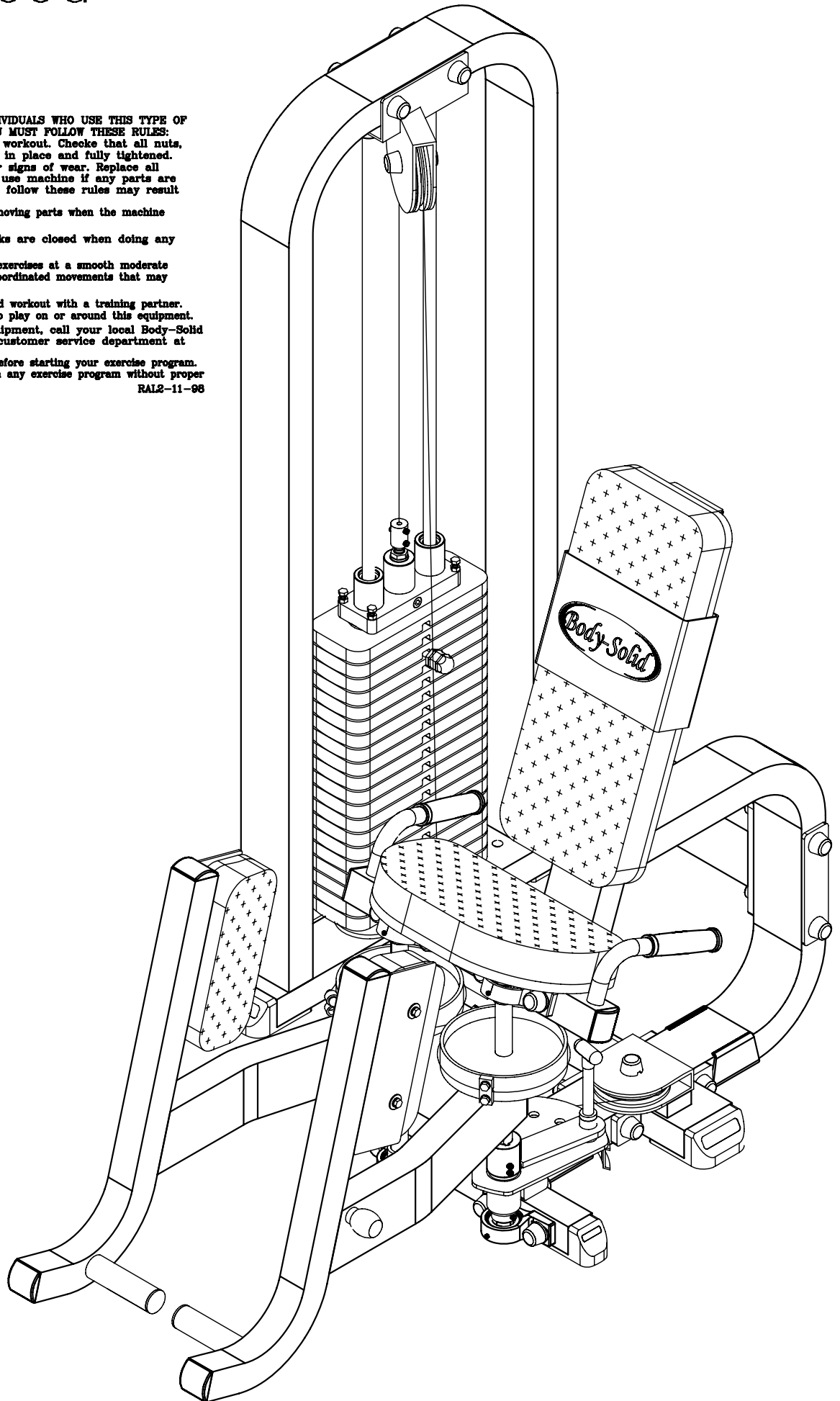


STH-1100G

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

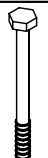
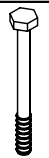
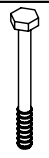















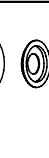




1. **Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may 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

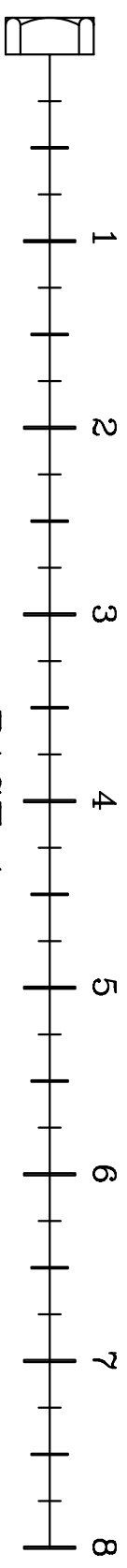


VERSION 200505

STH-1100G HARDWARE ILLUSTRATION SHEET

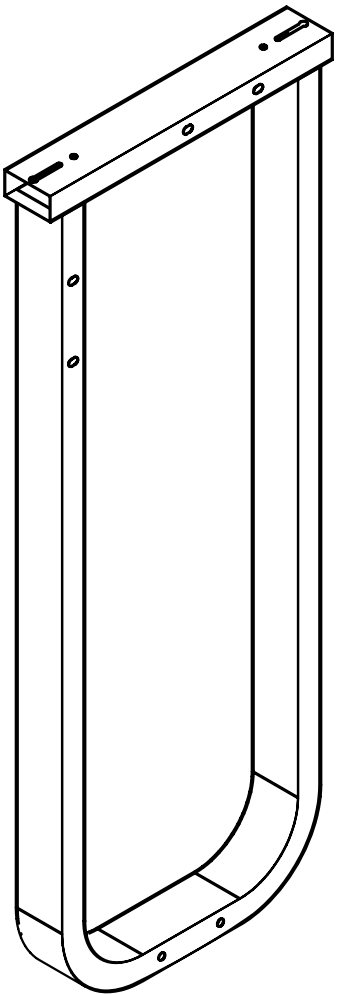
		Qty.
	A1. 1/2"x5 1/2" HEX HEAD BOLT -----	[2PCS]
	A2. 1/2"x5 1/4" HEX HEAD BOLT -----	[6PCS]
	A3. 1/2"x5" HEX HEAD BOLT -----	[2PCS]
	A4. 1/2"x2 1/4" HEX HEAD BOLT -----	[3PCS]
	A5. 1/2"x1 1/2" HEX HEAD BOLT -----	[12PCS]
	A6. 5/16"x2 3/4" HEX HEAD BOLT -----	[5PCS]
	A7. 5/16"x1 1/4" HEX HEAD BOLT -----	[4PCS]
	A8. 7/16"x1 1/2" ROUND BOLT -----	[1PCS]
	A9. 5/16"x3/8" SET SCREW -----	[3PCS]
	A10. 1/2"x23 PIN -----	[1PCS]
	A11. 5/8"x1 3/4" ROUND BOLT -----	[1PCS]
	A12. 10LB BALL PIN -----	[1PCS]
	A13. 5/16"x1 1/2" ROUND BOLT -----	[1PCS]
	A14. 5/16"x5/8" ROUND BOLT -----	[1PCS]
	B1. 1/2" NYLON LOCK NUT -----	[13PCS]
	B2. 5/16" NYLON LOCK NUT -----	[2PCS]
	B3. 5/8" LOCK NUT -----	[1PCS]
	B4. 3/8" LOCK NUT -----	[2PCS]
	C1. 1/2" ROUND END CAP WASHER ----	[38PCS]
	C2. 1/2" (I.D)WASHER -----	[8PCS]
	C4. 5/16" (I.D)WASHER -----	[10PCS]
	C5. 5/16" SPRING WASHER -----	[9PCS]
	C6. 5/8" SPRING WASHER -----	[1PCS]

	D1. 1/2" BOLT CAP -----	[38PCS]
	D2. 2"x4" END CAP (9211-014) -----	[4PCS]
	D3. 2"x2"x2.5t END CAP (9211-087)----	[6PCS]
	D4. ø1 1/2" ROUND END CAP (9211-018)--	[2PCS]
	D5. ø1"x135L RUBBER GRIP (9212-016)--	[2PCS]
	D6. ø1" RUBBER CANE CAP (9212-019)--	[1PCS]
	D7. ø6" PULLEY (9213-009) -----	[1PCS]
	D8. ø4 1/2" PULLEY (9213-010)-----	[2PCS]
	D9. ø3/4" GUIDE ROD TOP CAP (9211-046)--	[2PCS]
	D10. ø4" RUBBER DONUT (9310-017) ----	[2PCS]
	D11. WEIGHT SELECTOR BAR (8220-060)-	[1PCS]
	D12. CHROME TOP PLATE (8400-002)----	[1PCS]
	D13. 95X70mm NO-SLIP TAPE (9310-034)--	[2PCS]
	D14. ø1" GUIDE ROD TOP CAP (8130-024)	[2PCS]
	D15. ø5/8" ROUND END CAP (9211-015)--	[6PCS]
	D16. 3120mm STEEL CABLE -----	[1PCS]
	D17. 1275mm STEEL CABLE -----	[1PCS]
	D18. 2"x4" FOOT END CAP (9211-028)--	[3PCS]
	D19. 2"x2" FOOT END CAP (9211-025)--	[2PCS]
	D20. 2"x4" RUBBER DOUNT (9212-009)--	[3PCS]
	D21. ø13.5X8L STEEL BUSHING (8110-014)-	[2PCS]

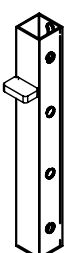


STH-1100G PARTS ILLUSTRATION SHEET

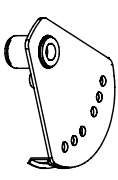
A [1PCS]



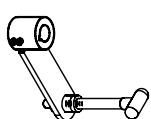
G [1PCS]



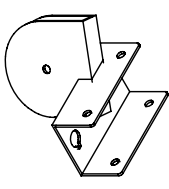
H [1PCS]



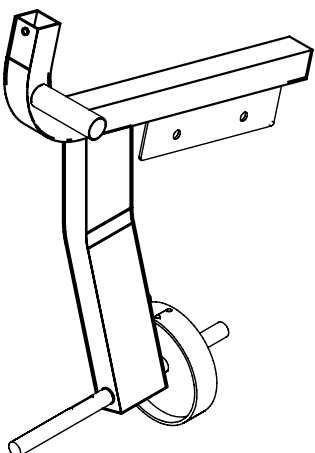
I [1PCS]



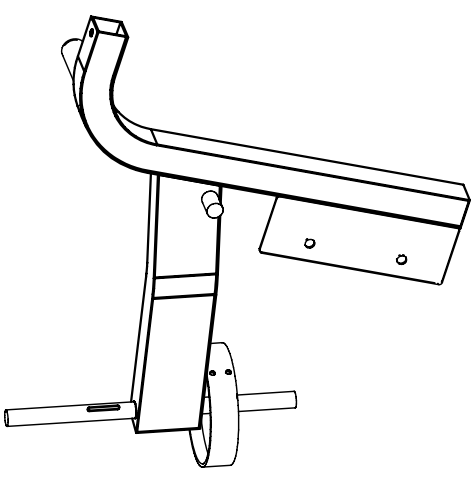
L [1PCS]



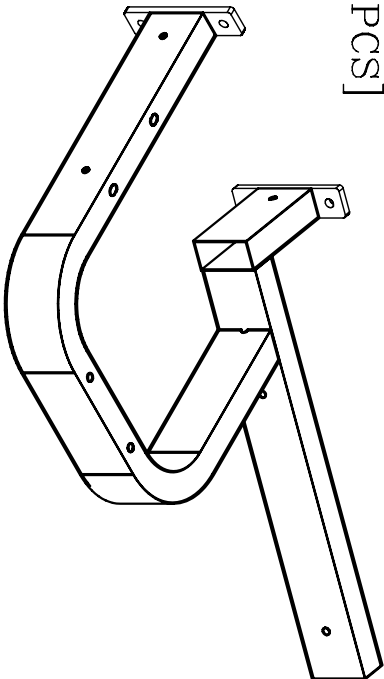
J [1PCS]



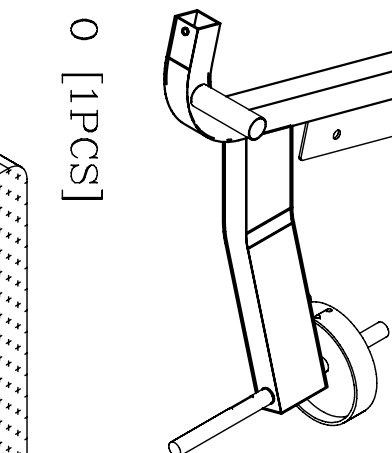
K [1PCS]



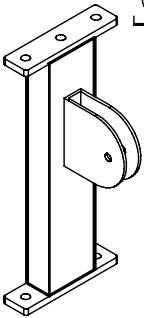
B [1PCS]



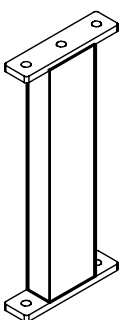
O [1PCS]



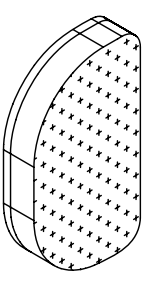
C [1PCS]



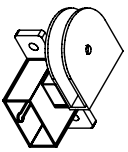
D [1PCS]



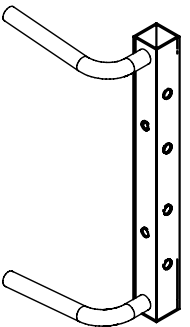
P [1PCS]



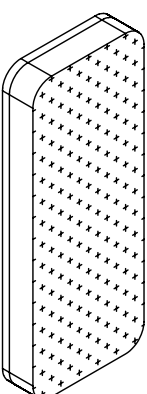
E [1PCS]



F [1PCS]



Q [2PCS]



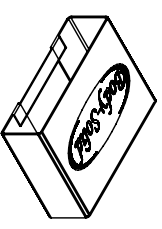
R [4PCS]



S [1PCS]



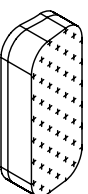
U [1PCS]



N [3PCS]

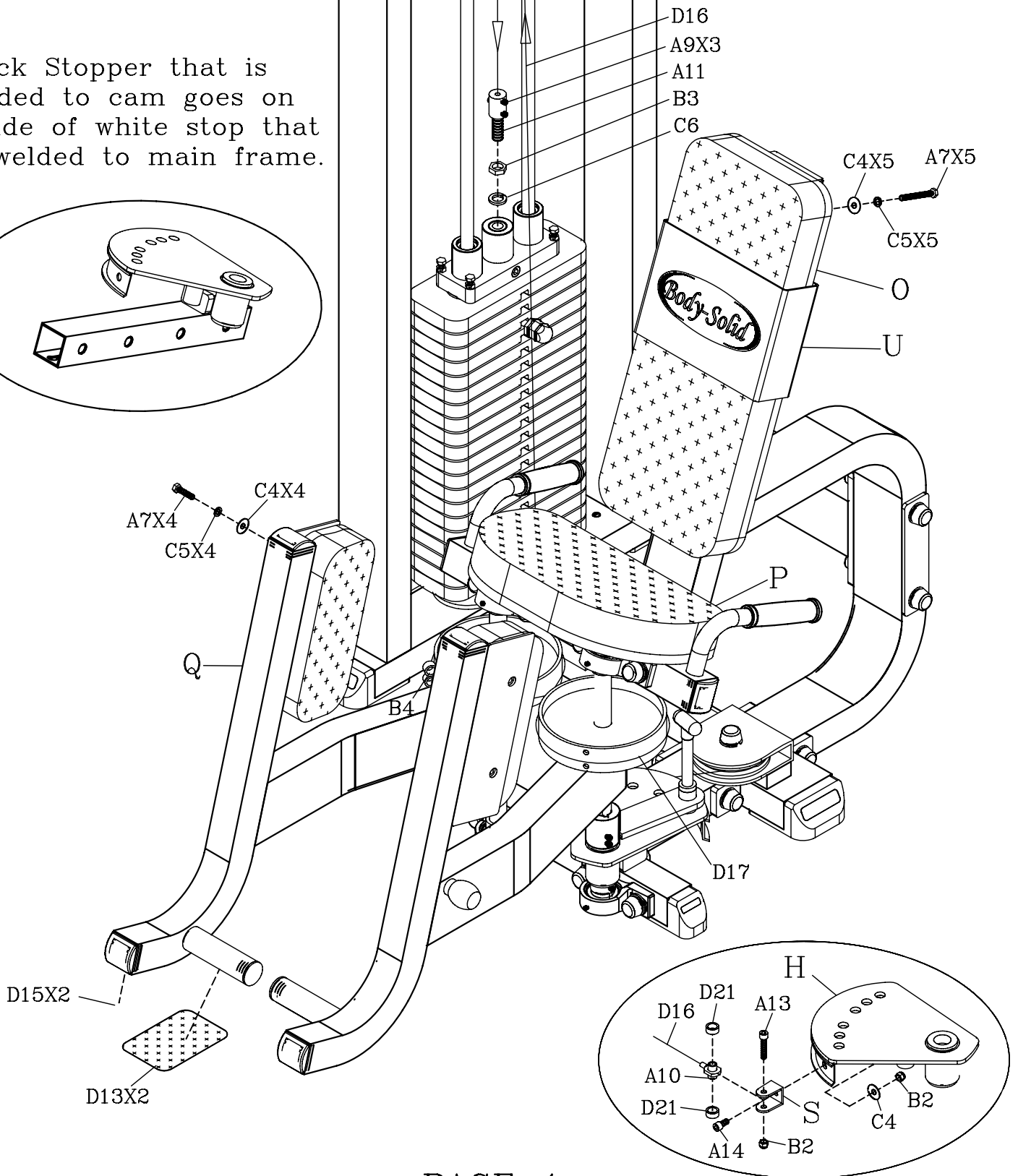
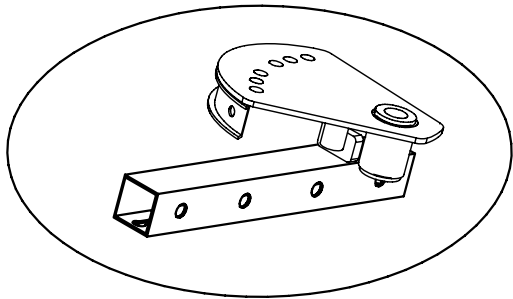


M [2PCS]

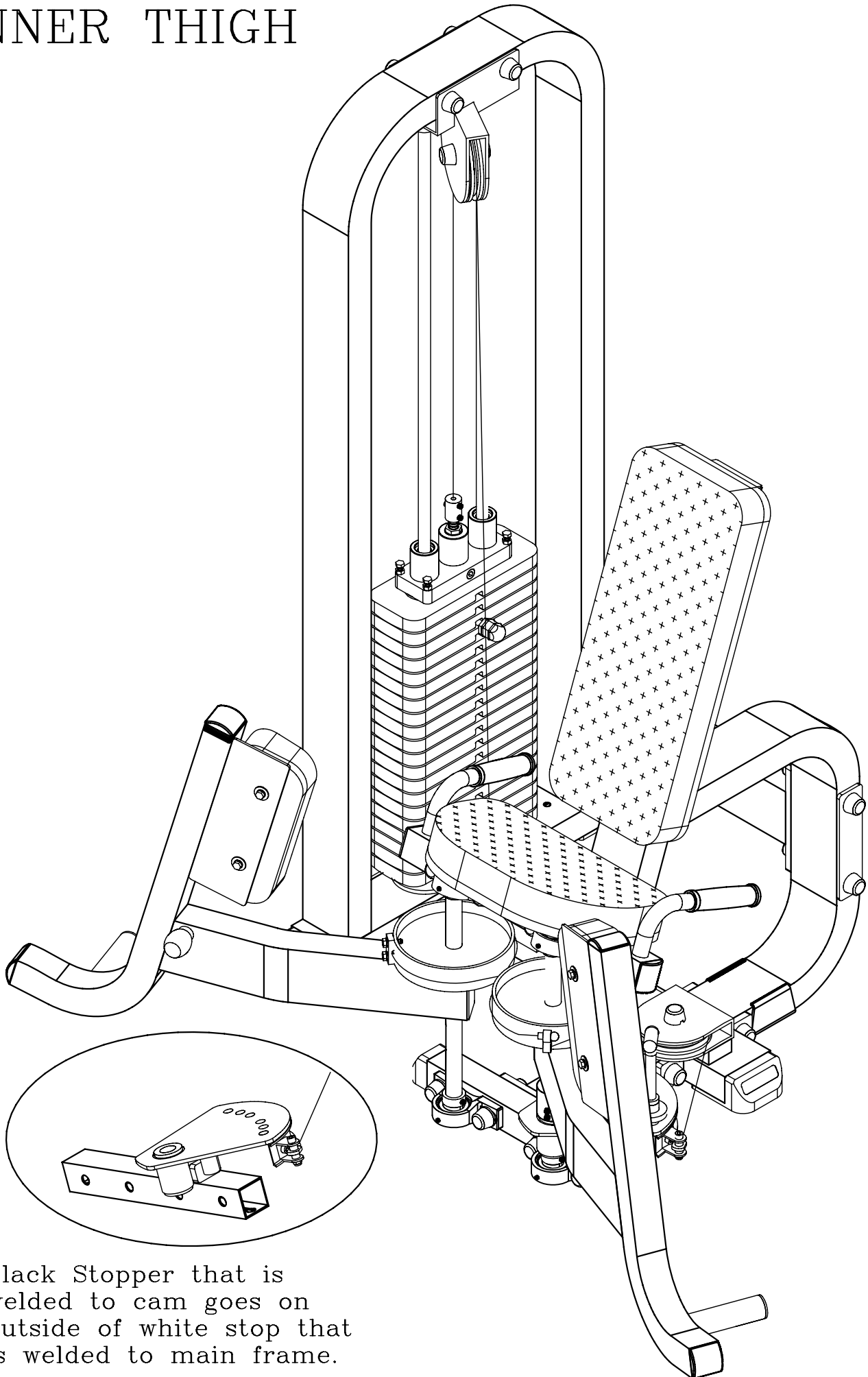


STH-1100G OUTER THIGH

Black Stopper that is welded to cam goes on inside of white stop that is welded to main frame.



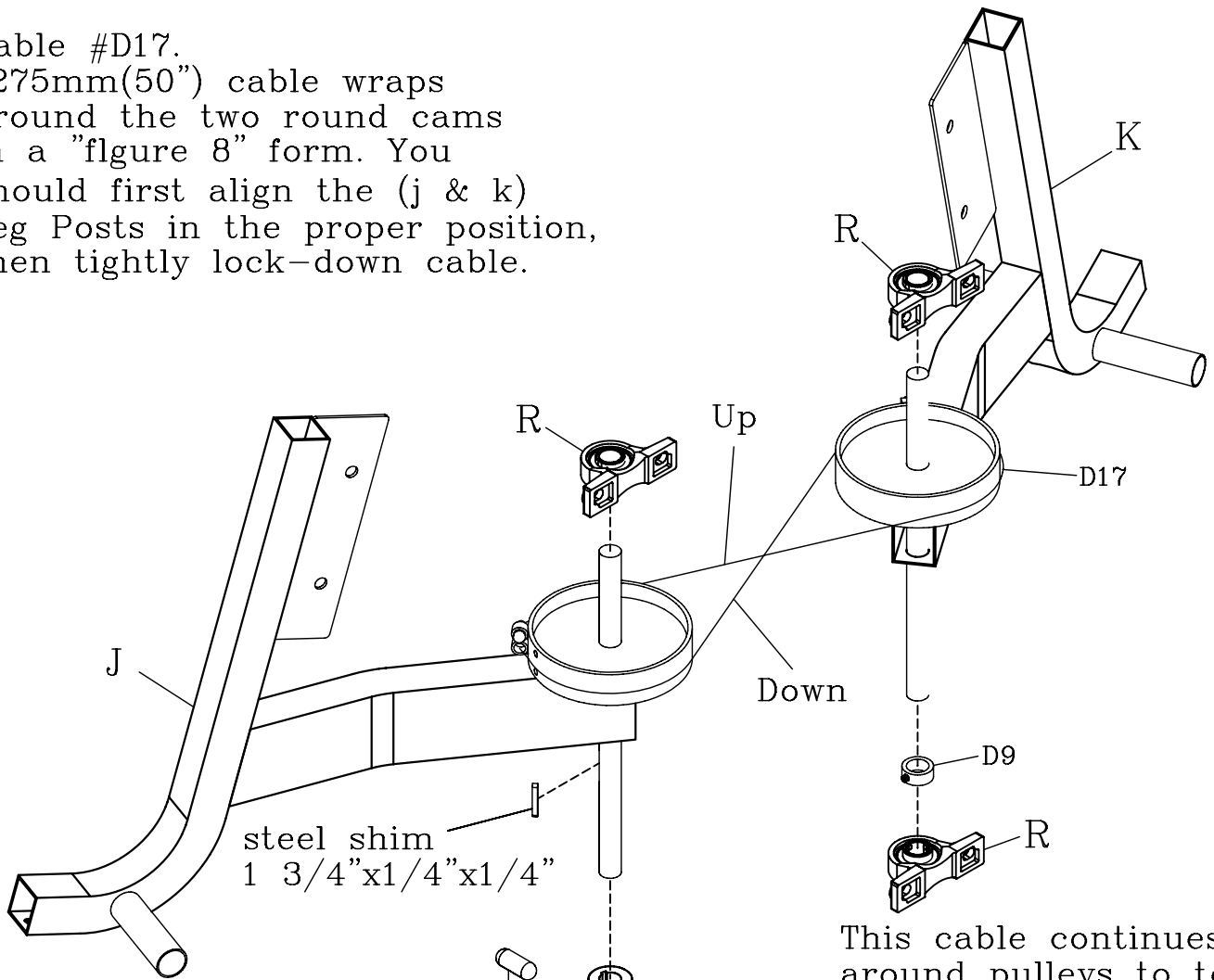
STH-1100G INNER THIGH



Black Stopper that is welded to cam goes on outside of white stop that is welded to main frame.

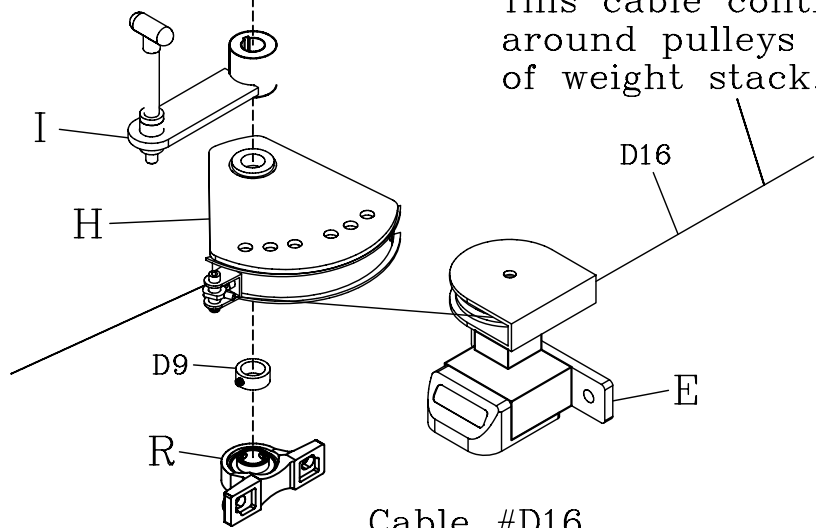
STH-1100G INNER THIGH

Cable #D17.
1275mm(50") cable wraps
around the two round cams
in a "figure 8" form. You
should first align the (j & k)
Leg Posts in the proper position,
then tightly lock-down cable.



Install the steel
shim as shown
and lock it into
place with the
two allen screws.

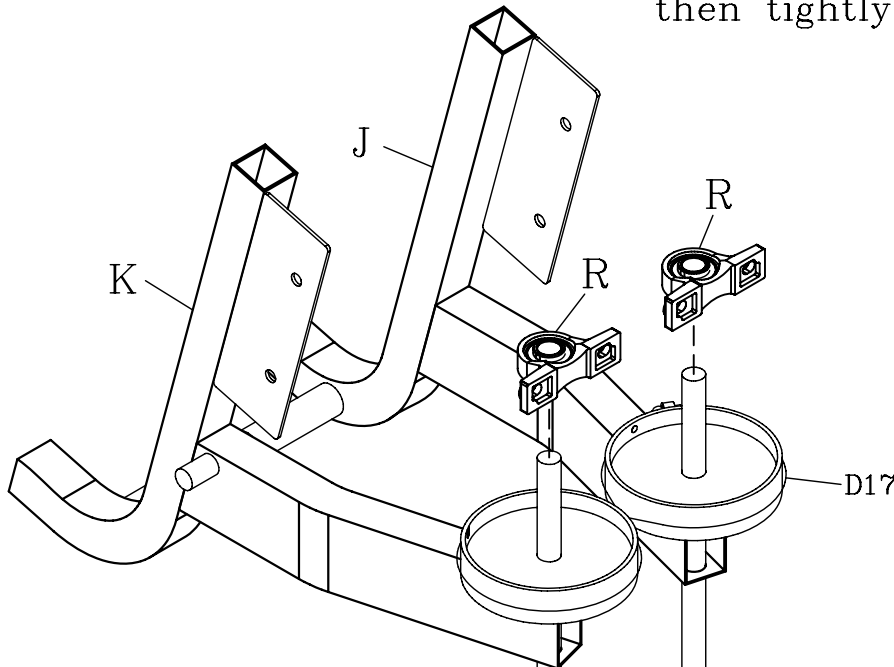
Black Cam should be
pointing outward
from machine.



Cable #D16.
3120mm(123") cable. Attach
cable for Inner Thigh machine
here first. Cable should then
go around pulleys and down
to weight stack top plate.

STH-1100G OUTER THIGH

Cable #D17.
1275mm(50") cable wraps
around the two round cams
in a "figure 8" form. You
should first align the (j & k)
Leg Posts in the proper position,
then tightly lock-down cable.

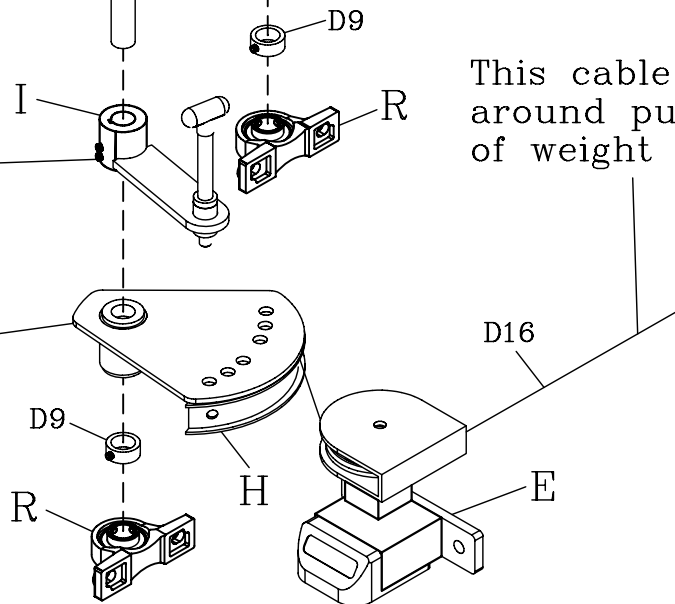


steel shim
1 3/4"x1/4"x1/4"

Install the steel
shim as shown
and lock it into
place with the
two allen screws.

Black Cam should be
pointing outward
from machine.

This cable continues
around pulleys to top
of weight stack.



Cable #D16.
3120mm(123") cable. Attach
cable for Outer Thigh machine
left side of black cam first.
Cable should then go around
pulleys and down to weight
stack top plate.

STH-1100G

