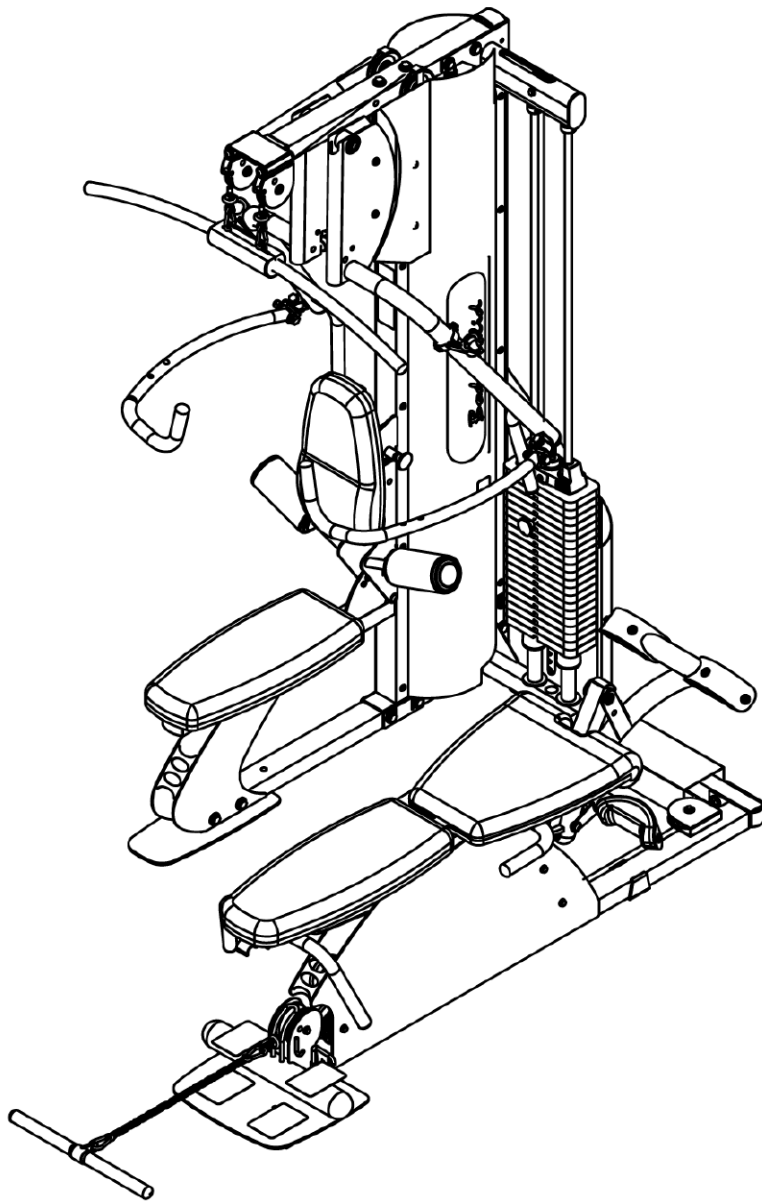


Body-Solid

G8I



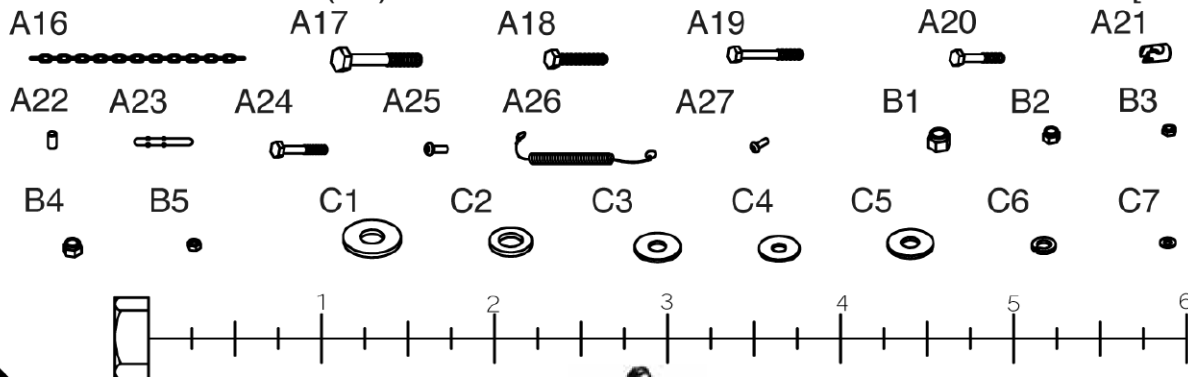
BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

G8I OWNER'S MANUAL

G8I ASSEMBLY INSTRUCTIONS

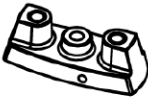
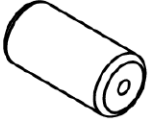
HARDWARE ILLUSTRATION

A1		A1. 1/2"X4 1/4" HEX HEAD BOLT-----	[10PCS]
A2		A2. 1/2"X3" HEX HEAD BOLT-----	[8PCS]
A3		A3. 1/2"X2 3/4" HEX HEAD BOLT-----	[1PCS]
A4		A4. 3/8"X4 1/4"HEX HEAD BOLT-----	[2PCS]
A5		A5. 3/8"X4" HEX HEAD BOLT-----	[4PCS]
A6		A6. 3/8"X3 3/4" HEX HEAD BOLT-----	[1PCS]
A7		A7. 3/8"X1 3/4" HEX HEAD BOLT-----	[8PCS]
A8		A8. 5/16"X2" HEX HEAD BOLT-----	[2PCS]
A9		A9. 5/16"X1" HEX HEAD BOLT-----	[14PCS]
A10		A10. 3/8"X2" ROUND BOLT -----	[1PCS]
A11		A11. 5/16"X3/4" ROUND BOLT-----	[8PCS]
A12		A12. M10x80L ROUND BOLT-----	[2PCS]
A13		A13. M10x65L ROUND BOLT-----	[4PCS]
A14		A14. M10x40L ROUND BOLT-----	[2PCS]
A15		A15. 10LB PIN(8250-071)-----	[1PCS]
A16		A16. STEEL CHAIN -----	[1PCS]
A17		A17. 1/2"X3 1/2" HEX HEAD BOLT-----	[2PCS]
A18		A18. 5/16"X1 3/4" HEX HEAD BOLT-----	[1PCS]
A19		A19. 3/8"X3" HEX HEAD BOLT-----	[2PCS]
A20		A20. 3/8"X2" HEX HEAD BOLT-----	[1PCS]
A21		A21. Firm sheath(8890-010) -----	[1PCS]
A22		A22. 1/2"x21 SLEEVE-----	[1PCS]
A23		A23. ø10x85L PIN(8250-023)-----	[1PCS]
A24		A24. 1/2"X3 1/4" HEX HEAD BOLT-----	[1PCS]
A25		A25. M10X30L ROUND BOLT-----	[1PCS]
A26		A26. ELASTIC BELT-----	[1PCS]
A27		A27. M4X12L ROUND INNER HEX SCREW-----	[2PCS]
B1		B1. 1/2" Nylon Lock Nut-----	[19PCS]
B2		B2. 3/8" Nylon Lock Nut-----	[18PCS]
B3		B3. M10 Nylon Lock Nut-----	[9PCS]
B4		B4. 5/16" Nylon Lock Nut-----	[1PCS]
B5		B5. M4 Lock Nut-----	[2PCS]
C1		C1. 1/2"Xø34 (I.D)WASHER-----	[33PCS]
C2		C2. 1/2"Xø25 (I.D)WASHER-----	[8PCS]
C3		C3. 3/8" WASHER-----	[21PCS]
C4		C4. 5/16" WASHER-----	[26PCS]
C5		C5. M10 WASHER-----	[12PCS]
C6		C6. 5/16" SPRING WASHER-----	[24PCS]
C7		C7. M4(I.D) WASHER-----	[4PCS]



G8I ASSEMBLY INSTRUCTIONS

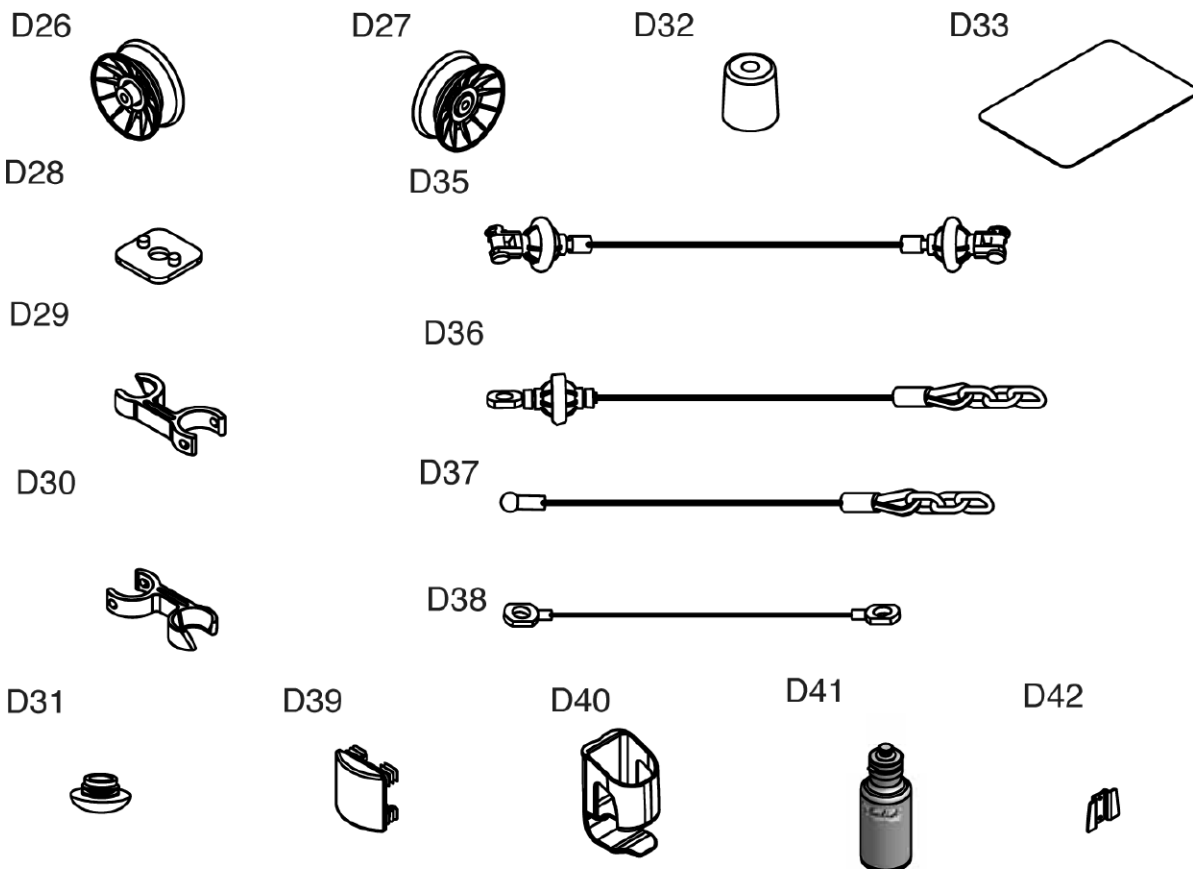
HARDWARE ILLUSTRATION

- | | | |
|-----|---|--|
| D1 |  | D1. $\phi 3/4$ "X8L STEEL BUSHING (8110-014)-----[2PCS] |
| D3 |  | D2. WEIGHT SELECTOR BAR (8210-070A)-----[1PCS] |
| D4 |  | D3. PULLEY WHEEL BLOCK (8331-017)-----[7PCS] |
| D5 |  | D4. TOP PLATE (8400-006)-----[1PCS] |
| D6 |  | D5. $\phi 16$ X19.5 STEEL BUSHING (8530-015)-----[2PCS] |
| D7 |  | D6. $\phi 16$ X21.5 STEEL BUSHING (8530-010)-----[14PCS] |
| D8 |  | D7. $\phi 8$ SPRING SNAP LINK (8810-001)-----[5PCS] |
| D9 |  | D8. $\phi 4$ "X8" FOAM ROLLER (9161-032)-----[2PCS] |
| D10 |  | D9. 2"X2"X1.8t END CAP (9211-087)-----[1PCS] |
| D11 |  | D10. 2"X2"X2.5t END CAP (9211-006)-----[2PCS] |
| | | D11. 2"X3" END CAP (9211-084)-----[2PCS] |
| | | D12. $\phi 1$ "ROUND END CAP (9211-022)-----[2PCS] |
| | | D13. $\phi 1 1/2$ " ROUND END CAP (9211-023)-----[6PCS] |
| | | D14. 2"X3" FOOT CAP (9211-026)-----[1PCS] |
| | | D15. $\phi 3/4$ " SHAFT COLLAR (9211-046)-----[2PCS] |
| | | D16. $\phi 21.5$ ROUND END CAP (9211-060)-----[1PCS] |
| | | D17. $\phi 16$ X27 STEEL BUSHING (8530-011)-----[2PCS] |
| | | D18. $\phi 2$ " ROUND END CAP (9211-074)-----[2PCS] |
| | | D19. $\phi 60$ ROUND END CAP (9211-075)-----[2PCS] |
| | | D20. $\phi 3$ " ROUND END CAP (9211-076)-----[2PCS] |
| | | D21. 30X60 END CAP (9211-078)-----[2PCS] |
| | | D22. 2"X3" RUBBER DOUNT (9212-011)-----[1PCS] |
| | | D23. $\phi 4 1/4$ " PULLEY (9213-002C)-----[22PCS] |
| | | D24. $\phi 4 1/4$ " PULLEY (9213-002D)-----[2PCS] |
| | | D25. $\phi 3 1/2$ " PULLEY (9213-011A)-----[1PCS] |
-
- | | | | | | | |
|---|---|---|---|---|---|---|
| D12 | D13 | D14 | D15 | D16 | D17 | D18 |
|  |  |  |  |  |  |  |
| D19 | D20 | D21 | D22 | D23 | D24 | |
|  |  |  |  |  |  | |
| D2 | | D25 | | | | |
|  | |  | | | | |

G8I ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

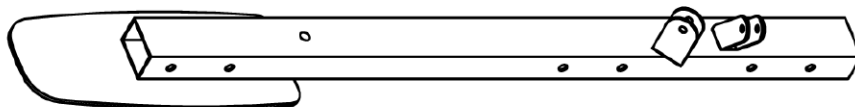
D26. ϕ 110X50 PULLEY (9213-022C)-----	[2PCS]
D27. ϕ 110X50 PULLEY (9213-022B)-----	[1PCS]
D28. 2"X2" RUBBER CANE CAP (9214-002)-----	[2PCS]
D29. ϕ 51X ϕ 38 FASTENING HOLDER (9219-003)-----	[1PCS]
D30. ϕ 51X ϕ 38 FASTENING HOLDER (9219-004)-----	[1PCS]
D31. ϕ 1" ROUND END CAP (9260-021)-----	[6PCS]
D32. ϕ 65X70L RUBBER DOUNT (9310-049)-----	[2PCS]
D33. 95X140mm NO-SLIP TAPE (9310-035) -----	[4PCS]
D35. 6855mm STEEL CABLE-----	[1PCS]
D36. 5510mm STEEL CABLE-----	[1PCS]
D37. 4215mm STEEL CABLE-----	[1PCS]
D38. 1315mm STEEL CABLE-----	[1PCS]
D39. 2"X2"X2.5t END CAP (9211-088)-----	[2PCS]
D40. BOTTLE HOLDER (9260-086)-----	[1PCS]
D41. BOTTLE (9260-107)-----	[1PCS]
D42. IMMOBILE BOARD (8388-025)-----	[1PCS]



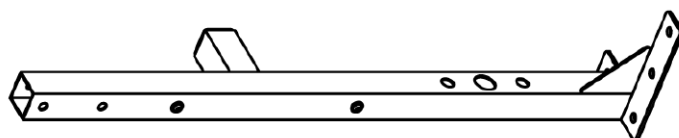
G8I ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

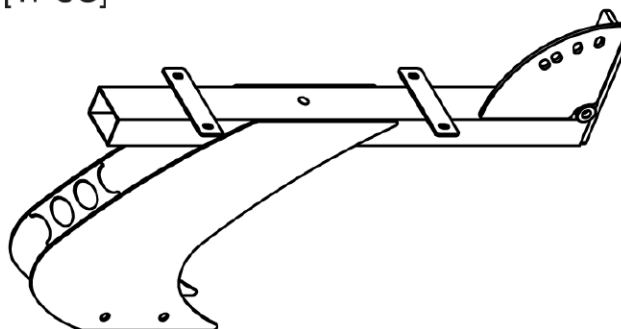
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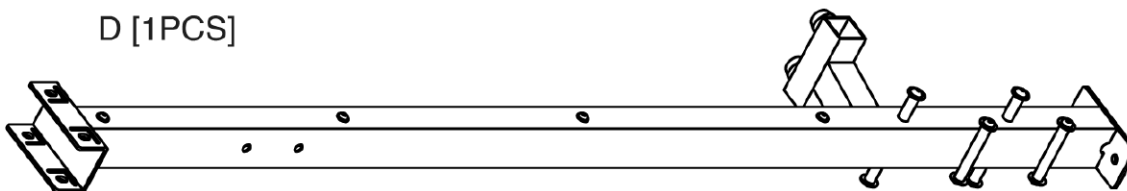
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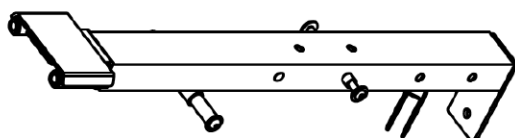
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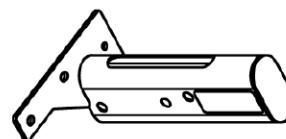
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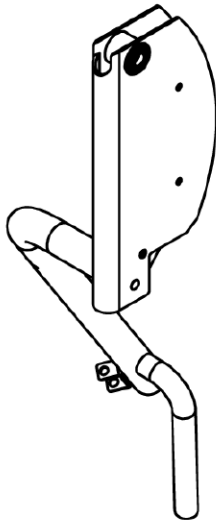
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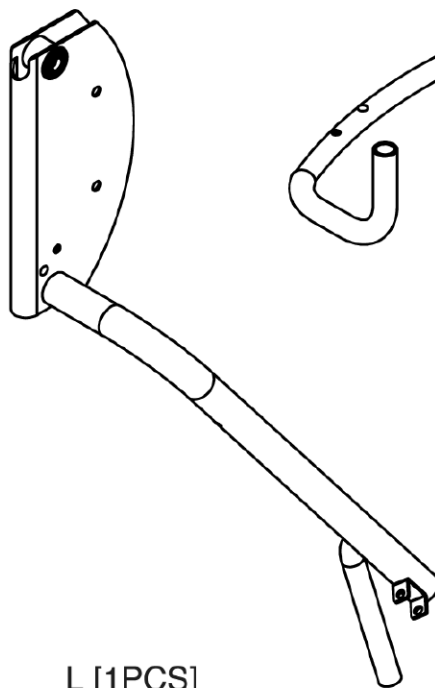
G8I ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

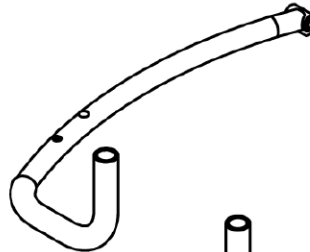
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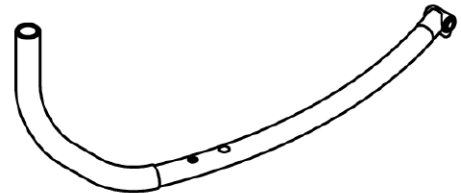
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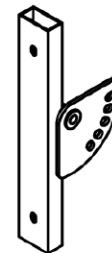
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J [1PCS]



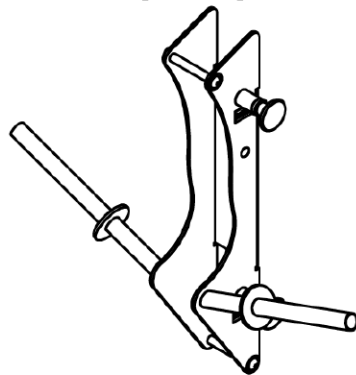
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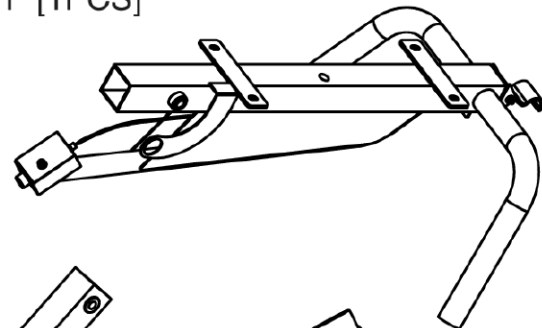
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L [1PCS]



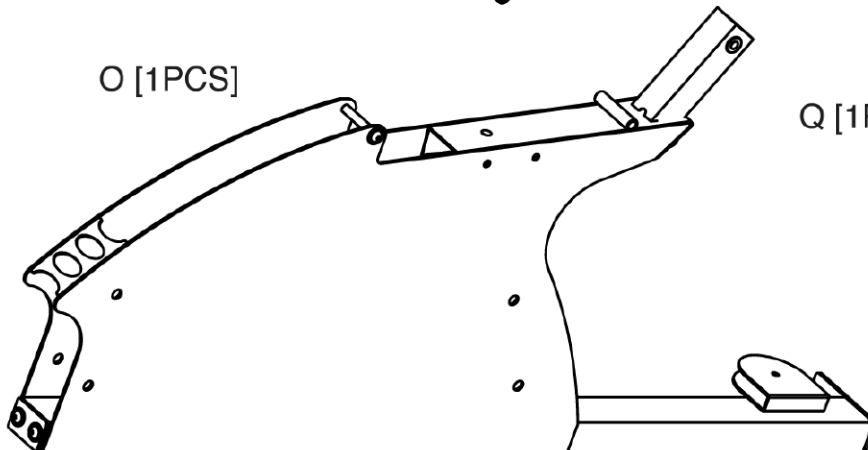
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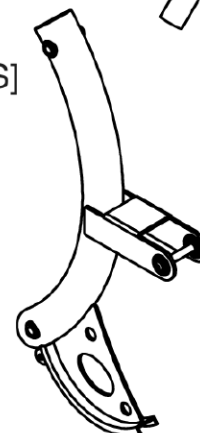
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O [1PCS]



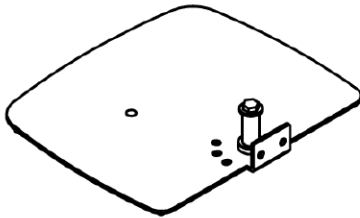
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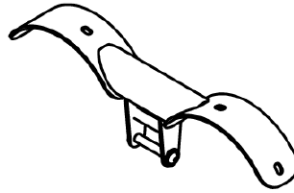
G8I ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

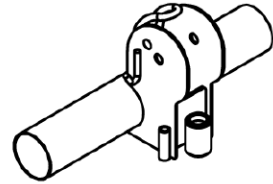
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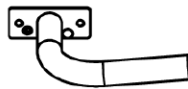
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U [1PCS]



V [1PCS]



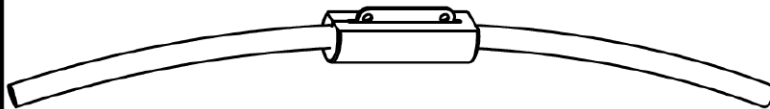
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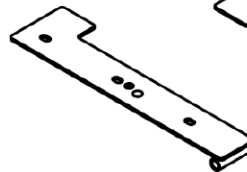
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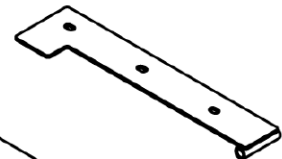
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AA [1PCS]



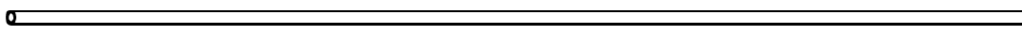
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AB [1PCS]



AC [2PCS]



AD [1PCS]



AE [4PCS]



AF [1PCS]



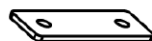
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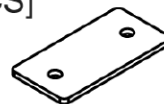
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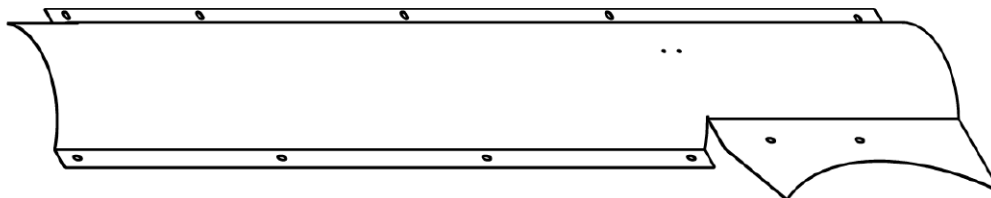
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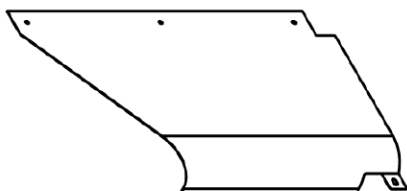
G8I ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

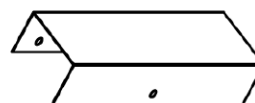
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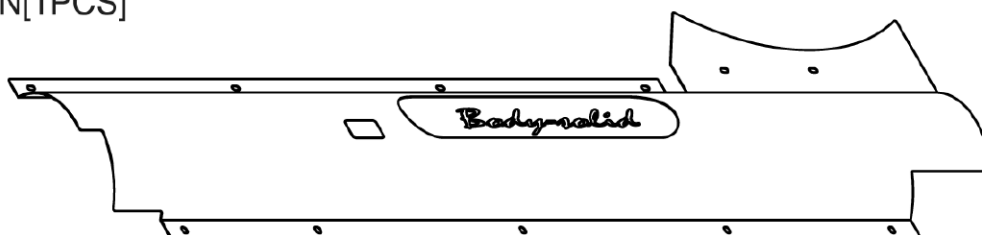
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AL [1PCS]



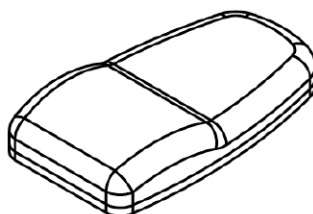
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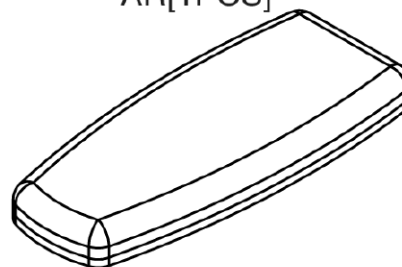
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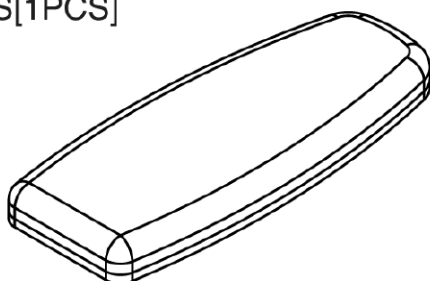
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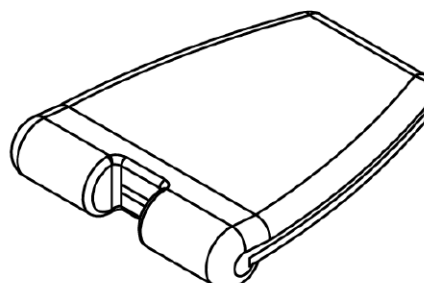
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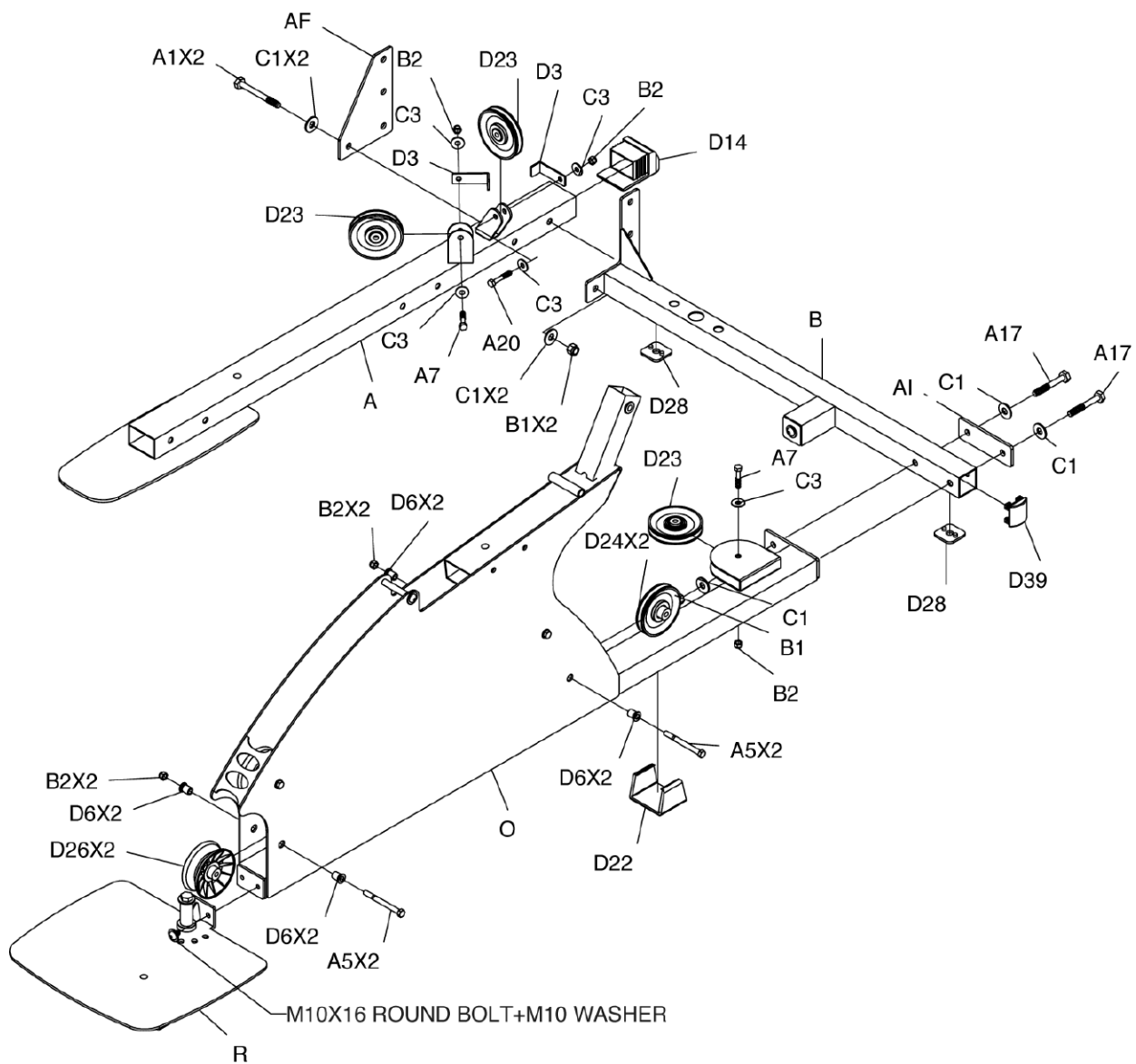


AT[1PCS]



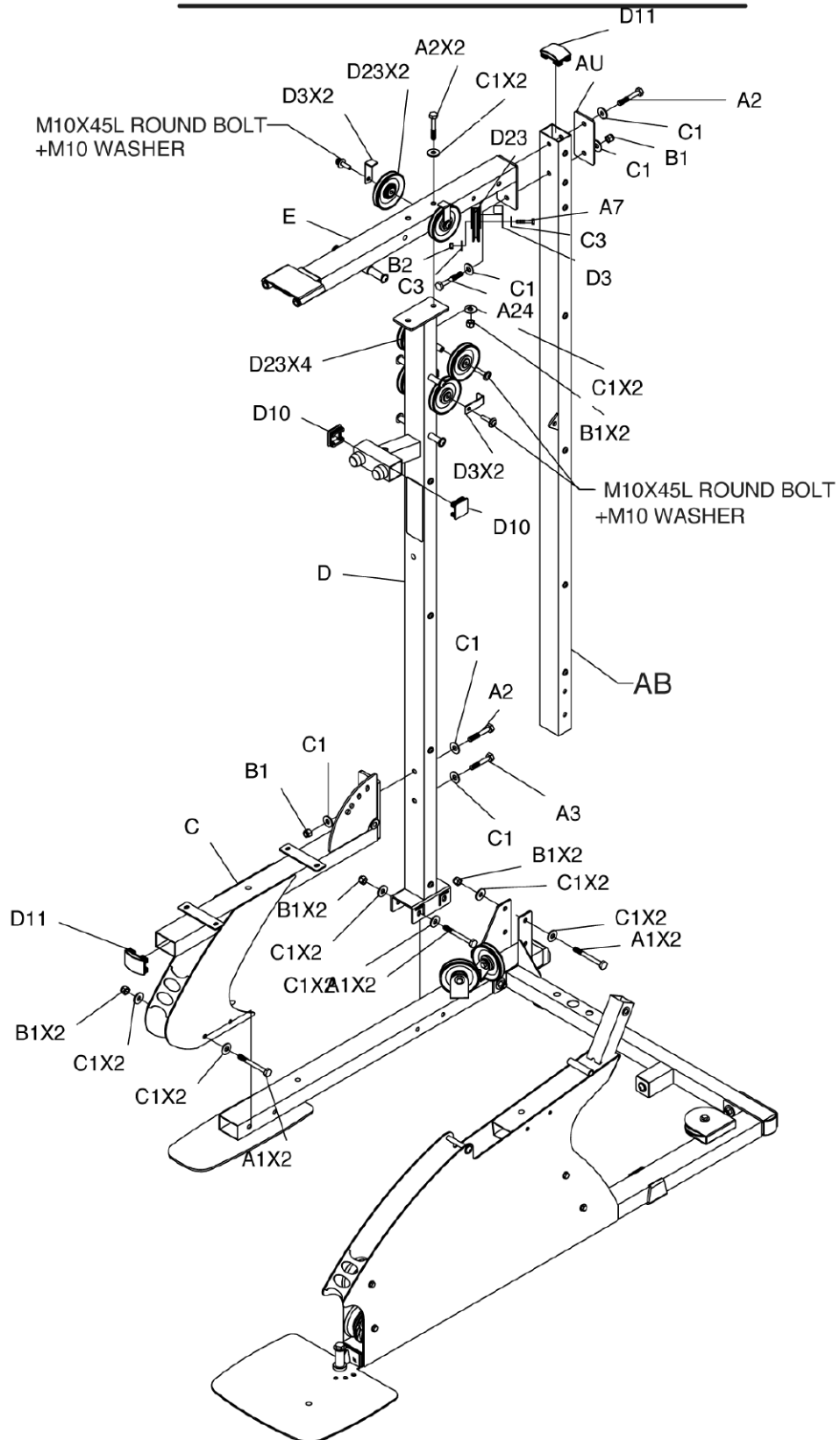
G8I ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 1



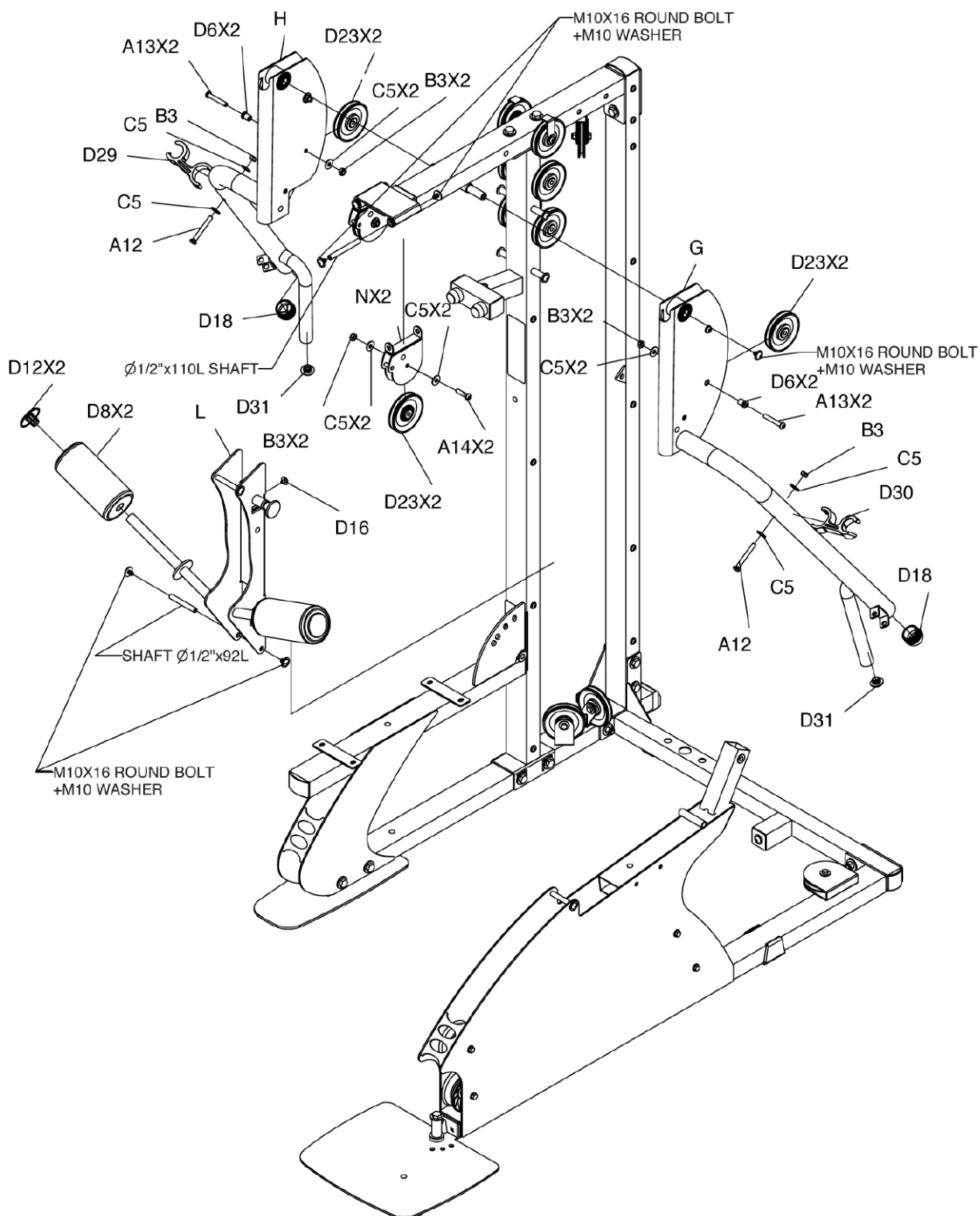
G8I ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 2



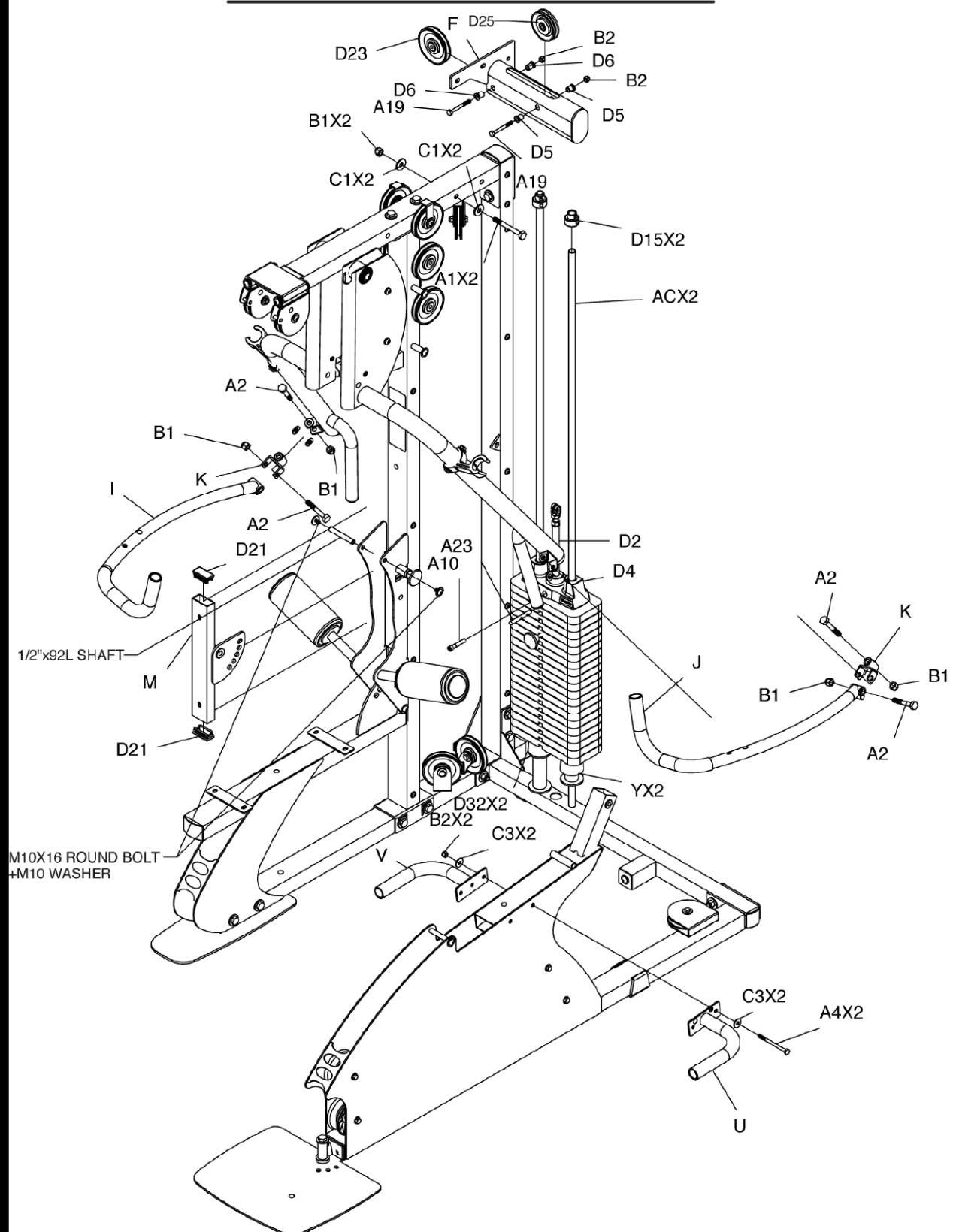
G8I ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 3



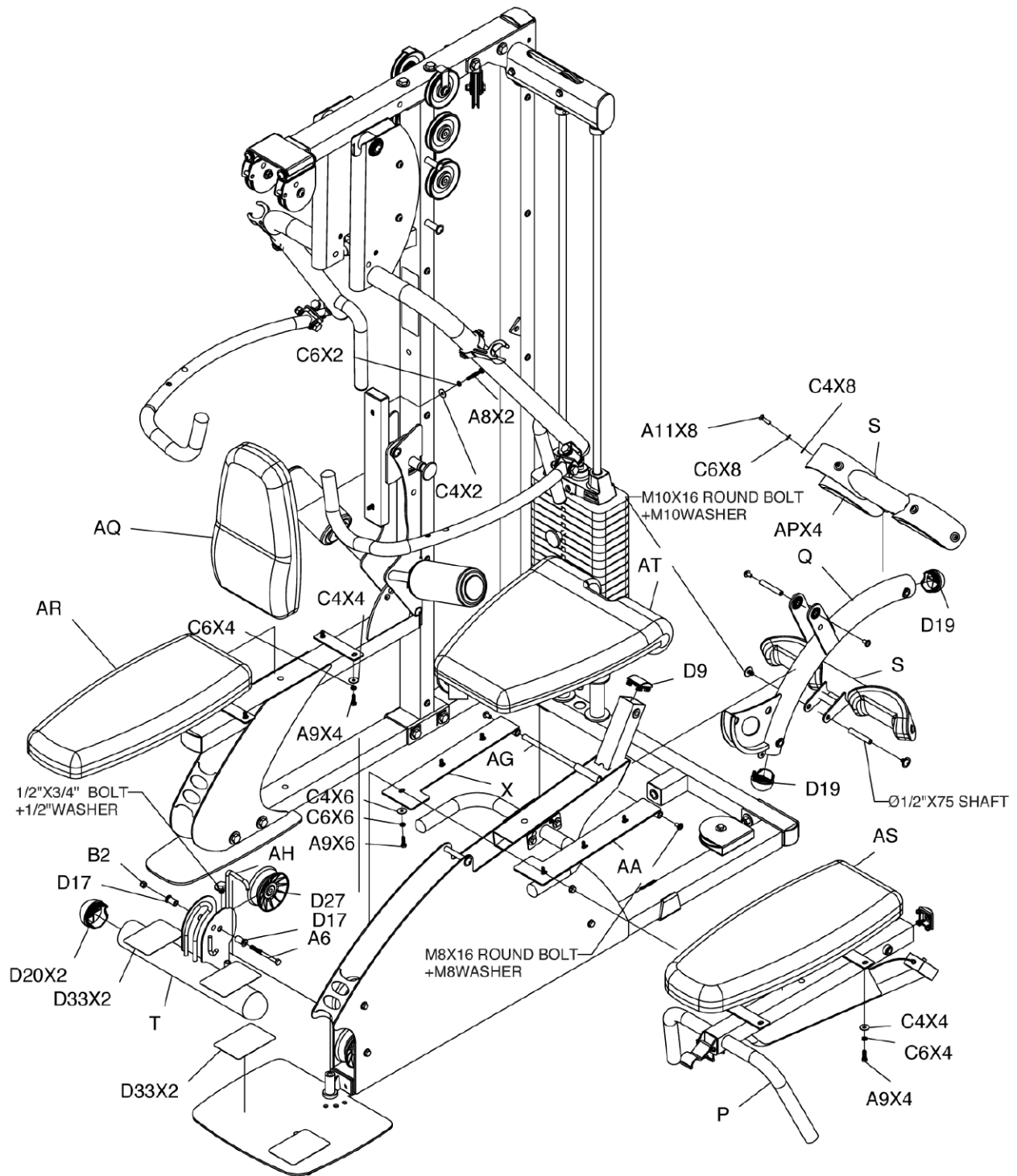
G8I ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 4



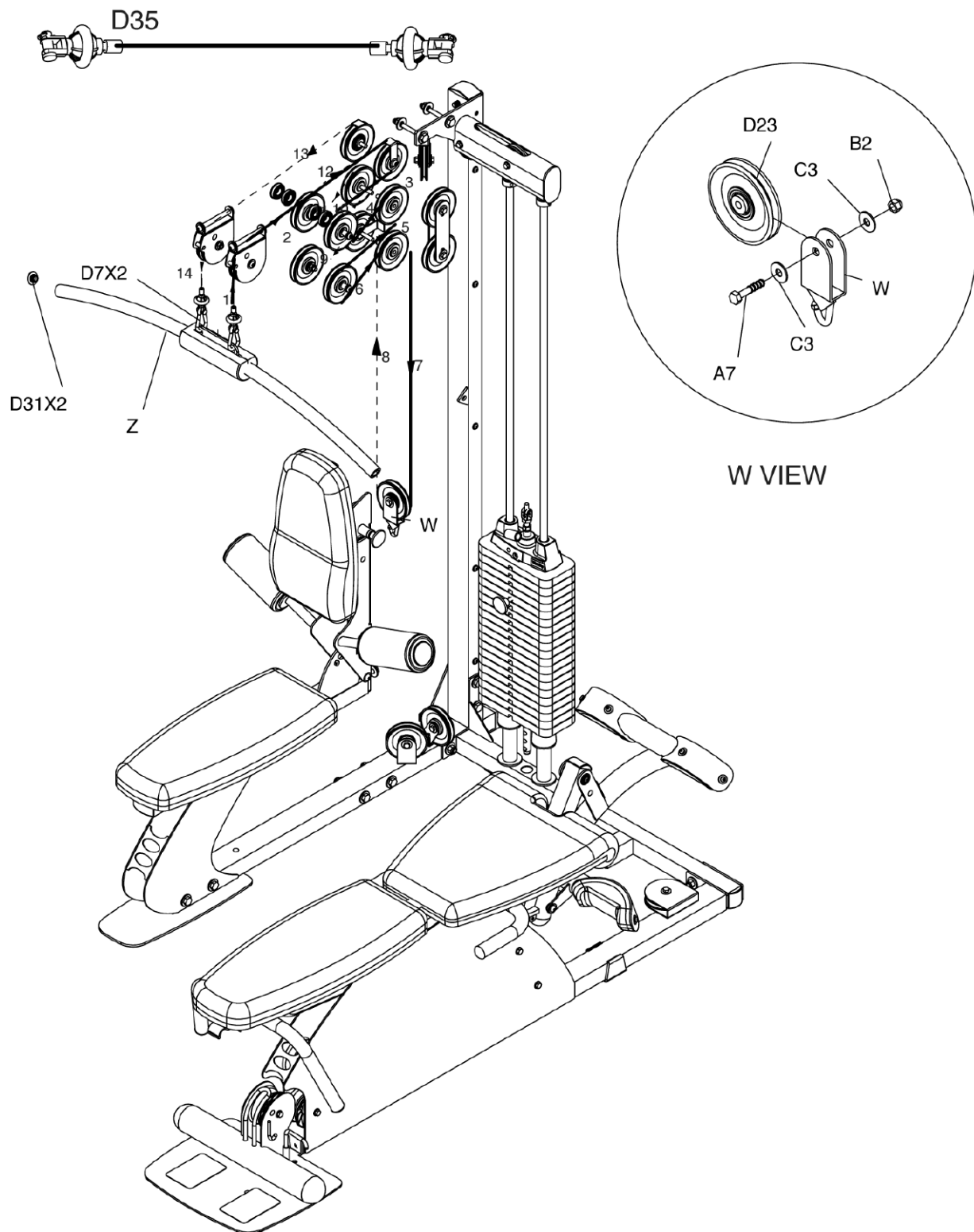
G8I ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 5



G8I ASSEMBLY INSTRUCTIONS

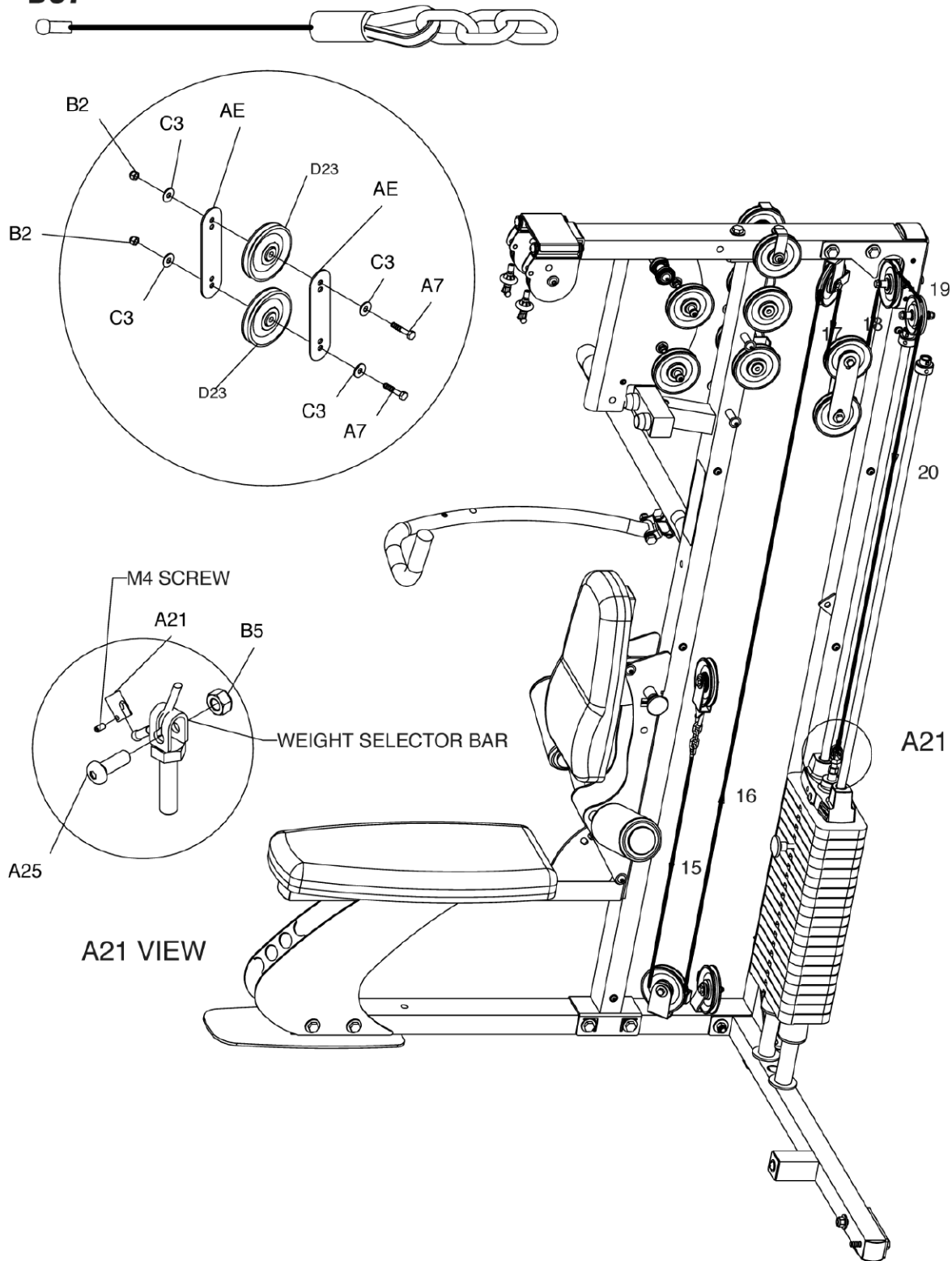
Wire Rope illustration 1



G8I ASSEMBLY INSTRUCTIONS

Wire Rope illustration 2

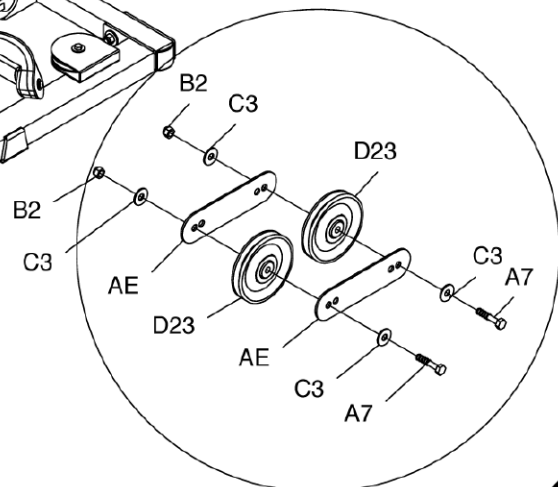
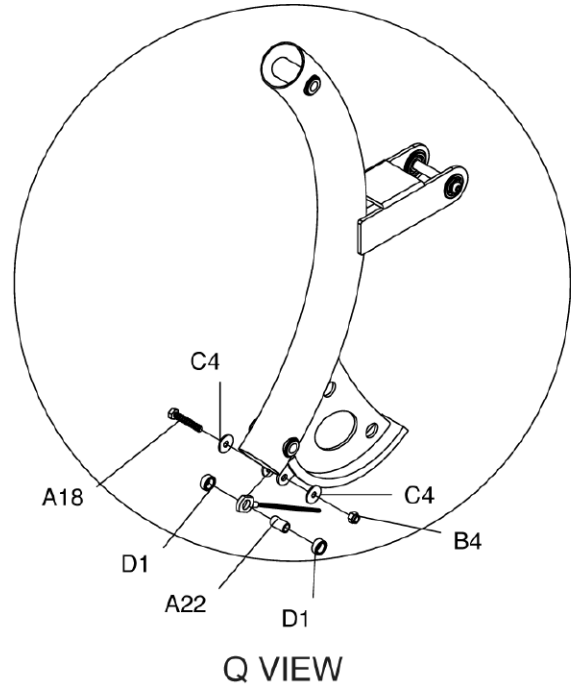
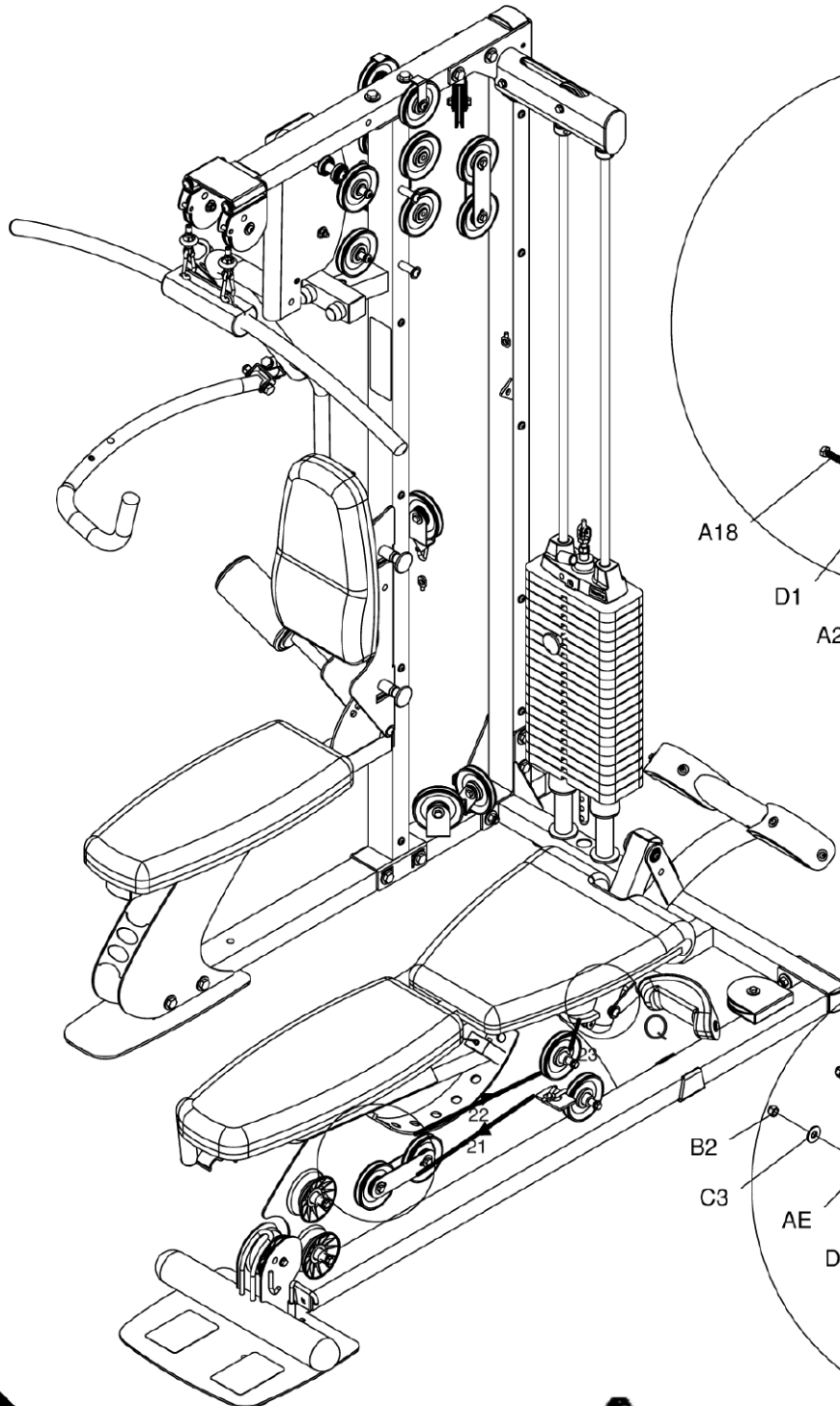
D37



G8I ASSEMBLY INSTRUCTIONS

Wire Rope illustration 3

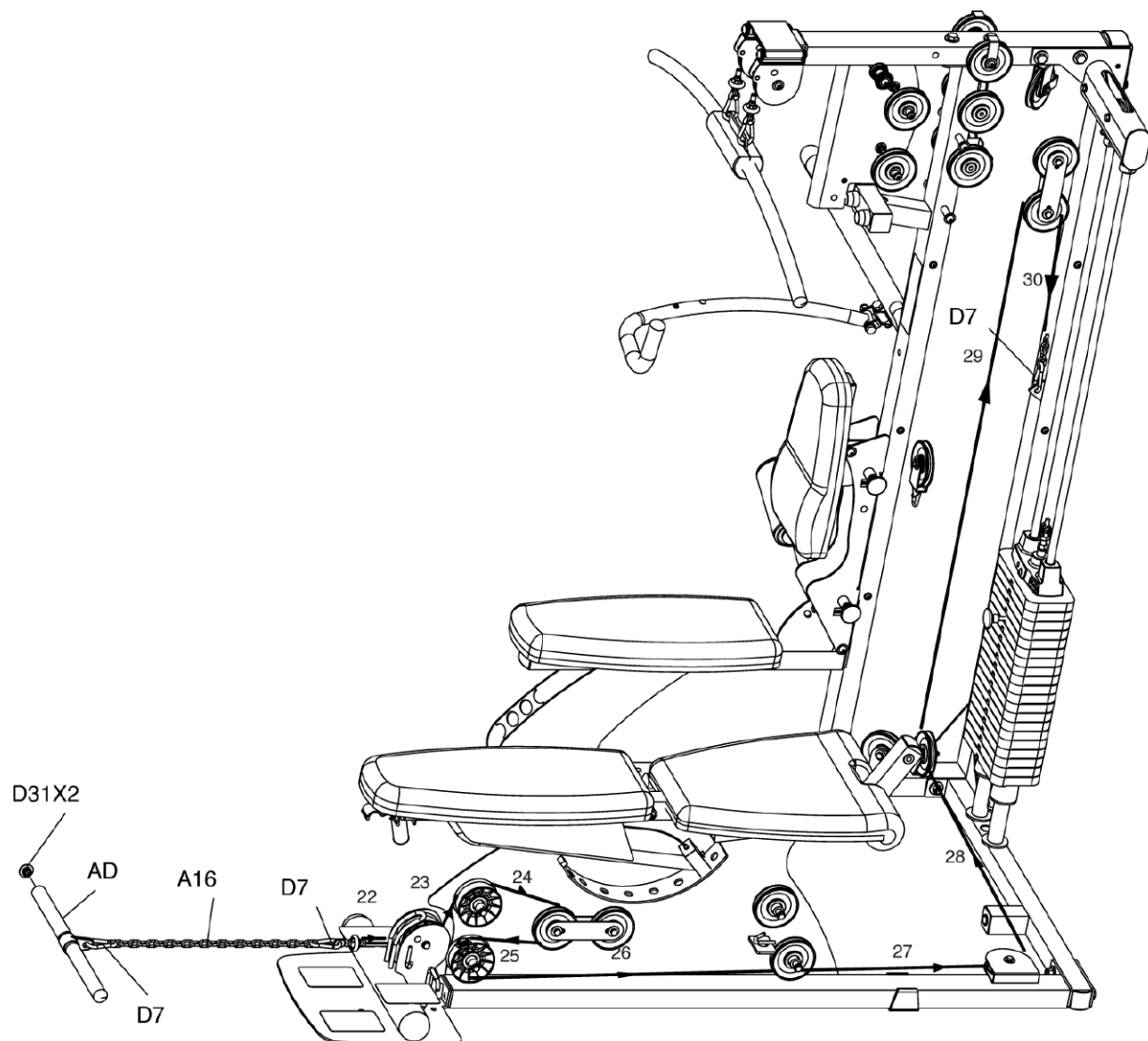
D38



G8I ASSEMBLY INSTRUCTIONS

Wire Rope illustration 4

D36



ASSEMBLY STEP 6

