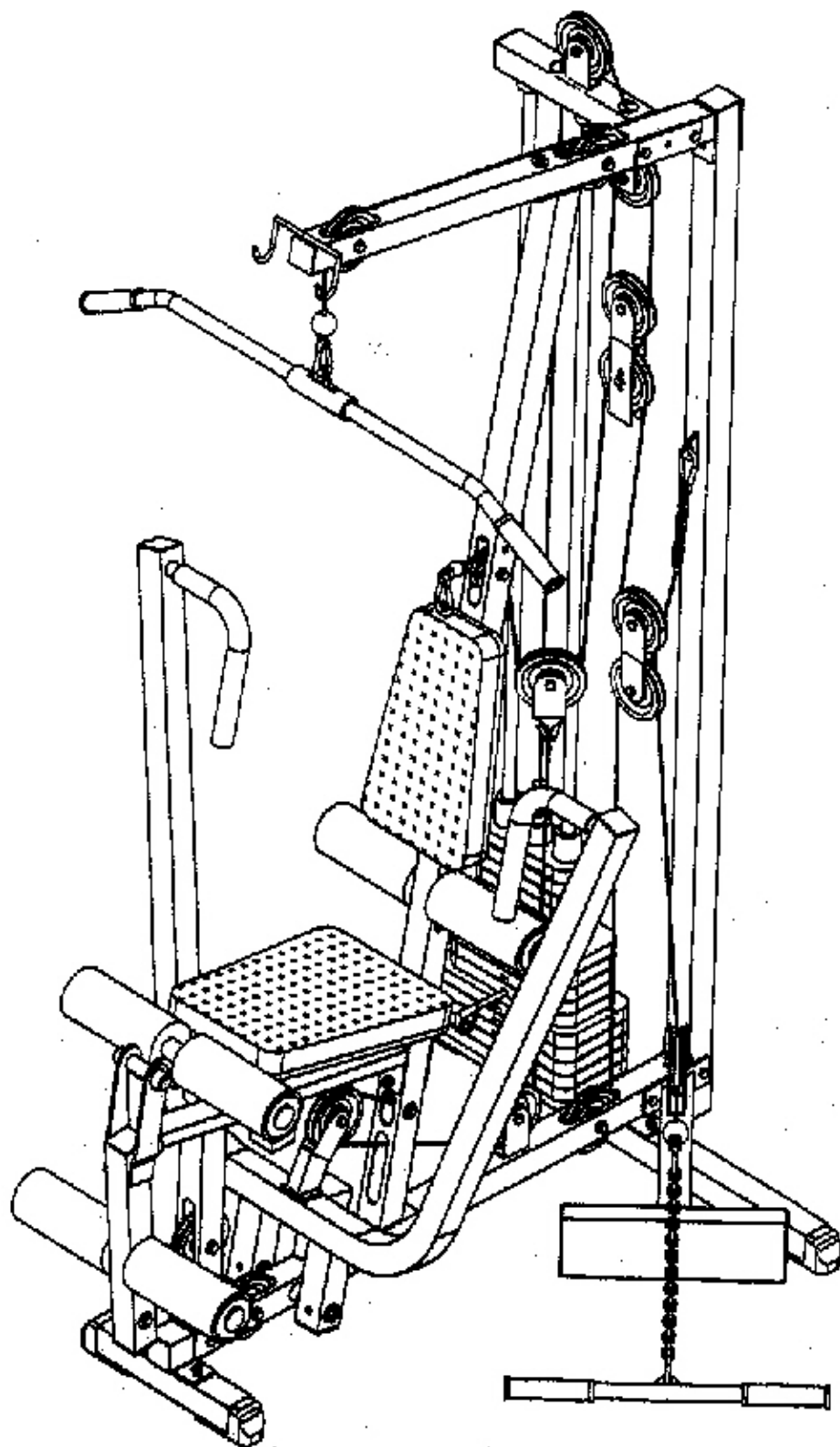
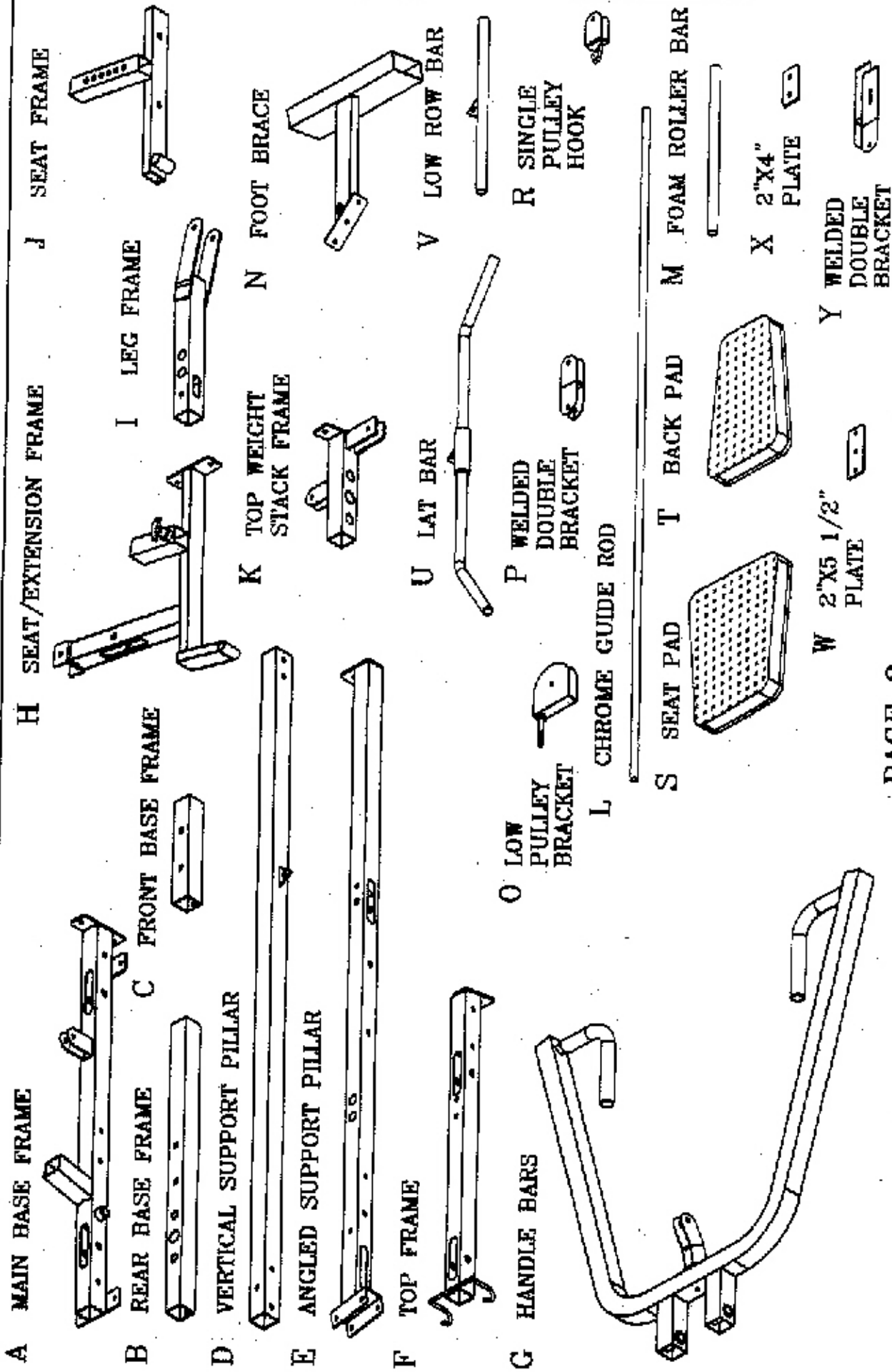


EXM-1500.1 PERFORM. TRAINER GYM



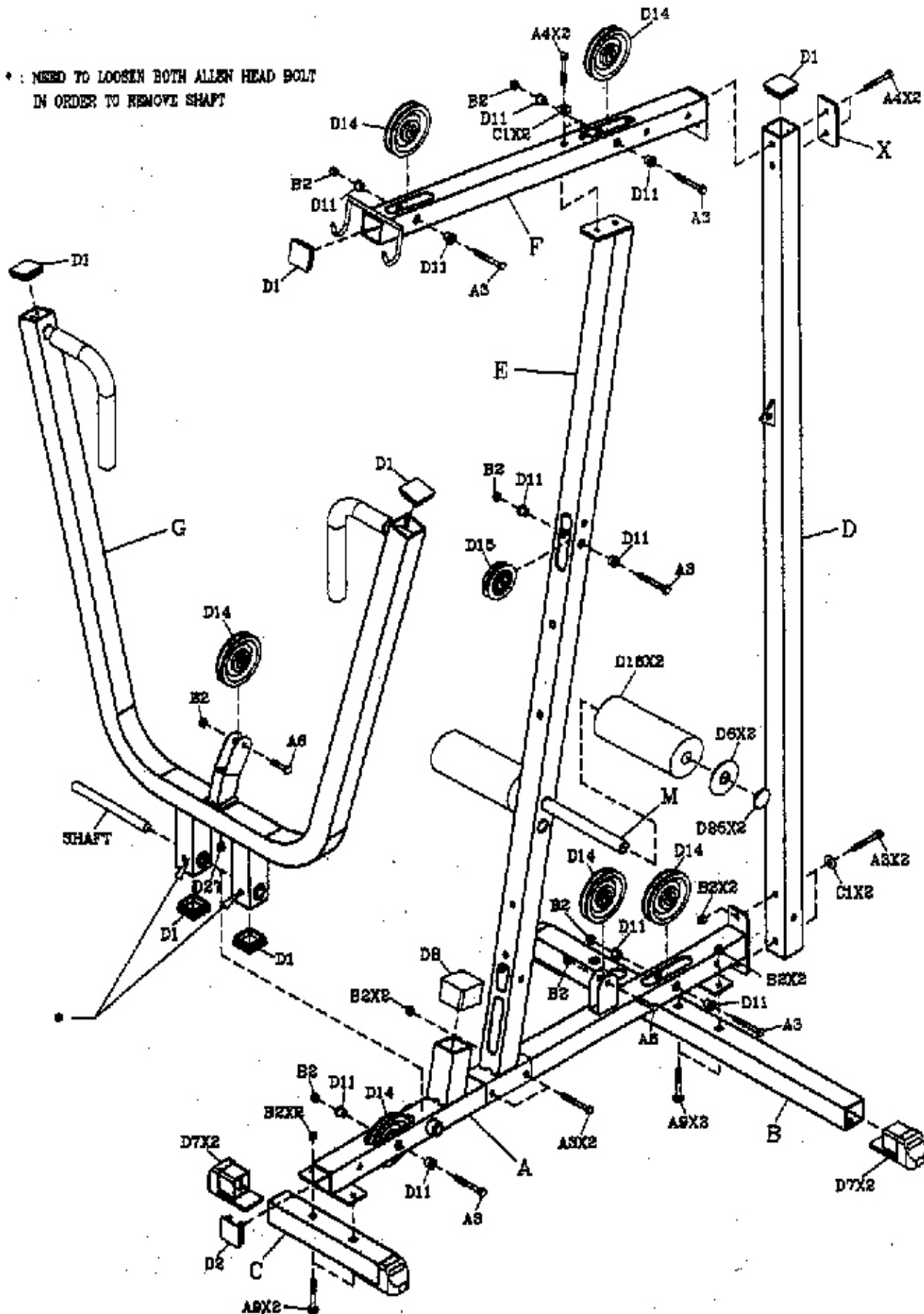
VERSION 0006

EXM-1500.1 PARTS ILLUSTRATION SHEET



EXM-1500.1 PERFORM. TRAINER GYM

* NEED TO LOOSEN BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT

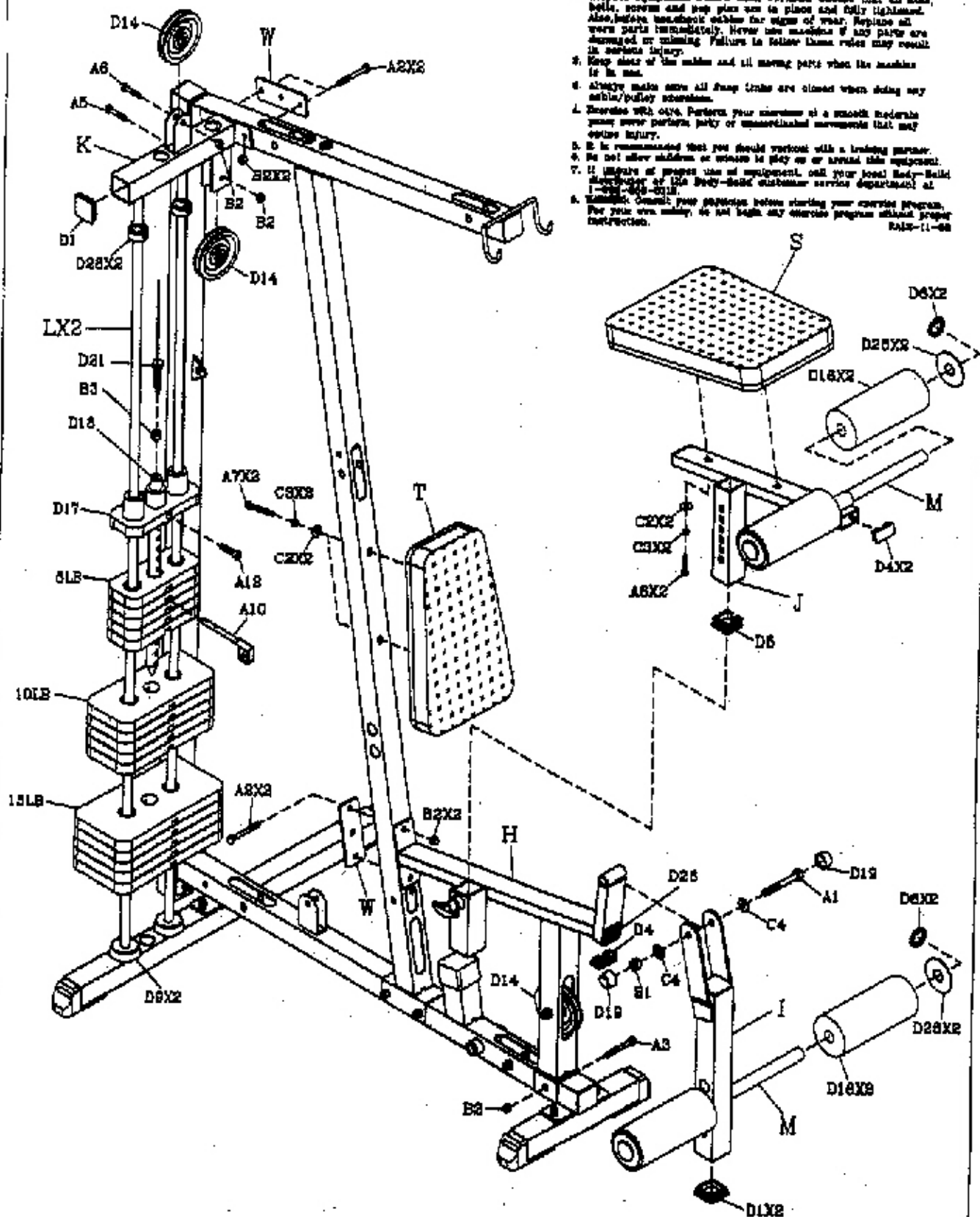


EXM-1500.1 PERFORM. TRAINER GYM

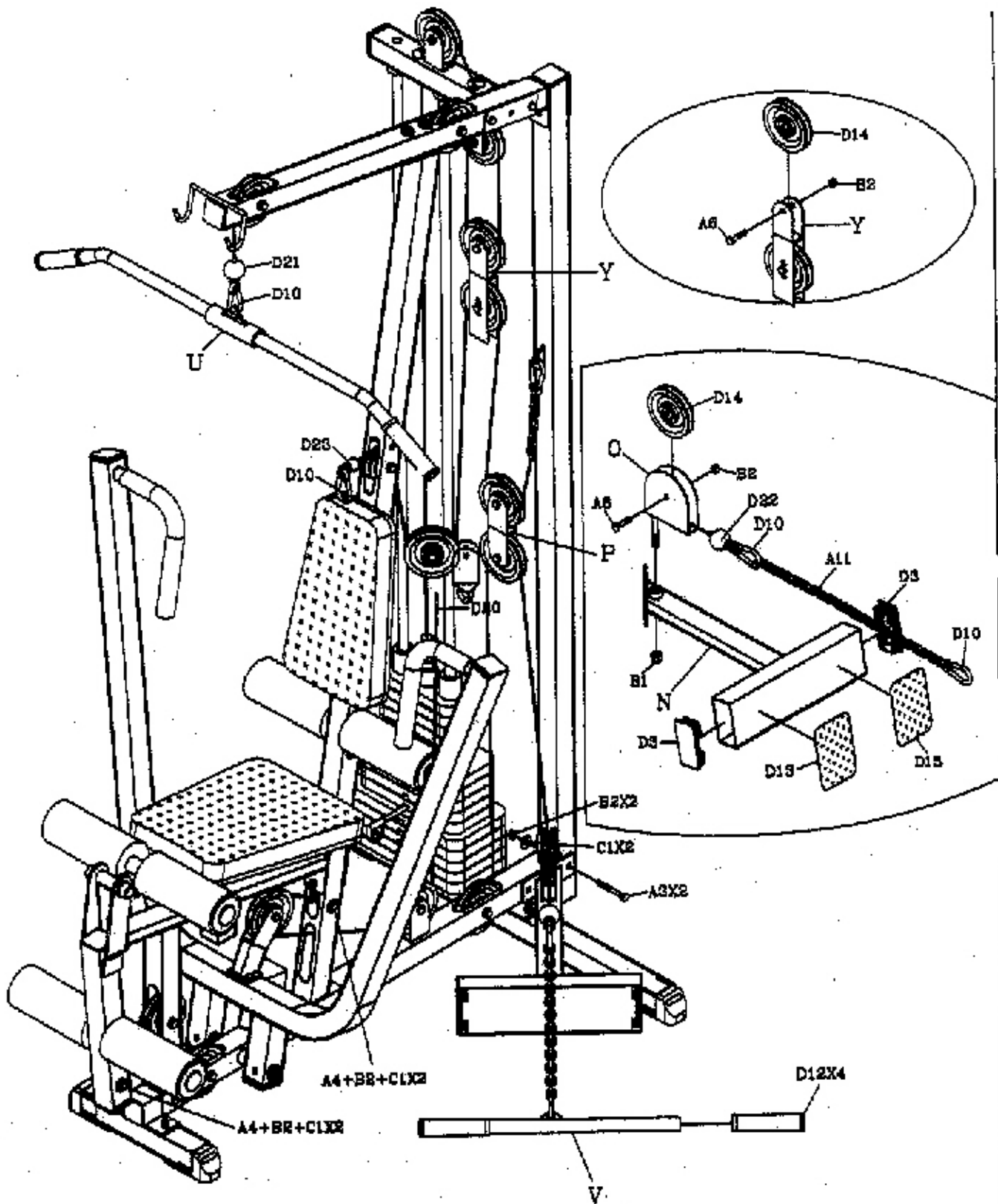
THESE ARE A BASIC MANUAL BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and peg 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 machine 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 over periods of unassisted movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or anyone to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Build Distributor or the Body-Build customer service department at 1-800-888-0311.
8. Read and consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

RA12-11-88



EXM-1500.1 PERFORM. TRAINER GYM



EXM-1500.1

PERFORMANCE TRAINER GYM

ASSEMBLY INSTRUCTIONS

ASSEMBLY STEPS: DO NOT FULLY TIGHTEN NUTS AND BOLTS SECURELY UNTIL YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

STEP 1

- Attach B&C Base Frames to A Main Base Frame
- Slide D&E Pillars to A Main Base Frame
- Attach F Top Frame to D&E
- Attach G Handle Bars to A using SHAFT.

STEP 2

- Attach N Foot Brace to A&D.
- Attach H Seat/Extension Frame to A&E.
- Attach I Leg Frame to H.
- Slide J Seat Frame into H.

STEP 3

- Attach L Chrome Guide Rods and D9 Rubber End Caps to H.
- Slide Weight Stack and D17 Top Plate onto L Chrome Guide Rods.
- Slide D18 Selector Bar into D17.
- Attach K Top Weight stack Frame to L&F.

CAUTION: DO NOT OVERTIGHTEN PAD BOLTS. OVERTIGHTENING WILL STRIP T-NUTS IN THE WOOD.

- Attach S Seat Pad to J Seat Frame.
- Attach T Back Pad to E Angled Support Pillar.

STEP 4

- Attach O Low Pulley Bracket to N Foot Brace.
- Attach M Foam Roller Bars and D16 Foam Rollers.
- Attach all End Caps and Grips.
- Attach Pulleys and Cables as shown (Follow Arrows).

NOW...TIGHTEN ALL NUTS AND BOLTS SECURELY.

EXM-1500 PARTS ILLUSTRATION SHEET

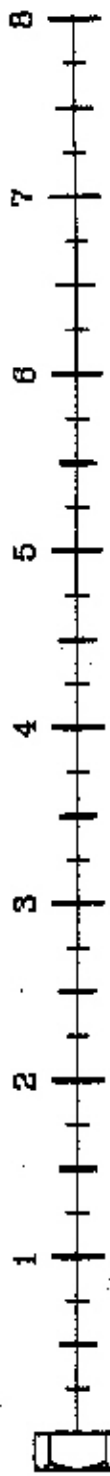
	Qty
A Main Base Frame	1
B Rear Base Frame	1
C Front Base Frame	1
D Vertical Support Pillar	1
E Angled Support Pillar	1
F Top Frame	1
G Handle Bars	1
H Seat/Extension Frame	1
I Leg Frame	1
J Seat Frame	1
K Top Weight Stack Frame	1
L Chrome Guide Rod	2
M Foam Roller Bar	3
N Foot Brace	1
O Low Pulley Bracket	1
P Welded Double Pulley	1
Q Free Double Pulley	1
R Single Pulley Hook	1
S Seat Pad	1
T Back Pad	1
U Lat Bar	1
V Low Row Bar	1
W Plate	2
X Plate	1

SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your PERFORMANCE TRAINER GYM.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. WARNING: CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

EXM-1500.1 HARDWARE ILLUSTRATION SHEET

	Qty.	A1	A2	A3	A4	A5
A1. 1/2"x3 1/2" HEX HEAD BOLT	[1PCS]					
A2. 3/8"x3" HEX HEAD BOLT	[4PCS]					
A3. 3/8"x2 3/4" HEX HEAD BOLT	[13PCS]					
A4. 3/8"x2 1/2" HEX HEAD BOLT	[6PCS]					
A5. 3/8"x1 3/4" HEX HEAD BOLT	[1PCS]					
A6. 3/8"x1 1/2" HEX HEAD BOLT	[9PCS]					
A7. 5/16"x2 3/4" HEX HEAD BOLT	[2PCS]					
A8. 5/16"x1 1/2" HEX HEAD BOLT	[2PCS]					
A9. 3/8"x2 3/4" CARRIAGE BOLT	[4PCS]					
A10. 15LB PIN	[1PCS]					
A11. STEEL CHAIN	[1PCS]					
A12. 7/16"x1 1/2" ROUND BOLT	[1PCS]					
B1. 1/2" NYLON LOCK NUT	[2PCS]					
B2. 3/8" NYLON LOCK NUT	[33PCS]					
B3. 1/2" LOCK NUT	[1PCS]					
C1. 3/8" (I.D.) WASHER	[10PCS]					
C2. 5/16" (I.D.) WASHER	[4PCS]					
C3. 5/16" SPRING WASHER	[4PCS]					
C4. 1/2" ROUND END CAP WASHER	[2PCS]					



EXM-1500.1 HARDWARE ILLUSTRATION SHEET

Qty.	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10	D11	D12	D13	D14	D15	D16	D17	D18	D19	D20	D21	D22	D23	D24	D25	D26	D27	D28
[9PCS]	2"x2"X1.8t END CAP (E4001)																											
[1PCS]	2"x2"X2.5t END CAP (E4043)																											
[2PCS]	2"x4" END CAP (E4049)																											
[3PCS]	1"x2" END CAP (E4006)																											
[1PCS]	1 3/4"x1 3/4" END CAP (E4002)																											
[6PCS]	ø1" ROUND END CAP (E10128)																											
[4PCS]	2"x2" FOOT CAP (E4086)																											
[1PCS]	2"x2" RUBBER DOUNT (E2009)																											
[2PCS]	ø2 1/2" RUBBER DOUNT (E2008)																											
[5PCS]	ø8mm SPRING SNAP LINK (E5000)																											
[12PCS]	ø16 NYLON BUSHING (E4024)																											
[4PCS]	ø1"x130L RUBBER GRIP (E4068)																											
[2PCS]	95X140mm NO SLIP TAPEL (E5024)																											
[15PCS]	4 1/4" PULLEY (E4014)																											
[1PCS]	ø3" PULLEY (E4033)																											
[6PCS]	ø3 1/2"x8" FOAM ROLLER (F4004)																											
[1PCS]	TOP PLATE (F5068)																											
[1PCS]	WEIGHT SELECTOR BAR (F5029)																											
[2PCS]	1/2" BOLT CAP																											
[1PCS]	1440mm STEEL CABLE																											
[1PCS]	3240mm STEEL CABLE																											
[1PCS]	3050mm STEEL CABLE																											
[1PCS]	2215mm STEEL CABLE																											
[1PCS]	ø3" NYLON WASHER (E4085)																											
[6PCS]	38X41X38 RUBBER PAD (E2006)																											
[1PCS]	ø5/8" ROUND END CAP (E4055)																											
[1PCS]	ø3/4" SHAFT COLLAR (E4129)																											
[2PCS]																												