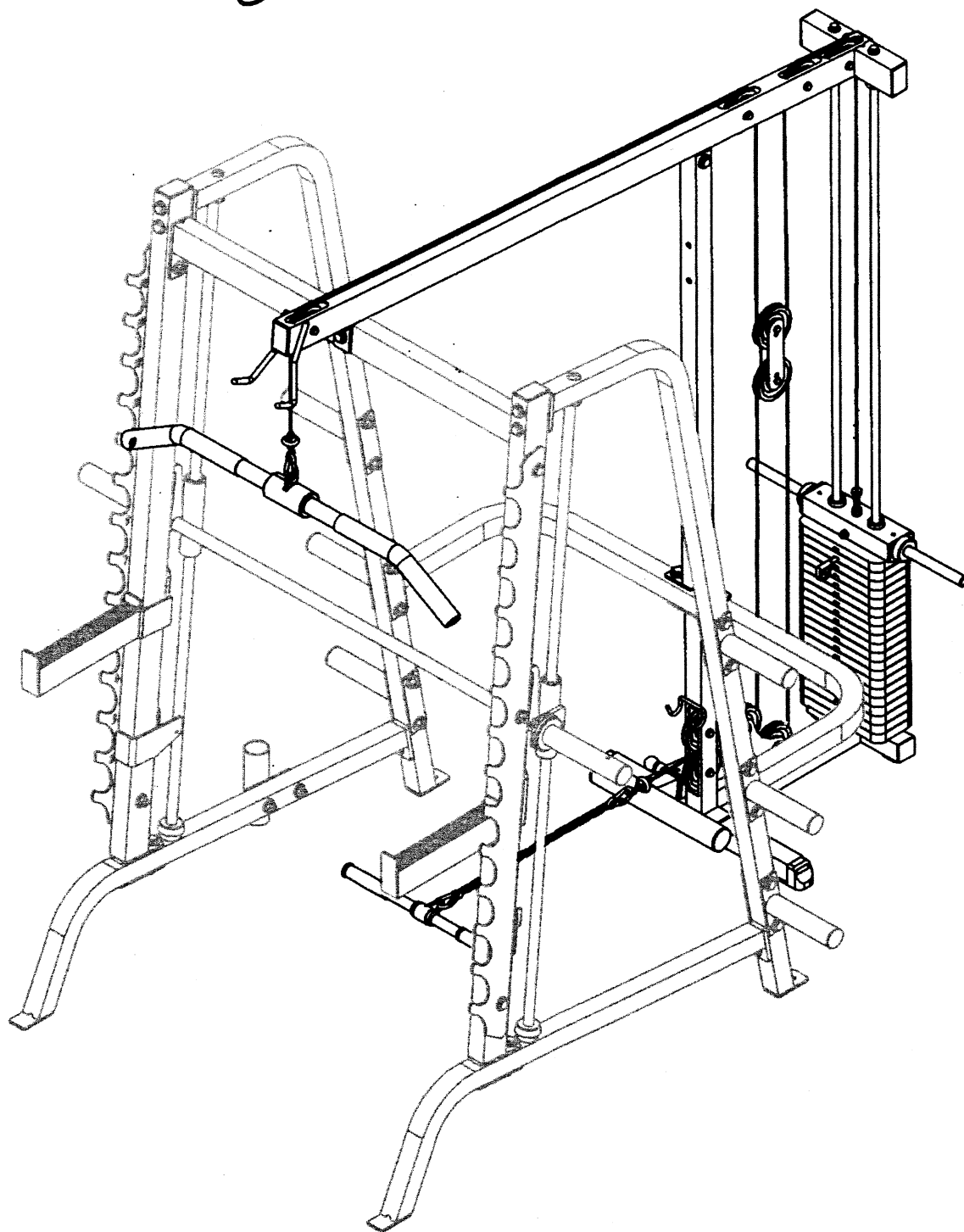


# Body-Solid



GLA 348

ASSEMBLY INSTRUCTIONS


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

The G4I 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 G4I.

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 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 are required when ordering parts.**

## Before You Begin

Thank you for purchasing the **G41**. This gym is part of the Body-Solid line of quality strength training machines, which let 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.

### Unpacking the Equipment

The **G41** 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 1-800-556-3113 for the dealer nearest you.

**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 G41 according to these guidelines, you could void the Body-Solid warranty.

### Installation Requirements

Follow these installation requirements when assembling the **G41**.

Set up the **G41** 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 warranty card.

**CAUTION: Obtain assistance! Do not attempt to assemble the **G41** by yourself. Review the Installation Requirements before proceeding with the following steps.**

The **G41** unit comes in seven 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.

## **S a f e t y   G u i d e l i n e s**

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 the 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

Assembly of the G4I takes professional installers about 2.5 hours 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.

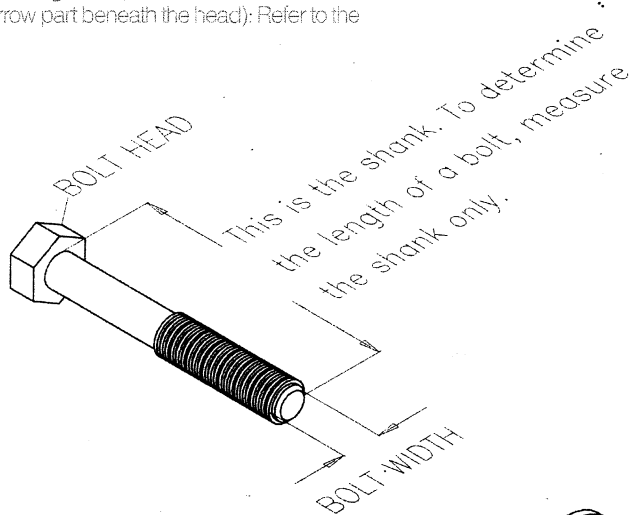
### Assembly Tips

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

While you may be able to assemble the G4I using the illustrations only, important safety notes and other tips are included in the text.

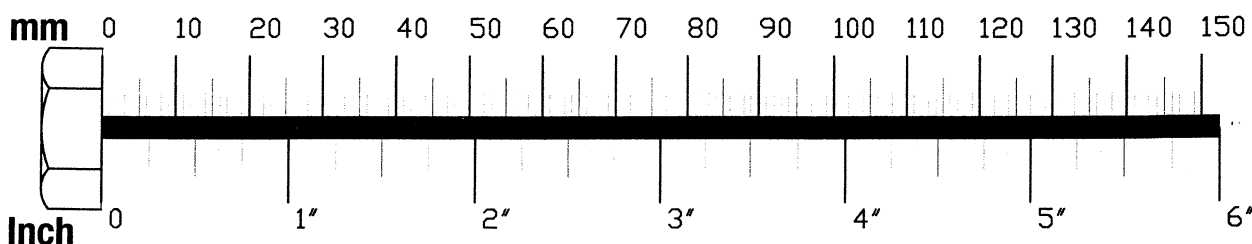
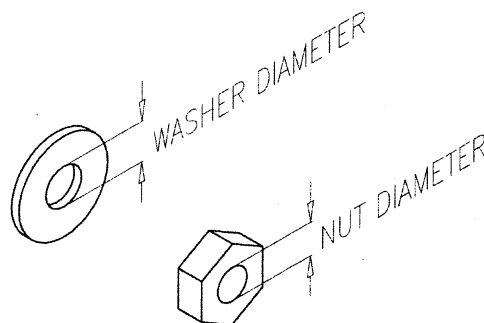
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

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 1-800-356-3113 for the dealer nearest you.

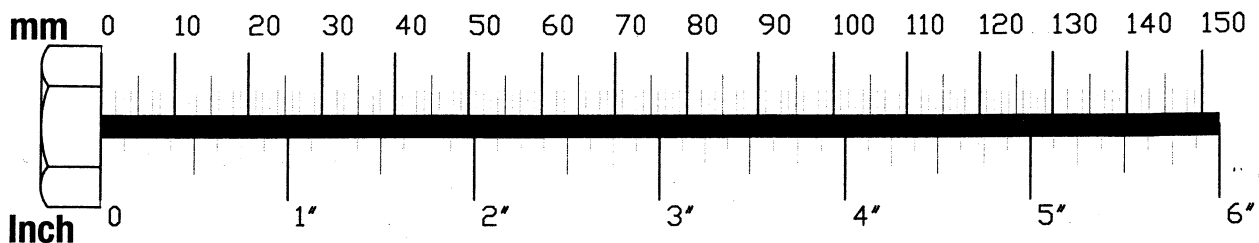


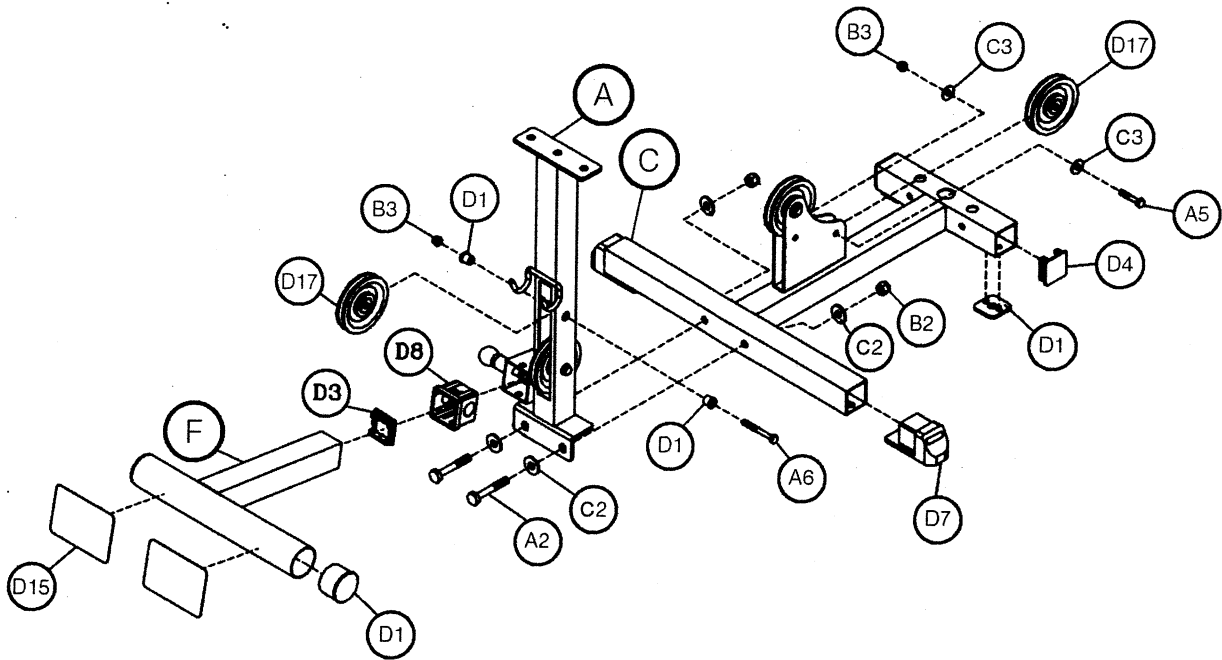
Be careful to assemble all components in the sequence they are presented.

**NOTE:**

Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 5.

- A. Attach Short Upright Frame (A) to Weight Stack Frame (C) using:  
**Two A2 (1/2" x 3" hex head bolt)**  
**Four C2 (1/2" washer)**  
**Two B2 (1/2" nylon lock nut)**
- B. Attach two Weight Stack Shims (D1) to the bottom of Weight Stack Frame (C).  
 Attach two End Caps (D4) to Weight Stack Frame (C) as shown.  
 Attach two Foot Caps (D7) to the Weight Stack Frame (C).
- C. Install two Pulleys (D17) into Weight Stack Frame (C) using:  
**Two A5 (3/8" X 1 3/4" hex head bolt)**  
**Four C3 (3/8" washer)**  
**Two B3 (3/8" nylon lock nut)**
- D. Install two Pulleys (D17) into Short Upright Frame (A) using:  
**Two A6 (3/8" X 2 3/4" hex head bolt)**  
**Four D1 (pulley spacer)**  
**Two B3 (3/8" nylon lock nut)**
- E. Attach End Cap (D3) to Foot Brace (F) as shown.  
 Attach two Round End Caps (D10) to Foot Brace (F) as shown.  
 Attach two Grip Tape (D15) to Foot Brace (F) as shown.
- F. Attach two Nylon Bushings (D8) into both sides of the Short Upright Frame (A).  
 Slide Foot Brace (F) into the Nylon Bushings (D8) in Short Upright Frame (A), and hold in place with Pop Pin.





# 2

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

**NOTE:**

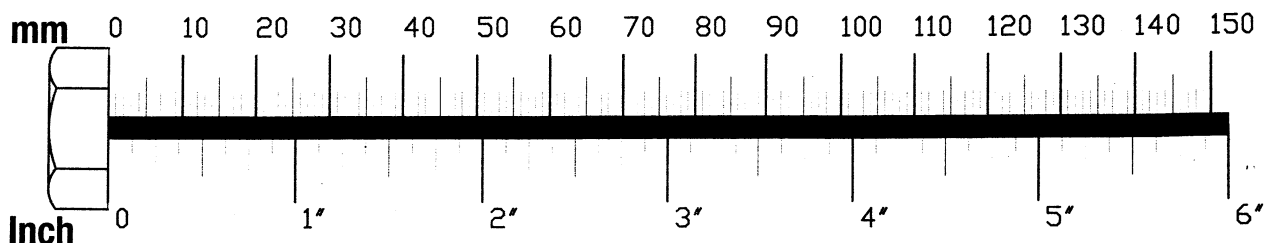
**Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 5.**

- A. Slide Short Upright Frame (A) and Weight Stack Frame (C) under the Middle Frame on the Series 7 Smith Machine (GS-348).  
Line up the holes in the Middle Frame on the Series 7 Smith Machine (GS-348) and the holes at the top of the Short Upright Frame (A).
- B. Attach Long Upright Frame (B) and the Short Upright Frame (A) to Middle Frame on the Series 7 Smith Machine (GS-348) using:  
**Two A3 (1/2" x 3 1/4" hex head bolt)**  
**Four C2 (1/2" washer)**  
**Two B2 (1/2" nylon lock nut)**
- C. Insert two Guide Rods (J) into the widest holes in the Weight Stack Frame (C).  
Connect the Guide Rods (J) to the Weight Stack Frame (C) using:  
**Two A6 (3/8" x 2 3/4" hex head bolt)\***  
**Four C3 (3/8" washer)**  
**Two B3 (3/8" nylon lock nut)**

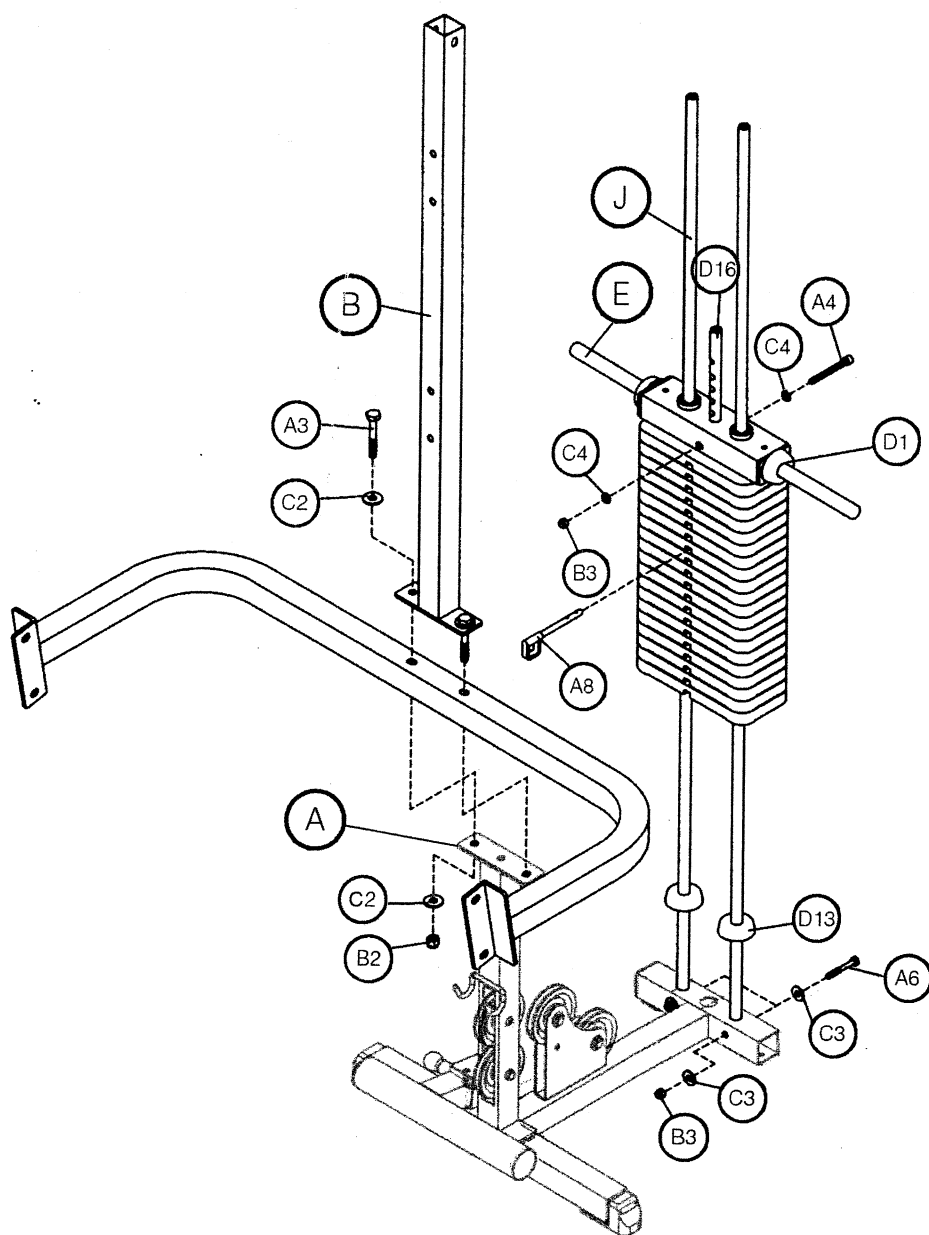
**NOTE:**

**Tighten these two Bolts (A6), you will not have access to them aft the weights are on.**

- Slide one Rubber Donut (D13) onto each of the two Guide Rods (J).
- D. Slide Weight Stack Plates onto the two Guide Rods (J). Line up the opening in each Weight Stack Plate, for the Weight Stack Pin (A8).
- E. Connect the Weight Horns (E) to the Selector Rod (D16) using:  
**One A4 (3/8" x 3 1/2" hex head bolt)**  
**Two C4 (3/8" washer)**  
**One B3 (3/8" nylon lock nut)**  
Slide the Weight Horns (E) and Selector Rod (D16) onto the Guide Rods (J).  
Slide one Rubber Donut (D14) onto each side of the Weight Horns (E).







## STEP

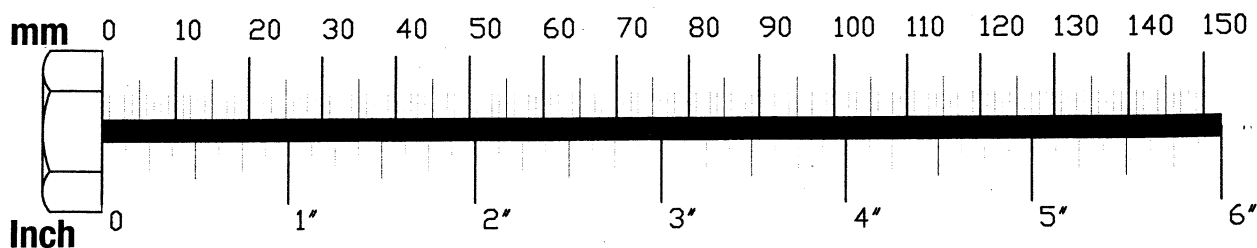
## 3

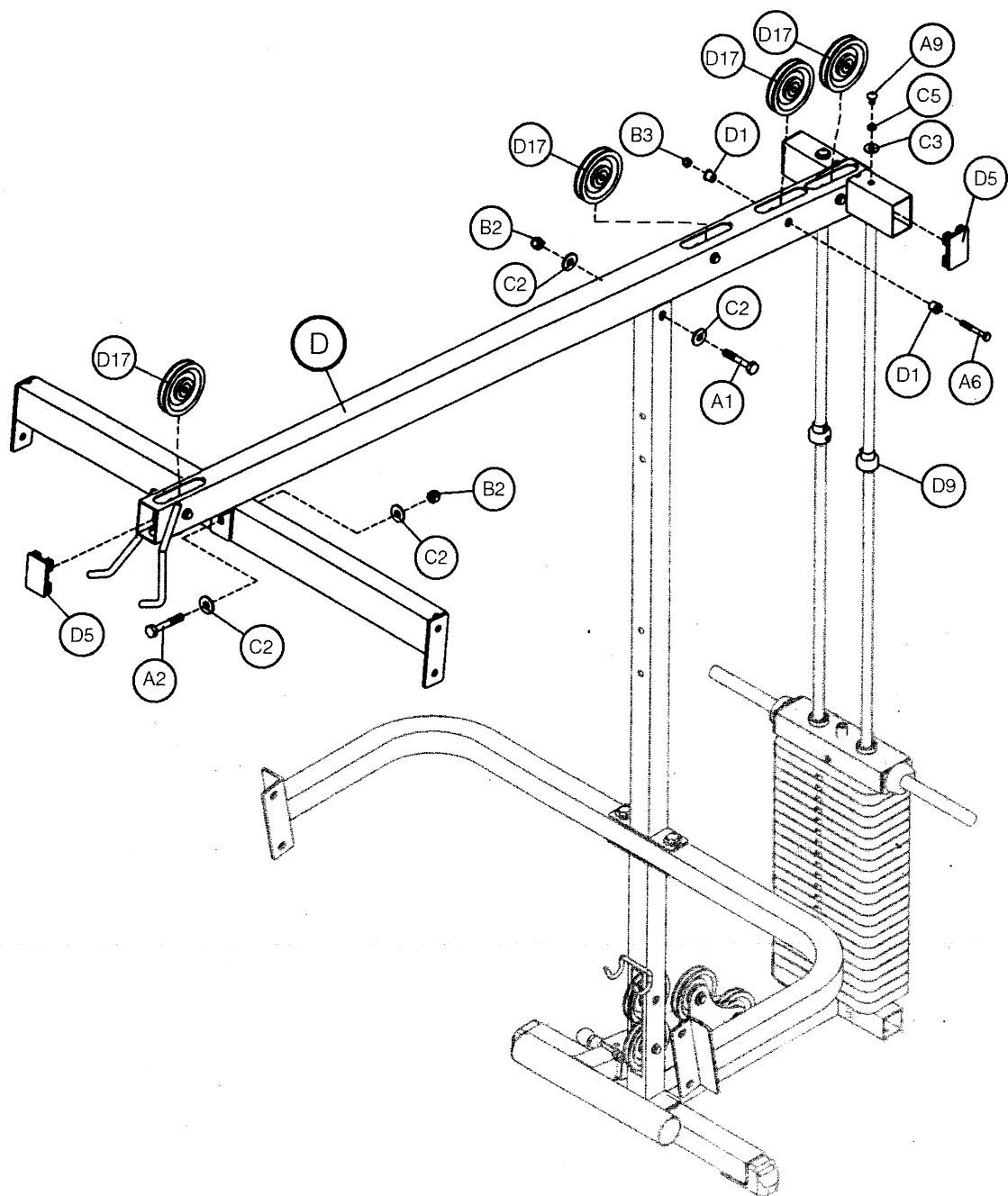
Be careful to assemble all components in the sequence they are presented.

## NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 5.

- A. Slide one Shaft Collar (D9) onto each of the two Guide Rods (J).
- B. Slide the two Guide Rods (J) into Top Frame (D).  
Attach Top Frame (D) to the Long Upright Frame (B) using:  
**One A1 (1/2" x 2 3/4" hex head bolt)**  
**Two C2 (1/2" washer)**  
**One B2 (1/2" nylon lock nut)**
- C. Slide the Shaft Collars (D9) up and into Top Frame (D), and turn to hold the Shaft Collars in place at the top of the Guide Rods.
- D. Attach Top Frame (D) to the two Guide Rods (J) using:  
**Two A9 (3/8" x 5/8" allen head bolt)**  
**Two C5 (3/8" spring lock washer)**  
**Two C3 (3/8" washer)**
- E. Attach the lat attachment (LA-348) Top Frame (D) to the Series 7 Smith Machine (GS-348) Top Frame using:  
**One A2 (1/2" x 3" hex head bolt)**  
**Two C2 (1/2" washer)**  
**One B2 (1/2" nylon lock nut)**
- F. Insert four Pulley's (D17) into Top Frame (D) and install as shown using for each Pulley:  
**One A6 (3/8" x 2 3/4" hex head bolt)**  
**Two D1 (pulley spacer)**  
**One B3 (3/8" nylon lock nut)**





# 4

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

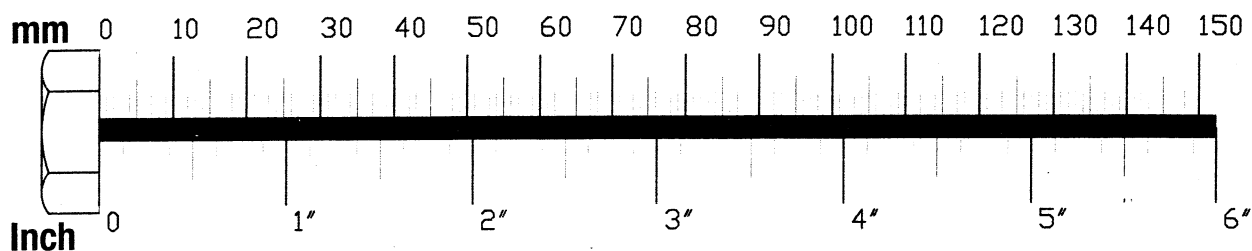
**NOTE:**

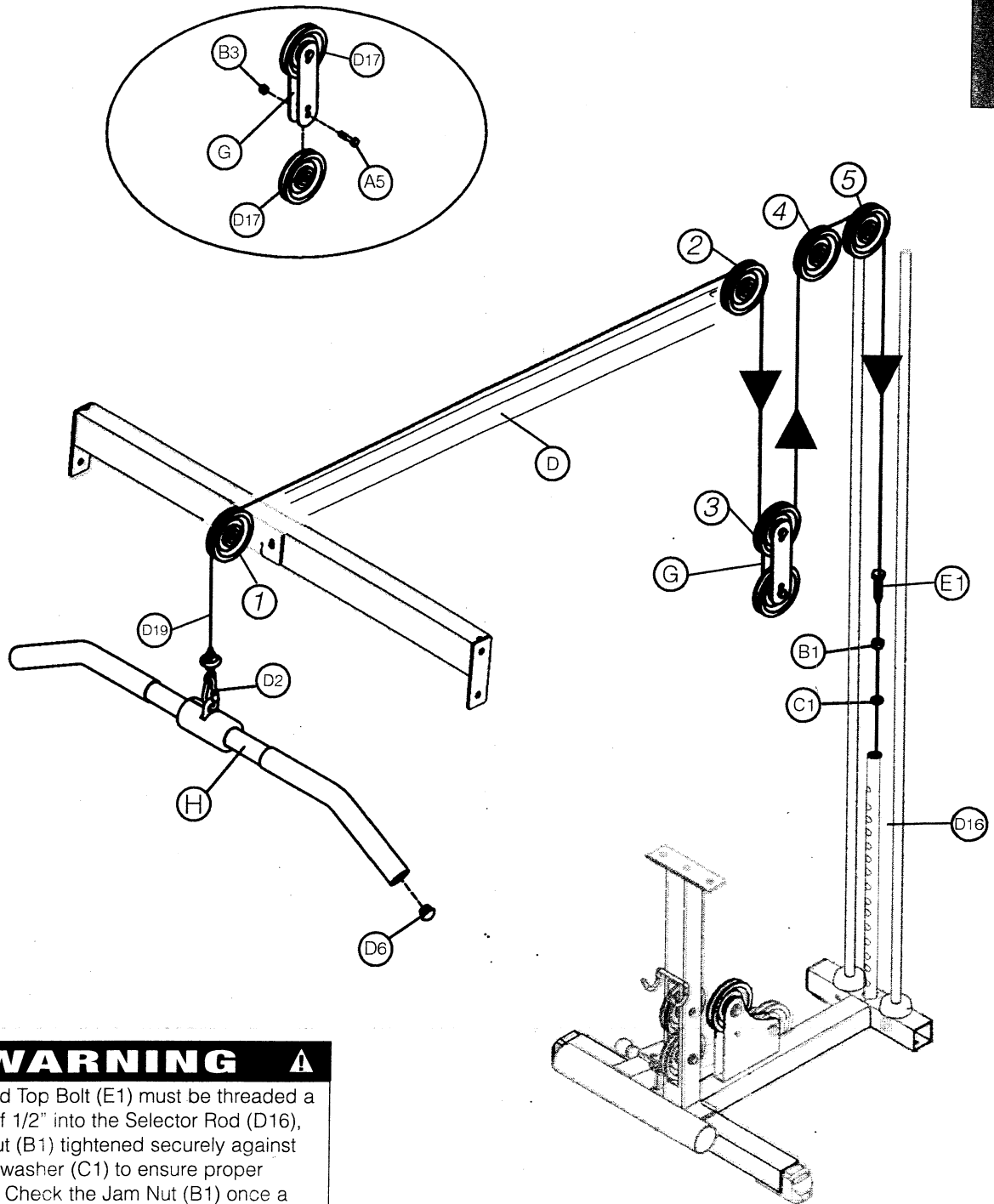
Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 5. Remove and reinstall any pulleys as needed.

- A. Insert Cable (D19) into and through Top Frame (D) in front of pulley 1. Pull Cable through and above Top Frame (D).
- B. Route Cable (D19) above Top Frame (D). Route Cable above pulley 2 and down through Top Frame (D).
- C. Install pulley 3 between the two Flat Plates (G) using:  
**One A5 (3/8" x 1 3/4" hex head bolt)**  
**One B3 (3/8" nylon lock nut)**
- D. Route Cable between Flat Plates (G) and around pulley 3. Route Cable up toward Top Frame (D).
- E. Route Cable up and through Top Frame (D) in front of pulley 4. Route Cable around pulley 4 and pulley 5, and down through Top Frame (D).
- F. See the WARNING Diagram. The Metal Ball End of Cable (D19) should be hanging just above the weight stack. Remove Bolt (E4) from Selector Rod Top Bolt (E1), slide Metal Ball End of Cable (D19) through Selector Rod Top Bolt (E1). Attach Cable End Shaft (E2) and securely tighten Allen Bolt (E3). Pull Cable (D19) tight, so Cable End Shaft (E2) fits securely inside Selector Rod Top Bolt (E1). Reinstall Bolt (E4) in Selector Rod Top Bolt (E1).

**NOTE:**

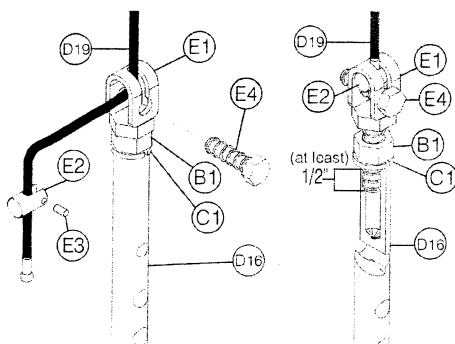
**Make sure the Selector Rod Top Bolt (E1) is threaded inside Selector Rod (D16) at least one half inch. Make sure Spring Lock Washer (C1) is in place and wrench tighten Jam Nut (B1).**





# ⚠ WARNING ⚠

Selector Rod Top Bolt (E1) must be threaded a minimum of 1/2" into the Selector Rod (D16), and Jam Nut (B1) tightened securely against spring lock washer (C1) to ensure proper connection. Check the Jam Nut (B1) once a week to make sure it is tight.



# 5

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

**NOTE:**

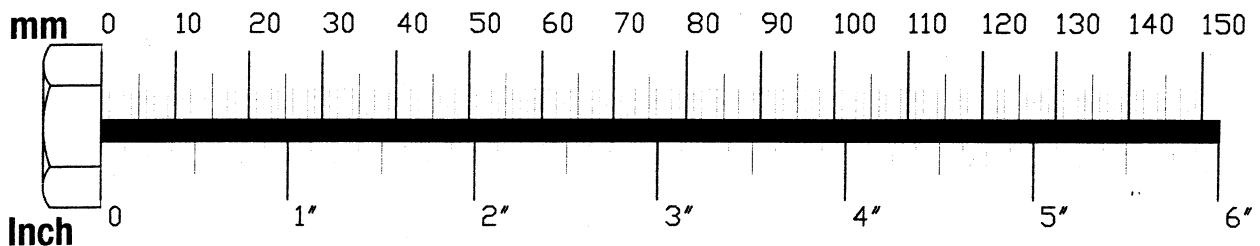
**Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 5. Remove and reinstall any pulleys as needed**

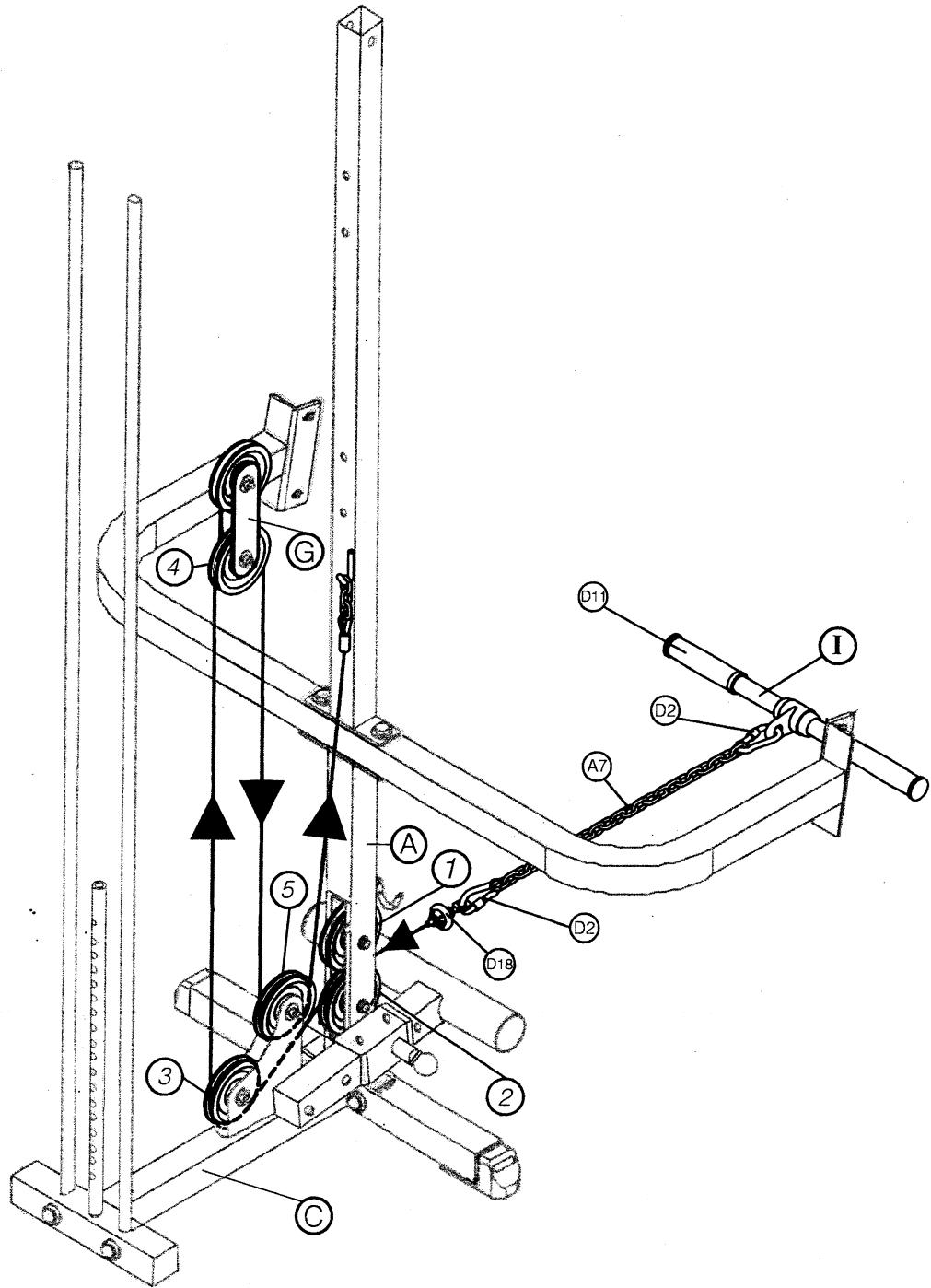
- A. Insert Cable (D18) through Short Upright Frame (A) and between pulley 1 and pulley 2.  
Pull Cable through and under pulley 5.\*

**\*NOTE:**

**At this point the Cable (D18) will not be in contact with pulley 5.**

- B. Route Cable under and around pulley 3.  
Route Cable up around pulley 4 and install pulley 4 between the two Flat Plates (G) using:  
**One A5 (3/8" x 1 3/4" hex head bolt)**  
**One B3 (3/8" nylon lock nut)**  
The Cable should go through the middle of the two Flat Plates (G).
- C. Route Cable under and around pulley 5.  
Route Cable up and attach to Long Upright Frame (B).
- D. You can now wrench tighten all bolts and nuts.





## GLA348 Mainframe Parts List

KEY#	QTY	PART#	DESCRIPTION
A	1	GLA348SUF-A	SHORT UPRIGHT FRAME
B	1	GLA348LUF-B	LONG UPRIGHT FRAME
C	1	GLA348WSF-C	WEIGHT STACK FRAME
D	1	GLA348TF-D	TOP FRAME
E	1	GLA348WH-E	WEIGHT HORNS
F	1	GLA348FB-F	FOOT BRACE
G	2	GLA348FPG	FLAT PLATE
H	1	GLA348LB-H	LAT BAR
I	1	GLA348LRB-I	LOW ROW BAR
J	2	GLA348GR-J	GUIDE ROD

Part numbers are required when ordering parts.