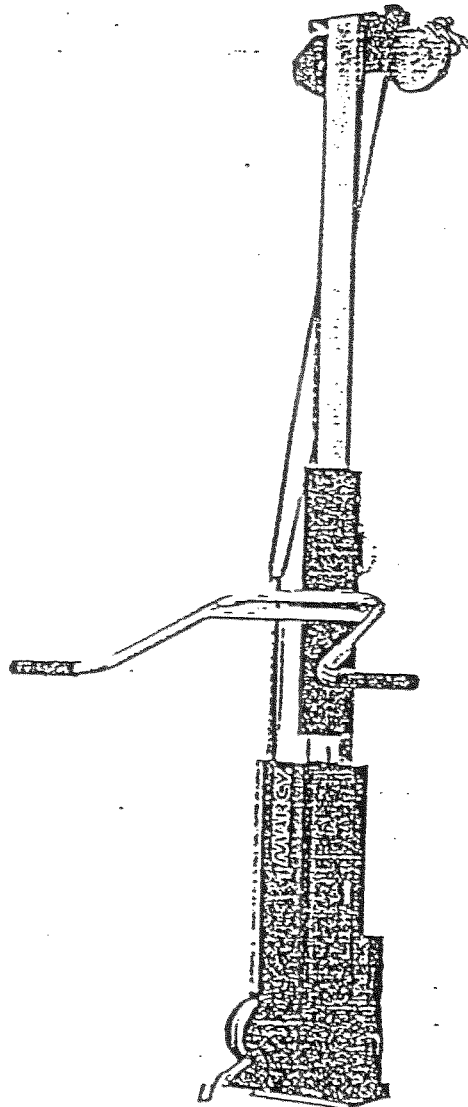


Identifiable by large black wooden base
trimmed in chrome.

BODYBAR®

Physical Conditioning System

MODEL 2000

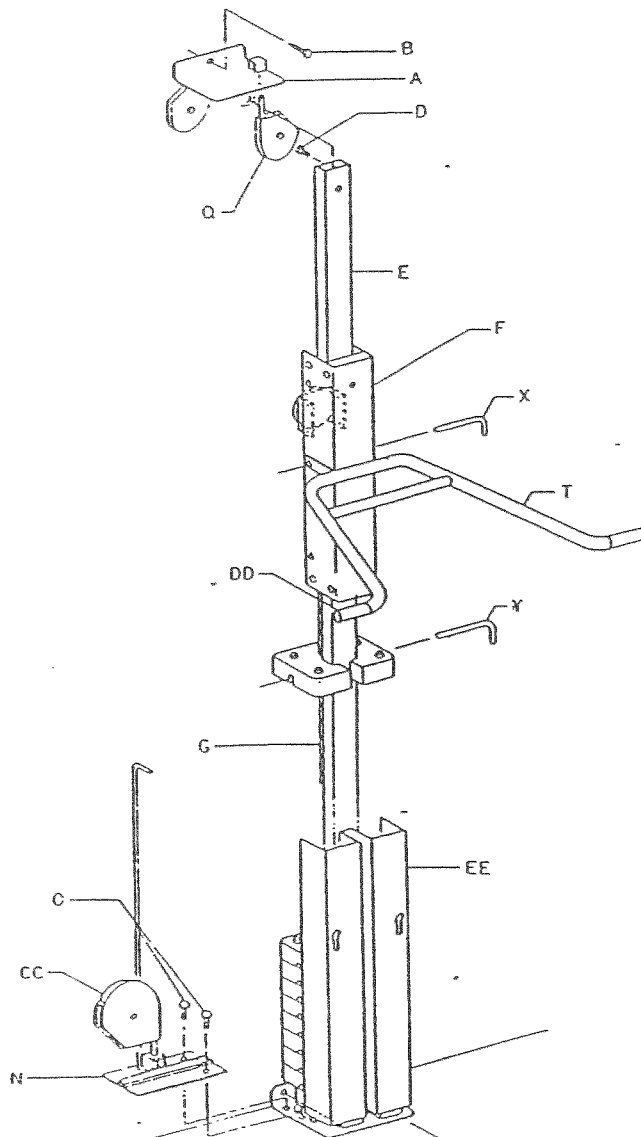
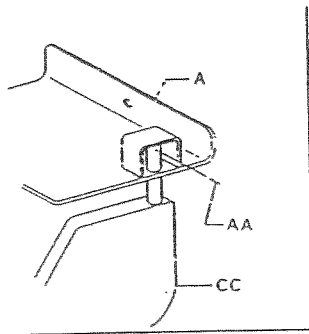


BODYBAR®

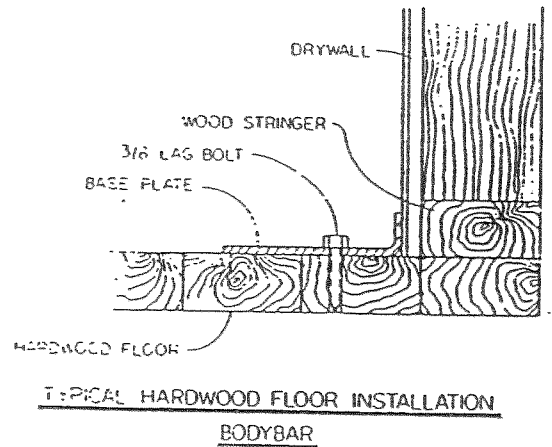
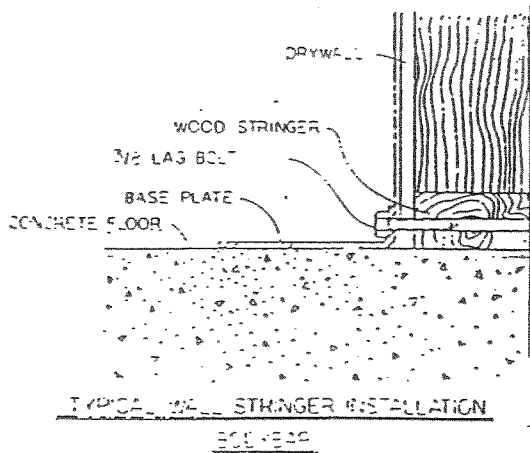
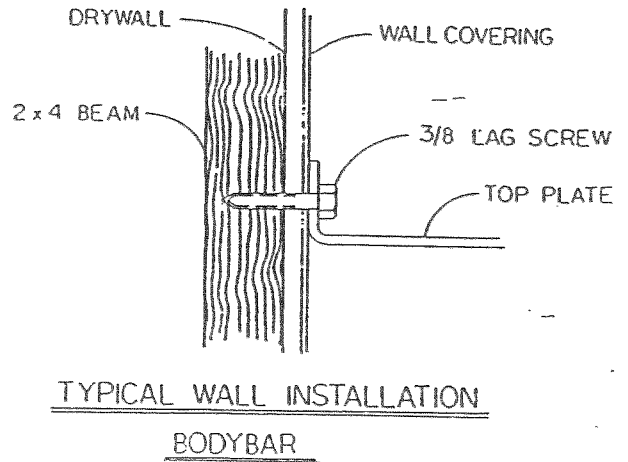
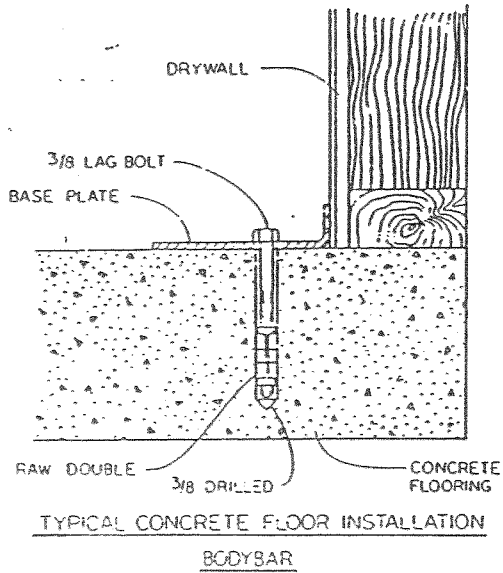
The BODYBAR physical conditioning system is shipped almost completely assembled. Weight installation, wall mounting and minor assembly are the only steps required. The following steps apply to standard wall installation into a wood wall stud and wood floors. Recommended installation into other surfaces are illustrated on the next page. No matter what the surface, make certain the unit is firmly secured before use. Do not install the unit in weak surface materials such as wall board. Once installed, frequently check the tightness of all bolts including those securing the unit to the wall. It is also recommended that bolts securing the weight guard also be checked periodically.

Tools Required
Hand drill with 1/4" bit
3/8" wrench
9/16" wrench
Carpenters level or plumb line
Two Screw Drivers

If unit will be mounted to a 2020 Freestanding accessory, the freestanding unit should be completely assembled before beginning assembly on the Bodybar 2000.

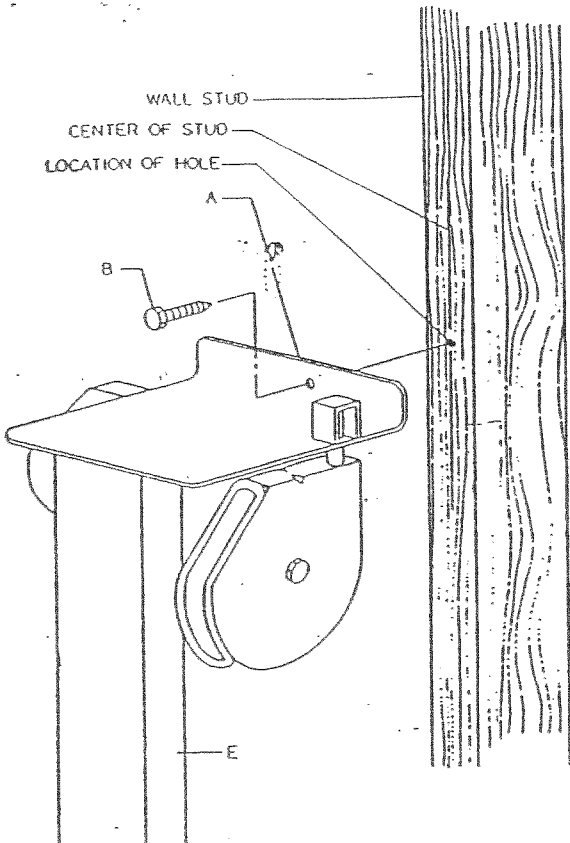


WALL & FLOOR INSTALLATION INSTRUCTIONS

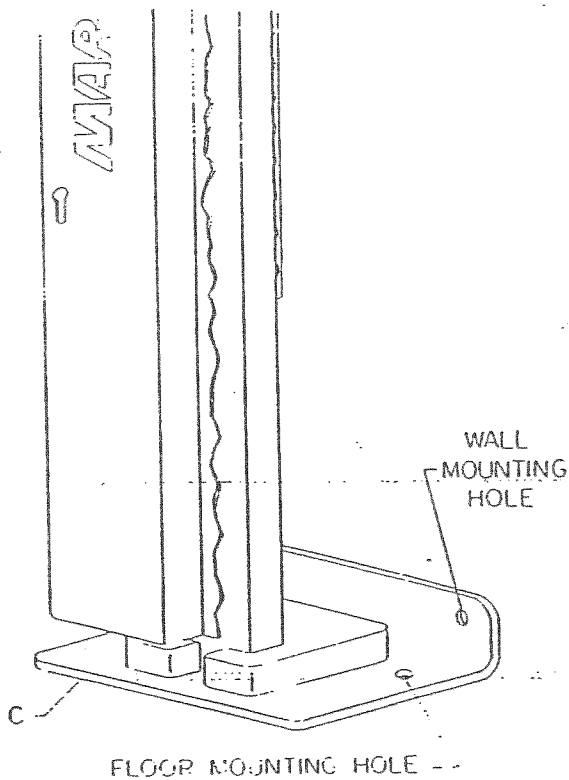


ASSEMBLY INSTRUCTIONS

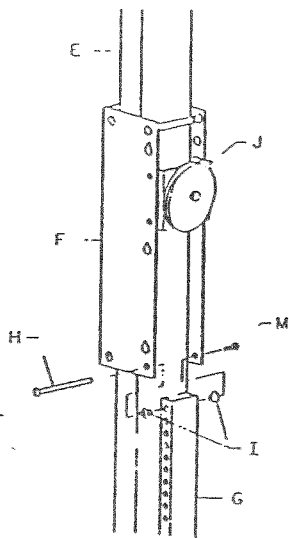
(Refer to instruction sheet illustration for part number identification and assembly procedures.)



1. Locate and mark the center of the wall stud to which the unit will be installed.
2. Remove the unit from the box. Hold unit in a vertical, upright position against the wall centered to the wall stud.
3. With a pencil, mark the position of the top plates (A) hole on the wall. **NOTE:** If the unit is being installed on carpeting, press the unit down while marking hole for top plate. Carefully lay the unit down on the floor.
4. With the $\frac{1}{4}$ " bit, drill a pilot hole approximately 2" deep into the center of the wall stud.
5. Place the unit into an upright position and secure it to the wall with the $\frac{3}{8}$ " x 2 bolt (B). Loosen the lag bolt slightly as positioning of the base may be necessary.
6. A primary consideration in mounting the unit is to make certain it is perpendicular in both the front and side planes. Use the carpenter's level or a plumb line to obtain final positioning of the base.



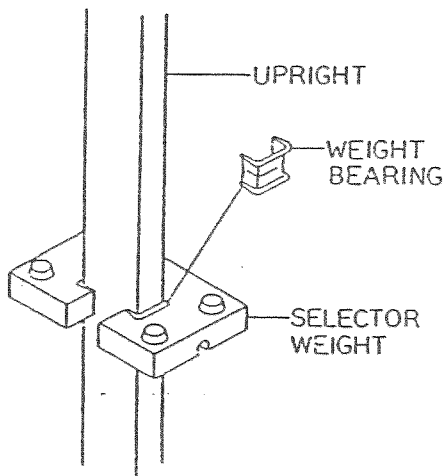
7. On the base plate (C), holes are provided in both a vertical and horizontal plane so base installation can be made into either the floor or wall.
- NOTE:** Most walls have 2 x 4 wood stringers running along the base. Often, as in the case of a cement floor, installation will more easily be made into this wall stringer.
8. With a pencil mark the position of the base plate (C) holes. Carefully unbolt the top lag bolt (B) and lay the unit down on the floor.
 9. With the $\frac{1}{4}$ " bit, drill the base pilot holes approximately 2" deep.
 10. Raise the unit into position. Align the base (C) with the pilot holes and secure the base with the $\frac{3}{8}$ " lag bolts (B).



11. Remove the bolt (D) which secures the top plate (A) to the upright (E).
12. Remove rubber stop from back side of upright (E) located just above carriage. Slide the carriage (F) and selector bar (G) up off the top of the upright (E).

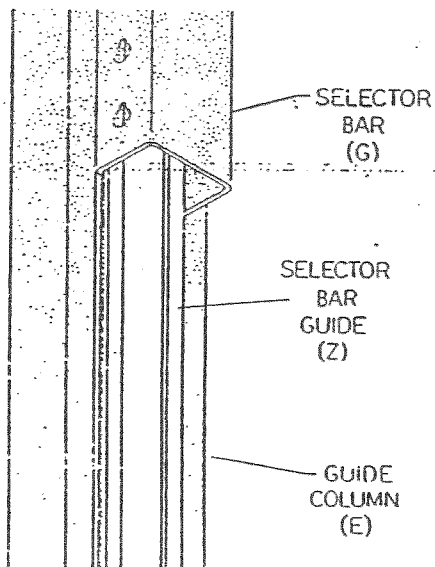
NOTE: In rooms with ceilings lower than 8½ feet: Remove the carriage (F) from the upright (E) with two screwdrivers by removing the lower rear carriage axle (H), #10 x ½ screw (M) and carriage wheels (I) as illustrated. Lift carriage up until the carriage pulley bracket (J) clears top of upright and remove carriage.

WEIGHT INSTALLATION



13. Each BODYBAR comes with eight 10 pound weight plates (K). Two of these are fitted with nylon weight bearing inserts (L). When installing the weights on the BODYBAR make sure that the top and bottom weight plates have the inserts.
14. Slide the bottom weight plate (K) (with nylon inserts (L)) down the upright (E) until it rests on top of rubber base pad (Z). Continue until all plates are in position, being sure top weight plate (K) also has the nylon inserts (L).

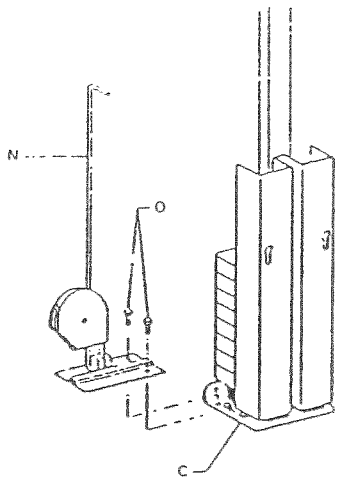
NOTE: IF YOU HAVE PURCHASED ADDITIONAL WEIGHT KITS, INSTALL THEM AT THIS TIME.



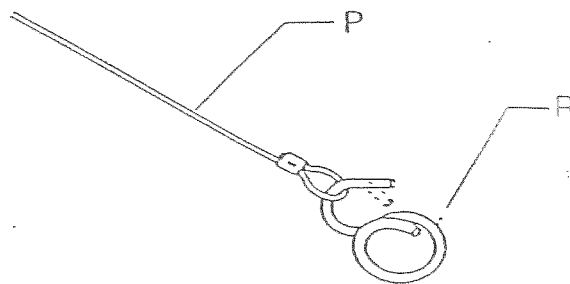
15. Reinstall carriage (F) by sliding the carriage and the selector bar (G) over the top of the upright (E). Be certain the flanged ends of the selector bar are received in the channel of the nylon selector bar guide (Z).

NOTE: In rooms with ceilings lower than 8½ feet: Replace the carriage (F) over the upright (E). Reinstall the selector bar (G) using lower rear carriage axle (H), #10 x ½ screw (M) and carriage wheels (I) and lower into the weight stack.

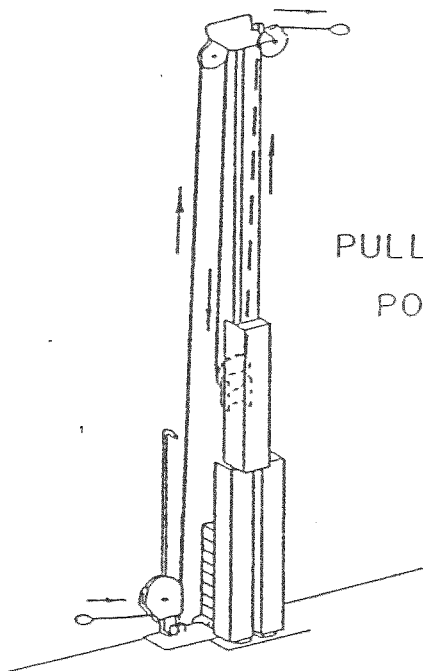
16. Bolt top plate (A) to the upright (E) and secure the top plate to the wall using the ¾" x 2 bolt (B).



17. Attach the lower pulley housing (N) with upright cable storage hook to the base plate (C) of the BODYBAR with two $\frac{5}{16}$ bolts (O).
18. Referring to "pulley use position" illustration, string cable (P) through front side of lower pulley housing (N) and up to top plate (A). String cable from left to right through the left bracket of top plate assembly and out the angled edge of the top right swivel bracket (CC). Attach pigtail "S" hook (R) to upper and lower ends of cable and crimp the end closed as shown. NOTE: Do NOT crimp "pigtail" end.



PULLEY USE
POSITION

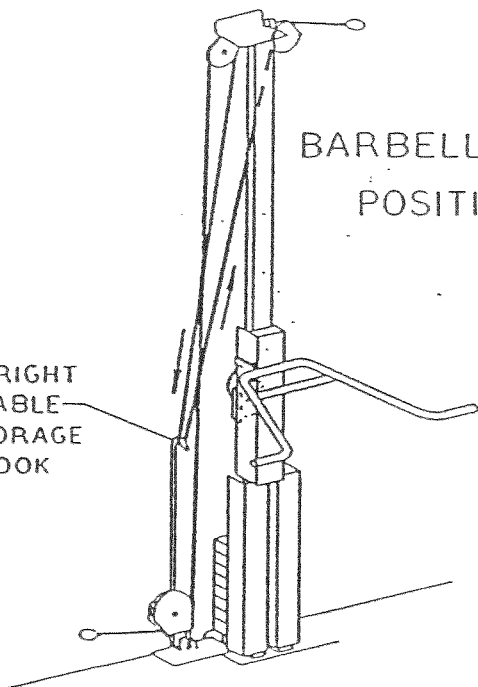


19. Grasp the cable (P) between the two brackets of top assembly and pull the cable down around the pulley (S) mounted on carriage pulley bracket (J).

NOTE: With the cable (P) around the pulley wheel (S) as shown, the pulley portion of your BODYBAR 2000 is operational. Before attaching the lifting arm (T) for barbell exercises, remove cable from the pulley wheel on the carriage (F) and store the cable on the upright storage hook as shown. Always remove lat bar before putting cable in storage position.

BARBELL USE
POSITION

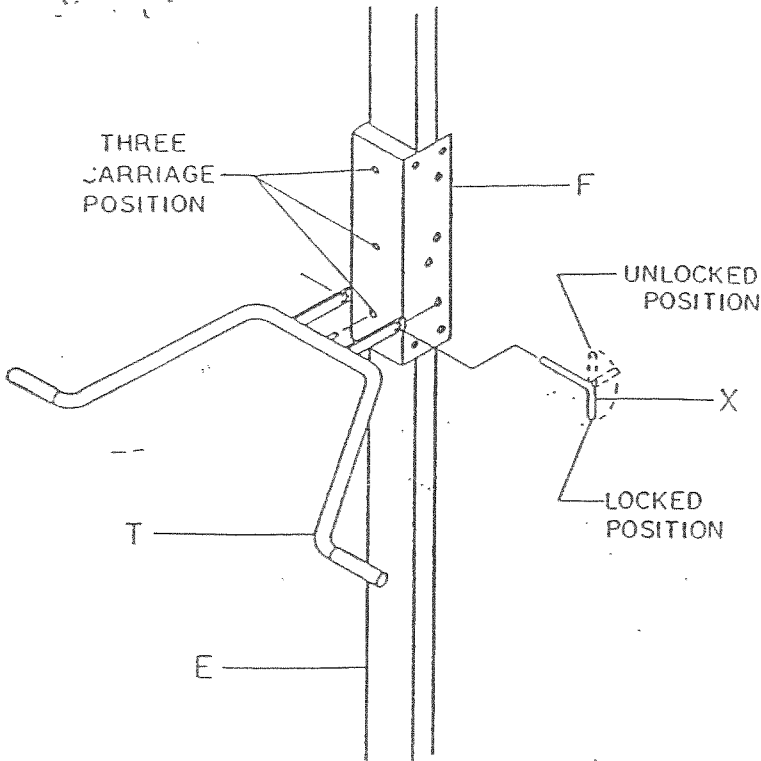
UPRIGHT
CABLE
STORAGE
HOOK



Always remove the lifting arm (T) from the carriage (F) before using the pulley. This provides a starting resistance of approximately 5 lbs. at the cable end. Because of the pulley configuration on the carriage back, each weight selected provides five additional pounds of resistance. This is only half the incremental amount shown for the BODYBAR.

When using the pulley portion of your BODYBAR 2000, always stand far enough away from the machine to take up the cable slack and maintain a resistance against the handle(s) (U,V). The handle(s) cannot come loose from the hook (R) if you maintain this full resistance throughout the exercise. Do not use a body position or amount of weight that requires wrapping the cable against the body or head. If you do so you are not performing the exercise properly.

POSITIONING OF LIFTING ARM



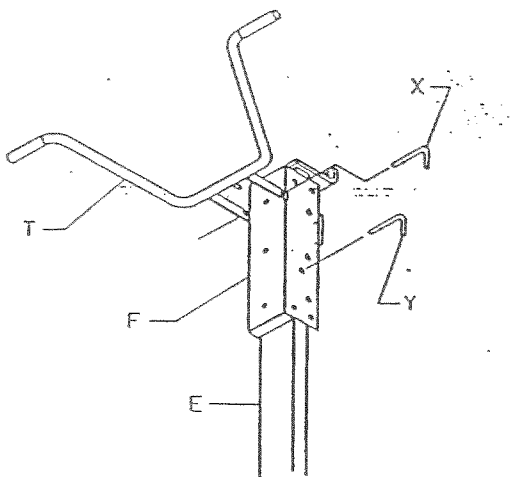
The BODYBAR features three different carriage positions. By inserting the lifting arm (T) with the handles up or down, two starting heights are available at each of these carriage positions. Each of the enclosed programs' exercises designates a bar position for starting an exercise. To accommodate your individual height or comfort, you may want to select a different position. However, make certain you maintain a full range of motion so maximum benefit is obtained.

Each of the holes on the right side of the carriage (F) has a key hole shape. With the $\frac{3}{8}$ " carriage pin (X) fully inserted and its handle in the locked downward position, the arm is securely positioned. To adjust the handle, position the arm into one of the three vertical holes. Align the side holes and fully insert the $\frac{3}{8}$ " locking pin from the right hand side. Turn the pins' handle down into a locked position. **DO NOT USE THE $\frac{1}{4}$ " WEIGHT SELECTOR PIN FOR SECURING THE LIFTING ARM.**

WEIGHT SELECTION

The BODYBAR includes 100 pounds of resistance. This consists of eight ten-pound weights (K) and the carriage weight of 20 pounds. This is the lightest starting weight. The first weight is stenciled 30 because of the 20 pound carriage weight.

The selector bar (G) which lifts the weights has key shaped holes. To select a resistance, fully insert the $\frac{1}{4}$ " weight selector pin (Y) from the right hand side and turn the handle into a locked downward position.



CHINNING BAR

The carriage (F) of the BODYBAR can be locked into a top position for use as a chinning bar. Insert the lifting arm (T) into a carriage position suitable to your individual height. Remove the $\frac{1}{4}$ " weight selector pin (Y) from the weight stack. Raise the carriage to a height where the small hole in the carriage aligns with the hole in the upright (E). Fully insert the $\frac{1}{4}$ " weight selector pin through the guide column and turn the handle into a locked down position.

At all times, be certain the pins for securing the lifting arm and selecting weights are in their locked downward position.

PARTS LIST

| Quantity | Parts Number | | Description |
|----------|-----------------------------|-----|--------------------------------|
| 1 | 103565 E | A | Top Plate Assembly |
| 3 | 101176 | B | 3/8 x 2 Bolt |
| 1 | 104433 E | C | Base Plate |
| 1 | 102623 | D | 1/4 x 1/2 Bolt |
| 1 | 104432 | E | Upright |
| 1 | 103570 | F | Carriage |
| 1 | 102493 Z | G | Selector Bar |
| 4 | 102531 | H | Carriage Axle |
| 8 | 102477 | I | Carriage Wheel |
| 1 | 103566 J | J | Carriage-Pulley-Bracket |
| 8 | 102478 | K | 10 Lb. Selector Weight |
| 4 | 102475 | L | Selector Weight Bearing Insert |
| 4 | 102532 | M | #10 x 1/2 Screw |
| 1 | 103567 E 103993 | NX | Lower Pulley Housing |
| 2 | 102753 | Ox | 5/16 x 1/2 Bolt |
| 1 | 103877 | Px | Cable |
| 1 | 103571 C | Qx | Upper Swivel Bracket |
| 2 | 103870 Z 103575 | Rx | S-Hook |
| 4 | 103575 100627 OK | Sx | Pulley Wheel |
| 1 | 102486 | T | Lifting Arm |
| 1 | 103572 | Ux | Single Handle |
| 1 | 103573 | V | Double Handle Assembly |
| 1 | 183 | W | Ankle Strap |
| 1 | 102490 | X | Carriage Selector Pin |
| 1 | 103471 LL 102489 | Y | Weight Selector Pin |
| 1 | 102476 | Z X | Selector Bar Guide |
| 1 | 102119 | AAx | Split Roll Pin |
| 1 | 100248 | BB | 3/8 Washer |
| 2 | 103571 | CCX | Upper Pulley Swivel Bracket |
| 2 | 102252 | DD | Foam Grips |
| 1 | 103569 | EE | Weight-Guard |
| 1 | 102488 | FF | Rubber Base Pad |
| 4 | 100190 | GG | 3/8 Flex Nut |
| 4 | 101478 | HH | 3/8 x 1-1/4 Ground Bolt |

WARNING

CONSULT YOUR PHYSICIAN

For your own safety, do not begin any exercise on this equipment without proper instruction. Children and handicapped persons should NOT use any exercise equipment without a qualified person in attendance. Consult your physician before starting your exercise program.

TRAIN WITH A PARTNER

It is recommended that an individual should not use exercise equipment without a training partner in attendance. Set up your program to accommodate two people and you will be highly motivated!