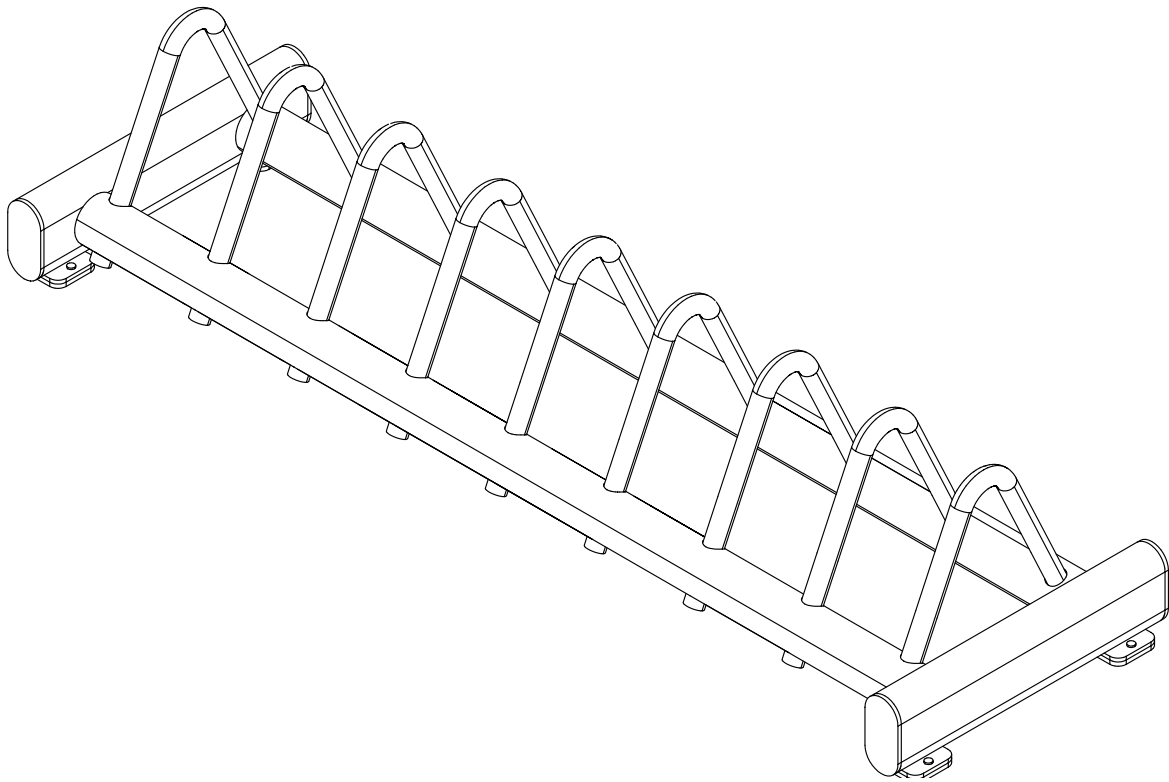


Body-Solid®
Built for Life

GBPR10



BUMPER PLATE RACK

Assembly Instructions

OWNER'S & MANUAL

v. GBPR10_101011

GBPR10 INSTRUCTIONS

1. Your **GBPR10** comes **FULLY INSTALLED** right out of the box. However, should you need to replace your Rubber Floor Grips (**#1**) due to wear and/or tear please attach them to the bottom of Mainframe (**A**) as shown in the picture to the right.

Hardware / Part List

Part	Qty	Description
1	4	50X50mm RUBBER FLOOR GRIP
A	1	MAINFRAME

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

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 sign 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.

Keep clear of the cables and all moving parts when machine is in use.

Always make sure all Snap Links are closed when doing cable/pulley/strap exercises.

Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.

It is recommended that you workout with a training partner.

Do not allow children or minors to play on or around this equipment.

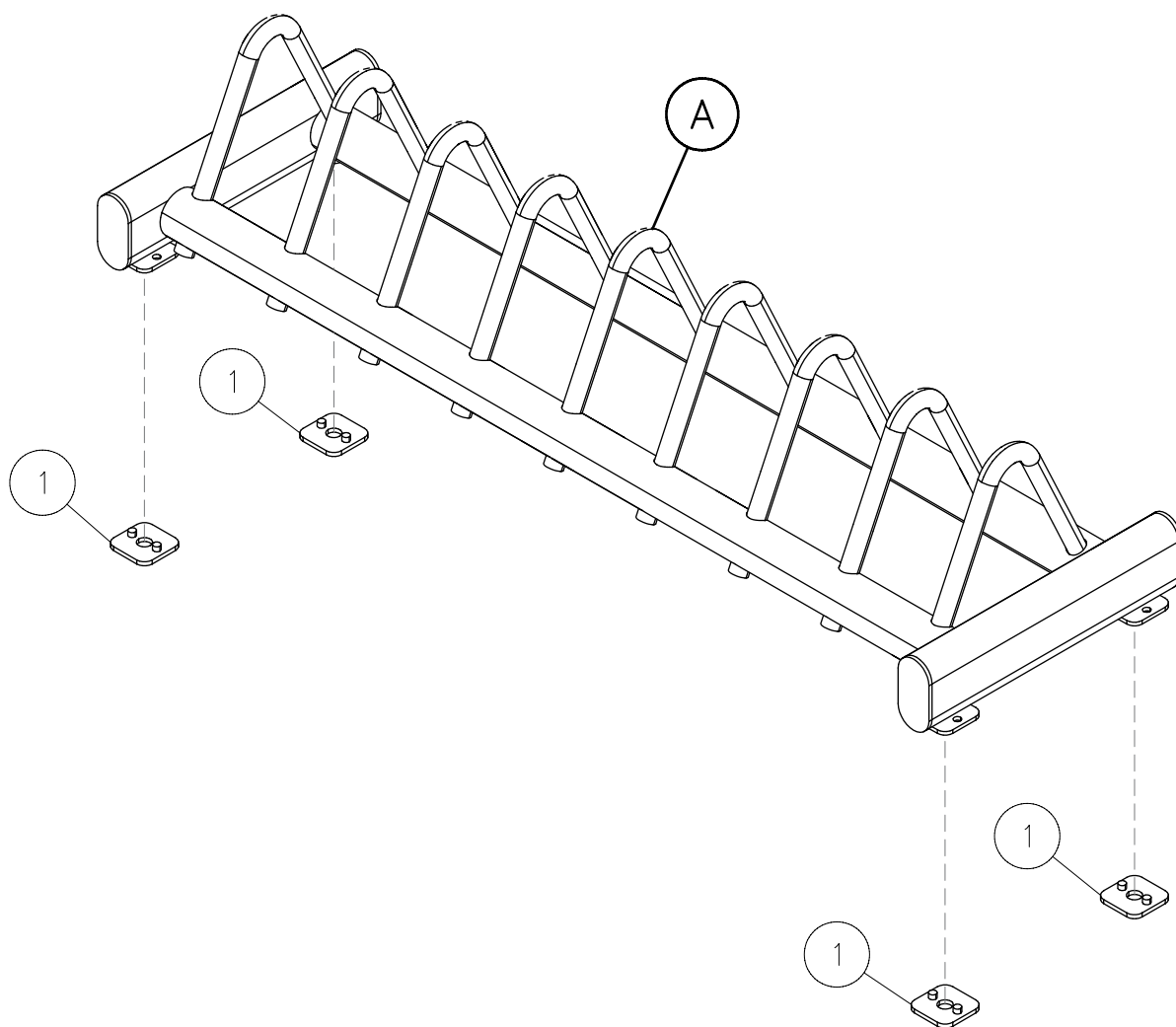
If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service center at 1-800-556-3113.

WARNING: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.



PLEASE USE CAUTION WHEN INSERTING OR REMOVING BUMPER PLATES FROM THE BUMPER PLATE RACK TO AVOID PINCH POINTS FROM THE GUIDE RAILS.

GBPR10 EXPLODED VIEW



NOTE:

1. Your GBPR10 is designed for Bumper Plates, you are at your own risk for injury and/or damage to your GBPR-10 should you choose to use any other type of Weight Plates.
2. Your GBPR10 can store up to 400 lbs. by having two 25lb. Bumper Plates in the gaps between the Guide Rails. Therefore, it is not recommended that you move the GBPR10 when loaded with Bumper Plates otherwise it could result in serious injury. Only move the GBPR-10 when it is clear of Bumper Plates.
3. Your GBPR10 should be placed in a highly visible and easy accessible area to make it safer and easier to use.
4. Using Body-Solid Olympic Bumper Plates (OPB) each gap between the Guide Rails can hold:
 - 1 - 45lb. OPB
 - 1 - 35lb. OPB
 - 2 - 25lb. OPB
 - 3 - 15lb. OPB
 - 4 - 10lb. OPB - as well as different mixtures of OPB's.

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PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # - - - -

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