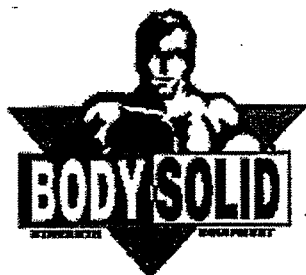
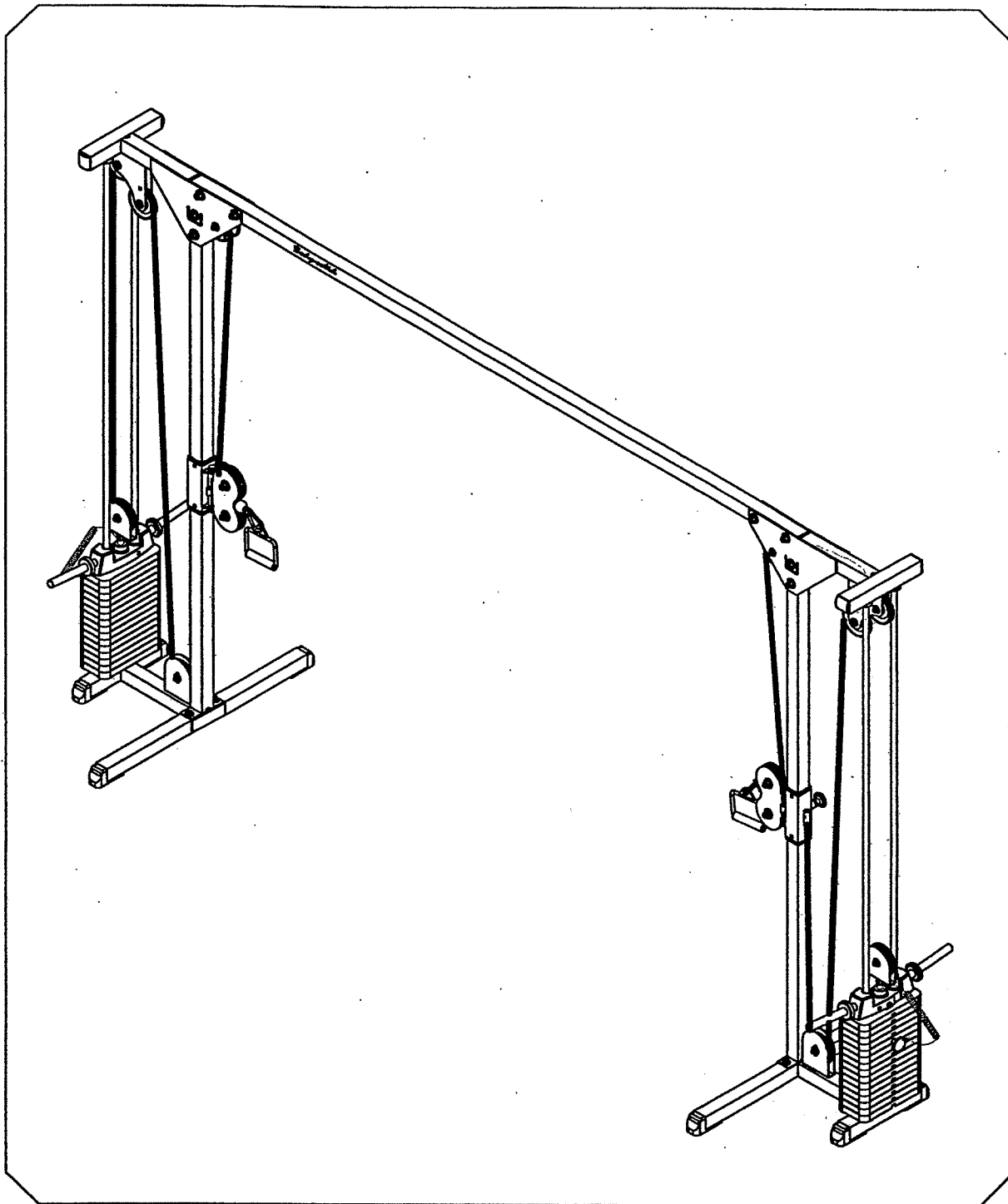


Body-Solid

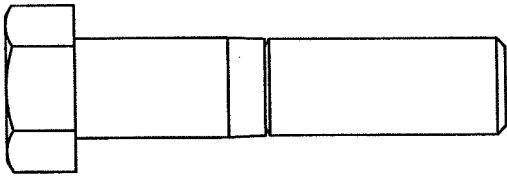


BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

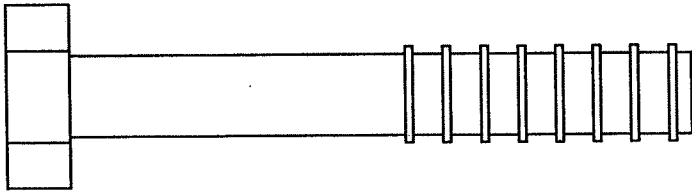
GCCO-150 OWNER'S MANUAL

GCCO-150 ASSEMBLY INSTRUCTIONS

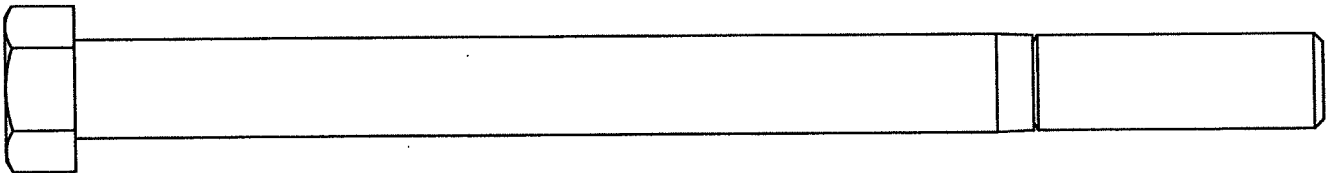
HARDWARE ILLUSTRATION



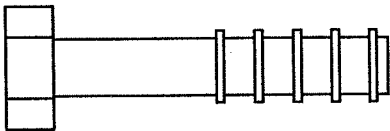
(A1)HEX BOLT 1/2"X2 1/4"L PARTIAL THREAD QTY.4



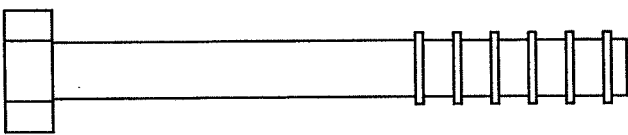
(A2)HEX BOLT 1/2"X3 1/4"L PARTIAL THREAD QTY.8



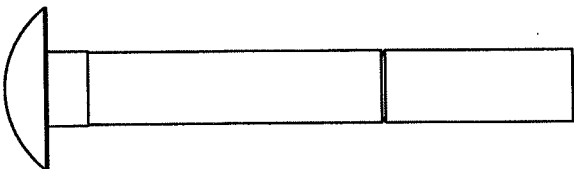
(A3)HEX BOLT 1/2"X6 1/2"L PARTIAL THREAD QTY.2



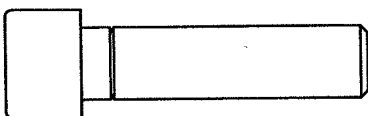
(A4)HEX BOLT 3/8"X1 3/4"L PARTIAL THREAD QTY.8



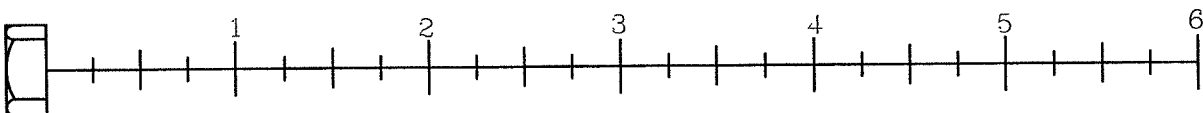
(A5)HEX BOLT 3/8"X3"L PARTIAL THREAD QTY.2



(A6)ROUND HEAD SQUARE NECK BOLT 3/8"X2 3/4"L PARTIAL THREAD QTY.4

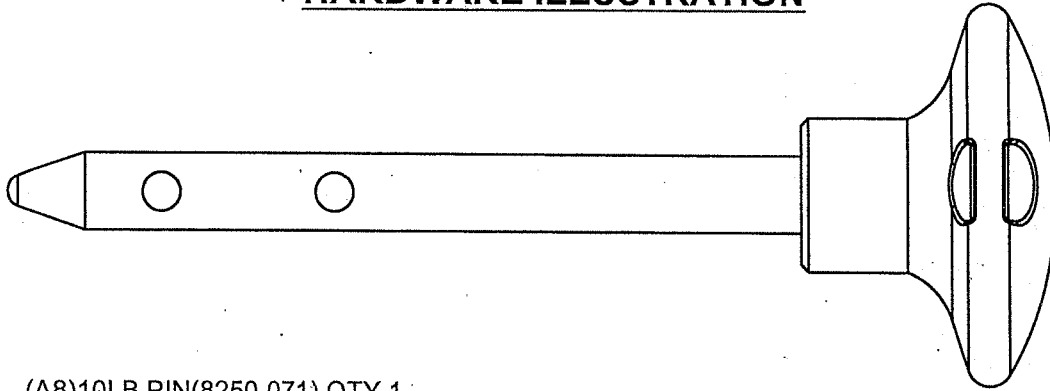


(A7)ROUND BOLT 3/8"X1 1/2"L PARTIAL THREAD QTY.2

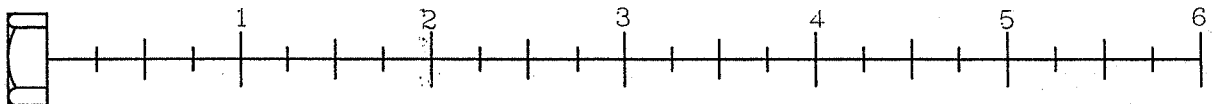


GCCO-150 ASSEMBLY INSTRUCTIONS

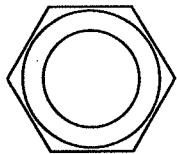
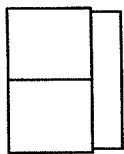
HARDWARE ILLUSTRATION



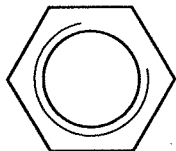
(A8)10LB PIN(8250-071) QTY.1



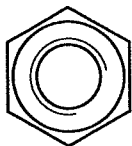
HARDWARE ILLUSTRATION



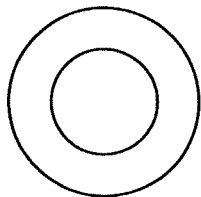
(B1) NYLON LOCK NUT 1/2" QTY.14



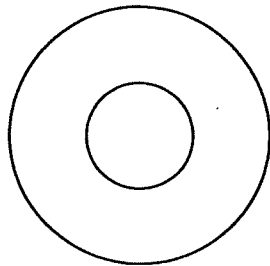
(B2) LOCK NUT 1/2" QTY.2



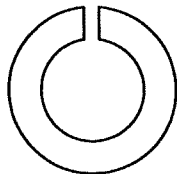
(B3) NYLON LOCK NUT 3/8" QTY.14



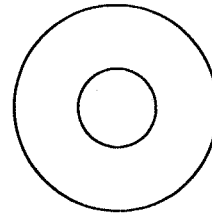
(C1) 1/2" (I.D.) FLAT WASHER Ø25 QTY.4



(C2) 1/2" (I.D.) FLAT WASHER Ø34 QTY.24



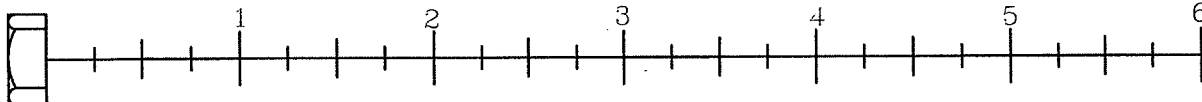
(C3) 1/2" SPRING WASHER QTY.2



(C4) 3/8" (I.D.) FLAT WASHER Ø27 QTY.24



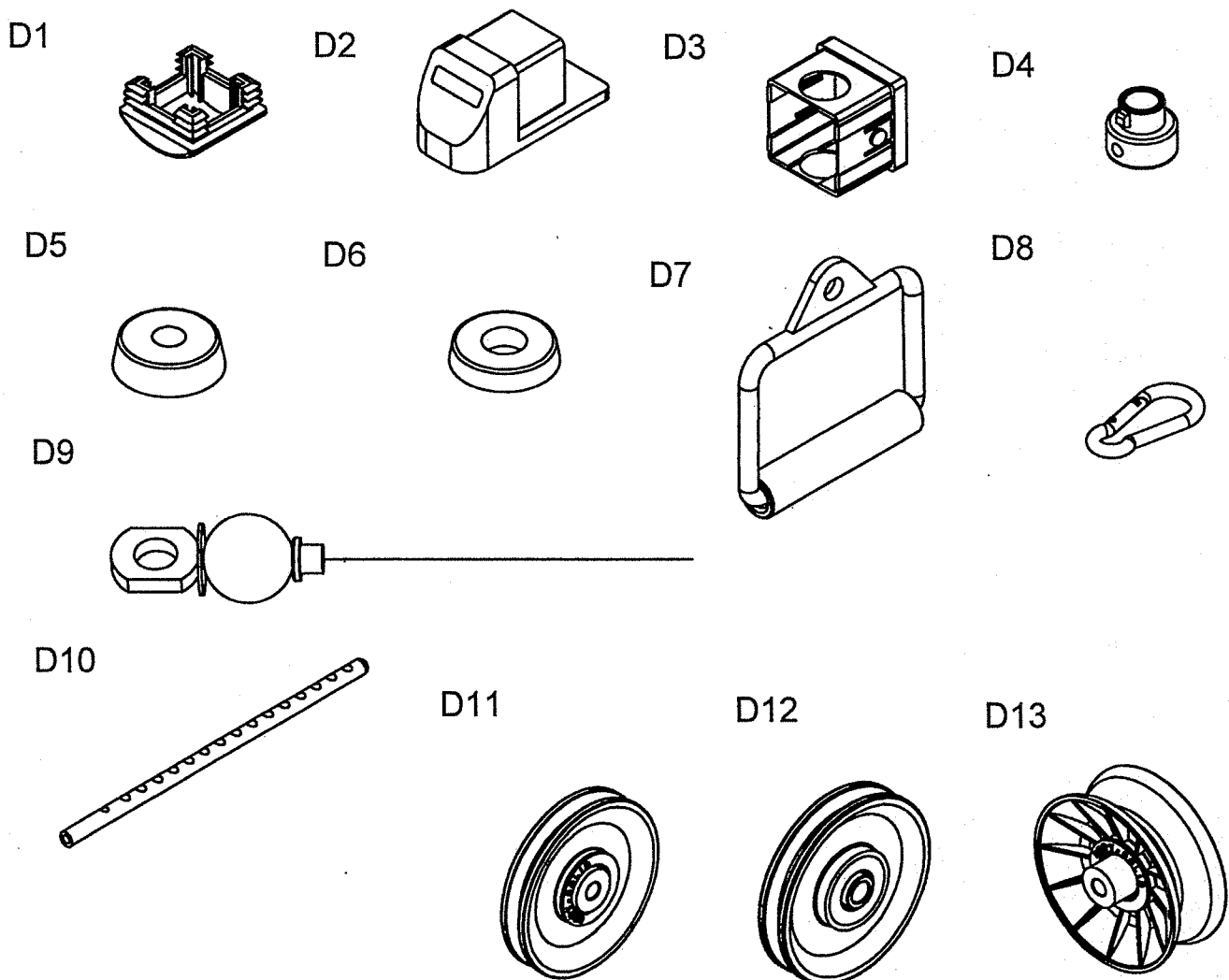
(C5) 3/8" SPRING WASHER QTY.2



GCCO-150 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.	2"X2" END CAP(9211-087)	[4PCS]
D2.	2"X2"(2.5t)FOOT CAP(9211-025)	[8PCS]
D3.	60x50 NYLON BUSHING(9211-033)	[4PCS]
D4.	Ø3/4" SHAFT COLLAR(9211-046)	[4PCS]
D5.	Ø2 1/2" RUBBER DOUNT(9310-010)	[4PCS]
D6.	Ø2 1/2" RUBBER DOUNT(9310-011)	[4PCS]
D7.	130mm PULL UTENSIL(8290-006)	[2PCS]
D8.	Ø8mm SPRING SNAP LINK(8810-001)	[2PCS]
D9.	7400mm STEEL CABLE	[2PCS]
D10.	WEIGHT SELECTOR BAR(8210-052)	[2PCS]
D11.	Ø110 PULLEY(9213-002C)	[8PCS]
D12.	Ø114 PULLEY(9213-010B)	[4PCS]
D13.	Ø109 PULLEY(9213-022A)	[2PCS]

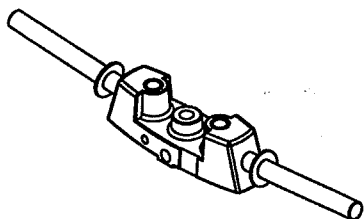


GCCO-150 ASSEMBLY INSTRUCTIONS

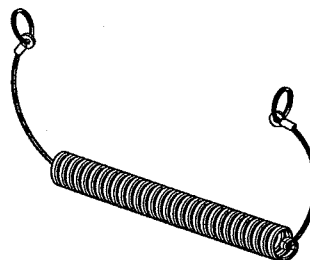
HARDWARE ILLUSTRATION

D14. TOP PLATE(8400-009)-----[2PCS]
D15. PHONE ELASTIC-----[2PCS]

D14



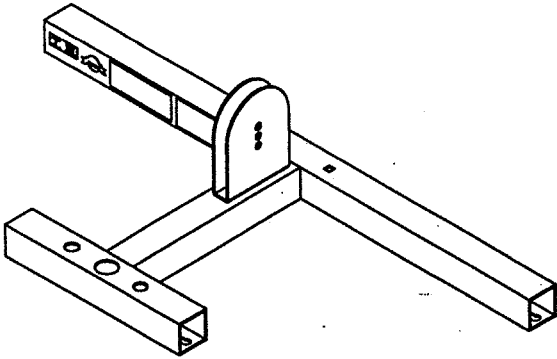
D15



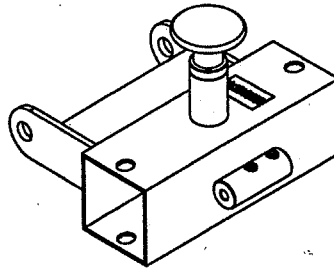
GCCO-150 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

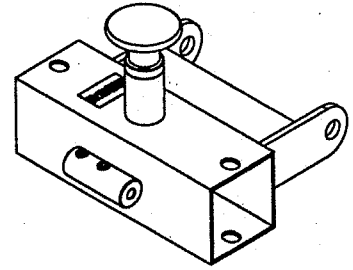
A[1PCS]



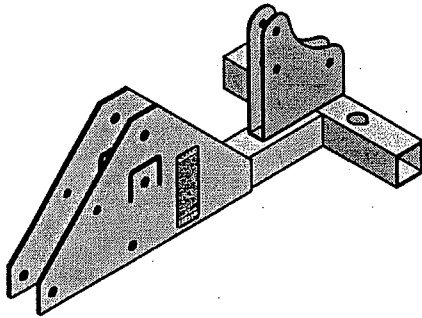
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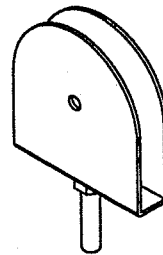
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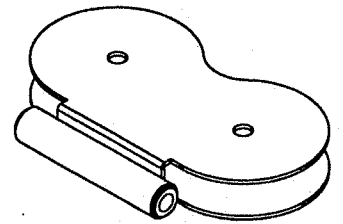
D[2PCS]



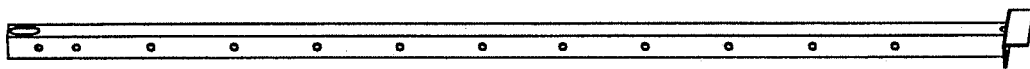
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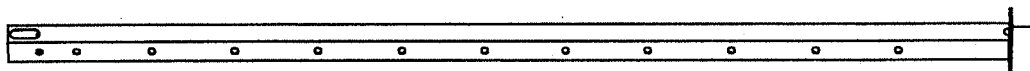
G[2PCS]



F[1PCS]

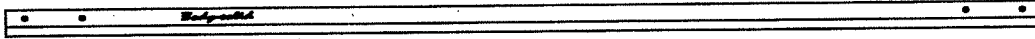


H[1PCS]

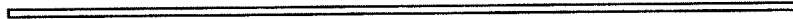


PARTS ILLUSTRATION SHEET

I[1PCS]

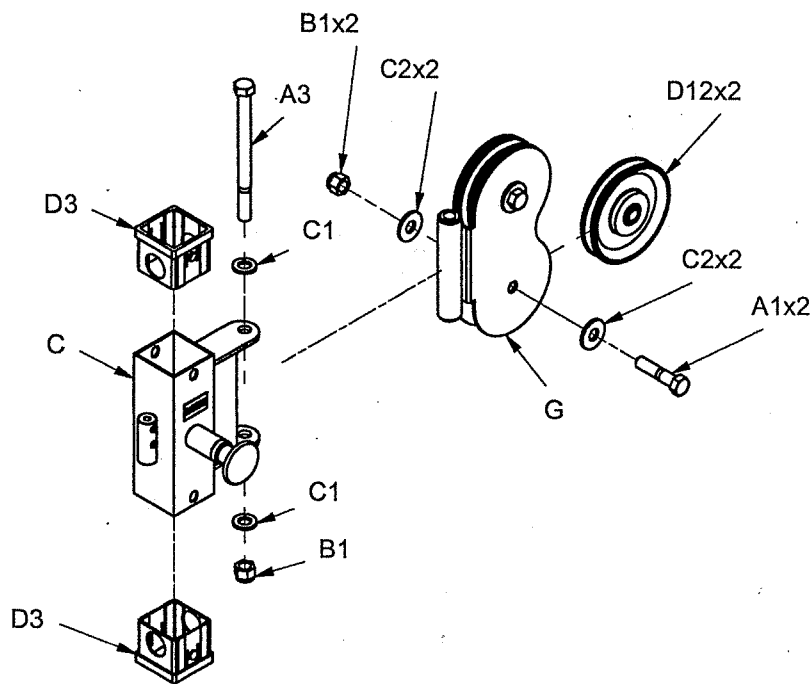
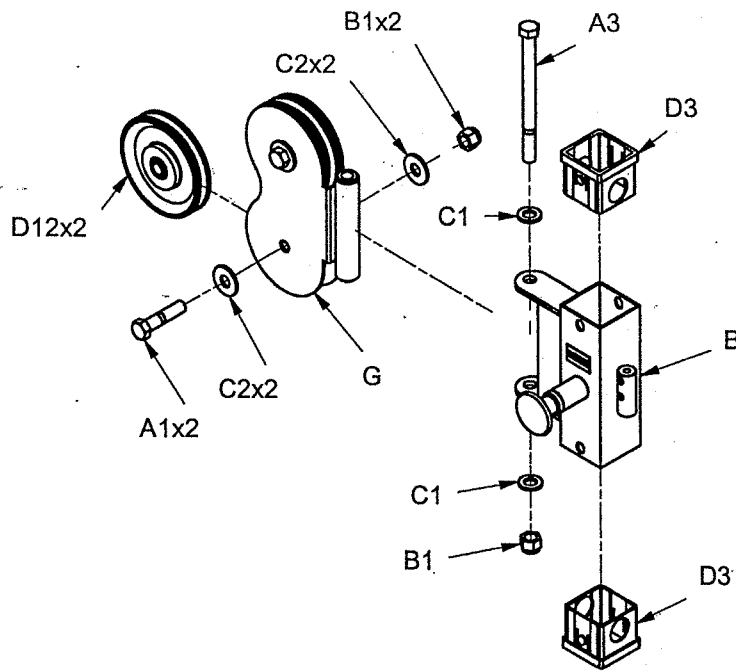


J[4PCS]



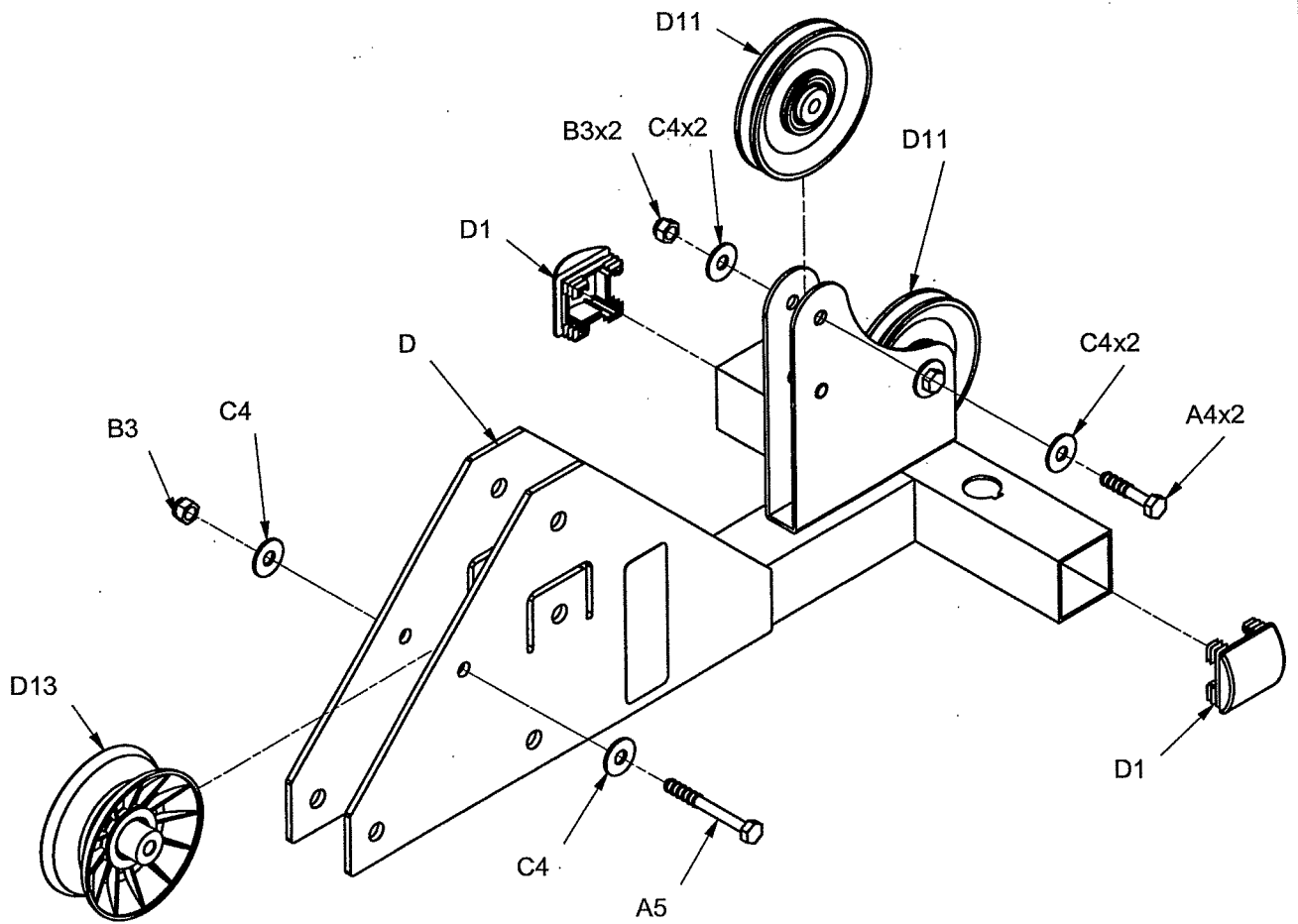
GCCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 1



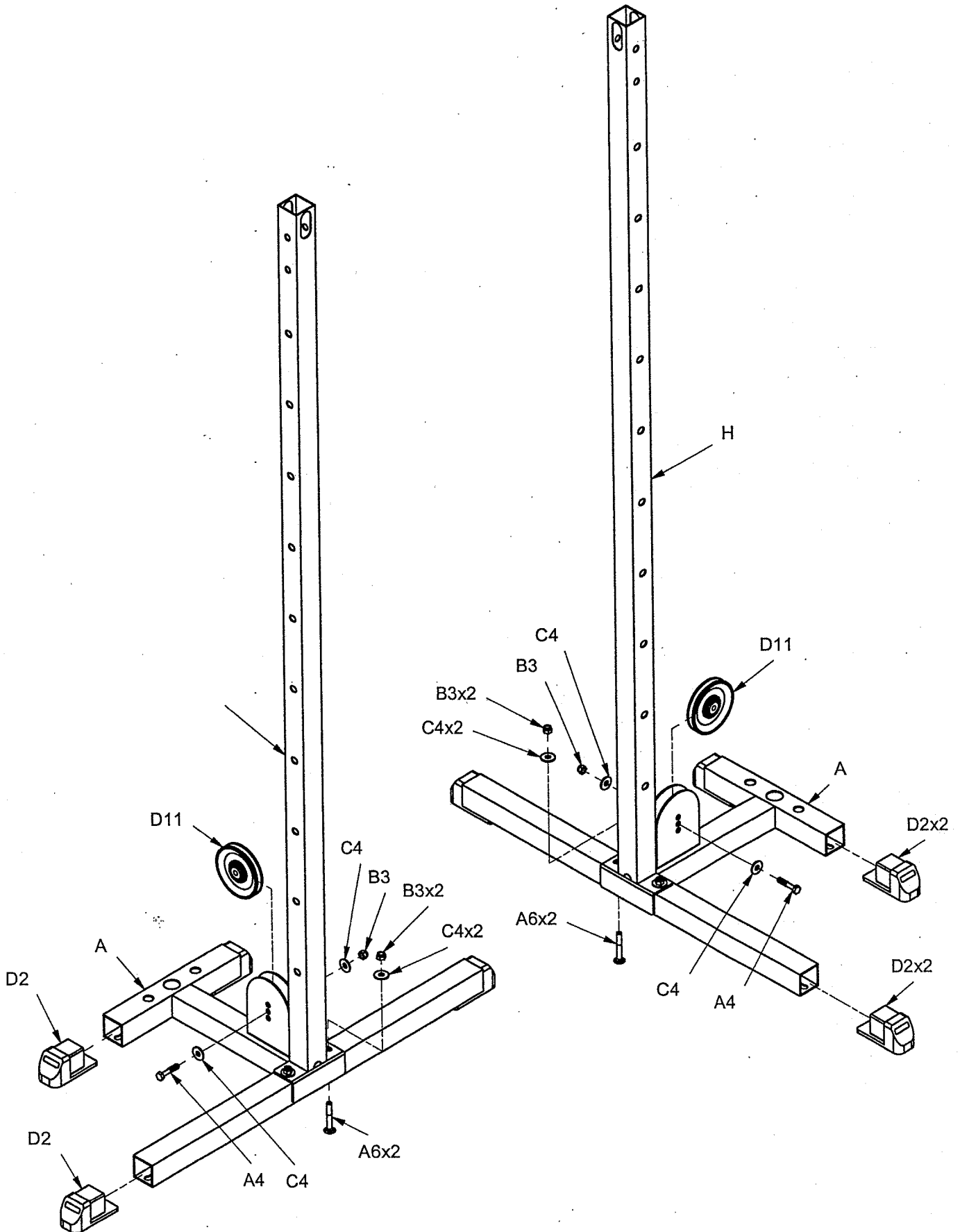
GCCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 2



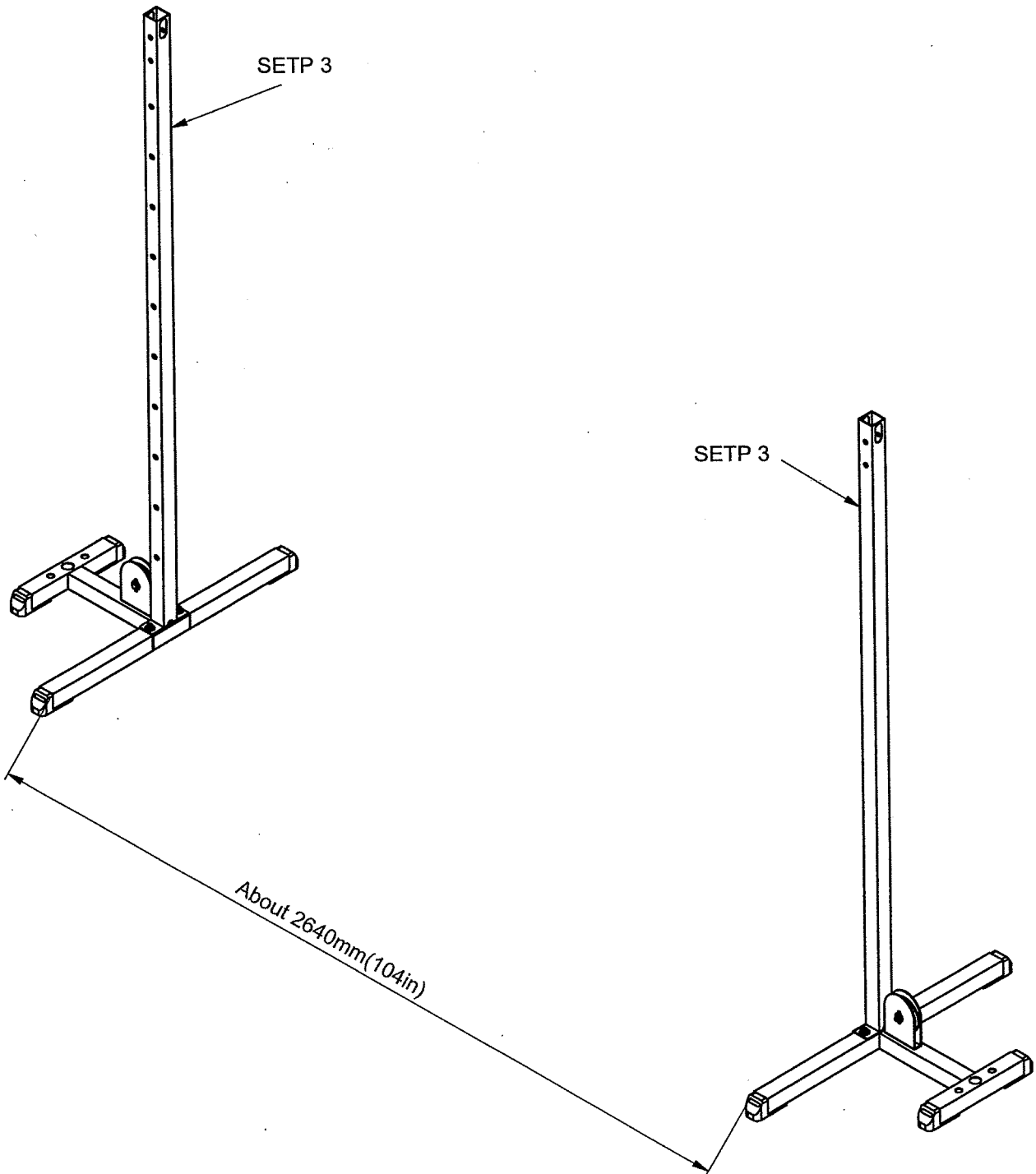
GCCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 3



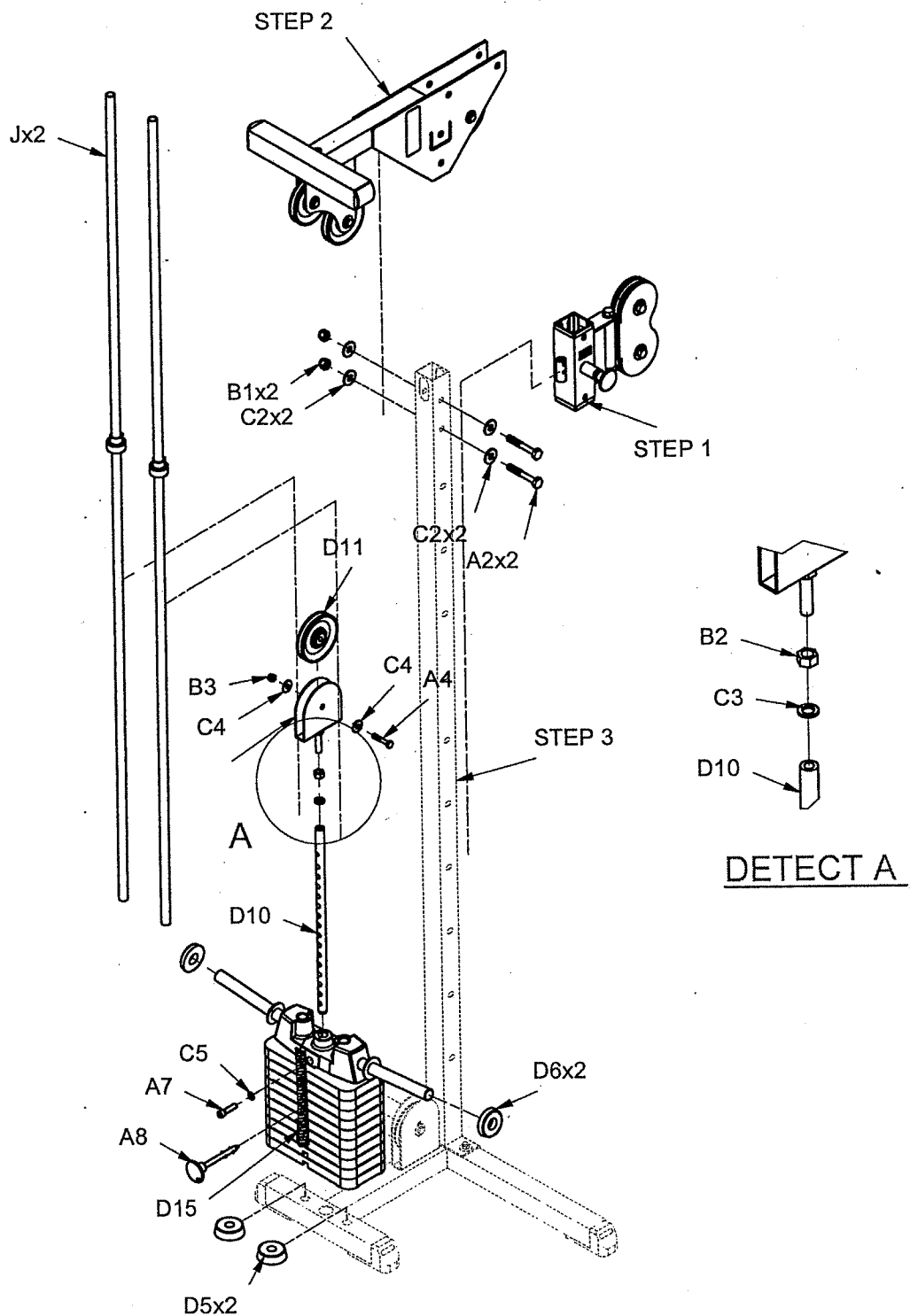
GCCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 4



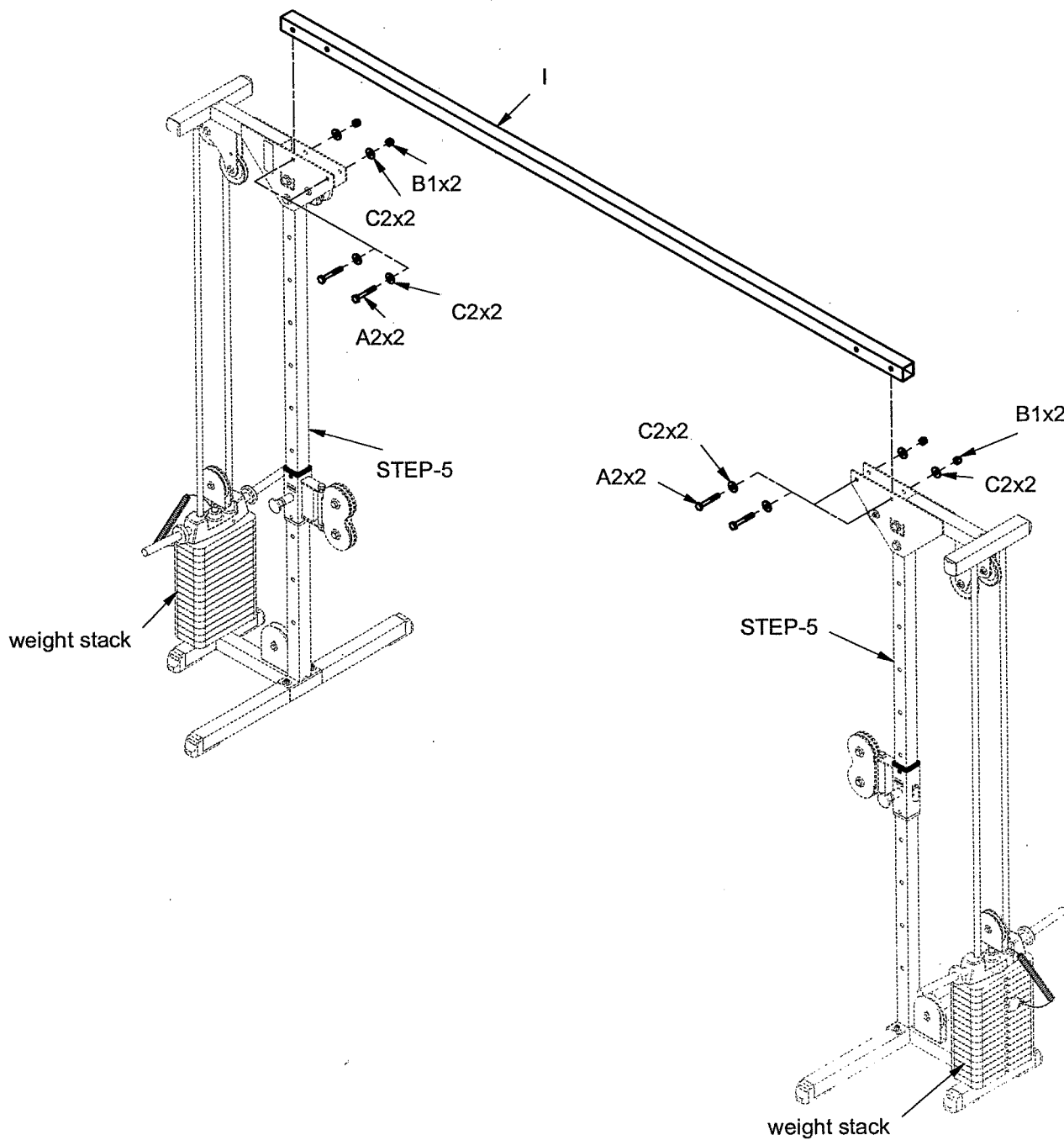
*:Before the assembling of the weight stacks:
Finish (step 3) and adjust the distance between
the two bases to 2640mm(104in)

ASSEMBLY STEP 5



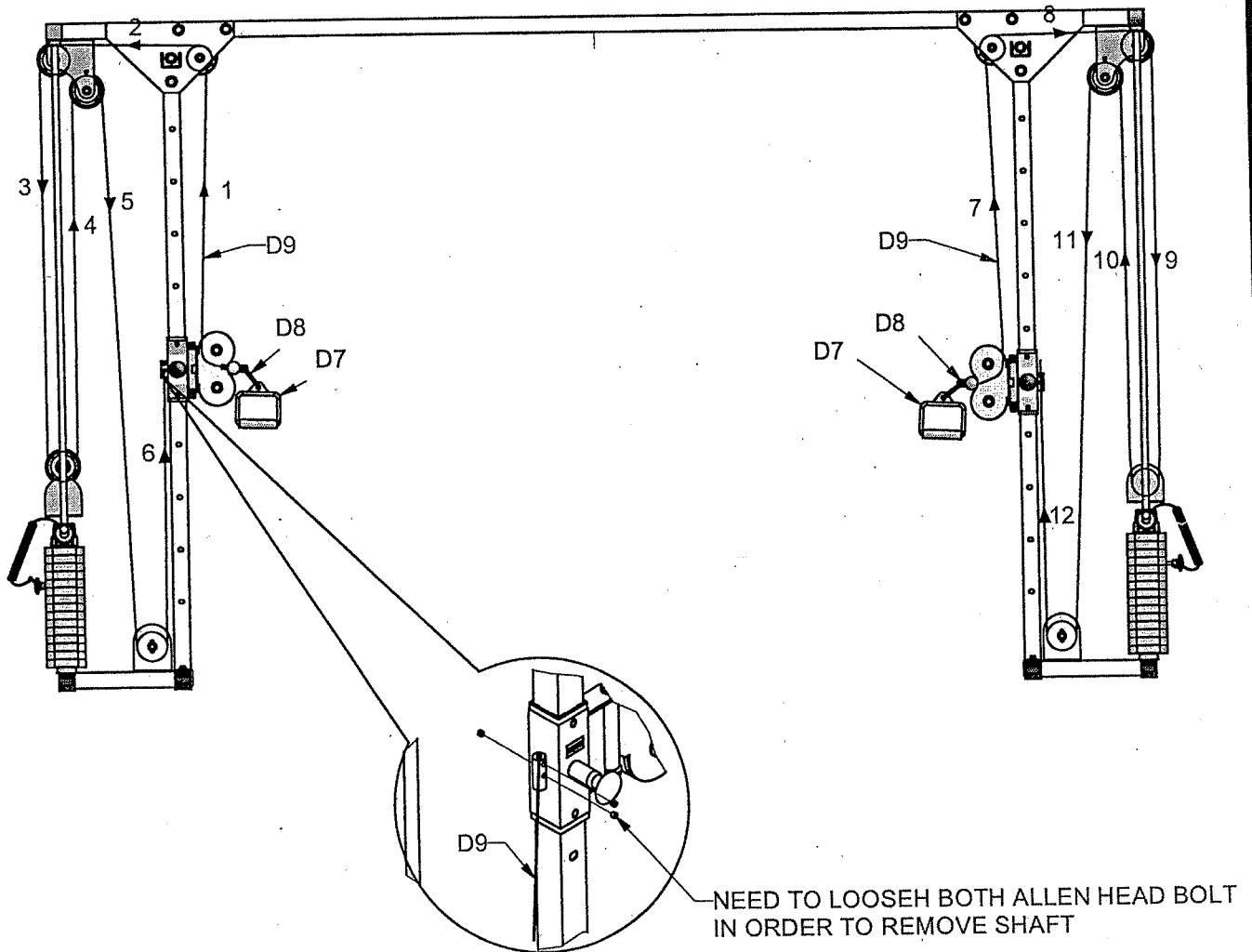
GCCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 6



GCCO-150 ASSEMBLY INSTRUCTIONS

Wire Rope illustration



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 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.

RAL2-11-98

Standard/Metric Cross-Reference Table

The product hardware has been modified from Standard to Metric. When installing your machine, please use the table below to cross-reference between Standard and Metric hardware.

Standard (Inch)	Metric (mm)
1/16	2
1/8	3
3/16	5
1/4	6
5/16	8
3/8	10
7/16	11
1/2	12
9/16	14
5/8	16
11/16	18
3/4	19
13/16	20
7/8	22
15/16	24
1	25
1 1/4	31
1 1/2	37
1 3/4	44
2	50
2 1/4	56
2 1/2	62
2 3/4	69
3	75
3 1/4	81
3 1/2	87
3 3/4	94
4	100
5 1/4	106
5 1/2	112
5 3/4	119
5	125

Body-Solid
Addendum