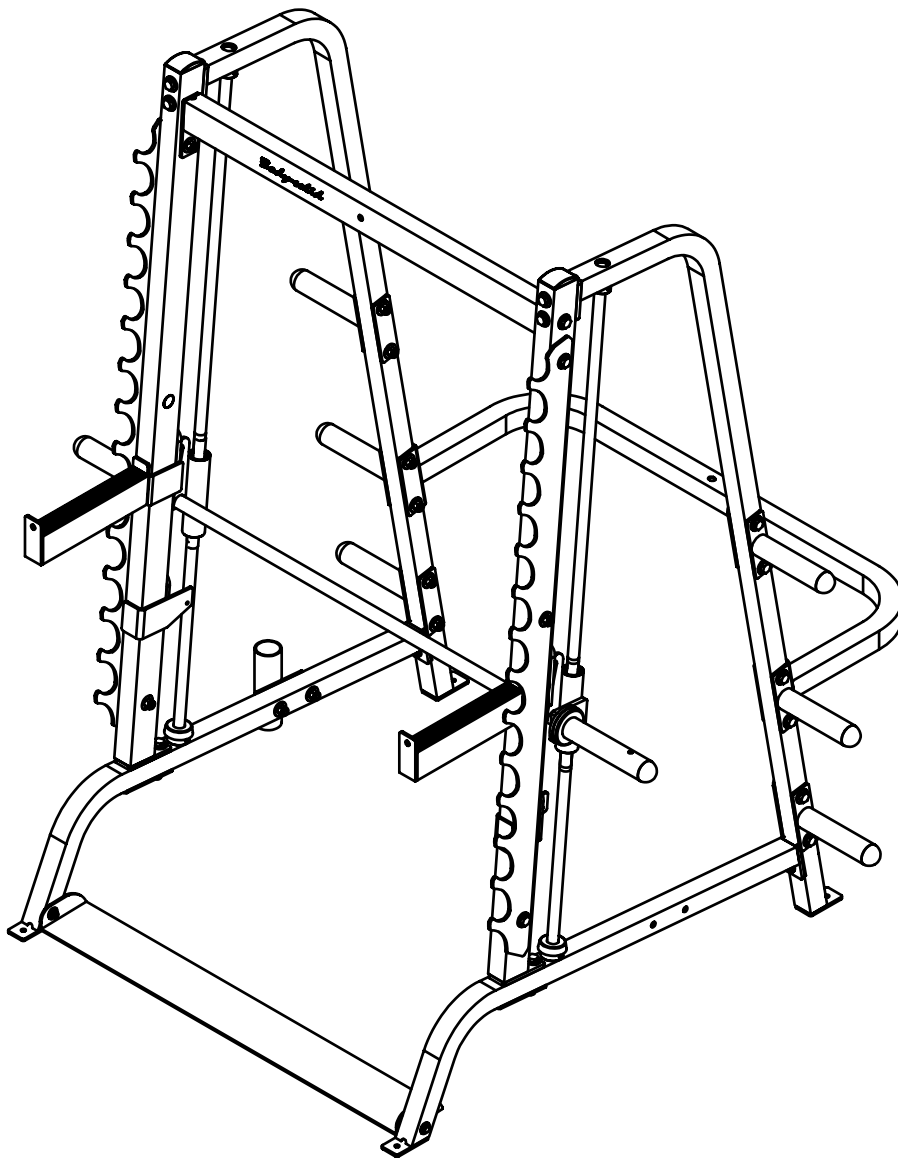


Body-Solid



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GS-348 OWNER'S MANUAL

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GENERAL INSTRUCTIONS

Thank you for purchasing the Body-Solid GS-348. At Body-solid, our goal is to ensure customer satisfaction. If you have any questions about these instructions or have any problems with assembly or parts for this machine, please call our Customer Service Department at 1-800-556-3113.

Prior to assembling any Body-Solid machine, please take the time to read the instructions thoroughly. Please use this manual to make sure that all parts have been included with your shipment. When ordering replacement parts, please refer to the part number and description of each part from this manual. Use only Body-Solid replacement parts when servicing any Body-Solid machine. Failure to do so may void your warranty and could result in personal injury.

Body-Solid equipment is designed to provide the safest, smoothest and most effective workouts possible. After you have finished assembling this product, check all stations to ensure correct operation. If for some reason you experience problems with any functions of this machine, do not continue operation. First, re-check all of the assembly instructions to locate any possible errors made during assembly. If you are not able to correct the problem, contact our Customer Service Department immediately at 1-800-556-3113.

TOOLS REQUIRED

- Socket Wrench
 - 1/2" Sockets
- Crescent Wrench
 - Rubber Mallet
 - Tape Measure

TRAINING TIPS AND SAFETY INFORMATION

Before starting any exercise program, it is recommended that you consult your physician and get a complete physical examination. There is a risk assumed by individuals who use this type of equipment. To minimize risk, follow the rules below.

- Always consult your physician before starting any exercise program.
- Do not allow children or minors to play on or around the equipment.
- Warm up properly before engaging in any weight training regimen.
- Before using, read all the warning labels and instructions on the use of this machine.
- Do not modify the machine in any way.
- Inspect the machine before use for any damaged, worn or missing parts. If there is any doubt about the ability of this equipment to operate safely, do not use the equipment until it is serviced.
- Exercise with care, performing exercises at a smooth, moderate pace. Never perform jerky or uncoordinated movements that may result in injury.
- Never hold your breath while exercising.
- Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.
- It is recommended that you train with a training partner.
- Keep body and clothing clear of cables and moving parts when the machine is in use.
- Know your limitations. If you are new to resistance training or are starting an exercise routine after a prolonged lay-off, start slowly and build up to a more intense routine.

Failure to follow these rules may result in serious injury. If unsure about the proper use of the machine, consult your local Body-Solid distributor or call the Body-Solid Customer Service department at 1-800-556-3113.

INSPECTIONS AND MAINTENANCE SCHEDULE

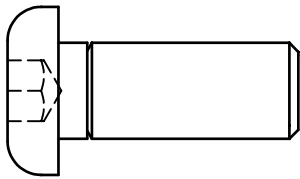
There is a risk assumed by individuals who use this type of equipment. To minimize risk, follow the rules below.

- Inspect equipment daily, ensuring that all nuts, bolts and screws are fully tightened.
- Inspect cables daily ensuring they are routed properly and not worn, frayed or stretched. Check and adjust tension on cables daily.
- When using pop-pin adjustments, always make sure the plunger for the pop-pin is securely inserted into an adjustment hole.
- Before performing any exercise, always make sure all ball-pins, ring-pins, pop-pins and selector pins are inserted properly and all snap-links are properly closed.
- Replace worn parts immediately.
- Human perspiration is corrosive. Clean your machine regularly. Wipe down and dry upholstery and frame pieces on a daily basis.
- Every week clean the chrome guide rods with a dry cloth and apply a coat of dry silicon spray or Teflon based spray lubricant.
- Every week clean and lubricate all non-chrome guide rods and all seat posts and adjustments for starting positions.
- Every week check hand grips, rollers and non-skid surfaces for wear.
- Only use Body-Solid parts. Parts from other manufacturers or any other modifications will void the warranty and may result in serious injury.
- Do not use this machine with damaged, worn or missing parts.
- If there is any doubt about the ability of this equipment to operate safely, do not use the equipment until it is serviced.
- Please ensure that all warning stickers are visible and acknowledged by users of the equipment.

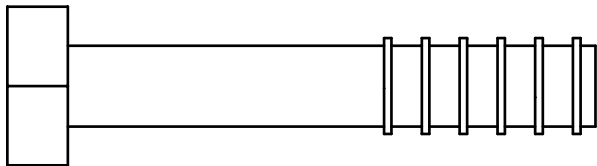
Failure to follow these rules may result in serious injury. If unsure about the proper use of the machine, consult your local Body-Solid distributor or call the Body-Solid Customer Service department at 1-800-556-3113.

HARDWARE ILLUSTRATION

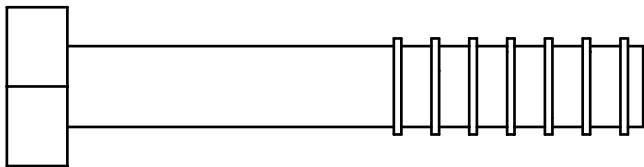
A1. 1/2"X1 1/4" Inner Hex Screw-----[2PCS]



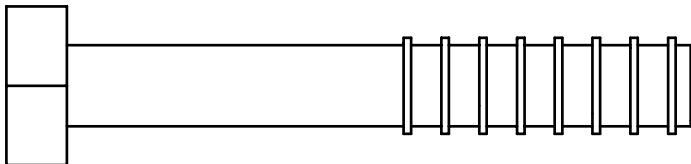
A2. 1/2"X2 3/4" Hex Head Bolt-----[6PCS]



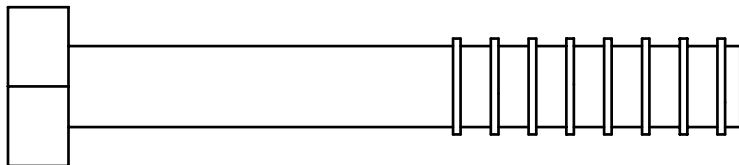
A3. 1/2"X3" Hex Head Bolt-----[4PCS]



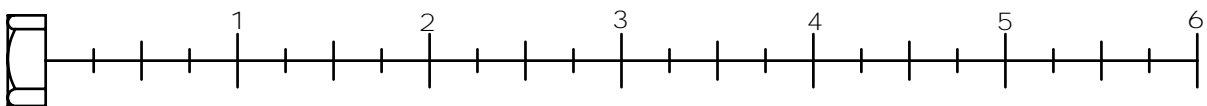
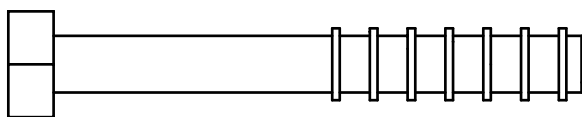
A4. 1/2"X3 1/4" Hex Head Bolt-----[14PCS]



A5. 1/2"X3 1/2" Hex Head Bolt-----[8PCS]



A6. 3/8"X2 3/4" Hex Head Bolt-----[2PCS]



HARDWARE ILLUSTRATION

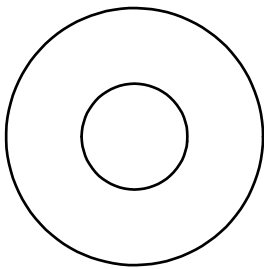
B1.1/2" Nylon Lock Nut-----[22PCS]



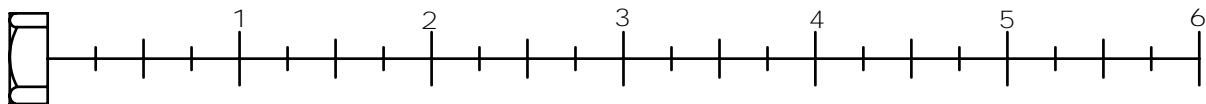
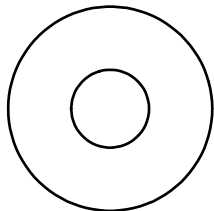
B2.3/8" Nylon Lock Nut-----[2PCS]



C1.1/2"(I.D) Nylon Lock Nut ϕ 34-----[60PCS]



C2.3/8"(I.D) Nylon Lock Nut ϕ 27-----[4PCS]

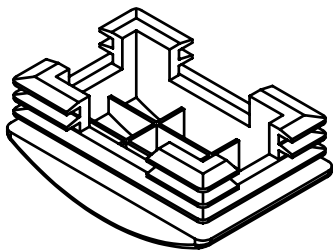


GS348 ASSEMBLY INSTRUCTIONS

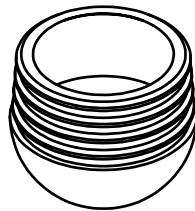
HARDWARE ILLUSTRATION

- D1.50X75 End Cad(9211-084)-----[2PCS]
- D2.ø49.5X Round End Cap(9211-074)-----[8PCS]
- D3.ø1" Shaft Collar(9211-064)-----[2PCS]
- D4.ø2 1/2"Xø26 Rubber Dount(9310-012)-----[2PCS]
- D5.ø90X10t Rubber Dount(9310-016)-----[4PCS]
- D6.38X325 Rubber Bar Catch(9310-042)-----[2PCS]
- D7.45X70 Tape(9440-068)-----[12PCS]
- D8.ø26 Round End Cap(9211-069)-----[2PCS]

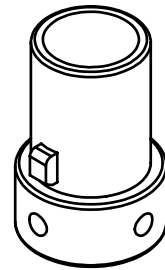
D1



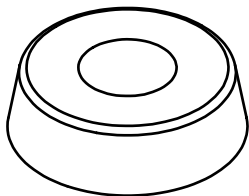
D2



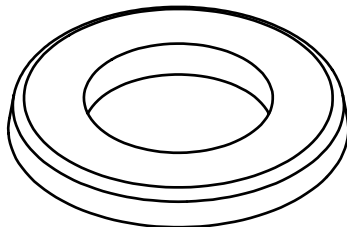
D3



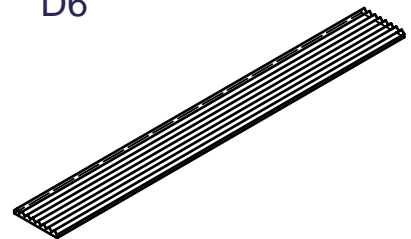
D4



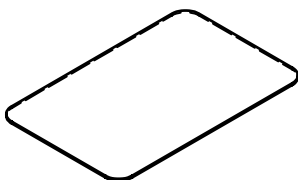
D5



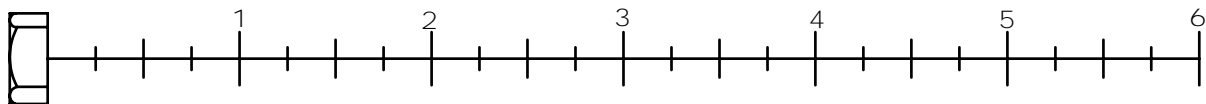
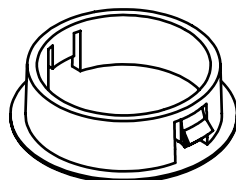
D6



D7

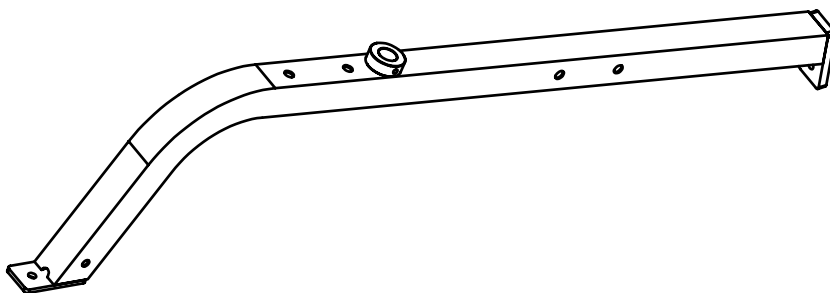


D8

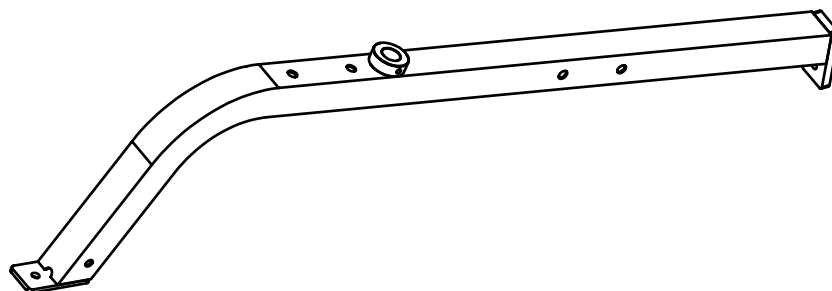


PARTS ILLUSTRATION

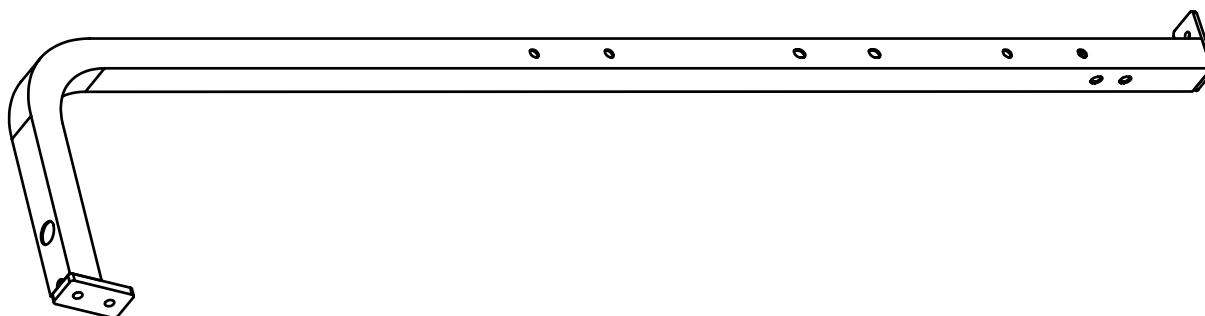
A [1PCS]



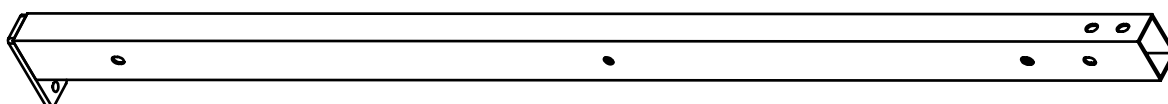
B [1PCS]



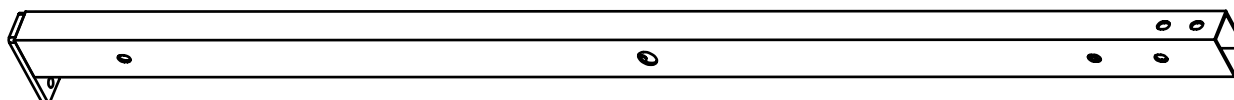
C [2PCS]



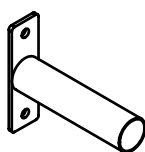
D [1PCS]



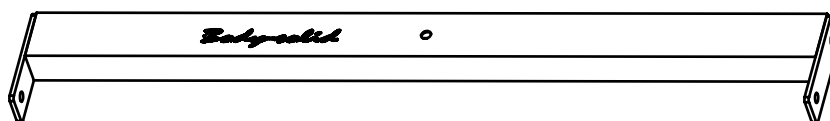
E [1PCS]



F [6PCS]

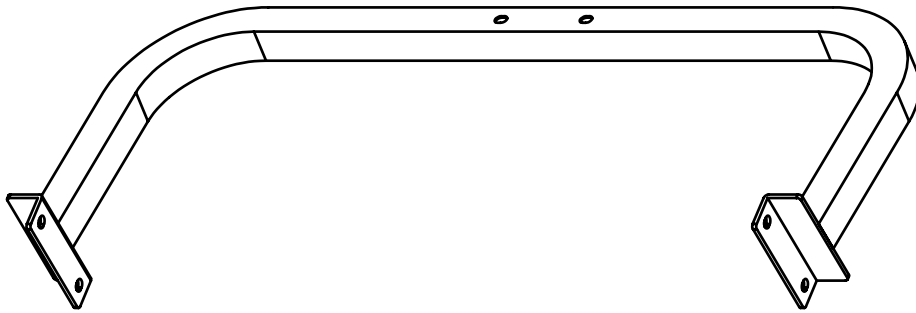


H [1PCS]

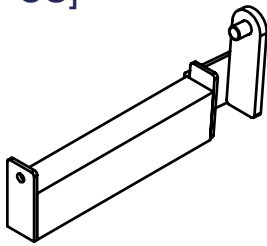


PARTS ILLUSTRATION

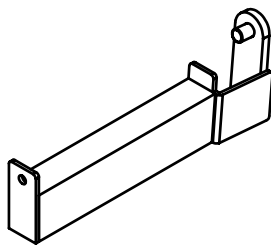
G [1PCS]



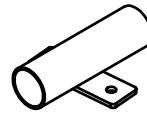
I [1PCS]



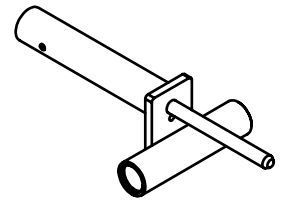
J [1PCS]



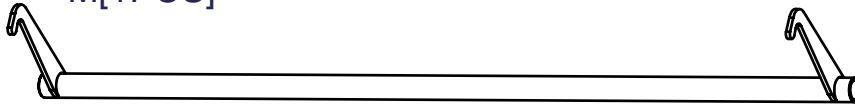
K [1PCS]



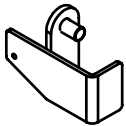
L [2PCS]



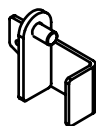
M [1PCS]



N [1PCS]

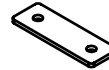
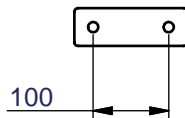


O [1PCS]



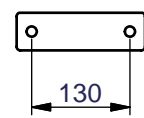
R [2PCS]

8312-062



S [4PCS]

8312-091



P [2PCS]

8280-018



Q [1PCS]

8343-056



T [1PCS]

8343-056



U [1PCS]

8370-030



ASSEMBLY- STEP 1

***Note : Do Not fully tighten frame bolts and nuts until after completing Step 1*

The following Parts and Hardware will be needed to complete Step 1

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	A	Bottom Left Frame
1	C	Back Upright Frame
1	E	Left Upright Frame
1	R	2"x5" Plate

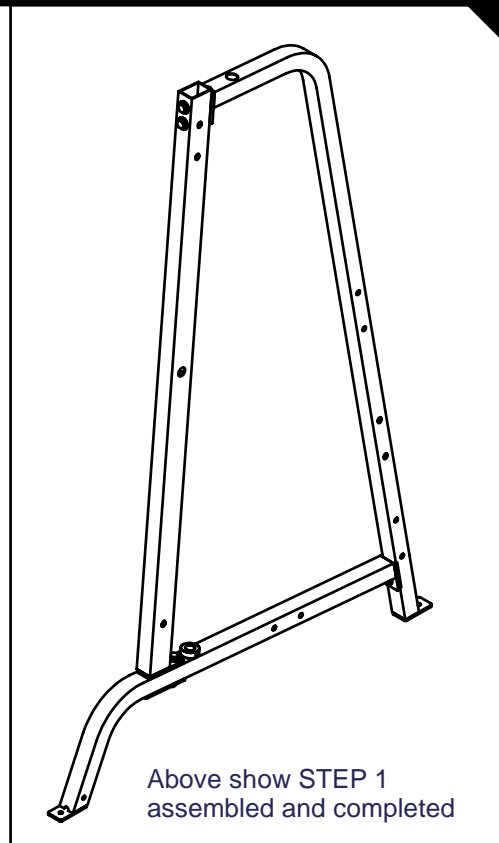
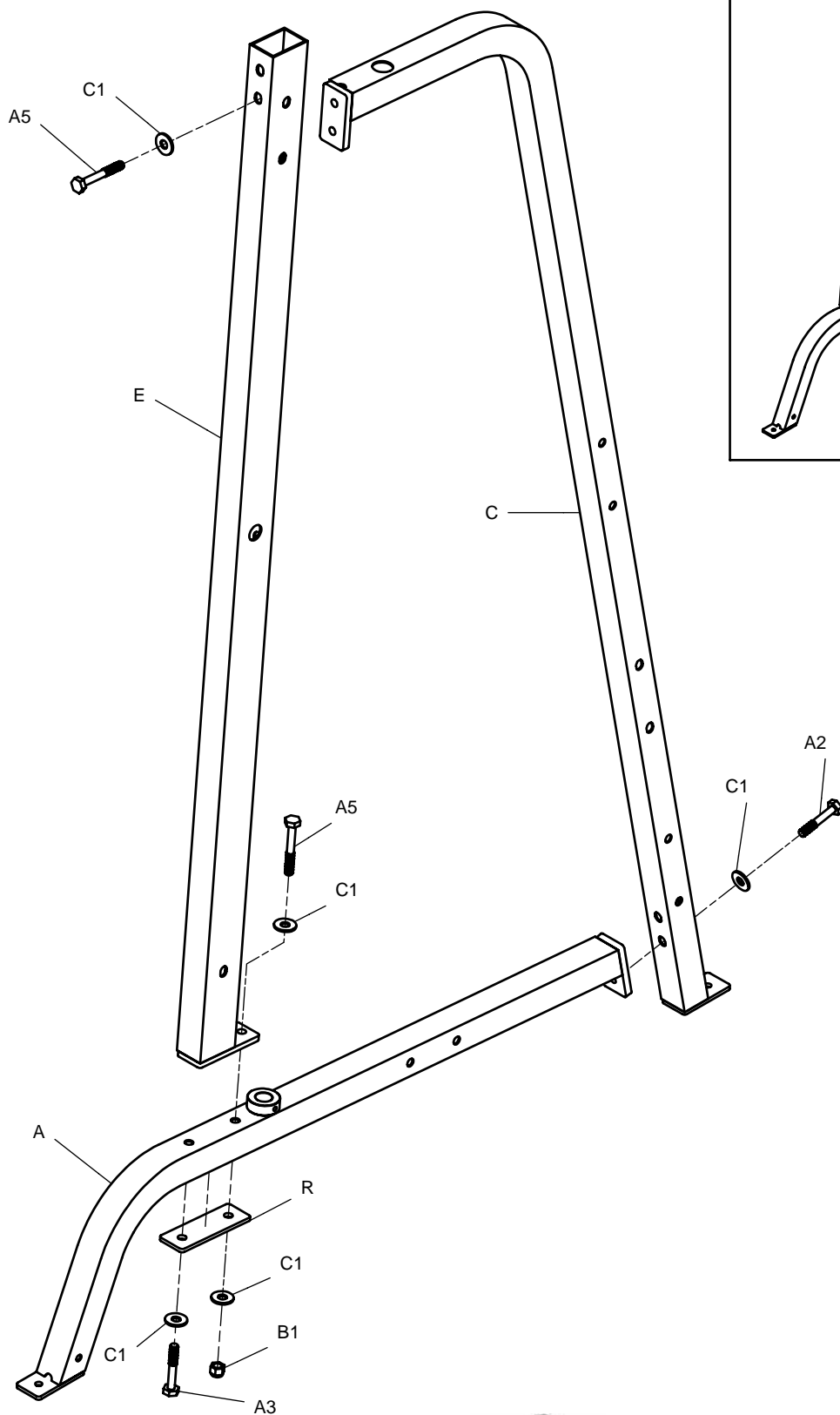
Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A2	1/2"x2 3/4" hex head bolt
1	A3	1/2"x3" hex head bolt
3	A5	1/2"x3 1/2" hex head bolt
1	B1	1/2" nylon lock nut
7	C1	1/2" washer

Step by Step

1. Attach (E) - Left Upright Frame to (A) - Bottom Left Frame and (R) - Plate
Attach (C) - Back Upright Frame to (E) - Left Upright Frame and (A) - Bottom Left Frame

ASSEMBLY STEP 1



ASSEMBLY- STEP 2

***Note : Do Not fully tighten frame bolts and nuts until after completing Step 2*

The following Parts and Hardware will be needed to complete Step 2

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	B	Bottom Right Frame
1	C	Back Upright Frame
1	D	Right Upright Frame
1	R	2"x5" Plate

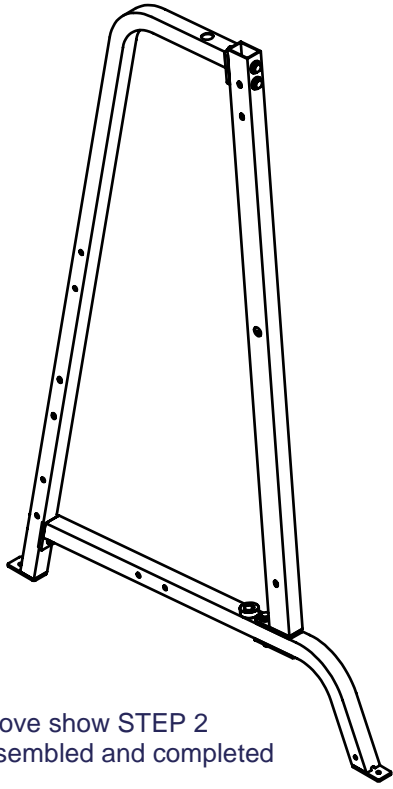
Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A2	1/2"x2 3/4" hex head bolt
1	A3	1/2"x3" hex head bolt
3	A5	1/2"x3 1/2" hex head bolt
1	B1	1/2" nylon lock nut
7	C1	1/2" washer

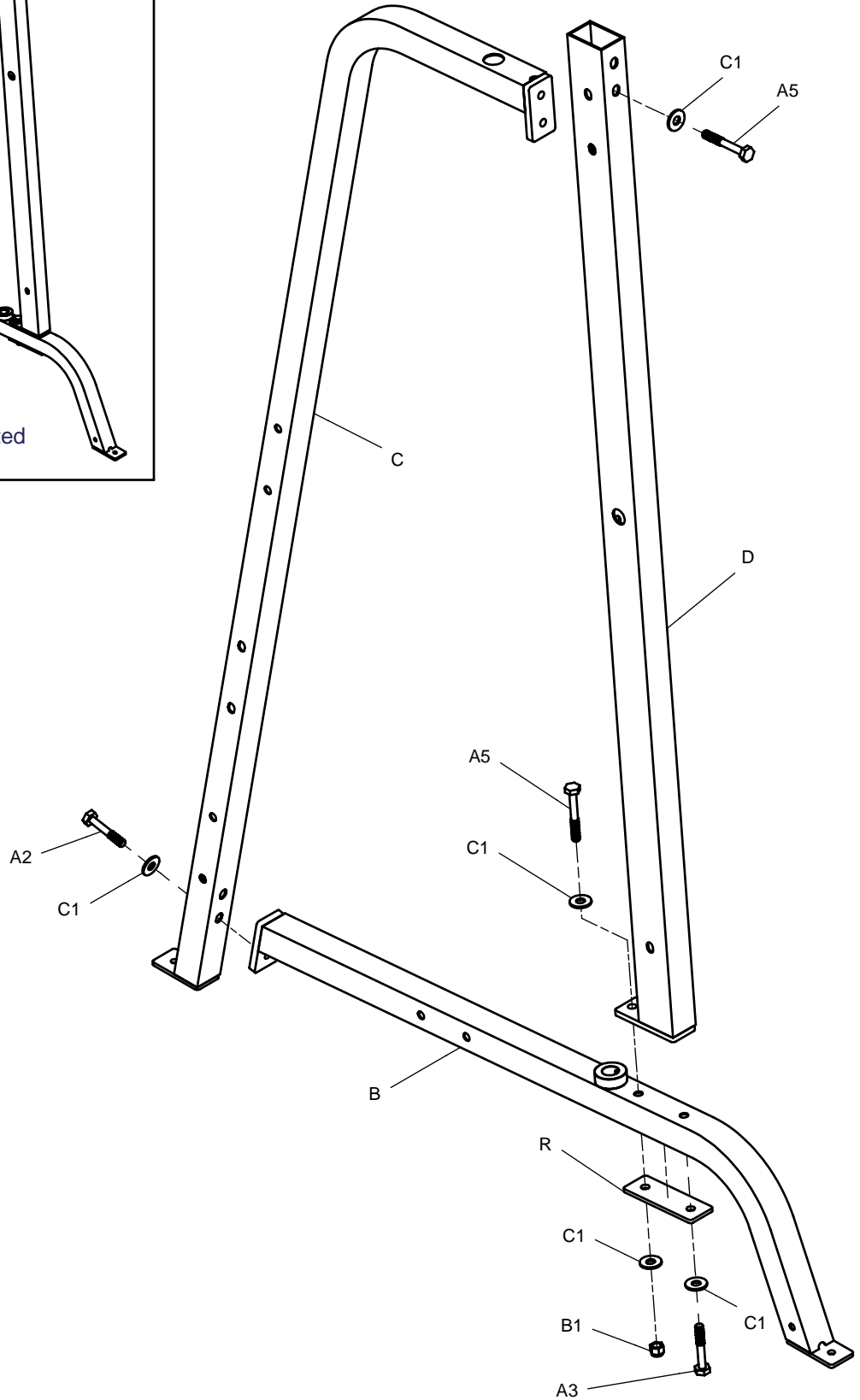
Step by Step

1. Attach (D) - Right Upright Frame to (B) - Bottom Right Frame and (R) - Plate
2. Attach (C) - Back Upright Frame to (D) - Right Upright Frame and (B) - Bottom Right Frame

ASSEMBLY STEP 2



Above show STEP 2
assembled and completed



ASSEMBLY- STEP 3

***Note : Do Not fully tighten frame bolts and nuts until after completing Step 3*

The following Parts and Hardware will be needed to complete Step 3

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	U	Foot Plate

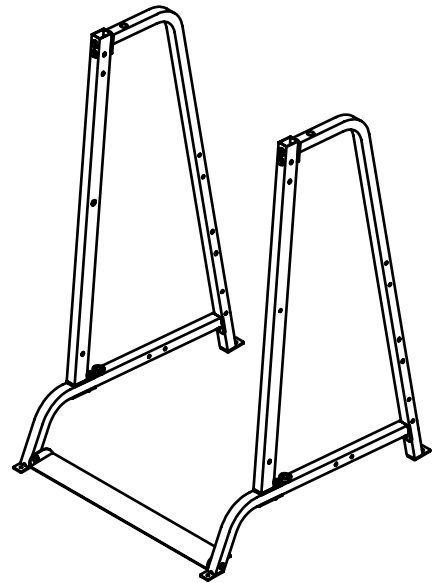
Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A6	3/8"x2 3/4" hex head bolt
2	B2	3/8" nylon lock nut
4	C2	3/8" washer

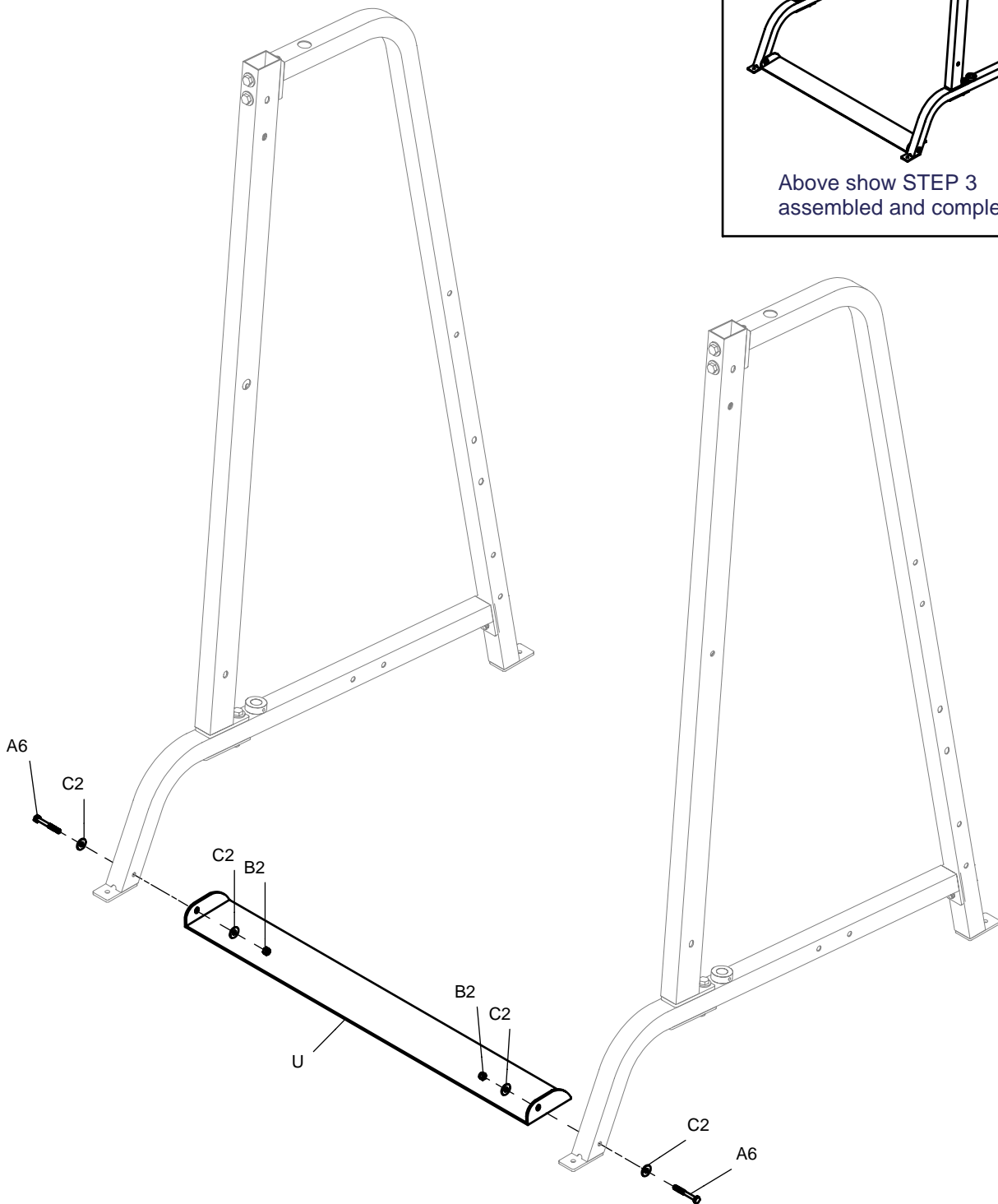
Step by Step

1. Attach (U) - Foot Plate to (A) - Bottom Left Frame and (B) - Bottom Right Frame

ASSEMBLY STEP 3



Above show STEP 3 assembled and completed



ASSEMBLY- STEP 4

***Note : Do Not fully tighten frame bolts and nuts until after completing Step 4*

The following Parts and Hardware will be needed to complete Step 4

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	H	Top Frame

Hardware Description

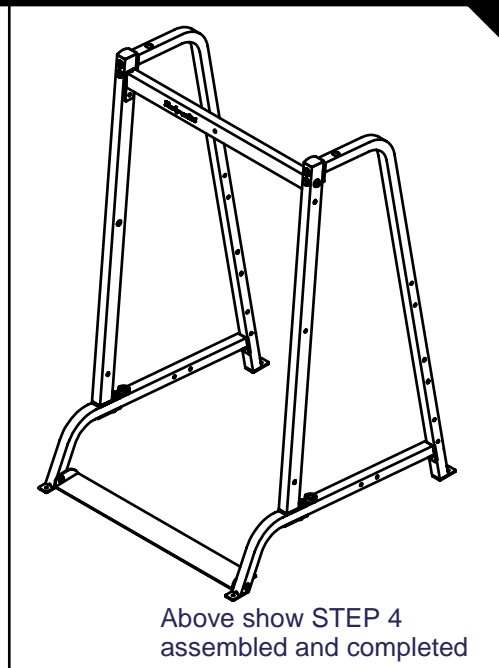
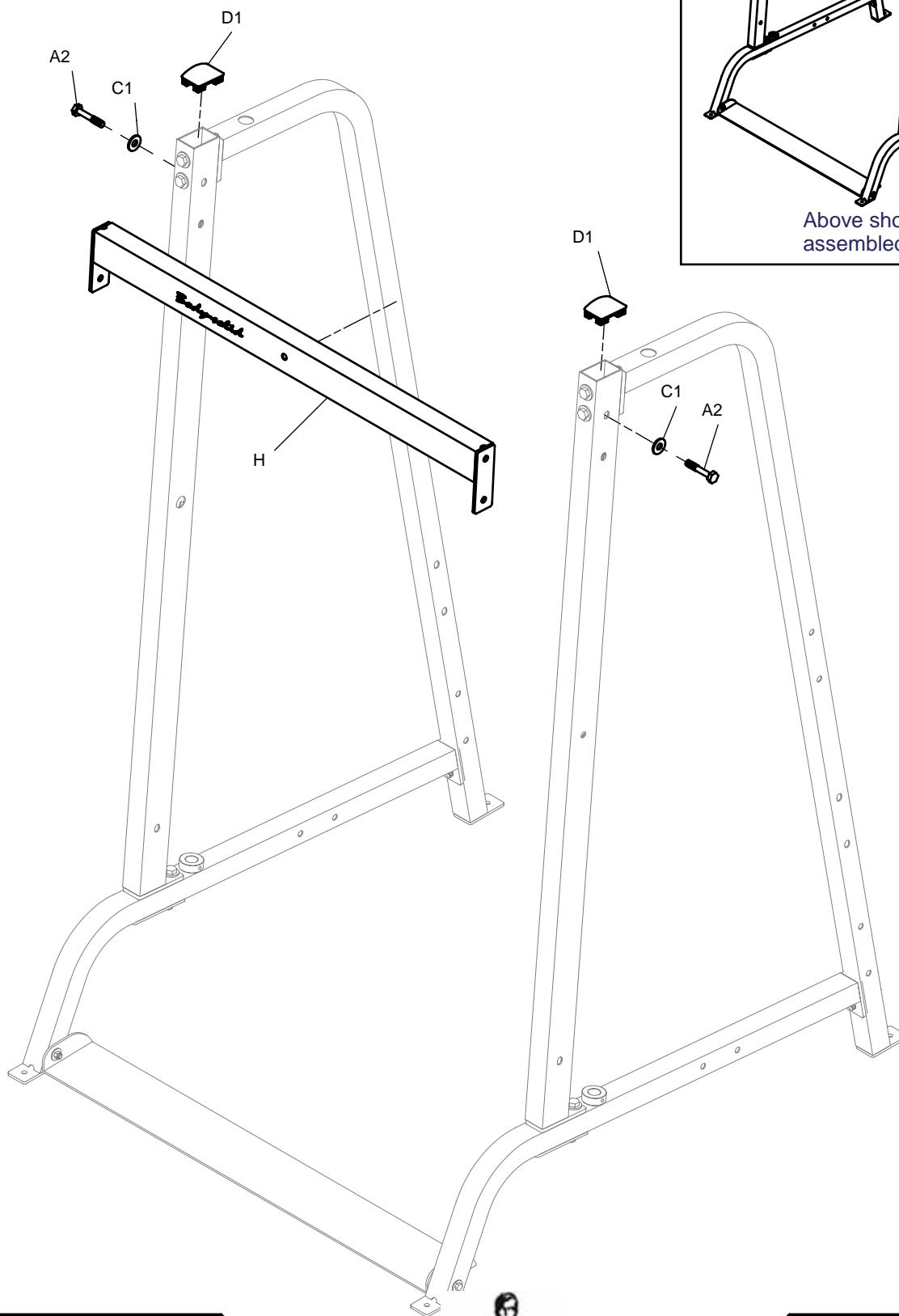
<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A2	1/2"x2 3/4" hex head bolt
2	C1	1/2" washer
2	D1	end cap

Step by Step

1. Attach (H) - Top Frame to (E) - Left Upright Frame and (D) - Right Upright Frame

****Securely Tighten All Frame Bolts Used in Steps 1-4**

ASSEMBLY STEP 4



ASSEMBLY- STEP 5

***Note : Do Not fully tighten frame bolts and nuts until after completing Step 5*

The following Parts and Hardware will be needed to complete Step 5

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	F	Weight Horns
1	G	Middle Frame

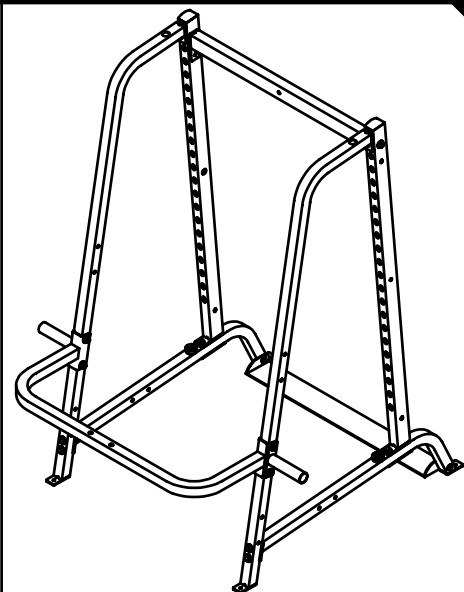
Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
4	A4	1/2"x3 1/4" hex head bolt
4	B1	1/2" nylon lock nut
8	C1	1/2" washer

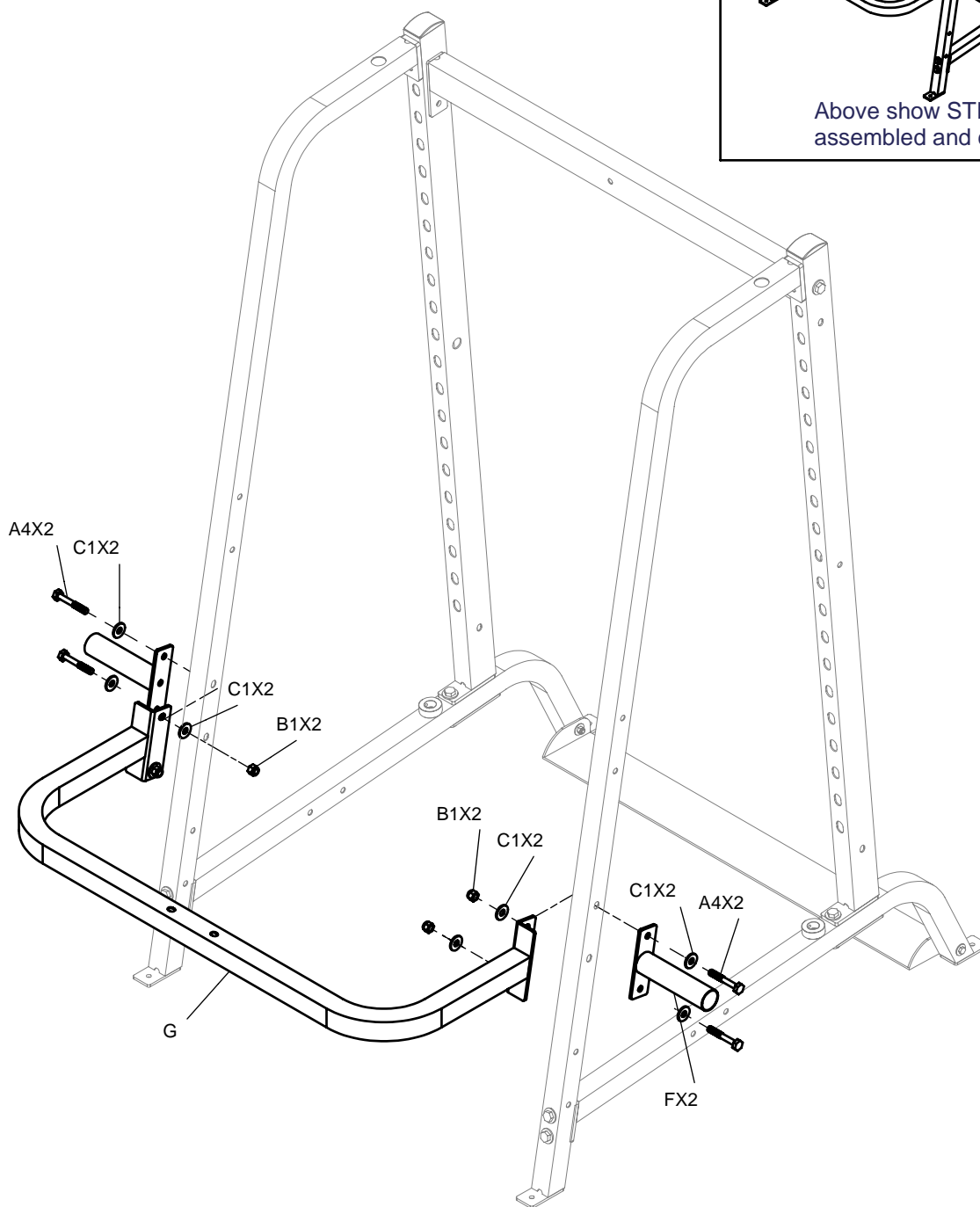
Step by Step

1. Attach (G) - Middle Frame and 2 (F) - Weight Horns to 2 (C) - Back Upright Frame

ASSEMBLY STEP 5



Above show STEP 5 assembled and completed



ASSEMBLY- STEP 6

***Note : Do Not fully tighten frame bolts and nuts until after completing Step 6*

The following Parts and Hardware will be needed to complete Step 6

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	Q	Lift Off Frame
1	T	Lift Off Frame

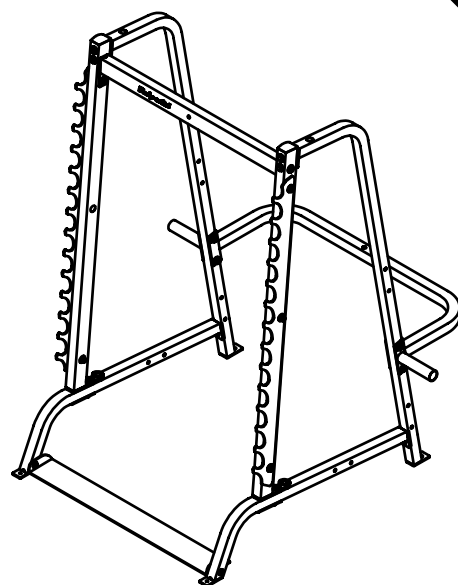
Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A1	1/2"x1 1/4" hex head bolt
2	A4	1/2"x3 1/4" hex head bolt
2	A5	1/2"x3 1/2" hex head bolt
6	B1	1/2" nylon lock nut
16	C1	1/2" washer

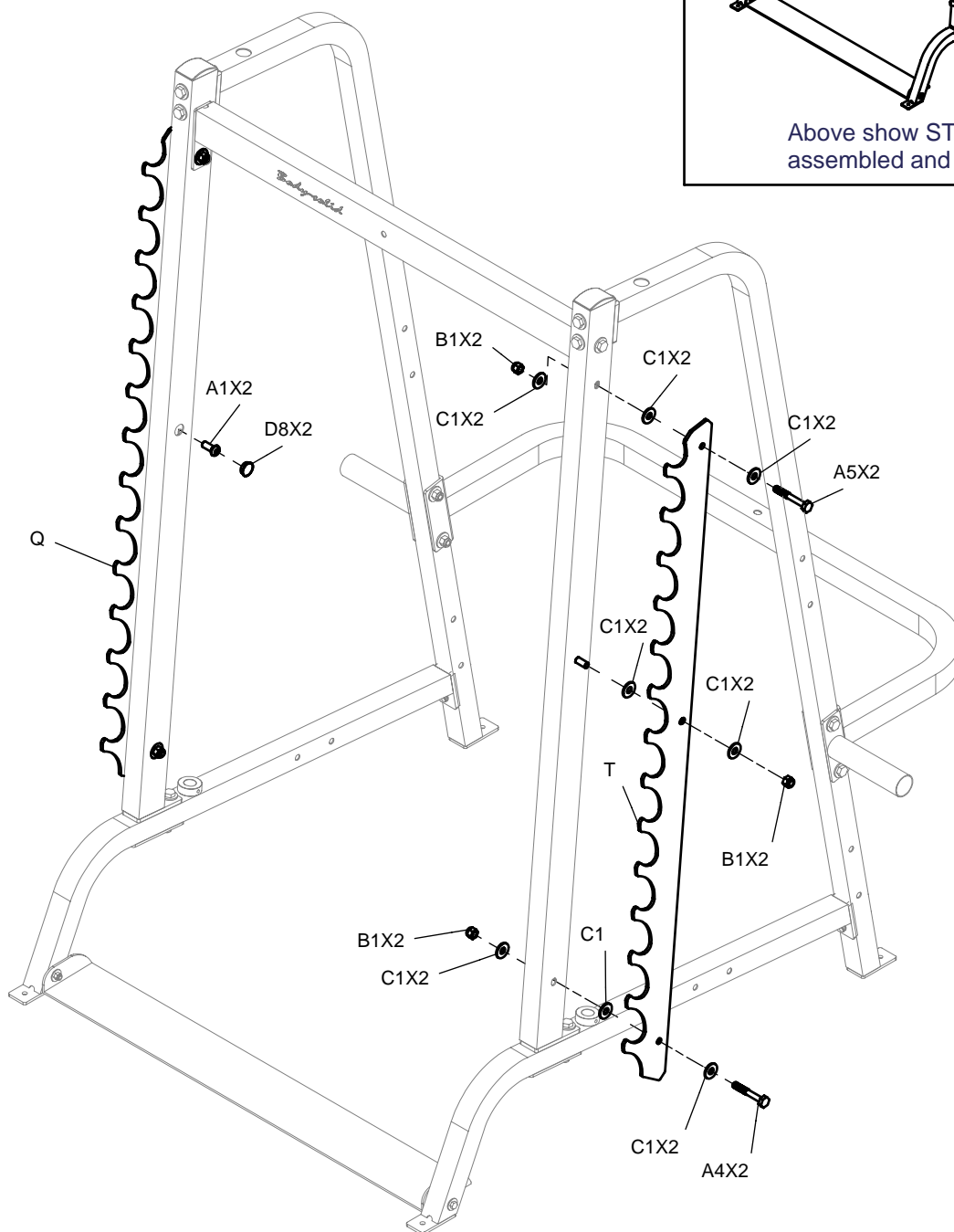
Step by Step

1. Attach (Q) - Lift Off Frame to (D) - Right Upright Frame and (T) - Lift Off Frame to (E) - Left Upright Frame

ASSEMBLY STEP 6



Above show STEP 6 assembled and completed



ASSEMBLY- STEP 7

***Note : Do Not fully tighten frame bolts and nuts until after completing Step 7*

***Note : Do Not fully tighten pulley bolts and nuts until after cable routing*

The following Parts and Hardware will be needed to complete Step 7

Parts Description

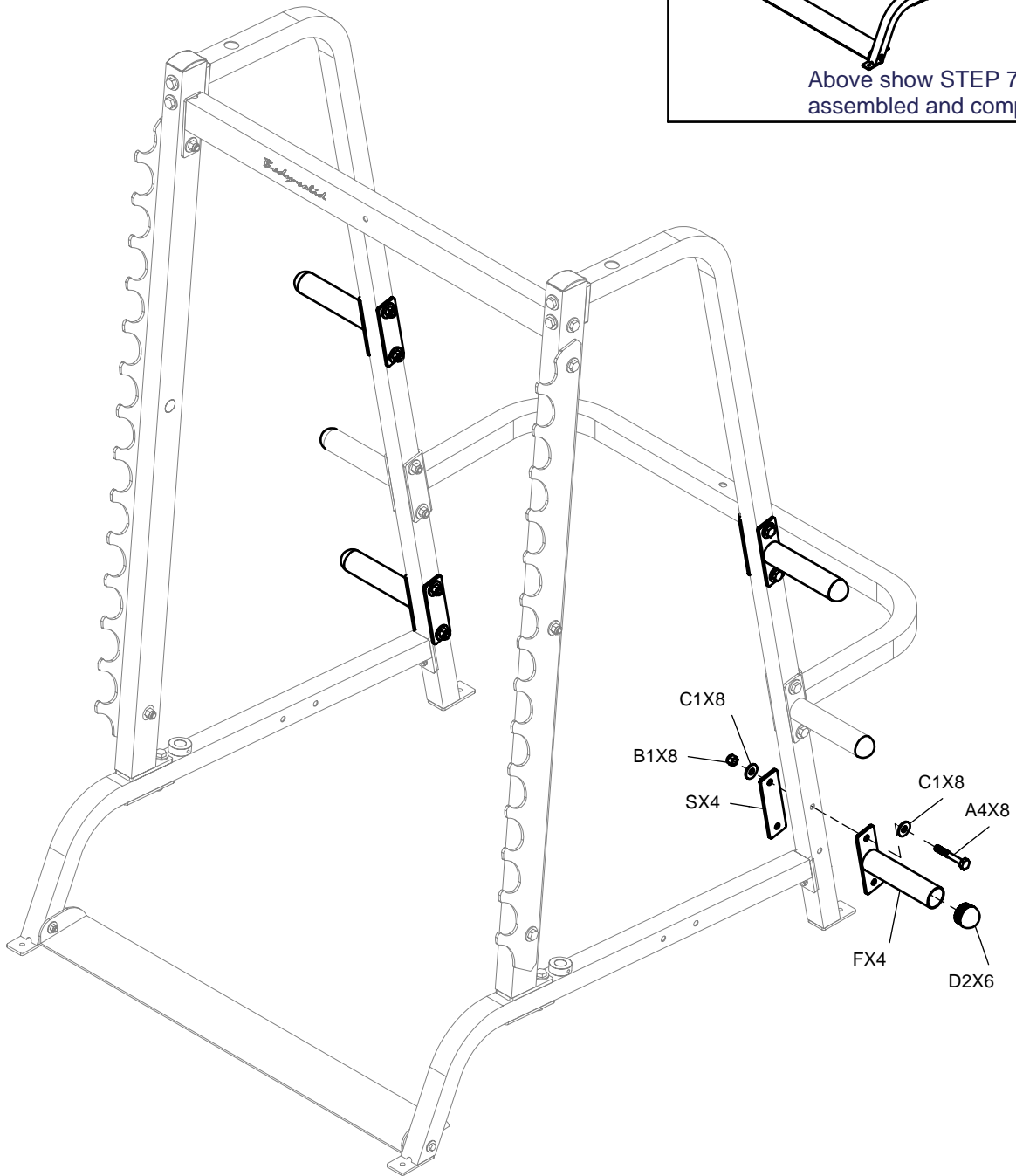
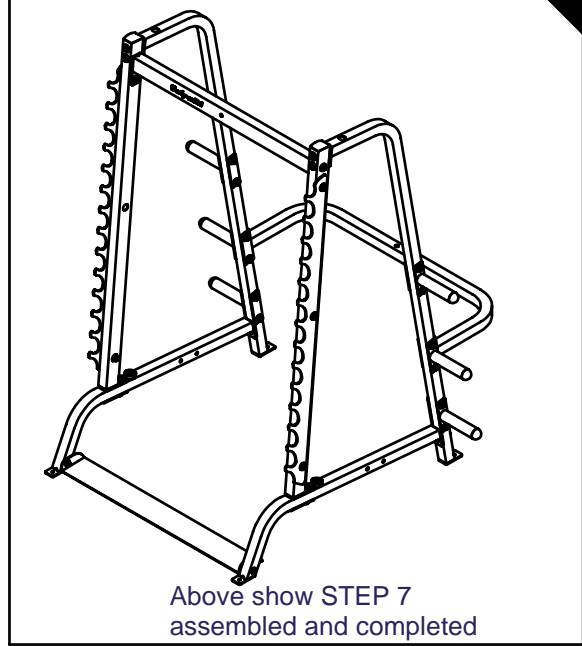
Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>	<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
4	F	Weight Horn	8	A4	1/2"x3 1/4" hex head bolt
4	S	2"x6 1/2" Plate	8	B1	1/2" nylon lock nut
			16	C1	1/2" washer
			6	D2	Ø 49.5 round end cap

Step by Step

1. Attach 4 (F) - Weight Horn and 4 (S) - Plate to 2 (C) - Back Upright Frame

ASSEMBLY STEP 7



ASSEMBLY- STEP 8

***Note : Do Not fully tighten frame bolts and nuts until after completing Step 8*

***Note : Do Not fully tighten pulley bolts and nuts until after cable routing*

The following Parts and Hardware will be needed to complete Step 8

Parts Description

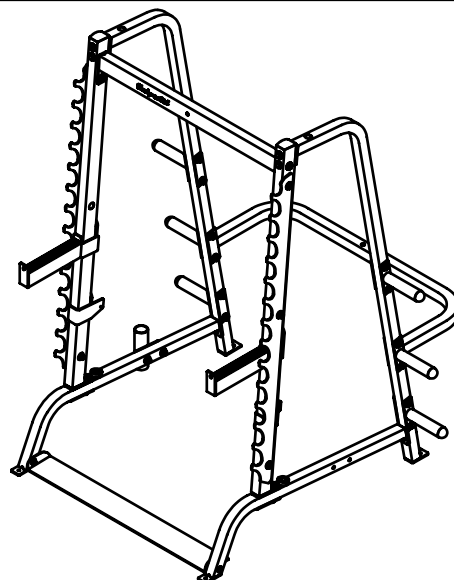
Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>	<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	I	Free Weight Left Safety	2	A3	1/2"x3" hex head bolt
1	J	Free Weight Right Safety	2	B1	1/2" nylon lock nut
1	K	Bar Holder	4	C1	1/2" washer
1	N	Smith Left Safety	2	D6	rubber pad
1	O	Smith Right Safety	12	D7	teflon bushing

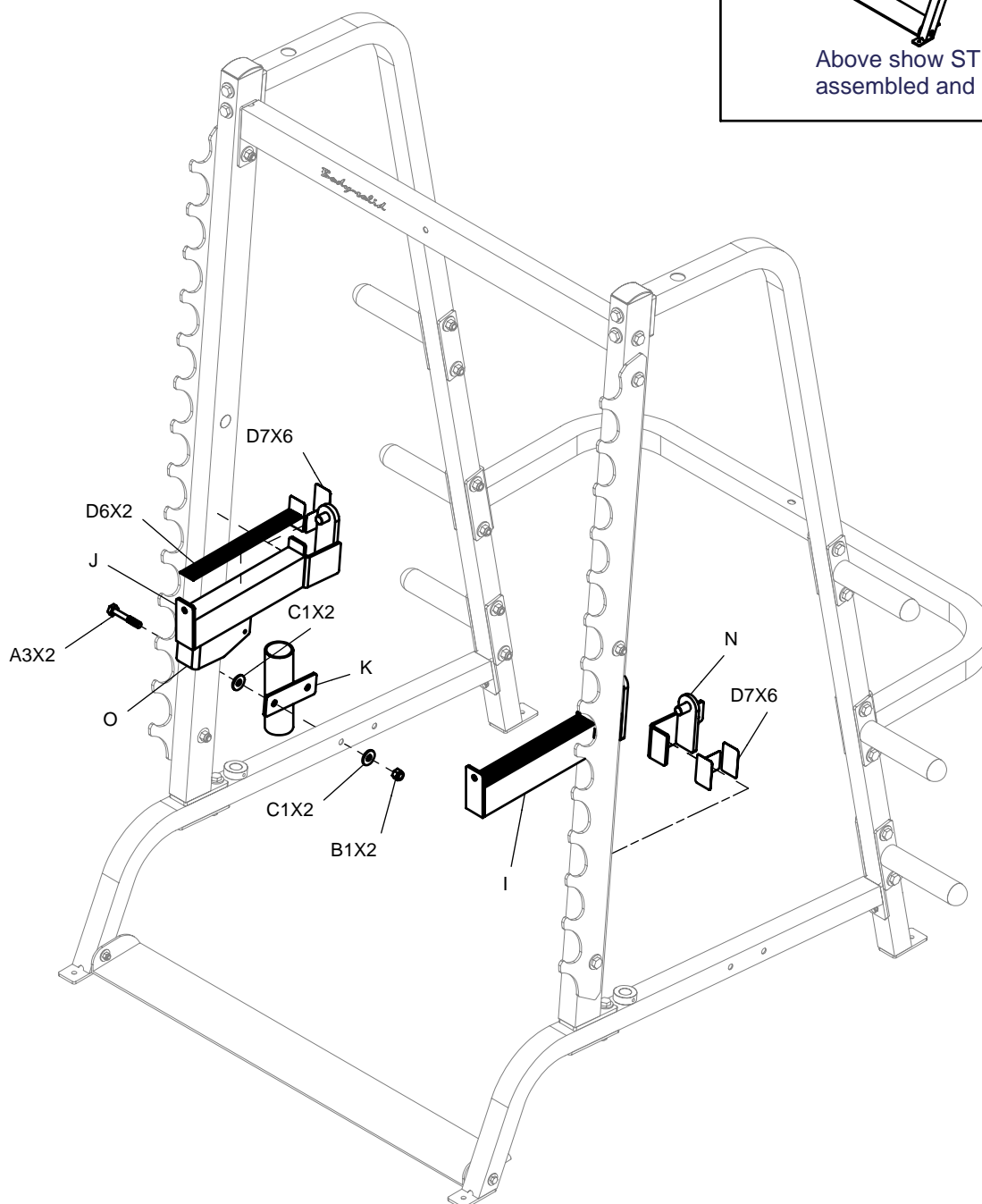
Step by Step

1. Attach 6 (D7) - teflon bushing and 2 (D6) - rubber pad to (I) - Free Weight Left Safety and (J) - Free Weight Right Safety
2. Attach 6 (D7) - teflon bushing to (N) - Smith Left Safety and (O) - Smith Right Safety
3. Attach (K) - Bar Holder to (A) - Bottom Frame

ASSEMBLY STEP 8



Above show STEP 8 assembled and completed



ASSEMBLY- STEP 9

****Note :** Do Not fully tighten frame bolts and nuts until after completing Step 9

The following Parts and Hardware will be needed to complete Step 9

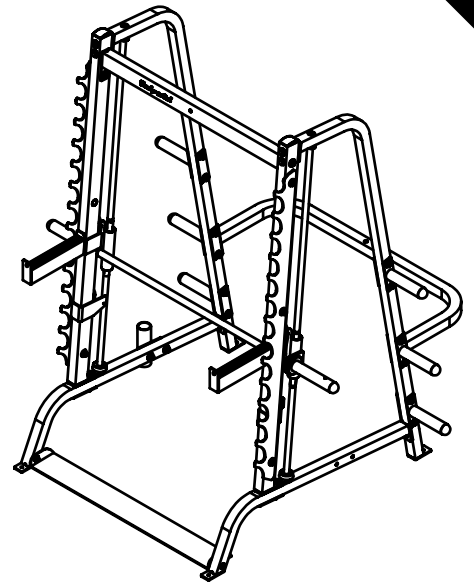
Parts Description			Hardware Description		
Qty	Part	Part Description	Qty	Part	Part Description
2	L	Bar Ends	2	D2	Ø 49.5 round end cap
1	M	Smith Bar	2	D3	guide rod bushing
2	P	Guide Rods	2	D4	¾" rubber donut
			4	D5	2" rubber donut
			2		Ø 25x300L nylon bushing

Step by Step

1. Before assembling the φ 25x300L nylon bushing disassemble
2. Place 2 (D4) - rubber donuts over the holes in (A) - Bottom Frame
3. Take one (P) - Guide Rod and insert through one (L) - Bar End (note : insert very carefully and slowly making sure not to damage bearing casings mounted in (L) - Bar End, Next, slide one (D3) - guide rod bushing on top of (L) - Bar End)
4. Then, slide the top of (P) - Guide Rod through the hole in the top of (C) - Back Upright Frame (note : make sure that the 2" diameter weight plate post on (L) - Bar End is positioned on the outside of the machine and between (P) - Guide Rod and the upright frame), the let (P) - Guide Rod slide back down and through (D4) - rubber donut on the bottom frame
5. Slide (M) - Smith Bar on the assembled (L) - Bar End (note : make sure that the hooks on (M) - Smith Bar are on top and facing the lock out points on (E) - Left Upright Frame and (D) - Right Upright Frame)
6. Next, slide the remaining (L) - Bar End onto (M) - Smith Bar (note : make sure that the 2" diameter weight plate post on (L) - Bar End is positioned on the outside of the machine and between (P) - Guide Rod and the upright frame)
7. Lock out (M) - Smith Bar at the bottom of the machine by twisiting hooks into upright frame lock out point
8. Slide remaining (D3) - guide rod bushing on the remaining (P) - Guide Rod
9. Take remaining (P) - Guide Rod and slide up through the hole in the top of the other (C) - Back Upright Frame, then slide back down and through the remaining (L) - Bar End and rubber donut mounted on bottom frame
10. Finally secure 2 (D3) - guide rod bushing into 2 (C) - Back Upright Frame

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ASSEMBLY STEP 9



Above show STEP 9
assembled and completed

