

Инструкция

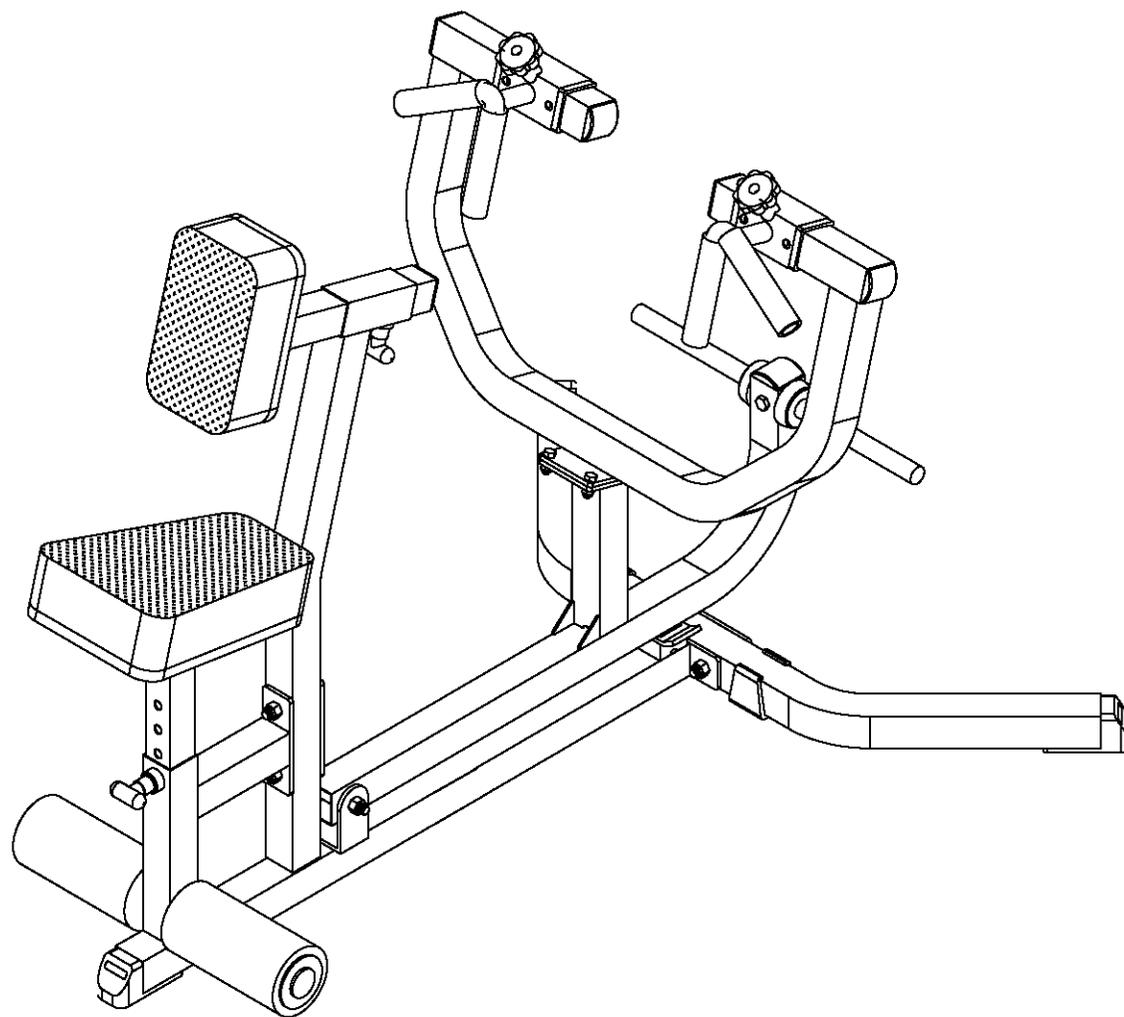
Тяга сидя Body Solid GSRM-40

Полезные ссылки:

[Тяга сидя Body Solid GSRM-40 - смотреть на сайте](#)

[Тяга сидя Body Solid GSRM-40 - читать отзывы](#)

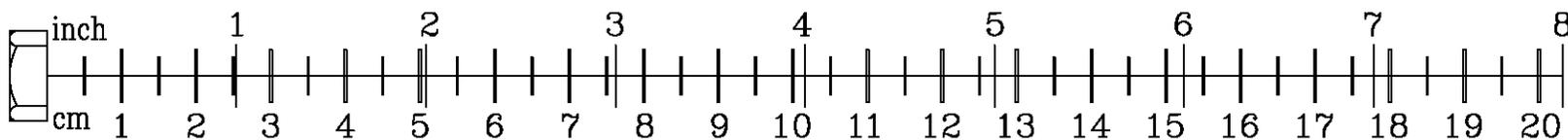
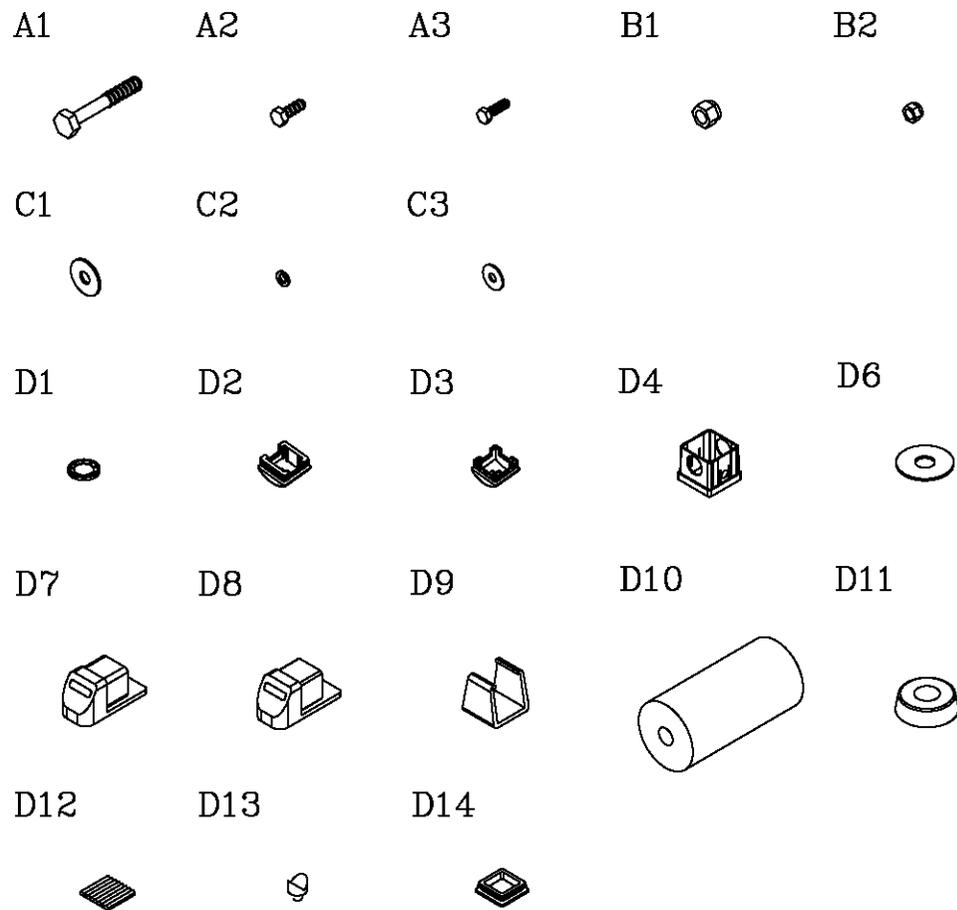
GSRM-40



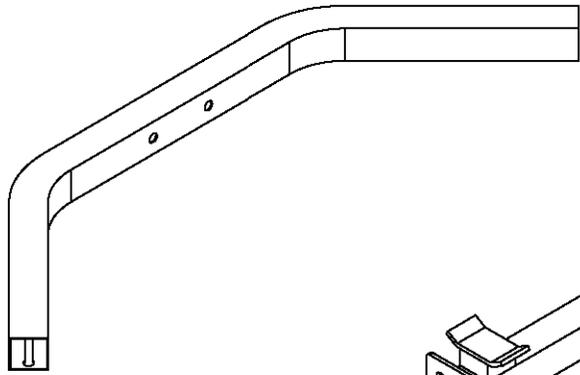
VERSION 1008

GSRM-40 HARDWARE ILLUSTRATION SHEET

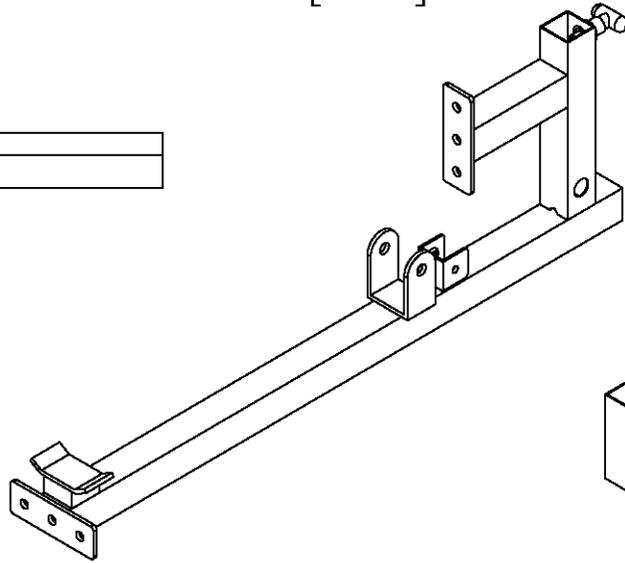
	Qty.
A1. M12X75 HEX HEAD BOLT -----	[4PCS]
A2. M10X25 HEX HEAD BOLT -----	[4PCS]
A3. 5/16X1" HEX HEAD BOLT -----	[8PCS]
B1. M12 NYLON LOCK NUT -----	[4PCS]
B2. M10 NYLON LOCK NUT -----	[4PCS]
C1. 5/16" (I.D.)WASHER -----	[8PCS]
C2. 5/16" SPRING WASHER -----	[8PCS]
C3. M10 (ø19) WASHER -----	[8PCS]
D1. ø1" ROUND END CAP (8341-033) -----	[2PCS]
D2. 2"X2" END CAP (9211-087) -----	[5PCS]
D3. 1 3/4"X1 3/4" END CAP(9211-091) -----	[1PCS]
D4. 60X50 NYLON BUSHING (9211-033) -----	[4PCS]
D6. ø3" NYLON WASHER (9214-008)-----	[2PCS]
D7. 2"X2"(1.8t) FOOT CAP (9211-024) -----	[2PCS]
D8. 2"X2"(2.5t) FOOT CAP (9211-025) -----	[1PCS]
D9. 2"X2" RUBBER DONUT (9212-010) -----	[2PCS]
D10. 4"X23X8" FOAM ROLLER (9161-009) -----	[2PCS]
D11. ø2 1/2" X ø26 RUBBER DONUT (9310-012) -----	[2PCS]
D12. 1 1/2"X1 1/2" RUBBER BAR CATCH (9310-001) [1PCS]	
D13. ø6Xø13 RUBBER DONUT V STYLE (9214-004) --	[2PCS]
D14. 2"X2" END CAP (9211-005)-----	[1PCS]



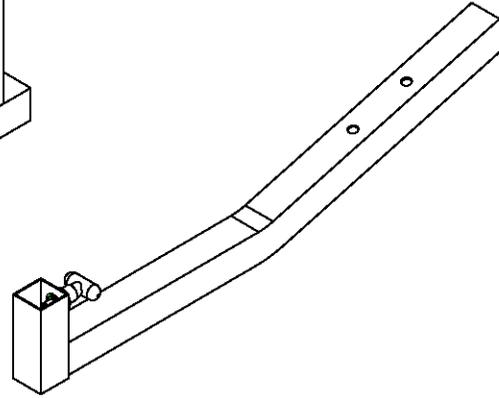
A [1PCS]



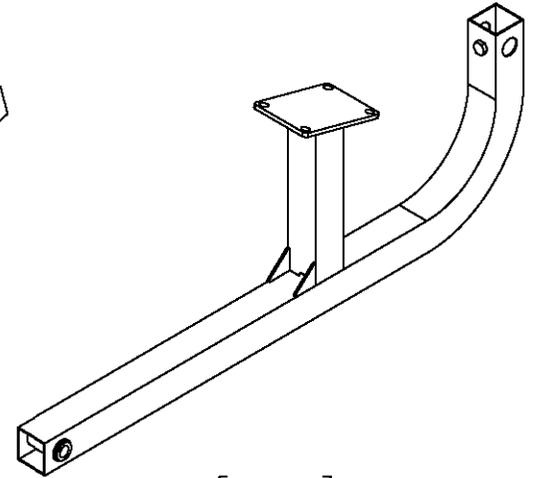
B [1PCS]



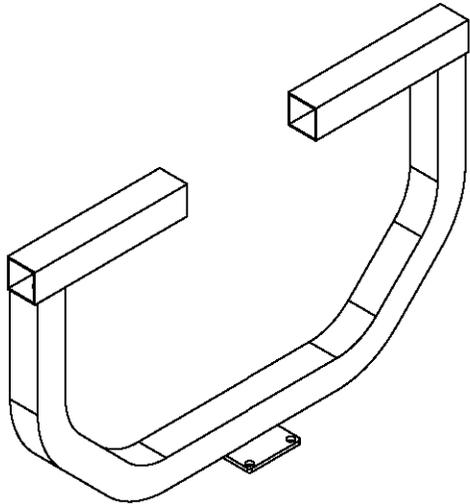
C [1PCS]



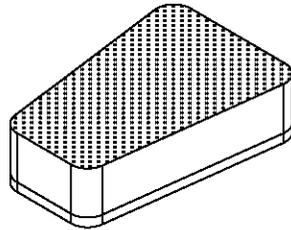
D [1PCS]



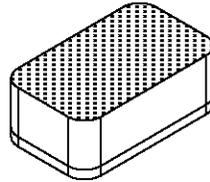
E [1PCS]



F [1PCS]
9122-004



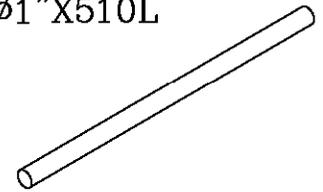
H [1PCS]
9132-006



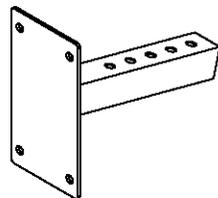
J [1PCS]



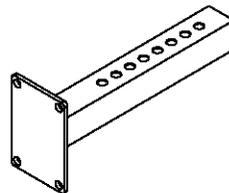
K [1PCS]
Ø1"X510L



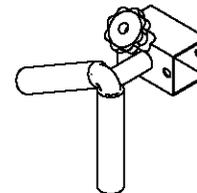
G [1PCS]



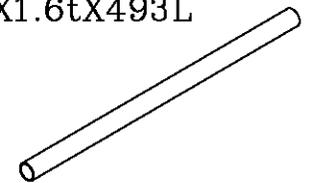
I [1PCS]



J-1 [1PCS]



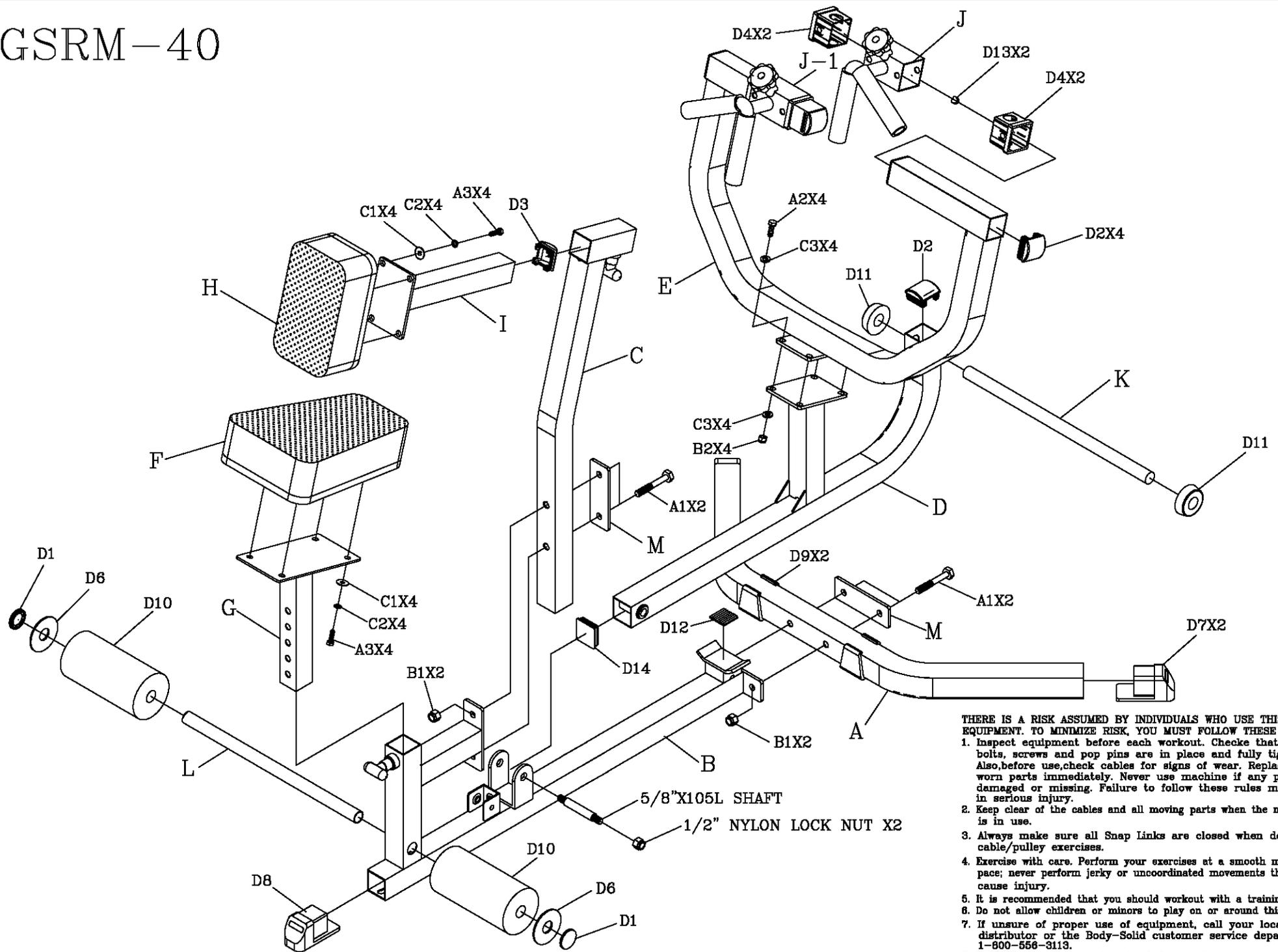
L [1PCS]
Ø1"X1.6tX493L



M [2PCS]
8312-062



GSRM-40



- 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