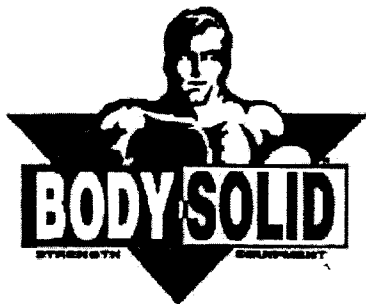
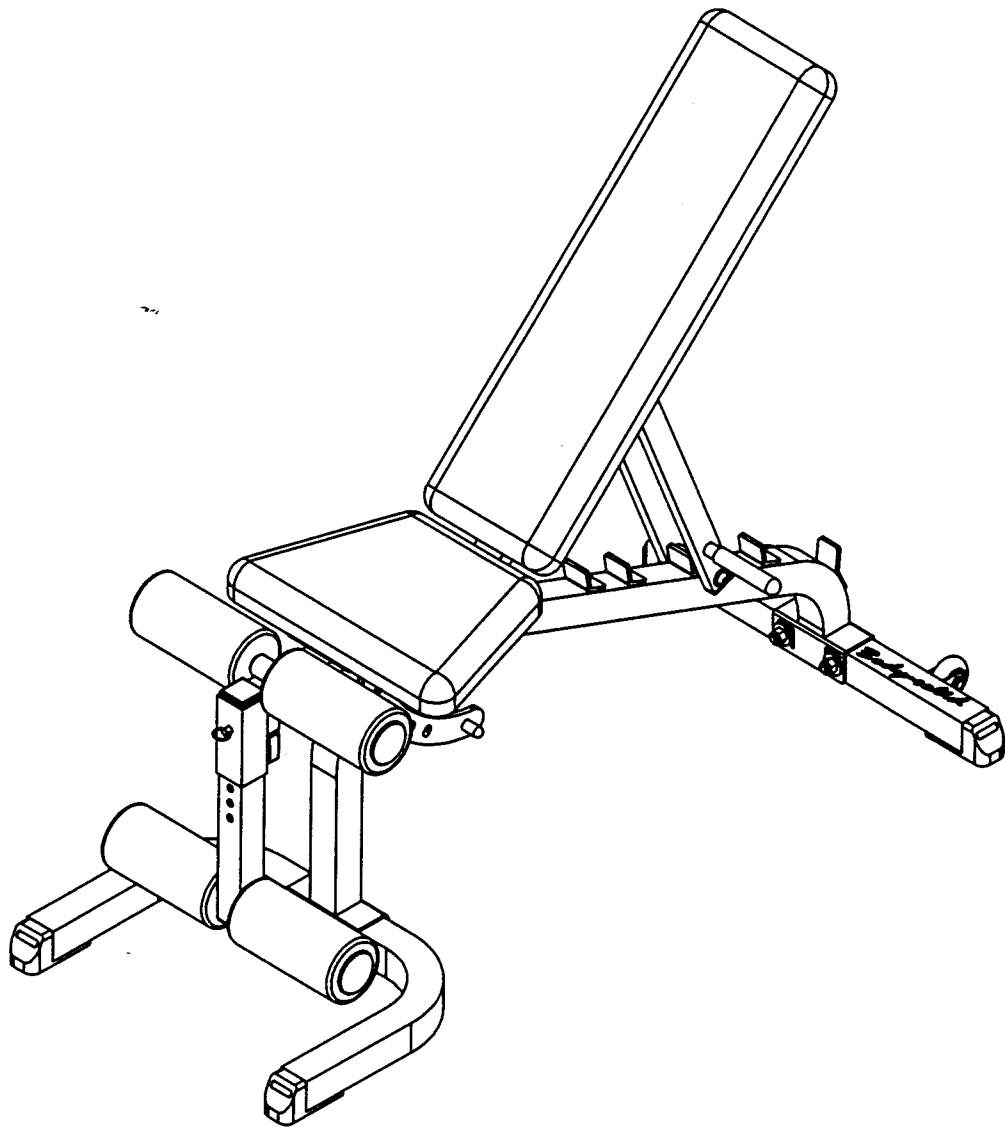


Body-Solid



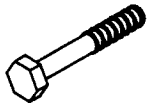
FID-31.4 OWNER'S MANUAL

FID31.4 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-----[6PCS]
- B2. M8 Nylon Lock Nut-----[2PCS]
- B3. M12 Nylon Lock Nut-----[4PCS]
- C1. 1/2"(I.D.) Washer(ø25)-----[4PCS]
- C2. 1/2"(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

FID31.4 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1. QUICK RELEASE RING PIN(8250-015)	[1PCS]
D2. 45X45 END CAP (9211-004)	[2PCS]
D3. 20X40 END CAP (9211-008)	[4PCS]
D4. 25X50 END CAP (9211-009)	[1PCS]
D5. 2"X2" FOOT CAP(9211-024)	[4PCS]
D6. Ø64 PULLEY (9213-023)	[2PCS]
D7. Ø1" ROUND END CAP (9211-022)	[4PCS]
D9. FOAM ROLLER (9161-009)	[4PCS]

D1



D2



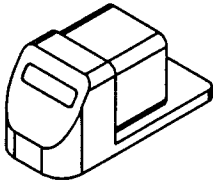
D3



D4



D5



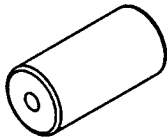
D6



D7



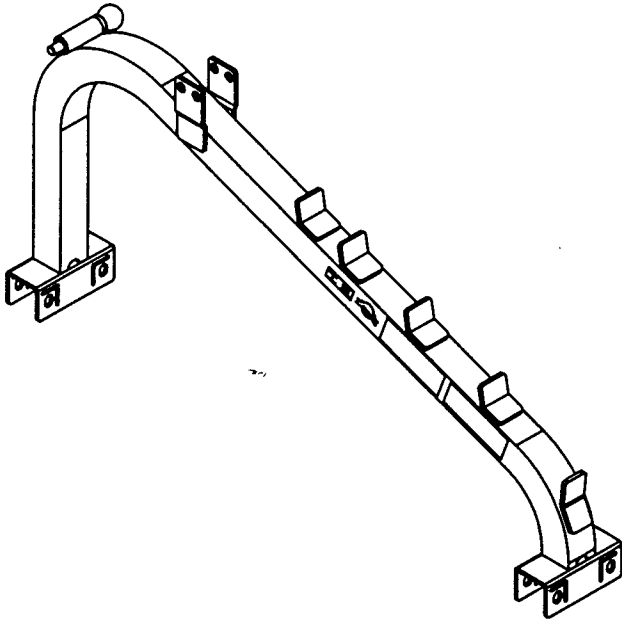
D9



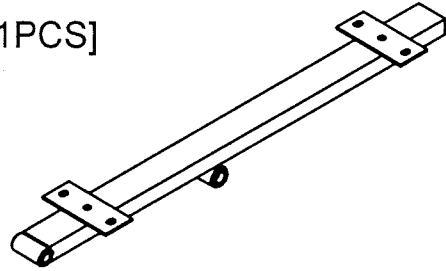
FID31.4 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

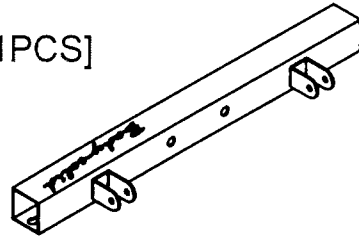
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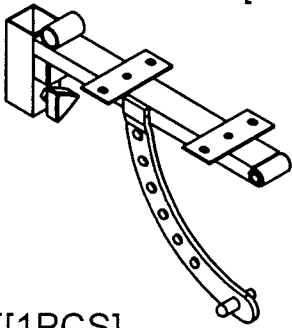
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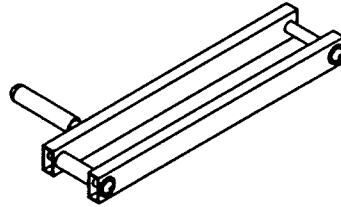
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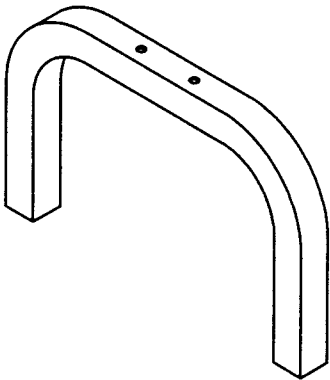
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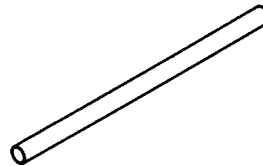
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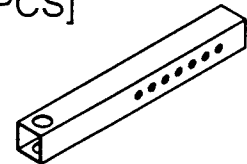
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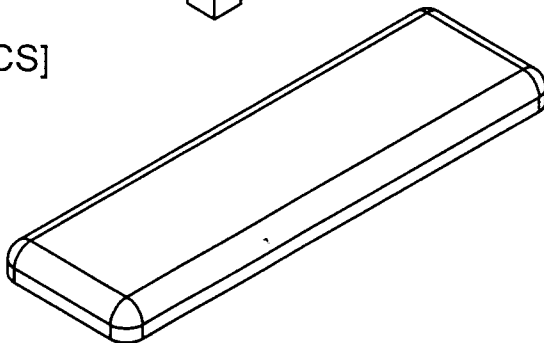
G[2PCS]



H[1PCS]



I[1PCS]



J[1PCS]

