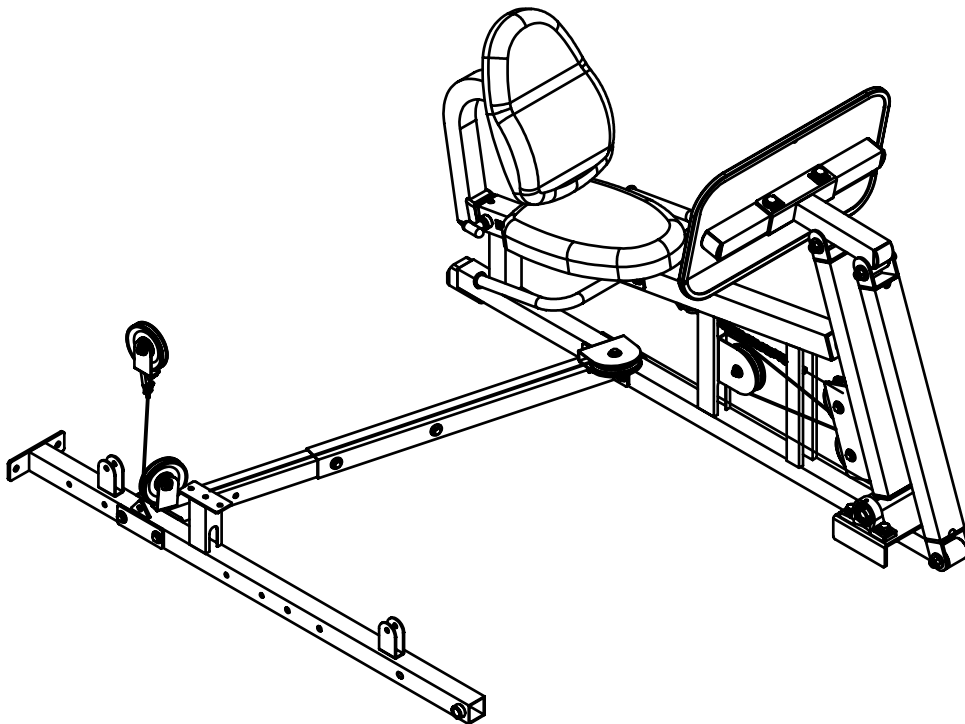


# Body-Solid

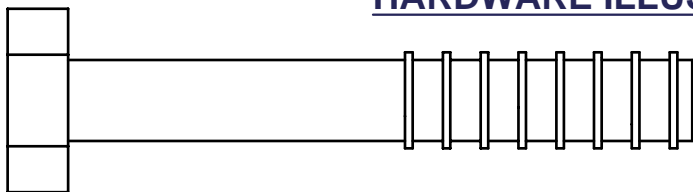


BODY-SOLID, Inc.  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA  
Phone: (708) 427-3555  
Fax: (708) 427-3556  
[www.bodysolid.com](http://www.bodysolid.com)

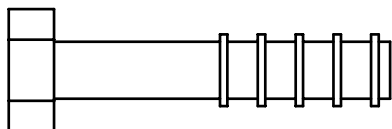
## GLP OWNER'S MANUAL

# GLP ASSEMBLY INSTRUCTIONS

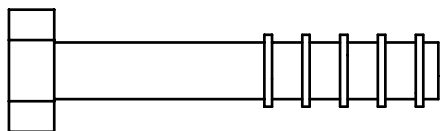
## HARDWARE ILLUSTRATION



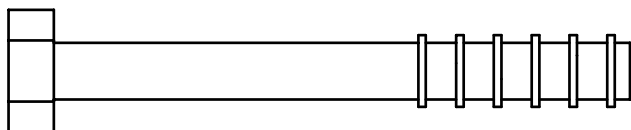
(A1)HEX BOLT 1/2"X3 1/4" PARTIAL THREAD QTY.2



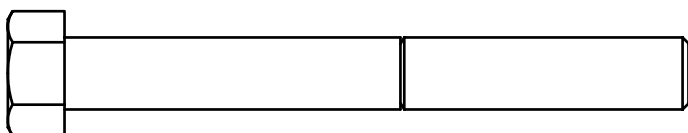
(A2)HEX BOLT 3/8"X1 3/4" PARTIAL THREAD QTY.3



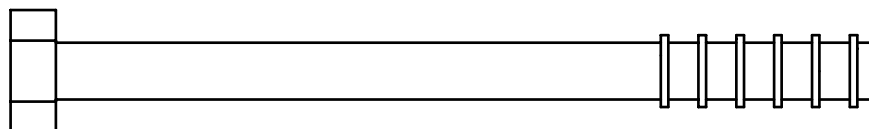
(A3)HEX BOLT 13/8"X2" PARTIAL THREAD QTY.2



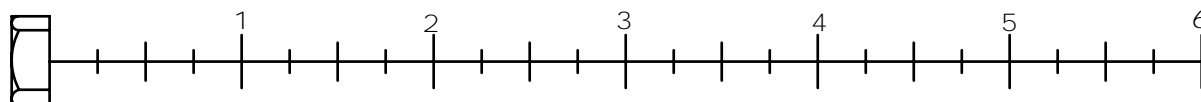
(A4)HEX BOLT 3/8"X3" PARTIAL THREAD QTY.4



(A5)HEX BOLT 3/8"X3 1/4" PARTIAL THREAD QTY.2

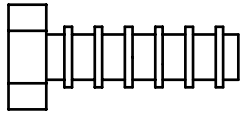


(A7)HEX BOLT 3/8"X4 1/4" PARTIAL THREAD QTY.2

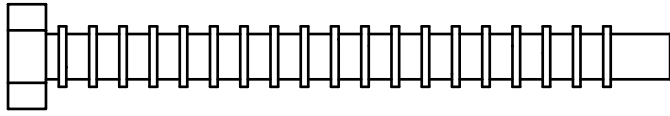


# GLP ASSEMBLY INSTRUCTIONS

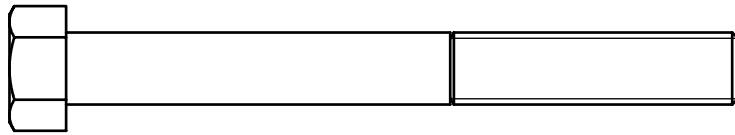
## HARDWARE ILLUSTRATION



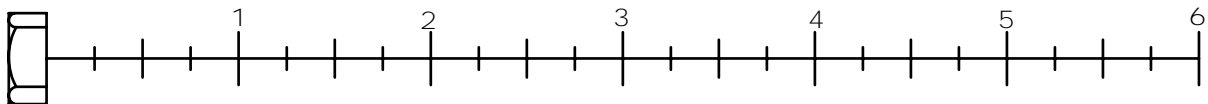
(A8)HEX BOLT 5/16"X1" PARTIAL THREAD QTY.4



(A9)HEX BOLT 5/16"X3 3/4" PARTIAL THREAD QTY.2

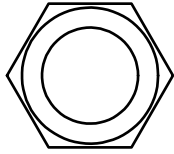
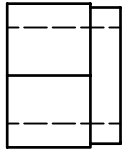


(A10)HEX BOLT 3/8"X2 1/2" PARTIAL THREAD QTY.2

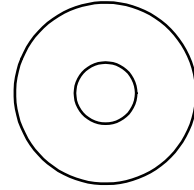


# GLP ASSEMBLY INSTRUCTIONS

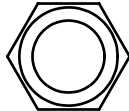
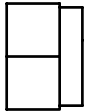
## HARDWARE ILLUSTRATION



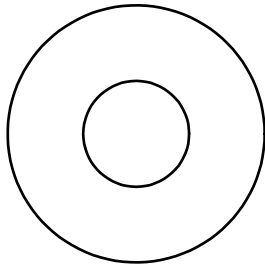
(B1) NYLON LOCK NUT 1/2" QTY.2



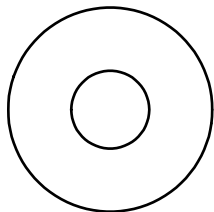
(C4) 5/16" (I.D.) FLAT WASHER Ø24 QTY.6



(B2) NYLON LOCK NUT 3/8" QTY.15



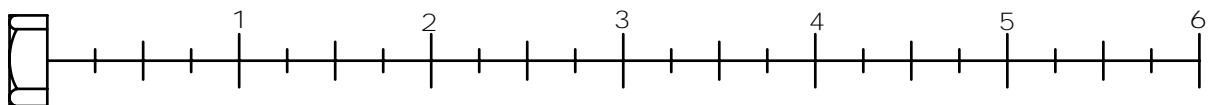
(C1) 1/2" (I.D.) FLAT WASHER Ø34 QTY.4



(C2) 3/8" (I.D.) FLAT WASHER Ø27 QTY.30



(C3) 5/16" SPRING WASHER QTY.6



# GLP ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

- D1.  $\varnothing$ 6 Spring Snap Link (8810-001)-----[1PCS]
- D2.  $\square$ 50x2.5T Round End Cap (9211-088)-----[4PCS]
- D3. 2"x2" Foot Cap (9211-025)-----[1PCS]
- D4. 45X60 Nylon Bushing (9211-047)-----[1PCS]
- D6. 45X50 Rubber Dount(9212-039)-----[1PCS]
- D7.  $\varnothing$ 1 Round End Cap (9260-021)-----[2PCS]
- D8. 4205 Steel Cable-----[1PCS]
- D9.  $\varnothing$ 4 1/4" Pulley(9213-002C)-----[5PCS]

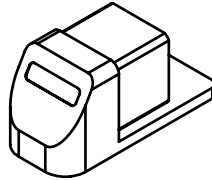
D1



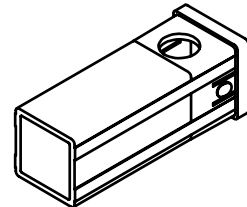
D2



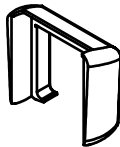
D3



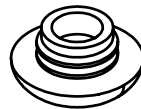
D4



D6



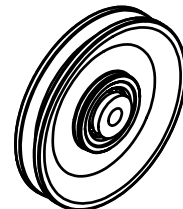
D7



D8



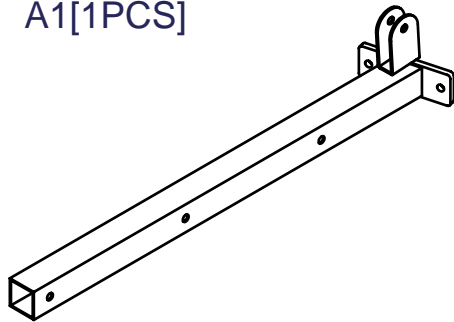
D9



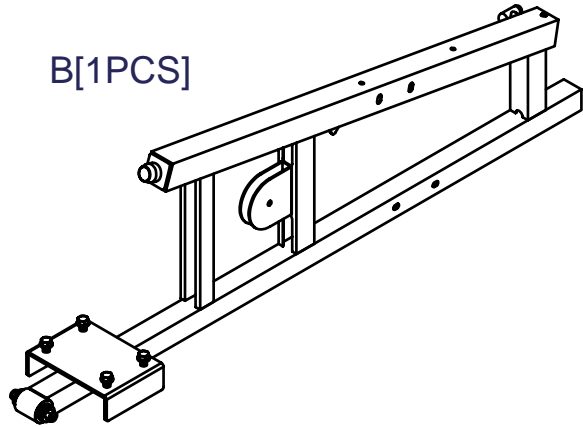
# GLP ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

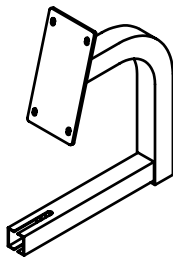
A1[1PCS]



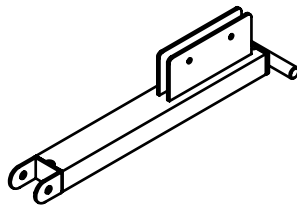
B[1PCS]



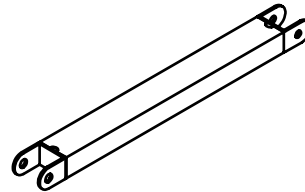
C[1PCS]



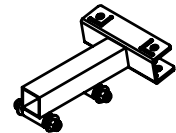
D[1PCS]



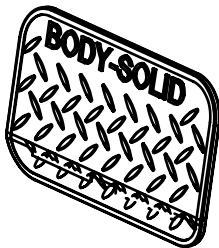
E[1PCS]



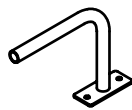
F[1PCS]



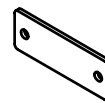
G[1PCS]



H[2PCS]



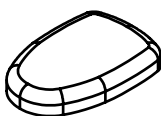
J[2PCS]  
8312-090



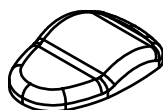
K[2PCS]  
8510-005



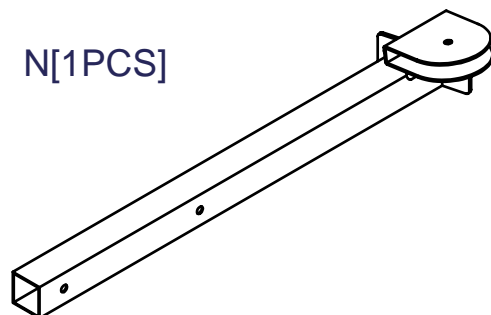
L[1PCS]  
9121-045



M[1PCS]  
9111-049



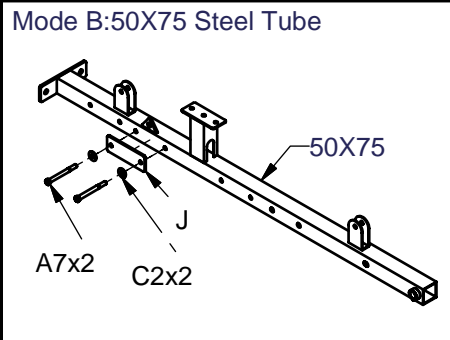
N[1PCS]



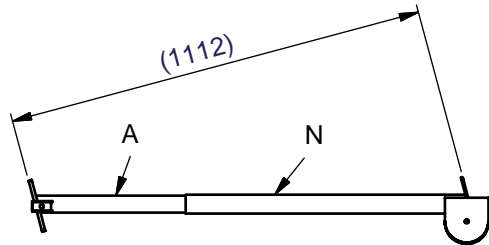
# GLP-072004

IF Mode A: □50X50 Steel Tube  
 uses A4 Bolt for G6B,G5S--(2PCS each)

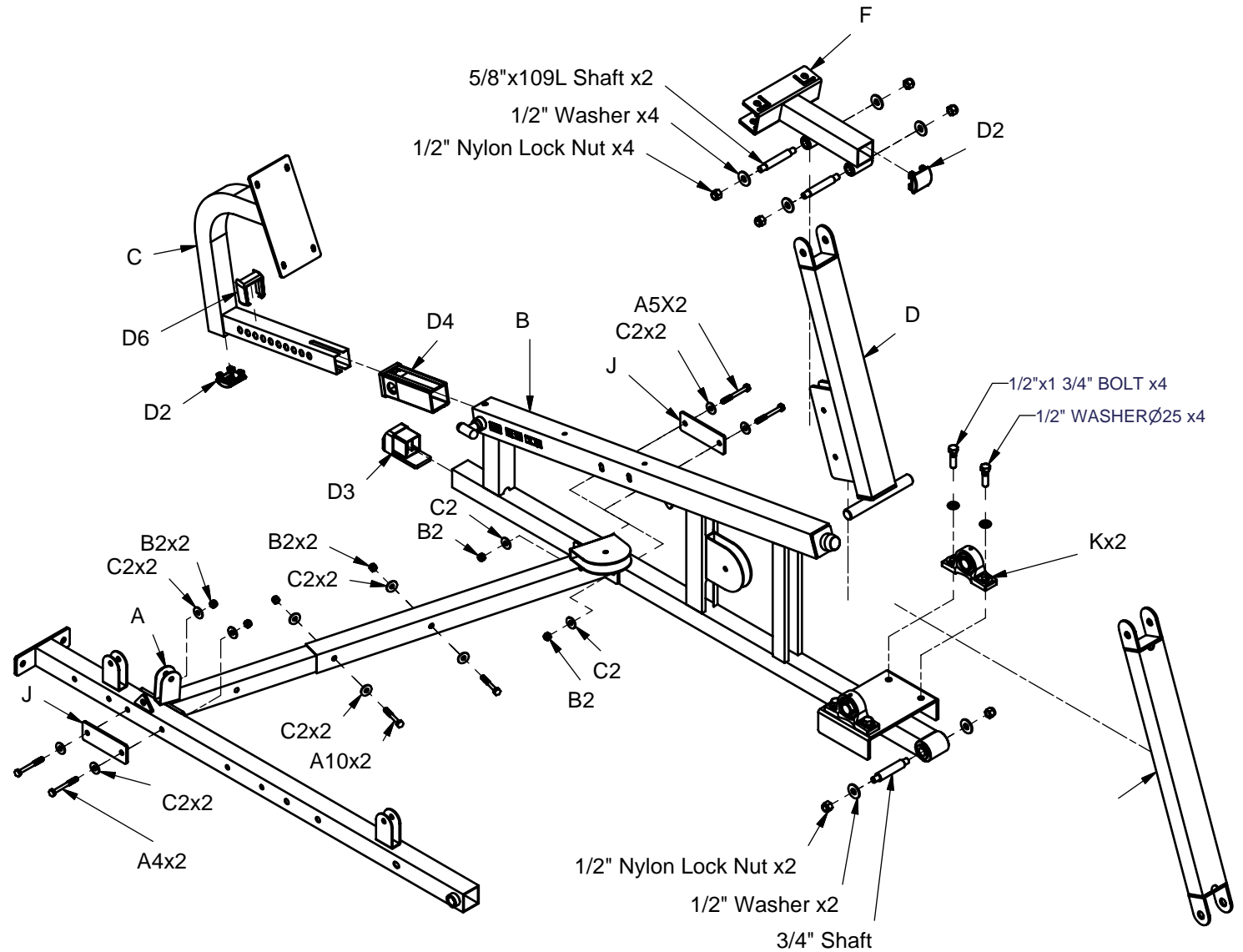
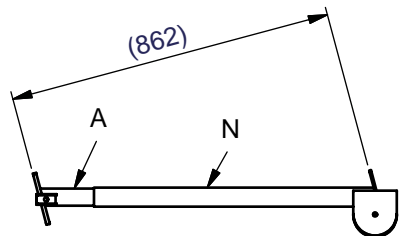
IF Mode B: □50X75 Steel Tube  
 uses A7 Bolt for G10B--(2PCS each)

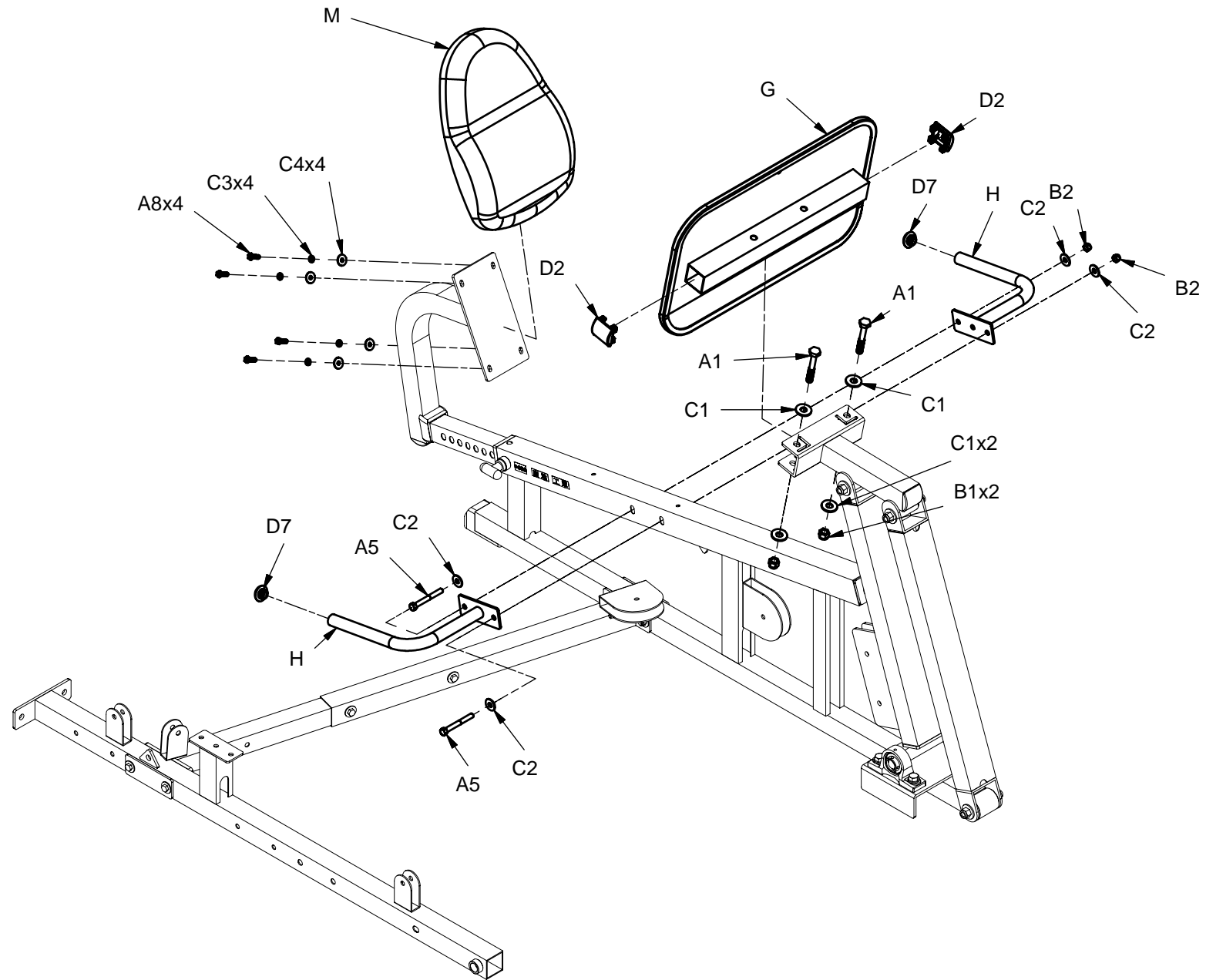


Please adjust the length between A1 to N  
 approximately to 1112mm  
 Suitable TO model:G6B,G5S,G10B

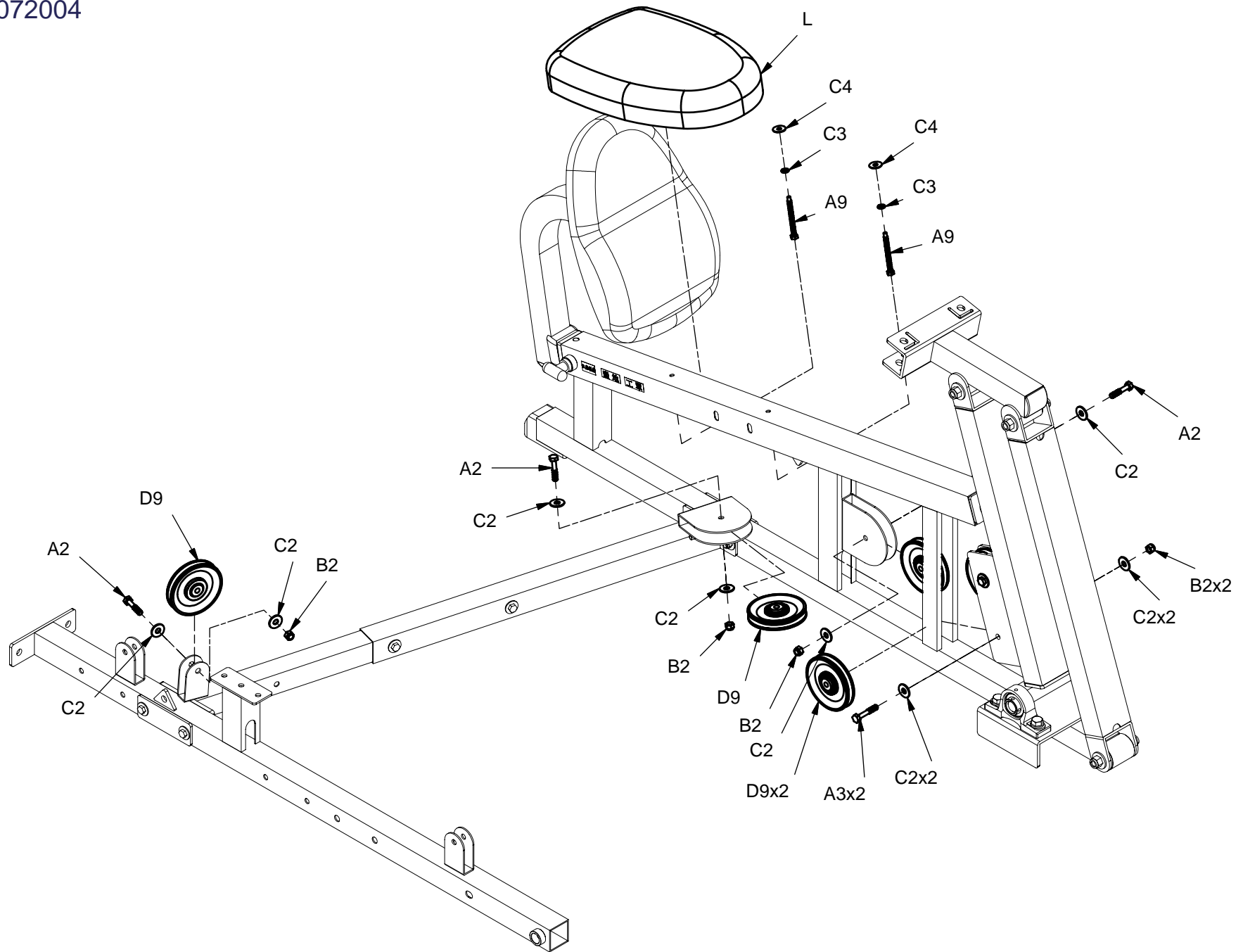


Please adjust the length between A1 to N  
 approximately to 862mm  
 Suitable TO model:G2B,G3S,G4I











Suitable to model:G2B,G3S,G4I

Suitable to model:G6B,G5S,G10B

