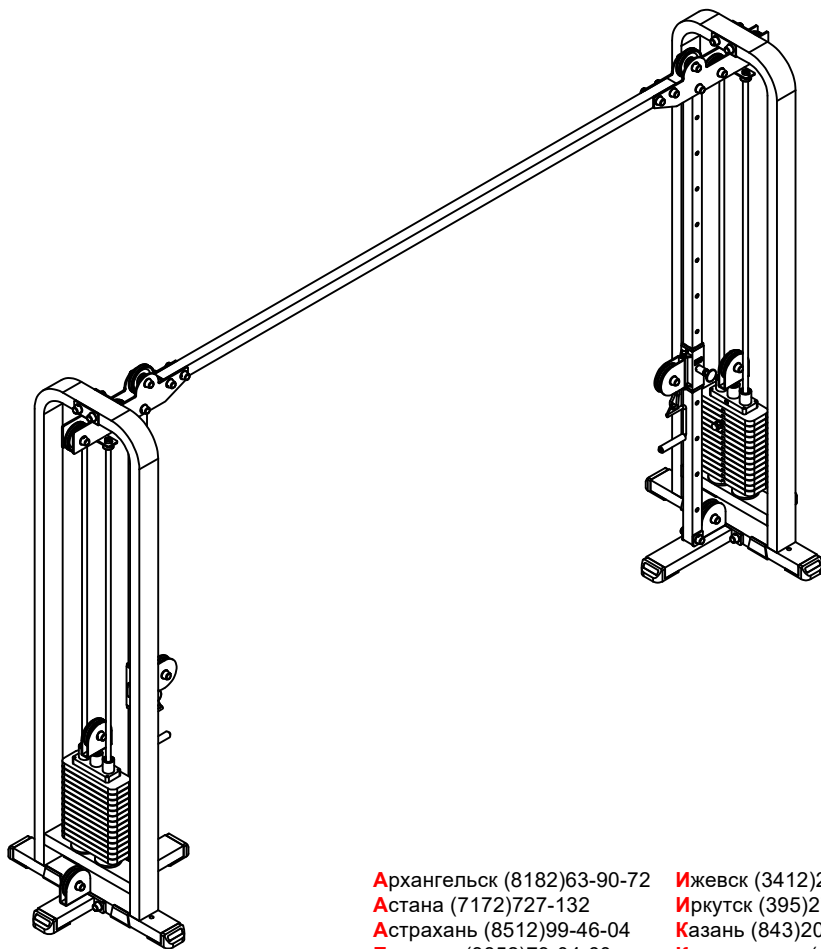


## **Инструкция**

### **Кроссовер Body Solid PRO CLUB LINE SCC1200G-2**

Полезные ссылки:

[Кроссовер Body Solid PRO CLUB LINE SCC1200G-2 - смотреть на сайте](#)

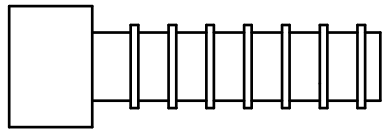


<b>Архангельск</b> (8182)63-90-72	<b>Ижевск</b> (3412)26-03-58	<b>Магнитогорск</b> (3519)55-03-13	<b>Пермь</b> (342)205-81-47	<b>Сургут</b> (3462)77-98-35
<b>Астана</b> (7172)727-132	<b>Иркутск</b> (395)279-98-46	<b>Москва</b> (495)268-04-70	<b>Ростов-на-Дону</b> (863)308-18-15	<b>Тверь</b> (4822)63-31-35
<b>Астрахань</b> (8512)99-46-04	<b>Казань</b> (843)206-01-48	<b>Мурманск</b> (8152)59-64-93	<b>Рязань</b> (4912)46-61-64	<b>Томск</b> (3822)98-41-53
<b>Барнаул</b> (3852)73-04-60	<b>Калининград</b> (4012)72-03-81	<b>Набережные Челны</b> (8552)20-53-41	<b>Самара</b> (846)206-03-16	<b>Тула</b> (4872)74-02-29
<b>Белгород</b> (4722)40-23-64	<b>Калуга</b> (4842)92-23-67	<b>Нижний Новгород</b> (831)429-08-12	<b>Санкт-Петербург</b> (812)309-46-40	<b>Тюмень</b> (3452)66-21-18
<b>Брянск</b> (4832)59-03-52	<b>Кемерово</b> (3842)65-04-62	<b>Новокузнецк</b> (3843)20-46-81	<b>Саратов</b> (845)249-38-78	<b>Ульяновск</b> (8422)24-23-59
<b>Владивосток</b> (423)249-28-31	<b>Киров</b> (8332)68-02-04	<b>Новосибирск</b> (383)227-86-73	<b>Севастополь</b> (8692)22-31-93	<b>Уфа</b> (347)229-48-12
<b>Волгоград</b> (844)278-03-48	<b>Краснодар</b> (861)203-40-90	<b>Омск</b> (3812)21-46-40	<b>Симферополь</b> (3652)67-13-56	<b>Хабаровск</b> (4212)92-98-04
<b>Вологда</b> (8172)26-41-59	<b>Красноярск</b> (391)204-63-61	<b>Орел</b> (4862)44-53-42	<b>Смоленск</b> (4812)29-41-54	<b>Челябинск</b> (351)202-03-61
<b>Воронеж</b> (473)204-51-73	<b>Курск</b> (4712)77-13-04	<b>Оренбург</b> (3532)37-68-04	<b>Сочи</b> (862)225-72-31	<b>Череповец</b> (8202)49-02-64
<b>Екатеринбург</b> (343)384-55-89	<b>Липецк</b> (4742)52-20-81	<b>Пенза</b> (8412)22-31-16	<b>Ставрополь</b> (8652)20-65-13	<b>Ярославль</b> (4852)69-52-93
<b>Иваново</b> (4932)77-34-06	<b>Киргизия</b> (996)312-96-26-47	<b>Казахстан</b> (772)734-952-31	<b>Таджикистан</b> (992)427-82-92-69	

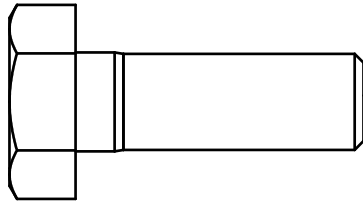
Единый адрес для всех регионов: [bda@nt-rt.ru](mailto:bda@nt-rt.ru) || [www.bodysolid.nt-rt.ru](http://www.bodysolid.nt-rt.ru)

# SCC-1200G OWNER'S MANUAL

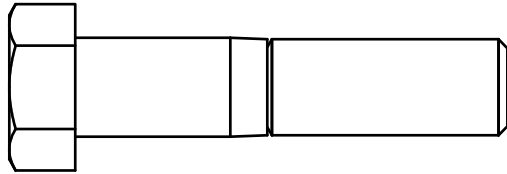
# SCC-1200G ASSEMBLY INSTRUCTIONS



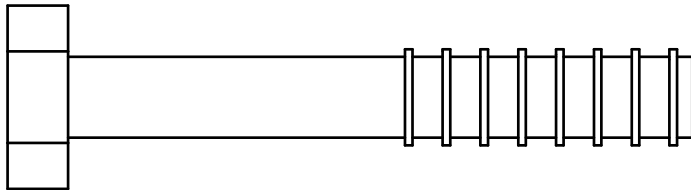
(A1)ROUND ALLEN HEAD 7/16"x1/2"L PARTIAL THREAD QTY.2



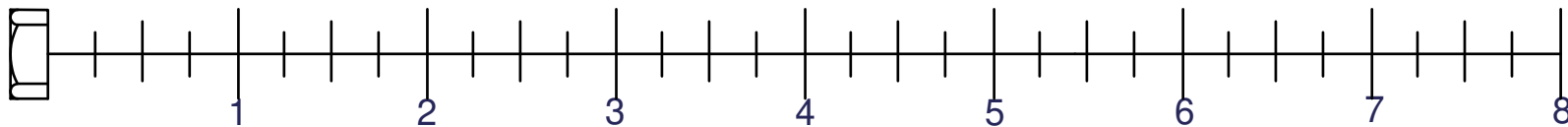
(A2)HEX BOLT 1/2"x1 1/2"L-13UNC PARTIAL THREAD QTY.2



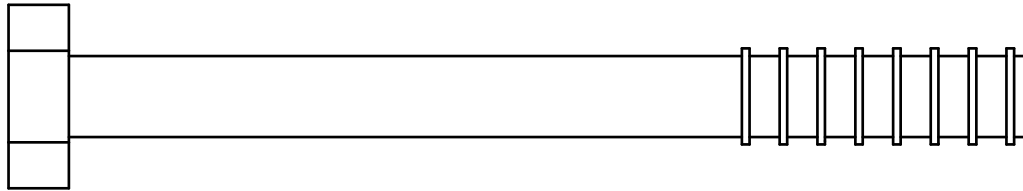
(A3)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.8



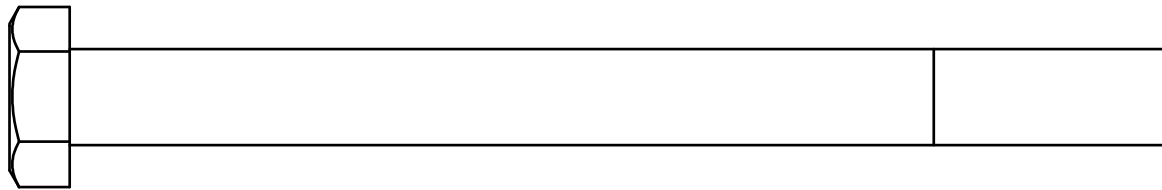
(A4)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.14



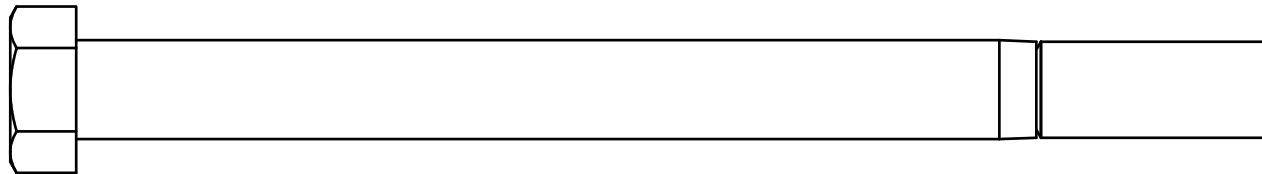
# SCC-1200G ASSEMBLY INSTRUCTIONS



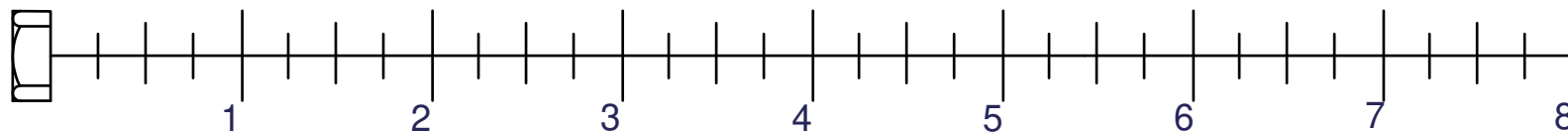
(A5)HEX BOLT 1/2"x5"L PARTIAL THREAD QTY.4



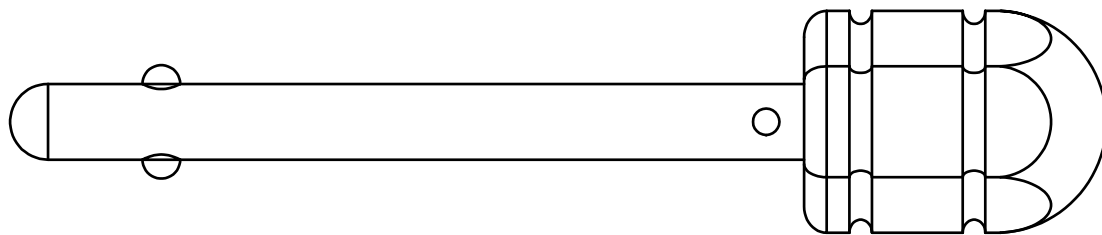
(A6)HEX BOLT 1/2"x5 3/4"L PARTIAL THREAD QTY.4



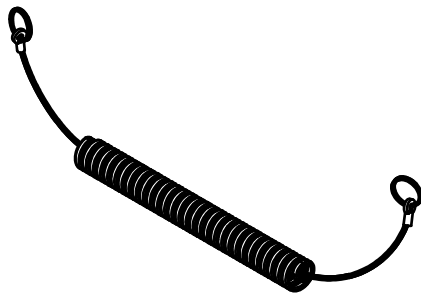
(A7)HEX BOLT 1/2"x6 1/4"L PARTIAL THREAD QTY.2



# SCC-1200G ASSEMBLY INSTRUCTIONS



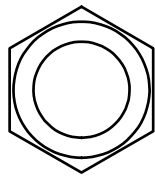
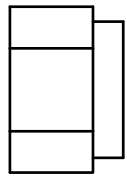
(A8)10LB PIN(8250-021) QTY.2



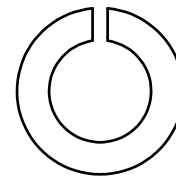
(A9)ELASTIC BOLT QTY.2



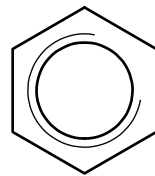
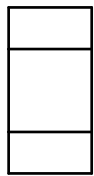
# SCC-1200G ASSEMBLY INSTRUCTIONS



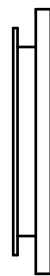
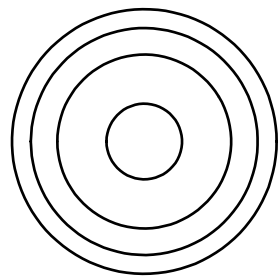
(B1) NYLON LOCK NUT 1/2" QTY.32



(C2) 1/2" (I.D.) SPRING WASHER QTY.2



(B2) LOCK NUT 1/2"-13UNC QTY.2



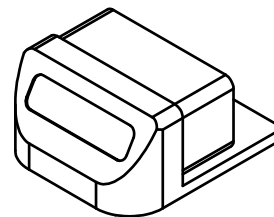
(C1) 1/2" (I.D.) ROUND END CAP WASHER QTY.60

# SCC-1200G ASSEMBLY INSTRUCTIONS

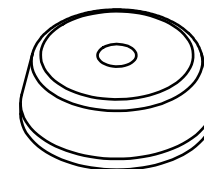
## HARDWARE ILLUSTRATION

- D1. 1/2" BOLT CAP(9212-024)-----[60PCS]
- D2. Ø4 1/2" PULLEY(9213-010A)-----[6PCS]
- D3. Ø4 1/2" PULLEY(9213-010B)-----[8PCS]
- D4. 2"x4" FOOT CAP(9211-028)-----[8PCS]
- D5. Ø4" RUBBER DOUNT(9310-017)-----[4PCS]
- D6. STIRRUP HANDLE(8290-002)-----[2PCS]
- D7. SPRING SNAP LINK(8810-001)-----[2PCS]
- D8. Ø3/4" SHAFT COLLAR(9211-050)-----[4PCS]
- D9. WEIGHT SELECTOR BAR(8220-061)-----[2PCS]
- D10. CHROME TOP PLATE(8400-002)-----[2PCS]
- D11. 8300mm STEEL CABLE-----[2PCS]
- D12. 60X50 NYLON BUSHING(9211-033)-----[4PCS]
- D13. Ø5/8" ROUND END CAP(9211-015)-----[4PCS]
- D14. 2"x4" RUBBER DOUNT(9212-009)-----[4PCS]

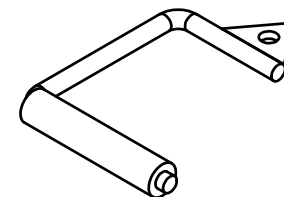
D4



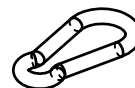
D5



D6



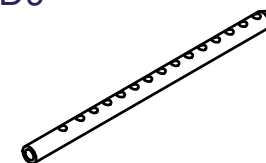
D7



D8



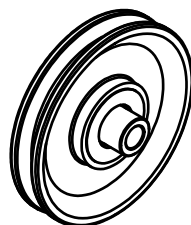
D9



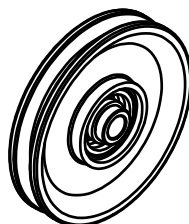
D1



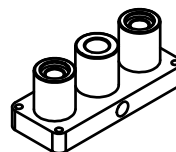
D2



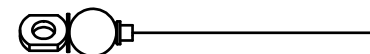
D3



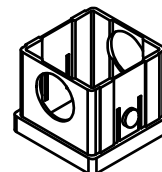
D10



D11



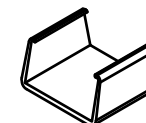
D12



D13



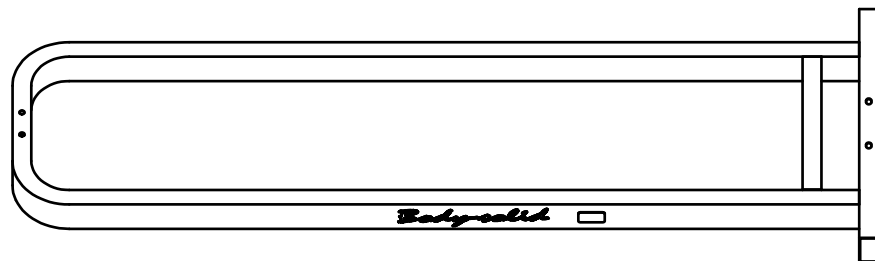
D14



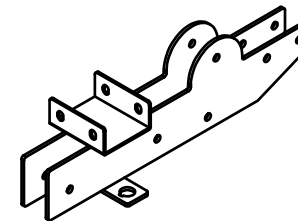
# SCC-1200G ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

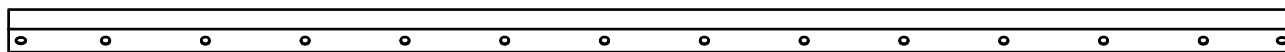
A[2PCS] WEIGHT STACK FRAME



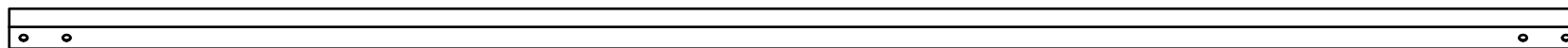
D[2PCS] TOP PULLEY FRAME



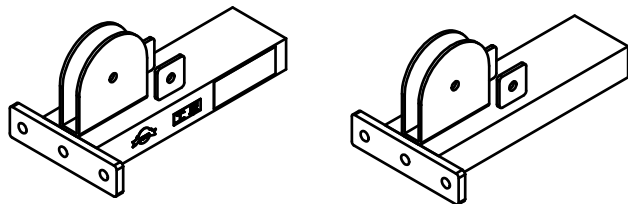
B[2PCS] UPRING PILLAR



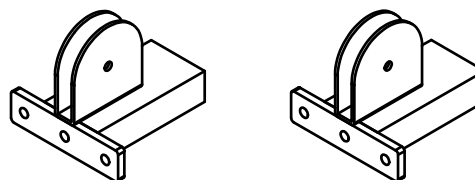
C[1PCS] TOP CROSS SUPPORT



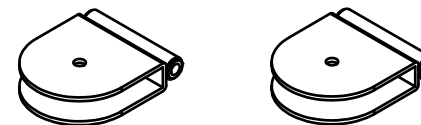
E[2PCS] BOTTOM PILLAR FRAME



F[2PCS] BOTTOM PULLEY FRAME



G[2PCS] MIDDLE PULLEY HOLDER

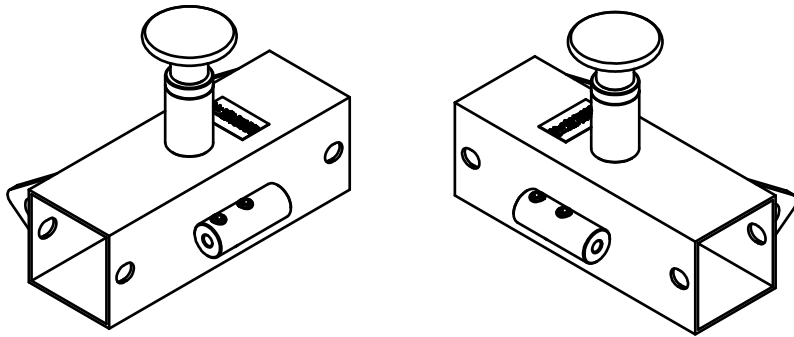




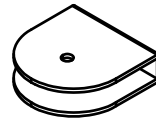
# SCC-1200G ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

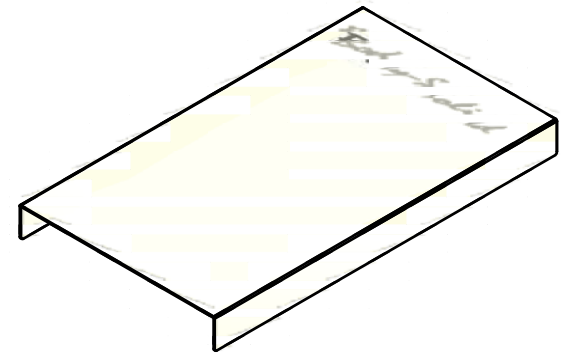
H[1PCS]  
ADJUSTABLE CROSSOVER FRAME



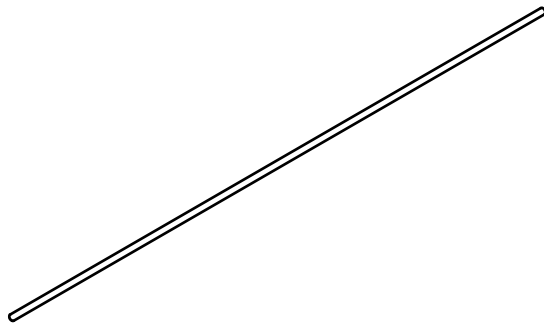
J[2PCS]8323-014  
TOP PLATE PULLEY FRAME



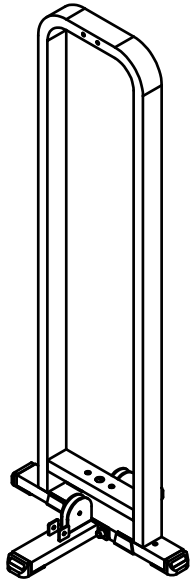
L[2PCS]9220-009  
PROTECT PLANK



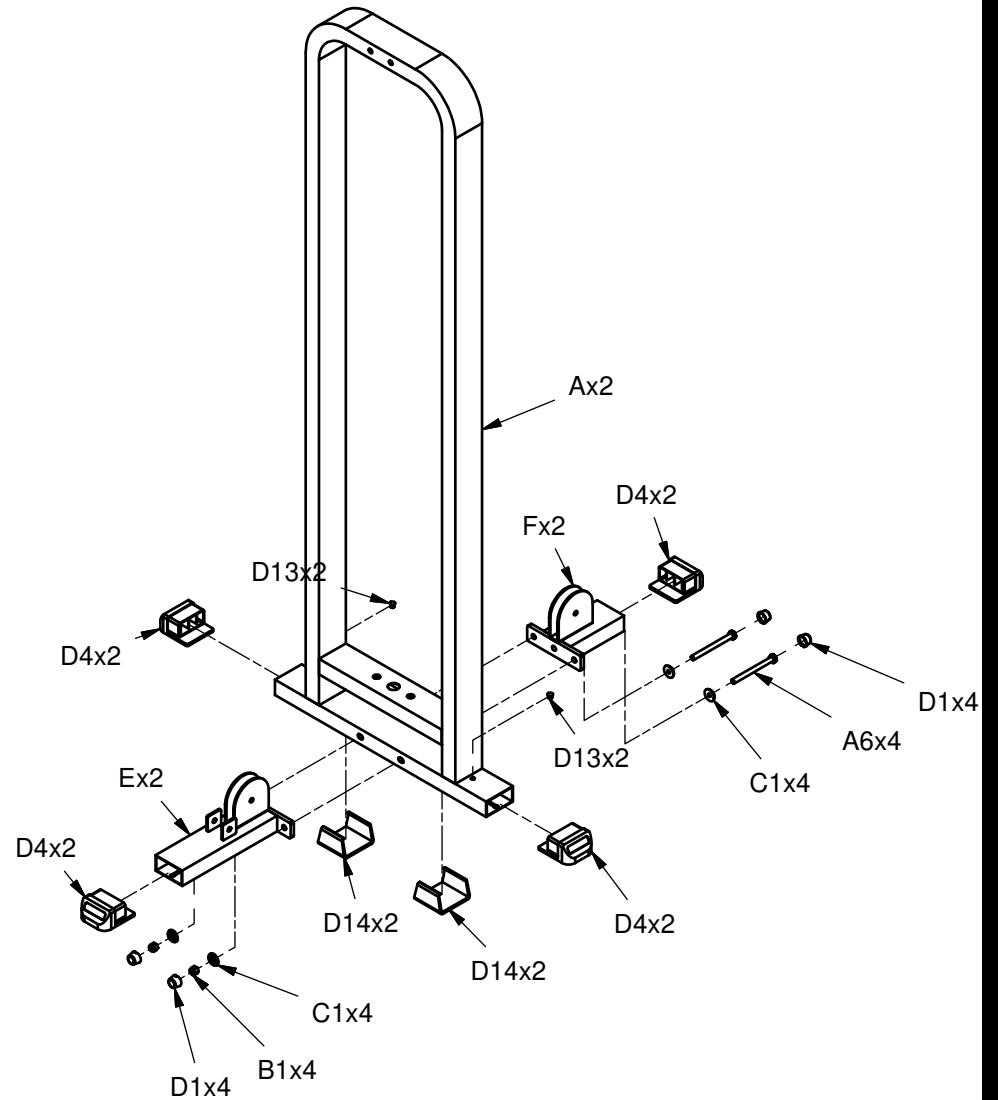
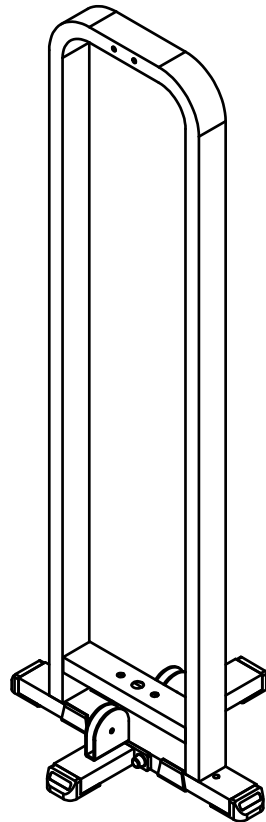
I[4PCS]8280-004  
CHROME GUIDE ROD



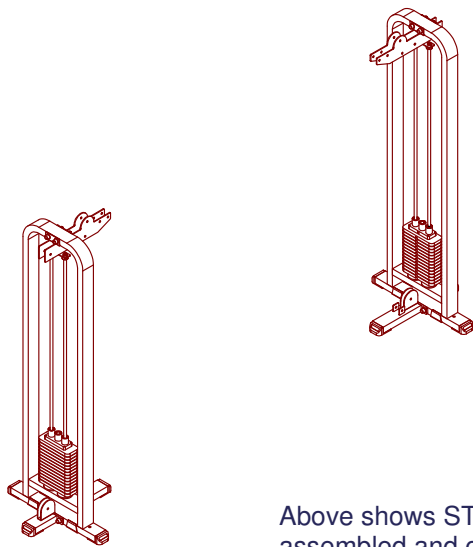
# SCC-1200G ASSEMBLY INSTRUCTIONS



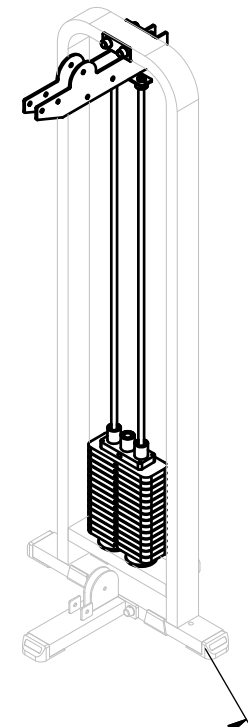
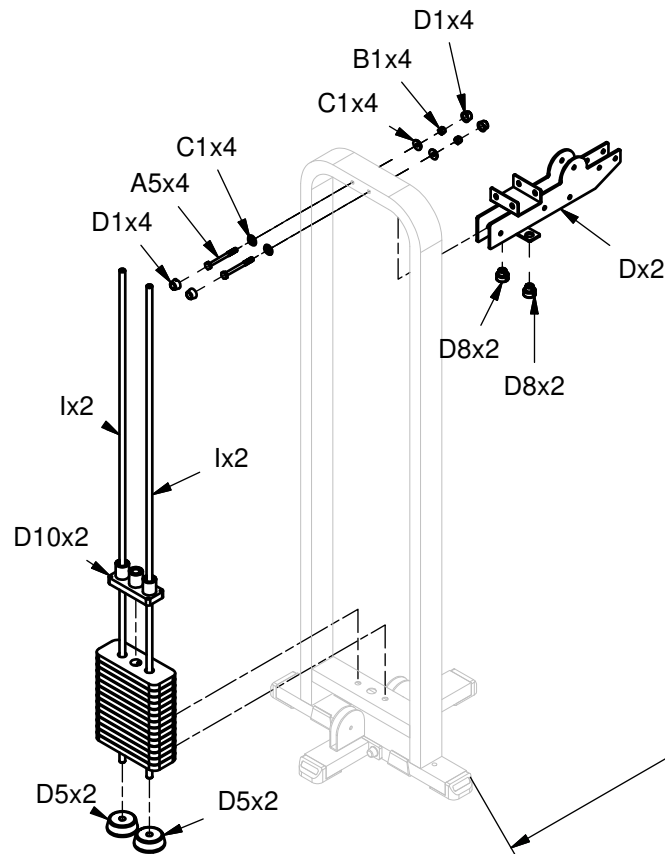
Above shows STEP 1 assembled and completed



# SCC-1200G ASSEMBLY INSTRUCTIONS

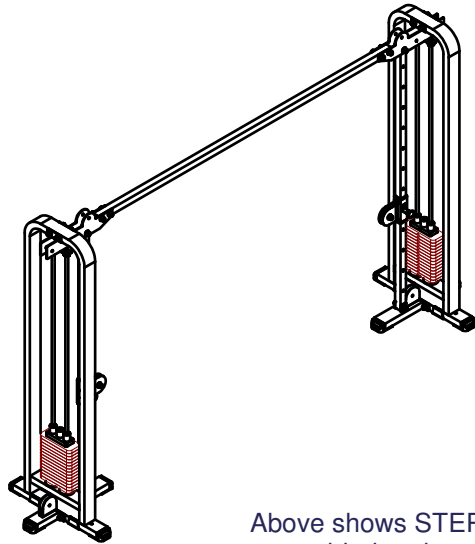


Above shows STEP 2 assembled and completed

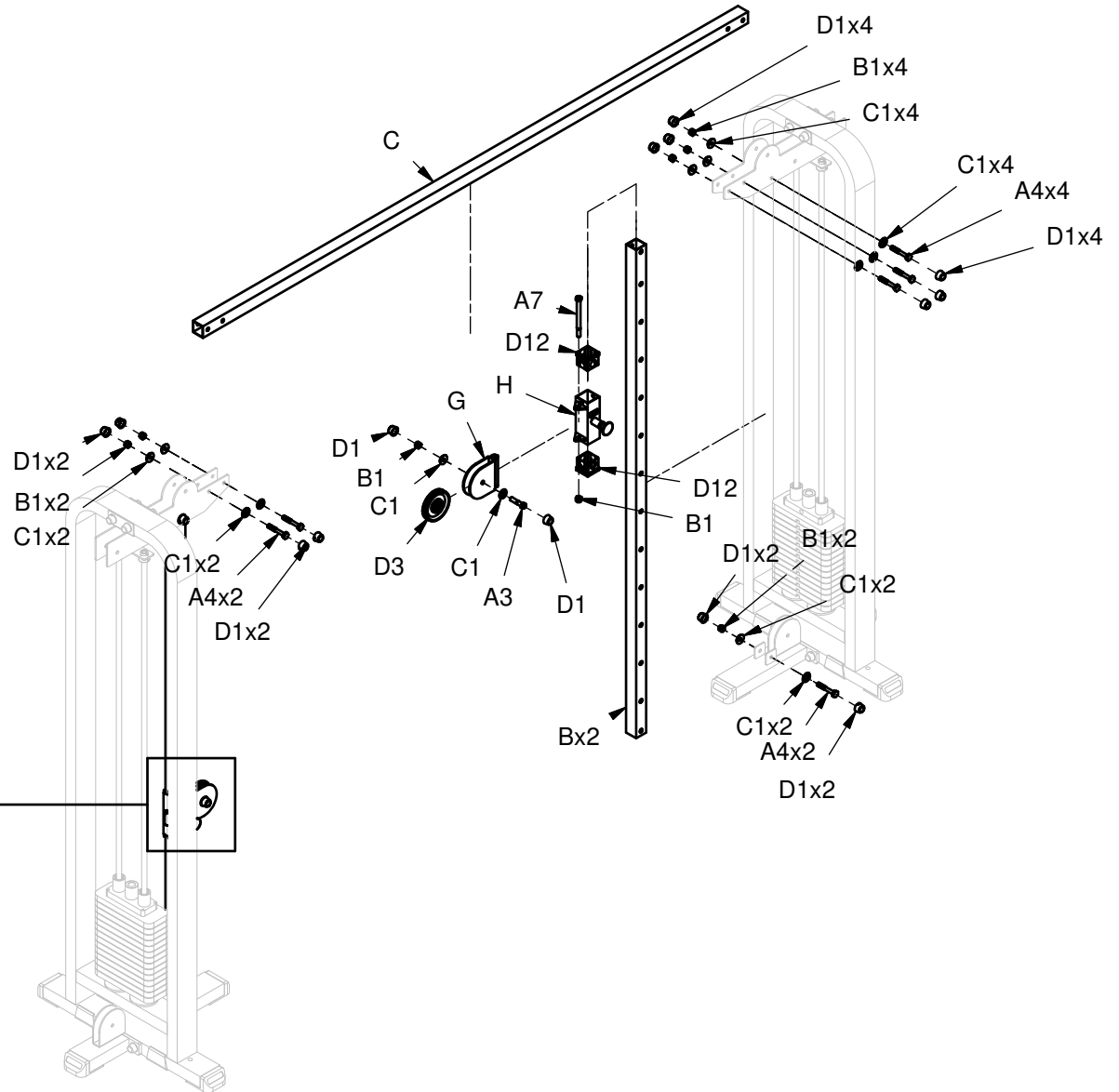
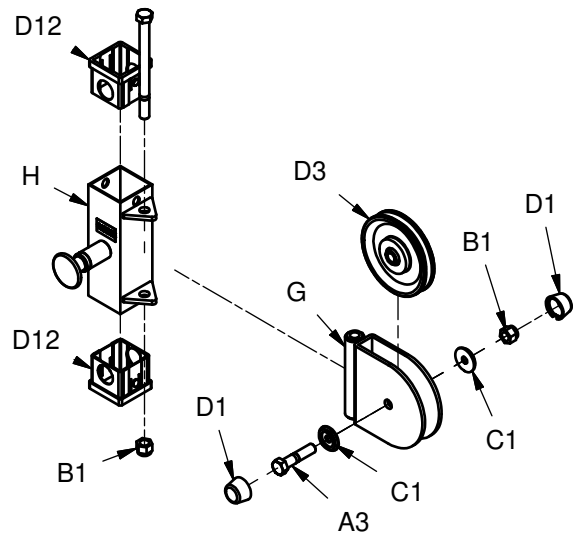


\*:Before the assembling of the weight stacks:  
Finish (step 1) and adjust the distance between  
the two bases to 3307mm(130in)

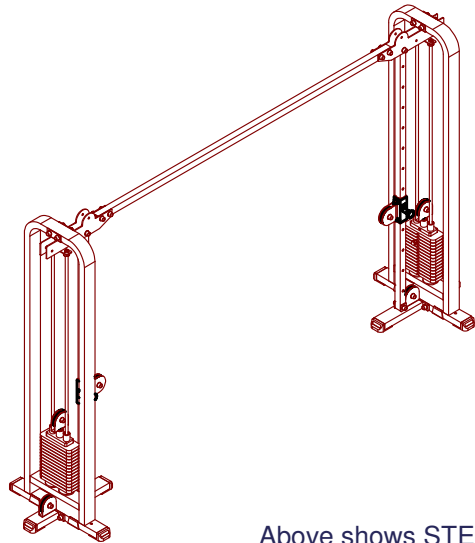
# SCC-1200G ASSEMBLY INSTRUCTIONS



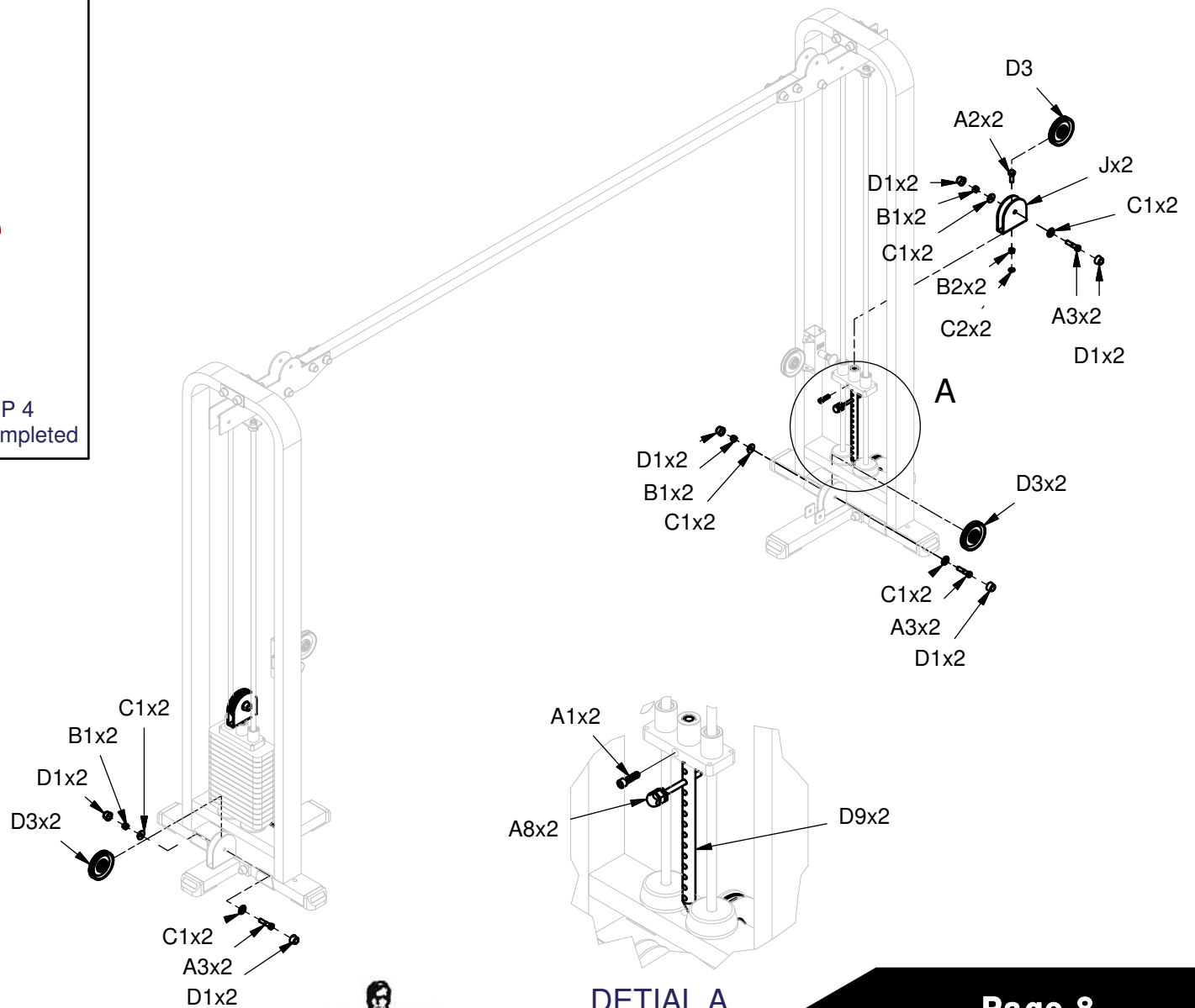
Above shows STEP 3 assembled and completed



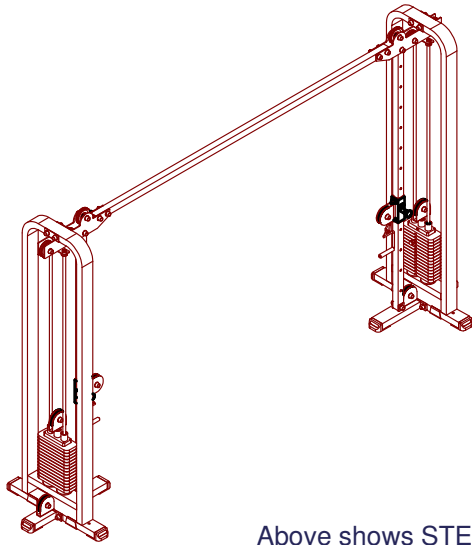
# SCC-1200G ASSEMBLY INSTRUCTIONS



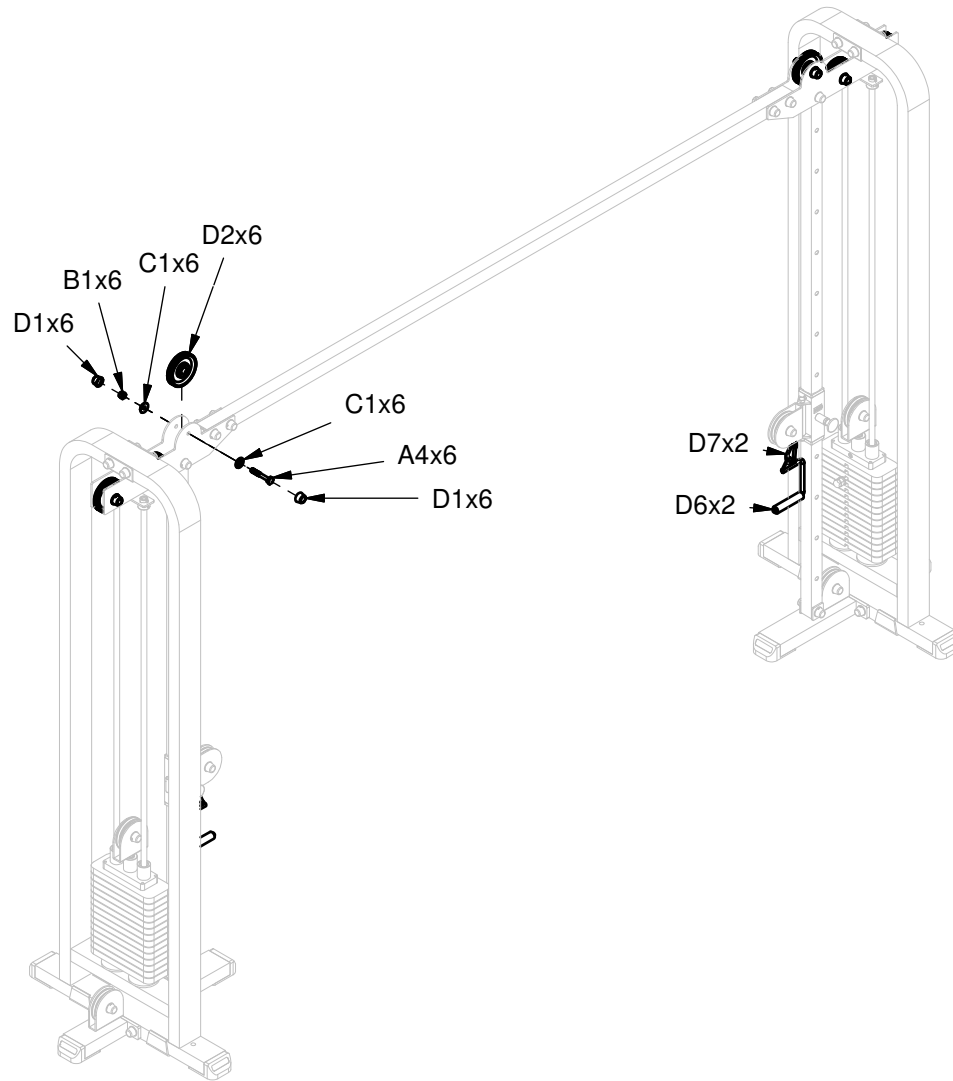
Above shows STEP 4 assembled and completed



# SCC-1200G ASSEMBLY INSTRUCTIONS



Above shows STEP 5  
assembled and completed



## CABLE CROSSOVER

### SETP-1

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

- Attach E Bottom Pillar Frame and F Bottom Pulley Frame to A Weight Stack Frame.
- Attach B Upright Pillar to E Bottom Pillar Frame.
- Attach Bushings to H Adjustable Crossover Frame.
- Slide H Adjustable Crossover Frame onto B Upright Pillar.
- Attach G Middle Pulley Holder to H Adjustable Crossover Frame.

### STEP-2

- Attach I Chrome Guide Rods and D5 Rubber Donuts to A Weight Stack Frame.
- Slide Weight Stack and D10 Chrome Top Plate into I Chrome Guide Rods.
- Attach D Top Pulley Frame to A Weight Stack Frame and B Upright Pillar and attach Top Caps.
- Attach J Top Plate Pulley Frame to D9 Weight Selector Bar.

### STEP-3

- Repeat steps 1 and 2 to assemble opposite side.
- Attach C Top Cross Support to D Top Pulley Frames.

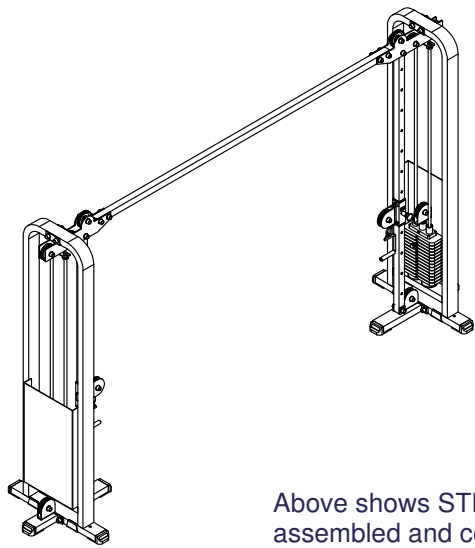
### STEP-4

- Attach Pulleys and Cadles as shown.
- TIGHTEN ALL NUTS AND BOLTS SECURELY.
- Attach Bolt Caps.

### SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your CABLE CROSSOVER MACHINE.
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 EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

# SCC-1200G ASSEMBLY INSTRUCTIONS



Above shows STEP 6  
assembled and completed

