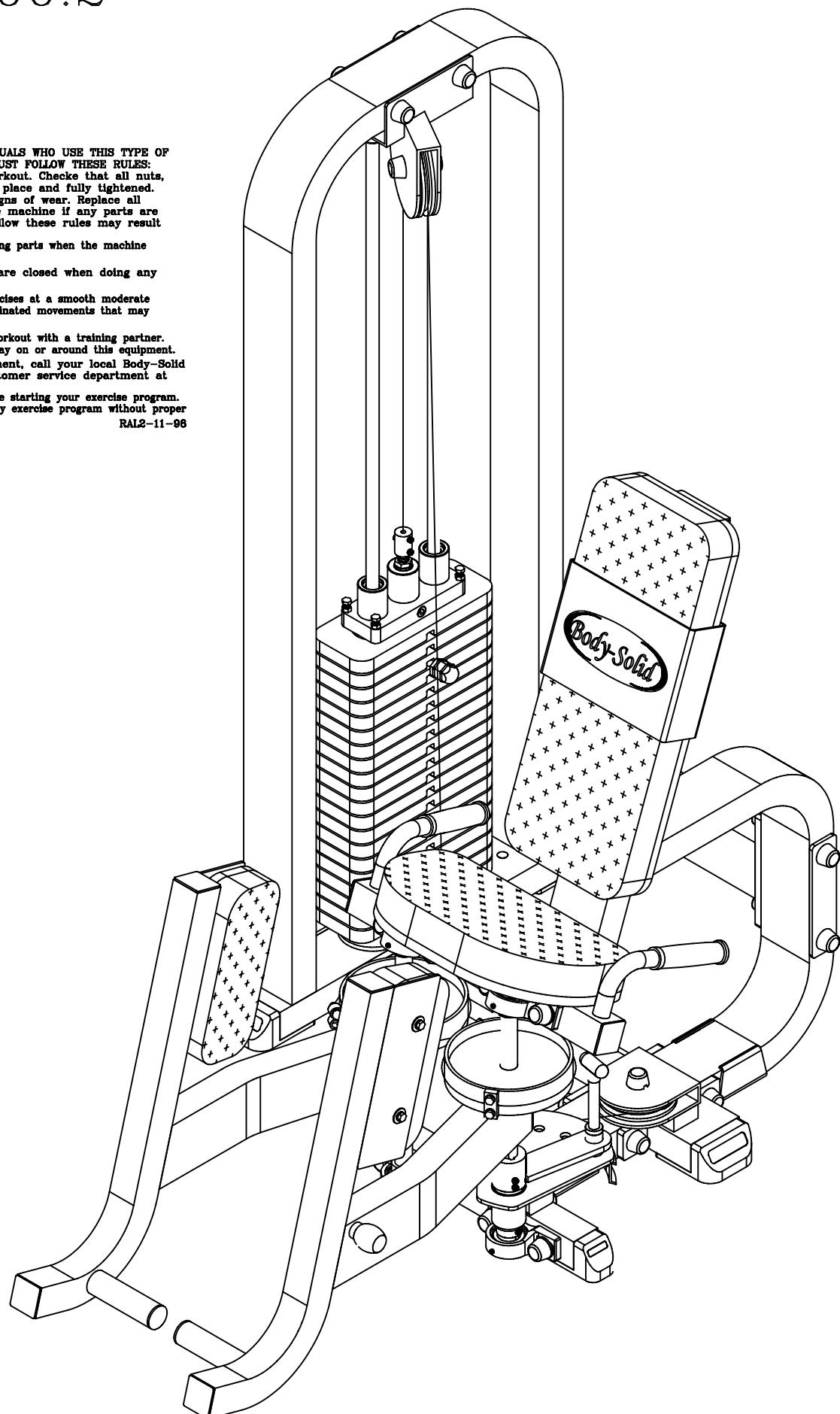


STH-1100.2

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.

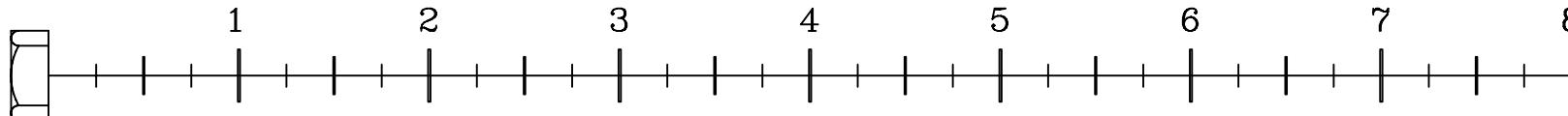
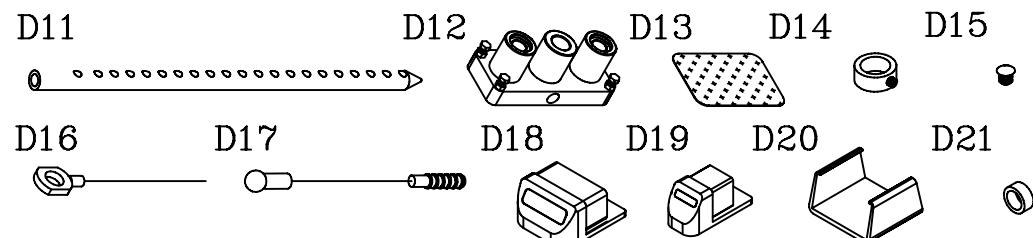
RAL2-11-98



VERSION 0012

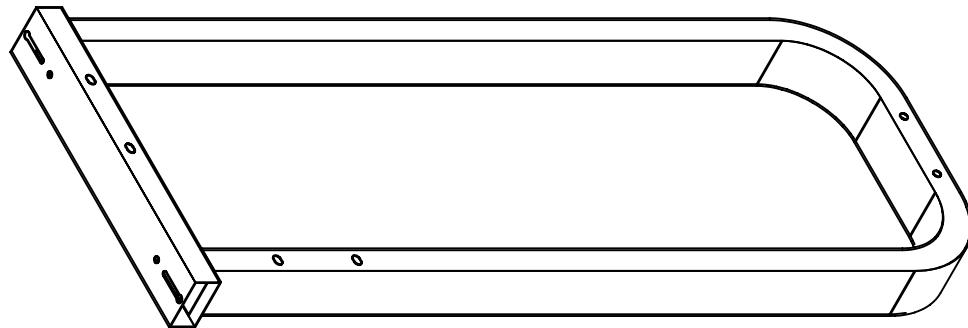
	Qty.
A1. 1/2"X5 1/2" HEX HEAD BOLT	2PCS
A2. 1/2"X5 1/4" HEX HEAD BOLT	6PCS
A3. 1/2"X5" HEX HEAD BOLT	2PCS
A4. 1/2"X2 1/4" HEX HEAD BOLT	3PCS
A5. 1/2"X1 1/2" HEX HEAD BOLT	12PCS
A6. 5/16"X2 3/4" HEX HEAD BOLT	5PCS
A7. 5/16"X1 1/4" HEX HEAD BOLT	4PCS
A8. 7/16"X1 1/2" ROUND BOLT	1PCS
A9. 5/16"X3/8" SET SCREW	3PCS
A10. 1/2"X23 PIN	1PCS
A11. 5/8"X1 3/4" ROUND BOLT	1PCS
A12. 10LB BALL PIN	1PCS
A13. 5/16"X1 1/2" ROUND BOLT	1PCS
A14. 5/16"X5/8" ROUND BOLT	1PCS
B1. 1/2" NYLON LOCK NUT	13PCS
B2. 5/16" NYLON LOCK NUT	2PCS
B3. 5/8" LOCK NUT	1PCS
B4. 3/8" LOCK NUT	2PCS
C1. 1/2" ROUND END CAP WASHER	38PCS
C2. 1/2" (I.D)WASHER	8PCS
C4. 5/16" (I.D)WASHER	10PCS
C5. 5/16" SPRING WASHER	9PCS
C6. 5/8" SPRING WASHER	1PCS

D1	D1. 1/2" BOLT CAP	-----	[38PCS]
D2	D2. 2"X4" END CAP	(9211-014)	-----[4PCS]
D3	D3. 2"X2"X2.5t END CAP	(9211-006)	---[6PCS]
D4	D4. Ø1 1/2" ROUND END CAP	(9211-018)	--[2PCS]
D5	D5. Ø1"X135L RUBBER GRIP	(9212-016)	--[2PCS]
D6	D6. Ø1" RUBBER CANE CAP	(9212-019)	---[1PCS]
D7	D7. Ø6" PULLEY	(9213-009)	-----[1PCS]
D8	D8. Ø4 1/2" PULLEY	(9213-010)	-----[2PCS]
D9	D9. Ø3/4" GUIDE ROD TOP CAP	(9211-046)	--[2PCS]
D10	D10. Ø4" RUBBER DONUT	(9310-017)	---[2PCS]
D11	D11. WEIGHT SELECTOR BAR	(8220-060)	-[1PCS]
D12	D12. CHROME TOP PLATE	(8400-002)	---[1PCS]
D13	D13. 95X70mm NO-SLIP TAPE	(9310-034)	--[2PCS]
D14	D14. Ø1" GUIDE ROD TOP CAP	(8130-024)	[2PCS]
D15	D15. Ø5/8" ROUND END CAP	(9211-015)	--[6PCS]
D16	D16. 3120mm STEEL CABLE	-----	[1PCS]
D17	D17. 1275mm STEEL CABLE	-----	[1PCS]
D18	D18. 2"X4" FOOT END CAP	(9211-028)	--[3PCS]
D19	D19. 2"X2" FOOT END CAP	(9211-025)	--[2PCS]
D20	D20. 2"X4" RUBBER DOUNT	(9212-009)	---[3PCS]
D21	D21. Ø13.5X8L STEEL BUSHING	(8110-014)	-[2PCS]

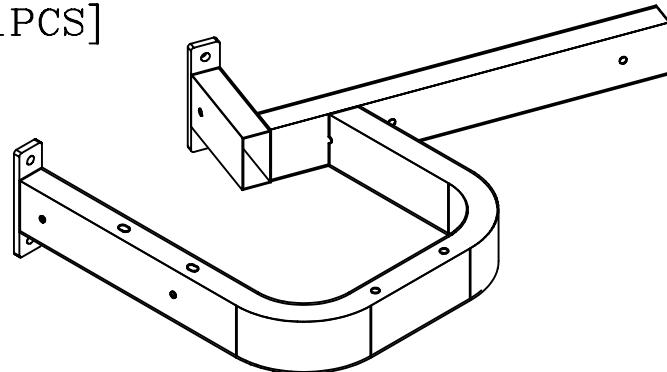


STH-1100.2 PARTS ILLUSTRATION SHEET

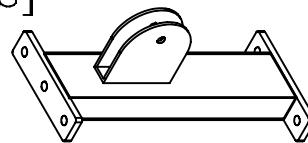
A [1PCS]



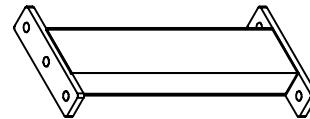
B [1PCS]



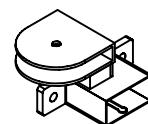
C [1PCS]



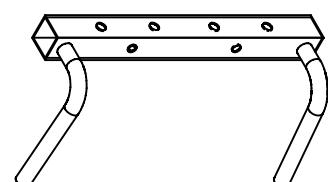
D [1PCS]



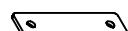
E [1PCS]



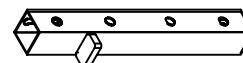
F [1PCS]



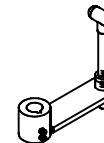
N [3PCS]



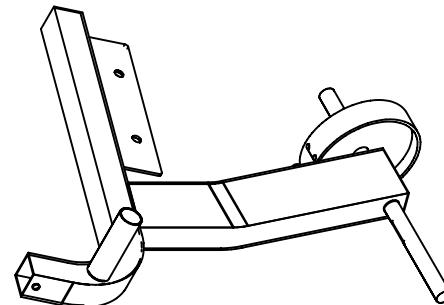
G [1PCS]



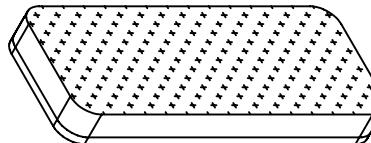
I [1PCS]



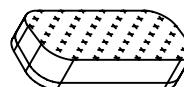
J [1PCS]



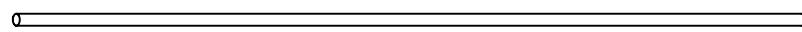
O [1PCS]



Q [2PCS]



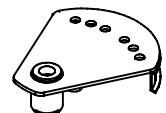
M [2PCS]



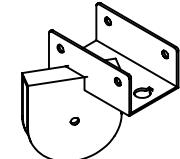
R [4PCS]



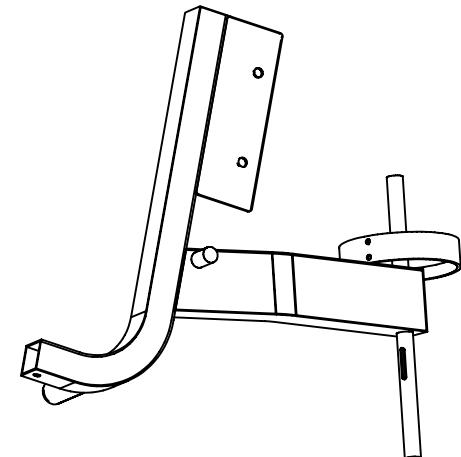
H [1PCS]



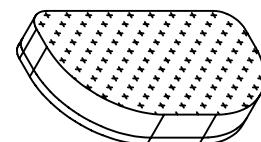
L [1PCS]



K [1PCS]



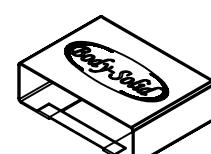
P [1PCS]



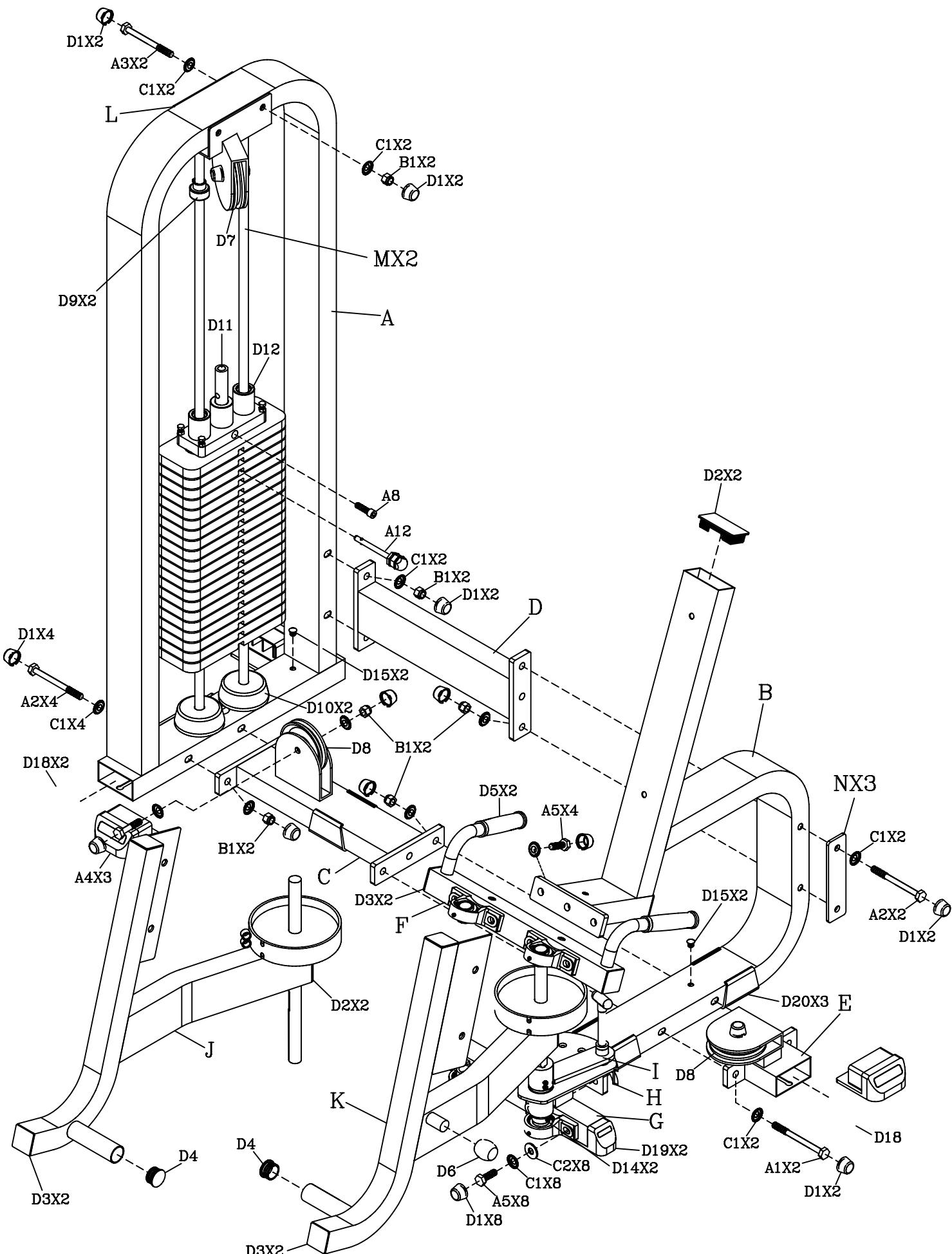
S [1PCS]



U [1PCS]

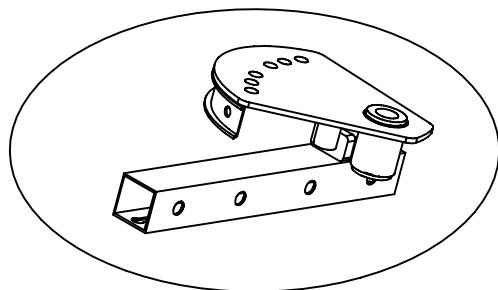


STH-1100.2



STH-1100.2 OUTER THIGH

Black Stopper that is welded to cam goes on inside of white stop that is welded to main frame.

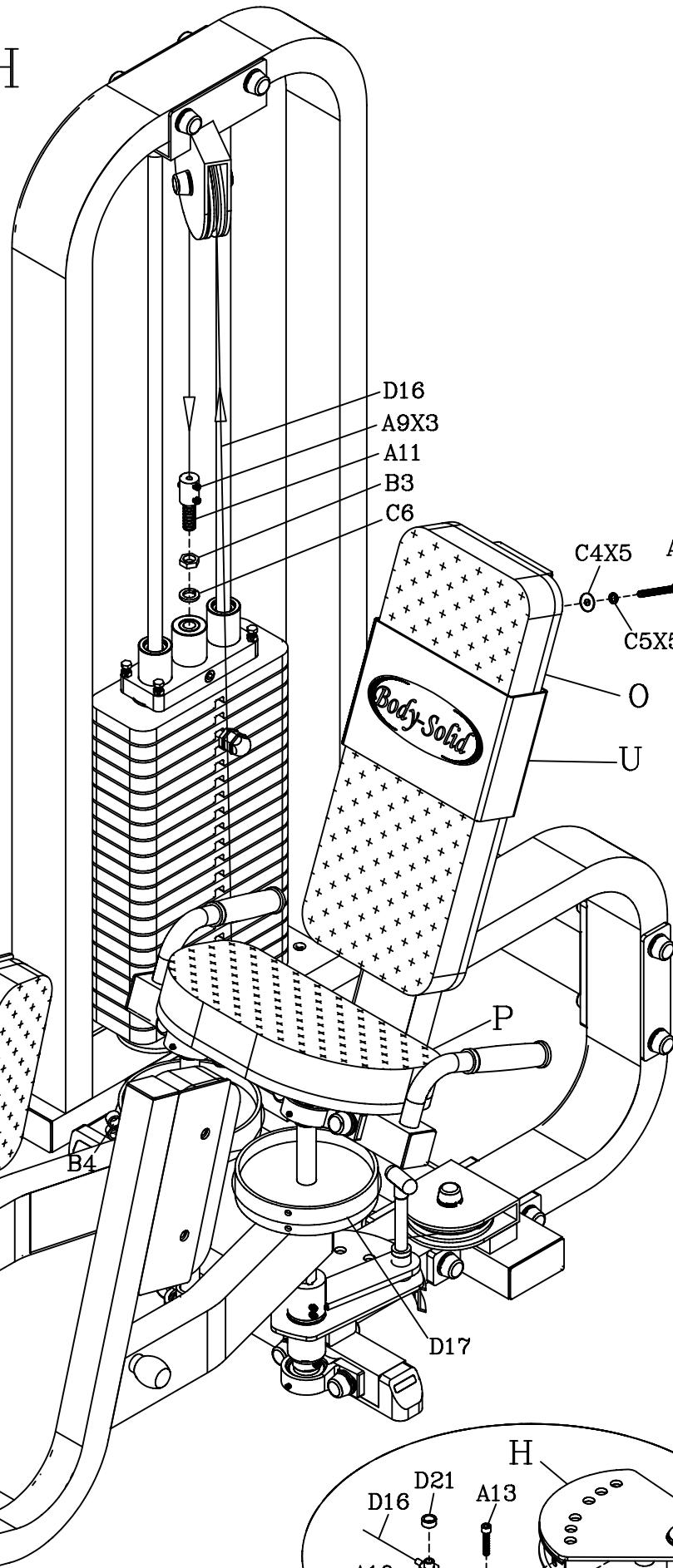


A7X4
C5X4
C4X4

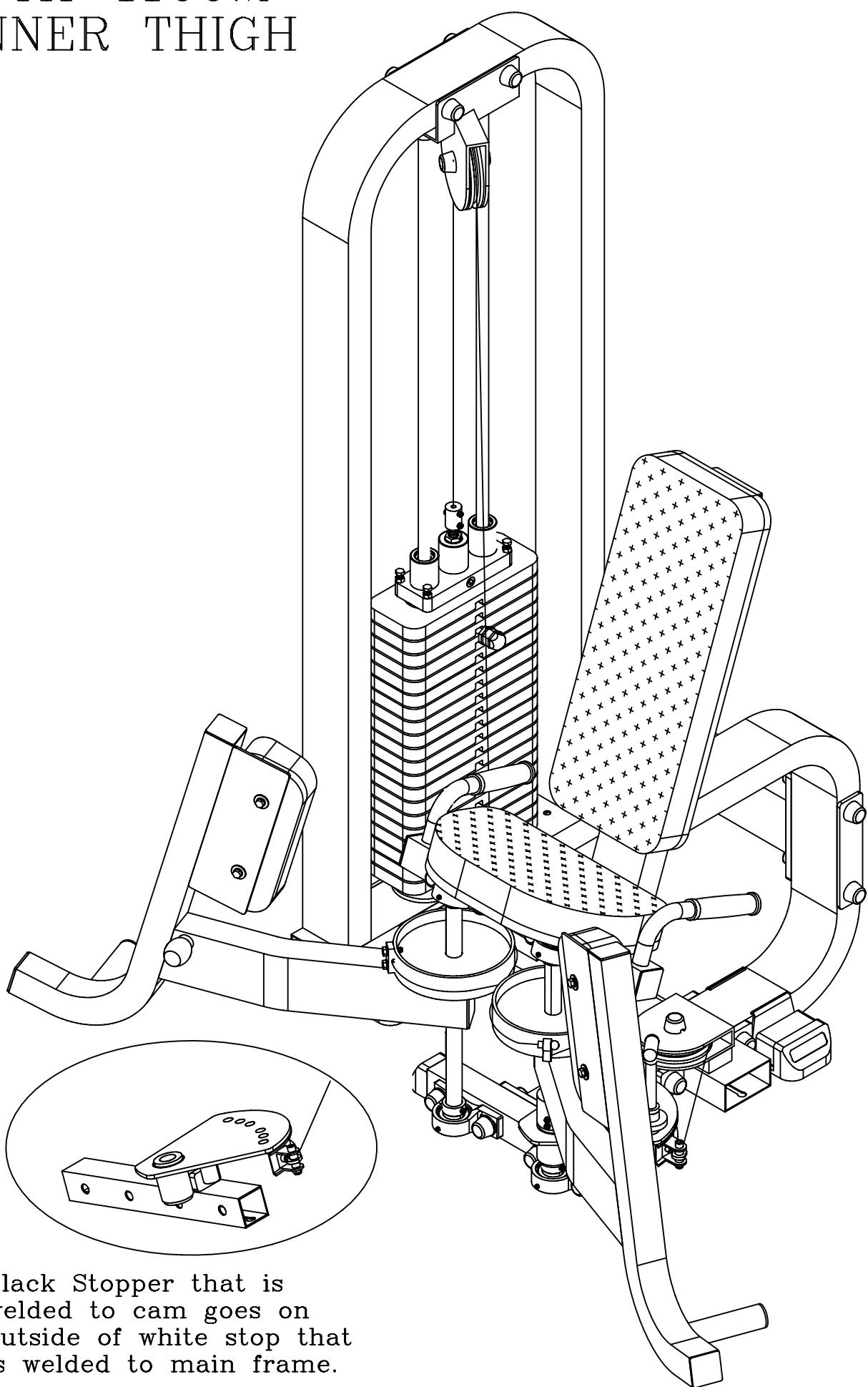
Q

B4

D15X2
D13X2



STH-1100.2
INNER THIGH



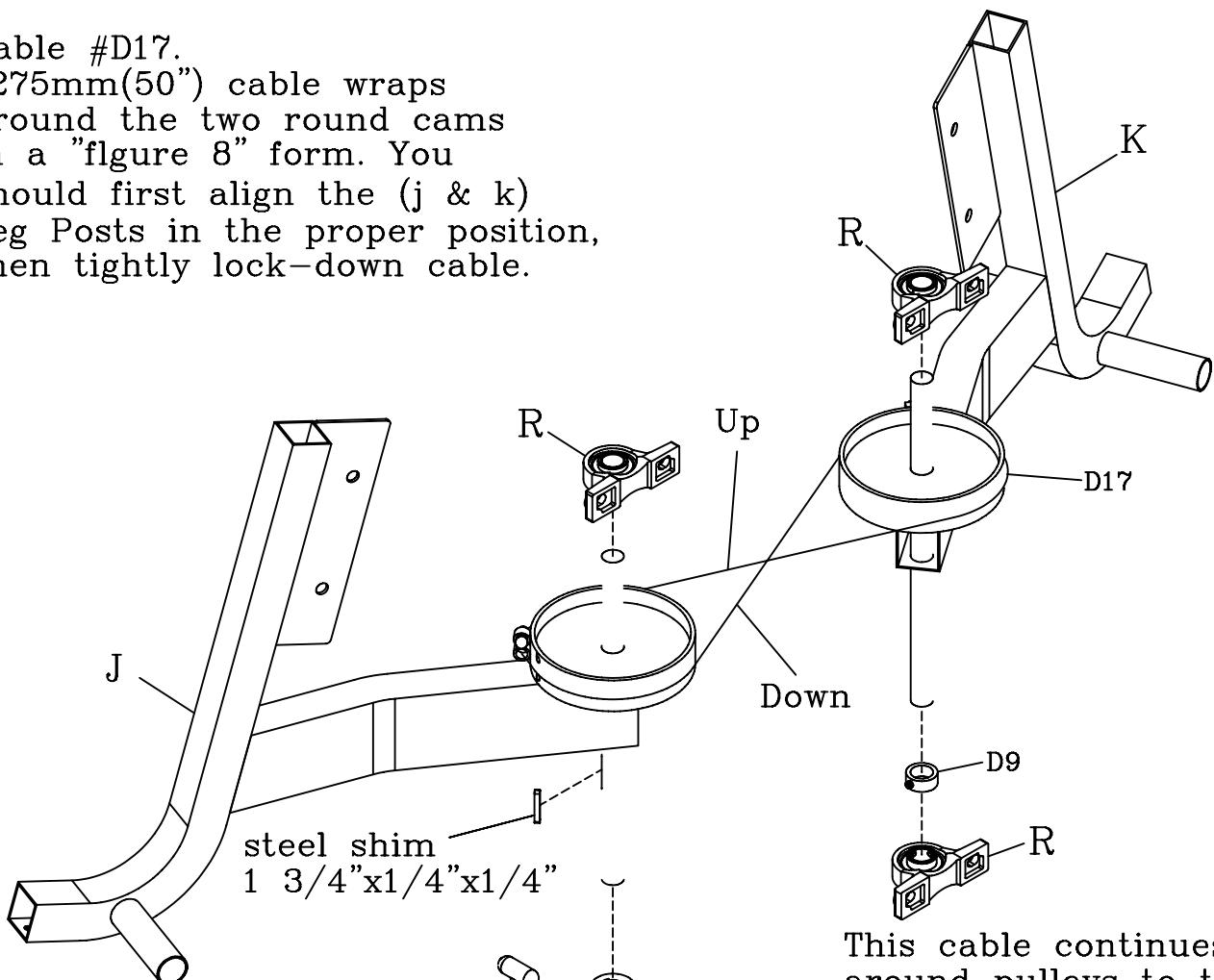
Black Stopper that is
welded to cam goes on
outside of white stop that
is welded to main frame.

STH-1100.2

INNER THIGH

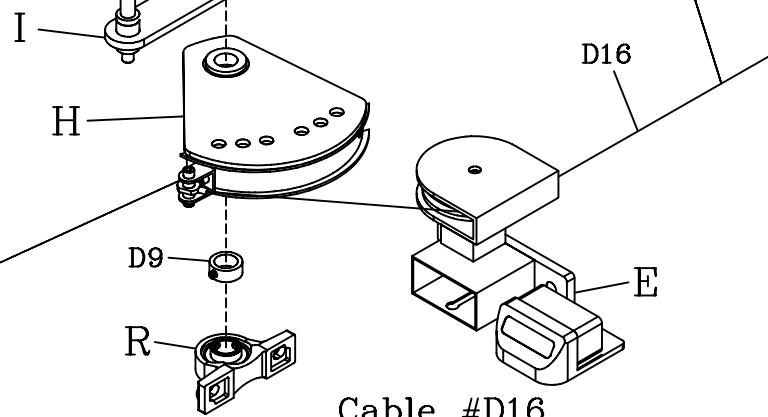
Cable #D17.

1275mm(50") cable wraps around the two round cams in a "flgure 8" form. You should first align the (j & k) Leg Posts in the proper position, then tightly lock-down cable.



Install the steel shim as shown and lock it into place with the two allen screws.

Black Cam should be pointing outward from machine.

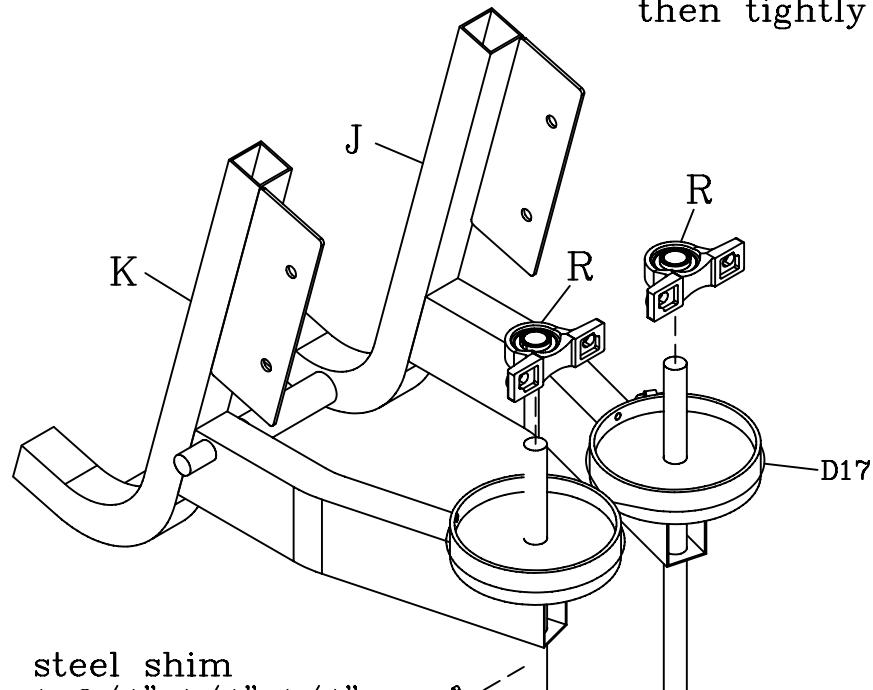


Cable #D16.
3120mm(123") cable. Attach cable for Inner Thigh machine here first. Cable should then go around pulleys and down to weight stack top plate.

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OUTER THIGH

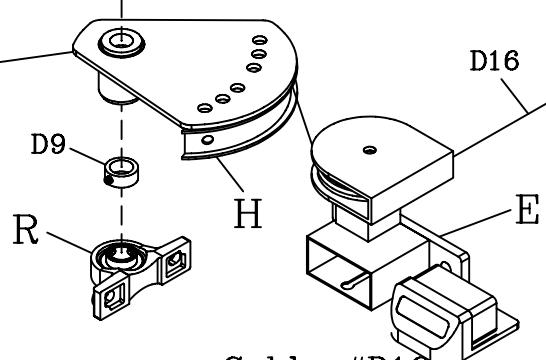
Cable #D17.
 1275mm(50") cable wraps around the two round cams in a "figure 8" form. You should first align the (j & k) Leg Posts in the proper position, then tightly lock-down cable.



Install the steel shim as shown and lock it into place with the two allen screws.

Black Cam should be pointing outward from machine.

This cable continues around pulleys to top of weight stack.



Cable #D16.
 3120mm(123") cable. Attach cable for Outer Thigh machine left side of black cam first. Cable should then go around pulleys and down to weight stack top plate.