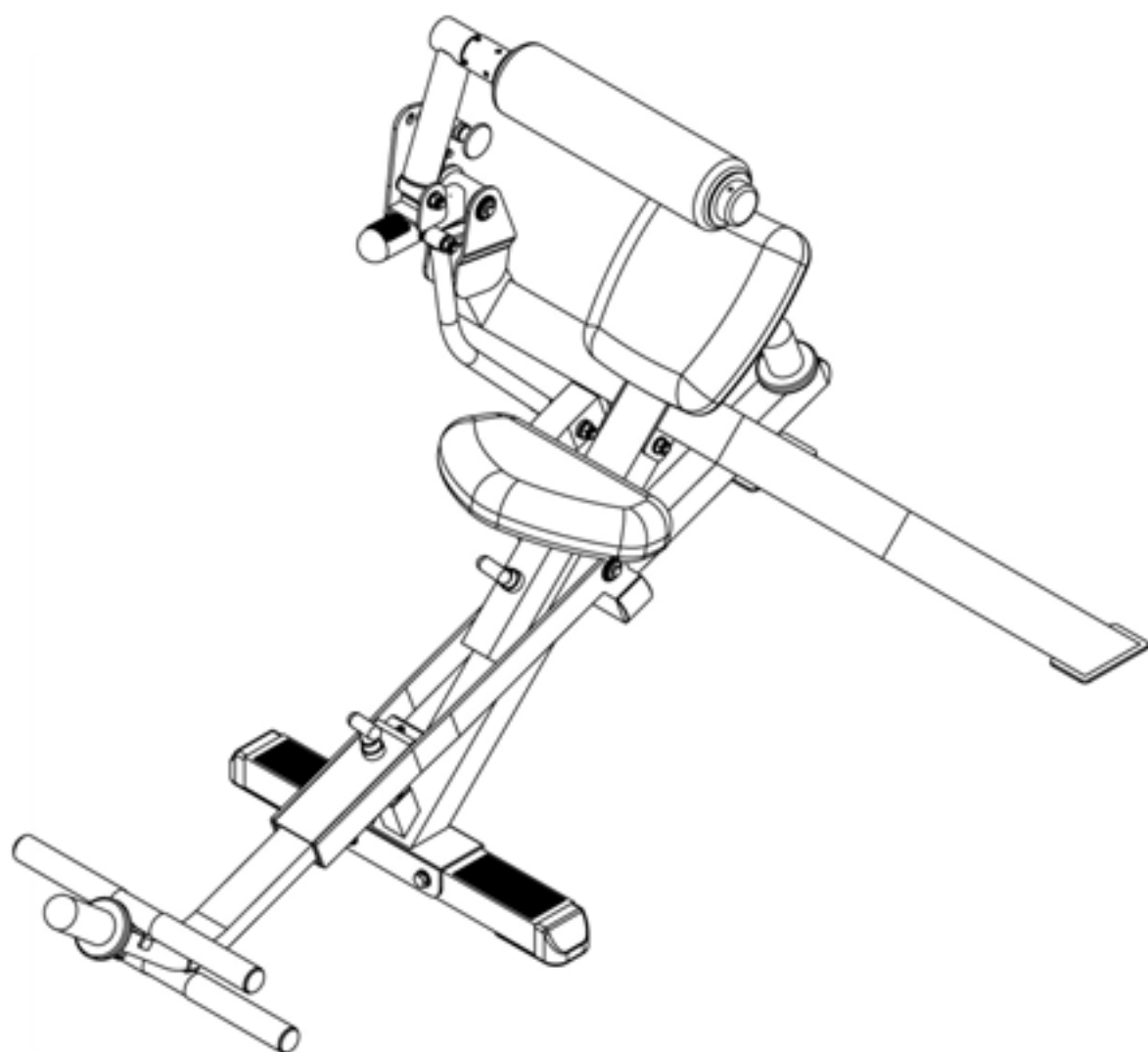


# Body-Solid



**GAB350**  
**Owner's Manual**

# Before You Begin

Thank you for purchasing the GAB350. This piece 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.

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## Unpacking the Equipment

Each piece is carefully tested and inspected before shipment. Body-Solid ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

***Be careful to assemble all components in the sequence presented in this guide.***

If any items are missing, contact the dealer from whom you purchased the unit or call Body-Solid Customer Service at 1-800-556-3113.

**CAUTION:** To set up this unit, you will need assistance. You must review and follow the instructions in this Owner's Manual. If you do not assemble and use according to these guidelines, you could void the Body-Solid warranty.

**CAUTION:**  
Obtain assistance.  
Review the Installation Requirements before proceeding with the following steps.

### Installation Requirements:

Set up 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.

**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.

### 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 warranty card.

# 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 unit. These instructions are written to ensure your safety and to protect the unit.
- 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.
- 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 the 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 before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

## **Personal Safety During Assembly**

If possible have a qualified dealer assemble the equipment.

- 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 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

This unit 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 equipment.

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 Body-Solid at 1-800-833-1227.

## **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 key number, 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 ext. 5  
Fax: 1-708-427-3598  
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. Part numbers, key numbers, and description are required when ordering parts.**

# Safety Guidelines

Successful resistance training programs have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

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- 1. It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.**
- 2. Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.**
- 3. Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.**
- 4. Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.**
- 5. Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and suitable, breathable clothing will reduce the risk of injury.**
- 6. Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.**
- 7. Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.**
- 8. Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.**
- 9. Do not attempt to lift more weight than you can control safely.**
- 10. Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.**

# Assembly Instructions

If you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

## Required Tools:

9/16" Open-End Wrench  
11/16" Open-End Wrench  
3/4" Open-End Wrench  
13/16" Open-End Wrench

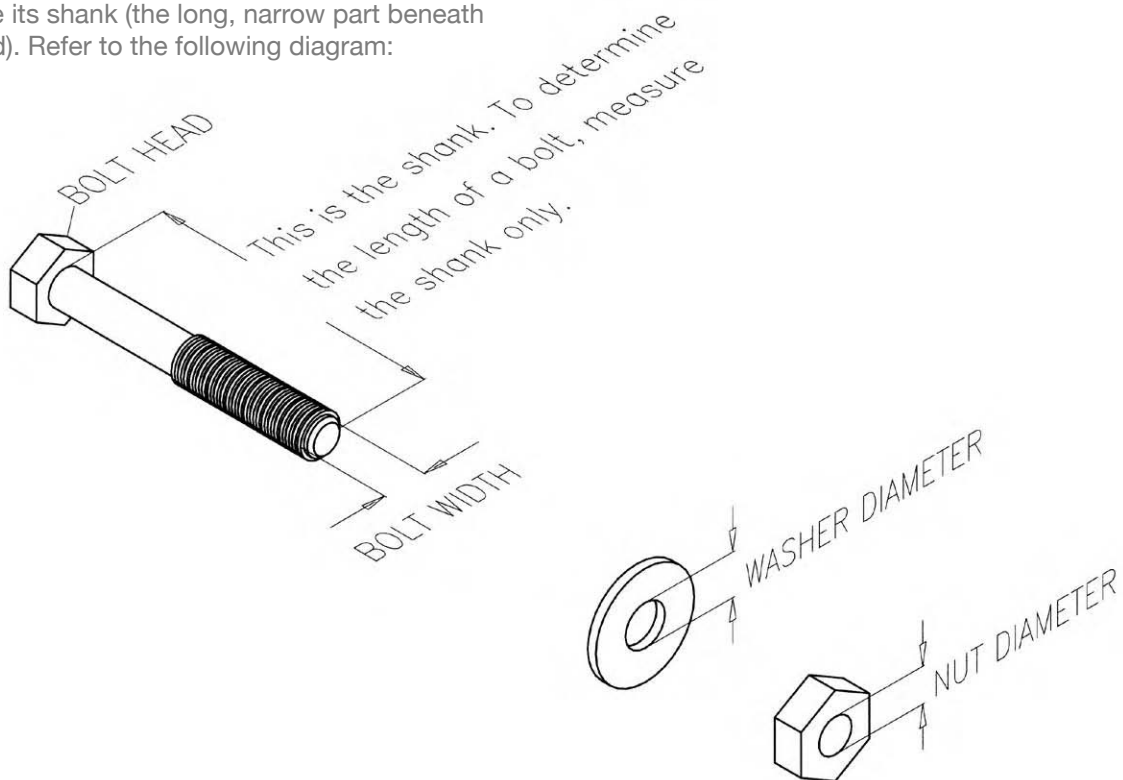
## Assembly Tips:

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

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

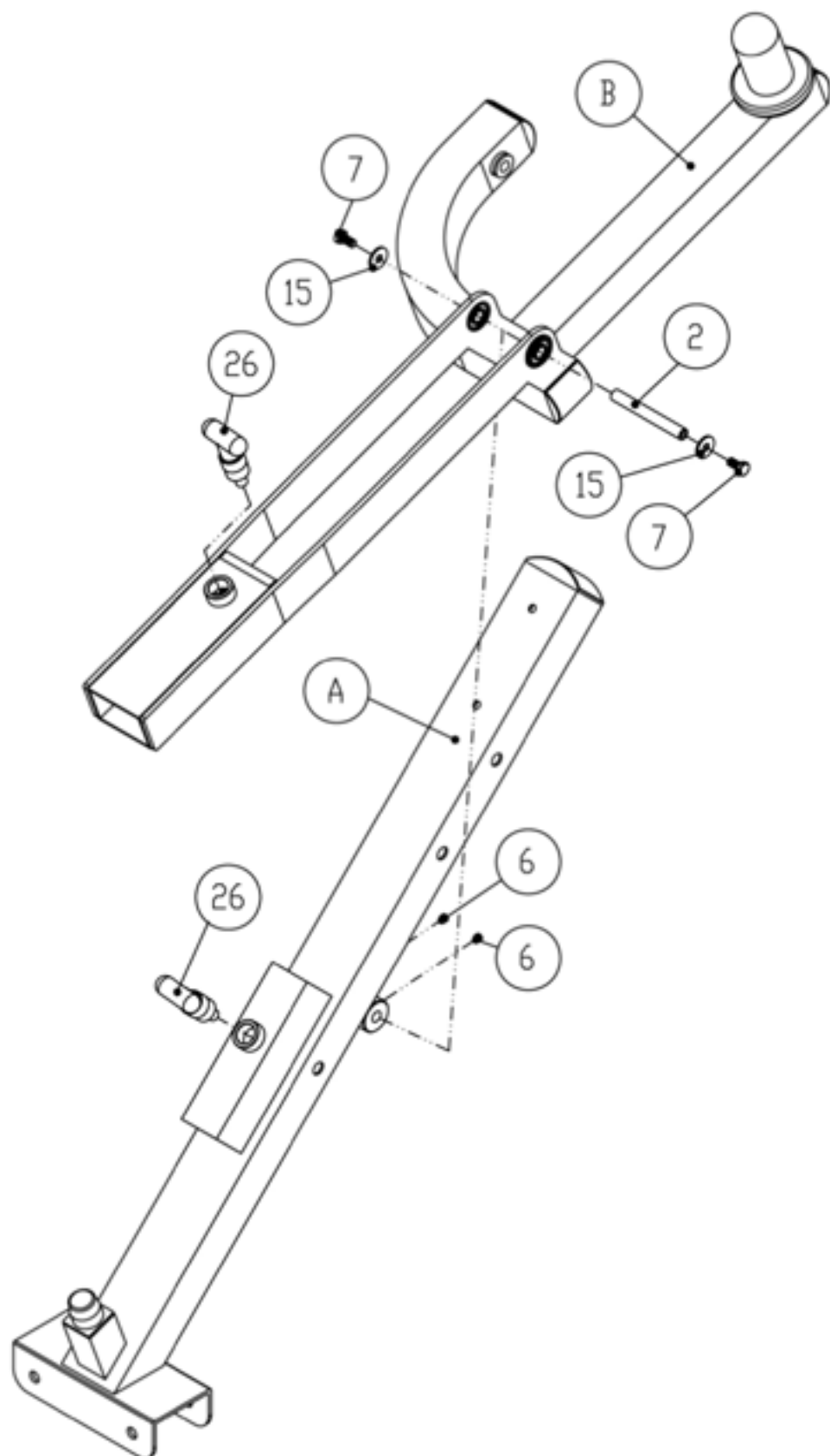
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

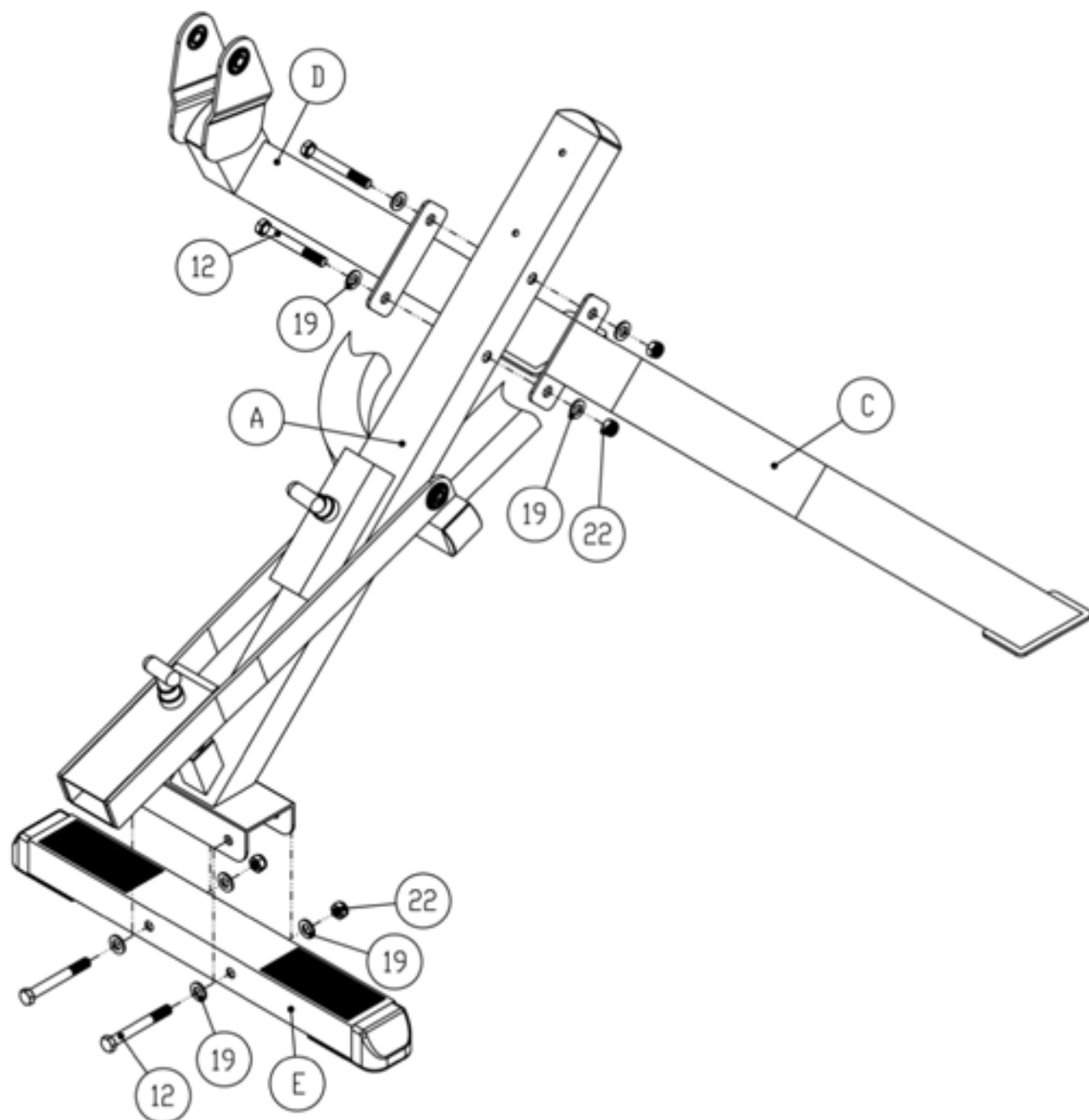
NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:

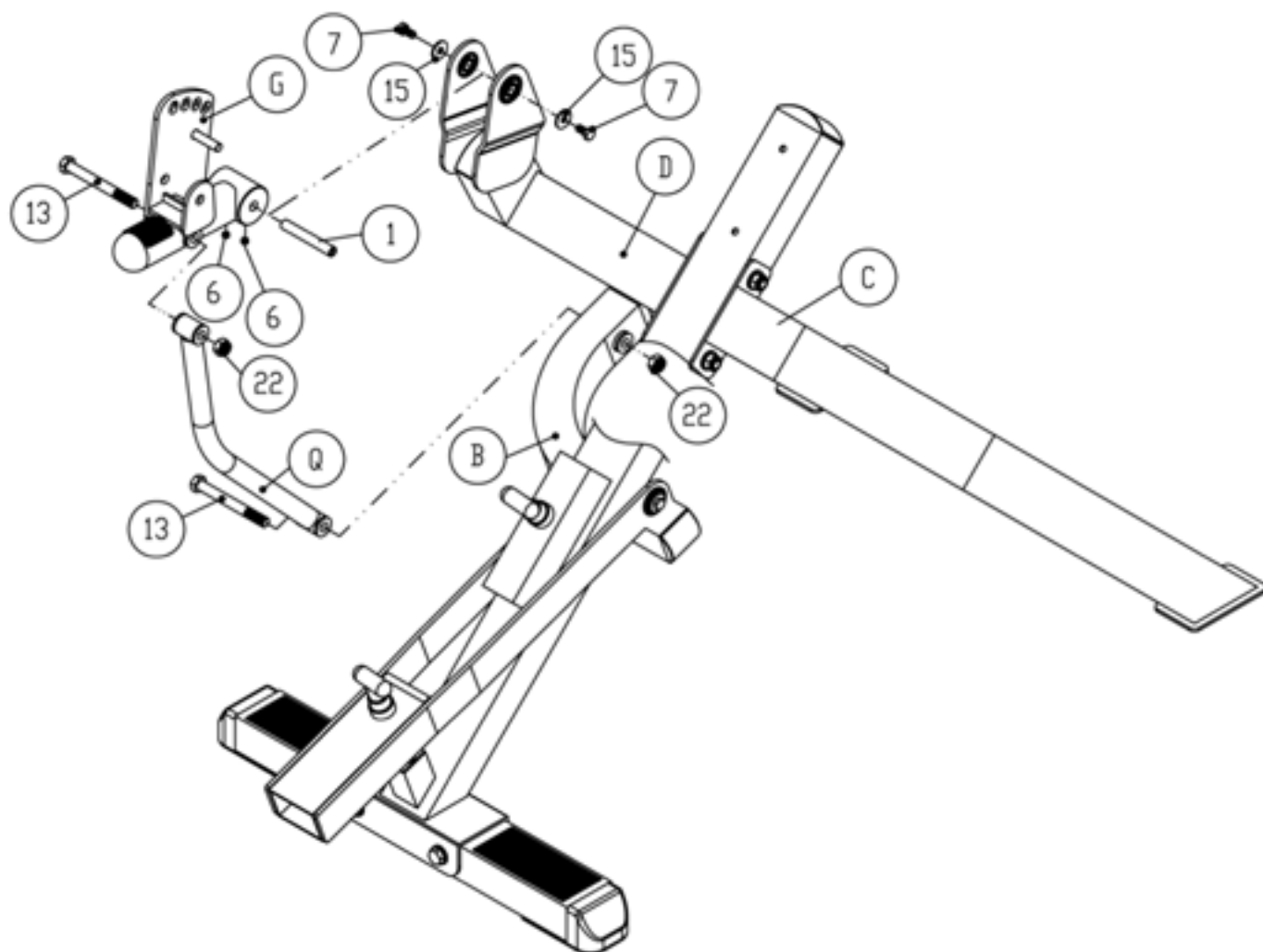


## Do not fully tighten bolts until instructed to do so.

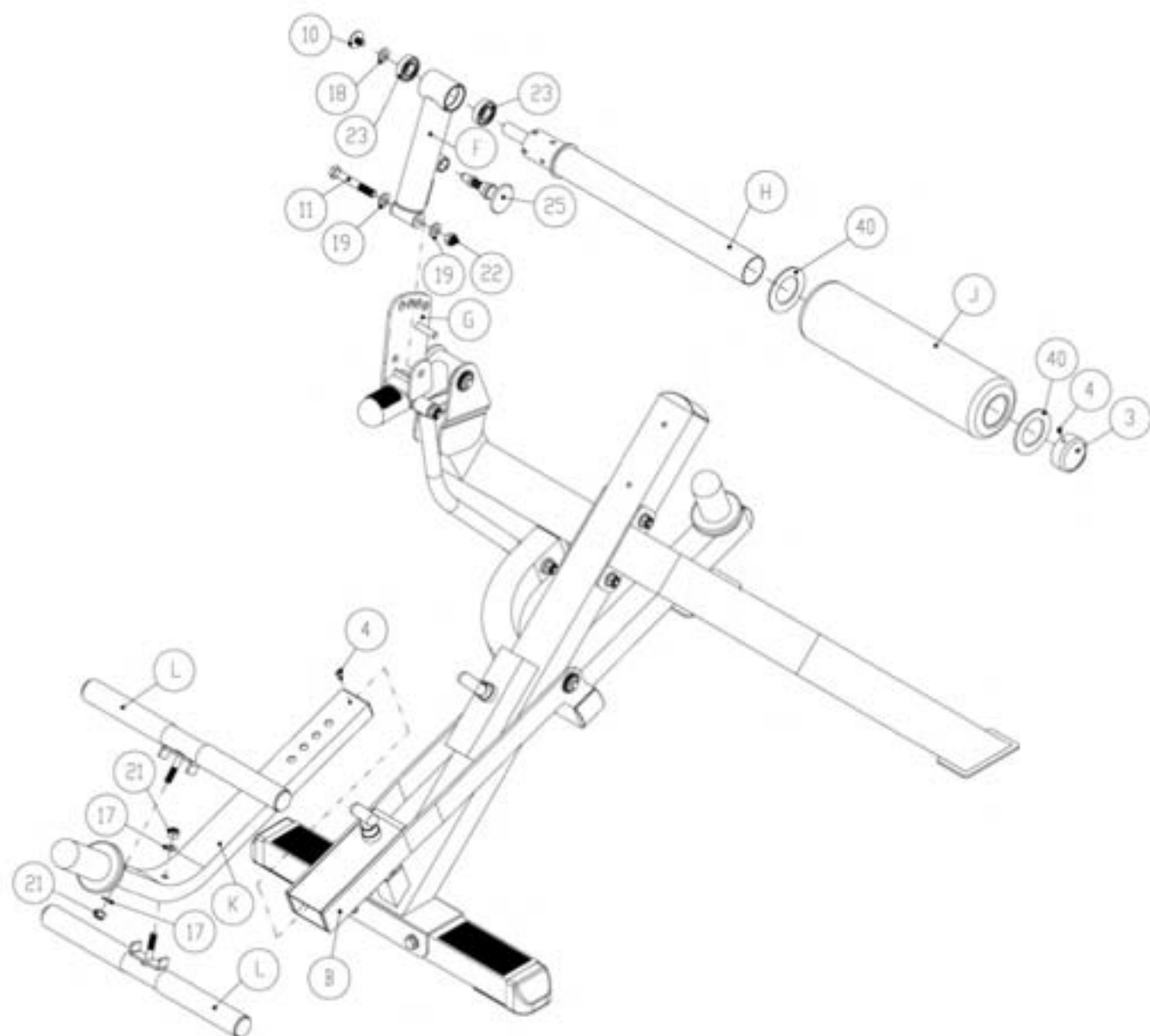
Note: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call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

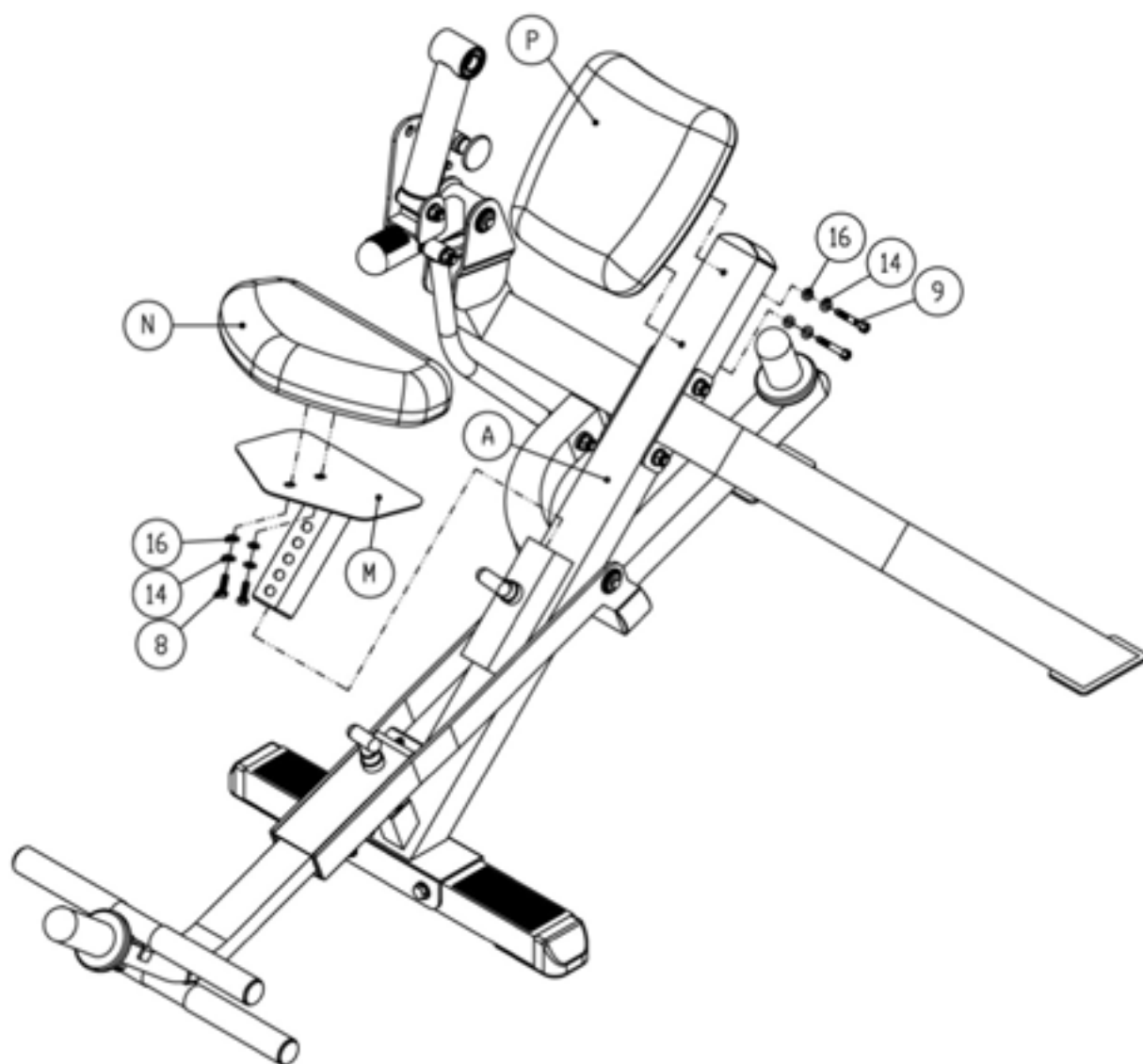












# Obtaining Service

Please retain this Owner's Manual for future reference. 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 more 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: 1-708-427-3598  
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

## Ordering replacement parts

When ordering replacement parts, please have the following information available:

1. Model number: GAB350
2. Date of purchase: \_\_\_\_\_
3. Name of dealer: \_\_\_\_\_  
\_\_\_\_\_
4. Dealer location: \_\_\_\_\_  
\_\_\_\_\_
5. Part numbers: \_\_\_\_\_
6. Description of part: \_\_\_\_\_

## Parts List

Part #	Component	Qty
A	Main Structure Bar	1
B	Arm Support Frame	1
C	Right Rear Support Tube	1
D	Left Rear Support Tube	1
E	Bottom Support Structure	1
F	Upper Arm	1
G	Selector plate	1
H	Foam Pad Roller Arm	1
J	Foam Pad	1
K	Front Foot Frame	1
L	Foot Rest	2
M	Seat Pad Frame	1
N	Seat Pad	1
P	Back Pad	1
Q	Lower Arm	1

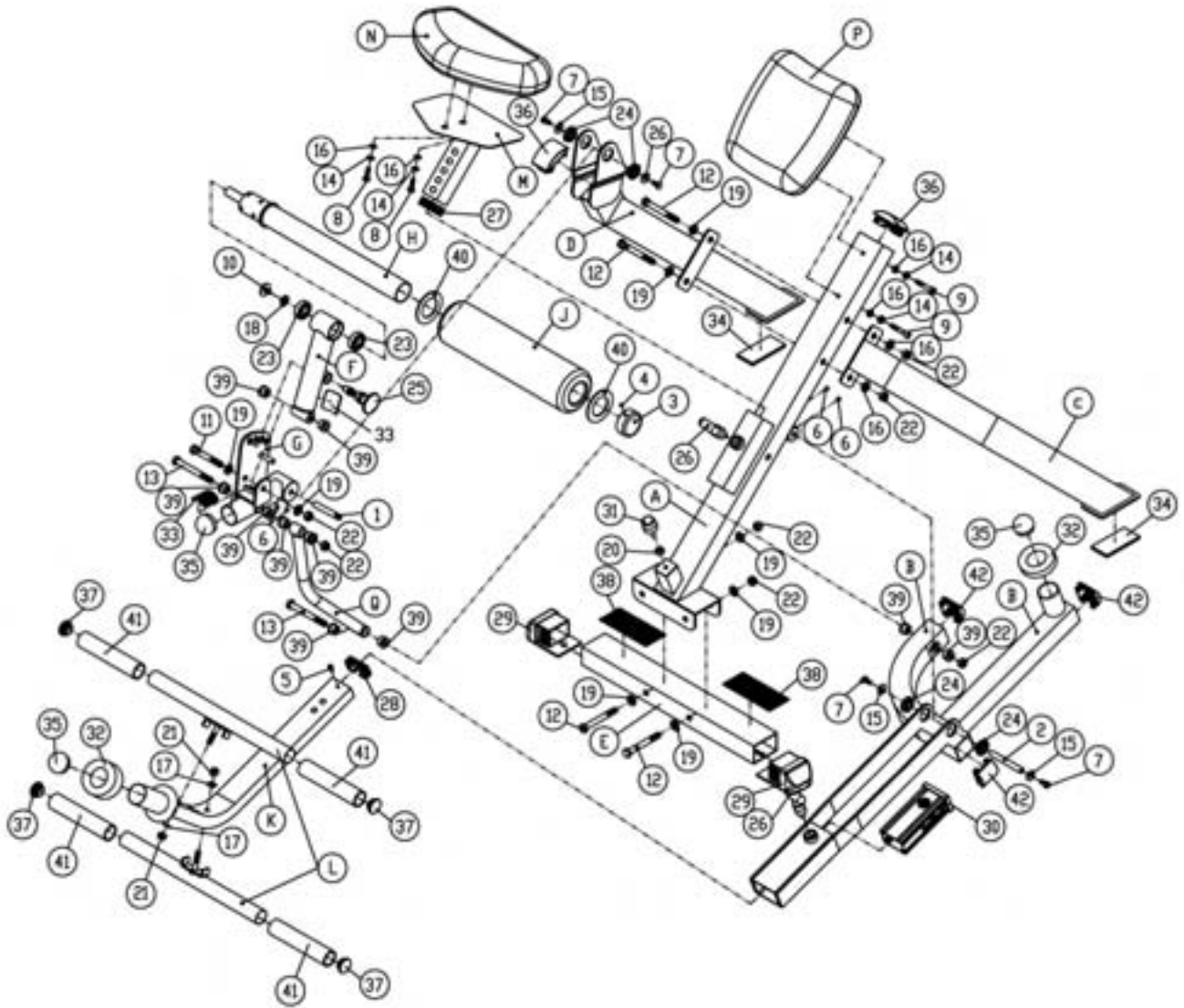
Part # and Discription are required when ordering parts.

# GAB350 Hardware List

Part#	Part	Qty
1	Shaft(1) $\phi$ 12×82	1
2	Shaft(2) $\phi$ 12×99	1
3	End Cover 60×25	1
4	Allen Screw M6×6	1
5	Round Allen Bolt M6×10	1
6	Allen Screw M8×16	4
7	Hex Bolt M8×16	4
8	Hex Bolt M8×25	2
9	Hex Bolt M8×70	2
10	Screw M10×20	1
11	Hex Bolt M12×80	1
12	Hex Bolt M12×100	4
13	Hex Bolt M12×110	2
14	$\phi$ 8 Spring Washer	4
15	$\phi$ 8 (GB/T96-1985) Washer	4
16	$\phi$ 8 (GB/T97.1-85) Washer	4
17	$\phi$ 10 (GB/T97.1-85) Washer	2
18	$\phi$ 10 (GB/T96-85) Washer	1
19	$\phi$ 12 (GB/T97.1-85) Washer	10
20	M10 Nut	1
21	M10 Nylon Lock Nut	2
22	M12 Nylon Lock Nut	7
23	104 Bearing	2
24	6201-2ZNR Bearing	4
25	Pop Pin	1
26	Ring Pin	2
27	45×45×T2 End Cap	1
28	60×30×T1.5 End Cap	1
29	75×50 Foot Cap	2
30	J75×J60×160 Plastic Bushing	1
31	Rubber stopper	1
32	Rubber Pate T10× $\phi$ 85× $\phi$ 48	3
33	Rubber Pate T2×45×45	2
34	Rubber Pate T6×121×65	2
35	$\phi$ 48 End Cap	3
36	75×50 End Cap	2
37	$\phi$ 32 End Cap	4
38	150×65 Non-Skip Pad	2
39	$\phi$ 21.5× $\phi$ 12×14 Bushing	10
40	T3× $\phi$ 80× $\phi$ 49 Plastic Washer	2
41	$\phi$ 30×t3 ×180 Foam Sleeve	4
42	50× 50 End Cap	3

Part #and Discription are required when ordering parts.

# Exploded View



# BODY-SOLID LIFETIME WARRANTY

**Please consult your physician before using this product.**

This Warranty applies only in the United States to products manufactured or distributed by Body-Solid, Inc. (Body-Solid) under the Body-Solid brand name. The warranty period to the original purchaser is lifetime of the original purchaser.

Body-Solid warrants that the Product you have purchased for non-commercial, personal, family, or household use from Body-Solid or from an authorized Body-Solid reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish (ie, scratched or chipped paint; scratched, chipped, peeling or flaking chrome; rust or corrosion). This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

During the warranty period Body-Solid will at no additional charge, repair or replace (at Body-Solid's option) the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal non-commercial, personal, family, or household use. In repairing the product Body-Solid may replace defective parts or, at the option of Body-Solid, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Body-Solid. Body-Solid reserves the right to change manufacturers of any part to cover any existing warranty.

To obtain warranty service, you must return the Product to Body-Solid in its original container (or equivalent). You must pre-pay any shipping charges, export taxes, customs duties and taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any

Product shipped or returned. You assume the risk of loss during shipment. You must present Body-Solid with proof of purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Warranty.

This Warranty does not extend to any Product not purchased from Body-Solid or from an authorized Body-Solid reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Body-Solid; (c) by modification of the Product; (d) as a result of service by anyone other than Body-Solid, or an authorized Body-Solid warranty service provider. Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Body-Solid's receipt of payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY BODY-SOLID MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. BODY-SOLID EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER BODY-SOLID NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Body-Solid branded products. Body-Solid neither assumes nor authorizes anyone to assume for it any other express warranty.

*Before returning a product you must call Body-Solid at 1-800-556-3113 to obtain a Return Authorization Number. No returns will be accepted without the Return Authorization Number. Original purchaser must pre-pay all freight charges on warranty claims. Body-Solid will not accept Freight Collect shipments or return shipments on a freight collect basis.*



## LIFETIME WARRANTY Registration Card

Congratulations! You have just purchased a quality Body-Solid product. You must fill out this Warranty Registration Card completely, sign it and return it to BODY-SOLID within 30 days of purchase for this warranty to be valid.

First Name	Initial	Last Name	ITEM NO. _____
Street			Apt. No. _____
City	State	Zip Code	DATE OF PURCHASE _____
Country	Phone		

**CAUTION • PLEASE NOTE • WARNING**  
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable / pulley exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

1. Where did you purchase this product from?  
\_\_\_\_\_
2. Who will use this product?  
\_\_\_ % Male    \_\_\_ % Female
3. Age of product user?  
 Under 24     45-54  
 25-34     55-64  
 35-44     Over 65
4. Household Income?  
 Under \$15,000     \$45,000 - \$60,000  
 \$15,000 - \$30,000     \$60,000 - \$75,000  
 \$30,000 - \$45,000     \$75,000 Plus

5. How did you learn of this product?  
 TV     Friend  
 Radio     Print ad / Flyer  
 In Store Display     Catalog  
 Salesperson     Other \_\_\_\_\_
6. Why did you choose our product?  
 Quality     Brand Name  
 Features     Price / Value  
 Appearance / Style     Warranty  
 Design / Function     Other \_\_\_\_\_

Please sign:

\_\_\_\_\_  
Signature

*Body-Solid*

**LIFETIME  
WARRANTY  
Registration  
Card**

*See Details On Back.  
You must complete and return Registration Card  
to Body-Solid within 30 days for this Warranty to be valid.*

----- ✂ -----

FROM:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Apt#: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

PLACE  
STAMP  
HERE

**BODY-SOLID, Inc.**  
1900 Des Plaines Avenue  
Forest Park, IL 60130 USA

**IMPORTANT!**  
***Lifetime Warranty Registration Card***