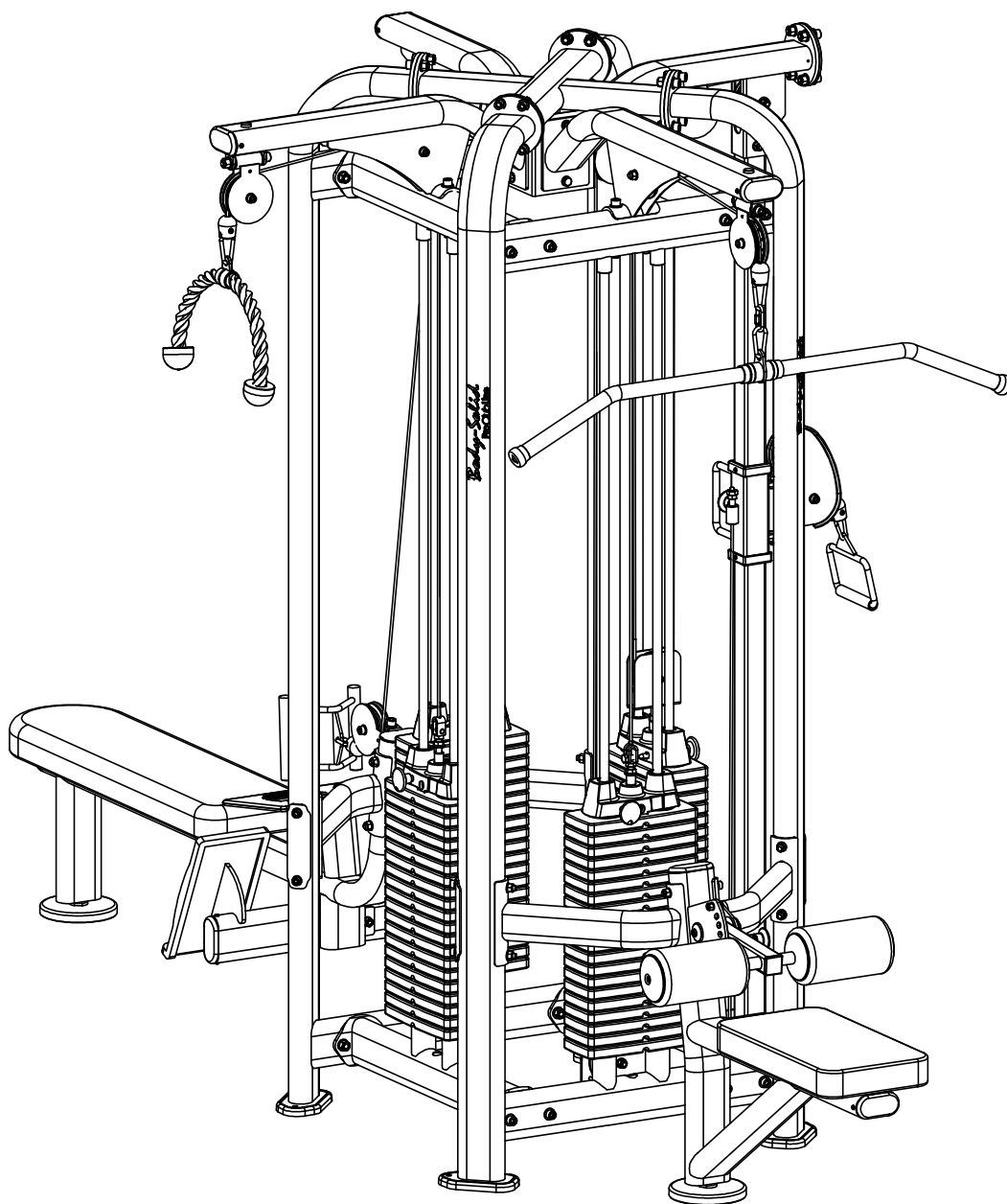


Body-Solid®

Built for Life



SJG100

Assembly & Instructions
OWNER'S MANUAL

V. SJG100-20250723

Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from your local Body-Solid dealer.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

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.
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/strap 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. RAL8-6-03 WC-54

WARNING

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
Call 1-800-556-3113

MAINTENANCE SCHEDULE

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

	DAILY	WEEKLY
Cables: Check tension, end fittings, and coating	✓	
Check that locking nut at weight stack is tight		✓
Upholstery: Wipe down and dry	✓	
Clean and condition		✓
Frame: Wipe down and dry	✓	
Polish / Wax		✓
Chrome: Wipe down and dry	✓	
Polish / Lubricate		✓
Nuts / Bolts / Fasteners: Tighten and / or adjust as needed		✓
Guide Rods: Lubricate and clean		✓
Linear Rods: Lubricate and clean		✓
Seat Sleeves: Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs		✓
Weight Stack Pins		✓
Warning Instruction Labels		✓
Springs / Pop Pins	✓	
Anti Skid Surfaces		✓
Hand Grips / Rollers		✓

For Body-Solid Customer Service
Call 1-800-556-3113
#MSSTR0803

Table of Contents

- SAFETY INSTRUCTIONS..... PAGE 4
- PREPARATION..... PAGE 5
- PART / HARDWARE LIST..... PAGE 6
- HARDWARE ILLUSTRATION..... PAGE 10
- ASSEMBLY INSTRUCTIONS..... PAGE 16
- EXPLODED VIEW..... PAGE 37
- CONTACT PAGE..... PAGE 42

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the **SJG100**. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the **SJG100** on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The **SJG100** is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid **JUNGLE GYM FOUR STACK**.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call **1-800-556-3113** for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at www.bodysolid.com or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**

Preparation

Thank you for purchasing the **SJG100**. This Product is part of the Body-Solid line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

Required Tools

The basic tools that you must obtain before assembling the **SJG100** include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

Installation Requirements

Follow these installation requirements when assembling the **SJG100**:

Set up the **SJG100** on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

Assembly Tips

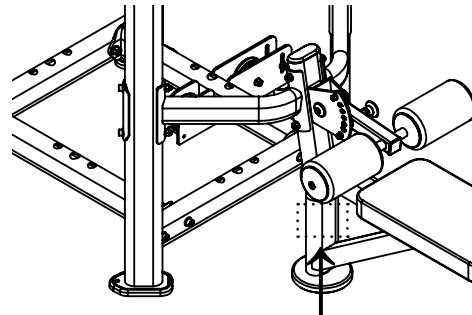
Read all "Notes" on each page before beginning each step.

While you may be able to assemble the **SJG100** using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

CAUTION: Obtain assistance! If you feel like you can't assemble the **SJG100** by yourself then do not attempt to do so as this could result in injury. Review the installation requirements before proceeding with the following steps.



Your S/N# can
be found here

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

S J G 1 0 0 P a r t s & H a r d w a r e L i s t

Part#	Qty	Description
A	2	STACK UPRIGHT
B	1	STACK TOP RIGHT CROSSMEMBER
C	1	STACK BOTTOM RIGHT CROSSMEMBER
D	1	STACK TOP CENTER FRAME
E	1	STACK BOTTOM LEFT CROSSMEMBER
F	1	STACK TOP LEFT CROSSMEMBER
G	1	TRICEP STATION TOP FRAME
H	8	CHROME GUIDE ROD
J	1	LAT STATION MAIN FRAME
K	2	LEFT CROSSMEMBER
L	2	RIGHT CROSSMEMBER
M	4	CURVED BRACKET
N	1	CHROME ADJUSTMENT BRACKET
P	1	LEG HOLD DOWN
Q	1	LAT BAR
R	1	ROW HANDLE
S	1	STEEL PLATE
T	1	STEEL BRACKET, 180x50mm
U	1	FOOT REST FRAME
V	1	LAT STATION TOP FRAME
W	1	ROW STATION TOP FRAME
Y	1	ROW STATION MAIN FRAME
Z	3	PULLEY BRACKET
AA	1	CABLE COLUMN UPRIGHT
AB	1	CABLE COLUMN TOP FRAME
AC	1	CABLE COLUMN SLIDING HANDLE
AD	1	DOUBLE PULLEY BRACKET
AE	1	STIRRUP HANDLE
AF	1	DOUBLE PULLEY BRACKET
AS	1	COVER PLATE

S J G 1 0 0 P a r t s & H a r d w a r e L i s t

Part#	Qty	Description
1	1	OVAL SHAPED FOOT PAD
2	4	FOOT PAD
4	2	FOAM ROLLER, ø120x200mm
5	2	FOAM ROLLER INNER END CAP
6	2	FOAM ROLLER OUTER END CAP
7	2	END CAP, ø40mm
8	1	SHAFT, ø25x81mm
9	2	SPACER, ø8.5xø17xø20x8mm
10	2	RUBBER STOPPER, ø14xø18x10mm
11	2	ROUND FOOT PAD, ø160mm
12	2	SPACER, ø8xø13x4mm
13	1	RUBBER PAD, 400x260mm
14	1	ROW STATOIN SEAT PAD
15	1	CARABINER
16	6	SNAP LINK
17	1	HEX HEAD SHOULDER BOLT ø12x140mm, M10x15mm THREAD
18	80	WEIGHT PLATE
19	4	WEIGHT STACK PIN
20	8	WEIGHT STACK RUBBER BUMPER
21	4	TOP PLATE
22	1	CABLE COLUMN STATION CABLE, 7520mm
23	1	LAT STATION CABLE, 1870mm
24	1	TRICEP STATION CABLE, 1830mm
25	1	ROW STATION CABLE, 2958mm
26	1	TRICEP ROPE

S J G 1 0 0 P a r t s & H a r d w a r e L i s t

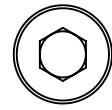
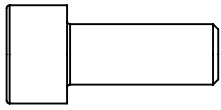
Part#	Qty	Description
27	4	M8x20mm SOCKET HEAD CAP SCREW
28	10	M8x25mm SOCKET HEAD CAP SCREW
29	1	M8x20mm FLAT HEAD CAP SCREW
30	1	M10x75mm SOCKET HEAD CAP SCREW
31	4	M10x80mm SOCKET HEAD CAP SCREW
32	12	M10x130mm SOCKET HEAD CAP SCREW
33	8	M10x20mm HEX HEAD BOLT
34	2	M10x20mm FLAT HEAD CAP SCREW
35	6	M10x30mm SOCKET HEAD CAP SCREW
36	20	M12x35mm SOCKET HEAD CAP SCREW
37	16	M12x75mm SOCKET HEAD CAP SCREW
38	10	M8 WASHER
39	70	M10 WASHER
40	84	M12 WASHER
41	29	M10 NYLON LOCK NUT
42	41	M12 NYLON LOCK NUT
43	8	M8x10mm SET SCREW
44	3	M12x100mm SOCKET HEAD CAP SCREW
45	10	ST4.2x13mm PAN HEAD PHILLIPS SCREW
46	15	M10x50mm SOCKET HEAD CAP SCREW
47	4	M5x8mm SOCKET HEAD CAP SCREW
49	3	M5x8mm SET SCREW
50	3	M10x25mm HEX HEAD BOLT
51	4	M5x6mm PAN HEAD PHILLIPS SCREW
52	4	M10 LOCK WASHER
53	2	M8 NYLON LOCK NUT
54	3	M12 FLANGE NUT
55	2	M8x25mm BUTTON HEAD CAP SCREW
56	1	M12 HEX NUT, T12mm
57	1	M12 HEX NUT, T8mm
58	2	M12x80mm SOCKET HEAD CAP SCREW

S J G 1 0 0 P a r t s & H a r d w a r e L i s t

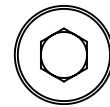
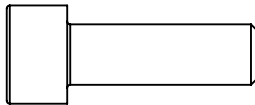
Part#	Qty	Description
61	6	METAL BUSHING, ø32xø25.2x18mm
62	8	OVAL SHAPE PLASTIC END CAP
63	14	PULLEY
64	4	CABLE BUMPER
65	4	ACCESSORY CONNECTOR
66	3	QUICK CABLE LOCK
67	3	TOP BOLT
68	4	SELECTOR ROD
69	2	POP PIN
70	2	METAL BUSHING, ø35xø30xø25x20mm
71	1	PLASTIC END CAP, 40x40mm
72	2	LAT HAND GRIP, ø31mm
73	2	METAL RING, ø42mm
74	2	METAL END CAP, ø37mm
75	2	FOOT PLATE COVER
76	2	PLASTIC BUSHING, 67x67mm
77	4	SPACER, ø25xø11x12mm
78	2	METAL BUSHING, ø22xø17.5xø10.5x20mm
79	2	METAL BUSHING, ø30xø18xø12.5x13mm
80	1	LAT STATION SEAT PAD
81	1	Steel Chain

S J G 1 0 0 H a r d w a r e I l l u s t r a t i o n

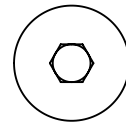
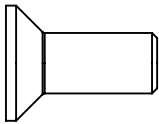
Part #27 SOCKET HEAD CAP SCREW M8x20mm QTY. 4



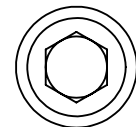
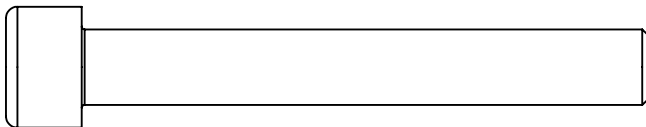
Part #28 SOCKET HEAD CAP SCREW M8x25mm QTY. 10



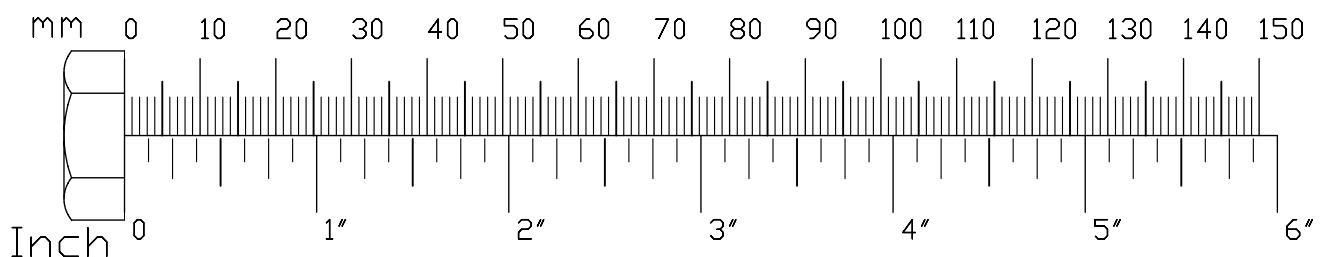
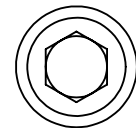
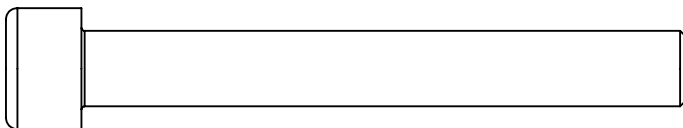
Part #29 FLAT HEAD CAP SCREW M8x20mm QTY. 1



Part #30 SOCKET HEAD CAP SCREW M10x75mm QTY. 1



Part #31 SOCKET HEAD CAP SCREW M10x70mm QTY. 1

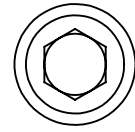
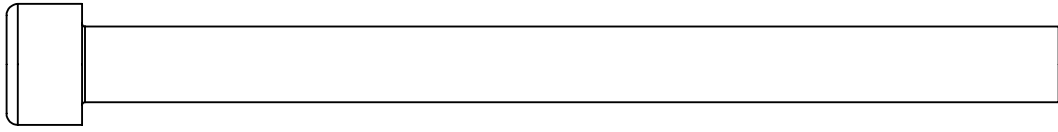


S J G 1 0 0 H a r d w a r e I l l u s t r a t i o n

Part #32

SOCKET HEAD CAP SCREW M10x130mm

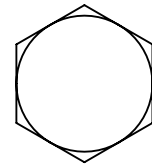
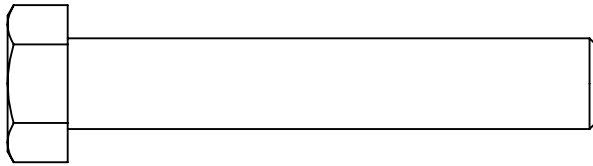
QTY. 12



Part #33

HEX HEAD BOLT M10x20mm

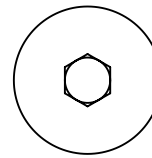
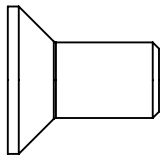
QTY. 8



Part #34

FLAT HEAD CAP SCREW M10x20mm

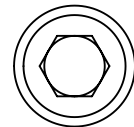
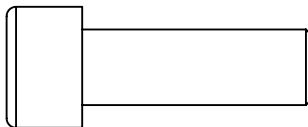
QTY. 2



Part #35

SOCKET HEAD CAP SCREW M10x30mm

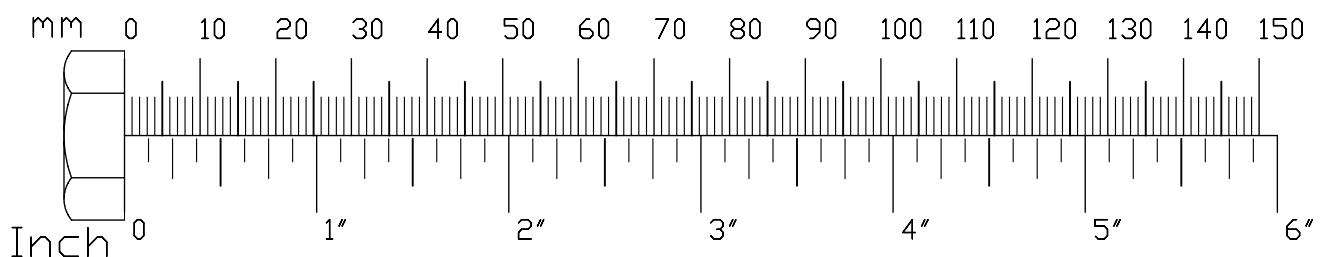
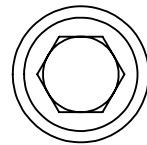
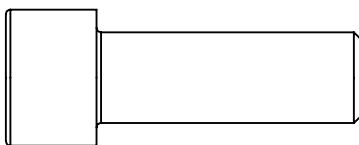
QTY. 6



Part #36

SOCKET HEAD CAP SCREW M12x35mm

QTY. 20

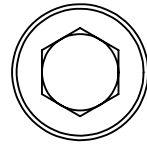
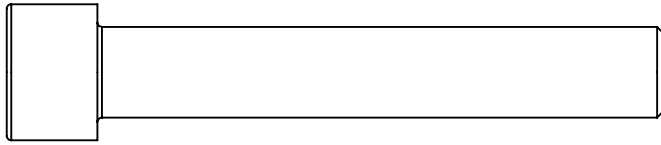


S J G 1 0 0 H a r d w a r e I l l u s t r a t i o n

Part #37

SOCKET HEAD CAP SCREW M12x75mm

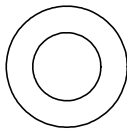
QTY. 18



Part #38

M8 WASHER

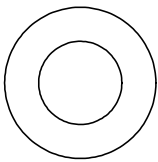
QTY. 10



Part #39

M10 WASHER

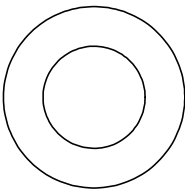
QTY. 70



Part #40

M12 WASHER

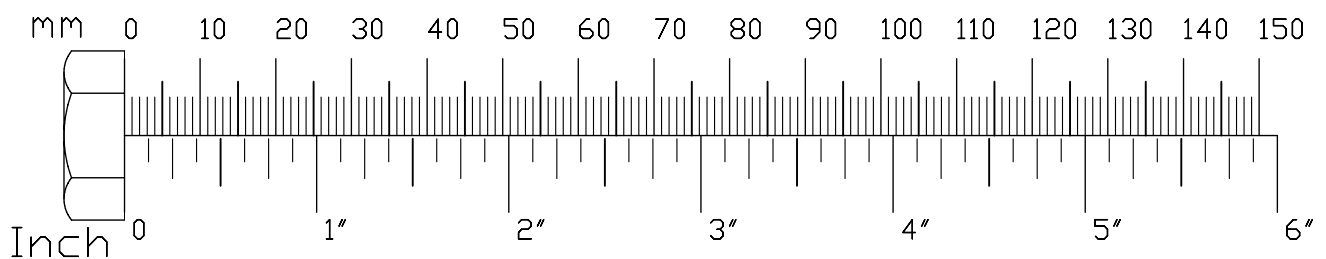
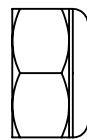
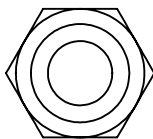
QTY. 78



Part #41

M10 NYLON LOCK NUT

QTY. 29

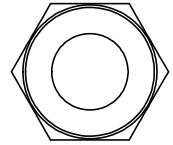
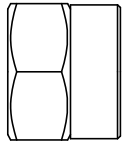


S J G 100 Hardware Illustration

Part #42

M10 NYLON LOCK NUT

QTY. 38



Part #43

SET SCREW M8x10mm

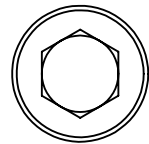
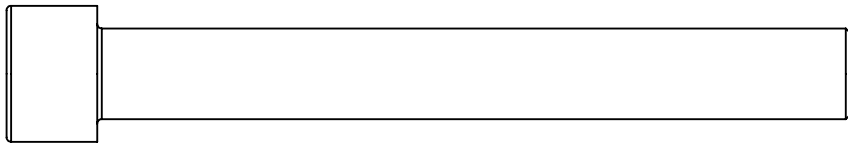
QTY. 8



Part #44

SOCKET HEAD CAP SCREW M12x100mm

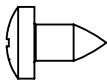
QTY. 3



Part #45

ST4.2X13mm PAN HEAD PHILLIPS SCREW

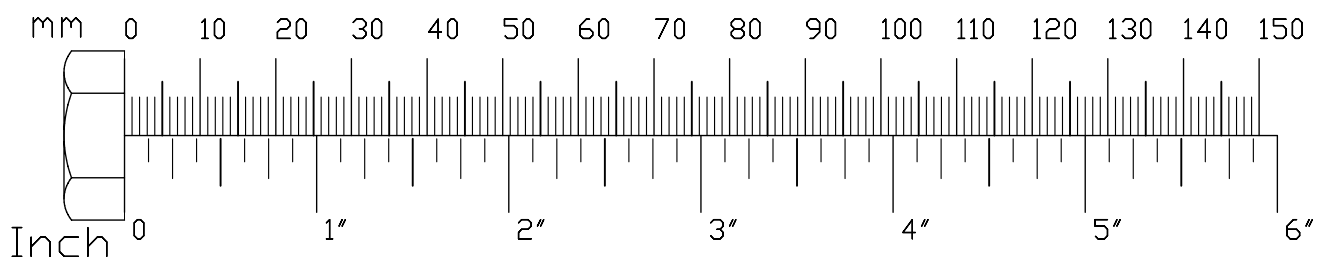
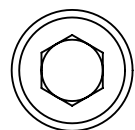
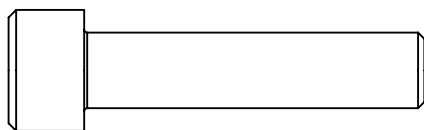
QTY. 10



Part #46

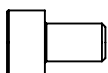
SOCKET HEAD CAP SCREW M10x50mm

QTY. 15



S J G 100 Hardware Illustration

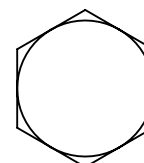
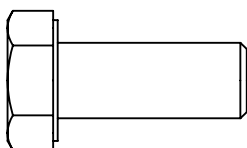
Part #47 SOCKET HEAD CAP SCREW M5x8mm QTY. 4



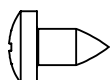
Part #49 SET SCREW, M5x8mm QTY. 3



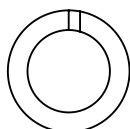
Part #50 HEX HEAD BOLT M10x25mm QTY. 3



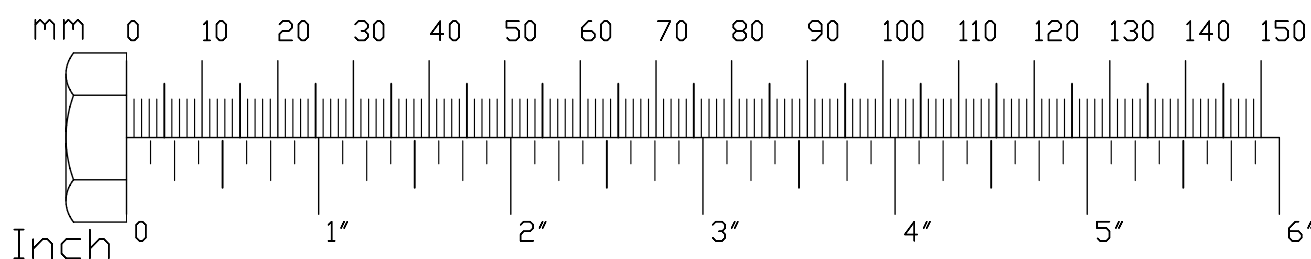
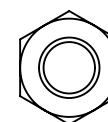
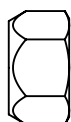
Part #51 M5x6mm PAN HEAD PHILLIPS SCREW QTY. 4



Part #52 M10 LOCK WASHER QTY. 4



Part #53 M8 NYLON LOCK NUT QTY. 2

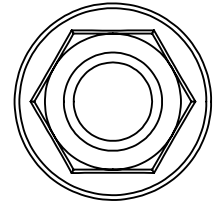
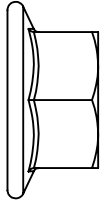


S J G 100 Hardware Illustration

Part #54

M12 FLANGE NUT

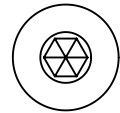
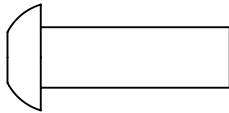
QTY. 3



Part #55

BUTTON HEAD CAP SCREW M8x25mm

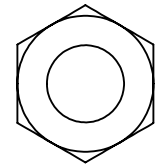
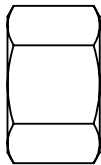
QTY. 2



Part #56

M12 HEX BUT, T12mm

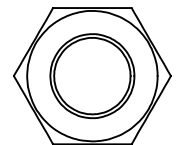
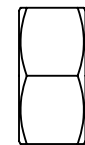
QTY. 1



Part #57

M12 HEX BUT, T8mm

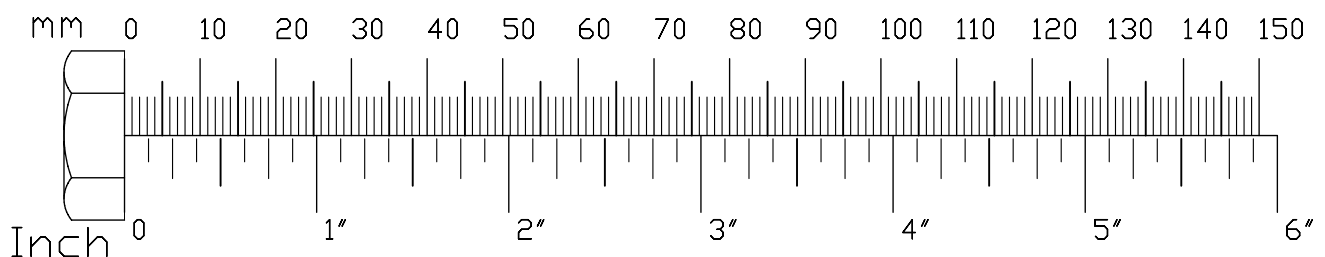
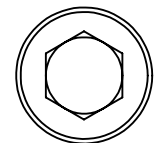
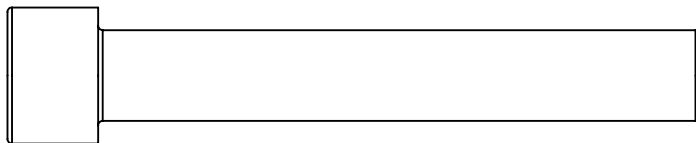
QTY. 1



Part #58

SOCKET HEAD CAP SCREW M12x80mm

QTY. 2



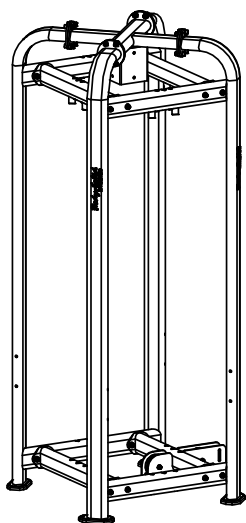
STEP**1**

Be careful to assemble all components in the sequence they are presented.

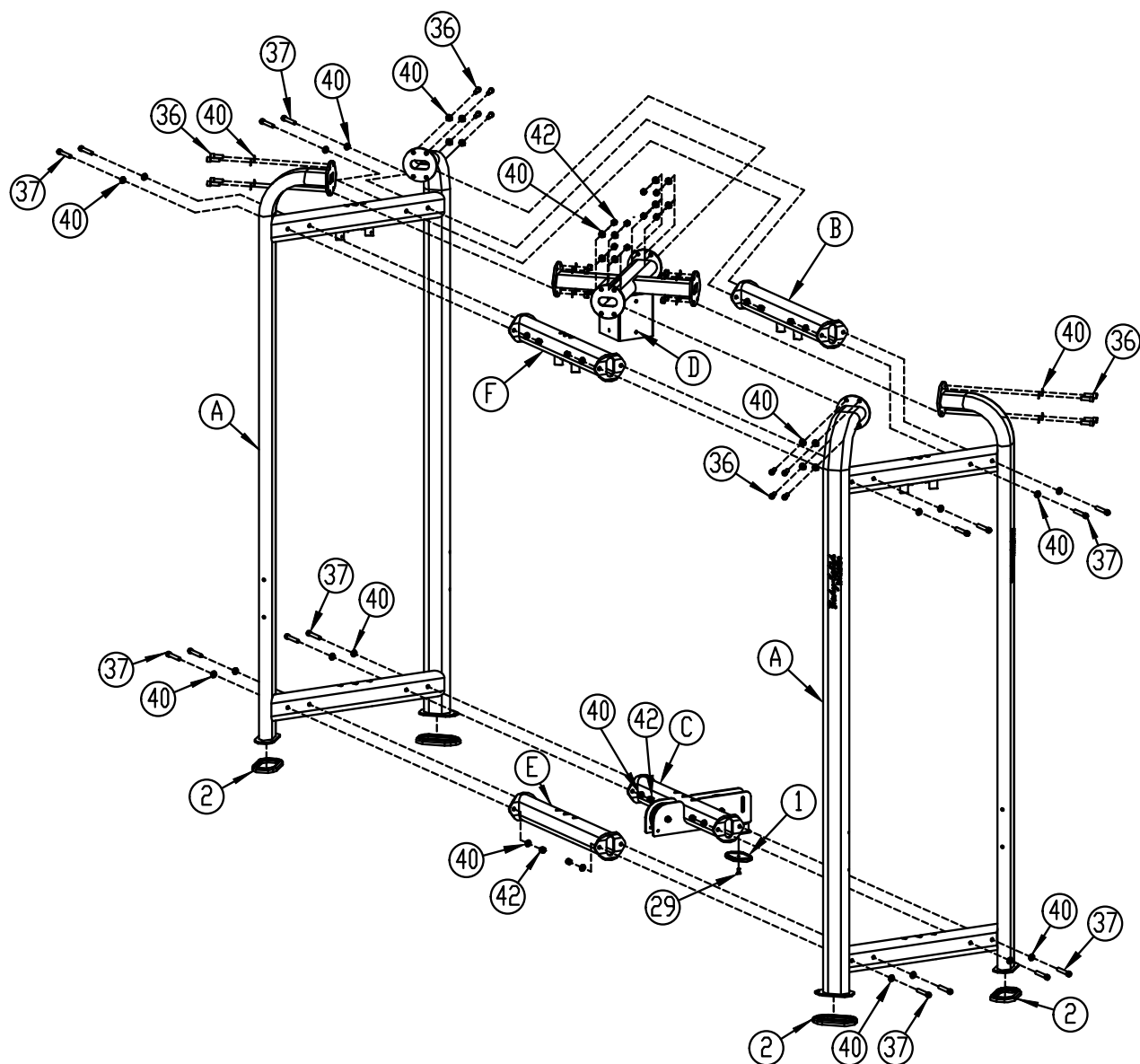
NOTE:

Finger tighten all hardware in this step. DO NOT wrench tighten until instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 1A.** Attach Oval Shaped Foot Pad **(#1)** to Stack Bottom Right Crossmember **(C)** using:
1 - **(#29) M8x20mm Flat Head Cap Screw**
- 1B.** Put Foot Pads **(#2)** on Stack Uprights **(A)**.
- 1C.** Attach Stack Uprights **(A)** to Stack Bottom Left & Right Crossmember **(C & E)** using:
8 - **(#37) M12x75mm Socket Head Cap Screw**
16 - **(#40) M12 Washer**
8 - **(#42) M12 Nylon Lock Nut**
- 1D.** Attach Stack Uprights **(A)** to Stack Top Left & Right Crossmember **(F & B)** using:
8 - **(#37) M12x75mm Socket Head Cap Screw**
16 - **(#40) M12 Washer**
8 - **(#42) M12 Nylon Lock Nut**
- 1E.** Attach Stack Uprights **(A)** to Stack Top Center Frame **(D)** using:
16 - **(#36) M12x35mm Socket Head Cap Screw**
32 - **(#40) M12 Washer**
16 - **(#42) M12 Nylon Lock Nut**



Above shows Step 1 assembled and completed.



STEP**2**

Be careful to assemble all components in the sequence they are presented.

NOTE:

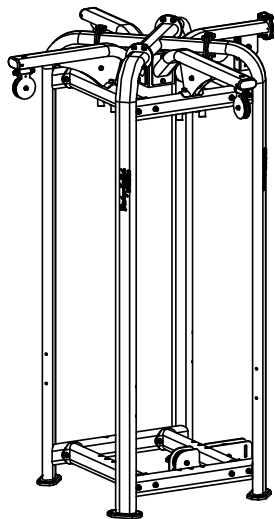
Wrench tighten ALL hardware at the end of STEP 2D. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

- 2A.** Attach Tricep Station Top Frame (**G**) to Stack Upright (**A**) and Stack Top Center Frame (**D**) using:
- 2 - (#33) M10x20mm Hex Head Bolt**
 - 2 - (#35) M10x30mm Socket Head Cap Screw**
 - 4 - (#39) M10 Washer**

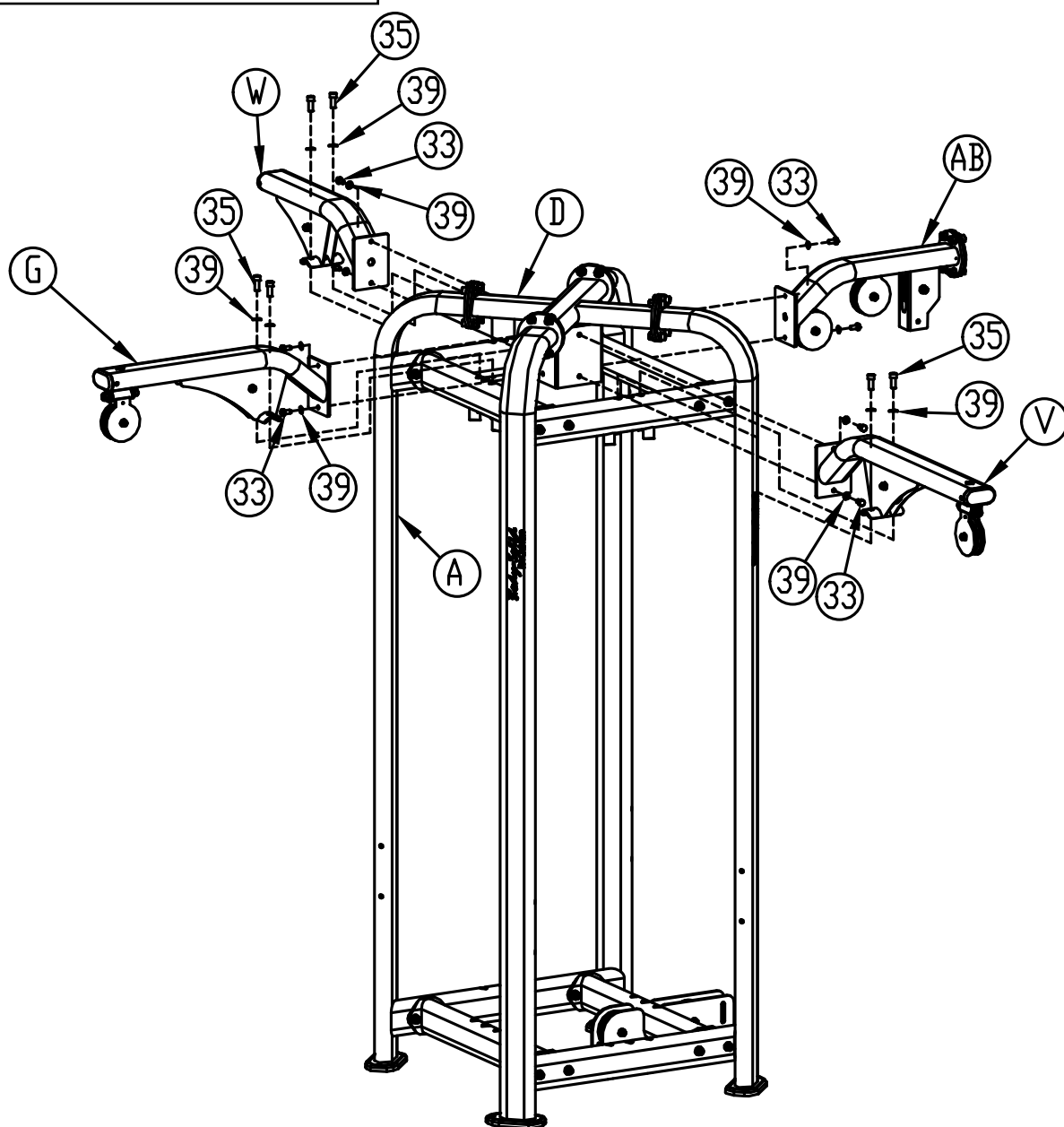
- 2B.** Attach Lat Station Top Frame (**V**) to Stack Upright (**A**) and Stack Top Center Frame (**D**) using:
- 2 - (#33) M10x20mm Hex Head Bolt**
 - 2 - (#35) M10x30mm Socket Head Cap Screw**
 - 4 - (#39) M10 Washer**

Note: Part V is longer than Part G

- 2C.** Attach Row Station Top Frame (**W**) to Stack Upright (**A**) and Stack Top Center Frame (**D**) using:
- 2 - (#33) M10x20mm Hex Head Bolt**
 - 2 - (#35) M10x30mm Socket Head Cap Screw**
 - 4 - (#39) M10 Washer**
- 2D.** Attach Cable Column Station Top Frame (**AB**) to Stack Top Center Frame (**D**) using:
- 2 - (#33) M10x20mm Hex Head Bolt**
 - 2 - (#39) M10 Washer**



Above shows Step 2 assembled and completed.



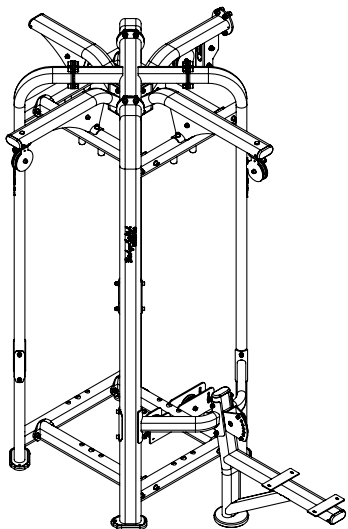
STEP**3**

Be careful to assemble all components in the sequence they are presented.

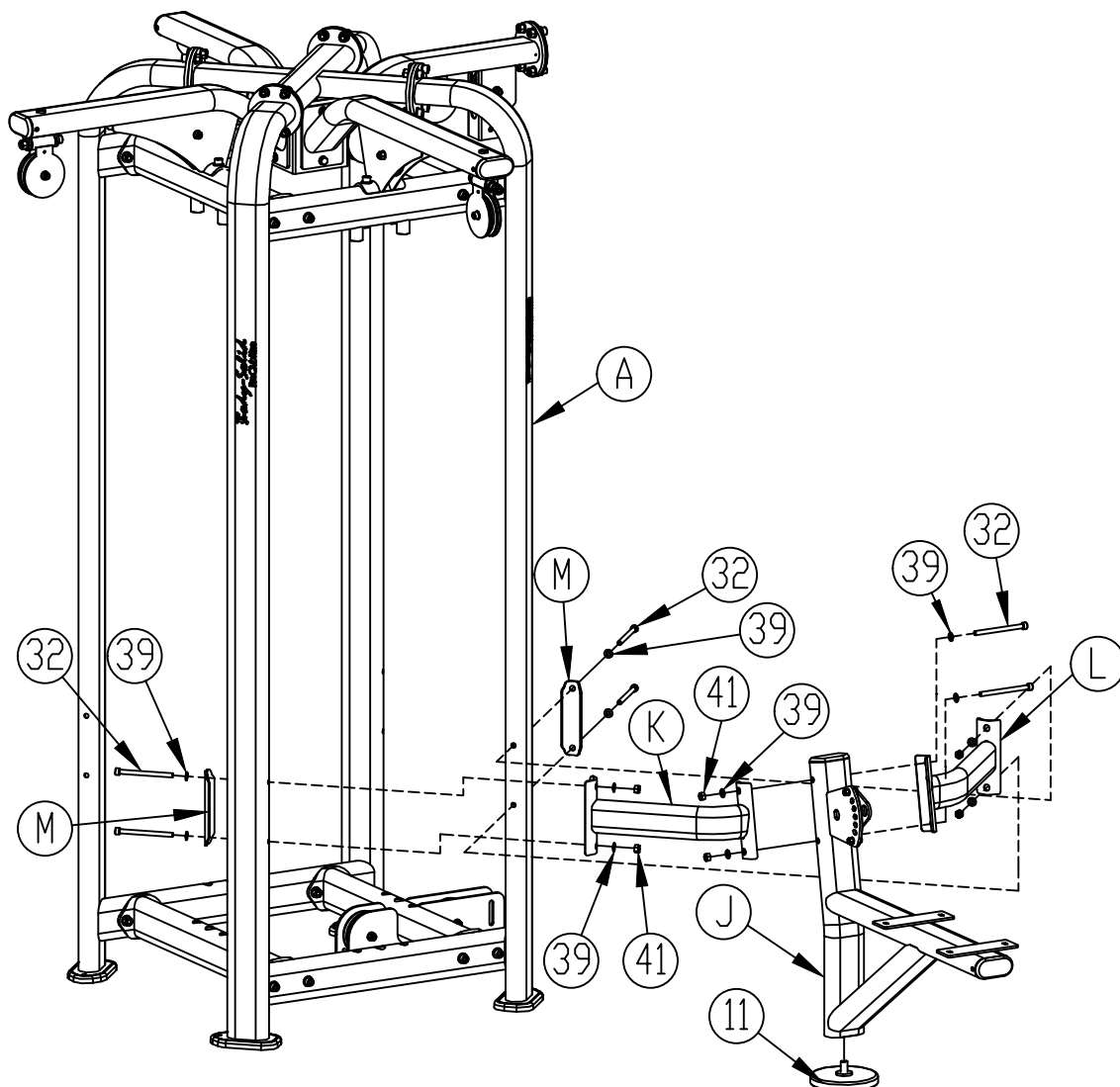
NOTE:

Wrench tighten ALL hardware at the end of STEP 3D. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

- 3A.** Attach Round Foot Pad (#11) to Lat Station Main Frame (J).
- 3B.** Attach Left Crossmember (K) to Stack Upright (A) using:
2 - (#32) M10x130mm Socket Head Cap Screw
4 - (#39) M10 Washer
2 - (#41) M10 Nylon Lock Nut
1 - (M) Curved Bracket
- 3C.** Attach Right Crossmember (L) to Stack Upright (A) using:
2 - (#32) M10x130mm Socket Head Cap Screw
4 - (#39) M10 Washer
2 - (#41) M10 Nylon Lock Nut
1 - (M) Curved Bracket
- 3D.** Attach Lat Station Main Frame (J) to Left & Right Crossmember (K & L) using:
2 - (#32) M10x130mm Socket Head Cap Screw
4 - (#39) M10 Washer
2 - (#41) M10 Nylon Lock Nut



Above shows Step 3 assembled and completed.



STEP**4**

Be careful to assemble all components in the sequence they are presented.

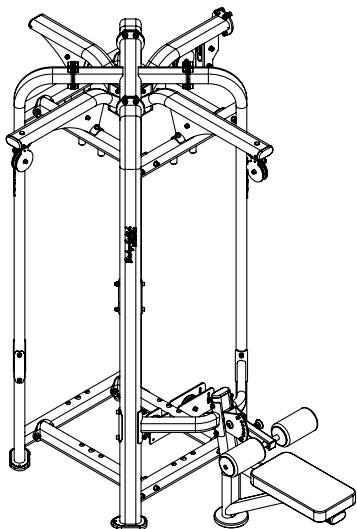
NOTE:

Wrench tighten ALL hardware at the end of STEP 4C. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

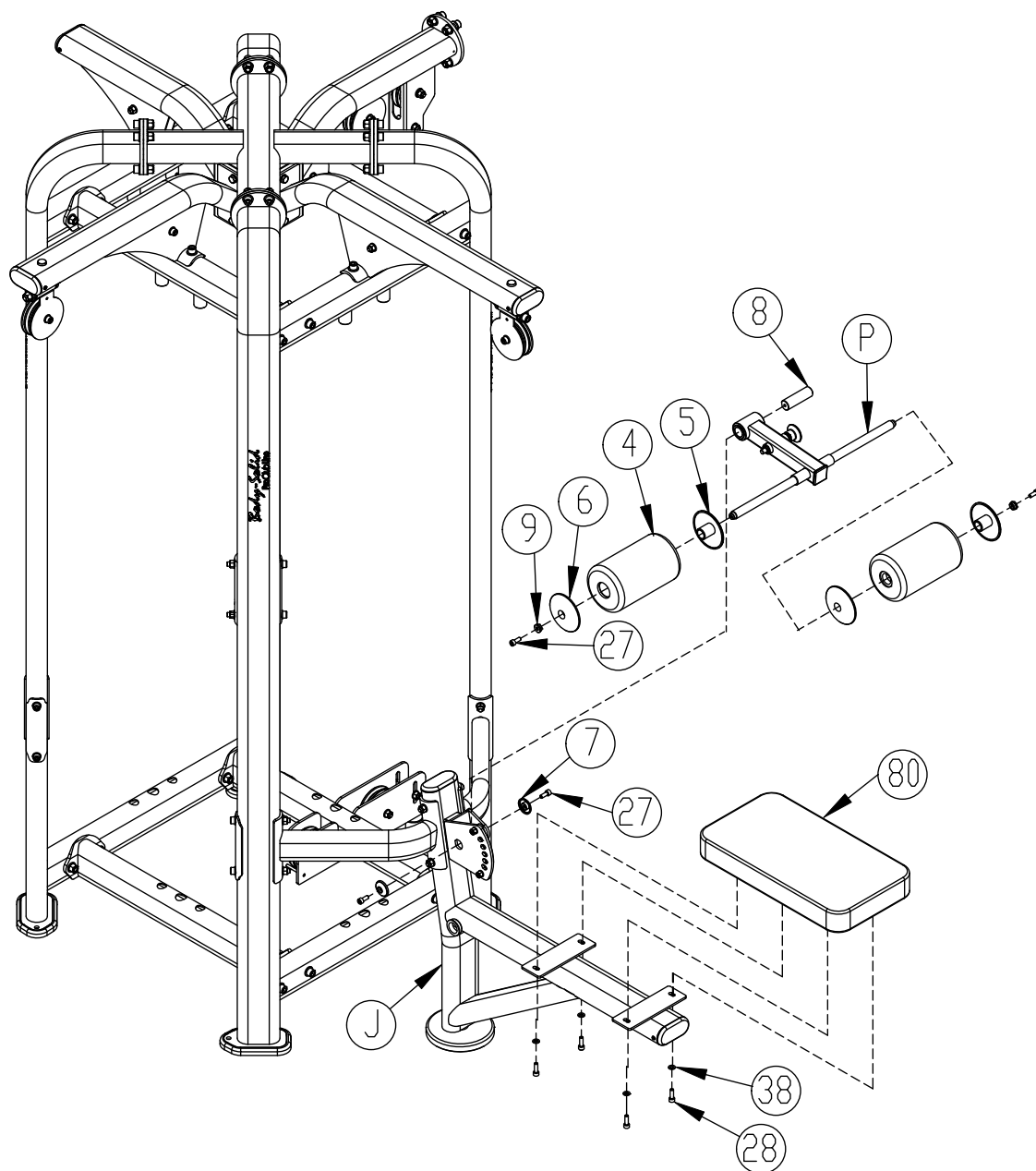
- 4A.** Attach Lat Station Seat Pad (**#80**) to Lat Station Main Frame (**J**) using:
 - 4 - (#28) M8x25mm Socket Head Cap Screw**
 - 4 - (#38) M8 Washer**

- 4B.** Attach Leg Hold Down (**P**) to Lat Station Main Frame (**J**) using:
 - 1 - (#8) Shaft**
 - 2 - (#7) End Cap**
 - 2 - (#27) M8x20mm Socket Head Cap Screw**

- 4C.** Insert Inner End Caps (**#5**), Foam Rollers (**#4**), Outer End Caps (**#6**) and Spacers (**#9**) into Leg Hold Down (**P**) in the sequence shown in Step 4 drawing. Secure them by using the M8x20mm Socket Head Cap Screws (**#27**).



Above shows Step 4 assembled and completed.



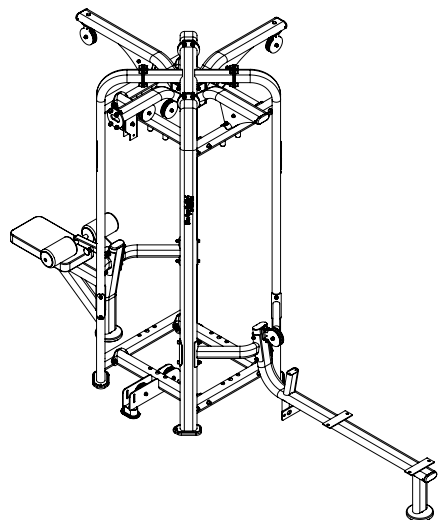
STEP**5**

Be careful to assemble all components in the sequence they are presented.

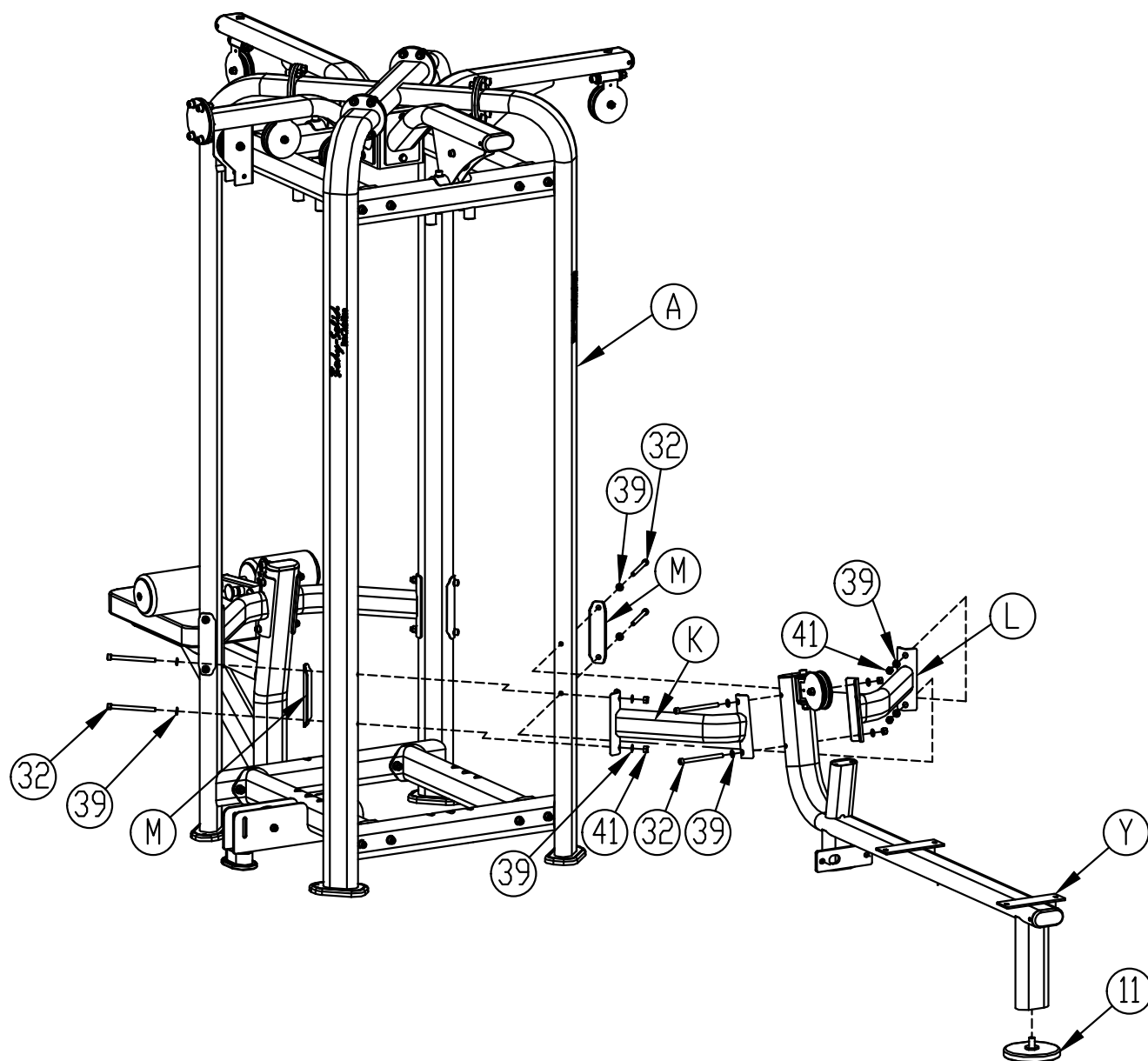
NOTE:

Wrench tighten ALL hardware at the end of STEP 5D. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

- 5A.** Attach Round Foot Pad (#11) to Row Station Main Frame (Y).
- 5B.** Attach Left Crossmember (K) to Stack Upright (A) using:
 - 2 - (#32) M10x130mm Socket Head Cap Screw
 - 4 - (#39) M10 Washer
 - 2 - (#41) M10 Nylon Lock Nut
 - 1 - (M) Curved Bracket
- 5C.** Attach Right Crossmember (L) to Stack Upright (A) using:
 - 2 - (#32) M10x130mm Socket Head Cap Screw
 - 4 - (#39) M10 Washer
 - 2 - (#41) M10 Nylon Lock Nut
 - 1 - (M) Curved Bracket
- 5D.** Attach Row Station Main Frame (Y) to Left & Right Crossmember (K & L) using:
 - 2 - (#32) M10x130mm Socket Head Cap Screw
 - 4 - (#39) M10 Washer
 - 2 - (#41) M10 Nylon Lock Nut



Above shows Step 6 assembled and completed.



STEP**6**

Be careful to assemble all components in the sequence they are presented.

NOTE:

Wrench tighten ALL hardware at the end of STEP 6D. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

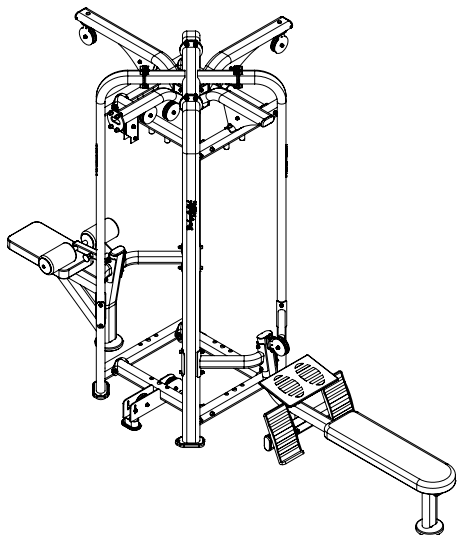
- 6A.** Attach Row Station Seat Pad (**#14**) to Row Station Main Frame (**Y**) using:
 - 4 - (#28) M8x25mm Socket Head Cap Screw**
 - 4 - (#38) M8 Washer**

- 6B.** Attach Foot Rest Frame (**U**) to Row Station Main Frame (**Y**) using:
 - 2 - (#58) M12x80mm Socket Head Cap Screw**
 - 4 - (#40) M12 Washer**
 - 2 - (#42) M12 Nylon Lock Nut**
 - 1 - (T) Steel Bracket**

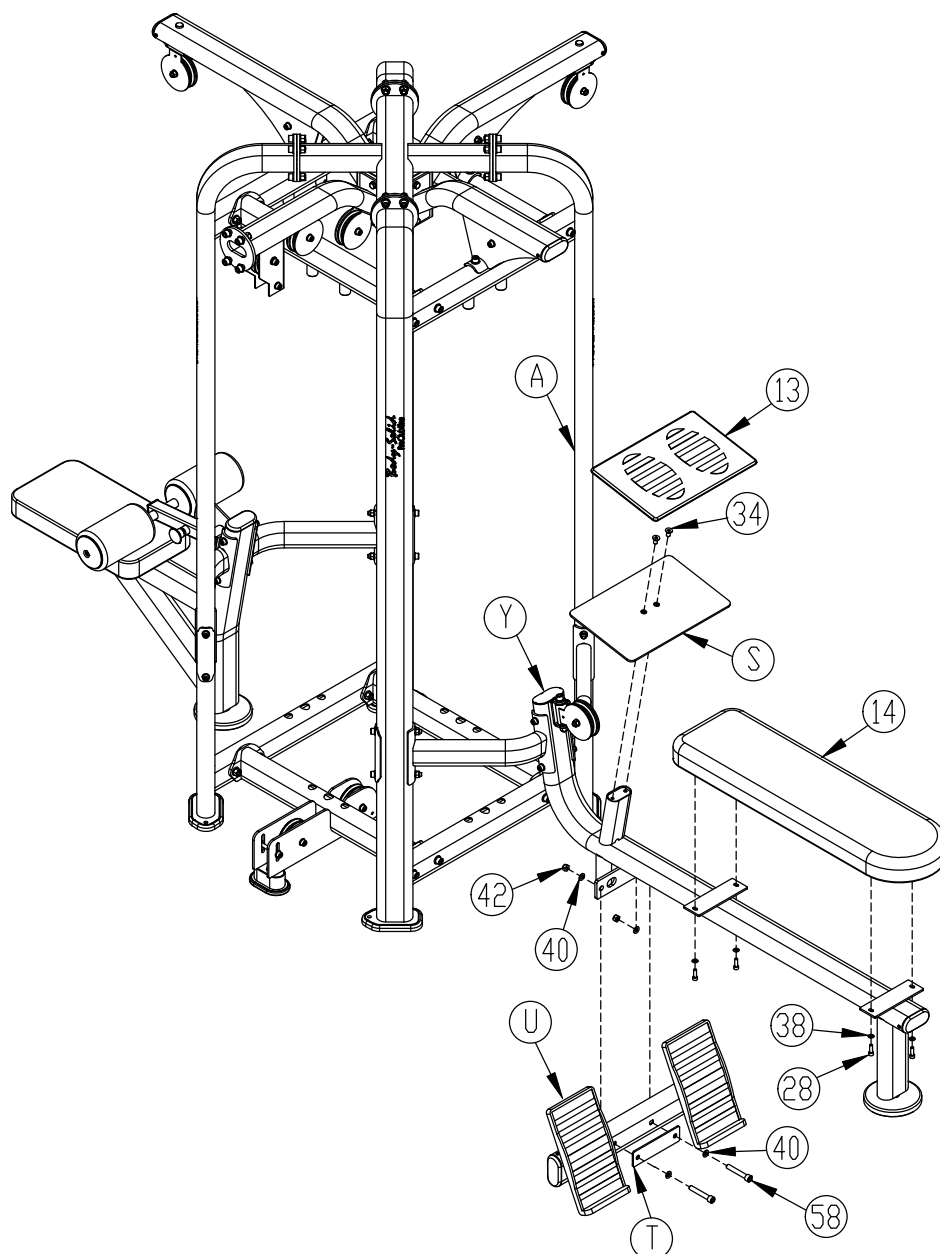
- 6C.** Attach Steel Plate (**S**) to Row Station Main Frame (**Y**) using:
 - 2 - (#34) M12x20mm Flat Head Cap Screw**

- 6D.** Put Rubber Pad (**#13**) on Steel Plate (**S**).

STEP 6



Above shows Step 6 assembled and completed.



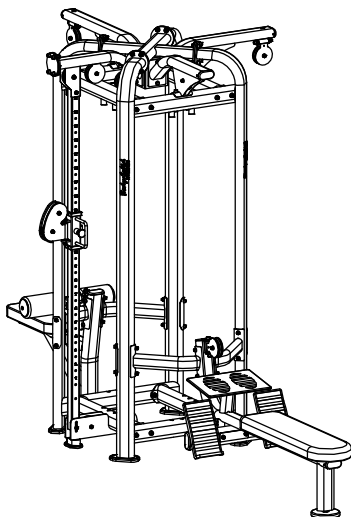
STEP**7**

Be careful to assemble all components in the sequence they are presented.

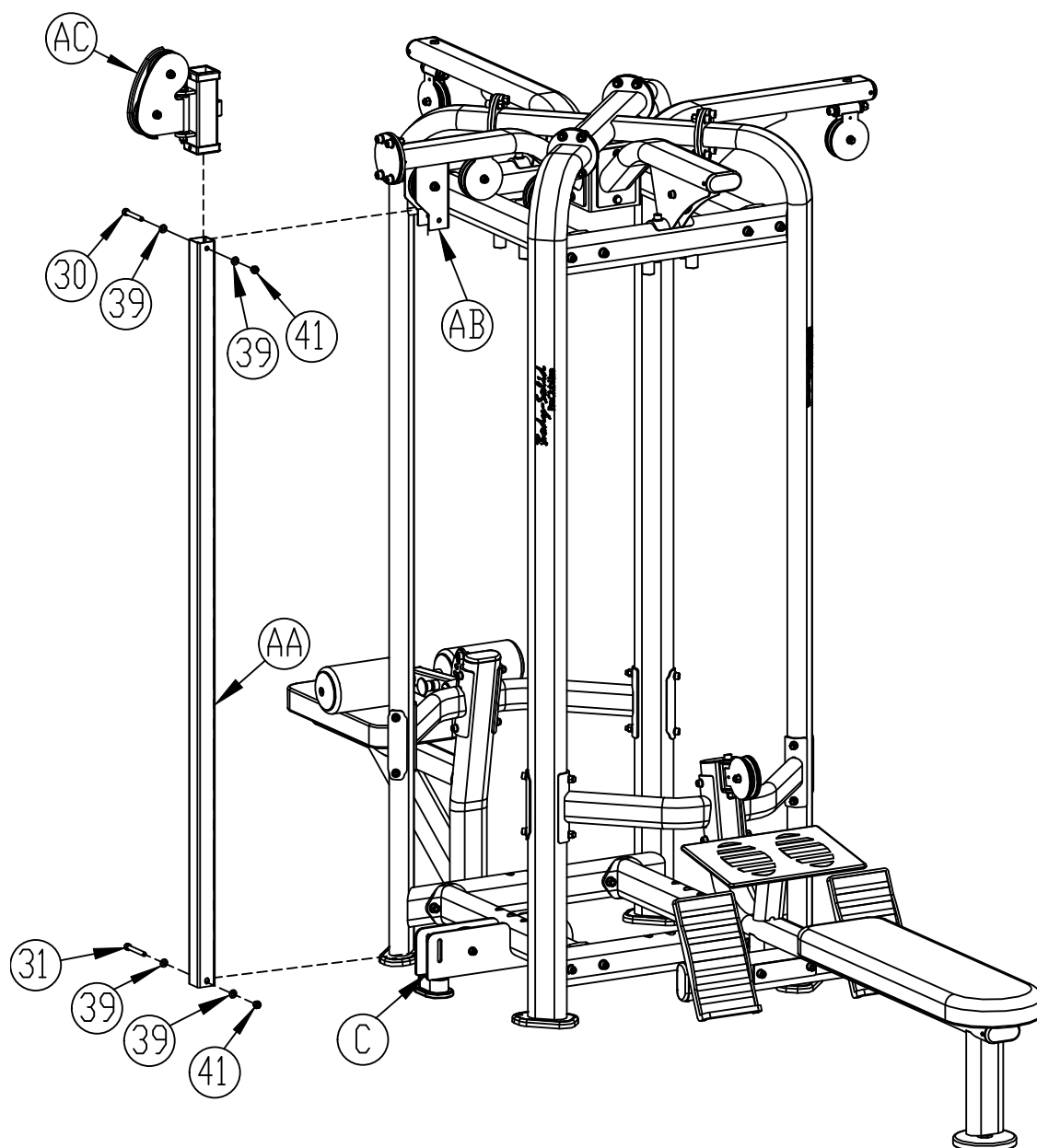
NOTE:

Wrench tighten ALL hardware at the end of STEP 7C. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

- 7A.** Insert Cable Column Sliding Handle **(AC)** onto Cable Column Upright **(AA)**.
- 7B.** Attach Cable Column Upright **(AA)** to Cable Column Top Frames **(AB)** using:
 - 1 - (#30) M10x75mm Socket Head Cap Screw**
 - 4 - (#39) M10 Washer**
 - 2 - (#41) M10 Nylon Lock Nut**
- 7C.** Attach Cable Column Upright **(AA)** to Stack Bottom Left Crossmember **(C)** using:
 - 1 - (#31) M10x80mm Socket Head Cap Screw**
 - 2 - (#39) M10 Washer**
 - 1 - (#41) M10 Nylon Lock Nut**



Above shows Step 6 assembled and completed.



STEP**8**

Be careful to assemble all components in the sequence they are presented.

NOTE:

Wrench tighten ALL hardware at the end of STEP 8F. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

8A. Install Chrome Guide Rods **(H)** into the holes of the Stack Frame **(A)**.

Note: Make sure the threaded holes of the Chrome Guide Rods face up.

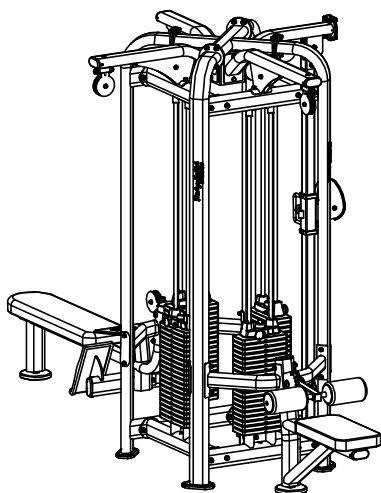
8B. Install Rubber Donuts **(#20)** and slide to the bottom of the Guide Rods

8C. Tilt Guide Rods **(H)** away from the Stack Frame **(A)** and install 20pcs of weight plates **(#18)**. Be careful to hold guide rods steadily when installing weight plates.

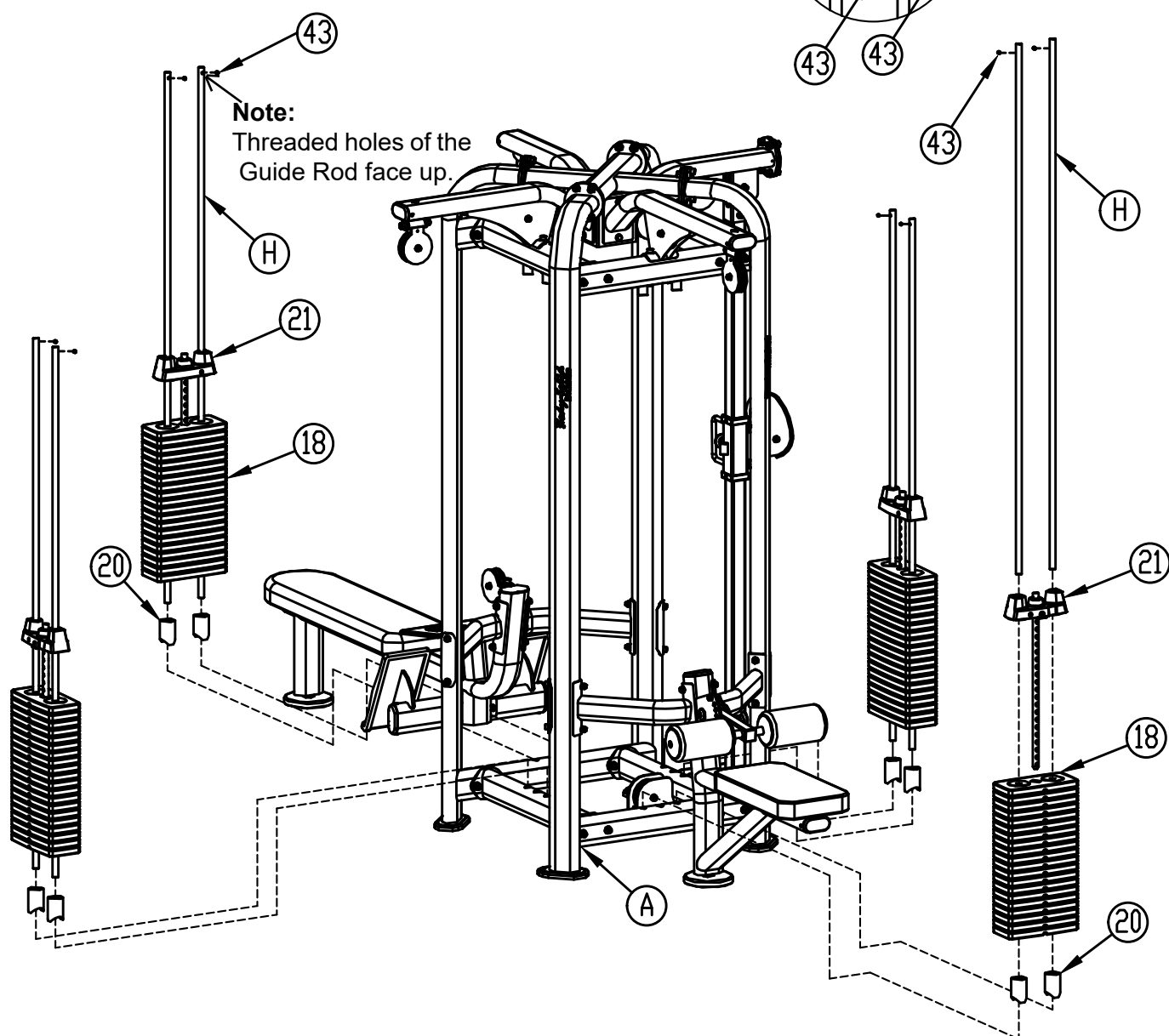
8D. Install Top Plate & Selector Rod Assembly **(#21)** onto the Guide Rods **(H)**.

8E. Secure the Guide Rods using M8x10mm Set Screws **(#43)**.

8F. Repeat Step **8A** to **8E** to install the remaining three weight stacks



Above shows Step 6 assembled and completed.



STEP

9

Be careful to assemble all components in the sequence they are presented.

NOTE:

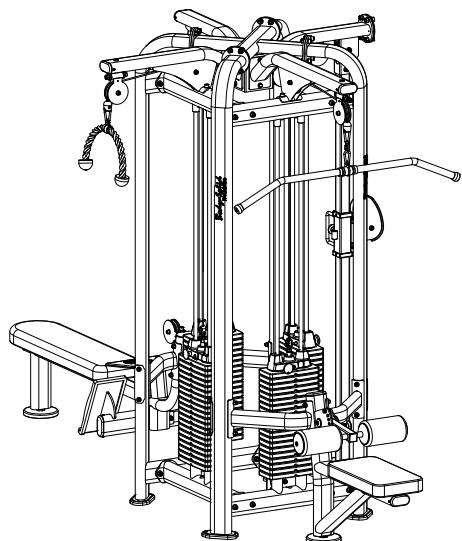
Wrench tighten ALL hardware at the end of STEP 9F. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

TRICEP STATION

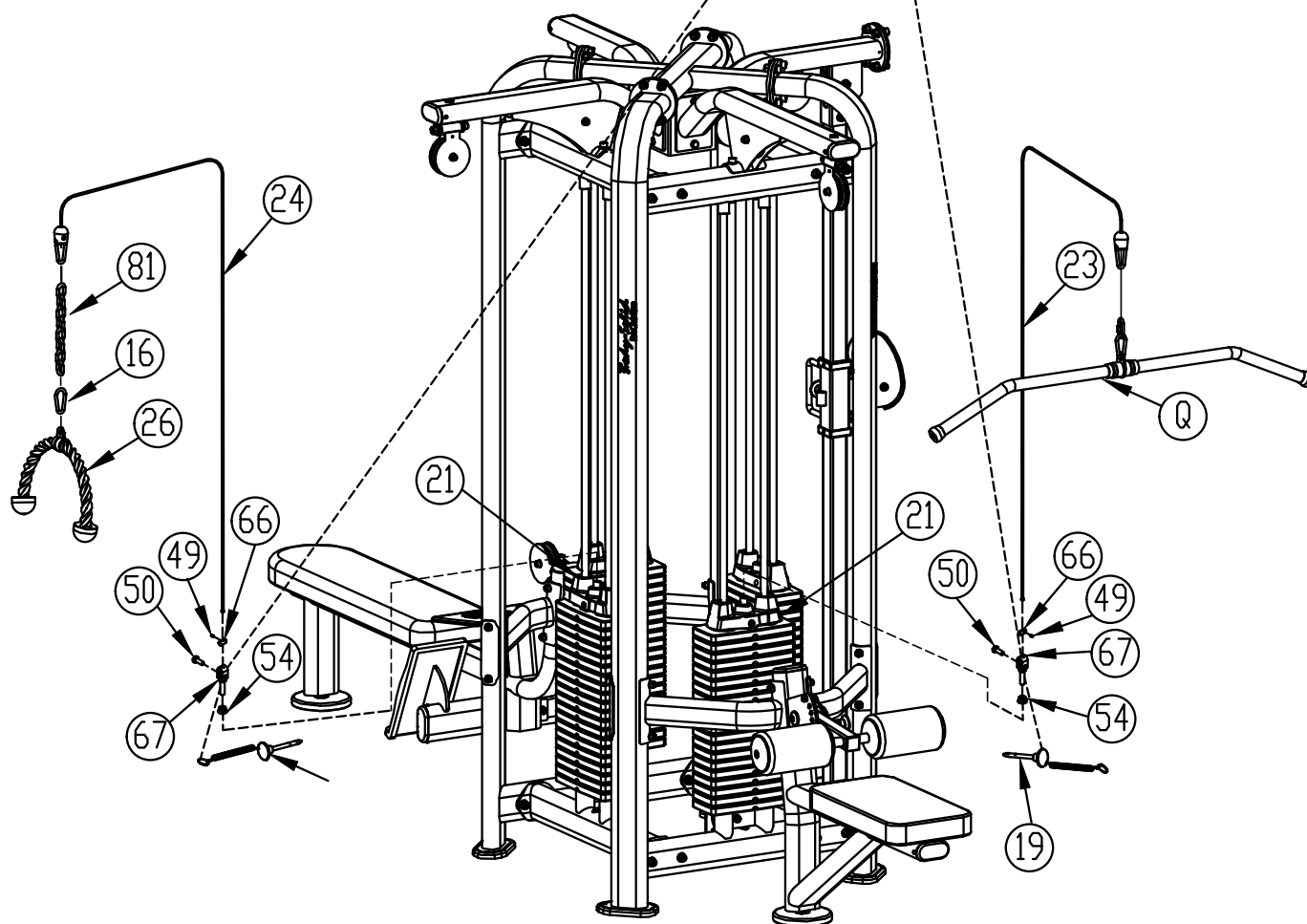
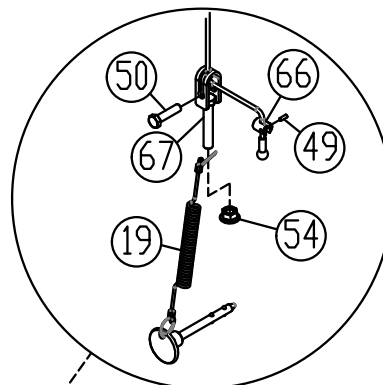
- 9A.** Put the Key Ring of the Weight Stack Pin (**#19**) onto the threaded end of the Top Bolt (**#67**).
- 9B.** Install the Top Bolt (**#67**) with a M12 Flange Nut (**#54**) onto the Top Plate (**#21**).
- 9C.** Route the Tricep Station Cable (**#24**) as shown in Step 9 Drawing.
- 9D.** Install Cable (**#24**) by first assembling the small ball end into the Top Bolt (**#67**) and attaching the Cable Cylinder Lock (**#66**) over the ball end of the cable. Secure it by tightening M5x8mm Set Screw (**#49**).
- 9E.** Install the M10X25mm Hex Head Bolt (**#50**) through the slot hole of the Top Bolt (**#67**).
- 9F.** Attach Tricep Rope (**#26**) to the Tricep Station Cable (**#24**) with Steel Chain (**#81**) & Snap Links (**#16**).

LAT STATION

- 9G.** Repeat Step **9A** to **9F** to install the Lat Station Cable (**#23**).
- 9F.** Attach Lat Bar (**Q**) to the Lat Station Cable (**#23**).



Above shows Step 6 assembled and completed.



STEP

10

Be careful to assemble all components in the sequence they are presented.

NOTE:

Wrench tighten ALL hardware at the end of STEP 6B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

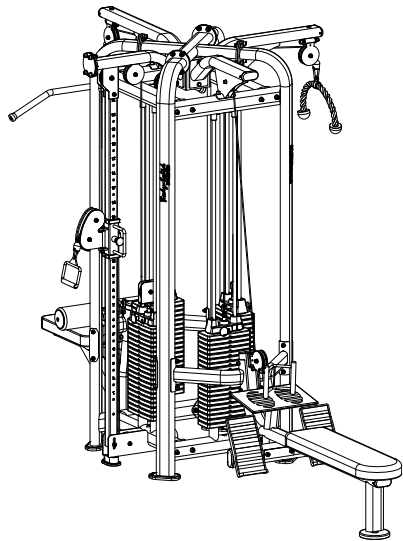
SEATED ROW STATION

- 10A.** Put the Key Ring of the Weight Stack Pin (**#19**) onto the threaded end of the Top Bolt (**#67**).
- 10B.** Install the Top Bolt (**#67**) with a M12 Flange Nut (**#54**) onto the Top Plate (**#21**).
- 10C.** Route the Seated Row Station Cable (**#25**) as shown in Step 10 Drawing.
- 10D.** Install Cable (**#25**) by first assembling the small ball end into the Top Bolt (**#67**) and attaching the Cable Cylinder Lock (**#66**) over the ball end of the cable. Secure it by tightening M5x8mm Set Screw (**#49**).
- 10E.** Install the M10X25mm Hex Head Bolt (**#50**) through the slot hole of the Top Bolt (**#67**).
- 10F.** Attach Row Handle (**R**) to the Seated Row Station Cable (**#25**).

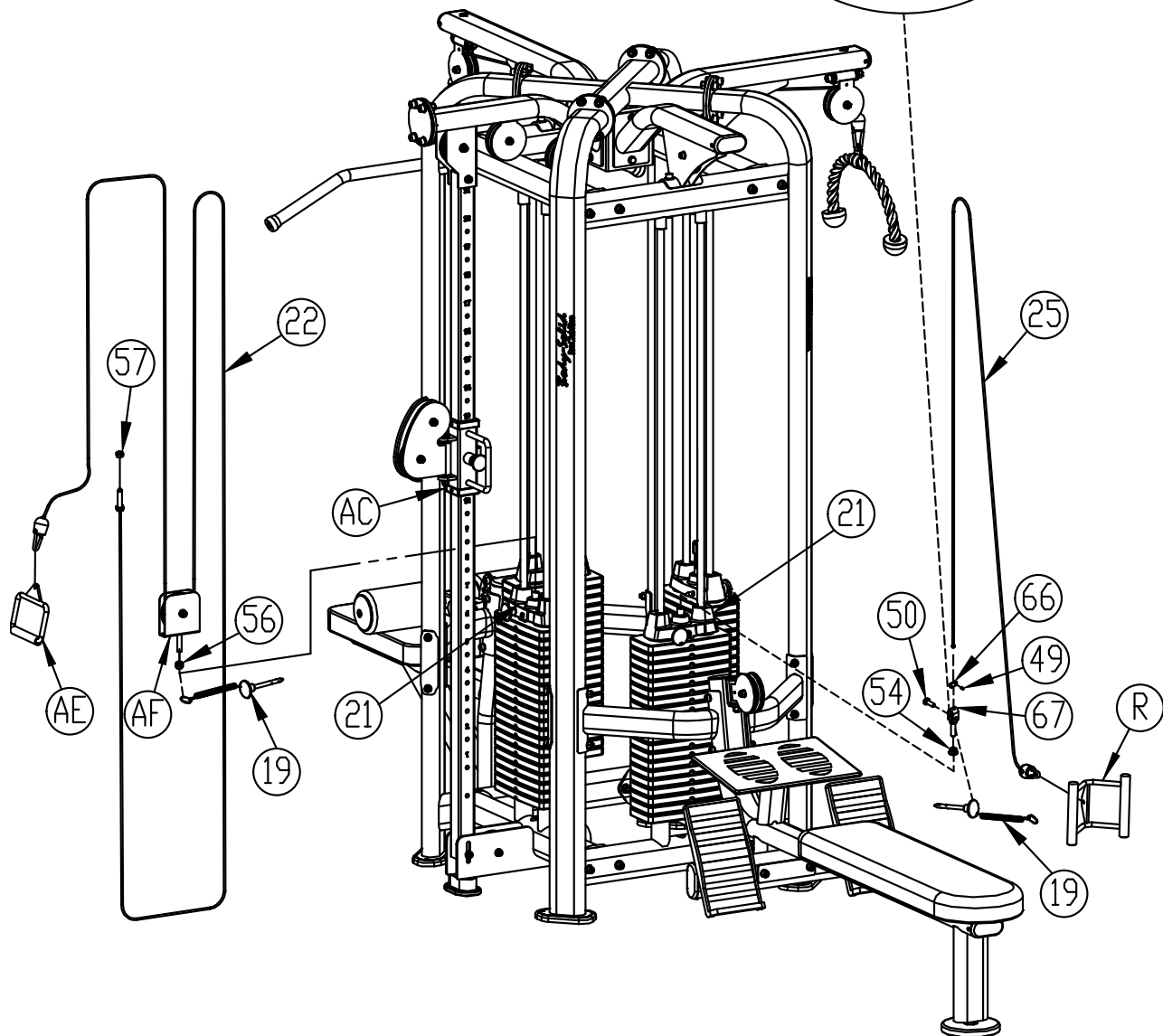
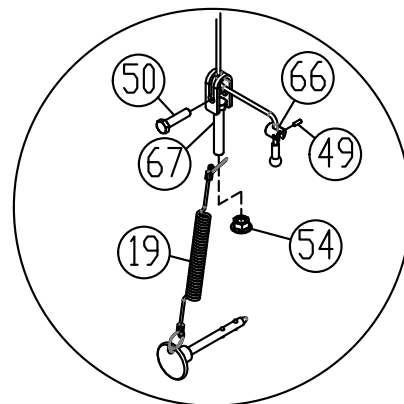
CABLE COLUMN STATION

- 10G.** Install Weight Stack Pin (**#19**) by using the key ring end through the Pulley Bracket (**AF**).
- 10H.** Install M12 Hex Nut (**#56**), and Pulley Bracket (**AF**) onto the Top Plate (**#21**) and secure the Pulley Bracket (**AF**) by wrench tightening the M12 Hex Nut (**#56**).
- 10J.** Route Cable Column Cable (**#22**) as shown in Step 10 Drawing.
- 10K.** Attach Cable (**#22**) to Cable Column Sliding Handle (**AC**) and secure the Cable (**#22**) by wrench tightening the M12 Hex Nut (**#57**).
- 10L.** Attach Stirrup Handle (**AE**) to the Cable Column Cable (**#22**).

STEP 10

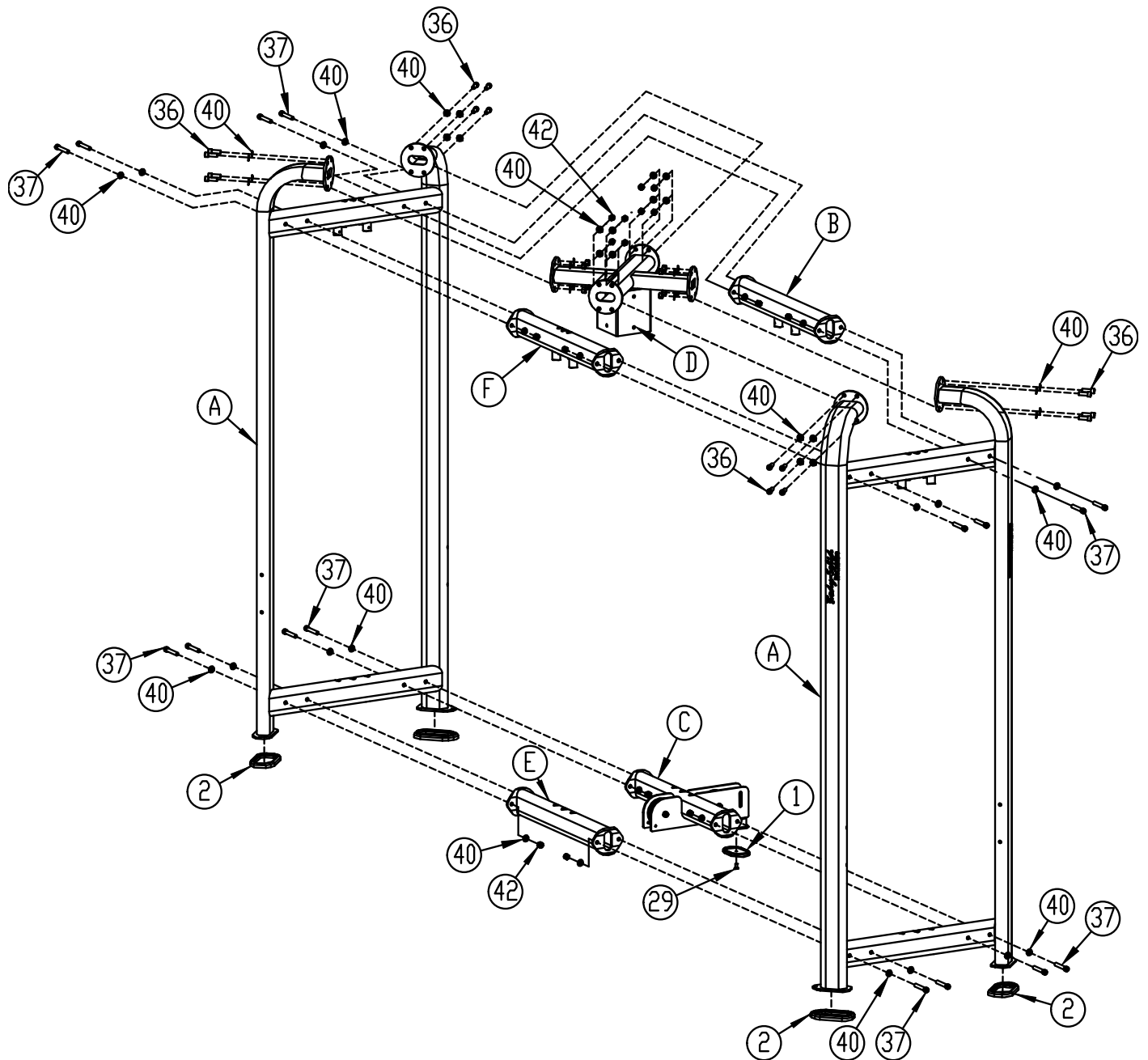


Above shows Step 6 assembled and completed.

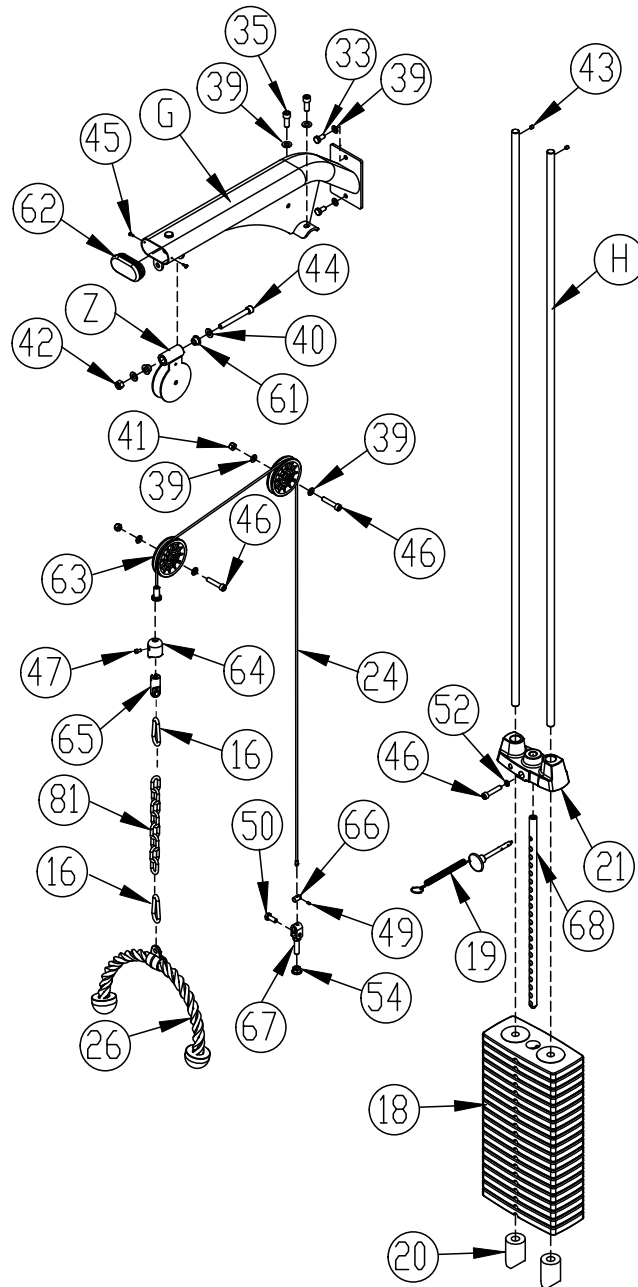


Notes

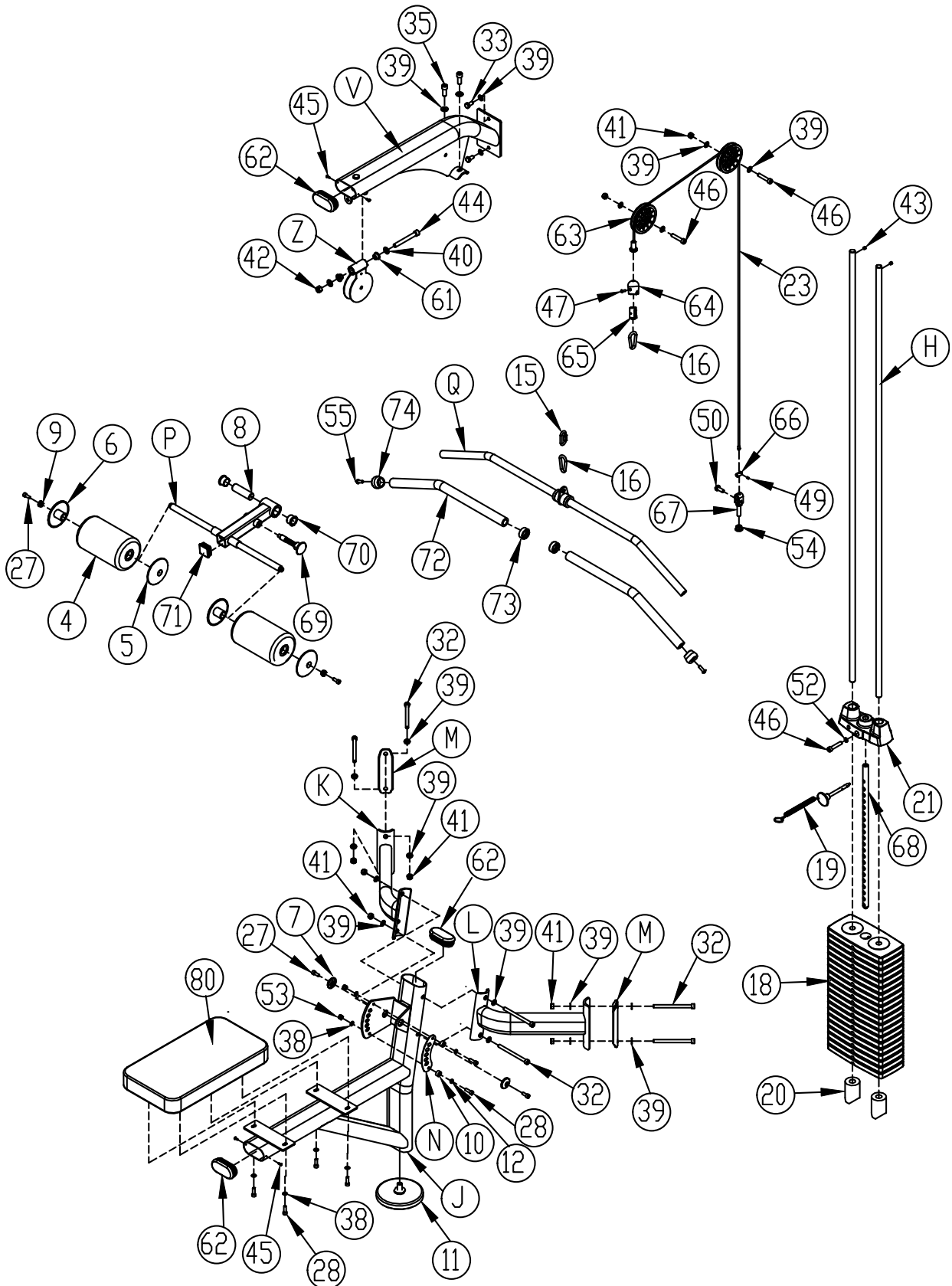
SJG100 Exploded View (1)



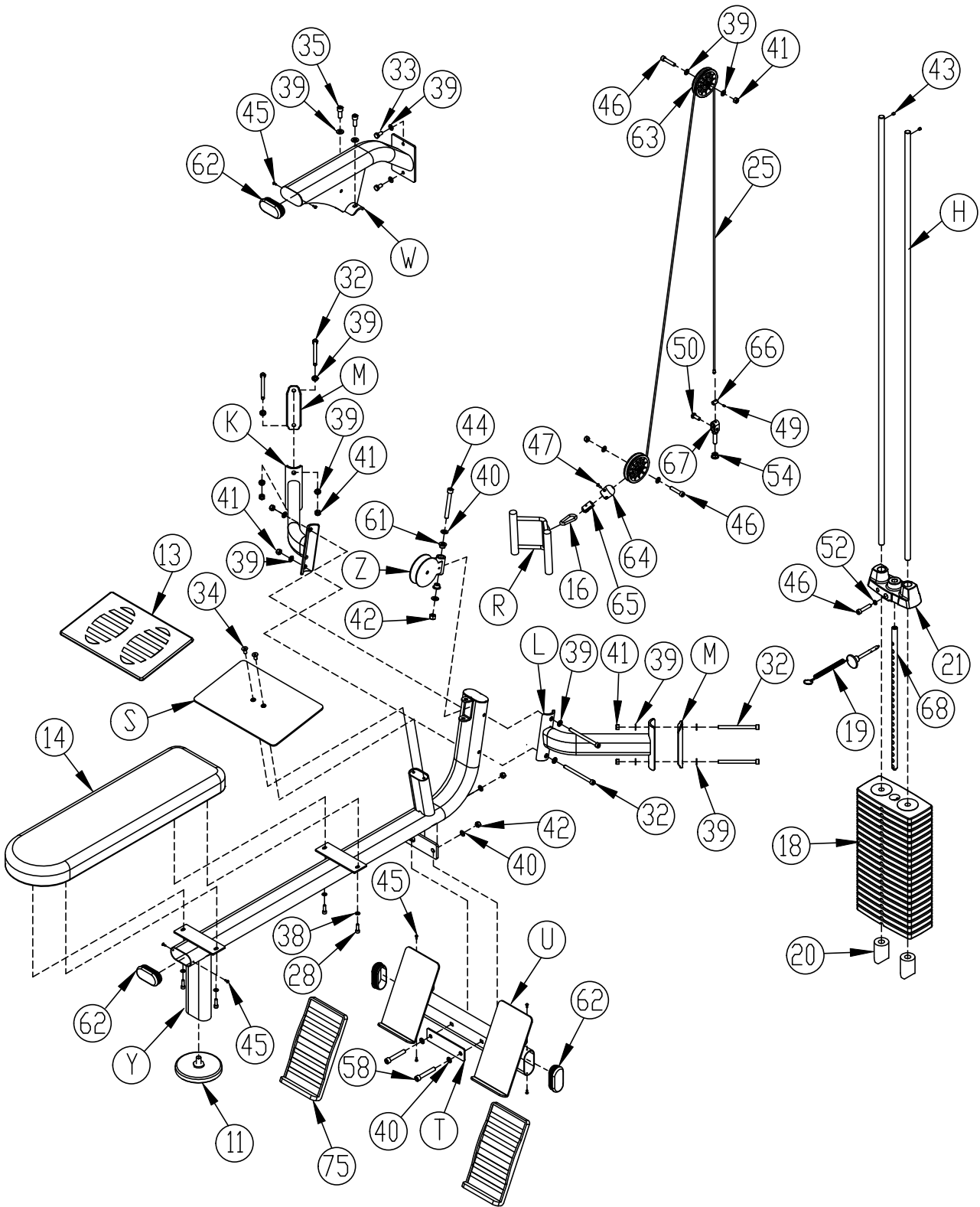
S J G 100 Exploded View (2)



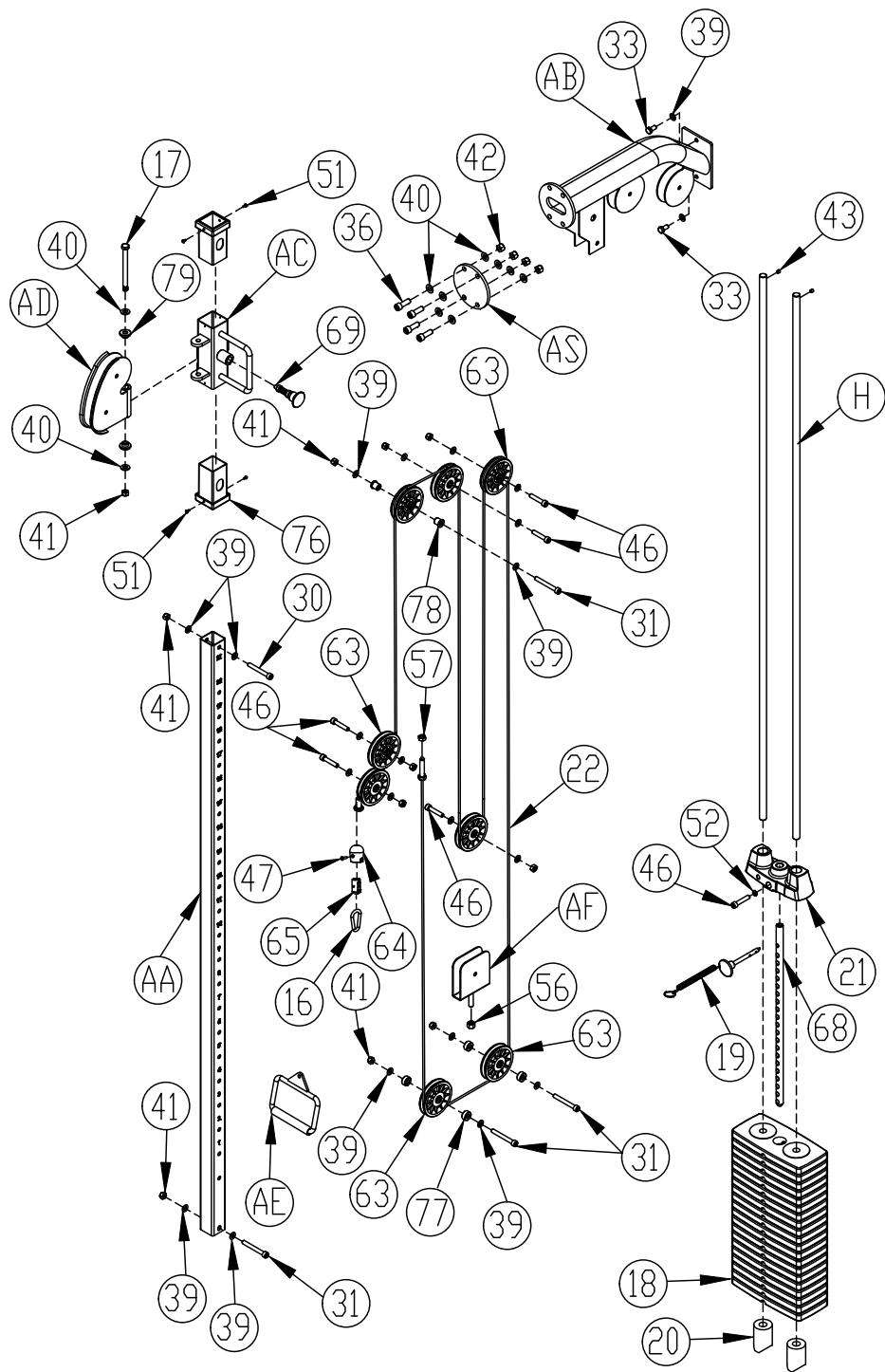
S J G 100 Exploded View (3)



S J G 100 Exploded View (4)



SJG100 Exploded View (5)





SJG100

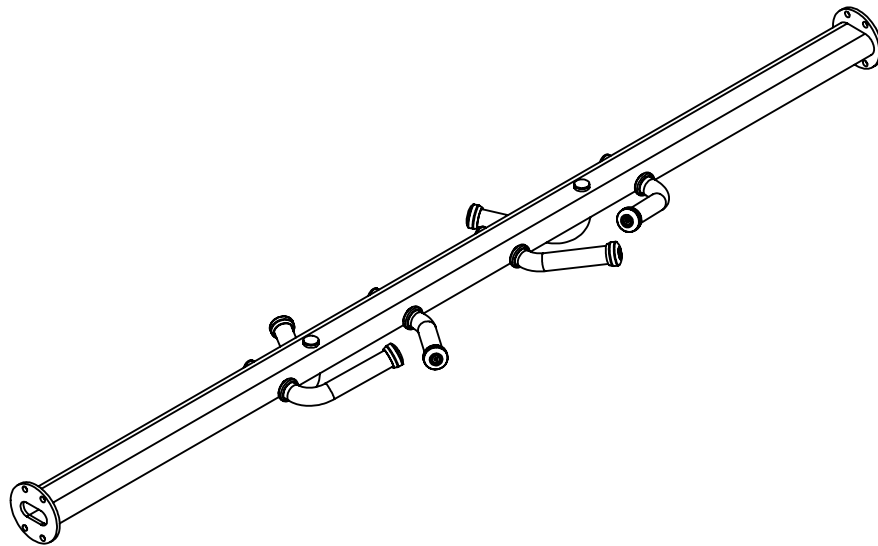
PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # 019584----

1900 S. Des Plaines Ave.
Forest Park, IL 60130
Phone:(708)427-3555
Fax:(708)427-3556
Hours: M-F 8:30 - 5:00 CST

www.bodysolid.com

Body-Solid®
Built for Life



SJG100-BEAM

V. SJG100-BEAM-20241120

Assembly Instructions
OWNER'S & MANUAL

Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from your local Body-Solid dealer.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

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.
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/strap 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. RAL8-6-03 WC-54

WARNING

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
Call 1-800-556-3113

MAINTENANCE SCHEDULE

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

	DAILY	WEEKLY
Cables: Check tension, end fittings, and coating	✓	
Check that locking nut at weight stack is tight		✓
Upholstery: Wipe down and dry	✓	
Clean and condition		✓
Frame: Wipe down and dry	✓	
Polish / Wax		✓
Chrome: Wipe down and dry	✓	
Polish / Lubricate		✓
Nuts / Bolts / Fasteners: Tighten and / or adjust as needed		✓
Guide Rods: Lubricate and clean		✓
Linear Rods: Lubricate and clean		✓
Seat Sleeves: Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs		✓
Weight Stack Pins		✓
Warning Instruction Labels		✓
Springs / Pop Pins	✓	
Anti Skid Surfaces		✓
Hand Grips / Rollers		✓

For Body-Solid Customer Service
Call 1-800-556-3113
#MSSTR0803

Table of Contents

- SAFETY INSTRUCTIONS..... PAGE 4
- PREPARATION..... PAGE 5
- PART / HARDWARE LIST..... PAGE 6
- HARDWARE ILLUSTRATION..... PAGE 7
- ASSEMBLY INSTRUCTIONS..... PAGE 8
- EXPLODED VIEW..... PAGE 11
- CONTACT PAGE..... PAGE 12

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the **SJG100-BEAM**. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the **SJG100-BEAM** on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The **SJG100-BEAM** is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid **BEAM FOR JUNGLE GYM**.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call **1-800-556-3113** for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at www.bodysolid.com or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**

Preparation

Thank you for purchasing the **SJG100-BEAM**. This Product is part of the Body-Solid line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly..

Required Tools

The basic tools that you must obtain before assembling the **SJG100-BEAM** include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

Installation Requirements

Follow these installation requirements when assembling the **SJG100-BEAM**:

Set up the **SJG100-BEAM** on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

Assembly Tips

Read all "Notes" on each page before beginning each step.

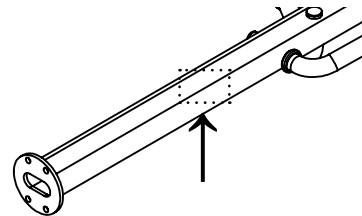
While you may be able to assemble the **SJG100-BEAM** using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

CAUTION: Obtain assistance! If you feel like you can't assemble the **SJG100-BEAM** by yourself then do

not attempt to do so as this could result in injury. Review the installation requirements before proceeding with the following steps.



Your S/N# can
be found here

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

S J G 1 0 0 - B E A M P a r t s & H a r d w a r e L i s t

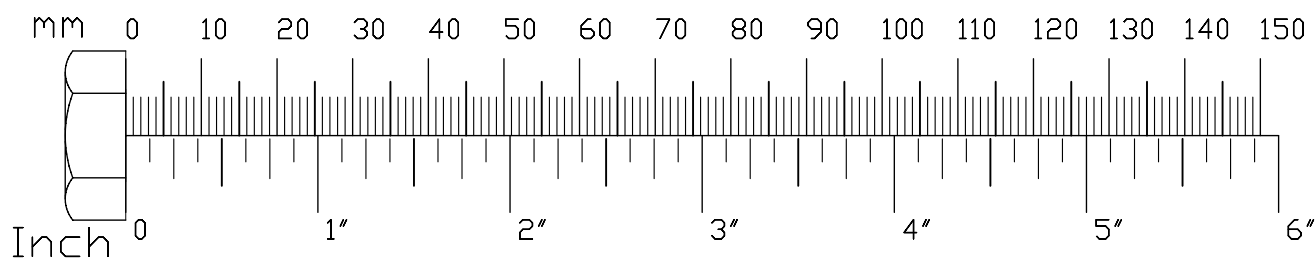
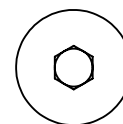
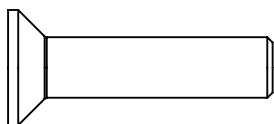
Part#	Qty	Description
BA	1	CROSSMEMBER
1	6	M8x35mm FLAT HEAD CAP SCREW
3	6	METAL END CAP, ø48mm
4	2	HAND GRIP, ø36x350mm
5	2	HAND GRIP, ø36x308mm
6	2	HAND GRIP, ø36x324mm
7	6	PLASTIC ROUND PLUG, ø30mm
8	6	METAL END RING, ø48mm

S J G 1 0 0 - B E A M H a r d w a r e I l l u s t r a t i o n

Part #1

FLAT HEAD CAP SCREW M8x35mm

QTY. 6



STEP

1

Be careful to assemble all components in the sequence they are presented.

NOTE:

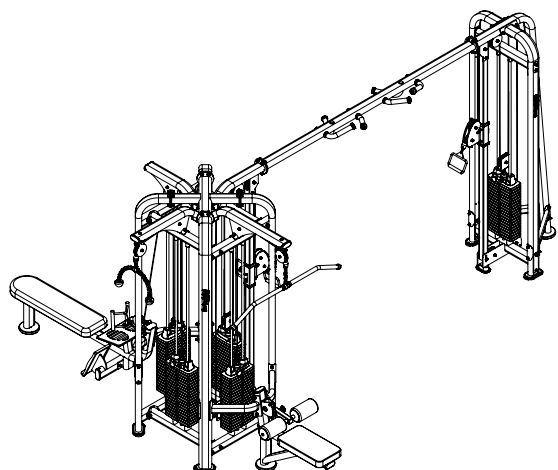
Wrench tighten ALL hardware at the end of STEP 1B. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

- 1A.** Attach Cable Column Top Frame **(AB)** to Crossmember **(BA)** using:
- 4 - (#36) M12x35mm Socket Head Cap Screw**
 - 8 - (#40) M12 Washer**
 - 4 - (#42) M12 Nylon Lock Nut**

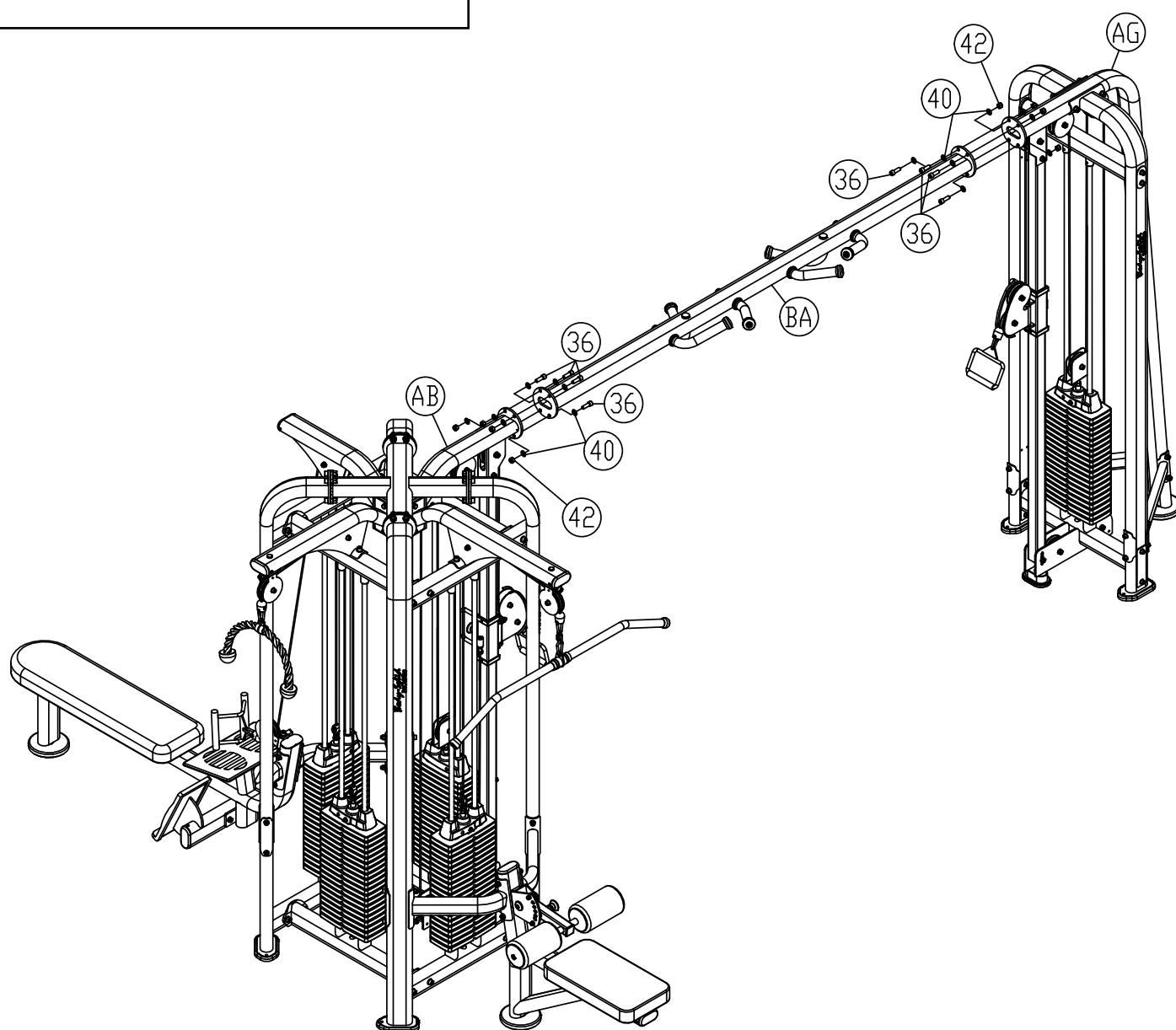
Note: The Hardware is from SJG100.

- 1B.** Attach Cable Column Rear Frame **(AG)** to Crossmember **(BA)** using:
- 4 - (#36) M12x35mm Socket Head Cap Screw**
 - 8 - (#40) M12 Washer**
 - 4 - (#42) M12 Nylon Lock Nut**

Note: The Hardware is from SJG100-EXT.

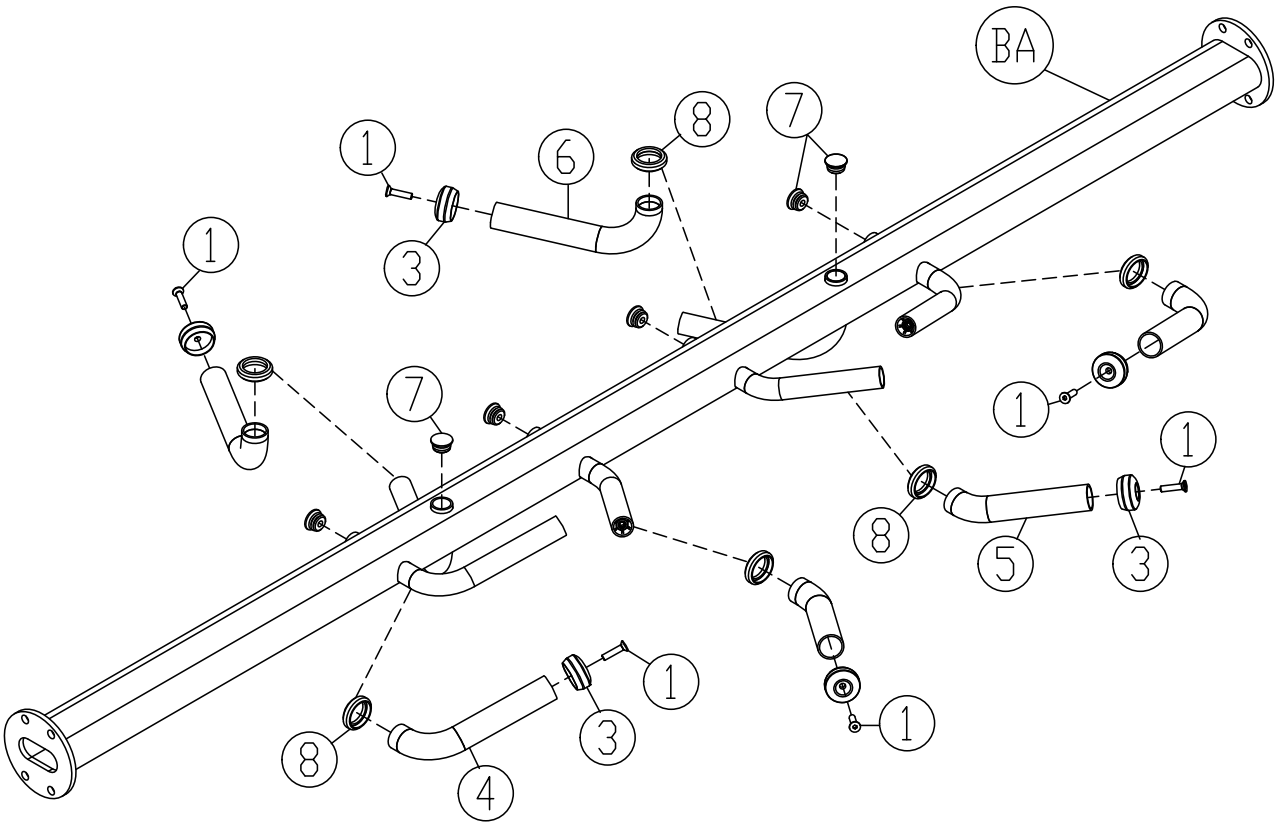


Above shows Step 1 assembled and completed.



Notes

SJG100-BEAM Exploded View





SJG100-BEAM

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

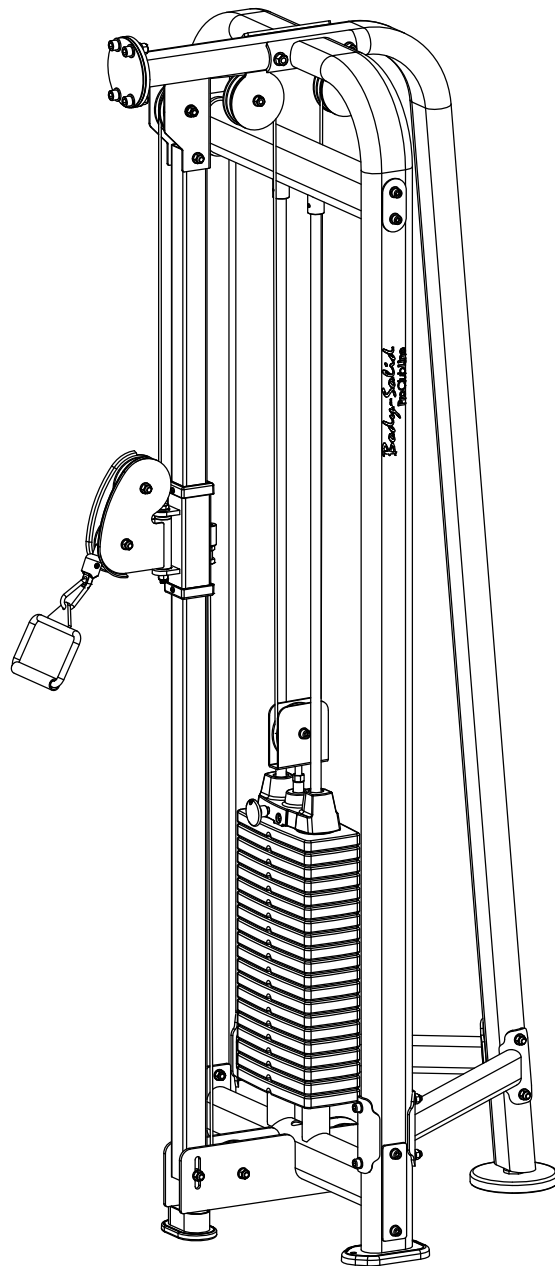
S/N # 019591----

1900 S. Des Plaines Ave.
Forest Park, IL 60130
Phone:(708)427-3555
Fax:(708)427-3556
Hours: M-F 8:30 - 5:00 CST

www.bodysolid.com

Copyright 2009. Body-Solid. All rights reserved. Body-Solid reserves the right to change design and specifications when we feel it will improve the product.
Body-Solid machines maintain several patented and patent pending features and designs. All rights reserved on all design patents and utility patents.

Body-Solid®
Built for Life



SJG100-EXT

V. SJG100-EXT-20241125

Assembly & Instructions
OWNER'S MANUAL

Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from your local Body-Solid dealer.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

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.
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/strap 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. RAL8-6-03 WC-54

WARNING

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
Call 1-800-556-3113

MAINTENANCE SCHEDULE

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

	DAILY	WEEKLY
Cables: Check tension, end fittings, and coating	✓	
Check that locking nut at weight stack is tight		✓
Upholstery: Wipe down and dry	✓	
Clean and condition		✓
Frame: Wipe down and dry	✓	
Polish / Wax		✓
Chrome: Wipe down and dry	✓	
Polish / Lubricate		✓
Nuts / Bolts / Fasteners: Tighten and / or adjust as needed		✓
Guide Rods: Lubricate and clean		✓
Linear Rods: Lubricate and clean		✓
Seat Sleeves: Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs		✓
Weight Stack Pins		✓
Warning Instruction Labels		✓
Springs / Pop Pins	✓	
Anti Skid Surfaces		✓
Hand Grips / Rollers		✓

For Body-Solid Customer Service
Call 1-800-556-3113
#MSSTR0803

Table of Contents

- SAFETY INSTRUCTIONS..... PAGE 4
- PREPARATION..... PAGE 5
- PART / HARDWARE LIST..... PAGE 6
- HARDWARE ILLUSTRATION..... PAGE 8
- ASSEMBLY INSTRUCTIONS..... PAGE 12
- EXPLODED VIEW..... PAGE 20
- CONTACT PAGE..... PAGE 22

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the **SJG100-EXT**. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the **SJG100-EXT** on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The **SJG100-EXT** is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid **JUNGLE GYM FIFTH STACK**.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call **1-800-556-3113** for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at www.bodysolid.com or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**

Preparation

Thank you for purchasing the **SJG100-EXT**. This Product is part of the Body-Solid line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

Required Tools

The basic tools that you must obtain before assembling the **SJG100-EXT** include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

Installation Requirements

Follow these installation requirements when assembling the **SJG100-EXT**:

Set up the **SJG100-EXT** on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

Assembly Tips

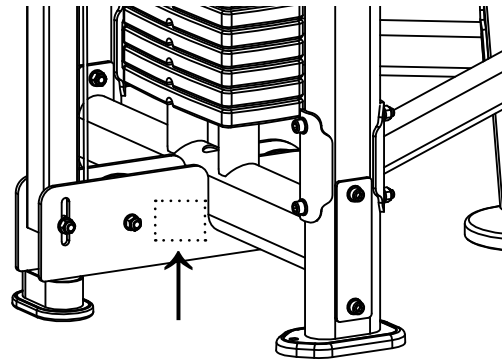
Read all "Notes" on each page before beginning each step.

While you may be able to assemble the **SJG100-EXT** using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

CAUTION: Obtain assistance! If you feel like you can't assemble the **SJG100-EXT** by yourself then do not attempt to do so as this could result in injury. Review the installation requirements before proceeding with the following steps.



Your S/N# can
be found here

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

S J G 1 0 0 - E X T P a r t s & H a r d w a r e L i s t

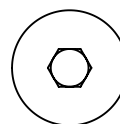
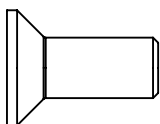
Part#	Qty	Description
AA	1	CABLE COLUMN CENTER UPRIGHT
AC	1	CABLE COLUMN SLIDING HANDLE
AD	1	DOUBLE PULLEY BRACKET
AE	1	STIRRUP HANDLE
AF	1	PULLEY BRACKET
AG	1	CABLE COLUMN REAR UPRIGHT
AH	1	CABLE COLUMN LEFT UPRIGHT
AJ	1	CABLE COLUMN RIGHT UPRIGHT
AK	1	TOP CROSSMEMBER
AL	1	LEFT CROSSMEMBER
AM	1	RIGHT CROSSMEMBER
AN	1	FRONT BASE FRAME
AP	2	U BRACKET
AQ	2	RECTANGULAR BRACKET, 180x50mm
AR	2	OVAL BRACKET, 100x50mm
AS	1	COVER PLATE
H	2	CHROME GUIDE ROD
1	1	OVAL SHAPED FOOT PAD
2	2	FOOT PAD
11	1	ROUND FOOT PAD, ø160mm
16	1	SNAP LINK
17	1	M10x140mm PARTIAL THREAD HEX HEAD BOLT
18	20	WEIGHT PLATE
19	1	WEIGHT STACK PIN
20	2	WEIGHT STACK RUBBER BUMPER
21	1	TOP PLATE
22	1	CABLE COLUMN STATION CABLE, 7520mm

S J G 1 0 0 - E X T P a r t s & H a r d w a r e L i s t

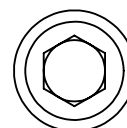
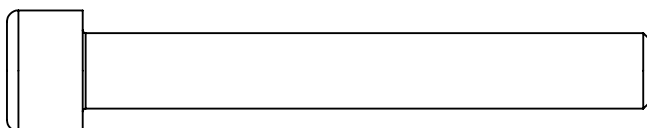
Part#	Qty	Description
29	1	M8x20mm FLAT HEAD CAP SCREW
30	5	M10x75mm SOCKET HEAD CAP SCREW
31	8	M10x80mm SOCKET HEAD CAP SCREW
32	6	M10x130mm SOCKET HEAD CAP SCREW
36	4	M12x35mm SOCKET HEAD CAP SCREW
39	44	M10 WASHER
40	14	M12 WASHER
41	21	M10 NYLON LOCK NUT
42	6	M12 NYLON LOCK NUT
43	2	M8x10mm SET SCREW
46	6	M10x50mm SOCKET HEAD CAP SCREW
47	1	M5x8mm SOCKET HEAD CAP SCREW
51	4	M5x6mm PAN HEAD PHILLIPS SCREW
52	5	M10 LOCK WASHER
56	1	M12 HEX NUT, T12mm
57	1	M12 HEX NUT, T8mm
58	2	M12x130mm SOCKET HEAD CAP SCREW
63	8	PULLEY, ø105mm
64	1	CABLE BUMPER
65	1	ACCESSORY CONNECTOR
68	1	SELECTOR ROD
69	1	POP PIN
76	2	PLASTIC BUSHING, 67x67mm
77	4	SPACER, ø25xø11x12mm
78	2	METAL BUSHING, ø22xø17.5xø10.5x20mm
79	2	METAL BUSHING, ø30xø18xø12.5x13mm

SJG100-EXT Hardware Illustration

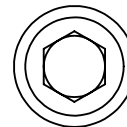
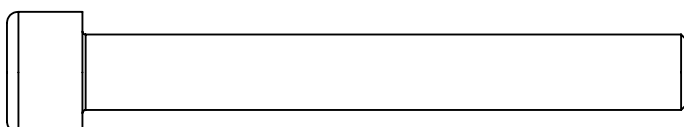
Part #29 FLAT HEAD CAP SCREW M8x20mm QTY. 1



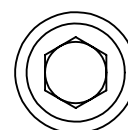
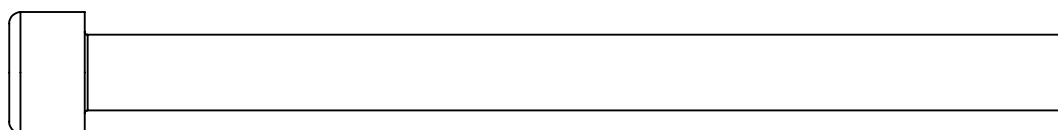
Part #30 SOCKET HEAD CAP SCREW M10x75mm QTY. 5



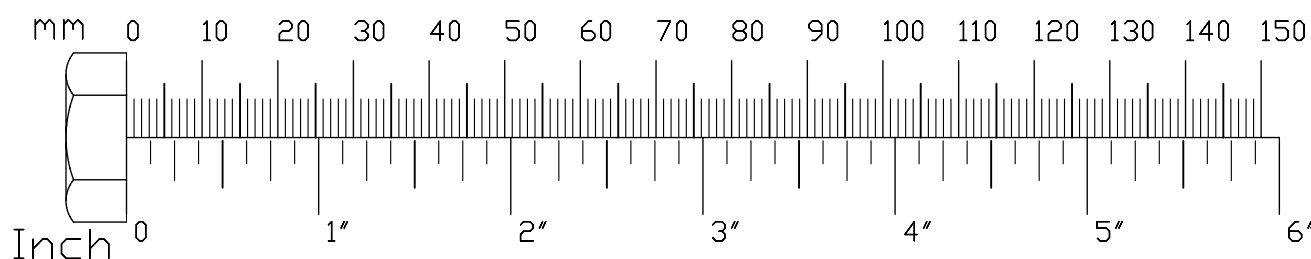
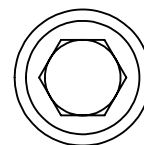
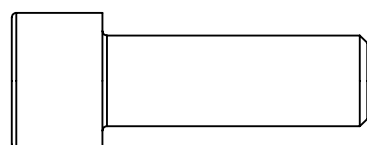
Part #31 SOCKET HEAD CAP SCREW M10x70mm QTY. 8



Part #32 SOCKET HEAD CAP SCREW M10x130mm QTY. 6



Part #36 SOCKET HEAD CAP SCREW M12x35mm QTY. 4

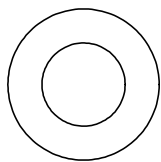


SJG100-EXT Hardware Illustration

Part #39

M10 WASHER

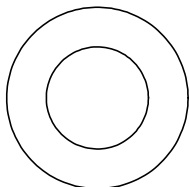
QTY. 44



Part #40

M12 WASHER

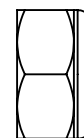
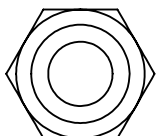
QTY. 14



Part #41

M10 NYLON LOCK NUT

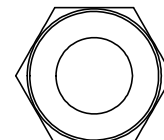
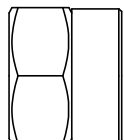
QTY. 21



Part #42

M12 NYLON LOCK NUT

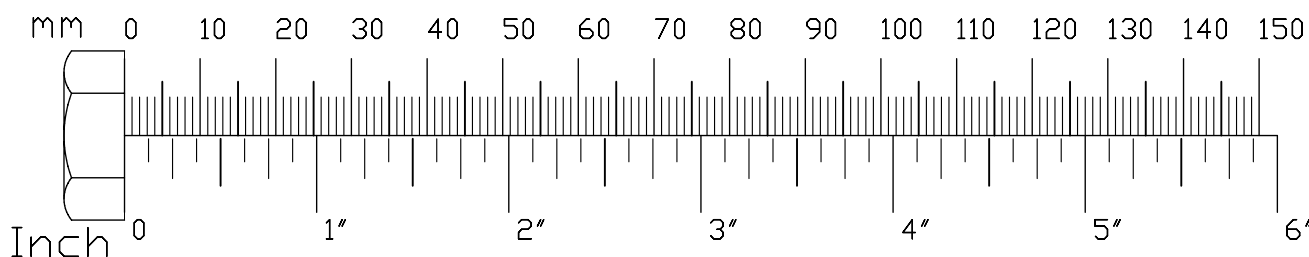
QTY. 6



Part #43

SET SCREW M8x10mm

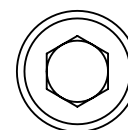
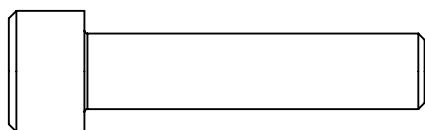
QTY. 2



SJG100-EXT Hardware Illustration

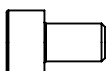
Part #46 SOCKET HEAD CAP SCREW M10x50mm

QTY. 6



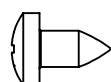
Part #47 SOCKET HEAD CAP SCREW M5x8mm

QTY. 1



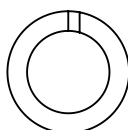
Part #51 M5x6mm PAN HEAD PHILLIPS SCREW

QTY. 4



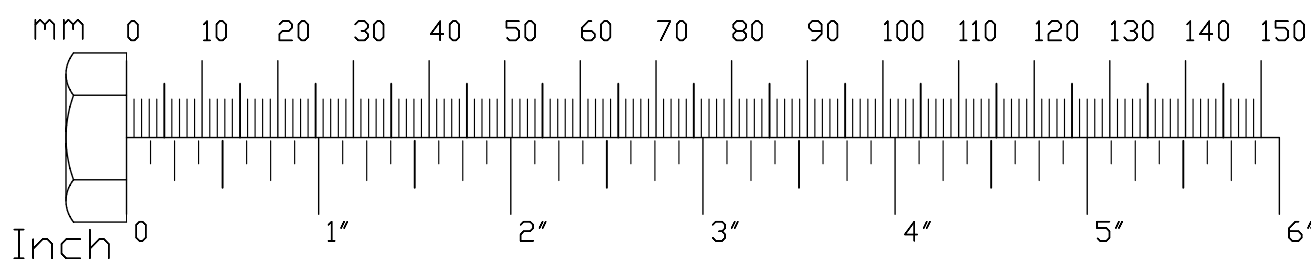
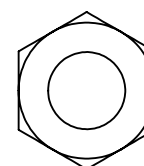
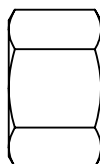
Part #52 M10 LOCK WASHER

QTY. 5



Part #56 M12 HEX BUT, T12mm

QTY. 1

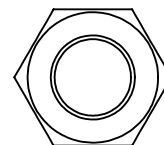
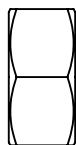


SJG100-EXT Hardware Illustration

Part #57

M12 HEX BUT, T8mm

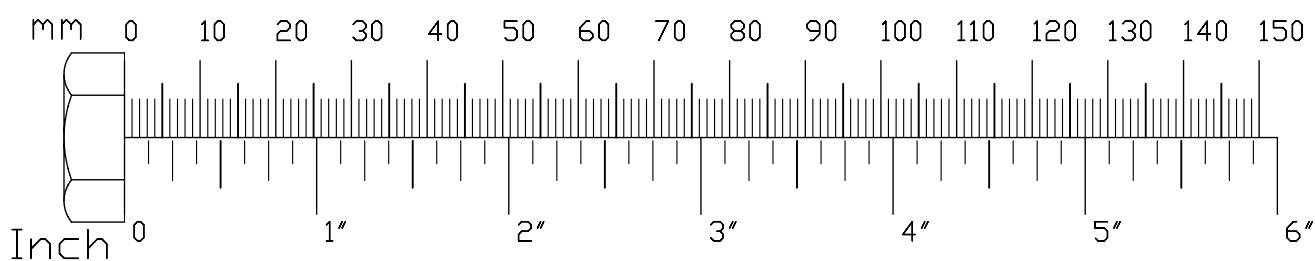
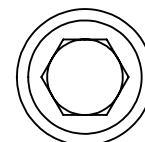
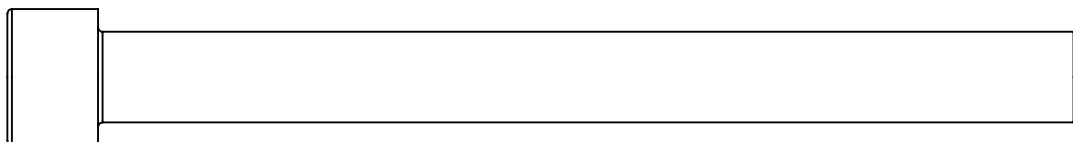
QTY. 1



Part #58

SOCKET HEAD CAP SCREW M12x130mm

QTY. 2



STEP

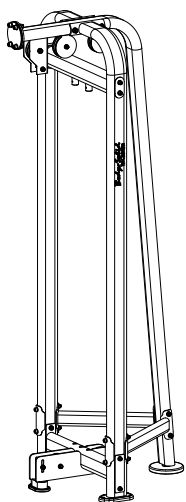
1

Be careful to assemble all components in the sequence they are presented.

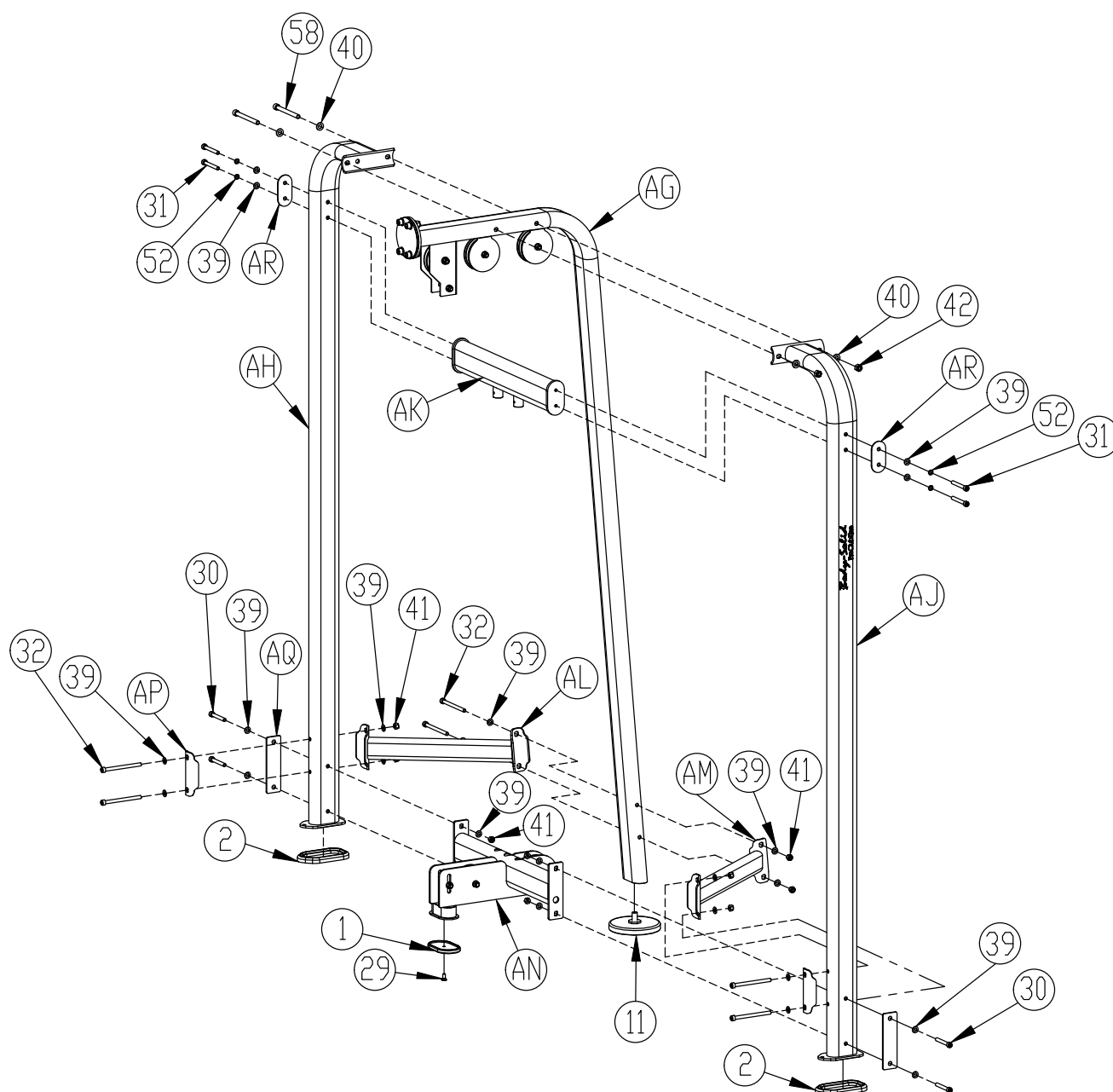
NOTE:

Finger tighten all hardware in this step. DO NOT wrench tighten until instructed. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 1A.** Attach Oval Shaped Foot Pad (#1) to Front Base Frame (AN) using:
1 - (#29) M8x20mm Flat Head Cap Screw
- 1B.** Put Foot Pads (#2) on Left and Right Uprights (AJ & AH)
- 1C.** Attach Round Foot Pad (#11) to Rear Upright (AG).
- 1D.** Attach Rear Upright (AG) to Left & Right Uprights (AJ & AH) using:
2 - (#58) M12x130mm Socket Head Cap Screw
4 - (#40) M12 Washer
2 - (#42) M12 Nylon Lock Nut
- 1E.** Attach Top Crossmember (AK) to Left & Right Uprights (AJ & AH) using:
4 - (#31) M10x80mm Socket Head Cap Screw
4 - (#39) M10 Washer
4 - (#52) M10 Lock Washer
2 - (AR) Oval Bracket
- 1F.** Attach Front Base Frame (AN) to Left & Right Uprights (AJ & AH) using:
4 - (#30) M10x75mm Socket Head Cap Screw
8 - (#39) M10 Washer
4 - (#41) M10 Nylon Lock Nut
2 - (AQ) Rectangular Bracket
- 1G.** Attach Left Crossmember (AL) to Left & Rear Uprights (AH & AG) using:
4 - (#32) M10x130mm Socket Head Cap Screw
8 - (#39) M10 Washer
4 - (#41) M10 Nylon Lock Nut
2 - (AP) U Bracket
- 1H.** Attach Right Crossmember (AM) to Right & Rear Uprights (AJ & AG) using:
4 - (#32) M10x130mm Socket Head Cap Screw
8 - (#39) M10 Washer
4 - (#41) M10 Nylon Lock Nut
2 - (AP) U Bracket



Above shows Step 1 assembled and completed.



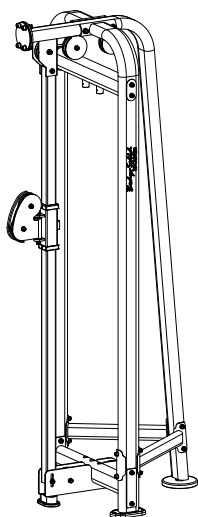
STEP**2**

Be careful to assemble all components in the sequence they are presented.

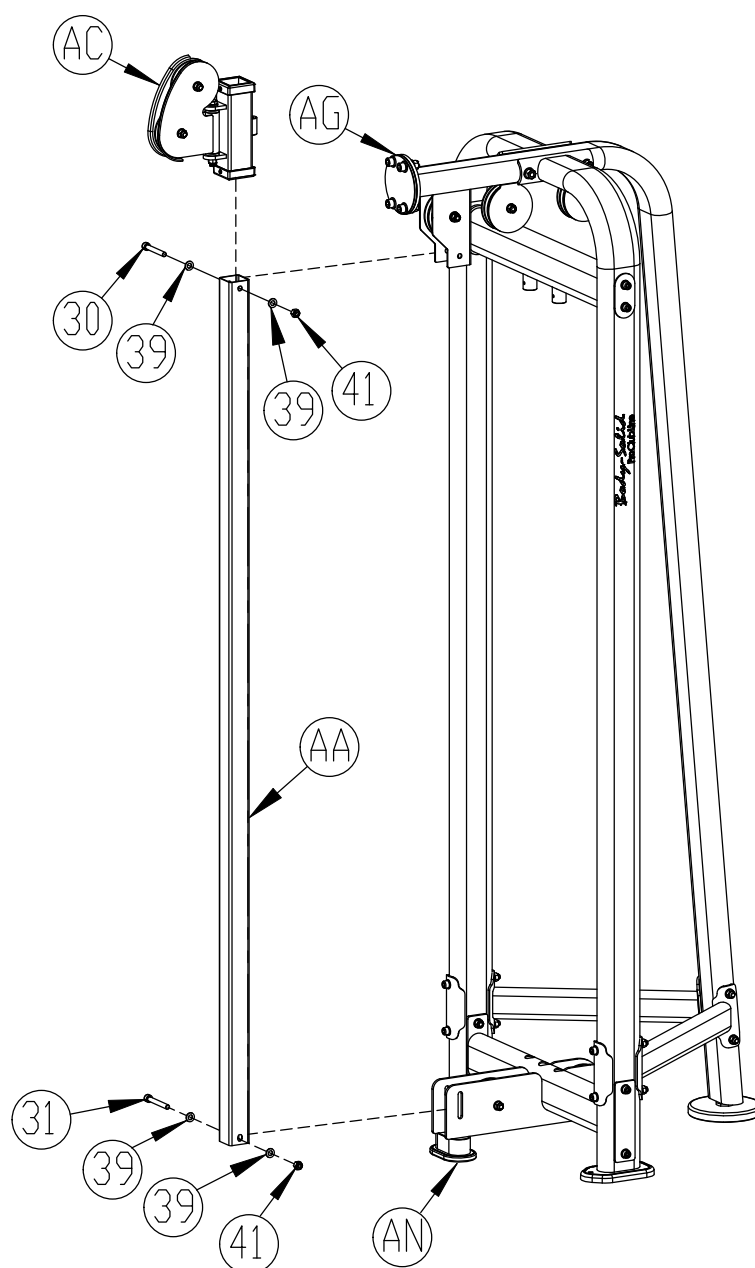
NOTE:

Wrench tighten ALL hardware at the end of STEP 2C. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

- 2A.** Insert Sliding Handle **(AC)** onto Center Upright **(AA)**.
- 2B.** Attach Center Upright **(AA)** to Rear Upright **(AG)** using:
 - 1 - (#30) M10x75mm Socket Head Cap Screw**
 - 2 - (#39) M10 Washer**
 - 1 - (#41) M10 Nylon Lock Nut**
- 2C.** Attach Center Upright **(AA)** to Front Base Frame **(AN)** using:
 - 1 - (#31) M10x80mm Socket Head Cap Screw**
 - 2 - (#39) M10 Washer**
 - 1 - (#41) M10 Nylon Lock Nut**



Above shows Step 2 assembled and completed.



STEP

3

Be careful to assemble all components in the sequence they are presented.

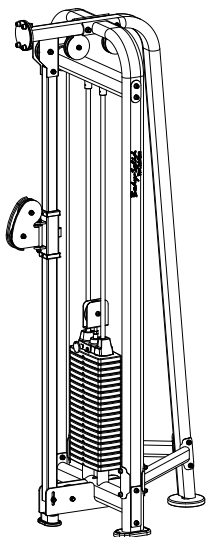
NOTE:

Wrench tighten ALL hardware at the end of STEP 3E. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

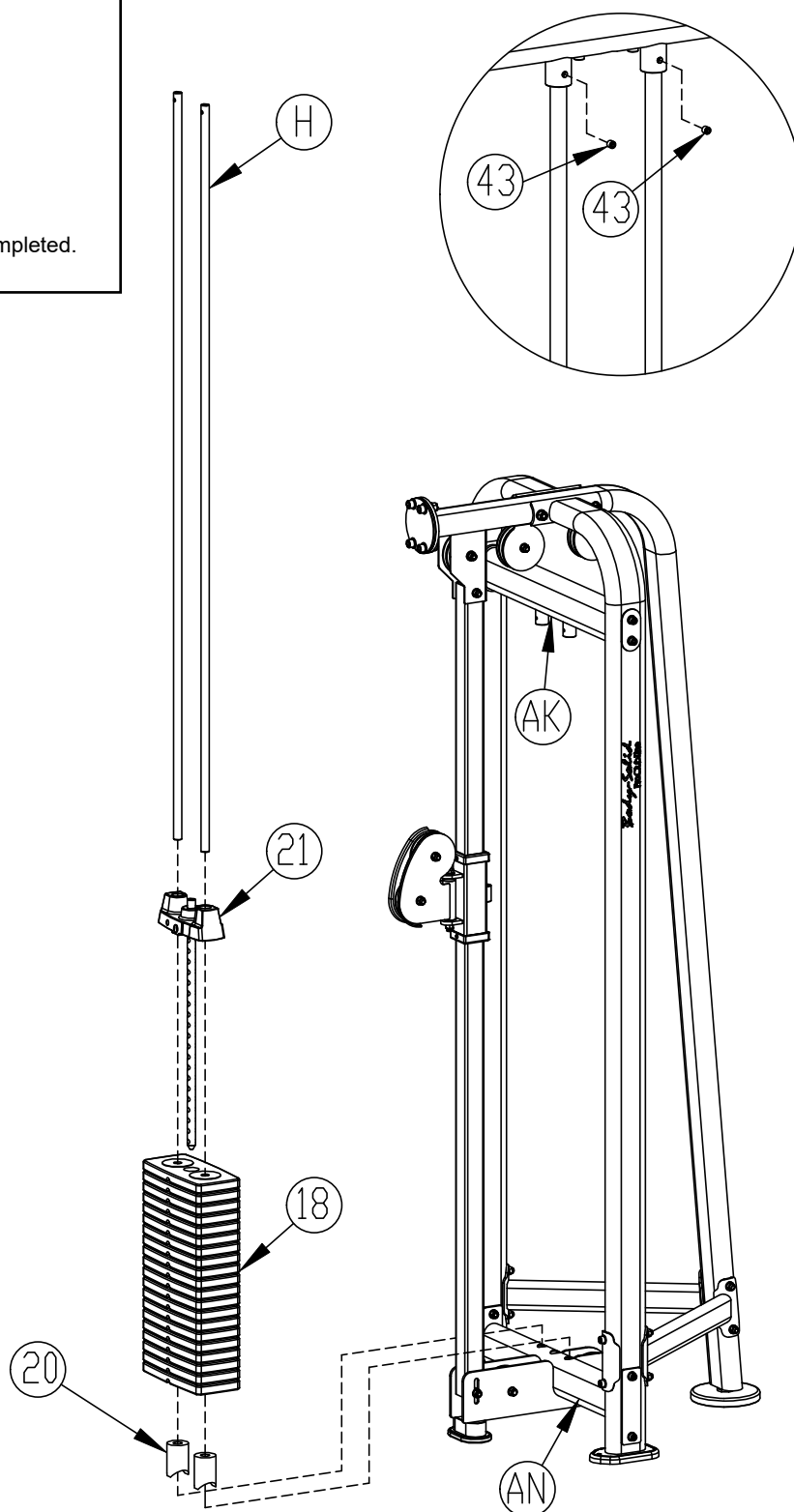
- 3A.** Install Chrome Guide Rods **(H)** into the holes of the Front Base Frame **(AN)**.

Note: Make sure the threaded holes of the Chrome Guide Rods face up.

- 3B.** Install Rubber Donuts **(#20)** and slide to the bottom of the Guide Rods
- 3C.** Tilt Guide Rods **(H)** away from the Front Base Frame **(AN)** and install 20pcs of weight plates **(#18)**. Be careful to hold guide rods steadily when installing weight plates.
- 3D.** Install Top Plate & Selector Rod Assembly **(#21)** onto the Guide Rods **(H)**.
- 3E.** Secure the Guide Rods using M8x10mm Set Screws **(#43)**.



Above shows Step 3 assembled and completed.



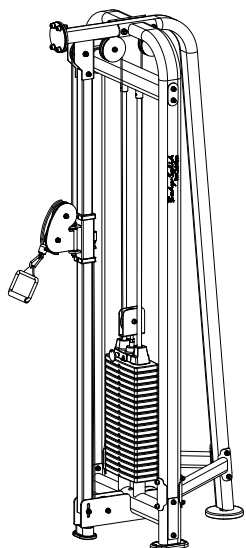
STEP**4**

Be careful to assemble all components in the sequence they are presented.

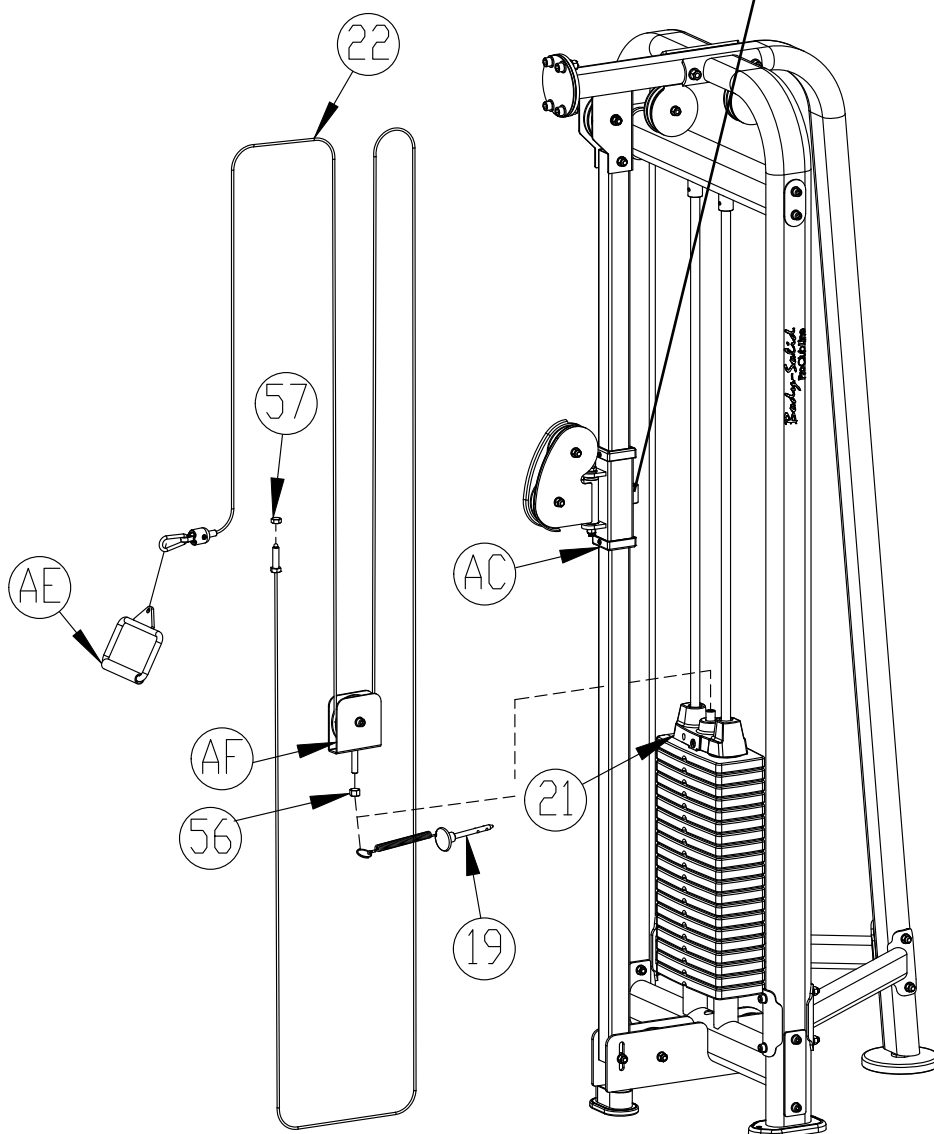
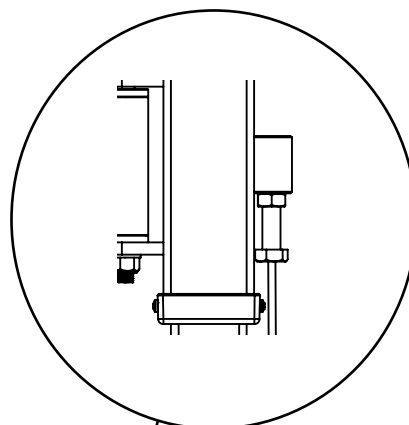
NOTE:

Wrench tighten ALL hardware at the end of STEP 4D. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.

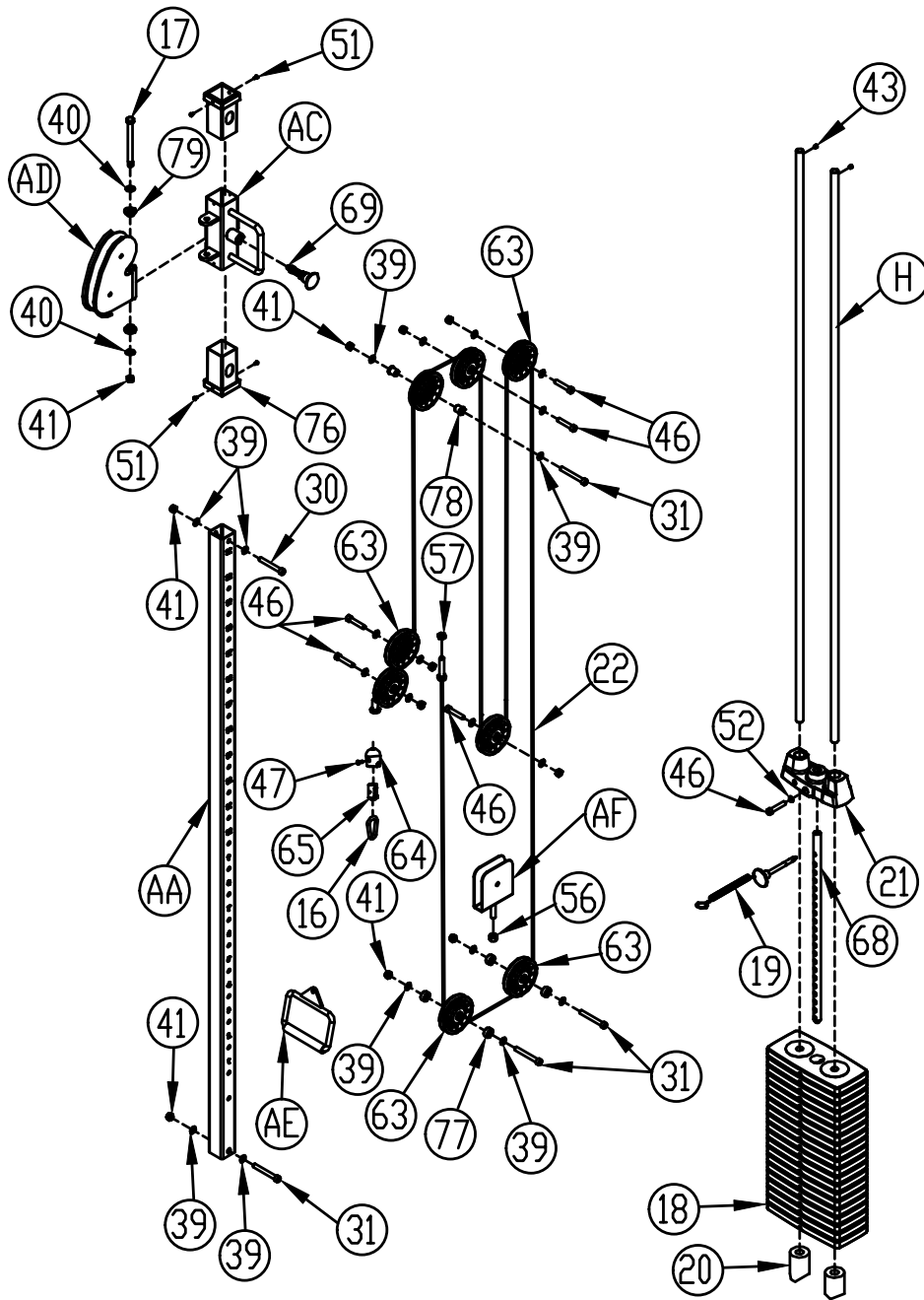
- 4A.** Install Weight Stack Pin (**#19**) by using the key ring end through the Pulley Bracket (**AF**).
- 4B.** Install M12 Hex Nut (**#56**), and Pulley Bracket (**AF**) onto the Top Plate (**#21**) and secure the Pulley Bracket (**AF**) by wrench tightening the M12 Hex Nut (**#56**).
- 4C.** Route Cable Column Cable (**#22**) as shown in Step 4 Drawing.
- 4D.** Attach Cable (**#22**) to Cable Column Sliding Handle (**AC**) and secure the Cable (**#22**) by wrench tightening the M12 Hex Nut (**#57**).
- 4E.** Attach Stirrup Handle (**AE**) to the Cable Column Cable (**#22**).



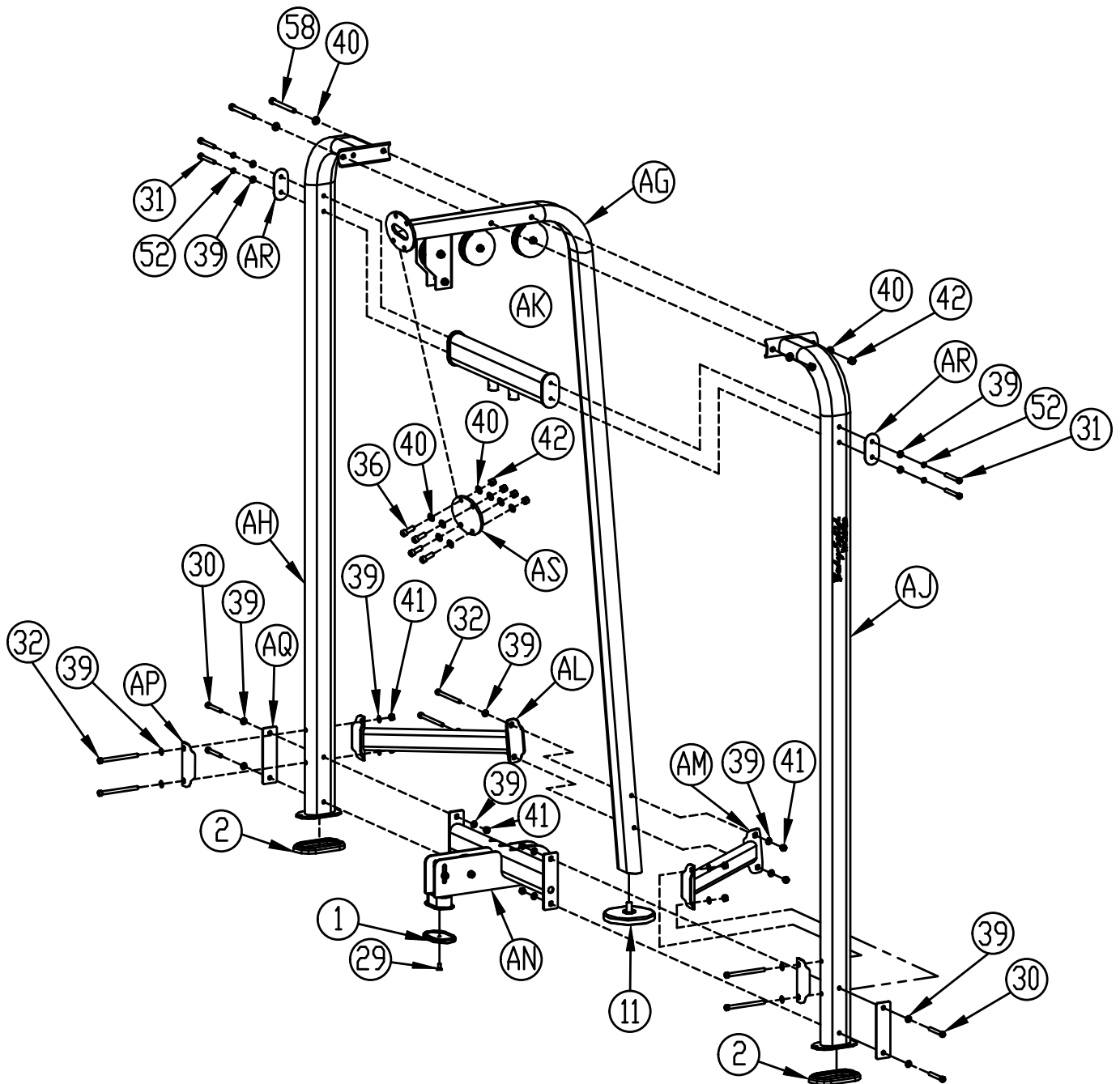
Above shows Step 4 assembled and completed.



SJG100-EXT Exploded View (1)



S J G 100 - E X T Exploded View (2)





SJG100-EXT

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # 019607----

1900 S. Des Plaines Ave.
Forest Park, IL 60130
Phone:(708)427-3555
Fax:(708)427-3556
Hours: M-F 8:30 - 5:00 CST

www.bodysolid.com