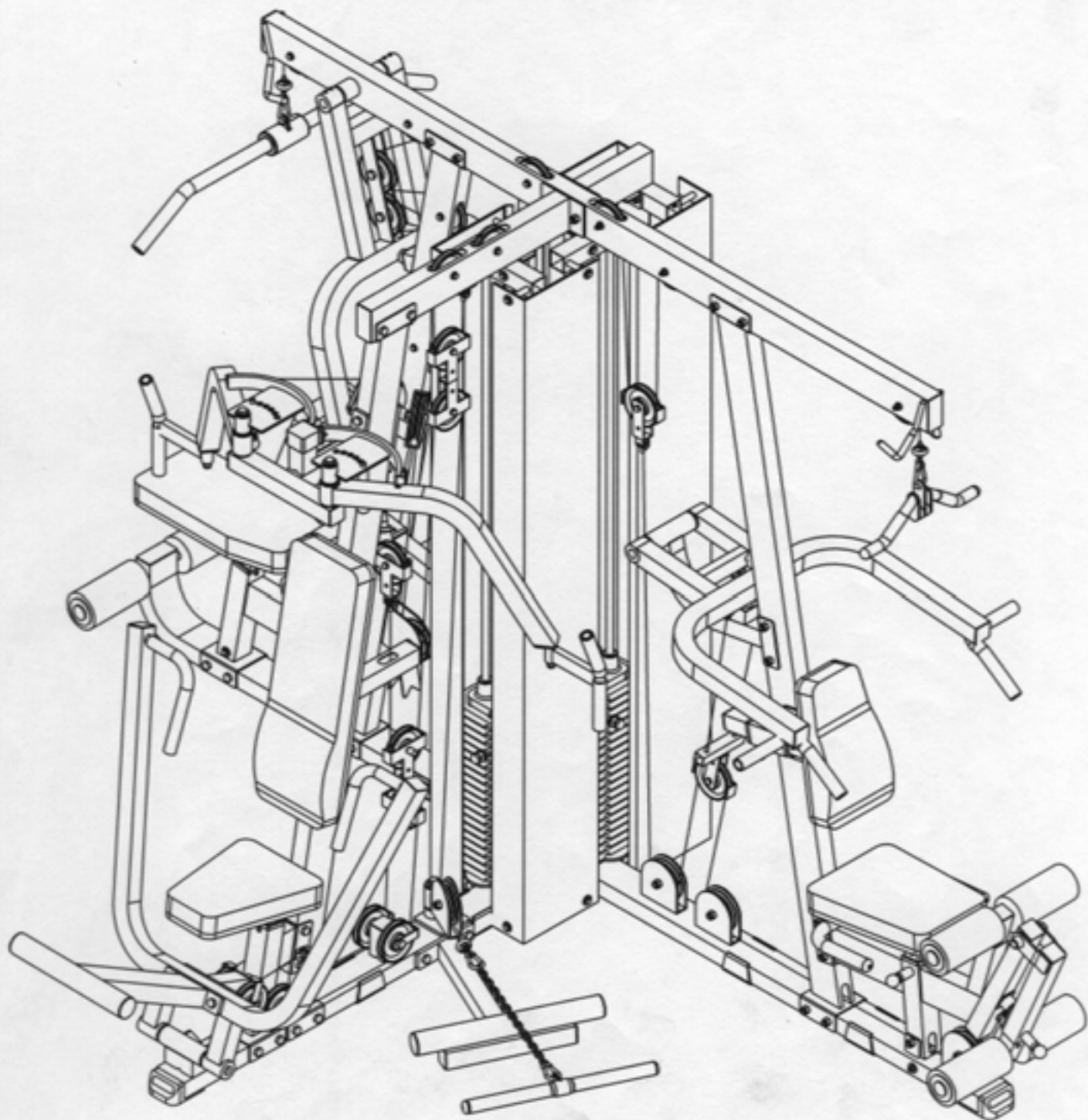


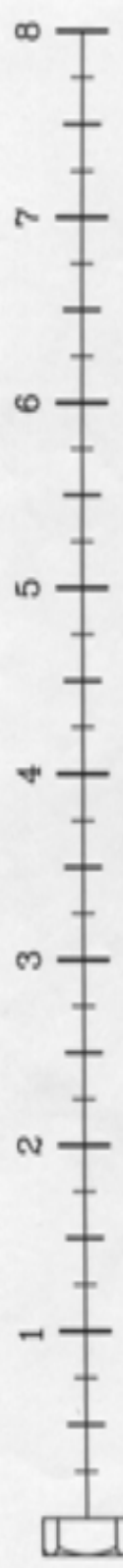
EXM-4000.4



VERSION 0305

EXM-4000.4 HARDWARE ILLUSTRATION SHEET

	Qty.		
A1. 1/2"x9" HEX HEAD BOLT	[2PCS]	B6. 1/2" LOCK NUT	[3PCS]
A2. 1/2"x5 1/2" HEX HEAD BOLT	[5PCS]	C1. 1/2" (I.D.) WASHER	[8PCS]
A3. 1/2"x5 1/4" HEX HEAD BOLT	[2PCS]	C2. 3/8" (I.D.) WASHER	[28PCS]
A4. 1/2"x5" HEX HEAD BOLT	[10PCS]	C3. 5/16" (I.D.) WASHER	[20PCS]
A5. 1/2"x3 1/2" HEX HEAD BOLT	[3PCS]	C4. 5/16" SPRING WASHER	[20PCS]
A6. 1/2"x3 1/4" HEX HEAD BOLT	[6PCS]	C6. 3/8" ROUND END CAP WASHER	[2PCS]
A7. 1/2"x3" HEX HEAD BOLT	[18PCS]	C7. 1/2" SPRING WASHER	[3PCS]
A8. 1/2"x2" HEX HEAD BOLT	[9PCS]		
A9. 3/8"x4 1/2" HEX HEAD BOLT	[1PCS]	A1. A2 A3 A4 A5 A6	
A10. 3/8"x3 1/4" HEX HEAD BOLT	[16PCS]	A7. A8 A9 A10 A11 A12	
A12. 3/8"x2 3/4" HEX HEAD BOLT	[20PCS]	A13. A14 A15 A16 A17	
A13. 5/16"x5" HEX HEAD BOLT	[2PCS]	A19. A20 A21 A22 A23	
A14. 5/16"x2 3/4" HEX HEAD BOLT	[2PCS]		
A15. 5/16"x1" HEX HEAD BOLT	[16PCS]	B1. B2 B3 B4 B5 B6	
A16. 3/8"x2" ROUND BOLT	[3PCS]	C1. C2 C3 C4 C6 C7	
A17. 5/16"x3/8" SET SCREW	[9PCS]		
A19. STEEL CHAIN	[1PCS]		
A20. PIN	[3PCS]		
A21. 5/16"x1 1/2" ROUND BOLT	[1PCS]		
A22. ø1/2"x22L SLEEVE	[1PCS]		
A23. 1/2" ROUND BOLT	[3PCS]		
B1. 1/2" NYLON LOCK NUT	[55PCS]		
B2. 3/8" NYLON LOCK NUT	[21PCS]		
B4. 3/8" LOCK NUT	[2PCS]		
B5. 3/16" NYLON LOCK NUT	[1PCS]		



EXM-4000.4 HARDWARE ILLUSTRATION SHEET

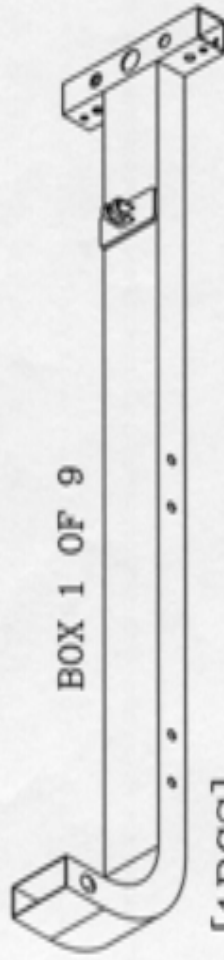
Qty.	Description	Qty.	Description
[2PCS]	D1. 3/8" BOLT CAP	[1PCS]	D35. 3450mm STEEL CABLE
[10PCS]	D2. 1/4"X3/8" PULLEY (9213-010)	[1PCS]	D36. 2400mm STEEL CABLE
[15PCS]	D3. 1/4"X1/2" PULLEY (9213-010)	[1PCS]	D37. 2135mm STEEL CABLE
[2PCS]	D4. 2"X4" FOOT CAP (9211-028)	[1PCS]	D38. 2880mm STEEL CABLE
[6PCS]	D5. 2"X4" RUBBER DOUNT (9212-009)	[1PCS]	D39. 3160mm STEEL CABLE
[16PCS]	D6. 2"X2"X2.5t END CAP (9211-006)	[24PCS]	D40. 40X3TX40 TWO-SIDED TAPE (9190-004)
[1PCS]	D7. 2"X2"X1.8t END CAP (9211-005)	[6PCS]	D41. 1/4"X8L STEEL BUSHING (8110-014)
[4PCS]	D8. 1 3/4"X1 3/4" END CAP (9211-004)	[6PCS]	D42. 1/4" SHAFT COLLAR (9211-046)
[2PCS]	D9. 30X30 END CAP (9211-002)	[3PCS]	D43. TOP PLATE (8400-005)
[5PCS]	D10. 2"X4" END CAP (9211-014)	[3PCS]	D44. WEIGHT SELECTOR BAR (8210-042)
[8PCS]	D11. 1" ROUND END CAP (8341-033)	[14PCS]	D45. 1" ROUND END CAP (9260-021)
[1PCS]	D14. 2"X2" RUBBER DOUNT (9310-020)	D1	D2
[16PCS]	D15. 1/2"X62L BUSHING (8110-007)	D2	D3
[6PCS]	D16. 1/4" RUBBER DOUNT (9310-017)	D3	D4
[5PCS]	D17. 1/8" SPRING SNAP LINK (8810-001)	D4	D5
[4PCS]	D18. 95X140mm NO-SLIP TAPE (9310-035)	D5	D6
[20PCS]	D19. 1/16X15 STEEL BUSHING (8530-003)	D6	D7
[8PCS]	D21. 2"X2" RUBBER CANE CAP (9214-002)	D7	D8
[1PCS]	D22. 150X245mm NO-SLIP TAPE (9310-036)	D8	D9
[8PCS]	D23. 1/8" NYLON WASHER (9214-008)	D9	D10
[4PCS]	D25. 60X45 NYLON BUSHING (9211-032)	D10	D11
[2PCS]	D26. 1/8" CU WASHER (8520-008)	D11	D12
[2PCS]	D27. 1" ROUND END CAP (9211-062)	D12	D13
[8PCS]	D30. 1/4"X8" FOAM ROLLER (9161-018)	D13	D14
[1PCS]	D31. 3410mm STEEL CABLE	D14	D15
[2PCS]	D32. 575mm STEEL CABLE	D15	D16
[1PCS]	D33. 3910mm STEEL CABLE	D16	D17
[1PCS]	D34. 4790mm STEEL CABLE	D17	D18
		D18	D19
		D19	D20
		D20	D21
		D21	D22
		D22	D23
		D23	D24
		D24	D25
		D25	D26
		D26	D27
		D27	D28
		D28	D29
		D29	D30
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		D31	D32
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		D33	D34
		D34	D35
		D35	D36
		D36	D37
		D37	D38
		D38	D39
		D39	D40
		D40	D41
		D41	D42
		D42	D43
		D43	D44
		D44	D45

EXM-4000.4 PARTS ILLUSTRATION SHEET

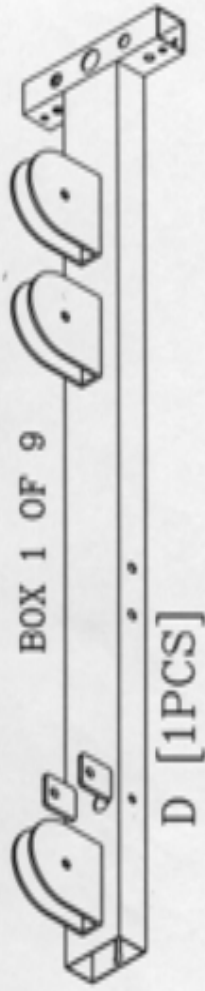
A [1PCS] BOX 3 OF 9



B [1PCS]



BOX 1 OF 9



D [1PCS]



BOX 3 OF 9

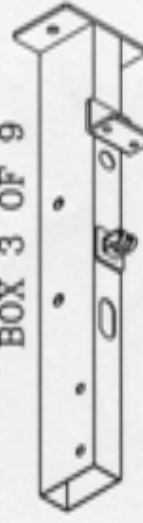
E [1PCS]

BOX 2 OF 9



I [1PCS]

BOX 3 OF 9



F [1PCS]

BOX 2 OF 9

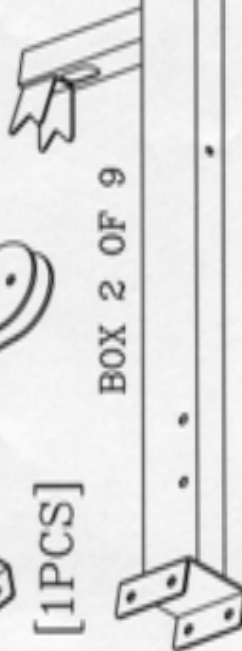


J [1PCS] BOX 1 OF 9



G [1PCS]

BOX 2 OF 9



K [4PCS]

BOX 2 OF 9



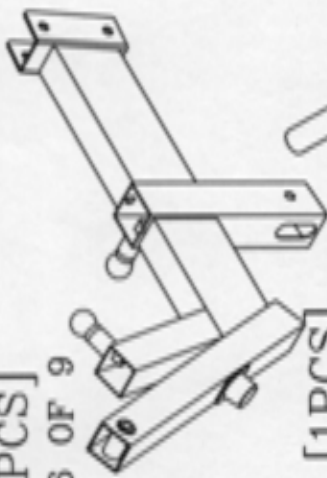
H [1PCS]

BOX 1 OF 9

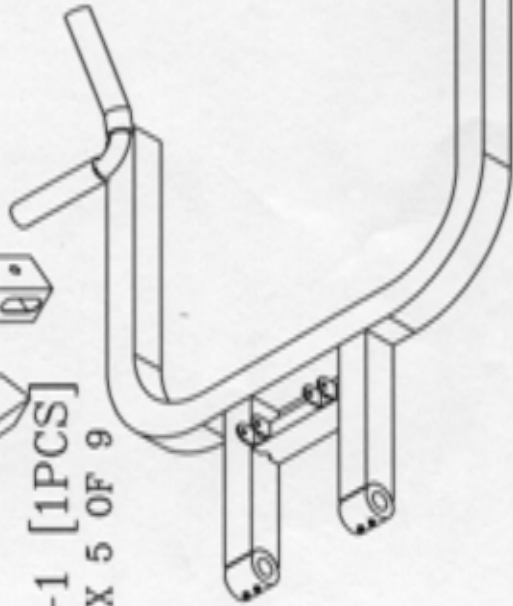


EXM-4000.4 PARTS ILLUSTRATION SHEET

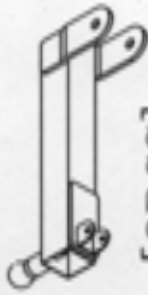
L [1PCS]
BOX 6 OF 9



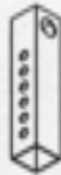
S-1 [1PCS]
BOX 5 OF 9



M [1PCS]
BOX 6 OF 9



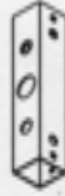
N [2PCS]
BOX 6 OF 9



T [2PCS]
BOX 6 OF 9



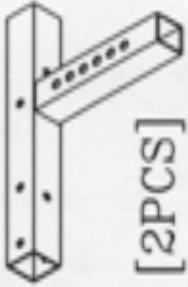
U [1PCS]
BOX 5 OF 9



Z [1PCS]
BOX 5 OF 9



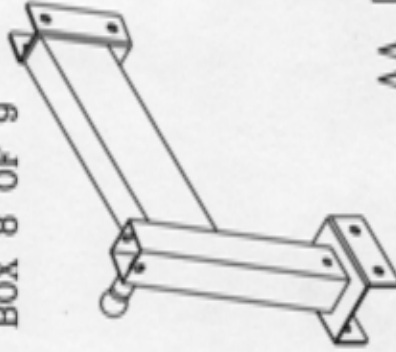
O-1 [1PCS]
BOX 6 OF 9



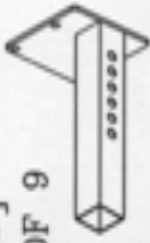
P [2PCS]
BOX 3 OF 9



V [1PCS]
BOX 8 OF 9



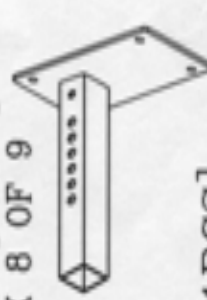
Q [1PCS]
BOX 6 OF 9



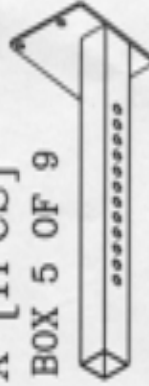
R [1PCS]
BOX 6 OF 9



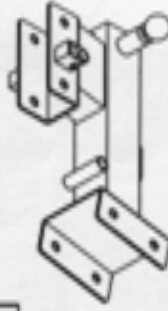
W-1 [1PCS]
BOX 8 OF 9



X [1PCS]
BOX 5 OF 9



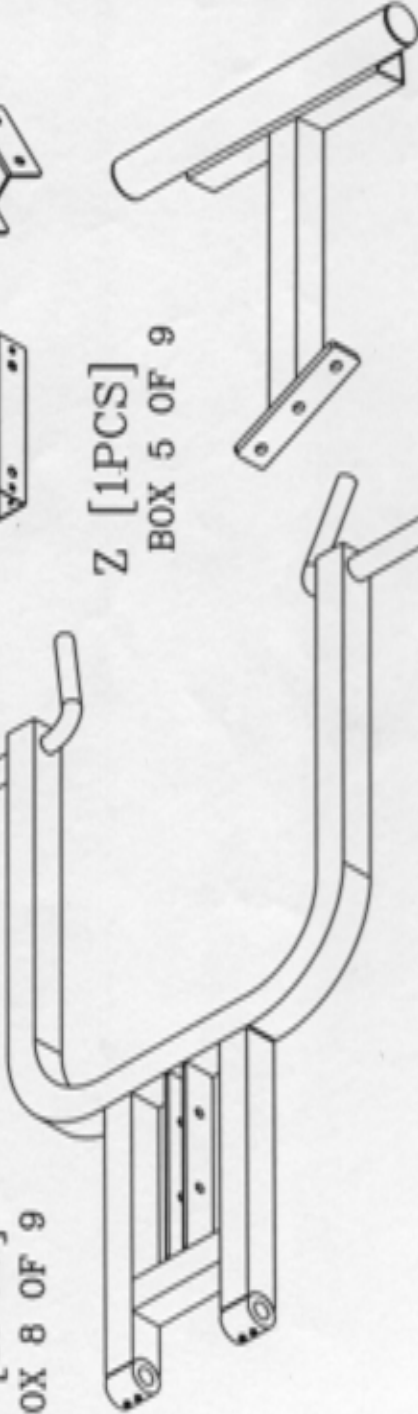
AA [1PCS]
BOX 3 OF 9



AB-1 [1PCS]
BOX 3 OF 9



Y [1PCS]
BOX 8 OF 9



EXM-4000.4 PARTS ILLUSTRATION SHEET

AC [1PCS]
BOX 4 OF 9



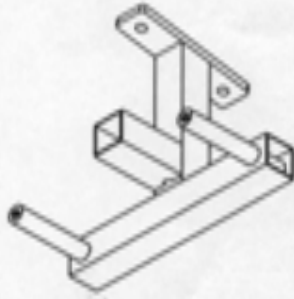
AD [1PCS]
BOX 3 OF 9



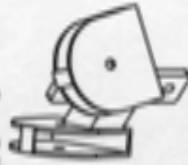
AE [1PCS]
BOX 6 OF 9



AF [1PCS]
BOX 3 OF 9



AG [1PCS]
BOX 3 OF 9



AH [1PCS]
BOX 6 OF 9



AI [1PCS]
BOX 6 OF 9



AJ [2PCS]
BOX 6 OF 9



AK [1PCS]
BOX 6 OF 9



AL [1PCS]
BOX 6 OF 9



AM [2PCS]
BOX 6 OF 9



AN [1PCS]
BOX 4 OF 9



AO [1PCS]
BOX 4 OF 9



AP [1PCS]
BOX 3 OF 9



AQ [1PCS]
BOX 3 OF 9



EXM-4000.4 PARTS ILLUSTRATION SHEET

AR [1PCS]
BOX 5 OF 9



AS [1PCS]
BOX 5 OF 9



AT [1PCS]
BOX 5 OF 9



AU [1PCS]
BOX 5 OF 9



AV [6PCS]
BOX 9 OF 9



AW [3PCS] $\phi 1'' \times 510L$
BOX 5 OF 9



AX [1PCS] $\phi 1'' \times 560L$
BOX 5 OF 9



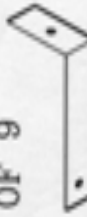
AY [6PCS]
BOX 4 OF 9



AZ [2PCS]
BOX 6 OF 9



BA [8PCS]
BOX 7 OF 9



BB [4PCS]
BOX 7 OF 9



BC [1PCS]
BOX 5 OF 9



BD [1PCS]
BOX 5 OF 9



BE [1PCS]
BOX 8 OF 9



BF [1PCS]
BOX 8 OF 9



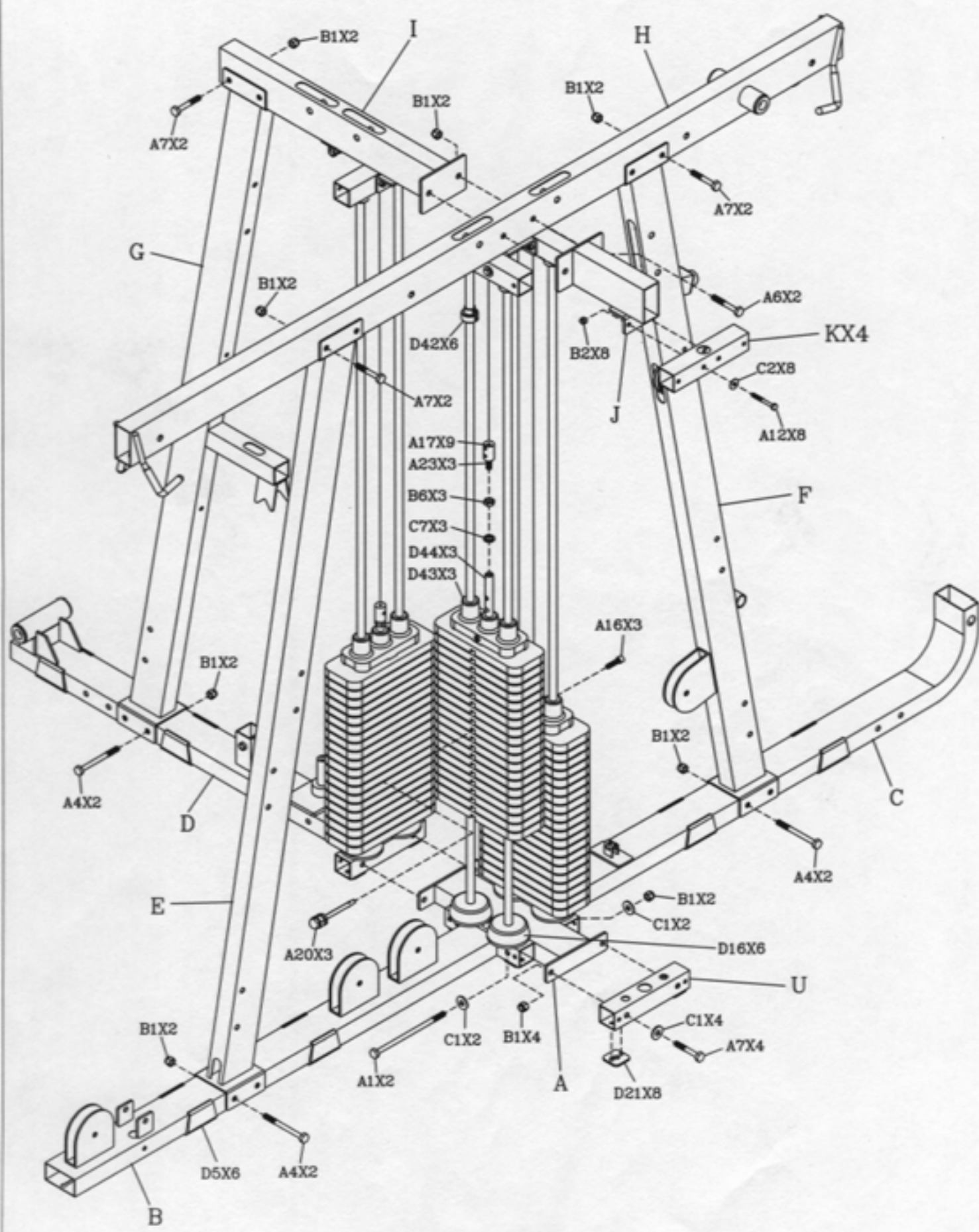
BG [1PCS]
BOX 4 OF 9



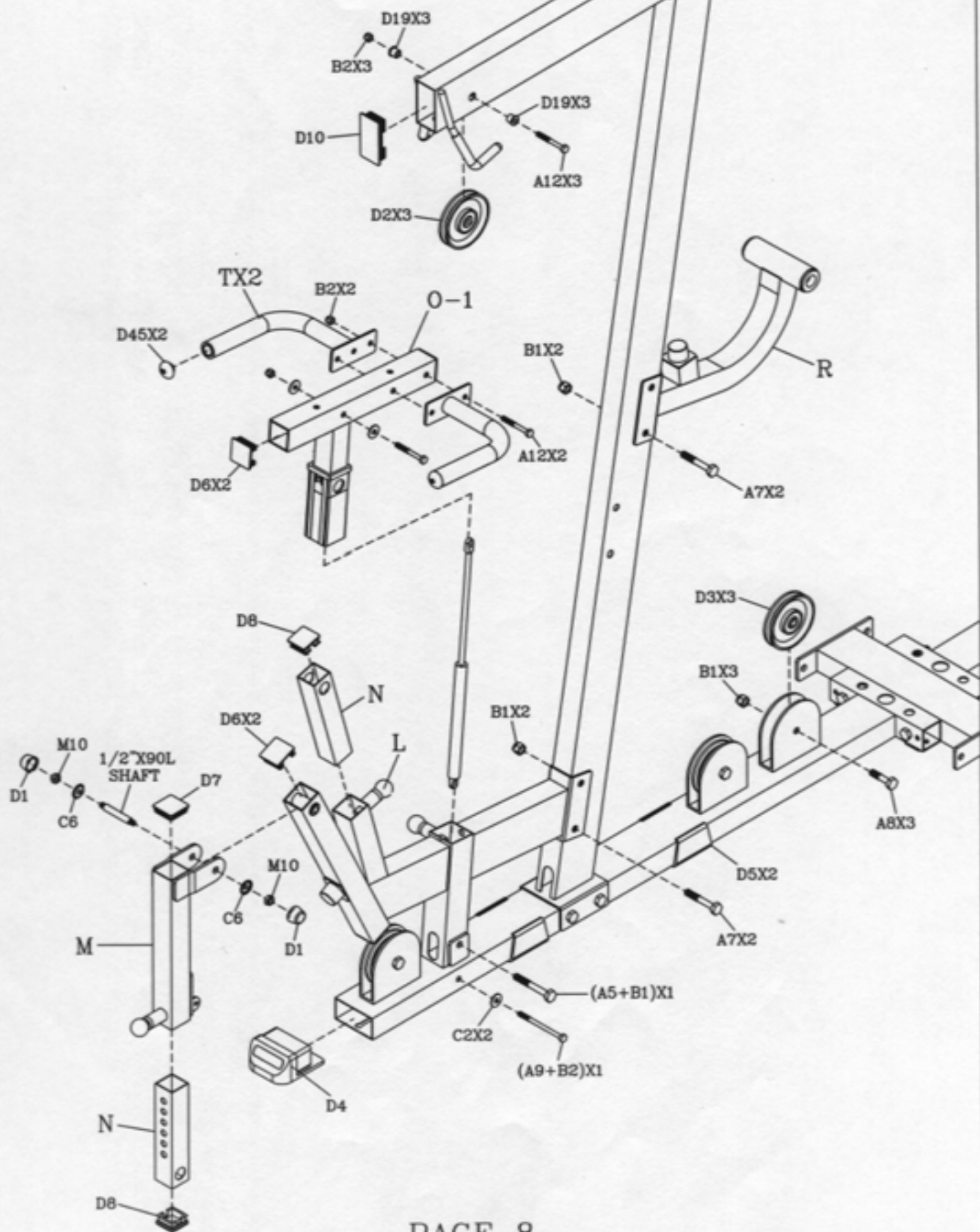
BH [1PCS]
BOX 4 OF 9



EXM-4000.4

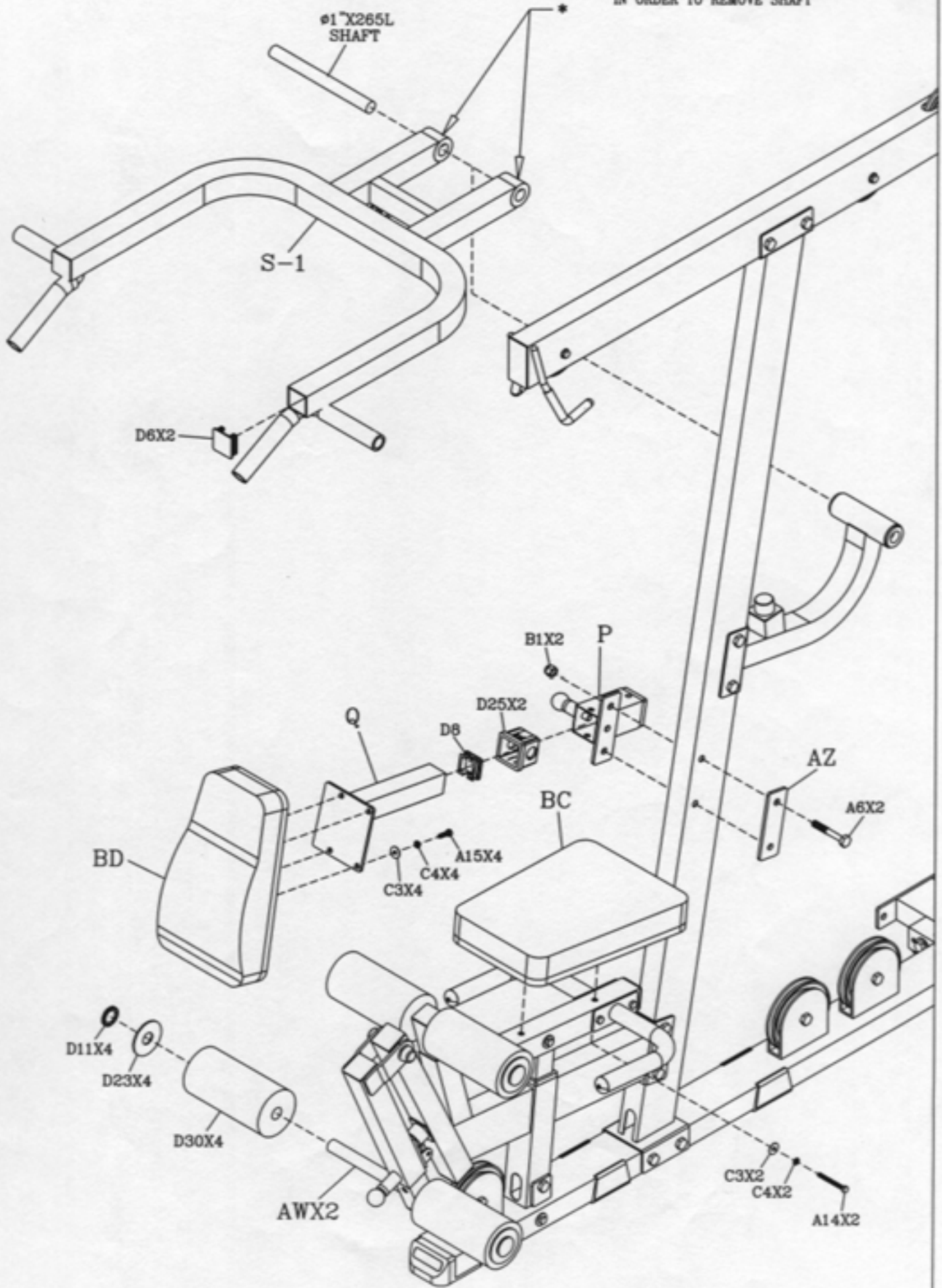


EXM-4000.4



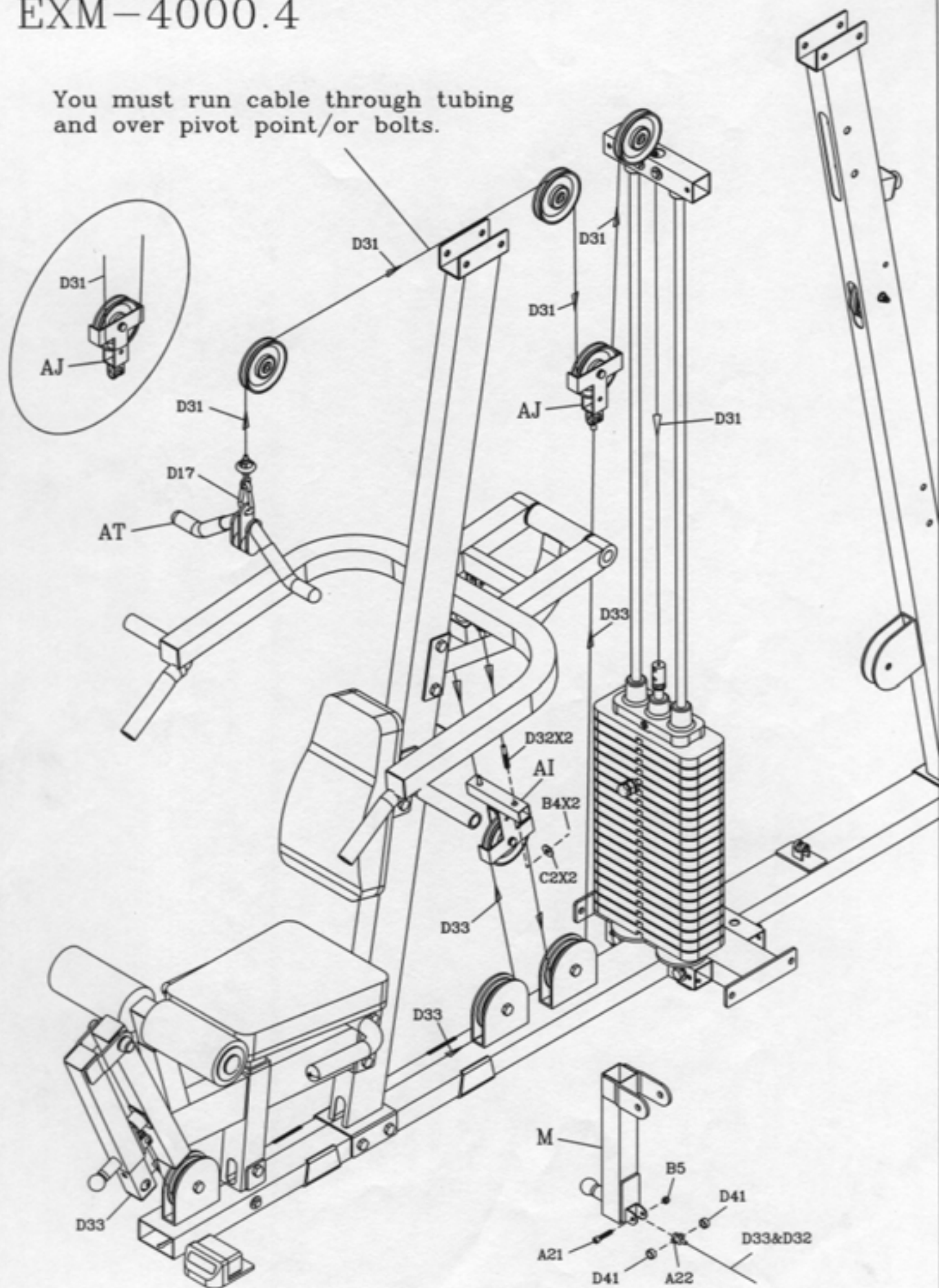
EXM-4000.4

* : NEED TO LOOSEN BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



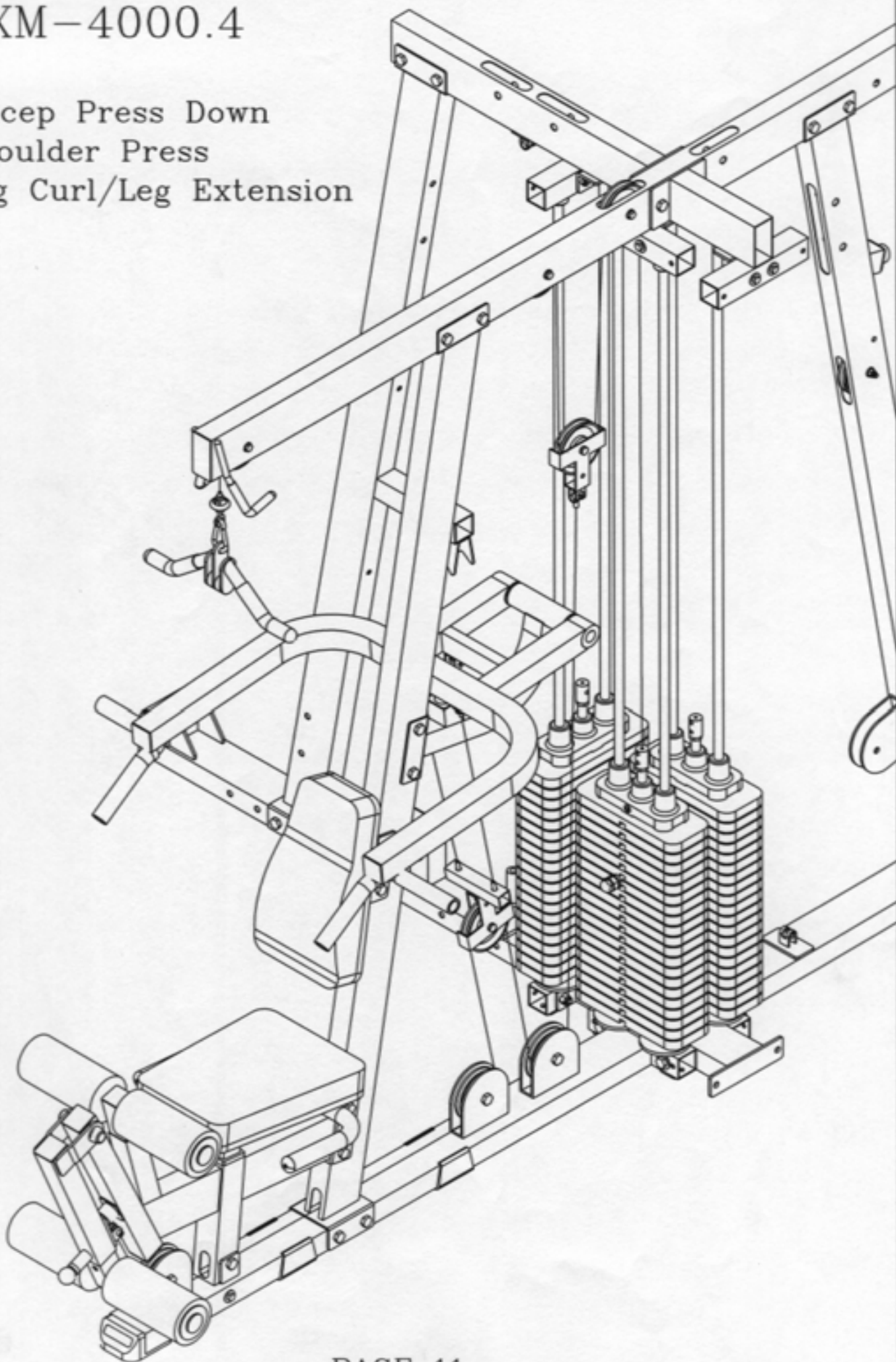
EXM-4000.4

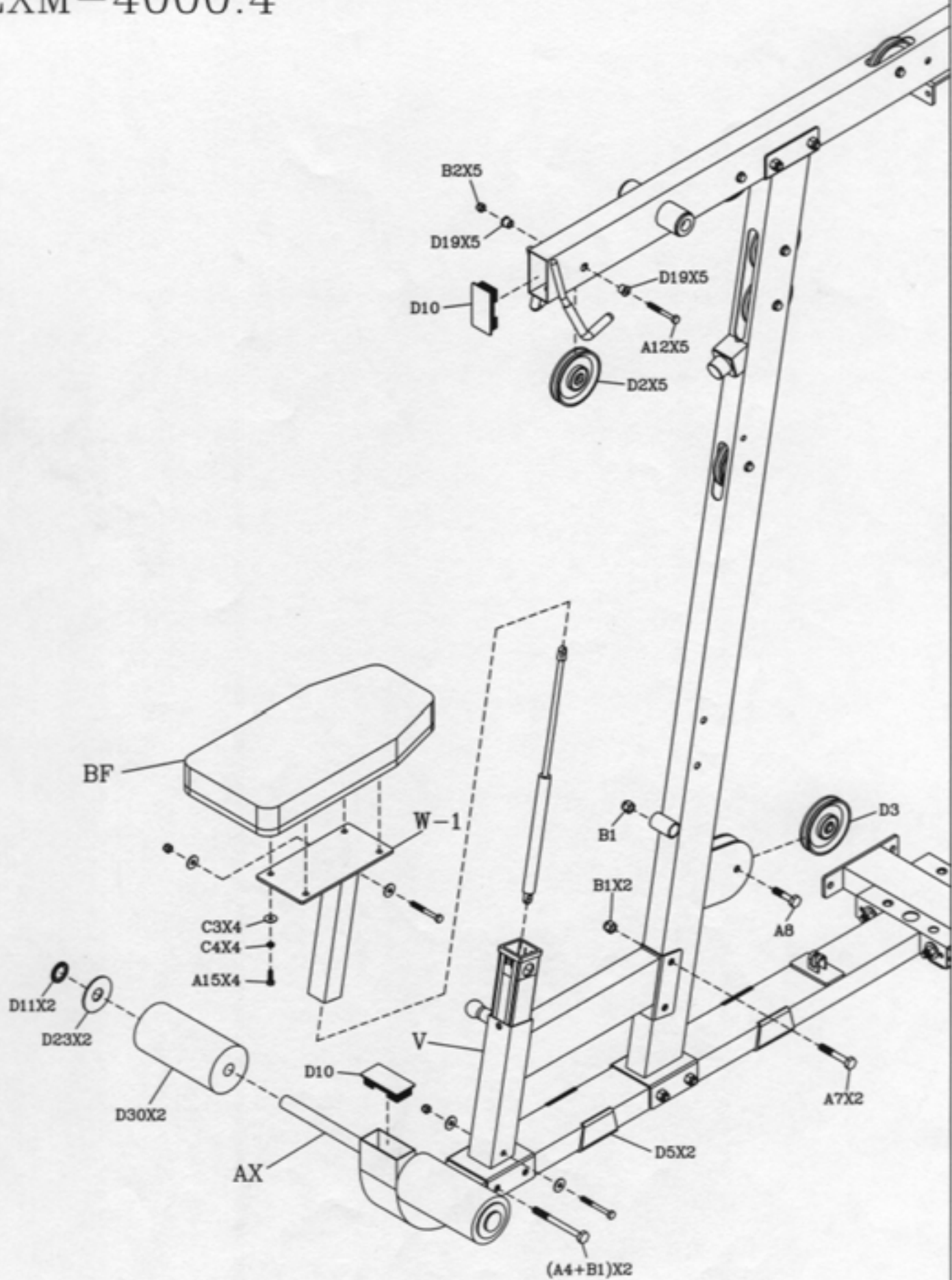
You must run cable through tubing and over pivot point/or bolts.



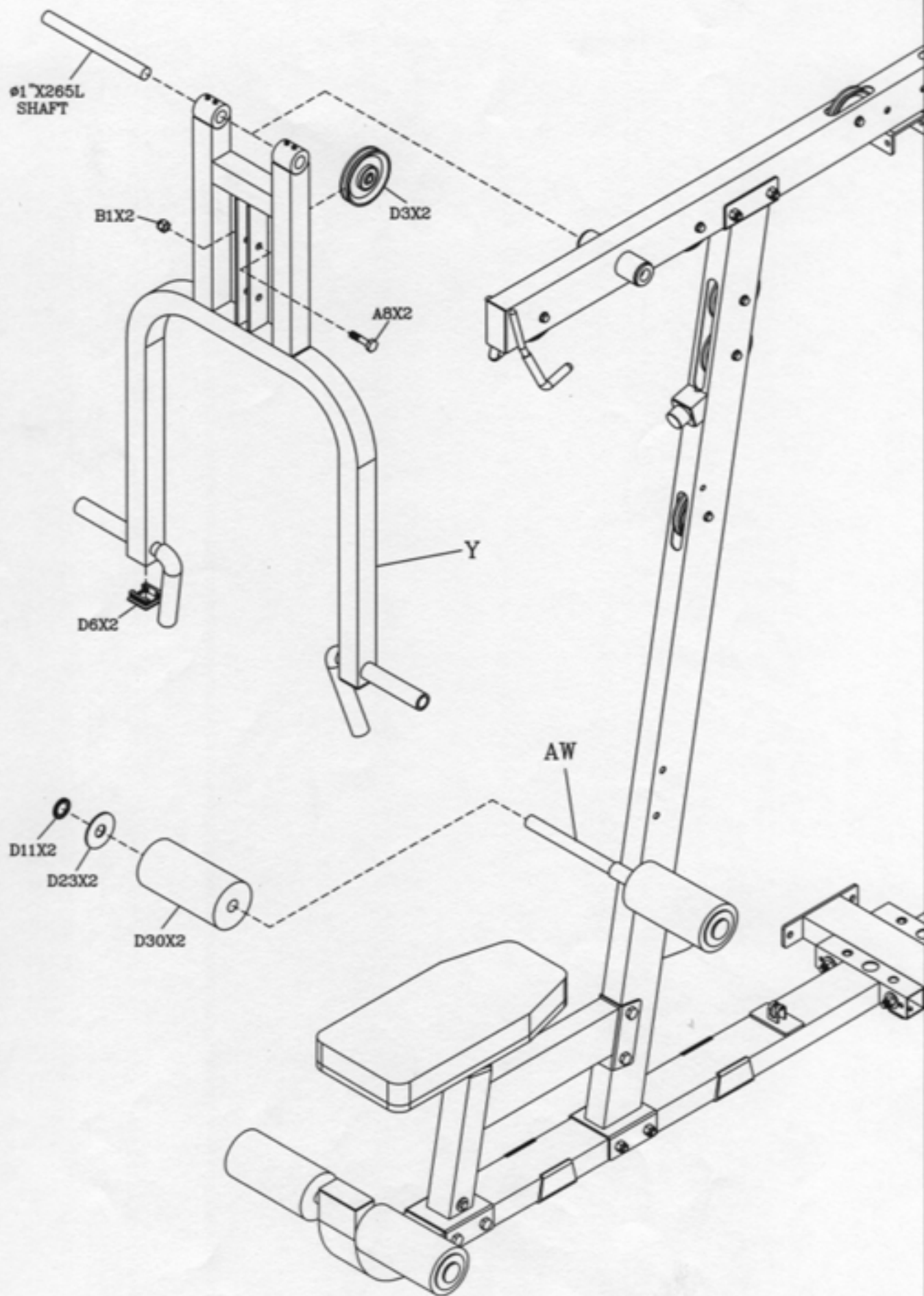
EXM-4000.4

Tricep Press Down
Shoulder Press
Leg Curl/Leg Extension





EXM-4000.4

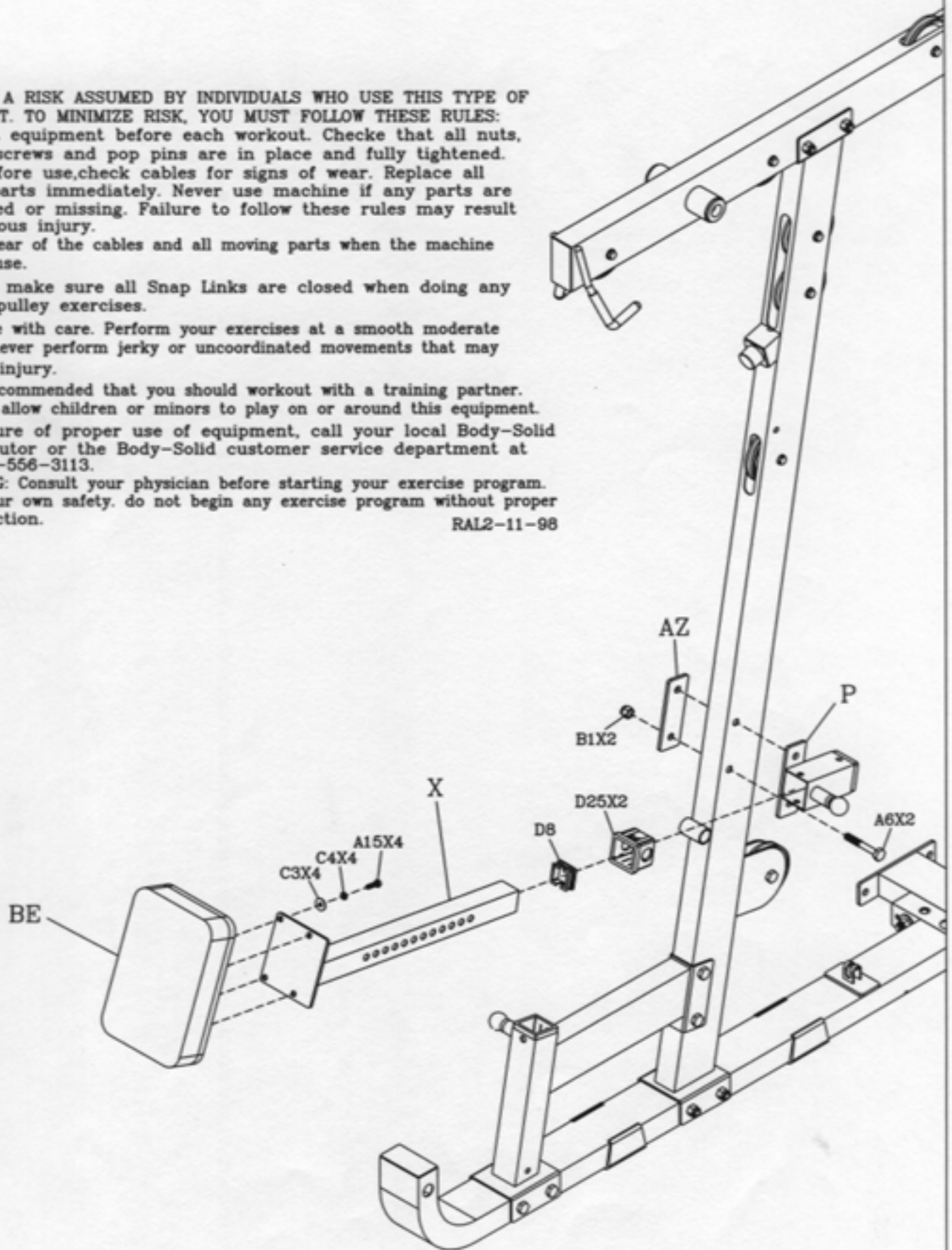


EXM-4000.4

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

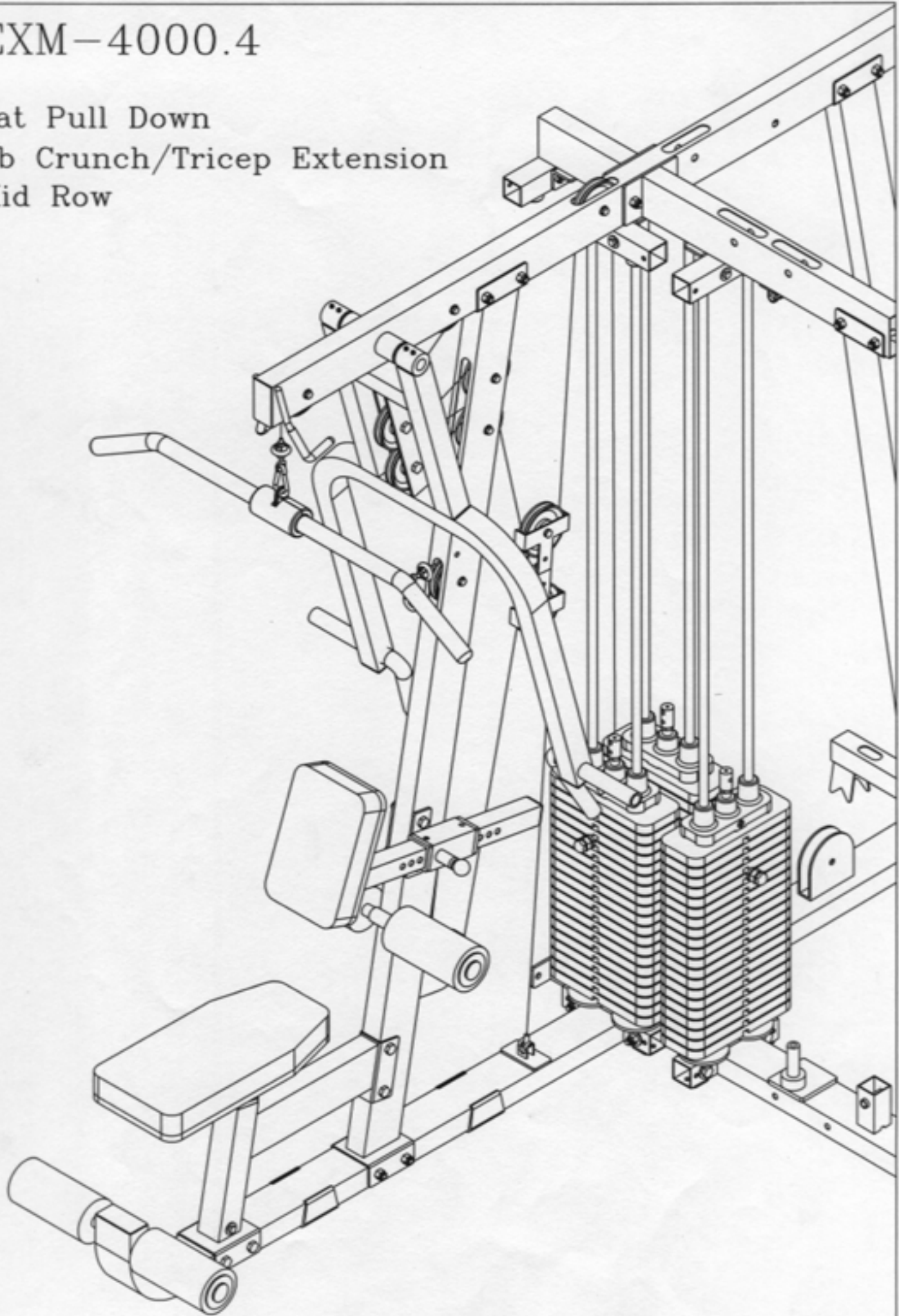
1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result 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

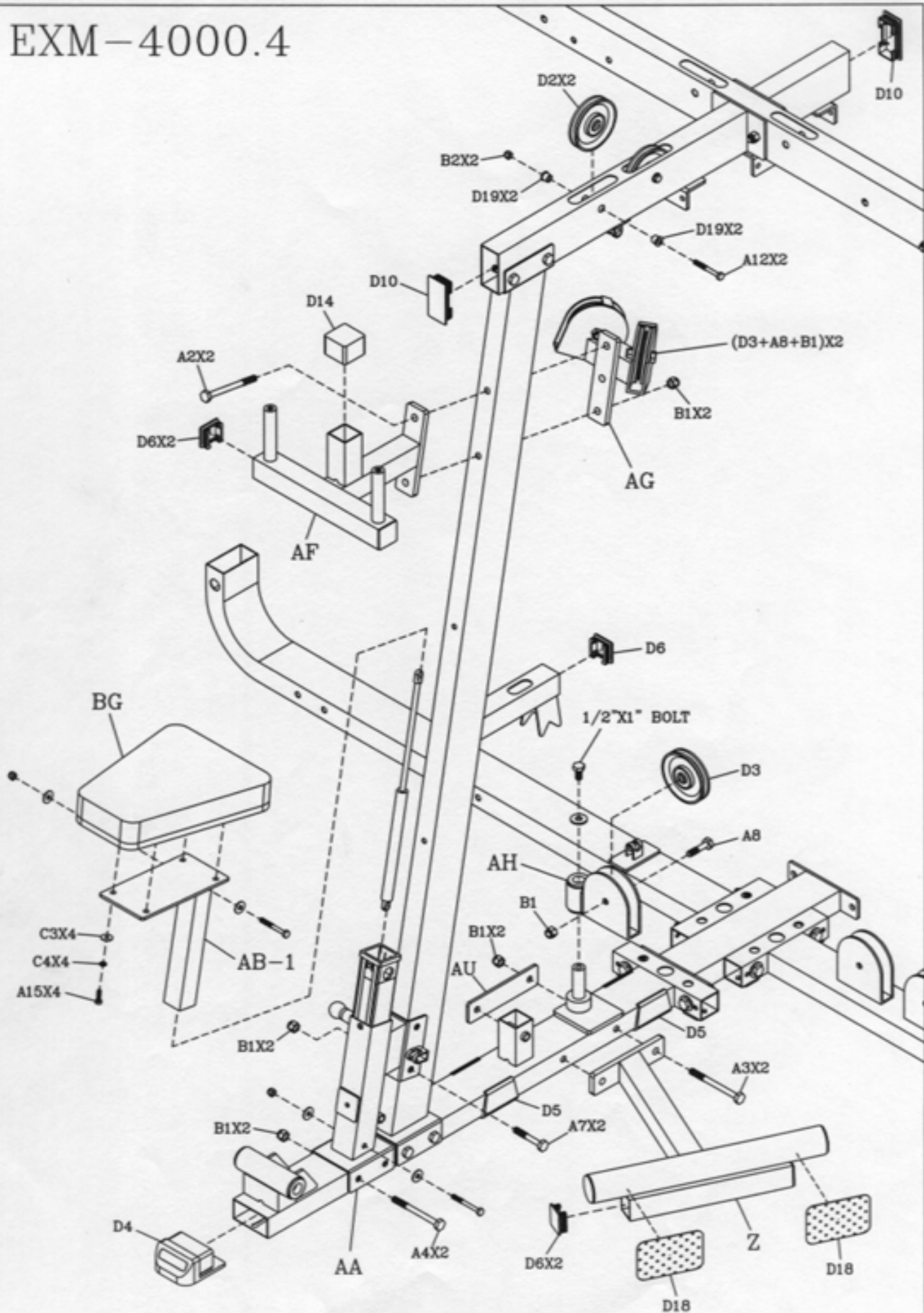


EXM-4000.4

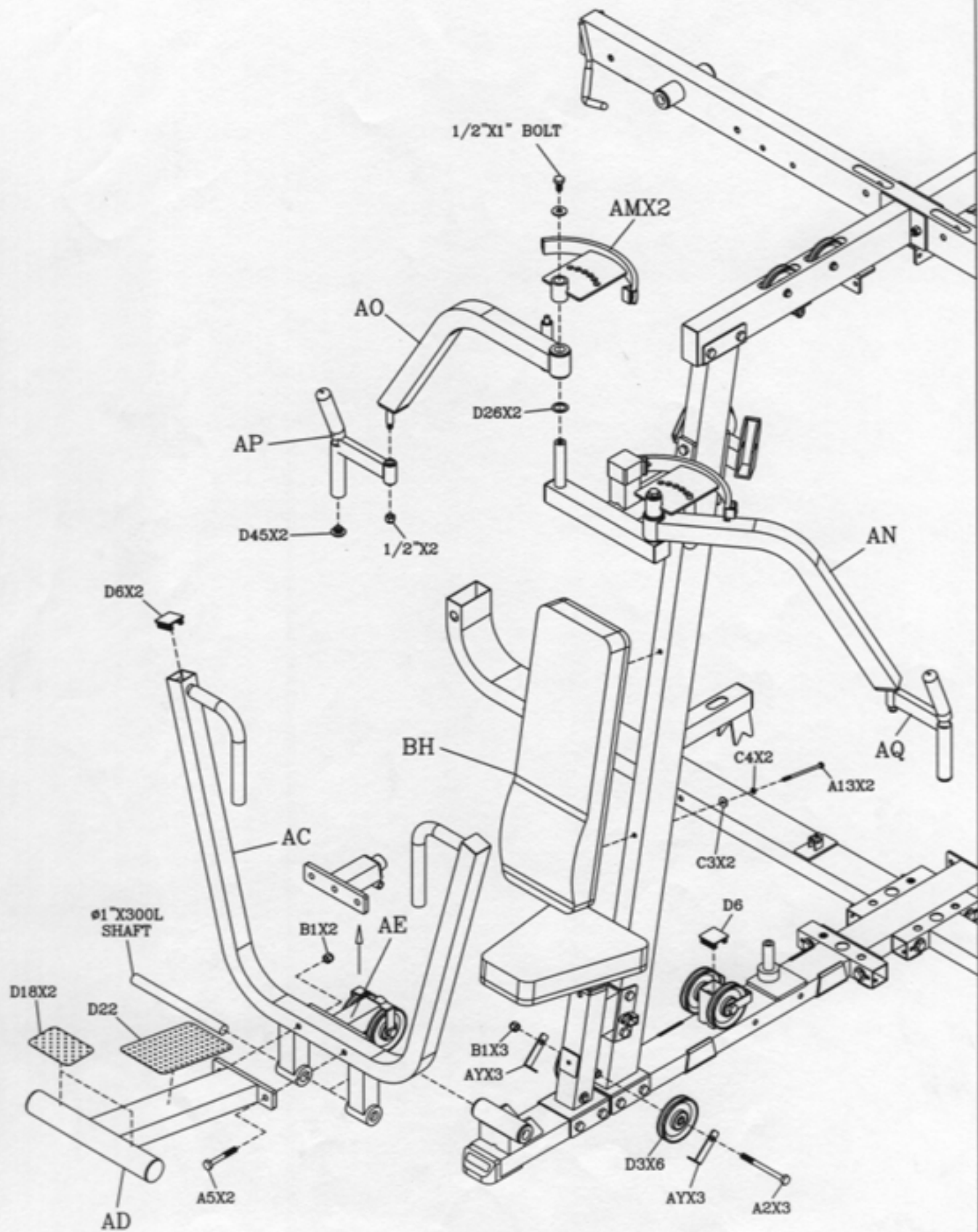
Lat Pull Down
Ab Crunch/Tricep Extension
Mid Row



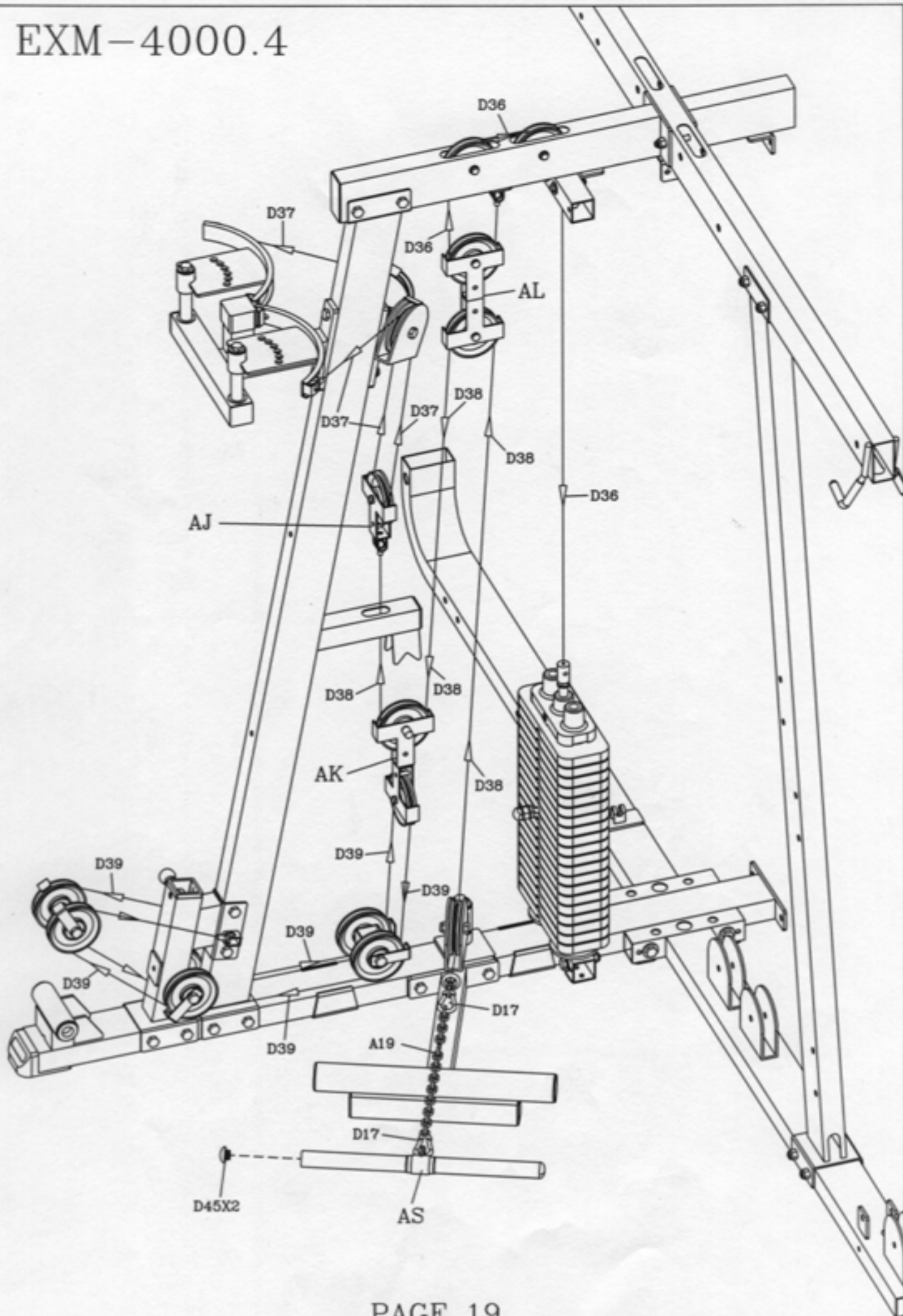
EXM-4000.4



EXM-4000.4



EXM-4000.4



EXM-4000.4

Pectoral Fly
Bench Press
Low Pulley

