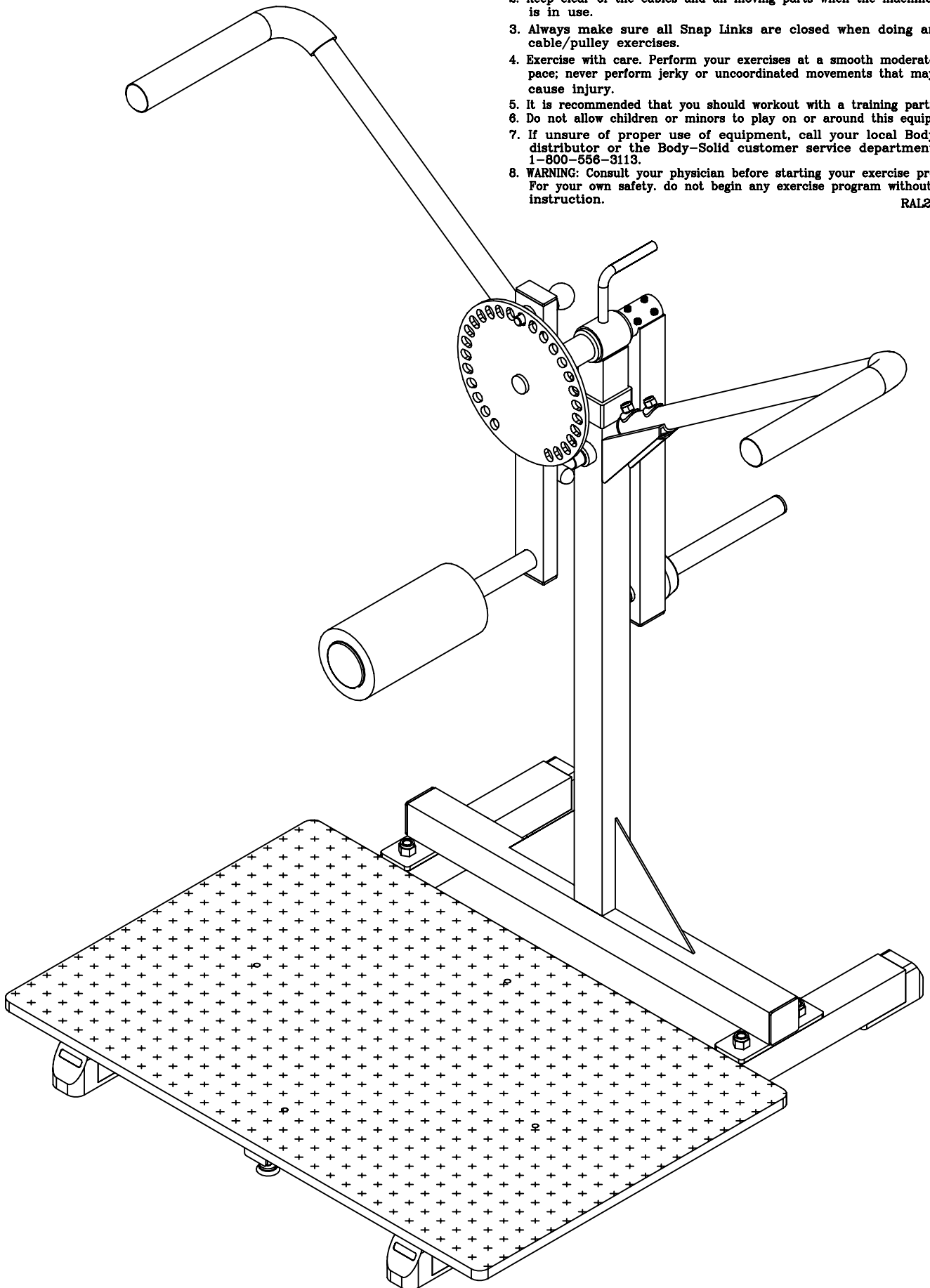


# CMH-390.1

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.

RA12-11-98



VERSION 1004

# CMH-390.1 HARDWARE ILLUSTRATION SHEET

	Qty.	Qty.
A1. 1/2"x2 3/4" CARRIAGE BOLT -----	[4PCS]	
A2. 3/8"x2" CARRIAGE BOLT -----	[4PCS]	D1. 50X50 FOOT CAP (9211-024) ----- [4PCS]
A3. M8X60 BUTTON HEAD CAP SCREW -----	[2PCS]	D2. ø32 ROUND END CAP (9211-023) ----- [2PCS]
A4. M8X30 BUTTON HEAD CAP SCREW -----	[2PCS]	D3. 50X50 END CAP (9211-005) ----- [2PCS]
B1. 1/2" NYLON LOCK NUT -----	[4PCS]	D4. 45X45 END CAP (9211-004) ----- [1PCS]
B2. 3/8" NYLON LOCK NUT -----	[4PCS]	D5. 38X38 END CAP (9211-003) ----- [2PCS]
B3. M8 NYLON LOCK NUT -----	[4PCS]	D6. 25X50 END CAP (9211-009) ----- [2PCS]
C1. M8 (I.D.) WASHER -----	[8PCS]	D7. ø2 1/2" RUBBER DOUNT (9310-012) ----- [1PCS]
C3. 3/8" ARC WASHER -----	[4PCS]	D8. ø2" NYLON WASHER (9214-001) ----- [1PCS]



A1



A2



A3



A4

B1



B2



B3

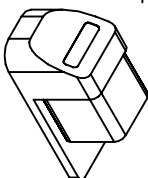


C1

C3



D1



D2



D3



D4



D5



D6



D7



D8



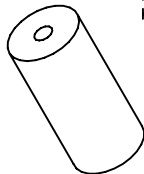
D9



D10



D11



D14



1

2

3

4

5

6

7

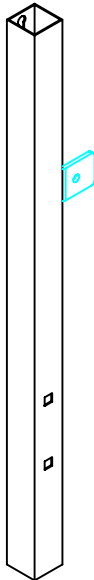
8

CMH-390.1 PARTS ILLUSTRATION SHEET

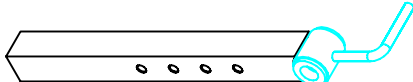
A-1 [1PCS]



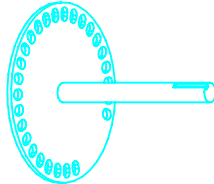
A-2 [1PCS]



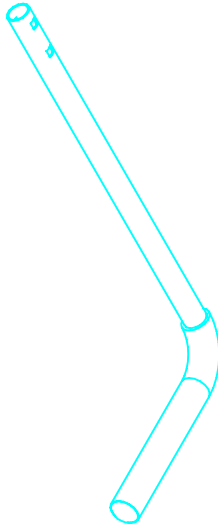
C [1PCS]



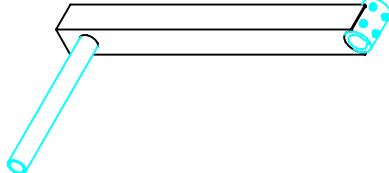
F [1PCS]



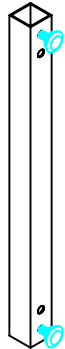
G [2PCS]



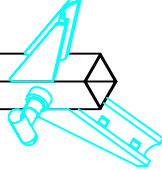
D [1PCS]



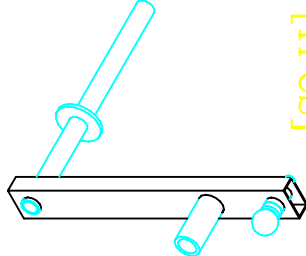
H [1PCS]



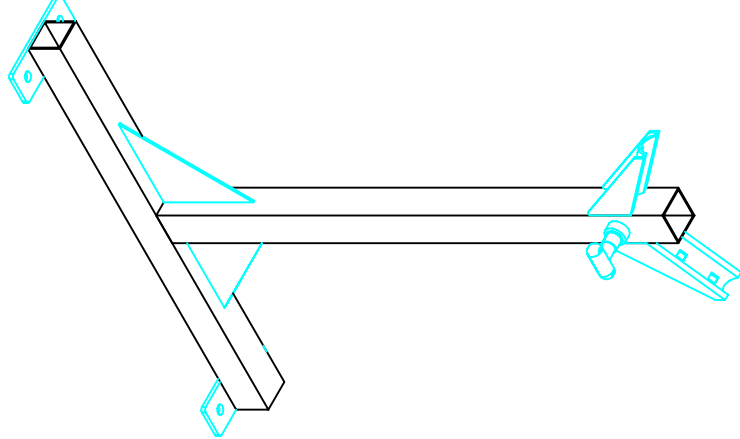
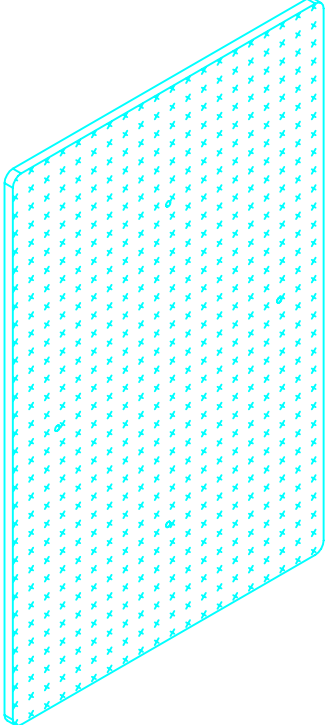
B [1PCS]



E [1PCS]



I [1PCS]



## CMH-390.1

