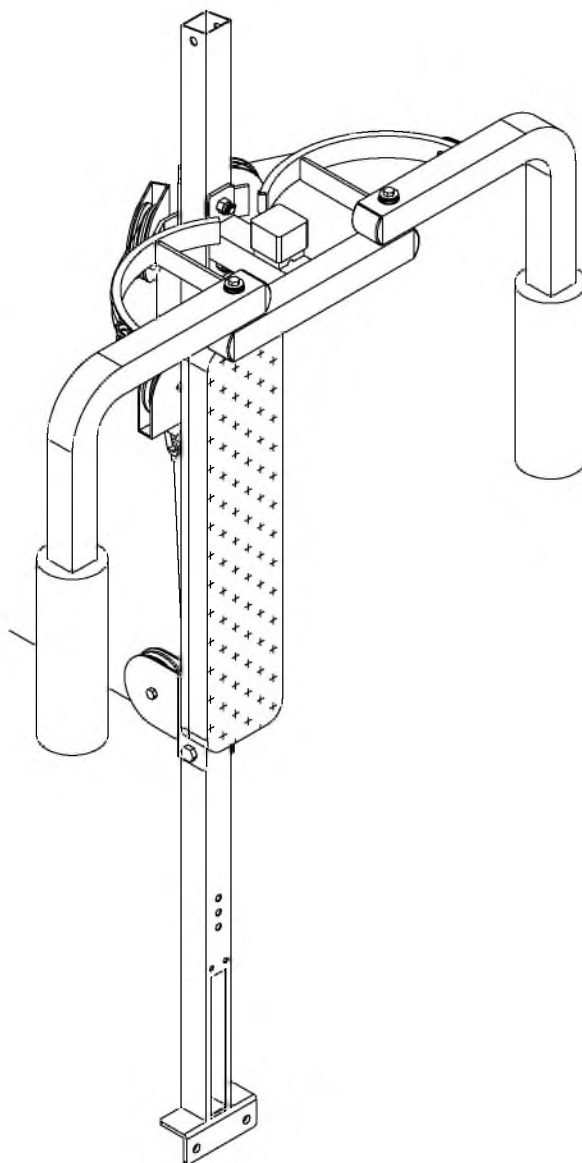


# Body-Solid®

Built for Life



<b>Архангельск</b> (8182)63-90-72	<b>Ижевск</b> (3412)26-03-58	<b>Магнитогорск</b> (3519)55-03-13	<b>Пермь</b> (342)205-81-47	<b>Сургут</b> (3462)77-98-35
<b>Астана</b> (7172)727-132	<b>Иркутск</b> (395)279-98-46	<b>Москва</b> (495)268-04-70	<b>Ростов-на-Дону</b> (863)308-18-15	<b>Тверь</b> (4822)63-31-35
<b>Астрахань</b> (8512)99-46-04	<b>Казань</b> (843)206-01-48	<b>Мурманск</b> (8152)59-64-93	<b>Рязань</b> (4912)46-61-64	<b>Томск</b> (3822)98-41-53
<b>Барнаул</b> (3852)73-04-60	<b>Калининград</b> (4012)72-03-81	<b>Набережные Челны</b> (8552)20-53-41	<b>Самара</b> (846)206-03-16	<b>Тула</b> (4872)74-02-29
<b>Белгород</b> (4722)40-23-64	<b>Калуга</b> (4842)92-23-67	<b>Нижний Новгород</b> (831)429-08-12	<b>Санкт-Петербург</b> (812)309-46-40	<b>Тюмень</b> (3452)66-21-18
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Единый адрес для всех регионов: [bda@nt-rt.ru](mailto:bda@nt-rt.ru) || [www.bodysolid.nt-rt.ru](http://www.bodysolid.nt-rt.ru)

# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.  
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

*Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.*

## **When using exercise equipment, you should always take basic precautions, including the following:**

- Read all instructions before using the GPA-3. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

## **Personal Safety During Assembly**

- It is strongly recommended that a qualified dealer assemble the equipment.  
**Assistance is required.**
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the GPA-3 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The GPA-3 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid GPA-3.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

## **Obtaining Service**

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this unit. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113  
Phone: 1-708-427-3555  
Fax: 1-708-427-3556  
Hours: M-F 8:30-5:00 CST  
E-Mail: [service@bodysolid.com](mailto:service@bodysolid.com)

Or write to: Body-Solid, Inc.  
Service Department  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA

**Retain this Owner's Manual for future reference. Part numbers are required when ordering replacement parts.**

## Before You Begin

Thank you for purchasing the GPA-3. This gym is part of the Body-Solid line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

---

### Unpacking the Equipment

The GPA-3 is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Ask for assistance during the assembly process. Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

***Be careful to assemble all components in the sequence presented in this guide.***

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-556-3113 for the dealer nearest you.

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

Any Questions?  
Call (800) 556-3113

# Preparations

**CAUTION: To set up this unit, you will need assistance. Do not attempt assembly by yourself.**

You must review and follow the instructions in this Owner's Manual. If you do not assemble and use the GPA-3 according to these guidelines, you could void the Body-Solid warranty.

## Required Tools

The basic tools that you must obtain before assembling the GPA-3 include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

## Installation Requirements

Follow these installation requirements when assembling the GPA-3:

Set up the GPA-3 on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

**CAUTION: Obtain assistance! Do not attempt to assemble the GPA-3 by yourself. Review the Installation Requirements before proceeding with the following steps.**

Be careful to assemble components in the sequence presented in this guide.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

# Assembly Instructions

Assembly of the GPA-3 takes professional installers about 1 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

## **Professional installers are highly recommended!**

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

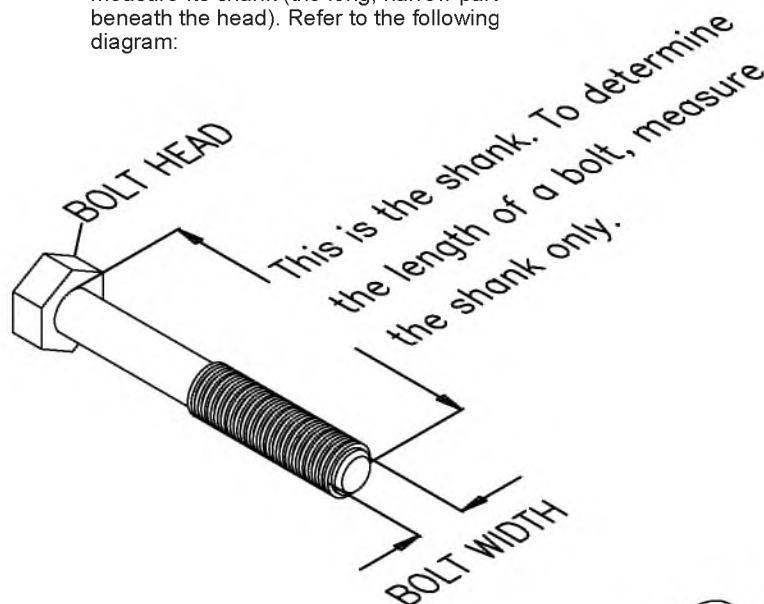
### **Assembly Tips**

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the GPA-3 using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

**NOTE:** To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:

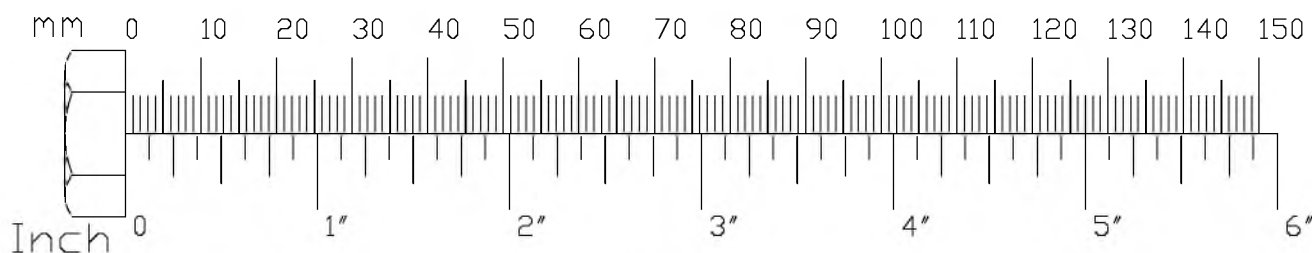
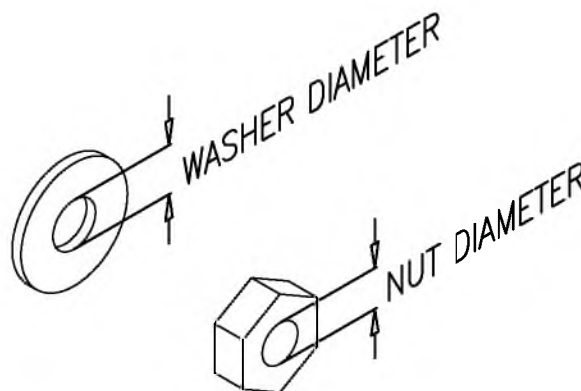


**Do not fully tighten bolts until instructed to do so.**

**Note:** After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

### **IMPORTANT!**

Before you begin you should look at the quick reference guide that shows all hardware parts (in actual size) along with the corresponding key numbers on the assembly instructions.



**STEP****1**

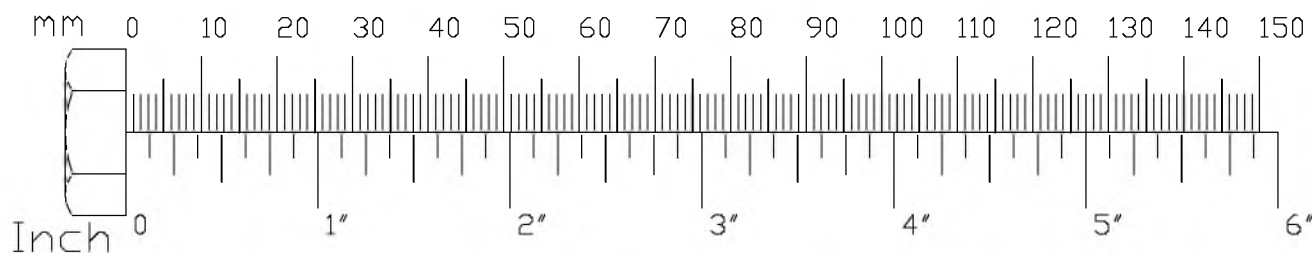
**Be careful to assemble all components in the sequence they are presented.**

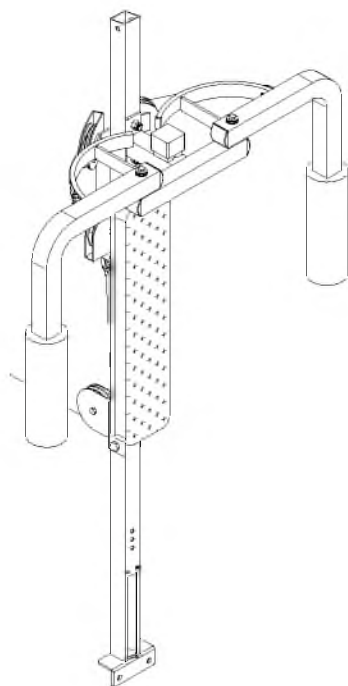
**NOTE:**

**Some components may be pre-installed.**

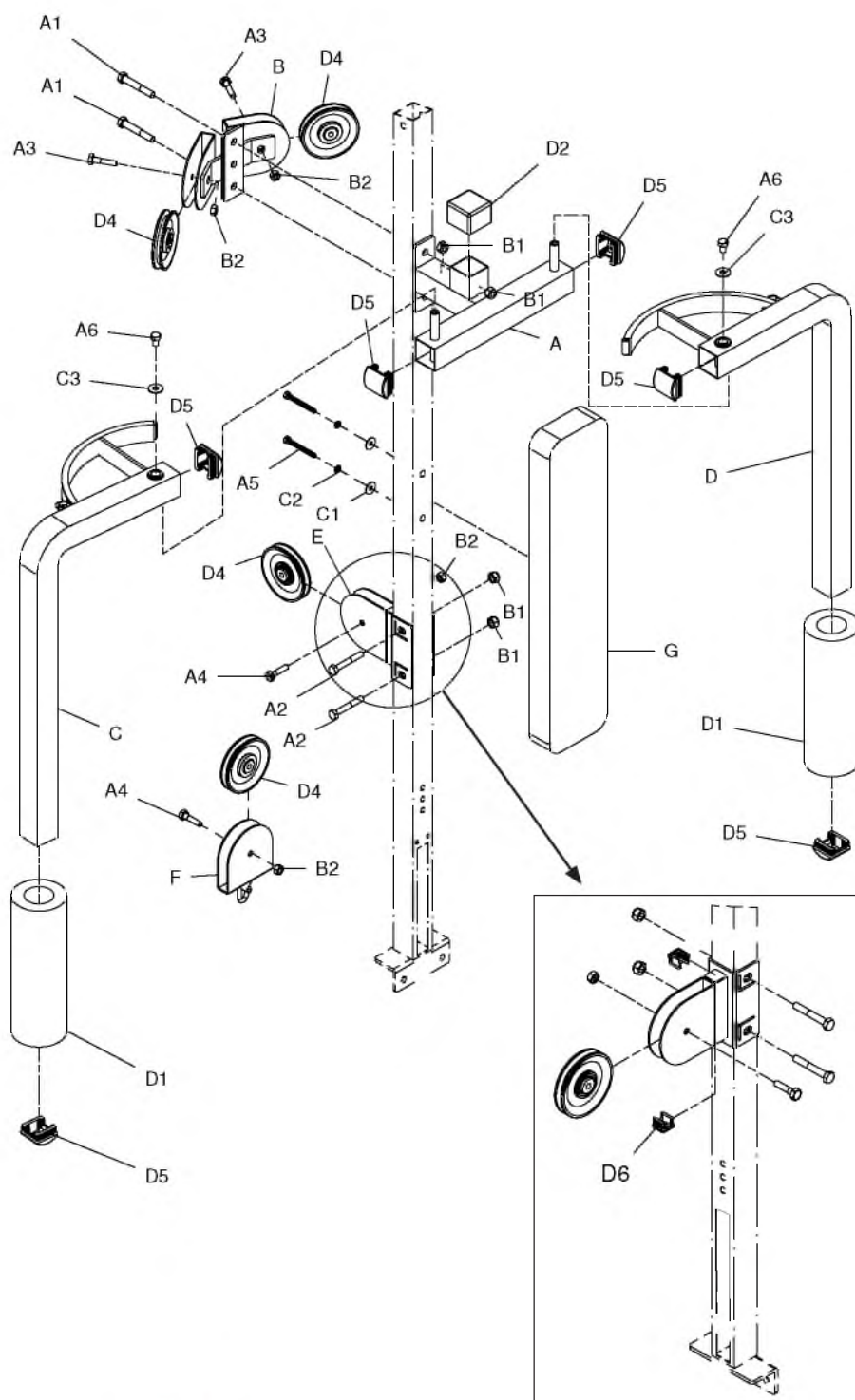
- A. Connect Pulley Plate (B) and Center Arm Frame (A) as shown by using:  
**Two A1 (M12x75 hex head bolt)**  
**Two B1 (M12 nylon nut)**
- B. Install two Pulleys (D4) to Center Arm Frame (A) using:  
**Two A3 (M10x45 hex head bolt)**  
**Two B2 (M10 nylon nut)**
- C. Slide Plastic Cover (D2) onto Center Arm Frame (A).  
Insert both End Caps (D5) into Center Arm Frame (A).
- D. Slide Foam Rollers (D1) onto Left Arm (C) and Right Arm (D).  
Insert both End Caps (D5) into Left Arm (C) and both End Caps (D5) into Right Arm (D) as shown.
- E. Affix Pulley Holder (E) by using:  
**Two A2 (M12x70 hex head bolt)**  
**Two B1 (M12 nylon nut)**
- F. Install Pulley (D4) to Pulley Holder (E) using:  
**One A4 (M10x40 hex head bolt)**  
**One B2 (M10 nylon nut)**
- G. Insert End Caps (D6) into Pulley Holder (E) as shown. *(pre-installed)*
- H. Insert Left Arm (C) and Right Arm (D) onto the shafts on Center Arm Frame (A) as shown and secure using:  
**Two A6 (M10x16 hex head bolt)** *(pre-installed)*  
**Two C3 (M10 washer)** *(pre-installed)*
- I. Connect Pad (G) by using:  
**Two A5 (5/16" x 2 3/4" hex head bolt)**  
**Two C2 (5/16" spring washer)**  
**Two C1 (5/16" washer)**
- J. Insert Pulley (D4) into Pulley Holder with Hook (F) and secure using:  
**One A4 (M10x40 hex head bolt)**  
**One B2 (M10 nylon nut)**

NOTE: Pulley Holder with Hook (F) will be completely assembled in the next step.





Above shows Step 1 assembled and completed.





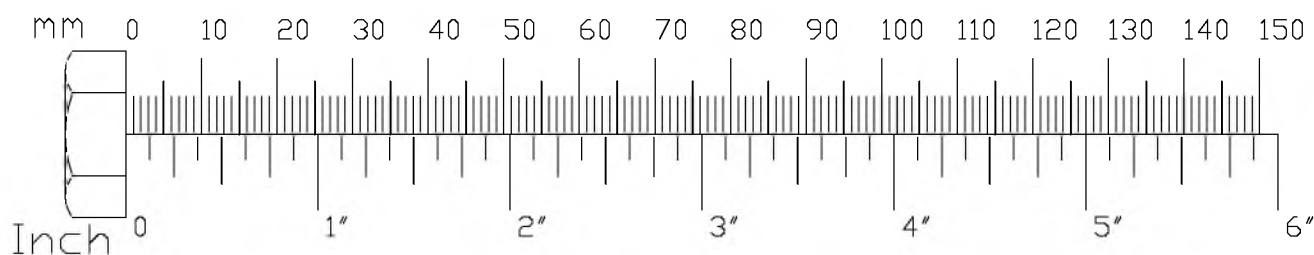
**STEP****2**

**Be careful to assemble all components in the sequence they are presented.**

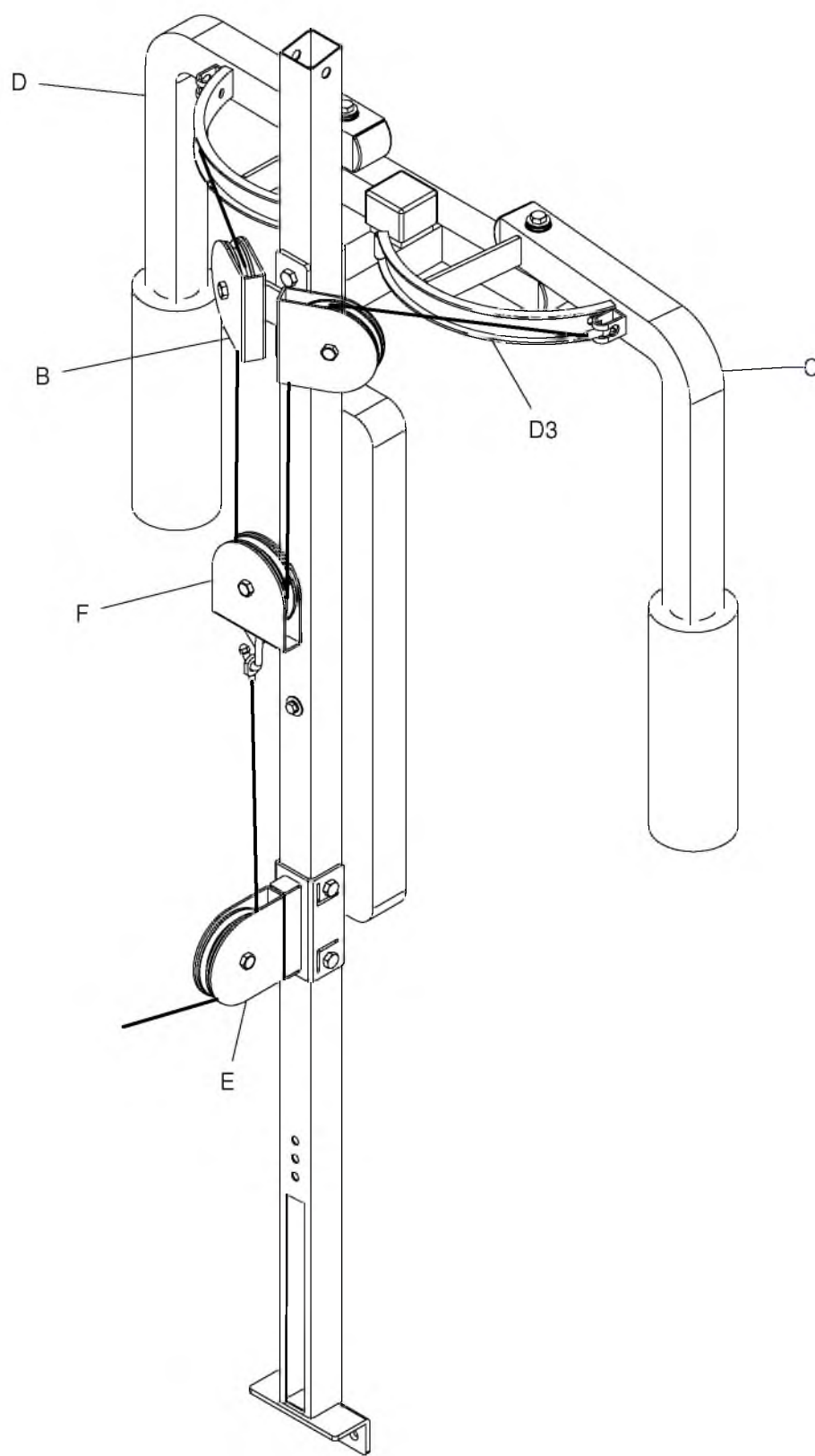
**NOTE:**

**Finger tighten all hardware in this step unless otherwise noted.**

- A. Attach Cable (D3) to Right Arm (D) by sliding it into position.
- B. Bring Cable (D3) around the Pulley on Pulley Plate (B) then down towards Pulley Holder with Hook (F) as shown.
- C. Wrap the cable around Pulley Holder with Hook (F) then bring it back up and around Pulley Plate (B).
- D. Terminate Cable (D3) onto Left Arm (C) by sliding it into position.





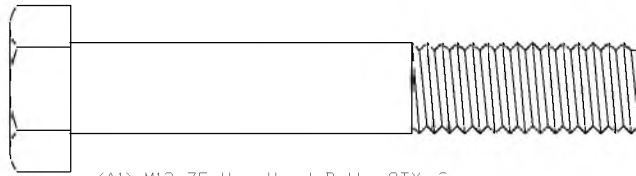


## Hardware List

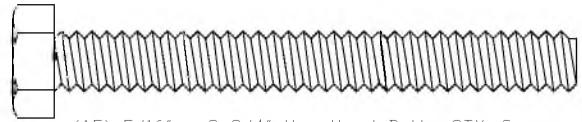
Part#	Qty	Description		
A	1	Center Arm Frame		
B	1	Pulley Plate		
C	1	Left Arm		
D	1	Right Arm		
E	1	Pulley Holder		
F	1	Pulley Holder with Hook		
G	1	Pad		
A1	2	Hex Head Bolt	M12x75	
A2	2	Hex Head Bolt	M12x70	
A3	2	Hex Head Bolt	M10x45	
A4	2	Hex Head Bolt	M10x40	
A5	2	Hex Head Bolt	5/16" x 2 3/4"	
A6	2	Hex Head Bolt	M10x16	
B1	4	Nylon Nut	M12	
B2	4	Nylon Nut	M10	
C1	2	Washer	5/16" (ID)	
C2	2	Spring Washer	5/16" (ID)	
C3	2	Washer	M10	
D1	2	Foam Roller		(9161-056)
D2	1	Plastic Cover	2"x2"	(9310-020)
D3	1	Cable	1980mm	
D4	4	Pulley Wheel		(9213-002C)
D5	6	End Cap	2"x2"	(9211-087)
D6	2	End Cap	1" x 1"	(9211-001)

**Part numbers are required when ordering parts.**

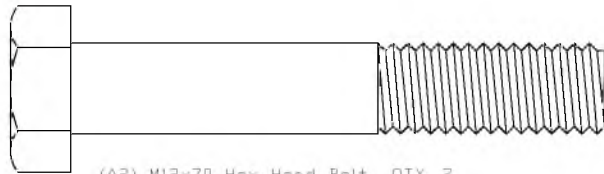
# Hardware (To Scale)



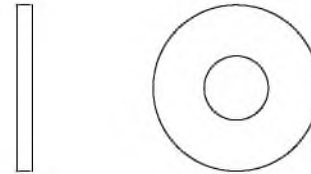
(A1) M12x75 Hex Head Bolt QTY. 2



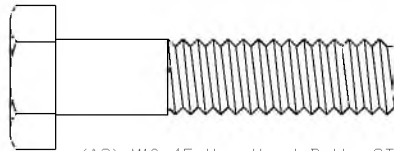
(A5) 5/16" x 2 3/4" Hex Head Bolt QTY. 2



(A2) M12x70 Hex Head Bolt QTY. 2



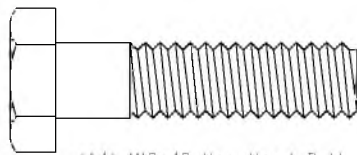
(C1) 5/16" Washer QTY. 2



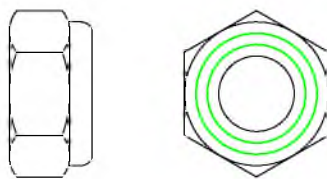
(A3) M10x45 Hex Head Bolt QTY. 2



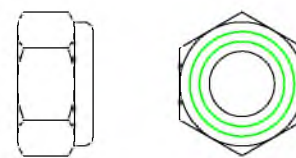
(C2) 5/16" Spring Washer QTY. 2



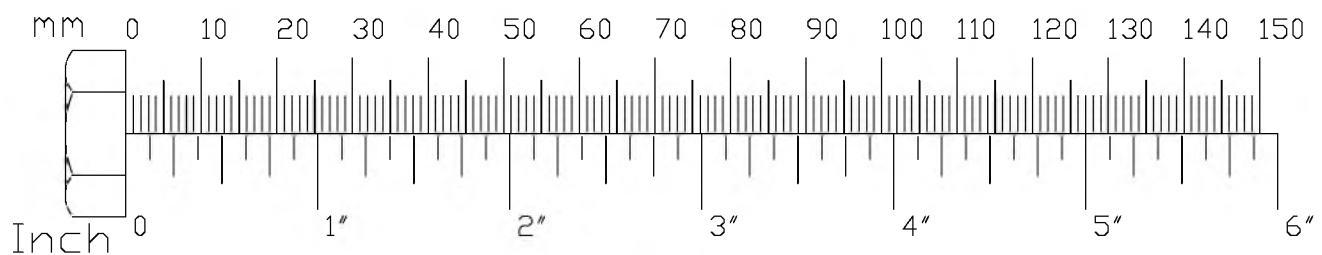
(A4) M10x40 Hex Head Bolt QTY. 2



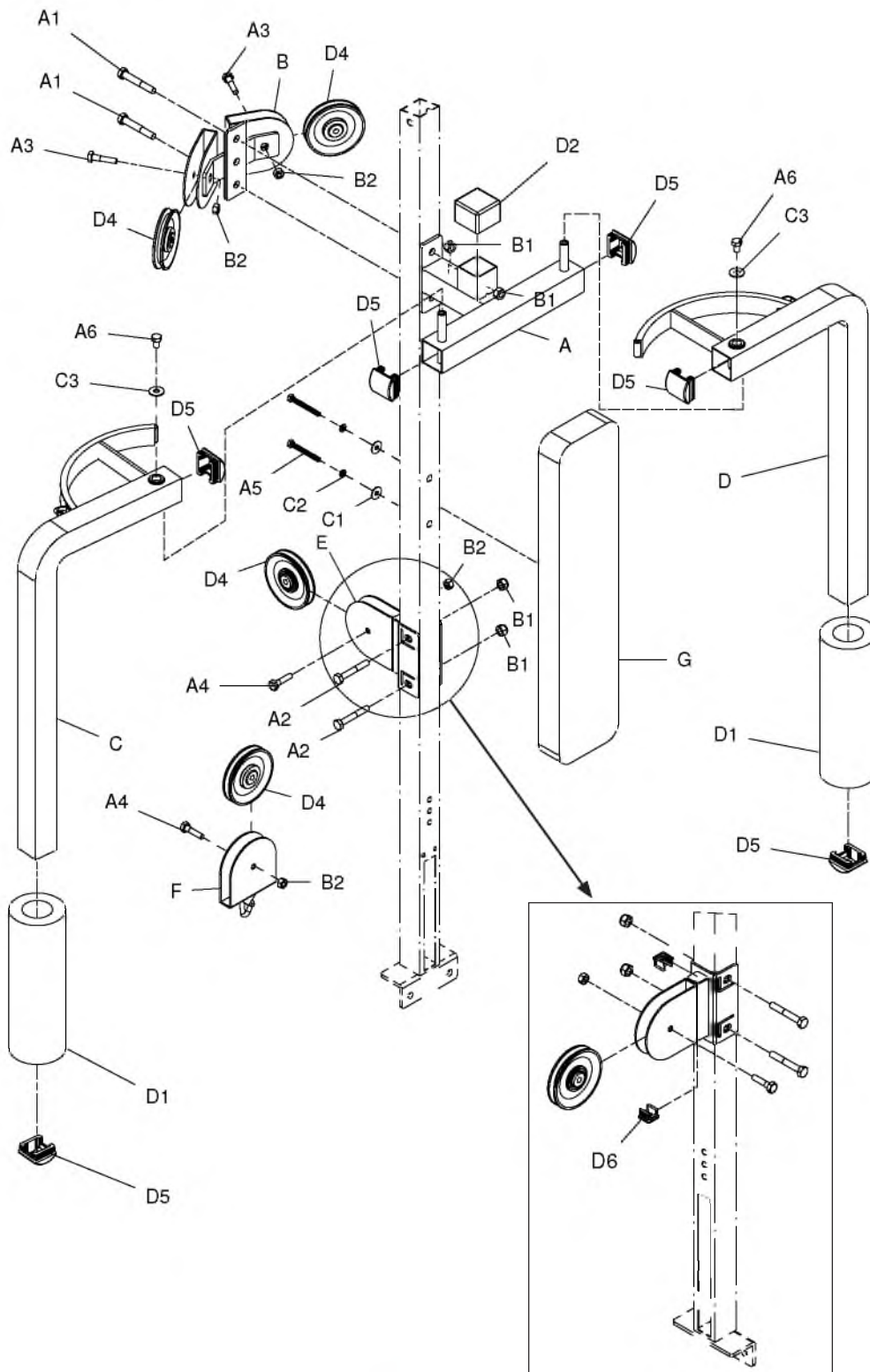
(B1) M12 Nylon Nut QTY. 4

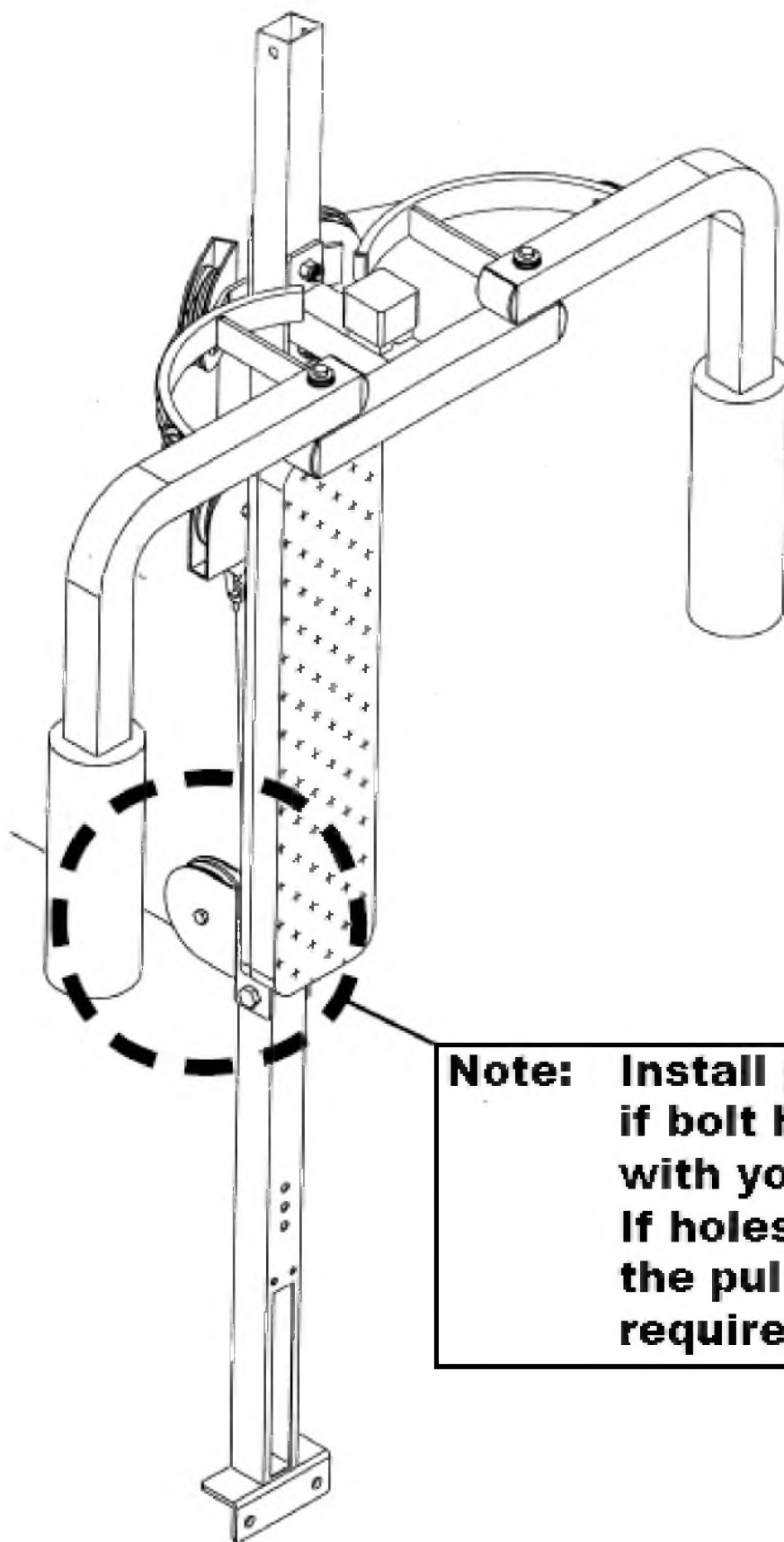


(B2) M10 Nylon Nut QTY. 4



# EXPLODED VIEW DIAGRAM GPA-3





**Note:** Install pulley holder only if bolt holes are provided with your machine. If holes are not provided, the pulley holder is not required for installation.

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