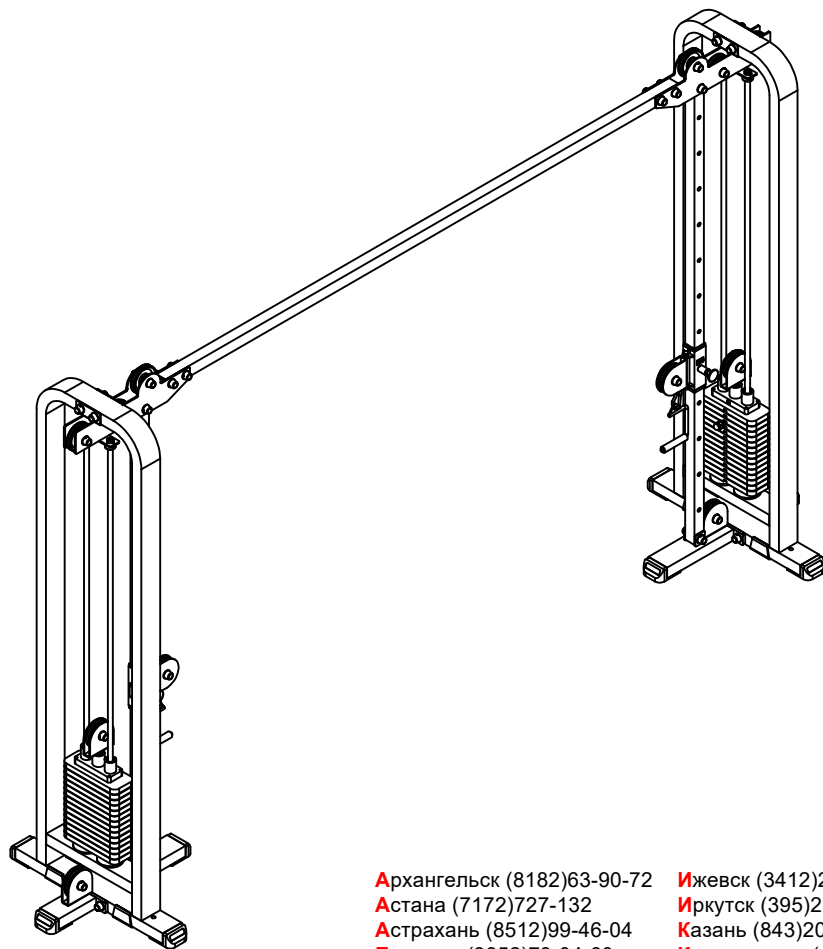


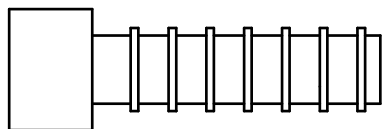


|                                    |                                   |                                        |                                       |                                 |
|------------------------------------|-----------------------------------|----------------------------------------|---------------------------------------|---------------------------------|
| <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    |
| <b>Брянск</b> (4832)59-03-52       | <b>Кемерово</b> (3842)65-04-62    | <b>Новокузнецк</b> (3843)20-46-81      | <b>Саратов</b> (845)249-38-78         | <b>Ульяновск</b> (8422)24-23-59 |
| <b>Владивосток</b> (423)249-28-31  | <b>Киров</b> (8332)68-02-04       | <b>Новосибирск</b> (383)227-86-73      | <b>Севастополь</b> (8692)22-31-93     | <b>Уфа</b> (347)229-48-12       |
| <b>Волгоград</b> (844)278-03-48    | <b>Краснодар</b> (861)203-40-90   | <b>Омск</b> (3812)21-46-40             | <b>Симферополь</b> (3652)67-13-56     | <b>Хабаровск</b> (4212)92-98-04 |
| <b>Вологда</b> (8172)26-41-59      | <b>Красноярск</b> (391)204-63-61  | <b>Орел</b> (4862)44-53-42             | <b>Смоленск</b> (4812)29-41-54        | <b>Челябинск</b> (351)202-03-61 |
| <b>Воронеж</b> (473)204-51-73      | <b>Курск</b> (4712)77-13-04       | <b>Оренбург</b> (3532)37-68-04         | <b>Сочи</b> (862)225-72-31            | <b>Череповец</b> (8202)49-02-64 |
| <b>Екатеринбург</b> (343)384-55-89 | <b>Липецк</b> (4742)52-20-81      | <b>Пенза</b> (8412)22-31-16            | <b>Ставрополь</b> (8652)20-65-13      | <b>Ярославль</b> (4852)69-52-93 |
| <b>Иваново</b> (4932)77-34-06      | <b>Киргизия</b> (996)312-96-26-47 | <b>Казахстан</b> (772)734-952-31       | <b>Таджикистан</b> (992)427-82-92-69  |                                 |

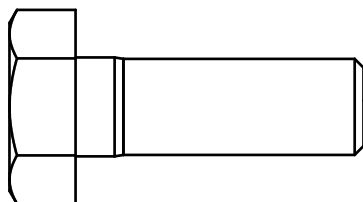
Единый адрес для всех регионов: [bda@nt-rt.ru](mailto:bda@nt-rt.ru) || [www.bodysolid.nt-rt.ru](http://www.bodysolid.nt-rt.ru)

# SCC-1200G OWNER'S MANUAL

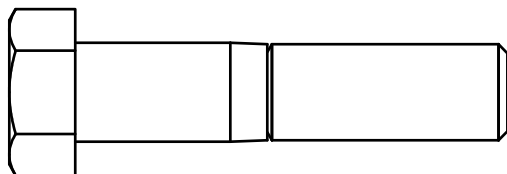
# SCC-1200G ASSEMBLY INSTRUCTIONS



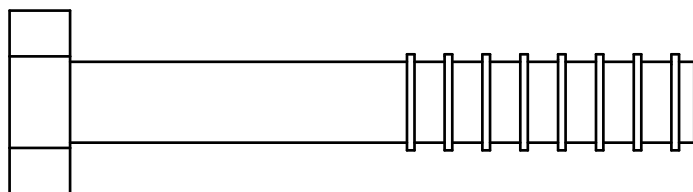
(A1)ROUND ALLEN HEAD 7/16"x1/2"L PARTIAL THREAD QTY.2



(A2)HEX BOLT 1/2"x1 1/2"L-13UNC PARTIAL THREAD QTY.2



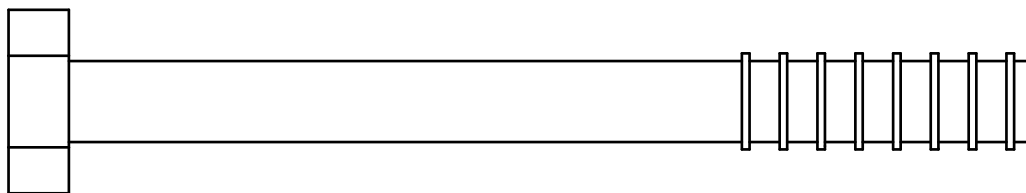
(A3)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.8



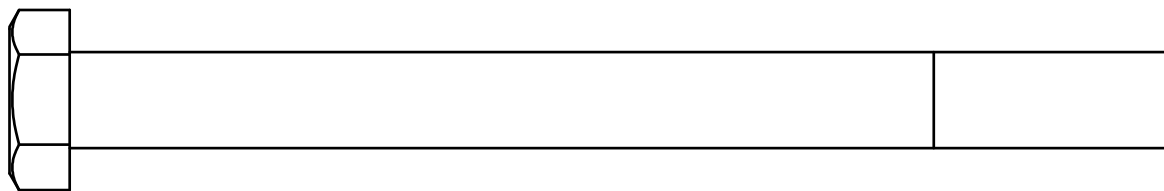
(A4)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.14



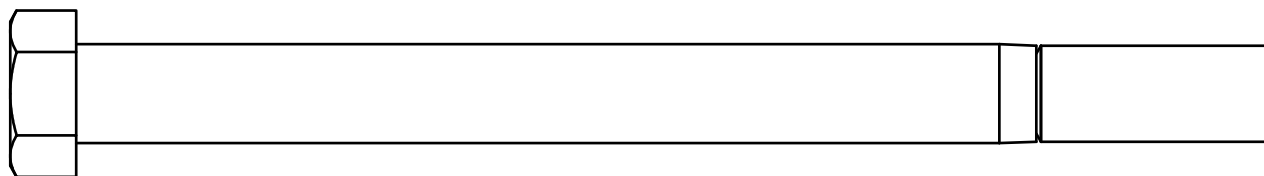
# SCC-1200G ASSEMBLY INSTRUCTIONS



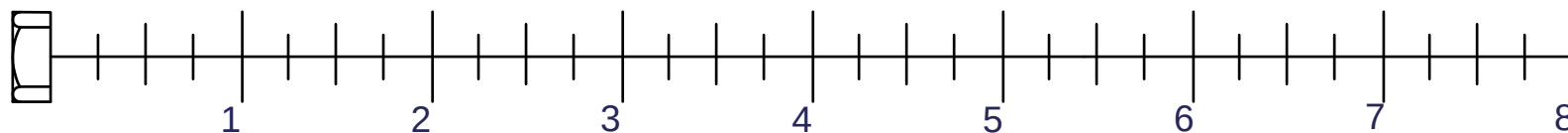
(A5)HEX BOLT 1/2"x5"L PARTIAL THREAD QTY.4



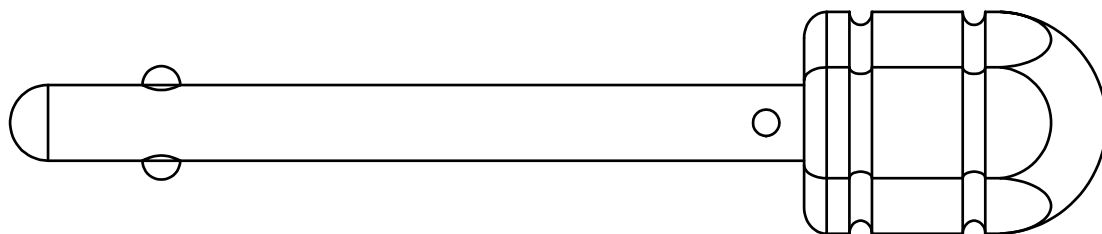
(A6)HEX BOLT 1/2"x5 3/4"L PARTIAL THREAD QTY.4



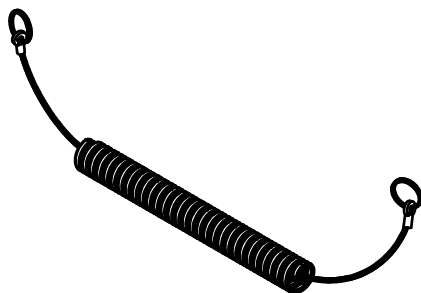
(A7)HEX BOLT 1/2"x6 1/4"L PARTIAL THREAD QTY.2



# SCC-1200G ASSEMBLY INSTRUCTIONS



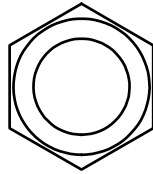
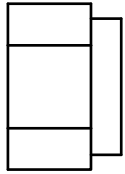
(A8)10LB PIN(8250-021) QTY.2



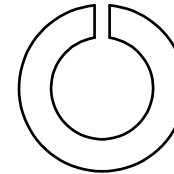
(A9)ELASTIC BOLT QTY.2



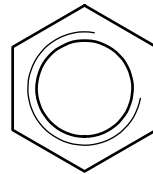
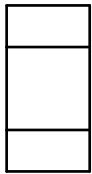
# SCC-1200G ASSEMBLY INSTRUCTIONS



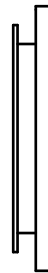
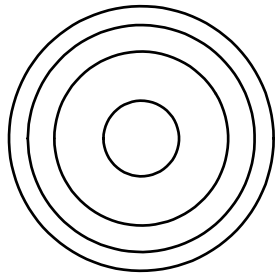
(B1)NYLON LOCK NUT 1/2" QTY.32



(C2)1/2"(I.D.)SPRING WASHER QTY.2



(B2)LOCK NUT 1/2"-13UNC QTY.2



(C1)1/2"(I.D.)ROUND END CAP WASHER QTY.60

# SCC-1200G ASSEMBLY INSTRUCTIONS

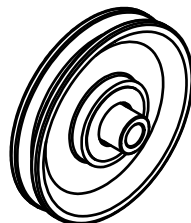
## HARDWARE ILLUSTRATION

D1. 1/2" BOLT CAP(9212-024)-----[60PCS]  
 D2. Ø4 1/2" PULLEY(9213-010A)-----[6PCS]  
 D3. Ø4 1/2" PULLEY(9213-010B)-----[8PCS]  
 D4. 2"x4" FOOT CAP(9211-028)-----[8PCS]  
 D5. Ø4" RUBBER DOUNT(9310-017)-----[4PCS]  
 D6. STIRRUP HANDLE(8290-002)-----[2PCS]  
 D7. SPRING SNAP LINK(8810-001)-----[2PCS]  
 D8. Ø3/4" SHAFT COLLAR(9211-050)-----[4PCS]  
 D9. WEIGHT SELECTOR BAR(8220-061)-----[2PCS]  
 D10. CHROME TOP PLATE(8400-002)-----[2PCS]  
 D11. 8300mm STEEL CABLE-----[2PCS]  
 D12. 60X50 NYLON BUSHING(9211-033)-----[4PCS]  
 D13. Ø5/8" ROUND END CAP(9211-015)-----[4PCS]  
 D14. 2"x4" RUBBER DOUNT(9212-009)-----[4PCS]

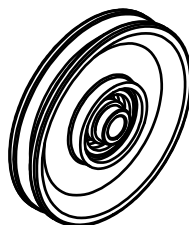
D1



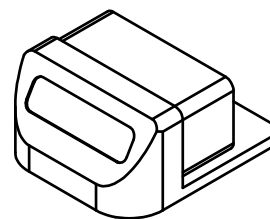
D2



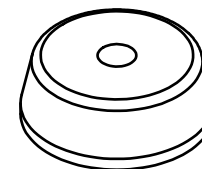
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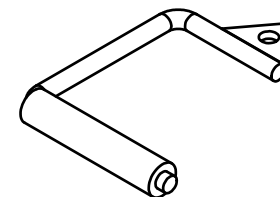
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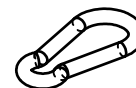
D5



D6



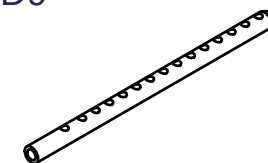
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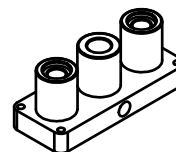
D8



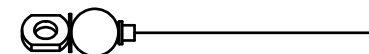
D9



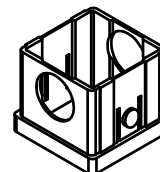
D10



D11



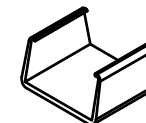
D12



D13



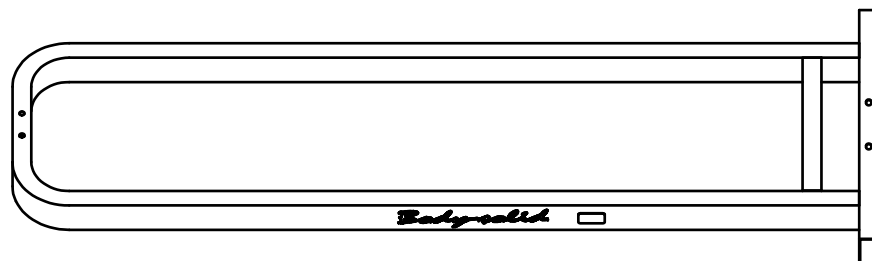
D14



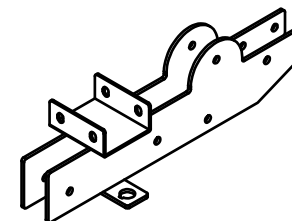
# SCC-1200G ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

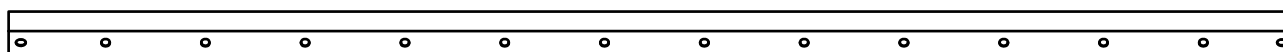
A[2PCS] WEIGHT STACK FRAME



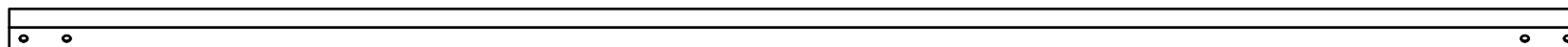
D[2PCS] TOP PULLEY FRAME



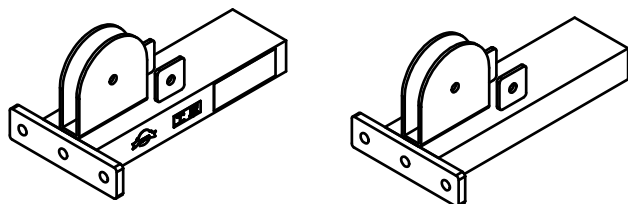
B[2PCS] UPRING PILLAR



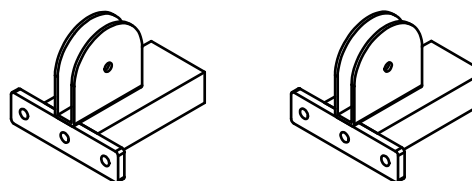
C[1PCS] TOP CROSS SUPPORT



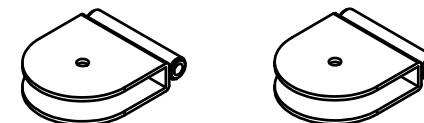
E[2PCS] BOTTOM PILLAR FRAME



F[2PCS] BOTTOM PULLEY FRAME



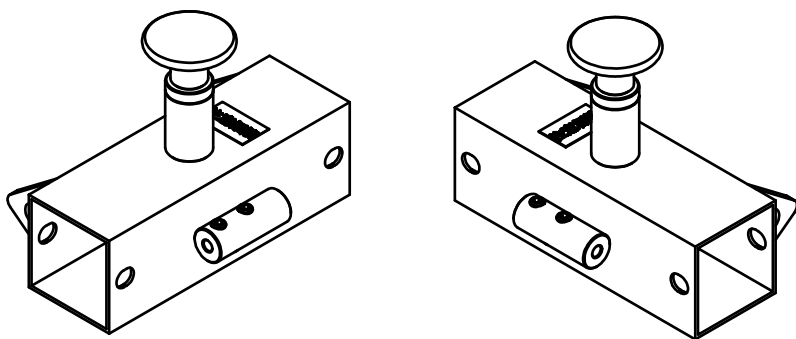
G[2PCS] MIDDLE PULLEY HOLDER



# SCC-1200G ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

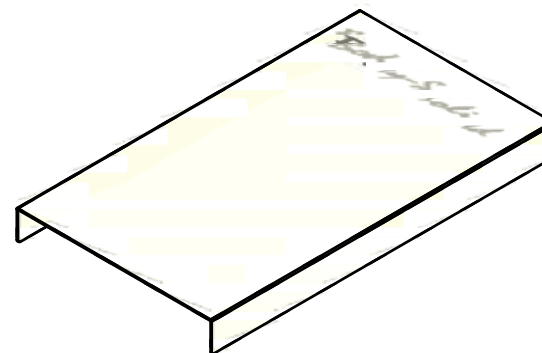
H[1PCS]  
ADJUSTABLE CROSSOVER FRAME



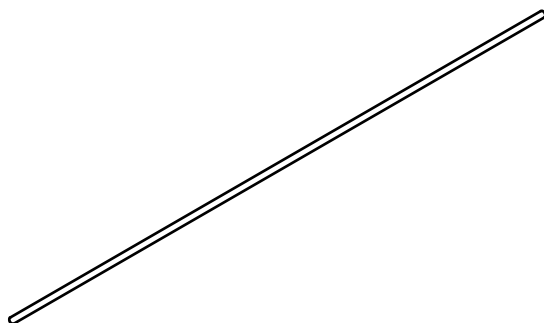
J[2PCS]8323-014  
TOP PLATE PULLEY FRAME



L[2PCS]9220-009  
PROTECT PLABK

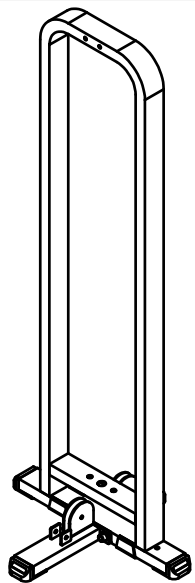


I[4PCS]8280-004  
CHROME GUIDE ROD

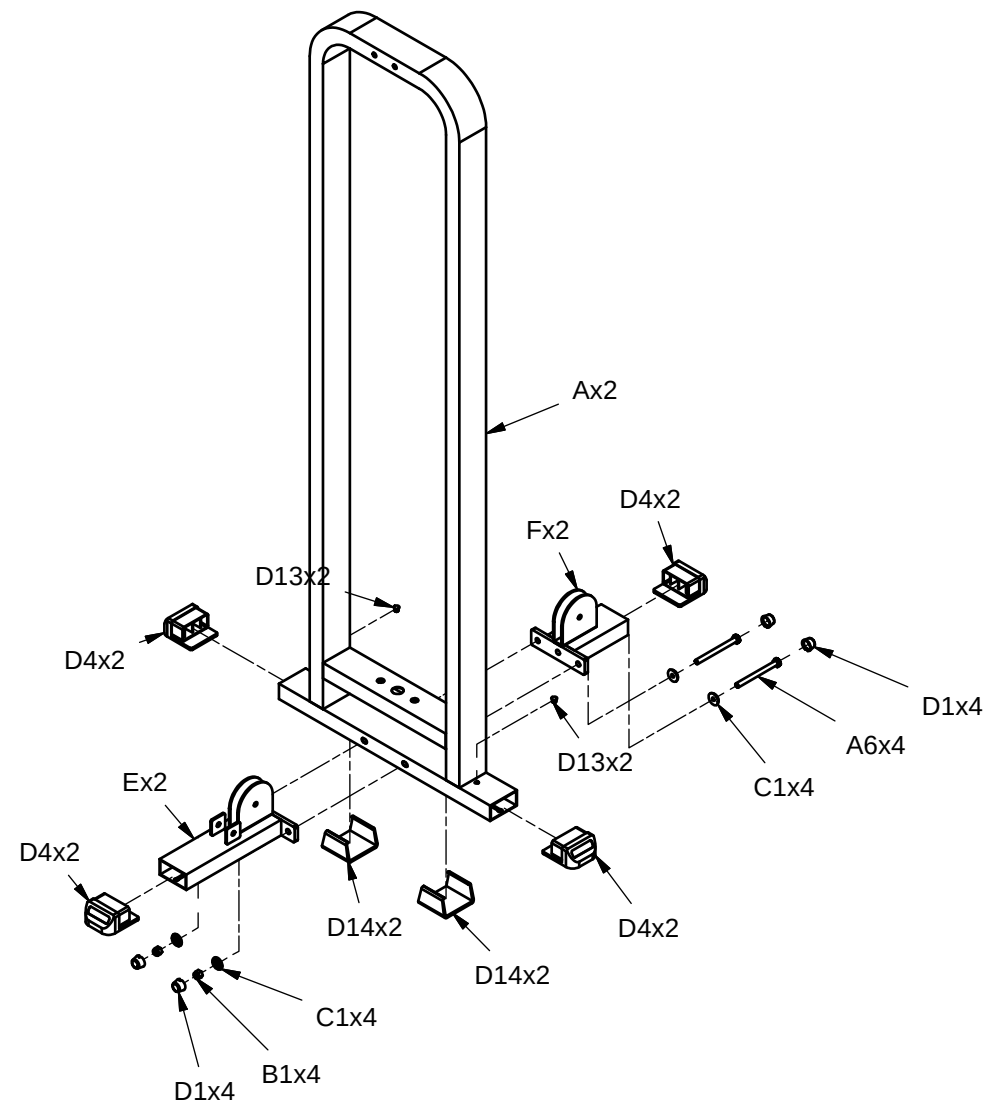
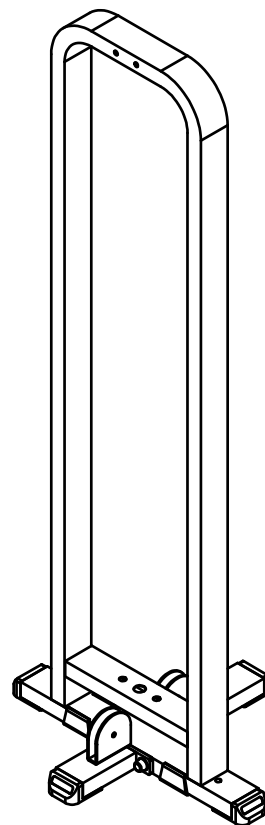




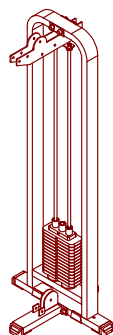
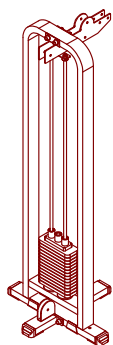
# SCC-1200G ASSEMBLY INSTRUCTIONS



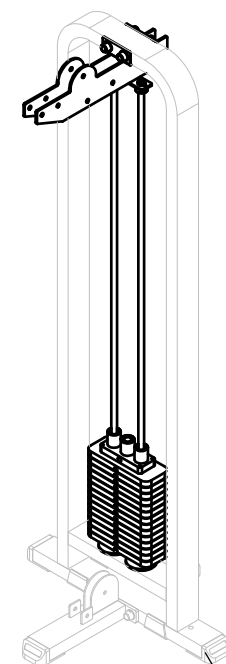
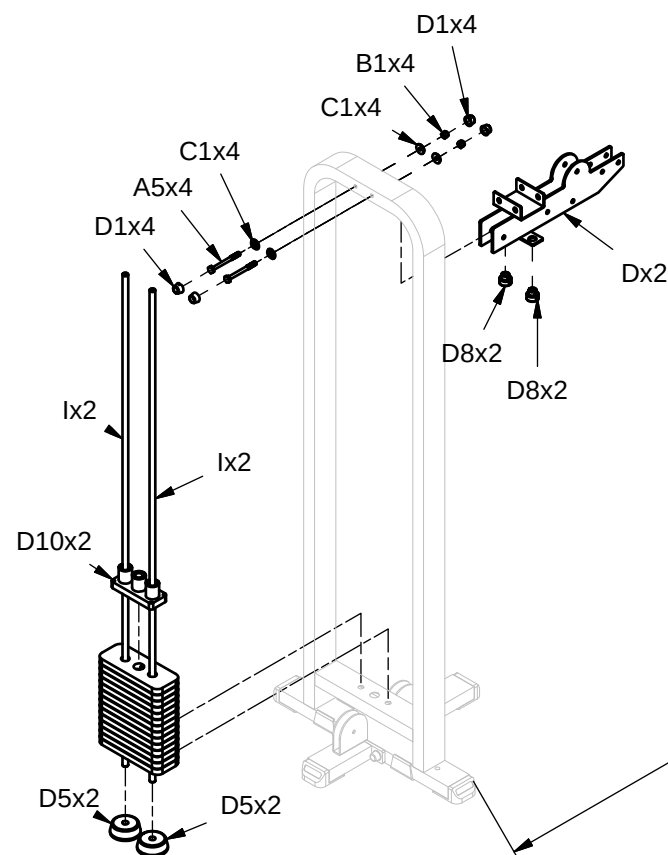
Above shows STEP 1  
assembled and completed



# SCC-1200G ASSEMBLY INSTRUCTIONS

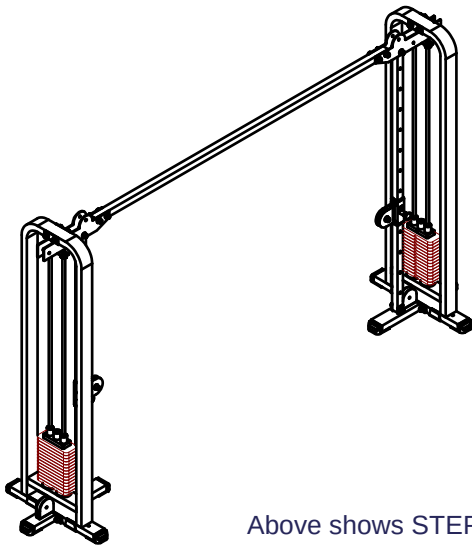


Above shows STEP 2  
assembled and completed

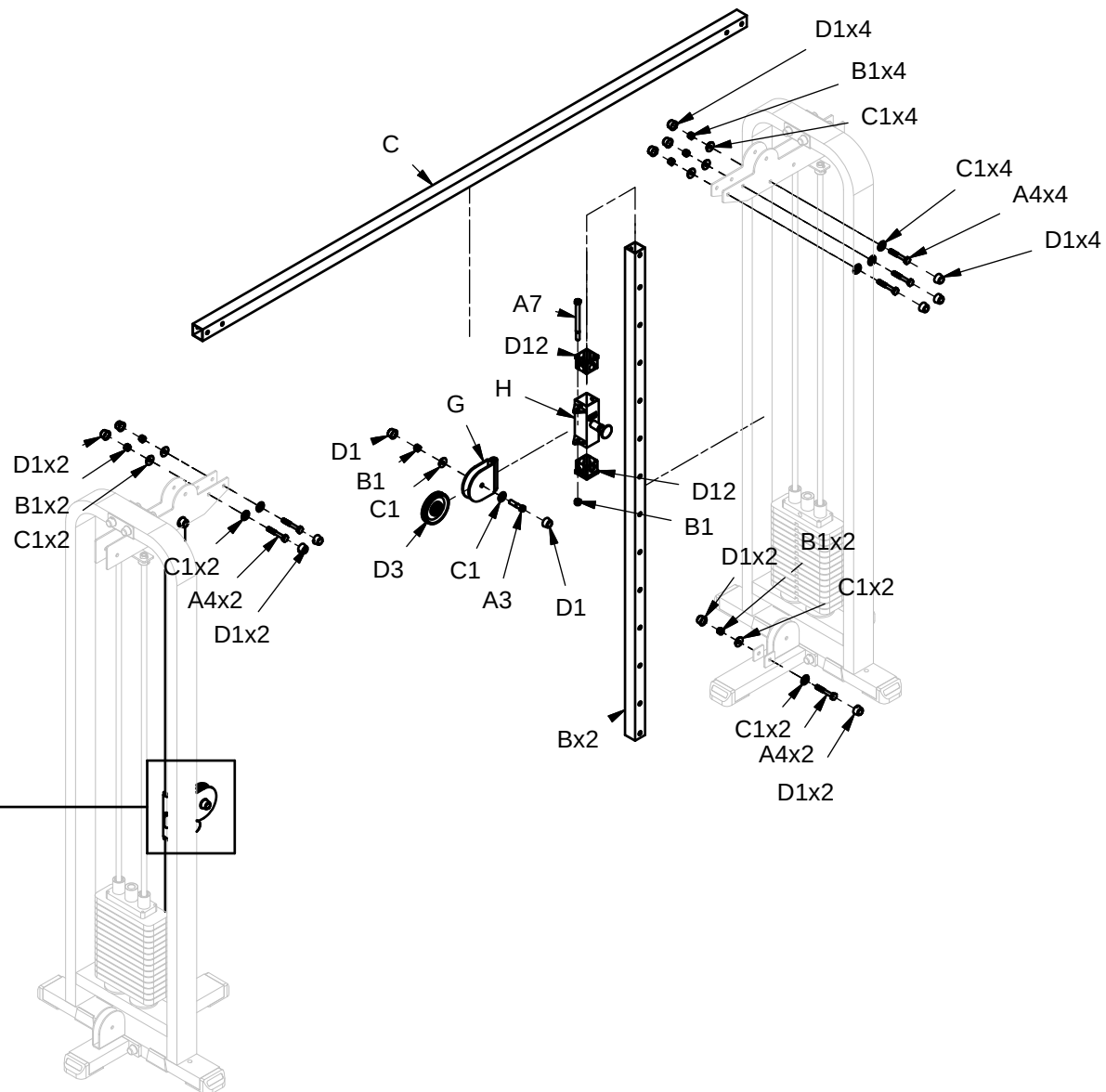
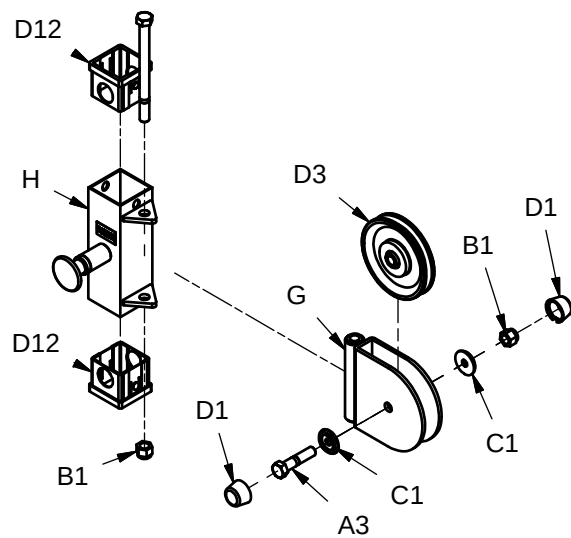


\*:Before the assembling of the weight stacks:  
Finish (step 1) and adjust the distance between  
the two bases to 3307mm(130in)

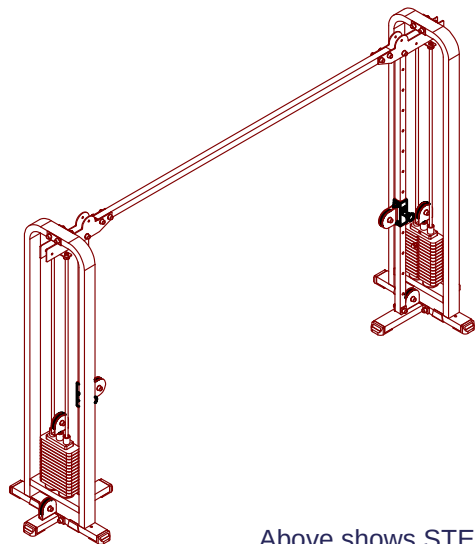
# SCC-1200G ASSEMBLY INSTRUCTIONS



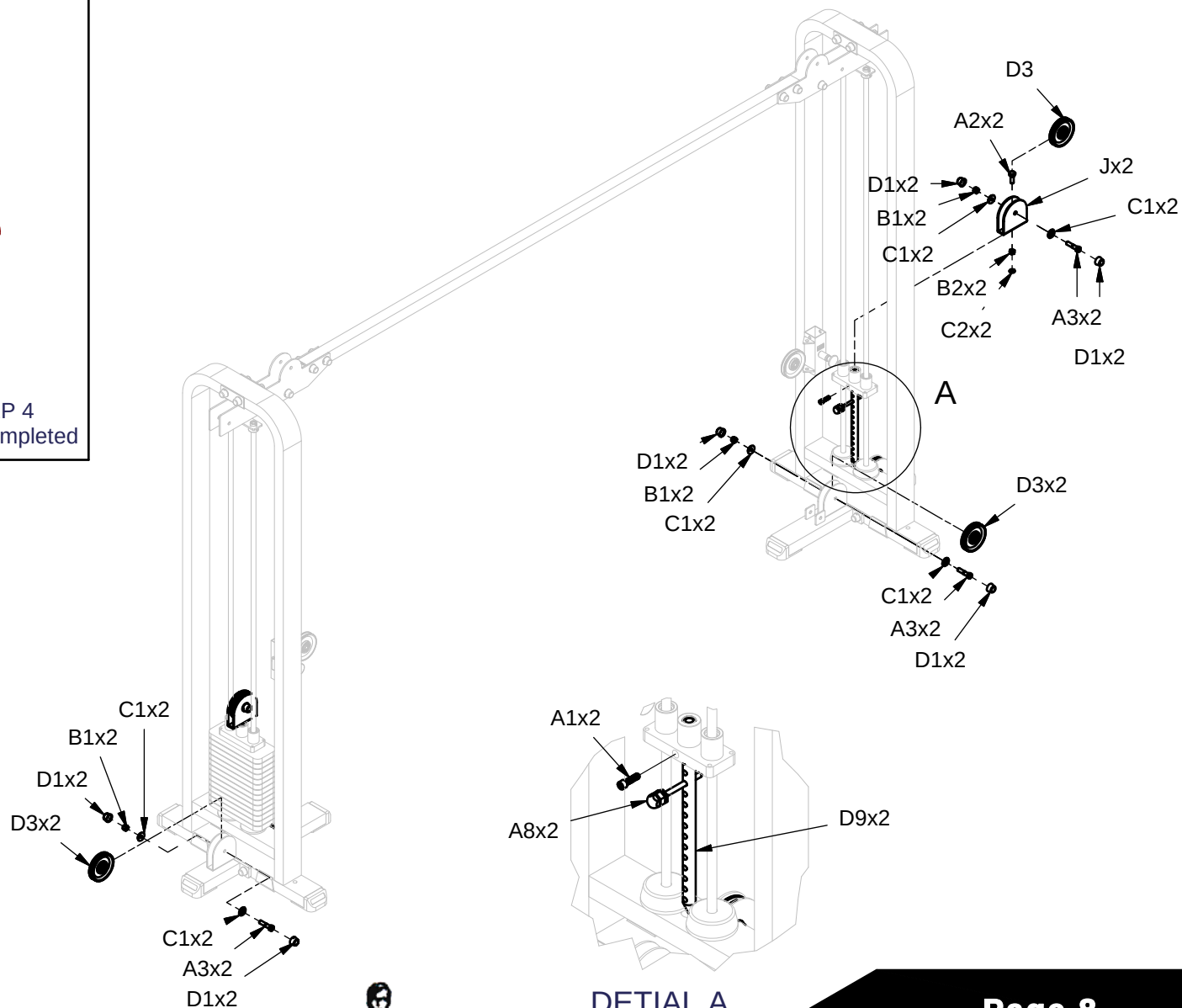
Above shows STEP 3  
assembled and completed



# SCC-1200G ASSEMBLY INSTRUCTIONS



Above shows STEP 4  
assembled and completed

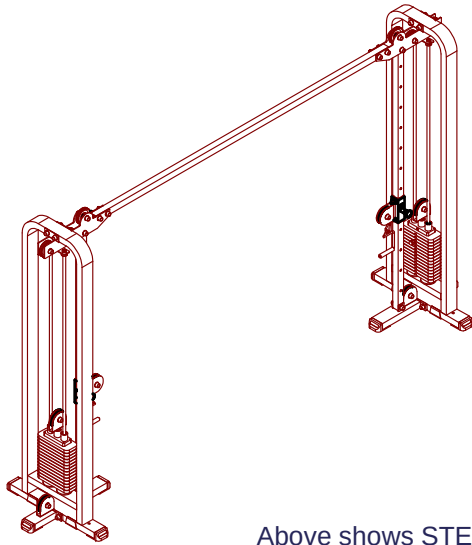


**SCC1200G-082005**

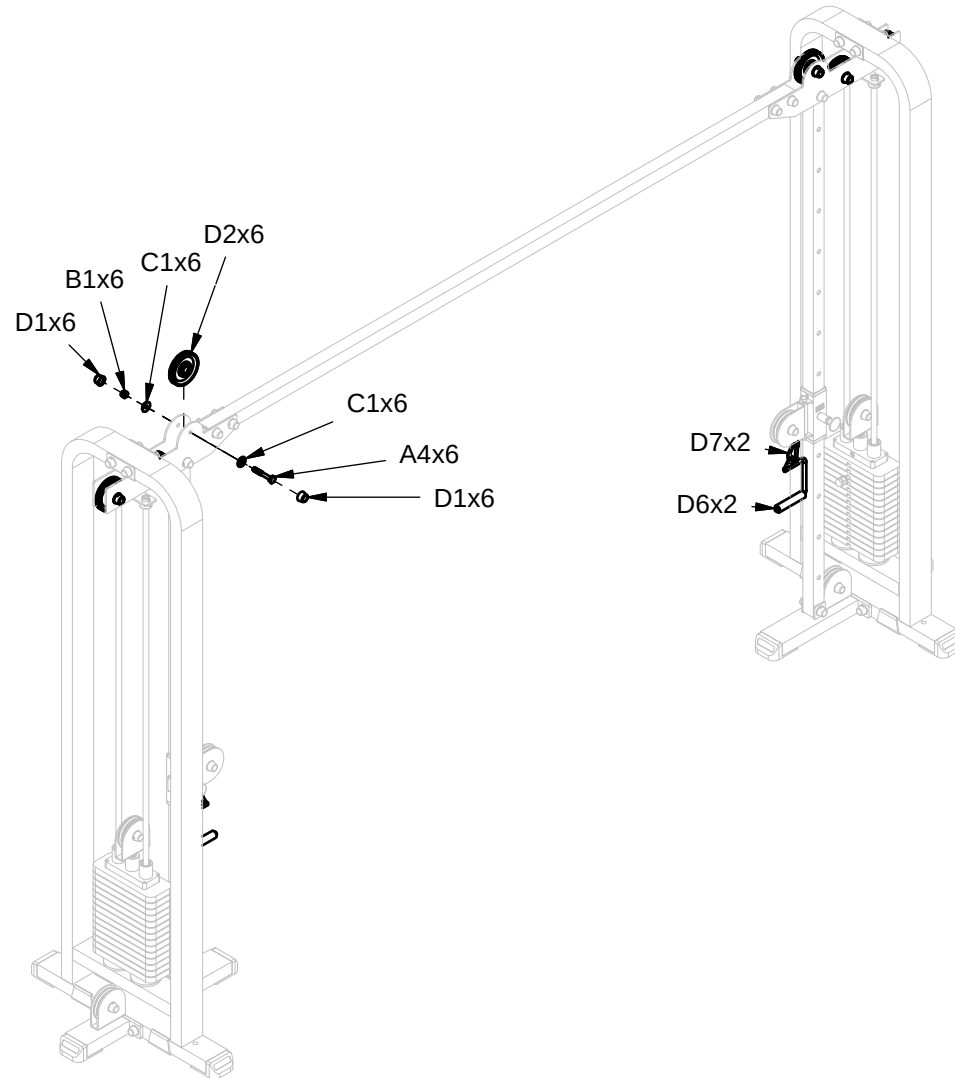


## DETIAL A

# SCC-1200G ASSEMBLY INSTRUCTIONS



Above shows STEP 5  
assembled and completed



## CABLE CROSSOVER

### SETP-1

NOTE:DO NOT TIGHTEN NUTS AND BOLTS SECURELY UNTIL  
YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- ☐ Attach E Bottom Pillar Frame and F Bottom Pulley Frame to A Weight Stack Frame.
- ☐ Attach B Upright Pillar to E Bottom Pillar Frame.
- ☐ Attach Bushings to H Adjustable Crossover Frame.
- ☐ Slide H Adjustable Crossover Frame onto B Upright Pillar.
- ☐ Attach G Middle Pulley Holder to H Adjustable Crossover Frame.

### STEP-2

- ☐ Attach I Chrome Guide Rods and D5 Rubber Donuts to A Weight Stack Frame.
- ☐ Slide Weight Stack and D10 Chrome Top Plate into I Chrome Guide Rods.
- ☐ Attach D Top Pulley Frame to A Weight Stack Frame and B Upright Pillar and attach Top Caps.
- ☐ Attach J Top Plate Pulley Frame to D9 Weight Selector Bar.

### STEP-3

- ☐ Repeat steps 1 and 2 to assemble opposite side.
- ☐ Attach C Top Cross Support to D Top Pulley Frames.

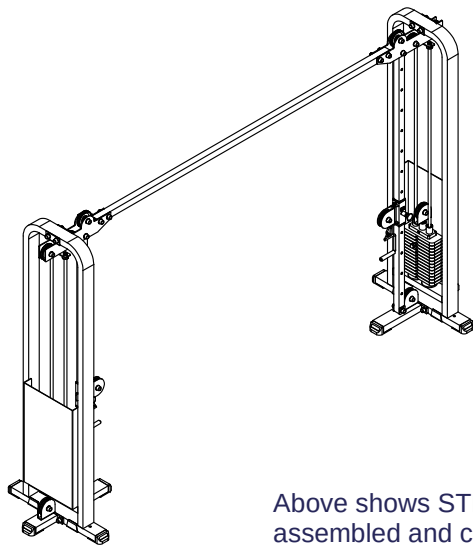
### STEP-4

- ☐ Attach Pulleys and Cadles as shown.
- ☐ TIGHTEN ALL NUTS AND BOLTS SECURELY.
- ☐ Attach Bolt Caps.

## SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your CABLE CROSSOVER MACHINE.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. **Warning:** CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

# SCC-1200G ASSEMBLY INSTRUCTIONS



Above shows STEP 6  
assembled and completed

