

Инструкция

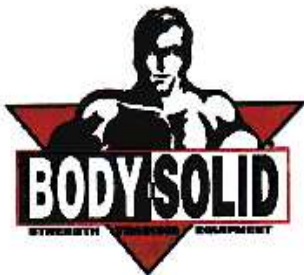
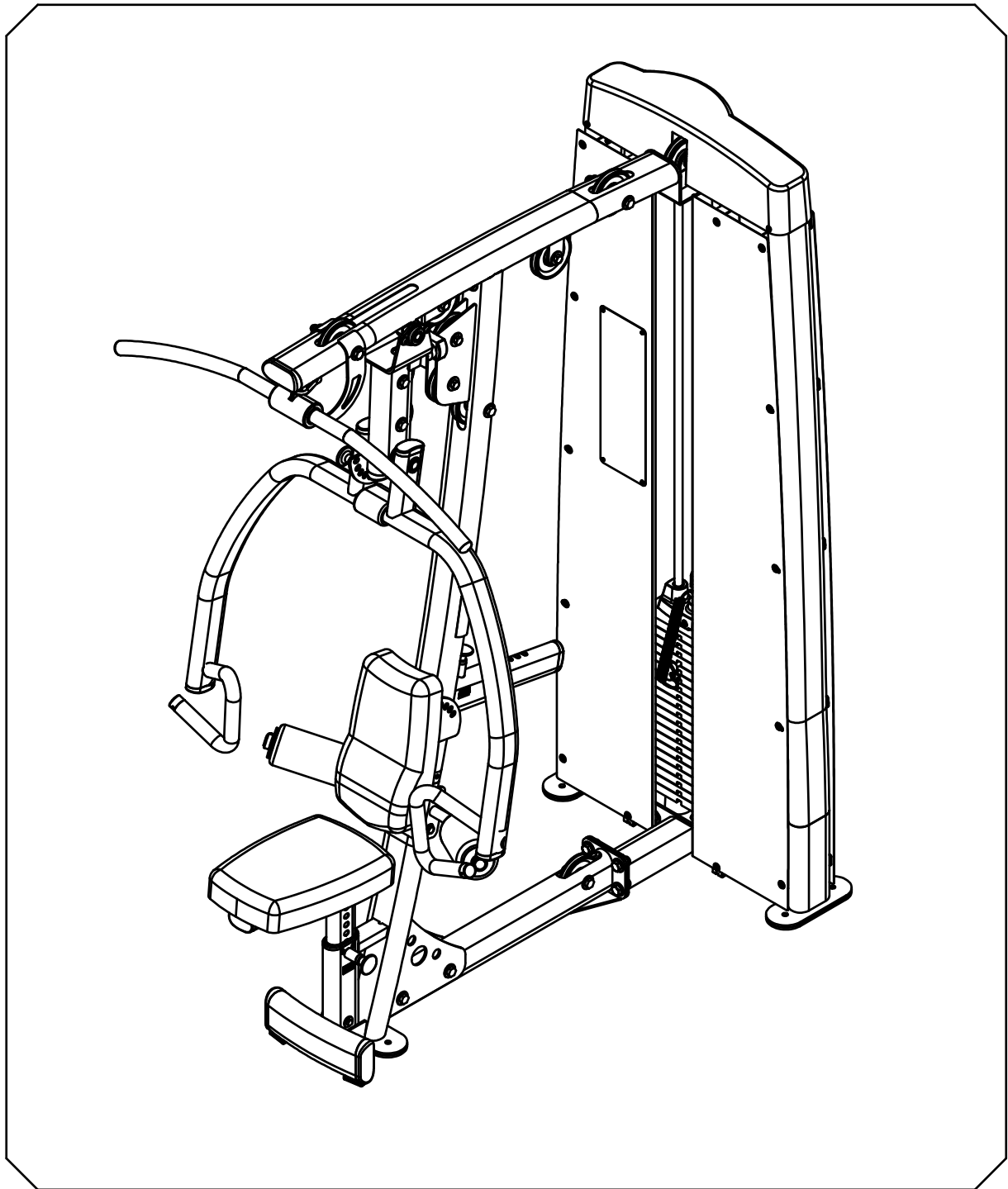
Мультижим от груди-верхняя тяга Body Solid ProDual DPLS-SF

Полезные ссылки:

[Мультижим от груди-верхняя тяга Body Solid ProDual DPLS-SF - смотреть на сайте](#)

[Мультижим от груди-верхняя тяга Body Solid ProDual DPLS-SF - читать отзывы](#)

Body-Solid

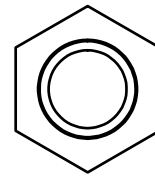
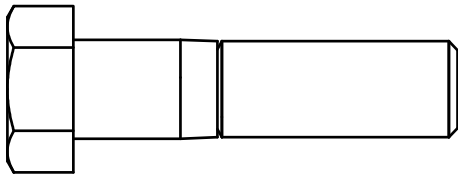


BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

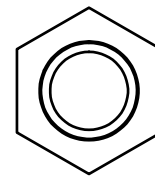
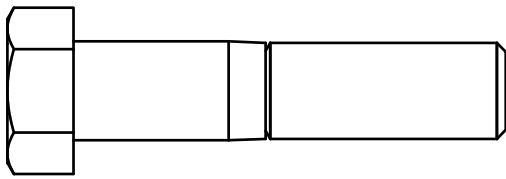
DPLS.2 OWNER'S MANUAL

DPLS ASSEMBLY INSTRUCTIONS

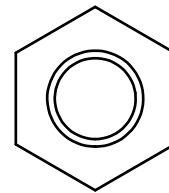
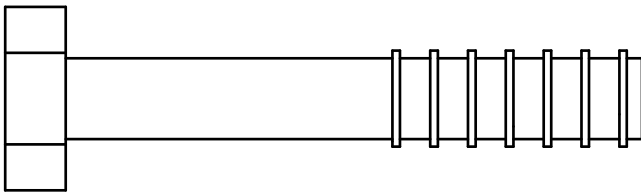
HARDWARE ILLUSTRATION



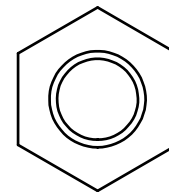
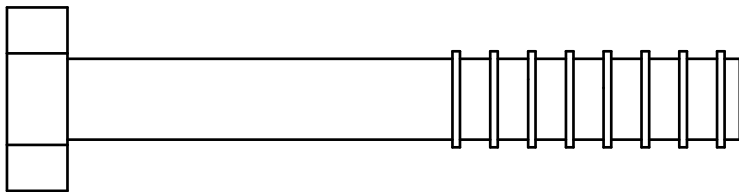
(A1)HEX BOLT 1/2"x1 1/4"L PARTIAL THREAD QTY.2



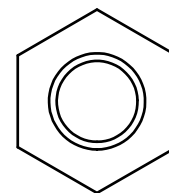
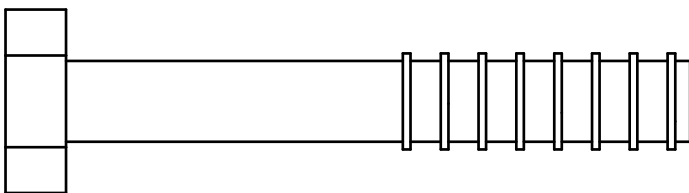
(A2)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.4



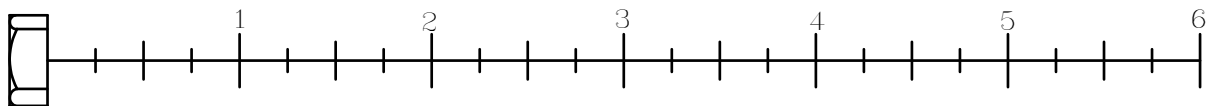
(A3)HEX BOLT 1/2"x3"L PARTIAL THREAD QTY.1



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

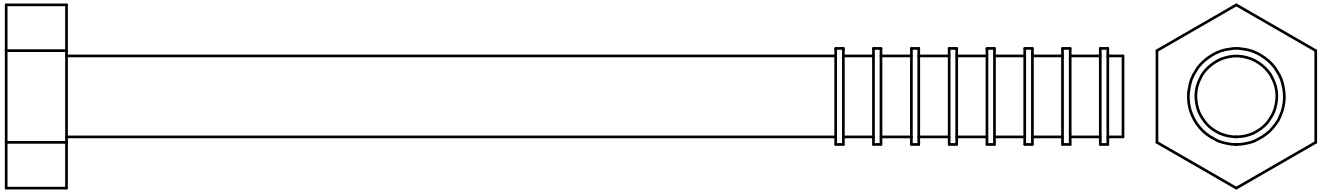


(A5)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.3

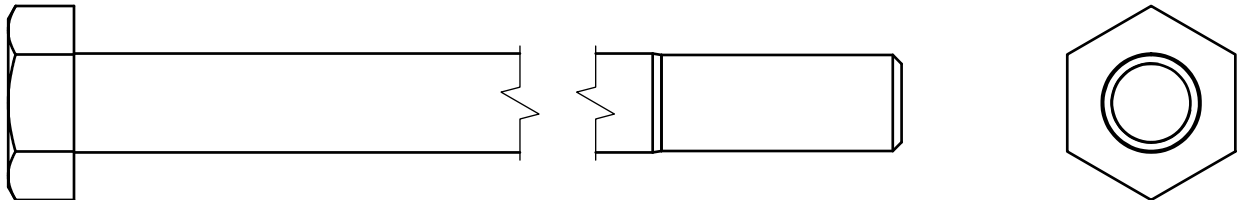


DPLS ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION



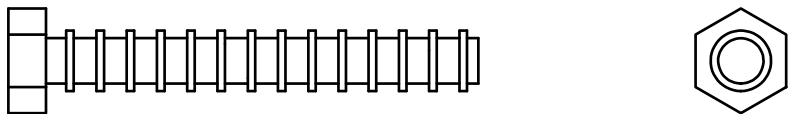
(A6)HEX BOLT 1/2"x5 1/2"L PARTIAL THREAD QTY.2



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

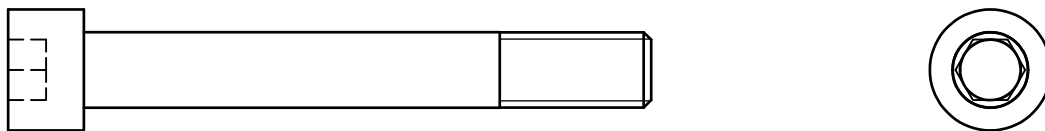


(A8)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.4

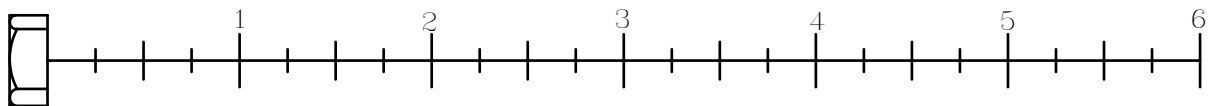


(A9)HEX BOLT 5/16"x2 1/4"L PARTIAL THREAD QTY.2

HARDWARE ILLUSTRATION CONNECT DGYM

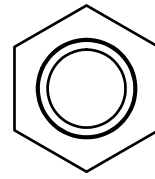
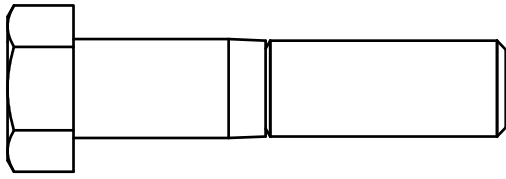


(A10)ROUND ALLEN HEAD M10X75L PARTIAL THREAD QTY.2

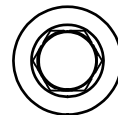
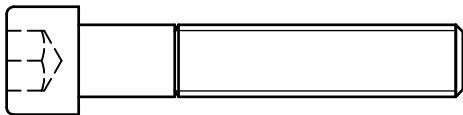


DPLS ASSEMBLY INSTRUCTIONS

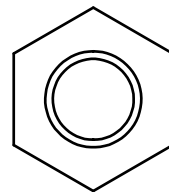
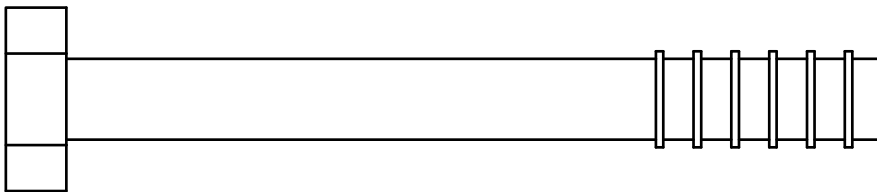
FRAME HARDWARE ILLUSTRATION



(A12)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.1

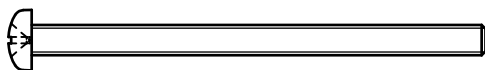


(A14)ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.1

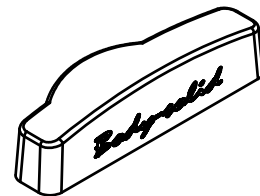


(A15)HEX BOLT 1/2"x4 1/4"L PARTIAL THREAD QTY.1

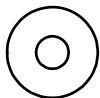
Optional Purchase



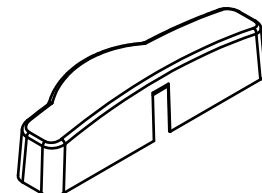
(A13)HEX BOLT M4X65L"L PARTIAL THREAD QTY.2



TOP CAP(9211-111)

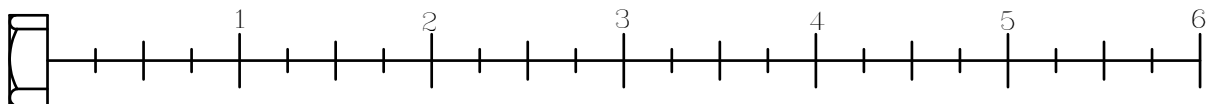


(C9)M4(I.D.)FLAT WASHER Ø12 QTY.2



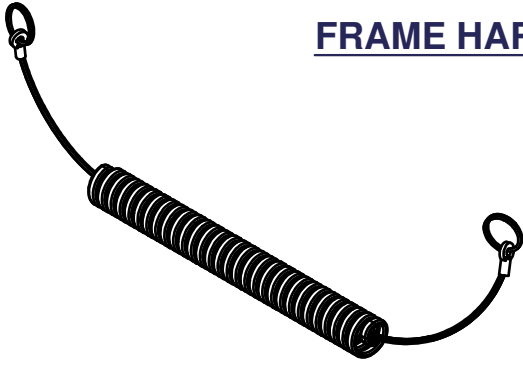
TOP CAP(9211-119)

"M4X65 ROUND BOLT" and "M4 WASHER" is used to assemble with 9211-111 and 9211-119 TOP CAP

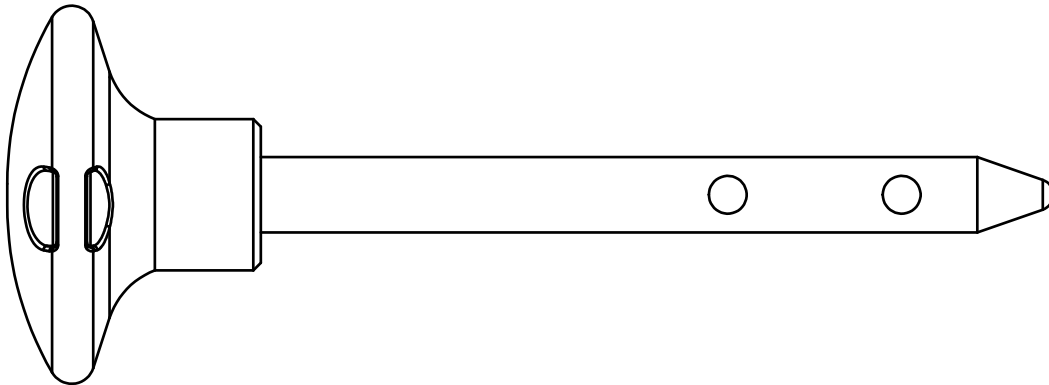


DPLS ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION



(A16) ELASTIC BOLT QTY.1



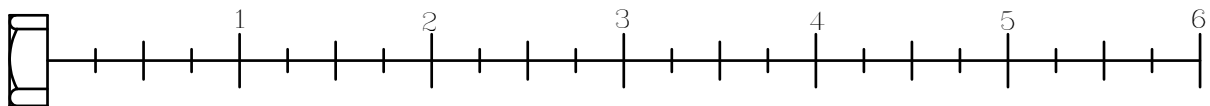
(A17) 10LB PIN (8250-071) QTY.1



(A19) ROUND ALLEN HEAD M6X20L PARTIAL THREAD QTY.24

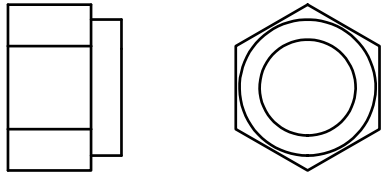


(A20) ROUND ALLEN HEAD 5/32"X1/4"L PARTIAL THREAD QTY.4

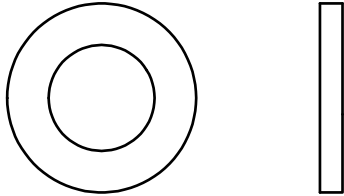


DPLS ASSEMBLY INSTRUCTIONS

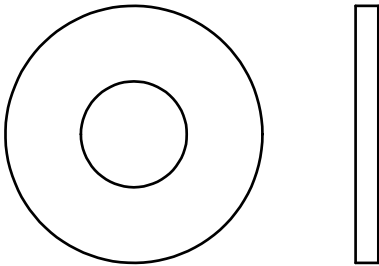
HARDWARE ILLUSTRATION



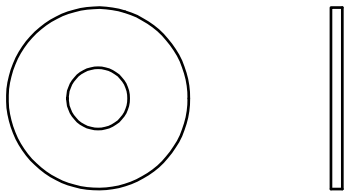
(B1) NYLON LOCK NUT 1/2" QTY.19



(C1) 1/2"(I.D.) FLAT WASHER Ø25 QTY.2



(C2) 1/2"(I.D.) FLAT WASHER Ø34 QTY.36

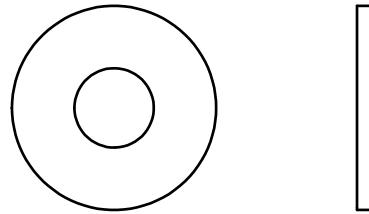


(C3) 5/16"(I.D.) FLAT WASHER Ø24 QTY.6

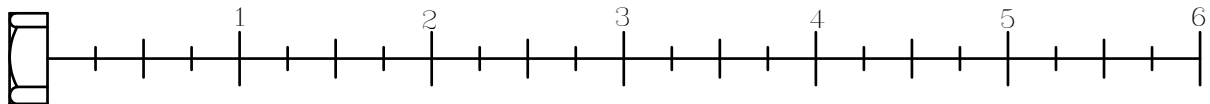


(C4) 5/16" SPRING WASHER QTY.6

HARDWARE ILLUSTRATION CONNECT DGYM

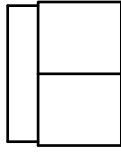
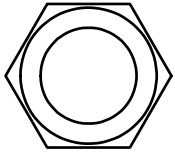


(C5) M10(I.D.) FLAT WASHER Ø27 QTY.2

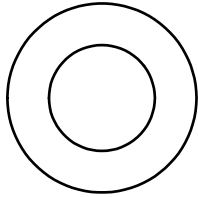


DPLS ASSEMBLY INSTRUCTIONS

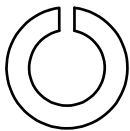
FRAME HARDWARE ILLUSTRATION



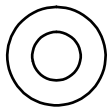
(B3)NYLON LOCK NUT 1/2" QTY.1



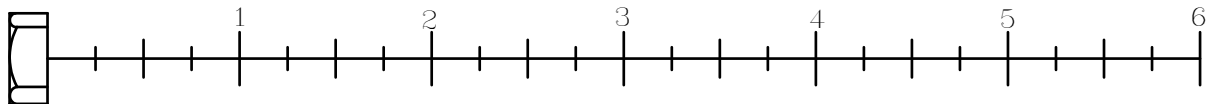
(C7)1/2"(I.D.)FLAT WASHER \varnothing 25 QTY.2



(C8)3/8" SPRING WASHER QTY.1

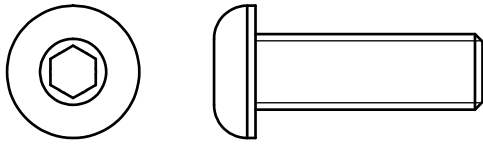


(C10)M6(I.D.)FLAT WASHER \varnothing 13 QTY.24

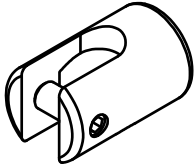


DPLS ASSEMBLY INSTRUCTIONS

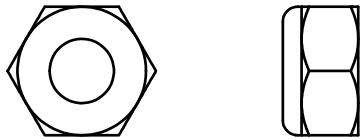
Selector Rod HARDWARE ILLUSTRATION



(A21)ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.1



(A22)FIRM SHEATH(8890-046) QTY.1



(B4)NYLON LOCK NUT M10 QTY.1



DPLS ASSEMBLY INSTRUCTIONS

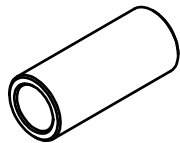
HARDWARE ILLUSTRATION

D1.Ø3/4"X16L STEEL BUSHING (8110-066)	[6PCS]
D2.Ø3/4"X45L STEEL BUSHING (8110-067)	[6PCS]
D3.Ø8 SPRING SNAP LINK(8810-001)	[1PCS]
D5. 25x50 End Cap (9211-086)	[2PCS]
D6.50X100(40X80)NYLON BUSHING(9211-107)	[2PCS]
D7.58X116X2.5T FOOT CAP(9211-108)	[2PCS]
D8.58X116 END CAP(9211-112)	[2PCS]
D9.40X80 END CAP(9211-113)	[5PCS]
D10. Ø1"x2.5t Round End Cap(9260-021)	[2PCS]
D11.Ø3/4" SHAFT COLLAR(9211-046)	[2PCS]
D12.Ø65XØ20X70L RUBBER DOUNT(9310-049)	[2PCS]
D13.95X250 RUBBER PAD(9310-060)	[3PCS]
D14.Ø117 PULLEY(9213-010B)	[11PCS]
D15.TOP PLATE(8400-006)	[1PCS]

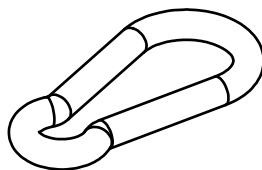
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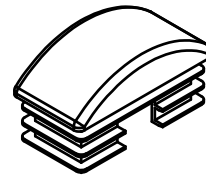
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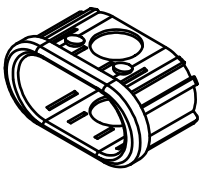
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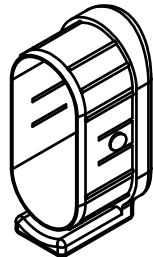
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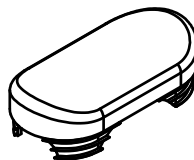
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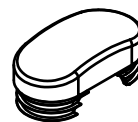
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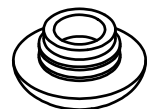
D8



D9



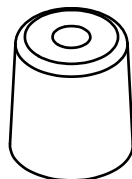
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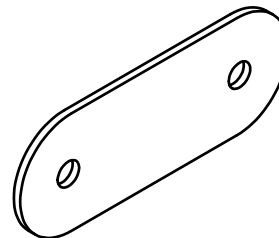
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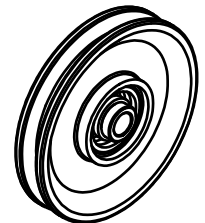
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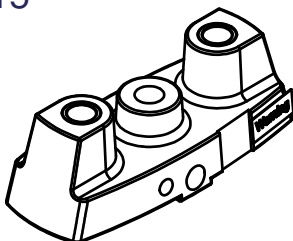
D13



D14



D15

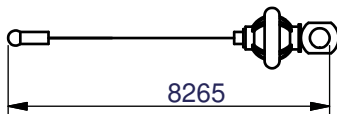


DPLS ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D17.8265mm STEEL CABLE(FDPLSA)-----	[1PCS]
D18.DPLS For DGYM Steel Cable (FDPLSB)-----	[1PCS]
D19.Ø1" SHAFT COLLAT(8130-024)-----	[2PCS]
D20. 3" Nylon Washer (9214-008)-----	[2PCS]
D21.Ø1" END CAP(9211-016)-----	[2PCS]
D22.WEIGHT SELECTOR BAR(8210-042B)-----	[1PCS]

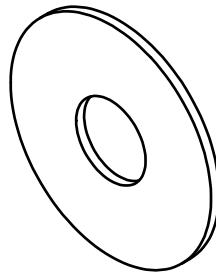
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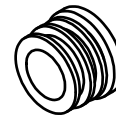
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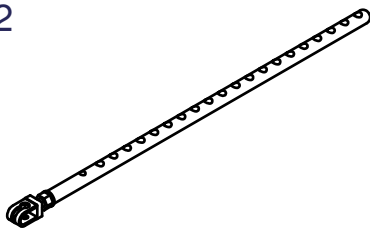
D20



D21



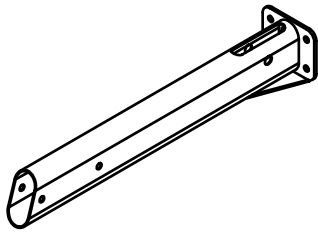
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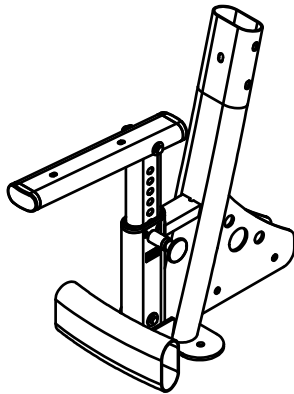
DPLS ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

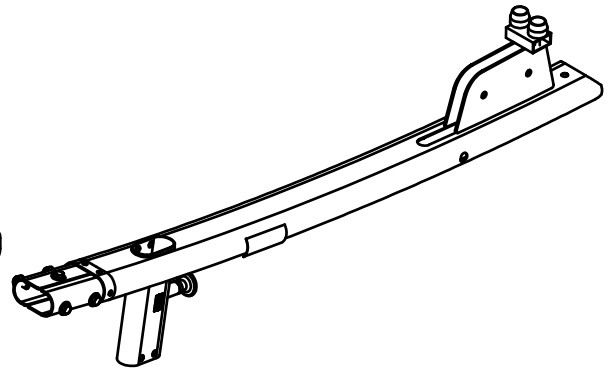
A[1PCS]



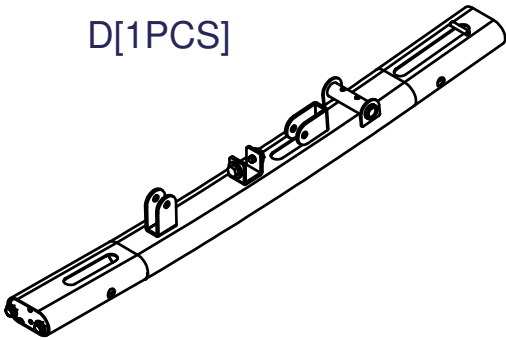
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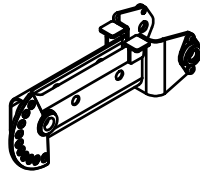
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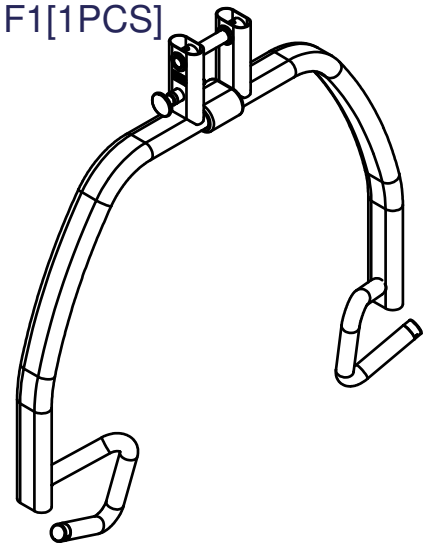
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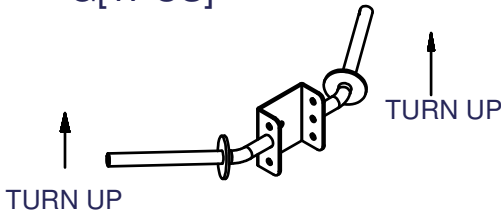
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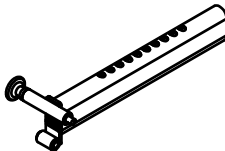
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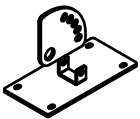
G[1PCS]



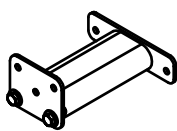
I[1PCS]



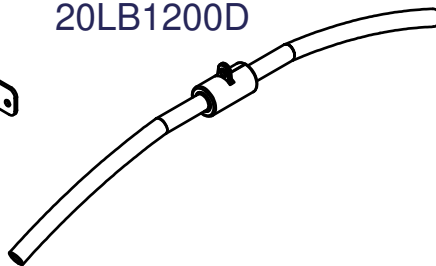
J[1PCS]



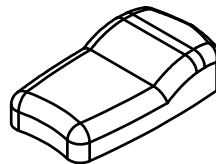
K[1PCS]



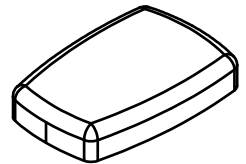
L[1PCS]
20LB1200D



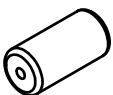
M[1PCS]
9111-058



N[1PCS]
9121-057



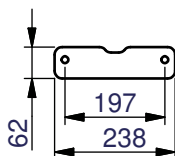
O[2PCS]
9161-032



P[1PCS]
8220-137
Ø20X160L



Q[1PCS]
8313-130



R[1PCS]
8343-146



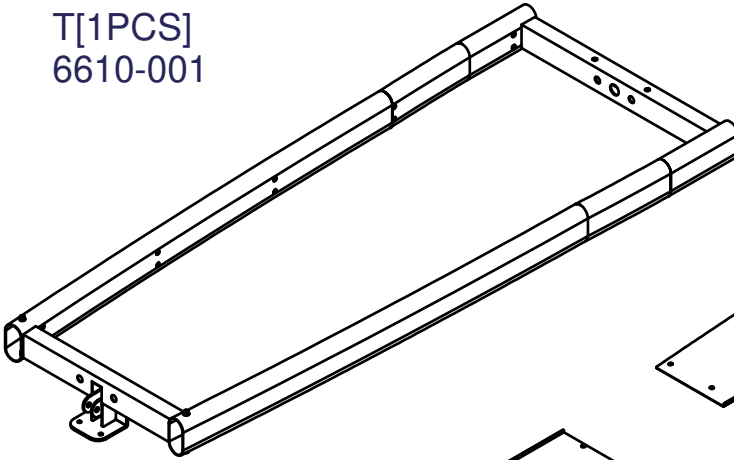
S[1PCS]
8343-147



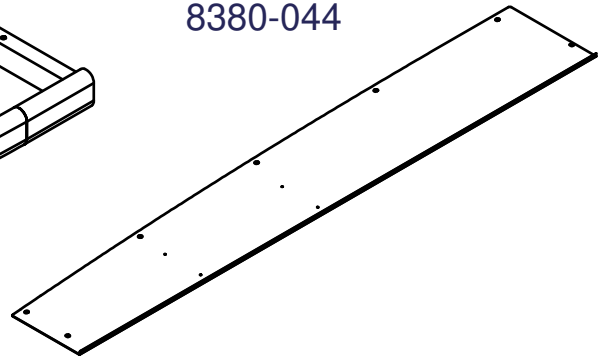
DPLS ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET

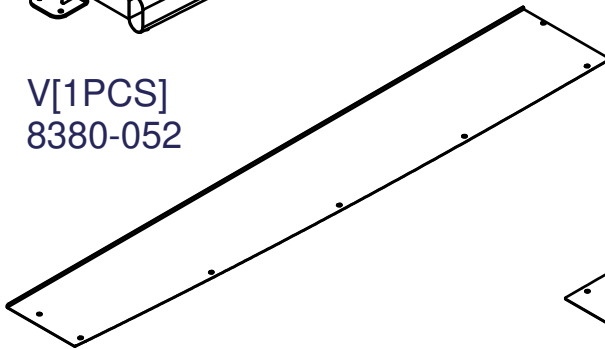
T[1PCS]
6610-001



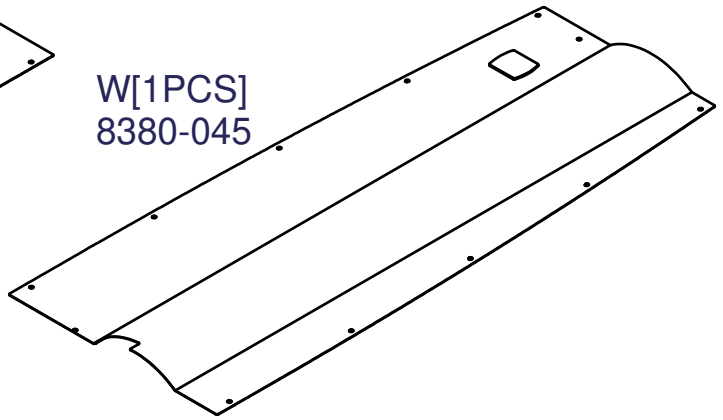
U[1PCS]
8380-044



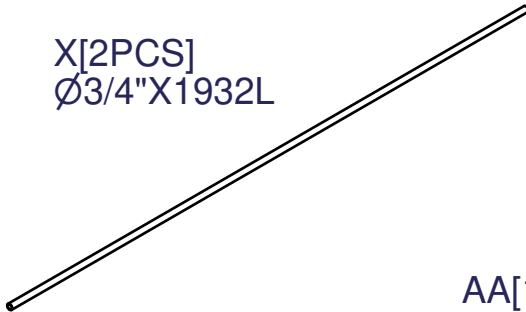
V[1PCS]
8380-052



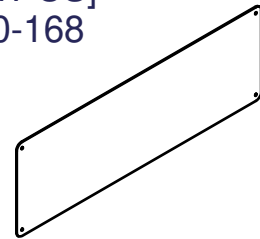
W[1PCS]
8380-045



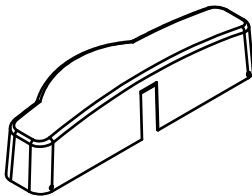
X[2PCS]
Ø3/4"X1932L



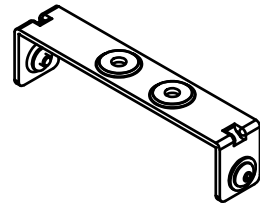
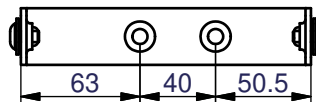
AC[1PCS]
9440-168



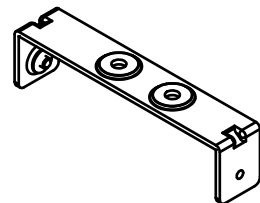
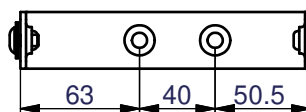
AD[1PCS]
9211-119A



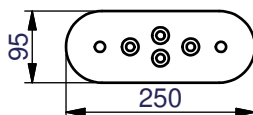
AA[12PCS]
8321-040
both side



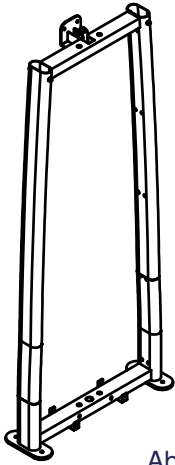
AB[2PCS]
8321-040
one side



Z[2PCS]
8313-144

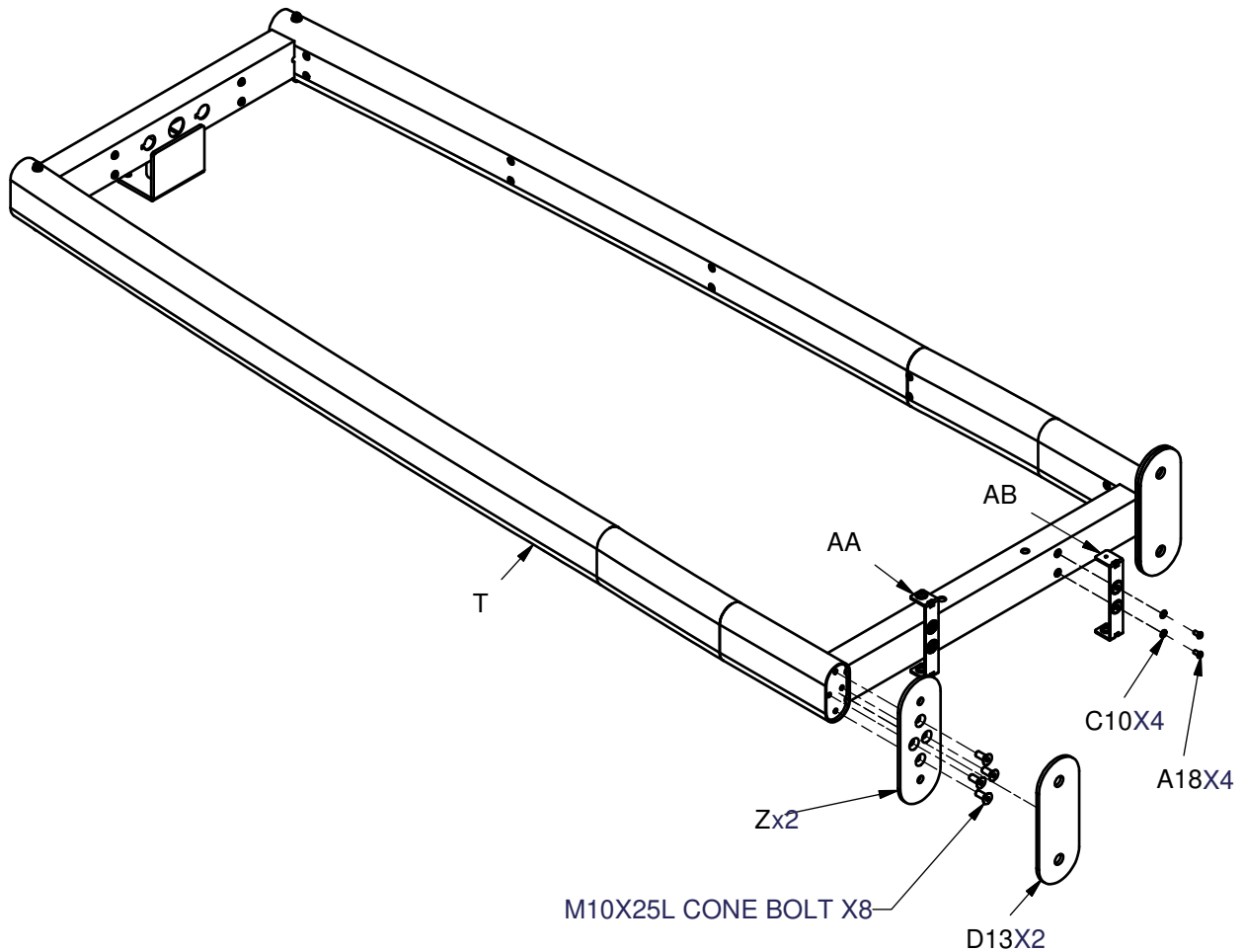


DPLS ASSEMBLY INSTRUCTIONS

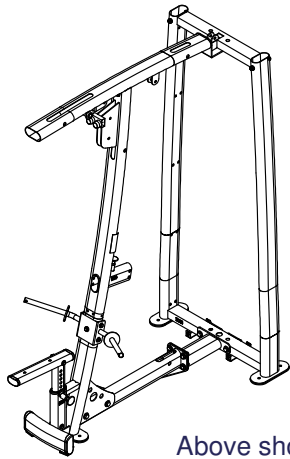


Above shows STEP 2
assembled and completed

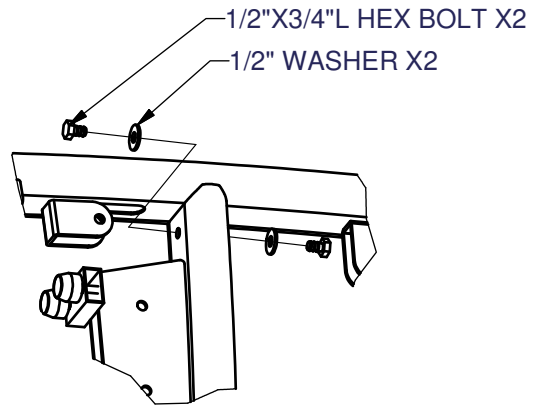
DPLS single weight stack assembly instructions



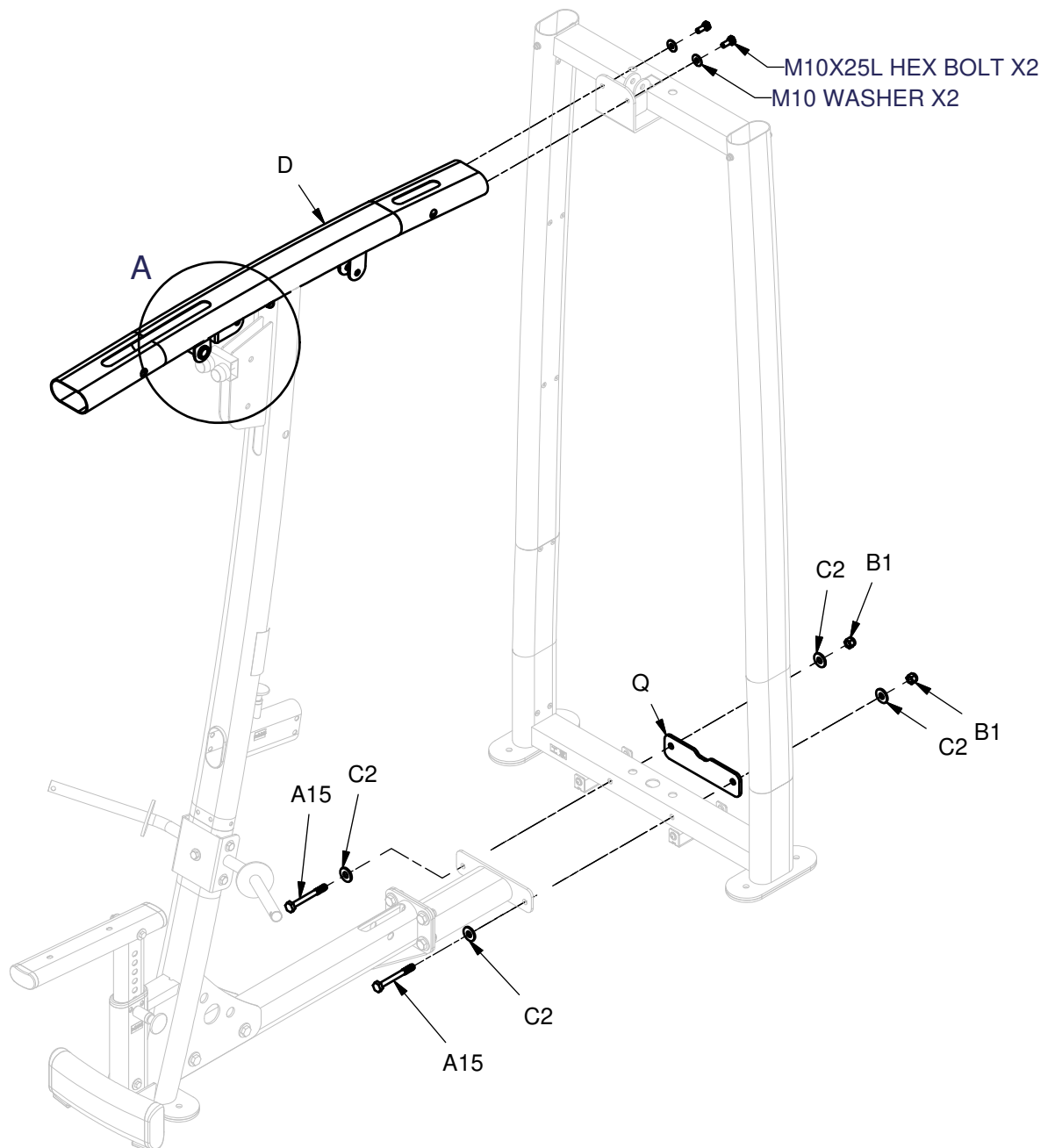
DPLS ASSEMBLY INSTRUCTIONS



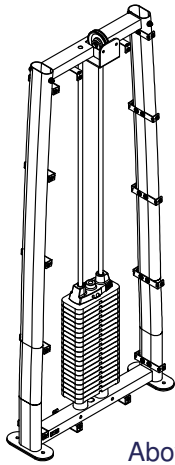
Above shows STEP 3 assembled and completed



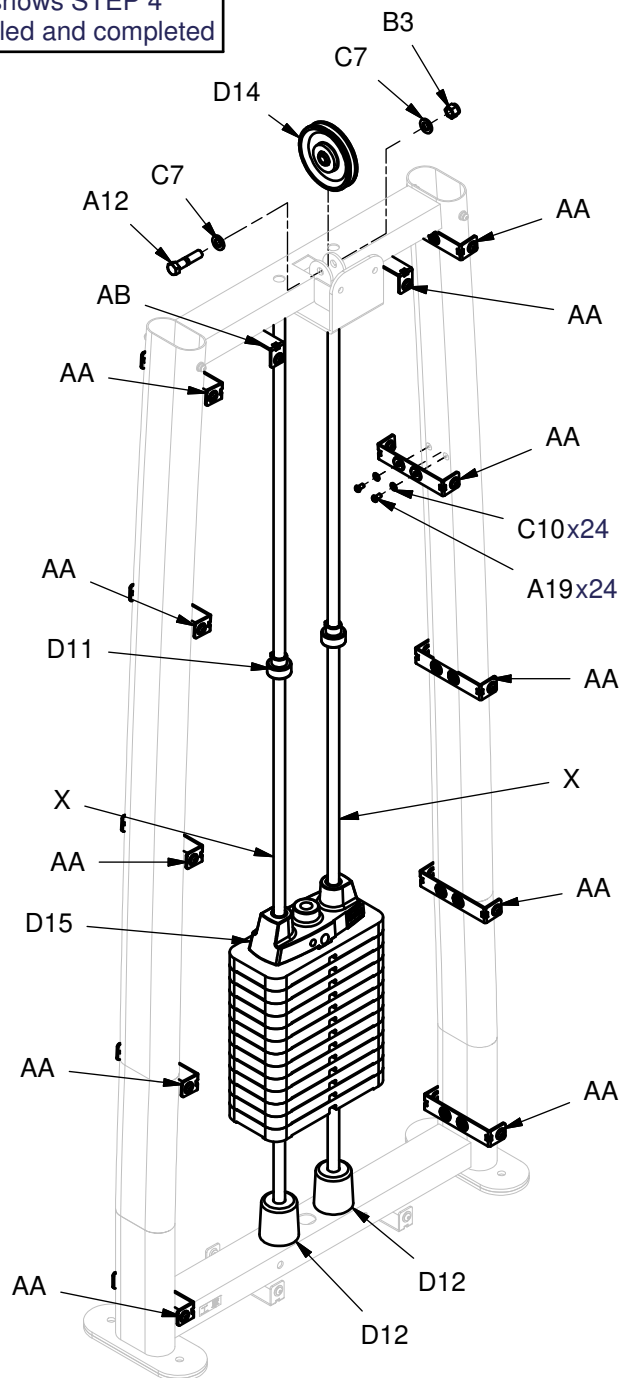
DETAIL A



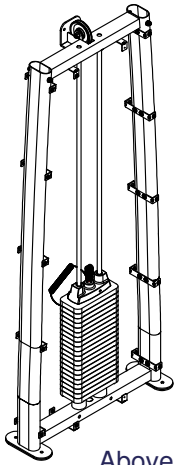
DPLS ASSEMBLY INSTRUCTIONS



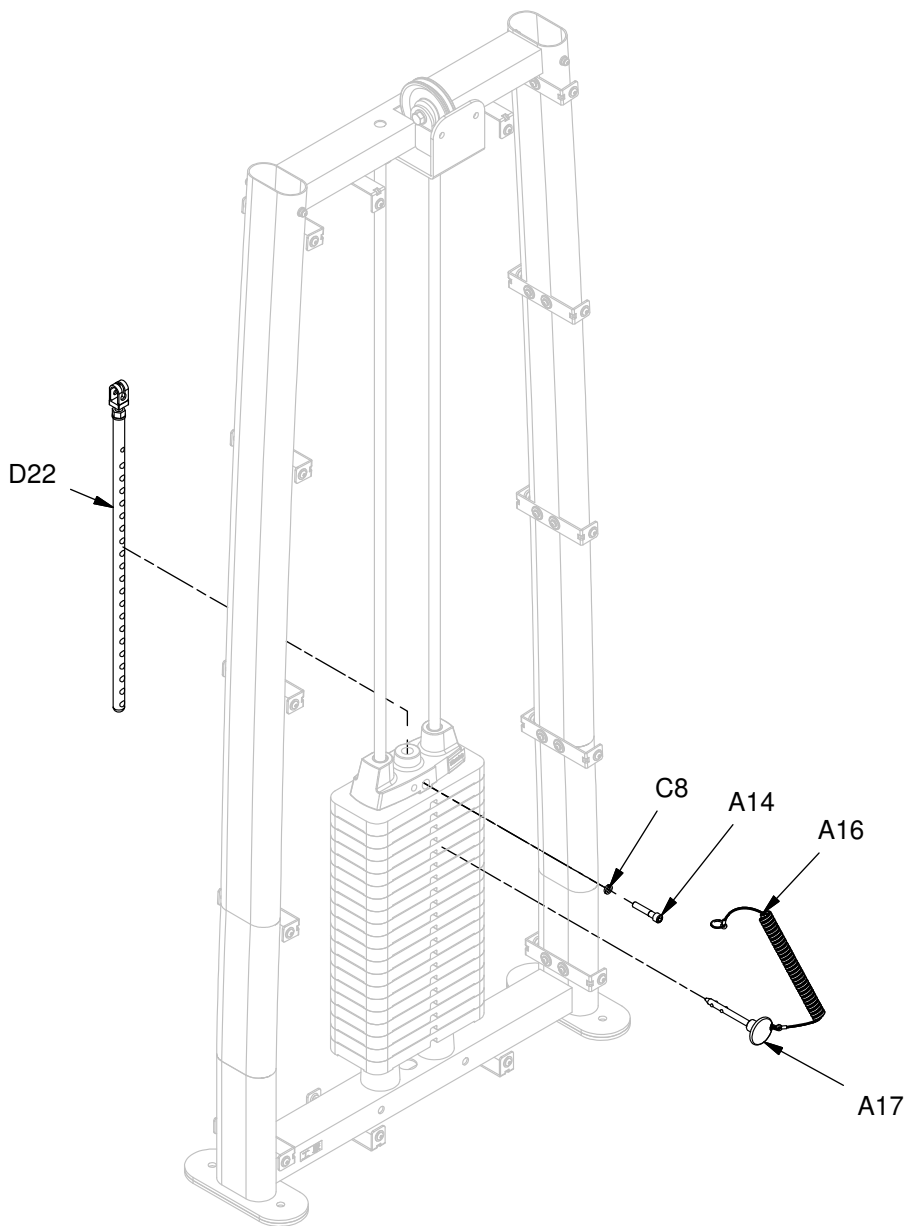
Above shows STEP 4 assembled and completed



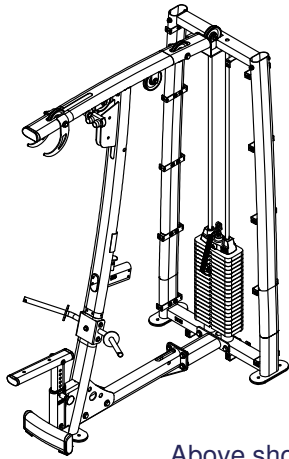
DPLS ASSEMBLY INSTRUCTIONS



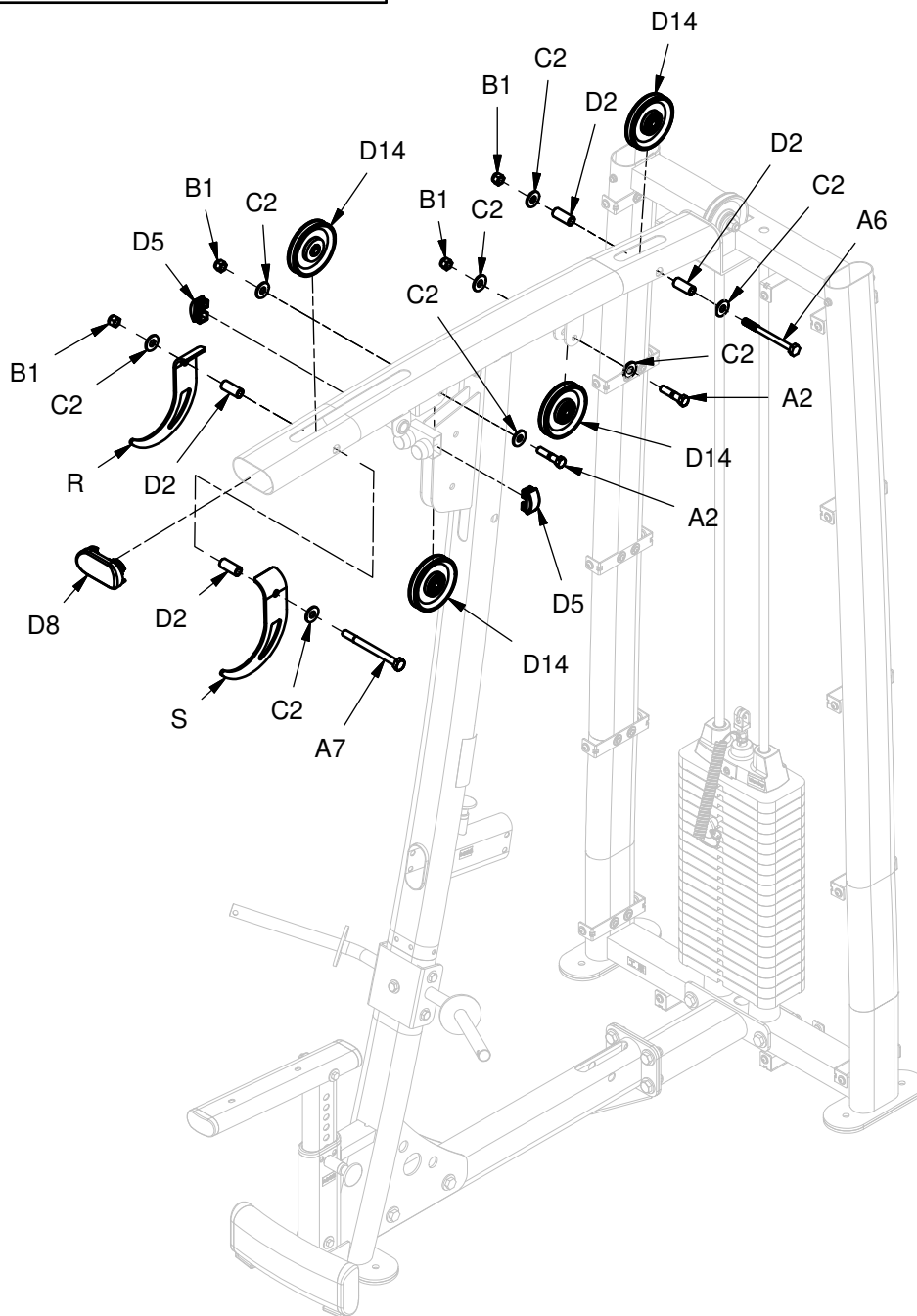
Above shows STEP 5
assembled and completed



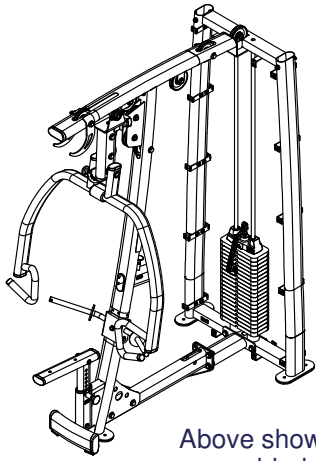
DPLS ASSEMBLY INSTRUCTIONS



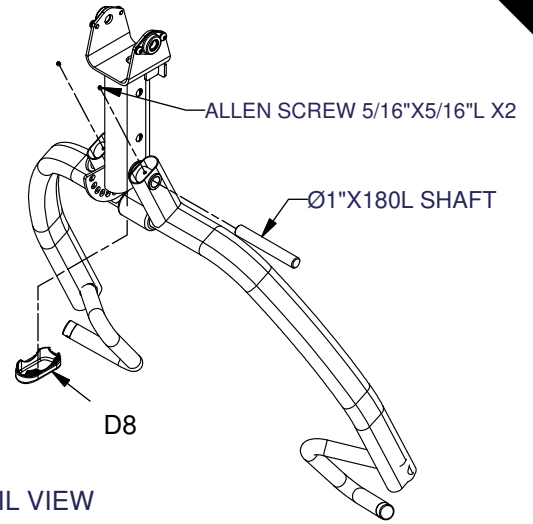
Above shows STEP 6 assembled and completed



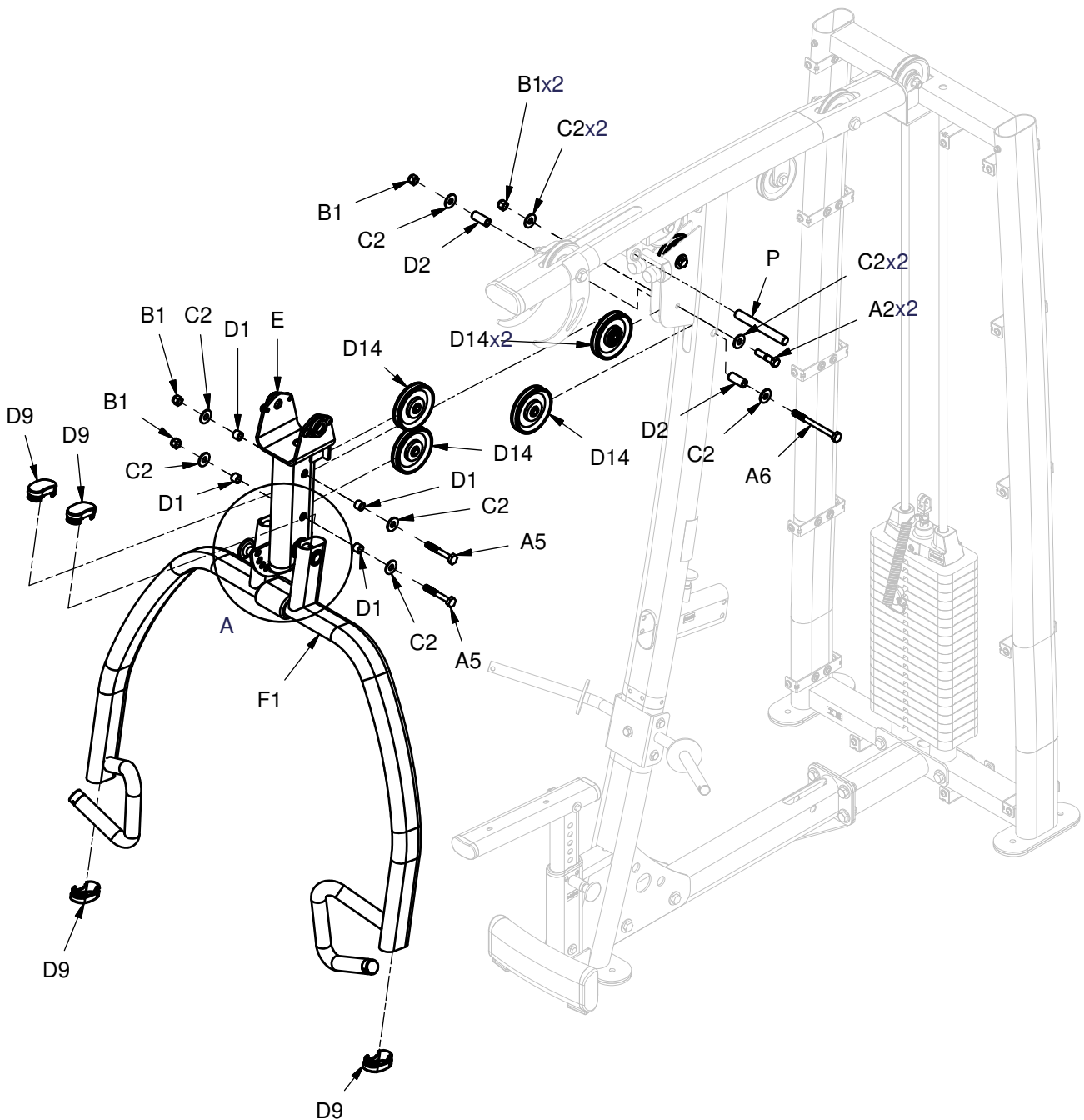
DPLS ASSEMBLY INSTRUCTIONS



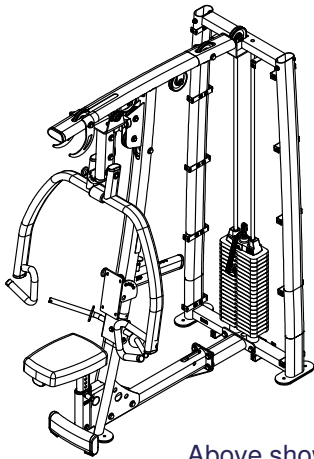
Above shows STEP 7 assembled and completed



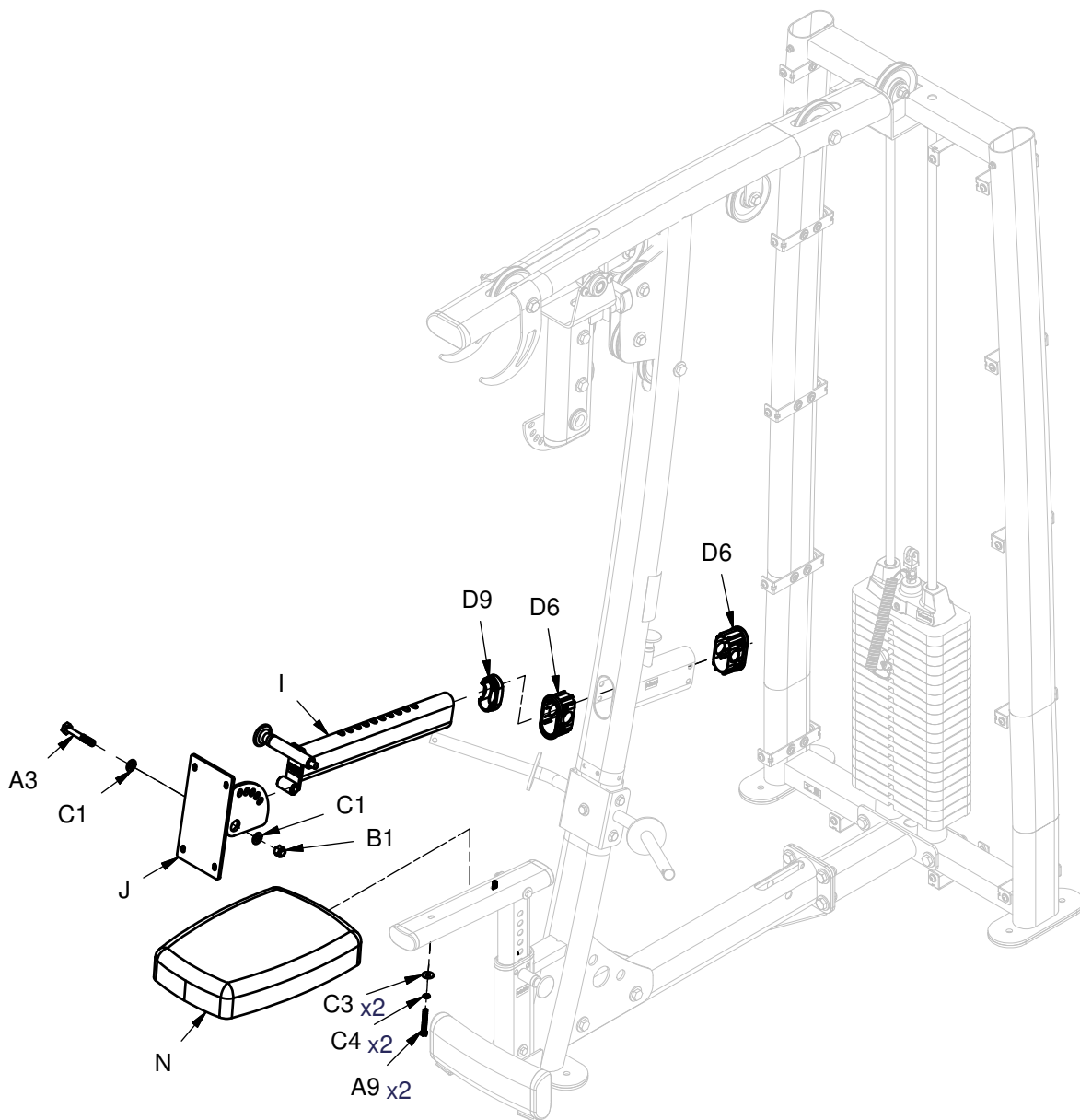
DETAIL VIEW



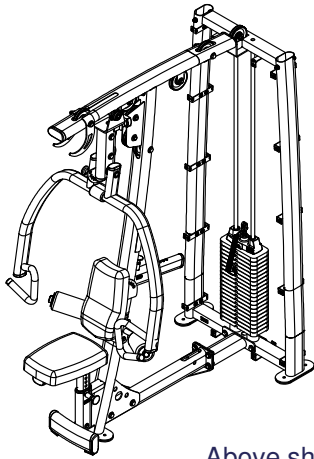
DPLS ASSEMBLY INSTRUCTIONS



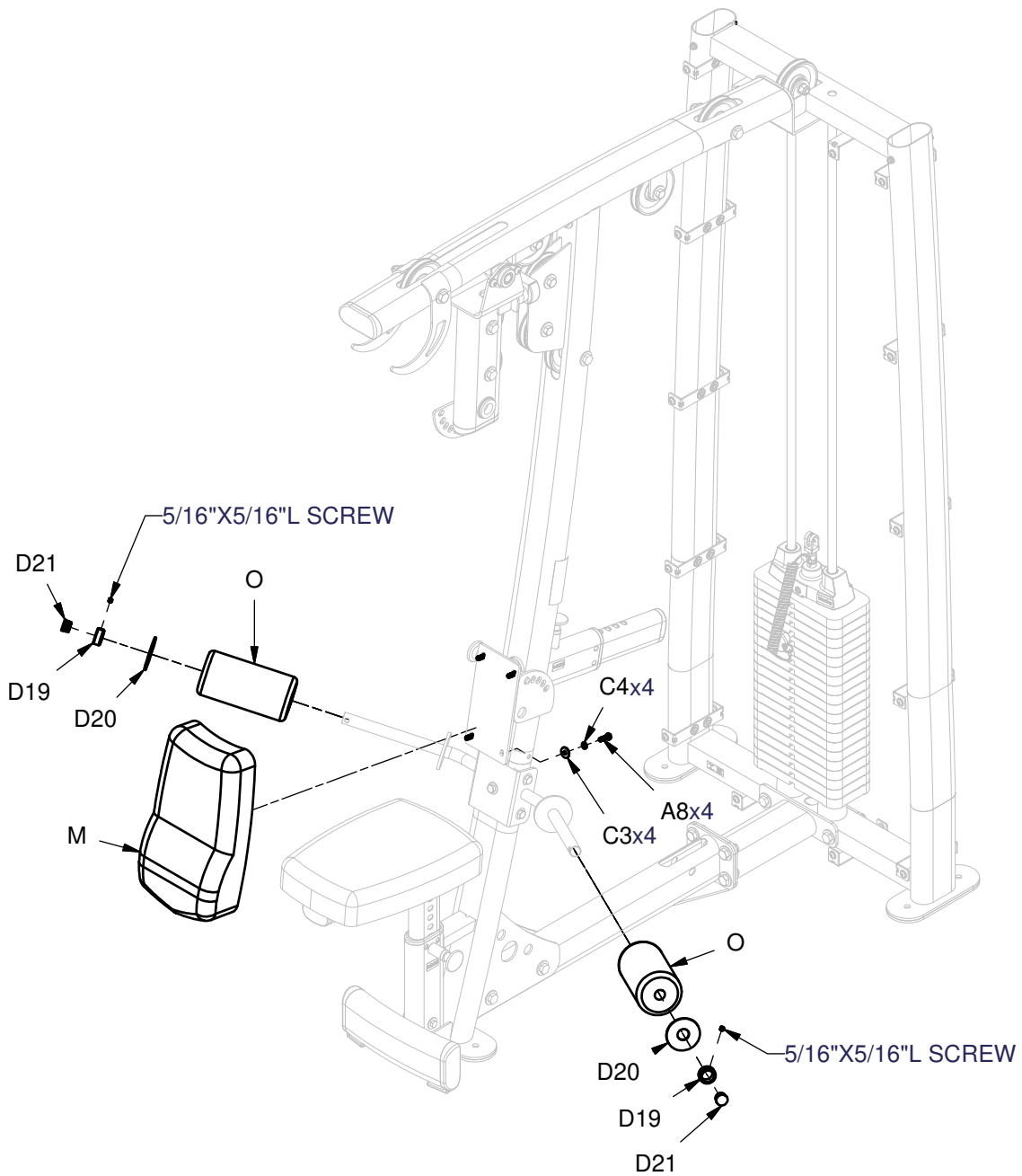
Above shows STEP 8
assembled and completed



DPLS ASSEMBLY INSTRUCTIONS



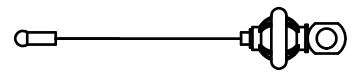
Above shows STEP 9
assembled and completed



DPLS ASSEMBLY INSTRUCTIONS

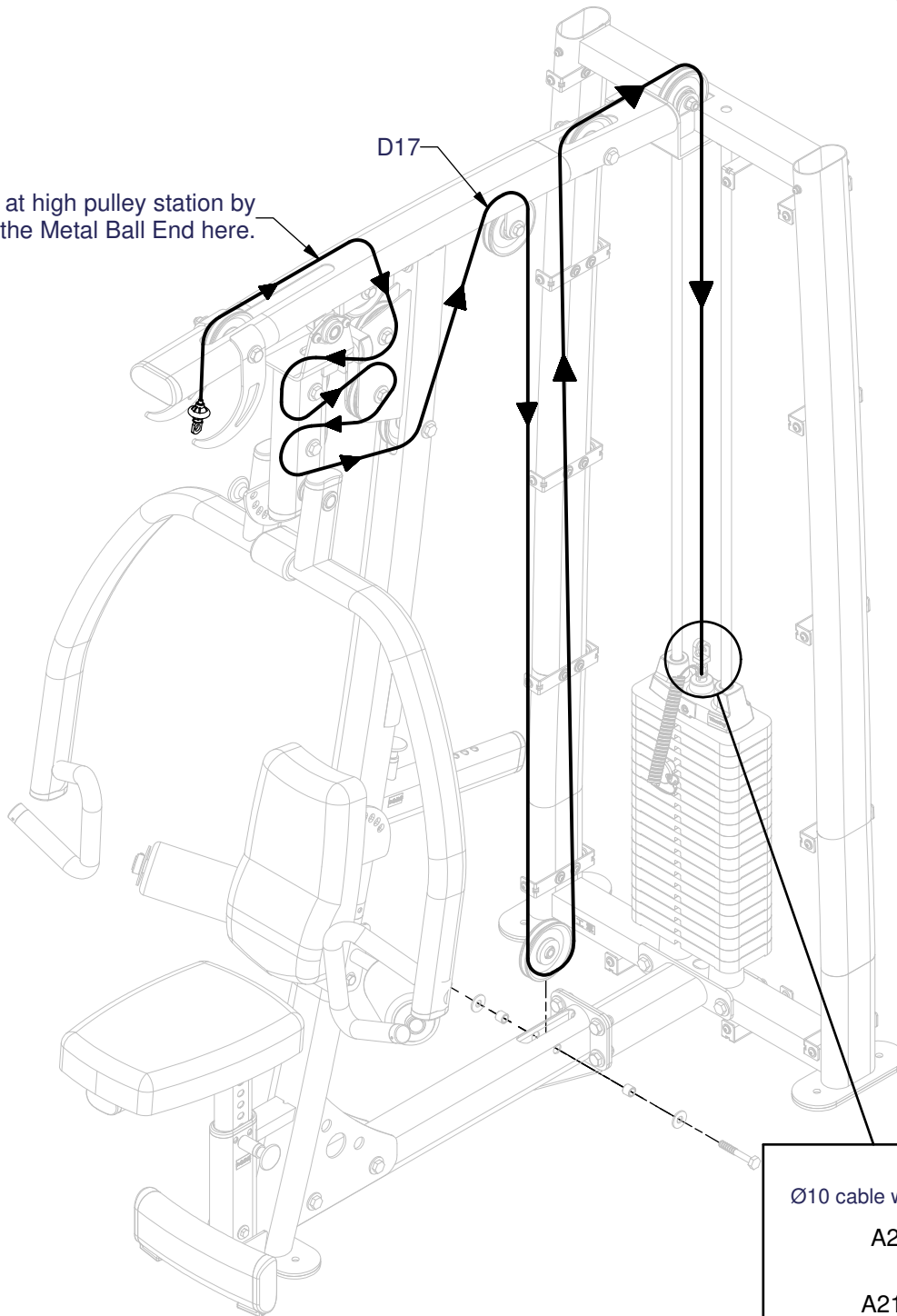
Cable to match illustration

D17



← assemble direction

Start at high pulley station by inserting the Metal Ball End here.



Ø10 cable wire head

A22

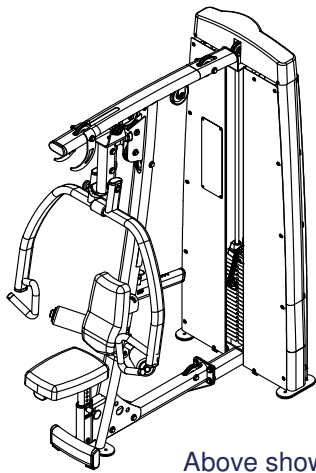
A21

Selector Rod

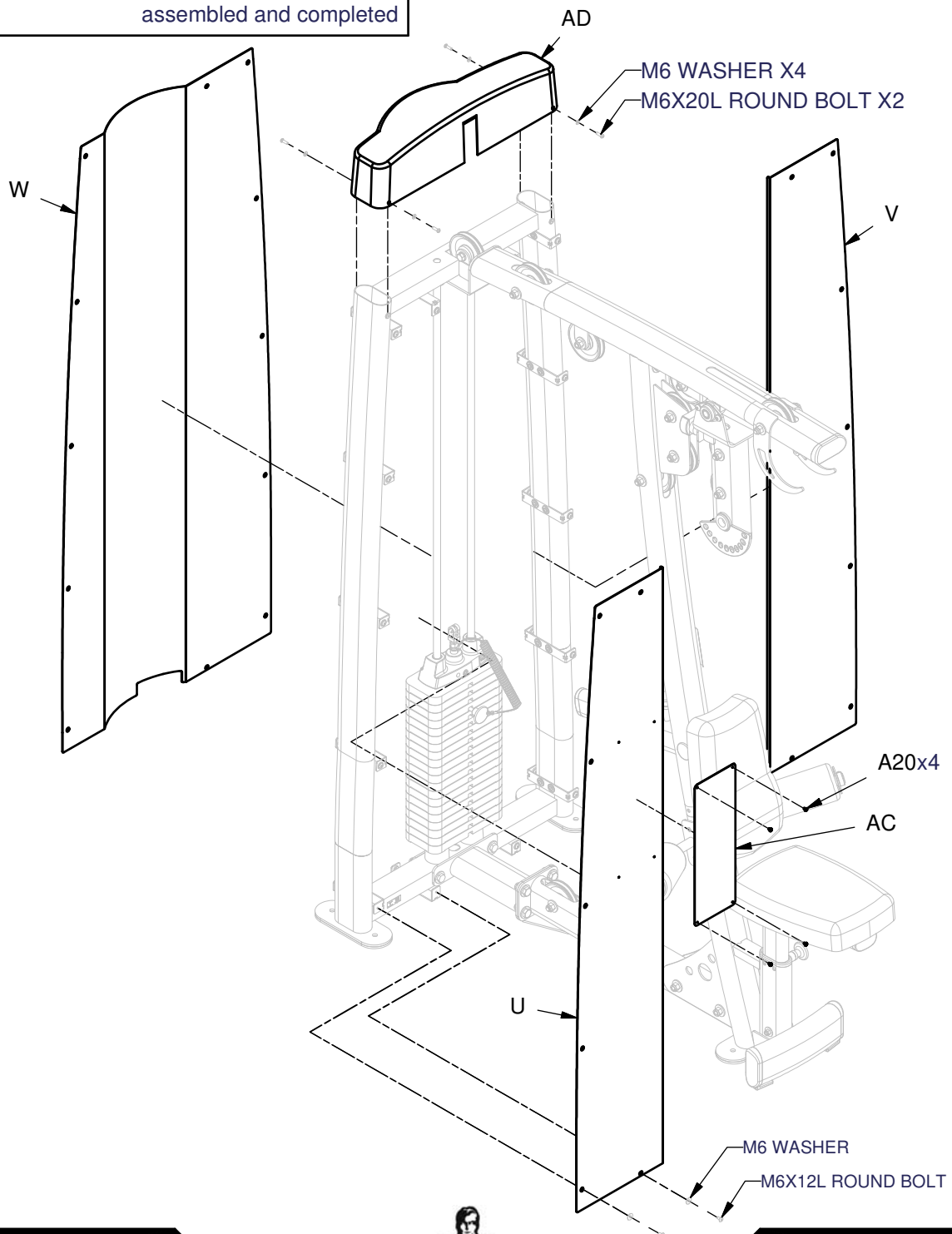
B4

DETAIL VIEW

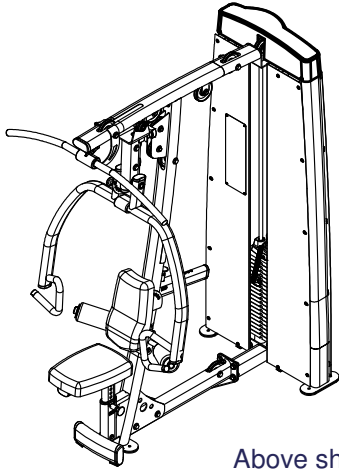
DPLS ASSEMBLY INSTRUCTIONS



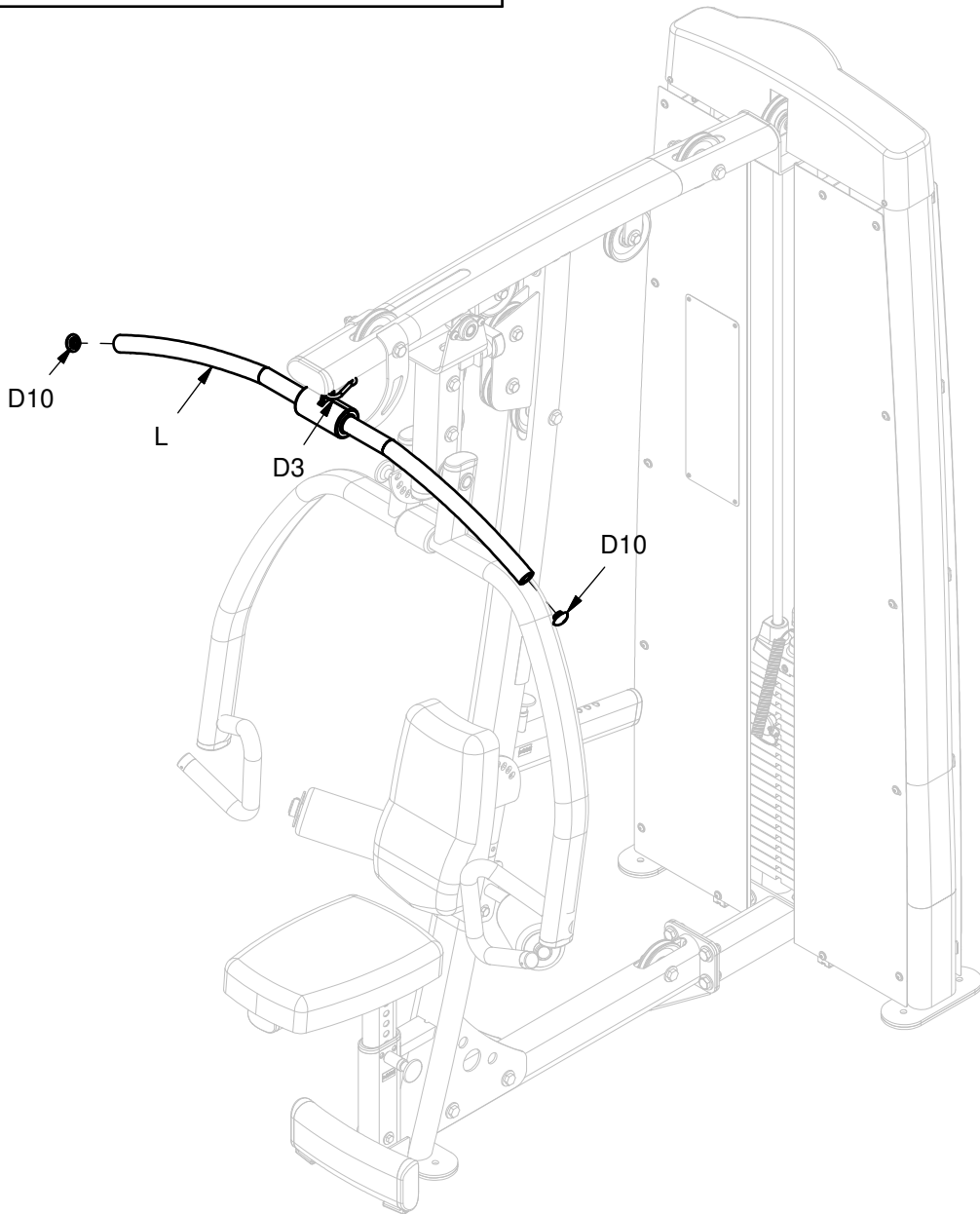
Above shows STEP 10 assembled and completed



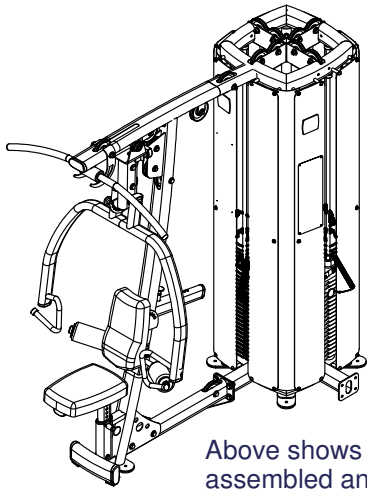
DPLS ASSEMBLY INSTRUCTIONS



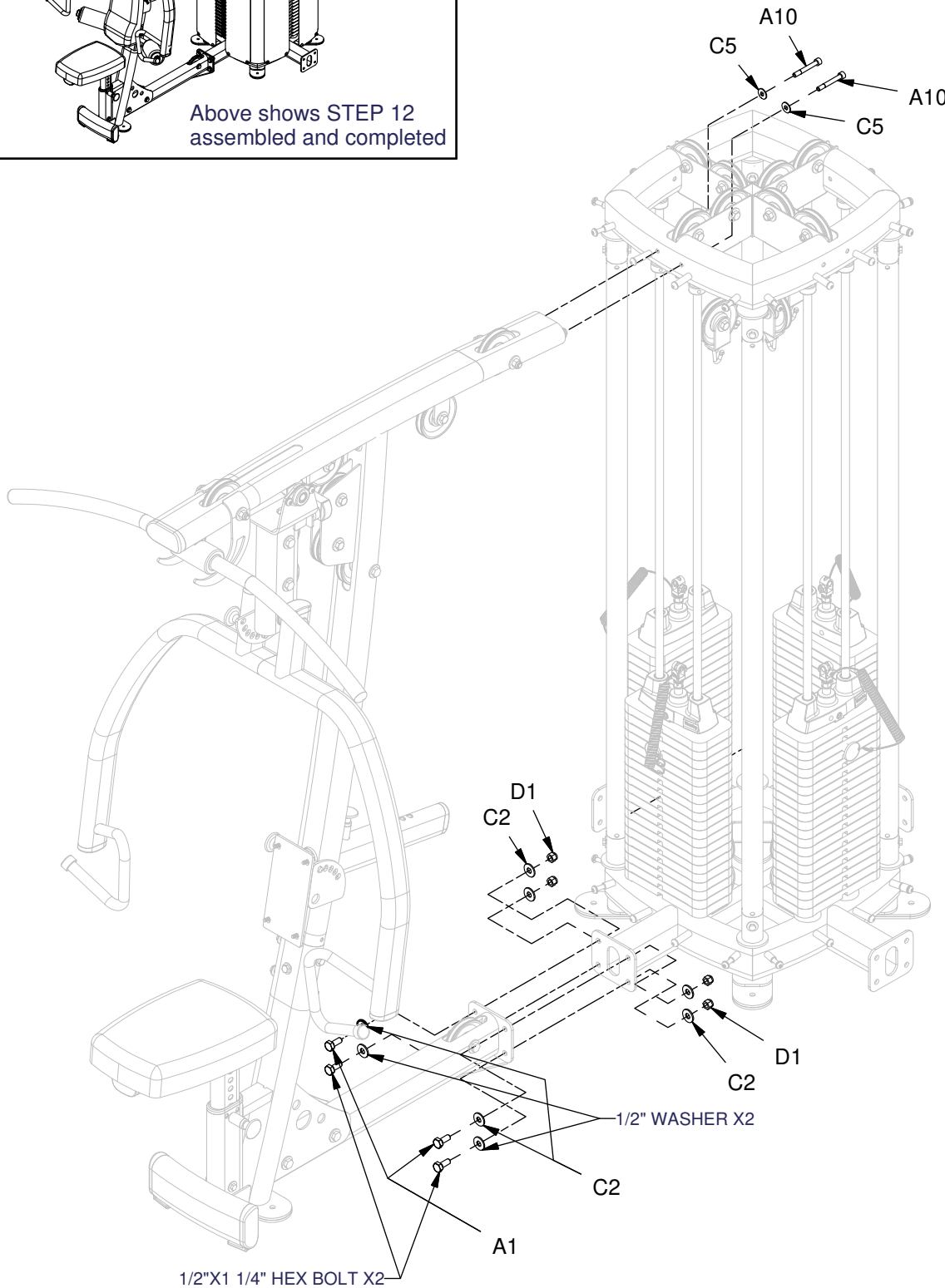
Above shows STEP 11
assembled and completed



DPLS ASSEMBLY INSTRUCTIONS



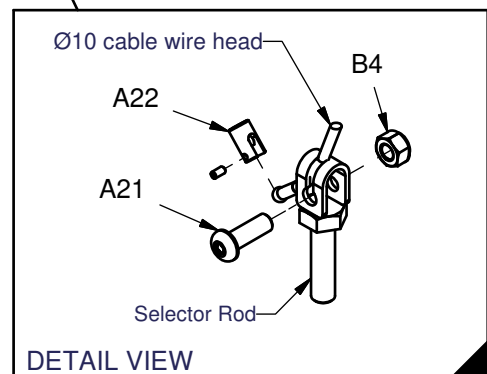
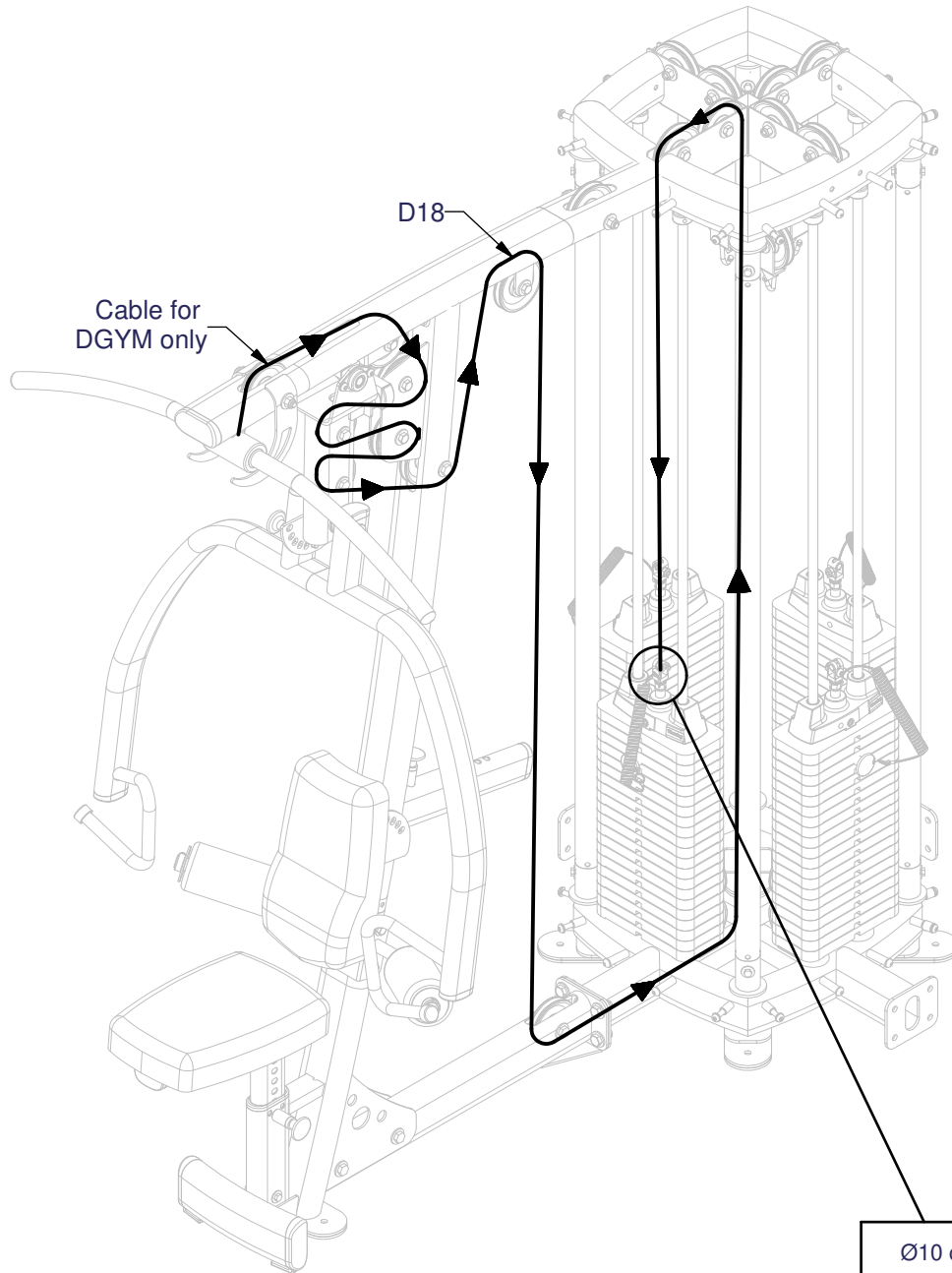
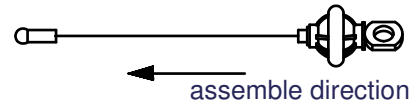
Above shows STEP 12 assembled and completed



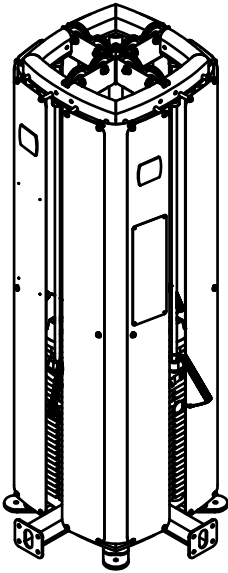
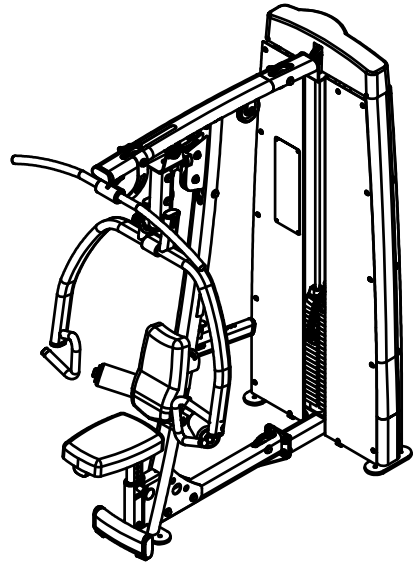
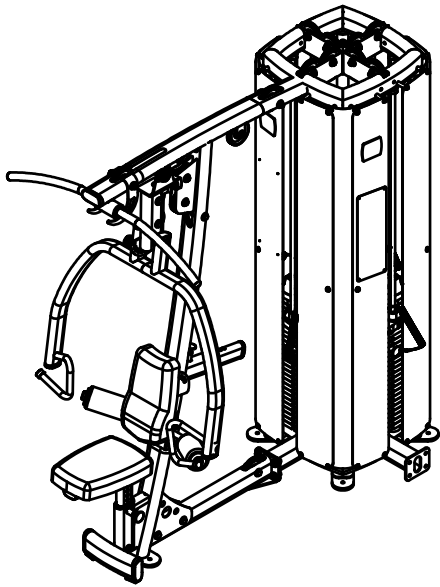
DPLS ASSEMBLY INSTRUCTIONS

Cable to match illustration

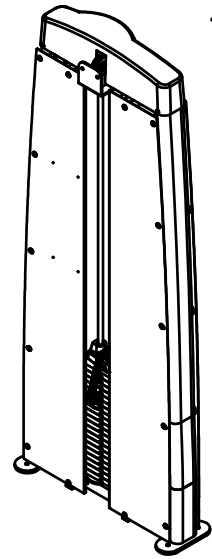
D18



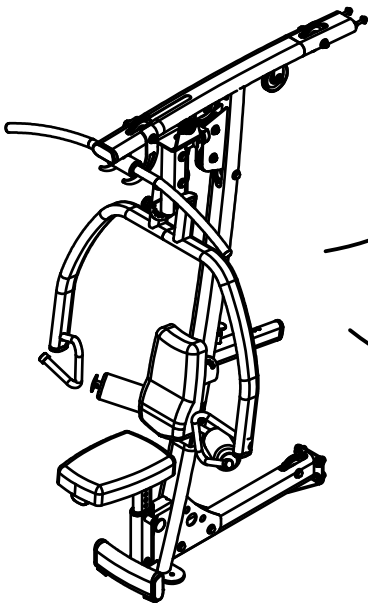
DPLS ASSEMBLY INSTRUCTIONS



DGYM



DFC



[k]

