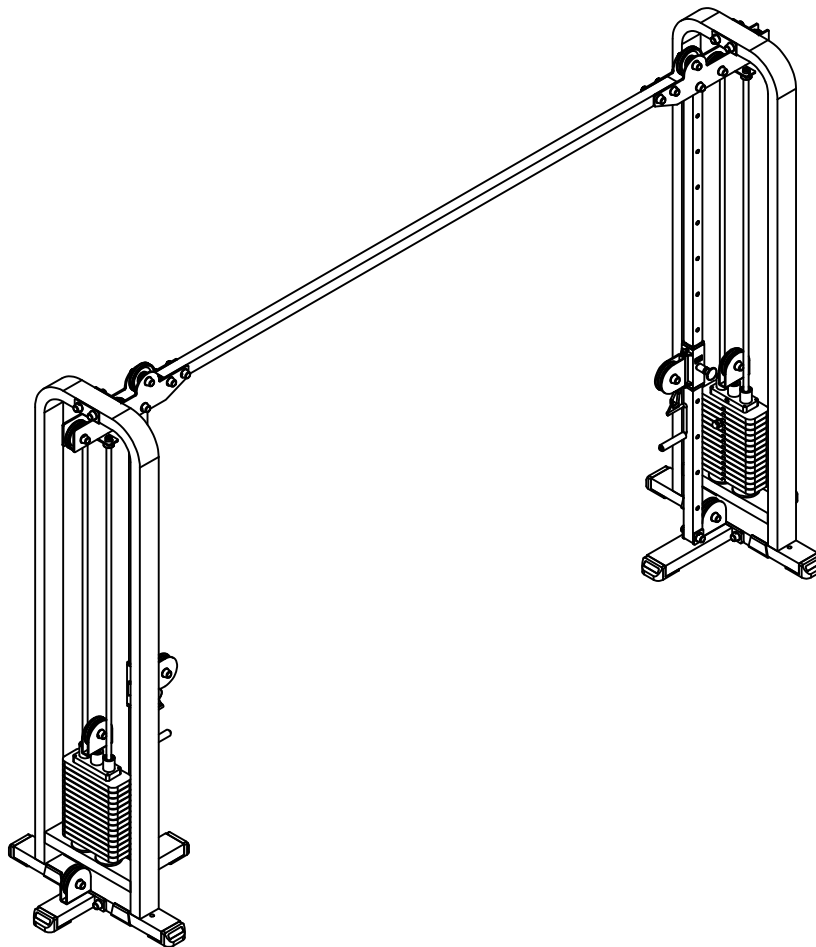


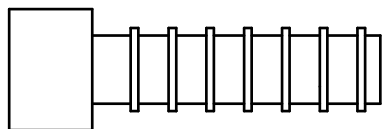
Body-Solid



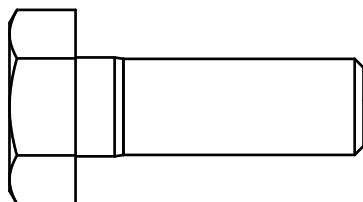
BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

SCC-1200G OWNER'S MANUAL

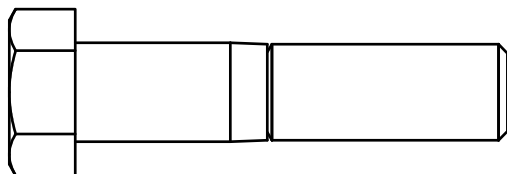
SCC-1200G ASSEMBLY INSTRUCTIONS



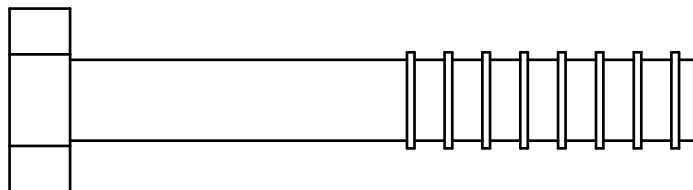
(A1)ROUND ALLEN HEAD 7/16"x1/2"L PARTIAL THREAD QTY.2



(A2)HEX BOLT 1/2"x1 1/2"L-13UNC PARTIAL THREAD QTY.2



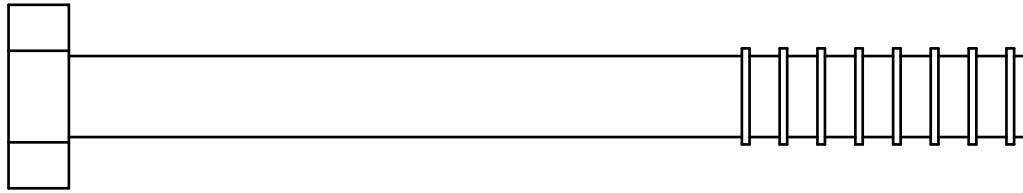
(A3)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.8



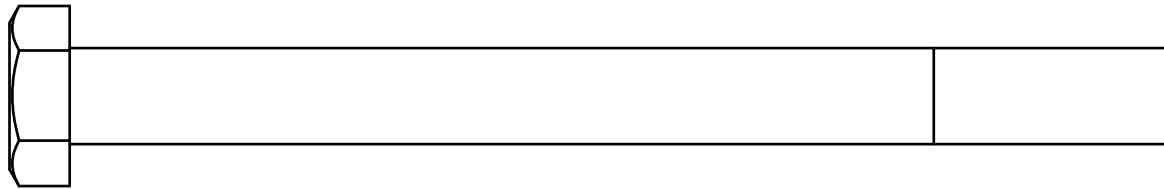
(A4)HEX BOLT 1/2"x3 1/4"L PARTIAL THREAD QTY.14



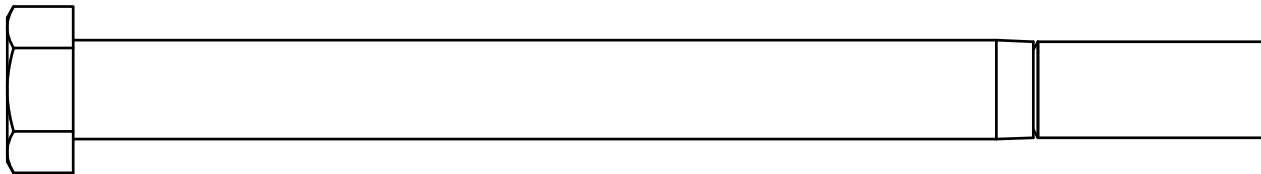
SCC-1200G ASSEMBLY INSTRUCTIONS



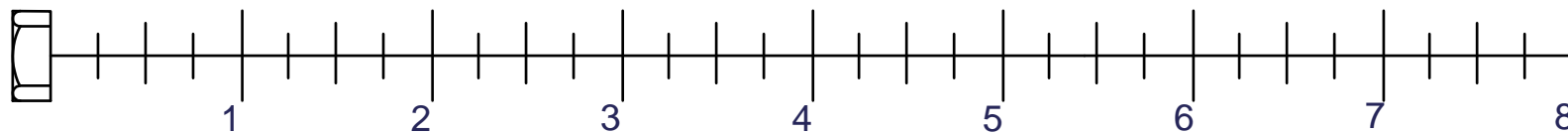
(A5)HEX BOLT 1/2"x5"L PARTIAL THREAD QTY.4



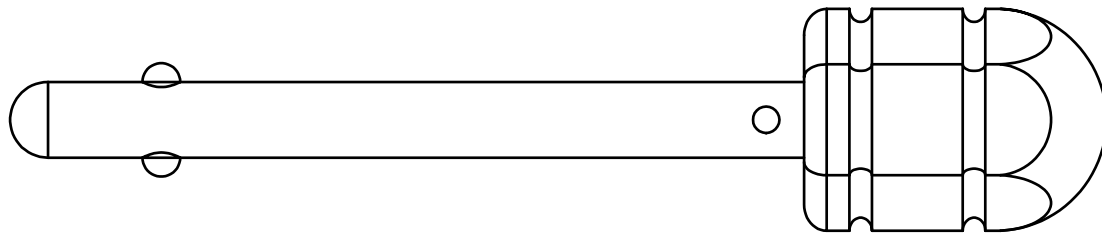
(A6)HEX BOLT 1/2"x5 3/4"L PARTIAL THREAD QTY.4



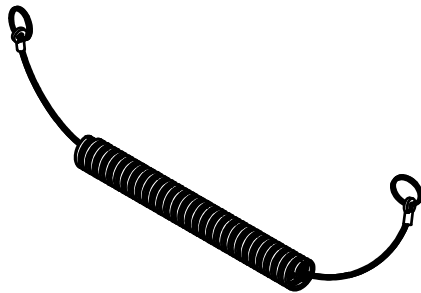
(A7)HEX BOLT 1/2"x6 1/4"L PARTIAL THREAD QTY.2



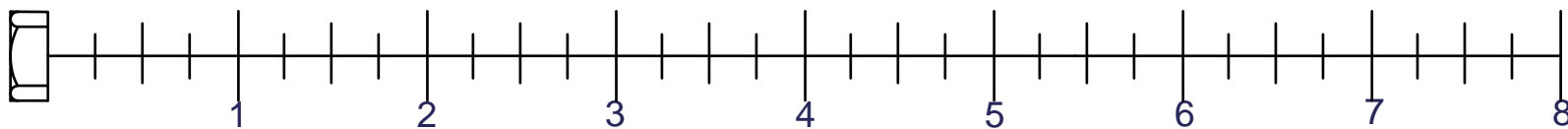
SCC-1200G ASSEMBLY INSTRUCTIONS



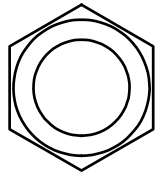
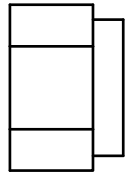
(A8)10LB PIN(8250-021) QTY.2



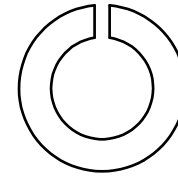
(A9)ELASTIC BOLT QTY.2



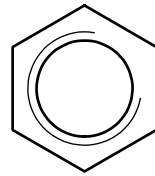
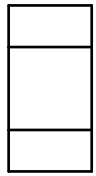
SCC-1200G ASSEMBLY INSTRUCTIONS



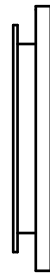
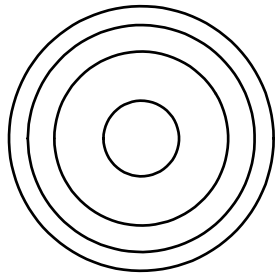
(B1)NYLON LOCK NUT 1/2" QTY.32



(C2)1/2"(I.D.)SPRING WASHER QTY.2



(B2)LOCK NUT 1/2"-13UNC QTY.2



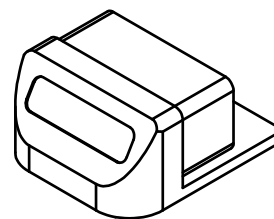
(C1)1/2"(I.D.)ROUND END CAP WASHER QTY.60

SCC-1200G ASSEMBLY INSTRUCTIONS

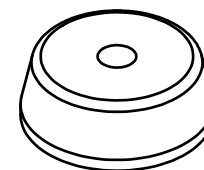
HARDWARE ILLUSTRATION

- D1. 1/2" BOLT CAP(9212-024)-----[60PCS]
- D2. Ø4 1/2" PULLEY(9213-010A)-----[6PCS]
- D3. Ø4 1/2" PULLEY(9213-010B)-----[8PCS]
- D4. 2"x4" FOOT CAP(9211-028)-----[8PCS]
- D5. Ø4" RUBBER DOUNT(9310-017)-----[4PCS]
- D6. STIRRUP HANDLE(8290-002)-----[2PCS]
- D7. SPRING SNAP LINK(8810-001)-----[2PCS]
- D8. Ø3/4" SHAFT COLLAR(9211-050)-----[4PCS]
- D9. WEIGHT SELECTOR BAR(8220-061)-----[2PCS]
- D10. CHROME TOP PLATE(8400-002)-----[2PCS]
- D11. 8300mm STEEL CABLE-----[2PCS]
- D12. 60X50 NYLON BUSHING(9211-033)-----[4PCS]
- D13. Ø5/8" ROUND END CAP(9211-015)-----[4PCS]
- D14. 2"x4" RUBBER DOUNT(9212-009)-----[4PCS]

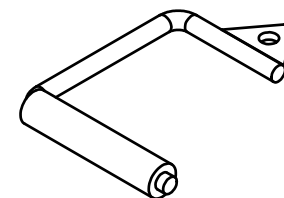
D4



D5



D6



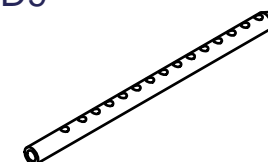
D7



D8



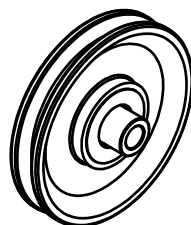
D9



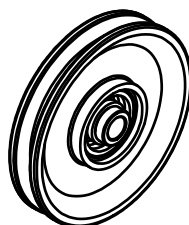
D1



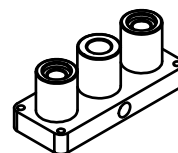
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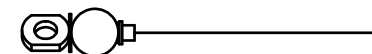
D3



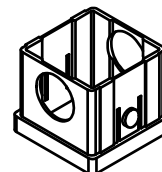
D10



D11



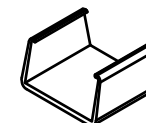
D12



D13



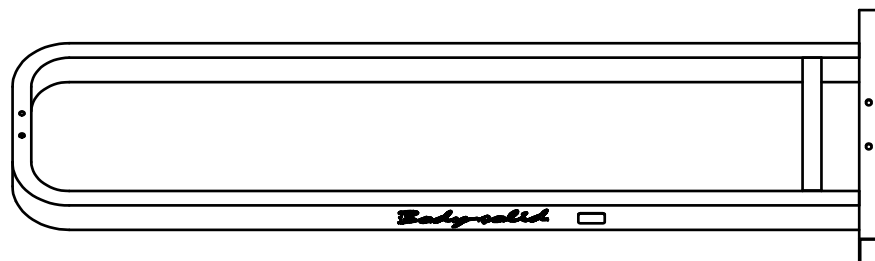
D14



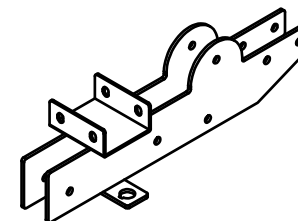
SCC-1200G ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

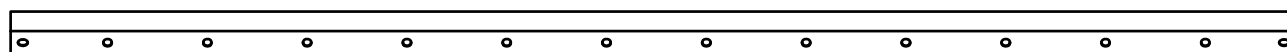
A[2PCS] WEIGHT STACK FRAME



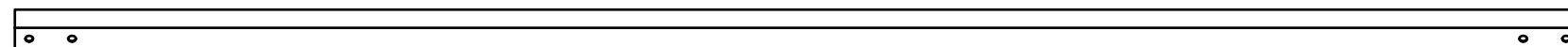
D[2PCS] TOP PULLEY FRAME



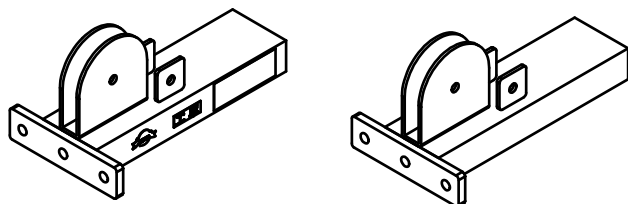
B[2PCS] UPRING PILLAR



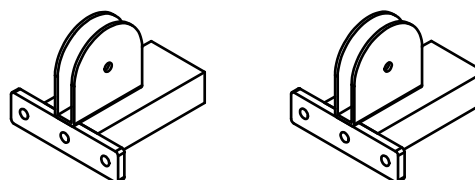
C[1PCS] TOP CROSS SUPPORT



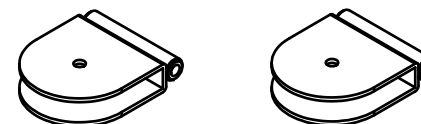
E[2PCS] BOTTOM PILLAR FRAME



F[2PCS] BOTTOM PULLEY FRAME



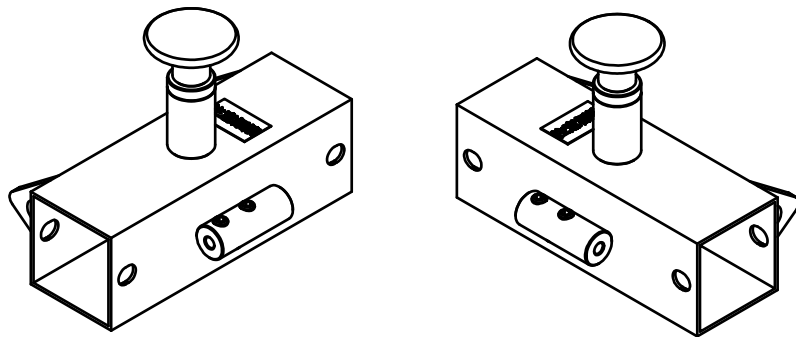
G[2PCS] MIDDLE PULLEY HOLDER



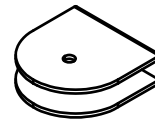
SCC-1200G ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

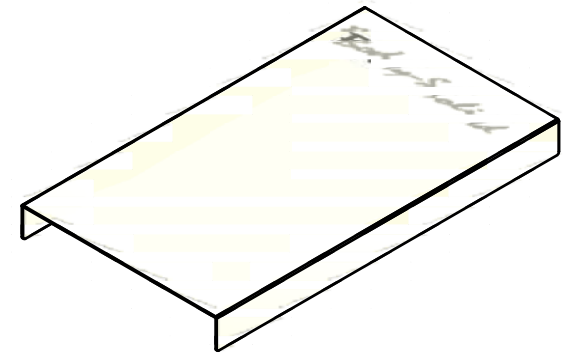
H[1PCS]
ADJUSTABLE CROSSOVER FRAME



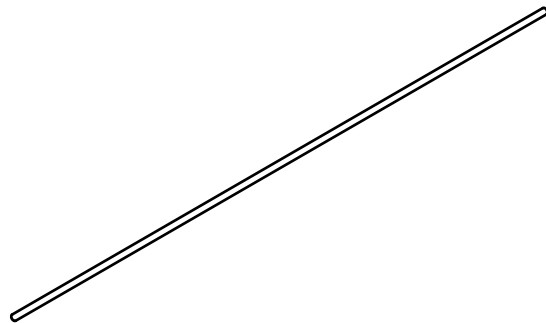
J[2PCS]8323-014
TOP PLATE PULLEY FRAME



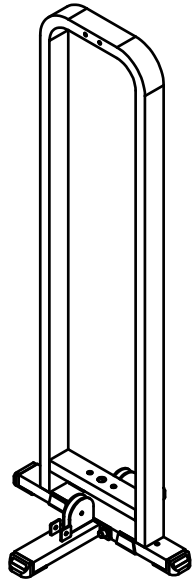
L[2PCS]9220-009
PROTECT PLANK



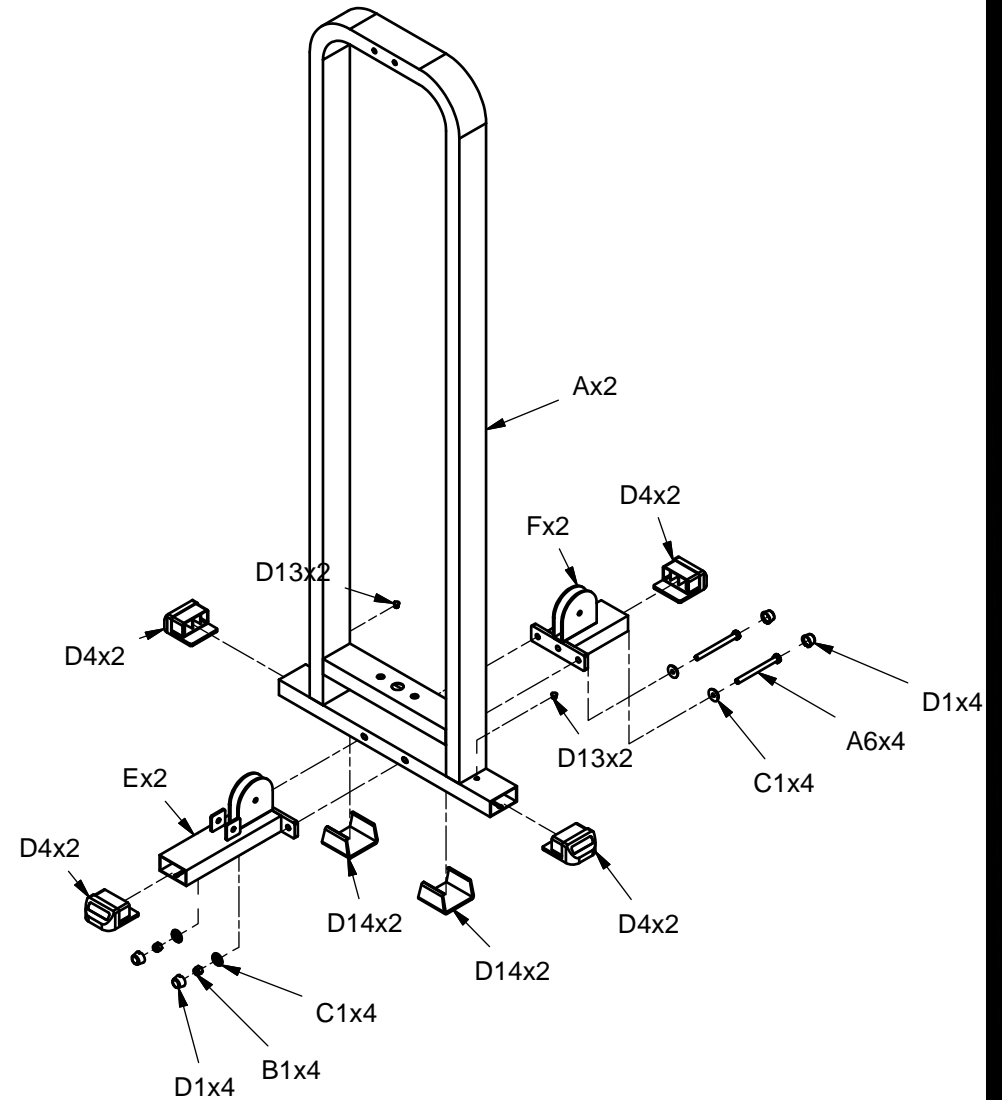
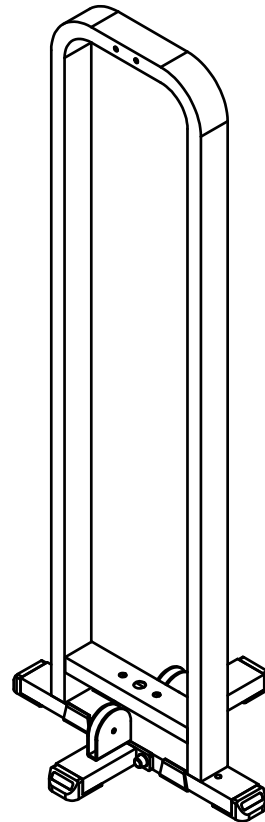
I[4PCS]8280-004
CHROME GUIDE ROD



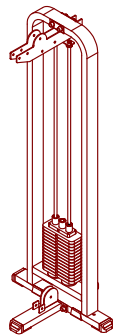
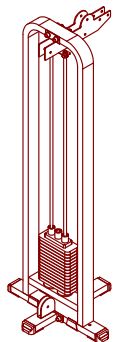
SCC-1200G ASSEMBLY INSTRUCTIONS



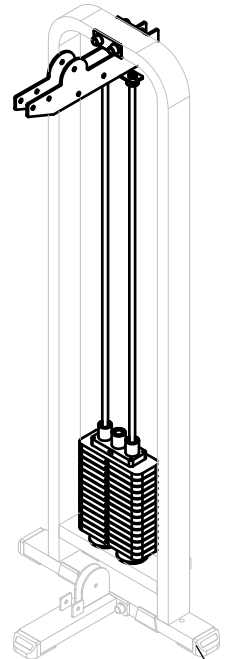
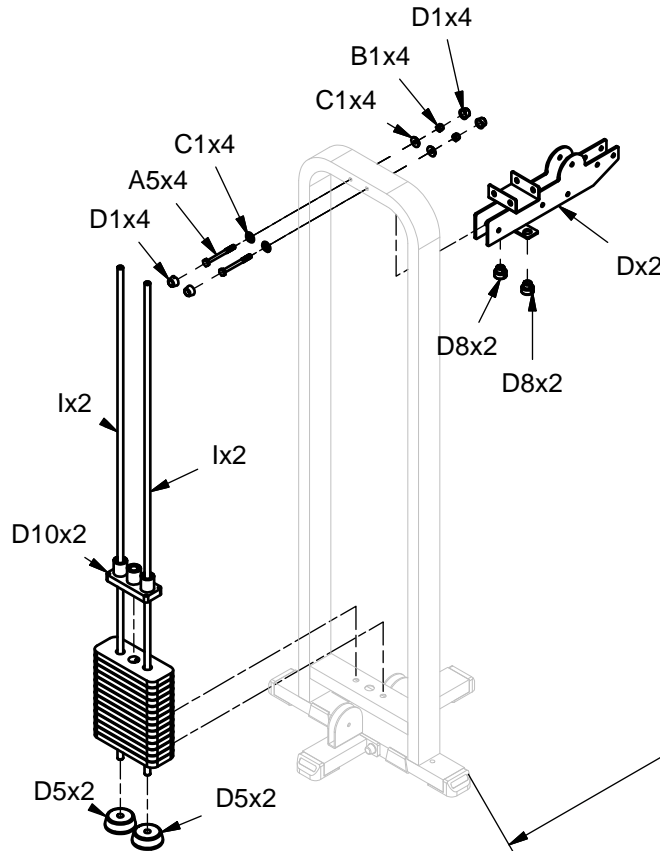
Above shows STEP 1 assembled and completed



SCC-1200G ASSEMBLY INSTRUCTIONS



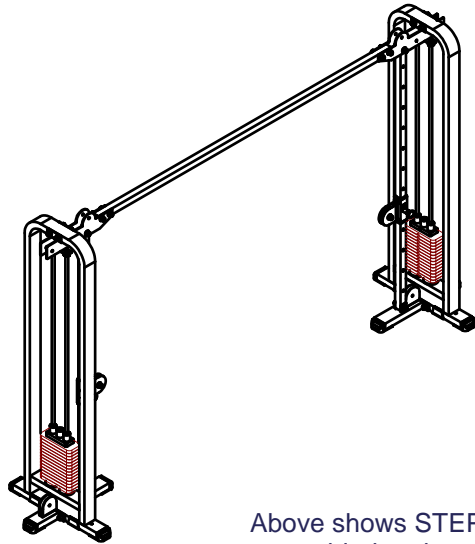
Above shows STEP 2 assembled and completed



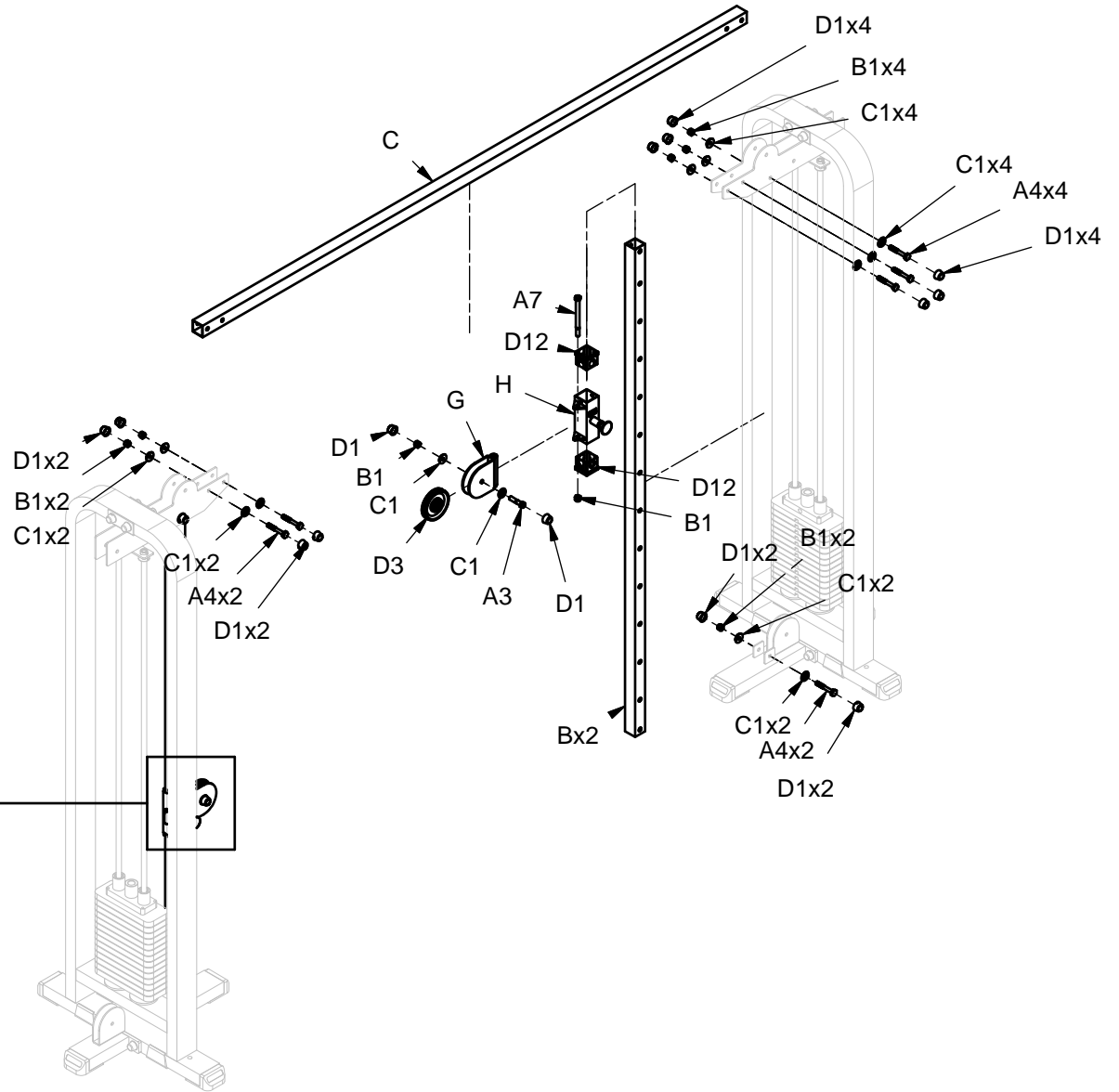
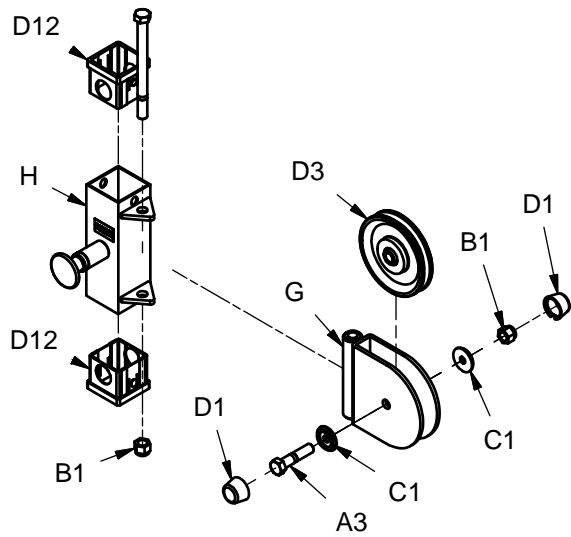
*:Before the assembling of the weight stacks:
Finish (step 1) and adjust the distance between
the two bases to 3307mm(130in)



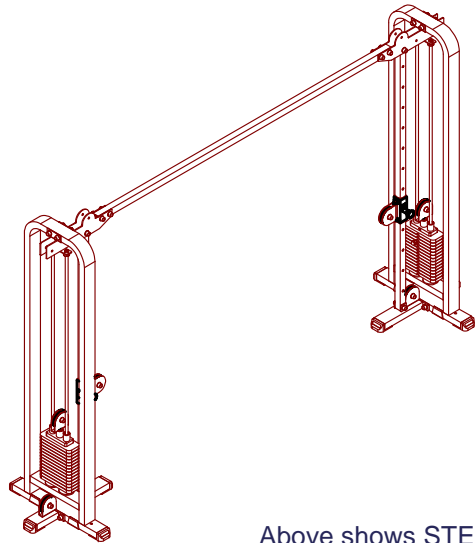
SCC-1200G ASSEMBLY INSTRUCTIONS



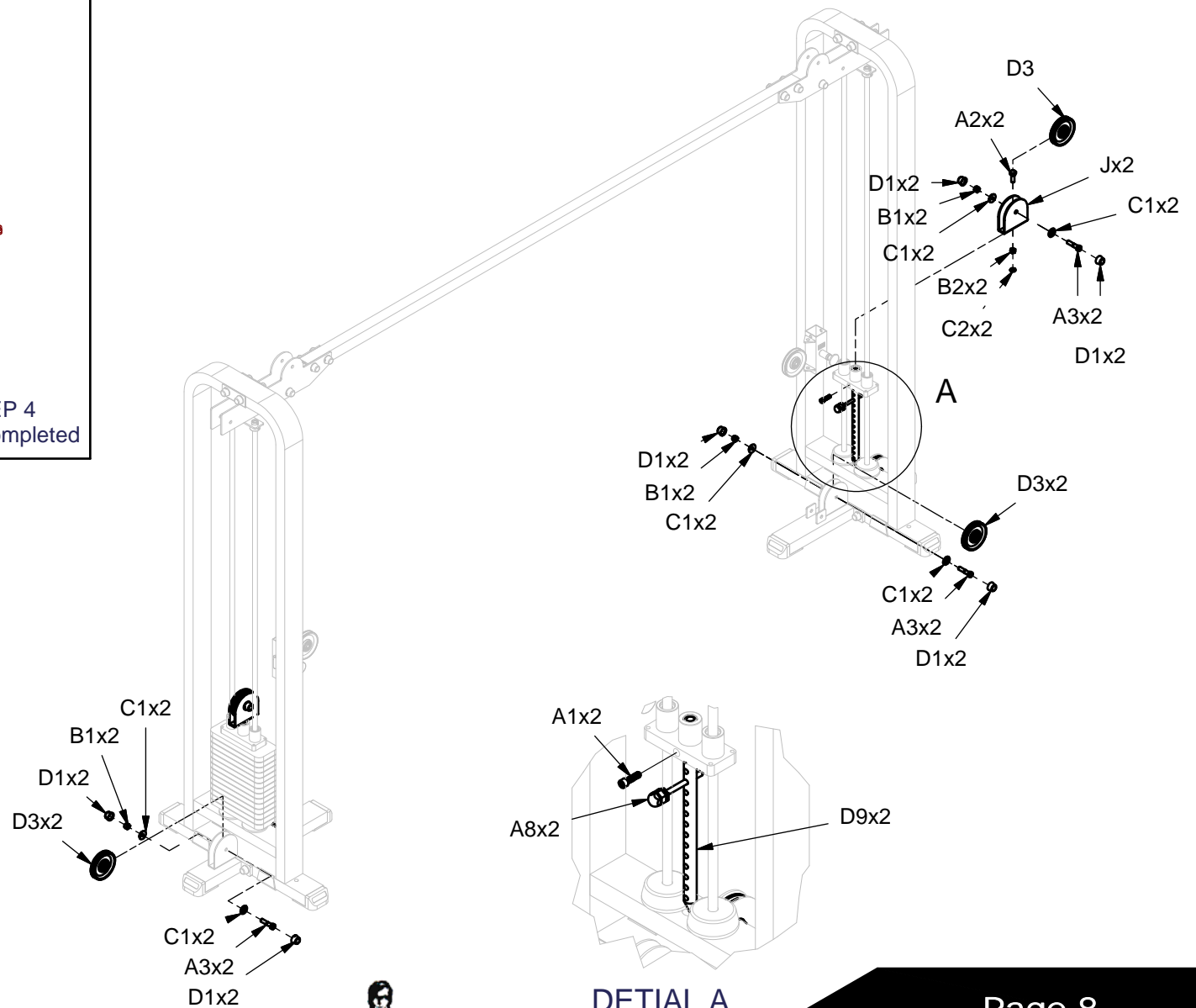
Above shows STEP 3 assembled and completed



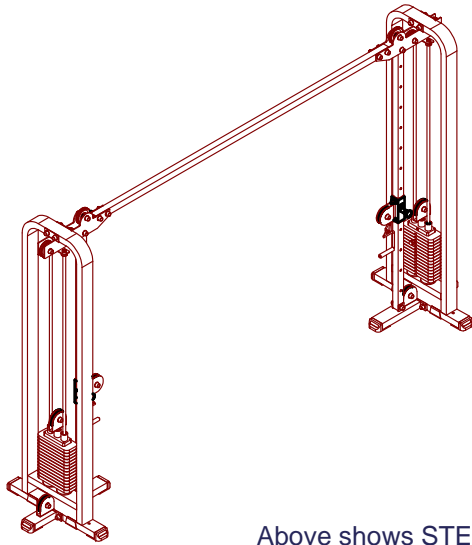
SCC-1200G ASSEMBLY INSTRUCTIONS



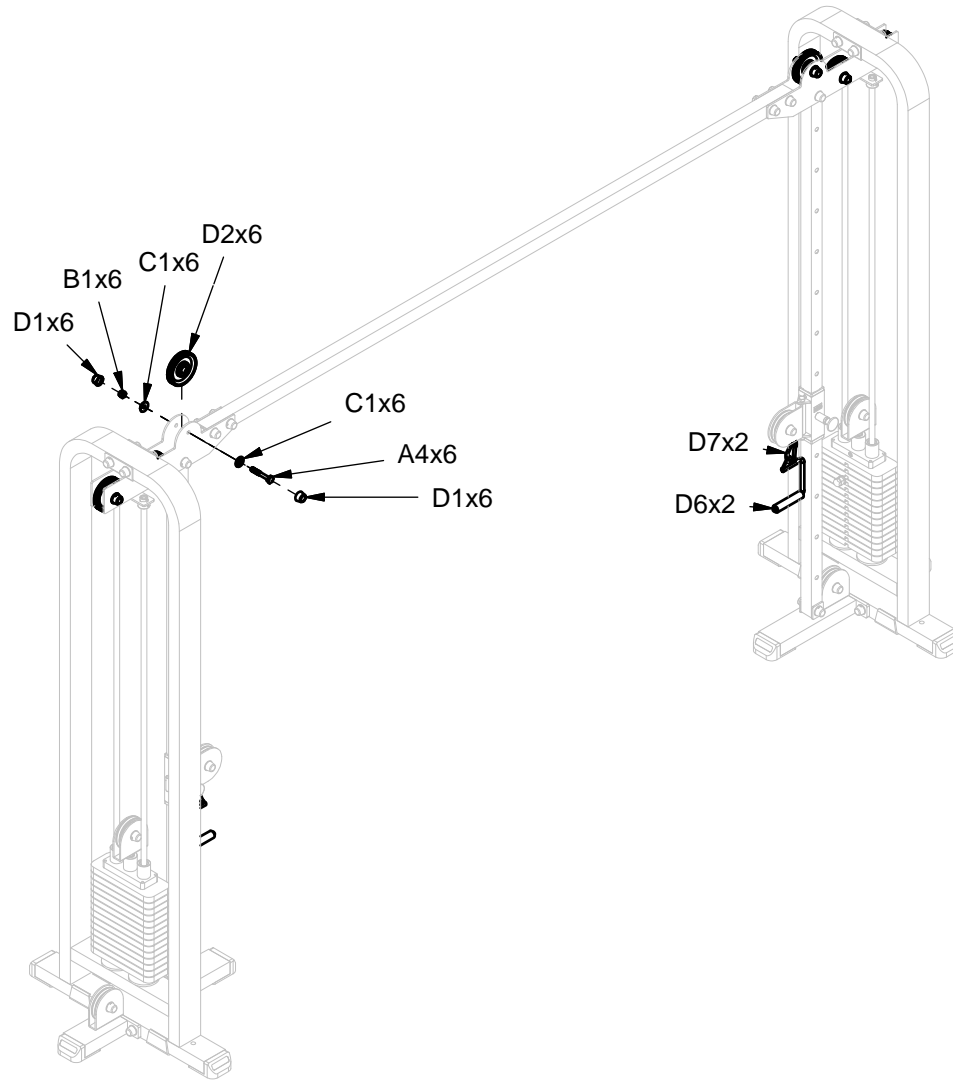
Above shows STEP 4 assembled and completed



SCC-1200G ASSEMBLY INSTRUCTIONS



Above shows STEP 5 assembled and completed



CABLE CROSSOVER

SETP-1

NOTE:DO NOT TIGHTEN NUTS AND BOLTS SECURELY UNTIL YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- Attach E Bottom Pillar Frame and F Bottom Pulley Frame to A Weight Stack Frame.
- Attach B Upright Pillar to E Bottom Pillar Frame.
- Attach Bushings to H Adjustable Crossover Frame.
- Slide H Adjustable Crossover Frame onto B Upright Pillar.
- Attach G Middle Pulley Holder to H Adjustable Crossover Frame.

STEP-2

- Attach I Chrome Guide Rods and D5 Rubber Donuts to A Weight Stack Frame.
- Slide Weight Stack and D10 Chrome Top Plate into I Chrome Guide Rods.
- Attach D Top Pulley Frame to A Weight Stack Frame and B Upright Pillar and attach Top Caps.
- Attach J Top Plate Pulley Frame to D9 Weight Selector Bar.

STEP-3

- Repeat steps 1 and 2 to assemble opposite side.
- Attach C Top Cross Support to D Top Pulley Frames.

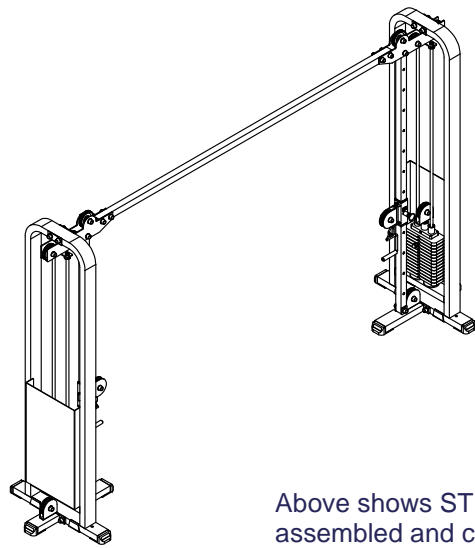
STEP-4

- Attach Pulleys and Cadles as shown.
- TIGHTEN ALL NUTS AND BOLTS SECURELY.
- Attach Bolt Caps.

SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your CABLE CROSSOVER MACHINE.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. **Warning:** CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

SCC-1200G ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed

