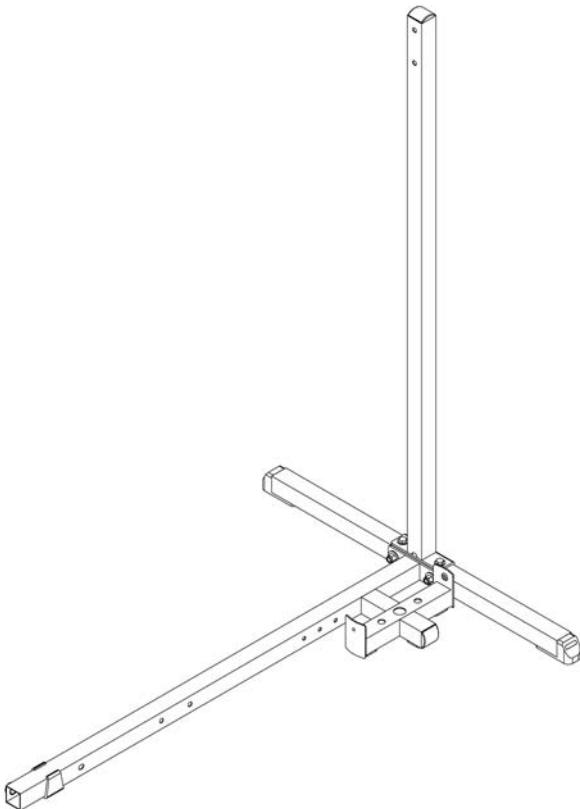
NOTE:

Finger tighten all hardware in this step. **Do Not** wrench tighten until end of step 3.

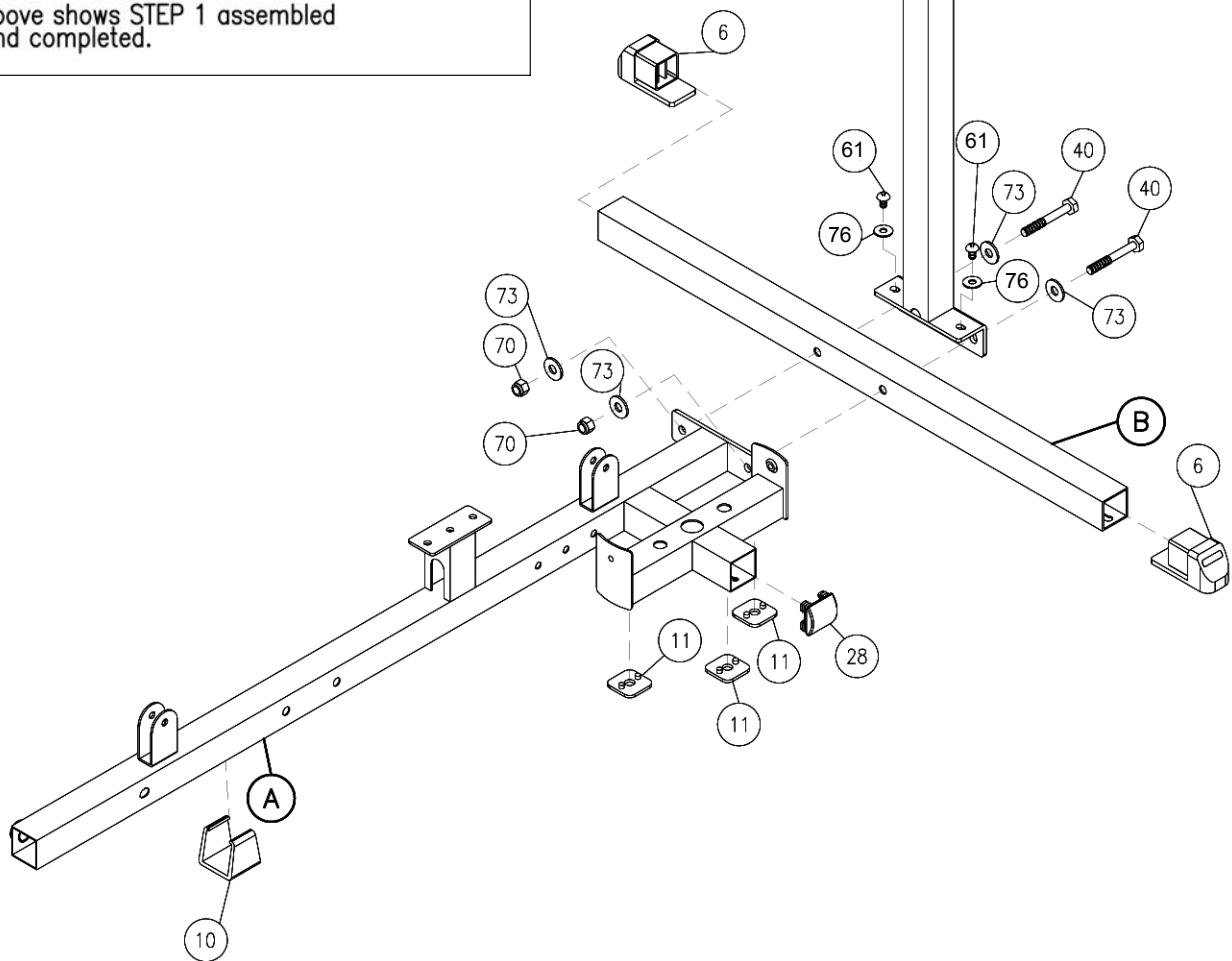
- A. Attach Frame Leveler (10) to Main Base Frame (A) as shown.
Insert two Weight Stack Shims (11) to Main Base Frame (A) as shown.
Insert Convex End Cap (28) to the opening in Main Base Frame (A) as shown.
- B. Attach Main Base Frame (A) to Rear Base Frame (B) and Rear Vertical Frame (C) using:
Two 40 (1/2" x 3 1/4" hex head bolt)
Four 73 (1/2" washer)
Two 70 (1/2" nylon lock nut)
Also use:
Two 61 (M8 x 16L allen head bolt)
Two 76 (M8 washer)
- C. Insert two Foot Caps (6) to the ends of Rear Base Frame (B).
Insert Convex End Cap (2) to the top of Rear Vertical Frame (C) as shown.



STEP
1



Above shows STEP 1 assembled and completed.



STEP**2****Be careful to assemble all components in the sequence they are presented.****NOTE:**

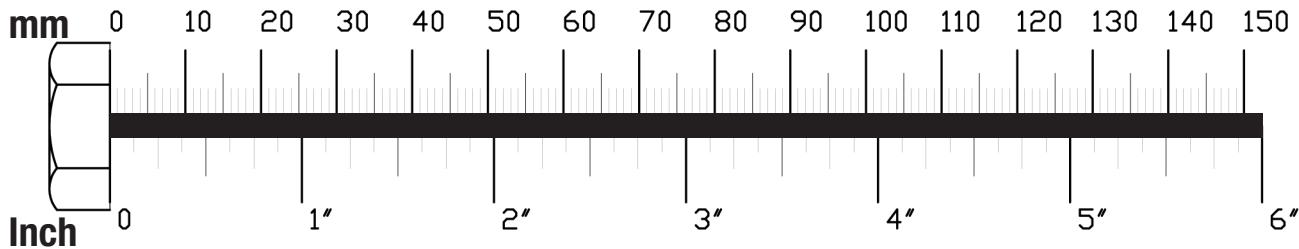
Finger tighten all hardware in this step. **Do Not** wrench tighten until end of step 3.

- A. Attach Angled Support Frame (D) to Main Base Frame (A) using:
Two 40 (1/2" x 3 1/4" hex head bolt)
Four 73 (1/2" washer)
Two 70 (1/2" nylon lock nut)
- B. Insert Convex End Cap (4) to the front of the Top Frame (E).
Attach Top Frame (E) and Plate (67) to the Rear Vertical Frame (C) using:
Two 40 (1/2" x 3 1/4" hex head bolt)*
Three 73 (1/2" washer)
One 70 (1/2" nylon lock nut)

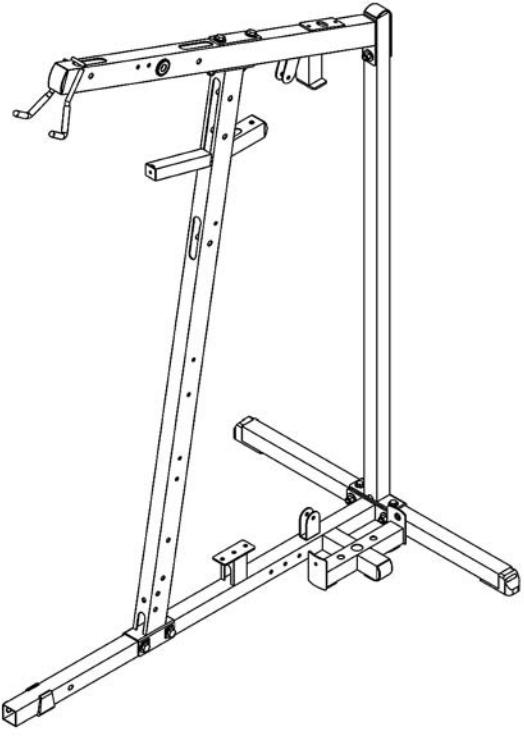
***NOTE:**

One bolt (40) goes into an internally threaded nut inside Top Frame (E).

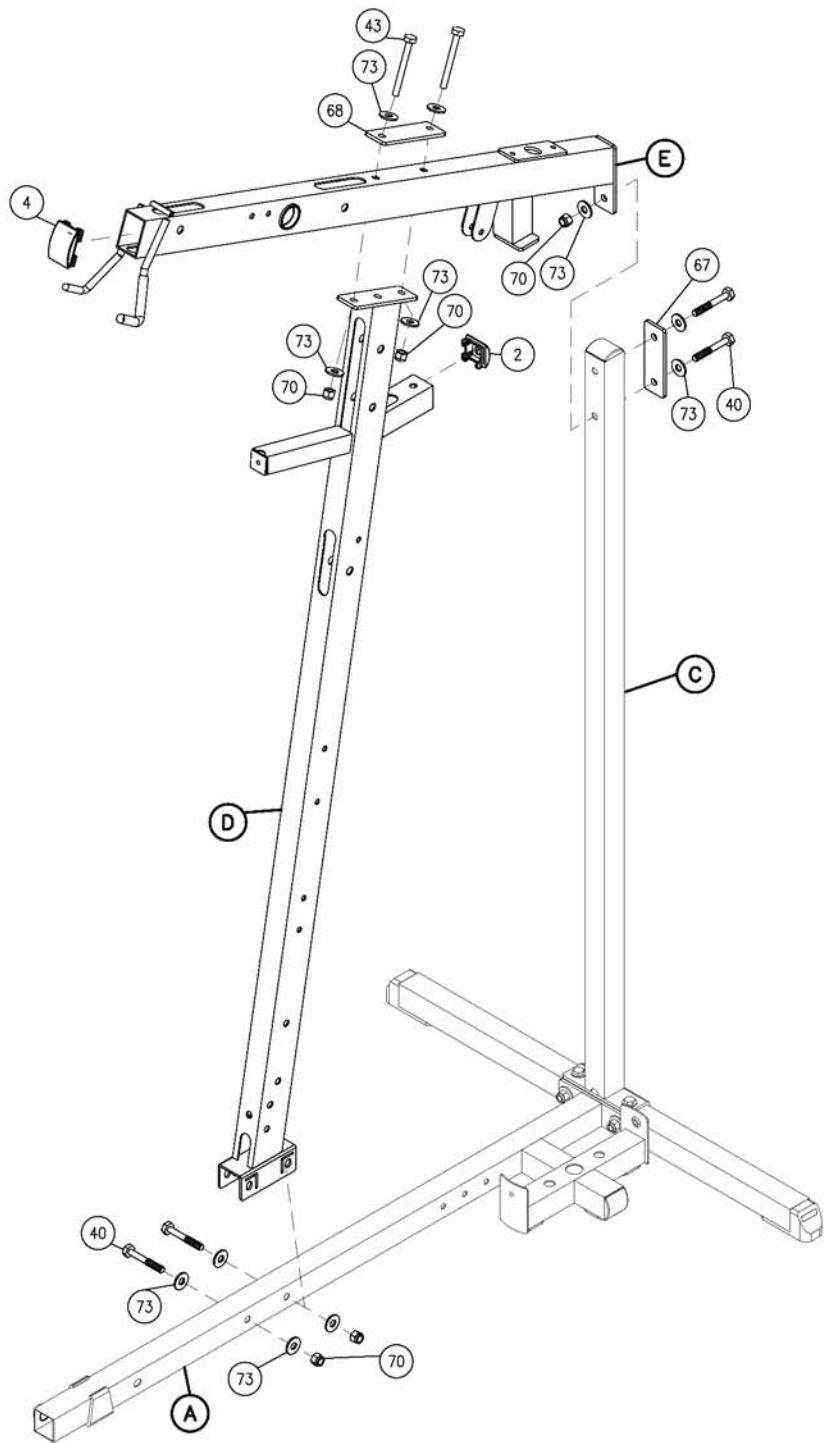
- C. Attach Top Frame (E) and Plate (68) to Angled Support Frame (D) using:
Two 43 (1/2" x 4 1/4" hex head bolt)
Four 73 (1/2" washer)
Two 70 (1/2" nylon lock nut)
- D. Insert Convex End Cap (2) to the small horizontal arm on Angled Support Frame (D) as shown.



STEP 2



Above shows STEP 2 assembled and completed.



STEP**3****Be careful to assemble all components in the sequence they are presented.****NOTE:**

At this point you must make sure that the gym is level, stable and in the right location.

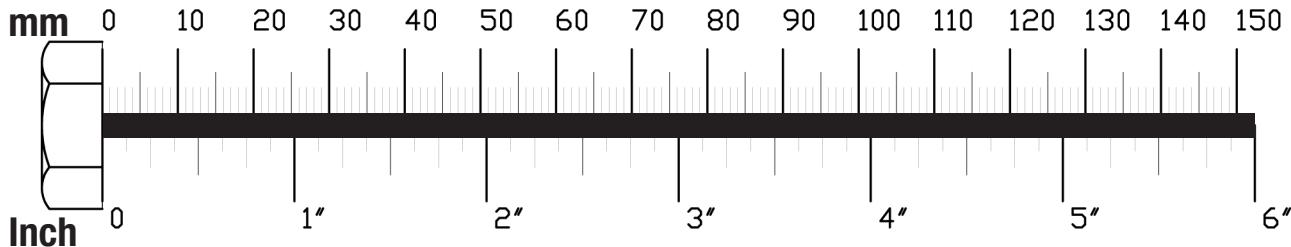
- A. Place two Weight Stack Risers (36) and two Rubber Donuts (14) onto Main Base Frame (A) as shown. Slide two Guide Rods (F) through the Rubber Donuts (14), through the two Weight Stack Risers (36), and into the Main Base Frame (A).
- B. Slide Weight Stack Plates (37)* onto Guide Rods (F). Make sure the opening in each Weight Stack Plate (37), for the Weight Stack Pin (81), is facing outward.

***NOTE:**

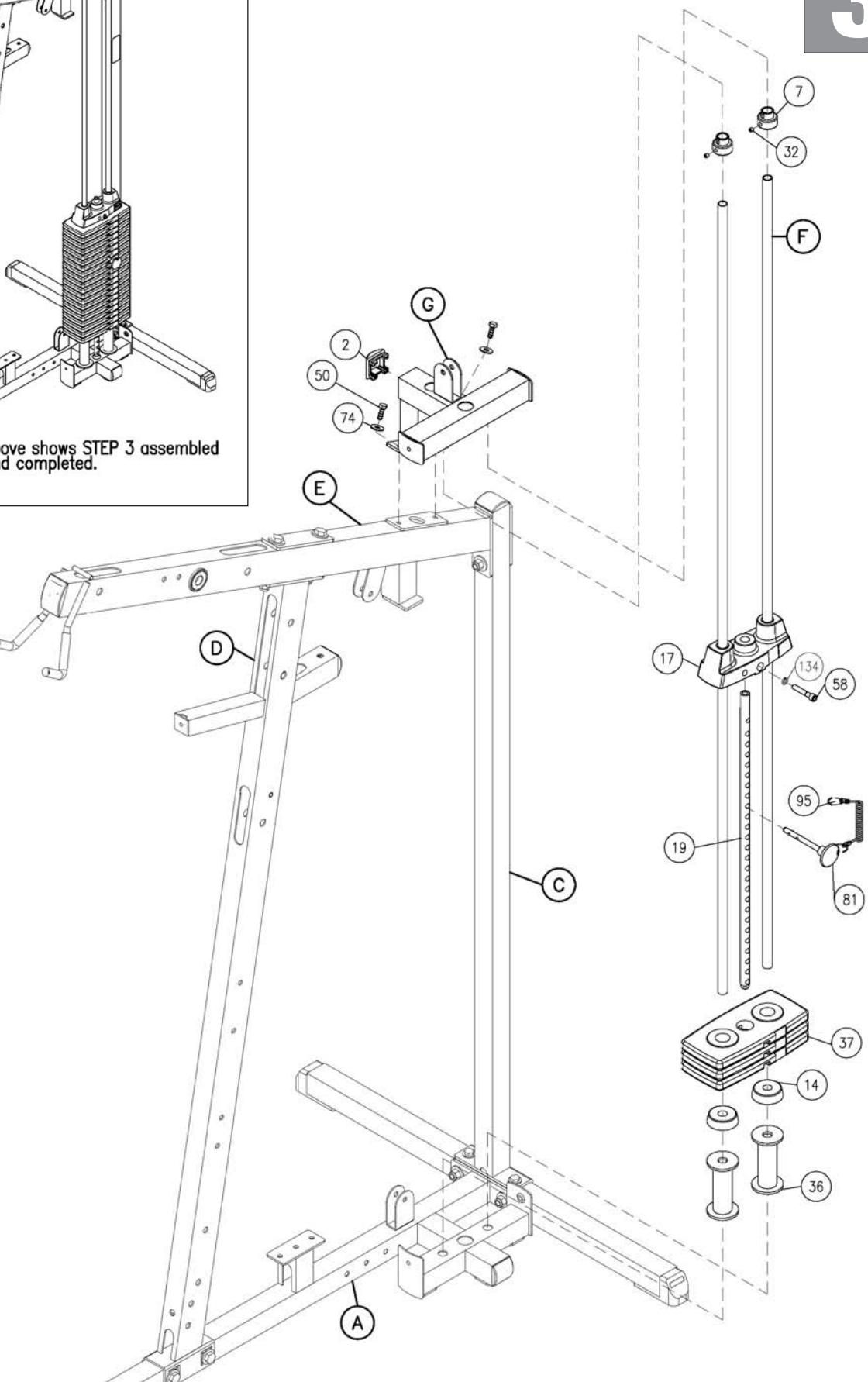
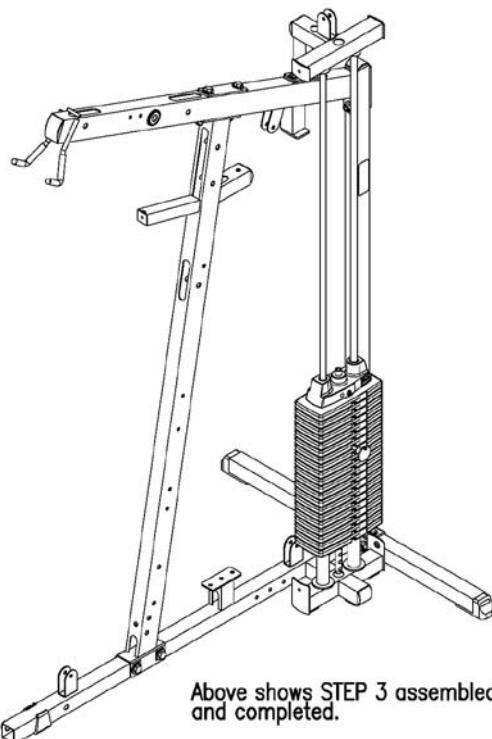
Use fifteen 10lb. plates for a 160lb. weight stack.

Use twenty 10lb. plates for a 210lb. weight stack. See NOTE after Step 1B.

- C. Connect Top Plate (17) to the Selector Rod (19) using:
One 58 (3/8" x 2" round allen head)
One 134 (3/8" spring lock washer)
Slide Top Plate (17) and Selector Rod (19) onto Guide Rods (F).
- D. Slide two Shaft Collars (7) onto the two Guide Rods (F) as shown.
- E. Insert Guide Rods (F) into Top Weight Stack Frame (G), and Attach Top Weight Stack Frame (G) to Top Frame (E) using:
Two 50 (3/8" x 1" hex head bolt)
Two 74 (3/8" washer)
Attach Convex End Cap (2) to Top Weight Stack Frame (G) as shown.
- F. Slide Shaft Collars (7) up into the Top Weight Stack Frame (G) and turn the Shaft Collar, so it locks onto the Top Weight Stack Frame (G), Now tighten each Allen Screw (32) in Shaft Collars (7).
- G. You can now wrench tighten all bolts and nuts on the main frame unit.



STEP
3

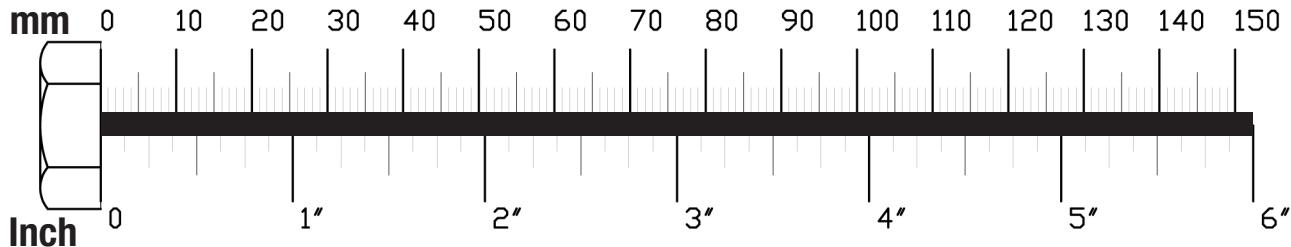


STEP**4****Be careful to assemble all components in the sequence they are presented.**

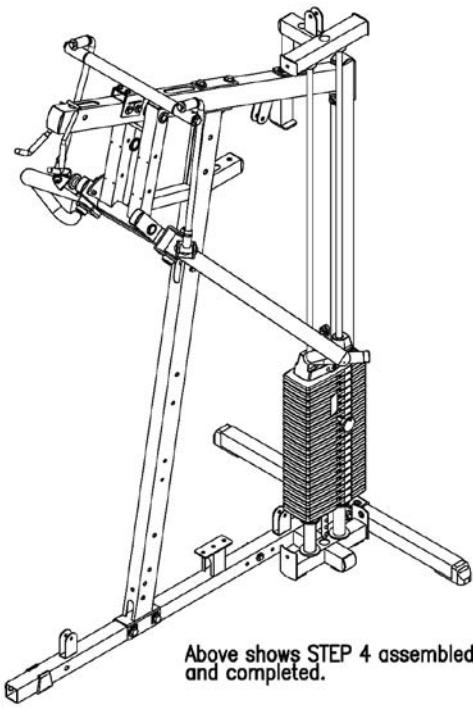
- A. Attach two Convex End Caps (2) to the top of Seated Press Arm Support (H).
Attach Seated Press Arm Support (H) to Top Frame (E) using Shaft (33), and tighten Allen Screws (34).
- B. Attach Bi Angular Bars (J) to Top Frame (E) using:
Two 53 (3/8" x 3" hex head bolt)
Four 74 (3/8" washer)
Two 71 (3/8" nylon lock nut)
Also using:
Two 80 (M8 x 12L hex head bolt)
Two 76 (M8 washer)
- C. Attach Press Arm Holder (K) to Seated Press Arm Support (H) using Shaft (35), and tighten Allen Screws (34).
- D. Attach Left Press Arm (L) to Press Arm Holder (K) using Shaft (KA), and:
One 37 (1/2" x 3/4" hex head bolt)
One 73 (1/2" washer)
And tighten Allen Screws (34).
- E. Attach Right Press Arm (M) to Press Arm Holder (K) using Shaft (KB), and:
One 37 (1/2"x 3/4" hex head bolt)
One 73 (1/2" washer)
And tighten Allen Screws (34).
- F. Connect Bi Angular Bars (J) to Left Press Arm (L) using Shaft (39) and:
Two 74 (M10 washer)
Two 36 (M10 x 16L round allen bolt)
- G. Connect Bi Angular Bars (J) to Right Press Arm (M) using Shaft (39) and:
Two 74 (3/8" washer)
Two 36 (3/8" x 5/8" round allen bolt)

Note:

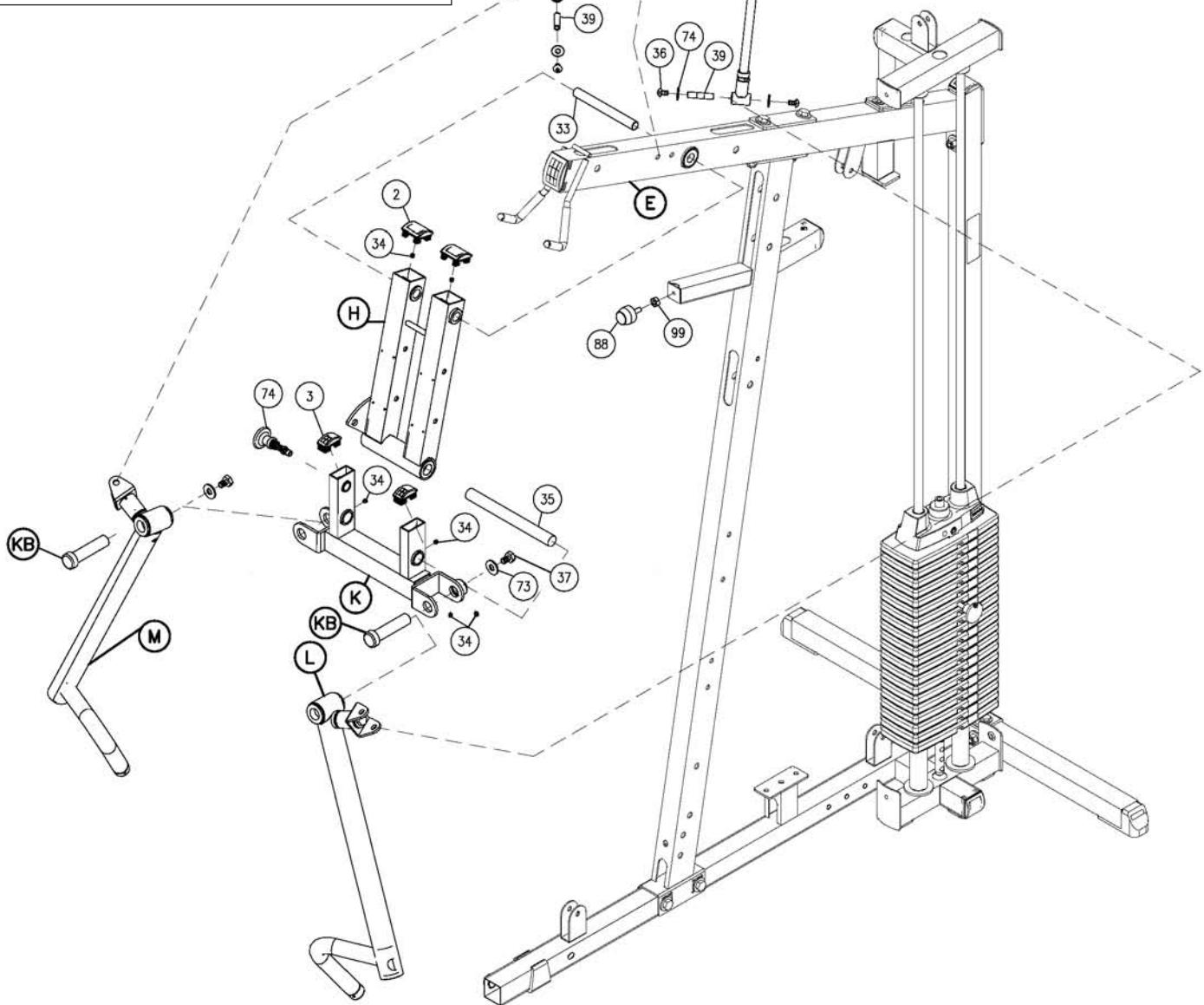
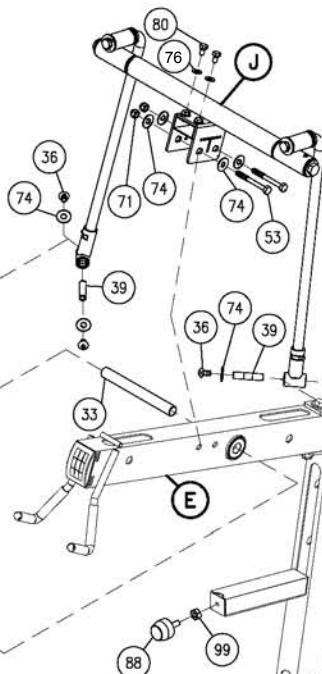
You should now wrench tighten all bolts and nuts in this step.



**STEP
4**



Above shows STEP 4 assembled and completed.



STEP**5****Be careful to assemble all components in the sequence they are presented.**

A. Attach Pec Dec Frame (N) to Angled Support Frame (D) in the bottom two holes as shown using:

One 42 (1/2" x 3 3/4" hex head bolt)*

Two 40 (1/2" x 3 1/4" hex head bolt)

Five 73 (1/2" washer)

Two 70 (1/2" nylon lock nut)

Attach two End Caps (15) to the top and bottom of the Pec Dec Frame (N) as shown.

Attach two Convex End Caps (2) to the sides of the Pec Dec Frame (N) as shown.

***Note:**

Hex Head Bolt (42) goes into an internally threaded nut inside Pec Dec Frame (N).

B. Slide Oilite Washer (26), Left Pec Dec Cam (P) and then the Left Pec Dec Arm (Q) onto the left side of the Pec Dec Frame (N) as shown, Attach using:

One 37 (1/2" x 3/4" hex head bolt)

One 73 (1/2" washer)

C. Attach Left Pec Dec Handle (R)* to the Left Pec Dec Arm (Q) using:

One 45 (5/16" x 3/4" flat allen head)

One 77 (5/16" spring lock washer)

Slide Chrome Collar (46) onto the bottom of the Left Pec Dec Handle (R) as shown, and tighten Allen Screw (34).

***Note:**

Left Pec Dec Handle (R) should bend out, away from the the gym.

D. Slide Oilite Washer (26), Right Pec Dec Cam (S) and then the Right Pec Dec Arm (T) onto the Right side of the Pec Dec Frame (N) as shown, attach using:

One 37 (1/2" x 3/4" hex head bolt)

One 73 (1/2" washer)

E. Attach Right Pec Dec Handle (U)* to the Right Pec Dec Arm (T) using:

One 45 (5/16" x 3/4" flat allen head)

One 77 (5/16" spring lock washer)

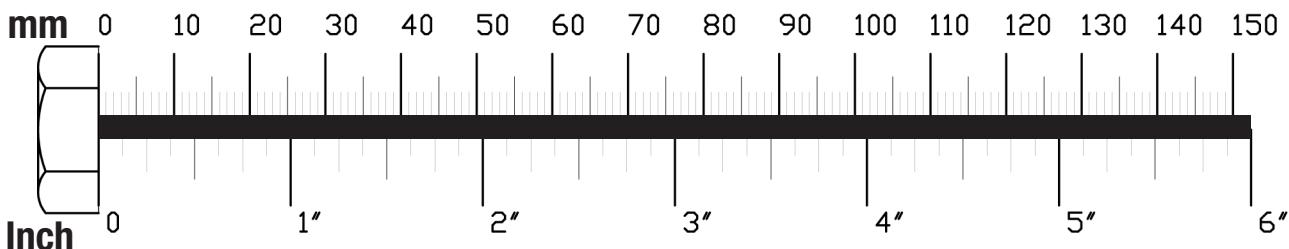
Slide Chrome Collar (46) onto the bottom of the Right Pec Dec Handle (U) as shown, and tighten Allen Screw (34).

***Note:**

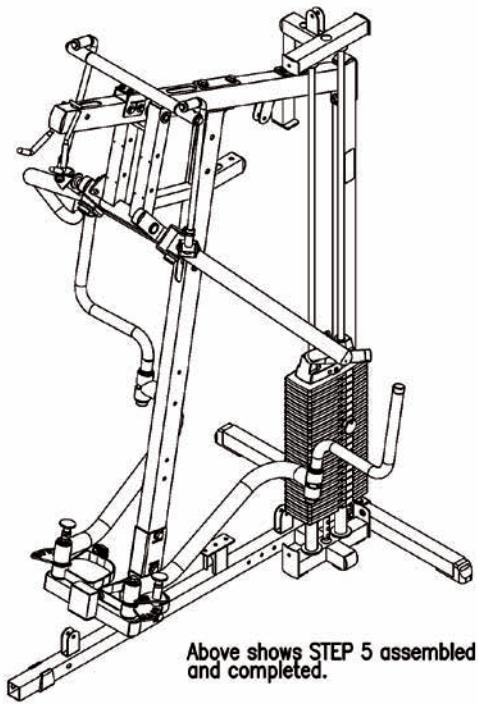
Right Pec Dec Handle (U) should bend out, away from the gym.

Note:

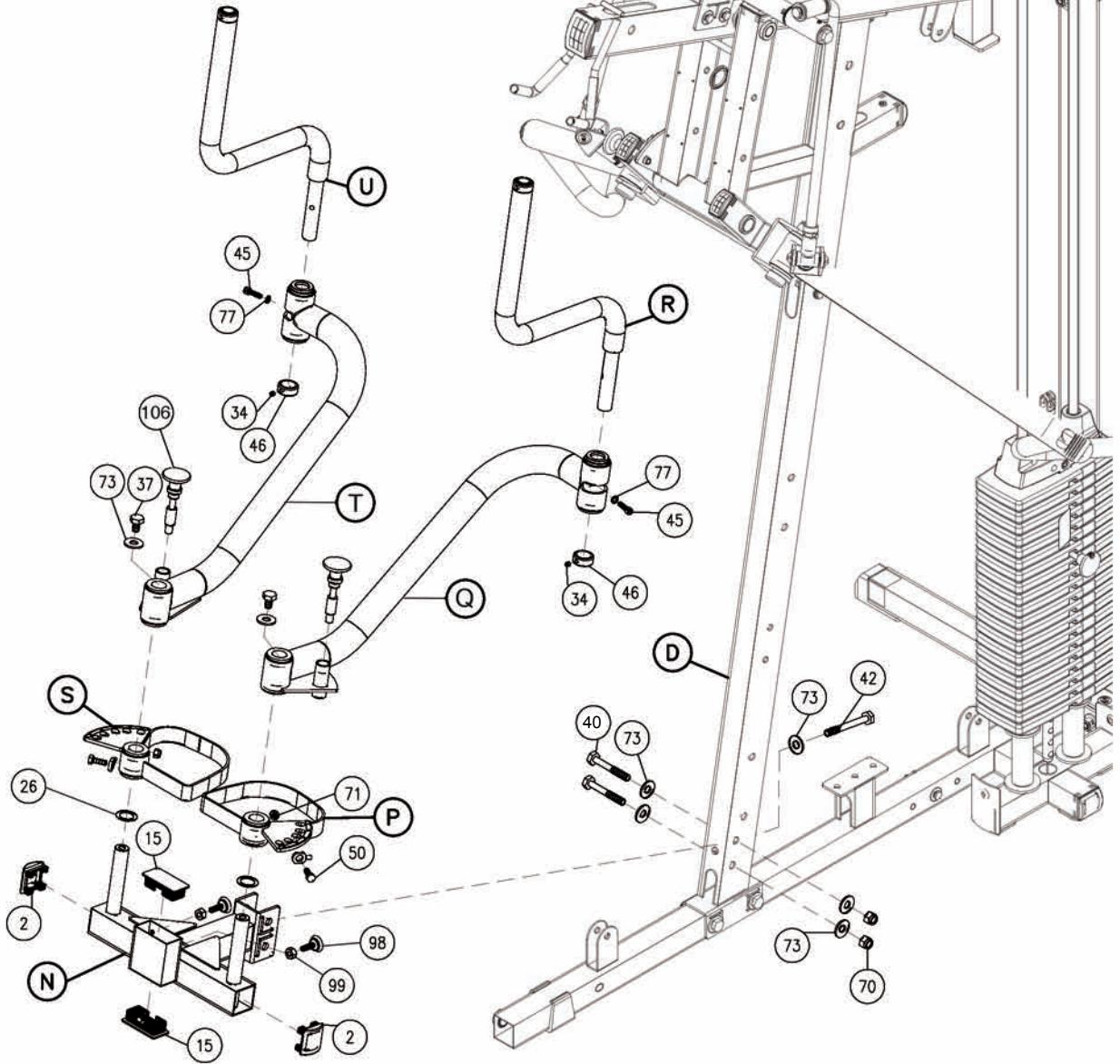
You should now wrench tighten all bolts and nuts in this step.



STEP
5



Above shows STEP 5 assembled and completed.



STEP**6****Be careful to assemble all components in the sequence they are presented.****NOTE:**

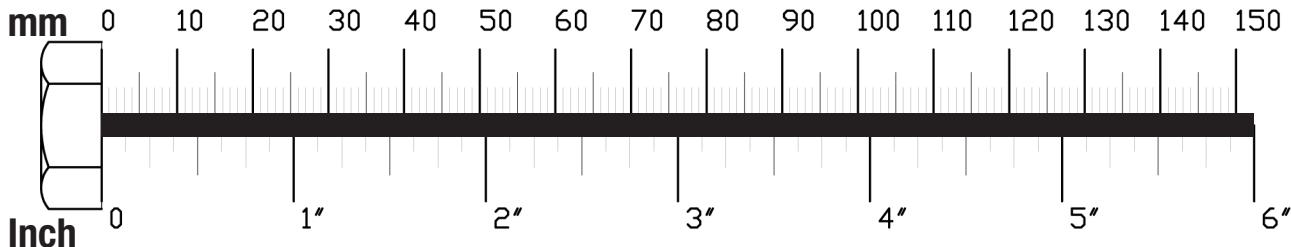
LEG EXTENSION FRAME (V) AND THE SEAT PAD FRAME (W) ARE PRE-ASSEMBLED AS ONE PIECE.

- A. Attach Leg Extension Frame (V) to Angled Support Frame (D) using:
Two 40 (1/2" x 3 1/4" hex head bolt)
Four 73 (1/2" washer)
Two 70 (1/2" nylon lock nut)
- B. Attach the bottom of Leg Extension Frame (V) to Main Base Frame (A) using:
One 44 (1/2" x 5 1/4" hex head bolt)
Two 73 (1/2" washer)
One 70 (1/2" nylon lock nut)
- C. Attach Leg Extension Arm (X) to Leg Extension Frame (V) with pre-installed Shaft (47) as shown using:
Two 49 (M8 x15L round allen head bolt)
Two 76 (M8 washer)
- D. Tighten the two Allen Screws (34) to lock down Shaft (47) in Leg Extension Frame (V).
Attach two Convex End Caps (2) one to the top of Leg Extension Frame (V) and one to the top of the Leg Extension Arm (X) as shown.
- E. Attach Lock Down Hook (152) to Leg Extension Frame (V) as shown in the REVERSE SIDE DRAWING using:
One 57 (1/2" x 1" hex head bolt)
Two 73 (1/2" washer)
One 153 (5/16" wide spacer)
- F. Attach Leg Extension Pad Holder (Y) and 1/4" Wide Spacer (154) to Leg Extension Arm (X) using:
One 150 (1/2" x 3 3/4" hex head bolt)
Two 73 (1/2" washer)
One 79 (1/2" washer x 1" O.D.)
One 70 (1/2" nylon lock nut)
- G. Attach Leg Pads (AA) to Leg Extension Pad Holder (Y) using:
Four 61 (5/16" x 3/4" round allen head bolt)*
Four 77 (5/16" spring lock washer)
Four 76 (5/16" washer)

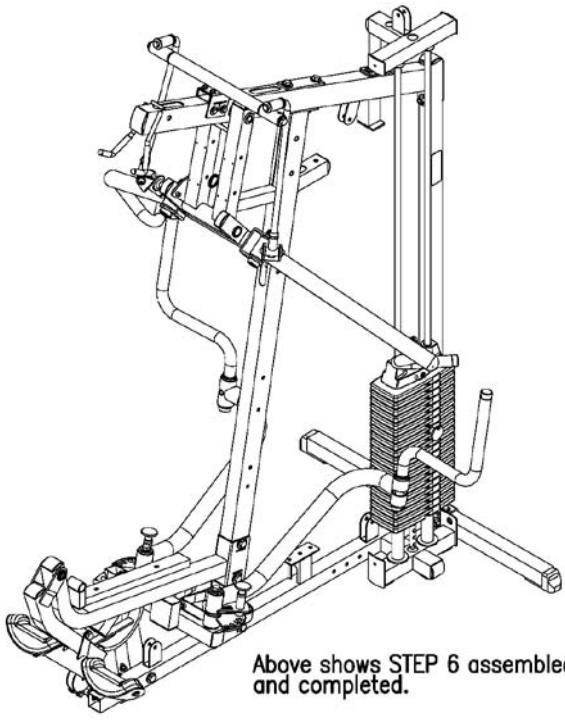
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat.
Over - tightening these bolts will cause T - nuts in pads to strip out.**

Note:

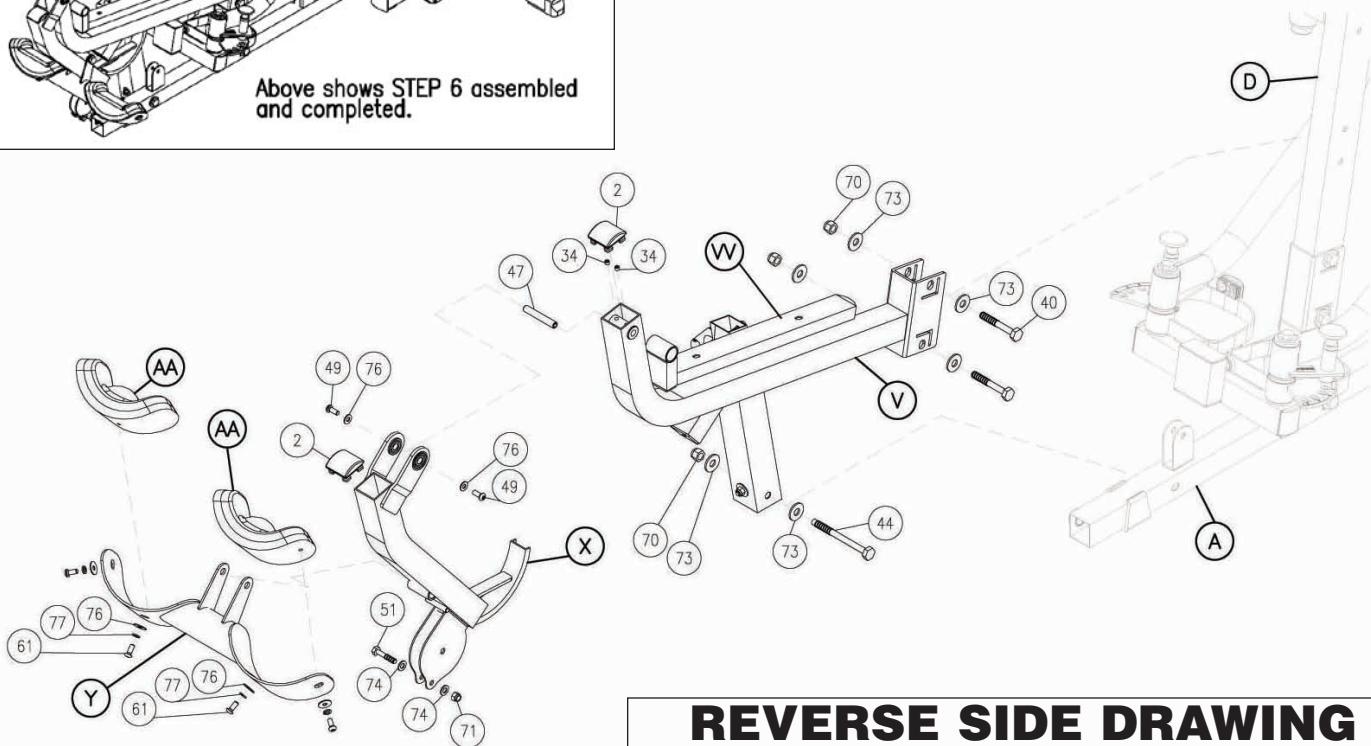
You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts.



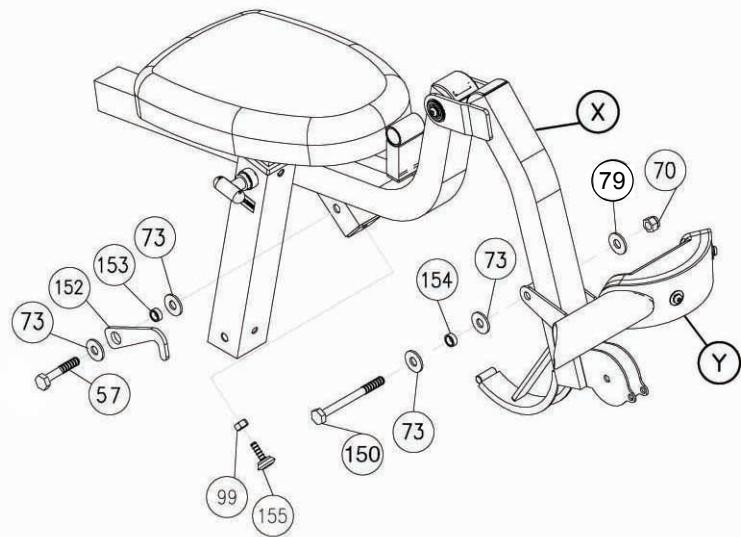
STEP
6



Above shows STEP 6 assembled and completed.



REVERSE SIDE DRAWING



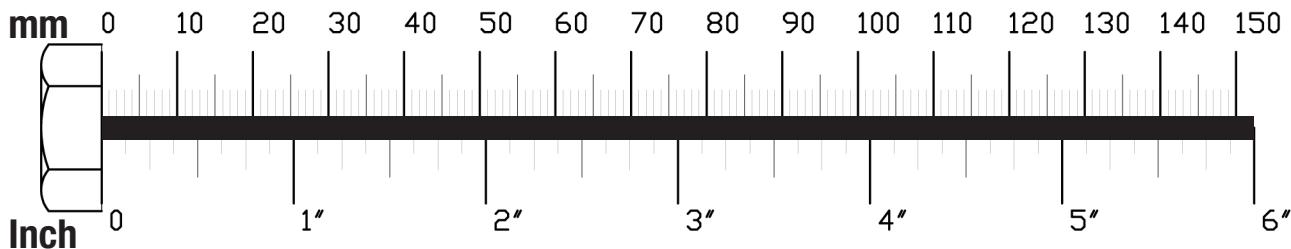
STEP**7**

Be careful to assemble all components in the sequence they are presented.

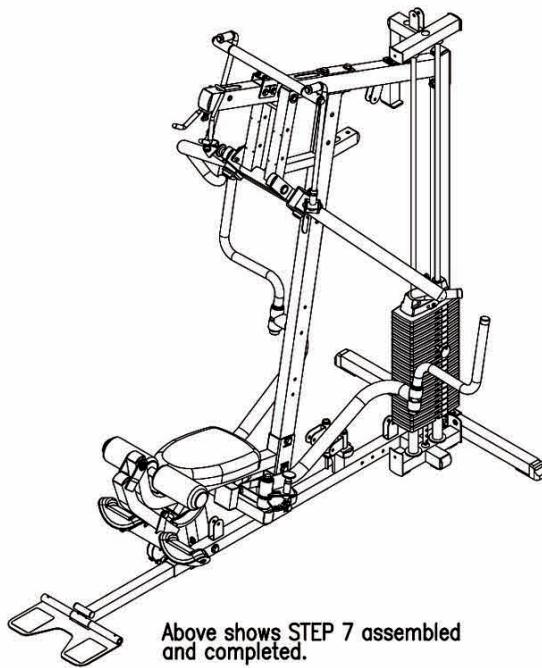
- A. Attach Pulley Platform (AB) to Main Base Frame (A) as shown using:
Two 50 (3/8" x 1" hex head bolt)
Four 74 (3/8" washer)
Two 71 (3/8" nylon lock nut)
- B. Attach two Pulley Swivels (AC) to Pulley Platform (AB) as shown using:
Two 59 (M10 x 16L round allen head bolt)
Two 74 (M10 washer)
Insert two Curved End Caps (3) into Pulley Platform (AB) as shown.
- C. Insert two Curved End Caps (3) into Seat Pad Frame (W) as shown.
Attach Seat Pad (AD) to Seat Pad Frame (W) using:
Two 62 (5/16" x 1 3/4" hex head bolt)*
Two 77 (5/16" spring lock washer)
Two 76 (5/16" washer)
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat.**
Over-tightening these bolts will cause T-nuts in pads to strip out.
- D. Slide 4"x 8" Foam Rollers (18) onto Foam Roller Bar (38) and attach to Seat Pad Frame (V). Hold Foam Rollers (18) in place with 3" Plastic Washer (8) on the inside and Plastic Roller End Cap (5) on the outside as shown.
- E. Slide Foot Brace Adjuster (AE) into Main Base Frame (A) and hold in place with Pop Pin (63).
- F. Attach Foot Brace (AF) to Foot Brace Adjuster (AE) with Shaft (64).
Tighten Allen Screws (34).
Insert Round End Caps (27) to Foot Brace Adjuster (AE), and attach Grip Tape (16) to Foot Brace (AF) as shown.

Note:

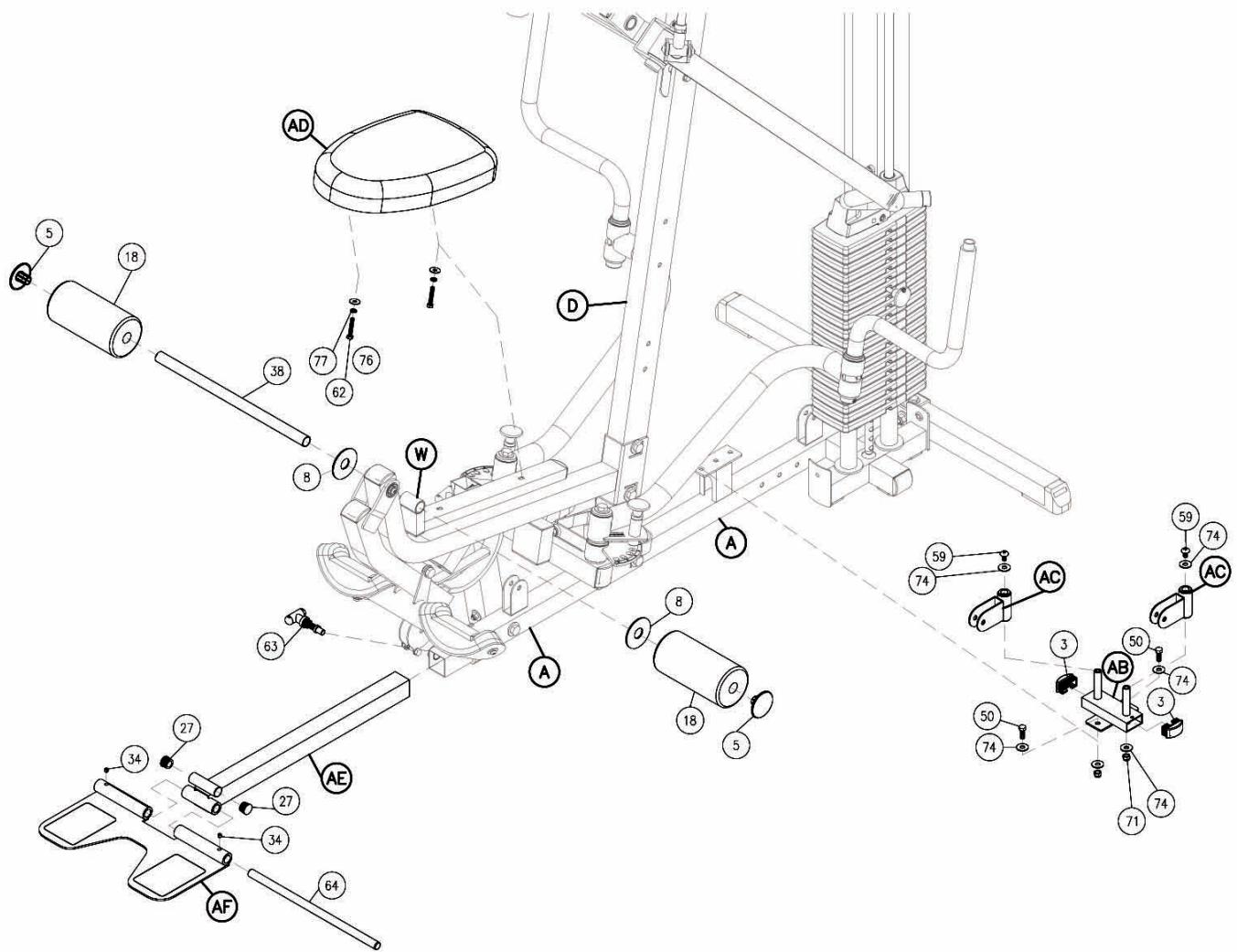
You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts.



STEP
7



Above shows STEP 7 assembled and completed.



STEP**8****Be careful to assemble all components in the sequence they are presented.**

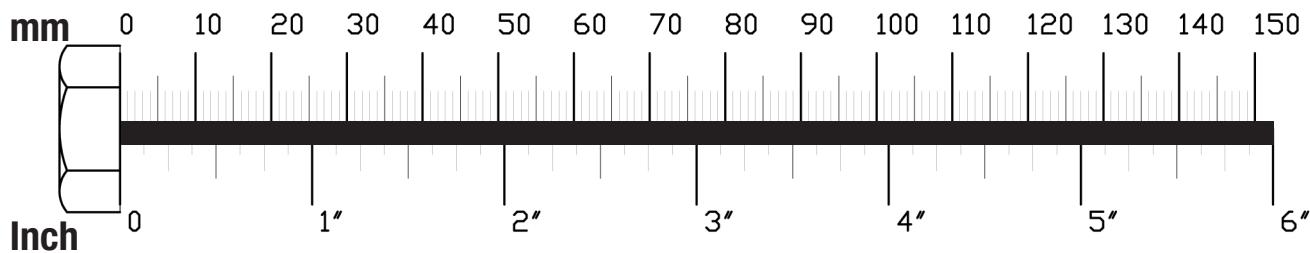
- A. Attach Right Leg Hold Down (AG) and Left Leg Hold Down (AH) to the Angled Support Frame (D) using:
Two 56 (3/8" x 3 1/4" hex head bolt)
Four 78 (M10 washer)
Two 71 (3/8" nylon lock nut)
Slide two 4"x 8" Foam Rollers (18) onto the two Leg Hold Downs (AG) and (AH). Hold in place with two Plastic Roller End Caps (30).
- B. Insert two Nylon Bushings (31) into Back Pad Holder (BA).
Attach Back Pad Holder (BA) to Angled Support Frame (D) using:
Two 41 (1/2" x 3" hex head bolt)
Four 78 (3/8" washer)
Two 71 (3/8" nylon lock nut)
- C. Slide two Convex End Caps (3) into the top and bottom of Back Pad Frame (BC).
Attach Back Pad (BB) to Back Pad Frame (BC) using:
Two 60 (5/16" x 1 3/4" hex head bolt)
Two 77 (5/16" spring lock washer)
Two 76 (5/16" washer)
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat.**
Over - tightening these bolts will cause T - nuts in pads to strip out.
- D. Attach Back Pad Frame (BC) to Back Pad Adjuster (BD) with Pop Pin (65) and using:
One 59 (M10 x 16L allen head bolt)
One 78 (M10 washer)
- E. Slide Convex End Cap (2) into the Back Pad Adjuster (BD).
Slide Back Pad Adjuster (BD) into Back Pad Holder (BA) and hold in place with Pop Pin (63) and using:
One 66 (5/16" x 1/2" flat allen head bolt)
One 76 (5/16" washer)

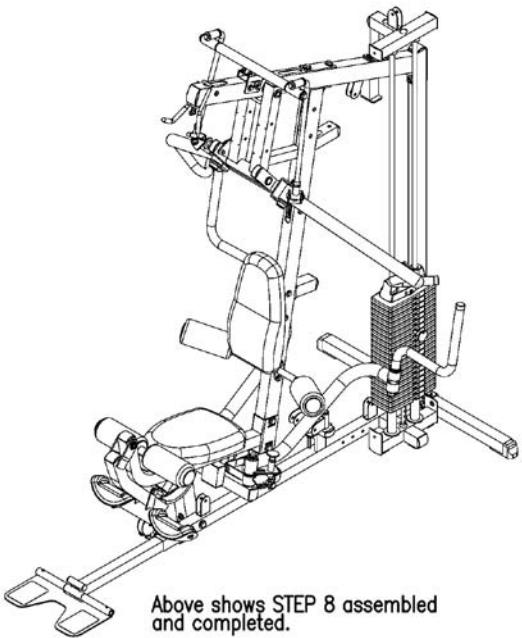
NOTE:

You should now make sure all bolts and nuts are wrench tight.

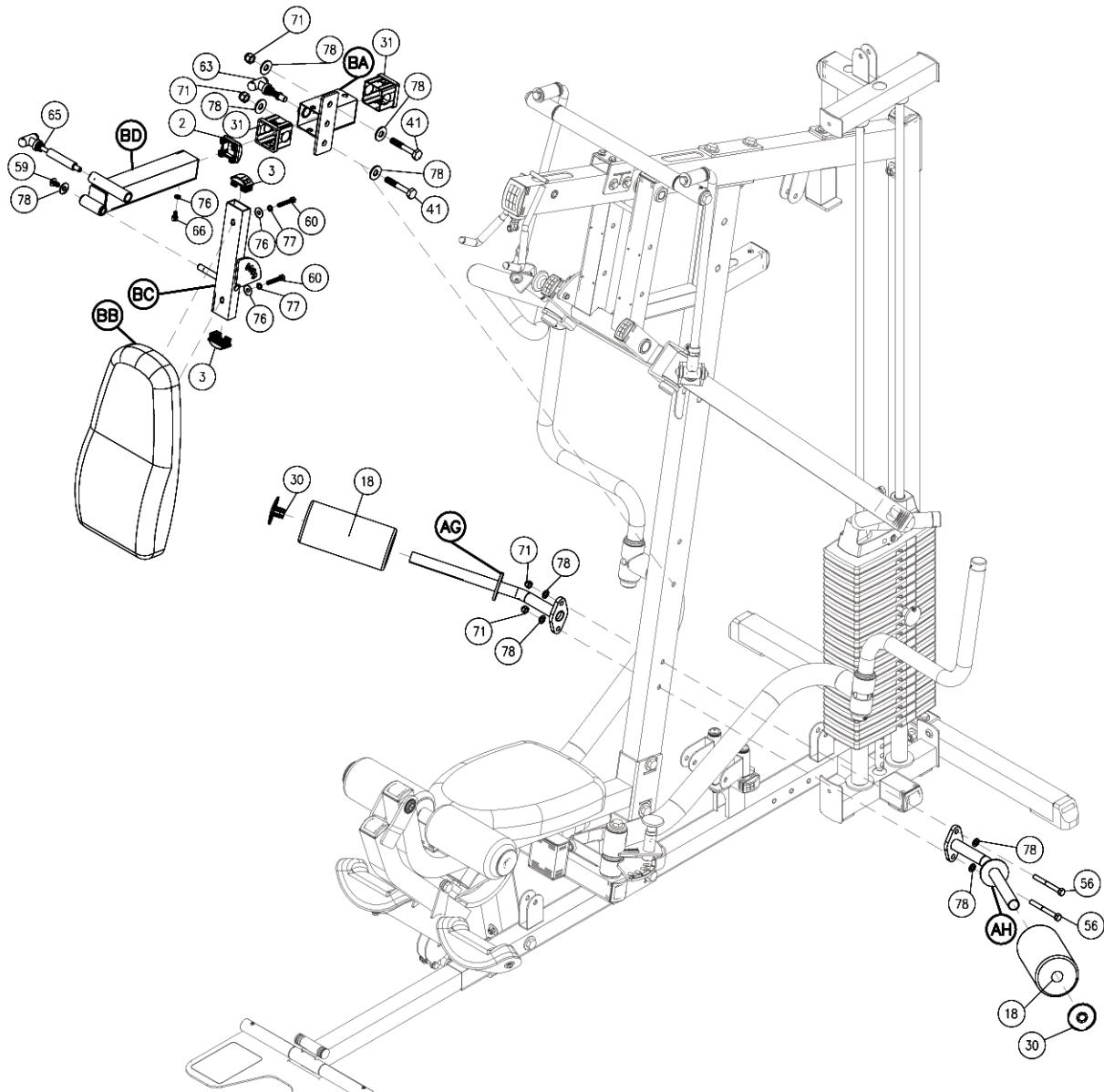
Do NOT re-tighten any of the pad bolts.

Also, leave all pulley bolts finger-tight until after STEP 15.





Above shows STEP 8 assembled and completed.



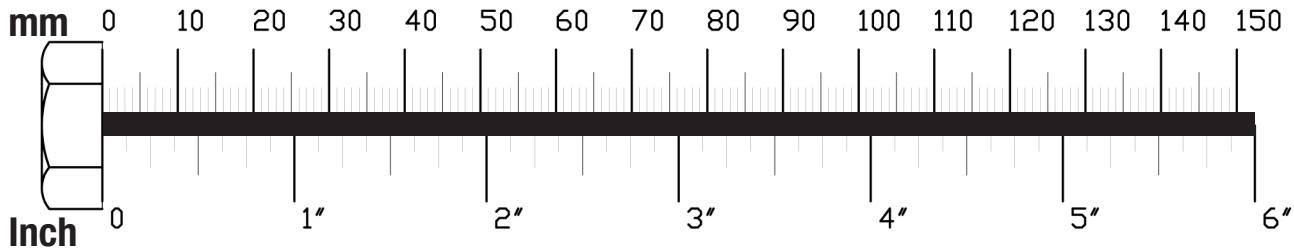
STEP**9**

Be careful to assemble all components in the sequence they are presented.

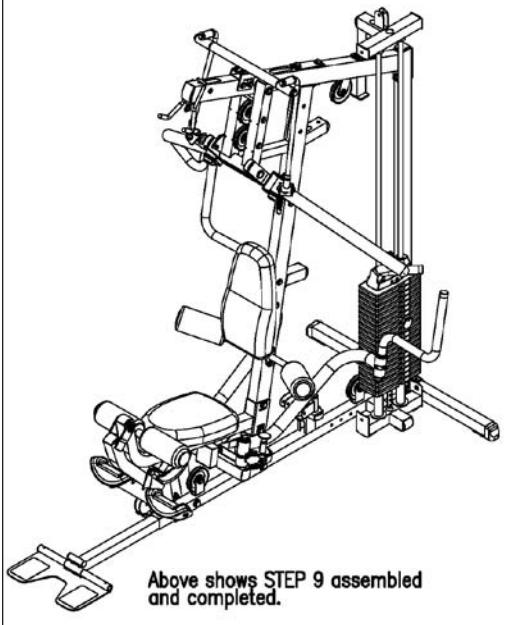
NOTE:

Leave all pulley bolts hand tight until step 15 is completed.

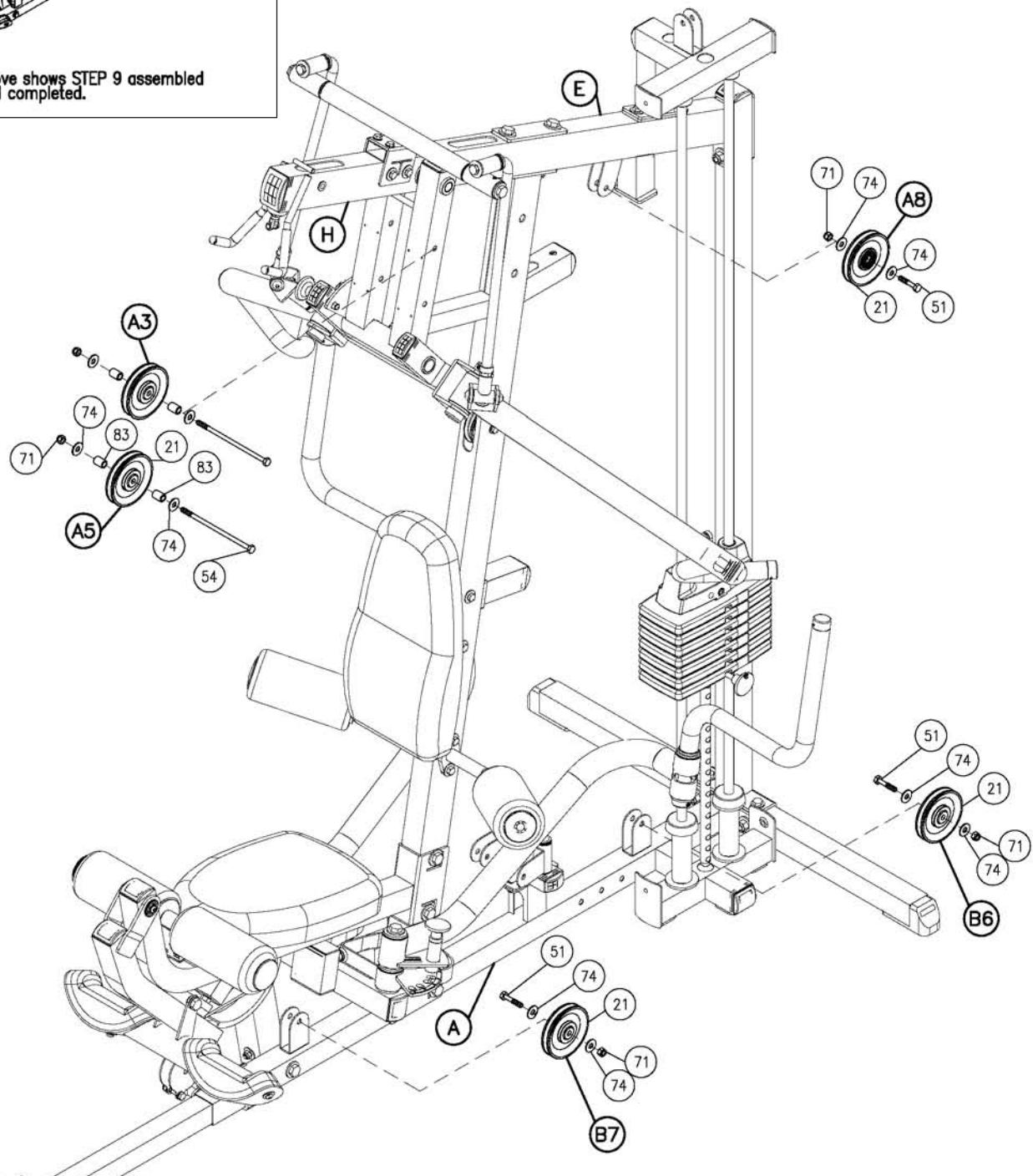
- A. Install Pulley (A3) and Pulley (A5) into Seated Press Arm Support (H) using for each pulley:
One 54 (3/8" x 7 1/4" hex head bolt)
Two 74 (3/8" washer)
Two 83 (steel bushing)
One 71 (3/8" nylon lock nut)
- B. Install Pulley (A8) into the pulley flange on Top Frame (E) as shown using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)
- C. Install Pulley (B6) onto Main Base Frame (A) as shown using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)
- D. Install Pulley (B7) onto Main Base Frame (A) as shown using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)



STEP
9



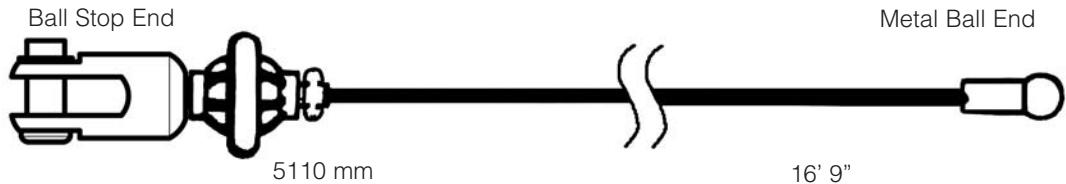
Above shows STEP 9 assembled and completed.



STEP 10

Be careful to assemble all components in the sequence they are presented.

High Pulley Cable (85)



Note:

Leave all pulley bolts hand tight until step 15 is completed.

- A. Begin at the high pulley station. Route the metal ball end of the High Pulley Cable (85) up and through the opening where Pulley (A1) will be installed. Route the metal ball end under the Bi-Angular Bars (J) and then down through the next opening where Pulley (A2) will be installed.
- B. Install Pulley (A1) under Cable (85) and into Top Frame (E) as shown using:
One 52 (3/8" x 2 3/4" hex head bolt)
Two 84 (nylon bushing)
One 71 (3/8" nylon lock nut)
- C. Install Pulley (A2) under Cable (85) and into Top Frame (E) as shown using:
One 52 (3/8" x 2 3/4" hex head bolt)
Two 84 (nylon bushing)
One 71 (3/8" nylon lock nut)
- D. Route Cable (85) over the top and around pre-installed Pulley (A3) as shown. Route Cable (85) around Pulley (A4) and install Pulley (A4) into Angled Support Frame (D) using:
One 52 (3/8" x 2 3/4" hex head bolt)
Two 84 (nylon bushing)
One 71 (3/8" nylon lock nut)
- E. Route Cable (85) between Pulley (A3) and pre-installed Pulley (A5). Route Cable (85) around Pulley (A5) and back through Angled Support Frame (D).

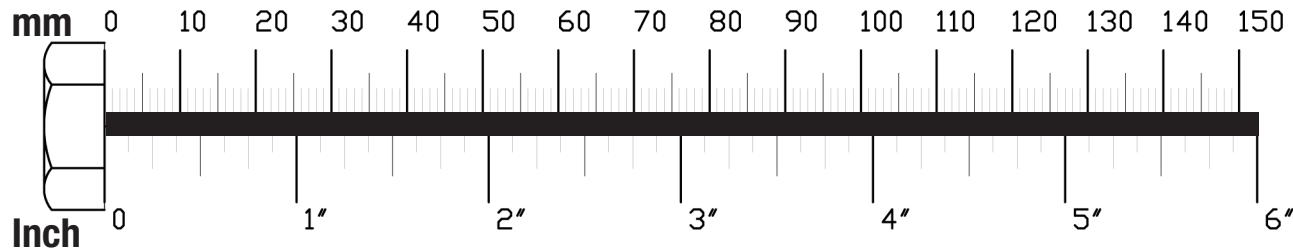


Diagram 1
Cable Installation

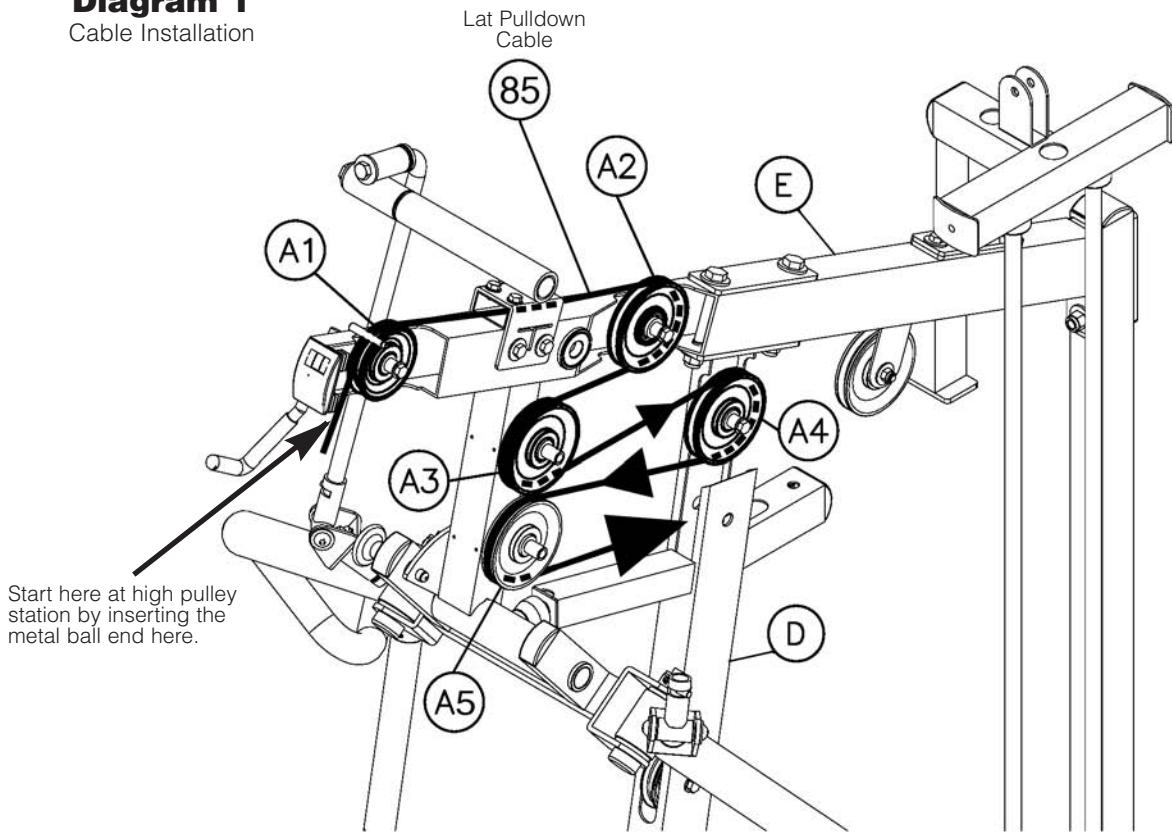
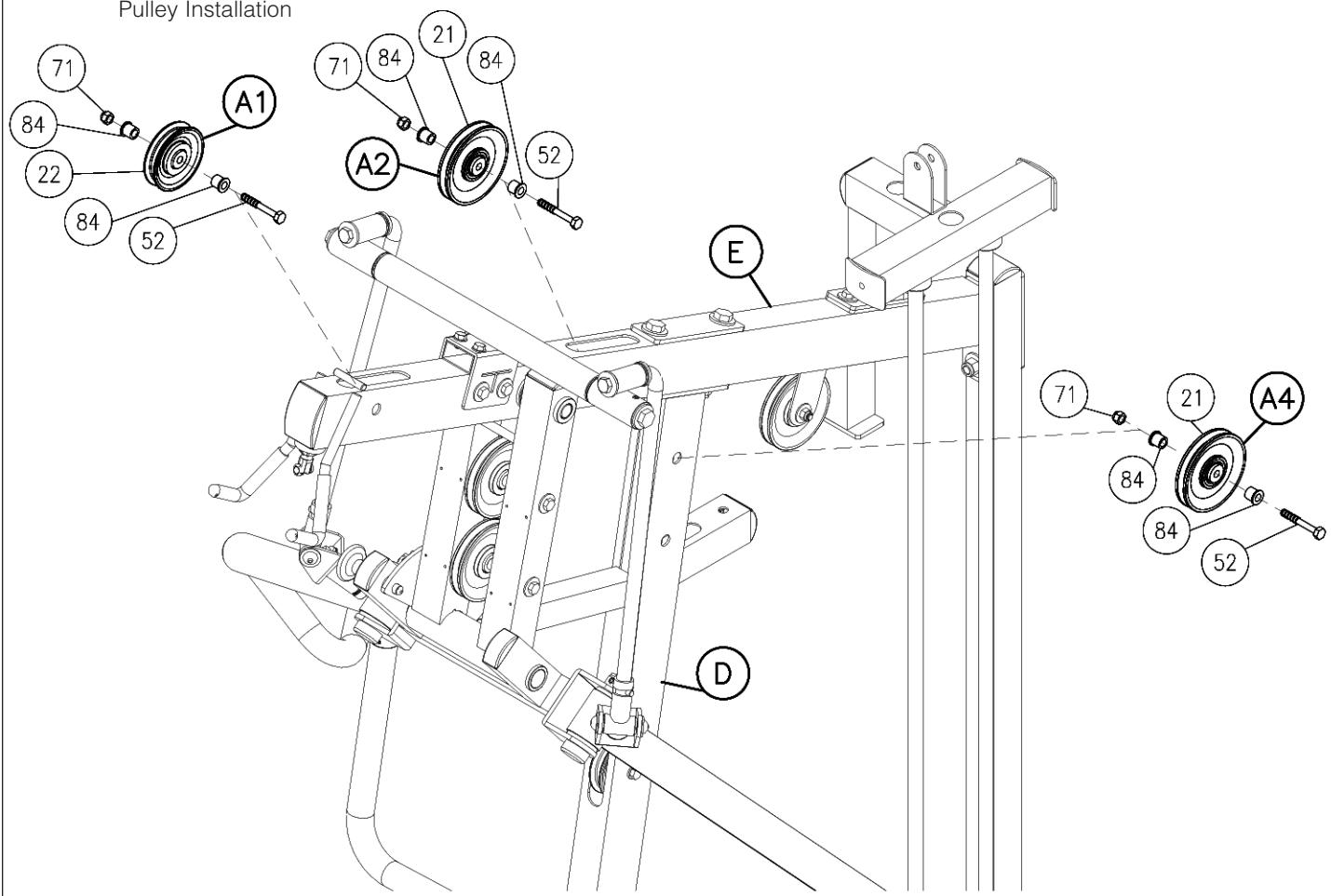


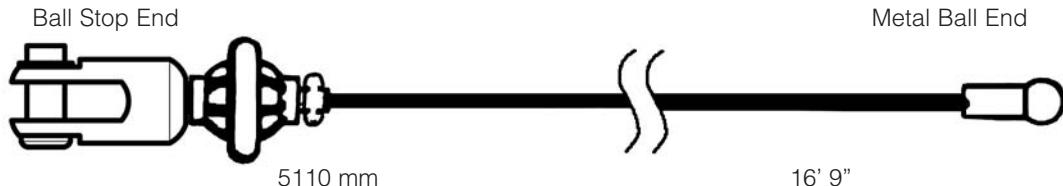
Diagram 2
Pulley Installation



STEP 11

Be careful to assemble all components in the sequence they are presented.

High Pulley Cable (85)



Note:

Leave all pulley bolts hand tight until step 15 is completed.

A. Install Pulley (A6) under Cable (85) and into Angled Support Frame (D) using:
One 52 (3/8" x 2 3/4" hex head bolt)
Two 84 (nylon bushing)
One 71 (3/8" nylon lock nut)
Route Cable (85) down through the small arm sticking out of the Angled Support Frame (D).

B. Route Cable (85) through the top of the Double Pulley Holder (CA). Install Pulley (A7) using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (M10 nylon lock nut)

C. Route Cable (85) up to Top Frame (E), over pre-installed Pulley (A8), and down to 45 Degree Double Pulley Holder (CB). Route Cable (85) through the top of the 45 Degree Double Pulley Holder (CB). Install Pulley (A9) using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (M10 nylon lock nut)

C. Route Cable (85) up through the Top Weight Stack Frame (G). Install Pulley (A10) using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (M10 nylon lock nut)
Route Cable (85) up over Pulley (A10) and down through Top Weight Stack Frame (G) and toward weight stack.

D. The Metal Ball End of Cable (85) should be hanging just above the weight stack. Remove Allen Bolt (102) from Selector Rod Top Bolt (103), slide Metal Ball End of Cable (85) through Selector Rod Top Bolt (103). Attach Cable End Shaft (100) and securely tighten Allen Bolt (101). Pull Cable (85) tight, so Cable End Shaft (100) fits securely inside Selector Rod Top Bolt (103). Reinstall Allen Bolt (102) in Selector Rod Top Bolt (103) and tighten Nylon Lock Nut (71) to hold in place.

NOTE:

NOTE: Make sure the Selector Rod Top Bolt (103) is threaded inside Selector Rod (19) at least one half inch. Make sure Spring Lock Washer (105) is in place and wrench tighten Jam Nut (104).

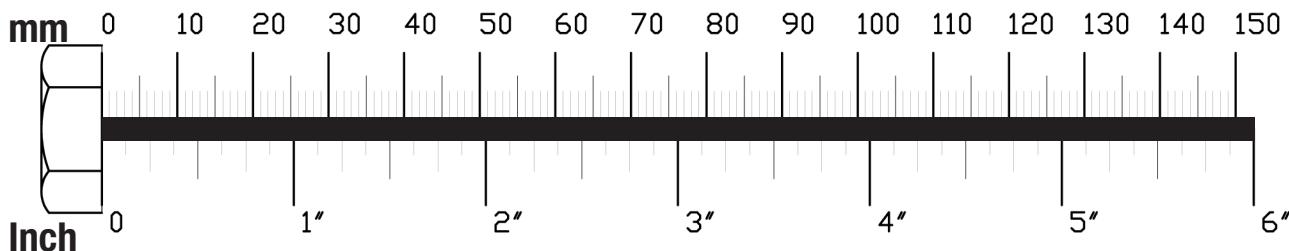
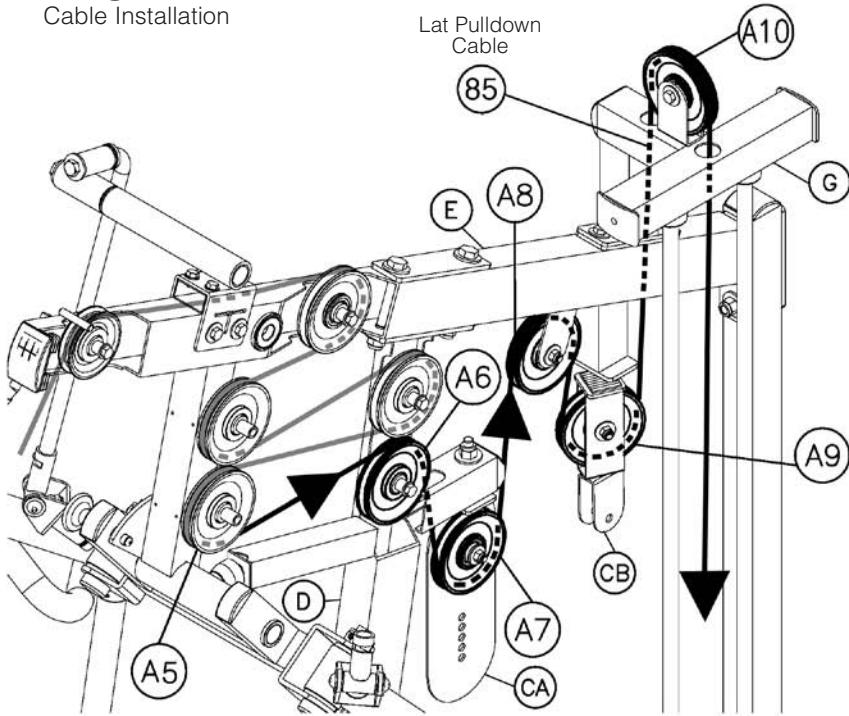


Diagram 1
Cable Installation



WARNING

Selector Rod Top Bolt (103) must be threaded a minimum of 1/2" into the Selector Rod (19), and Jam Nut (104) tightened securely against spring lock washer (105) to ensure proper connection. Check the Jam Nut (104) once a week to make sure it is tight.

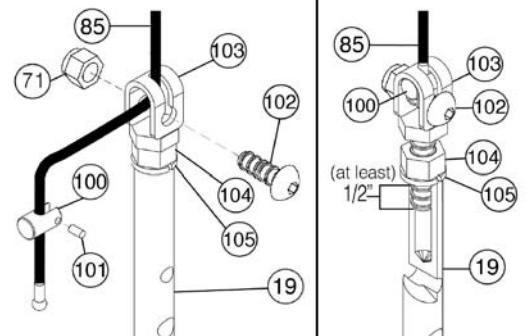
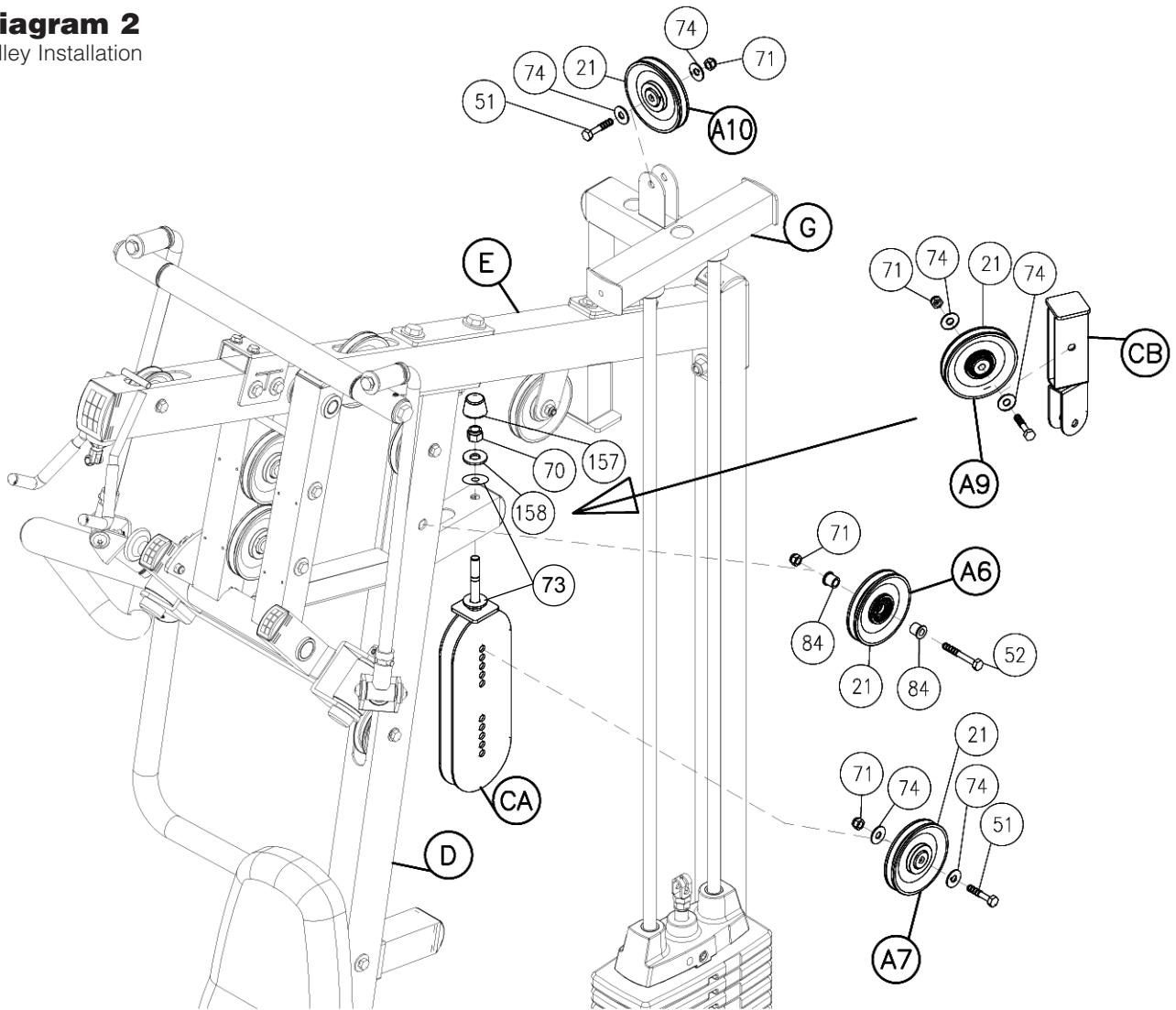


Diagram 2
Pulley Installation

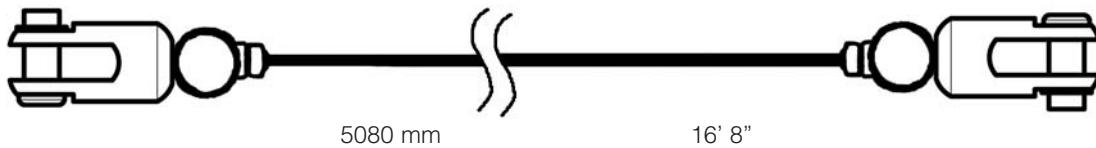


STEP**12**

Be careful to assemble all components in the sequence they are presented.

Low Pulley Cable (86)

Small Ball Stop End



Small Ball Stop End

Note:

Leave all pulley bolts hand tight until step 15 is completed.

- A. Insert either end of Low Pulley Cable (86) into the opening in Angled Support Frame (D), above Back Pad (BB), and pull entire length of Cable (86) through.
- B. Install Pulley (B1), under Cable (86) and into Angled Support Frame (D) as shown using:
One 52 (3/8" x 2 3/4" hex head bolt)
Two 84 (nylon bushing)
One 71 (3/8" nylon lock nut)
- C. Route Cable (86) through the top of the 90 Degree Pulley Holder (CC) and hold in place by installing Pulley (B2) using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)
- D. Route Cable (86) up and through the bottom of Double Pulley Holder (CA). Install Pulley (B3) using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)
- E. Route Cable (86) down and through the Single Pulley Holder (CD). Install Pulley (B4) using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)

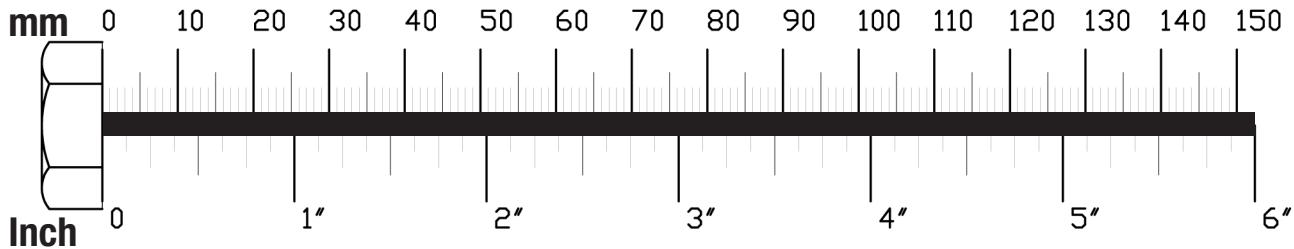


Diagram 1
Cable Installation

Start here at the Ab-Crunch station by inserting either end here.

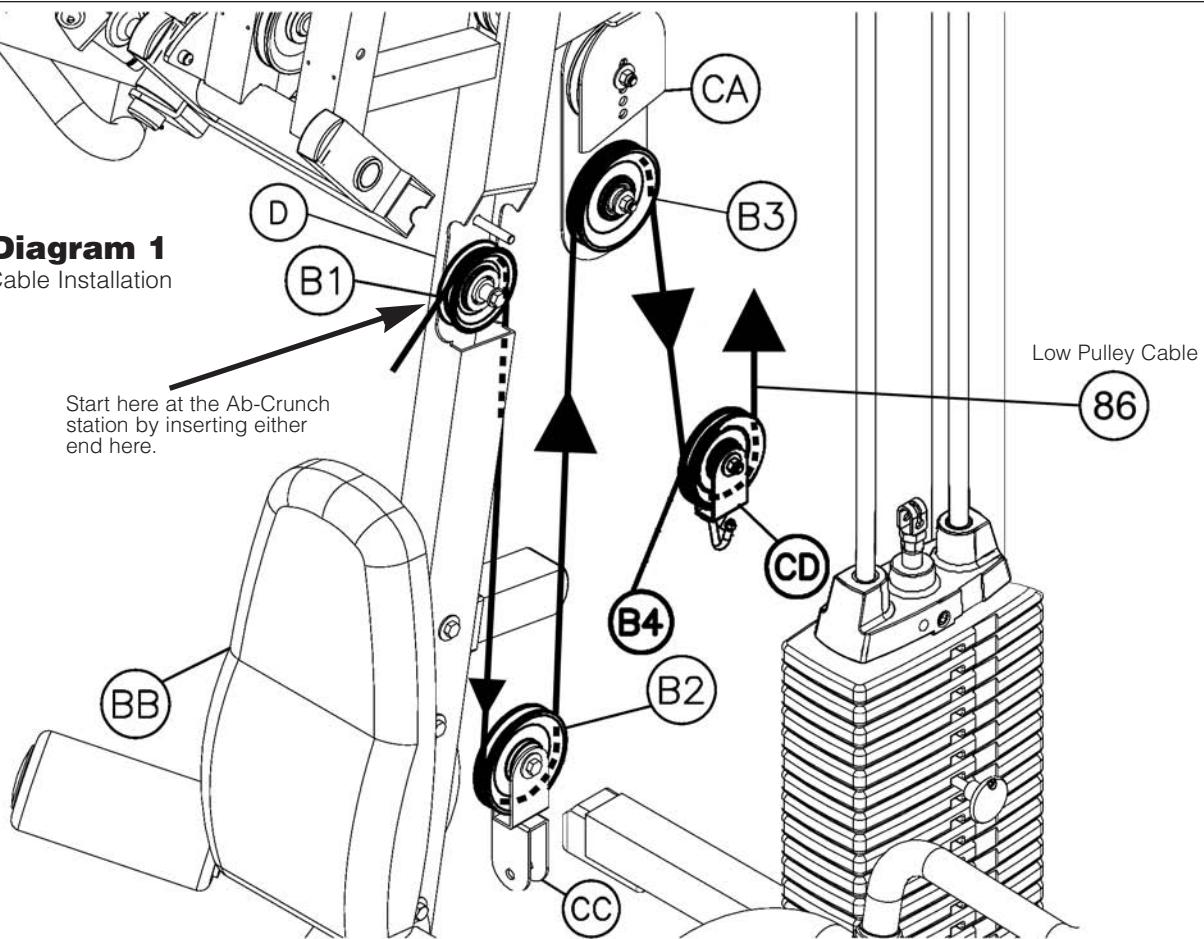
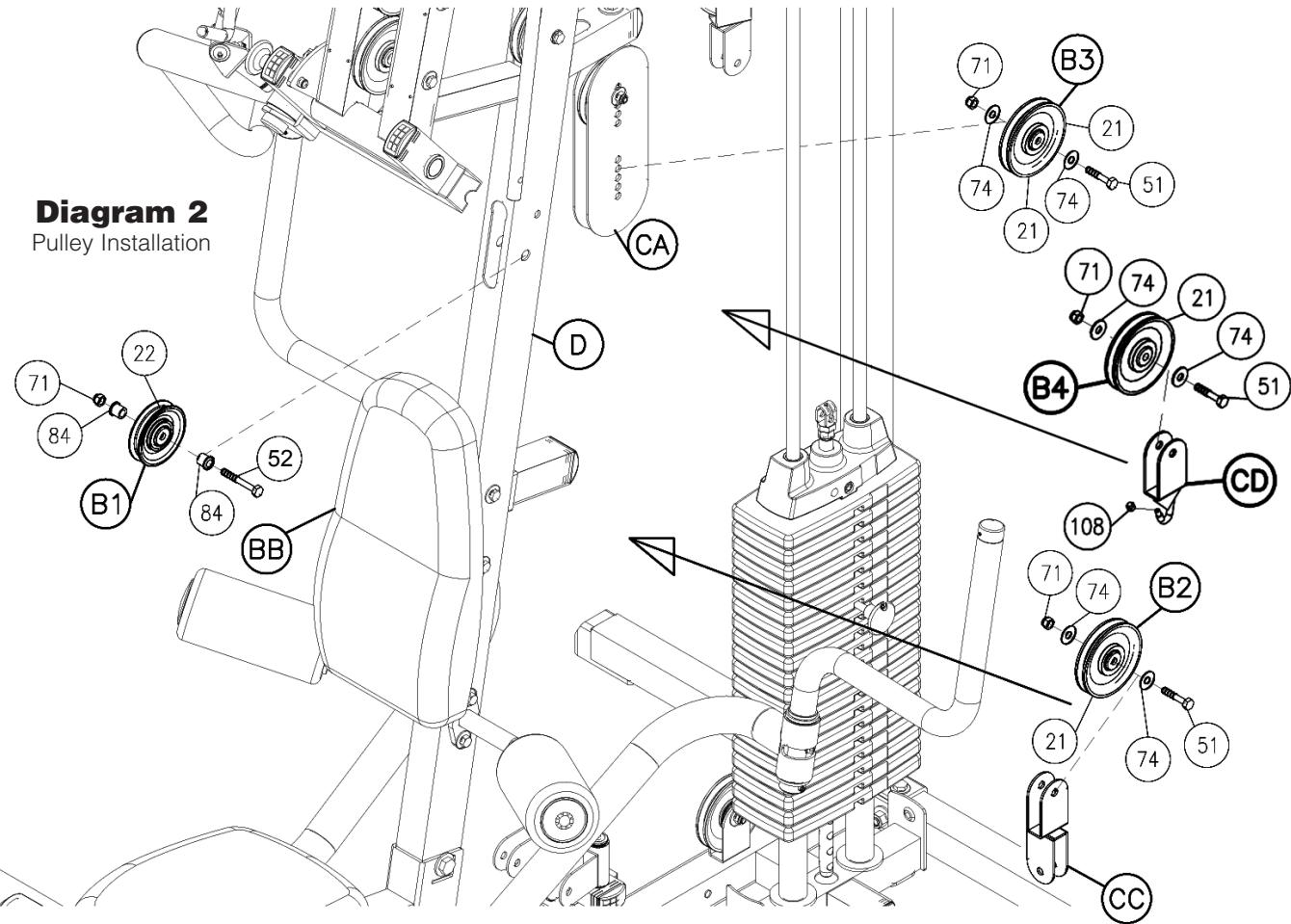


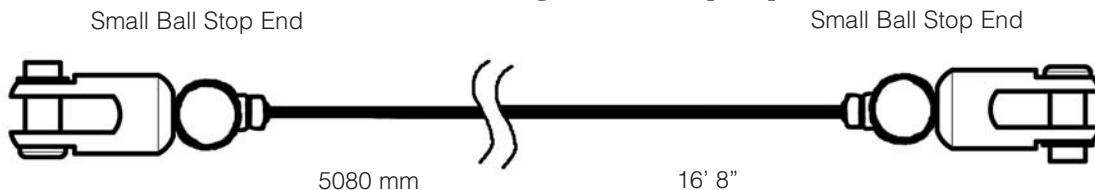
Diagram 2
Pulley Installation



**STEP
13**

Be careful to assemble all components in the sequence they are presented.

Low Pulley Cable (86)



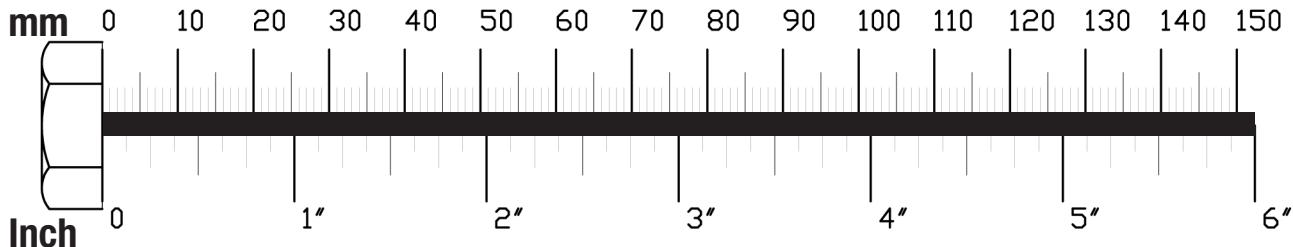
Short Cable (87)



NOTE:

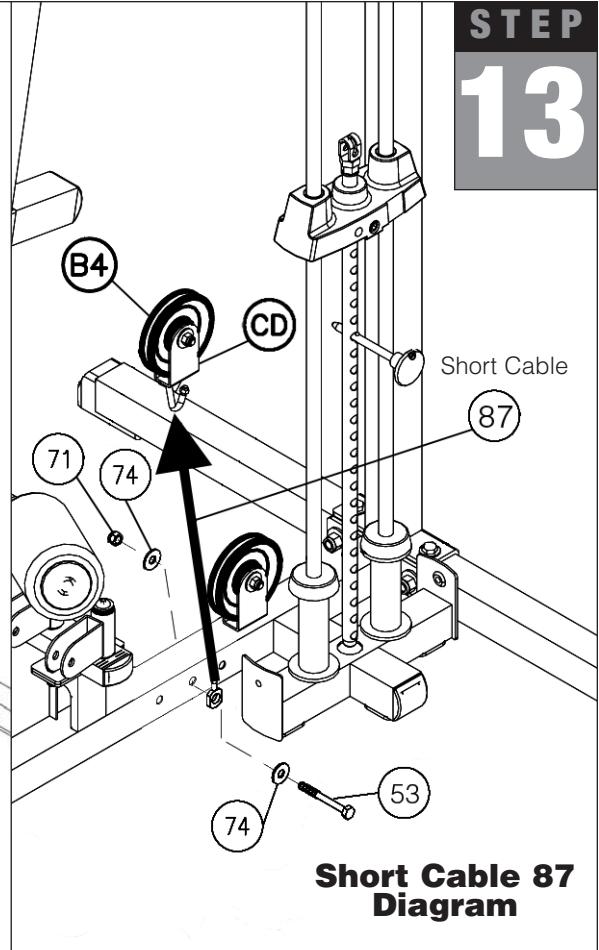
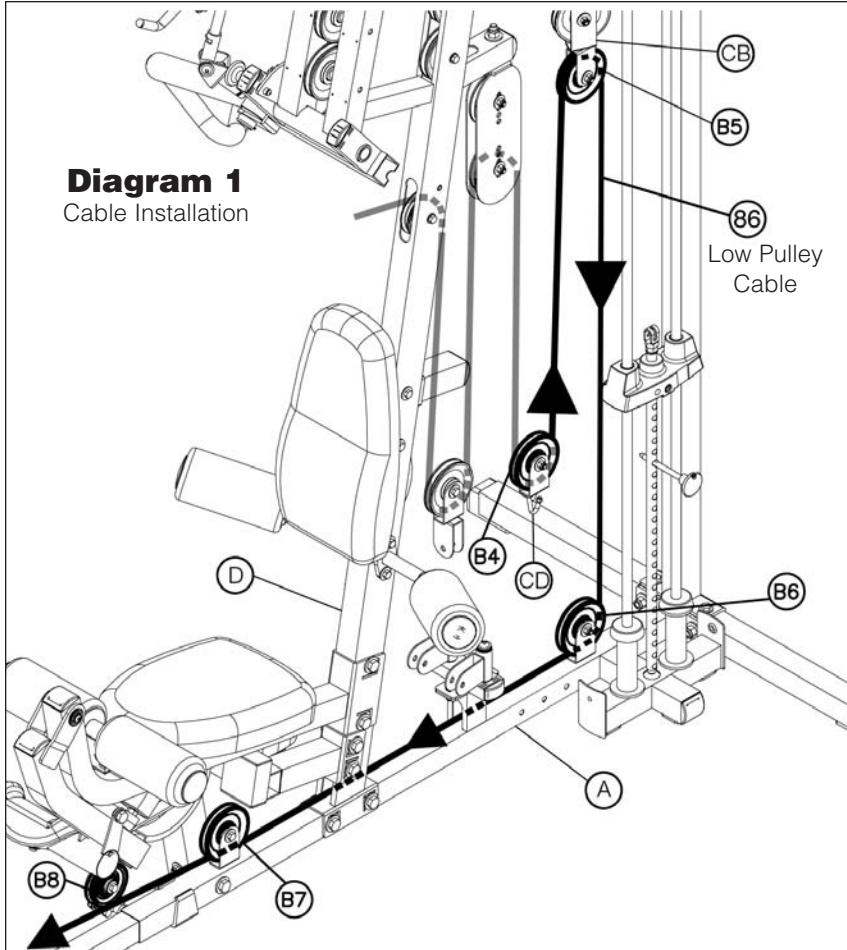
Leave all pulley bolts hand tight until step 15

- A. Route Cable (86) up and through the bottom of 45 Degree Double Pulley Holder (CB). Install Pulley (B5) using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)
- B. Route Cable (86) down, around pre-installed Pulley (B6). Remove and re-install pulley as needed.
Route Cable (86) forward and through the opening in Angled Support Frame (D).
Route Cable (86) under pre-installed Pulley (B7). Remove and re-install pulley as needed.
Insert Cable (86) through Leg Extension Arm (X) and install Pulley (B8) using:
Two 51 (3/8" x 1 3/4" hex head bolt)
Four 74 (3/8" washer)
Two 71 (3/8" nylon lock nut)
- E. Attach Short Cable (87) to Main Base Frame (A) as shown using:
One 53 (3/8" x 3" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)
- F. Attach the other end of Cable (87) to the hook on the bottom of Pulley Holder (CD) as shown.



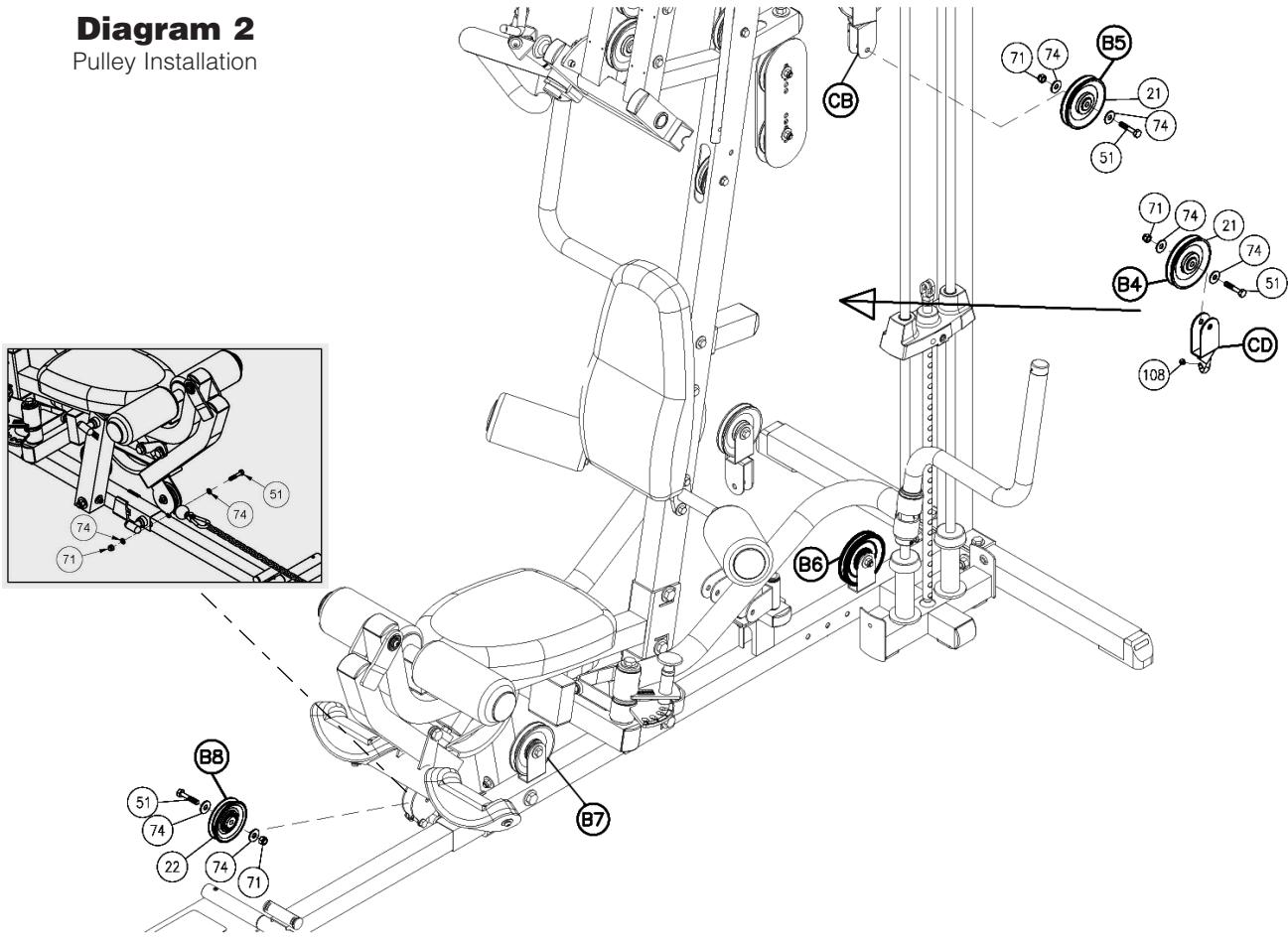
**STEP
13**

Diagram 1
Cable Installation



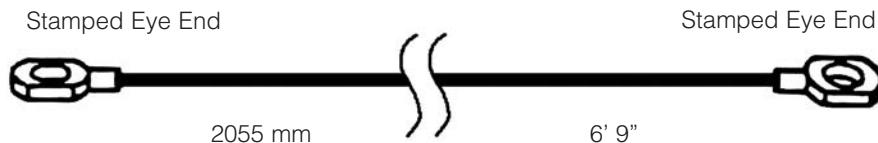
**Short Cable 87
Diagram**

Diagram 2
Pulley Installation



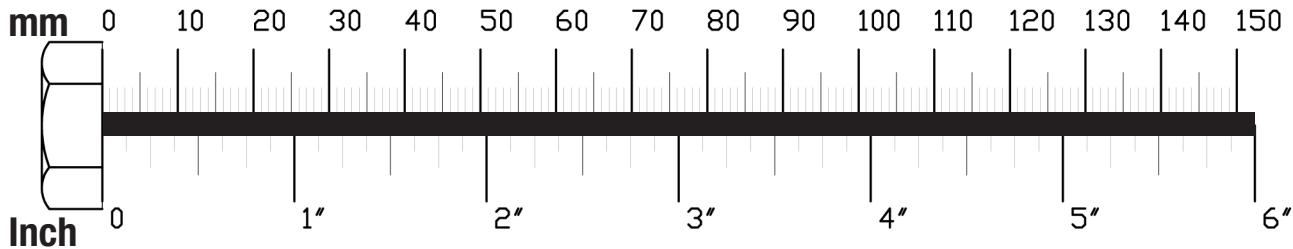
STEP**14**

Be careful to assemble all components in the sequence they are presented.

Pec Dec Cable (88)**NOTE:**

Leave all pulley bolts hand tight until step 15

- A. Bolt Pec Dec Cable (88) to Left Pec Dec Cam (P) as shown in diagram 1 using:
One 50 (3/8" x 1" hex head bolt)
One 71 (3/8" nylon lock nut)
Two 78 (3/8" washer x 3/4" O.D)
- B. See diagram 1. Route Cable (88) through Pulley Swivel (AC) on the left side, hold cable in place with Pulley (C1) using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)
- C. See diagram 1. Route Cable (88) up and into 90 Degree Double Pulley Holder (CC) and install Pulley (C2) using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)
- B. Insert Cable (88) through Pulley Swivel (AC) on the right side, hold cable in place by installing Pulley (C3) as shown in diagram 2 using:
One 51 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 71 (3/8" nylon lock nut)
- C. Attach Cable (88) to Right Pec Dec Cam (S) as shown in diagram 1 using:
One 50 (3/8" x 1" hex head bolt)
One 71 (3/8" nylon lock nut)
Two 78 (3/8" washer x 3/4" O.D)



**STEP
14**

Diagram 1
Cable Installation

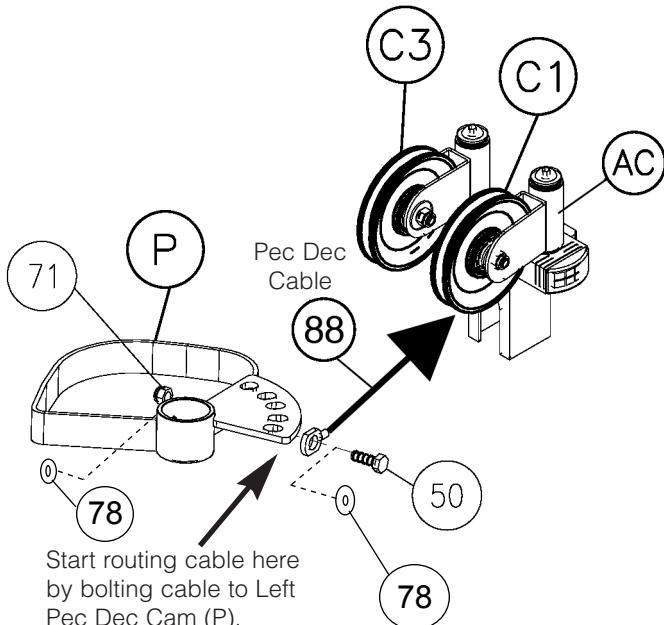


Diagram 2
Cable Installation

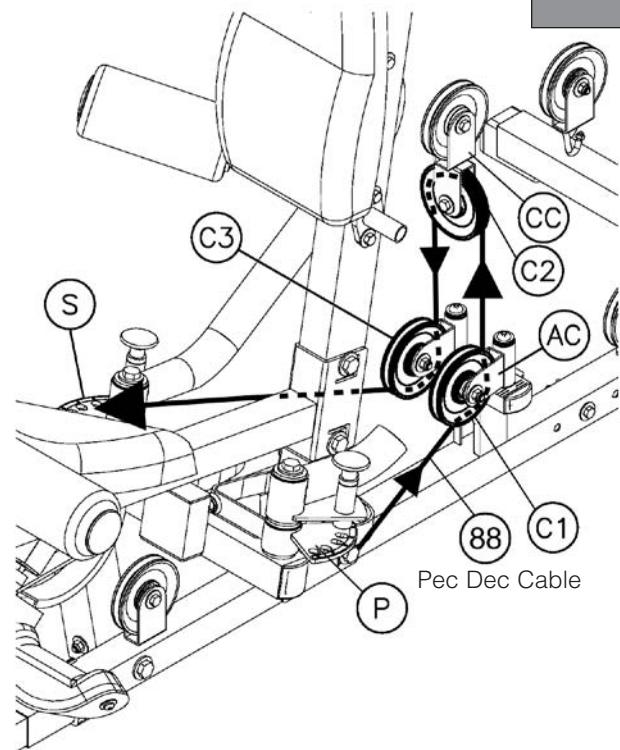
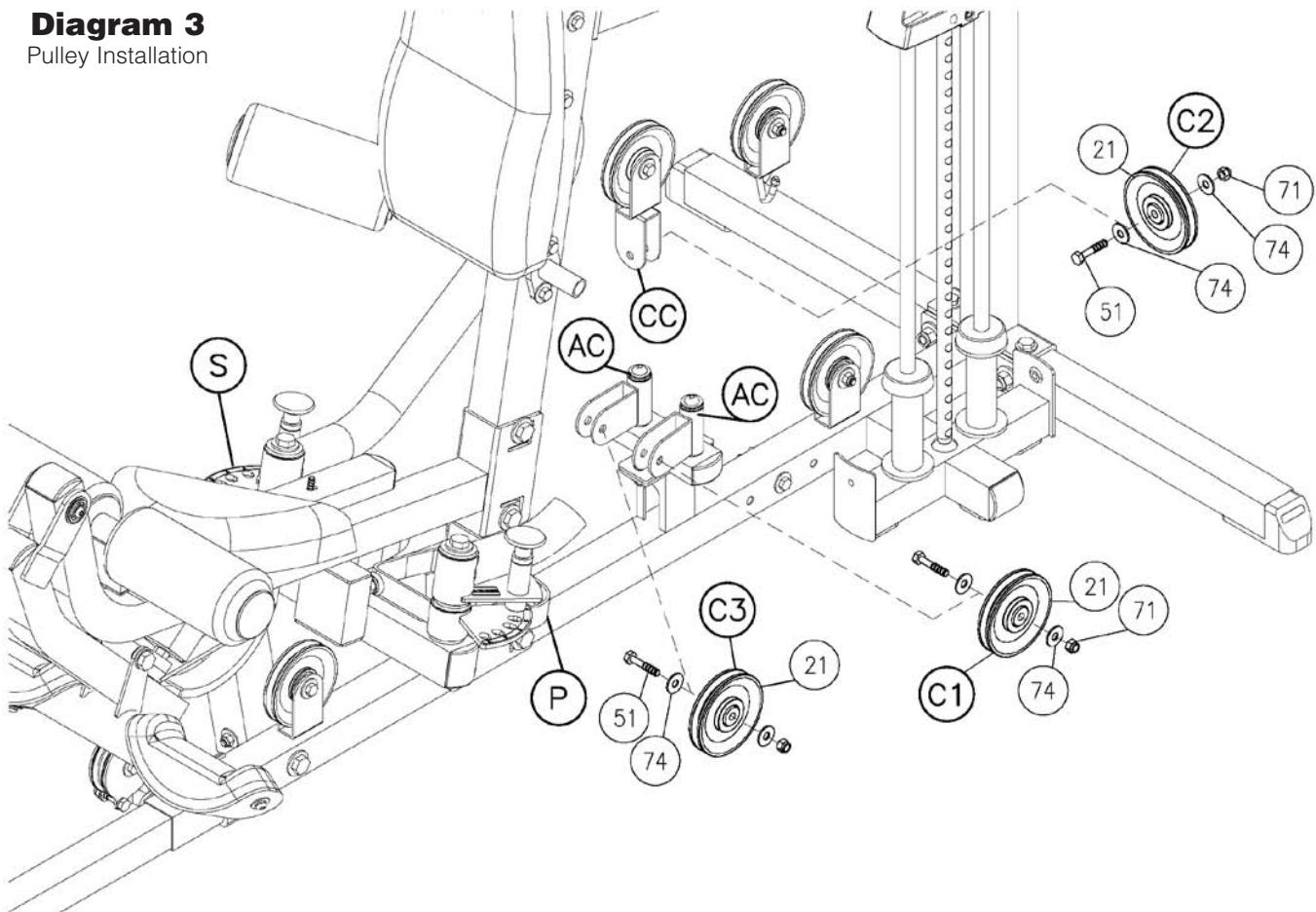


Diagram 3
Pulley Installation



STEP**15**

Be careful to assemble all components in the sequence they are presented.

**NOW IS THE TIME TO MAKE ALL NECESSARY
CABLE ADJUSTMENTS**

After cable installation is complete you must check all cables for proper tension. Obvious signs that cable tension problems exist include:

- Top Plate (17) does not rest directly on the top Weight Stack Plate (38).
- The holes in the Selector Bar (19) do not line up with holes in the Weight Stack Plates (38).
- Cable(s) are sloppy and there is no resistance from the weight stack for the first few inches of the exercise.

There are FIVE areas for cable adjustment on the G6B25YR:

- A. Selector Rod Top Bolt (103).*
- B. TWO adjustments in Double Pulley Holder (CA).
- C. TWO Rubber Stops (98) and (155).

***SEE NOTE 1 ON PAGE 39**

If there is to much tension, and the Top Plate (17) is not resting directly on the top weight stack plate:

- 1st. -Move pulley (A7) up, or Pulley (B3) down in the Double Pulley Holder (CA).
- 2nd. Turn and tighten one of the Rubber Stops (98) and (155).

If there is to much play or excessive slack:

- 1st. -Turn and loosen the Rubber Stops (98) and (155).
- 2nd. Move Pulley (A7) down, or Pulley (B3) up in the Double Pulley Holder (CA).
- 3rd. -Screw the Selector Rod Top Bolt (103) farther into the Selector Rod (19).

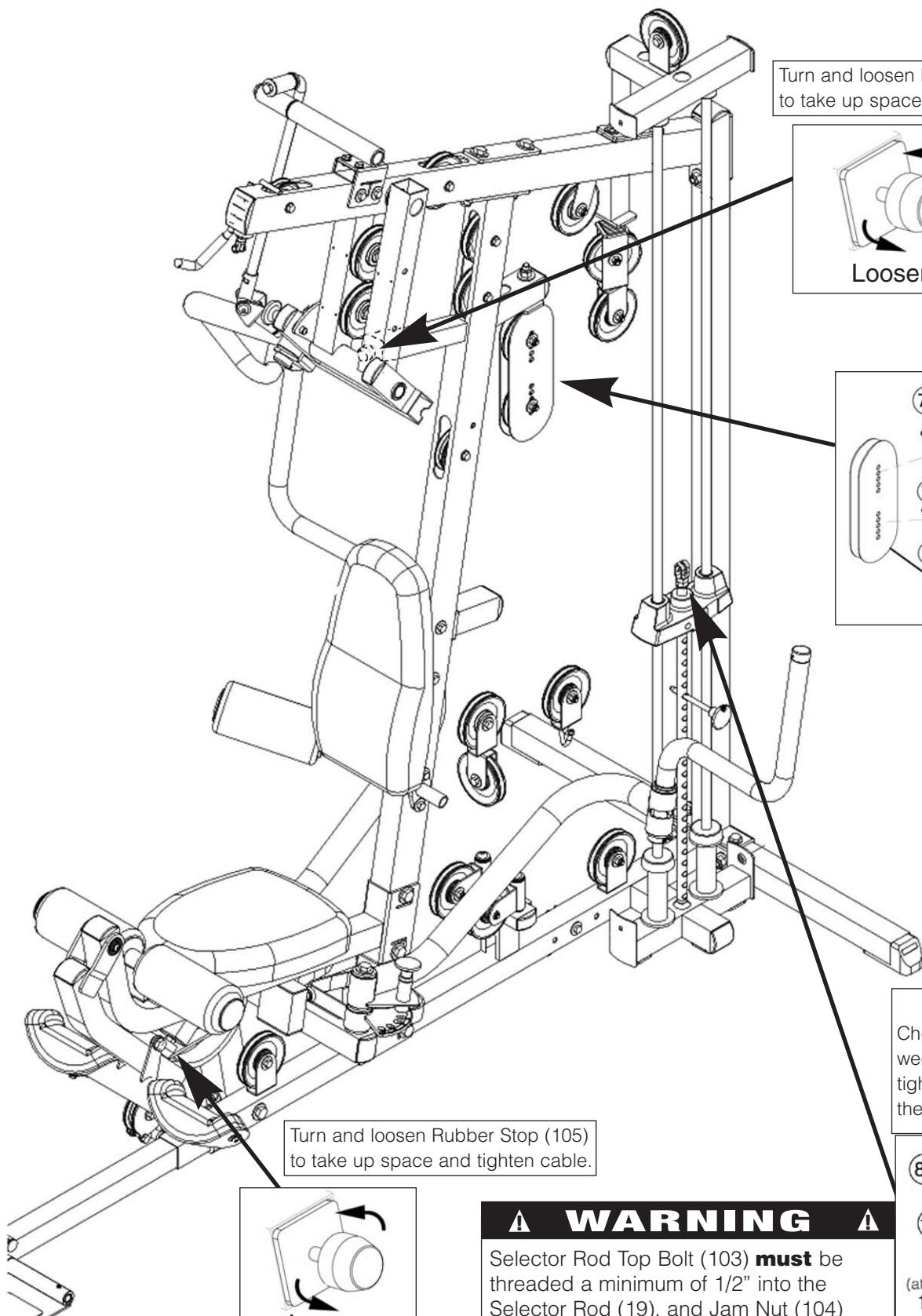
NOTE:

Cables should be inspected daily and adjusted periodically to ensure safe and smooth operation.

NOTE:

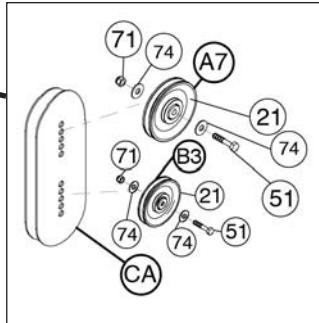
After cable adjustment is complete, go back and tighten all pulley bolts.

STEP
15

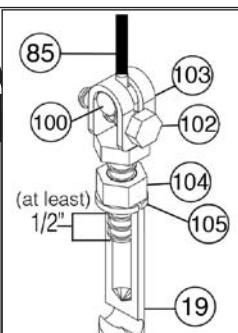


WARNING

Selector Rod Top Bolt (103) **must** be threaded a minimum of 1/2" into the Selector Rod (19), and Jam Nut (104) tightened securely against spring lock washer (105) to ensure proper connection.



NOTE 1
Check Jam Nut (104) weekly to be sure it is tight and locked onto the Selector Rod (19).



STEP**16**

Be careful to assemble all components in the sequence they are presented.

SEE NOTE 1 ON PAGE 41:

A. Apply weight stack numbers to weight stack Top Plate (17) and each Weight Stack Plate (38) as shown.

SEE NOTE 2 ON PAGE 41:

B. Weight Stack Shroud (DA) is pre-assembled with Shroud Insert (DB).
Attach Weight Stack Shroud (DA) to the side of the weight stack as shown.
Bolt onto Main Base Frame (A) at the bottom and Top Weight Stack Frame (G) using:

Two 89 (M10 x16L round allen head)**Two 74 (M10 washer)**

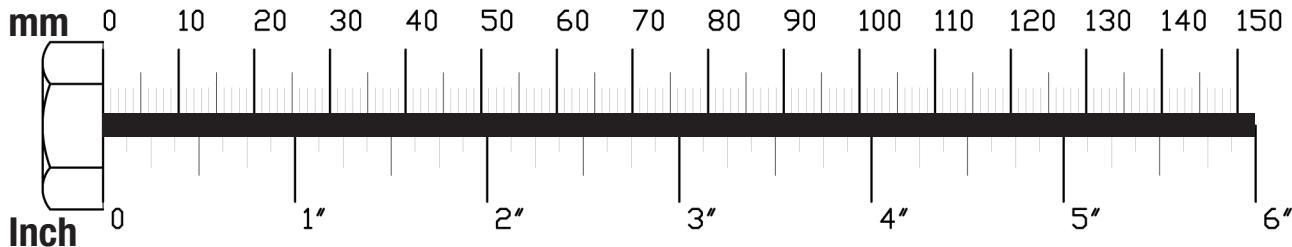
C. Attach Back Weight Stack Shroud (DC), to the back side of the weight stack, onto the Main Base Frame (A) at the bottom and to the Top Weight Stack Frame (G) as shown using:

Two 89 (M10 x 16L round allen head)**Two 74 (M10 washer)**

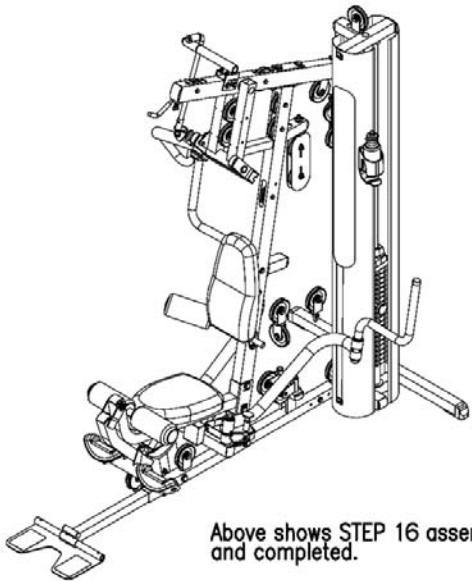
D. Attach Press Arm Shroud (DD) to the Seated Press Arm Support (H) using:
Four 90 (1/8" x 3/8" round allen head)

E. Connect the Water Bottle Bracket (91) to the Weight Stack Shroud (DA) using:
Two 92 (M4 x 12L round allen head)
Four (M4 washer)
Two (M4 lock nut)

Slide the Water Bottle Holder (93) onto the Water Bottle Bracket (91) as shown.

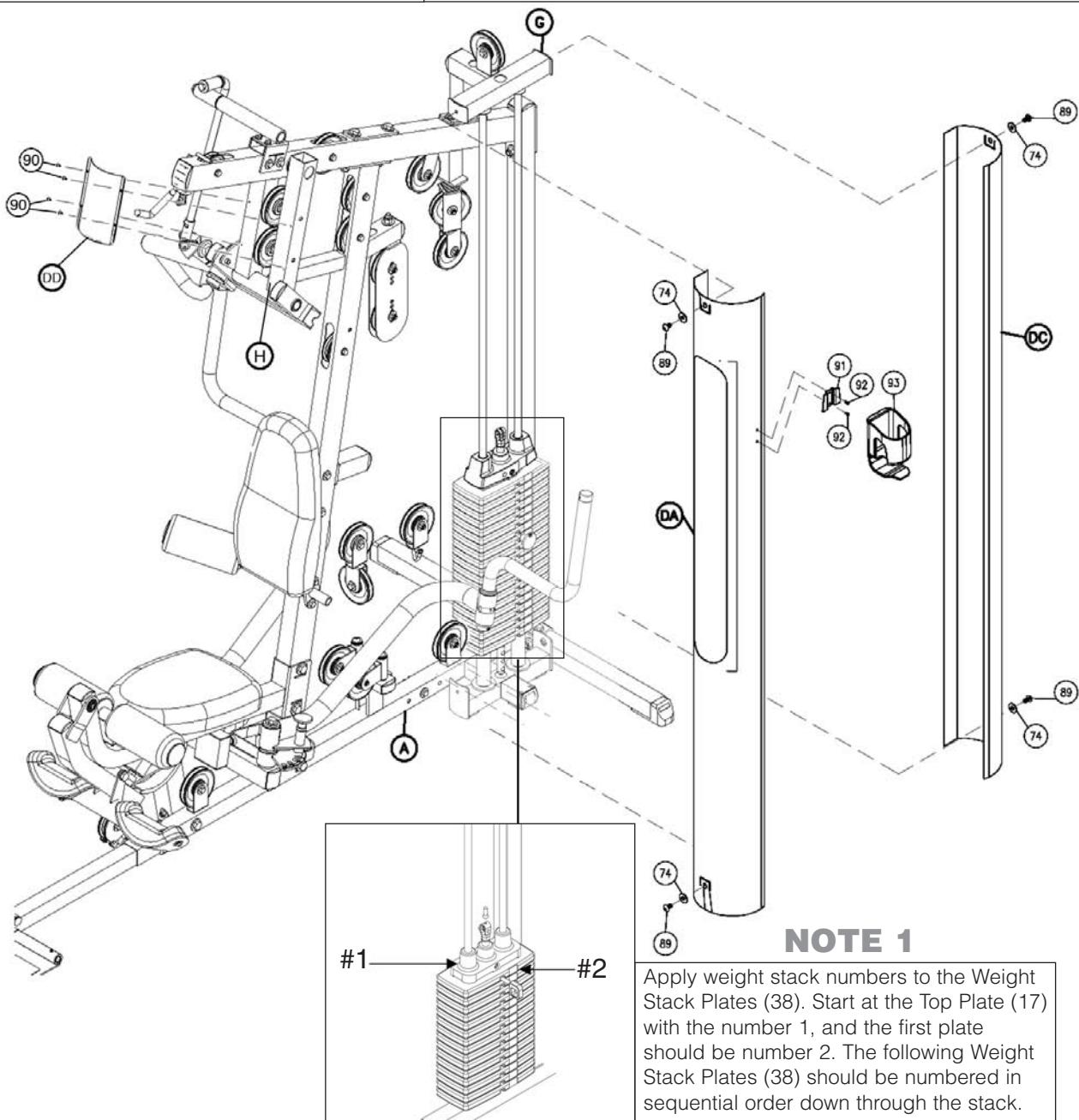
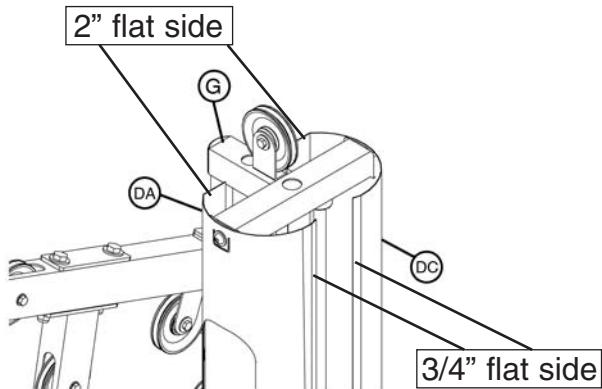


**STEP
16**



Above shows STEP 16 assembled and completed.

NOTE 2
This is the top view of the two Weight Stack Shrouds. Note the shape of each shroud for proper placement.



NOTE 1

Apply weight stack numbers to the Weight Stack Plates (38). Start at the Top Plate (17) with the number 1, and the first plate should be number 2. The following Weight Stack Plates (38) should be numbered in sequential order down through the stack.

A d j u s t m e n t s

Congratulations! You are done. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-833-1227 for the dealer nearest you.

Note: If any bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

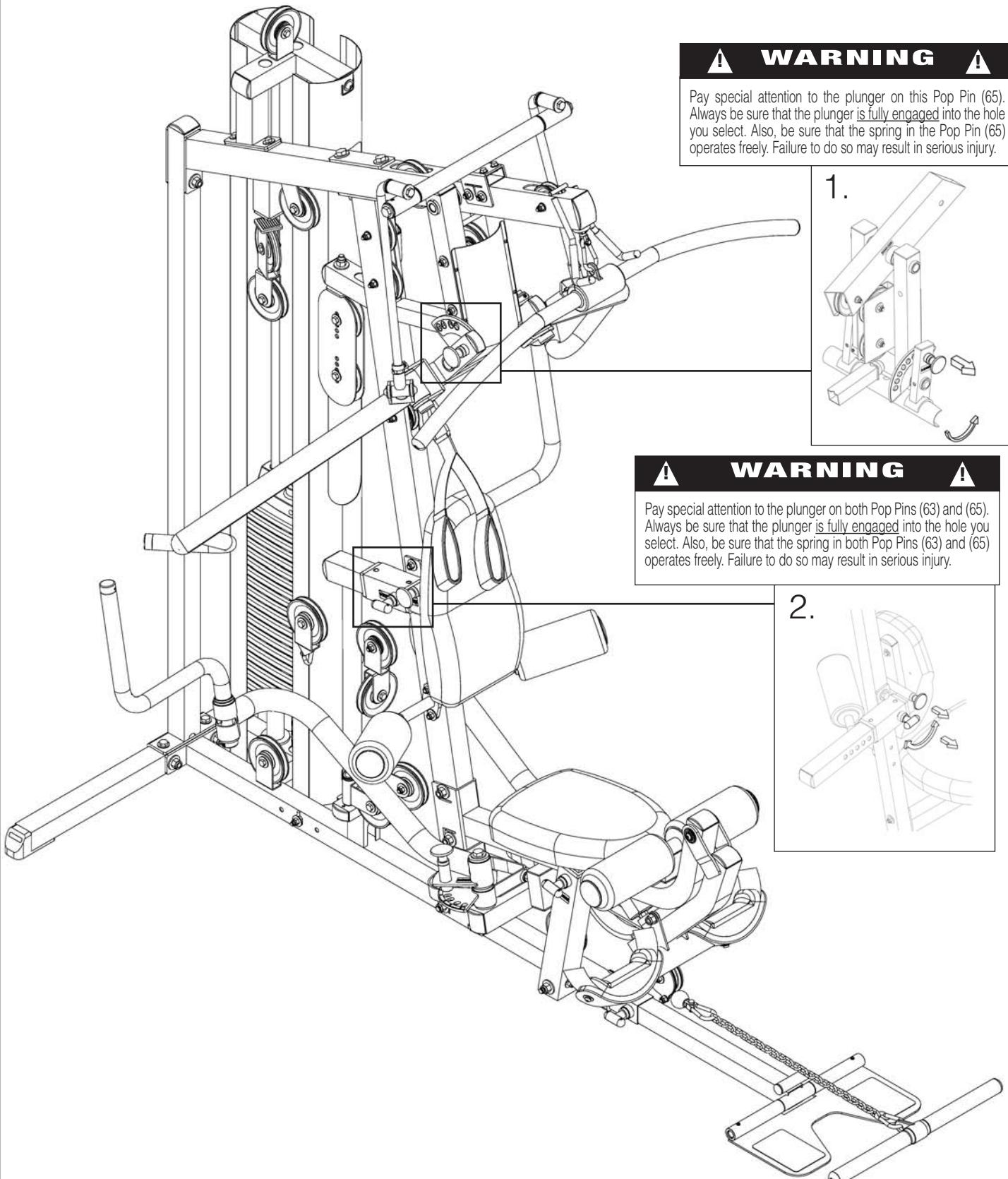
This gym is capable of a variety of different exercises, as well as, smooth and user-friendly adjustment features. The following pages of adjustments will help you to familiarize yourself with your new gym. We hope you are completely satisfied with this product and wish you many years of enjoyment.

1. SEATED PRESS ARMS ADJUSTMENT

- A. Grasp the Right Press Arm (M) with one hand.
- B. Pull the Flat Head Pop Pin (94) with your other hand to release the Press Arm Holder (K).
- C. Adjust the Press Arm Holder (K) to the desired position (depending on the exercise you are performing).
- D. Release the Flat Head Pop Pin, and make sure it is fully engaged into the selector hole.

2. BACK PAD (BB) ADJUSTMENT

- A. Grasp Back Pad (BB).
- B. Turn the T-Shaped Pop Pin (63) in Back Pad Holder (BA) counter clockwise to unlock it, and then pull the Pop Pin to release the Back Pad Adjuster (BD). Adjust the Back Pad to the desired position.
- C. Release the T-Shaped Pop Pin (63) and make sure it is fully engaged into the selector hole in the Back Pad Adjuster (BD). Turn T-Shaped Pop Pin clockwise to lock it in place.
- D. For certain exercises you may wish to change the angle of the Back Pad. Pull the T-Shaped Pop Pin (65) on the Back Pad Adjuster (BD), this will allow you to change to the desired angle.
- E. Release the T-Shaped Pop Pin (65) and make sure it is fully engaged into the selector hole.



3. SEAT PAD (AD) ADJUSTMENT

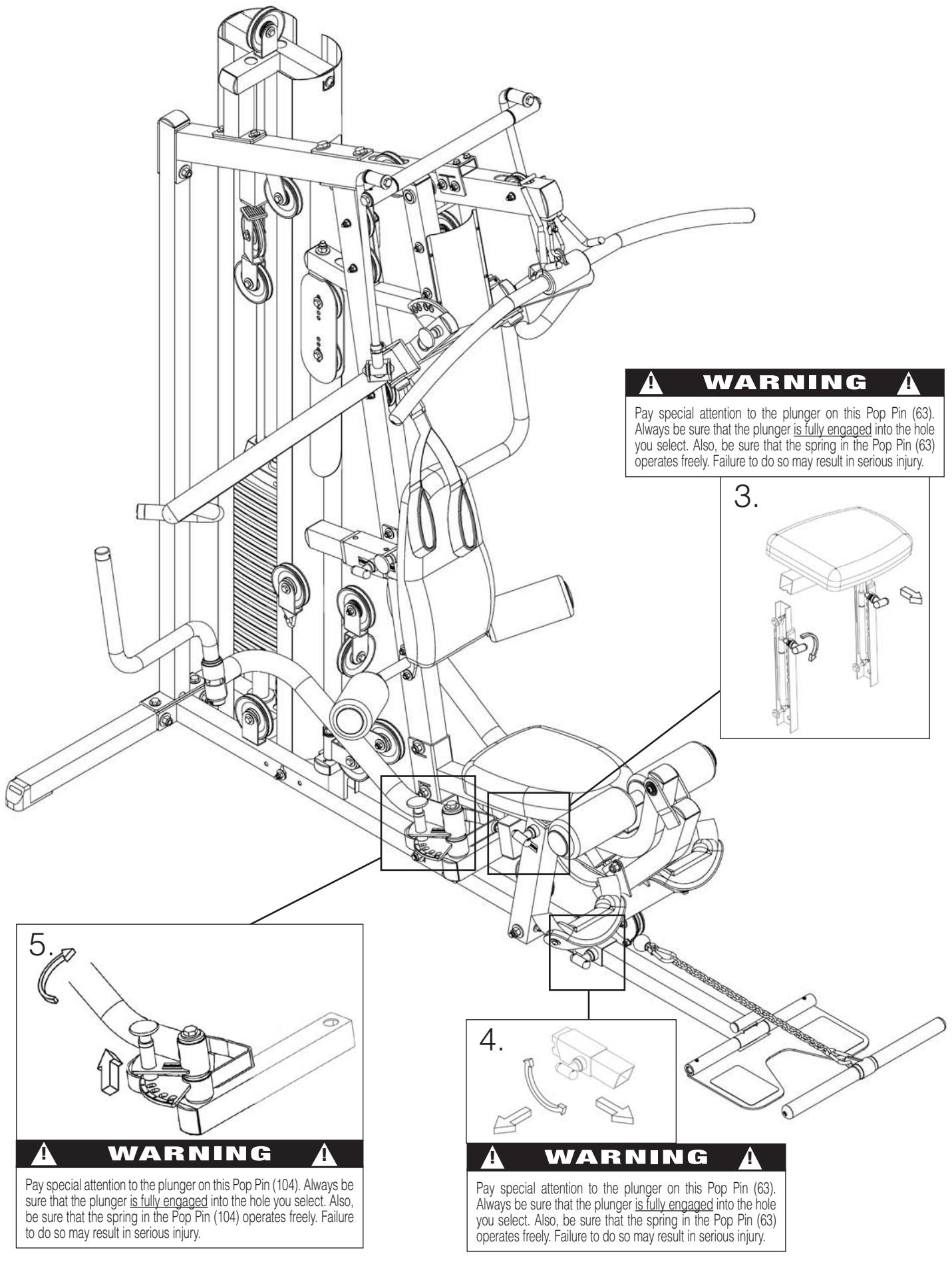
- A. Grasp the Seat Pad (AD).
- B. Turn the T-Shaped Pop Pin (63) in Leg Extension Frame (W) counter clockwise to unlock it, and then pull the Pop Pin to release the Seat Pad Frame (W).
- C. Adjust the Seat Pad (AD) to the desired position.
- D. Release the T-Shaped Pop Pin and make sure it is fully engaged into the selector hole. Turn T-Shaped Pop Pin (63) clockwise to lock it in place.

4. FOOT BRACE (AE) ADJUSTMENT

- A. Grasp the Foot Brace Adjuster (AE).
- B. Turn the T-Shaped Pop Pin (63) in Main Base Frame (A) counter clockwise to unlock it, then pull to release the Foot Brace Adjuster (AE).
- C. Adjust to the desired position.
- D. Release the T-Shaped Pop Pin and make sure that it is fully engaged into the selector hole in the Foot Brace Adjuster (AE). Turn clockwise to lock in place.

5. PEC DEC ARMS (Q),(T) ADJUSTMENT

- A. Grasp Pec Dec Arm (Q) or (T).
- B. Pull the Flat Pop Pin (106) to release the Pec Dec Arm (Q) or (T).
- C. Adjust the Pec Dec Arm to the desired position.
- D. Release the Ball Head Pop Pin (106) and make sure that it is fully engaged into the selector hole.



G 6 B Mainframe Parts List

KEY#	QTY	PART#	DESCRIPTION
A	1	G6BMBF-A	MAIN BASE FRAME
B	1	G6BRBF-B	REAR BASE FRAME
C	1	G6BRVF-C	REAR VERTICAL FRAME
D	1	G6BASF-D	ANGLED SUPPORT FRAME
E	1	G6BTF-E	TOP FRAME
F	2	G6BGR-F	GUIDE RODS
G	1	G6BTWSF-G	TOP WEIGHT STACK FRAME
H	1	G6BSPAS-H	SEATED PRESS ARM SUPPORT
J	1	G6BBAB-J	BI-ANGULAR BARS
JA	1	G6BBAS-JA	BI-ANGULAR SHAFT
JB	1	G6BBAF-JB	BI-ANGULAR FRAME
JC	1	G6BBARA-JC	BI-ANGULAR RIGHT ARM
JD	1	G6BBALA-JD	BI-ANGULAR LEFT ARM
LE	1	G6BBARJ-LE	BI-ANGULAR RIGHT JUNCTION
JF	1	G6BBALJ-LF	BI-ANGULAR LEFT JUNCTION
JG	1	G6BBARP-JG	BI-ANGULAR RIGHT PIVOT
JH	1	G6BBALP-JH	BI-ANGULAR LEFT PIVOT
K	1	G6BPAH-K	PRESS ARM HOLDER
KA	1	G6BLS-KA	LEFT SHAFT
KB	1	G6BRS-KB	RIGHT SHAFT
L	1	G6BLPA-L	LEFT PRESS ARM
LA	1	G6BLPAP-LA	LEFT PRESS ARM PIVOT
M	1	G6BRPA-M	RIGHT PRESS ARM
MA	1	G6BRPAP-MA	RIGHT PRESS ARM PIVOT
N	1	G6BPDF-N	PEC DEC FRAME
P	1	G6BLPDC-P	LEFT PEC DEC CAM
Q	1	G6BLPDA-Q	LEFT PEC DEC ARM
R	1	G6BLPDH-R	LEFT PEC DEC HANDLE
S	1	G6BRPDC-S	RIGHT PEC DEC CAM
T	1	G6BRPDA-T	RIGHT PEC DEC ARM
U	1	G6BLPDH-U	RIGHT PEC DEC HANDLE
V	1	G6BLEF-V	LEG EXTENSION FRAME
W	1	G6BSPF-W	SEAT PAD FRAME
X	1	G6BLEA-X	LEG EXTENSION ARM
Y	1	G6BLEPH-Y	LEG EXTENSION PAD HOLDER
AB	1	G6BPP-AB	PULLEY PLATFORM
AC	2	G6BPS-AC	PULLEY SWIVEL
AE	1	G6BFBA-AE	FOOT BRACE ADJUSTER
AF	1	G6BFB-AF	FOOT BRACE
AG	1	G6BRLHD-AG	RIGHT LEG HOLD DOWN
AH	1	G6BLLHD-AH	LEFT LEG HOLD DOWN
BA	1	G6BBPH-BA	BACK PAD HOLDER
BC	1	G6BBPF-BC	BACK PAD FRAME
BD	1	G6BBPA-BD	BACK PAD ADJUSTER

Part numbers are required when ordering parts.

G 6 B H a r d w a r e L i s t

KEY#	QTY	PART#	DESCRIPTION
1	4	JSNAP3	SNAP LINK 3 1/4"
2	9	JCEC2X2	CONVEX END CAP 2" X 2"
3	9	JCEC1X2	CONVEX END CAP 1" X 2"
4	1	JCEC2X3	CONVEX END CAP 2" X 3"
5	2	JPREC2.5	PLASTIC ROLLER END CAP 2.5" OD X 1" ID
6	4	JFC2X2	FOOT CAP 2" X 2"
7	2	JSC.75	SHAFT COLLAR 3/4"
8	2	JNW3	NYLON WASHER 3"
9	2	JREC2	ROUND END CAP 2"
10	2	JFL22	FRAME LEVELER 2" X 2"
11	2	JWSS22	WEIGHT STACK SHIMS 2" X 2"
12	1	JRP1.5X1.5	RUBBER PAD 1 1/2" X 1 1/2"
13	1	JRP1.5X3	RUBBER PAD 1 1/2" X 3"
14	2	JRD2.5	RUBBER DONUT 2 1/2"
15	2	JEC1.5X3	END CAP 1 1/2" X 3"
16	4	JGT3.75X5.5	GRIP TAPE 3 3/4" X 5 1/2"
17	1	JTP10	TOP PLATE 10lbs
18	4	JFR4X8	FOAM ROLLER 4" X 8"
19	1	JSR25	SELECTOR ROD
20	4	JREC1X1.5	ROUND END CAP 1" X 2 1/2" L
21	21	JPP4.25	PLASTIC PULLEY 4 1/4" O.D.
22	3	JPP3.5	PLASTIC PULLEY 3 1/2" O.D.
23	1	JSC	STEEL CHAIN
26	2	JOW1X1..37	OILITE WASHER 1" I.D. X 1 3/8" O.D.
27	2	JREC1	ROUND END CAP 1"
28	2	JCEC2X2	CONVEX END CAP 2" X 2"
29	1	JEC1X2	END CAP 1" X 2"
30	2	JPREC	PLASTIC ROLLER END CAP
31	2	JNB2X2	NYLON BUSHING 2"X 2"
33	1	JS.75X7	SHAFT 3/4" O.D. X 7" L
34	12	JAS.31X.31	ALLEN SCREWS 5/16" X 5/16"
35	1	JS1X9.75	SHAFT 1" O.D. X 9 3/4" L
36	4	JRAB.37X.62	ROUND ALLEN BOLT M10X16L FULL THREAD
37	8	JHEX.5X.75PTB	HEX HEAD BOLT 1/2"X3/4" L PARTIAL THREAD
38	20	JSP10	WEIGHT STACK PLATE (10lbs.)
39	1	JFRB	FOAM ROLLER BAR
40	12	JHEX.5X3.25PTB	HEX HEAD BOLT 1/2" X 3 1/4" PARTIAL THREAD
41	2	JHEX.5X3PTB	HEX HEAD BOLT 1/2" X 3" PARTIAL THREAD
42	3	JHEX.5X3.75PTB	HEX HEAD BOLT 1/2" X 3 3/4" PARTIAL THREAD
43	2	JHEX.5X4.25PTB	HEX HEAD BOLT 1/2" X 4 1/4" PARTIAL THREAD
44	1	JHEX.5X5.25PTB	HEX HEAD BOLT 1/2" X 5 1/4" OARTIAL THREAD
45	2	JFAB.31X.75FTB	FLAT ALLEN BOLT 5/16" X 3/4" FULL THREAD

Part numbers are required when ordering parts.

G 6 B H a r d w a r e (c o n t i n u e d)

KEY#	QTY	PART#	DESCRIPTION
46	2	JCC1X1.37	CHROME COLLAR 1" I.D. 1 3/8" O.D.
47	1	JS.5X3	SHAFT 1/2" X 3"
48	2	JOB.5	OILITE BUSHING 1/2" I.D.-leg extension pad holder (Y)
49	2	JRAHB.31X.5	ROUND ALLEN HEAD BOLT M8 X15L
50	8	JHEX.37X1PTB	HEX HEAD BOLT 3/8" X 1" PARTIAL THREAD
51	22	JHEX.37X1.75PTB	HEX HEAD BOLT 3/8" X 1 3/4" PARTIAL THREAD
52	4	JHEX.37X2.75PTB	HEX HEAD BOLT 3/8" X 2 3/4" PARTIAL THREAD
53	7	JHEX.37X3PTB	HEX HEAD BOLT 3/8" X 3" PARTIAL THREAD
54	2	JHEX.37X7.25PTB	HEX HEAD BOLT 3/8" X 7 1/4" PARTIAL THREAD
55	2	JCB.37X2.75PTB	CARRIAGE BOLT 3/8" X 2 3/4" PARTIAL THREAD
56	2	JHEX.37X3.25PTB	HEX HEAD BOLT 3/8" X 3 1/4" PARTIAL THREAD
57	1	JHEX.5X1PTB	HEX HEAD BOLT 1/2" X 1" PARTIAL THREAD
58	1	JSHA.37X2FTB	SOCKET HEAD ALLEN BOLT 3/8" X 2" FULL THREAD
59	4	JRA.37X.62FTB	ROUND ALLEN BOLT M10X16L FULL THREAD
60	2	JHEX.31X1.75FTB	HEX HEAD BOLT 5/16" X 1 3/4" PARTIAL THREAD
61	4	JAHB.31X.75FTB	ALLEN HEAD BOLT M8X16L FULL THREAD
62	2	JHEX.31X1.75PTB	HEX HEAD BOLT 5/16" X 1 3/4" PARTIAL THREAD
63	3	JTSPP3	T-SHAPED POP PIN 3"
64	1	JS16	SHAFT 16" LENGTH
65	1	JTSPP7	T-SHAPED POP PIN 7"
66	1	JFAHB.31X.5	FLAT ALLEN HEAD BOLT 5/16" X 1/2"
67	1	JFP6	FLAT PLATE 6"
68	1	JFP6.75	FLAT PLATE 6 3/4"
70	9	JNLN.5	NYLON LOCK NUT 1/2"
71	46	JNLN.37	NYLON LOCK NUT M10
73	31	JWFLT.5	WASHER 1/2"
74	48	JWFLT.37	WASHER M10
75	2	JSLW.37	SPRING LOCK WASHER 3/8"
76	8	JWFLT.31	WASHER M8
77	8	JSLW.31	SPRING LOCK WASHER 5/16"
78	10	JWFLT.37	WASHER M10
79	1	JWFLT.5X1	WASHER 1/2" X 1"O.D.
80	2	JHEX.31X.5 PTB	HEX HEAD BOLT M8X12L PARTIAL THREAD
81	1	JPIN4.25	WEIGHT STACK PIN 4.25 LENGTH
83	4	JSS.37X.75	STEEL SLEEVE 3/8" X 3/4"
84	10	JPS.37	PULLEY SPACER 3/8"

Continued on next page



Part numbers are required when ordering parts.

G 6 B H a r d w a r e (c o n t i n u e d)

KEY#	QTY	PART#	DESCRIPTION
89	4	JRAHB.37X.62	ROUND ALLEN HEAD BOLT M10x16L
90	4	JRAHB.12X.37	ROUND ALLEN HEAD BOLT M4x10L
94	1	JFPP3.75	FLAT POP PIN 3 3/4"
95	1	JWSPL	WEIGHT STACK PIN LANYARD
96	4	JCC1X1.37	CHROME COLLAR 1" I.D. X 1 3/8" O.D.
97	8	JAS.19X.19	ALLEN SCREW 3/16" X 3/16"
98	2	JRS2.5	RUBBER STOP 2 1/2" L (3/8" BOLT)
99	4	JJN.37	JAM NUT 3/8"
100	1	JCES.5X.75	CABLE END SHAFT 1/2" X 3/4"
101	1	JAB.125X.31	ALLEN BOLT M4
102	1	JAB.37X.875FTB	ALLEN BOLT M10X30L FULL THREAD
103	1	JSRTB.5X2FTB	SELECTOR ROD TOP BOLT 1/2" X 2" FULL THREAD
104	1	JJN.5	JAM NUT 1/2"
105	1	JSLW.5	SPRING LOCK WASHER 1/2"
106	2	JFPP4.75	FLAT POP PIN 4 3/4" L
107	2	JFG1.5X26	FOAM GRIP 1 1/2"OD X 26"L (pec dec handle)
108	1	JACN.19	ACORN CAP NUT 3/16" I.D. pre-installed
109	1	JHSA	HYDRAULIC SEAT ADJUSTER pre-installed
110	2	JFG1.5X8.5	FOAM GRIP 1 1/2"OD X 8.5"L (low row bar)
112	2	JFG1.5X18	FOAM GRIP 1 1/2"OD X 18"L (lat bar)
113	1	JLBP	LAT BAR PAD
115	2	JFG1.5X14	FOAM GRIP 1 1/2"OD X 14"L (seated press)
116	1	JNB2X2X6	NYLON BUSHING 2" X 2" X 6"L
120	2	JSB.75X1.37	STEEL BUSHING 3/4"ID X 1 3/8"OD -top frame (E)
121	4	JBB.62X1	OILITE BUSHING 5/8"ID X 1"OD -pulley swivel (AC)
122	8	JBB1X1.75	OILITE BUSHING 1"ID X 1 3/4"OD -pec arm cams and pec dec arms
123	4	JBB1X1.75	OILITE BUSHING 1"ID X 1 3/4"OD -pec arms and pec handles
124	2	JBB.5X.87	OILITE BUSHING 1/2"ID X 7/8"OD -back pad adjuster
125	2	JSB1X1.37	STEEL BUSHING 1"ID X 1 3/8"OD -seated press arm support (H)
126	4	JBB1X1.75	OILITE BUSHING 1"ID X 1 3/4"OD -top of seated press arms (L)(M)
127	4	JBB.5X1.87	OILITE BUSHING 1/2"ID X 1 7/8"OD -left&right arm pivot (LA)(MA)
128	4	JBB.37X.87	OILITE BUSHING 3/8"ID X 7/8"OD -left&right pivot (JG)(JH)
129	2	JBB.75X1	OILITE BUSHING 3/4"ID X 1"OD -left&right junction (JE)(JF)
130	2	JBB1X1.5	OILITE BUSHING 1"ID X 1 1/2"OD -left&right junction-inside (JE)(JF)
131	2	JWW.75	WAVE WASHER 3/4"ID X 1"OD
132	2	JRR1.25X1.5	RETAINING RING 1 1/4"ID X 1 1/2"OD
133	2	JSB.5X1.25	SEALED BEARING 1/2"ID X 1 1/4"OD
134	1		SPRING LOCK WASHER
150	1	JHEX.5X3.75PTB	HEX HEAD BOLT 1/2" X 3 3/4" PARTIAL THREAD
151	1	JLB	L-BRACKET
152	1	JLDH	LOCK DOWN HOOK
153	1	JS.31	SPACER 5/16" WIDE
154	1	JS.25	SPACER 1/4" WIDE
155	3	JPS1.75	PLASTIC STOP 1 3/4" L (3/8" BOLT)
156	2	JAH.31X.75FTB	ALLEN HEAD BOLT 5/16" X 5/8" FULLY THREAD
157	1	JBC.5	BOLT CAP 1/2"
158	1	JBCW.5	BOLT CAP WASHER 1/2"

Part numbers are required when ordering parts.

C a b l e L i s t

KEY#	QTY	PART#	DESCRIPTION
85	1	JHPC5060	HIGH PULLEY CABLE 5060mm 16' 7"
86	1	JLPC5150	LOW PULLEY CABLE 5150mm 16' 10"
87	1	JSC747	SHORT CABLE 747mm 2' 5"
88	1	JPDC2025	PEC DEC CABLE 2025mm 6' 7"

A c c e s s o r i e s L i s t

KEY#	QTY	PART#	DESCRIPTION
24	1	G6BAS	ANKLE STRAP
25	1	G6BACH	AB-CRUNCH HARNESS
91	1	G6BWBB	WATER BOTTLE BRACKET
92	1	G6BWBS	WATER BOTTLE SCREWS
93	1	G6BWBH	WATER BOTTLE HOLDER
111	1	G6BLRB	LOW ROW BAR
114	1	G6BLB	LAT BAR

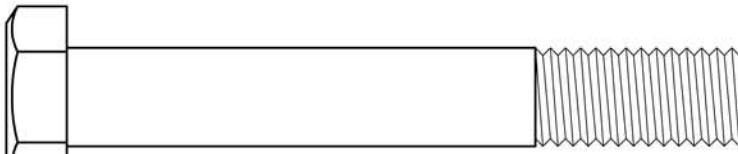
Part numbers are required when ordering parts.

G 6 B H A R D W A R E

(s h o w n i n a c t u a l s i z e)



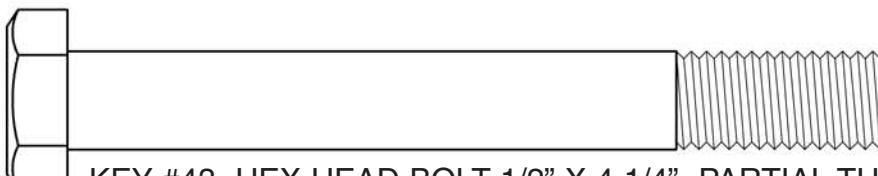
KEY #40 HEX HEAD BOLT 1/2" X 3 1/4" PARTIAL THREAD QTY. 12



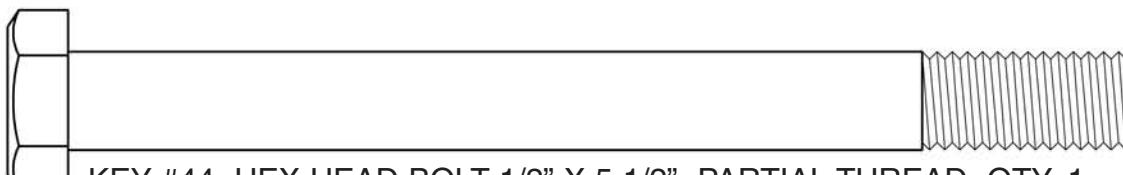
KEY #41 HEX HEAD BOLT 1/2" X 3 1/2" PARTIAL THREAD QTY. 1



KEY #42 HEX HEAD BOLT 1/2" X 3 3/4" PARTIAL THREAD QTY. 3



KEY #43 HEX HEAD BOLT 1/2" X 4 1/4" PARTIAL THREAD QTY. 2



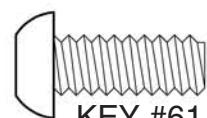
KEY #44 HEX HEAD BOLT 1/2" X 5 1/2" PARTIAL THREAD QTY. 1



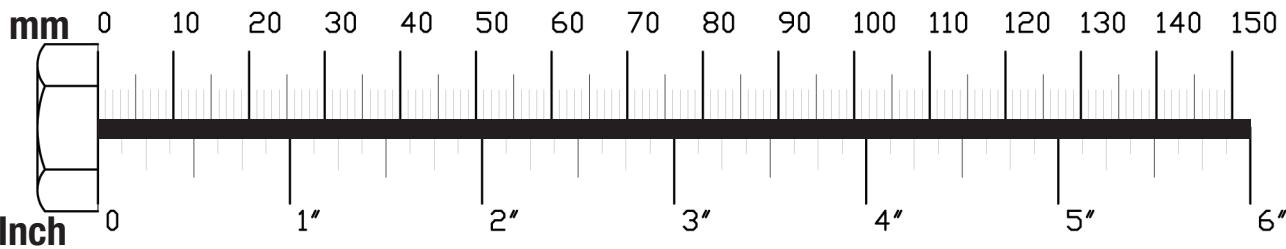
KEY #60 HEX HEAD BOLT
5/16" X 1 1/2" FULL THREAD
QTY. 2



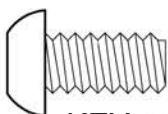
KEY #62 HEX HEAD BOLT
5/16" X 1 3/4" FULL THREAD
QTY. 2



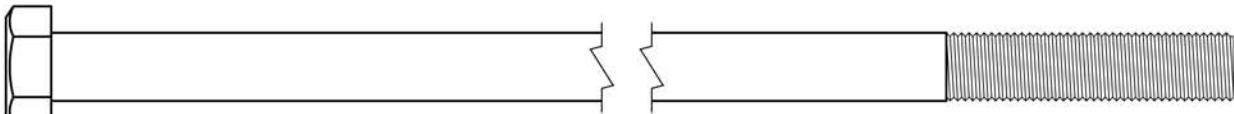
KEY #61 ALLEN HEAD BOLT 5/16" X 3/4" FULL THREAD QTY. 4



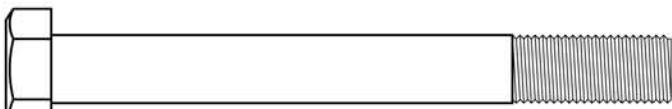
G 6 B H A R D W A R E
(s h o w n i n a c t u a l s i z e)



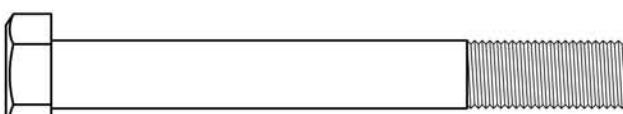
KEY #55 ALLEN HEAD BOLT 5/16" X 5/8" FULL THREAD QTY. 2



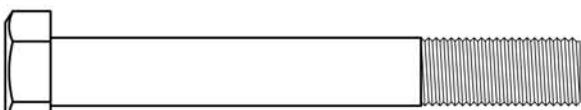
KEY #54 HEX HEAD BOLT 3/8" X 7 1/4" PARTIAL THREAD QTY. 2



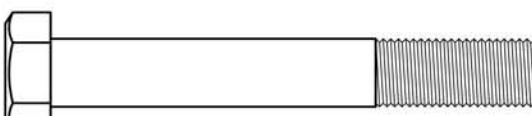
KEY #56 HEX HEAD BOLT 3/8" X 3 1/4" PARTIAL THREAD QTY. 2



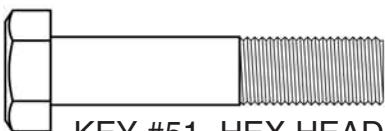
KEY #53 HEX HEAD BOLT 3/8" X 3" PARTIAL THREAD QTY. 7



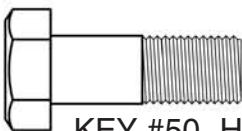
KEY #52 HEX HEAD BOLT 3/8" X 2 3/4" PARTIAL THREAD QTY. 4



KEY #57 HEX HEAD BOLT 3/8" X 2 1/2" PARTIAL THREAD QTY. 1



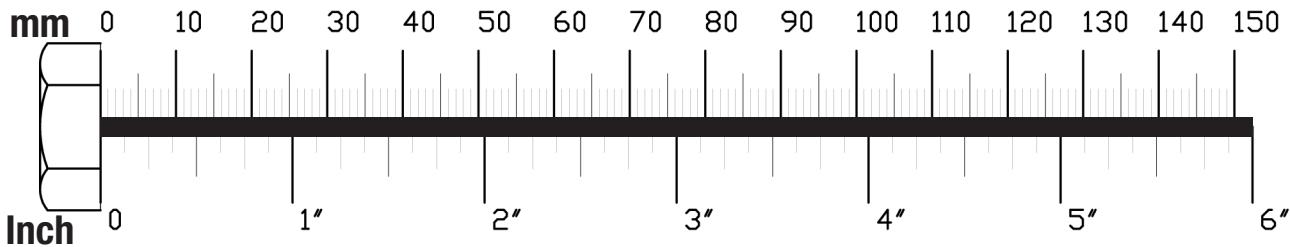
KEY #51 HEX HEAD BOLT 3/8" X 1 3/4" PARTIAL THREAD QTY. 22



KEY #50 HEX HEAD BOLT 3/8" X 1"
PARTIAL THREAD QTY. 8

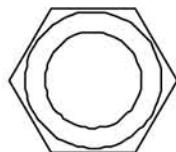


KEY #58 SOCKET HEAD BOLT
3/8" X 2" FULL THREAD
QTY. 1

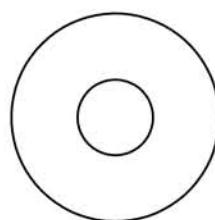
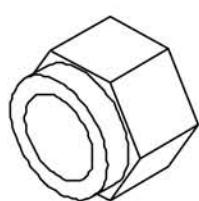


G 6 B H A R D W A R E

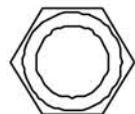
(s h o w n i n a c t u a l s i z e)



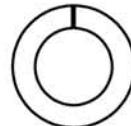
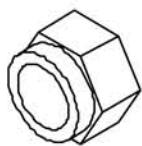
KEY #70 NYLON LOCK NUT 1/2"
QTY. 9



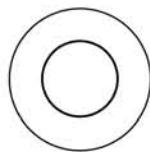
KEY #74 WASHER 3/8" QTY. 48



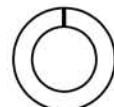
KEY #71 NYLON LOCK NUT 3/8"
QTY. 46



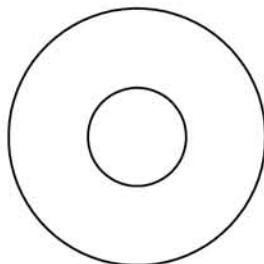
KEY #75 SPRING LOCK WASHER
3/8" QTY. 2



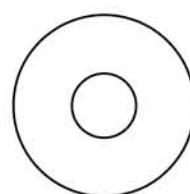
KEY #78 WASHER 3/8" X 3/4"
QTY. 10



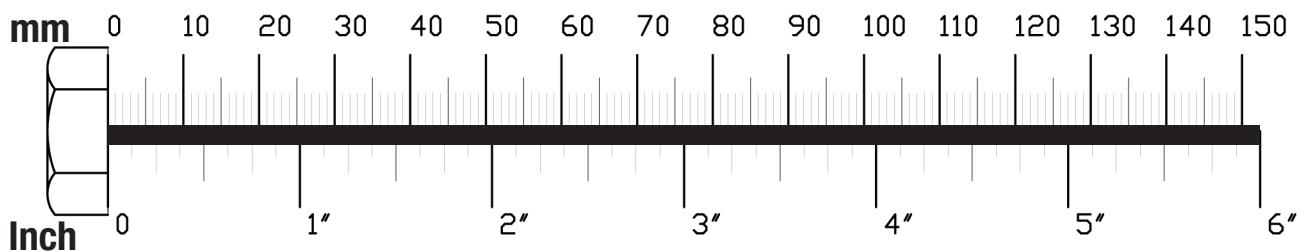
KEY #77 SPRING LOCK WASHER
5/16" QTY. 8

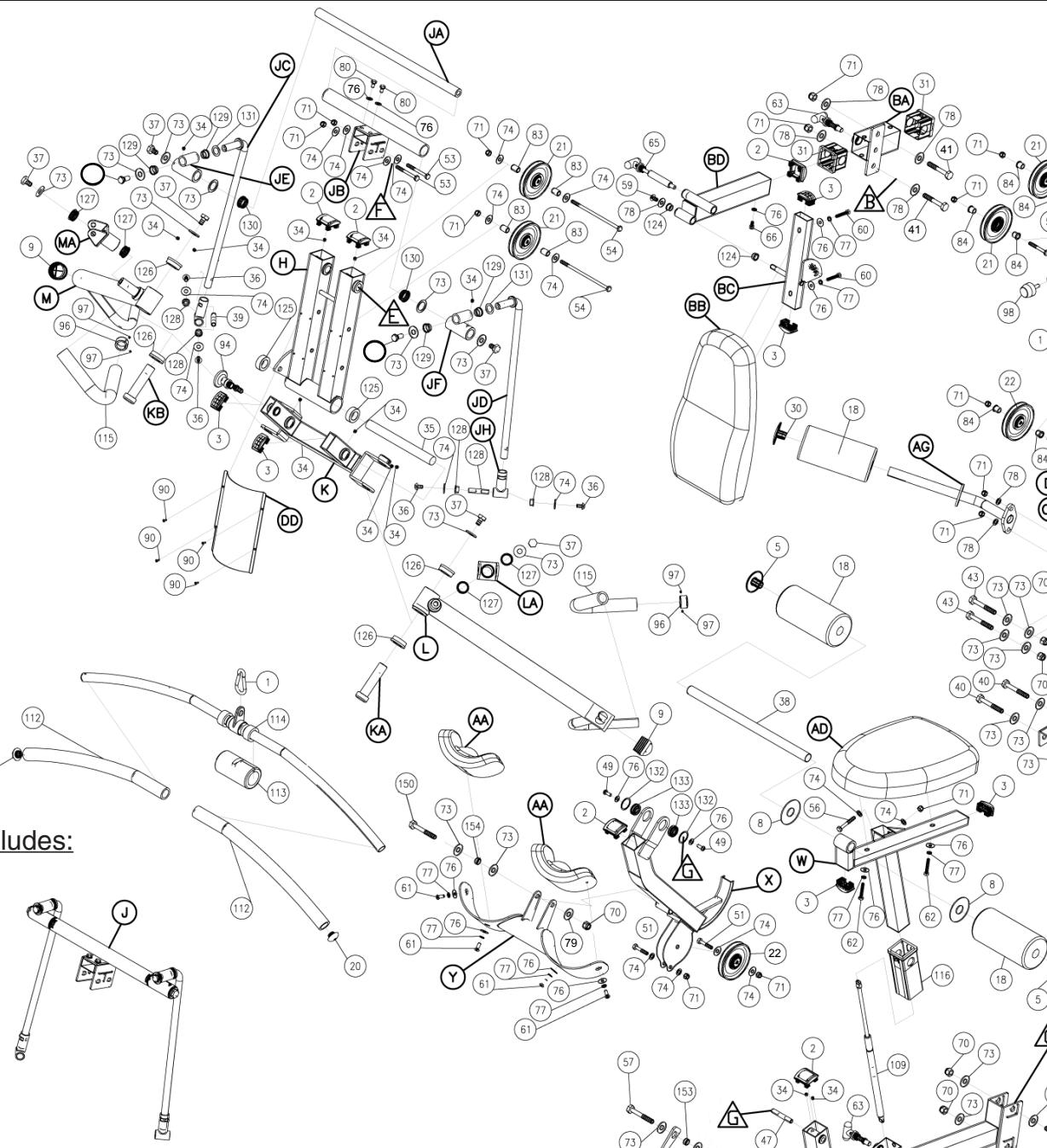


KEY #73 WASHER 1/2" QTY. 73



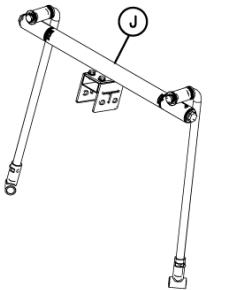
KEY #76 WASHER 5/16" QTY. 8





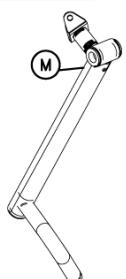
part J includes:

- part JA
- part JB
- part JC
- part JD
- part JE
- part JF
- part JG
- part JH



part M includes:

- part MA

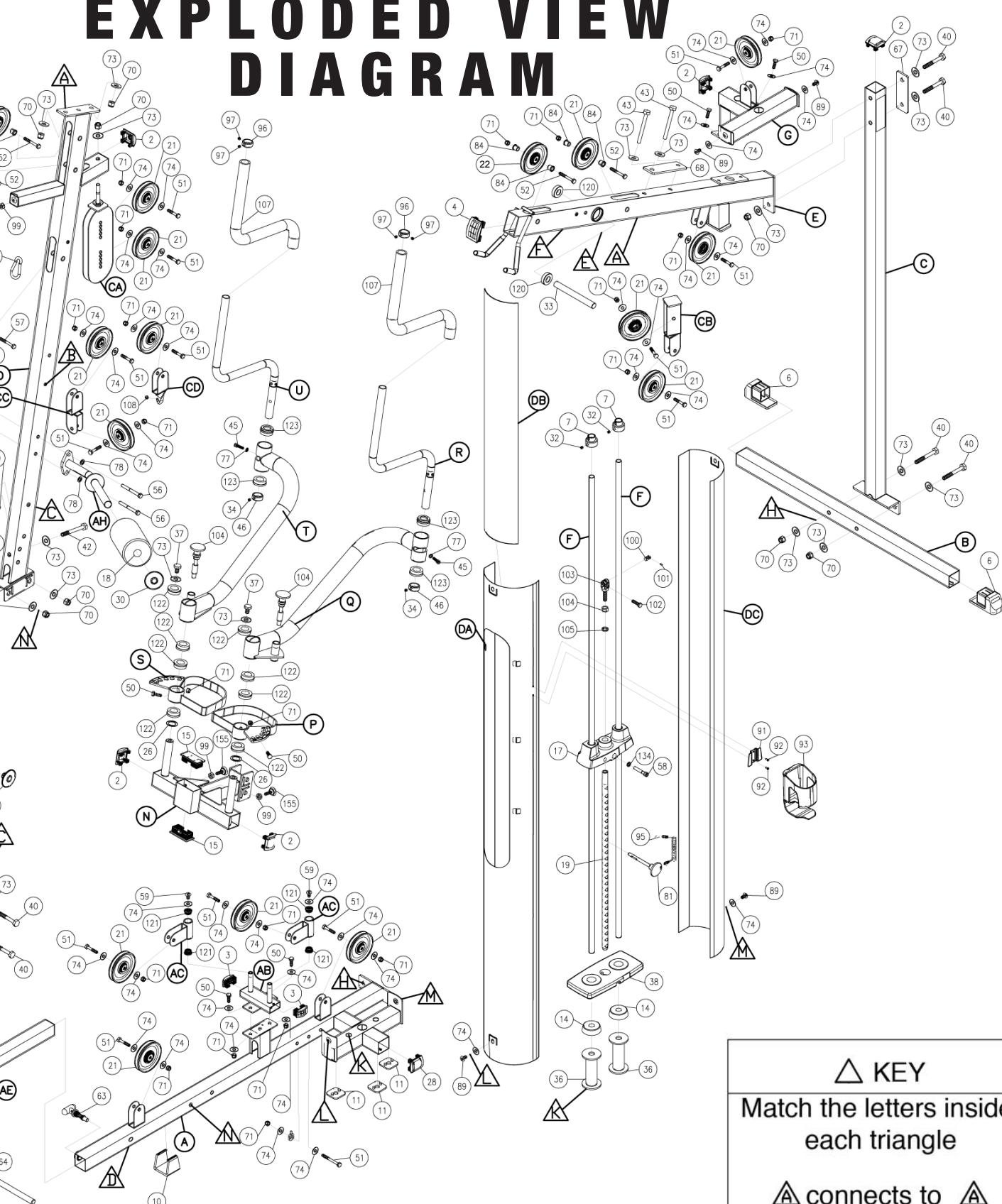


part L includes:

- part LA



EXPLODED VIEW DIAGRAM



△ KEY

Match the letters inside
each triangle

- △ connects to △
- △ connects to △
- △ connects to △