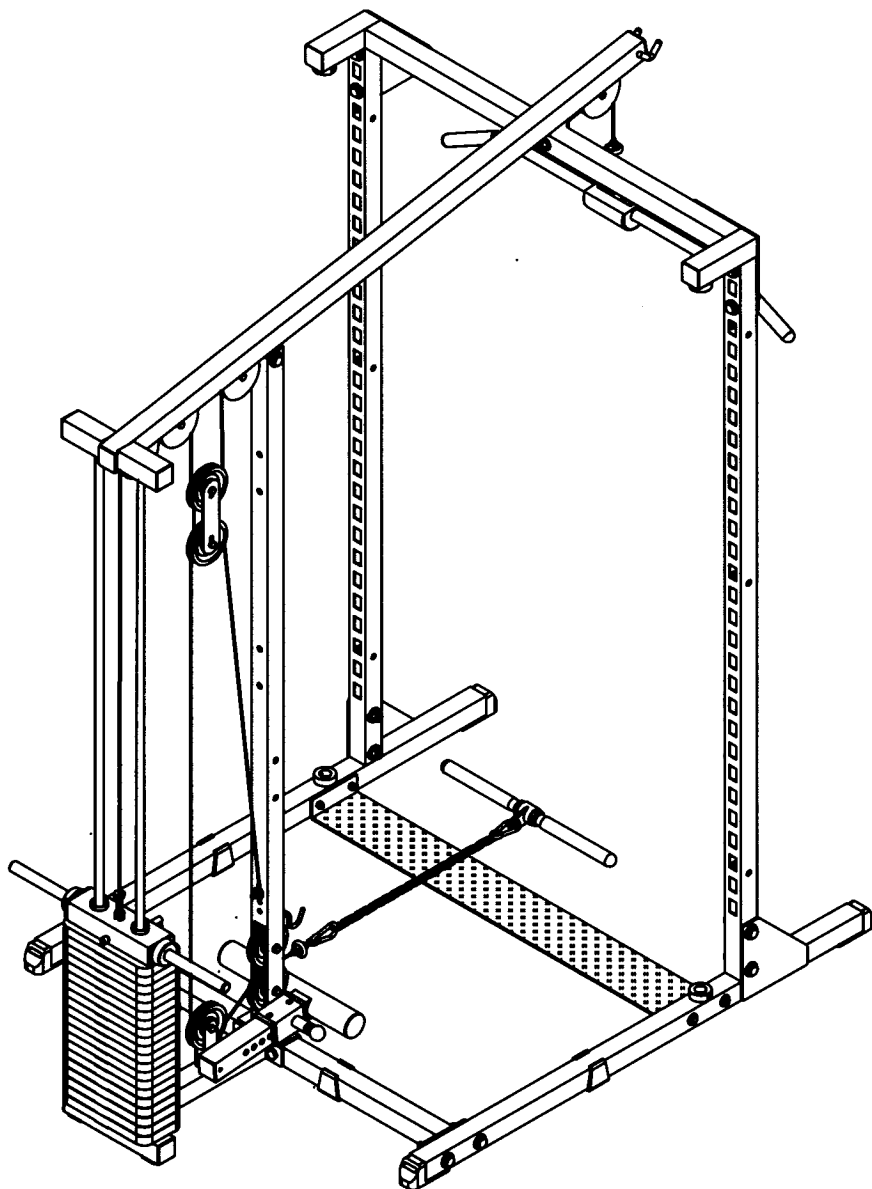
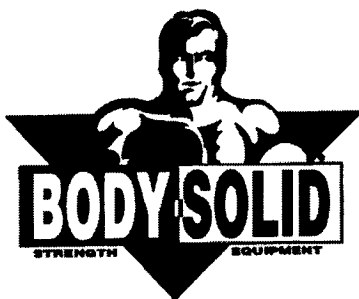


Body-Solid



WLA48 & WLA48S Lat Attachment



BODY-SOLID, Inc.
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Forest Park, IL 60130 USA
Phone: (708) 427-3555
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WLA48.1 & WLA48S.1 OWNER'S MANUAL

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GENERAL INSTRUCTIONS

Thank you for purchasing the Body-Solid equipment. 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

- Allen Wrench (included)
 - Socket Wrench
 - 3/8" & 1/2" Sockets
 - Crescent Wrench

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





























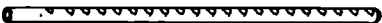
There is a risk assumed by individuals who use this type of equipment. To minimize risk, follow the rules below.

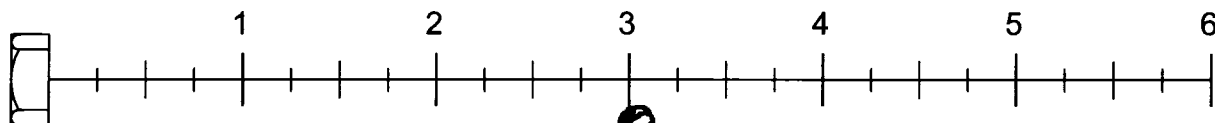
- Inspect equipment daily, ensuring that all nuts, bolts and screws are fully tightened.
- Inspect cables daily ensuring they are routed properly and not worn, frayed or stretched. Check and adjust tension on cables daily.
- When using pop-pin adjustments, always make sure the plunger for the pop-pin 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.

WLA48.1 & WLA48S.1 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

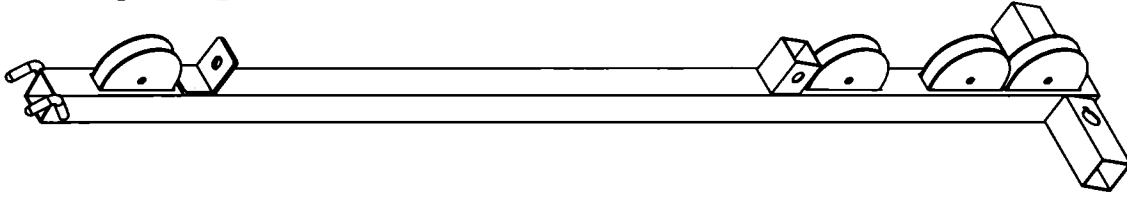
		Qty.
A1		A1. 1/2"X3" HEX HEAD BOLT ----- [2PCS]
A2		A2. 3/8"X1 3/4" HEX HEAD BOLT ----- [7PCS]
A3		A3. 3/8"X2 3/4" HEX HEAD BOLT ----- [2PCS]
A4		A4. 3/8"X3" HEX HEAD BOLT ----- [1PCS]
A5		A5. 3/8"X3 1/2" ROUND BOLT ----- [1PCS]
A6		A6. STEEL CHAIN ----- [1PCS]
A7		A7. 10LB BALL PIN ----- [1PCS]
A8		A8. 1/2"X3 1/4" HEX HEAD BOLT ----- [2PCS]
B1		B1. 1/2" NYLON LOCK NUT ----- [4PCS]
B2		B2. 3/8" NYLON LOCK NUT ----- [11PCS]
B3		B3. 1/2" LOCK NUT ----- [1PCS]
C1		C1. 1/2" (I.D) WASHER ----- [8PCS]
C2		C2. 3/8" (I.D) WASHER ----- [16PCS]
C3		C3. 1/2" SPRING WASHER ----- [1PCS]
C4		C4. 3/8" ø19 (I.D) WASHER ----- [2PCS]
D1		D1. 2"X2"X1.8t END CAP (9211-005) ----- [5PCS]
D2		D2. 2"X2"X2.5t END CAP (9211-006) ----- [2PCS]
D3		D3. 60X50 NYLON BUSHING (9211-033) ----- [2PCS]
D4		D4. ø3/4" SHAFT COLLAR (9211-046) ----- [2PCS]
D5		D5. ø2 1/2"Xø26 RUBBER DOUNT (9310-012) ----- [2PCS]
D7		D7. ø8mm SPRING SNAP LINK (8810-001) ----- [3PCS]
D8		D8. ø110mm PULLEY (9213-002) ----- [9PCS]
D9		D9. RUBBER BASE PAD (9214-002) ----- [2PCS]
D10		D10. ø2 1/2"Xø19.2 RUBBER DOUNT (9310-010) ----- [2PCS]
D11		D11. NON SKID TAPE (9310-035) ----- [2PCS]
D12		D12. PULLEY SPACER (8530-009) ----- [4PCS]
D13		D13. 3360mm LAT CABLE ----- [1PCS]
D14		D14. 2280mm LOW ROW CABLE ----- [1PCS]
D15		D15. SELECTOR SHAFT (8210-042) ----- [1PCS]



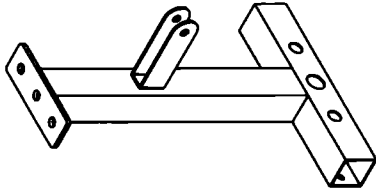
WLA48.1 & WLA48S.1 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION

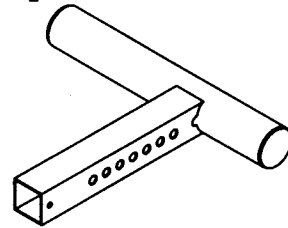
A-1 [1PCS]



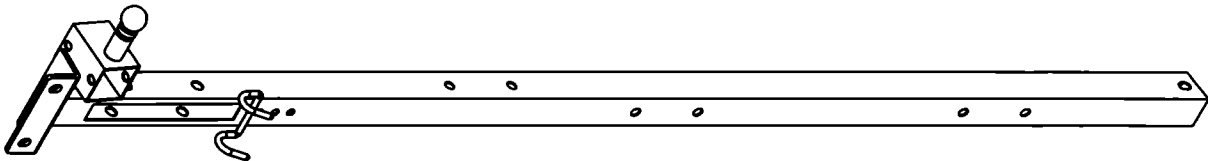
B-1 [1PCS]



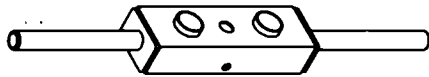
D [1PCS]



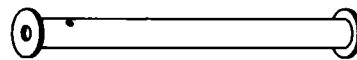
C [1PCS]



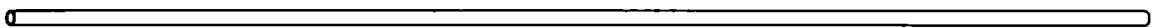
E [1PCS]



H [2PCS]



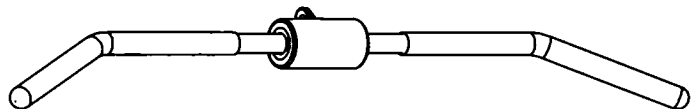
G-1 [2PCS]



I [1PCS]



J [1PCS]



K [2PCS]



WLA48.1 & WLA48S.1 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 1

For WLA48.1 & WLA48S.1

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

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

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	B-1	Bottom Guide Rod Frame	2	A8	1/2"x3 1/4" hex head bolt
1	C	Vertical Support Pillar	1	A2	3/8"x1 3/4" hex head bolt
1	D	Foot Brace	2	A3	3/8"x2 3/4" hex head bolt
			2	B1	1/2" nylon lock nut
			3	B2	3/8" nylon lock nut
			4	C1	1/2" ID washer
			2	C2	3/8" ID washer
			3	D1	2x2x1.8t end cap
			2	D3	nylon bushing
			3	D8	pulley
			2	D9	rubber base pad
			2	D11	non-skid tape
			4	D12	pulley spacer

Step by Step

1. Attach (B-1) - Bottom Guide Rod Frame and (C) - Vertical Support Pillar to the Bottom Cross Support of WBF48 Base Frame
2. Insert 2 (D3) - nylon bushing into (C) - Vertical Support Pillar, then slide (D) - Foot Brace into (C) - Vertical Support Pillar
3. Attach 2 (D8) - pulley to (C) - Vertical Support Pillar, next attach 1 (D8) - pulley to (B-1) - Bottom Guide Rod Frame (Note: Do Not fully tighten pulley bolts and nuts until after cable routing)

IMPORTANT:

Please read carefully before proceeding to Step 2

1. If assembling unit as WLA48S, with a selectorized weight stack, proceed immediately to "Step 2A for WLA48S" on pages 9-10.
2. If assembling unit as WLA48, with plate loaded option, proceed immediately to "Step 2B for WLA48" on pages 11-12.



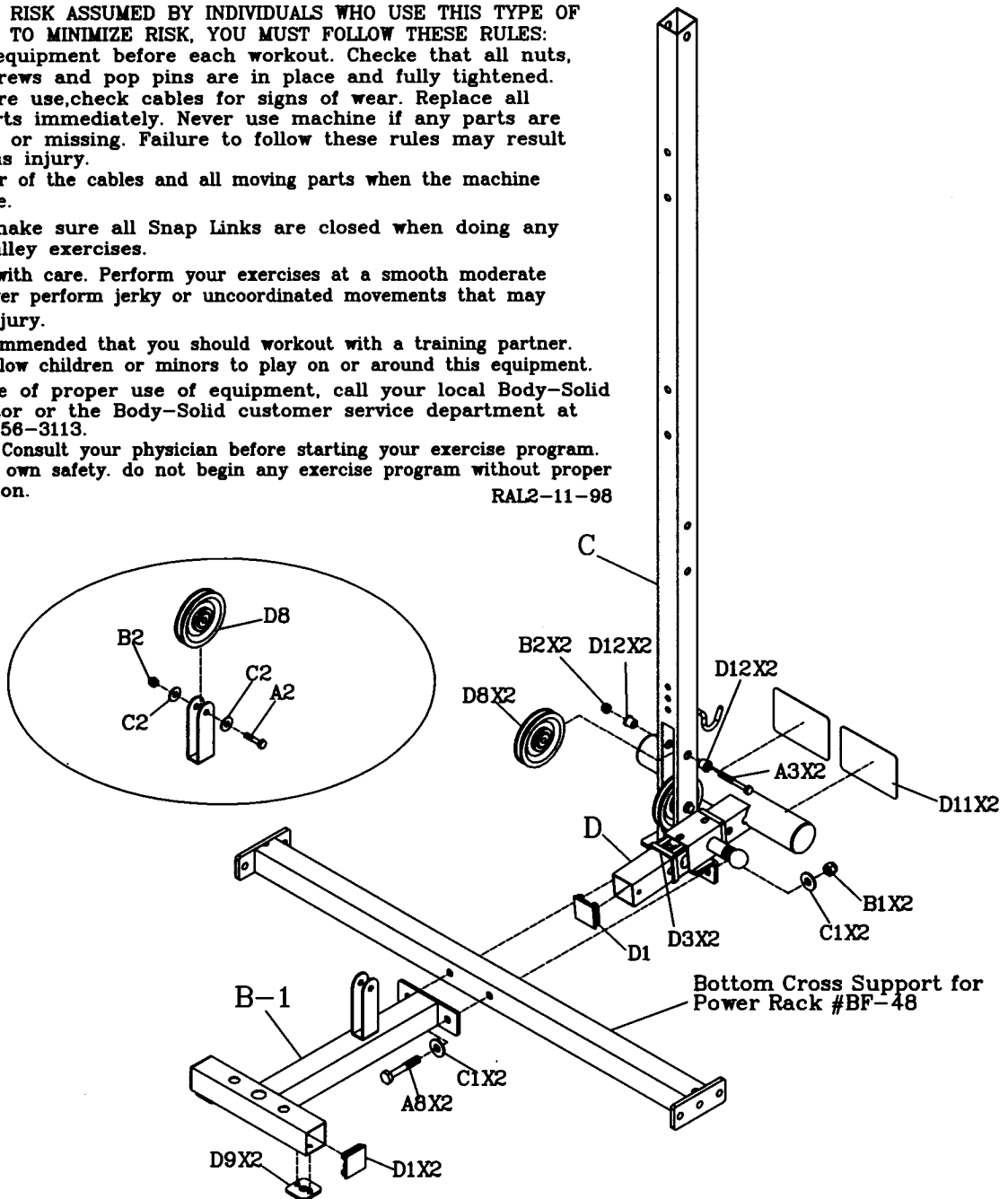
WLA48.1 & WLA48S.1 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 1

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

RAL2-11-98



WLA48.1 & WLA48S.1 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 2A

For Selectorized Weight Stack #LA48S.1

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

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

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	E	Weight Carriage	1	A5	3/8"×3 1/2" round bolt
2	G-1	Guide Rods	1	A7	selector pin
			1	B2	3/8" nylon lock nut
			2	C4	3/8" Φ19 ID washer
			2	D10	rubber donut
			1	D15	Selector shaft
			2	D5	rubber donut

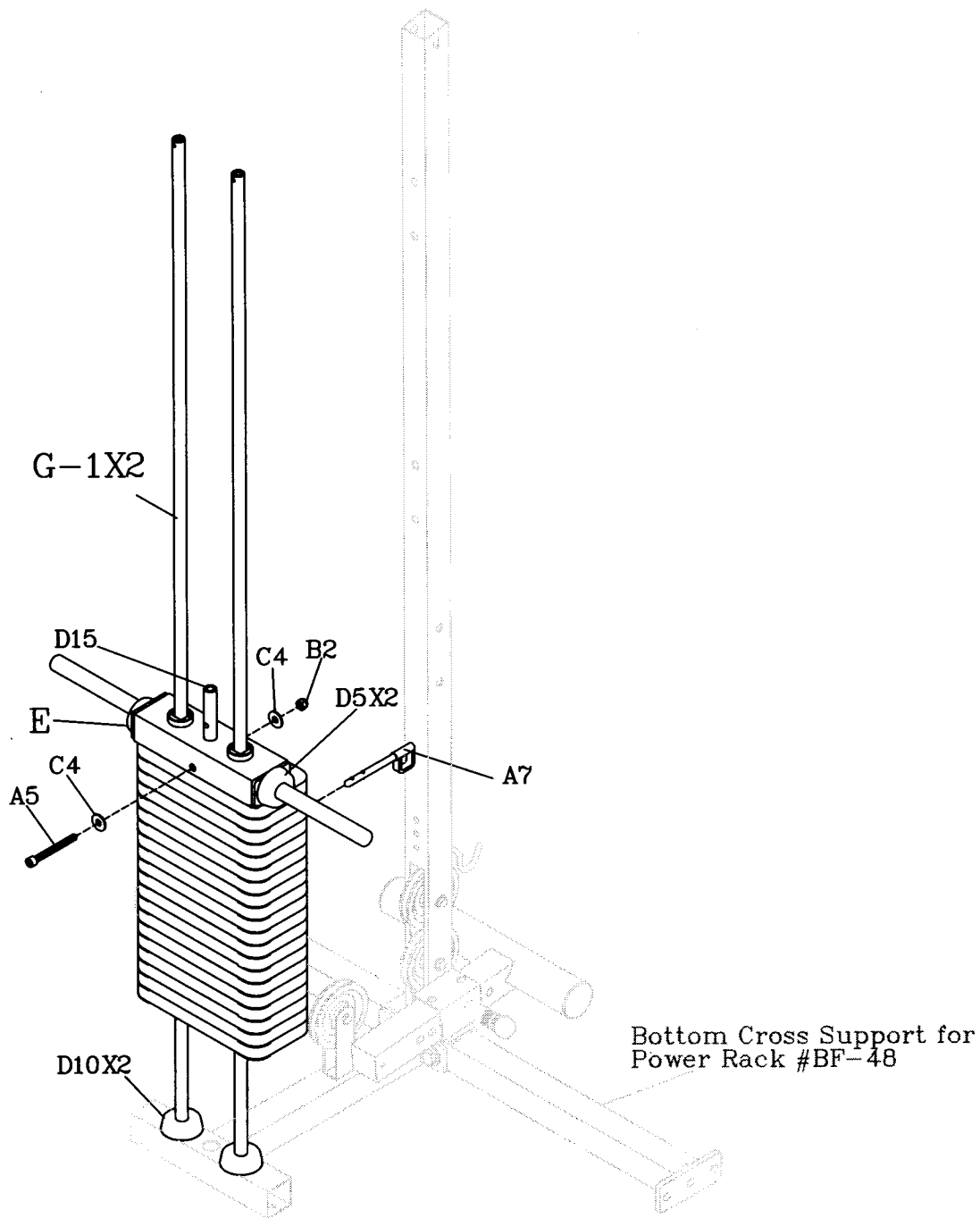
Step by Step

1. Insert 2 (D10) - rubber donut, and 2 (G-1) - Guide Rods into (B-1) - Bottom Guide Rod Frame in that order.
2. Slide on 20 weight stack plates to 2 (G-1) - Guide Rod (note: position with selector hole facing the back of the gym)
3. Slide (E) - Weight Carriage on to 2 (G-1) - Guide Rod
4. Attach (D15) - selector shaft to (E) - Weight Carriage
5. Attach 2 (D5) - rubber donut to (E) - Weight Carriage

IMPORTANT:

After completing the above steps, please proceed to "Step 3 for WLA48 & WLA48S" found on pages 13-14

ASSEMBLY- STEP 2A



WLA48.1 & WLA48S.1 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 2B For Plate Loaded Option #LA48.1

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

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

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	E	Weight Carriage
2	H	Carriage Supports
2	G-1	Guide Rods

Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	A5	3/8"×3 1/2" round bolt
1	B2	3/8" nylon lock nut
2	C4	3/8" Φ19 ID washer
2	D10	rubber donut
1	D15	selector shaft

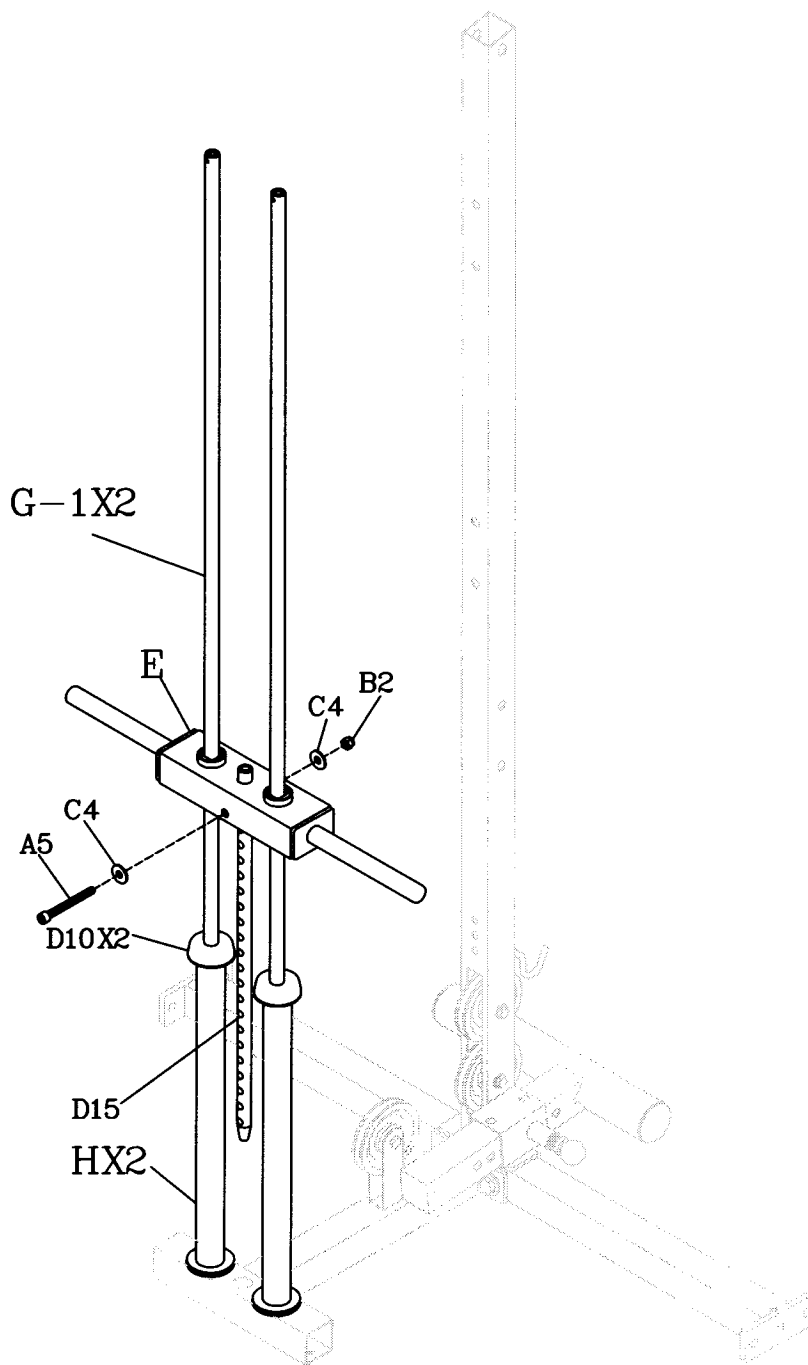
Step by Step

1. Insert 2 (H) - Carriage Support, 2 (D10) - rubber donut, and 2 (G-1) - Guide Rods into (B-1) - Bottom Guide Rod Frame in that order.
2. Slide (E) - Weight Carriage on to 2 (G-1) - Guide Rod
3. Attach (D15) - selector shaft to (E) - Weight Carriage

IMPORTANT:

After completing the above steps, please proceed to "Step 3 for WLA48 & WLA48S" found on pages 13-14

ASSEMBLY- STEP 2B



WLA48.1 & WLA48S.1 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 3

For WLA48.1 & WLA48S.1

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

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

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	A-1	Top Frame	2	A1	1/2"x3" hex head bolt
			4	A2	3/8"x1 3/4" hex head bolt
			2	B1	1/2" nylon lock nut
			4	B2	3/8" nylon lock nut
			4	C1	1/2" ID washer
			8	C2	3/8" ID washer
			2	D1	2x2x1.8t end cap
			2	D2	2x2x2.5t end cap
			2	D4	3/4" shaft collar
			4	D8	pulley

Step by Step

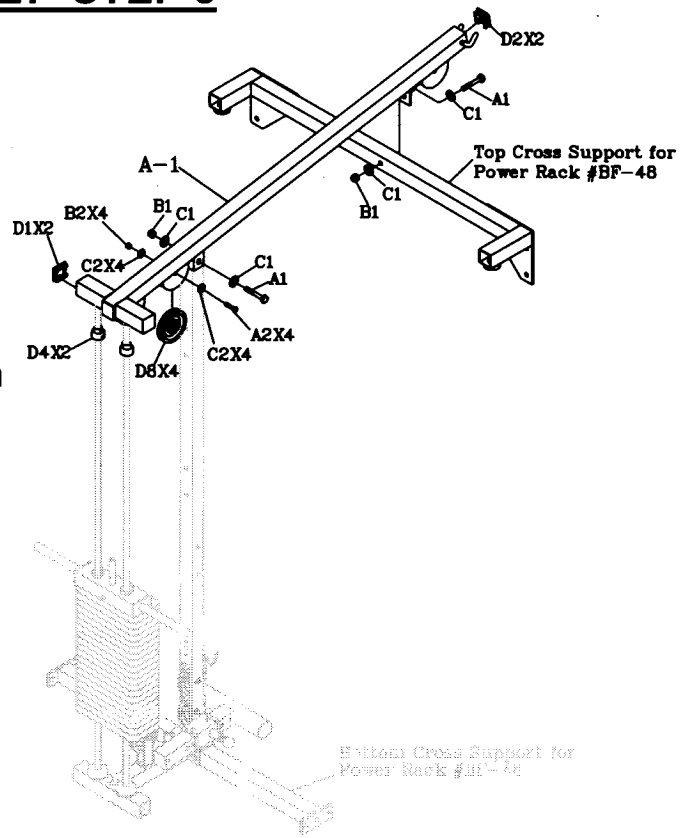
1. Slide 2 (D4) - shaft collar on 2 (G-1) - Guide Rod
2. Attach (A-1) - Top Frame to the Top Cross support of WBF48 Base Frame
3. Attach (A-1) - Top Frame to (C) - Vertical Support Pillar
4. Secure 2 (G-1) - Guide Rod into (A-1) - Top Frame using 2 (D4) - shaft collars
5. Attach 4 (D8) - pulley into (A-1) - Top Frame (Note: Do Not fully tighten pulley bolts and nuts until after cable routing)

Securely Tighten All Frame Bolts Used in Steps 1-3
(Note: Leave Pulley Bolts Loose Until Cable Routing)

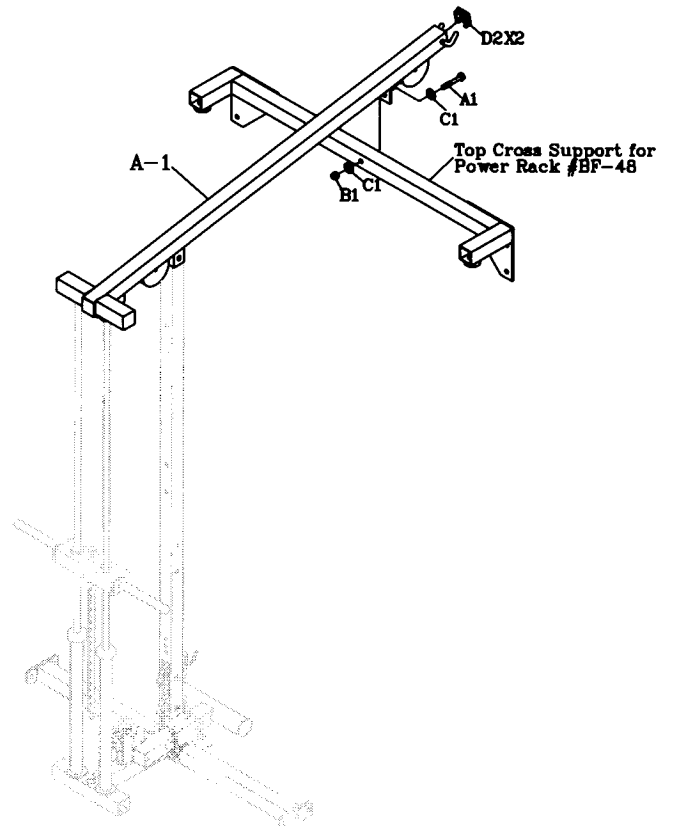
WLA48.1 & WLA48S.1 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 3

WLA48S.1
Selectorized Weight Stack Option



WLA48.1
Plate Loaded Option



WLA48.1 & WLA48S.1 ASSEMBLY INSTRUCTIONS

ASSEMBLY- STEP 4

For WLA48.1 & WLA48S.1

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

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

Parts Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
1	J	Lat Bar
2	K	Double Pulley Plate

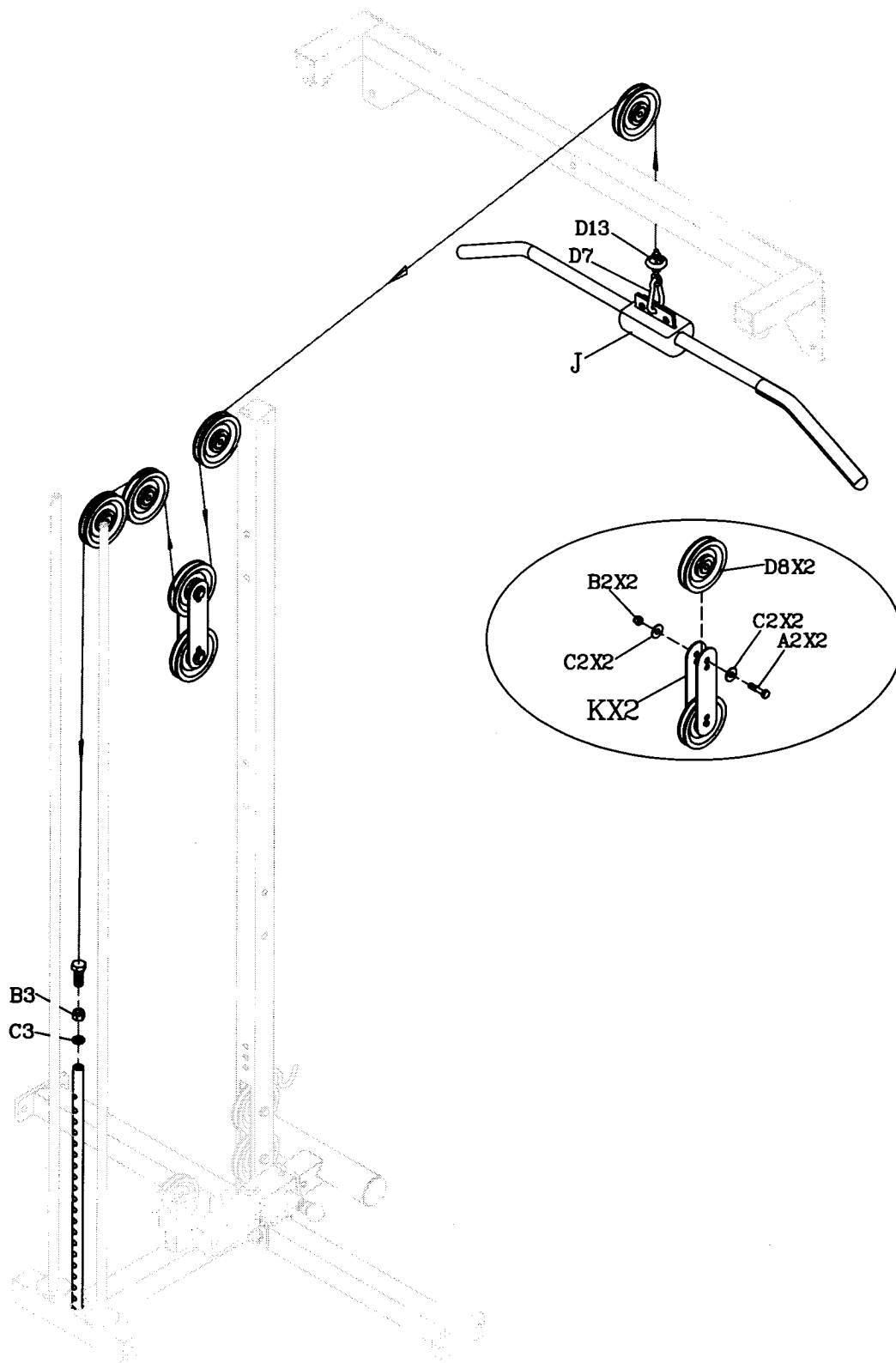
Hardware Description

<u>Qty</u>	<u>Part</u>	<u>Part Description</u>
2	A2	3/8"×3 1/2" hex head bolt
2	B2	3/8" nylon lock nut
1	B3	1/2" nylon lock nut
4	C2	3/8" ID washer
1	C3	1/2" spring washer
1	D7	spring snap link
2	D8	pulley
1	D13	lat cable

Step by Step

1. Begin routing cable (D13) - lat cable at the front of (A-1) - Top Frame where (J) - Lat Bar hangs. Route back through tubing of (A-1) - Top Frame and over the top of the middle pulley (D8). Route cable down through the top pulley (D8) mounted in 2 (K) - Double Pulley Plate. Route back up over the top of the back pulley (D8) mounted in (A-1) - Top Frame then down and connect to (D15) - selector shaft. (Note: screw on cable (D13) must be screwed into (D15) - selector shaft a minimum of 1/4 length.

ASSEMBLY- STEP 4



ASSEMBLY- STEP 5

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

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

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	Row Bar	1	A4	3/8"×3" hex head bolt
			1	A6	steel chain
			1	B2	3/8" nylon lock nut
			2	C2	3/8" ID washer
			2	D7	spring snap link
			1	D14	low row cable

Step by Step

1. Begin routing cable (D14) between the pulleys (D8) located at the bottom of (C) - Vertical Support Pillar, route through the bottom of the pulley (D8) mounted in (B-1) - Bottom Guide Rod Frame then up through the bottom pulley (D8) mounted in 2 (K) - Double Pulley Plate and bolt to (C) - Vertical Support Pillar

Securely Tighten All Bolts Used in All Steps 1-5 including pulley bolts

ASSEMBLY- STEP 5

