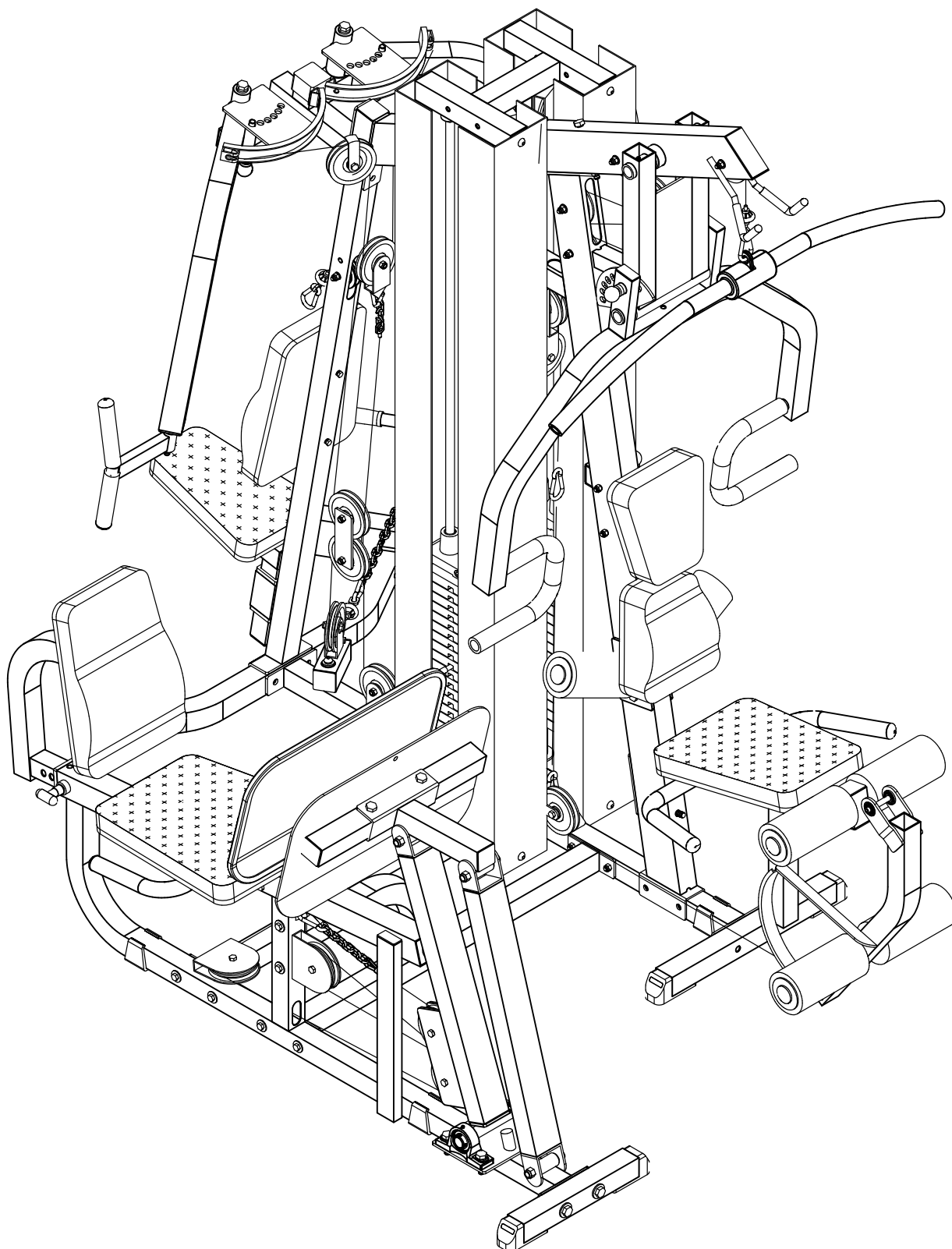


EXM-3000.9



Архангельск (8182)63-90-72
Астана (7172)727-132
Астрахань (8512)99-46-04
Барнаул (3852)73-04-60
Белгород (4722)40-23-64
Брянск (4832)59-03-52
Владивосток (423)249-28-31
Волгоград (844)278-03-48
Вологда (8172)26-41-59
Воронеж (473)204-51-73
Екатеринбург (343)384-55-89
Иваново (4932)77-34-06

Ижевск (3412)26-03-58
Иркутск (395)279-98-46
Казань (843)206-01-48
Калининград (4012)72-03-81
Калуга (4842)92-23-67
Кемерово (3842)65-04-62
Киров (8332)68-02-04
Краснодар (861)203-40-90
Красноярск (391)204-63-61
Курск (4712)77-13-04
Липецк (4742)52-20-81
Киргизия (996)312-96-26-47

Магнитогорск (3519)55-03-13
Москва (495)268-04-70
Мурманск (8152)59-64-93
Набережные Челны (8552)20-53-41
Нижний Новгород (831)429-08-12
Новокузнецк (3843)20-46-81
Новосибирск (383)227-86-73
Омск (3812)21-46-40
Орел (4862)44-53-42
Оренбург (3532)37-68-04
Пенза (8412)22-31-16
Казахстан (772)734-952-31

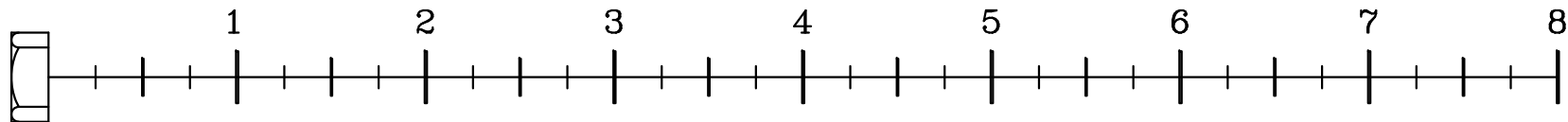
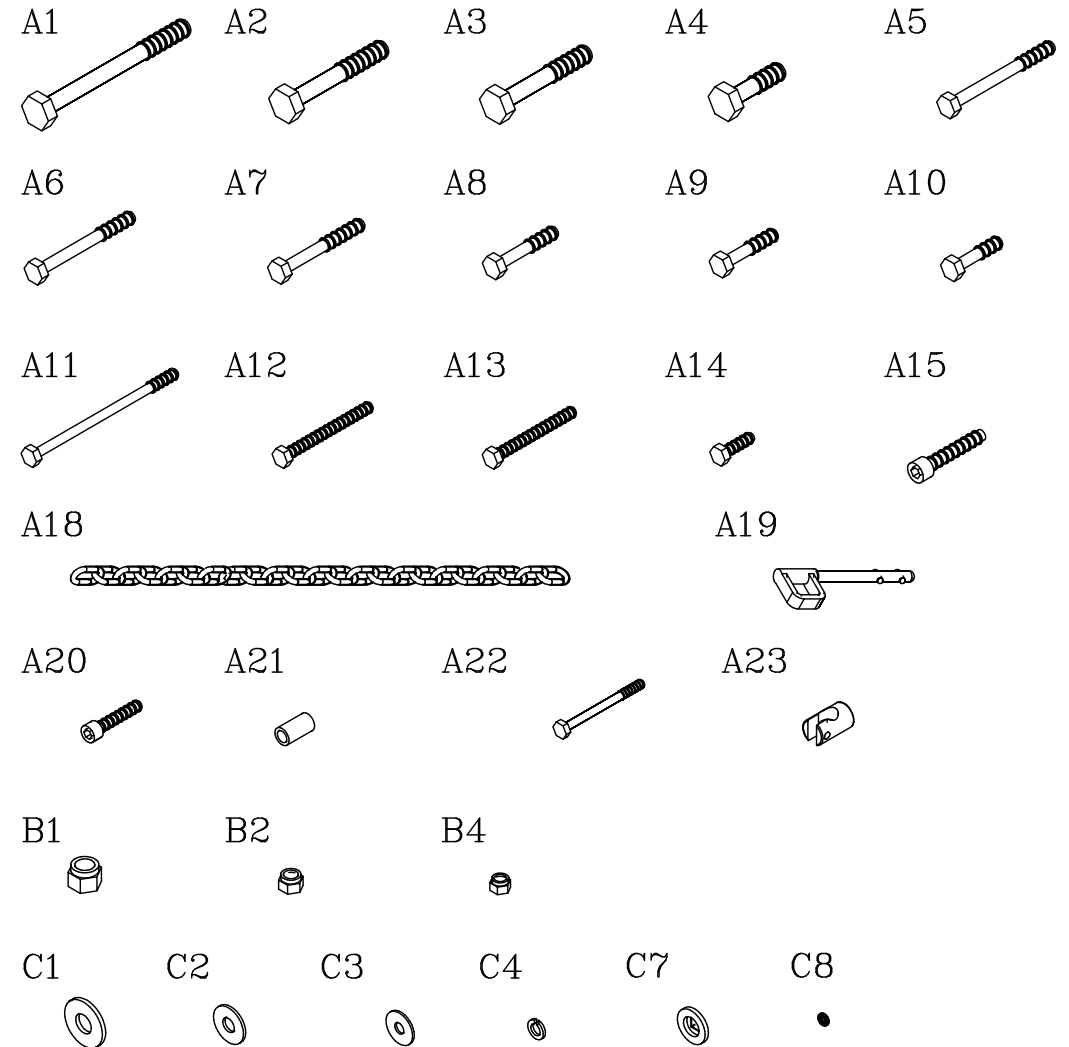
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Ростов-на-Дону (863)308-18-15
Рязань (4912)46-61-64
Самара (846)206-03-16
Санкт-Петербург (812)309-46-40
Саратов (845)249-38-78
Севастополь (8692)22-31-93
Симферополь (3652)67-13-56
Смоленск (4812)29-41-54
Сочи (862)225-72-31
Ставрополь (8652)20-65-13
Таджикистан (992)427-82-92-69

Сургут (3462)77-98-35
Тверь (4822)63-31-35
Томск (3822)98-41-53
Тула (4872)74-02-29
Тюмень (3452)66-21-18
Ульяновск (8422)24-23-59
Уфа (347)229-48-12
Хабаровск (4212)92-98-04
Челябинск (351)202-03-61
Череповец (8202)49-02-64
Ярославль (4852)69-52-93

Единый адрес для всех регионов: bda@nt-rt.ru || www.bodysolid.nt-rt.ru

EXM-3000.9 HARDWARE ILLUSTRATION SHEET

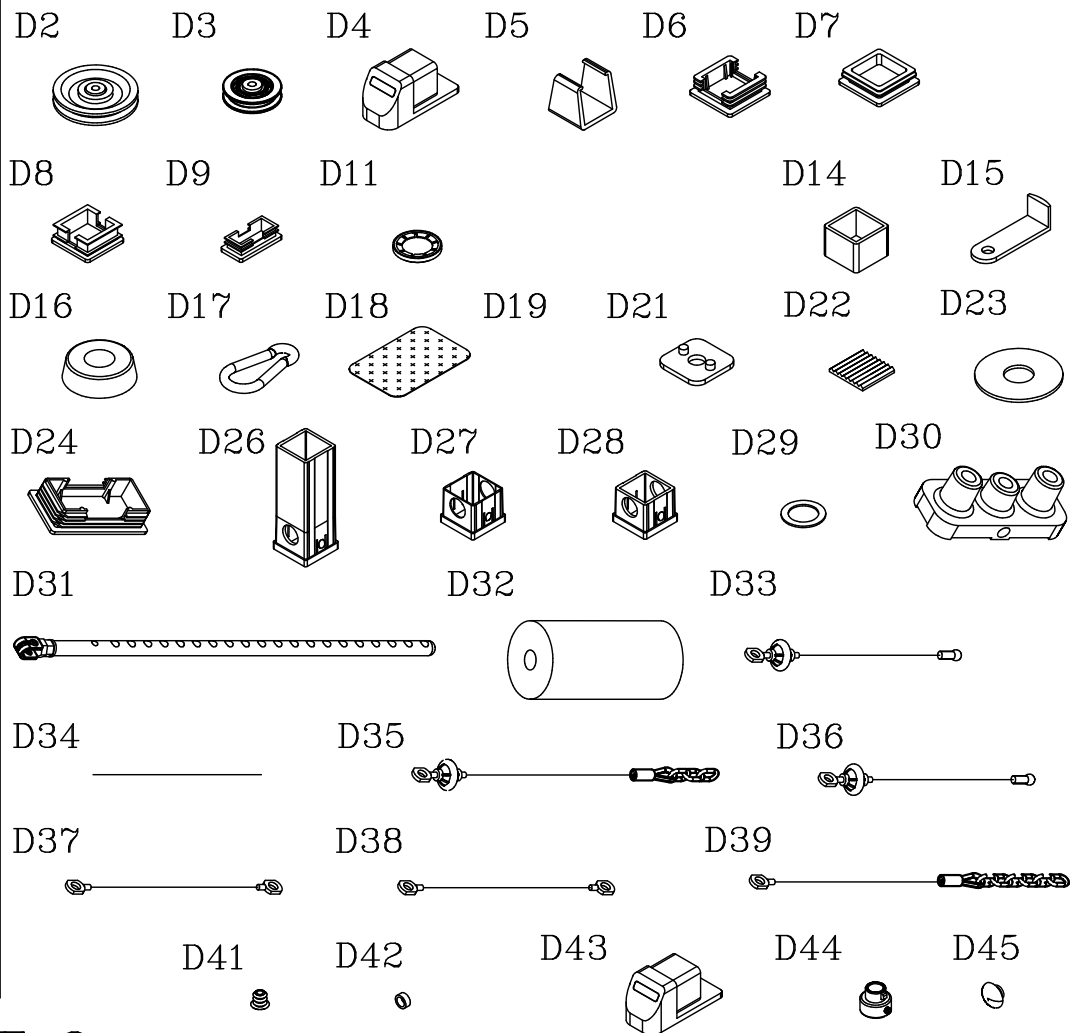
	Qty.
A1. 1/2"X5" HEX HEAD BOLT -----	[5PCS]
A2. 1/2"X3 1/4" HEX HEAD BOLT -----	[7PCS]
A3. 1/2"X3" HEX HEAD BOLT -----	[6PCS]
A4. 1/2"X1 3/4" HEX HEAD BOLT -----	[4PCS]
A5. 3/8"X3 1/2" HEX HEAD BOLT -----	[1PCS]
A6. 3/8"X3 1/4" HEX HEAD BOLT -----	[2PCS]
A7. 3/8"X2 3/4" HEX HEAD BOLT -----	[20PCS]
A8. 3/8"X2" HEX HEAD BOLT -----	[2PCS]
A9. 3/8"X1 3/4" HEX HEAD BOLT -----	[5PCS]
A10. 3/8"X1 1/2" HEX HEAD BOLT -----	[15PCS]
A11. 5/16"X5" HEX HEAD BOLT -----	[2PCS]
A12. 5/16"X3 1/4" HEX HEAD BOLT -----	[1PCS]
A13. 5/16"X2 3/4" HEX HEAD BOLT-----	[6PCS]
A14. 5/16"X1" HEX HEAD BOLT -----	[10PCS]
A15. 3/8"X2" ROUND BOLT -----	[2PCS]
A18. STEEL CHAIN -----	[1PCS]
A19. PIN -----	[2PCS]
A20. 5/16"X1 1/2" ROUND BOLT -----	[1PCS]
A21. ø1/2"X22L SLEEVE -----	[1PCS]
A22. 1/2"X5 1/2" HEX HEAD BOLT -----	[1PCS]
A23. ø12 BUSHING (8890-010) -----	[2PCS]
B1. 1/2" NYLON LOCK NUT -----	[22PCS]
B2. 3/8" NYLON LOCK NUT -----	[45PCS]
B4. 5/16" NYLON LOCK NUT-----	[1PCS]
C1. 1/2"Xø34 (I.D)WASHER -----	[8PCS]
C2. 3/8" (I.D)WASHER -----	[19PCS]
C3. 5/16" (I.D)WASHER -----	[19PCS]
C4. 5/16" SPRING WASHER -----	[19PCS]
C7. 1/2"Xø25 (I.D) WASHER -----	[4PCS]
C8. 3/8" SPRING WASHER -----	[2PCS]



EXM-3000.9 HARDWARE ILLUSTRATION SHEET

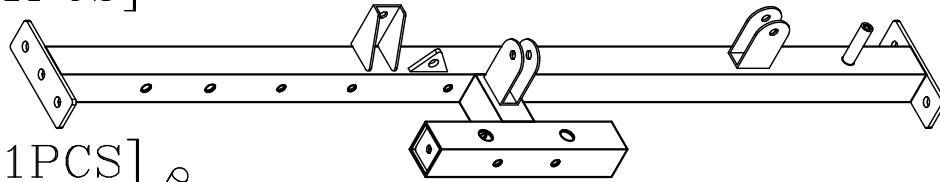
	Qty.
D2. ø4 1/4" PULLEY (9213-002) -----	[26PCS]
D3. ø3" PULLEY (9213-006) -----	[1PCS]
D4. 2"X2"X1.8t FOOT CAP (9211-024) -----	[3PCS]
D5. 2"X2" RUBBER DOUNT (9212-010) -----	[6PCS]
D6. 2"X2"X2.5t END CAP (9211-006) -----	[15PCS]
D7. 2"X2"X1.8t END CAP (9211-005) -----	[8PCS]
D8. 1 3/4"X1 3/4" END CAP (9211-004) -----	[1PCS]
D9. 1"X2" END CAP (9211-009) -----	[3PCS]
D11. ø1" ROUND END CAP (8341-033) -----	[6PCS]
D14. 2"X2" RUBBER DOUNT (9310-020) -----	[1PCS]
D15. PULLEY WHEEL BLOCK (8331-017) -----	[3PCS]
D16. ø2 1/2" RUBBER DOUNT (9310-010) -----	[4PCS]
D17. ø8 SPRING SNAP LINK (8810-001) -----	[7PCS]
D18. 95X140mm NO-SLIP TAPE (9310-035) -----	[2PCS]
D19. ø16X16 STEEL BUSHING (8530-009) -----	[10PCS]
D21. 2"X2" RUBBER CANE CAP (9214-002) -----	[4PCS]
D22. 38X38 RUBBER PAD (9310-001) -----	[2PCS]
D23. ø3" NYLON WASHER (9214-008) -----	[6PCS]
D24. 2"X4" END CAP (9211-014) -----	[2PCS]
D26. 60X45 NYLON BUSHING (9211-047) -----	[2PCS]
D27. 60X50 NYLON BUSHING (9211-033) -----	[2PCS]
D28. 60X45 NYLON BUSHING (9211-032) -----	[2PCS]
D29. ø38 CU WASHER (8520-008) -----	[2PCS]
D30. TOP PLATE (8400-005) -----	[2PCS]
D31. WEIGHT SELECTOR BAR (8210-042A) -----	[2PCS]
D32. ø4"X8" FOAM ROLLER (9161-009) -----	[6PCS]
D33. 3820mm STEEL CABLE -----	[1PCS]
D34. 1890mm STEEL CABLE -----	[1PCS]
D35. 1545mm STEEL CABLE -----	[1PCS]
D36. 4070mm STEEL CABLE -----	[1PCS]

D37. 2735mm STEEL CABLE -----	[1PCS]
D38. 520mm STEEL CABLE -----	[1PCS]
D39. 4270mm STEEL CABLE -----	[1PCS]
D41. ø5/8" ROUND END CAP (9211-015) -----	[1PCS]
D42. ø3/4"X8L STEEL BUSHING (8110-014) -----	[2PCS]
D43. 2"X2"X2.5t FOOT CAP (9211-025) -----	[2PCS]
D44. ø3/4" SHAFT COLLAR (9211-046) -----	[4PCS]
D45. ø1" ROUND END CAP (9260-021) -----	[12PCS]

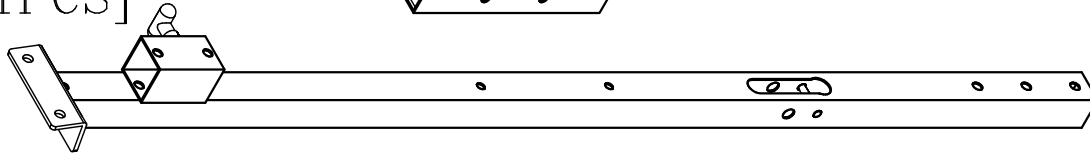


EXM-3000.9 PARTS ILLUSTRATION SHEET

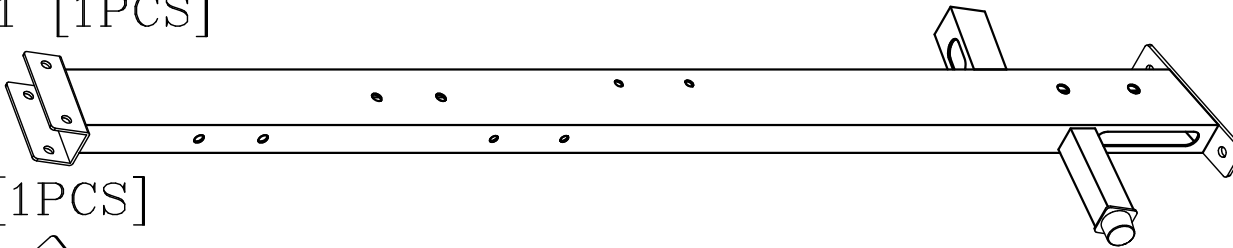
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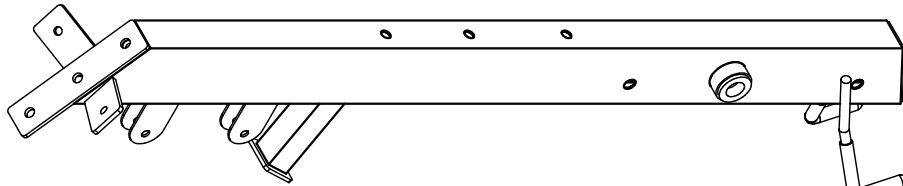
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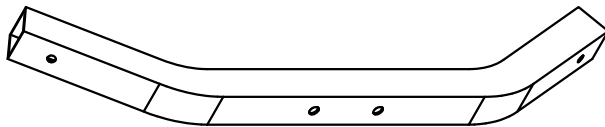
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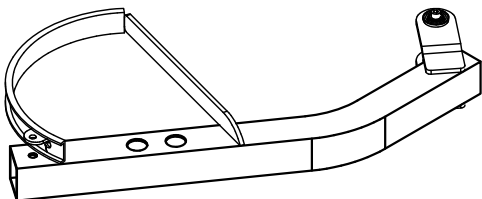
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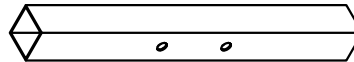
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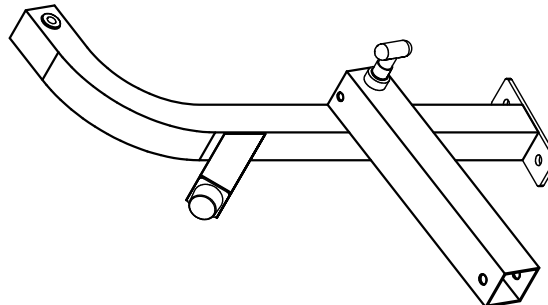
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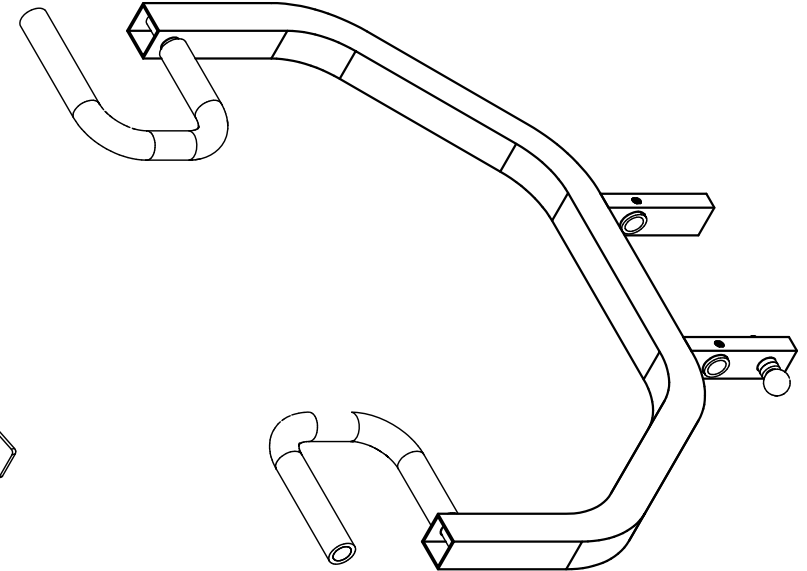
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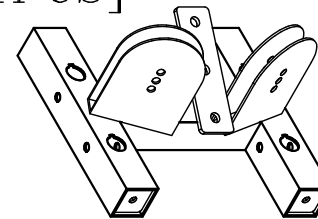
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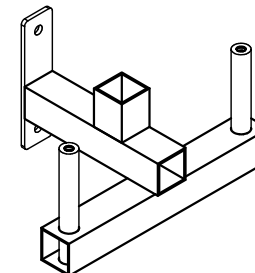
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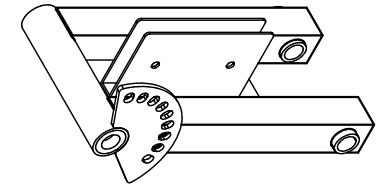
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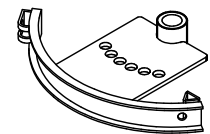
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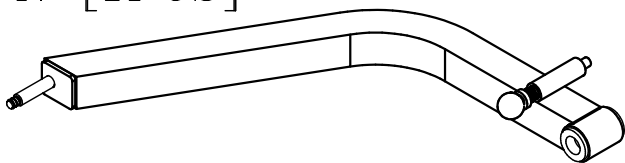
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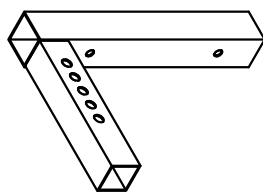
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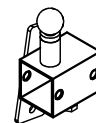
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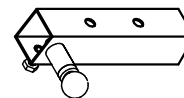
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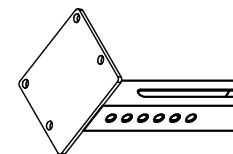
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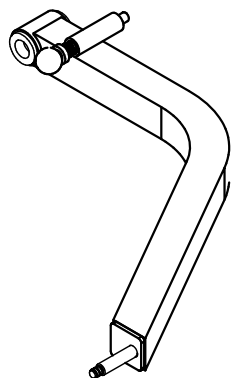
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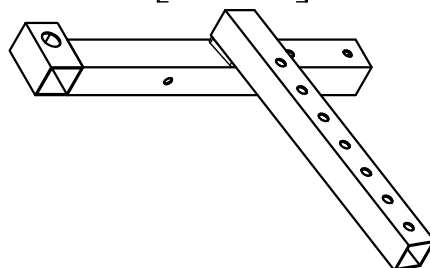
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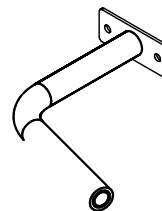
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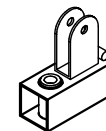
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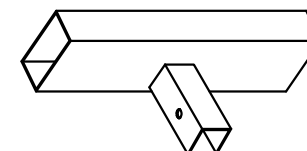
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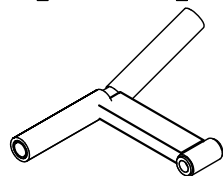
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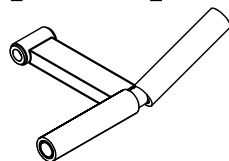
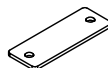
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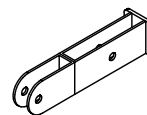
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Y [1PCS]

Z-1 [2PCS]
8312-090

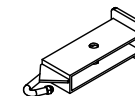
AA [1PCS]



AB [1PCS]



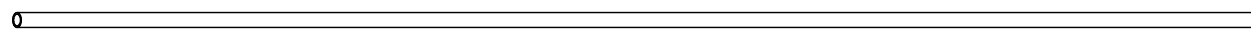
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AD [4PCS]



AE [4PCS]

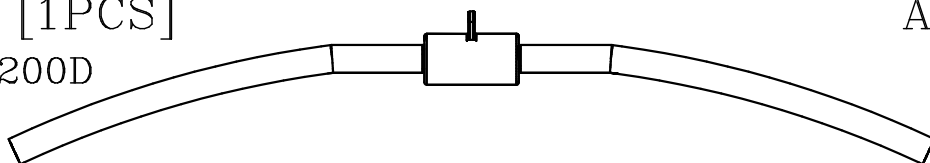


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AG [1PCS]

LB1200D

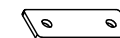


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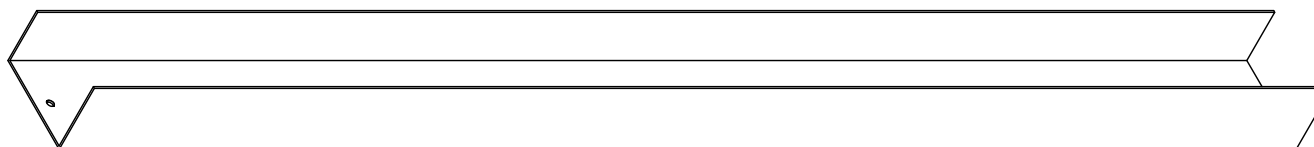
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8312-062



AK [4PCS]

8380-009



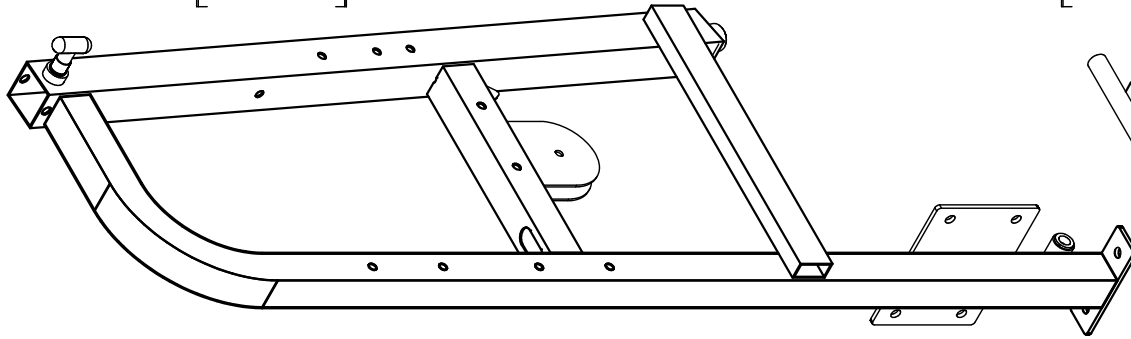
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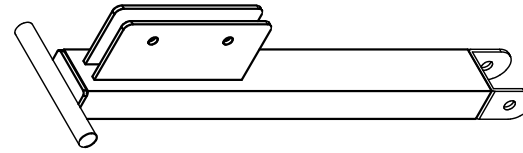


EXM-3000.9 PARTS ILLUSTRATION SHEET

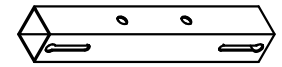
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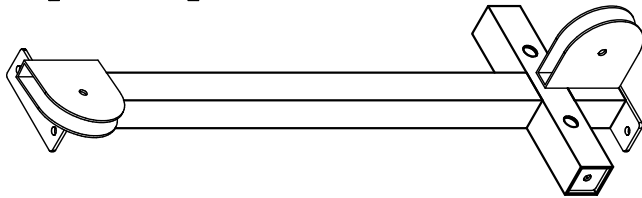
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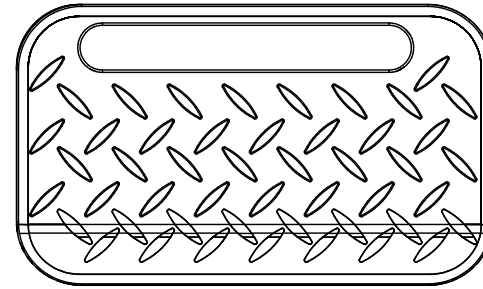
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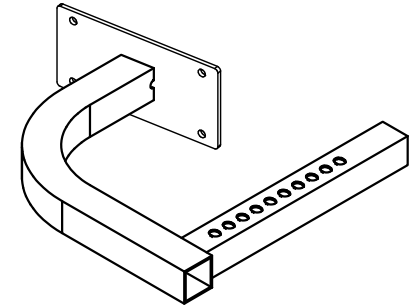
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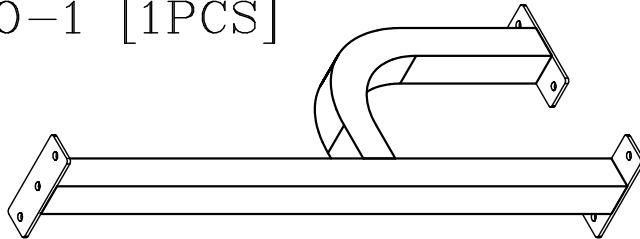
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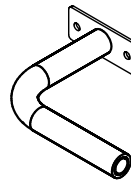
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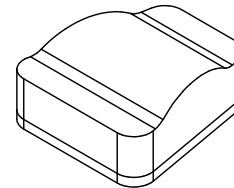
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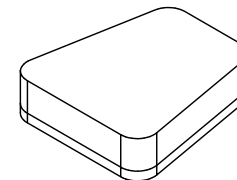
AT [2PCS]



AU [1PCS]



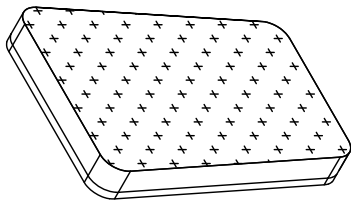
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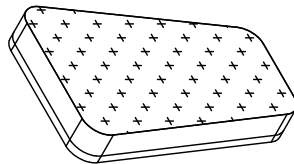
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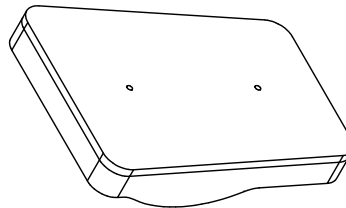
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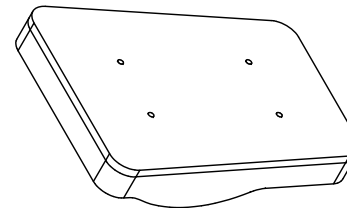
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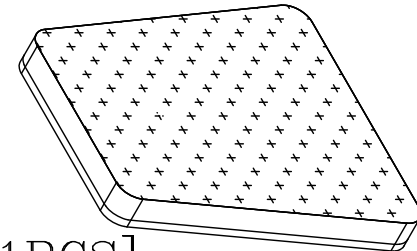
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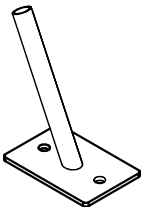
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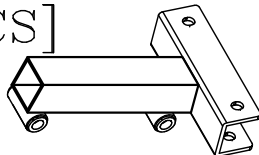
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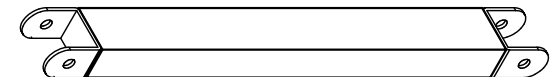
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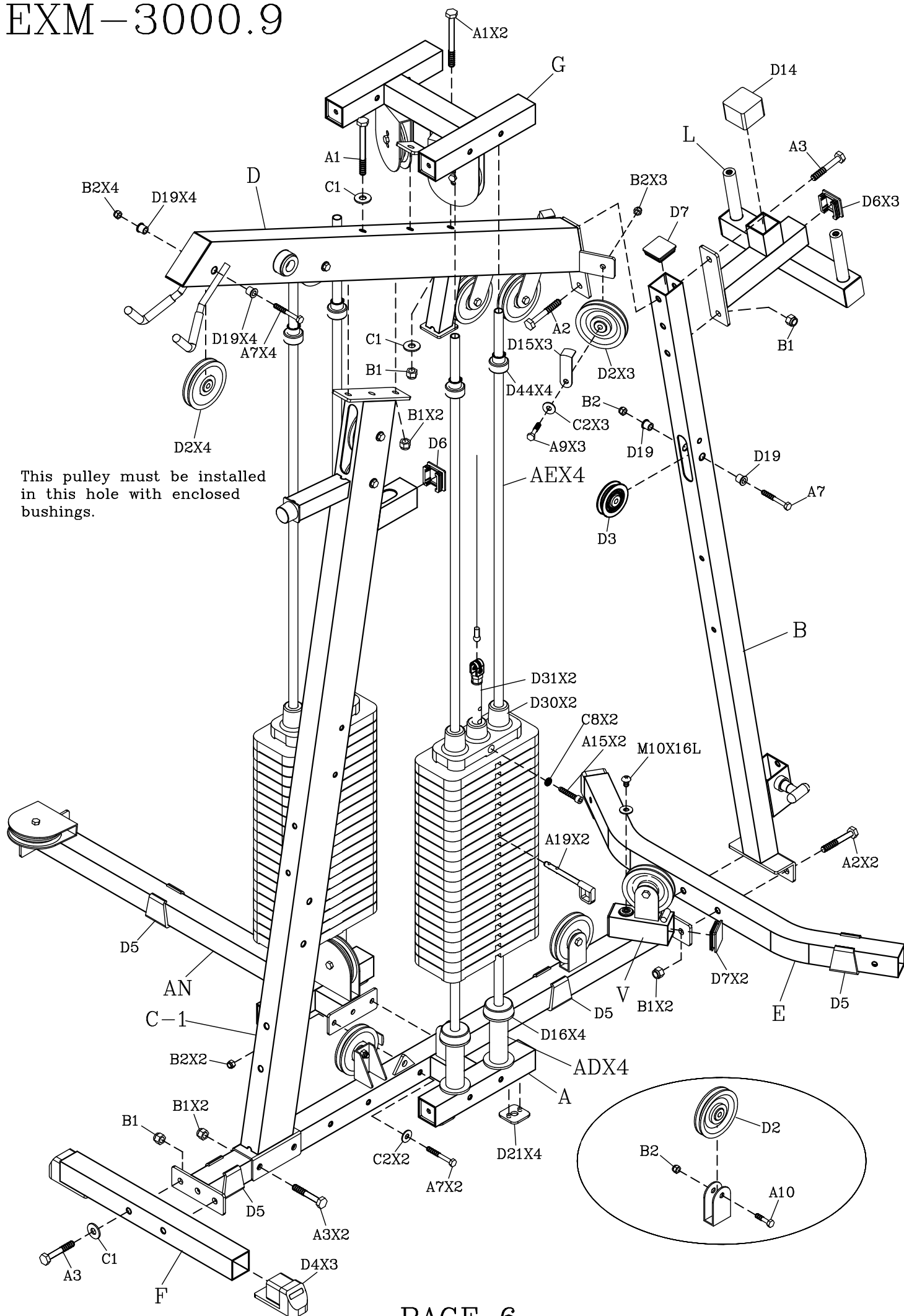


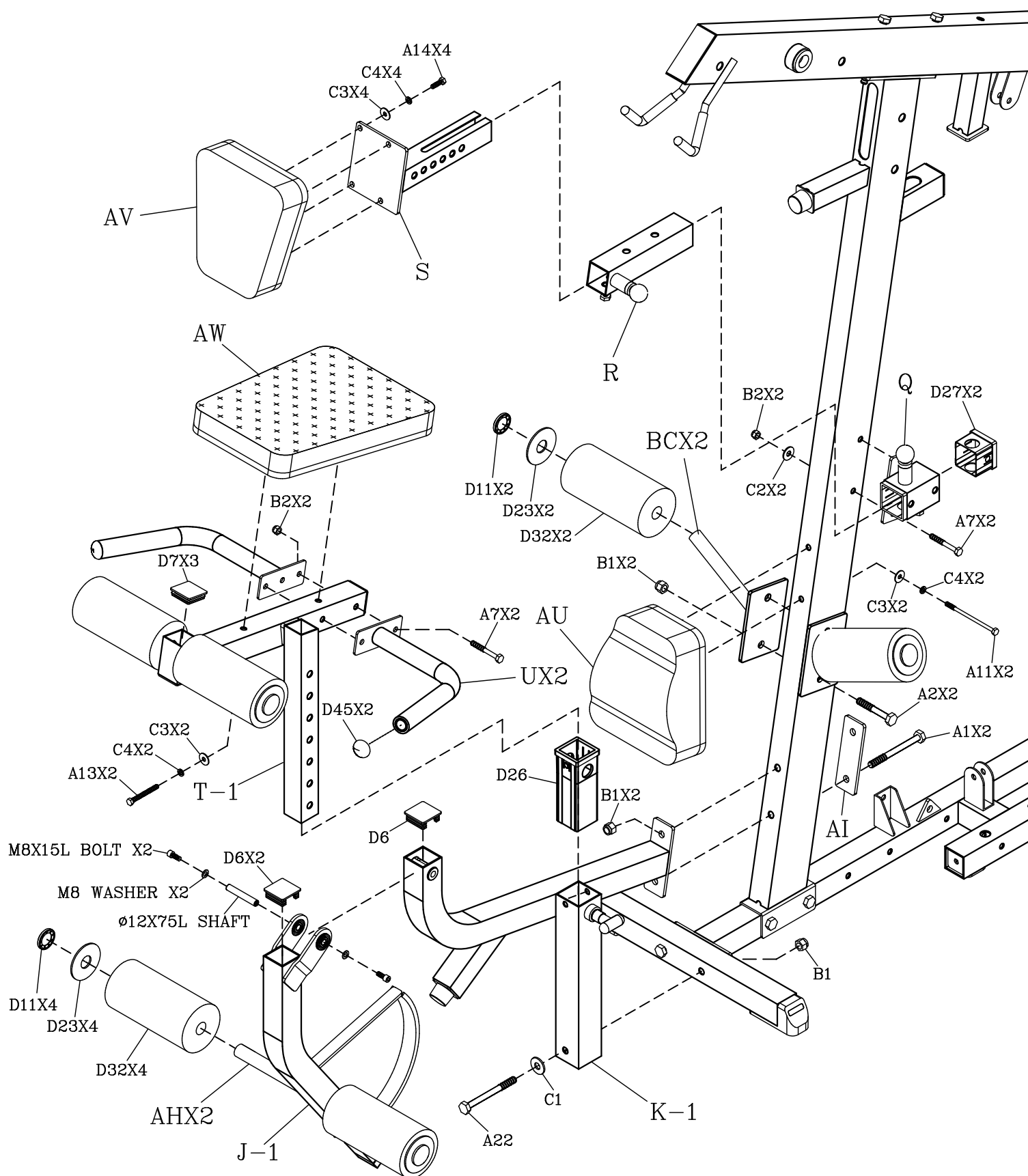
BD-1 [1PCS]



BE-1 [1PCS]

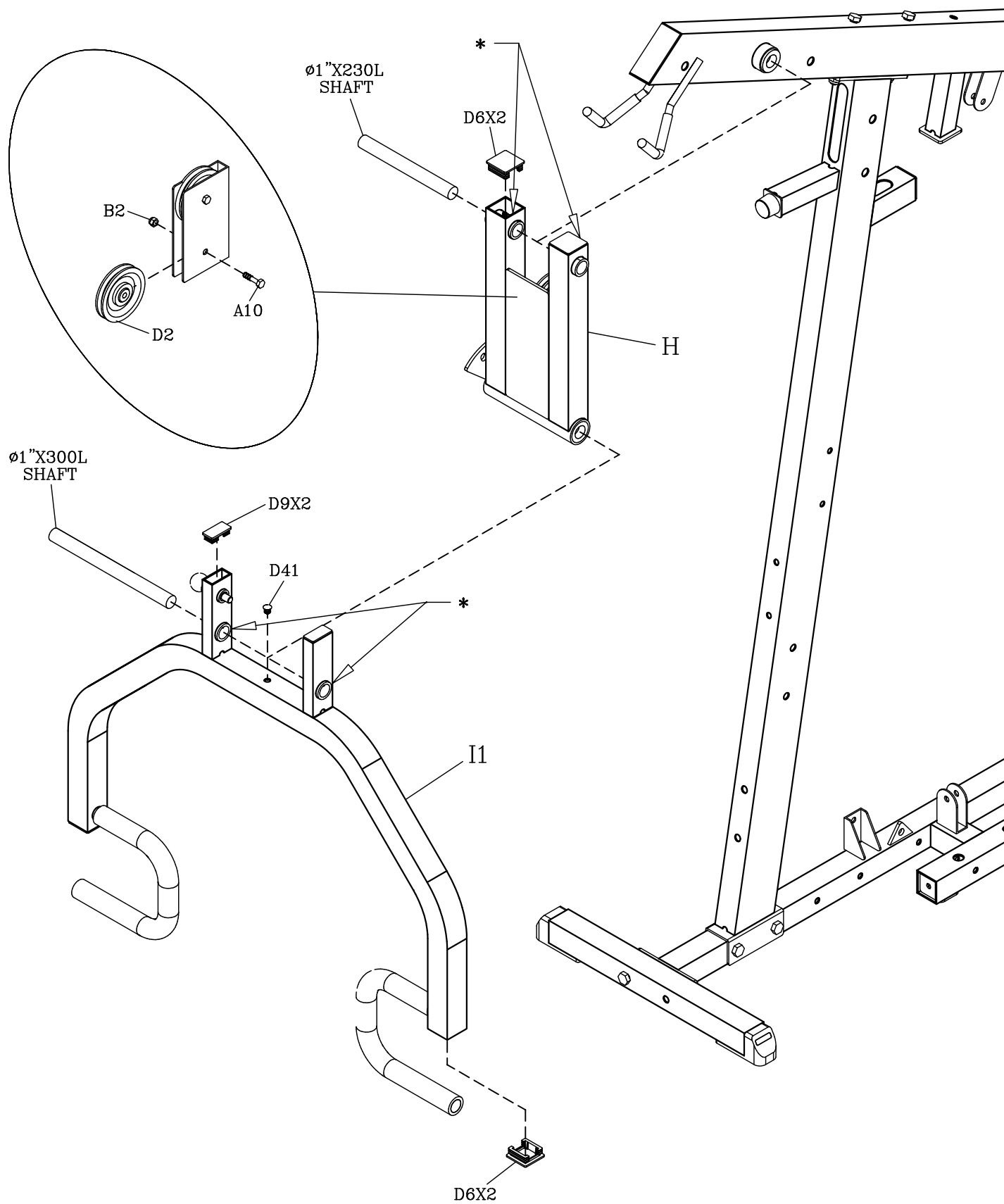




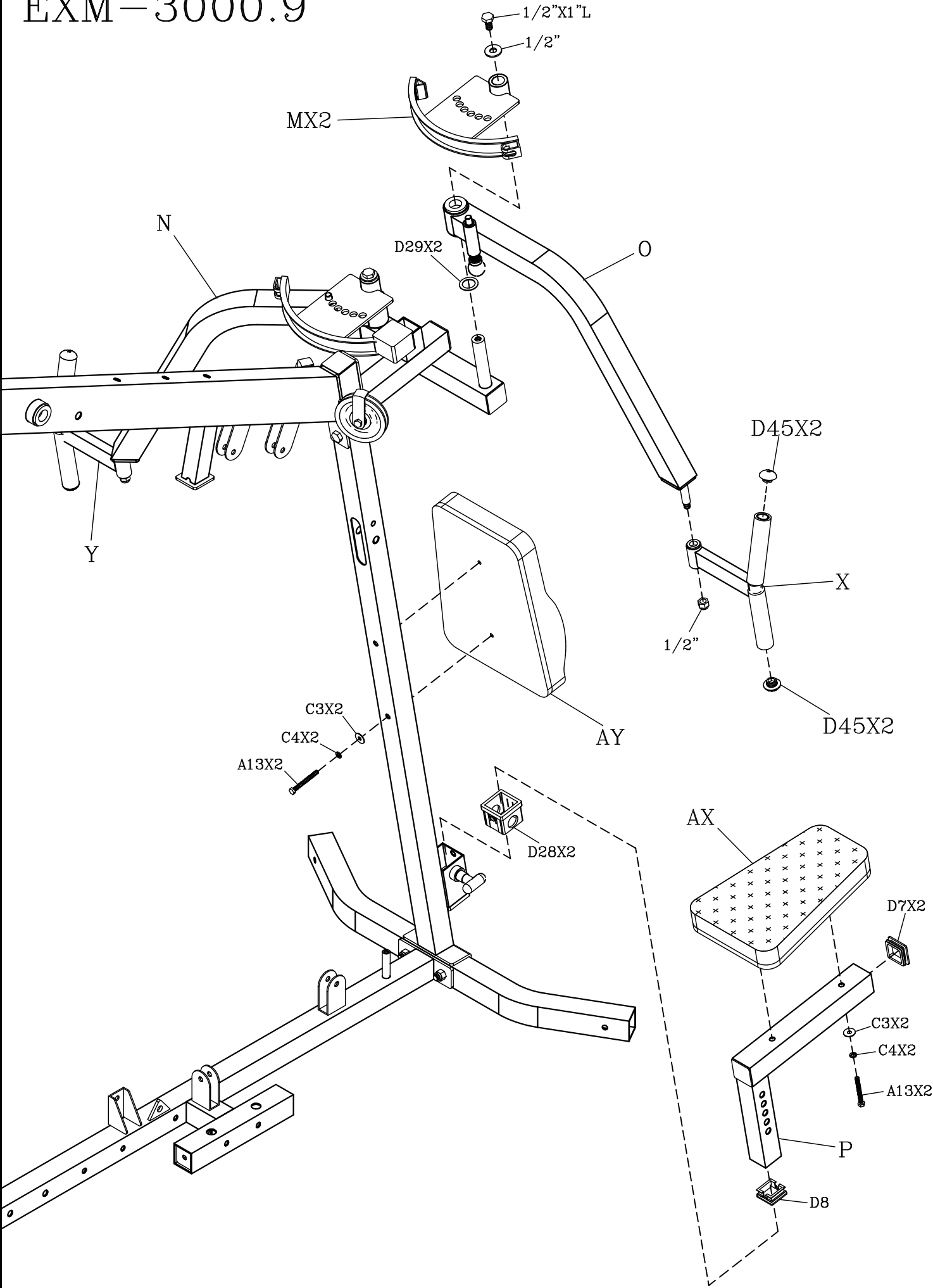


EXM-3000.9

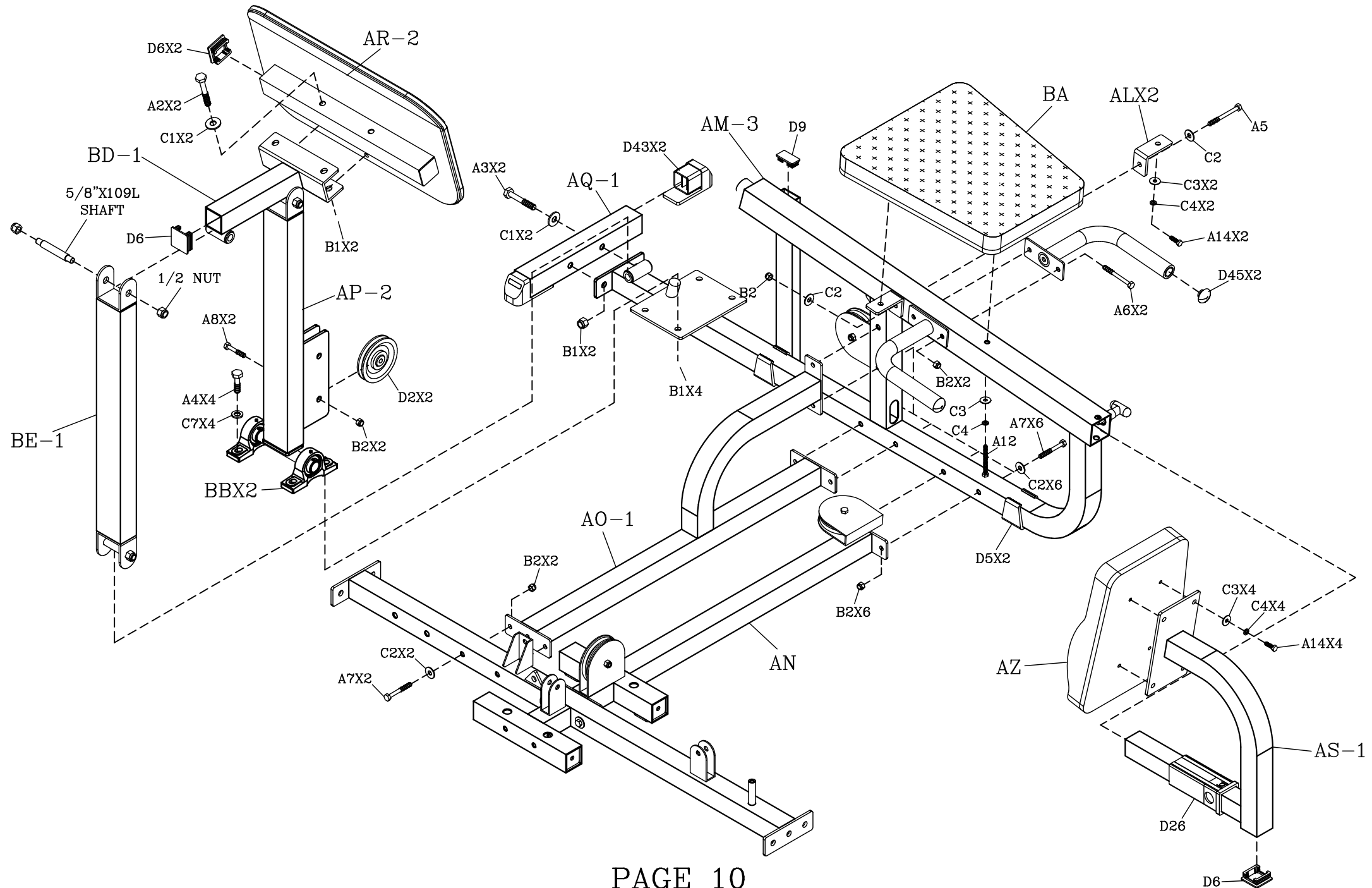
* : NEED TO LOOSEN BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



EXM-3000.9

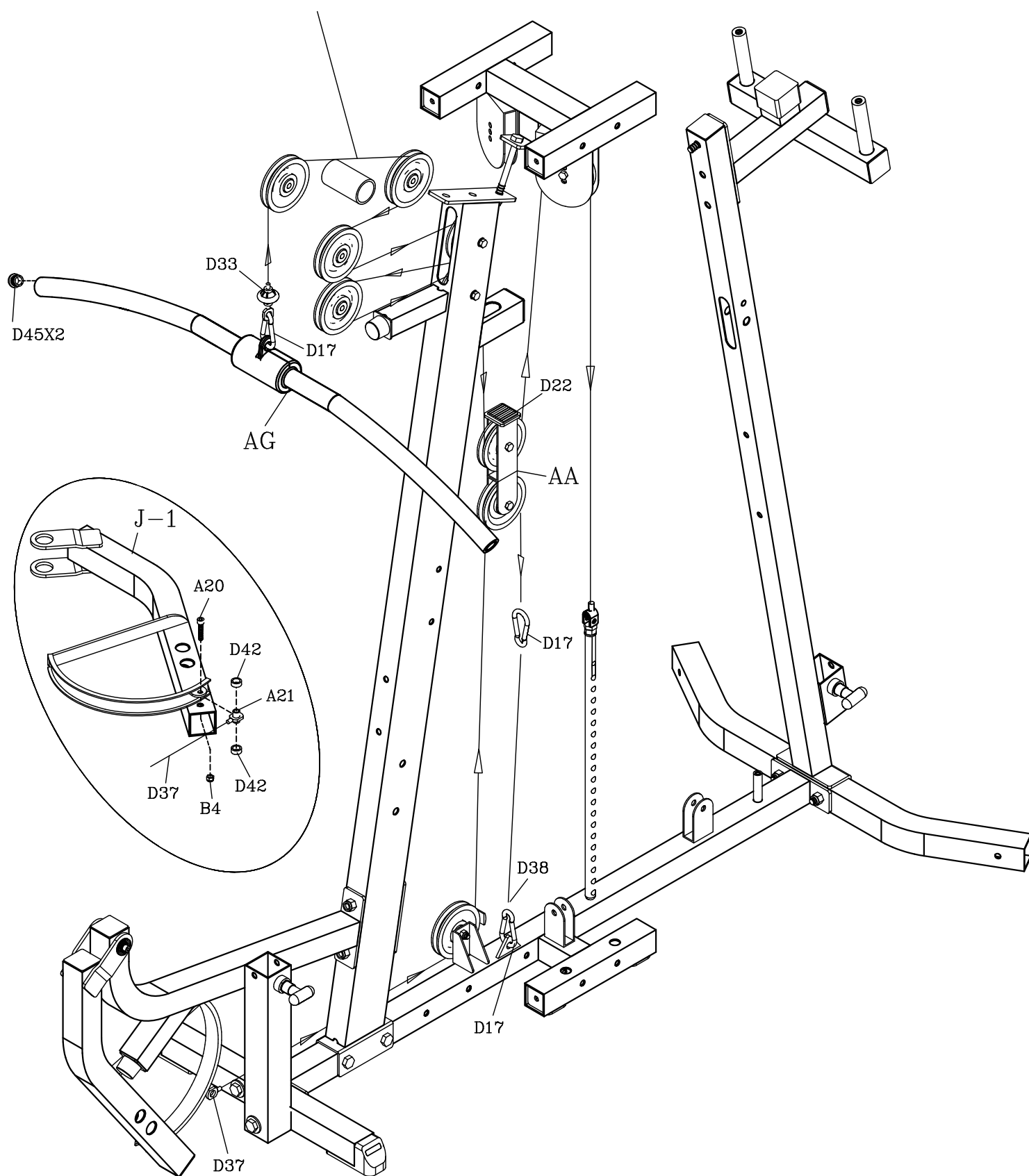


EXM-3000.9

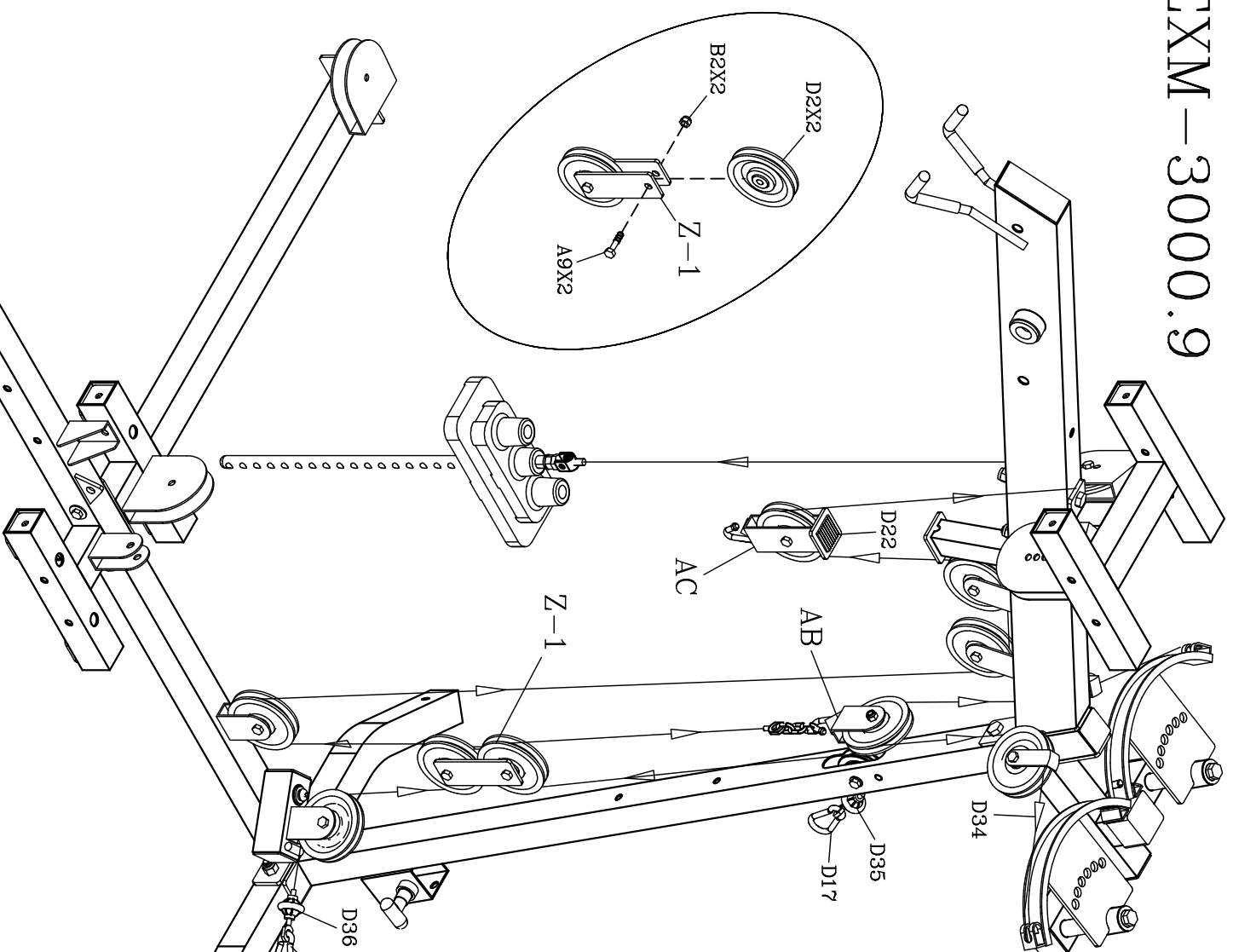


EXM-3000.9

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



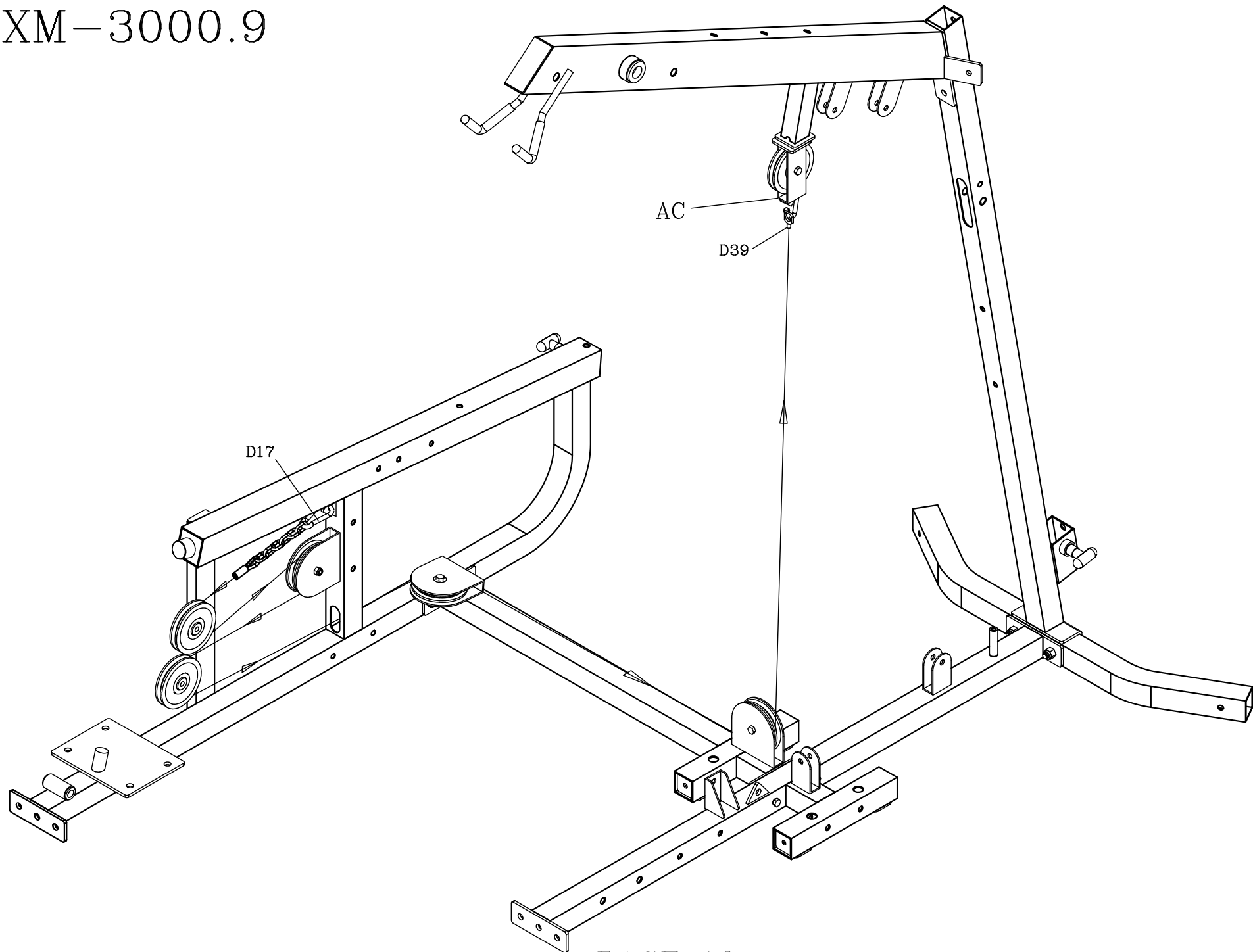
EXM-3000.9



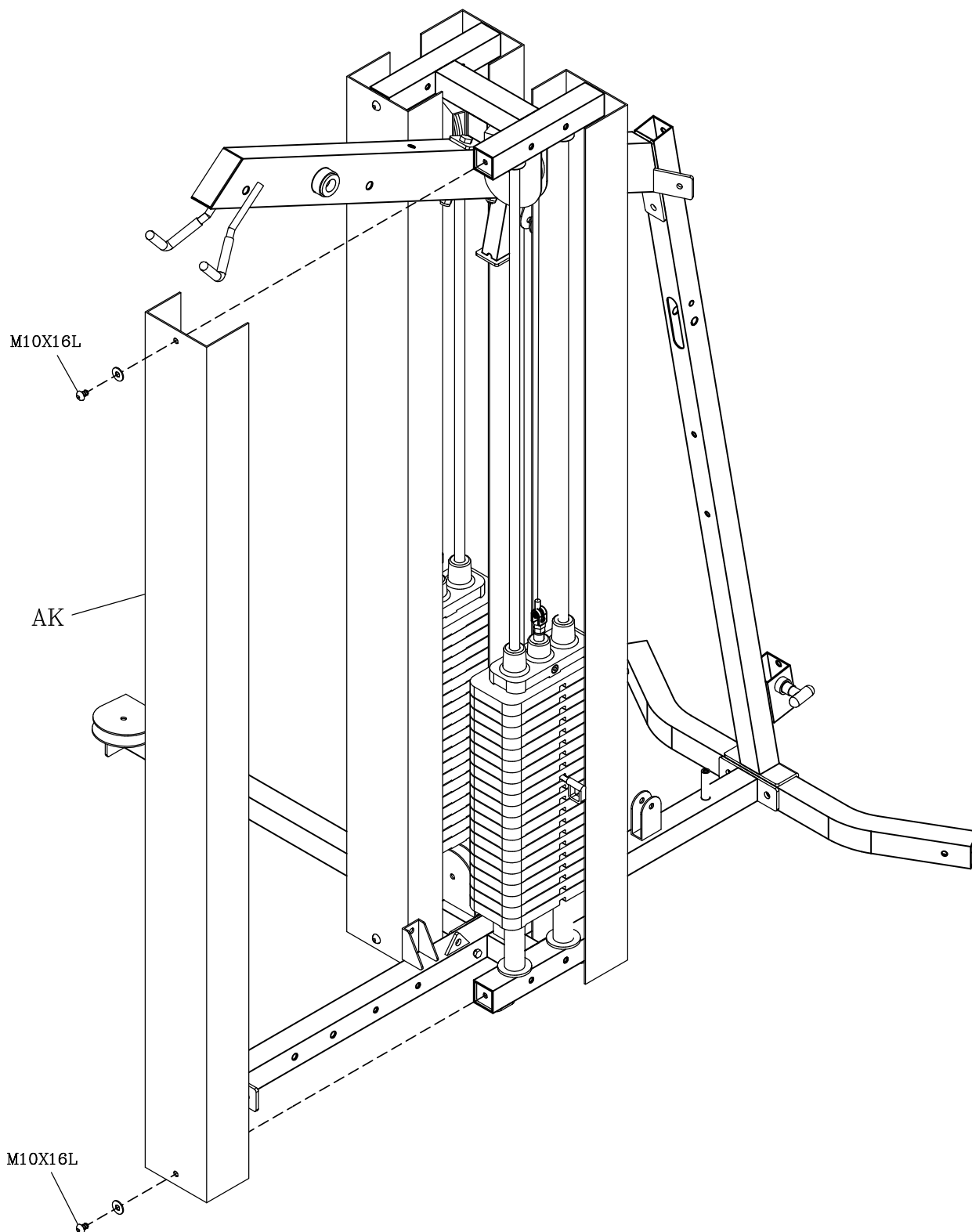
- THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:
1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace 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-3000.9



EXM-3000.9



Архангельск (8182)63-90-72	Ижевск (3412)26-03-58	Магнитогорск (3519)55-03-13	Пермь (342)205-81-47	Сургут (3462)77-98-35
Астана (7172)727-132	Иркутск (395)279-98-46	Москва (495)268-04-70	Ростов-на-Дону (863)308-18-15	Тверь (4822)63-31-35
Астрахань (8512)99-46-04	Казань (843)206-01-48	Мурманск (8152)59-64-93	Рязань (4912)46-61-64	Томск (3822)98-41-53
Барнаул (3852)73-04-60	Калининград (4012)72-03-81	Набережные Челны (8552)20-53-41	Самара (846)206-03-16	Тула (4872)74-02-29
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Владивосток (423)249-28-31	Киров (8332)68-02-04	Новосибирск (383)227-86-73	Севастополь (8692)22-31-93	Уфа (347)229-48-12
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Воронеж (473)204-51-73	Курск (4712)77-13-04	Оренбург (3532)37-68-04	Сочи (862)225-72-31	Череповец (8202)49-02-64
Екатеринбург (343)384-55-89	Липецк (4742)52-20-81	Пенза (8412)22-31-16	Ставрополь (8652)20-65-13	Ярославль (4852)69-52-93
Иваново (4932)77-34-06	Киргизия (996)312-96-26-47	Казахстан (772)734-952-31	Таджикистан (992)427-82-92-69	

Единый адрес для всех регионов: bda@nt-rt.ru || www.bodysolid.nt-rt.ru