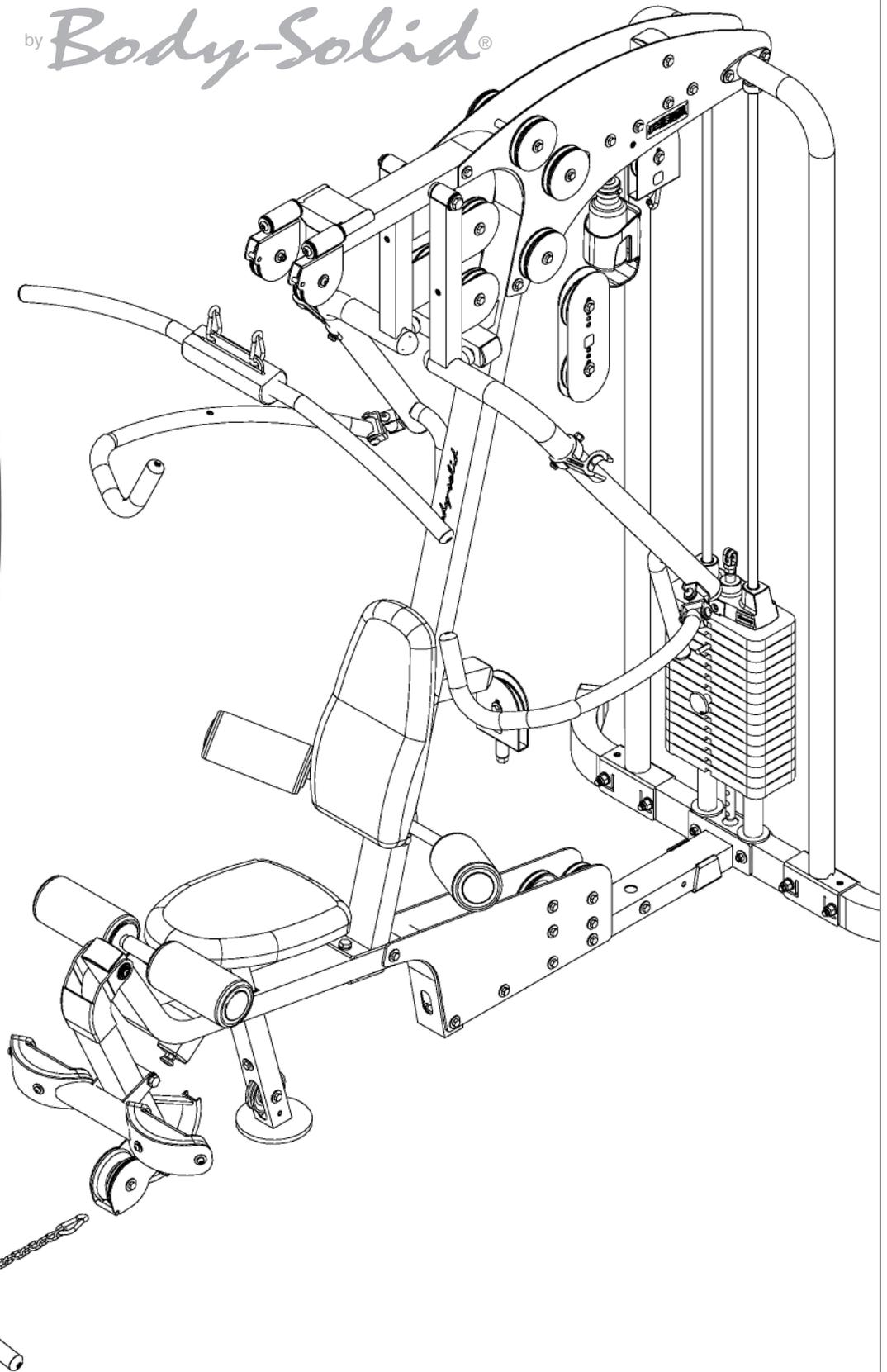


by *Body-Solid*®



A s s e m b l y

I n s t r u c t i o n s

STEP**1****Be careful to assemble all components in the sequence they are presented.****NOTE:**

Finger tighten all hardware in this step. Do Not wrench tighten until end of step 3.

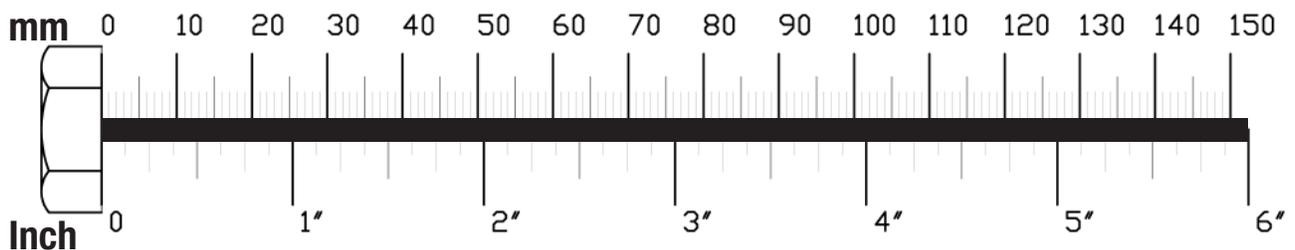
- A. Attach two Foot Caps (4) to Rear Base Frame (B) as shown.
- B. Attach Main Base Frame (A), Flat Plate (114) and Guide Rods (E) to Rear Base Frame (B) using:
Two 50 (3/8" x 3" hex head bolt)
Four 74 (3/8" washer)
Two 72 (3/8" nylon lock nut)
Slide two Weight Stack Risers (38)* and two Rubber Donuts (14) onto Guide Rods (E).

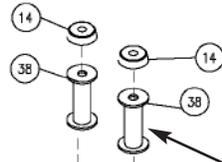
***NOTE:**

Use the two Weight Stack Risers (38) if you have a 160lb. weight stack.

If you have a 210lb. weight stack you will not need the two Weight Stack Risers (38), they can be discarded.

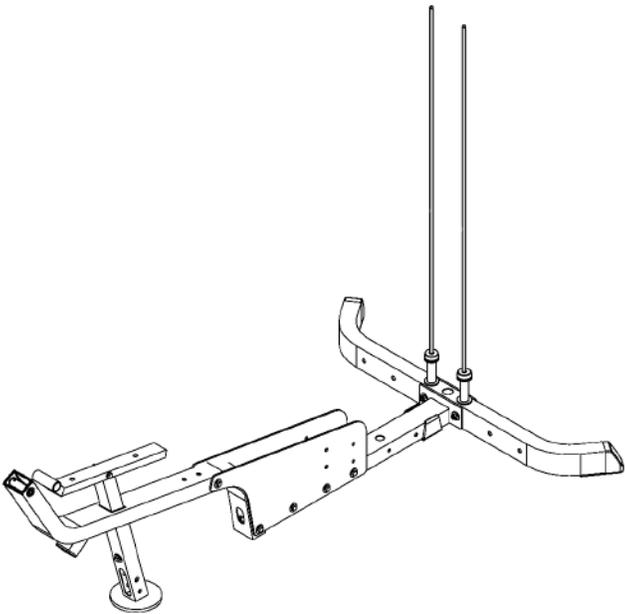
- C. Attach Grip Tape (121) to the bottom of Front Base Frame (C).
- D. Attach Front Base Frame (C) to Main Base Frame (A) using the two Low Side Panels (D) and using:
Five 47 (3/8" x 4" hex head bolt)
Ten 74 (3/8" washer)
Five 72 (3/8" nylon lock nut)
Attach Frame Leveler (138) to the bottom of Main Base Frame (A).



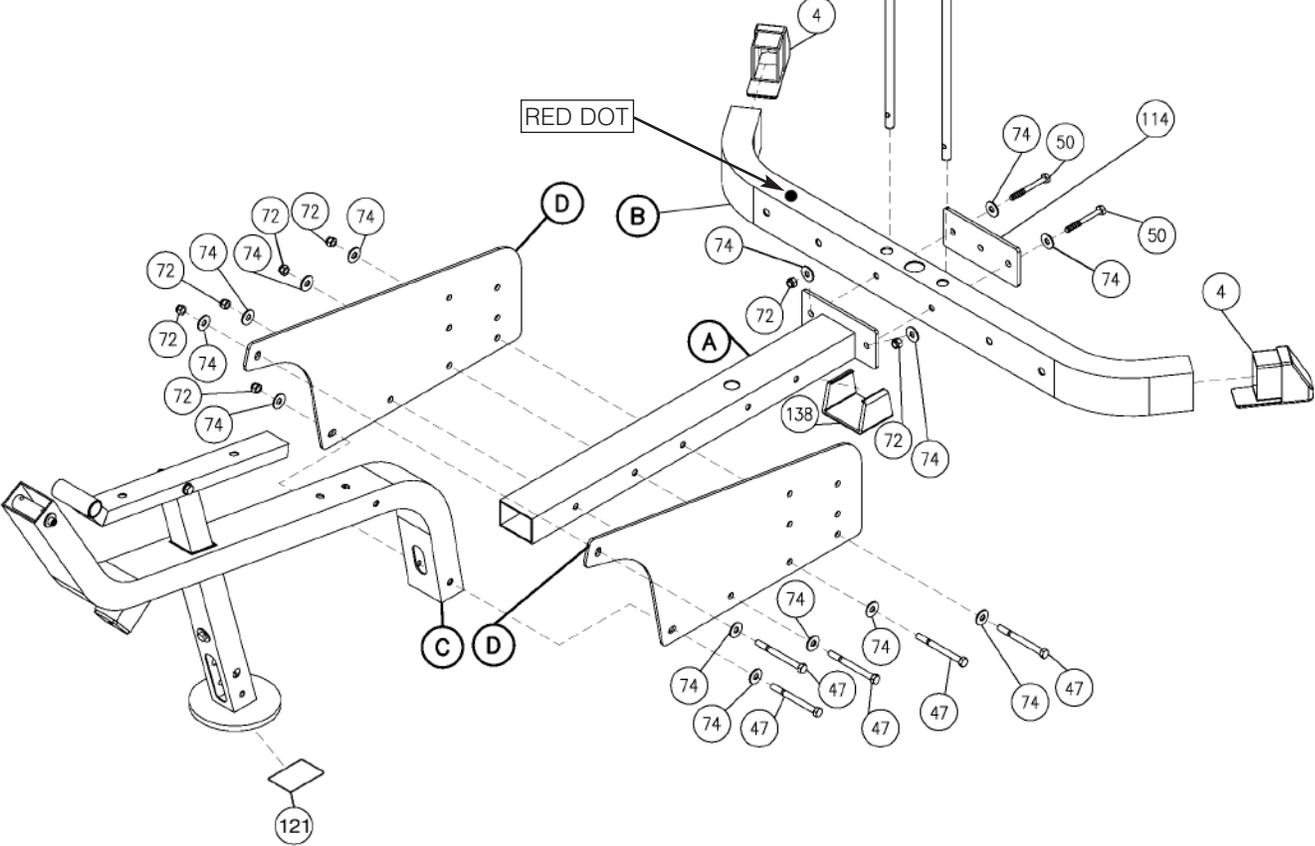


USE THE TWO WEIGHT STACK RISERS (38) FOR A 160lb. WEIGHT STACK.

IF YOU HAVE A 210lb. WEIGHT STACK OMIT THE TWO WEIGHT STACK RISERS (38).



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. Do Not wrench tighten until end of step 3.

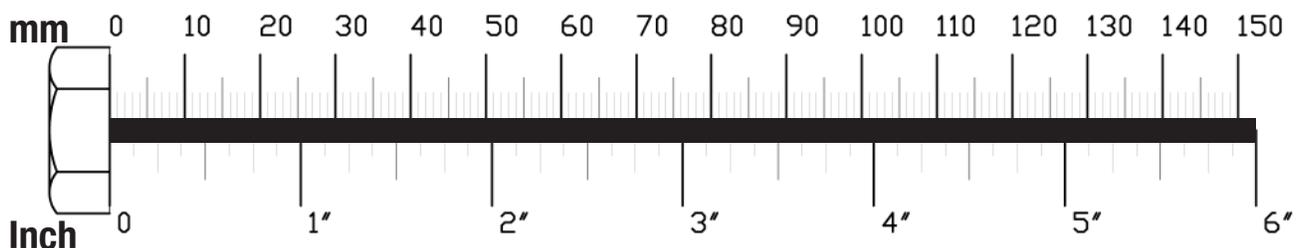
- A. Slide Weight Stack Plates (37)* onto Guide Rods (E). Make sure the opening in each Weight Stack Plate (37), for the Weight Stack Pin (60), is facing forward.

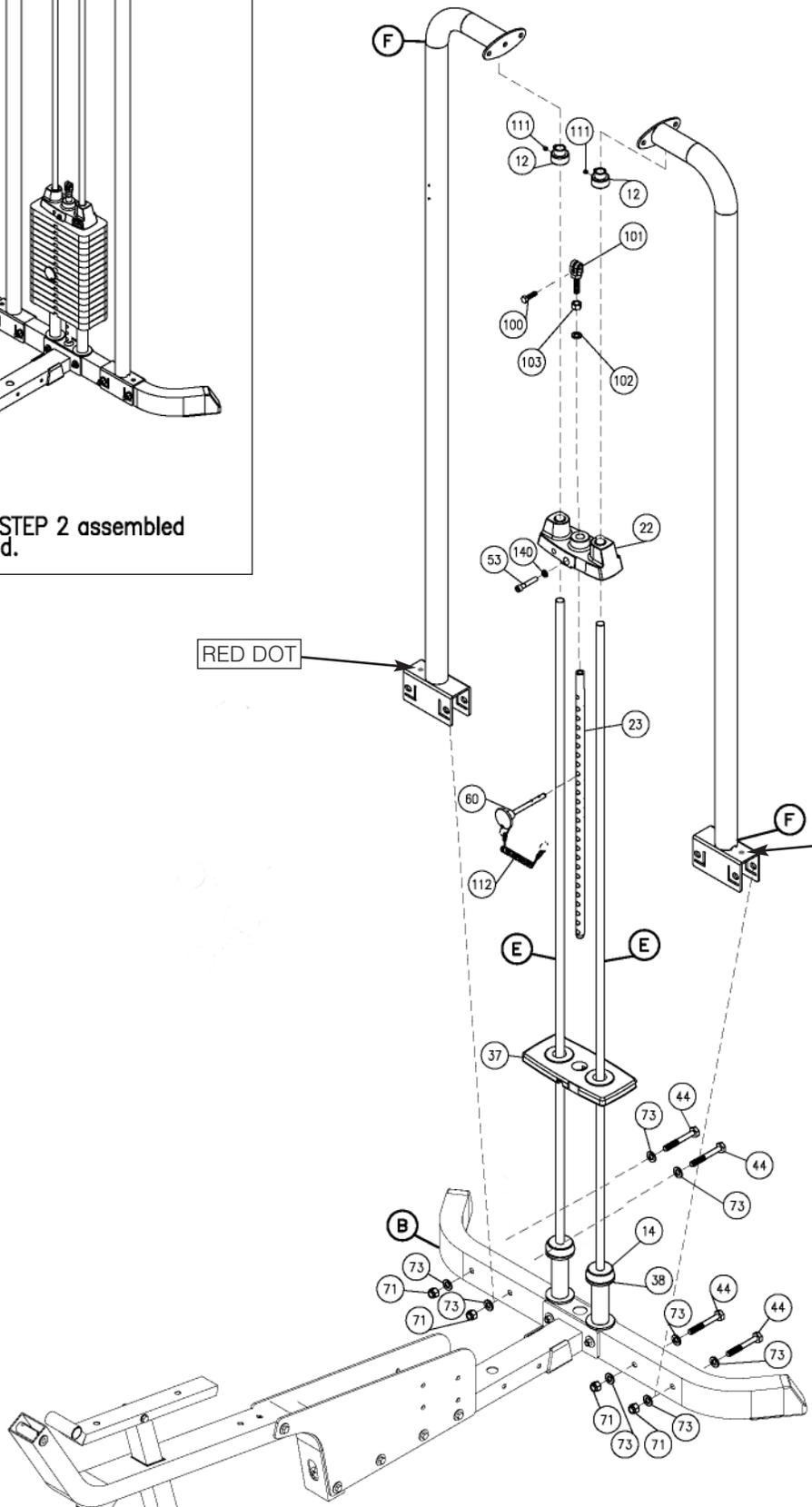
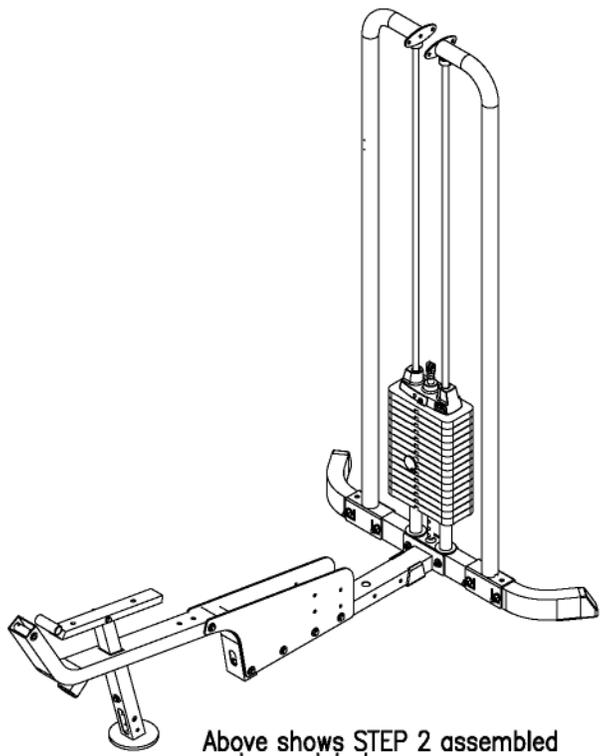
***NOTE:**

Use fifteen 10lb. plates for a 160lb. weight stack.

Use twenty 10lb. plates for a 210lb. weight stack. See NOTE after Step 1B.

- B. Selector Rod Top Bolt (101) and hardware are pre-installed into the Selector Rod (23). Connect Top Plate (22) to the Selector Rod (23) using:
One 53 (3/8" x 2" socket head bolt)
One 140 (3/8" spring lock washer)
Slide Top Plate (22) and Selector Rod (23) onto Guide Rods (E).
- C. Slide two Shaft Collars (12) onto the two Guide Rods (E) as shown.
- D. Insert Guide Rods (E) into Rear Arch Post (F), and attach both Rear Arch Posts (F) to Rear Base Frame (B) using:
Four 44 (1/2" x 3 1/2" hex head bolt)
Eight 73 (1/2" washer)
Four 71 (1/2" nylon lock nut)
- E. Slide Shaft Collars (12) up into the Rear Arch Post (F) and turn the Shaft Collar, so it locks onto the Rear Arch Post (F). Now tighten each Allen Screw (111) in Shaft Collars (12).





STEP**3**

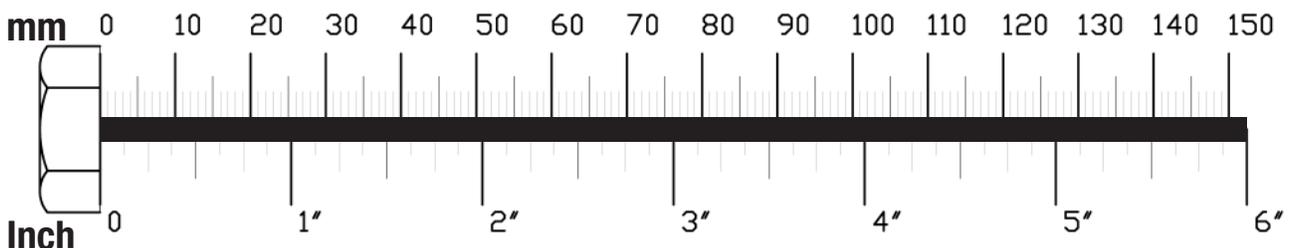
Be careful to assemble all components in the sequence they are presented.

- A. Attach two Top Panels (G) to Rear Arch Post (F) and install Pulley (17) using:
Two 46 (3/8" x 4 1/4" hex head bolt)
One 7 (5/8" x 3" spacer)
Two 5 (5/8" x 1" spacer sleeve)
Four 74 (3/8" washer)
Two 72 (3/8" nylon lock nut)
- B. Attach End Cap (3) to the top of Panel Spacer (H) as shown.
Attach Panel Spacer (H) between the two Top Panels (G) using:
Two 48 (3/8" x 3 3/4" hex head bolt)
Four 74 (3/8" washer)
Two 72 (3/8" nylon lock nut)
- C. Attach Vertical Frame (J) to Front Base Frame (C) and Flat Plate (115) using:
One 42 (1/2" x 3" hex head bolt)
One 41 (1/2" x 3 1/4" hex head bolt)
Three 73 (1/2" washer)
One 71 (1/2" nylon lock nut)
- D. Attach Vertical Frame (J) between Top Panels (G) using:
Two 48 (3/8" x 3 3/4" hex head bolt)
Four 74 (3/8" washer)
Two 72 (3/8" nylon lock nut)
Attach two End Caps (2) to Vertical Frame (J) as shown.

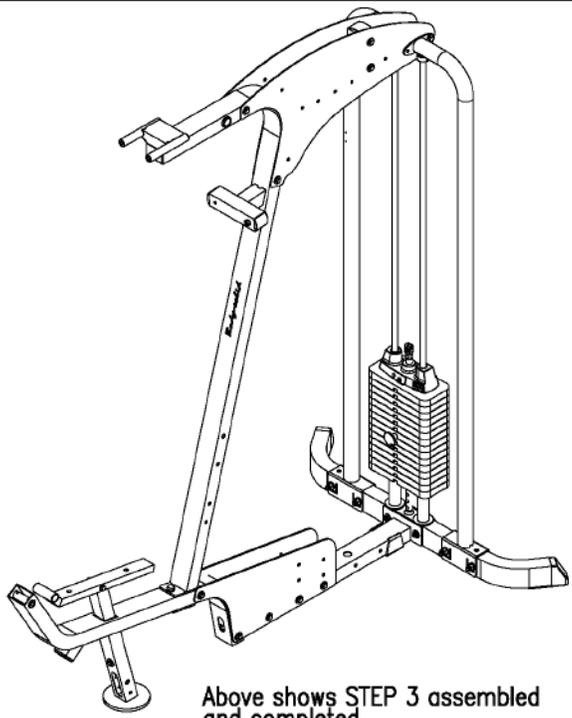
NOTE:

At this point you must make sure that the gym is level, stable and in the right location. You should now wrench tighten all bolts and nuts on the mainframe unit only. Also, leave all pulley bolts finger-tight until after STEP 14.

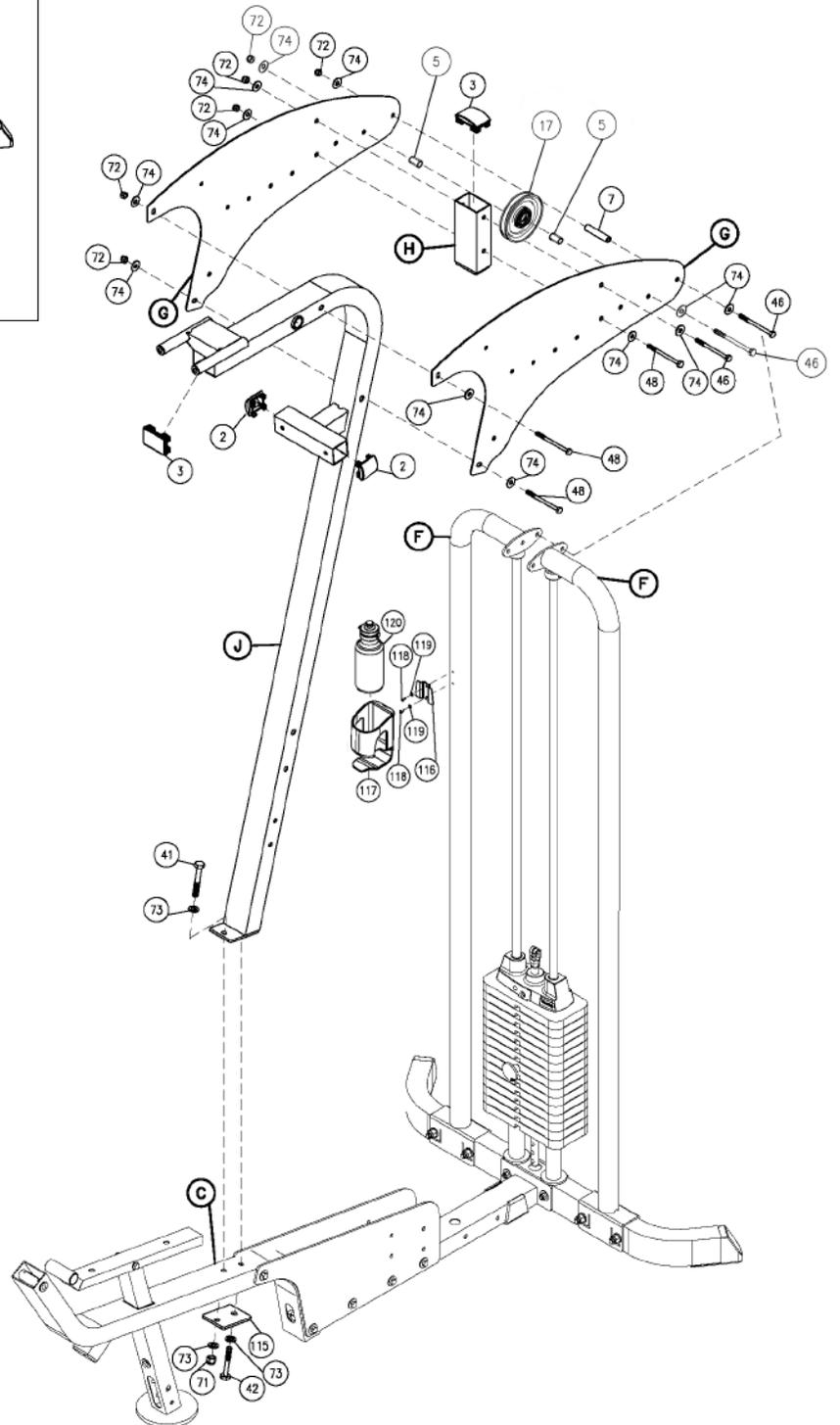
- E. Attach Water Bottle Bracket (116) to the left Rear Arch Post (F) into the appropriate holes using:
Two 118 (1/8" x 3/8" screw)
Two 119 (1/8" washer)
- F. Slide the Water Bottle holder (117) onto the Water Bottle Bracket (116).
Water Bottle (120) will fit into Water Bottle Holder (117).



STEP
3



Above shows STEP 3 assembled and completed.



STEP**4**

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

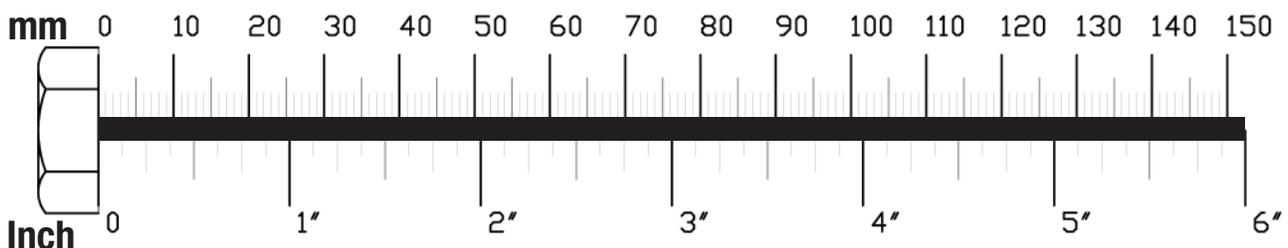
- A. Attach Right Seated Press Arm (K) and Left Seated Press Arm (L) to Vertical Frame (J) With Shaft (128) using:
Two 39 (1/2" x 3/4" hex head bolt)
Two 73 (1/2" washer)
Tighten Allen Screws (111) in Vertical Frame (J).
- B. Attach two Round End Caps (26) to Left Seated Press Arm (L), and attach two Round End Caps (26) to Right Seated Press Arm (K) as shown.
- C. Attach Pivot (P) to Right Seated Press Arm (K) using as shown:
Two 81 (3/8" x 5/8" allen bolt)
Two 82 (3/8" washer)
- D. Attach Right Press Handle (M) to Pivot (P) on Right Seated Press Arm (K) using Shaft (129) as shown:
Two 81 (3/8" x 5/8" allen bolt)
Two 82 (3/8" washer)
- E. Attach Pivot (P) to Left Seated Press Arm (L) using as shown:
Two 81 (3/8" x 5/8" allen bolt)
Two 82 (3/8" washer)
- F. Attach Left Press Handle (N) to Pivot (P) on Left Seated Press Arm (L) using Shaft (129) as shown:
Two 81 (3/8" x 5/8" allen bolt)
Two 82 (3/8" washer)
- G. Attach Press Handle Holder (139)* to Right Seated Press Arm (K) using:
One 85 (3/8" x 3 1/4" allen head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)
- H. Attach Press Handle Holder (139)* to Left Seated Press Arm (L) using:
One 85 (3/8" x 3 1/4" allen head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)

***NOTE:**

One Press Handle Holder (139) is marked with an R, and should be installed with the R on top.

***NOTE:**

One Press Handle Holder (139) is marked with an L, and should be installed with the L on top.



STEP**5**

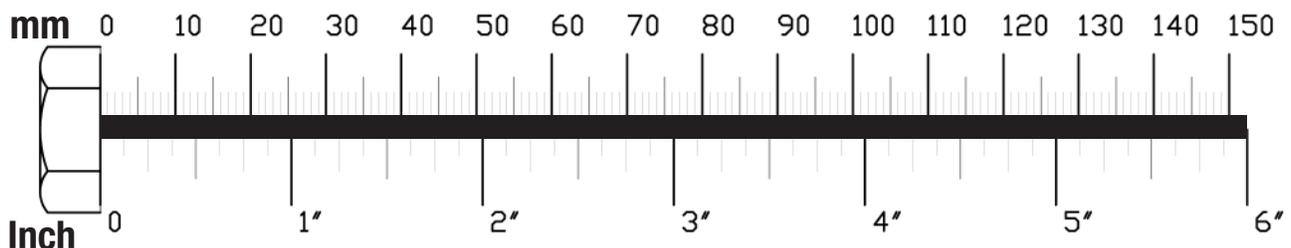
Be careful to assemble all components in the sequence they are presented.

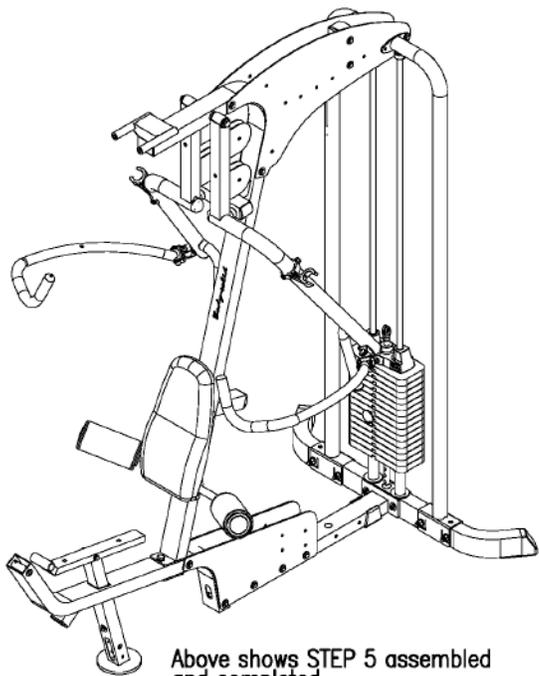
- A. Attach two Leg Hold Downs (Q) and (R) to Vertical Frame (J) using:
Two 46 (3/8" x 4" hex head bolt)
Four 74 (3/8" washer)
Two 72 (3/8" nylon lock nut)
- B. Attach two Foam Rollers (21) onto each of the Leg Hold Downs (Q) and (R) and hold in place with Roller End Cap (9) as shown.
- C. Attach Back Pad Holder (S) to Vertical Frame (J) using:
Two 40 (1/2" x 4" hex head bolt)
Four 73 (1/2" washer)
Two 71 (1/2" nylon lock nut)
- D. Insert two Nylon Bushings (25) into Back Pad Holder (S).
Insert End Cap (1) into the end of Back Pad Adjuster (T).
Slide Back Pad Adjuster (T) into Back Pad Holder (S) and hold in place with T-shaped Pop Pin (79) and Socket Head Bolt (137) as shown.
- E. Insert two End Caps (24) to the top and bottom of Back Pad Frame (V).
Attach Back Pad (U) to Back Pad Frame (V) using:
Two 56 (5/16" x 1 3/4" hex head bolt)*
Two 77 (5/16" spring lock washer)
Two 75 (5/16" washer)

***Note:**

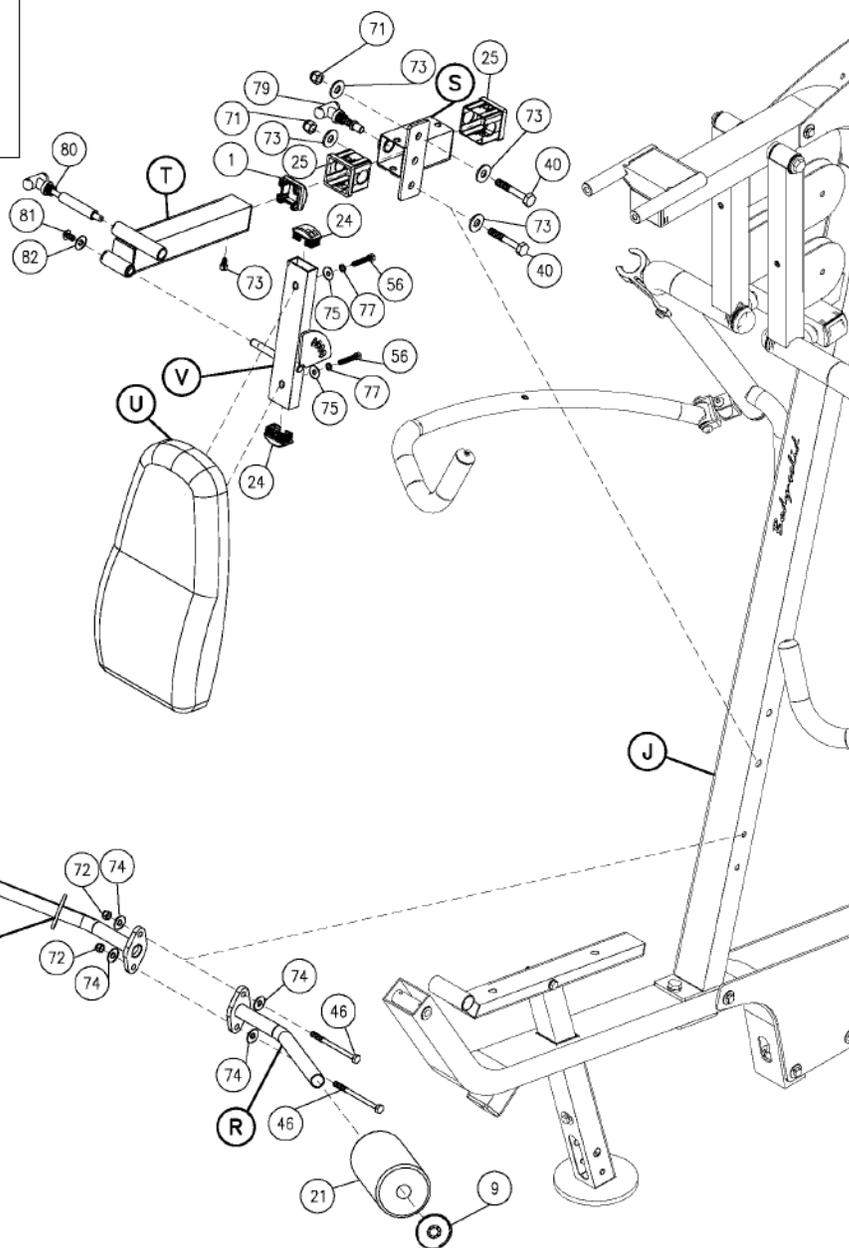
Do not over tighten pad bolts (87), over tightening will strip the T-nuts pressed into the wood.

- F. Attach Back Pad Frame (V) to Back Pad Adjuster (T) with T-shaped Pop Pin (80) and:
One 81 (3/8" x 5/8" allen bolt)
One 82 (3/8" washer)





Above shows STEP 5 assembled and completed.



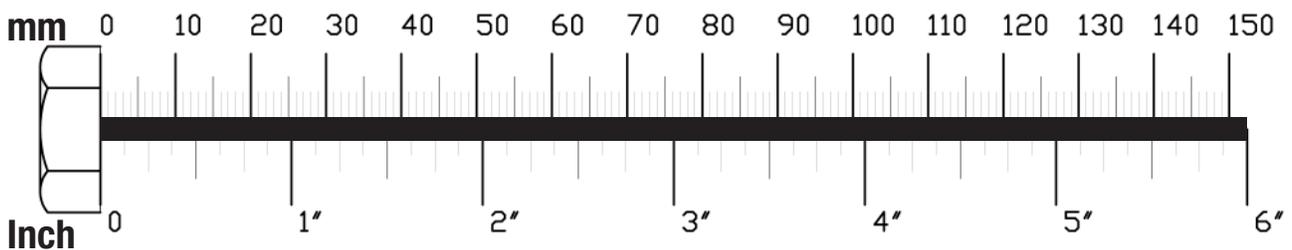
STEP**6**

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

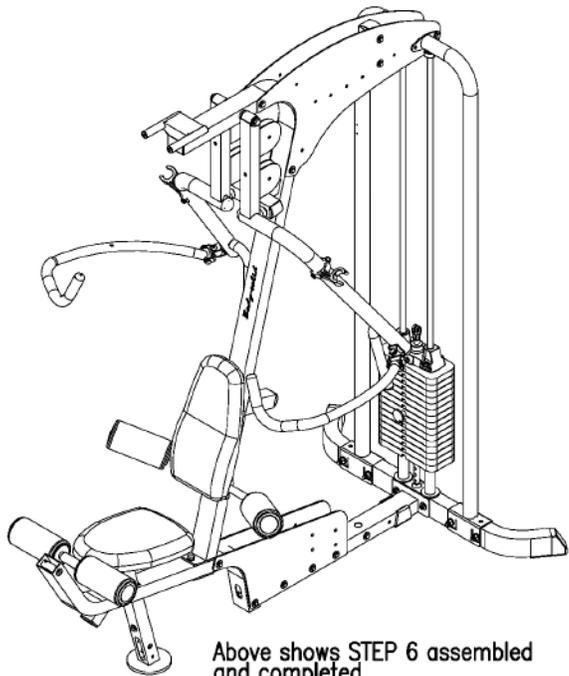
- A. Seat Pad Frame (AA) is pre-installed into Front Base Frame (C).
- B. Attach two Foam Rollers (21) to Seat Pad Frame (AA) using Foam Roller Bar (X). Hold Foam Rollers (21) in place with Plastic Washer (13) on the inside and Roller End Cap (9) on the outside as shown.
- C. Insert End Cap (3) to the back of Seat Pad Frame (AA). Attach Seat Pad (Z) to Seat Pad Frame (AA) using:
Two 55 (5/16" x 2 3/4" hex head bolt)*
Two 77 (5/16" spring lock washer)
Two 75 (5/16" washer)

***Note:**

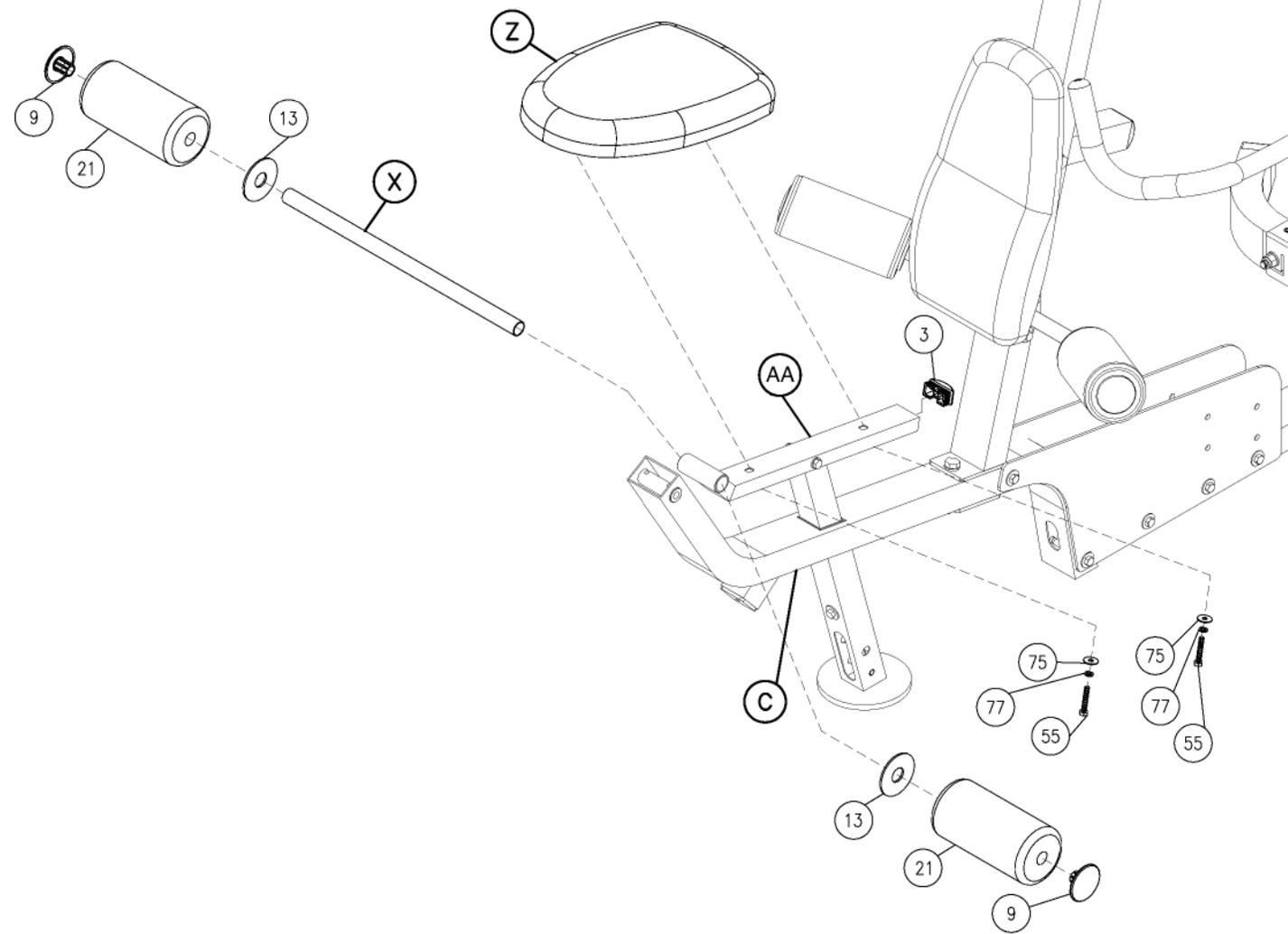
Do not over tighten pad bolts (55), over tightening will strip the T-nuts pressed into the wood.



STEP
6



Above shows STEP 6 assembled and completed.



STEP**7**

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

- A. Insert End Cap (3) to the top of Leg Extension (W).
Attach Leg Extension (W) to the Front Base Frame (C) with Shaft (126) and the pre-installed hardware:

Two 83 (5/16" x 5/8" allen bolt)
Two 84 (5/16" washer)

- B. Attach Leg Pad Holder (AB) onto Leg Extension (W) using:

One 88 (1/2" x 5 1/2" hex head bolt)
Two 73 (1/2" washer)
One 71 (1/2" nylon lock nut)

- C. Attach two Leg Pads (AC) to Leg Pad Holder (AB) using:

Four 87 (5/16" x 3/4" allen head bolt)*
Four 77 (5/16" spring lock washer)
Four 75 (5/16" flat washer)

***Note:**

Do not over tighten pad bolts (87), over tightening will strip the T-nuts pressed into the wood.

- D. Attach 5/16" wide Spacer (202) and two 1/2" Washers (73) to the end of the 1/2" x 5 1/2" Hex Head Bolt (88) that is attaching the Leg Pad Holder (AB) as shown in the Reverse Side Drawing using:

One 71 (1/2" nylon lock nut)

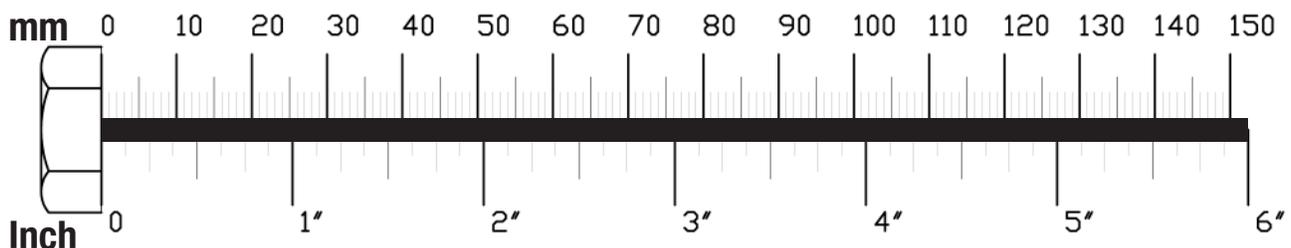
- E. Attach L-Bracket (203) to the Front Base Frame (C) using Jam Nut (109) and Plastic Stop (110) as shown.

Attach Jam Nut (70) onto L-Bracket (203) first, this will give you the proper spacing for the Lock Down Hook (200).

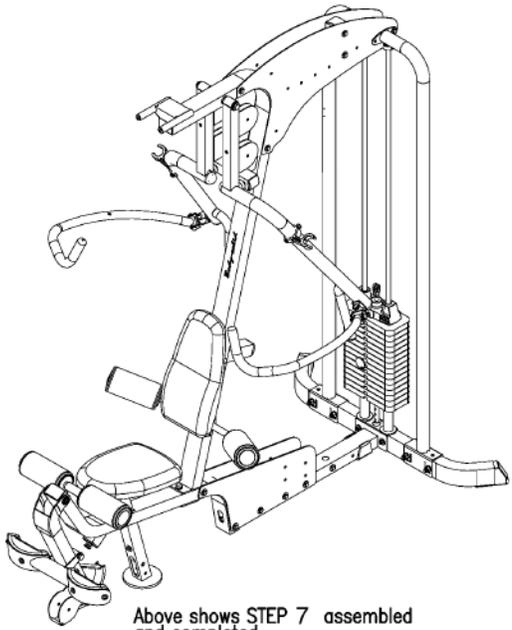
Slide one 1/2" Washer (73), then slide the 1/4" wide Spacer (201) onto the L-Bracket (203).

Slide the Lock Down Hook (200) onto the 1/4" wide Spacer (201), and hold in place using:

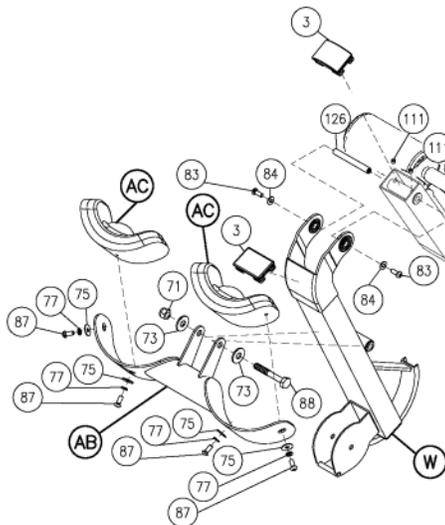
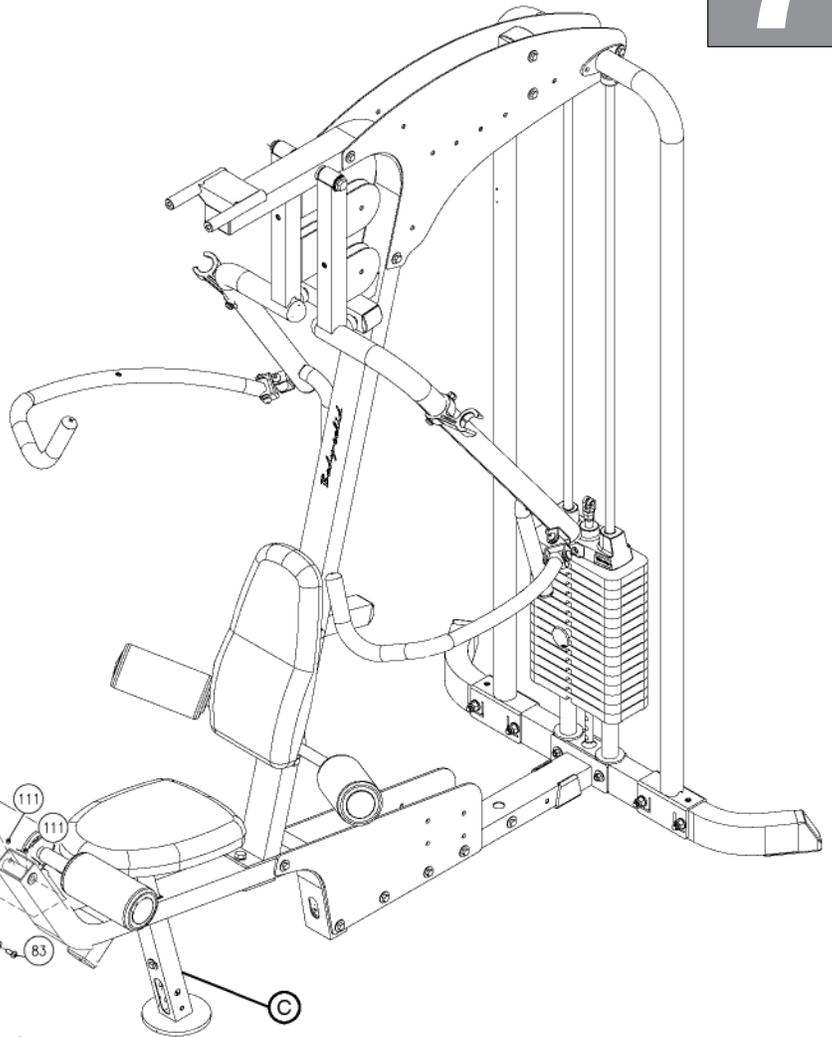
One 73 (1/2" washer)
One 71 (1/2" nylon lock nut)



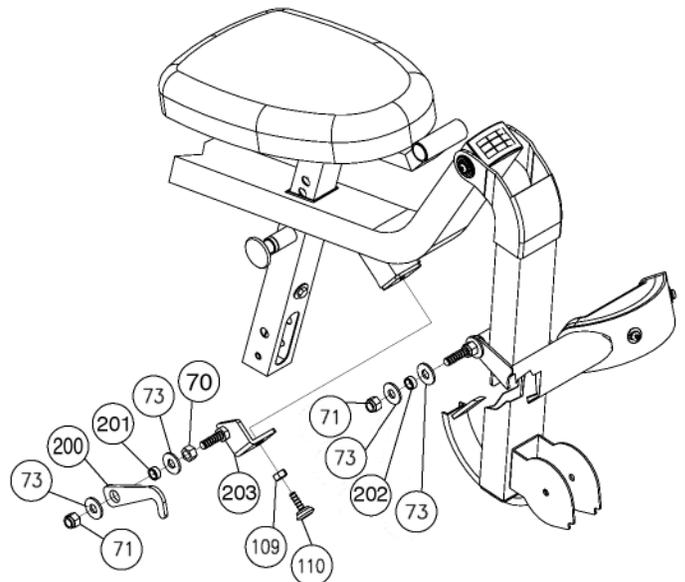
STEP
7



Above shows STEP 7 assembled and completed.



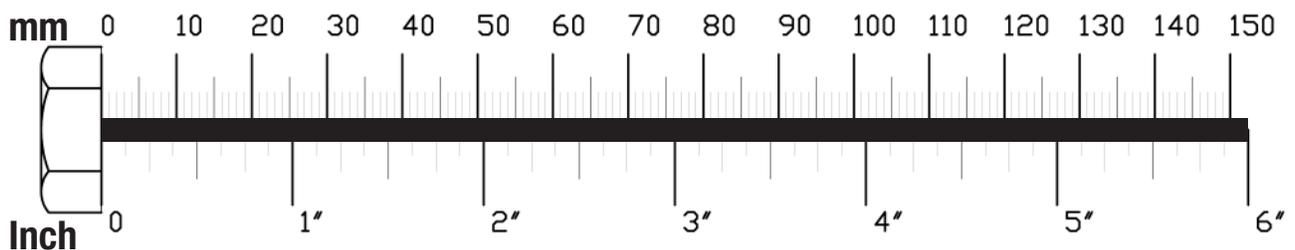
REVERSE SIDE DRAWING

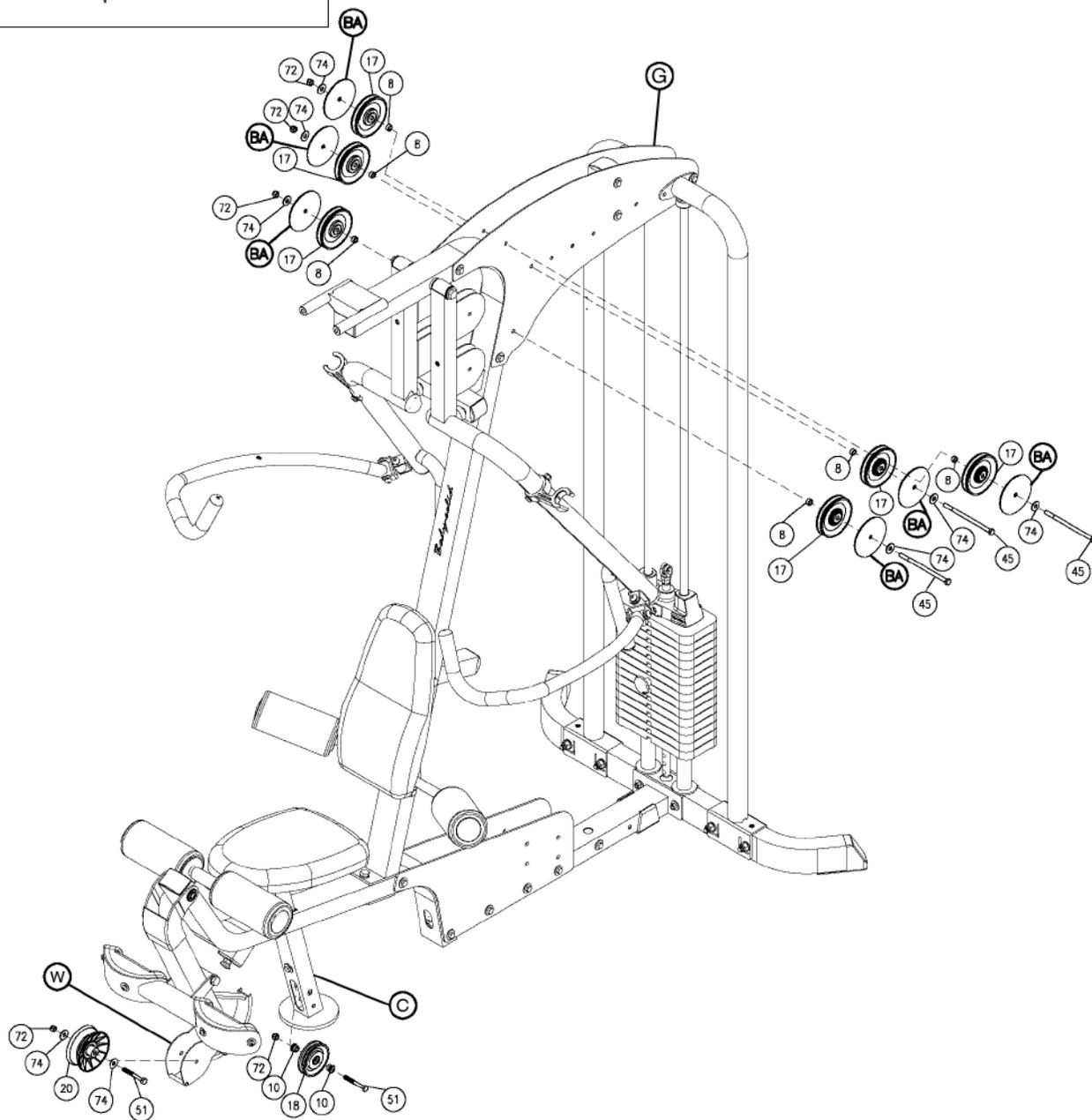
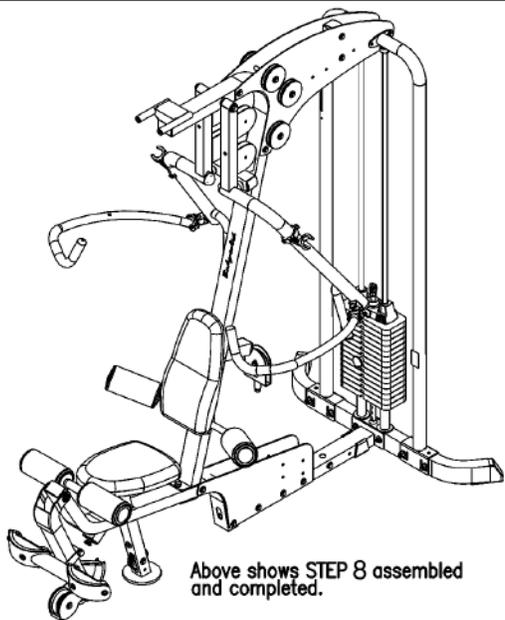


STEP**8**

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

- A. Insert Wide Pulley (20) into Leg Extension (W) and hold in place using:
One 51 (3/8" x 2 3/4" hex head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)
- B. Insert 3" Pulley (18) into Front Base Frame (C) and hold in place using:
One 51 (3/8" x 2 3/4" hex head bolt)
Two 10 (pulley spacer)
One 72 (3/8" nylon lock nut)
- C. Attach three Pulleys (17) and three Pulley Covers (BA) onto the left side of the Top Side Panels (G). also, attach three Pulleys (17) and three Pulley Covers (BA) onto the right side of the Top Side Panels (G) as shown using:
Three 45 (3/8" x 6 1/2" hex head bolt)
Six 74 (3/8" washer)
Six 8 (1/4" spacer sleeve)
Three 7 (3" spacer sleeve)
Three 72 (3/8" nylon lock nut)





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

Weight Stack Cable (32)



- A. Attach Weight Stack Cable (32) between Top Side Panels (G) using:
One 48 (3/8" x 3 3/4" hex head bolt)
Two 74 (3/8" washer)
Two 7 (spacer sleeve)
One 72 (3/8" nylon lock nut)
- B. Route Cable (32) through the Double Pulley Holders (BB) and hold Pulley (A1) in place using:
One 52 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)
- C. Route Cable (32) up and between Top Side Panels (G).
Route Cable (32) around Pulley (A2) and install Pulley (A2) between Top Side Panels (G) using:
One 48 (3/8" x 3 3/4" hex head bolt)
Two 74 (3/8" washer)
Two 5 (spacer sleeve)
One 72 (3/8" nylon lock nut)
- D. Route Cable (32) through Single Pulley With Hook (BC) and around Pulley (A3).
Install Pulley (A3) using:
One 52 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)
Attach Rubber Pad (28) to the top of Single Pulley With Hook (BC) as shown.

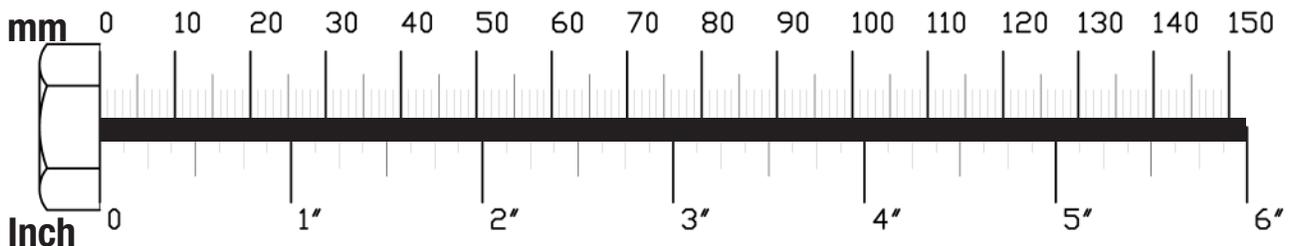


Diagram 1

Cable Installation

Start by attaching the Cable (32) between the Top Side Panels (G) here.

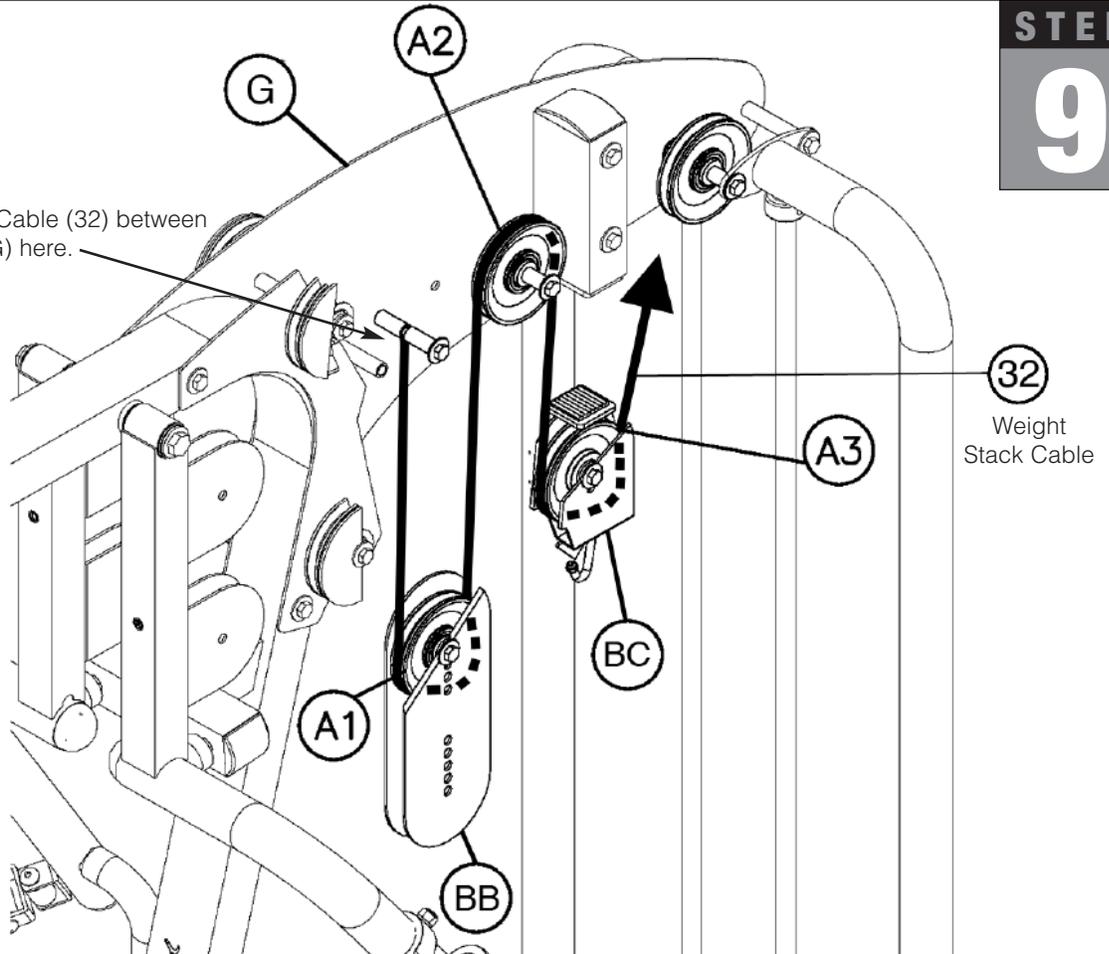
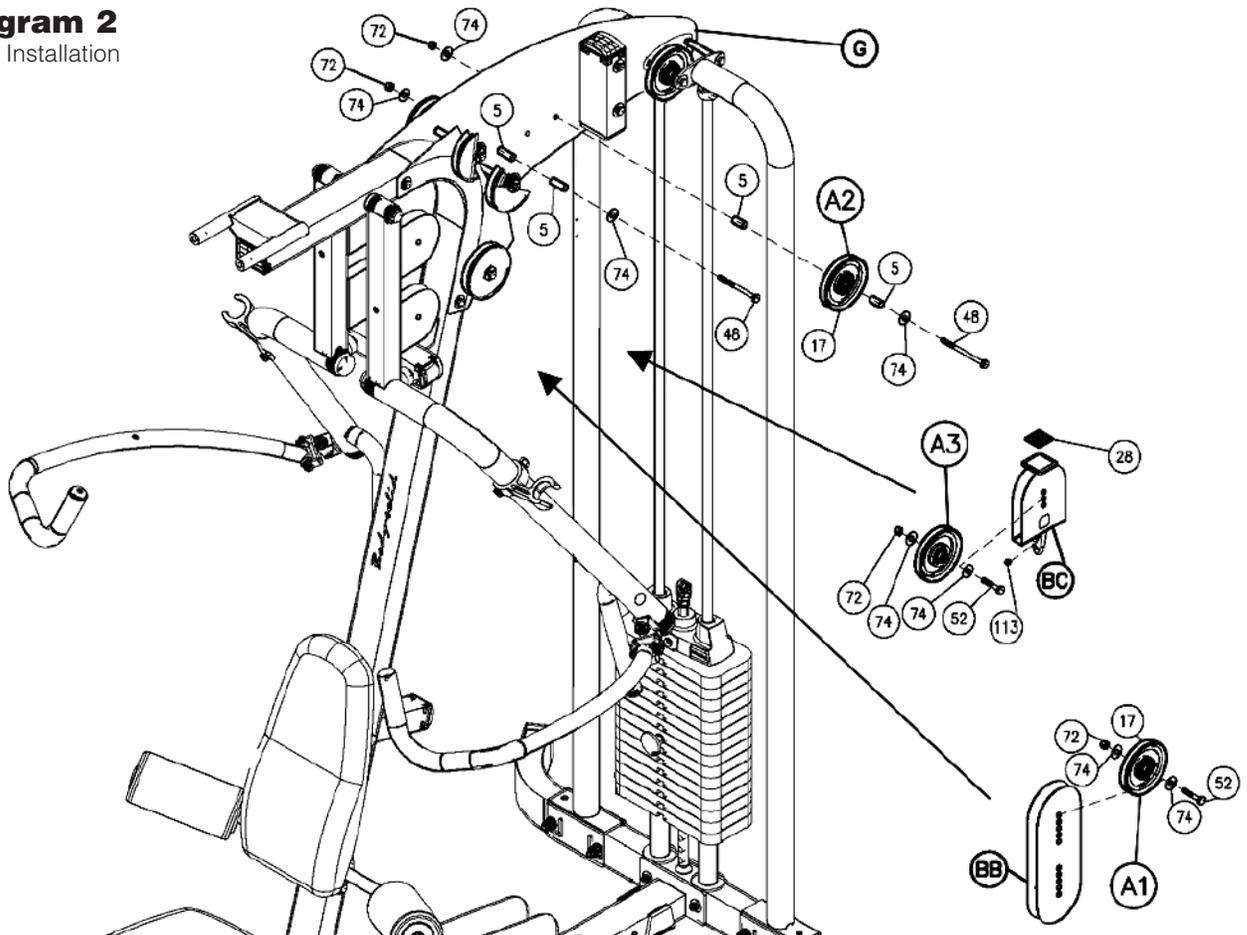


Diagram 2

Pulley Installation



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

Weight Stack Cable (32)



- A. Route Cable (32) up and around pre-installed Pulley (A5). Leave Cable (32) hanging down toward the weight stack.
Install 3" Pulley (A4) under Cable (32) using:
One 48 (3/8" x 3 3/4" hex head bolt)
Two 74 (3/8" washer)
Two 5 (spacer sleeve)
One 72 (3/8" nylon lock nut)
- B. See Diagram 1A. The Metal Ball End of Cable (32) should be hanging just above the weight stack. Remove Bolt (100) from Selector Rod Top Bolt (101), slide Metal Ball End of Cable (32) through Selector Rod Top Bolt (101). Attach Cable End Shaft (62) and securely tighten Allen Screw (104). Pull Cable (32) tight, so Cable End Shaft (62) fits securely inside Selector Rod Top Bolt (101). Reinstall Bolt (100) in Selector Rod Top Bolt (101).

NOTE:

Make sure the Selector Rod Top Bolt (101) is threaded inside Selector Rod (23) at least one half inch. Make sure Spring Lock Washer (102) is in place and wrench tighten Jam Nut (103).

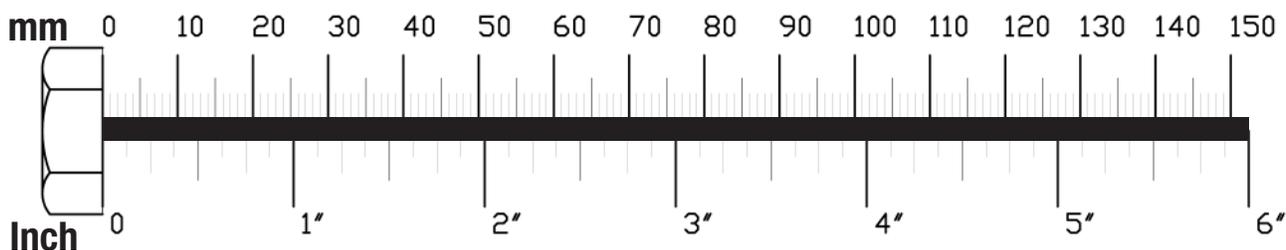


Diagram 1
Cable Installation

STEP
10

Start here by routing the Cable (32) over Pulley (A4).

⚠ WARNING ⚠

Selector Rod Top Bolt (101) must be threaded a minimum of 1/2" into the Selector Rod (23), and Jam Nut (70) tightened securely against spring lock washer (76) to ensure proper connection. Check the Jam Nut (70) once a week to make sure it is tight.

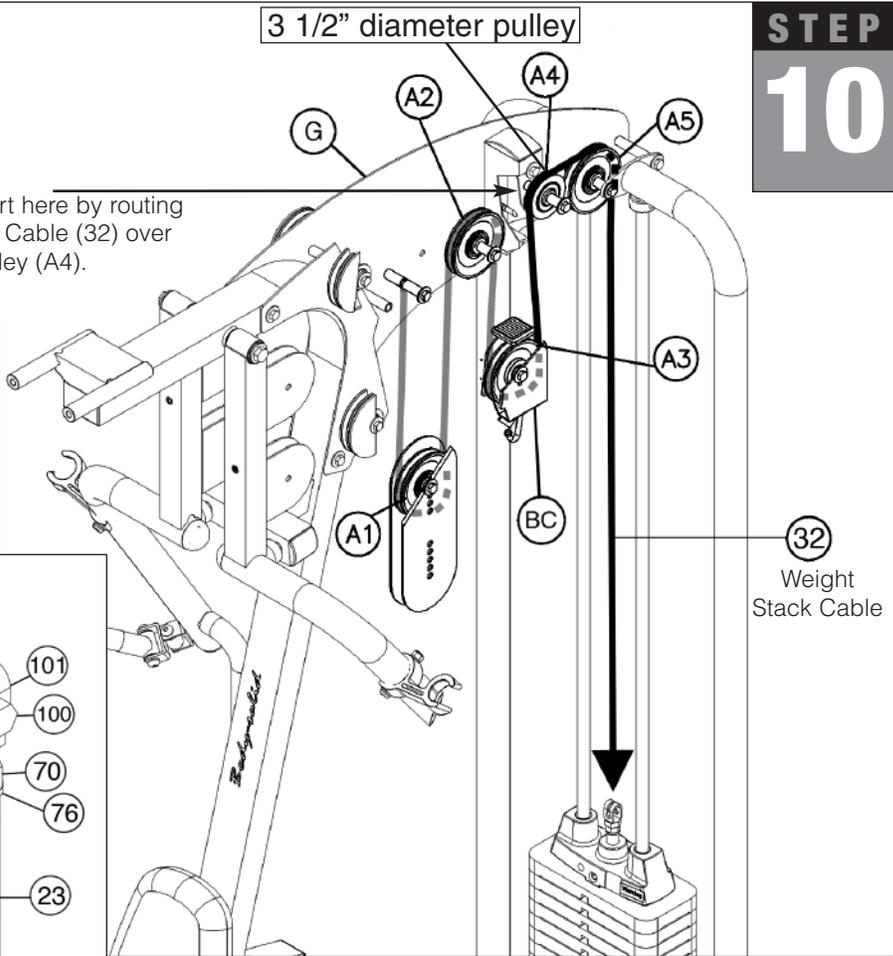


Diagram 1A

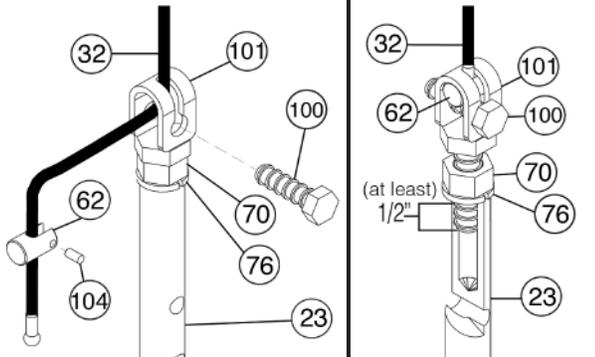
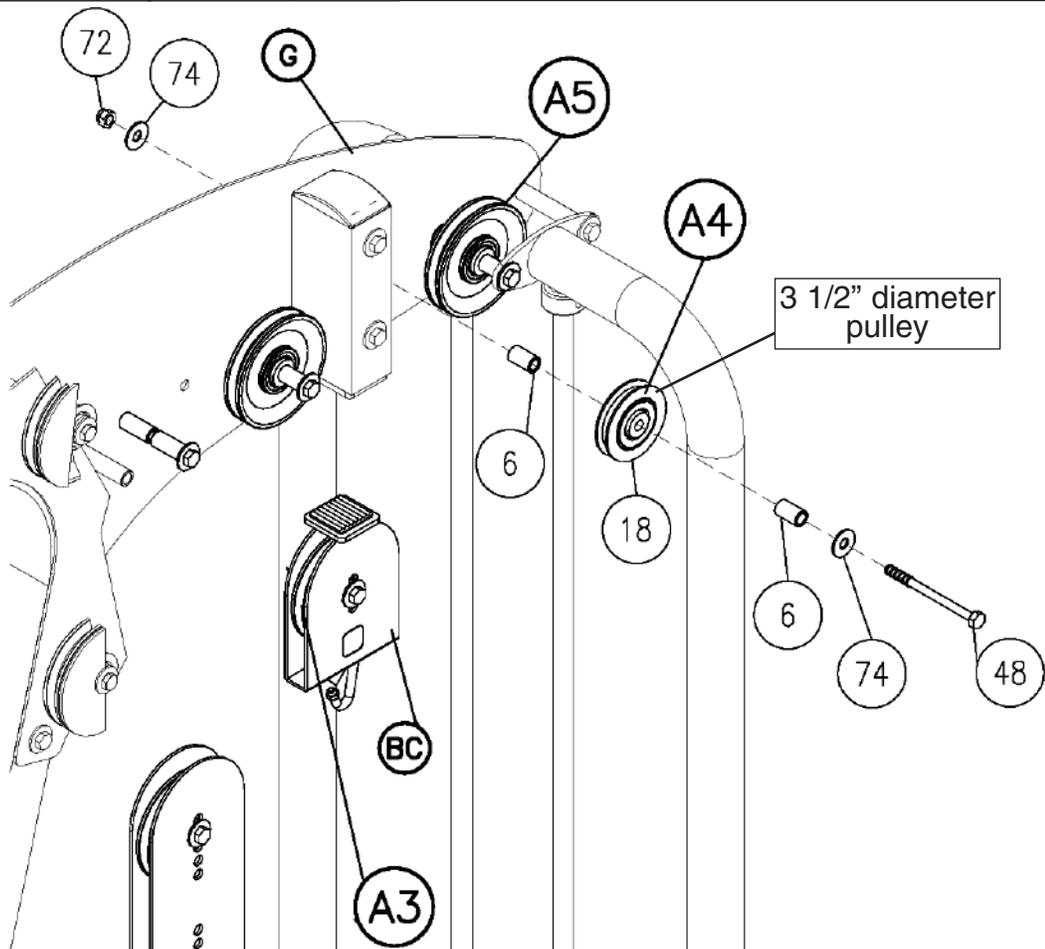
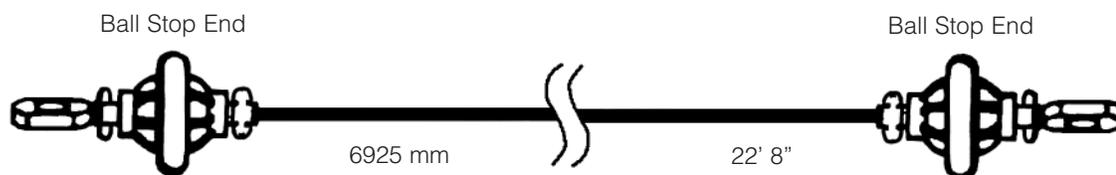


Diagram 2
Pulley Installation



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

High Pulley Cable (29)



- A. Slide Oilite Washer (107) onto the top of Vertical Frame (J) as shown in Diagram 2. Attach Pivoting Pulley Holder (BD) onto the right side of Vertical Frame (J) using:
One 105 (1/2" x 3/4" allen bolt)
One 73 (1/2" washer)
 Route High Pulley Cable (29) through the Pivoting Pulley Holder (BD) at the top of Vertical Frame (J). Route Cable (29) over pre-installed Pulley (B2).
- B. Install Pulley (B1) into the Pivoting Pulley Holder (BD) at the top of Vertical Frame (J) under Cable (29) using:
One 106 (3/8" x 1 3/4" allen head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)
- C. Route Cable (29) over the top of pre-installed Pulley (B2). Route Cable (29) over the top and around Pulley (B3), install Pulley (B3) into the top pulley holder on the Right Seated Press Arm (K) using:
One 52 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)
- D. Route Cable (29) over the top of pre-installed Pulley (B4). Route Cable (29) over the top and around Pulley (B5), install Pulley (B5) into the bottom pulley holder on the Right Seated Press Arm (K) using:
One 52 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)
- E. Route Cable (29) over the top of pre-installed Pulley (B6). Route Cable (29) through Single Pulley Holder (BE). Hold Cable (29) in place by installing Pulley (B7) using:
One 52 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)

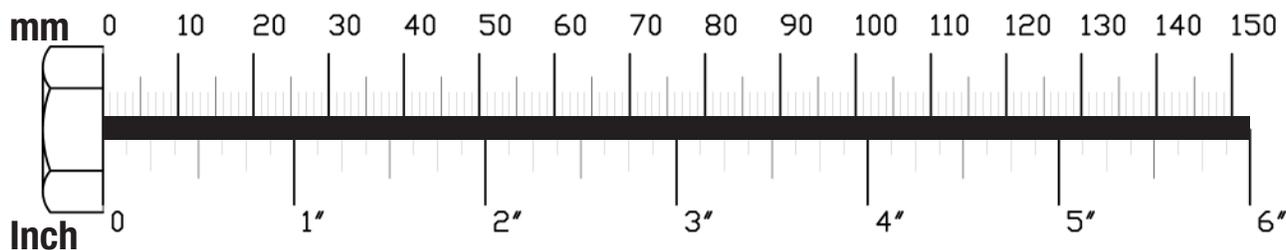


Diagram 1

Cable Installation

Start by routing cable through the Pivoting Pulley Holder (BD).

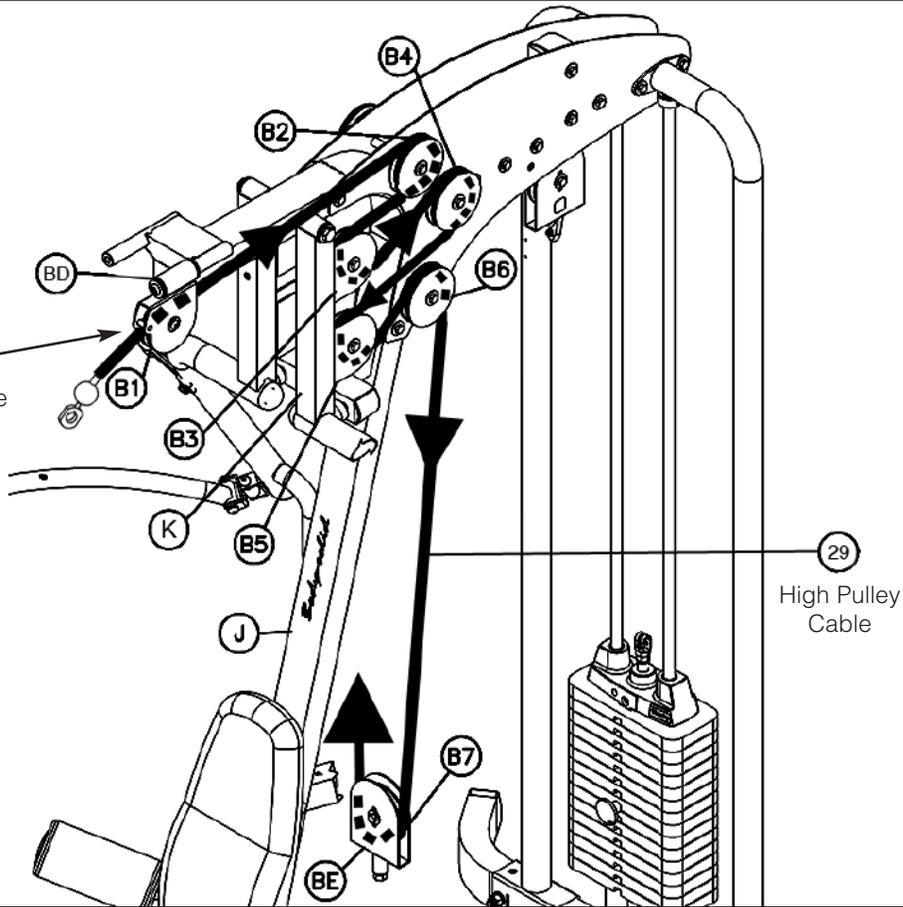
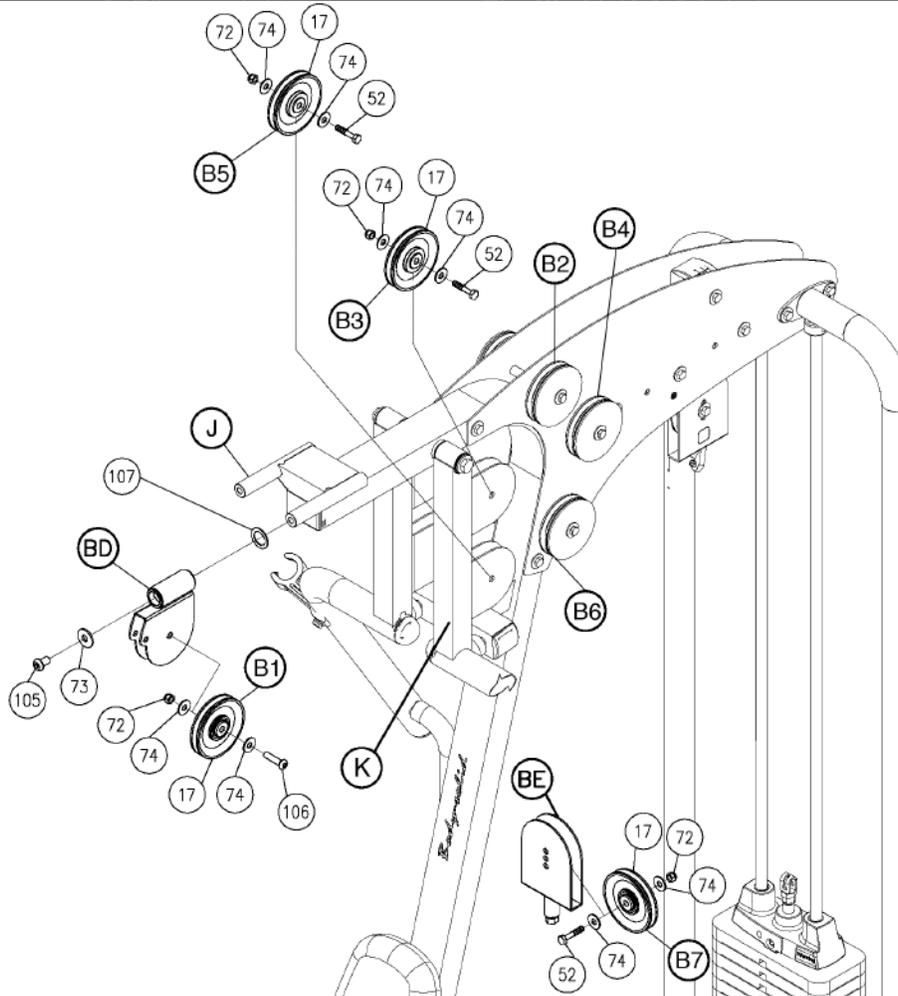


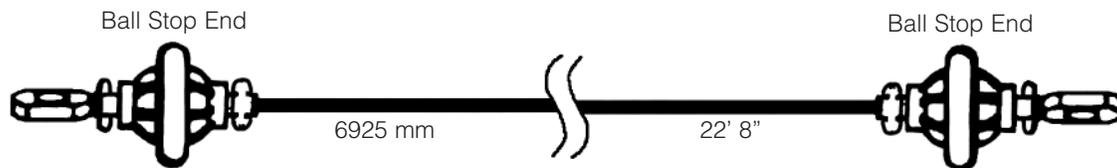
Diagram 2

Pulley Installation



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

High Pulley Cable (29)



- A. Route Cable (29) over the top and around pre-installed Pulley (B8) and toward the Left Seated Press Arm (L).
Route Cable (29) under and around Pulley (B9) and install Pulley (B9) into the bottom pulley holder on the Left Seated Press Arm (L) using:
One 52 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)
- B. Route Cable (29) under and around pre-installed Pulley (B10) and back toward the Left Seated Press Arm (L).
Route Cable (29) under and around Pulley (B11) and install Pulley (B11) into the top pulley holder on the Left Seated Press Arm (L) using:
One 52 (3/8" x 1 3/4" hex head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)
- C. Route Cable (29) under and around pre-installed Pulley (B12) as shown.
Slide Oilite Washer (107) onto the top of Vertical Frame (J) as shown.
Attach Pivoting Pulley Holder (BD) onto the left side of Vertical Frame (J) using:
One 105 (1/2" x 3/4" allen bolt)
One 73 (1/2" washer)
Route High Pulley Cable (29) through the Pivoting Pulley Holder (BD) at the top of Vertical Frame (J).
- D. Install Pulley (B13) into the Pivoting Pulley Holder (BD) at the top of Vertical Frame (J) under Cable (29) using:
One 106 (3/8" x 1 3/4" allen head bolt)
Two 74 (3/8" washer)
One 72 (3/8" nylon lock nut)

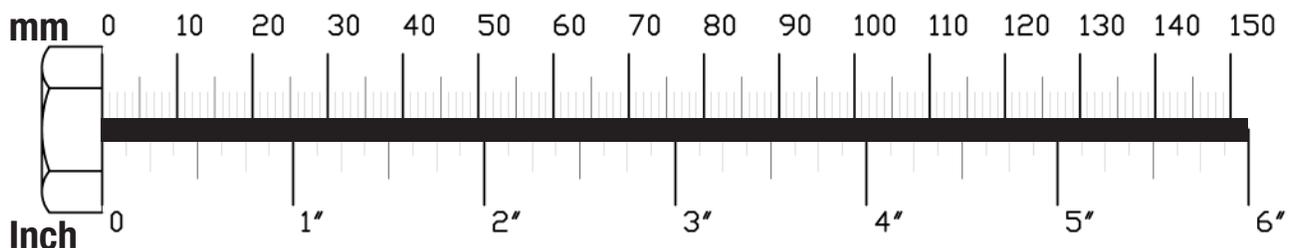


Diagram 1
Cable Installation

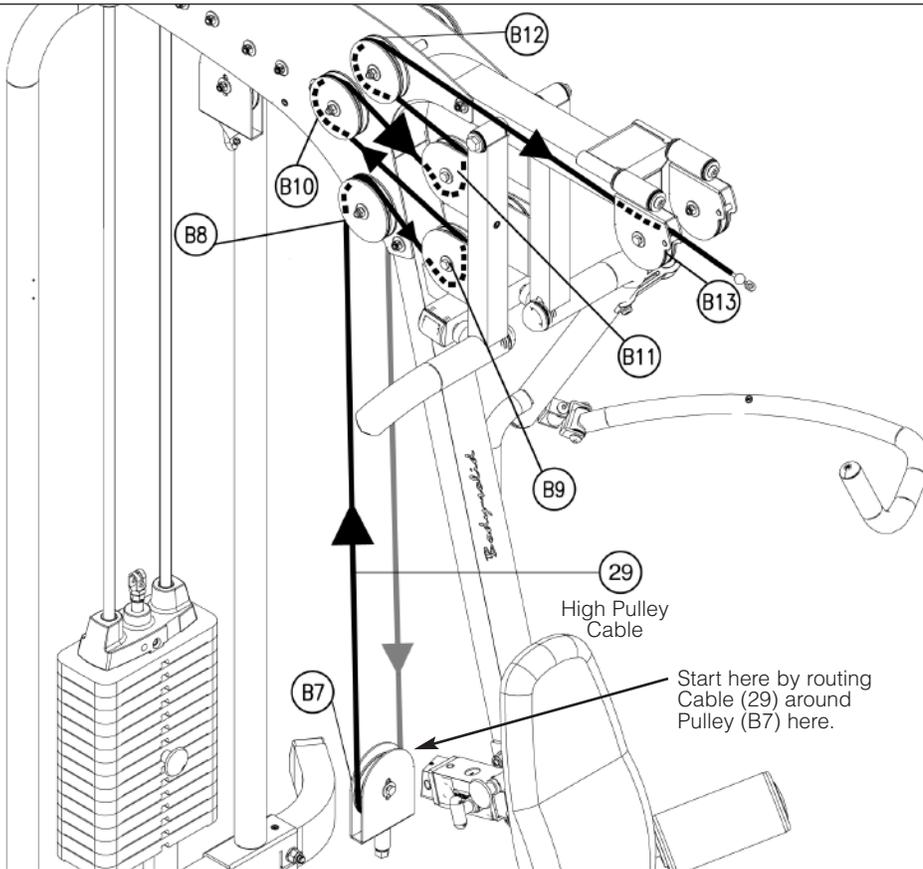
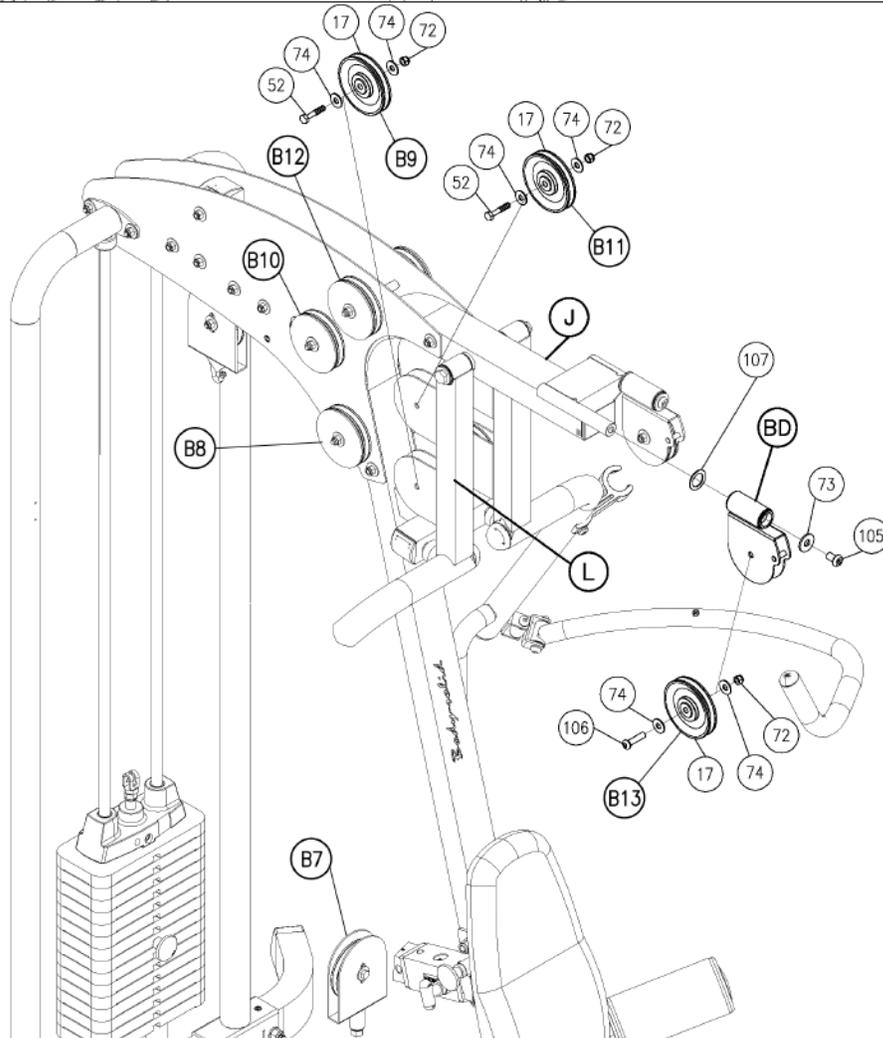
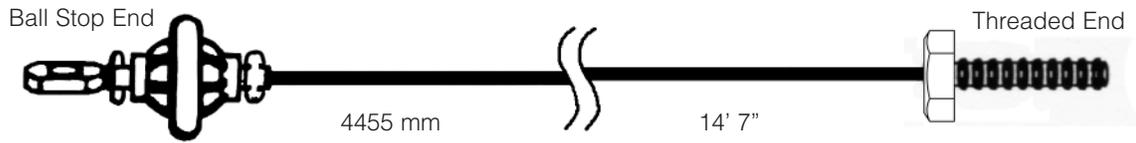


Diagram 2
Pulley Installation

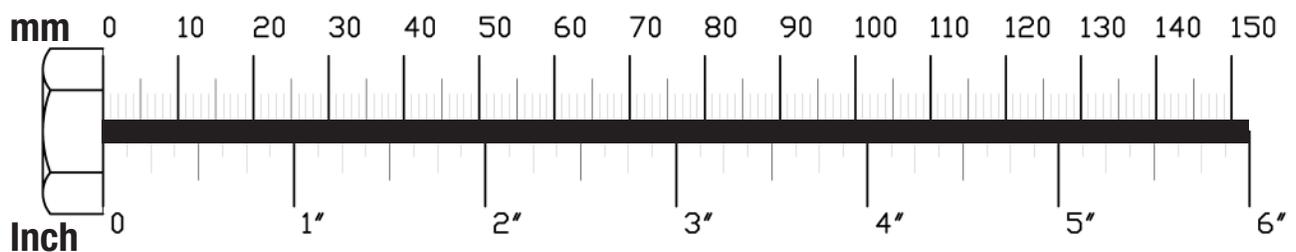


Be careful to assemble all components in the sequence they are presented.

Leg Extension Cable (30)



- A. Route the threaded end of the Leg Extension Cable (30) under pre-installed Pulley (C1) and through Leg Extension (W).
- B. Route the threaded end of Cable (30) under pre-installed Pulley (C2) and through Front Base Frame (C).
- C. Route the threaded end of Cable (30) through the opening in Front Base Frame (C), and between the two Low Side Panels (D).
- D. Route Cable (30) around Pulley (C3) and install Pulley (C3) between the two Low Side Panels (D) using:
 - One 47 (3/8" x 4" hex head bolt)**
 - Two 5 (spacer sleeve)**
 - Two 74 (3/8" washer)**
 - One 72 (3/8" nylon lock nut)**
- E. Route Cable (30) up to the Double Pulley Holder (BB).
Route Cable (30) around Pulley (C4) and install Pulley (C4) into the Double Pulley Holder (BB) using:
 - One 52 (3/8" x 1 3/4" hex head bolt)**
 - Two 74 (3/8" washer)**
 - One 72 (3/8" nylon lock nut)**
- F. Route Cable (30) down and around Pulley (C5).
Install Pulley (C5) between the two Low Side Panels (D) using:
 - One 47 (3/8" x 4" hex head bolt)**
 - Two 5 (spacer sleeve)**
 - Two 74 (3/8" washer)**
 - One 72 (3/8" nylon lock nut)**



STEP
13

Diagram 1
Cable Installation

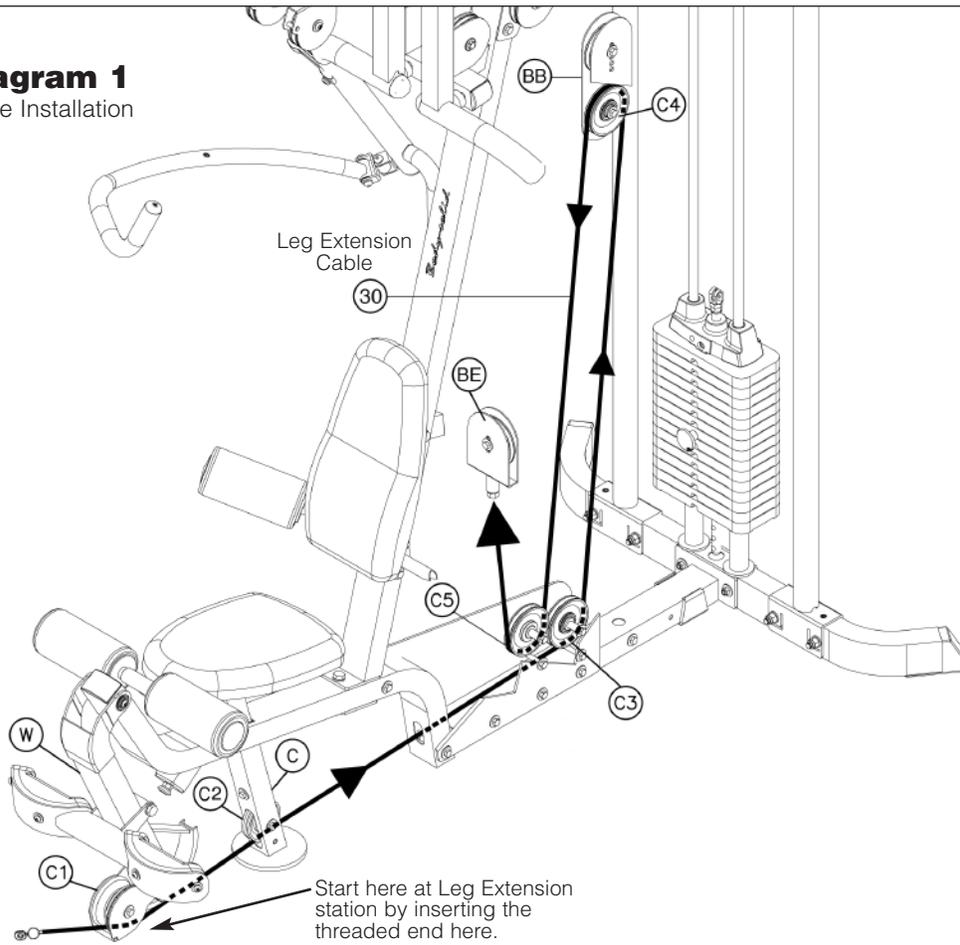
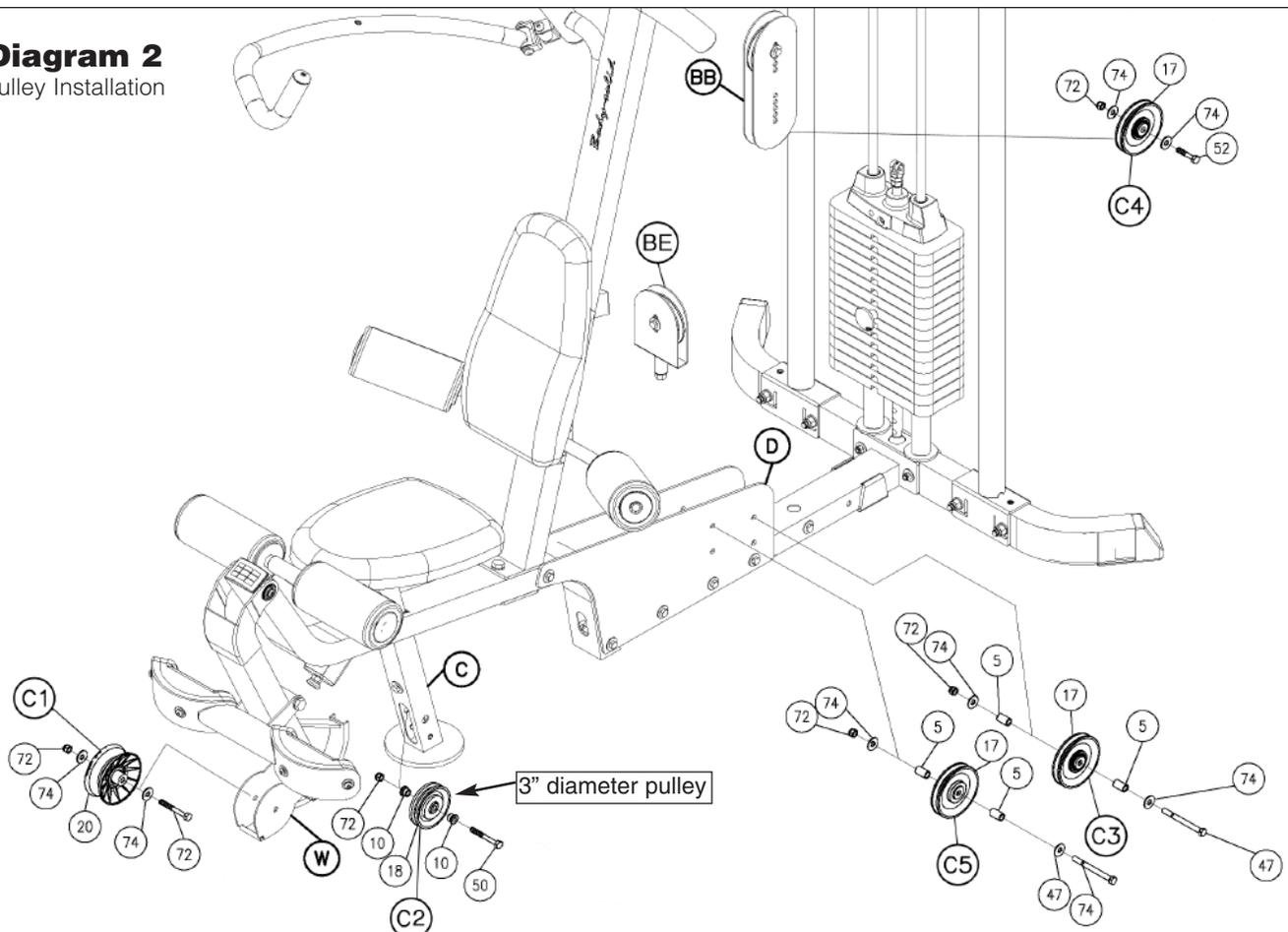
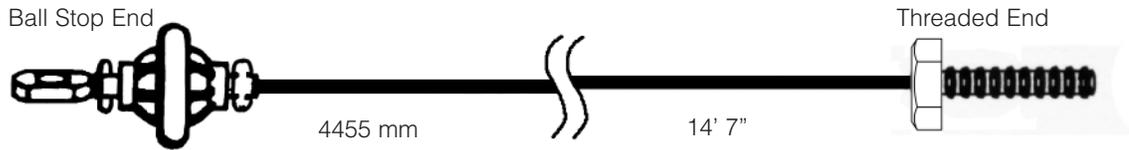


Diagram 2
Pulley Installation



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

Leg Extension Cable (30)



- A. See Diagram 1. Connect the Threaded End of Cable (30) to Single Pulley Holder (BE). *

***Note:**

Make sure Cable (30) is threaded a minimum of 1/2" into the Single Pulley Holder (BE) and Jam Nut (70) tightened securely against spring lock washer (76) to ensure proper connection. Check the Jam Nut (70) once a week to make sure it is tight.

- B. See Diagram 2. Install two bolts as shown to hold cable around Pulleys (C3) and (C5) using:

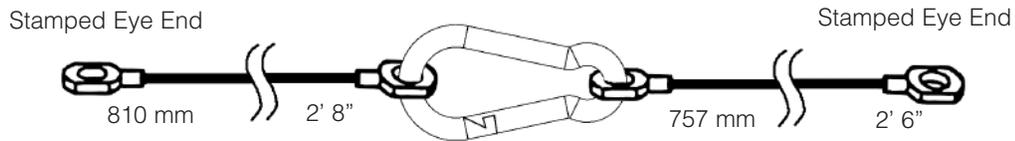
Two 47 (3/8" x 4" hex head bolt)

Four 74 (3/8" washer)

Two 72 (3/8" nylon lock nut)

Short Cable-A (27)

Short Cable-B (31)



- C. Connect the two short cables together with a Snap Link (16) to make one cable as shown above. See Short Cable Diagram. Attach stamped eye end of Short Cable (27) to the bottom of Single Pulley With Hook (BC) as shown.

Attach the other Stamped Eye End of Cable (31) to Main Base Frame (A) as shown using:

One 46 (3/8" x 4 1/4" hex head bolt)

Two 74 (3/8" washer)

One 72 (3/8" nylon lock nut)

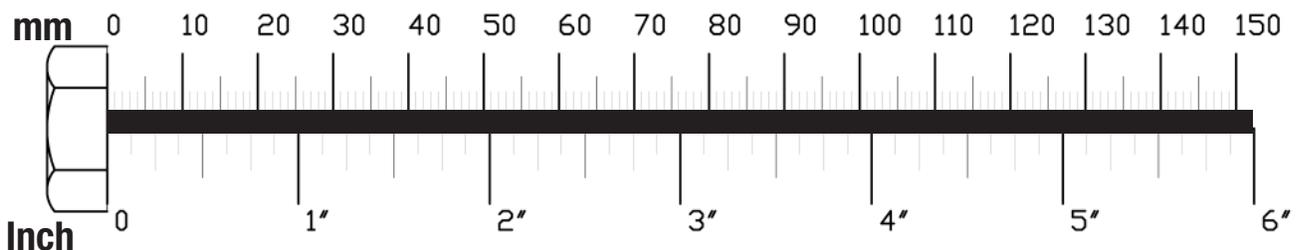
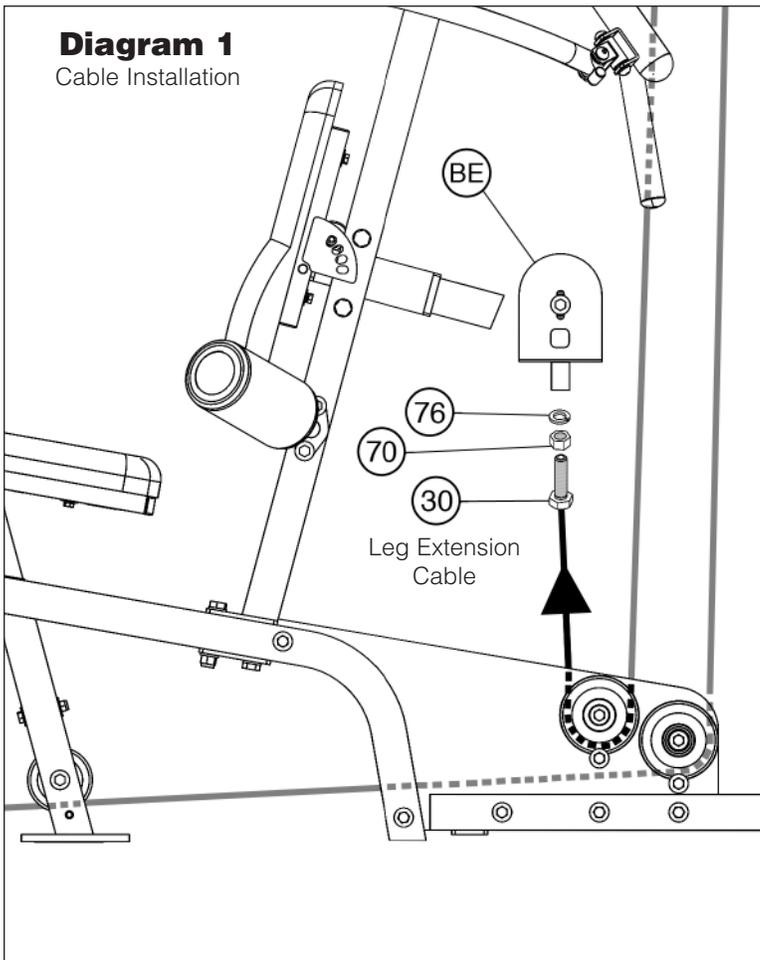


Diagram 1

Cable Installation



Short Cable Diagram

Cable Installation

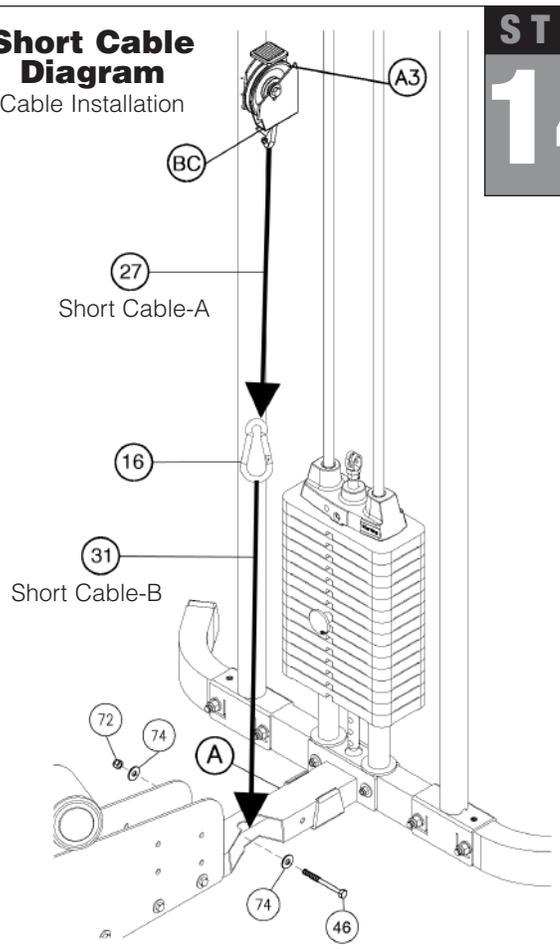
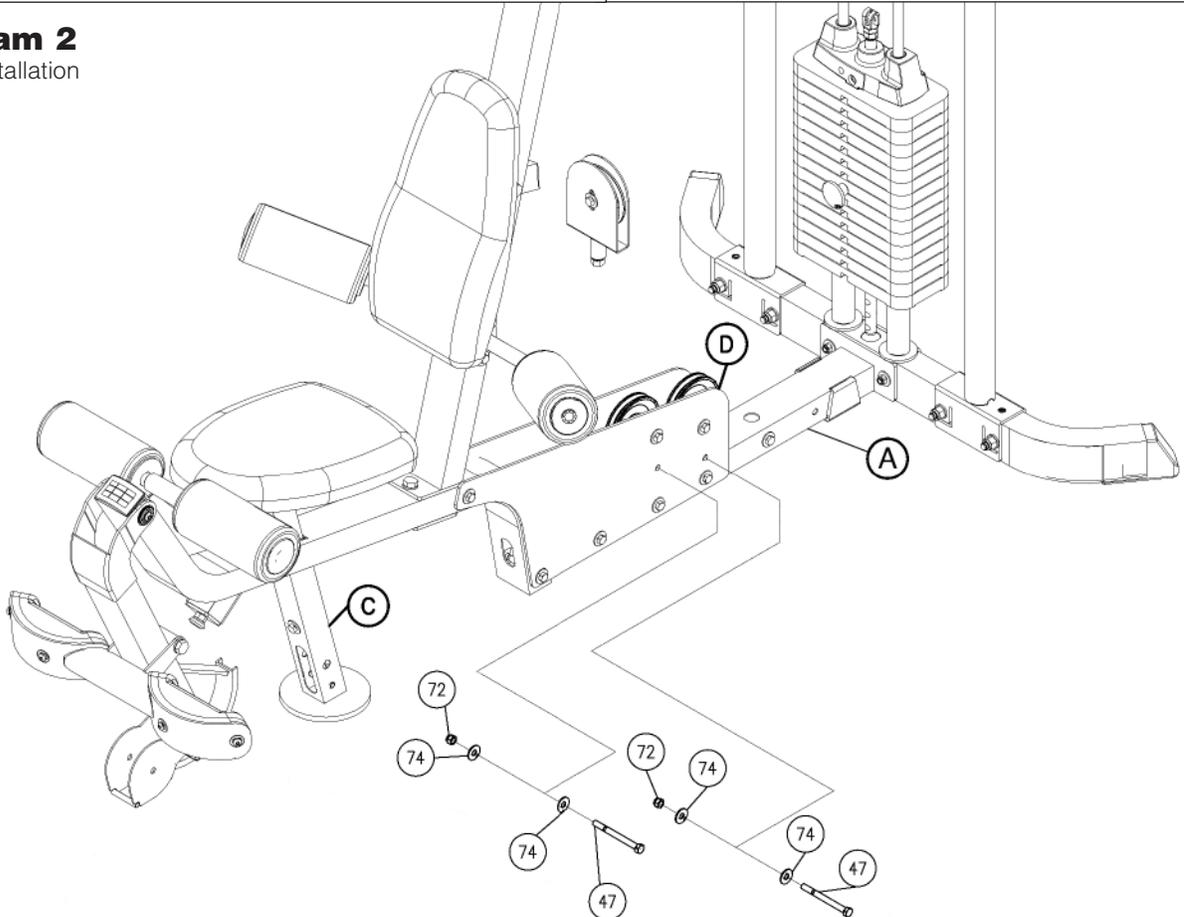


Diagram 2

Pulley Installation



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

NOW IS THE TIME TO MAKE ALL NECESSARY CABLE ADJUSTMENTS

After cable installation is complete you must check all cables for proper tension. Obvious signs that cable tension problems exist include:

- Top Plate (22) does not rest directly on the top Weight Stack Plate (37).
- The holes in the Selector Rod (23) do not line up with holes in the Weight Stack Plates (37).
- Cable(s) are sloppy and there is no resistance from the weight stack for the first few inches of the exercise.

There are Three areas for cable adjustment on the G4I:

- A. Selector Rod Top Bolt (101)
- B. Adjustments in Double Pulley Bracket (BB).
- C. Rubber Stops (108) on Vertical Frame (J), and Front Base Frame (C).

SEE WARNING ON PAGE 31

If there is too much tension, and the Top Plate (22) is not resting directly on top of the weight stack plates:

- 1st. -Tighten Rubber Stop (108).
- 2nd. -Move Pulley (C4) down to a lower hole in Double Pulley Bracket (BB), or move Pulley (A1) up to a higher hole in Double Pulley Bracket (BB).

If there is too much play or excessive slack:

- 1st. -Loosen Rubber Stop (108).
- 2nd. -Move Pulley (C4) up to a higher hole in Double Pulley Bracket (BB), or move Pulley (A1) down to a lower hole in Double Pulley Bracket (BB).
- 3rd. -Screw the Selector Rod Top Bolt (101) farther into the Selector Rod (23) of the weight stack.

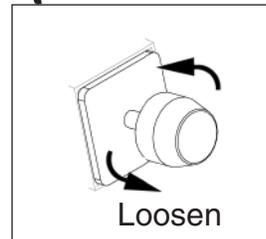
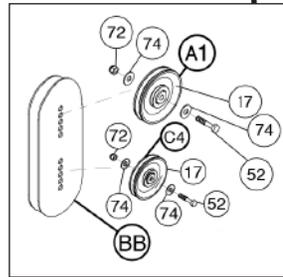
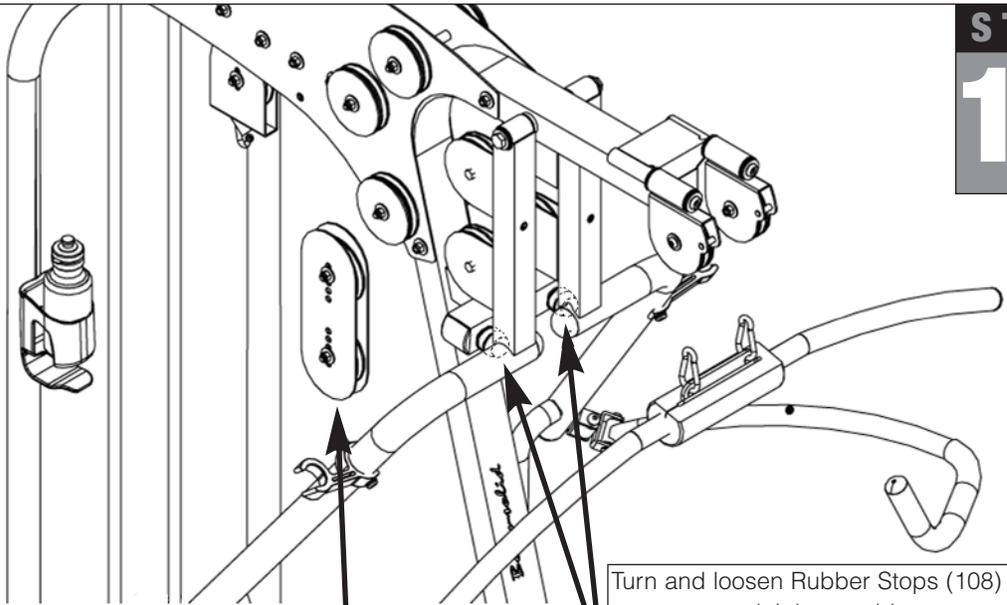
NOTE:

Cables should be inspected daily and adjusted periodically to ensure safe and smooth operation.

NOTE:

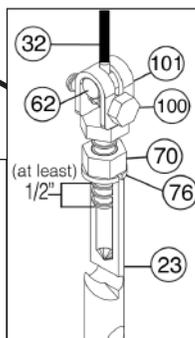
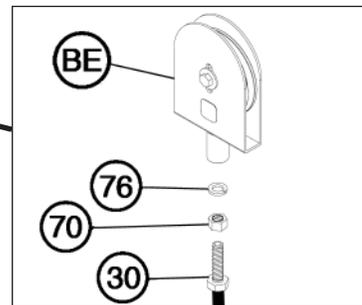
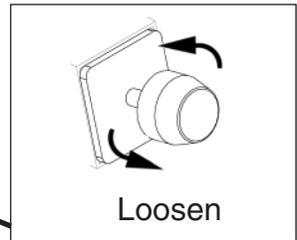
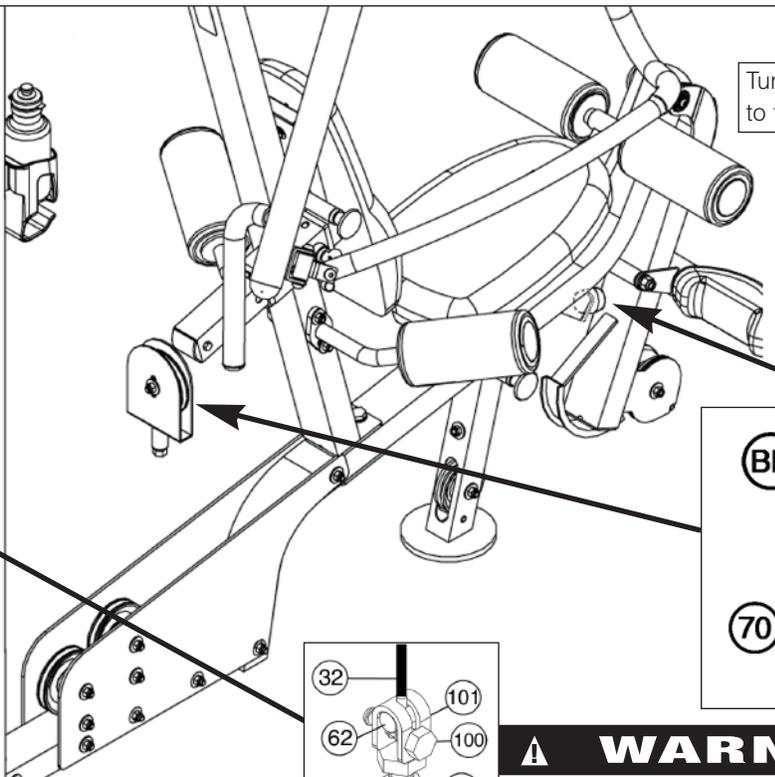
After cable adjustment is complete, you should now wrench tighten all bolts. Do NOT re-tighten any pad bolts.

STEP
15



Turn and loosen Rubber Stops (108) to take up space and tighten cable.

Turn and loosen Rubber Stop (108) to take up space and tighten cable.



NOTE 1

Check Jam Nut (70) weekly to be sure it is tight and locked onto the Selector Rod (23).

⚠ WARNING ⚠

Selector Rod Top Bolt (101) **must** be threaded a minimum of 1/2" into the Selector Rod (23), and Jam Nut (70) tightened securely against spring lock washer (76) to ensure proper connection.

G 4 I Mainframe Parts List

KEY#	QTY	PART#	DESCRIPTION
A	1	JG4IMBF-A	MAIN BASE FRAME
B	1	JG4IRBF-B	REAR BASE FRAME
C	1	JG4IFBF-C	FRONT BASE FRAME
D	2	JG4ILSP-D	LOW SIDE PANELS
E	2	JG4IGR-E	GUIDE RODS
F	2	JG4IRAP-F	REAR ARCH POST
G	2	JG4ITSP-G	TOP SIDE PANELS
H	1	JG4IPS-H	PANEL SPACER
J	1	JG4IVF-J	VERTICAL FRAME
K	1	JG4IRSPA-K	RIGHT SEATED PRESS ARM
L	1	JG4ILSPA-L	LEFT SEATED PRESS ARM
M	1	JG4IRPH-M	RIGHT PRESS HANDLE
N	1	JG4ILPH-N	LEFT PRESS HANDLE
P	2	JG4IP-P	PIVOT
Q	1	JG4ILLHD-Q	LEFT LEG HOLD DOWN
R	1	JG4IRLHD-R	RIGHT LEG HOLD DOWN
S	1	JG4IBPH-S	BACK PAD HOLDER
T	1	JG4IBPA-T	BACK PAD ADJUSTER
V	1	JG4IBPF-V	BACK PAD FRAME
W	1	JG4ILE-W	LEG EXTENSION
X	2	JG4IFRB-X	FOAM ROLLER BAR
AA	1	JG4ISPF-AA	SEAT PAD FRAME
AB	1	JG4ILPH-AB	LEG PAD HOLDER
AC	2	JG4ILP-AC	LEG PAD
BA	2	JG4IPC-BA	PULLEY COVERS
BB	1	JG4IDPH-BB	DOUBLE PULLEY HOLDER
BC	1	JG4ISPH-BB	SINGLE PULLEY WITH HOOK
BD	2	JG4IPPH-BD	PIVOTING PULLEY HOLDER
BE	1	JG4ISPH-BE	SINGLE PULLEY HOLDER

Part numbers are required when ordering parts.

G 4 I Hardware List

KEY#	QTY	PART#	DESCRIPTION
1	3	JCEC22X1.8	CONVEX END CAP 2" X 2" (1.8" THICK)
2	2	JCEC22X2.5	CONVEX END CAP 2" X 2" (2.5" THICK)
3	5	JCEC23	CONVEX END CAP 2" X 3"
4	2	JFC23	FOOT CAP 2" X 3"
5	10	JSS.625X1	SPACER SLEEVE 5/8" ID X 1" WIDE
6	2	JSS.625X1.5	SPACER SLEEVE 5/8" ID X 1 1/2" WIDE
7	4	JSS.625X3	SPACER SLEEVE 5/8" ID X 3" WIDE
8	6	JSS.625X.25	SPACER SLEEVE 5/8" ID X 1/4" WIDE
9	6	JREC1	ROLLER END CAP 2 1/2" OD X 1" ID
10	2	JPS.375X.75	PULLEY SPACER 3/8" ID X 3/4" WIDE
11	2	JPS.375X1.25	PULLEY SPACER 3/8" ID X 1 1/4" WIDE
12	2	JSC.75X1.5	SHAFT COLLAR 3/4" ID X 1.5" L
13	8	JPW31	PLASTIC WASHER 3" OD X 1" ID
14	2	JRD2.5	RUBBER DONUT 2 1/2"
15	2	JG4ILSH	LARGE STIRRUP HANDLE
16	5	JSNAP3	SNAP LINK
17	21	JPP4.25X.75	PLASTIC PULLEY 4 1/4" DIA X 3/4" WIDE
18	2	JPSP3X.62	PLASTIC SMALL PULLEY 3" DIA X 3/4" WIDE
20	1	JPWP4.25X1.62	PLASTIC WIDE PULLEY 4 1/4" DIA X 1 5/8" WIDE
21	6	JFOAM48	FOAM ROLLER 4" DIA X 8" L
22	1	JTP10	TOP PLATE (10lbs)
23	1	JSR20	SELECTOR BAR (20 selector holes)
24	2	JCEC13	CONVEX END CAP 1" X 3"
25	2	JNB22	NYLON BUSHING 2" X 2"
26	4	JREC2	ROUND END CAP 2"
28	1	JRB1.5X1.5	RUBBER PAD 1 1/2" X 1 1/2"
33	2	JG4ISSH	SMALL STIRRUP HANDLE
34	1	JG4IAS	ANKLE STRAP
35	6	JREC.62	ROUND END CAP 5/8"
36	2	JREC1	ROUND END CAP 1"
37	15	JSP10	WEIGHT STACK PLATES (10lbs)
38	2	JWSR	WEIGHT STACK RISERS
39	2	JHEX.5X.75PTB	HEX HEAD BOLT 1/2" X 3/4" PARTIAL THREAD
40	2	JHEX.5X4PTB	HEX HEAD BOLT 1/2" X 4" PARTIAL THREAD
41	1	JHEX.5X3.25PTB	HEX HEAD BOLT 1/2" X 3 1/4" PARTIAL THREAD
42	1	JHEX.5X3PTB	HEX HEAD BOLT 1/2" X 3" PARTIAL THREAD
43	4	JHEX.5X2.75PTB	HEX HEAD BOLT 1/2" X 2 3/4" PARTIAL THREAD
45	3	JHEX.37X6.5PTB	HEX HEAD BOLT 3/8" X 6 1/2" PARTIAL THREAD
46	4	JHEX.37X4.25PTB	HEX HEAD BOLT 3/8" X 4 1/4" PARTIAL THREAD
47	9	JHEX.37X4PTB	HEX HEAD BOLT 3/8" X 4" PARTIAL THREAD
48	8	JHEX.37X3.75PTB	HEX HEAD BOLT 3/8" X 3 3/4" PARTIAL THREAD
49	2	JHEX.37X3.25PTB	HEX HEAD BOLT 3/8" X 3 1/4" PARTIAL THREAD
50	4	JHEX.37X3PTB	HEX HEAD BOLT 3/8" X 3" PARTIAL THREAD
51	8	JHEX.37X2.75PTB	HEX HEAD BOLT 3/8" X 2 3/4" PARTIAL THREAD
52	8	JHEX.37X1.75PTB	HEX HEAD BOLT 3/8" X 1 3/4" PARTIAL THREAD
53	1	JSH.37X2FTB	SOCKET HEAD BOLT 3/8" X 2" FULL THREAD
55	2	JHEX.31X2.75FTB	HEX HEAD BOLT 5/16" X 2 3/4" FULL THREAD
56	2	JHEX.31X1.75PTB	HEX HEAD BOLT 5/16" X 1 3/4" FULL THREAD
60	1	JWSP4	WEIGHT STACK PIN 4"

Part numbers are required when ordering parts.

G 4 I H a r d w a r e (c o n t i n u e d)

KEY#	QTY	PART#	DESCRIPTION
61	1	JSCH.18X22	STEEL CHAIN 3/16" X 22"
62	1	JCES	CABLE END SHAFT
70	2	JLN.5	1/2" JAM NUT
71	7	JNLN.5	1/2" NYLON LOCK NUT
72	44	JNLN.37	3/8" NYLON NUT NUT
73	7	JWFLT.5	1/2" WASHER
74	82	JWFLT.37	3/8" WASHER
75	4	JWFLT.31	5/16" WASHER
76	2	JWSW.5	1/2" SPRING LOCK WASHER
77	4	JWSW.31	5/16" SPRING LOCK WASHER
78	4	JWCW.37	3/8" CURVED WASHER
79	2	JTSP3	T-SHAPED POP PIN 3" L
80	1	JFPP7.5	FLAT POP PIN 7 1/2" L
81	9	JAH.37X.62FTB	ALLEN HEAD BOLT 3/8" X 5/8" FULL THREAD
82	9	JWFLT.37X.75	3/8" WASHER 3/4" OD
83	2	JAH.31X.62FTB	ALLEN HEAD BOLT 5/16" X 5/8" FULL THREAD
84	4	JAH.31X.75FTB	ALLEN HEAD BOLT 5/16" X 3/4" FULL THREAD
85	2	JAH.37X3.125PTB	ALLEN HEAD BOLT 3/8" X 3 1/8" PARTIAL THREAD
86	1	JHEX.5X4.25PTB	HEX HEAD BOLT 1/2" X 4 1/4" PARTIAL THREAD
87	2	JHEX.37X2.5PTB	HEX HEAD BOLT 3/8" X 2 1/2" PARTIAL THREAD
88	1	JHEX1/2X5.5PTB	HEX HEAD BOLT 1/2" X 5 1/2" PARTIAL THREAD
100	1	JHEX.37X.87FTB	HEX HEAD BOLT 3/8" X 7/8" PARTIAL THREAD
101	1	JSRTB.5	SELECTOR ROD TOP BOLT 1/2"
104	1	JAS.19X.31	ALLEN SCREW 3/16" X 5/16" FULL THREAD
105	2	JAH.5X.75FTB	ALLEN HEAD BOLT 1/2" X 3/4" FULL THREAD
106	2	JAH.37X1.75PTB	ALLEN HEAD BOLT 3/8" X 1 3/4" PARTIAL THREAD
107	2	JBW1X1.5	OILITE WASHER 1" ID X 1 1/2" OD
108	2	JRS2.5	RUBBER STOP 2 1/2" L (3/8" BOLT)
109	3	JJN.37	3/8" JAM NUT
110	1	JPS1.75	PLASTIC STOP 1 3/4" L (3/8" BOLT)
111	6	JAS.31X.31FTB	ALLEN SCREW 5/16" X 5/16" FULL THREAD
112	1	JWSPL	WEIGHT STACK PIN LANYARD
113	1	JACN.19	ACORN CAP NUT 3/16" ID- PREINSTALLED
114	1	JFP3X6.75	FLAT PLATE 3" X 6 3/4"
115	1	JFP3X4	FLAT PLATE 3" X 4"
116	1	JWBB	WATER BOTTLE BRACKET
117	1	JWBH	WATER BOTTLE HOLDER
118	2	JS.125X.37FT	SCREW 1/8" X 3/8" FULL THREAD
119	2	JWFLT.125	1/8" WASHER
120	1	JWB	WATER BOTTLE
121	1	JGT5.5	GRIP TAPE 5 1/2" X 3 3/4"
122	1	JHSA	HYDRAULIC SEAT ADJUSTER -PREINSTALLED
123	10	JBB.75X.5	OILITE BUSHING 3/4" OD X 1/2" ID 3/8"L
124	2	JB.87X.37	BUSHING 7/8" OD 3/8" ID
125	2	JRR1.5X1.25	RETAINING RING 1 1/2" OD X 1 1/4" ID
126	1	JS.5X4	SHAFT 1/2" X 4"
127	8	JBB1.62X1	OILITE BUSHING 1 5/8" OD 1" ID
128	1	JS1X7.5	SHAFT 1" X 7 1/2" L
129	4	JS.5X2	SHAFT 1/2" X 2" L

Part numbers are required when ordering parts.

G 4 I H a r d w a r e (c o n t i n u e d)

KEY#	QTY	PART#	DESCRIPTION
137	1	SH.31X.75FTB	SOCKET HEAD BOLT 5/16" X 3/4" FULL THREAD
138	1	JFL	FRAME LEVELER
139	2	JPAH	PRESS ARM HOLDERS
140	1	JWSW.37	3/8" SPRING LOCK WASHER
141	2	JSCH.18X11	STEEL CHAIN 3/16" X 11"
150	4	JHEX.5X3.5PTB	HEX HEAD BOLT 1/2" X 3 1/2" PARTIAL THREAD
151	1	JAH.37X1.25PTB	ALLEN HEAD BOLT 3/8" X 1 1/4" PARTIAL THREAD
200	1	JLDH	LOCK DOWN HOOK
201	1	JS.5X.25	SPACER 1/2" ID X 1/4" WIDE
202	1	JS.5X.31	SPACER 1/2" ID X 5/16" WIDE
203	1	JLB	L-BRACKET
204			
205			

P a d s L i s t

KEY#	QTY	PART#	DESCRIPTION
U	1	G4IBP-U	BACK PAD
Z	1	G4ISP-Z	SEAT PAD

C a b l e L i s t

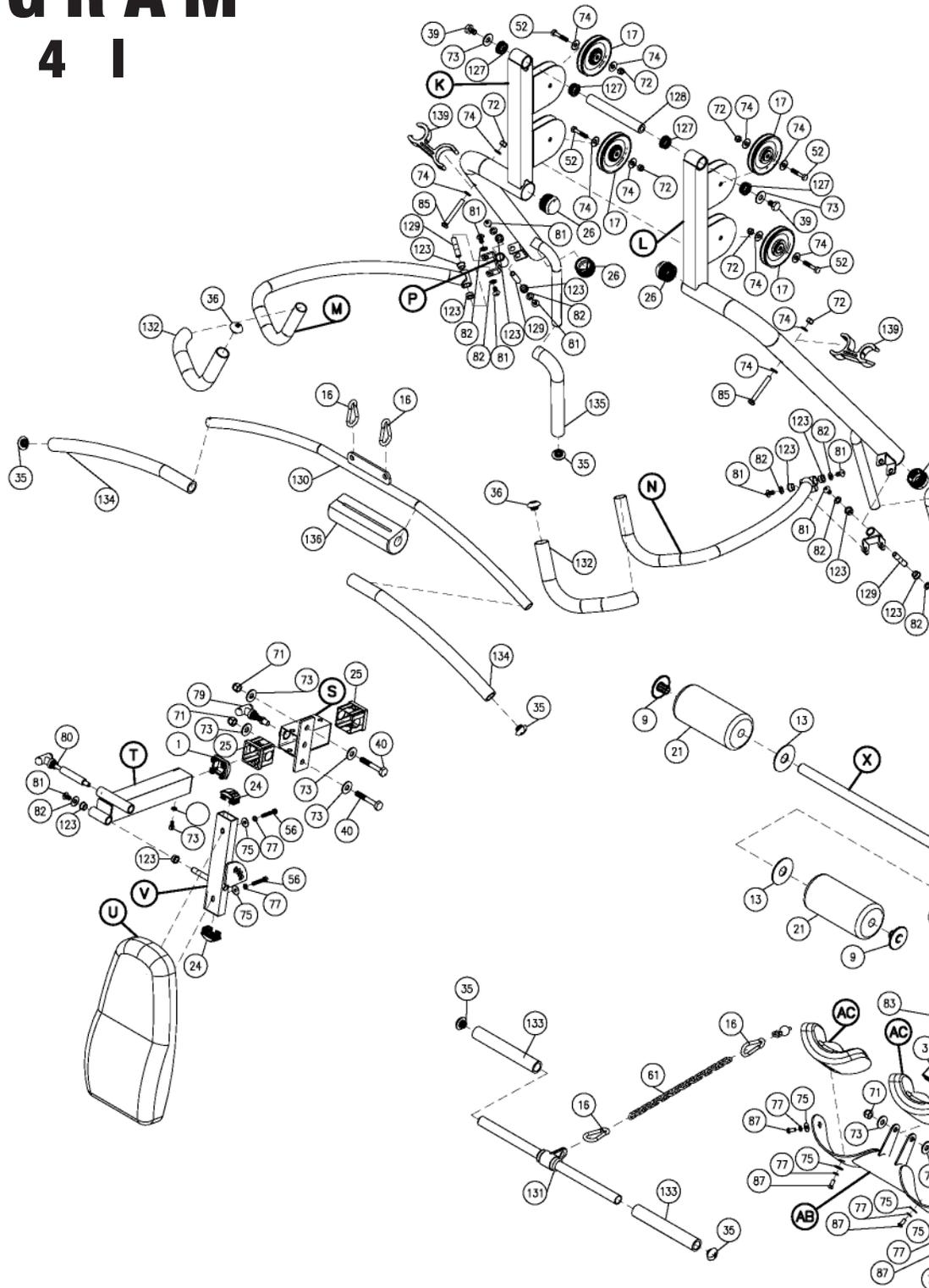
KEY#	QTY	PART#	DESCRIPTION
27	1	JSC-A825.5	SHORT CABLE-A 810mm (2' 8")
29	1	JHPC6925	HIGH PULLEY CABLE 6925mm (22' 8")
30	1	JLEC4455	LEG EXTENSION CABLE 4455mm (14' 7")
31	1	JWSC2670	WEIGHT STACK CABLE 2670mm (8' 9")
32	1	JSC-B774.7	SHORT CABLE-B 757mm (2' 6")

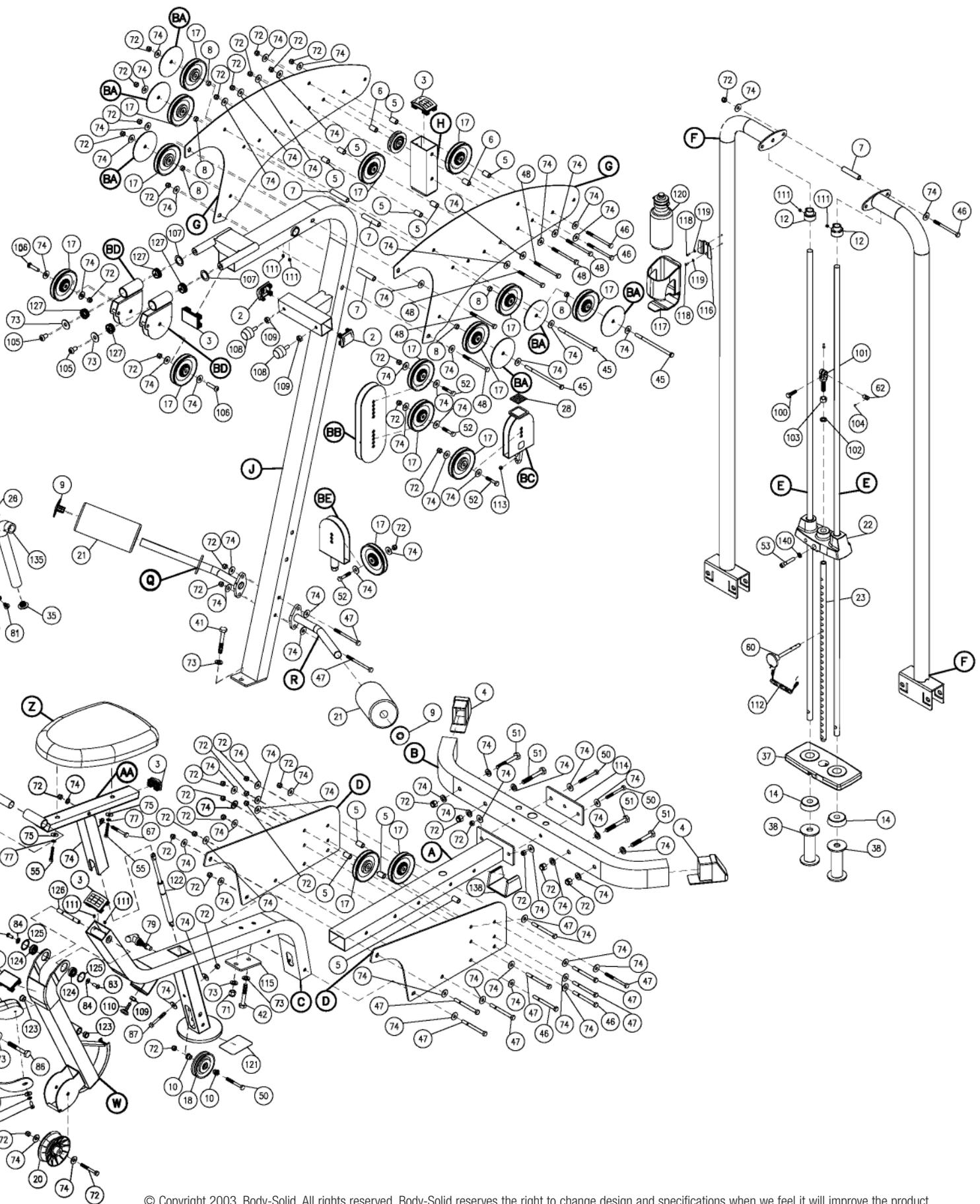
A c c e s s o r i e s L i s t

KEY#	QTY	PART#	DESCRIPTION
15	2	JG4ILSH	LARGE STIRRUP HANDLE
33	2	JG4ISSH	SMALL STIRRUP HANDLE
34	1	JG4IAS	ANKLE STRAP
130	1	JG4ILB	LAT BAR
131	1	JG4ILRB	LOW ROW BAR
132	2	JFG18	FOAM GRIP 1 1/2"OD X 18"L
133	2	JFG8.5	FOAM GRIP 1 1/2"OD X 8 1/2"L
134	2	JFG20	FOAM GRIP 1 1/2"OD X 20"L
135	2	JFG12	FOAM GRIP 1 1/2"OD X 12"L
136	1	JG4ILBP	LAT BAR PAD

Part numbers are required when ordering parts.

EXPLODED VIEW DIAGRAM G 4 I





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