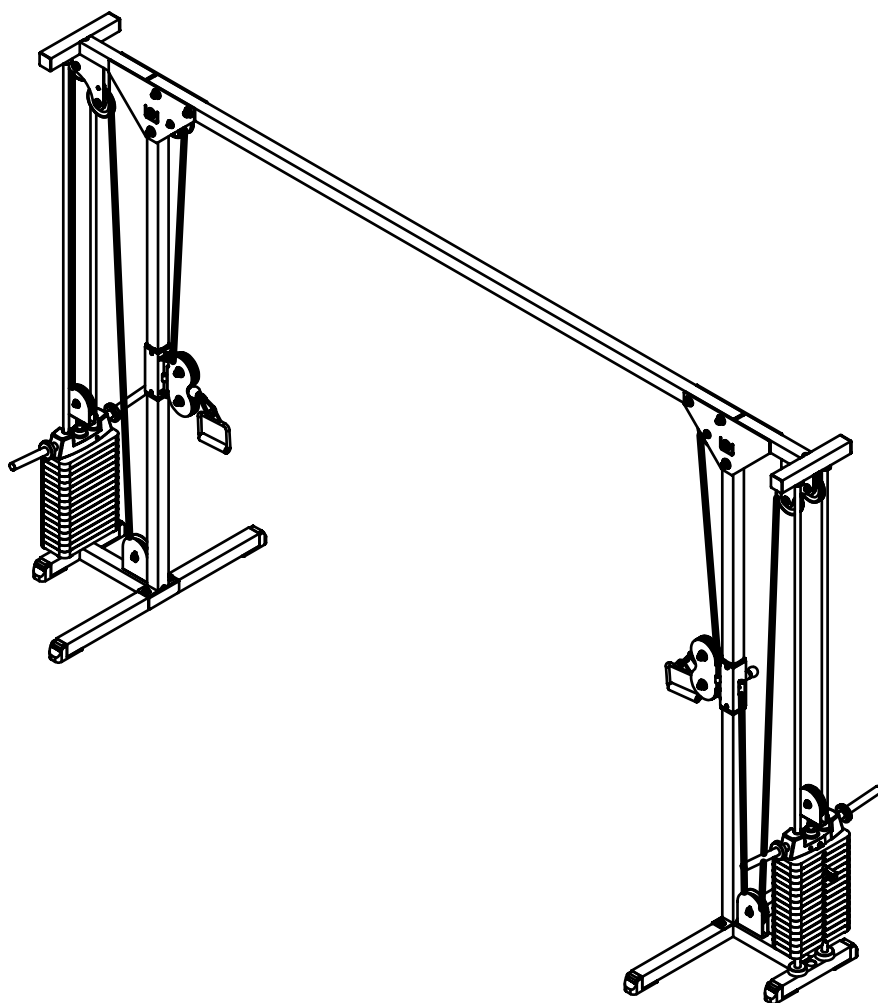


Body-Solid

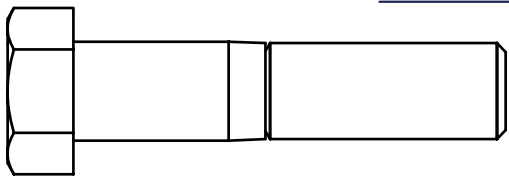


BODY-SOLID, Inc.
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA
Phone: (708) 427-3555
Fax: (708) 427-3556
www.bodysolid.com

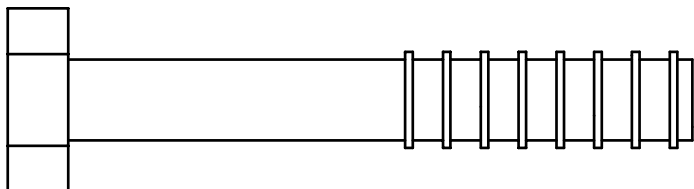
CCO-150.1 OWNER'S MANUAL

CCO-150 ASSEMBLY INSTRUCTIONS

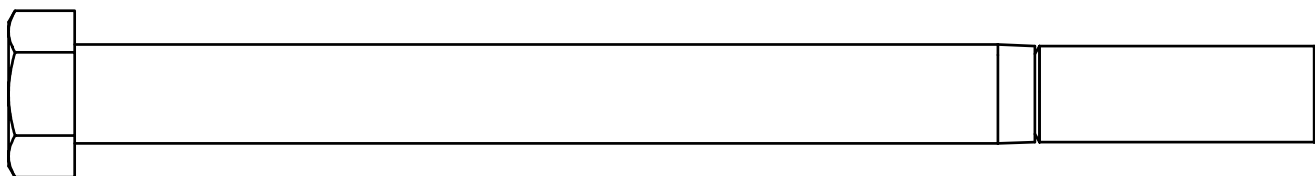
HARDWARE ILLUSTRATION



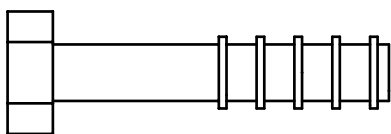
(A1)HEX BOLT 1/2"X2 1/4"L PARTIAL THREAD QTY.4



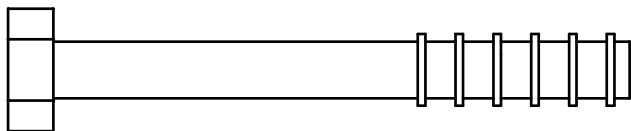
(A2)HEX BOLT 1/2"X3 1/4"L PARTIAL THREAD QTY.8



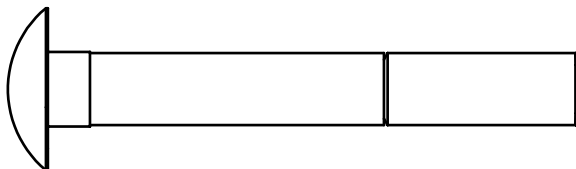
(A3)HEX BOLT 1/2"X6 1/2"L PARTIAL THREAD QTY.2



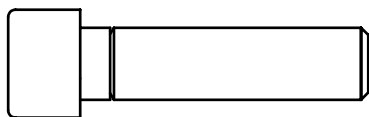
(A4)HEX BOLT 3/8"X1 3/4"L PARTIAL THREAD QTY.8



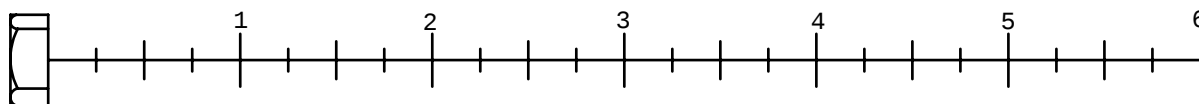
(A5)HEX BOLT 3/8"X3"L PARTIAL THREAD QTY.2



(A6)ROUND HEAD SQUARE NECK BOLT 3/8"X2 3/4"L PARTIAL THREAD QTY.4

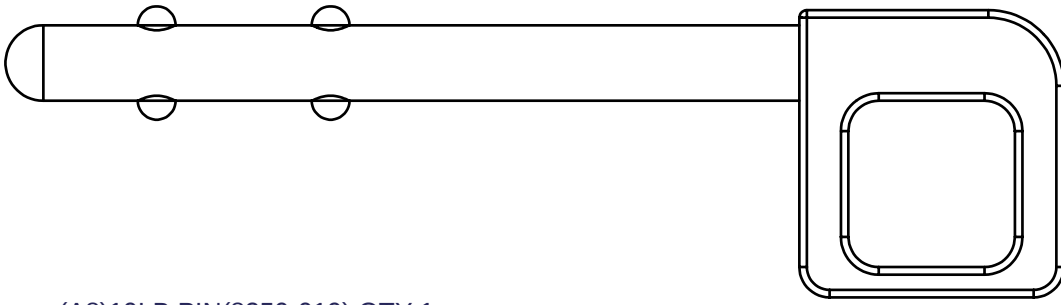


(A7)ROUND BOLT 3/8"X1 1/2"L PARTIAL THREAD QTY.2

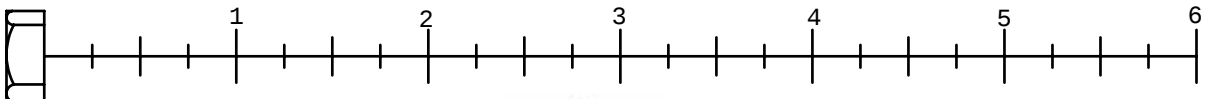


CCO-150 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

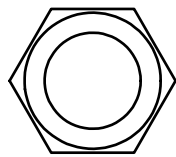
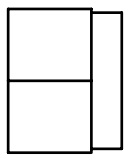


(A8)10LB PIN(8250-019) QTY.1

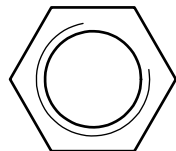
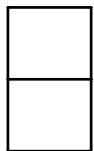


CCO-150 ASSEMBLY INSTRUCTIONS

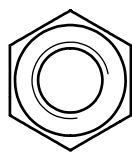
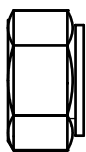
HARDWARE ILLUSTRATION



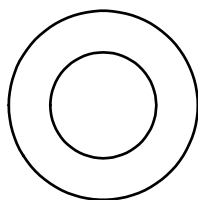
(B1)NYLON LOCK NUT 1/2" QTY.14



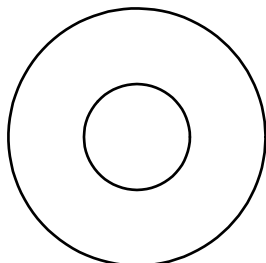
(B2)LOCK NUT 1/2" QTY.2



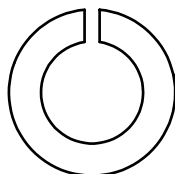
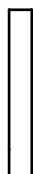
(B3)NYLON LOCK NUT 3/8" QTY.14



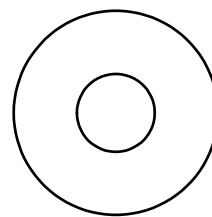
(C1)1/2"(I.D.)FLAT WASHER Ø25 QTY.4



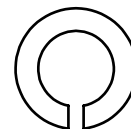
(C2)1/2"(I.D.)FLAT WASHER Ø34 QTY.24



(C3)1/2" SPRING WASHER QTY.2



(C4)3/8"(I.D.)FLAT WASHER Ø27 QTY.24



(C5)3/8" SPRING WASHER QTY.2

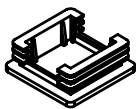


CCO-150 ASSEMBLY INSTRUCTIONS

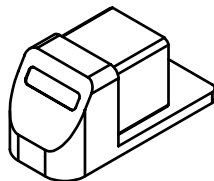
HARDWARE ILLUSTRATION

D1. 2"X2" END CAP(9211-006)-----	[4PCS]
D2. 2"X2"(2.5t)FOOT CAP(9211-025)-----	[8PCS]
D3. 60x50 NYLON BUSHING(9211-033)-----	[4PCS]
D4. Ø3/4" SHAFT COLLAR(9211-046)-----	[4PCS]
D5. Ø2 1/2" RUBBER DOUNT(9310-010)-----	[4PCS]
D6. Ø2 1/2" RUBBER DOUNT(9310-011) -----	[4PCS]
D7. 130mm PULL UTENSIL(8290-006)-----	[2PCS]
D8. Ø8mm SPRING SNAP LINK(8810-001)-----	[2PCS]
D9. 7330mm STEEL CABLE-----	[2PCS]
D10. WEIGHT SELECTOR BAR(8210-052)-----	[2PCS]
D11. Ø110 PULLEY(9213-002C)-----	[8PCS]
D12. Ø114 PULLEY(9213-010B)-----	[4PCS]
D13. Ø109 PULLEY(9213-022A)-----	[2PCS]

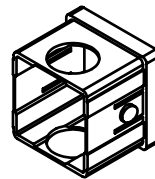
D1



D2



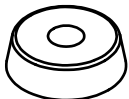
D3



D4



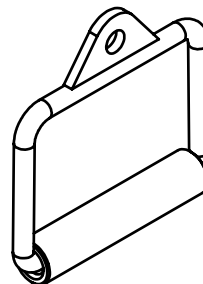
D5



D6



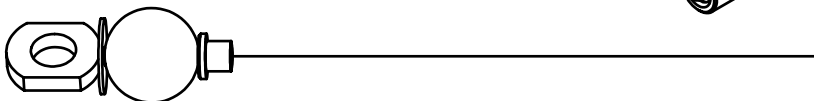
D7



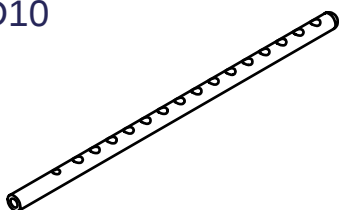
D8



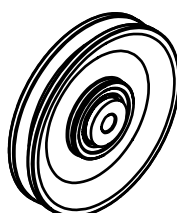
D9



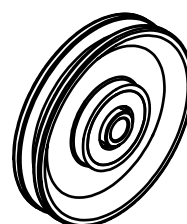
D10



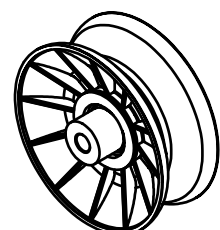
D11



D12



D13

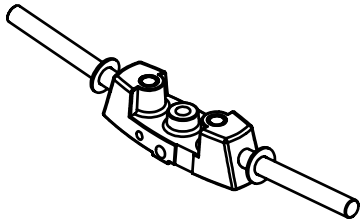


CCO-150 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D14. TOP PLATE(8400-009)-----[2PCS]

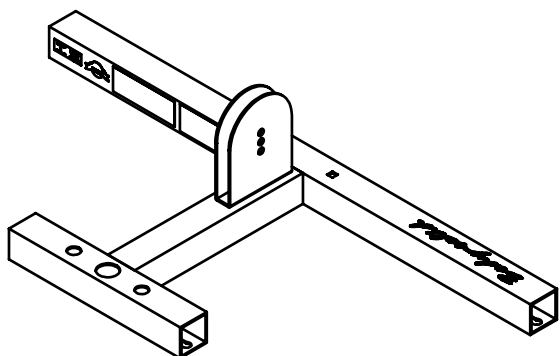
D14



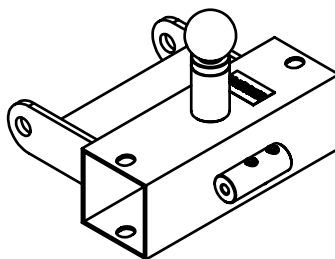
CCO-150 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

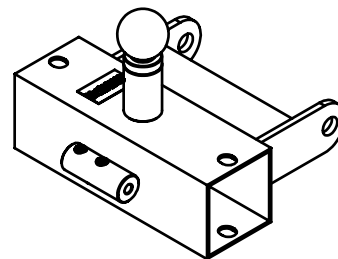
A[1PCS]



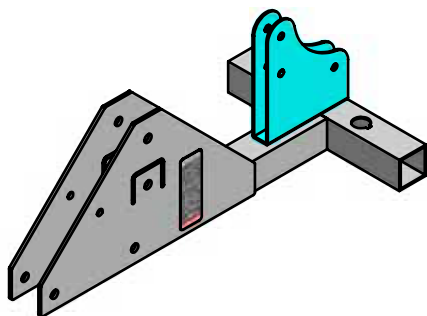
B1[1PCS]



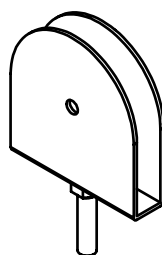
C1[1PCS]



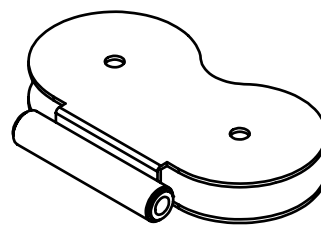
D[2PCS]



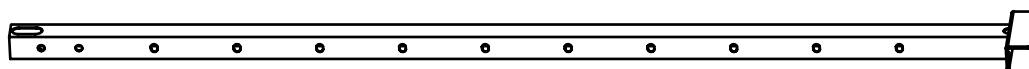
E[2PCS]



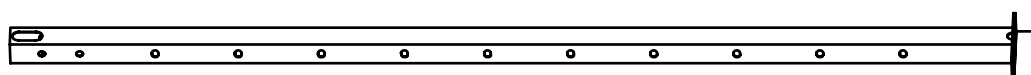
G1[2PCS]



F[1PCS]

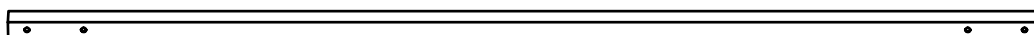


H[1PCS]



PARTS ILLUSTRATION SHEET

I[1PCS]

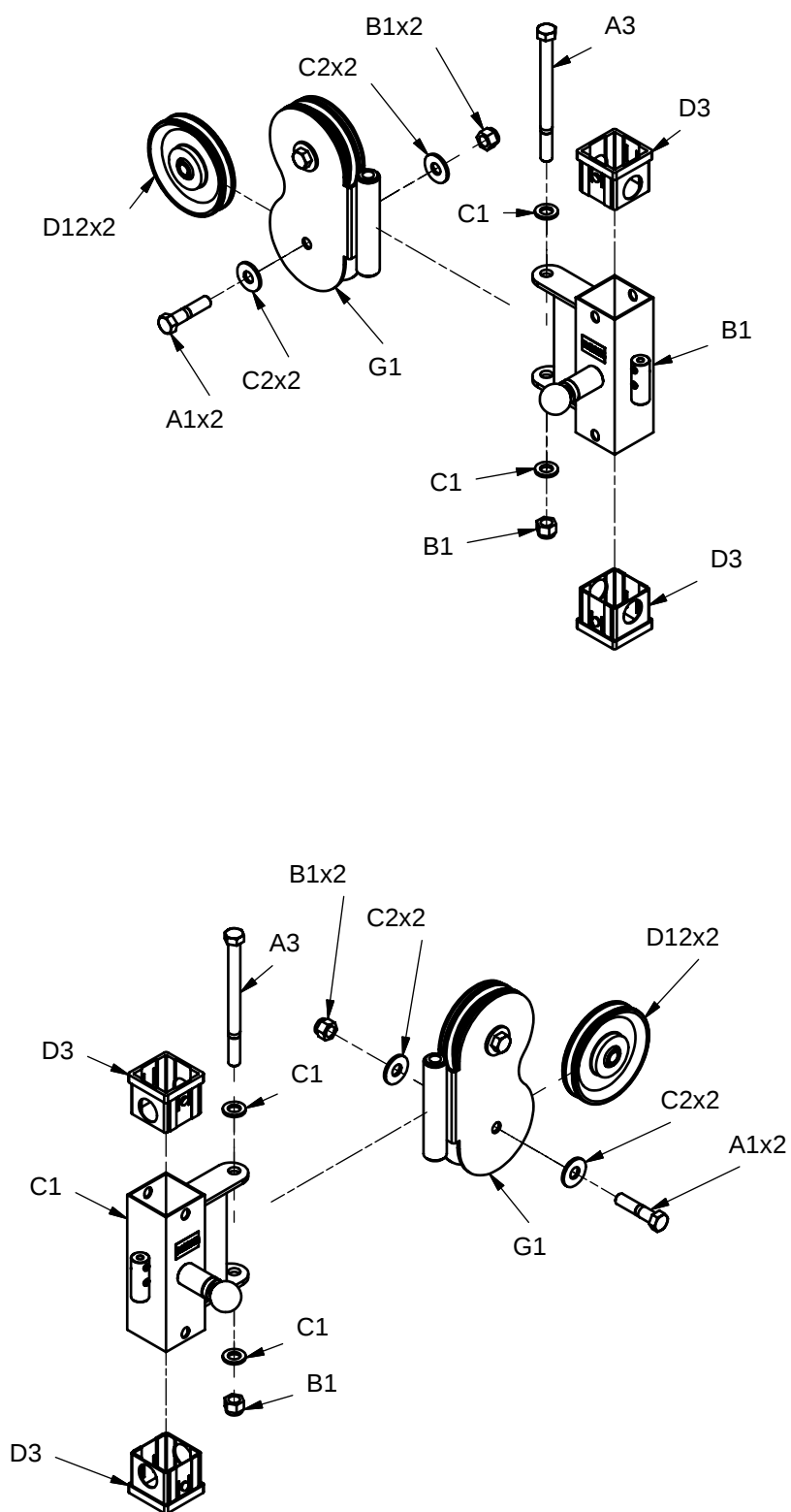


J[4PCS]



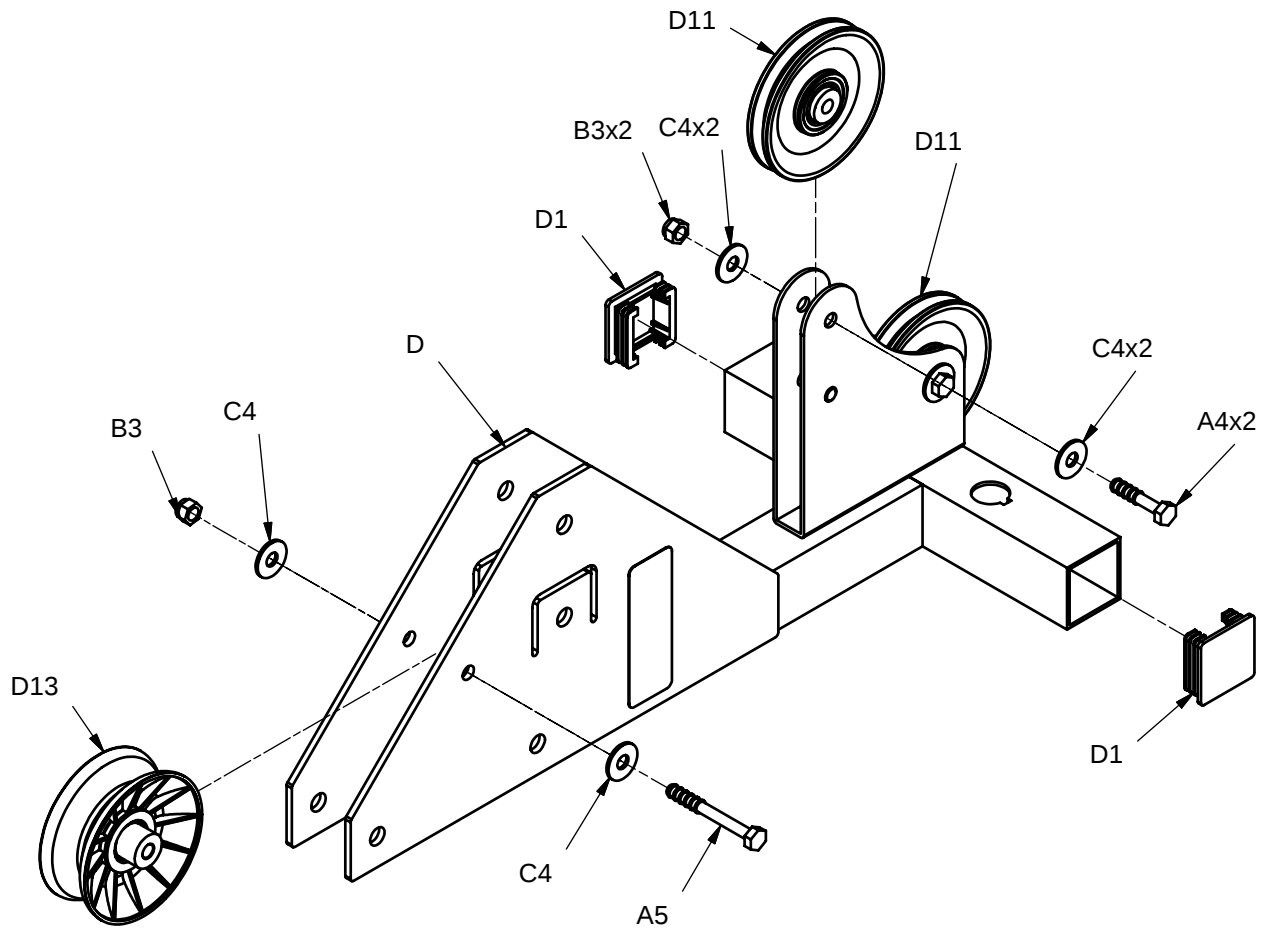
CCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 1



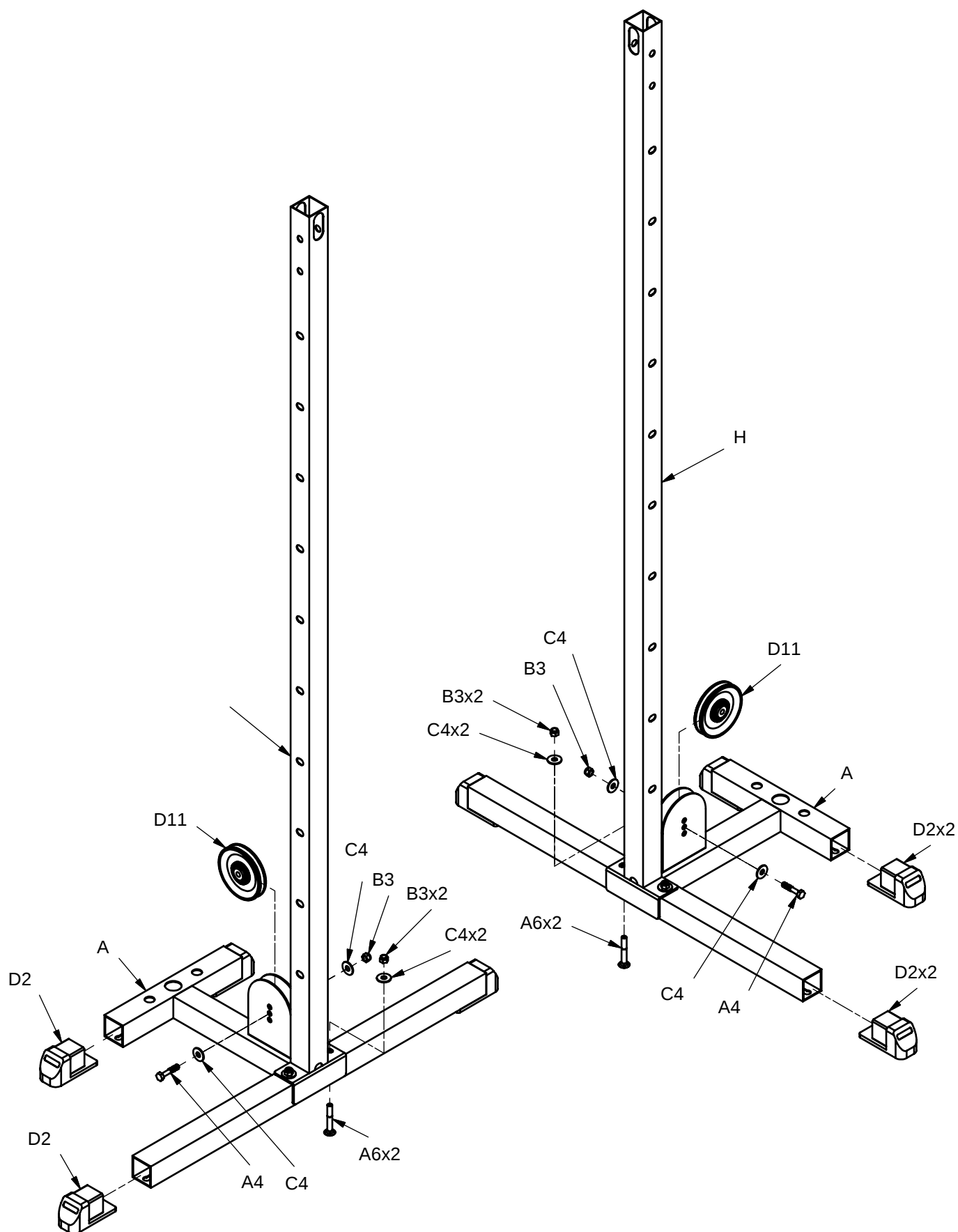
CCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 2

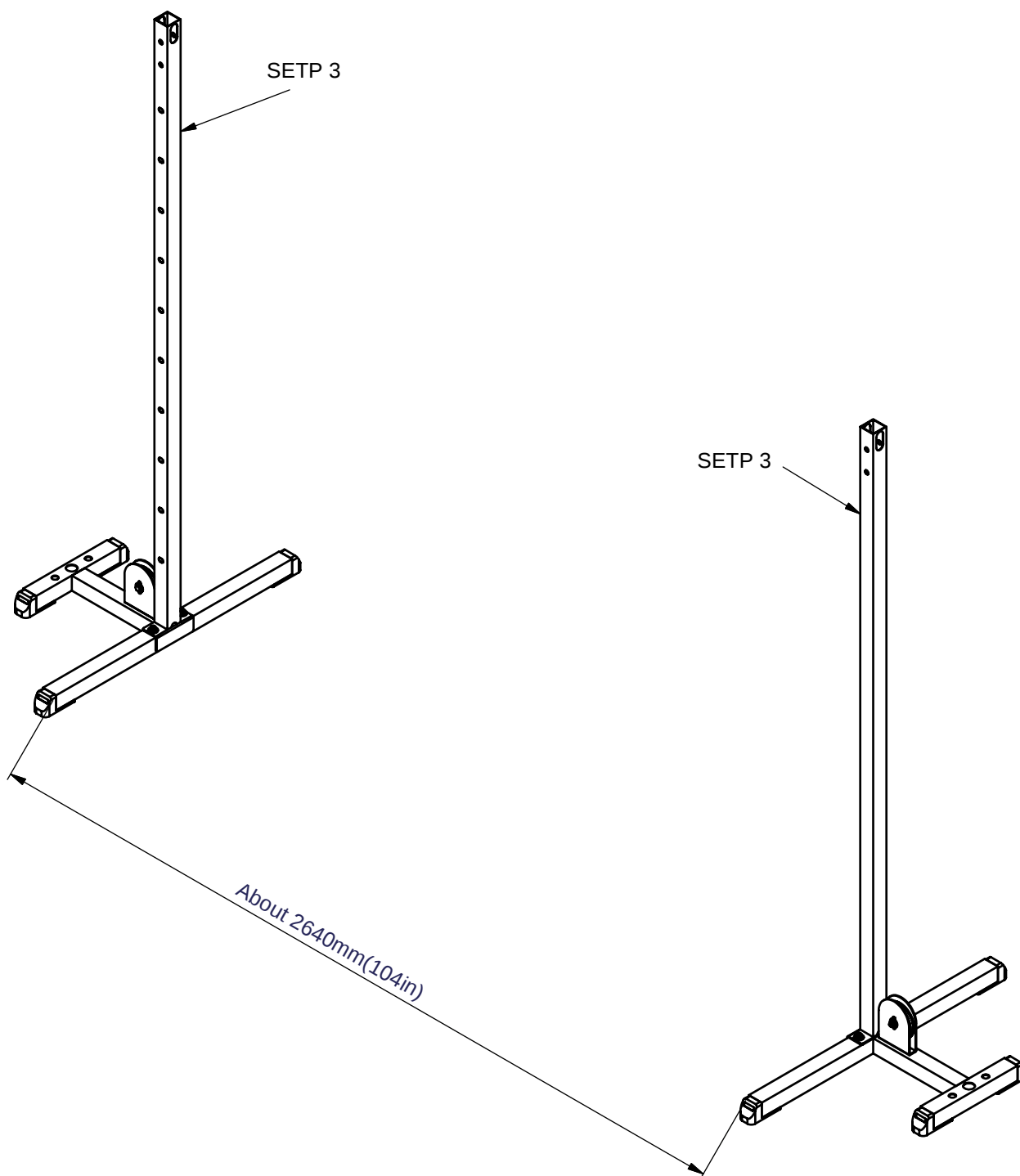


CCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 3



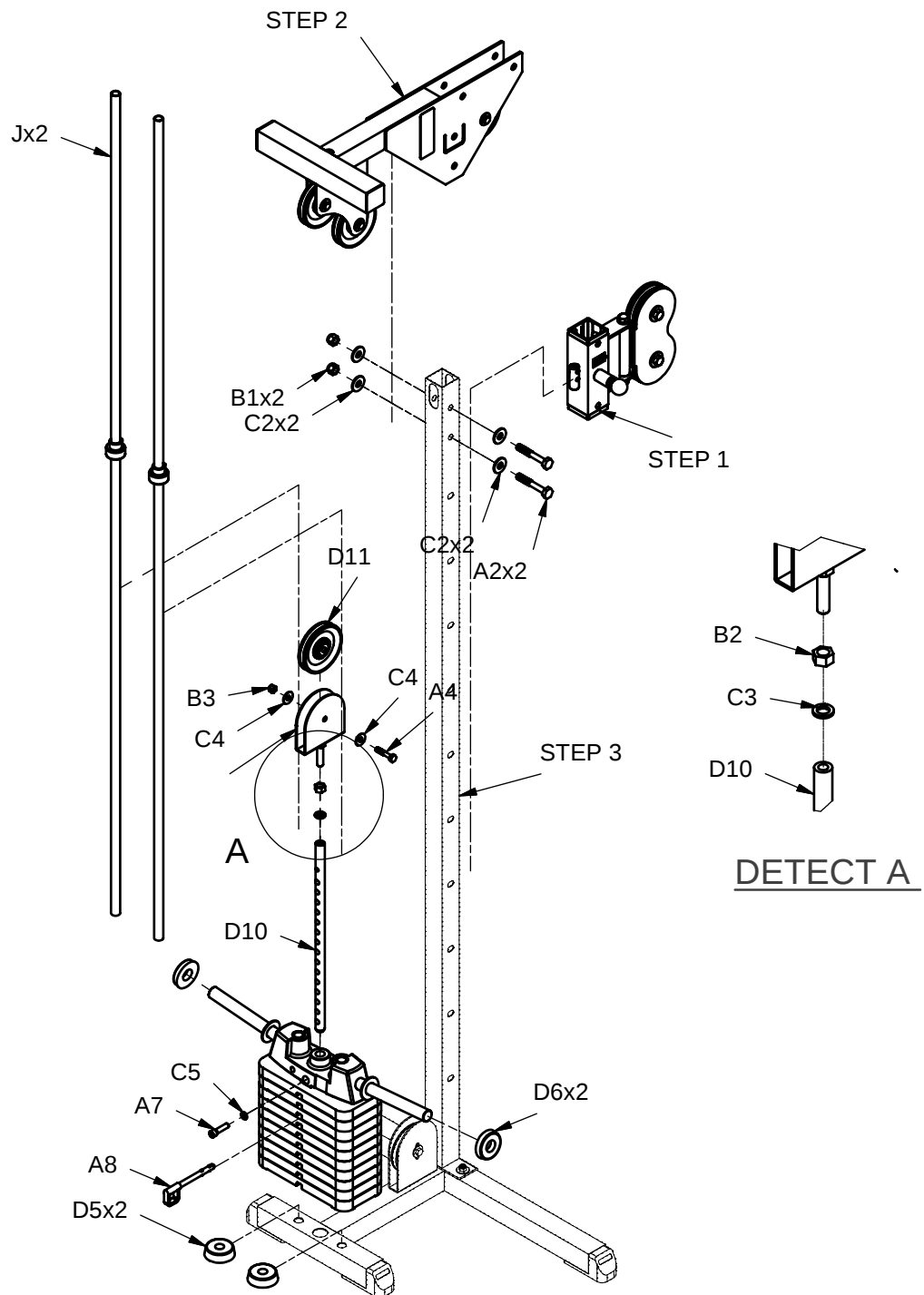
ASSEMBLY STEP 4



*:Before the assembling of the weight stacks:
Finish (step 3) and adjust the distance between
the two bases to 2640mm(104in)

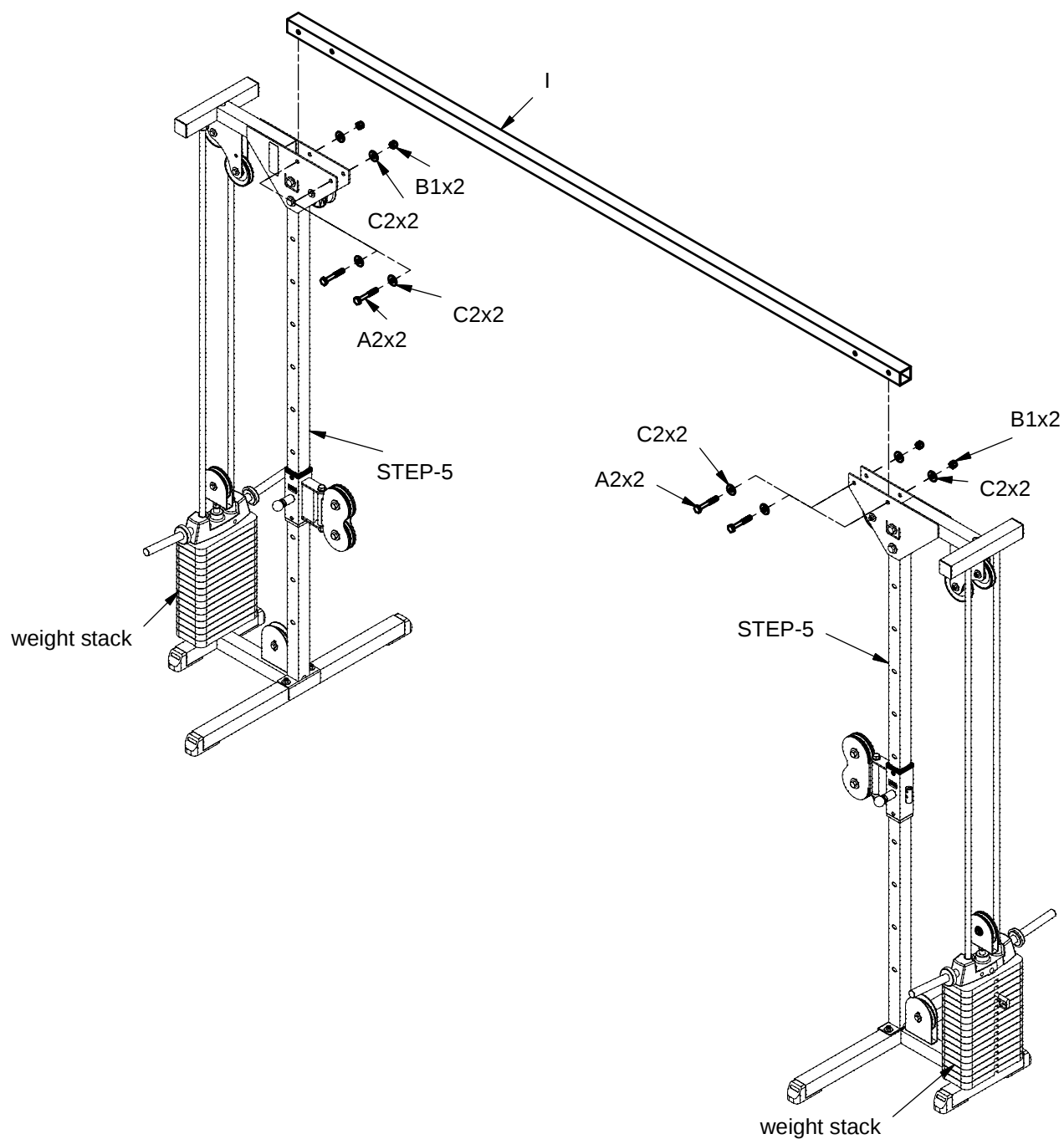
CCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 5



CCO-150 ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 6



CCO-150 ASSEMBLY INSTRUCTIONS

Wire Rope illustration

