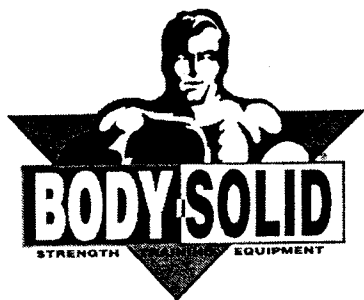
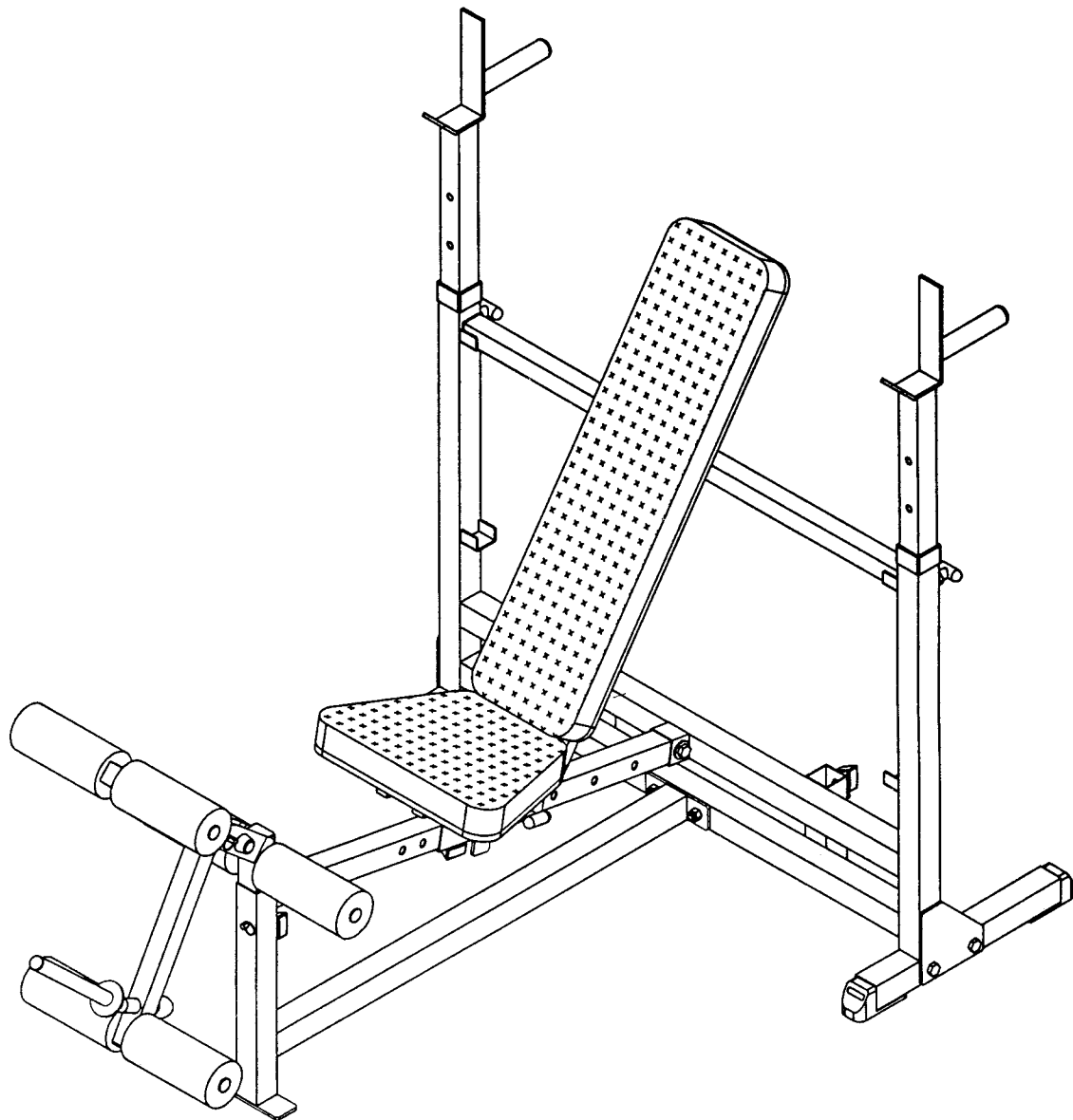















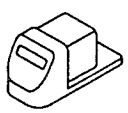
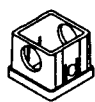








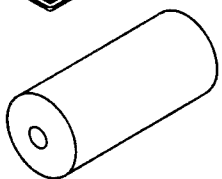


Body-Solid

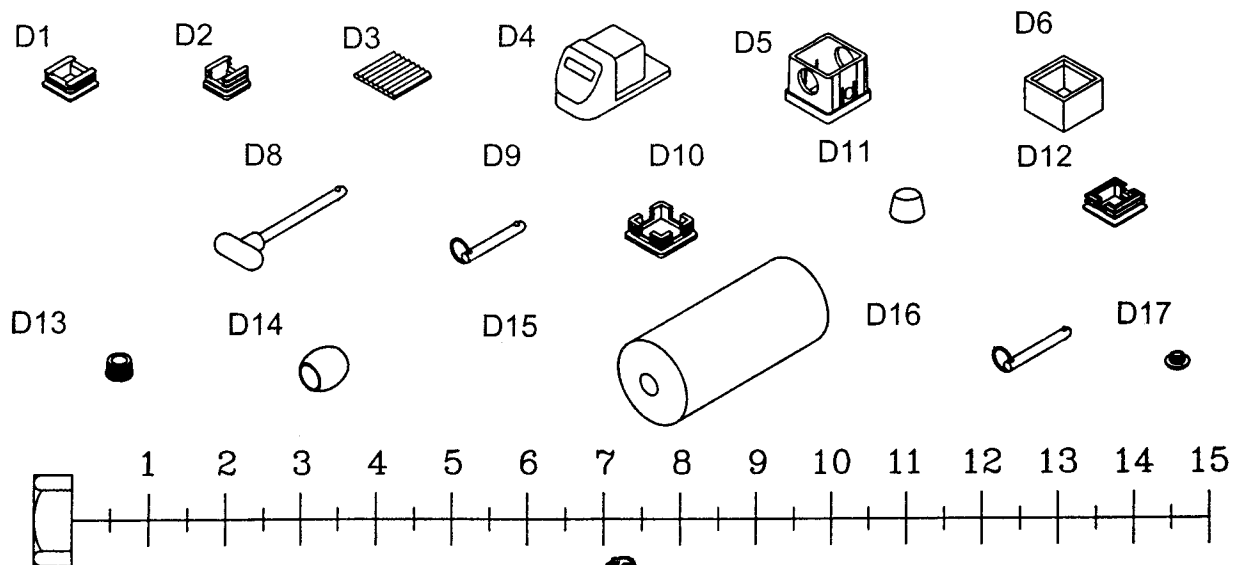


WDIB46.2L OWNER'S MANUAL

WDIB46.2L ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

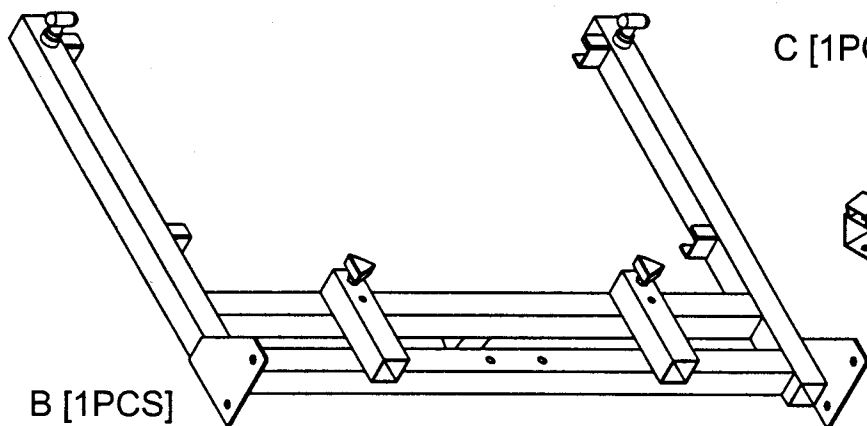
		Qty.
A1		A1. M12X75 HEX HEAD BOLT ----- [6PCS]
A2		A2. M8X45 HEX HEAD BOLT ----- [10PCS]
A3		A3. 1/2"X3 1/2" HEX HEAD BOLT ----- [1PCS]
A4		A4. M12X70 HEX HEAD BOLT ----- [1PCS]
B1		B1. M12 NYLON LOCK NUT ----- [7PCS]
B2		B2. 1/2" NYLON LOCK NUT ----- [1PCS]
C1		C1. M12 (I.D) WASHER ----- [8PCS]
C2		C2. M8 (I.D)WASHER ----- [10PCS]
C3		C3. M8 SPRING WASHER ----- [10PCS]
C4		C4. M12 ROUND CAP WASHER ----- [2PCS]
D1		D1. 30X30 END CAP (9211-002) ----- [1PCS]
D2		D2. 1"X1" END CAP (9211-001) ----- [4PCS]
D3		D3. 38X38 RUBBER BAR CATCH (9310-001) ----- [2PCS]
D4		D4. 2"X2" FOOT CAP (9211-024) ----- [4PCS]
D5		D5. 60X45 NYLON BUSHING (9211-032) ----- [2PCS]
D6		D6. 50X45 NYLON BUSHING (9211-030) ----- [2PCS]
D8		D8. ϕ 10X120L BALL PIN (8250-017) ----- [1PCS]
D9		D9. ϕ 10X65L RING PIN (8250-015) ----- [3PCS]
D10		D10. 1 1/2"X1 1/2" END CAP (9211-003) ----- [5PCS]
D11		D11. 1/2" BOLT CAP ----- [2PCS]
D12		D12. 45X45 END CAP (9211-004) ----- [1PCS]
D13		D13. ϕ 1" ROUND END CAP (9211-016) ----- [7PCS]
D14		D14. ϕ 1" RUBBER CANE TIP (9212-019) ----- [1PCS]
D15		D15. ϕ 3 1/2"X8" FOAM ROLLER (9161-007) ----- [6PCS]
D16		D16. ϕ 10X75L RING PIN (8250-034) ----- [1PCS]
D17		D17. ϕ 1" ROUND END CAP (9260-021) ----- [2PCS]



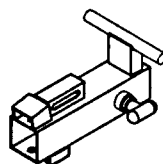
WDIB46.2L ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION

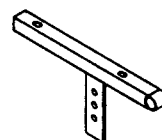
A [1PCS]



C [1PCS]

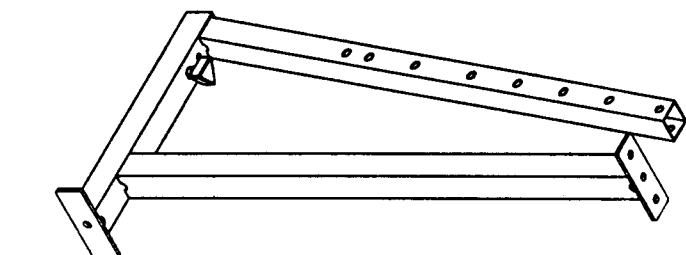
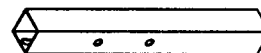


F [2PCS]

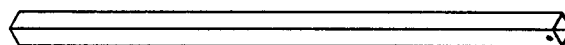


B [1PCS]

H [2PCS]



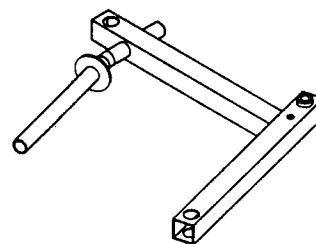
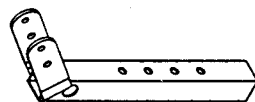
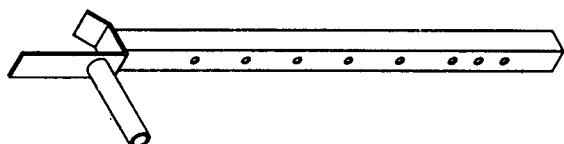
G [1PCS]



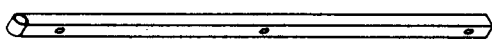
D [2PCS]

I [1PCS]

J [1PCS]

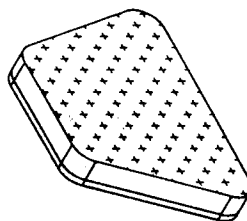
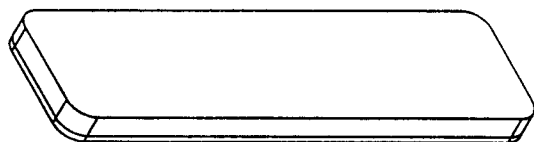


E [2PCS]



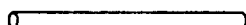
K [1PCS]

L [1PCS]



M [2PCS] 1"X1.6X435L

N [1PCS] 1"X1.6X445L



WDIB46.2L ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 1

****Note :** Do Not fully tighten frame bolts and nuts until after completing Step 1

The following Parts and Hardware will be needed to complete Step 1

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	A	Back Cross Frame
1	B	Middle Frame
1	C	Seat Carriage
2	H	Bottom Support Frame

Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
6	A1	M12 x 75 hex head bolt
1	A4	M12 x 70 hex head bolt
7	B1	M12 nylon lock nut
8	C1	M12 ID washer
1	D1	30 x 30 end cap
4	D4	2" x 2" foot cap
2	D5	60 x 45 nylon bushing
1	D9	10 x 65L ring pin

Step by Step

1. Attach 4 (D4) - Foot Caps to 2 (H) - Bottom Support Frame
2. Attach 2 (H) - Bottom Support Frame to (A) - Back Cross Frame, (note: make sure that longer length on 2 (H) - Bottom Support Frame is in the back of the bench)
3. Insert 2 - (D5) - nylon bushing into (C) - Seat Carriage
4. Slide (C) - Seat Carriage on (B) - Middle Frame, (note: T-shaped pivot bar and pop-pin housing must be toward the back as shown in diagram)
5. Attach (A) - Back Cross Frame to (B) - Middle Frame

****Securely Tighten All Frame Bolts Used in Steps 1**

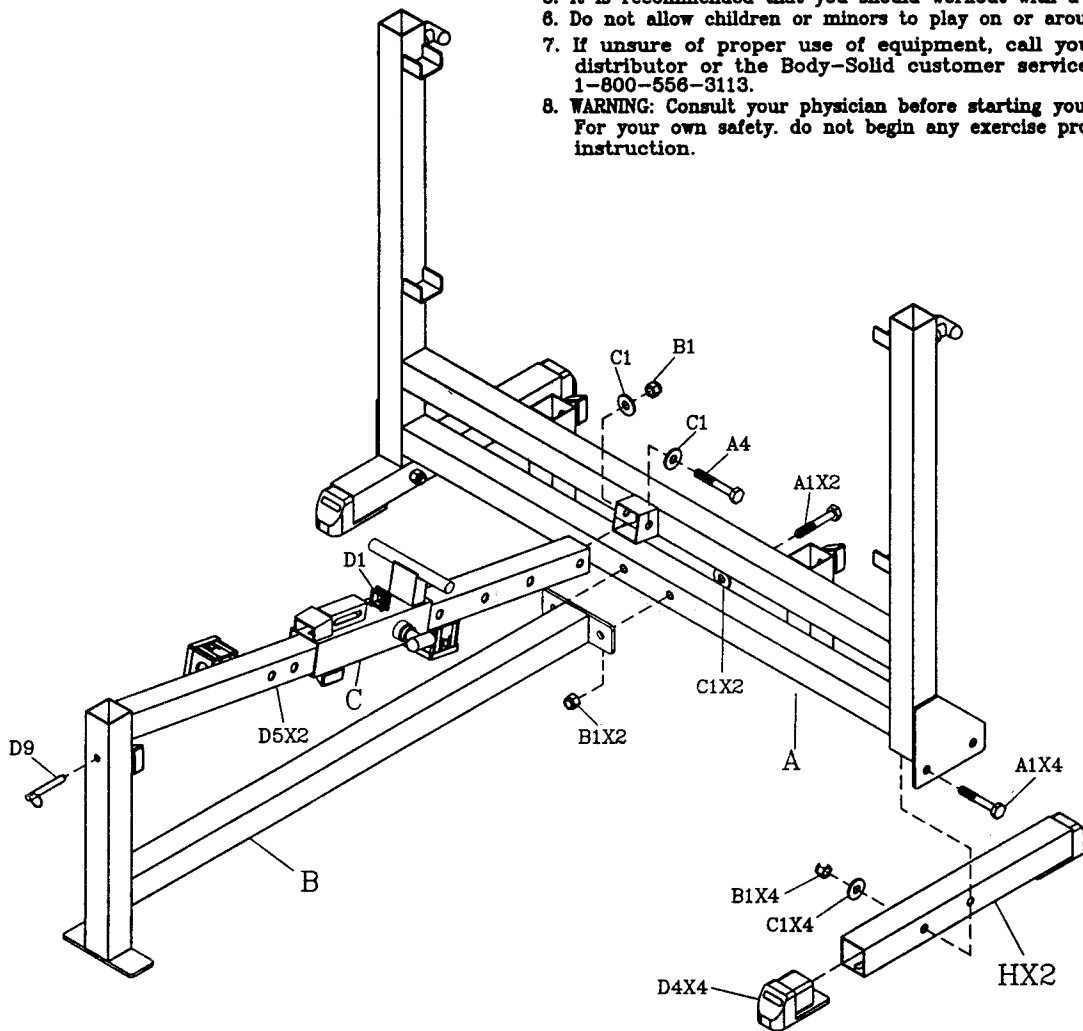
WDIB46.2L ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 1

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



WDIB46.2L ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 2

****Note : Do Not fully tighten frame bolts and nuts until after completing Step 2**

The following Parts and Hardware will be needed to complete Step 2

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	D	Lift Off
2	E	Back Pad Frame
2	F	Seat Pad Frame
1	K	Back Pad
1	L	Seat Pad
1	G	Stablizing Bar

Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
10	A2	M8 x 45 hex head bolt
10	C2	M8 ID washer
10	C3	M8 spring washer
4	D2	1" x 1" end cap
2	D3	38 x 38 rubber bar catch
2	D6	50 x 45 nylon bushing
1	D8	φ 10 x 120L ball pin
2	D9	φ 10 x 65L ring pin
2	D10	1 1/2" x 1 1/2" end cap
2	D17	1" x round end cap

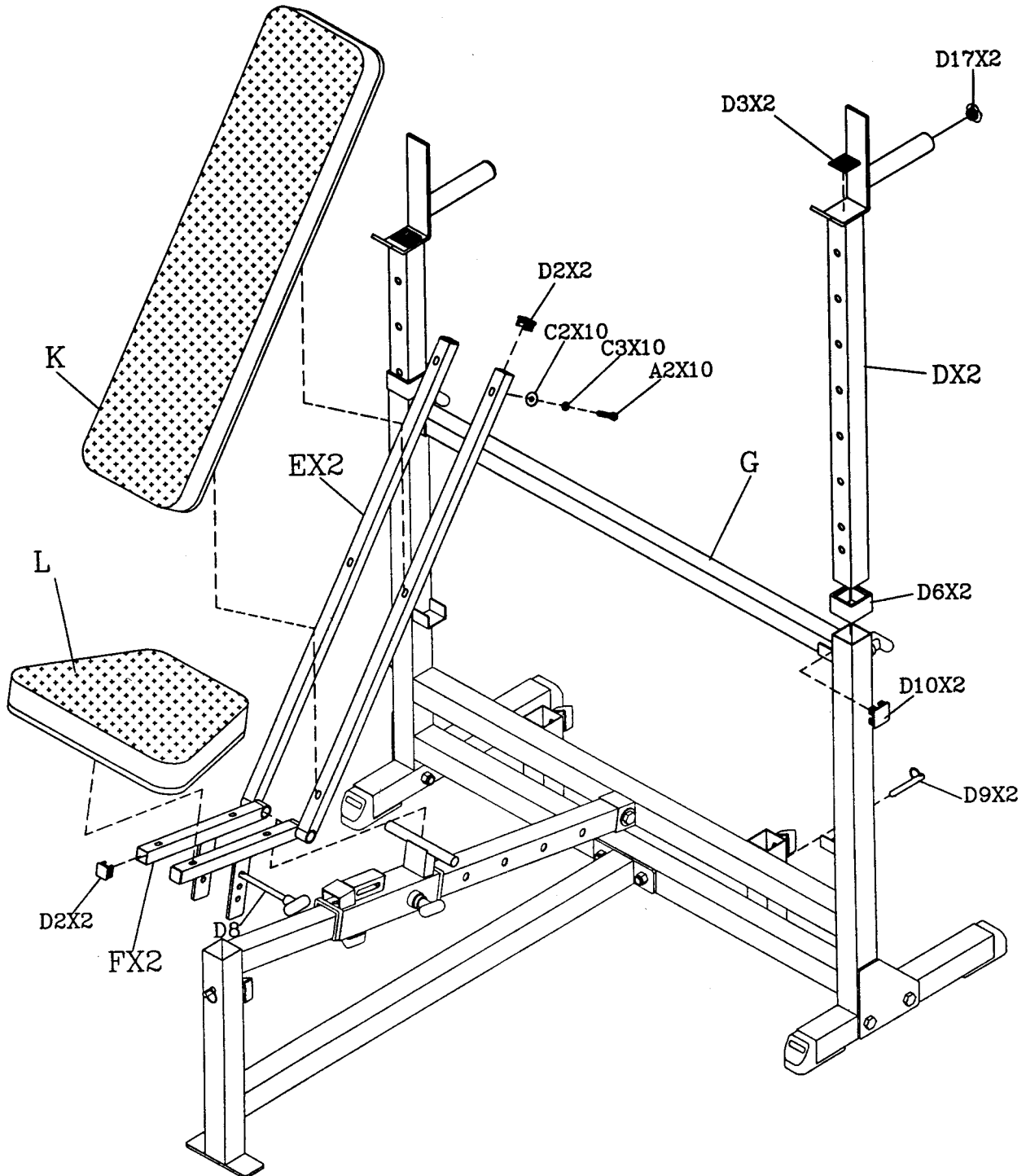
Step by Step

1. Attach 2 (F) - Seat Pad Frame to (C) - Seat Carriage, then attach (L) - Seat Pad to 2 (F) - Seat Pad Frame
2. Attach 2 (E) - Back Pad Frame to (C) - Seat Carriage, then attach (K) - Back Pad to 2 (E) - Back Pad Frame
3. Place 2 (D6) - nylon bushings into (A) - Back Cross Frame, then slide 2 (D) - Lift Off into (A) - Back Cross Frame
4. Attach 1 (G) - Stablizing Bar to (A) - Back Cross Frame

****Securely Tighten All Frame Bolts Used in Steps 2**

WDIB46.2L ASSEMBLY INSTRUCTIONS

ASSEMBLY-STEP 2



WDIB46.2L ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 3

****Note :** Do Not fully tighten frame bolts and nuts until after completing Step 3

The following Parts and Hardware will be needed to complete Step 3

Parts Description

Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>	<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	I	Leg Pivot Frame	1	A3	1/2" x 3 1/2" hex head bolt
1	J	Leg Frame	1	B2	1/2" nylon lock nut
2	M	Short Frame Roller Bar	2	C4	1/2" round cap washer
1	N	Long Frame Roller Bar	1	D16	10 x 75L ring pin
			3	D10	1 1/2" x 1 1/2" end cap
			2	D11	1/2" bolt cap
			1	D12	45 x 45 end cap
			7	D13	1" round end cap
			1	D14	1" rubber cane tip
			6	D15	Foam rollers

Step by Step

1. Attach (J) - Leg Frame to (I) - Leg Pivot Frame
2. Attach (N) - Long Foam Roller Bar to (I) - Leg Pivot Frame
3. Attach 2 (M) - Short Foam Roller Bar to (J) - Leg Frame
4. Place 6 (D15) - Foam Roller on (N) - Long Foam Roller Bar and 2 (M) - Short Foam Roller Bar

****Securely Tighten All Frame Bolts Used in Steps 3**

WDIB46.2L ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 3

