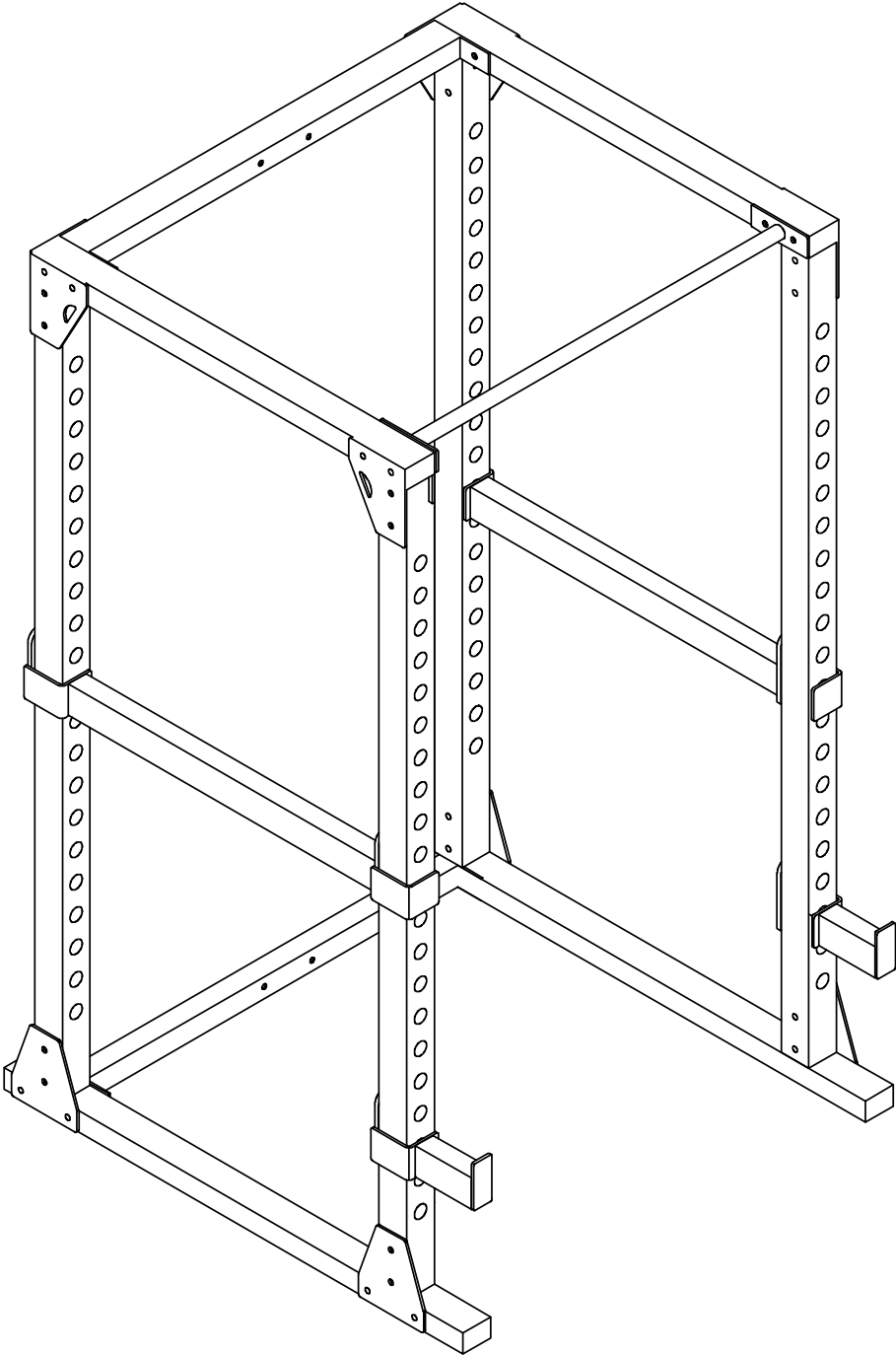


**GPR378**

*Body-Solid®*



Assembly & Instructions  
**OWNER'S MANUAL**

## STEP

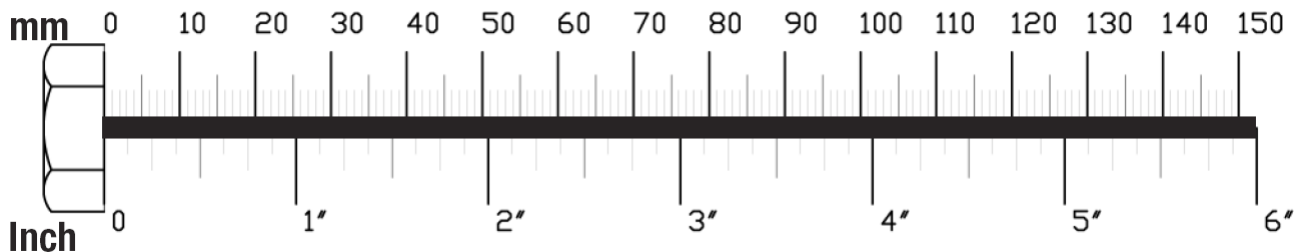
# 1

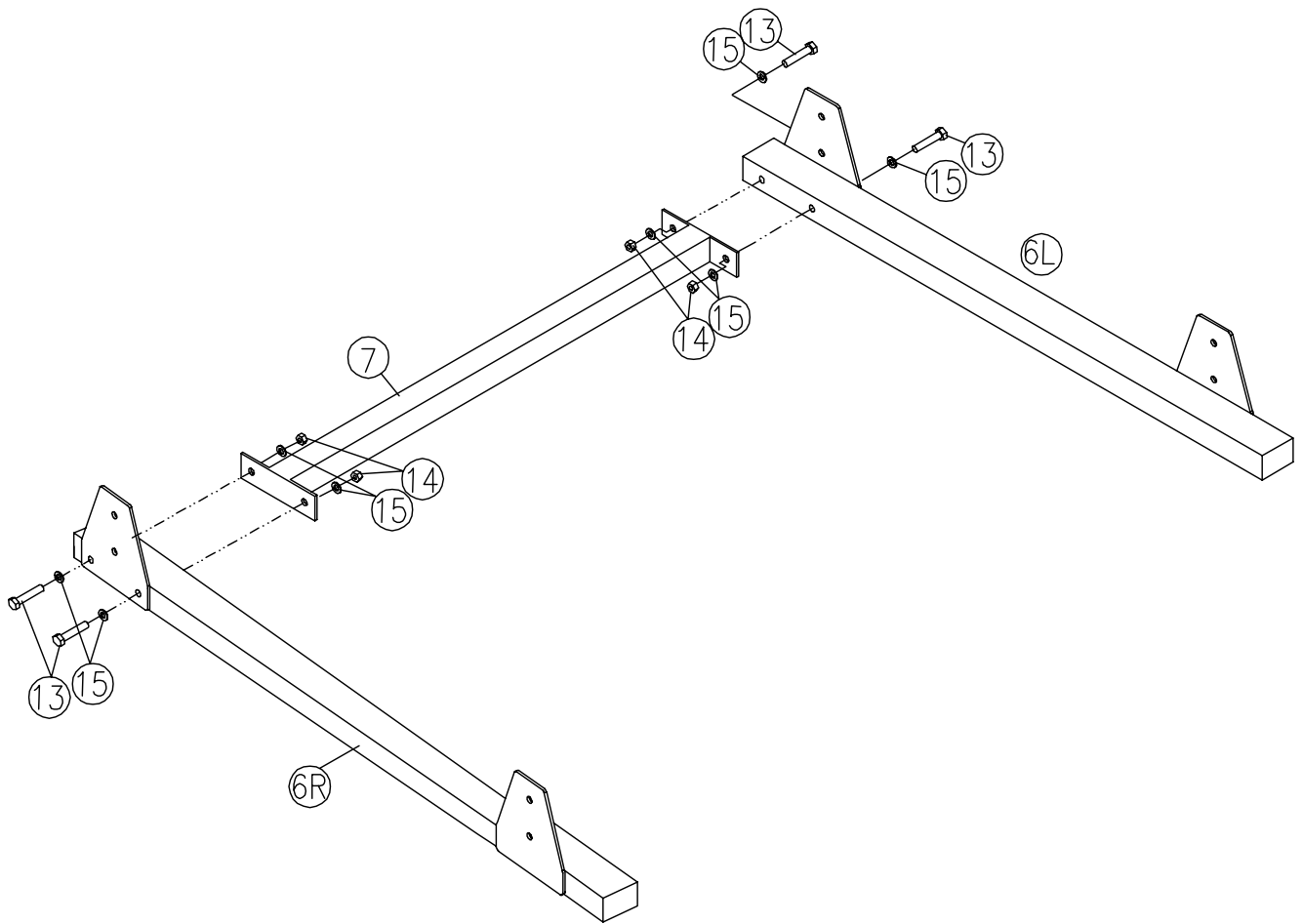
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 5.**

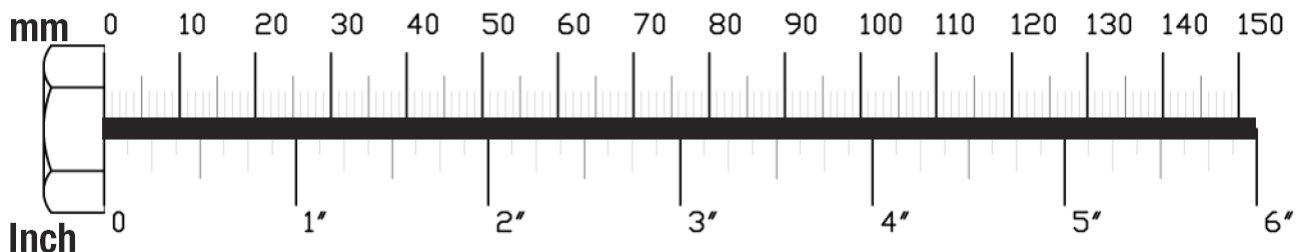
- A. Attach the Right Side Bottom Frame (6R) to Rear Bottom Frame (7) by using:  
**Two 13 (1/2" x 4" hex head bolt)**  
**Four 15 (1/2" washer)**  
**Two 14 (1/2" nylon lock nut)**
- B. Attach the Left Side Bottom Frame (6L) to Rear Bottom Frame (7) by using:  
**Two 13 (1/2" x 4" hex head bolt)**  
**Four 15 (1/2" washer)**  
**Two 14 (1/2" nylon lock nut)**



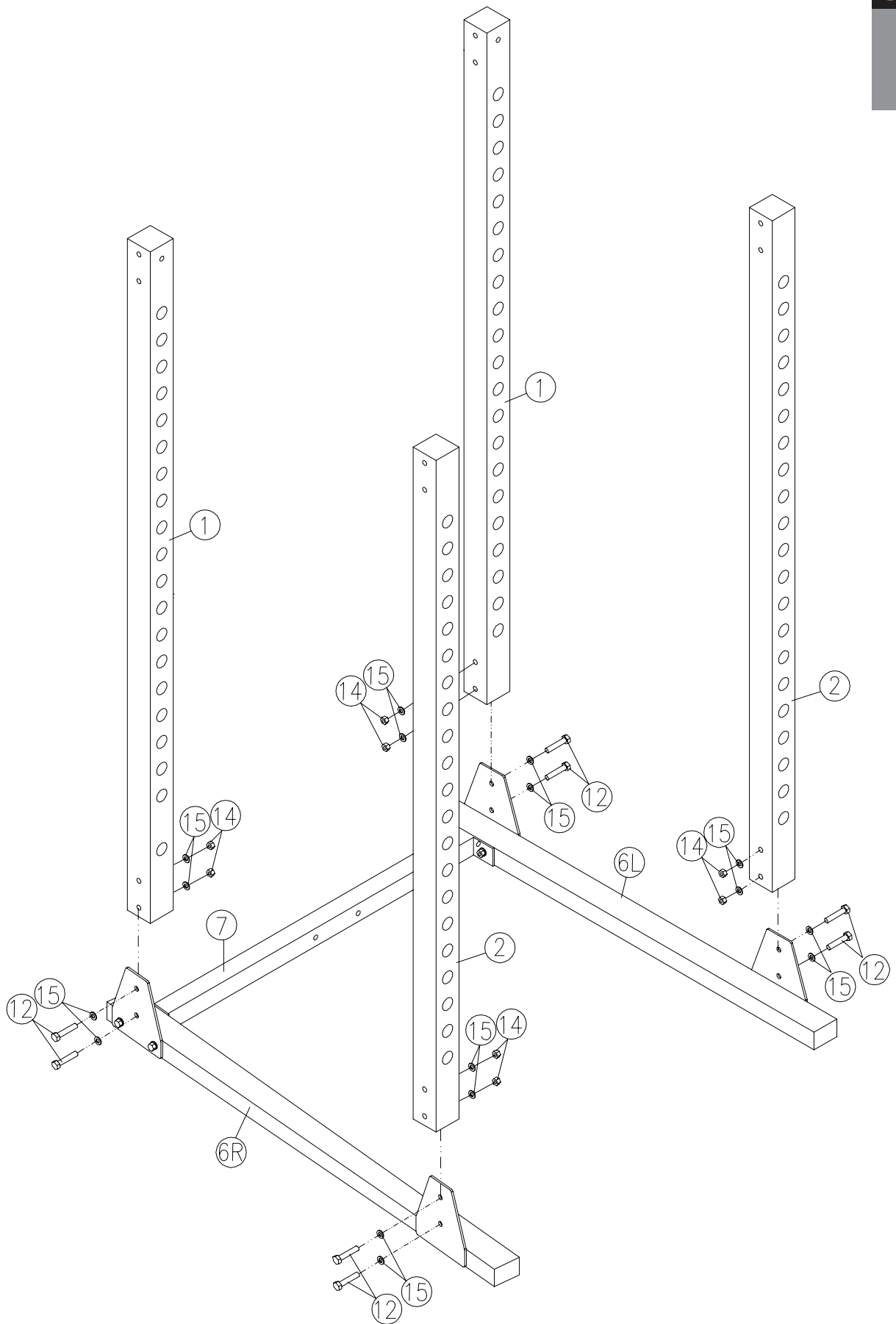


**STEP****2****Be careful to assemble all components  
in the sequence they are presented.****NOTE:****Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 5.**

- A. Connect Back Upright (1) and Front Upright (2) to Right Side Bottom Frame (6R) by using:  
**Four 12 (1/2" x 4" hex head bolt)**  
**Eight 15 (1/2" washer)**  
**Four 14 (1/2" nylon lock nut)**
- B. Connect Back Upright (1) and Front Upright (2) to Left Side Bottom Frame (6L) by using:  
**Four 12 (1/2" x 4" hex head bolt)**  
**Eight 15 (1/2" washer)**  
**Four 14 (1/2" nylon lock nut)**



STEP  
2



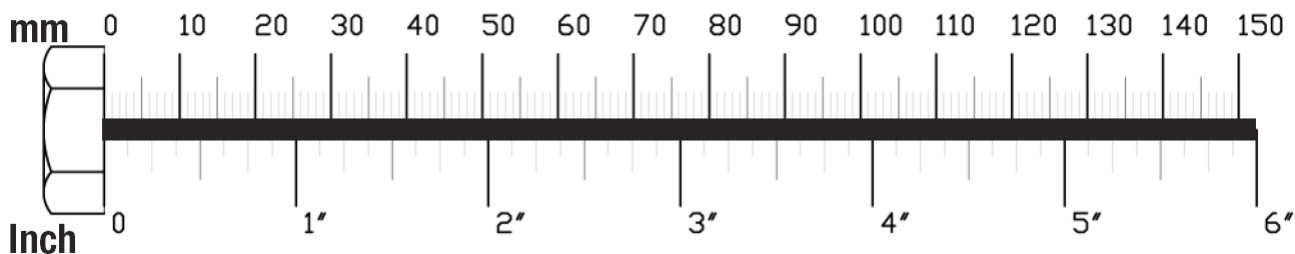
**STEP****3**

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

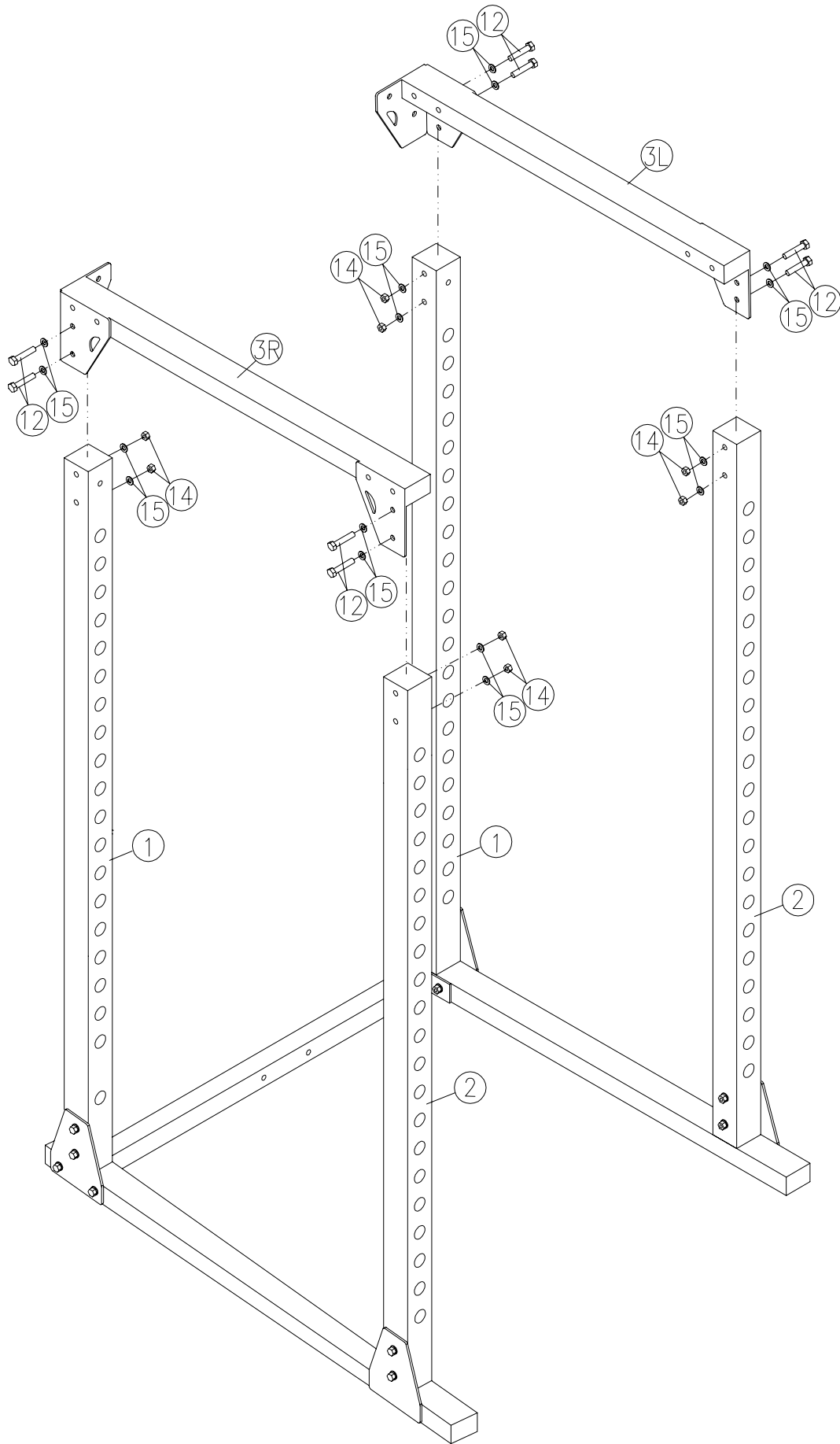
**NOTE:**

**Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 5.**

- A. Attach Left Side Top Frame (3L) to Back Upright (1) and Front Upright (2) by using:  
**Four 12 (1/2" x 4" hex head bolt)**  
**Eight 15 (1/2" washer)**  
**Four 14 (1/2" nylon lock nut)**
- B. Attach Right Side Top Frame (3R) to Back Upright (1) and Front Upright (2) by using:  
**Four 12 (1/2" x 4" hex head bolt)**  
**Eight 15 (1/2" washer)**  
**Four 14 (1/2" nylon lock nut)**



STEP  
**3**



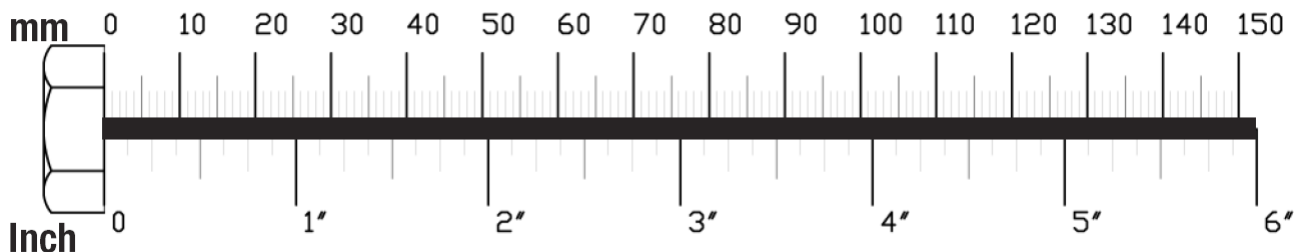
**STEP****4**

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

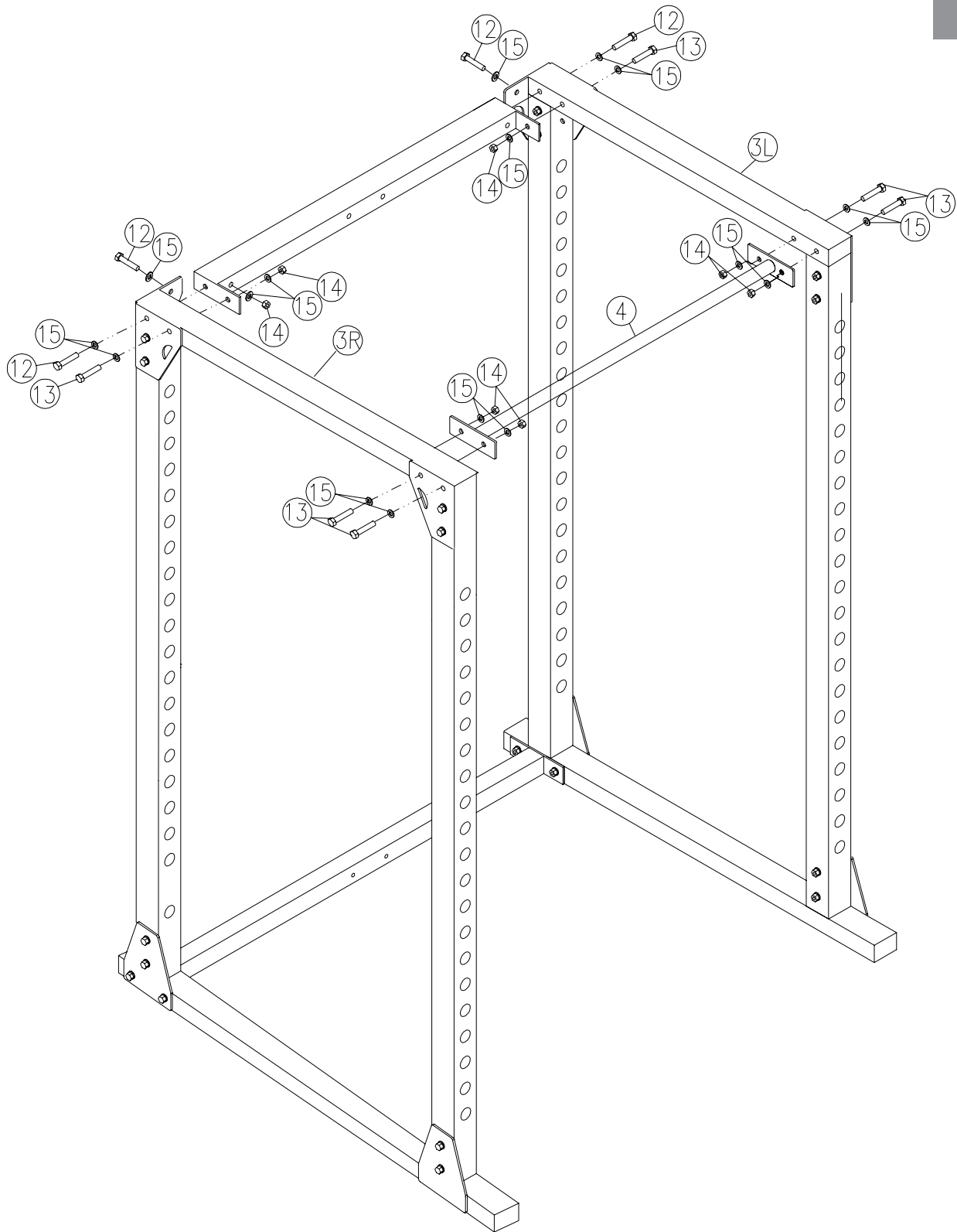
**NOTE:**

**Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 5.**

- A. Connect Rear Top Frame (5) to Left Side Top Frame (3L) and Right Side Top Frame (3R) by using:  
**Six 12 (1/2" x 4" hex head bolt)**  
**Ten 15 (1/2" washer)**  
**Four 14 (1/2" nylon lock nut)**
- B. Connect Chin Up Bar (4) to Left Side Top Frame (3L) and Right Side Top Frame (3R) by using:  
**Four 13 (1/2" x 4 1/8" hex head bolt)**  
**Eight 15 (1/2" washer)**  
**Four 14 (1/2" nylon lock nut)**







**STEP**

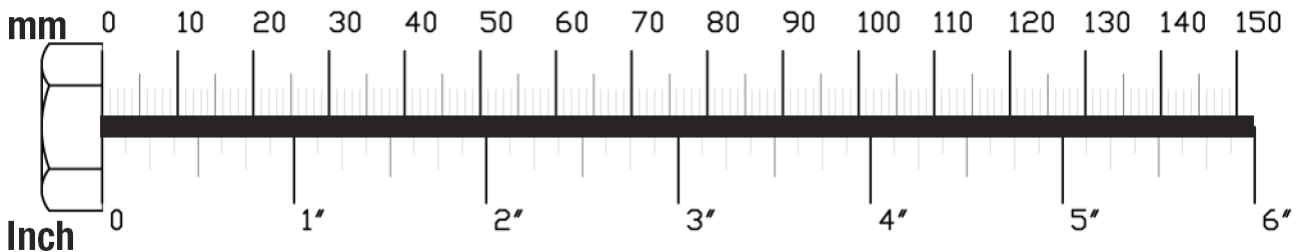
**5**

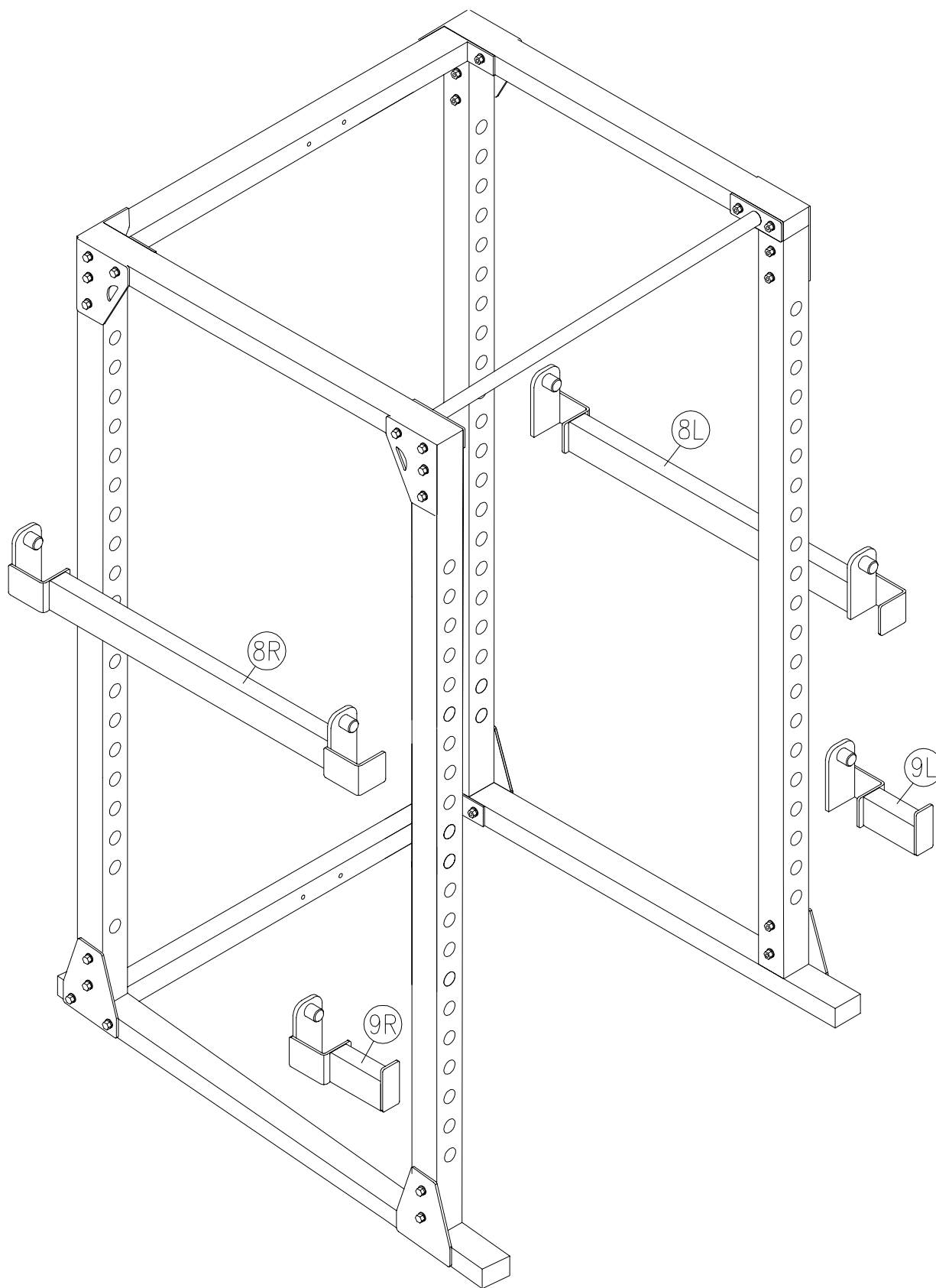
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**Finger tighten all hardware in this step. Do Not wrench tighten until end of Step 5.**

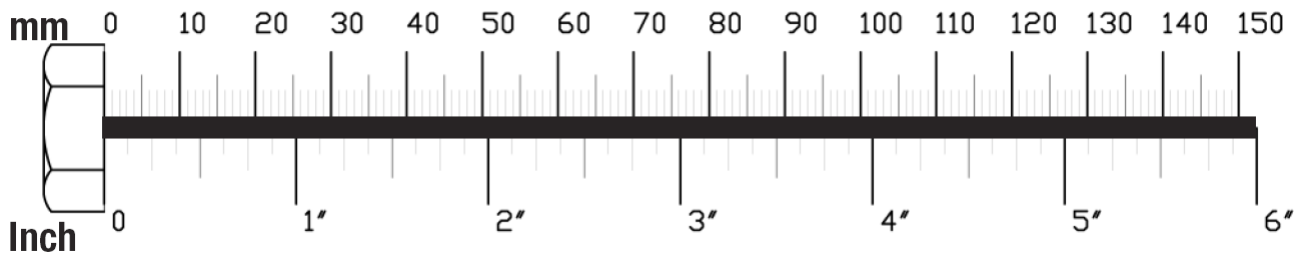
- A. Connect Right Safety Catch (8R), Left Safety Catch (8L), Right Lift Off (9R), Left Lift Off (9L) to the desired positions.
- B. Enjoy your workout!





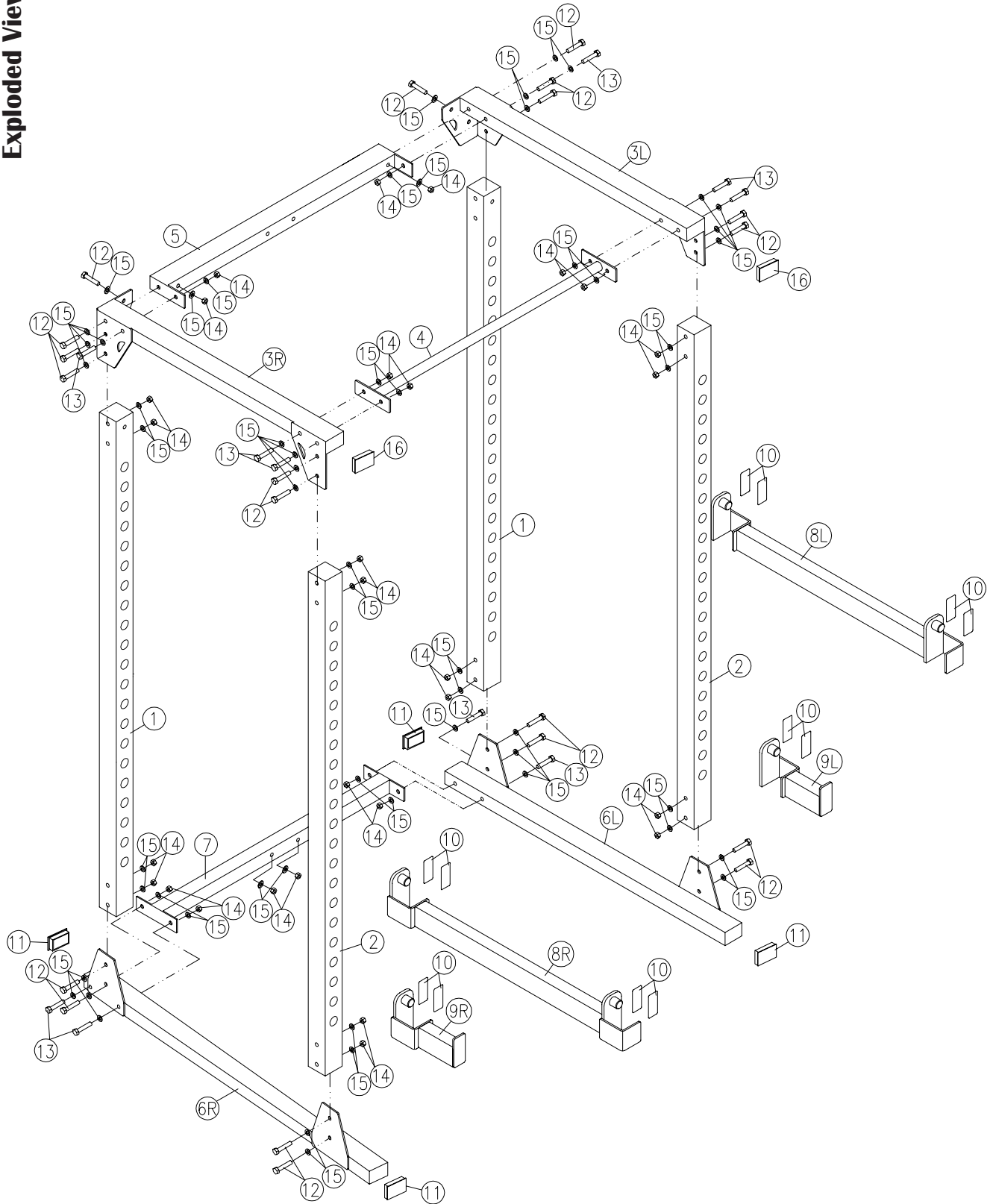
# GLA 378 Hardware

PART#	QTY	DESCRIPTION
1	2	BACK UPRIGHT
2	2	FRONT UPRIGHT
3	2	SIDE TOP FRAME
4	1	CHIN UP BAR
5	1	REAR TOP FRAME
6	1	SIDE BOTTOM FRAME
7	1	REAR BOTTOM FRAME
8	2	SAFETY CATCH
9	2	LIFT OFF
10	12	CUSHION
11	4	END CAP 3"x2"
12	20	HEX HEAD BOLT 1/2"x4" PARTIAL THREAD
13	10	HEX HEAD BOLT 1/2"x4 1/8" PART.THR.
14	30	1/2" NYLON LOCK NUT
15	60	1/2" WASHER
16	2	END CAP 3"x2"



# GLA378

Exploded View



1900 S. Des Plaines Ave.  
Forest Park, IL 60130  
1 (800) 556-3113  
Hours: M-F 8:30 - 5:00  
[www.bodysolid.com](http://www.bodysolid.com)