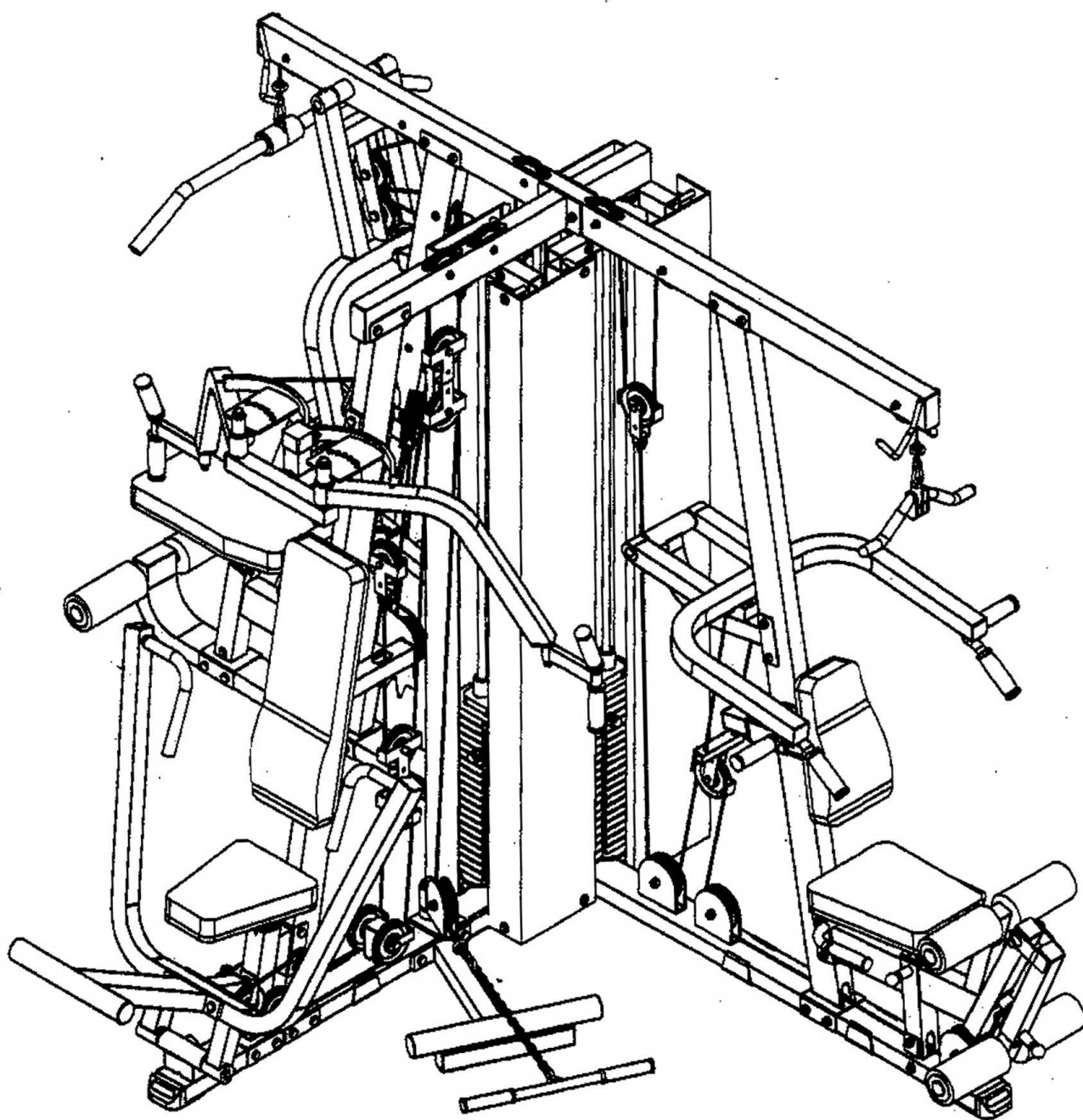
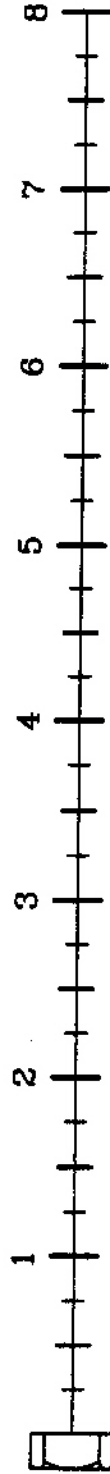




EXM-4000.1 HARDWARE ILLUSTRATION SHEET

	Qty.				
A1. 1/2"x9" HEX HEAD BOLT	[2PCS]	B5. 3/16" NYLON LOCK NUT			[1PCS]
A2. 1/2"x5 1/2" HEX HEAD BOLT	[5PCS]	C1. 1/2" (I.D) WASHER			[8PCS]
A3. 1/2"x5 1/4" HEX HEAD BOLT	[2PCS]	C2. 3/8" (I.D) WASHER			[28PCS]
A4. 1/2"x5" HEX HEAD BOLT	[10PCS]	C3. 5/16" (I.D) WASHER			[20PCS]
A5. 1/2"x3 1/2" HEX HEAD BOLT	[3PCS]	C4. 5/16" SPRING WASHER			[20PCS]
A6. 1/2"x3 1/4" HEX HEAD BOLT	[6PCS]	C5. 5/8" SPRING WASHER			[3PCS]
A7. 1/2"x3" HEX HEAD BOLT	[18PCS]	C6. 3/8" ROUND END CAP WASHER			[2PCS]
A8. 1/2"x2" HEX HEAD BOLT	[9PCS]				
A9. 3/8"x4 1/2" HEX HEAD BOLT	[1PCS]	A1. A2 A3 A4 A5 A6			
A10. 3/8"x3 1/4" HEX HEAD BOLT	[16PCS]	A7. A8 A9 A10 A11 A12			
A12. 3/8"x2 3/4" HEX HEAD BOLT	[20PCS]	A13. A14 A15 A16 A17 A18			
A13. 5/16"x5" HEX HEAD BOLT	[2PCS]	A19. A20 A21 A22			
A14. 5/16"x2 3/4" HEX HEAD BOLT	[2PCS]				
A15. 5/16"x1" HEX HEAD BOLT	[16PCS]	B1. B2 B3 B4 B5			
A16. 7/16X1 1/2" ROUND BOLT	[3PCS]	C1. C2 C3 C4 C5 C6			
A17. 5/16"x3/8" SET SCREW	[9PCS]				
A18. 5/8" ROUND BOLT	[3PCS]				
A19. STEEL CHAIN	[1PCS]				
A20. PIN	[3PCS]				
A21. 5/16"x1 1/2" ROUND BOLT	[1PCS]				
A22. Ø1/2"x22L SLEEVE	[1PCS]				
B1. 1/2" NYLON LOCK NUT	[55PCS]				
B2. 3/8" NYLON LOCK NUT	[21PCS]				
B3. 5/8" LOCK NUT	[3PCS]				
B4. 3/8" LOCK NUT	[2PCS]				



EXM-4000.1 HARDWARE ILLUSTRATION SHEET

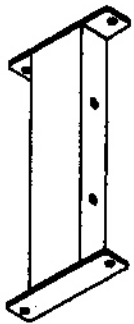
Qty.		D31. 3410mm STEEL CABLE	[1PCS]					
D1. 3/8" BOLT CAP	[2PCS]	D32. 575mm STEEL CABLE	[2PCS]					
D2. 1/4"X3/8" PULLEY (E4047)	[10PCS]	D33. 3910mm STEEL CABLE	[1PCS]					
D3. 1/4"X1/2" PULLEY (E4047)	[15PCS]	D34. 4790mm STEEL CABLE	[1PCS]					
D4. 2"X4" FOOT CAP (E4087A)	[2PCS]	D35. 3450mm STEEL CABLE	[1PCS]					
D5. 2"X4" RUBBER DOUNT (E4090)	[6PCS]	D36. 2400mm STEEL CABLE	[1PCS]					
D6. 2"X2"X2.5t END CAP (E4043)	[16PCS]	D37. 2135mm STEEL CABLE	[1PCS]					
D7. 2"X2"X1.8t END CAP (E4001)	[1PCS]	D38. 2880mm STEEL CABLE	[1PCS]					
D8. 1 3/4"X1 3/4" END CAP (E4002)	[4PCS]	D39. 3160mm STEEL CABLE	[1PCS]					
D9. 30X30 END CAP (E4026)	[2PCS]	D40. 40X31X40 TWO-SIDED TAPE (F4053)	[24PCS]					
D10. 2"X4" END CAP (E4049A)	[5PCS]	D41. 1/4"X8L STEEL BUSHING (E10138)	[6PCS]					
D11. 1" ROUND END CAP (E10128)	[8PCS]	D42. 1/4" SHAFT COLLAR (E4129)	[6PCS]					
D12. 1"X34X135 RUBBER GRIP (E4068)	[4PCS]	D1. 	D2 	D3 	D4 	D5 	D6 	D7 
D13. 1"X41X135 RUBBER GRIP (E4082)	[12PCS]	D8. 	D9 	D10 	D11 	D12 	D13 	D14 
D14. 2"X2" RUBBER DOUNT (E2009)	[1PCS]	D15. 	D16 	D17 	D18 	D19 	D20 	D21 
D15. 1/8"X62L BUSHING (E10137)	[16PCS]	D22. 	D23 	D24 	D25 	D26 	D27 	D28 
D16. 1/4" RUBBER DOUNT (E2022)	[6PCS]	D29. 	D30 	D31 	D32 	D33 	D34 	D35 
D17. 1/8" SPRING SNAP LINK (E5000)	[5PCS]	D36. 	D37 	D38 	D39 	D40 	D41 	D42 
D18. 95X140mm NO-SLIP TAPE (E5024)	[4PCS]	D43. 	D44 	D45 	D46 	D47 	D48 	D49 
D19. 1/16X15 STEEL BUSHING (E3015)	[20PCS]	D50. 	D51 	D52 	D53 	D54 	D55 	D56 
D20. 2"X2" RUBBER CANE CAP (E4039)	[8PCS]	D57.	D58	D59	D60	D61	D62	D63
D21. 150X245mm NO-SLIP TAPE (E5026)	[1PCS]	D64.	D65	D66	D67	D68	D69	D70
D22. 1/8" NYLON WASHER (E4085)	[8PCS]	D71.	D72	D73	D74	D75	D76	D77
D23. 60X45 NYLON BUSHING (E4008)	[4PCS]	D78.	D79	D80	D81	D82	D83	D84
D24. 1/38 CU WASHER (E3026)	[2PCS]	D85.	D86	D87	D88	D89	D90	D91
D25. 1" ROUND END CAP (E4012)	[2PCS]	D92.	D93	D94	D95	D96	D97	D98
D26. TOP PLATE (F5068)	[3PCS]	D99.	D100	D101	D102	D103	D104	D105
D27. WEIGHT SELECTOR BAR (E10113)	[3PCS]	D106.	D107	D108	D109	D110	D111	D112
D28. 1/4"X8" FOAM ROLLER (F4041)	[8PCS]	D113.	D114	D115	D116	D117	D118	D119

PAC 2

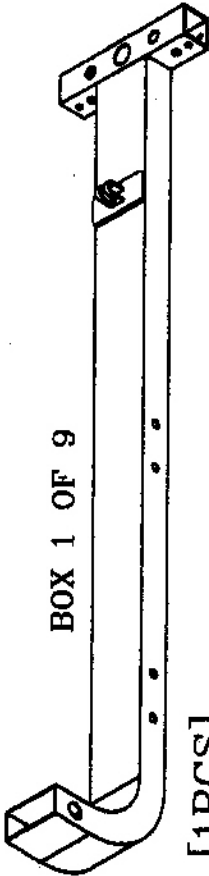
EXM-4000.1 PARTS ILLUSTRATION SHEET

A [1PCS]

BOX 3 OF 9



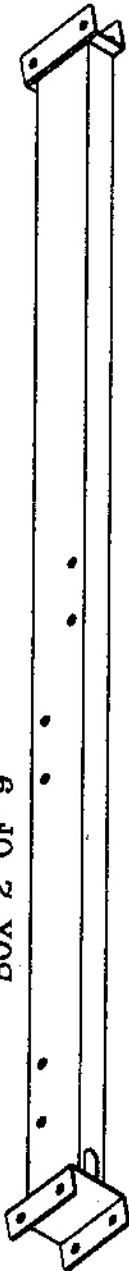
B [1PCS]



BOX 1 OF 9

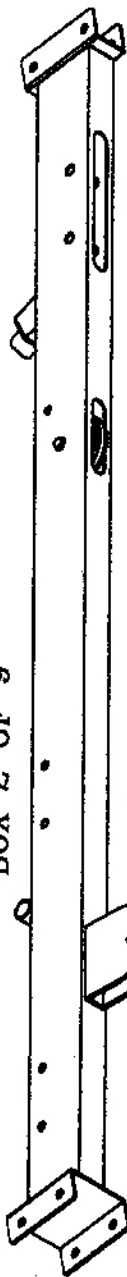
E [1PCS]

BOX 2 OF 9



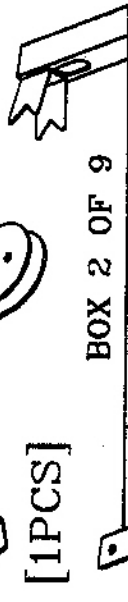
F [1PCS]

BOX 2 OF 9



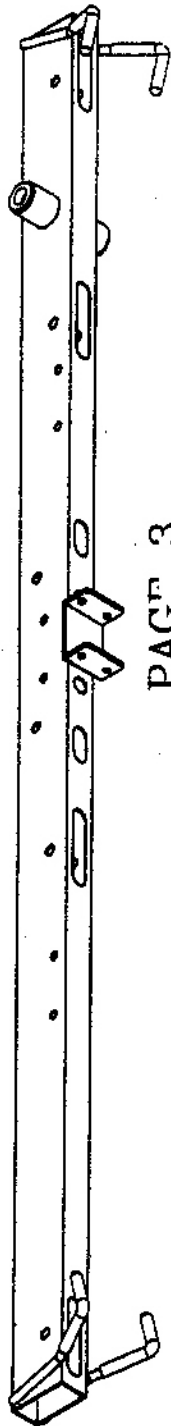
G [1PCS]

BOX 2 OF 9



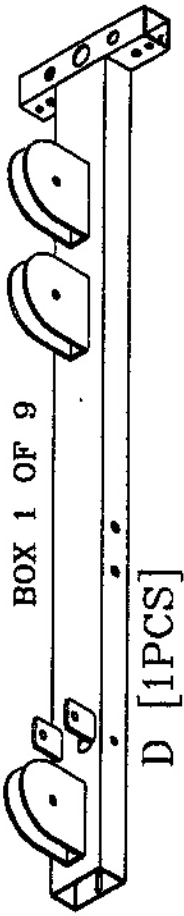
H [1PCS]

BOX 1 OF 9

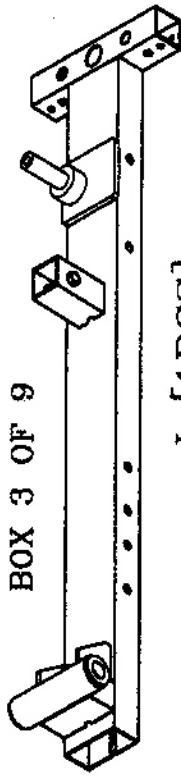


C [1PCS]

BOX 1 OF 9



D [1PCS]



BOX 3 OF 9

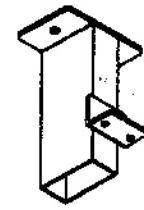
I [1PCS]

BOX 3 OF 9



J [1PCS]

BOX 1 OF 9



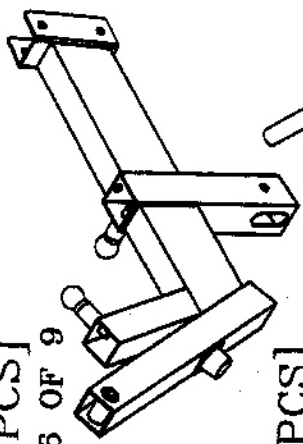
K [4PCS]

BOX 2 OF 9



EXM-4000.1 PARTS ILLUSTRATION SHEET

L [1PCS]
BOX 6 OF 9



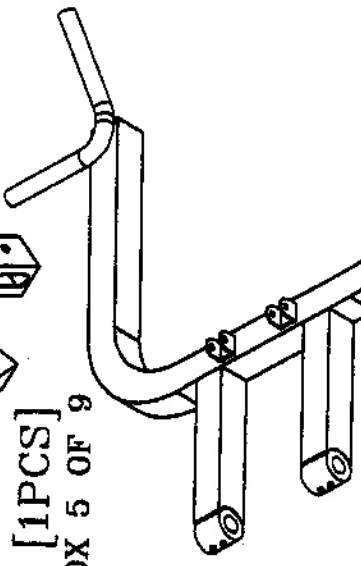
M [1PCS]
BOX 6 OF 9



N [2PCS]
BOX 6 OF 9



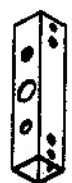
S [1PCS]
BOX 5 OF 9



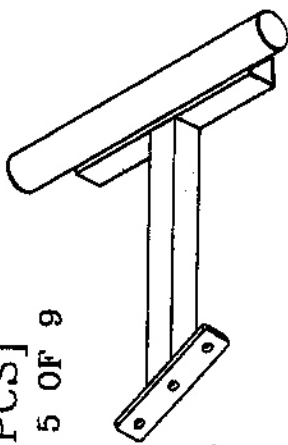
T [2PCS]
BOX 6 OF 9



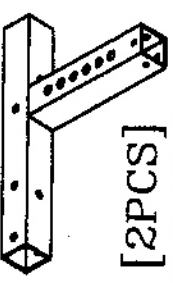
U [1PCS]
BOX 5 OF 9



Z [1PCS]
BOX 5 OF 9



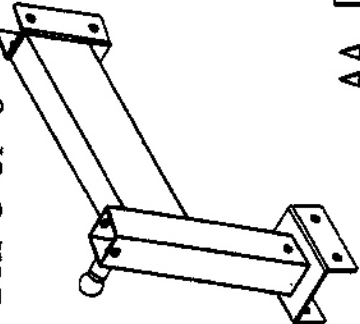
O [1PCS]
BOX 6 OF 9



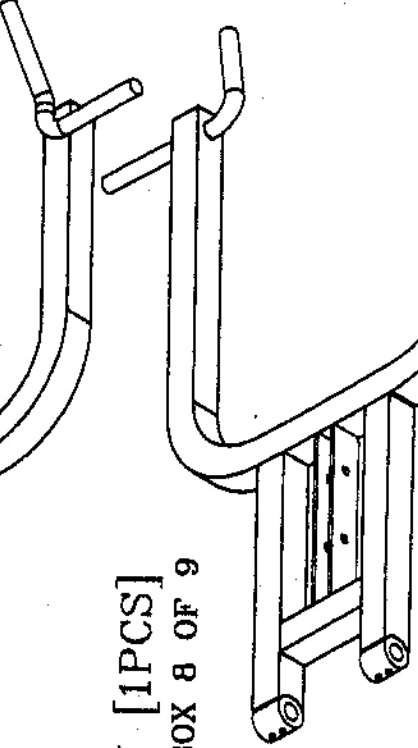
P [2PCS]
BOX 3 OF 9



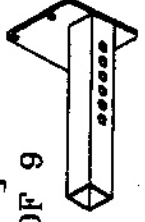
V [1PCS]
BOX 8 OF 9



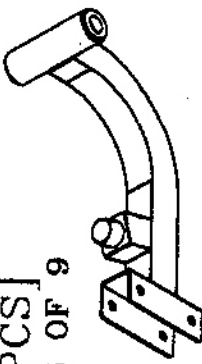
Y [1PCS]
BOX 8 OF 9



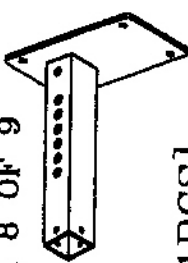
Q [1PCS]
BOX 6 OF 9



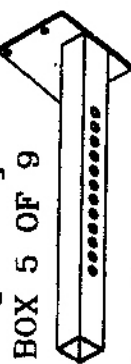
R [1PCS]
BOX 6 OF 9



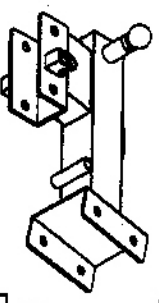
W [1PCS]
BOX 8 OF 9



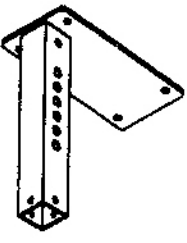
X [1PCS]
BOX 5 OF 9



AA [1PCS]
BOX 3 OF 9



AB [1PCS]
BOX 3 OF 9

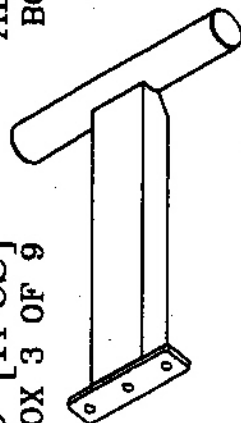


EXM-4000.1 PARTS ILLUSTRATION SHEET

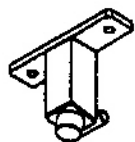
AC [1PCS]
BOX 4 OF 9



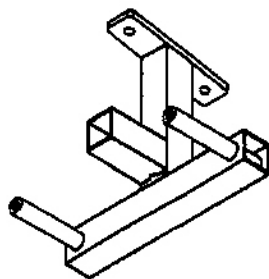
AD [1PCS]
BOX 3 OF 9



AE [1PCS]
BOX 6 OF 9



AF [1PCS]
BOX 3 OF 9



AG [1PCS]
BOX 3 OF 9



AH [1PCS]
BOX 6 OF 9



AI [1PCS]
BOX 6 OF 9



AJ [2PCS]
BOX 6 OF 9



AK [1PCS]
BOX 6 OF 9



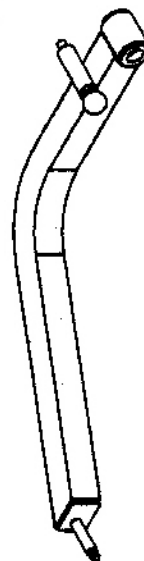
AL [1PCS]
BOX 6 OF 9



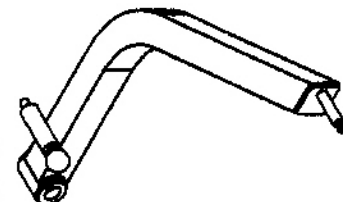
AM [2PCS]
BOX 6 OF 9



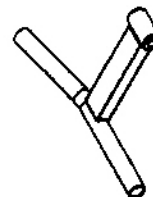
AN [1PCS]
BOX 4 OF 9



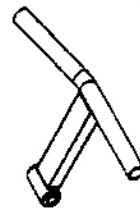
AO [1PCS]
BOX 4 OF 9



AP [1PCS]
BOX 3 OF 9

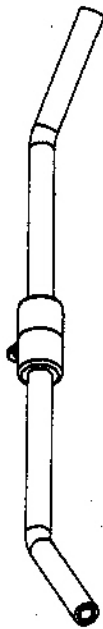


AQ [1PCS]
BOX 3 OF 9



EXM-4000.1 PARTS ILLUSTRATION SHEET

AR [1PCS]
BOX 5 OF 9



AS [1PCS]
BOX 5 OF 9



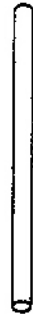
AT [1PCS]
BOX 5 OF 9



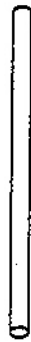
AV [6PCS]
BOX 9 OF 9



AW [3PCS] $\phi 1"$ X510L
BOX 5 OF 9



AX [1PCS] $\phi 1"$ X560L
BOX 5 OF 9



AY [6PCS]
BOX 4 OF 9



AZ [2PCS]
BOX 6 OF 9



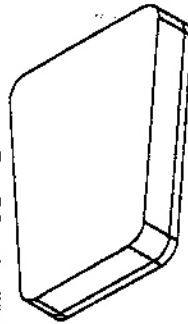
BB [4PCS]
BOX 7 OF 9



BA [8PCS]
BOX 7 OF 9



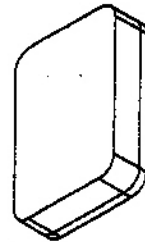
BC [1PCS]
BOX 5 OF 9



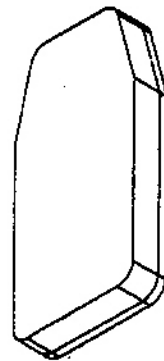
BD [1PCS]
BOX 5 OF 9



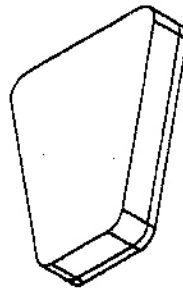
BE [1PCS]
BOX 8 OF 9



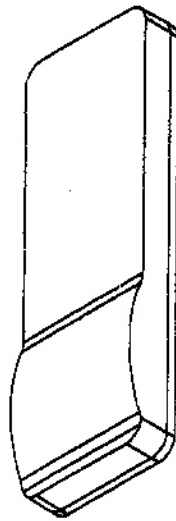
BF [1PCS]
BOX 8 OF 9

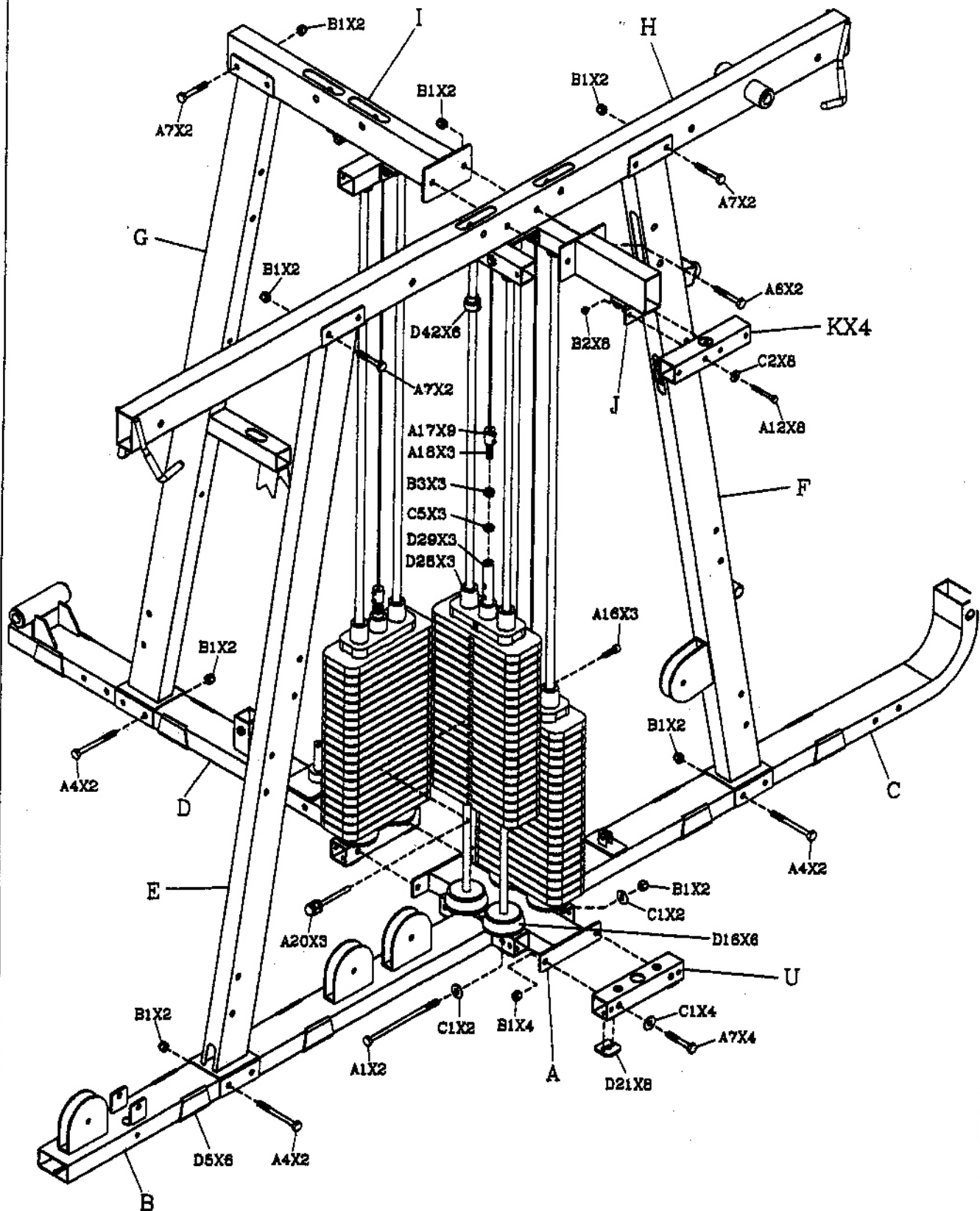


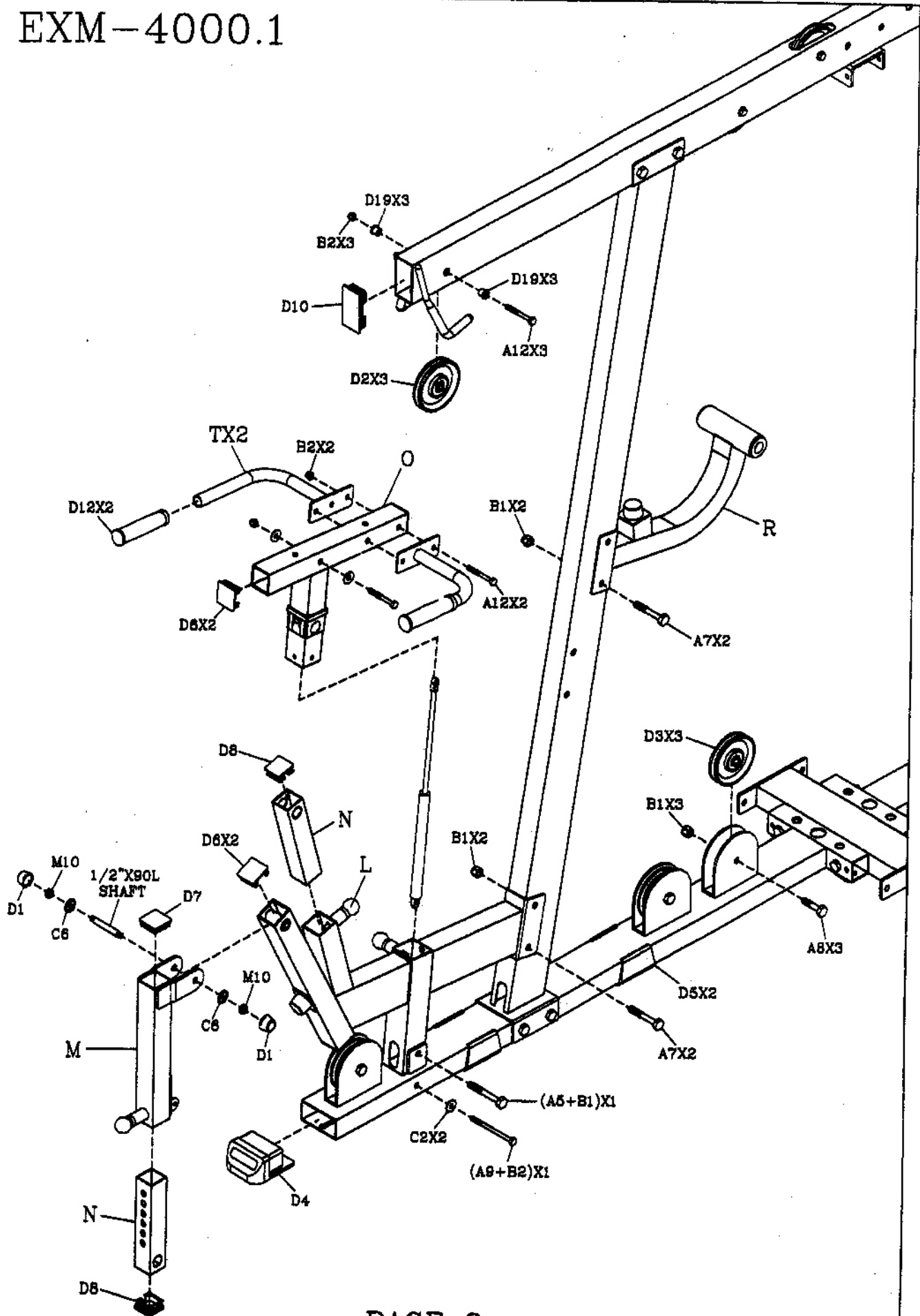
BG [1PCS]
BOX 4 OF 9

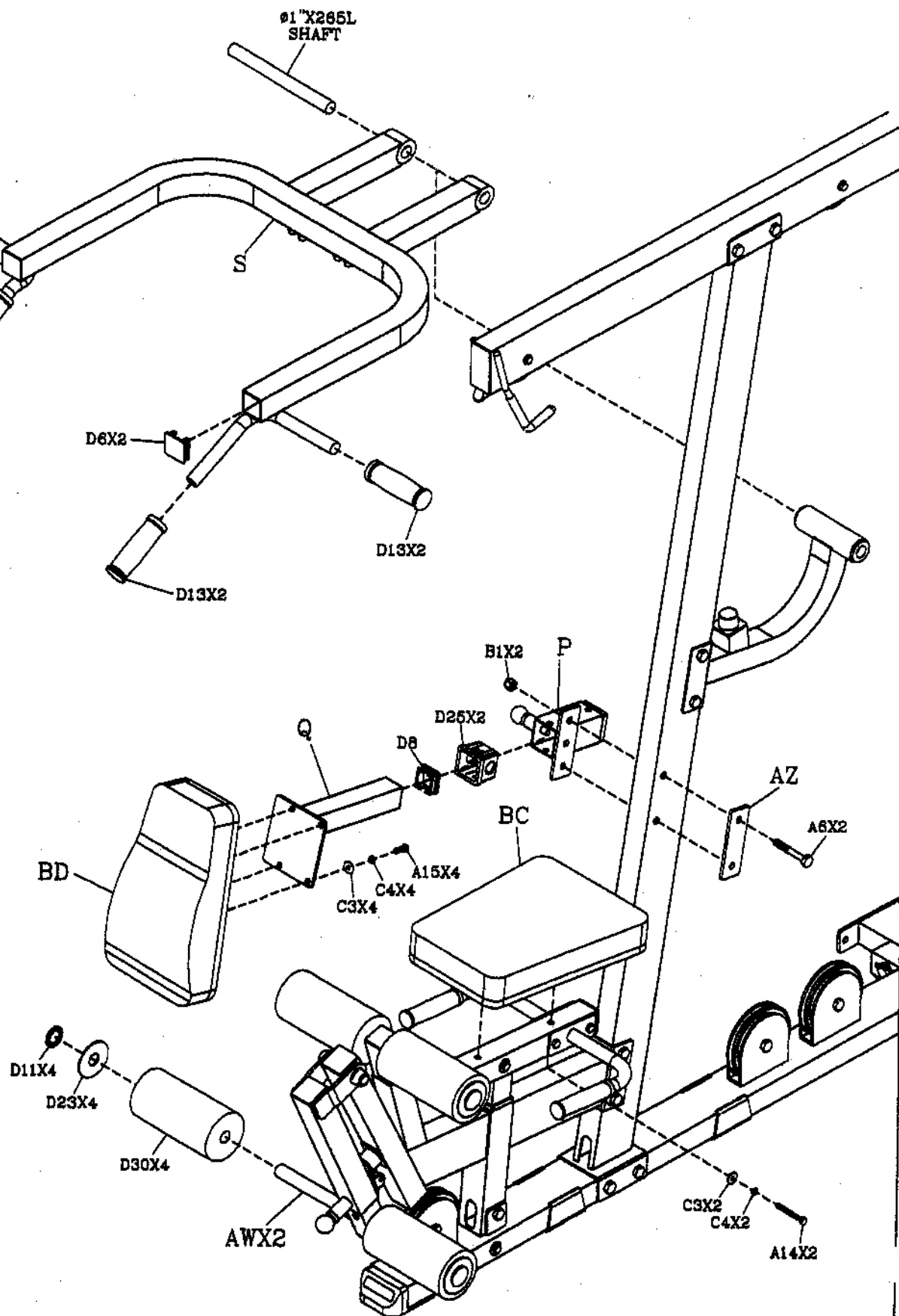


BH [1PCS]
BOX 4 OF 9



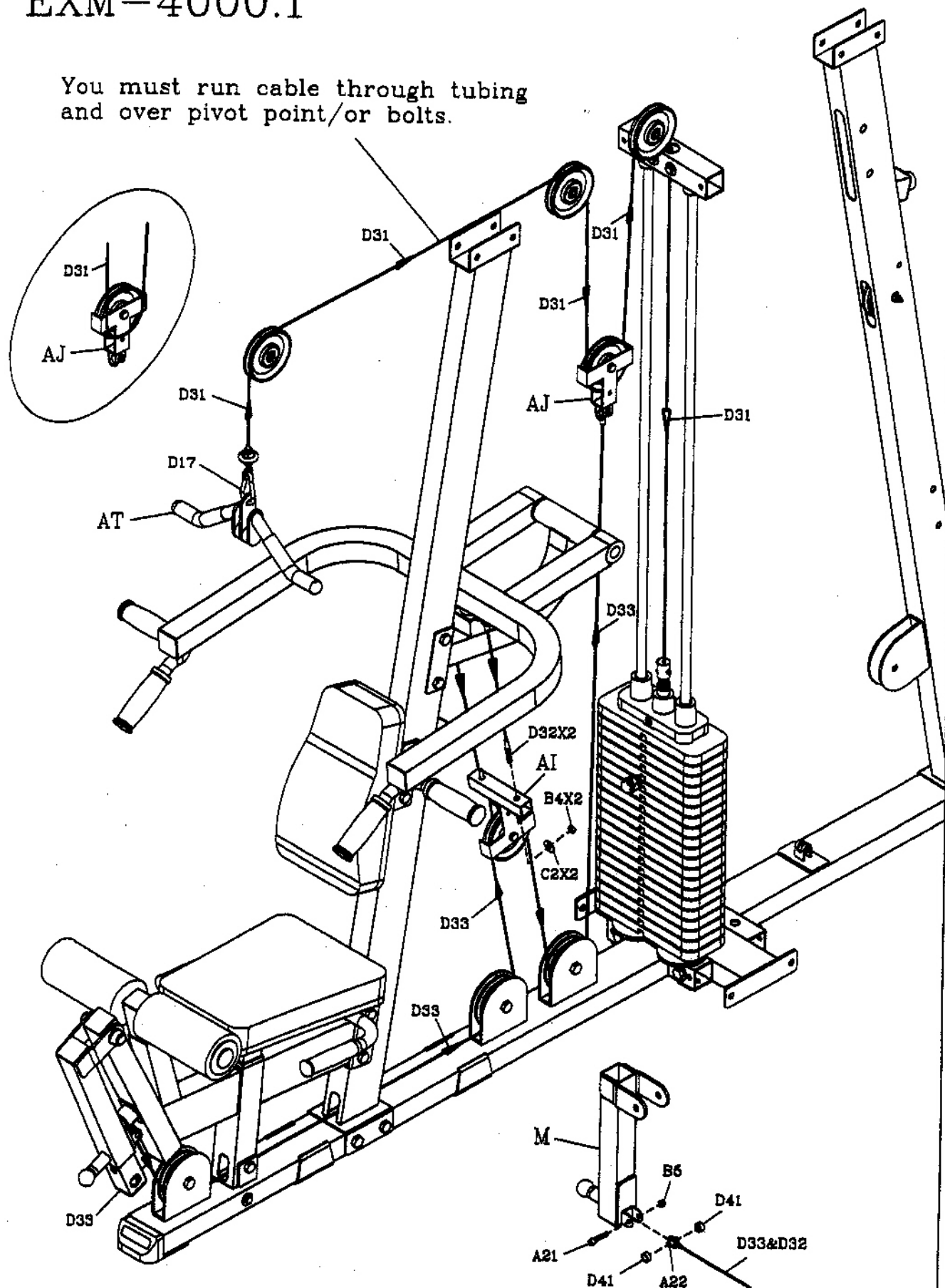






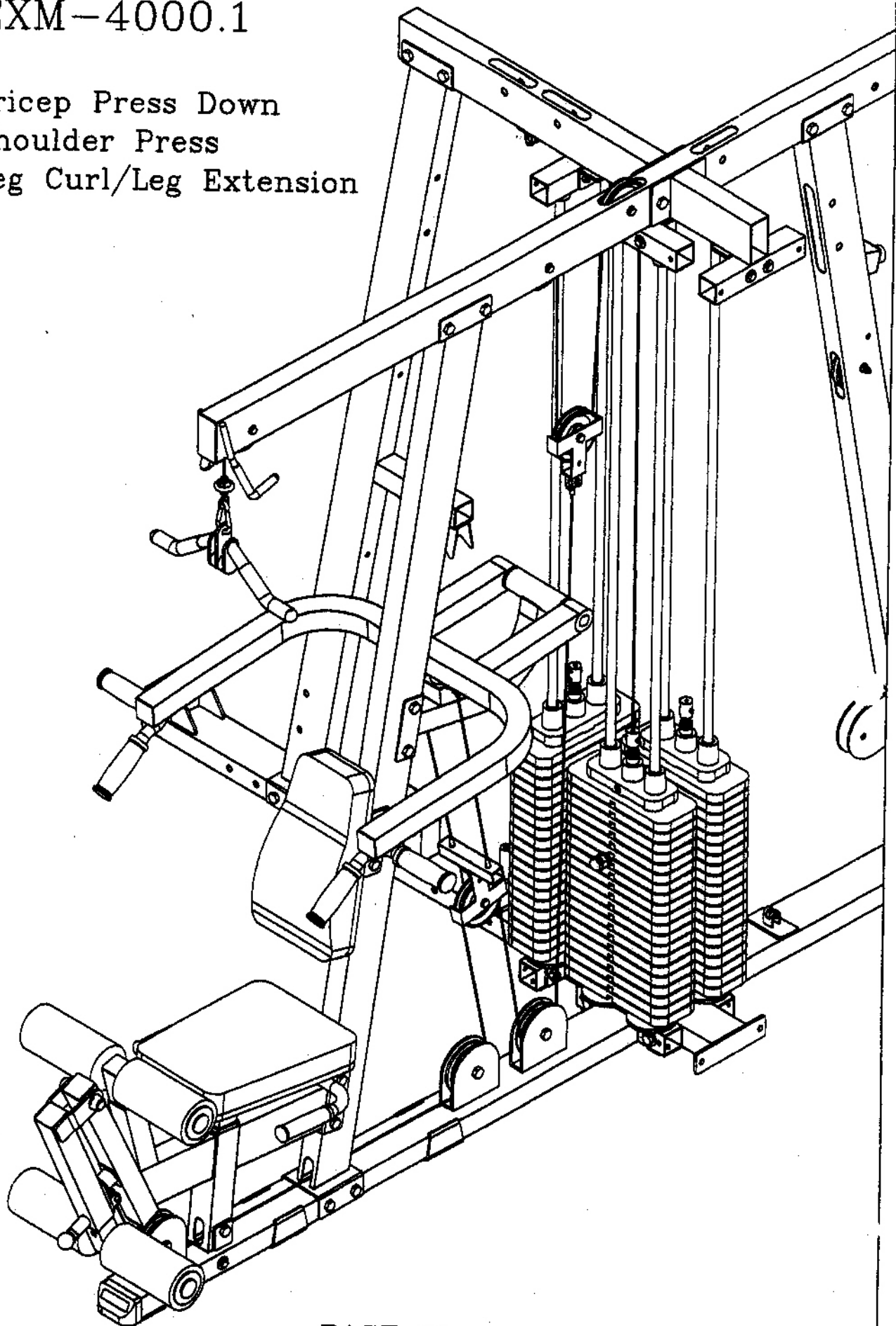
EXM-4000.1

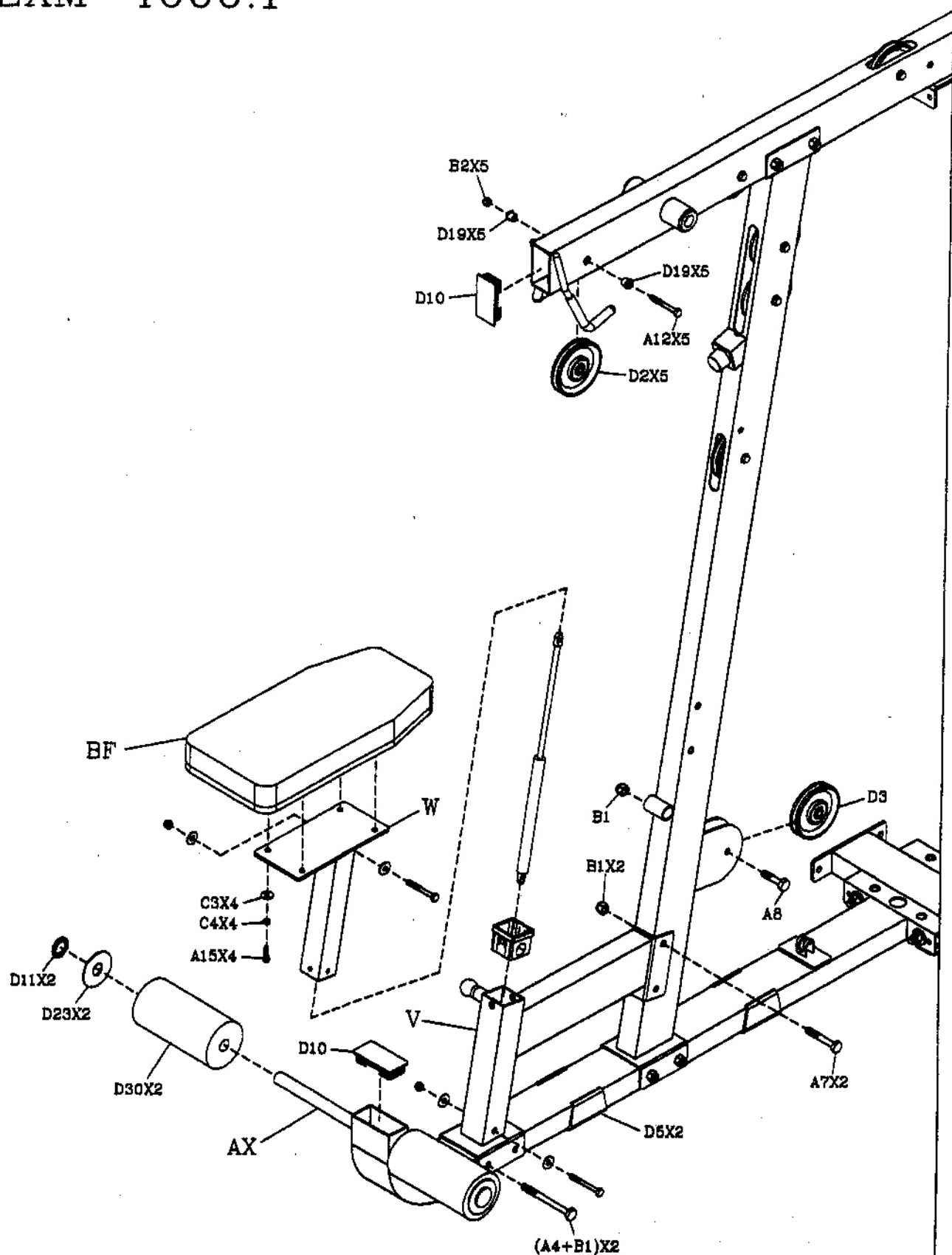
You must run cable through tubing
and over pivot point/or bolts.

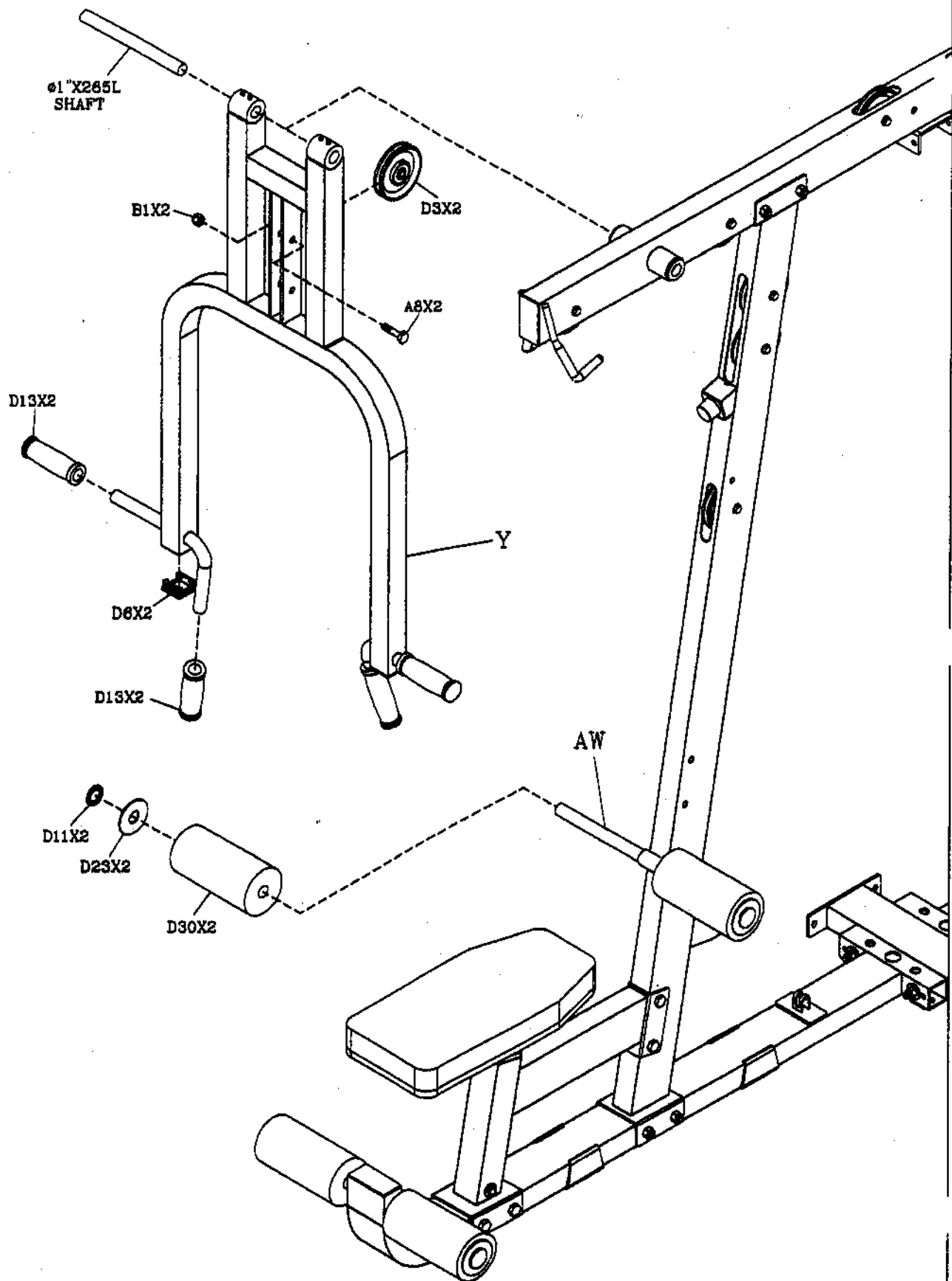


EXM-4000.1

Tricep Press Down
Shoulder Press
Leg Curl/Leg Extension





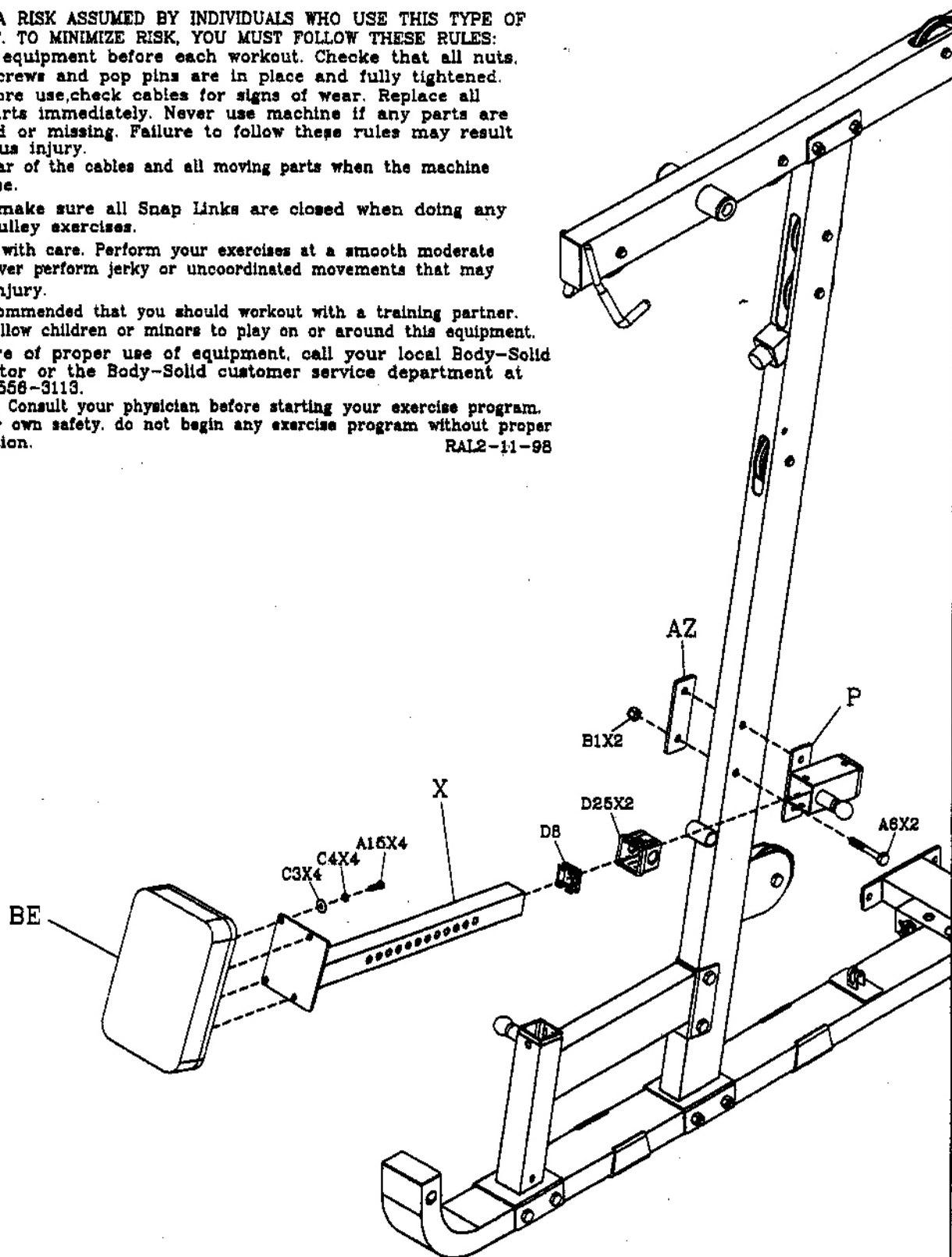


EXM-4000.1

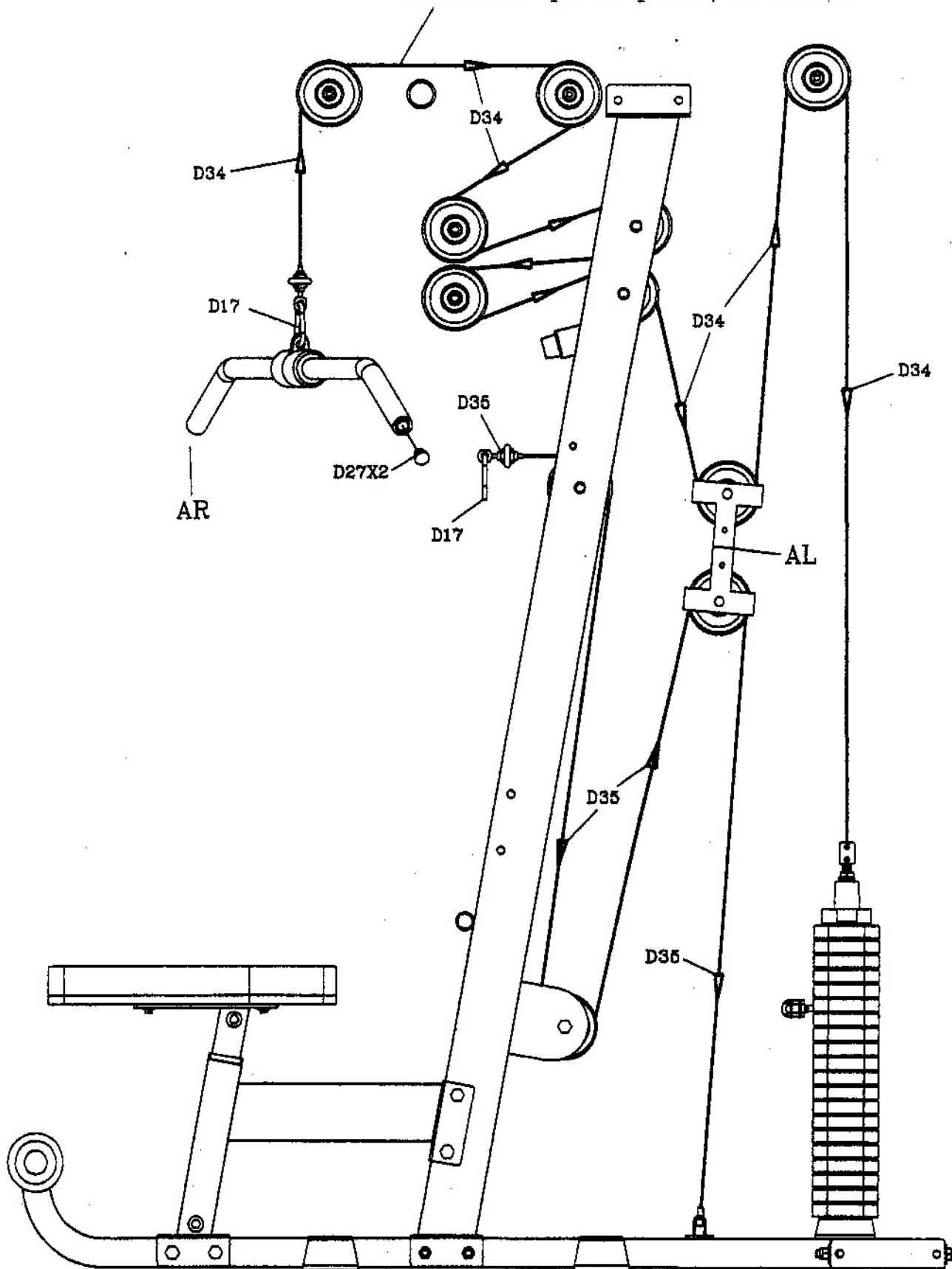
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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 1-800-858-3113.
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

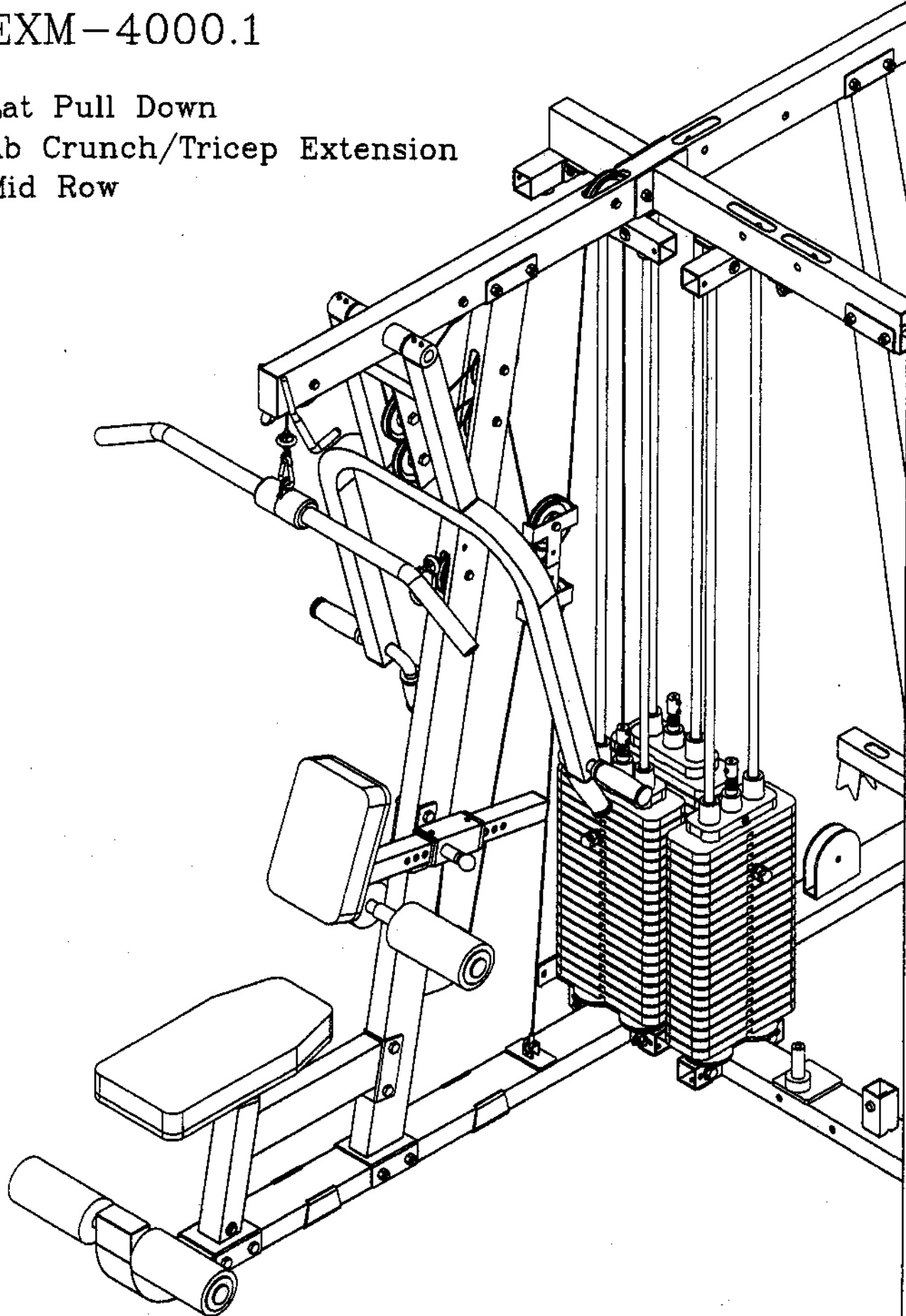


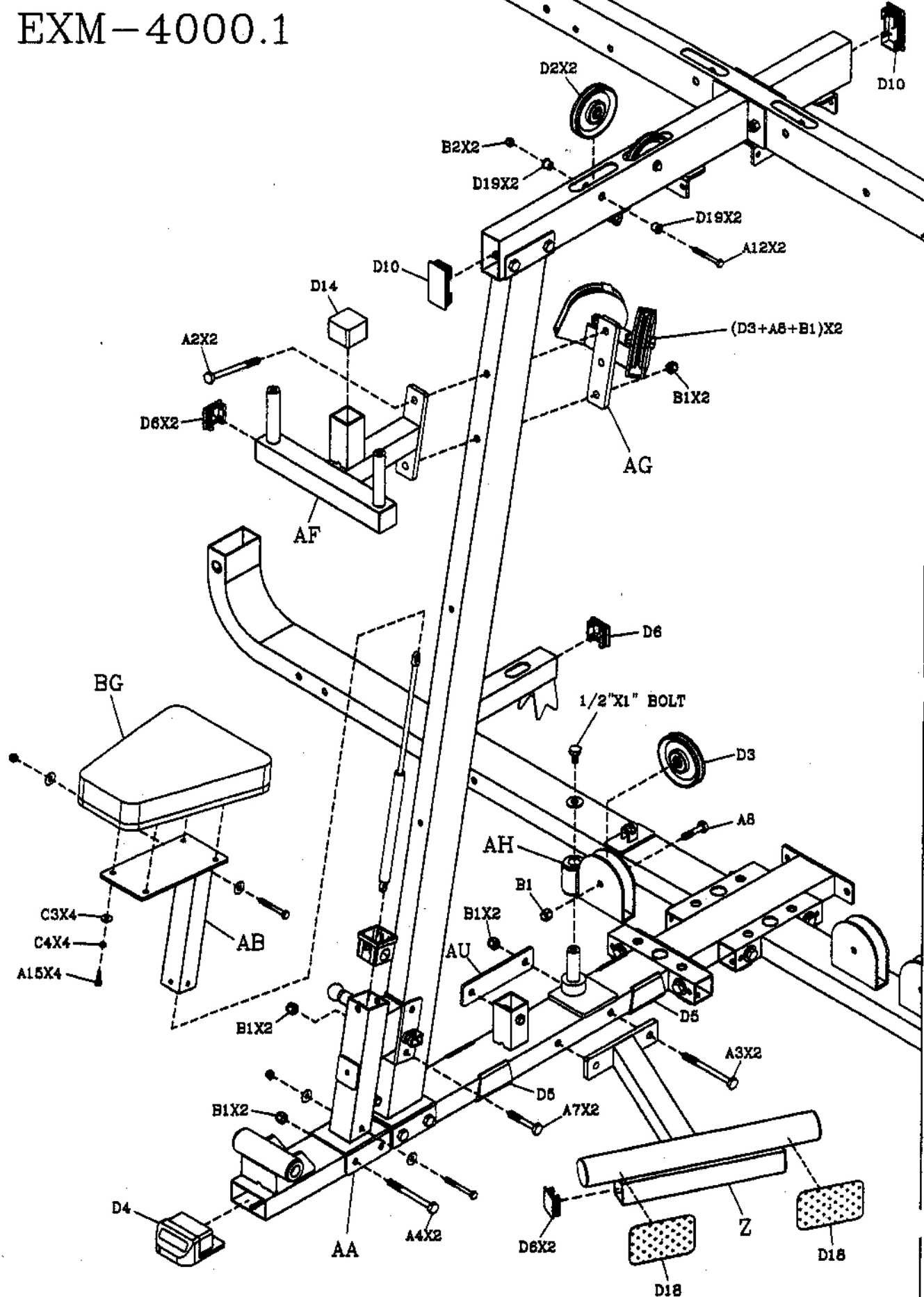
You must run cable through tubing
and over pivot point/or bolts.

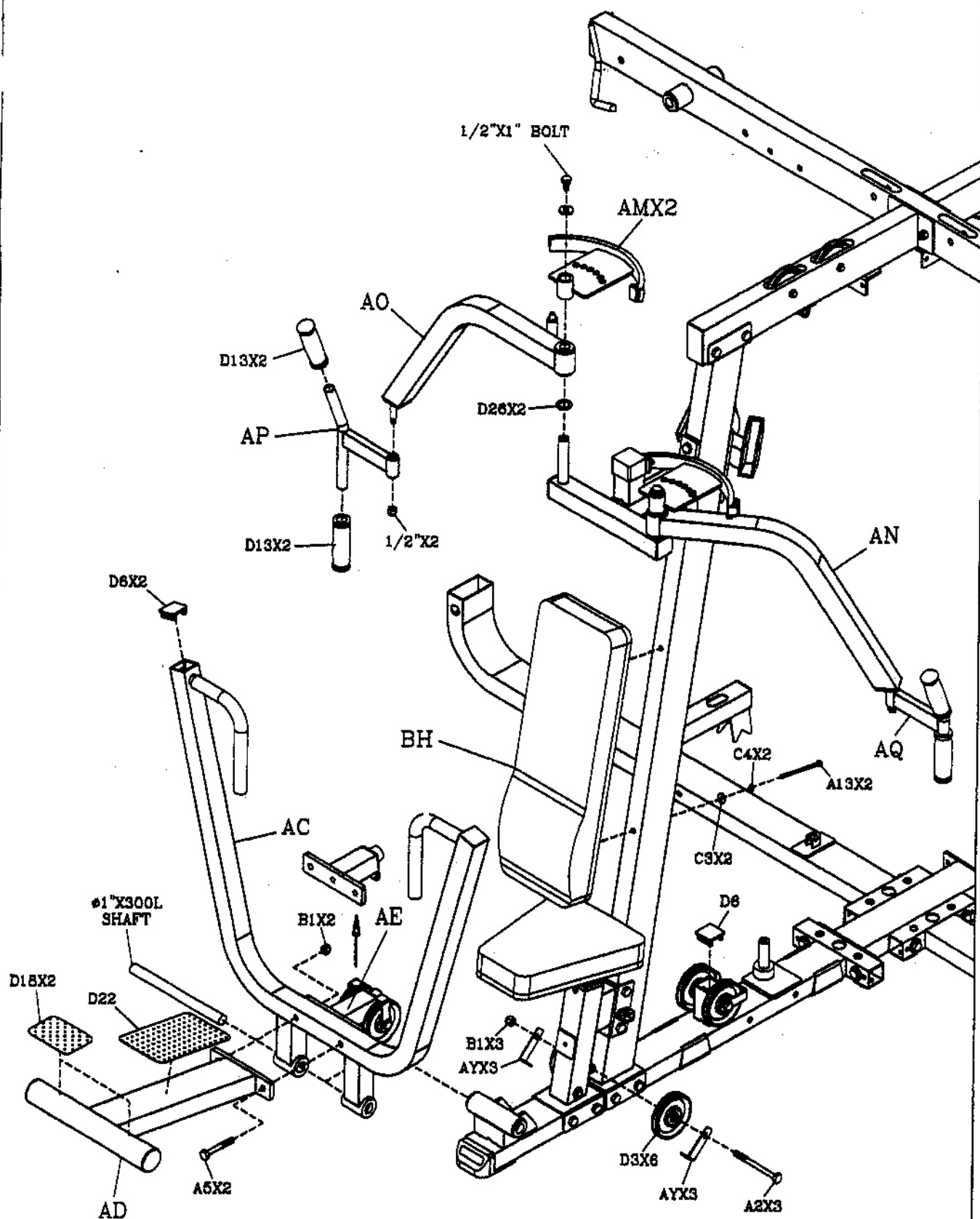


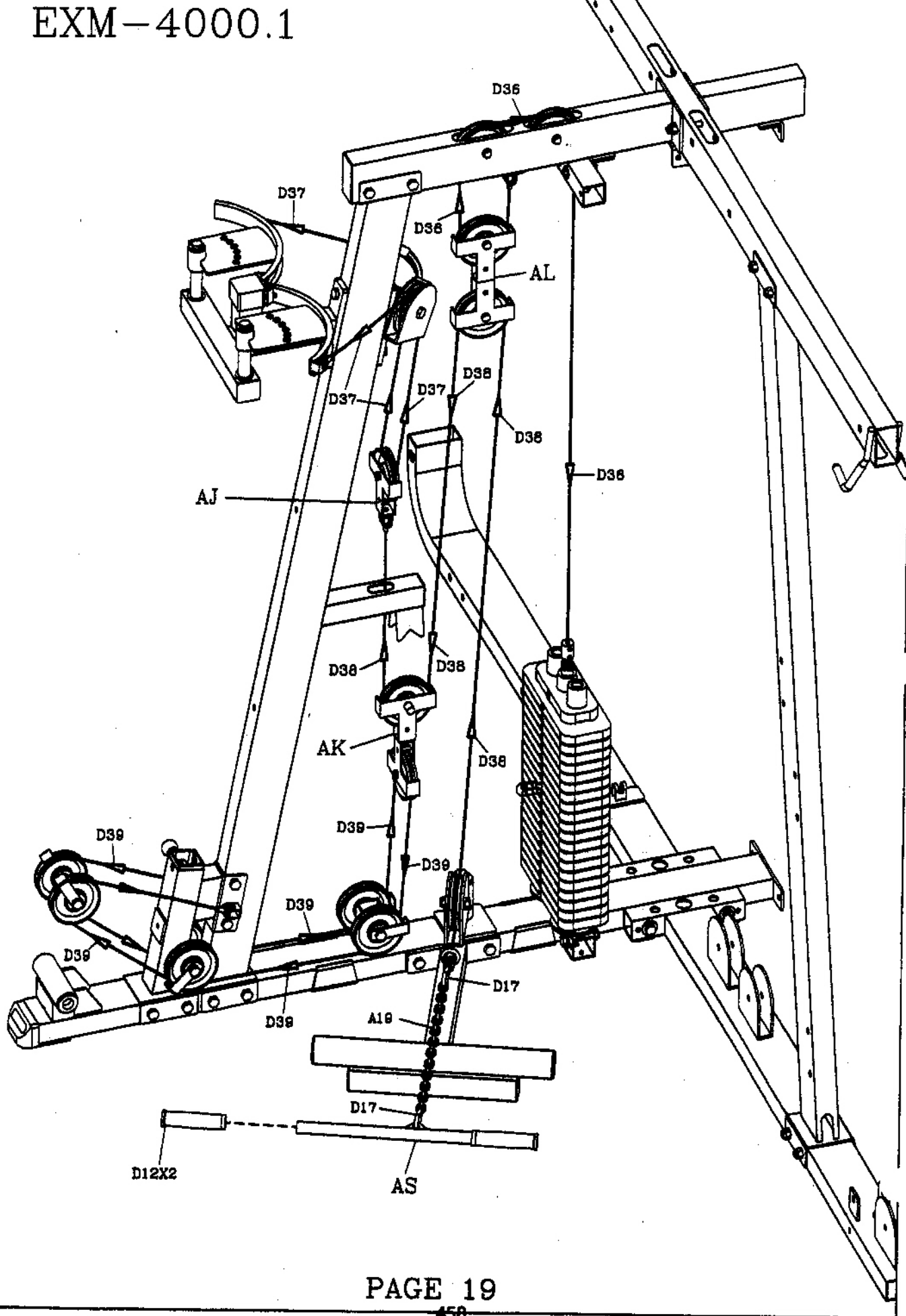
EXM-4000.1

Lat Pull Down
Ab Crunch/Tricep Extension
Mid Row









EXM-4000.1

Pectoral Fly
Bench Press
Low Pulley

