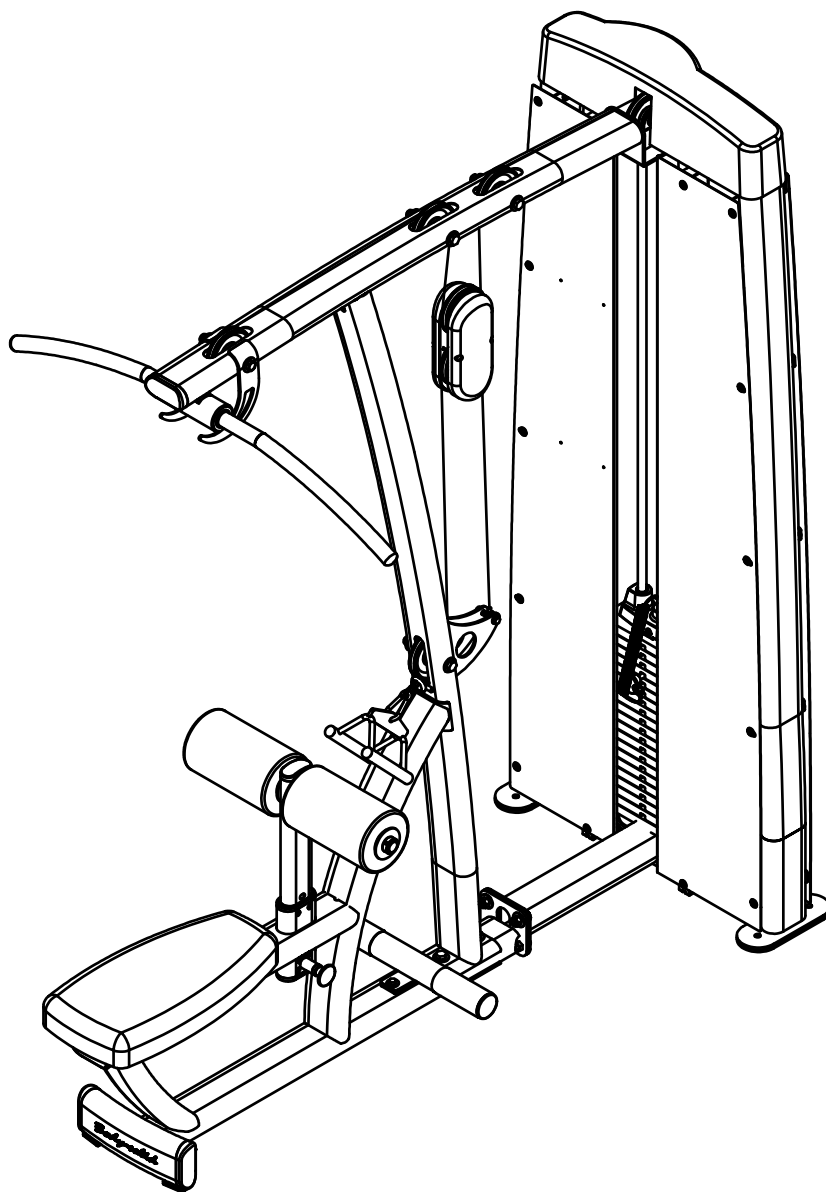


# Body-Solid

Art.Nr. 1332403  
1332416

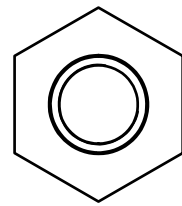
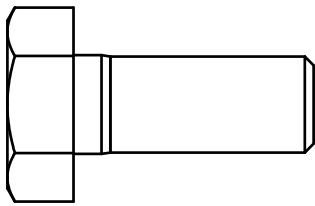


BODY-SOLID, Inc.  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA  
Phone: (708) 427-3555  
Fax: (708) 427-3556  
[www.bodysolid.com](http://www.bodysolid.com)

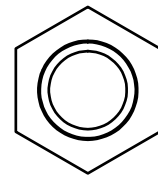
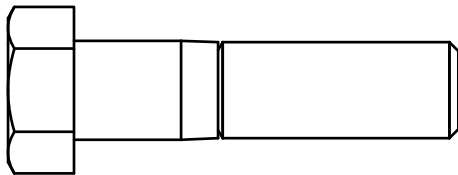
## DLAT.1 OWNER'S MANUAL

# DLAT ASSEMBLY INSTRUCTIONS

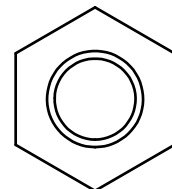
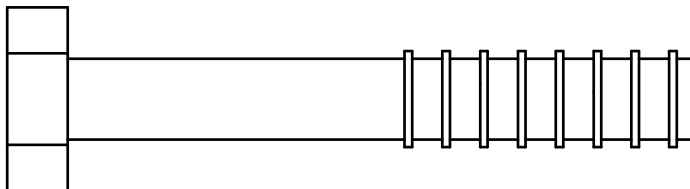
## HARDWARE ILLUSTRATION



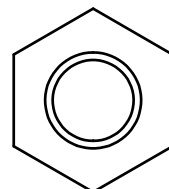
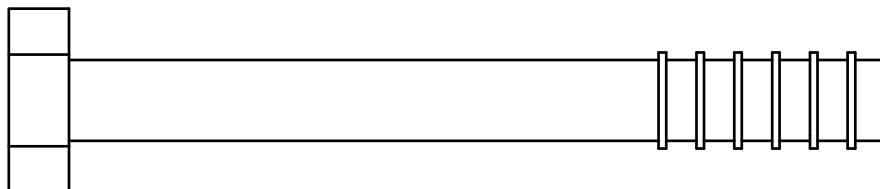
(A1)HEX BOLT 1/2"x1 1/4"L PARTIAL THREAD QTY.2



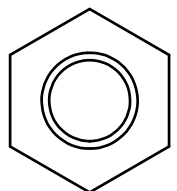
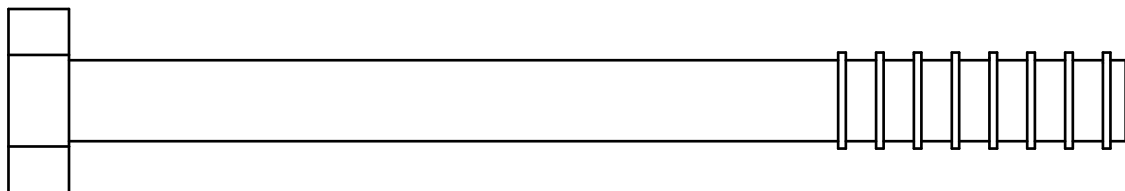
(A2)HEX BOLT 1/2"x2"L PARTIAL THREAD QTY.2



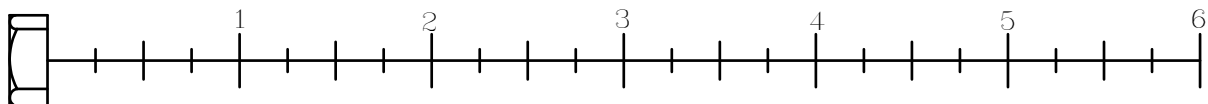
(A3)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.1



(A4)HEX BOLT 1/2"x4 1/4"L PARTIAL THREAD QTY.2

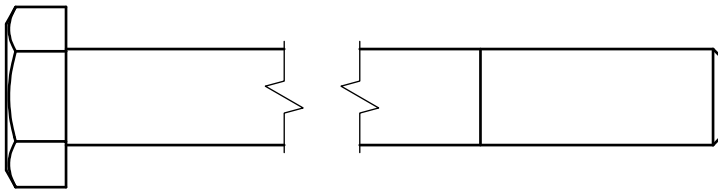


(A5)HEX BOLT 1/2"x5 1/2"L PARTIAL THREAD QTY.3

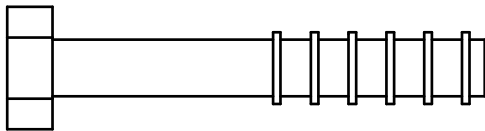


# DLAT ASSEMBLY INSTRUCTIONS

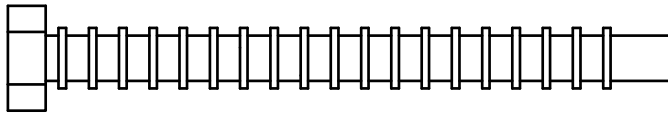
## HARDWARE ILLUSTRATION



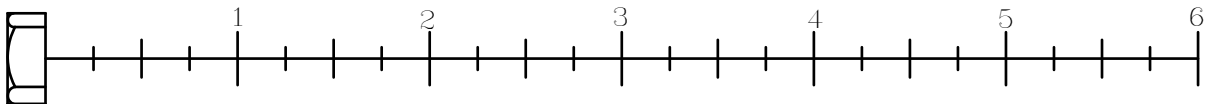
(A6)HEX BOLT 1/2"x5 3/4"L PARTIAL THREAD QTY.1



(A7)HEX BOLT 3/8"x2 1/4"L PARTIAL THREAD QTY.1

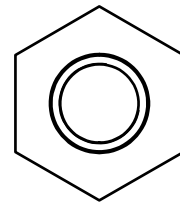
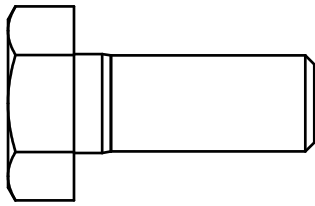


(A9)HEX BOLT 5/16"x3 1/4"L PARTIAL THREAD QTY.2

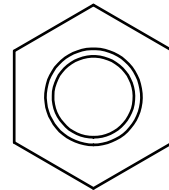
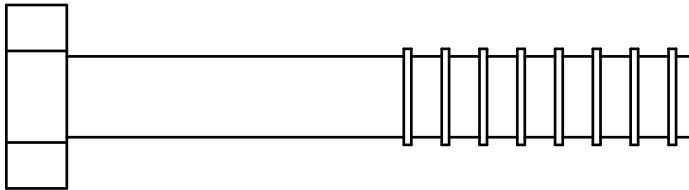


# DLAT ASSEMBLY INSTRUCTIONS

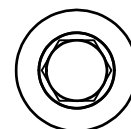
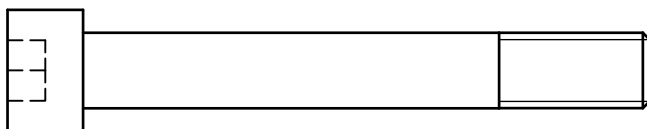
## HARDWARE ILLUSTRATION CONNECT DGYM



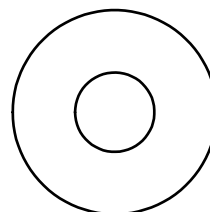
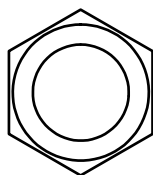
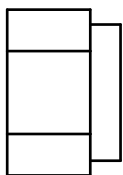
(A10)HEX BOLT 1/2"x1 1/4"L PARTIAL THREAD QTY.4



(A11)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.1

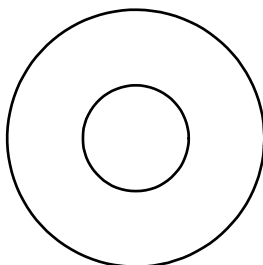


(A21)ROUND ALLEN HEAD M10X75L PARTIAL THREAD QTY.2

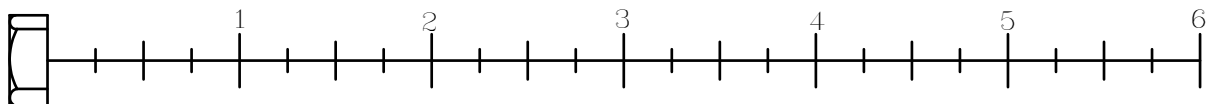


(B1)NYLON LOCK NUT 1/2" QTY.5

(C12)M10(I.D.)FLAT WASHER Ø27 QTY.2

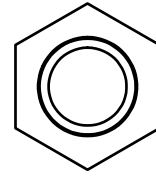
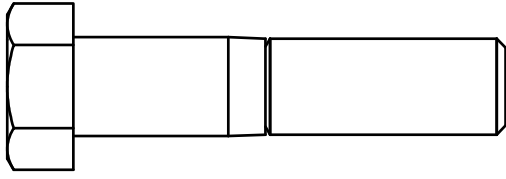


(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.10

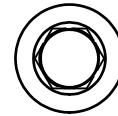
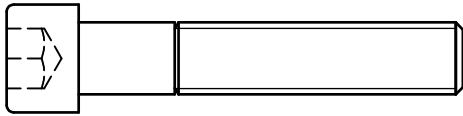


# DLAT ASSEMBLY INSTRUCTIONS

## FRAME HARDWARE ILLUSTRATION

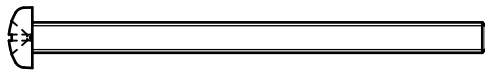


(A13)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.1

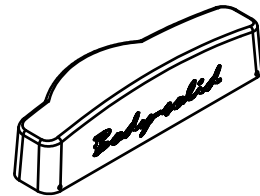


(A15)ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.1

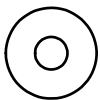
## Optional Purchase



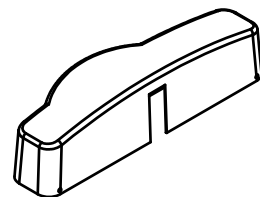
(A14)HEX BOLT M4X65L"L PARTIAL THREAD QTY.2



TOP CAP(9211-111)

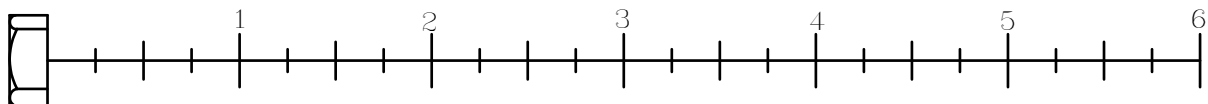


(C10)M4(I.D.)FLAT WASHER Ø12 QTY.2



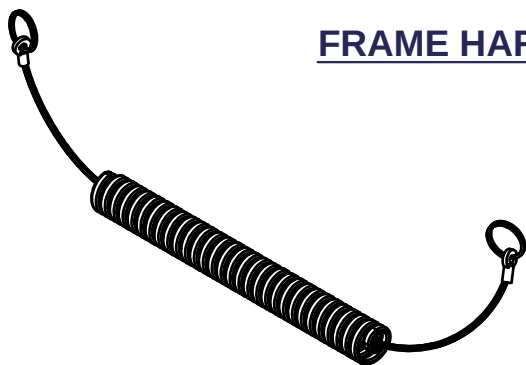
TOP CAP(9211-119)

"M4X65 ROUND BOLT" and "M4 WASHER" is used to assemble with 9211-111 and 9211-119 TOP CAP

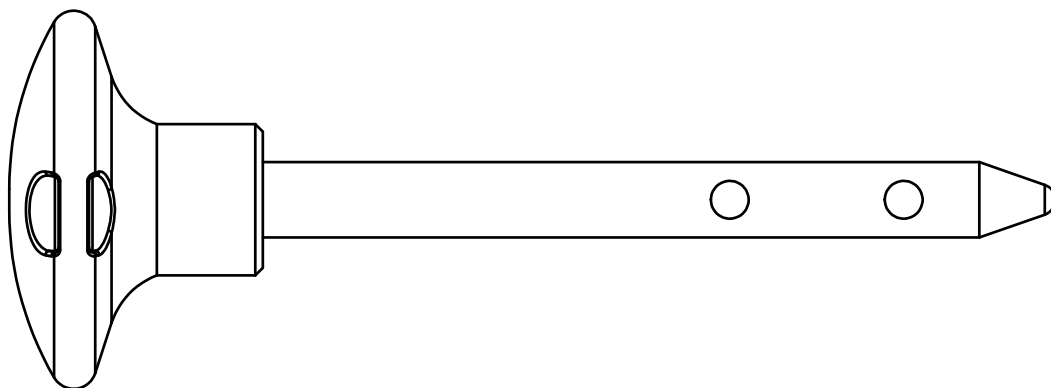


# DLAT ASSEMBLY INSTRUCTIONS

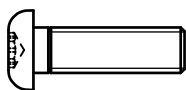
## FRAME HARDWARE ILLUSTRATION



(A16)ELASTIC BOLT QTY.1



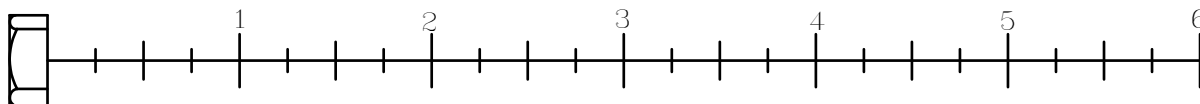
(A17)10LB PIN (8250-071) QTY.1



(A19)ROUND ALLEN HEAD M6X20L PARTIAL THREAD QTY.24

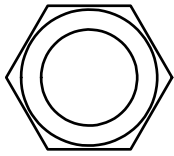


(A20)ROUND ALLEN HEAD 5/32"X1/4"L PARTIAL THREAD QTY.4

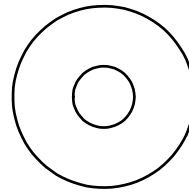
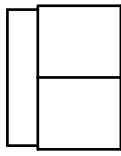


# DLAT ASSEMBLY INSTRUCTIONS

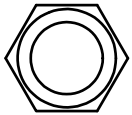
## HARDWARE ILLUSTRATION



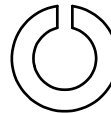
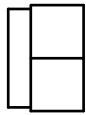
(B2)NYLON LOCK NUT 1/2" QTY.10



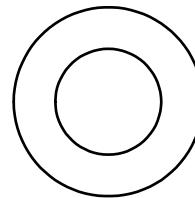
(C5)5/16"(I.D.)FLAT WASHER Ø24 QTY.2



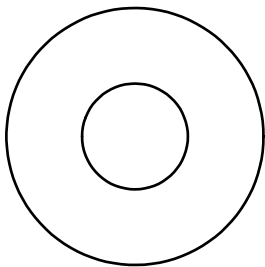
(B3)NYLON LOCK NUT 3/8" QTY.1



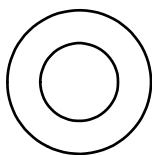
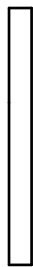
(C6)5/16" SPRING WASHER QTY.2



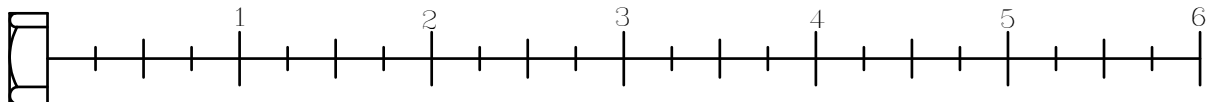
(C13)1/2"(I.D.)FLAT WASHER Ø25 QTY.4



(C3)1/2"(I.D.)FLAT WASHER Ø34 QTY.17

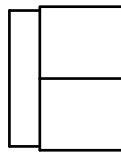
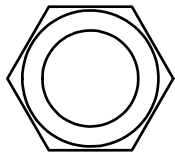


(C4)3/8"(I.D.)FLAT WASHER Ø19 QTY.2

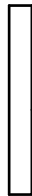
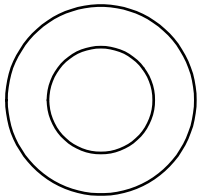


# DLAT ASSEMBLY INSTRUCTIONS

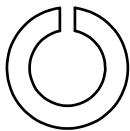
## FRAME HARDWARE ILLUSTRATION



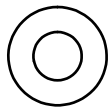
(B5)NYLON LOCK NUT 1/2" QTY.1



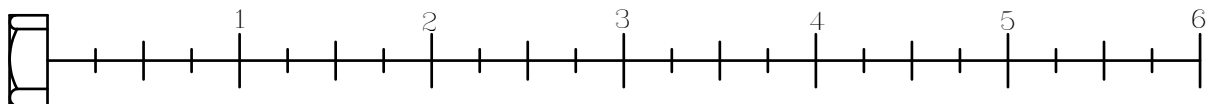
(C8)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



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

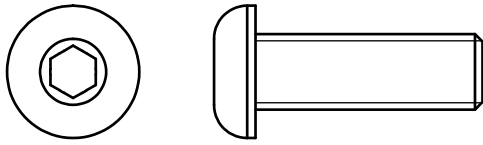


(C11)M6(I.D.)FLAT WASHER Ø13 QTY.24

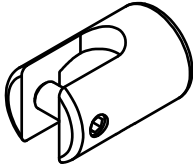


# DLAT ASSEMBLY INSTRUCTIONS

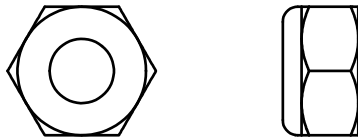
## Selector Rod HARDWARE ILLUSTRATION



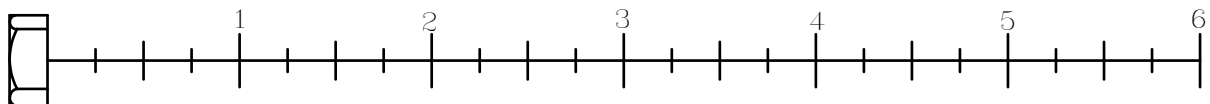
(A22)ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.1



(A23)FIRM SHEATH(8890-046) QTY.1



(B6)NYLON LOCK NUT M10 QTY.1



# DLAT ASSEMBLY INSTRUCTIONS

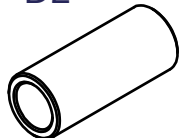
## HARDWARE ILLUSTRATION

|                                                    |        |
|----------------------------------------------------|--------|
| D1.Ø3/4"X16L STEEL BUSHING (8110-066)-----         | [2PCS] |
| D2.Ø3/4"X45L STEEL BUSHING (8110-067)-----         | [8PCS] |
| D3.Ø1" SHAFT COLLAR(8130-024)-----                 | [2PCS] |
| D4.Ø8 SPRING SNAP LINK(8810-001)-----              | [2PCS] |
| D5.Ø1" END CAP(9211-016)-----                      | [2PCS] |
| D6.Ø60 END CAP(9211-065)-----                      | [2PCS] |
| D7.50X100(40X80)NYLON BUSHING(9211-107)-----       | [2PCS] |
| D8.58X116X2.5T FOOT CAP(9211-108)-----             | [2PCS] |
| D9.COVER(9211-110)-----                            | [2PCS] |
| D10.58X116 END CAP(9211-112)-----                  | [2PCS] |
| D11.40X80 END CAP(9211-113)-----                   | [2PCS] |
| D12. 3" Nylon Washer (9214-008)-----               | [4PCS] |
| D13. Ø1"x2.5t Round End Cap(9260-021)-----         | [2PCS] |
| D14.Ø3/4" SHAFT COLLAR(9211-046)-----              | [2PCS] |
| D15.Ø2 1/2"X19.2X19.4T RUBBER DOUNT(9310-010)----- | [2PCS] |
| D16.95X140L RUBBER PAD(9310-035)-----              | [2PCS] |
| D17.95X250 RUBBER PAD(9310-060)-----               | [2PCS] |

D1



D2



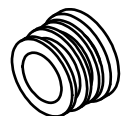
D3



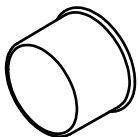
D4



D5



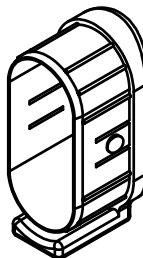
D6



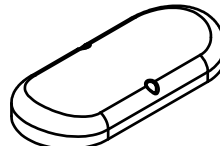
D7



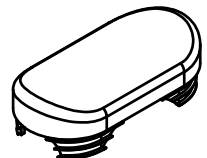
D8



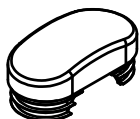
D9



D10



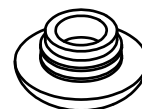
D11



D12



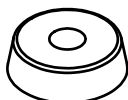
D13



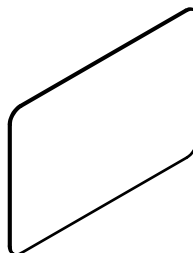
D14



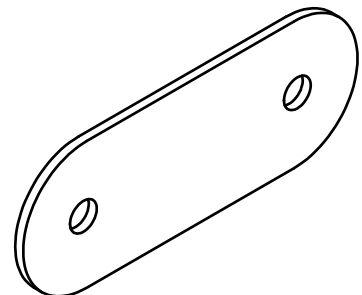
D15



D16



D17

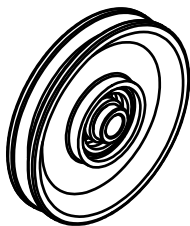


# DLAT ASSEMBLY INSTRUCTIONS

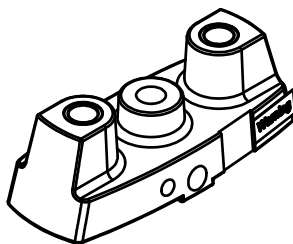
## HARDWARE ILLUSTRATION

|                                            |        |
|--------------------------------------------|--------|
| D18.Ø117 PULLEY(9213-010B)-----            | [8PCS] |
| D19.TOP PLATE(8400-006)-----               | [1PCS] |
| D21.1975mm STEEL CABLE(FDLATA)-----        | [1PCS] |
| D22.3250mm STEEL CABLE(FDLATB)-----        | [1PCS] |
| D23.DLAT For DGYM Steel Cable(FDLATC)----- | [1PCS] |
| D24.150X250L RUBBER PAD(9310-036)-----     | [1PCS] |
| D25.WEIGHT SELECTOR BAR(8210-042B)-----    | [1PCS] |

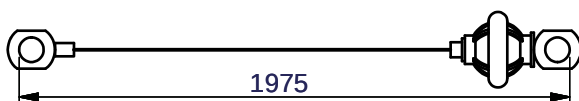
D18



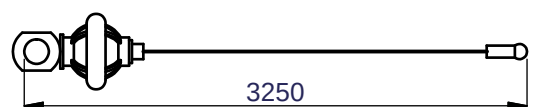
D19



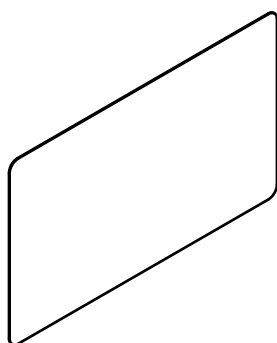
D21



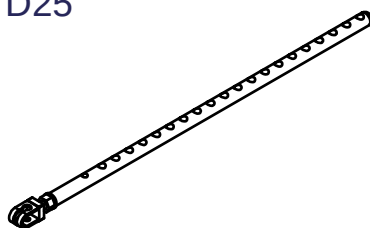
D22



D24



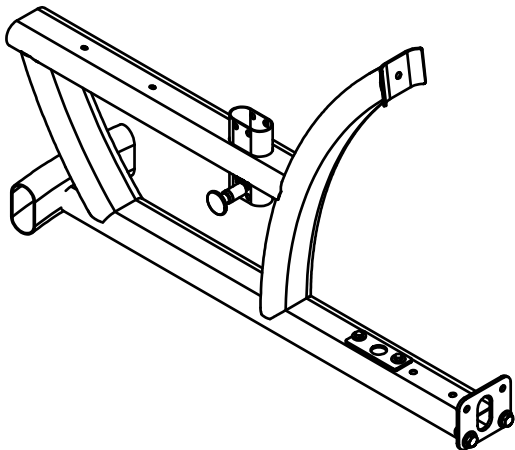
D25



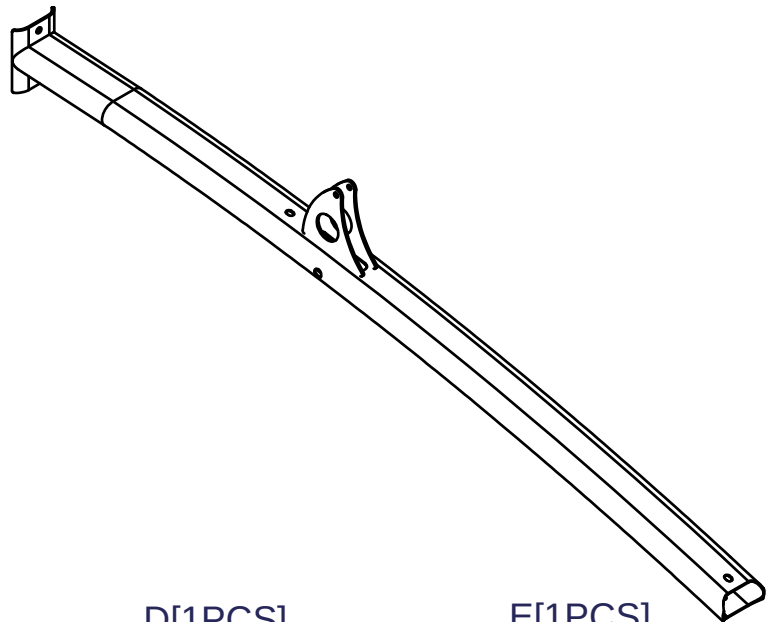
# DLAT ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

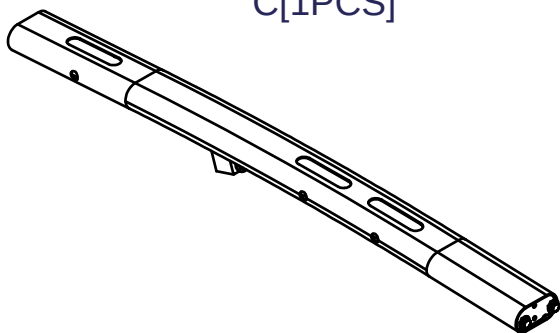
A1[1PCS]



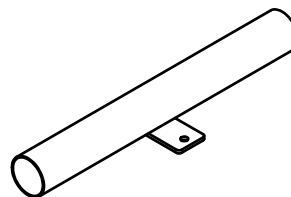
B[1PCS]



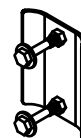
C[1PCS]



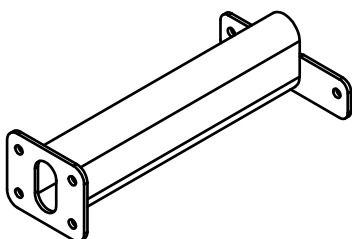
D[1PCS]



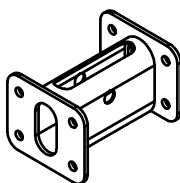
E[1PCS]



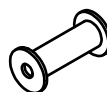
F[1PCS]



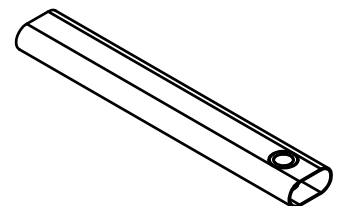
G[1PCS]  
CONNECT DGM



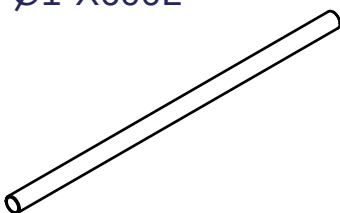
H[2PCS]



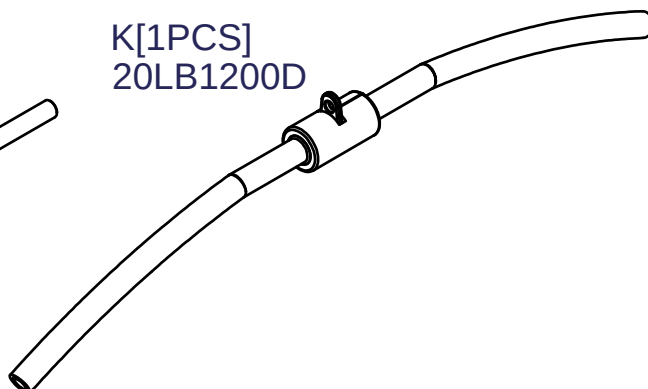
I[1PCS]



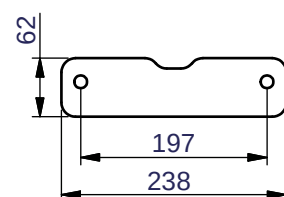
J[1PCS]  
Ø1"X600L



K[1PCS]  
20LB1200D



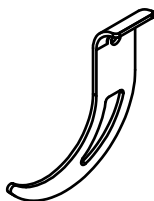
L[1PCS]  
8313-130



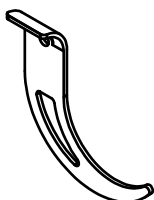
# DLAT ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

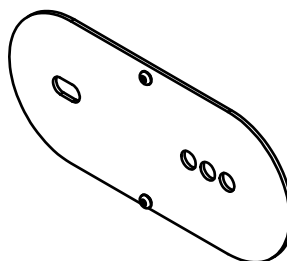
M[1PCS]  
8343-146



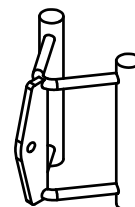
N[1PCS]  
8343-147



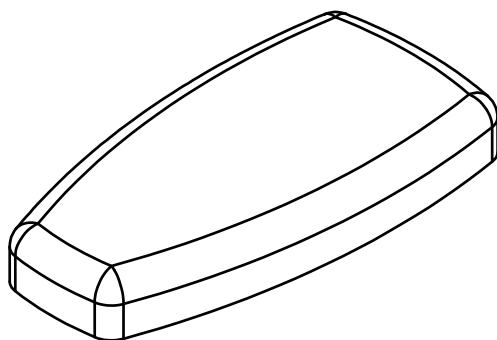
O[2PCS]  
8343-140



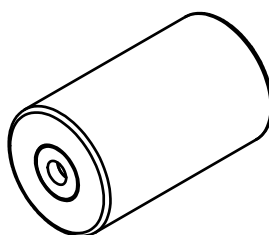
P[1PCS]  
8290-001



Q[1PCS]  
9121-054



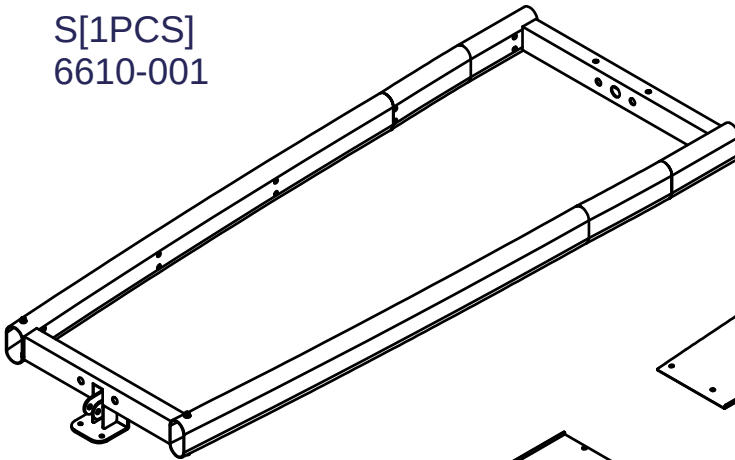
R[2PCS]  
9161-021B  
Ø150X250L



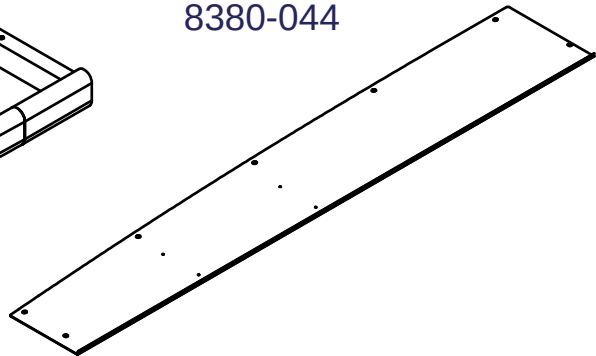
# DLAT ASSEMBLY INSTRUCTIONS

## FRAME PARTS ILLUSTRATION SHEET

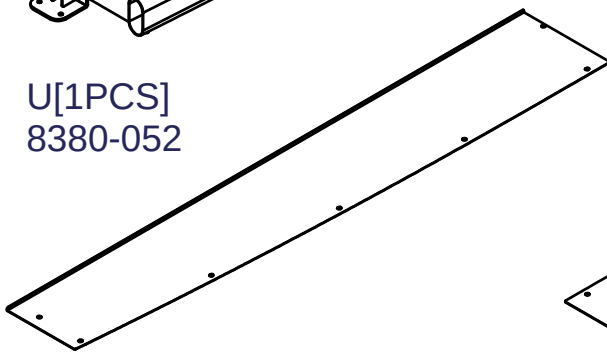
S[1PCS]  
6610-001



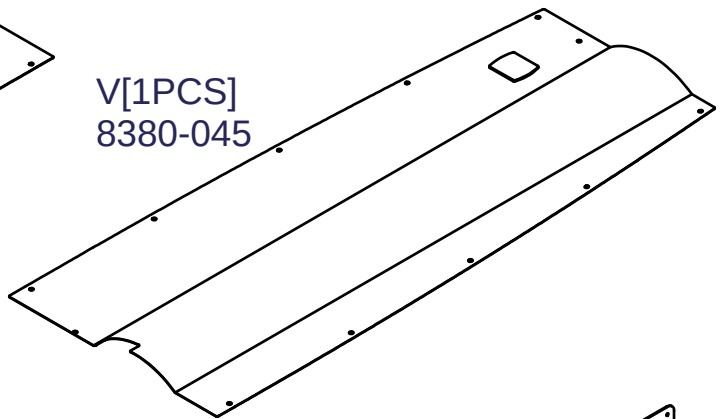
T[1PCS]  
8380-044



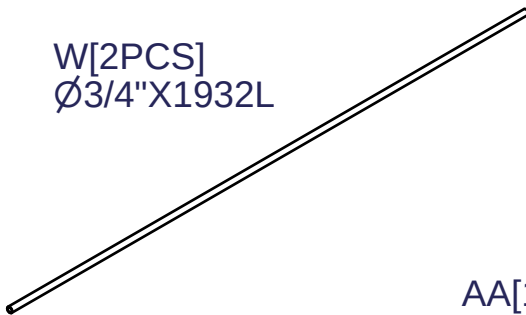
U[1PCS]  
8380-052



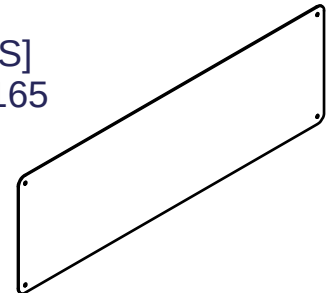
V[1PCS]  
8380-045



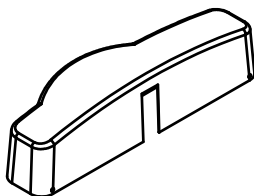
W[2PCS]  
Ø3/4"X1932L



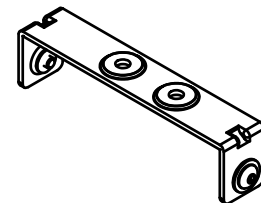
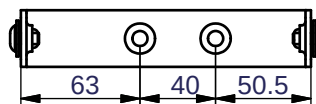
Z[1PCS]  
9440-165



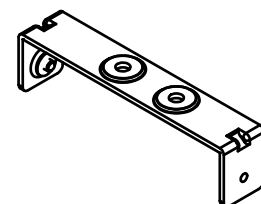
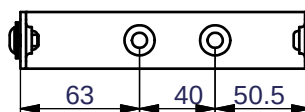
AC[1PCS]  
9211-119A



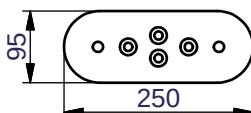
AA[12PCS]  
8321-040  
both side



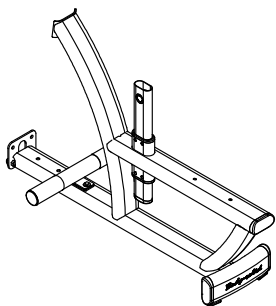
AB[2PCS]  
8321-040  
one side



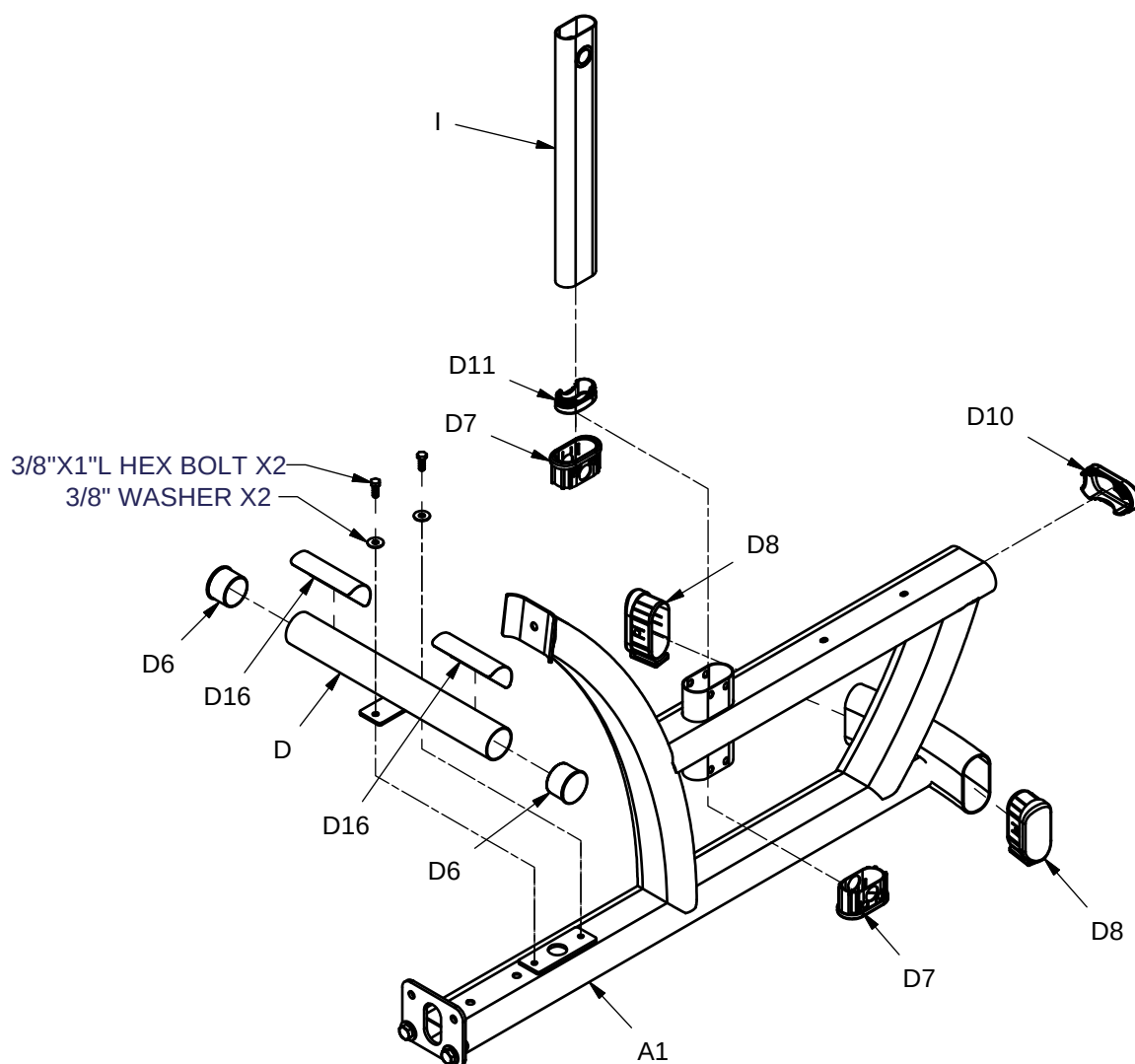
Y[2PCS]  
8313-144



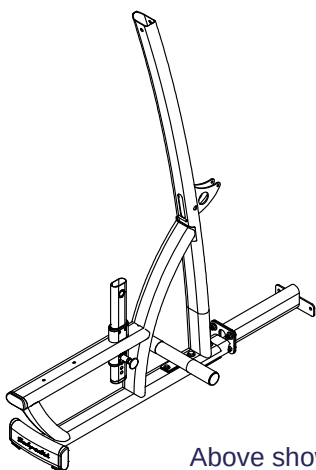
# DLAT ASSEMBLY INSTRUCTIONS



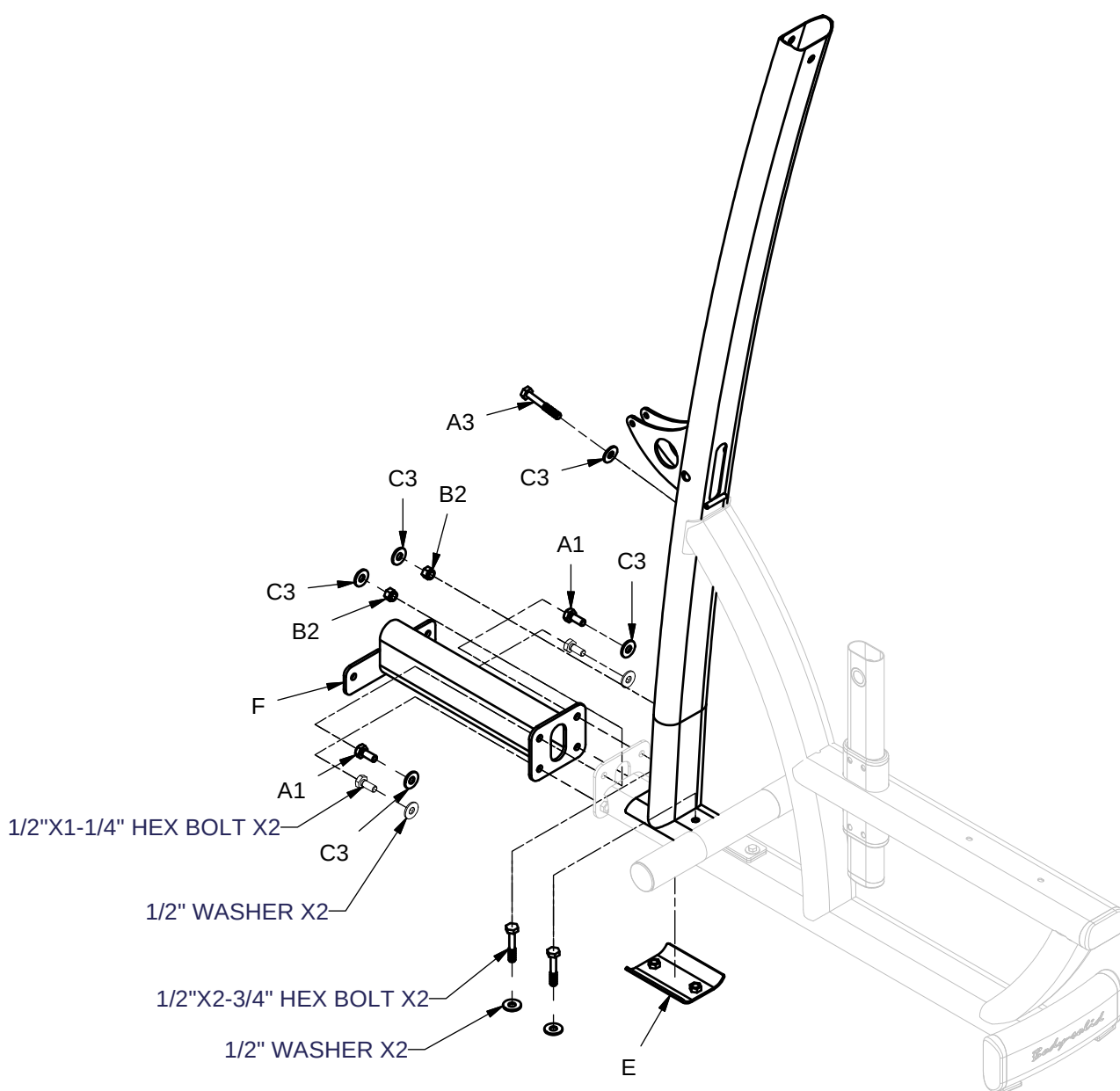
Above shows STEP 1  
assembled and completed



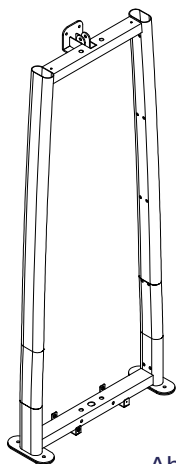
# DLAT ASSEMBLY INSTRUCTIONS



Above shows STEP 2  
assembled and completed

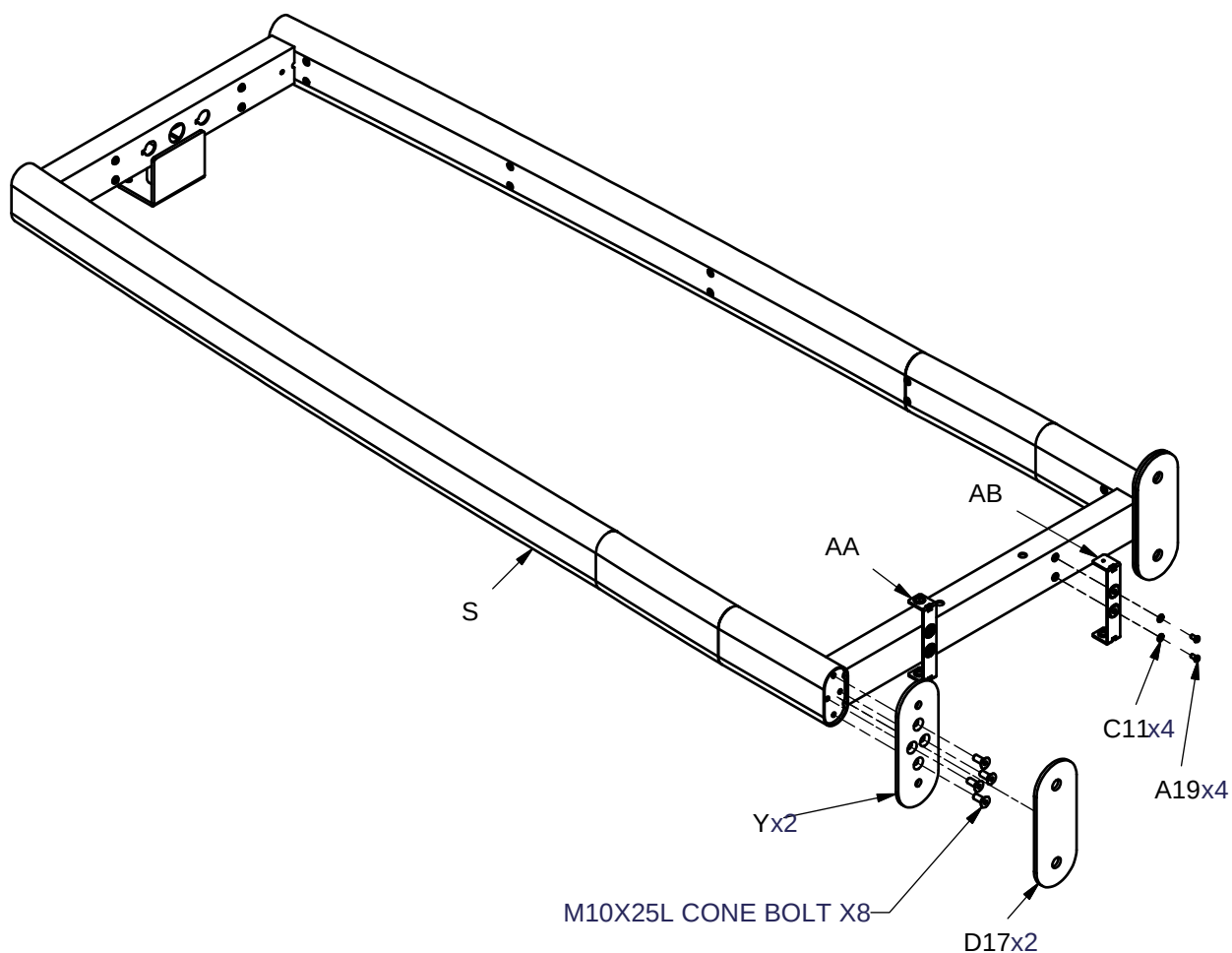


# DLAT ASSEMBLY INSTRUCTIONS

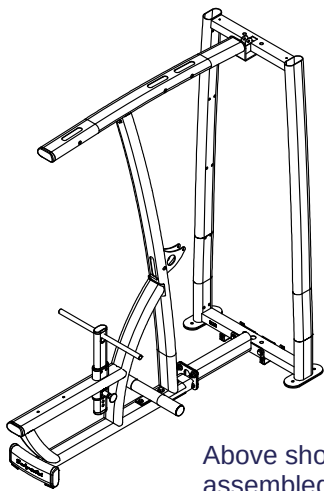


Above shows STEP 3  
assembled and completed

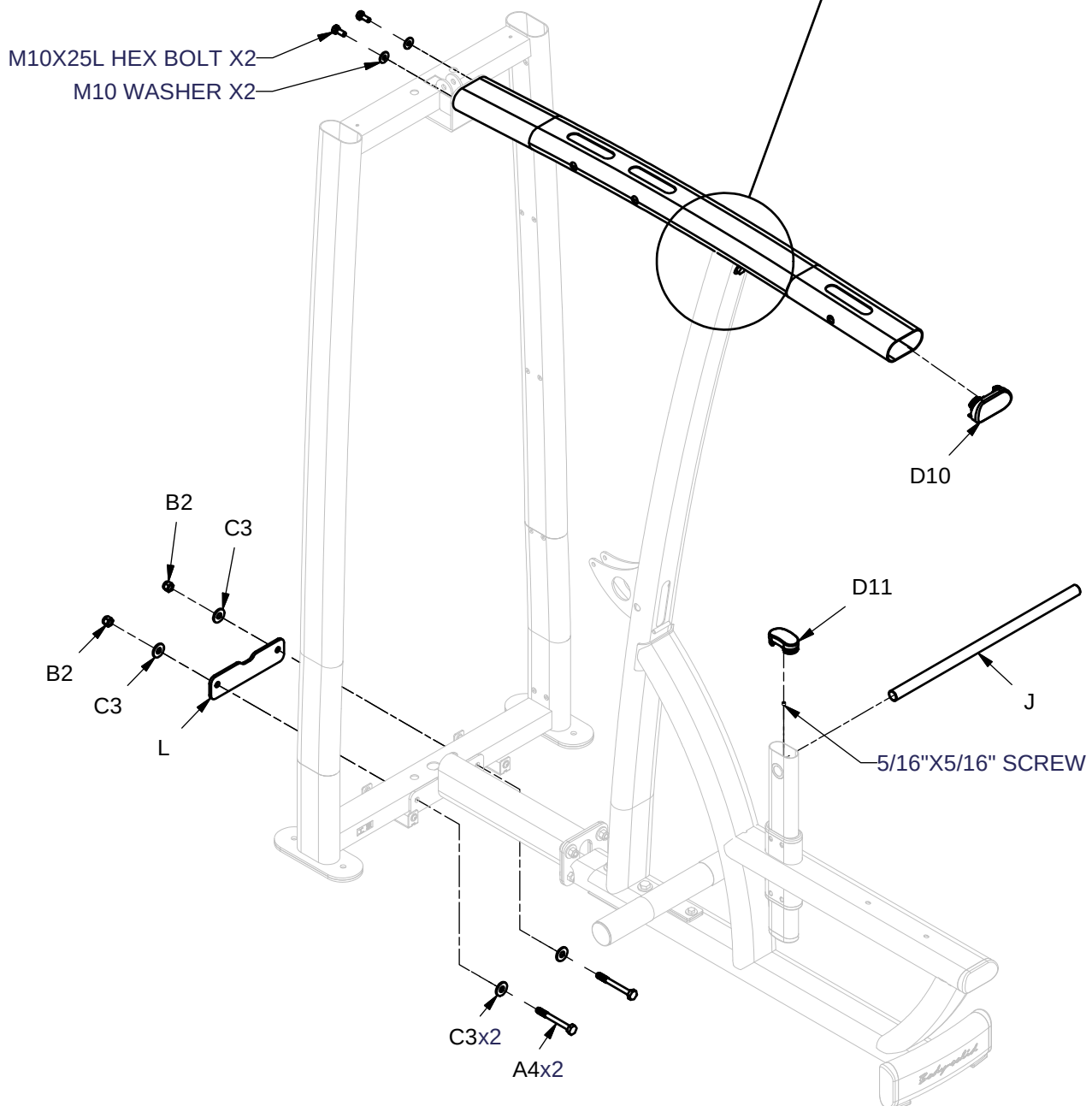
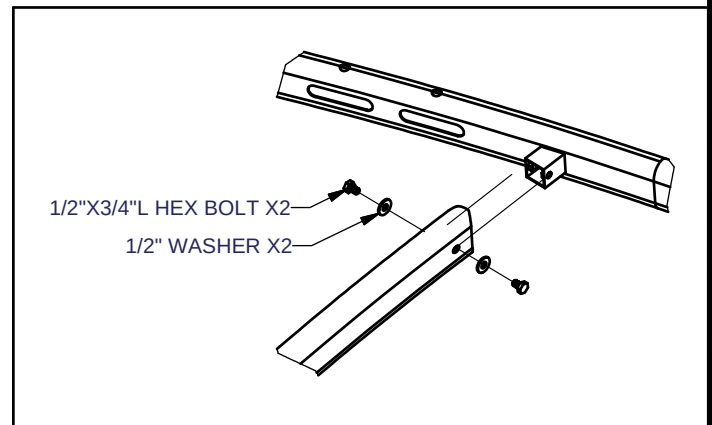
## DLAT single weight stack assembly instructions



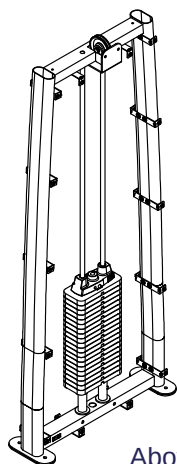
# DLAT ASSEMBLY INSTRUCTIONS



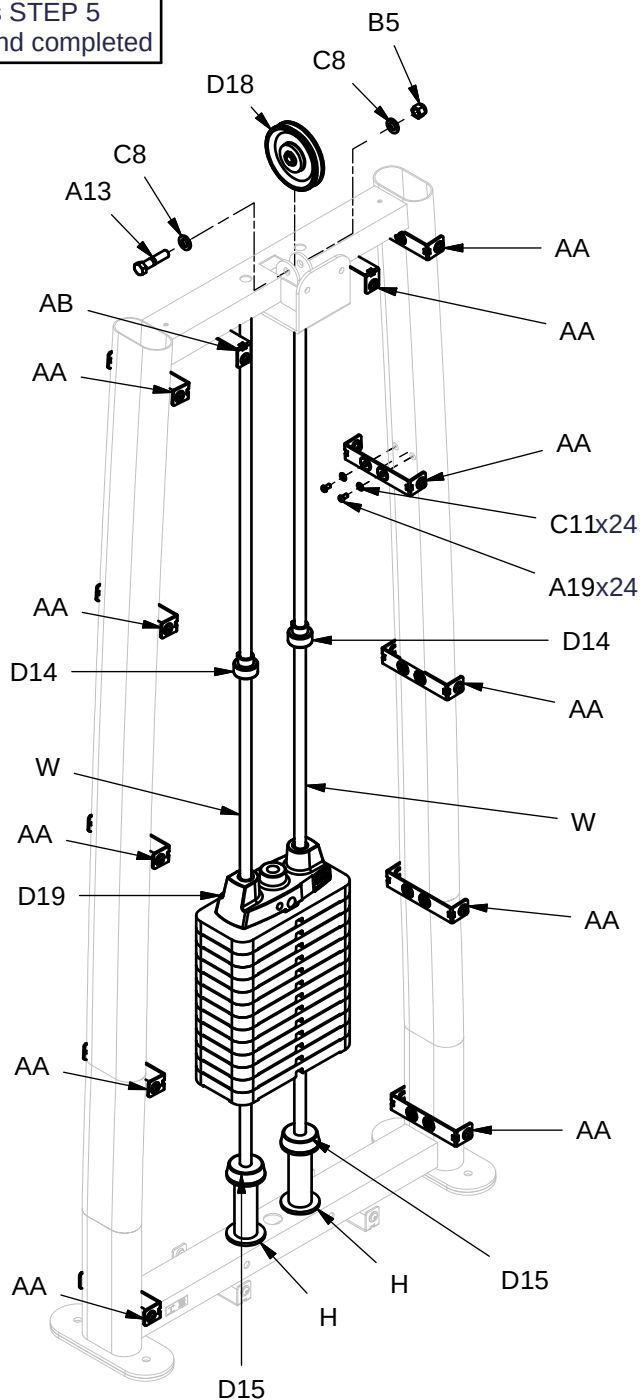
Above shows STEP 4  
assembled and completed



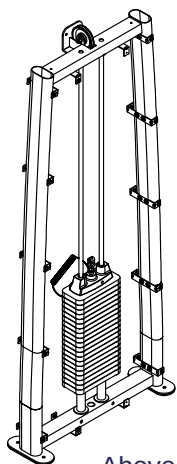
# DLAT ASSEMBLY INSTRUCTIONS



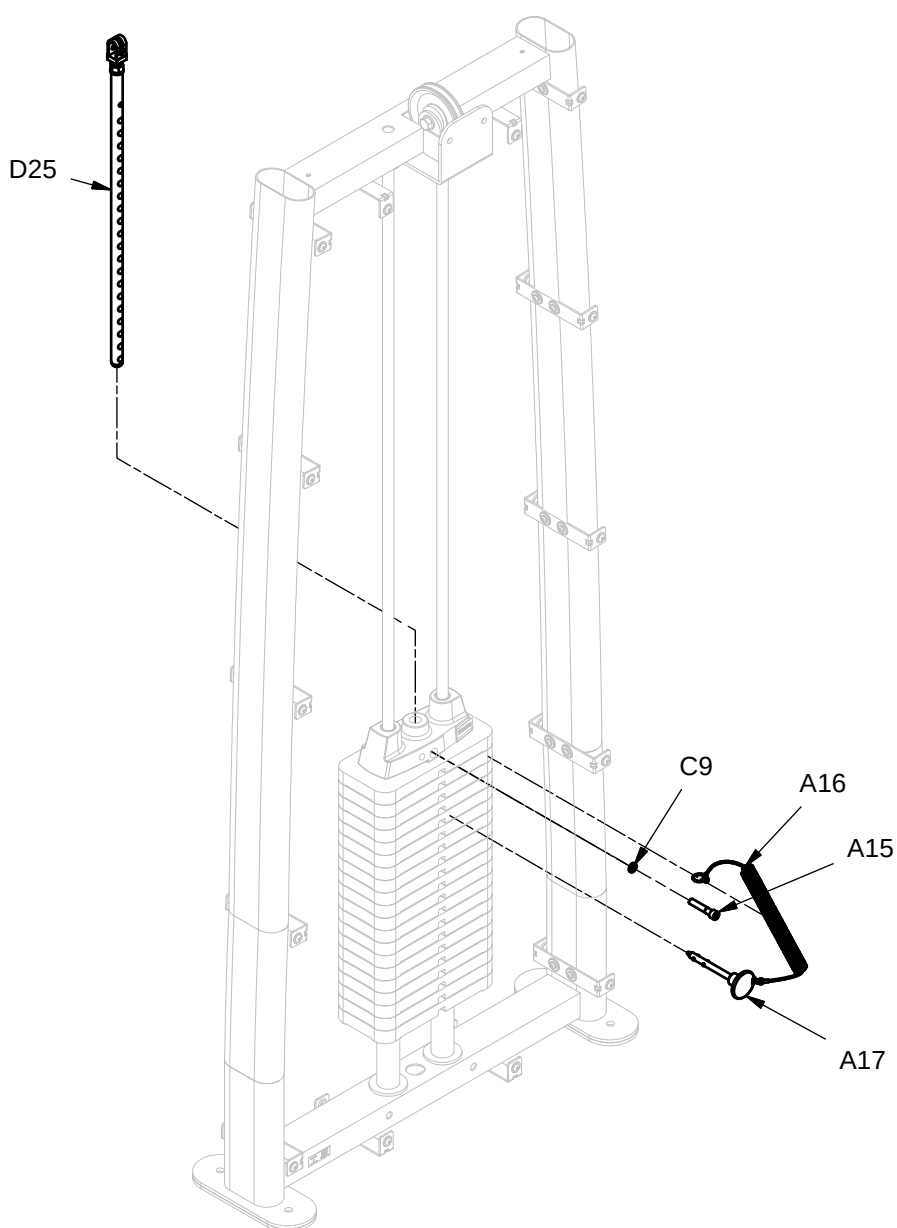
Above shows STEP 5  
assembled and completed



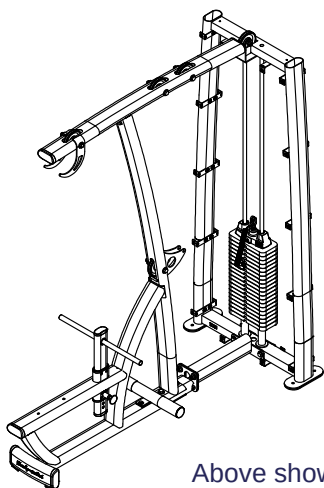
# DLAT ASSEMBLY INSTRUCTIONS



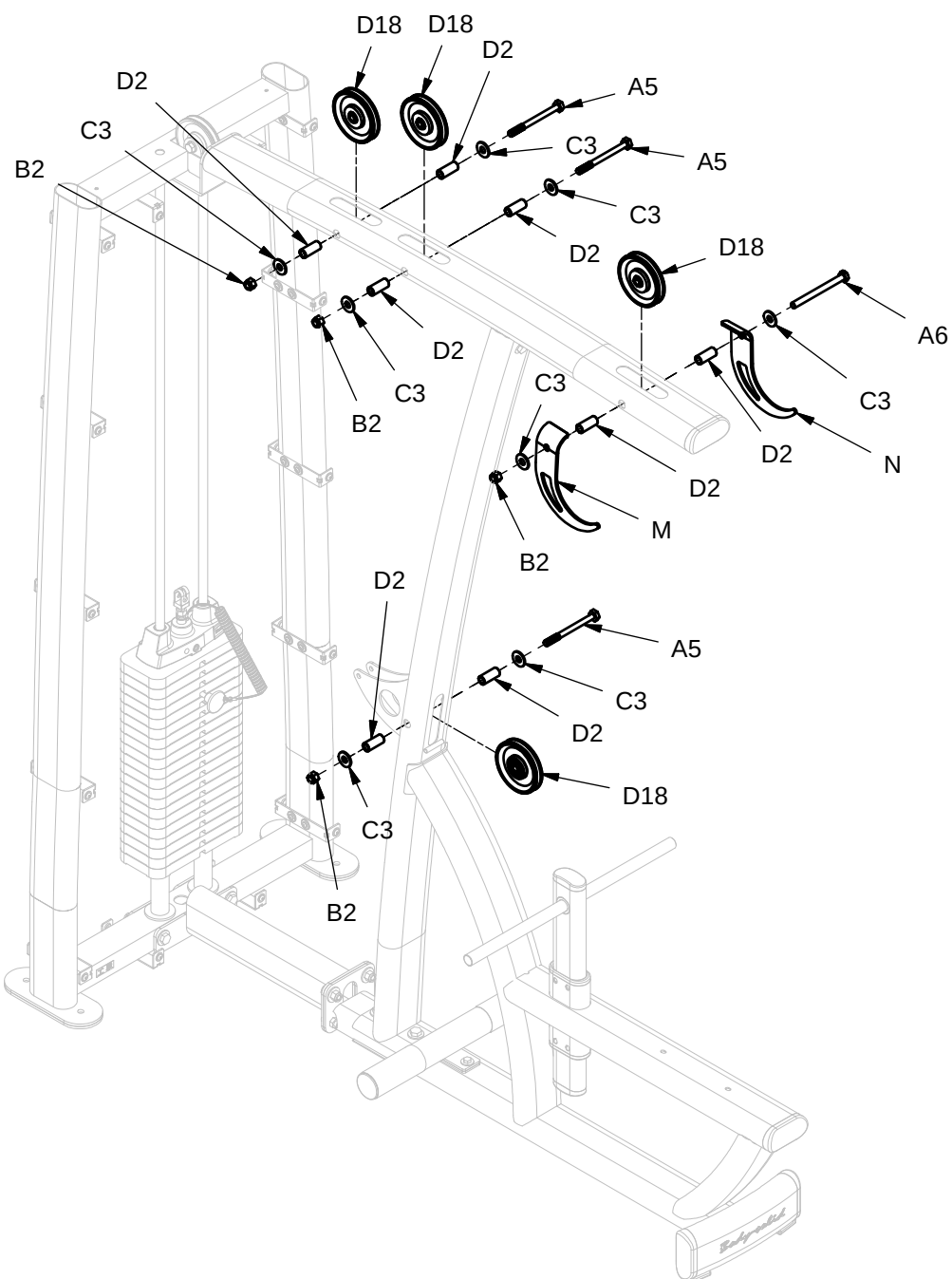
Above shows STEP 6  
assembled and completed



# DLAT ASSEMBLY INSTRUCTIONS

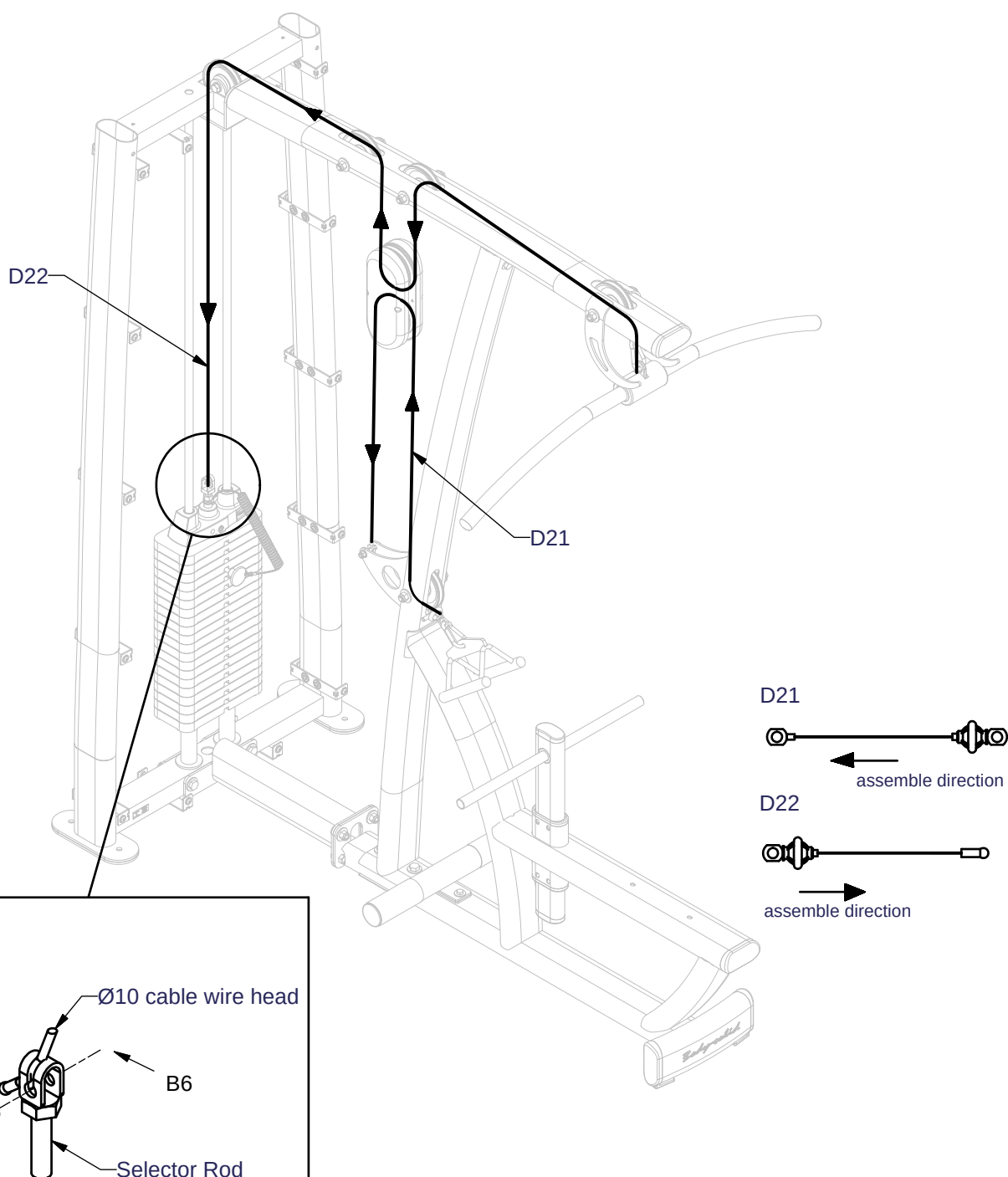


Above shows STEP 7  
assembled and completed

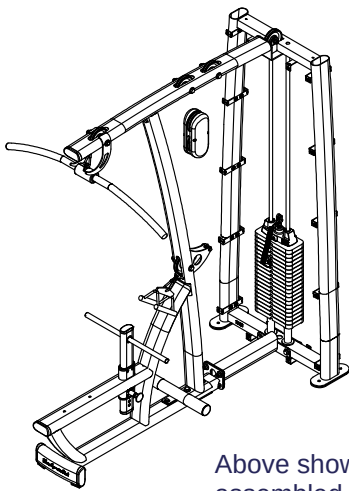


# DLAT ASSEMBLY INSTRUCTIONS

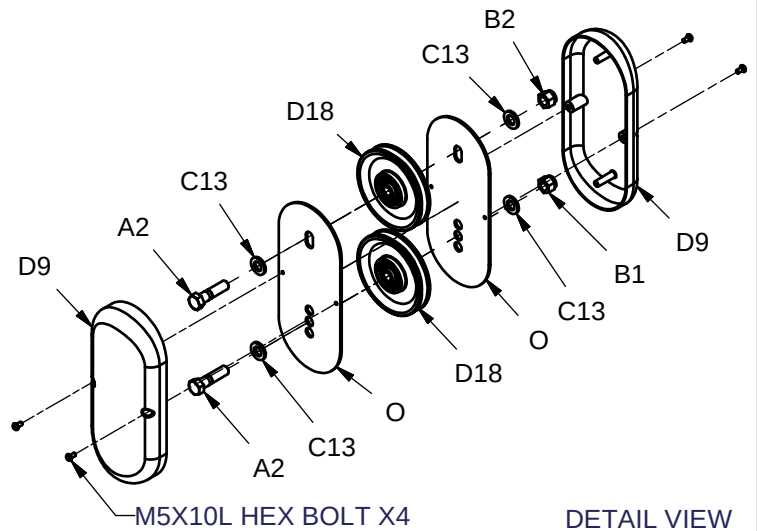
Cable to match illustration



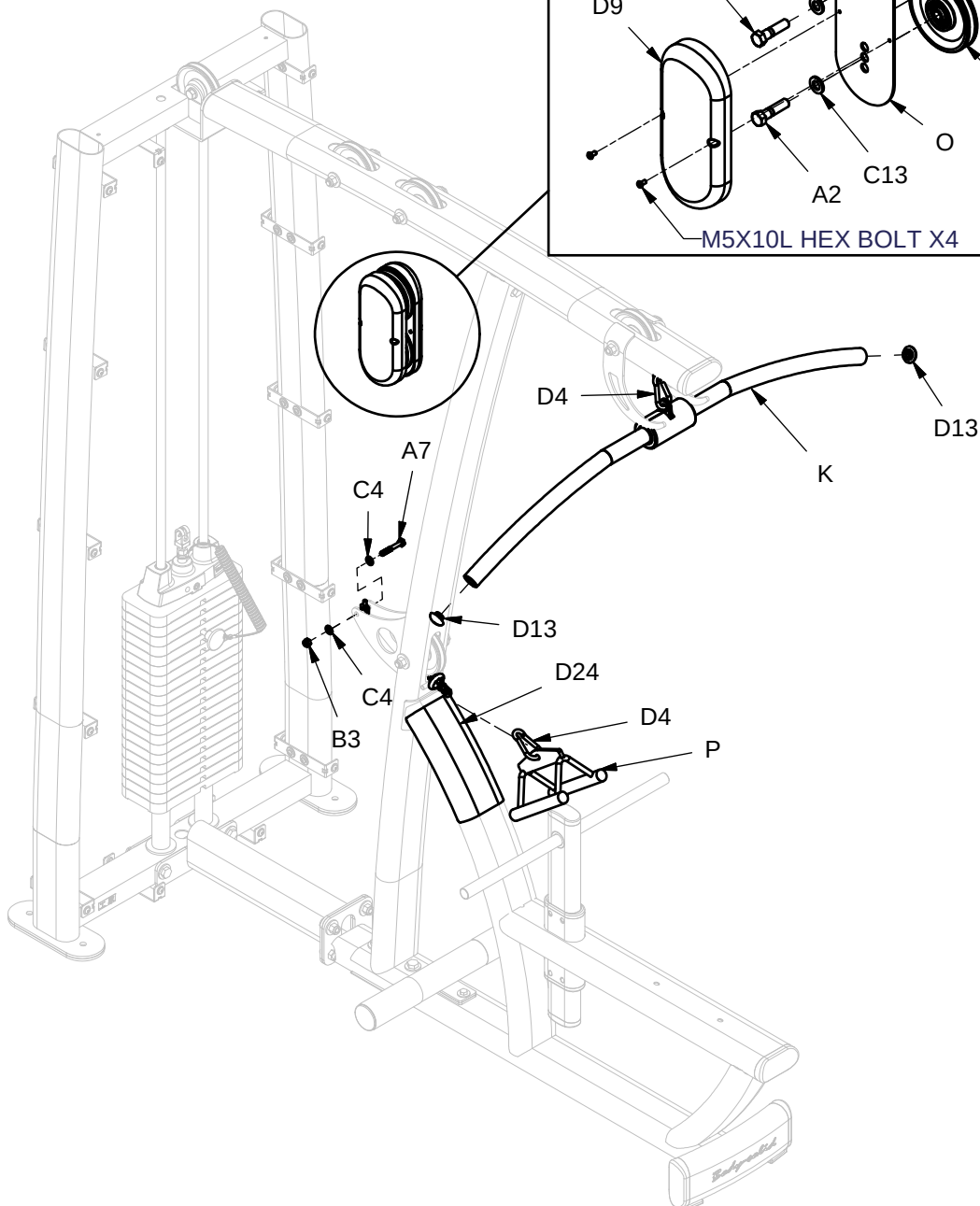
# DLAT ASSEMBLY INSTRUCTIONS



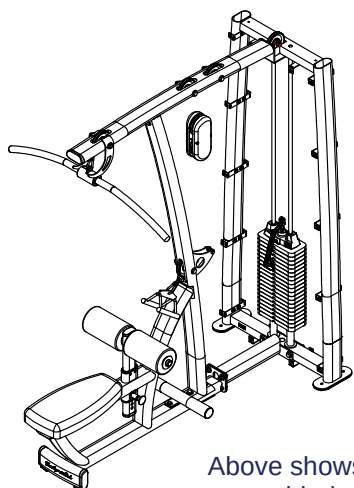
Above shows STEP 8  
assembled and completed



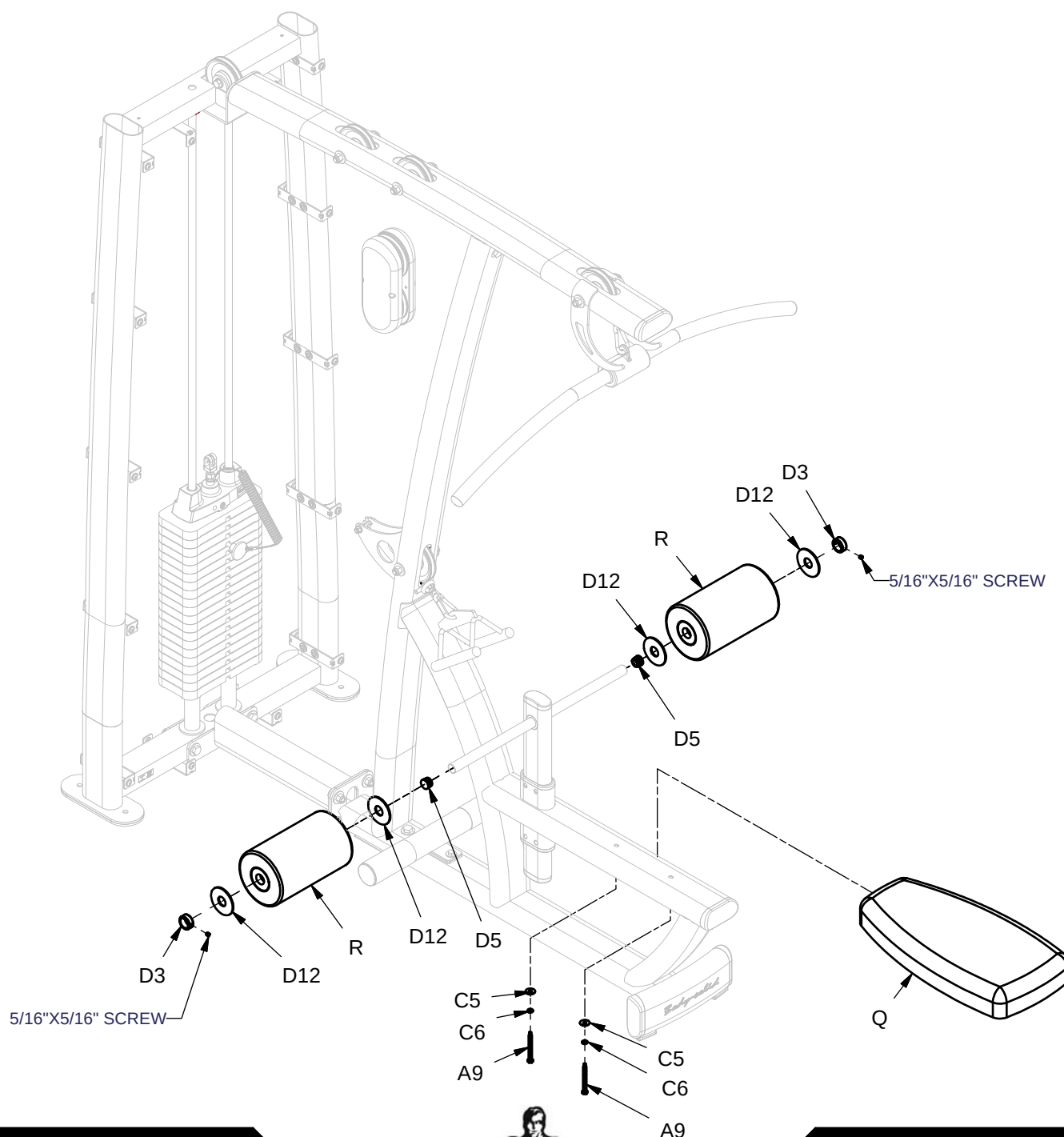
DETAIL VIEW



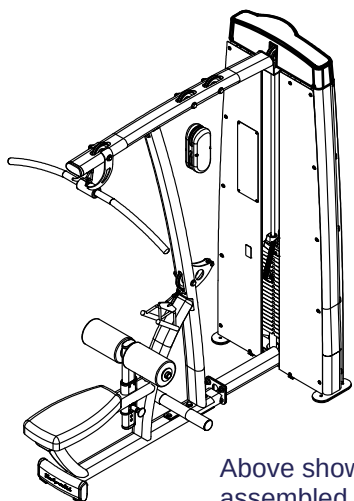
# DLAT ASSEMBLY INSTRUCTIONS



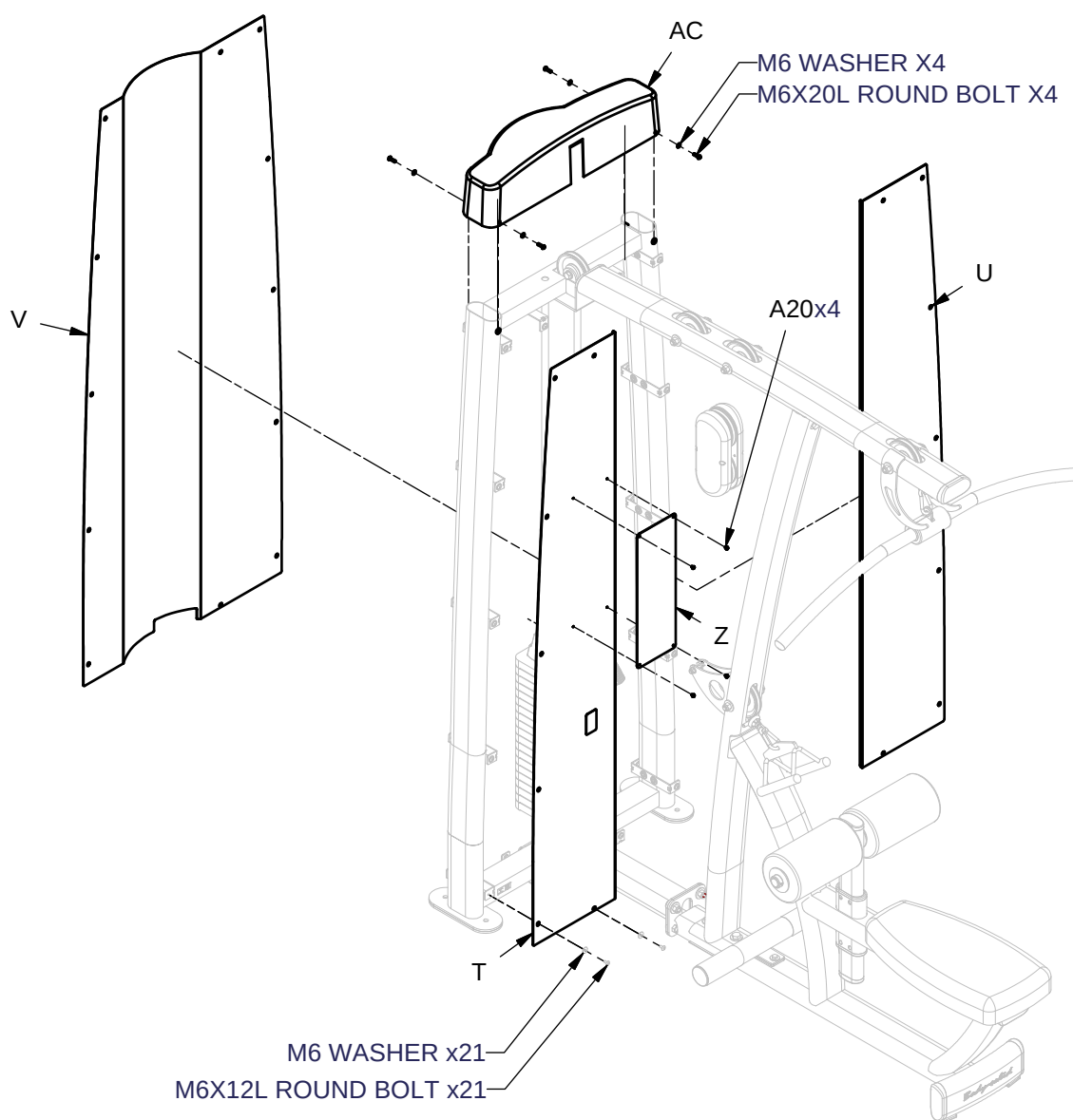
Above shows STEP 9  
assembled and completed



# DLAT ASSEMBLY INSTRUCTIONS

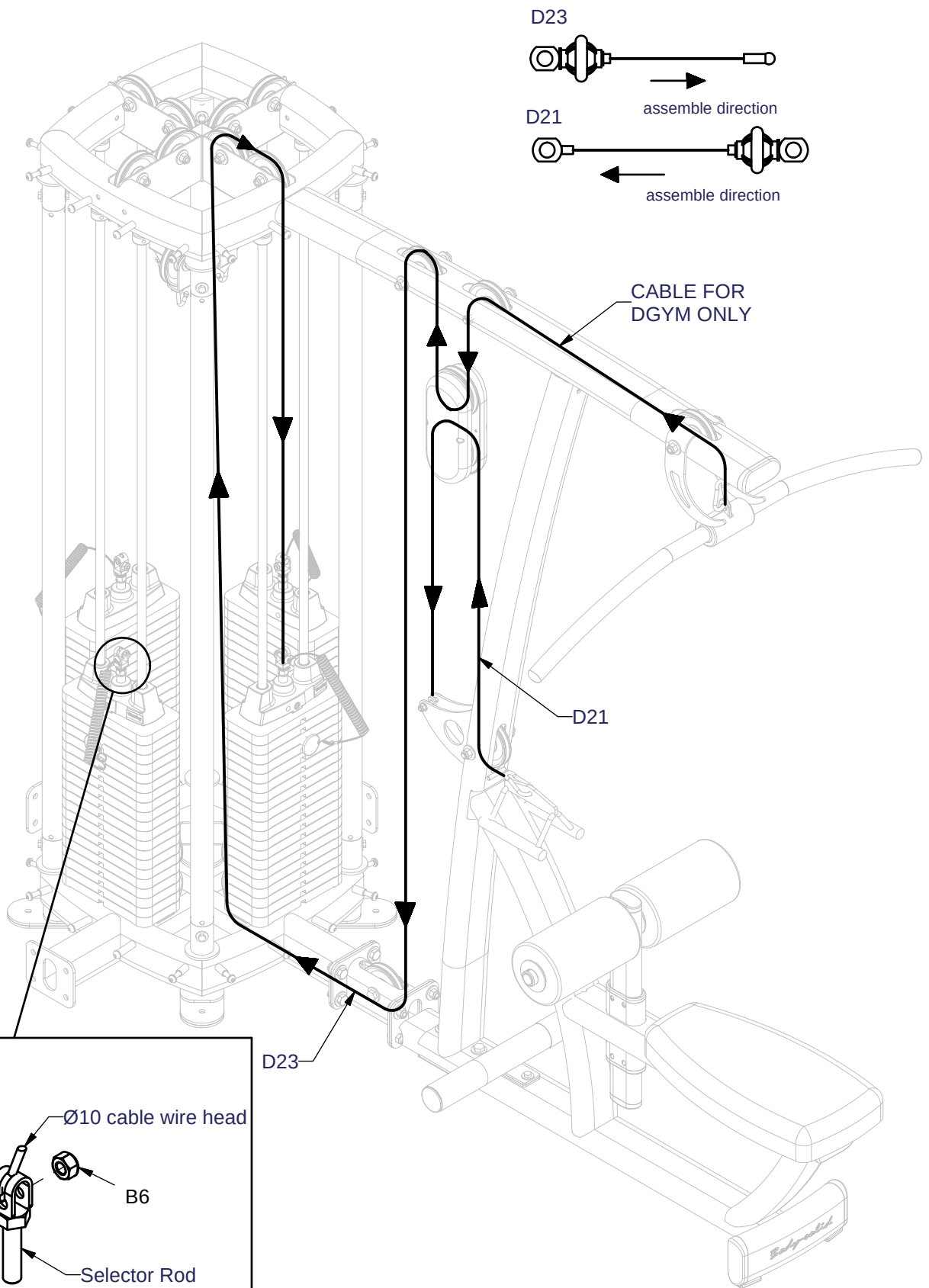


Above shows STEP 10  
assembled and completed

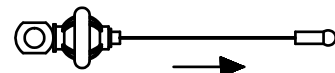


# DLAT ASSEMBLY INSTRUCTIONS

## Cable to match illustration

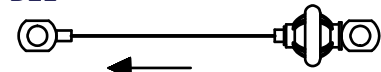


D23



assemble direction

D21

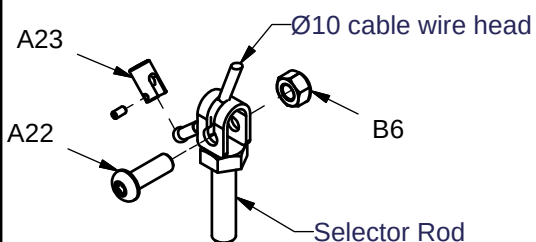


assemble direction

CABLE FOR  
DGYM ONLY

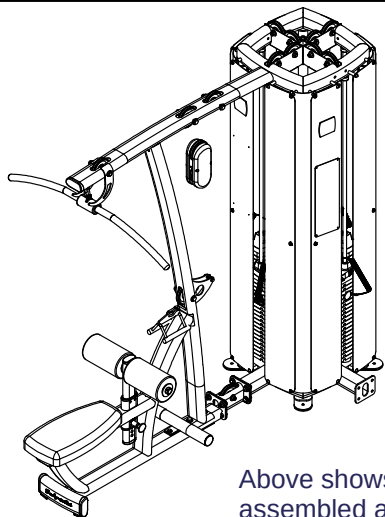
D21

D23

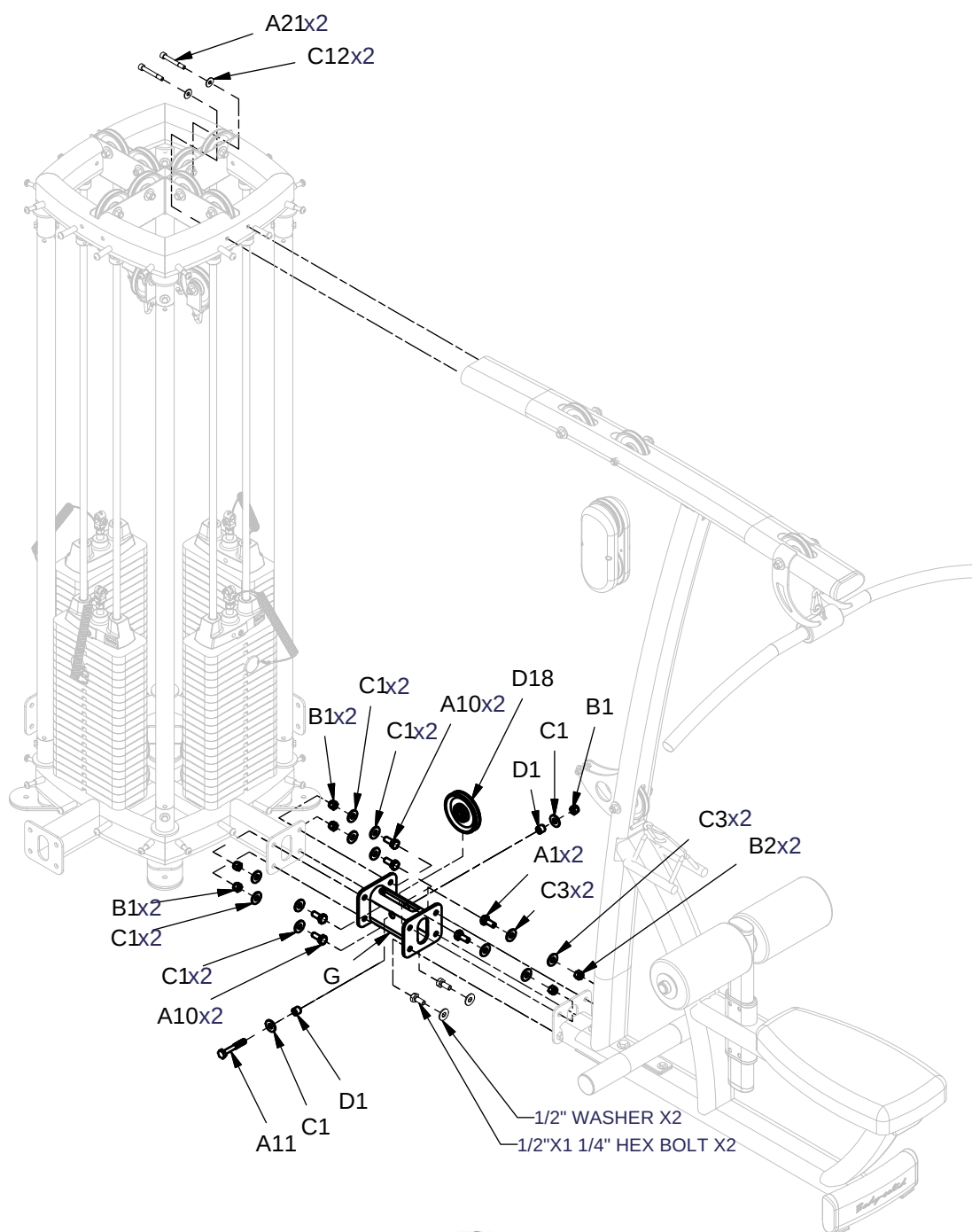


DETAIL VIEW

# DLAT ASSEMBLY INSTRUCTIONS



Above shows STEP 11  
assembled and completed



# DLAT ASSEMBLY INSTRUCTIONS

