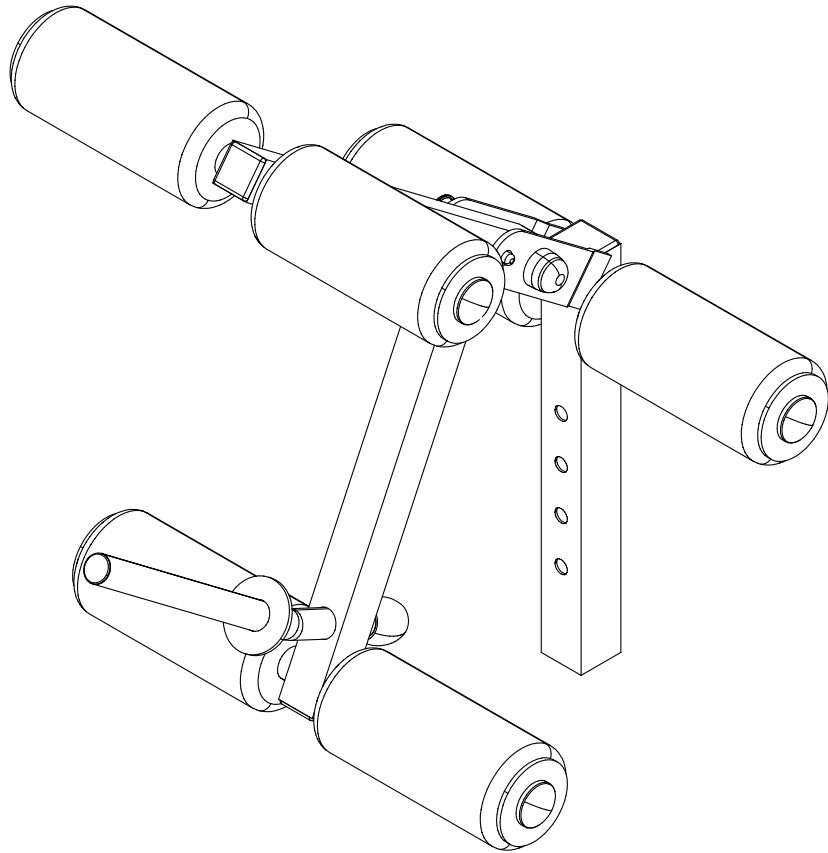


Body-Solid®
Built for Life



GLDA-3.1W

LEG DEVELOPER ATTACHMENT

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

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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 GLDA-3. 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 before each use. Make sure all fasteners 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 GLDA-3 on a solid level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The GLDA-3 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 GLDA-3.

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 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

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. Part # and Description**
- 4. Serial Number**

Before You Begin

Thank you for purchasing the GLDA-3. This product is part of the Body-Solid line of quality strength training equipment, 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 GLDA-3 include but are not limited to:

- Metric Wrench Set
- Adjustable Wrench
- Rubber Mallet

Installation Requirements

Follow these installation requirements when assembling the GLDA-3:

Set up the GLDA-3 on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

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 warranty card.

Assembly Tips

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

While you may be able to assemble the GLDA-3 using the illustrations only, important safety notes and other tips are included in the text.

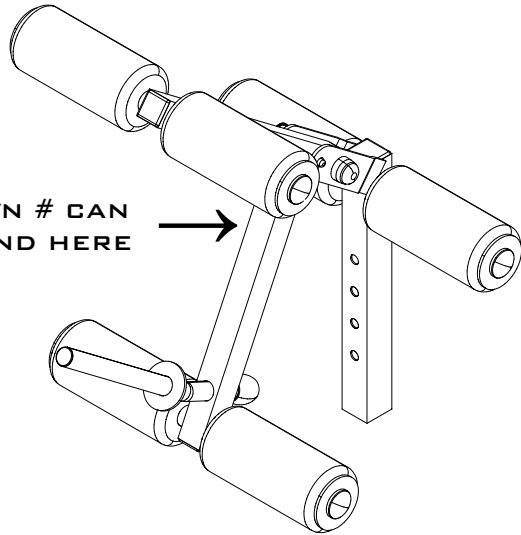
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

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 GLDA-3 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.

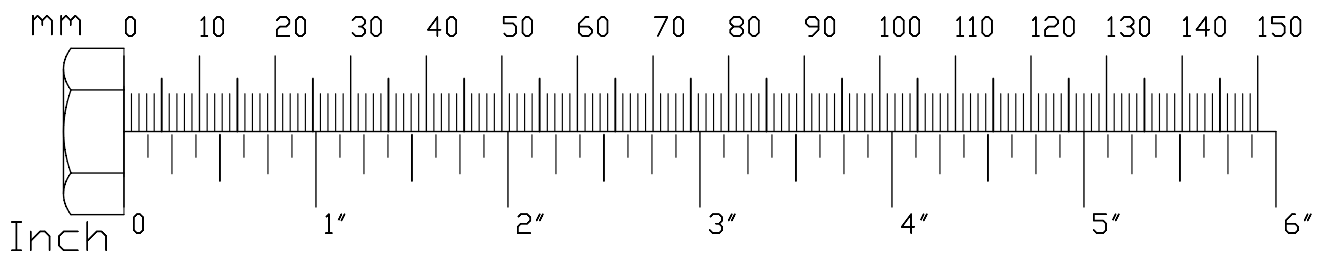
YOUR S/N # CAN
BE FOUND HERE



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.

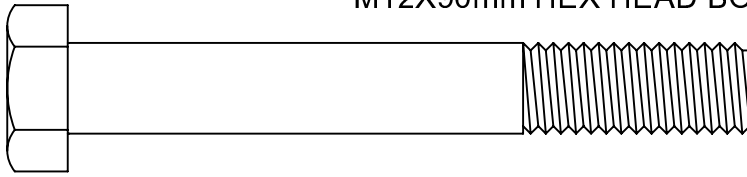
Hardware / Part List

Part#	Size	Description	Quantity
1	M12X90mm	HEX HEAD BOLT	1 PCS.
2	M12	ROUND END WASHER	2 PCS.
3	M12	FLAT WASHER	2 PCS.
4	M12	NYLON LOCK NUT	1 PCS.
5	M12	BOLT CAP	2 PCS.
6	38X38mm	END CAP	3 PCS.
7	45X45mm	END CAP	1 PCS.
8	1"	RUBBER CANE CAP	1 PCS.
9	1"	ROUND END CAP	1 PCS.
10	1"	SILVER END CAP	6 PCS.
11	3"	NYLON WASHER	6 PCS.
12	3 1/2"X8"	FOAM ROLLER	6 PCS.
13	75mm L	RING PIN	1 PCS.
A		ADJUSTER FRAME	1 PCS.
B		WEIGHT FRAME	1 PCS.
C	483mm L	WEIGHT ROD	2 PCS.
D	493mm L	ADJUSTER ROD	1 PCS.

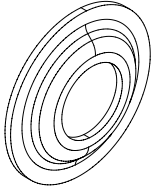


Hardware / Part Illustration

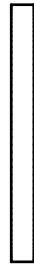
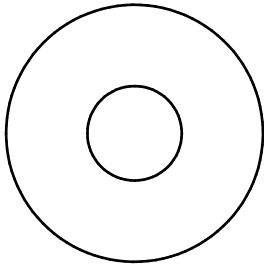
Part #1 M12X90mm HEX HEAD BOLT QTY. 1



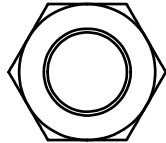
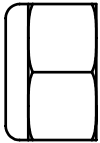
Part #2 M12 ROUND END WASHER QTY. 2



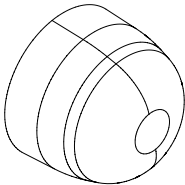
Part #3 M12 FLAT WASHER QTY. 2



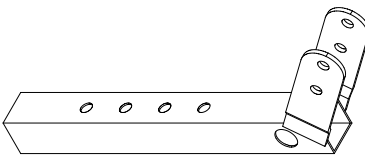
Part #4 M12 NYLON LOCK NUT QTY. 1



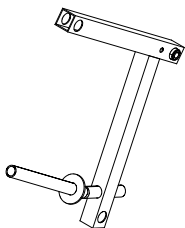
Part #5 M12 BOLT CAP QTY. 2



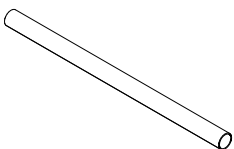
Part A ADJUSTER FRAME QTY. 1



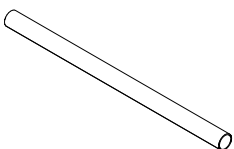
Part B WEIGHT FRAME QTY. 1



Part C 483mm L WEIGHT ROD QTY. 2



Part D 493mm L ADJUSTER ROD QTY. 1



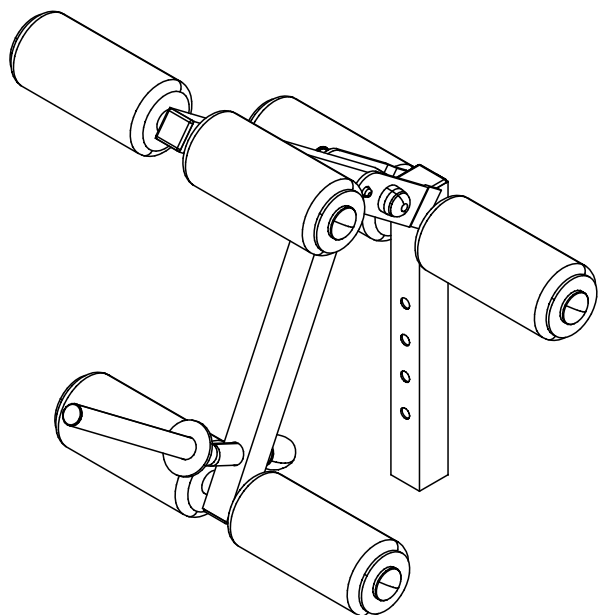
STEP**1**

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

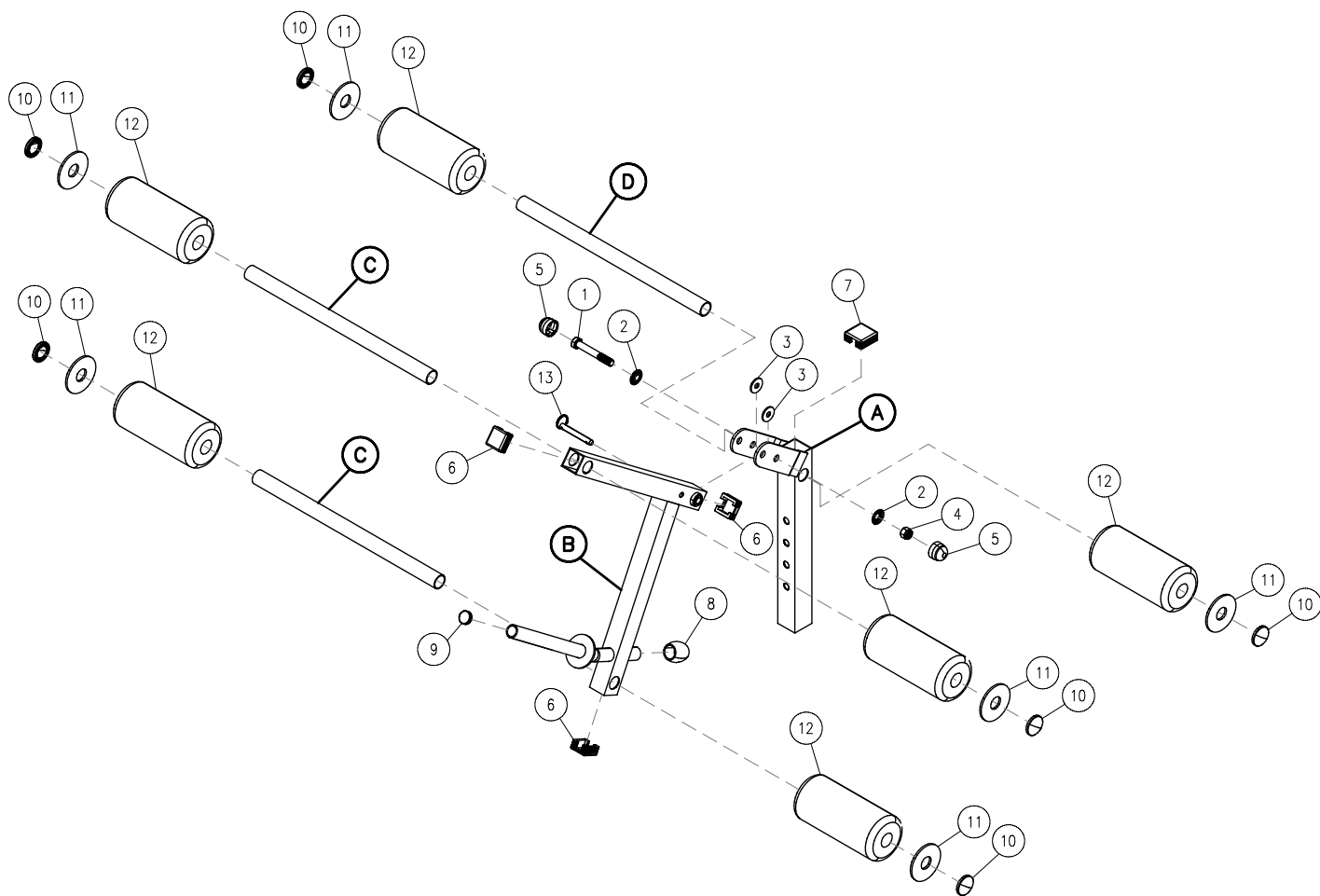
NOTE:

Finger tighten all hardware FIRST in this step. DO NOT wrench tighten until the END. 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. Insert a End Cap into each square opening of Weight Frame (**B**), insert a Round End Cap into the front round post of Weight Frame (**B**) and the Rubber Cap onto the back post of Weight Frame (**B**) using a total of:
- 3 - (#6) 38X38mm End Cap
 - 1 - (#8) 1" Rubber Cane Cap
 - 1 - (#9) 1" Round End Cap
- Note: All these parts may be pre-installed.**
- 1B. Attach Weight Frame (**B**) to the rear holes of the angled bracket on Adjuster Frame (**A**) and secure the front holes with a Ring Pin using a total of:
- 1 - (#1) M12X90mm Hex Head Bolt
 - 2 - (#2) M12 Round End Washer
 - 2 - (#3) M12 Flat Washer
 - 1 - (#4) M12 Nylon Lock Nut
 - 2 - (#5) M12 Bolt Cap
 - 1 - (#13) Ring Pin
- Note: Part #2 goes on the outside and Part #3 goes on the inside of the angled brackets on Part A.**
- 1C. Insert a Weight Rod (**C**) halfway into each round opening of Weight Frame (**B**) and on each end of Weight Rod (**C**) insert a Foam Roller followed by a Nylon Washer and Silver End Cap using a total of:
- 4 - (#12) 3 1/2"X8" Foam Roller
 - 4 - (#11) 3" Nylon Washer
 - 4 - (#10) 1" Silver End Cap
- 1D. Repeat Step 1C except your only going to use 2 pieces of each part and use Adjuster Rod (**D**) and insert it halfway into the round opening of Adjuster Frame (**A**).
- 1E. Insert a End Cap into the top square opening of Weigh Frame (**B**) using:
- 1 - (#7) 45X45mm End Cap

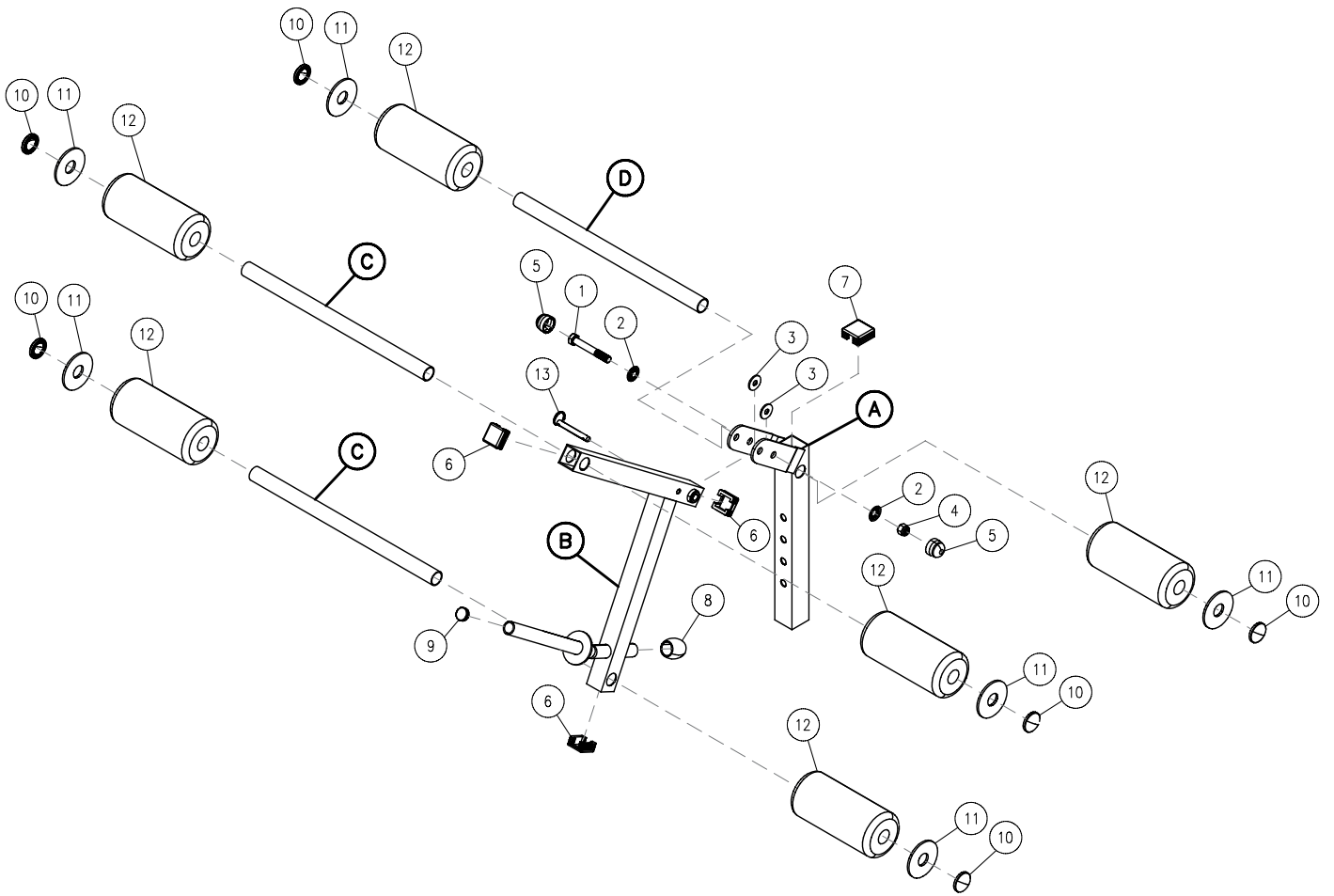


Above shows Step 1 assembled and completed.



Notes

Exploded View



Body-Solid[®]
Built for Life

GLDA-3.1W

LEG DEVELOPER ATTACHMENT

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # - - - -

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Forest Park, IL 60130
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Fax:(708)427-3556
Hours: M-F 8:30 - 5:00 CST

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