Инструкция

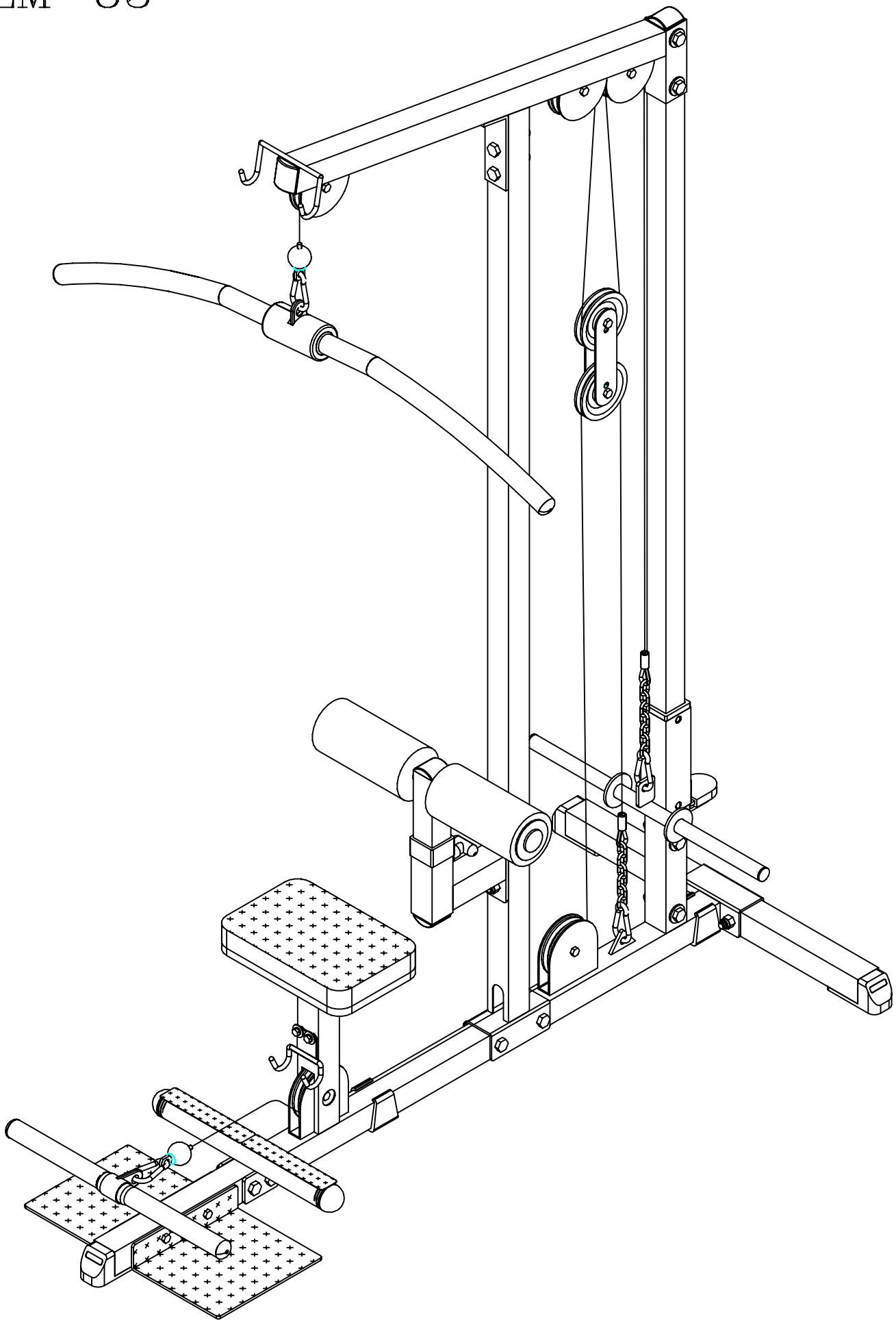
Вертикально-горизонтальная тяга Body Solid GLM-83

Полезные ссылки:

Вертикально-горизонтальная тяга Body Solid GLM-83 - смотреть на сайте

Вертикально-горизонтальная тяга Body Solid GLM-83 - читать отзывы

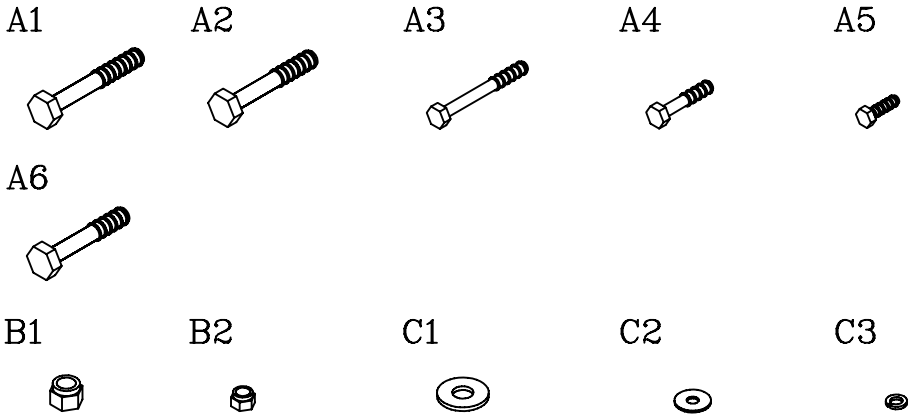
GLM-83



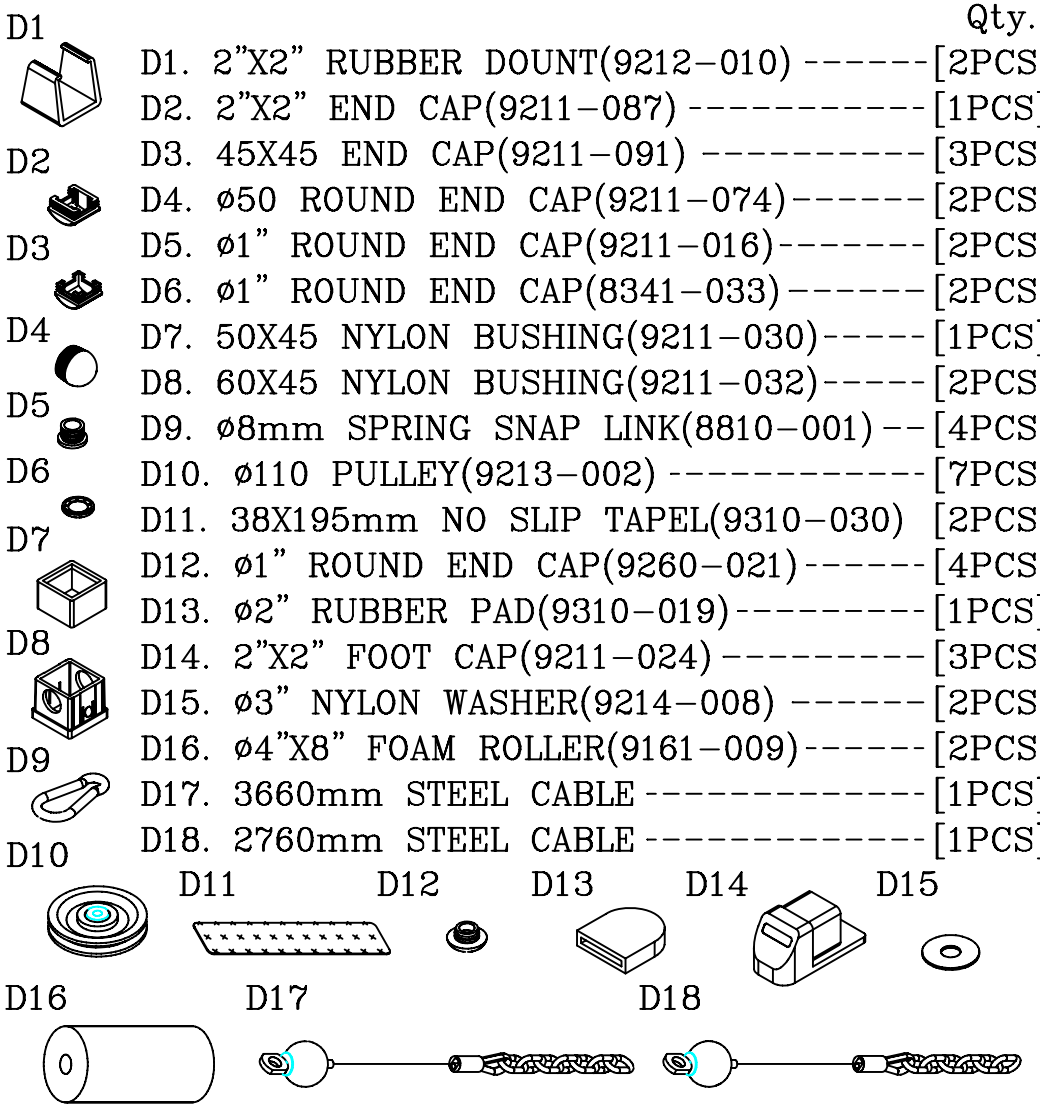
VERSION 0506

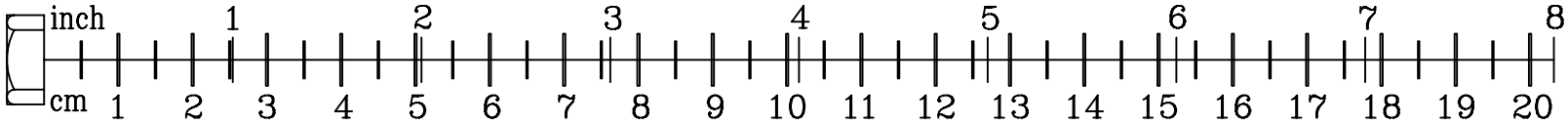
GLM-83 HARDWARE ILLUSTRATION SHEET

		Qty.
A1.	M12X75 HEX HEAD BOLT	[6PCS]
A2.	M12X70 HEX HEAD BOLT	[4PCS]
A3.	M10X70 HEX HEAD BOLT	[2PCS]
A4.	M10X40 HEX HEAD BOLT	[7PCS]
A5.	5/16"X25 HEX HEAD BOLT	[4PCS]
A6.	M12X65 HEX HEAD BOLT	[4PCS]
B1.	M12 NYLON LOCK NUT	[14PCS]
B2.	M10 NYLON LOCK NUT	[9PCS]
C1.	M12 (I.D)WASHER	[12PCS]
C2.	M8 (I.D)WASHER	[4PCS]
C3.	M8 SPRING WASHER	[4PCS]



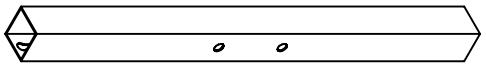
		Qty.
D1.	2"X2" RUBBER DOUNT(9212-010)	[2PCS]
D2.	2"X2" END CAP(9211-087)	[1PCS]
D3.	45X45 END CAP(9211-091)	[3PCS]
D4.	ø50 ROUND END CAP(9211-074)	[2PCS]
D5.	ø1" ROUND END CAP(9211-016)	[2PCS]
D6.	ø1" ROUND END CAP(8341-033)	[2PCS]
D7.	50X45 NYLON BUSHING(9211-030)	[1PCS]
D8.	60X45 NYLON BUSHING(9211-032)	[2PCS]
D9.	ø8mm SPRING SNAP LINK(8810-001)	[4PCS]
D10.	ø110 PULLEY(9213-002)	[7PCS]
D11.	38X195mm NO SLIP TAPEL(9310-030)	[2PCS]
D12.	ø1" ROUND END CAP(9260-021)	[4PCS]
D13.	ø2" RUBBER PAD(9310-019)	[1PCS]
D14.	2"X2" FOOT CAP(9211-024)	[3PCS]
D15.	ø3" NYLON WASHER(9214-008)	[2PCS]
D16.	ø4"X8" FOAM ROLLER(9161-009)	[2PCS]
D17.	3660mm STEEL CABLE	[1PCS]
D18.	2760mm STEEL CABLE	[1PCS]



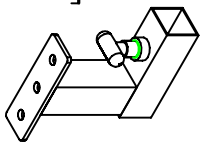


GLM-83 PARTS ILLUSTRATION SHEET

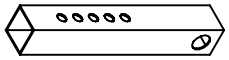
A [1PCS]



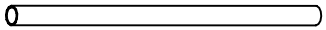
I [1PCS]



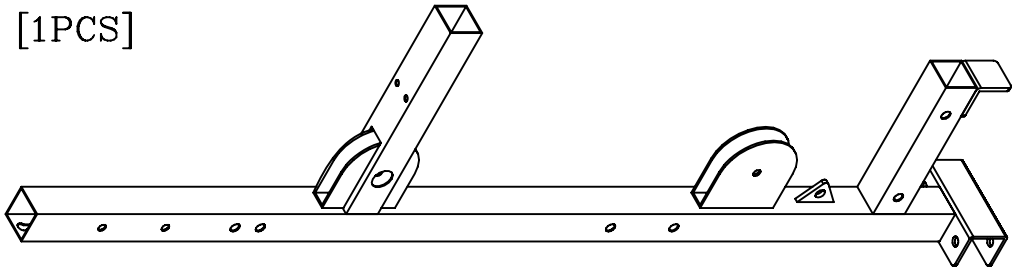
J [1PCS]



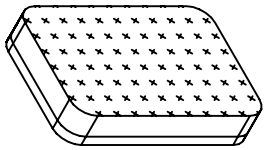
K [1PCS]



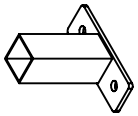
B [1PCS]



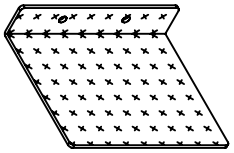
L [1PCS]
9122-010



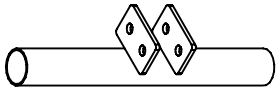
M [1PCS]



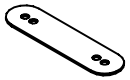
C [2PCS]
8370-006



D [1PCS]

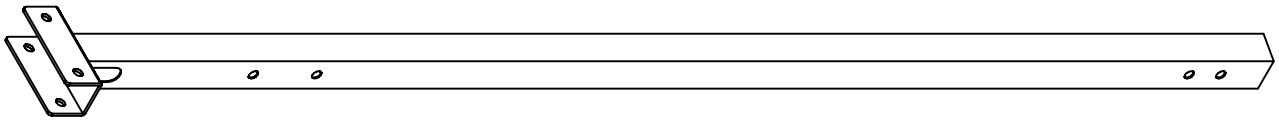


N [2PCS]
8342-014

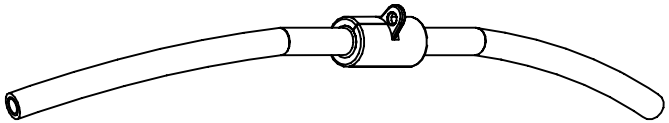


O [1PCS]

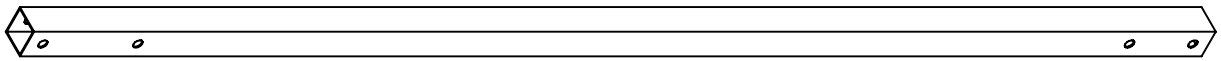
E [1PCS]



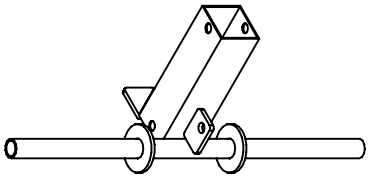
P [1PCS]



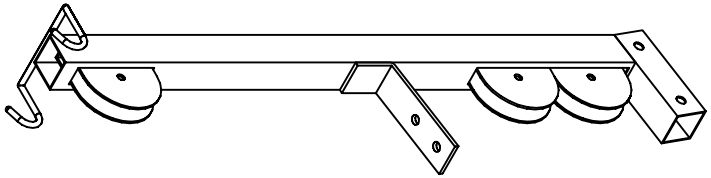
F [1PCS]



G [1PCS]



H [1PCS]



Q [1PCS]

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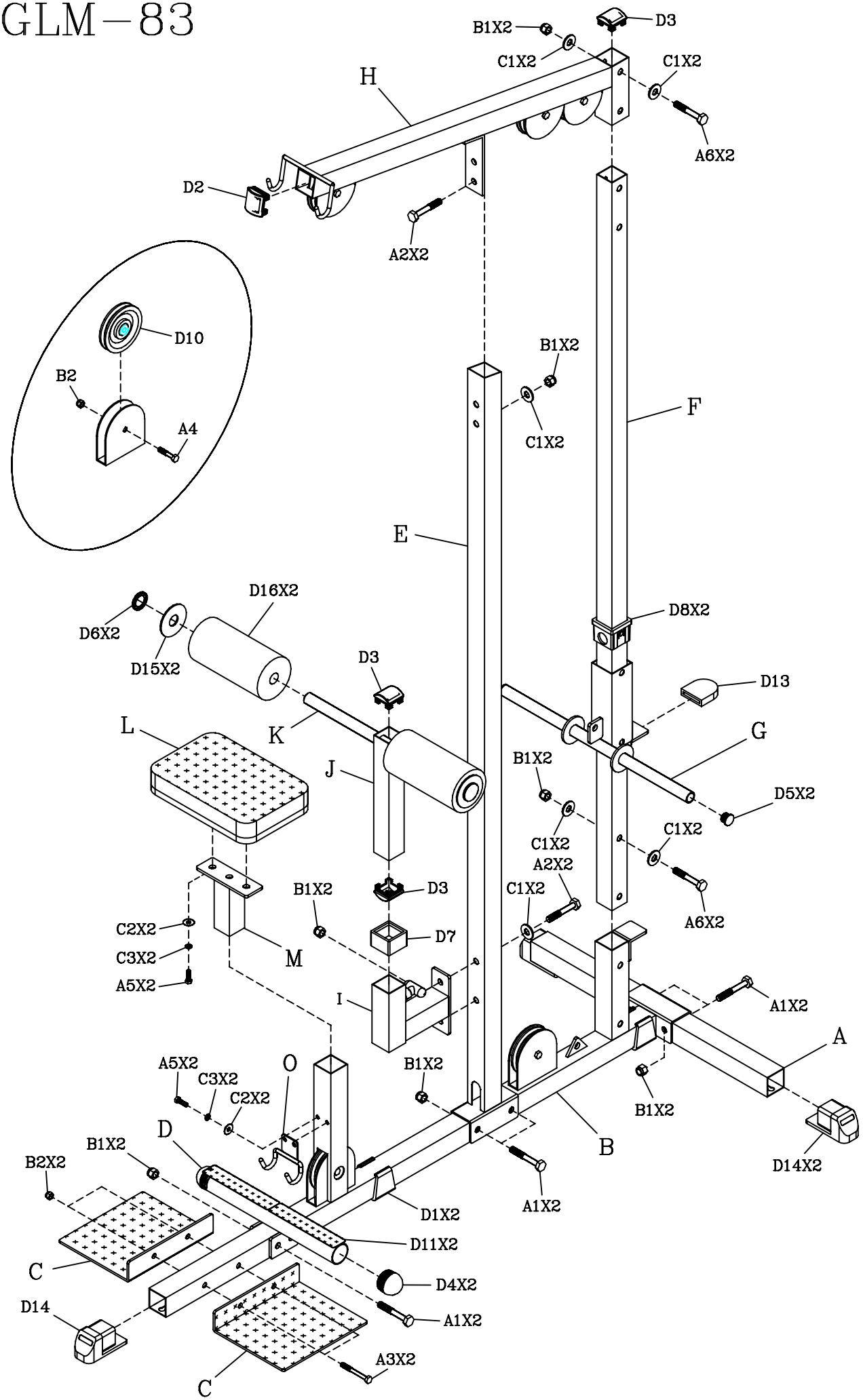
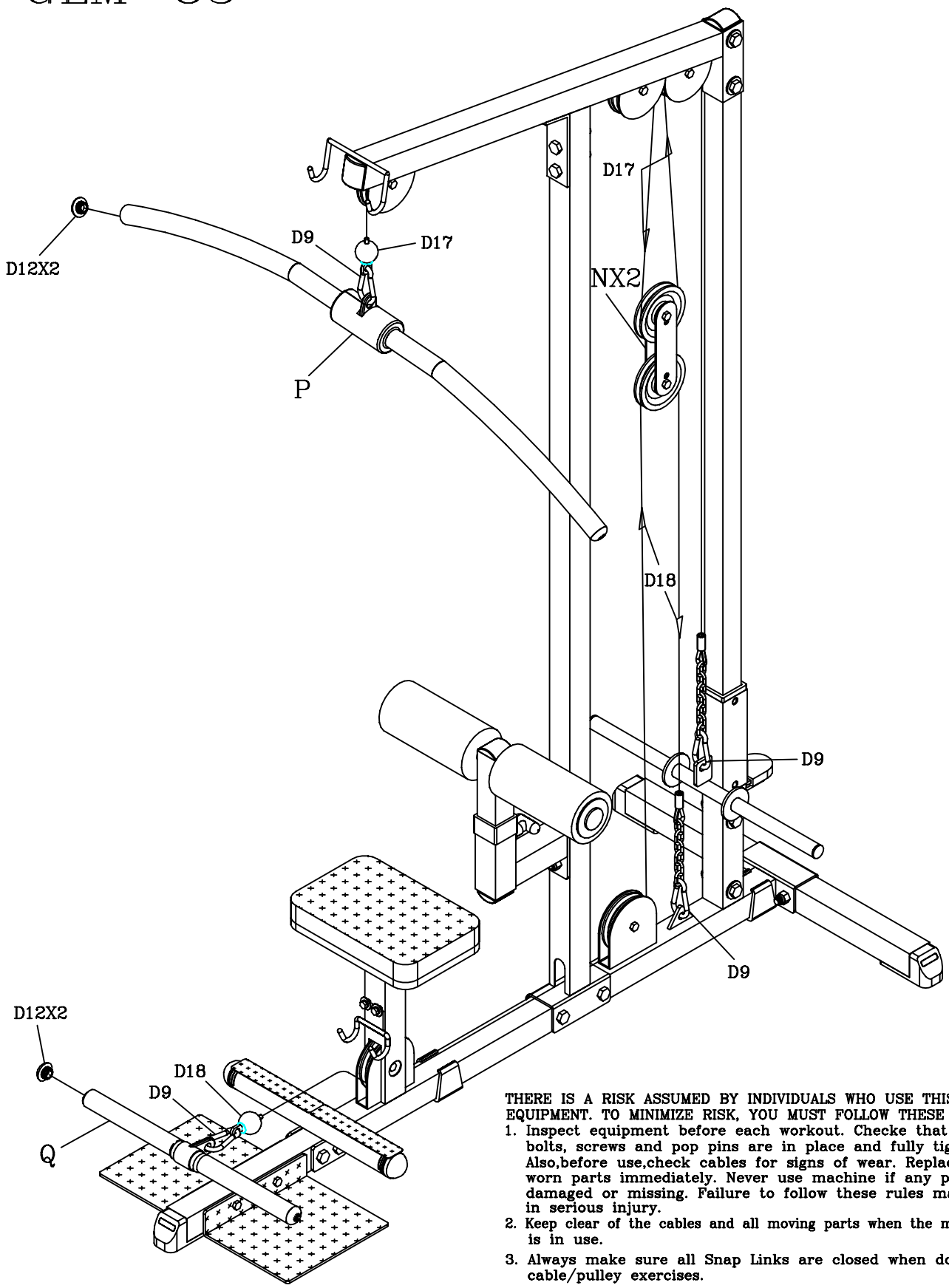

B1X2
D3
C1X2
C1X2
H
A6X2
D2
A2X2
D10
B1X2
B2
F
A4
C1X2
E
D16X2
D8X2
D6X2
D15X2
D3
D13
L
K
G
J
B1X2
D5X2
C1X2
C1X2
A2X2
B1X2
D3
C1X2
A6X2
C2X2
D7
C3X2
M
A5X2
I
A1X2
A
A5X2
O
B1X2
C3X2
C2X2
B1X2
D
B1X2
B
B2X2
D14X2
A1X2
D1X2
D11X2
C
D4X2
D14
A1X2
A3X2
C

GLM-83



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. Checke 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