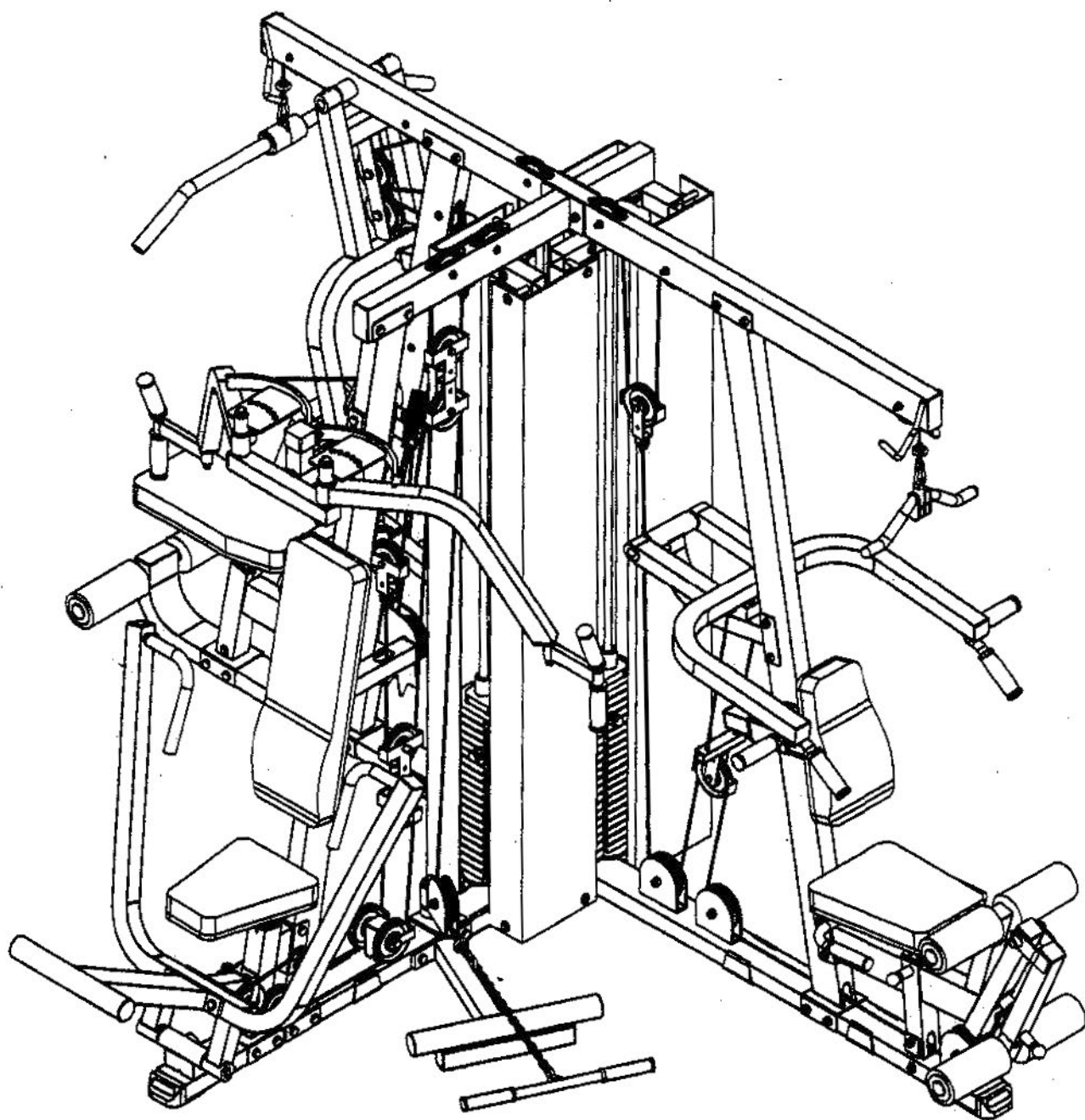
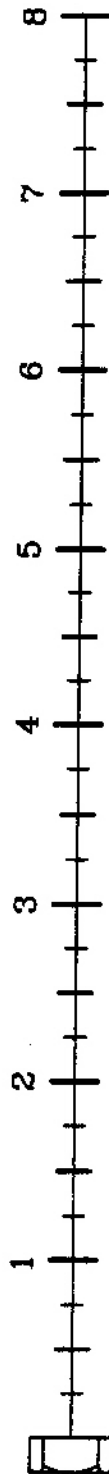




Sport-Thieme GmbH
Helmstedter Straße 40
38368 Grasleben
Telefon: +49 (0) 5357 181-81
Fax: +49 (0) 5357 181 90
info@sport-thieme.de
www.sport-thieme.de

EXM-4000.1 HARDWARE ILLUSTRATION SHEET

	Qty.			
A1. 1/2"x9" HEX HEAD BOLT	[2PCS]	B5. 3/16" NYLON LOCK NUT		[1PCS]
A2. 1/2"x5 1/2" HEX HEAD BOLT	[5PCS]	C1. 1/2" (I.D.) WASHER		[8PCS]
A3. 1/2"x5 1/4" HEX HEAD BOLT	[2PCS]	C2. 3/8" (I.D.) WASHER		[28PCS]
A4. 1/2"x5" HEX HEAD BOLT	[10PCS]	C3. 5/16" (I.D.) WASHER		[20PCS]
A5. 1/2"x3 1/2" HEX HEAD BOLT	[3PCS]	C4. 5/16" SPRING WASHER		[20PCS]
A6. 1/2"x3 1/4" HEX HEAD BOLT	[6PCS]	C5. 5/8" SPRING WASHER		[3PCS]
A7. 1/2"x3" HEX HEAD BOLT	[18PCS]	C6. 3/8" ROUND END CAP WASHER		[2PCS]
A8. 1/2"x2" HEX HEAD BOLT	[9PCS]			
A9. 3/8"x4 1/2" HEX HEAD BOLT	[1PCS]	A1. A2 A3 A4 A5 A6		
A10. 3/8"x3 1/4" HEX HEAD BOLT	[16PCS]	A7. A8 A9 A10 A11 A12		
A12. 3/8"x2 3/4" HEX HEAD BOLT	[20PCS]	A13. A14 A15 A16 A17 A18		
A13. 5/16"x5" HEX HEAD BOLT	[2PCS]	A19. A20 A21 A22		
A14. 5/16"x2 3/4" HEX HEAD BOLT	[2PCS]			
A15. 5/16"x1" HEX HEAD BOLT	[16PCS]	B1. B2 B3 B4 B5		
A16. 7/16X1 1/2" ROUND BOLT	[3PCS]	C1. C2 C3 C4 C5 C6		
A17. 5/16"x3/8" SET SCREW	[9PCS]			
A18. 5/8" ROUND BOLT	[3PCS]			
A19. STEEL CHAIN	[1PCS]			
A20. PIN	[3PCS]			
A21. 5/16"x1 1/2" ROUND BOLT	[1PCS]			
A22. Ø1/2"x22L SLEEVE	[1PCS]			
B1. 1/2" NYLON LOCK NUT	[55PCS]			
B2. 3/8" NYLON LOCK NUT	[21PCS]			
B3. 5/8" LOCK NUT	[3PCS]			
B4. 3/8" LOCK NUT	[2PCS]			



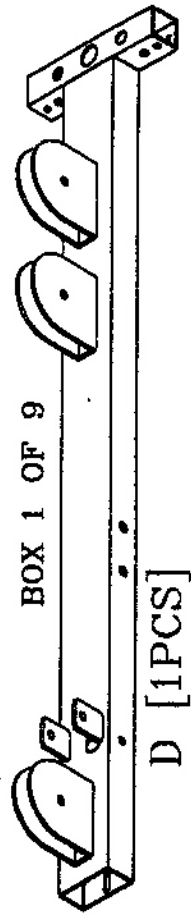
EXM-4000.1 HARDWARE ILLUSTRATION SHEET

	Pack	Description	Qty.
D1.		3/8" BOLT CAP	[2PCS]
D2.		ø4 1/4"x3/8" PULLEY (E4047)	[10PCS]
D3.		ø4 1/4"x1/2" PULLEY (E4047)	[15PCS]
D4.		2"x4" FOOT CAP (E4087A)	[2PCS]
D5.		2"x4" RUBBER DOUNT (E4090)	[6PCS]
D6.		2"x2"x2.5t END CAP (E4043)	[16PCS]
D7.		2"x2"x1.8t END CAP (E4001)	[1PCS]
D8.		1 3/4"x1 3/4" END CAP (E4002)	[4PCS]
D9.		3OX3O END CAP (E4026)	[2PCS]
D10.		2"x4" END CAP (E4049A)	[5PCS]
D11.		ø1" ROUND END CAP (E10128)	[8PCS]
D12.		ø1"x34X135 RUBBER GRIP (E4068)	[4PCS]
D13.		ø1"x41X135 RUBBER GRIP (E4082)	[12PCS]
D14.		2"x2" RUBBER DOUNT (E2009)	[1PCS]
D15.		ø5/8"x62L BUSHING (E10137)	[16PCS]
D16.		ø4" RUBBER DOUNT (E2022)	[6PCS]
D17.		ø8 SPRING SNAP LINK (E5000)	[5PCS]
D18.		95X140mm NO-SLIP TAPE (E5024)	[4PCS]
D19.		ø16X15 STEEL BUSHING (E3015)	[20PCS]
D21.		2"x2" RUBBER CANE CAP (E4039)	[8PCS]
D22.		150X245mm NO-SLIP TAPE (E5026)	[1PCS]
D23.		ø3" NYLON WASHER (E4085)	[8PCS]
D25.		60X45 NYLON BUSHING (E4008)	[4PCS]
D26.		ø38 CU WASHER (E3026)	[2PCS]
D27.		ø1" ROUND END CAP (E4012)	[2PCS]
D28.		TOP PLATE (F5068)	[3PCS]
D29.		WEIGHT SELECTOR BAR (E10113)	[3PCS]
D30.		ø4"x8" FOAM ROLLER (F4041)	[8PCS]
D31.		3410mm STEEL CABLE	[1PCS]
D32.		575mm STEEL CABLE	[2PCS]
D33.		3910mm STEEL CABLE	[1PCS]
D34.		4790mm STEEL CABLE	[1PCS]
D35.		3450mm STEEL CABLE	[1PCS]
D36.		2400mm STEEL CABLE	[1PCS]
D37.		2135mm STEEL CABLE	[1PCS]
D38.		2880mm STEEL CABLE	[1PCS]
D39.		3160mm STEEL CABLE	[1PCS]
D40.		40X3tX40 TWO-SIDED TAPE (F4053)	[24PCS]
D41.		ø3/4"x8L STEEL BUSHING (E10138)	[6PCS]
D42.		ø3/4" SHAFT COLLAR (E4129)	[6PCS]
D1			D7
D8			D13
D15			D21
D22			D27
D28			D30
D31			D33
D34			D36
D37			D39
D40			D42

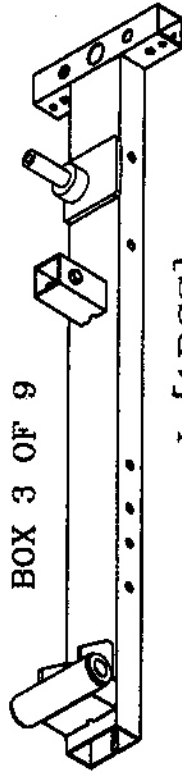
PAC 2

SHEET

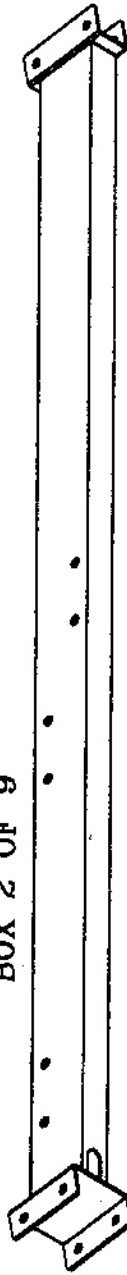
BOX 1 OF 9



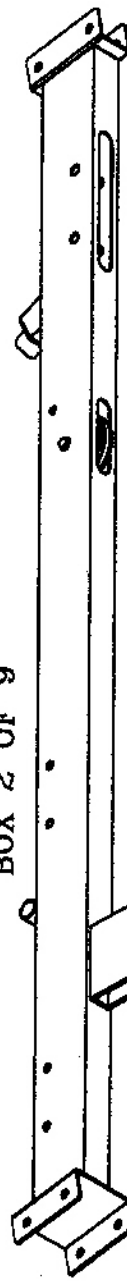
BOX 3 OF 9



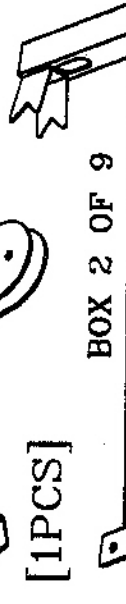
I [1PCS]



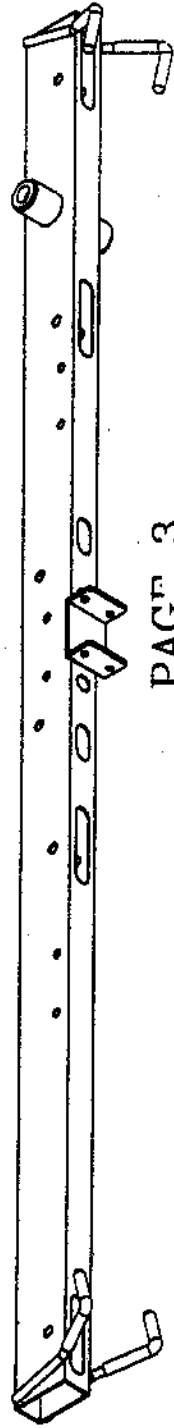
BOX 2 OF 9



BOX 2 OF 9



BOX 1 OF 9



PAGE 3

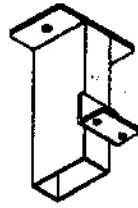
K [4PCS]

BOX 2 OF 9



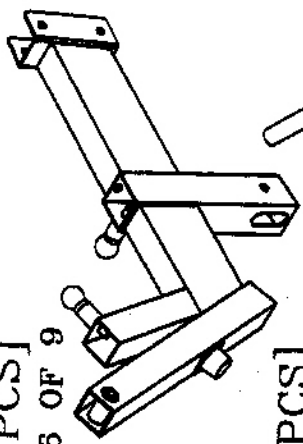
J [1PCS] BOX 1 OF 3

BOX 3 OF 9



EXM-4000.1 PARTS ILLUSTRATION SHEET

L [1PCS]
BOX 6 OF 9



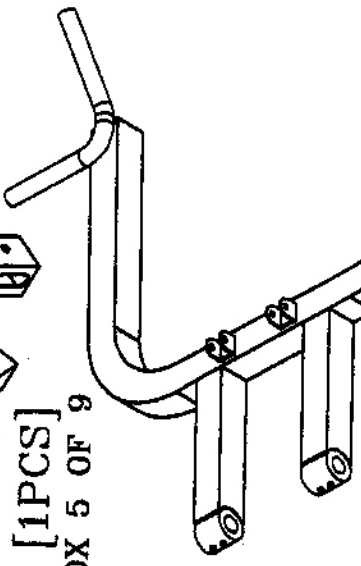
M [1PCS]
BOX 6 OF 9



N [2PCS]
BOX 6 OF 9



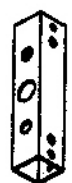
S [1PCS]
BOX 5 OF 9



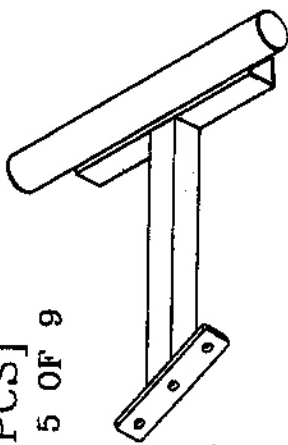
T [2PCS]
BOX 6 OF 9



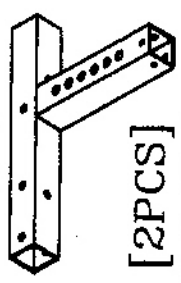
U [1PCS]
BOX 5 OF 9



Z [1PCS]
BOX 5 OF 9



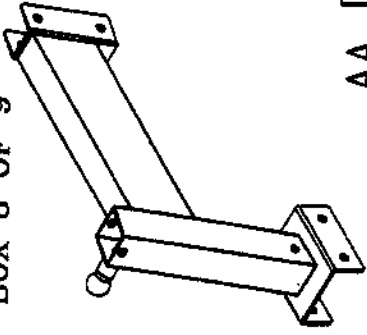
O [1PCS]
BOX 6 OF 9



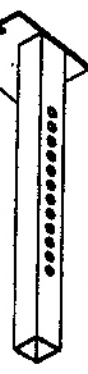
P [2PCS]
BOX 3 OF 9



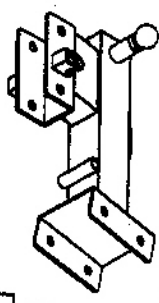
V [1PCS]
BOX 8 OF 9



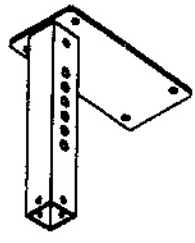
X [1PCS]
BOX 5 OF 9



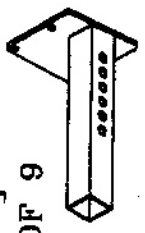
AA [1PCS]
BOX 3 OF 9



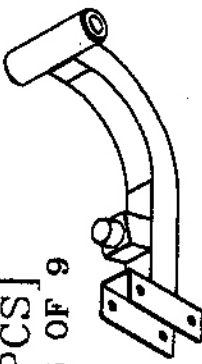
AB [1PCS]
BOX 3 OF 9



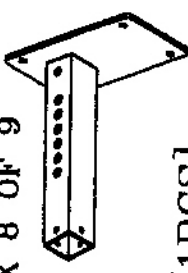
Q [1PCS]
BOX 6 OF 9



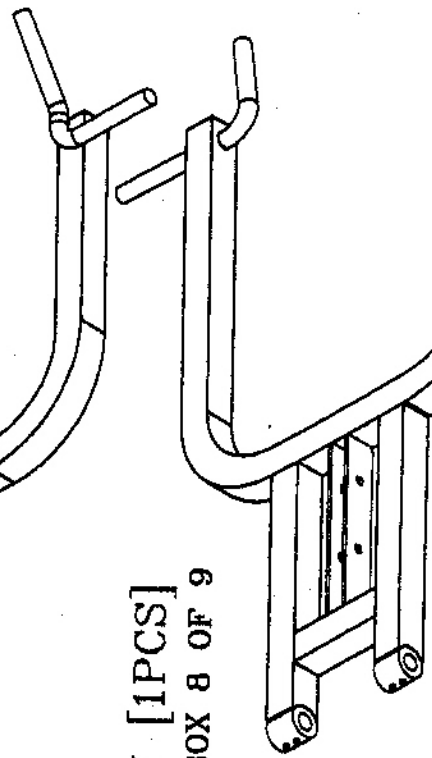
R [1PCS]
BOX 6 OF 9



W [1PCS]
BOX 8 OF 9



Y [1PCS]
BOX 8 OF 9

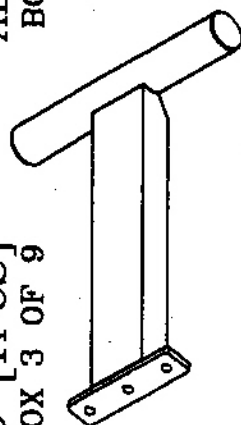


EXM-4000.1 PARTS ILLUSTRATION SHEET

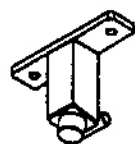
AC [1PCS]
BOX 4 OF 9



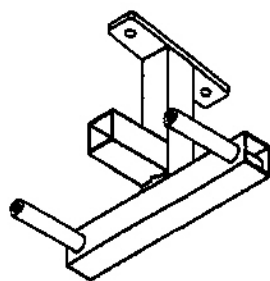
AD [1PCS]
BOX 3 OF 9



AE [1PCS]
BOX 6 OF 9



AF [1PCS]
BOX 3 OF 9



AG [1PCS]
BOX 3 OF 9



AH [1PCS]
BOX 6 OF 9



AI [1PCS]
BOX 6 OF 9



AJ [2PCS]
BOX 6 OF 9



AK [1PCS]
BOX 6 OF 9



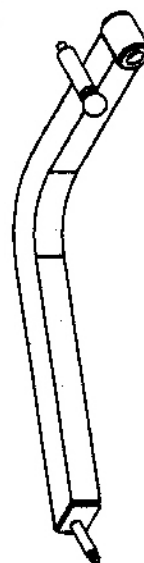
AL [1PCS]
BOX 6 OF 9



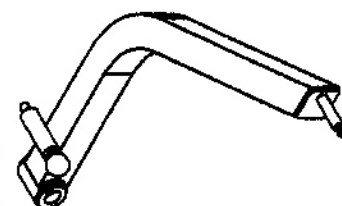
AM [2PCS]
BOX 6 OF 9



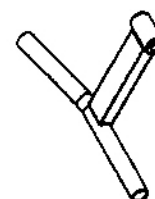
AN [1PCS]
BOX 4 OF 9



AO [1PCS]
BOX 4 OF 9



AP [1PCS]
BOX 3 OF 9

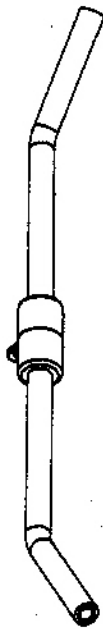


AQ [1PCS]
BOX 3 OF 9



EXM-4000.1 PARTS ILLUSTRATION SHEET

AR [1PCS]
BOX 5 OF 9



AS [1PCS]
BOX 5 OF 9



AT [1PCS]
BOX 5 OF 9



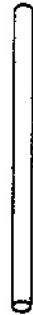
AU [1PCS]
BOX 5 OF 9



AV [6PCS]
BOX 9 OF 9



AW [3PCS] $\phi 1'' \times 510L$
BOX 5 OF 9



AX [1PCS] $\phi 1'' \times 560L$
BOX 5 OF 9



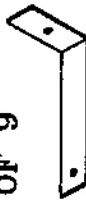
AY [6PCS]
BOX 4 OF 9



AZ [2PCS]
BOX 6 OF 9



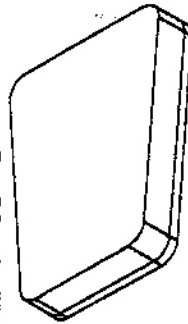
BA [8PCS]
BOX 7 OF 9



BB [4PCS]
BOX 7 OF 9



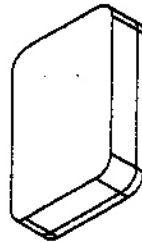
BC [1PCS]
BOX 5 OF 9



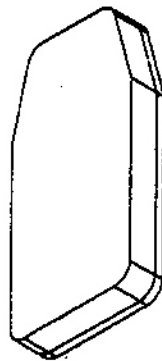
BD [1PCS]
BOX 5 OF 9



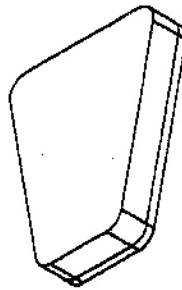
BE [1PCS]
BOX 8 OF 9



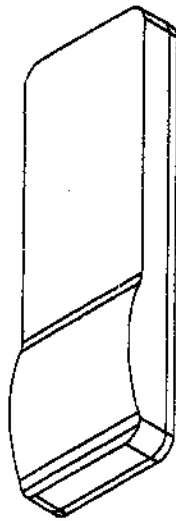
BF [1PCS]
BOX 8 OF 9

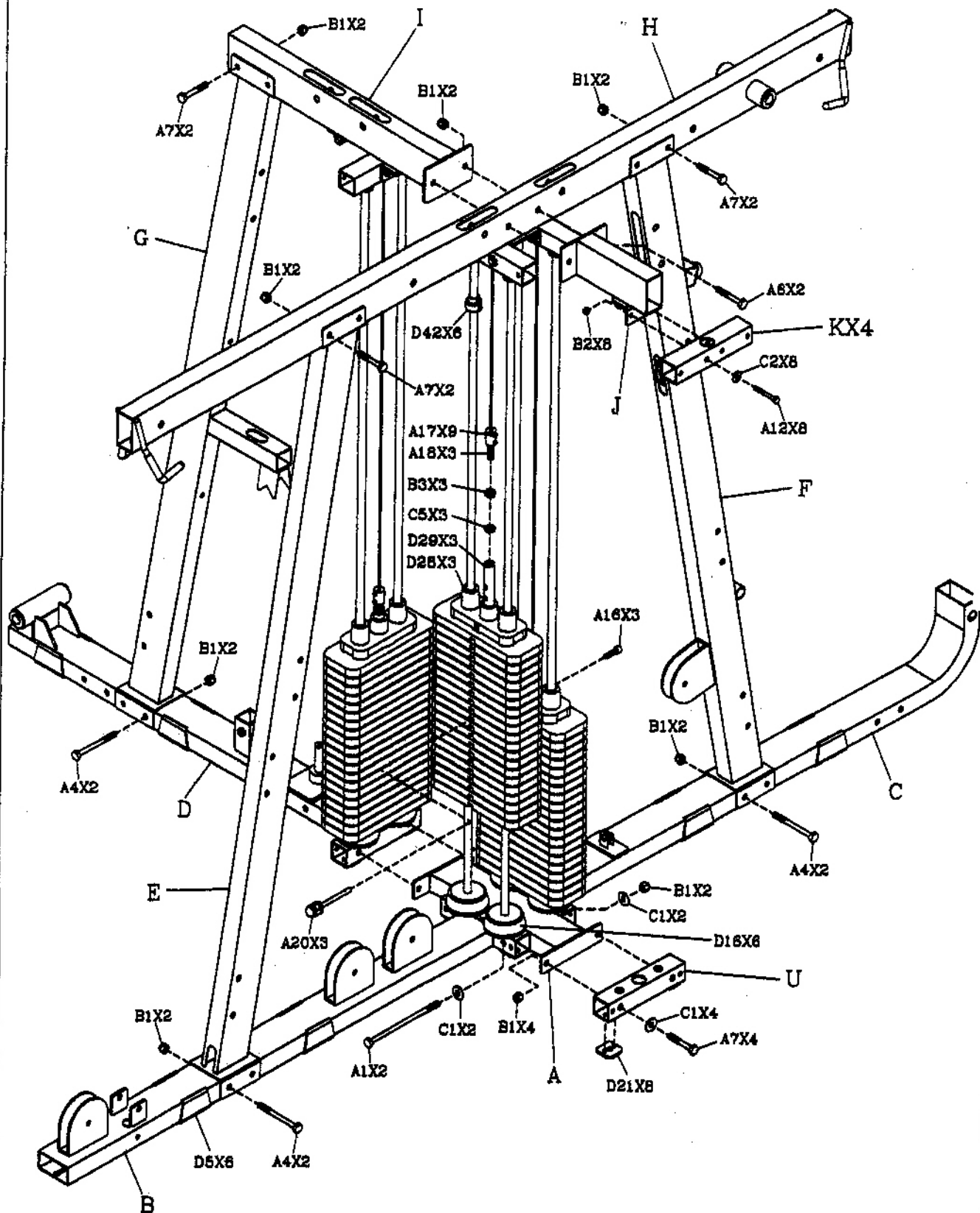


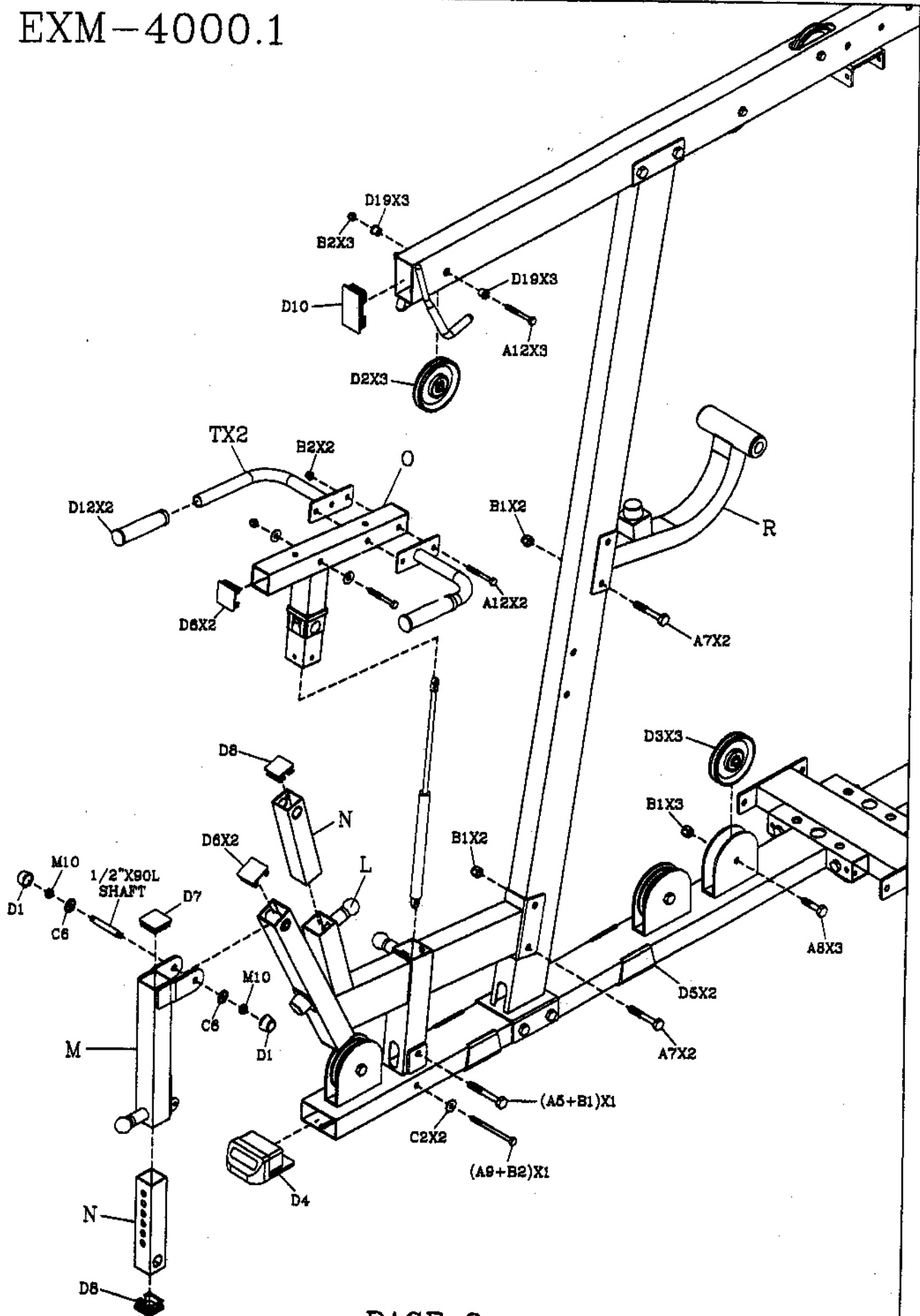
BG [1PCS]
BOX 4 OF 9

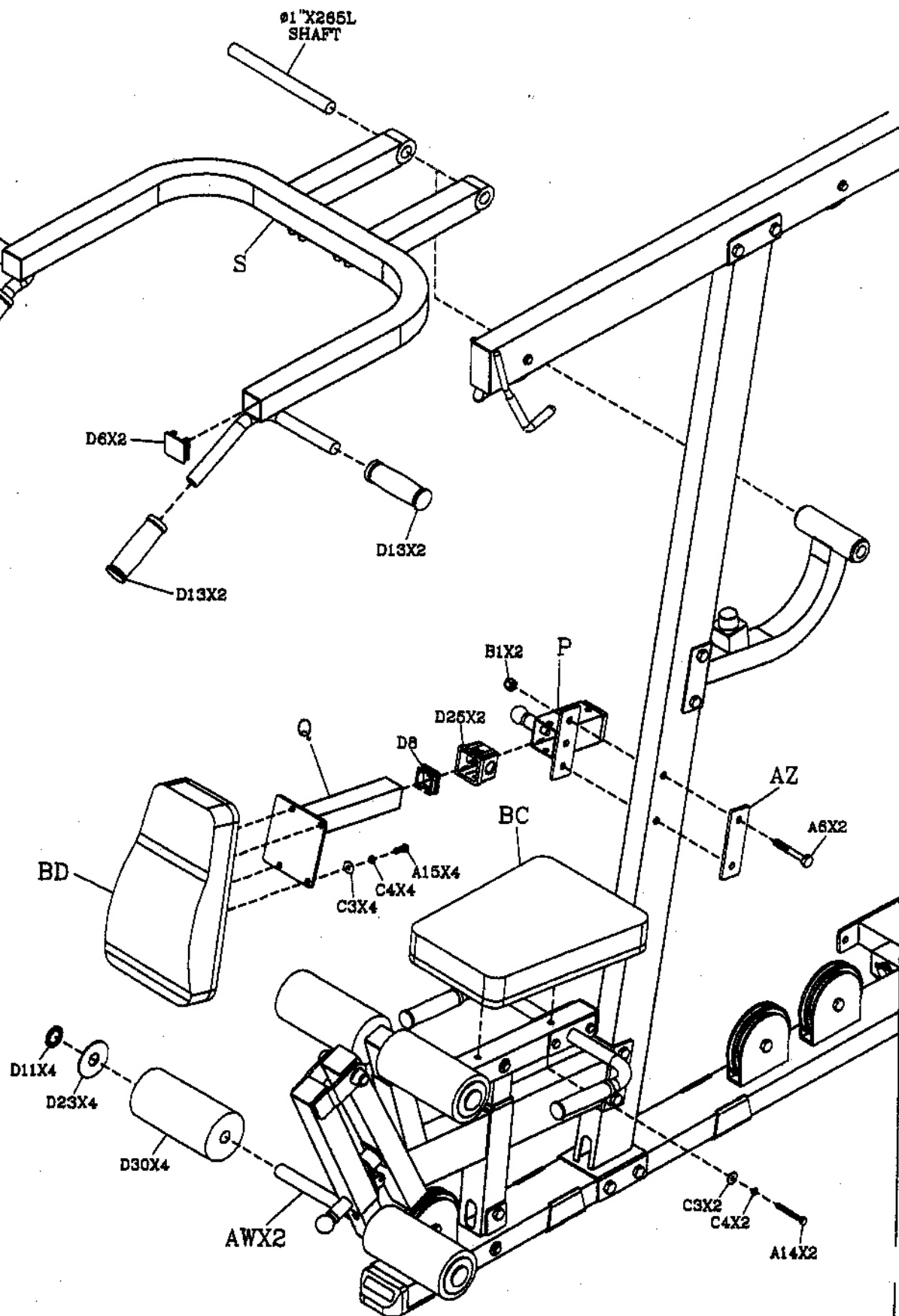


BH [1PCS]
BOX 4 OF 9



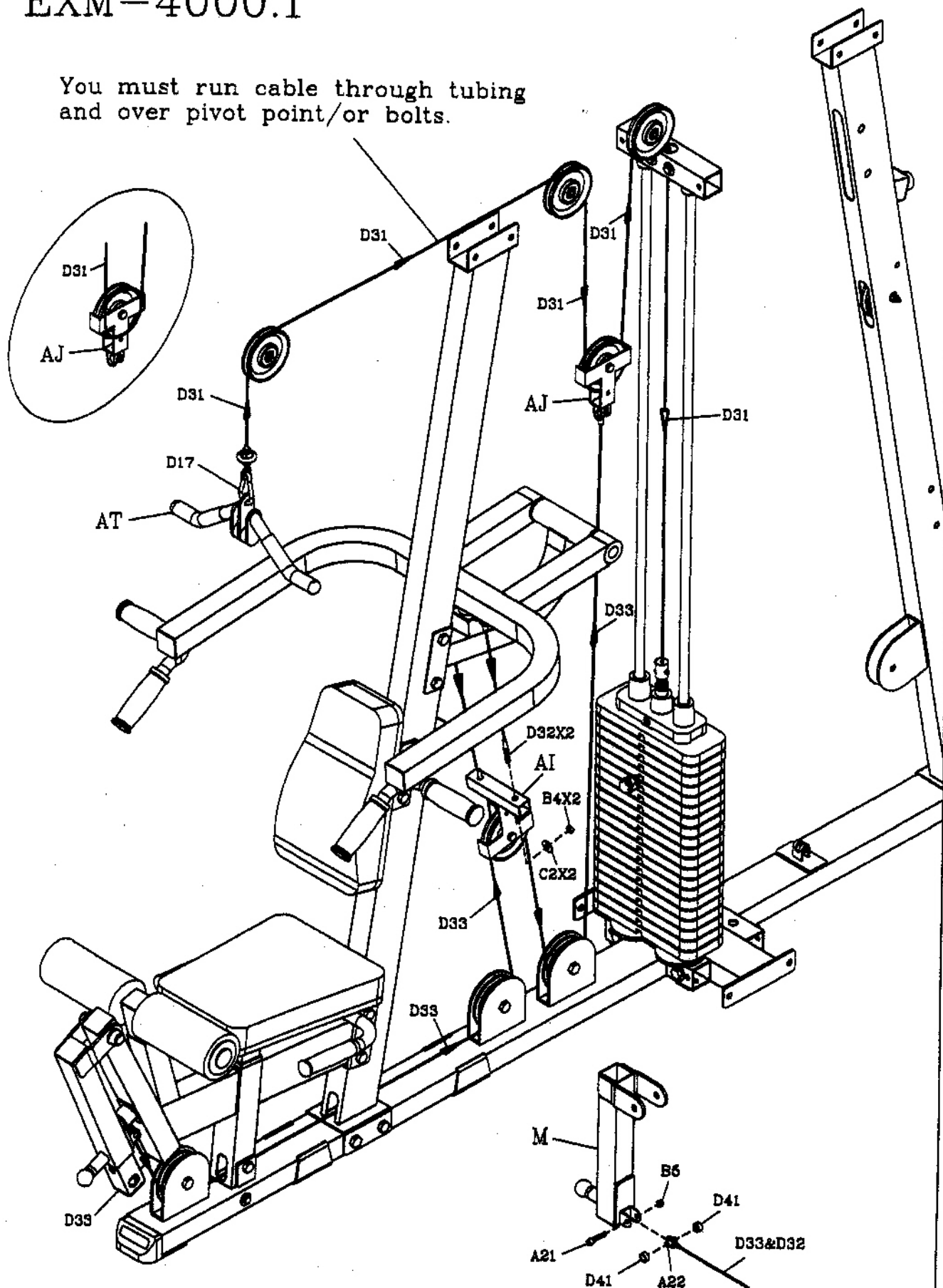






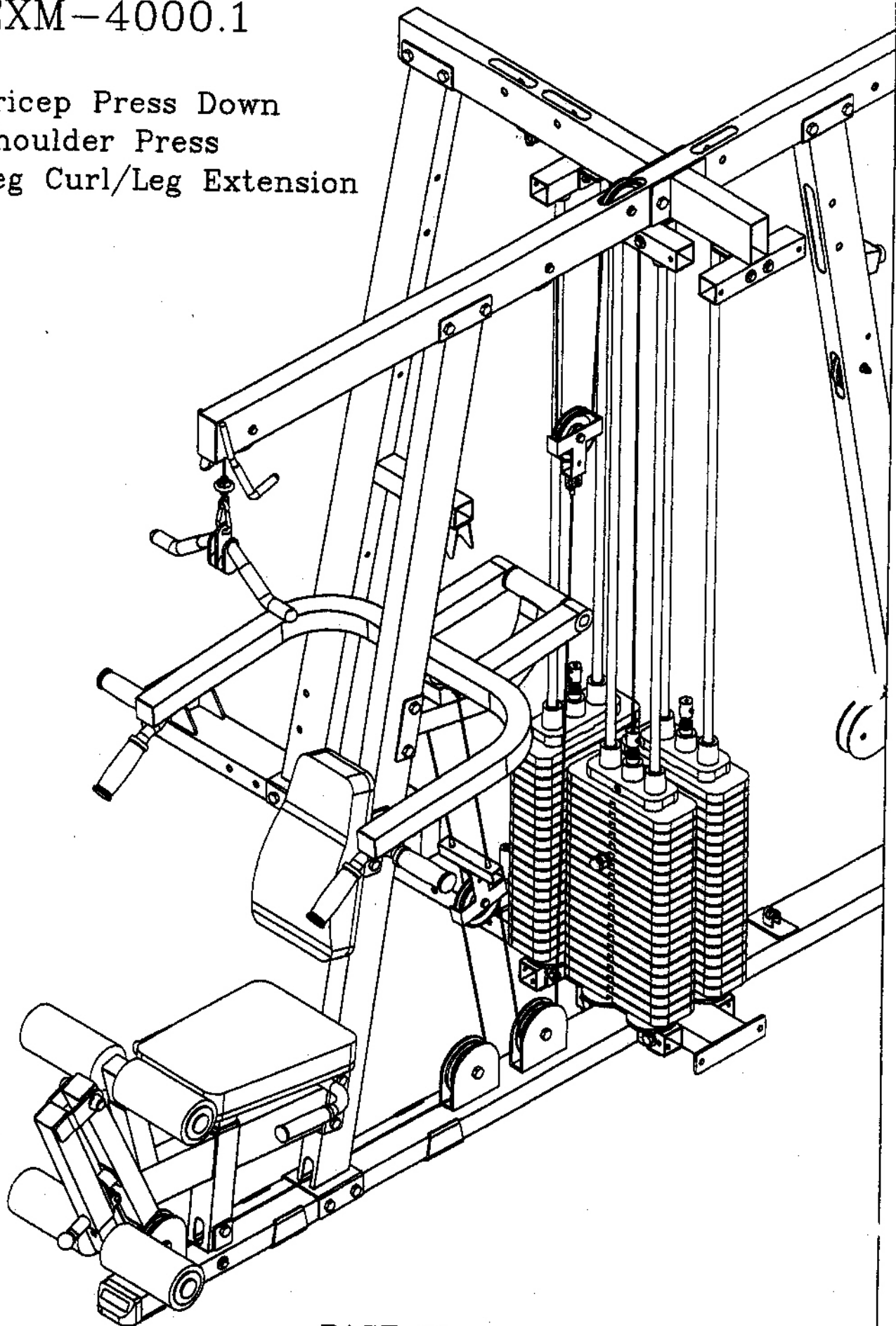
EXM-4000.1

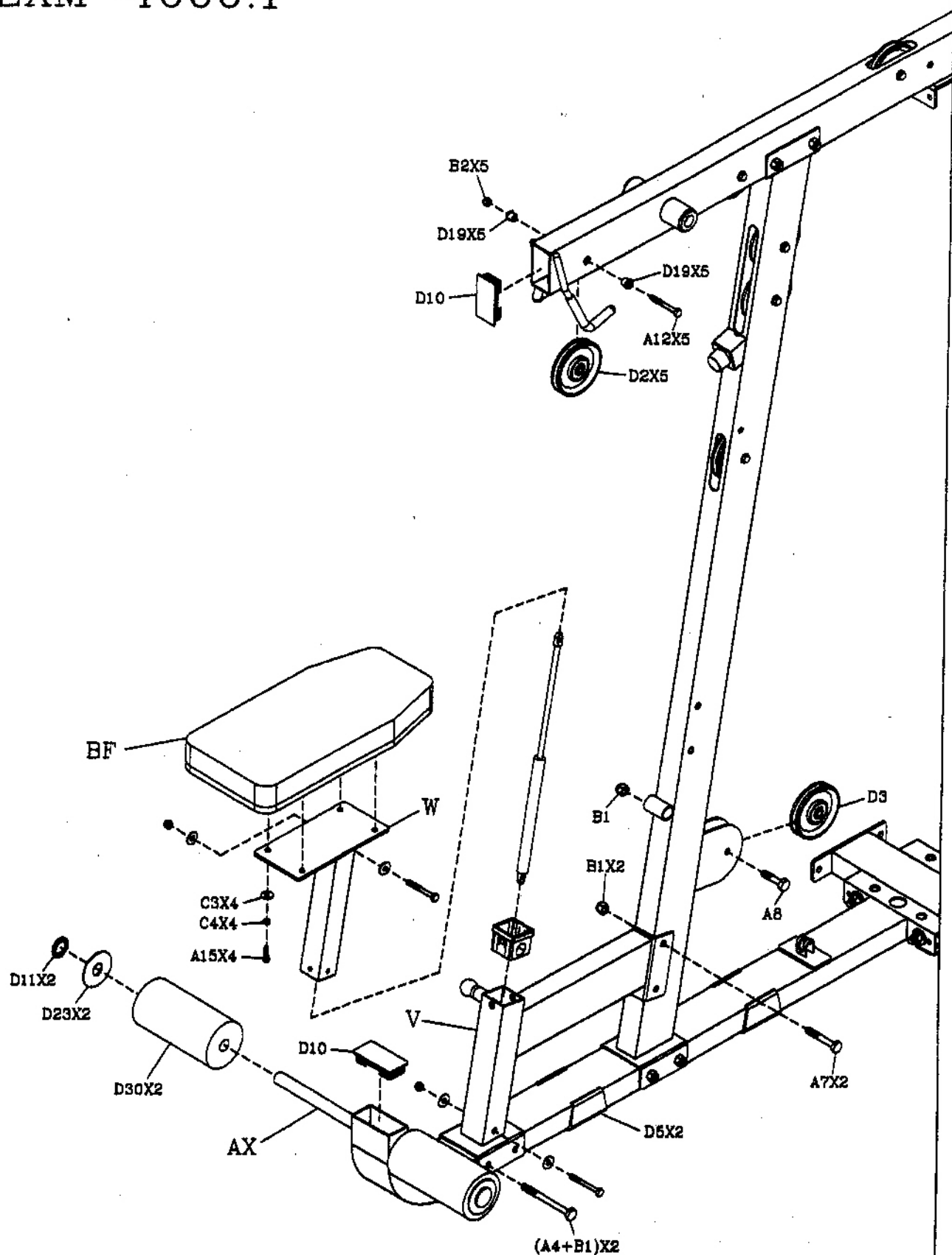
You must run cable through tubing
and over pivot point/or bolts.

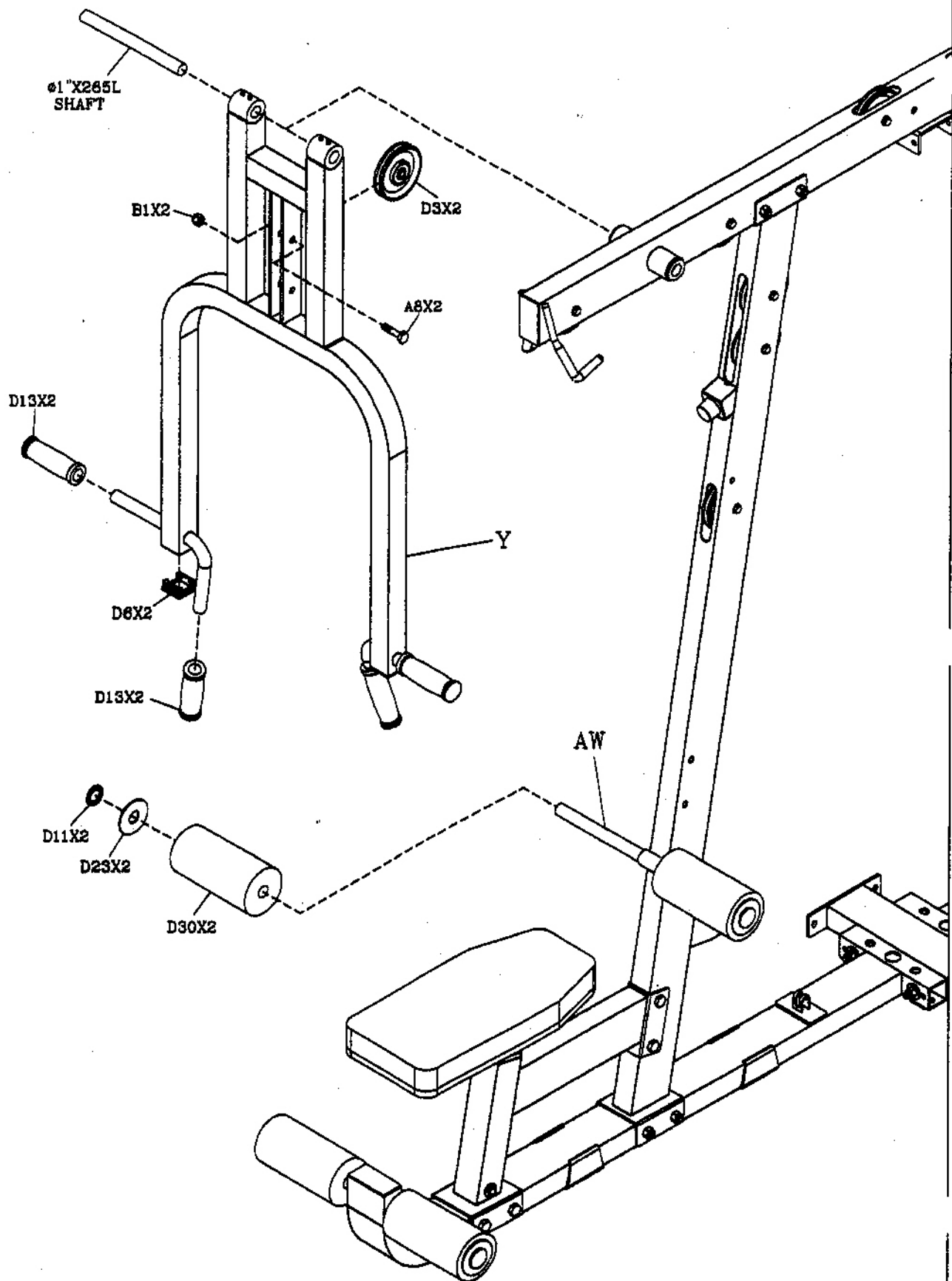


EXM-4000.1

Tricep Press Down
Shoulder Press
Leg Curl/Leg Extension





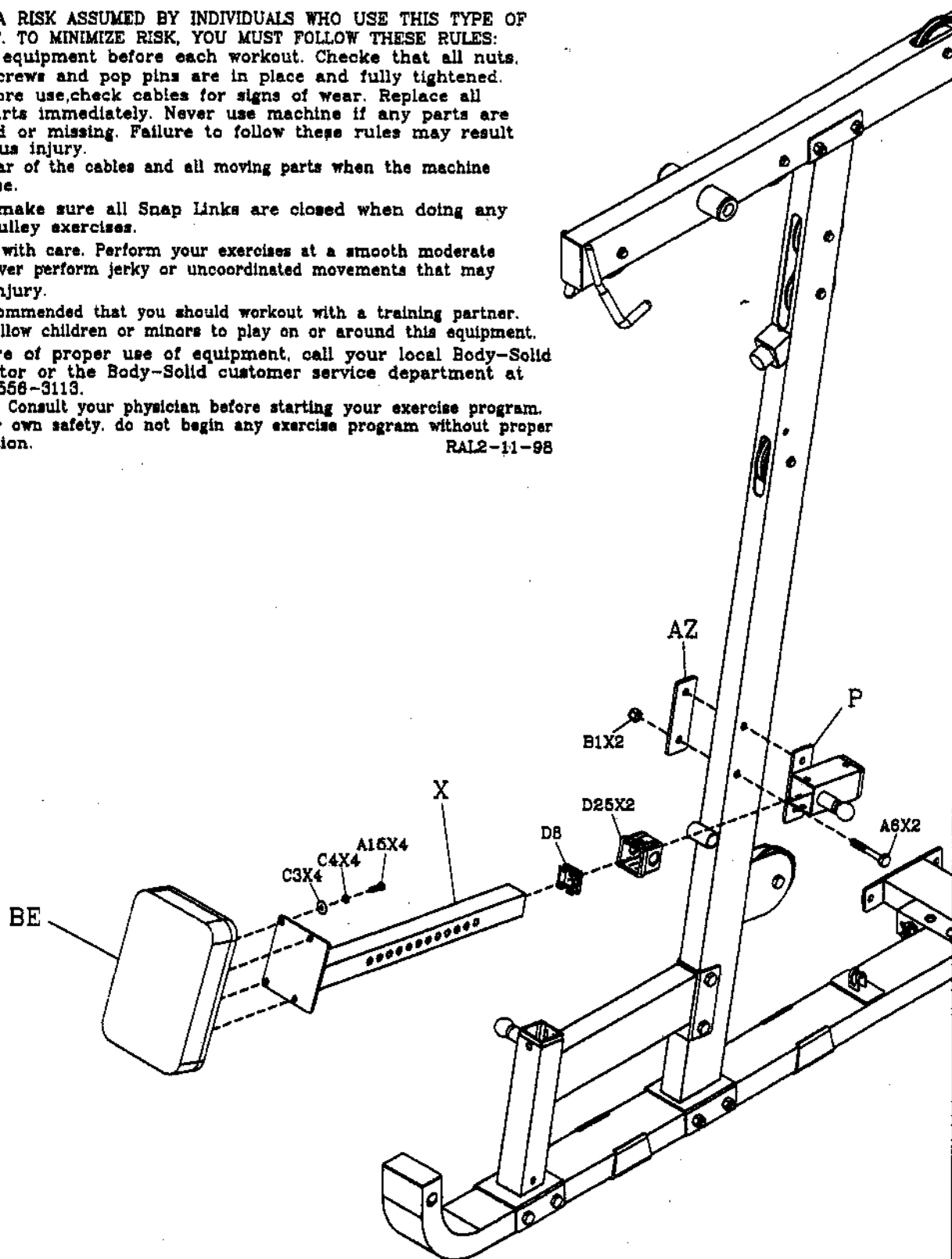


EXM-4000.1

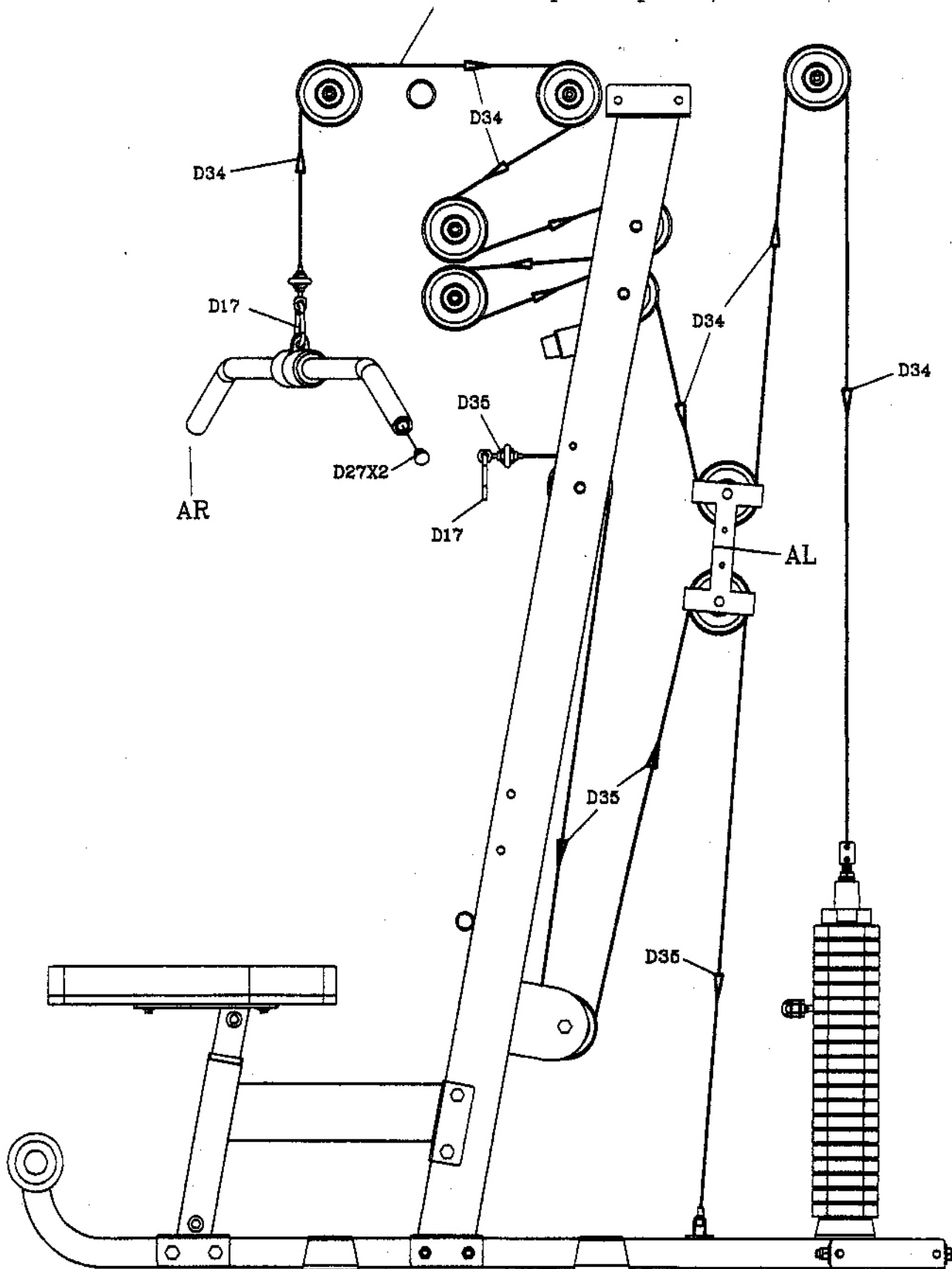
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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 1-800-858-3113.
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



You must run cable through tubing
and over pivot point/or bolts.

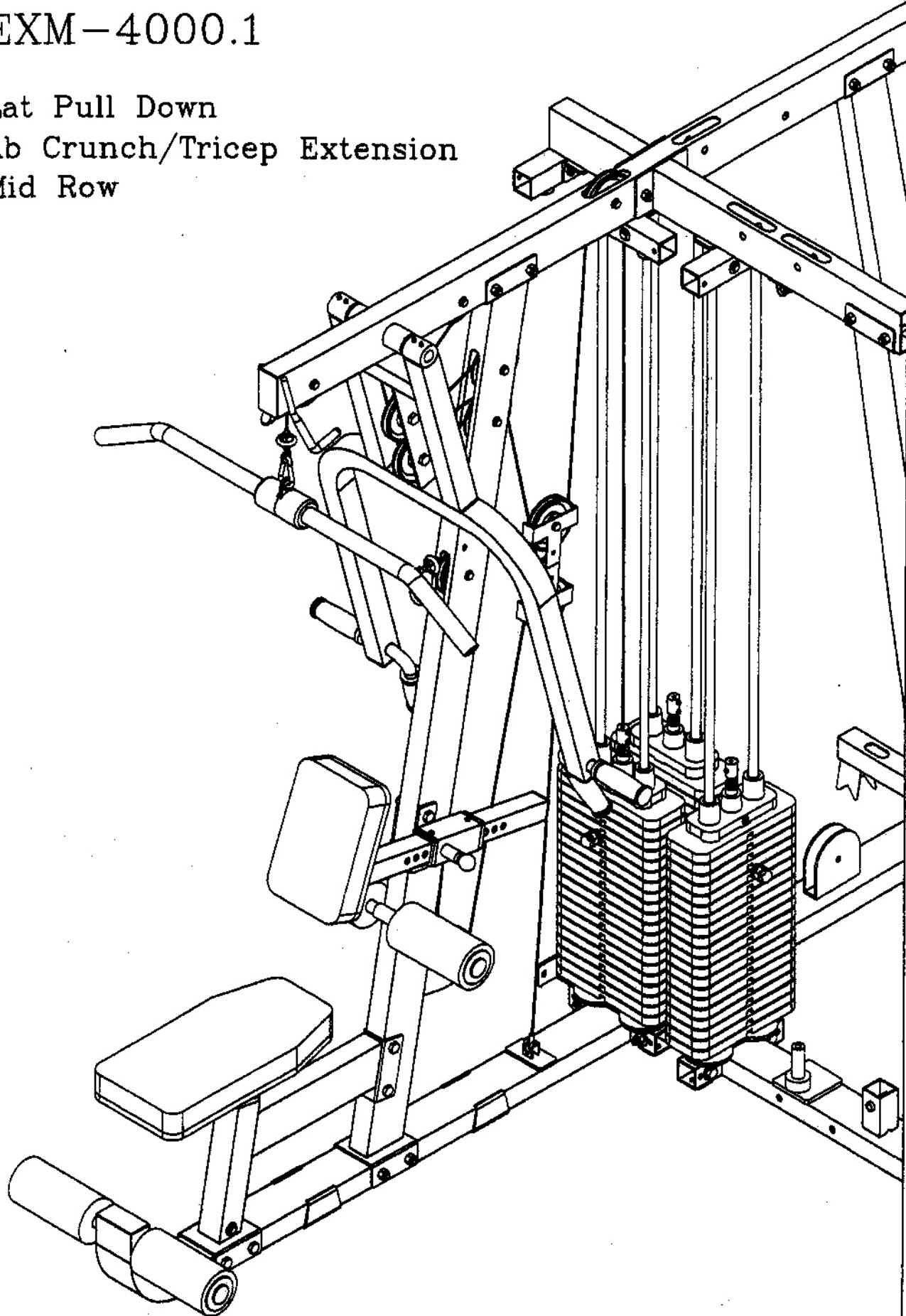


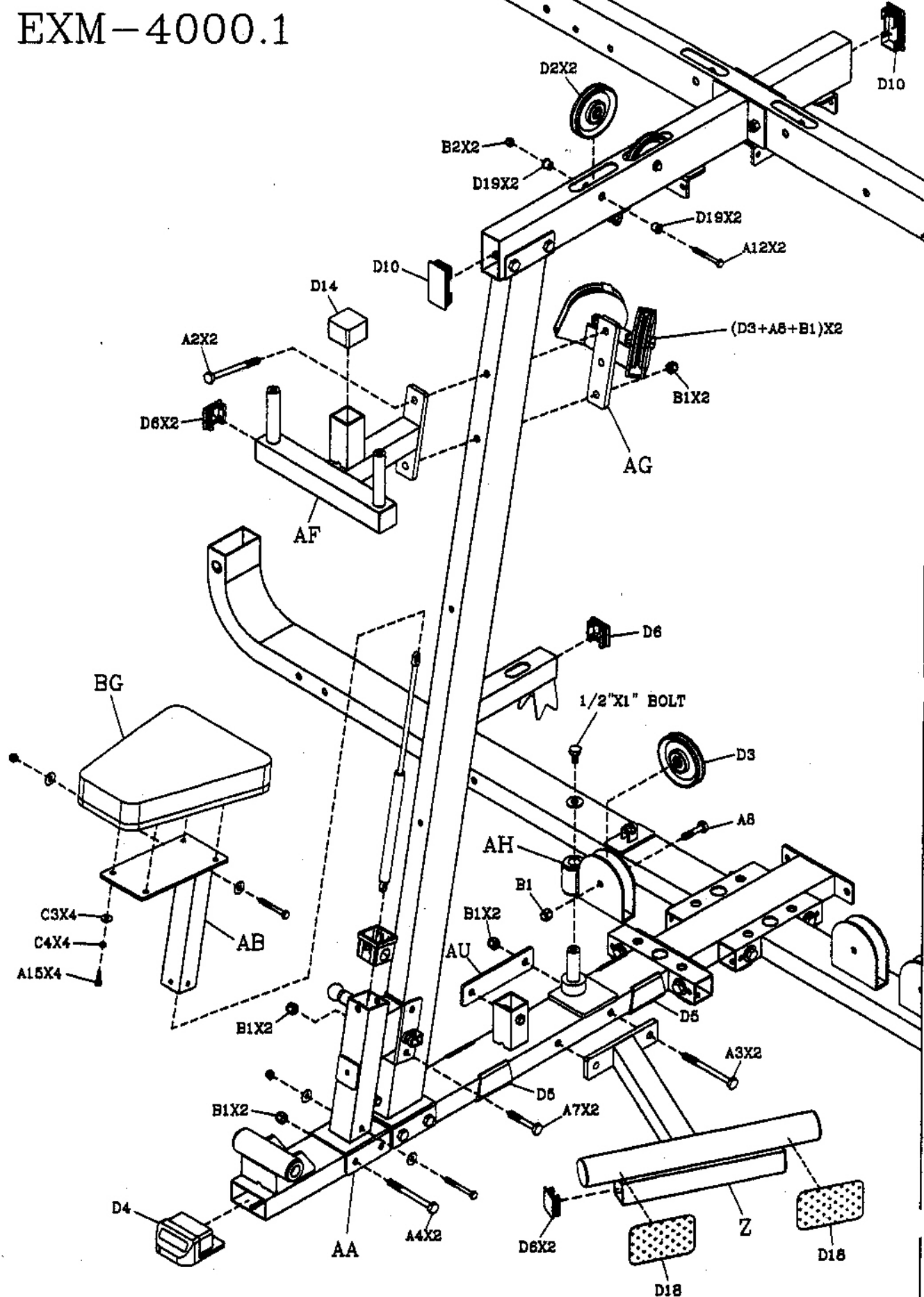
EXM-4000.1

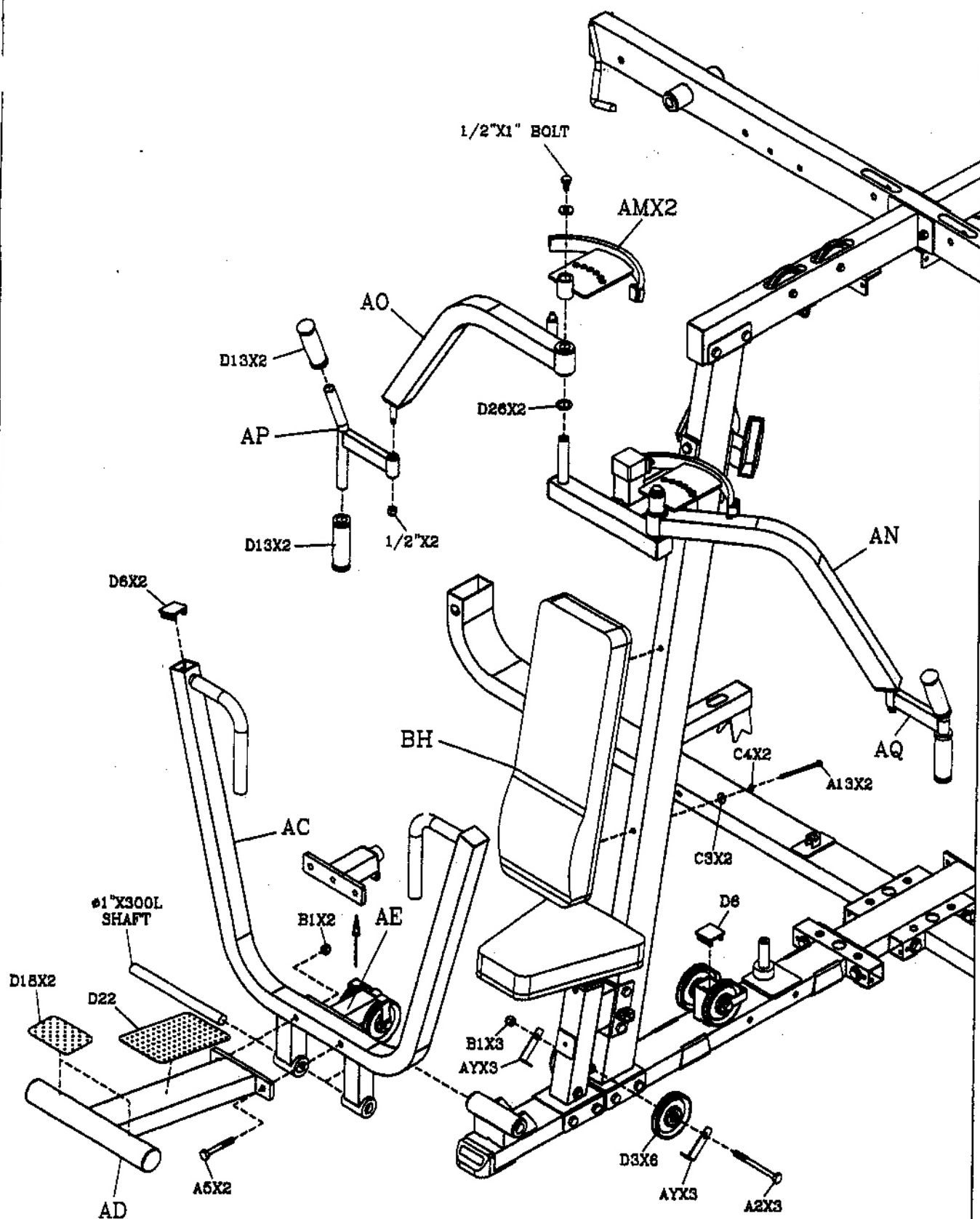
Lat Pull Down

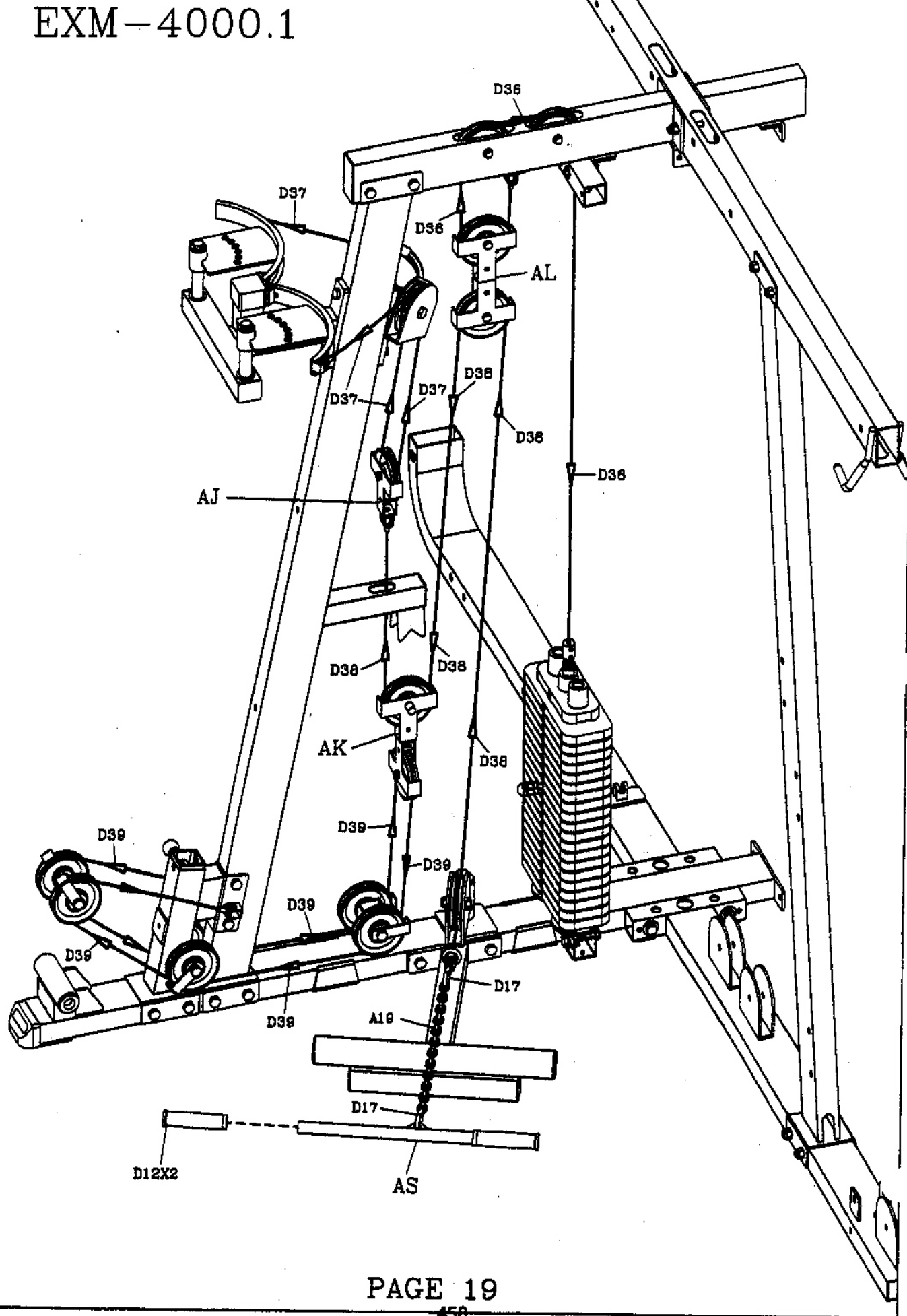
Ab Crunch/Tricep Extension

Mid Row









EXM-4000.1

Pectoral Fly
Bench Press
Low Pulley

