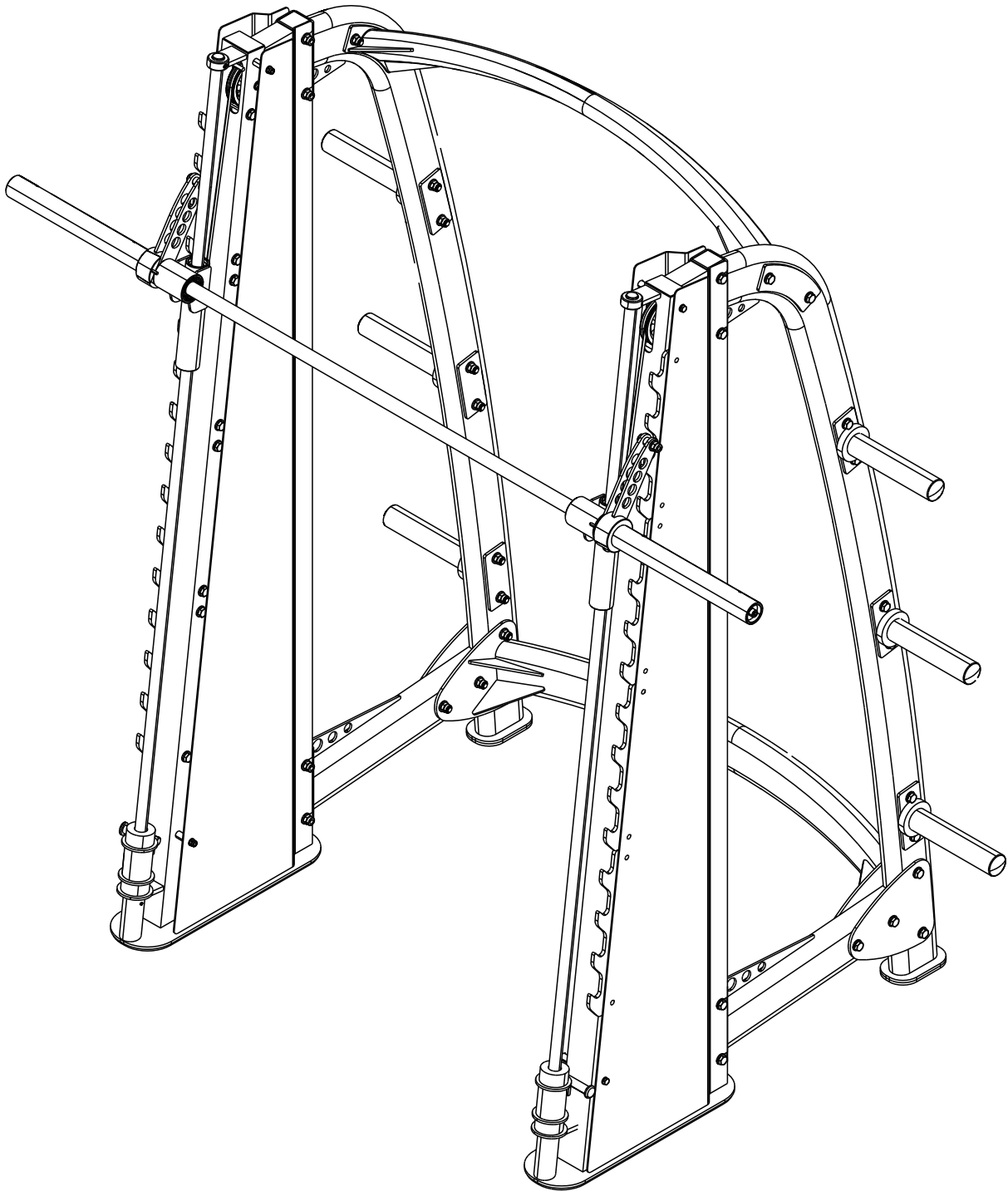


Body-Solid[®]

Built for Life

SCB1000B



Assembly

Instructions

OWNER'S

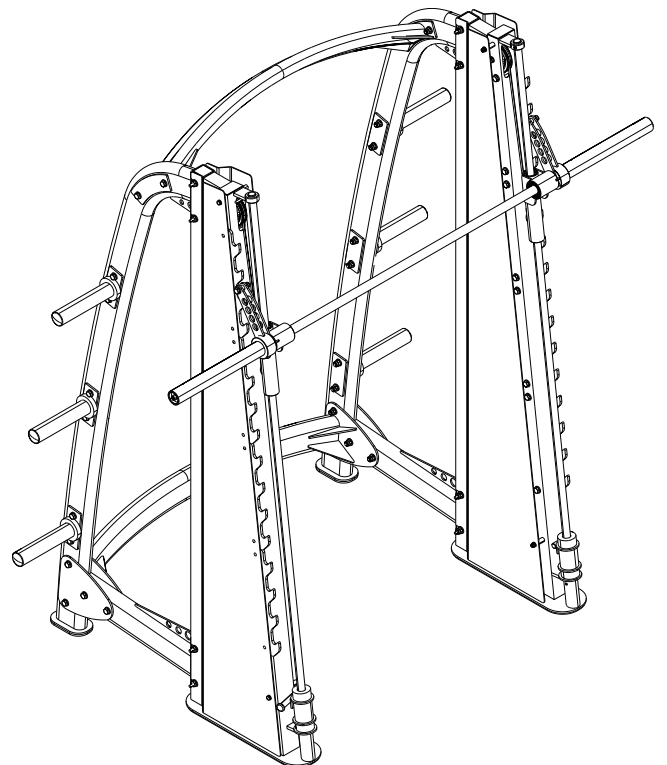
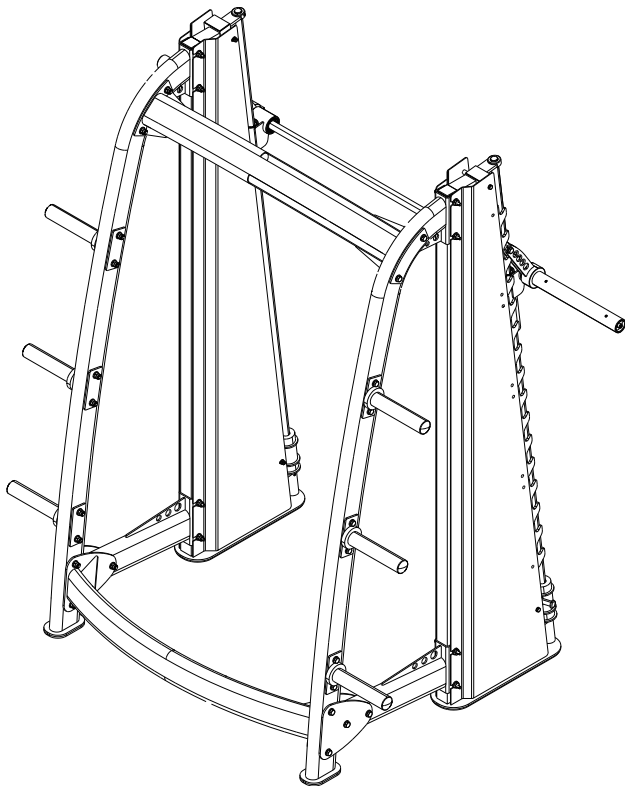
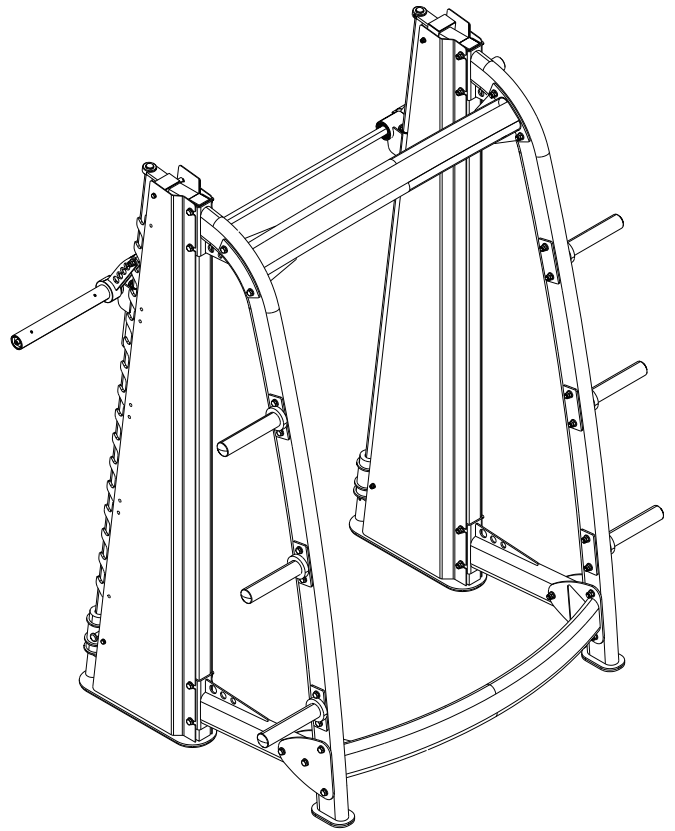
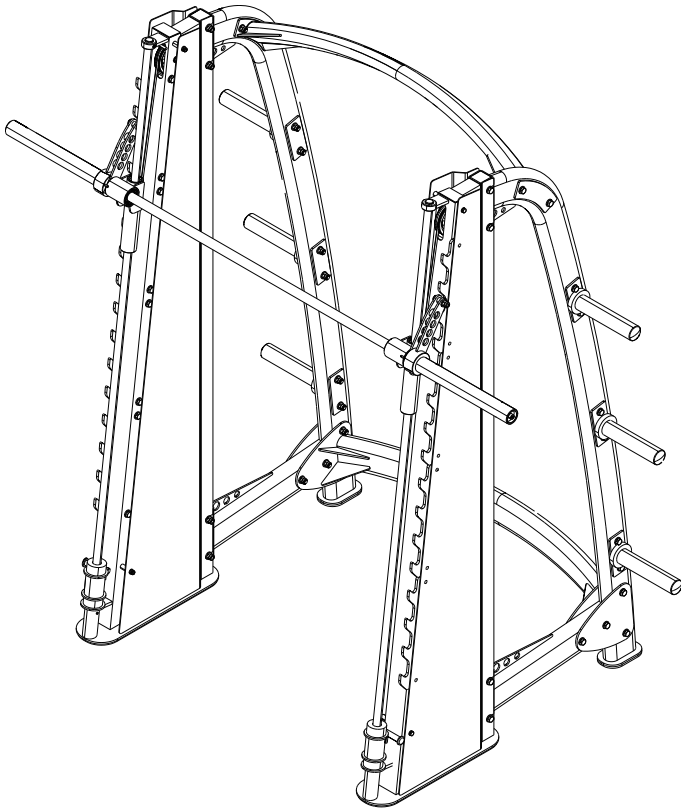
&

MANUAL

V.SCB1000B-111823

SCB1000B

Reference Drawings



Note: Due to continuing product improvements, specifications and designs are subject to change without notice.
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.

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 SCB1000B. 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

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.
- 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 SCB1000B on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The SCB1000B 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 SCB1000B.

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. Part numbers are required when ordering parts.

Warnings, 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 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 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, 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 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**

WARNING

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
Call 1-800-556-3113

MAINTENANCE SCHEDULE

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

	DAILY	WEEKLY
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		✓
Nut / 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
#MSSTR0808

Warnings, Safety & Maintenance

Precision craftsmanship assures Body-Solid's ability to consistently deliver products of the highest standards. Our products have been carefully designed to ensure safe, efficient long term operation.

However, it must be realized that safe use of this equipment requires that owners carefully read and follow the Body-Solid use recommendations, warnings, and maintenance guidelines in this Owners Manual.

Routine inspection and maintenance is of critical importance to ensure the maximum safety and performance of the SCB1000B. Body-Solid uses the highest quality materials available, but wear is inevitable. Therefore, you must carefully inspect your equipment as outlined in the Maintenance Schedule on the next page.

Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine.

Including maintaining the equipment the owner's responsibility is also to:

- Be sure to always provide adequate supervision to all end-users.
- Be sure to instruct all end-users of proper usage.
- Be sure all supervisors and personal trainers who instruct end-users on equipment are properly trained and know the function and importance of every adjustment and setting. Also, be sure these trainers provide proper instruction to end-users on the fundamentals of strength training.

CABLES:

- While the machine is not in use. Carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.
- Visually inspect the cables for fraying, cracking, peeling or discoloration.
- Check slack in cables and re-adjust cable tension if needed.
- Check that jam nut at Weight Stack is tight.

UPHOLSTERY:

- Wipe down after every workout.
- Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.
- Keep sharp or pointed objects out of your pockets and clear of all upholstery.

NUTS/BOLTS/FASTENERS:

- Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.
- Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

GUIDE RODS:

- Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

ADJUSTMENTS / LOCKING PINS /

TIGHTENING KNOBS:

- Check all pieces for signs of visible wear or damage.
- Check springs in Snap Links and Pop Pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

ANTI-SKID SURFACES:

- Replace if they appear worn or become slippery.

WARNING INSTRUCTION LABELS:

- Inspect and familiarize yourself with all safety warnings and other user information on decals.

SCB1000B Mainframe Parts List

PART#	QTY	DESCRIPTION
AL	1	Left Front Support Tube
AR	1	Right Front Support Tube
B	2	Rear support tube
C	1	Bottom Connect Tube
D	2	Connect Plate A
E	1	Upper Connect Tube
F	2	Connect Plate B
G	1	Bar
H	1	Right Slide Tube
J	1	Left Slide Tube
K	1	Right Adjust Tube
L	1	Left Adjust Tube
M	1	Right Loading Tube
N	1	Left Loading Tube
P	2	Slide Bar
Q	2	Weight plate
R	6	Weight plate support tube
S	6	Connect Plate C
T	1	Outer cover A
U	1	Inner cover A
V	1	Inner cover B
W	1	Outer cover B
Y	8	Hanger plate

Part numbers are required when ordering parts.

SCB1000B Hardware List

PART#	QTY	DESCRIPTION
1	2	50 x 50 x 2.0 Square End Cap
2	2	Pulley
3	4	Rubber Stopper A
4	6	Rubber Stopper B
5	2	Big Rubber Stopper
6	2	Small Rubber Stopper
10	2	φ15 x φ 10.5 x 37 Tube
11	2	φ15 x φ 10.5 x 12 Tube
12	4	Shaft
13	4	6006 Shaft
14	2	φ40 x φ 30.5 x 7.0 Washer
15	2	φ18 x φ 12.5 x 15 Tube
16	4	Fix Hanger
17	4	φ15 x φ 10.5 x 10 Washer
18	4	φ15 x φ 10.5 x 30 Nut
19	2	φ39 x φ 10.5 x 3.0 Big washer
30	16	M12 x 90 Hex Head Bolt

Part numbers are required when ordering parts.

SCB1000B Hardware List

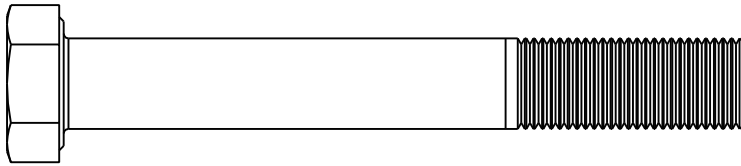
PART#	QTY	DESCRIPTION
31	2	M10 x 90 Hex Head Bolt
32	32	M12 x 85 Hex Head Bolt
33	2	M8 x 16 Allen Bolt
34	6	M8 x 12 Allen Bolt
35	2	M12 x 45 Hex Head Bolt
36	2	M6 x 12 Round Allen Head Bolt
37	4	M8 x 130 Hex Head Bolt
38	2	M10 x 25 Allen Head Bolt
40	84	φ12 Washer
41	4	φ10 Washer
42	8	φ8 Washer
43	2	φ30 Spring Ring
44	4	φ40 Spring Ring
45	4	φ55 Spring Ring
46	2	φ10 Spring washer
50	2	M10 Nylon Nut
51	34	M12 Nylon Nut
52	2	M12 Nylon Nut
53	4	M6 Nylon Nut
54	4	M8 Nylon Nut
60	2	Counterbalance Weight Cable (2000 mm)
61	4	Guide Cable (1640 mm)

Part numbers are required when ordering parts.

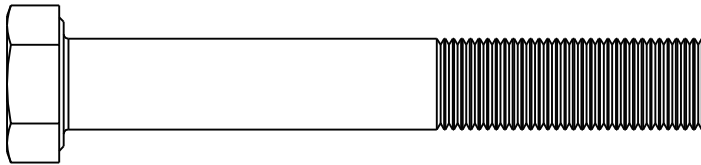
SCB1000B Hardware

(Actual Size Shown)

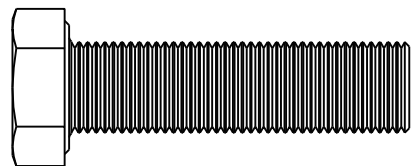
PART #30 M12x90 HEX HEAD BOLT



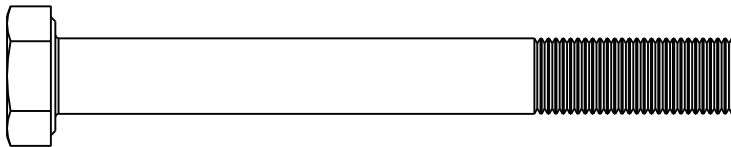
PART #32 M12x85 HEX HEAD BOLT



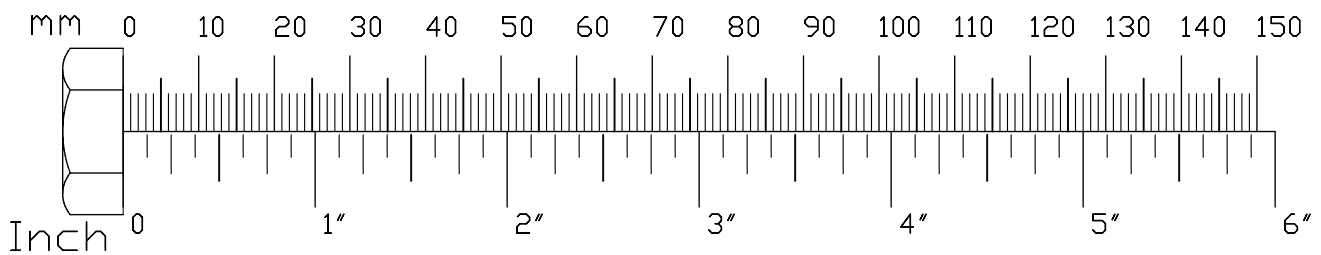
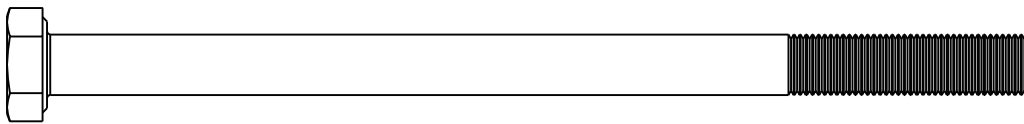
PART #35 M12x45 HEX HEAD BOLT



PART #31 M10x90 HEX HEAD BOLT



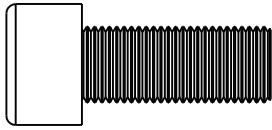
PART #37 M8x130 HEX HEAD BOLT



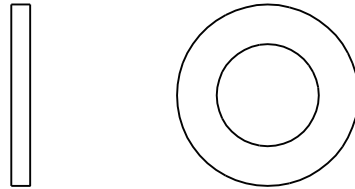
SCB1000B Hardware

(Actual Size Shown)

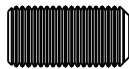
PART #38 M10x25 ALLEN HEAD BOLT



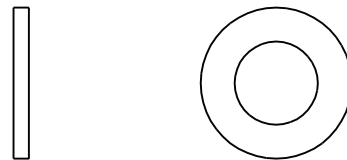
PART #40 M12 WASHER



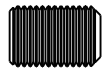
PART #33 M8x16 ALLEN BOLT



PART #41 M10 WASHER



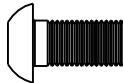
PART #34 M8x12 ALLEN BOLT



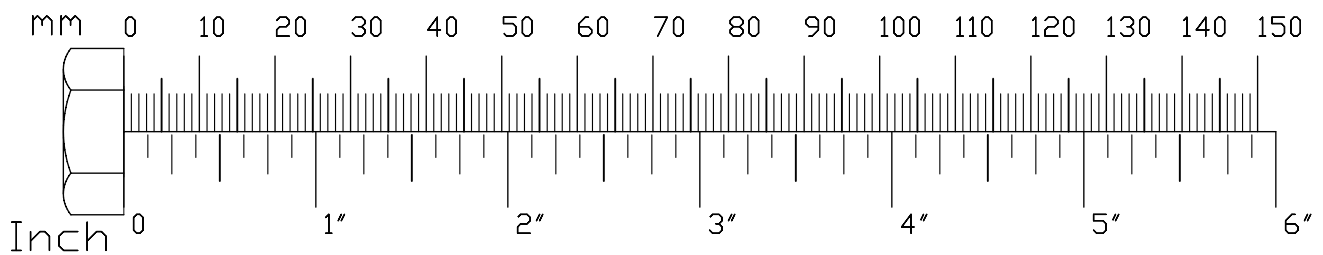
PART #42 M8 WASHER



PART #36 M6x12 ALLEN HEAD BOLT



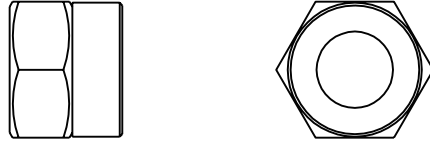
PART #46 M10 SPRING WASHER



SCB1000B Hardware

(Actual Size Shown)

PART #51 M12 NYLON LOCK NUT



PART #50 M10 NYLON LOCK NUT



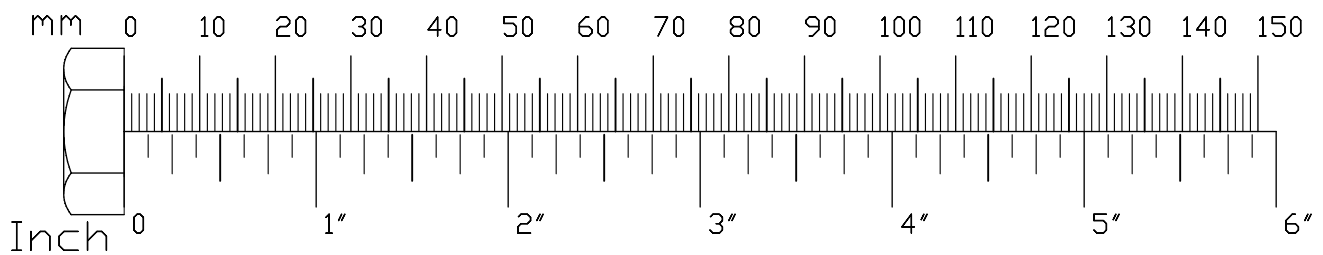
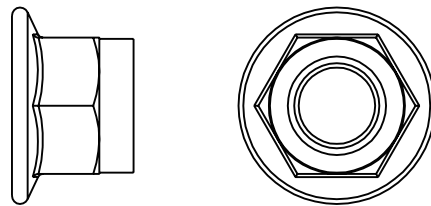
PART #54 M8 NYLON LOCK NUT



PART #53 M16 NYLON LOCK NUT



PART #52 M12 NYLON LOCK NUT



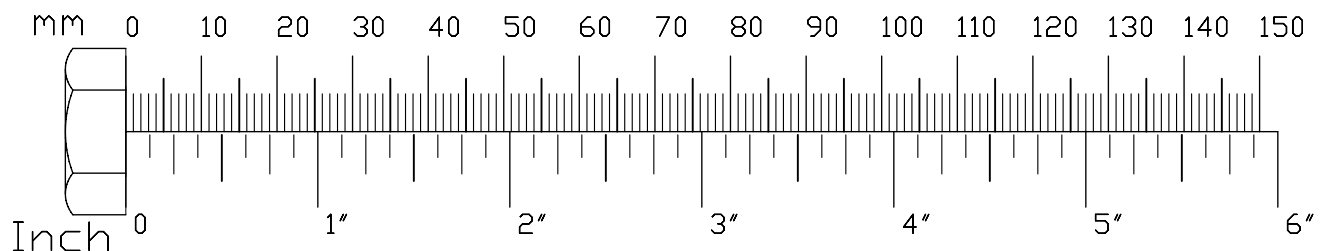
STEP**1**

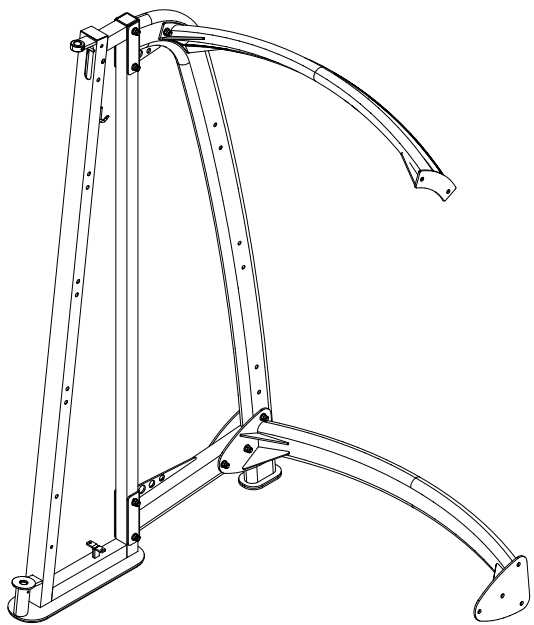
Be careful to assemble all components in the sequence they are presented.

NOTE:

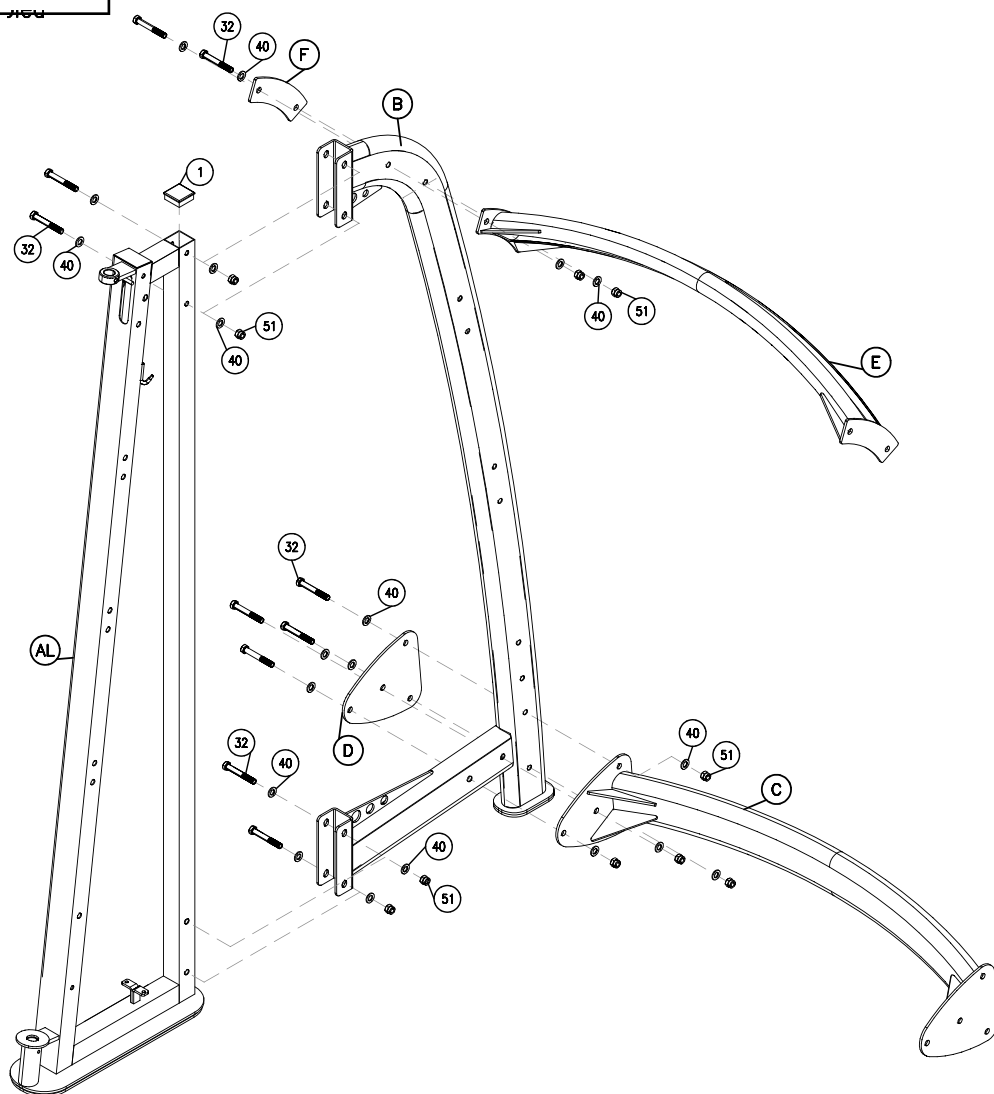
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 6.

- A. Connect Left Front Support Tube (AL) to Rear Support Tube (B) by using:
Four 32 (M12x85 hex head bolt)
Eight 40 (M12 washer)
Four 51 (M12 nylon lock nut)
- B. Insert Square End Cap (1) into Left Front Support Tube (AL).
- C. Attach Bottom Connect Tube (C) and Connect Plate (D) to Rear Support Tube (B) by using:
Four 32 (M12x85 hex head bolt)
Eight 40 (M12 washer)
Four 51 (M12 nylon lock nut)
- D. Attach Upper Connect Tube (E) and Connect Plate (F) to Rear Support Tube (B) by using:
Two 32 (M12x85 hex head bolt)
Four 40 (M12 washer)
Two 51 (M12 nylon lock nut)





Above shows STEP 1 assembled and completed.



STEP**2**

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

NOTE:

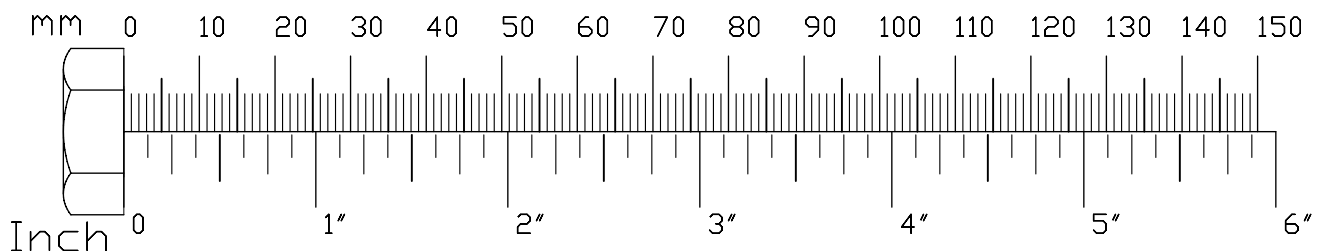
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 6.

- A. Connect Right Front Support Tube (AR) to Rear Support Tube (B) by using:
Four 32 (M12x85 hex head bolt)
Eight 40 (M12 washer)
Four 51 (M12 nylon lock nut)

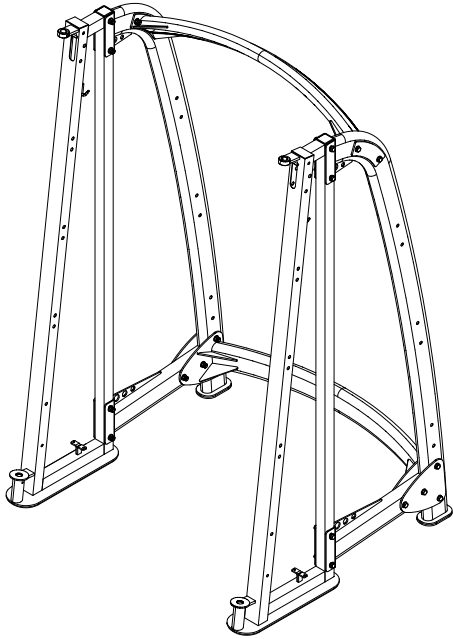
- B. Insert Square End Cap (1) into Front Support Tube Right (AR).

- C. Connect Bottom Connect Tube (C) and Connect Plate (D) to Rear Support Tube (B) by using:
Four 32 (M12x85 hex head bolt)
Eight 40 (M12 washer)
Four 51 (M12 nylon lock nut)

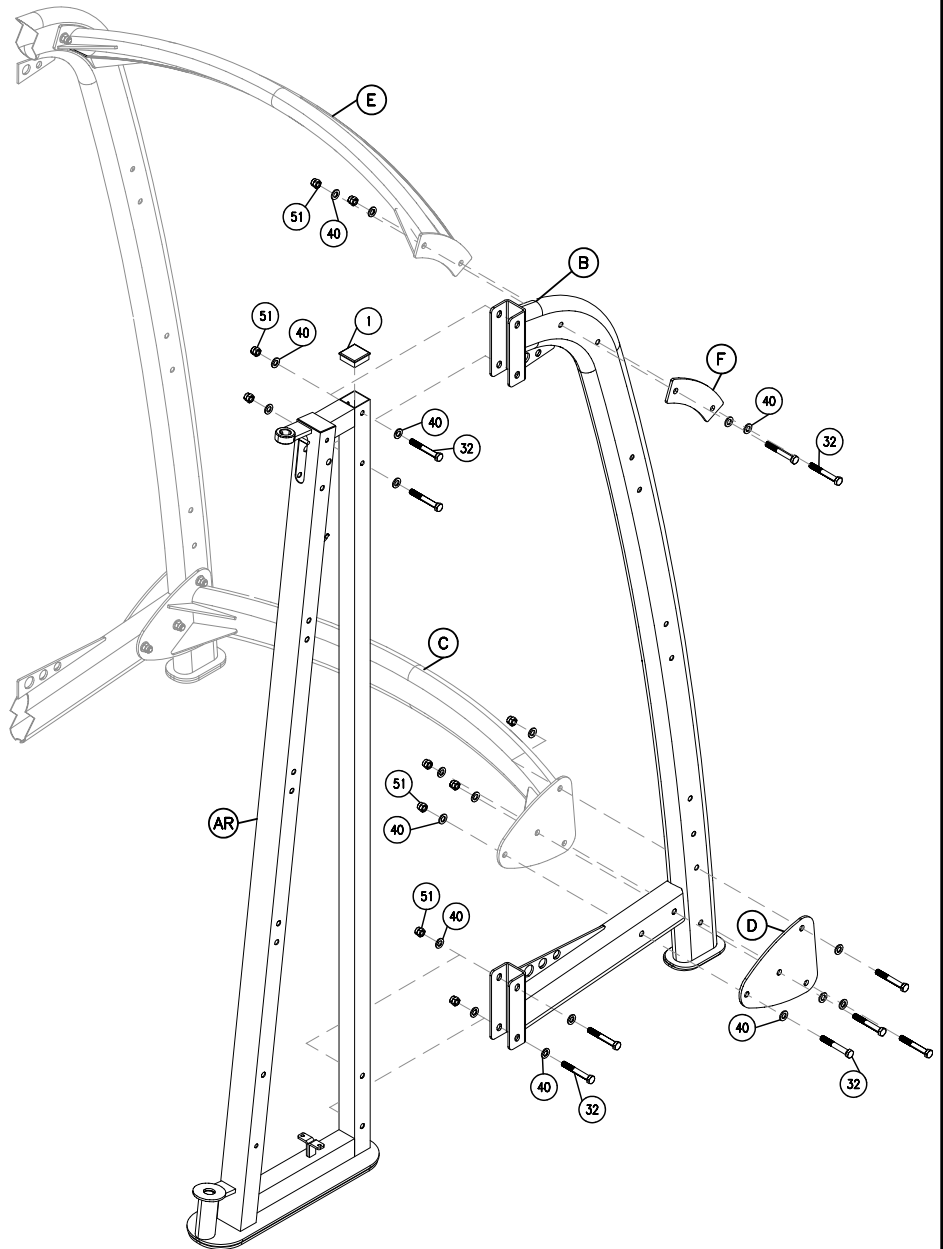
- D. Connect Upper Connect Tube (E) and Connect Plate (F) to Rear Support Tube (B) by using:
Two 32 (M12x85 hex head bolt)
Four 40 (M12 washer)
Two 51 (M12 nylon lock nut)



STEP
2



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 end of step 6.

- A. Connect Weight Plate Support Tube (R) and Connect Plate (S) to Rear Support Tube (B)* as shown in the diagram by using:

Twelve 32 (M12x85 hex head bolt)

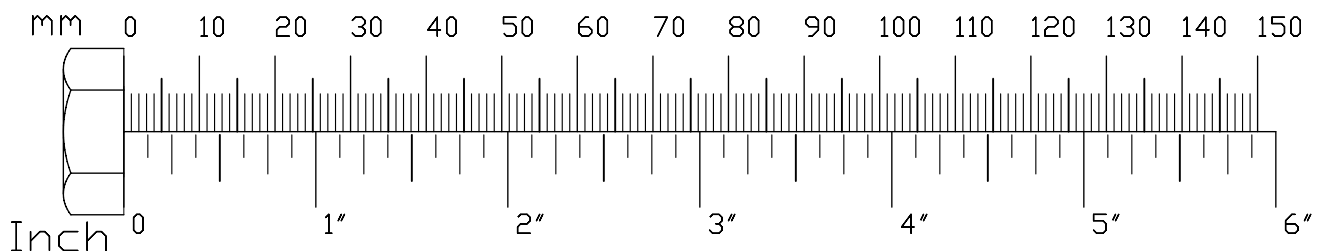
Twenty-four 40 (M12 washer)

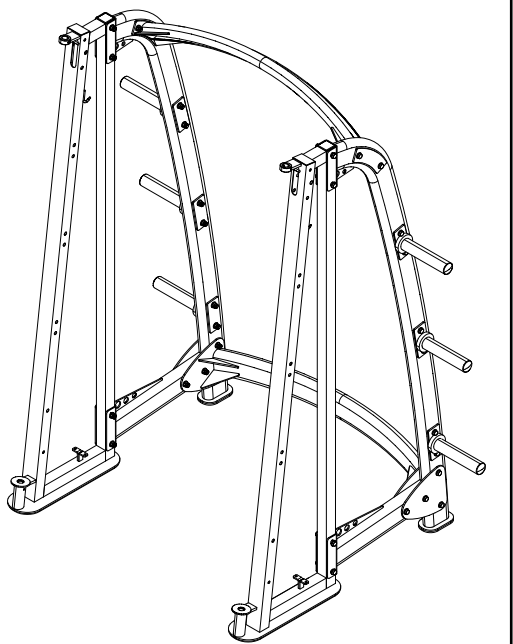
Twelve 51 (M12 nylon lock nut)

NOTE: To avoid serious injury, Collars must be used to lock the Weight Plates onto the Weight Plate Support Tube (R).

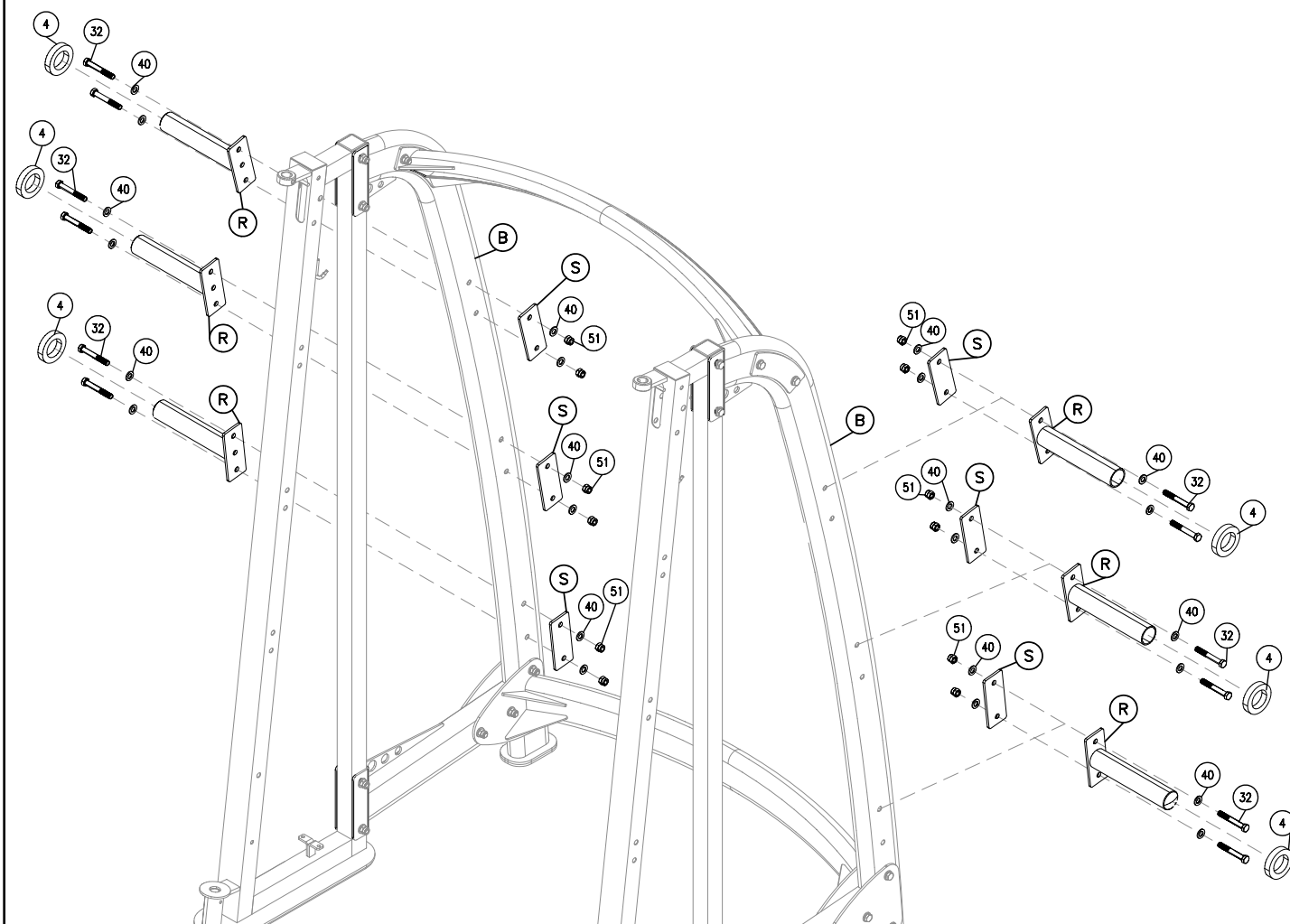
- B. Slide Rubber Stopper B (4) onto Weight Plate Support Tube (R).

NOTE: Use silicon spray to install “Rubber Stoppers” on Support Tube and Slide Bar.





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 6. Some or all components may be pre-installed.

- A. Connect Hanger Plate (Y) to Left Front Support Tube (AL) and Right Front Support Tube (AR) as shown in the diagram by using:

Twelve 30 (M12x90 hex head bolt)

Twelve 40 (M12 washer)

NOTE: Pay extra attention when installing spacers (10) and (11) below. Negligence during installation can cause these spacers to become lost within Left Front Support Tube (AL) and Right Front Support Tube (AR). Lost spacers are not covered under warranty.

- B. Install Pulleys (2) to Left Front Support Tube (AL) and Right Front Support Tube (AR) by using:

Two 31 (M10x90 hex head bolt)

Four 41 (M10 washer)

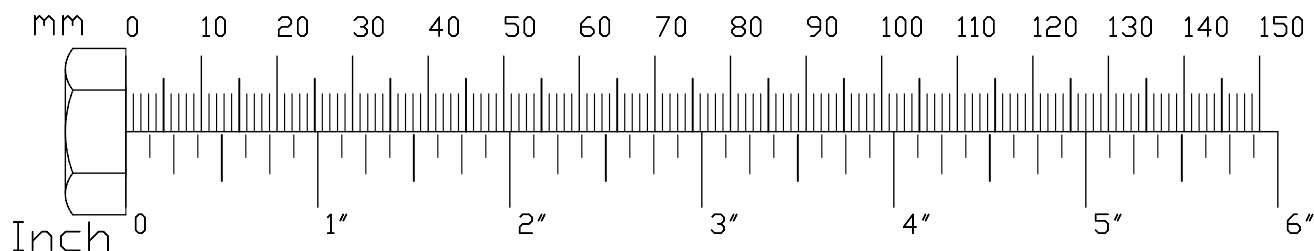
Two 10 (spacer)

Two 11 (spacer)

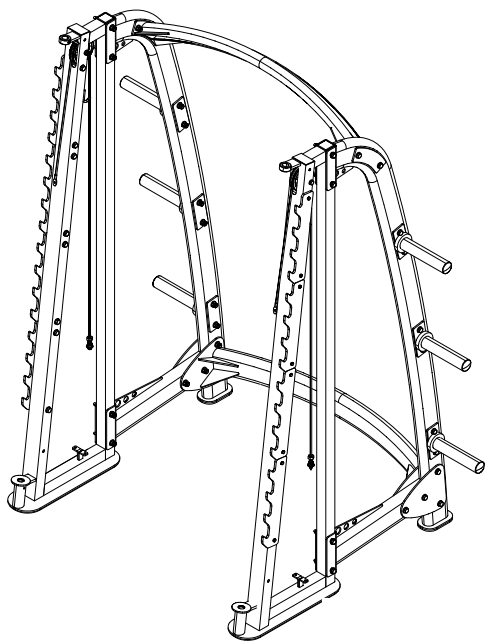
Two 50 (M10 nylon lock nut)

- C. Route Guide Cable (60) around pulleys as shown in the diagram.

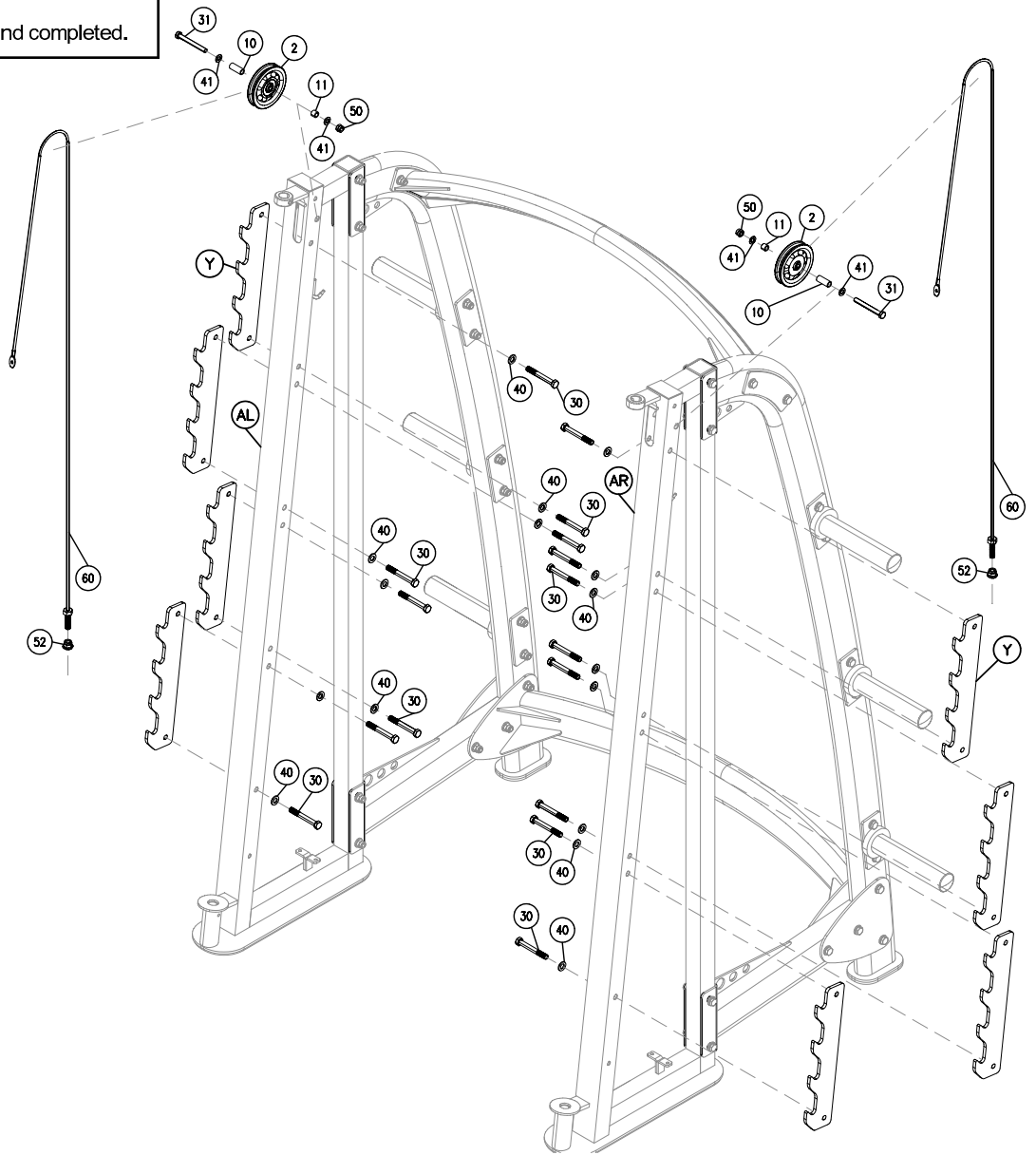
- D. Thread Nylon Lock Nut (52) onto the end of Guide Cable (60).



STEP
4



Above shows STEP 4 assembled and completed.

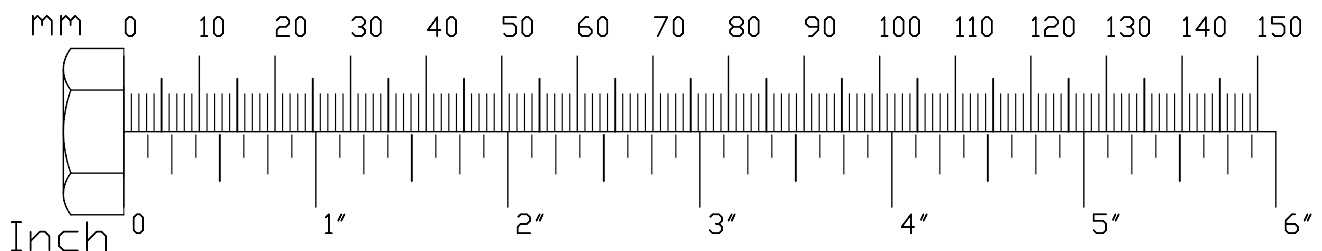


STEP**5****Be careful to assemble all components in the sequence they are presented.****NOTE:**

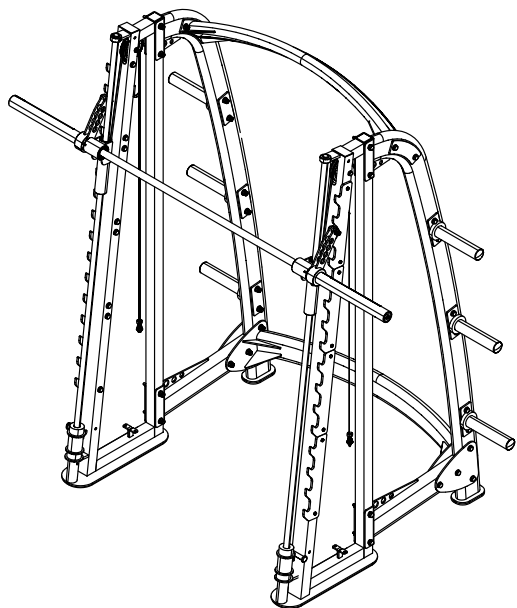
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 6.

- A. Slide Right Slide Tube (H) and Left Slide Tube (J) into Bar (G).
- B. Raise Slide Bar (P) and slide the bar assembly up.
- C. Connect Guide Cable (60) to Left Slide Tube (J) and Right Slide Tube (H) and tighten using Round Allen Head Bolt (36), and insert Washer (14) right side and left side onto bar.
- D. Connect Right Loading Tube (M) and Left Loading Tube (N) to Right Slide Tube (H) and Left Slide Tube (J) respectively and secure by tightening Hex Head Bolt (34).
- E. Secure Right Loading Tube (M) and Left Loading Tube (N) to Bar (G) using:
Two 38 (M10x25 allen head bolt)
Two 46 (M10 spring washer)
Two 19 (big washer)
- F. Insert Tube (15) into Right Loading Tube (M) and Left Loading Tube (N) and secure using:
Two 51 (M12 nylon lock nut)
Four 40 (M12 washer)
Two 35 (M12x45 hex head bolt)

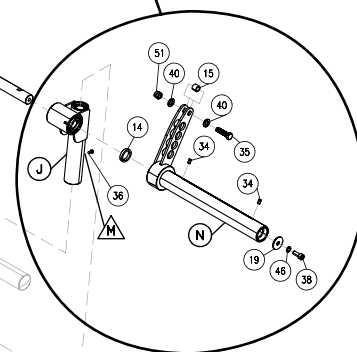
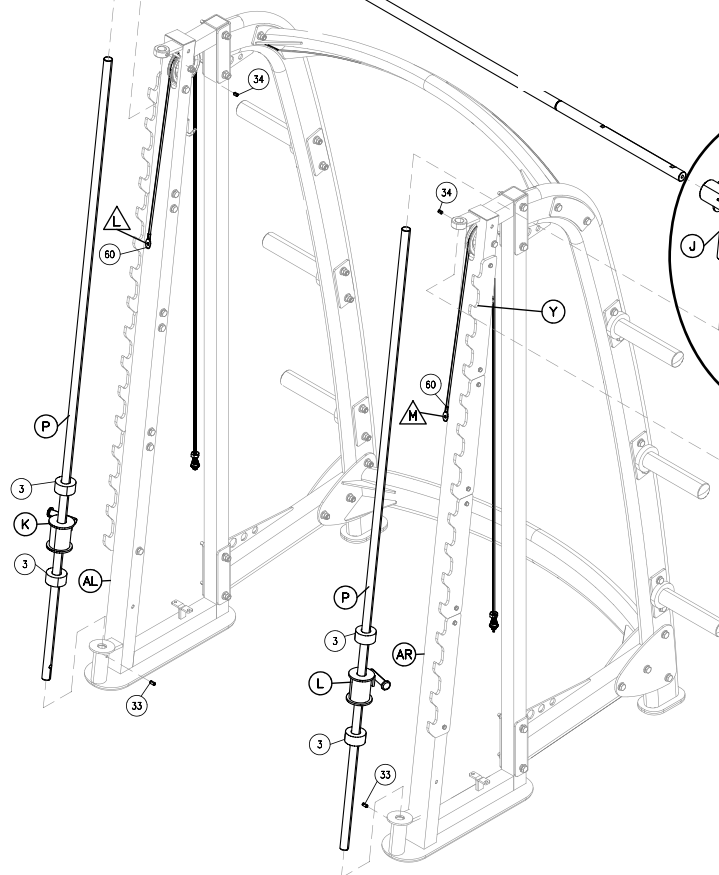
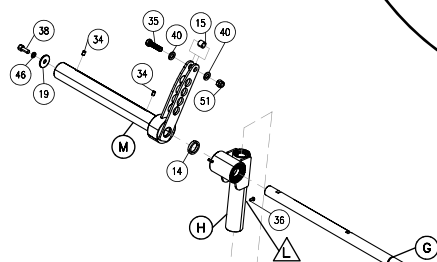
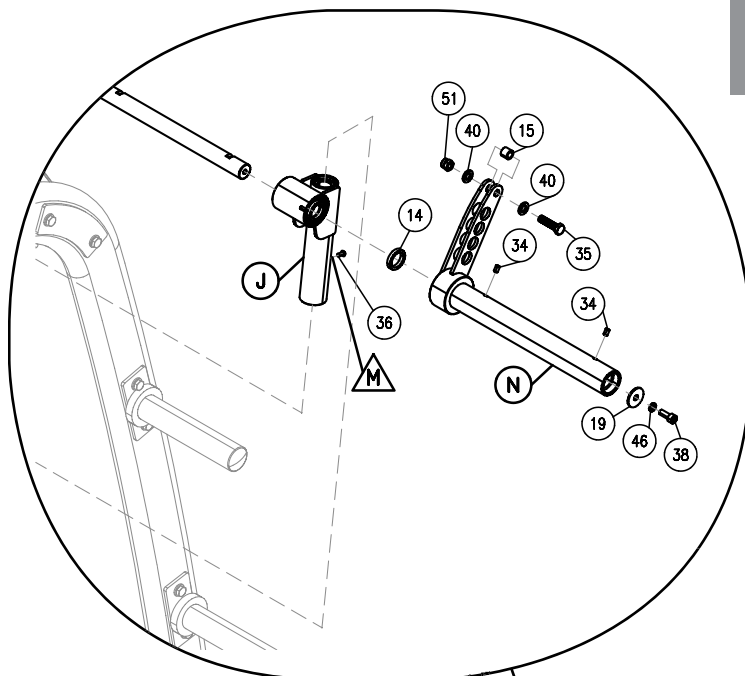
Bring assembly up and affix to Hanger Plate (Y).
- G. Slide Rubber Stopper (3), Right Adjust Tube (K) and Left Adjust Tube (L) up Slide Bar (P) as shown in the diagram.
- H. Lower Slide Bar (P) into slots and secure using Hex Head Bolt (33).



STEP
5



Above shows STEP 5 assembled and completed.



STEP**6**

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

NOTE:

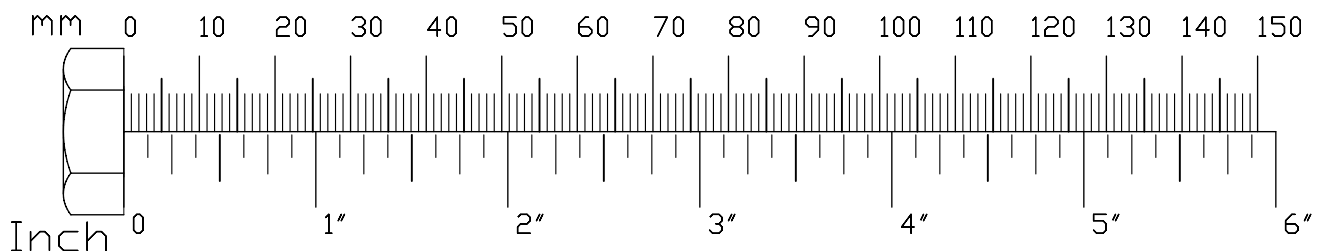
Finger tighten all hardware in this step. Do Not wrench tighten until end of step 6.

- A. Attach both Weight Plates (Q) to Guide Cable (61) and secure using nut (18).
- B. Connect Outer Cover (T) and Inner Cover (U) by sliding into position as shown in the diagram and secure using:
Two 37 (M8x130 hex head bolt)
Four 42 (M8 washer)
Two 54 (M8 nylon lock nut)

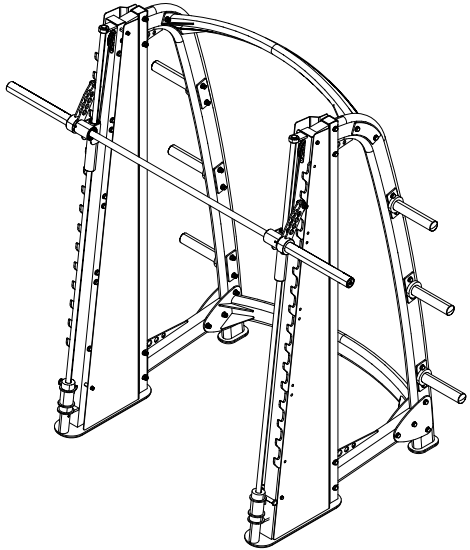
Tighten the remaining pre-installed bolts.

- C. Connect Outer Cover (W) and Inner Cover (V) by sliding into position as shown in the diagram and secure using:
Two 37 (M8x130 hex head bolt)
Four 42 (M8 washer)
Two 54 (M8 nylon lock nut)

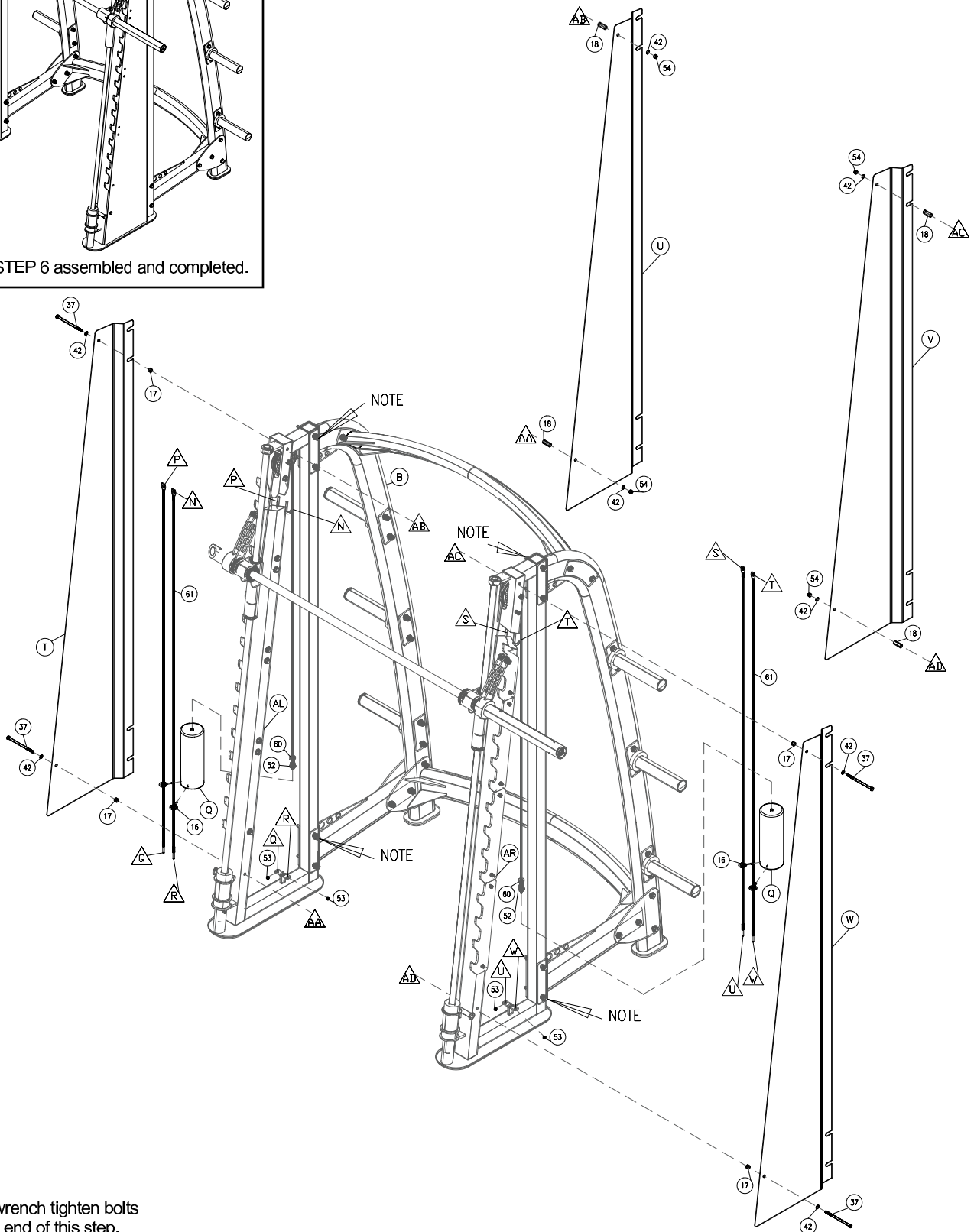
Tighten the remaining pre-installed bolts.



STEP
6



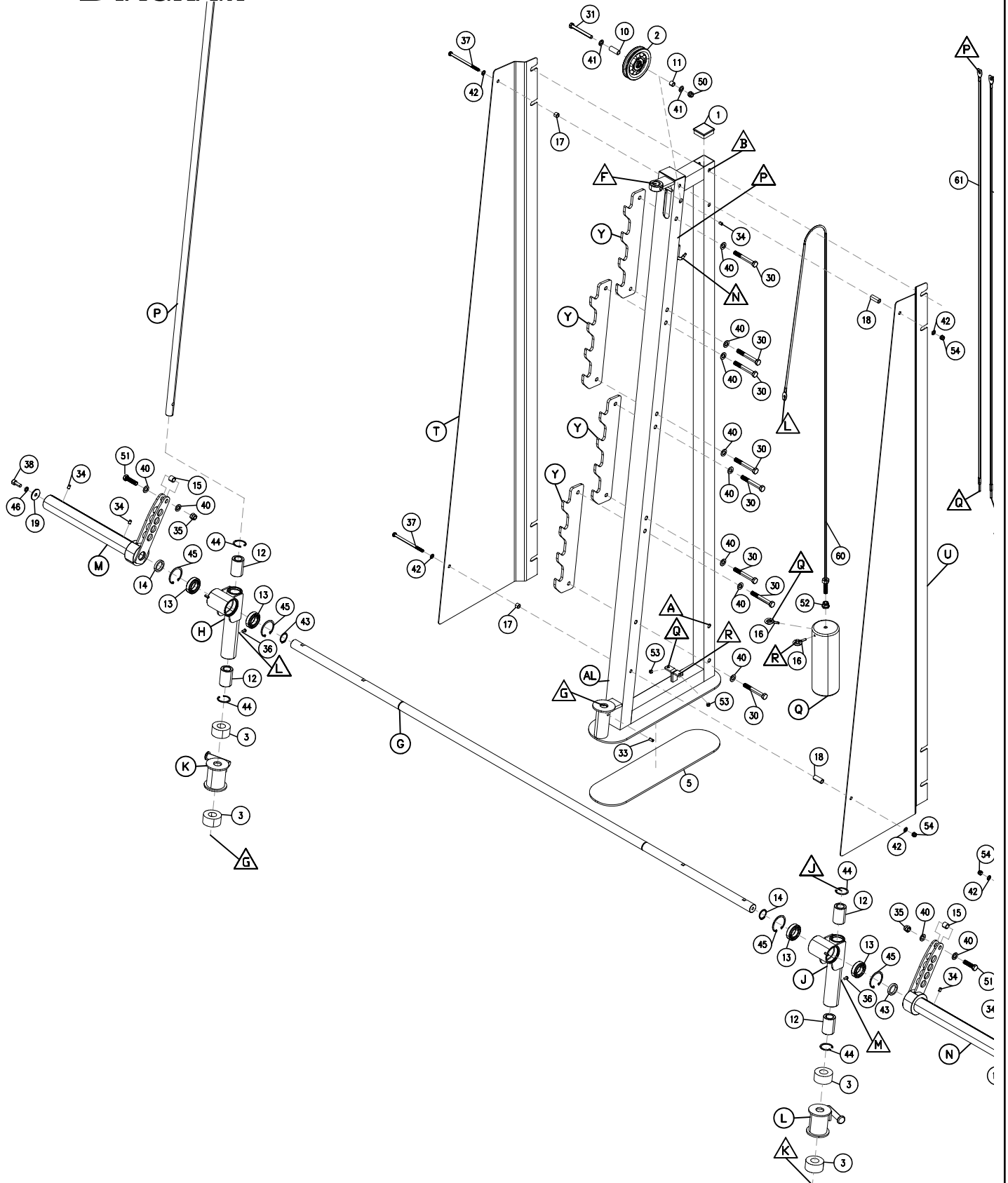
Above shows STEP 6 assembled and completed.

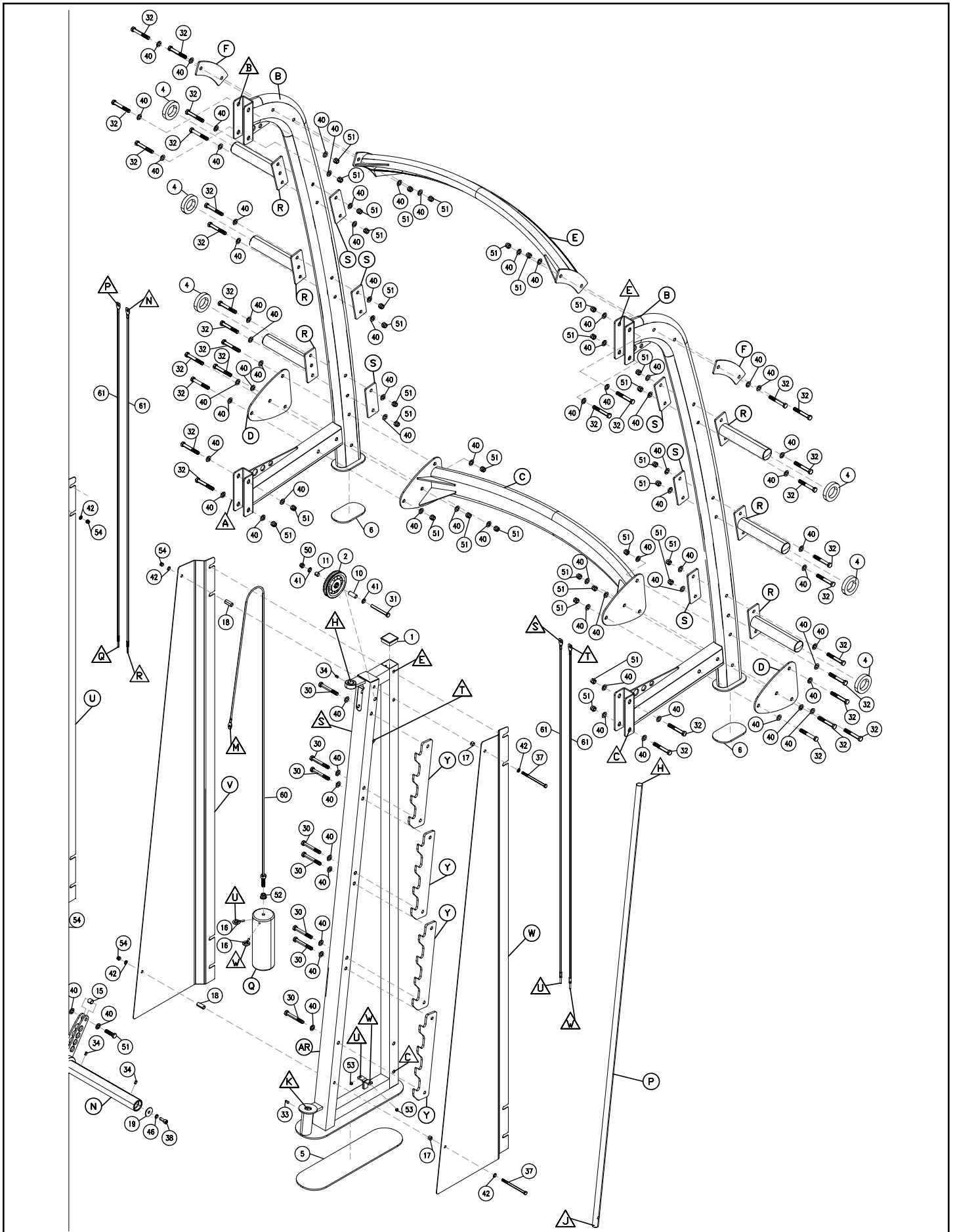


Note: Do not wrench tighten bolts until the end of this step.

EXPLODED VIEW

DIAGRAM







SCB1000B

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

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