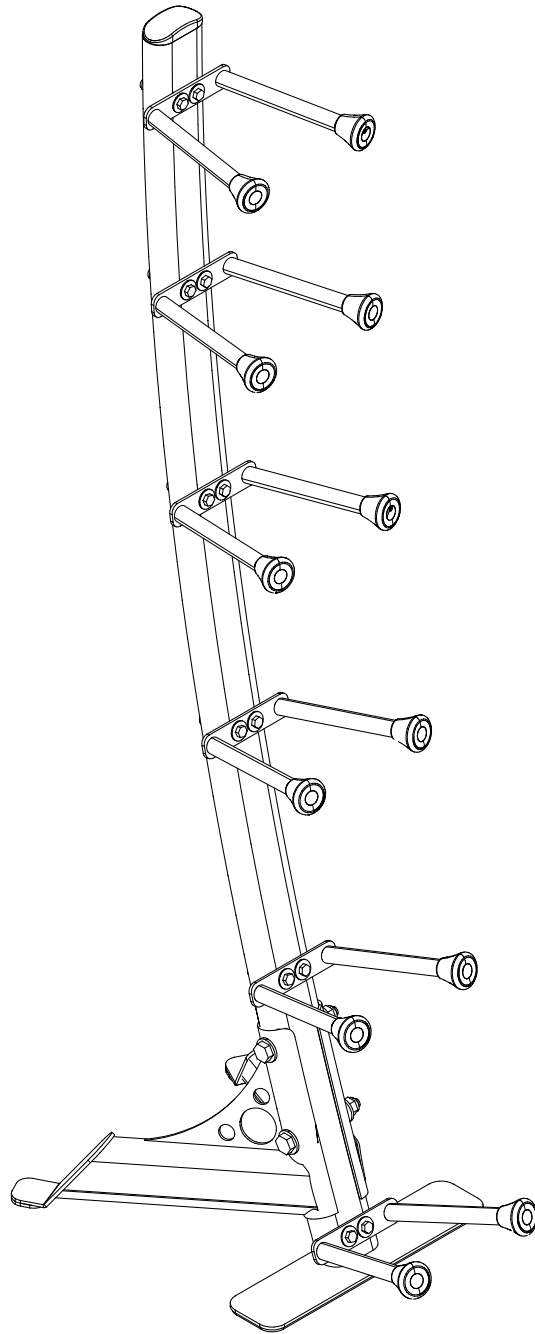


# Body-Solid<sup>®</sup>

Built for Life

GMR10



Assembly Instructions

**OWNER'S & MANUAL**

# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.  
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

*Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.*

## **When using exercise equipment, you should always take basic precautions, including the following:**

- Read all instructions before using the GMR10. These instructions are written to ensure your safety and to protect the unit.
- 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 injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- 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 the 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 before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

## **Personal Safety During Assembly**

- It is strongly recommended that a qualified dealer assemble the equipment.  
**Assistance is required.**
- 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.

The GMR10 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 Body-Solid GMR10.

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 unit 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 Body-Solid replacement parts when servicing this unit. 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 Body-Solid website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Body-Solid dealer or a Body-Solid 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  
Hours: M-F 8:30-5:00 CST  
E-Mail: [service@bodysolid.com](mailto: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 replacement parts.**

# Before You Begin

Thank you for purchasing the GMR10.  
To maximize your use of the equipment please study this Owner's Manual thoroughly.

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## **Unpacking the Equipment**

The GMR10 is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Ask for assistance during the assembly process. Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

***Be careful to assemble all components in the sequence presented in this guide.***

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-556-3113 for the dealer nearest you.

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

Any Questions?  
Call (800) 556-3113

# Preparations

**CAUTION: To set up this unit, you will need assistance. Do not attempt assembly by yourself.**

You must review and follow the instructions in this Owner's Manual. If you do not assemble and use the GMR10 according to these guidelines, you could void the Body-Solid warranty.

## Required Tools

The basic tools that you must obtain before assembling the GMR10 include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

## Installation Requirements

Follow these installation requirements when assembling the GMR10:

Set up the GMR10 on a solid, flat surface. A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.

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

Insert all bolts in the same direction. 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.

**CAUTION: Obtain assistance! Do not attempt to assemble the GMR10 by yourself. Review the Installation Requirements before proceeding with the following steps.**

Be careful to assemble components in the sequence presented in this guide.

**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.

# Assembly Instructions

Assembly of the GMR10 takes professional installers about 1/2 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

## Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

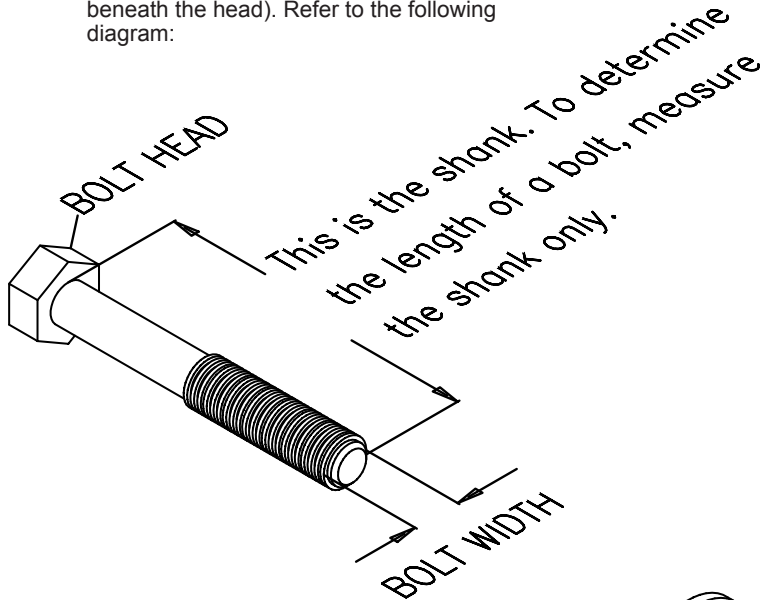
### Assembly Tips

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the GMR10 using the illustrations only, important safety notes and other tips are 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: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:

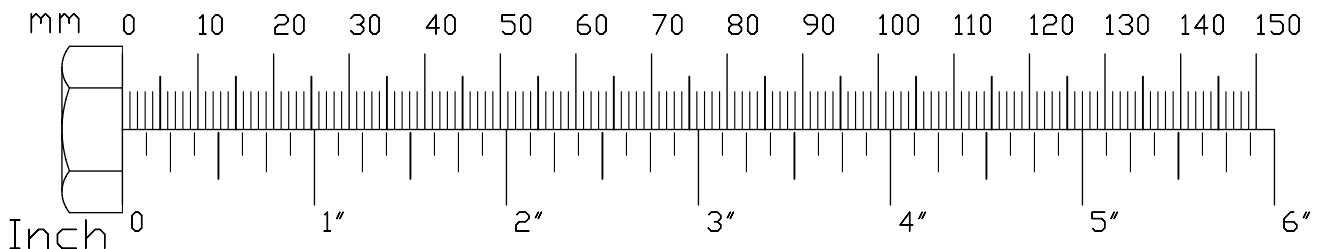
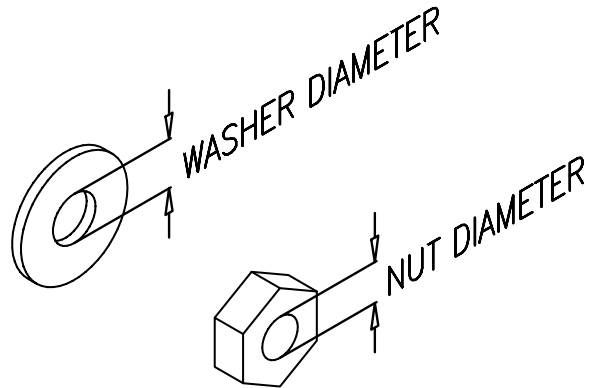


### IMPORTANT!

Before you begin you should look at the quick reference guide that shows all hardware parts (in actual size) along with the corresponding key numbers on the assembly instructions.

**Do not fully tighten bolts until instructed to do so.**

**Note:** 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.

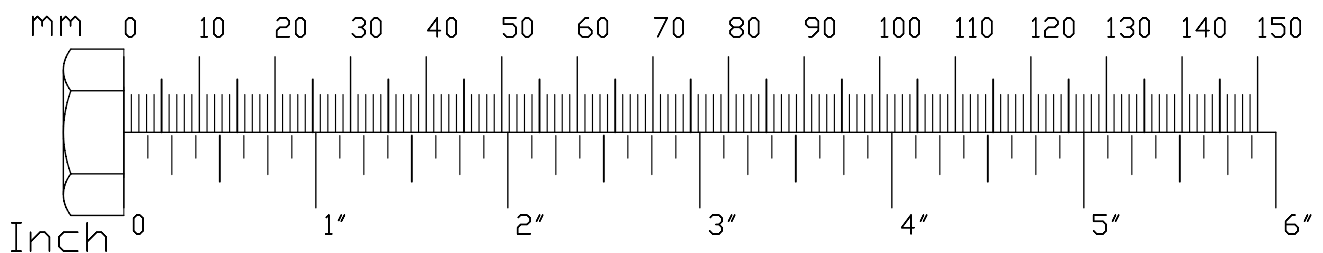


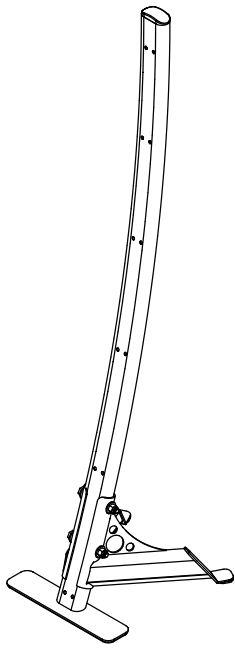
# STEP

# 1

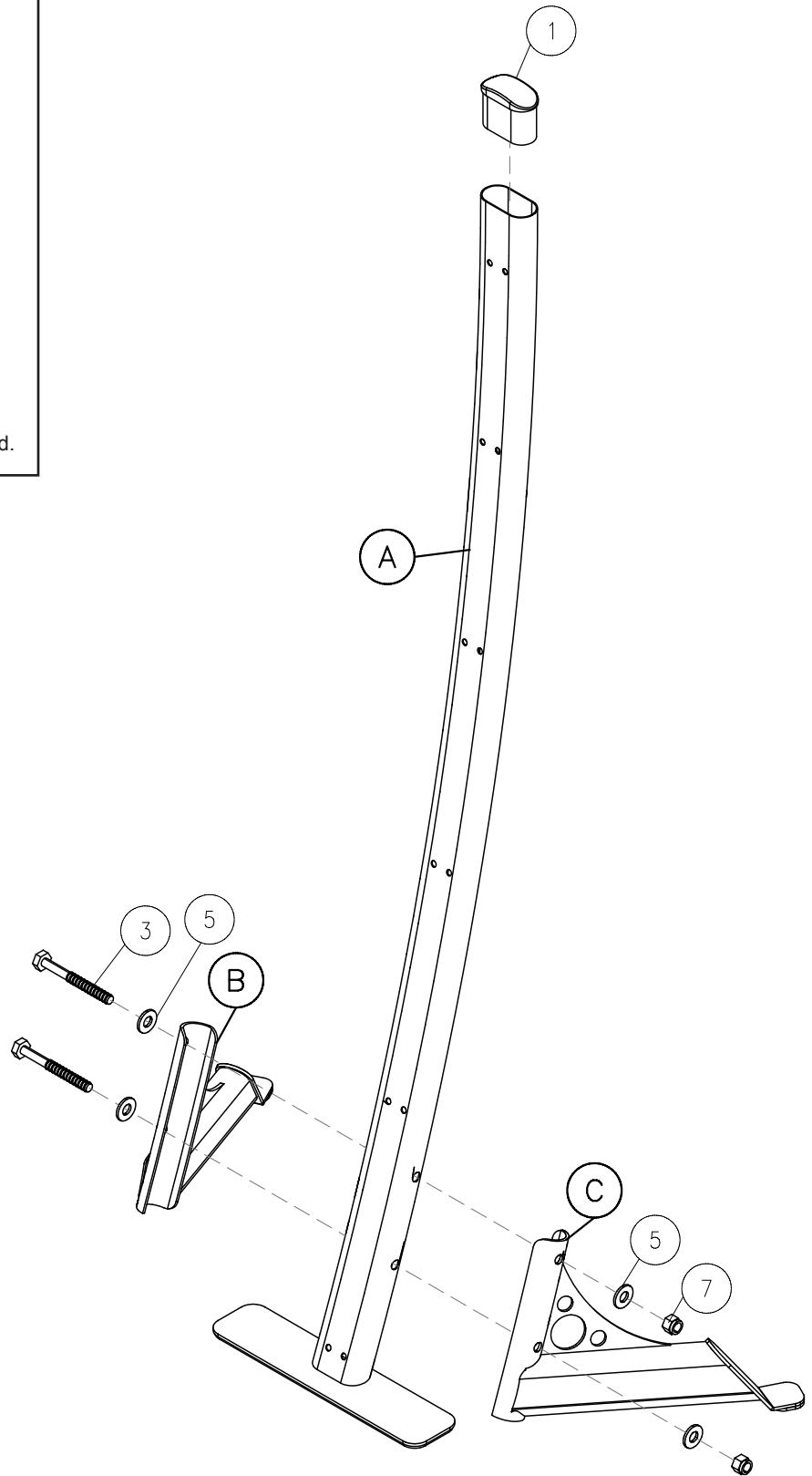
**Be careful to assemble all components in the sequence they are presented.**

- A. Connect Right Rear Support (C) and Left Rear Support (B) to Main Frame Assembly (A) and secure using:  
**Two 3 (M10x100 hex head bolt)**  
**Four 5 (M10 flat washer)**  
**Two 7 (M10 nylon nut)**
  
- B. Insert End Cap (1) into Main Frame Assembly (A).





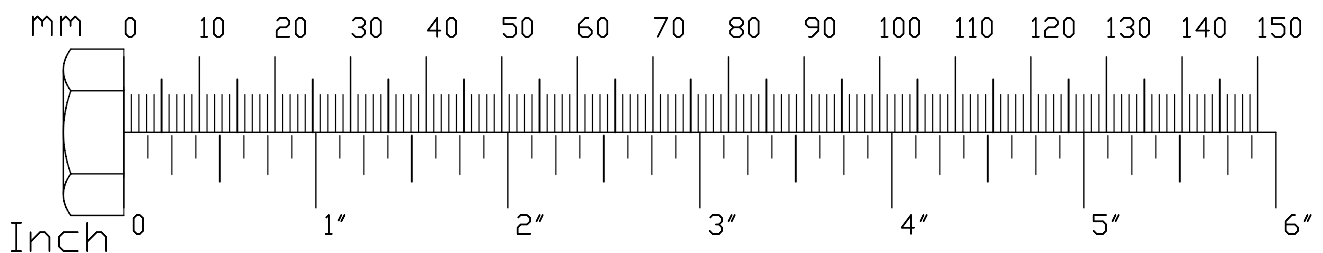
Above shows Step 1 assembled and completed.



**STEP****2**

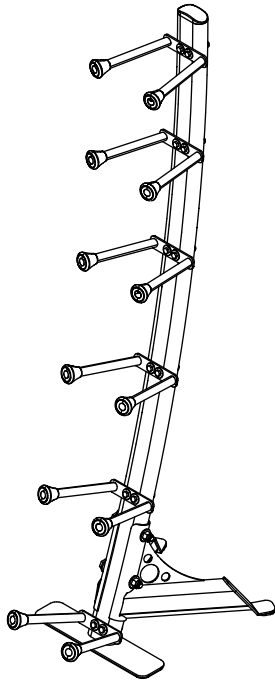
**Be careful to assemble all components in the sequence they are presented.**

- A. Connect Ball Support Assembly (D) to Main Frame Assembly (A) using:  
**Two 4 (M8x60 hex head bolt)**  
**Four 6 (M8 washer)**  
**Two 8 (M8 nylon nut)**
- B. Repeat the above procedure to install the rest of Ball Support Assembly (D).
- C. Insert two Cap (2) to all Ball Support Assembly (D).

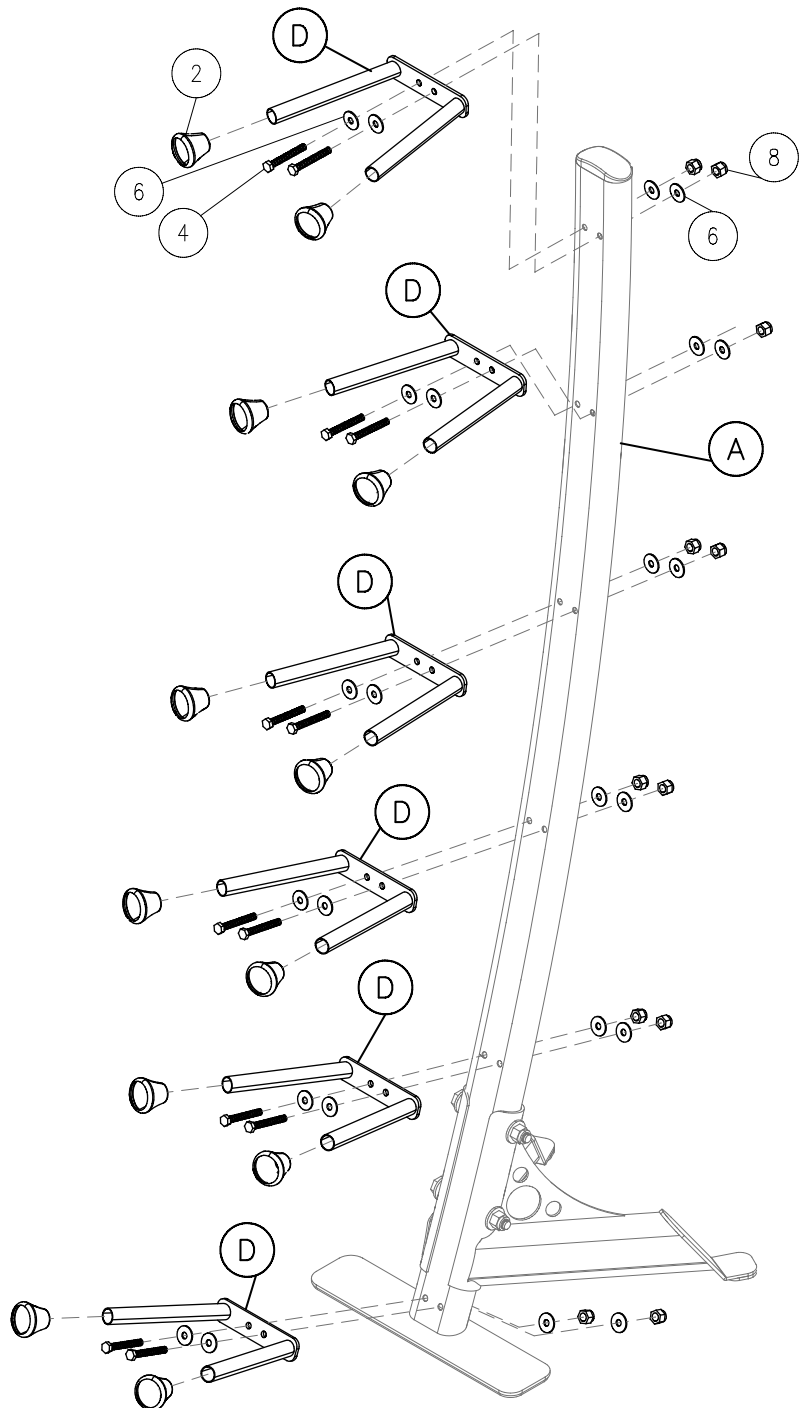




**STEP**  
**2**



Above shows Step 2 assembled and completed.

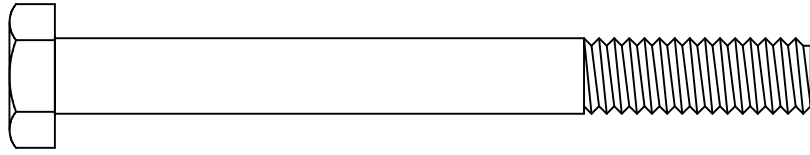


## Hardware List

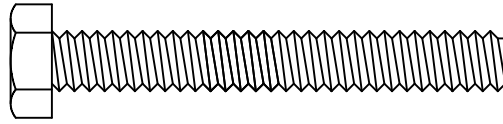
<b>Part#</b>	<b>Qty</b>	<b>Description</b>
A	1	MAIN FRAME ASSEMBLY
B	1	REAR SUPPORT - LEFT
C	1	REAR SUPPORT - RIGHT
D	6	BALL SUPPORT ASSEMBLY
1	1	END CAP 40X80
2	12	OUTSIDE CAP $\Phi$ 25
3	2	HEX HEAD BOLT M10X100
4	12	HEX HEAD BOLT M8X60
5	4	FLAT WASHER $\Phi$ 10
6	24	FLAT WASHER $\Phi$ 8
7	2	NYLON NUT M10
8	12	NYLON NUT M8
9	1	FRONT FOOT PLATE RUBBER PAD
10	1	REAR FOOT PLATE RUBBER PAD

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

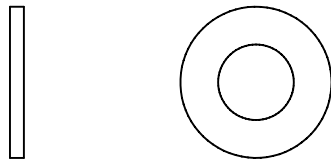
# Hardware (To Scale)



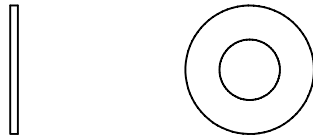
(3) Hex Head Bolt M10x100 Qty. 2



(4) Hex Head Bolt M8x60 Qty. 12



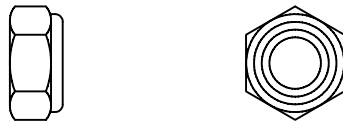
(5) Flat Washer M10 Qty. 4



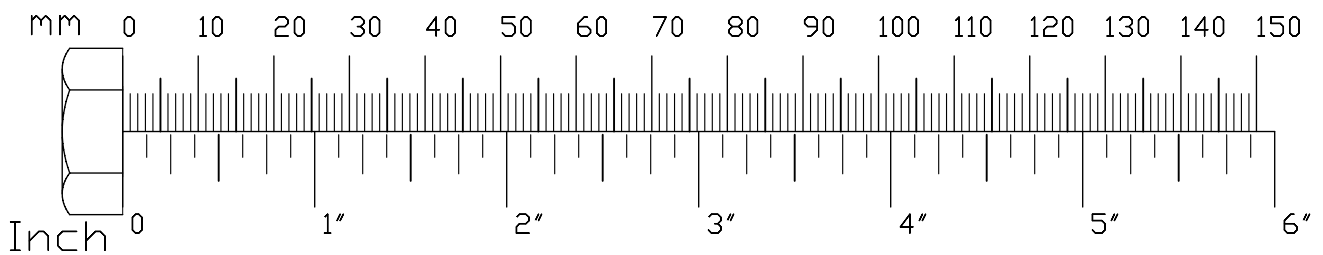
(6) Flat Washer M8 Qty. 24



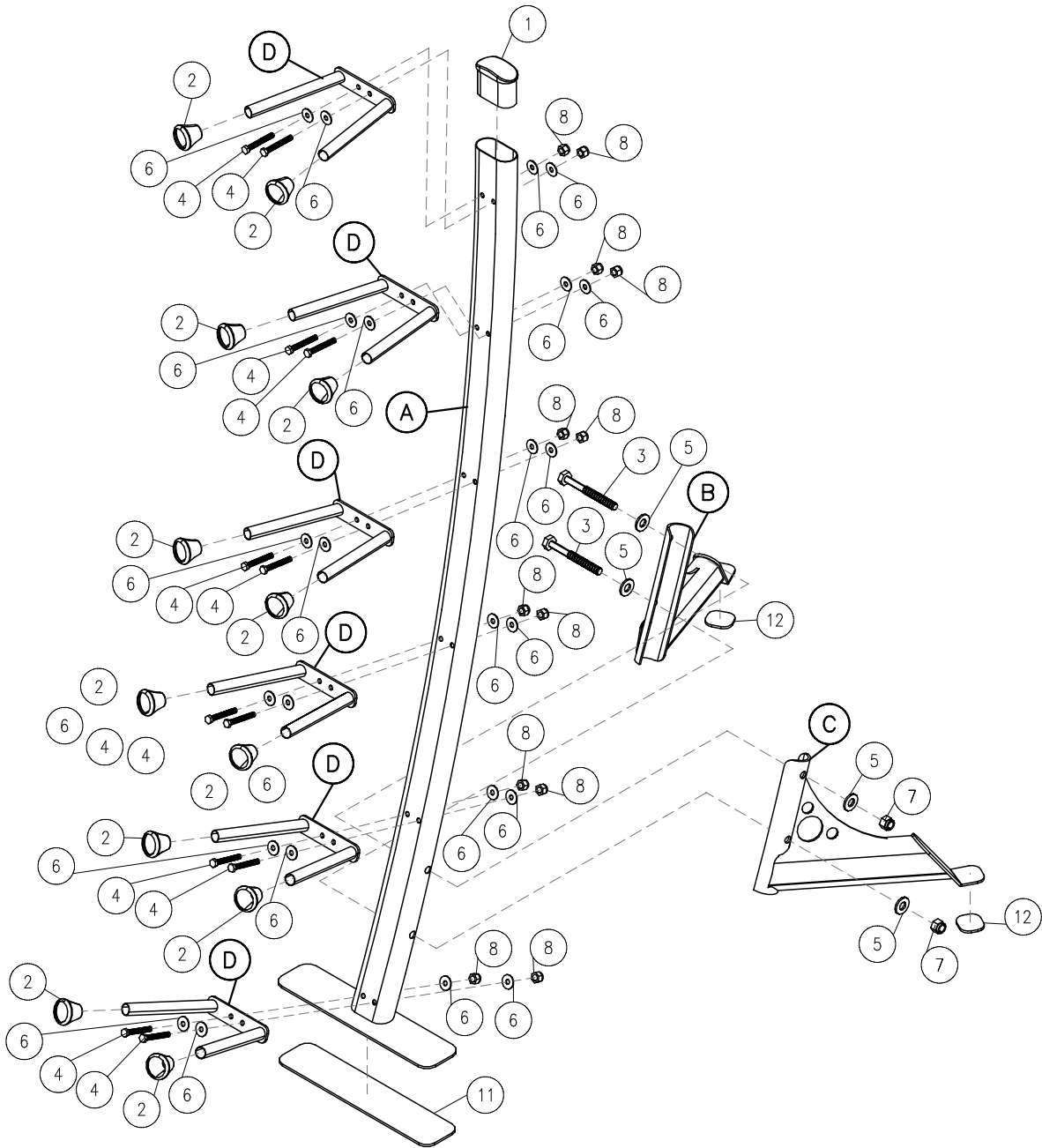
(7) Nylon Nut M10 Qty. 2



(8) Nylon Nut M8 Qty. 12



# EXPLODED VIEW DIAGRAM GMR10









*Body-Solid*<sup>®</sup>  
Built for Life

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1 (800) 556-3113  
Hours: M-F 8:30 - 5:00

*[www.bodysolid.com](http://www.bodysolid.com)*