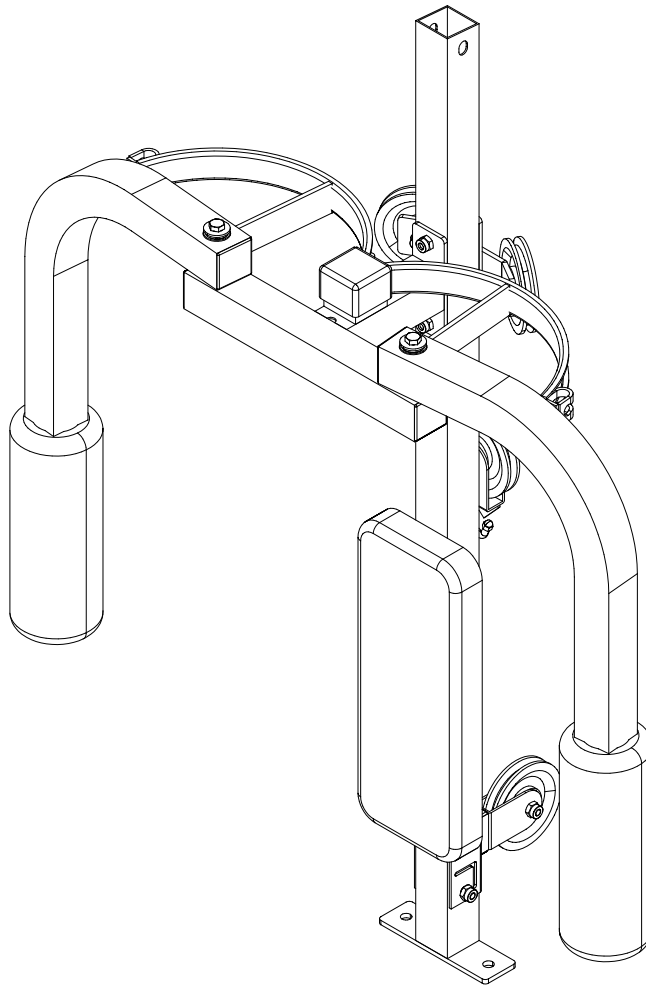


POWERLINE ^{USA}

by *Body-Solid*

PPA-13X PEC ATTACHMENT

OWNER'S MANUAL



WWW.BODYSOLID.COM

V 041111.A

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.

WARNING

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage.

Cable inspection should be performed daily.

Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable.

Replace any damaged or worn cable immediately.

Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
Call 1-800-556-3113

**DO NOT REMOVE WARNING LABELS FROM
MANUAL OR MACHINE**

PPA-13X

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PPA-13X

SAFETY INSTRUCTIONS

**WHEN USING EXERCISE EQUIPMENT,
YOU SHOULD ALWAYS TAKE BASIC
PRECAUTIONS INCLUDING THE
FOLLOWING:**

- Read all instructions before using the PPA-13X. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause serious injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

PERSONAL SAFETY DURING ASSEMBLY

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment
- Assemble and operate the PPA-13X on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PPA-13X is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Powerline Pec Attachment.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

OBTAINING SERVICE

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Powerline by Body Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Powerline website at www.bodysolid.com or contact an authorized Powerline dealer or a Powerline factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Email: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

**RETAIN THIS OWNER'S MANUAL FOR
FUTURE REFERENCE. PART NUMBERS
ARE REQUIRED WHEN ORDERING PARTS.**

PPA-13X

PREPARATION

REQUIRED TOOLS

The basic tools that you must obtain before assembling the PPA-13X include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Standard / Metric Allen Key Set

INSTALLATION REQUIREMENTS

Follow these installation requirements when assembling the PPA-13X:

Set up the PPA-13X on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

ORDERING REPLACEMENT PARTS

If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

1. Model Number
2. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

ASSEMBLY TIPS

Read all “Notes” on each page before beginning each step.

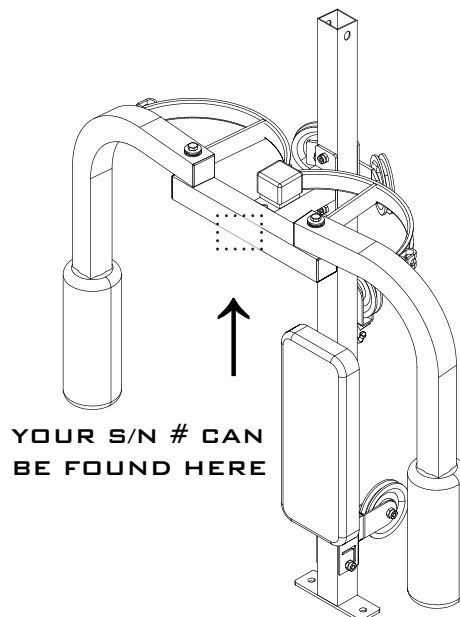
While you may be able to assemble the PPA-13X using the illustrations only, important safety notes and other tips may be included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

NOTE: The bottles that are marked “Poison” is your touch up paint. Keep away from children.

CAUTION: Obtain assistance! If you feel like you can't assemble the PPA-13X by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.



PPA-13X

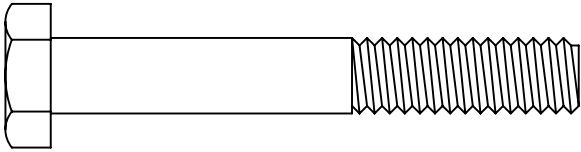
HARDWARE LIST

<u>PART #</u>	<u>SIZE</u>	<u>DESCRIPTION</u>	<u>QUANTITY</u>
1	M10X70mm	HEX HEAD BOLT	4 PCS.
2	M10X50mm	HEX HEAD BOLT	2 PCS.
3	M10X40mm	HEX HEAD BOLT	2 PCS.
4	M8X65mm	HEX HEAD BOLT	2 PCS.
5	M10X16mm	HEX HEAD BOLT	2 PCS.
6	M10	NYLON LOCK NUT	8 PCS.
7	M8	WASHER	2 PCS.
8	M10	WASHER	4 PCS.
9	M8	SPRING WASHER	2 PCS.
10		FOAM ROLLER	2 PCS.
11	2"X2"	PLASTIC COVER	1 PCS.
12		PULLEY	4 PCS.
13	2"X2"	END CAP	6 PCS.
14	1"X1"	END CAP	2 PCS.
15	1980	STEEL CABLE	1 PCS.
16	22mm	BUSHING	4 PCS.

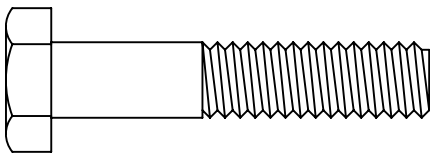
PPA-13X

HARDWARE ILLUSTRATION

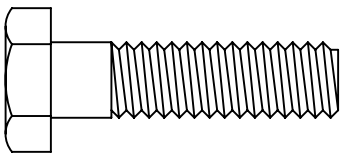
PART #1 **M10X70MM HEX HEAD BOLT** **QTY. 4**



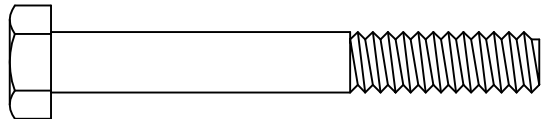
PART #2 **M10X50MM HEX HEAD BOLT** **QTY. 2**



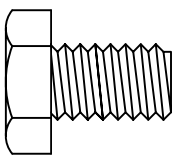
PART #3 **M10X40MM HEX HEAD BOLT** **QTY. 2**



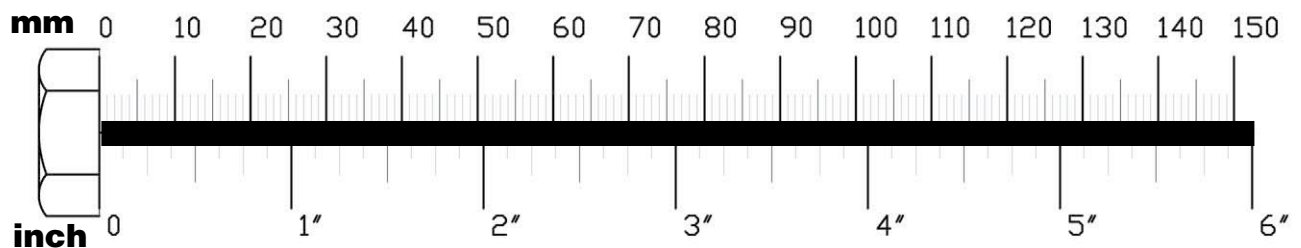
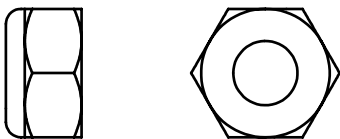
PART #4 **M8X65MM HEX HEAD BOLT** **QTY. 2**



PART #5 **M10X16MM HEX HEAD BOLT** **QTY. 2**



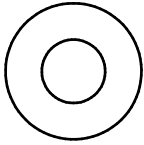
PART #6 **M10 NYLON LOCK NUT** **QTY. 8**



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HARDWARE ILLUSTRATION CONT.

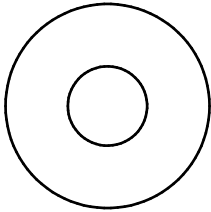
PART #7



M8 WASHER

QTY. 2

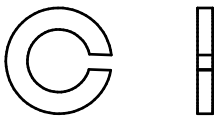
PART #8



M10 WASHER

QTY. 4

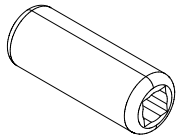
PART #9



M8 SPRING WASHER

QTY. 2

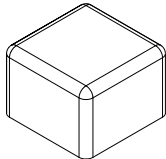
PART #10



FOAM ROLLER

QTY. 2

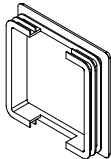
PART #11



2"X2" PLASTIC COVER

QTY. 1

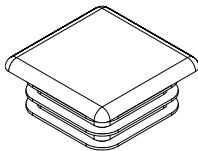
PART #13



2"X2" END CAP

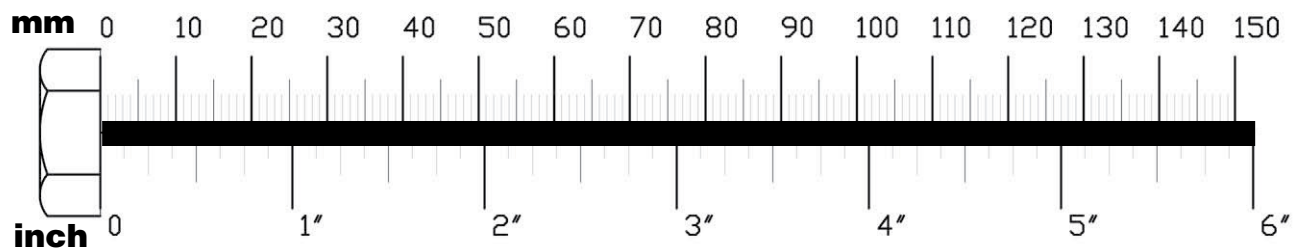
QTY. 6

PART #14



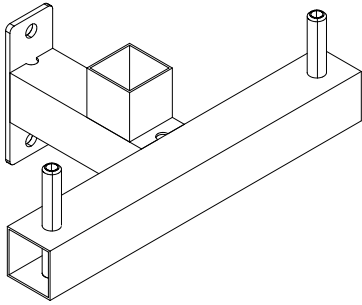
1"X1" END CAP

QTY. 2

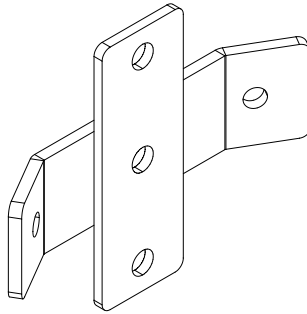


PPA-13X

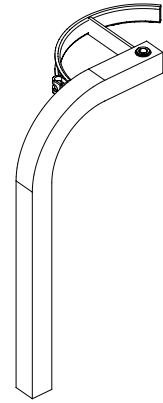
PART LIST



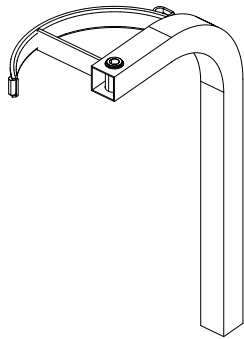
PART A
CENTER ARM FRAME
[1 PCS]



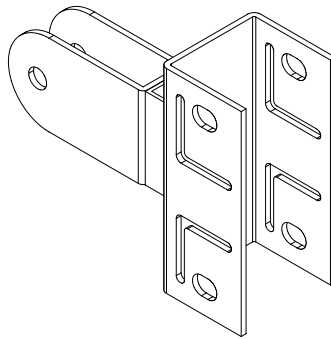
PART B
PULLEY PLATE
[1 PCS]



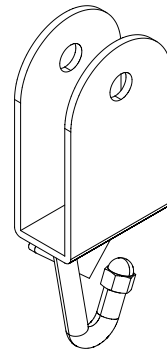
PART C
RIGHT ARM FRAME
[1 PCS]



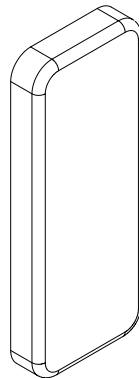
PART D
LEFT ARM FRAME
[1 PCS]



PART E
PULLEY FRAME
[1 PCS]



PART F
PULLEY HOLDER
[1 PCS]



PART G
SUPPORT PAD
[1 PCS]

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STEP 1

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

1 A. ATTACH PULLEY FRAME (E) NEAR THE BOTTOM OF THE MAIN UPRIGHT OF YOUR PLA-144X USING:

2 - (#1) M10X70MM HEX HEAD BOLT

2 - (#6) M10 NYLON LOCK NUT

1 B. ATTACH SUPPORT PAD (G) NEAR THE MIDDLE OF THE MAIN UPRIGHT OF YOUR PLA-144X USING:

2 - (#4) M8X65MM HEX HEAD BOLT

2 - (#9) M8 SPRING WASHER

2 - (#7) M8 WASHER

1 C. ATTACH PULLEY PLATE (B) NEAR THE TOP OF THE MAIN UPRIGHT OF YOUR PLA-144X FOLLOWED BY CENTER ARM FRAME (A) USING:

2 - (#1) M10X70MM HEX HEAD BOLT

2 - (#6) M10 NYLON LOCK NUT

1 D. INSERT END CAPS INTO SIDE OPENINGS OF CENTER ARM FRAME (A) USING:

2 - (#13) 2"X2" END CAP

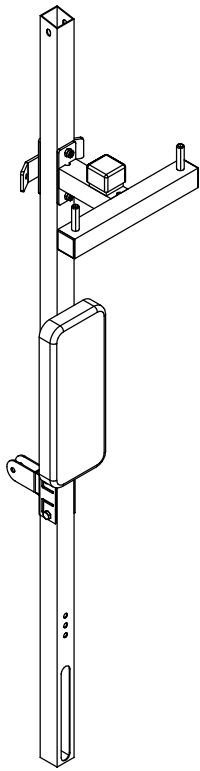
1 E. INSERT END CAPS INTO TOP AND BOTTOM OPENINGS OF PULLEY FRAME (E) USING:

2 - (#14) 1"X1" END CAP

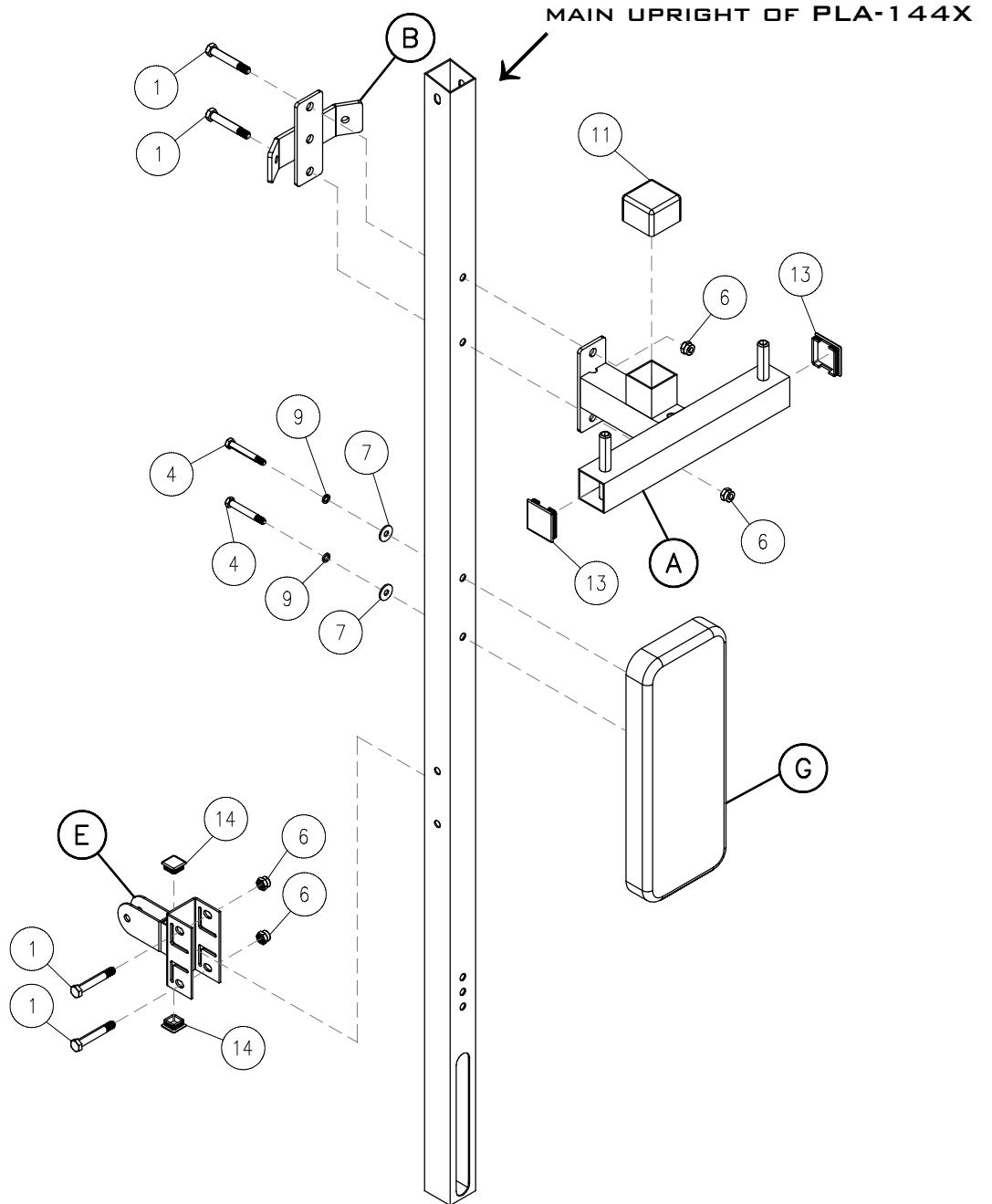
1 F. INSERT PLASTIC COVER (#11) ONTO SQUARE POST OF CENTER ARM FRAME (A).

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STEP 1



LEFT SHOWS STEP 1
ASSEMBLED AND COMPLETED



PPA-13X

STEP 2

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

NOTE: LEFT, RIGHT, TOP, AND BOTTOM ARE REFERENCED AS IF YOU WERE IN THE POSITION OF USING THE MACHINE.

2A. INSERT FOAM ROLLER ONTO, AND END CAPS INTO BOTTOM AND TOP OPENINGS OF RIGHT ARM FRAME (C) AND LEFT ARM FRAME (D) USING:

2 - (#10) FOAM ROLLER

4 - (#13) 2"X2" END CAP

2B. ATTACH RIGHT ARM FRAME (C) TO CENTER ARM FRAME (A) USING:

1 - (#5) M10X16MM HEX HEAD BOLT

1 - (#8) M10 WASHER

NOTE: PART #16 IS ALREADY PRE-INSTALLED IN RIGHT ARM FRAME (C). IT IS SHOWN IN CASE YOU EVER NEED TO ORDER NEW ONES.

2C. ATTACH LEFT ARM FRAME (D) TO CENTER ARM FRAME (A) USING:

1 - (#5) M10X16MM HEX HEAD BOLT

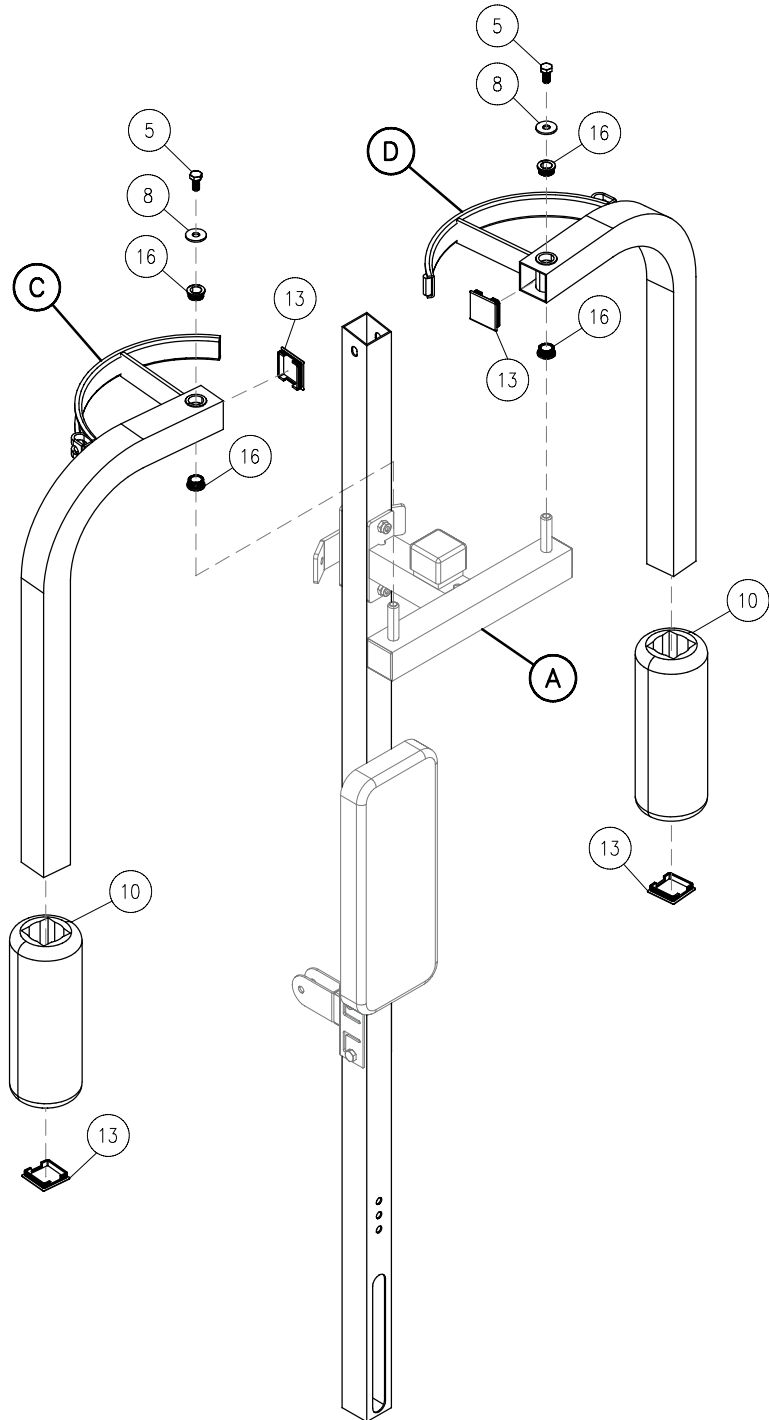
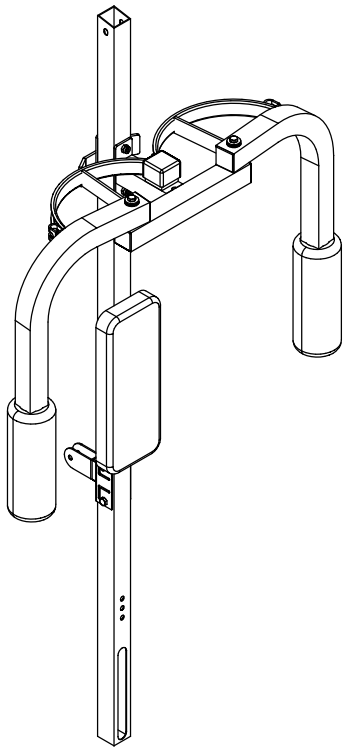
1 - (#8) M10 WASHER

NOTE: PART #16 IS ALREADY PRE-INSTALLED IN LEFT ARM FRAME (D). IT IS SHOWN IN CASE YOU EVER NEED TO ORDER NEW ONES.

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STEP 2

LEFT SHOWS STEP 2
ASSEMBLED AND COMPLETED



PPA-13X

STEP 3

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

NOTE: THIS STEP IS INTENDED TO SHOW YOU WHERE EACH PULLEY GETS ASSEMBLED AND WHAT HARDWARE YOU NEED TO USE. ALL OF THESE PULLEYS MUST BE INSTALLED DURING THE CABLE ROUTING PROCESS WHICH CAN BE FOUND IN STEP 4.

3A. ATTACH TWO PULLEYS TO THE LEFT AND RIGHT SIDE OF PULLEY PLATE (B) USING:

- 2 - (#3) M10X40MM HEX HEAD BOLT
- 2 - (#12) PULLEY
- 2 - (#6) M10 NYLON LOCK NUT

3B. ATTACH PULLEY TO PULLEY FRAME (E) USING:

- 1 - (#2) M10X50MM HEX HEAD BOLT
- 1 - (#12) PULLEY
- 1 - (#6) M10 NYLON LOCK NUT

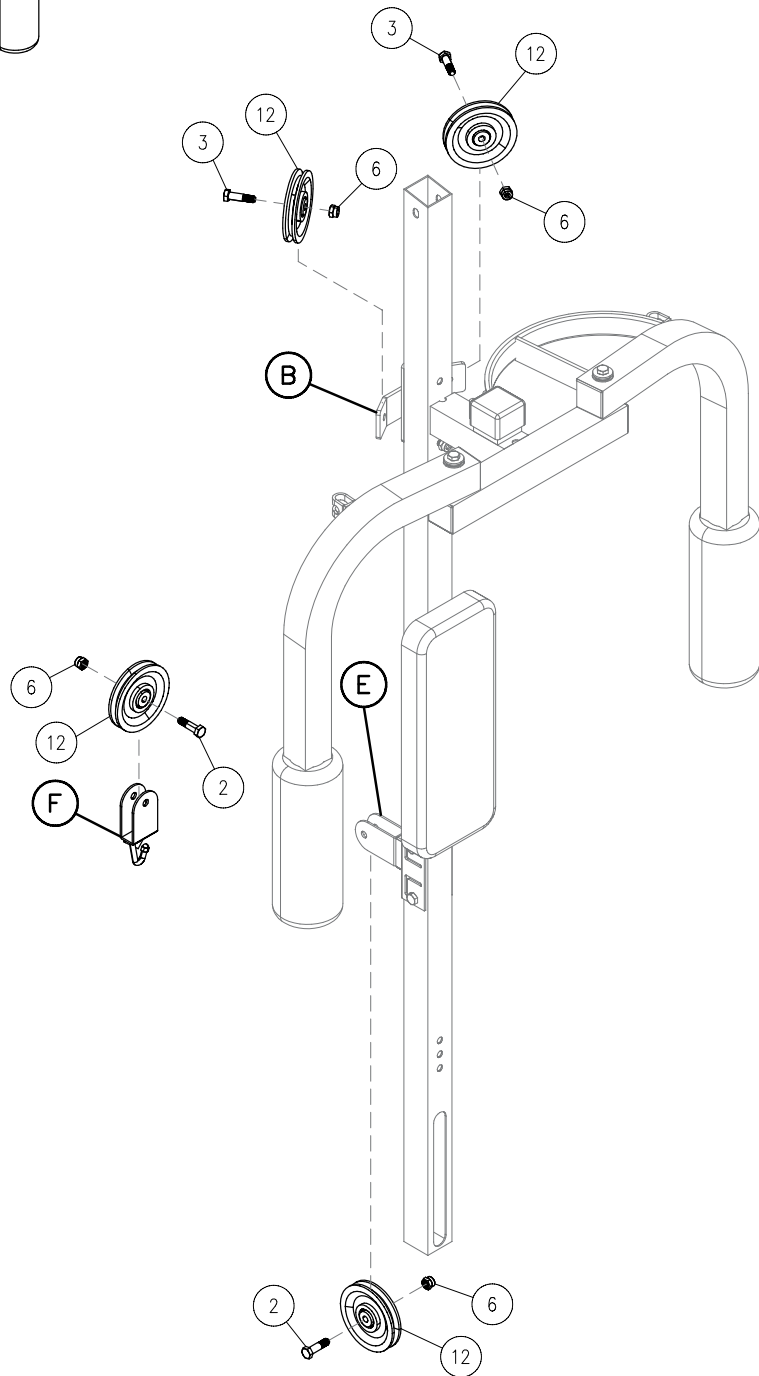
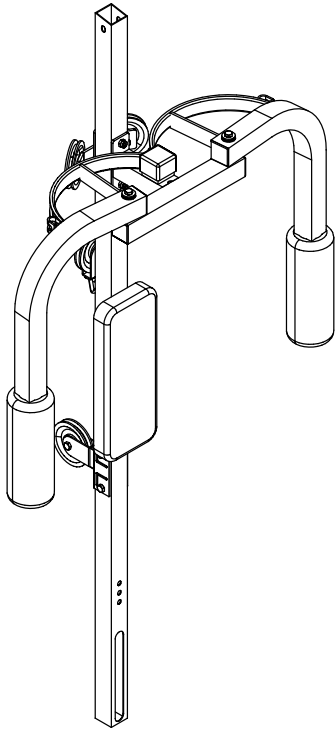
3C. ATTACH PULLEY TO PULLEY HOLDER (F) USING:

- 1 - (#2) M10X50MM HEX HEAD BOLT
- 1 - (#12) PULLEY
- 1 - (#6) M10 NYLON LOCK NUT

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STEP 3

LEFT SHOWS STEP 3
ASSEMBLED AND COMPLETED



PPA-13X

STEP 4

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

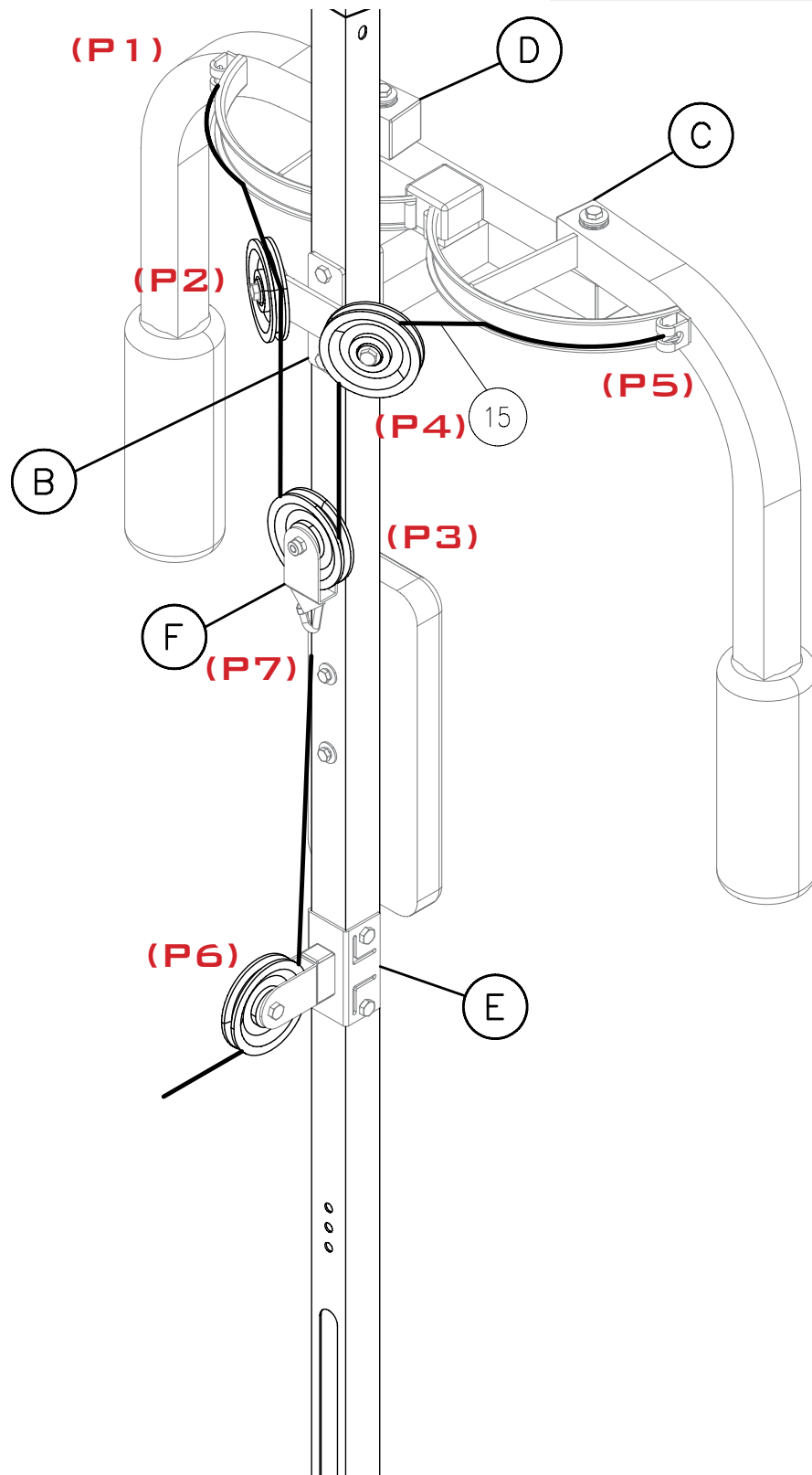
FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

CABLE ROUTING: (P1) ATTACH CABLE TO ROUND INSERT OF LEFT ARM FRAME (D). (P2) ROUTE CABLE OVER AND DOWN THE PULLEY ATTACHED TO LEFT SIDE OF PULLEY PLATE (B). (P3) ROUTE CABLE AROUND THE PULLEY ATTACHED TO PULLEY HOLDER (F). (P4) ROUTE CABLE BACK UP AND OVER THE PULLEY ATTACHED TO RIGHT SIDE OF PULLEY PLATE (B). (P5) ATTACH OTHER END OF CABLE TO ROUND INSERT OF RIGHT ARM FRAME (C). (P6) UNHOOK THE CABLE ATTACHED NEAR THE BOTTOM OF YOUR PLA-144X AND ROUTE IT UNDER AND AROUND THE PULLEY ATTACHED TO PULLEY FRAME (E). (P7) ATTACH THE END OF THE PLA-144X CABLE TO THE HOOK LOCATED ON THE BOTTOM OF PULLEY HOLDER (F).

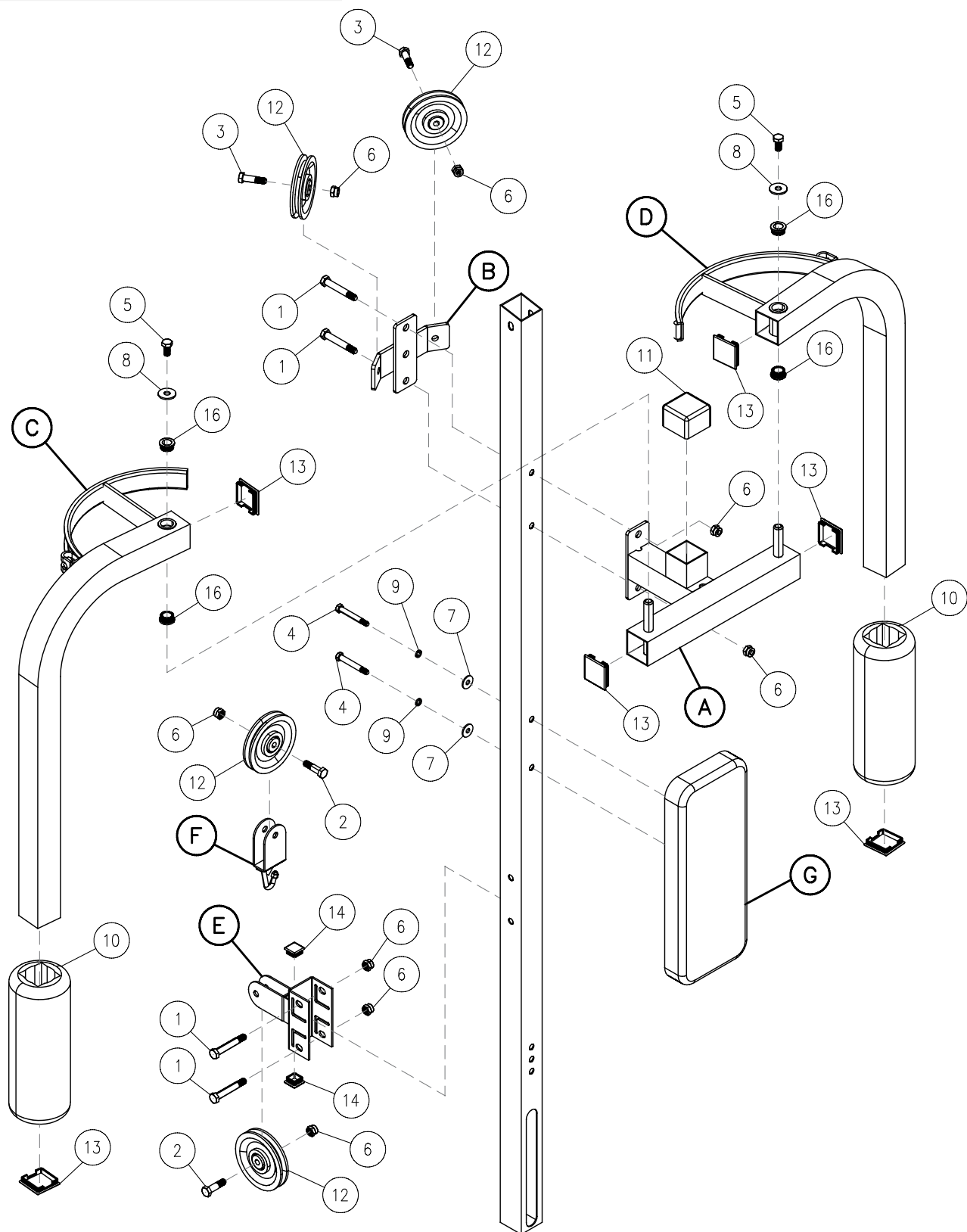
PPA-13X

STEP 4



PPA-13X

EXPLODED VIEW



PPA-13X
NOTES



PPA-13X

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # - - - -

Body-Solid®
Built for Life

1900 S. DES PLAINES AVE.
FOREST PARK, IL 60130
PHONE:(708)427-3555
FAX:(708)427-3556
HOURS: M-F 8:30 - 5:00 CST

www.bodysolid.com

The card is a vertical rectangle with rounded corners. The top half is black with the "Body-Solid" logo in white. The bottom half is a light grey gradient with contact information in black text.

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