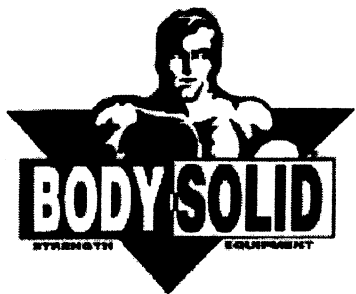
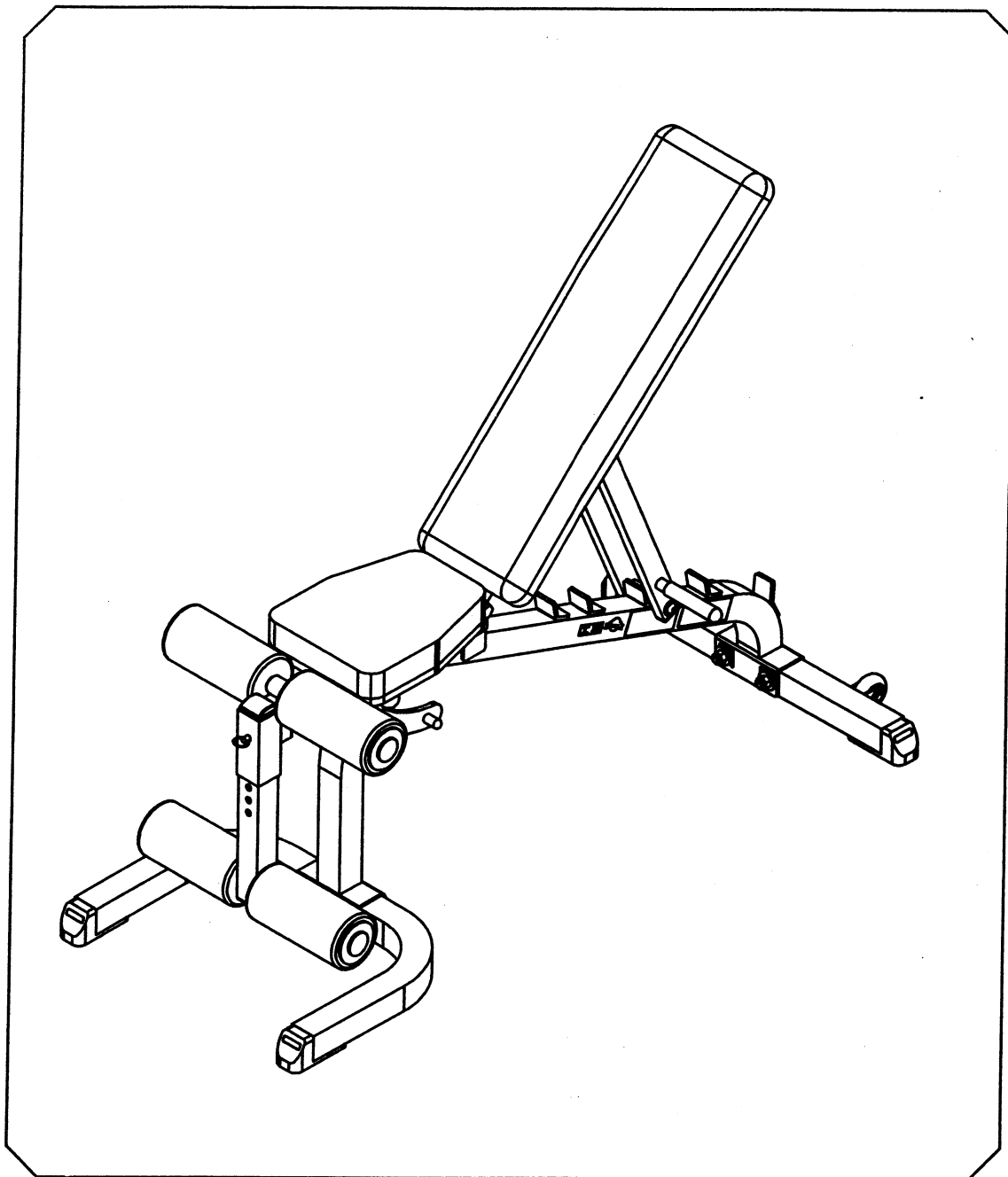


# Body-Solid



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## GFID-31 OWNER'S MANUAL

# GFID31 ASSEMBLY INSTRUCTIONS

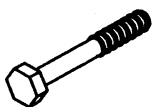
## HARDWARE ILLUSTRATION

A1. M12X75L Hex Head Bolt	-----	[4PCS]
A2. 1/2"X80L Hex Head Bolt	-----	[2PCS]
A3. 5/16"X1"L Hex Head Bolt	-----	[8PCS]
A4. M8X45L Hex Head Bolt	-----	[2PCS]
B1. 1/2" Nylon Lock Nut	-----	[2PCS]
B2. M8 Nylon Lock Nut	-----	[2PCS]
B3. M12 Nylon Lock Nut	-----	[4PCS]
C1. 1/2"(I.D.) Washer(ø25)	-----	[4PCS]
C2. M12(I.D.) Washer(ø34)	-----	[8PCS]
C3. M8(I.D.) Washer(ø18)	-----	[4PCS]
C4. 5/16"(I.D.) Washer	-----	[8PCS]
C5. 5/16" Spring Washer	-----	[8PCS]

A1



A2



A3



A4



B1



B2



B3



C1



C2



C3



C4



C5



1

2

3

4

5

6

# GFID31 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

- D1. QUICK RELEASE RING PIN(8250-015)-----[1PCS]
- D2. 45X1.8t END CAP (9211-091)-----[2PCS]
- D3. 20X40 END CAP (9211-008)-----[4PCS]
- D4. 25X50 END CAP (9211-086)-----[1PCS]
- D5. 2"X2" FOOT CAP(9211-024)-----[4PCS]
- D6. Ø64 PULLEY (9213-023)-----[2PCS]
- D7. Ø3" NYLON WASHER (9214-008)-----[4PCS]
- D8. Ø1" ROUND END CAP (8341-033)-----[4PCS]
- D9. FOAM ROLLER (9161-009)-----[4PCS]

D1



D2



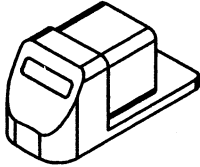
D3



D4



D5



D6



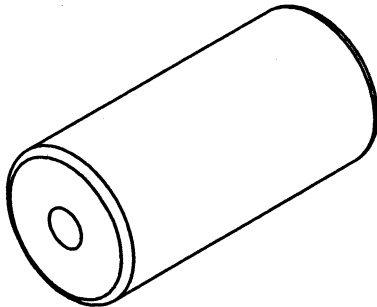
D7



D8



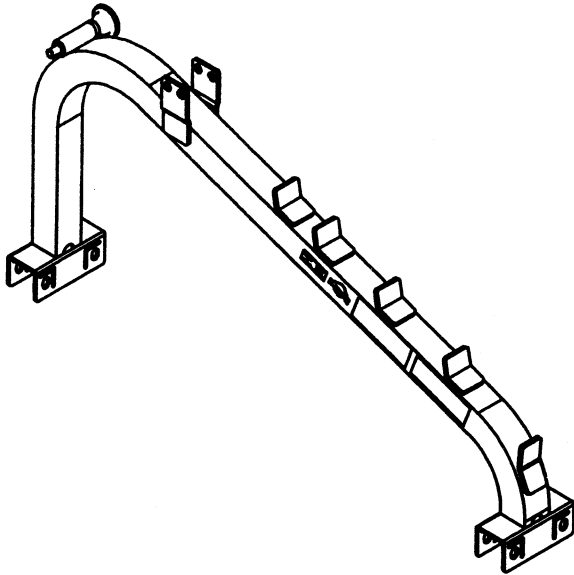
D9



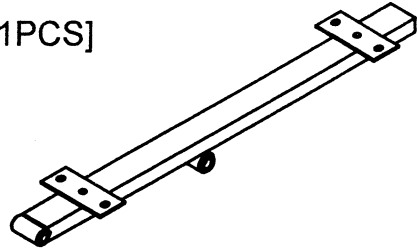
# GFID31 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

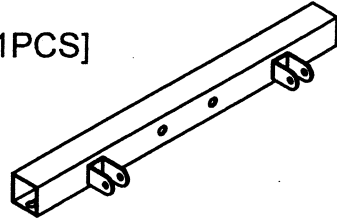
A[1PCS]



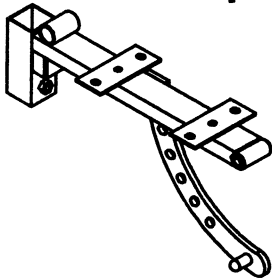
B[1PCS]



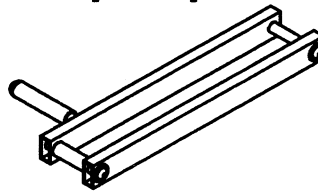
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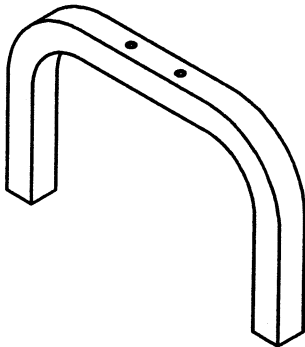
D[1PCS]



E[1PCS]

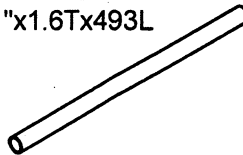


F[1PCS]

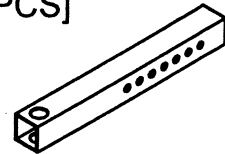


G[2PCS]

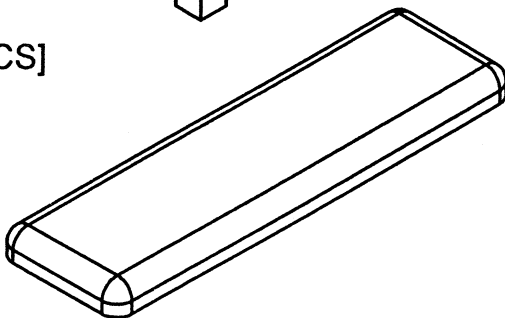
Ø1"x1.6Tx493L



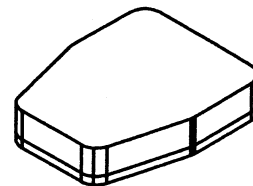
H[1PCS]



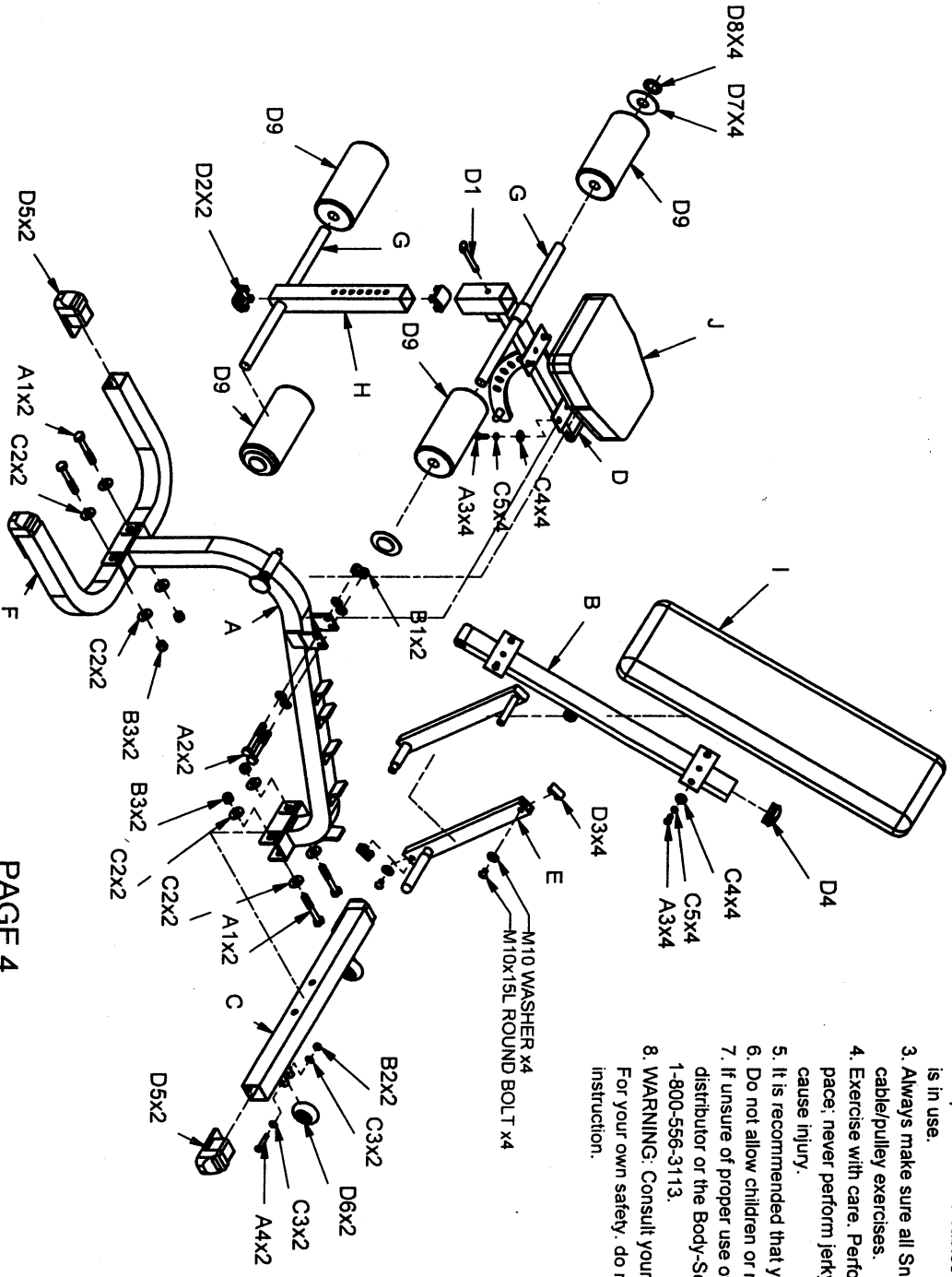
I[1PCS]



J[1PCS]



# GFID-31



- THIS 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.

RAL2-11-98