*GLM83 Maintenance



* Customers can put some grease on pivot points(red circle place), with brass or gunmetal bushings.

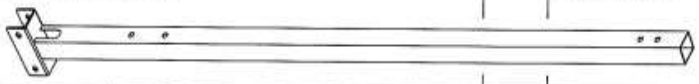
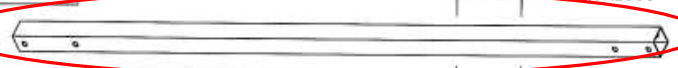




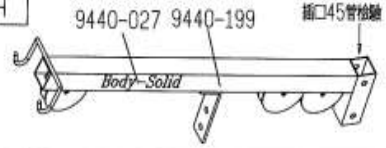
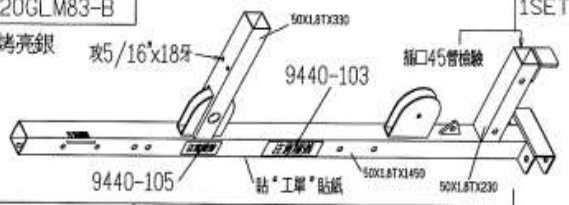
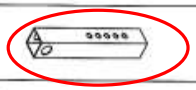
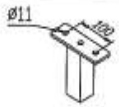
* Let's maintain your machine!

31GLM-83 包裝明細(2-1)

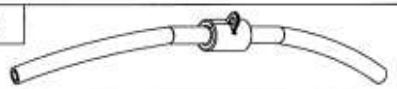
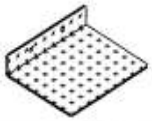
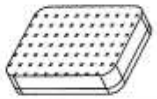
P1.

零件代碼	品名及圖案	用量	備註
20GLM83-E	烤亮銀 	1PCS	□50X1.8X1875
260408 電鍍		1PCS	□45X1.8X1866

32GLM-83 包裝明細(2-2)

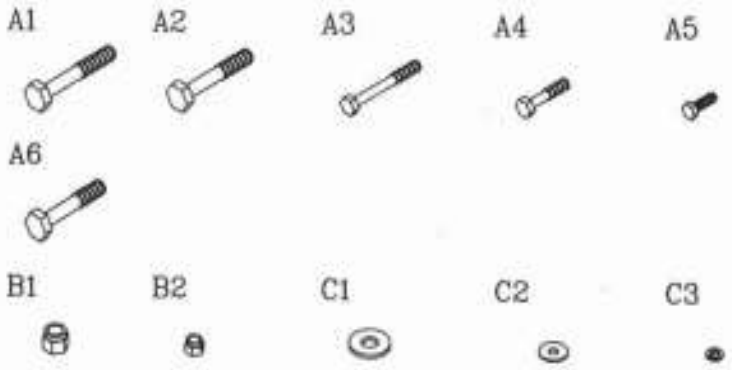
零件代碼	品名及圖案	用量	備註
20GLM83-H	烤亮銀 	1PCS	1.貼9440-027=1PCS 2.貼9440-199=1PCS □50X1.8TX760
20GLM83-B	烤亮銀 	1SET	1.貼9440-105=1PCS 2.貼9440-103=1PCS 攻5/16"x18牙
20GLM83-I	烤亮銀 	1SET	1.組立8250-012(E10026) 調整組=1PCS 2.貼9440-104=1PCS
260402	電鍍 	1PCS	□45X1.8X300
260142A	電鍍 	1PCS	Ø1"X1.6X493
20GLM83-M	烤亮銀 	1SET	□45X1.8X125

P2.

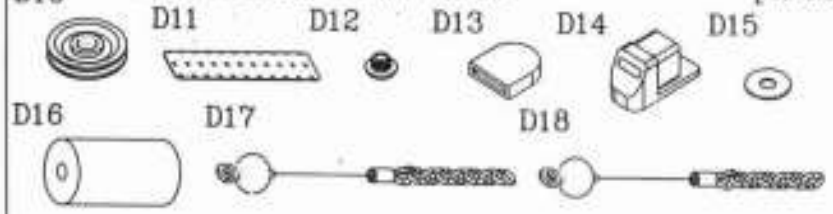
零件代碼	品名及圖案	用量	備註
20GLM83-G	烤深灰漆 	1SET	1.夾手貼紙9440-117=1PCS 2.鋼索警示標籤9440-113=1PCS 3.貼9440-217=1PCS
20GLM83-D	烤亮銀 	1SET	
20LB1200D	烤深灰漆 	1SET	1.組立9161-002泡棉=2PCS 1.組立9161-003泡棉=1PCS 2.組立9162-033高密度把手=2PCS
20LB500C	烤深灰漆 	1SET	組立9162-020高密度把手 (Ø24X5tX220L)=2PCS
20GLM83-O 烤亮銀 1PCS	 8342-014 烤亮銀 2PCS 		9440-115鋼索調整貼紙=1PCS 包裝前先用塑膠袋裝成一袋
8370-006	烤深灰漆 	2PCS	
GLM83.2-A	烤亮銀 	1PCS	□50X1.8X700
9122-010	坐墊 	1PCS	
9161-054	泡棉  Ø4"X23X8"	2PCS	泡棉加皮套
23GLM83	附件包	1SET	
G-GLM83	螺絲包	1SET	
25GLM83	皮帶輪包	1SET	
FGLM83	鋼索包	1SET	
KGLM83	說明書	1SET	

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]



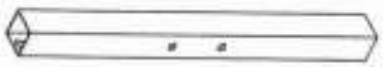
	Qty.
D1. 2"X2" RUBBER DOUNT(9212-010)	[2PCS]
D2. 2"X2" END CAP(9211-087)	[1PCS]
D3. 45X45 END CAP(9211-091)	[3PCS]
D4. ø50 ROUND END CAP(9211-074)	[2PCS]
D5. ø1" ROUND END CAP(9211-016)	[2PCS]
D6. ø1" ROUND END CAP(8341-033)	[2PCS]
D7. 50X45 NYLON BUSHING(9211-030)	[1PCS]
D8. 60X45 NYLON BUSHING(9211-032)	[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]



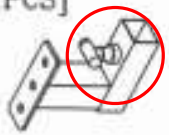


GLM-83 PARTS ILLUSTRATION SHEET

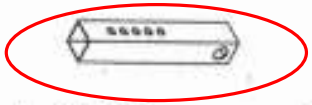
A [1PCS]



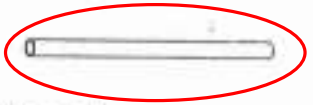
I [1PCS]



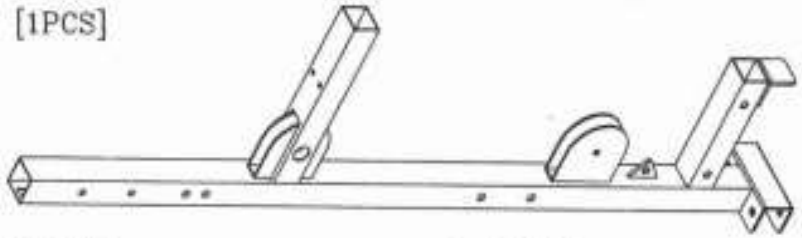
J [1PCS]



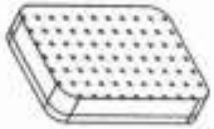
K [1PCS]



B [1PCS]



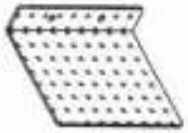
L [1PCS]
9122-010



M [1PCS]



C [2PCS]
8370-006



D [1PCS]



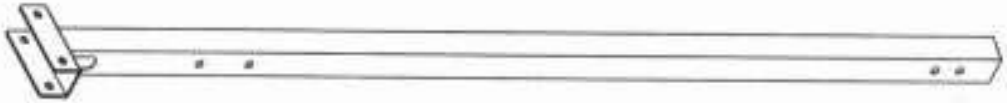
N [2PCS]
8342-014



O [1PCS]



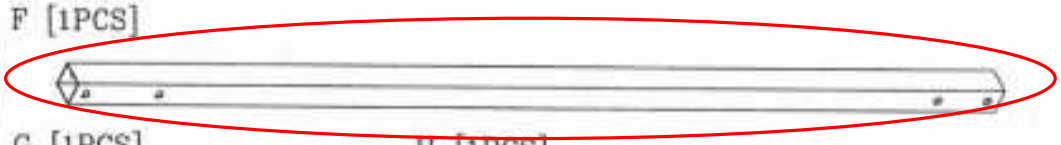
E [1PCS]



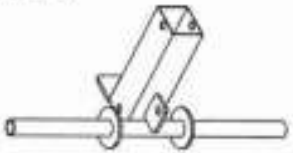
P [1PCS]



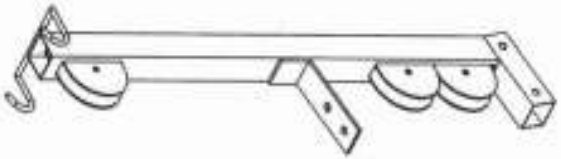
F [1PCS]



G [1PCS]

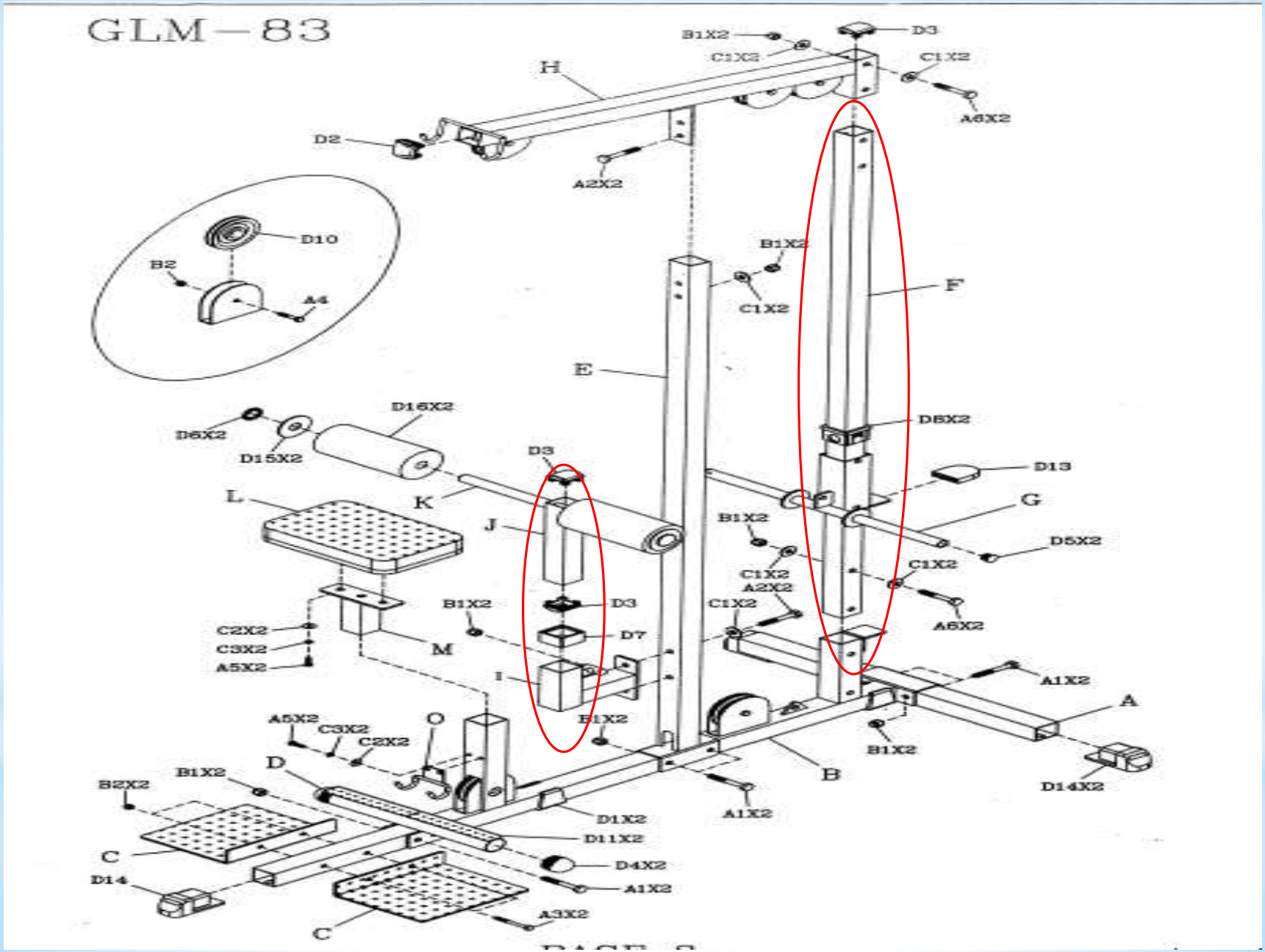


H [1PCS]

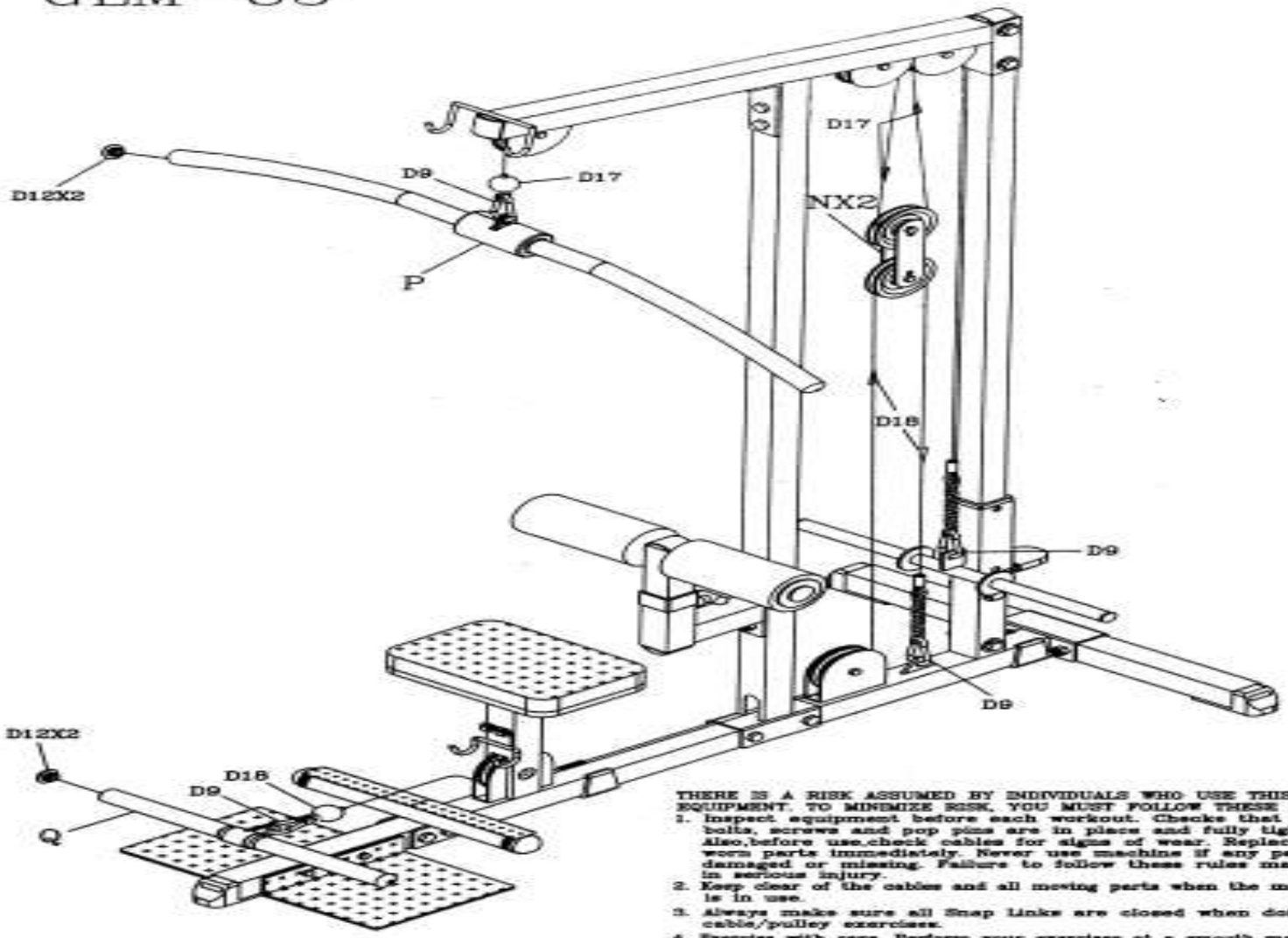


Q [1PCS]




GLM－83
B1X2
D3
C1X2
C1X2
H
A6X2
D2
A2X2
D10
B2
A4
B1X2
C1X2
F
E
D16X2
D6X2
D15X2
D3
D5X2
D13
K
L
J
G
B1X2
D5X2
C1X2
C1X2
A2X2
B1X2
D3
C1X2
A6X2
C2X2
C3X2
A5X2
M
D7
I
A1X2
A
A5X2
C3X2
C2X2
O
B1X2
B1X2
D
B1X2
B2X2
B
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. Checks 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 1-800-256-3113.
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

*Well done!

