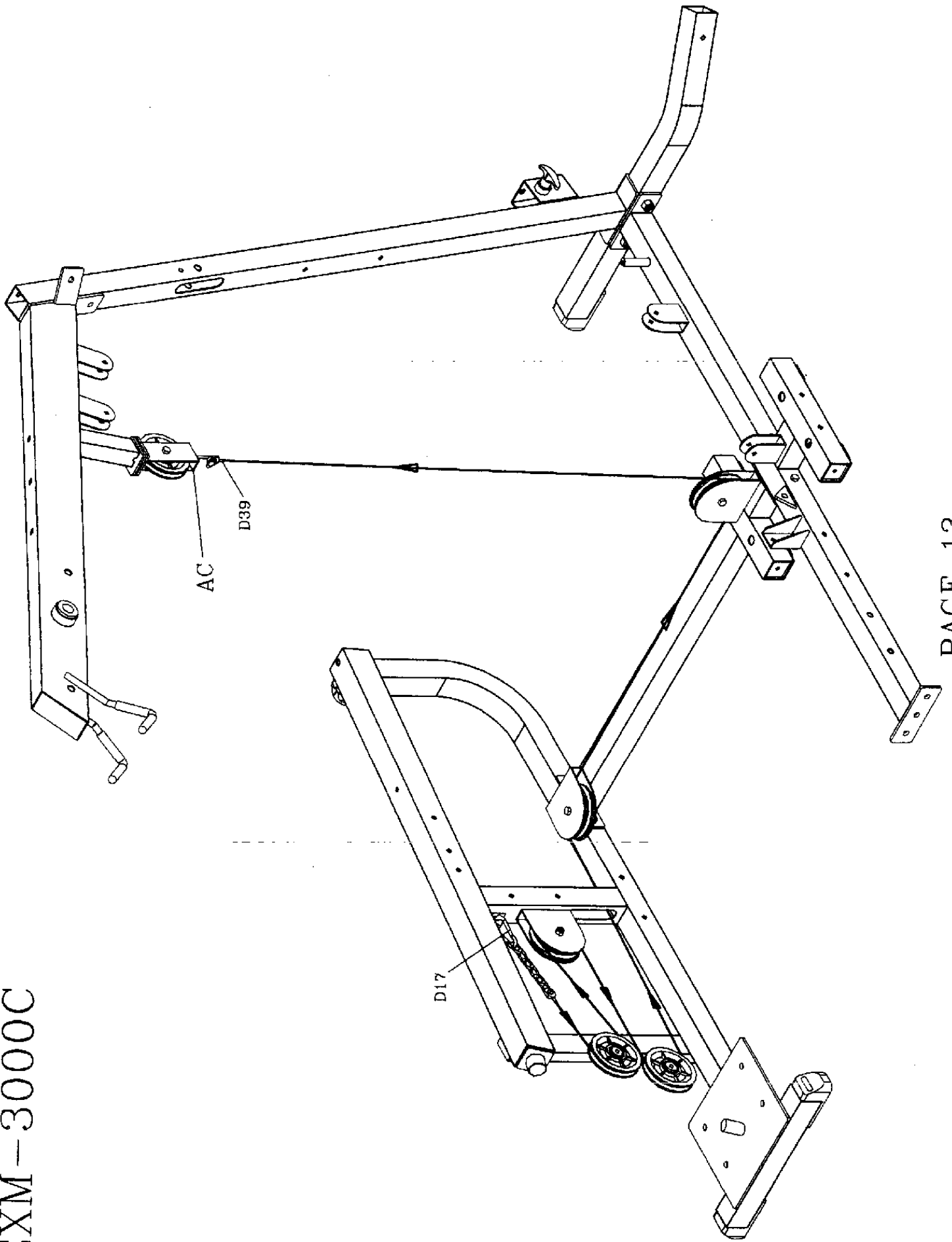
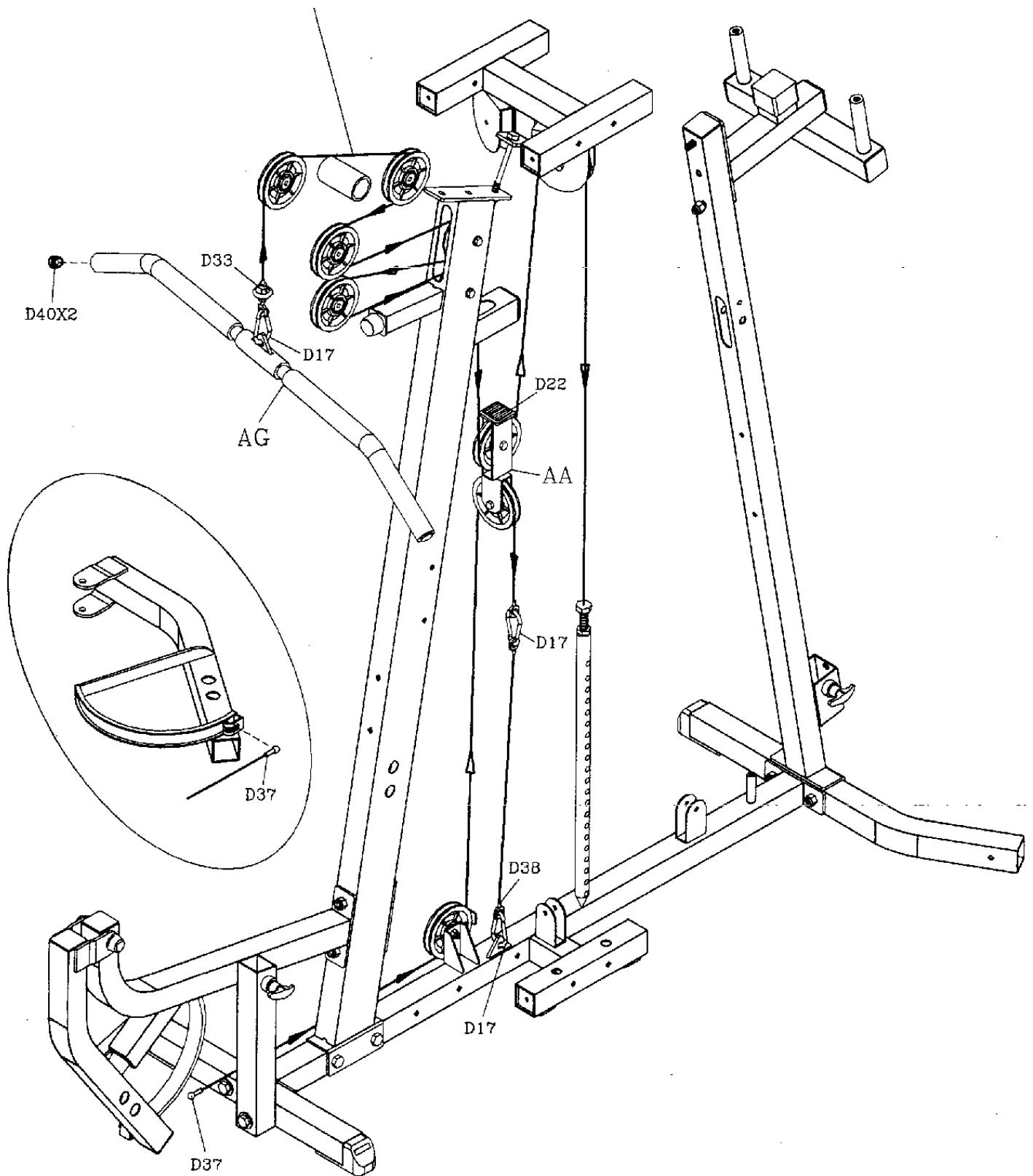


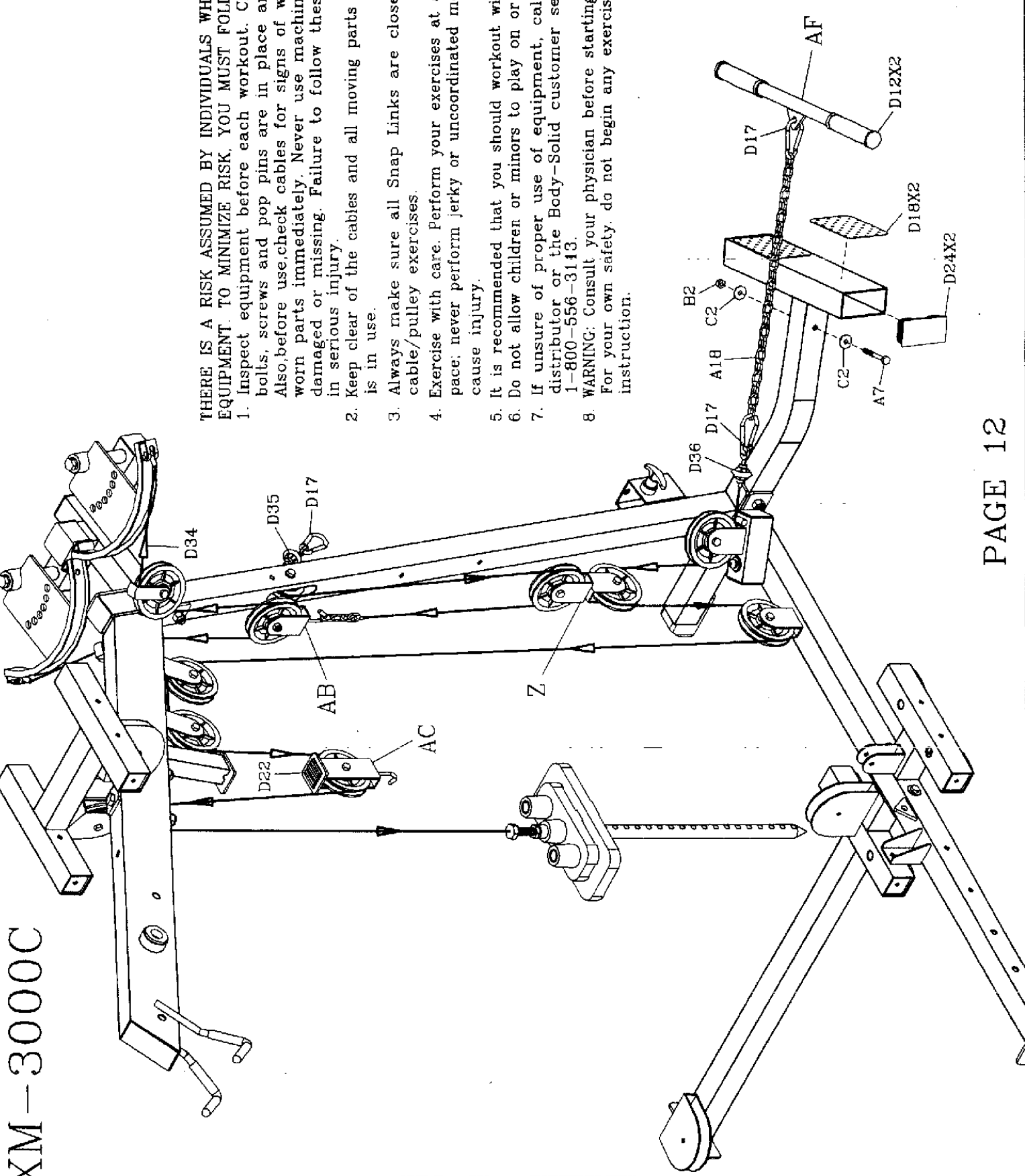
EXM-3000C



EXM-3000C

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 1-800-556-3143.
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

EXM-3000C HARDWARE ILLUSTRATION SHEET

D1. 3/8" BOLT CAP	[2PCS]	D30. TOP PLATE (F5068)	[2PCS]
D2. ø4 1/4" PULLEY (E4014)	[26PCS]	D31. WEIGHT SELECTOR BAR (E10113)	[2PCS]
D3. ø3" PULLEY (E4033)	[1PCS]	D32. ø4"X8" FOAM ROLLER (F4001)	[6PCS]
D4. 2"X2" FOOT CAP (E4086)	[5PCS]	D33. 3875mm STEEL CABLE	[1PCS]
D5. 2"X2" RUBBER DOUNT (E4091)	[6PCS]	D34. 1810mm STEEL CABLE	[1PCS]
D6. 2"X2"X2.5t END CAP (E4043)	[12PCS]	D35. 1495mm STEEL CABLE	[1PCS]
D7. 2"X2"X1.8t END CAP (E4001)	[8PCS]	D36. 4135mm STEEL CABLE	[1PCS]
D8. 1 3/4"X1 3/4" END CAP (E4002)	[1PCS]	D37. 2735mm STEEL CABLE	[1PCS]
D9. 1"X2" END CAP (E4006)	[3PCS]	D38. 580mm STEEL CABLE	[1PCS]
D10. 2"X3" END CAP (E4084)	[1PCS]	D39. 4255mm STEEL CABLE	[1PCS]
D11. ø1" ROUND END CAP (E10128)	[6PCS]	D40. ø1" ROUND END CAP (E4012)	[2PCS]
D12. ø1"X34X135 RUBBER GRIP (E4068)	[6PCS]	D41. ø5/8" ROUND END CAP (E4055)	[1PCS]
D13. ø1"X41X135 RUBBER GRIP (E4082)	[4PCS]		
D14. 2"X2" RUBBER DOUNT (E2009)	[1PCS]		
D15. PULLEY WHEEL BLOCK (E4053)	[3PCS]		
D16. ø2 1/2" RUBBER DOUNT (F2008)	[4PCS]		
D17. ø8 SPRING SNAP LINK (E5000)	[7PCS]		
D18. 95X140mm NO-SLIP TAPE (E5024)	[2PCS]		
D19. ø16X16 STEEL BUSHING (E3031)	[10PCS]		
D20. ø3/4" SHAFT COLLAR (E4081)	[4PCS]		
D21. 2"X2" RUBBER CANE CAP (E4039)	[6PCS]		
D22. 38X38 RUBBER PAD (E2006)	[2PCS]		
D23. ø3" NYLON WASHER (E4085)	[6PCS]		
D24. 2"X4" END CAP (E4049)	[2PCS]		
D25. 40X3X75 TWO-SIDED TAPE (F4052)	[16PCS]		
D26. ø3/4" ROUND END CAP (E4037)	[5PCS]		
D27. 60X50 NYLON BUSHING (F4007)	[3PCS]		
D28. 60X45 NYLON BUSHING (E4008)	[2PCS]		
D29. ø38 CU WASHER (E3026)	[2PCS]		
		D30. TOP PLATE (F5068)	[2PCS]
		D31. WEIGHT SELECTOR BAR (E10113)	[2PCS]
		D32. ø4"X8" FOAM ROLLER (F4001)	[6PCS]
		D33. 3875mm STEEL CABLE	[1PCS]
		D34. 1810mm STEEL CABLE	[1PCS]
		D35. 1495mm STEEL CABLE	[1PCS]
		D36. 4135mm STEEL CABLE	[1PCS]
		D37. 2735mm STEEL CABLE	[1PCS]
		D38. 580mm STEEL CABLE	[1PCS]
		D39. 4255mm STEEL CABLE	[1PCS]
		D40. ø1" ROUND END CAP (E4012)	[2PCS]
		D41. ø5/8" ROUND END CAP (E4055)	[1PCS]

