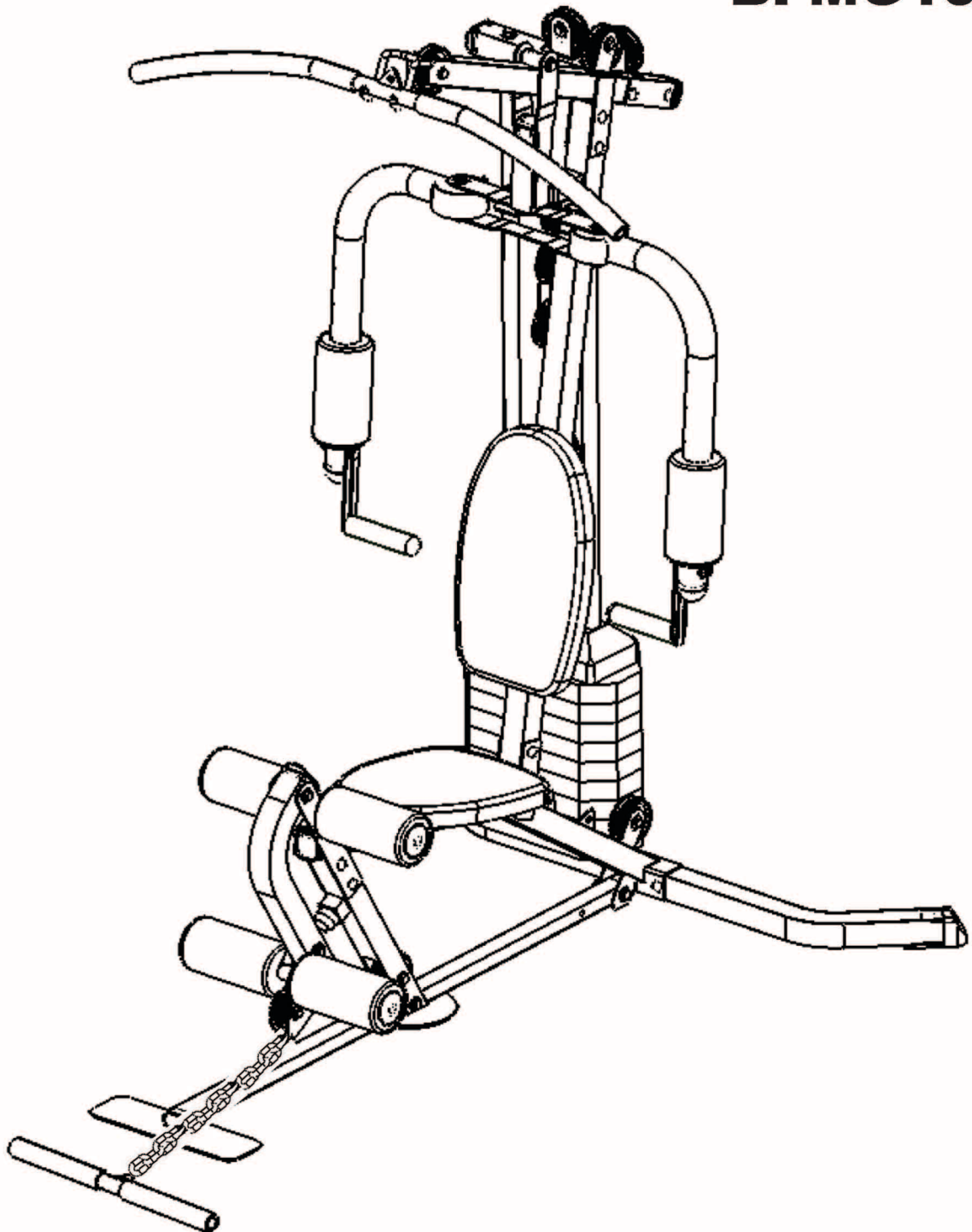




BFMG10



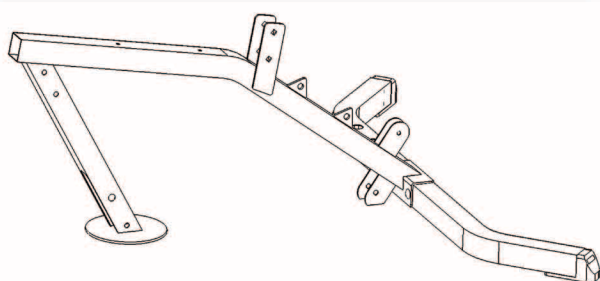
A s s e m b l y

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

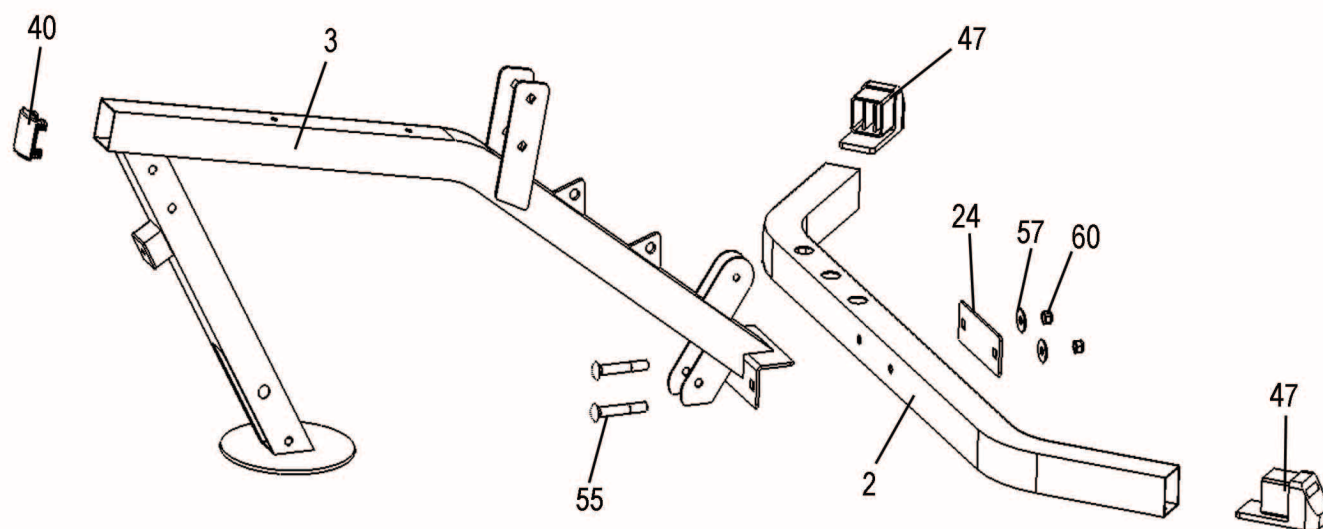
STEP**1**

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

- A. Attach two Foot caps (47) to Back Foot Tube (2) as shown.
- B. Attach Seat Pad Frame (3) to Back Foot Tube (2) and Plate (24) using:
- Two 55 (Carriage Bolt M10X70)**
- Two 57 (Washer ϕ 10)**
- Two 60 (Nylon Nut M10)**
- C. Attach Convex End Cap (40) to the Seat Pad Frame (3).



Above shows STEP 1 assembled and completed.



* Some components have been preinstalled.

STEP**2**

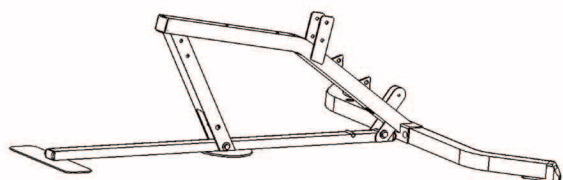
Be careful to assemble all components in the sequence they are presented.

- A. Attach two Convex End Caps (41) to the Main Base Frame (1).
- B. Attach Seat Pad Frame (3) to Main Base Frame (1) using:

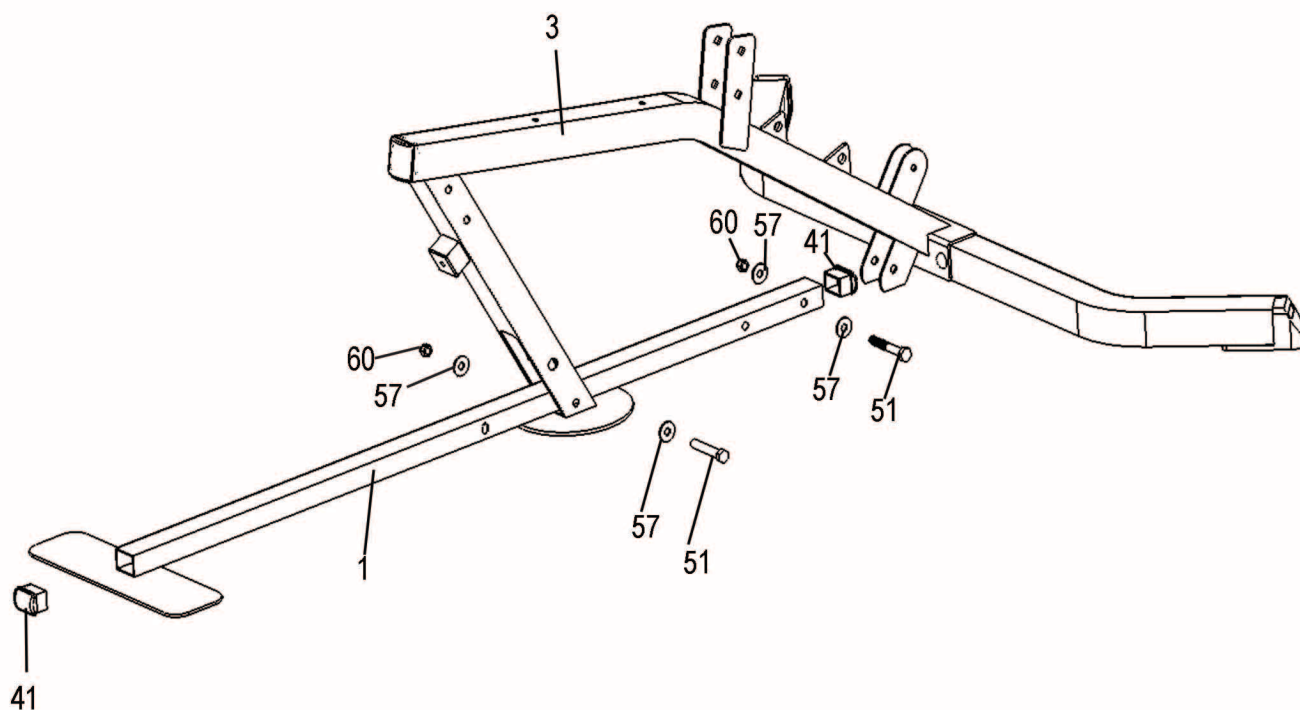
Two 51 (Hex Head Bolt M10X68)

Four 57 (Washer ϕ 10)

Two 60 (Nylon Nut M10)



Above shows STEP 2 assembled and completed.



* Some components have been preinstalled.

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

- A. Attach Angled Vertical Frame (6) to Seat Pad Frame(3) using:

Two 55 (Carriage Bolt M10X70)

Two 57 (Washer φ 10)

Two 60 (Nylon Nut M10)

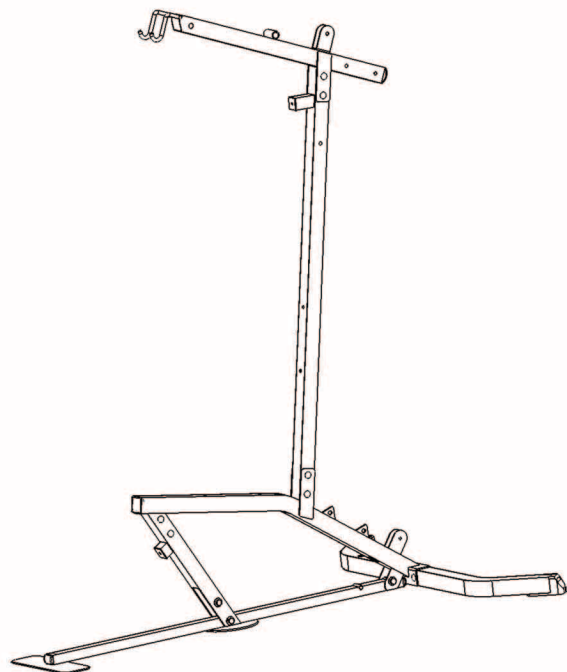
- B. Attach Convex End Cap(40) to Top Frame(7).

- C. Attach Top Frame(7) to Angled Vertical Frame(6) using:

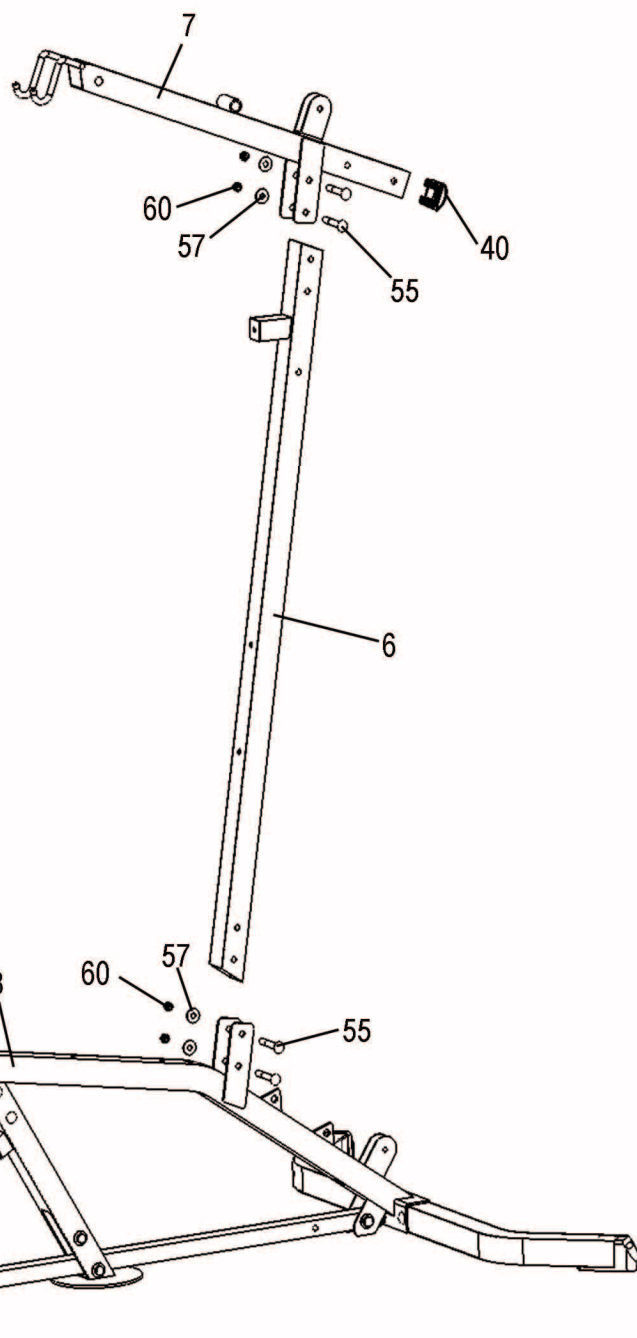
Two 55 (Carriage Bolt M10X70)

Two 57 (Washer φ 10)

Two 60 (Nylon Nut M10)



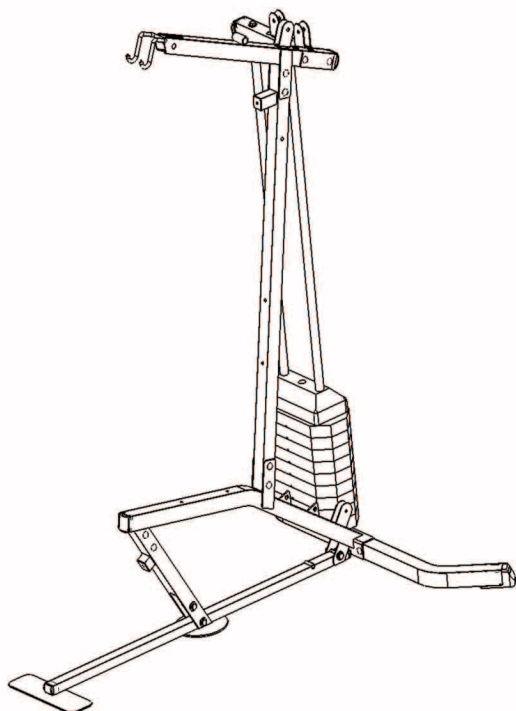
Above shows STEP 3 assembled and completed.



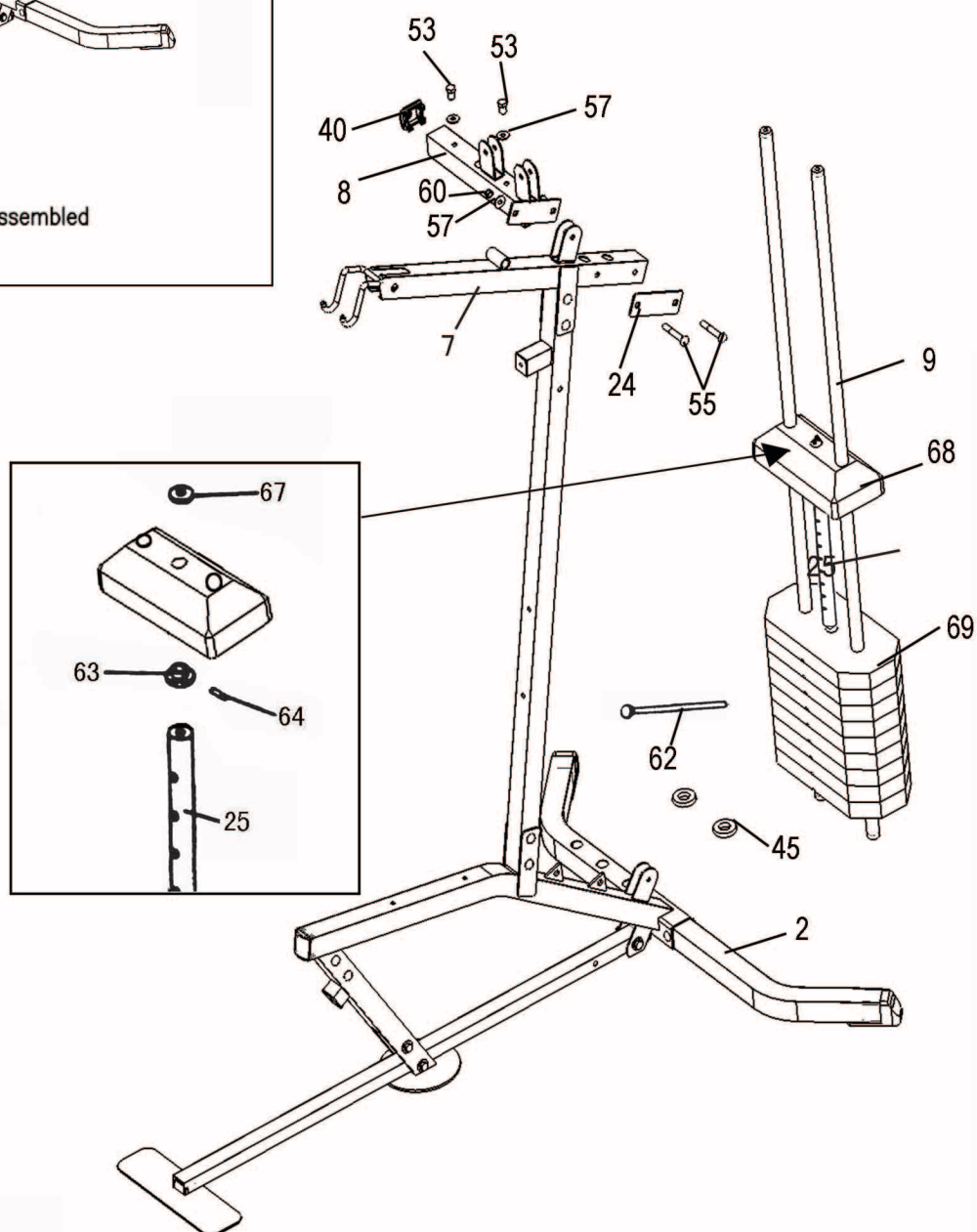
* Some components have been preinstalled.

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

- A. Attach Convex End Cap (40) to the Top Weight Stack Frame (8).
- B. Attach two Chrome Guide Rods (9) to the Top Weight Stack Frame (8), then attach the Top Weight Stack Frame (8) to Top Frame (7) along with Flat Plate (24) using:
 - Two 53 (Hex Head Bolt M10X20)**
 - Four 57 (Washer ϕ 10)**
 - Two 55 (Carriage Bolt M10X70)**
 - Two 60 (Nylon Nut M10)**
- C. Place two Rubber Donuts (45) on Back Foot Tube (2) over the two widest openings. Slide two Chrome Guide Rods (9) through the two Rubber Donuts (45) and into Back Foot Tube (2).
- D. Insert Chrome Guide Rod (9) through the Pushnut (63) using Pivot Axle (64) affixed in the first hole.
- E. Slide Top Stack Plate (68) and nine Bottom Stack Plates (69) onto the two Chrome Guide Rods (9). Make sure the holes in the Bottom Stack Plate (69) are facing forward as shown.



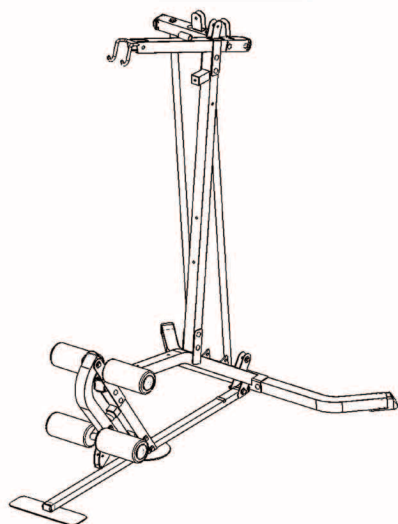
Above shows STEP 4 assembled and completed.



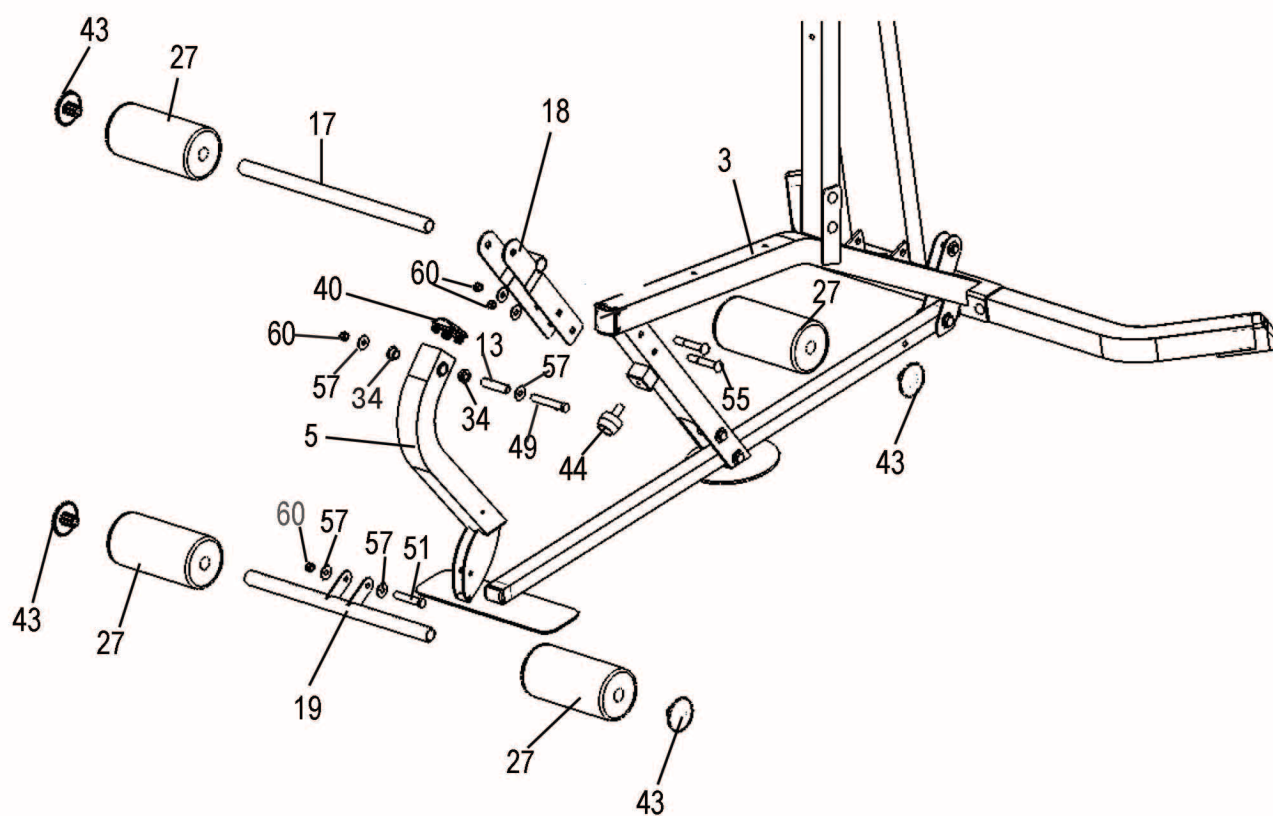
* Some components have been preinstalled.

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

- A. Attach Foam Frame(18) to Seat Pad Frame(3) using:
Two 55 (Carriage Bolt M10X70)
Two 57 (Washer ϕ 10)
Two 60 (Nylon Nut M10)
- B. Attach Convex End Cap(40) to Leg Extension(5).
- C. Put Brass Pivots(34) into Leg Extension(5) hole.
- D. Attach Leg Extension(5) to Foam Frame(18), put Shaft(13) through hole using:
One 49 (Hex Head Bolt M10X80)
Two 57 (Washer ϕ 10)
One 60 (Nylon Nut M10)
- E. Attach Bottom Frame(19) to Leg Extension(5) using:
One 51 (Hex Head Bolt M10X68)
Two 57 (Washer ϕ 10)
One 60 (Nylon Nut M10)
- F. Put Foam Roller Bar(17) through Leg Extension(5) and Attach two Foam Rollers(27) and two Foam Roller End Cap(43) as shown.
- G. Attach two Foam Rollers(27) to Bottom Frame(19) and two Foam Roller End Caps(43) as shown.



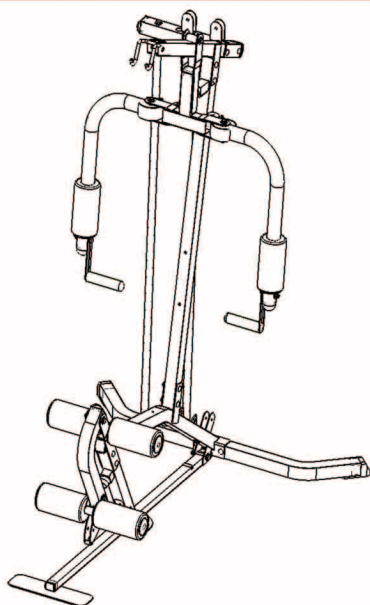
Above shows STEP 5 assembled and completed.



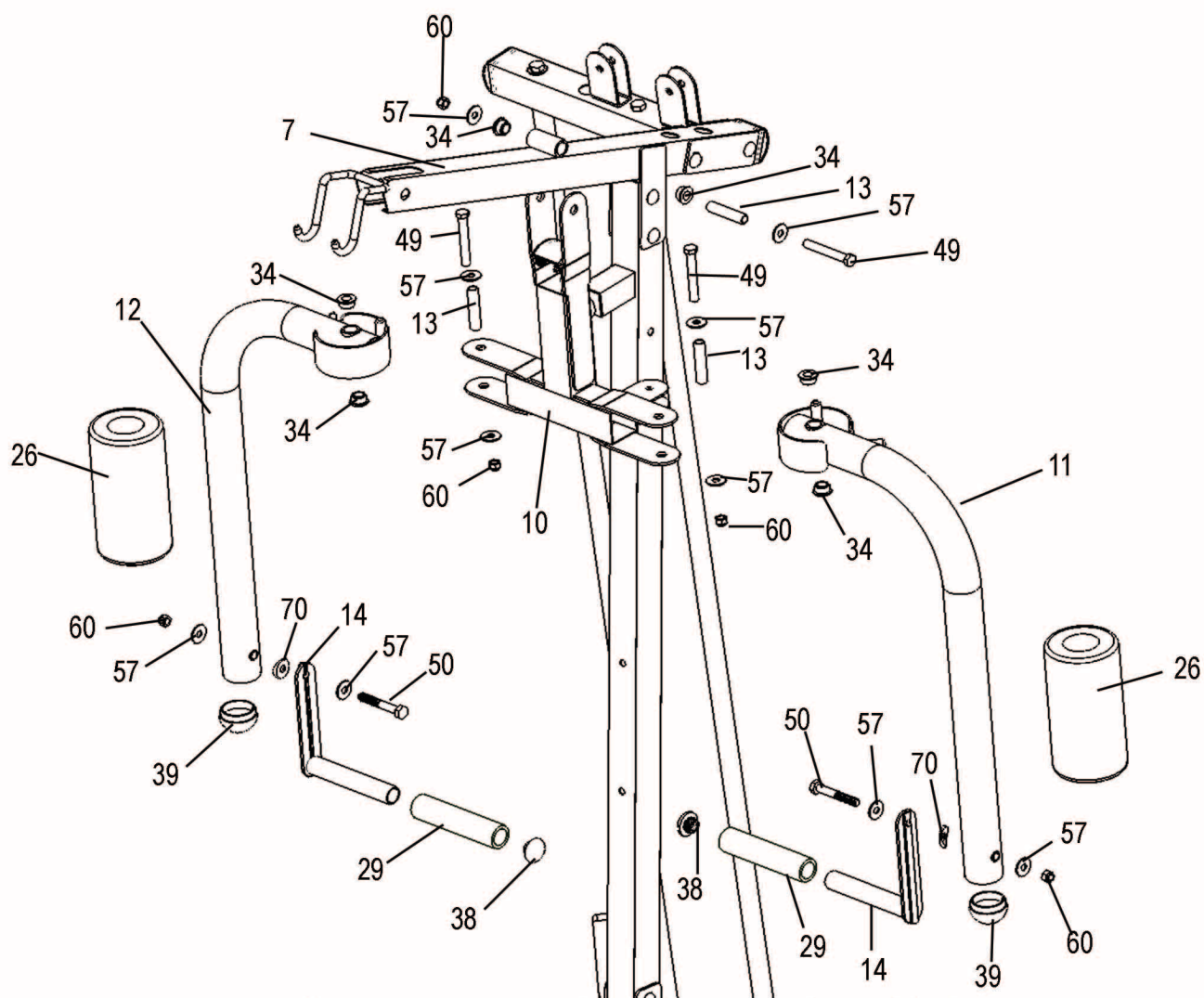
* Some components have been preinstalled.

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

- A. Put Brass Pivots (34) into the Top Frame (7) hole.
- B. Attach Seat Press Arm Support (10) to Top Frame (7) and Put Shaft (13) through the hole using:
 - One 49 (Hex Head Bolt M10X80)**
 - Two 57 (Washer ϕ 10)**
 - One 60 (Nylon Nut M10)**
- C. Put Brass Pivots (34) into the Left (11) and Right (12) Butterfly Frame hole.
- D. Attach Left (11) and Right (12) Butterfly Frame to Seat Press Arm Support (10) and put shafts (13) through the hole using:
 - Two 49 (Hex Head Bolt M10X80)**
 - Four 57 (Washer ϕ 10)**
 - Two 60 (Nylon Nut M10)**
- E. Attach two Foam Rollers (26) through the Left (11) and Right (12) Butterfly Frame.
- F. Attach two Handle Frames (14) to the Left and Right Butterfly Frame (11), (12) using:
 - Two 50 (Hex Head Bolt M10X75)**
 - Four 57 (Washer ϕ 10)**
 - Two 70 (Nylon Washer)**
 - Two 60 (Nylon Nut M10)**
- G. Attach Foam Cover (29) through Hand Frames (14).
- H. Attach Round End Caps (38), (39) into handle Bar (14) and into the Butterfly Frames (11), (12) hole.



Above shows STEP 6 assembled and completed.



* Some components have been preinstalled.

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

- A. Begin at the high pulley station, route the metal screw end of Lat Pull Cable (33) up and through the opening where the Pulley A will be installed across Pulley B and then down through the next opening where Pulley C, pulley D, Pulley E will be installed.
- B. Install Pulley A using:
 - One 51(Hex Head Bolt M10X68)**
 - Two 35 (Cold Roller Steel Pivot)**
 - One 60 (Nylon Nut M10)**
- C. Install Pulley B, C, D, E using for each pulley:
 - One 52 (Hex Head Bolt M10X42)**
 - Two 57 (Washer ϕ 10)**
 - One 60 (Nylon Nut M10)**
- D. The metal screw end of Cable (33) should be threaded into Selector Rod (25).

Diagram 1
Cable Installation

STEP

7

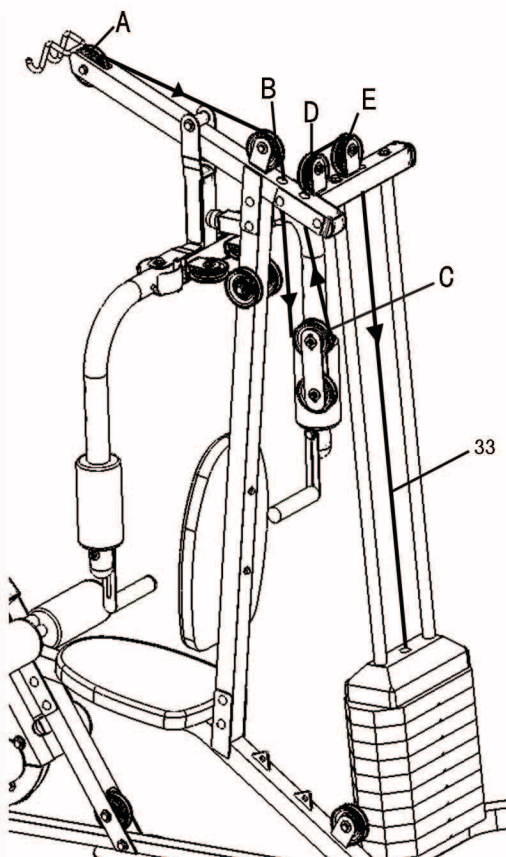
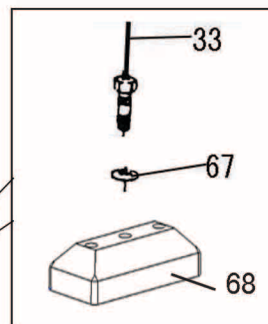
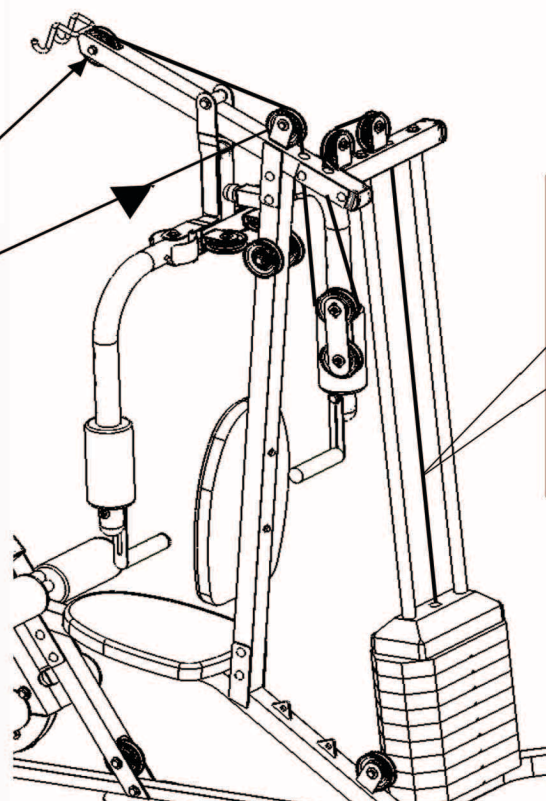
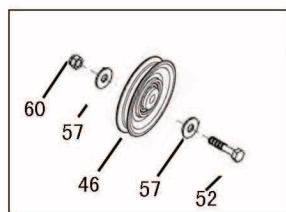
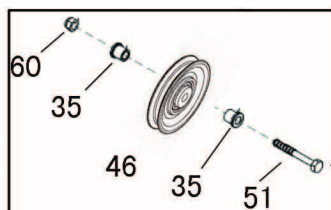


Diagram 2
Pulley Installation



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

- A. Connect the stamped eye end of the Butterfly Cable (32) onto the hook.
Bring the cable around the P、F、H、G、Q Pulleys, then connect the cable to the other hook.
- B. Install the H Pulley using:
 - One 52(Hex Head Bolt M10X42)**
 - Two 57 (Washer ϕ 10)**
 - One 60 (Nylon Nut M10)**
- C. Install the P、Q Pulleys using:
 - One 52(Hex Head Bolt M10X42)**
 - Two 57 (Washer ϕ 10)**
 - One 71 (Pulley Cover)**
 - One 60 (Nylon Nut M10)**
- D. Install the F、G pulleys using:
 - One 48(Hex Head Bolt M10X118)**
 - Two 57 (Washer ϕ 10)**
 - One 60 (Nylon Nut M10)**

Diagram 1
Cable Installation

STEP

8

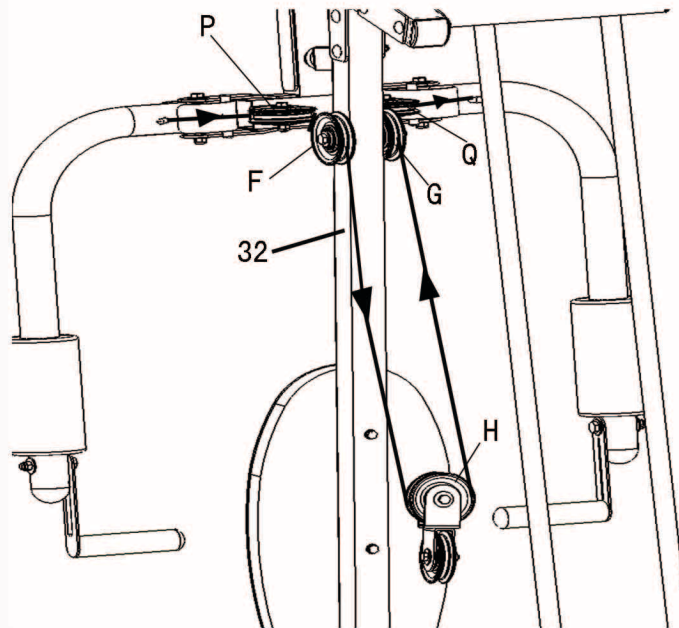
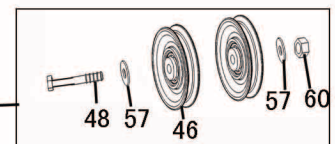
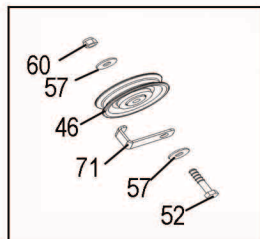


Diagram 2
Pulley Installation



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

- A. Insert the stamped eye end of the Low Pulley/Leg Extension Cable (31) through and around the I, J, K, L, M Pulleys. Hook the cable into position using the Snaplink provided.
- B. Install Pulley I using:
 - One 51 (Hex Head Bolt M10X68)**
 - Two 35 (Cold Roller Steel Pivot)**
 - One 60 (Nylon Nut M10)**
- C. Install Pulleys J, K, L, M using:
 - One 52 (Hex Head Bolt M10X42)**
 - Two 57 (Washer ϕ 10)**
 - One 60 (Nylon Nut M10)**

Diagram 1
Cable Installation

STEP

9

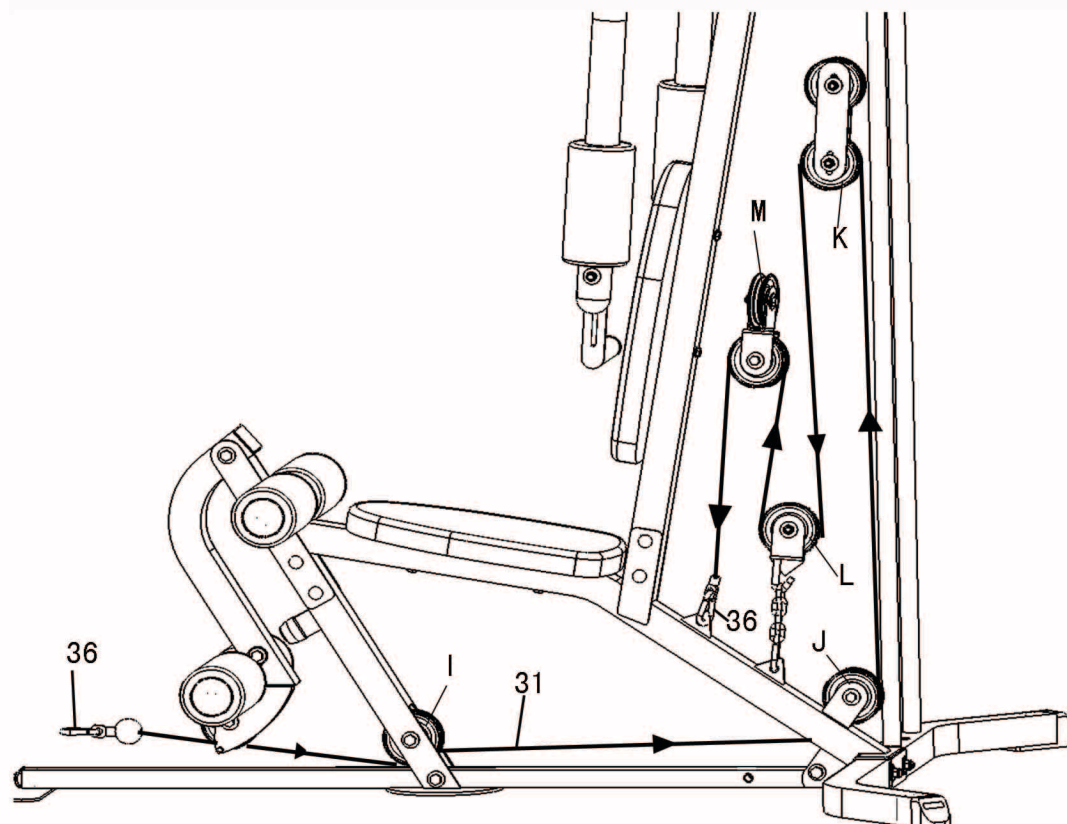
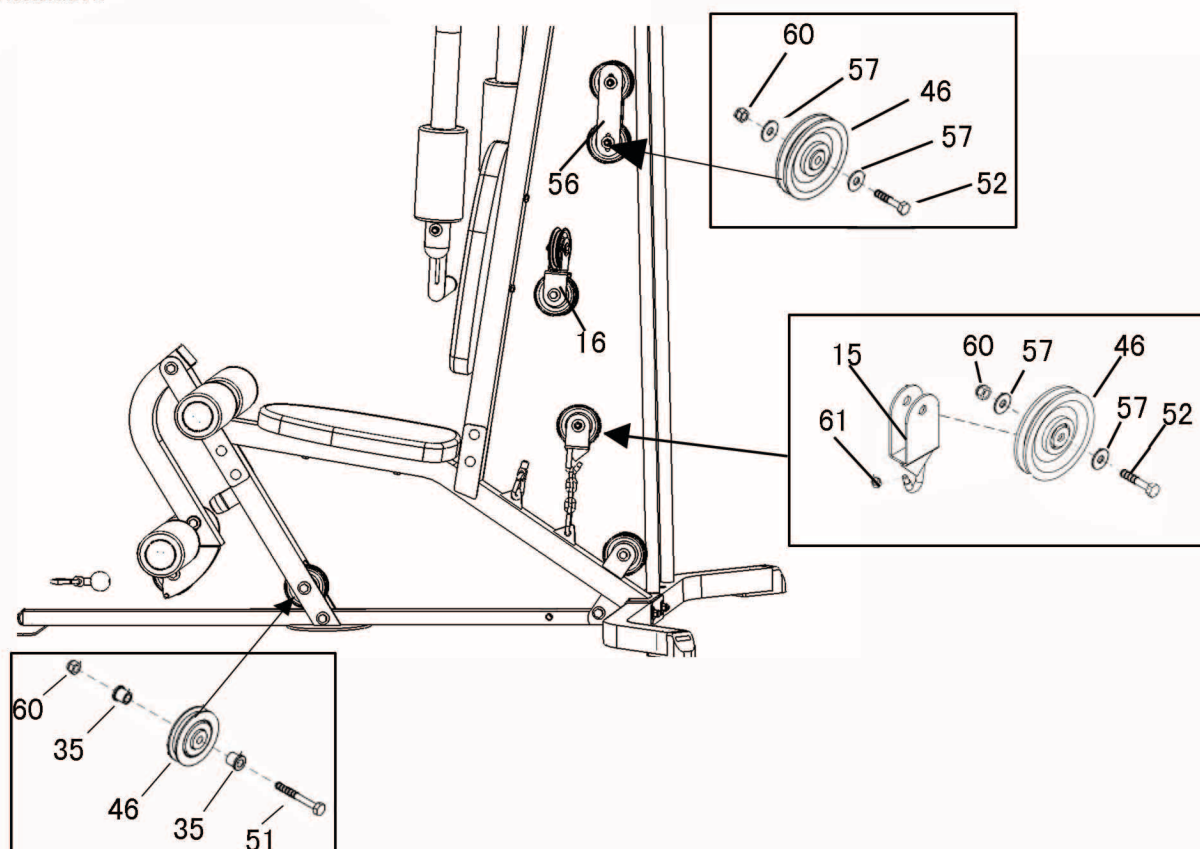


Diagram 2
Pulley Installation



BFMG10 PARTS LIST

PART	QTY	DESCRIPTION
1	1	MAIN BASE FRAME
2	1	BACK FOOT TUBE
3	1	SEAT PAD FRAME
4	1	FOAM FRAME
5	1	LEG EXTENSION
6	1	ANGLED VERTICAL FRAME
7	1	TOP FRAME
8	1	TOP WEIGHT STACK FRAME
9	2	CHROME GUIDE ROD
10	1	SEAT PRESS ARM SUPPORT
11	1	LEFT BUTTERFLY FRAME
12	1	RIGHT BUTTERFLY FRAME
13	4	SHAFT $\Phi 13 \times \Phi 10.6 \times 63$
14	2	HANDLE FRAME
15	1	PULLEY HOLDER
16	1	DOUBLE PULLEY FRAME
17	1	FOAM ROLLER BAR
18	1	FOAM FRAME
19	1	BOTTOM FRAME
20	1	LAT BAR
21	1	LOW ROW BAR
22	1	SEAT PAD
23	1	BACK PAD
24	2	FLAT PLATE
25	1	SELECTOR ROD
26	2	FOAM $\Phi 100 \times \Phi 48 \times 200$
27	4	FOAM $\Phi 100 \times \Phi 23 \times 200$
28	2	FOAM $\Phi 32 \times \Phi 23 \times 550$

Continued on next page



Part numbers are required when ordering parts.

BFMG10 PARTS LIST

PART	QTY	DESCRIPTION
29	2	FOAM ϕ 32X ϕ 23X150
30	2	FOAM ϕ 32X ϕ 23X240
31	1	LOW PULLEY/LEG EXTENSION CABLE (3975mm)
32	1	BUTTERFLY CABLE (1955mm)
33	1	LAT PULL CABLE (3050mm)
34	8	BRASS PIVOT
35	4	COLD ROLLER STEEL PIVOT
36	5	HOOK
37	1	STEEL CHAIN
38	6	ROUND END CAP ϕ 25
39	2	ROUND END CAP ϕ 50
40	7	CONVEX END CAP \square 50
41	2	CONVEX END CAP \square 40X30
42	2	FRAME LEVELER \square 50
43	4	FOAM ROLLER END CAP ϕ 25
44	2	RUBBER STOP ϕ 38
45	2	RUBBER ϕ 26X ϕ 50X10
46	15	PULLEY Φ 90
47	2	FOOT CAP \square 50
48	1	HEX HEAD BOLT M10X118
49	4	HEX HEAD BOLT M10X80
50	3	HEX HEAD BOLT M10X75
51	3	HEX HEAD BOLT M10X68
52	12	HEX HEAD BOLT M10X42
53	2	HEX HEAD BOLT M10X20
54	4	HEX HEAD BOLT M8X65
55	10	CARRIAGE BOLT M10X70
56	2	BRACKET PLATES

Continued on next page



Part numbers are required when ordering parts.

BFMG10 PARTS LIST

PART	QTY	DESCRIPTION
57	56	WASHER Φ 10
58	4	WASHER Φ 8
59	2	NYLON WASHER Φ 16X Φ 11X2
60	33	NYLON NUT M10
61	1	ACORN CAPNUT M6
62	1	WEIGHT PLATE PIN
63	1	PUSHNUT
64	1	PIVOT AXLE
65	1	SEAT PAD
66	1	BACK PAD
67	1	WEIGHT WASHER
68	1	TOP STACK PLATE
69	9	BOTTOM STACK PLATE
70	2	NYLON WASHER
71	2	PULLEY COVER



**1900 S DES PLAINES AVENUE
FOREST PARK, IL 60130 USA
Toll Free (800)833-1227**

Part numbers are required when ordering parts.