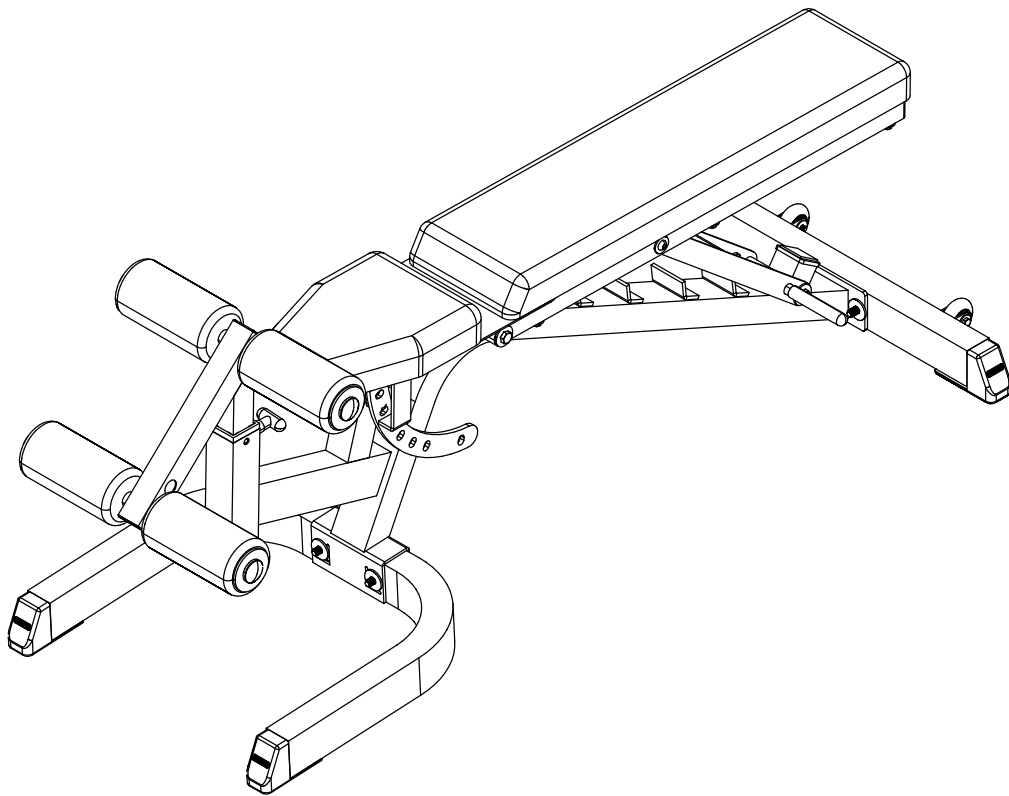


**Body-Solid**®  
Built for Life



# GFID-71

Assembly

Instructions

**OWNER'S**

**&**

**MANUAL**

# Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from your local Body-Solid dealer.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

**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/strap 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 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. RAL8-6-03 WC-54

<b>MAINTENANCE SCHEDULE</b>		D A I L Y	W E E K L Y
Cables:	Check tension, end fittings, and coating	✓	
	Check that locking nut at weight stack is tight		✓
Upholstery:	Wipe down and dry	✓	✓
	Clean and condition		✓
Frame:	Wipe down and dry	✓	✓
	Polish / Wax		✓
Chrome:	Wipe down and dry	✓	✓
	Polish / Lubricate		✓
Nuts / Bolts / Fasteners:	Tighten and / or adjust as needed		✓
Guide Rods:	Lubricate and clean		✓
Linear Rods:	Lubricate and clean		✓
Seat Sleeves:	Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs			✓
Weight Stack Pins			✓
Warning Instruction Labels			✓
Springs / Pop Pins		✓	
Anti Skid Surfaces			✓
Hand Grips / Rollers			✓

For Body-Solid Customer Service  
**Call 1-800-556-3113**  
 #MSSTKR0803

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.  
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

*Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.*

## **When using exercise equipment, you should always take basic precautions, including the following:**

- Read all instructions before using the GFID-71. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

## **Personal Safety During Assembly**

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the GFID-71 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The GFID-71 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid GFID-71 flat incline/decline heavy duty bench.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

## **Obtaining Service**

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113  
Phone: 1-708-427-3555  
Fax: 1-708-427-3556  
Hours: M-F 8:30-5:00 CST  
E-Mail: [service@bodysolid.com](mailto:service@bodysolid.com)

Or write to: Body-Solid, Inc.  
Service Department  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA

**Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.**

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**

# Before You Begin

Thank you for purchasing the GFID-71. This bench is part of the Body-Solid line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

## Required Tools

The basic tools that you must obtain before assembling the GFID-71 include but are not limited to:

- Metric Allen Key Set
- Standard Allen Key Set
- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Screwdriver (standard and/or phillips)

## Installation Requirements

Follow these installation requirements when assembling the GFID-71:

Set up the GFID-71 on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

## Assembly Tips

Read all "Notes" on each page before beginning each step.

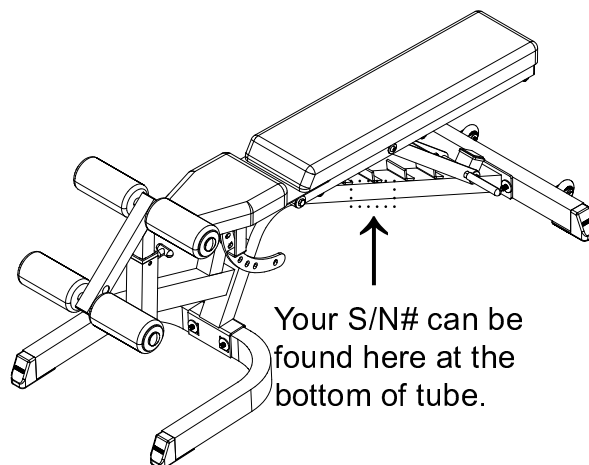
While you may be able to assemble the GFID-71 using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

**NOTE:** The bottles that are marked "Poison" is your touch up paint. Keep away from children.

**CAUTION:** Obtain assistance! If you feel like you can't assemble the GFID-71 by yourself then do not attempt to do so as this could result in injury. Review the installation requirements before proceeding with the following steps.



Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

## Hardware List

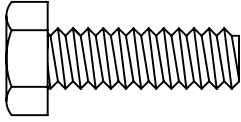
<b>Part#</b>	<b>Size</b>	<b>Description</b>	<b>Quantity</b>
1	5/16"X1"	HEX HEAD BOLT	4 PCS.
2	M8X45mm	HEX HEAD BOLT	2 PCS.
3	5/16"X2 1/4"	HEX HEAD BOLT	6 PCS.
4	M12X25mm	HEX HEAD BOLT	2 PCS.
6	M12X80mm	HEX HEAD BOLT	4 PCS.
7	M10X16mm	ALLEN HEAD BOLT	2 PCS.
8	M8X6mm	ALLEN HEAD BOLT	2 PCS.
9	M8	NYLON LOCK NUT	2 PCS.
10	M12	NYLON LOCK NUT	4 PCS.
11	8mmX24mm	FLAT WASHER	14 PCS.
12	10mmX30mm	FLAT WASHER	2 PCS.
13	12mmX37mm	FLAT WASHER	10 PCS.
14	8mm	SPRING WASHER	10 PCS.
15	Ø25mm	ROUND END CAP	4 PCS.
16	60X45X40mm	NYLON BUSHING	1 PCS.
17	45X45mm	CONVEX END CAP	3 PCS.
18	60X45X130mm	NYLON BUSHING	1 PCS.
19	50X50mm	CONVEX END CAP	1 PCS.
20	20X40mm	END CAP	2 PCS.
21		FOAM ROLLER	4 PCS.
22	Ø75mm	NYLON WASHER	4 PCS.
23	50X75mm	FOOT CAP	4 PCS.
24	38X38mm	RUBBER CATCH	1 PCS.
25	Ø64mm	RUBBER WHEEL	2 PCS.
26		MUSHROOM PIN	1 PCS.
27		T-HANDLE PIN	1 PCS.

# Hardware (To Scale)

Part #1

5/16"X1" HEX HEAD BOLT

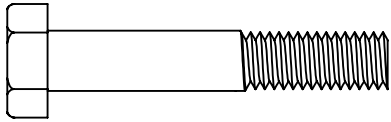
QTY. 4



Part #2

M8X45mm HEX HEAD BOLT

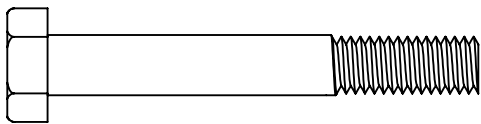
QTY. 2



Part #3

5/16"X2 1/4" HEX HEAD BOLT

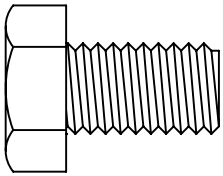
QTY. 6



Part #4

M12X25mm HEX HEAD BOLT

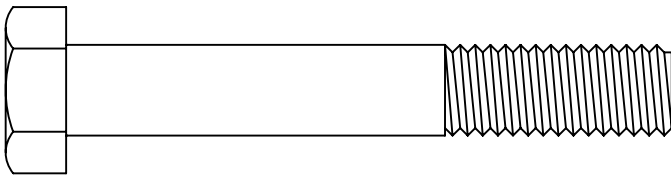
QTY. 2



Part #6

M12X80mm HEX HEAD BOLT

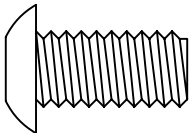
QTY. 4



Part #7

M10X16mm ALLEN HEAD BOLT

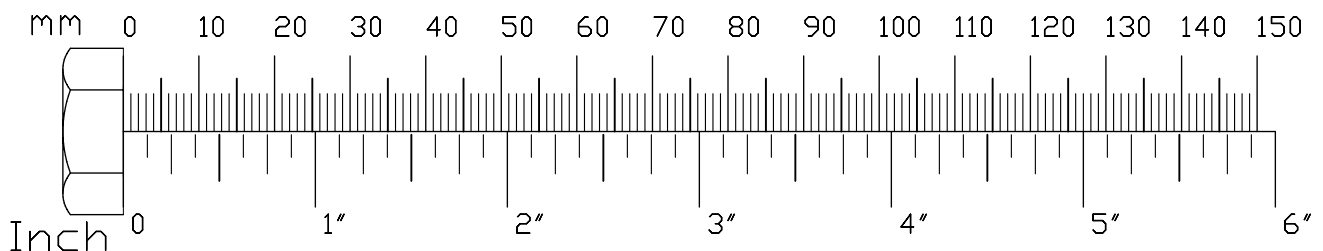
QTY. 2



Part #8

M8X6mm ALLEN HEAD BOLT

QTY. 2

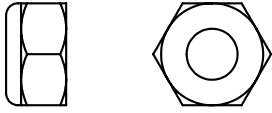


# Hardware (To Scale)

Part #9

M8 NYLON LOCK NUT

QTY. 2



Part #10

M12 NYLON LOCK NUT

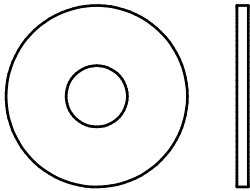
QTY. 4



Part #11

8mmX24mm FLAT WASHER

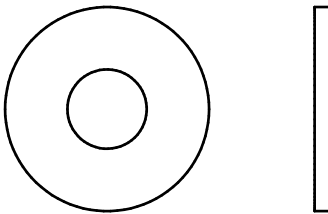
QTY. 14



Part #12

10mmX30mm FLAT WASHER

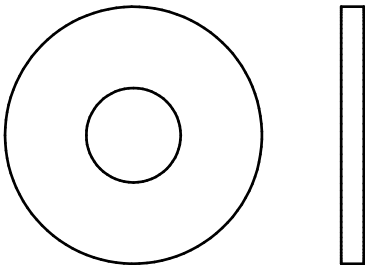
QTY. 2



Part #13

12mmX37mm FLAT WASHER

QTY. 10



Part #14

8mm SPRING WASHER

QTY. 10



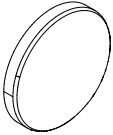
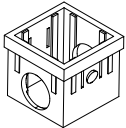
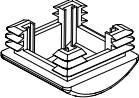
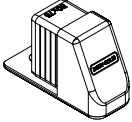
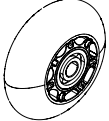
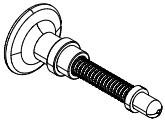
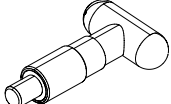
mm 0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150



Inch 0 1" 2" 3" 4" 5" 6"

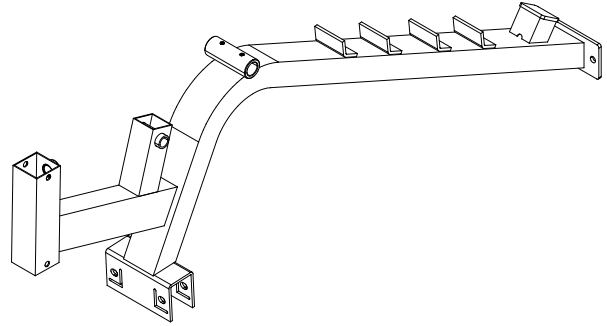


## Hardware

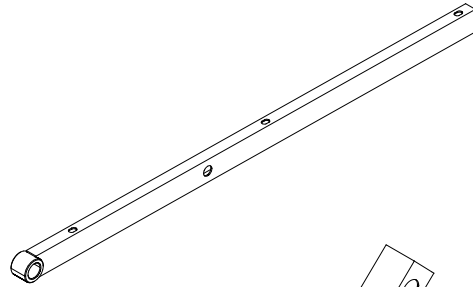
Part #15		Ø25mm ROUND END CAP	QTY. 4
Part #16		60X45X40mm NYLON BUSHING	QTY. 1
Part #17		45X45mm CONVEX END CAP	QTY. 3
Part #18		60X45X130mm NYLON BUSHING	QTY. 1
Part #19		50X50mm CONVEX END CAP	QTY. 1
Part #20		20X40mm END CAP	QTY. 2
Part #21		FOAM ROLLER	QTY. 4
Part #22		Ø75mm NYLON WASHER	QTY. 4
Part #23		50X75mm FOOT CAP	QTY. 4
Part #24		38X38mm RUBBER CATCH	QTY. 1
Part #25		Ø64mm RUBBER WHEEL	QTY. 2
Part #26		MUSHROOM PIN	QTY. 1
Part #27		T-HANDLE PIN	QTY. 1

# Mainframe Parts List

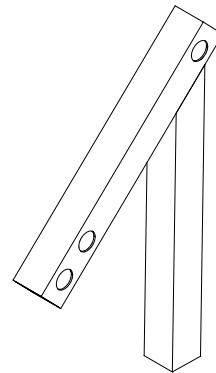
**PART A -- MAINFRAME, 1PCS**



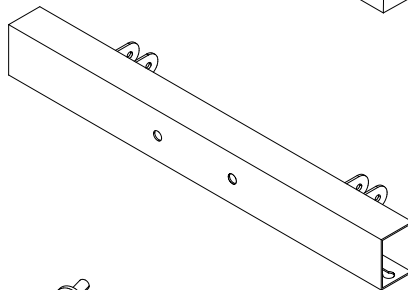
**PART B -- SUPPORT FRAME, 2 PCS**



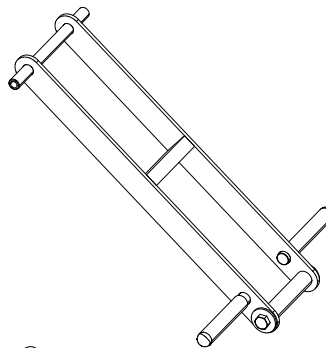
**PART C -- LEG ADJUSTER, 1 PCS**



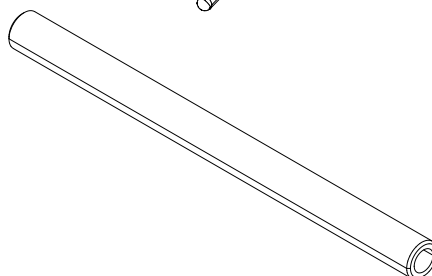
**PART D -- REAR FRAME, 1 PCS**



**PART E -- BENCH ADJUSTER, 1 PCS**

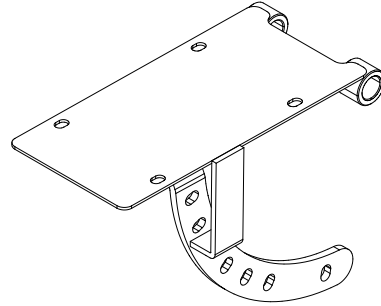


**PART F -- MAIN CONNECTOR, 1 PCS**

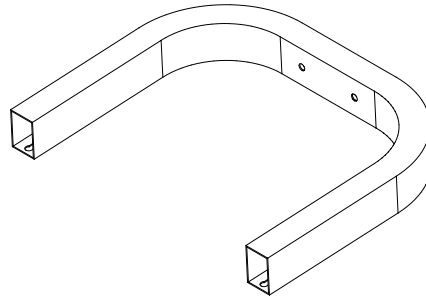


# Mainframe Parts List

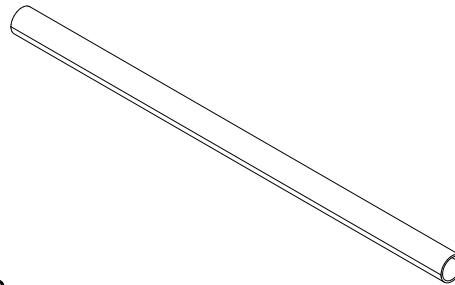
**PART G -- SEAT ADJUSTER, 1PCS**



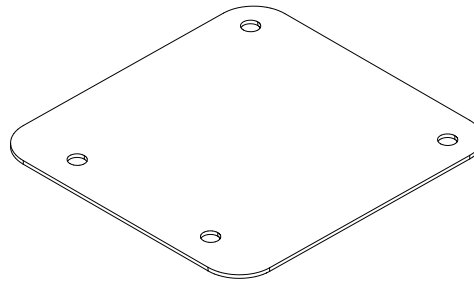
**PART H -- BASE FRAME, 1 PCS**



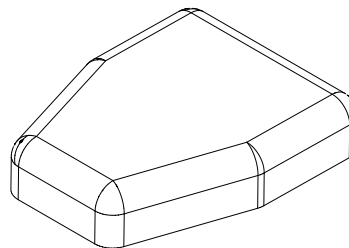
**PART I -- ROLLER ROD, 2 PCS**



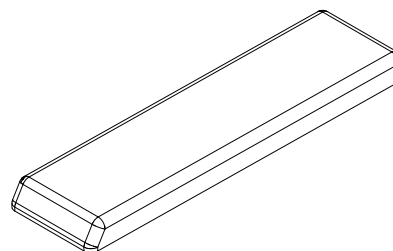
**PART J -- PAD CONNECTOR, 1 PCS**



**PART K -- SEAT PAD, 1 PCS**



**PART L -- BENCH PAD, 1 PCS**



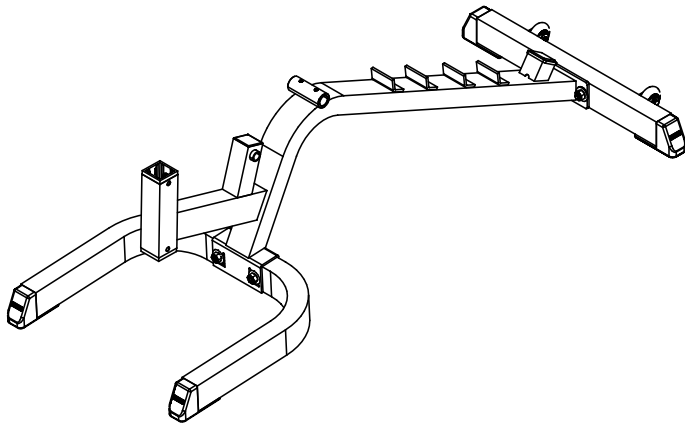
**STEP****1**

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

**NOTE:**

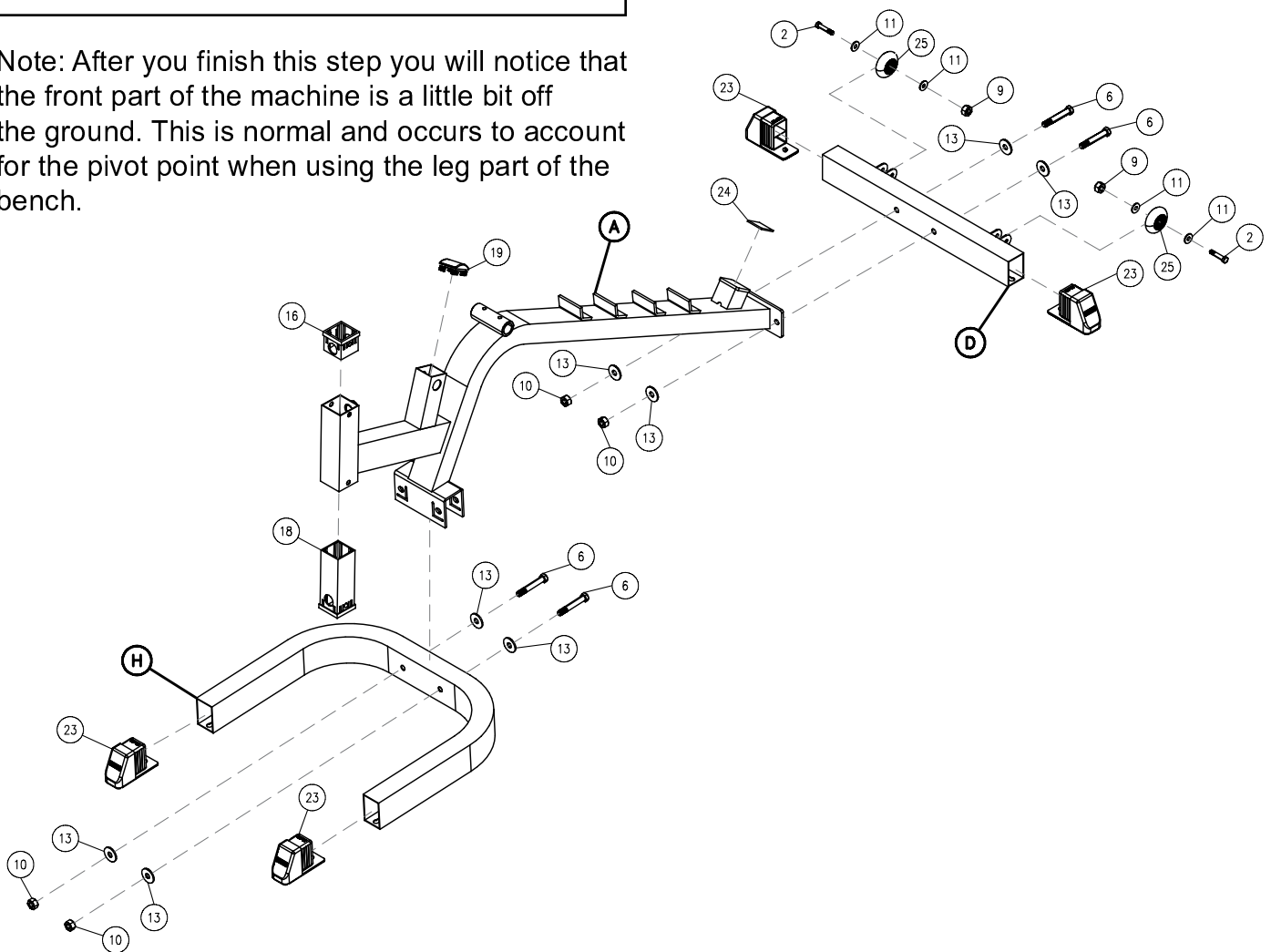
**Finger tighten all hardware in this step. DO NOT wrench tighten until the last step. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

- 1A. Attach Base Frame (**H**) to Mainframe (**A**) using:
  - 2 - (#6) M12X80mm Hex Head Bolt
  - 4 - (#13) 12mmX37mm Flat Washer
  - 2 - (#10) M12 Nylon Lock Nut
  
- 1B. Attach Rear Frame (**D**) to Mainframe (**A**) using:
  - 2 - (#6) M12X80mm Hex Head Bolt
  - 4 - (#13) 12mmX37mm Flat Washer
  - 2 - (#10) M12 Nylon Lock Nut
  
- 1C. Attach Rubber Wheels to Rear Frame (**D**) using:
  - 2 - (#25) Ø64mm Rubber Wheel
  - 2 - (#2) M8X45mm Hex Head Bolt
  - 4 - (#11) 8mmX24mm Flat Washer
  - 2 - (#9) M8 Nylon Lock Nut
  
- 1D. Insert Foot Caps onto ends of Rear Frame (**D**) and Base Frame (**H**) using:
  - 4 - (#23) 50X75mm Foot Cap
  
- 1E. Insert Nylon Bushings into front end openings of Mainframe (**A**), smaller one goes in on top, larger in on bottom, using:
  - 1 - (#16) 60X45X40mm Nylon Bushing
  - 1 - (#18) 60X45X130mm Nylon Bushing
  
- 1F. Insert End Cap into middle opening of Mainframe (**A**) using:
  - 1 - (#19) 50X50mm Convex End Cap
  
- 1G. Insert Rubber Catch onto end post of Mainframe (**A**) using:
  - 1 - (#24) 38X38mm Rubber Catch



Above shows Step 1 assembled and completed.

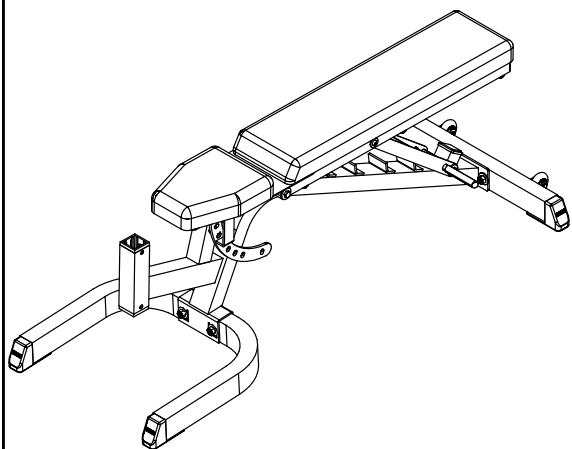
Note: After you finish this step you will notice that the front part of the machine is a little bit off the ground. This is normal and occurs to account for the pivot point when using the leg part of the bench.



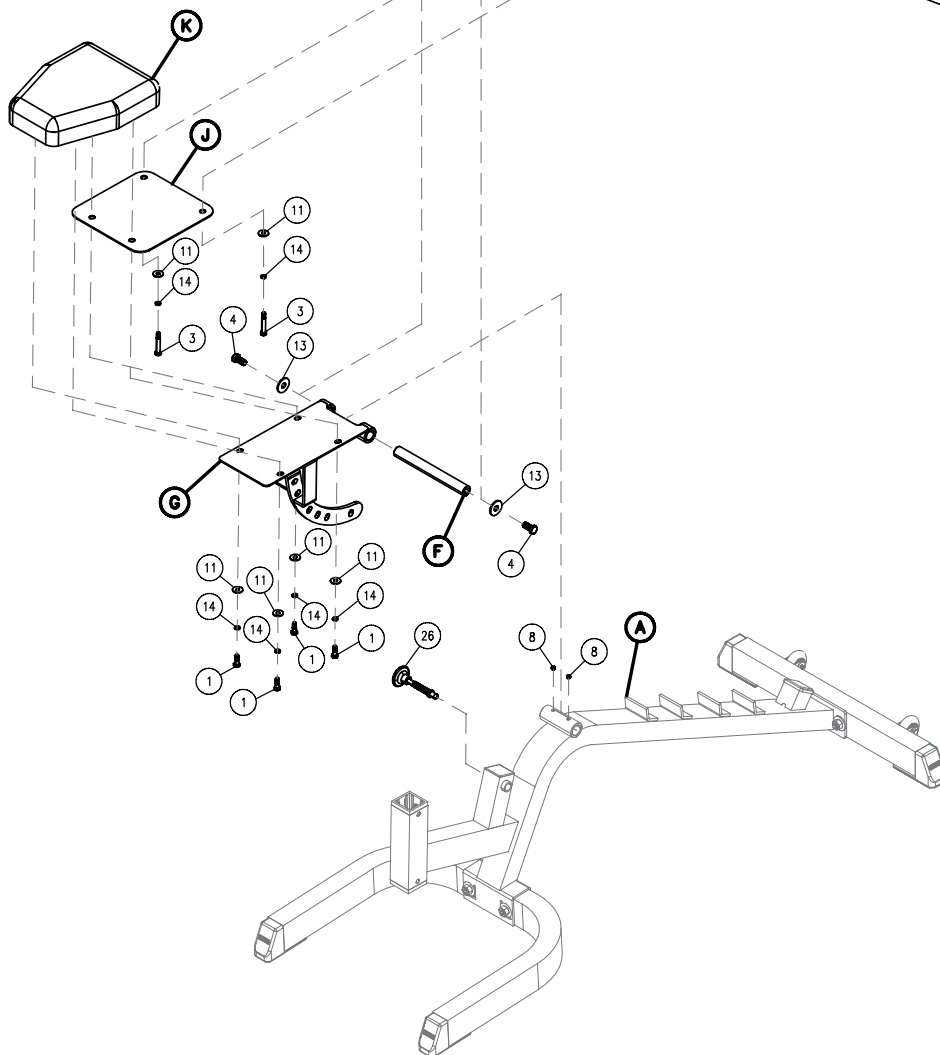
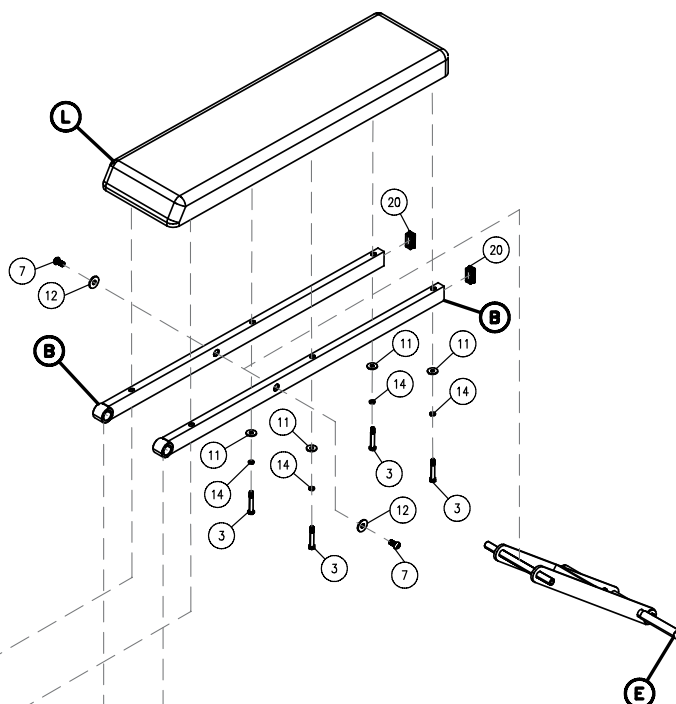
**STEP****2****Be careful to assemble all components in the sequence they are presented.****NOTE:**

**Finger tighten all hardware in this step. DO NOT wrench tighten until the last step. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

- 2A. This Step involves connecting all parts except part **(E, J, K, and L)** to Mainframe **(A)**.  
Insert Main Connector **(F)** thru slot of one Support Frame **(B)**, followed by right slot of Seat Adjuster **(G)**, followed by slot on top of Mainframe **(A)**, followed by left slot of Seat Adjuster **(G)**, finishing with slot of the other Support Frame **(B)**. Secure all parts using:  
**2 - (#4) M12X25mm Hex Head Bolt**  
**2 - (#13) 12mmX37mm Flat Washer**
- 2B. Secure Main Connector **(F)** to Mainframe **(A)** using:  
**2 - (#8) M8X6mm Allen Head Bolt**
- 2C. Screw in Mushroom Pin **(#26)** into Mainframe **(A)** to secure and adjust height of Seat Adjuster **(G)**.
- 2D. Attach Pad Connector **(J)** followed by Seat Pad **(K)** to Seat Adjuster **(G)** using:  
**4 - (#1) 5/16"X1" Hex Head Bolt**  
**4 - (#14) 8mm Spring Washer**  
**4 - (#11) 8mmX24mm Flat Washer**  
**Note: When attaching the pad connector you must attach the closer holes of the pad connector to the rear set of holes on the seat adjuster.**
- 2E. Attach Bench Adjuster **(E)** to both Support Frames **(B)** using:  
**2 - (#7) M10X16mm Allen Head Bolt**  
**2 - (#12) 10mmX30mm Flat Washer**
- 2F. Attach Bench Pad **(L)** to Support Frames **(B)** and Pad Connector **(J)** using:  
**6 - (#3) 5/16"X2 1/4" Hex Head Bolt**  
**6 - (#14) 8mm Spring Washer**  
**6 - (#11) 8mmX24mm Flat Washer**
- 2G. Insert End Caps into ends of Support Frames **(B)** using:  
**2 - (#20) 20X40mm End Cap**



Above shows Step 2 assembled and completed.

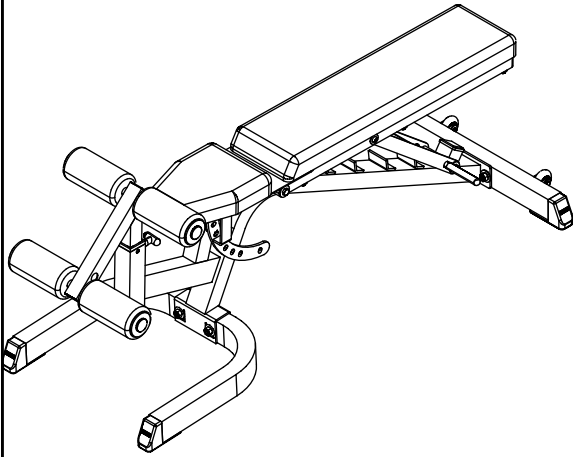


**STEP****3****Be careful to assemble all components in the sequence they are presented.****NOTE:**

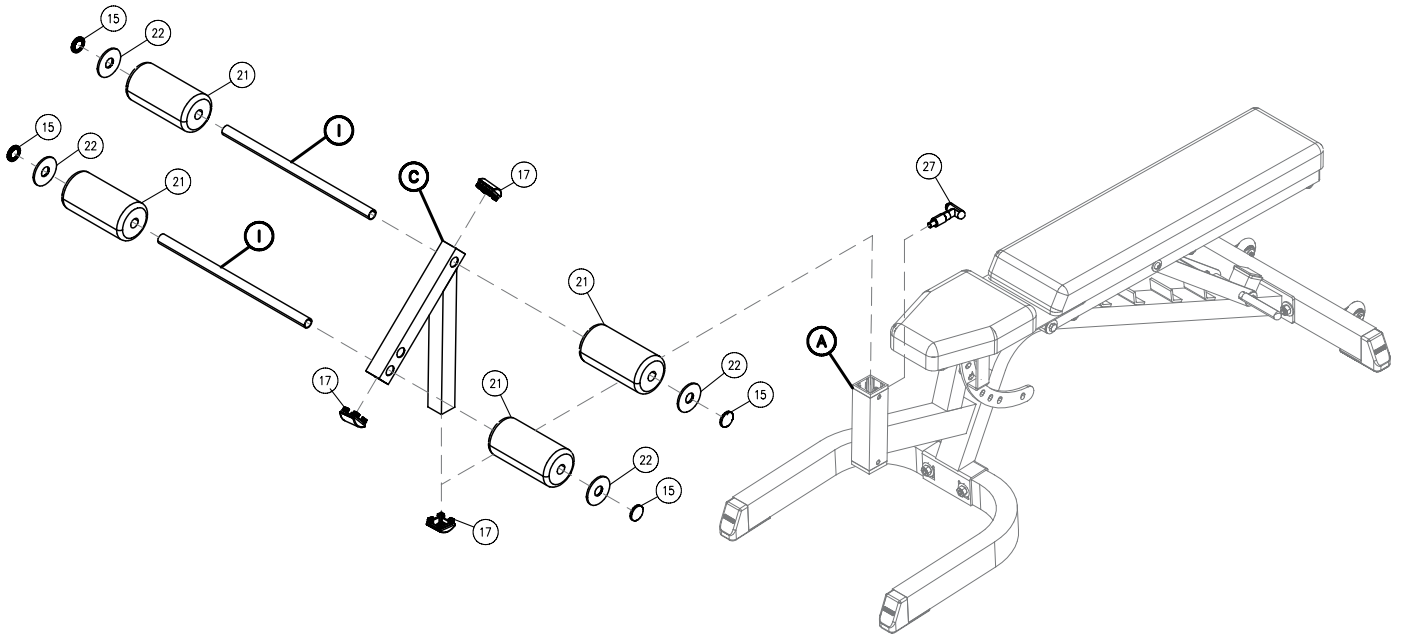
**Finger tighten all hardware in this step. DO NOT wrench tighten until the last step. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

- 3A. Screw T-Handle Pin (**#27**) into leg adjuster portion of Mainframe (**A**).
- 3B. Insert Leg Adjuster (**C**) into front opening of Mainframe (**A**) and secure and adjust using T-Handle Pin.
- 3C. Insert one Roller Rod (**I**) halfway into top opening of Leg Adjuster (**C**) and another Roller Rod (**I**) halfway into one of the bottom openings of Leg Adjuster (**C**).  
**Note: Bottom opening selection is based on your height and what feels more comfortable to you.**
- 3D. Insert Foam Roller, followed by Nylon Washer, finishing with Round End Cap onto each end of Roller Rods (**I**) using:
  - 4 - (**#21**) Foam Roller
  - 4 - (**#22**) Ø75mm Nylon Washer
  - 4 - (**#15**) Ø25mm Round End Cap
- 3E. Insert End Caps into all three openings of Leg Adjuster (**C**):
  - 3 - (**#17**) 45X45mm Convex End Cap



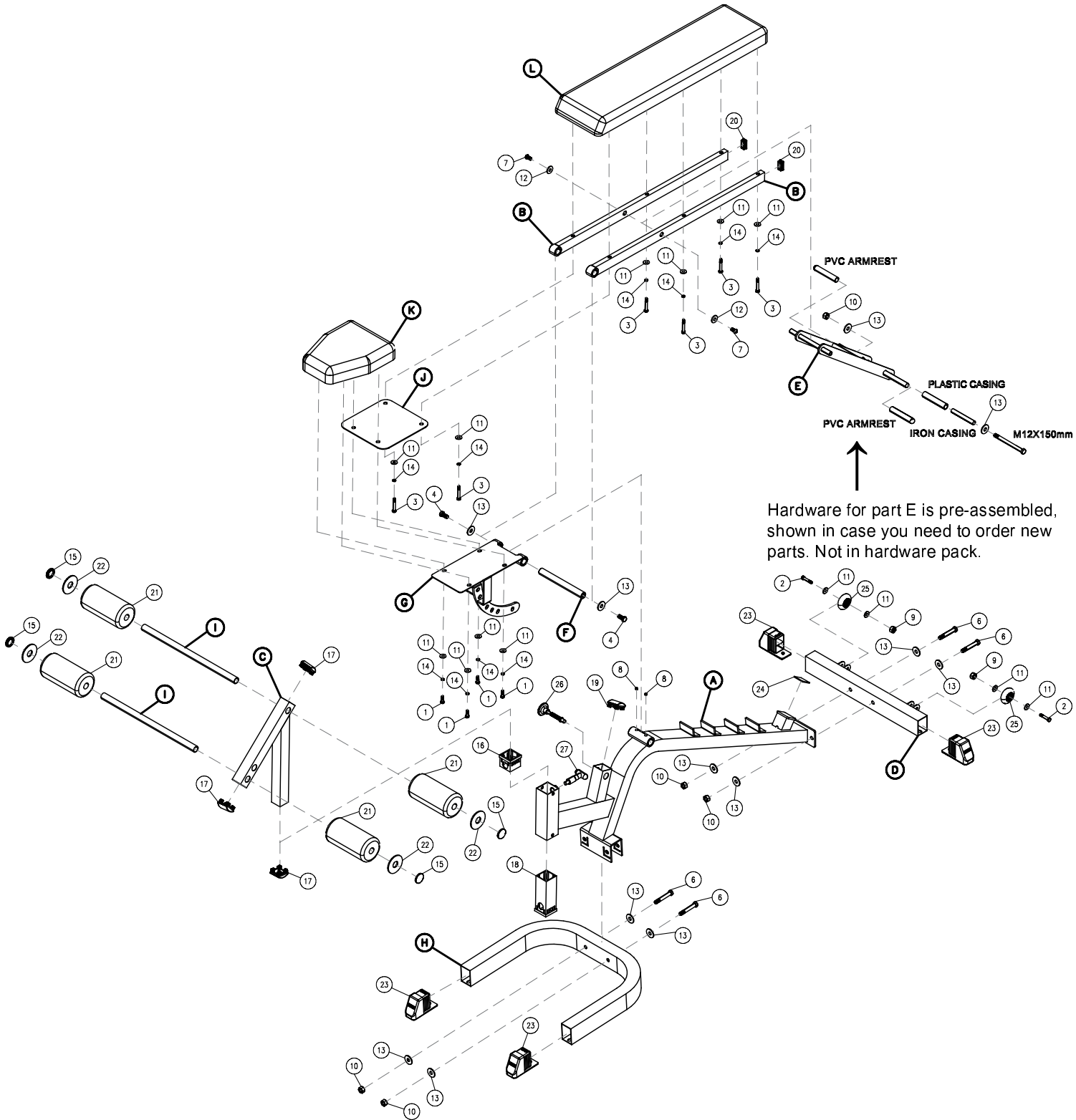


Above shows Step 3 assembled and completed.



# Notes

# Exploded View





# GFID-71

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N #       -   -   -     -

1900 S. Des Plaines Ave.  
Forest Park, IL 60130  
Phone:(708)427-3555  
Fax:(708)427-3556  
Hours: M-F 8:30 - 5:00 CST

*[www.bodysolid.com](http://www.bodysolid.com)*