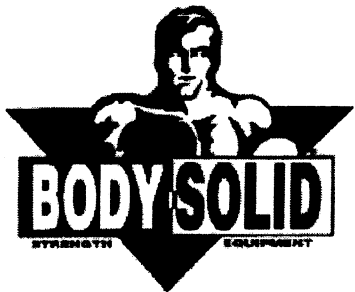
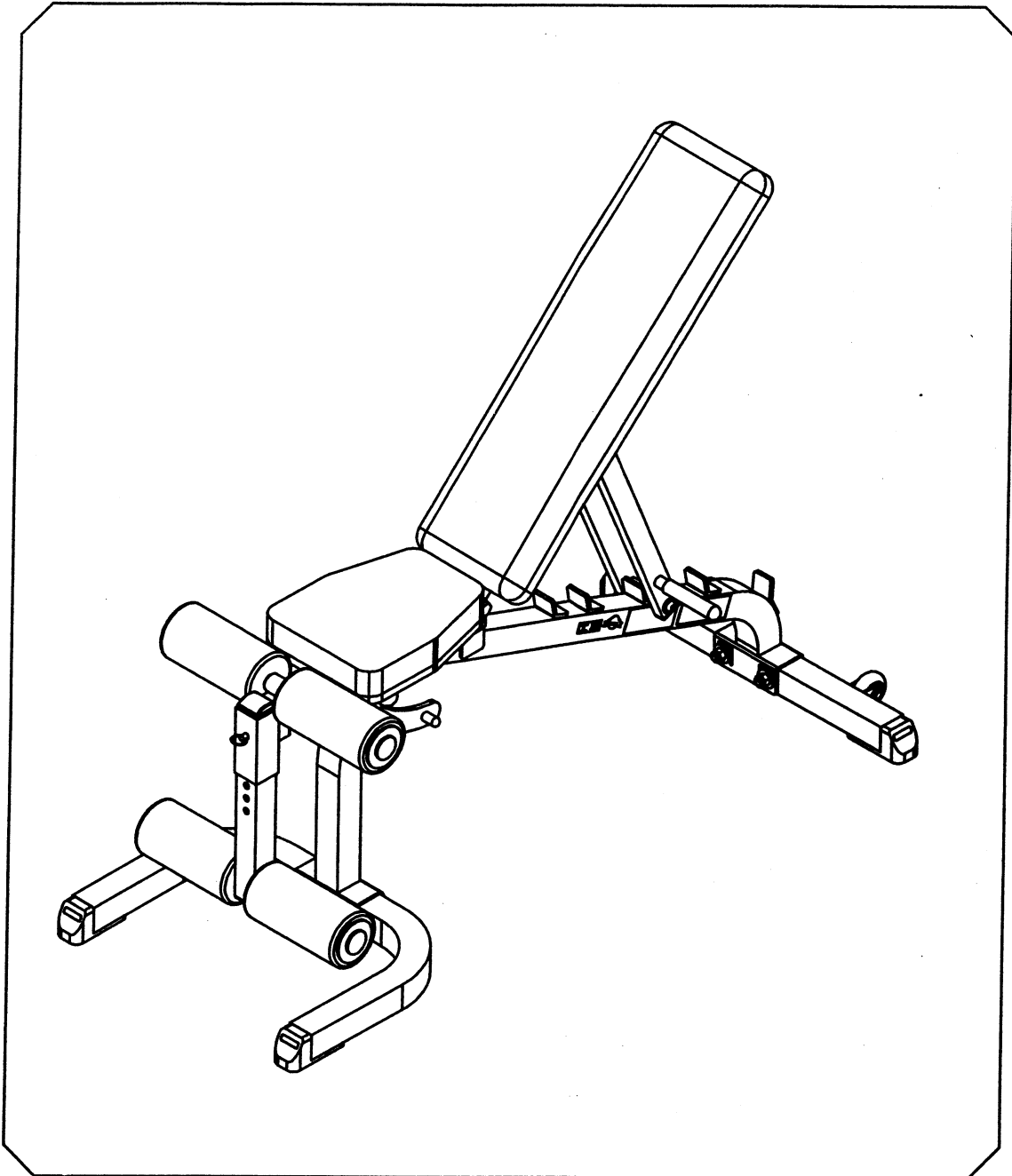


# Body-Solid



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)

## GFID-31 OWNER'S MANUAL

# GFID31 ASSEMBLY INSTRUCTIONS

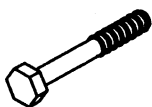
## HARDWARE ILLUSTRATION

A1. M12X75L Hex Head Bolt	-----	[4PCS]
A2. 1/2"X80L Hex Head Bolt	-----	[2PCS]
A3. 5/16"X1"L Hex Head Bolt	-----	[8PCS]
A4. M8X45L Hex Head Bolt	-----	[2PCS]
B1. 1/2" Nylon Lock Nut	-----	[2PCS]
B2. M8 Nylon Lock Nut	-----	[2PCS]
B3. M12 Nylon Lock Nut	-----	[4PCS]
C1. 1/2"(I.D.) Washer(ø25)	-----	[4PCS]
C2. M12(I.D.) Washer(ø34)	-----	[8PCS]
C3. M8(I.D.) Washer(ø18)	-----	[4PCS]
C4. 5/16"(I.D.) Washer	-----	[8PCS]
C5. 5/16" Spring Washer	-----	[8PCS]

A1



A2



A3



A4



B1



B2



B3



C1



C2



C3



C4



C5



1

2

3

4

5

6

# GFID31 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

- D1. QUICK RELEASE RING PIN(8250-015)-----[1PCS]
- D2. 45X1.8t END CAP (9211-091)-----[2PCS]
- D3. 20X40 END CAP (9211-008)-----[4PCS]
- D4. 25X50 END CAP (9211-086)-----[1PCS]
- D5. 2"X2" FOOT CAP(9211-024)-----[4PCS]
- D6. Ø64 PULLEY (9213-023)-----[2PCS]
- D7. Ø3" NYLON WASHER (9214-008)-----[4PCS]
- D8. Ø1" ROUND END CAP (8341-033)-----[4PCS]
- D9. FOAM ROLLER (9161-009)-----[4PCS]

D1



D2



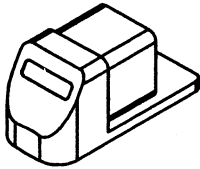
D3



D4



D5



D6



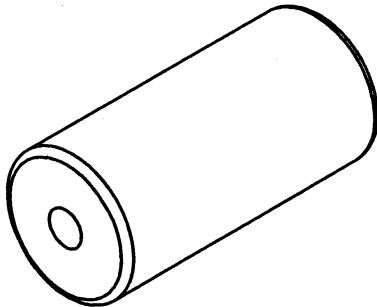
D7



D8



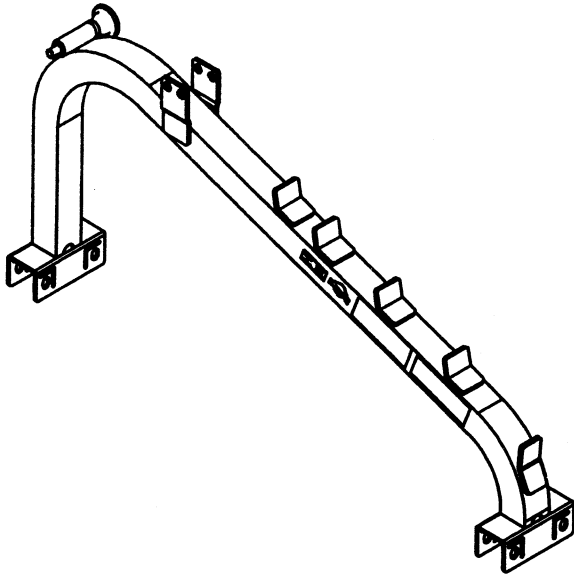
D9



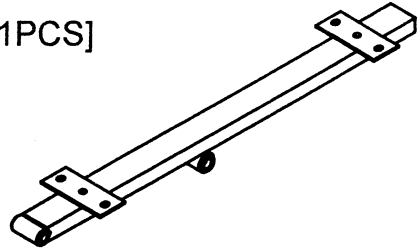
# GFID31 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

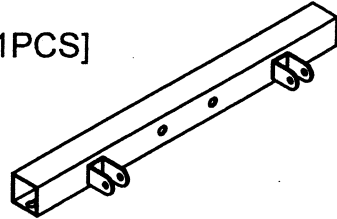
A[1PCS]



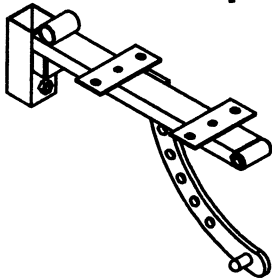
B[1PCS]



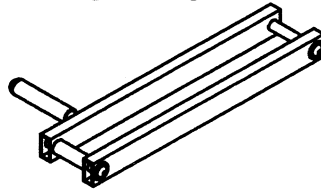
C[1PCS]



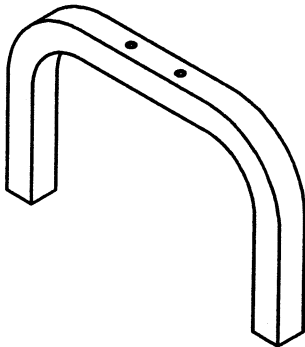
D[1PCS]



E[1PCS]



F[1PCS]

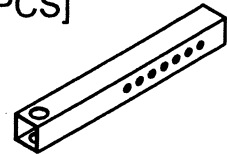


G[2PCS]

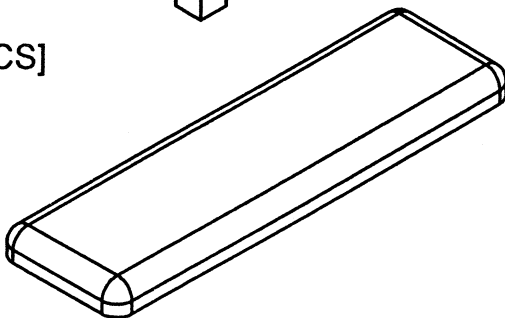
Ø1"x1.6Tx493L



H[1PCS]



I[1PCS]



J[1PCS]

