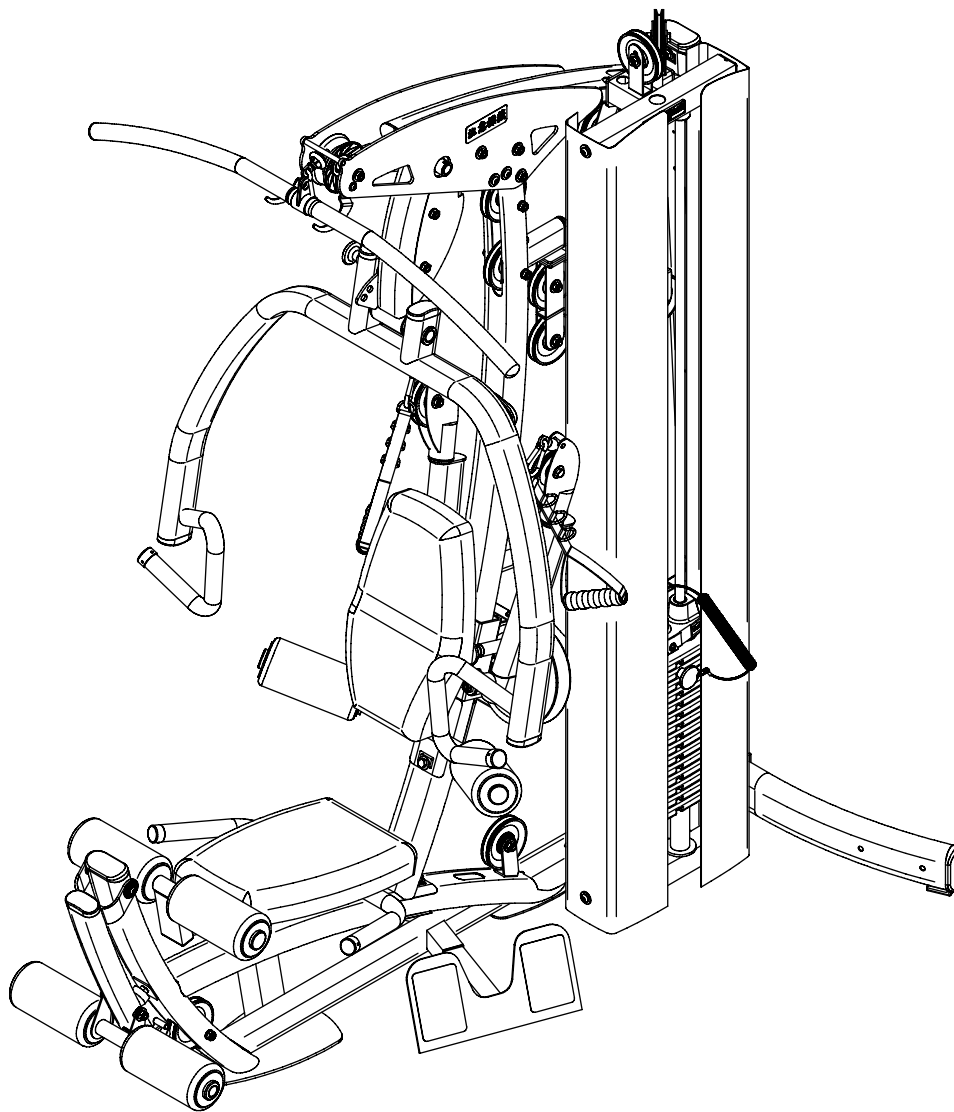


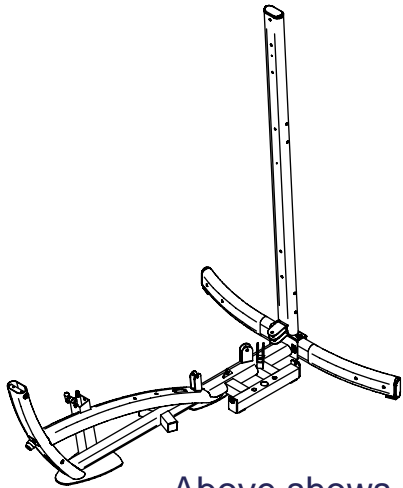
# Body-Solid



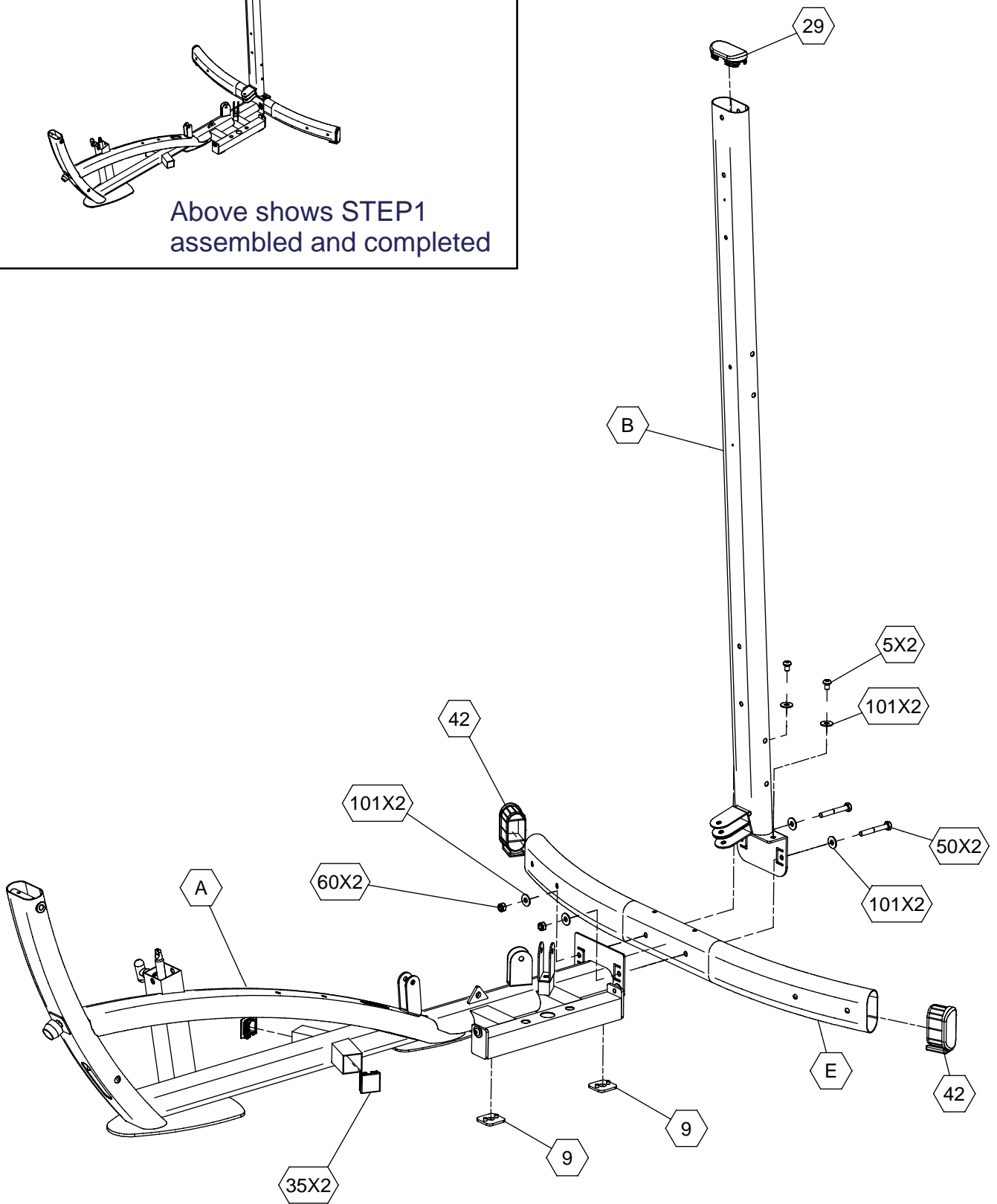
BODY-SOLID, Inc  
1900 S.Des Plaines Ave.  
Forest Park, IL 60130 USA  
Phone:(708)427-3555  
Fax:(708)427-3556  
[www.bodysolid.com](http://www.bodysolid.com)

F500 OWNER'S MANUAL

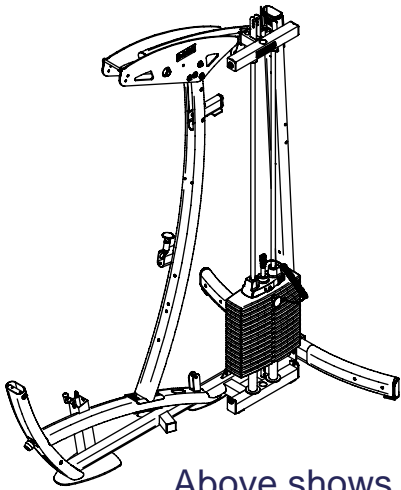
# F500 ASSEMBLY INSTRUCTIONS



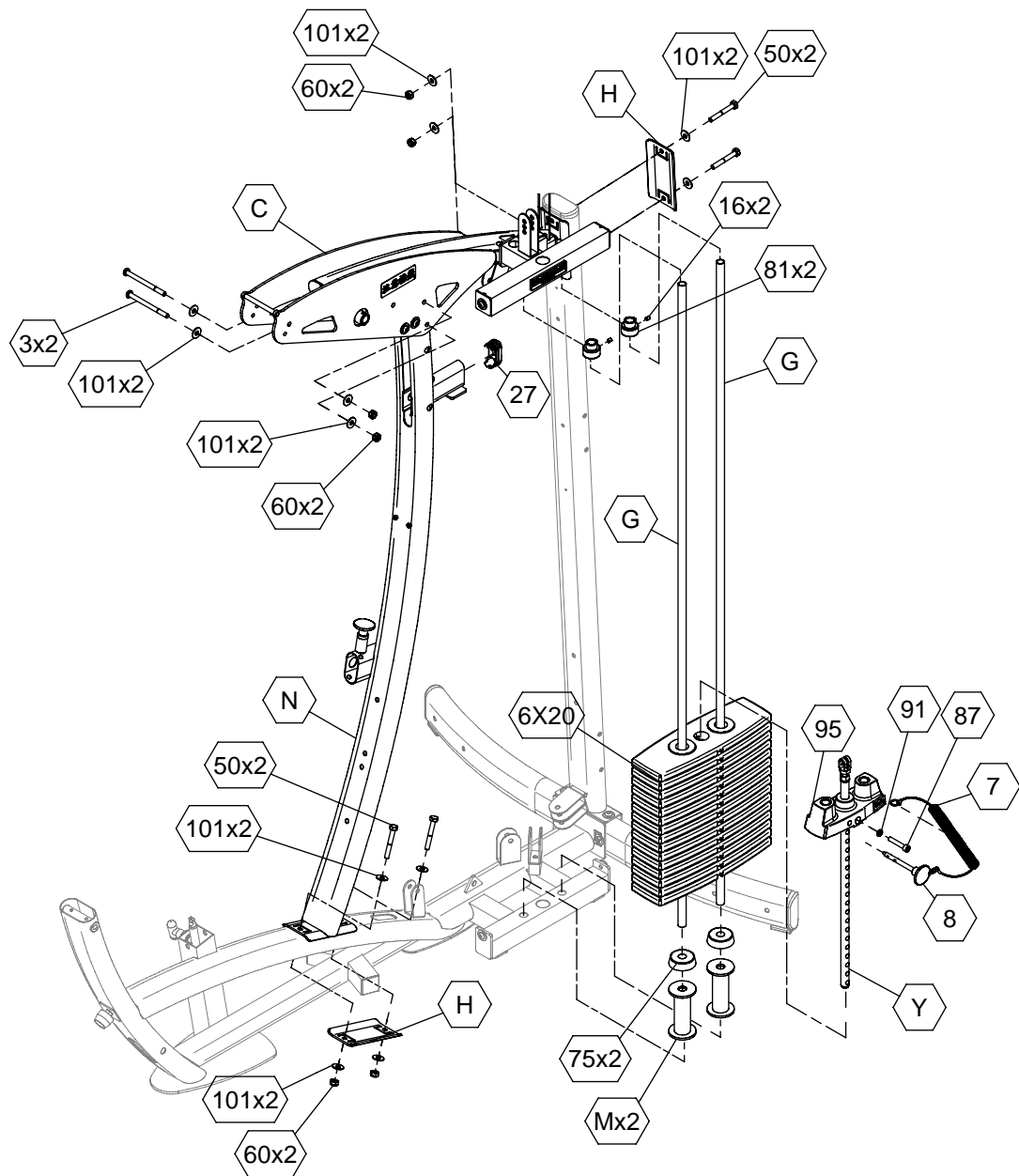
Above shows STEP1  
assembled and completed



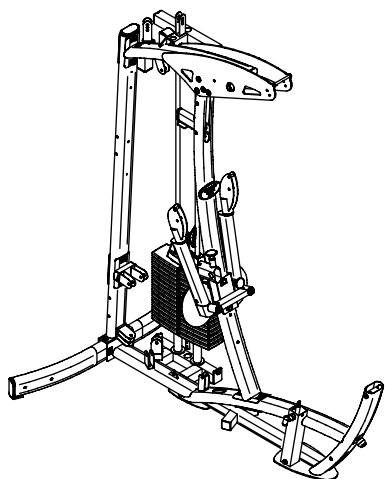
# F500 ASSEMBLY INSTRUCTIONS



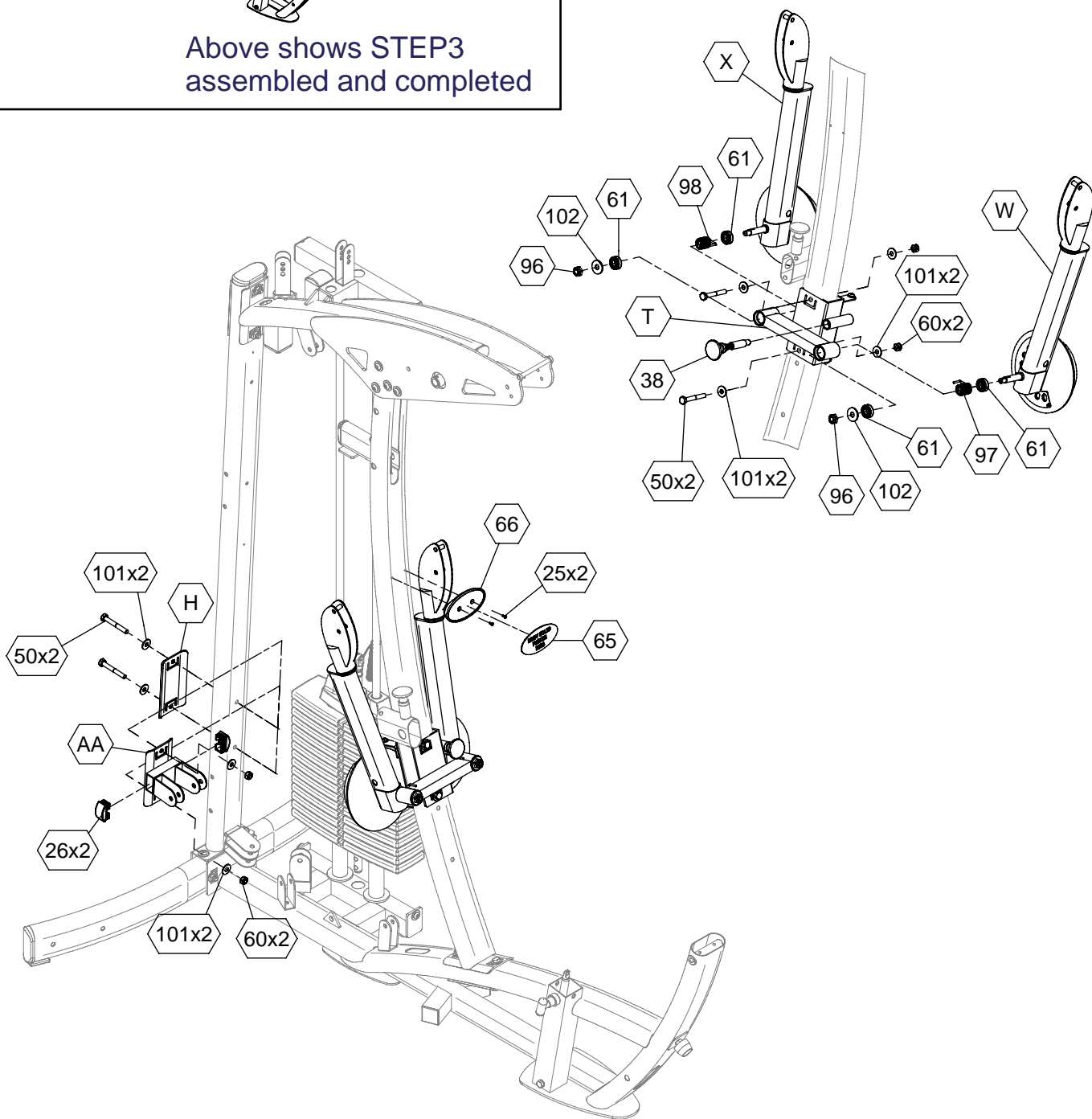
Above shows STEP2  
assembled and completed



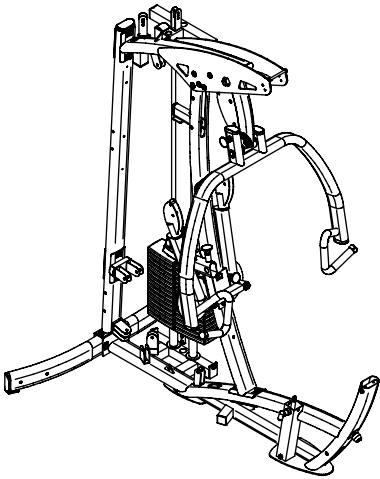
# F500 ASSEMBLY INSTRUCTIONS



Above shows STEP3 assembled and completed

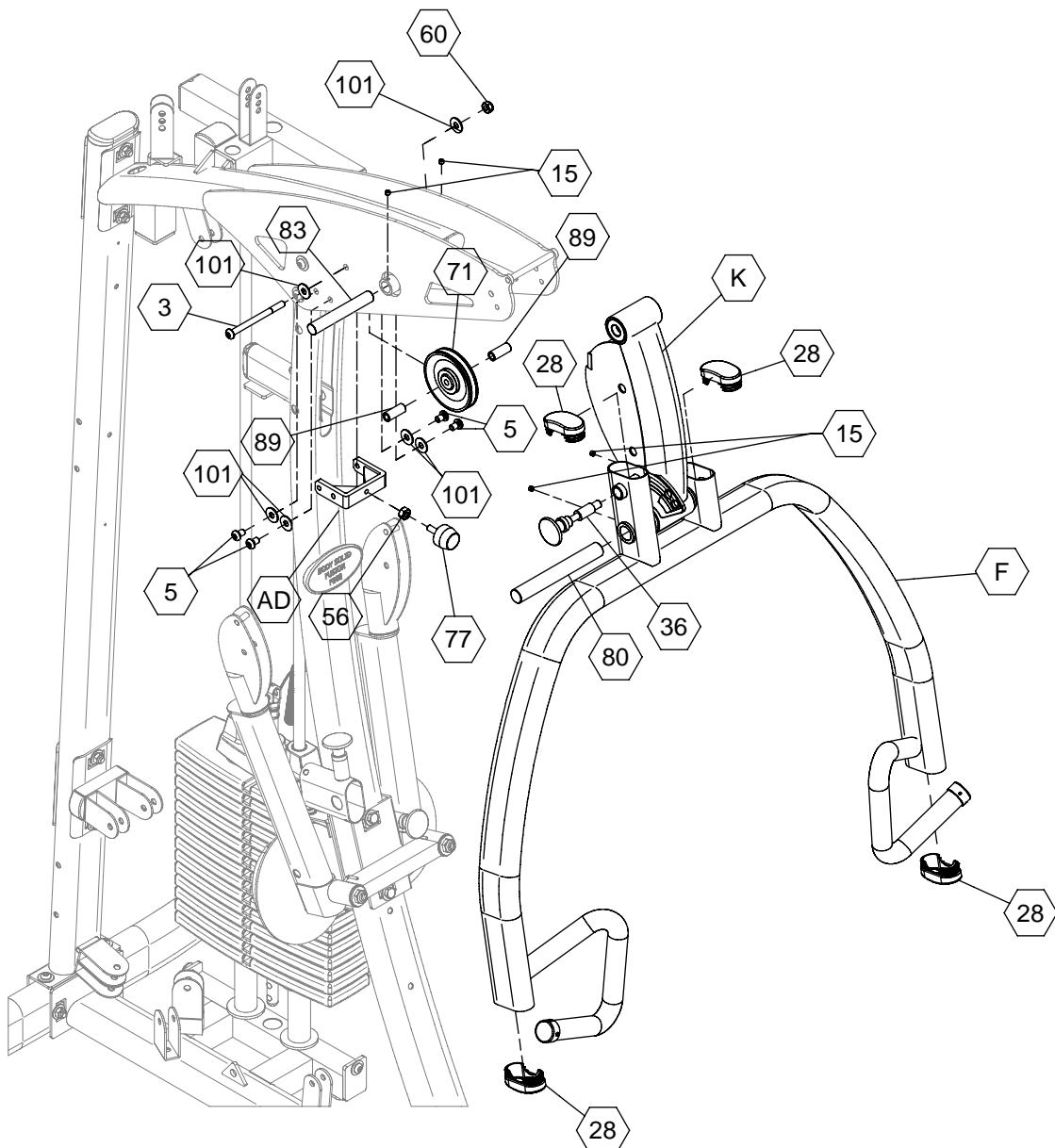
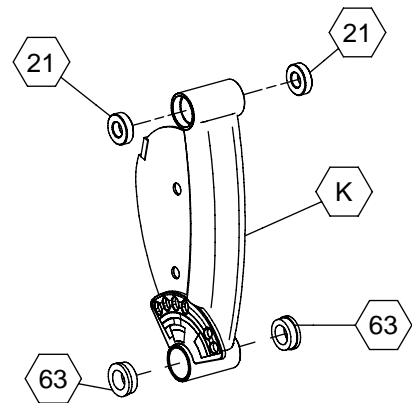


# F500 ASSEMBLY INSTRUCTIONS

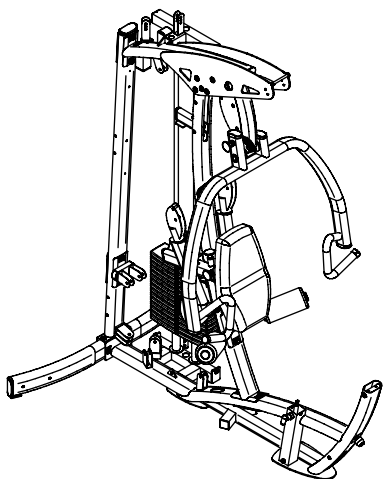


Above shows STEP4 assembled and completed

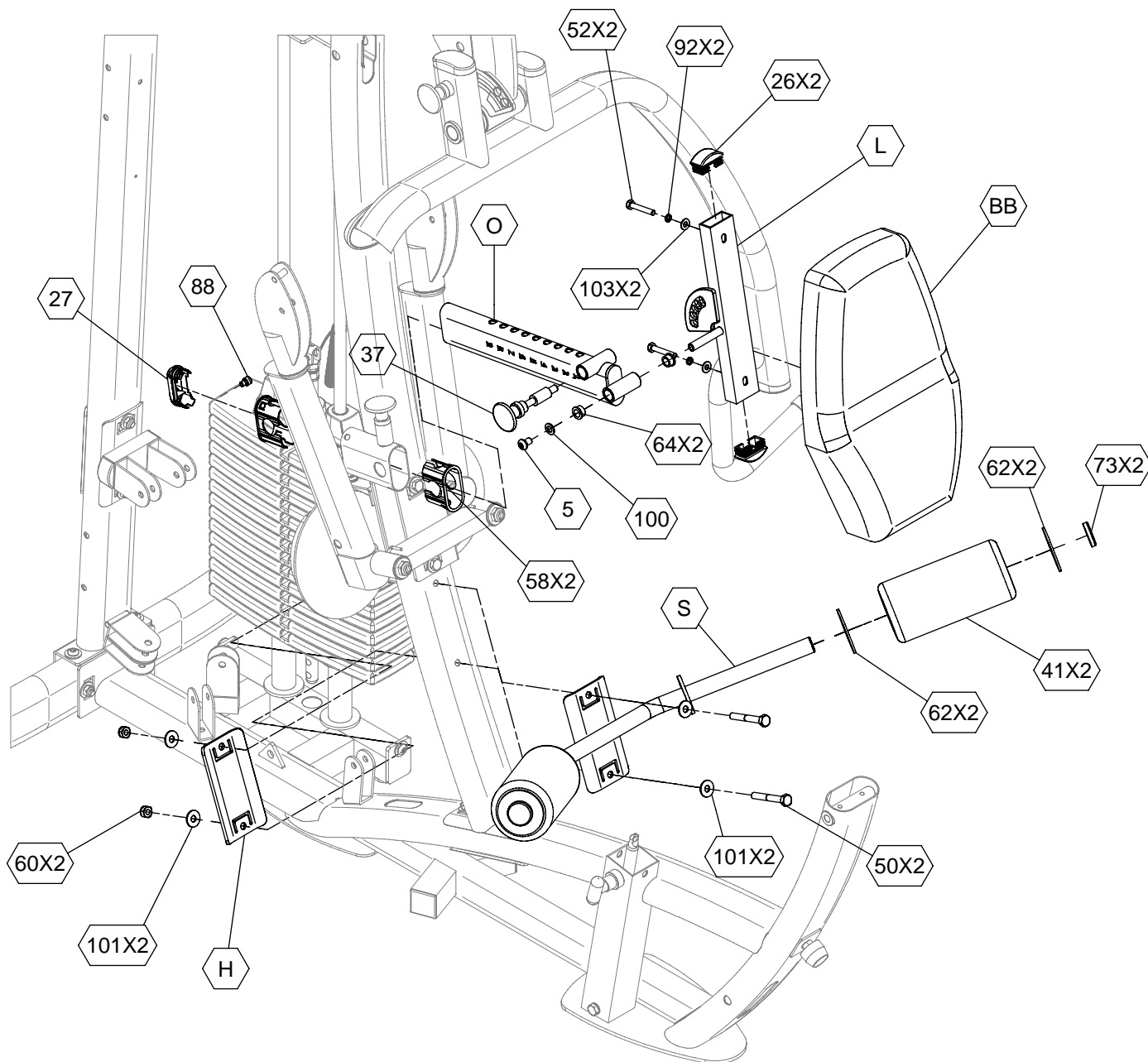
## DETAIL VIEW



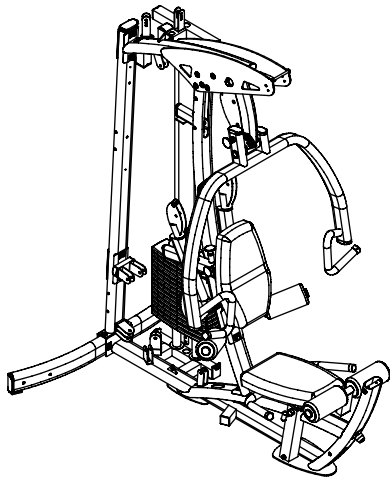
# F500 ASSEMBLY INSTRUCTIONS



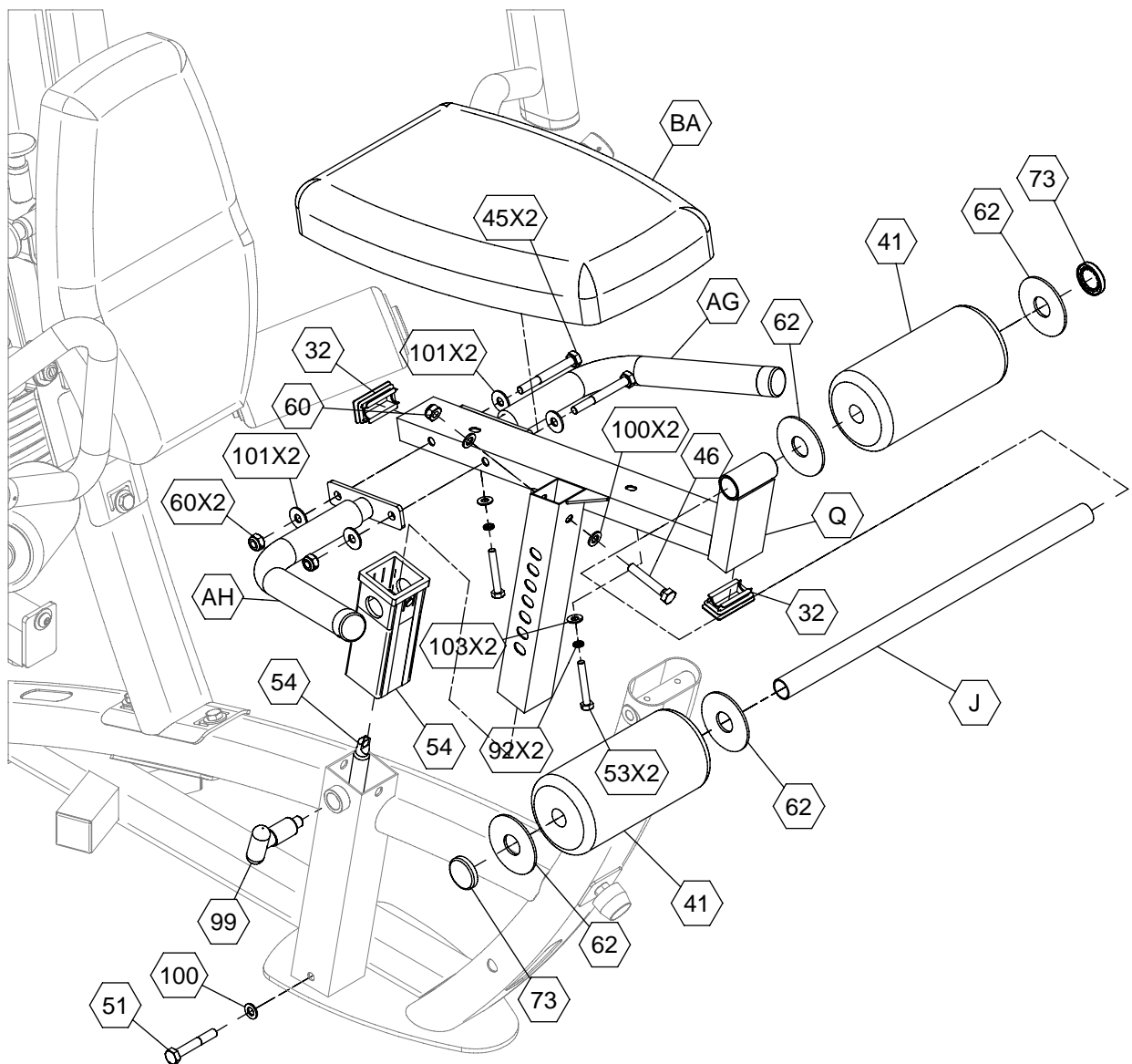
Above shows STEP5  
assembled and completed



# F500 ASSEMBLY INSTRUCTIONS

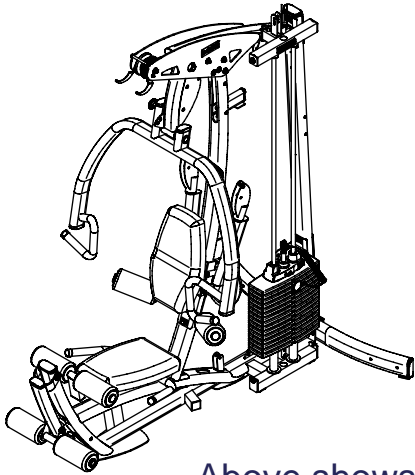


Above shows STEP6 assembled and completed

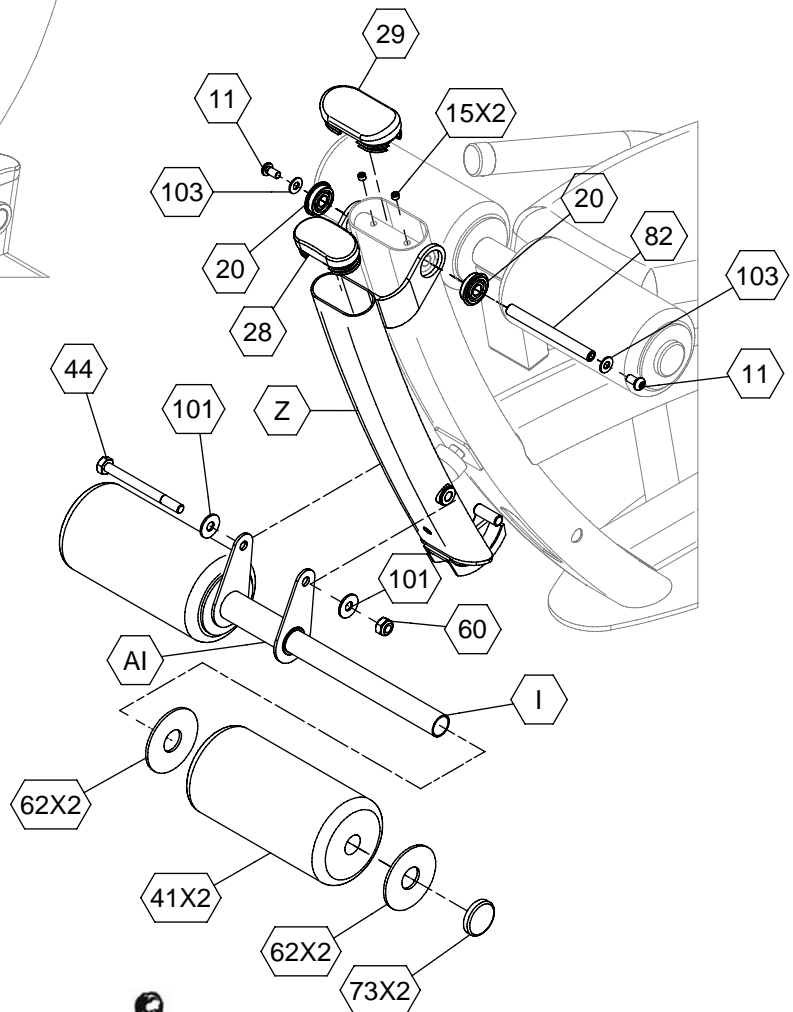
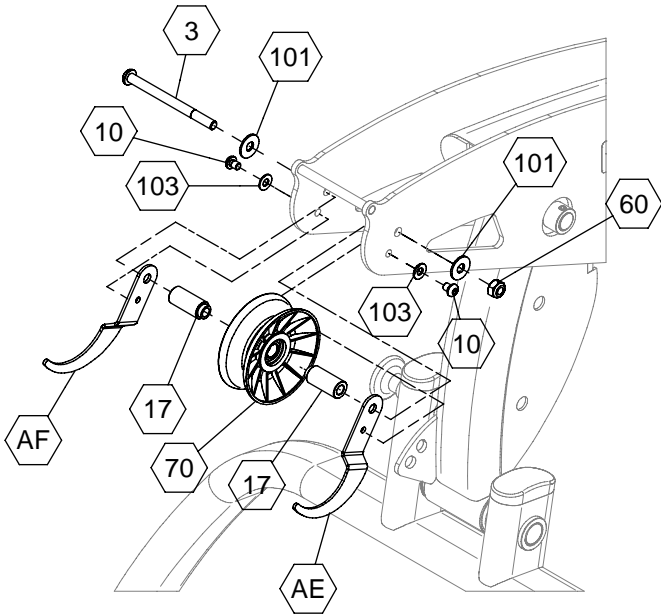




# F500 ASSEMBLY INSTRUCTIONS

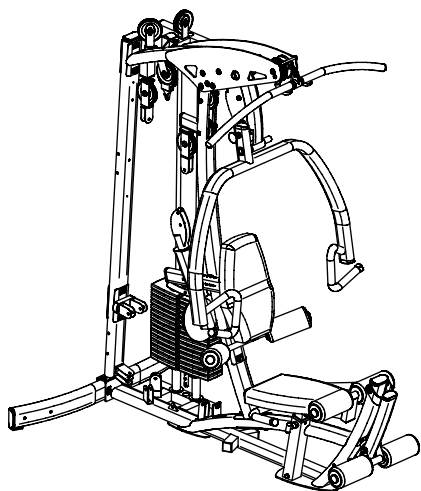


Above shows STEP7  
assembled and completed



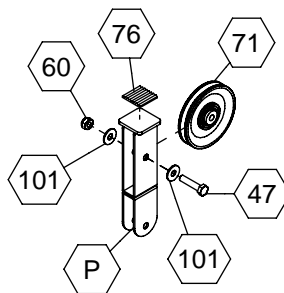


# F500 ASSEMBLY INSTRUCTIONS

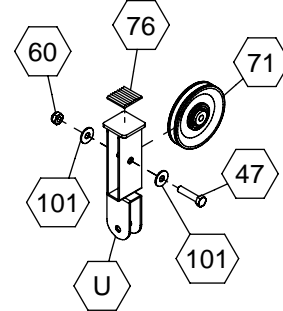


Above shows STEP8 assembled and completed

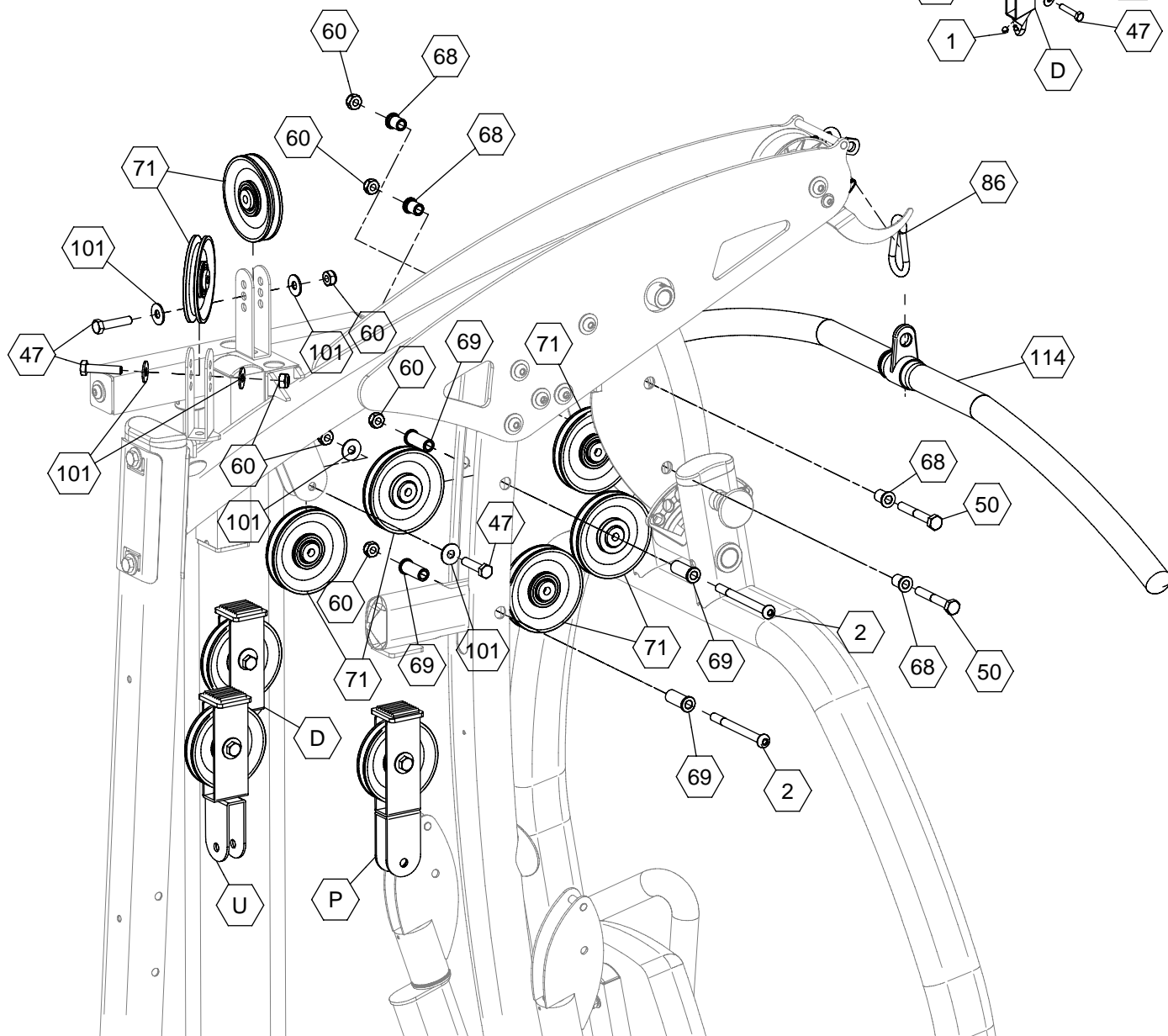
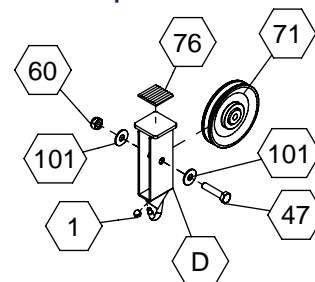
Step 01.



Step 02.

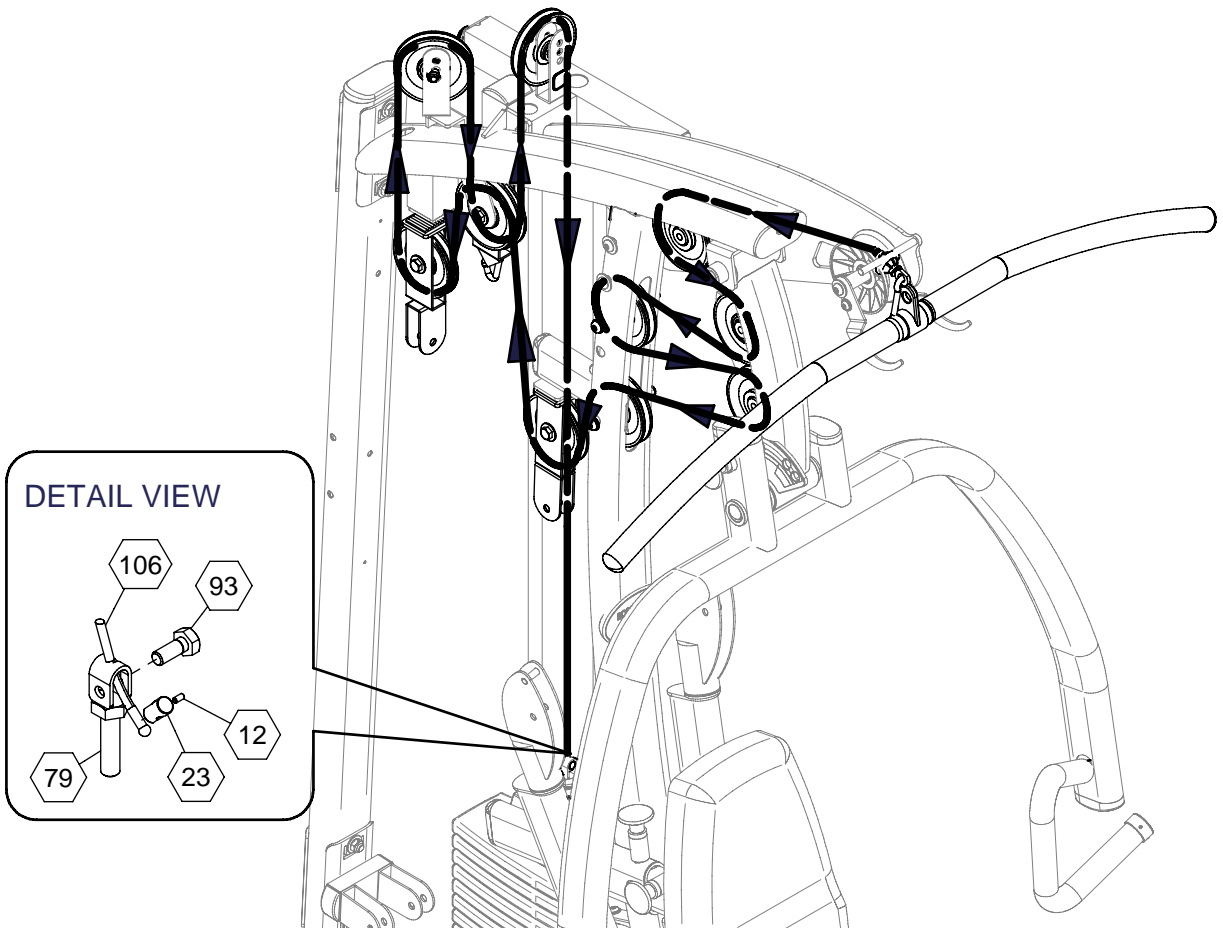
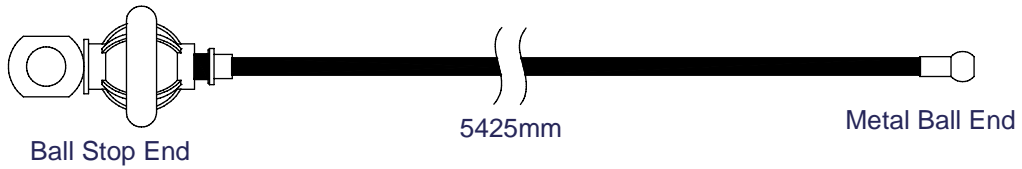


Step 03.

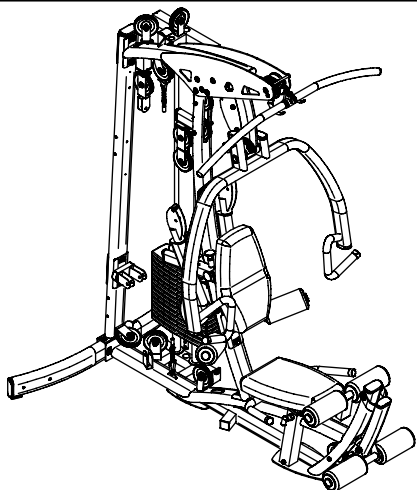


## Cable to constitute illustration

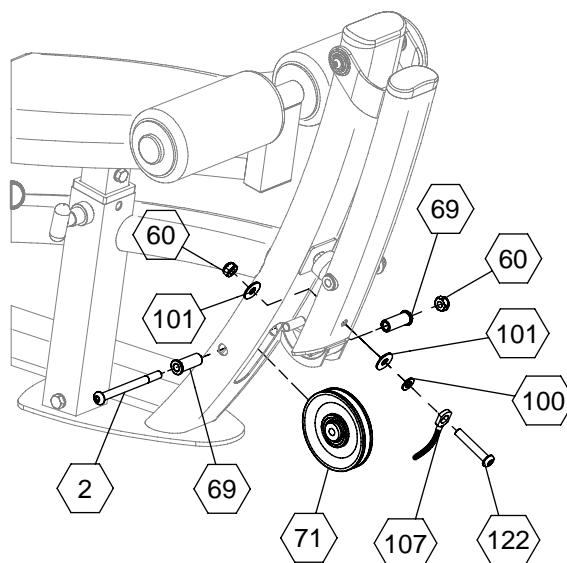
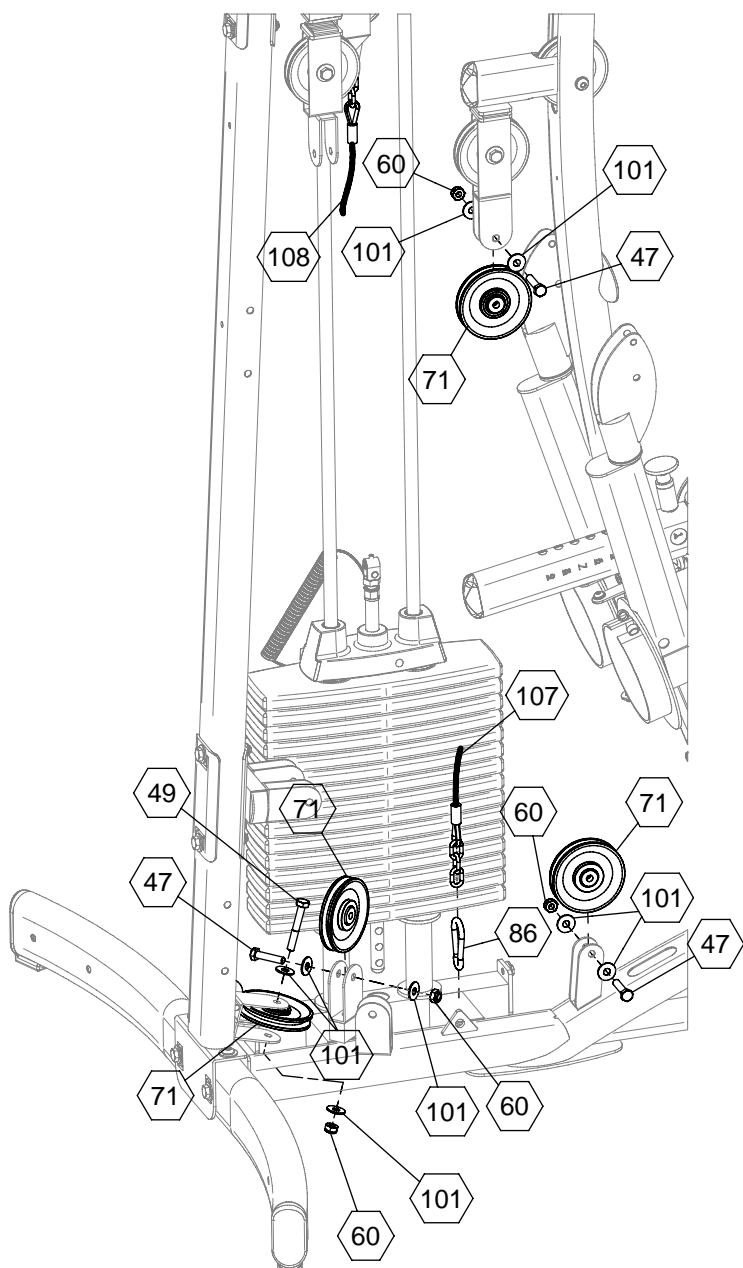
### LAT PULLDOWN CABLE (106)



# F500 ASSEMBLY INSTRUCTIONS



Above shows STEP9  
assembled and completed

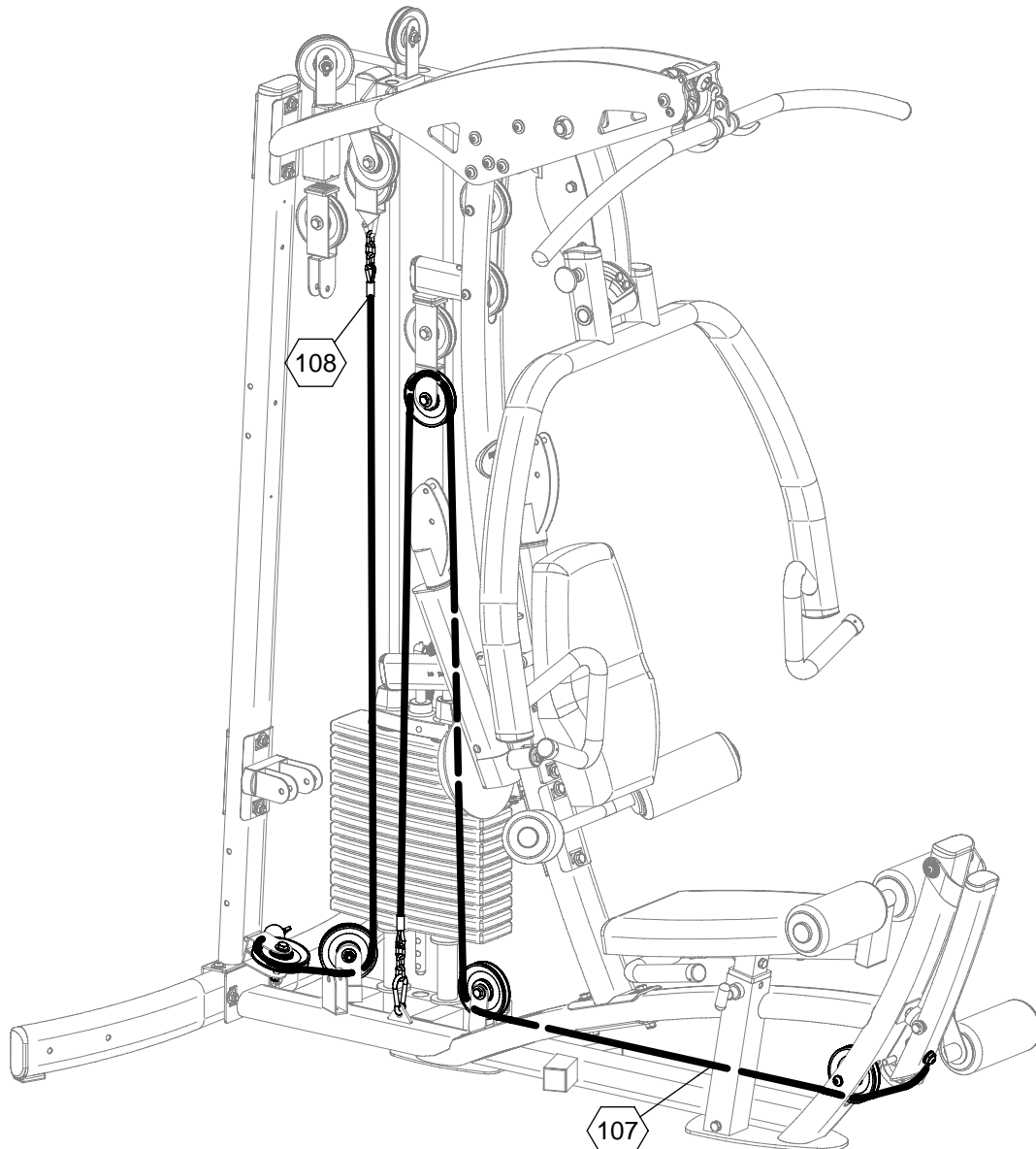
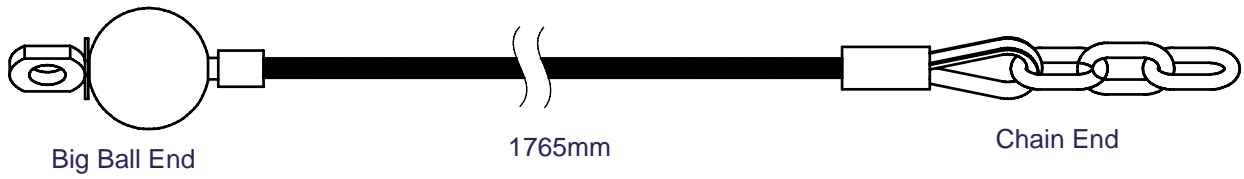


## Cable to constitute illustration

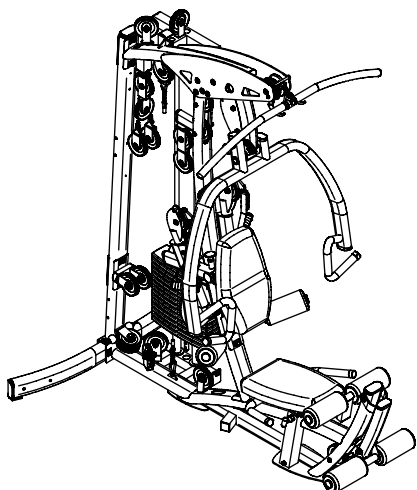
### LEG EXTENSION CABLE (107)



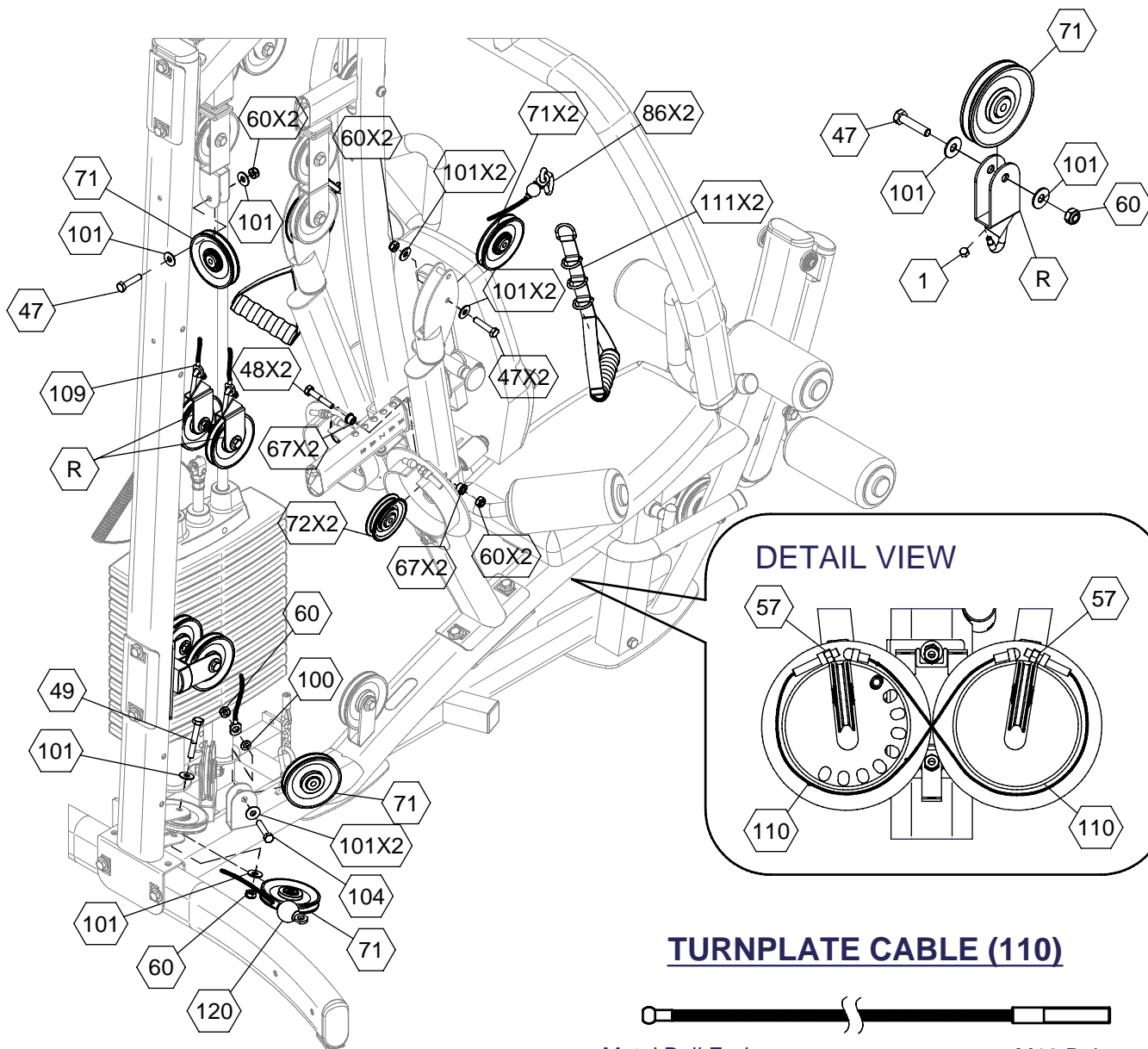
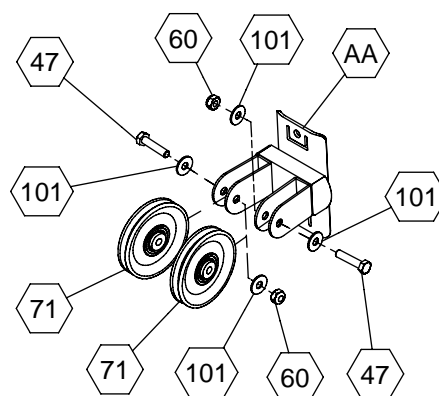
### LEFT ATTACHMENT CABLE (108)



# F500 ASSEMBLY INSTRUCTIONS



Above shows STEP10 assembled and completed



## TURNPLATE CABLE (110)



Metal Ball End

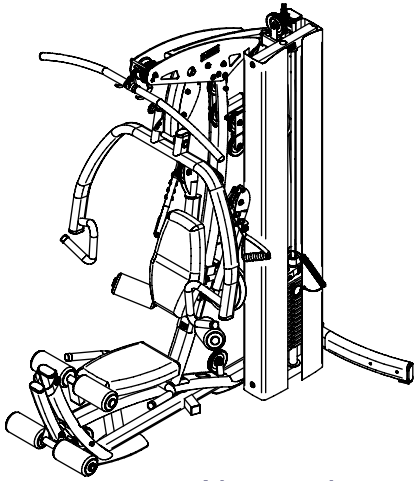
523mm

M10 Bolt

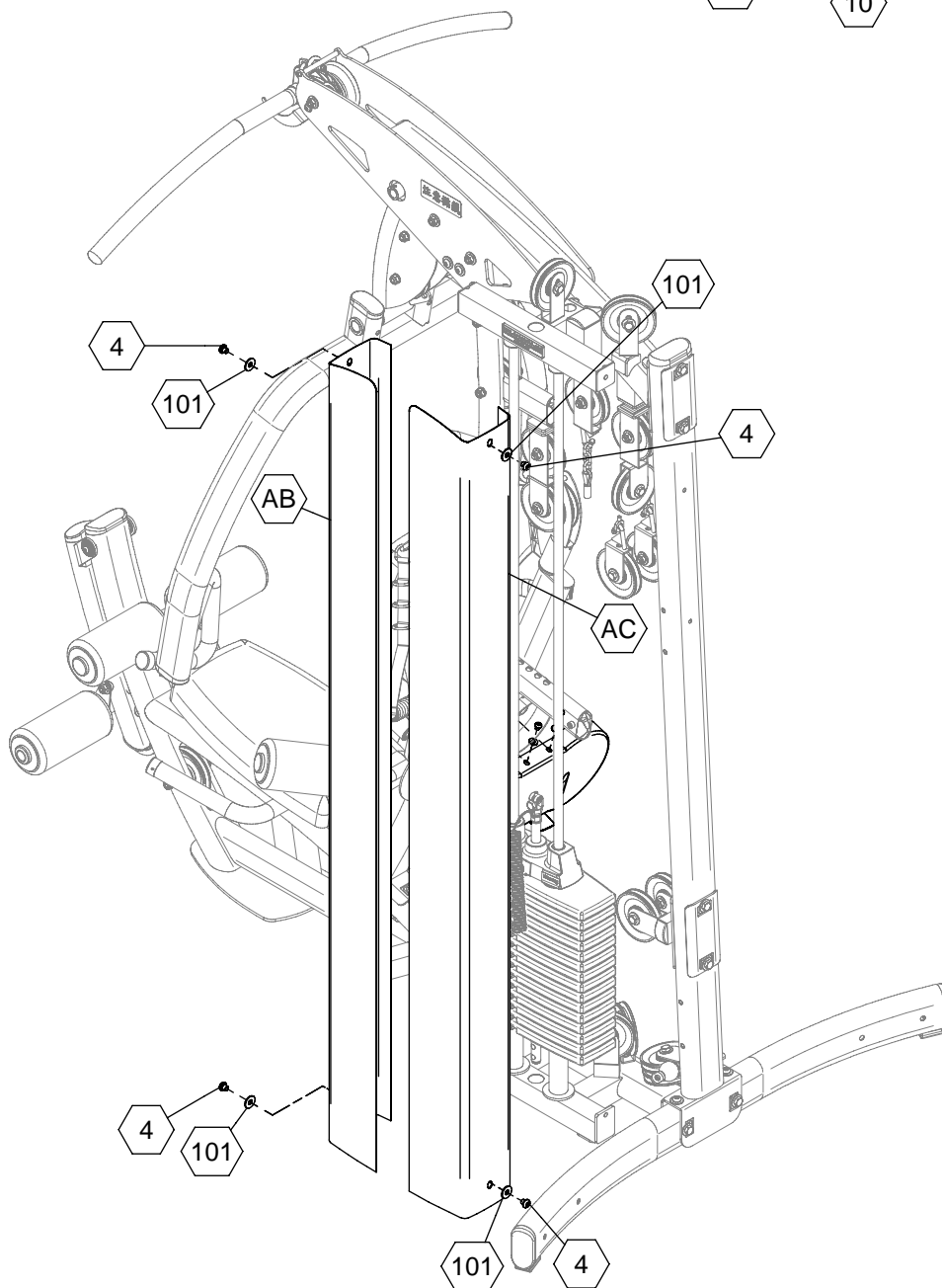
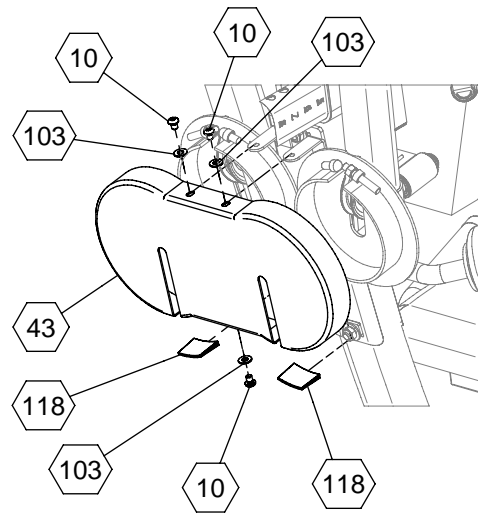




# F500 ASSEMBLY INSTRUCTIONS

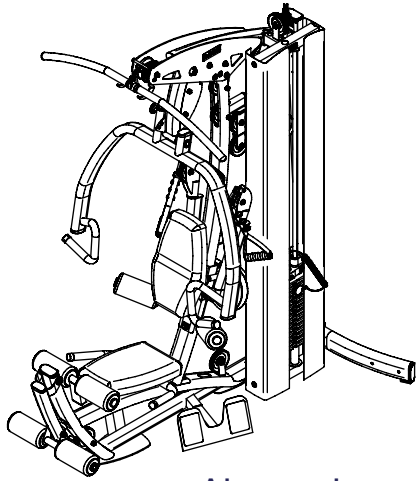


Above shows STEP11 assembled and completed

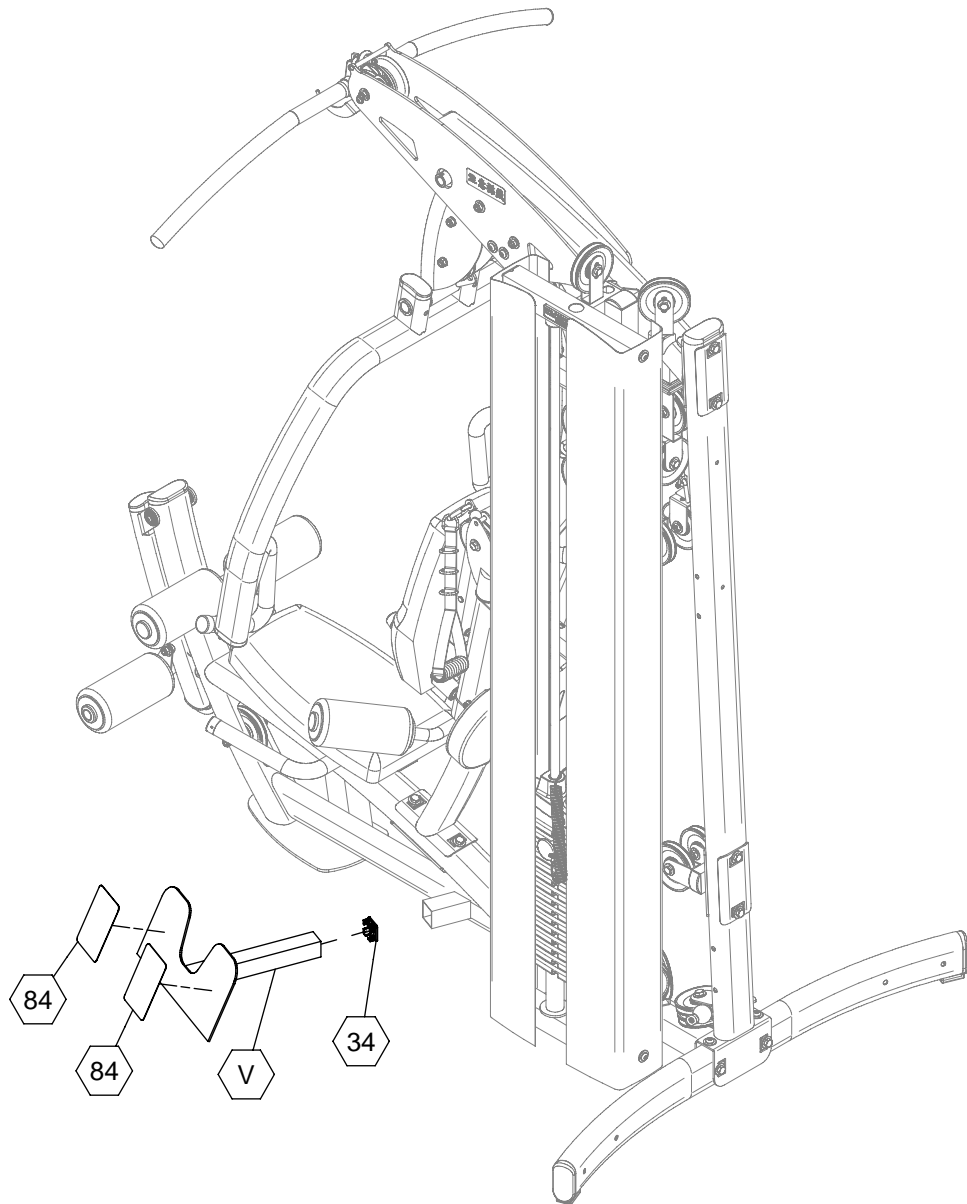




# F500 ASSEMBLY INSTRUCTIONS



Above shows STEP12  
assembled and completed



## F500 Mainframe Parts List

KEY#	QTY	PART#	DESCRIPTION
A	1		MAIN BASE FRAME
B	1		REAR UPRIGHT FRAME
C	1		MAIN TOP FRAME
D	1		PULLY HOLDER WITH STOP
E	1		REAR LEG
F	1		SEATED PRESS ARM
G	2		CHROME GUIDE ROD
H	4		CONTOURED BACKING PLATE 170L
I	1		ROLLER BAR (1"X535L)
J	1		ROLLER BAR (1"X500L)
K	1		PRESS ARM SUPPORT
L	1		PIVOTING BACK REST FRAME
M	2		WEIGHT STACK SUPPORT FRAME
N	1		MAIN FRONT FRAME
O	1		BACK PAD ADJUSTER
P	1		HOLDER FOR DOUBLE PARALLEL PULLIES
Q	1		ADJUSTABLE SEAT FRAME
R	2		PULLY HOLDER
S	1		LEG HOLD DOWN FRAME
T	1		FUNCTIONAL TRAINING ARMS PIVOT BASE
U	1		HOLDER FOR DOUBLE CROSSED PULLIES
V	1		SIDE LEG HOLD DOWN FRAME
W	1		FUNCTIONAL TRAINING ARM (left side)
X	1		FUNCTIONAL TRAINING ARM (right side)
Y	1		SELECTOR ROD
Z	1		LEG EXTENSION ARM
AA	1		FUNCTIONAL TRAINING ARMS REAR PULLY SUPPORT
AB	1		FRONT SHROUD
AC	1		BACK SHROUD
AD	1		PRESS ARM STOP
AE	1		LAT PULL DOWN BAR HOLDER (left side)
AF	1		LAT PULL DOWN BAR HOLDER (right side)
AG	1		LEFT ARMREST
AH	1		RIGHT ARMREST
AI	1		PIVOTING BUSHING

## Pads List

KEY#	QTY	PART#	DESCRIPTION
BA	1		SEAT PAD
BB	1		BACK PAD

**Part numbers are required when ordering parts.**

## F500 Hardware List

KEY#	QTY	PART#	DESCRIPTION
1	3		ACORN CAP NUT M6 preinstalled
2	3		ALLEN HEAD BOLT M10 X 115L PARTIAL THREAD
3	4		ALLEN HEAD BOLT M10 X 125L PARTIAL THREAD
4	4		ALLEN HEAD BOLT M10 X 10L FULL THREAD
5	7		ALLEN HEAD BOLT M10 X 15L FULL THREAD
6	20		WEIGHT PLATES
7	1		WEIGHT STACK LANYARD
8	1		WEIGHT STACK PIN $\Phi$ 10 X 138L
9	2		WEIGHT STACK SHIM 50 X 50
10	5		ALLEN HEAD BOLT M8 X 10L FULL THREAD
11	2		ALLEN HEAD BOLT M8 X 15L FULL THREAD
12	1		ALLEN SCREW M4 X 8L FULL THREAD
13	2		ALLEN SCREW M5 X 10L FULL THREAD - preinstalled
14	10		ALLEN SCREW M5 X 5L FULL THREAD
15	6		ALLEN SCREW M8 X 6L FULL THREAD
16	2		ALLEN SCREW M8 X 8L FULL THREAD
17	2		BEARING BUSHING $\Phi$ 20 X 46L
18	2		BEARING BUSHING $\Phi$ 37 ID X $\Phi$ 42 OD - preinstalled
19	2		BEARING BUSHING $\Phi$ 37 ID X $\Phi$ 50 OD - preinstalled
20	2		BEARING $\Phi$ 12 ID X $\Phi$ 32 OD - preinstalled
21	2		BEARING $\Phi$ 20 ID X $\Phi$ 42 OD - preinstalled
22	4		BEARING $\Phi$ 30 ID X $\Phi$ 37 OD - preinstalled
23	1		CABLE END SHAFT
24	2		CHROME COLLAR $\Phi$ 26 ID X $\Phi$ 35 OD
25	2		TAPERED CROSSHEAD SCREW M5 X 10L FULL THREAD
26	4		CONVEX END CAP 1" X 2"
27	2		CONVEX END CAP 30 X 70
28	5		CONVEX END CAP 40 X 80
29	4		CONVEX END CAP 50 X 100
30	1		CONVEX END CAP 50 X 50
31	3		CROSSHEAD SCREW M4 X 6L FULL THREAD
32	2		FLAT END CAP 30 X 60
33	1		CHROME COLLAR $\Phi$ 26 ID X $\Phi$ 38 OD
34	1		FLAT END CAP 40 X 40
35	2		FLAT END CAP 45 X 45
36	1		FLAT HEAD POP PIN 124L
37	1		FLAT HEAD POP PIN 124L (back pad angle adjuster)
38	1		FLAT HEAD POP PIN 138L
39	1		FLAT HEAD POP PIN 96L (back pad position adjuster)
40	2		FOAM GRIP $\Phi$ 34 OD X 545L (seated press)
41	6		FOAM ROLLER 4" X 8"
42	2		FOOT CAP 50 X 100
43	1		FUNCTIONAL TRAINING COVER
44	1		HEX HEAD BOLT M10 X 110L PARTIAL THREAD
45	2		HEX HEAD BOLT M10 X 85L PARTIAL THREAD
46	1		HEX HEAD BOLT M10 X 60L PARTIAL THREAD
47	16		HEX HEAD BOLT M10 X 45L PARTIAL THREAD
48	2		HEX HEAD BOLT M10 X 55L PARTIAL THREAD
49	1		HEX HEAD BOLT M10 X 70L PARTIAL THREAD

**Part numbers are required when ordering parts.**

## F500 Hardware List (continued)

KEY#	QTY	PART#	DESCRIPTION
50	12		HEX HEAD BOLT M10 X 75L PARTIAL THREAD
51	1		HEX HEAD BOLT M10 X 65L PARTIAL THREAD
52	2		HEX HEAD BOLT M8 X 50L PARTIAL THREAD
53	2		HEX HEAD BOLT M8 X 55L PARTIAL THREAD
54	1		HYDRAULIC SEAT ADJUSTER-preinstalled
55	1		JAM NUT 1/2"
56	2		JAM NUT 3/8"
57	2		JAM NUT M10
58	2		NYLON BUSHING 40 X 80
59	1		NYLON BUSHING 60 X 60
60	46		NYLON LOCK NUT M10
61	4		BEARING $\Phi$ 15 ID X $\Phi$ 32 OD
62	12		NYLON WASHER 3"
63	2		OILITE BUSHING 1"ID X 45 OD - preinstalled
64	2		OILITE BUSHING 1/2" ID X 21 OD - preinstalled
65	1		NAMEPLATE
66	1		NAMEPLATE SEAT
67	4		PULLY SPACER $\Phi$ 16 X 12L
68	6		PULLY SPACER $\Phi$ 16 X 21.5L
69	6		PULLY SPACER $\Phi$ 16 X 42L
70	1		PULLY $\Phi$ 110
71	25		PULLY $\Phi$ 110
72	2		PULLY $\Phi$ 90
73	6		ROLLER END CAP
74	2		ROUND END CAP 1"
75	2		RUBBER DONUT $\Phi$ 63.5
76	3		RUBBER PAD 38 X 40
77	2		RUBBER STOP 58.5L (3/8" bolt)
78	1		SELECTOR ROD (20 selector holes)
79	1		SELECTOR ROD TOP BOLT
80	1		SHAFT 1" X 196L
81	2		SHAFT COLLAR
82	1		SHAFT $\Phi$ 12 X 122L
83	1		SHAFT $\Phi$ 20 X 138L
84	1		RUBBER PAD 95 X 140
85	2		FOAM GRIP $\Phi$ 34 OD X 340L
86	4		SNAP LINK
87	1		SOCKET HEAD BOLT 3/8" X2" PARTIAL THREAD
88	1		SOCKET HEAD BOLT M8 X 10L FULL THREAD
89	2		SPACER SLEEVE $\Phi$ 16 X 39L
90	1		SPRING LOCK WASHER 1/2"
91	1		SPRING LOCK WASHER 3/8"
92	4		SPRING LOCK WASHER M8
93	1		HEX HEAD BOLT M10 X 25L FULL THREAD
94	58		STEEL BALL ( $\Phi$ 3) - preinstalled
95	1		TOP PLATE 10lbs
96	2		NYLON LOCK NUT M12
97	1		TORSIONAL SPRING (left)- preinstalled
98	1		TORSIONAL SPRING (right)- preinstalled

**Part numbers are required when ordering parts.**

## F500 Hardware List (continued)

KEY#	QTY	PART#	DESCRIPTION
99	1		T-SHAPED POP PIN
100	4		WASHER M10 X $\Phi$ 19
101	86		WASHER M10 X $\Phi$ 27
102	2		WASHER M12 X $\Phi$ 34
103	11		WASHER M8 X $\Phi$ 18
104	1		HEX HEAD BOLT M10 X 50L PARTIAL THREAD
118	2		PLASTIC PAD 30 X 42
119	8		SELF-DRIVEN CROSSHEAD SCREW M4 X 10L FULL THREAD
121	1		CHROME PLATE
122	1		ALLEN HEAD BOLT M10 X 60L PARTIAL THREAD

## Cable List

KEY#	QTY	PART#	DESCRIPTION
105	1		FUNCTIONAL TRAINING ARM CABLE 3028mm
106	1		LAT PULLDOWN CABLE 5425mm
107	1		LEG EXTENSION CABLE 3540mm
108	1		LEFT ATTACHMENT CABLE 1765mm
109	1		SHORT CABLE 775mm
110	2		TURNPLATE CABLE 523mm
120	1		RIGHT ATTACHMENT CABLE 3435mm

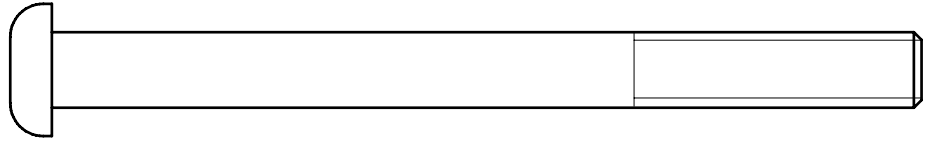
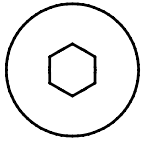
## Accessories List

KEY#	QTY	PART#	DESCRIPTION
111	2		ARTICULATING FUNCTIONAL TRAINING HARNESS
112	2		FOAM GRIP 1 1/2" OD X 8 1/2"L (low row bar)
113	2		FOAM GRIP $\Phi$ 34 OD X 540L (lat bar)
114	1		LAT BAR
115	1		LAT BAR PAD
116	1		LOW ROW BAR
117	1		LEG HARNESS

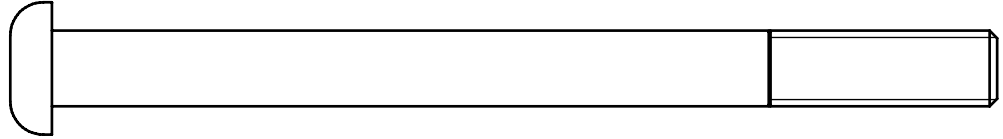
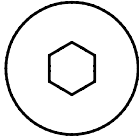
**Part numbers are required when ordering parts.**

# F500 HARDWARE

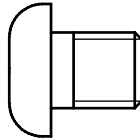
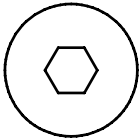
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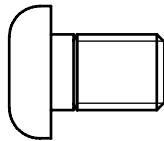
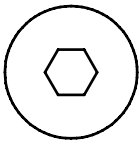
**KEY # 02 ALLEN HEAD BOLT M10X115L PARTIAL THRERD QTY.3**



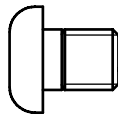
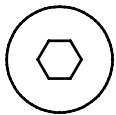
**KEY # 03 ALLEN HEAD BOLT M10X125L PARTIAL THRERD QTY.4**



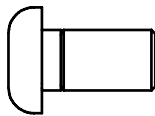
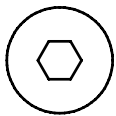
**KEY # 04 ALLEN HEAD BOLT M10X12L FULL THRERD QTY.4**



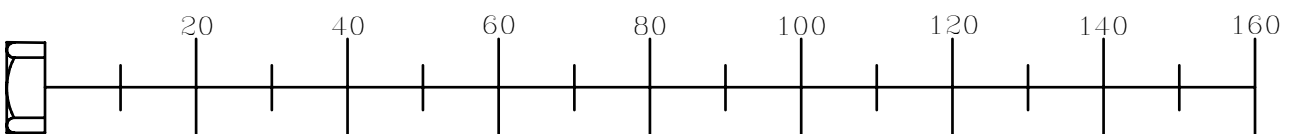
**KEY # 05 ALLEN HEAD BOLT M10X15L FULL THRERD QTY.7**



**KEY # 10 ALLEN HEAD BOLT M8X10L FULL THRERD QTY.5**

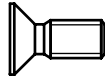


**KEY # 11 ALLEN HEAD BOLT M8X15L FULL THRERD QTY.2**



# F500 HARDWARE

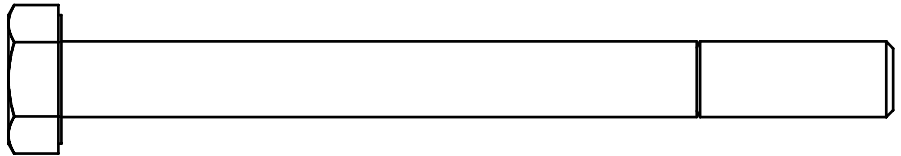
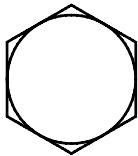
(shown in actual size)



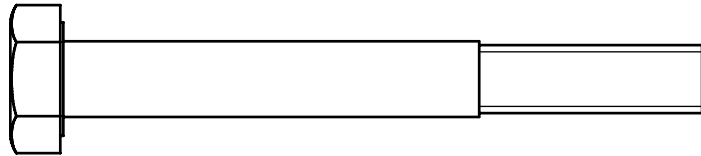
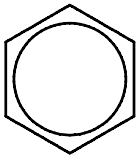
**KEY # 25 TAPERED CROSSHEAD SCREW M5X10L FULL THREAD QTY.2**



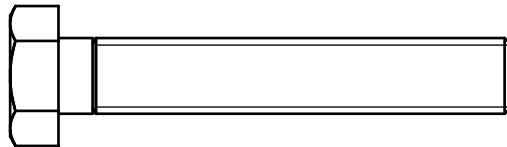
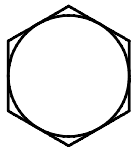
**KEY # 31 CROSSHEAD SCREW M4X6L FULL THREAD QTY.3**



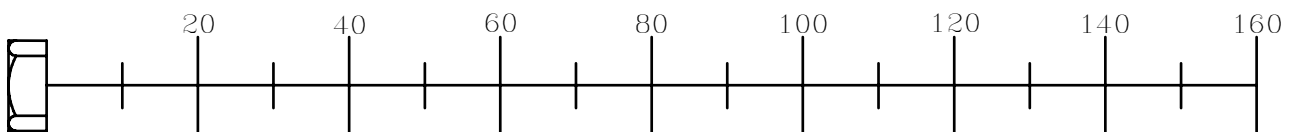
**KEY # 44 HEX HEAD BOLT M10X110L PARTIAL THREAD QTY.1**



**KEY # 45 HEX HEAD BOLT M10X85L PARTIAL THREAD QTY.2**



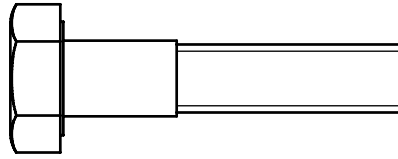
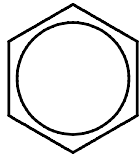
**KEY # 46 ALLEN HEAD BOLT M10X60L PARTIAL THRERD QTY.1**



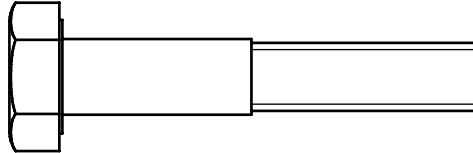
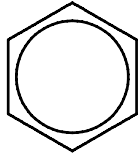


# F500 HARDWARE

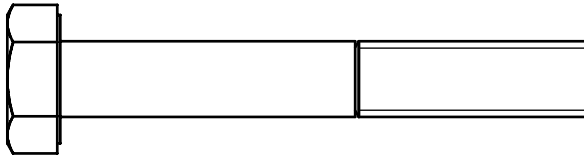
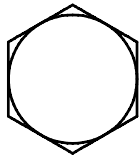
(shown in actual size)



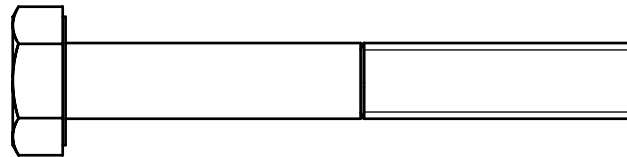
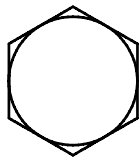
**KEY # 47 HEX HEAD BOLT M10X45L PARTIAL THREAD QTY.16**



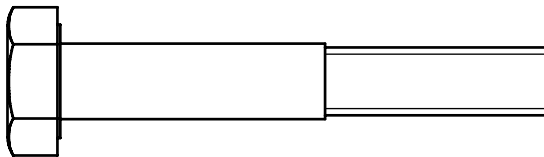
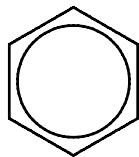
**KEY # 48 HEX HEAD BOLT M10X55L PARTIAL THREAD QTY.2**



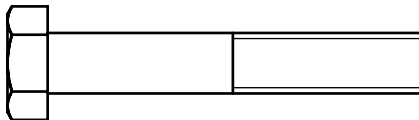
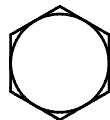
**KEY # 49 HEX HEAD BOLT M10X70L PARTIAL THREAD QTY.1**



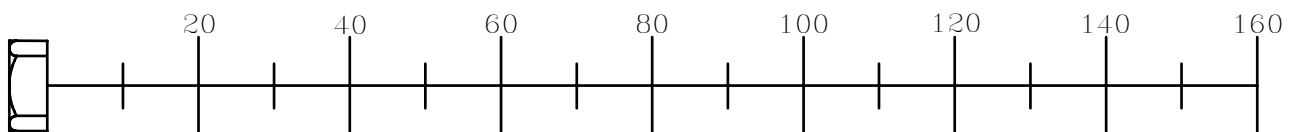
**KEY # 50 HEX HEAD BOLT M10X75L PARTIAL THREAD QTY.12**



**KEY # 51 HEX HEAD BOLT M10X65L PARTIAL THREAD QTY.1**

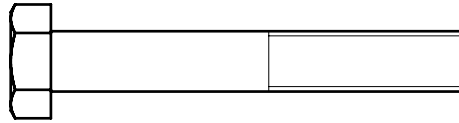
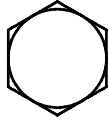


**KEY # 52 HEX HEAD BOLT M8X50L PARTIAL THREAD QTY.2**

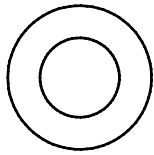


# F500 HARDWARE

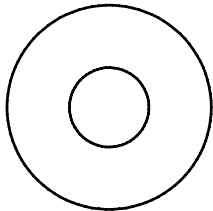
(shown in actual size)



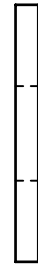
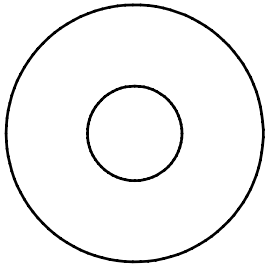
**KEY # 53 HEX HEAD BOLT M8X55L PARTIAL THREAD QTY.2**



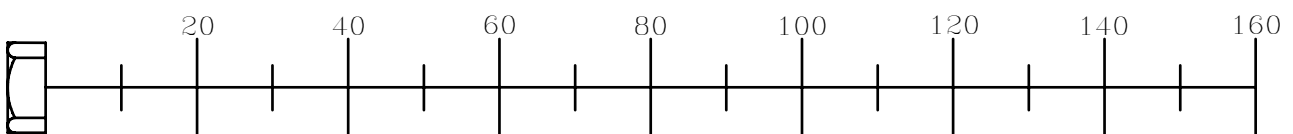
**KEY # 100 WASHER M10 X Ø19 QTY.4**



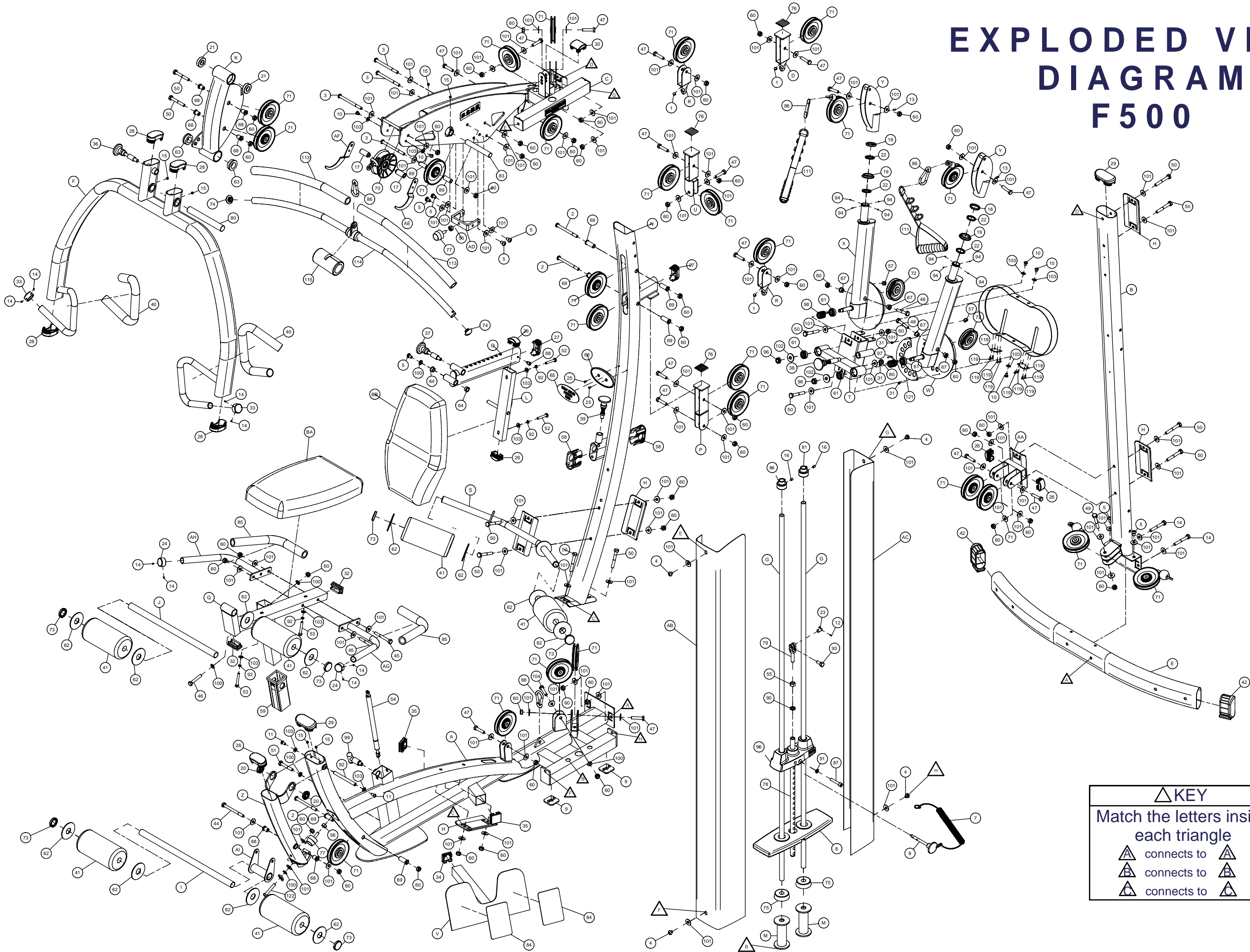
**KEY # 101 WASHER M10 X Ø27 QTY.84**



**KEY # 102 WASHER M12XØ34 QTY.2**



# EXPLODED VIEW DIAGRAM F500



**△ KEY**  
Match the letters inside each triangle

△ connects to	△
△ connects to	△
△ connects to	△