

Инструкция

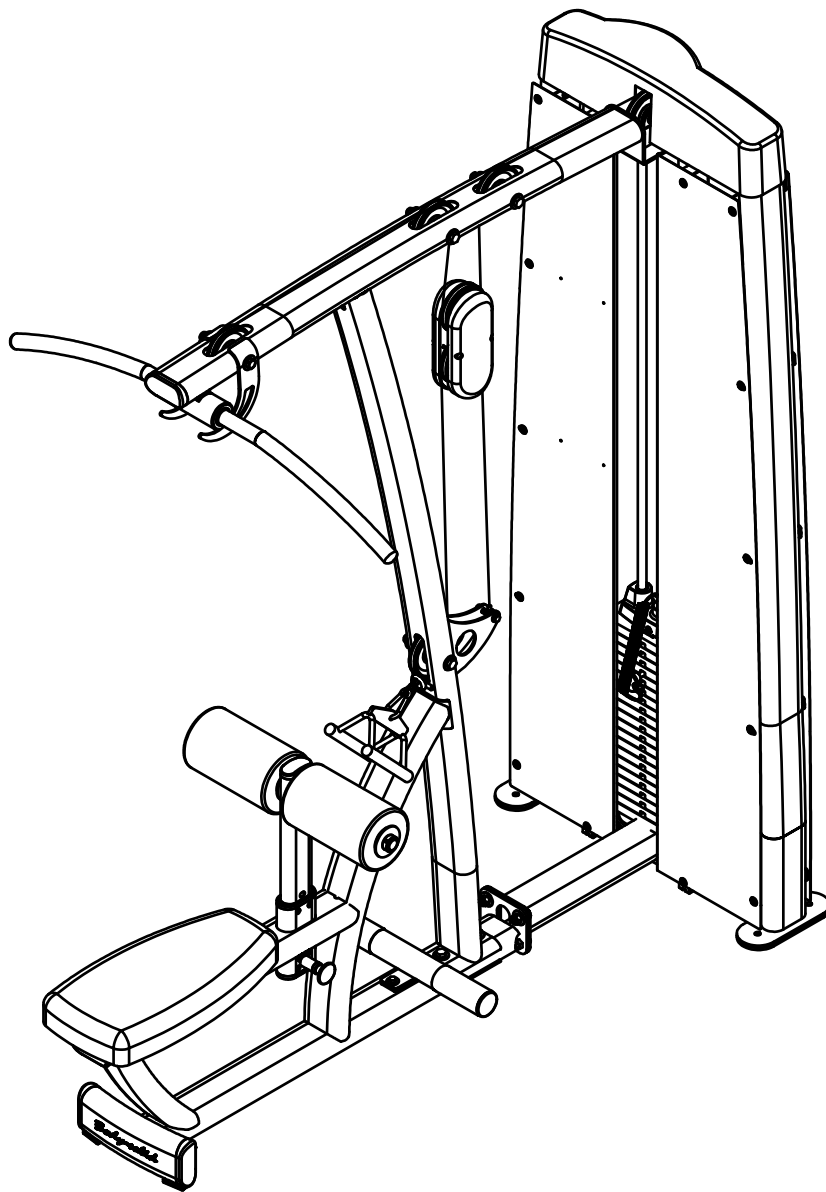
Вертикально-горизонтальная тяга Body Solid ProDual DLAT-SF

Полезные ссылки:

[Вертикально-горизонтальная тяга Body Solid ProDual DLAT-SF - смотреть на сайте](#)

[Вертикально-горизонтальная тяга Body Solid ProDual DLAT-SF - читать отзывы](#)

Body-Solid

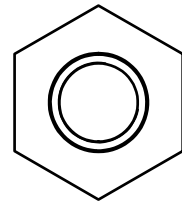
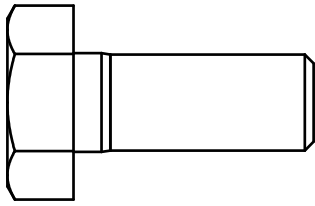


BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
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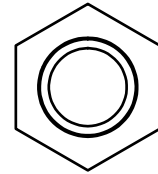
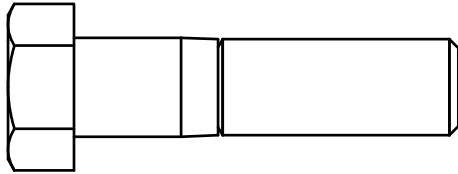
DLAT.1 OWNER'S MANUAL

DLAT ASSEMBLY INSTRUCTIONS

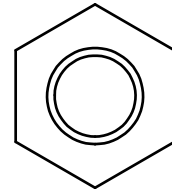
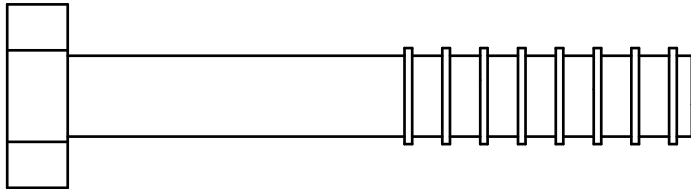
HARDWARE ILLUSTRATION



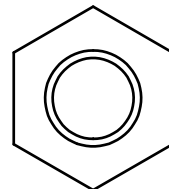
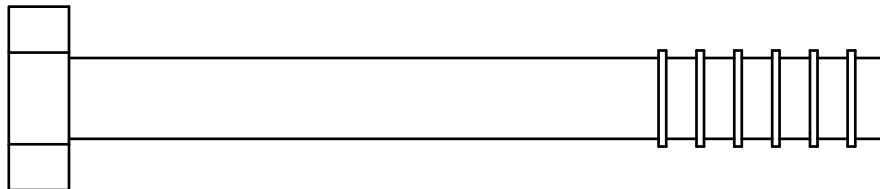
(A1) HEX BOLT 1/2"x1 1/4"L PARTIAL THREAD QTY.2



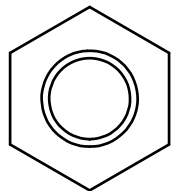
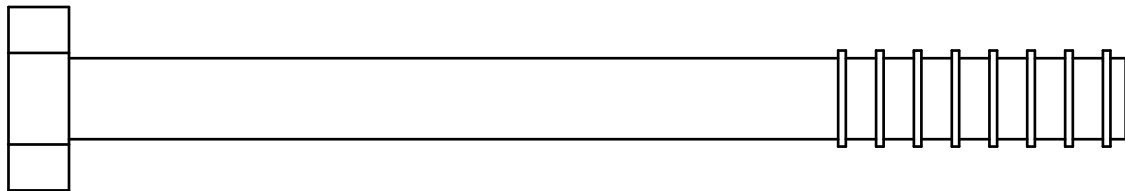
(A2) HEX BOLT 1/2"x2"L PARTIAL THREAD QTY.2



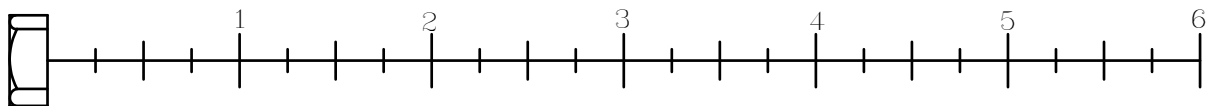
(A3) HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.1



(A4) HEX BOLT 1/2"x4 1/4"L PARTIAL THREAD QTY.2

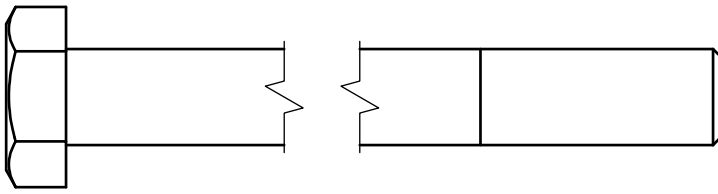


(A5) HEX BOLT 1/2"x5 1/2"L PARTIAL THREAD QTY.3

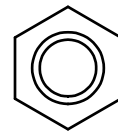
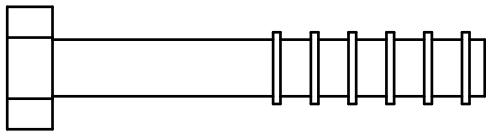


DLAT ASSEMBLY INSTRUCTIONS

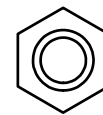
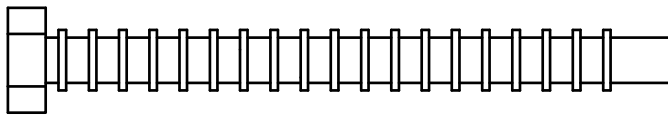
HARDWARE ILLUSTRATION



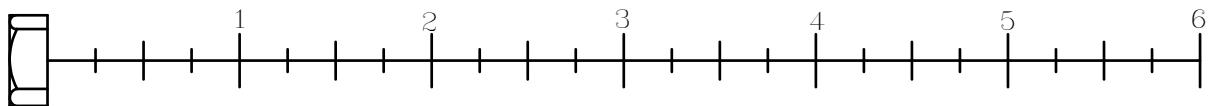
(A6)HEX BOLT 1/2"x5 3/4"L PARTIAL THREAD QTY.1



(A7)HEX BOLT 3/8"x2 1/4"L PARTIAL THREAD QTY.1

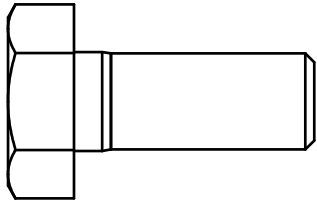


(A9)HEX BOLT 5/16"x3 1/4"L PARTIAL THREAD QTY.2

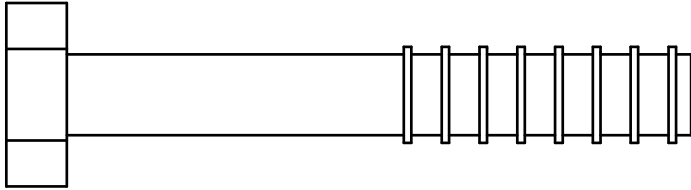
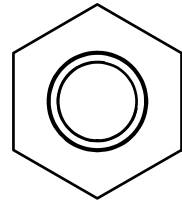


DLAT ASSEMBLY INSTRUCTIONS

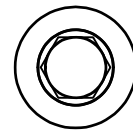
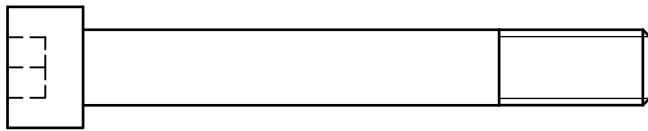
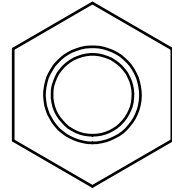
HARDWARE ILLUSTRATION CONNECT DGYM



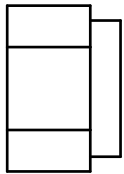
(A10)HEX BOLT 1/2"x1 1/4"L PARTIAL THREAD QTY.4



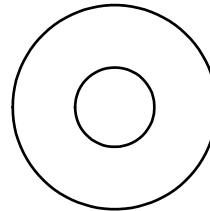
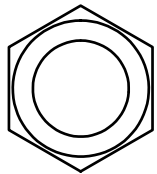
(A11)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.1



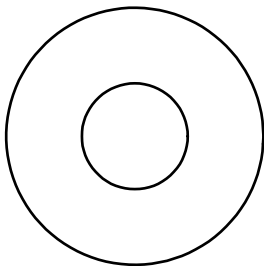
(A21)ROUND ALLEN HEAD M10X75L PARTIAL THREAD QTY.2



(B1)NYLON LOCK NUT 1/2" QTY.5



(C12)M10(I.D.)FLAT WASHER Ø27 QTY.2

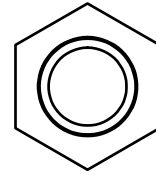
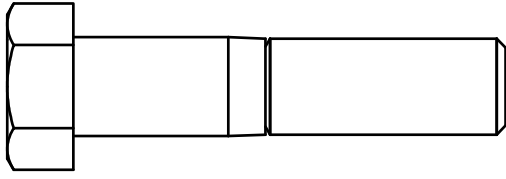


(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.10

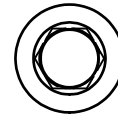
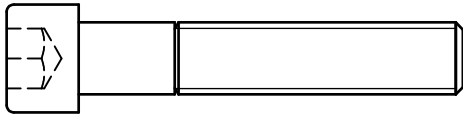


DLAT ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION

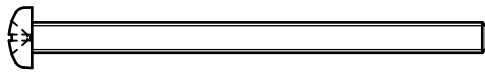


(A13)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.1

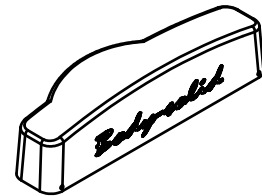


(A15)ROUND ALLEN HEAD 3/8"X2"L PARTIAL THREAD QTY.1

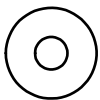
Optional Purchase



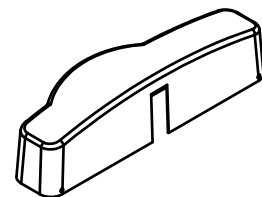
(A14)HEX BOLT M4X65L"L PARTIAL THREAD QTY.2



TOP CAP(9211-111)

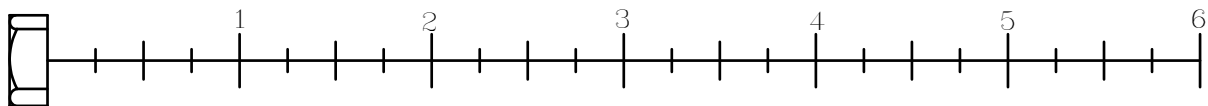


(C10)M4(I.D.)FLAT WASHER Ø12 QTY.2



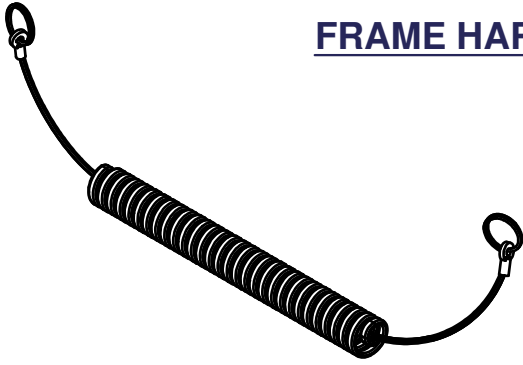
TOP CAP(9211-119)

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

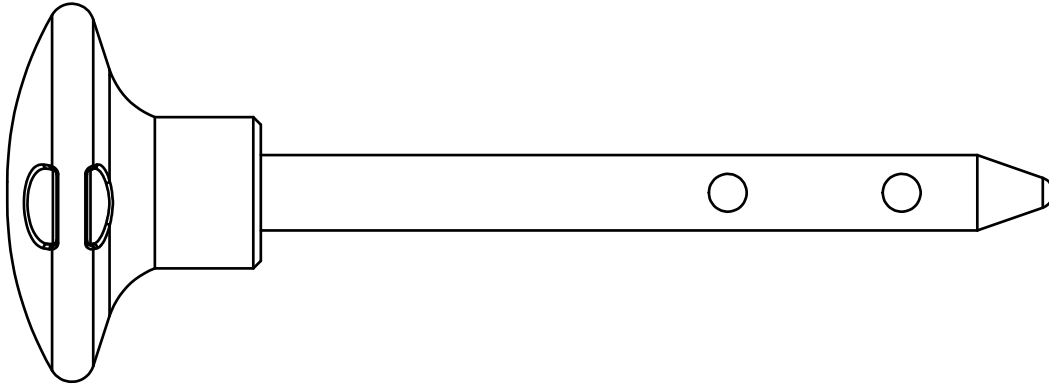


DLAT ASSEMBLY INSTRUCTIONS

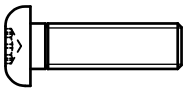
FRAME HARDWARE ILLUSTRATION



(A16)ELASTIC BOLT QTY.1



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



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

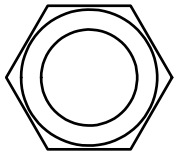


(A20)ROUND ALLEN HEAD 5/32"X1/4"L PARTIAL THREAD QTY.4

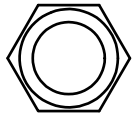
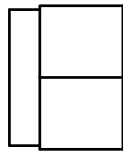


DLAT ASSEMBLY INSTRUCTIONS

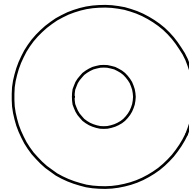
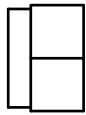
HARDWARE ILLUSTRATION



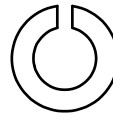
(B2) NYLON LOCK NUT 1/2" QTY.10



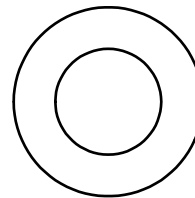
(B3) NYLON LOCK NUT 3/8" QTY.1



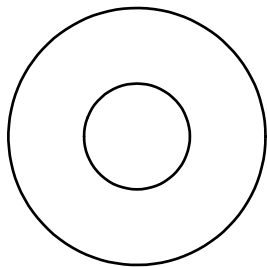
(C5) 5/16" (I.D.) FLAT WASHER Ø24 QTY.2



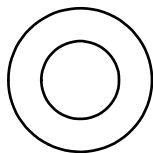
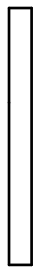
(C6) 5/16" SPRING WASHER QTY.2



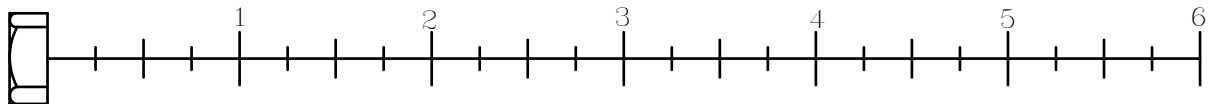
(C13) 1/2" (I.D.) FLAT WASHER Ø25 QTY.4



(C3) 1/2" (I.D.) FLAT WASHER Ø34 QTY.17

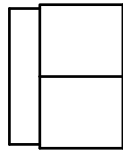
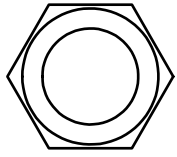


(C4) 3/8" (I.D.) FLAT WASHER Ø19 QTY.2

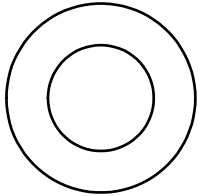


DLAT ASSEMBLY INSTRUCTIONS

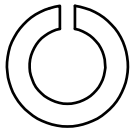
FRAME HARDWARE ILLUSTRATION



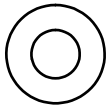
(B5)NYLON LOCK NUT 1/2" QTY.1



(C8)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



(C9)3/8" SPRING WASHER QTY.1

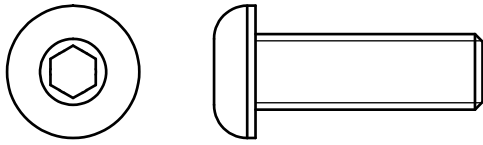


(C11)M6(I.D.)FLAT WASHER Ø13 QTY.24

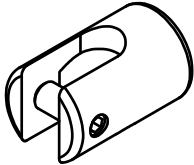


DLAT ASSEMBLY INSTRUCTIONS

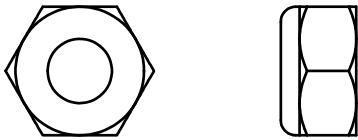
Selector Rod HARDWARE ILLUSTRATION



(A22)ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.1



(A23)FIRM SHEATH(8890-046) QTY.1



(B6)NYLON LOCK NUT M10 QTY.1



DLAT ASSEMBLY INSTRUCTIONS

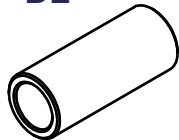
HARDWARE ILLUSTRATION

D1.Ø3/4"X16L STEEL BUSHING (8110-066)	[2PCS]
D2.Ø3/4"X45L STEEL BUSHING (8110-067)	[8PCS]
D3.Ø1" SHAFT COLLAR(8130-024)	[2PCS]
D4.Ø8 SPRING SNAP LINK(8810-001)	[2PCS]
D5.Ø1" END CAP(9211-016)	[2PCS]
D6.Ø60 END CAP(9211-065)	[2PCS]
D7.50X100(40X80)NYLON BUSHING(9211-107)	[2PCS]
D8.58X116X2.5T FOOT CAP(9211-108)	[2PCS]
D9.COVER(9211-110)	[2PCS]
D10.58X116 END CAP(9211-112)	[2PCS]
D11.40X80 END CAP(9211-113)	[2PCS]
D12. 3" Nylon Washer (9214-008)	[4PCS]
D13. Ø1"x2.5t Round End Cap(9260-021)	[2PCS]
D14.Ø3/4" SHAFT COLLAR(9211-046)	[2PCS]
D15.Ø2 1/2"X19.2X19.4T RUBBER DOUNT(9310-010)	[2PCS]
D16.95X140L RUBBER PAD(9310-035)	[2PCS]
D17.95X250 RUBBER PAD(9310-060)	[2PCS]

D1



D2



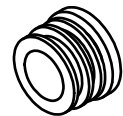
D3



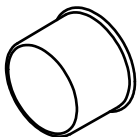
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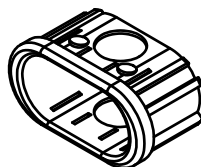
D5



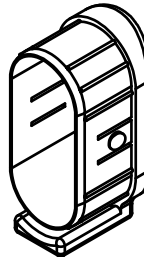
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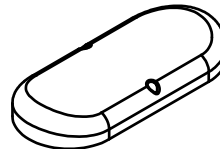
D7



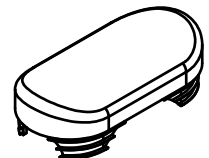
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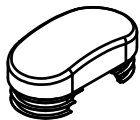
D9



D10



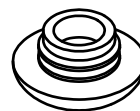
D11



D12



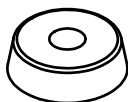
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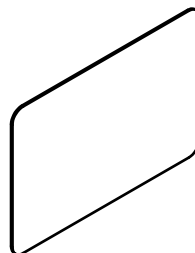
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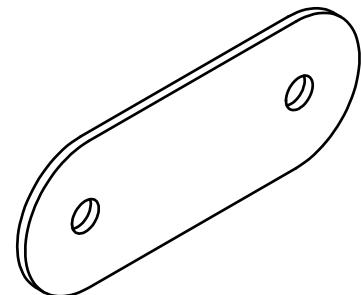
D15



D16



D17

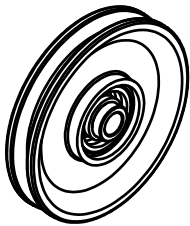


DLAT ASSEMBLY INSTRUCTIONS

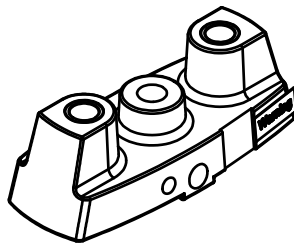
HARDWARE ILLUSTRATION

D18.Ø117 PULLEY(9213-010B)-----	[8PCS]
D19.TOP PLATE(8400-006)-----	[1PCS]
D21.1975mm STEEEL CABLE(FDLATA)-----	[1PCS]
D22.3250mm STEEL CABLE(FDLATB)-----	[1PCS]
D23.DLAT For DGYM Steel Cable(FDLATC)-----	[1PCS]
D24.150X250L RUBBER PAD(9310-036)-----	[1PCS]
D25.WEIGHT SELECTOR BAR(8210-042B)-----	[1PCS]

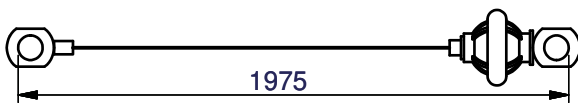
D18



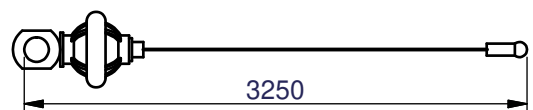
D19



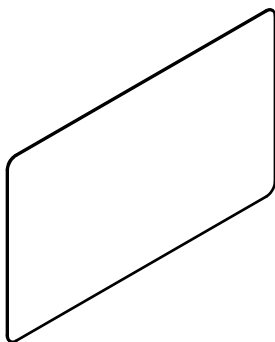
D21



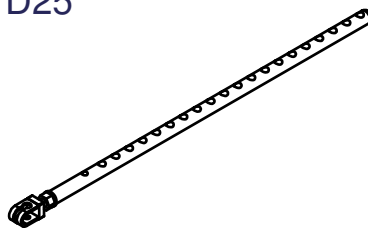
D22



D24



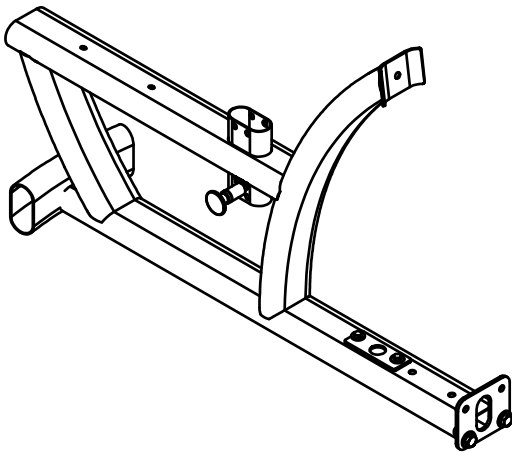
D25



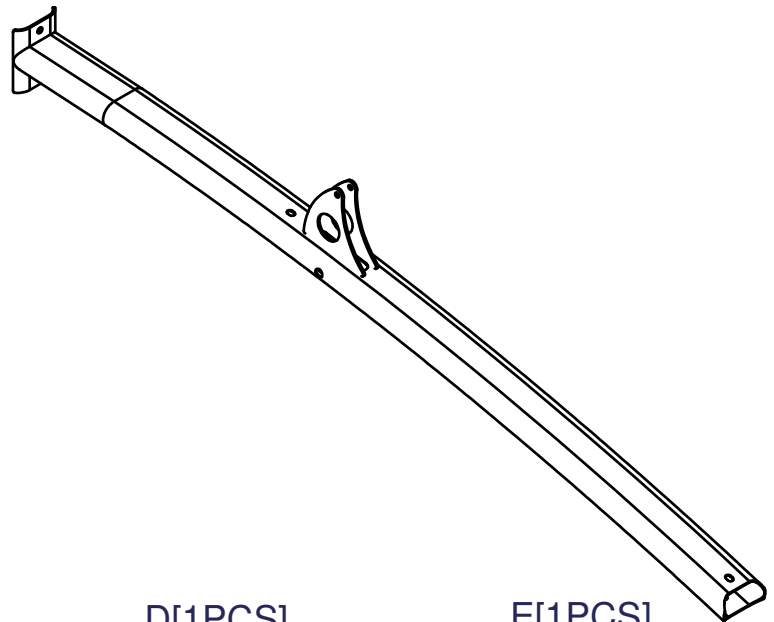
DLAT ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

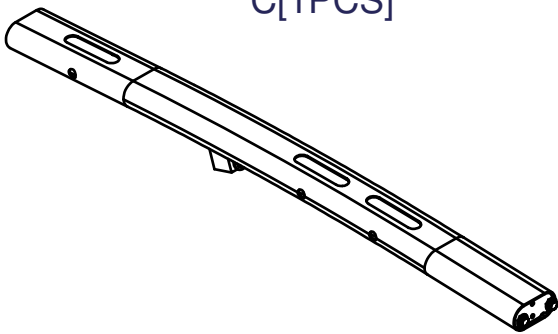
A1[1PCS]



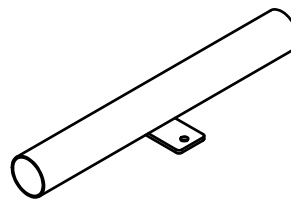
B[1PCS]



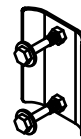
C[1PCS]



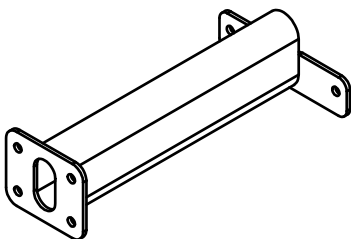
D[1PCS]



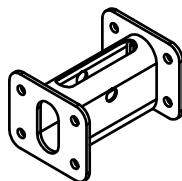
E[1PCS]



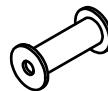
F[1PCS]



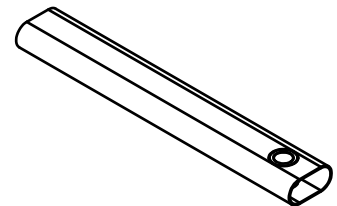
G[1PCS]
CONNECT DGM



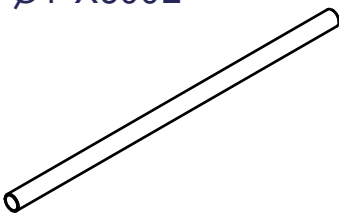
H[2PCS]



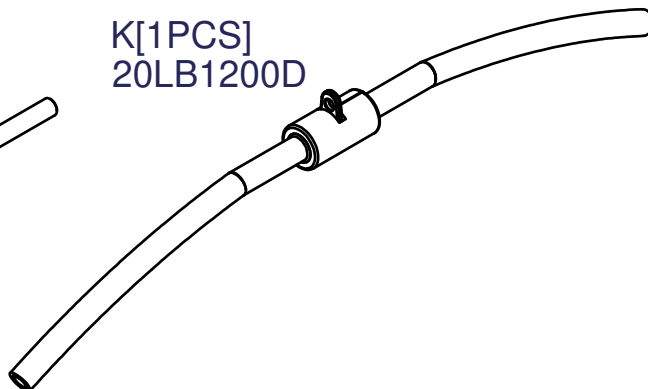
I[1PCS]



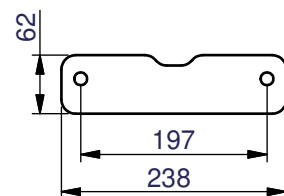
J[1PCS]
Ø1"X600L



K[1PCS]
20LB1200D



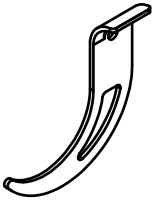
L[1PCS]
8313-130



DLAT ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

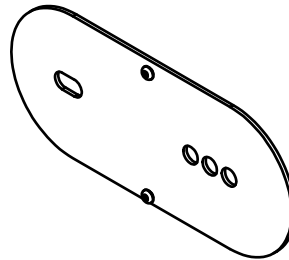
M[1PCS]
8343-146



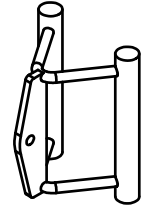
N[1PCS]
8343-147



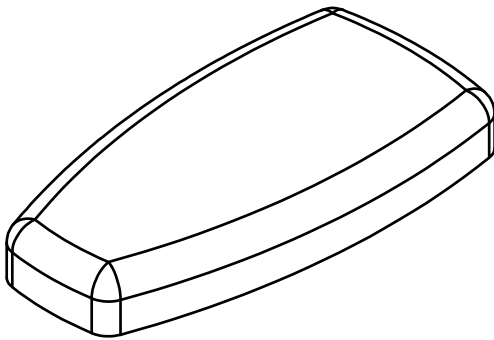
O[2PCS]
8343-140



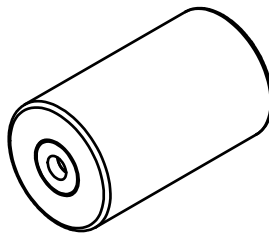
P[1PCS]
8290-001



Q[1PCS]
9121-054



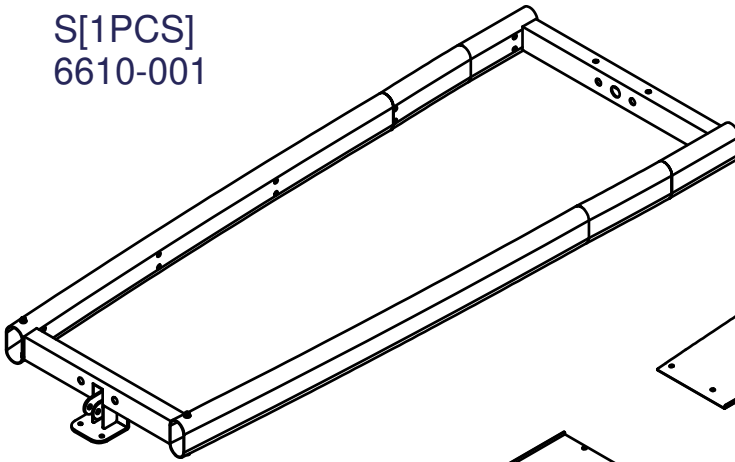
R[2PCS]
9161-021B
Ø150X250L



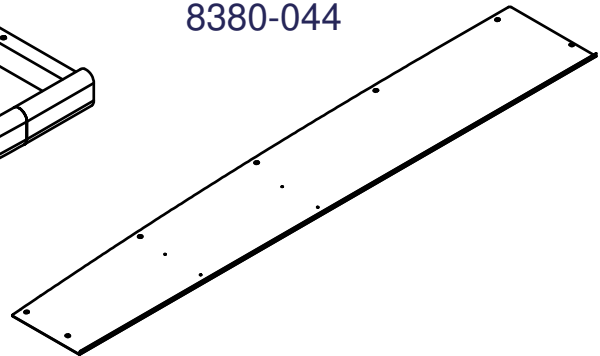
DLAT ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET

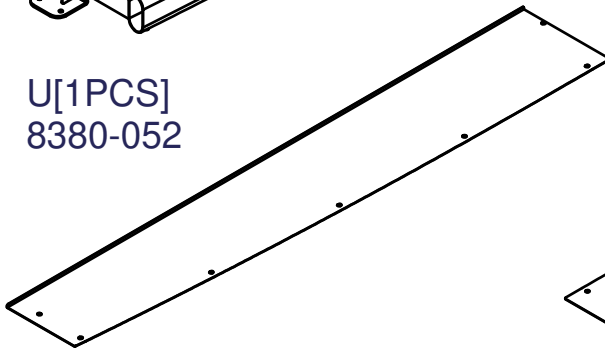
S[1PCS]
6610-001



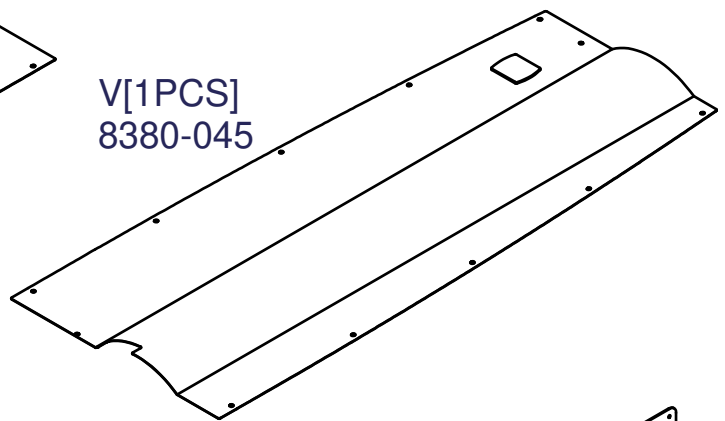
T[1PCS]
8380-044



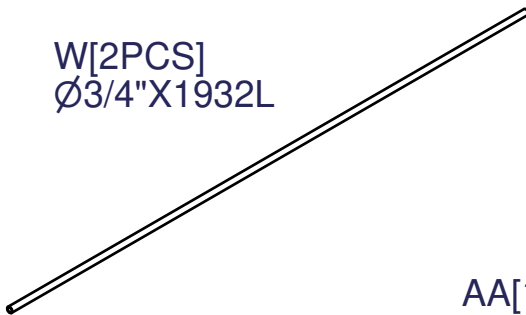
U[1PCS]
8380-052



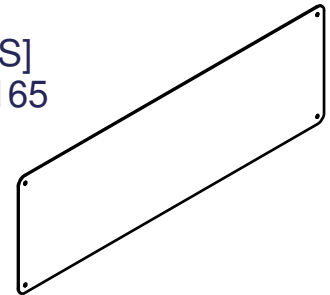
V[1PCS]
8380-045



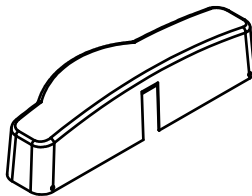
W[2PCS]
Ø3/4"X1932L



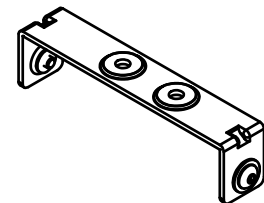
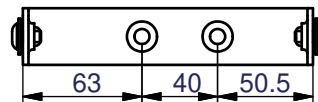
Z[1PCS]
9440-165



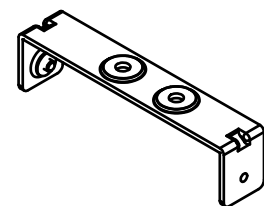
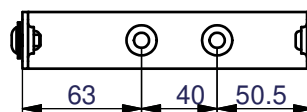
AC[1PCS]
9211-119A



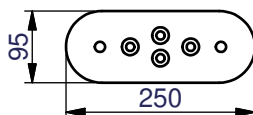
AA[12PCS]
8321-040
both side



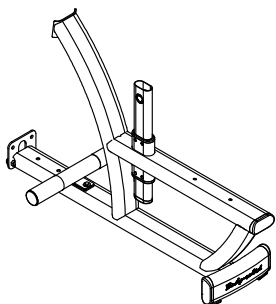
AB[2PCS]
8321-040
one side



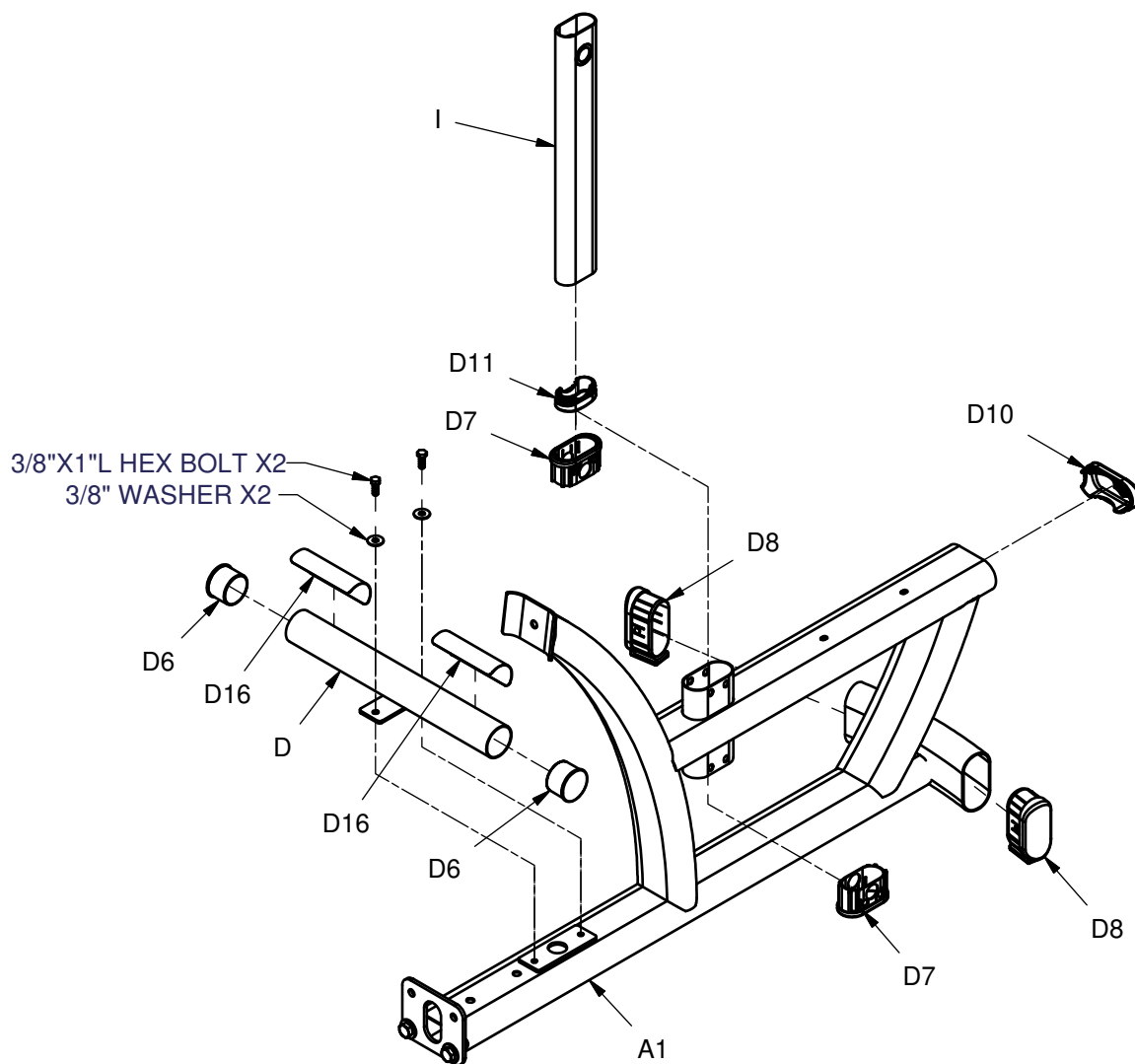
Y[2PCS]
8313-144



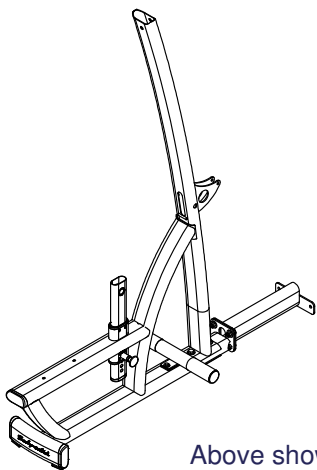
DLAT ASSEMBLY INSTRUCTIONS



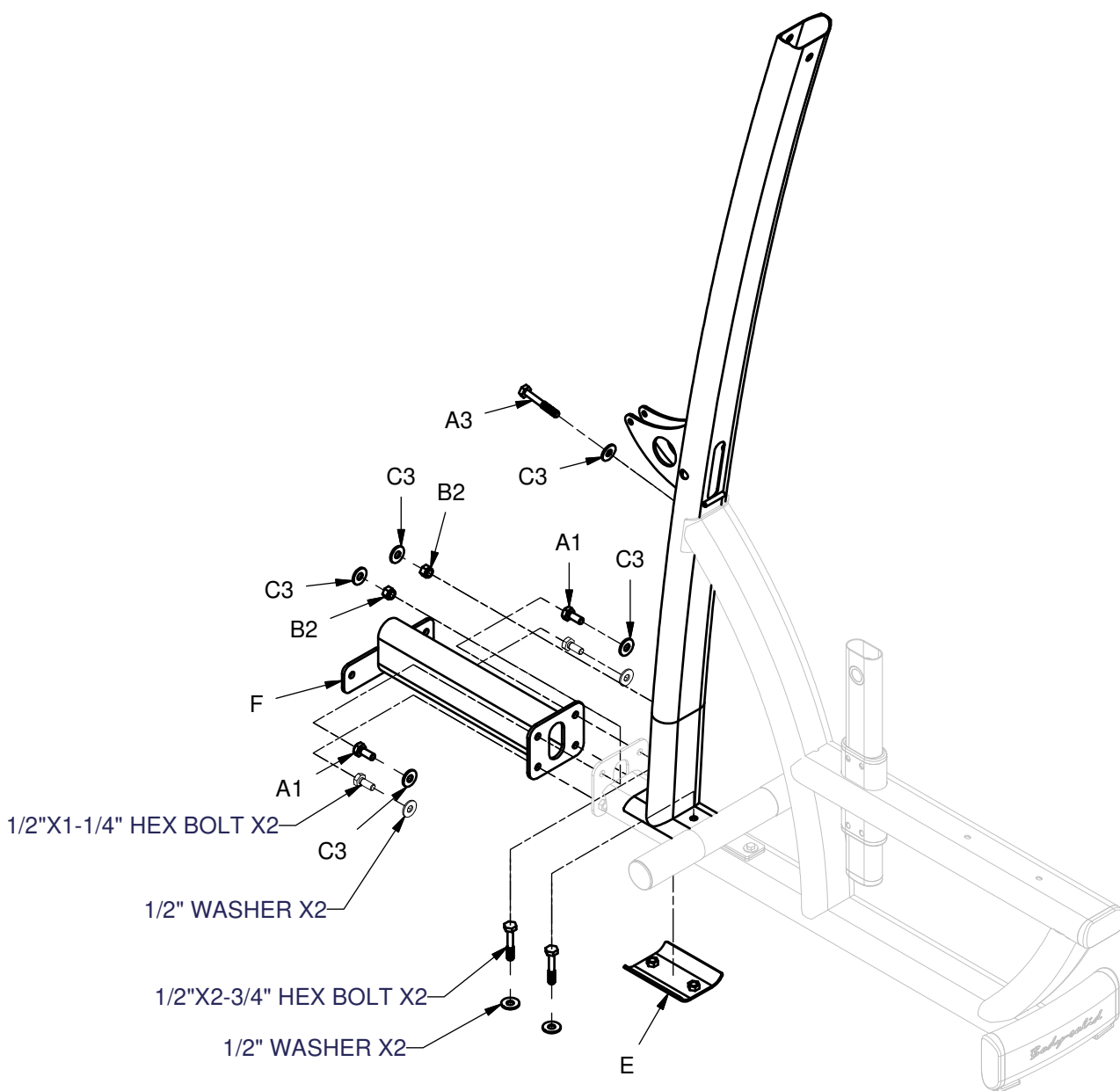
Above shows STEP 1 assembled and completed



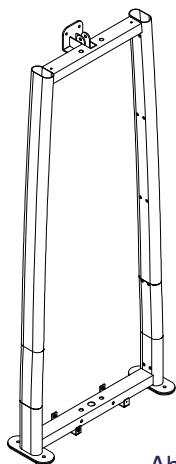
DLAT ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed

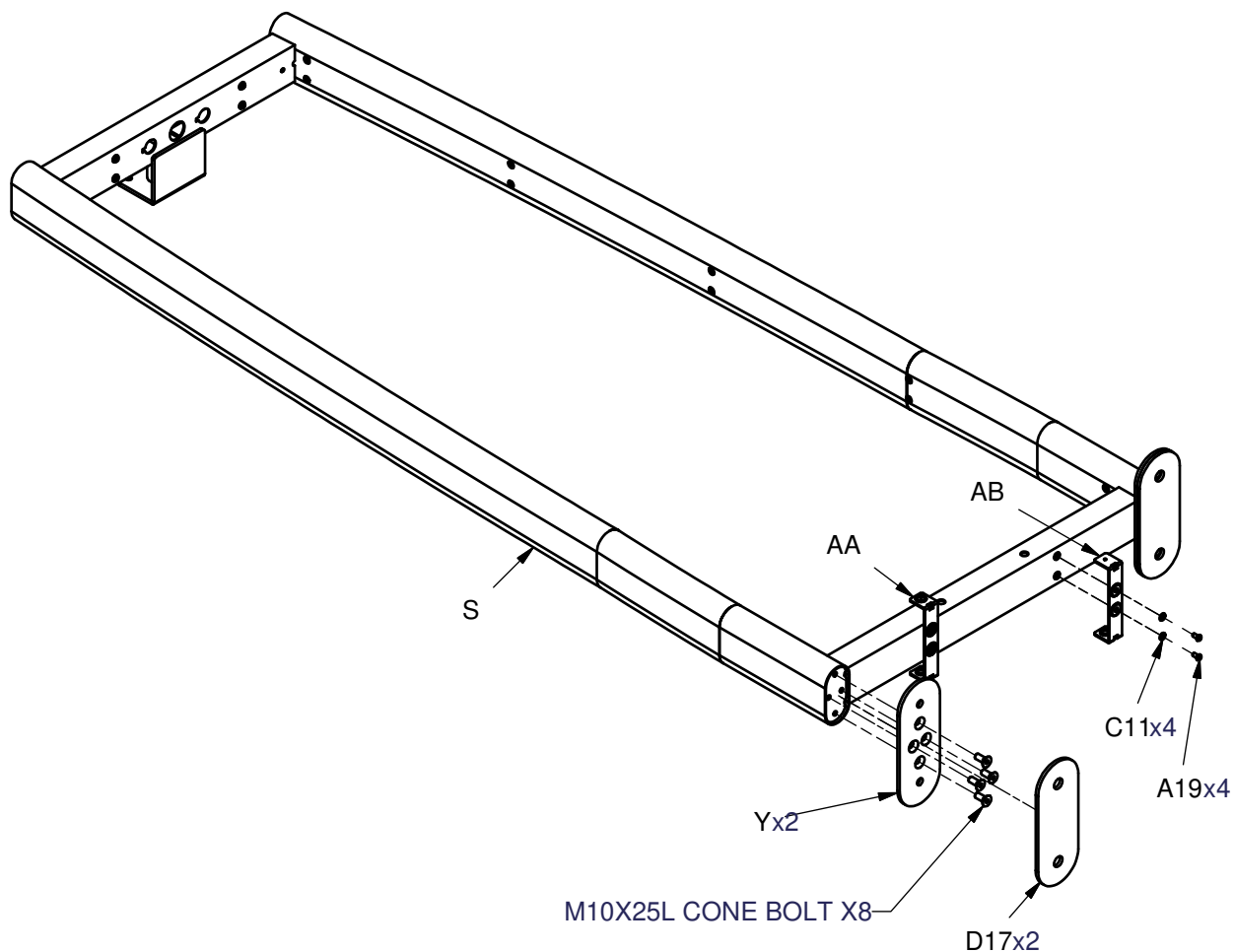


DLAT ASSEMBLY INSTRUCTIONS

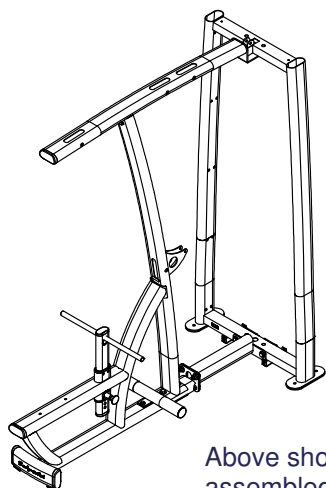


Above shows STEP 3
assembled and completed

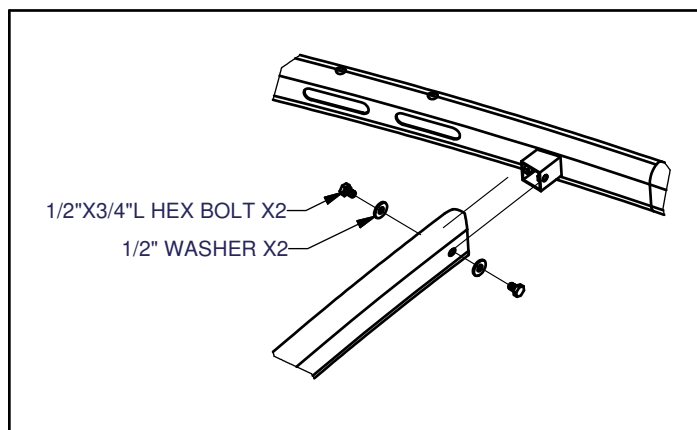
DLAT single weight stack assembly instructions



DLAT ASSEMBLY INSTRUCTIONS

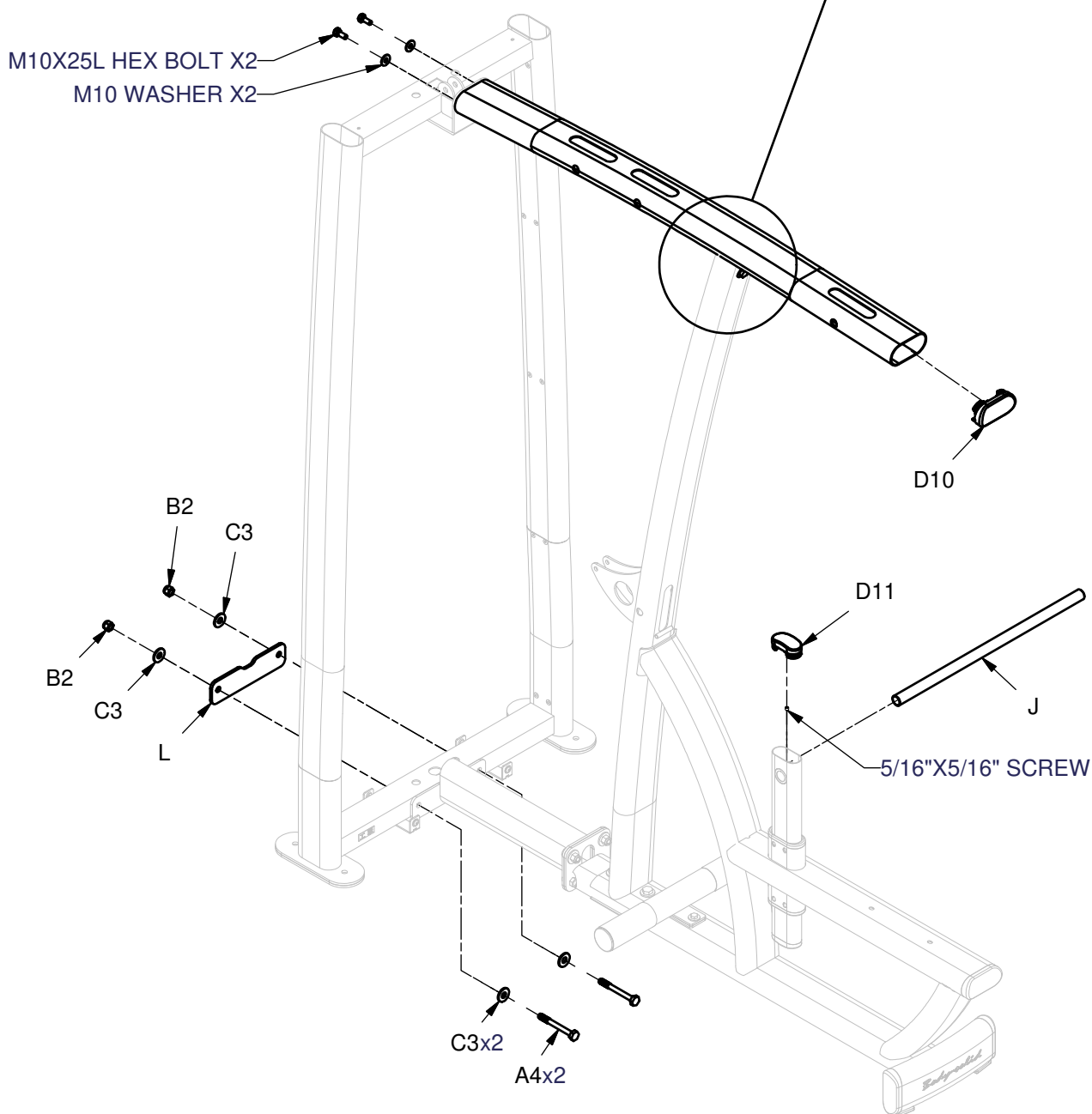


Above shows STEP 4
assembled and completed



1/2"X3/4"L HEX BOLT X2

1/2" WASHER X2



M10X25L HEX BOLT X2

M10 WASHER X2

D10

B2

C3

B2

C3

L

D11

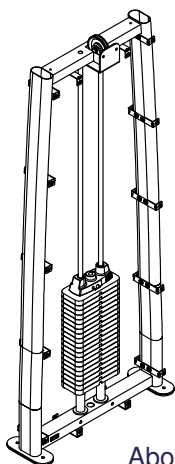
J

5/16"X5/16" SCREW

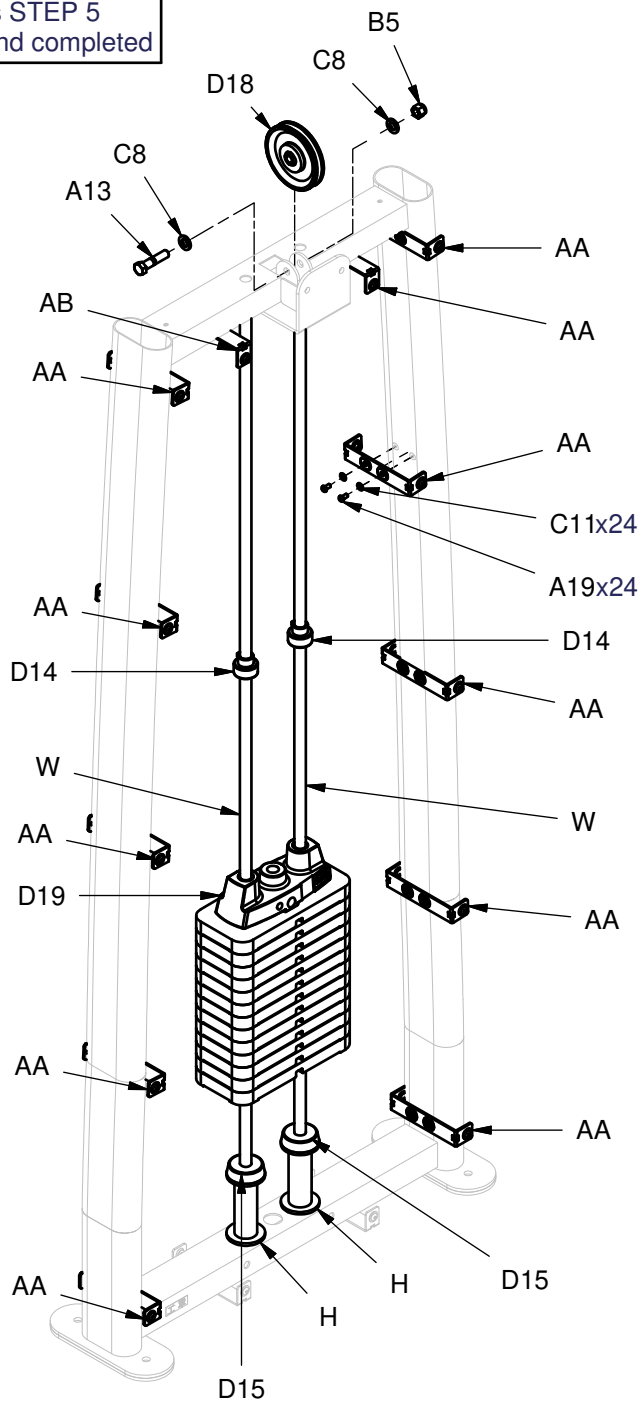
C3x2

A4x2

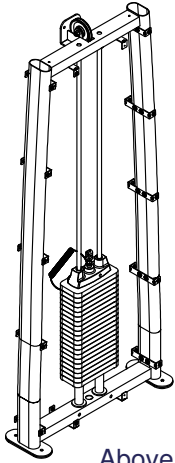
DLAT ASSEMBLY INSTRUCTIONS



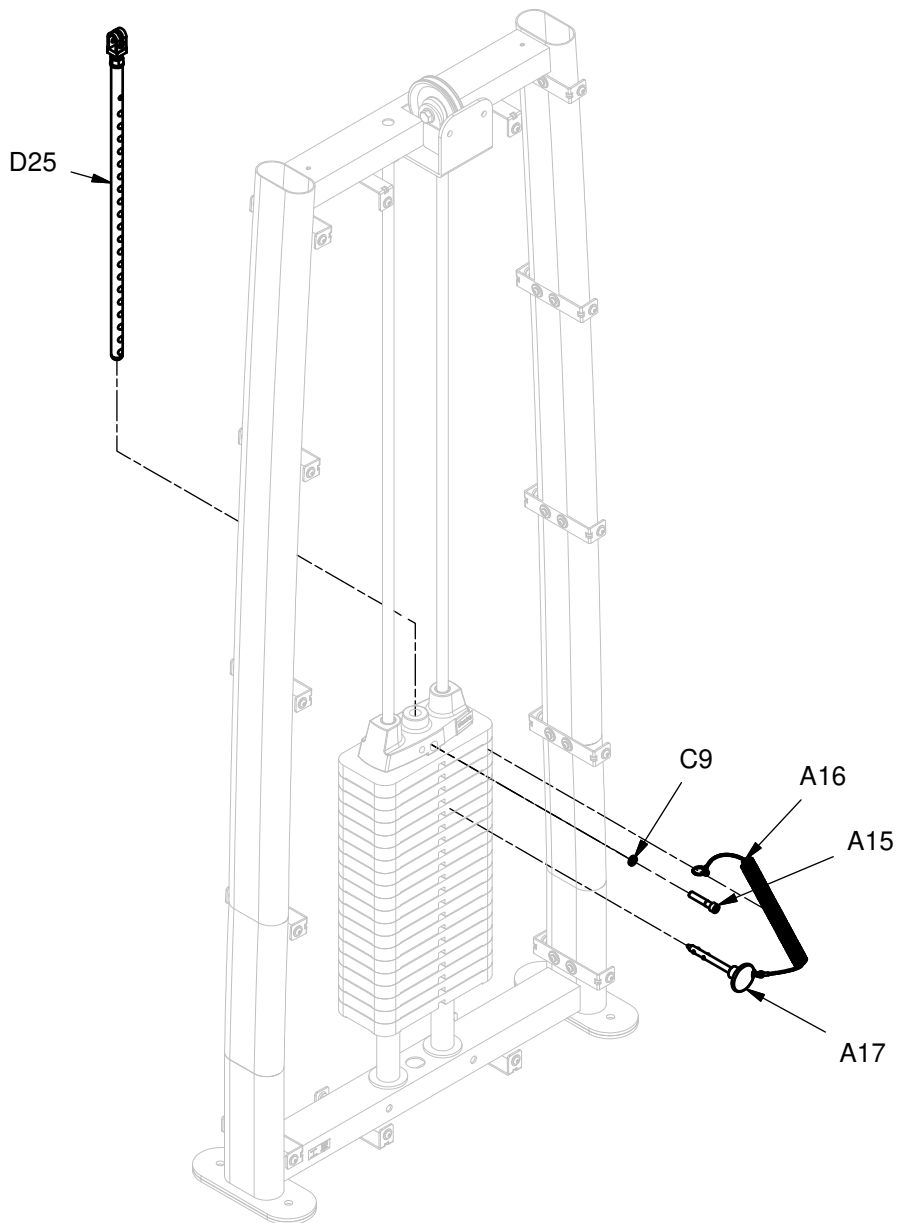
Above shows STEP 5 assembled and completed



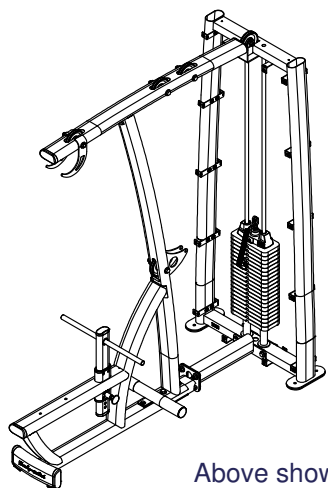
DLAT ASSEMBLY INSTRUCTIONS



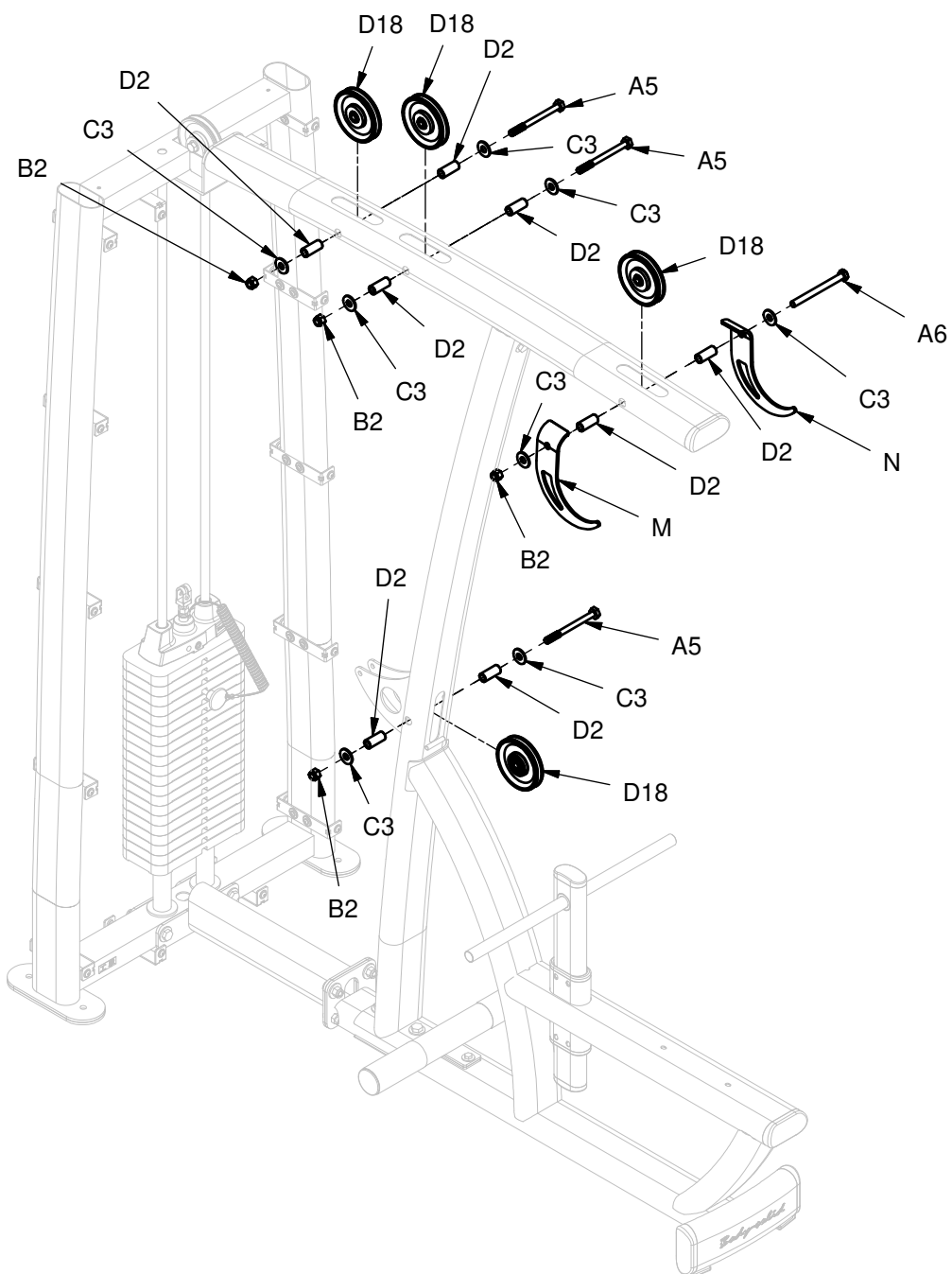
Above shows STEP 6 assembled and completed



DLAT ASSEMBLY INSTRUCTIONS

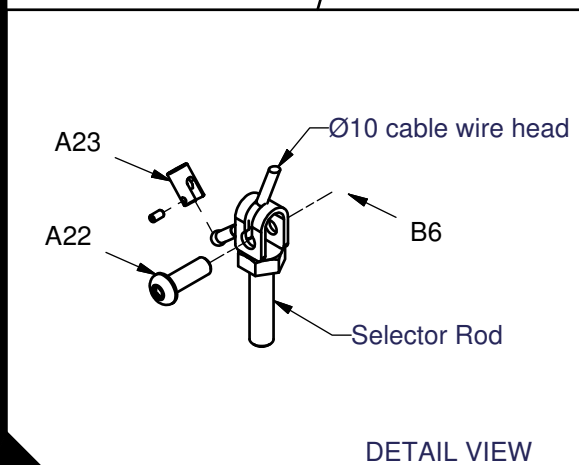
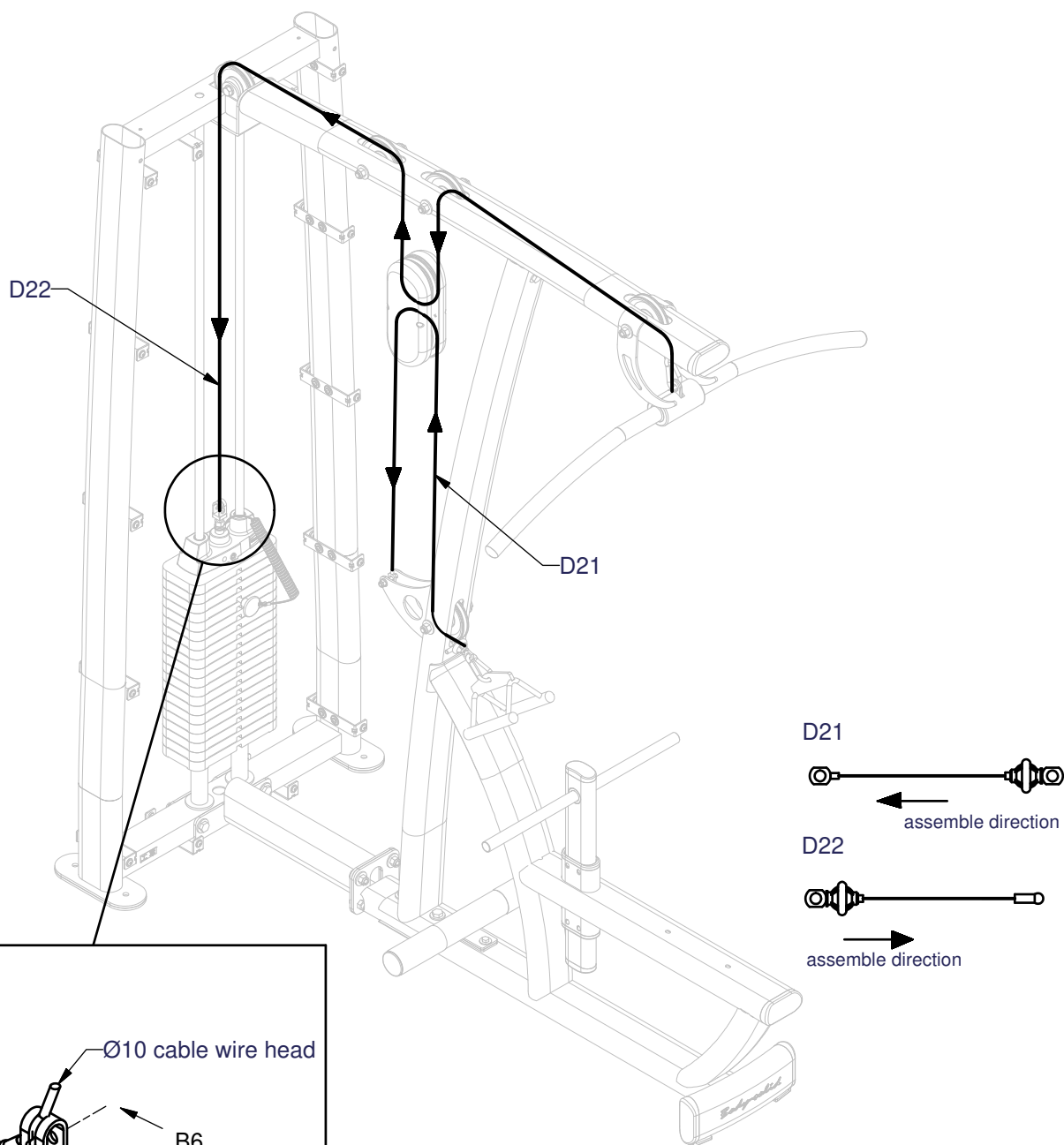


Above shows STEP 7
assembled and completed

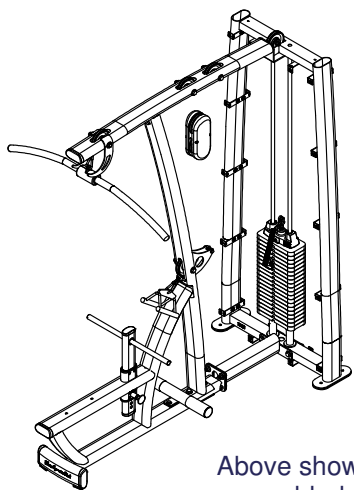


DLAT ASSEMBLY INSTRUCTIONS

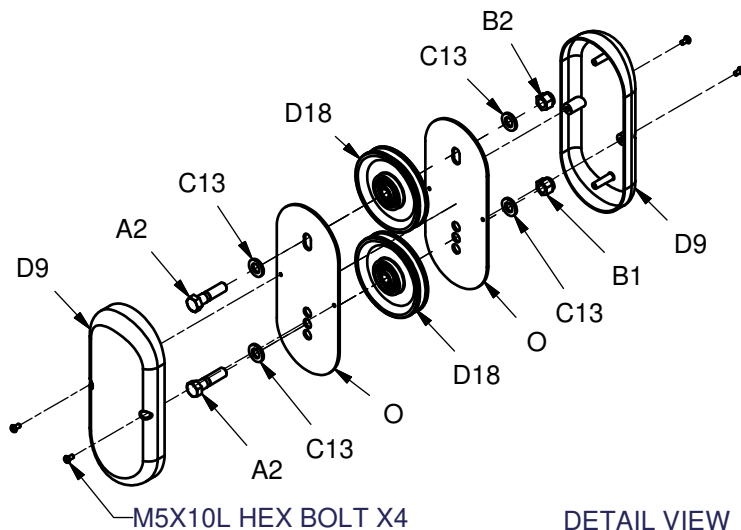
Cable to match illustration



DLAT ASSEMBLY INSTRUCTIONS

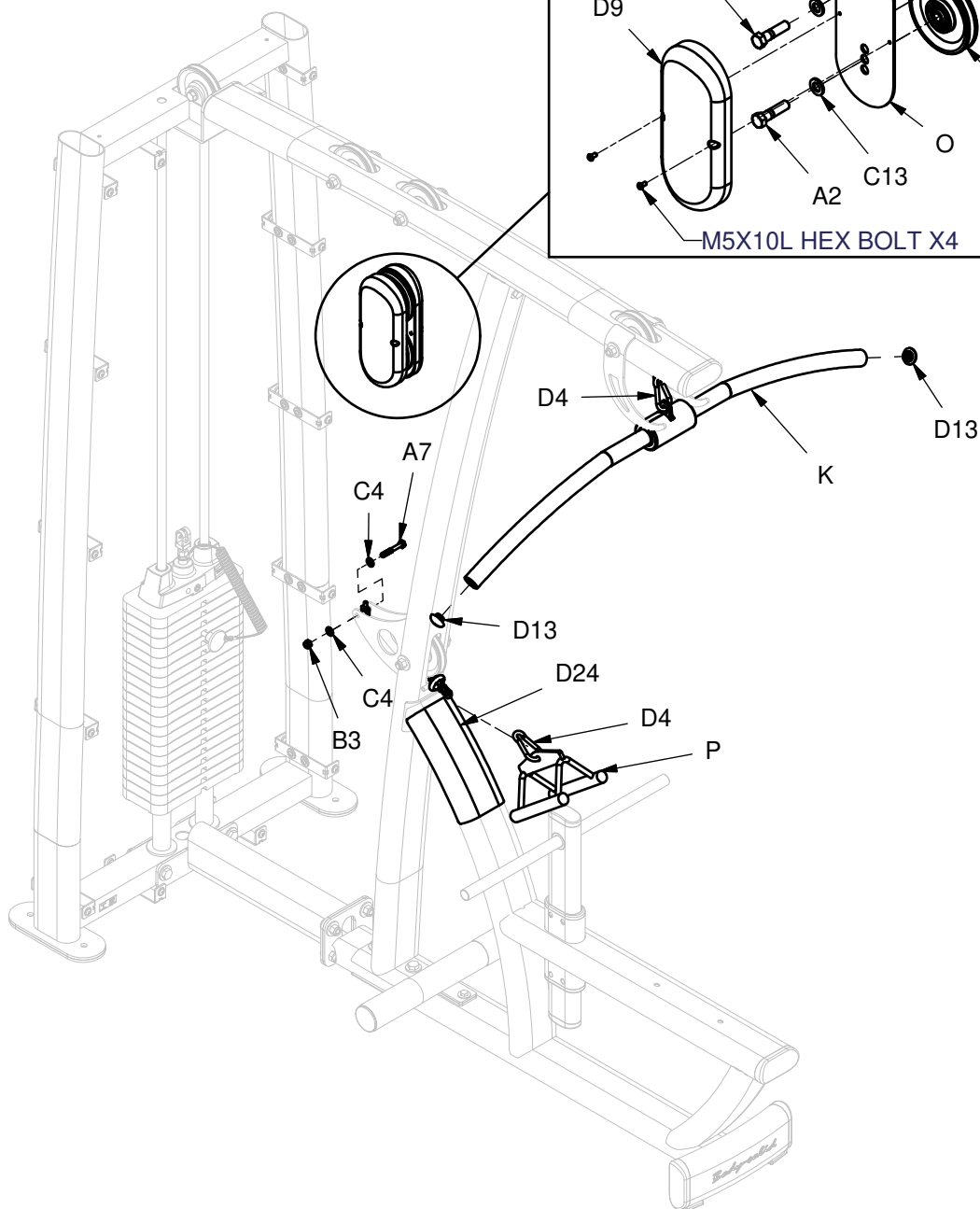


Above shows STEP 8 assembled and completed

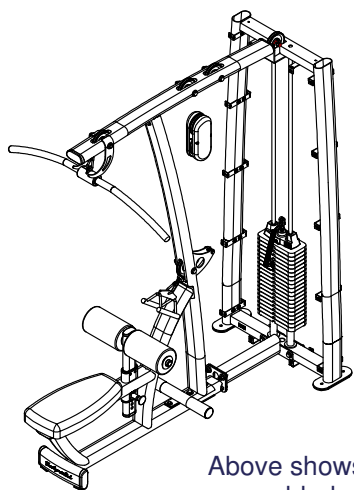


M5X10L HEX BOLT X4

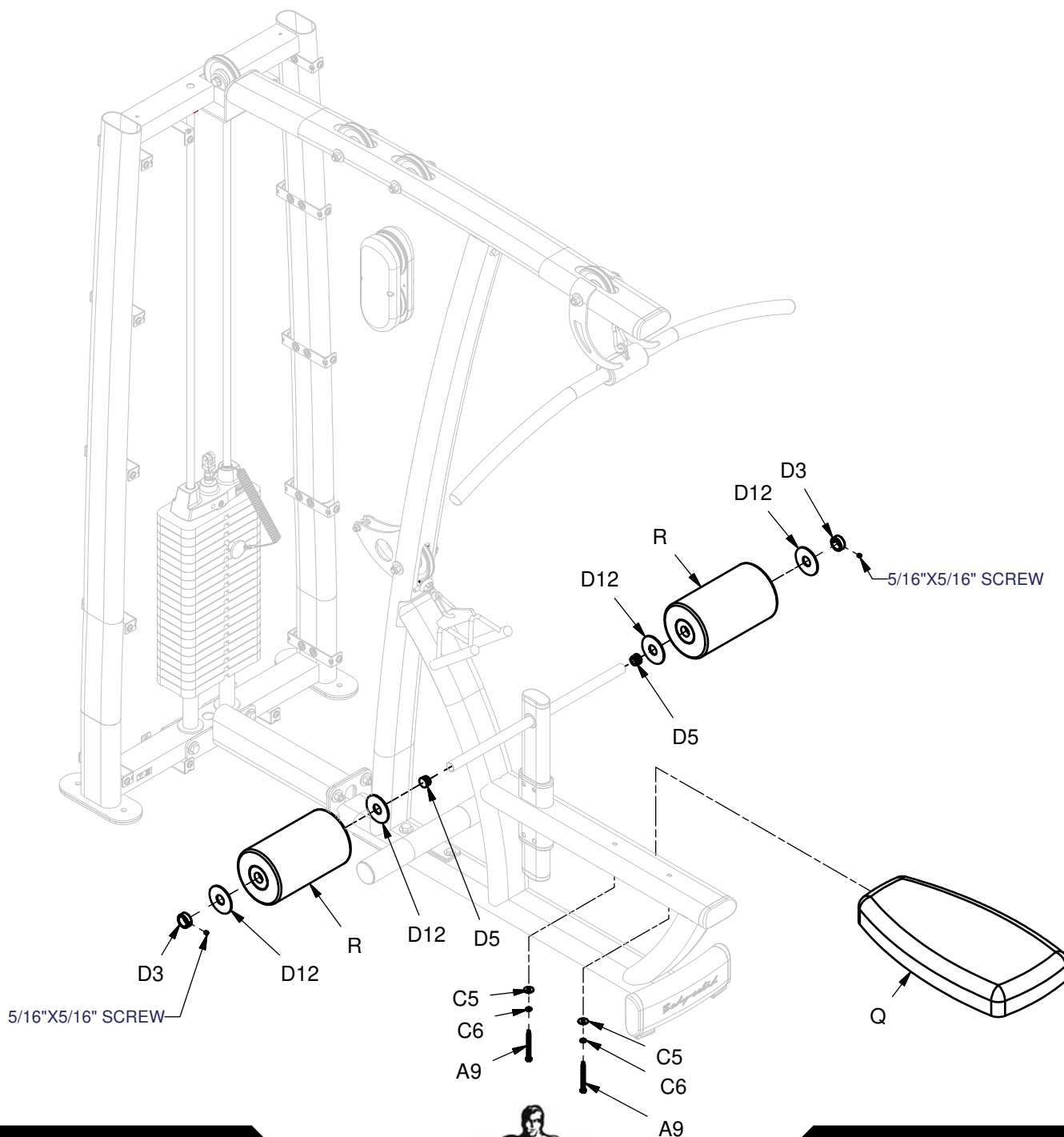
DETAIL VIEW



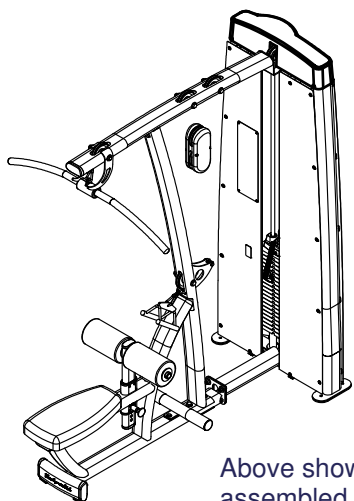
DLAT ASSEMBLY INSTRUCTIONS



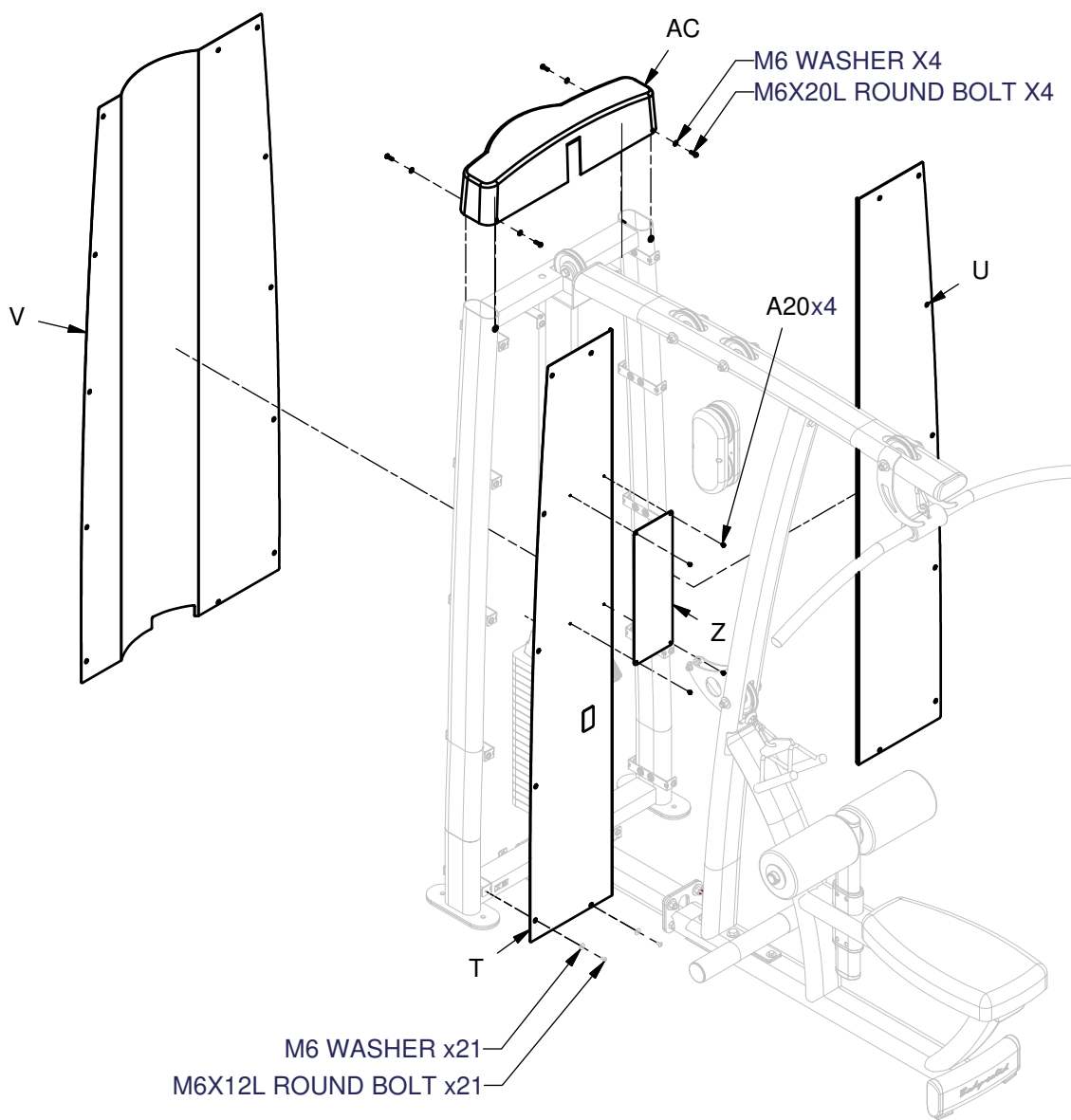
Above shows STEP 9 assembled and completed



DLAT ASSEMBLY INSTRUCTIONS

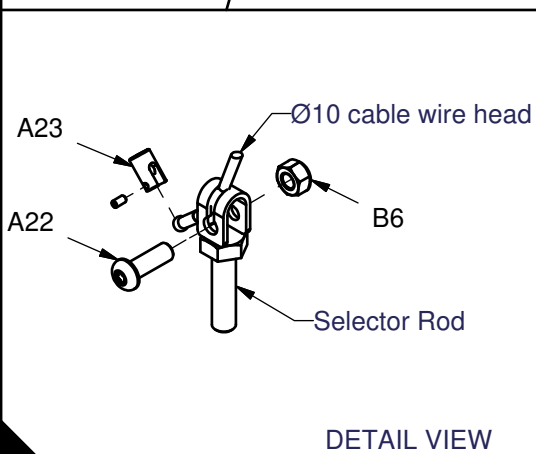
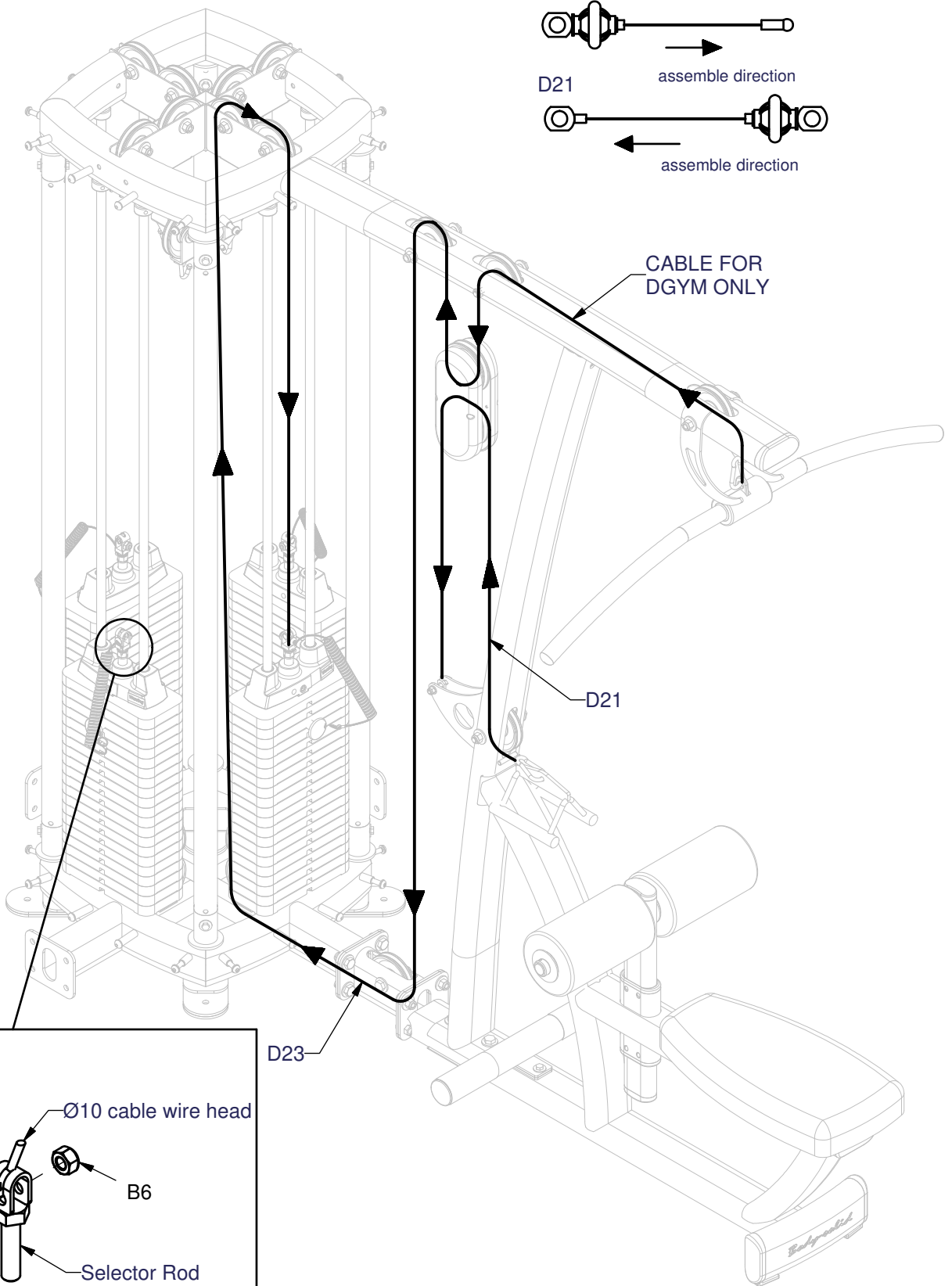
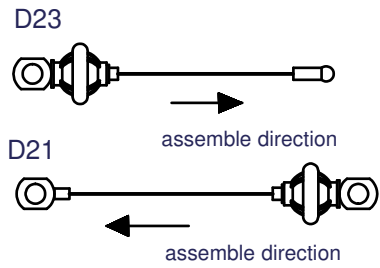


Above shows STEP 10
assembled and completed

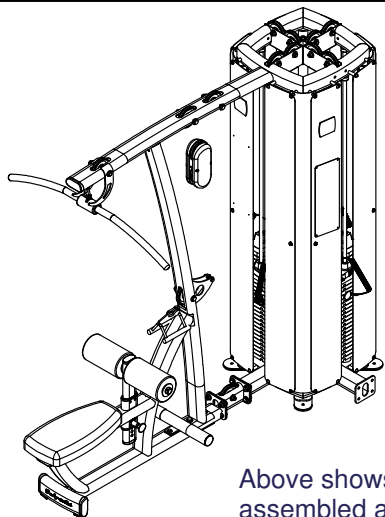


DLAT ASSEMBLY INSTRUCTIONS

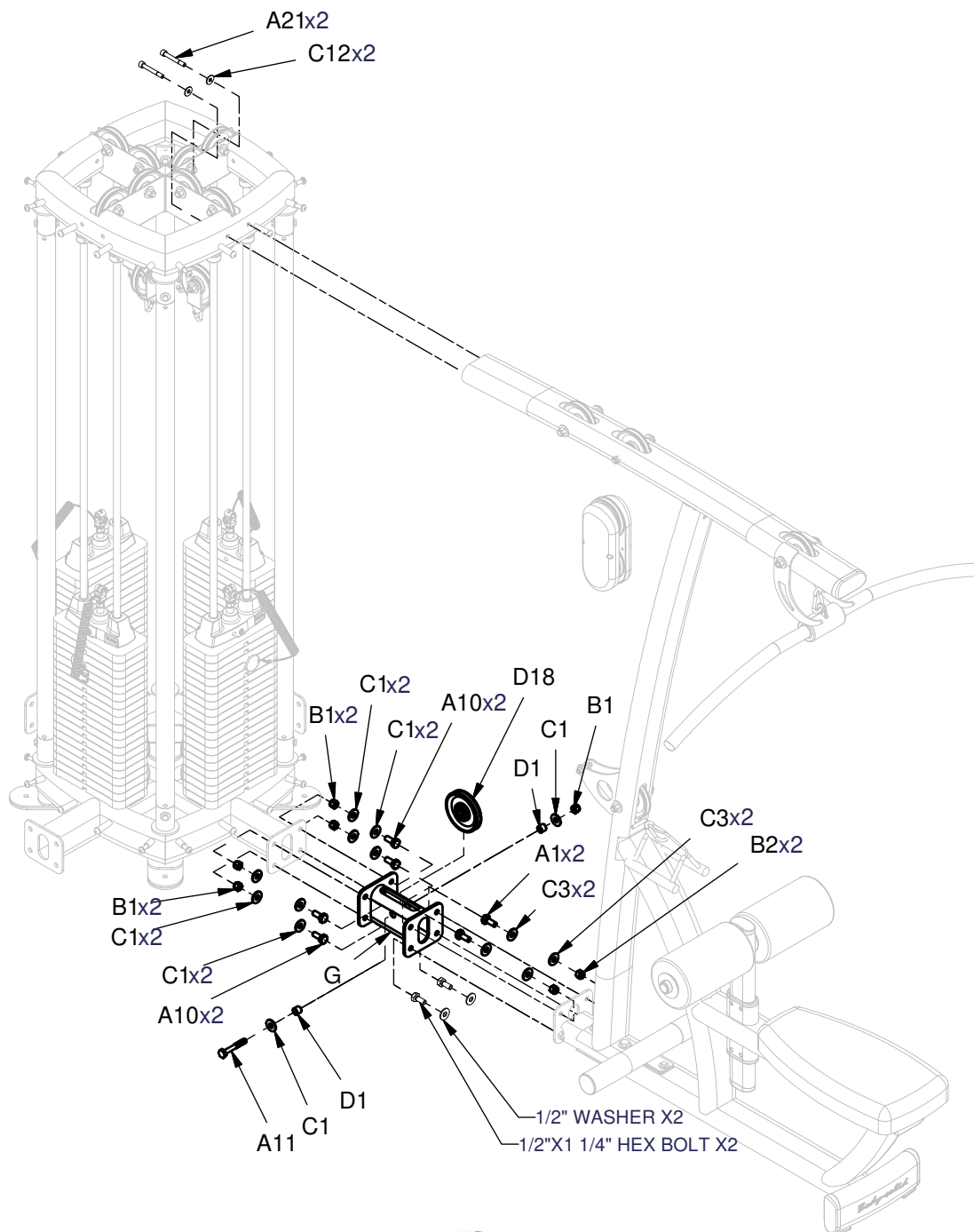
Cable to match illustration



DLAT ASSEMBLY INSTRUCTIONS



Above shows STEP 11 assembled and completed



DLAT ASSEMBLY INSTRUCTIONS

