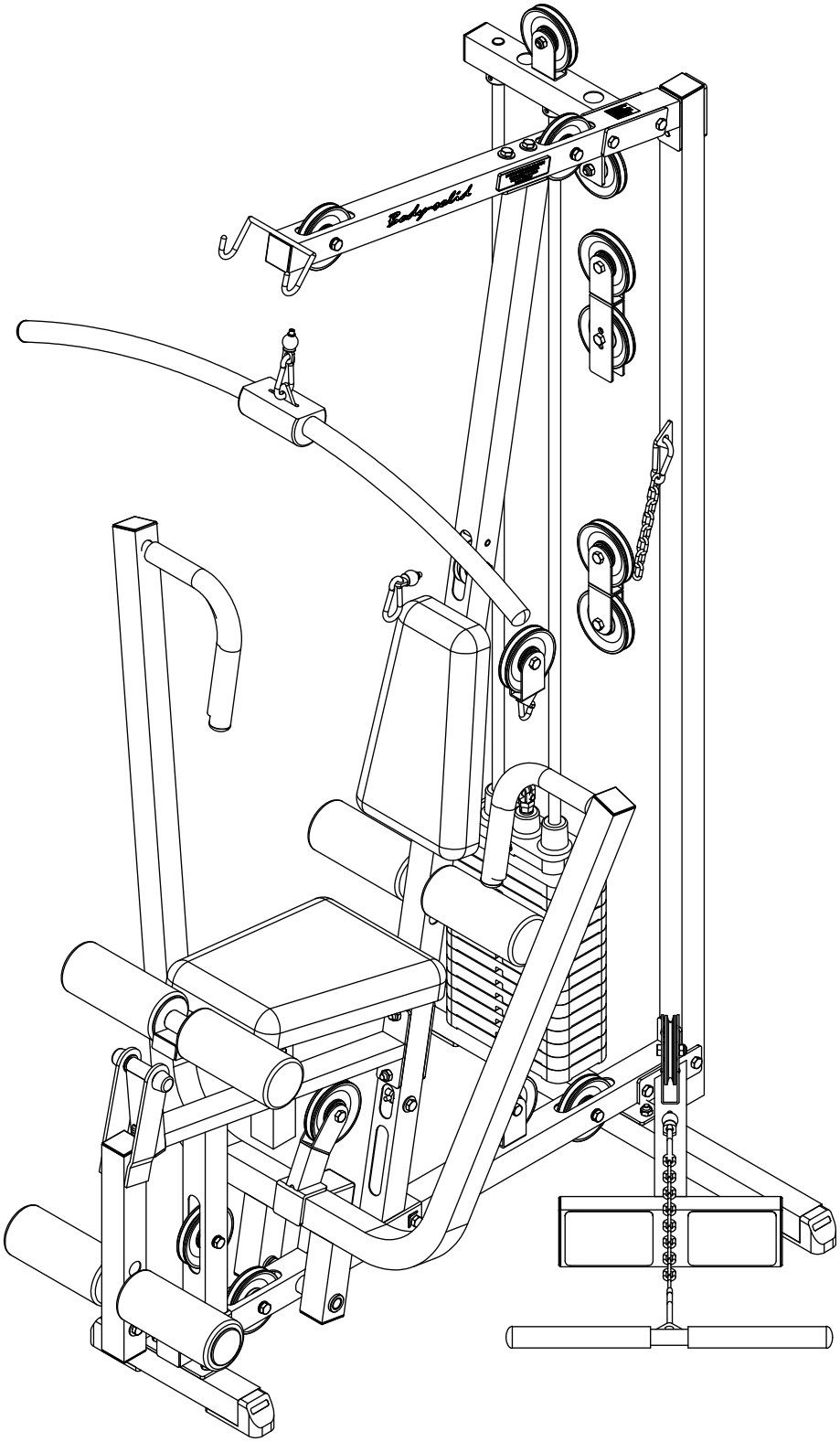
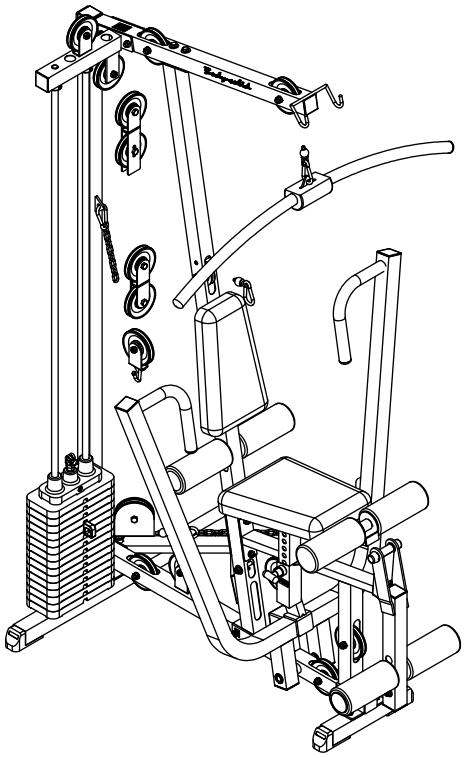
Body-Solid

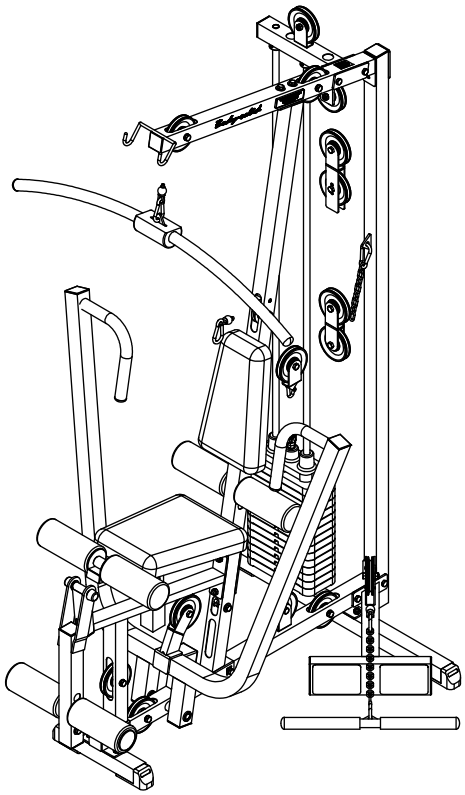


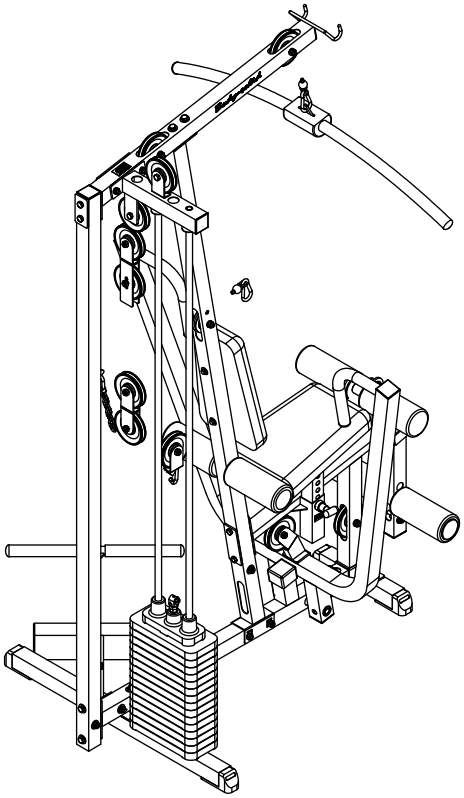
Assembly & Instructions

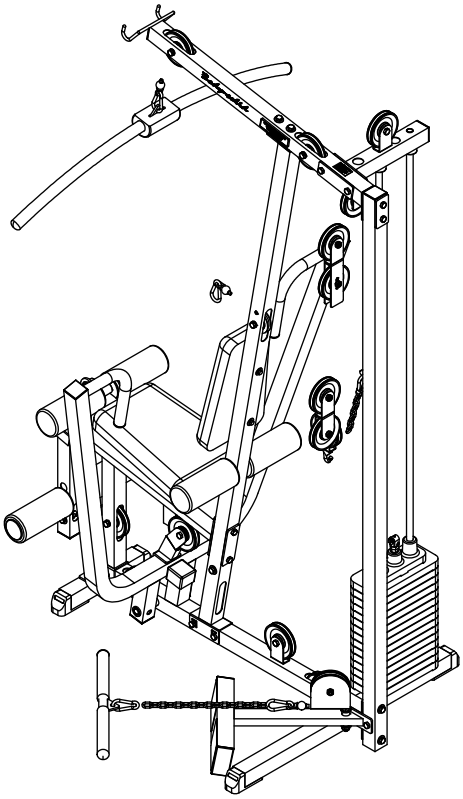
EMX1500.4 OWNER`S MANUAL

EXM1500
Reference Drawings





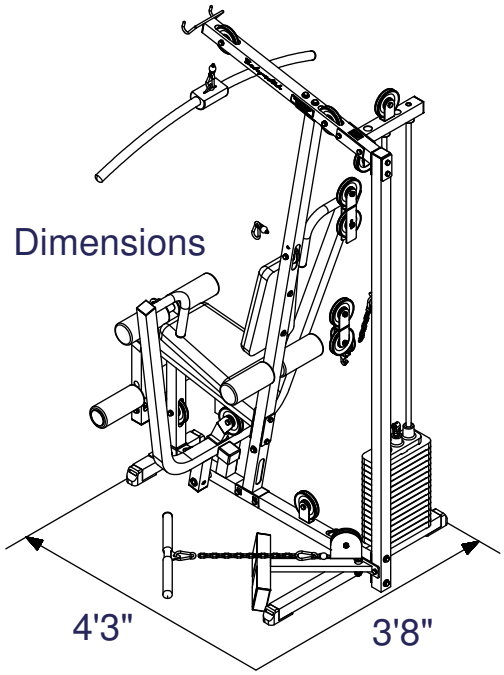


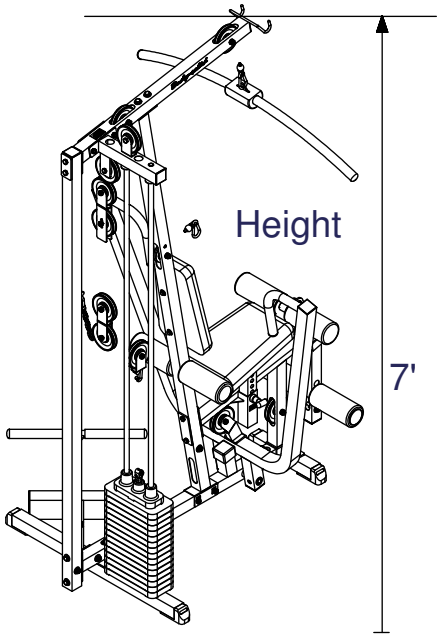


Dimensions

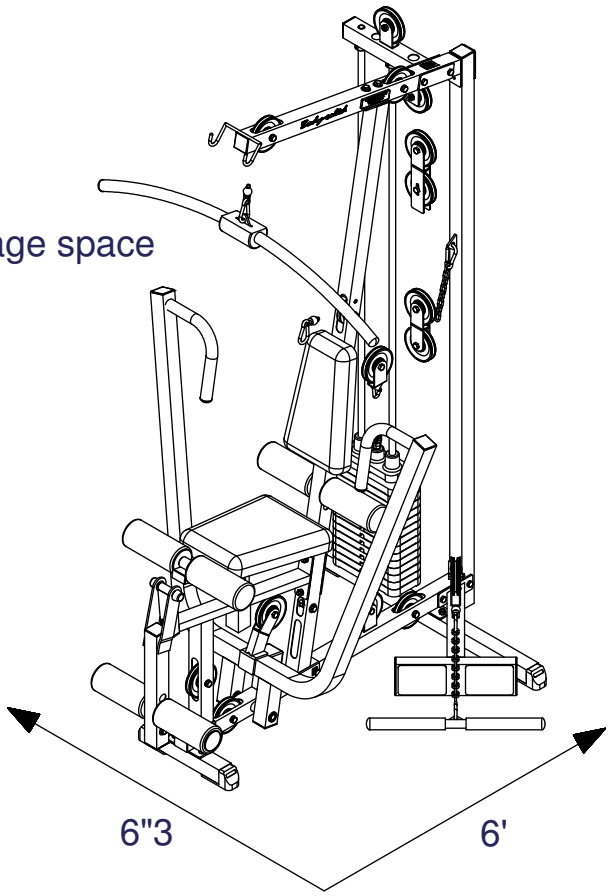
The room layout diagram below will help you decide the best placement for your EXM1500.

The dimensions of the G3S are: Width 3' 8" X Length 4' 3" . The ceiling height requirement for the EXM1500 is 7' .
The usage space is: Width 6' 3" X Length 6'(The usage space is the overall space needed for operation).
The usage space needed for the EXM1500 could be more, depending on the user. Allow enough room for the Low Row Station.

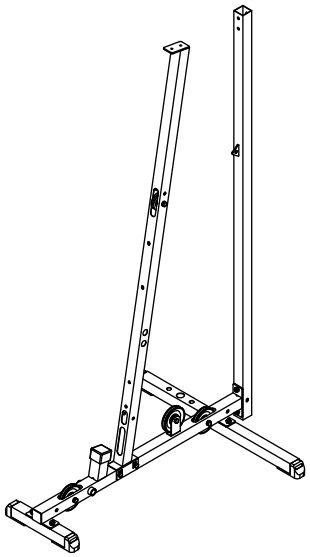




Suggested usage space

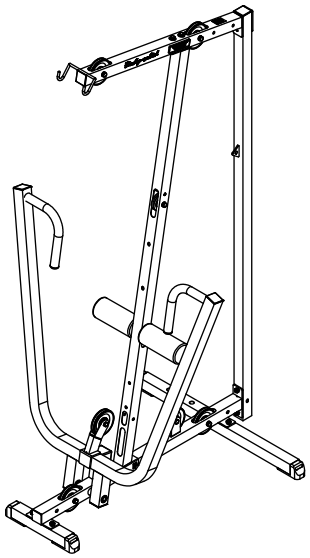


STEP 1

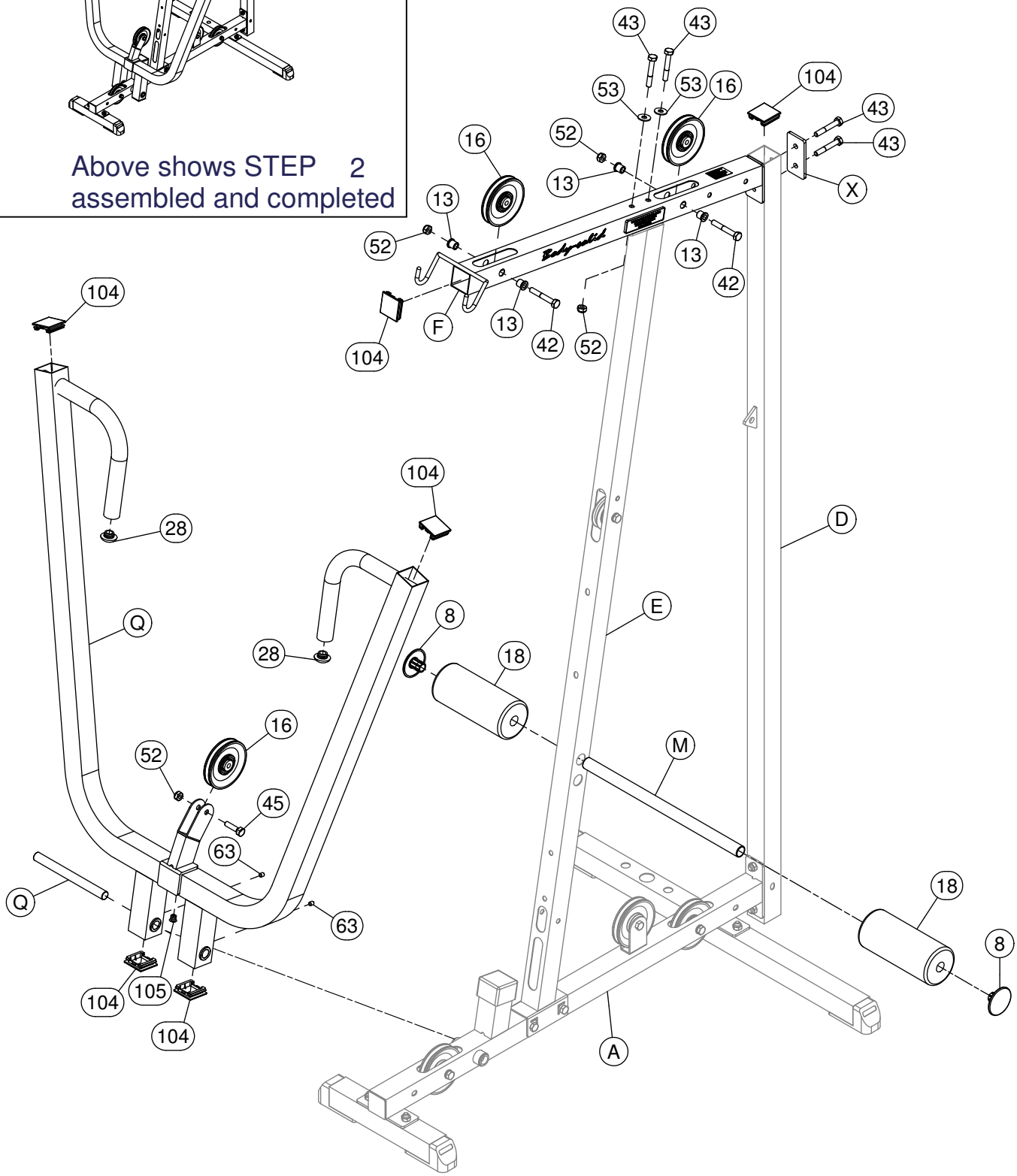


Above shows STEP 1 assembled and completed

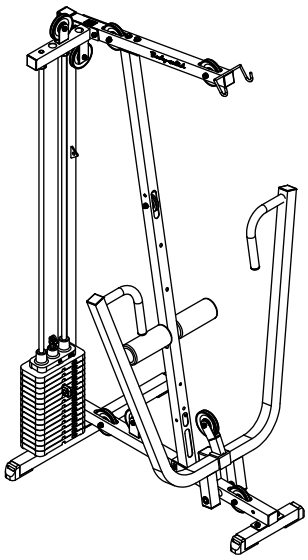
STEP 2



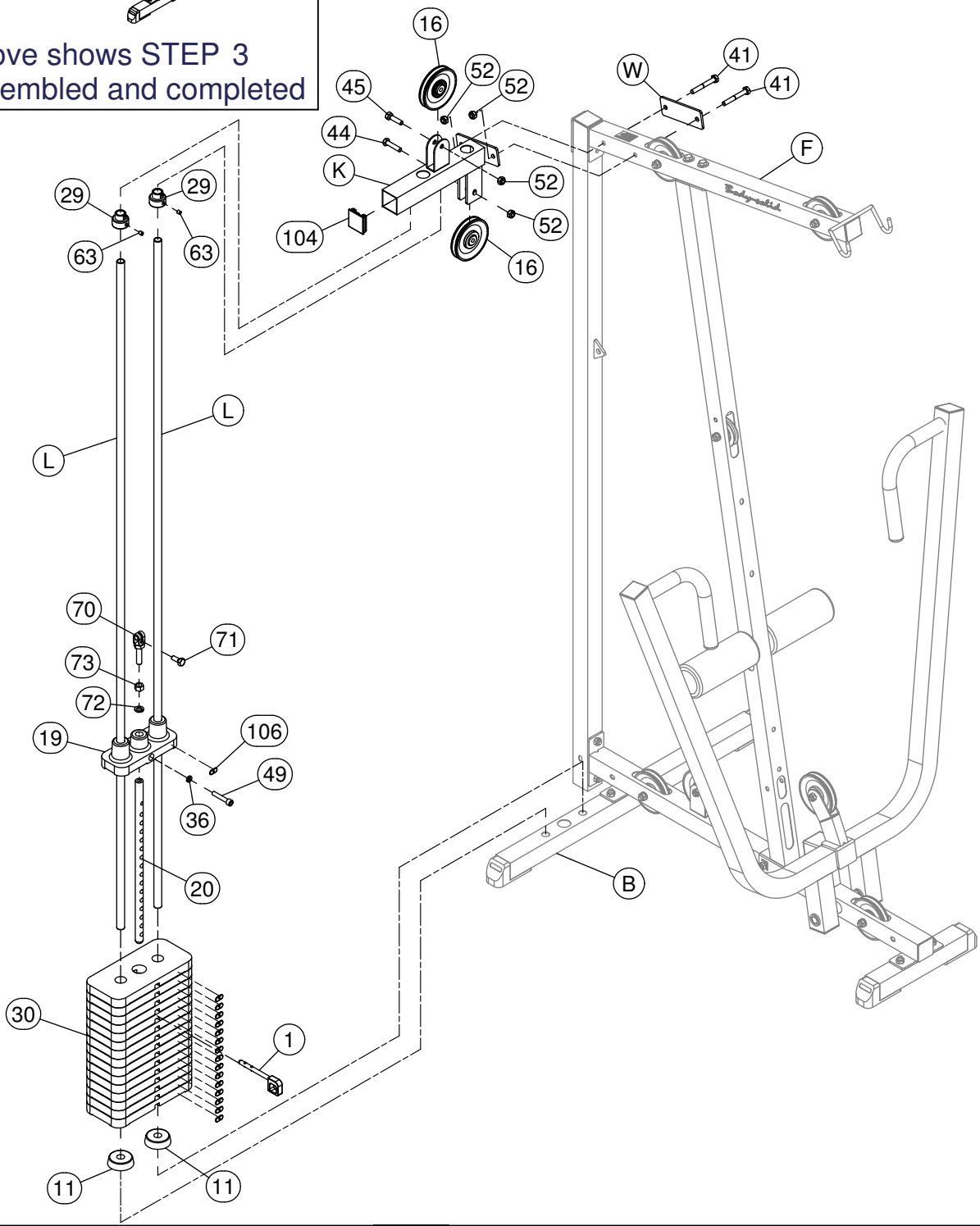
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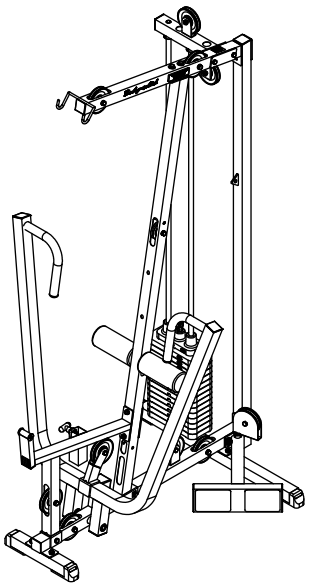
STEP
3



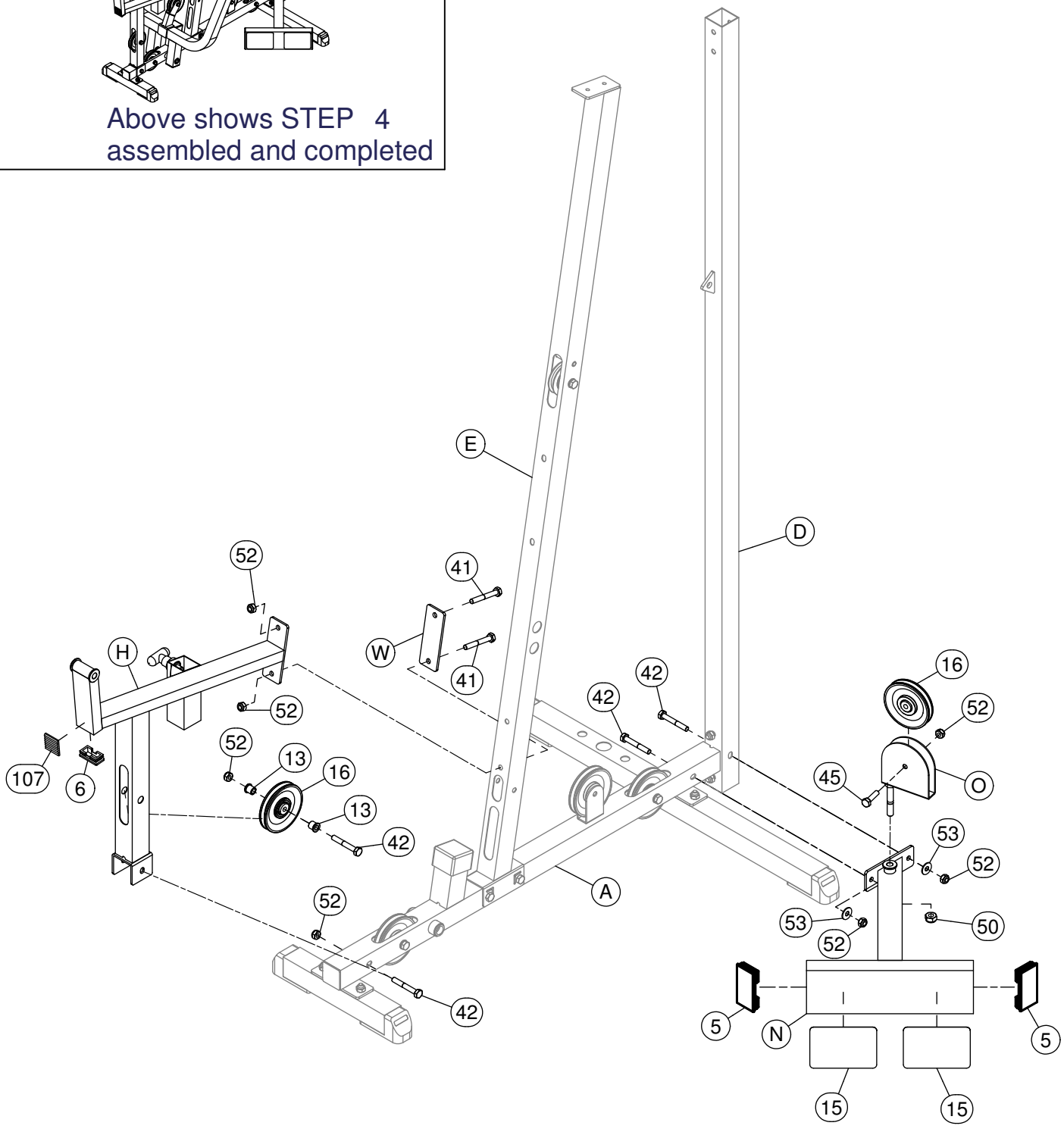
Above shows STEP 3
assembled and completed



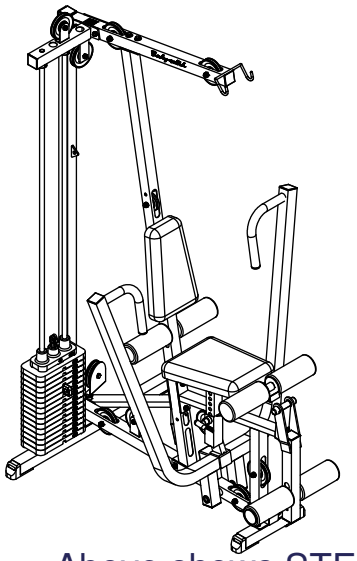
STEP
4



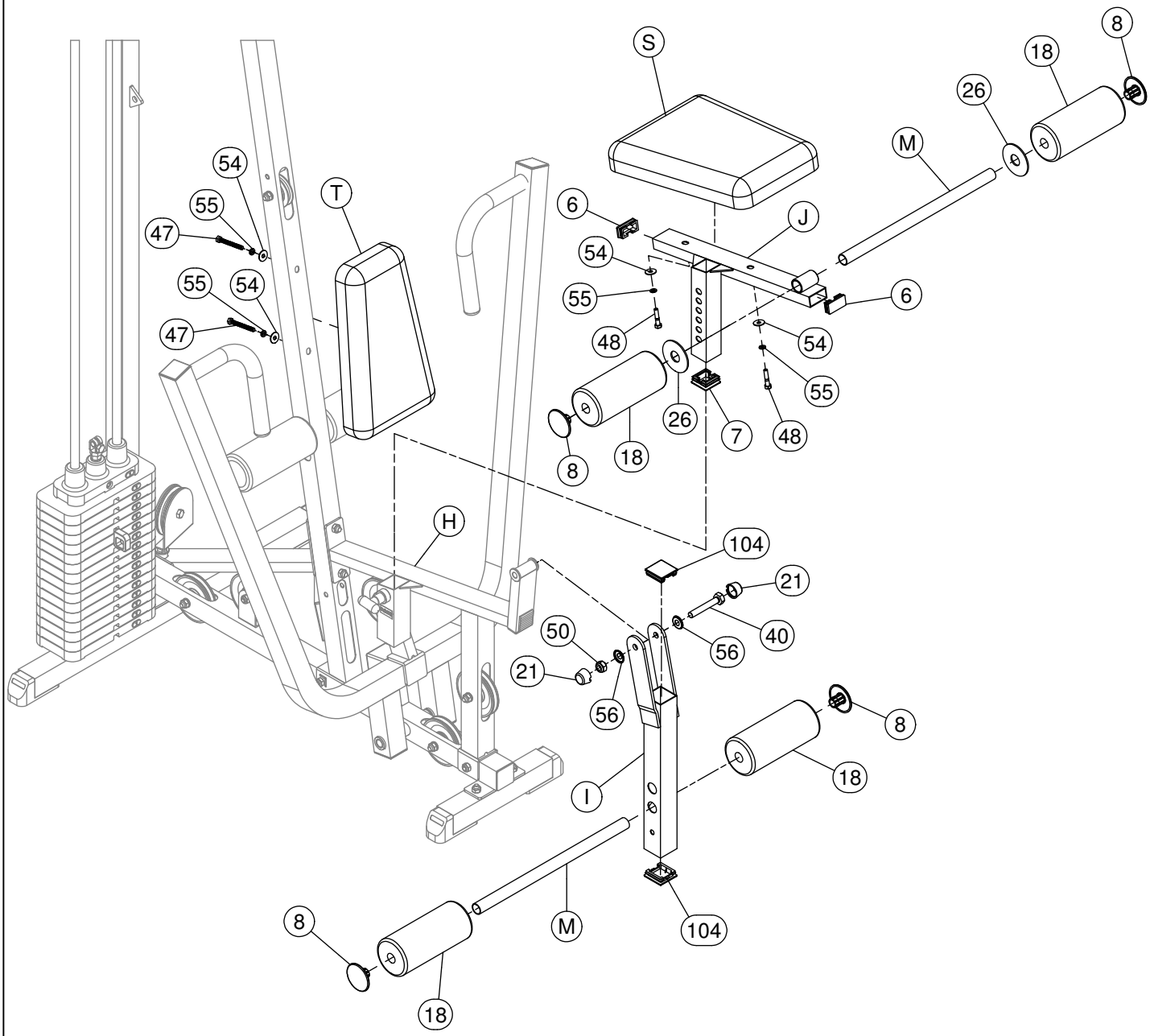
Above shows STEP 4
assembled and completed



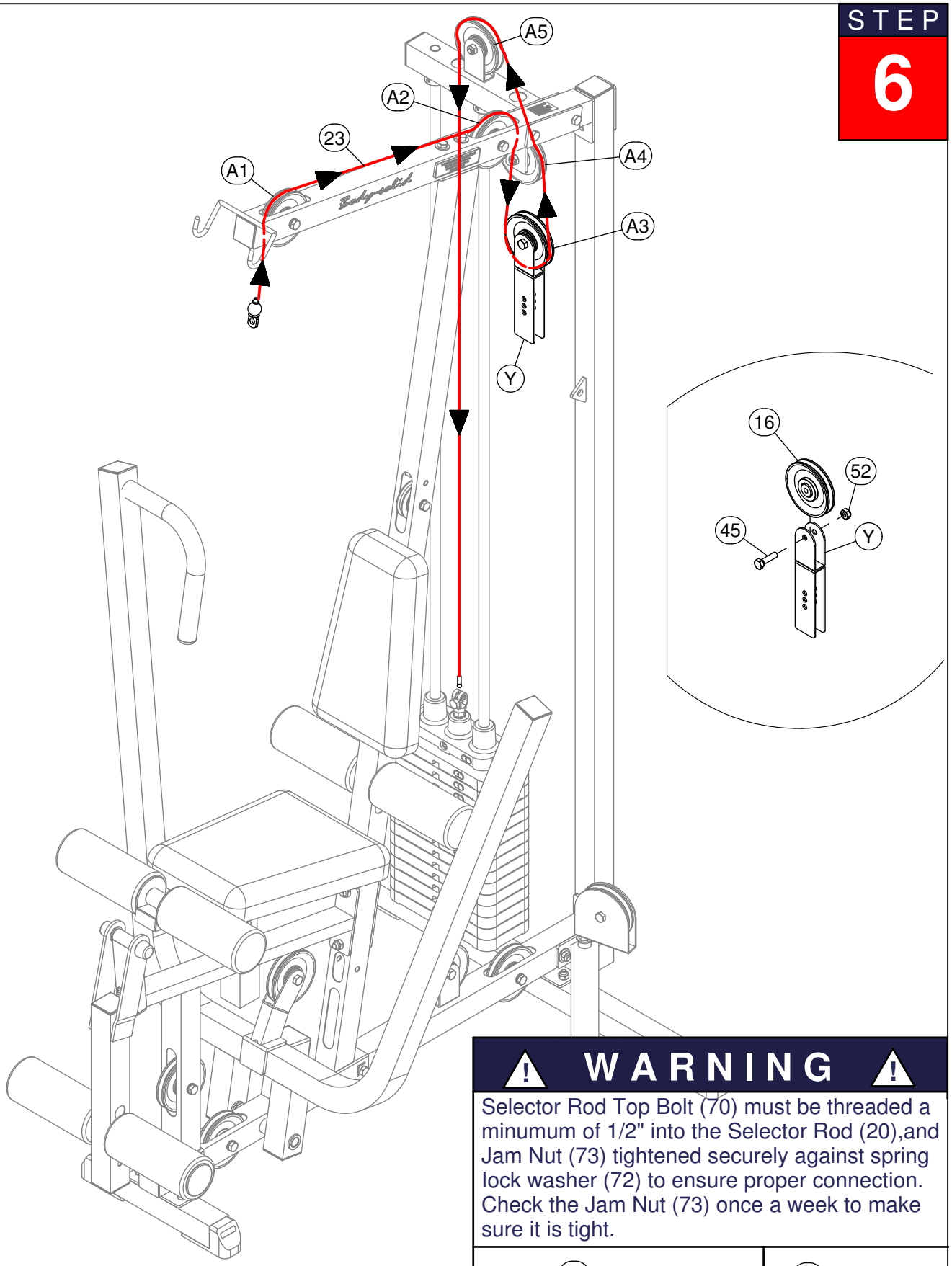
STEP
5



Above shows STEP 5
assembled and completed

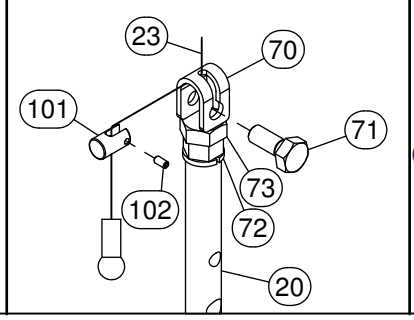


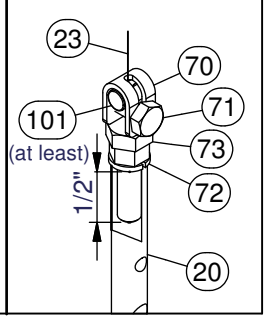
STEP
6



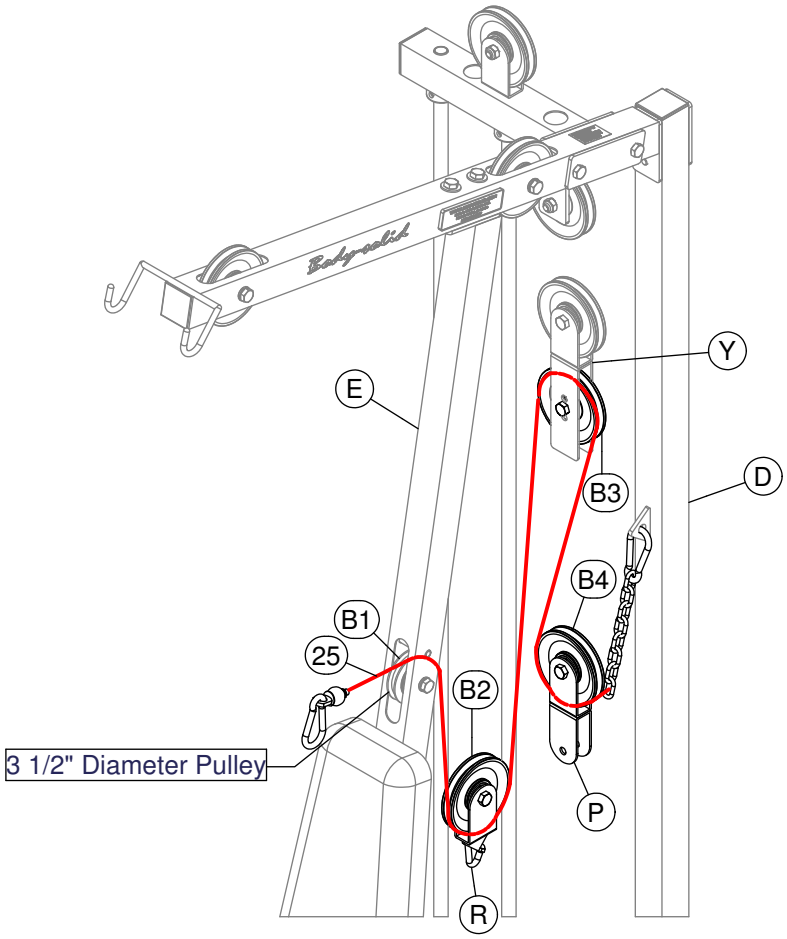
⚠ WARNING ⚠

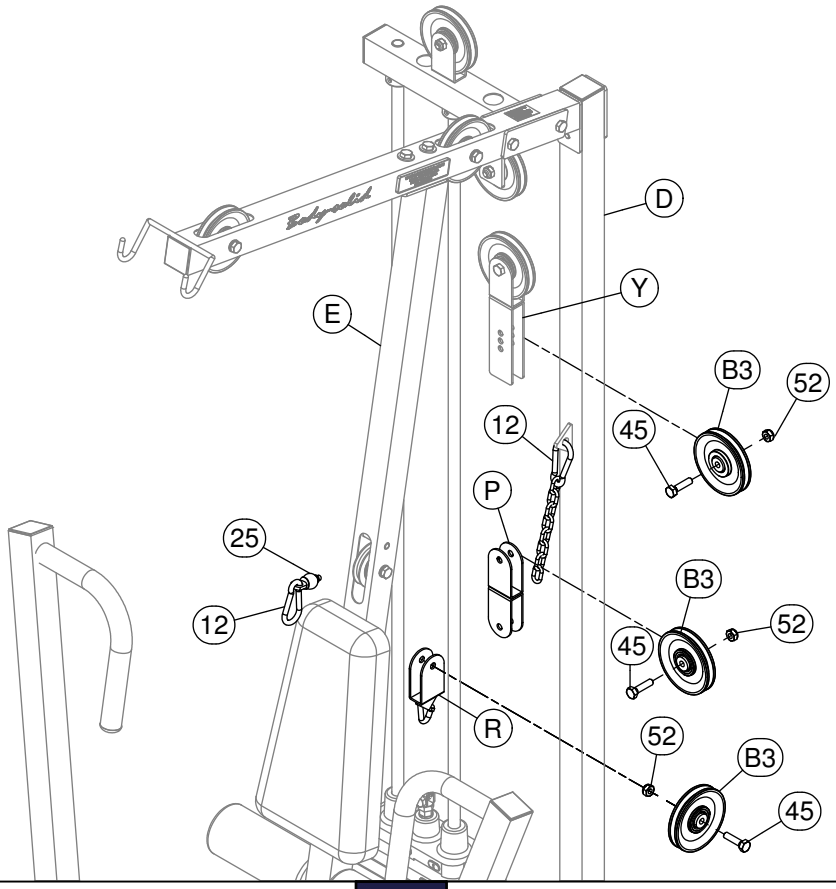
Selector Rod Top Bolt (70) must be threaded a minumum of 1/2" into the Selector Rod (20),and Jam Nut (73) tightened securely against spring lock washer (72) to ensure proper connection. Check the Jam Nut (73) once a week to make sure it is tight.



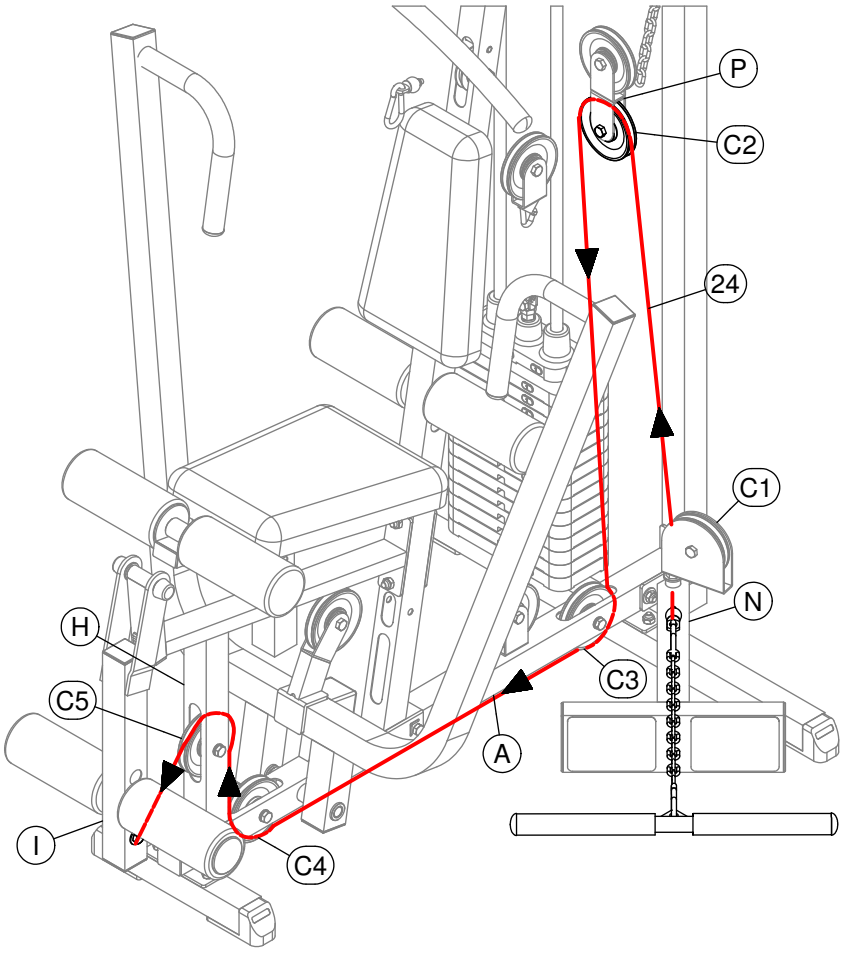


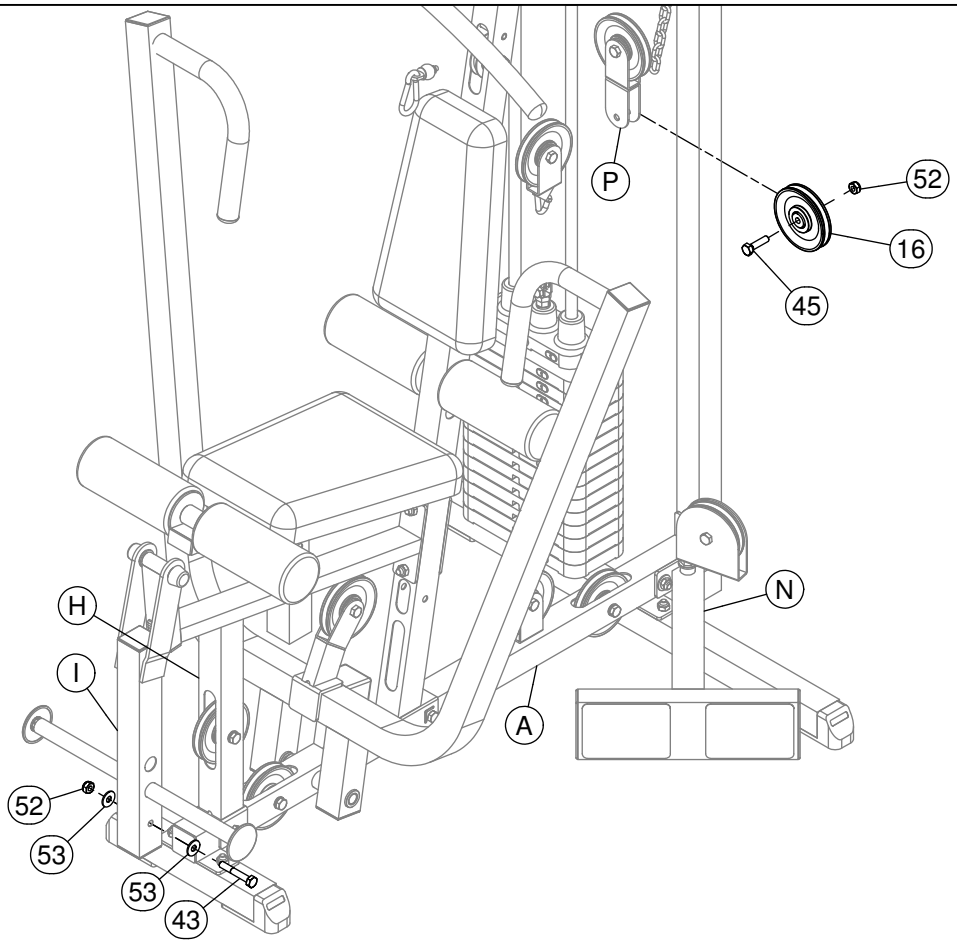
STEP 7


E
Y
B3
D
B4
B1
25
B2
3 1/2" Diameter Pulley
P
R

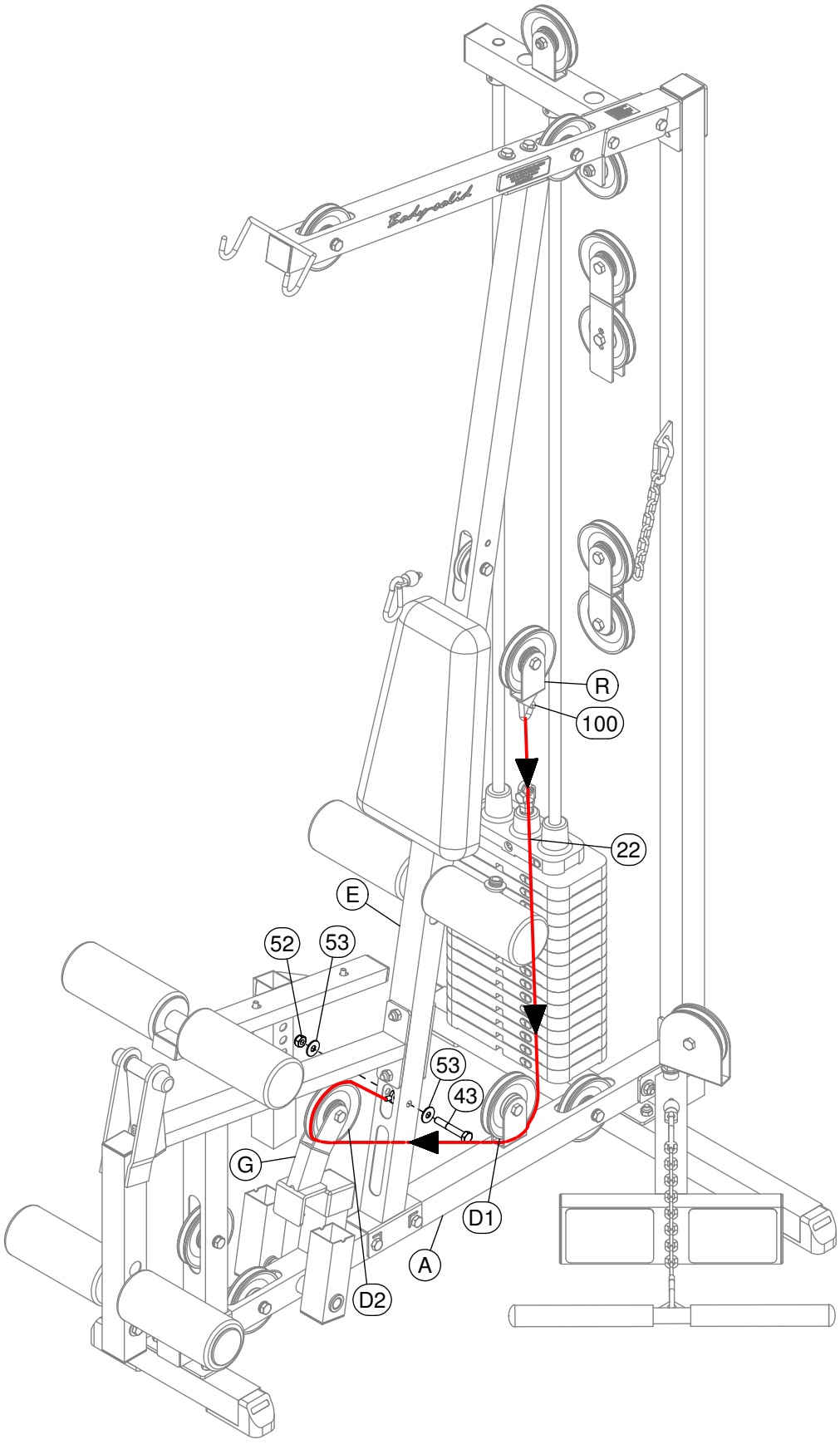

D
Y
E
B3
52
12
45
P
25
12
B3
52
45
R
52
B3
45

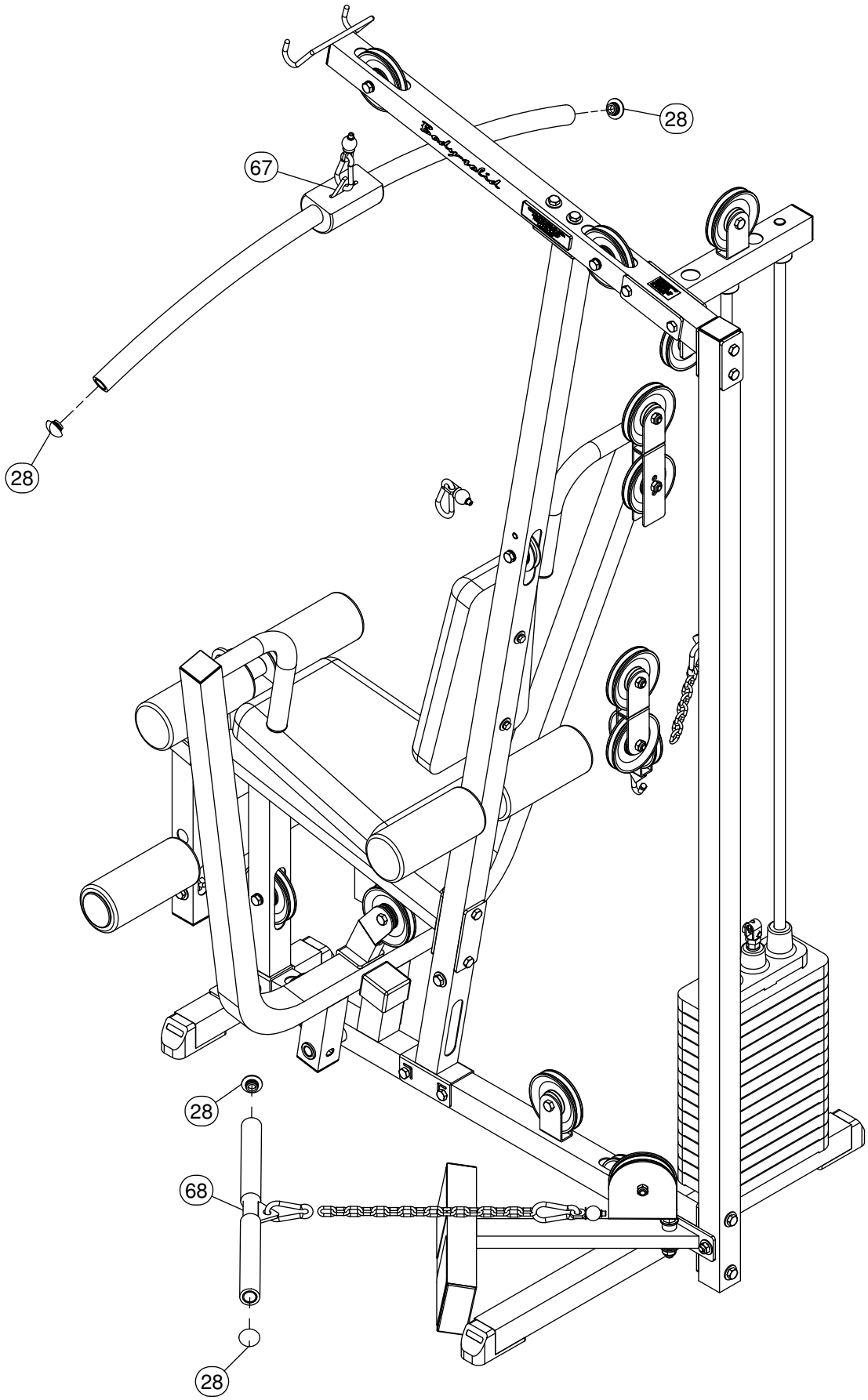
STEP
8

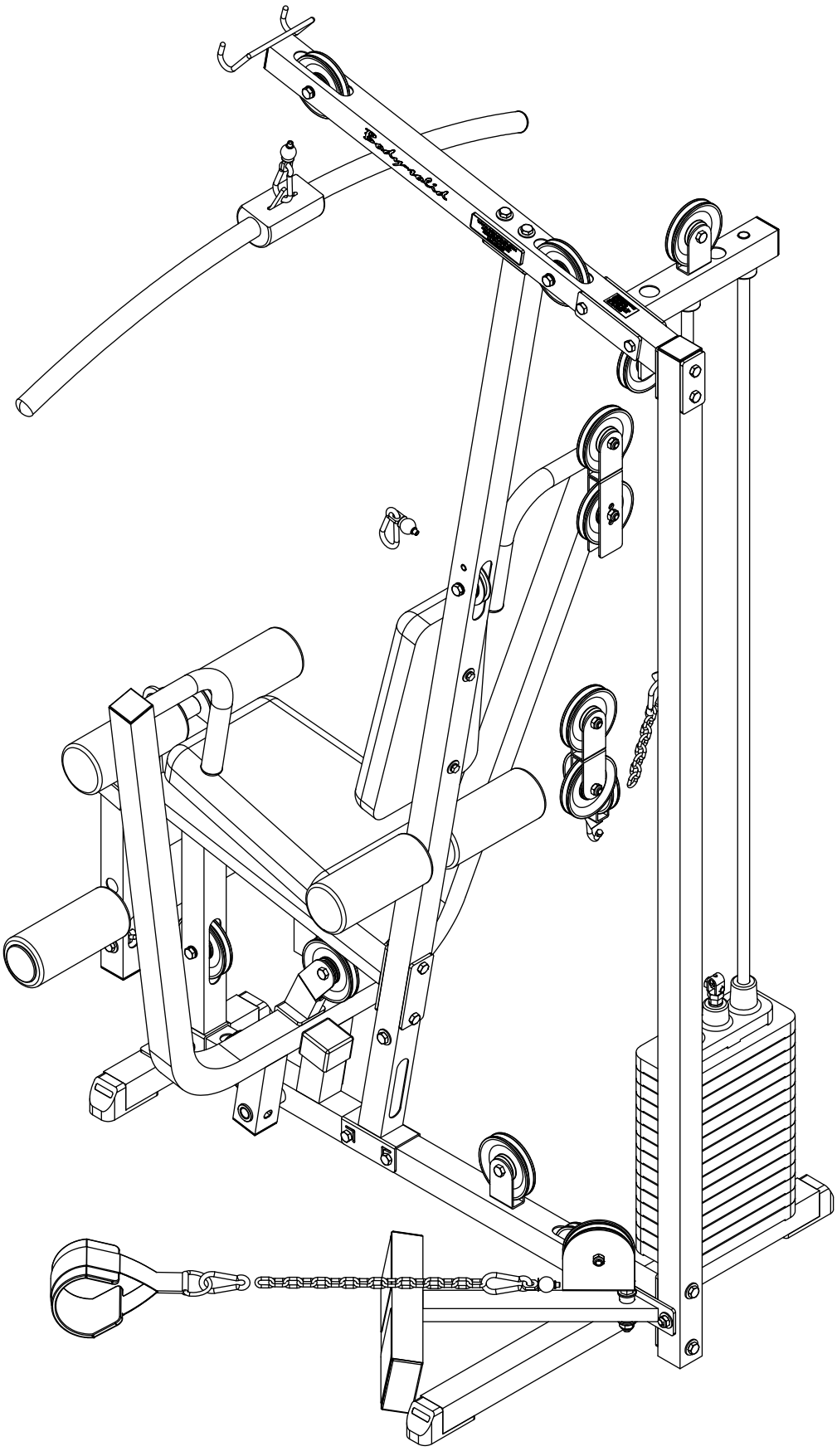


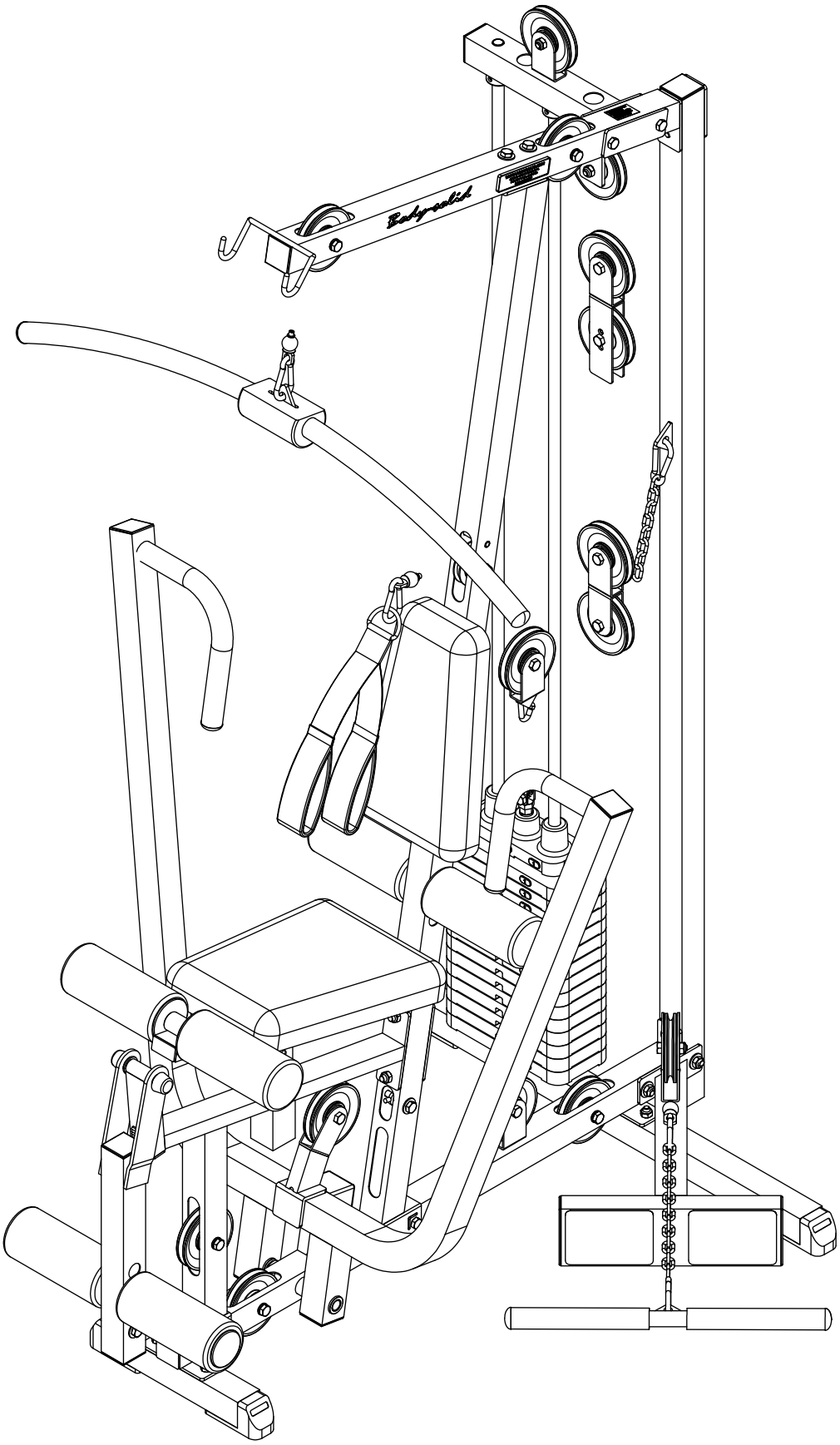


STEP
9




28
67
28
28
68
28




Bodysolid

EXM1500.4 Hardware (continued)

KEY#	QTY	PART#	DESCRIPTION
40	1	JHEX.5X3.25PTB	HEX HEAD BOLT 1/2"X3 1/4" PATTIAL THREAD
41	4	JHEX.37X3PTB	HEX HEAD BOLT M10X75 PATTIAL THREAD
42	13	JHEX.37X2.75PTB	HEX HEAD BOLT M10x70 PATTIAL THREAD
43	6	JHEX.37X2.5PTB	HEX HEAD BOLT M10x65 PATTIAL THREAD
44	1	JHEX.37X1.75PTB	HEX HEAD BOLT M10X45 PATTIAL THREAD
45	9	JHEX.37X1.5PTB	HEX HEAD BOLT M10X40 PATTIAL THREAD
46	4	JCB.37X2.75PTB	CARRIAGE BOLT M10X70 PATTIAL THREAD
47	2	JHEX.31X2.75PTB	HEX HEAD BOLT 5/16"X2 3/4" PATTIAL THREAD
48	2	JHEX.31X1.75PTB	HEX HEAD BOLT 5/16"X1 3/4" PATTIAL THREAD
49	1	JRAH.43X1.5PTB	ROUND ALLEN HEAD 3/8"X1 1/2"PARTIAL THREAD
50	2	JNLN.5	NYLON LOCK NUT 1/2"
52	34	JNLN.37	NYLON LOCK NUT M10
53	10	JWFLT.37	WASHER M10
54	4	JWFLT.31	WASHER 5/16"
55	4	JWSW.31	SPRING LOCK WASHER 5/16"
56	2	JREC.5	ROUND END CAP WASHER 1/2"
60	1	JTSPP3	T-SHAPED POP PIN 3"L
63	4	JAS.31X.31	ALLEN SCREW M8X8L FULL THREAD
64	2	JBB.87X.75	OILITE BUSHING 7/8"OD 3/4" ID-PREINSTALLED
65	4	JBB.75X.5	OILITE BUSHING 3/4"OD 1/2" ID 7/16"L-PREINSTALLED
70	1	JSRTB.5	SELECTOR ROD TOP BOLT 1/2" X 2" FULL THREAD
71	1	JHEX.37X.87FTB	HEX HEAD BOLT M10X25
72	1	JSLW5	SPRING LOCK WASHER 1/2"
73	1	JJN.5	JAM NUT 1/2"
100	1	JACN.19	ACORN CAP NUT 3/16"ID-PREINSTALLED
101	1	JCES	CABLE END SGAFT 3/4"L
102	1	JAS.125X.25	ALLEN SCREW M3X4 FULL THREAD
106	1		WEIGHT STACK NUMBERS

EXM1500.4 Hardware List

KEY#	QTY	PART#	DESCRIPTION
1	1	JPIN4.25	WEIGHT STACK PIN 4 1/4"X 7/16"
2	1	JSCH.18	STEEL CHINA 23"
3	1	JCEC22	CONVEX END CAP 2"X2"X2.5T I.D
4	1	JCEC22LE	CONVEX END CAP 2"X2"
5	2	JCEC24	CONVEX END CAP 2"X4"
6	3	JCEC12	CONVEX END CAP 1"X2"
7	1	JCEC1.75X1.75	END CAP 1 3/4" X 1 3/4"
8	6	JCEC1	ROLLER END CAP 1"
9	4	JFC22	FOOT CAP 2"X2"
11	2	JRD2.5	RUBBER DOUNT 2 1/2"
12	5	JSNAP3	SNAP LINK
13	12	JPS.62X37	PULLEY SPACER 5/8"OD X 3/8" ID X5/8"L
15	2	JGT5.5	GRIP TAPE 5 1/2" X 3 3/4"
16	15	JPP4.25W.75	PLASIC PULLEY 4 1/4" X 3/4" WIDE
17	1	JPP3.5W.75	PLASIC PULLEY 3 " X 3/4" WIDE
18	6	JFOAM3.5X8	FOAM ROLLER 3 1/2" X8"
19	1	JTP10	TOP PLATE(10 lbs)
20	1	JSR15	SELECTOR ROD (15 selector holes)
21	2	JBC.5	BOLT COVER 1/2"
26	2	JPW3	PLASIC WASHER 3"
28	6	JREC1.5	ROUND END CAP 1 1/2"
29	2	JSC1.37X.75	SHAFT COLLAR 1 3/8" OD X 3/4" ID 1.5"L
30	15	JSP10	WEIGHT PLATE
36	1	JWSW.43	SPRING LOCK WASHER 3/8"
104	9	JCEC22LE	CONVEX END CAP 2"X2"X1.8T I.D
105	1		ROUND END CAP 5/8"
107	1	JPR1.5X1.75	RUBBER PAD 1 1/2"X 1 1/2"

Cable List

KEY#	QTY	PART#	DESCRIPTION
22	1	JSPC1440	SEATED PRESS CABLE
23	1	JLP3235	LAT PULLDOWN CABLE
24	1	JLP3050	LOW PULLEY/LEG EXTENSION CABLE
25	1	JACC2210	AB CRUNCH CABLE

Accessories List

KEY#	QTY	PART#	DESCRIPTION
67	1	JE15LB	LAT BAR
68	1	JE15LRB	LOW ROW BAR
69	1	JE15LBP	LAT BAR PAD
80	2	JFG18	FOAM GRIP 1 1/2" OD X 22" L
81	2	JFG8.5	FOAM GRIP 1 1/2" OD X 8 1/2" L
82	2	JFG14	FOAM GRIP 1 1/2" OD X 14" L
108	1		ANKLE STRAP
109	1		AB/TRICEP STRAP

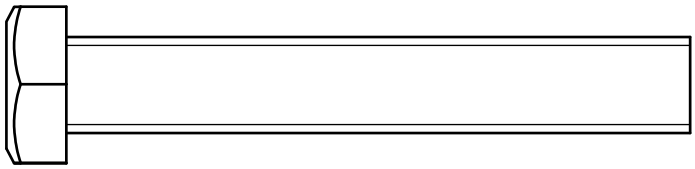
EXM1500.4 Mainframe Parts List

KEY#	QTY	PART#	DESCRIPTION
A	1	EXM1500MBF-A	MAIN BASE FRAME
B	1	EXM1500RBF-B	REAR BASE FRAME
C	1	EXM1500FBF-C	FRONT BASE FRAME
D	1	EXM1500VTSP-D	VERTICAL SUPPORT PILLAR
E	1	EXM1500ASP-E	ANGLED SUPPORT PILLAR
F	1	EXM1500TF-F	TOP FRAME
G	1	EXM1500BPF-G	BENCH PRESS FRAME
H	1	EXM1500SEF-H	SEAT/EXTENSION FRAME
I	1	EXM1500LF-I	LEG FRAME
J	1	EXM1500SF-J	SEAT FRAME
K	1	EXM1500TWSF-K	TOP WEIGHT STACK FRAME
L	2	EXM1500CG-L	CHROME GUIDE ROD
M	3	EXM1500FRB-M	FOAM ROLLER BAR
N	1	EXM1500FR-N	FOOT BRACE
O	1	EXM1500LPB-O	LOW PULLEY BRACKET
P	1	EXM1500DB-P	DOUBLE BRACKET
Q	1	EXM1500DB-Q	SHAFT
R	1	EXM1500SPH-R	SINGLE PULLEY HOOK
T	1	EXM1500BP-T	BACK PAD
S	1	EXM1500SP-S	SEAT PAD
W	2	EXM1500P-W	2"X5 1/2" PLATE
X	1	EXM1500P-X	2"X4" PLATE
Y	1	EXM1500ADB-Y	ADJUSTABLE DOUBLE BRACKET

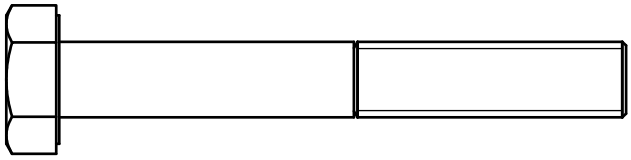
EXM1500.4 H A R D W A R E

(s h o w n i n a c t u a l s i z e)

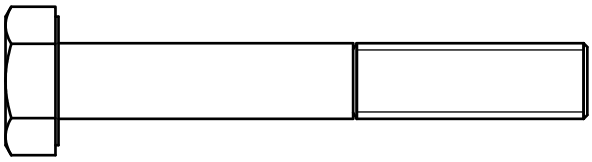
KEY #40 1/2"X3 1/4" HEX HEAD BOLT QTY.1



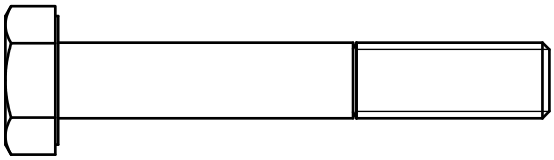
KEY #41 M10X75 HEX HEAD BOLT QTY.4



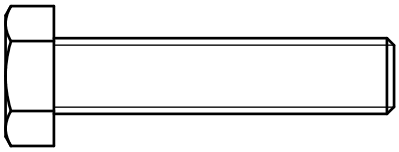
KEY #42 M10X70 HEX HEAD BOLT QTY.13



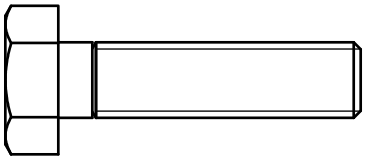
KEY #43 M10X65 HEX HEAD BOLT QTY.6

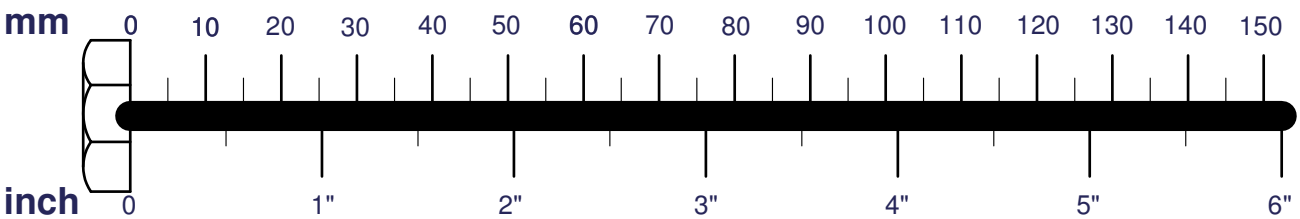


KEY #44 M10X45 HEX HEAD BOLT QTY.1



KEY #45 M10X40 HEX HEAD BOLT QTY.9

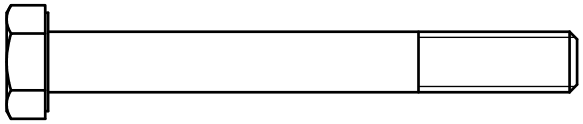




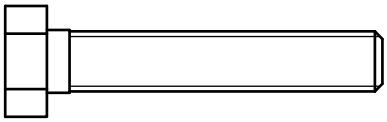
EXM1500.4 H A R D W A R E

(s h o w n i n a c t u a l s i z e)

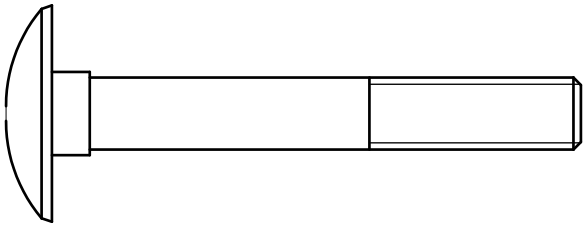
KEY #47 5/16"X2 3/4" HEX HEAD BOLT QTY.2



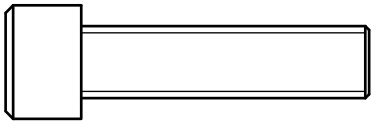
KEY #48 5/16"X1 3/4" HEX HEAD BOLT QTY.2

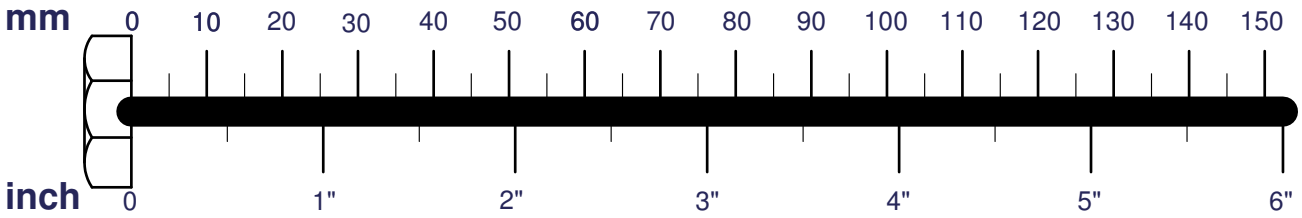


KEY #46 M10X70 CARRIAGE BOLTG QTY.4



KEY #49 3/8"X1 1/2" ROUND BOLT QTY.1

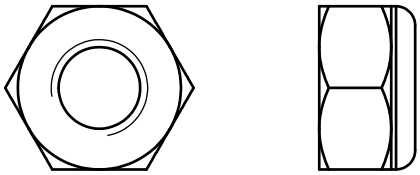




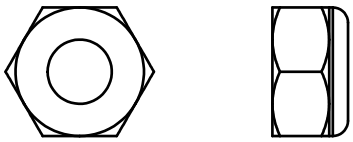
EXM1500.4 H A R D W A R E

(s h o w n i n a c t u a l s i z e)

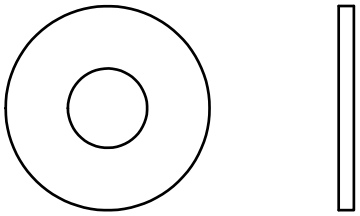
KEY #50 NYLON LOCK NUT 1/2"
QTY 2



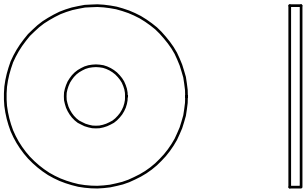
KEY #52 NYLON LOCK NUT M10
QTY 34



KEY #53 WASHER M10
QTY 10



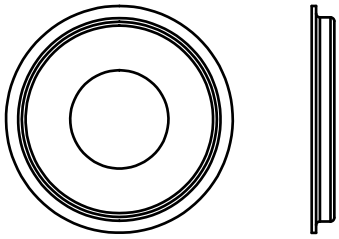
KEY #54 WASHER 5/16"
QTY 4

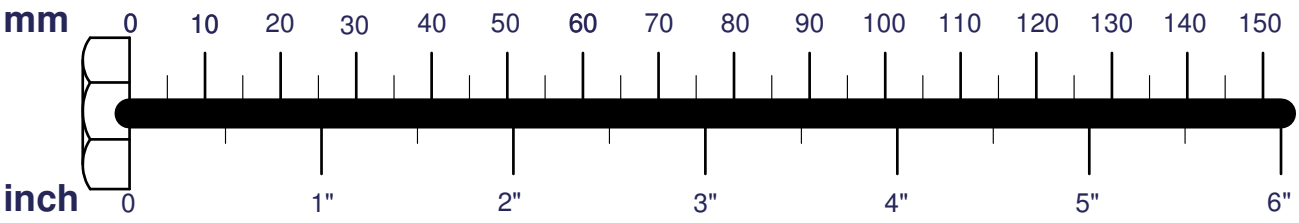


KEY #55 SPRING WASHER 5/16"
QTY 4



KEY #56 ROUND END CAP
WASHER 1/2" QTY 2





EXPLODED VIEW DIAGRAM EXM-1500.4

