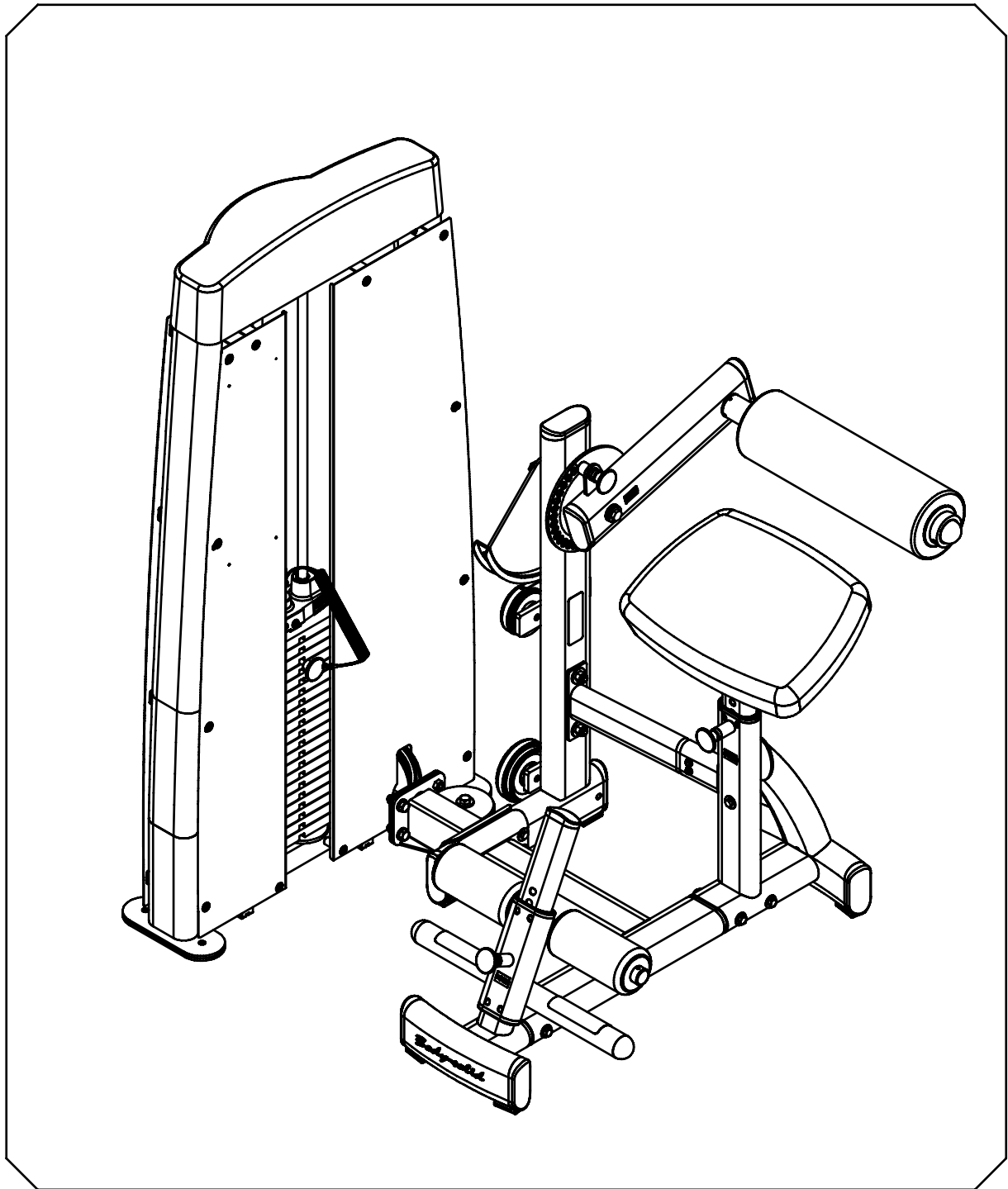


Body-Solid

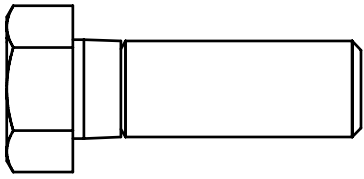


BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

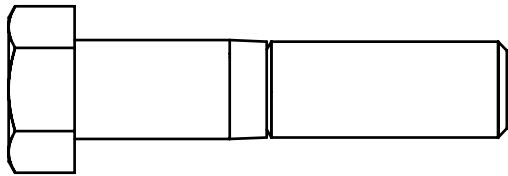
DABB.1 OWNER'S MANUAL

DABB ASSEMBLY INSTRUCTIONS

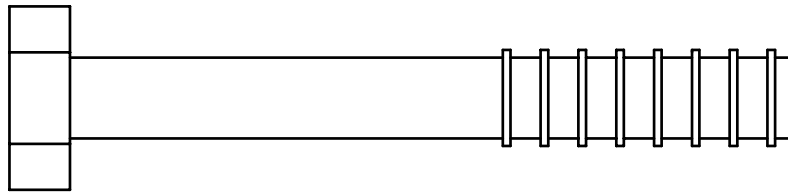
HARDWARW ILLUSTRATION



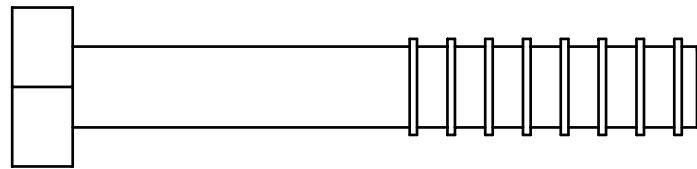
(A1)HEX BOLT 1/2"X1-1/2"L PARTIAL QTY.3



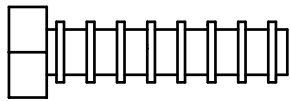
(A2)HEX BOLT 1/2"X2-1/4"L PARTIAL QTY.1



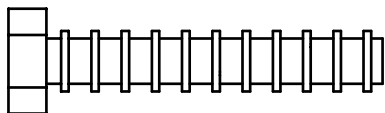
(A3)HEX BOLT 1/2"X3-3/4"L PARTIAL QTY.2



(A4)HEX BOLT 3/8"X3-1/4"L PARTIAL QTY.3



(A5)HEX BOLT 5/16"X1-1/4"L PARTIAL QTY.4

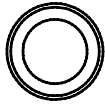


(A6)HEX BOLT 5/16"X1-3/4"L PARTIAL QTY.1



DABB ASSEMBLY INSTRUCTIONS

HARDWARW ILLUSTRATION

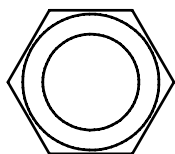
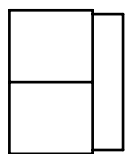


(A7)STEEL BUSHING $\text{Ø}1/2\text{''} \times \text{Ø}8.5 \times 21\text{L}$ QTY.1

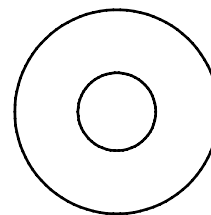


DABB ASSEMBLY INSTRUCTIONS

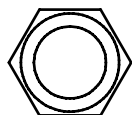
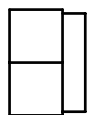
HARDWARW ILLUSTRATION



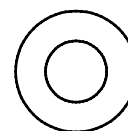
(B1) NYLON LOCK NUT 1/2" QTY.6



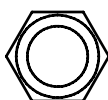
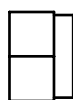
(C3) 3/8" (I.D.) FLAT WASHER Ø27 QTY.6



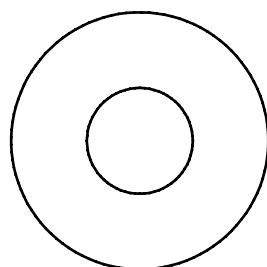
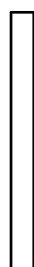
(B2) NYLON LOCK NUT 3/8" QTY.3



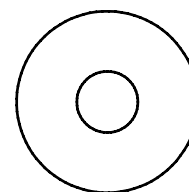
(C4) 5/16" (I.D.) FLAT WASHER Ø16 QTY.2



(B3) NYLON LOCK NUT 5/16" QTY.1



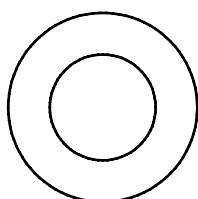
(C1) 1/2" (I.D.) FLAT WASHER Ø34 QTY.6



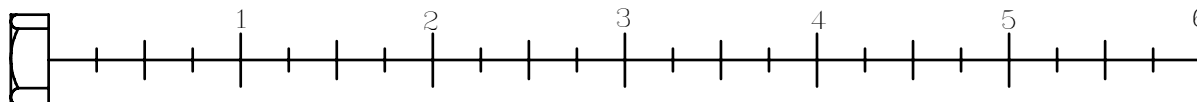
(C5) 5/16" (I.D.) FLAT WASHER Ø24 QTY.4



(C6) SPRING WASHER 5/16" QTY.4



(C2) 1/2" (I.D.) FLAT WASHER Ø25 QTY.6

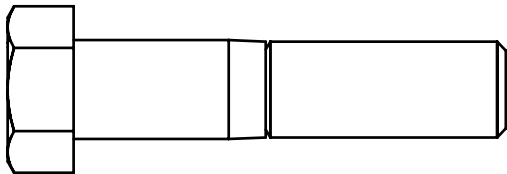


DABB ASSEMBLY INSTRUCTIONS

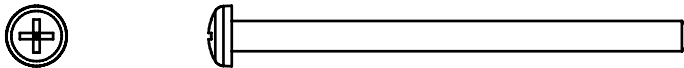
HARDWARW ILLUSTRATION



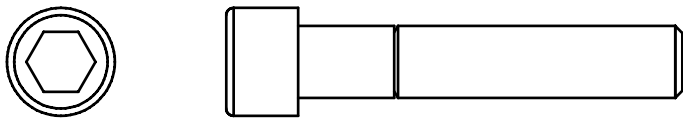
(AA1) ALLEN SCREW 5/16"X3/8"L FULL THREAD QTY.3



(AA2) HEX BOLT 1/2"X2-1/4"L PARTIAL QTY.3



(AA3) ROUND INNER HEX SCREW M4X65L PARTIAL QTY.2



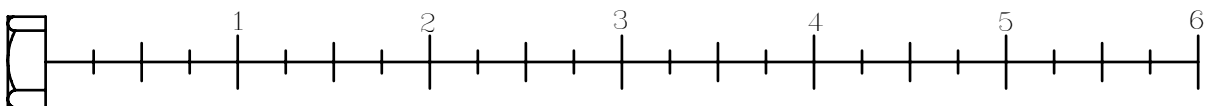
(AA4) ROUND INNER HEAD 3/8"X2"L PARTIAL QTY.1



(AA5) ROUND INNER HEX SCREW M6X20L PARTIAL QTY.20

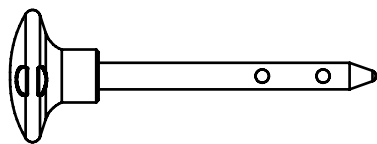


(AA6) ROUND CROSS SCREW 5/32"X1/4"L PARTIAL QTY.4

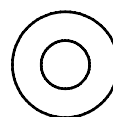


DABB ASSEMBLY INSTRUCTIONS

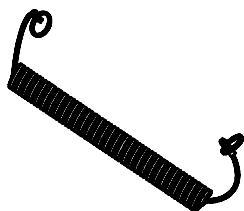
HARDWARW ILLUSTRATION



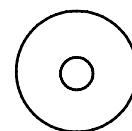
(AA7)10LB PIN(8250-071) QTY.1



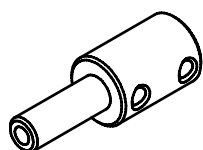
(CC2)M6(I.D.)FLAT WASHER Ø13 QTY.20



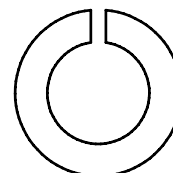
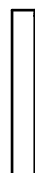
(AA8)ELASTIC BOLT QTY.1



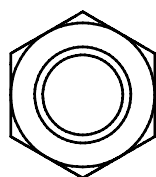
(CC3)M4(I.D.)FLAT WASHER Ø12 QTY.2



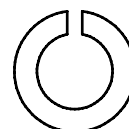
(AA9)WEIGHT STACK CABLE (8260-009) QTY.1



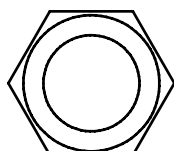
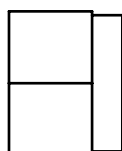
(CC4)SPRING WASHER 1/2" QTY.1



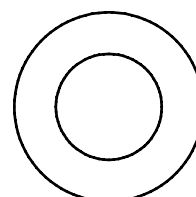
(BB1)NUT 1/2"-13UNC QTY.1



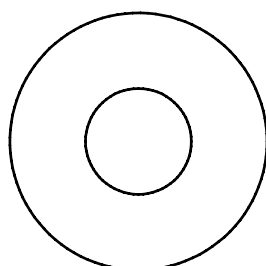
(CC5)SPRING WASHER 3/8" QTY.1



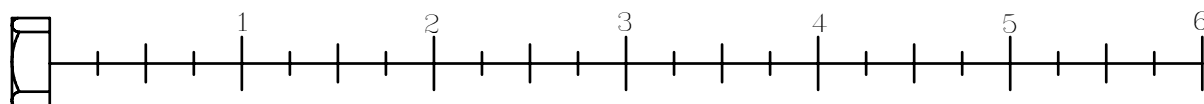
(BB2)NYLON LOCK NUT1/2" QTY.3



(CC6)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



(CC1)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



DABB ASSEMBLY INSTRUCTIONS

HARDWARW ILLUSTRATION

- | | | |
|--|--|--|
| | | (D1) $\phi 3/4$ "X13.5X8L STEEL BUSHING(8110-014)-----[2PCS] |
| | | (D2) $\phi 38$ "X $\phi 25.2$ X27L STEEL BUSHING(8130-159) -----[1PCS] |
| | | (D3) $\phi 30$ "X $\phi 20$ X1.5t CU WASHER(8520-007) -----[1PCS] |
| | | (D4) $\phi 38$ "X $\phi 26$ X1.5t CU WASHER(8520-008) -----[1PCS] |
| | | (D5) 95X140L RUBBER PAD(9310-035) -----[2PCS] |
| | | (D6) $\phi 50$ ROUND END CAP(9211-074) -----[3PCS] |
| | | (D7) 50X100 NYLON BUSHING(9211-107)-----[2PCS] |
| | | (D8) 58X116X2.5t FOOT CAP(9211-108) -----[6PCS] |
| | | (D9) 58X116X2.5t END CAP(9211-112) -----[3PCS] |
| | | (D10) 40X80X2t END CAP(9211-113) -----[1PCS] |
| | | (D11) $\phi 4$ " PULLEY(9213-017A) -----[2PCS] |
| | | (D12) $\phi 4$ 1/2" PULLEY(9213-010B) -----[5PCS] |
| | | (D13) $\phi 75$ X3tX $\phi 26$ NYLON WASHER(9214-008) -----[4PCS] |
| | | (D14) $\phi 90$ X $\phi 51$ X3t NYLON WASHER(9214-022)-----[2PCS] |
| | | (D15) 207X105X23 PULLEY CAP(9211-115) -----[1PCS] |
| | | (D16) $\phi 131$ X30 PULLEY CAP(9211-116)-----[1PCS] |
| | | (D17) 3485mm STEEL CABLE -----[1PCS] |
| | | (D18) $\phi 3/4$ " SHAFT COLLAR(9211-046) -----[2PCS] |
| | | (D19) $\phi 4$ "RUBBER DOUNT(9310-017) -----[2PCS] |
| | | (D20) TOP PLATE(8400-006) -----[1PCS] |
| | | (D21) WEIGHT SELECTOR BAR(8210-042) -----[1PCS] |
| | | (D22) 95X250 RUBBER PAD(9310-060) -----[2PCS] |
| | | (D23) DABB FOR DGYM STEEL CABLE(FDABBB) -----[1PCS] |

D1



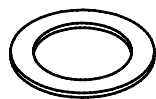
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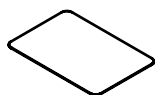
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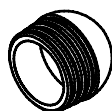
D4



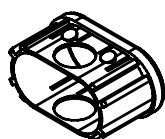
D5



D6



D7



D8



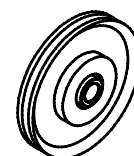
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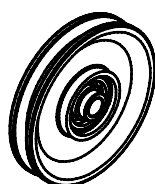
D10



D11



D12



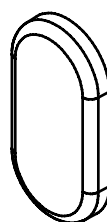
D13



D14



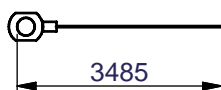
D15



D16



D17



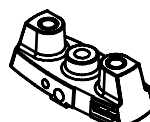
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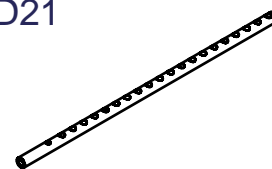
D19



D20



D21



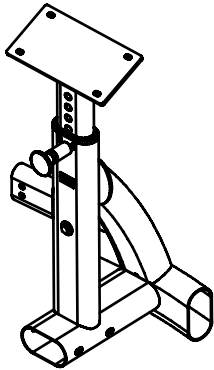
D22



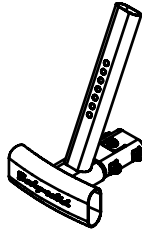
DABB ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION

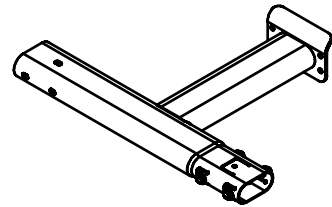
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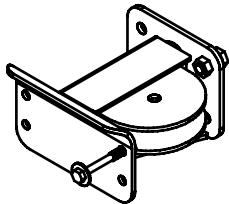
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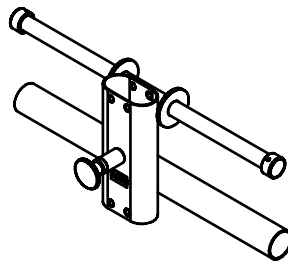
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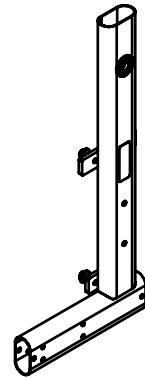
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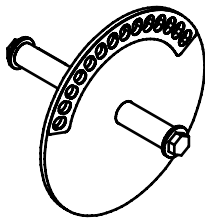
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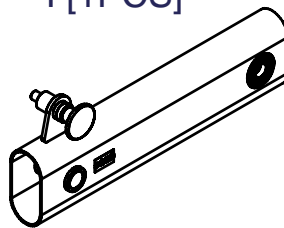
F [1PCS]



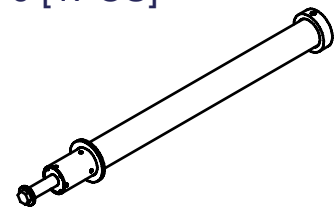
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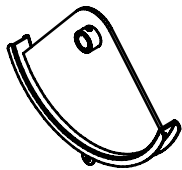
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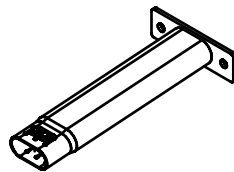
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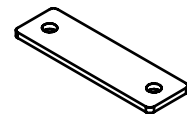
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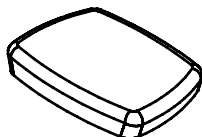
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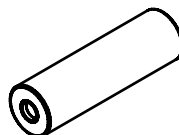
M [1PCS]
8321-091



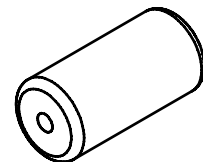
N [1PCS]
9122-039



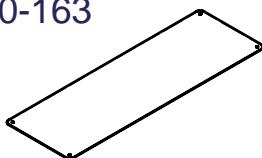
O [1PCS]
9161-047



P [2PCS]
9161-032



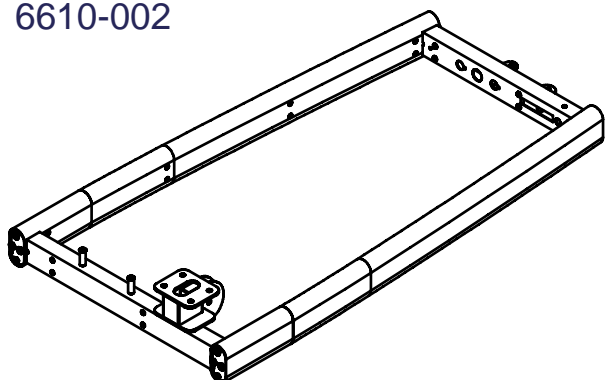
Q [1PCS]
9440-163



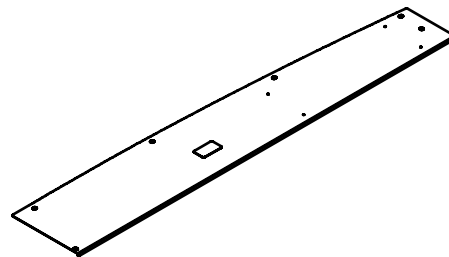
DABB ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION

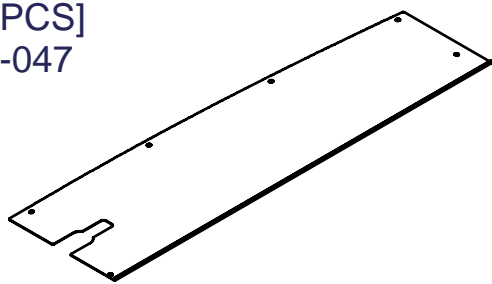
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6610-002



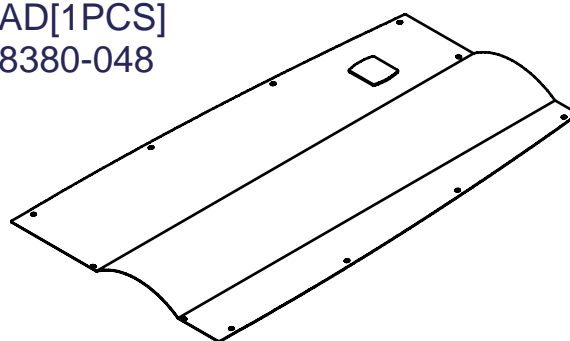
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8380-046



AC[1PCS]
8380-047



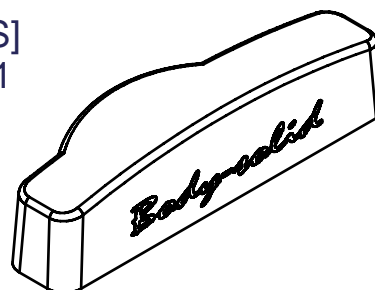
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8380-048



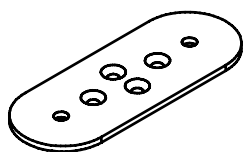
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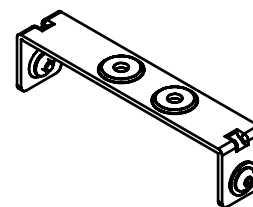
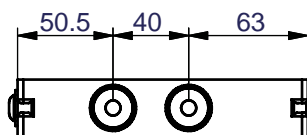
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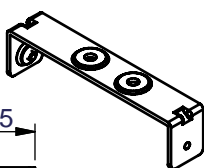
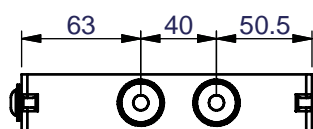
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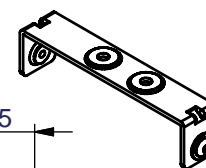
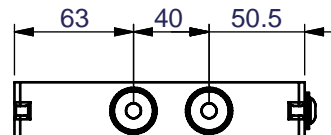
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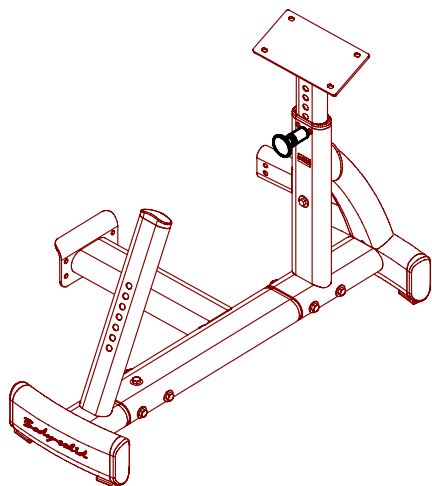
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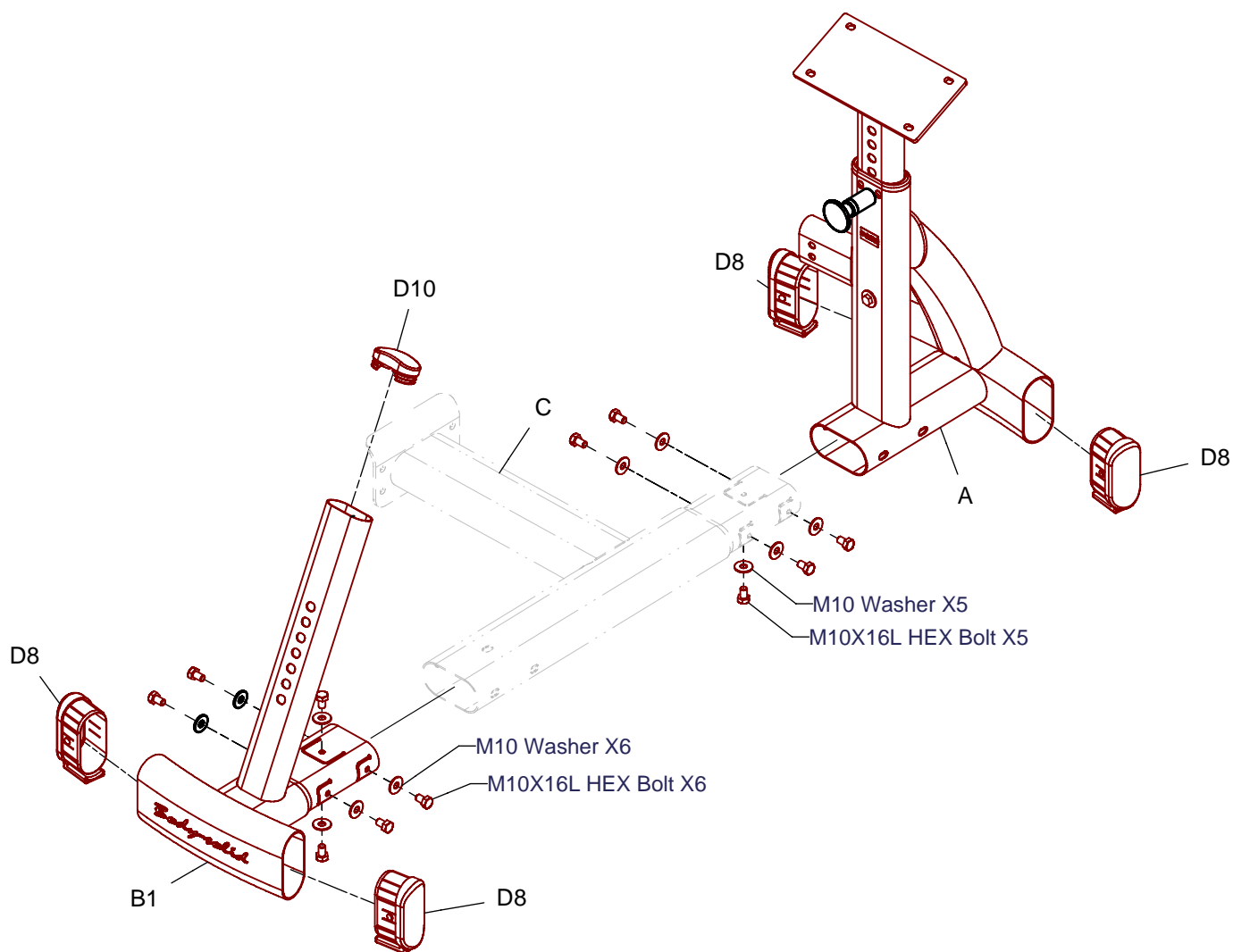
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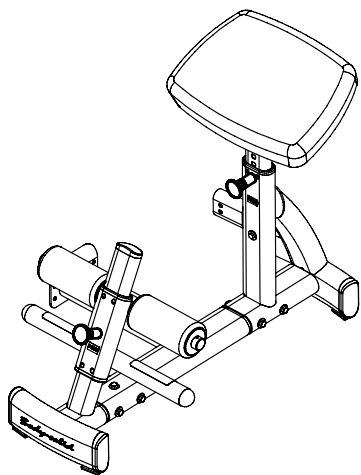
DABB ASSEMBLY INSTRUCTIONS



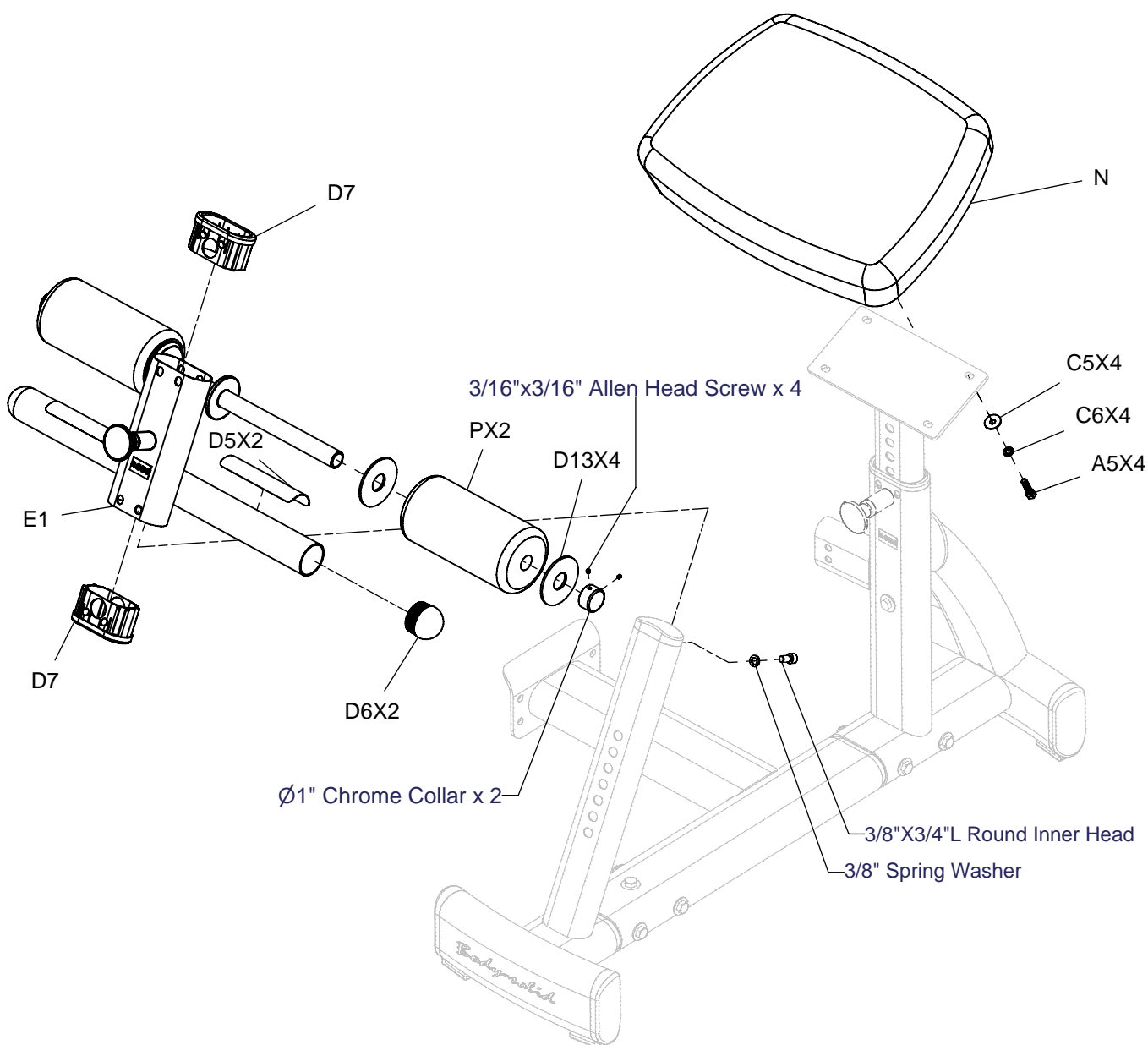
Above shows STEP 1
assembled and completed



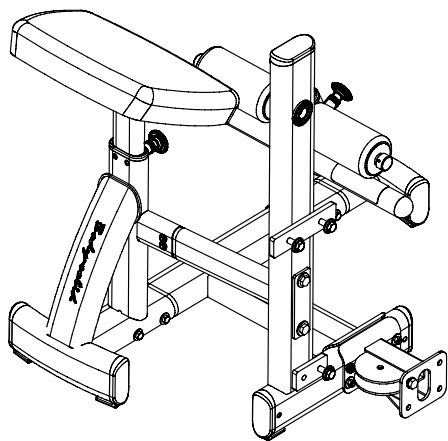
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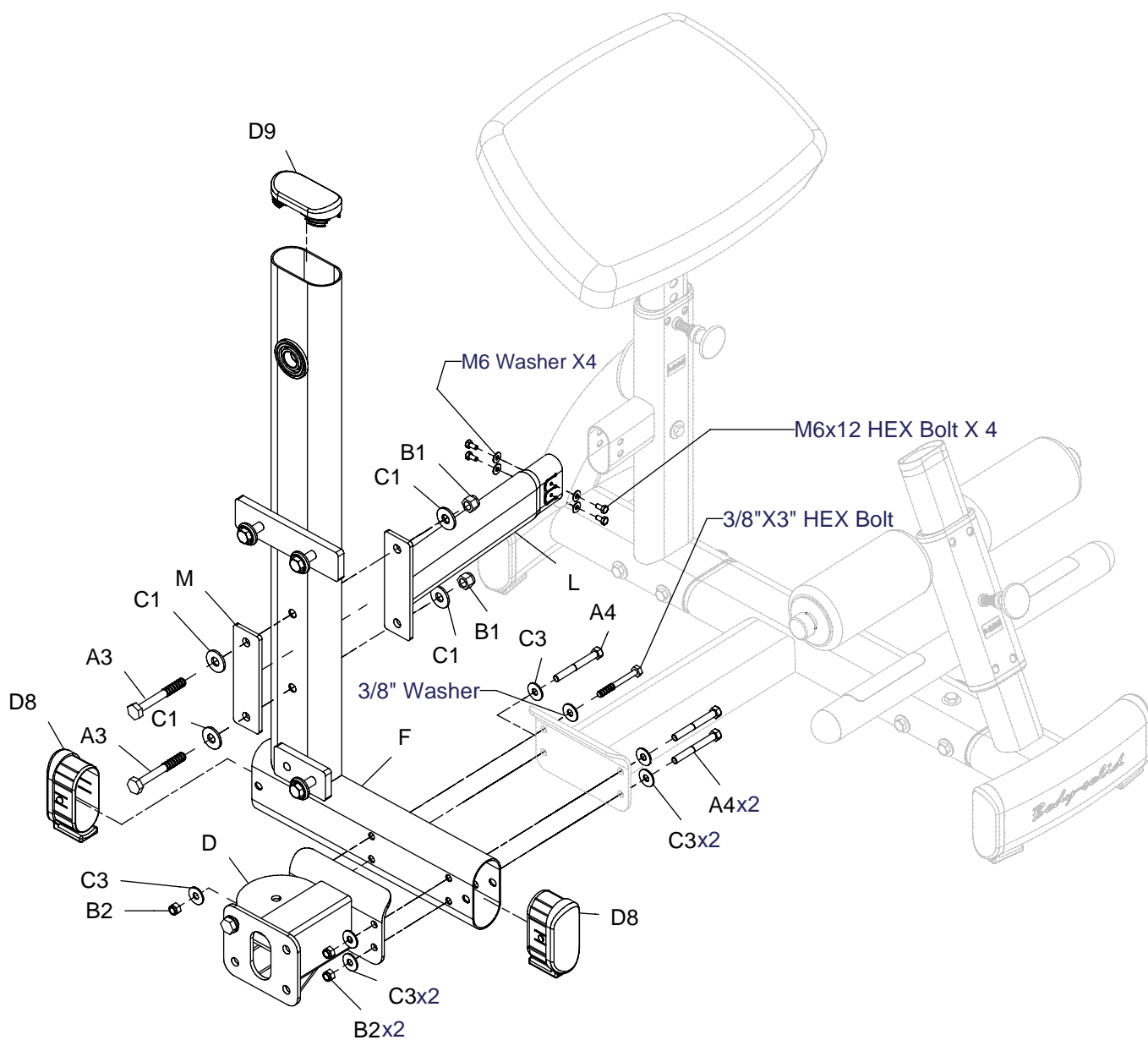
Above shows STEP 2
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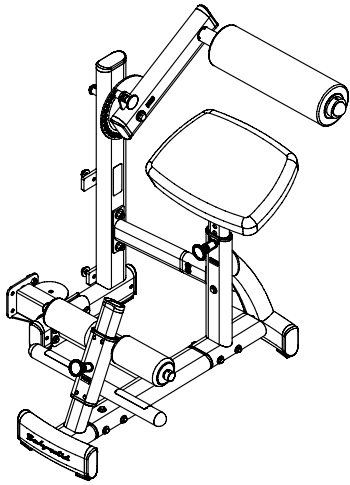
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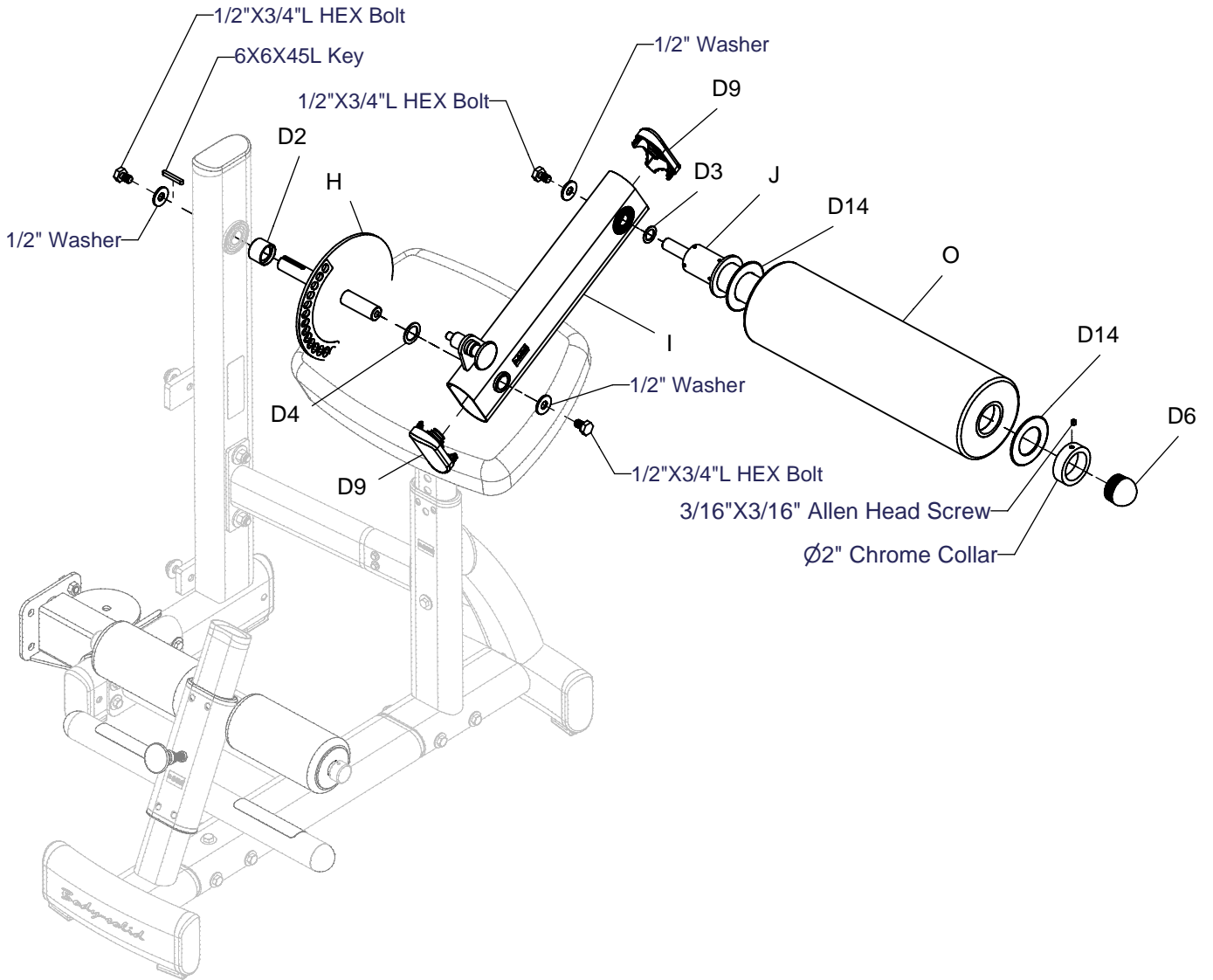
Above shows STEP 3
assembled and completed



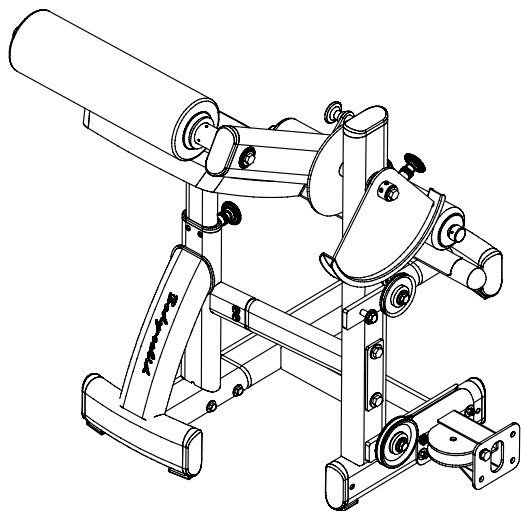
DABB ASSEMBLY INSTRUCTIONS



Above shows STEP 4 assembled and completed

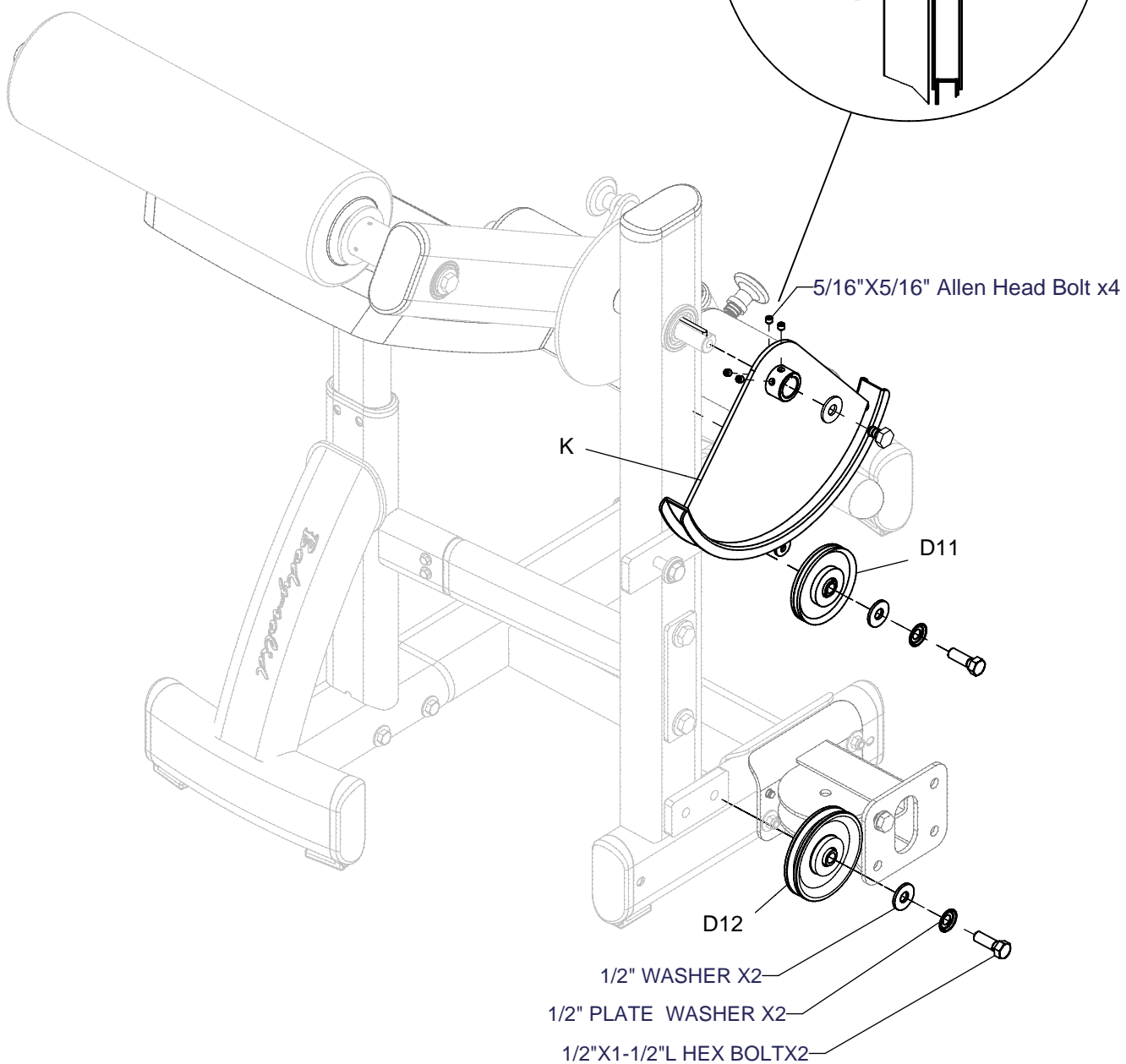
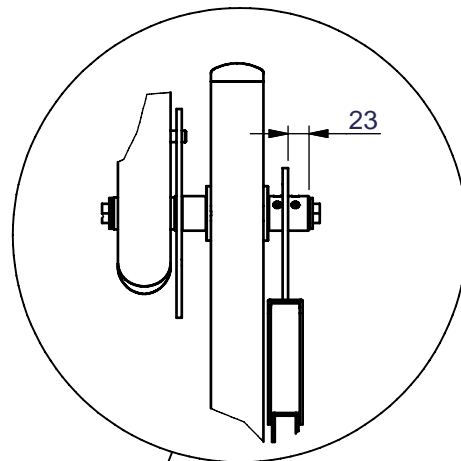


DABB ASSEMBLY INSTRUCTIONS

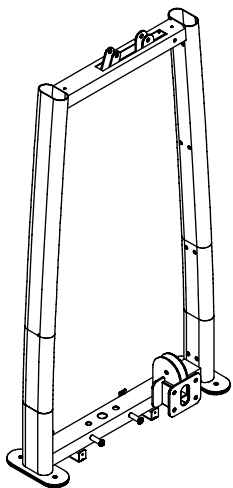


Above shows STEP 5
assembled and completed

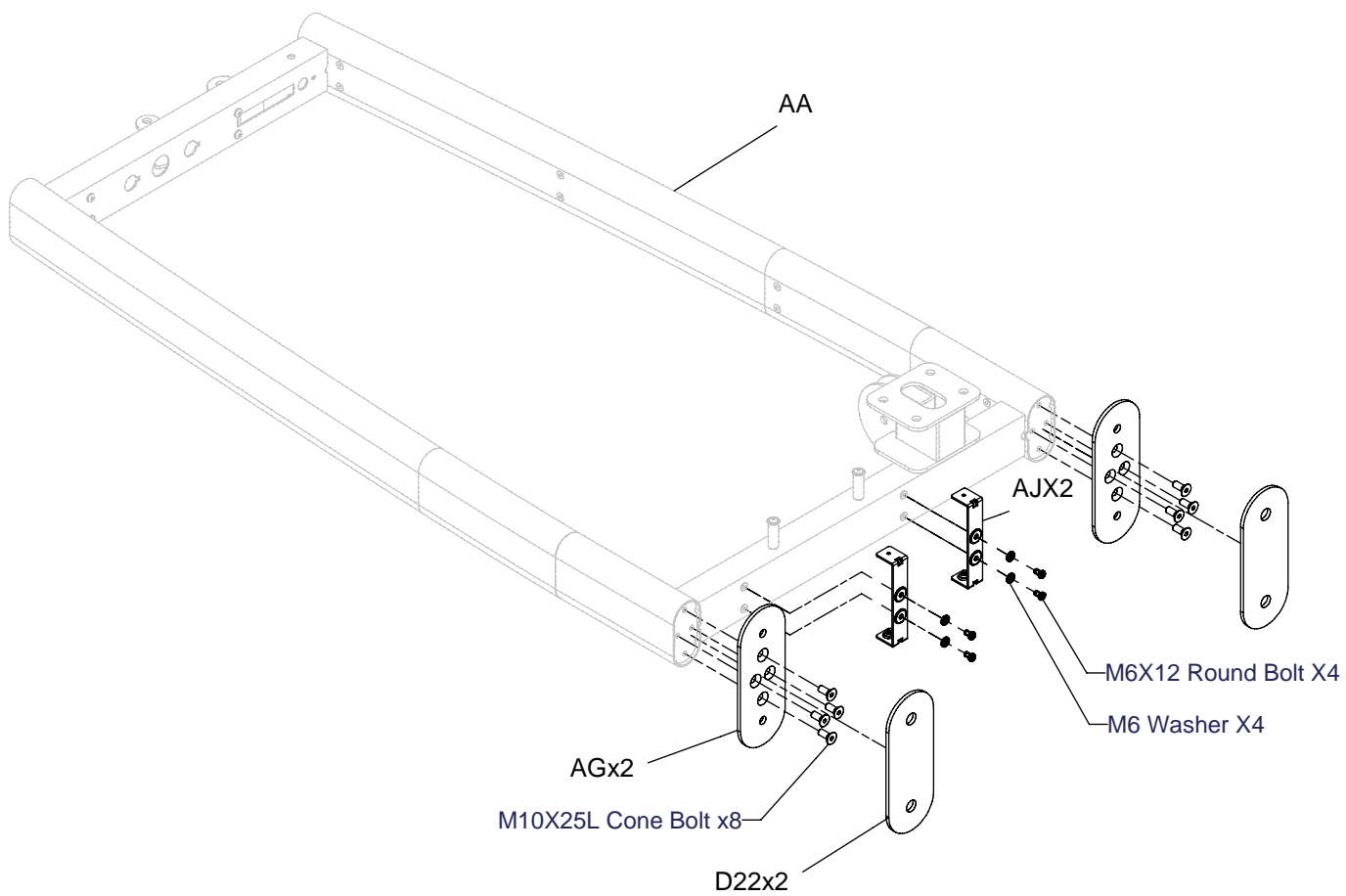
Detail View



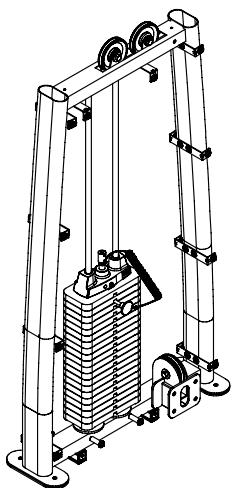
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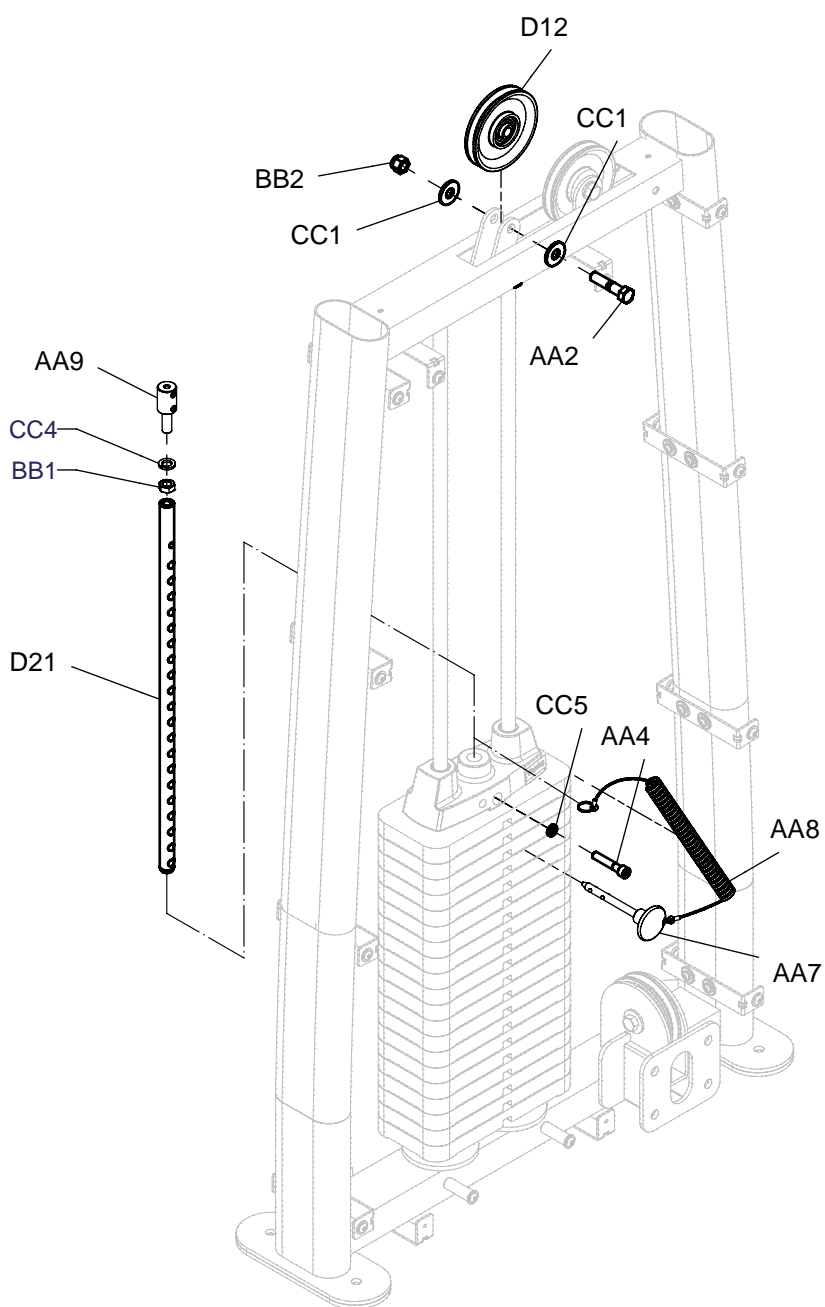
Above shows STEP 6
assembled and completed



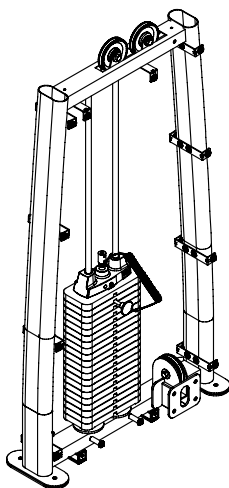
DABB ASSEMBLY INSTRUCTIONS



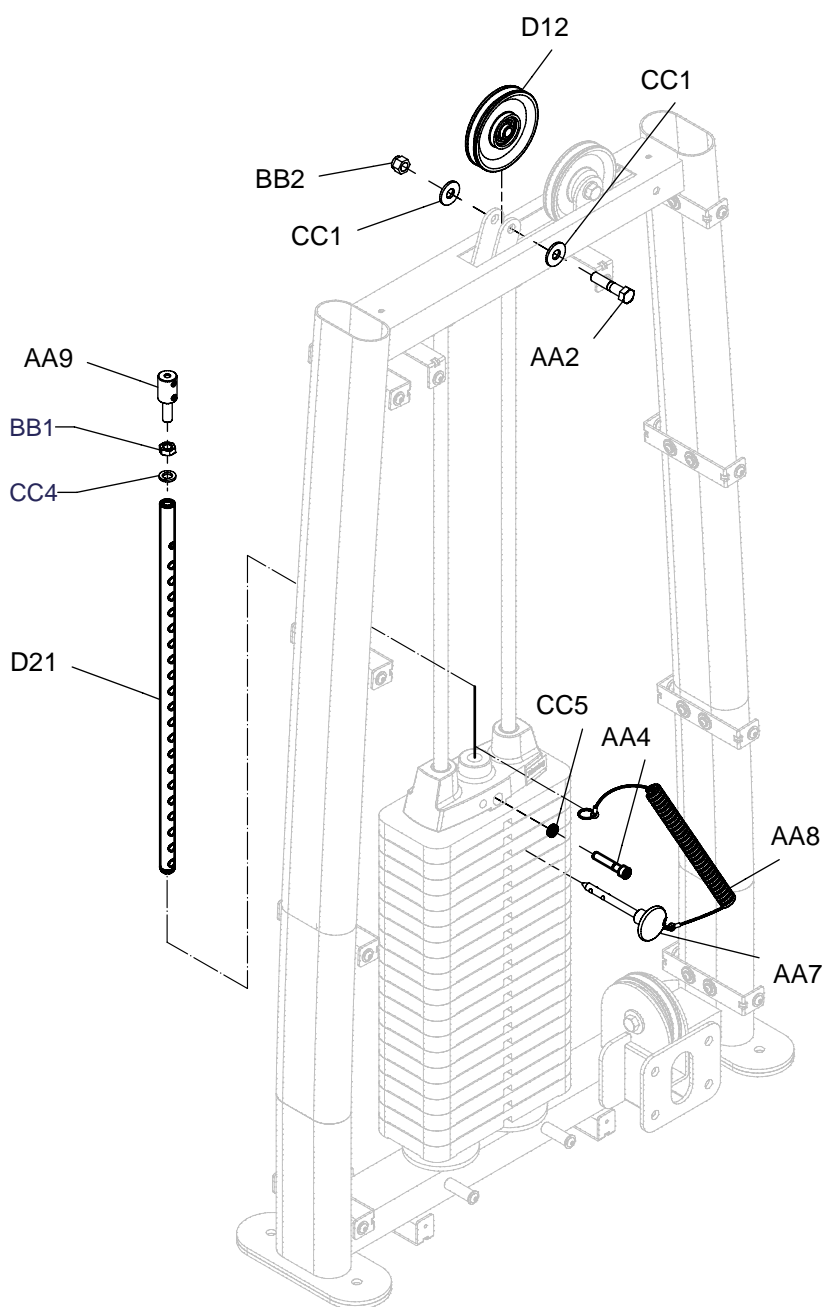
Above shows STEP 8 assembled and completed



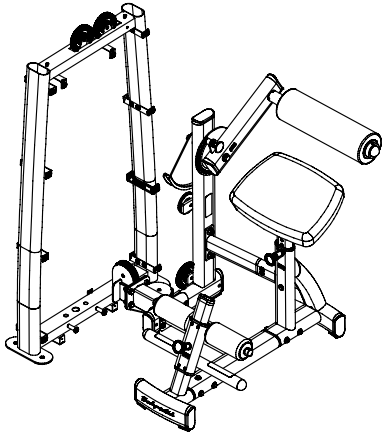
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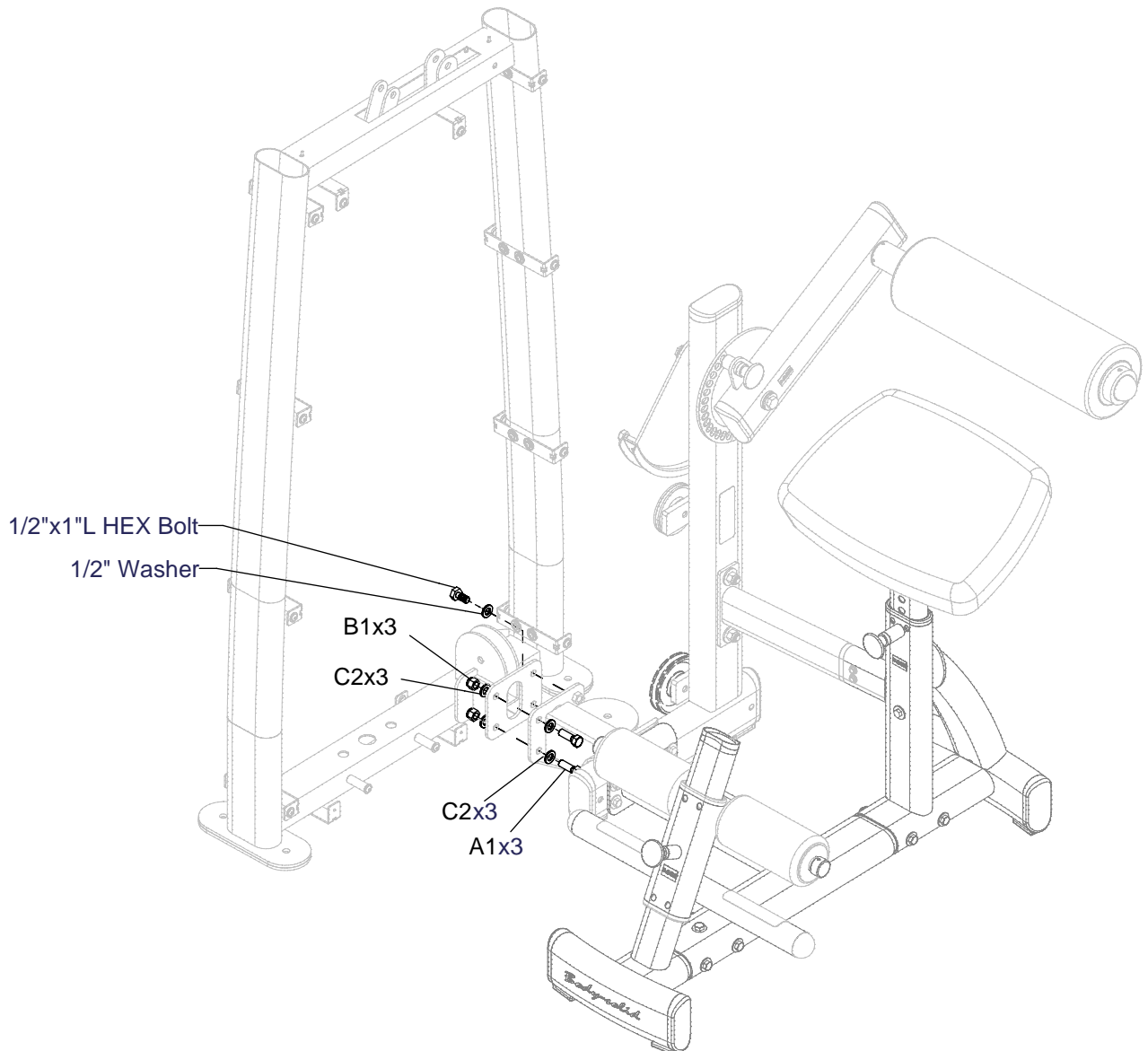
Above shows STEP 8 assembled and completed



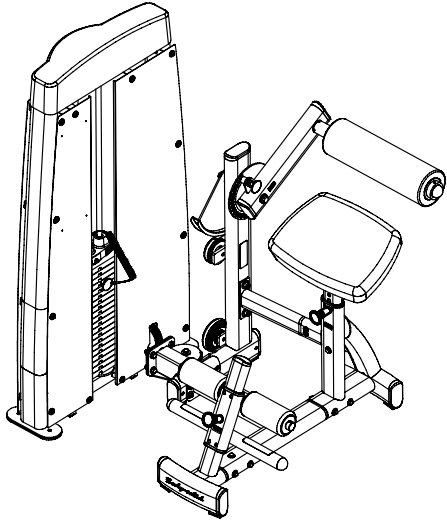
DABB ASSEMBLY INSTRUCTIONS



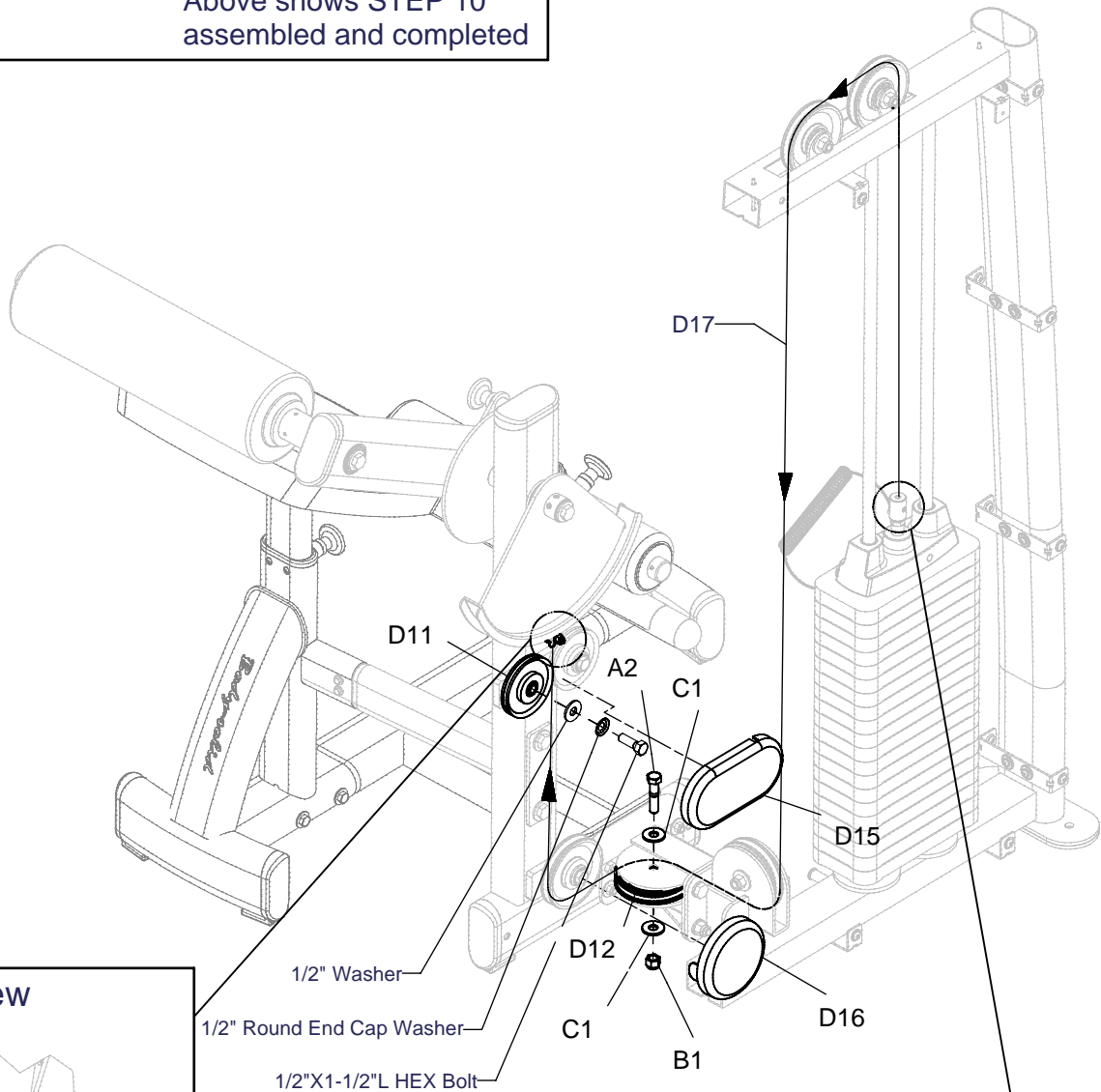
Above shows STEP 9
assembled and completed



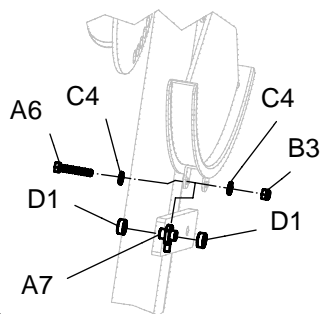
DABB ASSEMBLY INSTRUCTIONS



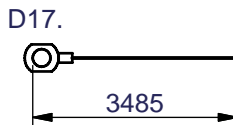
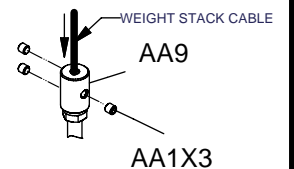
Above shows STEP 10 assembled and completed



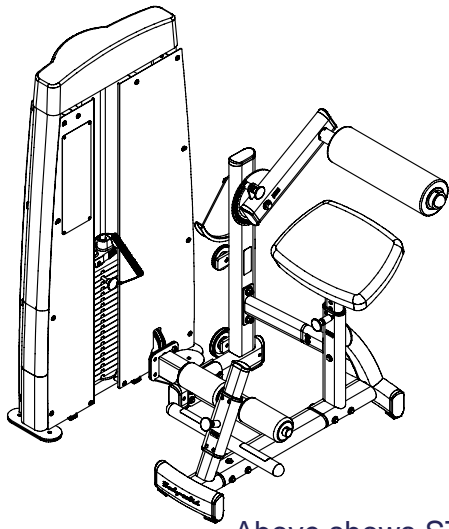
Detail View



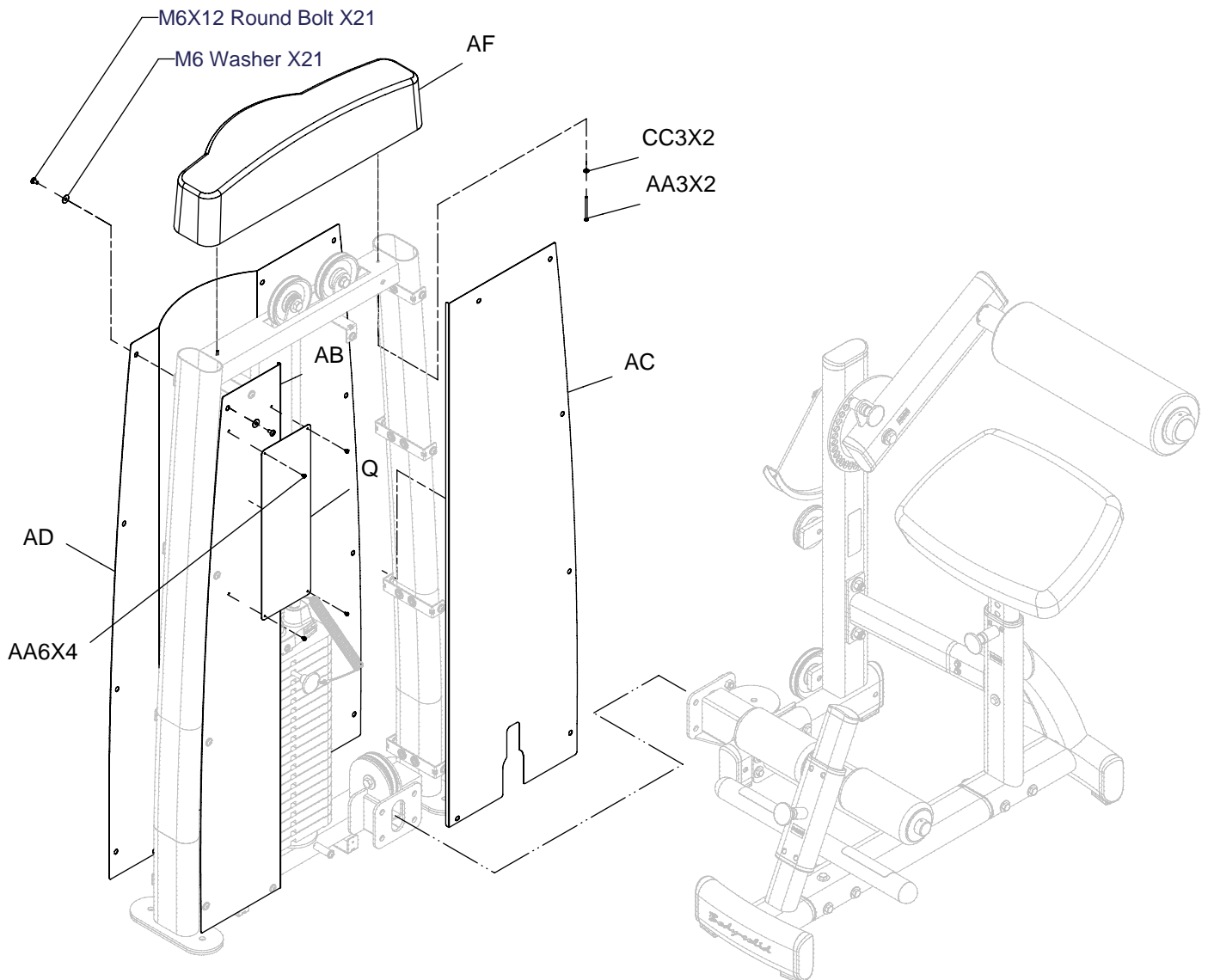
Detail View



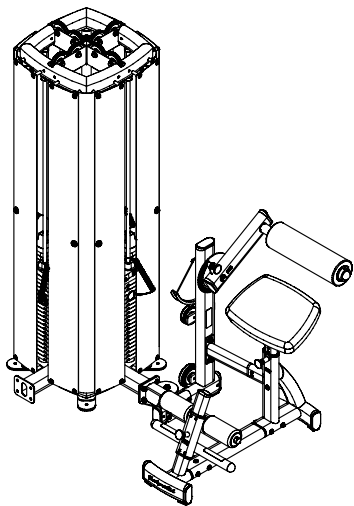
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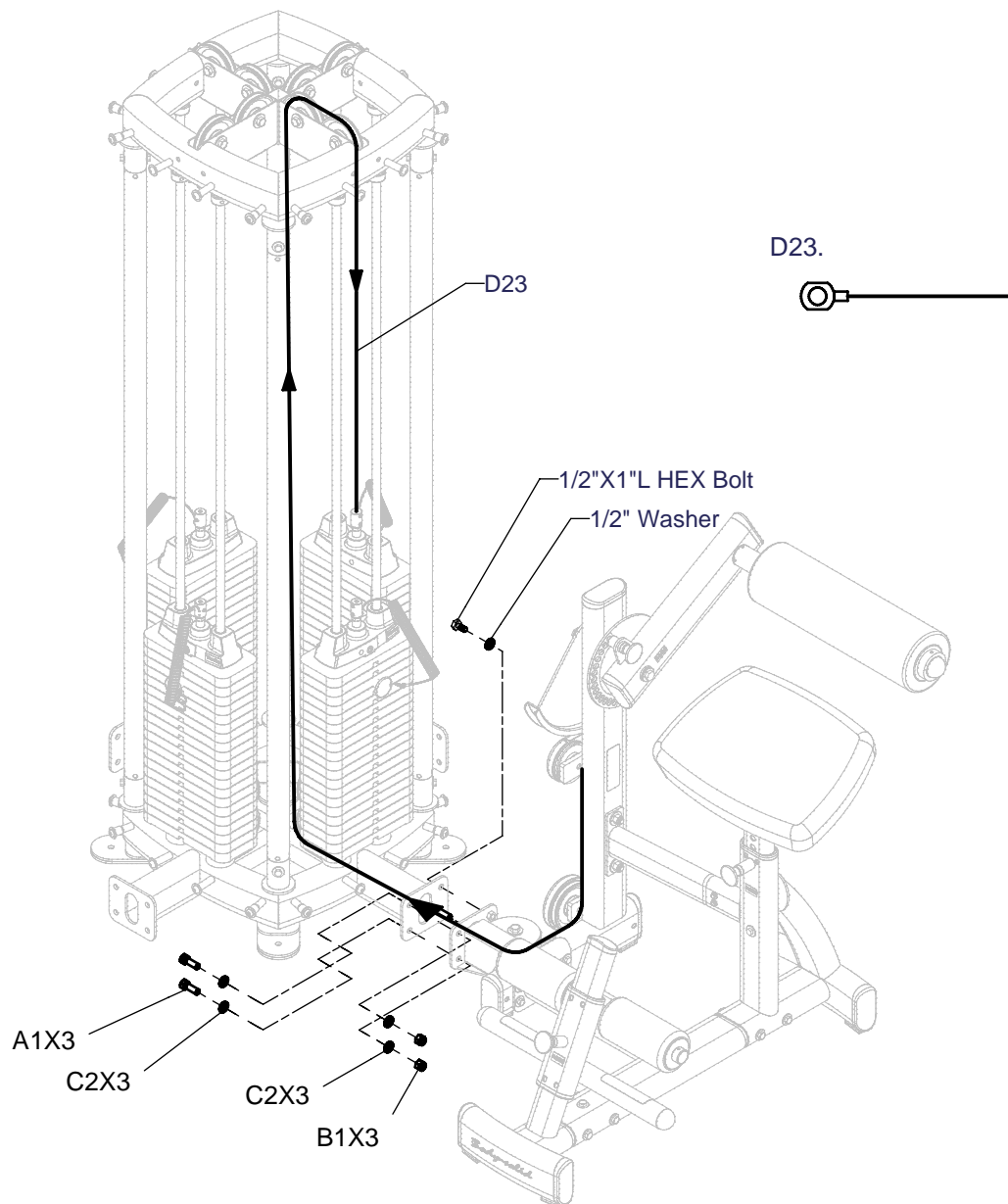
Above shows STEP 11
assembled and completed



DABB ASSEMBLY INSTRUCTIONS



Above shows STEP 12 assembled and completed



DABB ASSEMBLY INSTRUCTIONS

