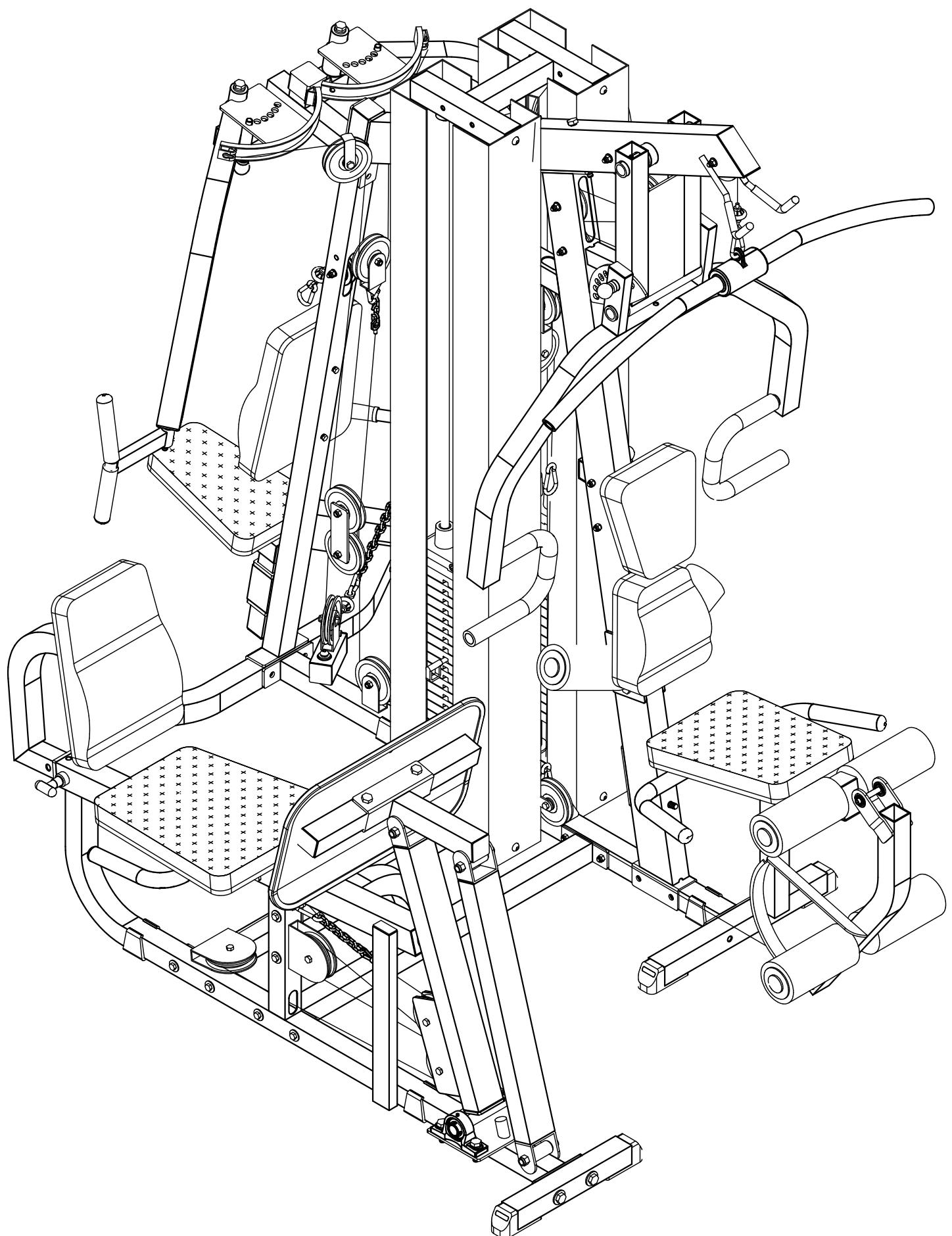


EXM-3000.9



VERSION 0913

## Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain your Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from your local Body-Solid dealer.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

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

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. **FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. RAL8-6-03 WC-54

MAINTENANCE SCHEDULE	
	WEEKLY
Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.	
Cables:	Check tension, end fittings, and coating
	Check that locking nut at weight stack is tight
Upholstery:	Wipe down and dry
	Clean and condition
Frame:	Wipe down and dry
	Polish / Wax
Chrome:	Wipe down and dry
	Polish / Lubricate
Nuts / Bolts / Fasteners:	Tighten and / or adjust as needed
Guide Rods:	Lubricate and clean
Linear Rods:	Lubricate and clean
Seat Sleeves:	Lubricate and clean
Adjustments / Locking Pins / Tightening Knobs	
Weight Stack Pins	
Warning Instruction Labels	
Springs / Pop Pins	
Anti Skid Surfaces	
Hand Grips / Rollers	

For Body-Solid Customer Service  
**Call 1-800-556-3113**  
#MSSTKR0803

## WARNING

### Safety and Maintenance of Cables

**IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage.

#### Cable inspection should be performed daily.

Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable.

#### Replace any damaged or worn cable immediately.

Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service  
**Call 1-800-556-3113**

# 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 your machine. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- 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.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- 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.
- **IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage. Cable inspection should be performed daily. Inspect all cables, and the area near the fitting at each end of each cable. Replace any damaged or worn cable immediately. Do not allow the machine to be used until these are replaced.
- Do not use the equipment outdoors or near water.

## **Personal Safety During Assembly**

- 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 your machine on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

Your machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise.

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 **1-800-556-3113** for the dealer nearest you.

## **Obtaining Service**

Please use your 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 your 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](http://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**  
**Fax:** **1-708-427-3556**  
**Hours:** **M-F 8:30-5:00 CST**  
**E-Mail:** [service@bodysolid.com](mailto:service@bodysolid.com)

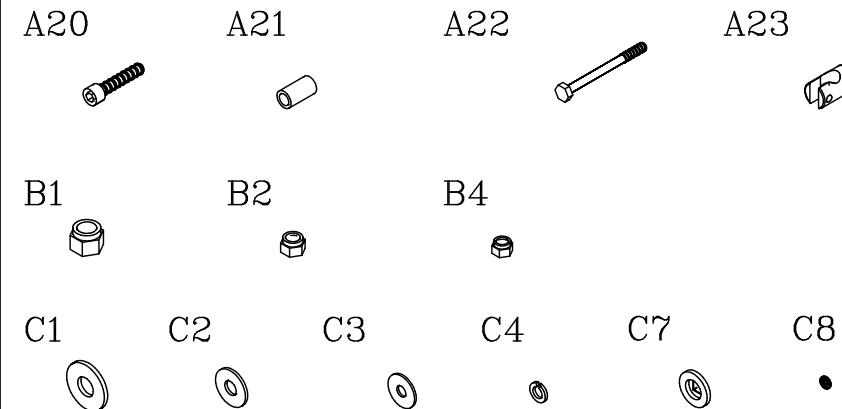
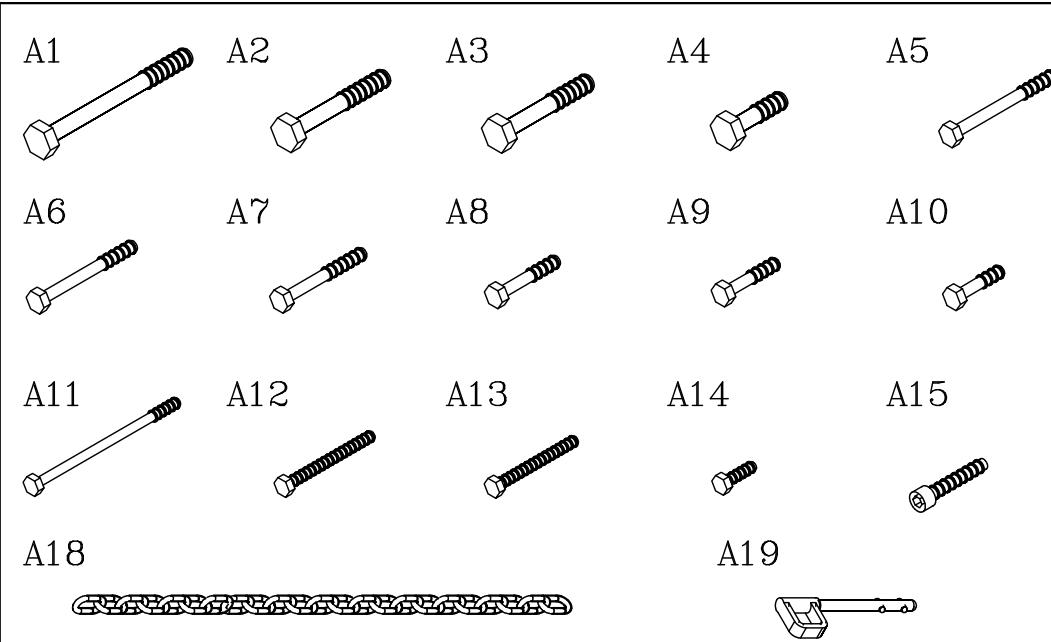
**Or write to:** **Body-Solid, Inc.**  
**Service Department**  
**1900 S. Des Plaines Ave.**  
**Forest Park, IL 60130 USA**

**Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.**

- 1. Model Number**
- 2. Proof of Purchase**
- 3. Place of Purchase**
- 4. Serial Number (S/N)**
- 5. Part # and Description**

# EXM-3000.9 HARDWARE ILLUSTRATION SHEET

	Qty.
A1. 1/2"X5" HEX HEAD BOLT -----	[5PCS]
A2. 1/2"X3 1/4" HEX HEAD BOLT -----	[7PCS]
A3. 1/2"X3" HEX HEAD BOLT -----	[6PCS]
A4. 1/2"X1 3/4" HEX HEAD BOLT -----	[4PCS]
A5. 3/8"X3 1/2" HEX HEAD BOLT -----	[1PCS]
A6. 3/8"X3 1/4" HEX HEAD BOLT -----	[2PCS]
A7. 3/8"X2 3/4" HEX HEAD BOLT -----	[20PCS]
A8. 3/8"X2" HEX HEAD BOLT -----	[2PCS]
A9. 3/8"X1 3/4" HEX HEAD BOLT -----	[5PCS]
A10. 3/8"X1 1/2" HEX HEAD BOLT -----	[15PCS]
A11. 5/16"X5" HEX HEAD BOLT -----	[2PCS]
A12. 5/16"X3 1/4" HEX HEAD BOLT -----	[1PCS]
A13. 5/16"X2 3/4" HEX HEAD BOLT-----	[6PCS]
A14. 5/16"X1" HEX HEAD BOLT -----	[10PCS]
A15. 3/8"X2" ROUND BOLT -----	[2PCS]
A18. STEEL CHAIN -----	[1PCS]
A19. PIN -----	[2PCS]
A20. 5/16"X1 1/2" ROUND BOLT -----	[1PCS]
A21. ø1/2"X22L SLEEVE -----	[1PCS]
A22. 1/2"X5 1/2" HEX HEAD BOLT-----	[1PCS]
A23. ø12 BUSHING (8890-010) -----	[2PCS]
B1. 1/2" NYLON LOCK NUT -----	[22PCS]
B2. 3/8" NYLON LOCK NUT -----	[45PCS]
B4. 5/16" NYLON LOCK NUT-----	[1PCS]
C1. 1/2"Xø34 (I.D)WASHER -----	[8PCS]
C2. 3/8" (I.D)WASHER -----	[19PCS]
C3. 5/16" (I.D)WASHER -----	[19PCS]
C4. 5/16" SPRING WASHER -----	[19PCS]
C7. 1/2"Xø25 (I.D) WASHER -----	[4PCS]
C8. 3/8" SPRING WASHER -----	[2PCS]



1

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6

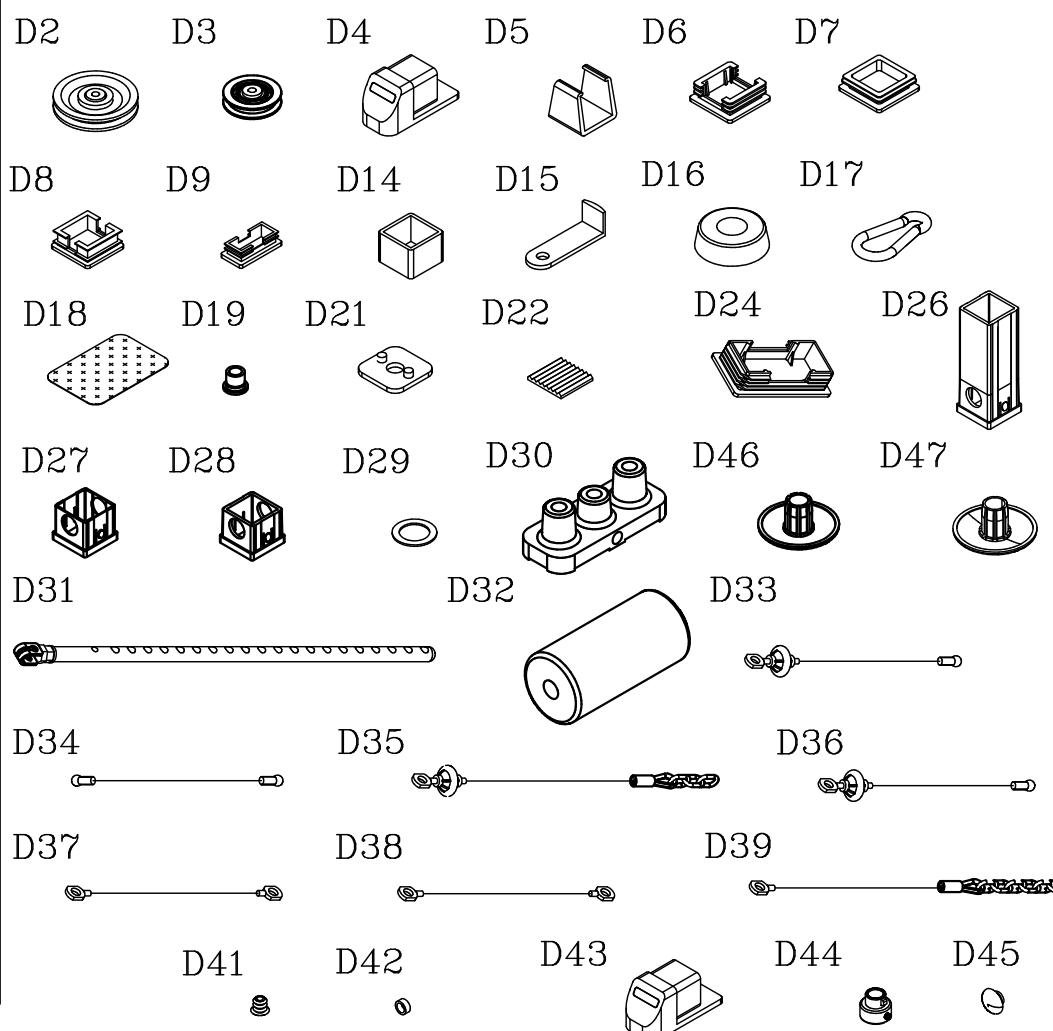
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8

# EXM-3000.9 HARDWARE ILLUSTRATION SHEET

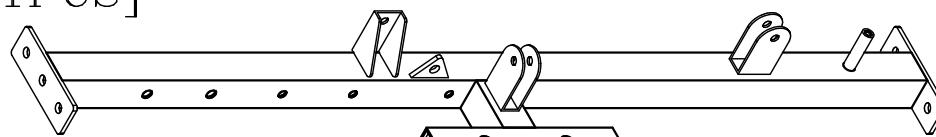
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D2. $\phi 4$ 1/4" PULLEY (9213-002C)	[26PCS]
D3. $\phi 3$ " PULLEY (9213-006B)	[1PCS]
D4. 2"X2"X1.8t FOOT CAP (9211-024)	[3PCS]
D5. 2"X2" RUBBER DOUNT (9212-010)	[6PCS]
D6. 2"X2"X2.5t END CAP (9211-006)	[14PCS]
D7. 2"X2"X1.8t END CAP (9211-005)	[8PCS]
D8. 1 3/4"X1 3/4" END CAP (9211-004)	[1PCS]
D9. 1"X2" END CAP (9211-009)	[3PCS]
D14. 2"X2" RUBBER DOUNT (9310-020)	[1PCS]
D15. PULLEY WHEEL BLOCK (8331-017)	[3PCS]
D16. $\phi 2$ 1/2" RUBBER DOUNT (9310-010)	[4PCS]
D17. $\phi 8$ SPRING SNAP LINK (8810-001)	[7PCS]
D18. 95X140mm NO-SLIP TAPE (9310-035)	[2PCS]
D19. $\phi 16$ X16 STEEL BUSHING (8530-009)	[10PCS]
D21. 2"X2" RUBBER CANE CAP (9214-002)	[4PCS]
D22. 38X38 RUBBER PAD (9310-001)	[2PCS]
D24. 2"X4" END CAP (9211-014)	[2PCS]
D26. 60X45 NYLON BUSHING (9211-047)	[2PCS]
D27. 60X50 NYLON BUSHING (9211-033)	[2PCS]
D28. 60X45 NYLON BUSHING (9211-032)	[2PCS]
D29. $\phi 38$ CU WASHER (8520-008)	[2PCS]
D30. TOP PLATE (8400-005)	[2PCS]
D31. WEIGHT SELECTOR BAR (8210-042A)	[2PCS]
D32. $\phi 4$ "X8" FOAM ROLLER (9161-009)	[6PCS]
D33. 3820mm STEEL CABLE	[1PCS]
D34. 1890mm STEEL CABLE	[1PCS]
D35. 1545mm STEEL CABLE	[1PCS]
D36. 4070mm STEEL CABLE	[1PCS]
D37. 2735mm STEEL CABLE	[1PCS]
D38. 520mm STEEL CABLE	[1PCS]
D39. 4270mm STEEL CABLE	[1PCS]
D41. $\phi 5/8$ " ROUND END CAP (9211-015)	[1PCS]

D42. $\phi 3/4$ "X8L STEEL BUSHING (8110-014)	[2PCS]
D43. 2"X2"X2.5t FOOT CAP (9211-025)	[2PCS]
D44. $\phi 3/4$ " SHAFT COLLAR (9211-046)	[4PCS]
D45. $\phi 1$ " ROUND END CAP (9260-021)	[12PCS]
D46. $\phi 1$ "X1.8t ROUND End Cap(9211-022)	[4PCS]
D47. $\phi 1$ "X2.5t ROUND End Cap(9211-085)	[2PCS]

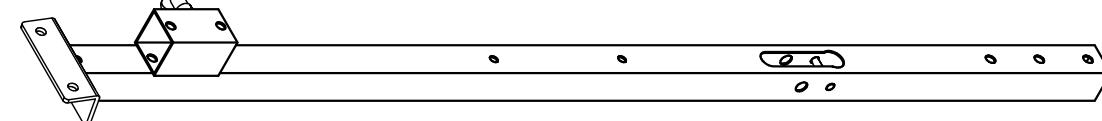


# EXM-3000.9 PARTS ILLUSTRATION SHEET

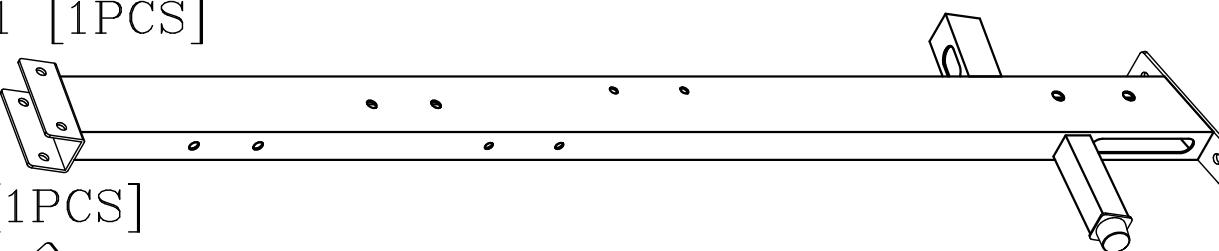
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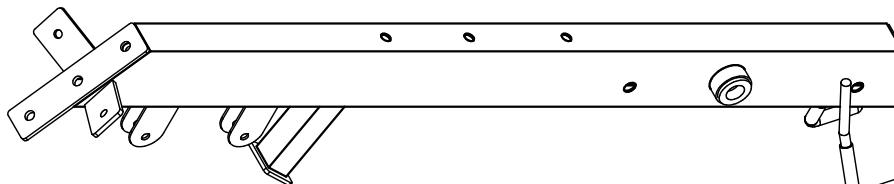
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C-1 [1PCS]



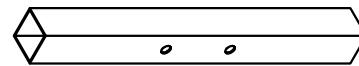
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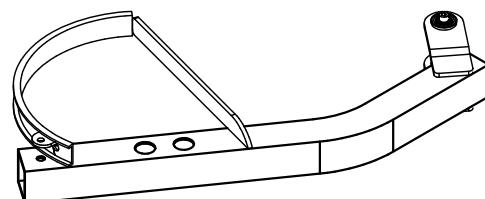
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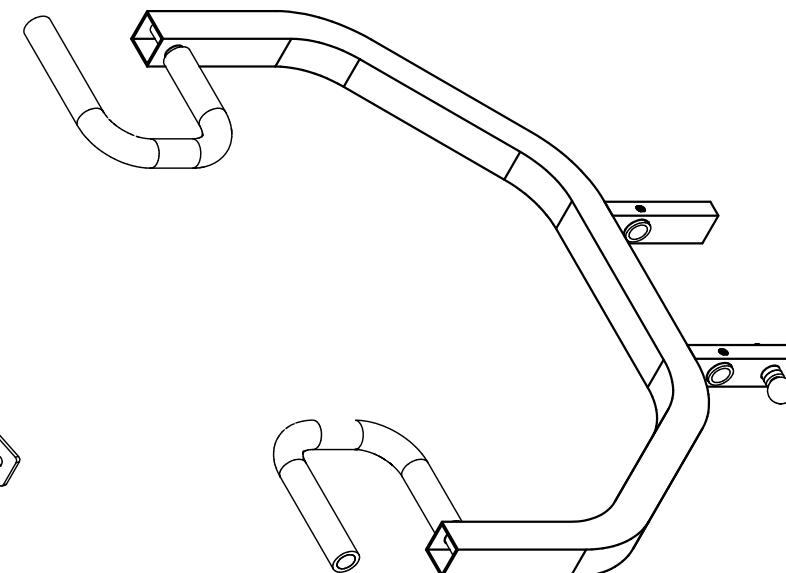
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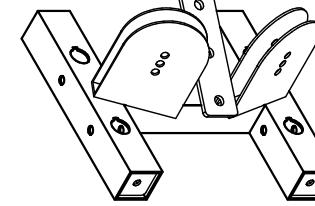
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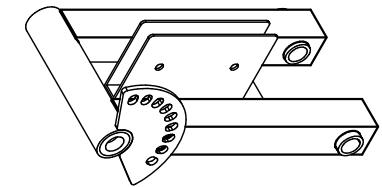
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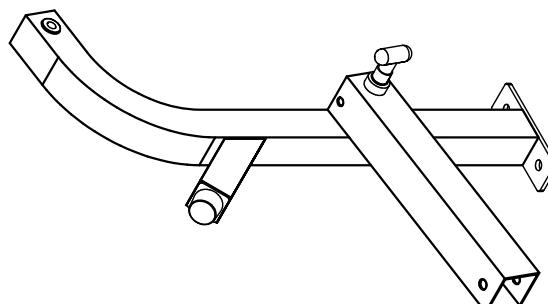
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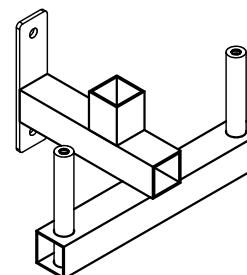
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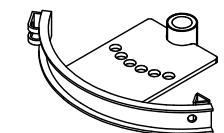
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L [1PCS]



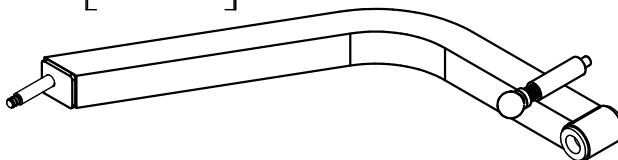
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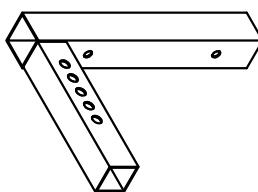
EXM-3000.9

PARTS ILLUSTRATION SHEET

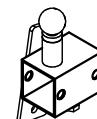
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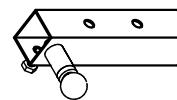
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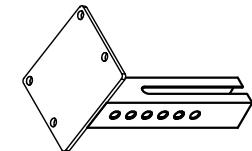
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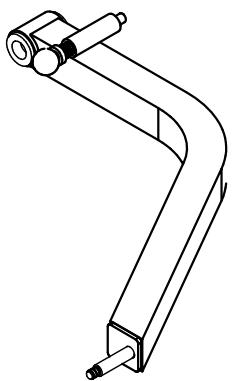
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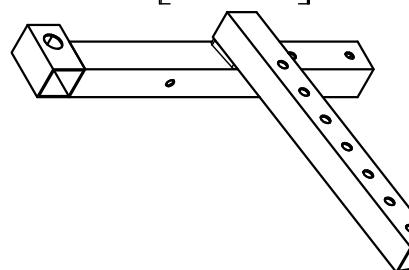
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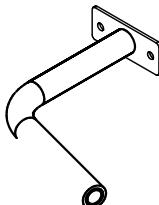
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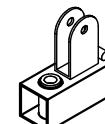
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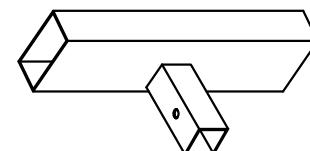
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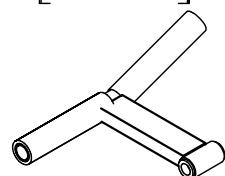
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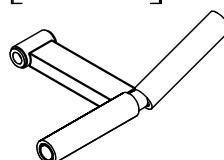
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X [1PCS]



Y [1PCS]

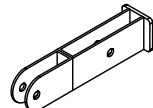


Z-1 [2PCS]

8312-090



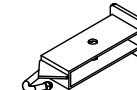
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AB [1PCS]



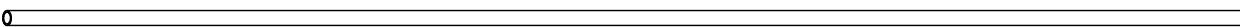
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AD [4PCS]



AE [4PCS]

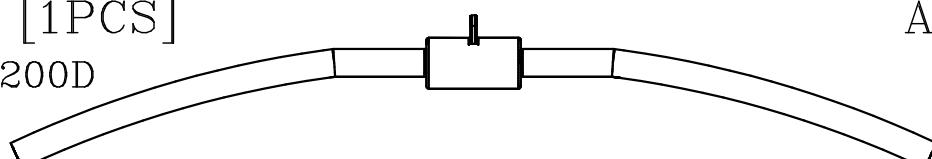


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LB1200D



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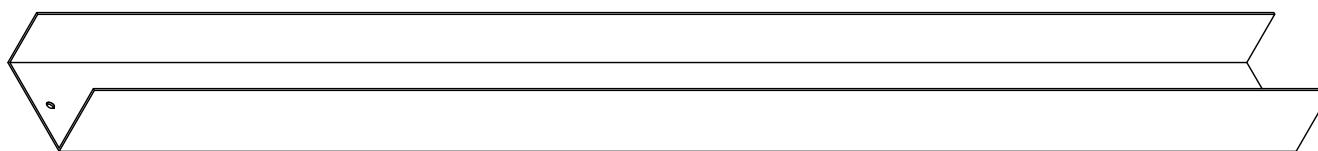
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8312-062



AK [4PCS]

8380-009



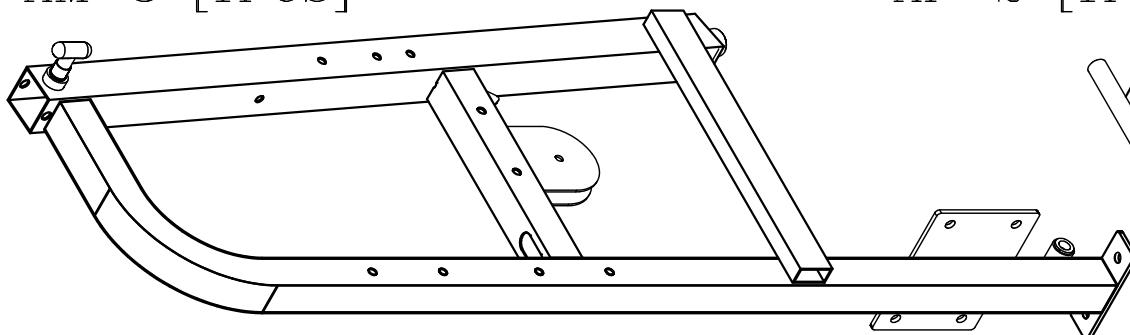
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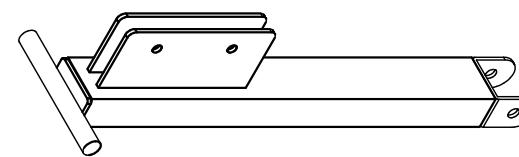


# EXM-3000.9 PARTS ILLUSTRATION SHEET

AM-3 [1PCS]



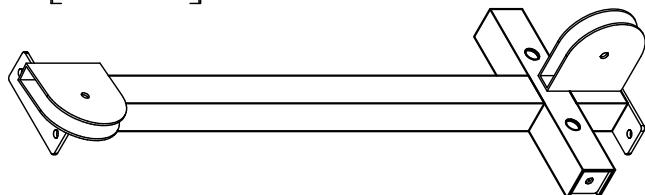
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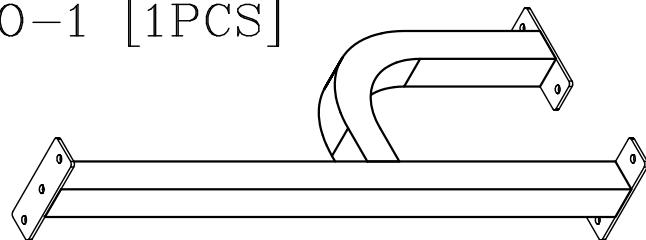
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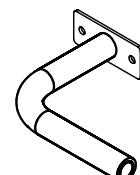
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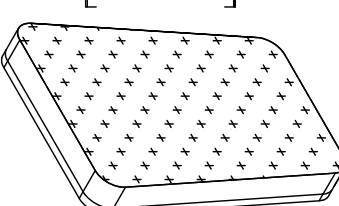
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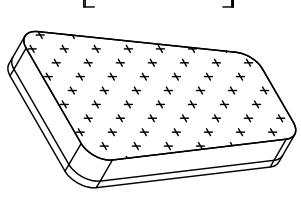
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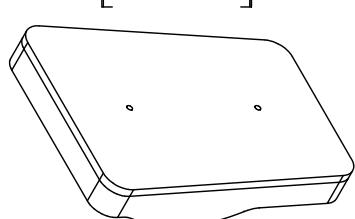
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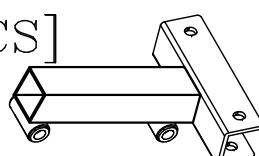
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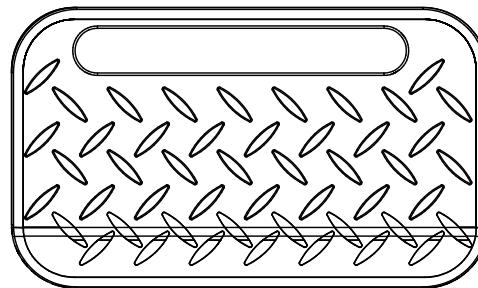
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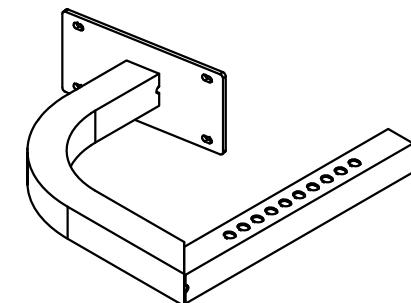
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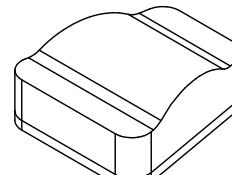
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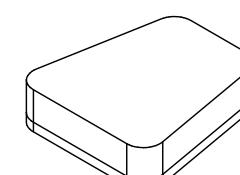
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AU [1PCS]



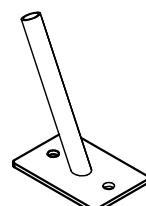
AV [1PCS]



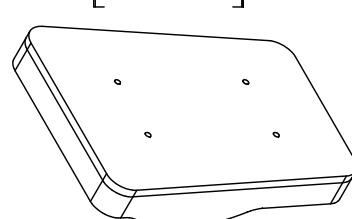
BB [2PCS]



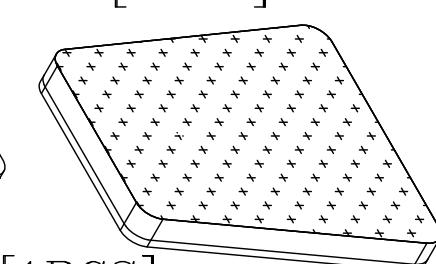
BC [2PCS]



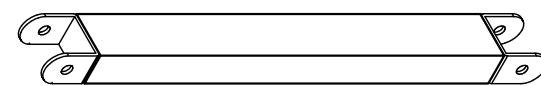
AZ [1PCS]



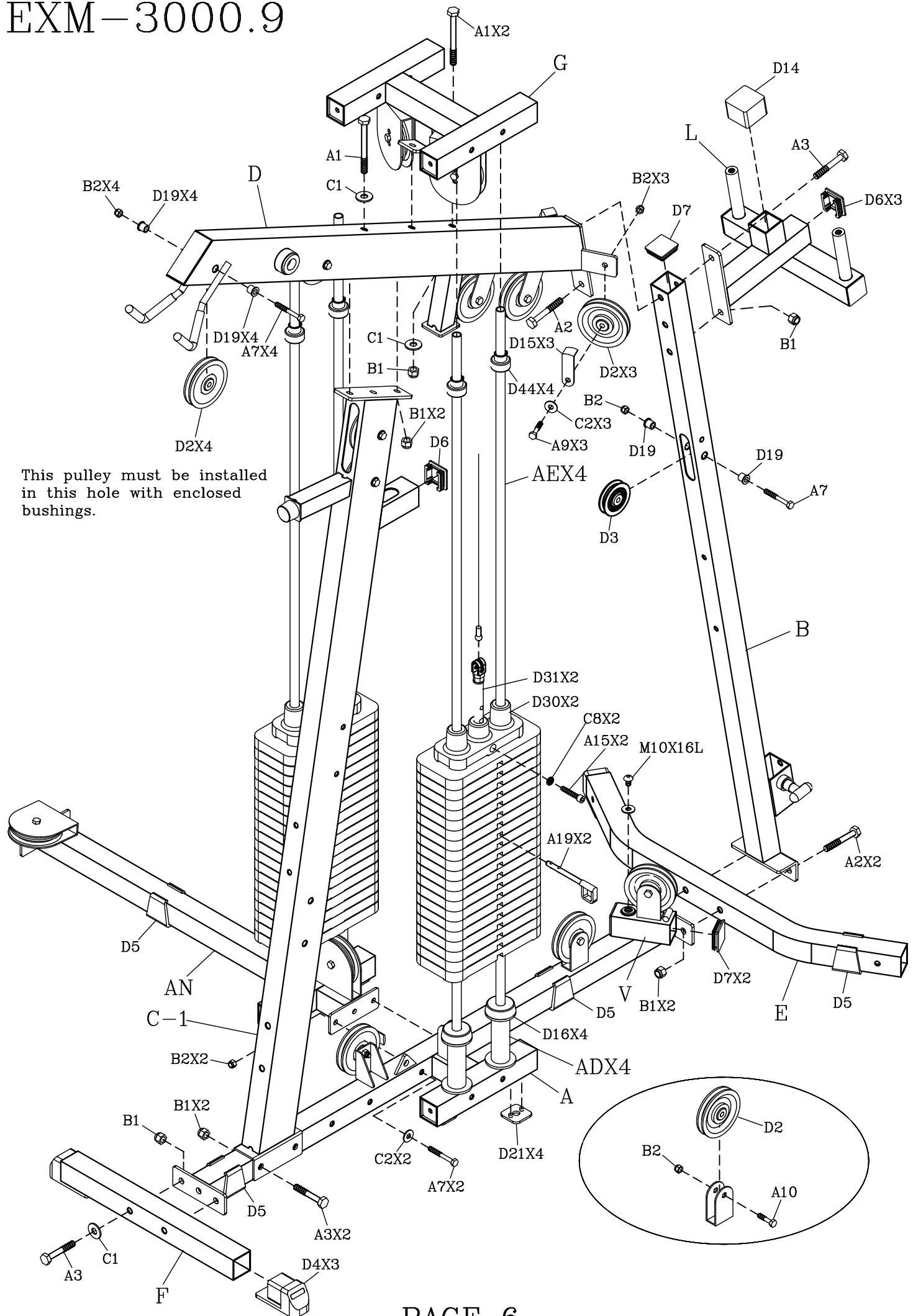
BA [1PCS]



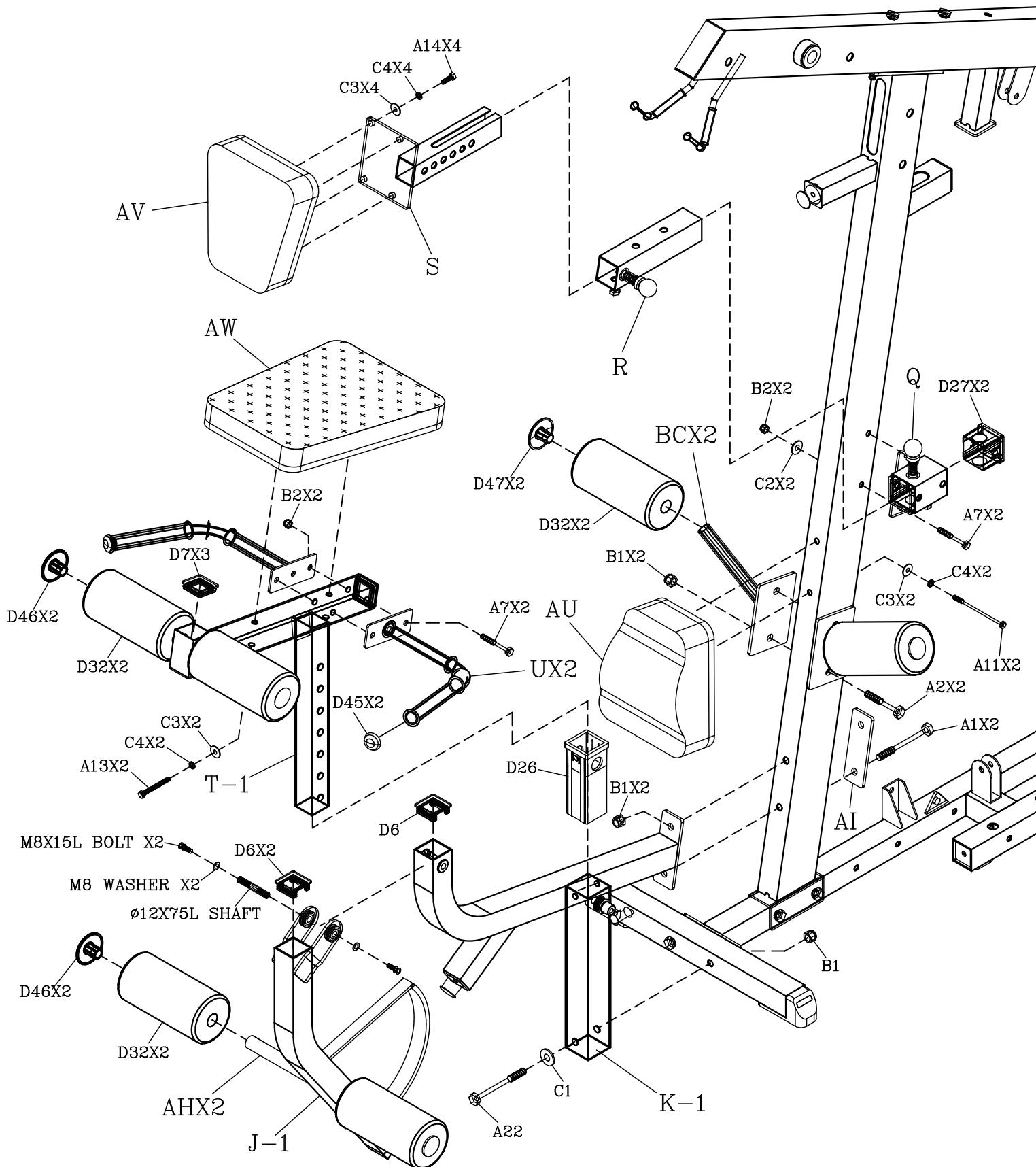
BE-1 [1PCS]



EXM-3000.9

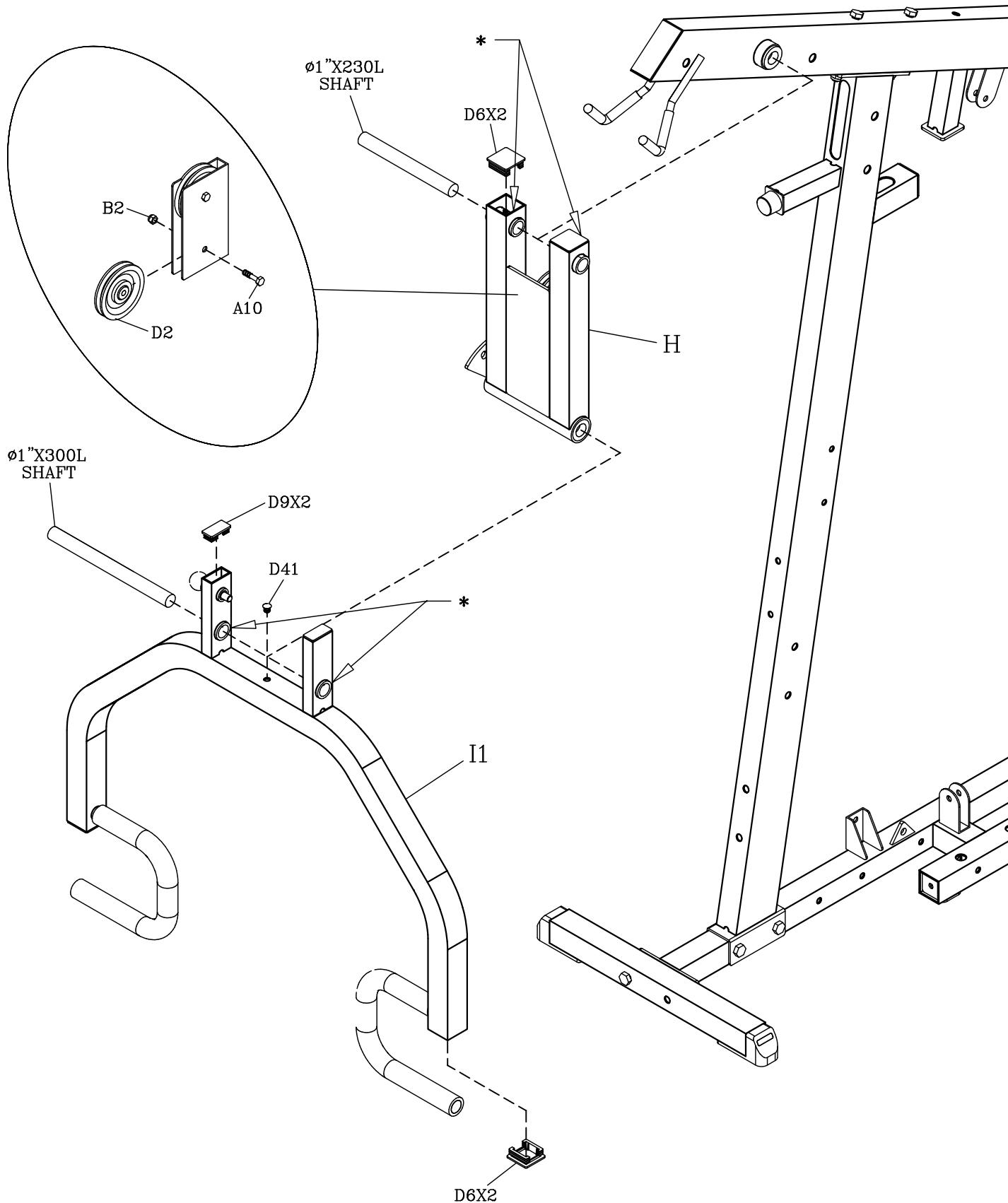


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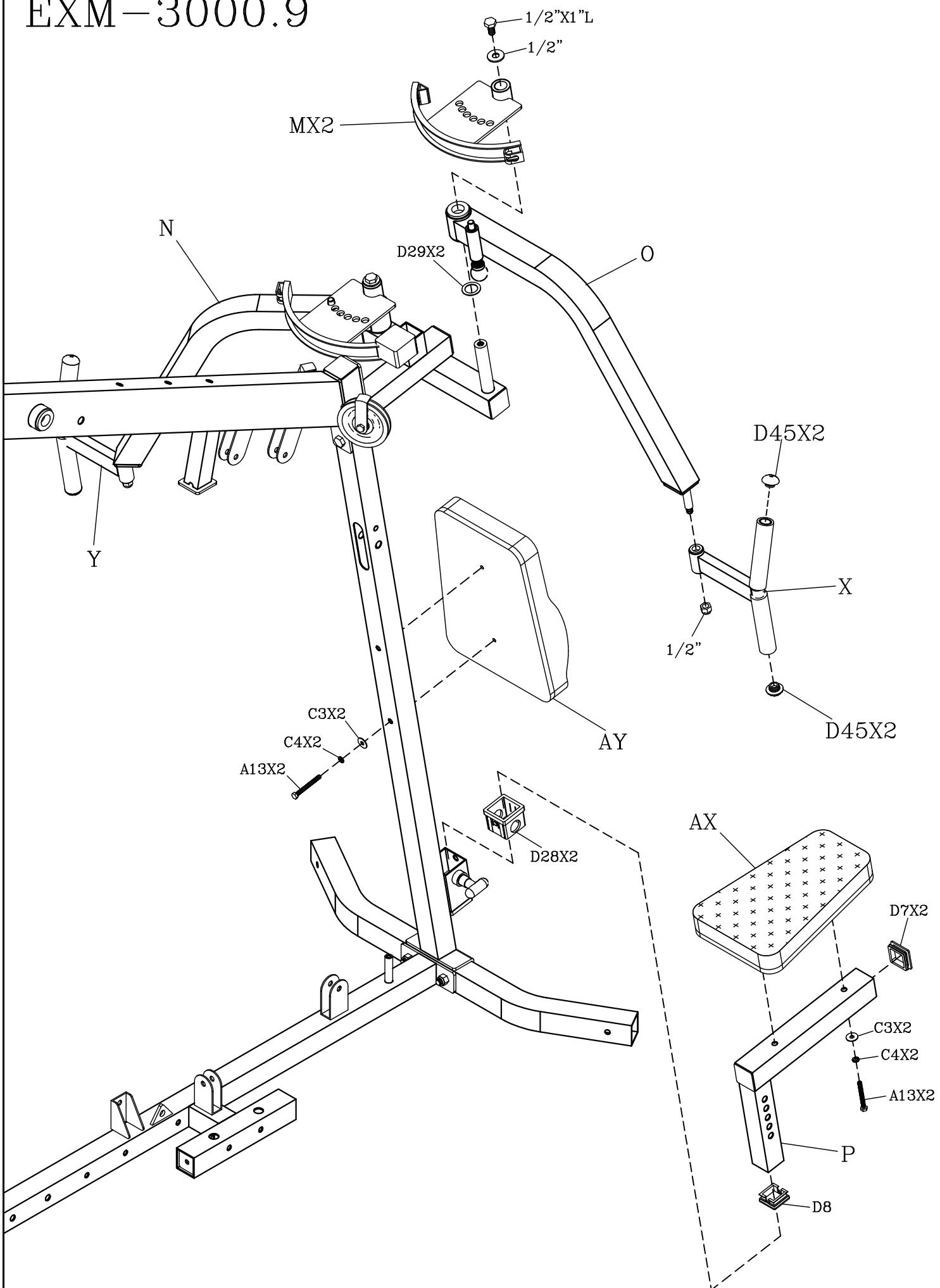


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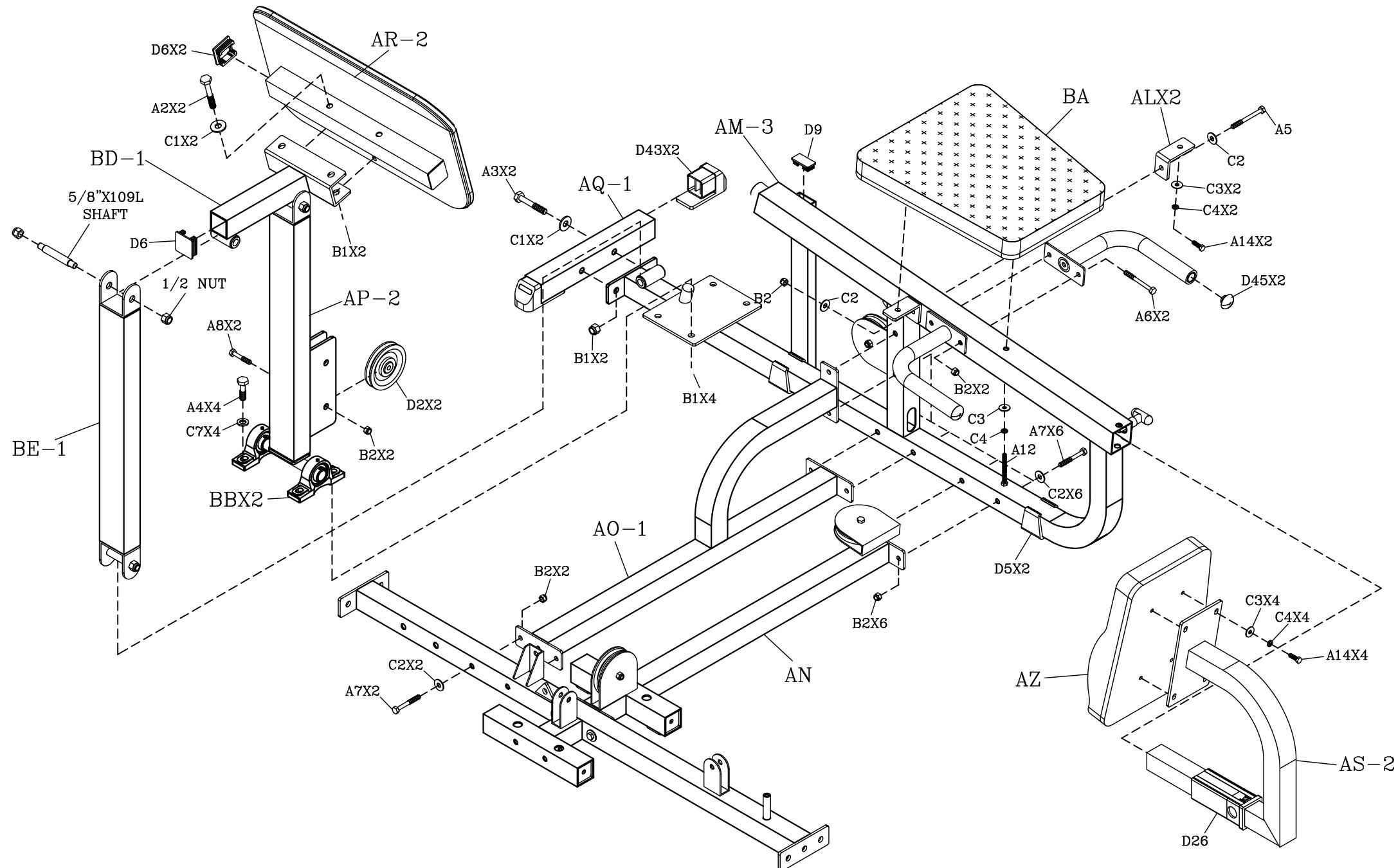
\* : NEED TO LOOSEN BOTH ALLEN HEAD BOLT  
IN ORDER TO REMOVE SHAFT



# EXM-3000.9

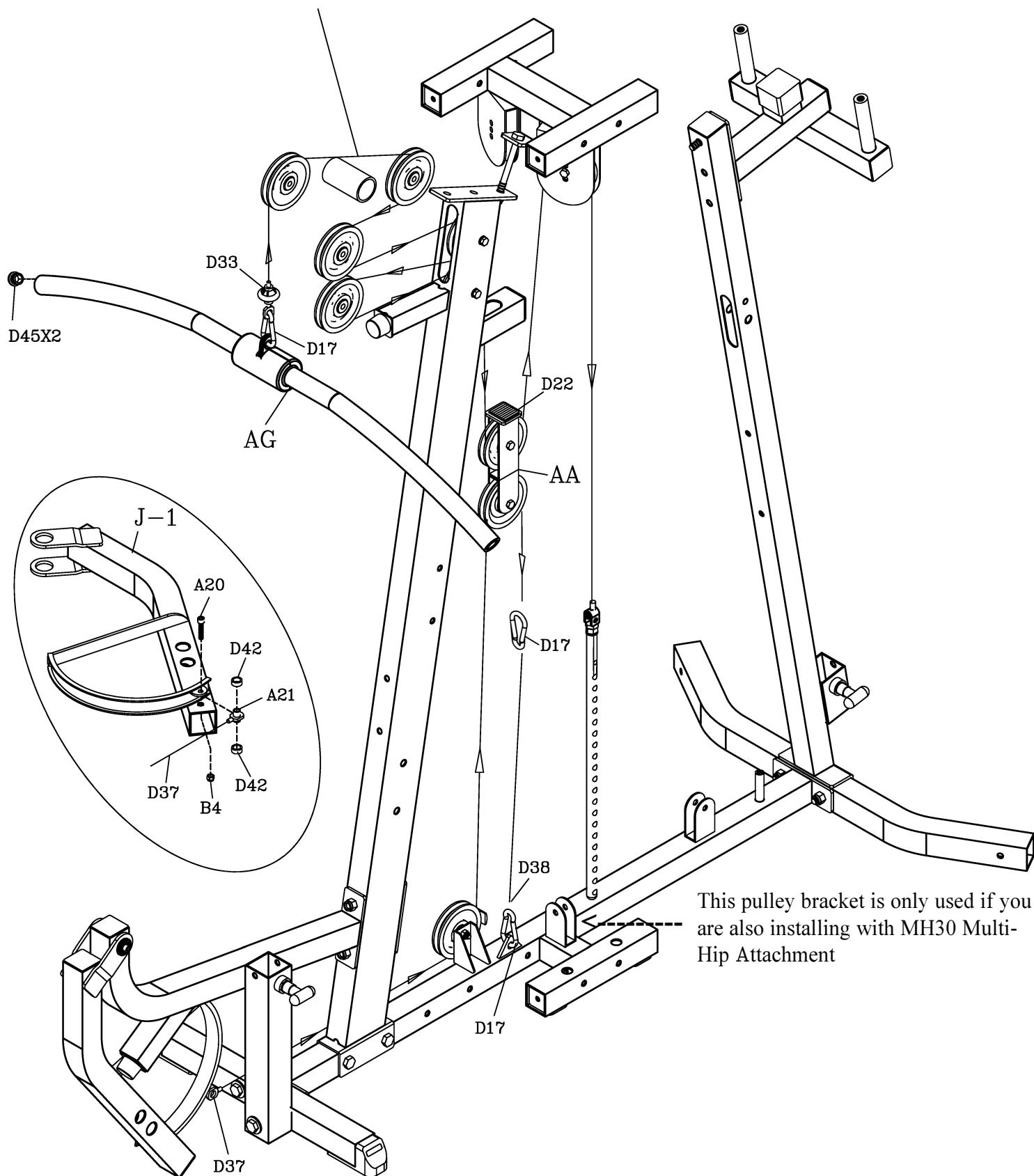


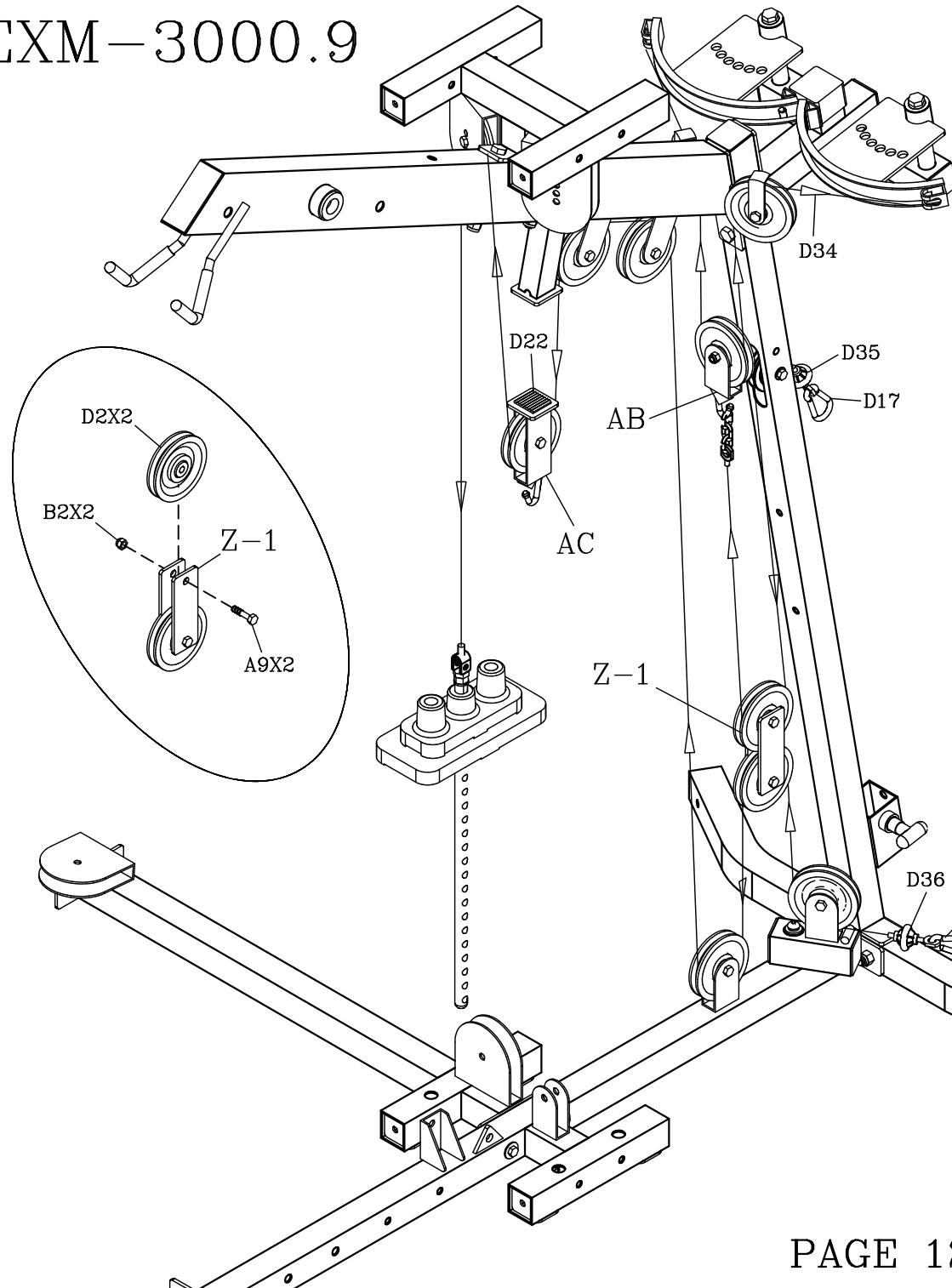
# EXM-3000.9



# EXM-3000.9

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



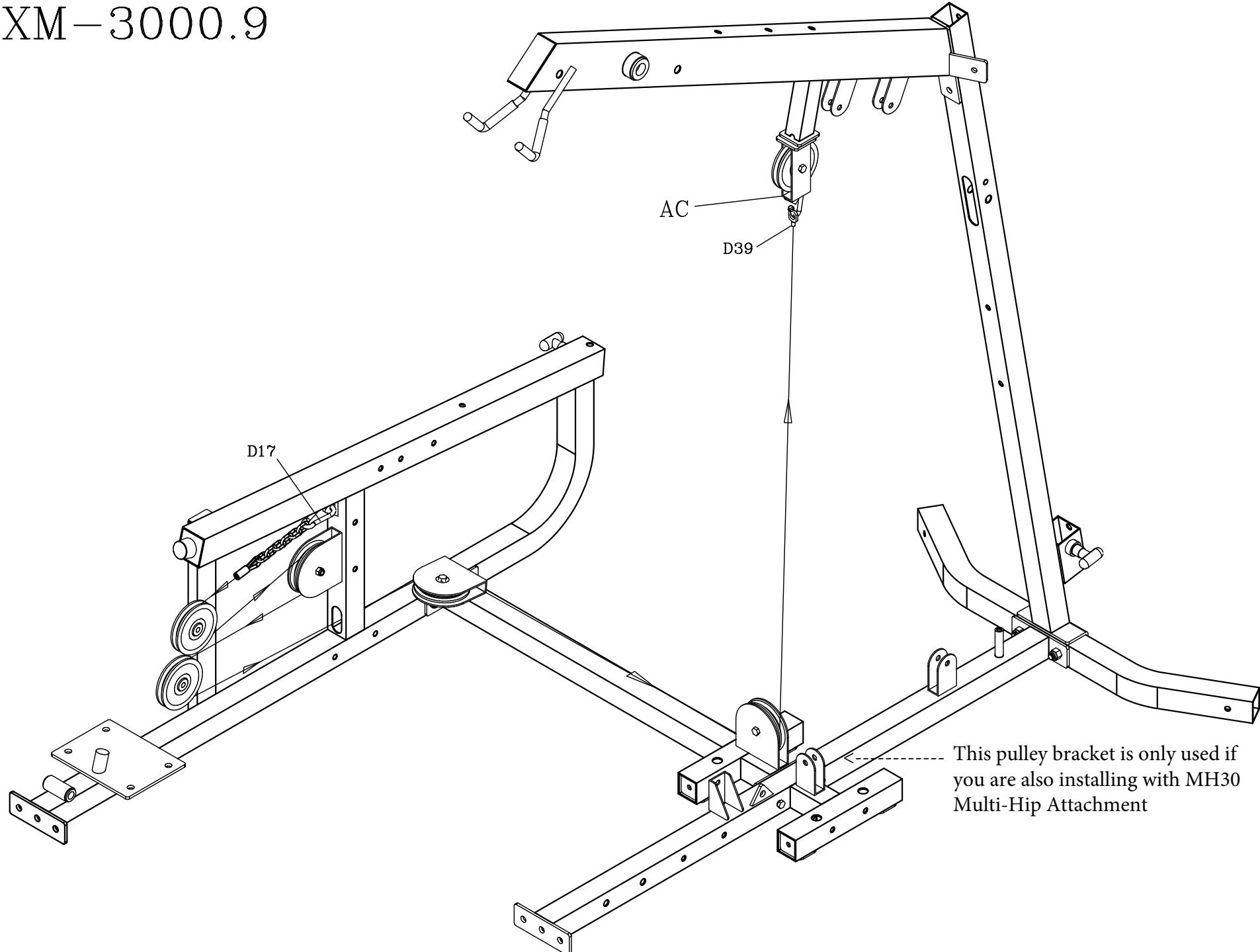


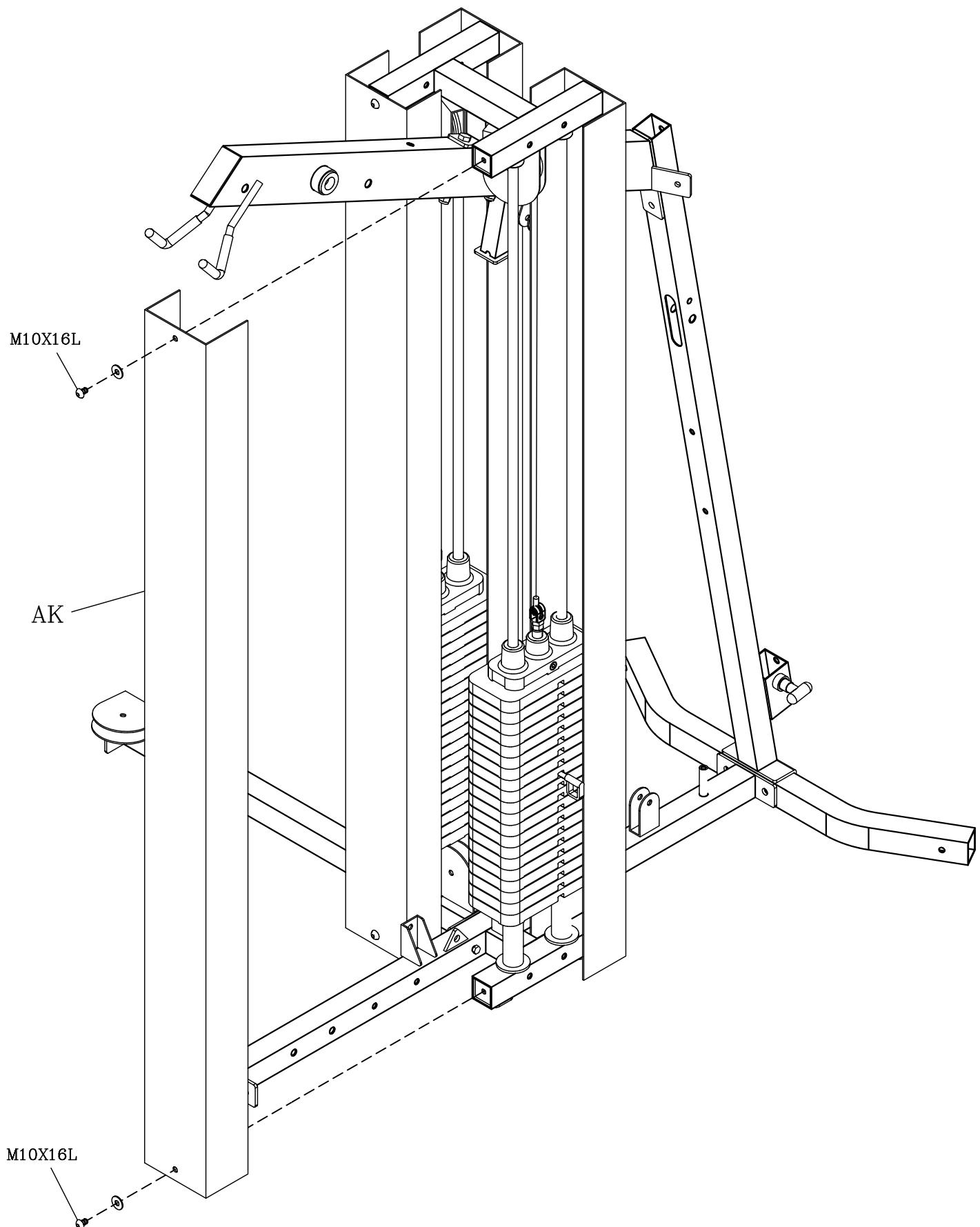
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. WARNING: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

RAL2-11-98

# EXM-3000.9





# Please Note

**Body-Solid®**  
Built for Life

Addendum - July 31st, 2015

Model: EXM3000

## Instruction:

1. Install Cable (D34) by first assembling the ball end of the cable into the Selector Rod Top Bolt and attaching the Cable Cylinder Lock (A23) over the ball end of the cable. Secure it by tighten in the 1/8"x1/4" Set Screw. See Diagram 1.
2. Selector Rod Top Bolt must be threaded a minimum of 1/2" into the Selector Rod (D31), and 1/2" Jam Nut tightened securely against 1/2" Lock Washer to ensure proper connection. Check Jam Nut once a week to make sure it is tight. See Diagram 2.

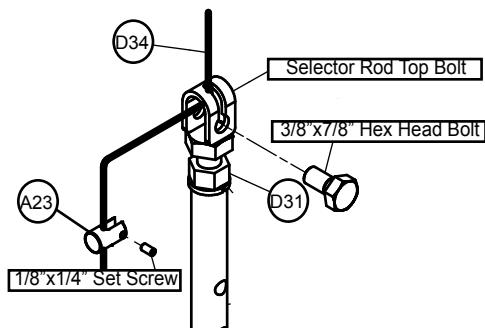


Diagram 1

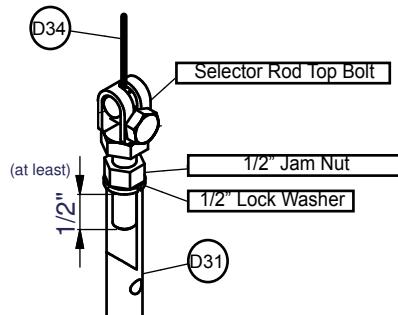


Diagram 2

BODY-SOLID continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this addendum thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with BODY-SOLID equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Should additional information be required, or should situations arise that are not covered by this addendum, the matter should be directed to your local BODY-SOLID representative, or the Service Department at BODY-SOLID.

Call (708)427-3555