

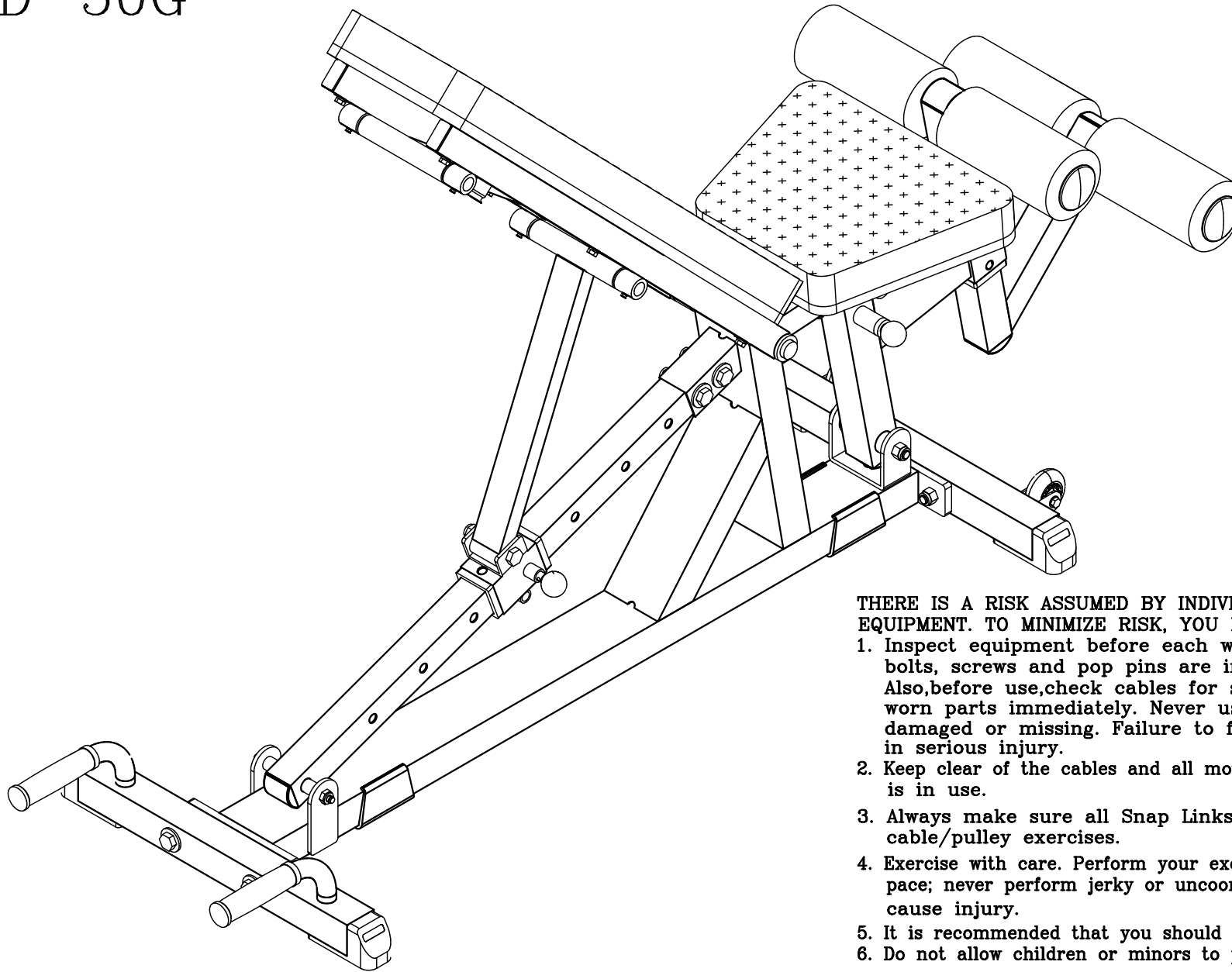
Инструкция

Регулируемая силовая скамья Body Solid SID50G

Полезные ссылки:

[Регулируемая силовая скамья Body Solid SID50G - смотреть на сайте](#)

SID-50G



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

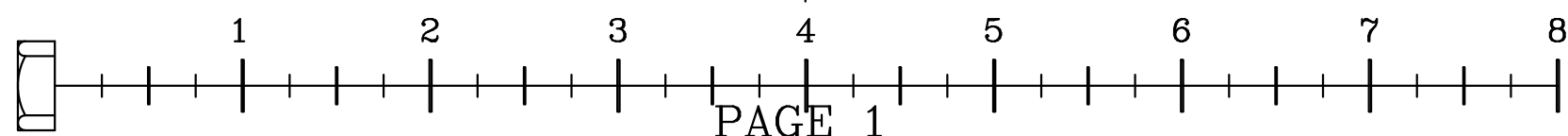
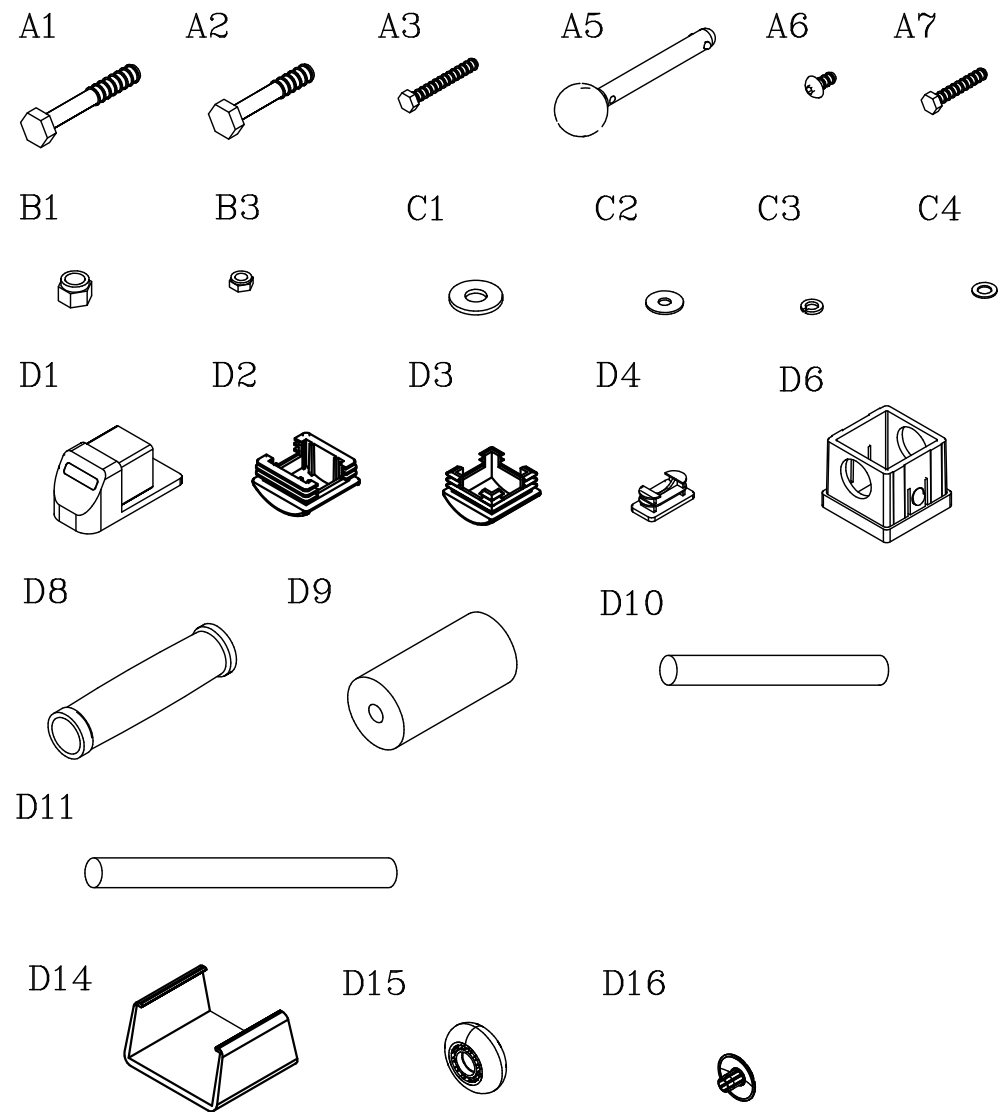
- 1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may 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 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.**

VERSION 1105

RAL2-11-98

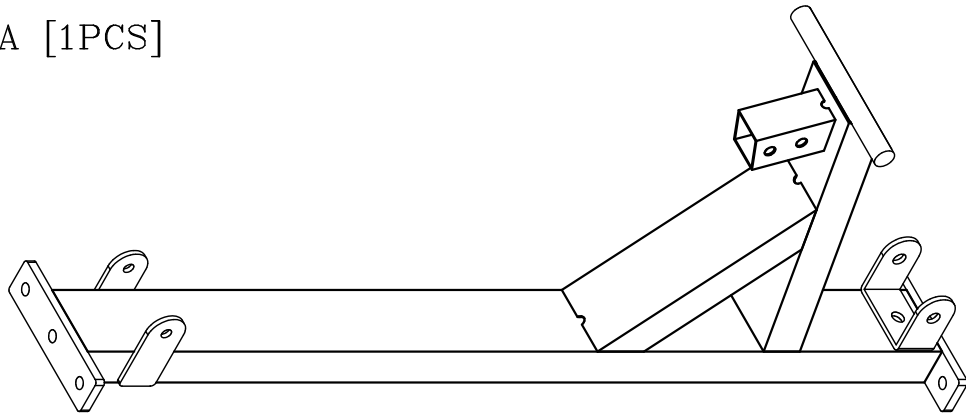
SID-50G HARDWARE ILLUSTRATION SHEET

	Qty.
A1. 1/2"X3 1/4" HEX HEAD BOLT -----	[5PCS]
A2. 1/2"X2 3/4" HEX HEAD BOLT -----	[2PCS]
A3. 5/16"X2 1/2" HEX HEAD BOLT -----	[10PCS]
A5. 1/2"X90 BALL PIN (8250-064)-----	[1PCS]
A6. 5/16"X5/8" ROUND HEAD BOLT-----	[2PCS]
A7. M8X45 HEX HEAD BOLT-----	[2PCS]
B1. 1/2" NYLON LOCK NUT -----	[7PCS]
B3. M8 NYLON LOCK NUT-----	[2PCS]
C1. 1/2" (I.D)WASHER -----	[8PCS]
C2. 5/16" (I.D)WASHER -----	[12PCS]
C3. 5/16" SPRING WASHER -----	[12PCS]
C4. M8 (I.D) WASHER -----	[4PCS]
D1. 2"X2" FOOT CAP (9211-025)-----	[4PCS]
D2. 50X50 END CAP (9211-087) -----	[1PCS]
D3. 45X45 END CAP (9211-091)-----	[5PCS]
D4. 20X40 END CAP (9211-008)-----	[4PCS]
D6. 60X45 NYLON BUSHING (9211-032)-----	[4PCS]
D8. ϕ 1"X130 RUBBER GRIP (9212-016)-----	[2PCS]
D9. ϕ 4"X8" FOAM ROLLER (9161-018)-----	[4PCS]
D10. ϕ 19X165 SHAFT (8210-022)-----	[1PCS]
D11. ϕ 19X230 SHAFT (8210-026)-----	[2PCS]
D14. 2"X4" RUBBER DOUNT (9212-009)-----	[2PCS]
D15. ϕ 64 PULLEY (9213-023)-----	[2PCS]
D16. ϕ 1" ROUND END CAP (9211-022) -----	[4PCS]

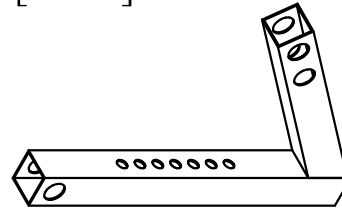


SID-50G PARTS ILLUSTRATION SHEET

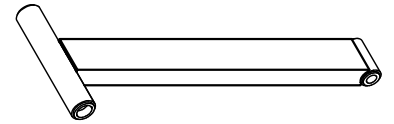
A [1PCS]



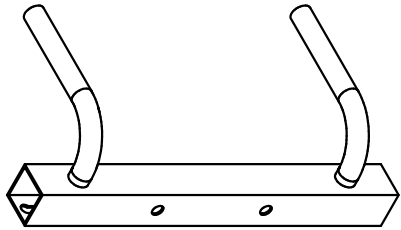
H [1PCS]



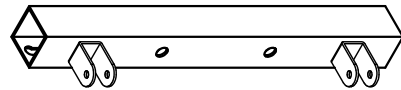
I [1PCS]



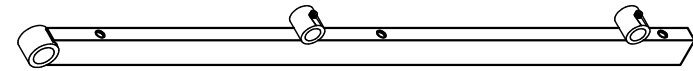
B [1PCS]



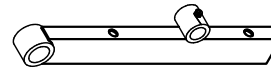
C [1PCS]



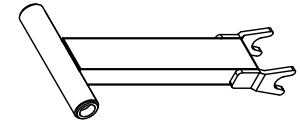
J [2PCS]



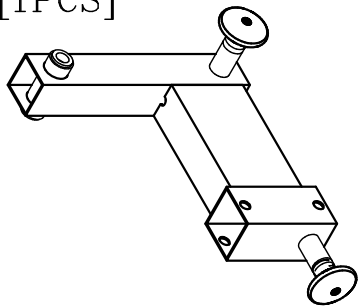
K [2PCS]



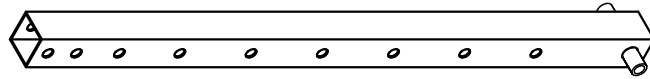
L [1PCS]



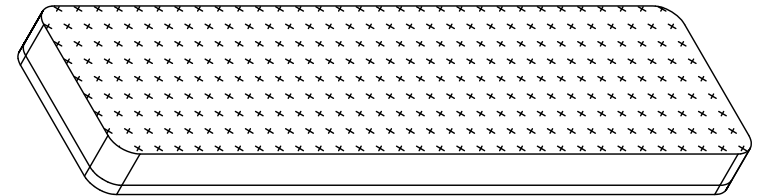
D [1PCS]



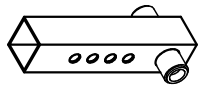
E [1PCS]



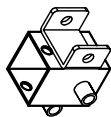
M [1PCS] 9111-020



F [1PCS]



G [1PCS]

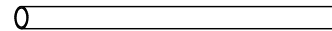


O [1PCS]
E10129

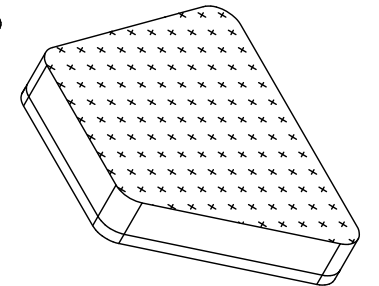


P [2PCS]

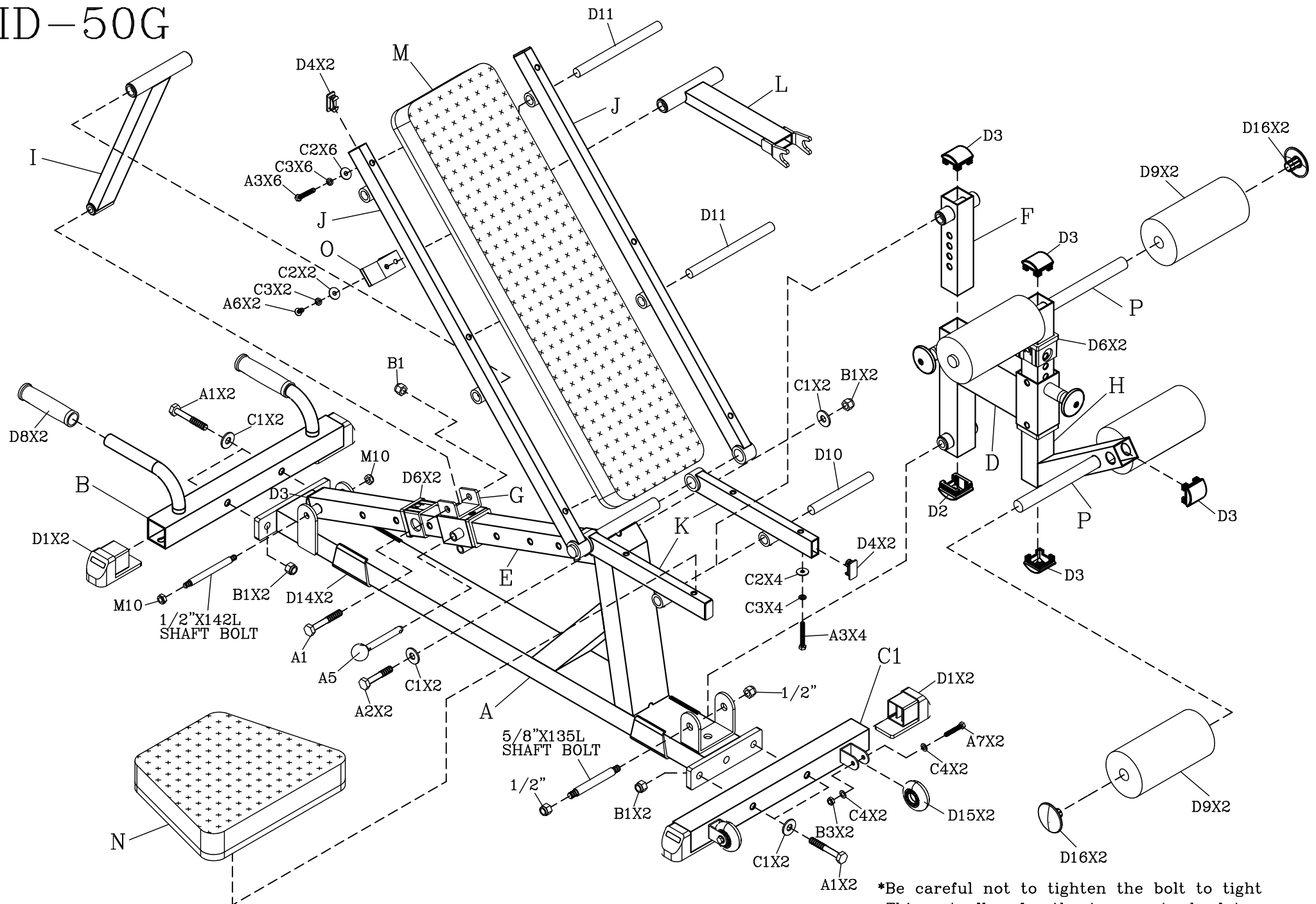
ø1"X1.6tX488L



N [1PCS]
9121-015



SID-50G



*Be careful not to tighten the bolt to tight
This not allow for the transport wheel to
rotate properly.