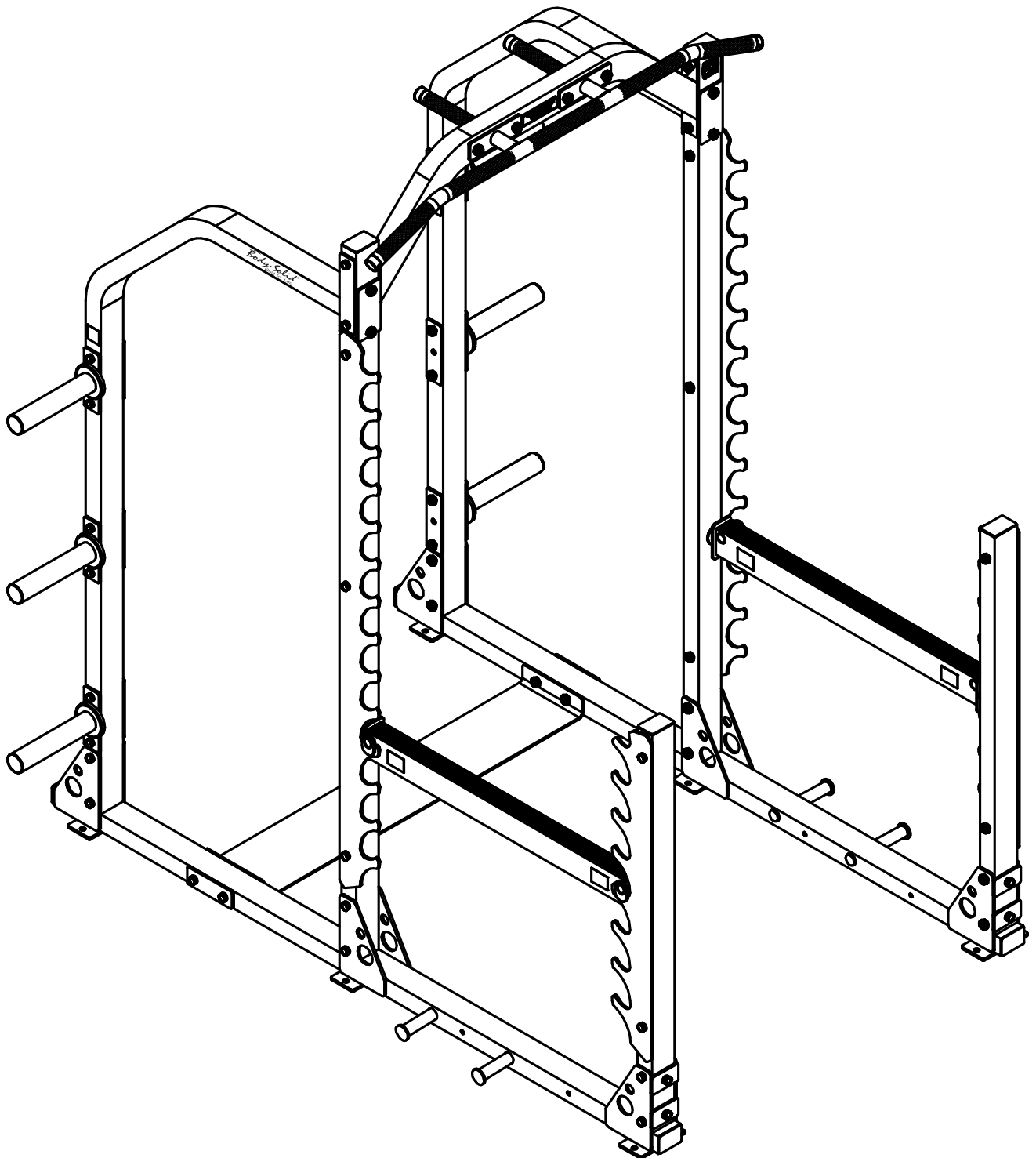


Body-Solid®

Built for Life

SMR1000



Warning, Safety & Maintenance

Precision craftsmanship assures Body-Solid's ability to consistently deliver products of the highest standards. Our products have been carefully designed to ensure safe, efficient long term operation.

However, it must be realized that safe use of this equipment requires that owners carefully read and follow the Body-Solid use recommendations, warnings, and maintenance guidelines in this Owners Manual.

Routine inspection and maintenance is of critical importance to ensure maximum safety and performance. Body-Solid uses the highest quality materials available, but wear is inevitable. Therefore, you must carefully inspect your equipment.

Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine.

Including maintaining the equipment, the owner's responsibility is also to:

- Be sure to always provide adequate supervision to all end-users.
- Be sure to instruct all end-users of proper usage.
- Be sure all supervisors and personal trainers who instruct end-users on equipment use are properly trained and know the function and importance of every adjustment and setting. Also, be sure these trainers provide proper instruction to end-users on the fundamentals of strength training.

NUTS/BOLTS/FASTENERS:

- Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.
- Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

ADJUSTMENTS:

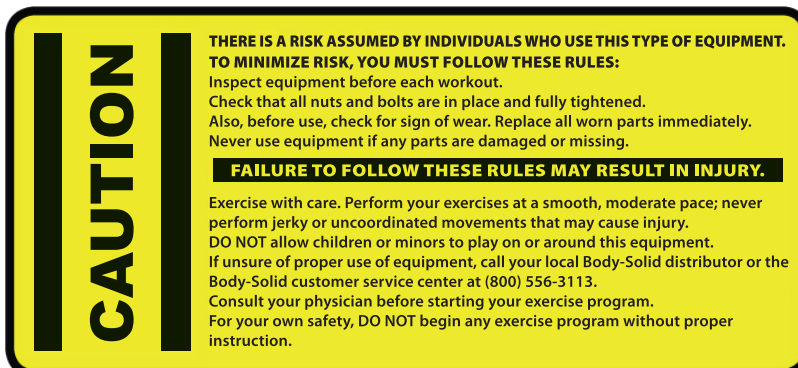
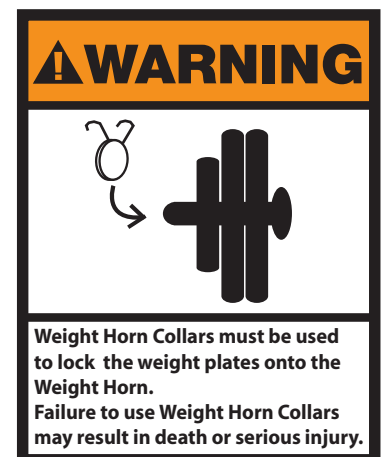
- Check all pieces for signs of visible wear or damage.

ANTI-SKID SURFACES:

- Replace if they appear worn or become slippery.

WARNING INSTRUCTION LABELS:

- Inspect and familiarize yourself with all safety warnings and other user information on decals.



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.

- 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.
- 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.
- 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.
- 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.
- Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
- 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.
- 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.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Do not attempt to lift more weight than you can control safely.
- 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.

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 SMR1000. 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 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

- It is strongly recommended that a qualified dealer assemble the equipment.
Assistance is required.
- 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 SMR1000 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The SMR1000 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 SMR1000.

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 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

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 are required when ordering replacement parts.

Lifting & Spotting Safety

It is imperative that proper safety techniques are used during your workout.

Below are general guidelines to help ensure the utmost safety when lifting weights or spotting the weight lifter using the SMR1000.

LIFTING SAFETY

- Use a spotter!
- Use the safety spotter bars.
- Use a correct lifting form.
- Do not lift more than you can handle.
- Stay with the bar on a missed lift.
- Do not abruptly drop the weights.
- Properly load the bar and secure the weights with Weight Horn Collars. Please visit www.bodysolid.com for more information.
- Limit distractions!

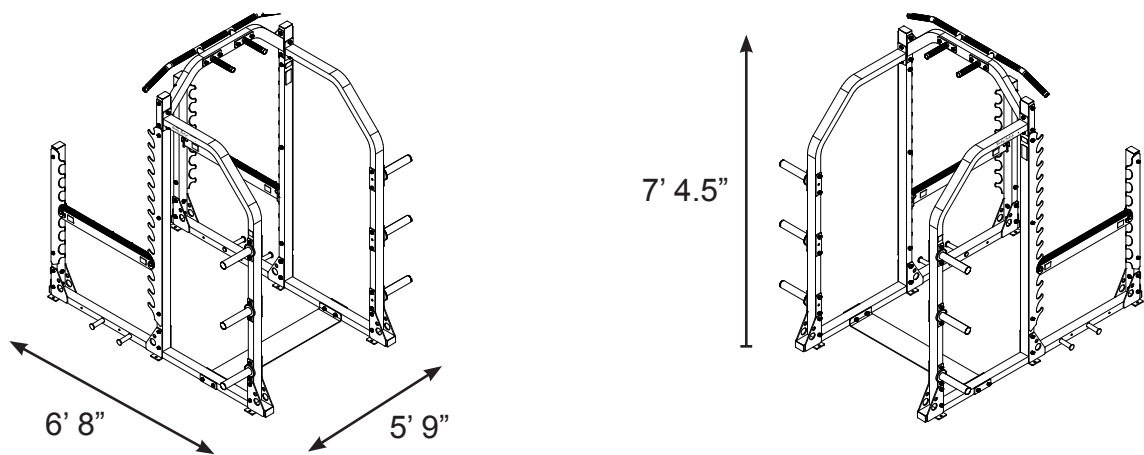
SPOTTER SAFETY

- Remember, the lifter depends on you safety to ensure theirs.
- Be alert and limit distractions.
- Make sure there are enough spotters to comfortably control the weight of a missed lift. If unsure, ask another spotter for assistance.
- Ensure that the weights are properly loaded and secured with Weight Horn Collars. Please visit www.bodysolid.com for more information.
- Be aware of how many repetitions will be lifted for the exercise.
- Make sure to assist the lifter with proper liftoff and racking techniques if needed.
- Keep a solid posture and ensure the lifter's form is correct.
- Use both hands.

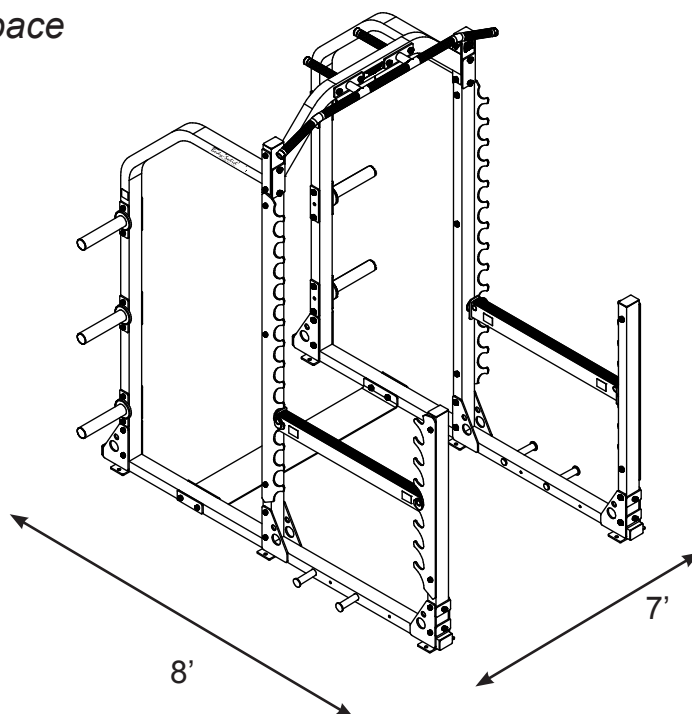
Dimensions

The room layout diagram below will help you decide the best placement for your SMR1000.
 The dimensions of the SMR1000 are: Width 5' 9" X Length 6' 8".
 The ceiling height requirement for the SMR1000 is 7' 4.5".
 The usage space is: Width 7' X Length 8' (The usage space is the overall space needed for operation).
 The usage space needed for the SMR1000 could be more, depending on the user.

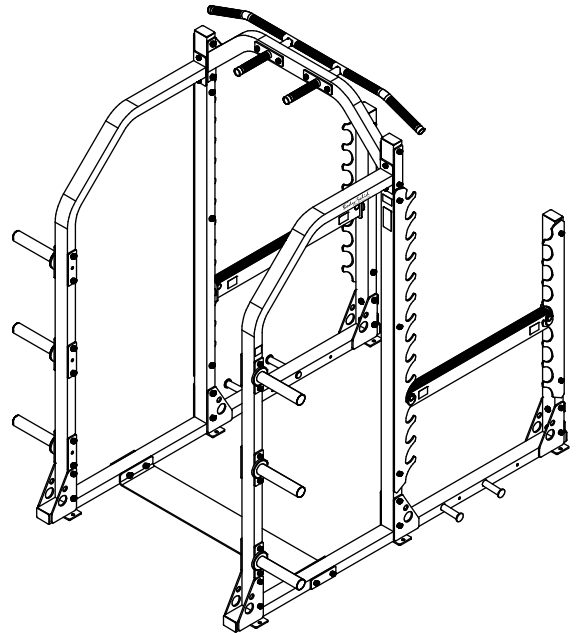
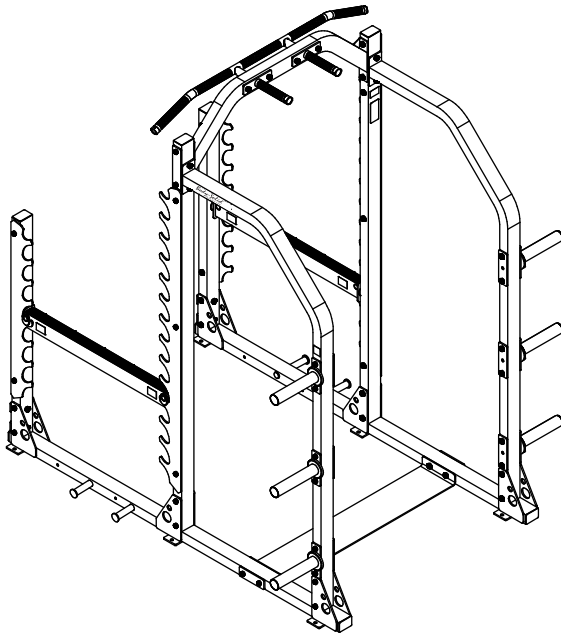
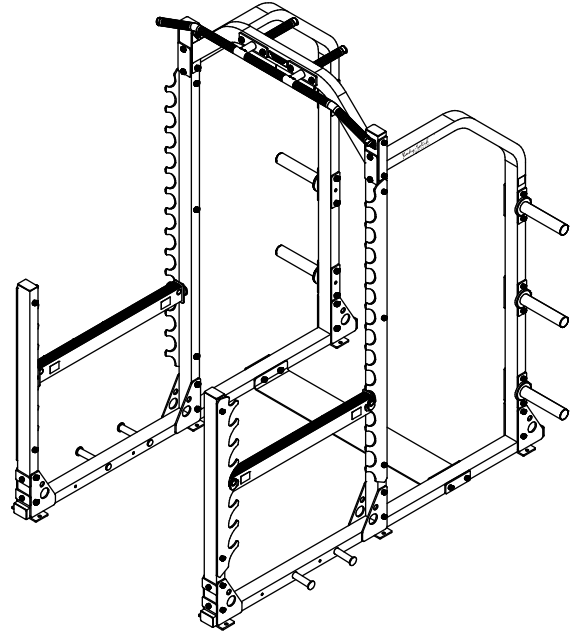
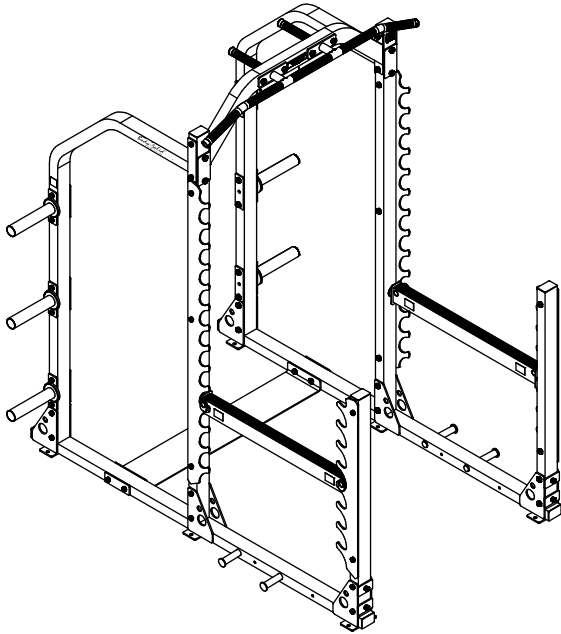
Minimum Usage Space



Suggested Usage Space



SMR 1000
Reference Drawings



Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

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.

Preparations

**CAUTION: To set up this unit, you will need assistance.
Do not attempt assembly by yourself.**

You must review and follow the instructions in this Owner's Manual. If you do not assemble and use the SMR1000 according to these guidelines, you could void the Body-Solid warranty.

Required Tools

The basic tools that you must obtain before assembling the SMR1000 include but are not limited to:

- Metric Allen Key Set
- Standard Allen Key Set
- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Screwdriver (standard and/or phillips)
- Rubber Mallet
- Silicone Spray Oil

CAUTION: Obtain assistance! Do not attempt to assemble the SMR1000 by yourself. Review the Installation Requirements before proceeding with the following steps.

The SMR1000 unit comes in three boxes. Be careful to assemble components in the sequence presented in this guide.

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.

Installation Requirements

Follow these installation requirements when assembling the SMR1000:

Set up the SMR1000 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.

A s s e m b l y I n s t r u c t i o n s

Assembly of the SMR1000 takes professional installers about 1 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

Professional installers are highly recommended!

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

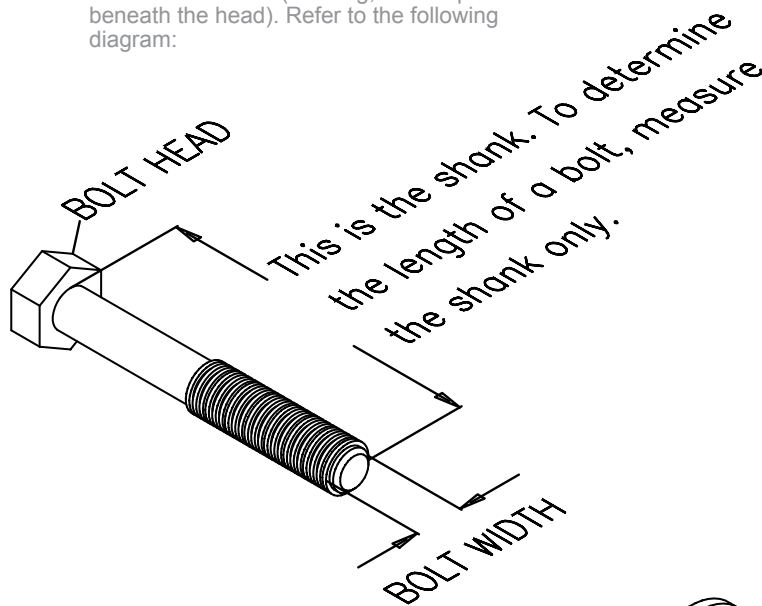
Assembly Tips

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

While you may be able to assemble the SMR1000 using the illustrations only, important safety notes and other tips are included in the text.

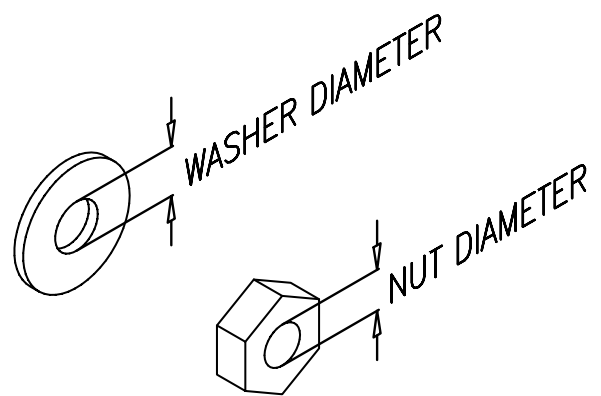
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

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:



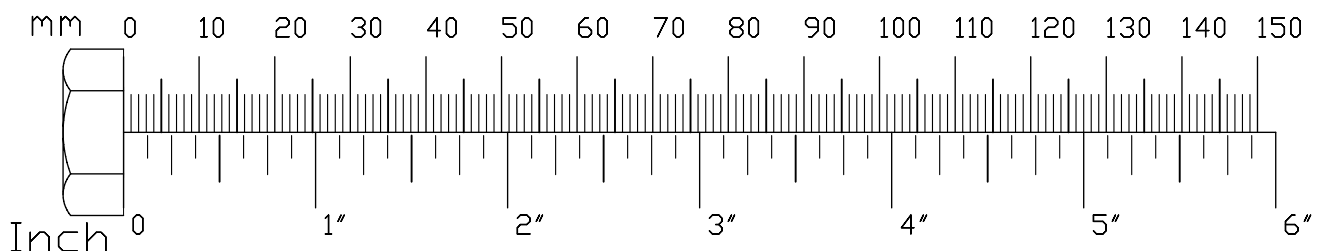
IMPORTANT!

Before you begin you should look at the quick reference guide that shows all hardware parts (in actual size) along with the corresponding part numbers on the assembly instructions.



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 1-800-556-3113 for the dealer nearest you.



STEP

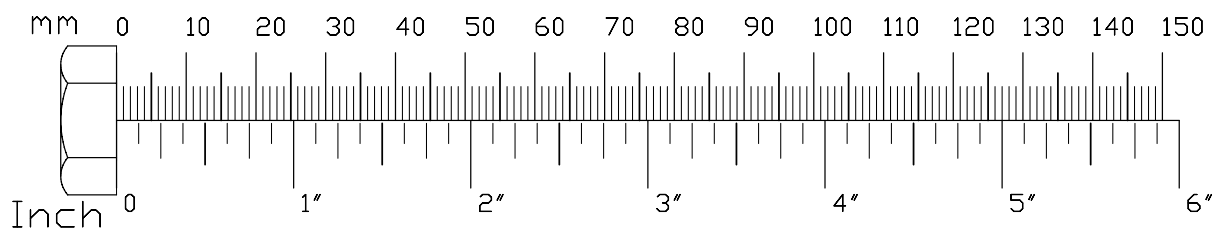
1

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

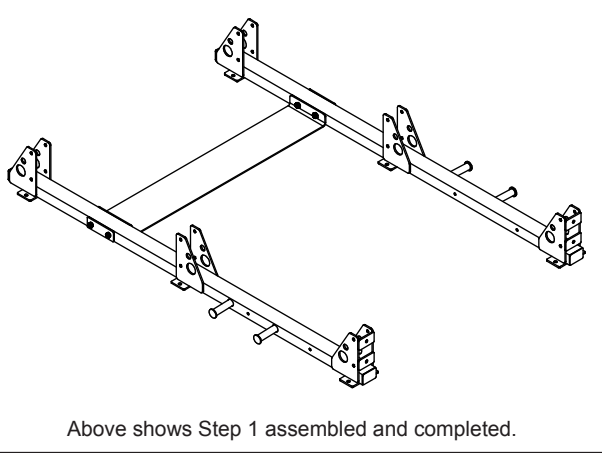
**NOTE: Finger tighten all hardware in this step.
Do Not wrench tighten until end of Step 3.**

- A. Connect Base Plate (C) and 50x150mm Support Plate (F) to Right Base Frame (A) using:
Two 1 (M12x100 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)

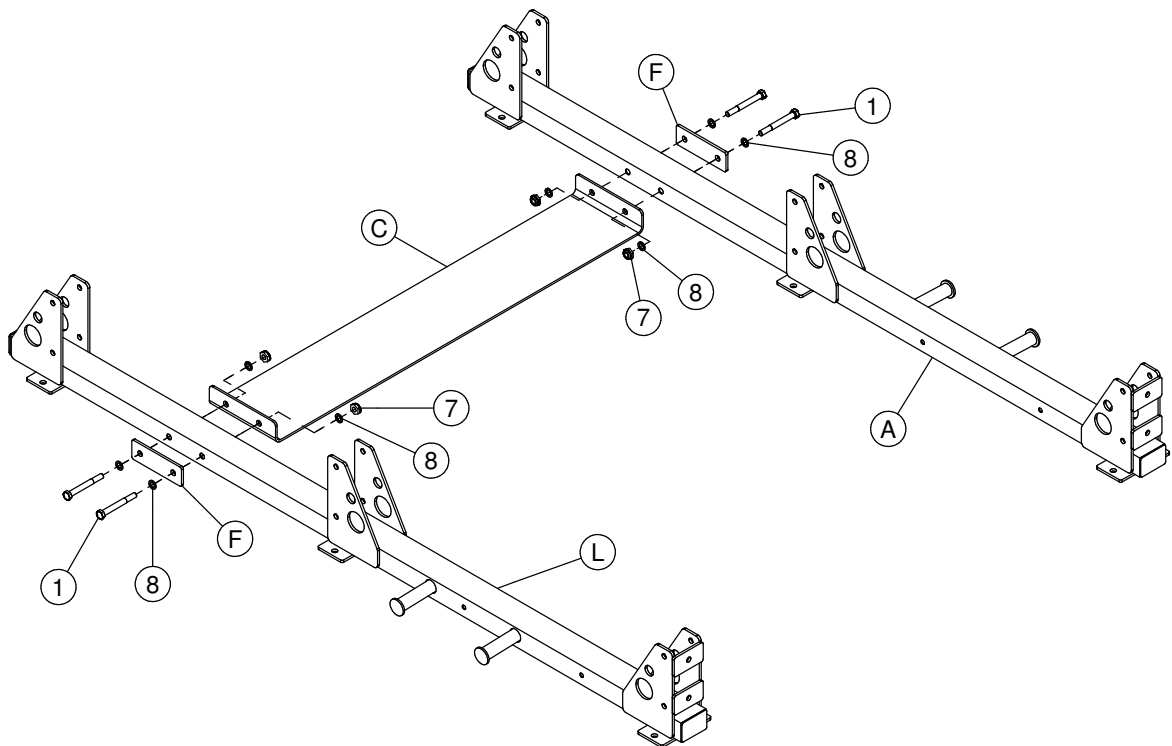
- B. Connect Base Plate (C) and 50x150mm Support Plate (F) to Left Base Frame (L) using:
Two 1 (M12x100 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)



STEP
1



Above shows Step 1 assembled and completed.

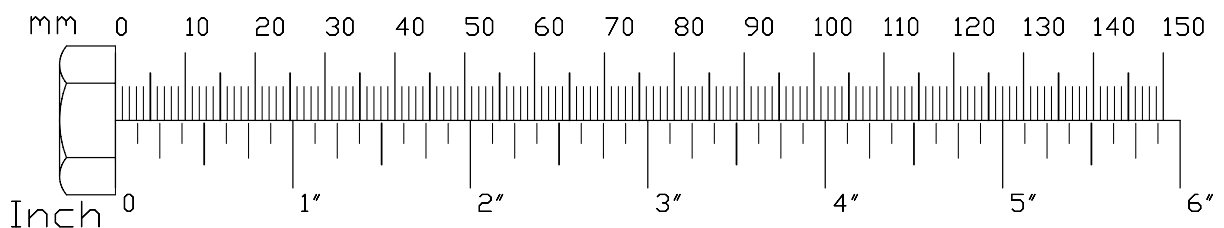


STEP**2**

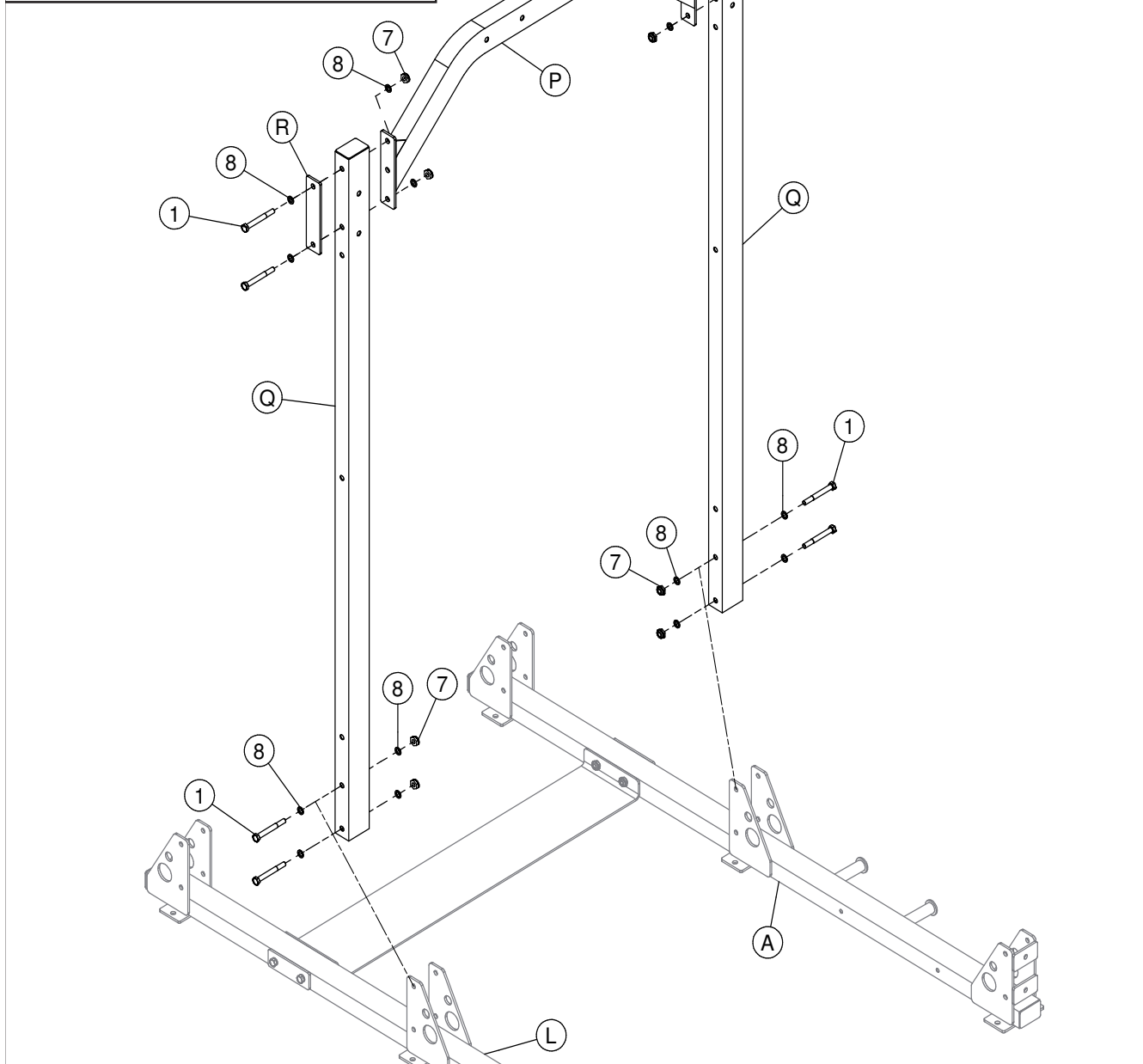
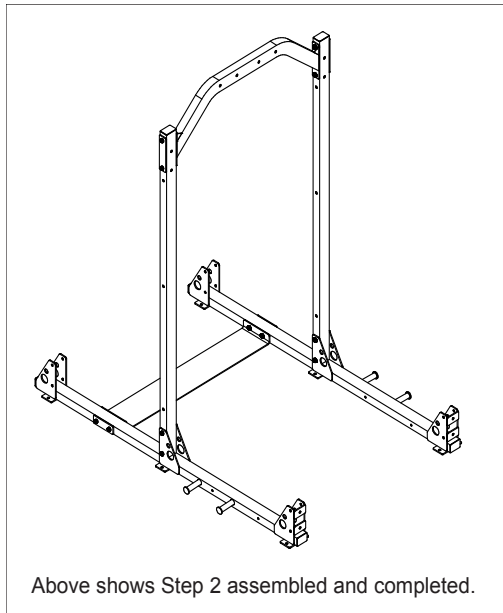
Be careful to assemble all components in the sequence they are presented.

**NOTE: Finger tighten all hardware in this step.
Do not wrench tighten until end of Step 3.**

- A. Connect Rear Upright Frame (Q) to Right Base Frame (A) using:
Two 1 (M12x100 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)
- B. Connect Rear Upright Frame (Q) to Left Base Frame (L) using:
Two 1 (M12x100 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)
- C. Connect Cross Support (P) to both Rear Upright Frames (Q) with 50x215mm Support Plates (R) as shown using:
Four 1 (M12x100 hex head bolt)
Eight 8 (M12 washer)
Four 7 (M12 nylon lock nut)



STEP
2

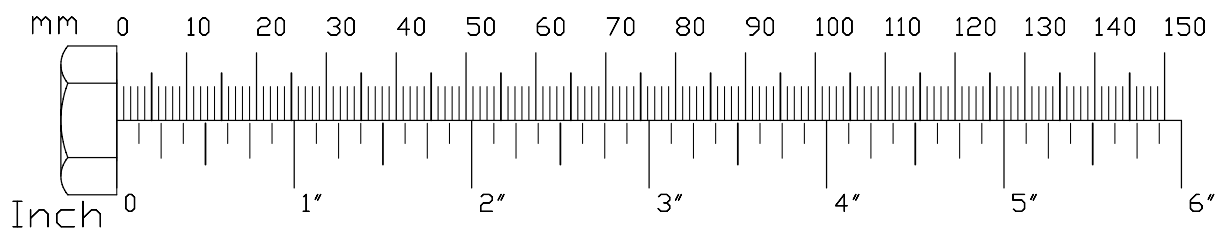


STEP**3**

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 end of Step 3.**

- A. Connect Front Upright Frame (B) to Left Base Frame (L) as shown using:
Two 1 (M12x100 hex head bolt)
Two 4 (M12x75 hex head bolt)
Eight 8 (M12 washer)
Four 7 (M12 nylon lock nut)
- B. Connect Front Upright Frame (B) to Right Base Frame (A) as shown using:
Two 1 (M12x100 hex head bolt)
Two 4 (M12x75 hex head bolt)
Eight 8 (M12 washer)
Four 7 (M12 nylon lock nut)
- C. Install Side Frame (E) onto Left Base Frame (L) and secure using:
Two 1 (M12x100 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)
- D. Secure Side Frame (E) with 75x150mm Support Plate (S) to Rear Upright Frame (Q) using:
Two 3 (M12x80 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)
- E. Install Side Frame (E) onto Right Base Frame (A) and secure using:
Two 1 (M12x100 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)
- F. Secure Side Frame (E) with Support Plate 75x150mm (S) to Rear Upright Frame (Q) using:
Two 3 (M12x80 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)
- G. You may now wrench tighten all hardware that has been installed in Step 1 - Step 3.

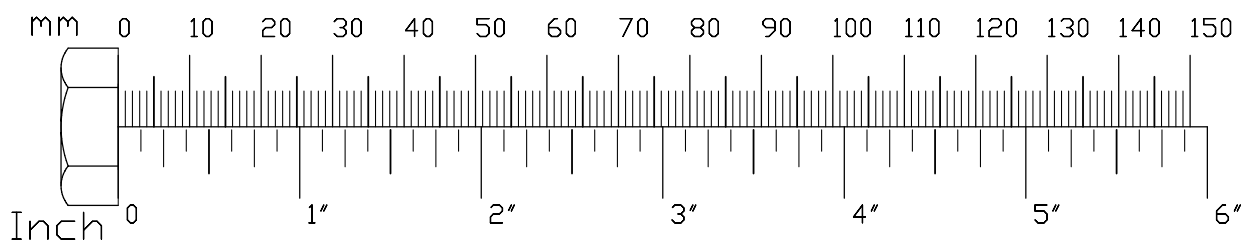
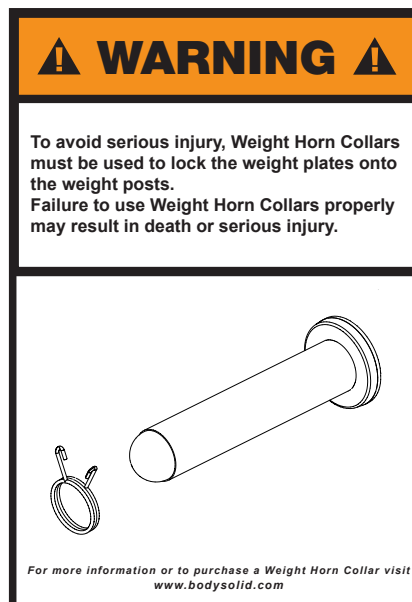


STEP
4

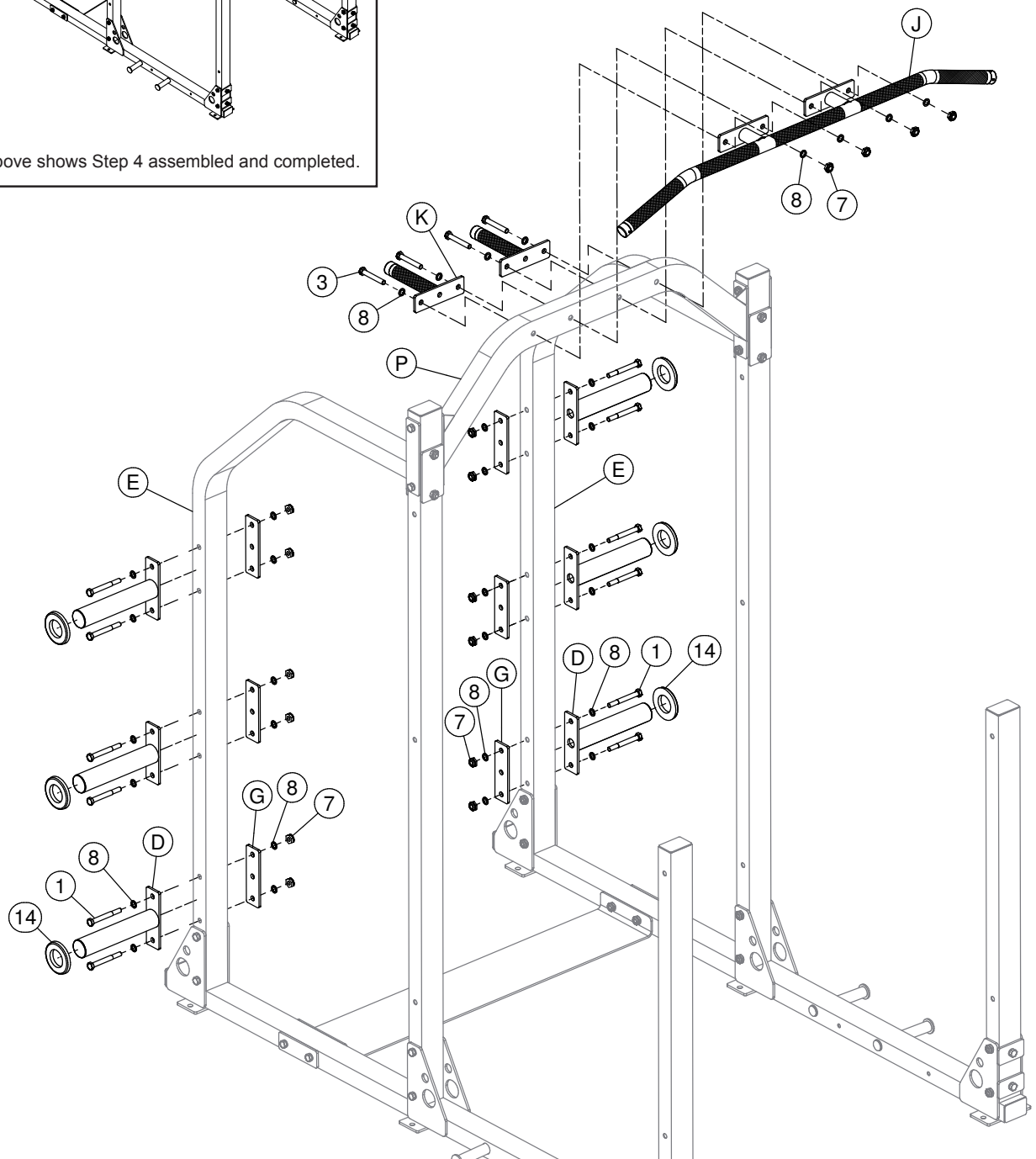
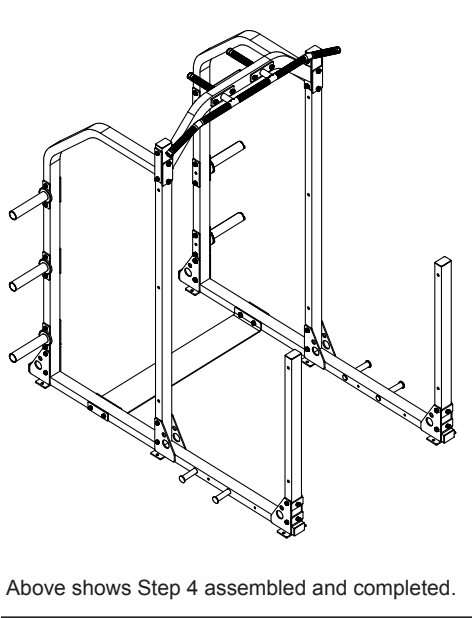
Be careful to assemble all components in the sequence they are presented.

NOTE: Wrench tighten all hardware in this step.

- A. Secure Weight Horns (D) and 50x170mm Support Plate (G) onto Side Frame (E) using:
Two 1 (M12x100 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)
- B. Repeat the procedure above to complete the weight horn installation.
- C. Connect Pull Up Bar (J) and both Pull Up Handles (K) to Cross Support (P) using:
Four 3 (M12x80 hex head bolt)
Eight 8 (M12 washer)
Four 7 (M12 nylon lock nut)
- D. Slide Rubber Donut (14) onto each Weight Horn (D).



STEP
4



STEP**5**

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

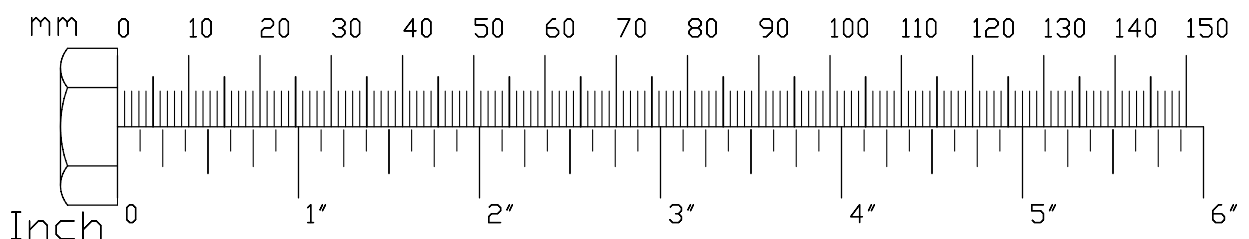
NOTE: Wrench tighten all hardware in this step.

- A. Connect Left Rear Rack (TL) to Rear Upright Frame (Q) as shown using:
Three 2 (M12x95 hex head bolt)
Six 8 (M12 washer)
Three 7 (M12 nylon lock nut)
- B. Connect the remaining Right Rear Rack (TR) to Rear Upright Frame (Q) using:
Three 2 (M12x95 hex head bolt)
Six 8 (M12 washer)
Three 7 (M12 nylon lock nut)
- C. Connect Left Front Rack (HL) to Front Upright Frame (B) as shown using:
Two 2 (M12x95 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)
- D. Connect the remaining Right Front Rack (HR) to Front Upright Frame (B) using:
Two 2 (M12x95 hex head bolt)
Four 8 (M12 washer)
Two 7 (M12 nylon lock nut)
- E. Attach Spotter Bar (M) to Left Rear Rack (TL) and Left Front Rack (HL)
- F. Attach the remaining Spotter Bar (M) to Right Rear Rack (TR) and Right Front Rack (HR).

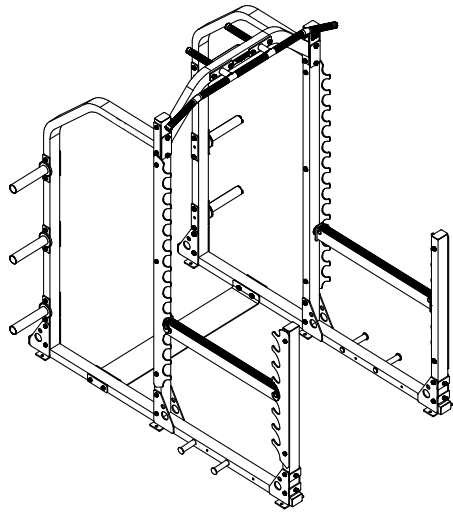
Congratulations! You are done. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased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

NOTE: If any bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

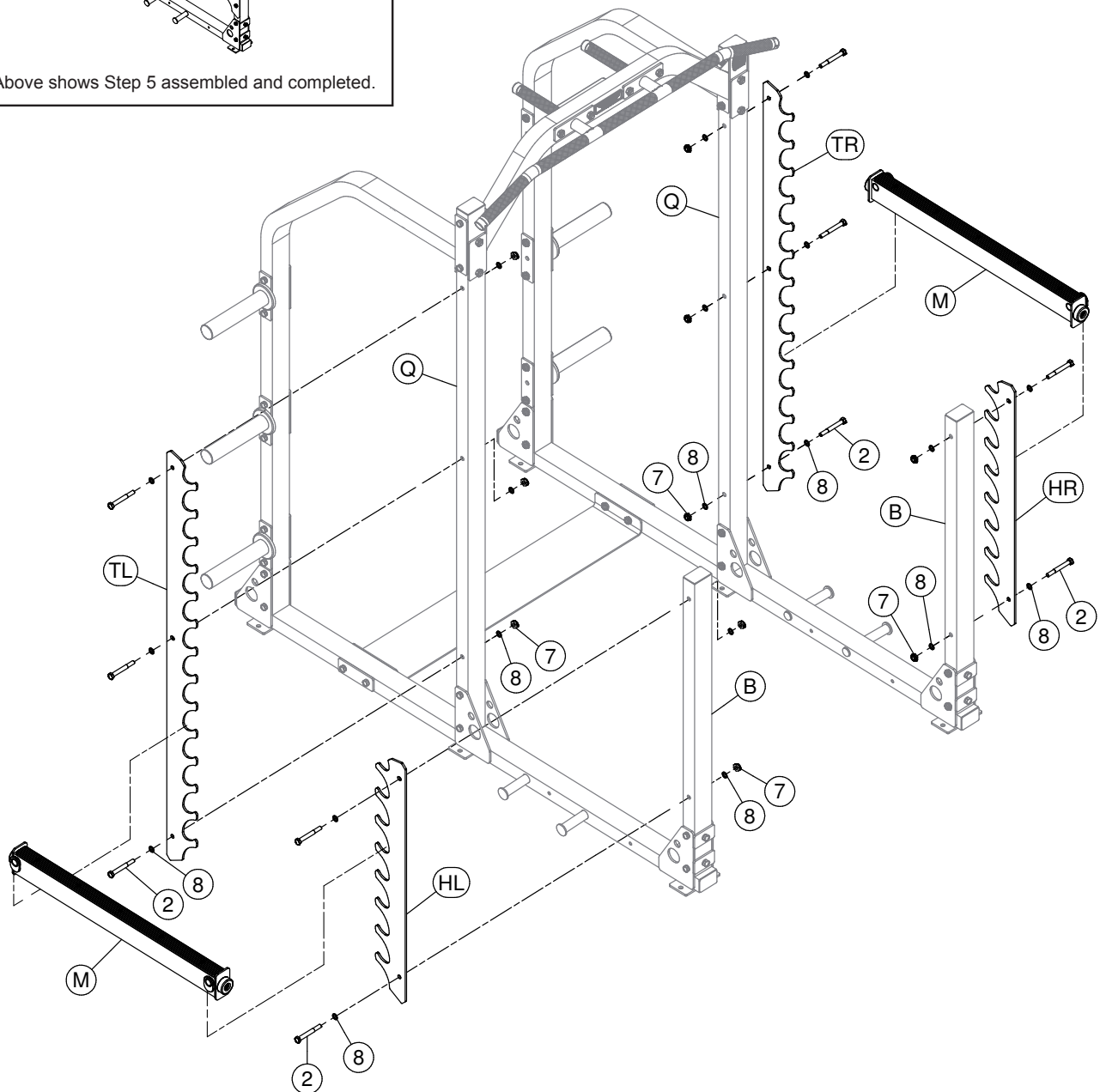
This gym is capable of a variety of different exercises, as well as, smooth and user-friendly adjustment features. The following page of adjustments will help you to familiarize yourself with your new gym. We hope you are completely satisfied with this product and wish you many years of enjoyment.



STEP
5



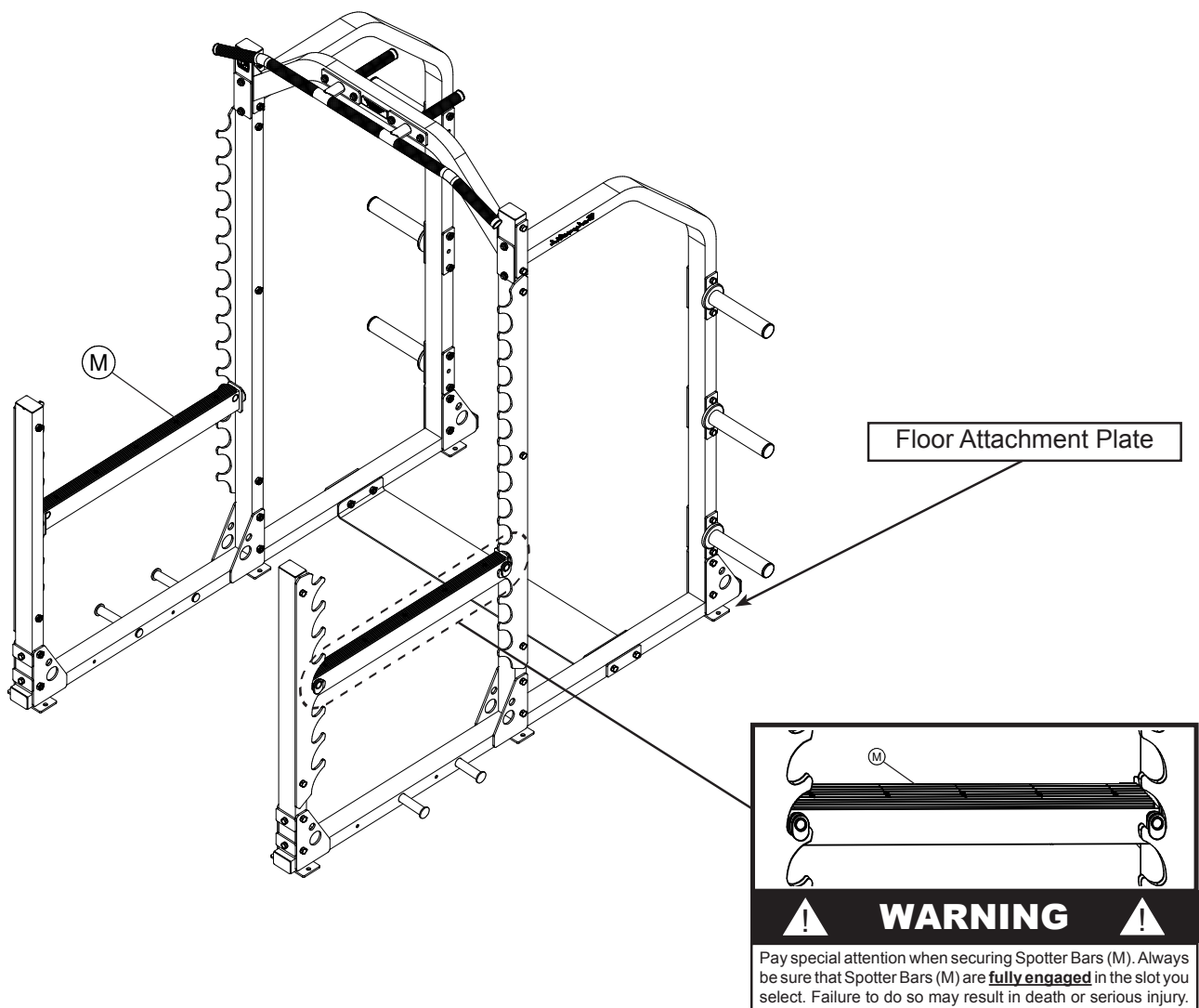
Above shows Step 5 assembled and completed.



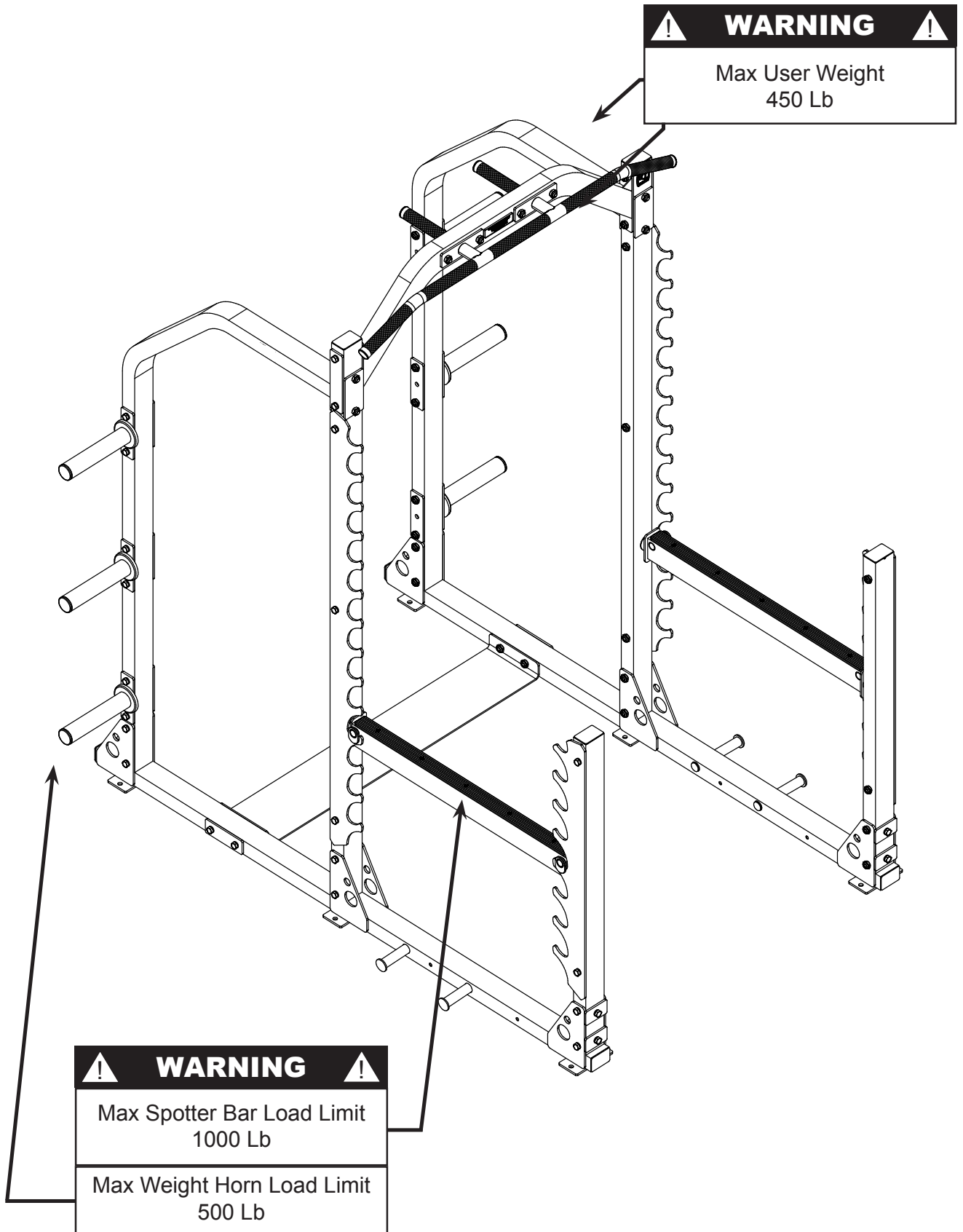
Adjustments

SPOTTER BAR ADJUSTMENT

- Raise and lower Spotter Bars (M) to make minimum height adjustments.
- Make sure Spotter Bars (M) are secured as shown in the figure below.
- Before use, ensure that Spotter Bars (M) are at the same height on each side.
NOTE: See warning below.
- This unit must be secured to a solid, level surface on the floor to stabilize and eliminate the possibility of rocking and/or tipping over. Floor attachment plates, as shown below, have been provided to secure your equipment.



Weight Capacity



Mainframe Parts List

Part#	Qty	Description		
A	1	RIGHT BASE FRAME		
B	2	FRONT UPRIGHT FRAME	(SHORT)	
C	1	BASE PLATE		(8370-034)
D	6	WEIGHT HORNS		
E	2	SIDE FRAME		
F	2	SUPPORT PLATE	50x150mm	(8312-062)
G	6	SUPPORT PLATE	50x170mm	(8312-068)
HL	1	LEFT FRONT RACK	(SHORT)	(8343-253)
HR	1	RIGHT FRONT RACK	(SHORT)	(8343-253)
J	1	PULL UP BAR		
K	2	PULL UP HANDLE		
L	1	LEFT BASE FRAME		
M	2	SPOTTER BAR		
P	1	CROSS SUPPORT		
Q	2	REAR UPRIGHT FRAME	(LONG)	
R	2	SUPPORT PLATE	50x215mm	(8312-180)
S	2	SUPPORT PLATE	75x150mm	(8313-066)
TL	1	LEFT REAR RACK	(LONG)	(8343-056)
TR	1	RIGHT REAR RACK	(LONG)	(8343-056)

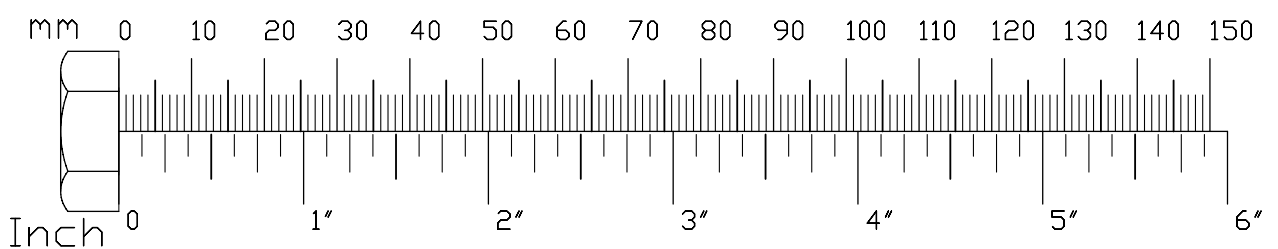
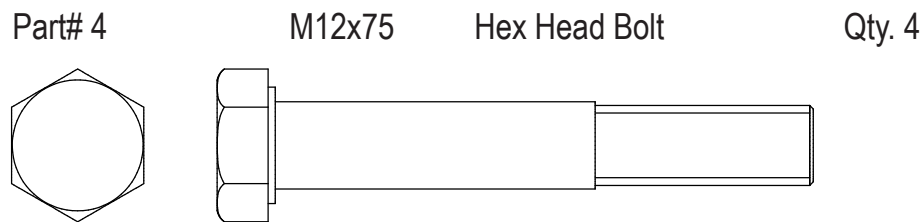
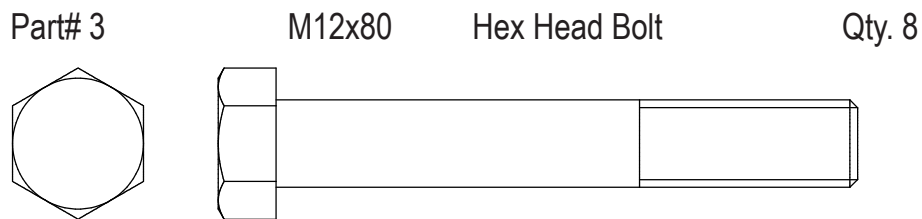
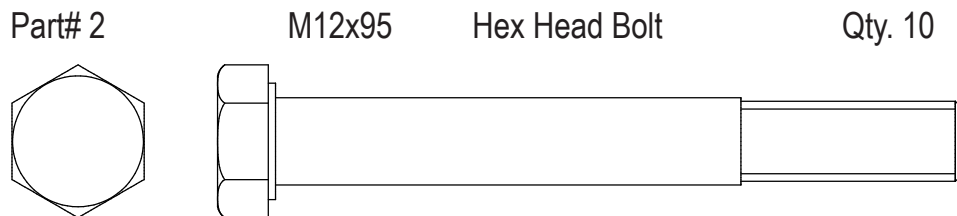
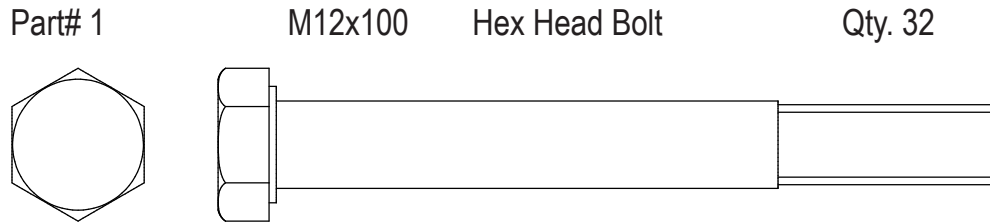
Part numbers are required when ordering parts.

Hardware List (continued)

Part#	Qty	Description		
1	32	HEX HEAD BOLT	M12x100	
2	10	HEX HEAD BOLT	M12x95	
3	8	HEX HEAD BOLT	M12x80	
4	4	HEX HEAD BOLT	M12x75	
5	4	ALLEN SCREW	M10x25	
6	10	FLAT SCREW	M5x10	
7	54	NYLON LOCK NUT	M12	
8	108	WASHER	M12 (20mm OD)	
9	4	RUBBER DONUT (SPOTTER)	Φ52x20T	(9310-071)
10	2	RUBBER PAD	48x870L	(9310-072)
11	2	BODYSOLID LOGO	35x200mm	(9440-027)
12	1	BODYSOLID PLATE	30x115mm	(9440-199)
13	1	PCL LOGO	44x50mm	(9440-238)
14	6	RUBBER DONUT	Φ90x10T	(9310-016)
15	1	CAUTION LABEL	49x106mm	(9440-241)
16	1	MAX LOAD WARNING LABEL	35x54mm	(9440-240)
17	8	SPOTTER WARNING LABEL	38x54mm	(9440-239)
18	2	WEIGHT HORN WARNING	38x48mm	(9440-217)
19	4	CHROME COLLAR	Φ26IDxΦ36OD	(8890-061)
20	8	ALLEN SCREW	M5x5	

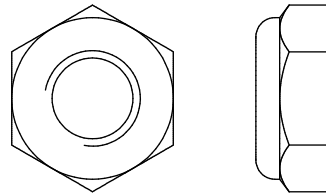
Part numbers are required when ordering parts.

H a r d w a r e (T o S c a l e)

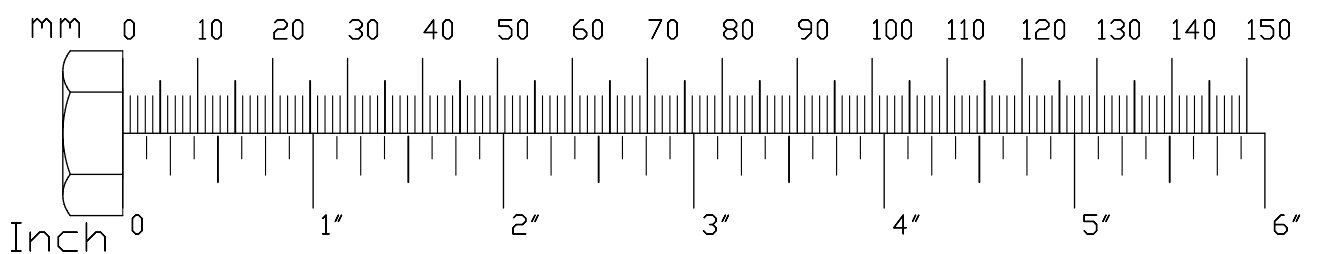
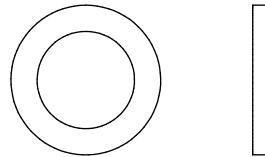


H a r d w a r e (T o S c a l e)

Part# 7 M12 Nylon Lock Nut Qty. 54



Part# 8 M12 Washer Qty. 108



**EXPLODED VIEW
 DIAGRAM
 SMR1000**

