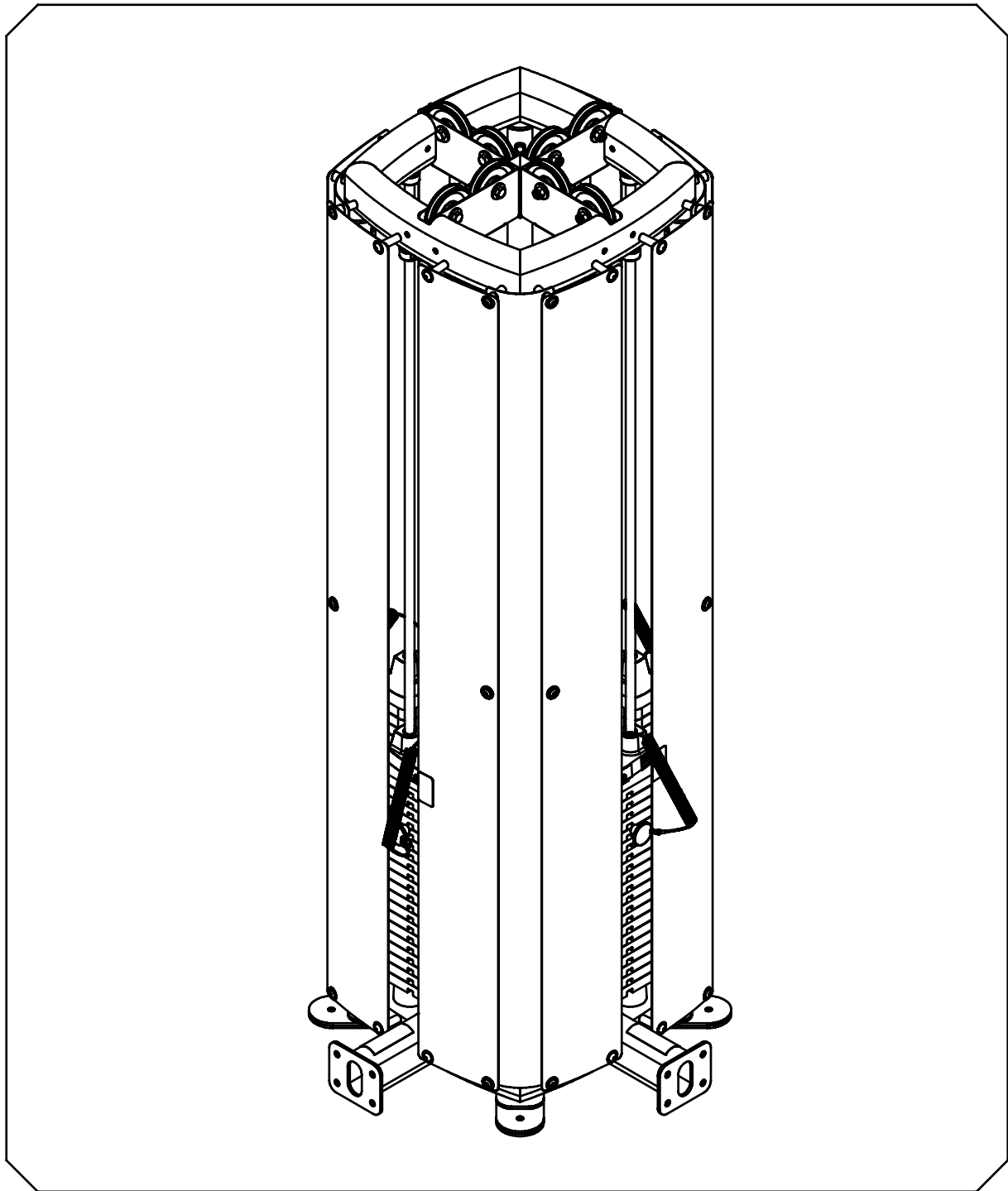


# Body-Solid

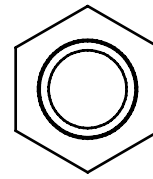
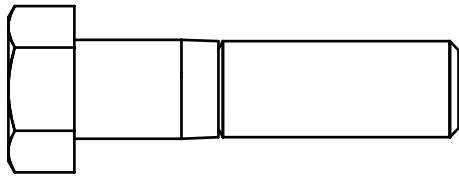


BODY-SOLID, Inc.  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA  
Phone: (708) 427-3555  
Fax: (708) 427-3556  
[www.bodysolid.com](http://www.bodysolid.com)

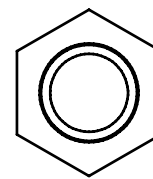
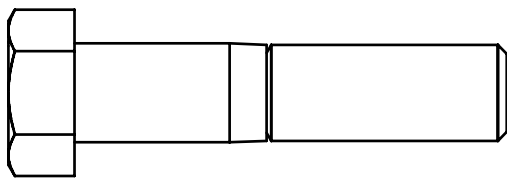
## DGYM OWNER'S MANUAL

# DGYM ASSEMBLY INSTRUCTIONS

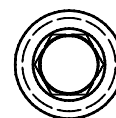
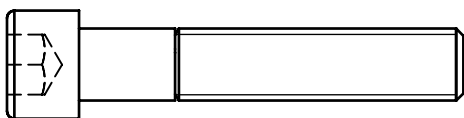
## HARDWARE ILLUSTRATION



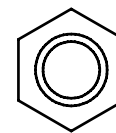
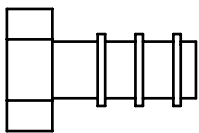
(A1)HEX BOLT 1/2"x2"L PARTIAL THREAD QTY.8



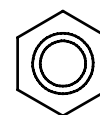
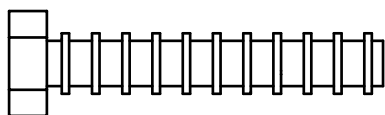
(A2)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.8



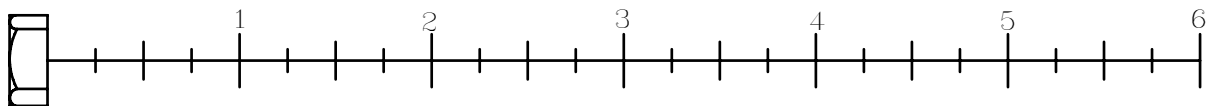
(A3)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.4



(A4)HEX BOLT 3/8"x3/4"L PARTIAL THREAD QTY.16

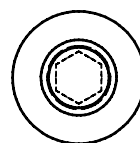
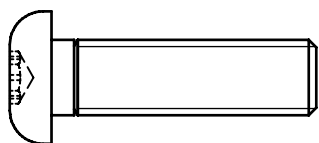


(A5)HEX BOLT 5/16"x1 3/4"L PARTIAL THREAD QTY.4

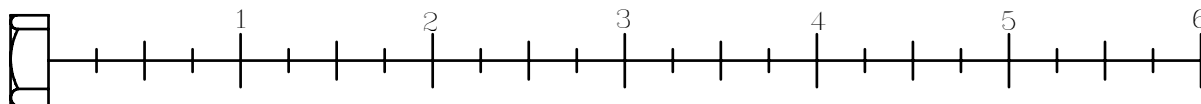


# DGYM ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION



(A6)ROUND ALLEN HEAD M10X35L PARTIAL THREAD QTY.8

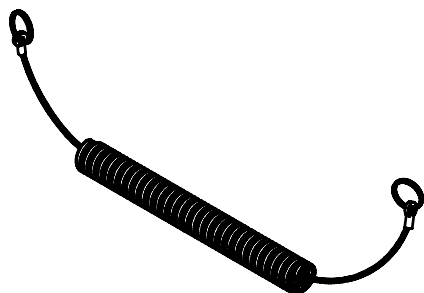


# DGYM ASSEMBLY INSTRUCTIONS

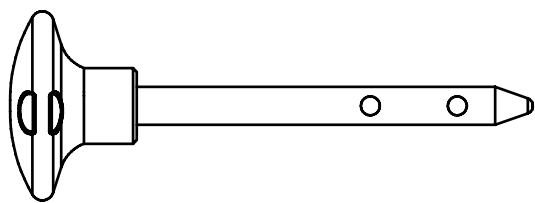
## HARDWARE ILLUSTRATION



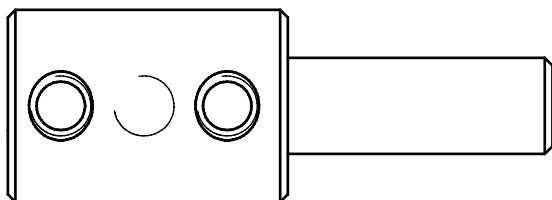
(A7) ALLEN SCREW 5/16"X3/8"L PARTIAL THREAD QTY.12



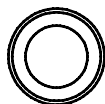
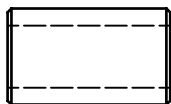
(A8) ELASTIC BOLT QTY.4



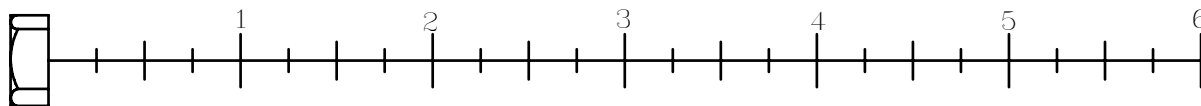
(A9) 10LB PIN (8250-071) QTY.4



(A10) WEIGHT STACK CABLE (8260-009) QTY.4

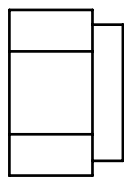


(A11) IMMOBILE COVER Ø1/2"XØ8.5X21.5L(8690-012) QTY.4

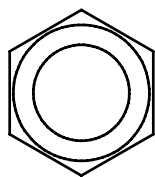


# DGYM ASSEMBLY INSTRUCTIONS

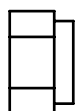
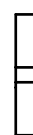
## HARDWARE ILLUSTRATION



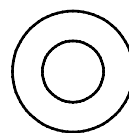
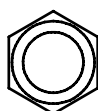
(B1) NYLON LOCK NUT 1/2" QTY.16



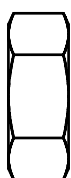
(C3) 3/8" (I.D.) SPRING WASHER QTY.4



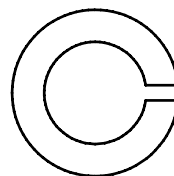
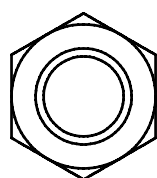
(B2) NYLON LOCK NUT 5/16" QTY.4



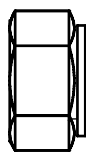
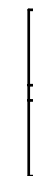
(C4) 5/16" (I.D.) FLAT WASHER Ø16 QTY.8



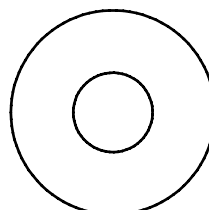
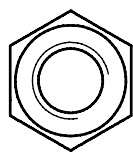
(B3) NYLON LOCK NUT 1/2" X 13 UNC X 8 T QTY.4



(C5) 1/2" (I.D.) SPRING WASHER QTY.4



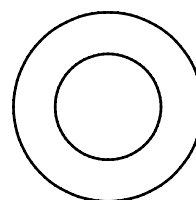
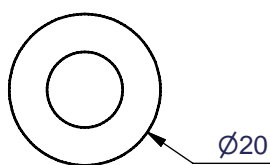
(B4) NYLON LOCK NUT M10 QTY.8



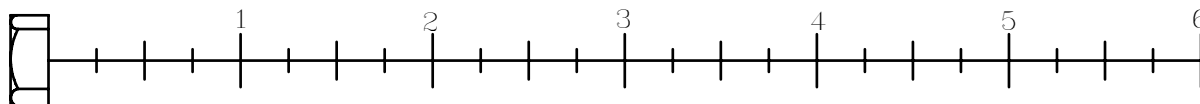
(C6) M10 (I.D.) FLAT WASHER Ø27 QTY.16



(C2) M10 (I.D.) FLAT CURVED WASHER R30 Ø20 QTY.16



(C7) 1/2" (I.D.) FLAT WASHER Ø25 QTY.32



# DGYM ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

D1.Ø3/4"X8L STEEL BUSHING (8110-014)-----	[8PCS]
D2.Ø3/4"X19.5L STEEL BUSHING (8110-017)-----	[24PCS]
D3.Ø3/4" SHAFT COLLAR(9211-046)-----	[8PCS]
D4.Ø65XØ20X70L RUBBER DOUNT(9310-049)-----	[8PCS]
D5.95X250 RUBBER PAD(9310-060)-----	[4PCS]
D6.WEIGHT SELECTOR BAR(8210-042)-----	[4PCS]
D7.Ø117 PULLEY(9213-010B)-----	[16PCS]
D8.TOP PLATE(8400-006)-----	[4PCS]
D9.2085mm STEEL CABLE(FDGYMA)-----	[4PCS]

D1



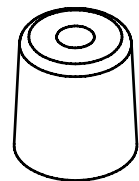
D2



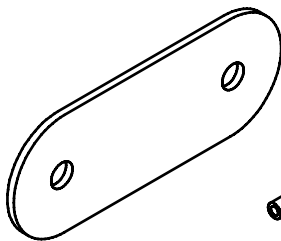
D3



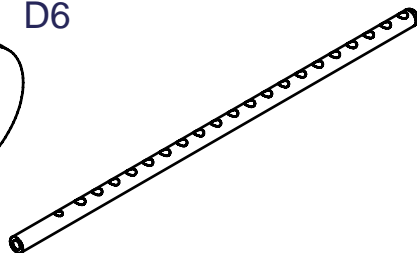
D4



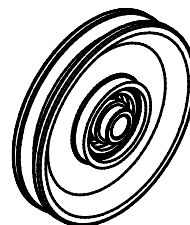
D5



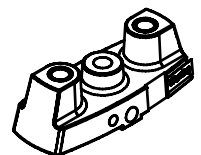
D6



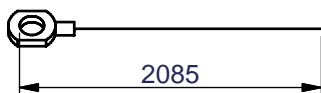
D7



D8



D9

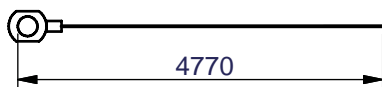


# DGYM ASSEMBLY INSTRUCTIONS

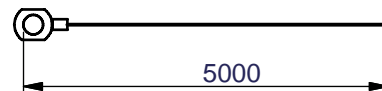
## HARDWARE ILLUSTRATION

D11.4770mm DABB For DGYM Steel Cable(FDIOTC)-----	[1PCS]
D12.4950mm DBTC For DGYM Steel Cable(FDBTCB)-----	[1PCS]
D13.4350mm DCLP For DGYM Steel Cable(FDCLPC)-----	[1PCS]
D14.3170mm DIOT For DGYM Steel Cable(FDIOTC)-----	[1PCS]
D15.7605mm DLAT For DGYM Steel Cable(FDLATC)-----	[1PCS]
D16.5000mm DLEC For DGYM Steel Cable(FDLECB)-----	[1PCS]
D17.4555mm DPCC For DGYM Steel Cable(FDPCCC)-----	[1PCS]
D18.4665mm DPEC For DGYM Steel Cable(FDPECC)-----	[1PCS]
D19.8645mm DPLS For DGYM Steel Cable(FDPLSB)-----	[1PCS]
D20.3805mm DPRS For DGYM Steel Cable(FDPRSC)-----	[1PCS]

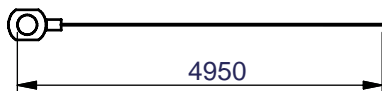
D11



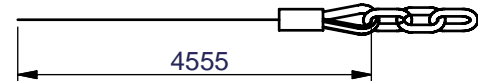
D16



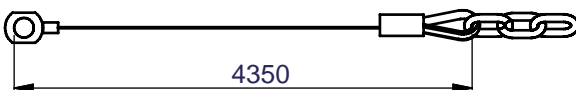
D12



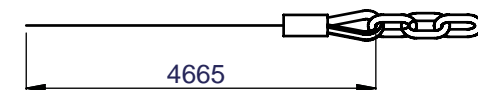
D17



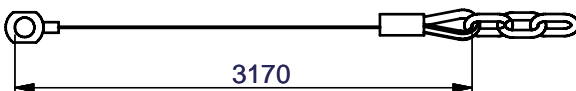
D13



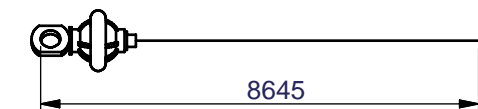
D18



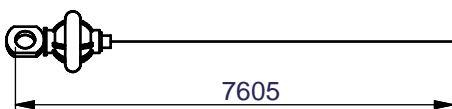
D14



D19



D15



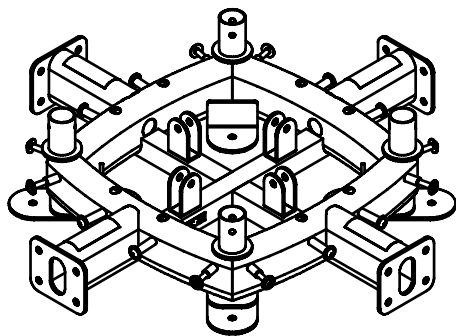
D20



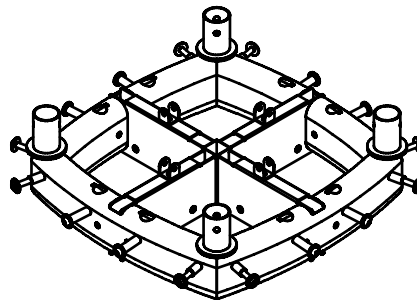
# DGYM ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

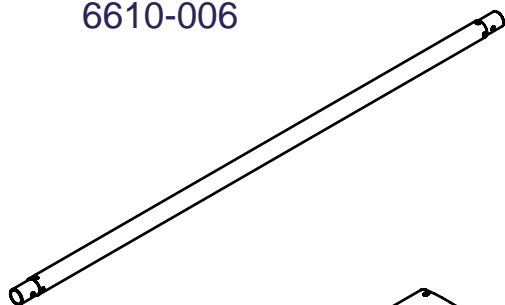
A[1PCS]  
6610-004



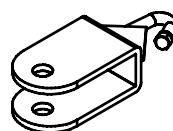
B[1PCS]  
6610-005



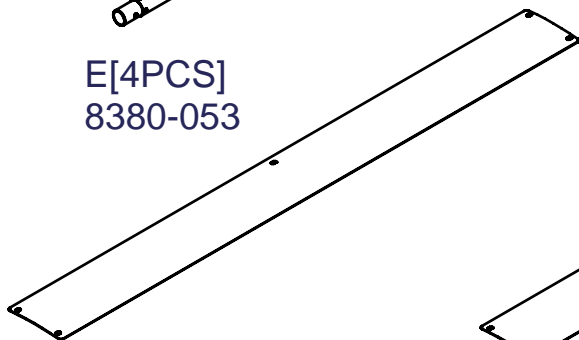
C[4PCS]  
6610-006



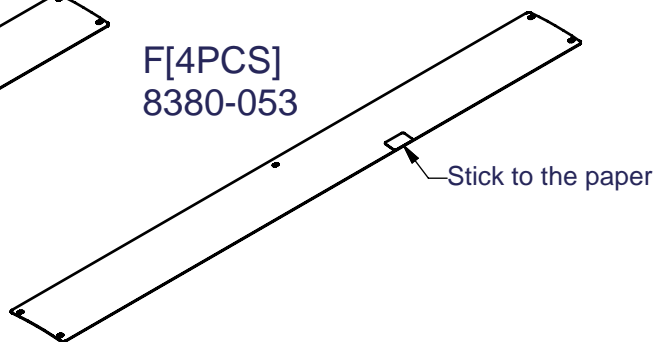
D[4PCS]  
6640-001



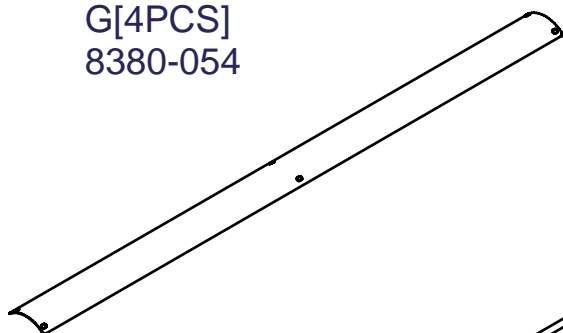
E[4PCS]  
8380-053



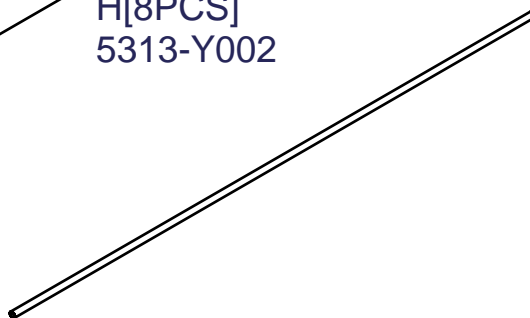
F[4PCS]  
8380-053



G[4PCS]  
8380-054

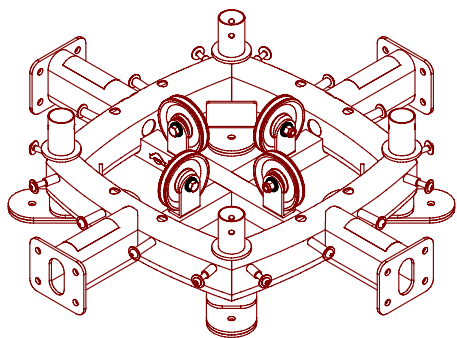


H[8PCS]  
5313-Y002

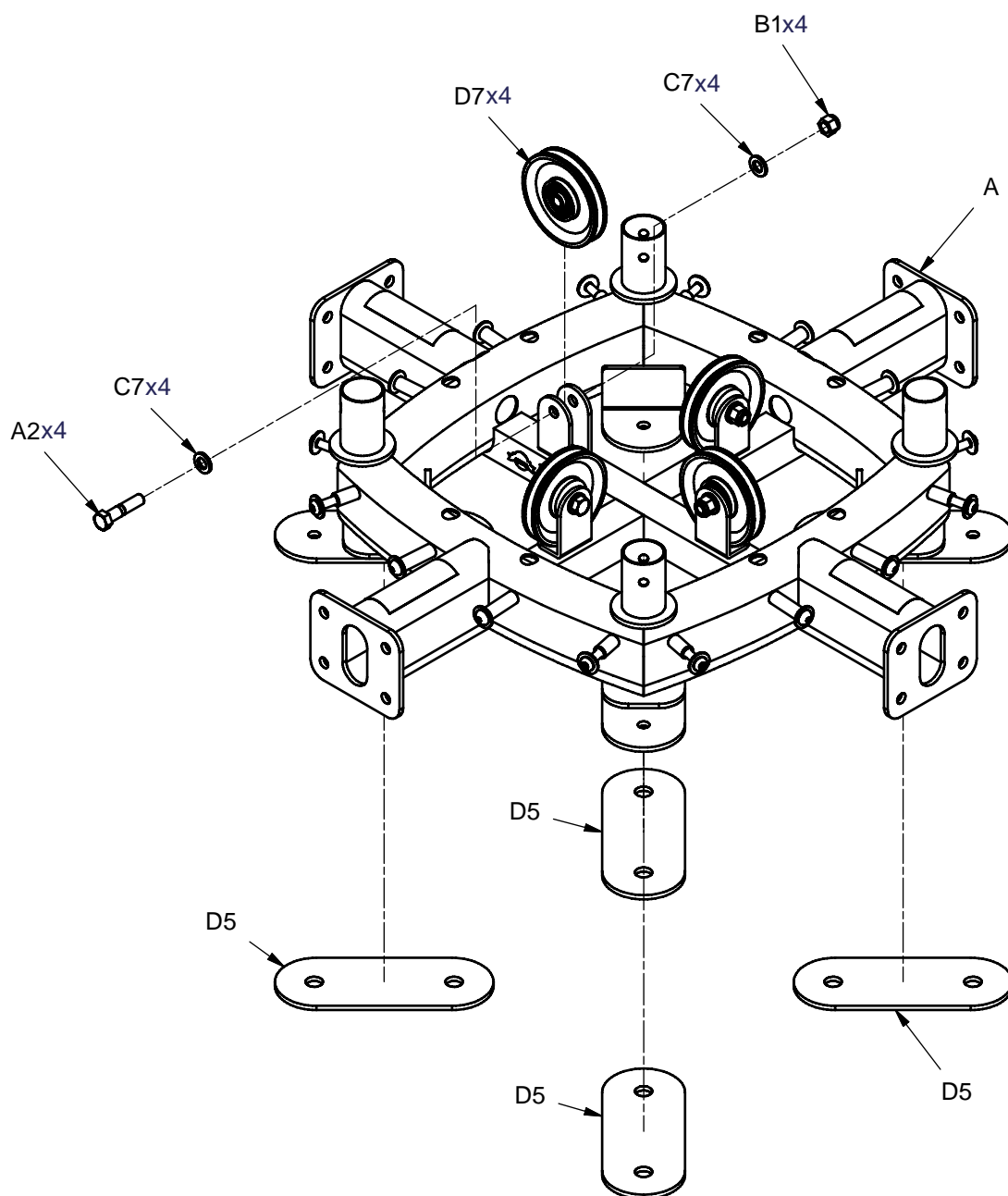




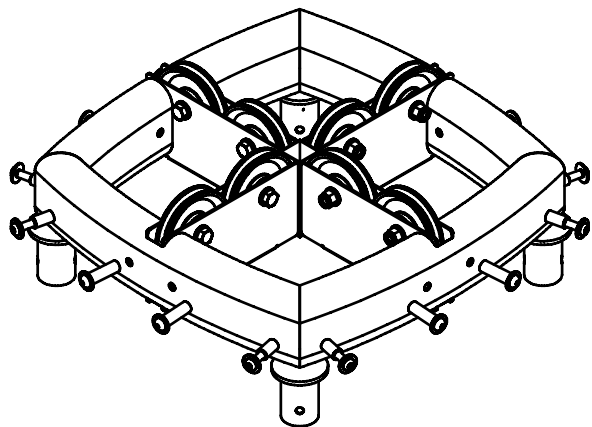
# DGYM ASSEMBLY INSTRUCTIONS



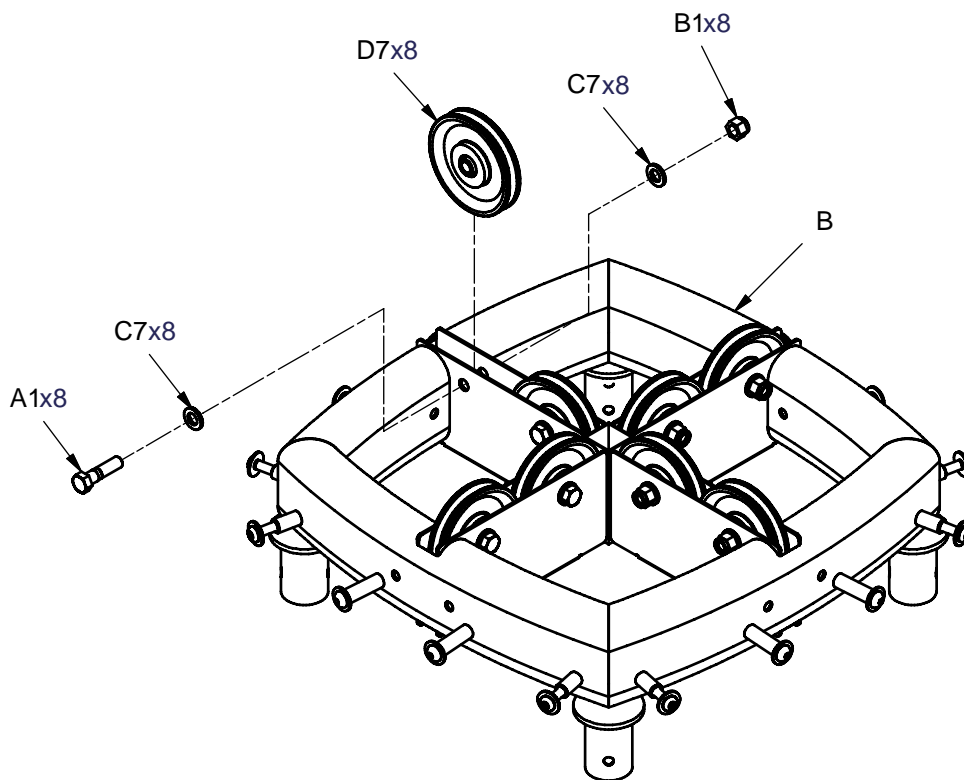
Above shows STEP 1  
assembled and completed



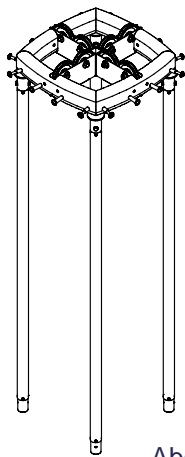
# DGYM ASSEMBLY INSTRUCTIONS



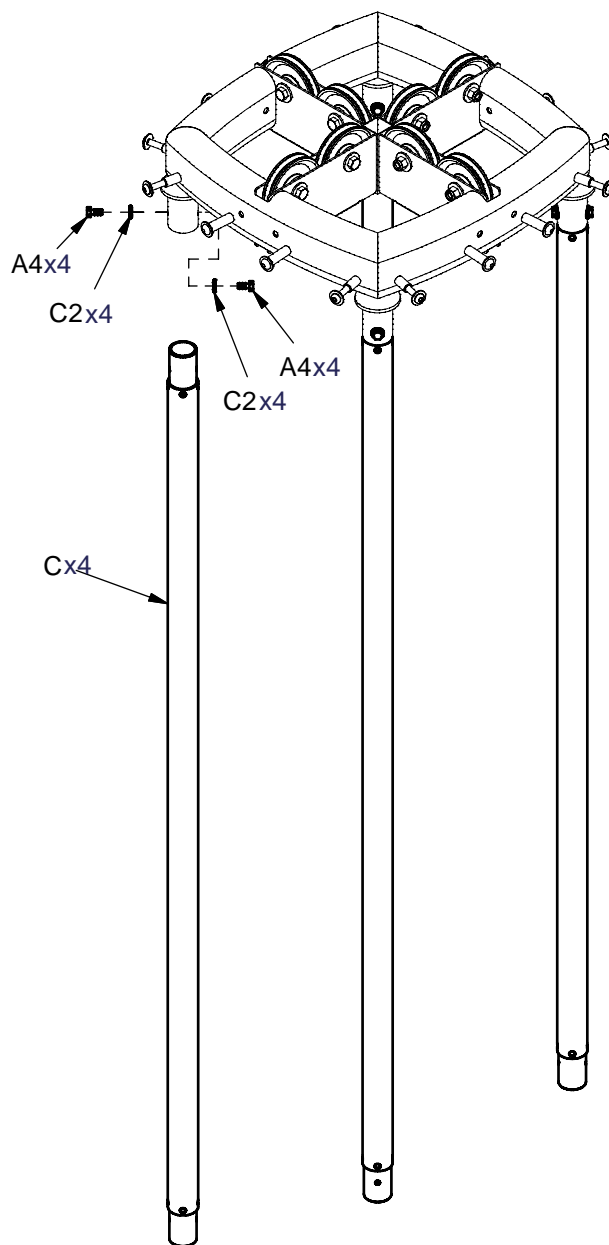
Above shows STEP 2  
assembled and completed



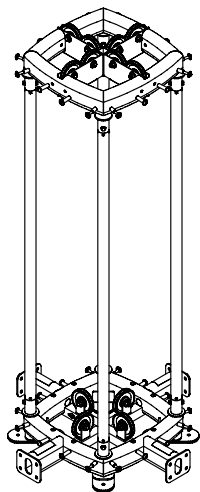
# DGYM ASSEMBLY INSTRUCTIONS



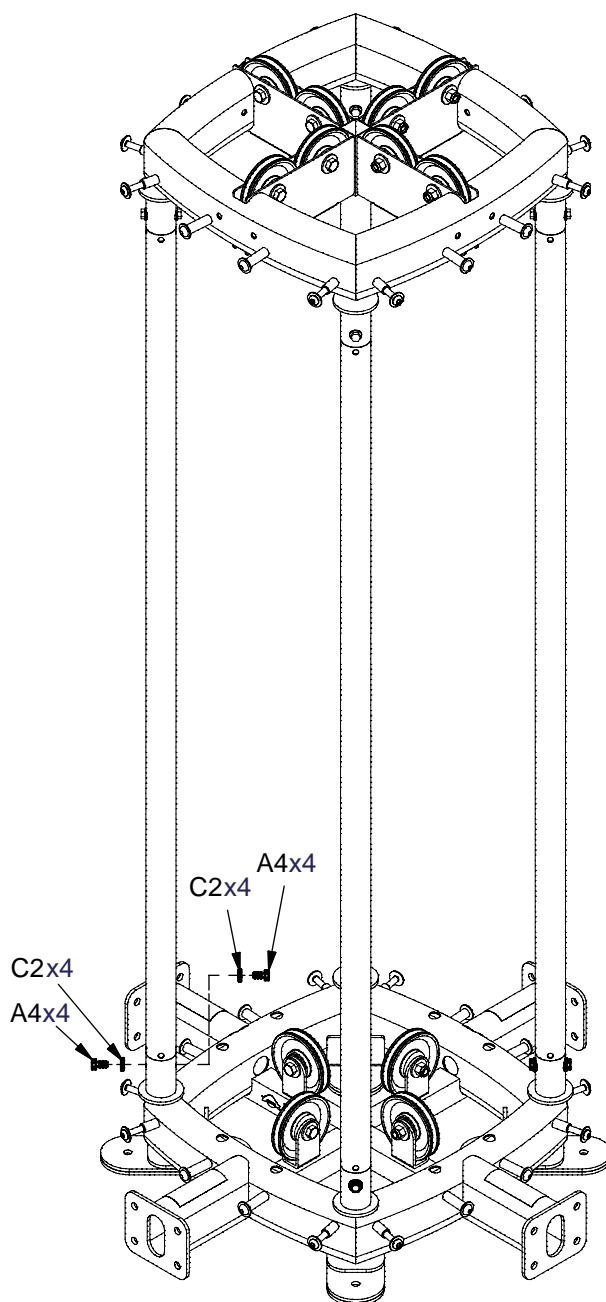
Above shows STEP 3  
assembled and completed



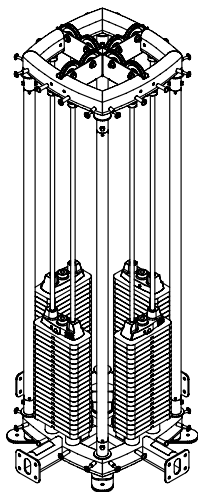
# DGYM ASSEMBLY INSTRUCTIONS



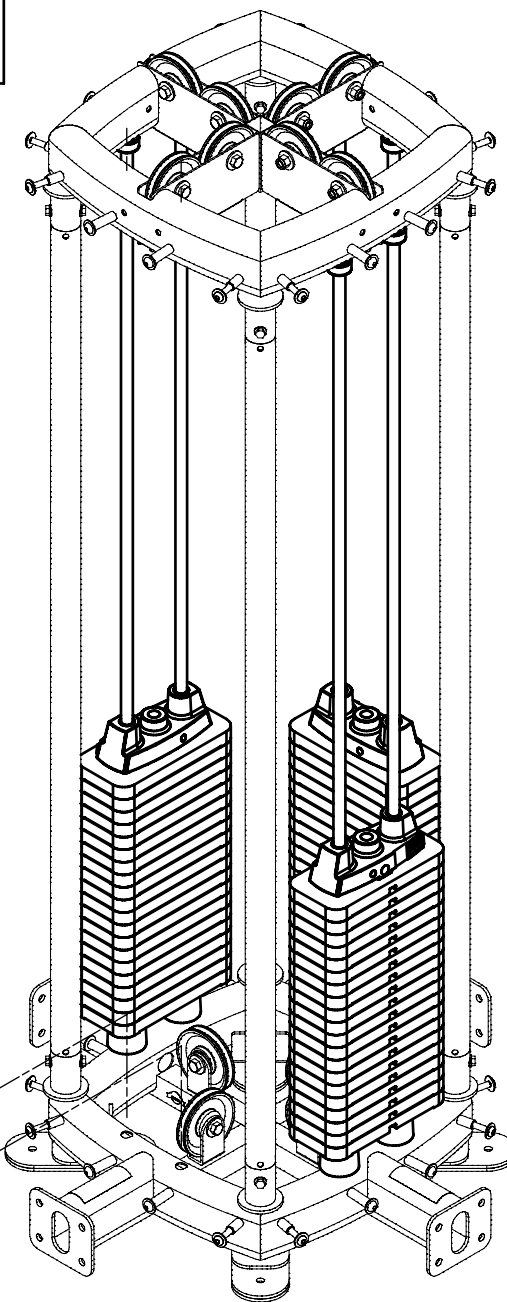
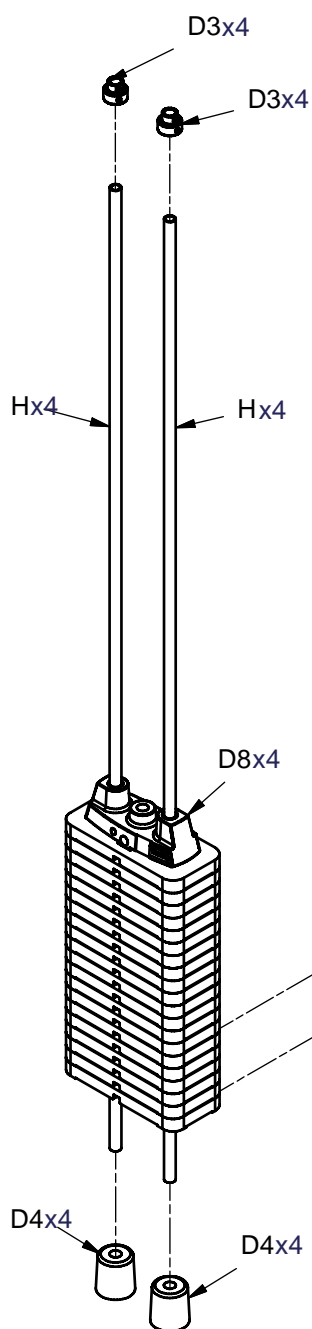
Above shows STEP 4  
assembled and completed



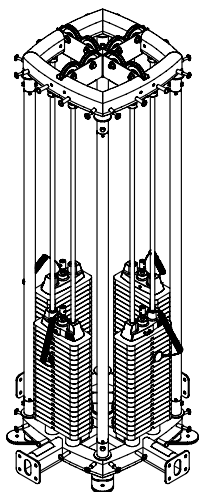
# DGYM ASSEMBLY INSTRUCTIONS



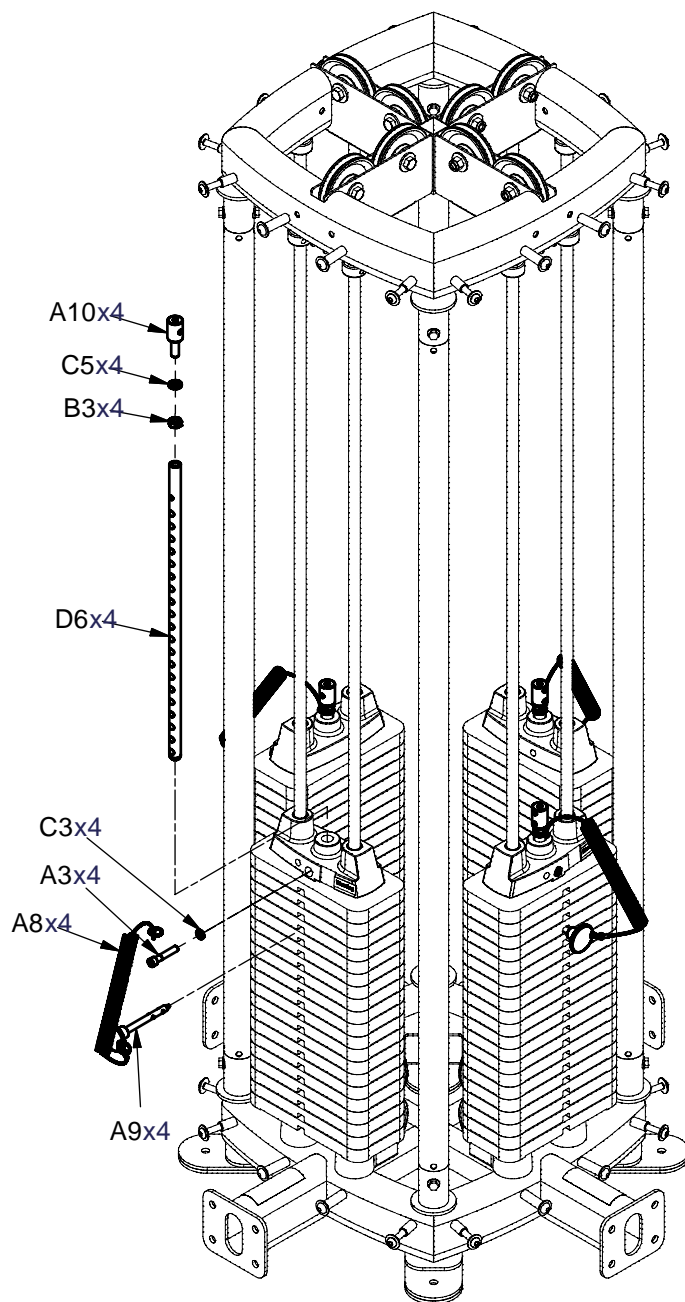
Above shows STEP 5 assembled and completed



# DGYM ASSEMBLY INSTRUCTIONS

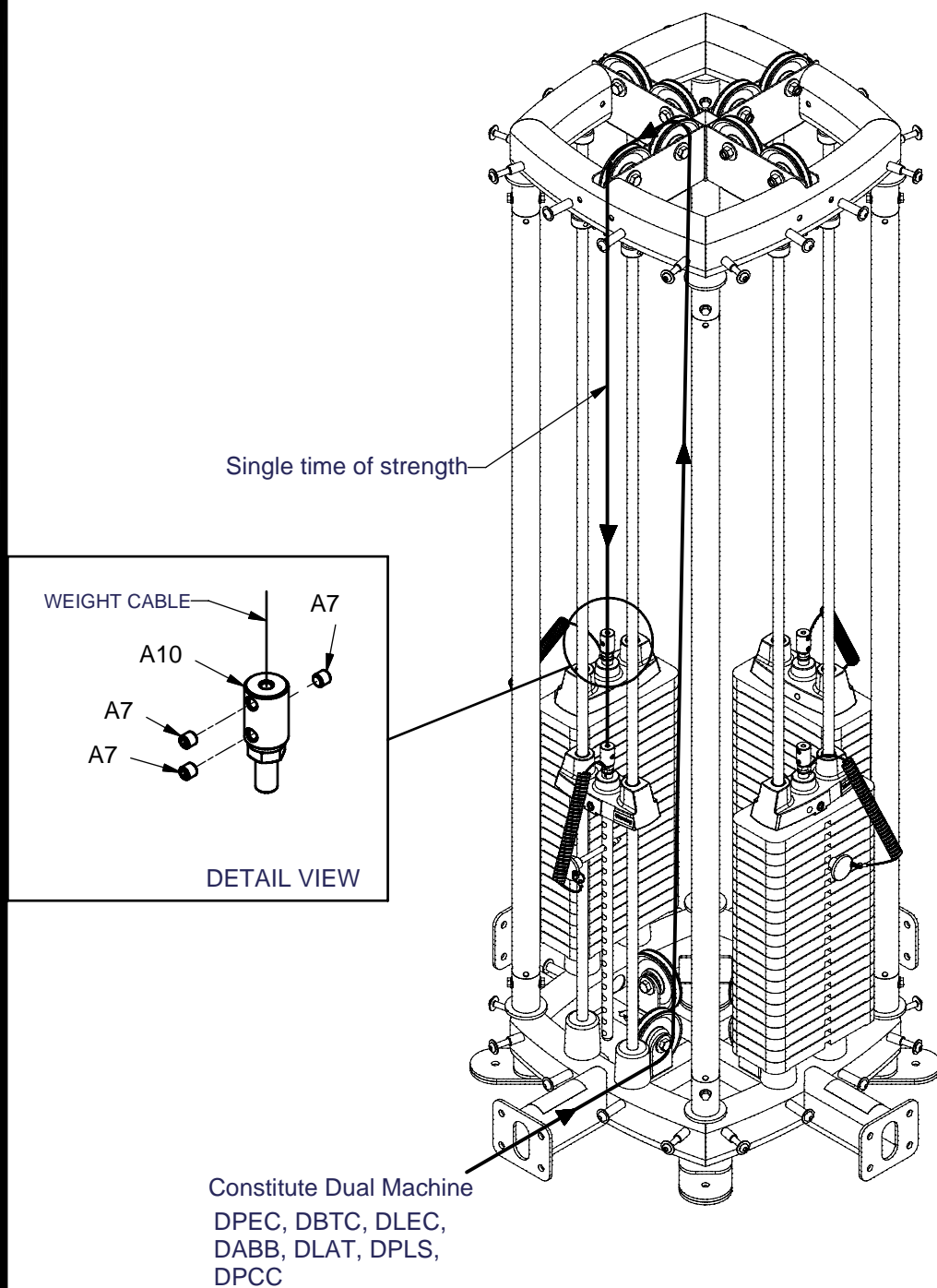


Above shows STEP 6  
assembled and completed



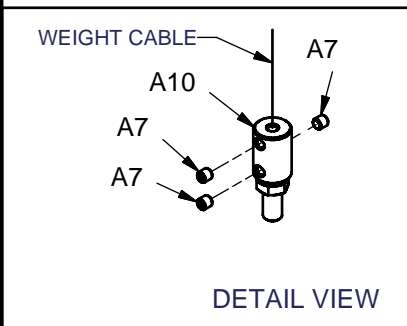
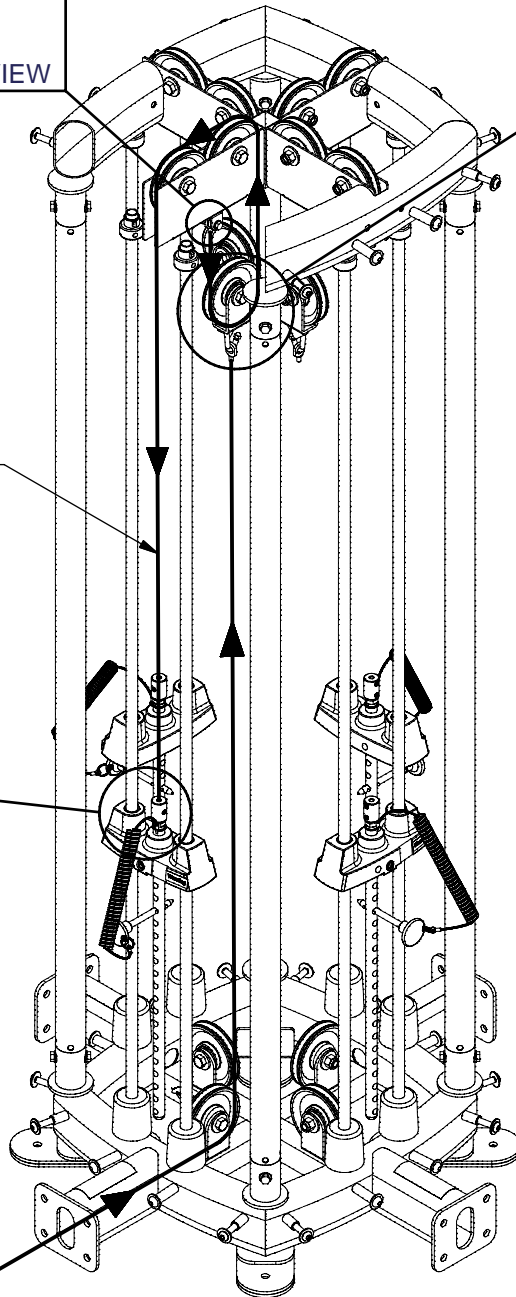
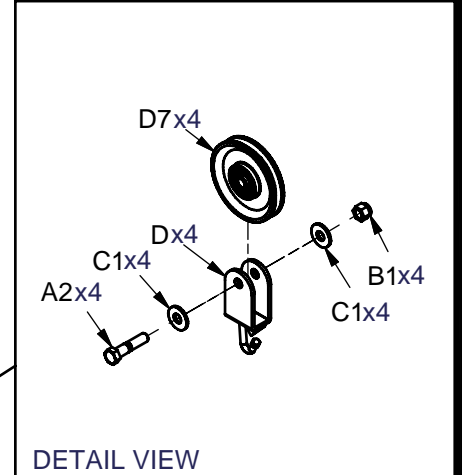
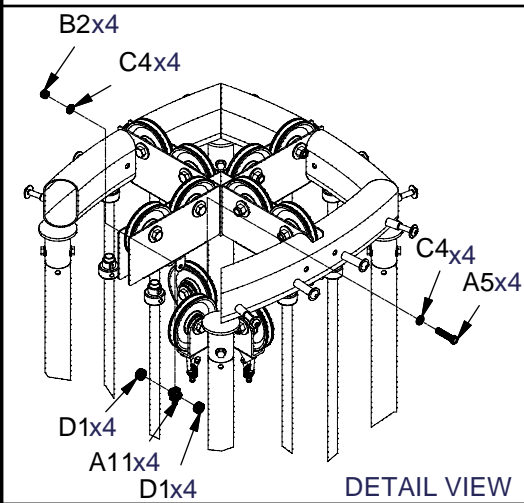
# DGYM ASSEMBLY INSTRUCTIONS

Cable to match illustration



# DGYM ASSEMBLY INSTRUCTIONS

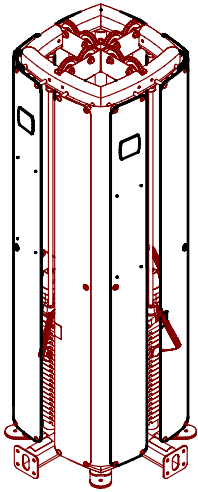
Cable to match illustration



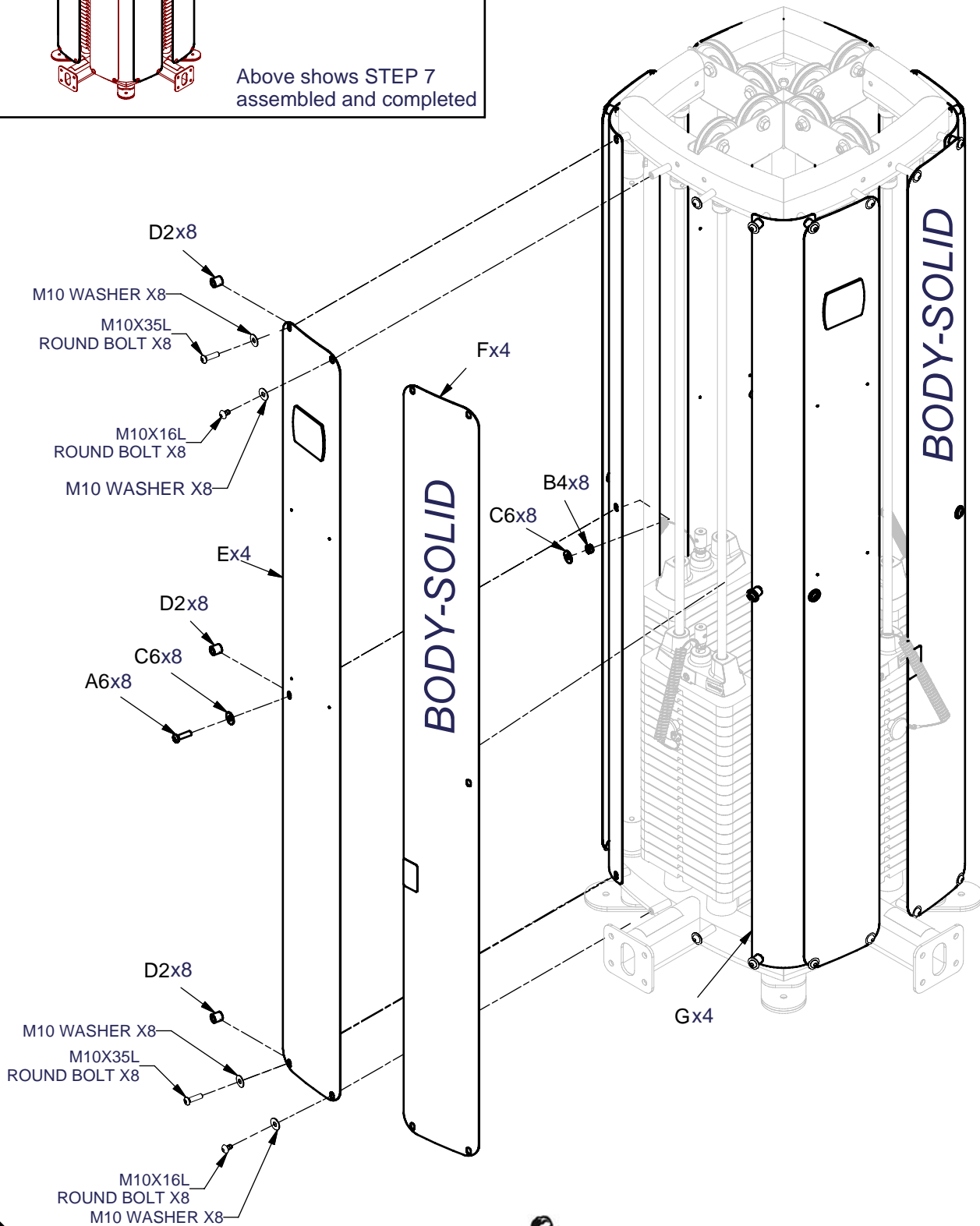
Constitute Dual Machine  
DCLP, DIOT, DPRS



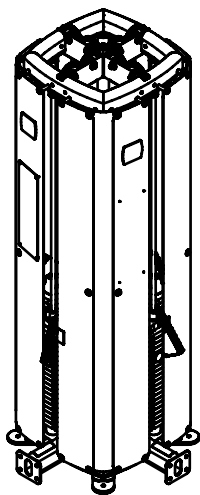
# DGYM ASSEMBLY INSTRUCTIONS



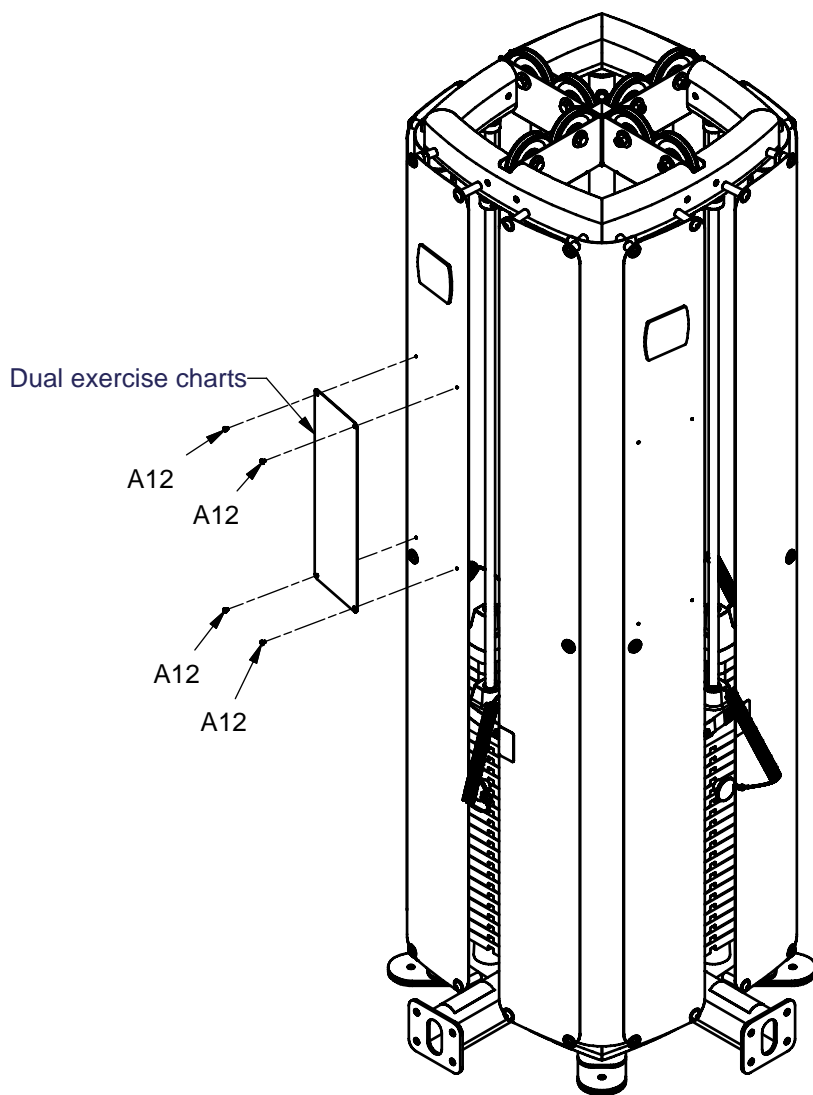
Above shows STEP 7 assembled and completed



# DGYM ASSEMBLY INSTRUCTIONS



Above shows STEP 8  
assembled and completed



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