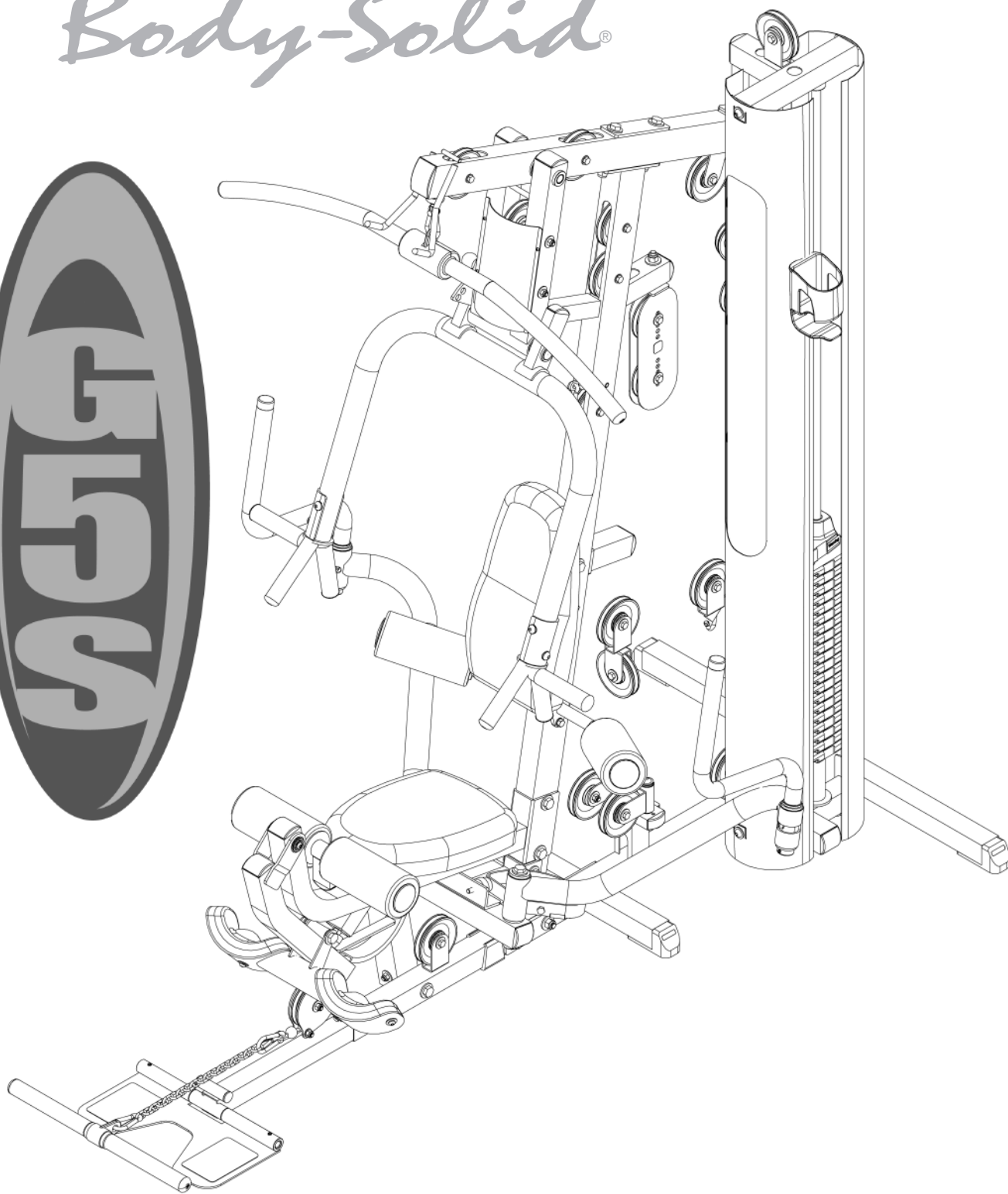


Body-Solid®



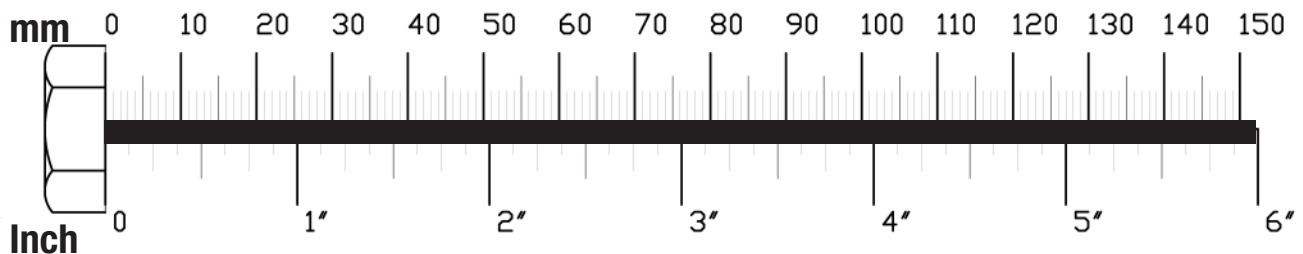
A s s e m b l y

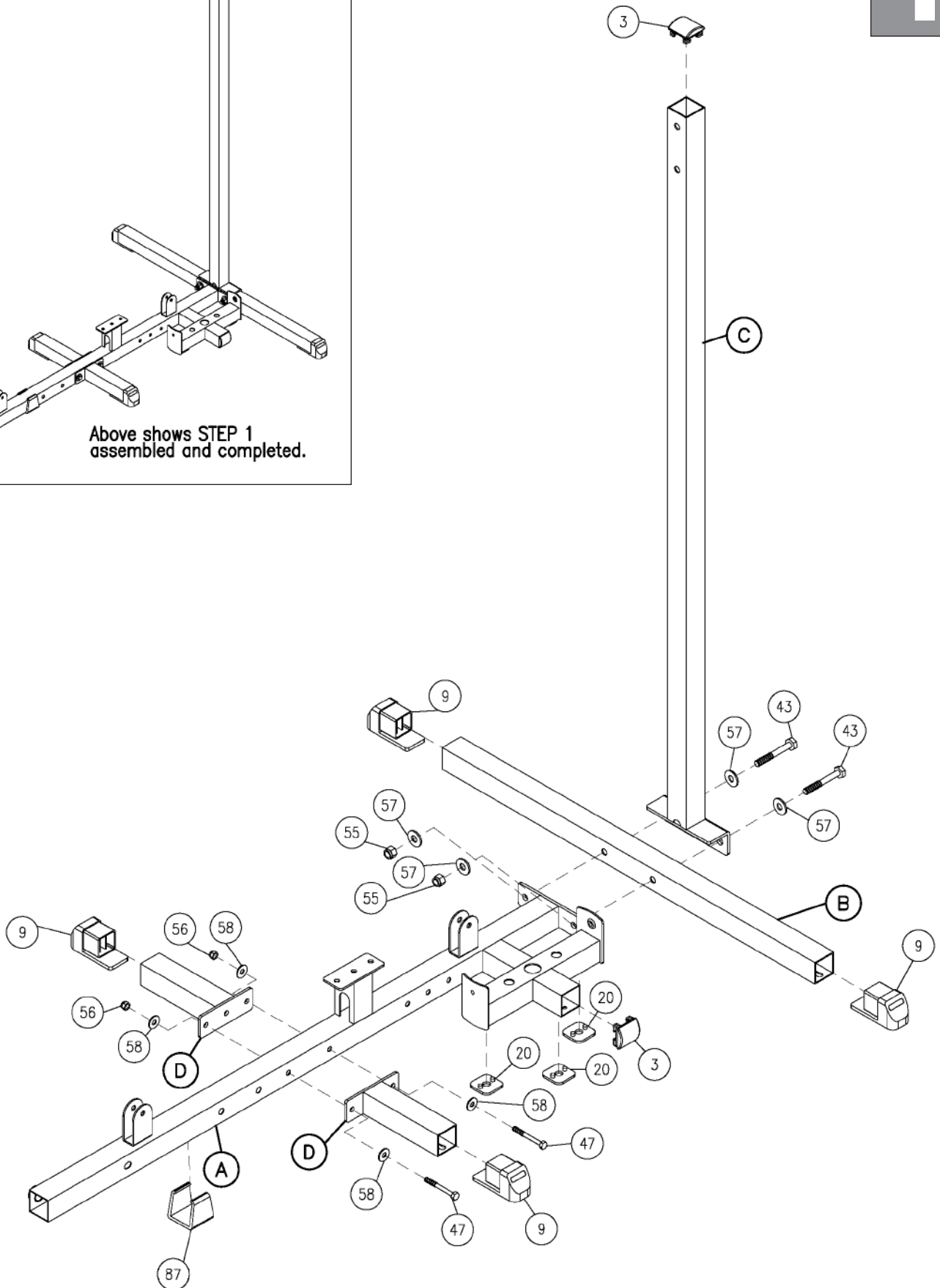
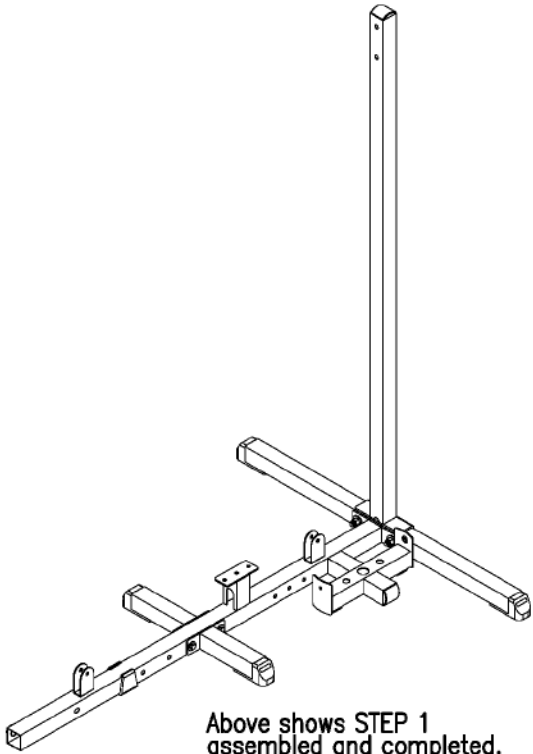
I n s t r u c t i o n s

STEP**1****Be careful to assemble all components in the sequence they are presented.****NOTE:**

Finger tighten all hardware in this step. Do Not wrench tighten until end of step 7.

- A. Insert two Foot Caps (9) into the ends of Rear Base Frame (B). Insert Convex End Cap (3) to the top of Rear Vertical Frame (C).
- B. Attach Main Base Frame (A) to Rear Base Frame (B) and Rear Vertical Frame (C) using:
Two 52 (1/2" x 3 1/2" hex head bolt)
Four 57 (1/2" washer)
Two 55 (1/2" nylon lock nut)
- C. Insert two Foot Caps (9) to the ends of Side Base Frame (D).
- D. Attach two Side Base Frames (D) to Main Base Frame (A) using:
Two 47 (3/8" x 3" hex head bolt)
Four 58 (3/8" washer)
Two 56 (3/8" nylon lock nut)
- E. Insert Weight Stack Shim (20) to Main Base Frame (A).
Connect Frame Leveler (87) to Main Base Frame (A).
Insert Convex End Cap (3) to the side of Main Base Frame (A) as shown.





STEP**2**

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until end of step 7.

- A. Attach Angled Support Frame (E) to Main Base Frame (A) using:

Two 43 (1/2" x 3 1/4" hex head bolt)

Four 57 (1/2" washer)

Two 55 (1/2" nylon lock nut)

- B. Insert Convex End Cap (4) to the front of the Top Frame (F).

Attach Top Frame (F) and Plate (86) to the Rear Vertical Frame (C) using:

Two 43 (1/2" x 3 1/4" hex head bolt)*

Three 57 (1/2" washer)

One 55 (1/2" nylon lock nut)

***NOTE:**

The top bolt (43) goes into an internally threaded nut inside the Top Frame (F).

- C. Attach Top Frame (F) and Plate (86) to Angled Support Frame (E) using:

Two 41 (1/2" x 4 1/4" hex head bolt)

Four 57 (1/2" washer)

Two 55 (1/2" nylon lock nut)

- D. Attach Pec Dec Frame (G) to Angled Support Frame (E) in the bottom two holes as shown using:

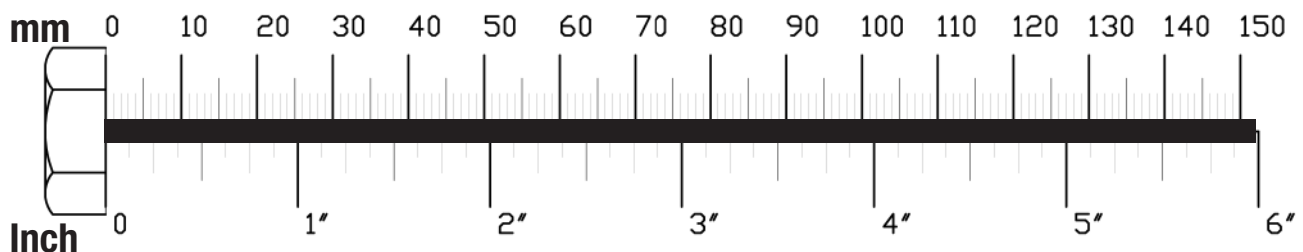
One 42 (1/2" x 3 3/4" hex head bolt)

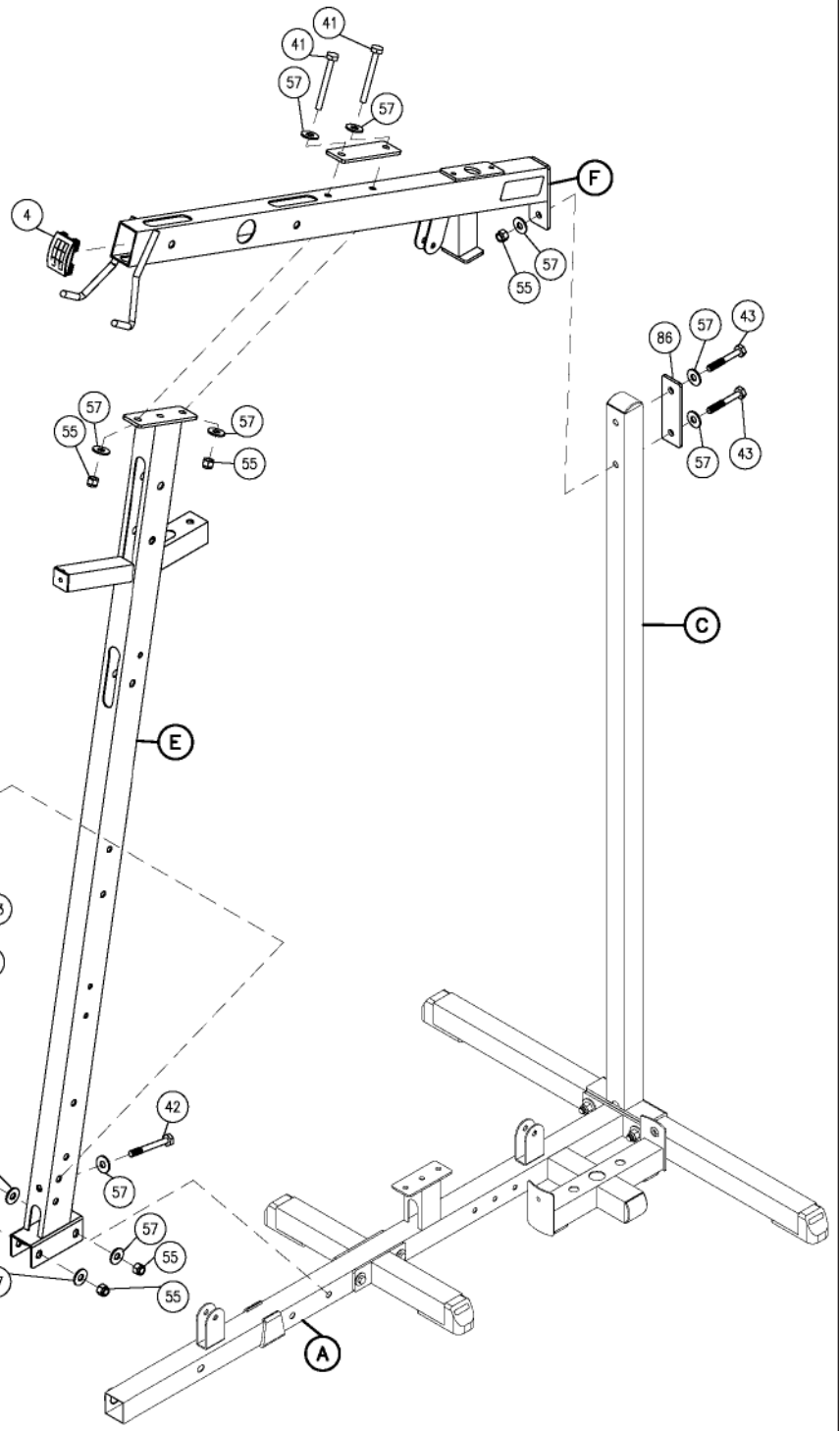
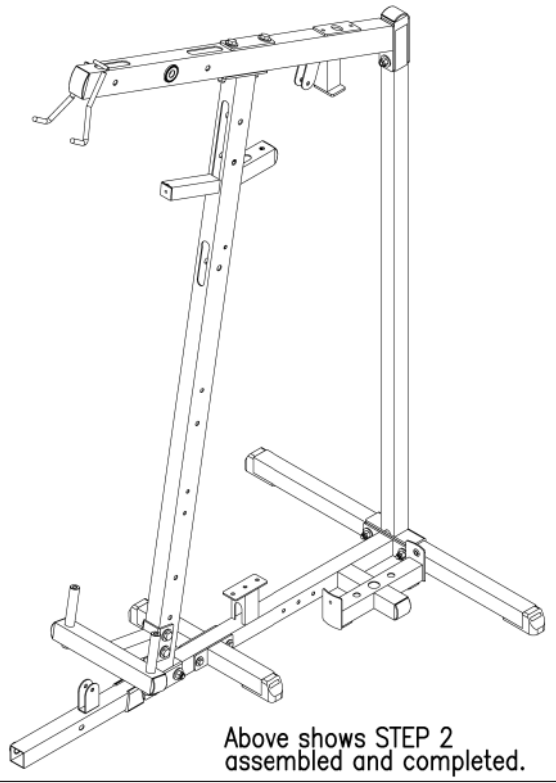
Two 43 (1/2" x 3 1/4" hex head bolt)

Five 57 (1/2" washer)

Two 55 (1/2" nylon lock nut)

Attach two Curved End Caps (3) to Pec Dec Frame (G) as shown.





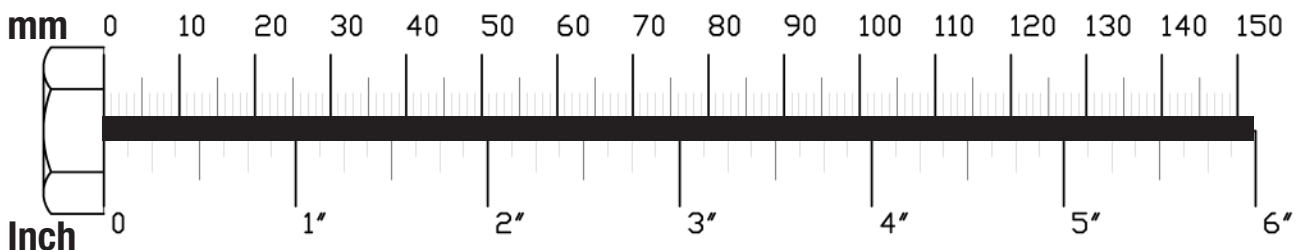
STEP**3**

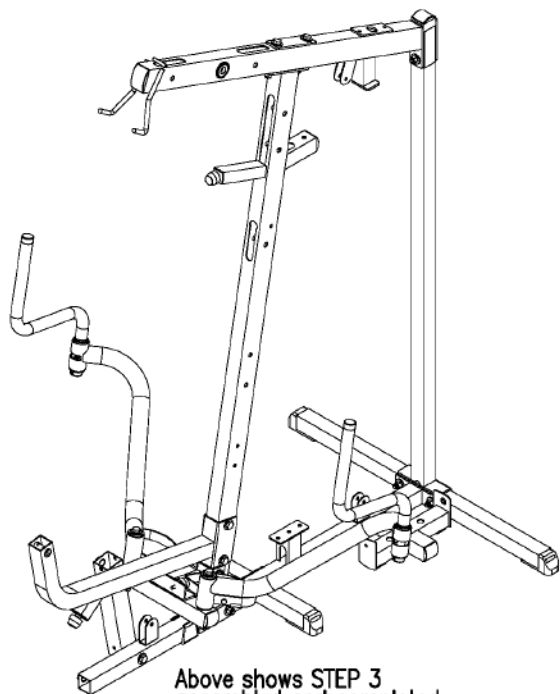
Be careful to assemble all components in the sequence they are presented.

NOTE:

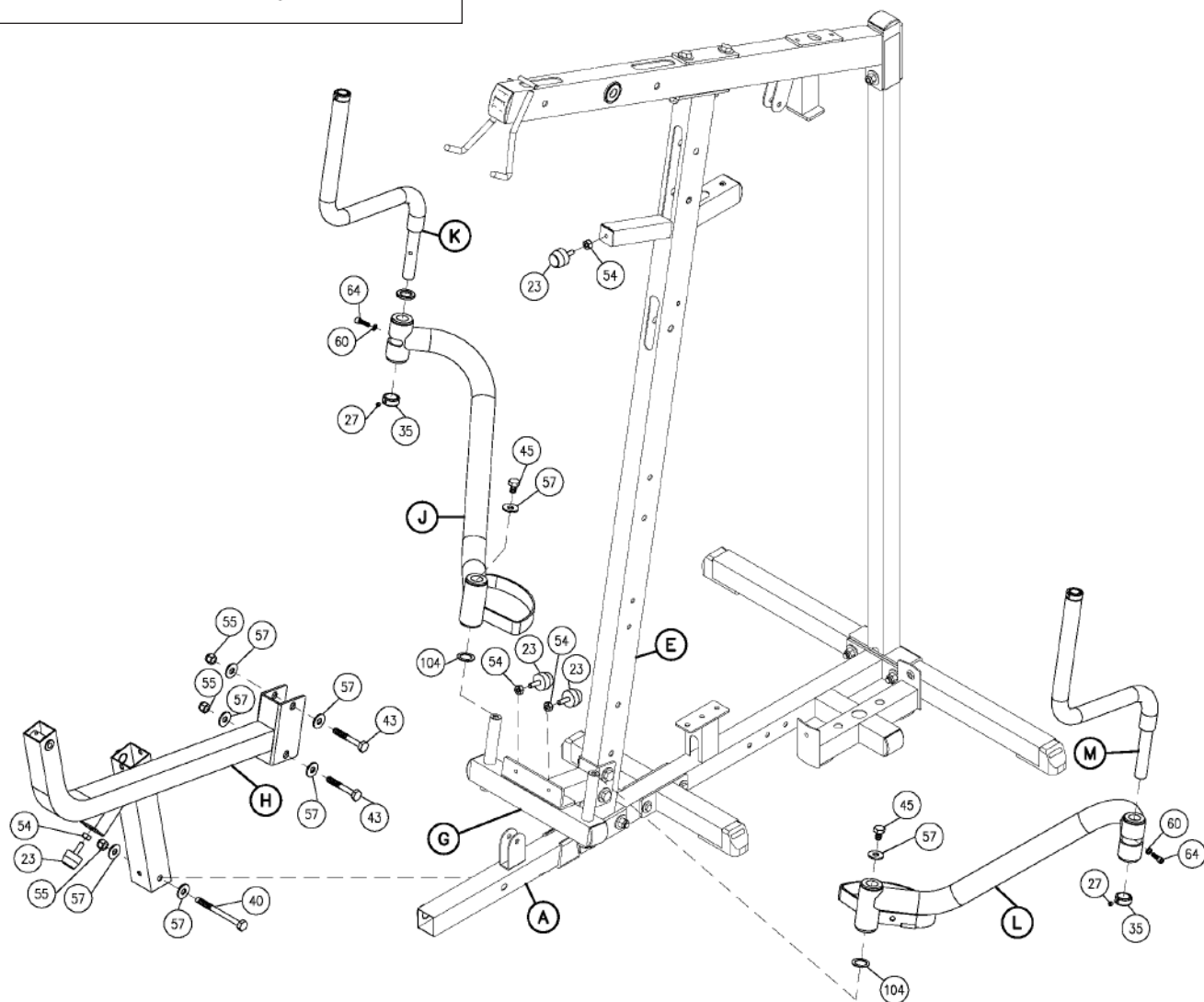
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 7.

- A. Above the Pec Dec Frame (G) connect the Leg Extension Frame (H) to Angled Support Frame (E) using:
Two 43 (1/2" x 3 1/4" hex head bolt)
Four 57 (1/2" washer)
Two 55 (1/2" nylon lock nut)
- B. Attach the Leg Extension Frame (H) to Main Base Frame (A) using:
One 40 (1/2" x 5 1/2" hex head bolt)
Two 57 (1/2" washer)
One 55 (1/2" nylon lock nut)
- C. Attach Left Pec Dec Arm (J) to Pec Dec Frame (G) using:
One 45 (1/2" x 3/4" hex head bolt)
One 57 (1/2" washer)
Attach Left Pec Dec Handle (K) to Left Pec Dec Arm (J) using:
One 64 (5/16" x 3/4" round allen head bolt)
One 60 (5/16" spring lock washer)
- D. Attach Right Pec Dec Arm (L) to Pec Dec Frame (G) using:
One 45 (1/2" x 3/4" hex head bolt)
One 57 (1/2" washer)
Attach Right Pec Dec Handle (M) to Right Pec Dec Arm (L):
One 64 (5/16" x 3/4" hex head bolt)
One 60 (5/16" spring lock washer)
- E. Attach two Chrome Round End Cap (34) to the top of the Left Pec Dec Handle (K) and one to the top of the Right Pec Dec Handle (M) as shown, and tighten Allen Screw (67).
Attach two Chrome Collars (35) one to the bottom of the Left Pec Dec Handle (K) and one to the bottom of the Right Pec Dec Handle (M) as shown, and tighten Allen Screw (27).
- F. Attach one Rubber Stop (23) to the front of Leg Extension Frame (H).
Attach two Rubber Stops (23) to the Pec Dec Frame (G).
Attach one Rubber Stop (23) to the horizontal pillar sticking out of the Angled Support Frame (E) as shown.





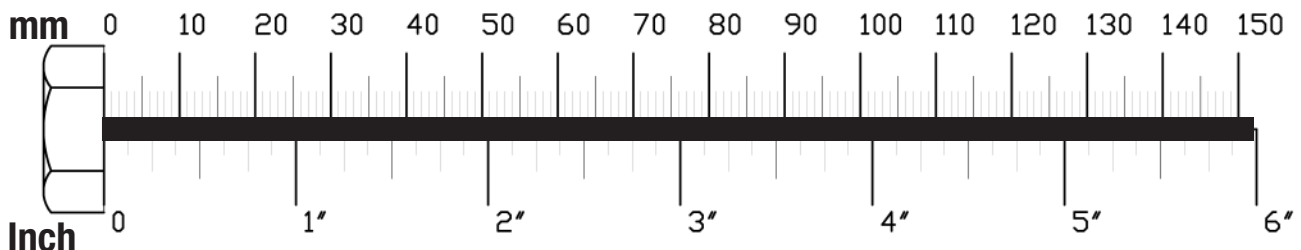
Above shows STEP 3 assembled and completed.

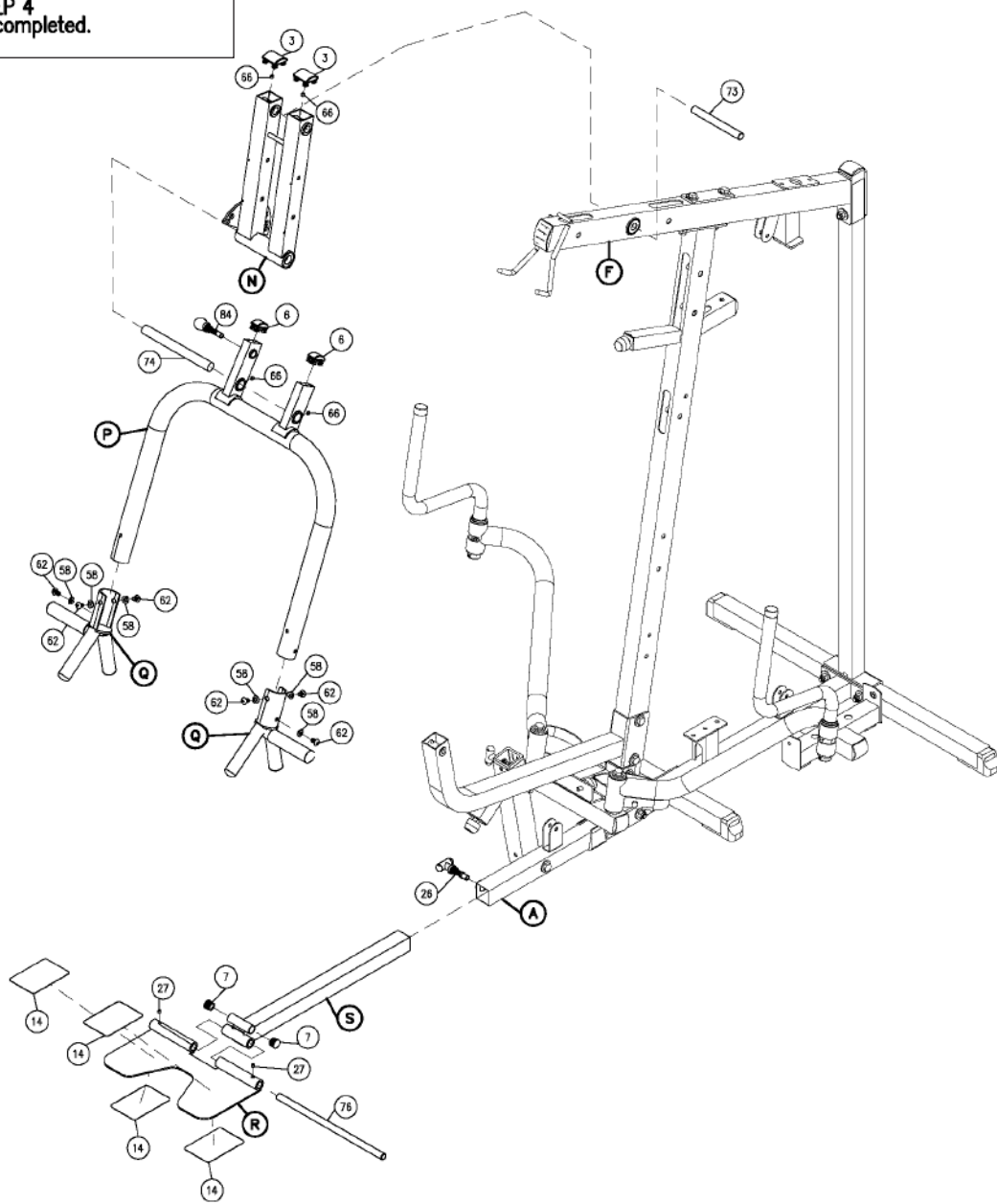
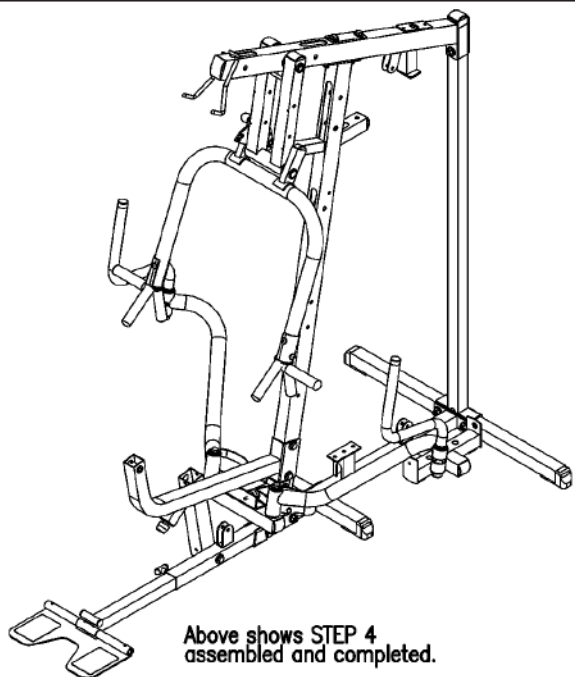


STEP**4****Be careful to assemble all components in the sequence they are presented.****NOTE:**

Finger tighten all hardware in this step. Do Not wrench tighten until end of step 7.

- A. Attach two Convex End Caps (3) to the top of Seated Press Arm Support (N). Attach Seated Press Arm Support (N) to Top Frame (F) using Shaft (73), and tighten Allen Screw (66).
- B. Attach Seated Press Arm (P) to Seated Press Arm Support (N) using Shaft (74), and tighten Allen Screw (66). Attach two 1" X 2" Convex End Caps (6) to the top of the Seated Press Arm (P).
- C. Attach two Seated Press Handles (Q) to Seated Press Arm (P) using:
Six 62 (3/8" x 5/8" flat allen head bolt)
Six 92 (3/8" bent lock washer)
Foam Grip (83) and Round End Cap (16) are preinstalled.
- D. Attach Foot Plate (R) to Adjustable Chrome Frame (S) with Shaft (76) and tighten Allen Screw (27).
- E. Slide Adjustable Chrome Frame (S) into Main Base Frame (A) and hold in place with T-Shaped Pop Pin (26). Slide two Round End Caps (7) into the openings on the top of the Adjustable Chrome Frame (S) as shown.

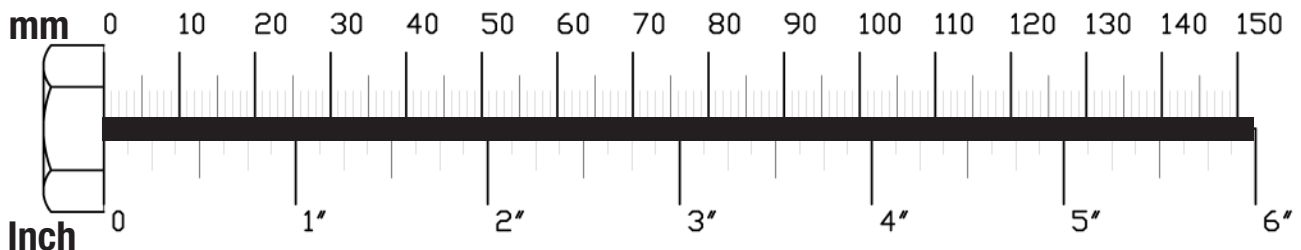




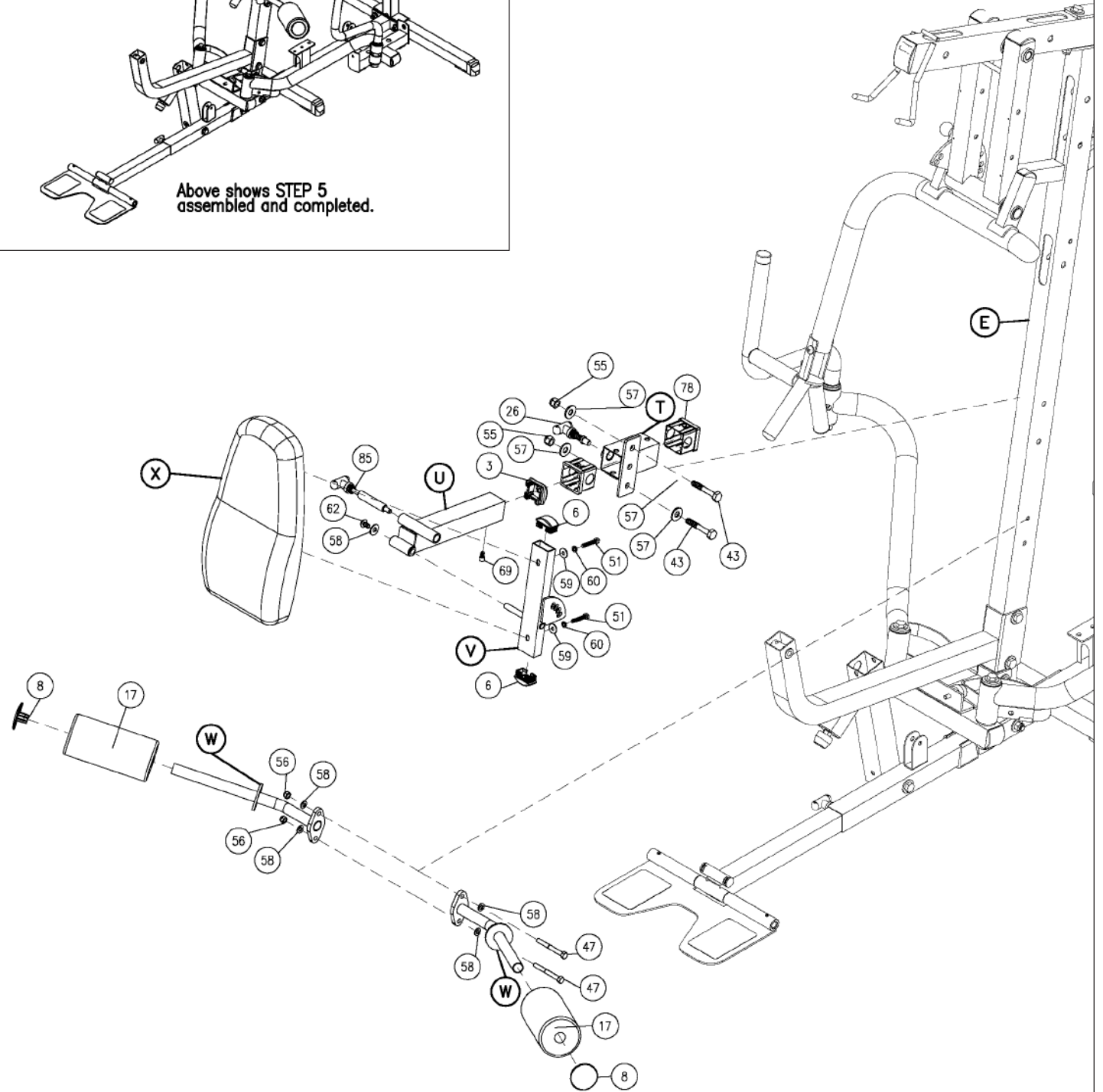
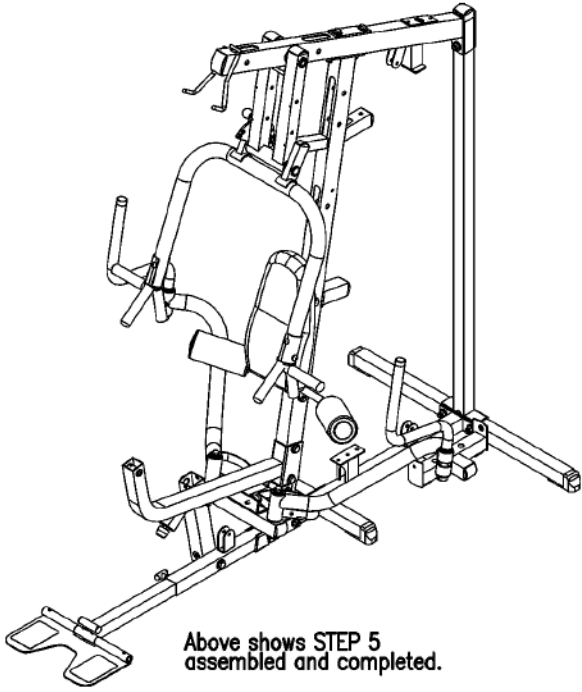
STEP**5****Be careful to assemble all components in the sequence they are presented.****NOTE:**

Finger tighten all hardware in this step. Do Not wrench tighten until end of step 7.

- A. Slide two Plastic Bushings (78) into Back Pad Holder (T) as shown.
Attach Back Pad Holder (T) To Angled Support Frame (E) using:
Two 43 (1/2" x 3 1/4" hex head bolt)
Four 57 (1/2" washer)
Two 55 (1/2" nylon lock nut)
- B. Slide Convex End Cap (3) into Chrome Back Pad Frame (U) as shown.
Slide Chrome Back Pad Frame (U) into Back Pad Holder (T) and hold in place with T-Shaped Pop Pin (26).
- C. Slide two 1" X 2" Convex End Caps (6) into Back Pad Frame (V) as shown.
Attach Back Pad Frame (V) to Chrome Back Pad Frame (U) as shown with a T-Shaped Pop Pin (85), and using:
One 62 (3/8" x 5/8" allen bolt)
One 58 (3/8" washer)
- D. Attach two Leg Hold Downs (W) to the Angled Support Frame (E) using:
Two 53 (3/8" x 3 1/4" hex head bolt)
Four 58 (3/8" washer)
Two 56 (3/8" nylon lock nut)
- C. Attach two Foam Rollers (17) onto Leg Hold Downs (W) and hold in place with two Roller End Caps (8) as shown.
- F. Attach Back Pad (X) to Back Pad Frame (V) using:
Two 51 (5/16" x 1 3/4" hex head bolt)
Two 60 (5/16" spring lock washer)
Two 59 (5/16" washer)
- G. Insert Flat Allen Head Bolt (69) into Chrome Back Pad Frame (U), this will help hold the Chrome Back Pad Frame (U) in place.



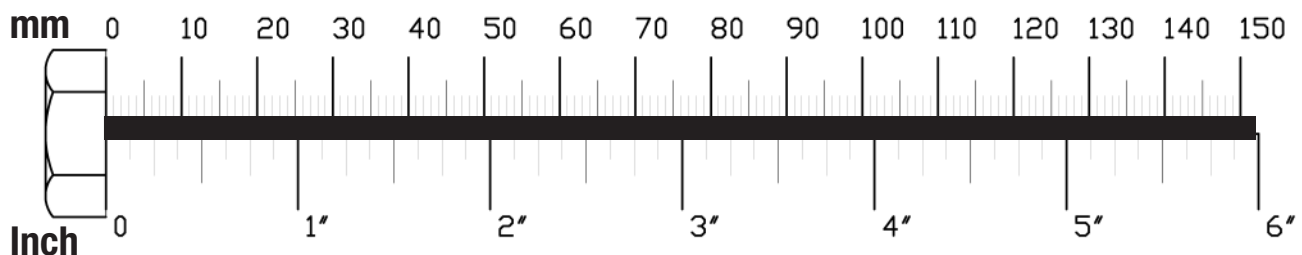
STEP
5



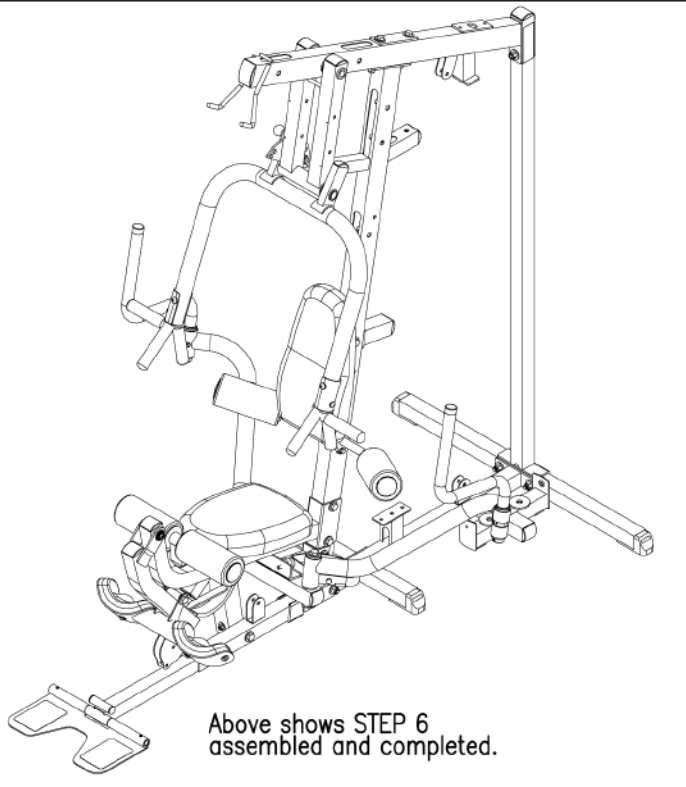
STEP**6****Be careful to assemble all components in the sequence they are presented.****NOTE:**

Finger tighten all hardware in this step. Do Not wrench tighten until end of step 7.

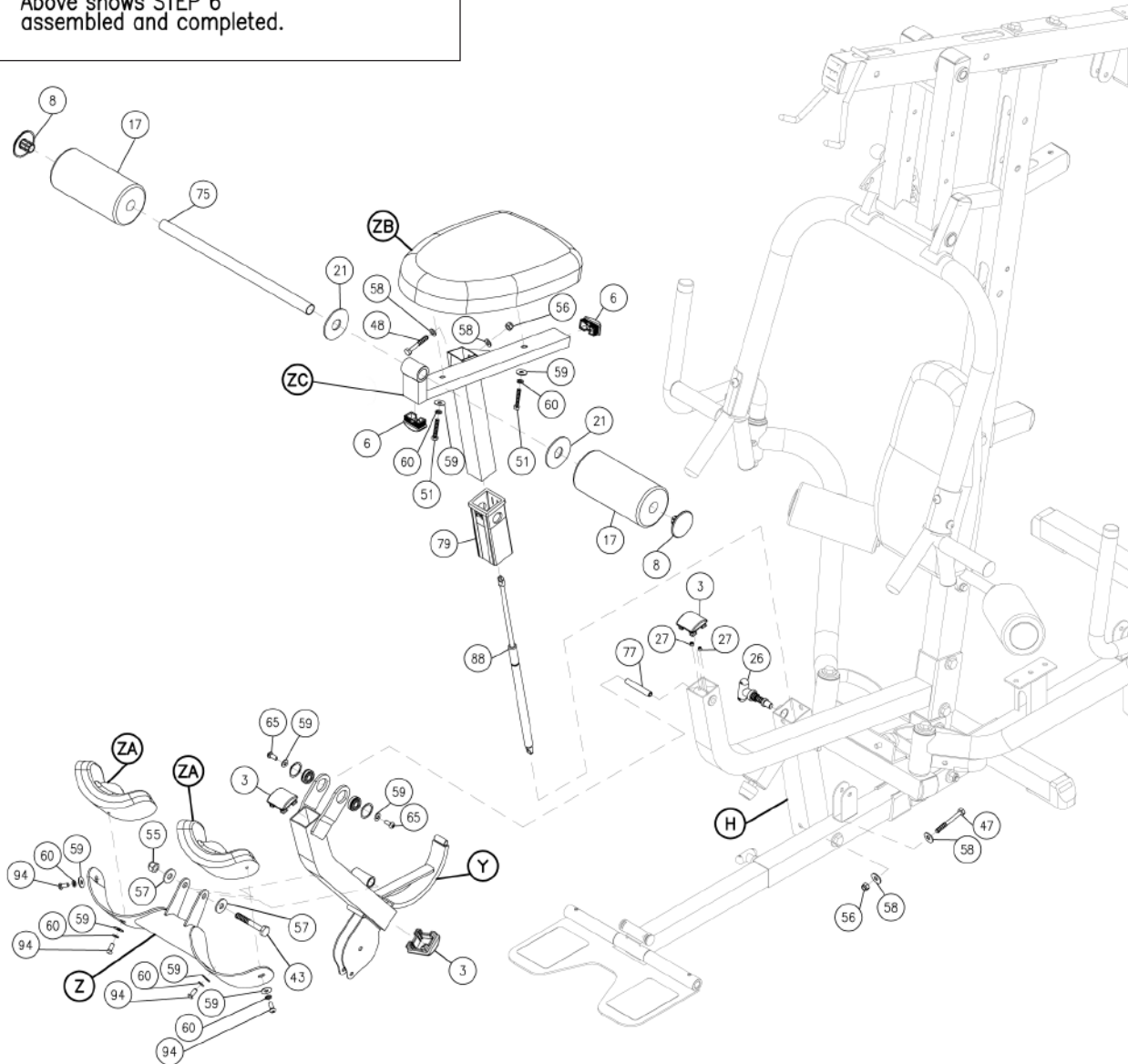
- A. Attach two Convex End Caps (3), one to the top and one to the bottom, of Leg Extension Arm (Y). Attach Leg Extension Arm (Y) to Leg Extension Frame (H) using pre-installed Shaft (77) as shown. Tighten the two Allen Screws (27) to lock down Shaft (77) in Leg Extension Frame (H). Attach Convex End Cap (3) to the front of Leg Extension Frame (H) as shown.
- B. Attach Leg Extension Pad Holder (Z) to Leg Extension Arm (Y) using:
One 43 (1/2" x 3 1/4" hex head bolt)
Two 57 (1/2" washer)
One 55 (1/2" nylon lock nut)
- C. Attach the two Leg Pads (ZA) to Leg Extension Pad Holder (Z) using:
Four 94 (5/16" x 3/4" hex head bolt)
Four 60 (5/16" spring lock washer)
Four 59 (5/16" washer)
- D. Attach two 1" X 2" Curved End Caps (6) to the front and back of the Leg Extension Seat Pad Frame (ZC) as shown. Attach Leg Extension Seat Pad (ZB) to Leg Extension Seat Pad Frame (ZC) using:
Two 51 (5/16" x 1 3/4" hex head bolt)
Two 60 (5/16" spring lock washer)
Two 59 (5/16" washer)
- E. Slide Plastic Bushing (79) into Leg Extension Frame (H) as shown. Attach Hydraulic Seat Adjuster (88) to the bottom and inside the receptacle in the Leg Extension Frame (H) using:
One 47 (3/8" x 3" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
- F. Slide Leg Extension Seat Pad Frame (ZC) into Plastic Bushing (79) in Leg Extension Frame (H) and attach to the top of Hydraulic Seat Adjuster (88) using:
One 48 (3/8" x 2 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
Insert T-Shaped Pop Pin (26) into the threaded opening in the Leg Extension Frame (H).
- G. Attach Foam Roller Bar (75) to the front of the Leg Extension Seat Pad Frame (ZC) as shown. Slide Foam Rollers (17) onto Foam Roller Bar (75). Hold in place with 3" Plastic Washer (21), on the inside, and Roller End Caps (8) on the outside.



STEP
6



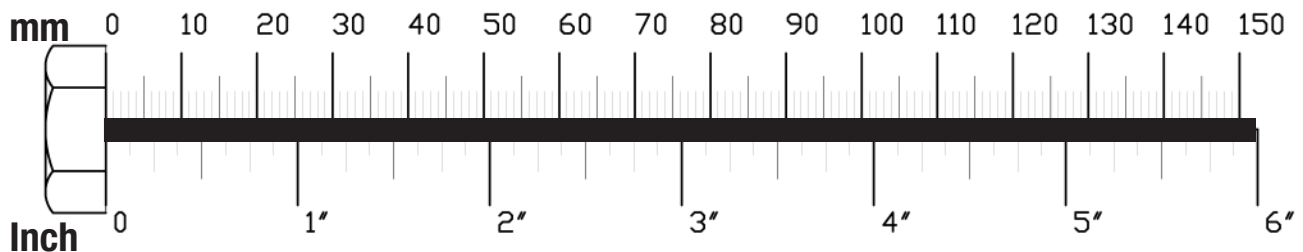
Above shows STEP 6 assembled and completed.



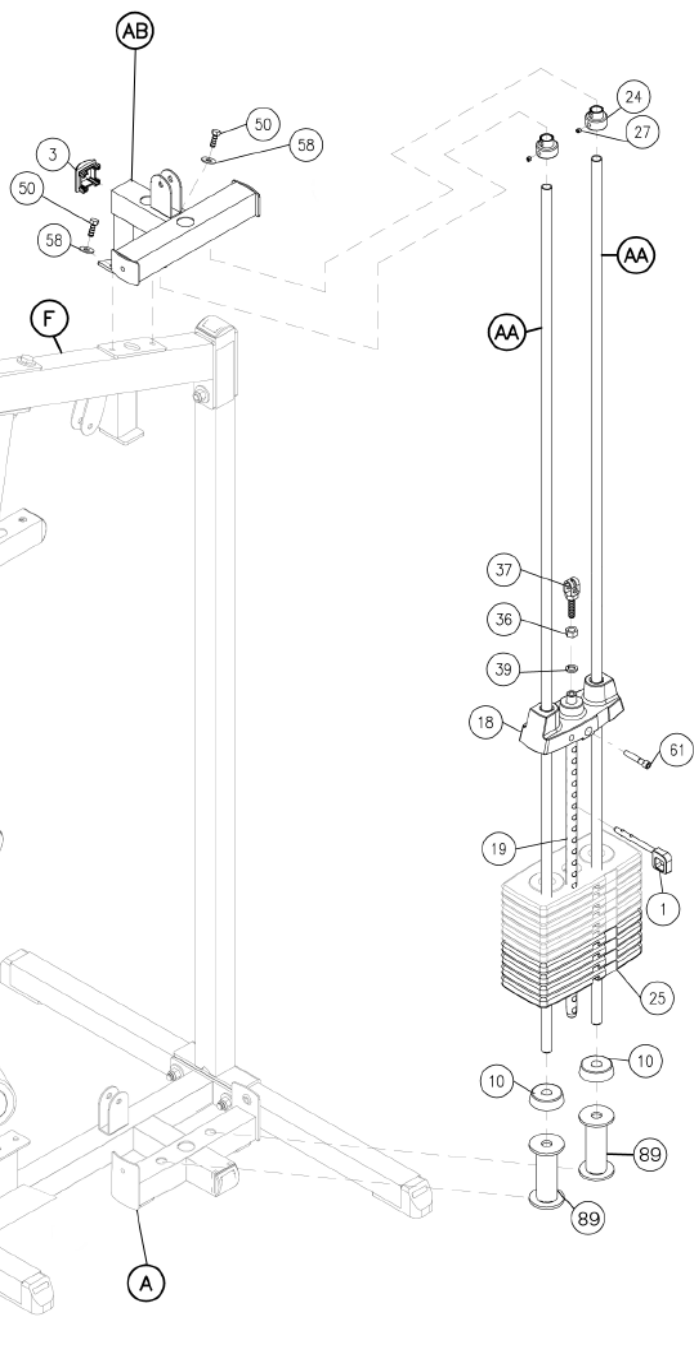
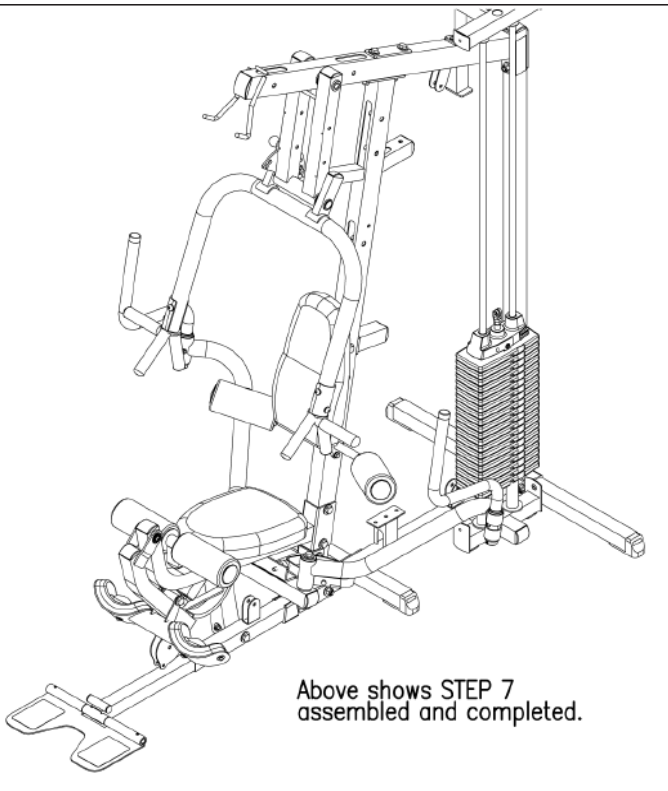
STEP**7**

Be careful to assemble all components in the sequence they are presented.

- A. Place two Weight Stack Risers (89) and two Rubber Donuts (10) onto Main Base Frame (A) as shown. Slide two Guide Rods (AA) through the Rubber Donuts (10), through the two Weight Stack Risers (89), and into the Main Base Frame (A).
- B. Slide Weight Stack Plates (25) onto Guide Rods (AA). Make sure the opening in each Weight Stack Plate (25), for the Weight Stack Pin (1), is facing outward.
- C. Connect Top Plate (18) to the Selector Rod (19) using:
One 61 (3/8" X 1 1/2" round allen head)
Slide Top Plate (18) and Selector Rod (19) onto Guide Rods (AA).
- D. Slide two Shaft Collars (24) onto the two Guide Rods (AA) as shown.
- E. Insert Guide Rods (AA) into Top Weight Stack Frame (AB), and Attach Top Weight Stack Frame (AB) to Top Frame (F) using:
Two 50 (3/8" x 1" hex head bolt)
Two 58 (3/8" washer)
Attach Curved End Cap (3) to Top Weight Stack Frame (AB) as shown.
- F. Slide Shaft Collars (24) up into the Top Weight Stack Frame (AB) and turn the Shaft Collar, so the Shaft Collars (24) lock onto the Top Weight Stack Frame (AB), Now tighten each Allen Screw (27) in Shaft Collars (24).
- G. At this point you can now wrench tighten all bolts and nuts on the main frame unit.



STEP
7



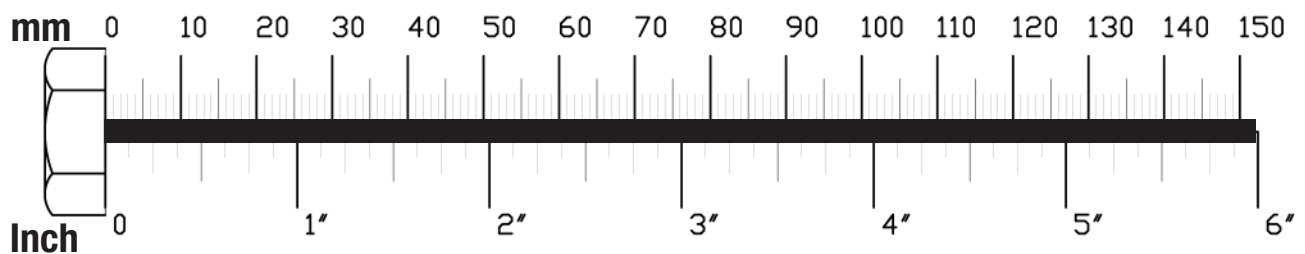
STEP**8**

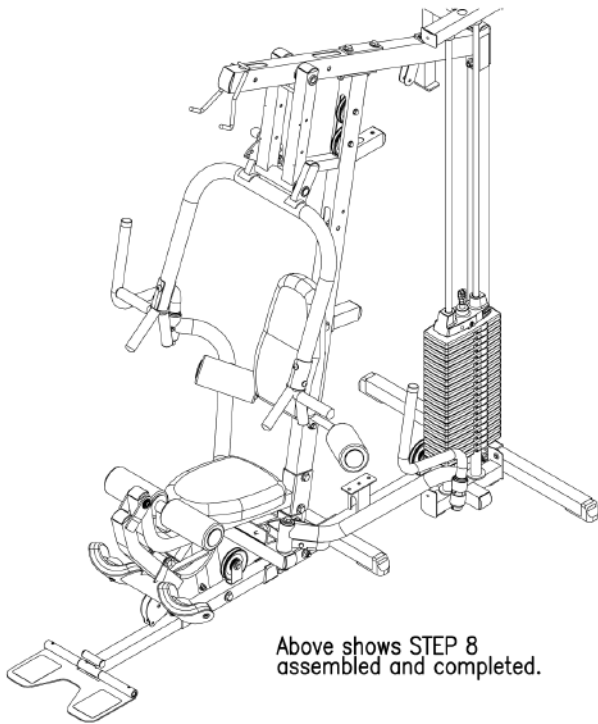
Be careful to assemble all components in the sequence they are presented.

- A. Insert two Pulleys (15) into Angled Support Frame (E) as shown using:
Two 48 (3/8" x 2 3/4" hex head bolt)
Four 13 (pulley spacer)
Two 56 (3/8" nylon lock nut)
- B. Install two Pulleys (15) onto Main Base Frame (A) as shown using:
Two 49 (3/8" x 1 3/4" hex head bolt)
Four 58 (3/8" washer)
Two 56 (3/8" nylon lock nut)

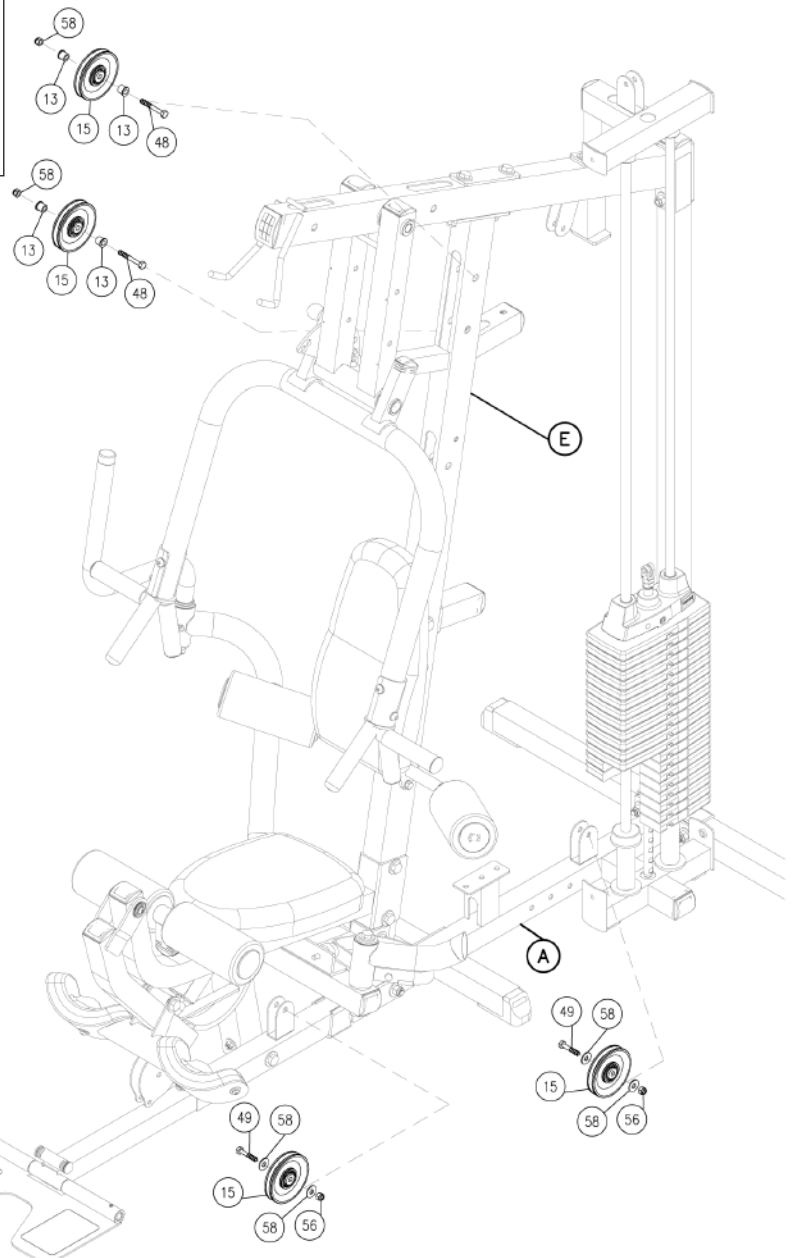
NOTE:

Leave all hardware finger tight. **Do not** wrench tighten hardware until after the final cable adjustments are complete in Step 18.



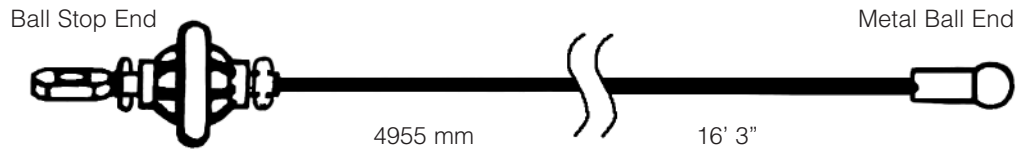


Above shows STEP 8 assembled and completed.



Be careful to assemble all components in the sequence they are presented.

Lat Pulldown Cable (96)



- A. See diagram 1. Begin at the high pulley station. Route the Lat Pulldown Cable (96) up through the first opening where pulley (A1) will be installed, and out through the top. Route Cable (96) above the Top Frame (F) and then down through the second opening where pulley (A2) will be installed. Pull the entire length of cable through.
- B. See diagram 2. Insert two Pulleys (15), Pulleys (A1) and (A2), into Top Frame (F) under Cable (96) and attach using for each pulley:
One 48 (3/8" x 2 3/4" hex head bolt)
Two 13 (pulley spacer)
One 56 (3/8" nylon lock nut)
- C. Route Cable (96) around Pulley (A3) as shown in diagram 1 and attach Pulley (A3) to Seated Press Arm Support (N) as shown in diagram 2 using:
One 46 (3/8" x 7 1/2" hex head bolt)
Two 12 (metal spacer)
One 56 (3/8" nylon lock nut)
- D. See diagram 1. Feed Cable (96) above Pulley (A4) -already installed. Route Cable (96) around Pulley (A4) and feed back between Pulley (A4) and Pulley (A6) -already installed.
- E. Route Cable (96) around Pulley (A5) as shown in diagram 1 and attach Pulley (A5) to Seated Press Arm Support (N) as shown in diagram 2 using:
One 46 (3/8" x 7 1/2" hex head bolt)
Two 12 (metal spacer)
One 56 (3/8" nylon lock nut)
- F. See diagram 1. Feed Cable (96) back between Pulley (A4) and Pulley (A6) -already installed. Pull entire length of Cable (96) through, and feed down through the hole in the small arm sticking out of Angled Support Frame (E).

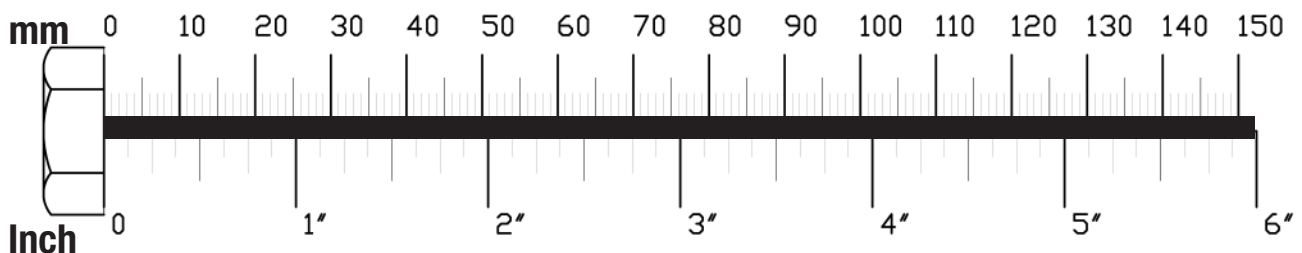


Diagram 1
Cable Installation

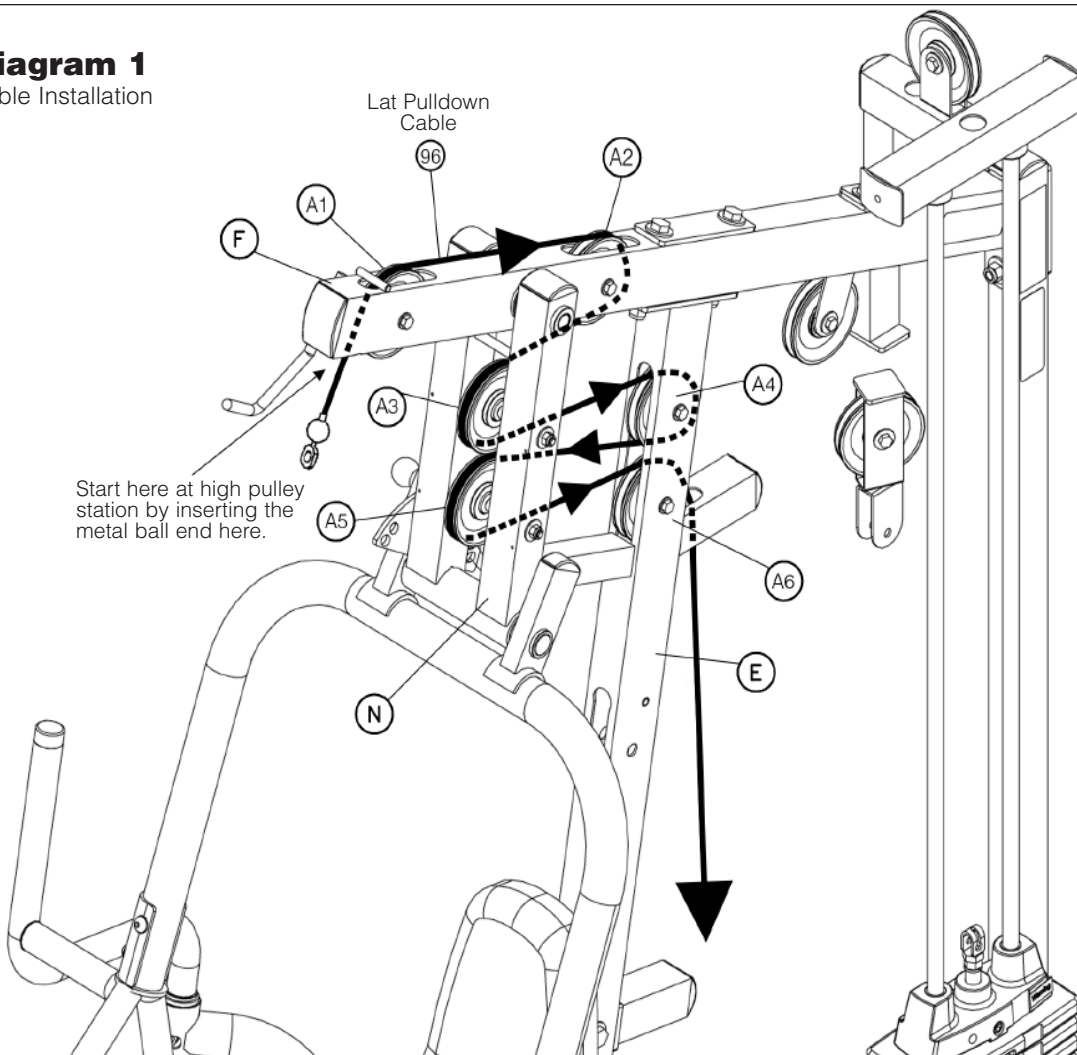
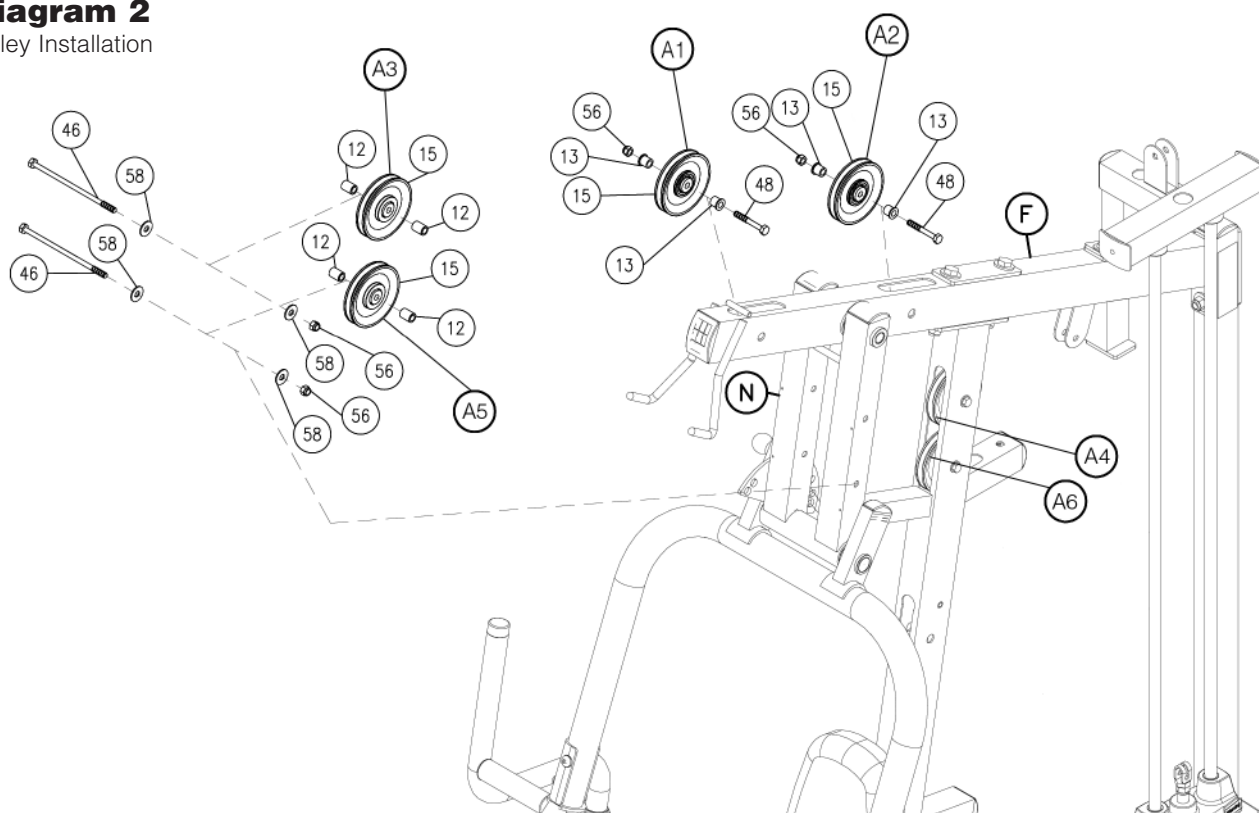
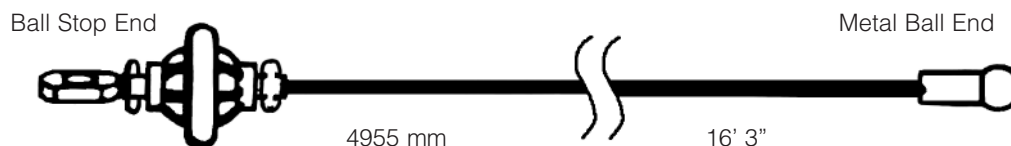


Diagram 2
Pulley Installation



Be careful to assemble all components in the sequence they are presented.

Lat Pulldown Cable (96)



- A. See diagram 2. Attach Double Adjustable Pulley Holder (CA) to the small arm sticking out of the Angled Support Frame (E) as shown using:
One 57 (1/2" washer)
One 55 (1/2" nylon lock nut)
- B. Install Pulley (A7) into Double Adjustable Pulley Holder (CA), install into the third hole from the top, as shown in diagram 2 using:
One 49 (3/8" x 1 3/4" hex head bolt)*
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
 See diagram 1. Route Cable (96) through Double Adjustable Pulley Holder (CA) and under Pulley (A7).
- *NOTE:**
Leave Pulley (A7) finger tight, until after final cable adjustments in Step 15.
- C. See diagram 1. Route Cable (96) through the flange hanging from Top Frame (F) and hold in place with Pulley (A8). Install Pulley (A8) as shown in diagram 2 using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
- D. Route Cable (96) through the top of 45 Degree Double Pulley Holder (CB) and hold in place with Pulley (A9) as shown in diagram 2 using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
- E. See diagram 2. Install Pulley (A10) to the flange above the Top Weight Stack Frame (AB) using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
- F. See diagram 1. Route Cable (96) up through the Top Weight Stack Frame (AB) above Pulley (A10), and down through Top Weight Stack Frame (AB) toward weight stack.
- G. See diagram 1A. Remove Hex Head Bolt (38) from Selector Rod Top Bolt (37), slide Cable (96) through Selector Rod Top Bolt (37) and out through the side. Attach Cable End Shaft (90) and tighten Allen Screw (91). Pull Cable (96) tight, so Cable End Shaft (90) fits inside Selector Rod Top Bolt (37). Reinstall Hex Head Bolt (38) in Selector Rod Top Bolt (37).

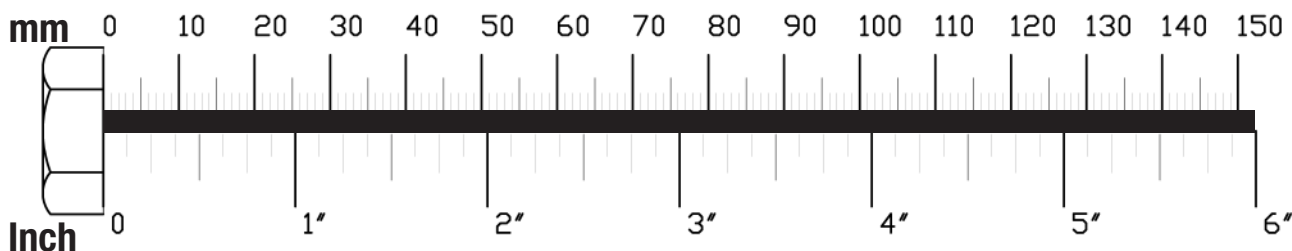
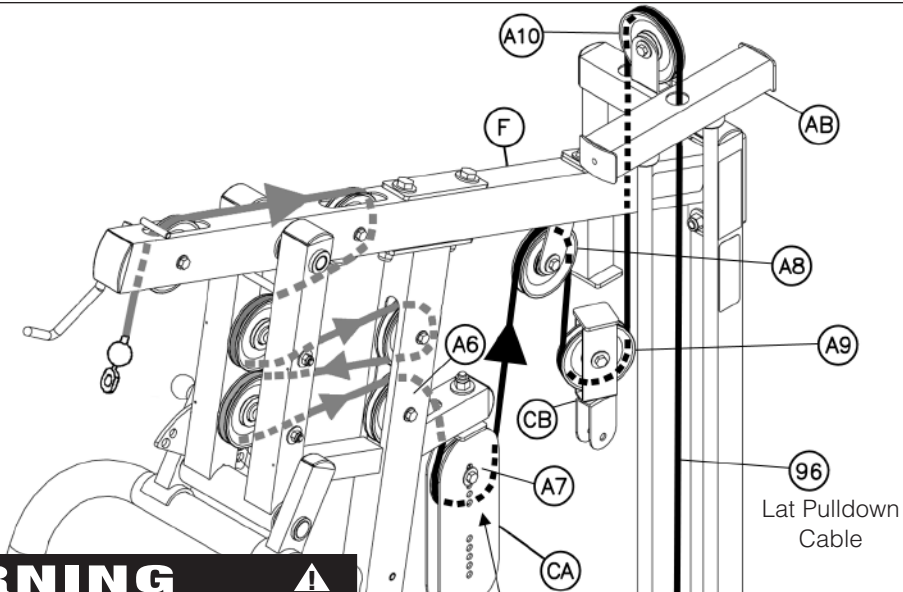


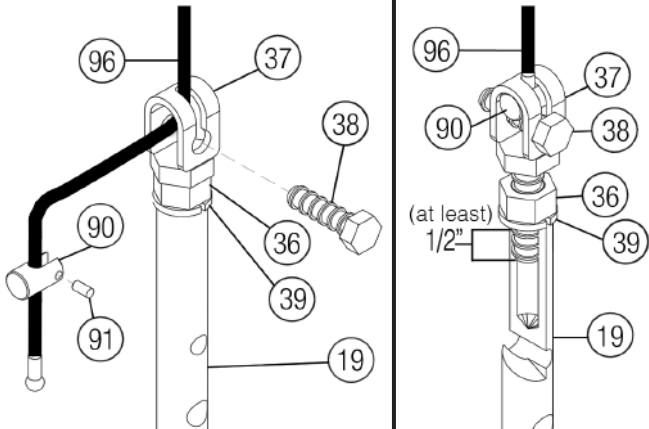
Diagram 1
Cable Installation



Start here by routing the cable around pulley A7.

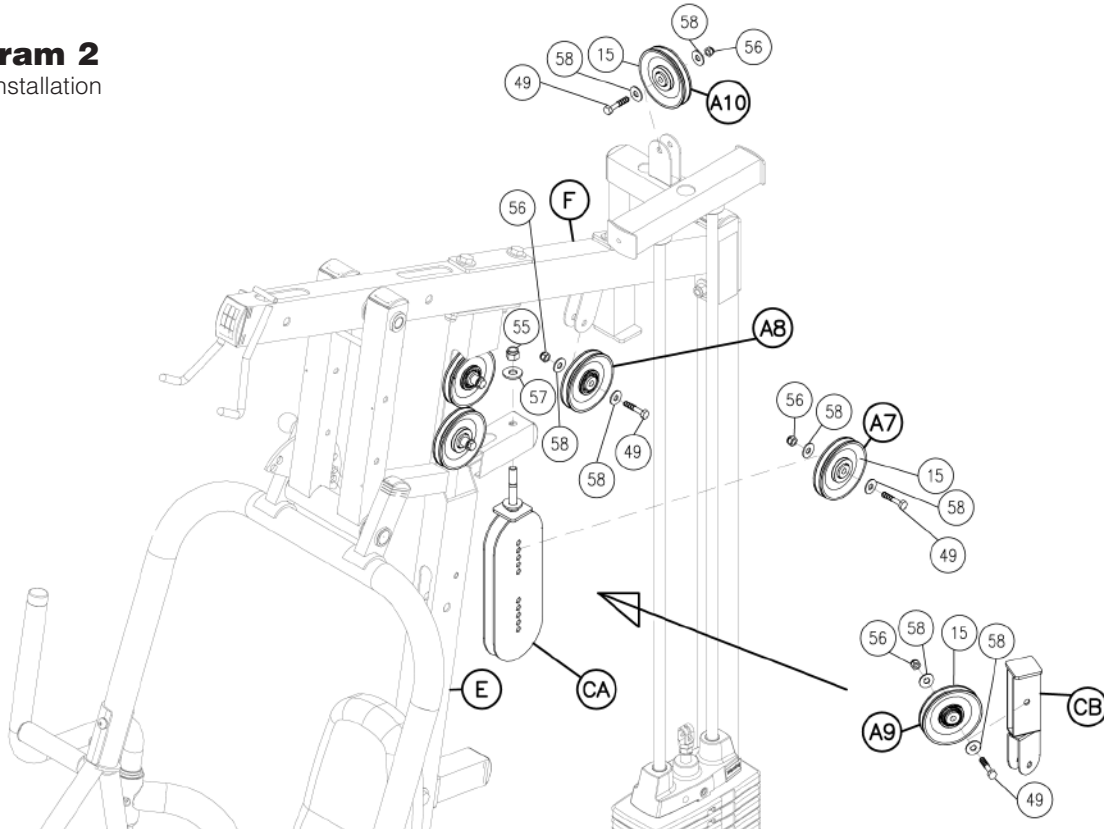
⚠ WARNING ⚠

Diagram 1A



Selector Rod Top Bolt (37) must be threaded a minimum of 1/2" into the Selector Rod (19), and Jam Nut (36) tightened securely against spring lock washer (39) to ensure proper connection. Check the Jam Nut (36) once a week to make sure it is tight.

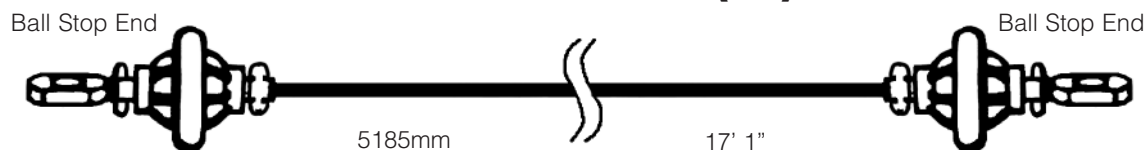
Diagram 2
Pulley Installation



STEP**11**

Be careful to assemble all components in the sequence they are presented.

Ab Crunch Cable (97)



- A. See diagram 1. Insert either end of Ab Crunch Cable (97) into the opening in Angled Support Frame (E), above Back Pad (X), and pull entire length of cable through.
- B. Install Pulley (B1) into Angled Support Frame (E) under Cable (97) as shown in diagram 2 using:
One 48 (3/8" x 2 3/4" hex head bolt)
Two 13 (pulley spacer)
One 56 (3/8" nylon lock nut)
- C. See diagram 1. Route Cable (97) through the top of the 90 Degree Double Pulley Holder (CC) and hold Cable (97) in place with Pulley (B2) using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
- D. See diagram 1. Route Cable (97) through the bottom of the Double Adjustable Pulley Holder (CA). Insert Pulley (B3) into the Double Pulley Holder (CA) and install into the third hole from the bottom as shown in diagram 2 using:
One 49 (3/8" x 1 3/4" hex head bolt)*
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)

***NOTE:**

Leave Pulley (B3) finger tight, until after final cable adjustments in Step 15.

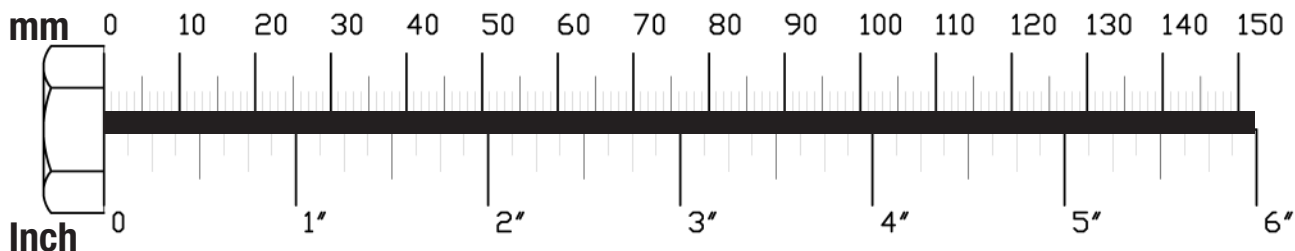


Diagram 1
Cable Installation

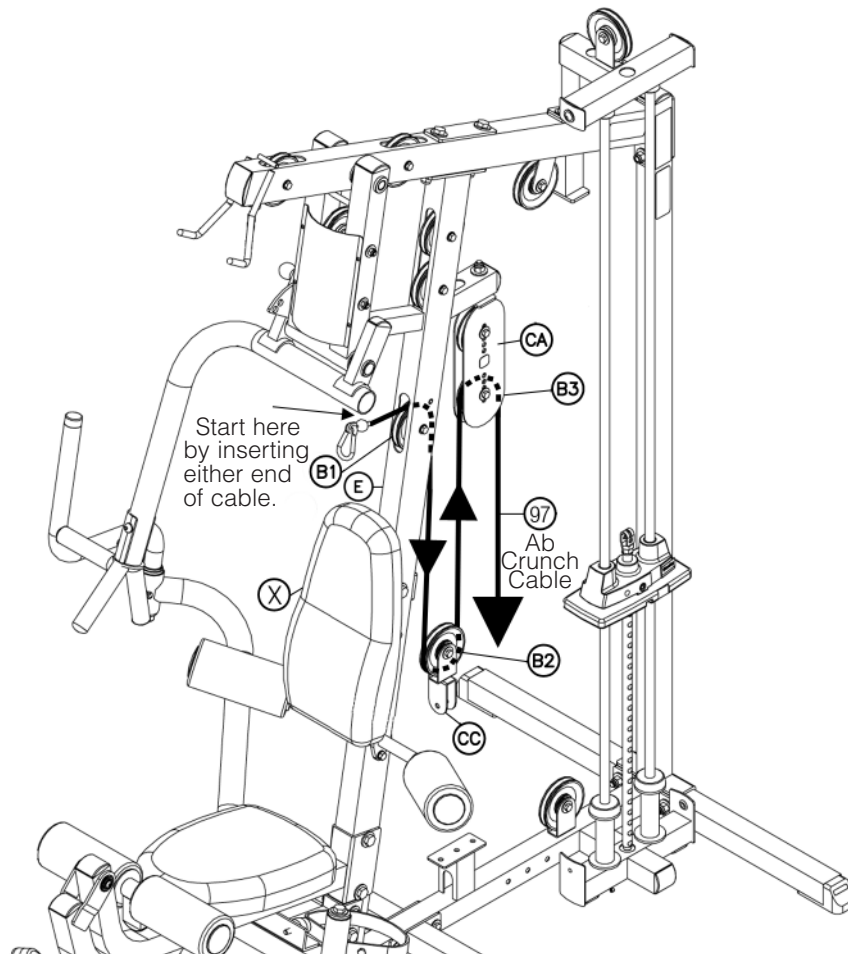
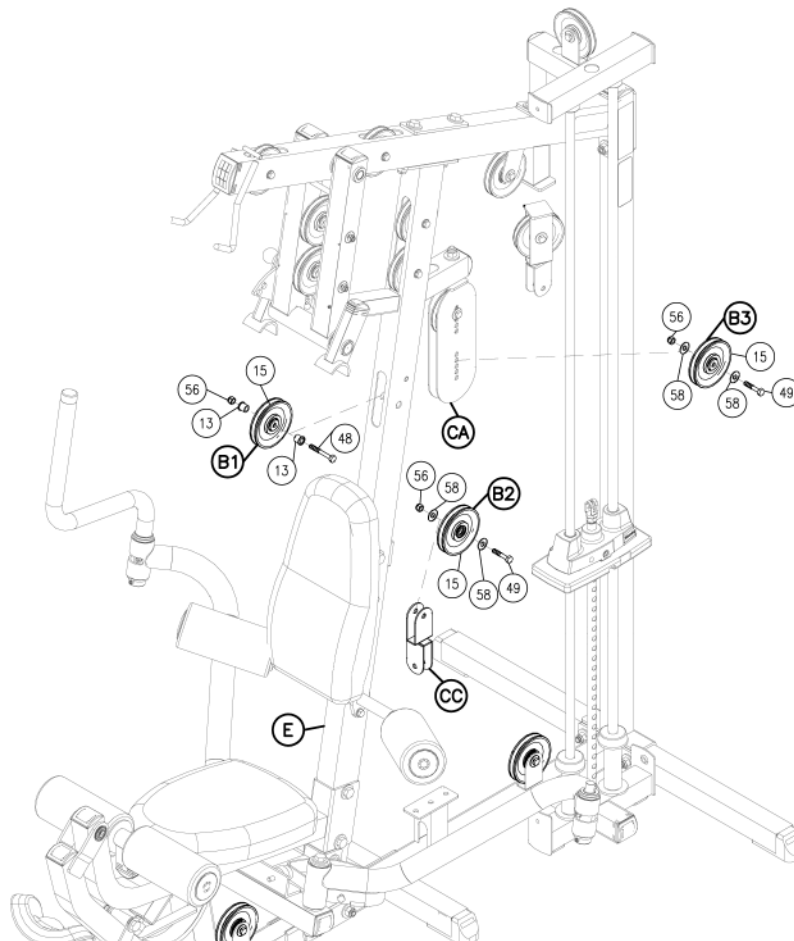


Diagram 2
Pulley Installation

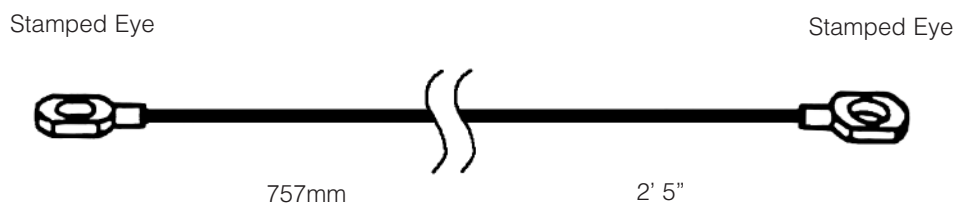


Be careful to assemble all components in the sequence they are presented.

Ab Crunch Cable (97)



Short Cable (99)



- A. See diagram 1. Route Cable (97) through Pulley Holder with Hook (CD) and hold Cable (97) in place with Pulley (B4) as shown in diagram 2 using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)

NOTE:

If you are not installing the Leg Press, then connect Short Cable (99) to the bottom of Pulley Holder With Hook (CD) and to Main Frame (A). See Cable 99 diagram .

- B. See diagram 1. Route Cable (97) through the bottom of the 45 Degree Double Pulley Holder (CB) and hold Cable (97) in place with Pulley (B5) as shown in diagram 2 using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
- C. See diagram 1. Route Cable (97) under Pulley (B6) -preinstalled. Route Cable (97) forward towards the front of the gym.
 Insert Cable (97) through small pillar in Main Frame (A), then through Angled Support Frame (E), and under Pulley (B7) -preinstalled.
- D. See diagram 1. Route Cable (97) through pulley holder at the end of the Leg Extension Arm (Y). Install Pulley (B8) as shown in diagram 2 using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
 Install hex head bolt (49) into the end of the Leg Extension Arm (Y) to hold Cable (97) in place as shown in diagram 2.

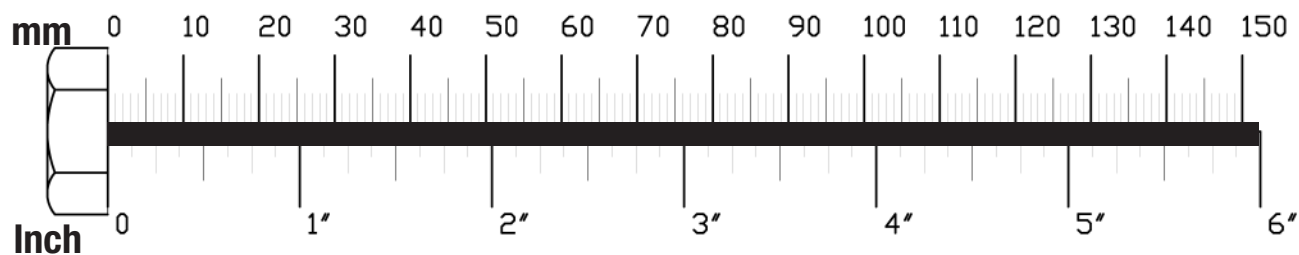


Diagram 1
Cable Installation

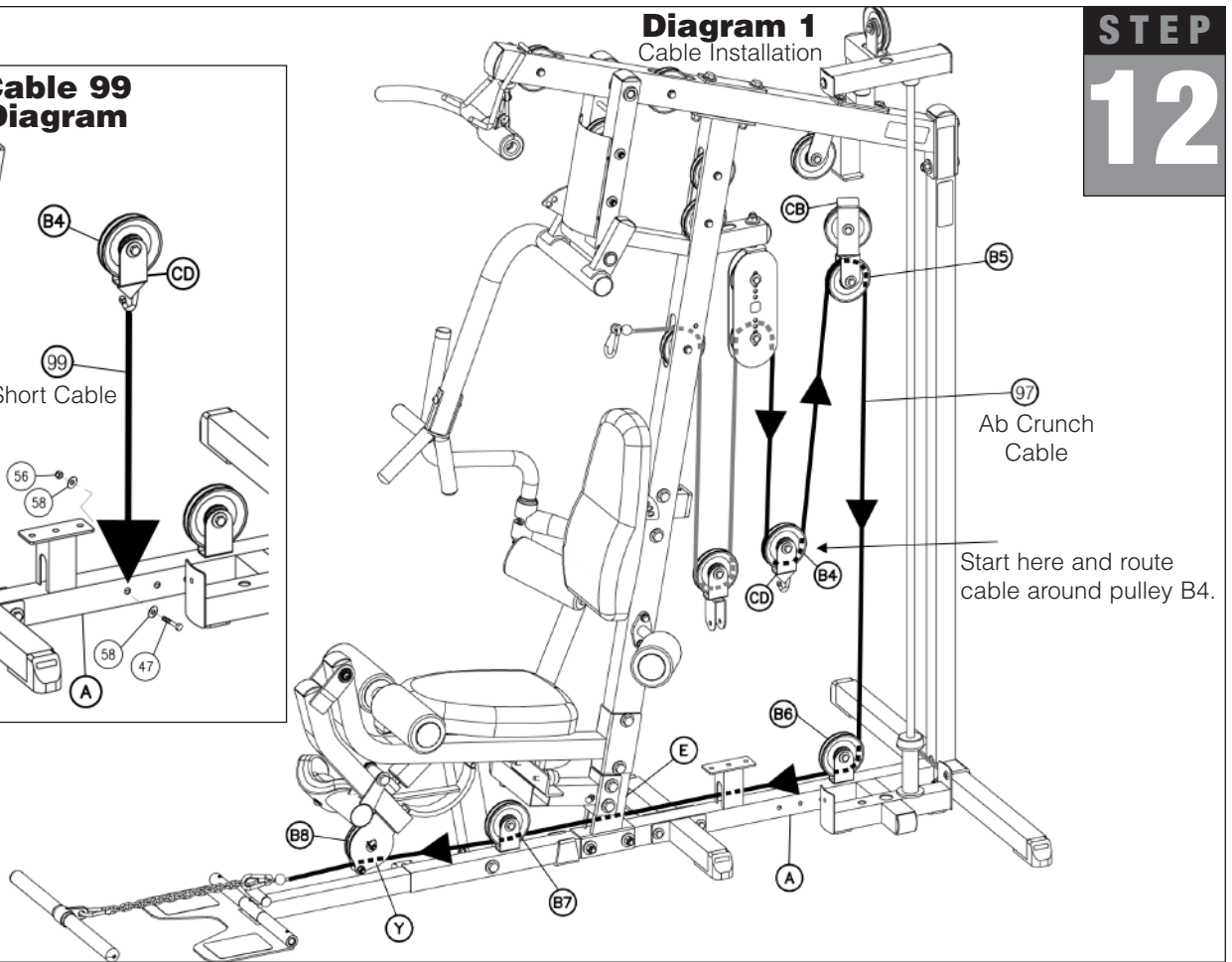
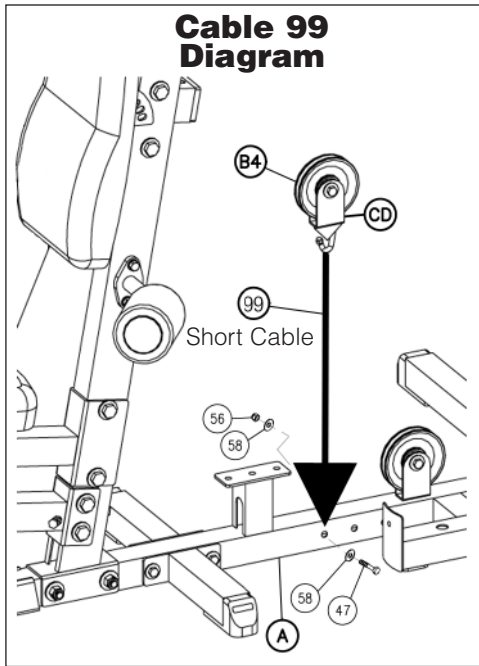
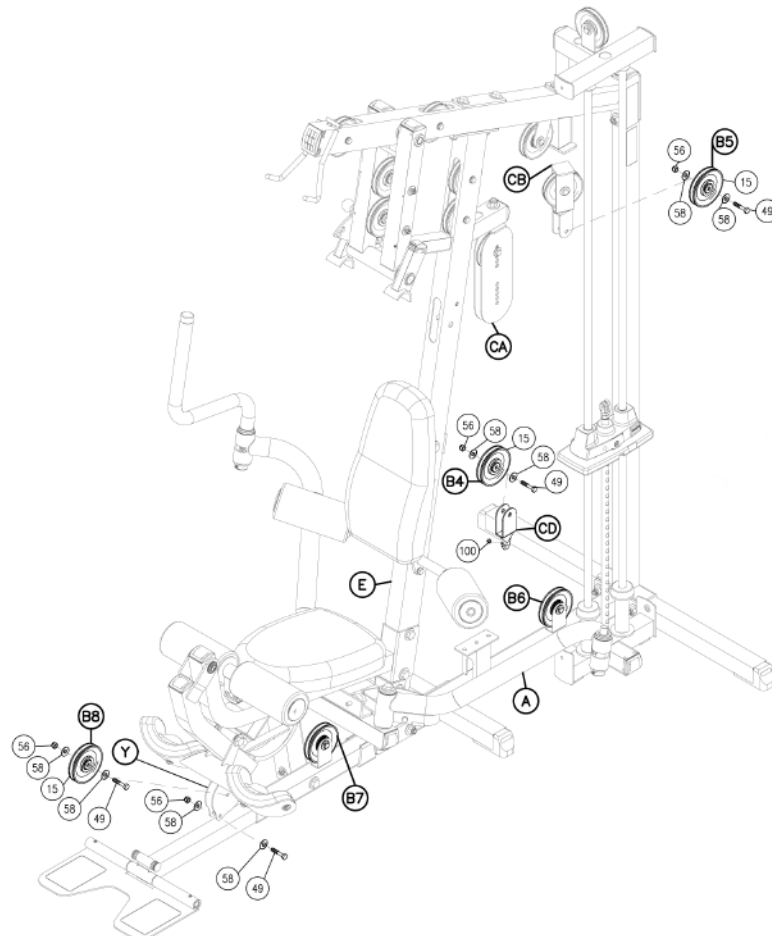
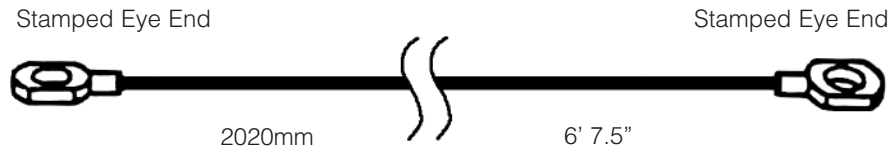


Diagram 2
Pulley Installation



Be careful to assemble all components in the sequence they are presented.

Pec Dec Cable (98)



- A. See diagram 2. Attach Pec Dec Pulley Frame (AC) to Main Frame (A) using:
Two 50 (3/8" x 1" hex head bolt)
Four 58 (3/8" washer)
Two 56 (3/8" nylon lock nut)
- B. See diagram 2. Attach two End Caps (6) to either end of Pec Dec Pulley Frame (AC).
 Attach Left Pec Dec Pulley Holder (AD) to Pec Dec Pulley Frame (AC) using:
One 62 (3/8" x 5/8" allen bolt)
One 58 (3/8" washer)
 Attach Right Pec Dec Pulley Holder (AE) to Pec Dec Pulley Frame (AC) using:
One 62 (3/8" x 5/8" allen bolt)
One 58 (3/8" washer)
- C. Bolt Pec Dec Cable (98) to cam on Left Pec Dec Arm (J) as shown in diagram 1 using:
One 44 (3/8" x 3/4" hex head bolt)
Two 57 (3/8" washer)
One 55 (3/8" nylon lock nut)
- D. See diagram 1. Route Cable (98) through Left Pec Dec Pulley Holder (AD), hold cable in place with Pulley (C1) using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)

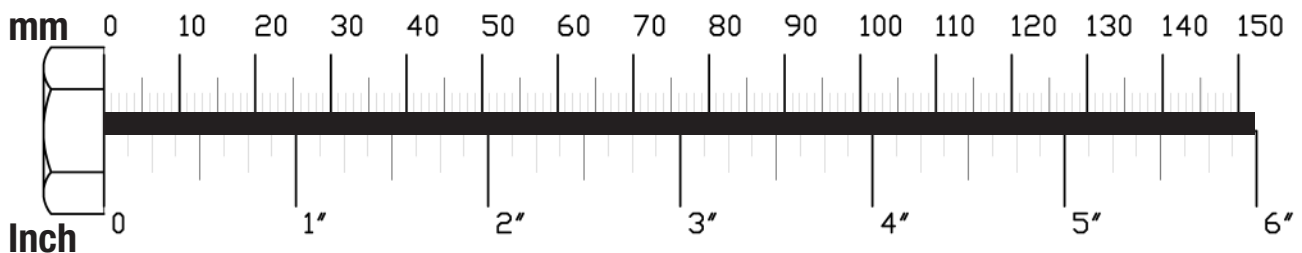


Diagram 1
Cable Installation

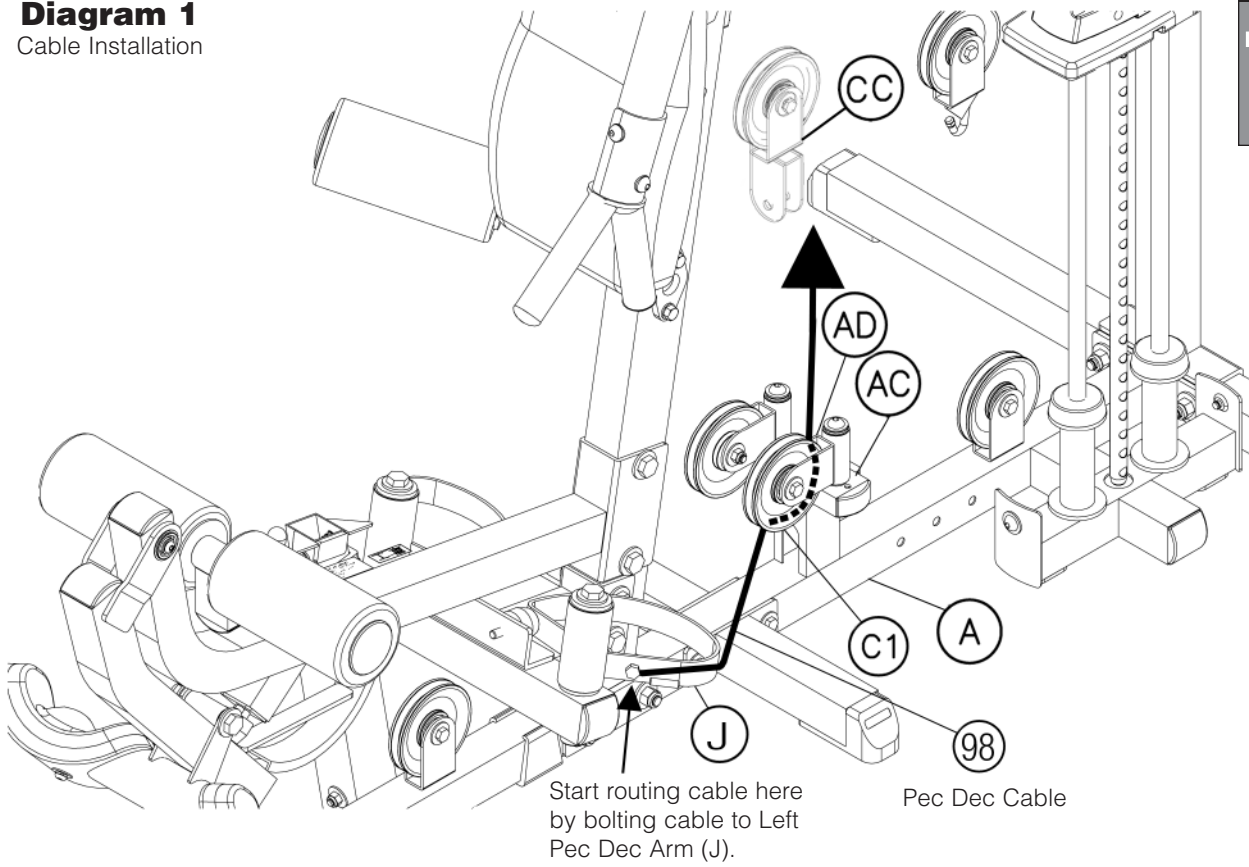
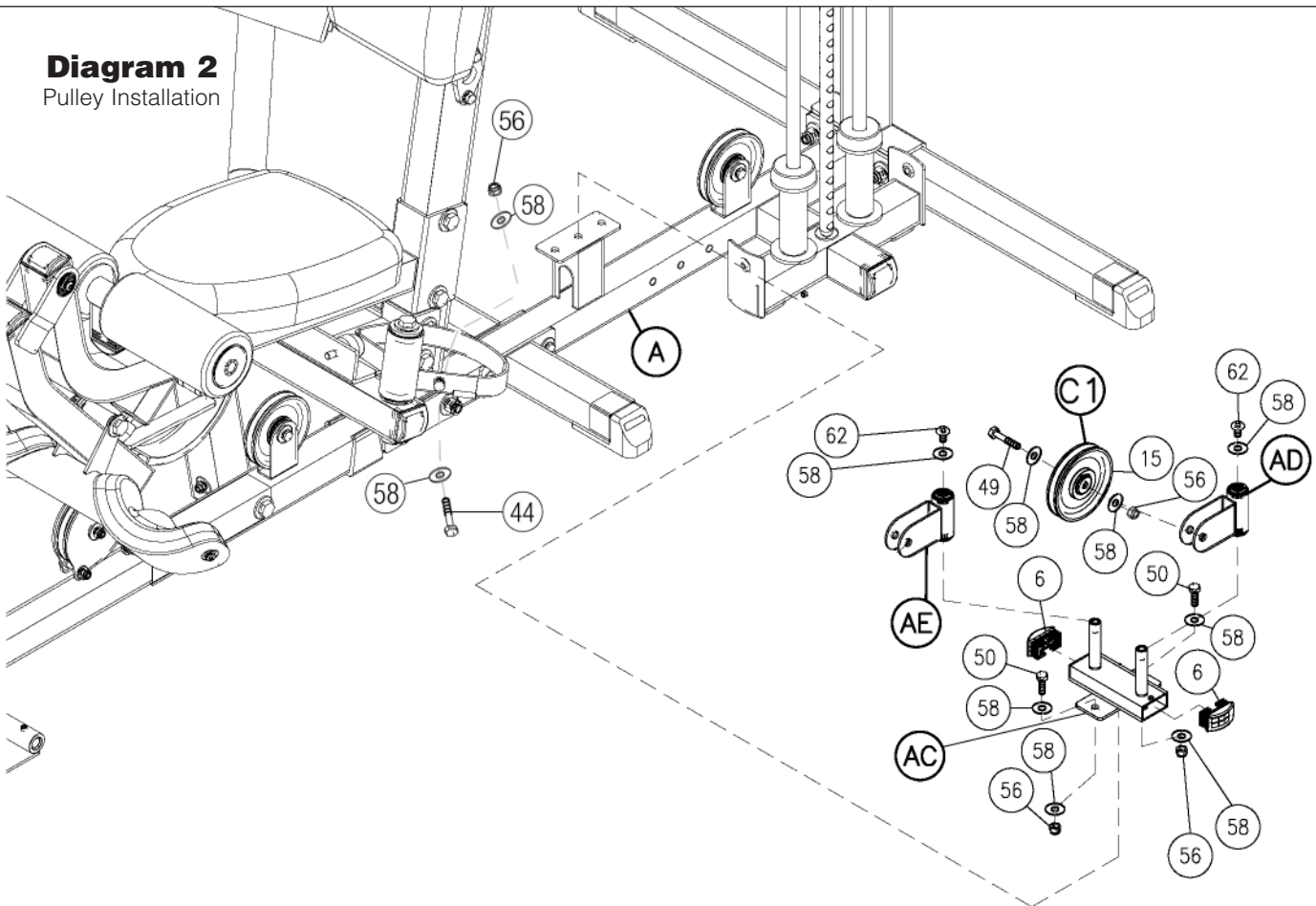
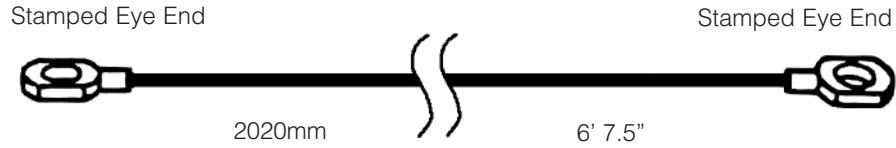


Diagram 2
Pulley Installation



STEP**14**

Be careful to assemble all components in the sequence they are presented.

Pec Dec Cable (98)

- A. See diagram 1. Route Cable (98) up and into 90 Degree Double Pulley Holder (CC) and install Pulley (C2) using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
- B. Insert Cable (98) into Right Pec Dec Pulley Holder (AE) hold cable in place by installing Pulley (C3) as shown in diagram 2 using:
One 49 (3/8" x 1 3/4" hex head bolt)
Two 58 (3/8" washer)
One 56 (3/8" nylon lock nut)
- C. Attach Cable (98) to cam on Right Pec Dec Arm (L) using:
One 44 (3/8" x 3/4" hex head bolt)
Two 57 (3/8" washer)
One 55 (3/8" nylon lock nut)

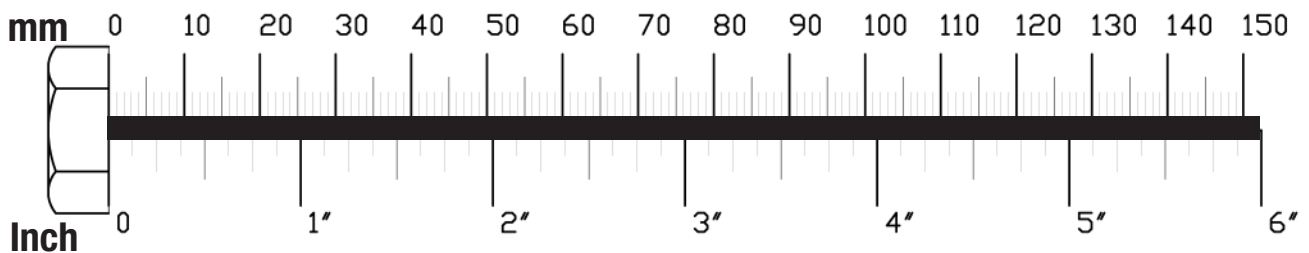


Diagram 1
Cable Installation

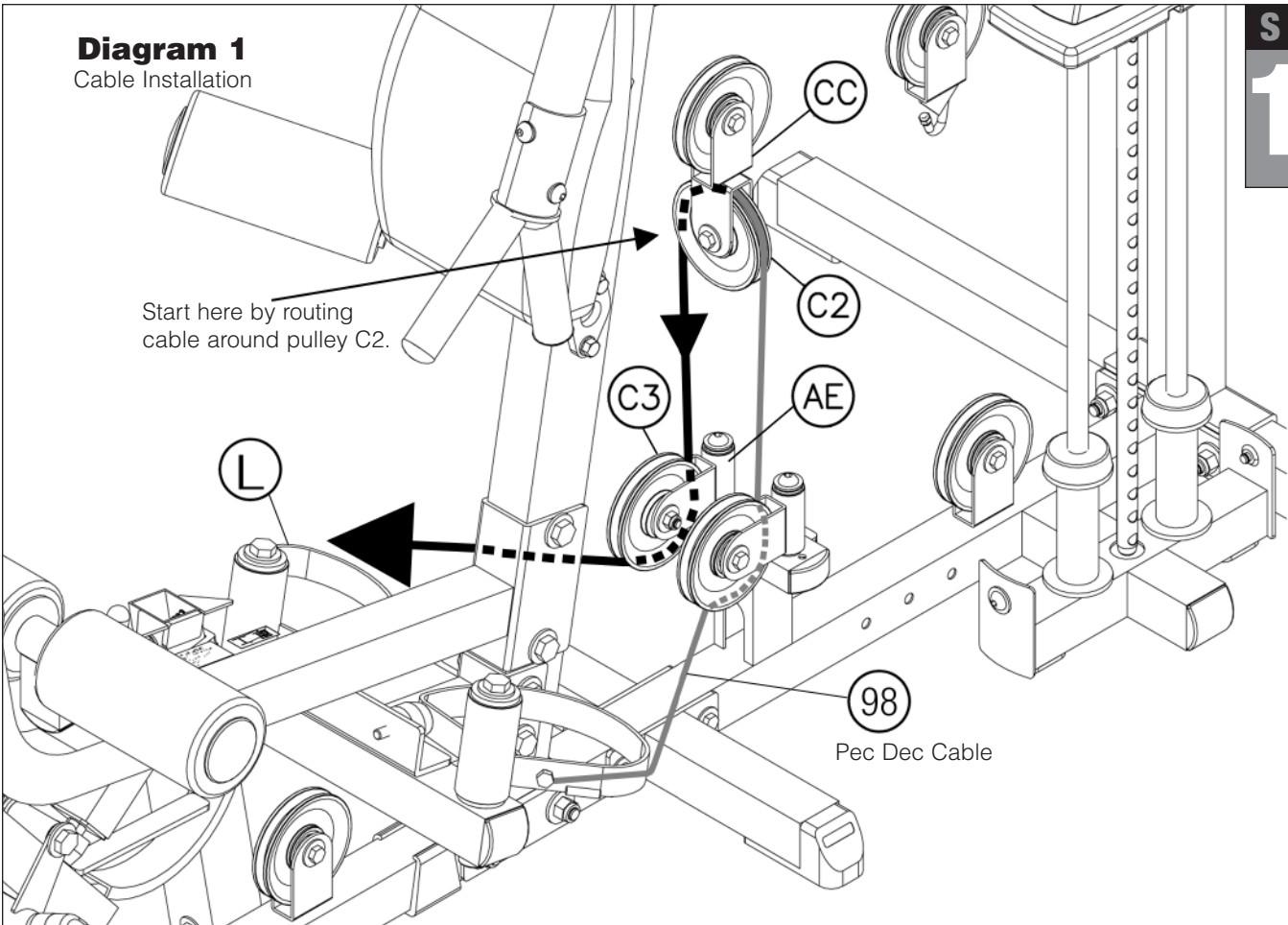
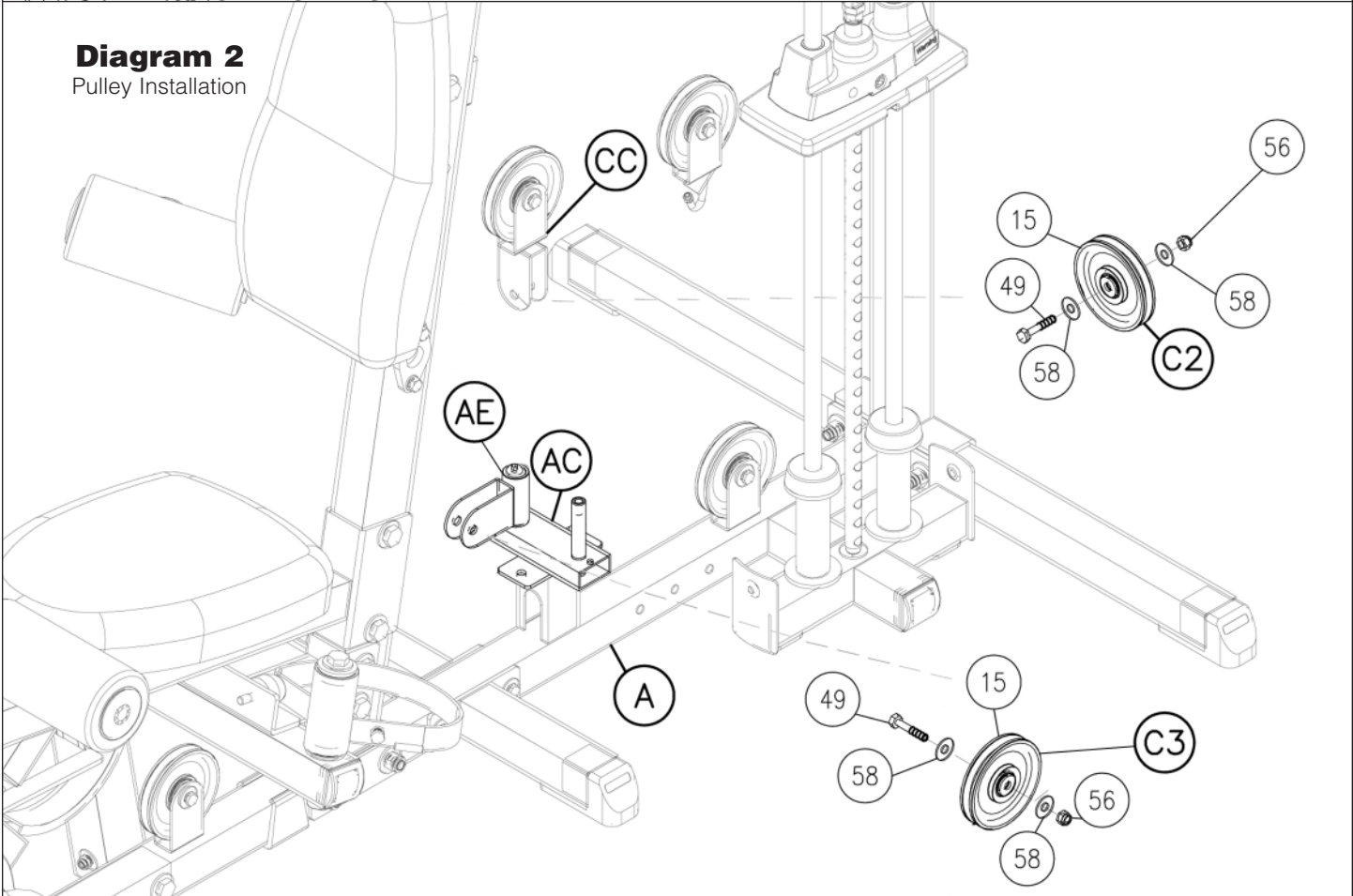


Diagram 2
Pulley Installation



Be careful to assemble all components in the sequence they are presented.

NOW IS THE TIME TO MAKE ALL NECESSARY CABLE ADJUSTMENTS

After cable installation is complete you must check all cables for proper tension. Obvious signs that cable tension problems exist include:

- Top Plate (18) does not rest directly on the top Weight Stack Plate (25).
- The holes in the Selector Bar (19) do not line up with holes in the Weight Stack Plates (25).
- Cable(s) are sloppy and there is no resistance from the weight stack for the first few inches of the exercise.

There are SEVEN areas for cable adjustment on the G5S:

- A. Selector Rod Top Bolt (37).*
- B. TWO adjustments in Double Adjustable Pulley Holder (CA).
- C. FOUR Rubber Stops (23).

***SEE NOTE 1 ON PAGE 39**

If there is too much tension, and the Top Plate (18) is not resting directly on the top weight stack plate:

- 1st. -Move pulley (A7) up, or Pulley (B3) down in the Double Adjustable Pulley Holder (CA).
- 2nd. -Turn and tighten one of the Rubber Stops (23).

If there is too much play or excessive slack:

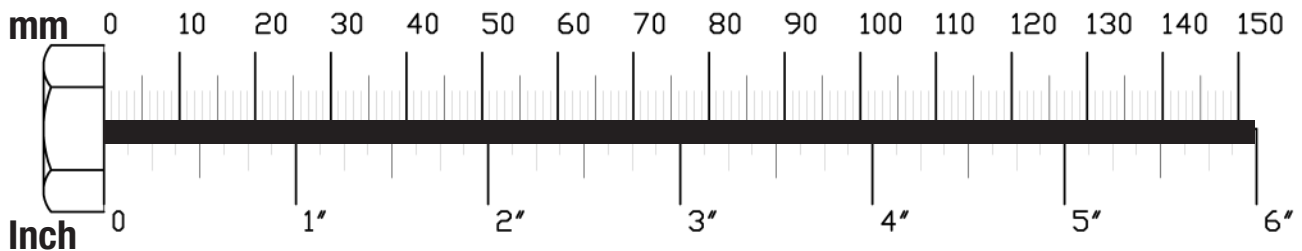
- 1st. -Turn and loosen the Rubber Stop (23).
- 2nd. -Move Pulley (A7) down, or Pulley (B3) up in the Double Adjustable Pulley Holder (CA).
- 3rd. -Screw the Selector Rod Top Bolt (37) farther into the Selector Rod (19).

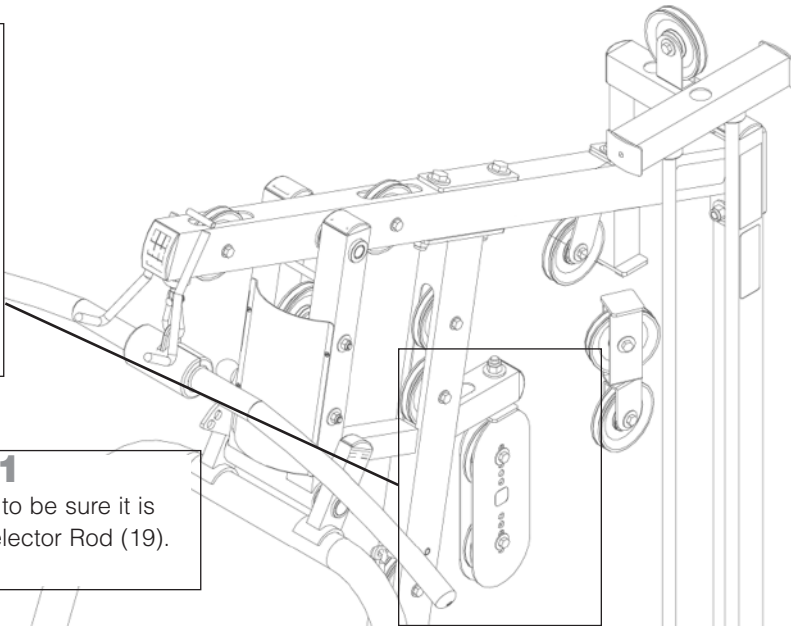
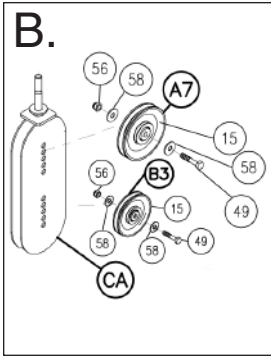
NOTE:

Cables should be inspected daily and adjusted periodically to ensure safe and smooth operation.

NOTE:

After cable adjustment is complete, go back and tighten two bolts holding pulleys in pulley housing on Double Adjustable Pulley Holder (CA).



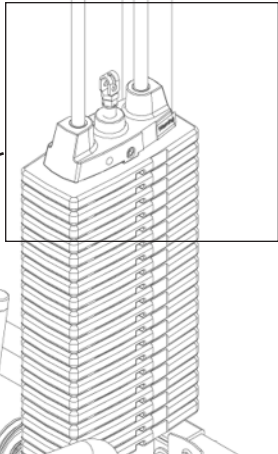


NOTE 1
Check Jam Nut (36) weekly to be sure it is tight and locked onto the Selector Rod (19). (See page 49)

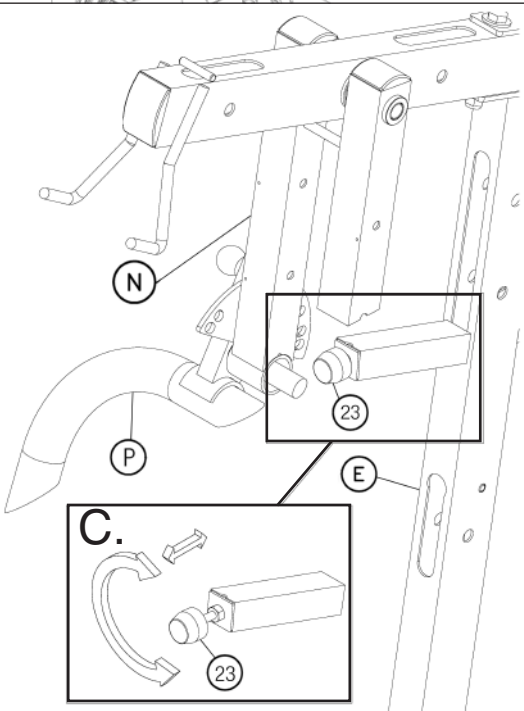
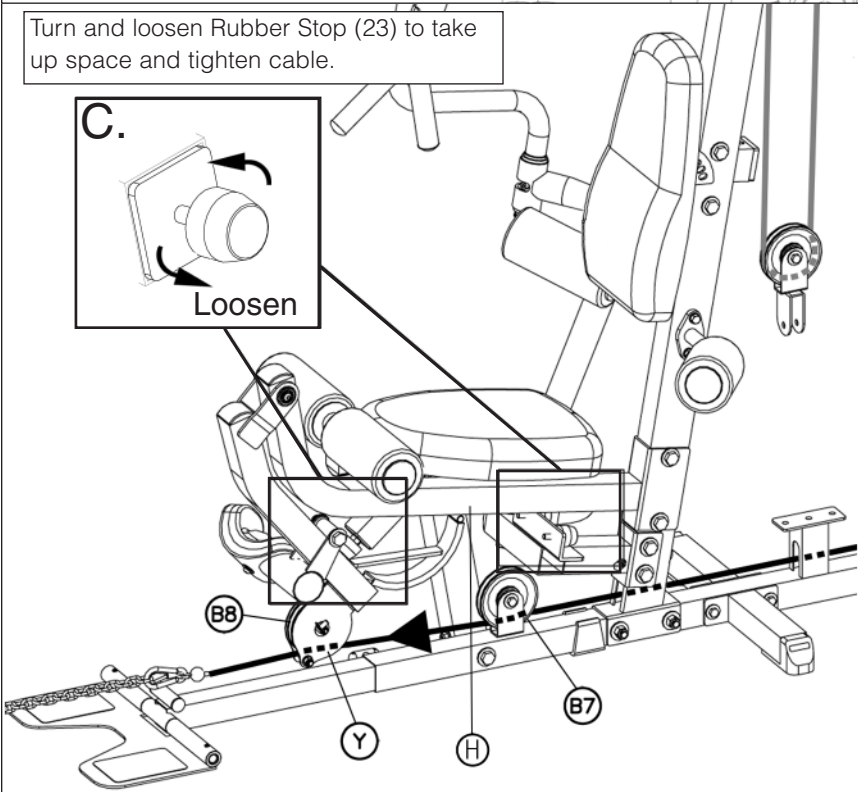
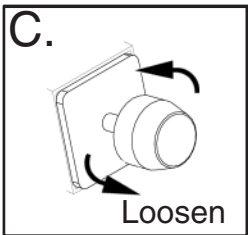
⚠ WARNING ⚠

A.

Selector Rod Top Bolt (37) must be threaded a minimum of 1/2" into the Selector Rod (19), and Jam Nut (36) tightened securely against spring lock washer (39) to ensure proper connection.



Turn and loosen Rubber Stop (23) to take up space and tighten cable.



Turn and loosen Rubber Stop (23) to take up space and tighten cable.

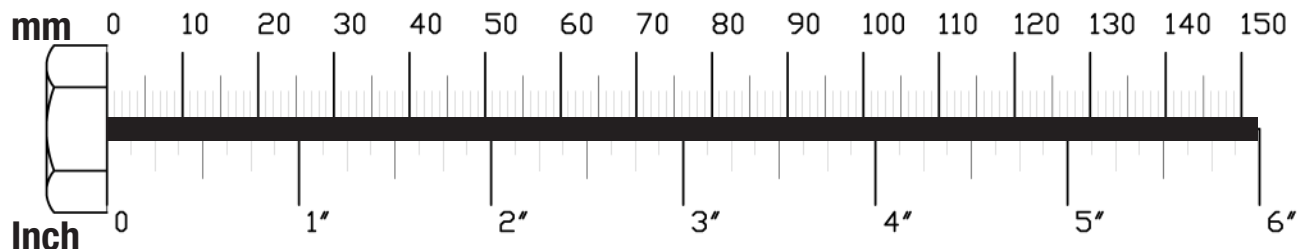
Be careful to assemble all components in the sequence they are presented.

SEE NOTE 1 ON PAGE 41:

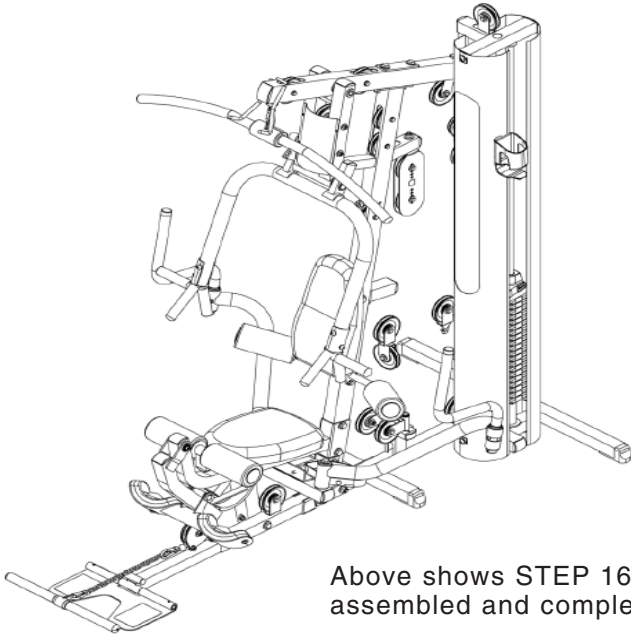
- A. Apply weight stack numbers to weight stack Top Plate (8) and each Weight Stack Plate as shown.

SEE NOTE 2 ON PAGE 41:

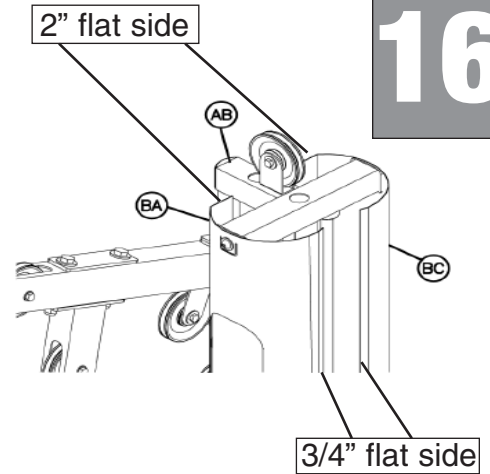
- B. Weight Stack Shroud (BA) is pre-assembled with Shroud Insert (BB). Attach Weight Stack Shroud (BA) to the side of the weight stack as shown. Bolt onto Main Base Frame (A) at the bottom and Top Weight Stack Frame (AB) using:
Two 62 (3/8" x 5/8" round allen head)
Two 58 (3/8" washer)
- C. Attach Back Weight Stack Shroud (BC), to the back side of the weight stack, onto the Main Base Frame (A) at the bottom and to the Top Weight Stack Frame (AB) as shown using:
Two 62 (3/8" x 5/8" round allen head)
Two 58 (3/8" washer)
- D. Attach Press Arm Shroud (BD) to the Seated Press Arm Support (N) using:
Four 68 (1/8" x 5/8" round allen head)
- E. Connect the Water Bottle Bracket (102) to the Weight Stack Shroud (BA) using:
Two 103 (1/8" x 3/8" screw)
- F. Slide the Water Bottle Holder (101) onto the Water Bottle Bracket (102) as shown.



STEP
16

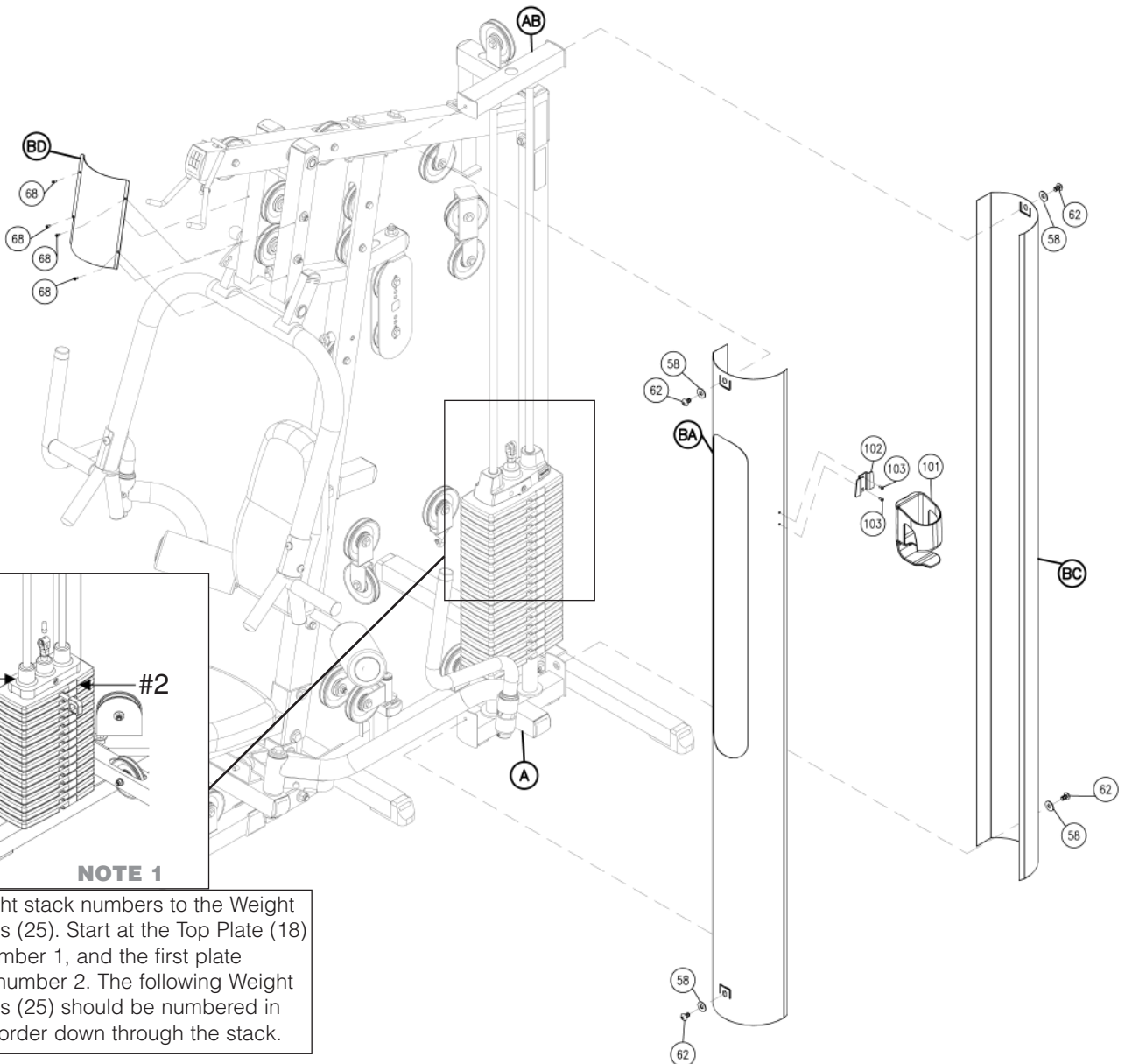


Above shows STEP 16 assembled and complete.



NOTE 2

This is the top view of the two Weight Stack Shrouds. Note the shape of each shroud for proper placement.



NOTE 1

Apply weight stack numbers to the Weight Stack Plates (25). Start at the Top Plate (18) with the number 1, and the first plate should be number 2. The following Weight Stack Plates (25) should be numbered in sequential order down through the stack.

G 5 S P a r t s L i s t

KEY#	QTY	PART#	DESCRIPTION
A	1	G5SMBF-A	MAIN BASE FRAME
B	1	G5SRBF-B	REAR BASE FRAME
C	1	G5SRVF-C	REAR VERTICAL FRAME
D	2	G5SSBF-D	SIDE BASE FRAME
E	1	G5SASF-E	ANGLED SUPPORT FRAME
F	1	G5STF-F	TOP FRAME
G	1	G5SPDF-G	PEC DEC FRAME
H	1	G5SLEF-H	LEG EXTENSION FRAME
J	1	G5SLPDA-J	LEFT PEC DEC ARM
K	1	G5SLPDH-K	LEFT PEC DEC HANDLE
L	1	G5SRPDA-L	RIGHT PEC DEC ARM
M	1	G5SRPDH-M	RIGHT PEC DEC HANDLE
N	1	G5SSPAS-N	SEATED PRESS ARM SUPPORT
P	1	G5SSPA-P	SEATED PRESS ARM
Q	2	G5SSPH-Q	SEATED PRESS HANDLES
R	1	G5SFP-R	FOOT PLATE
S	1	G5SACF-S	ADJUSTABLE CHROME FRAME
T	1	G5SBPH-T	BACK PAD HOLDER
U	1	G5SCBPF-U	CHROME BACK PAD FRAME
V	1	G5SBPF-V	BACK PAD FRAME
W	2	G5SLHD-W	LEG HOLD DOWN
Y	1	G5SLEA-Y	LEG EXTENSION ARM
Z	1	G5SLEPH-Z	LEG EXTENSION PAD HOLDER
ZC	1	G5SLESPF-ZC	LEG EXTENSION SEAT PAD FRAME
AA	2	G5SGR-AA	GUIDE RODS
AB	1	G5STWSF-AB	TOP WEIGHT STACK FRAME
AC	1	G5SPDPF-AC	PEC DEC PULLEY FRAME
AD	1	G5SLDPH-AD	LEFT PEC DEC PULLEY HOLDER
AE	1	G5SRDPH-AE	RIGHT PEC DEC PULLEY HOLDER

Part numbers are required when ordering parts.

G 5 S Hardware List

KEY#	QTY	PART#	DESCRIPTION
1	1	JPIN4.25	WEIGHT STACK PIN 4 1/4" X 7/16"
2	1	JSCH.18	STEEL CHAIN 3/16"
3	11	JCEC22	CONVEX END CAP 2" X 2"
4	1	JCEC23	CONVEX END CAP 2" X 3"
5	4	JREC1.37	ROUND END CAP 1 3/8"
6	8	JCEC12	CONVEX END CAP 1" X 2"
7	2	JREC1X.31	ROUND END CAP 1" OD X 5/16" L
8	4	JREC1	ROLLER END CAP 1"
9	4	JFC22	FOOT CAP 2" X 2"
10	2	JRD2.5	RUBBER DONUT 2 1/2"
11	5	JSNAP3	SNAP LINK
12	4	JMS.62X.37	METAL SPACER 5/8" OD X 3/8" ID X 7/8" L
13	10	JPS.62X.37	PULLEY SPACER 5/8" OD X 3/8" ID X 5/8" L
14	4	JGT5.5	GRIP TAPE 5 1/2" X 3 3/4"
15	21	JPP4.5X.75	PLASTIC PULLEY 4 1/4" X 3/4" WIDE
16	6	JREC1.5	ROUND END CAP 1 1/2"
17	4	JFOAM3.5x8	FOAM ROLLER 3 1/2" X 8"
18	1	JTP10	TOP PLATE (10 lbs.)
19	1	JSR25	SELECTOR ROD (25 selector holes)
20	2	JWSS22	WEIGHT STACK SHIMS 2" X 2"
21	2	JPW3	PLASTIC WASHER 3"
22	1	JRP1.5	RUBBER PAD 1 1/2" X 1 3/4"
23	4	JRS1.5	RUBBER STOP 1 1/2"
24	2	JSC1.37	SHAFT COLLAR 1 3/8" OD X 3/4" ID 1.5" L
25	25	JSP10	WEIGHT PLATE
26	3	JTSPP3	T-SHAPED POP PIN 3" L
27	10	JAS.31X.31	ALLEN SCREW 5/16" X 5/16" FULL THREAD
28	2	JSB1.62X.87	STEEL BUSHING 1 5/8" OD 7/8" ID PREINSTALLED
29	2	JSB1.62X1	STEEL BUSHING 1 5/8" OD 1" ID 5/8" L
30	8	JBB1.62X1	OILITE BUSHING 1 5/8" OD 1" ID 5/8" L- PREINSTALLED
31	2	JBB1.5X1	OILITE WASHER 1 1/2" OD 1" ID 1/16" L- PREINSTALLED
32	4	JBB.87X.56	OILITE BUSHING 7/8" OD 9/16" ID 7/16" L- PREINSTALLED
33	2	JBB.75X.5	OILITE BUSHING 3/4" OD 1/2" ID 3/8" L
34	2	JCREC.43	CHROME ROUND END CAP 1 7/16" OD 1" ID 3/4" L
35	2	JCC.43	CHROME COLLAR 1 7/16" OD 1" ID 5/8" L
36	1	JJN.5	JAM NUT 1/2"
37	1	JSRTB.5	SELECTOR ROD TOP BOLT 1/2" X 2" FULL THREAD
38	1	JHEX.37X.87FTB	HEX HEAD BOLT 3/8" X 7/8" FULL THREAD
39	1	JSLW.5	SPRING LOCK WASHER 1/2"
40	1	JHEX.5X5.25PTB	HEX HEAD BOLT 1/2" X 5 1/4" PARTIAL THREAD
41	2	JHEX.5X4.25PTB	HEX HEAD BOLT 1/2" X 4 1/4" PARTIAL THREAD
42	1	JHEX.5X4PTB	HEX HEAD BOLT 1/2" X 4" PARTIAL THREAD
43	12	JHEX.5X3.25PTB	HEX HEAD BOLT 1/2" X 3 1/4" PARTIAL THREAD
44	2	JHEX.37X.75FTB	HEX HEAD BOLT 3/8" X 3/4" FULL THREAD
45	2	JHEX.5X.75FTB	HEX HEAD BOLT 1/2" X 3/4" FULL THREAD
46	2	JHEX.37X7.25PTB	HEX HEAD BOLT 3/8" X 7 1/4" PARTIAL THREAD
47	3	JHEX.37X3PTB	HEX HEAD BOLT 3/8" X 3" PARTIAL THREAD
48	5	JHEX.37X2.75PTB	HEX HEAD BOLT 3/8" X 2 3/4" PARTIAL THREAD
49	15	JHEX.37X1.75PTB	HEX HEAD BOLT 3/8" X 1 3/4" PARTIAL THREAD

Part numbers are required when ordering parts.

G 5 S H a r d w a r e (c o n t i n u e d)

KEY#	QTY	PART#	DESCRIPTION
50	4	JHEX.37X1FTB	HEX HEAD BOLT 3/8" X 1" FULL THREAD
51	4	JHEX.31X1.75PTB	HEX HEAD BOLT 5/16" X 1 3/4" PARTIAL THREAD
52	2	JHEX.5X3.5PTB	HEX HEAD BOLT 1/2" X 3 1/2" PARTIAL THREAD
53	2	JHEX.37X3.25PTB	HEX HEAD BOLT 3/8" X 3 1/4" PARTIAL THREAD
54	4	JLN.37	LOCK NUT 3/8"
55	20	JNLN.5	NYLON LOCK NUT 1/2"
56	31	JNLN.37	NYLON LOCK NUT 3/8"
57	31	JWFLT.5	WASHER 1/2"
58	47	JWFLT.37	WASHER 3/8"
59	10	JWFLT.31	WASHER 5/16"
60	10	JSLW.31	SPRING LOCK WASHER 5/16"
61	1	JRAH.37X2FTB	ROUND ALLEN HEAD 3/8" X 2" FULL THREAD
62	13	JFAH.37X.62FTB	FLAT ALLEN HEAD 3/8" X 5/8" FULL THREAD
63	4	JFAH.31X.75FTB	FLAT ALLEN HEAD 5/16" X 3/4" FULL THREAD
64	2	JRAH.31X.75FTB	ROUND ALLEN HEAD 5/16" X 3/4" FULL THREAD
65	2	JFAH.31X.56FTB	FLAT ALLEN HEAD 5/16" X 9/16" FULL THREAD
66	4	JAS.31X.37FTB	ALLEN SCREW 5/16" X 3/8" FULL THREAD
67	4	JAS.18X.18FTB	ALLEN SCREW 3/16" X 3/16" FULL THREAD
68	4	JFAH.125X.62FTB	FLAT ALLEN HEAD 1/8" X 5/8" FULL THREAD
69	1	JFAH.31X.37FTB	FLAT ALLEN HEAD 5/16" X 3/8" FULL THREAD
73	1	JS1X7	SHAFT 1" OD X 7" L
74	1	JS1X9.75	SHAFT 1" OD X 9 3/4" L
75	1	JFRS1X19	FOAM ROLLER SHAFT 1" OD X 19" L
76	1	JS.75X16	SHAFT 3/4" OD X 16" L
77	1	JS.5X3	SHAFT 1/2" OD X 3" L
78	2	JPB22	PLASTIC BUSHING 2" X 2" (2" LONG)
79	1	JPB22X6.5	PLASTIC BUSHING 2" X 2" (6 1/2" LONG)
80	2	JFG26	FOAM GRIP 1 1/2" OD X 26" L -PREINSTALLED
81	2	JFG18	FOAM GRIP 1 1/2" OD X 18" L -PREINSTALLED
82	2	JFG8.5	FOAM GRIP 1 1/2" OD X 8 1/2" L -PREINSTALLED
83	6	JFG14	FOAM GRIP 1 1/2" OD X 14" L -PREINSTALLED
84	1	JBHPP3.75	BALL HEAD POP PIN 3 3/4" L
85	1	JTSPP6.75	T-SHAPED POP PIN 6 3/4" L
86	2	JP2X5.87	PLATE 2" X 5 7/8"
87	1	JFL22	FRAME LEVELER 2" X 2"
88	1	JHSA	HYDRAULIC SEAT ADJUSTER
89	2	JWSR	WEIGHT STACK RISERS
90	1	JCES	CABLE END SHAFT
91	1	JAS.18X.31	ALLEN SCREW 3/16" X 5/16"
92	6	JBLW.37	BENT LOCK WASHER 3/8"
94	4	JHEX.31X.75	HEX HEAD BOLT 5/16" X 3/4" FULL THREAD
100	1	JACN.18	ACORN CAP NUT 3/16" ID - PREINSTALLED
103	1	JS.125FTB	SCREW 1/8" X 3/8" FULL THREAD

Part numbers are required when ordering parts.

Cable List

KEY#	QTY	PART#	DESCRIPTION
96	1	JLPDC16	LAT PULLDOWN CABLE 16' 3"
97	1	JACC17	AB CRUNCH CABLE 17" 1"
98	1	JPDC6	PEC DEC CABLE 6' 7.5"
99	1	JSC2	SHORT CABLE 2' 5"

Accessories List

KEY#	QTY	PART#	DESCRIPTION
70	1	JLB	LAT BAR
71	1	JLRB	LOW ROW BAR
72	1	JLBP	LAT BAR PAD
101	1	JWBH	WATER BOTTLE HOLDER
102	1	JWBB	WATER BOTTLE BRACKET

Shroud List

KEY#	QTY	PART#	DESCRIPTION
BA	2	G5SWSS-BA	WEIGHT STACK SHROUD
BB	2	G5SSI-BB	SHROUD INSERT
BC	2	G5SBWSS-BC	BACK WEIGHT STACK SHROUD
BD	1	G5SPAS-BD	PRESS ARM SHROUD

Pulley Holder

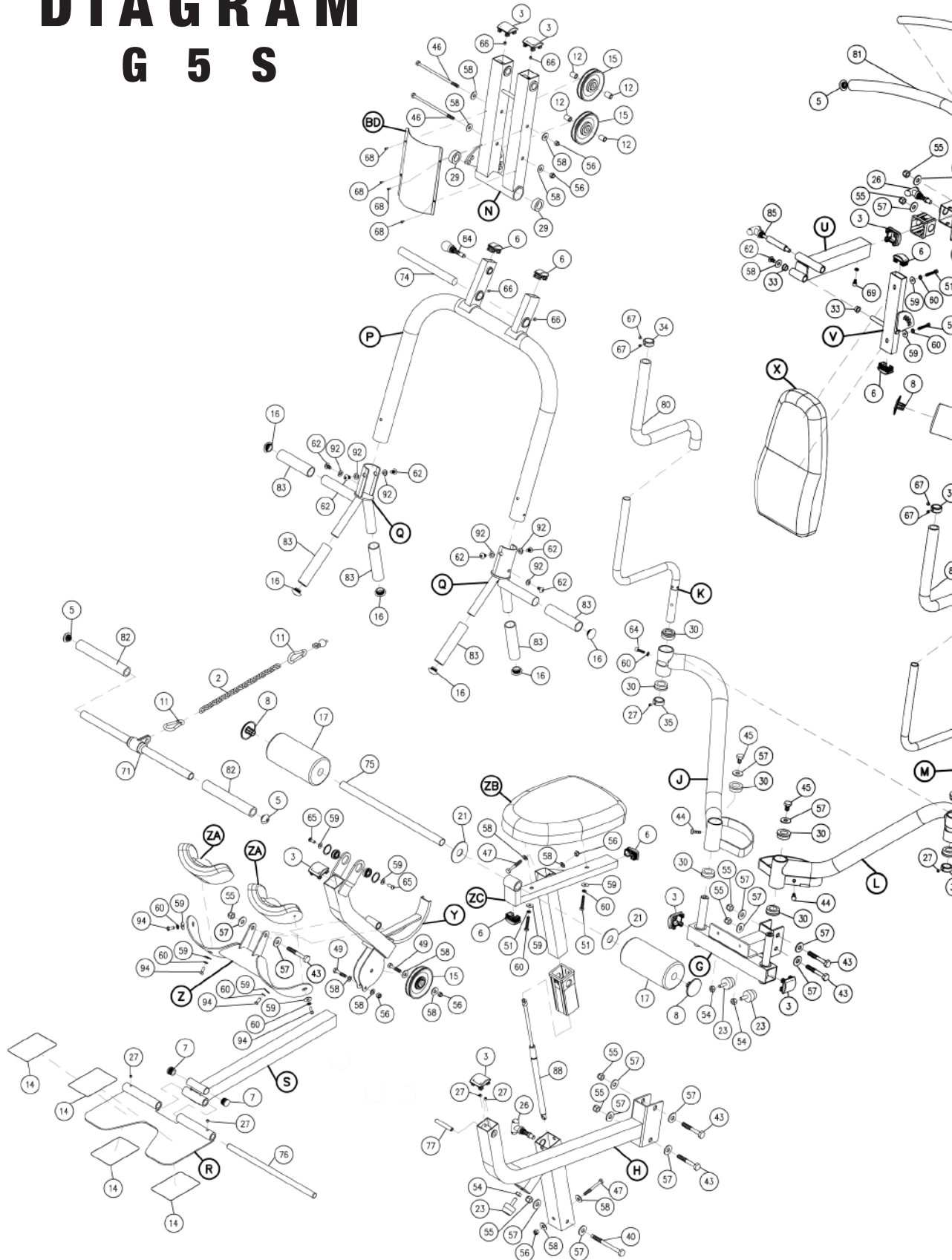
KEY#	QTY	PART#	DESCRIPTION
CA	1	G5SDAPH-CA	DOUBLE ADJUSTABLE PULLEY HOLDER
CB	1	G5S45DDPH-CB	45 DEGREE DOUBLE PULLEY HOLDER
CC	1	G5S90DDPH-CC	90 DEGREE DOUBLE PULLEY HOLDER
CD	1	G5SPHWH-CD	PULLEY HOLDER WITH HOOK

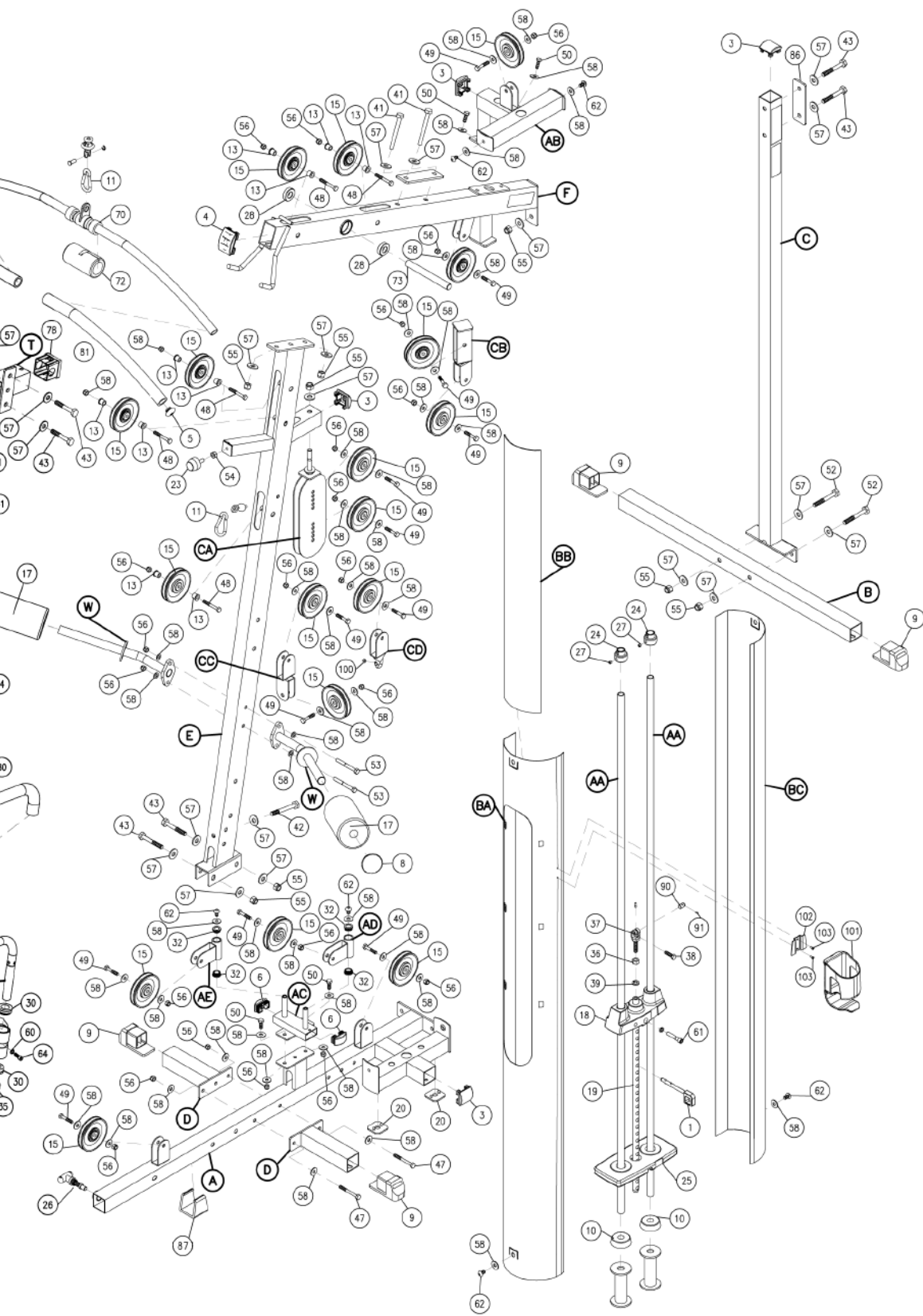
Pads List

KEY#	QTY	PART#	DESCRIPTION
X	1	G5SBP-X	BACK PAD
ZA	2	G5SLP-ZA	LEG PADS
ZB	1	G5SSP-ZB	SEAT PAD

Part numbers are required when ordering parts.

EXPLODED VIEW DIAGRAM G 5 S





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