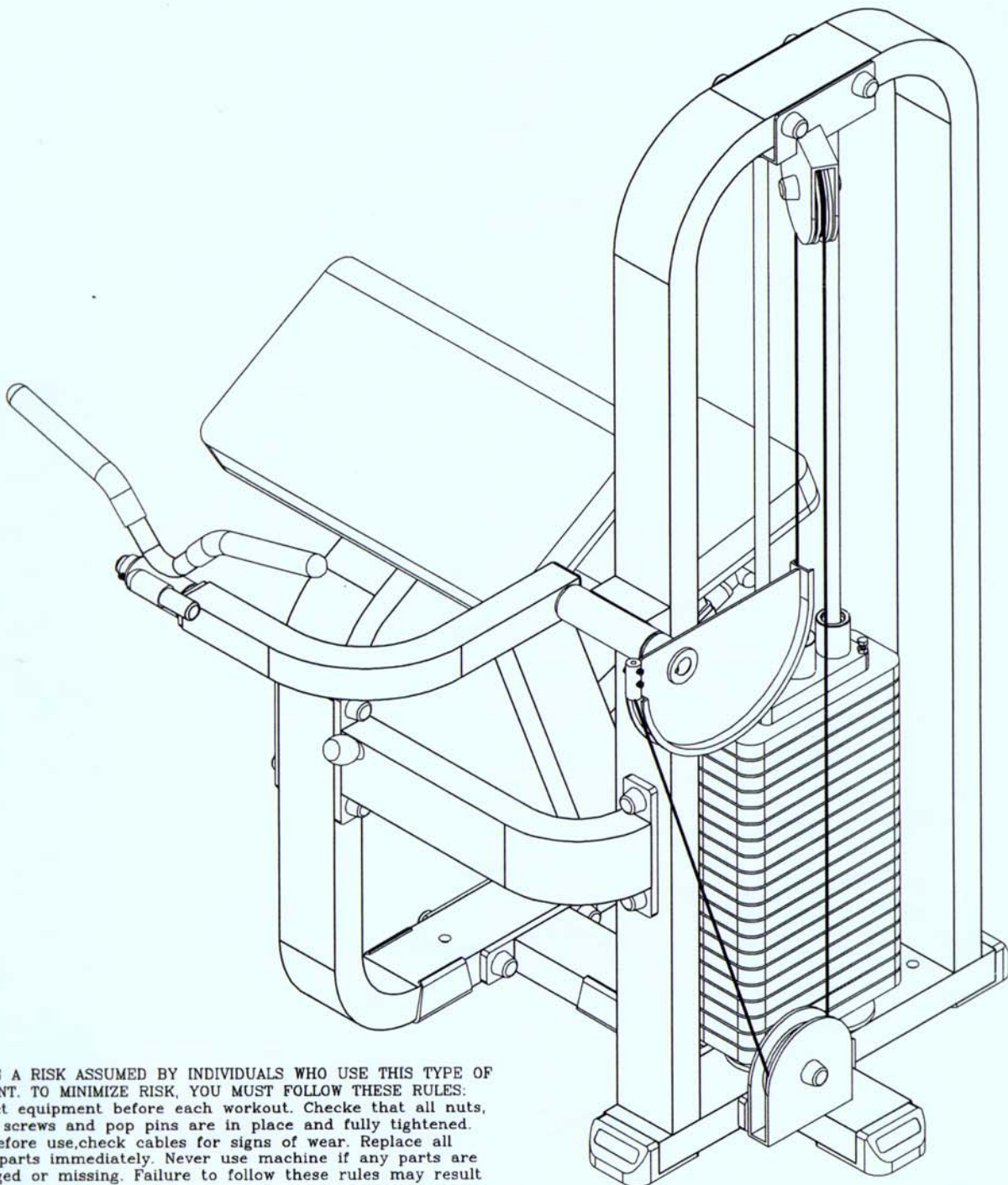


SBC-600.3 BICEP CURL



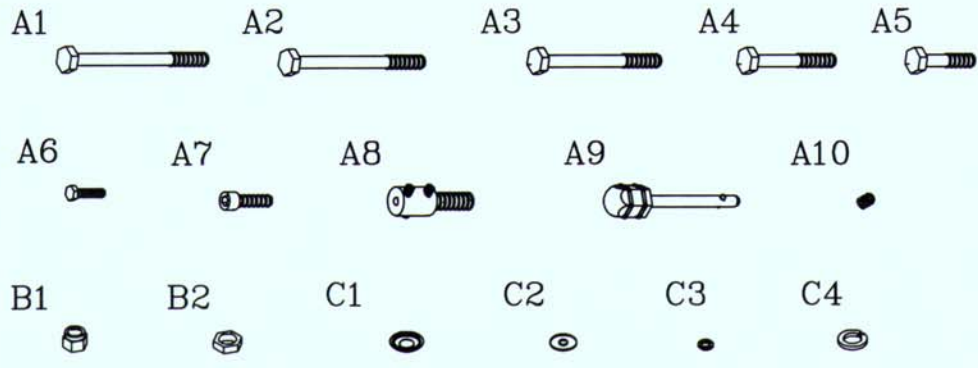
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

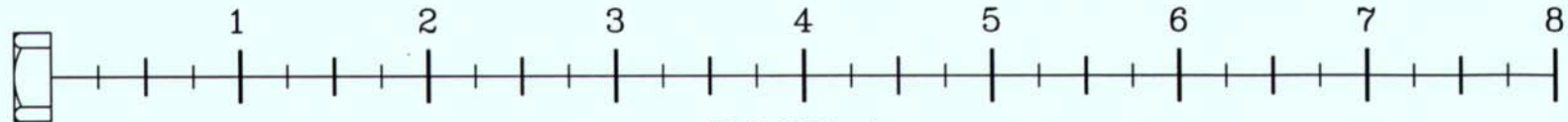
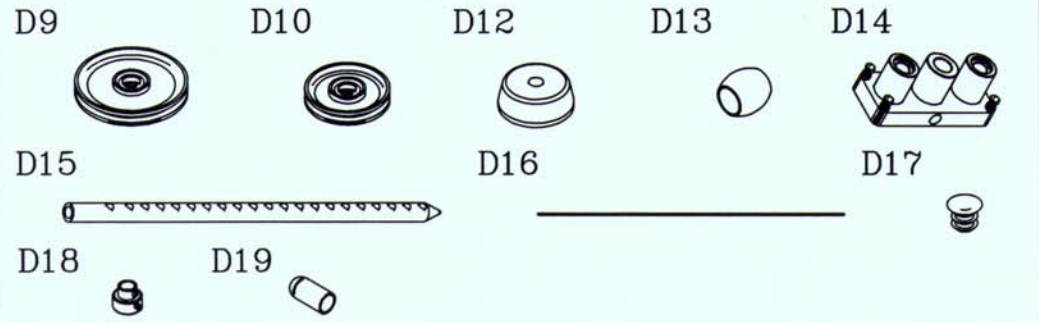
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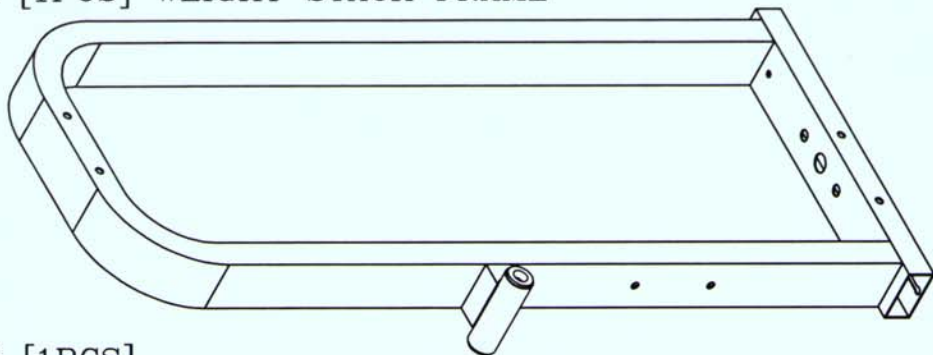
	Qty.
A1. 1/2"X5 3/4" HEX HEAD BOLT -----	[2PCS]
A2. 1/2"X5 1/2" HEX HEAD BOLT -----	[4PCS]
A3. 1/2"X5" HEX HEAD BOLT -----	[4PCS]
A4. 1/2"X3 1/2" HEX HEAD BOLT -----	[2PCS]
A5. 1/2"X2 1/4" HEX HEAD BOLT -----	[2PCS]
A6. 5/16"X1 1/4" HEX HEAD BOLT -----	[8PCS]
A7. 7/16"X1 1/2" ROUND BOLT -----	[1PCS]
A8. 5/8"X1 3/4" ROUND BOLT -----	[1PCS]
A9. 10LB BALL PIN -----	[1PCS]
A10. 5/16"X3/8" SET SCREW -----	[3PCS]
B1. 1/2" NYLON LOCK NUT -----	[14PCS]
B2. 5/8" LOCK NUT -----	[1PCS]
C1. 1/2" ROUND END CAP WASHER -----	[28PCS]
C2. 5/16" (I.D)WASHER -----	[8PCS]
C3. 5/16" SPRING WASHER -----	[8PCS]
C4. 5/8" SPRING WASHER -----	[1PCS]



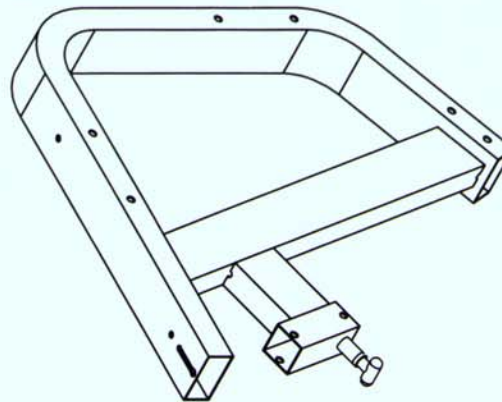
	Qty.
D1. 1/2" BOLT CAP -----	[28PCS]
D2. 2"X4" FOOT CAP (9211-028) -----	[4PCS]
D3. 2"X2"X2.5t END CAP (9211-006) -----	[1PCS]
D4. 2"X2"X1.8t END CAP (9211-005) -----	[1PCS]
D5. 2"X4" END CAP (9211-014) -----	[1PCS]
D6. ø1" SHAFT COLLAR (8130-024) -----	[1PCS]
D7. 2"X4" RUBBER DOUNT (9212-009) --	[2PCS]
D8. 60X50 NYLON BUSHING (9211-033) --	[2PCS]
D9. ø6" PULLEY (9213-009) -----	[1PCS]
D10. ø4 1/2" PULLEY (9213-010) -----	[1PCS]
D12. ø4" RUBBER DONUT (9310-017) ---	[2PCS]
D13. ø1" RUBBER DONUT (9212-019) ---	[1PCS]
D14. CHROME TOP PLATE (8400-002) ---	[1PCS]
D15. WEIGHT SELECTOR BAR (8220-060) --	[1PCS]
D16. STEEL CABLE -----	[1PCS]
D17. ø5/8" ROUND END CAP (9211-015) --	[4PCS]
D18. ø3/4" SHAFT COLLAR (9211-046) --	[2PCS]
D19. ø1" ROUND END CAP (9212-004) ---	[1PCS]



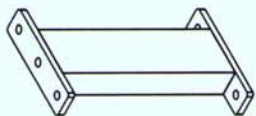
A [1PCS] WEIGHT STACK FRAME



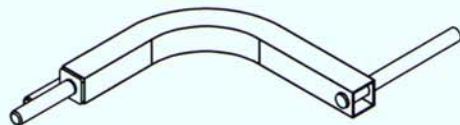
G [1PCS] MAIN BODY FRAME



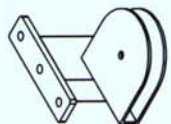
B [1PCS]
BOTTOM BASE FRAME



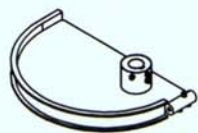
E [1PCS]
PIVOT ARM



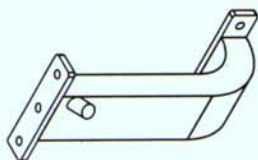
C [1PCS]
BOTTOM PULLEY FRAME



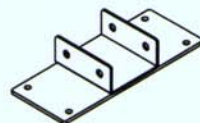
F [1PCS]
CAM WHEEL



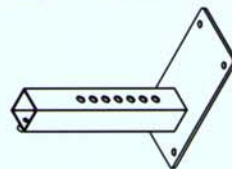
D [1PCS]
MIDDLE SUPPORT FRAME



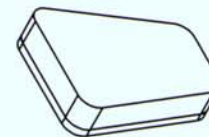
I [1PCS]
PREACHER FRAME



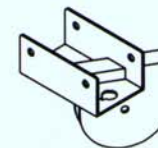
H [1PCS]
SEAT PAD FRAME



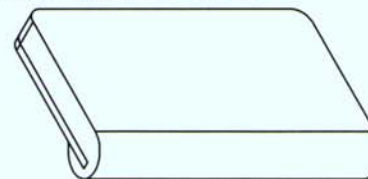
J [1PCS]
SEAT PAD



L [1PCS]
TOP PULLEY FRAME



K [1PCS]
PREACHER PAD



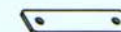
M [1PCS]
CURL BAR



O [2PCS] CHROME GUIDE ROD



N [3PCS]
2"X8" PLATE



SBC-600.3 BICEP CURL

ASSEMBLY STEPS

STEP-1

NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURLY UNTIL
YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- Attach C Bottom Pulley Frame and B Bottom Base Frame to A Weight Stack Frame.
- Attach G Main Body Frame to B Bottom Base Frame.
- Attach D Middle Support Frame to A Weight Stack Frame and G Main Body Frame.
- Attach I Preacher Frame to G Main Body Frame.

STEP-2

- Slide E Pivot Arm into A Weight Stack Frame.
- Slide F Cam Wheel onto E Pivot Arm using Cam Pin.
- Slide M Curl Bar onto E Pivot Arm.
- Attach K Preacher Pad to I Preacher Frame.
- Attach J Seat Pad to H Seat Pad Frame.

**CAUTION: DO NOT OVERTIGHTEN PAD BOLTS.
OVERTIGHTENING WILL STRIP
T-NUTS IN THE WOOD.**

STEP-3

- Slide H Seat Pad Frame into G Main Body Frame.
- Attach O Chrome Guide Rods and D12 Rubber Dounts to A Weight Stack Frame.
- Slide Weight Stack and D14 Chrome Top Plate onto O Chrome Guide Rods.
- Attach L Top Pulley Frame to A Weight Stack Frame and attach D18 Shaft Collar.

STEP-4

- Attach Pulleys and Cables as shown.
- Attach End Caps,Grips and No-Slip Tape.
- TIGHTEN ALL NUTS AND BOLTS SECURELY.
- Attach Bolt Caps.

SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your AB MACHINE.
2. Exercise with care.Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training parther.
4. Warning: CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM.IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY,DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

SBC-600.3
BICEP CURL

