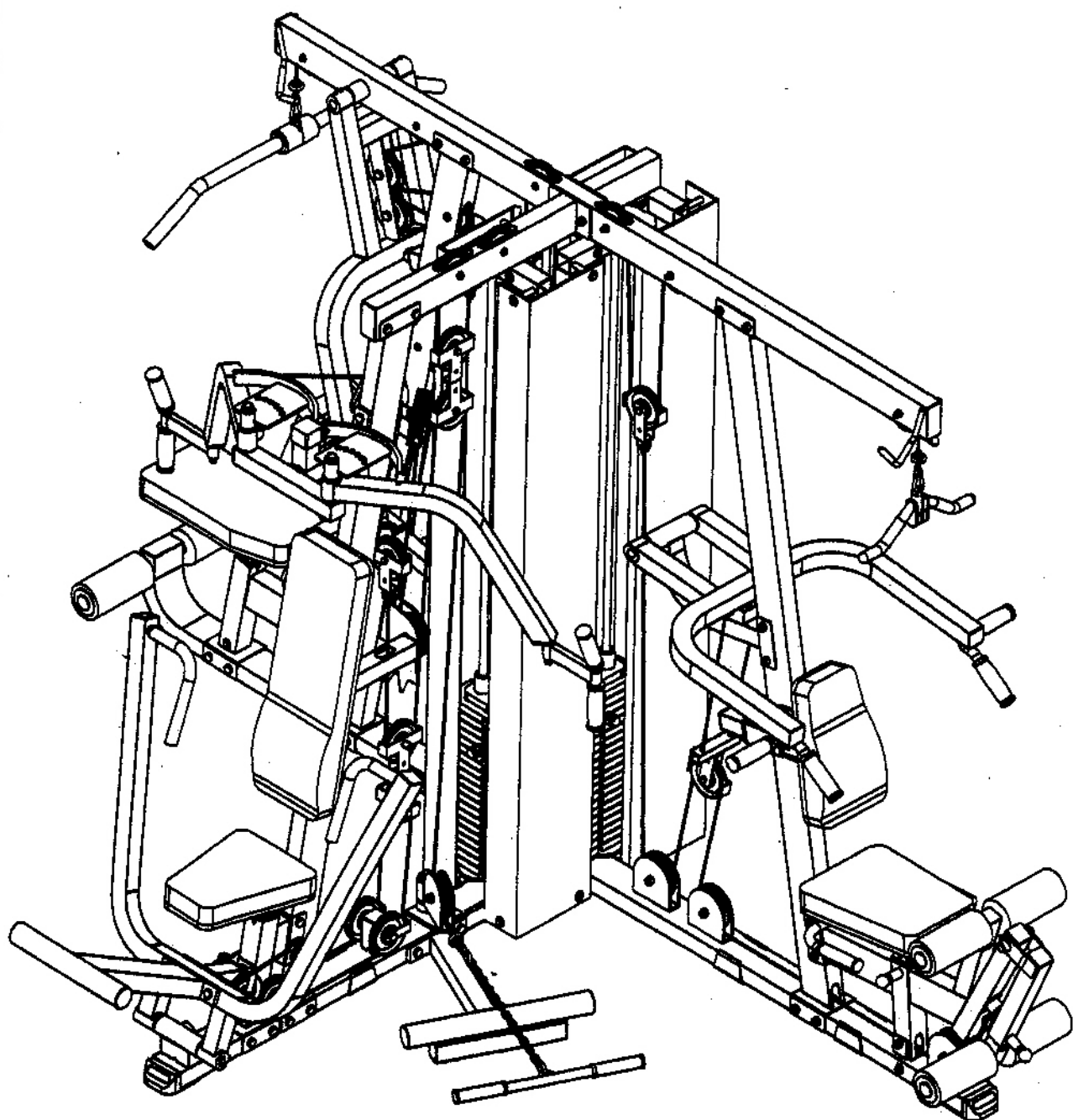


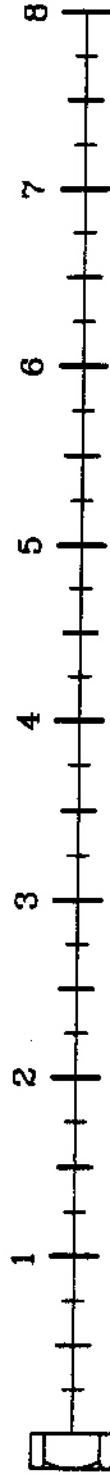
EXM-4000.1



VERSION 0006

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. 1/2"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]			



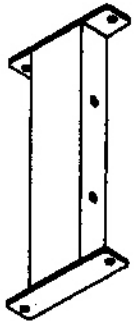
EXM-4000.1 HARDWARE ILLUSTRATION SHEET

[illegible]

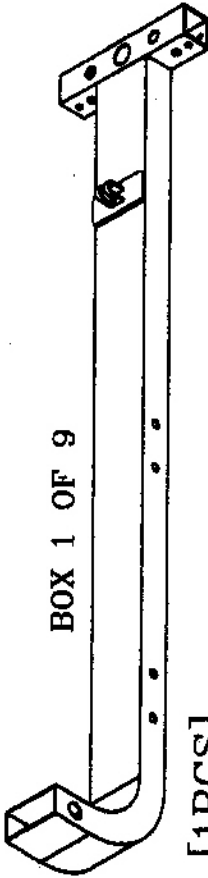
EXM-4000.1 PARTS ILLUSTRATION SHEET

A [1PCS]

BOX 3 OF 9



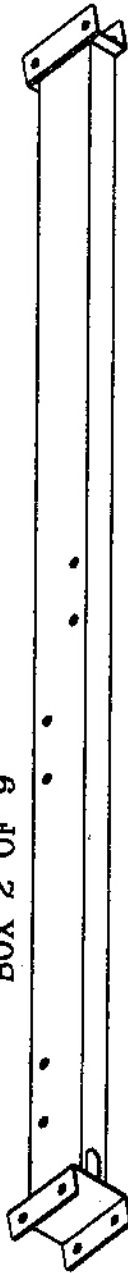
B [1PCS]



BOX 1 OF 9

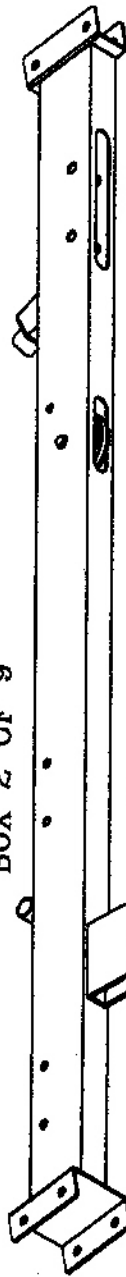
E [1PCS]

BOX 2 OF 9



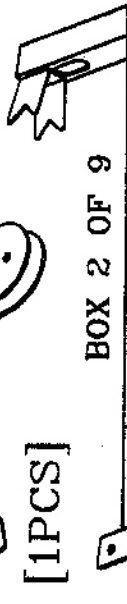
F [1PCS]

BOX 2 OF 9



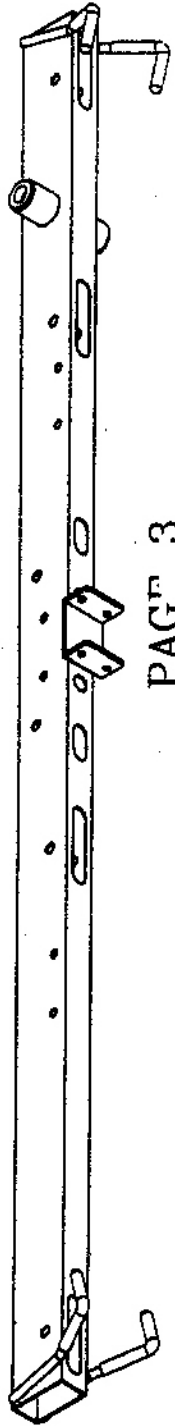
G [1PCS]

BOX 2 OF 9



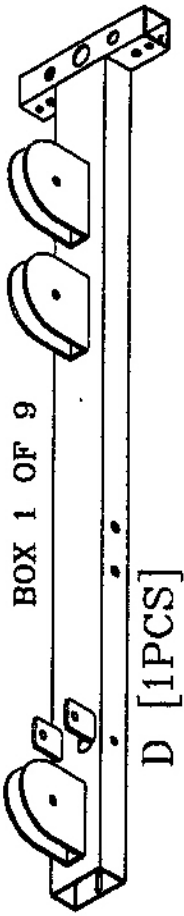
H [1PCS]

BOX 1 OF 9

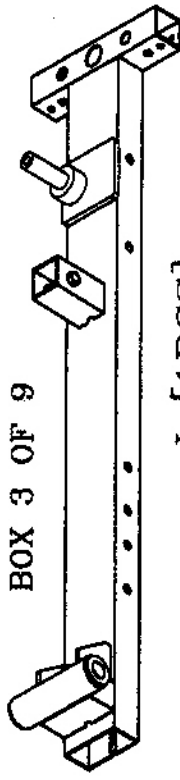


C [1PCS]

BOX 1 OF 9



D [1PCS]



BOX 3 OF 9

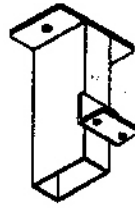
I [1PCS]

BOX 3 OF 9



J [1PCS]

BOX 1 OF 9



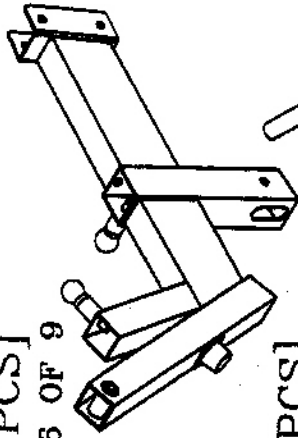
K [4PCS]

BOX 2 OF 9



EXM-4000.1 PARTS ILLUSTRATION SHEET

L [1PCS]
BOX 6 OF 9



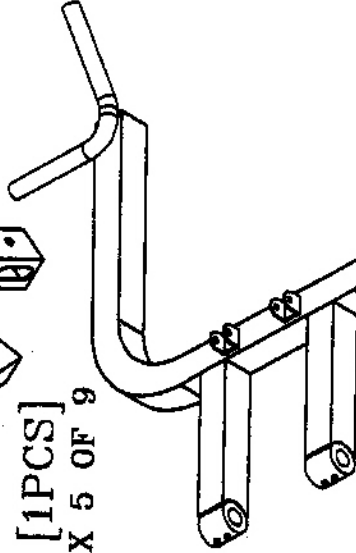
M [1PCS]
BOX 6 OF 9



N [2PCS]
BOX 6 OF 9



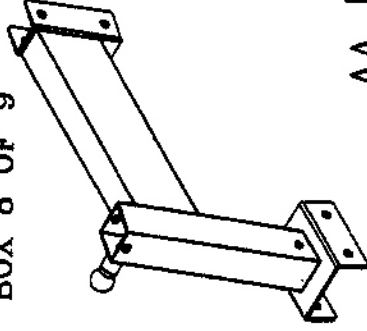
S [1PCS]
BOX 5 OF 9



T [2PCS]
BOX 6 OF 9



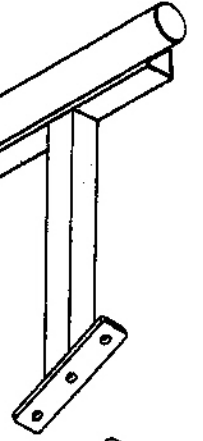
V [1PCS]
BOX 8 OF 9



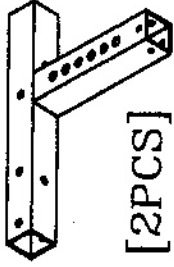
U [1PCS]
BOX 5 OF 9



Z [1PCS]
BOX 5 OF 9



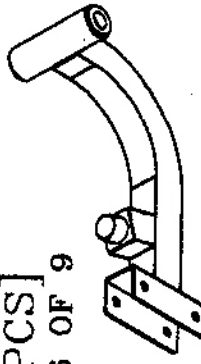
O [1PCS]
BOX 6 OF 9



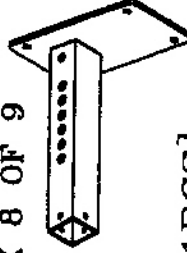
P [2PCS]
BOX 3 OF 9



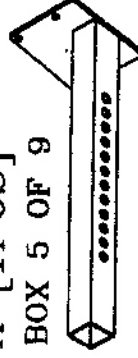
R [1PCS]
BOX 6 OF 9



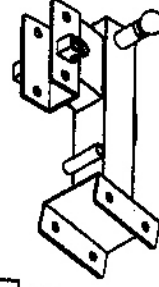
W [1PCS]
BOX 8 OF 9



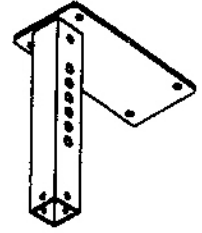
X [1PCS]
BOX 5 OF 9



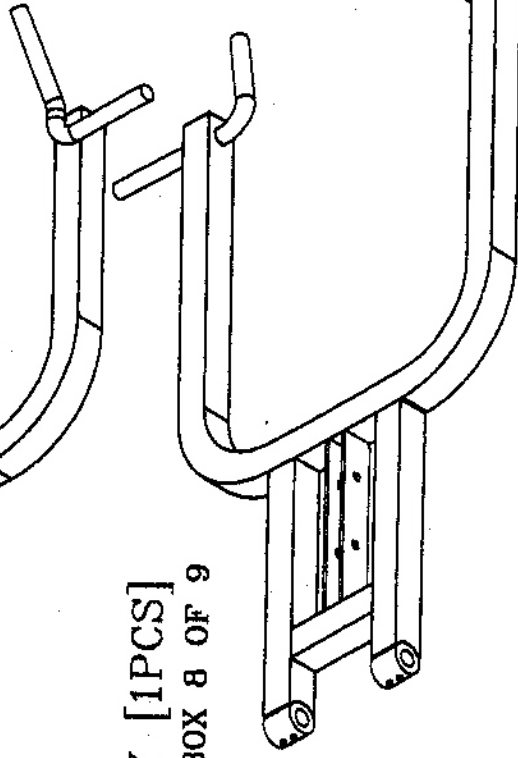
AA [1PCS]
BOX 3 OF 9



AB [1PCS]
BOX 3 OF 9



Y [1PCS]
BOX 8 OF 9

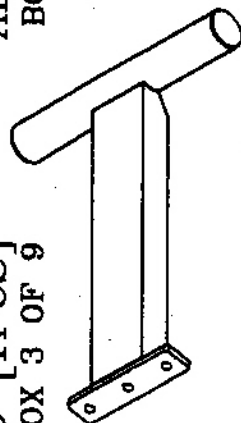


EXM-4000.1 PARTS ILLUSTRATION SHEET

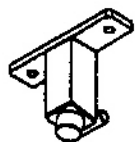
AC [1PCS]
BOX 4 OF 9



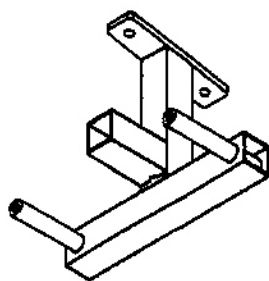
AD [1PCS]
BOX 3 OF 9



AE [1PCS]
BOX 6 OF 9



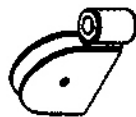
AF [1PCS]
BOX 3 OF 9



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



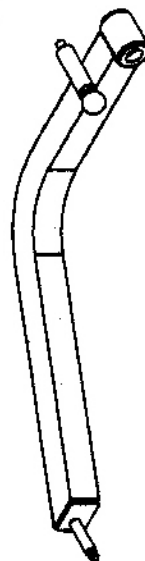
AL [1PCS]
BOX 6 OF 9



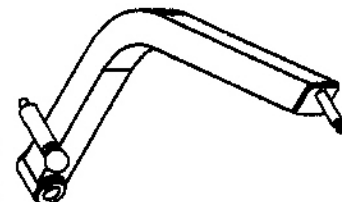
AM [2PCS]
BOX 6 OF 9



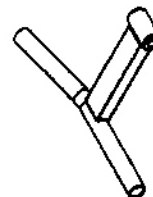
AN [1PCS]
BOX 4 OF 9



AO [1PCS]
BOX 4 OF 9



AP [1PCS]
BOX 3 OF 9

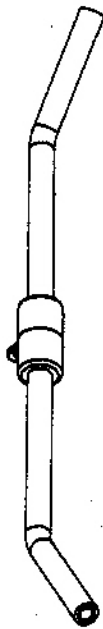


AQ [1PCS]
BOX 3 OF 9



EXM-4000.1 PARTS ILLUSTRATION SHEET

AR [1PCS]
BOX 5 OF 9



AS [1PCS]
BOX 5 OF 9



AT [1PCS]
BOX 5 OF 9



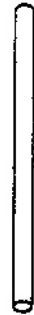
AU [1PCS]
BOX 5 OF 9



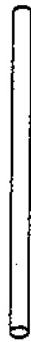
AV [6PCS]
BOX 9 OF 9



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



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



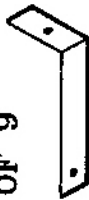
AY [6PCS]
BOX 4 OF 9



AZ [2PCS]
BOX 6 OF 9



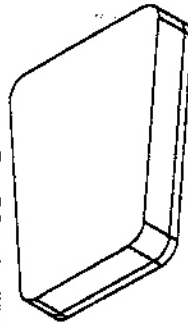
BA [8PCS]
BOX 7 OF 9



BB [4PCS]
BOX 7 OF 9



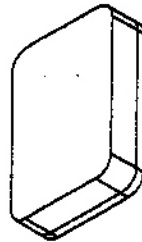
BC [1PCS]
BOX 5 OF 9



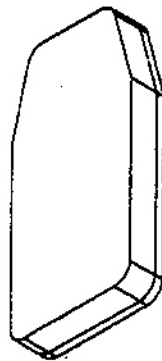
BD [1PCS]
BOX 5 OF 9



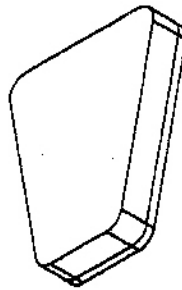
BE [1PCS]
BOX 8 OF 9



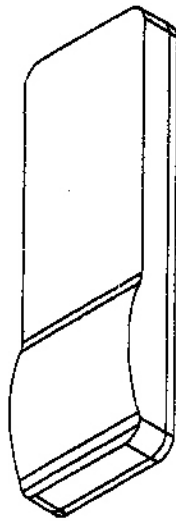
BF [1PCS]
BOX 8 OF 9

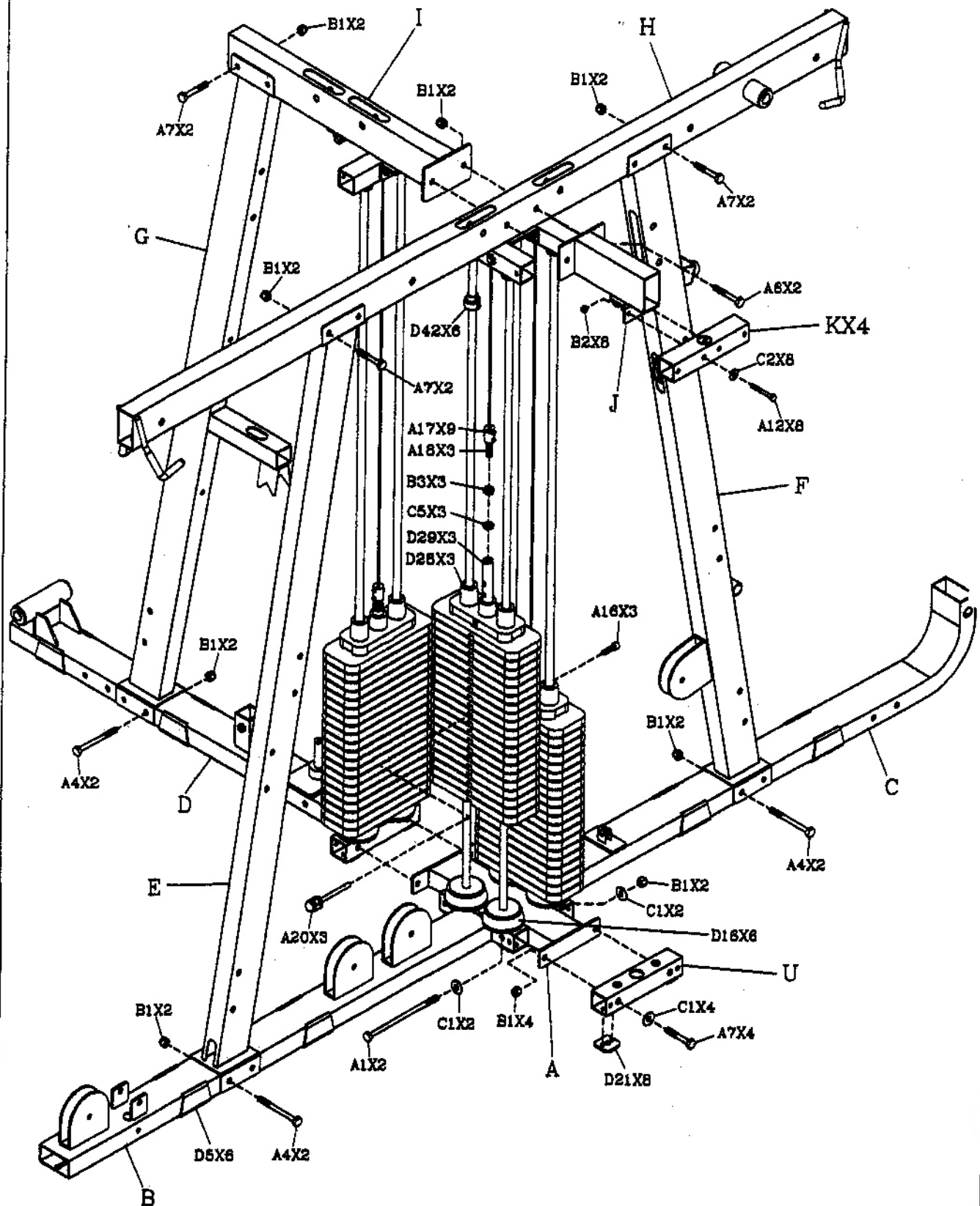


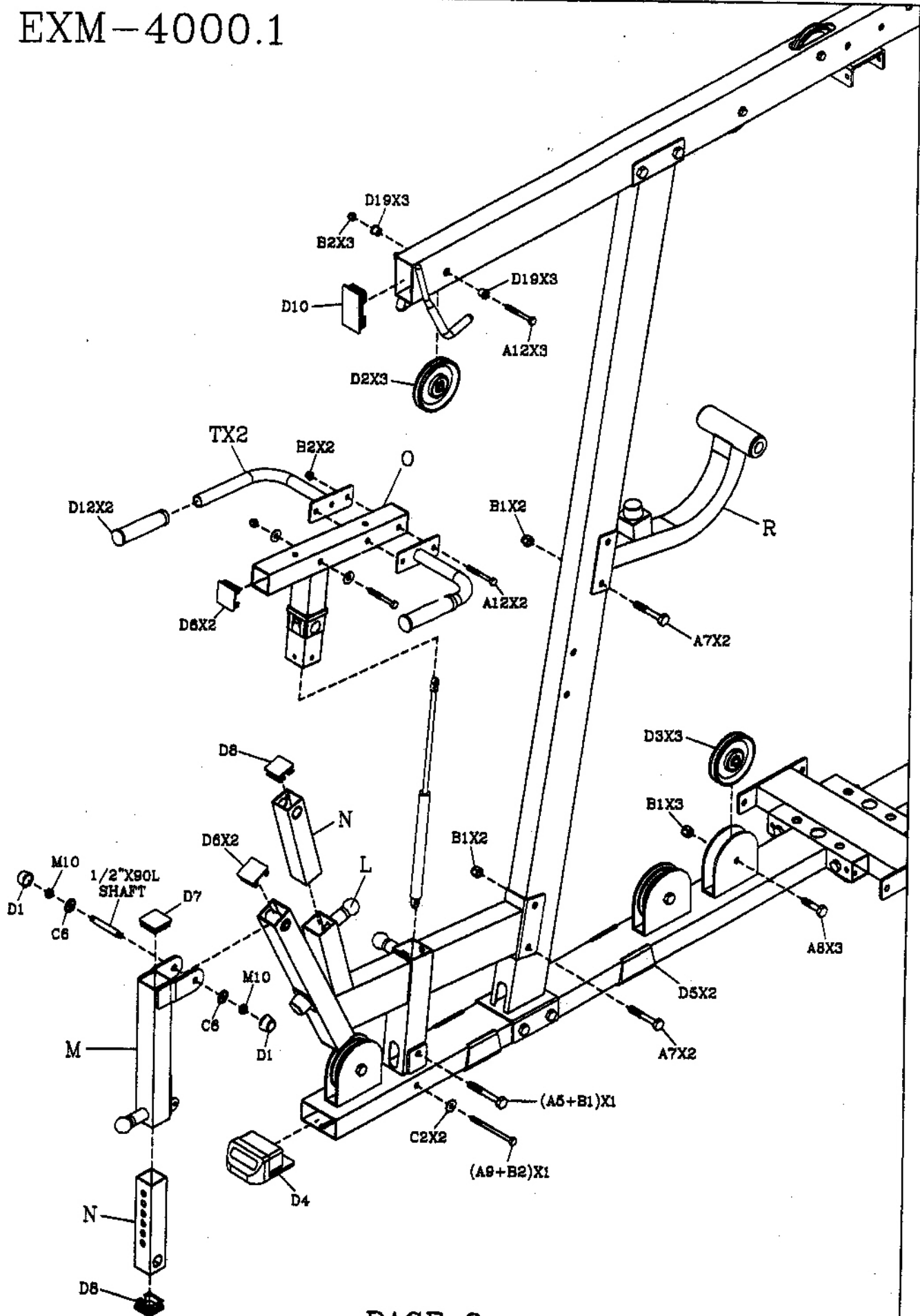
BG [1PCS]
BOX 4 OF 9

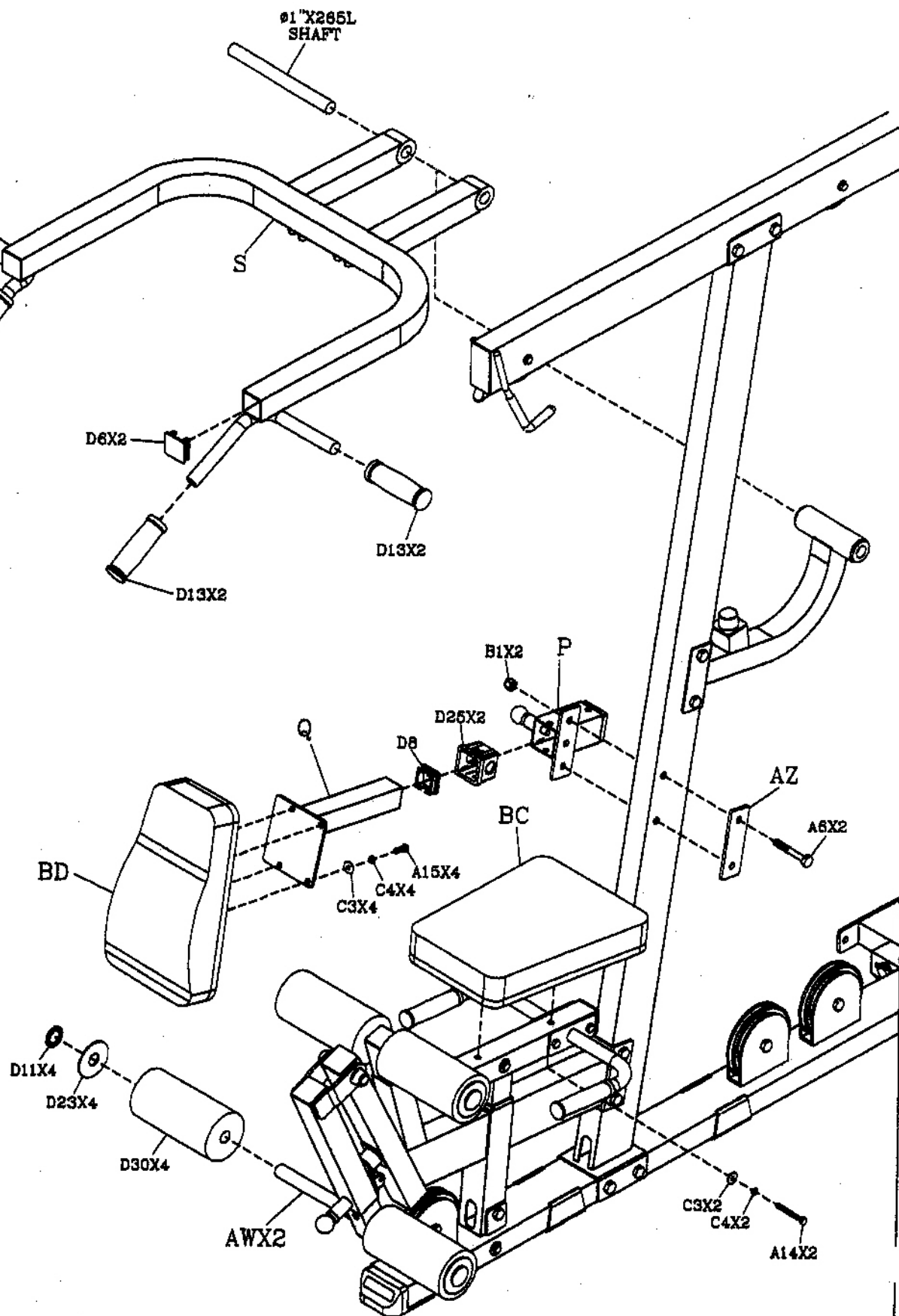


BH [1PCS]
BOX 4 OF 9



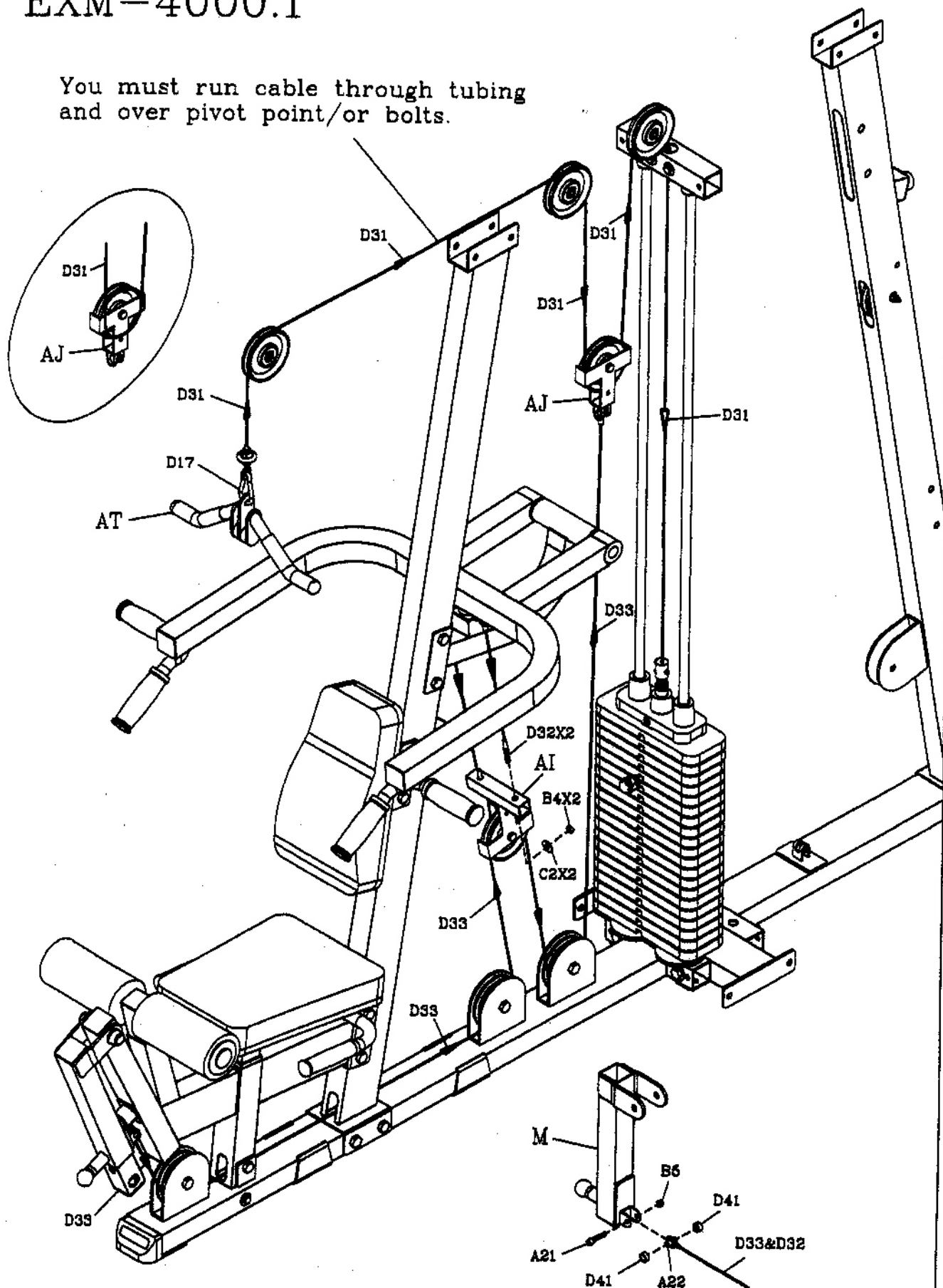






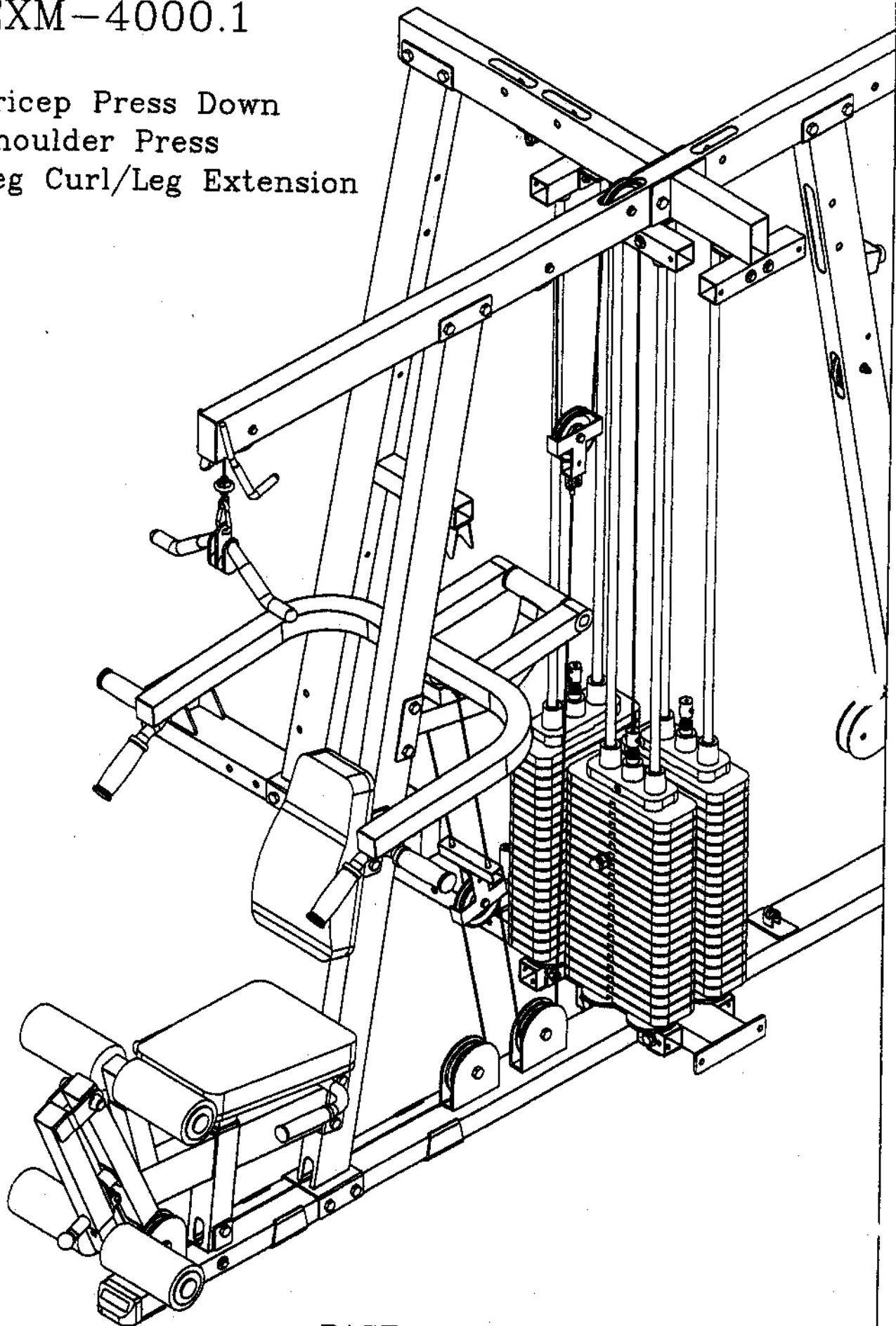
EXM-4000.1

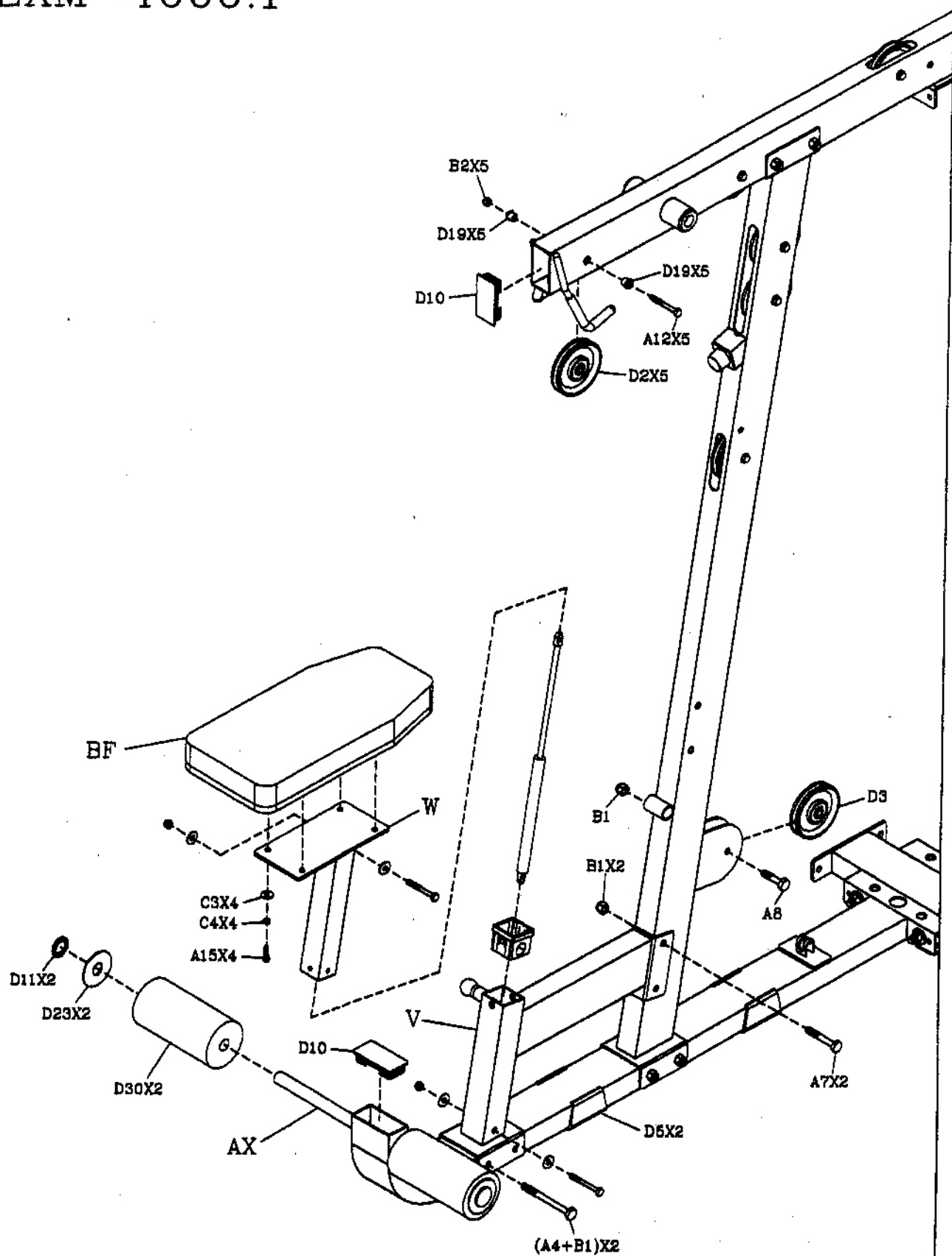
You must run cable through tubing
and over pivot point/or bolts.

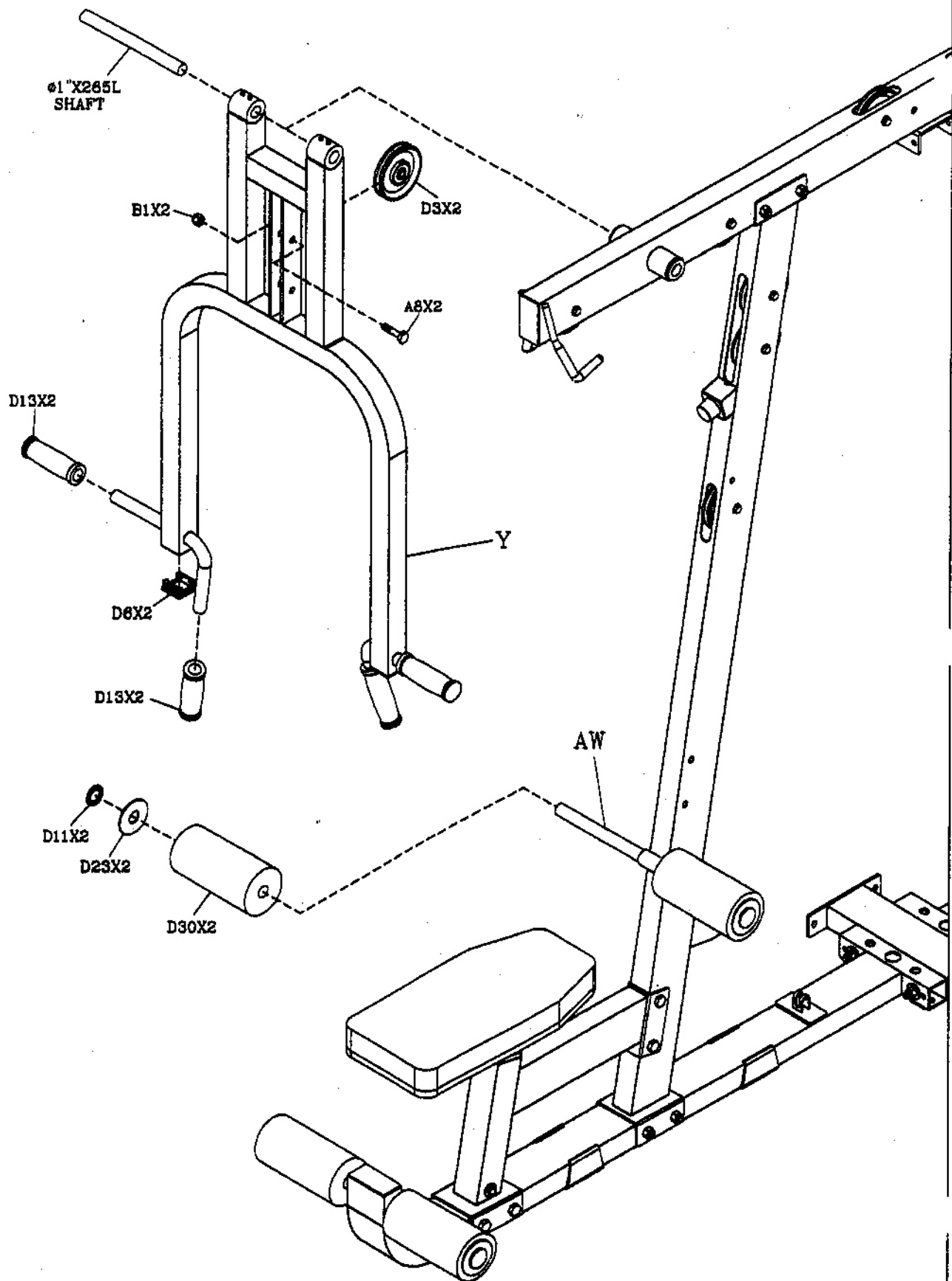


EXM-4000.1

Tricep Press Down
Shoulder Press
Leg Curl/Leg Extension





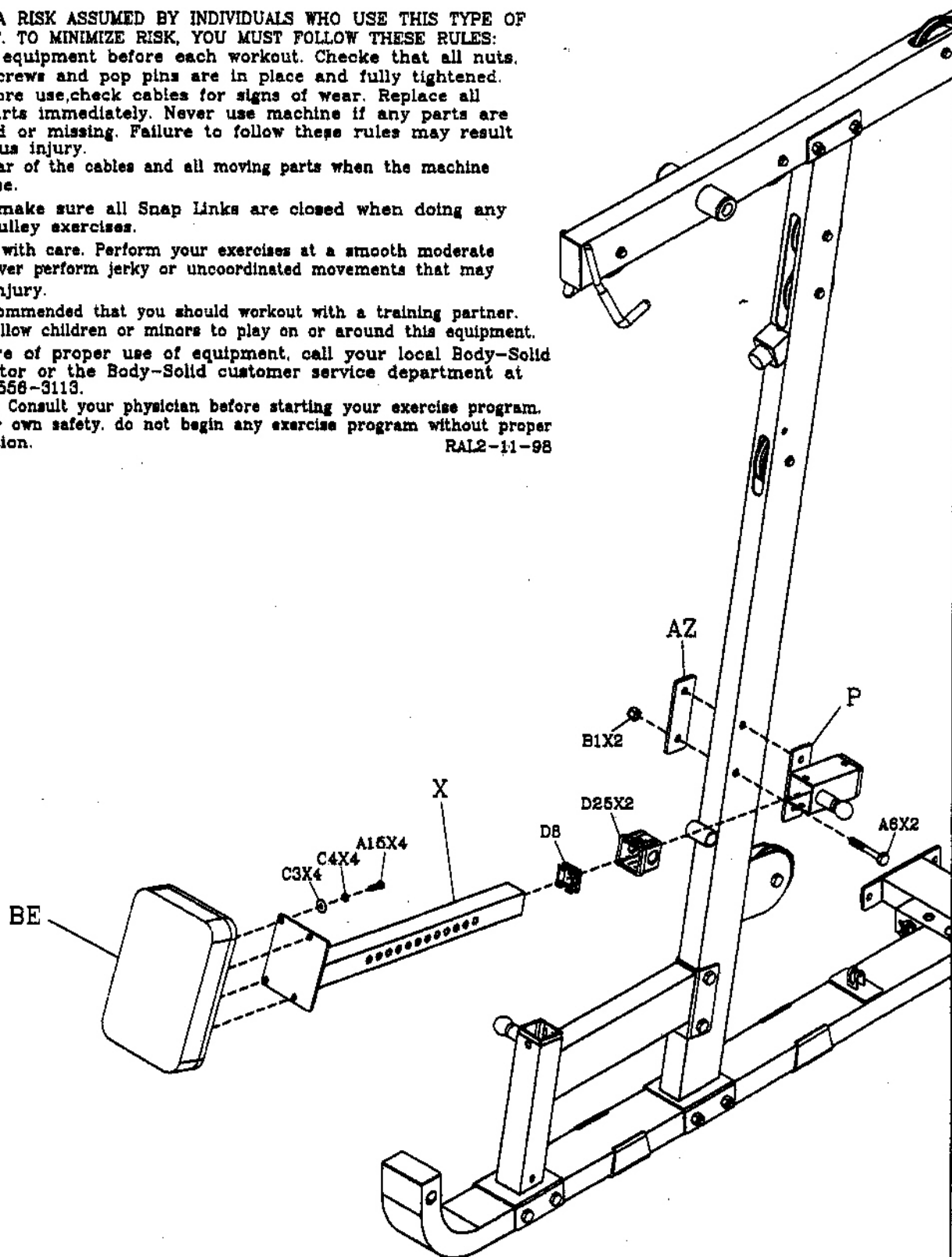


EXM-4000.1

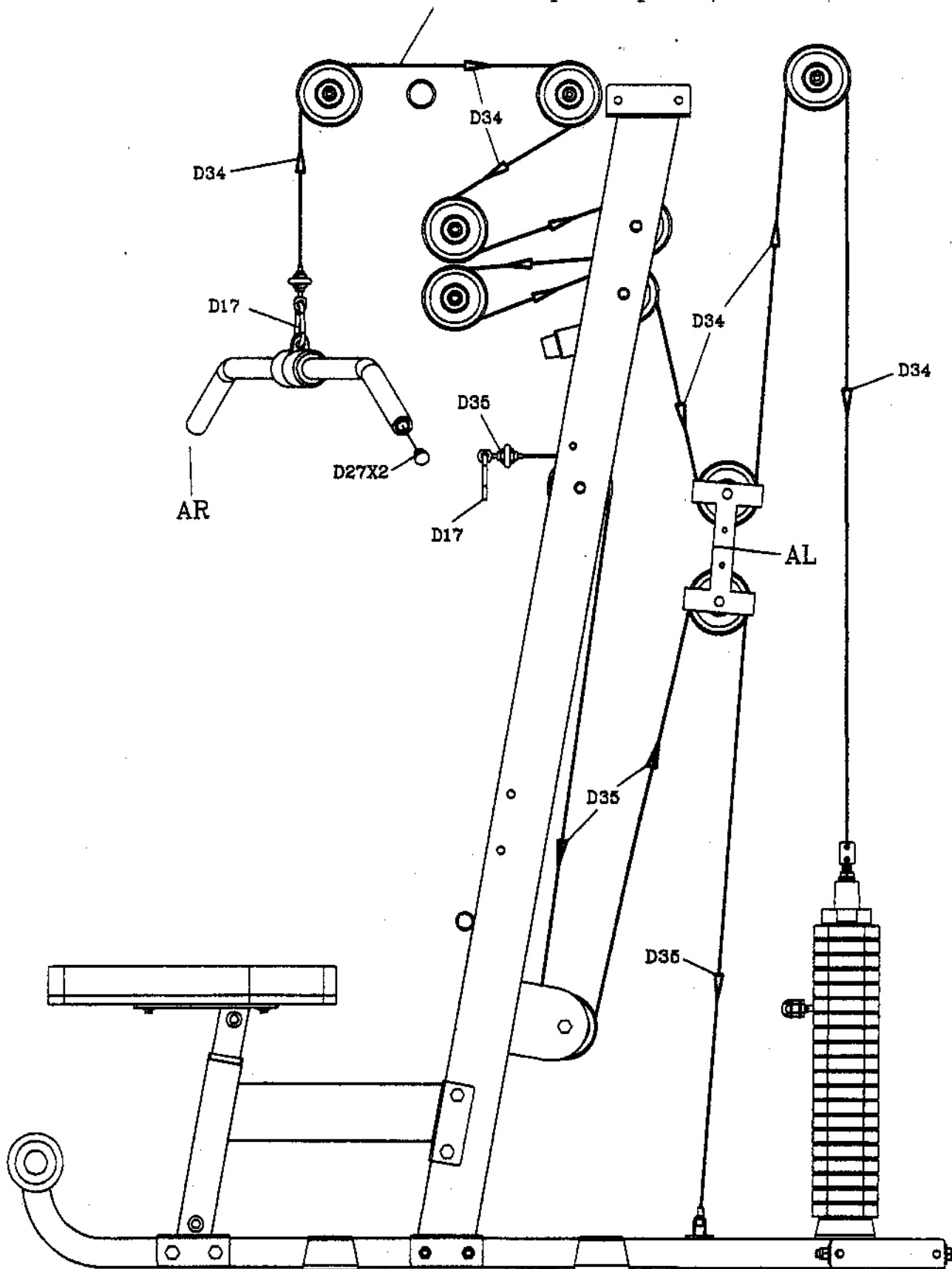
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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.

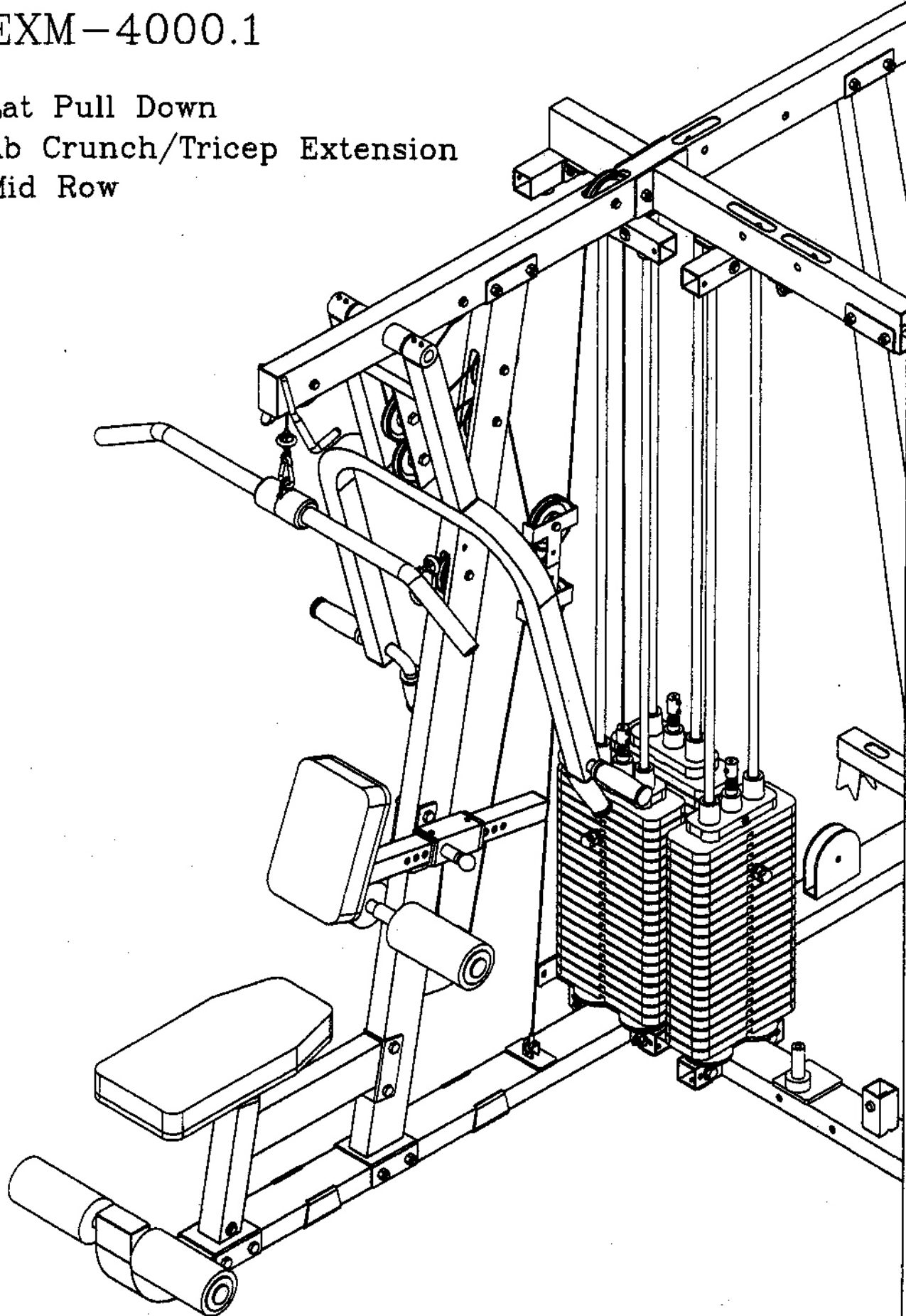


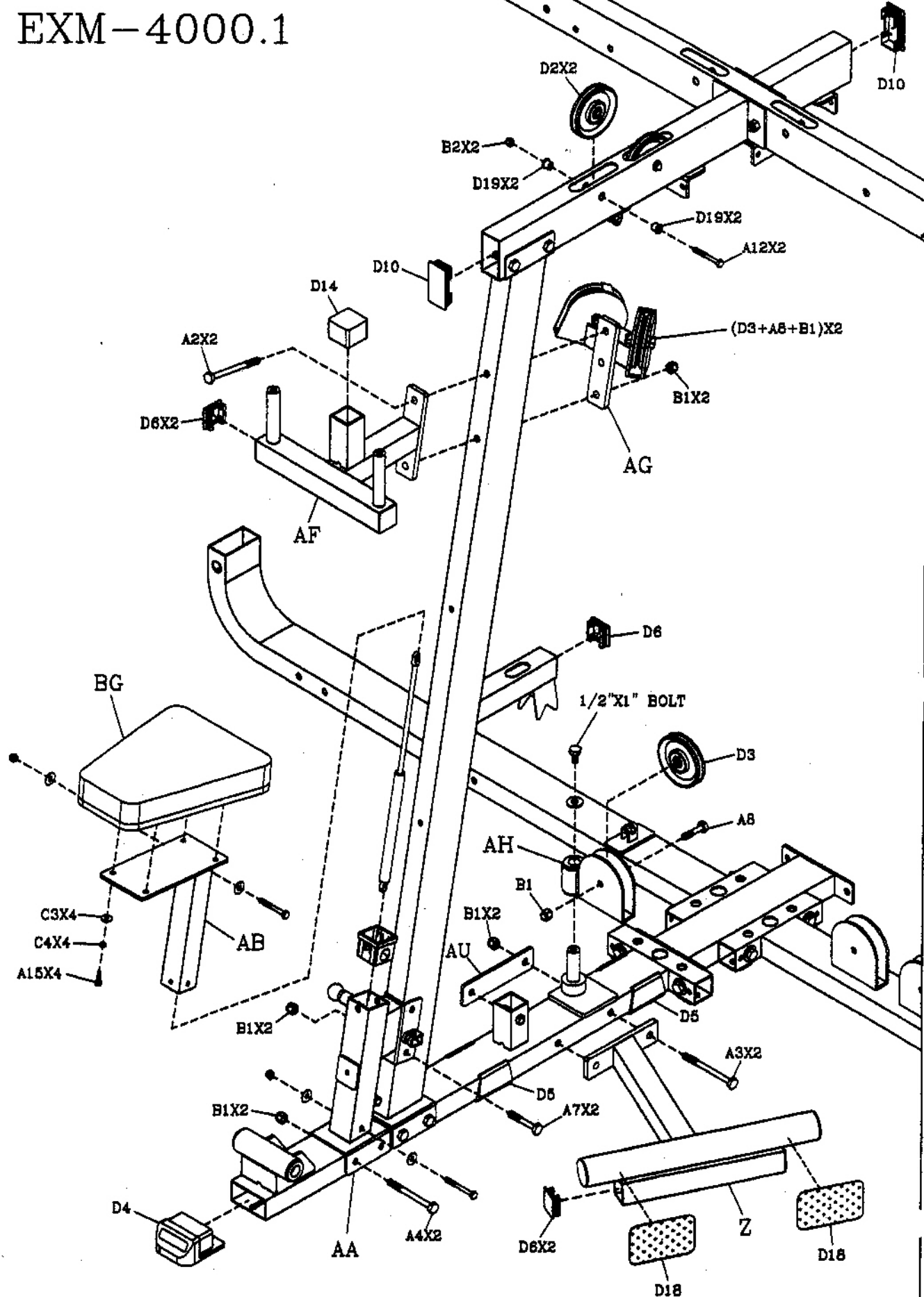
EXM-4000.1

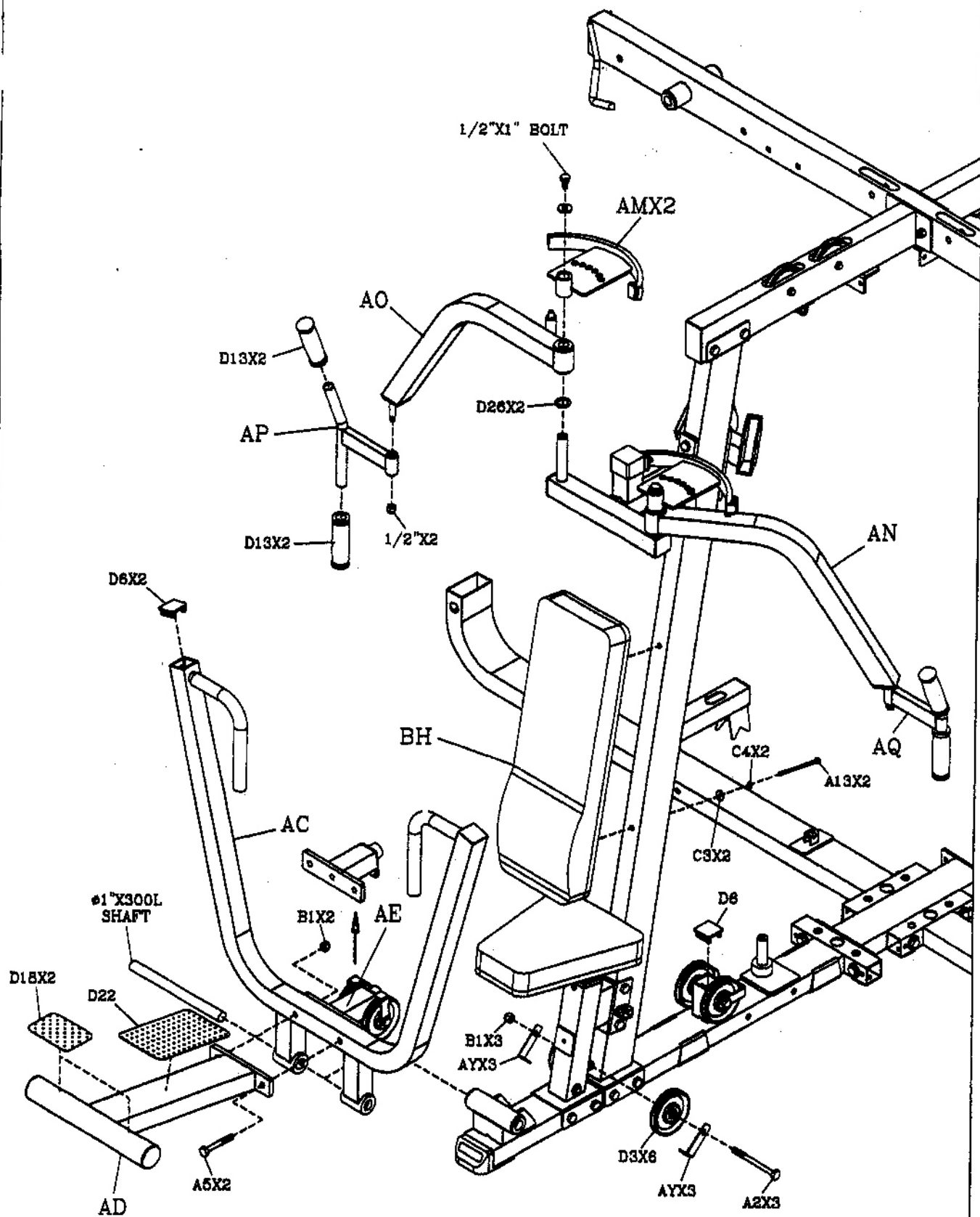
Lat Pull Down

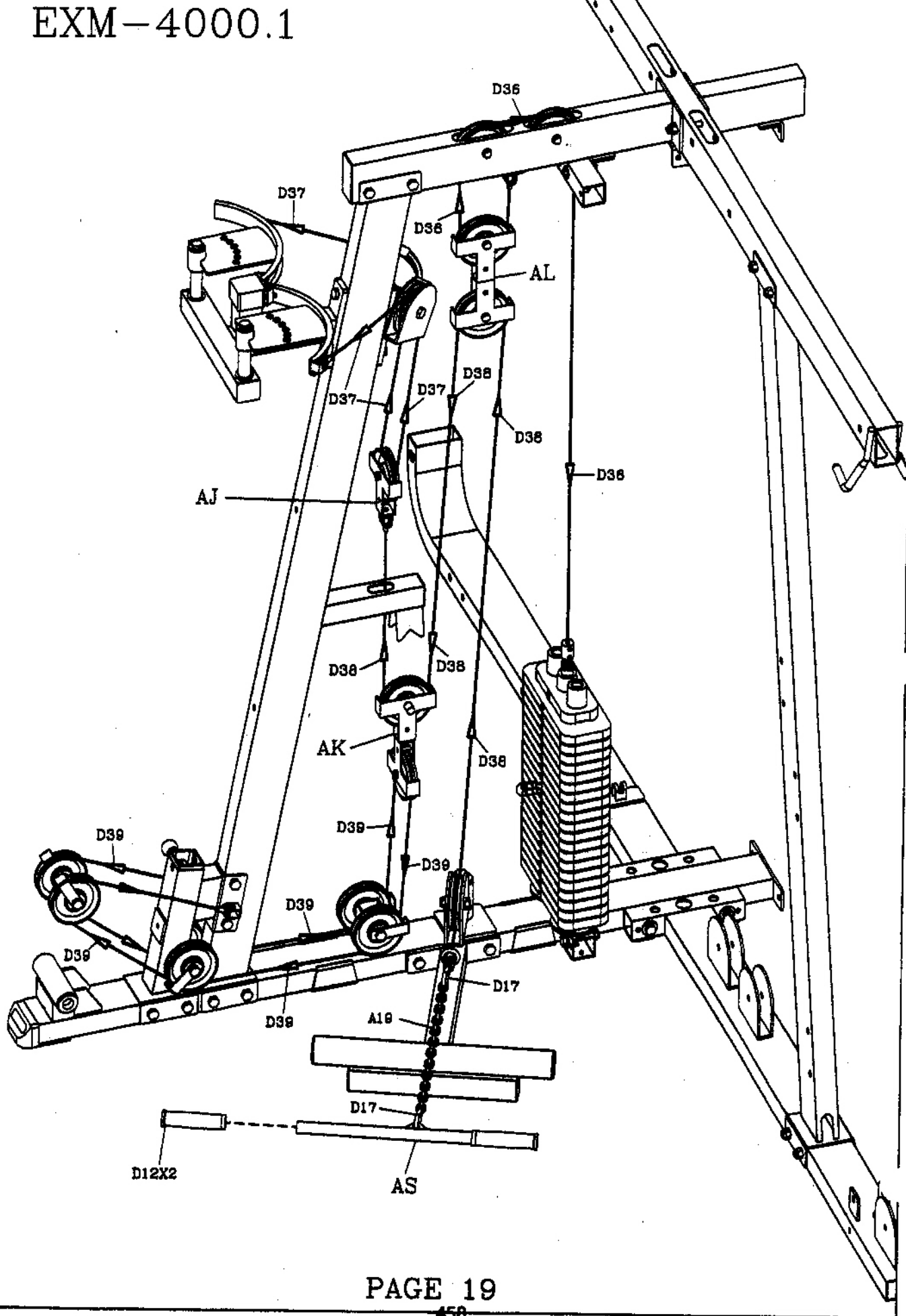
Ab Crunch/Tricep Extension

Mid Row









EXM-4000.1

Pectoral Fly
Bench Press
Low Pulley

