

Body-Solid®

Built for Life

GPR370.1

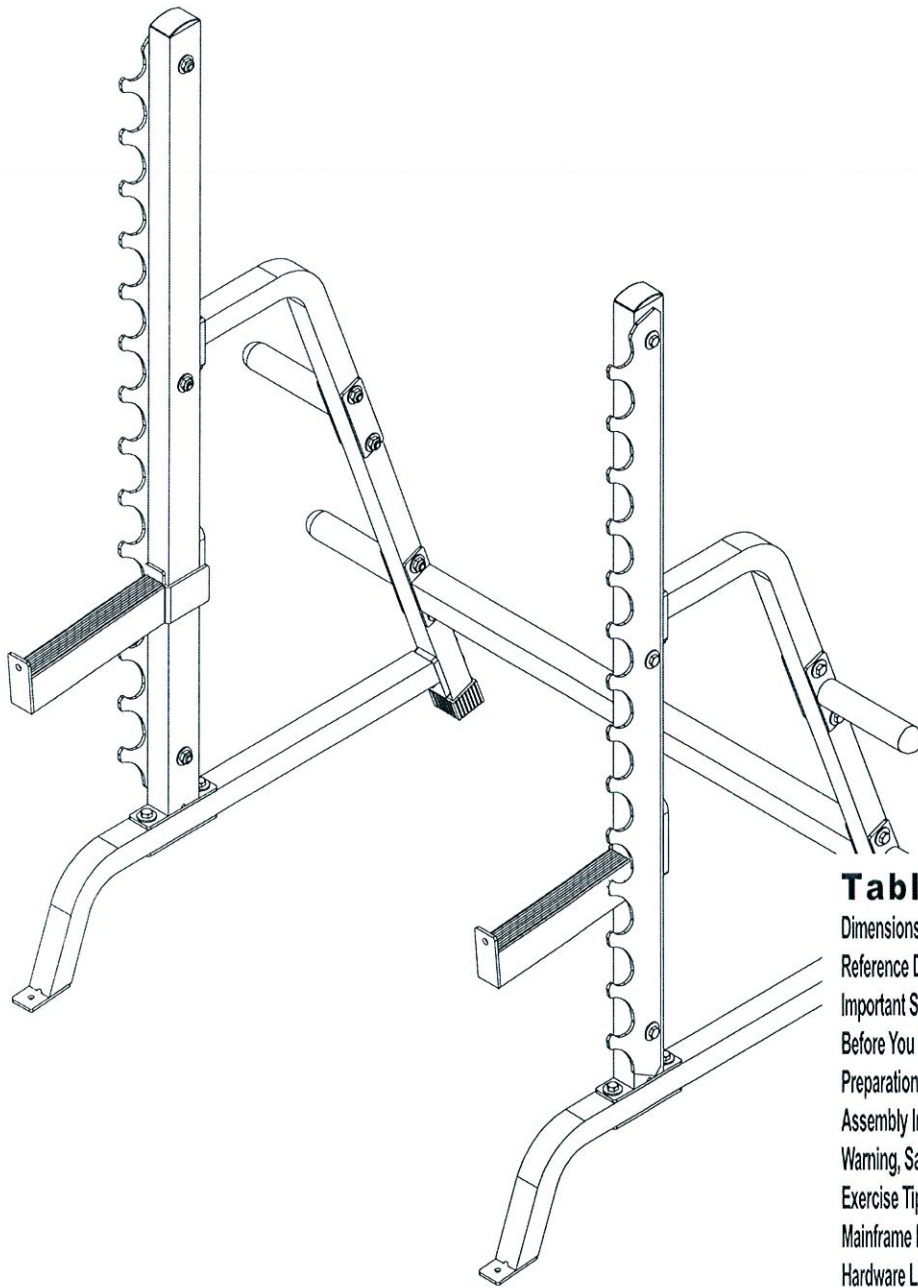


Table of Contents

Dimensions.....	p. 2
Reference Drawings.....	p. 3
Important Safety Instructions.....	p. 4
Before You Begin.....	p. 5
Preparations.....	p. 6
Assembly Instructions.....	p. 7-13
Warning, Safety & Maintenance.....	p. 14-17
Exercise Tips.....	p. 18-37
Mainframe Parts List.....	p. 38
Hardware List.....	p. 39
Hardware (To Scale).....	p. 40-41
Exploded View Diagram.....	p. 42-43

Assembly Instructions

OWNER'S & MANUAL

STEP

1

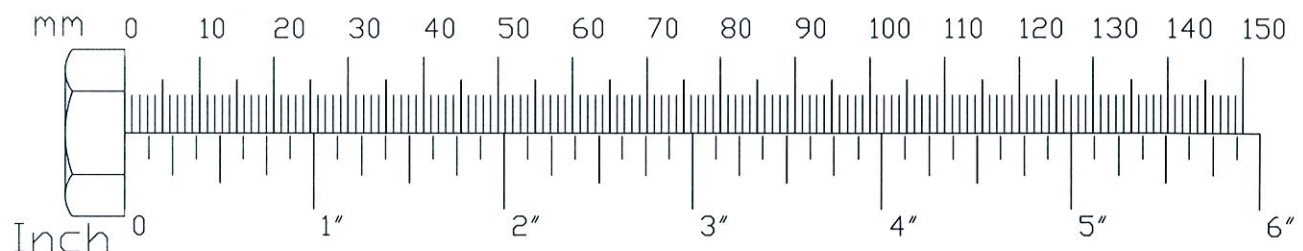
Be careful to assemble all components in the sequence they are presented.

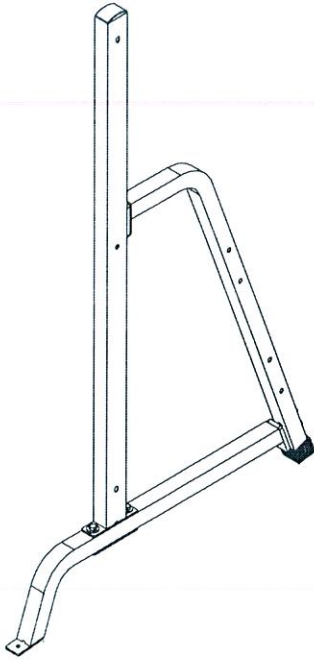
Finger tighten all hardware in this step unless otherwise noted.

RIGHT SIDE ASSEMBLY

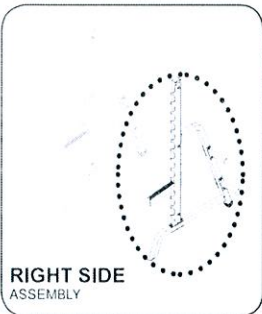
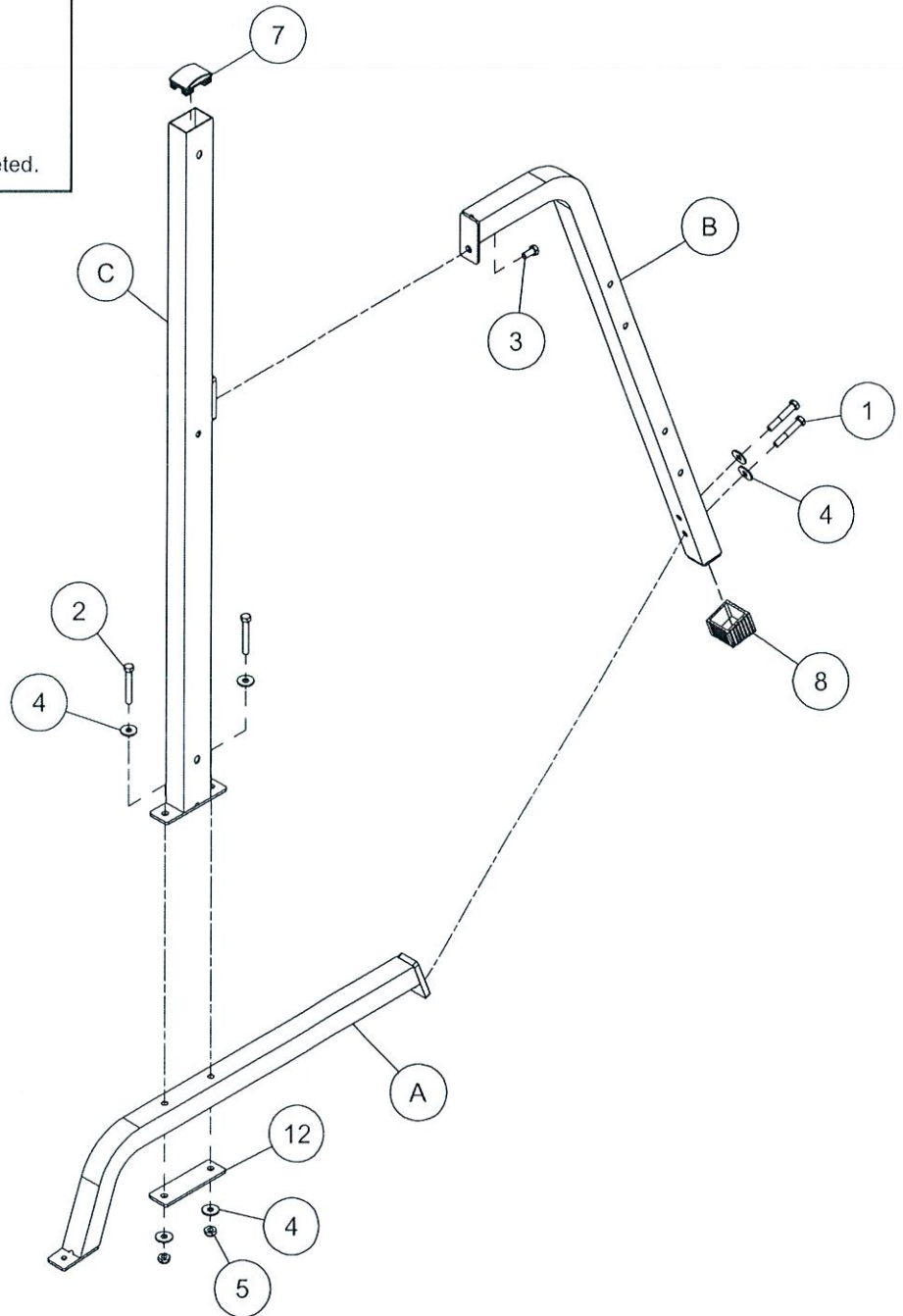
NOTE: The right side of the GPR370 will be assembled in Step 1. Step 2 covers the left side assembly.

- A. Connect Upright Frame (C) and Flat Plate (12) to Base Frame (A) using:
Two 2 (M12x80 hex head bolt)
Four 4 (M12 washer)
Two 5 (M12 nylon nut)
- B. Connect Side Frame (B) to Upright Frame (C) and Base Frame (A) using:
One 3 (M12x25 hex head bolt)
Two 1 (M12x70 hex head bolt)
Two 4 (M12 washer)
- C. Insert Convex End Cap (7) into Upright Frame (C).
- D. Insert Foot Cap (8) onto Side Frame (B).
- E. Carefully lay the completed Right Side Assembly on the floor.
- F. Proceed to Step 2 to complete the Left Side Assembly.





Above shows Step 1 assembled and completed.



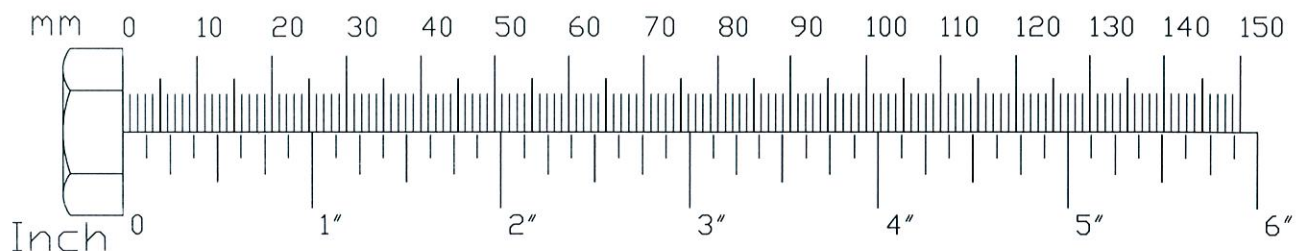
STEP**2**

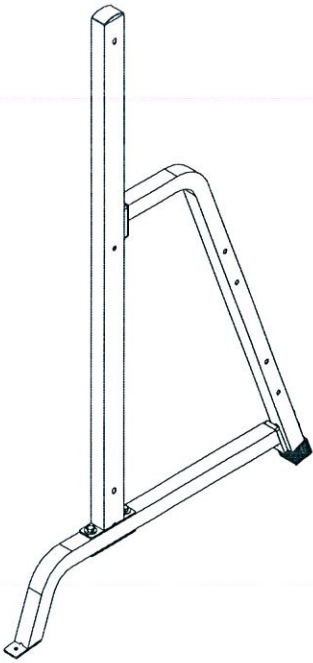
Be careful to assemble all components in the sequence they are presented.

Finger tighten all hardware in this step unless otherwise noted.

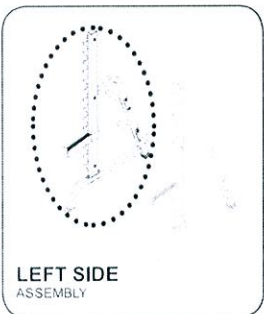
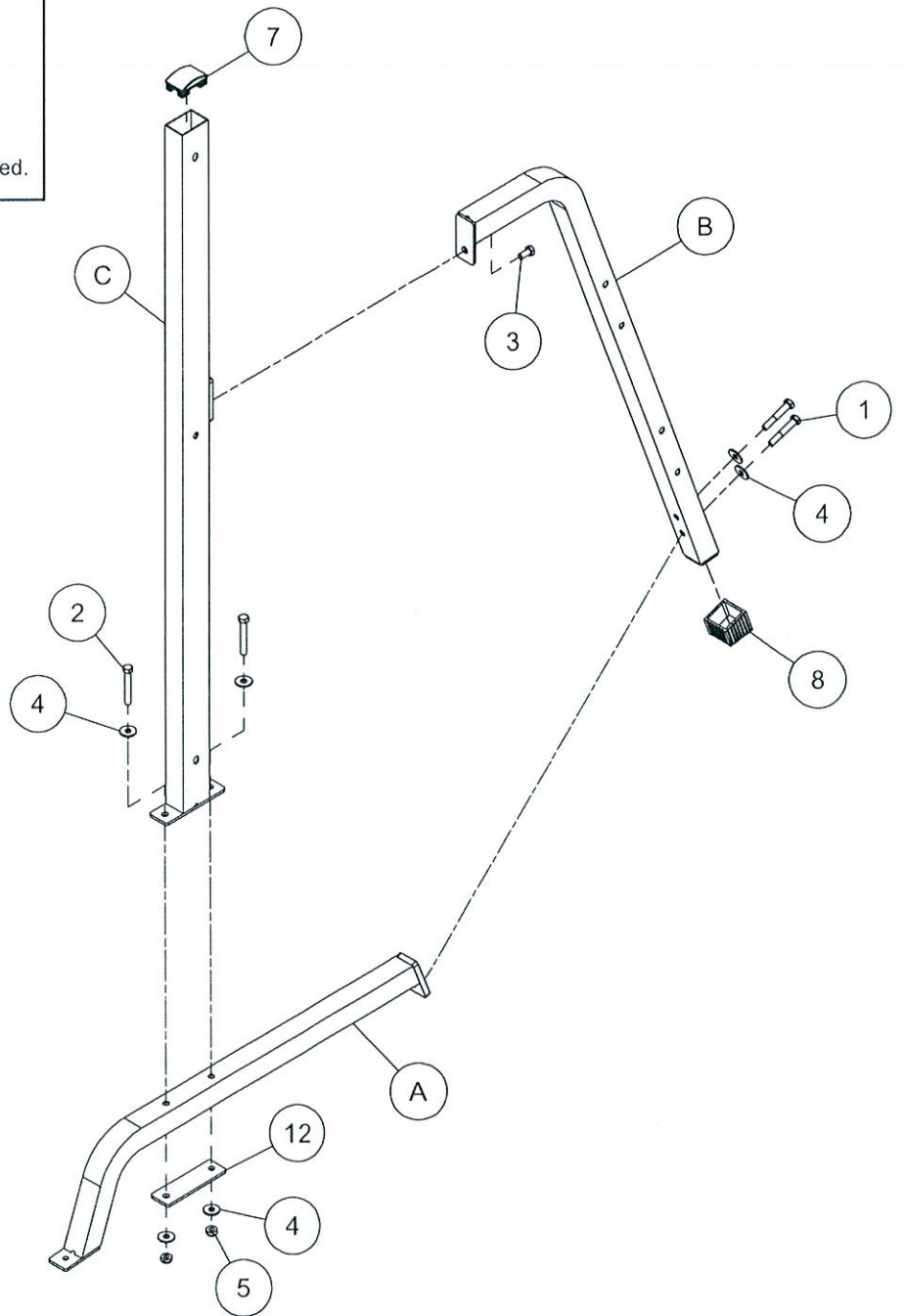
LEFT SIDE ASSEMBLY

- A. Connect Upright Frame (C) and Flat Plate (12) to Base Frame (A) using:
Two 2 (M12x80 hex head bolt)
Four 4 (M12 washer)
Two 5 (M12 nylon nut)
- B. Connect Side Frame (B) to Upright Frame (C) and Base Frame (A) using:
One 3 (M12x25 hex head bolt)
Two 1 (M12x70 hex head bolt)
Two 4 (M12 washer)
- C. Insert Convex End Cap (7) into Upright Frame (C).
- D. Insert Foot Cap (8) onto Side Frame (B).
- E. Carefully lay the completed Left Side Assembly on the floor.
- F. Proceed to Step 3 to complete the assembly of the GPR370.





Above shows Step 2 assembled and completed.



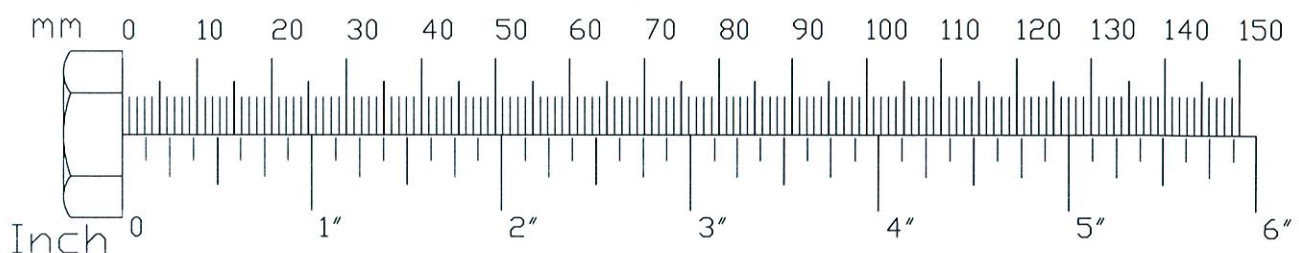
STEP

3

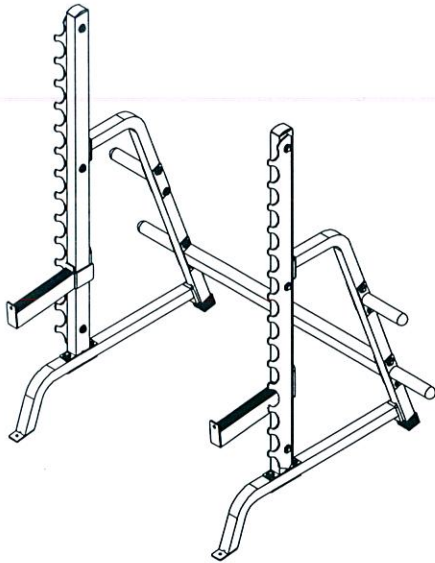
Be careful to assemble all components in the sequence they are presented.

Finger tighten all hardware in this step unless otherwise noted.

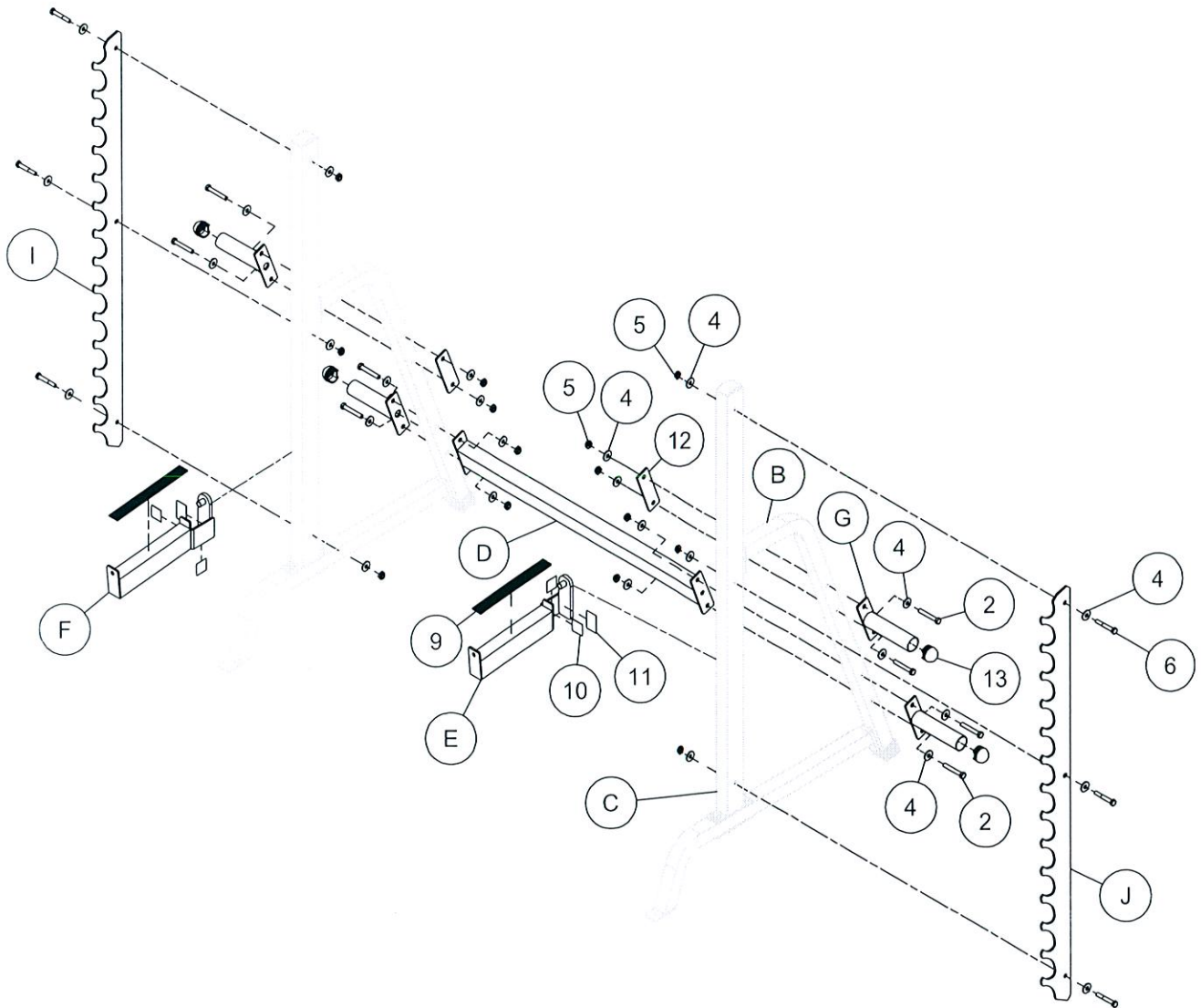
- A. Connect the Right Side Assembly and the Left Side Assembly with Cross Support (D) and two Weight Horns (G) using:
Two 2 (M12x80 hex head bolt)
Four 4 (M12 washer)
Two 5 (M12 nylon nut)
- B. Wrench tighten all hardware that has been previously finger tightened and.
- C. Connect Weight Horns (G) and Flat Plate (12) to the Left Side Assembly using:
Two 2 (M12x80 hex head bolt)
Four 4 (M12 washer)
Two 5 (M12 nylon nut)
- D. Connect Weight Horns (G) and Flat Plate (12) to the Right Side Assembly using:
Two 2 (M12x80 hex head bolt)
Four 4 (M12 washer)
Two 5 (M12 nylon nut)
- E. Connect Right Lift Off Frame (J) to the Right Side Assembly using:
Three 6 (M12x75 hex head bolt)
Six 4 (M12 washer)
Three 5 (M12 nylon nut)
- F. Connect Left Lift Off Frame (I) to the Left Side Assembly using:
Three 6 (M12x75 hex head bolt)
Six 4 (M12 washer)
Three 5 (M12 nylon nut)
- G. Wrench tighten all remaining hardware.
- H. Insert Rubber End Cap (13) into all Weight Horns (G).
- I. Attach Rubber Bar Catch (9) to Right Safety Bar (E) and Left Safety Bar (F).
- J. Attach two 45mm x 45mm Pad (10) to Right Safety Bar (E) and Left Safety Bar (F).
- K. Attach Pad 45mm x 70mm (11) to Right Safety Bar (E) and Left Safety Bar (F).
- L. Congratulations! The installation of your GPR370 is complete.



STEP
3



Above shows Step 3 assembled and completed.



Mainframe Parts List

Part#	Qty	Description	
A	2	BASE FRAME	
B	2	SIDE FRAME	
C	2	UPRIGHT FRAME	
D	1	CROSS SUPPORT	
E	1	RIGHT SAFETY BAR	
F	1	LEFT SAFETY BAR	
G	4	WEIGHT HORNS	
I	1	RIGHT LIFT OFF FRAME	130mm x 6mm T x 1610mm L
J	1	LEFT LIFT OFF FRAME	130mm x 6mm T x 1610mm L

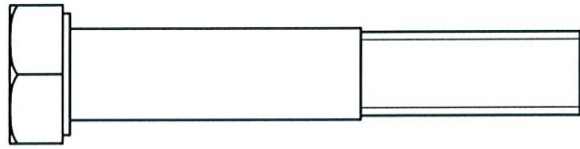
Part numbers are required when ordering parts.

Hardware List

Part#	Qty	Description		
1	4	HEX HEAD BOLT	M12x70	
2	12	HEX HEAD BOLT	M12x80	
3	2	HEX HEAD BOLT	M12x25	
4	40	WASHER	M12	
5	18	NYLON NUT	M12	
6	6	HEX HEAD BOLT	M12x75	
7	2	CONVEX END CAP	Φ50 mm x 75mm	(9211-084)
8	2	FOOT CAP	2" x 2"	(9212-018)
9	2	RUBBER BAR CATCH	38mm x 325mm	(9310-042)
10	4	PAD	45mm x 45mm	(9440-067)
11	2	PAD	45mm x 70mm	(9440-068)
12	4	FLAT PLATE	50 x 6T x 170	(8312-091)
13	4	RUBBER END CAP	Φ49.5	(9211-074)
14	2	NUMBER STICKER		(9440-072)
15	1	RIGHT STICKER		(9440-053)
16	1	LEFT STICKER		(9440-054)
17	1	WARNING STICKER		(9440-105)
18	1	MAINTENANCE LABEL		(9440-103)
19	1	BODY SOLID LOGO		(9440-027)
20	1	BODY SOLID PLASTIC PLATE		(9440-199)
21	1	WEIGHT HORN WARNING STICKER		(9440-217)

Part numbers are required when ordering parts.

Hardware (To Scale)



Part# 1

M12x70

Hex Head Bolt

Qty. 4

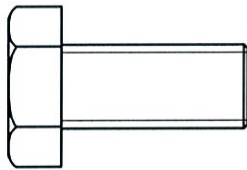


Part# 2

M12x80

Hex Head Bolt

Qty. 12



Part# 3

M12x25

Hex Head Bolt

Qty. 2

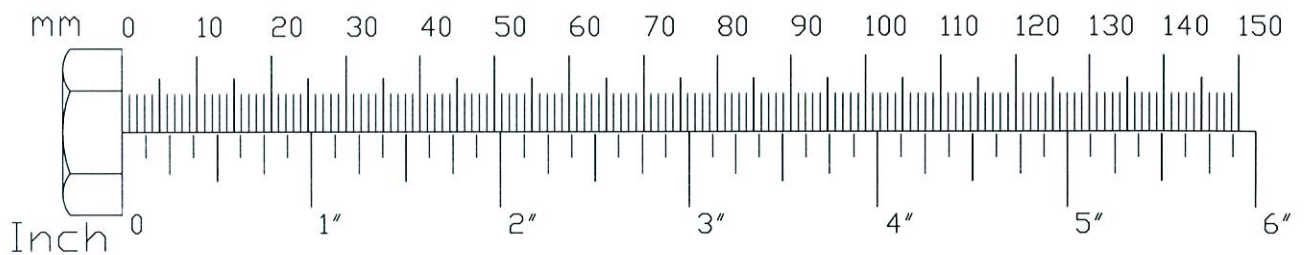


Part# 6

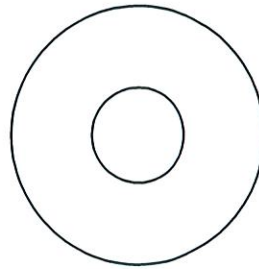
M12x75

Hex Head Bolt

Qty. 6



Hardware (To Scale)



Part# 4

M12

Washer

Qty. 40

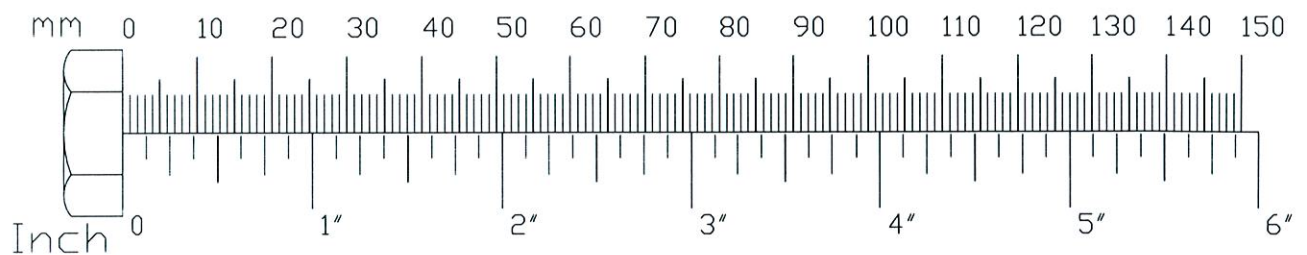


Part# 5

M12

Nylon Nut

Qty. 18



Exploded View Diagram

