

*Be careful not to tighten the bolt to tight This not allow for the transport wheel to rotate properly. D1X2 GFI-21 A3X4 C3X4 H B3X2 C4X2 C2X4 A2X2 1/2"BOLT C4X2 A7X2 CIXZ Ή , DSX2 **B3X2** ᄧ BZXZ C4X2 D6X2 C4X2 A7X2 A6X2 Bexe PAGE D1X2 44X4 Daxa N 1/2"B0LT C D4X2 H Ħ B2X2 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, boils, 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 Always make sure all Snap Links are closed when doing any cable/pulley exercises. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may It is recommended that you should workout with a training partner. Do not allow children or minors to play on or around this equipment. WARNING: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. If unsure of proper use of equipment, call your local Hody-Solid distributor or the Body-Solid customer service department at 1-800-556-3113. cause injury. 18 III use. A1X2