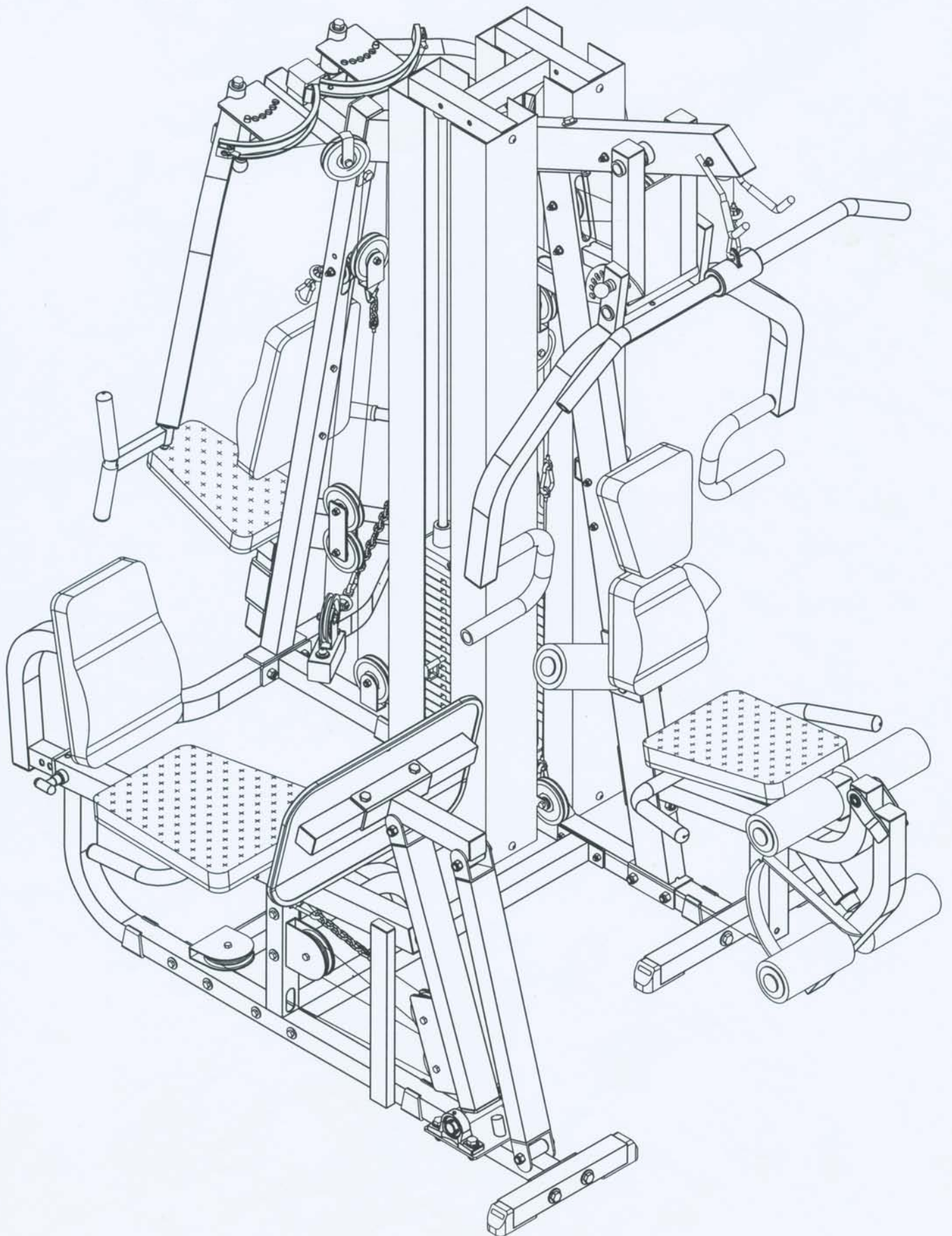


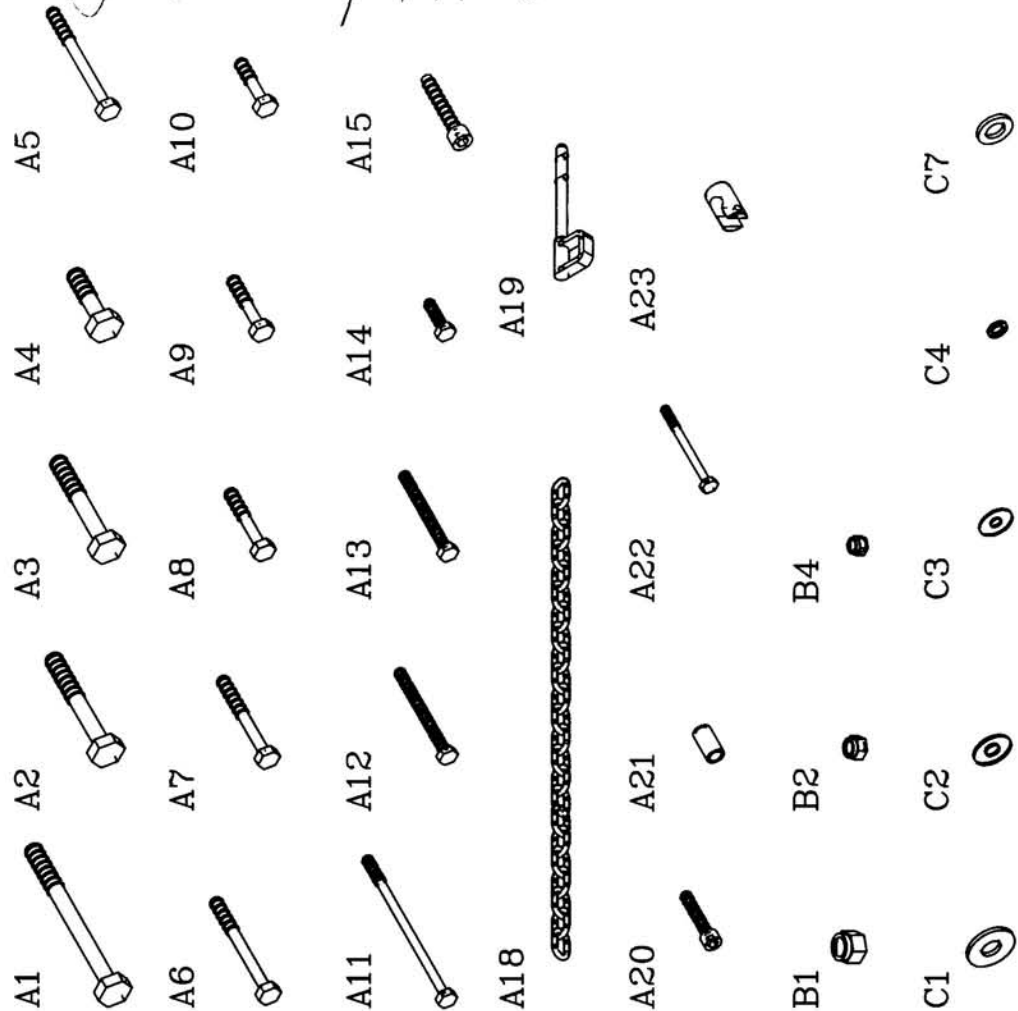
EXM-3000.7



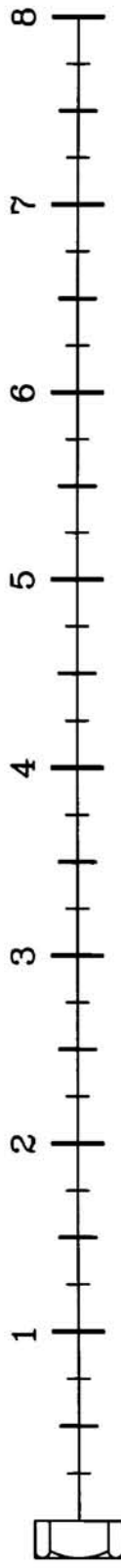
VERSION 0903

EXM-3000.7 HARDWARE ILLUSTRATION SHEET

Qty.	Description
[5PCS]	A1. 1/2"X5" HEX HEAD BOLT
[7PCS]	A2. 1/2"X3 1/4" HEX HEAD BOLT
[6PCS]	A3. 1/2"X3" HEX HEAD BOLT
[4PCS]	A4. 1/2"X1 3/4" HEX HEAD BOLT
[1PCS]	A5. 3/8"X3 1/2" HEX HEAD BOLT
[2PCS]	A6. 3/8"X3 1/4" HEX HEAD BOLT
[20PCS]	A7. 3/8"X2 3/4" HEX HEAD BOLT
[2PCS]	A8. 3/8"X2" HEX HEAD BOLT
[5PCS]	A9. 3/8"X1 3/4" HEX HEAD BOLT
[15PCS]	A10. 3/8"X1 1/2" HEX HEAD BOLT
[2PCS]	A11. 5/16"X5" HEX HEAD BOLT
[1PCS]	A12. 5/16"X3 1/4" HEX HEAD BOLT
[6PCS]	A13. 5/16"X2 3/4" HEX HEAD BOLT
[10PCS]	A14. 5/16"X1" HEX HEAD BOLT
[2PCS]	A15. 3/8"X2" ROUND BOLT
[1PCS]	A18. STEEL CHAIN
[2PCS]	A19. PIN
[1PCS]	A20. 5/16"X1 1/2" ROUND BOLT
[1PCS]	A21. Ø1/2"X22L SLEEVE
[1PCS]	A22. 1/2"X5 1/2" HEX HEAD BOLT
[2PCS]	A23. Ø12 BUSHING (8890-010)
[22PCS]	B1. 1/2" NYLON LOCK NUT
[45PCS]	B2. 3/8" NYLON LOCK NUT
[1PCS]	B4. 5/16" NYLON LOCK NUT
[8PCS]	C1. 1/2"XØ34 (I.D)WASHER
[19PCS]	C2. 3/8" (I.D)WASHER
[19PCS]	C3. 5/16" (I.D)WASHER
[19PCS]	C4. 5/16" SPRING WASHER
[4PCS]	C7. 1/2"XØ25 (I.D) WASHER



88 I 90 PE/40
7/1/40

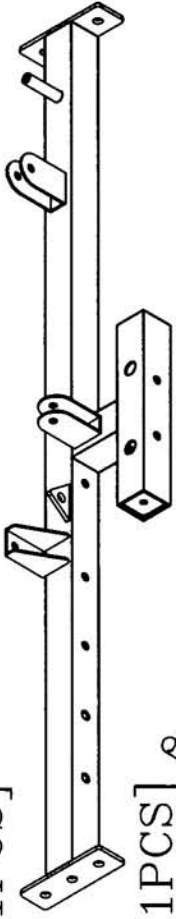


EXM-3000.7 HARDWARE ILLUSTRATION SHEET

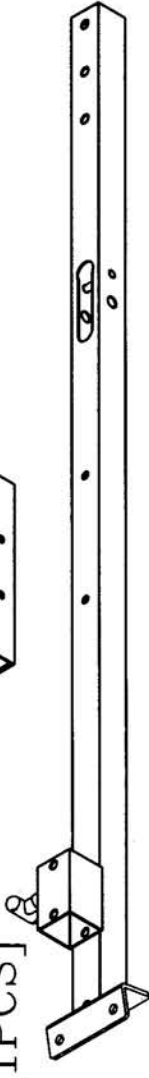
Qty.	Part Description	Qty.	Part Description	Qty.	Part Description
[26PCS]	D2. 04 1/4" PULLEY (9213-002)	[1PCS]	D37. 2735mm STEEL CABLE	[1PCS]	D2
[1PCS]	D3. 03" PULLEY (9213-006)	[1PCS]	D38. 520mm STEEL CABLE	[1PCS]	D3
[3PCS]	D4. 2"X2"X1.8t FOOT CAP (9211-024)	[1PCS]	D39. 4270mm STEEL CABLE	[1PCS]	D4
[6PCS]	D5. 2"X2" RUBBER DOUNT (9212-010)	[1PCS]	D41. 05/8" ROUND END CAP (9211-015)	[1PCS]	D5
[15PCS]	D6. 2"X2"X2.5t END CAP (9211-006)	[2PCS]	D42. 03/4"X8L STEEL BUSHING (8110-014)	[2PCS]	D6
[8PCS]	D7. 2"X2"X1.8t END CAP (9211-005)	[2PCS]	D43. 2"X2"X2.5t FOOT CAP (9211-025)	[2PCS]	D7
[1PCS]	D8. 1 3/4"X1 3/4" END CAP (9211-004)	[4PCS]	D44. 03/4" SHAFT COLLAR (9211-046)	[4PCS]	D8
[3PCS]	D9. 1"X2" END CAP (9211-009)	[12PCS]	D45. 01" ROUND END CAP (9260-021)	[12PCS]	D9
[6PCS]	D11. 01" ROUND END CAP (8341-033)				D10
[1PCS]	D14. 2"X2" RUBBER DOUNT (9310-020)				D11
[3PCS]	D15. PULLEY WHEEL BLOCK (8331-017)				D12
[4PCS]	D16. 02 1/2" RUBBER DOUNT (9310-010)				D13
[7PCS]	D17. 08 SPRING SNAP LINK (8810-001)				D14
[2PCS]	D18. 95X140mm NO-SLIP TAPE (9310-035)				D15
[10PCS]	D19. 016X16 STEEL BUSHING (8530-009)				D16
[4PCS]	D21. 2"X2" RUBBER CANE CAP (9214-002)				D17
[2PCS]	D22. 38X38 RUBBER PAD (9310-001)				D18
[6PCS]	D23. 03" NYLON WASHER (9214-008)				D19
[2PCS]	D24. 2"X4" END CAP (9211-014)				D20
[2PCS]	D26. 60X45 NYLON BUSHING (9211-047)				D21
[2PCS]	D27. 60X50 NYLON BUSHING (9211-033)				D22
[2PCS]	D28. 60X45 NYLON BUSHING (9211-032)				D23
[2PCS]	D29. 038 CU WASHER (8520-008)				D24
[2PCS]	D30. TOP PLATE (8400-005)				D25
[2PCS]	D31. WEIGHT SELECTOR BAR (8210-042A)				D26
[6PCS]	D32. 04"X8" FOAM ROLLER (9161-009)				D27
[1PCS]	D33. 3820mm STEEL CABLE				D28
[1PCS]	D34. 1890mm STEEL CABLE				D29
[1PCS]	D35. 1545mm STEEL CABLE				D30
[1PCS]	D36. 4070mm STEEL CABLE				D31

EXM-3000.7 PARTS ILLUSTRATION SHEET

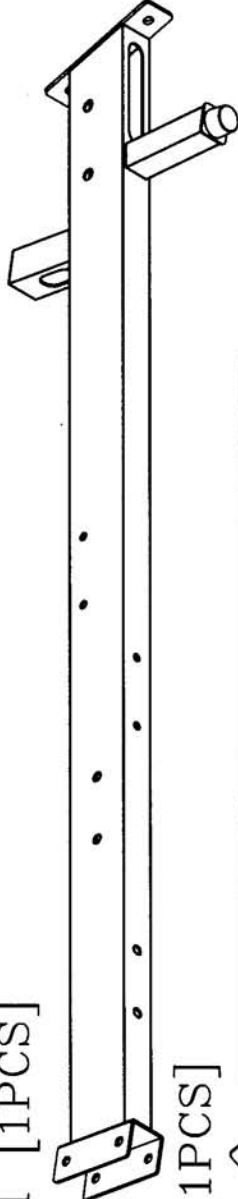
A [1PCS]



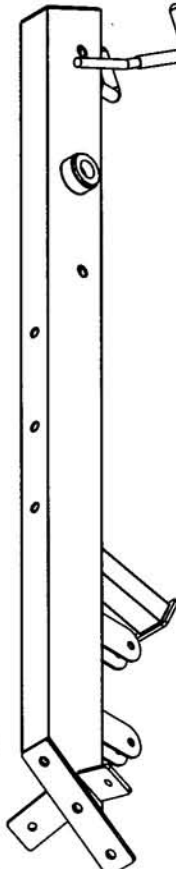
B [1PCS]



C-1 [1PCS]



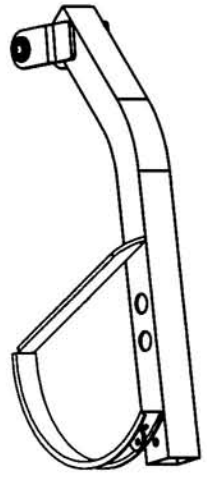
D [1PCS]



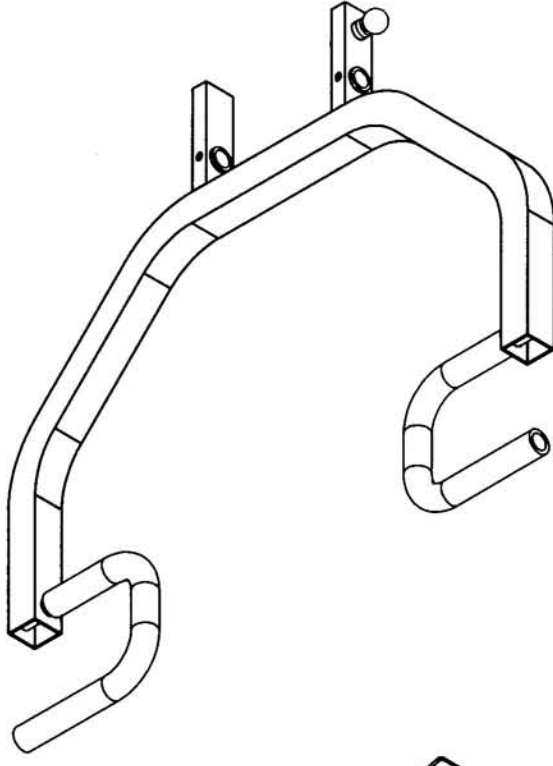
E [1PCS]



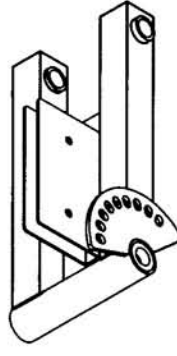
J-1 [1PCS]



I [1PCS]



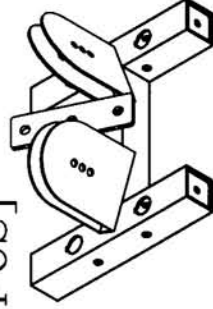
H [1PCS]



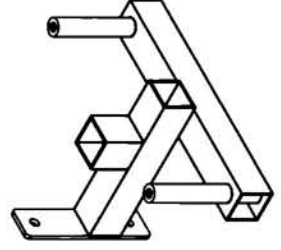
M [2PCS]



G [1PCS]



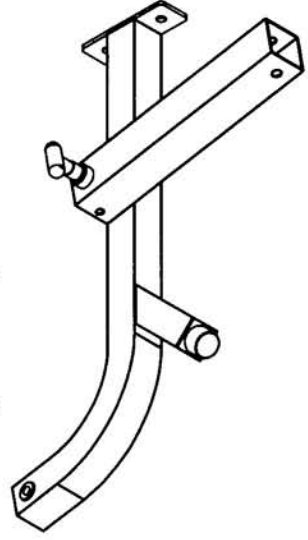
L [1PCS]




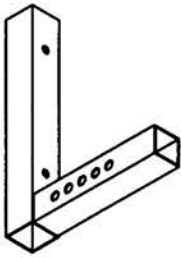
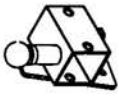
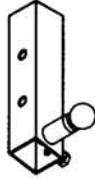
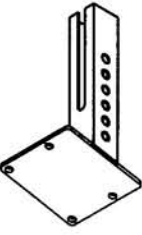
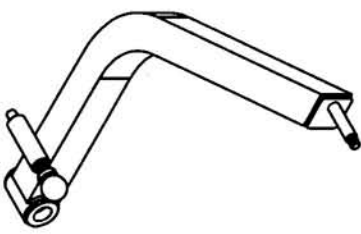
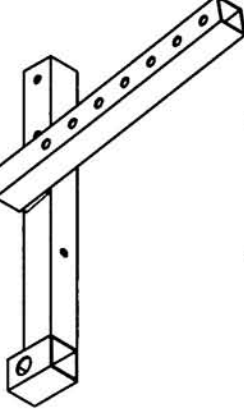
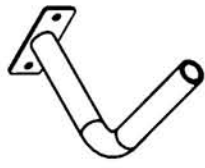

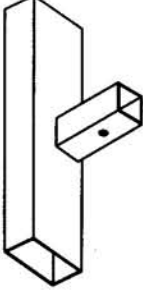
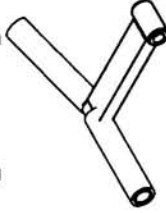
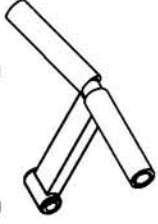








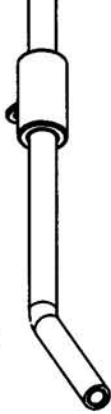


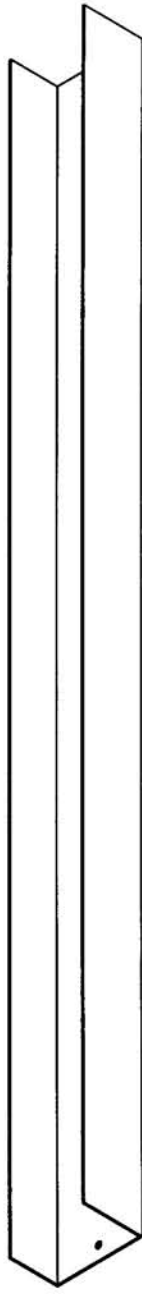
F [1PCS]



K-1 [1PCS]

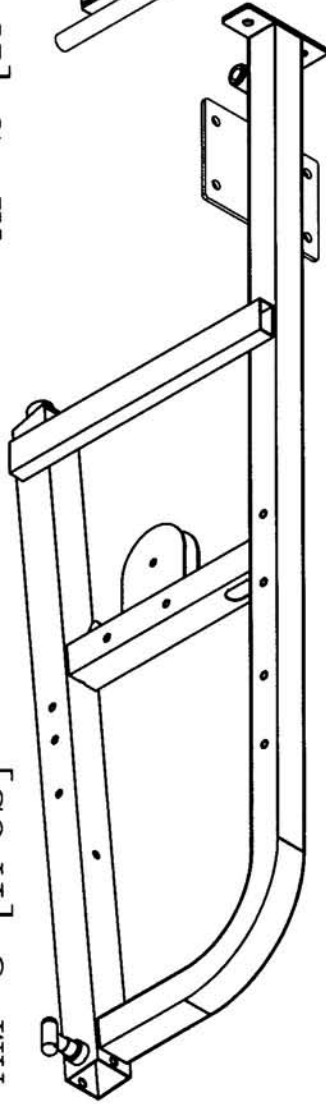


EXM-3000.7 PARTS ILLUSTRATION SHEET

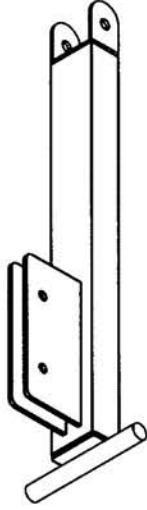
N [1PCS]		P [1PCS]		Q [1PCS]		R [1PCS]		S [1PCS]	
O [1PCS]		T-1 [1PCS]		U [2PCS]		V [1PCS]		W [1PCS]	
X [1PCS]		Y [1PCS]		AA [1PCS]		AB [1PCS]		AC [1PCS]	
AD [4PCS]		Z-1 [2PCS]		AF [1PCS]		AG [1PCS]		AL [2PCS]	
AE [4PCS]		AH [2PCS]		AI [1PCS]		AK [4PCS]			

EXM-3000.7 PARTS ILLUSTRATION SHEET

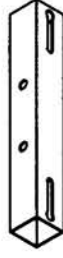
AM-3 [1PCS]



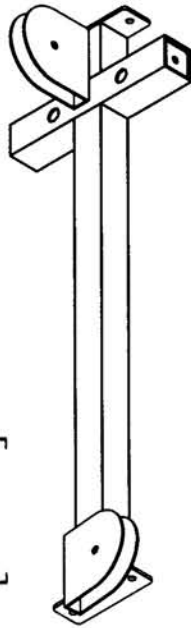
AP-2 [1PCS]



AQ-1 [1PCS]



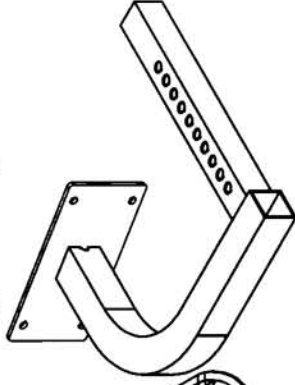
AN [1PCS]



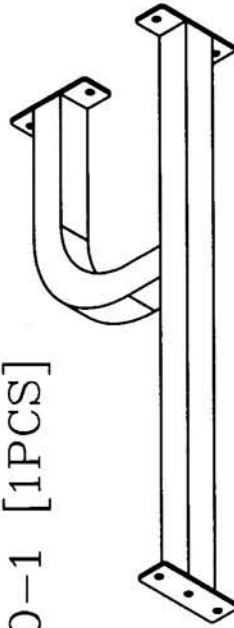
AR-2 [1PCS]



AS-1 [1PCS]



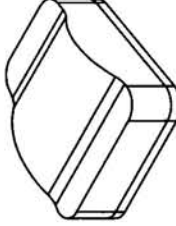
AO-1 [1PCS]



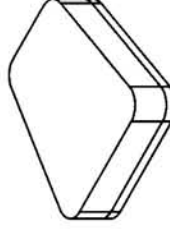
AT [2PCS]



AU [1PCS]



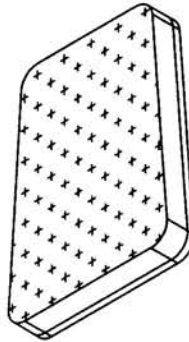
AV [1PCS]



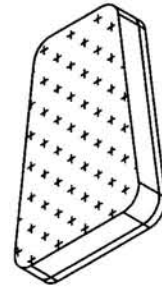
BB [2PCS]



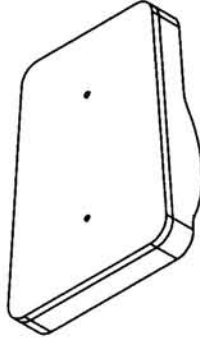
AW [1PCS]



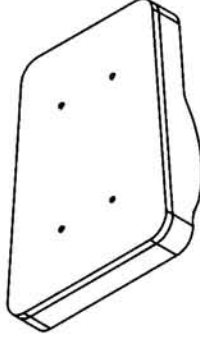
AX [1PCS]



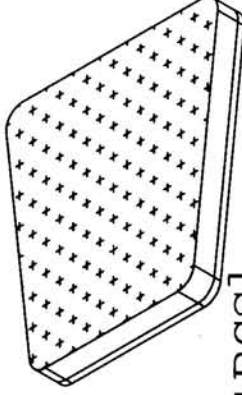
AY [1PCS]



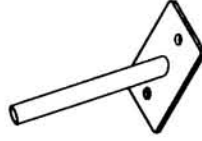
AZ [1PCS]



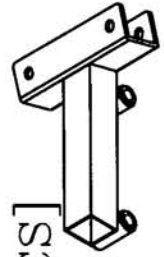
BA [1PCS]



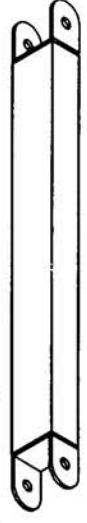
BC [2PCS]



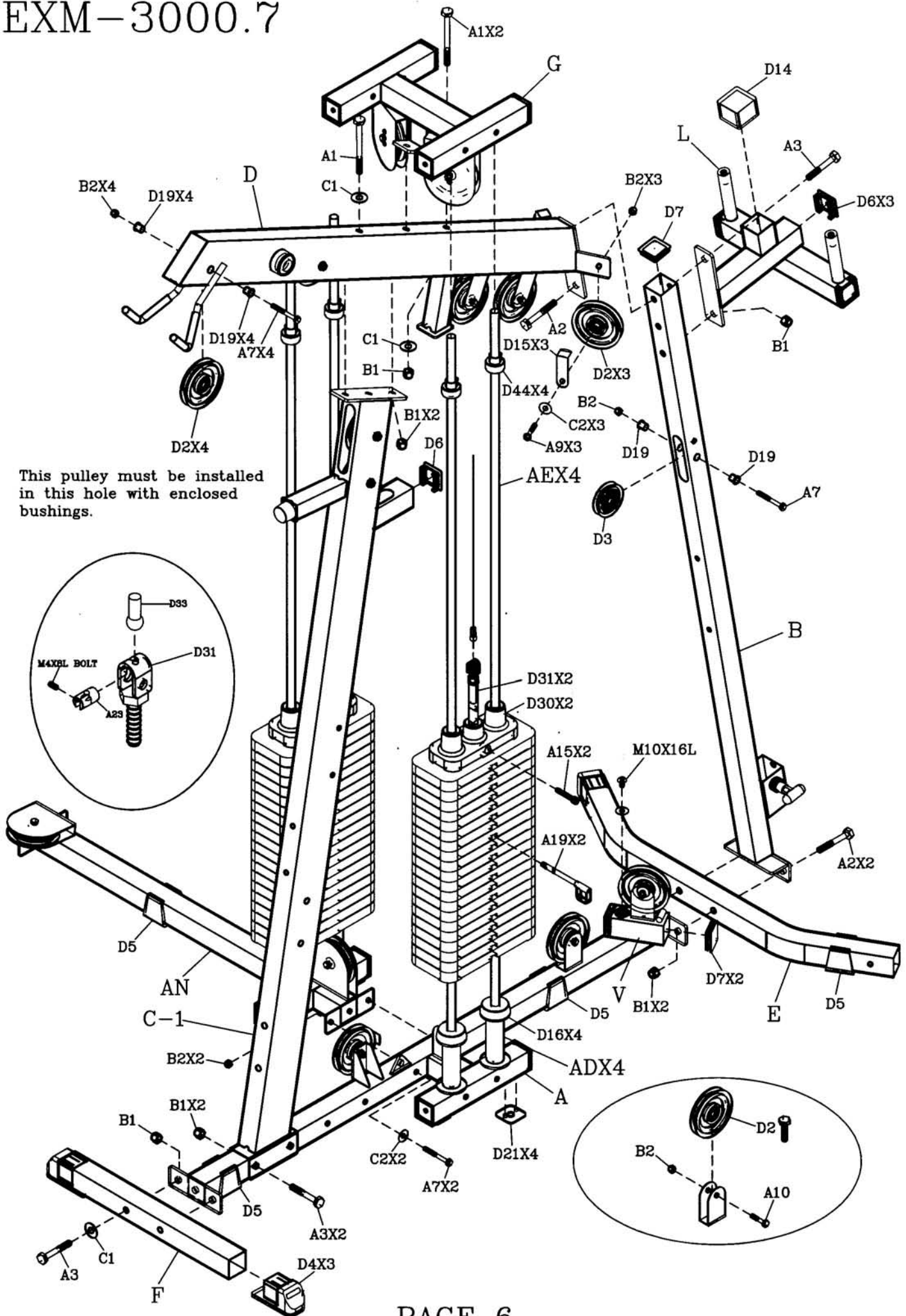
BD-1 [1PCS]



BE-1 [1PCS]

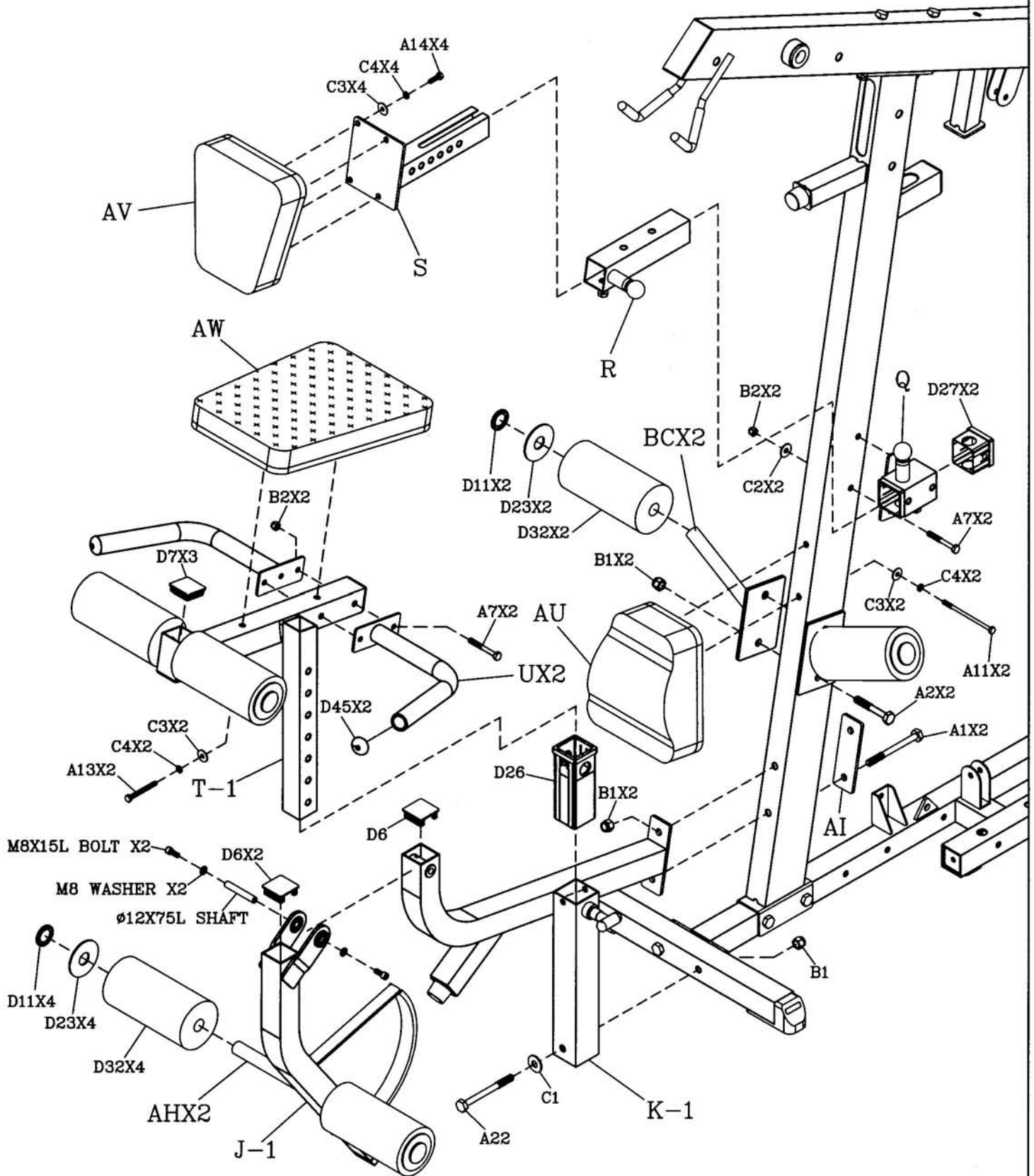


EXM-3000.7



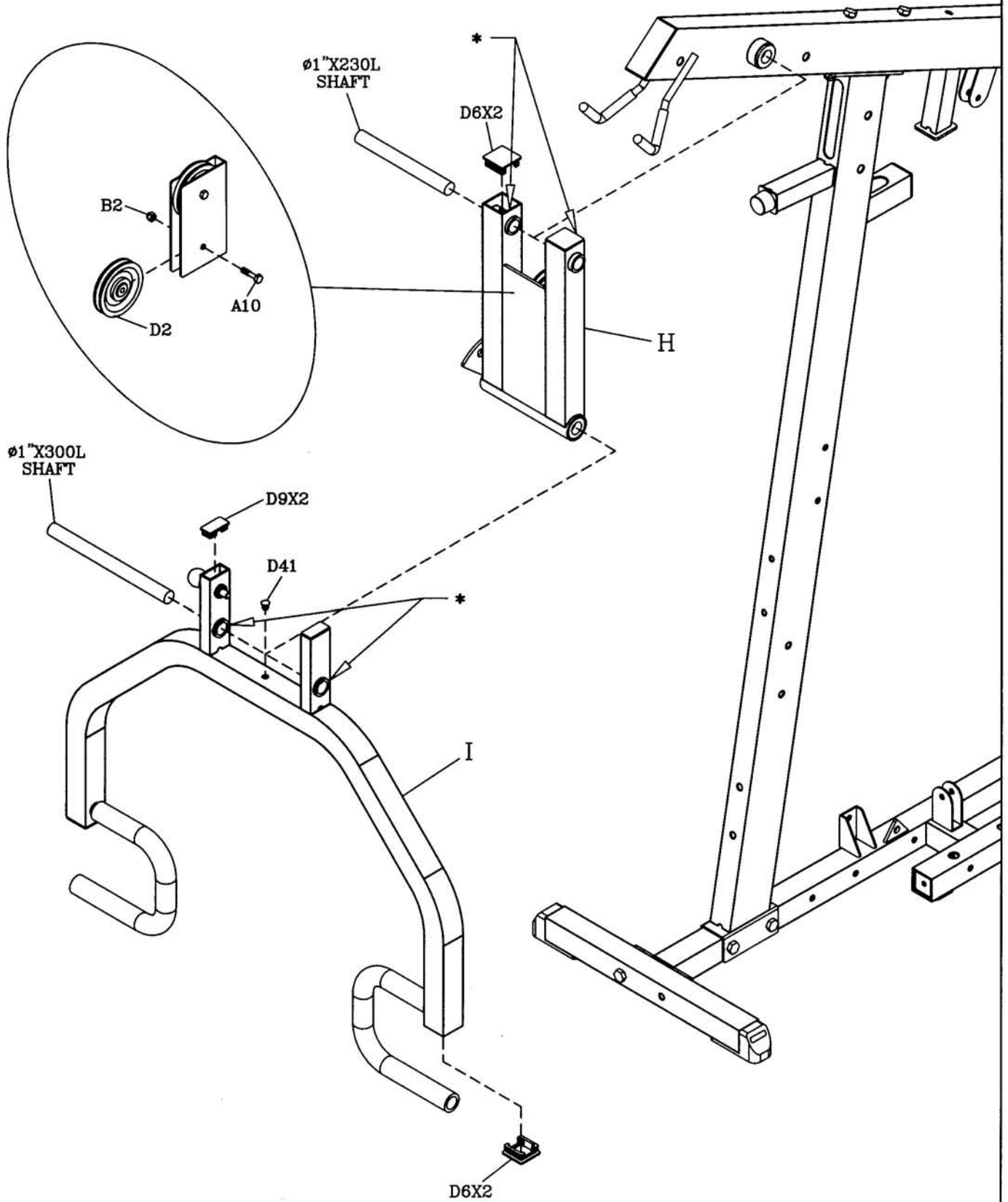
This pulley must be installed in this hole with enclosed bushings.

EXM-3000.7

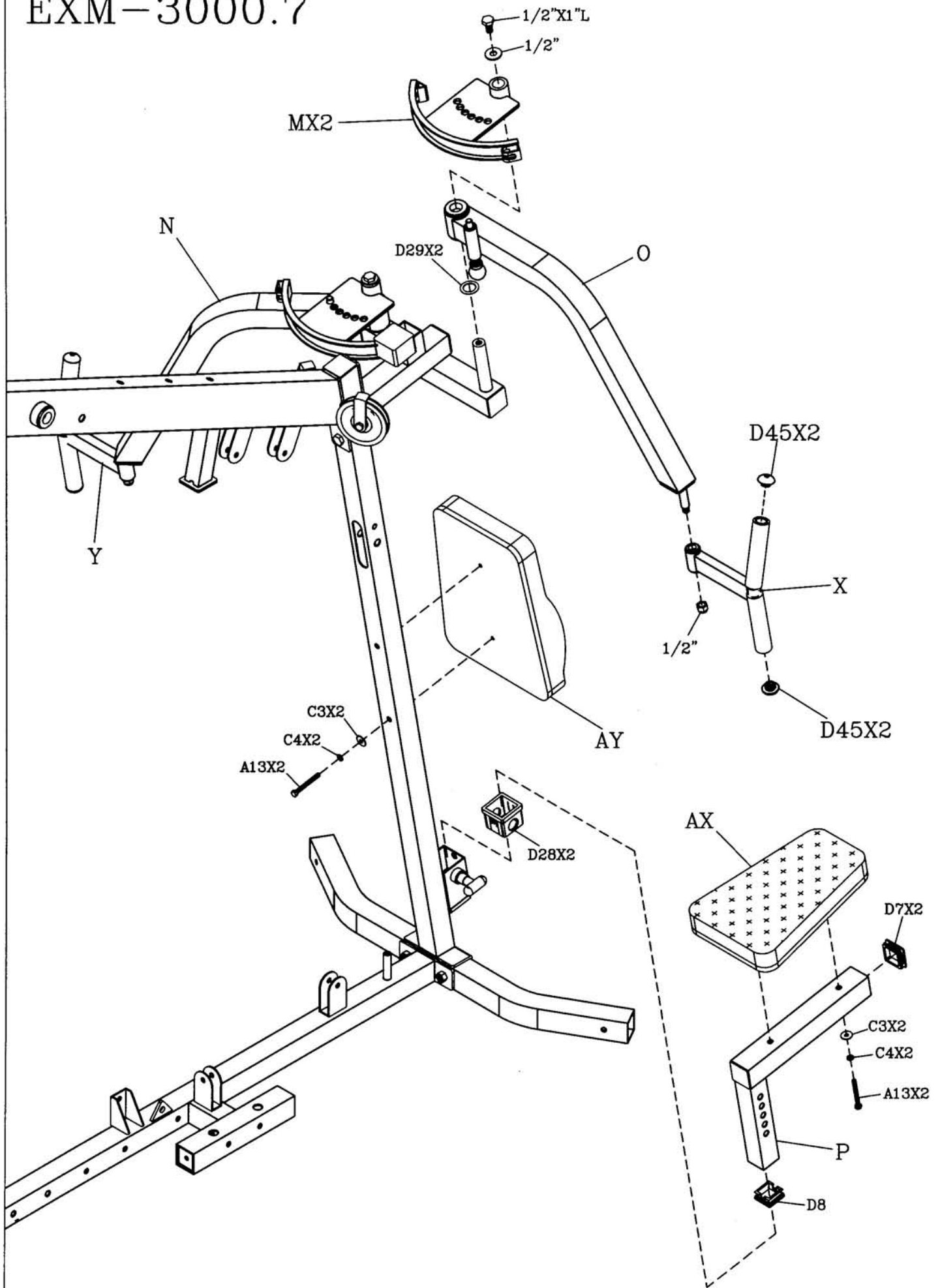


EXM-3000.7

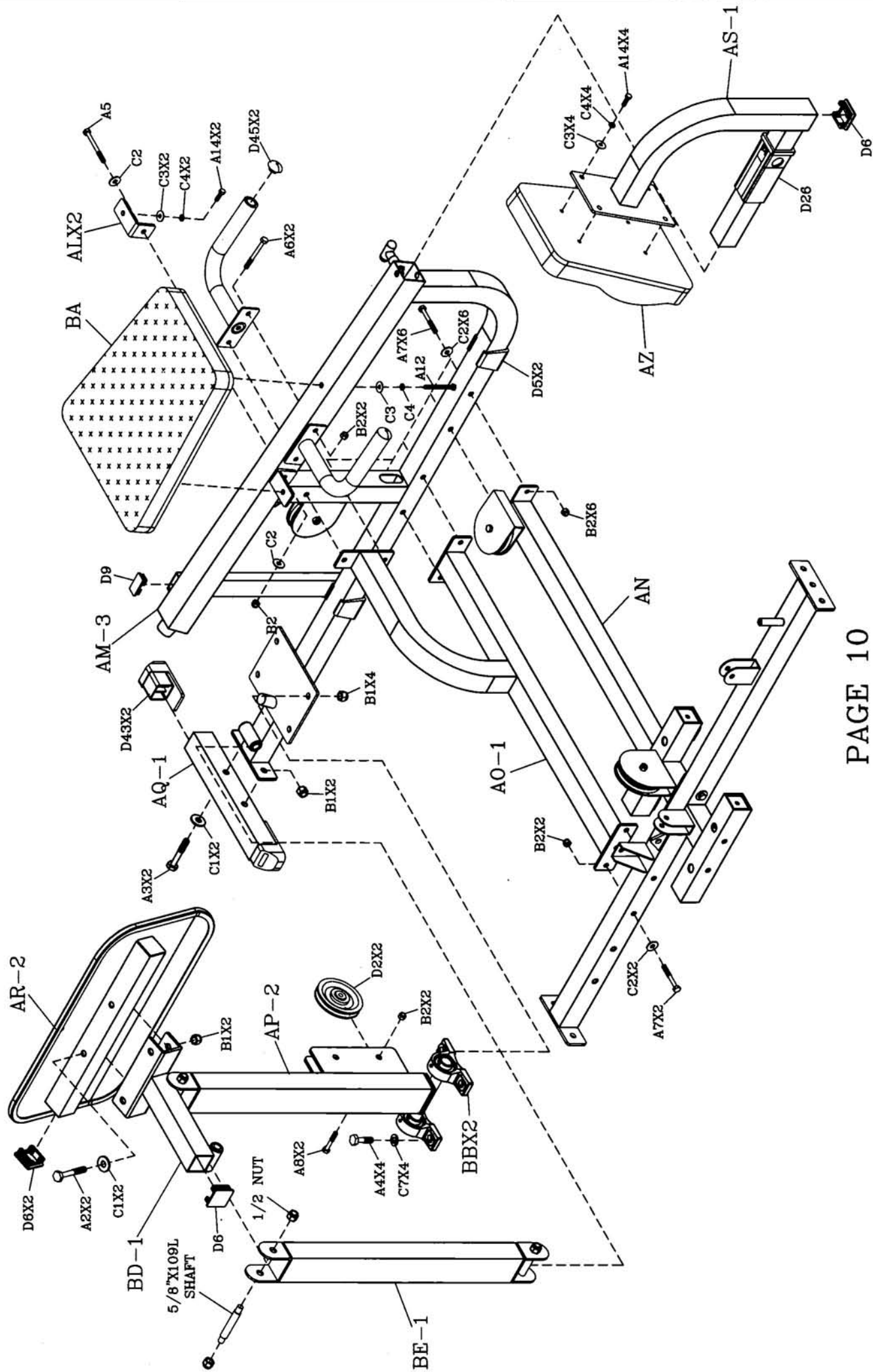
* : NEED TO LOOSEN BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT



EXM-3000.7

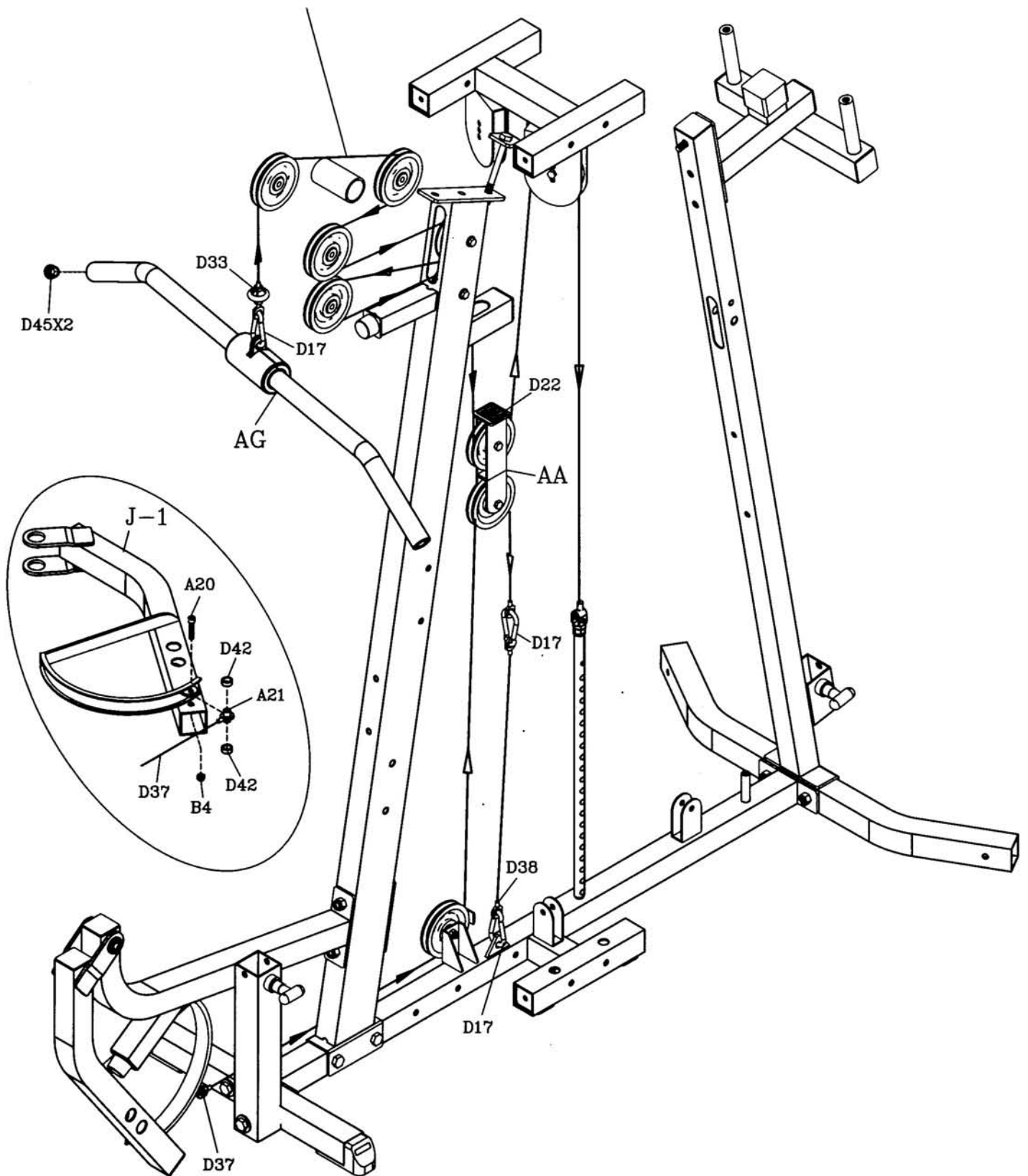


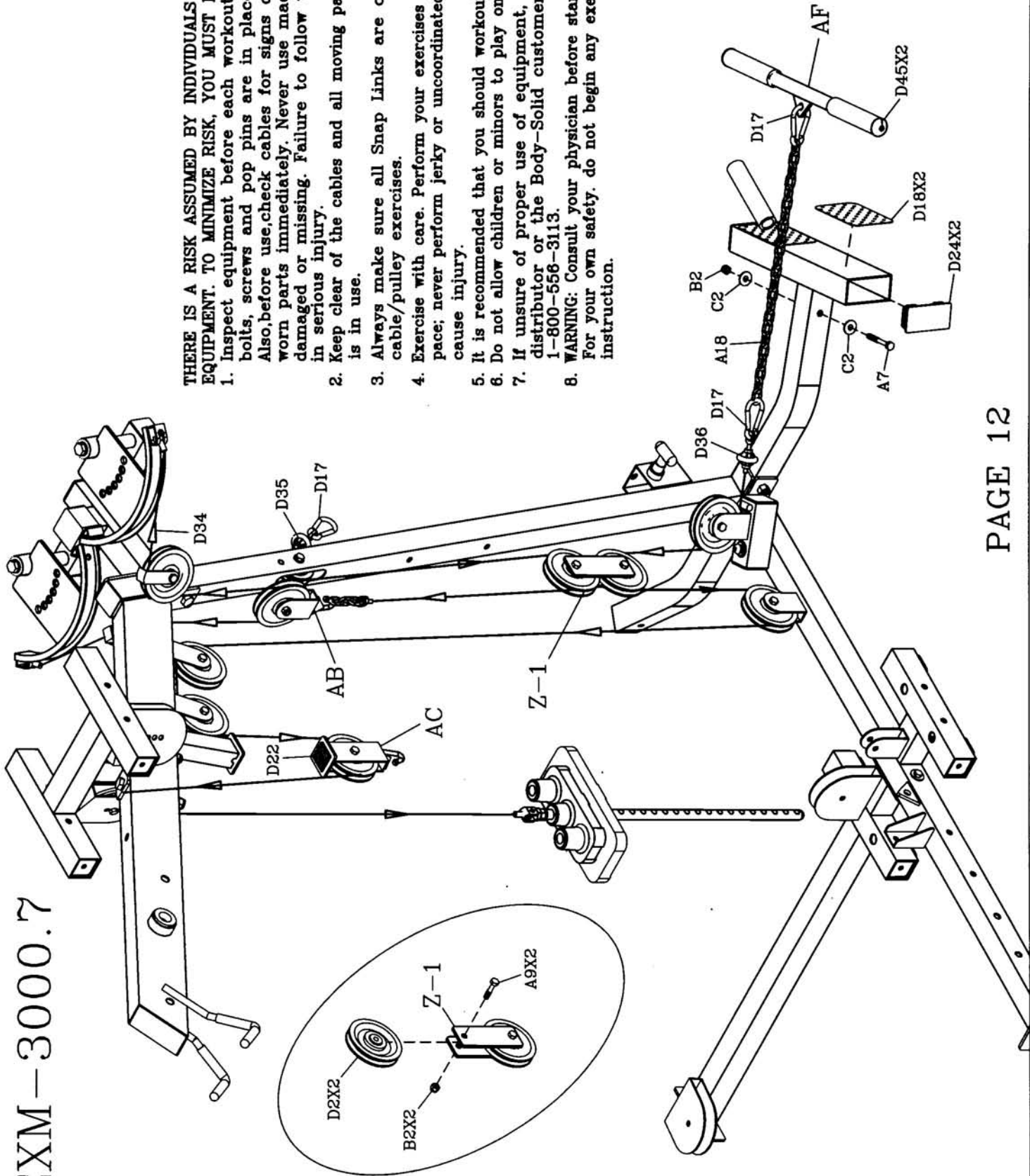
EXM-3000.7



EXM-3000.7

You must run cable through tubing and over pivot point/or bolts.





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.

RA12-11-98

EXM-3000.7

