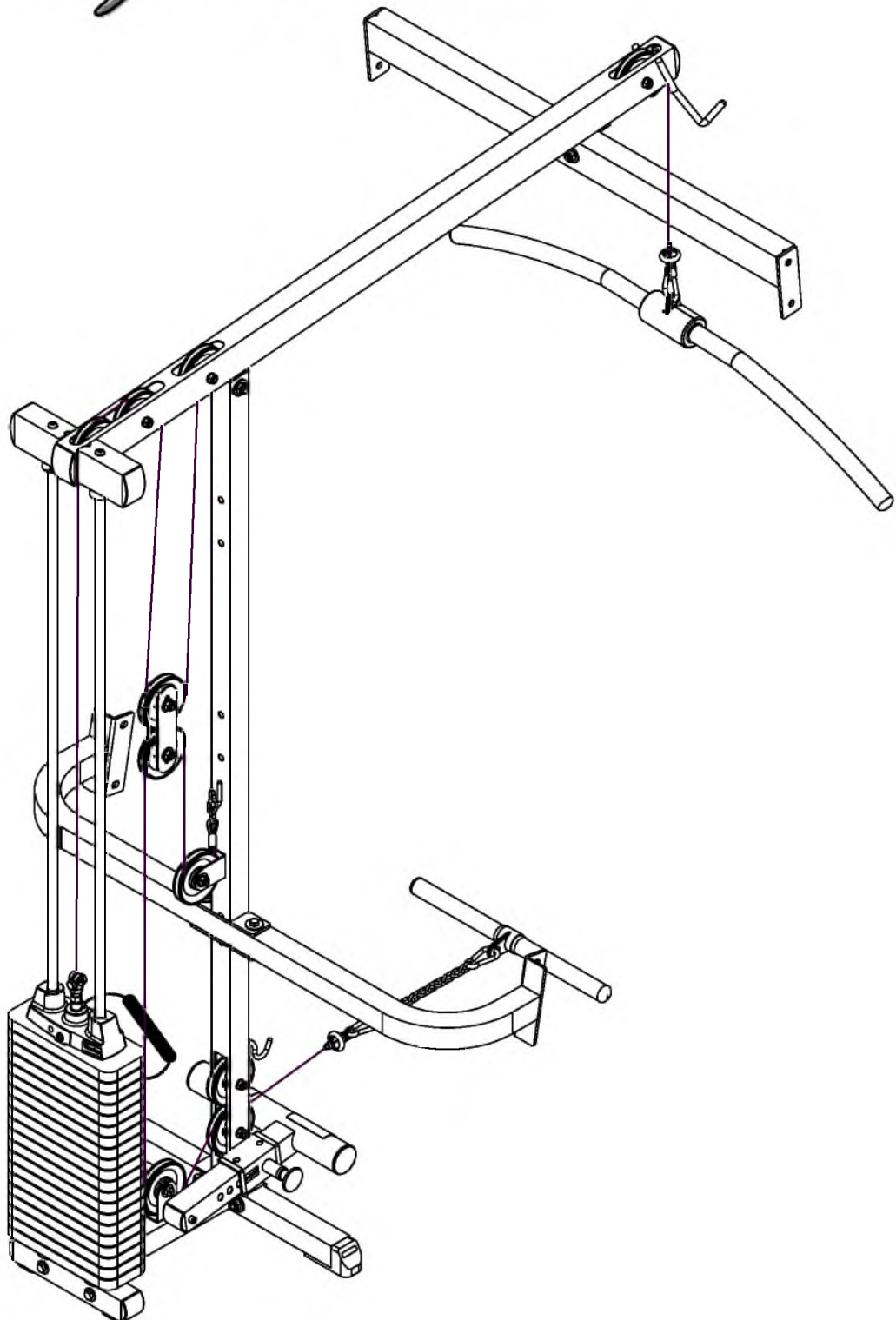


Body-solid



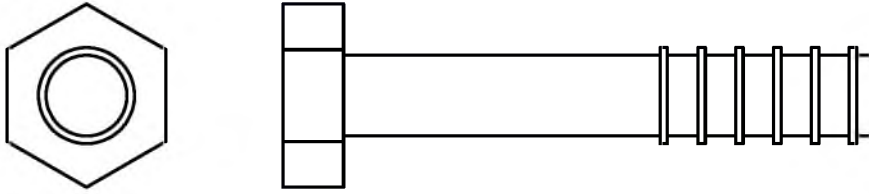
Assembly

Instructions

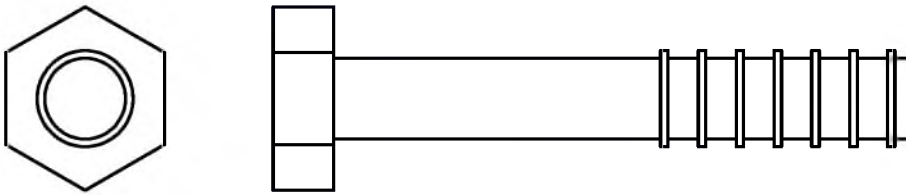
GLA348Q OWNER'S & MANUAL

GLA348Q HARDWARE (shown in actual size)

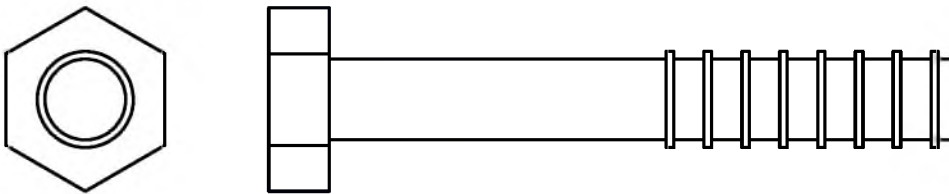
A1. M12X70L HEX HEAD BOLT QTY.1PCS



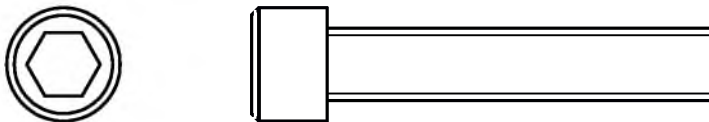
A2. M12X75L HEX HEAD BOLT QTY.3PCS



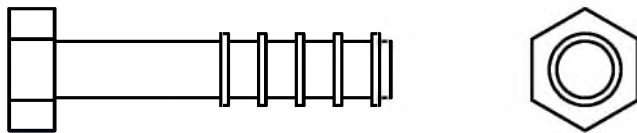
A3. M12X80L HEX HEAD BOLT QTY.2PCS



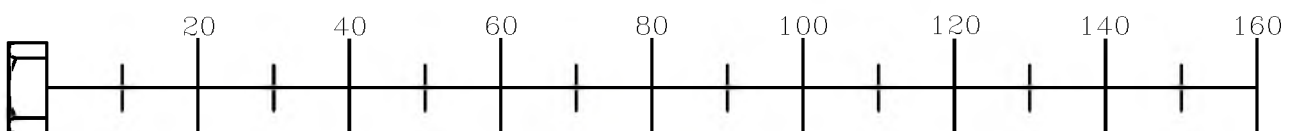
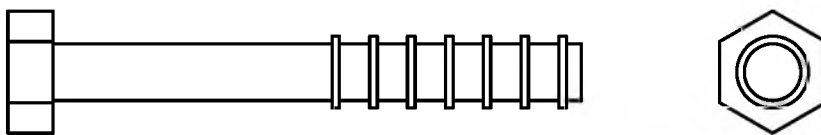
A4. 3/8"X2"L ROUND BOLT QTY.1PCS



A5. M10X45L HEX HEAD BOLT QTY.4PCS



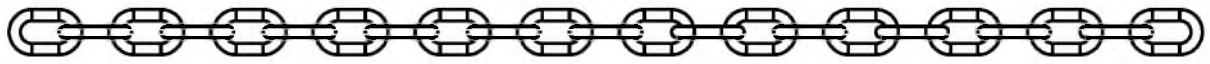
A6. M10X65L HEX HEAD BOLT QTY.8PCS



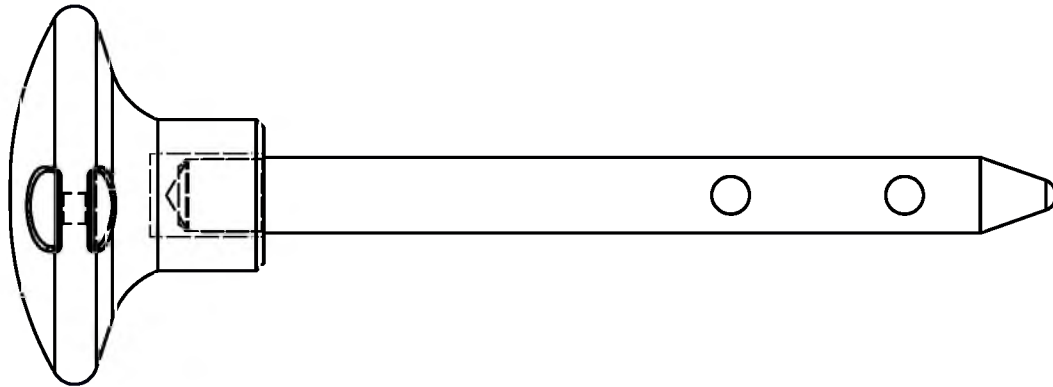
GLA348Q HARDWARE

(shown in actual size)

A7. STEEL CHAIN (8820-002) QTY.1PCS



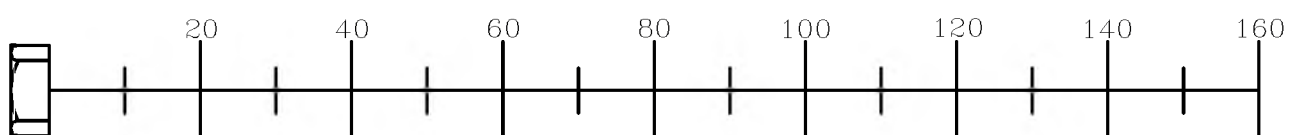
A8 BALL PIN(8250-071) QTY.1PCS



A9. Ø12 BUSHING (8890-010) QTY.1PCS



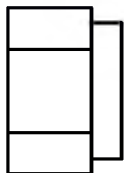
A10. ELASTIC QTY.1PCS



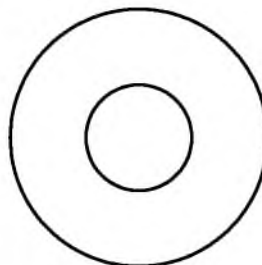
GLA348Q HARDWARE

(shown in actual size)

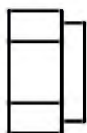
B1. M12 NYLON LOCK NUT QTY.6PCS



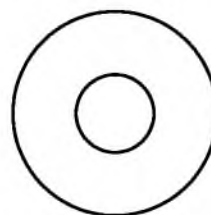
C1.M12 (I.D) WASHER Ø34 QTY.12PCS



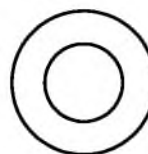
B2. M10 NYLON LOCK NUT QTY.12PCS



C2. M10 (I.D) WASHER Ø27 QTY.12PCS



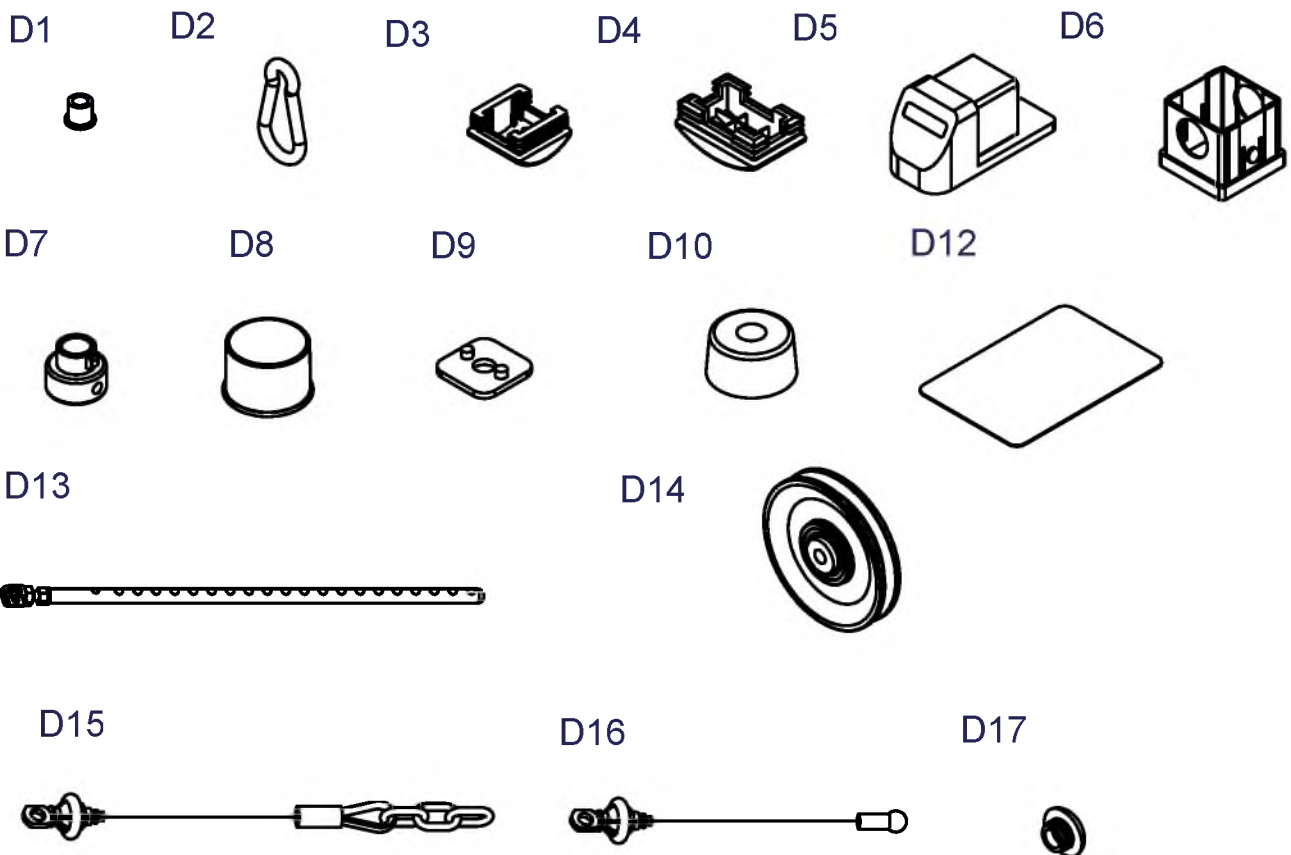
C3. M10 (I.D) WASHER Ø19 QTY.1PCS



GLA348Q HARDWARE

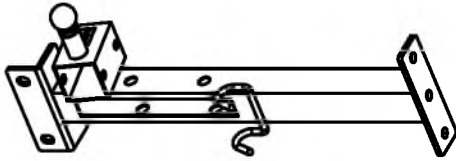
(shown in actual size)

D1. PULLEY SPACER (8530-009)-----	[12PCS]
D2. $\phi 8$ SPRING SNAP LINK (8810-001)-----	[3PCS]
D3. 2"X2" END CAP (9211-087)-----	[3PCS]
D4. 50X75 END CAP (9211-084)-----	[4PCS]
D5. 50X50X2.5t FOOT CAP (9211-025)-----	[2PCS]
D6. 60X50 NYLON BUSHING (9211-033)-----	[2PCS]
D7. $\phi 3/4$ " SHAFT COLLAR (9211-046)-----	[2PCS]
D8. $\phi 60$ ROUND END CAP (9211-065)-----	[2PCS]
D9. RUBBER BASE PAD (9214-002)-----	[2PCS]
D10. $\phi 2\ 1/2$ "X $\phi 19.2$ RUBBER DOUNT (9310-027)-----	[2PCS]
D12. NON SKID TAPE (9310-035)-----	[2PCS]
D13. SELECTOR SHAFT (8210-042A)-----	[1PCS]
D14. $\phi 110$ mm PULLEY (9213-002C)-----	[10PCS]
D15. 2670mm STEEL CABLE-----	[1PCS]
D16. 3870mm STEEL CABLE-----	[1PCS]
D17. $\phi 1$ " ROUND END CAP (9260-021)-----	[4PCS]

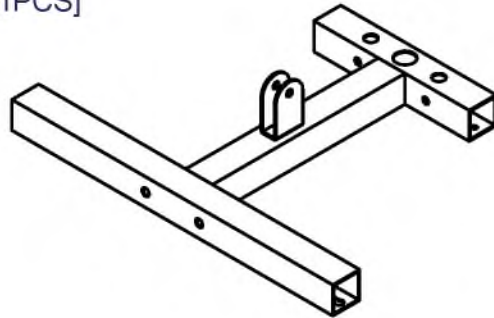


GLA348Q PARTS (shown in actual size)

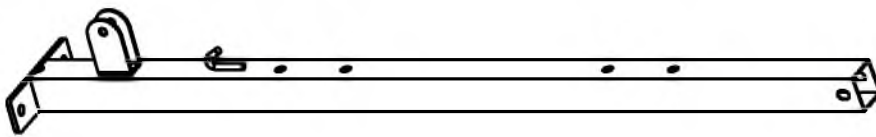
A [1PCS]



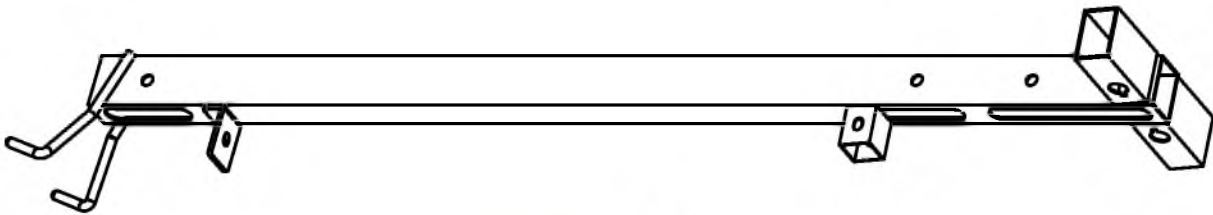
C[1PCS]



B [1PCS]



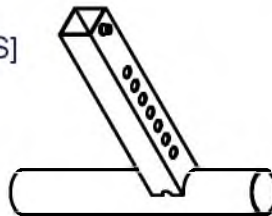
D [1PCS]



E [1PCS]



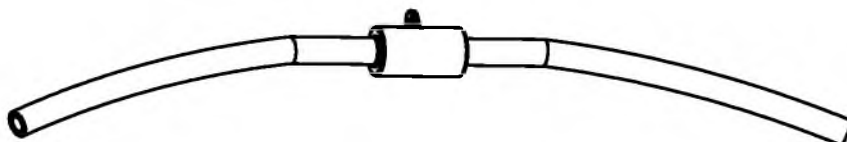
F [1PCS]



G[2PCS]
8342-014



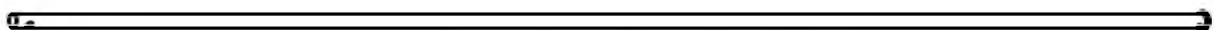
H [1PCS]
20LB1200D

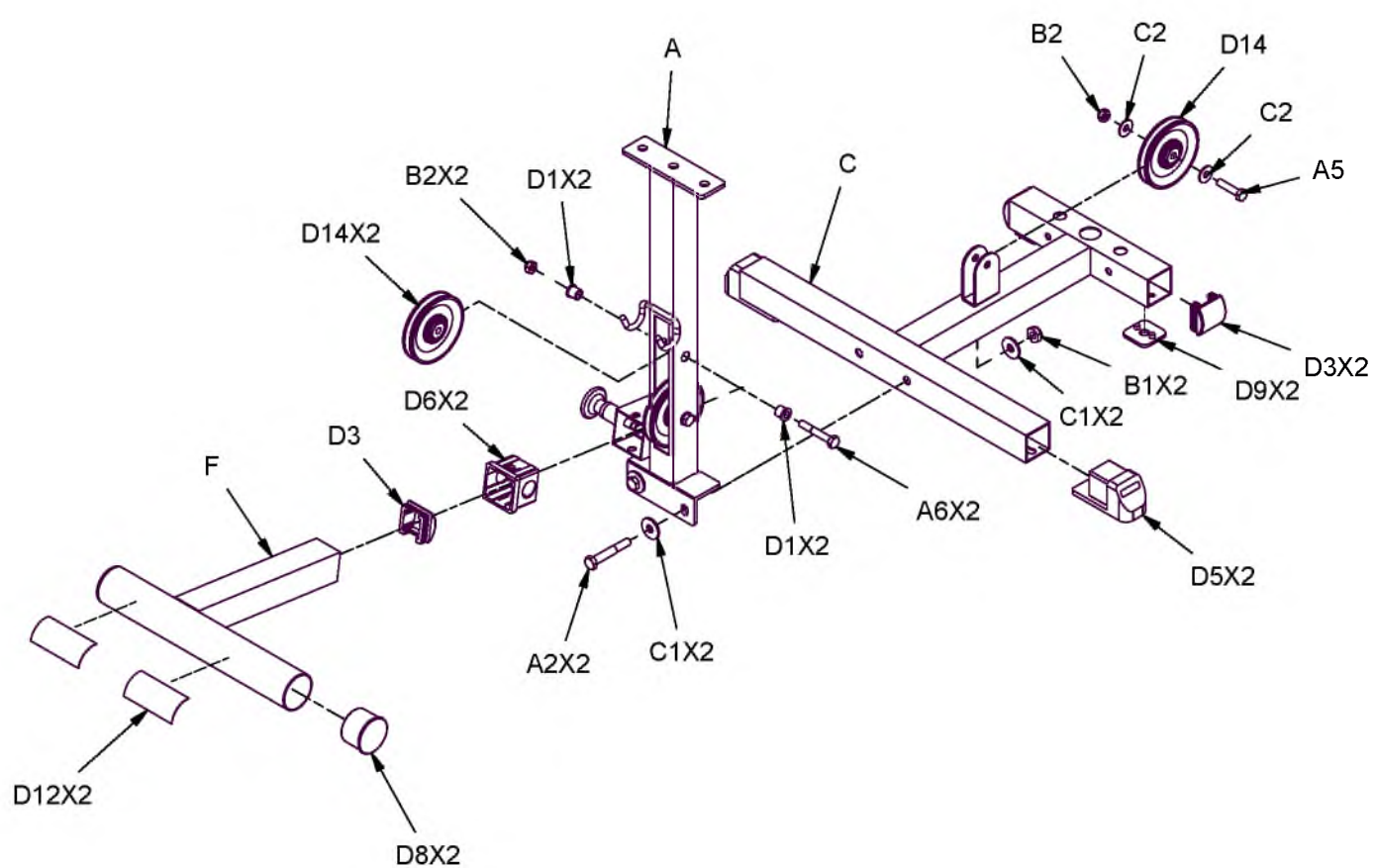


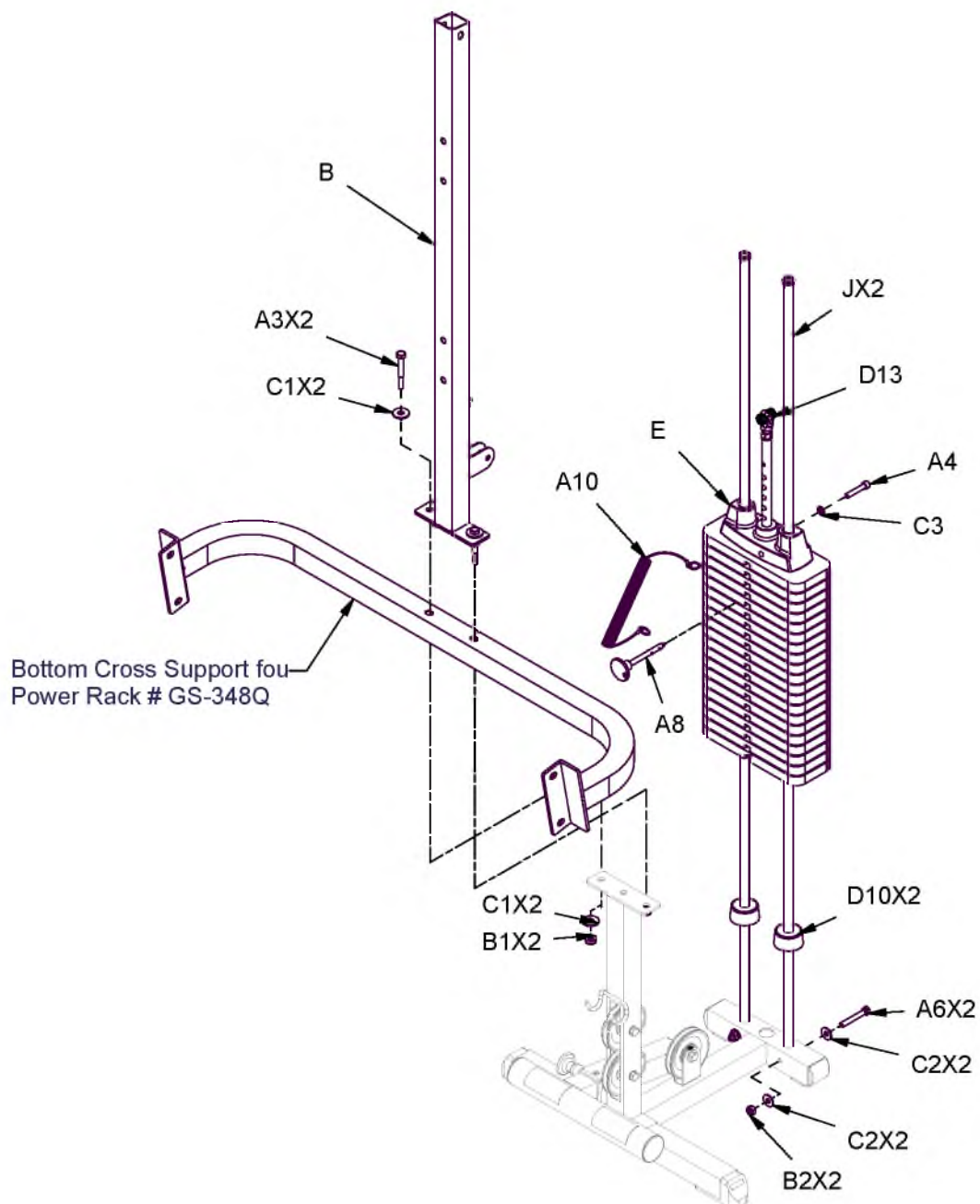
I [1PCS]
20LB500C

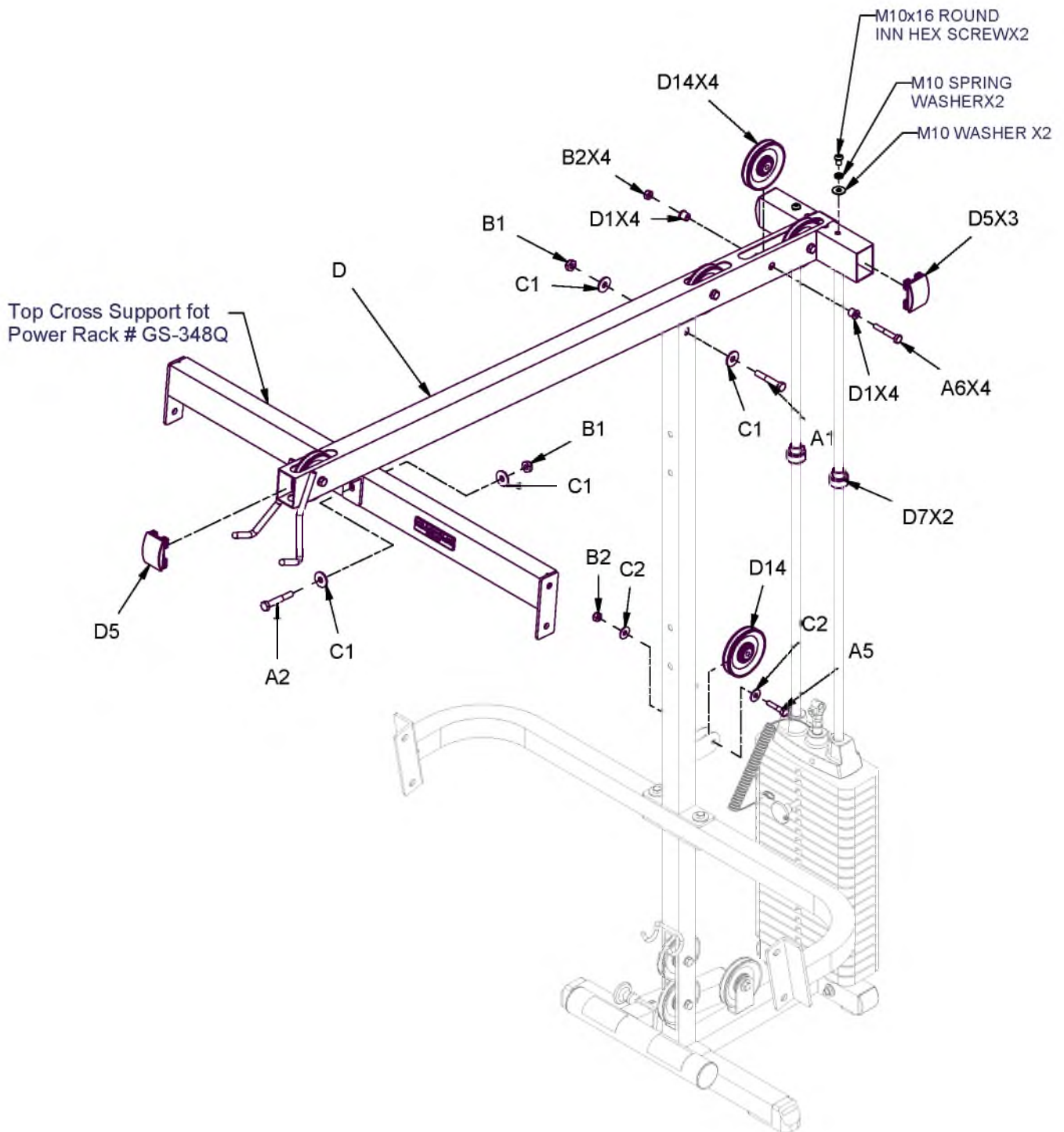


J [2PCS]

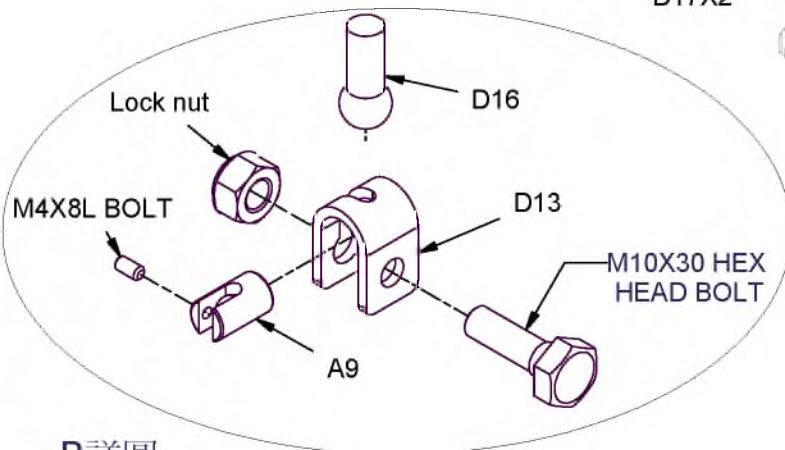
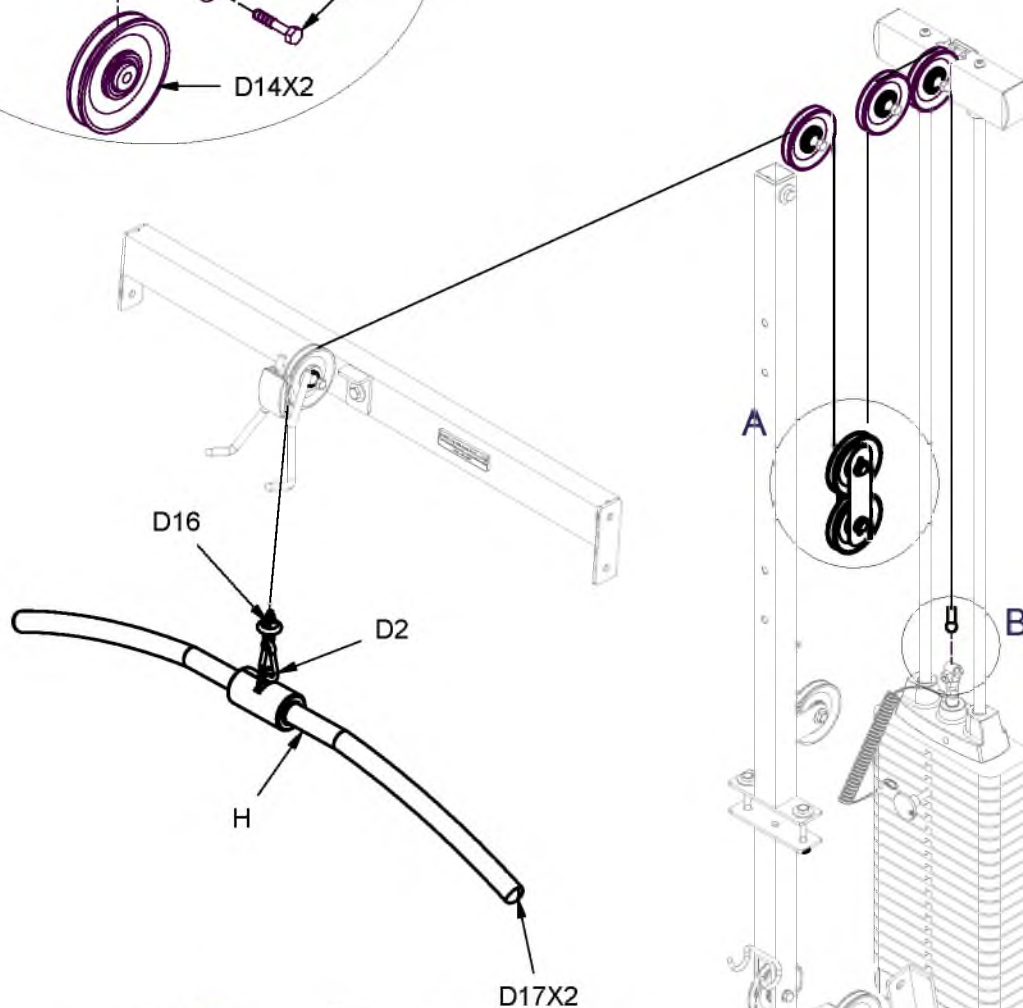
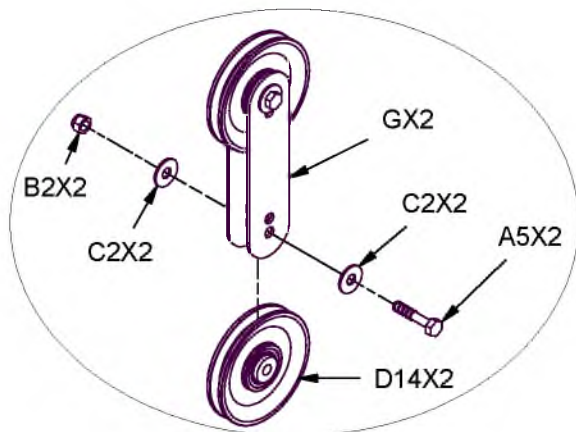




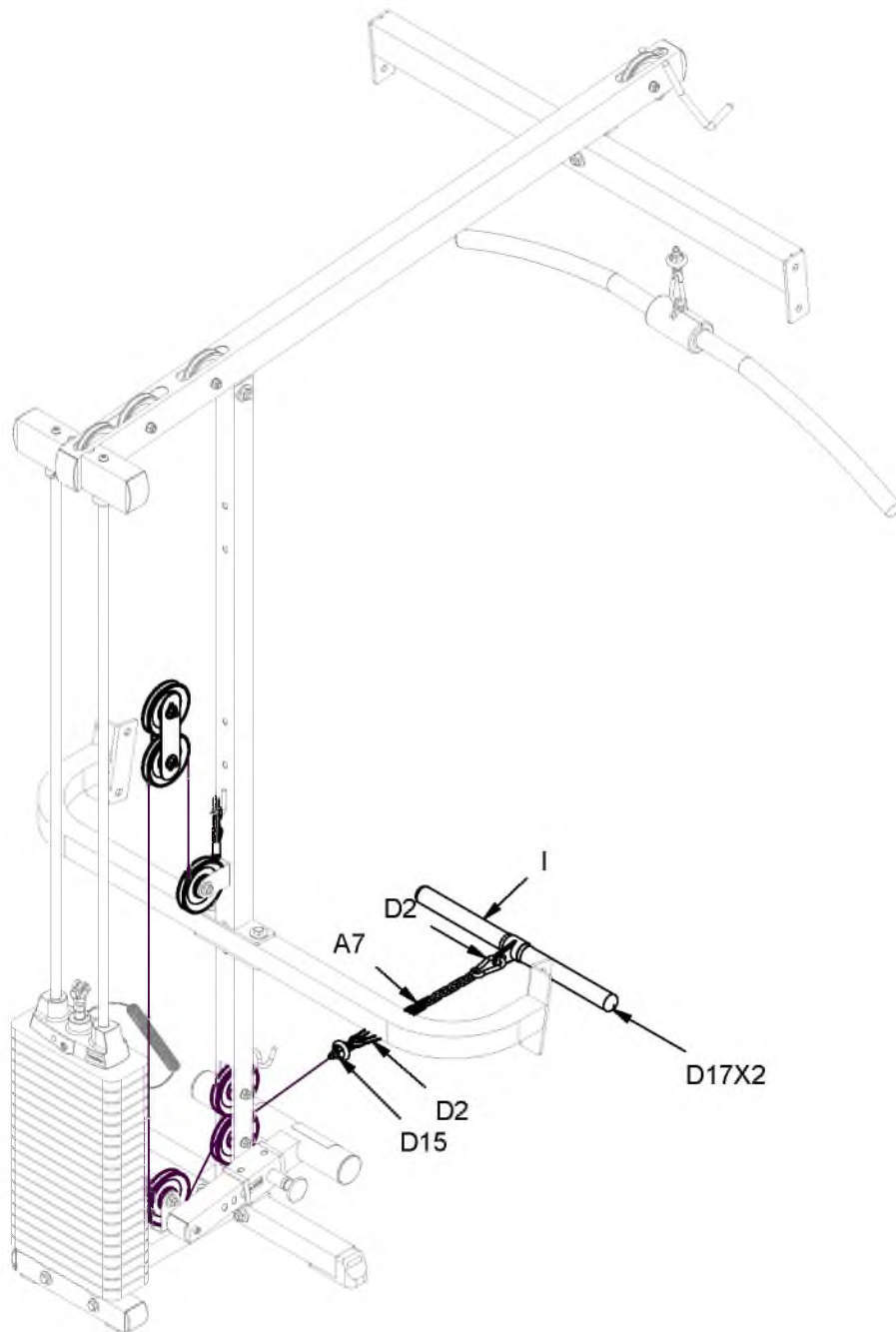




A詳圖



B詳圖



GLA348Q Hardware List

KEY#	QTY	DESCRIPTION
1	2	RUBBER DONUT 2 1/2"
2	20	WEIGHT PLATE 10lbs
3	1	SELECTOR ROD
7	1	WEIGHT STACK PIN 5 1/2"L
8	1	WEIGHT STACK PIN LANYARD
9	1	WASHER 10 (Ø19)
10	1	CABLE END SHAFT 3/4"L
11	12	WASHER 12 (Ø34)
12	6	M12 NYLON LOCK NUT
13	2	M12X80L HEX HEAD BOLT
14	14	M10 WAHER 10(Ø27)
16	12	M10 NYLON LOCK NUT
17	1	FLAT POP PIN 1 1/2"L
18	1	SOCKET HEAD BOLT 5/16"X1/2"L FULL THREAD
19	2	60X50 NYLON BUSING
20	2	Ø60 ROUND END CAP
21	3	2"X2" END CAP
22	10	Ø110mm PULLEY
23	12	PULLEY SPACER
24	2	50X50X2.5T FOOT CAP
25	2	RUBBER BASE PAD
26	3	M10X45L HEX HEAD BOLT
27	3	M12X75L HEX HEAD BOLT
29	8	M10X65L HEX HEAD BOLT
30	2	NON SKID TAPE
32	2	M10X16L ROUND INNER HEX SCREW
33	2	M10 SPRING WASHER
34	1	3/8"X3 1/2" ROUND BOLT
35	1	3/8" NYLON LOCE NUT
36	1	M10X30L HEX HEAD BOLT
37	4	50X75 END CAP
38	2	Ø3/4" SHAFT COLLAR
39	2	ALLEN SCREW M8X8L FULL THREAD
41	1	M12X70L HEX HEAD BOLT
43	1	LAT BAR PAD
44	2	LAT BAR PAD
45	2	FOAM GRIP 1 1/2" OD X20 1/2" L
48	3	Ø8 SPRING SNAP LINK
49	4	Ø1" ROUND END CAP
50	1	STEEL CHAIN
51	2	FOAM GRIP 1 1/2" OD X 8 1/2"L

GLA348Q Mainframe Parts List

KEY#	QTY	DESCRIPTION
A	1	REAR VERTICAL FRAME
B	1	MULTI HIP PAD HOLDER
C	1	MAIN BASE FRAME
D	1	TOP FRAME
E	1	TOP PLATE (10lbs.)
F	1	SEAT FRAME
G	2	DOUBLE PULLEY HOLDER
J	2	CHROME GUIDE ROD
H	1	LAT BAR
I	1	LOW ROWBAR

EXPLODED VIEW DIAGRAM GLA348Q

