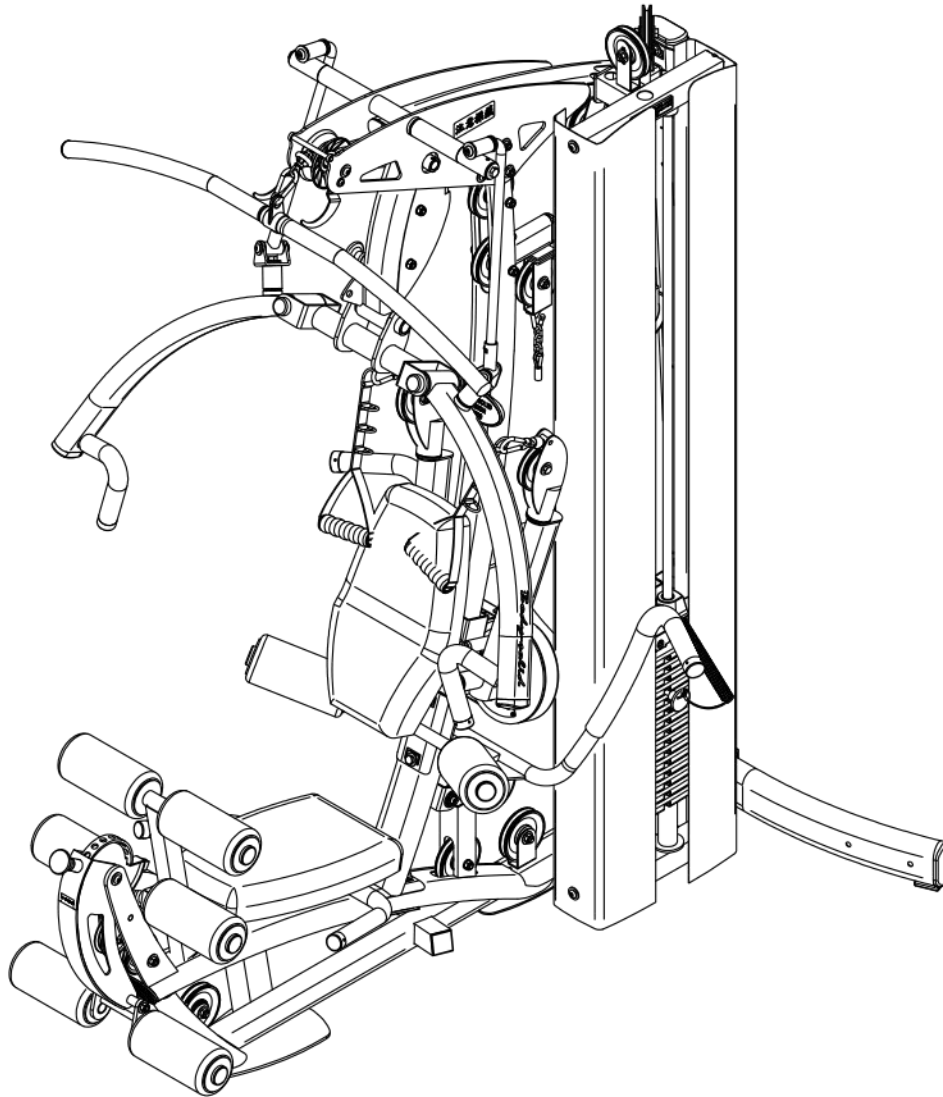


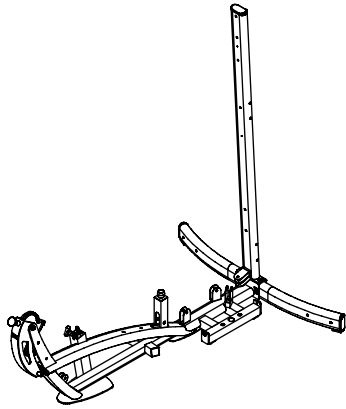
# Body-Solid



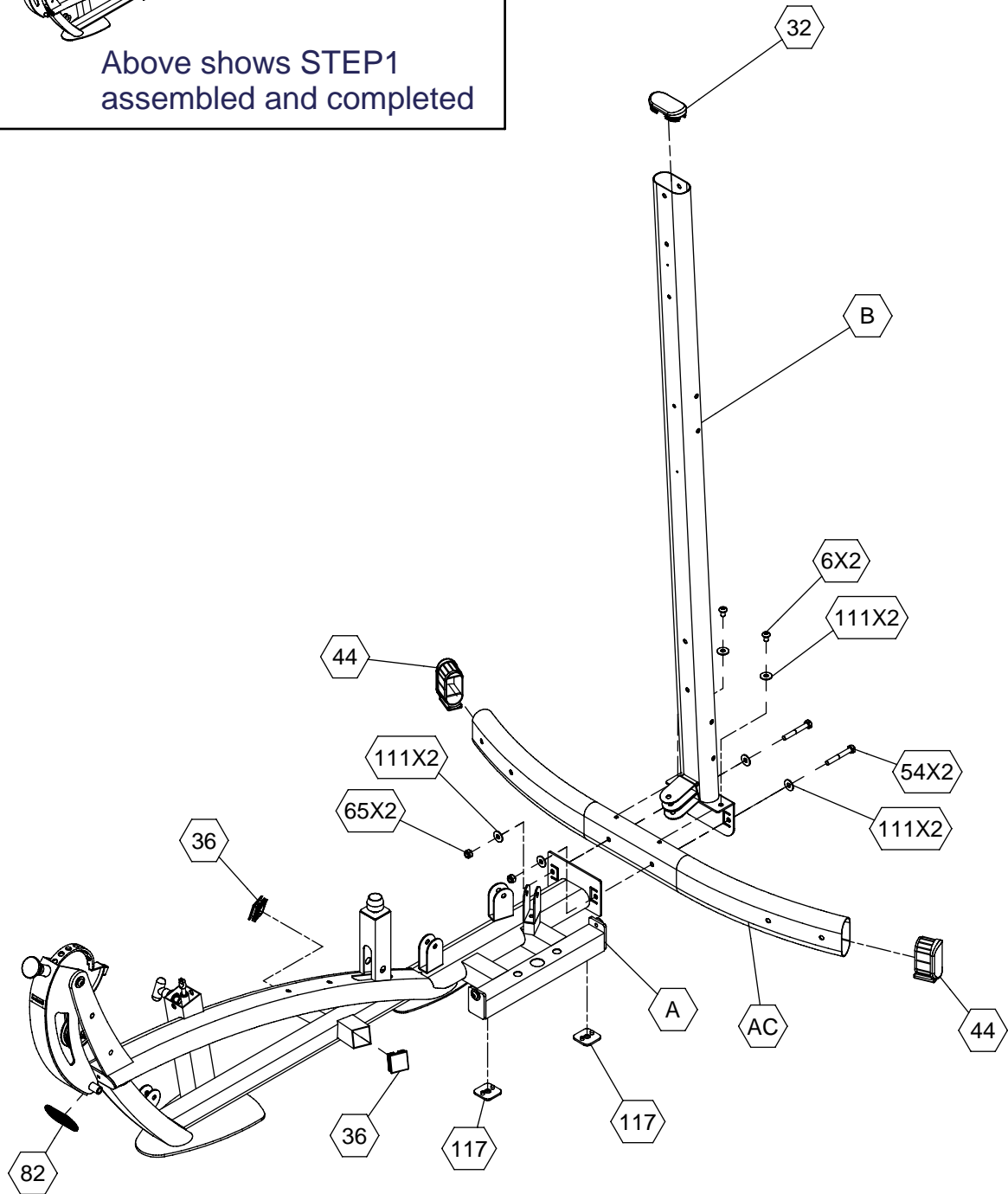
Sport-Thieme GmbH  
Helmstedter Straße 40  
38368 Grasleben  
Telefon: +49 (0) 5357 181-81  
Fax: +49 (0) 5357 181 90  
info@sport-thieme.de  
www.sport-thieme.de

## F600 OWNER'S MANUAL

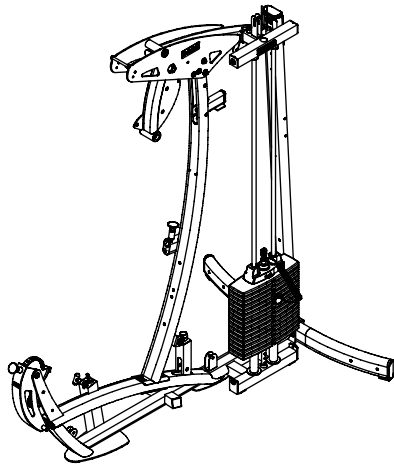
# F600 ASSEMBLY INSTRUCTIONS



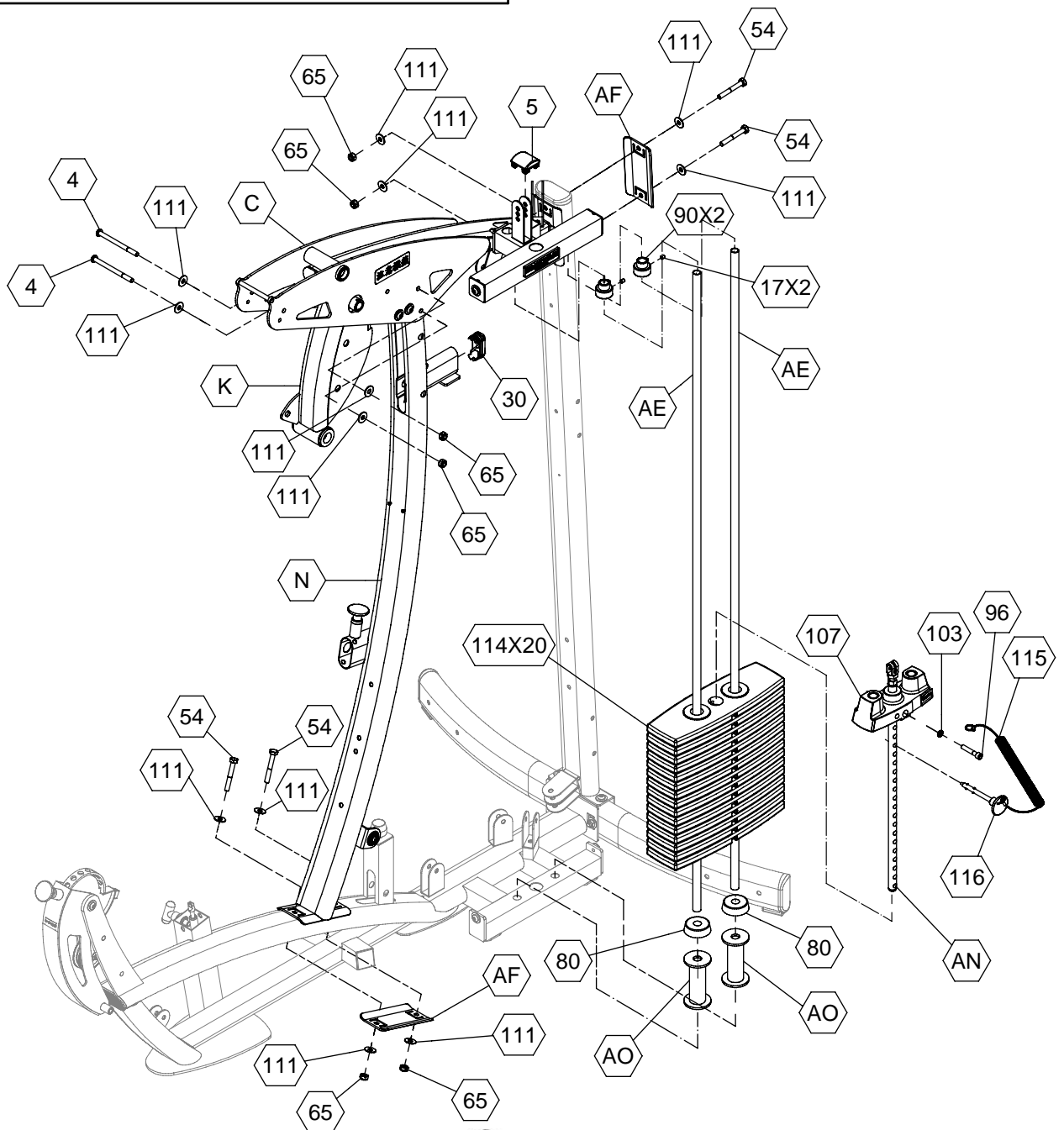
Above shows STEP1  
assembled and completed



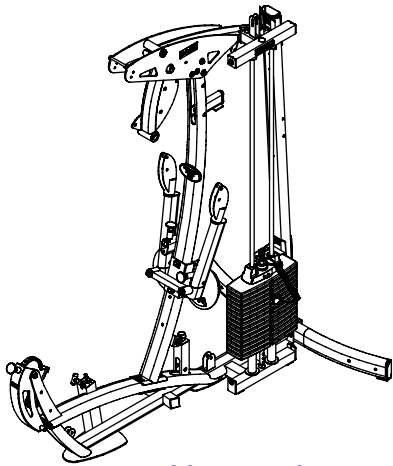
# F600 ASSEMBLY INSTRUCTIONS



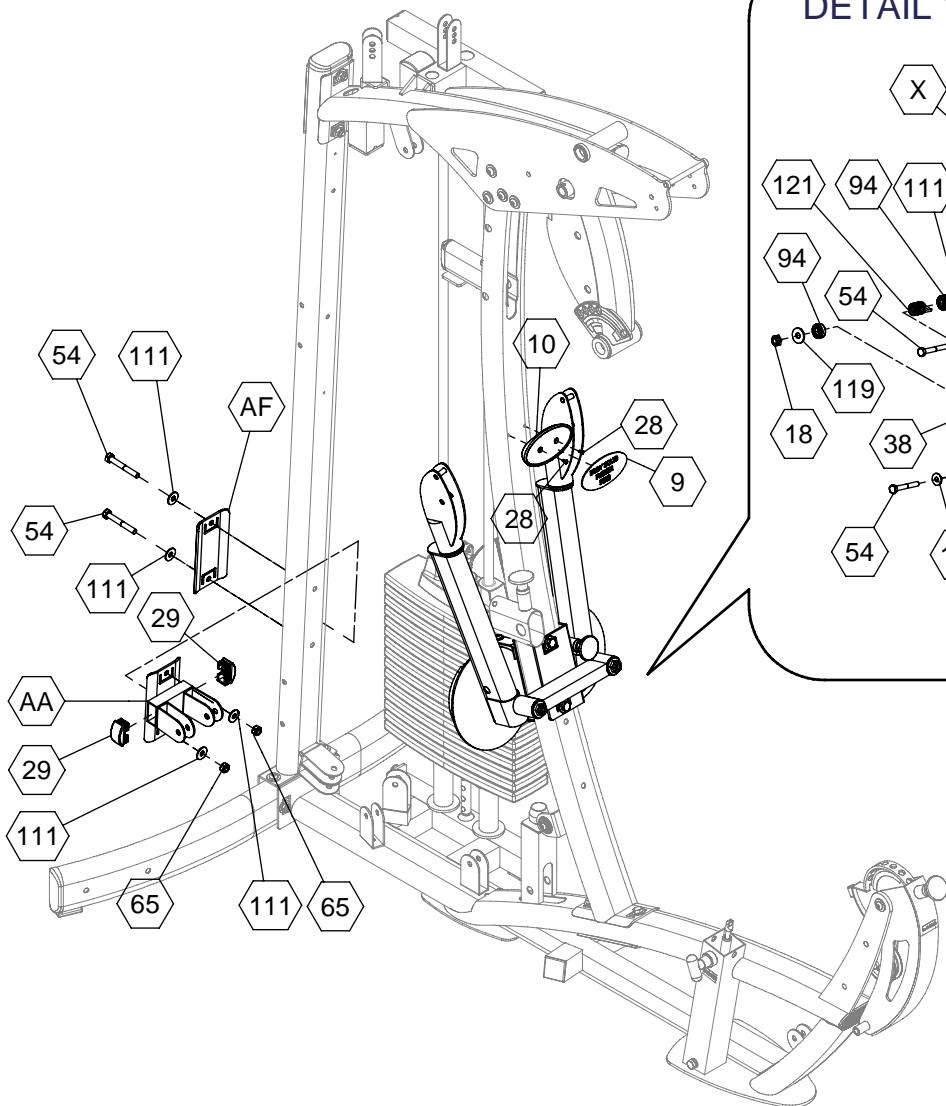
Above shows STEP2  
assembled and completed



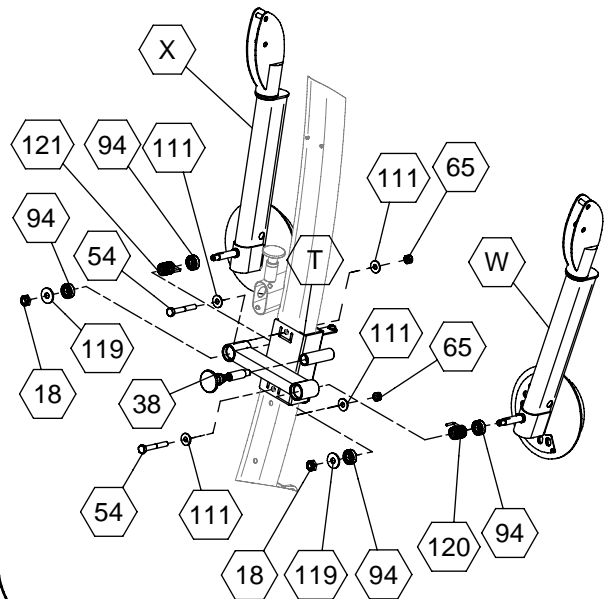
# F600 ASSEMBLY INSTRUCTIONS



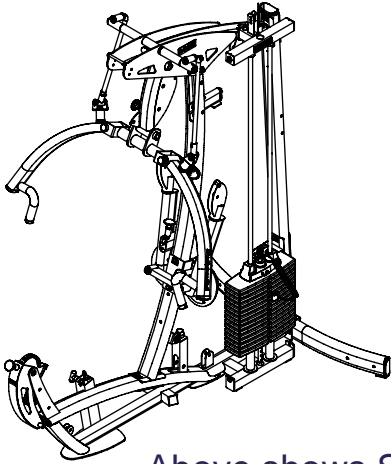
Above shows STEP3  
assembled and completed



## DETAIL VIEW

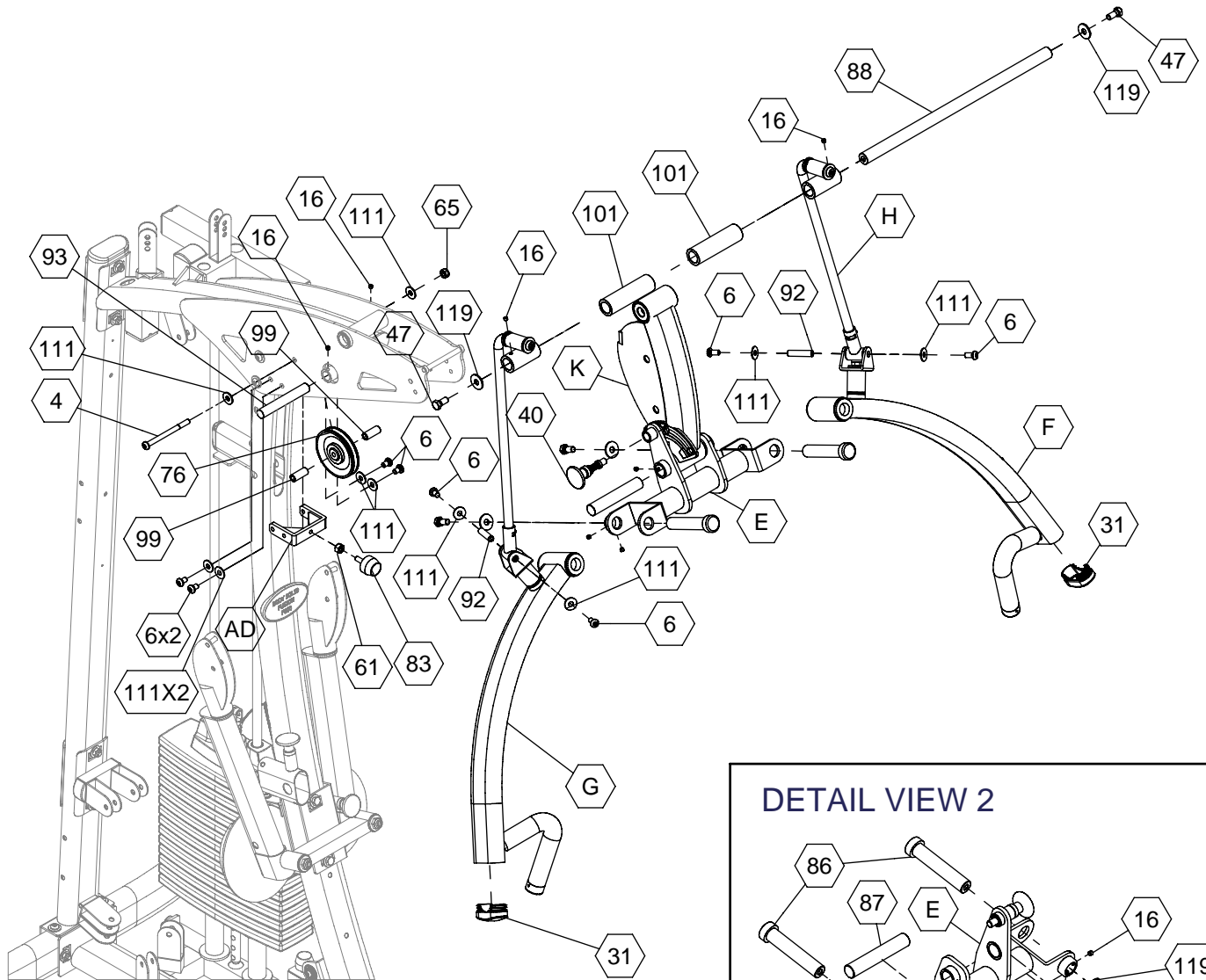
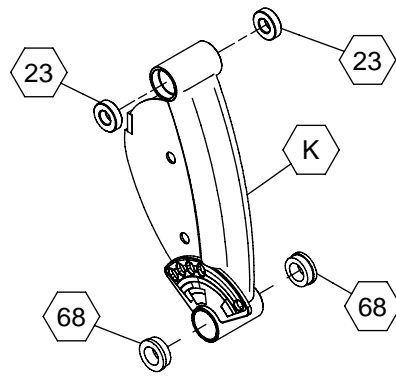


# F600 ASSEMBLY INSTRUCTIONS



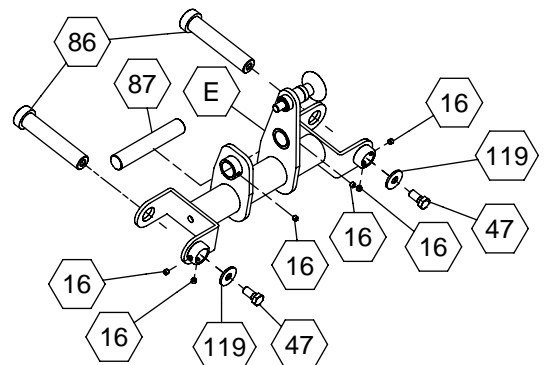
Above shows STEP4 assembled and completed

## DETAIL VIEW 1

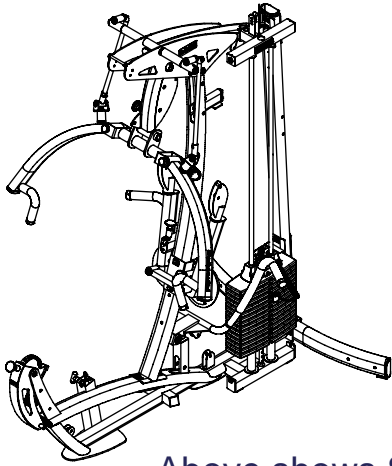


ATTENTION : NEED TO LOOSEN BOTH ALLEN SCREW PART 16, IN ORDER TO REMOVE SHAFT

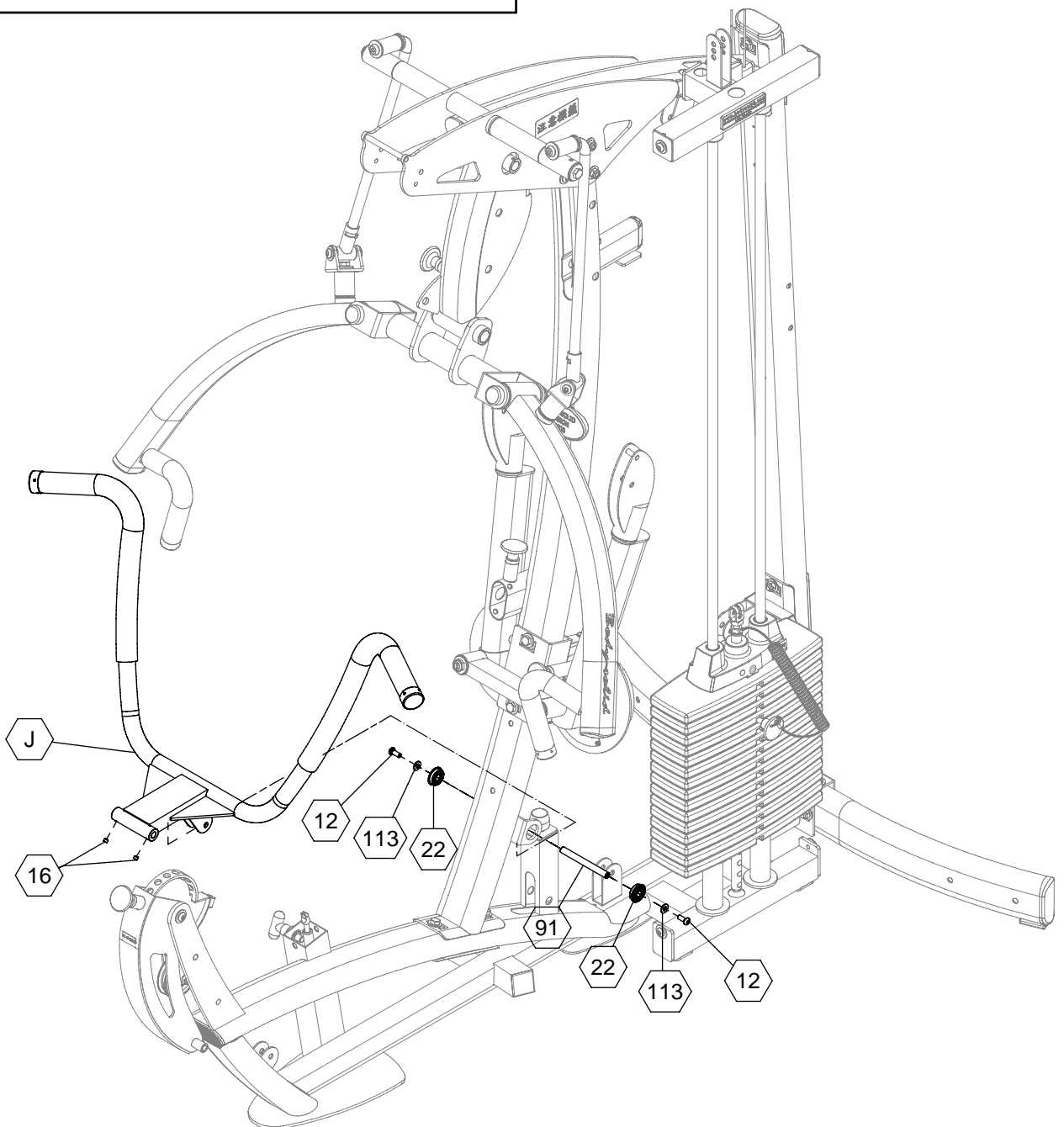
## DETAIL VIEW 2



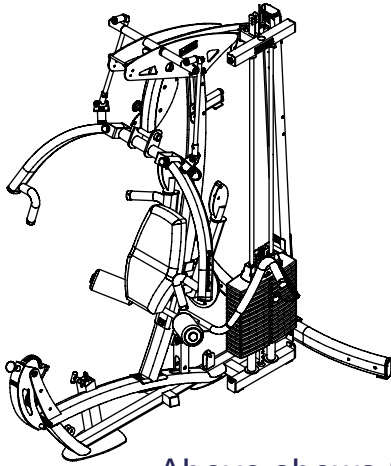
# F600 ASSEMBLY INSTRUCTIONS



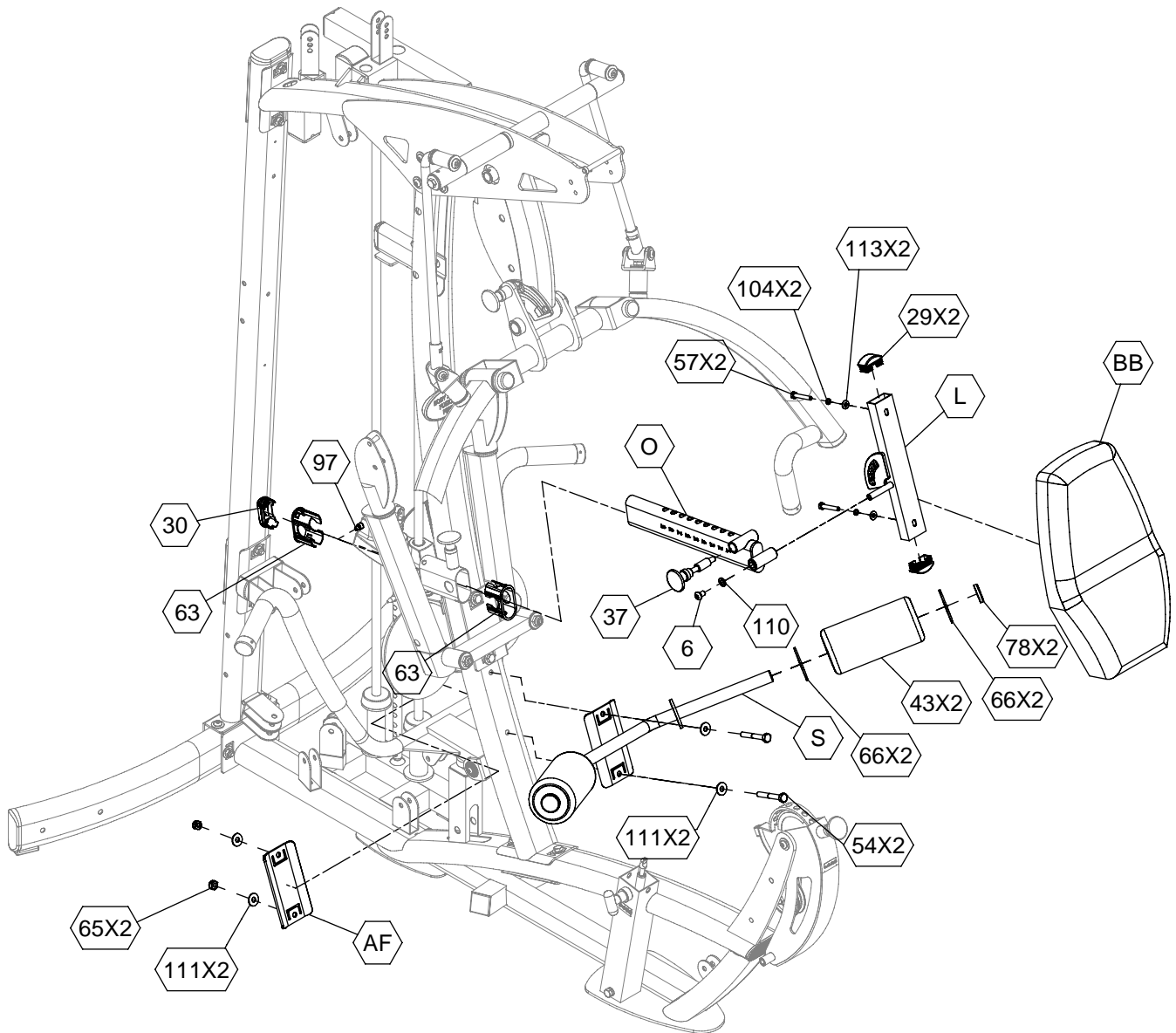
Above shows STEP5  
assembled and completed



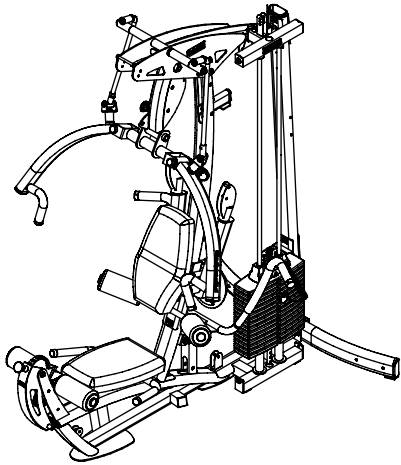
# F600 ASSEMBLY INSTRUCTIONS



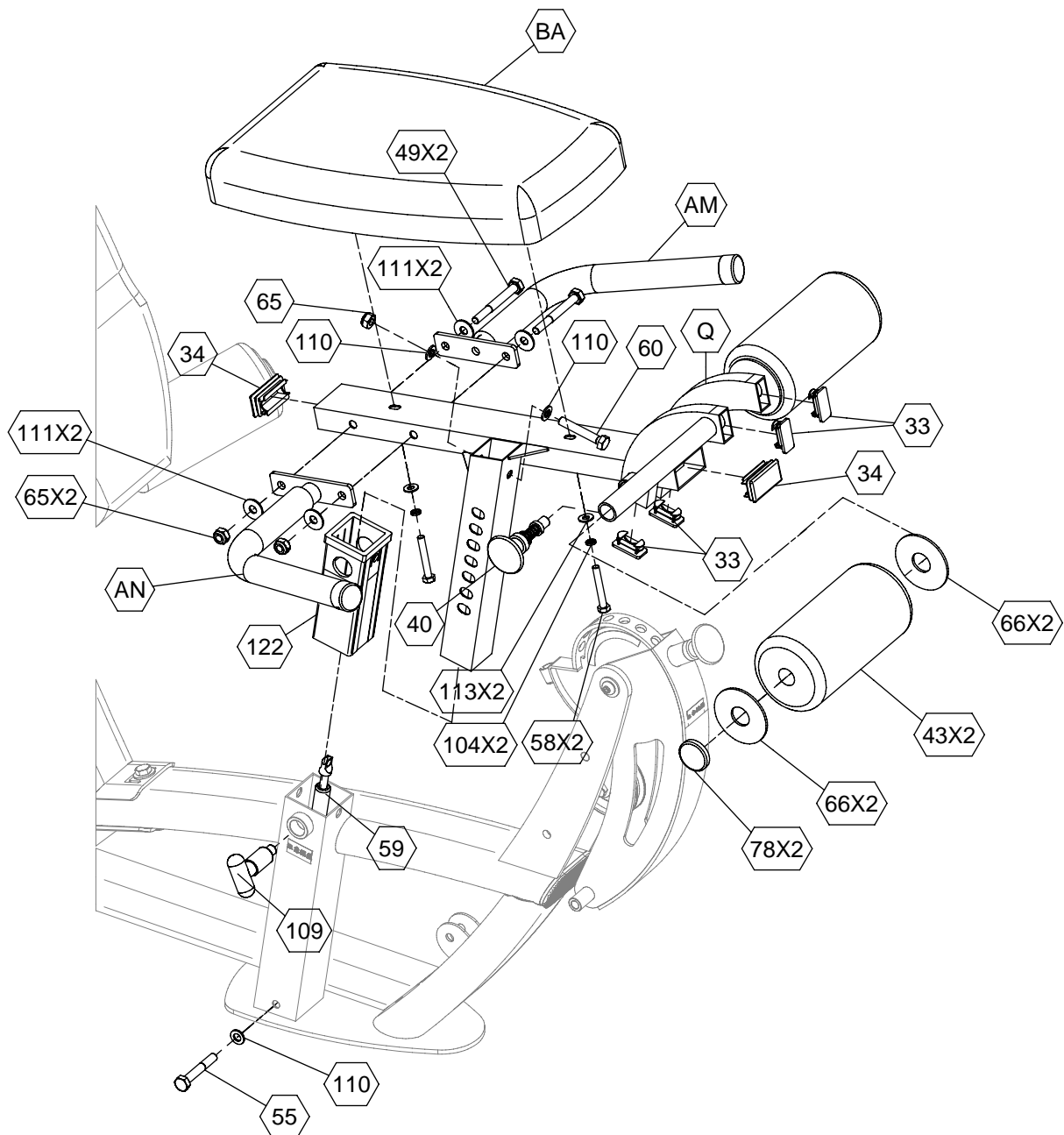
Above shows STEP6  
assembled and completed



# F600 ASSEMBLY INSTRUCTIONS

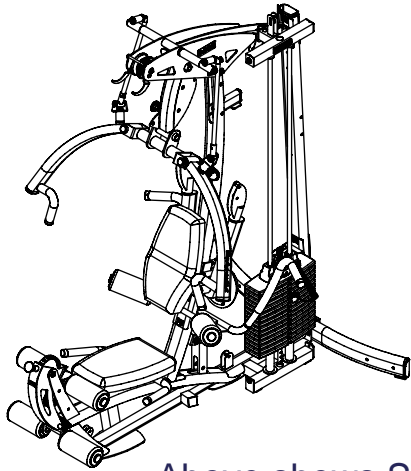


Above shows STEP7  
assembled and completed

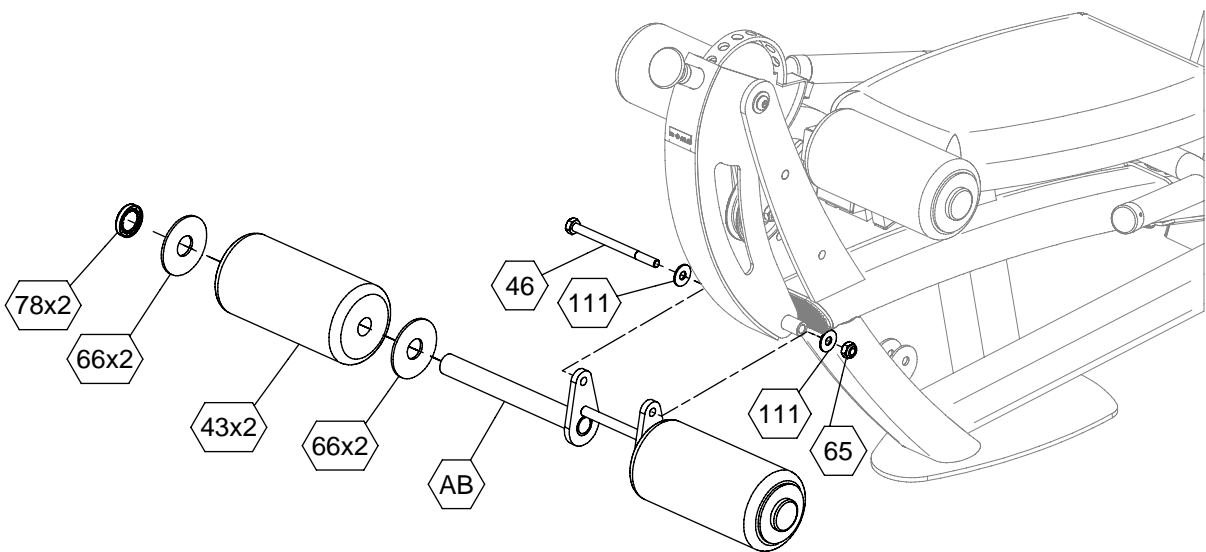
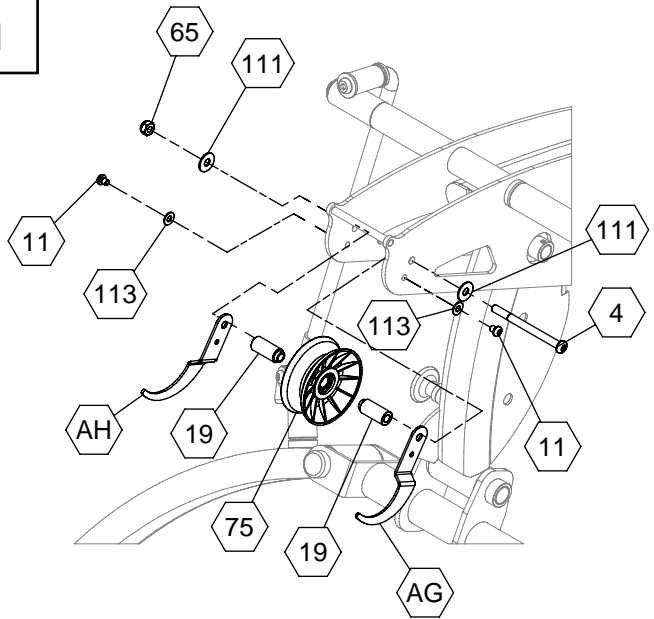




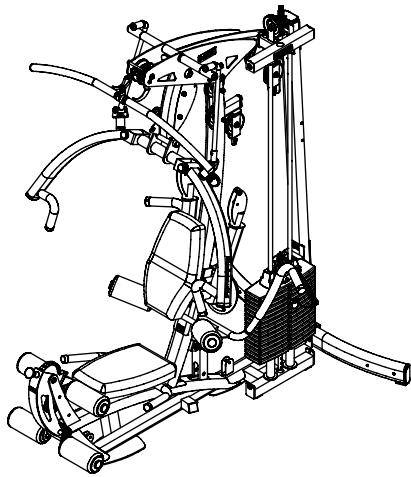
# F600 ASSEMBLY INSTRUCTIONS



Above shows STEP8 assembled and completed

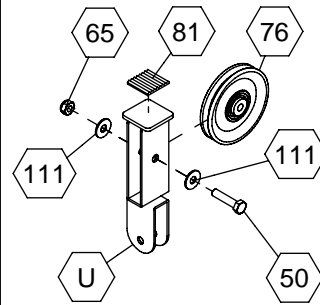


# F600 ASSEMBLY INSTRUCTIONS

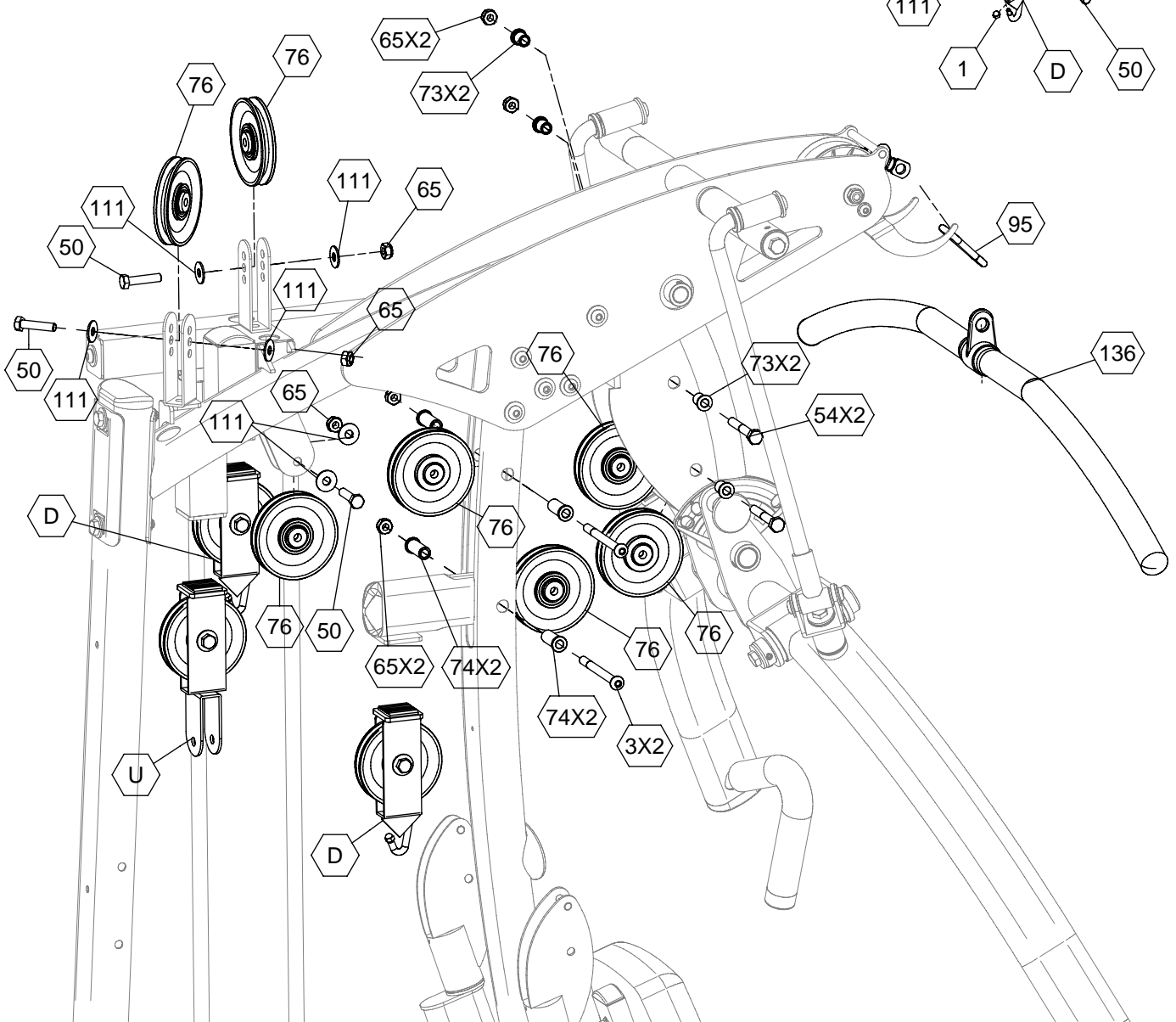
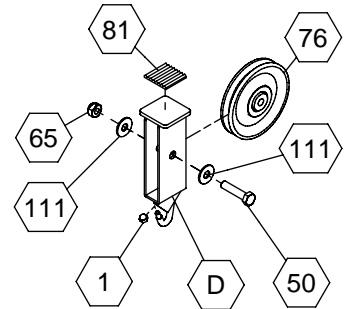


Above shows STEP9 assembled and completed

## step 01.

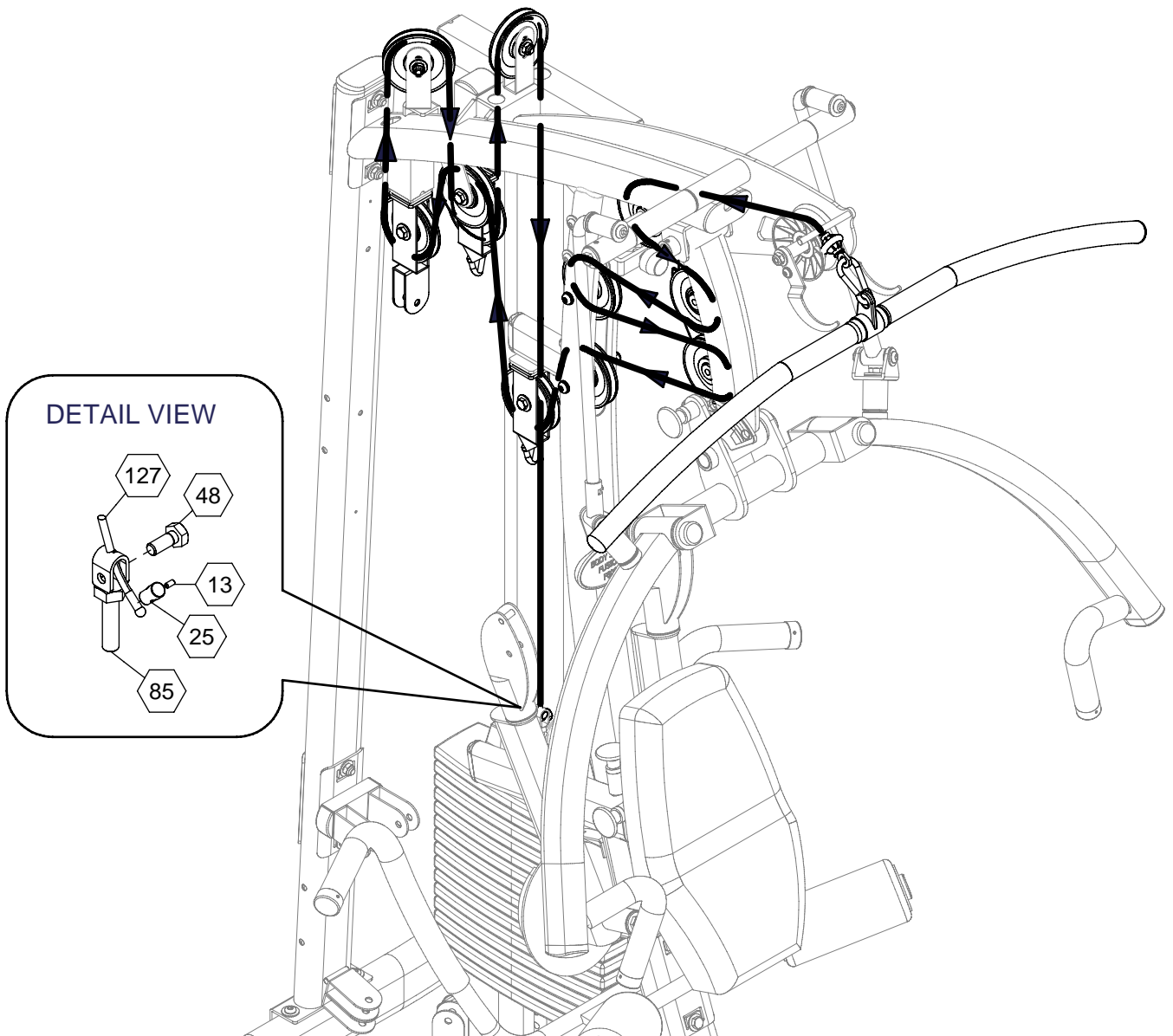


## step 02.

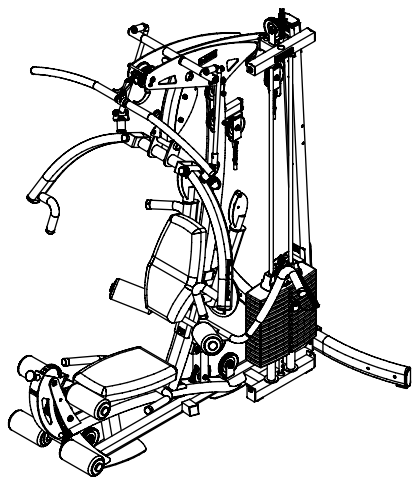


## Cable to constitute illustration

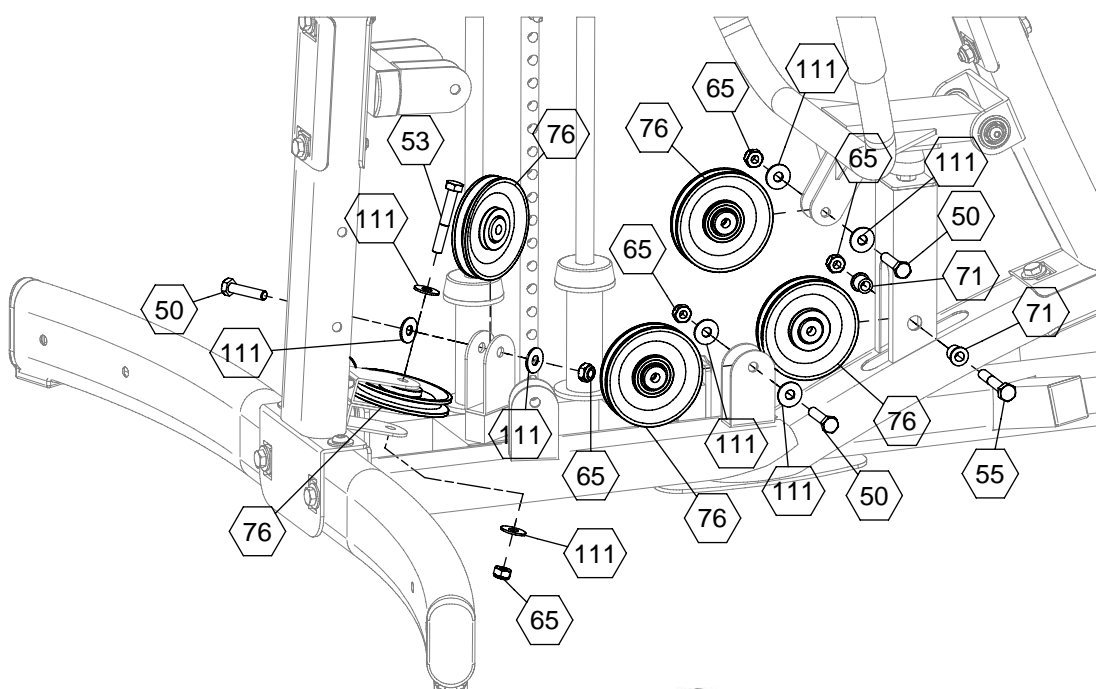
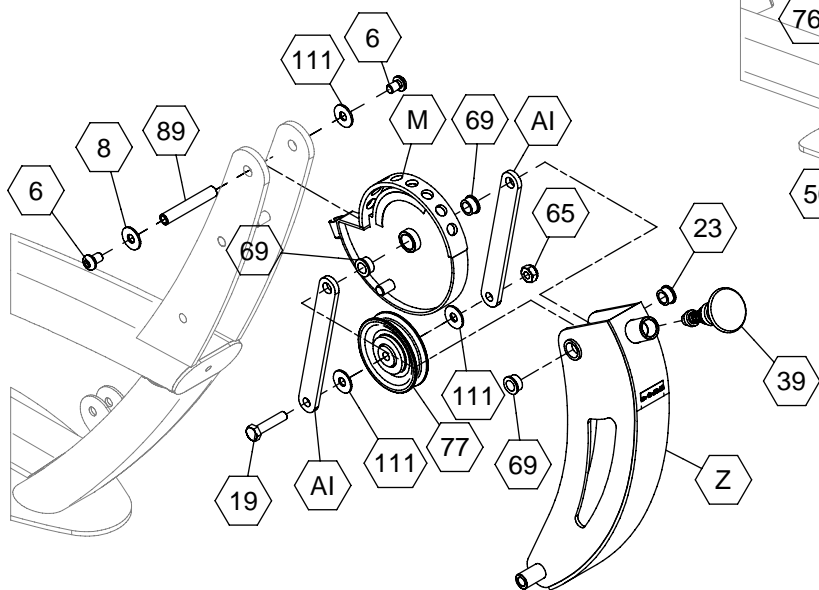
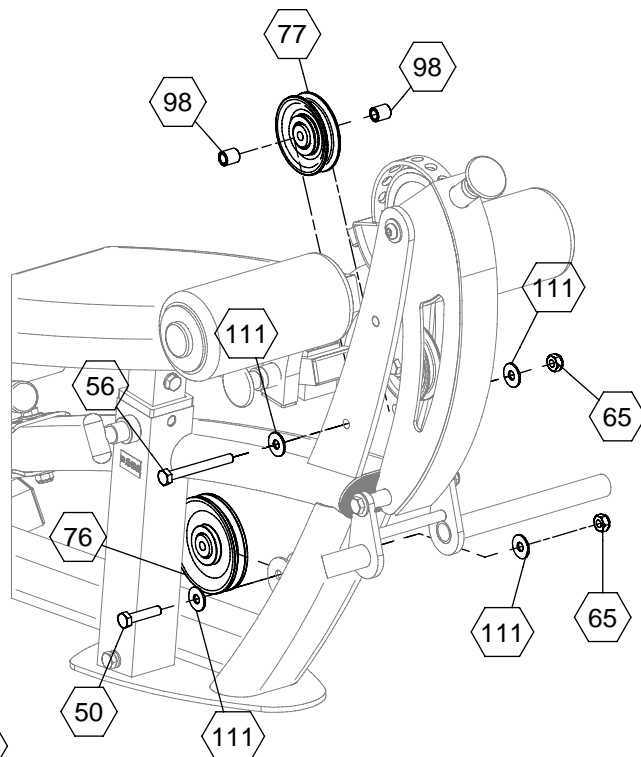
### LAT PULLDOWN CABLE (127)



# F600 ASSEMBLY INSTRUCTIONS



Above shows STEP10 assembled and completed

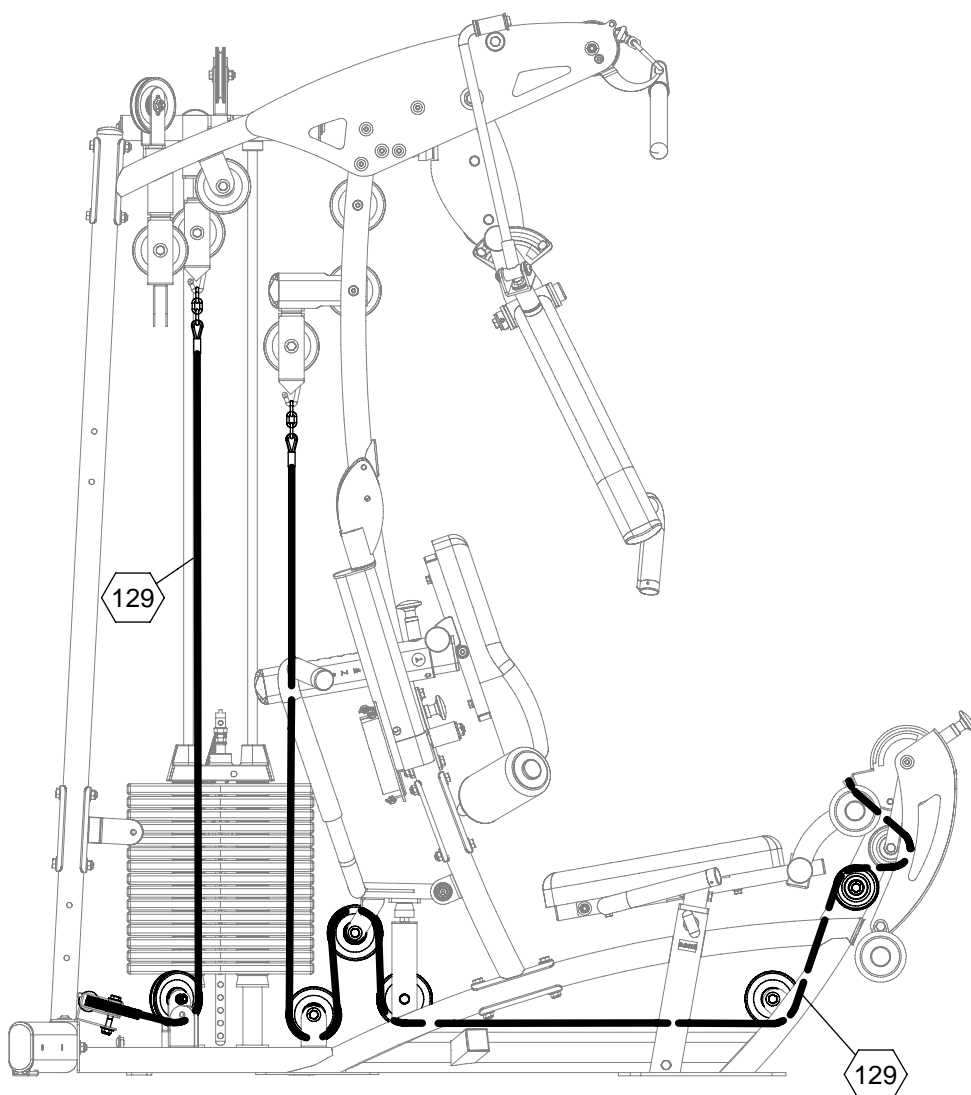
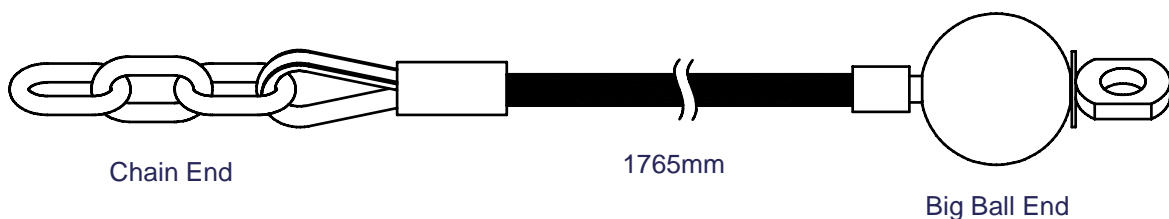


## Cable to constitute illustration

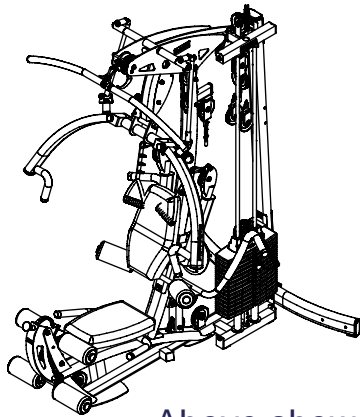
### LE/LC CABLE (128)



### LEFT ATTACHMENT CABLE (129)

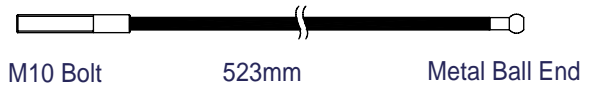


# F600 ASSEMBLY INSTRUCTIONS



Above shows STEP11 assembled and completed

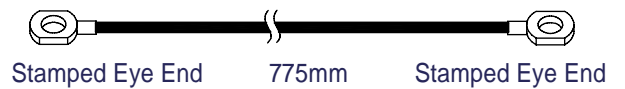
## TURNPLATE CABLE (130)



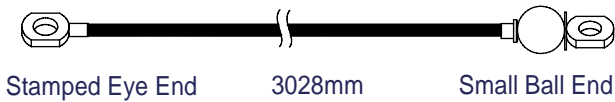
## RIGHT ATTACHMENT CABLE (131)



## SHORT CABLE (132)

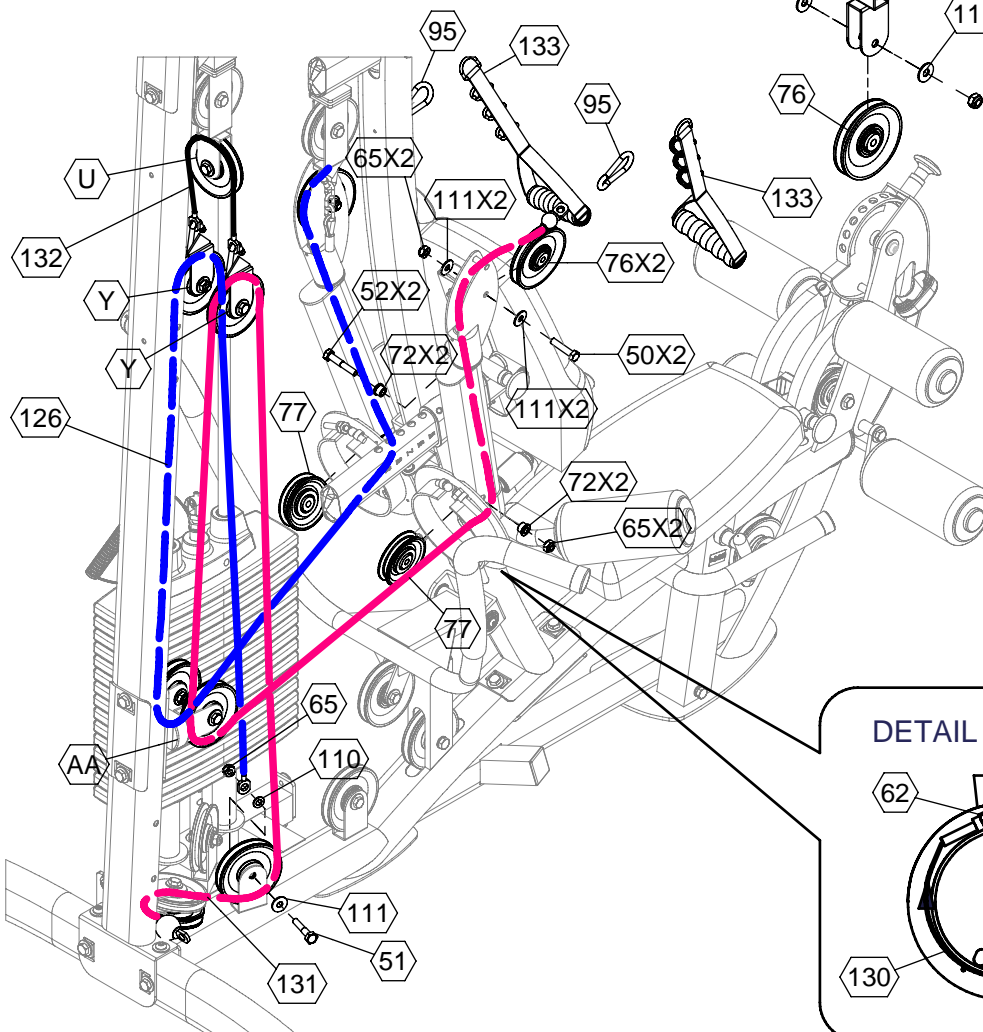


## FUNCTIONAL TRAINING ARM CABLE (126)

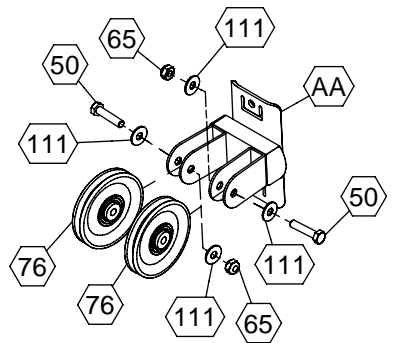


Step 01.

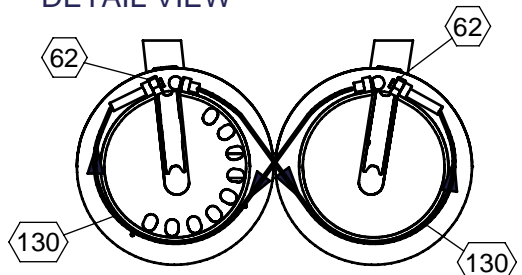
Step 02.



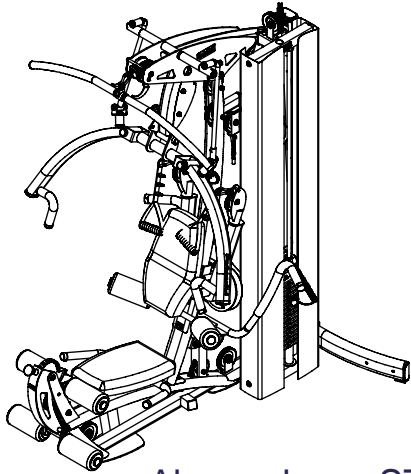
Step 03.



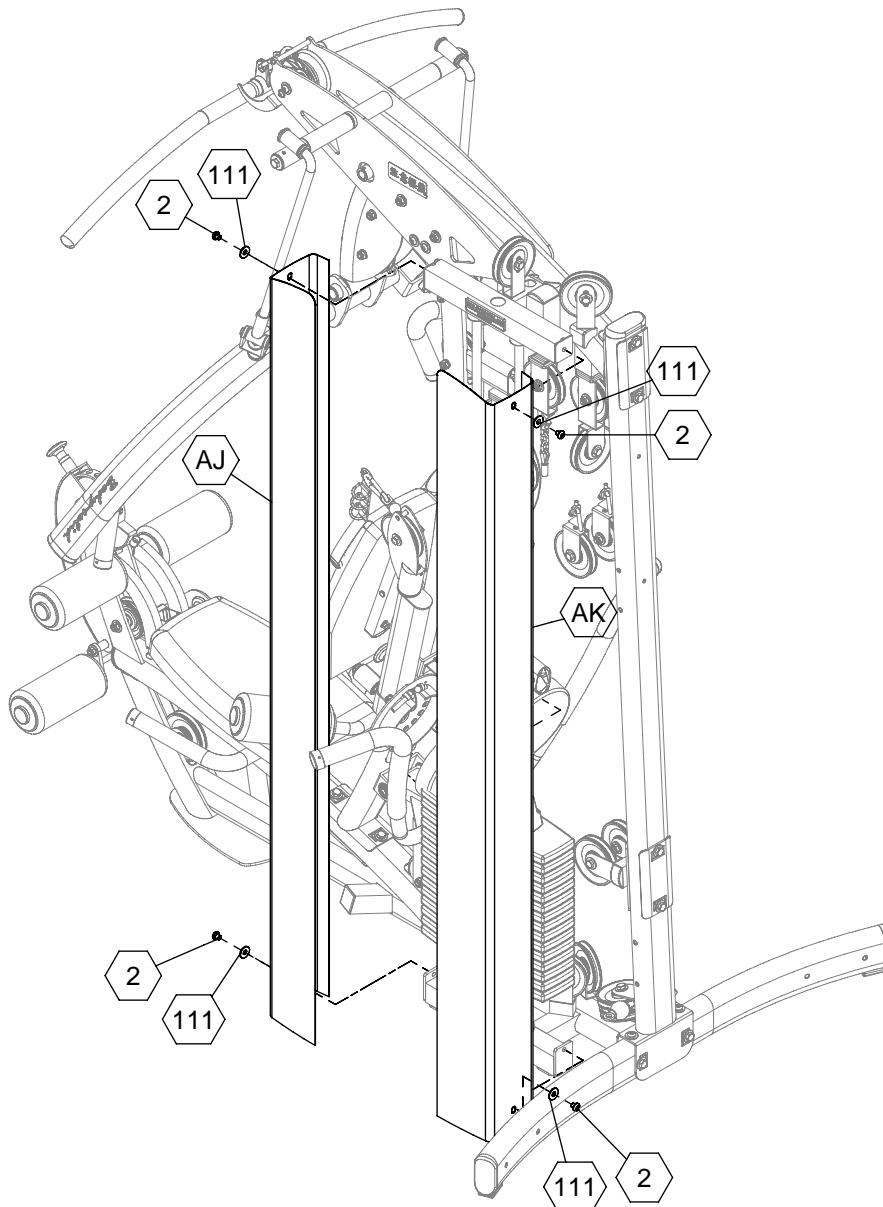
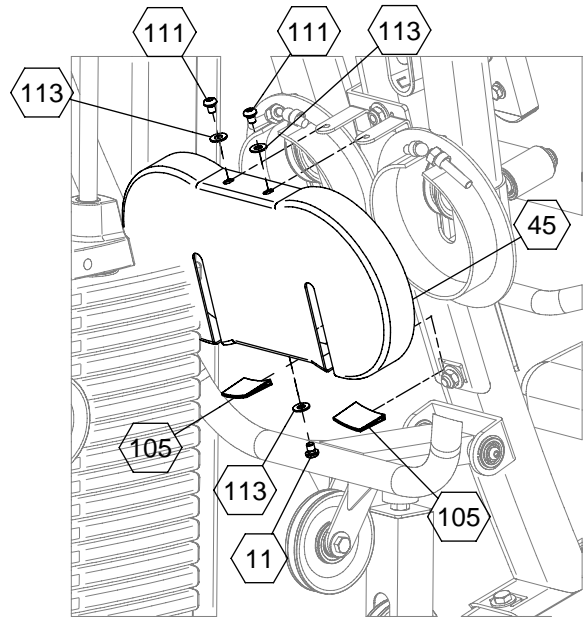
### DETAIL VIEW



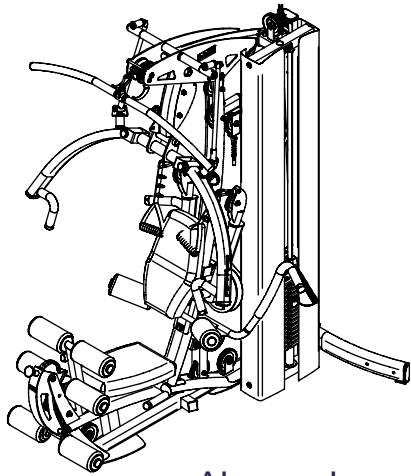
# F600 ASSEMBLY INSTRUCTIONS



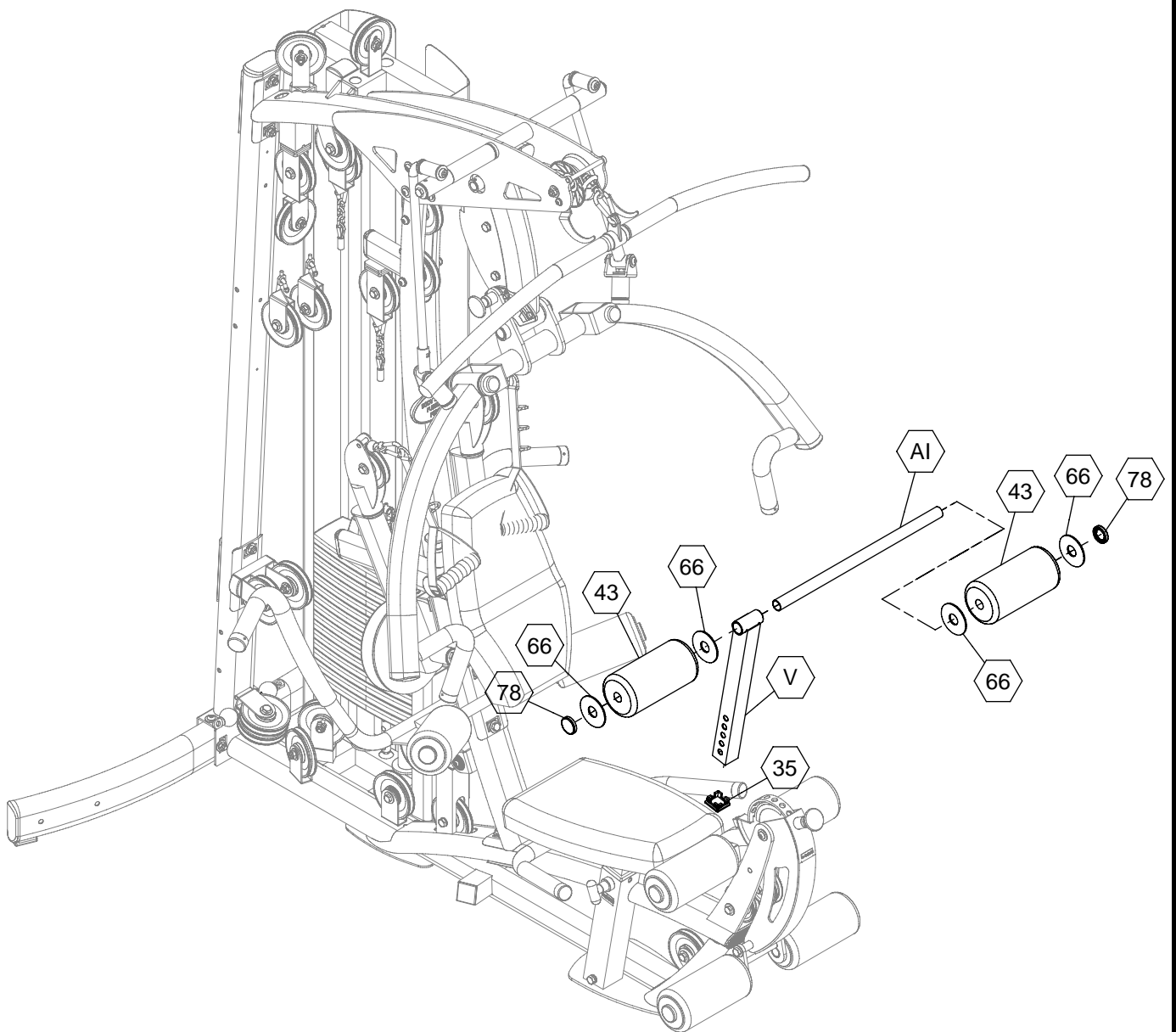
Above shows STEP12 assembled and completed



# F600 ASSEMBLY INSTRUCTIONS



Above shows STEP13  
assembled and completed





## F600 Mainframe Parts List

KEY#	QTY	PART#	DESCRIPTION
A	1		MAIN BASE FRAME
B	1		REAR UPRIGHT FRAME
C	1		MAIN TOP FRAME
D	2		PULLY HOLDER WITH STOP
E	1		PRESS ARM PIVOT
F	1		SEATED PRESS ARM (left side)
G	1		SEATED PRESS ARM (right side)
H	1		BI ANGULAR BAR
H1	1		BI ANGULAR LEFT ARM
H2	1		BI ANGULAR RIGHT ARM
H3	2		BI ANGULAR JUNCTION
H4	2		BI ANGULAR PIVOT
I	2		SEATED PRESS ARM PIVOT
J	1		MID ROW ARM
K	1		PRESS ARM SUPPORT
L	1		PIVOTING BACK REST FRAME
M	1		LEG DEVELOPER CAM
N	1		MAIN FRONT FRAME
O	1		BACK PAD ADJUSTER
P	1		SELECTOR ROD
Q	1		ADJUSTABLE SEAT FRAME
R	2		PULLY HOLDER
S	1		LEG HOLD DOWN FRAME
T	1		FUNCTIONAL TRAINING ARMS PIVOT BASE
U	1		HOLDER FOR DOUBLE CROSSED PULLIES
V	1		SELECTOR LEG HOLD DOWN
W	1		FUNCTIONAL TRAINING ARM (left side)
X	1		FUNCTIONAL TRAINING ARM (right side)
Y	2		END PULLY HOLDER
Z	1		LEG DEVELOPER ARM
AA	1		FUNCTIONAL TRAINING ARMS REAR PULLY SUPPORT
AB	1		PIVOTING ROLLER FRAME
AC	1		REAR LEG
AD	1		PRESS ARM STOP
AE	2		CHROME GUIDE ROD
AF	4		CONTOURED BACKING PLATE 170L
AG	1		LAT PULL DOWN BAR HOLDER (left side)
AH	1		LAT PULL DOWN BAR HOLDER (right side)
AI	2		FLAT PLATE 198L
AJ	1		FRONT SHROUD
AK	1		BACK SHROUD
AL	1		ROLLER BAR (1"X500L)
AM	1		LEFT ARMREST
AN	1		RIGHT ARMREST
AO	2		WEIGHT STACK SUPPORT FRAME

**Part numbers are required when ordering parts.**

## Pads List

KEY	QTY	PART#	DESCRIPTION
BA	1		SEAT PAD
BB	1		BACK PAD

## F600 Hardware List

KEY#	QTY	PART#	DESCRIPTION
1	4		ACORN CAP NUT M6 preinstalled
2	4		ALLEN HEAD BOLT M10 X 10L FULL THREAD
3	2		ALLEN HEAD BOLT M10 X 115L PARTIAL THREAD
4	4		ALLEN HEAD BOLT M10 X 125L PARTIAL THREAD
5	1		CONVEX END CAP 50 X 50
6	13		ALLEN HEAD BOLT M10 X 15L FULL THREAD
7	8		SMOOTH PASTER
8	2		ALLEN HEAD BOLT M12 X 20L FULL THREAD
9	1		NAMEPLATE
10	1		NAMEPLATE SEAT
11	5		ALLEN HEAD BOLT M8 X 10L FULL THREAD
12	2		ALLEN HEAD BOLT M8 X 20L FULL THREAD
13	1		ALLEN SCREW M4 X 8L FULL THREAD
14	2		ALLEN SCREW M5 X 10L FULL THREAD - preinstalled
15	12		ALLEN SCREW M5 X 5L FULL THREAD
16	12		ALLEN SCREW M8 X 6L FULL THREAD
17	2		ALLEN SCREW M8 X 8L FULL THREAD
18	2		NYLON LOCK NUT M12
19	2		BEARING BUSHING $\Phi$ 20 X 46L
20	2		BEARING BUSHING $\Phi$ 37 ID X $\Phi$ 42 OD - preinstalled
21	2		BEARING BUSHING $\Phi$ 37 ID X $\Phi$ 50 OD - preinstalled
22	2		BEARING $\Phi$ 12 ID X $\Phi$ 32 OD
23	2		BEARING $\Phi$ 20 ID X $\Phi$ 42 OD - preinstalled
24	4		BEARING $\Phi$ 30 ID X $\Phi$ 37 OD - preinstalled
25	1		CABLE END SHAFT
26	2		CHROME COLLAR $\Phi$ 26 ID X $\Phi$ 35 OD
27	2		CHROME COLLAR $\Phi$ 26 ID X $\Phi$ 38 OD
28	2		TAPERED CROSSHEAD SCREW M5 X 10L FULL THREAD
29	4		CONVEX END CAP 1" X 2"
30	2		CONVEX END CAP 30 X 70
31	2		CONVEX END CAP 40 X 80
32	1		CONVEX END CAP 50 X 100
33	4		FLAT END CAP 20 X 40
34	2		FLAT END CAP 30 X 60
35	1		FLAT END CAP 40 X 40
36	2		FLAT END CAP 45 X 45
37	1		FLAT HEAD POP PIN 124L (back pad angle adjuster)
38	1		FLAT HEAD POP PIN 138L

Part numbers are required when ordering parts.

## F600 Hardware List (continued)

KEY#	QTY	PART#	DESCRIPTION
39	1		FLAT HEAD POP PIN 89L
40	3		FLAT HEAD POP PIN 96L
41	2		FOAM GRIP $\Phi$ 34 OD X 325L (seated press)
42	2		FOAM GRIP $\Phi$ 40 OD X 500L (row bar)
43	8		FOAM ROLLER 4" X 8"
44	2		FOOT CAP 50 X 100
45	1		FUNCTIONAL TRAINING COVER
46	1		HEX HEAD BOLT M10 X 135L PARTIAL THREAD
47	6		HEX HEAD BOLT M12 X 20L FULL THREAD
48	1		HEX HEAD BOLT M10 X 25L FULL THREAD
49	2		HEX HEAD BOLT M10 X 85L PARTIAL THREAD
50	18		HEX HEAD BOLT M10 X 45L PARTIAL THREAD
51	1		HEX HEAD BOLT M10 X 50L PARTIAL THREAD
52	2		HEX HEAD BOLT M10 X 55L PARTIAL THREAD
53	1		HEX HEAD BOLT M10 X 70L PARTIAL THREAD
54	14		HEX HEAD BOLT M10 X 75L PARTIAL THREAD
55	2		HEX HEAD BOLT M10 X 65L PARTIAL THREAD
56	1		HEX HEAD BOLT M10 X 90L PARTIAL THREAD
57	2		HEX HEAD BOLT M8 X 50L PARTIAL THREAD
58	2		HEX HEAD BOLT M8 X 55L PARTIAL THREAD
59	1		HYDRAULIC SEAT ADJUSTER-preinstalled
60	1		HEX HEAD BOLT M10 X 60L PARTIAL THREAD
61	2		JAM NUT 3/8"
62	2		JAM NUT M10
63	2		NYLON BUSHING 40 X 80
64	2		CHROME COLLAR $\Phi$ 32 ID X $\Phi$ 42 OD
65	48		NYLON LOCK NUT M10
66	16		NYLON WASHER 3"
67	6		OILITE BUSHING 1"ID X 34 OD - preinstalled
68	6		OILITE BUSHING 1"ID X 45 OD - preinstalled
69	10		OILITE BUSHING 1/2" ID X 21 OD - preinstalled
70	4		OILITE BUSHING 19 ID X 26 OD - preinstalled
71	2		PULLY SPACER $\Phi$ 16 X 16L
72	4		PULLY SPACER $\Phi$ 16 X 12L
73	4		PULLY SPACER $\Phi$ 16 X 21.5L
74	4		PULLY SPACER $\Phi$ 16 X 42L
75	1		PULLY $\Phi$ 110
76	26		PULLY $\Phi$ 110
77	4		PULLY $\Phi$ 90
78	8		ROLLER END CAP
79	4		ROUND END CAP 1"
80	2		RUBBER DONUT $\Phi$ 63.5
81	3		RUBBER PAD 38 X 40
82	1		RUBBER PAD 55 X 100
83	2		RUBBER STOP 58.5L (3/8" bolt)
84	1		SELECTOR ROD (20 selector holes)
85	1		SELECTOR ROD TOP BOLT
86	2		SHAFT 1" X 141L
87	1		SHAFT 1" X 143.5L

**Part numbers are required when ordering parts.**

## F600 Hardware List (continued)

KEY#	QTY	PART#	DESCRIPTION
88	1		SHAFT 1" X 550L
89	1		SHAFT 1/2" X 77L
90	2		SHAFT COLLAR
91	1		SHAFT $\Phi$ 12 X 120.5L
92	2		SHAFT $\Phi$ 12.7 X 56L
93	1		SHAFT $\Phi$ 20 X 138L
94	4		BEARING $\Phi$ 15 ID X $\Phi$ 32 OD
95	3		SNAP LINK
96	1		SOCKET HEAD BOLT 3/8" X2" PARTIAL THREAD
97	1		SOCKET HEAD BOLT M8 X 10L FULL THREAD
98	2		SPACER SLEEVE $\Phi$ 16 X 18L
99	2		SPACER SLEEVE $\Phi$ 16 X 39L
100	3		CROSSHEAD SCREW M4 X 6L FULL THREAD
101	2		SPACER $\Phi$ 38 X 129.5L
102	1		SPRING LOCK WASHER 1/2"
103	1		SPRING LOCK WASHER 3/8"
104	4		SPRING LOCK WASHER M8
105	2		PLASTIC PAD 30 X 42
106	58		STEEL BALL ( $\Phi$ 3) - preinstalled
107	1		TOP PLATE 10lbs
108	8		SELF-DRIVE CROSSHEAD SCREW M4 X 10L FULL THREAD
109	1		T-SHAPED POP PIN
110	5		WASHER M10 X $\Phi$ 19
111	95		WASHER M10 X $\Phi$ 27
112	2		WAVE WASHER 3/4" ID
113	12		WASHER M8 X $\Phi$ 18
114	20		WEIGHT PLATES
115	1		WEIGHT STACK LANYARD
116	1		WEIGHT STACK PIN $\Phi$ 10 X 138L
117	2		WEIGHT STACK SHIM 50 X 50
118	2		WAVE WASHER 1" ID
119	10		WASHER M12 X $\Phi$ 34
120	1		TORSIONAL SPRING (left)
121	1		TORSIONAL SPRING (right)
122	1		NYLON BUSHING 60 X 60
123	1		CHROME PLATE
124	2		FOAM GRIP $\Phi$ 34 OD X 340L

**Part numbers are required when ordering parts.**

## Cable List

KEY#	QTY	PART#	DESCRIPTION
126	1		FUNCTIONAL TRAINING ARM CABLE 3028mm
127	1		LAT PULLDOWN CABLE 5425mm
128	1		LE/LC CABLE 3170mm
129	1		LEFT ATTACHMENT CABLE 1765mm
130	2		TURNPLATE CABLE 523mm
131	1		RIGHT ATTACHMENT CABLE 3435mm
132	1		SHORT CABLE 775mm

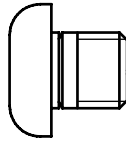
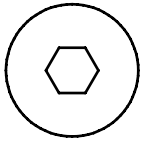
## Accessories List

KEY#	QTY	PART#	DESCRIPTION
133	2		ARTICULATING FUNCTIONAL TRAINING HARNESS
134	2		FOAM GRIP 1 1/2" OD X 8 1/2"L (low row bar)
135	2		FOAM GRIP $\Phi$ 34 OD X 540L (lat bar)
136	1		LAT BAR
137	1		LAT BAR PAD
138	1		LOW ROW BAR
139	1		LEG HARNESS

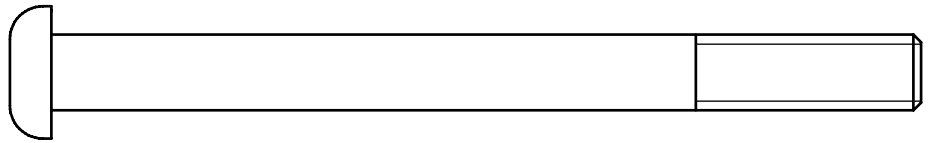
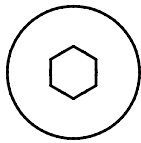
**Part numbers are required when ordering parts.**

# F600 HARDWARE

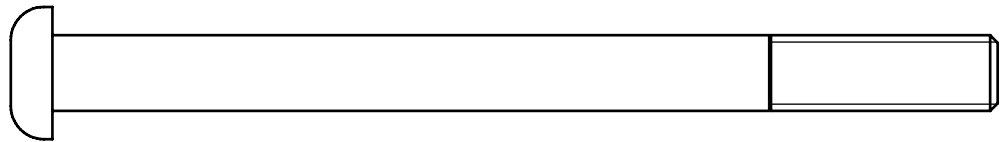
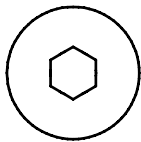
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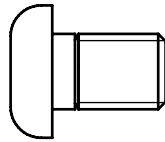
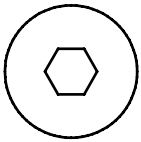
**KEY # 02 ALLEN HEAD BOLT M10X10L FULL THREAD QTY.4**



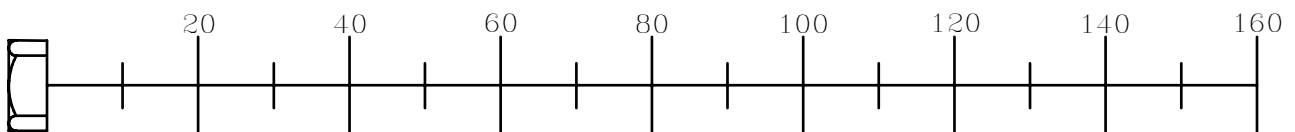
**KEY # 03 ALLEN HEAD BOLT M10X115L PARTIAL THREAD QTY.2**



**KEY # 04 ALLEN HEAD BOLT M10X125L PARTIAL THREAD QTY.4**

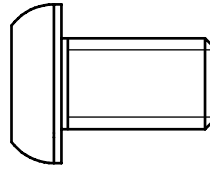
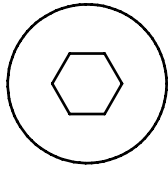


**KEY # 06 ALLEN HEAD BOLT M10X15L FULL THREAD QTY.9**

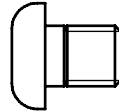
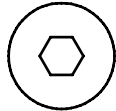


# F600 HARDWARE

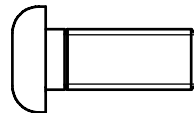
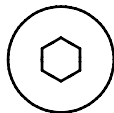
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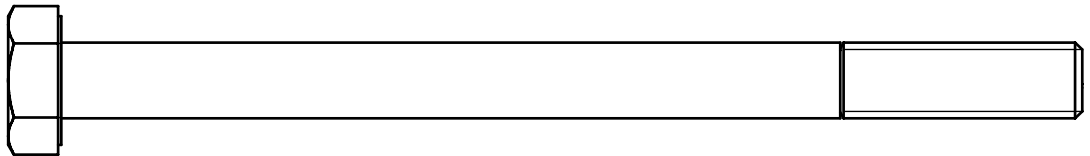
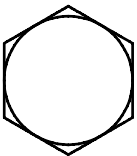
**KEY # 08 ALLEN HEAD BOLT M12X20L FULL THREAD QTY.2**



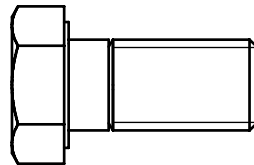
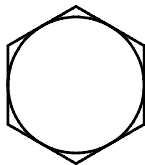
**KEY # 11 ALLEN HEAD BOLT M8X10L FULL THREAD QTY.5**



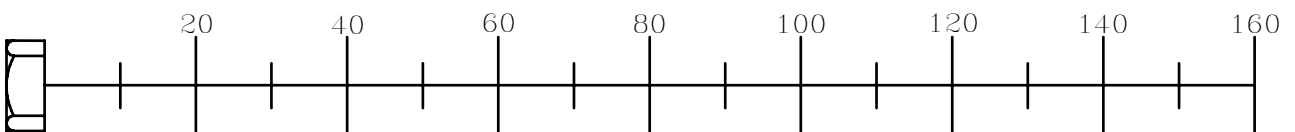
**KEY # 12 ALLEN HEAD BOLT M8X20L FULL THREAD QTY.2**



**KEY # 46 HEX HEAD BOLT M10X135L PARTIAL THREAD QTY.1**

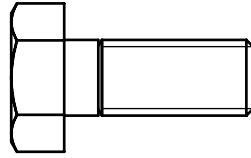
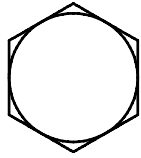


**KEY # 47 HEX HEAD BOLT M12X20L FULL THREAD QTY.6**

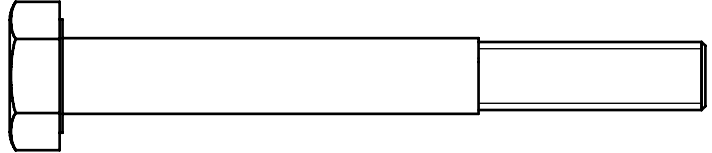
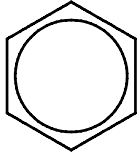


# F600 HARDWARE

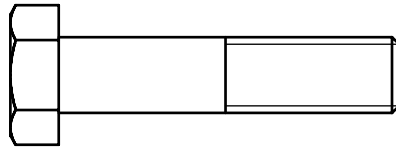
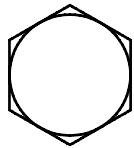
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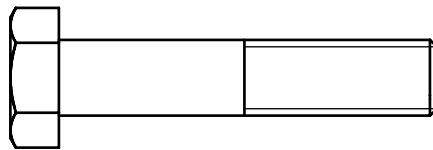
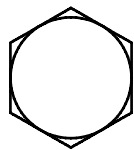
**KEY # 48 HEX HEAD BOLT M10X25L FULL THREAD QTY.1**



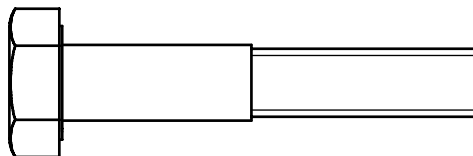
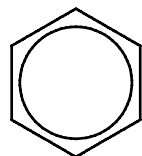
**KEY # 49 HEX HEAD BOLT M10X85L PARTIAL THREAD QTY.2**



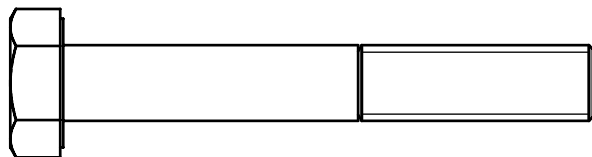
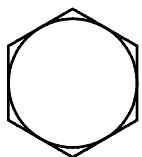
**KEY # 50 HEX HEAD BOLT M10X45L PARTIAL THREAD QTY.18**



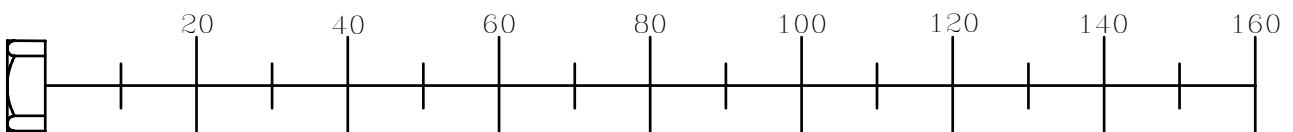
**KEY # 51 HEX HEAD BOLT M10X50L PARTIAL THREAD QTY.1**



**KEY # 52 HEX HEAD BOLT M10X55L PARTIAL THREAD QTY.2**



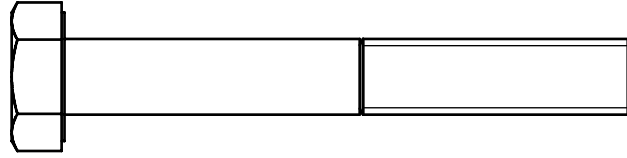
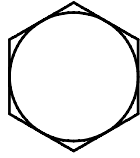
**KEY # 53 HEX HEAD BOLT M10X70L PARTIAL THREAD QTY.1**



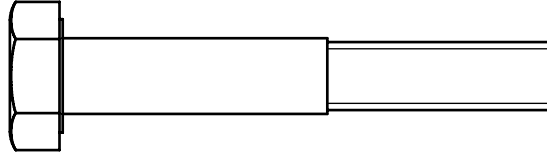
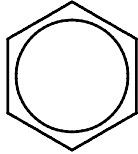


# F600 HARDWARE

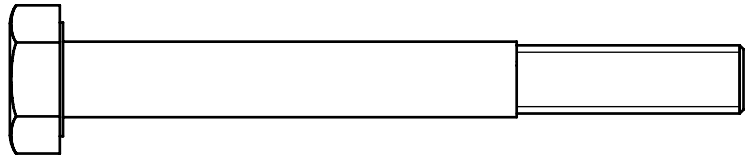
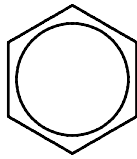
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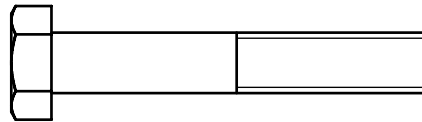
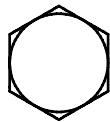
**KEY # 54 HEX HEAD BOLT M10X75L PARTIAL THREAD QTY.14**



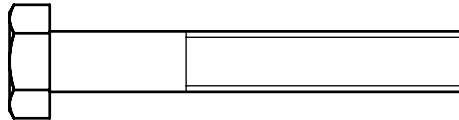
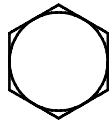
**KEY # 55 HEX HEAD BOLT M10X65L PARTIAL THREAD QTY.2**



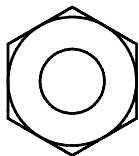
**KEY # 56 HEX HEAD BOLT M10X90L PARTIAL THREAD QTY.1**



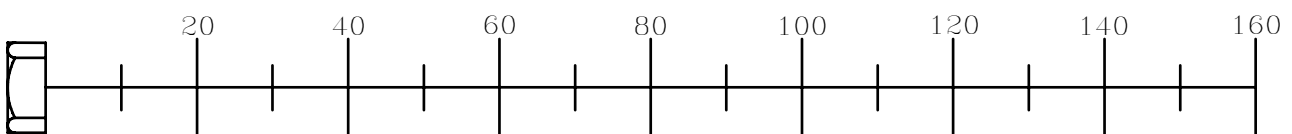
**KEY # 57 HEX HEAD BOLT M8X50L PARTIAL THREAD QTY.2**



**KEY # 58 HEX HEAD BOLT M8X55L PARTIAL THREAD QTY.2**

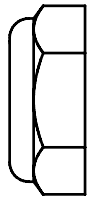
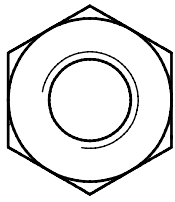


**KEY # 65 NYLON LOCK NUT M10 QTY.48**

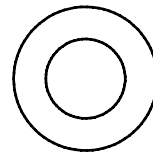


# F600 HARDWARE

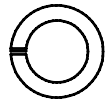
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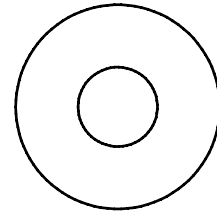
**KEY # 18 NYLON LOCK NUT**  
M12 QTY.2



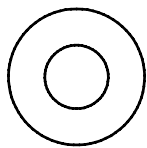
**KEY # 110 WASHER**  
M10XØ19 QTY.5



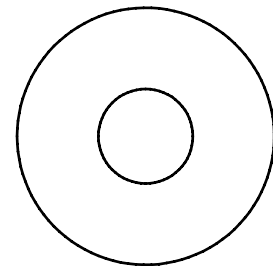
**KEY # 104 SPRING LOCK  
WASHER M8 QTY.4**



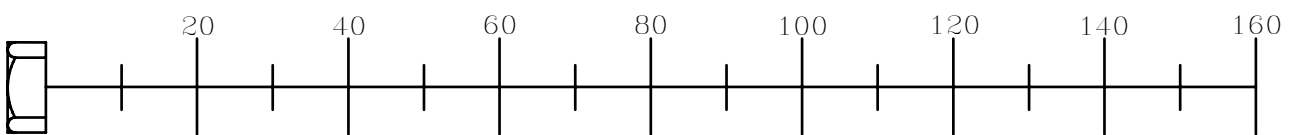
**KEY # 111 WASHER**  
M10XØ27 QTY.95



**KEY # 113 WASHER**  
M8XØ18 QTY.12

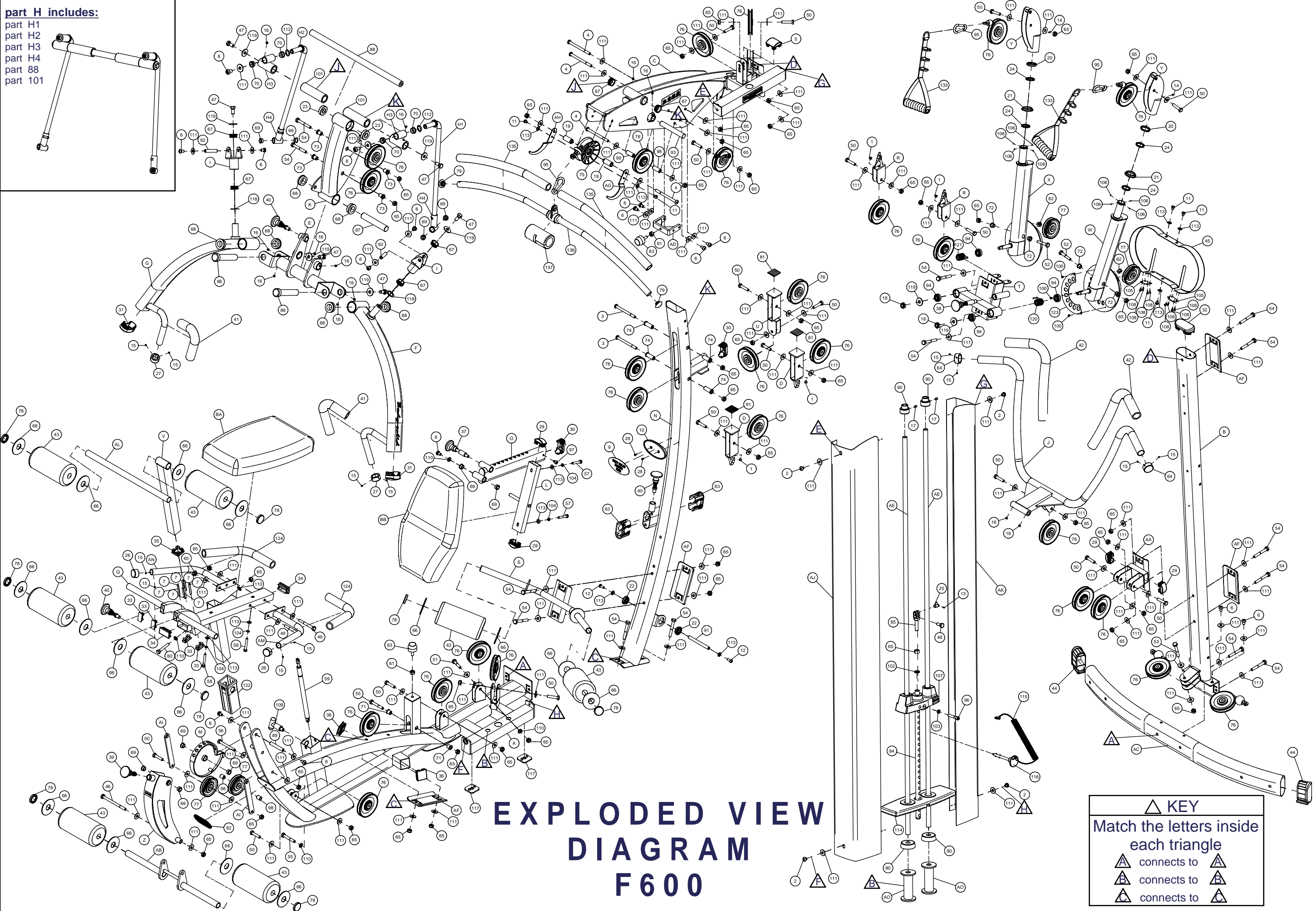
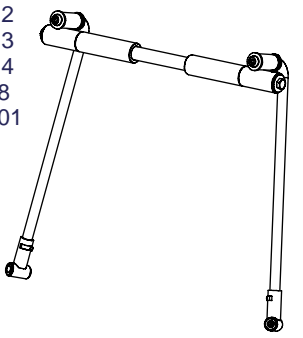


**KEY # 119 WASHER**  
M12XØ34 QTY.10



**part H includes:**

- part H1
- part H2
- part H3
- part H4
- part 88
- part 101



# EXPLODED VIEW DIAGRAM F600

**△ KEY**  
Match the letters inside  
each triangle

△ connects to	△
△ connects to	△
△ connects to	△