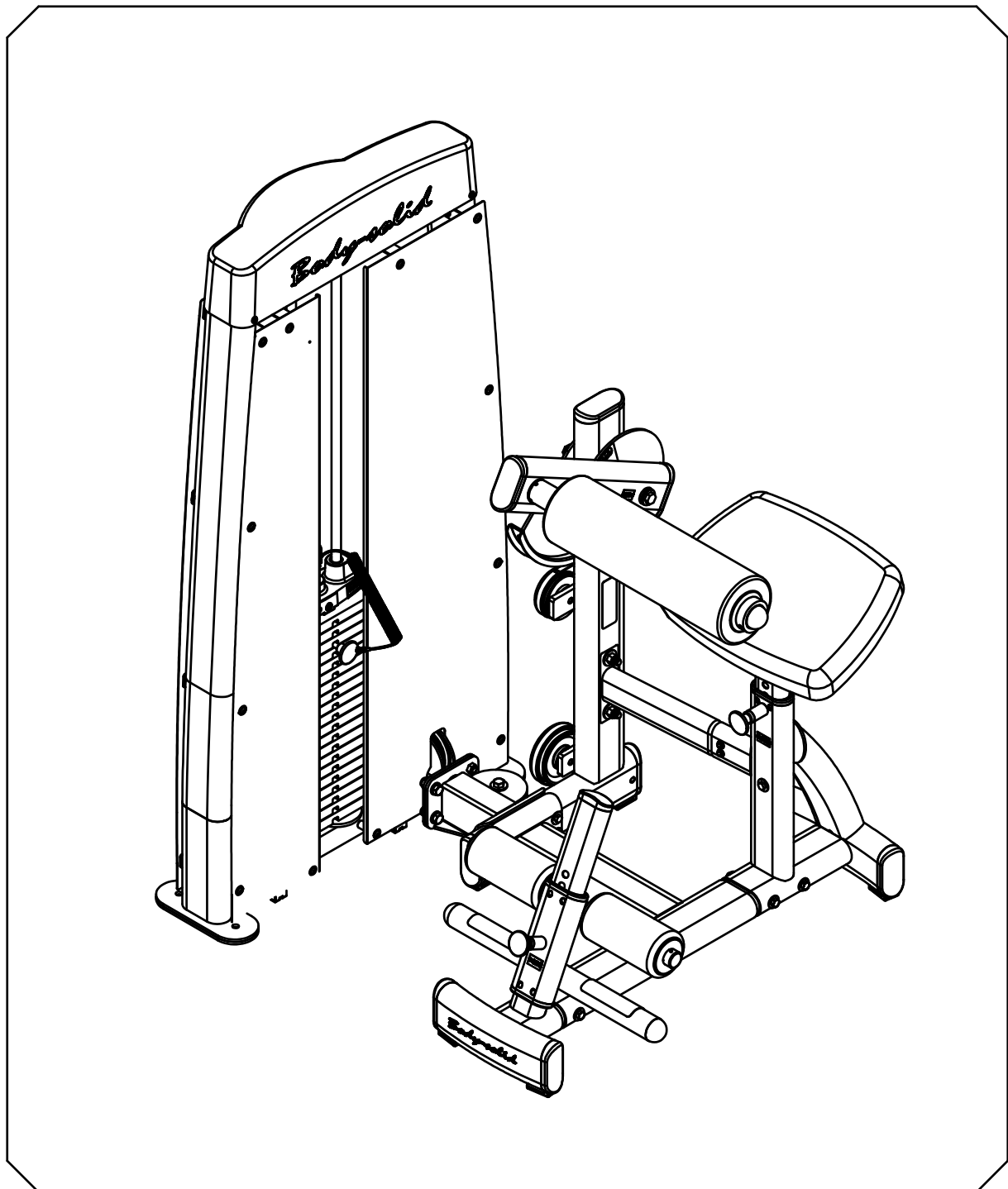


Body-Solid



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.4 OWNER'S MANUAL

Warning, Safety & Maintenance

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

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

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

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. **FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. RAL8-6-03 WC-54

WARNING

Safety and Maintenance of Cables

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

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

MAINTENANCE SCHEDULE		D A I L Y	W E E K L Y
Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.			
Cables:	Check tension, end fittings, and coating	✓	
	Check that locking nut at weight stack is tight		✓
Upholstery:	Wipe down and dry	✓	
	Clean and condition		✓
Frame:	Wipe down and dry	✓	
	Polish / Wax		✓
Chrome:	Wipe down and dry	✓	
	Polish / Lubricate		✓
Nuts / Bolts / Fasteners:	Tighten and / or adjust as needed		✓
Guide Rods:	Lubricate and clean		✓
Linear Rods:	Lubricate and clean		✓
Seat Sleeves:	Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs			✓
Weight Stack Pins			✓
Warning Instruction Labels			✓
Springs / Pop Pins		✓	
Anti Skid Surfaces			✓
Hand Grips / Rollers			✓

For Body-Solid Customer Service
Call 1-800-556-3113
#MSSTR0803

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 your machine. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- **IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage. Cable inspection should be performed daily. Inspect all cables, and the area near the fitting at each end of each cable. Replace any damaged or worn cable immediately. Do not allow the machine to be used until these are replaced.

- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

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

Your machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise.

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 your 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 your 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

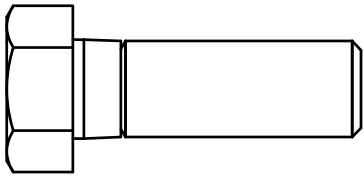
**Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA**

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

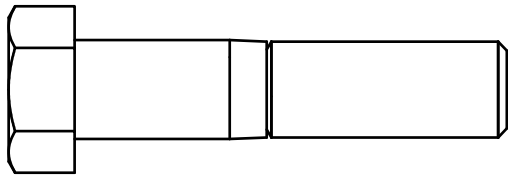
- 1. Model Number**
- 2. Proof of Purchase**
- 3. Place of Purchase**
- 4. Serial Number (S/N)**
- 5. Part # and Description**

DABB ASSEMBLY INSTRUCTIONS

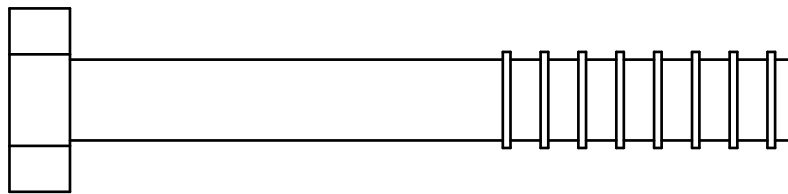
HARDWARW ILLUSTRATION



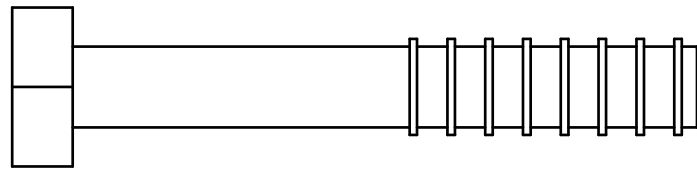
(A1)HEX BOLT 1/2"X1-1/2"L PARTIAL QTY.3



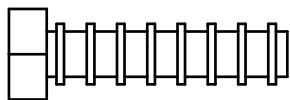
(A2)HEX BOLT 1/2"X2-1/4"L PARTIAL QTY.1



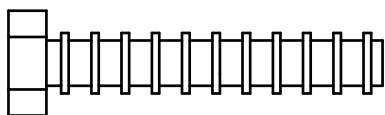
(A3)HEX BOLT 1/2"X3-3/4"L PARTIAL QTY.2



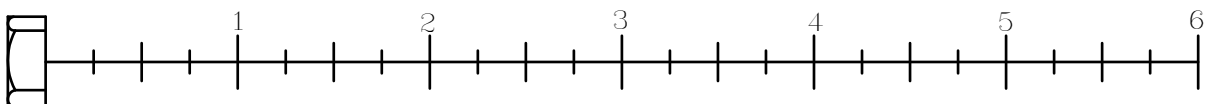
(A4)HEX BOLT 3/8"X3-1/4"L PARTIAL QTY.3



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

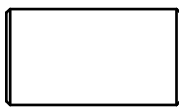
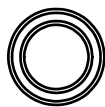


(A6)HEX BOLT 5/16"X1-3/4"L PARTIAL QTY.1

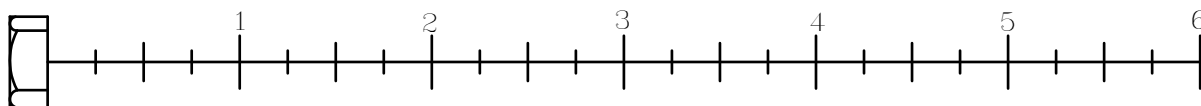


DABB ASSEMBLY INSTRUCTIONS

HARDWARW ILLUSTRATION

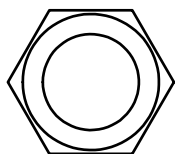
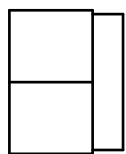


(A7) $\varnothing 1/2$ " X $\varnothing 8.5$ X 23L STEEL BUSHING (8110-062) QTY.1

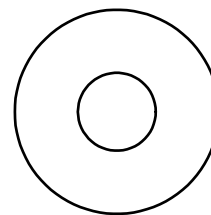


DABB ASSEMBLY INSTRUCTIONS

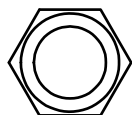
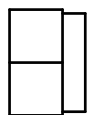
HARDWARW ILLUSTRATION



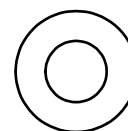
(B1) NYLON LOCK NUT 1/2" QTY.6



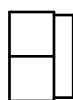
(C3) 3/8" (I.D.) FLAT WASHER Ø27 QTY.6



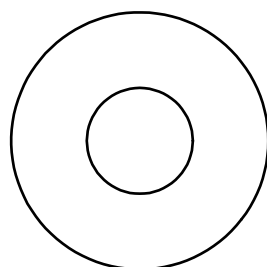
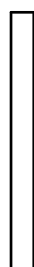
(B2) NYLON LOCK NUT 3/8" QTY.3



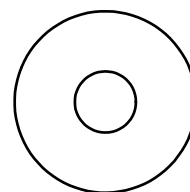
(C4) 5/16" (I.D.) FLAT WASHER Ø16 QTY.2



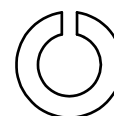
(B3) NYLON LOCK NUT 5/16" QTY.1



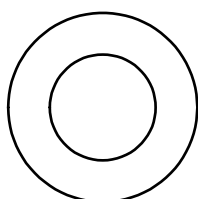
(C1) 1/2" (I.D.) FLAT WASHER Ø34 QTY.6



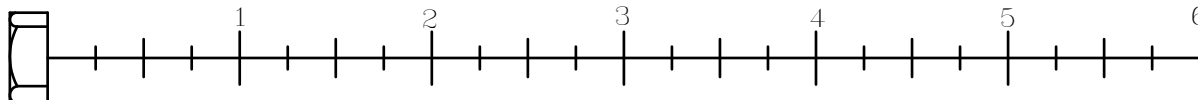
(C5) 5/16" (I.D.) FLAT WASHER Ø24 QTY.4



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

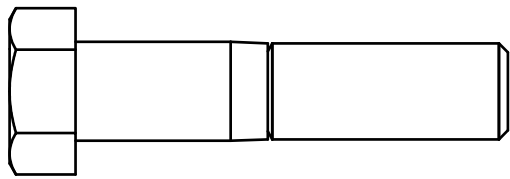


(C2) 1/2" (I.D.) FLAT WASHER Ø25 QTY.6

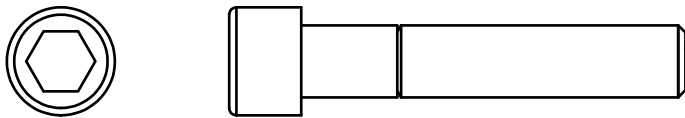


DABB ASSEMBLY INSTRUCTIONS

HARDWARW ILLUSTRATION



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



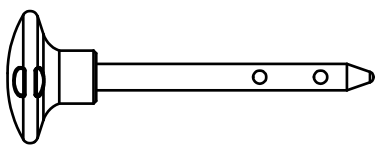
(AA4)ROUND INNER HEAD 3/8"X2"L PARTIAL QTY.1



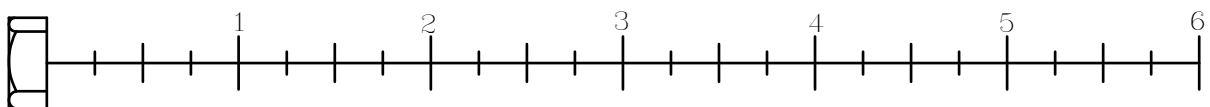
(AA5)ROUND INNER HEX SCREW M6X20L PARTIAL QTY.20



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

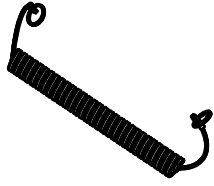


(AA7)10LB PIN(8250-071) QTY.1

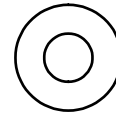


DABB ASSEMBLY INSTRUCTIONS

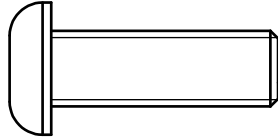
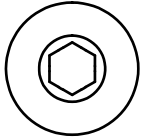
HARDWARW ILLUSTRATION



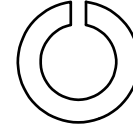
(AA8)ELASTIC BOLT QTY.1



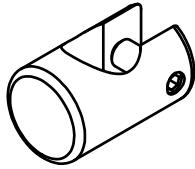
(CC2)M6(I.D.)FLAT WASHER Ø13 QTY.20



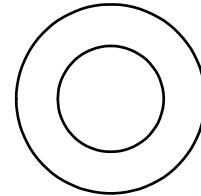
(AA10)ROUND INNER HEX SCREW
M10X30L PARTIAL QTY.1



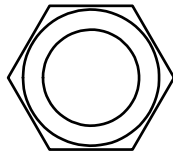
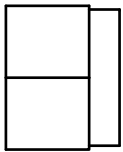
(CC5)SPRING WASHER 3/8" QTY.1



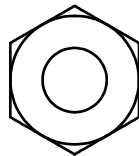
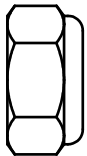
(AA11)FIRM SHEATH(8890-046) QTY.1



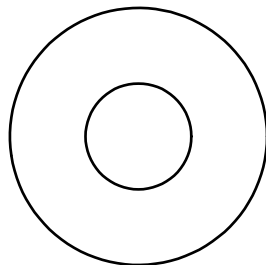
(CC6)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



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



(BB3)NYLON LOCK NUT M10 QTY.1



(CC1)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



1

2

3

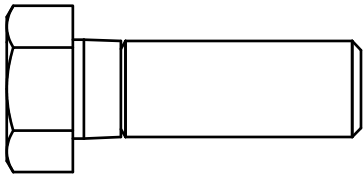
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5

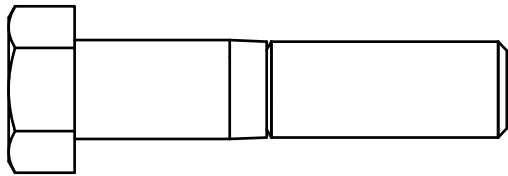
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DABB ASSEMBLY INSTRUCTIONS

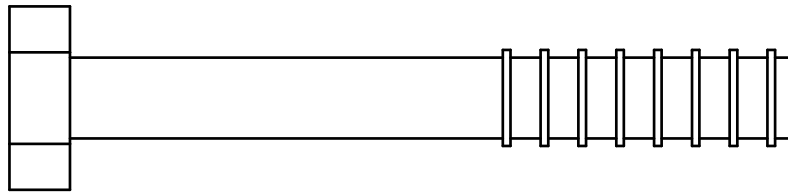
HARDWARW ILLUSTRATION



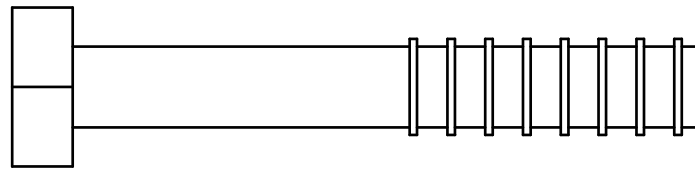
(A1)HEX BOLT 1/2"X1-1/2"L PARTIAL QTY.3



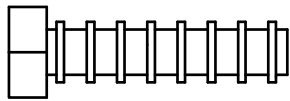
(A2)HEX BOLT 1/2"X2-1/4"L PARTIAL QTY.1



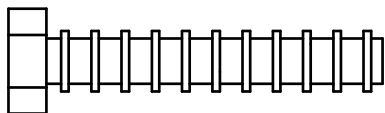
(A3)HEX BOLT 1/2"X3-3/4"L PARTIAL QTY.2



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



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

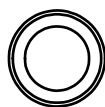


(A6)HEX BOLT 5/16"X1-3/4"L PARTIAL QTY.1

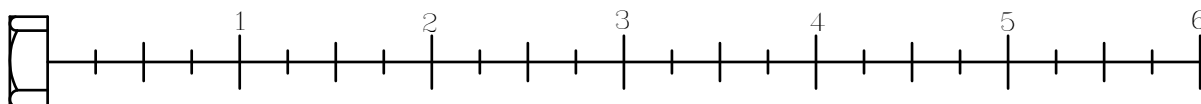


DABB ASSEMBLY INSTRUCTIONS

HARDWARW ILLUSTRATION

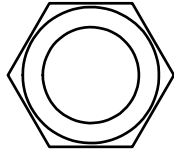
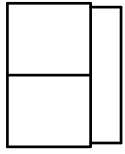


(A7)STEEL BUSHING $\text{Ø}1/2\text{''} \times \text{Ø}8.5 \times 21\text{L}$ QTY.1

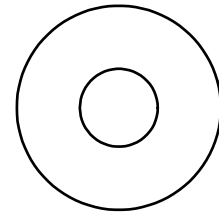


DABB ASSEMBLY INSTRUCTIONS

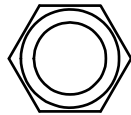
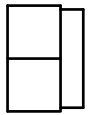
HARDWARW ILLUSTRATION



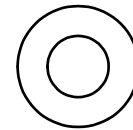
(B1) NYLON LOCK NUT 1/2" QTY.6



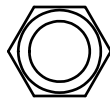
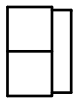
(C3) 3/8" (I.D.) FLAT WASHER Ø27 QTY.6



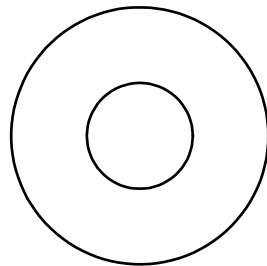
(B2) NYLON LOCK NUT 3/8" QTY.3



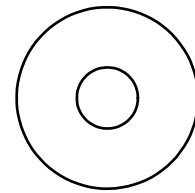
(C4) 5/16" (I.D.) FLAT WASHER Ø16 QTY.2



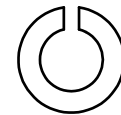
(B3) NYLON LOCK NUT 5/16" QTY.1



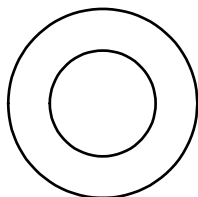
(C1) 1/2" (I.D.) FLAT WASHER Ø34 QTY.6



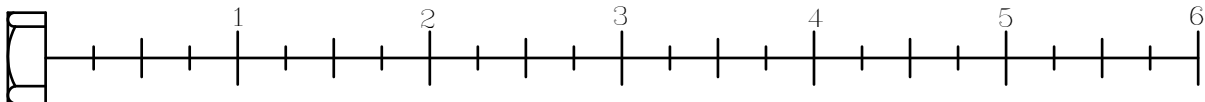
(C5) 5/16" (I.D.) FLAT WASHER Ø24 QTY.4



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

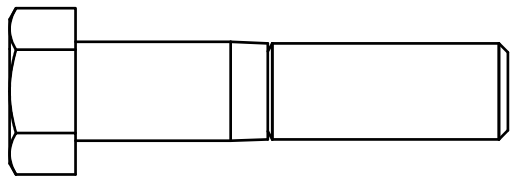


(C2) 1/2" (I.D.) FLAT WASHER Ø25 QTY.6

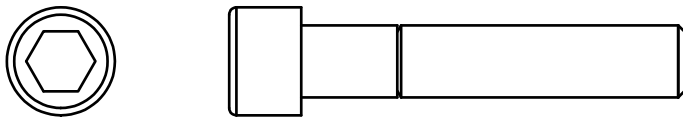


DABB ASSEMBLY INSTRUCTIONS

HARDWARW ILLUSTRATION



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



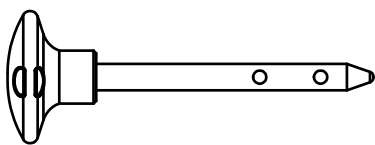
(AA4)ROUND INNER HEAD 3/8"X2"L PARTIAL QTY.1



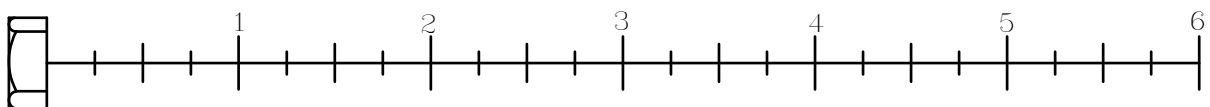
(AA5)ROUND INNER HEX SCREW M6X20L PARTIAL QTY.20



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

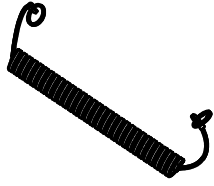


(AA7)10LB PIN(8250-071) QTY.1

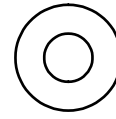


DABB ASSEMBLY INSTRUCTIONS

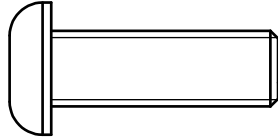
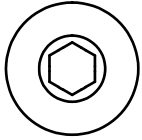
HARDWARW ILLUSTRATION



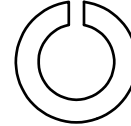
(AA8)ELASTIC BOLT QTY.1



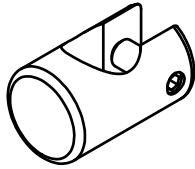
(CC2)M6(I.D.)FLAT WASHER Ø13 QTY.20



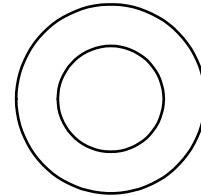
(AA10)ROUND INNER HEX SCREW
M10X30L PARTIAL QTY.1



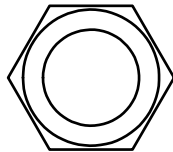
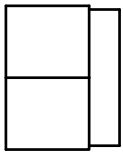
(CC5)SPRING WASHER 3/8" QTY.1



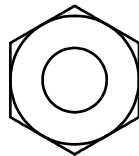
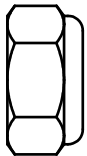
(AA11)FIRM SHEATH(8890-046) QTY.1



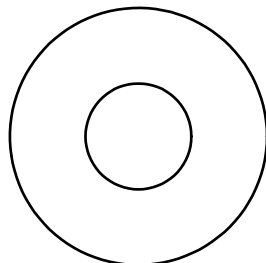
(CC6)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



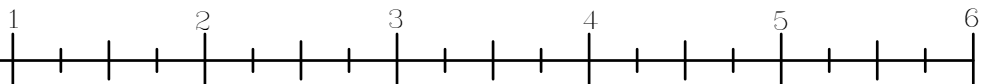
(BB2)NYLON LOCK NUT1/2" QTY.3



(BB3)NYLON LOCK NUT M10 QTY.1




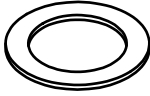
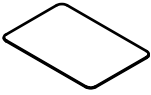



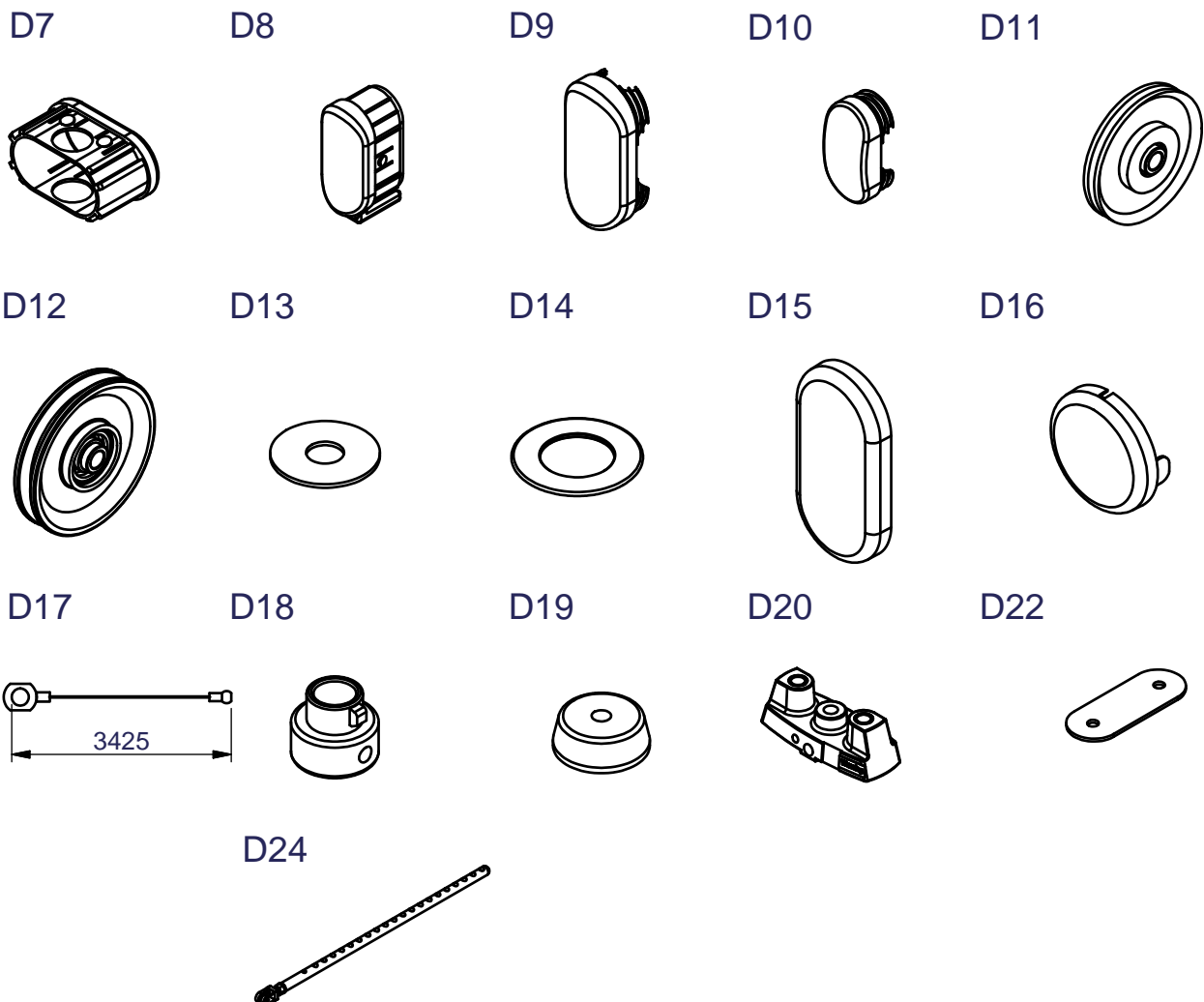
(CC1)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



DABB ASSEMBLY INSTRUCTIONS

HARDWARW ILLUSTRATION

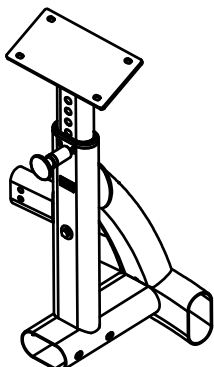
- | | | |
|---|---|--|
| D1 | D2 | (D1) $\phi 3/4$ " X 13.5 X 8L STEEL BUSHING (8110-014) ----- [2PCS] |
|  |  | (D2) $\phi 38$ " X $\phi 25.2$ X 27L STEEL BUSHING (8130-159) ----- [1PCS] |
| D3 | D4 | (D3) $\phi 30$ " X $\phi 20$ X 1.5t CU WASHER (8520-007) ----- [1PCS] |
|  |  | (D4) $\phi 38$ " X $\phi 26$ X 1.5t CU WASHER (8520-008) ----- [1PCS] |
| D5 | D6 | (D5) 95 X 140L RUBBER PAD (9310-035) ----- [2PCS] |
|  |  | (D6) $\phi 50$ ROUND END CAP (9211-074) ----- [3PCS] |
| | | (D7) 50 X 100 NYLON BUSHING (9211-107) ----- [2PCS] |
| | | (D8) 58 X 116 X 2.5t FOOT CAP (9211-108) ----- [6PCS] |
| | | (D9) 58 X 116 X 2.5t END CAP (9211-112) ----- [3PCS] |
| | | (D10) 40 X 80 X 2t END CAP (9211-113) ----- [1PCS] |
| | | (D11) $\phi 4$ " PULLEY (9213-017A) ----- [2PCS] |
| | | (D12) $\phi 4$ 1/2" PULLEY (9213-010B) ----- [5PCS] |
| | | (D13) $\phi 75$ X 3t X $\phi 26$ NYLON WASHER (9214-008) ----- [4PCS] |
| | | (D14) $\phi 90$ X $\phi 51$ X 3t NYLON WASHER (9214-022) ----- [2PCS] |
| | | (D15) 207 X 105 X 23 PULLEY CAP (9211-115) ----- [1PCS] |
| | | (D16) $\phi 131$ X 30 PULLEY CAP (9211-116) ----- [1PCS] |
| | | (D17) 3425mm STEEL CABLE (FDABBA) ----- [1PCS] |
| | | (D18) $\phi 3/4$ " SHAFT COLLAR (9211-046) ----- [2PCS] |
| | | (D19) $\phi 4$ " RUBBER DOUNT (9310-017) ----- [2PCS] |
| | | (D20) TOP PLATE (8400-006) ----- [1PCS] |
| | | (D22) 95 X 250 RUBBER PAD (9310-060) ----- [2PCS] |
| | | (D23) DABB FOR DGYM STEEL CABLE (FDABBB) ----- [1PCS] |
| | | (D24) WEIGHT SELECTOR BAR (8210-042B) ----- [1PCS] |



DABB ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION

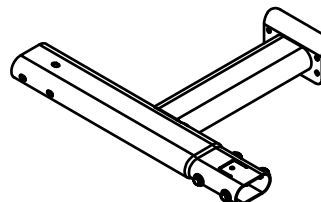
A [1PCS]



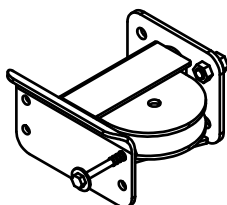
B1 [1PCS]



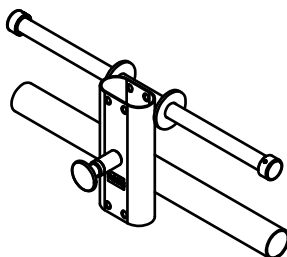
C [1PCS]



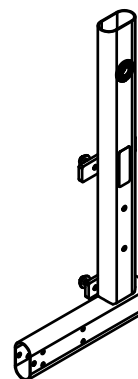
D [1PCS]



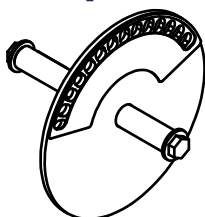
E1 [1PCS]



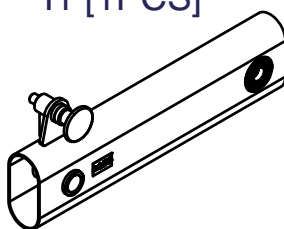
F [1PCS]



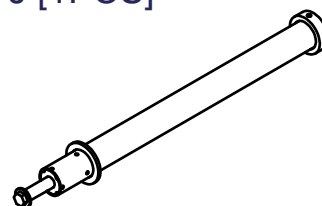
H [1PCS]



I1 [1PCS]



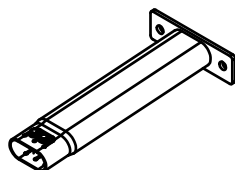
J [1PCS]



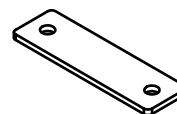
K [1PCS]



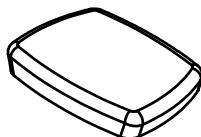
L [1PCS]



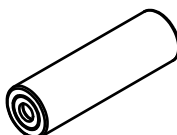
M [1PCS]
8312-091



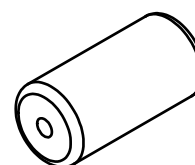
N [1PCS]
9122-039



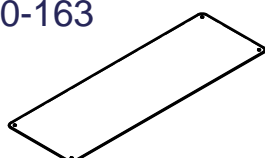
O [1PCS]
9161-047



P [2PCS]
9161-018



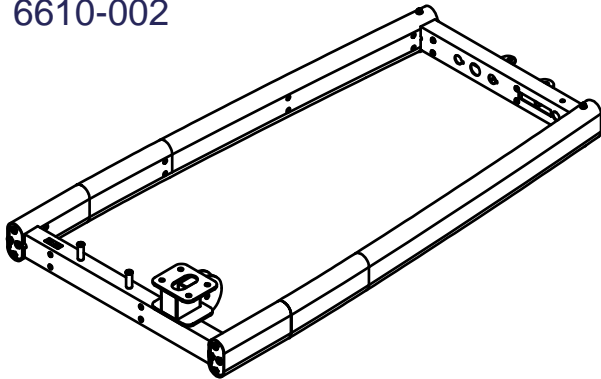
Q [1PCS]
9440-163



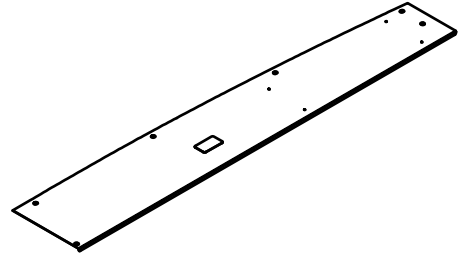
DABB ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION

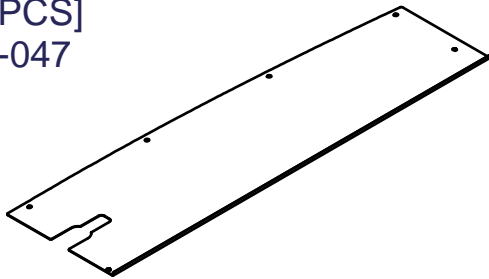
AA[1PCS]
6610-002



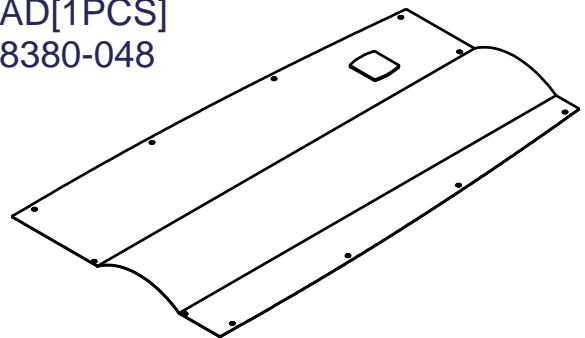
AB[1PCS]
8380-046



AC[1PCS]
8380-047



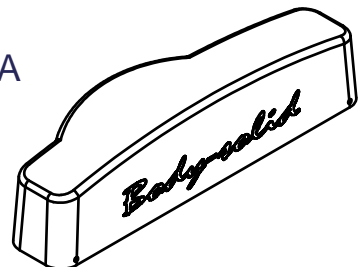
AD[1PCS]
8380-048



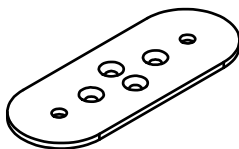
AE[2PCS]
260158A $\varnothing 3/4"$ X1.6tX1407L



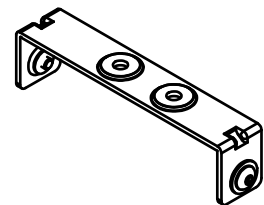
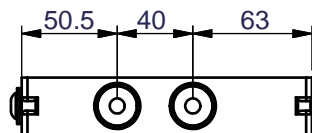
AK1PCS]
9211-111A



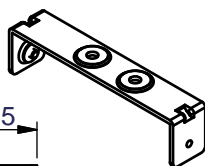
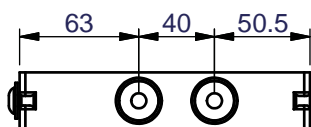
AG[2PCS]
8313-144



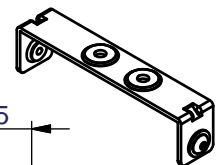
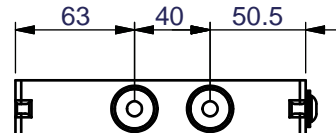
AH[9PCS]
8321-040



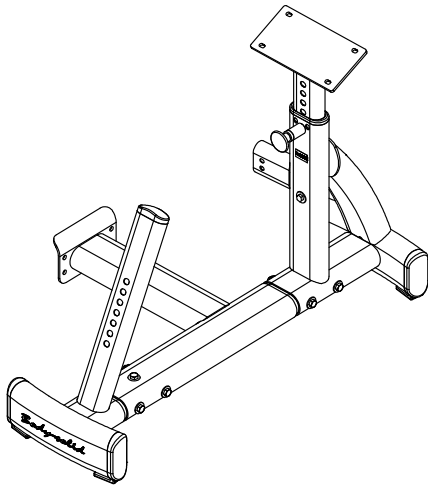
AI[1PCS]
8321-040



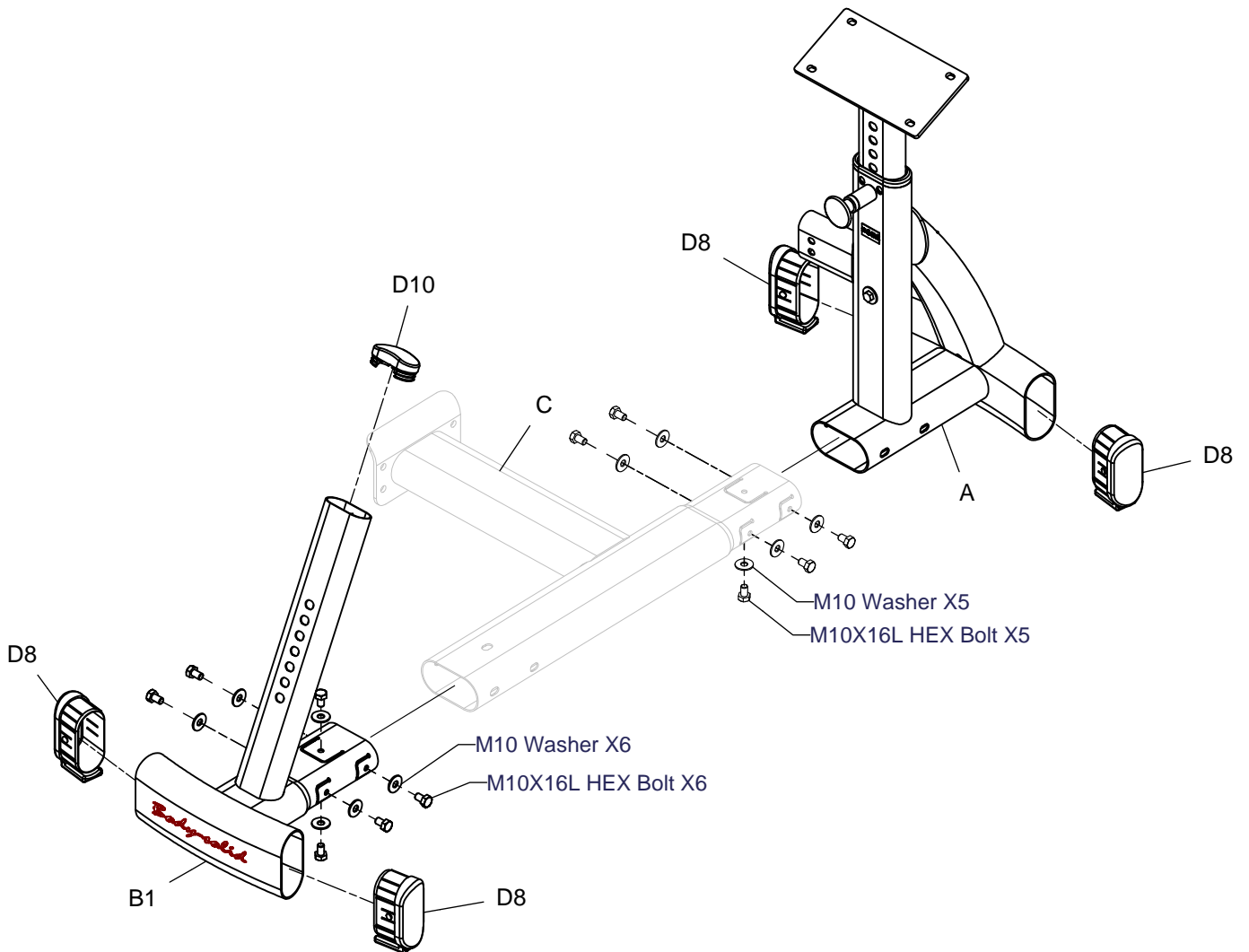
AJ[2PCS]
8321-040



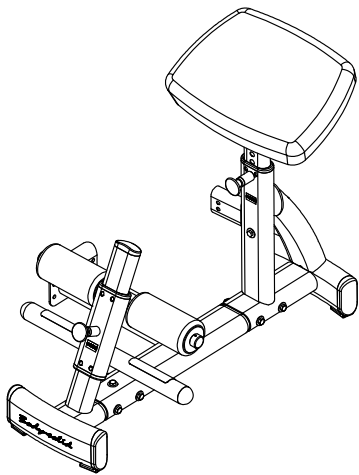
DABB ASSEMBLY INSTRUCTIONS



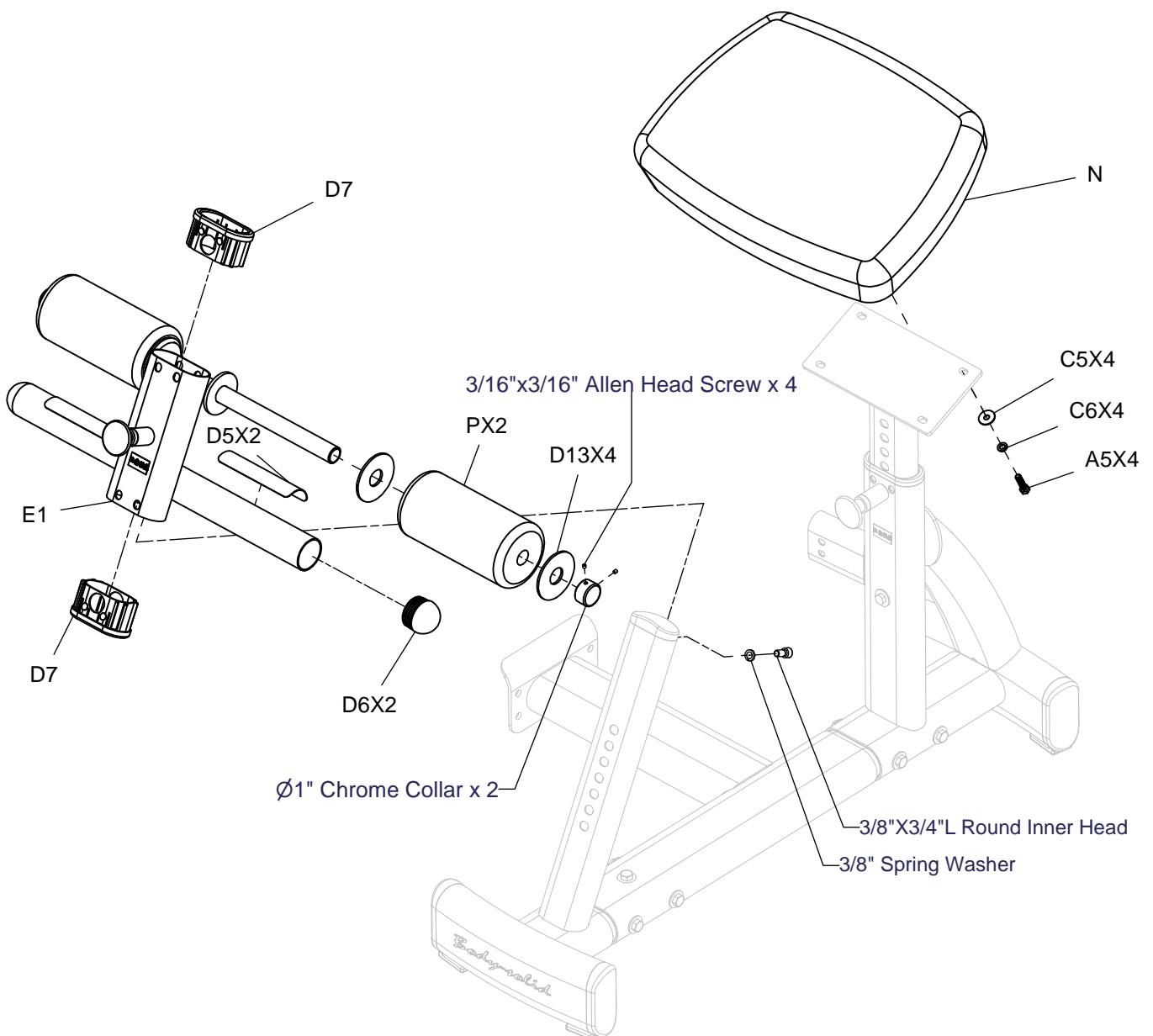
Above shows STEP 1
assembled and completed



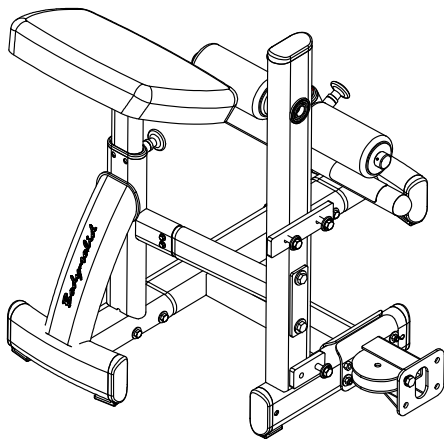
DABB ASSEMBLY INSTRUCTIONS



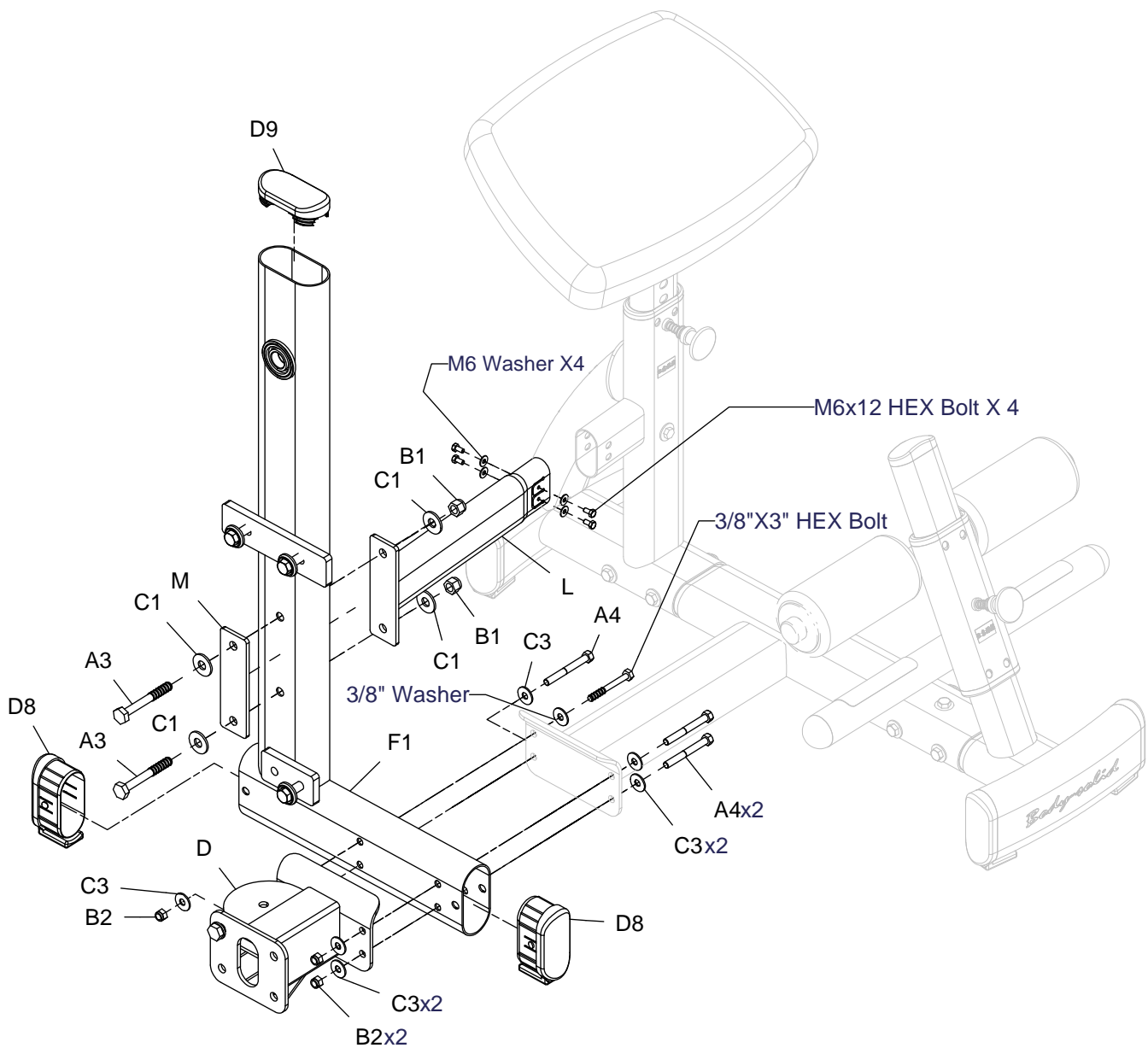
Above shows STEP 2
assembled and completed



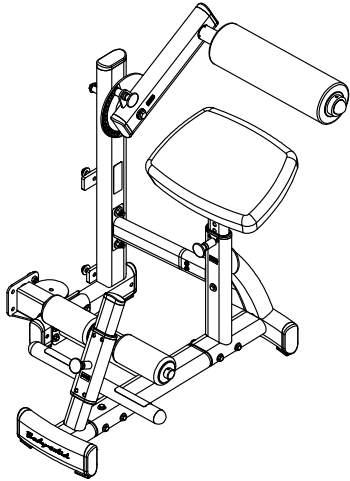
DABB ASSEMBLY INSTRUCTIONS



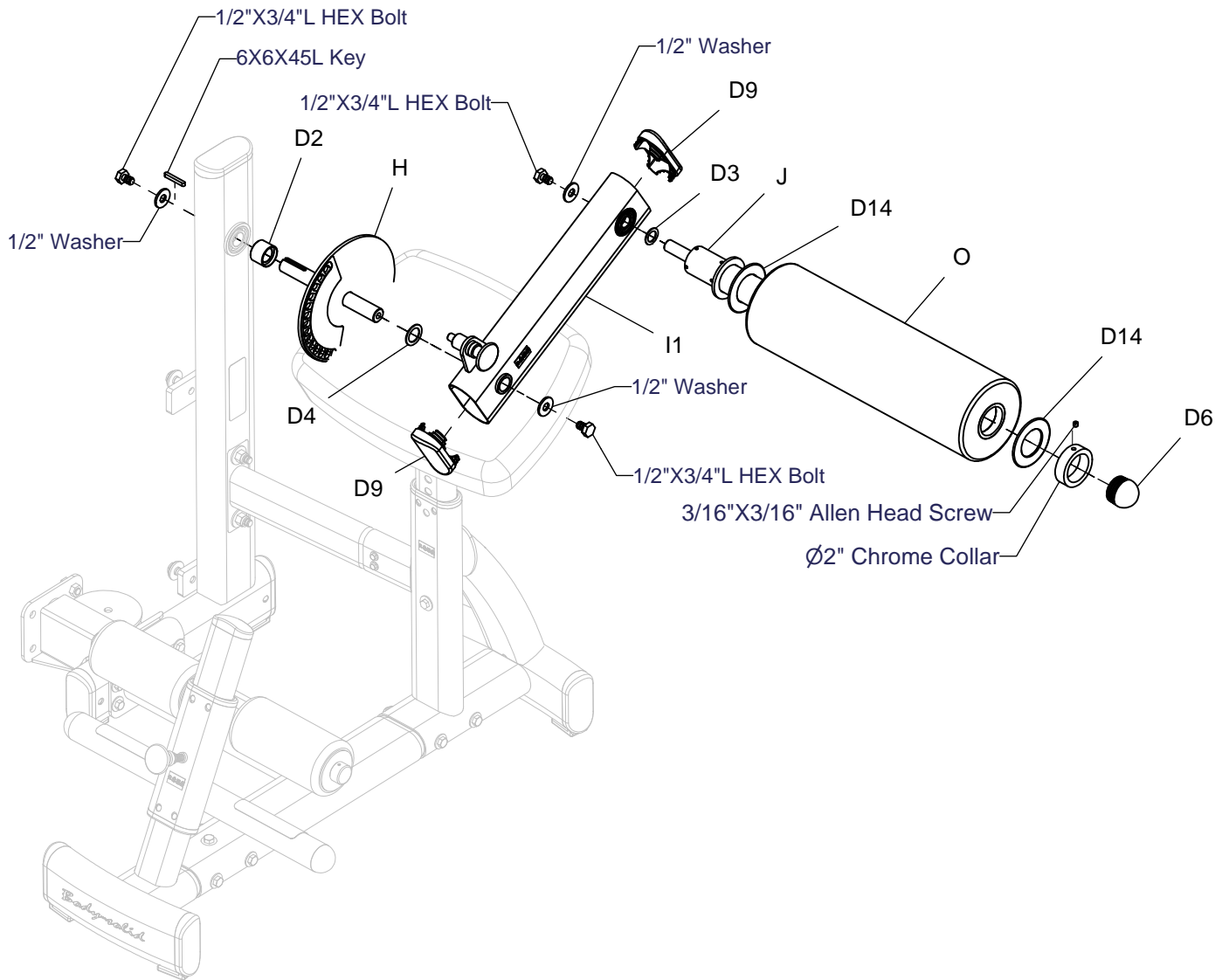
Above shows STEP 3 assembled and completed



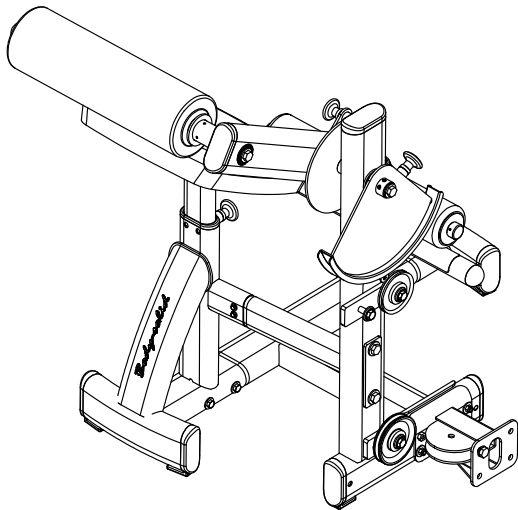
DABB ASSEMBLY INSTRUCTIONS



Above shows STEP 4 assembled and completed

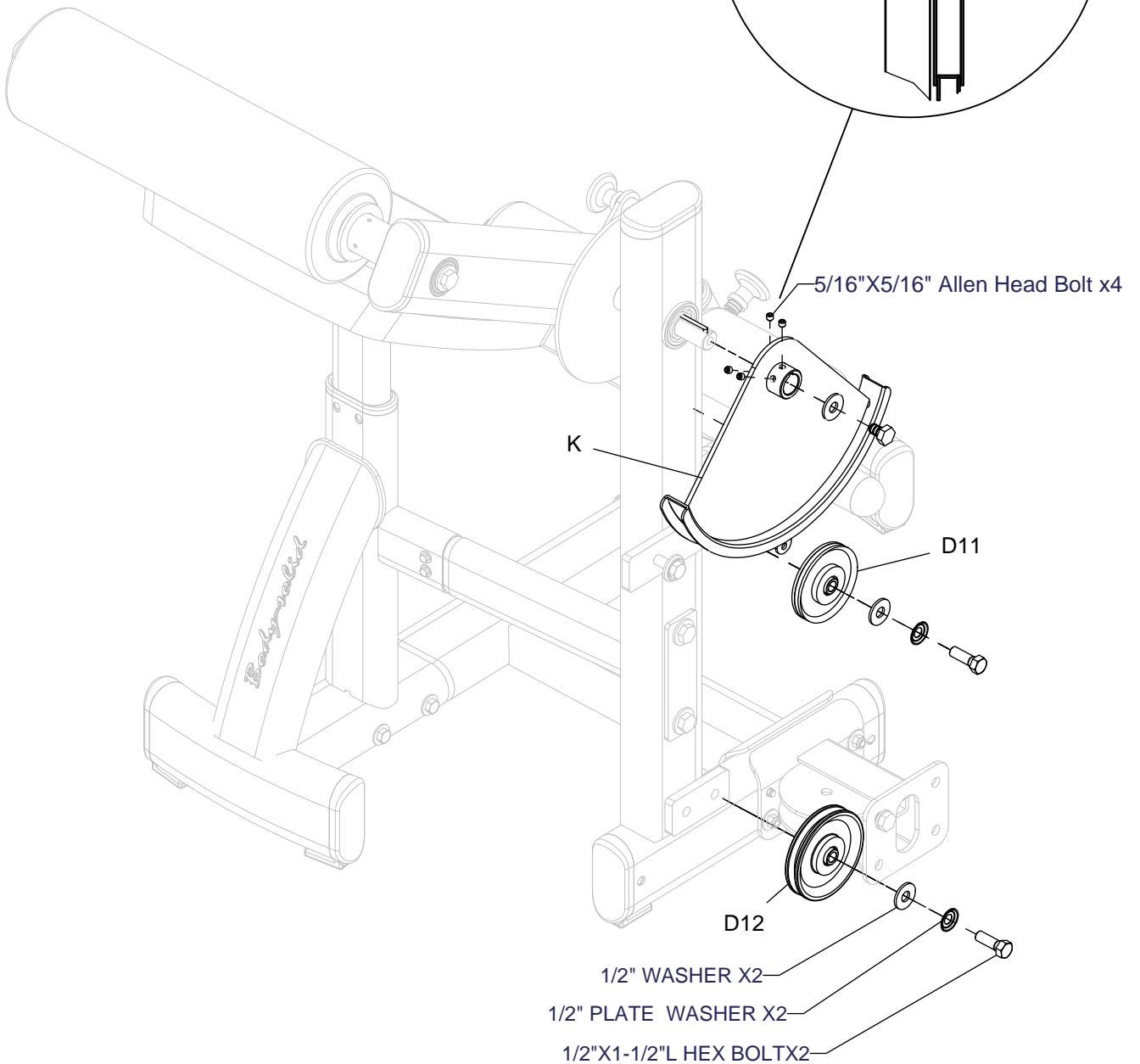
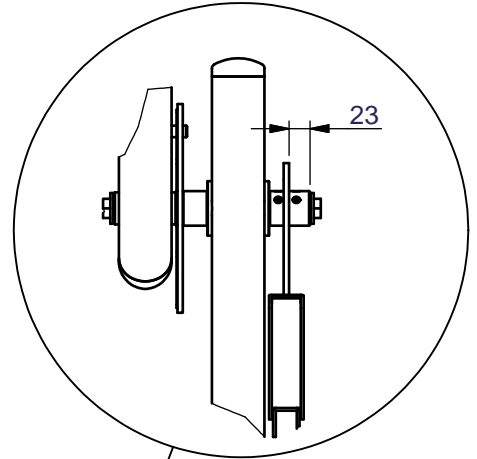


DABB ASSEMBLY INSTRUCTIONS



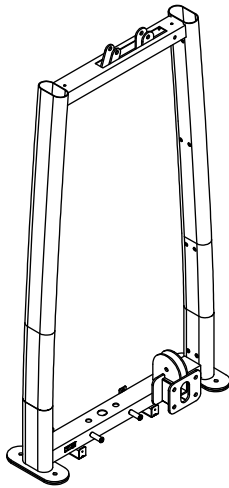
Above shows STEP 5 assembled and completed

Detail View

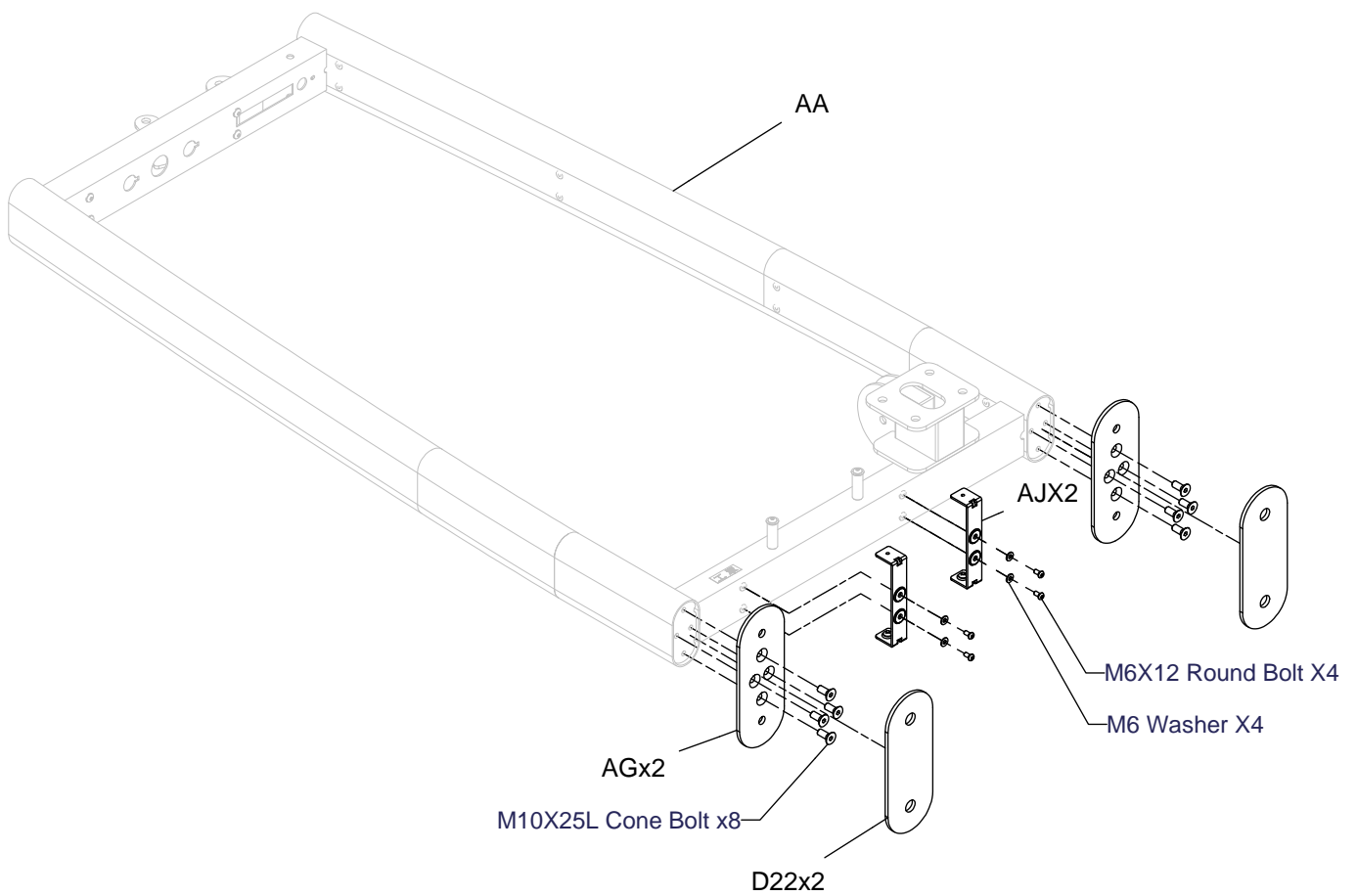


- 5/16" X 5/16" Allen Head Bolt x4
- K
- D11
- D12
- 1/2" WASHER X2
- 1/2" PLATE WASHER X2
- 1/2" X 1-1/2" L HEX BOLT X2

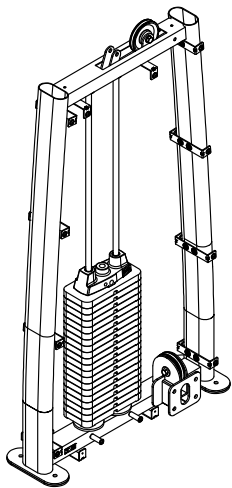
DABB ASSEMBLY INSTRUCTIONS



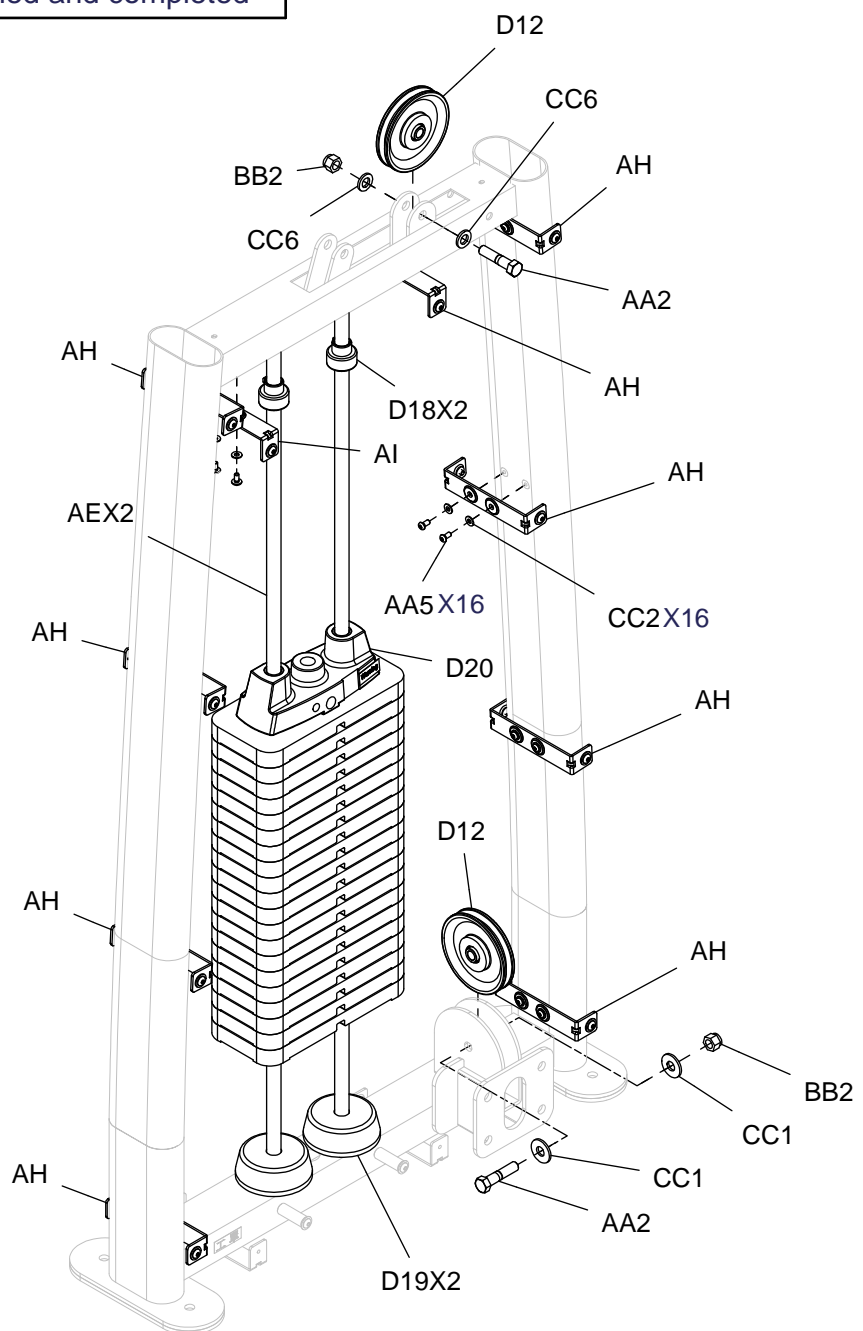
Above shows STEP 6
assembled and completed



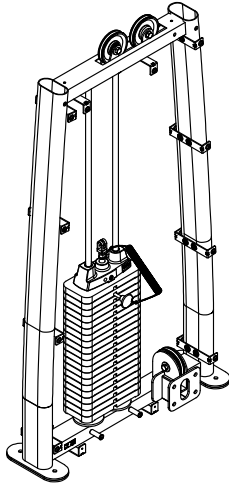
DABB ASSEMBLY INSTRUCTIONS



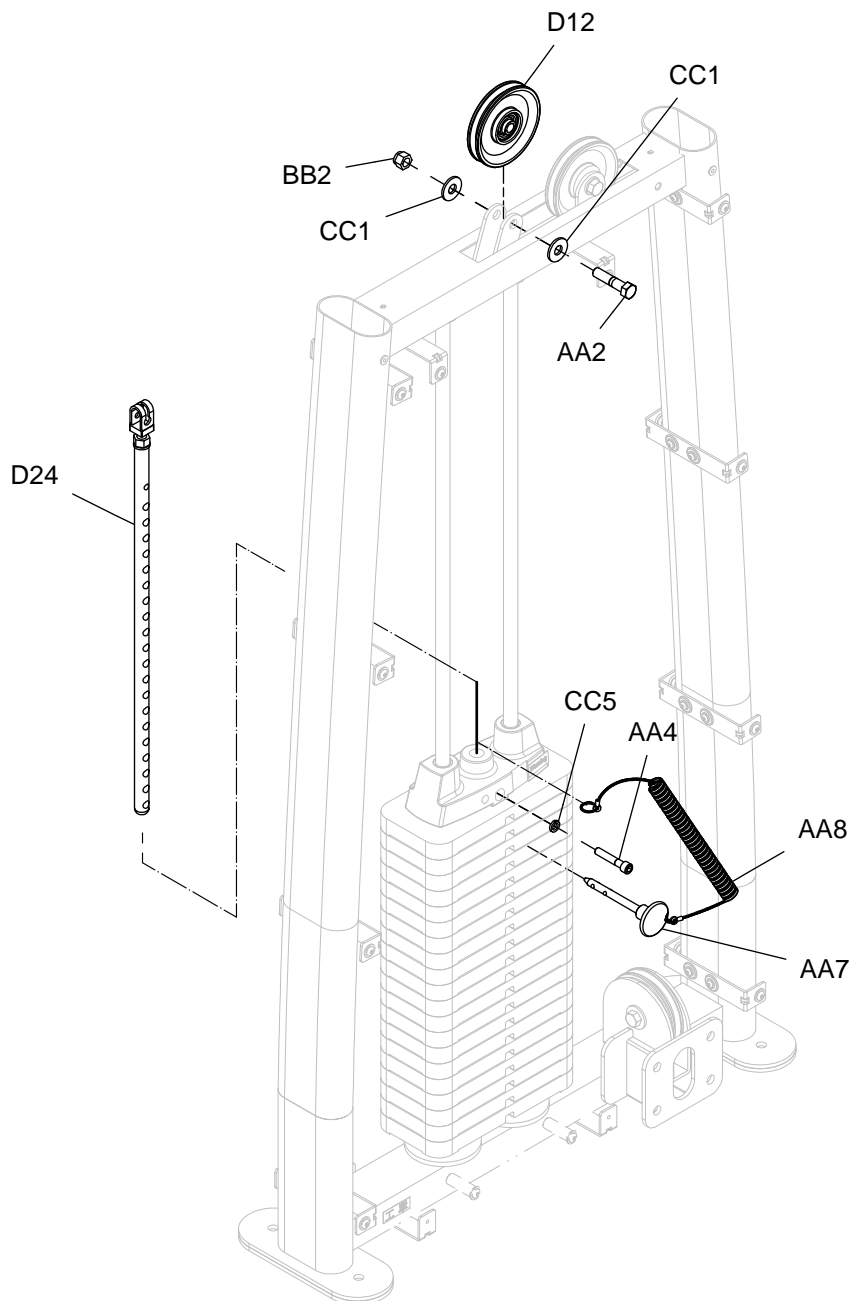
Above shows STEP 7
assembled and completed



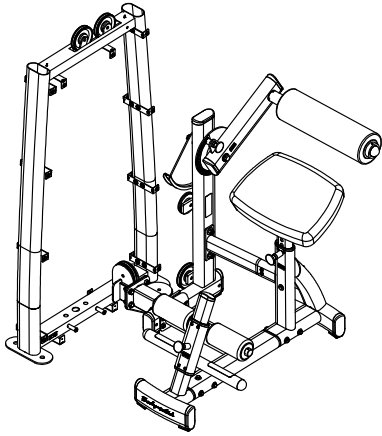
DABB ASSEMBLY INSTRUCTIONS



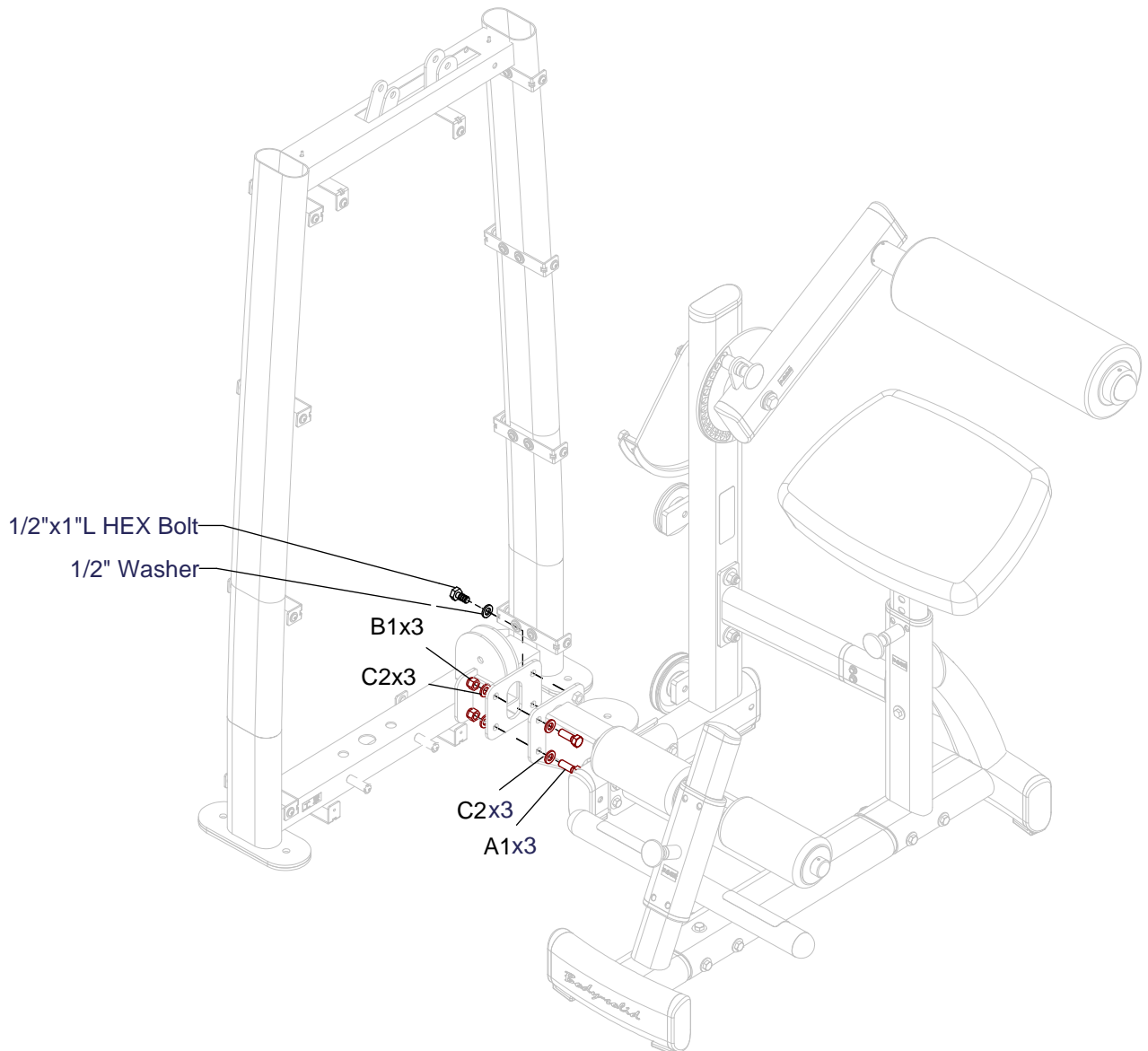
Above shows STEP 8
assembled and completed



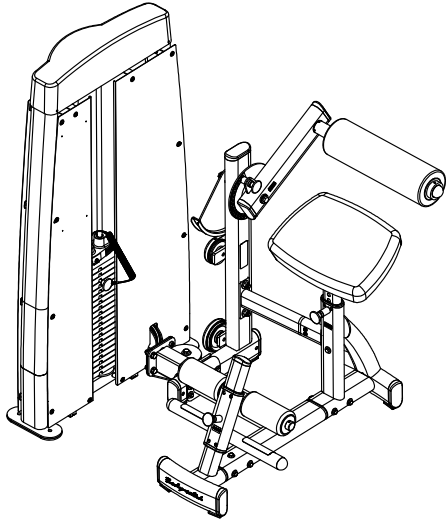
DABB ASSEMBLY INSTRUCTIONS



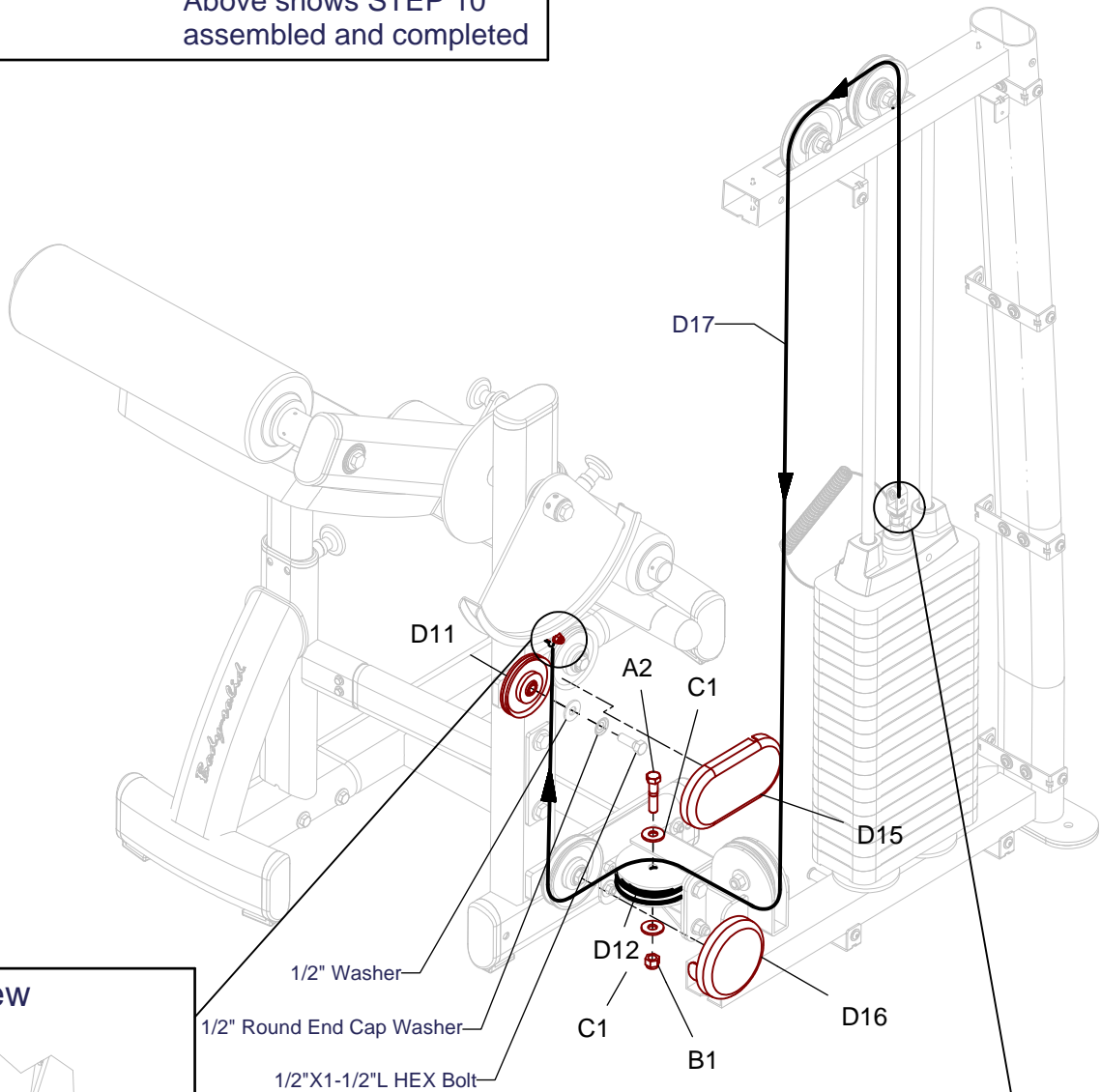
Above shows STEP 9
assembled and completed



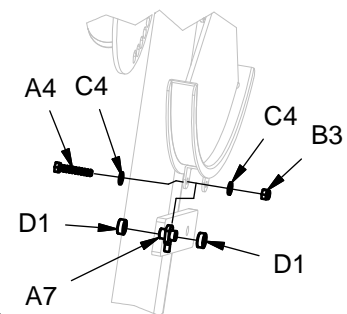
DABB ASSEMBLY INSTRUCTIONS



Above shows STEP 10 assembled and completed



Detail View

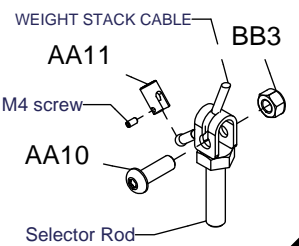
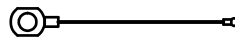


1/2" Washer

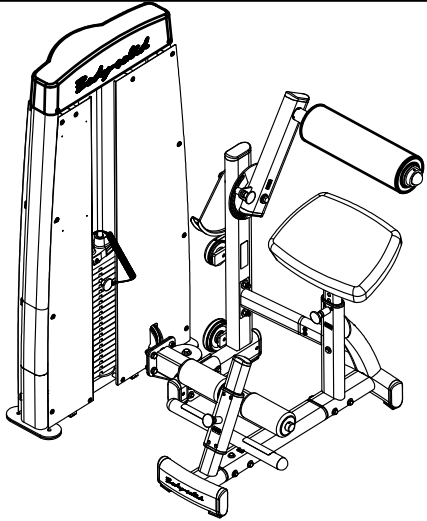
1/2" Round End Cap Washer

1/2"X1-1/2"L HEX Bolt

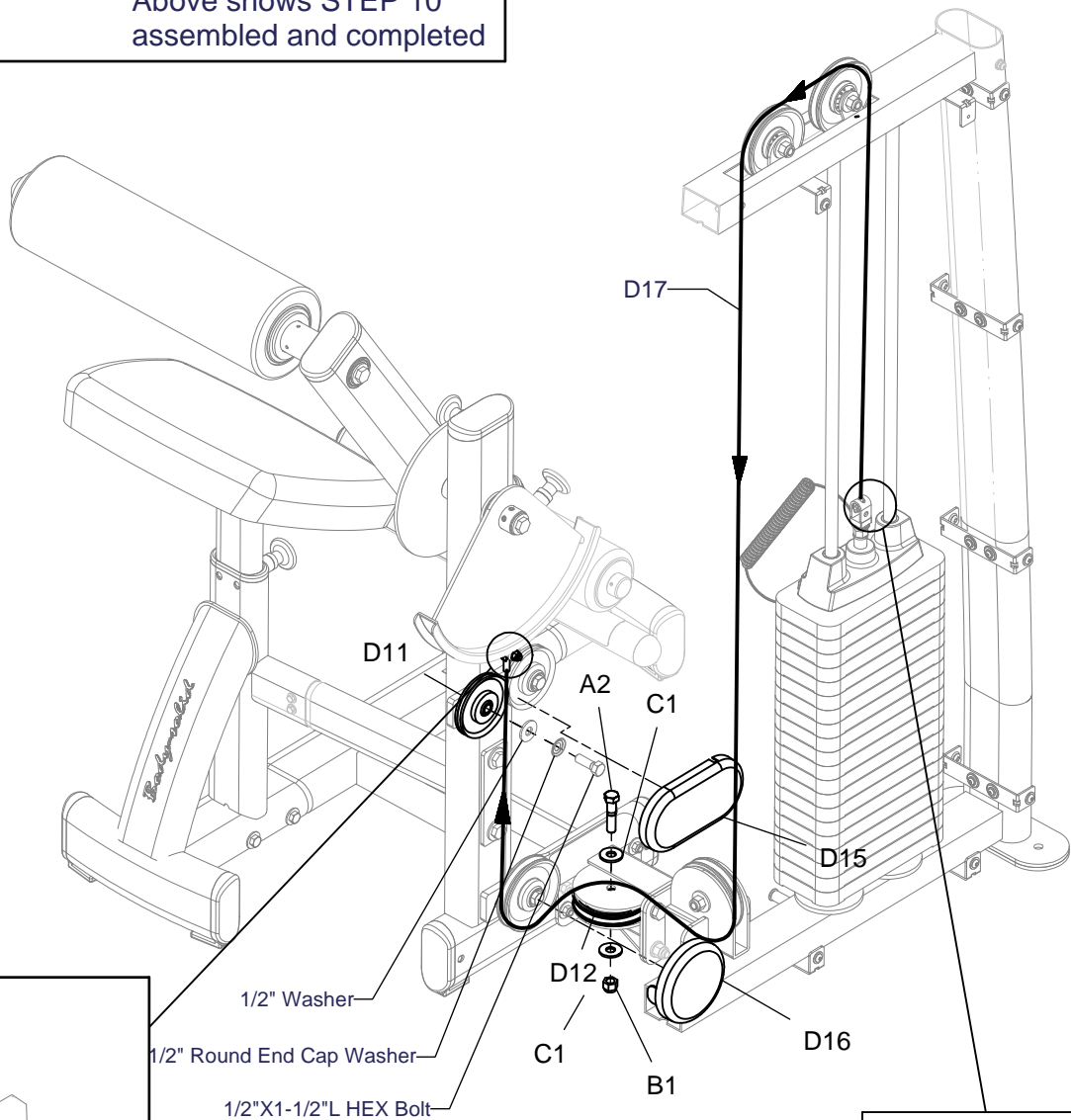
D17.



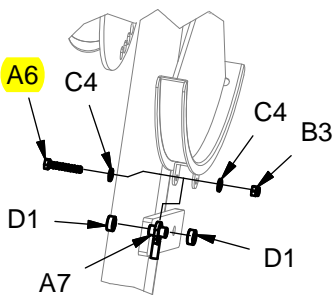
DABB ASSEMBLY INSTRUCTIONS



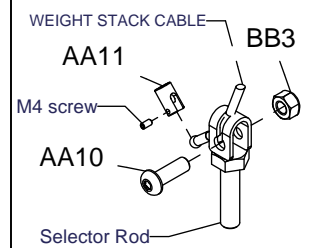
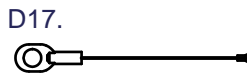
Above shows STEP 10 assembled and completed



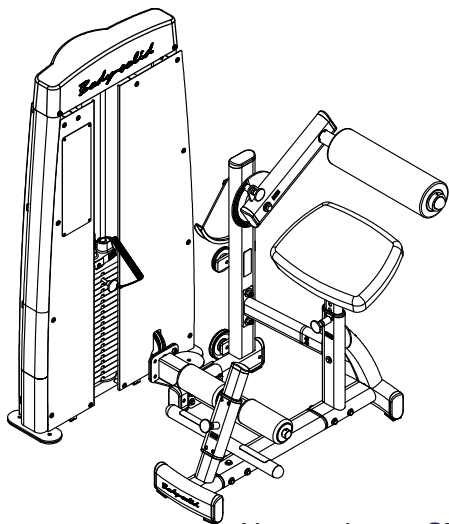
Detail View



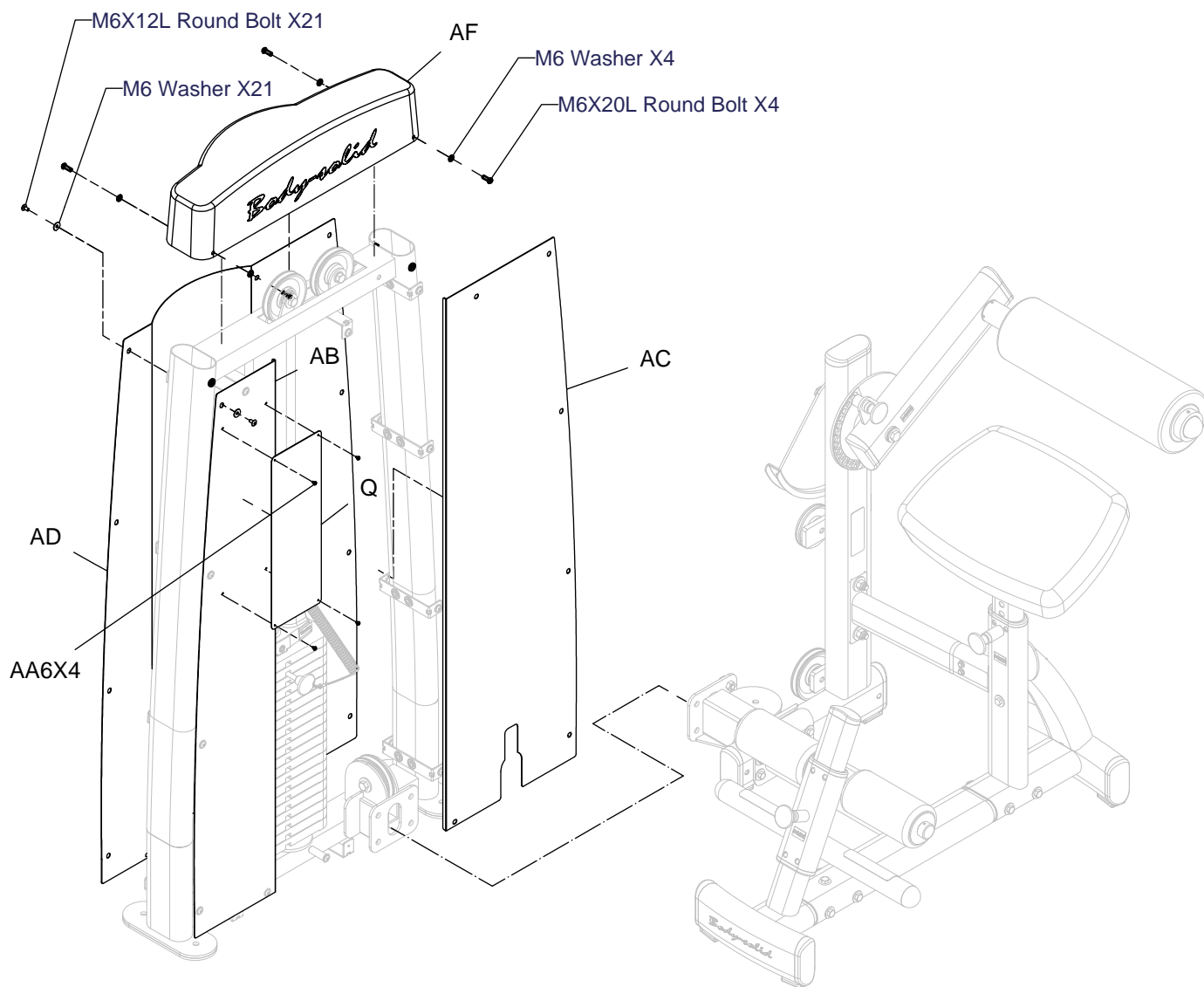
1/2" Washer
 1/2" Round End Cap Washer
 1/2"X1-1/2"L HEX Bolt



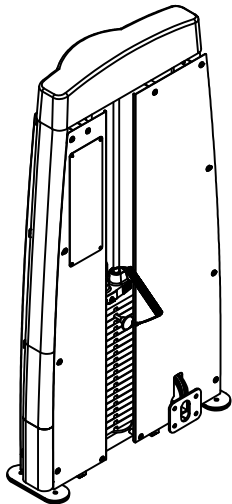
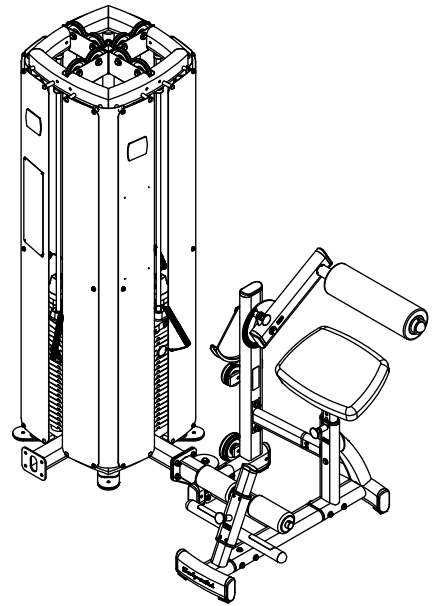
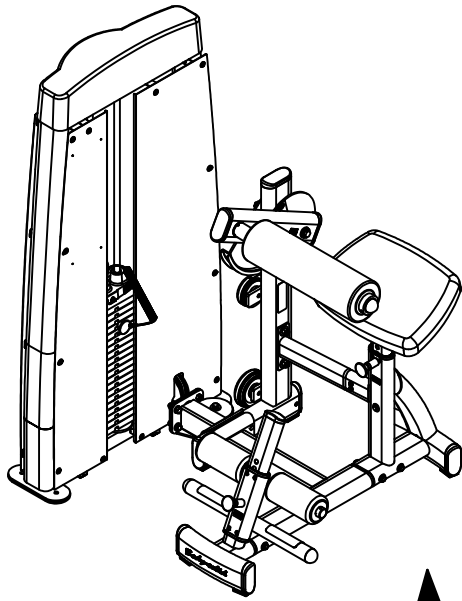
DABB ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed

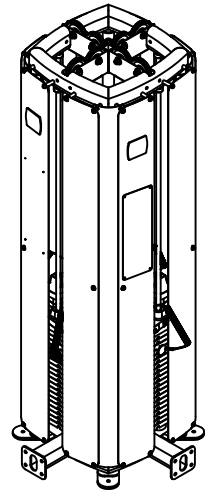


DABB ASSEMBLY INSTRUCTIONS

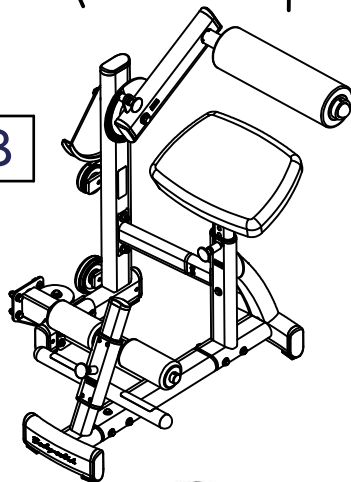


DGYM

DFA



DABB



ASSEMBLY INSTRUCTIONS

Anti-cable Break Up Supplement Page

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