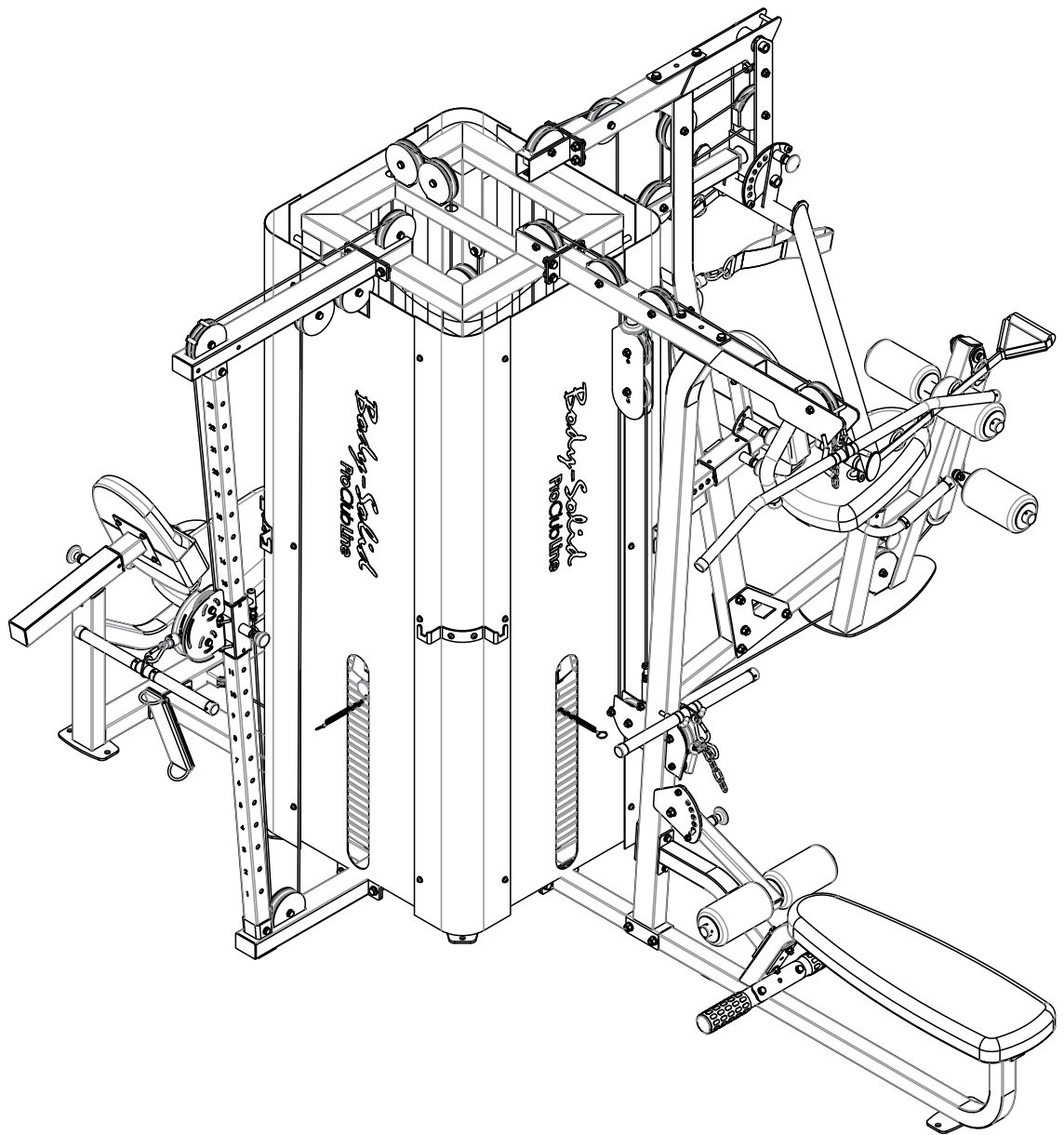


# Body-Solid<sup>®</sup>

Built for Life



## S1000

Assembly & Instructions  
**OWNER'S MANUAL**

V. S1000-20220914

# Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from your local Body-Solid dealer.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

**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/strap 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. RAL8-6-03 WC-54

## WARNING

### Safety and Maintenance of Cables

**IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service  
Call 1-800-556-3113

## MAINTENANCE SCHEDULE

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

	D	W
	D	E
	A	E
	I	K
	L	L
	Y	Y
Cables: Check tension, end fittings, and coating	✓	
Check that locking nut at weight stack is tight		✓
Upholstery: Wipe down and dry	✓	
Clean and condition		✓
Frame: Wipe down and dry	✓	
Polish / Wax		✓
Chrome: Wipe down and dry	✓	
Polish / Lubricate		✓
Nuts / Bolts / Fasteners: Tighten and / or adjust as needed		✓
Guide Rods: Lubricate and clean		✓
Linear Rods: Lubricate and clean		✓
Seat Sleeves: Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs		✓
Weight Stack Pins		✓
Warning Instruction Labels		✓
Springs / Pop Pins	✓	
Anti Skid Surfaces		✓
Hand Grips / Rollers		✓

For Body-Solid Customer Service  
Call 1-800-556-3113  
#MSSTKR0803

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.  
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

*Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.*

## **When using exercise equipment, you should always take basic precautions, including the following:**

- Read all instructions before using the **S1000**. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

## **Personal Safety During Assembly**

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the **S1000** on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The **S1000** is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your **Body-Solid 4 Stack Homegym**.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call **1-800-556-3113** for the dealer nearest you.

## **Obtaining Service**

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

**Toll Free: 1-800-556-3113**  
**Phone: 1-708-427-3555**  
**Fax: 1-708-427-3556**  
**Hours: M-F 8:30-5:00 CST**  
**E-Mail: [service@bodysolid.com](mailto:service@bodysolid.com)**

**Or write to: Body-Solid, Inc.  
Service Department  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA**

**Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.**

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**



# Preparation

Thank you for purchasing the **S1000**. This Product is part of the Body-Solid line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

## Required Tools

The basic tools that you must obtain before assembling the **S1000** include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

## Installation Requirements

Follow these installation requirements when assembling the **S1000**:

Set up the **S1000** on a solid, flat surface. A smooth, flat-surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

**Fill out and mail the warranty card.**

## Assembly Tips

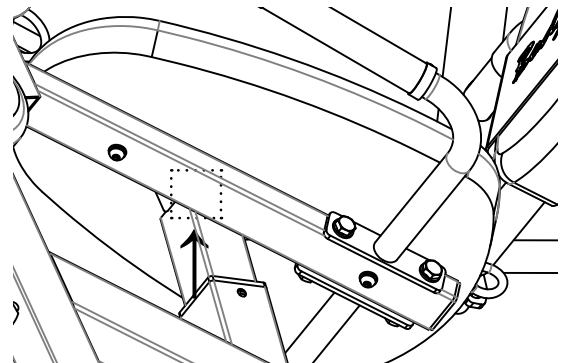
Read all "Notes" on each page before beginning each step.

While you may be able to assemble the **S1000** using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

**CAUTION:** Obtain assistance! If you feel like you can't assemble the **S1000** by yourself then do not attempt to do so as this could result in injury. Review the installation requirements before proceeding with the following steps.



Your S/N# can  
be found here

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

## S 1 0 0 0 P a r t s & H a r d w a r e L i s t

<b>Part#</b>	<b>Qty</b>	<b>Description</b>
A	1	STACK BASE FRAME
B	1	STACK UPRIGHT
C	1	STACK TOP FRAME
D	4	CORNER SHROUD
E	3	PLASTIC SHROUD
F	1	PLASTIC SHROUD FOR CABLE COLUMN
G	4	HANGER
AA	1	CABLE COLUMN BASE FRAME
AB	1	CABLE COLUMN UPRIGHT
AC	1	CABLE COLUMN SLIDING HANDLE
AD	1	CABLE COLUMN DOUBLE PULLEY BRACKET
AE	1	CABLE COLUMN TOP FRAME
AF	1	CABLE COLUMN BRACKET
AG	2	SHORT BAR
AH	2	PULLEY BRACKET
BA	1	LAT BASE FRAME
BB	1	ROUND TUBE
BC	1	ROUND BRACKET
BD	2	BRACKET, 127mmx50mm
BE	1	LAT CROSSMEMBER
BF	1	LEG HOLD DOWN
BG	1	LAT CHROME ADJUSTMENT PLATE
BH	1	LAT UPRIGHT
BJ	1	LAT TOP FRAME
BK	2	BRACKET, 180mmx48mm
BL	2	DOUBLE PULLEY BRACKET
BM	1	LAT BAR
CA	1	LEG PRESS BASE FRAME
CB	1	FRONT PIVOT FRAME
CC	1	REAR PIVOT FRAME
CD	1	LEG PRESS CROSSMEMBER
CE	1	FOOT PLATE MOUNTING FRAME
CF	1	LEG PRESS RIGHT HANDLE
CG	1	LEG PRESS LEFT HANDLE

## S 1 0 0 0 P a r t s & H a r d w a r e L i s t

<b>Part#</b>	<b>Qty</b>	<b>Description</b>
CH	1	FLOATING PULLEY
CJ	1	FOOT PLATE
CK	1	LEG PRESS ADJUSTMENT FRAME
DA	1	MULTI GYM BASE FRAME
DB	1	LEG EXTENSION FRAME
DC	1	FOAM ROLLER FRAME
DD	1	SEAT FRAME
DE	1	MULTI GYM LEFT HANDLE
DF	1	SEAT PLATE
DG	1	FOAM ROLLER TUBE
DH	1	UPRIGHT BRACKET
DK	1	MULTI GYM UPRIGHT
DL	1	BACK ADJUSTMENT FRAME
DM	1	BACK FRAME
DN	1	PRESS ARM
DP	1	CHROME ADJUSTMENT PLATE
DQ	1	MULTI GYM TOP FRAME
DS	1	MULTI GYM RIGHT HANDLE
DT	1	H FRAME

## S 1 0 0 0 P a r t s & H a r d w a r e L i s t

<b>Part#</b>	<b>Qty</b>	<b>Description</b>
1	2	SOCKET HEAD CAP SCREW, M6x16mm
2	4	SOCKET HEAD CAP SCREW, M8x20mm
3	4	SOCKET HEAD CAP SCREW, M10x50mm
4	8	BUTTON HEAD CAP SCREW, M6x12mm
5	41	BUTTON HEAD CAP SCREW, M8x20mm
6	4	BUTTON HEAD CAP SCREW, M8x40mm
7	2	BUTTON HEAD CAP SCREW, M8x65mm
8	2	HEX HEAD BOLT, M10x110mm
9	3	HEX HEAD BOLT, M10x100mm
10	4	HEX HEAD BOLT, M10x80mm
11	7	HEX HEAD BOLT, M10x75mm
12	8	HEX HEAD BOLT, M10x65mm
13	27	HEX HEAD BOLT, M10x50mm
14	3	HEX HEAD BOLT, M10x45mm
15	3	HEX HEAD BOLT, M10x40mm
16	6	HEX HEAD BOLT, M10x30mm
17	16	HEX HEAD BOLT, M12x25mm
18	18	HEX HEAD BOLT, M12x30mm
19	4	HEX HEAD BOLT, M12x40mm
20	2	HEX HEAD BOLT, M12x75mm
21	5	HEX HEAD BOLT, M12x80mm
22	4	HEX HEAD BOLT, M12x100mm
23	7	HEX HEAD BOLT, M12x110mm
24	54	SET SCREW, M5x3mm
25	4	SET SCREW, M8x5mm
26	8	SET SCREW, M8x8mm
27	3	SET SCREW, M4x10mm
28	2	FLAT HEAD CAP SCREW, M8x20mm
29	2	FLAT WASHER, M6
30	55	FLAT WASHER, M8
31	107	FLAT WASHER, M10
32	84	FLAT WASHER, M12
33	2	LARGE FLAT WASHER, M12
34	6	LARGE FLAT WASHER, M10

## S 1 0 0 0 P a r t s & H a r d w a r e L i s t

<b>Part#</b>	<b>Qty</b>	<b>Description</b>
35	2	LOCK WASHER, M6
36	39	LOCK WASHER, M8
37	10	LOCK WASHER, M10
38	22	LOCK WASHER, M12
39	8	CURVE WASHER, M8
40	4	CURVE WASHER, M10
41	5	HEX NUT, M10
42	10	HEX NUT, M12
43	38	NYLON LOCK NUT, M12
44	56	NYLON LOCK NUT, M10
45	14	NYLON LOCK NUT, M8
46	1	HEX HEAD BOLT, M8x45mm
47	1	HEX HEAD BOLT, M8x70mm
51	3	SPLIT BOLT
52	4	METAL BUSHING, $\varnothing 12.5 \times \varnothing 19.6 \times 10$ mm
53	4	PLASTIC BUSHING, 60x60mm
54	1	CABLE COLUMN CARRIAGE POP PIN
55	17	METAL END CAP, 25mm
56	2	HAND GRIP, $\varnothing 33 \times 80$ mm
57	33	PLASTIC PULLEY, $\varnothing 117$ mm
58	1	PLASTIC PULLEY, $\varnothing 90$ mm
59	2	ALUMINUM PULLEY, $\varnothing 90$ mm
60	4	CABLE BUMPER
61	4	ACCESSORY CONNECTOR
62	8	SNAP LINK
63	1	CABLE COLUMN CABLE, 7980mm
64	1	ANKLE STRAP
65	8	RUBBER DONUT
66	4	WEIGHT PLATE
67	4	WEIGHT STACK PIN
68	4	SELECTOR ROD
69	4	TOP PLATE
70	8	CHROME GUIDE ROD
71	8	SHAFT COLLAR
72	1	LAT SEAT PAD

## S 1 0 0 0 P a r t s & H a r d w a r e L i s t

<b>Part#</b>	<b>Qty</b>	<b>Description</b>
73	2	FOOT GRIP
74	12	PLASTIC RING
75	6	FOAM ROLLER
76	2	PLASTIC END CAP, 40x40mm
77	2	POP PIN, L 83mm
78	4	ROUND BUMPER,
79	2	PROTECTIVE SLEEVE FOR SHORT BAR
80	2	PROTECTIVE SLEEVE FOR LAT BAR
81	2	ADJUSTABLE BUMPER, ø59mm
82	1	LAT TOP CABLE, 3015mm
83	1	LAT LOW CABLE, 2450mm
84	1	CABLE CONNECTION TUBE, L 90mm
85	1	PLASTIC PULLEY, ø50mm
86	2	SPACER, ø12xø8.5x7mm
87	3	TOP BOLT
88	3	QUICK CABLE LOCK
89	2	STEEL CHAIN
90	2	LAT HAND GRIP
91	6	METAL BUSHING, ø25.4xø32x18mm
92	3	SHAFT, ø25.4x120mm
93	4	HAND GRIP, ø33x156mm
94	4	POP PIN, L 55mm
95	1	LEG PRESS SEAT PAD
96	1	LEG PRESS BACK PAD
97	1	LEG PRESS PAD WRAP
98	2	LONG PLASTIC BUSHING, 60x60mm
99	3	CABLE PIVOT CONNECTOR
100	2	PILLOW BLOCK (SPECIFICATION: UPC205)
101	4	METAL END RING, ø25mm
102	1	LEG PRESS TOP CABLE, 2560mm
103	1	LEG PRESS LOW CABLE, 4545mm
104	1	MULTI GYM TOP CABLE, 3800mm
105	1	MULTI GYM LOW CABLE, 4480mm

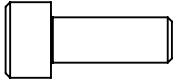


## S 1 0 0 0 P a r t s & H a r d w a r e L i s t

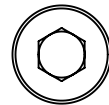
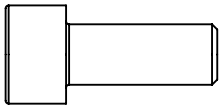
<b>Part#</b>	<b>Qty</b>	<b>Description</b>
106	2	METAL BUSHING, $\varnothing 10.5 \times \varnothing 16 \times 16.5$ mm
107	2	BEARING, (SPECIFICATION: 6201-2ZNR)
108	1	MULTI GYM BACK PAD
109	1	MULTI GYM SEAT PAD
110	2	METAL BUSHING, $\varnothing 13.2 \times \varnothing 18 \times 10$ mm
111	2	ADJUSTABLE BUMPER, $\varnothing 48$ mm
112	2	HAND GRIP, $\varnothing 33 \times 121$ mm
113	2	HAND GRIP, $\varnothing 33 \times 480$ mm
114	1	SHAFT, $\varnothing 20 \times 178$ mm
115	1	SHAFT, $\varnothing 17 \times 123$ mm
116	2	METAL BUSHING, $\varnothing 20 \times \varnothing 25 \times 23$ mm
117	2	HANDLE STRAP
118	2	BEARING (SPECIFICATION: 6003)
119	1	AB STRAP
120	2	SPACER, $\varnothing 16 \times \varnothing 10.5 \times 40$ mm
121	2	METAL END RING, $\varnothing 32$ mm
122	4	METAL END CAP, $\varnothing 32$ mm
123	1	MULTI GYM PAD WRAP
124	2	PLASTIC ROUND END CAP, $\varnothing 50$ mm

# S 1000 Hardware Illustration

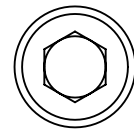
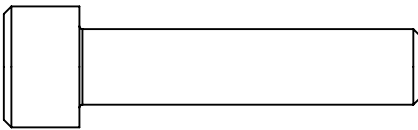
Part #1                      SOCKET HEAD CAP SCREW M6x16mm                      QTY. 2



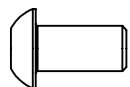
Part #2                      SOCKET HEAD CAP SCREW M6x16mm                      QTY. 4



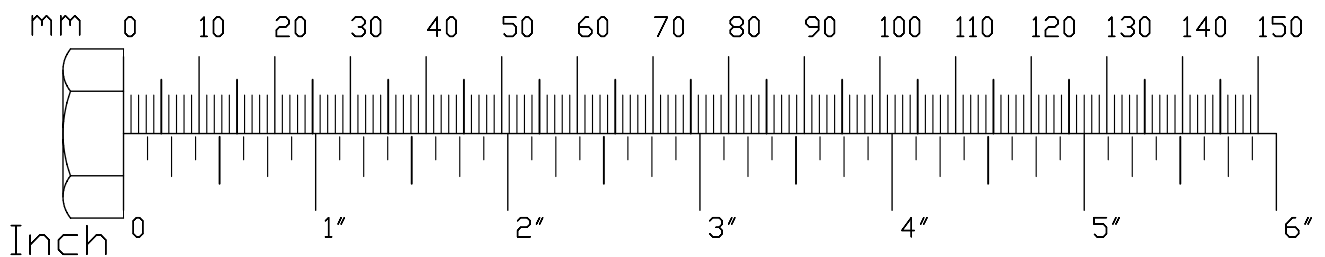
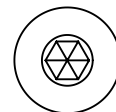
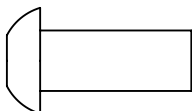
Part #3                      SOCKET HEAD CAP SCREW M10x50mm                      QTY. 4



Part #4                      BUTTON HEAD CAP SCREW M6x12mm                      QTY. 8

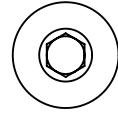
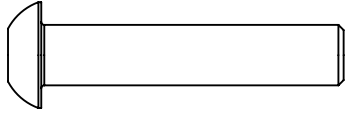


Part #5                      BUTTON HEAD CAP SCREW M8x20mm                      QTY. 41

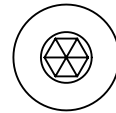
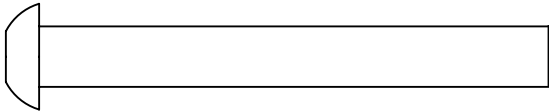


# S 1000 Hardware Illustration

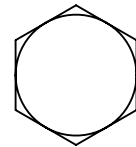
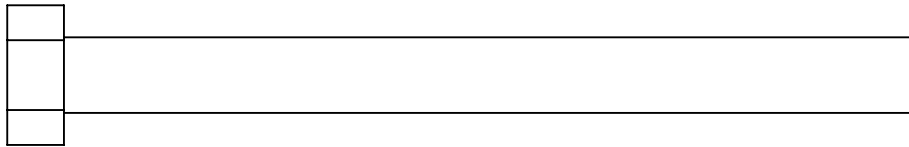
Part #6                      BUTTON HEAD CAP SCREW M8x40mm                      QTY. 4



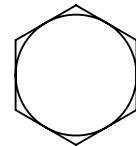
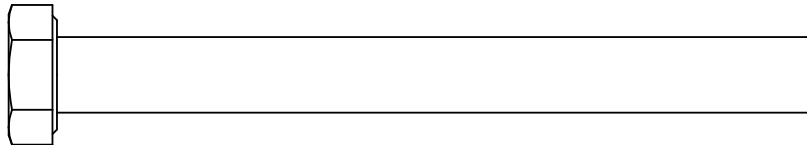
Part #7                      BUTTON HEAD CAP SCREW M8x65mm                      QTY. 2



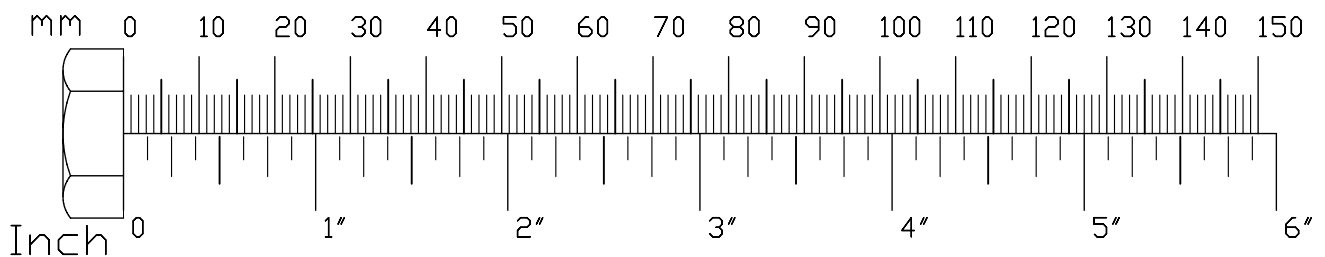
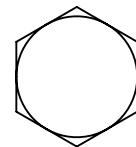
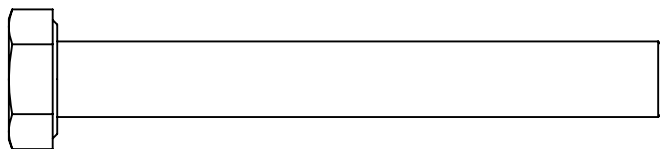
Part #8                      HEX HEAD BOLT M10x110mm                      QTY. 2



Part #9                      HEX HEAD BOLT M10x100mm                      QTY. 3



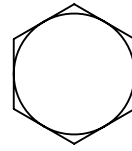
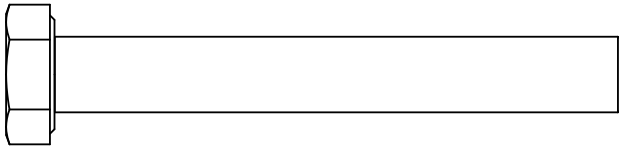
Part #10                      HEX HEAD BOLT M10x80mm                      QTY. 4



# S 1000 Hardware Illustration

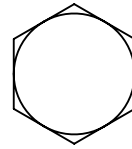
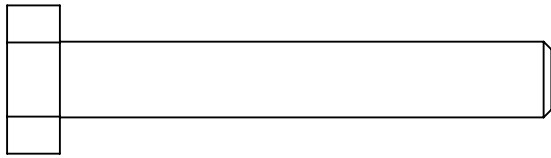
Part #11      HEX HEAD BOLT M10x75mm

QTY. 8



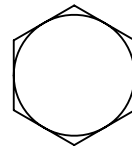
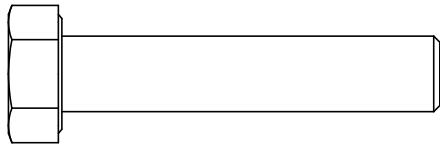
Part #12      HEX HEAD BOLT M10x65mm

QTY. 8



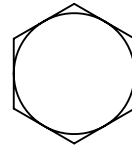
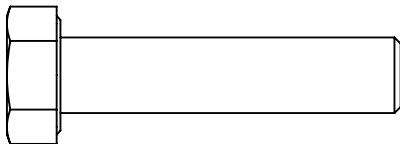
Part #13      HEX HEAD BOLT M10x50mm

QTY. 27



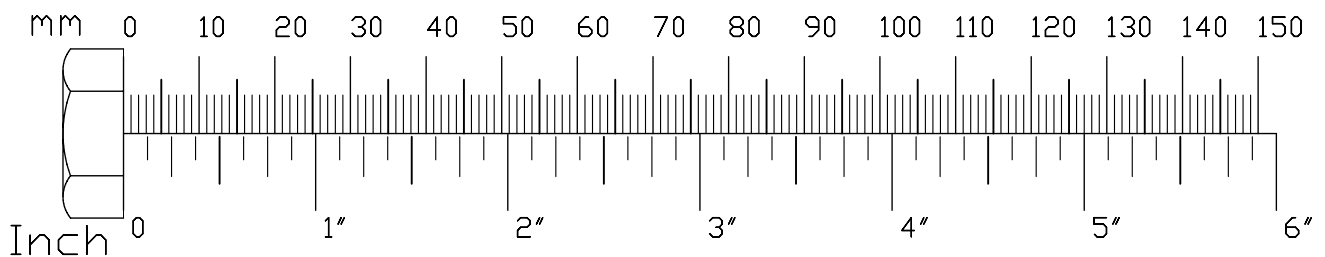
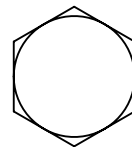
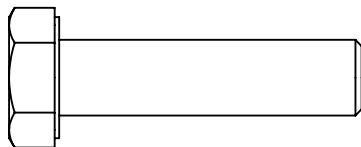
Part #14      HEX HEAD BOLT M10x45mm

QTY. 3



Part #15      HEX HEAD BOLT M10x40mm

QTY. 3

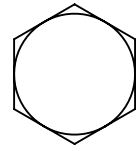
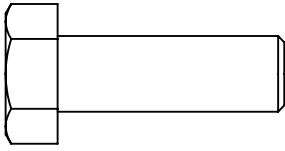


# S 1000 Hardware Illustration

Part #16

HEX HEAD BOLT M10x30mm

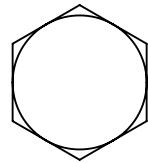
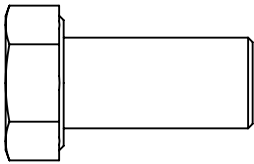
QTY. 6



Part #17

HEX HEAD BOLT M12x25mm

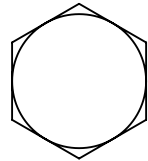
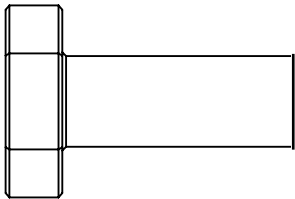
QTY. 4



Part #18

HEX HEAD BOLT M12x30mm

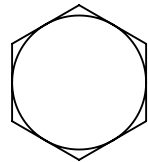
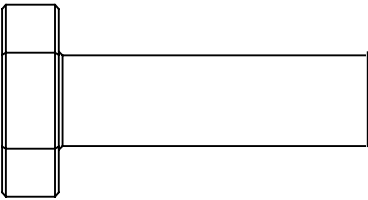
QTY. 4



Part #19

HEX HEAD BOLT M12x40mm

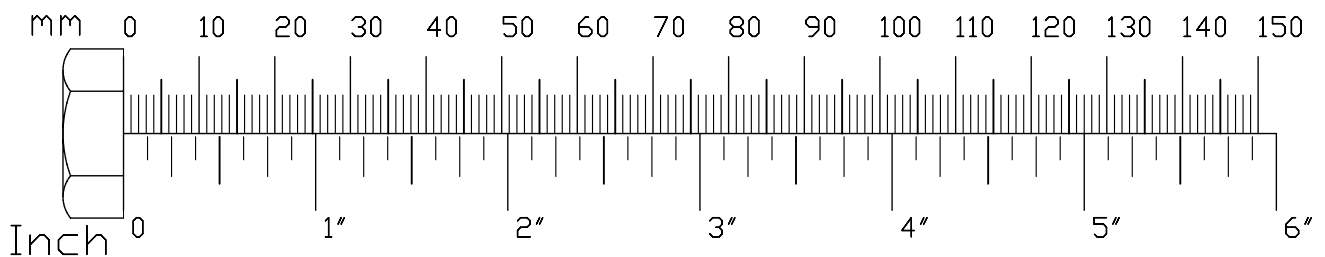
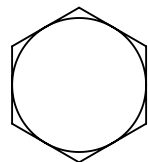
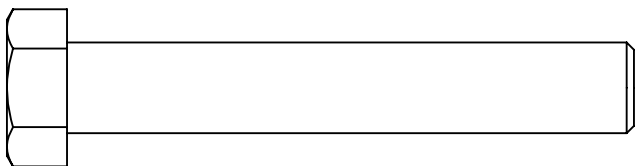
QTY. 8



Part #20

HEX HEAD BOLT M12x75mm

QTY. 41

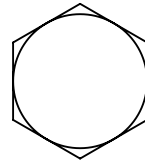
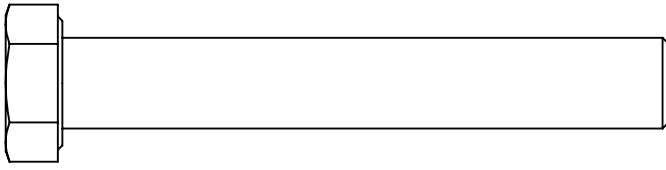


# S 1000 Hardware Illustration

Part #21

HEX HEAD BOLT M12x80mm

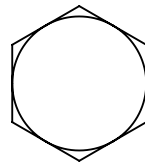
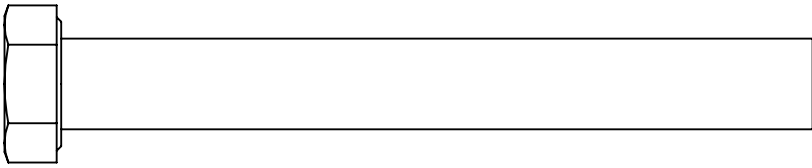
QTY. 5



Part #22

HEX HEAD BOLT M12x100mm

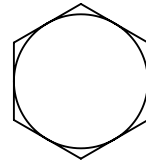
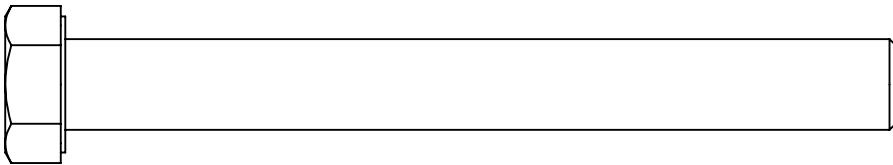
QTY. 4



Part #23

HEX HEAD BOLT M12x110mm

QTY. 7



Part #24

SET SCREW M5x3mm

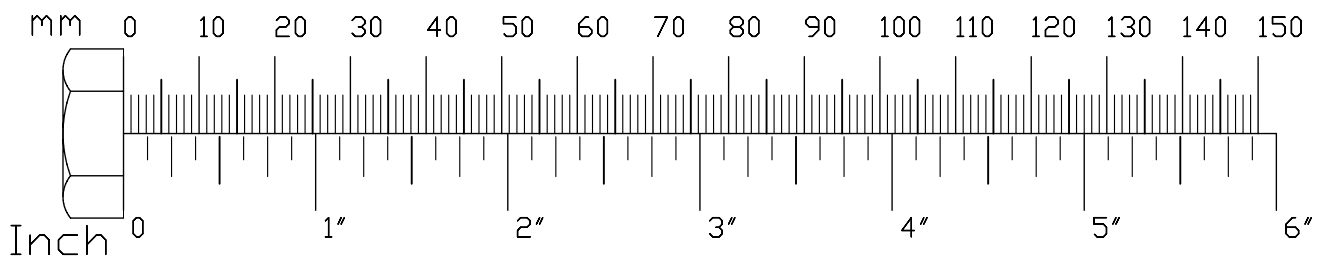
QTY. 54



Part #25

SET SCREW M8x5mm

QTY. 4





# S 1000 Hardware Illustration

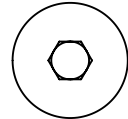
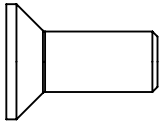
Part #26 SET SCREW M8x8mm QTY. 8



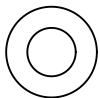
Part #27 SET SCREW M4x10mm QTY. 3



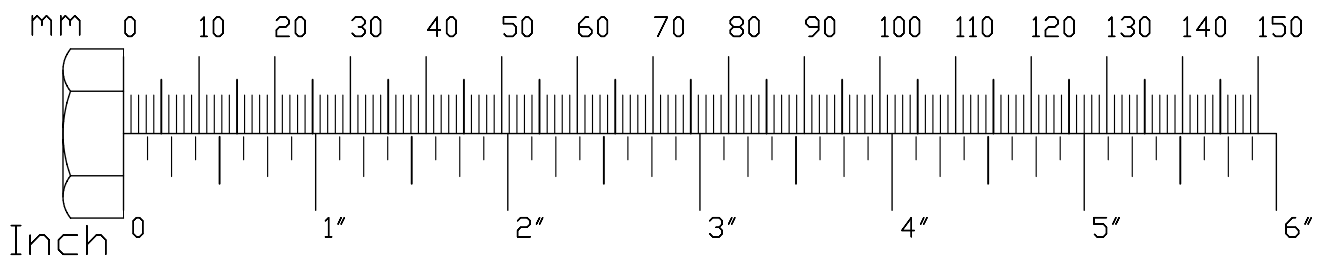
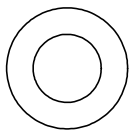
Part #28 FLAT HEAD CAP SCREW M8x20mm QTY. 2



Part #29 FLAT WASHER M6 QTY. 2



Part #30 FLAT WASHER M8 QTY. 53

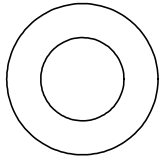


# S 1000 Hardware Illustration

Part #31

FLAT WASHER M10

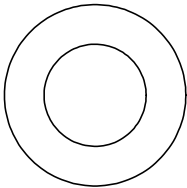
QTY. 109



Part #32

FLAT WASHER M12

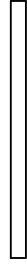
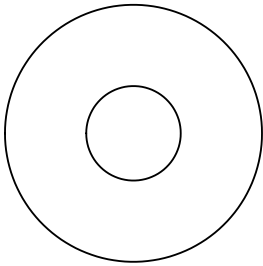
QTY. 84



Part #33

LARGE FLAT WASHER M12

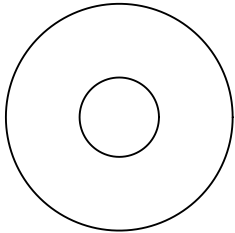
QTY. 2



Part #34

LARGE FLAT WASHER M10

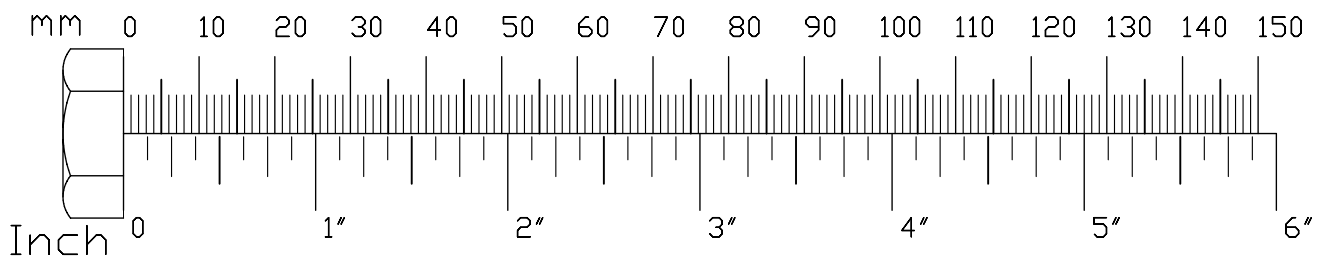
QTY. 6



Part #35

LOCK WASHER M6

QTY. 39

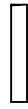
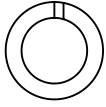


# S 1000 Hardware Illustration

Part #36

LOCK WASHER M8

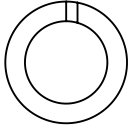
QTY. 39



Part #37

LOCK WASHER M10

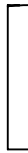
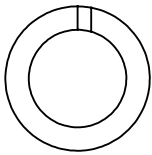
QTY. 3



Part #38

LOCK WASHER M12

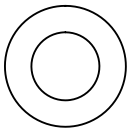
QTY. 22



Part #39

CURVE WASHER M8

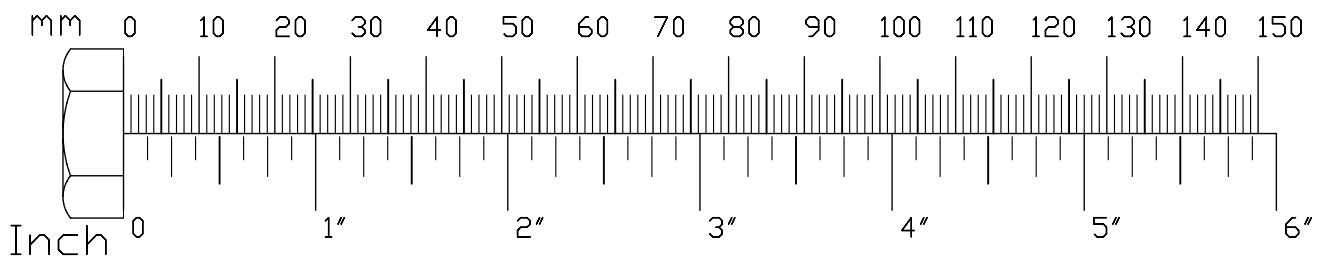
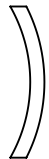
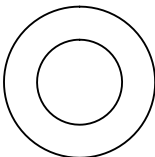
QTY. 8



Part #40

CURVE WASHER M10

QTY. 4

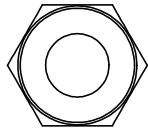


# S 1000 Hardware Illustration

Part #41

HEX NUT M10

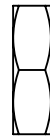
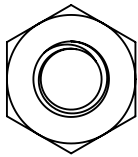
QTY. 5



Part #42

HEX NUT M12

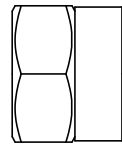
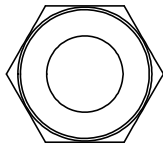
QTY. 10



Part #43

NYLON LOCK NUT, M12

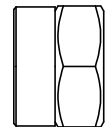
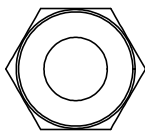
QTY. 38



Part #44

NYLON LOCK NUT, M10

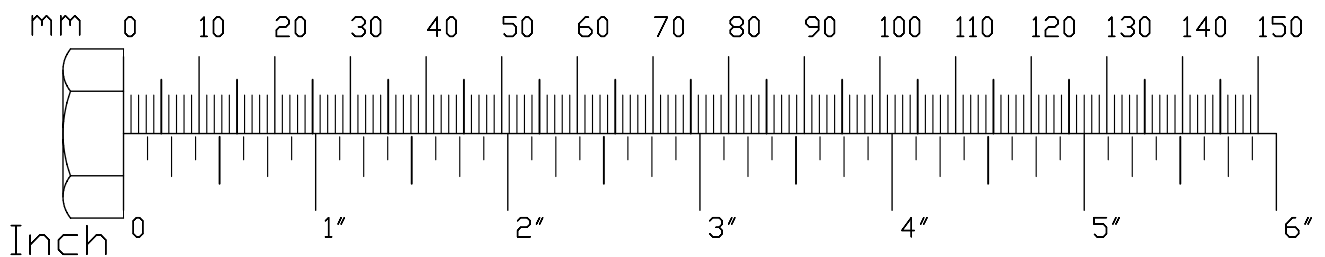
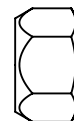
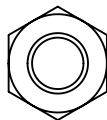
QTY. 57



Part #45

NYLON LOCK NUT, M8

QTY. 13

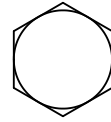
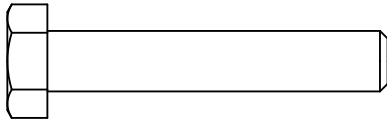


# S 1000 Hardware Illustration

Part #46

HEX HEAD BOLT, M8x45mm

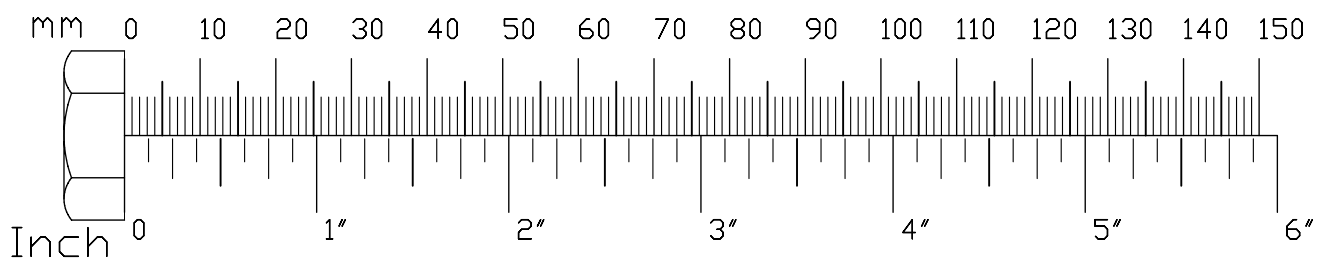
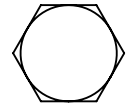
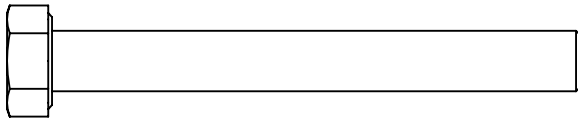
QTY. 1



Part #47

HEX HEAD BOLT, M8x70mm

QTY. 1



## STEP

# 1

**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 1B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

**1A.** Attach Stack Base Frame **(A)** to Stack Uprights **(B)** using:

**8 - (#17) M12x25mm Hex Head Bolt**

**8 - (#32) M12 Flat Washer**

**8 - (#38) M12 Lock Washer**

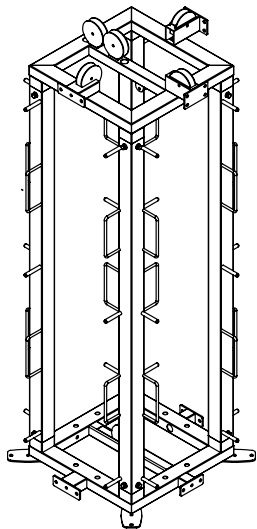
**1B.** Attach Stack Top Frame **(C)** to Stack Uprights **(B)** using:

**8 - (#17) M12x25mm Hex Head Bolt**

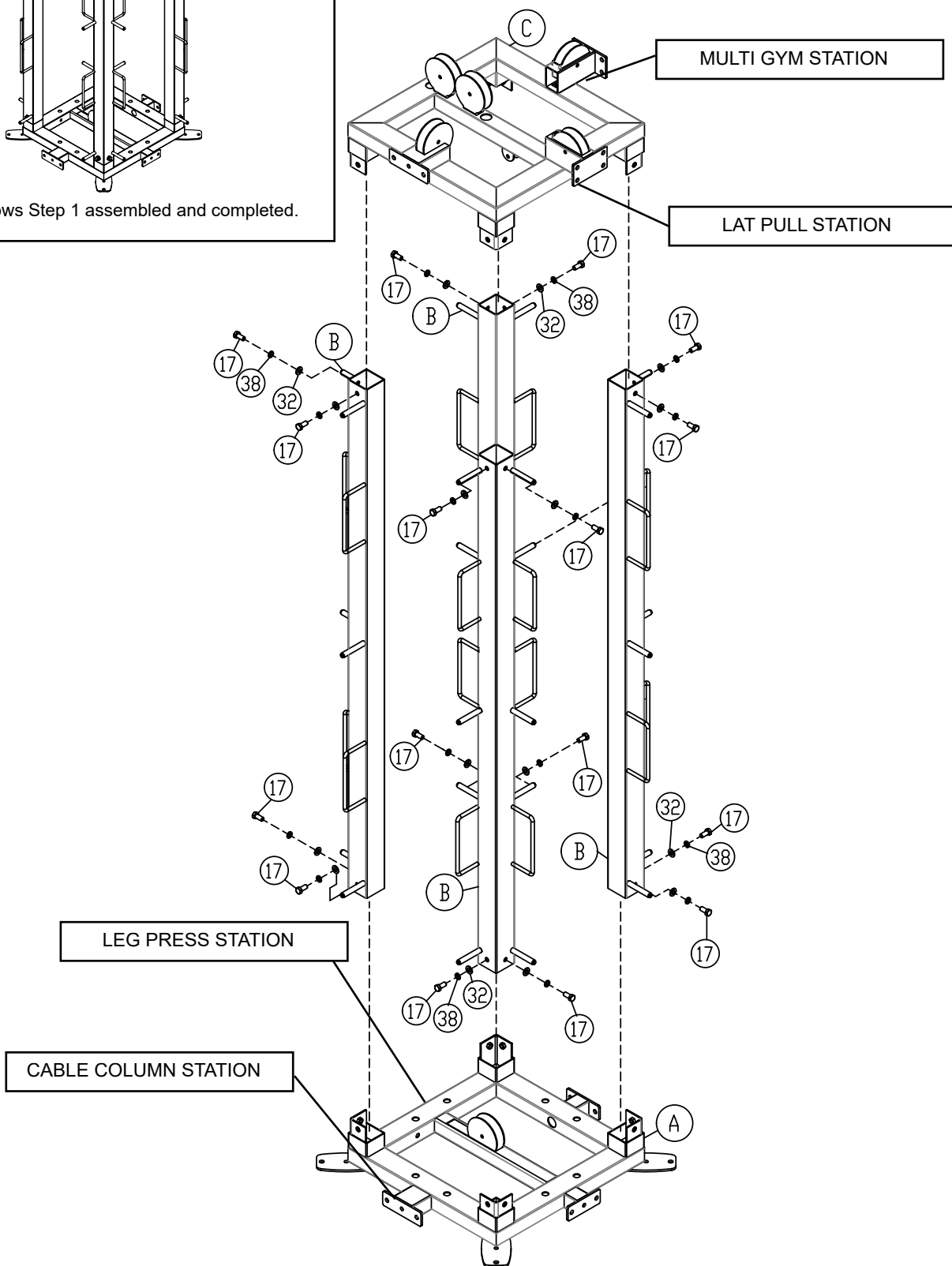
**8 - (#32) M12 Flat Washer**

**8 - (#38) M12 Lock Washer**





Above shows Step 1 assembled and completed.



**STEP****2**

**Be careful to assemble all components in the sequence they are presented.**

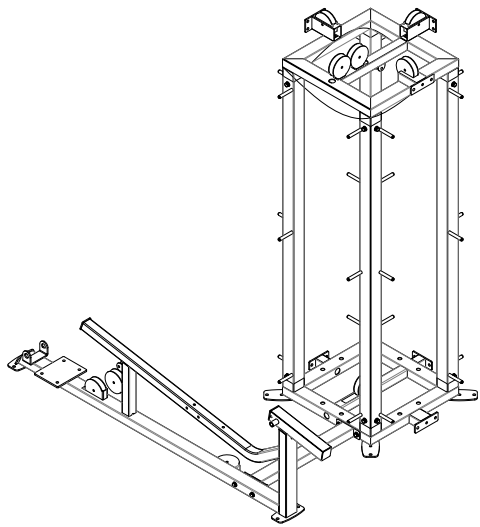
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 2B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

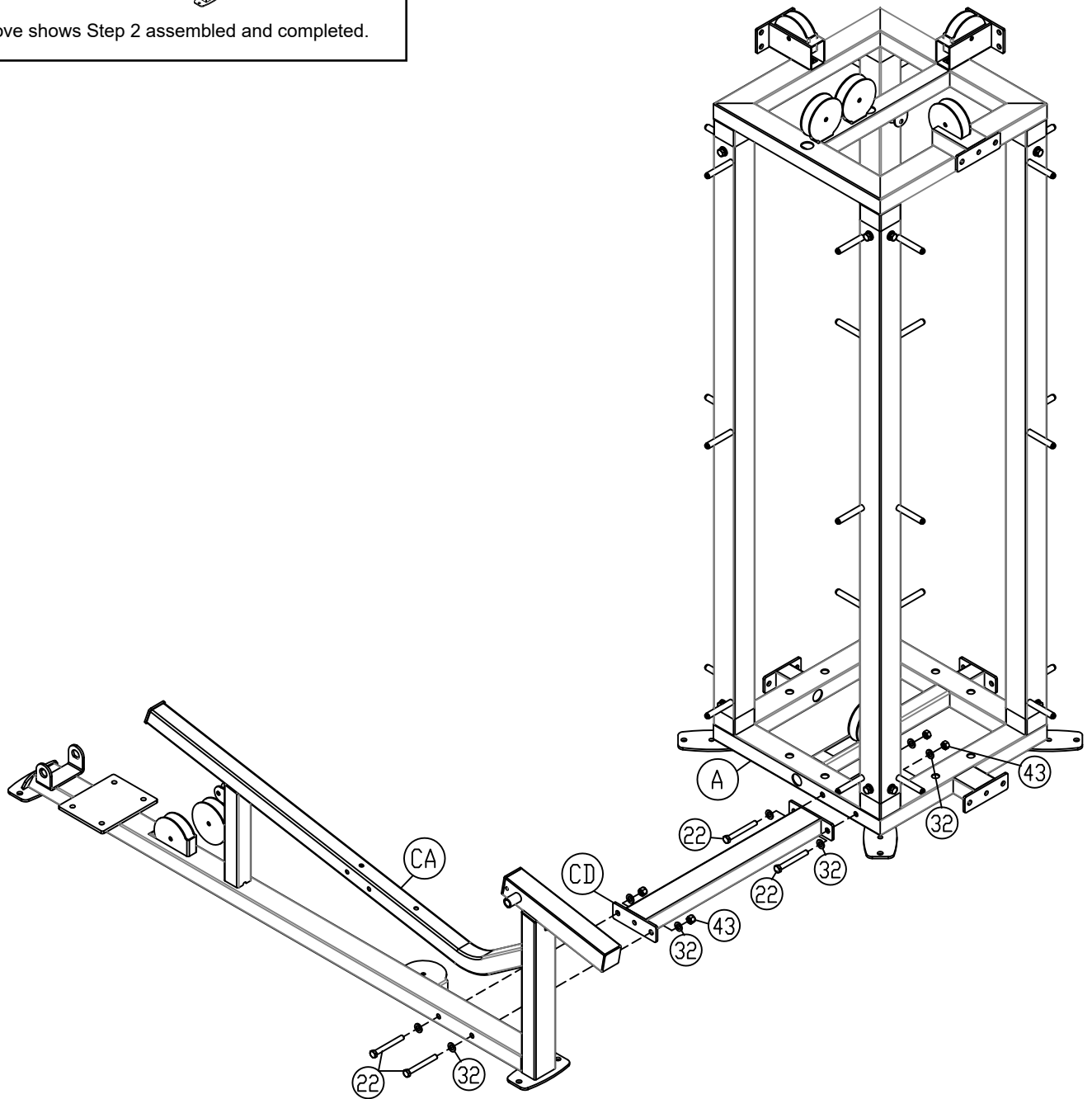
### **LEG PRESS STATION ASSEMBLY**

- 2A.** Attach Leg Press Crossmember **(CD)** to Stack Base Frames **(A)** using:
- 2 - (#22) M12x100mm Hex Head Bolt**
  - 4 - (#32) M12 Washer**
  - 2 - (#43) M12 Nylon Lock Nut**
- 2B.** Attach Leg Press Crossmember **(CD)** to Leg Press Base Frames **(CA)** using:
- 2 - (#22) M12x100mm Hex Head Bolt**
  - 4 - (#32) M12 Washer**
  - 2 - (#43) M12 Nylon Lock Nut**

**STEP**  
**2**



Above shows Step 2 assembled and completed.



**STEP****3**

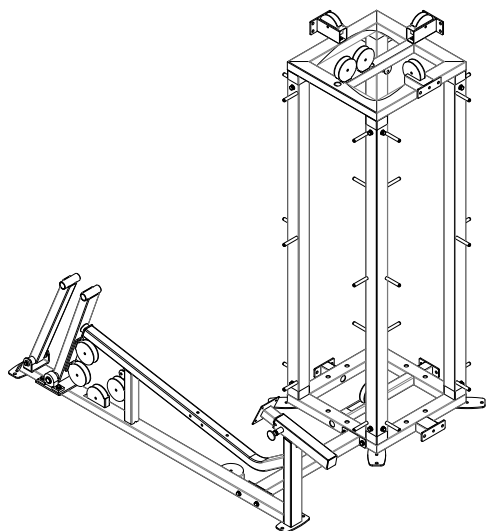
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

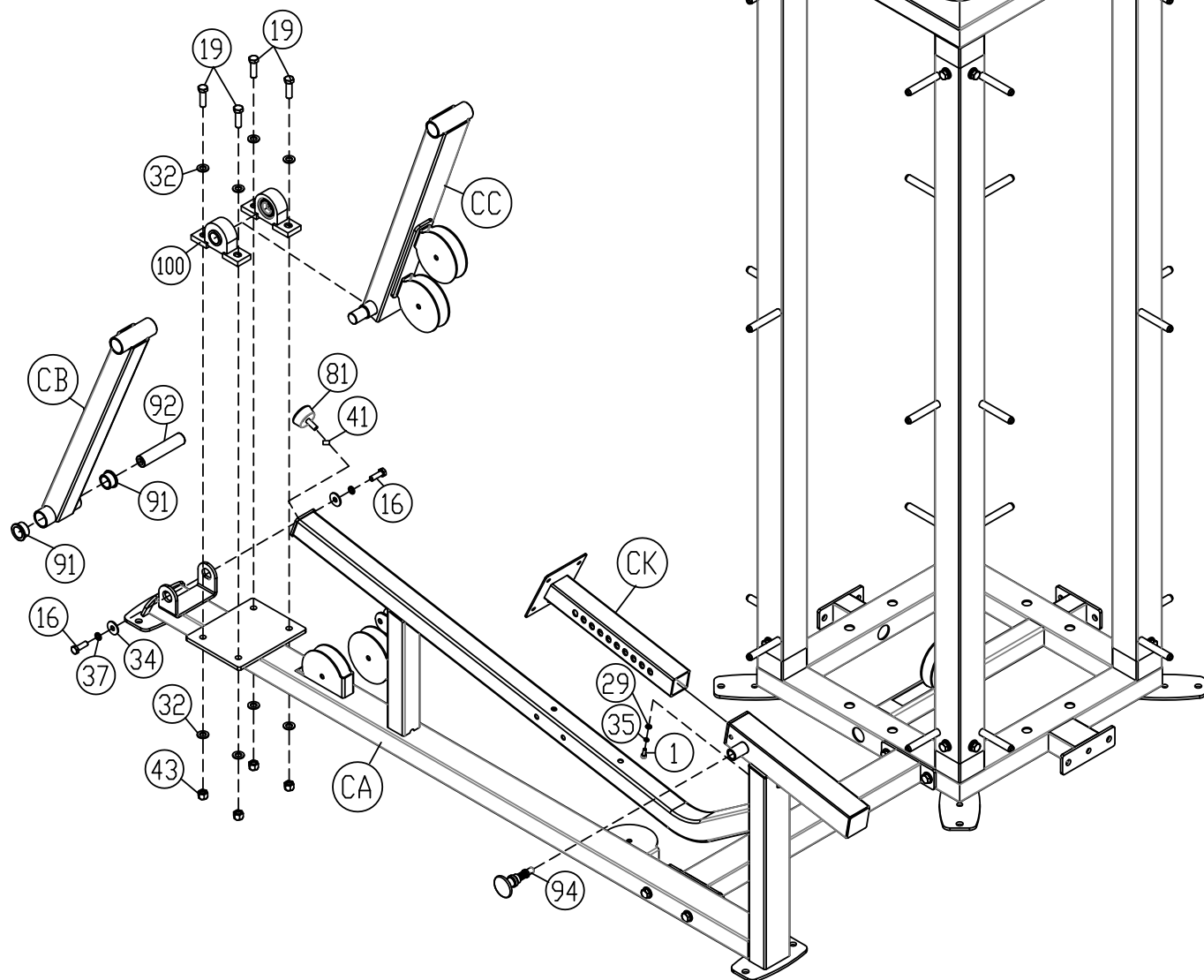
**Finger tighten all hardware in this step. DO NOT wrench tighten until instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.**

**LEG PRESS STATION ASSEMBLY**

- 3A.** Attach Front Leg Frame B (**CC**) to Leg Press Base Frames (**CA**) using:
  - 2 - (#19) M12x40mm Hex Head Bolt
  - 4 - (#32) M12 Washer
  - 2 - (#43) M12 Nylon Lock Nut
  - 2 - (#100) Pillow Block
  
- 3B.** Attach Front Leg Frame A (**CB**) to Leg Press Base Frames (**CA**) using:
  - 2 - (#16) M10x30mm Hex Head Bolt
  - 2 - (#37) M10 Lock Washer
  - 2 - (#34) M10 Flat Washer
  - 2 - (#91) Metal Bushing
  - 1 - (#92) Shaft
  
- 3C.** Attach Adjustable Bumper (#81) with M10 Hex Nut (#41) to Leg Press Base Frames (**CA**).
  
- 3D.** Insert Leg Press Adjustment Frame (**CK**) into Leg Press Base Frames (**CA**) and screw in the M6x16mm Socket Head Cap Screw (#1) with M6 Lock Washer (#35) and M6 Flat Washer (#29) into Leg Press Base Frame (**CA**).
  
- 3E.** Screw Pop Pin (#94) into Leg Press Base Frames (**CA**).



Above shows Step 3 assembled and completed.



**STEP****4**

**Be careful to assemble all components in the sequence they are presented.**

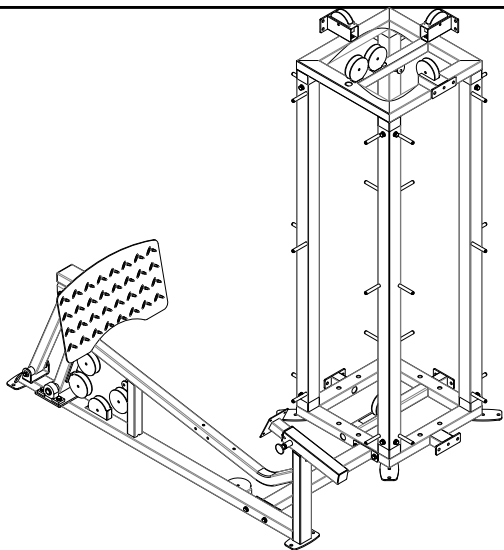
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 4B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

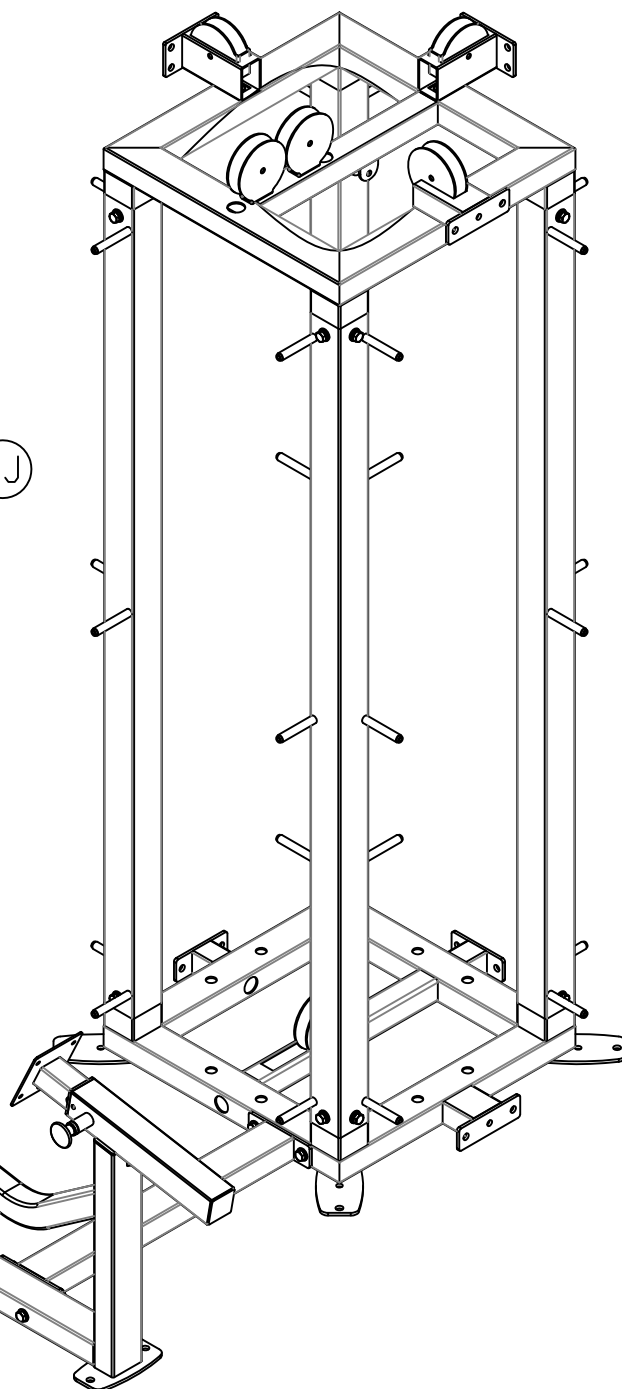
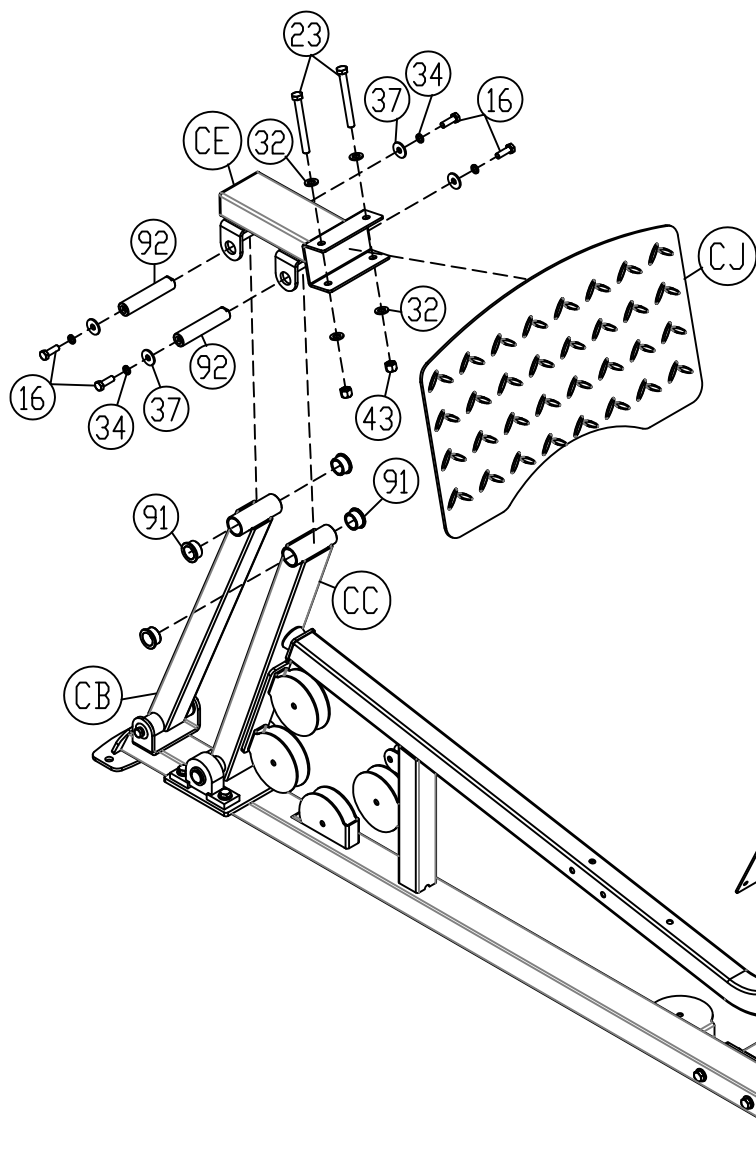
**LEG PRESS STATION ASSEMBLY**

- 4A.** Attach Foot Plate Mounting Frame (**CE**) to Front & Rear Pivot Frames (**CB & CC**) using:
- 4 - (#16) M10x30mm Hex Head Bolt**
  - 4 - (#34) M10 Lock Washer**
  - 4 - (#37) M10 Large Washer**
  - 4 - (#91) Metal Bushing**
  - 2 - (#92) Shaft**
- 4B.** Attach Foot Plate (**CJ**) to Foot Plate Mounting Frame (**CE**) using:
- 2 - (#23) M12x110mm Hex Head Bolt**
  - 4 - (#32) M12 Washer**
  - 2 - (#43) M12 Nylon Lock Nut**





Above shows Step 4 assembled and completed.



**STEP****5**

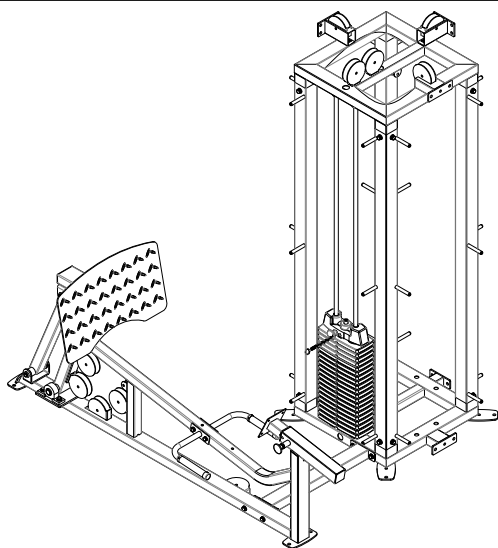
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

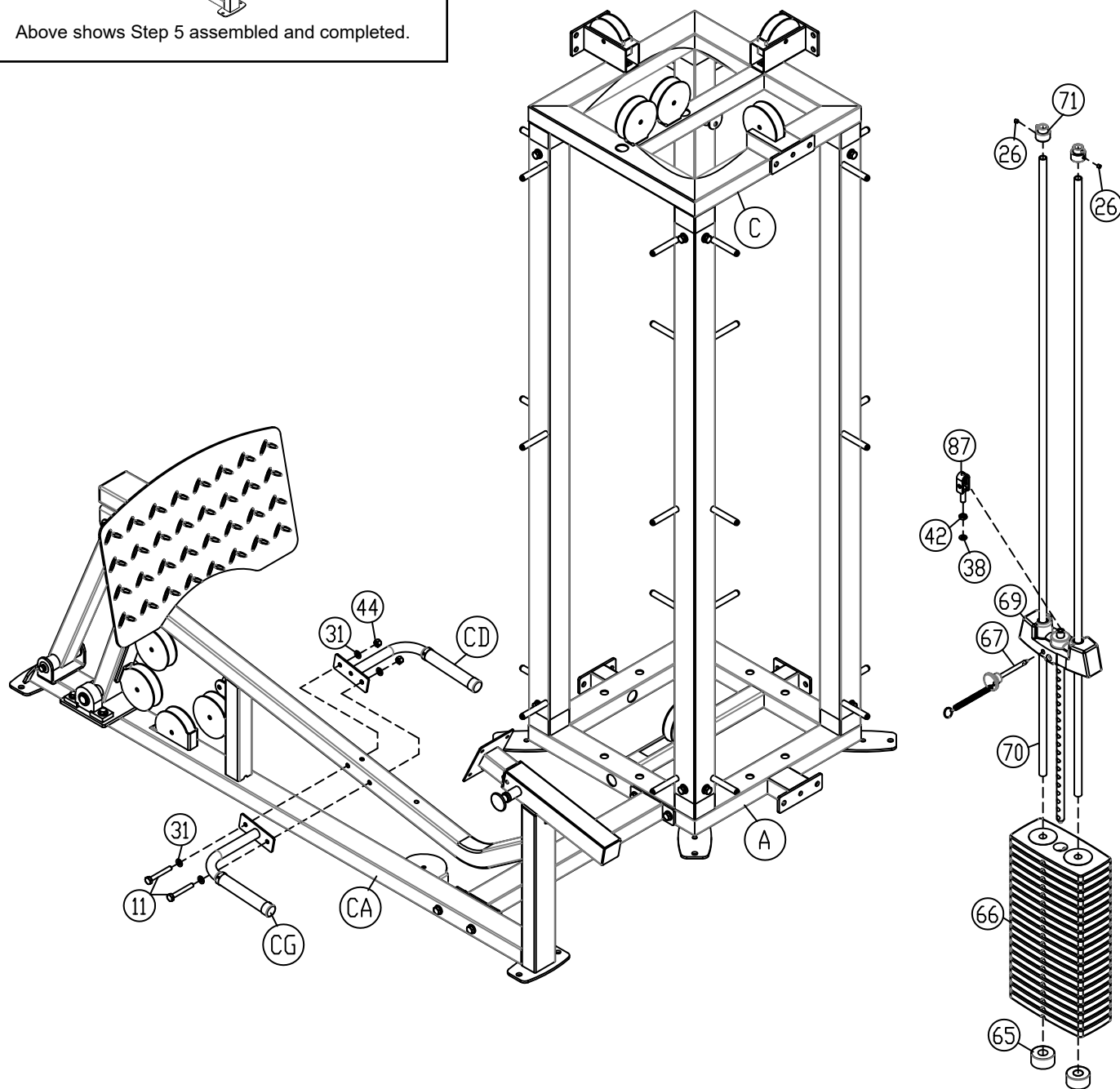
**Wrench tighten ALL hardware at the end of STEP 5J. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

**LEG PRESS STATION ASSEMBLY**

- 5A.** Attach Handles (**CD & CG**) to Leg Press Base Frame (**CA**) using:  
2 - (**#11**) M10x75mm Hex Head Bolt  
4 - (**#31**) M10 Washer  
2 - (**#44**) M10 Nylon Lock Nut
- 5B.** Install Chrome Guide Rods (**#70**) into the holes of the Stack Base Frame (**A**).
- 5C.** Install Rubber Donuts (**#65**) and slide to the bottom of the Guide Rods
- 5D.** Tilt Guide Rods (**#70**) away from the Stack Base Frame (**A**) and install 20pcs of weight plates. Be careful to hold guide rods steadily when installing weight plates.
- 5E.** Install Top Plate & Selector Rod Assembly (**#69**) onto the Guide Rods (**#70**) .
- 5F.** Install Shaft Collars (**#71**) onto the Guide Rods (**#70**)
- 5G.** Slide Shaft Collars (**#71**) upward so they lock the guide rods into position by tightening the M8x8mm Set Screws (**#26**).
- 5H.** Install Weight Stack Pin (**#67**) by using the key ring end through the Top Bolt (**#87**).
- 5J.** Install M12 Hex Nut (**#42**), M12 Lock Washer (**#38**) and Top Bolt (**#87**) onto the Selector Rod (**#69**) and secure the Top Bolt (**#87**) by wrench tightening the M12 Hex Nut (**#42**).



Above shows Step 5 assembled and completed.



**STEP****6**

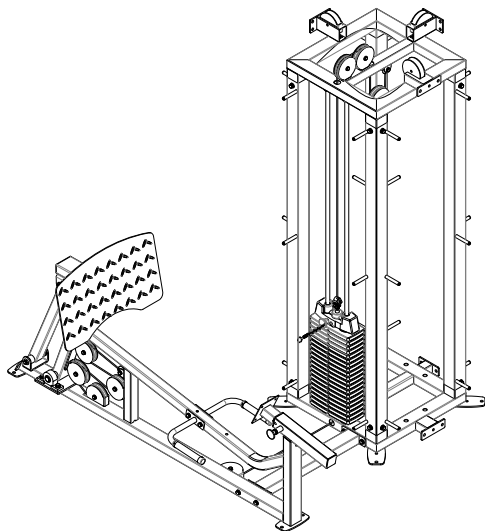
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

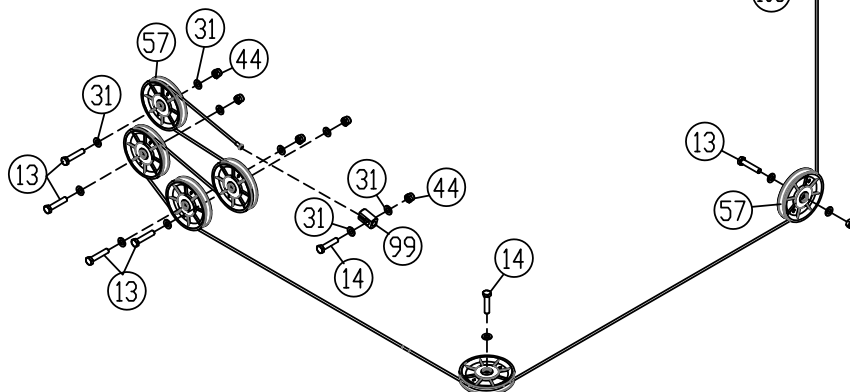
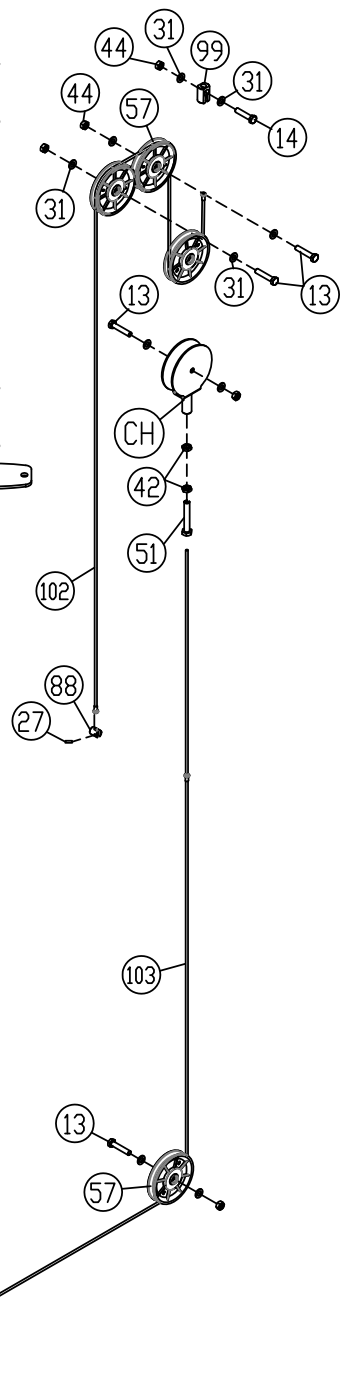
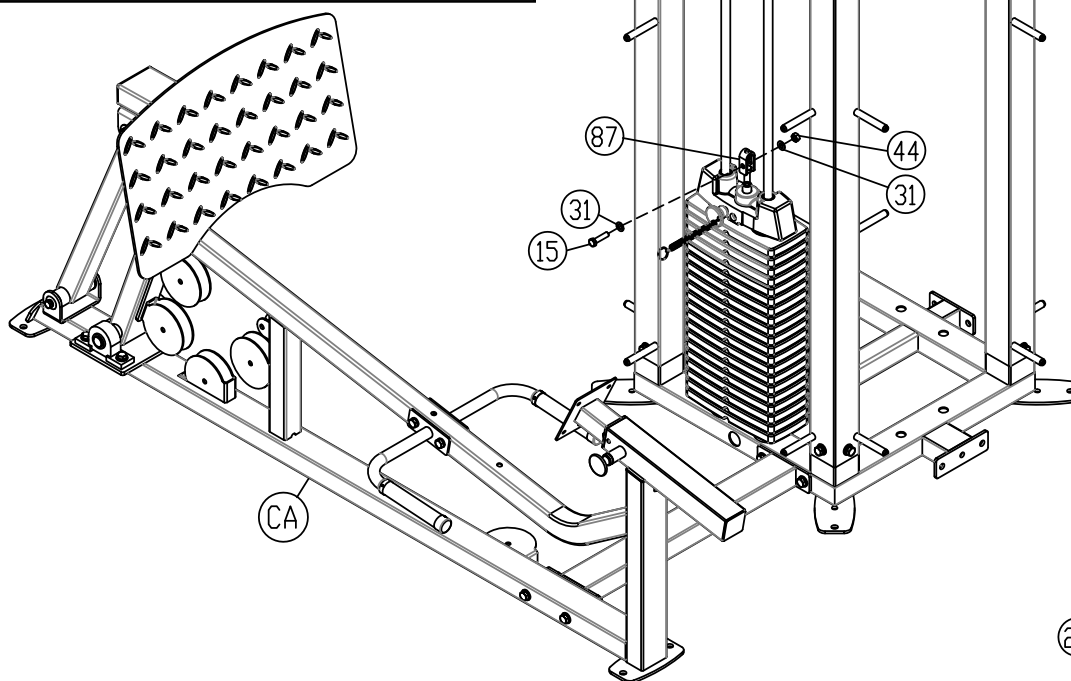
**Wrench tighten ALL hardware at the end of STEP 6M. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

**LEG PRESS STATION ASSEMBLY**

- 6C.** Install Top Cable (#102) by first assembling one end of the Cable into the Top Bolt (#87) and attaching to Quick Cable Lock (#88). Secure it by tightening the M4x10mm Set Screw (#27).
- 6D.** Install the M10x40mm Hex Head Bolt (#15) with M10 Washers (#31) through the Slot hole of the Top Bolt (#87) by tightening M10 Nylon Lock Nut (#44).
- 5E.** Route Cable (#102) while installing Three  $\varnothing$ 117mm Pulleys (#57) on machine as shown in STEP 6 drawing using:  
**3 - (#13) M10x50mm Hex Head Bolt**  
**6 - (#31) M10 Washer**  
**3 - (#44) M10 Nylon Lock Nut**  
**1 - (CH) Floating Pulley**
- 6F.** Insert the other end of the Cable (#102) into Cable Pivot Connector (#99).
- 6G.** Attach Cable Pivot Connector (#99) to Stack Top Frame (C) using:  
**1 - (#14) M10x45mm Hex Head Bolt**  
**2 - (#31) M10 Washer**  
**1 - (#44) M10 Nylon Lock Nut**
- 6H.** Attach Split Bolt (#51) to one end of Low Cable (#103)
- 6J.** Screw in Split Bolt (#51) into Floating Pulley (CH) and secure the Split Bolt (#51) by wrench tightening the two M12 Hex Nuts (#42)
- 6K.** Route Low Cable (#103) while installing six  $\varnothing$ 117mm Pulleys (#57) on machine as shown in STEP 6 drawing using:  
**5 - (#13) M10x50mm Hex Head Bolt**  
**1 - (#14) M10x45mm Hex Head Bolt**  
**11 - (#31) M10 Washer**  
**5 - (#44) M10 Nylon Lock Nut**
- 6L.** Insert the other end of the Low Cable (#103) into Cable Pivot Connector (#99)
- 6M.** Attach Cable Pivot Connector (#99) to Leg Press Base Frame (CA) using:  
**1 - (#14) M10x45mm Hex Head Bolt**  
**2 - (#31) M10 Washer**  
**1 - (#44) M10 Nylon Lock Nut**



Above shows Step 6 assembled and completed.



**STEP****7**

**Be careful to assemble all components in the sequence they are presented.**

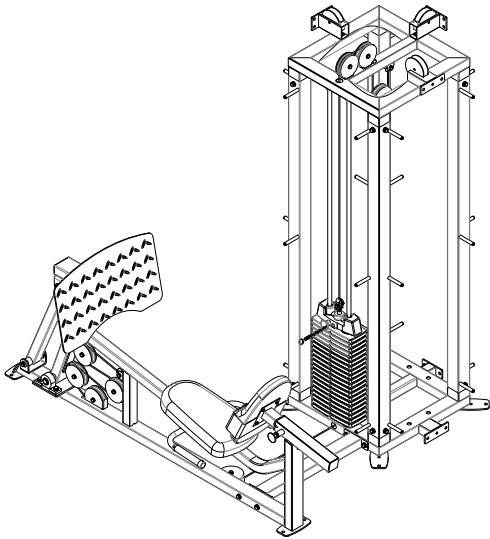
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 7B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

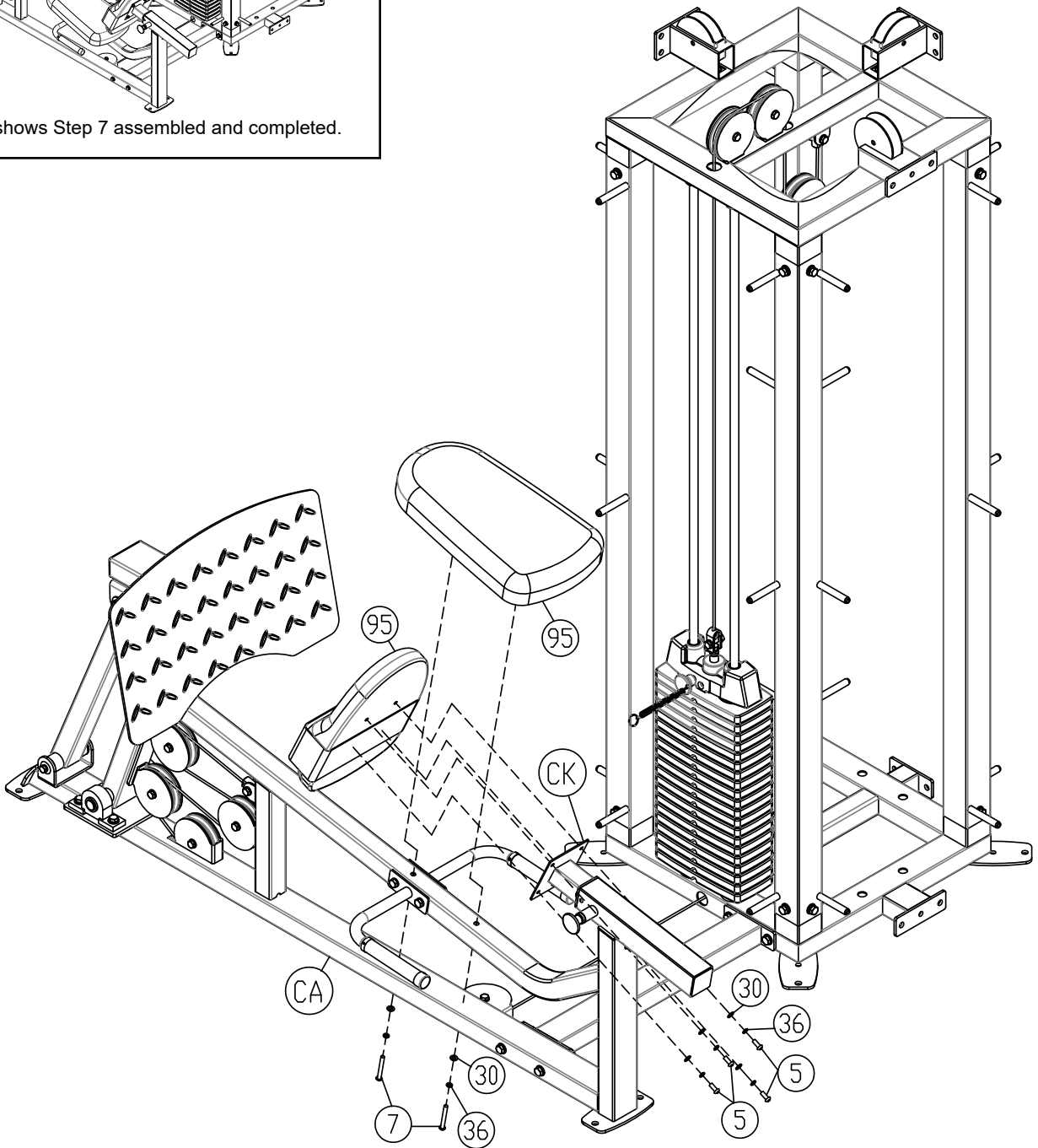
### **LEG PRESS STATION ASSEMBLY**

- 7A.** Attach Seat Pad (**#95**) to Leg Press Base Frame (**CA**) using:
- 2 - (#7) M8x65mm Button Head Cap Screw**
  - 2 - (#30) M8 Flat Washer**
  - 2 - (#36) M8 Lock Washer**
- 7B.** Attach Back Pad (**#96**) to Leg Press Adjustment Frame (**CK**) using:
- 4 - (#5) M8x20mm Button Head Cap Screw**
  - 4 - (#30) M8 Flat Washer**
  - 4 - (#36) M8 Lock Washer**

**STEP**  
**7**



Above shows Step 7 assembled and completed.



**STEP****8**

**Be careful to assemble all components in the sequence they are presented.**

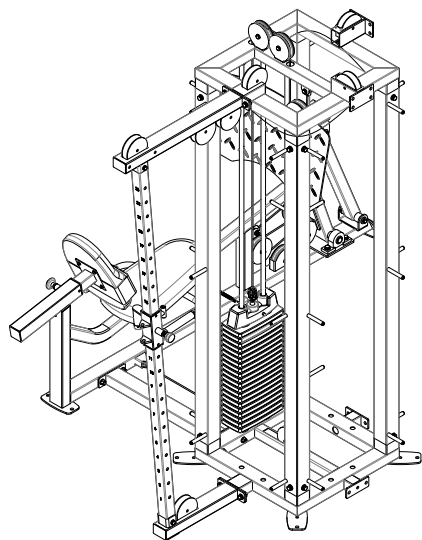
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 8E. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

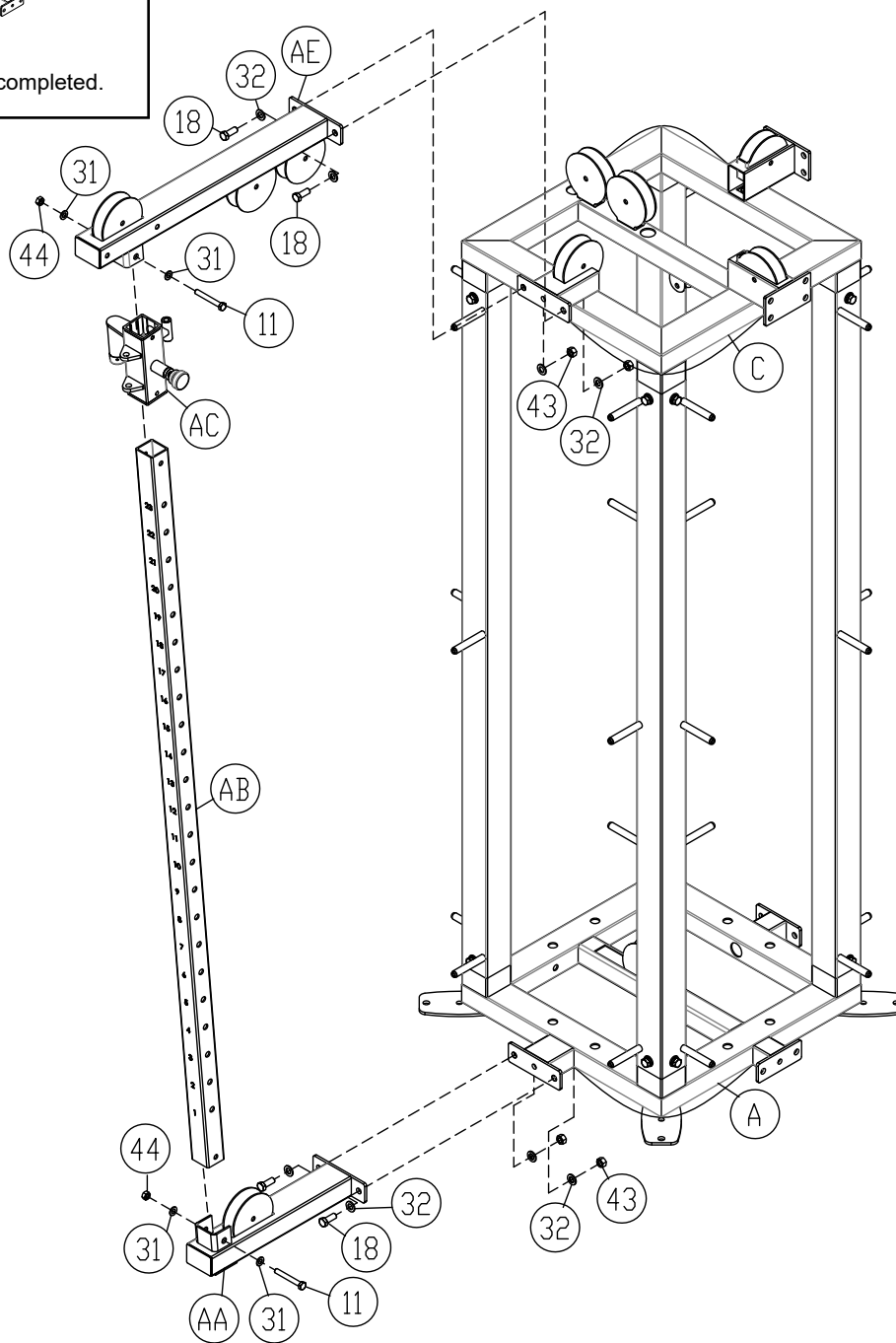
**CABLE COLUMN STATION ASSEMBLY**

- 8A.** Attach Cable Column Base Frame (**AA**) to Stack Base Frames (**A**) using:  
2 - (#18) M12x30mm Hex Head Bolt  
4 - (#32) M12 Washer  
2 - (#43) M12 Nylon Lock Nut
- 8B.** Attach Cable Column Base Frame (**AA**) to Cable Column Upright (**AB**) using:  
1 - (#11) M10x75mm Hex Head Bolt  
2 - (#31) M10 Washer  
1 - (#44) M10 Nylon Lock Nut
- 8C.** Insert Cable Column Sliding Handle (**AC**) onto Cable Column Upright (**D**).
- 8D.** Attach Cable Column Top Frame (**AE**) to Stack Top Frames (**C**) using:  
2 - (#18) M12x30mm Hex Head Bolt  
4 - (#32) M12 Washer  
2 - (#43) M12 Nylon Lock Nut
- 8E.** Attach Cable Column Top Frame (**AE**) to Cable Column Upright (**AB**) using:  
1 - (#11) M10x75mm Hex Head Bolt  
2 - (#31) M10 Washer  
1 - (#44) M10 Nylon Lock Nut





Above shows Step 8 assembled and completed.



**STEP****9**

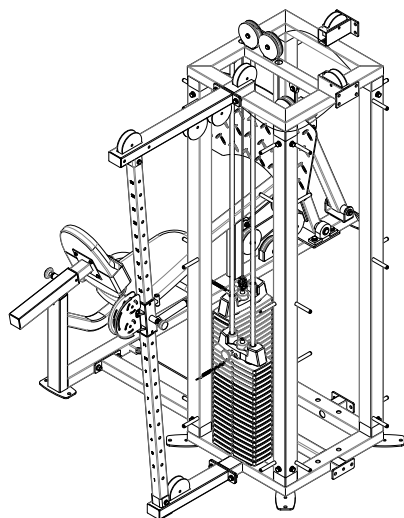
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

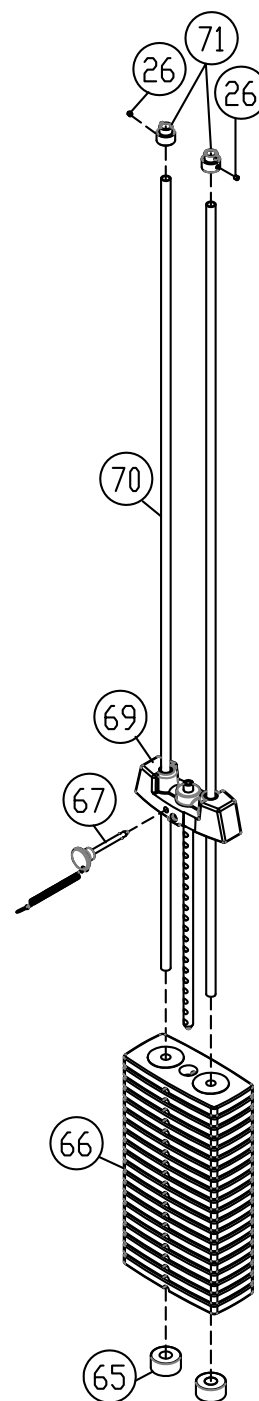
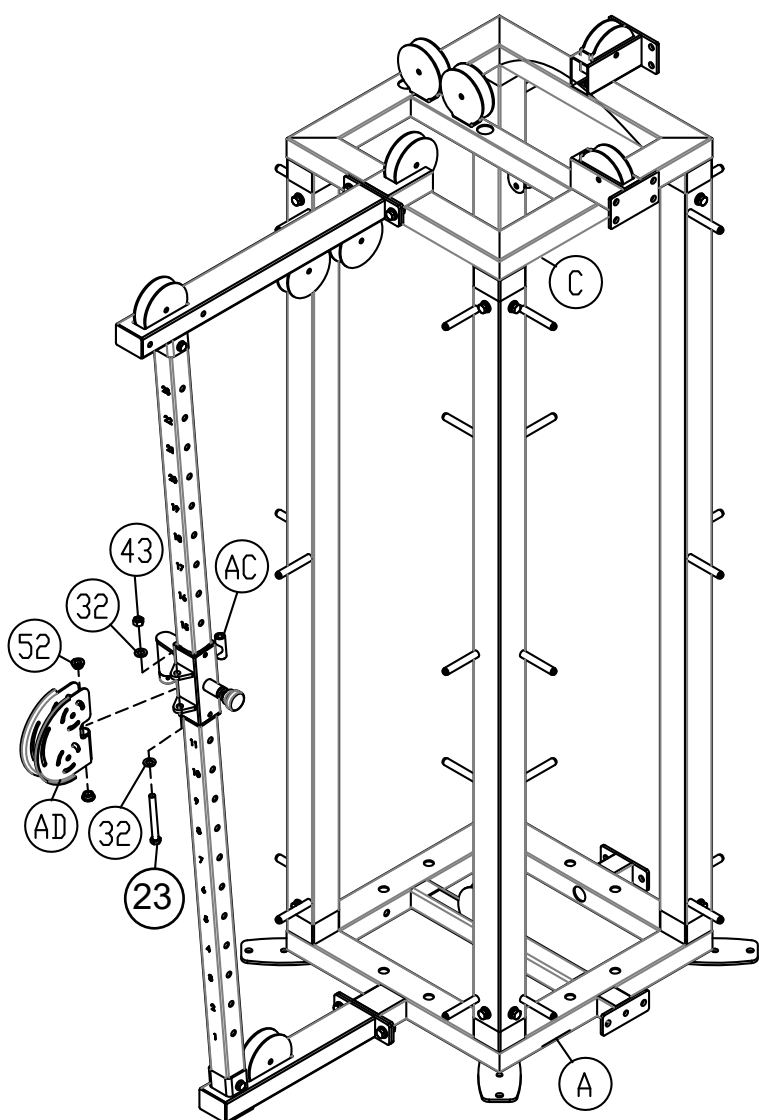
**Wrench tighten ALL hardware at the end of STEP 9G. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

**CABLE COLUMN STATION ASSEMBLY**

- 9A.** Attach Double Pulley Bracket (**AD**) to Sliding Handle (**AC**) using:
- 1 - (**#23**) M12x110mm Hex Head Bolt
  - 2 - (**#32**) M10 Washer
  - 1 - (**#43**) M10 Nylon Lock Nut
  - 2 - (**#52**) Metal Bushing
- 9B.** Install Chrome Guide Rods (**#70**) into the holes of the Stack Base Frame (**A**).
- 9C.** Install Rubber Donuts (**#65**) and slide to the bottom of the Guide Rods
- 9D.** Tilt Guide Rods (**#70**) away from the Stack Base Frame (**A**) and install 20pcs of weight plates. Be careful to hold guide rods steadily when installing weight plates.
- 9E.** Install Top Plate & Selector Rod Assembly (**#69**) onto the Guide Rods (**#70**).
- 9F.** Install Shaft Collars (**#71**) onto the Guide Rods (**#70**)
- 9G.** Slide Shaft Collars (**#71**) upward so they lock the guide rods into position by tightening the M8x8mm Set Screws (**#26**).



Above shows Step 9 assembled and completed.



**Be careful to assemble all components in the sequence they are presented.**

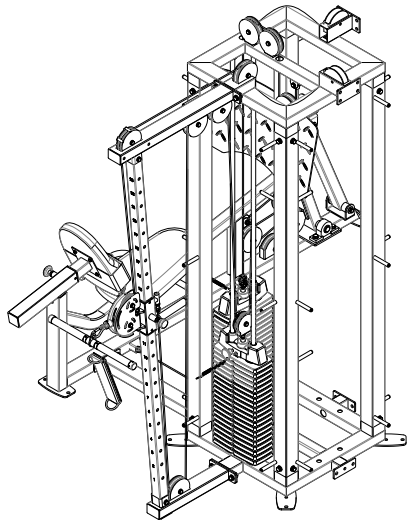
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 10E. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

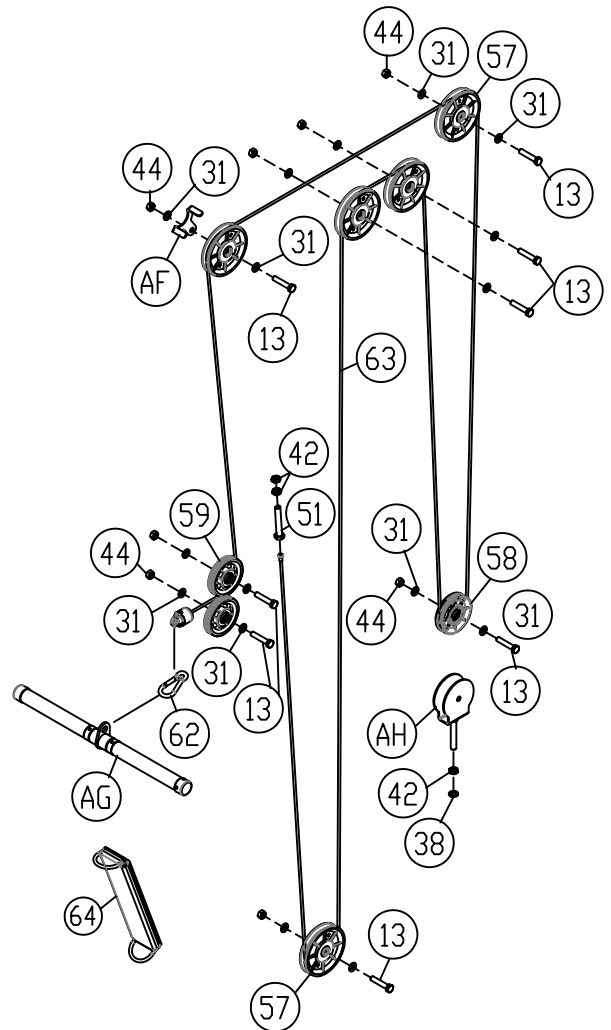
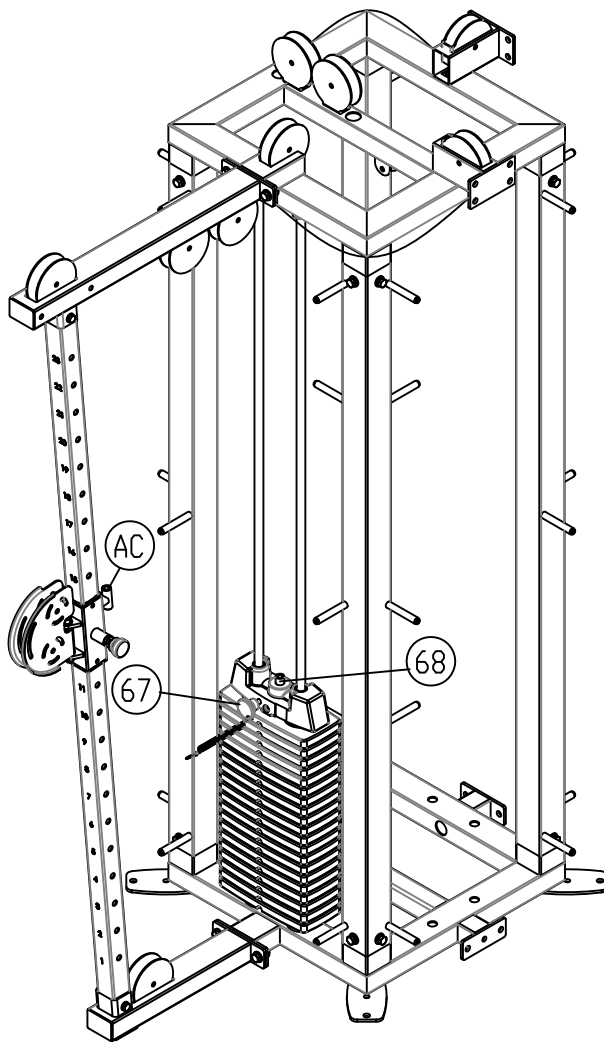
### **CABLE COLUMN STATION ASSEMBLY**

- 10A.** Install Weight Stack Pin (#67) by using the key ring end through the Pulley Bracket (AH).
- 10B.** Install M12 Hex Nut (#42), M12 Lock Washer (#38) and Pulley Bracket (AH) onto the Selector Rod (#68) and secure the Pulley Bracket (AH) by wrench tightening the M12 Hex Nut (#42).
- 10C.** Route Cable (#63) while installing Five ø117mm Pulleys (#57), Two Aluminum Pulleys (#59) and One ø90mm Pulley (#58) on machine as shown in STEP 10 drawing using:
- 8 - (#13) M10x50mm Hex Head Bolt**
  - 16 - (#31) M10 Washer**
  - 8 - (#44) M10 Nylon Lock Nut**
  - 1 - (AF) Cable Column Bracket**
- 10D.** Screw in two M12 Hex Nuts (#42) into Split Bolt (#51) of the Cable (#63).
- 10E.** Attach the Split Bolt (#51) of the Cable (#63) to the Back of the Sliding Handle (#AC) and secure the Cable (#63) by wrench tightening the two M12 Hex Nuts (#42)
- 10F.** Attach Snap Link (#62) to Cable (#63).
- 10G.** Attach Short Bar (AG) or Ankle Strap (#64) to Snap Link (#62).

**STEP**  
**10**



Above shows Step 10 assembled and complet-



**STEP****11**

**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**Finger tighten all hardware in this step. DO NOT wrench tighten until instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.**

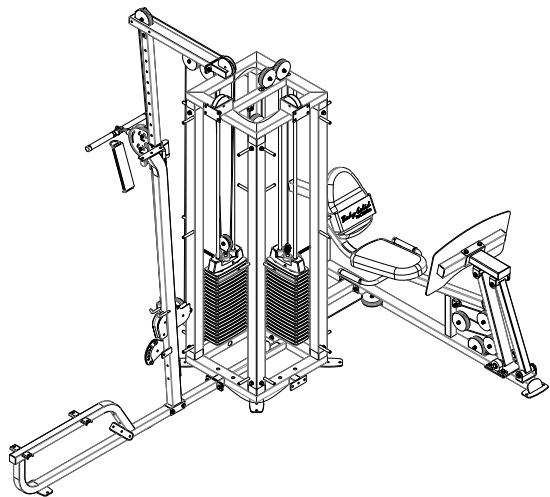
### **LAT STATION ASSEMBLY**

**11A.** Attach Lat Base Frame (**BA**) to Stack Base Frame (**A**) using:

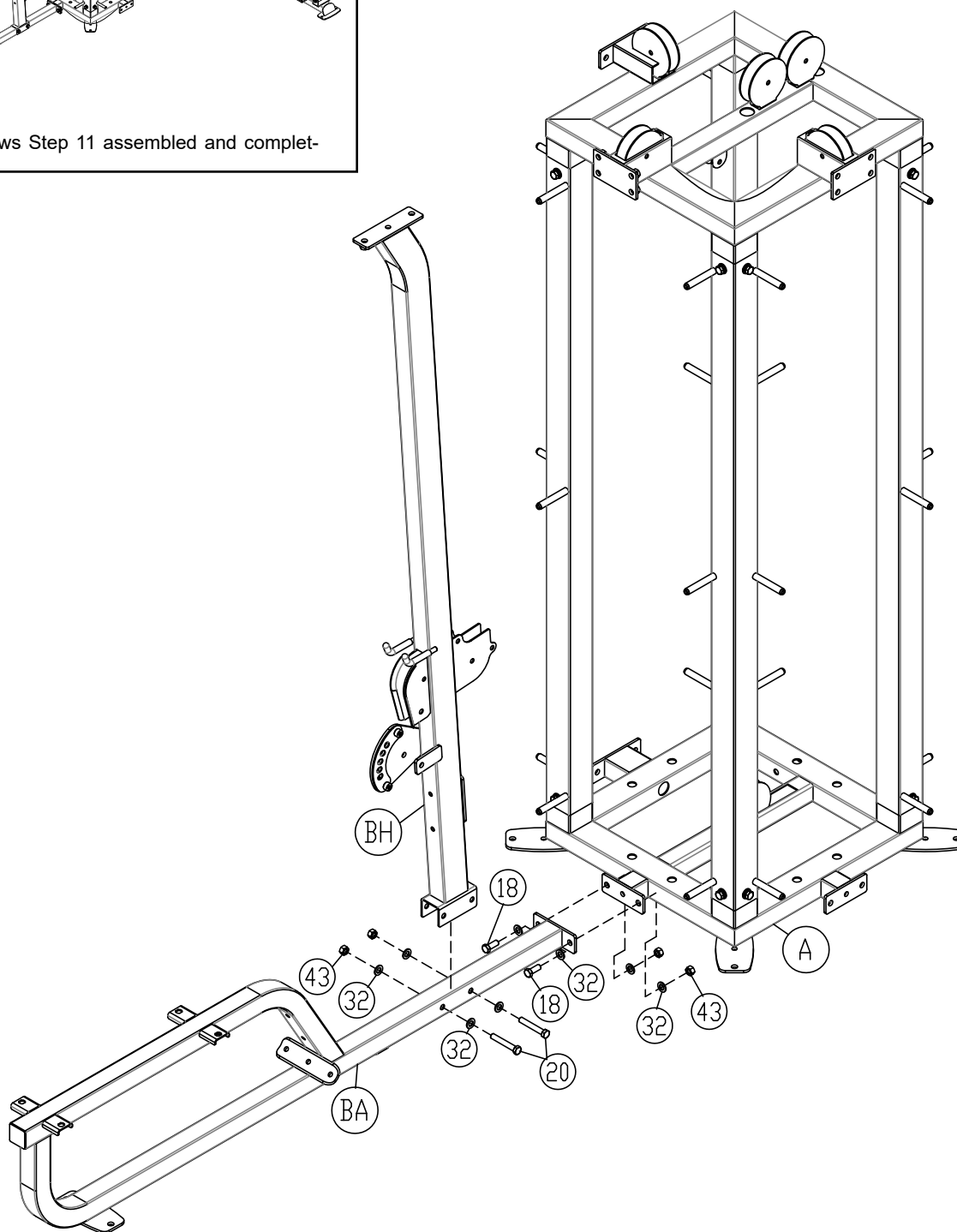
- 4 - (#18) M12x30mm Hex Head Bolt**
- 8 - (#32) M12 Flat Washer**
- 4 - (#43) M12 Nylon Lock Nut**

**11B.** Attach Lat Upright (**BH**) to Lat Base Frame (**BA**) using:

- 2 - (#20) M12x75mm Hex Head Bolt**
- 4 - (#32) M12 Flat Washer**
- 2 - (#43) M12 Nylon Lock Nut**



Above shows Step 11 assembled and complet-



**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 12D. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

### **LAT STATION ASSEMBLY**

**12A.** Attach Lat Crossmember (**BE**) to Lat Base Frame (**BA**) using:

- 2 - (#10) M10x80mm Hex Head Bolt
- 4 - (#31) M10 Flat Washer
- 2 - (#44) M10 Nylon Lock Nut
- 1 - (BD) Bracket

**12B.** Attach Lat Crossmember (**BE**) to Lat Upright (**BH**) using:

- 2 - (#9) M10x100mm Hex Head Bolt
- 4 - (#31) M10 Flat Washer
- 2 - (#44) M10 Nylon Lock Nut
- 1 - (BD) Bracket

**12C.** Attach Lat Top Frame (**BJ**) to Lat Upright (**BH**) using:

- 2 - (#23) M12x110mm Hex Head Bolt
- 4 - (#32) M12 Flat Washer
- 2 - (#43) M12 Nylon Lock Nut
- 1 - (BK) Bracket

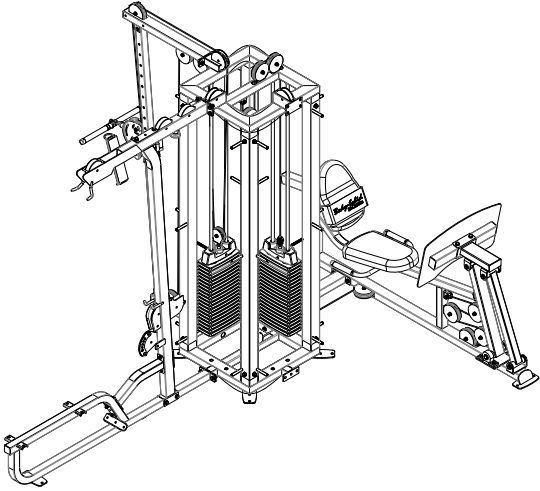
**12D.** Attach Lat Top Frame (**BJ**) to Stack Top Frame (**C**) using:

- 2 - (#18) M12x30mm Hex Head Bolt
- 4 - (#32) M12 Flat Washer
- 2 - (#43) M12 Nylon Lock Nut
- 1 - (BK) Bracket

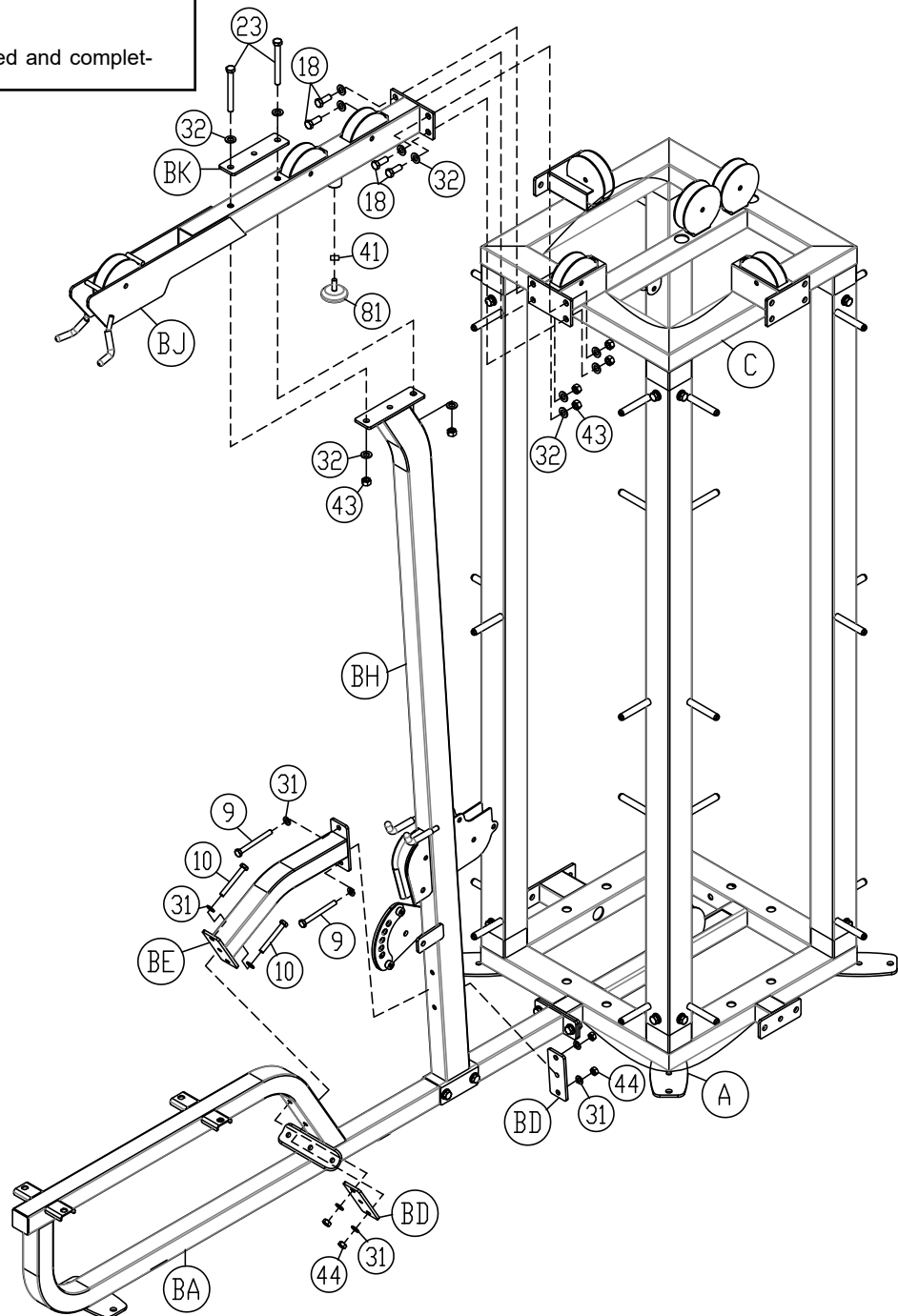
**12E.** Attach Adjustable Bumper (**#81**) to Lat Top Frame (**BJ**) and secure the Bumper (**#63**) by wrench tightening the M10 Hex Nuts (**#41**)



**STEP**  
**12**



Above shows Step 12 assembled and complet-



**STEP****13**

**Be careful to assemble all components in the sequence they are presented.**

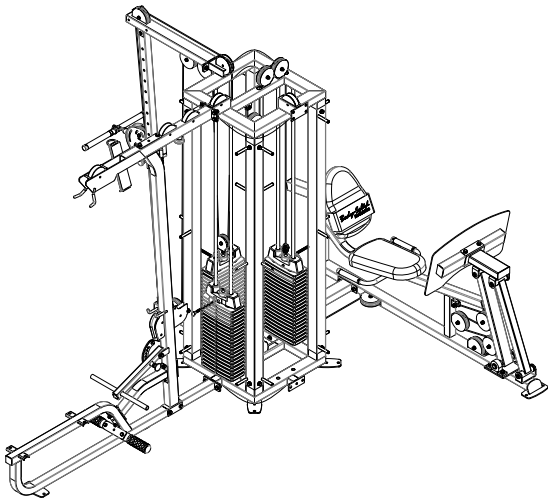
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 13L. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

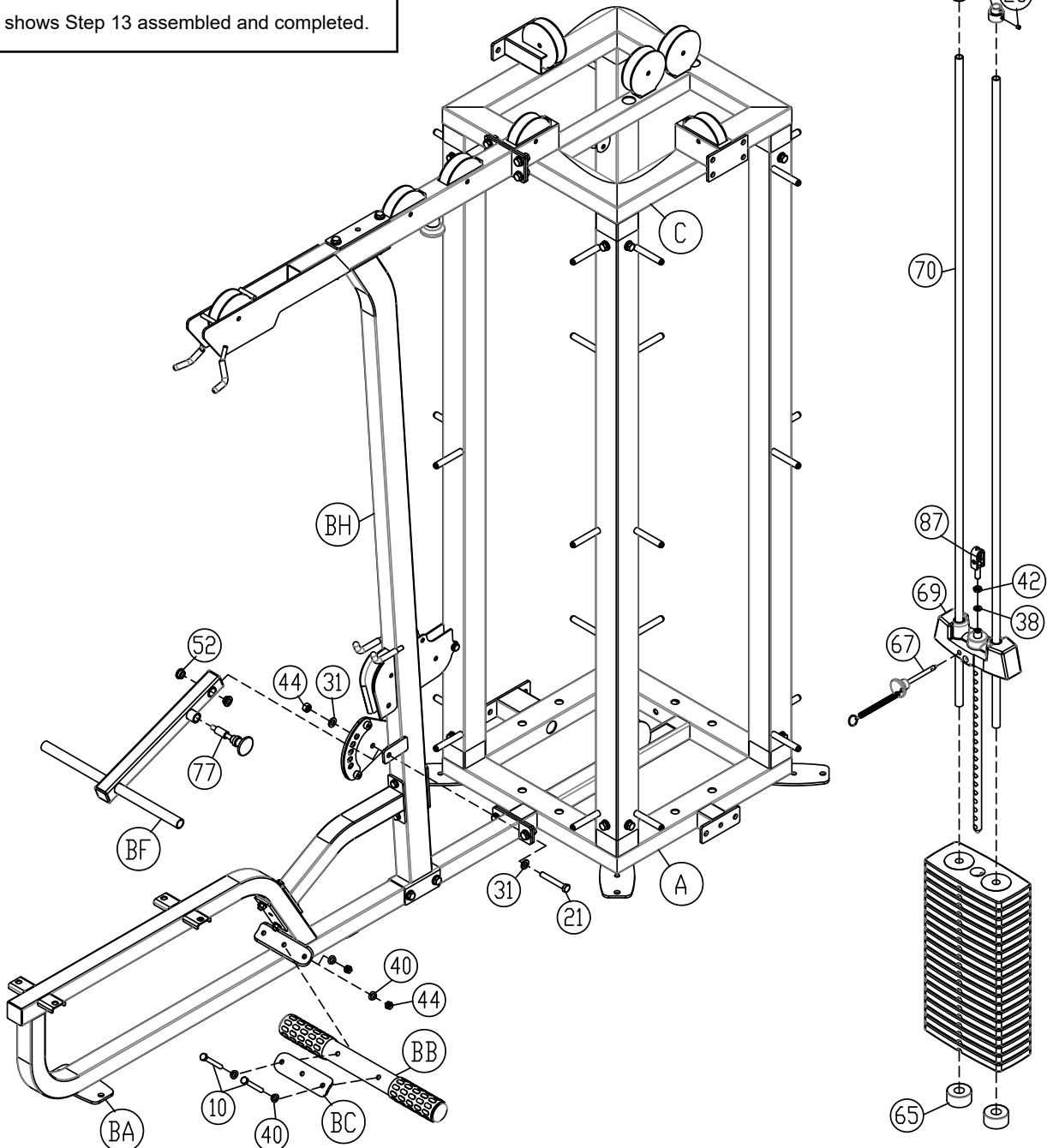
**LAT STATION ASSEMBLY**

- 13A.** Attach Round Tube (**BB**) to Lat Base Frame (**BA**) using:  
2 - (**#10**) M10x80mm Hex Head Bolt  
4 - (**#40**) M10 Curve Washer  
2 - (**#44**) M10 Nylon Lock Nut  
1 - (**BC**) Bracket
- 13B.** Attach Leg Hold Down (**BF**) to Lat Upright (**BH**) using:  
1 - (**#21**) M12x80mm Hex Head Bolt  
4 - (**#31**) M10 Curve Washer  
2 - (**#44**) M10 Nylon Lock Nut  
1 - (**BC**) Bracket  
2 - (**#52**) Metal Bushing
- 13C.** Screw Pop Pin (**#77**) into Leg Hold Down (**BF**).
- 13D.** Install Chrome Guide Rods (**#70**) into the holes of the Stack Base Frame (**A**).
- 13E.** Install Rubber Donuts (**#65**) and slide to the bottom of the Guide Rods
- 13F.** Tilt Guide Rods (**#70**) away from the Stack Base Frame (**A**) and install 20pcs of weight plates. Be careful to hold guide rods steadily when installing weight plates.
- 13G.** Install Top Plate & Selector Rod Assembly (**#69**) onto the Guide Rods (**#70**) .
- 13H.** Install Shaft Collars (**#71**) onto the Guide Rods (**#70**)
- 13J.** Slide Shaft Collars (**#71**) upward so they lock the guide rods into position by tightening the M8x8mm Set Screws (**#26**).
- 13K.** Install Weight Stack Pin (**#67**) by using the key ring end through the Top Bolt (**#87**).
- 13L.** Install M12 Hex Nut (**#42**), M12 Lock Washer (**#38**) and Top Bolt (**#87**) onto the Selector Rod (**#69**) and secure the Top Bolt (**#87**) by wrench tightening the M12 Hex Nut (**#42**).

**STEP**  
**13**



Above shows Step 13 assembled and completed.



**Be careful to assemble all components in the sequence they are presented.**

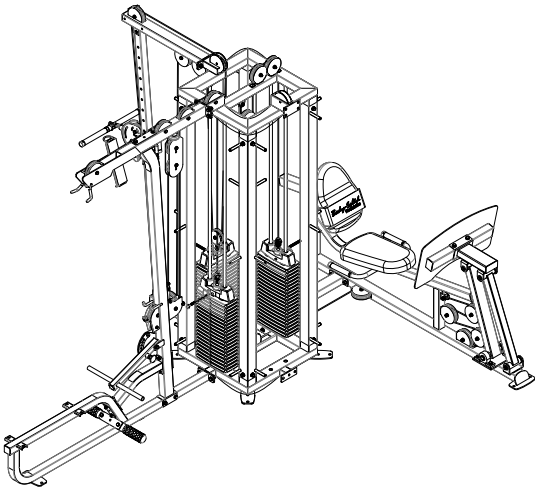
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 14H. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

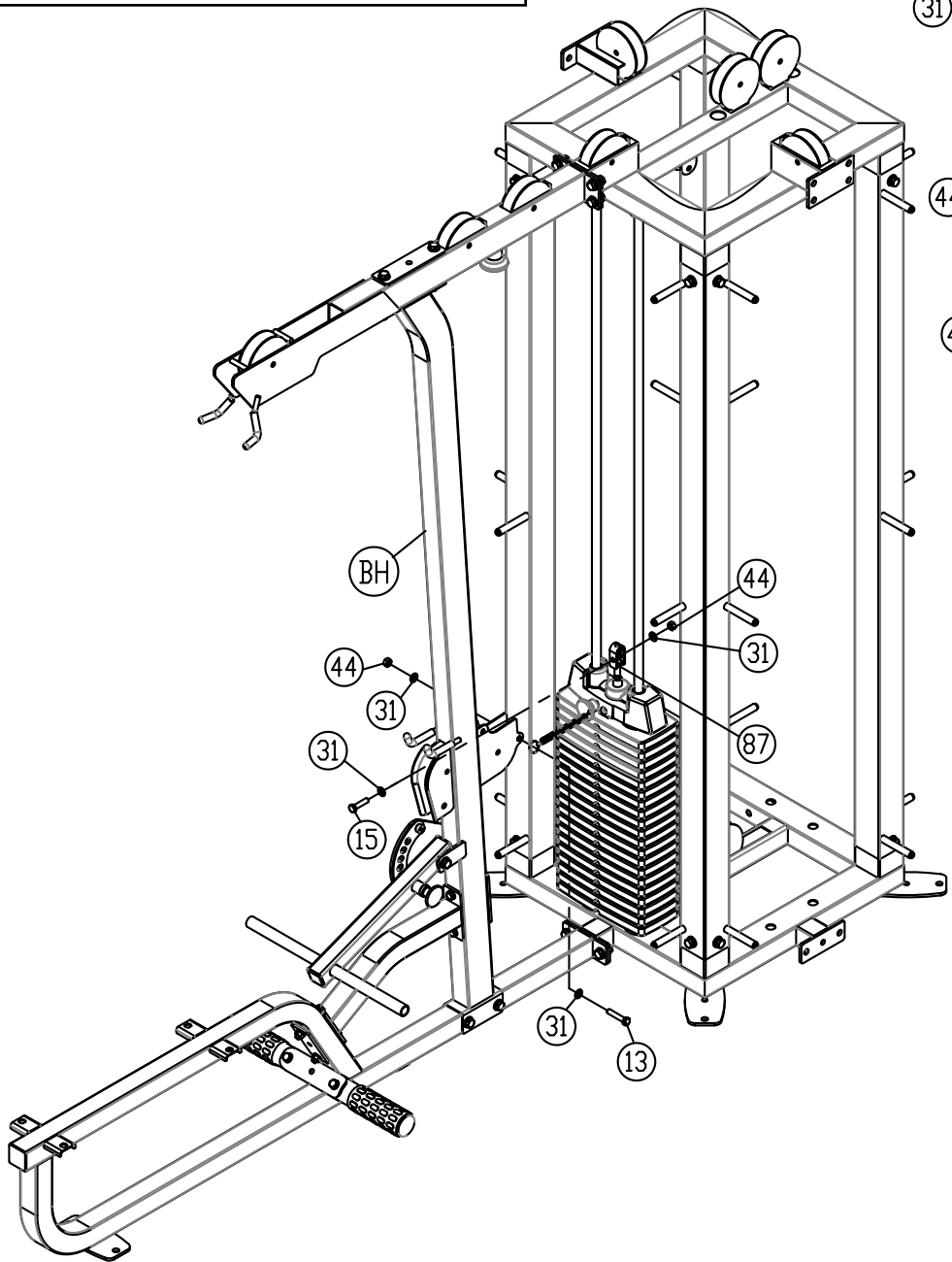
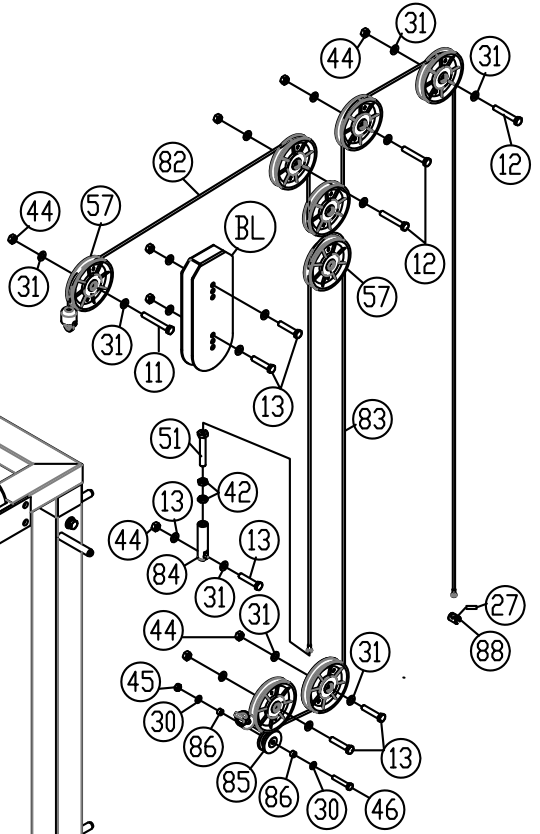
**LAT STATION ASSEMBLY**

- 14A.** Install Top Cable (#82) by first assembling one end of the Cable into the Top Bolt (#87) and attaching to Quick Cable Lock (#88). Secure it by tightening the M4x10mm Set Screw (#27).
- 14B.** Install the M10x40mm Hex Head Bolt (#15) with M10 Washers (#31) through the Slot hole of the Top Bolt (#87) by tightening M10 Nylon Lock Nut (#44).
- 14C.** Route Cable (#82) while installing five  $\varnothing$ 117mm Pulleys (#57) on machine as shown in STEP 6 drawing using:
- 1 - (#11) M10x75mm Hex Head Bolt**
  - 3 - (#12) M10x65mm Hex Head Bolt**
  - 1 - (#13) M10x50mm Hex Head Bolt**
  - 10 - (#31) M10 Washer**
  - 5 - (#44) M10 Nylon Lock Nut**
  - 1 - (BL) Double Pulley Bracket**
- 14D.** Route Low Cable (#83) while installing three  $\varnothing$ 117mm Pulleys (#57) and one  $\varnothing$ 50mm Pulleys (#85) machine as shown in STEP 6 drawing using:
- 3 - (#13) M10x50mm Hex Head Bolt**
  - 6 - (#31) M10 Washer**
  - 6 - (#44) M10 Nylon Lock Nut**
  - 1 - (#46) M8x45mm Hex Head Bolt**
  - 2 - (#30) M8 Washer**
  - 1 - (#45) M8 Nylon Lock Nut**
  - 1 - (BL) Double Pulley Bracket**
  - 2 - (#86) Spacer**
- 14E.** Attach Split Bolt (#51) to one end of Low Cable (#83)
- 14F.** Screw in Split Bolt (#51) into Cable Connection Tube (#84) and secure it by wrench tightening the two M12 Hex Nuts (#42)
- 14G.** Attach Cable Connection Tube (#84) to Lat Upright (BH) using:
- 1 - (#13) M10x50mm Hex Head Bolt**
  - 2 - (#31) M10 Washer**
  - 1 - (#44) M10 Nylon Lock Nut**
- 14H.** Install M10x50mm Hex Head Bolt (#13) with M10 Washers (#31) on the Lat Upright (BH) by tightening M10 Nylon Lock Nut (#44).

**STEP**  
**14**



Above shows Step 14 assembled and completed.



**Be careful to assemble all components in the sequence they are presented.**

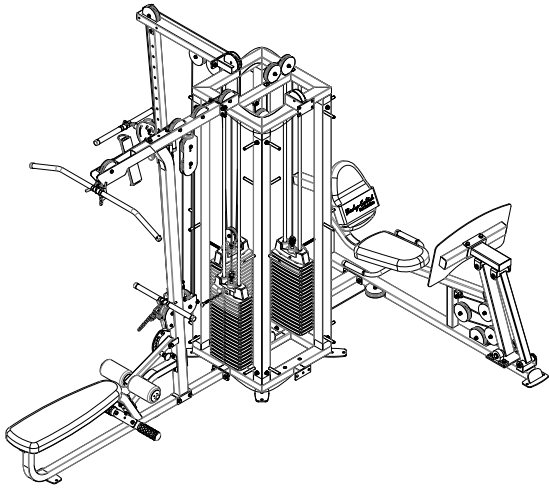
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 15B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

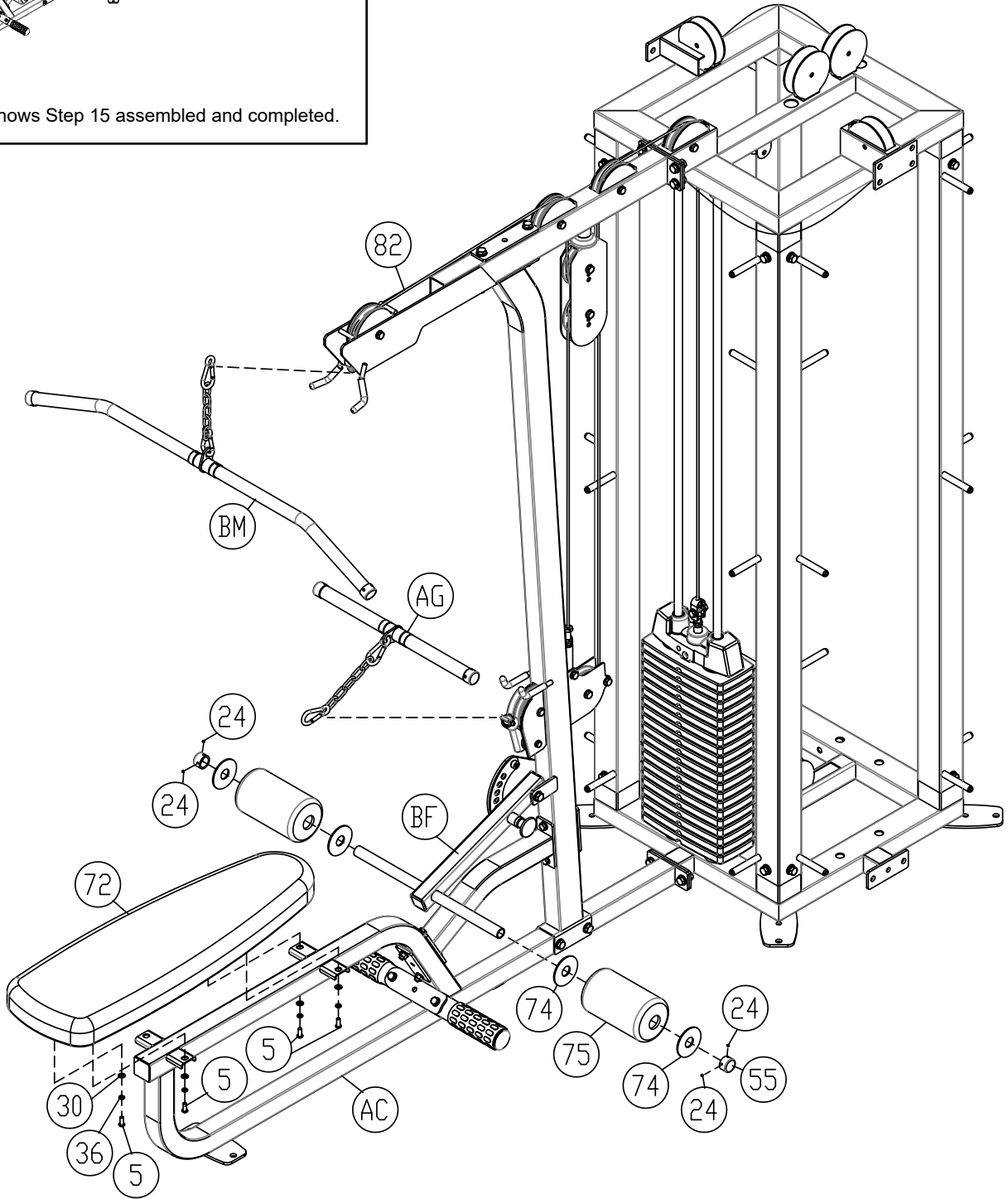
### **LAT STATION ASSEMBLY**

- 15A.** Attach Seat Pad (#72) to Lat Base Frame (CA) using:  
4 - (#5) M8x20mm Button Head Cap Screw  
4 - (#30) M8 Flat Washer  
4 - (#36) M8 Lock Washer
- 15B.** Insert Plastic Rings (#74), Foam Rollers (#75) and End Caps (#55) into Leg Hold Down (BF) in the sequence shown in Step 15 drawing. Secure it by tightening the M5x3mm Set Screws (#24).
- 15C.** Attach Short Bar (AG) to Low Cable (#83).
- 15D.** Attach Lat Bar (BM) to Top Cable (#82).

**STEP**  
**15**



Above shows Step 15 assembled and completed.





**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

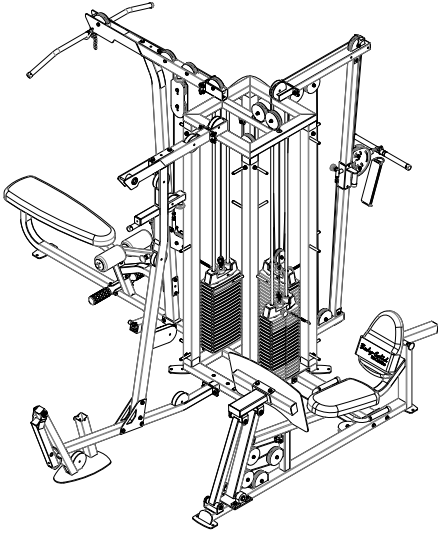
**Wrench tighten ALL hardware at the end of STEP 16E. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

### **MULTI-GYM STATION ASSEMBLY**

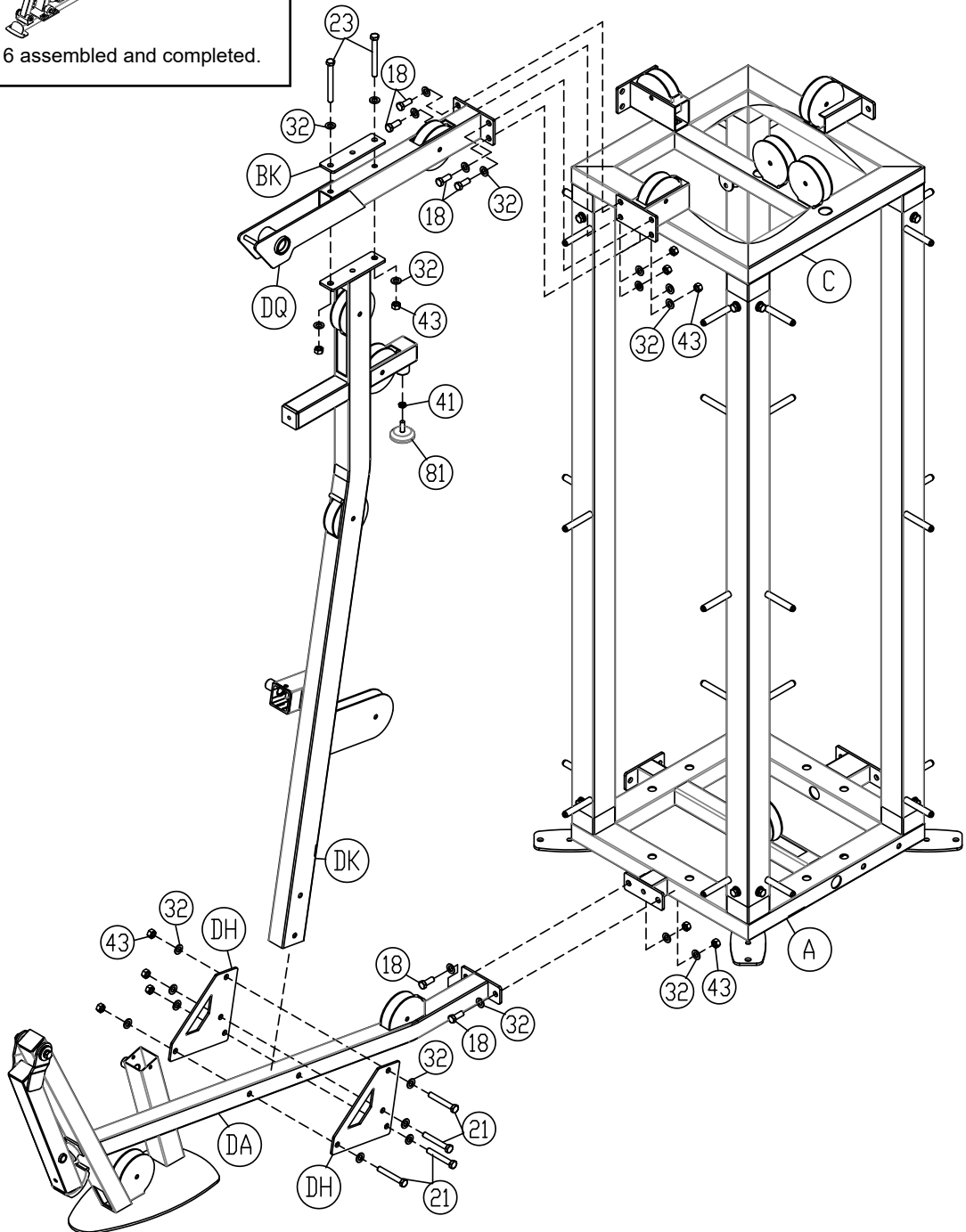
- 16A.** Attach Multi-Gym Base Frame (**DA**) to Stack Base Frame (**A**) using:  
4 - (#18) M12x30mm Hex Head Bolt  
8 - (#32) M12 Flat Washer  
4 - (#43) M12 Nylon Lock Nut
- 16B.** Attach Multi-Gym Upright (**DK**) to Multi-Gym Base Frame (**DA**) using:  
4 - (#21) M12x80mm Hex Head Bolt  
8 - (#32) M12 Flat Washer  
4 - (#43) M12 Nylon Lock Nut  
2 - (DH) Upright Bracket
- 16C.** Attach Multi-Gym Top Frame (**DQ**) to Stack Top Frame (**C**) using:  
4 - (#18) M12x30mm Hex Head Bolt  
8 - (#32) M12 Flat Washer  
4 - (#43) M12 Nylon Lock Nut
- 16D.** Attach Multi-Gym Top Frame (**DQ**) to Multi-Gym Upright (**DK**) using:  
2 - (#23) M12x110mm Hex Head Bolt  
4 - (#32) M12 Flat Washer  
2 - (#43) M12 Nylon Lock Nut  
1 - (BK) Bracket
- 16E.** Attach Adjustable Bumper (#81) with M10 Hex Nut (#41) to Multi-Gym Upright (**DK**).



**STEP**  
**16**



Above shows Step 16 assembled and completed.



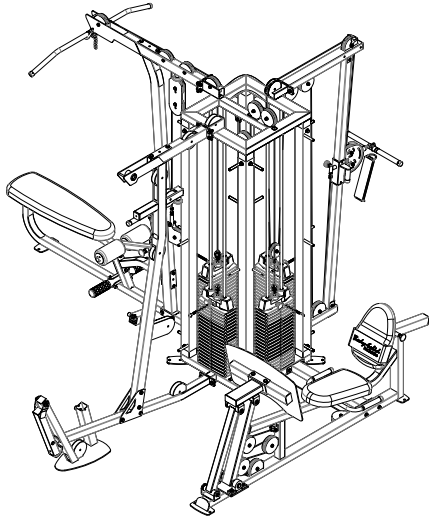
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

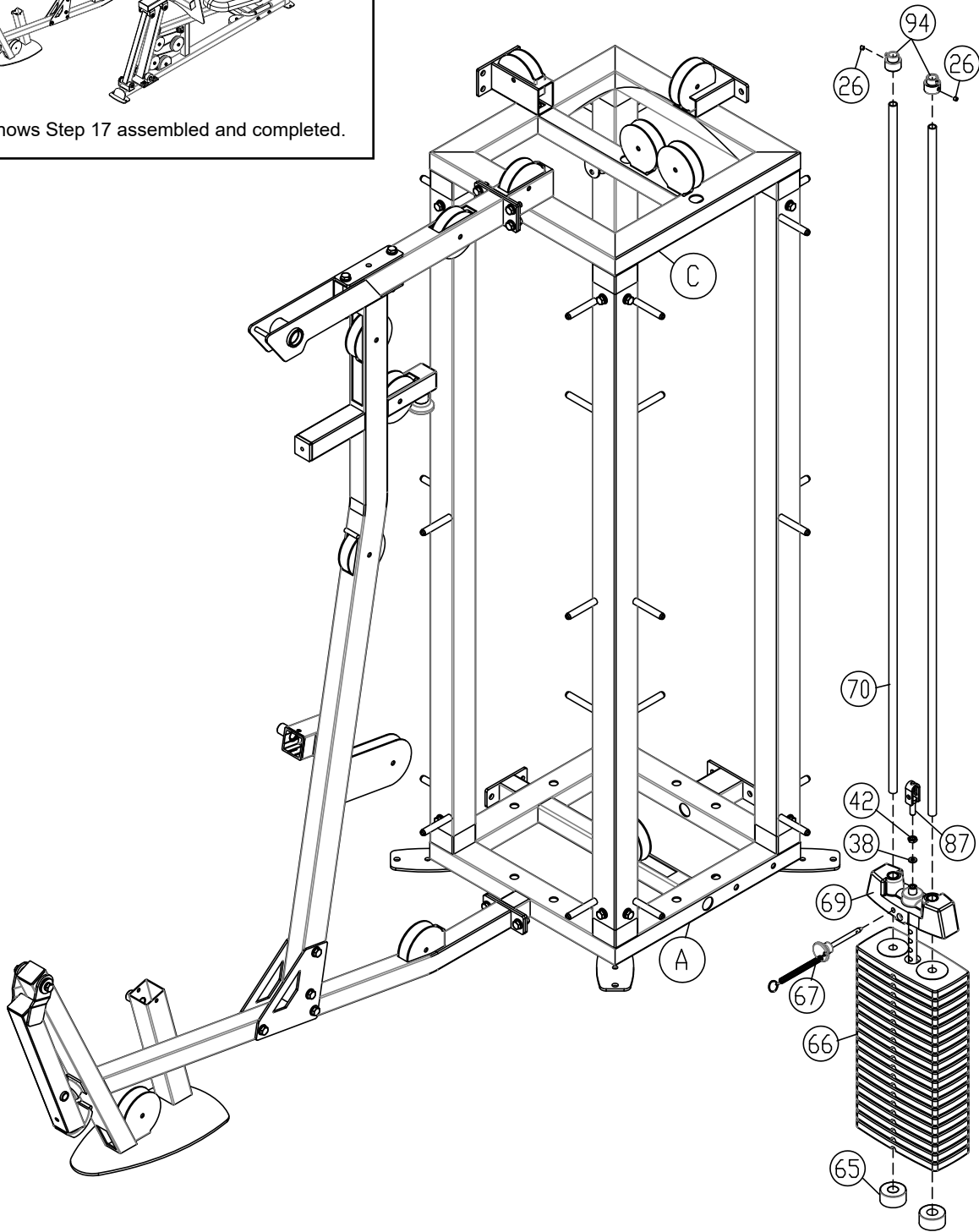
**Wrench tighten ALL hardware at the end of STEP 17K. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

### **MULTI-GYM STATION ASSEMBLY**

- 17A.** Install Chrome Guide Rods (**#70**) into the holes of the Stack Base Frame (**A**).
- 17B.** Install Rubber Donuts (**#65**) and slide to the bottom of the Guide Rods
- 17C.** Tilt Guide Rods (**#70**) away from the Stack Base Frame (**A**) and install 20pcs of weight plates. Be careful to hold guide rods steadily when installing weight plates.
- 17D.** Install Top Plate & Selector Rod Assembly (**#69**) onto the Guide Rods (**#70**).
- 17E.** Install Shaft Collars (**#71**) onto the Guide Rods (**#70**)
- 17F.** Slide Shaft Collars (**#71**) upward so they lock the guide rods into position by tightening the M8x8mm Set Screws (**#26**).
- 17J.** Install Weight Stack Pin (**#67**) by using the key ring end through the Top Bolt (**#87**).
- 17K.** Install M12 Hex Nut (**#42**), M12 Lock Washer (**#38**) and Top Bolt (**#87**) onto the Selector Rod (**#69**) and secure the Top Bolt (**#87**) by wrench tightening the M12 Hex Nut (**#42**).



Above shows Step 17 assembled and completed.



**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 18D. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

### **MULTI-GYM STATION ASSEMBLY**

**18A.** Attach H Frame (**DT**) to Multi-Gym Top Frame (**DQ**) using:

**2 - (#118) Bearing**

**1 - (#115) Shaft**

**2 - (#25) M8x5mm**

**18B.** Attach Press Arm (**DN**) to H Frame (**DT**) using:

**2 - (#116) Metal Bushing**

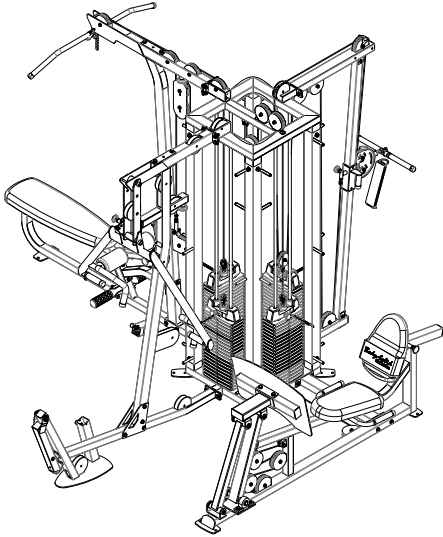
**1 - (#114) Shaft**

**2 - (#25) M8x5mm**

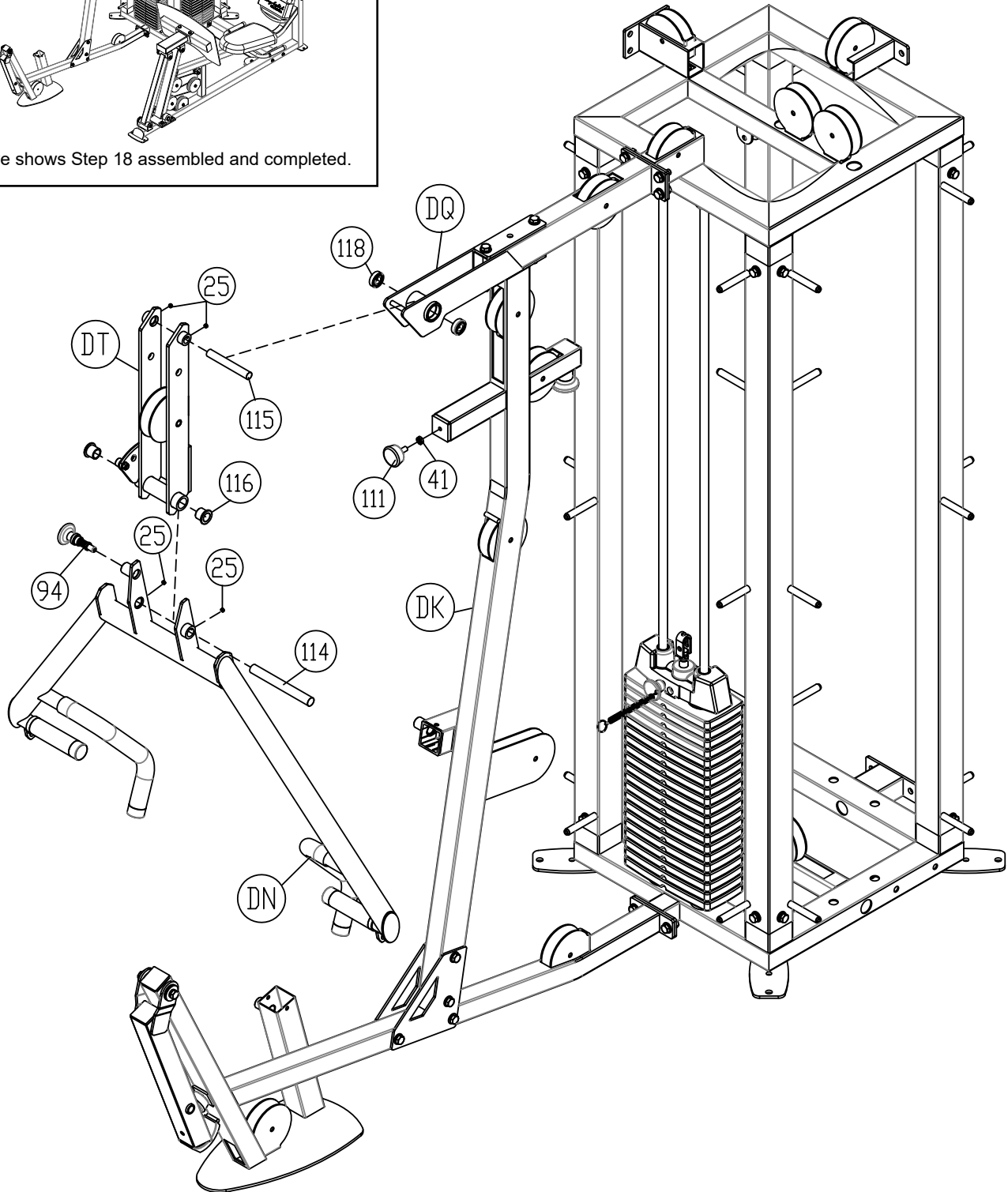
**18C.** Screw Pop Pin (**#94**) into Press Arm (**DN**).

**18D.** Attach Adjustable Bumper (**#111**) with M10 Hex Nut (**#41**) to Multi-Gym Upright (**DK**).

**STEP**  
**18**



Above shows Step 18 assembled and completed.



**Be careful to assemble all components in the sequence they are presented.**

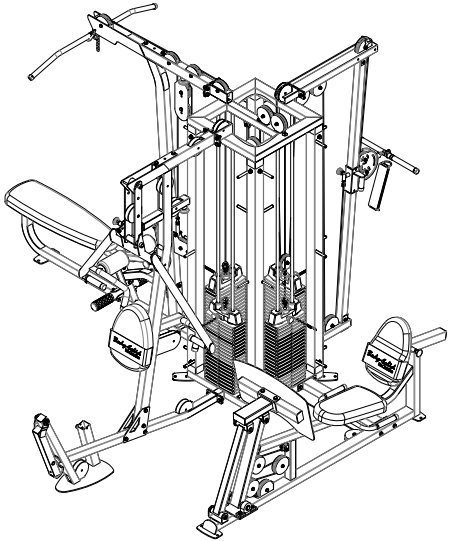
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 19E. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

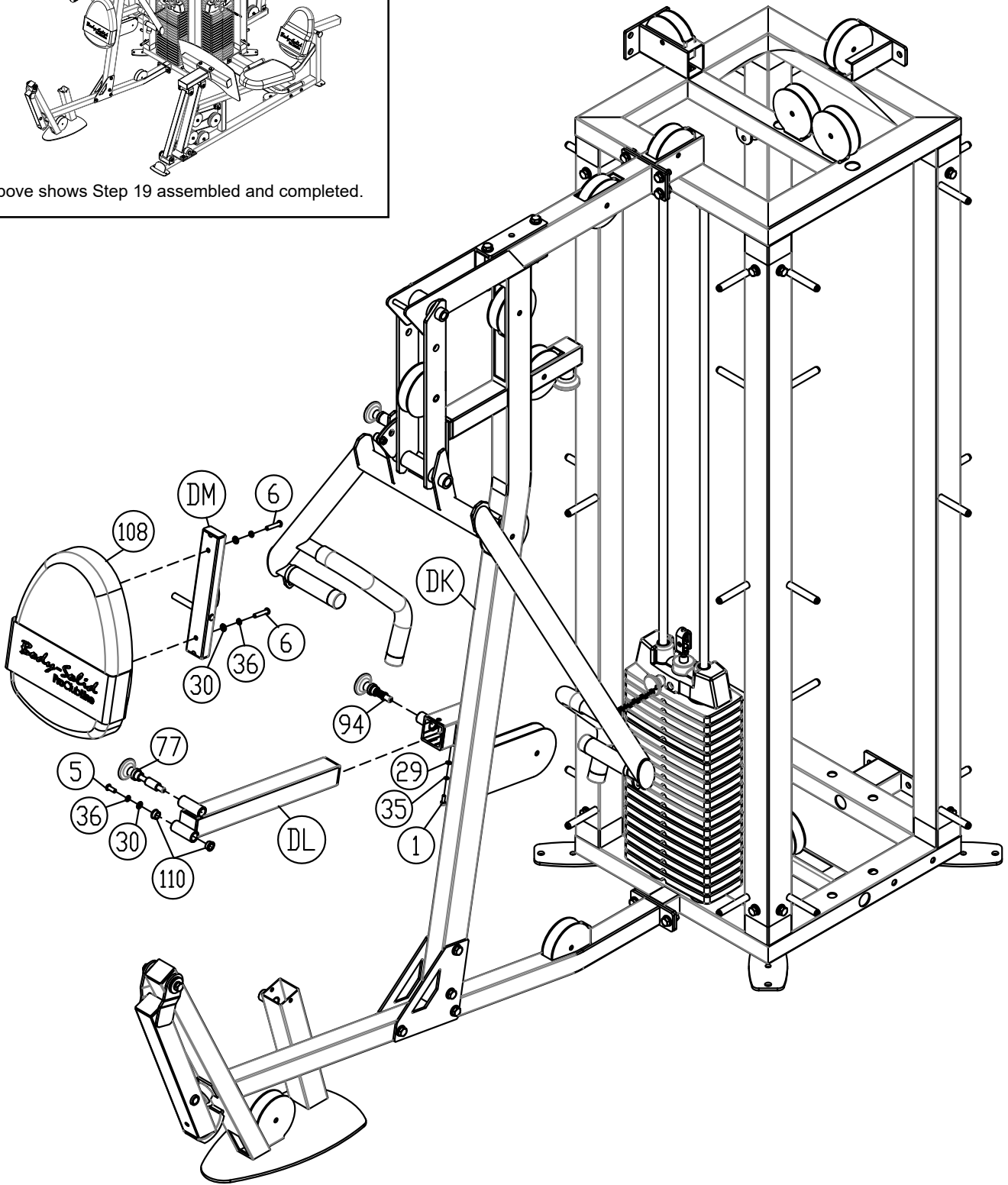
### **MULTI-GYM STATION ASSEMBLY**

- 19A.** Insert Back Adjustment Frame (**DL**) into Multi-Gym Upright (**DK**) and screw in the M6x16mm Socket Head Cap Screw (**#1**) with M6 Lock Washer (**#35**) and M6 Flat Washer (**#29**) into Multi-Gym Upright (**DK**).
- 19B.** Screw Pop Pin (**#94**) into Multi-Gym Upright (**DK**).
- 19C.** Attach Back Frame (**DM**) to Back Adjustment Frame (**DL**) using:  
2 - (**#110**) Metal Bushing  
1 - (**#5**) M8x20mm Button Head Cap Screw  
1 - (**#36**) M8 Lock Washer  
1 - (**#30**) M8 Flat Washer
- 19D.** Screw Pop Pin (**#77**) into Back Adjustment Frame (**DL**).
- 19E.** Attach Back Pad (**#108**) to Back Frame (**DM**) using:  
2 - (**#6**) M8x40mm Button Head Cap Screw  
2 - (**#36**) M8 Lock Washer  
2 - (**#30**) M8 Flat Washer

**STEP**  
**19**



Above shows Step 19 assembled and completed.



**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

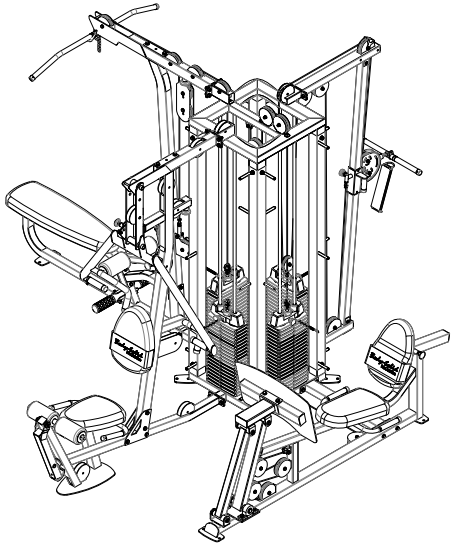
**Wrench tighten ALL hardware at the end of EACH STEP. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

### **MULTI-GYM STATION ASSEMBLY**

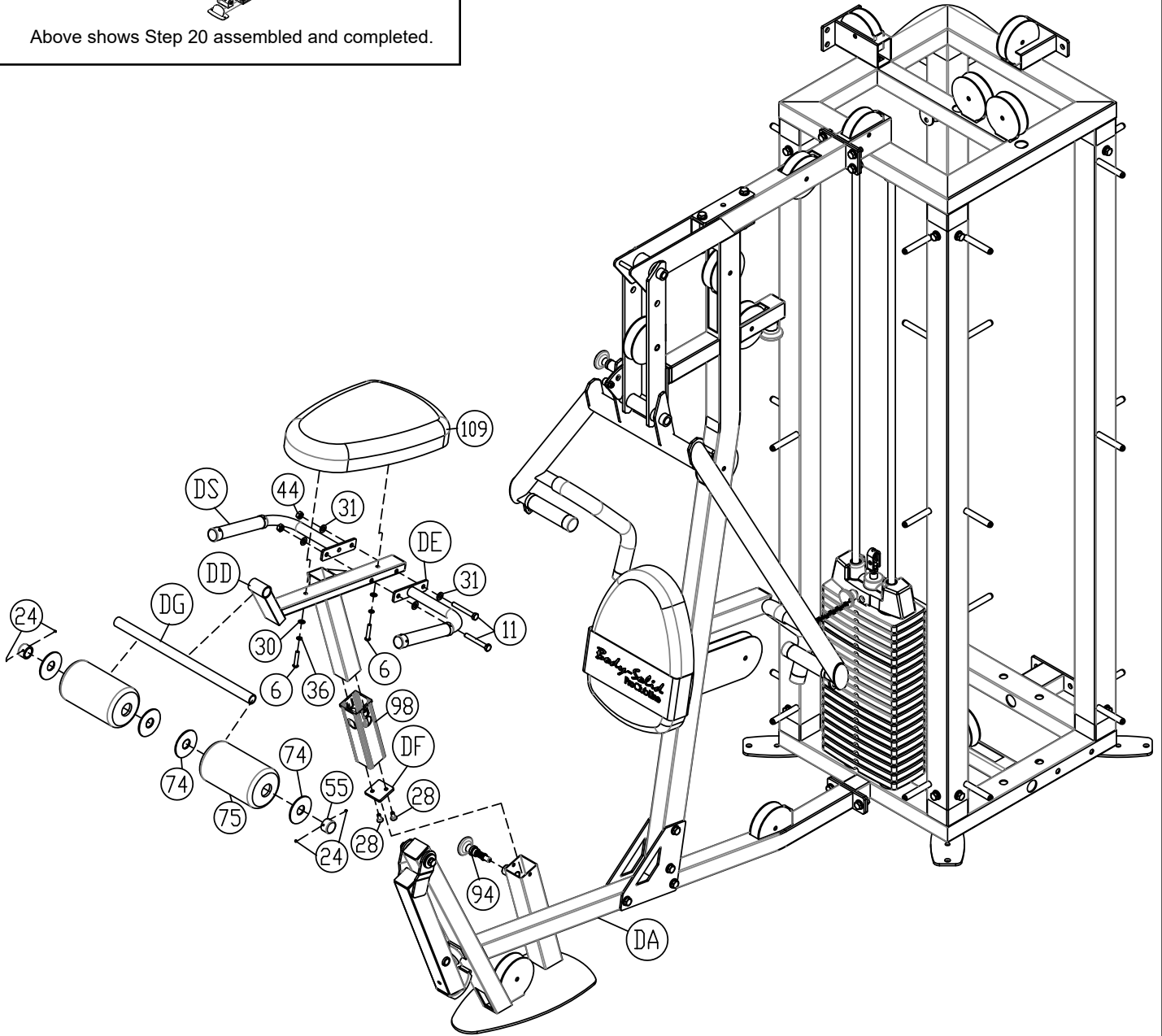
- 20A.** Insert Plastic Bushing (#98) into Seat Frame (DD).
- 20B.** Attach Seat Plate (DF) to Seat Frame (DD) using:  
2 - (#28) M8x20mm Flat Head Cap Screw
- 20C.** Insert Seat Frame (DD) into Multi-Gym Base Frame (DA).
- 20D.** Screw Pop Pin (#94) into Multi-Gym Base Frame (DA).
- 20E.** Attach Handles (DS & DE) to Seat Frame (DD) using:  
2 - (#11) M10x75mm Hex Head Bolt  
4 - (#31) M10 Washer  
2 - (#44) M10 Nylon Lock Nut
- 20F.** Insert Foam Roller Tube (DG) into Seat Frame (DD)
- 20G.** Insert Plastic Rings (#74), Foam Rollers (#75) and End Caps (#55) into Foam Roller Tube (DG) in the sequence shown in Step 20 drawing. Secure it by tightening the M5x3mm Set Screws (#24).
- 20H.** Attach Seat Pad (109) to Seat Frame (DD) using:  
2 - (#6) M8x40mm Button Head Cap Screw  
2 - (#36) M8 Lock Washer  
2 - (#30) M8 Flat Washer



**STEP**  
**20**



Above shows Step 20 assembled and completed.



**Be careful to assemble all components in the sequence they are presented.**

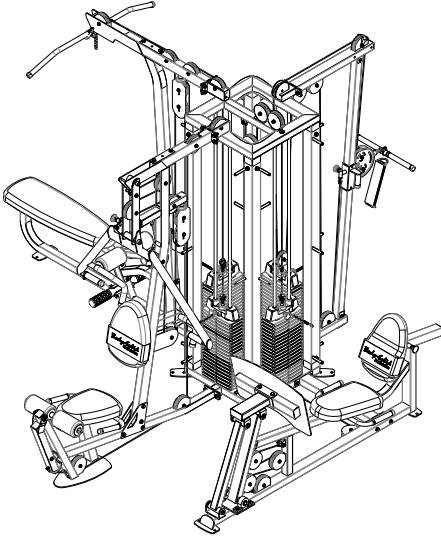
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 21G. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

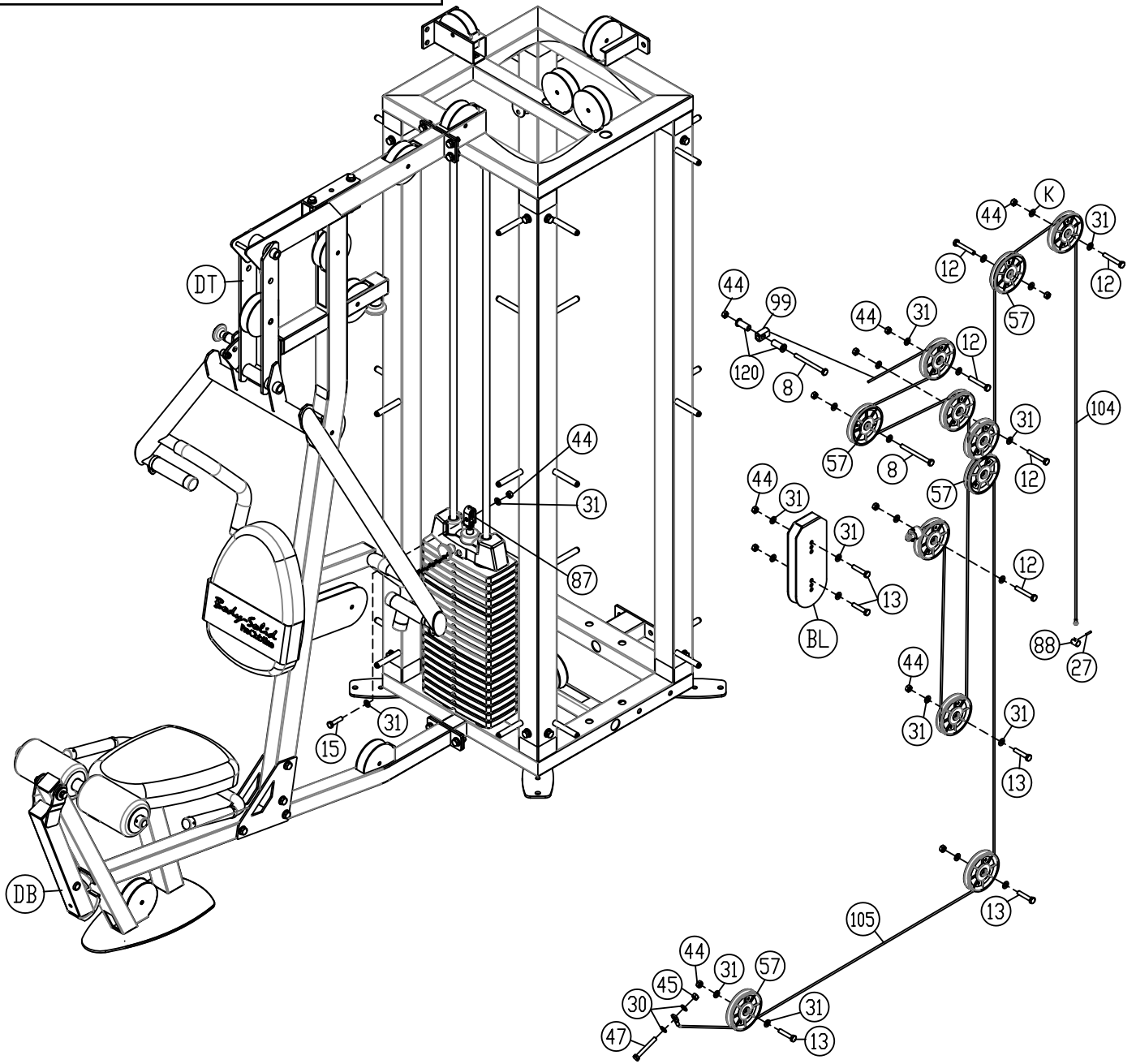
**MULTI-GYM STATION ASSEMBLY**

- 21A.** Install Top Cable (#104) by first assembling one end of the Cable into the Top Bolt (#87) and attaching to Quick Cable Lock (#88). Secure it by tightening the M4x10mm Set Screw (#27).
- 21B.** Install the M10x40mm Hex Head Bolt (#15) with M10 Washers (#31) through the Slot hole of the Top Bolt (#87) by tightening M10 Nylon Lock Nut (#44).
- 21C.** Route Top Cable (#104) while installing Six ø117mm Pulleys (#57) on machine as shown in STEP 21 drawing using:
- 4 - (#12) M10x65mm Hex Head Bolt**
  - 1 - (#13) M10x50mm Hex Head Bolt**
  - 1 - (#8) M10x110mm Hex Head Bolt**
  - 12 - (#31) M10 Washer**
  - 6 - (#44) M10 Nylon Lock Nut**
  - 1 - (BL) Double Pulley Bracket**
- 21D.** Insert the other end of the Cable (#104) into Cable Pivot Connector (#99).
- 21E.** Attach Cable Pivot Connector (#99) to H Frame (DT) using:
- 1 - (#8) M10x110mm Hex Head Bolt**
  - 1 - (#44) M10 Nylon Lock Nut**
  - 2 - (#120) Spacer**
- 21F.** Route Low Cable (#105) while installing Five ø117mm Pulleys (#57) on machine as shown in STEP 21 drawing using:
- 1 - (#12) M10x65mm Hex Head Bolt**
  - 4 - (#13) M10x50mm Hex Head Bolt**
  - 10 - (#31) M10 Washer**
  - 5 - (#44) M10 Nylon Lock Nut**
- 21G.** Attach the Eyelet end of Cable (#105) to Leg Extension Frame (DB) using:
- 1 - (#47) M8x70mm Hex Head Bolt**
  - 2 - (#30) M8 Washer**
  - 1 - (#45) M8 Nylon Lock Nut**

**STEP**  
**21**



Above shows Step 21 assembled and completed.



**Be careful to assemble all components in the sequence they are presented.**

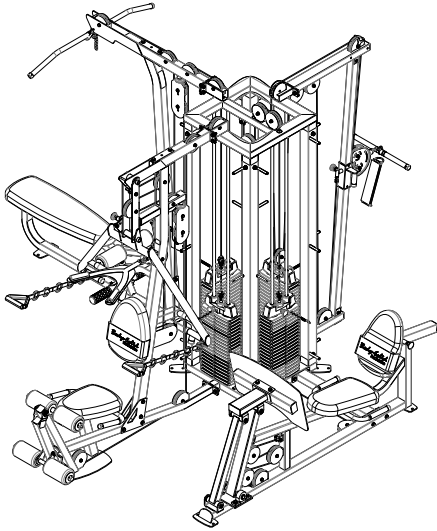
**NOTE:**

**Wrench tighten ALL hardware at the end of STEP 22B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

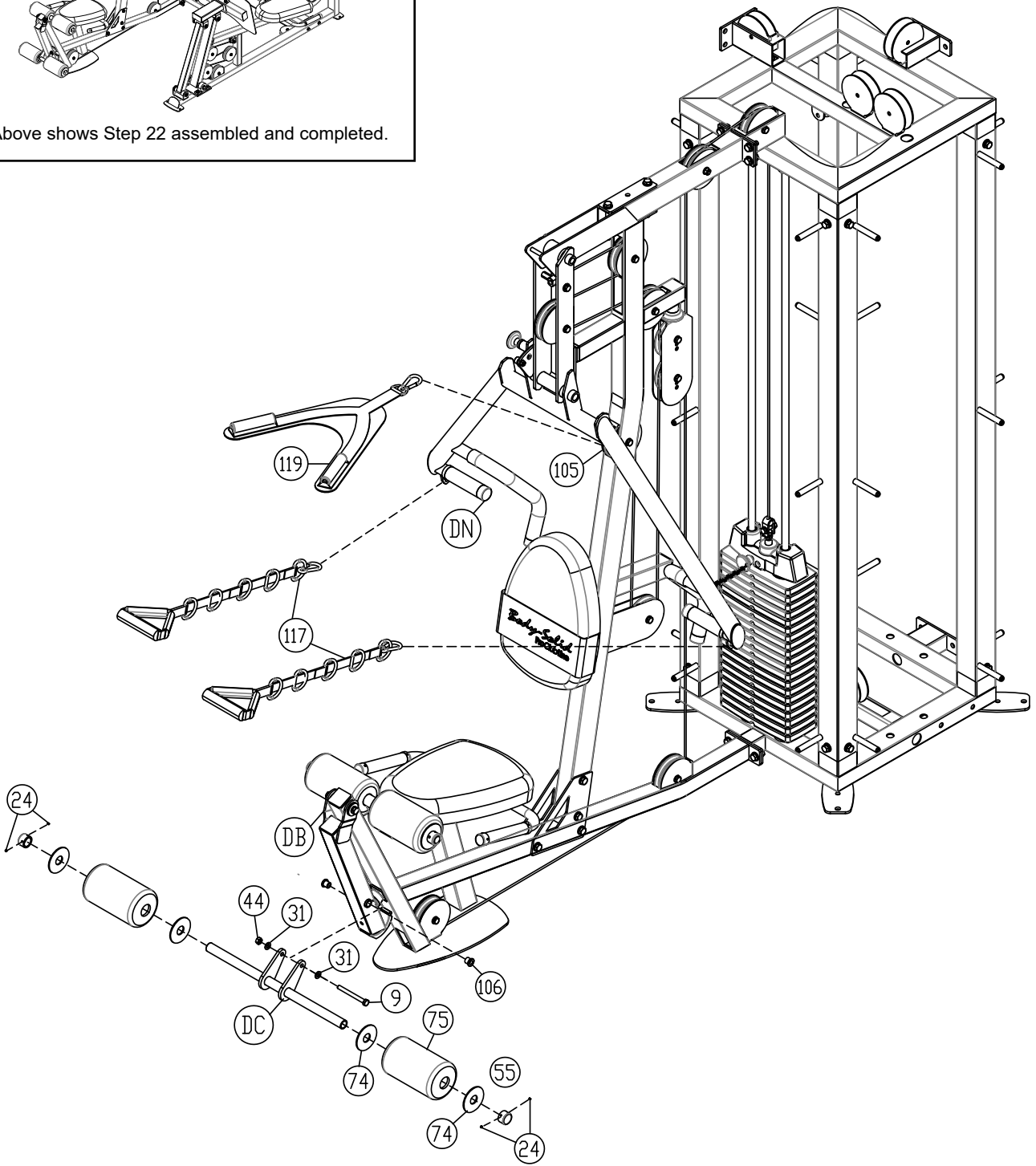
### **MULTI-GYM STATION ASSEMBLY**

- 22A.** Attach Foam Roller Frame (**DC**) to Leg Extension Frame (**DB**) using:
- 1 - (#9) M10x100mm Hex Head Bolt**
  - 2 - (#31) M10 Washer**
  - 1 - (#44) M10 Nylon Lock Nut**
- 22B.** Insert Plastic Rings (**#74**), Foam Rollers (**#75**) and End Caps (**#55**) into Foam Roller Frame (**DC**) in the sequence shown in Step 22 drawing. Secure it by tightening the M5x3mm Set Screws (**#24**).
- 22C.** Attach Handle Straps (**#117**) to Press Arm (**DN**).
- 22D.** Attach Ab Strap (**#119**) to Low Cable (**#105**).

**STEP**  
**22**



Above shows Step 22 assembled and completed.



**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**Wrench tighten ALL hardware at the end of each STEP . Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

**23A.** Attach Hangers (**G**) to Corner Shrouds (**D**) using:

**8 - (#5) M8x20mm Button Head Cap Screw**

**8 - (#39) M8 Curve Washer**

**8 - (#30) M8 Flat Washer**

**8 - (#45) M8 Nylon Lock Nut**

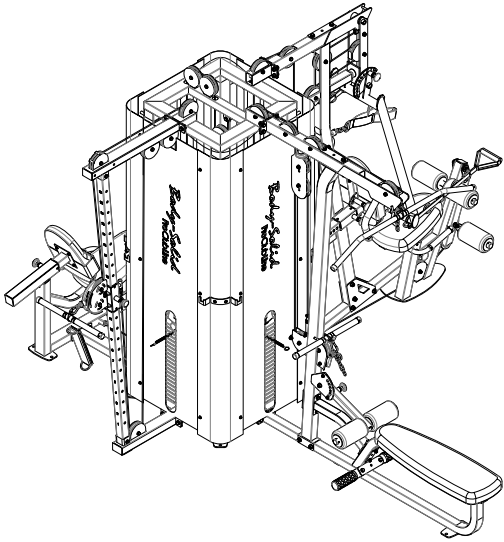
**23B.** Attach Corner Shrouds (**D**) & Plastic Shrouds (**E & F**) to Stack Uprights (**B**) using:

**24 - (#5) M8x20mm Button Head Cap Screw**

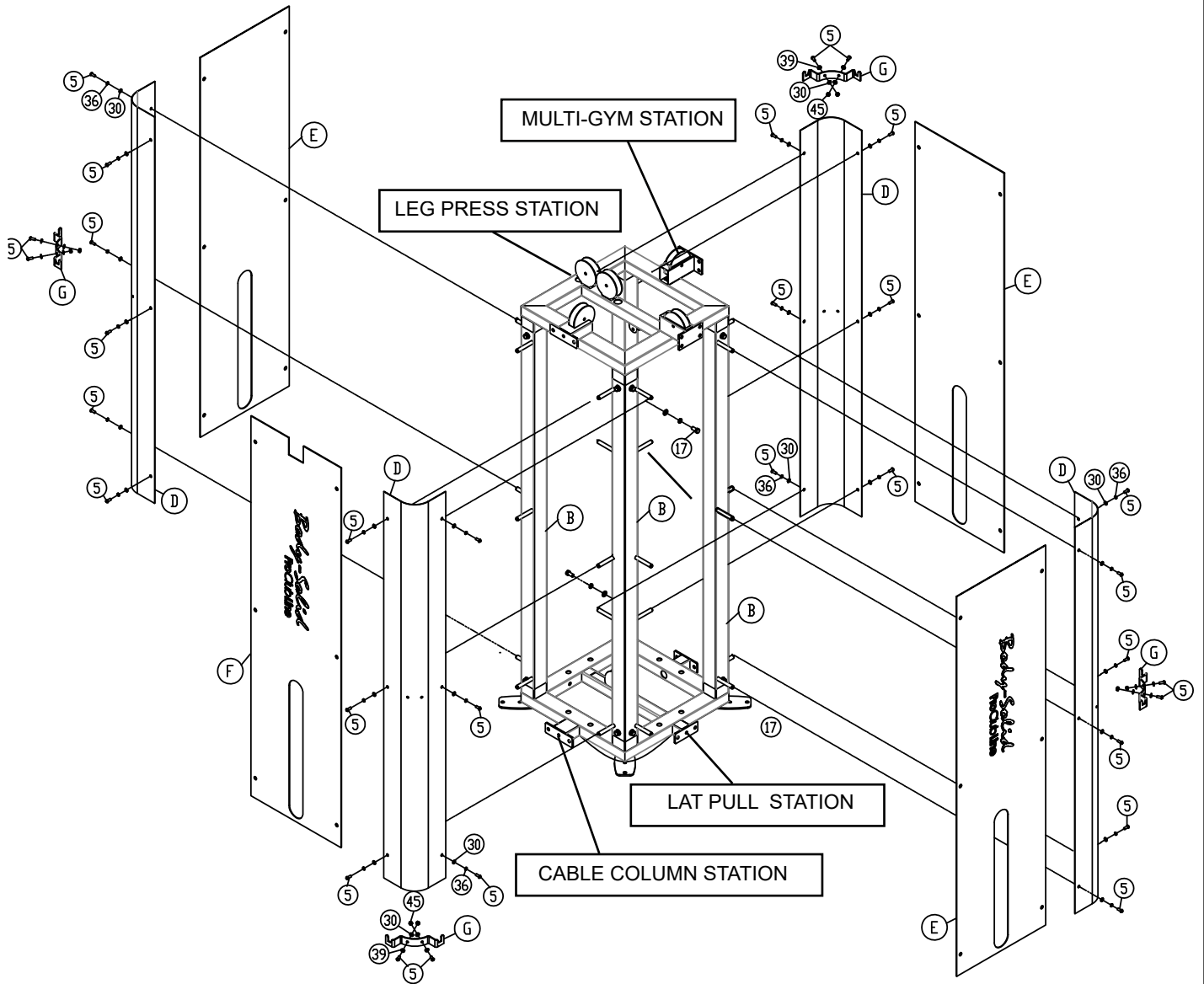
**24 - (#36) M8 Lock Washer**

**24 - (#30) M8 Flat Washer**

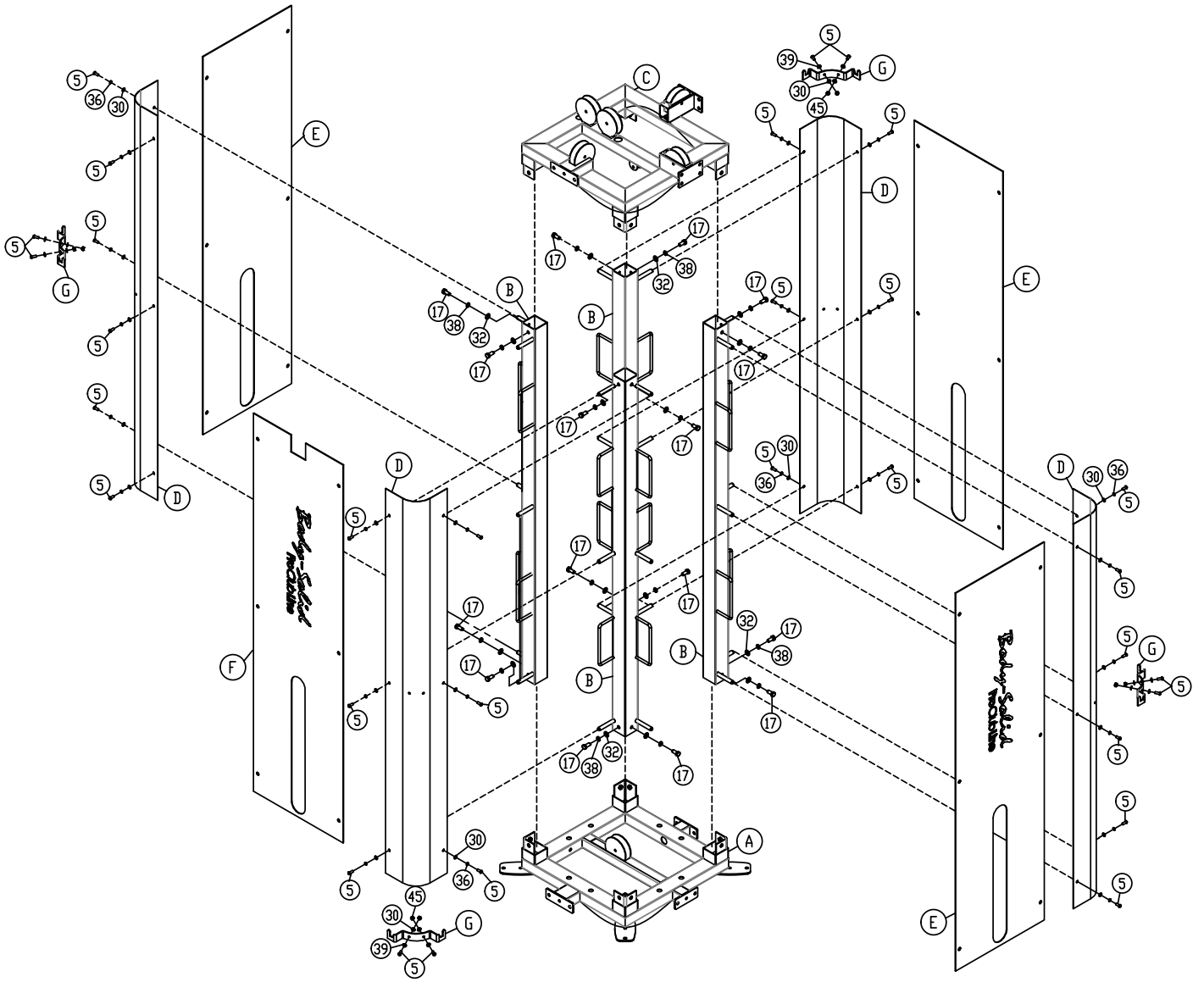
**STEP**  
**23**



Above shows Step 23 assembled and completed.

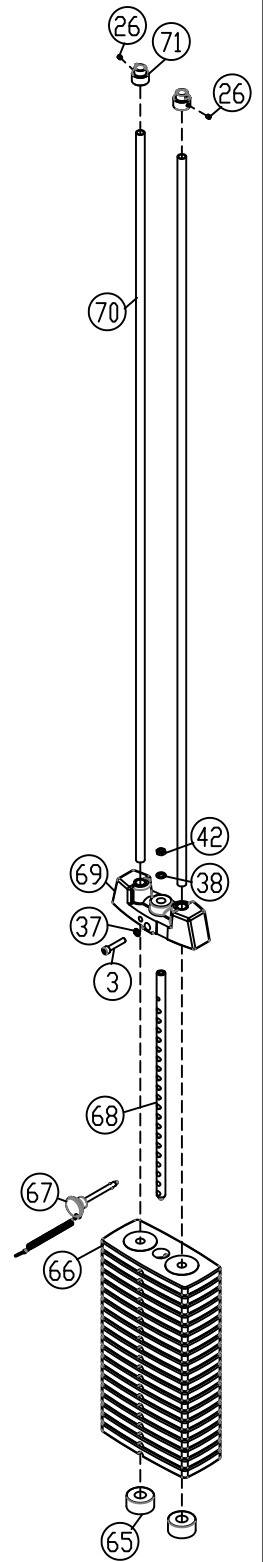
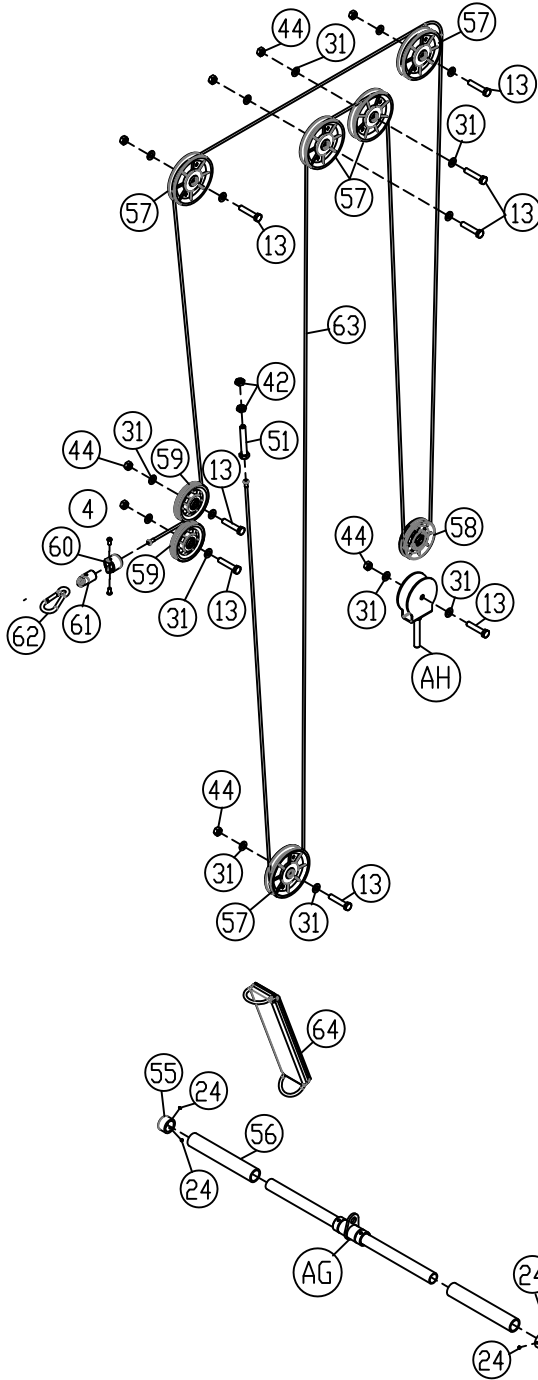
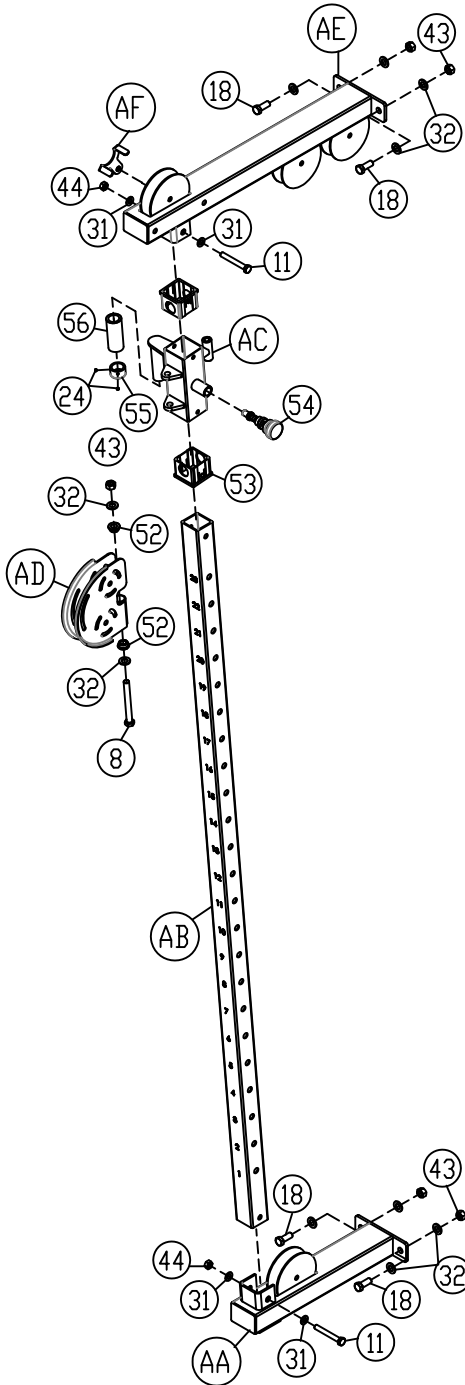


# S1000 Exploded View (1)

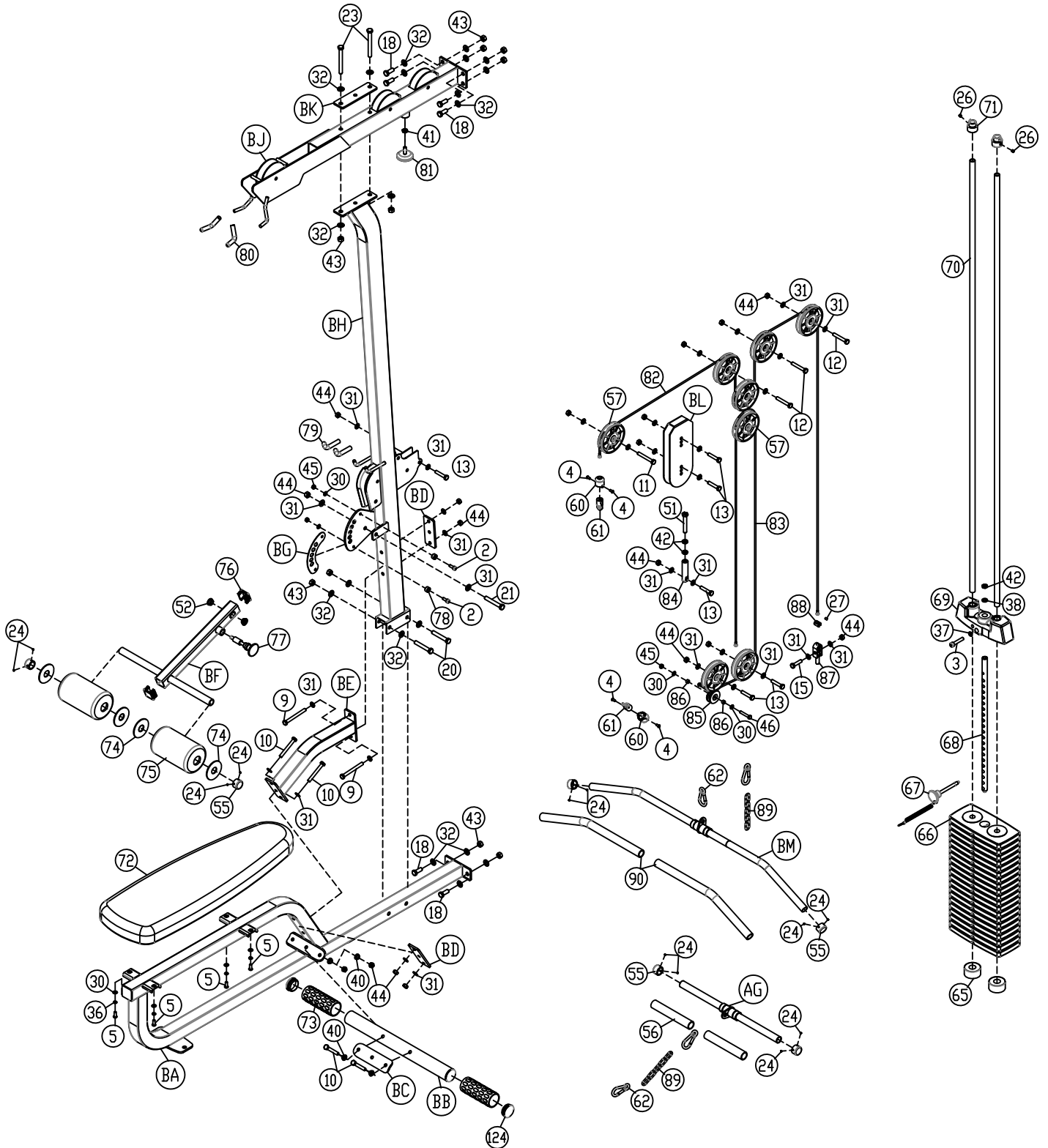




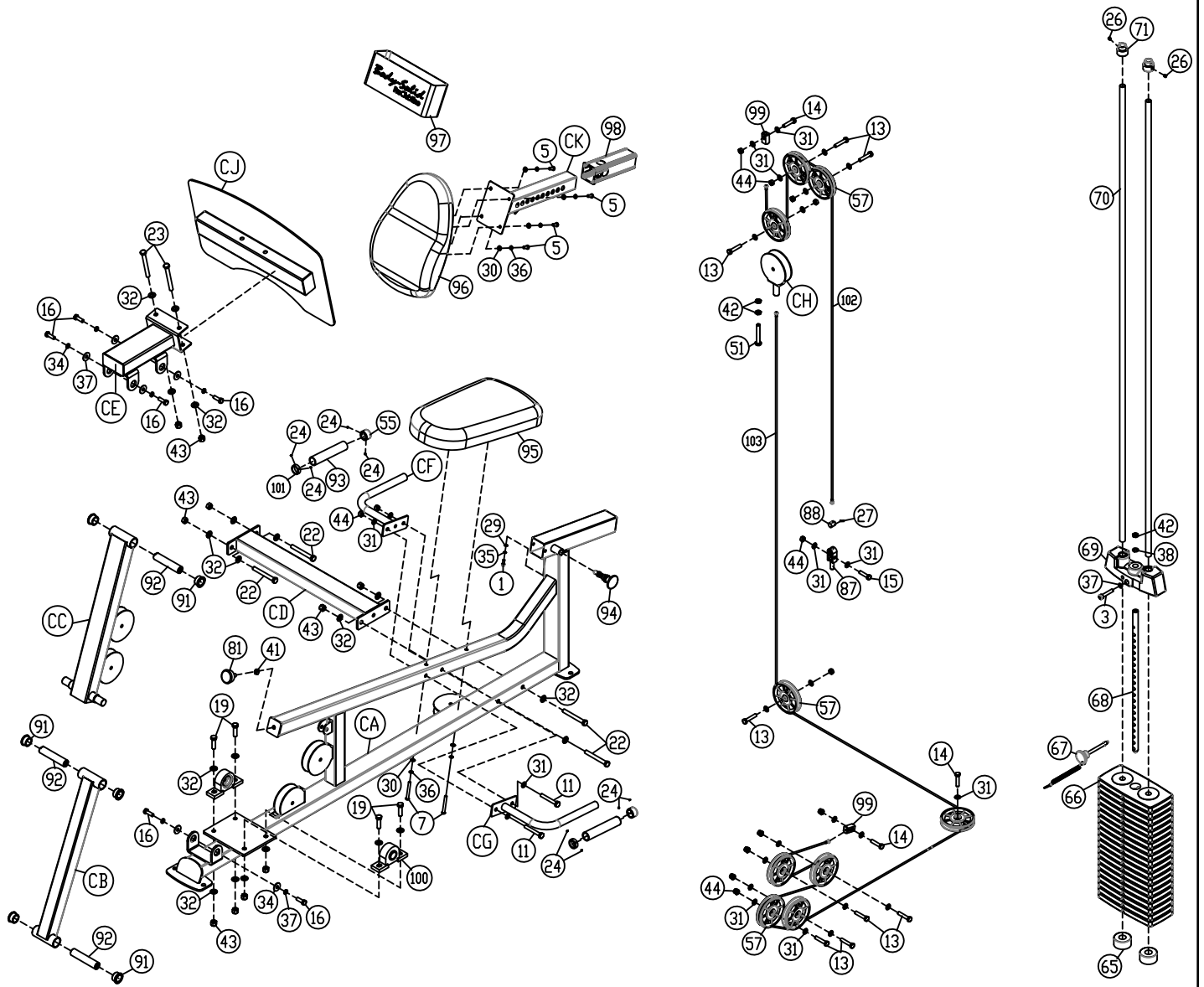
# S 1000 Exploded View ( 2 )



# S1000 Exploded View (3)



# S1000 Exploded View (4)





**NOTE**

*Body-Solid*<sup>®</sup>  
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**S1000**

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # 017146-□□-□□-□□□□-□□□□