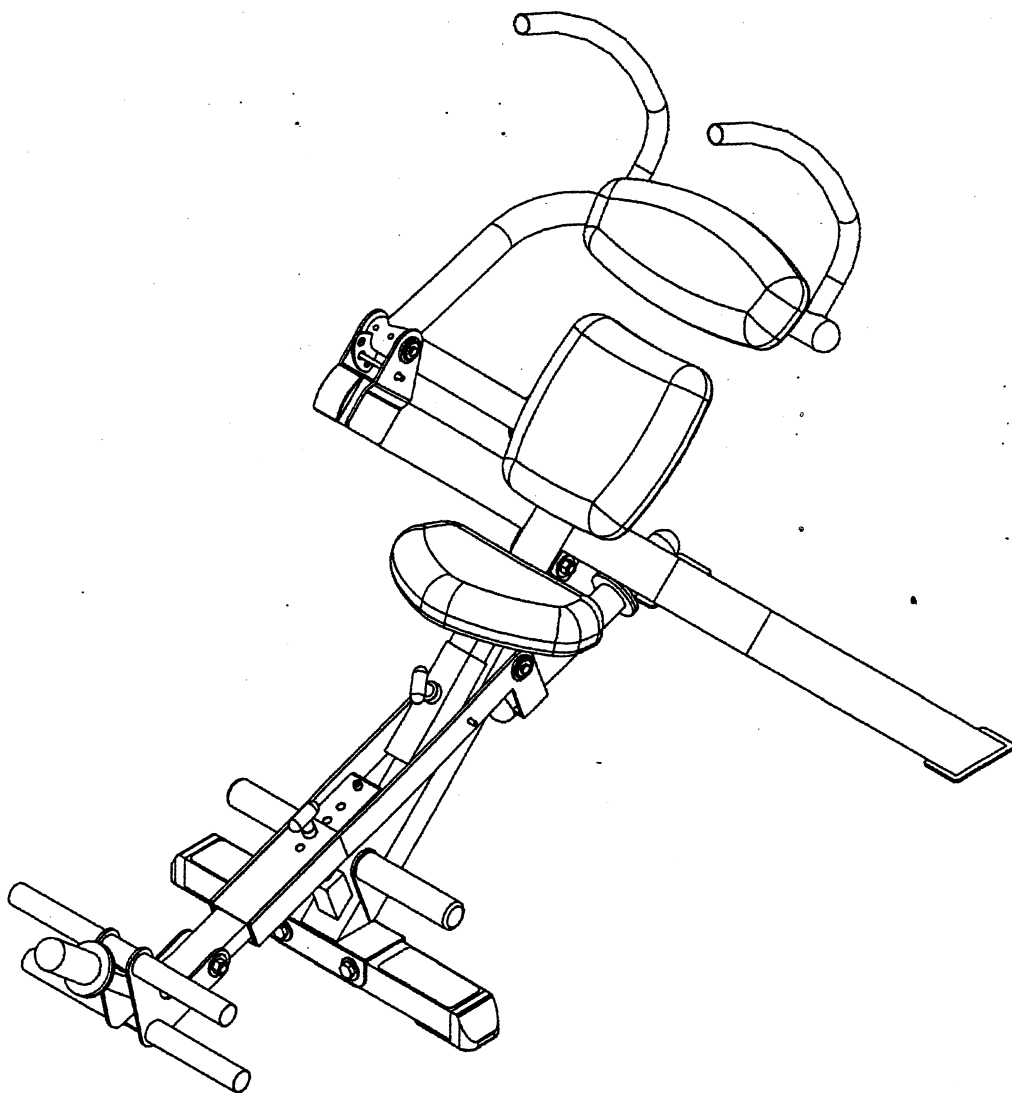


Body-Solid



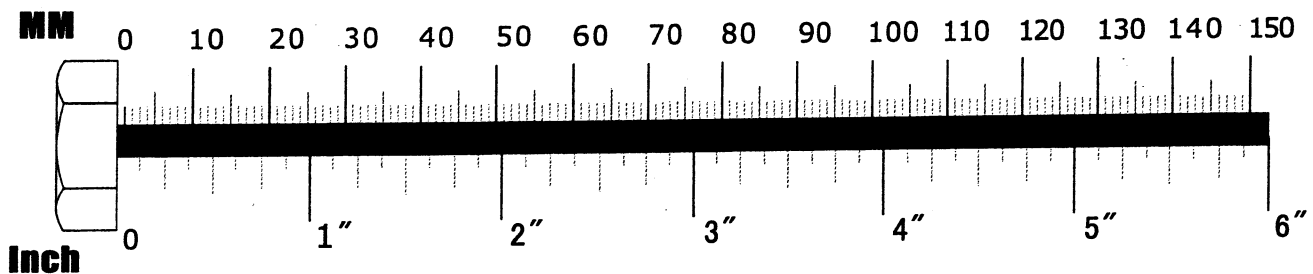
GAB300
Owner's Manual

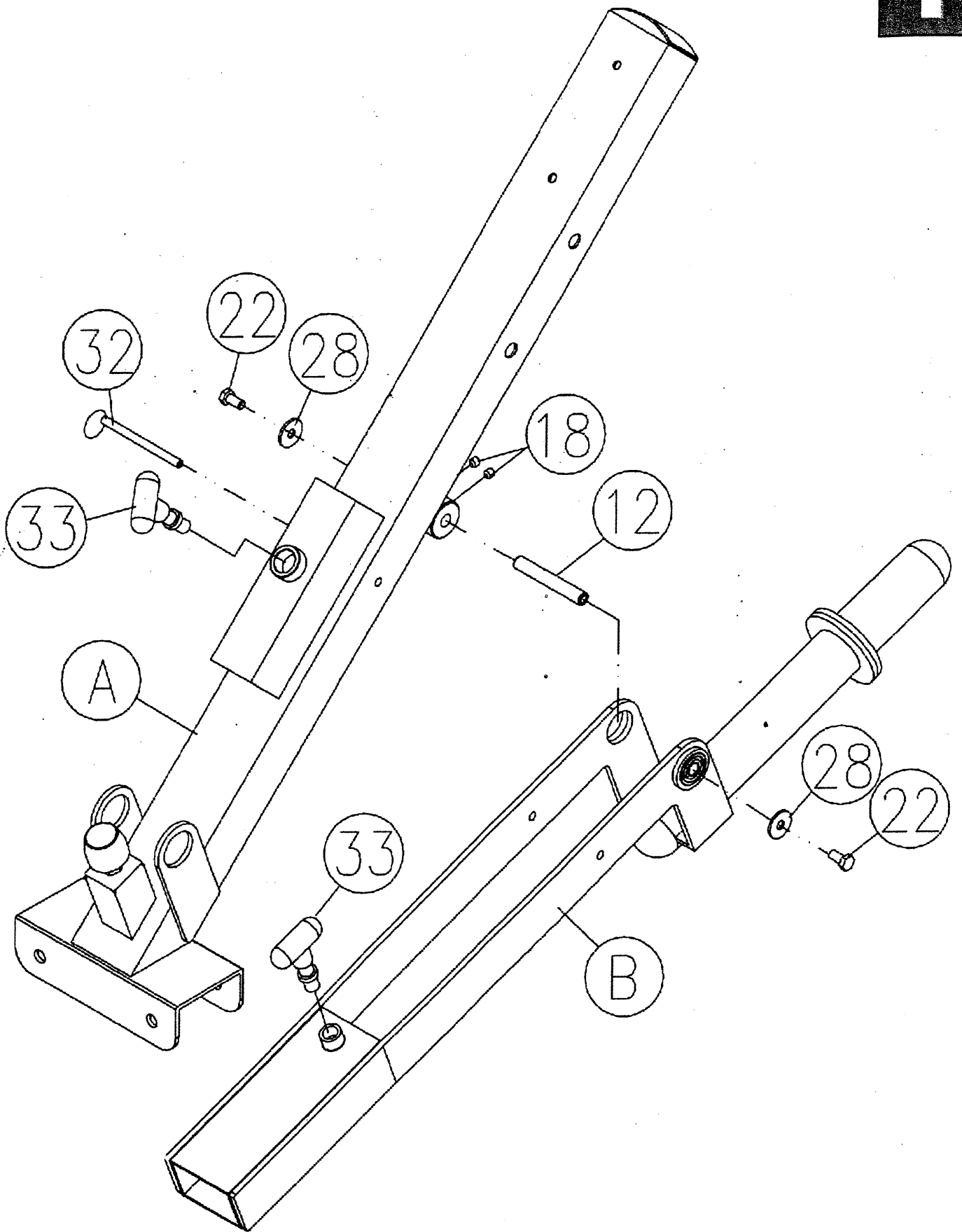
Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 3.

- A. Slide Main Frame (A) into Pivoting Frame (B) and connect them as shown using:
Two 22 (5/16" x 5/8" hex head bolt)
Four 28 (5/16" washer)
Hex Head Bolt (22) threads into pre-installed Shaft (12), and lock down using two Allen Bolts (18).
- B. Lock the Pivoting Frame (B) to Main Frame (A) using the Lock Pin (32) until you are ready to use.
- C. Insert Pop Pin (33) into Main Frame (A) and one into Pivoting Frame (B) as shown.



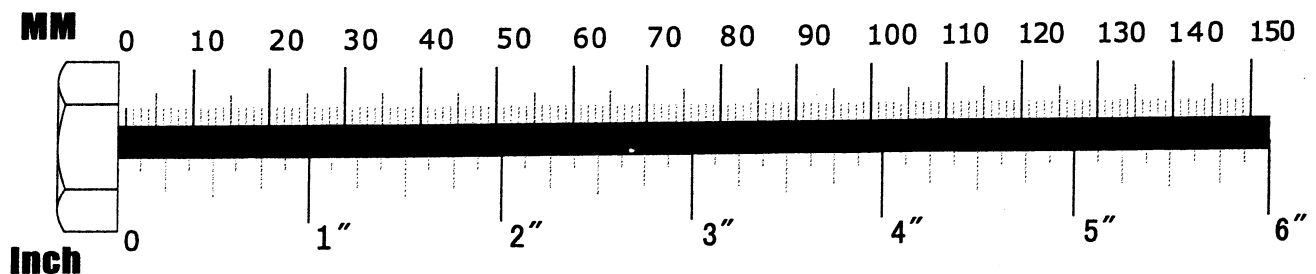


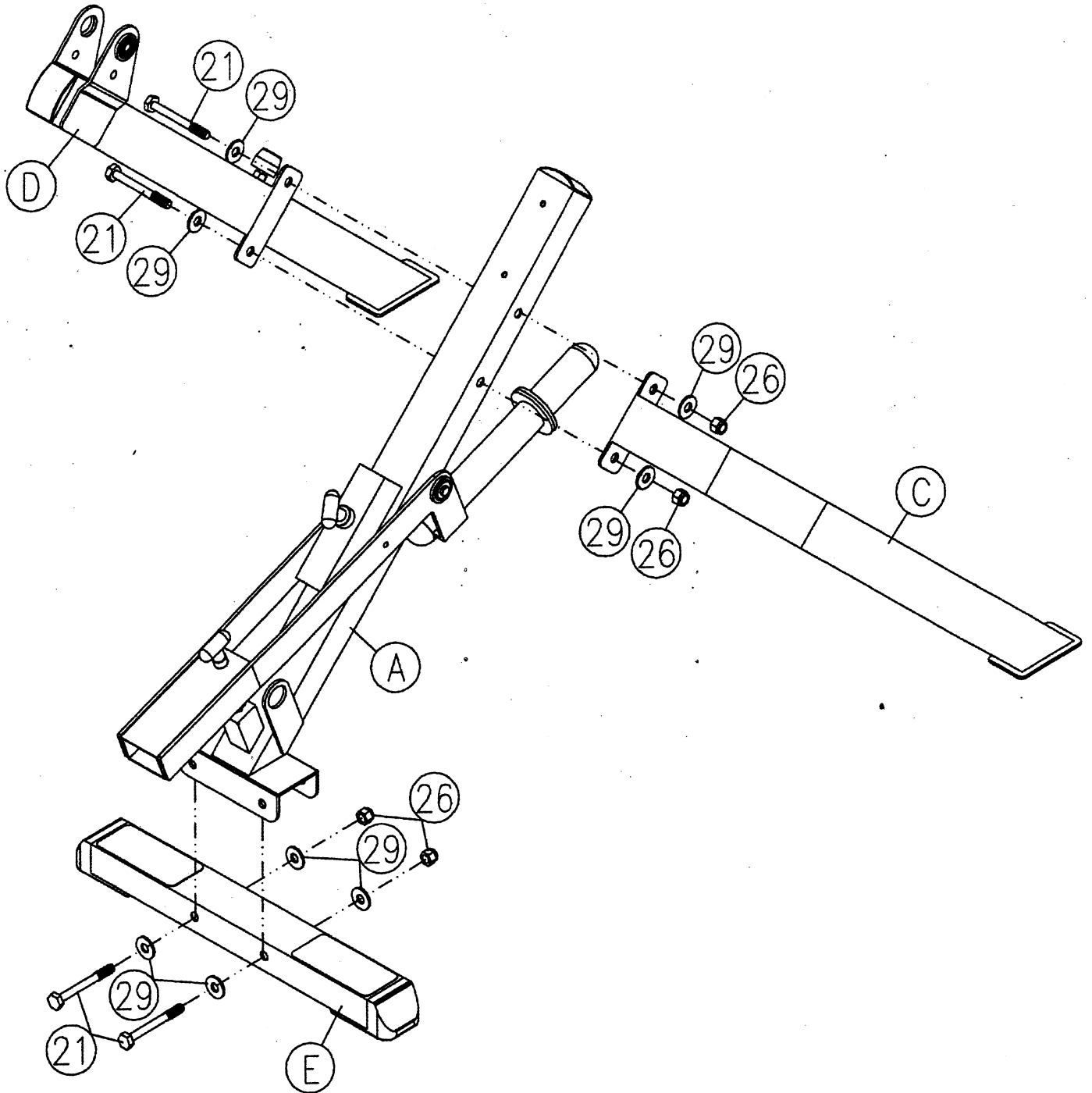
Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Do Not wrench tighten until the end of step 3.

- A. Attach Left Leg (C) and Right Leg (D) onto Main Frame (A) using:
Two 21 (1/2" x 4" hex head bolt)
Four 29 (1/2" washer)
Two 26 (1/2" nylon lock nut)
- B. Attach Front Foot Frame (E) onto Main Frame (A) using:
Two 21 (1/2" x 4" hex head bolt)
Four 29 (1/2" washer)
Two 26 (1/2" nylon lock nut)





Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware in this step. Until the end of step 3.

- A. Attach Top Pivot (F) to Right Leg (D) as shown using:
Two 22 (5/16" x 5/8" hex head bolt)
Four 28 (5/16" washer)
 Hex Head Bolt (22) threads into pre-installed Shaft (11), and lock down using two Allen Bolts (18).

- B. Lock Top pivot (F) into place with Lock Pin (32).

- C. Attach two Crunch Handles (G) to Top Pivot (F) as shown using:
Two 19 (3/8" x 1" hex head bolt)
Two 30 (3/8" washer)

- D. Attach Seat Pad (I) to Seat Frame (H) using:
Two 24 (5/16" x 1" hex head bolt)*
Two 31 (5/16" washer)
Two (5/16" spring lock washer)

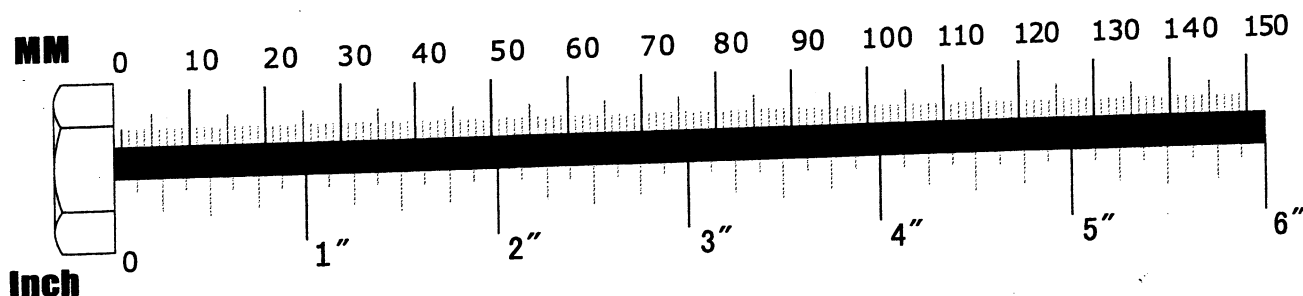
***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. over-tightening these bolts will cause the T-nuts in pads to strip out.**

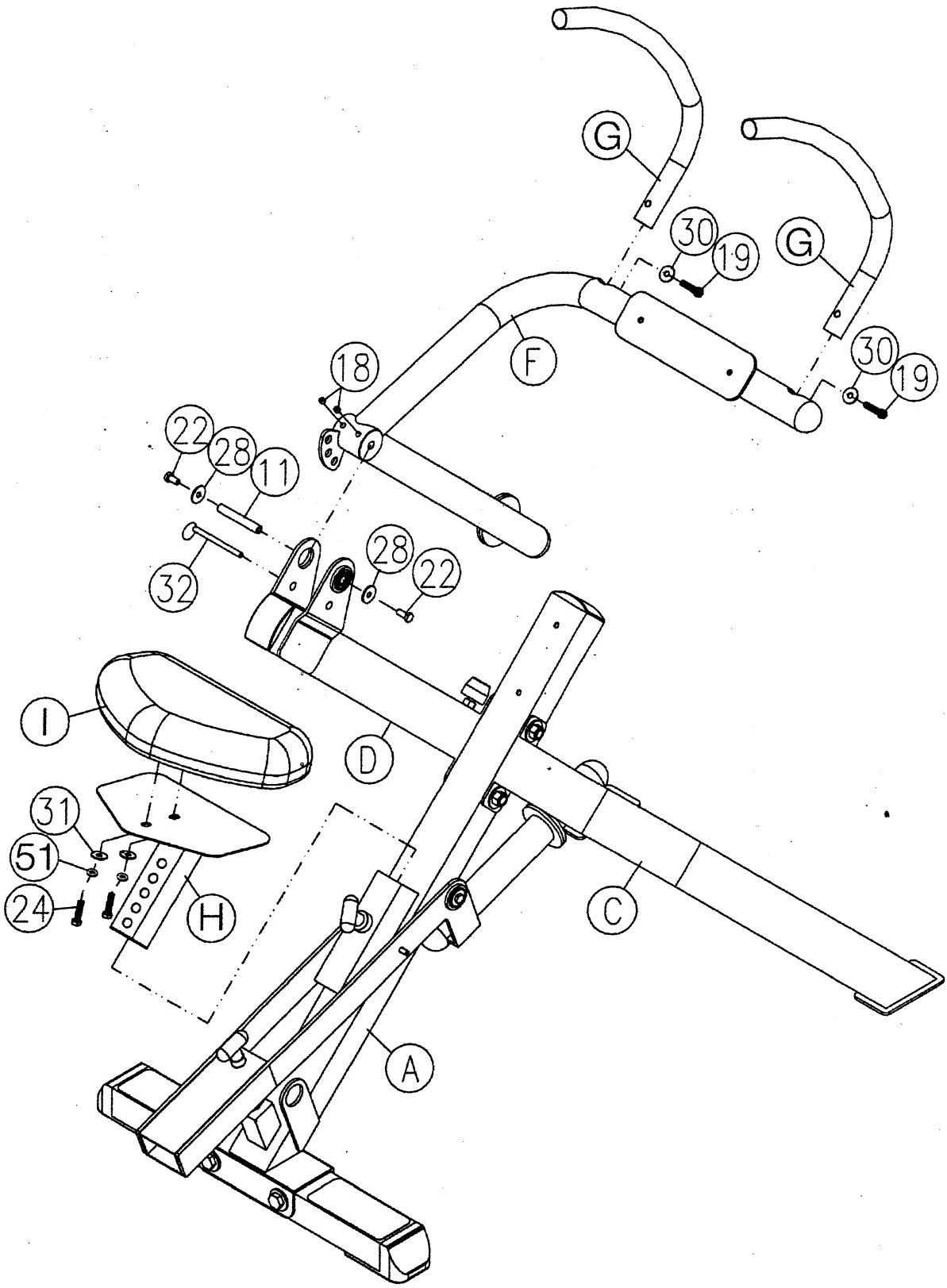
- E. Slide Seat Frame (H) into Main Frame (A) as shown and lock in place using Pop Pin (33).

Note:

Now Wrench tighten all bolts and nuts.

Do NOT re-tighten any of the pad bolts: over-tightening these bolts will cause the T-nuts in pads to strip out.





Be careful to assemble all components in the sequence they are presented.

- A. Attach Head Pad (J) to Top Pivot (F) as shown using:

Two 23 (5/16" x 2 3/4" hex head bolt)*

Two 31 (5/16" washer)

Two (5/16" spring lock washer)

***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. over-tightening these bolts will cause the T-nuts in pads to strip out.**

- B. Attach Back Pad (K) to Main Frame (A) using:

Two 25 (5/16" x 2 3/4" hex head bolt)*

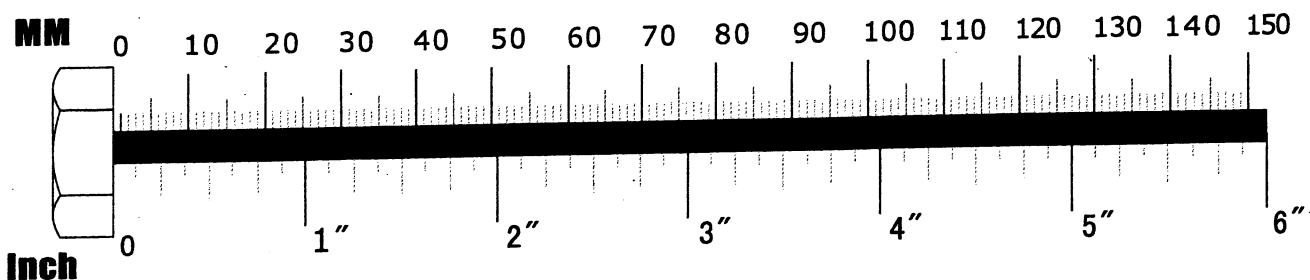
Two 31 (5/16" washer)

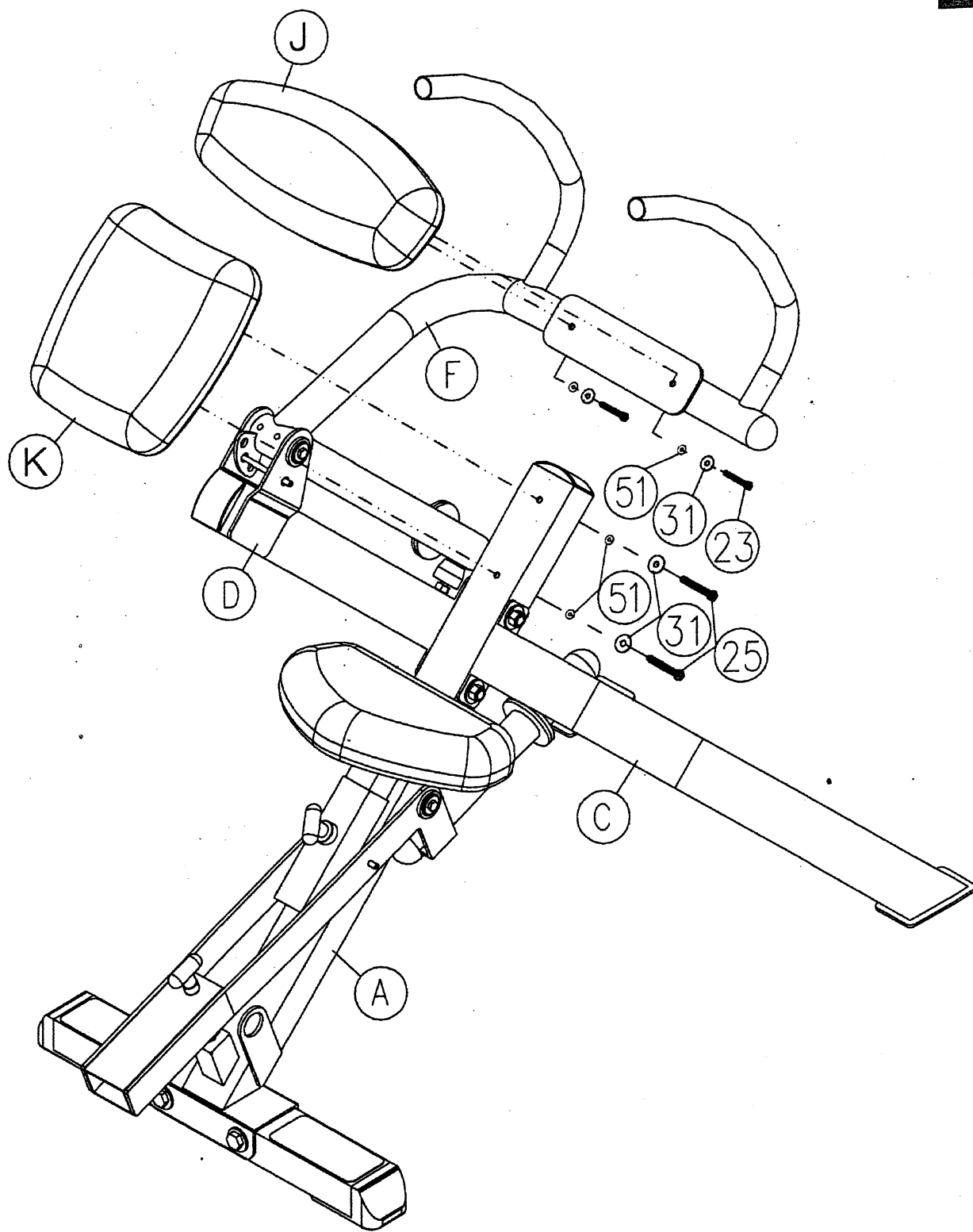
Two (5/16" spring lock washer)

***Do NOT over-tighten these bolts. Tighten these bolts until spring lock washer is flat. over-tightening these bolts will cause the T-nuts in pads to strip out.**

Note:

Do NOT re-tighten any of the pad bolts: over-tightening these bolts will cause the T-nuts in pads to strip out.





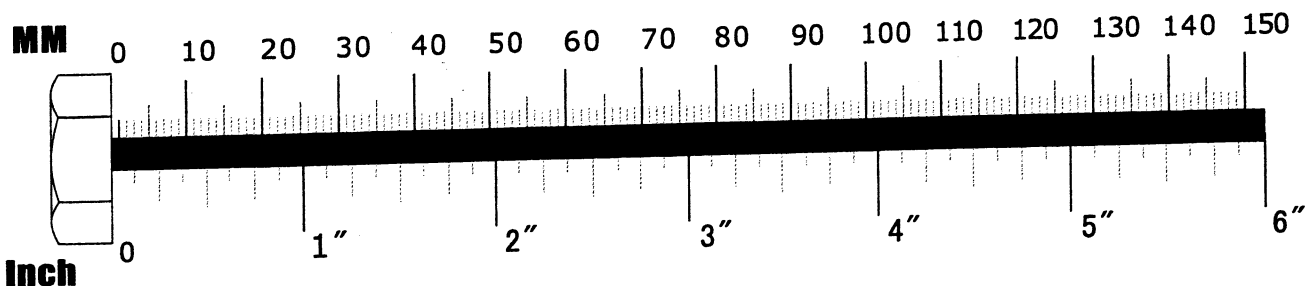
Be careful to assemble all components in the sequence they are presented.

- A. Attach Pivoting Foot Brace (N) to Adjustable Arm (P) as shown in figure A using:
Two 20 (1/2" x 3 1/2" hex head bolt)
Two 29 (1/2" washer)
One 26 (1/2" nylon lock nut)
- B. Slide Adjustable Arm (P) into Pivoting Frame (B), hold in place using Pop Pin (33), and attach using:
One 17 (5/16" x 1/2" socket head bolt)
- C. Slide Leg Hold Down (R) into the opening in Main Frame (A) and hold in place by installing Rubber Sleeves (S).

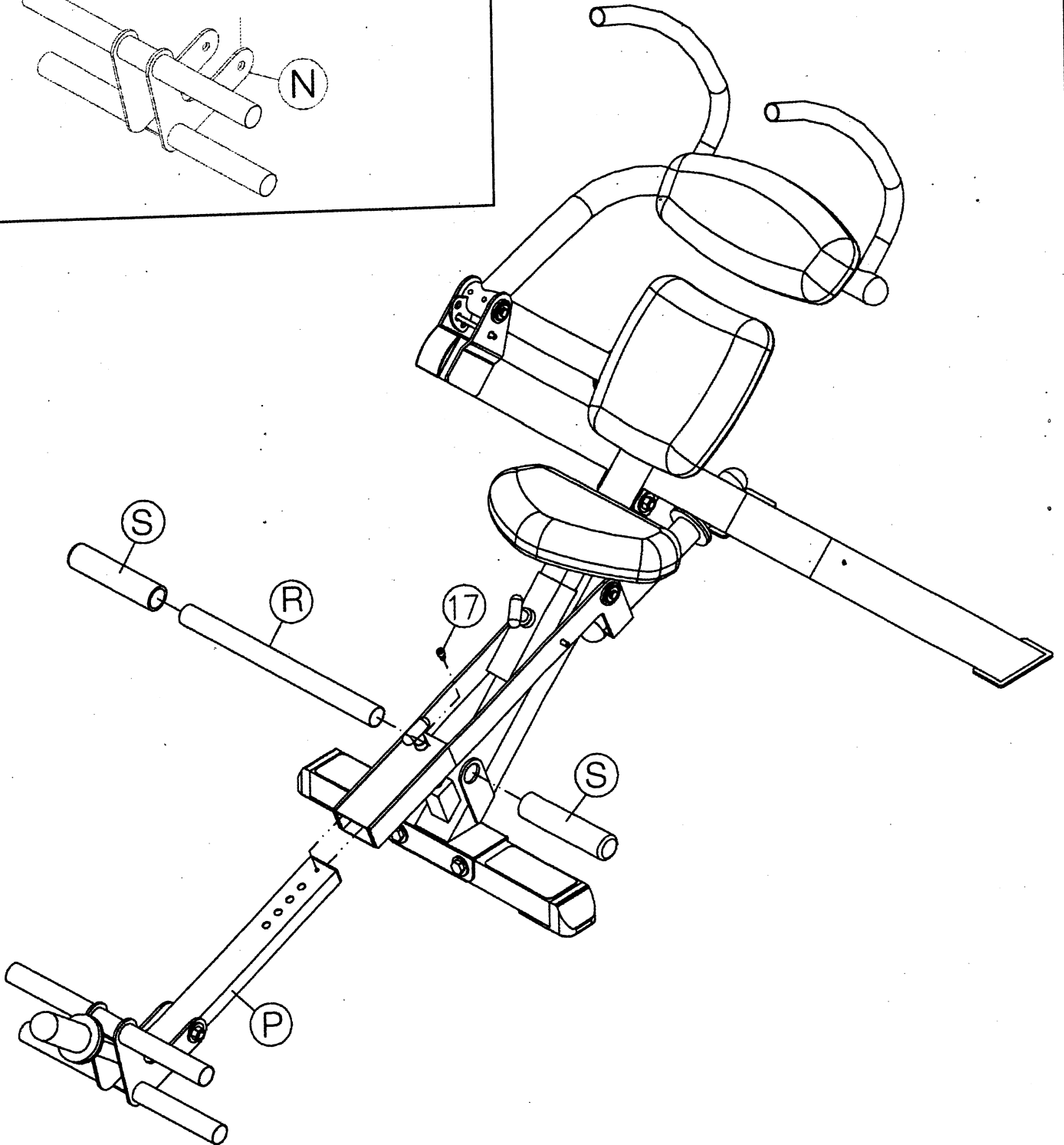
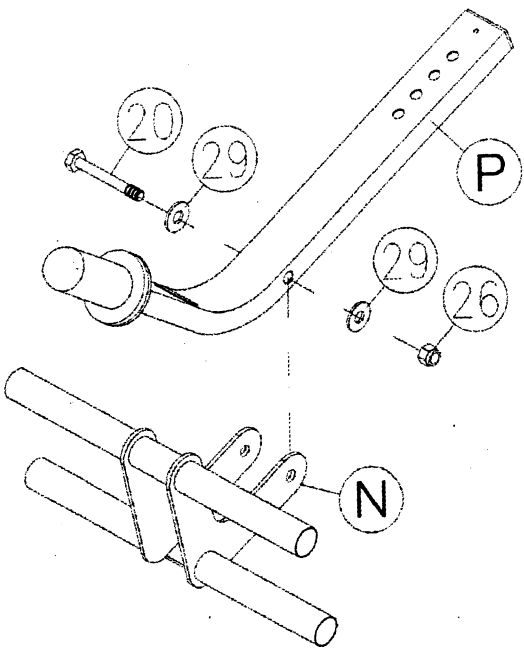
Note:

Now Wrench tighten all bolts and nuts.

Do NOT re-tighten any of the pad bolts: over-tightening these bolts will cause the T-nuts in pads to strip out.



A



Parts List

KEY#	QTY	PART#	DESCRIPTION
A	1	GABMF-A	MAIN FRAME
B	1	GABPF-B	PIVOTING FRAME
C	1	GABLL-C	LEFT LEG
D	1	GABRL-D	RIGHT LEG
E	1	GABFFF-E	FRONT FOOT FRAME
F	1	GABTP-F	TOP PIVOT
G	2	GABH-G	HANDLE
H	1	GABSF-H	SEAT FRAME
I	1	GABSP-I	SEAT PAD
J	1	GABHP-J	HEAD PAD
K	1	GABBP-K	BACK PAD
N	1	GABPFB-N	PIVOTING FOOT BRACE
P	1	GABAA-P	ADJUSTABLE ARM
R	1	GABLHD-R	LEG HOLD DOWN
S	2	GABRS-S	RUBBER SLEEVE

Key #, Part #, and Discription are required when ordering parts.

GCCA Hardware List

KEY#	QTY	PART#	DESCRIPTION
11	1	SFT.75X3.25	SHAFT 3/4" X 3 1/4"
12	1	SFT.75X3.25	SHAFT 1/2" X 4 1/2"
17	1	SHB.25X.37	SOCKET HEAD BOLT 1/4" X 3/8"
18	4	AHB.31X.37	ALLEN HEAD BOLT 5/16" X 3/8"
19	2	HEX.37X1PT	HEX HEAD BOLT 3/8" X 1" PARTIAL THREAD
20	1	HEX.5X3.5PT	HEX HEAD BOLT 1/2" X 3 1/2" PARTIAL THREAD
21	4	HEX.5X4PT	HEX HEAD BOLT 1/2" X 4" PARTIAL THREAD
22	4	HEX.31X.37PT	HEX HEAD BOLT 5/16" X 5/8" FULL THREAD
23	2	HEX.31X3PT	HEX HEAD BOLT 5/16" X 3" PARTIAL THREAD
24	2	HEX.31X1PT	HEX HEAD BOLT 5/16" X 1" PARTIAL THREAD
25	2	HEX.31X2.75PT	HEX HEAD BOLT 5/16" X 2 3/4" PARTIAL THREAD
26	5	NLN.5	NYLON LOCK NUT 1/2"
27	2	LN.37	LOCK NUT 3/8"
28	4	WFLT.31	WASHER 5/16"
29	10	WFLT.5	WASHER 1/2"
30	2	WFLT.37	WASHER 3/8"
31	6	WFLT.31	WASHER 5/16"
32	2	LKP.37X4.25	LOCK PIN 3/8" X 4 1/4"
33	2	TPP.75X3	T-SHAPPED POP PIN 3/4" X 3"
34	2	BR.75	BEARING 3/4"ID
35	2	BR.5	BEARING 1/2"ID
36	2	RSTP	RUBBER STOP
37	4	RS	RUBBER SLEEVE
38	2	RG	RUBBER GRIP
39	2	FC2X3	FOOT CAPS 2" X 3"
40	2	EC2X3	END CAP 2" X 3"
41	1	EC1.75X1.75	END CAP 1 3/4" X 1 3/4"
42	6	REC2	ROUND END CAP 2"OD
43	1	EC1.25X2.5	END CAP 1 1/4" X 2 1/2"
44	2	REC1	ROUND END CAP 1"
45	2	FTP	FOOT PAD
46	1	PSV	PLASTIC SLEEVE
47	3	RD	RUBBER DONUT
48	1	GRPT	GRIP TAPE
49	2	RUBPAD	RUBBER PAD
50	6	REC1.25	ROUND END CAP 1 1/4"OD
51	6	SLW.31	SPRING LOCK WASHER 5/16"

Key #, Part #, and Discription are required when ordering parts.

Exploded View

