

THIS IS POWERLIFT™ BY Body-Solid®

FREEWEIGHT LEVERAGE GYM SYSTEM

CHEST



Bench Press



Incline Press



Decline Press



Converging Chest Press



Pec Fly



Pullover

BACK



Lat Pulldown



Chest-Supported Mid Row



Bent Over Row



Deadlift



High Row



One Arm Row

SHOULDERS



Standing Military Press



Standing Shoulder Press



Upright Row



Converging Shoulder Press



Seated Front Deltoid Raise



Shrugs

ARMS



Preacher Curl



Standing Bicep Curl



Standing Reverse Curl



Triceps Pressdown



Seated Triceps Extension



Lying Triceps Extension

LEGS



Leverage Squat



Lunge



Leg Extension



Leverage Calf Raise



Prone Leg Curl



Squat or Calf Raise

ABS



Ab Crunch



Oblique Crunch

Also Available:

PowerLIFT Weight Tree #WT46

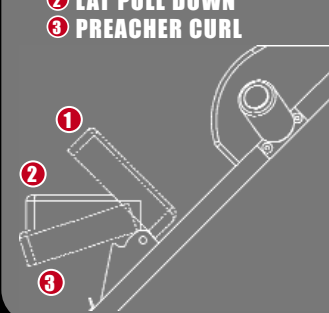
- o Heavy gauge 2" x 3" and 3" x 3" all-4-side welded steel construction
- o Six triple-chrome plated Olympic weight plate storage posts
- o Super-tough ABS plastic ball-end storage post caps provide quick and easy alignment for weight plate loading
- o Four rubber foot tabs riveted on to bottom of base frame to protect your floor
- o Textured powder coat finish hides dust, dirt and finger prints
- o 1000 lb. capacity



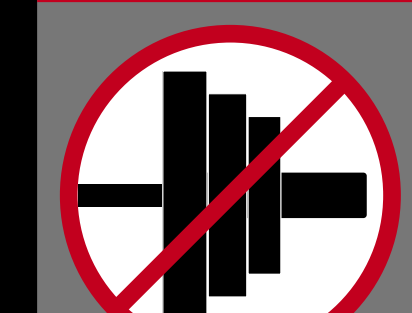
Carefully read and understand all warning, safety and maintenance stickers on your machine before each use. If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

SEAT PLACEMENT

- 1 AB CRUNCH
- 2 LAT PULL DOWN
- 3 PREACHER CURL



DO NOT ADJUST PRESS ARMS WITH WEIGHT PLATES LOADED



WARNING!

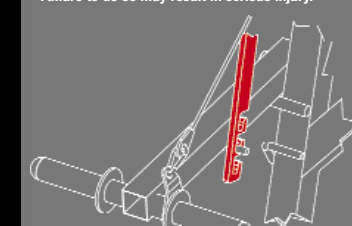
DO NOT attempt to change pull pin position when there are weight plates on the press arm weight posts. You must...

- 1 Unload weight posts completely
 - 2 Change pull pin position
 - 3 Always make sure that pull pin goes completely through the hole of the pressing cam and locks securely
 - 4 Reload weight posts
- FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY

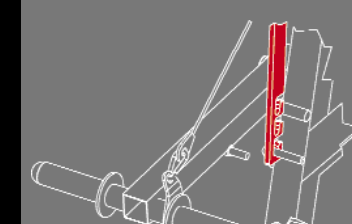
INSTRUCTIONS

For switching Lat Station and Ab Crunch Station

WARNING: Never switch stations if there is a person standing in the vicinity of the lat pull down handles. Be sure that the area under and around the lat pull down handles is clear before switching stations. Failure to do so may result in serious injury.



LAT STATION IN USABLE POSITION. AB CRUNCH STATION IS NOT USABLE. DO NOT USE AB CRUNCH STATION WHEN LAT ATTACHMENT BAR IS CONNECTED TO WEIGHT ARM AS SHOWN ABOVE.



LAT STATION IN "STORAGE" POSITION. AB CRUNCH STATION IS NOW USABLE.

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES: 1. Inspect equipment daily. Check that all nuts, bolts and screws are fully tightened and replace worn parts immediately. 2. Before use, always check cables for signs of wear. Replace immediately. Never use machine if cable is damaged. Failure to do so may result in serious injury. 3. Keep clear of the cables and all moving parts when the machine is in use. 4. Always make sure all Snap Links are closed when doing any cable / pulley exercises. 5. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury. 6. It is recommended that you should workout with a training partner. 7. Do not allow children or minors to play on or around this equipment.

Warning: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise without proper instruction.

Body-Solid, Inc.

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