

## **Инструкция**

### **Сведение/Разведение ног сидя Body Solid с весовым стеком 72,5 кг**

Полезные ссылки:

[Сведение/Разведение ног сидя Body Solid с весовым стеком 72,5 кг - смотреть на сайте](#)

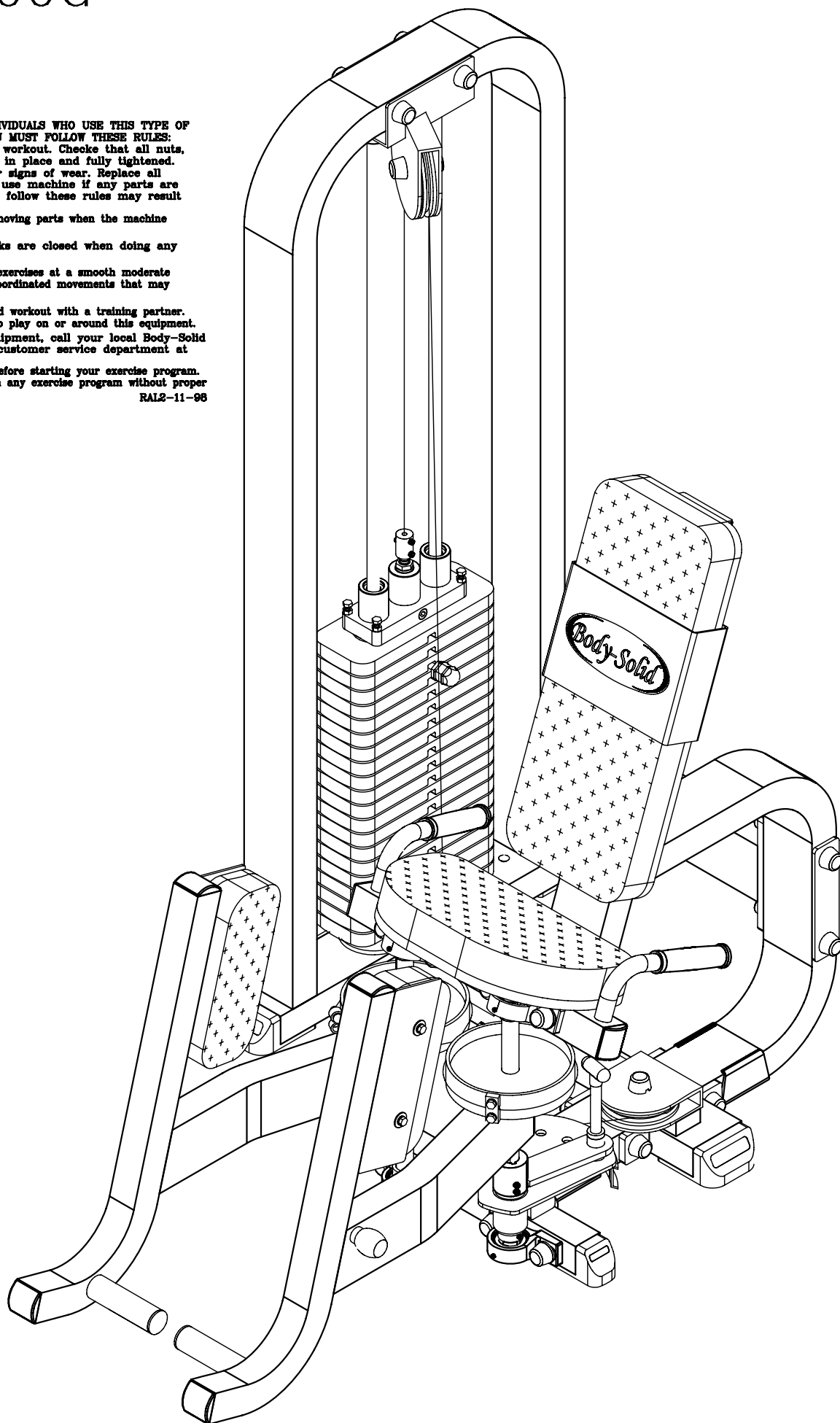
[Сведение/Разведение ног сидя Body Solid с весовым стеком 72,5 кг - читать отзывы](#)

# STH-1100G

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

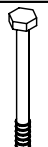
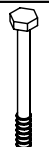
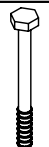















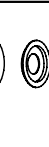




1. **Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may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






















RAL2-11-98

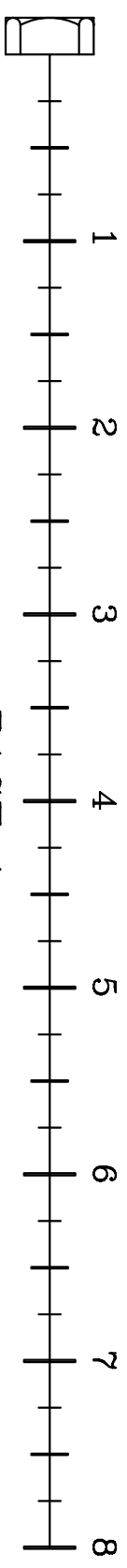


VERSION 200505

# STH-1100G HARDWARE ILLUSTRATION SHEET

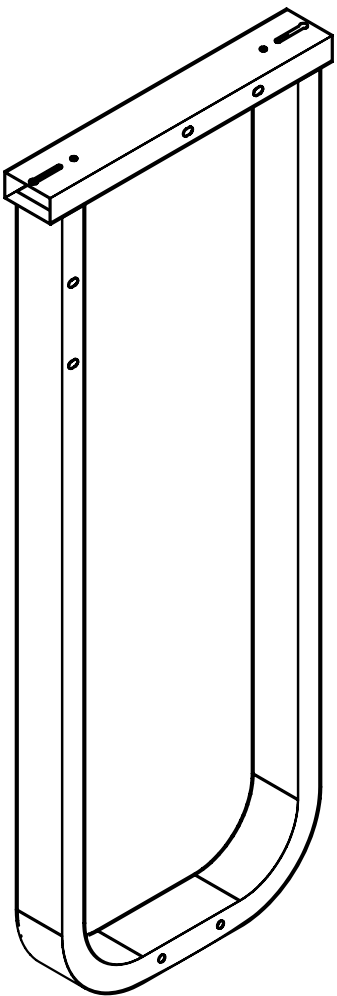
		Qty.
	A1. 1/2"x5 1/2" HEX HEAD BOLT -----	[2PCS]
	A2. 1/2"x5 1/4" HEX HEAD BOLT -----	[6PCS]
	A3. 1/2"x5" HEX HEAD BOLT -----	[2PCS]
	A4. 1/2"x2 1/4" HEX HEAD BOLT -----	[3PCS]
	A5. 1/2"x1 1/2" HEX HEAD BOLT -----	[12PCS]
	A6. 5/16"x2 3/4" HEX HEAD BOLT -----	[5PCS]
	A7. 5/16"x1 1/4" HEX HEAD BOLT -----	[4PCS]
	A8. 7/16"x1 1/2" ROUND BOLT -----	[1PCS]
	A9. 5/16"x3/8" SET SCREW -----	[3PCS]
	A10. 1/2"x23 PIN -----	[1PCS]
	A11. 5/8"x1 3/4" ROUND BOLT -----	[1PCS]
	A12. 10LB BALL PIN -----	[1PCS]
	A13. 5/16"x1 1/2" ROUND BOLT -----	[1PCS]
	A14. 5/16"x5/8" ROUND BOLT -----	[1PCS]
	B1. 1/2" NYLON LOCK NUT -----	[13PCS]
	B2. 5/16" NYLON LOCK NUT -----	[2PCS]
	B3. 5/8" LOCK NUT -----	[1PCS]
	B4. 3/8" LOCK NUT -----	[2PCS]
	C1. 1/2" ROUND END CAP WASHER ----	[38PCS]
	C2. 1/2" (I.D)WASHER -----	[8PCS]
	C4. 5/16" (I.D)WASHER -----	[10PCS]
	C5. 5/16" SPRING WASHER -----	[9PCS]
	C6. 5/8" SPRING WASHER -----	[1PCS]

	D1. 1/2" BOLT CAP -----	[38PCS]
	D2. 2"x4" END CAP (9211-014) -----	[4PCS]
	D3. 2"x2"x2.5t END CAP (9211-087)----	[6PCS]
	D4. ø1 1/2" ROUND END CAP (9211-018)--	[2PCS]
	D5. ø1"x135L RUBBER GRIP (9212-016)--	[2PCS]
	D6. ø1" RUBBER CANE CAP (9212-019)--	[1PCS]
	D7. ø6" PULLEY (9213-009) -----	[1PCS]
	D8. ø4 1/2" PULLEY (9213-010)-----	[2PCS]
	D9. ø3/4" GUIDE ROD TOP CAP (9211-046)--	[2PCS]
	D10. ø4" RUBBER DONUT (9310-017) ----	[2PCS]
	D11. WEIGHT SELECTOR BAR (8220-060)-	[1PCS]
	D12. CHROME TOP PLATE (8400-002)----	[1PCS]
	D13. 95X70mm NO-SLIP TAPE (9310-034)--	[2PCS]
	D14. ø1" GUIDE ROD TOP CAP (8130-024)	[2PCS]
	D15. ø5/8" ROUND END CAP (9211-015)--	[6PCS]
	D16. 3120mm STEEL CABLE -----	[1PCS]
	D17. 1275mm STEEL CABLE -----	[1PCS]
	D18. 2"x4" FOOT END CAP (9211-028)--	[3PCS]
	D19. 2"x2" FOOT END CAP (9211-025)--	[2PCS]
	D20. 2"x4" RUBBER DOUNT (9212-009)--	[3PCS]
	D21. ø13.5X8L STEEL BUSHING (8110-014)-	[2PCS]

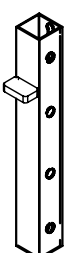


# STH-1100G PARTS ILLUSTRATION SHEET

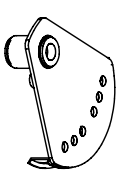
A [1PCS]



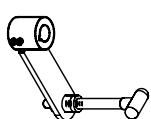
G [1PCS]



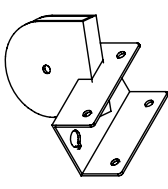
H [1PCS]



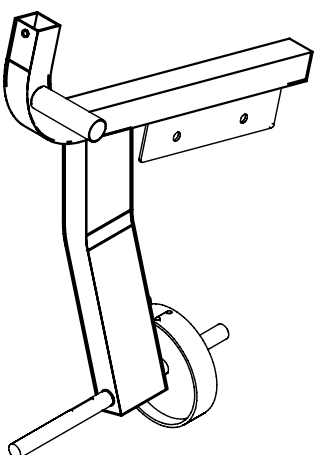
I [1PCS]



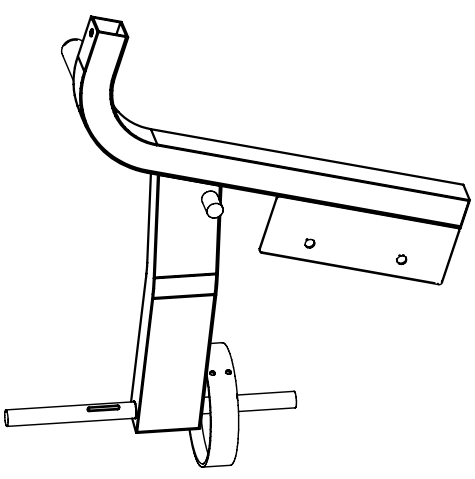
L [1PCS]



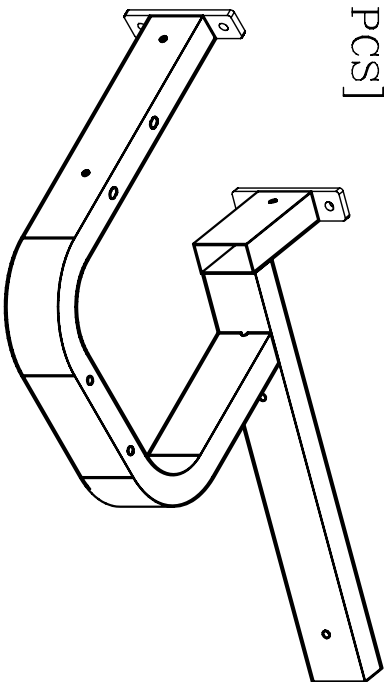
J [1PCS]



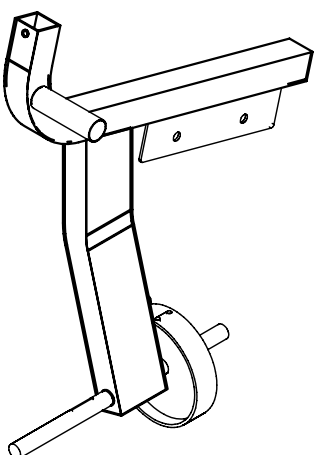
K [1PCS]



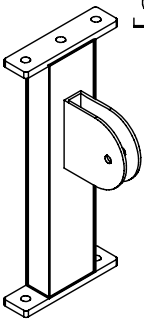
B [1PCS]



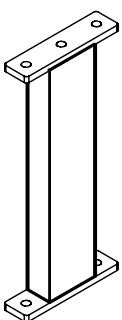
O [1PCS]



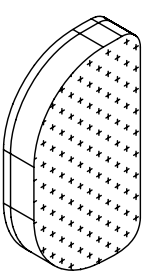
C [1PCS]



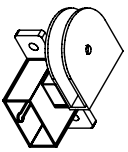
D [1PCS]



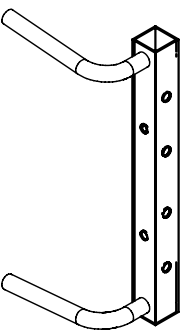
P [1PCS]



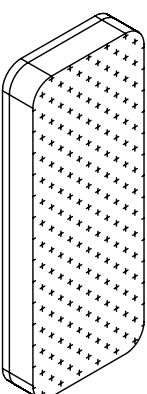
E [1PCS]



F [1PCS]



Q [2PCS]



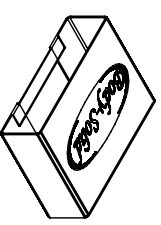
R [4PCS]



S [1PCS]



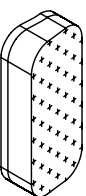
U [1PCS]



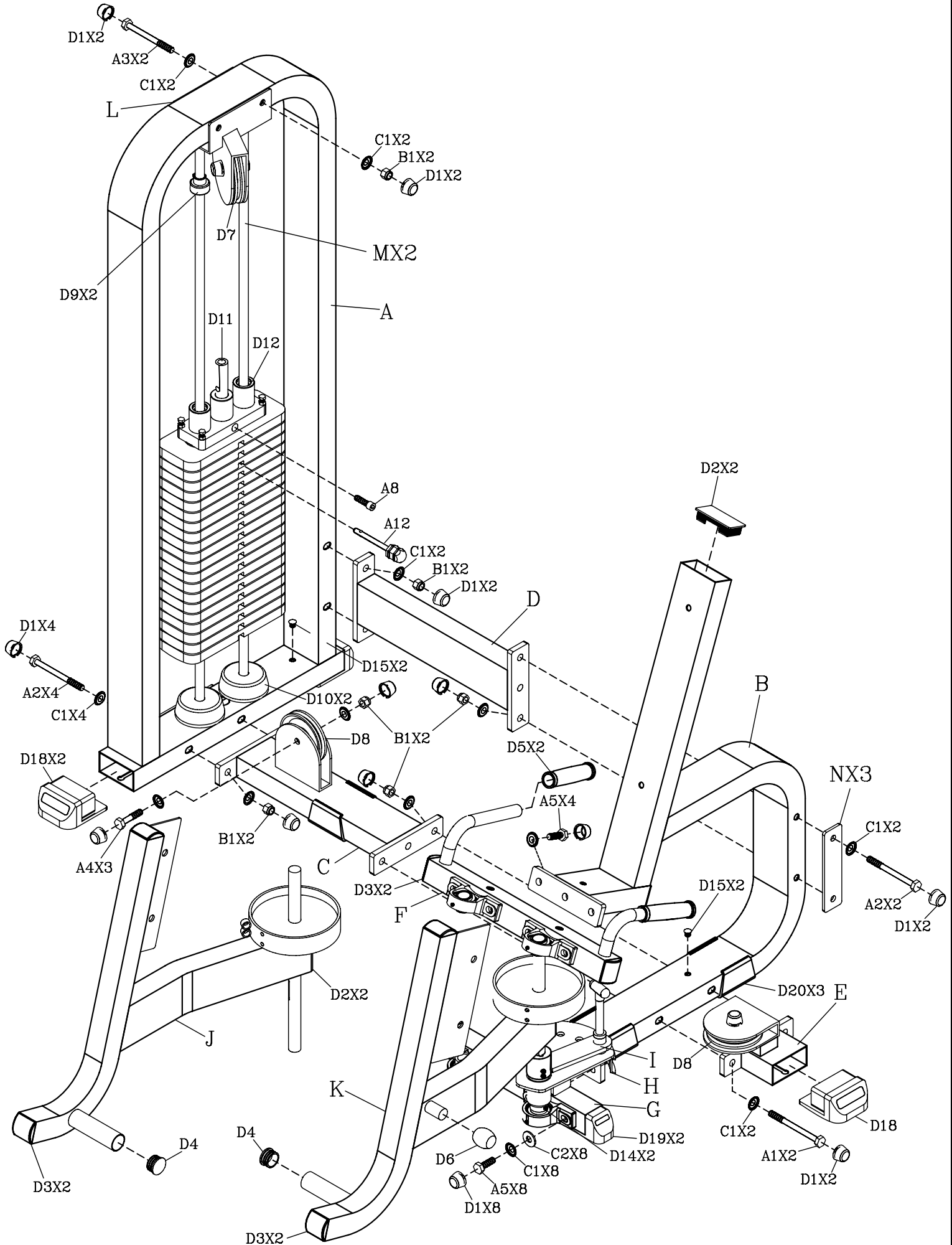
N [3PCS]



M [2PCS]

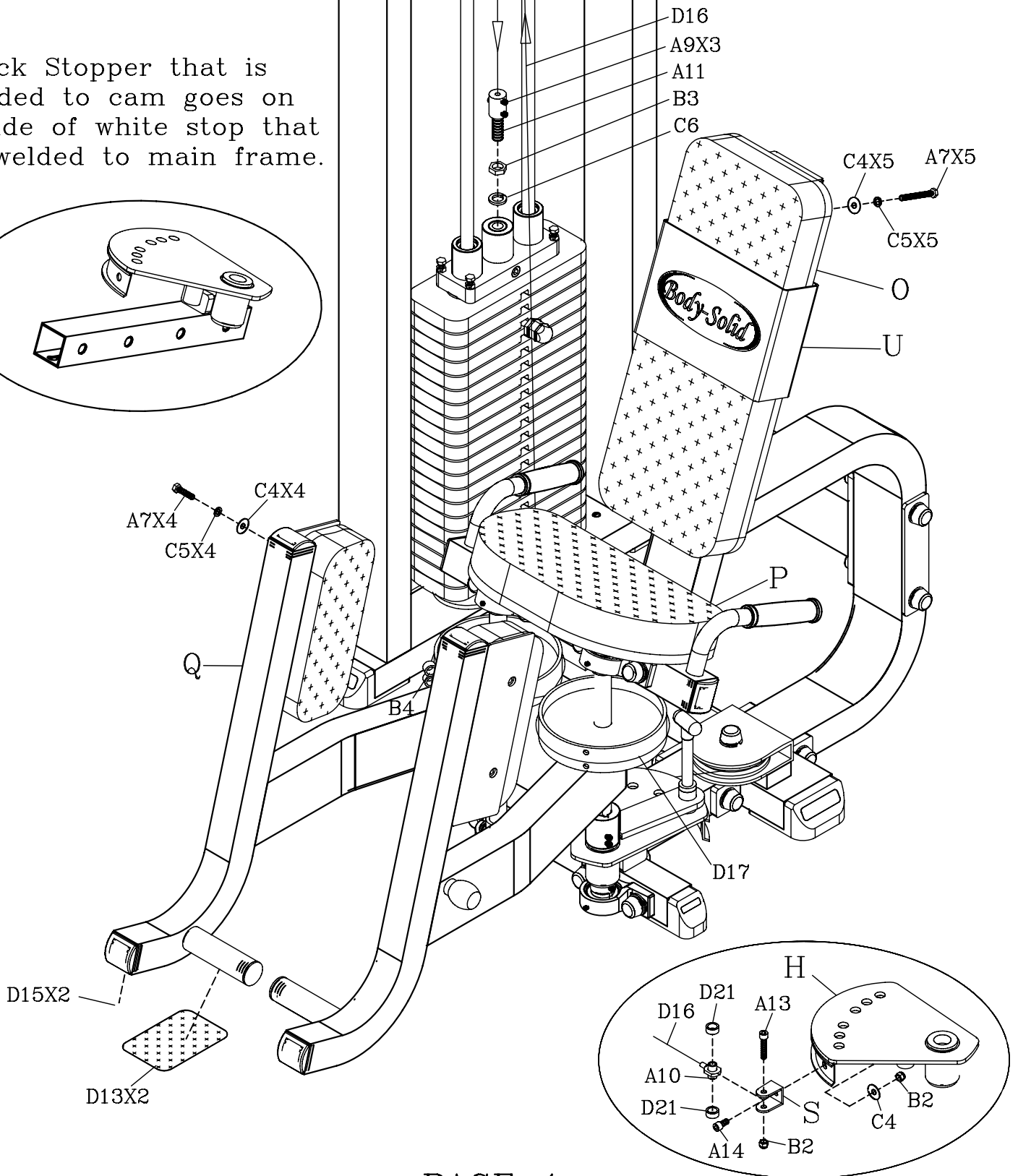
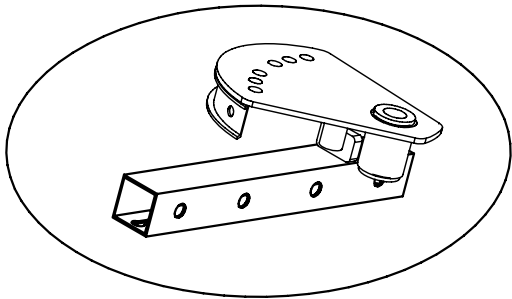


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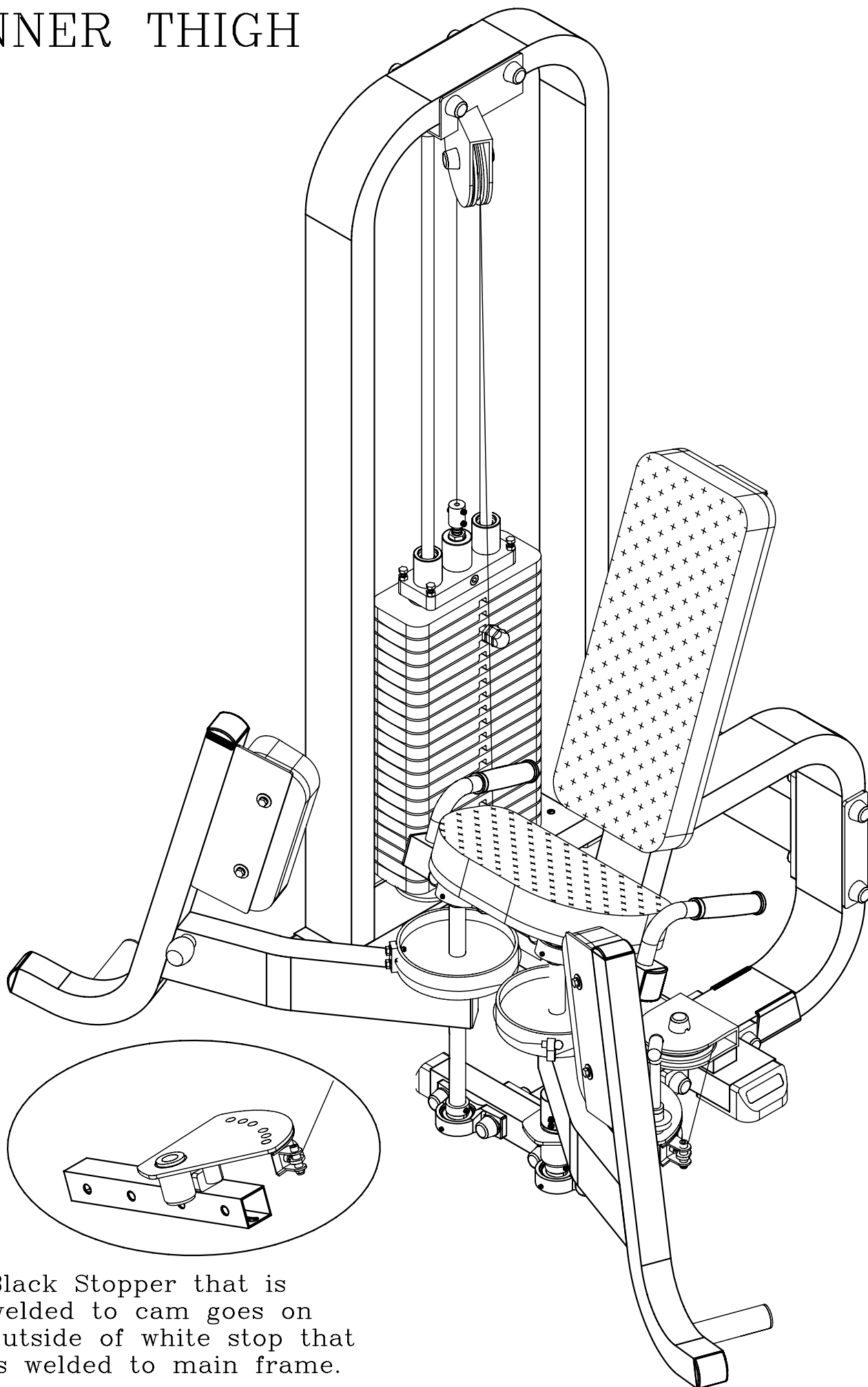


# STH-1100G OUTER THIGH

Black Stopper that is welded to cam goes on inside of white stop that is welded to main frame.



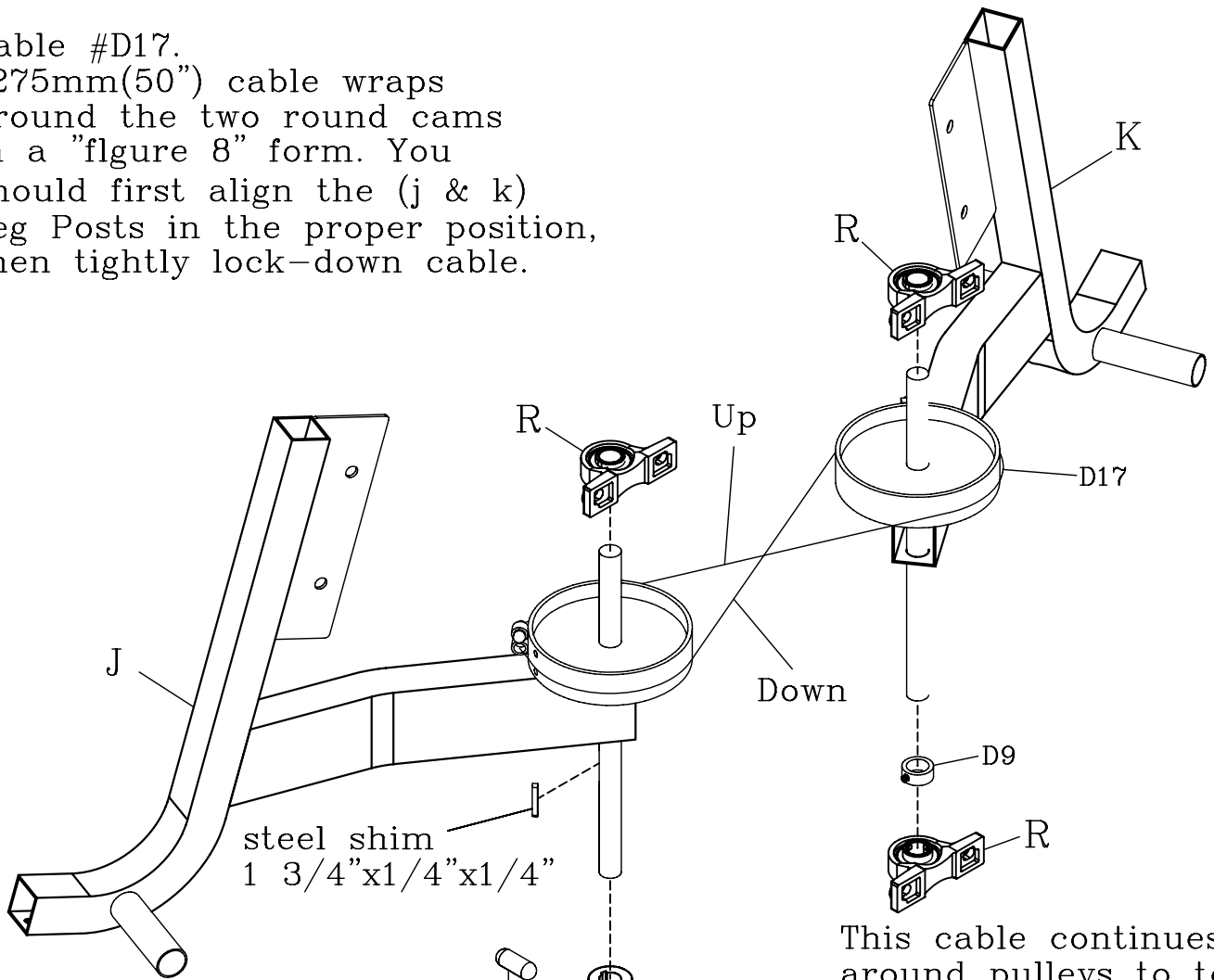
# STH-1100G INNER THIGH



Black Stopper that is welded to cam goes on outside of white stop that is welded to main frame.

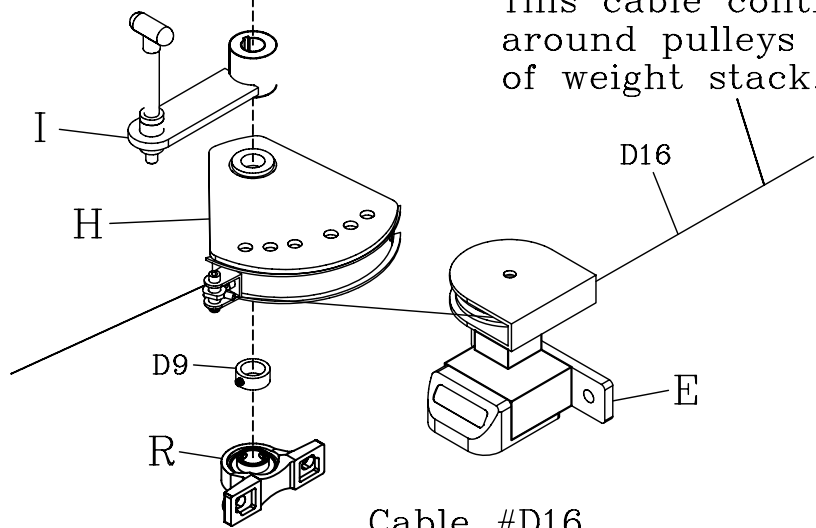
# STH-1100G INNER THIGH

Cable #D17.  
1275mm(50") cable wraps  
around the two round cams  
in a "figure 8" form. You  
should first align the (j & k)  
Leg Posts in the proper position,  
then tightly lock-down cable.



Install the steel  
shim as shown  
and lock it into  
place with the  
two allen screws.

Black Cam should be  
pointing outward  
from machine.

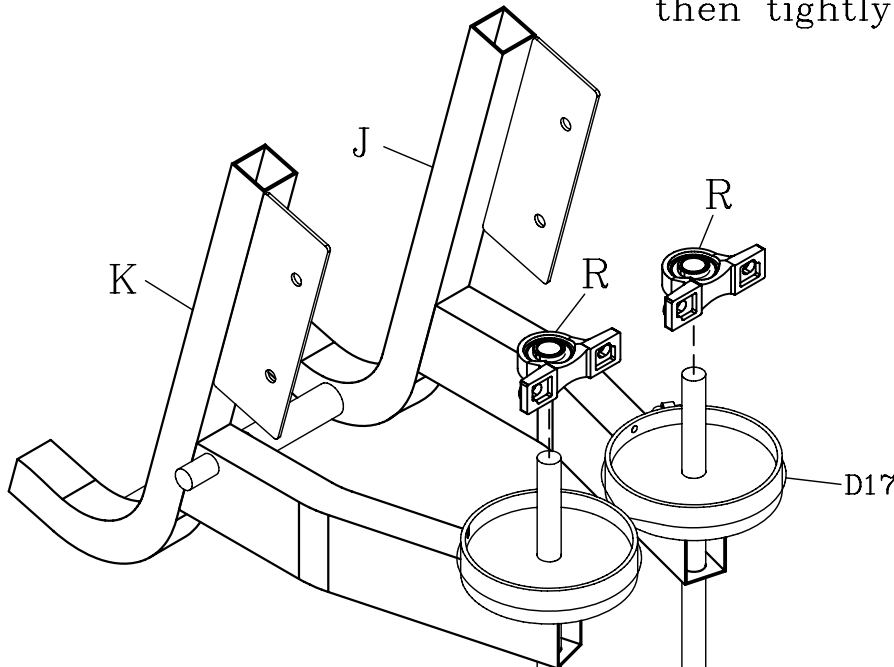


Cable #D16.  
3120mm(123") cable. Attach  
cable for Inner Thigh machine  
here first. Cable should then  
go around pulleys and down  
to weight stack top plate.



# STH-1100G OUTER THIGH

Cable #D17.  
1275mm(50") cable wraps  
around the two round cams  
in a "figure 8" form. You  
should first align the (j & k)  
Leg Posts in the proper position,  
then tightly lock-down cable.

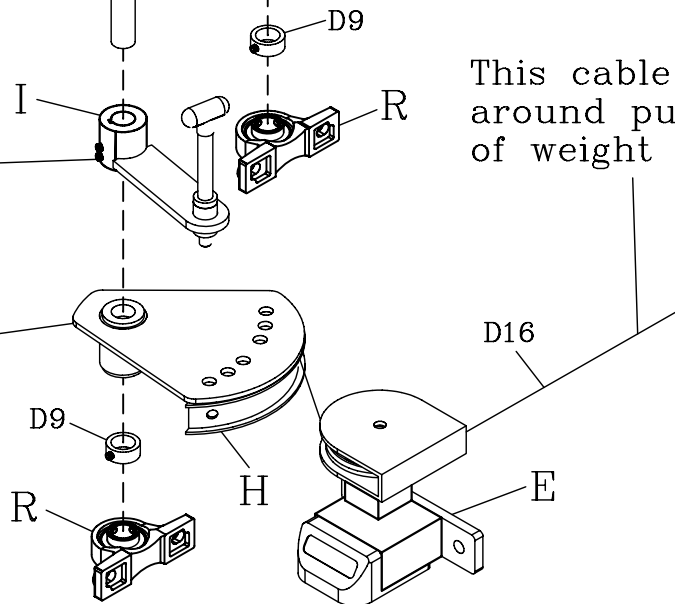


steel shim  
1 3/4"x1/4"x1/4"

Install the steel  
shim as shown  
and lock it into  
place with the  
two allen screws.

Black Cam should be  
pointing outward  
from machine.

This cable continues  
around pulleys to top  
of weight stack.



Cable #D16.  
3120mm(123") cable. Attach  
cable for Outer Thigh machine  
left side of black cam first.  
Cable should then go around  
pulleys and down to weight  
stack top plate.

# STH-1100G

