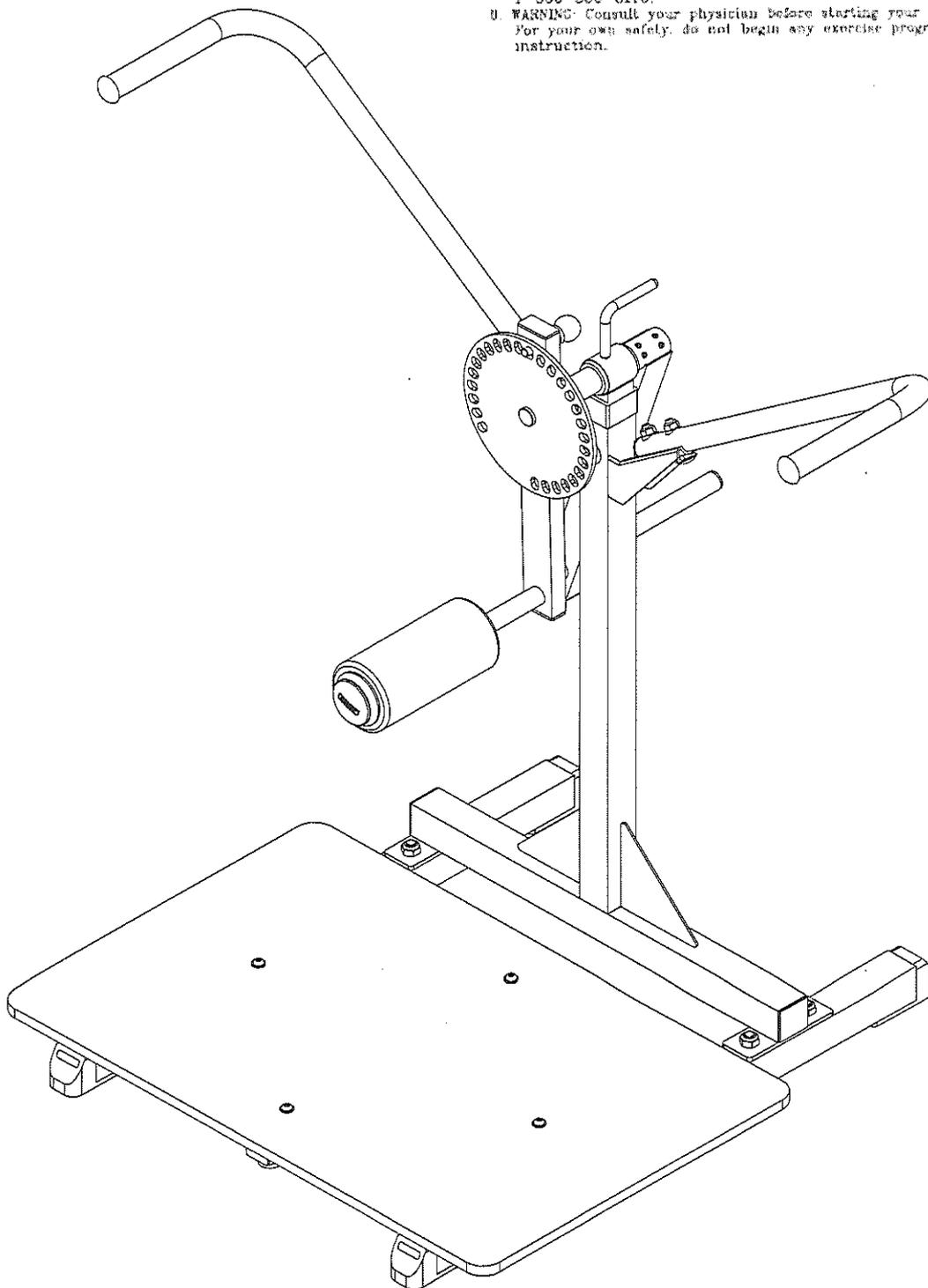


GCMH390.1

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES.

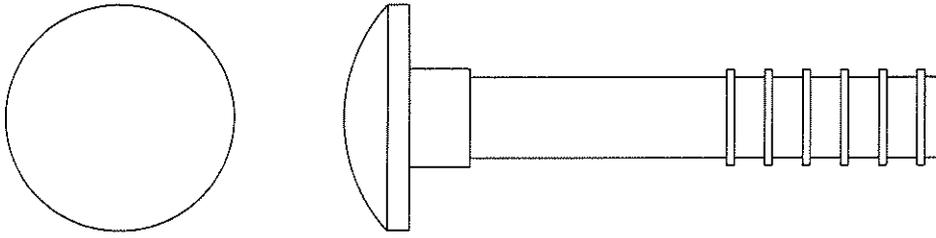
1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result 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 1-800-558-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

RA12-11-96

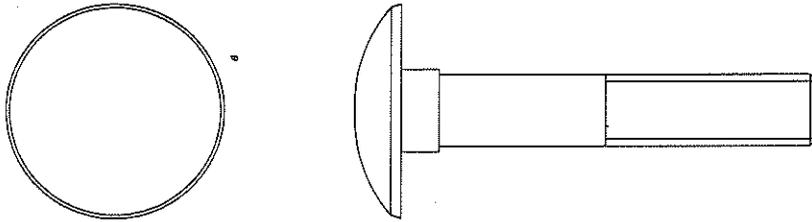


GCMH390.1 HARDWARE
(shown in actual size)

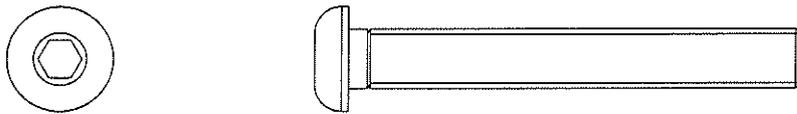
A1.M12X70 CARRIAGE BOLT...[4PCS]



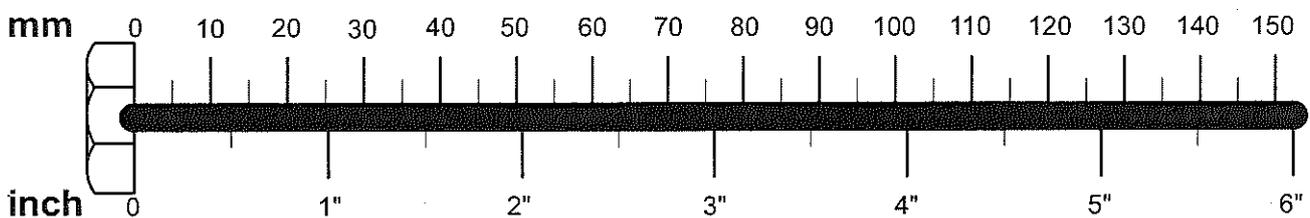
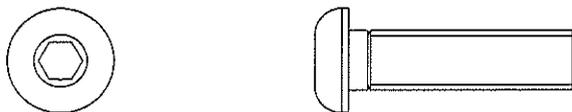
A2.M10X50 CARRIAGE BOLT...[4PCS]



A3.M8X60 BUTTON HEAD CAP SCREW...[2PCS]

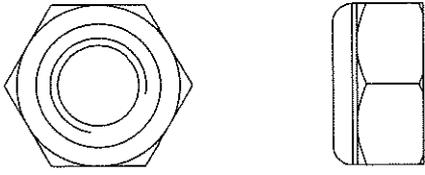


A4.M8X30 BUTTON HEAD CAP SCREW...[2PCS]

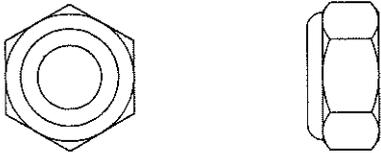


GCMH390.1 HARDWARE
(shown in actual size)

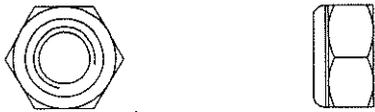
B1.M12 NYLON LOCK NUT...[4PCS]



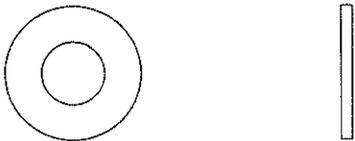
B2.M10 NYLON LOCK NUT...[4PCS]



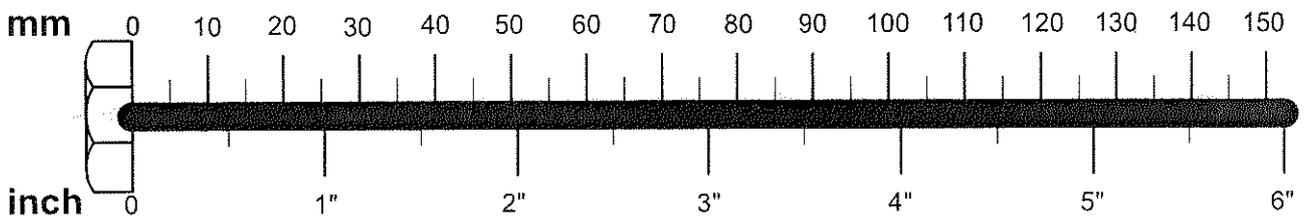
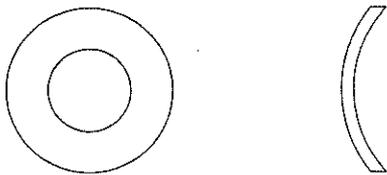
B3.M8 NYLON LOCK NUT...[4PCS]



C1.M8 (I.D) WASHER...[8PCS]



C3.M10 ARC WASHER... [4PCS]

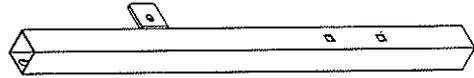


GCMH390.1 HARDWARE
(shown in actual size)

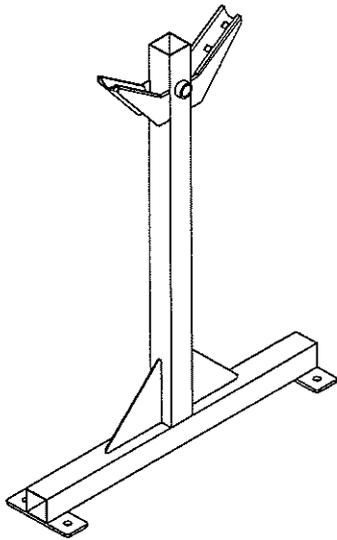
A-1[1PCS]



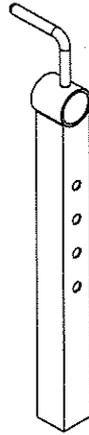
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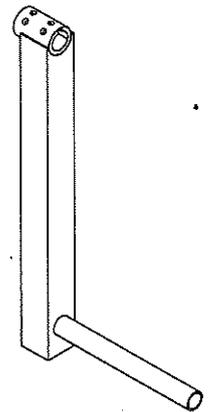
B[1PCS]



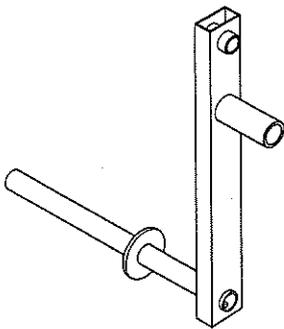
C[1PCS]



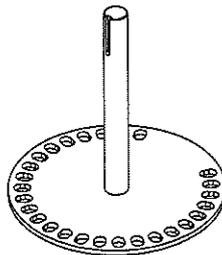
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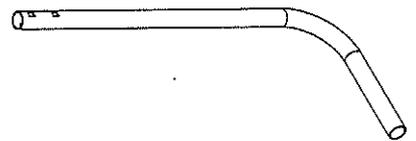
E[1PCS]



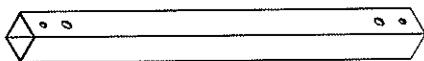
F[1PCS]



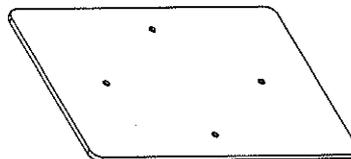
G[2PCS]
(10GCMH390-21)



H[1PCS]
(10GCMH390-22)



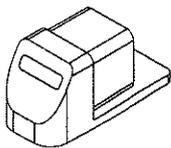
I[1PCS]
(9700-001)



GCMH390.1 HARDWARE
(shown in actual size)

	QTY.
D1.50X50 FOOT CAP (9211-024).....	[4PCS]
D2.Ø32 ROUND END CAP (9211-017).....	[2PCS]
D3.50X50 END CAP (9211-005).....	[2PCS]
D4.45X45 END CAP (9211-004).....	[1PCS]
D5.38X38 END CAP (9211-003).....	[2PCS]
D6.25X50 END CAP (9211-009).....	[2PCS]
D7.Ø2 1/2" RUBBER DOUNT (9310-012).....	[1PCS]
D8.Ø2" NYLON WASHER (9214-001).....	[1PCS]
D9.Ø1" ROUND END CAP (9211-016).....	[3PCS]
D10.50X45 NYLON BUSHING (9211-030).....	[1PCS]
D11.Ø4"X8" FOAM ROLLER (9161-009).....	[1PCS]
D12.Ø1" ROUND END CAP (9211-022).....	[1PCS]
D13.Ø3" NYLON WASHER (9214-008).....	[1PCS]

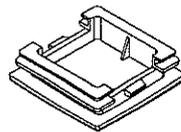
D1



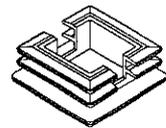
D2



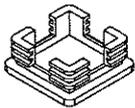
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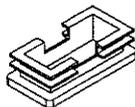
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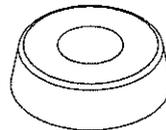
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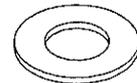
D6



D7



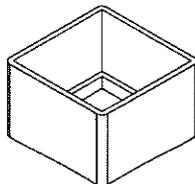
D8



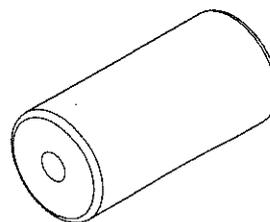
D9



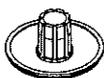
D10



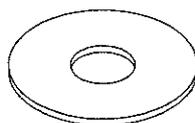
D11

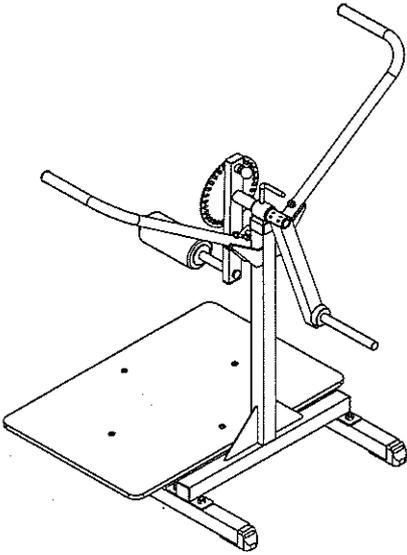


D12

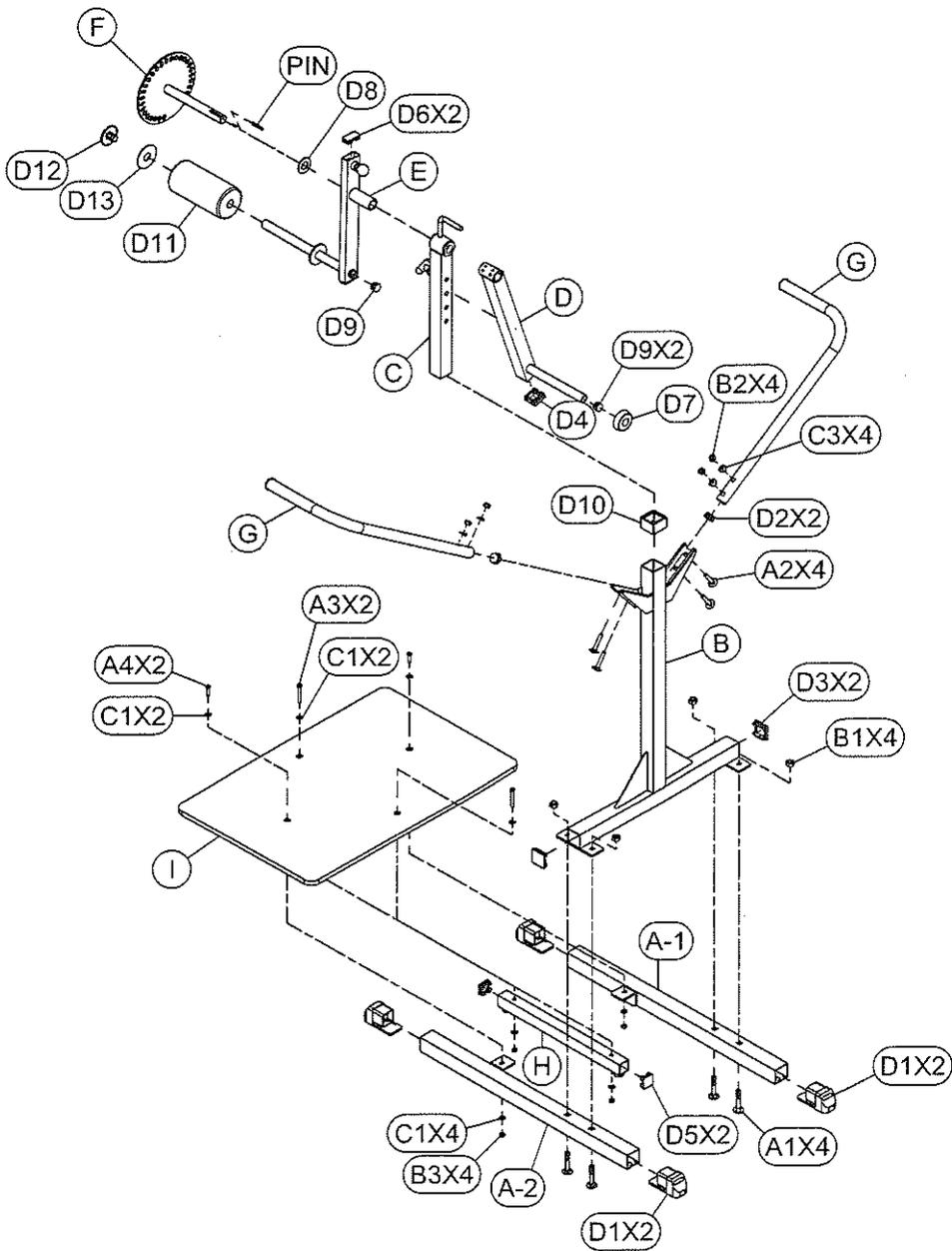


D13





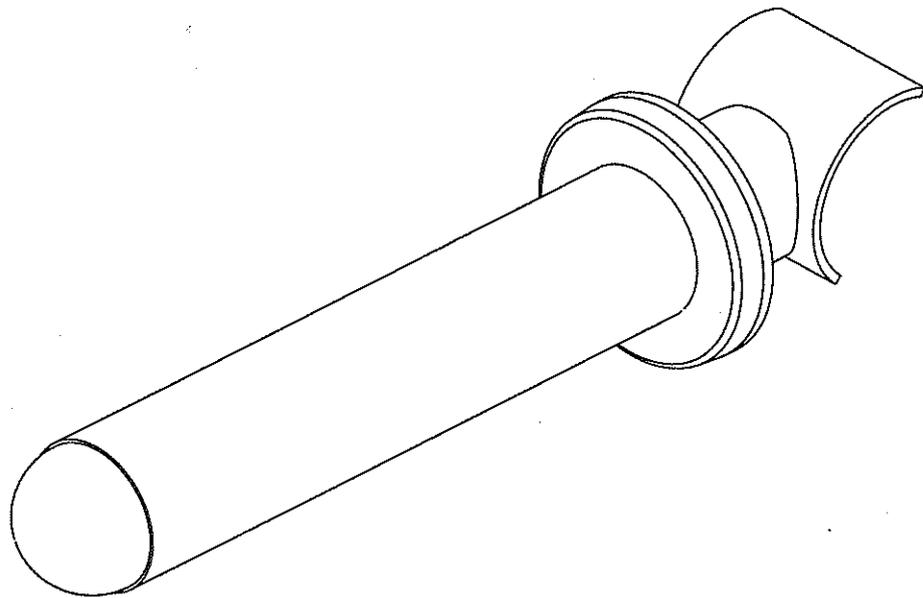
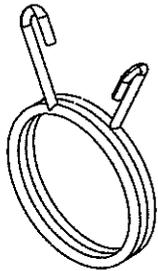
Above shows STEP 1 assembled and completed





WARNING

To avoid serious injury, Weight Horn Collars must be used to lock the weight plates onto the weight posts. Failure to use Weight Horn Collars properly may result in death or serious injury.



*For more information or to purchase a Weight Horn Collar visit
www.bodysolid.com*

Body-Solid
Addendum

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