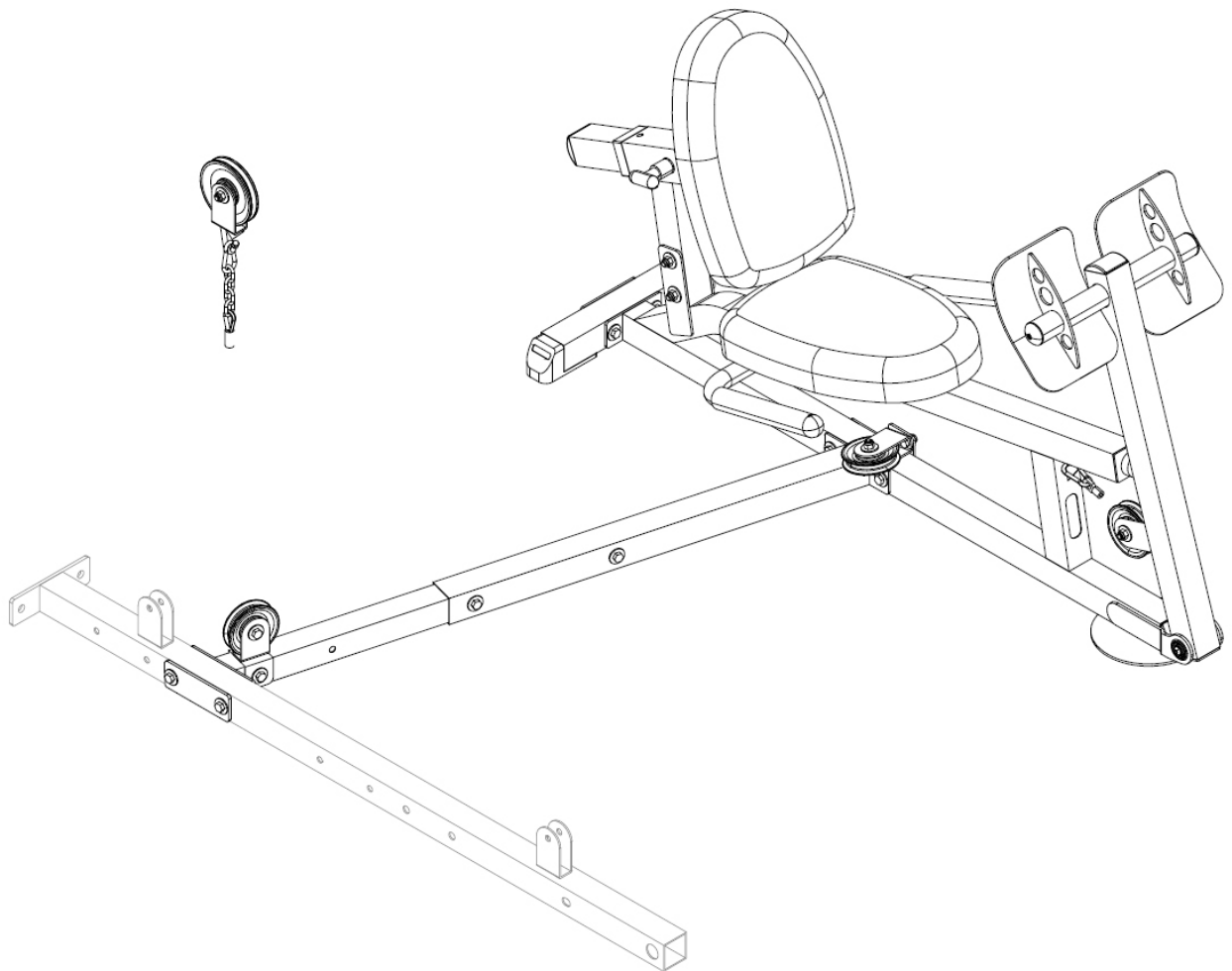


# Body-Solid

Built For Life

## GFLP



Assembly Instructions

v.031008

# 1

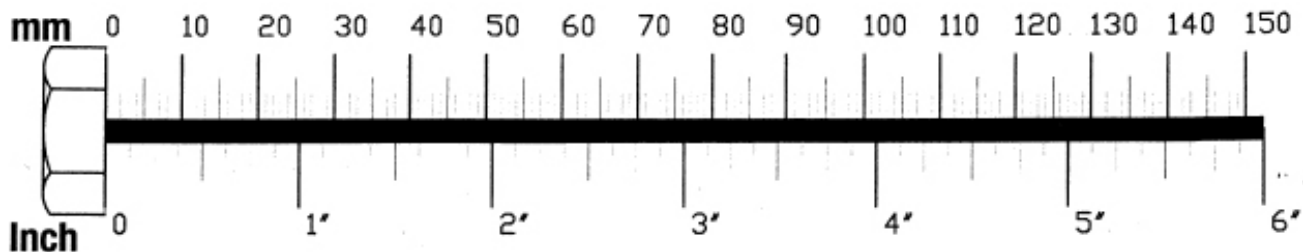
**Be careful to assemble all components in the sequence they are presented.**

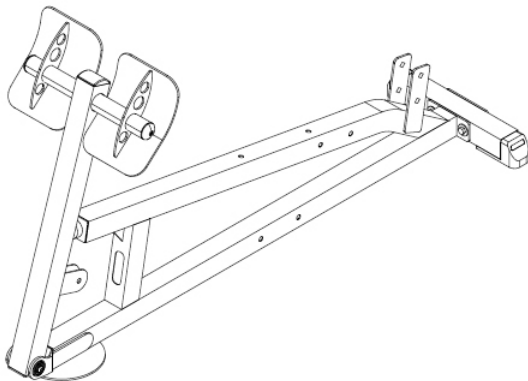
**NOTE:**

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

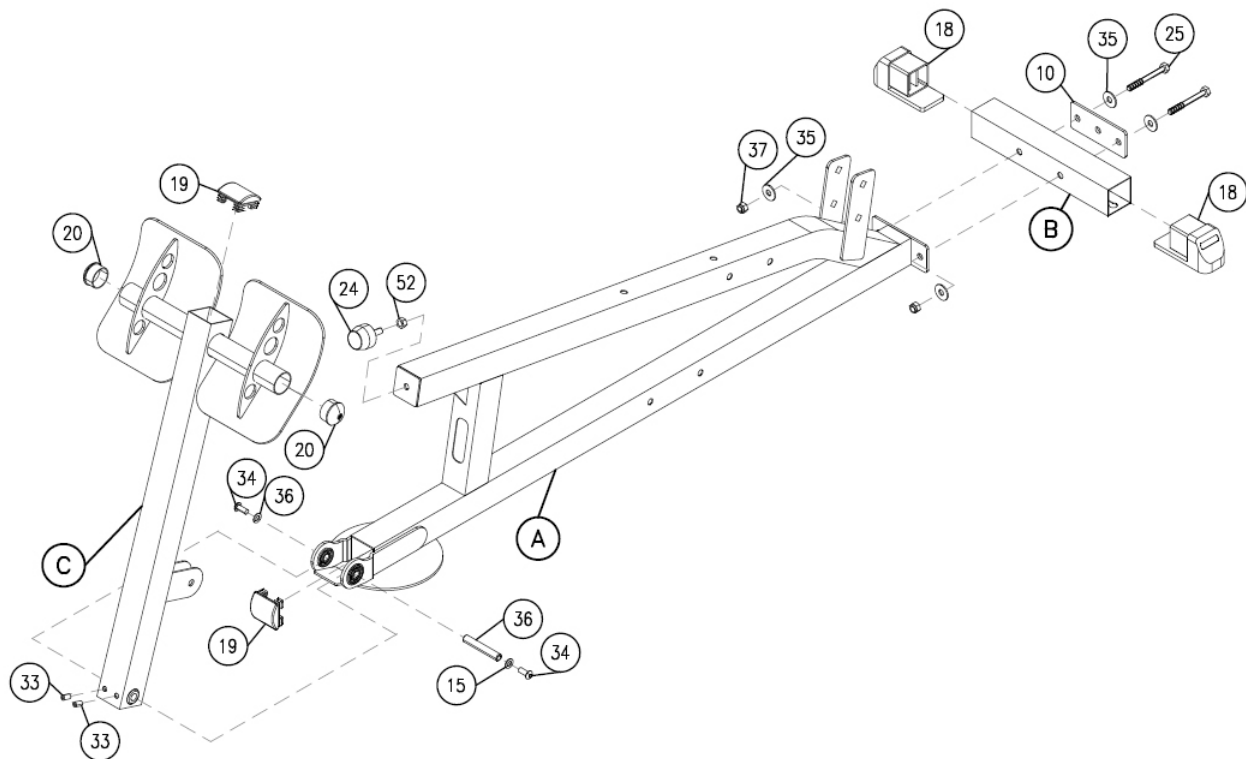
**\*Some parts are pre-installed.**

- A. Attach Mainframe Assembly (A) to Back Foot Tube (B) and Back Plate (10) using:  
**Two 25 (M10 x 70 hex head bolt)**  
**Four 35 ( $\phi$ 10 washer)**  
**Two 37 (M10 nylon lock nut)**
- B. Attach two Foot Caps (18) to Back Foot Assembly (B) as shown.
- C. Attach Front Frame Assembly (C) to Mainframe Assembly (A) using Sleeve Tube (15) through the Bearing's (17) hole using:  
**Two 33 (M6 x 10 hex head socket set screw)**  
**Two 34 (M8 x 30 button head cap screw)**  
**Two 36 (Washer  $\phi$ 8)**
- D. Put one End Cap (19) and two End Caps (20) onto Front Frame Assembly (C).
- E. Screw Bumper (24) and nut (52) into Mainframe Assembly (A).





Above shows STEP 1 assembled and completed.



# 2

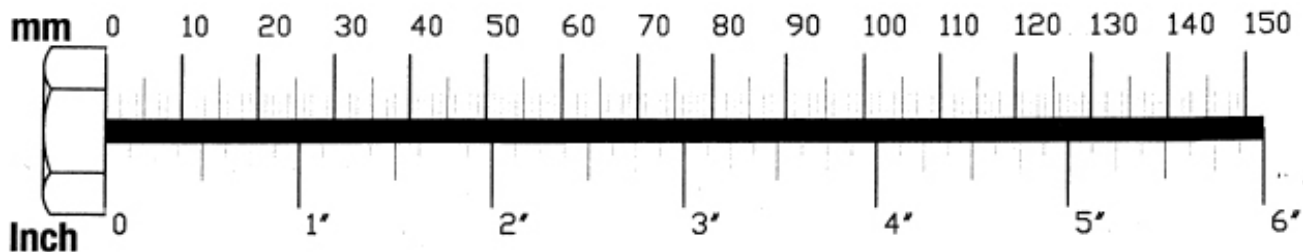
## Be careful to assemble all components in the sequence they are presented.

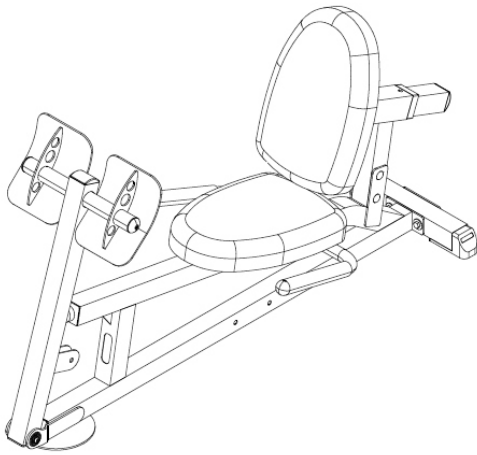
### NOTE:

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

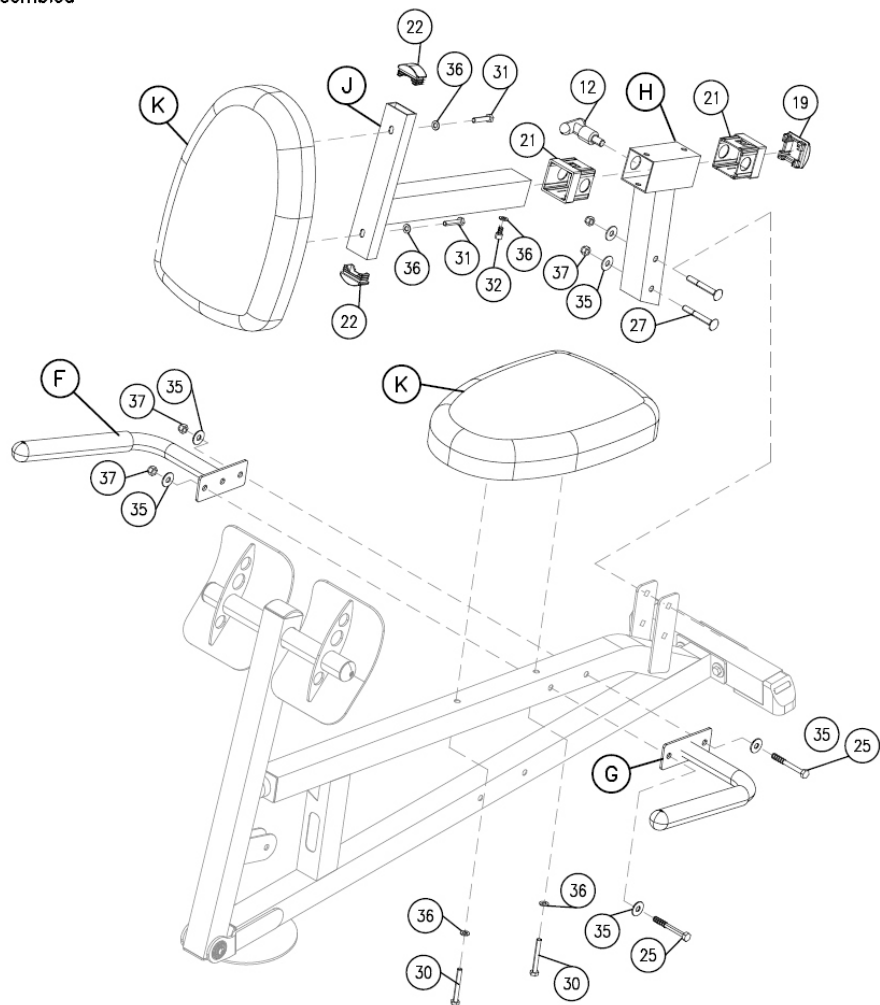
\*Some parts are pre-installed.

- A. Attach Handle Foam (40) to Left Handle Frame Assembly (G) and Right Handle Frame Assembly (F).
- B. Attach Left Handle Frame Assembly (G) and Right Handle Frame Assembly (F) to Mainframe Assembly (A) using:  
**Two 25 (M10 x 70 hex head bolt)**  
**Four 35 ( $\phi$ 10 washer)**  
**Two 37 (M10 nylon lock nut)**
- C. Attach Seat Pad (K) to Mainframe Assembly (A) using:  
**Two 30 (M8 x 65 hex head bolt)**  
**Four 36 ( $\phi$ 8 washer)**
- D. Put two Nylon Bushings (21) and Pull-Pin (12) into Rear Frame Assembly (H).
- E. Attach Rear Frame Assembly (H) to Mainframe Assembly (A) using:  
**Two 27 (M10 x 70 carriage bolt)**  
**Two 35 ( $\phi$ 10 washer)**  
**Two 37 (M10 nylon lock nut)**
- F. Put two End Caps (22) and one End Cap (19) to Adjustable Frame Assembly (J).
- G. Attach Back Pad (K) to Adjustable Frame Assembly (J) using:  
**Two 31 (M8 x 40 hex head bolt)**  
**Two 36 ( $\phi$ 8 washer)**
- H. Attach Seat Pad (K) to Mainframe Assembly (A) using:  
**Two 30 (M8 x 65 hex head bolt)**  
**Two 36 ( $\phi$ 8 washer)**
- I. Attach Adjustable Frame Assembly (J) through Rear Frame Assembly (H) hole using Pull-Pin (12) and lock it.
- J. Using Socket Cap Screw (32) and Washer (36), lock in the Adjustable Frame Assembly (J) as shown.





Above shows STEP 2 assembled and completed.



# 3

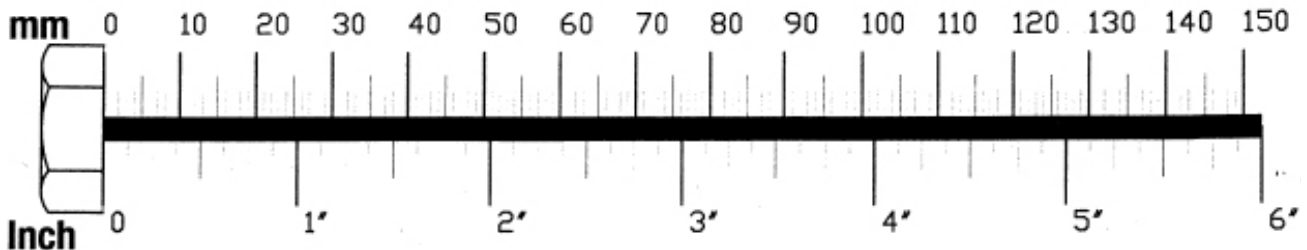
## Be careful to assemble all components in the sequence they are presented.

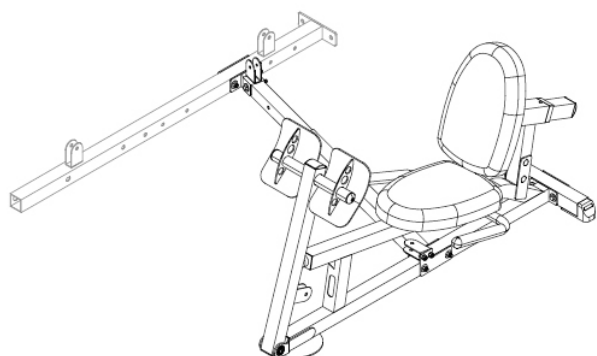
### NOTE:

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

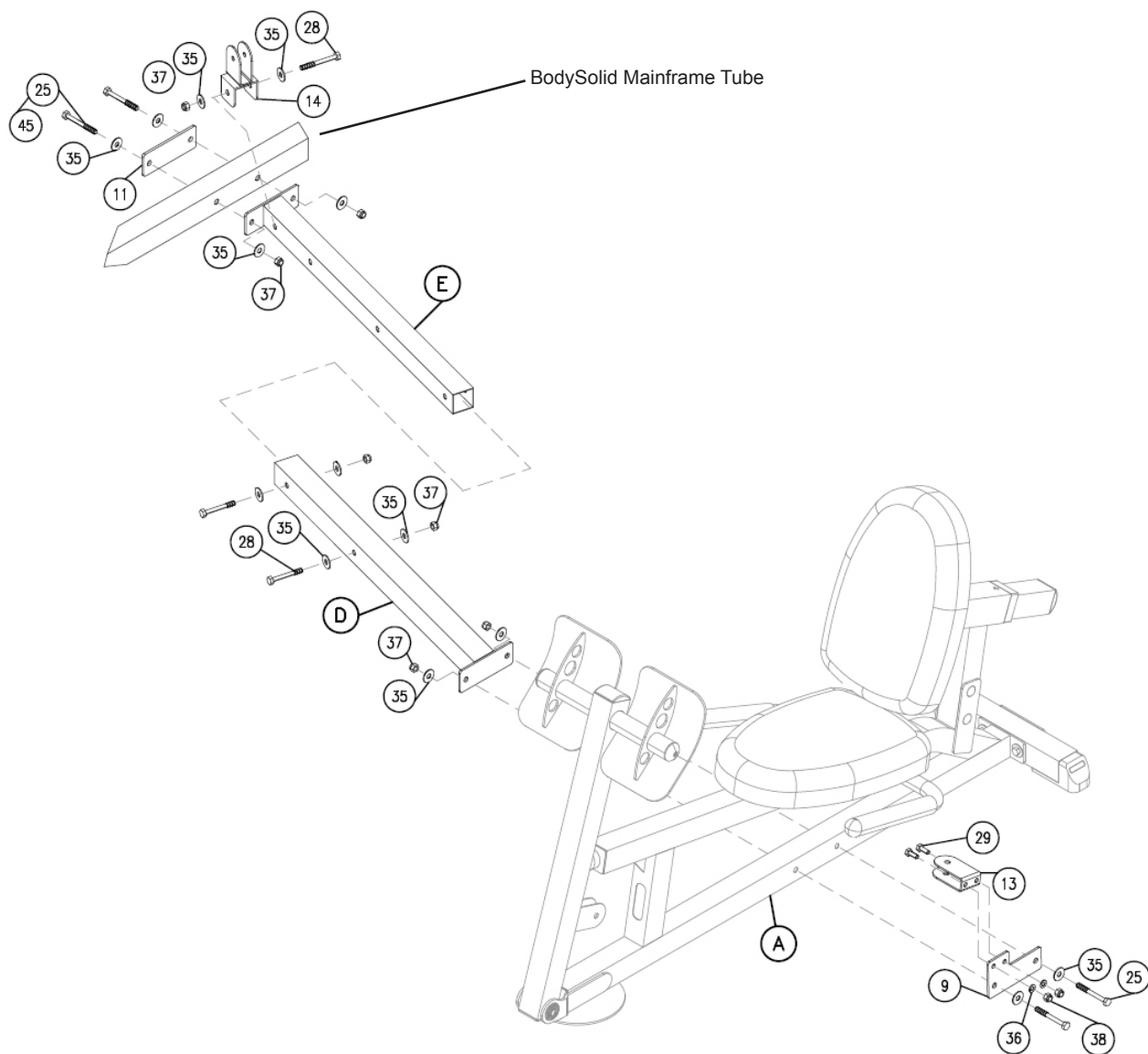
\*Some parts are pre-installed.

- A. Attach Single Pulley Bracket (13) to Middle Plate (9) using:  
**Two 29 (M8 x 20)**  
**Two 36 ( $\phi$ 8 washer)**  
**Two 38 (M8 nylon lock nut)**
- B. Attach Joint Assembly (D) and Middle Plate (9) to Mainframe Assembly (A) using:  
**Two 25 (M10 x 70 hex head bolt)**  
**Four 35 ( $\phi$ 10 washer)**  
**Two 37 (nylon lock nut)**
- C. Attach Single Pulley Assembly (14) to Sleeve Tube Assembly (E) using:  
**One 28 (M10 x 65 hex head bolt)**  
**Two 35 ( $\phi$ 10 washer)**  
**One 37 (M10 nylon lock nut)**
- D. Attach Sleeve Tube Assembly (E) through Joint Assembly (D) using:  
**Two 28 (M10 x 65 hex head bolt)**  
**Four 35 ( $\phi$ 10 washer)**  
**Two 37 (nylon lock nut)**
- E. Attach Sleeve Tube Assembly (E) to BodySolid G2, G3, G4, G5, G6, G10, GSTK Mainframe Tube using:  
**Two 25 (M10 x 70 hex head bolt)**      \*USE WITH G2, G3, G5, G6  
**Four 35 ( $\phi$ 10 washer)**                      \*USE WITH G4, G10, GSTK  
**Two 37 (M10 nylon lock nut)**  
**One 11 (Bracket)**

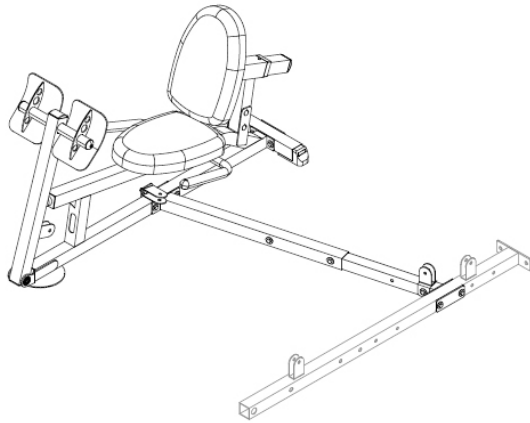




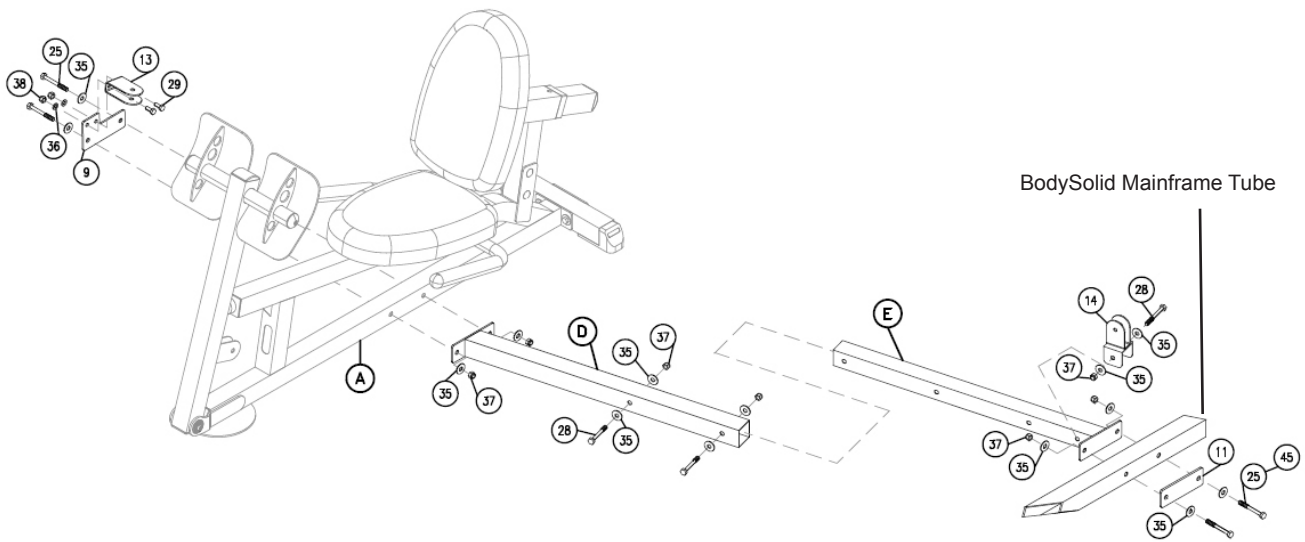
Above shows STEP 3 assembled (Left) and completed.



# 3A



Above shows STEP 3 assembled (Right) and completed.





# 4

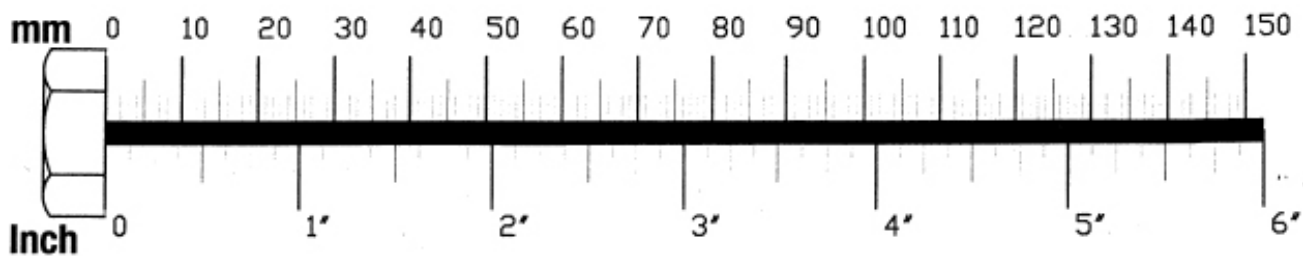
**Be careful to assemble all components in the sequence they are presented.**

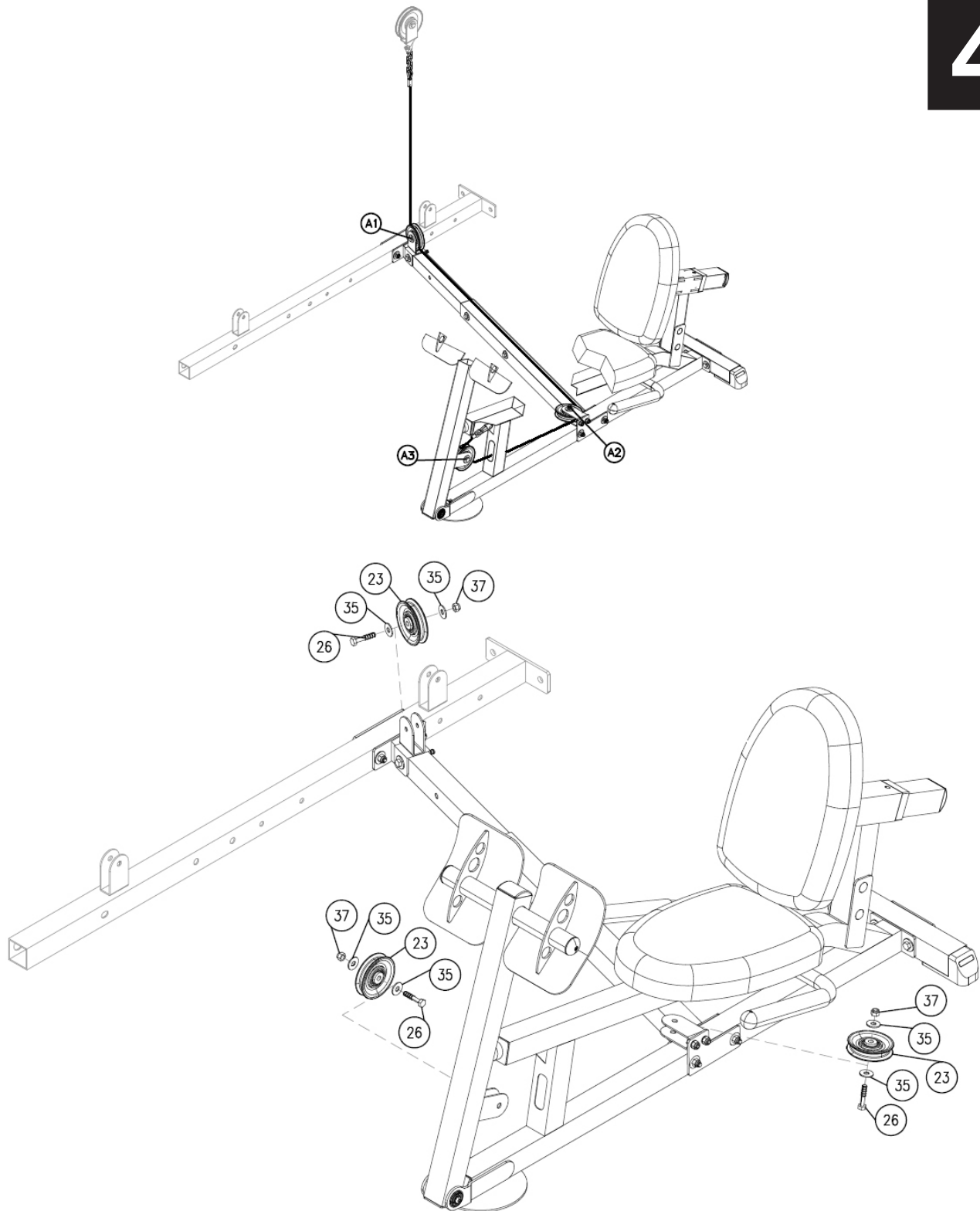
**NOTE:**

**Finger tighten all hardware in this step.**

**\*Some parts are pre-installed.**

- A. Attach the end of Cable (43) to Hook (39). Link the hook onto the triangular plate hole under the Mainframe Assembly (1).
- B. Attach Cable (43) around the three Pulleys (23) using:  
**Three 26 (M10 x 42 hex head bolt)**  
**Six 35 ( $\phi$ 10 washer)**  
**Three 37 (M10 nylon lock nut)**
- C. When setting up the long configuration, please use Cable (43).
- D. When setting up the short configuration, please use Cable (44).





#43 Long Cable - Use with G2, G3, G4, G5, G6, G10, GSTK with extended Telescopic Extension

#44 Short Cable - Use with G2, G3, GSTK only with compacted Telescopic Extension

# GFLP Parts List

Part #	Qty	Description	Part #	Qty	Description
A	1	Mainframe Assembly	9	1	Middle Plate
B	1	Back Foot Tube	10	1	Back Plate
C	1	Front Frame Assembly	11	1	Bracket
D	1	Joint Assembly (Telescopic Extension)	12	1	Pull-Pin Assembly
E	1	Sleeve Tube Assembly (Telescopic Extension)	13	1	Single Pulley Bracket
F	1	Right Handle Frame Assembly	14	1	Single Pulley Assembly
G	1	Left Handle Frame Assembly	15	1	Sleeve Tube
H	1	Rear Frame Assembly	16	1	φ25 Roller Tube
J	1	Adjustable Frame Assembly	17	2	Bearing
K	2	Seat Pads	18	2	50 x 50 Foot Cap
			19	3	50 x 50 End Cap
			20	2	38 x 38 End Cap
			21	2	60 x 50 Nylon Bushing
			22	2	25 x 50 End Cap
			23	3	Pulley φ100mm
			24	1	Bumper
			25	8	M10 x 70 Hex Head Bolt (For G2, G3, G5, G6)
			26	3	M10 x 42 Hex Head Bolt
			27	2	M10 x 70 Carriage Bolt
			28	3	M10 x 65 Hex Head Bolt
			29	2	M8 x 20 Hex Head Bolt
			30	2	M8 x 65 Hex Head Bolt
			31	2	M8 x 40 Hex Head Bolt
			32	1	M8 x 15 Socket Cap Screw
			33	2	M6 x 10 Hex Socket Set Screw
			34	2	M8 x 30 Button Head Cap Screw
			35	32	φ10 Washer
			36	9	φ8 Washer
			37	16	M10 Nylon Lock Nut
			38	2	M8 Nylon Lock Nut
			40	2	Handle Foam
			43	1	Cable (Long 2604mm)
			44	1	Cable (Short 2350mm)
			45	2	M10 x 95 Hex Head Bolt (For G4, G10, GSTK)
			50	2	Ring
			51	2	Bearing
			53	1	Snap Link

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

