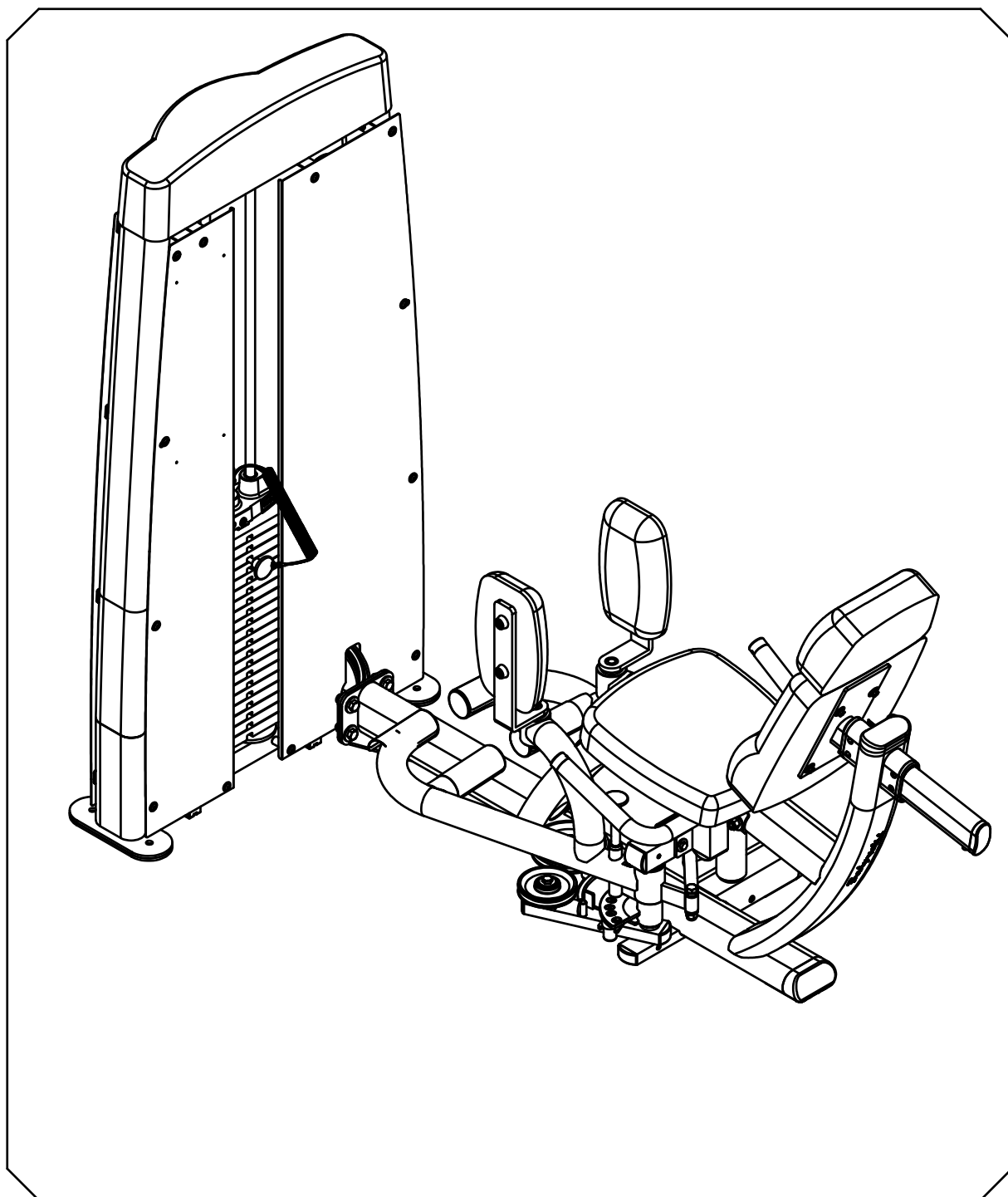


# Body-Solid

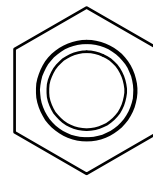
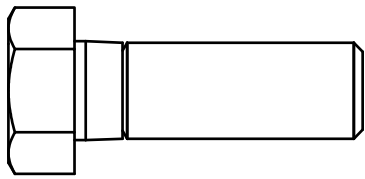


BODY-SOLID, Inc.  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA  
Phone: (708) 427-3555  
Fax: (708) 427-3556  
[www.bodysolid.com](http://www.bodysolid.com)

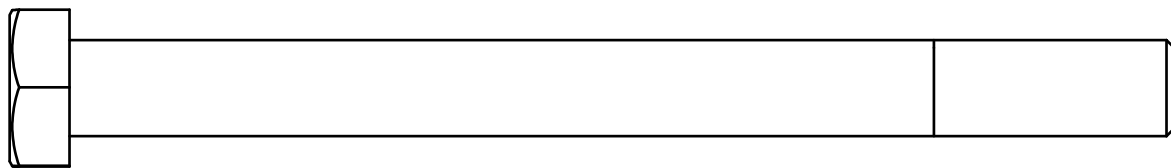
## DIOT.2 OWNER'S MANUAL

# DIOT ASSEMBLY INSTRUCTIONS

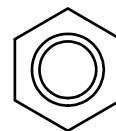
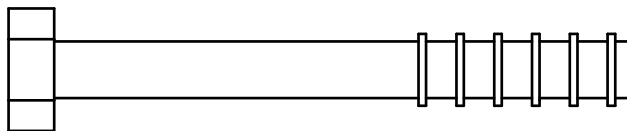
## HARDWARE ILLUSTRATION



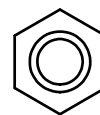
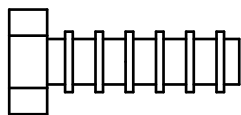
(A1)HEX BOLT 1/2"x1 1/2"L PARTIAL THREAD QTY.4



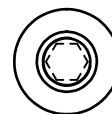
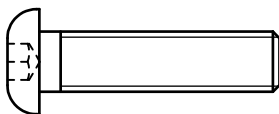
(A2)HEX BOLT 1/2"x5 3/4"L PARTIAL THREAD QTY.2



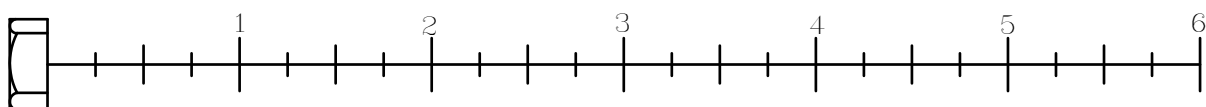
(A3)HEX BOLT 3/8"x3"L PARTIAL THREAD QTY.2



(A4)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.4

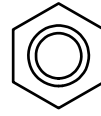
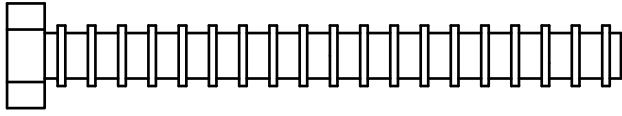


(A5)ROUND ALLEN HEAD 5/16"x1 1/4"L PARTIAL THREAD QTY.4

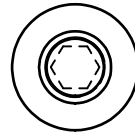
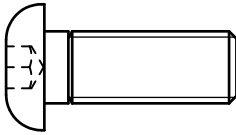


# DIOT ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION



(A7)HEX BOLT 5/16"x3"L PARTIAL THREAD QTY.2

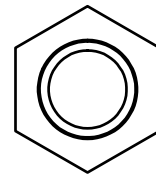
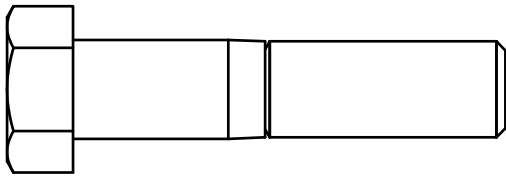


(A19)HEX BOLT 3/8"x1"L PARTIAL THREAD QTY.1

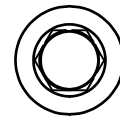
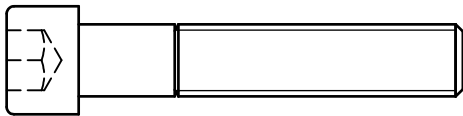


# DIOT ASSEMBLY INSTRUCTIONS

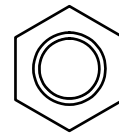
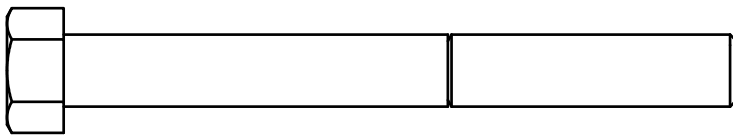
## FRAME HARDWARE ILLUSTRATION



(A9)HEX BOLT 1/2"x2 1/4"L PARTIAL THREAD QTY.4



(A11)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1

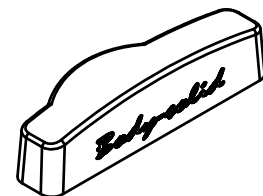


(A12)HEX BOLT 3/8"x3 1/2"L PARTIAL THREAD QTY.1

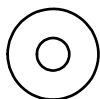
## Optional Purchase



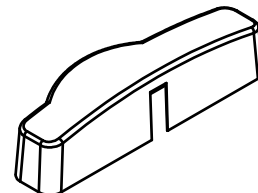
(A10)HEX BOLT M4X65L PARTIAL THREAD QTY.2



TOP CAP(9211-111)

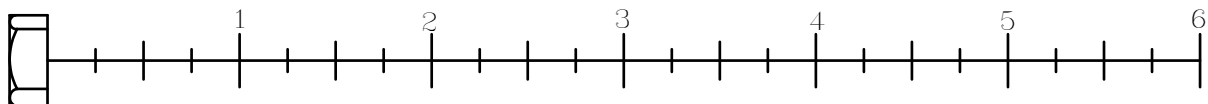


(C12)M4(I.D.)FLAT WASHER Ø12 QTY.2



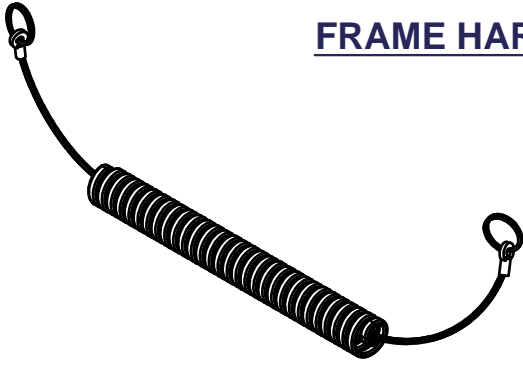
TOP CAP(9211-119)

"M4X65L HEX BOLT" and "M4 WASHER" is used to assemble with 9211-111 and 9211-119 TOP CAP

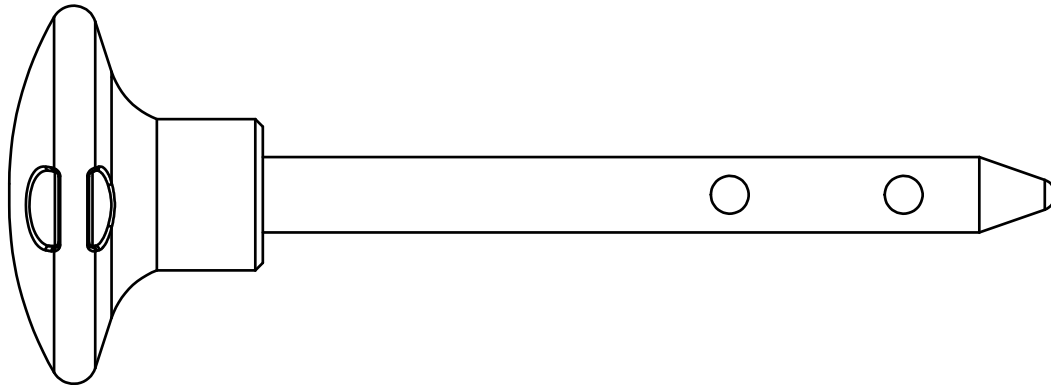


# DIOT ASSEMBLY INSTRUCTIONS

## FRAME HARDWARE ILLUSTRATION



(A13)ELASTIC BOLT QTY.1



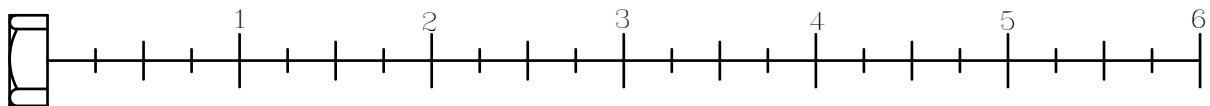
(A14)10LB PIN (8250-071) QTY.1



(A16)ROUND ALLEN HEAD M6X20L PARTIAL THREAD QTY.20

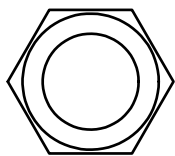


(A17)ROUND ALLEN HEAD 5/32"X1/4"L PARTIAL THREAD QTY.4

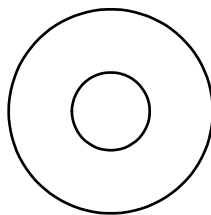
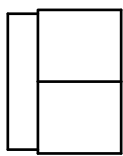


# DIOT ASSEMBLY INSTRUCTIONS

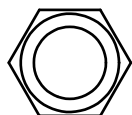
## HARDWARE ILLUSTRATION



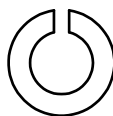
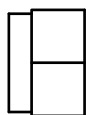
(B1) NYLON LOCK NUT 1/2" QTY.6



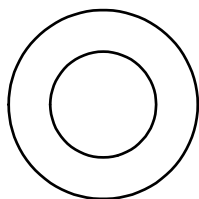
(C3) 3/8"(I.D.) FLAT WASHER  $\varnothing$ 27 QTY.6



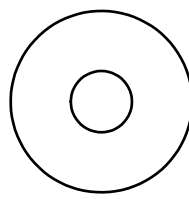
(B2) NYLON LOCK NUT 3/8" QTY.3



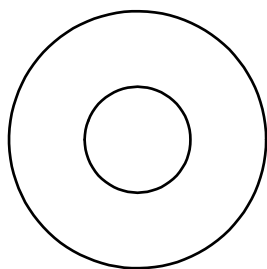
(C4) 5/16" SPRING WASHER QTY.6



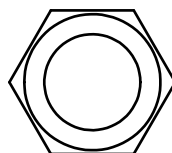
(C1) 1/2"(I.D.) FLAT WASHER  $\varnothing$ 25 QTY.10



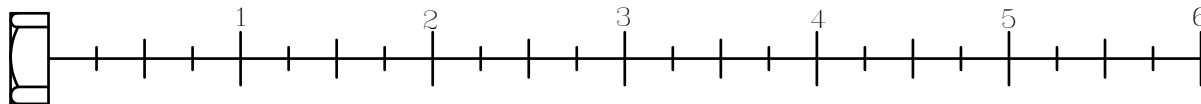
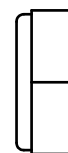
(C6) 5/16"(I.D.) FLAT WASHER  $\varnothing$ 24 QTY.6



(C2) 1/2"(I.D.) FLAT WASHER  $\varnothing$ 34 QTY.4

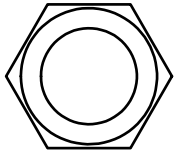


(B7) NYLON LOCK NUT 1/2"X8H QTY.2

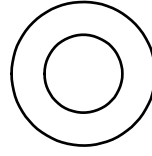
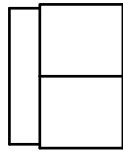


# DIOT ASSEMBLY INSTRUCTIONS

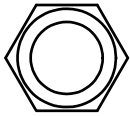
## FRAME HARDWARE ILLUSTRATION



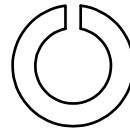
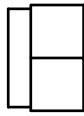
(B5) NYLON LOCK NUT 1/2" QTY.4



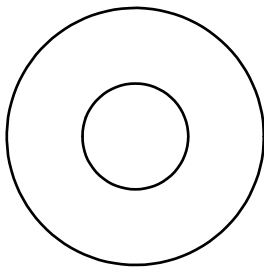
(C9) 3/8"(I.D.) FLAT WASHER  $\varnothing$ 19 QTY.2



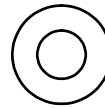
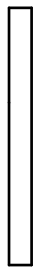
(B6) NYLON LOCK NUT 3/8" QTY.1



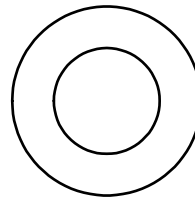
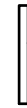
(C10) 3/8" SPRING WASHER QTY.1



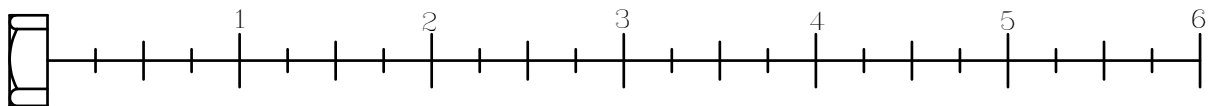
(C8) 1/2"(I.D.) FLAT WASHER  $\varnothing$ 34 QTY.6



(C11) M6(I.D.) FLAT WASHER  $\varnothing$ 13 QTY.20

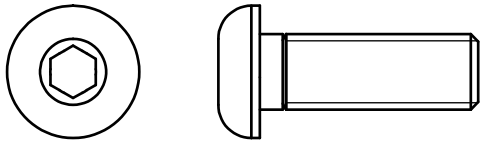


(C13) 1/2"(I.D.) FLAT WASHER  $\varnothing$ 25 QTY.2

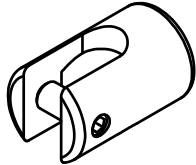


# DIOT ASSEMBLY INSTRUCTIONS

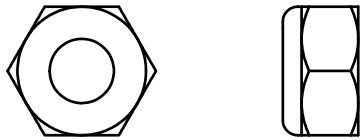
## Selector Rod HARDWARE ILLUSTRATION



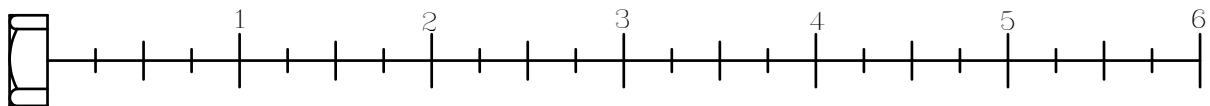
(A20)ROUND ALLEN HEAD M10X30L PARTIAL THREAD QTY.1



(A21)FIRM SHEATH(8890-046) QTY.1



(B8)NYLON LOCK NUT M10 QTY.1





# DIOT ASSEMBLY INSTRUCTIONS

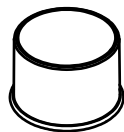
## HARDWARE ILLUSTRATION

D2.Ø1" CU WASHER (8520-008)-----	[7PCS]
D3.Ø60 END CAP (9211-065)-----	[4PCS]
D4.1"X2" END CAP (9211-086)-----	[3PCS]
D5.2"X2" END CAP (9211-087)-----	[3PCS]
D6.50X100(40X80)NYLON BUSHING(9211-107)-----	[2PCS]
D7.58X116X2.5T FOOT CAP(9211-109)-----	[2PCS]
D8.58X116 END CAP(9211-112)-----	[2PCS]
D9.40X80 END CAP(9211-113)-----	[1PCS]
D10.RUBBER BOLT HEAD PROTECTOR 5/16"(9214-030)---	[4PCS]
D11.95X140L RUBBER PAD(9310-035)-----	[2PCS]
D12.Ø3/4" SHAFT COLLAR(9211-046)-----	[2PCS]
D13.Ø4" RUBBER DOUNT(9310-017)-----	[2PCS]
D14.95X250 RUBBER PAD(9310-060)-----	[2PCS]
D15.Ø6" PULLEY(9213-009A)-----	[1PCS]
D16.Ø117 PULLEY(9213-010B)-----	[5PCS]

D2



D3



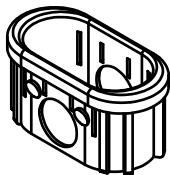
D4



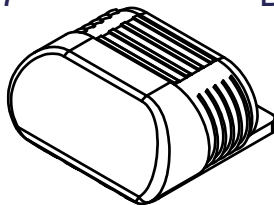
D5



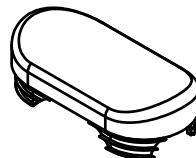
D6



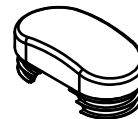
D7



D8



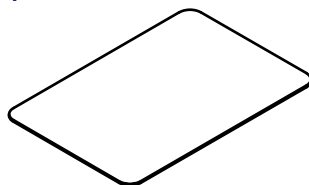
D9



D10



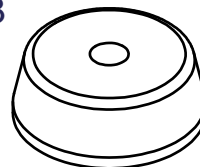
D11



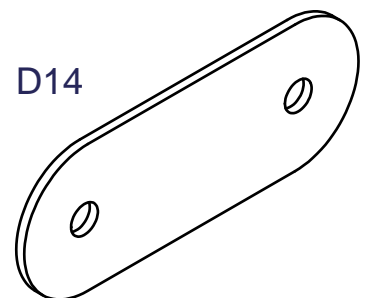
D12



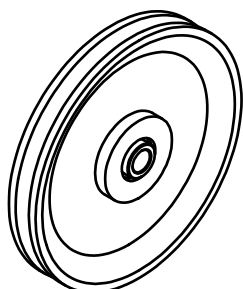
D13



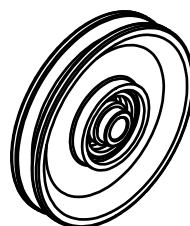
D14



D15



D16

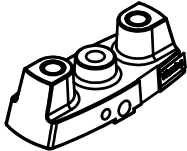


# DIOT ASSEMBLY INSTRUCTIONS

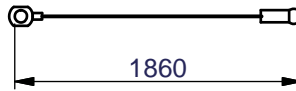
## HARDWARE ILLUSTRATION

D18.TOP PLATE(8400-006)-----	[1PCS]
D19.1860mm STEEL CABLE(FDIOTA)-----	[1PCS]
D20.2220mm STEEL CABLE(FDIOTB)-----	[1PCS]
D21.DIOT For DGYM Steel Cable(FDIOTC)-----	[1PCS]
D22.WEIGHT SELECTOR BAR(8210-042B)-----	[1PCS]

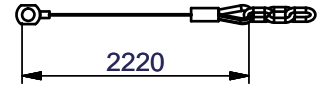
D18



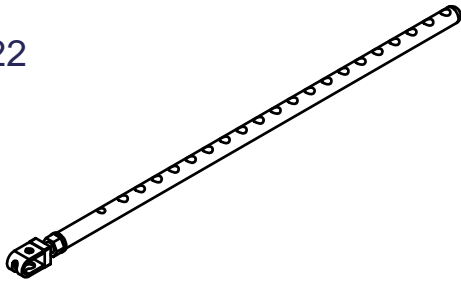
D19



D20

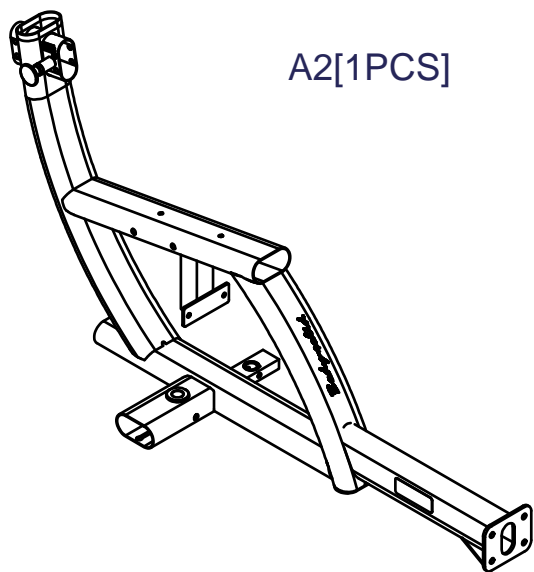


D22

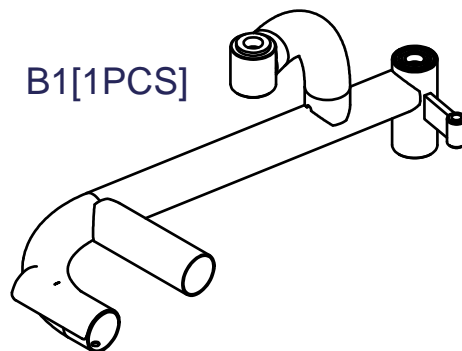


# DIOT ASSEMBLY INSTRUCTIONS

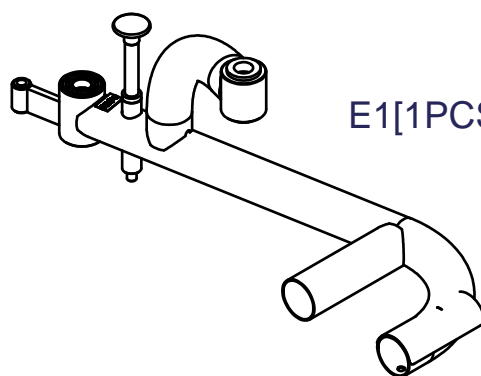
## PARTS ILLUSTRATION SHEET



A2[1PCS]

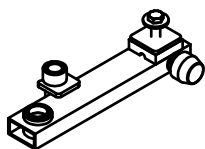


B1[1PCS]

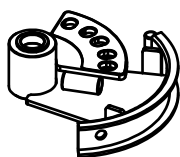


E1[1PCS]

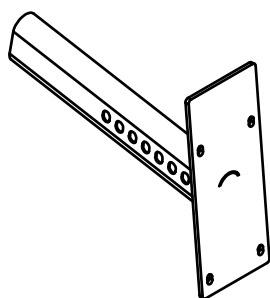
C[1PCS]



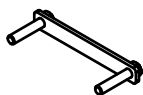
D2[1PCS]



F[1PCS]



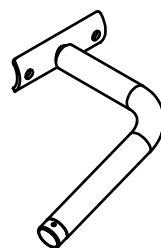
G[1PCS]



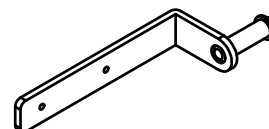
Direction



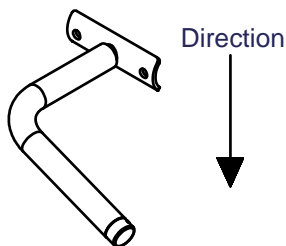
H[1PCS]



I1[2PCS]



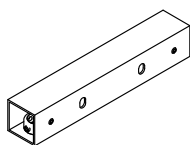
J[1PCS]



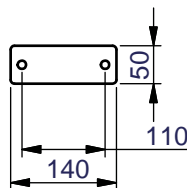
Direction



K[1PCS]



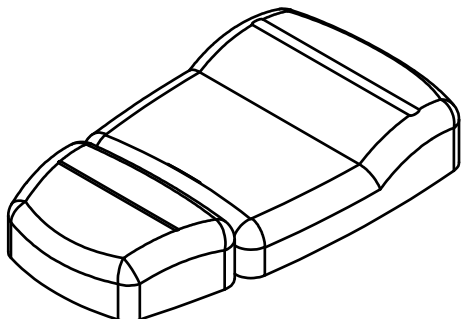
L[1PCS]  
8312-090



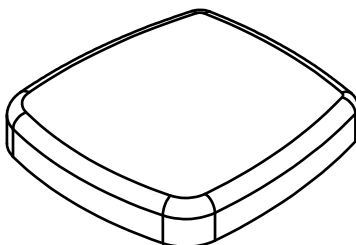
# DIOT ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

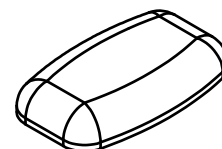
N[1PCS]  
9111-055



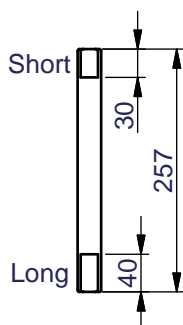
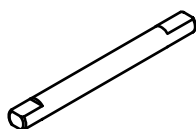
O[1PCS]  
9121-052



P[2PCS]  
9131-017



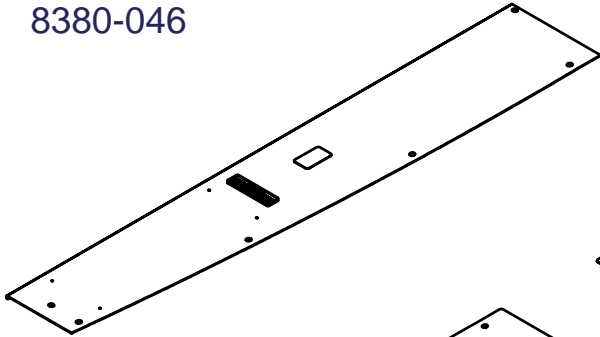
AC[2PCS]  
8220-141  
Ø25X257L



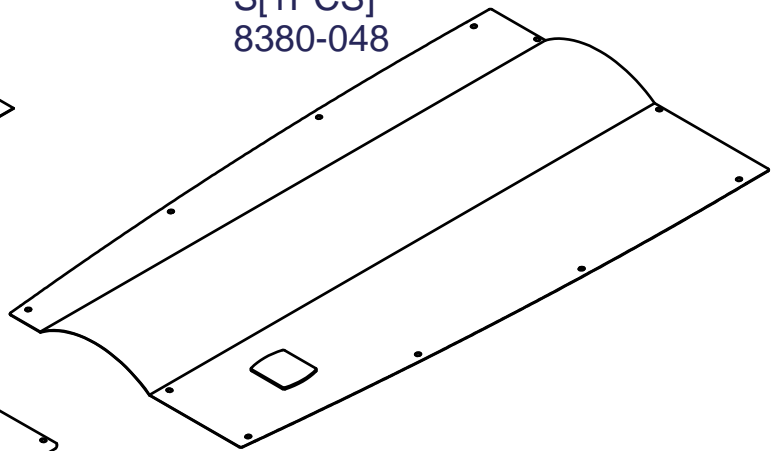
# DIOT ASSEMBLY INSTRUCTIONS

## FRAME PARTS ILLUSTRATION SHEET

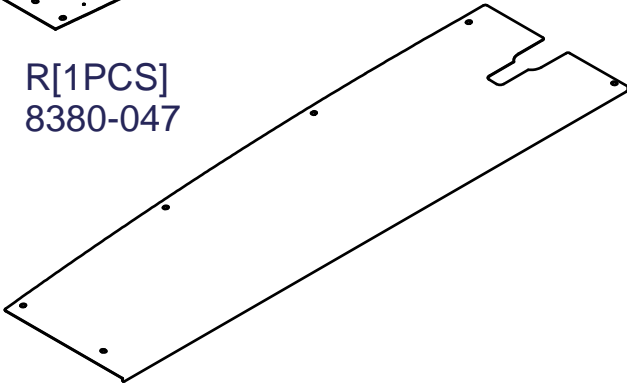
Q[1PCS]  
8380-046



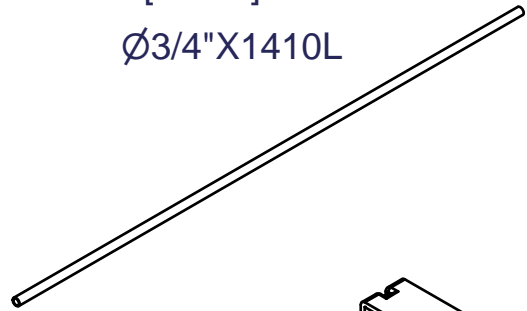
S[1PCS]  
8380-048



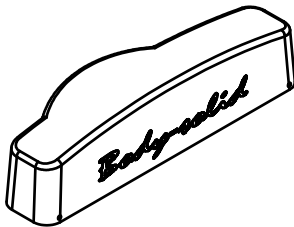
R[1PCS]  
8380-047



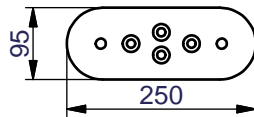
T[2PCS]  
Ø3/4"X1410L



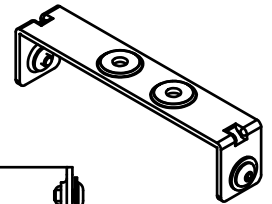
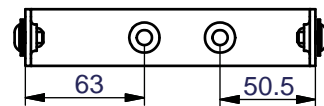
AD[1PCS]  
9211-111A



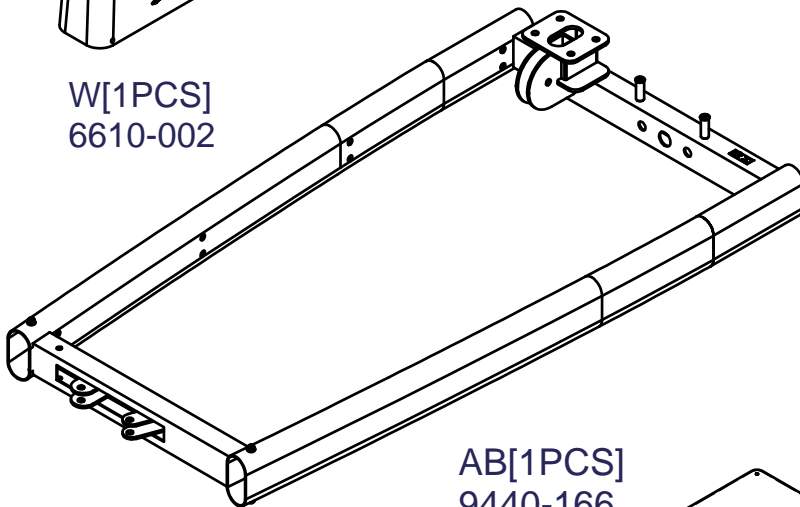
V[2PCS]  
8313-144



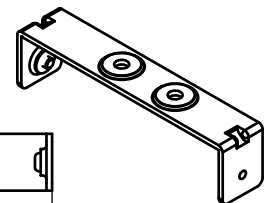
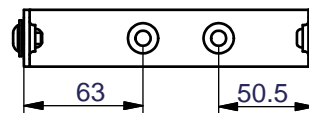
X[9PCS]  
8321-040  
both side



W[1PCS]  
6610-002



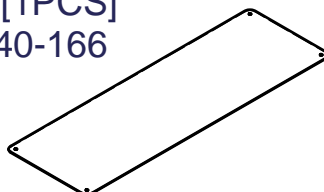
Y[1PCS]  
8321-040  
one side



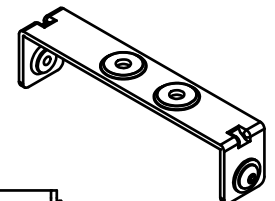
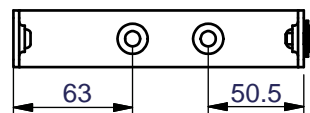
AA[1PCS]  
6640-001



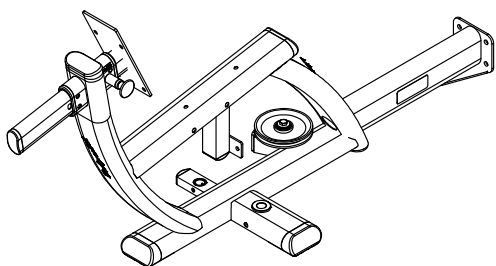
AB[1PCS]  
9440-166



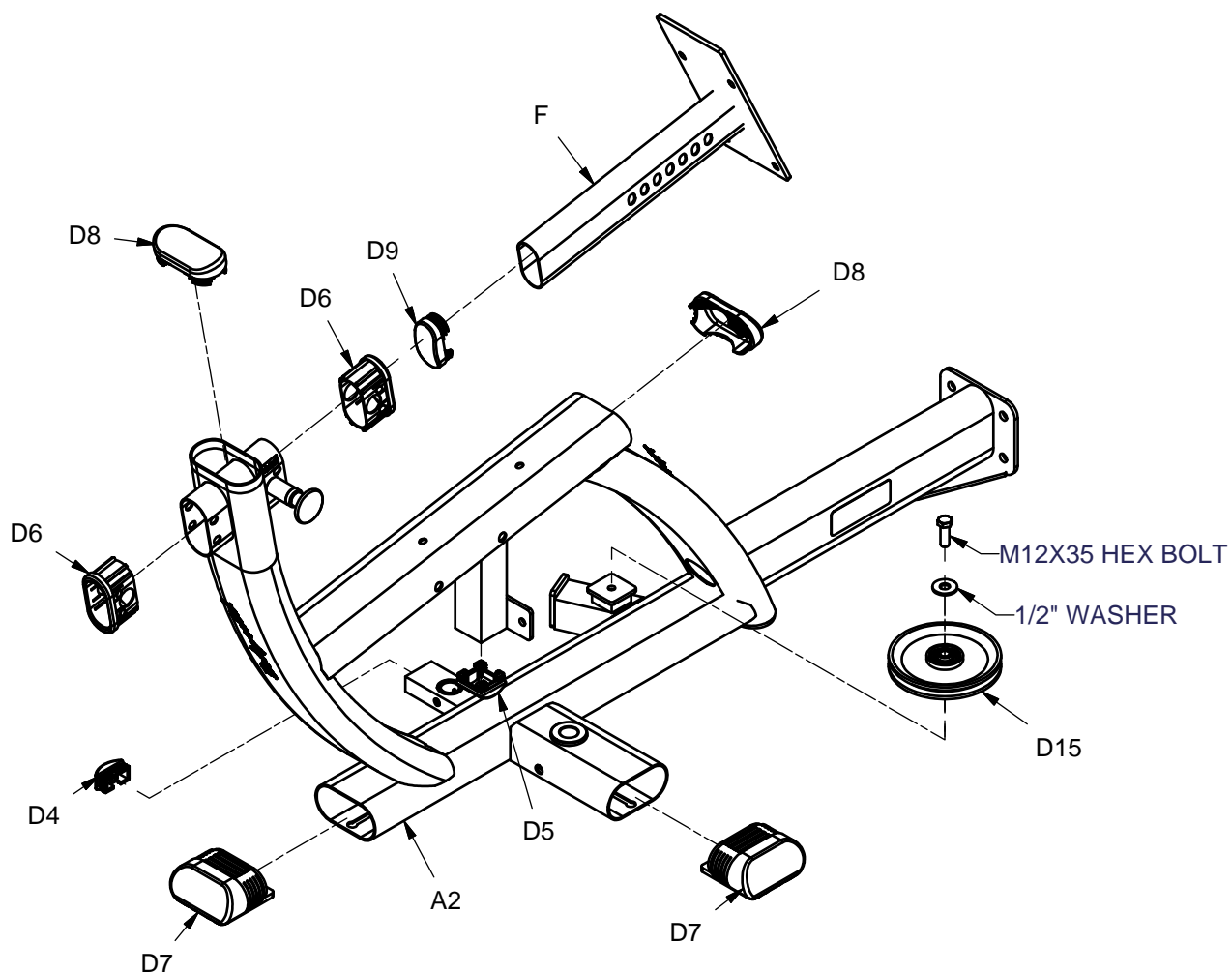
Z[2PCS]  
8321-040  
one side



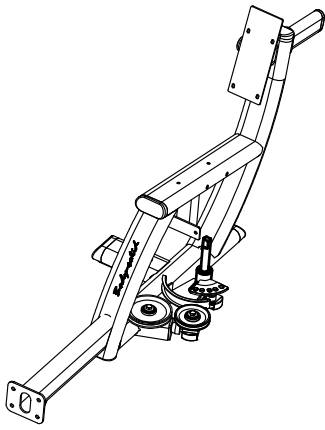
# DIOT ASSEMBLY INSTRUCTIONS



Above shows STEP 1  
assembled and completed

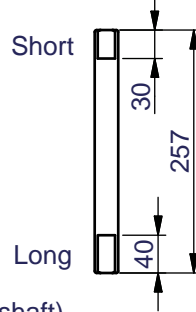


# DIOT ASSEMBLY INSTRUCTIONS

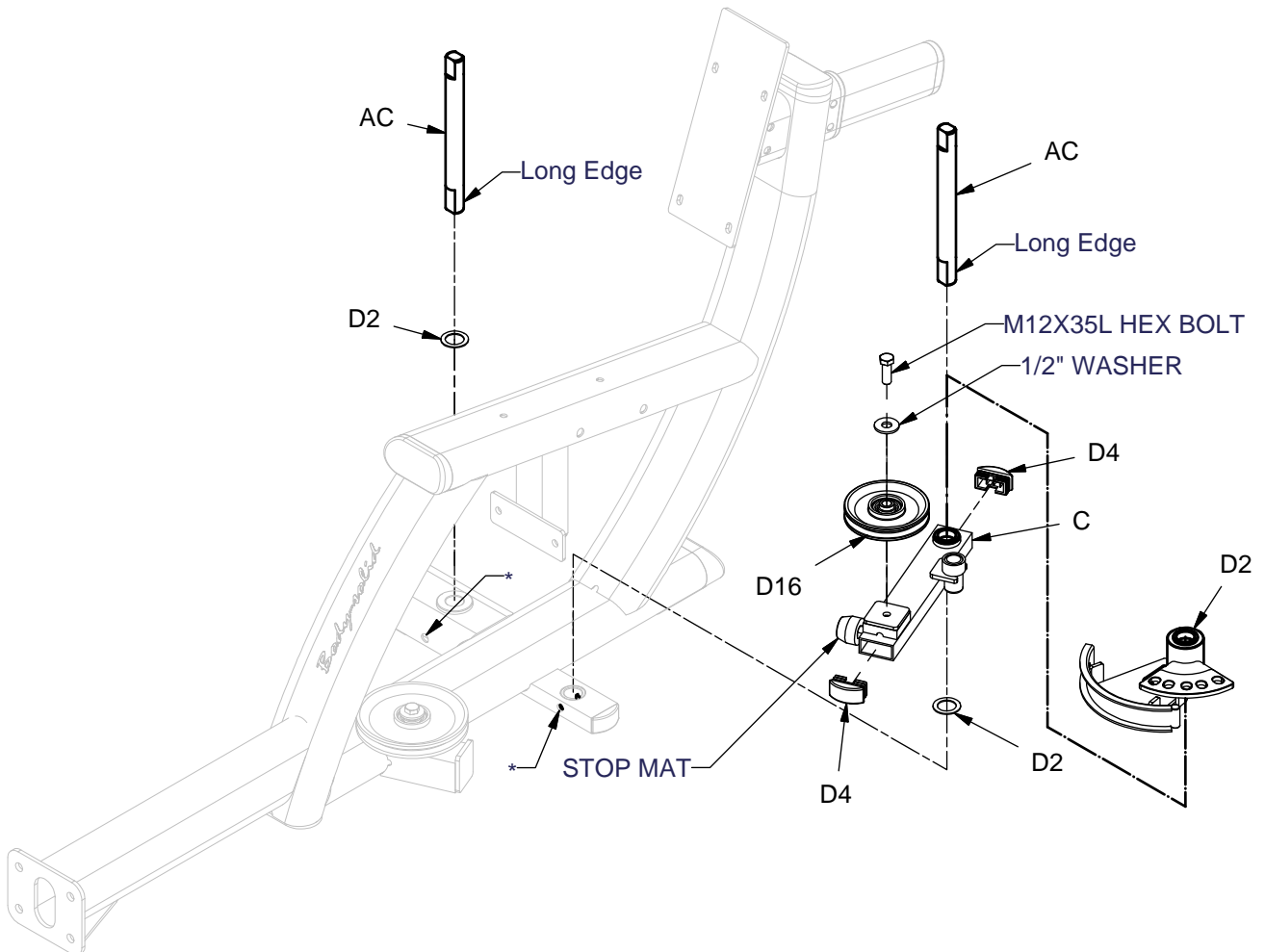


Above shows STEP 2  
assembled and completed

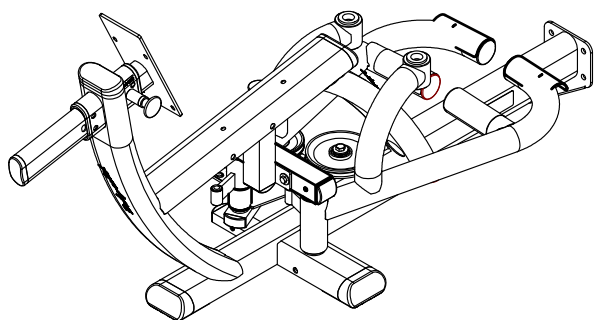
AC[2PCS]  
8220-141  
Ø25X257L



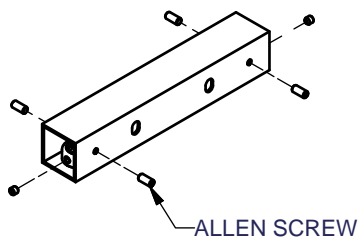
\*: After installing the shaft ( part AC ), please tighten it( the shaft).



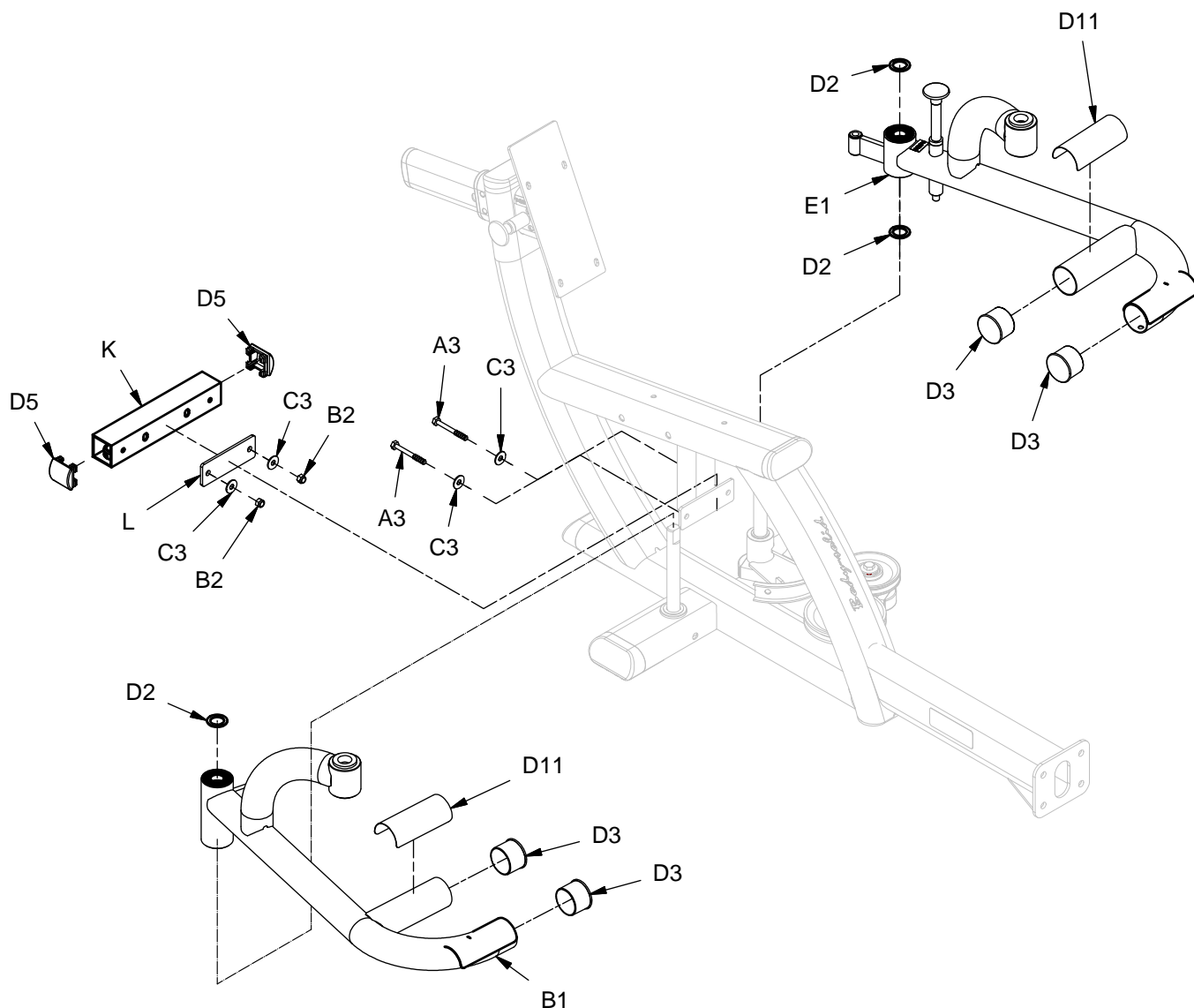
# DIOT ASSEMBLY INSTRUCTIONS



Above shows STEP 3 assembled and completed

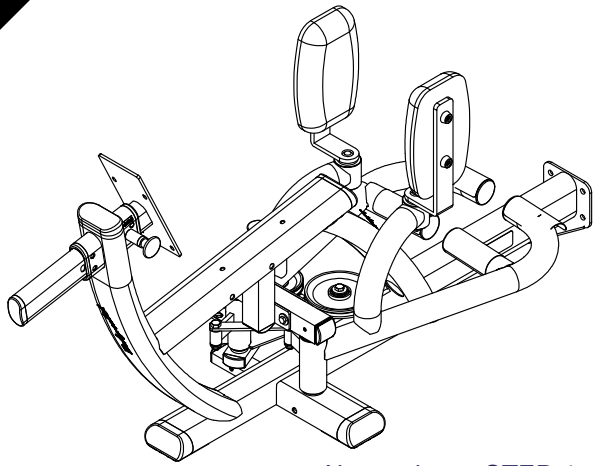


After installation,  
the space between B1 and E1 can be adjusted by stop mat.

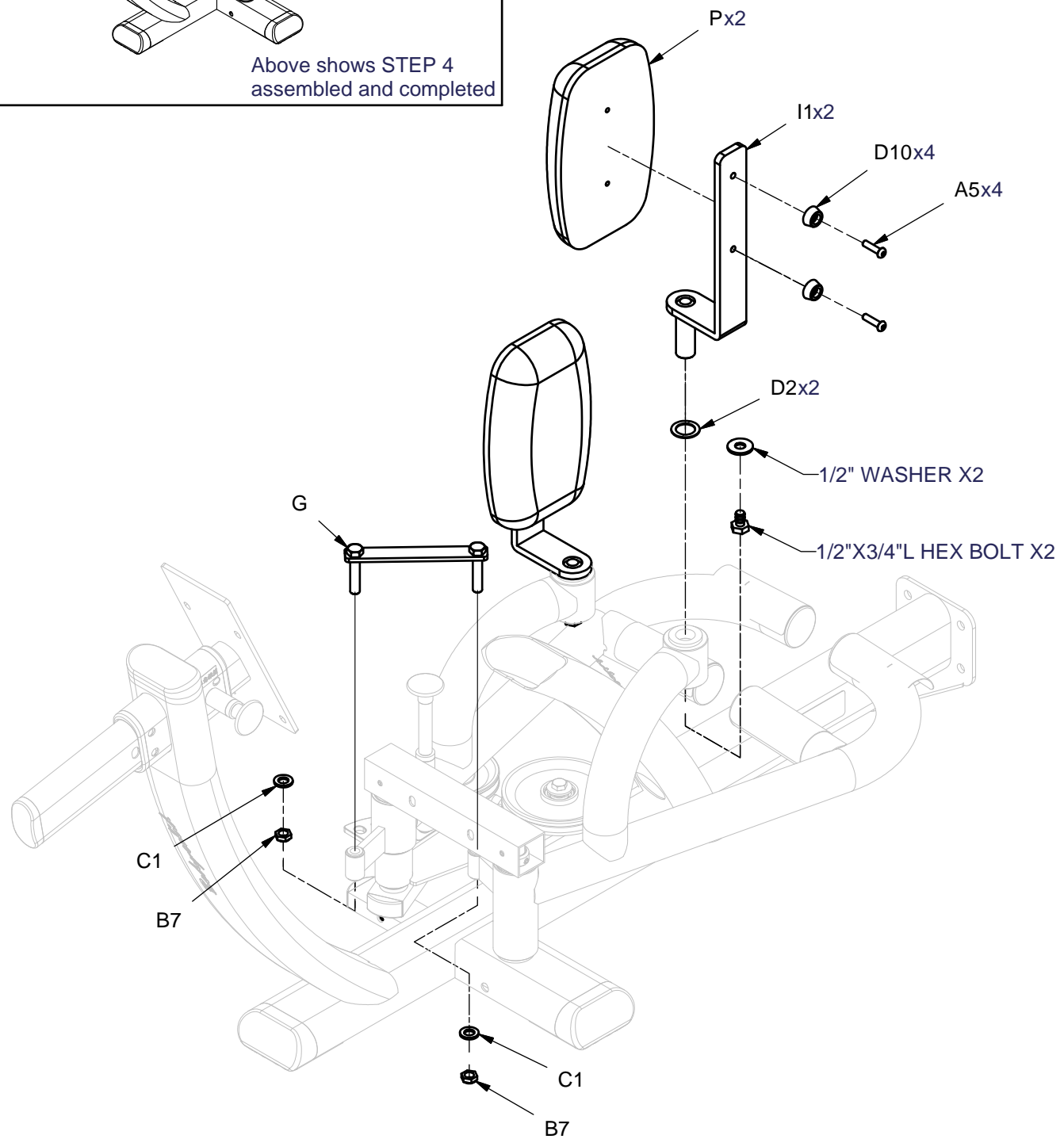




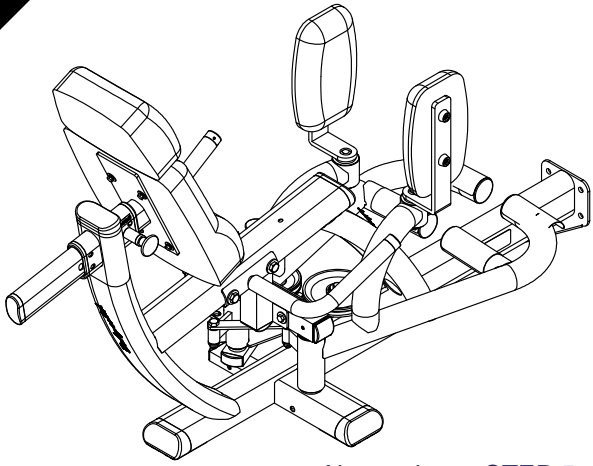
# DIOT ASSEMBLY INSTRUCTIONS



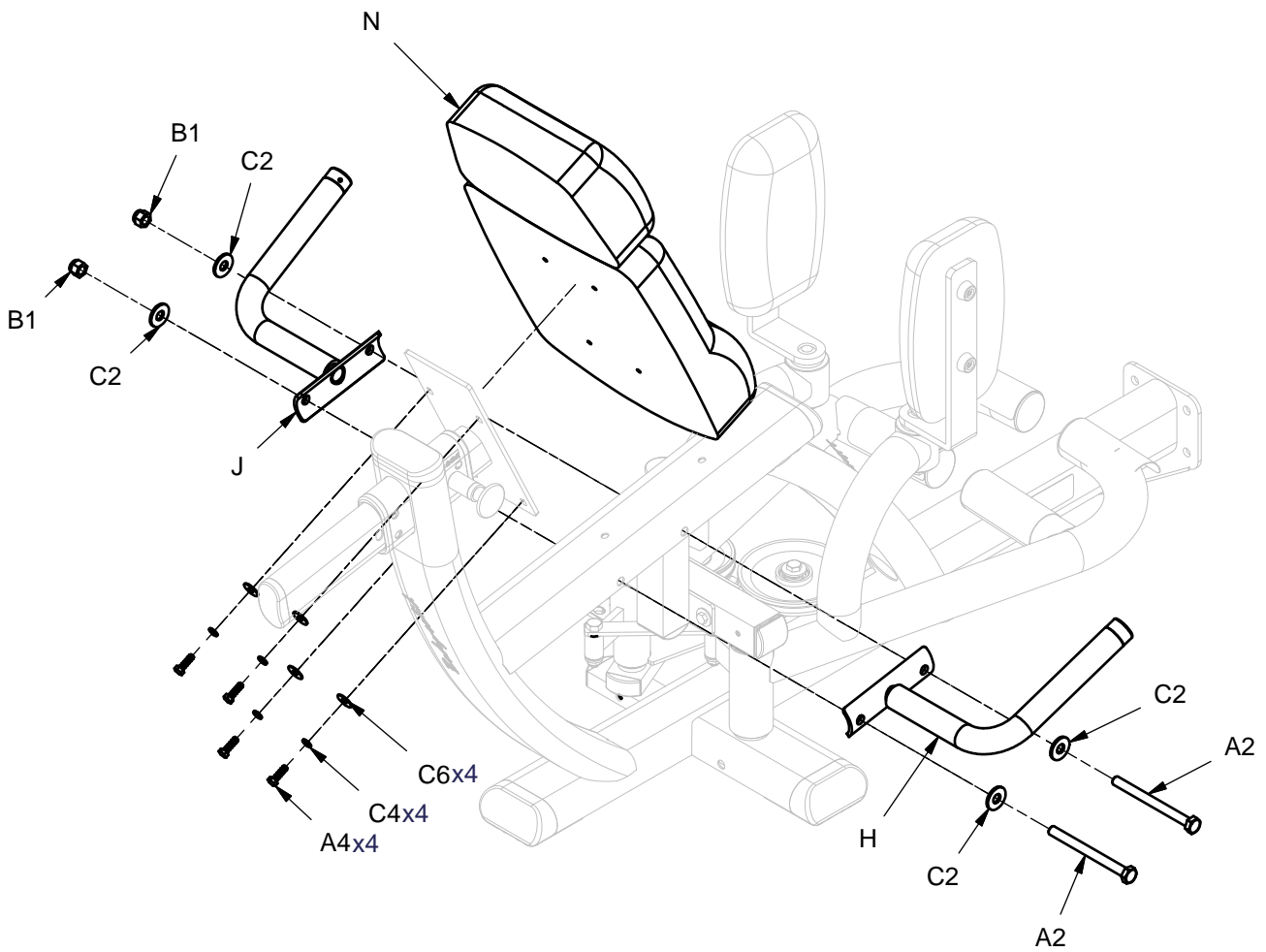
Above shows STEP 4 assembled and completed



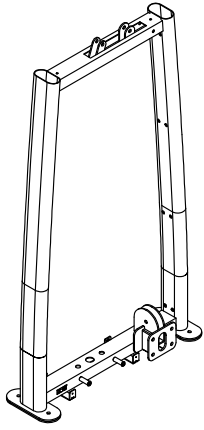
# DIOT ASSEMBLY INSTRUCTIONS



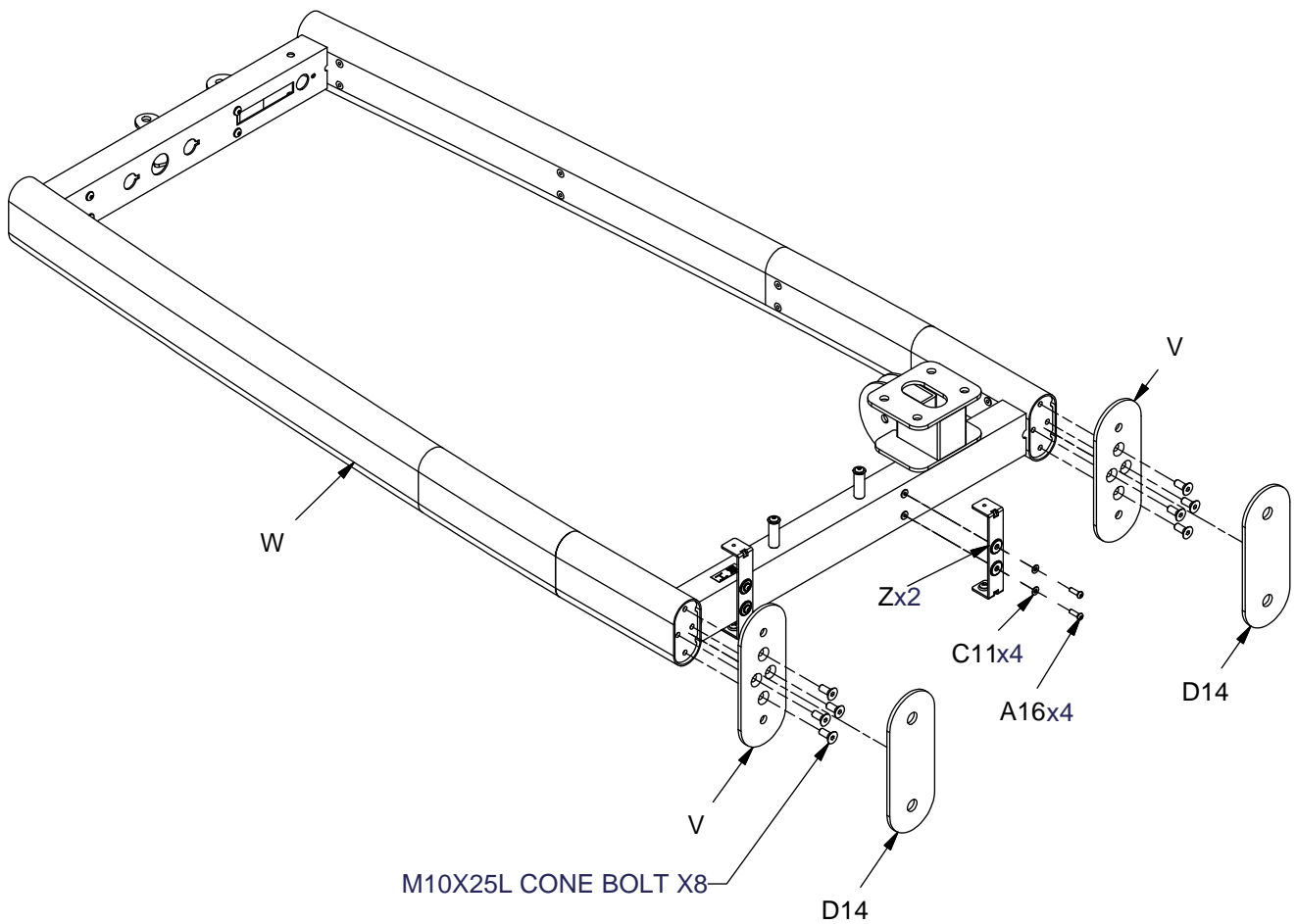
Above shows STEP 5  
assembled and completed



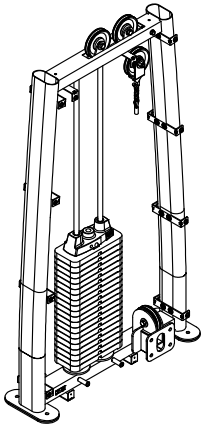
# DIOT ASSEMBLY INSTRUCTIONS



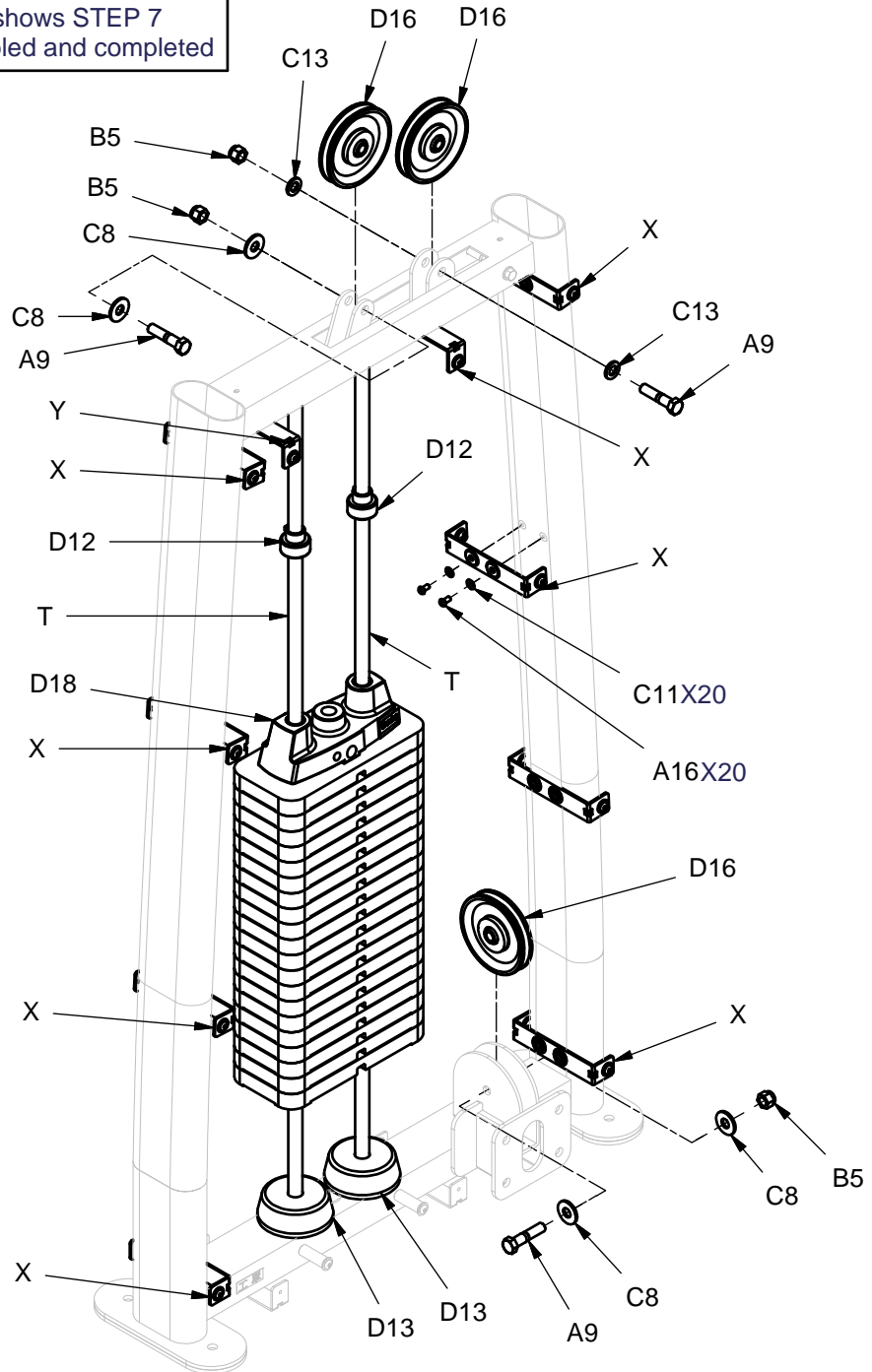
Above shows STEP 6  
assembled and completed



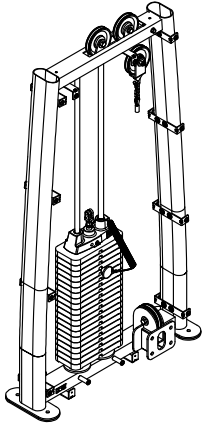
# DIOT ASSEMBLY INSTRUCTIONS



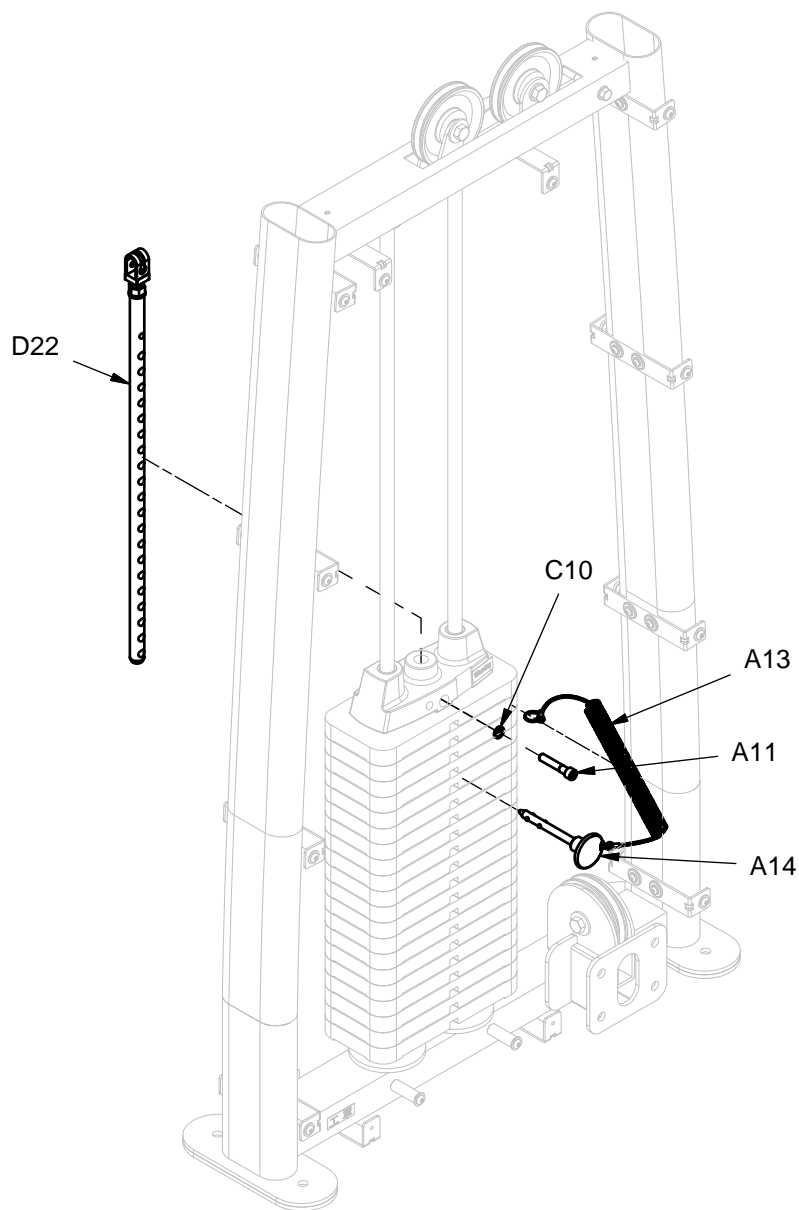
Above shows STEP 7 assembled and completed



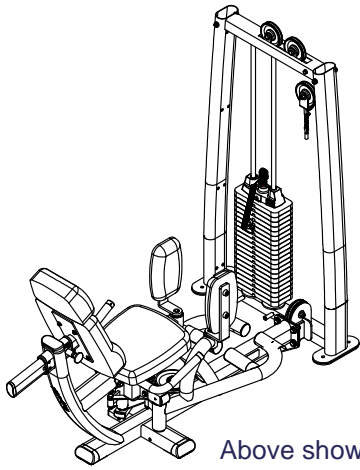
# DIOT ASSEMBLY INSTRUCTIONS



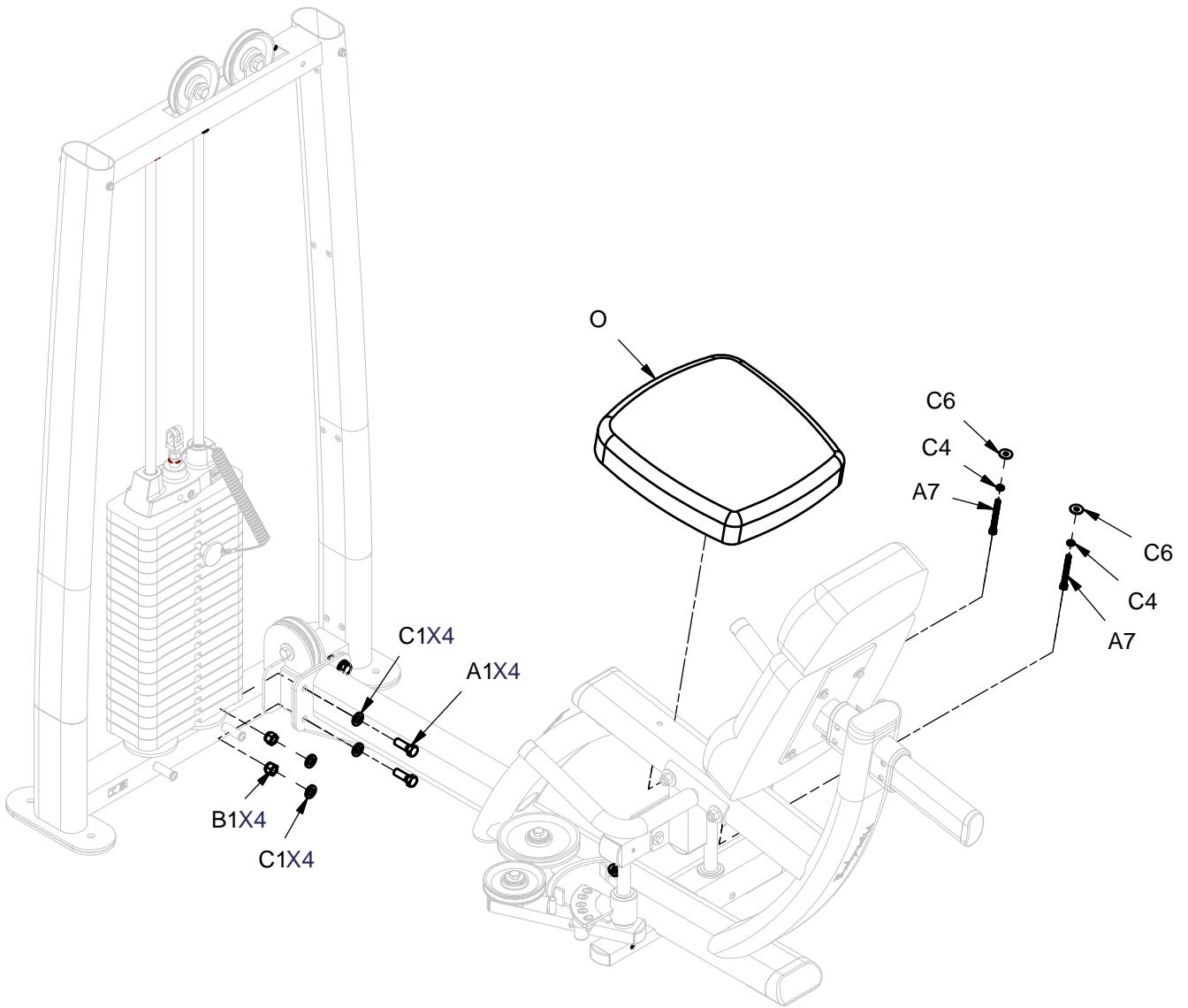
Above shows STEP 8  
assembled and completed



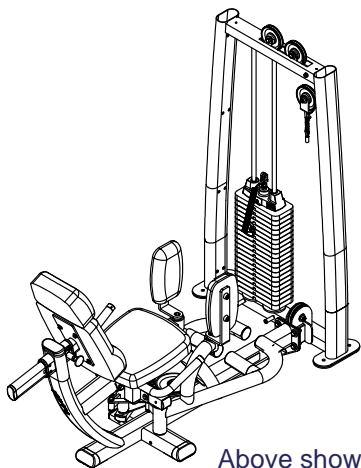
# DIOT ASSEMBLY INSTRUCTIONS



Above shows STEP 9 assembled and completed



# DIOT ASSEMBLY INSTRUCTIONS

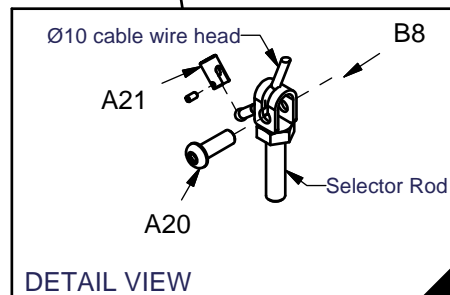
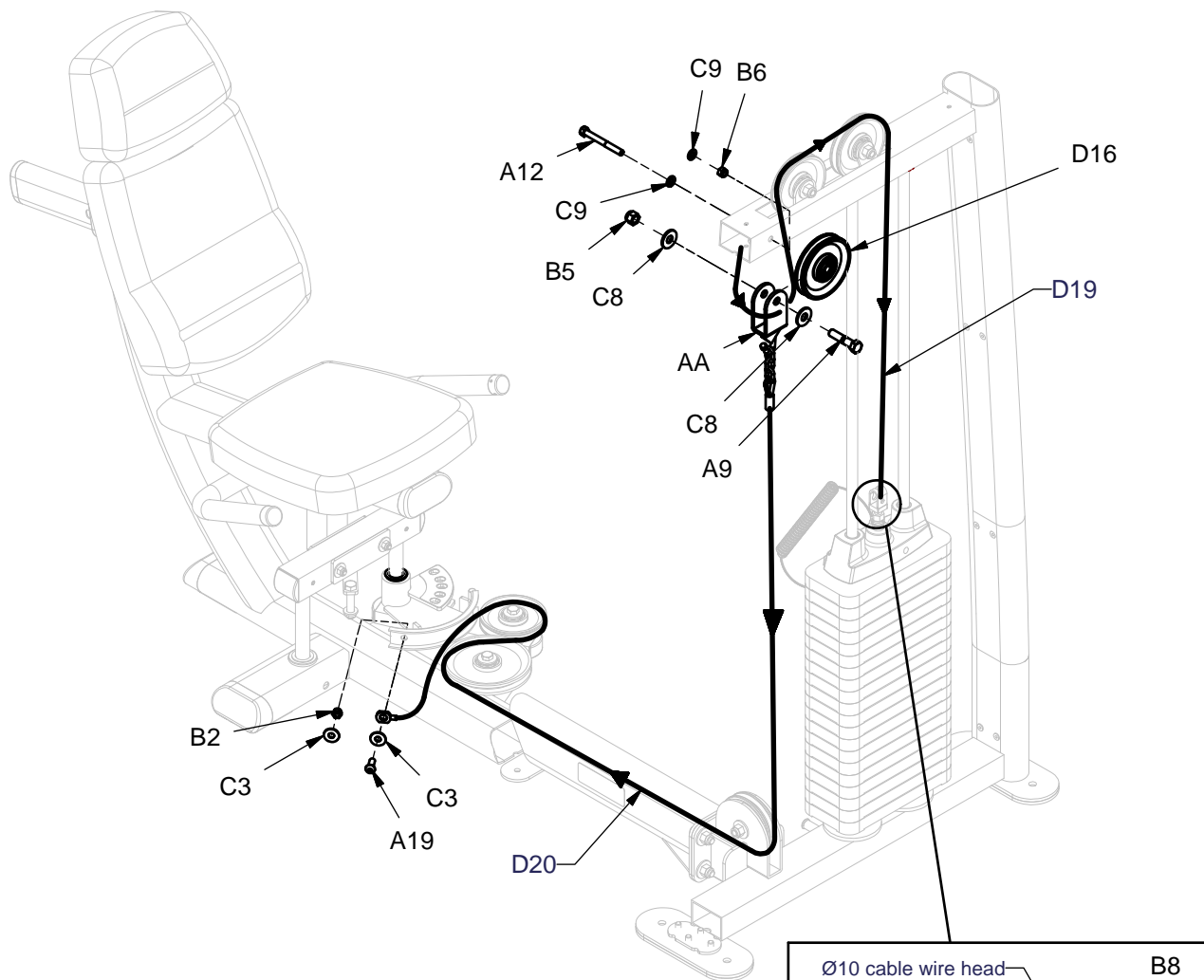


Above shows STEP 10 assembled and completed

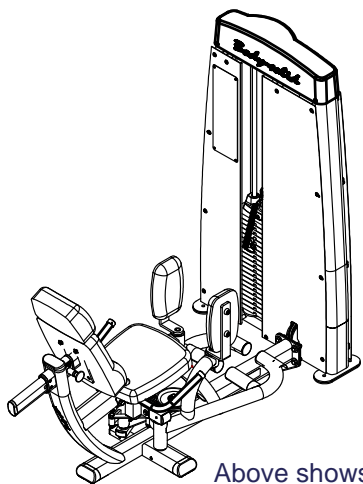
D19



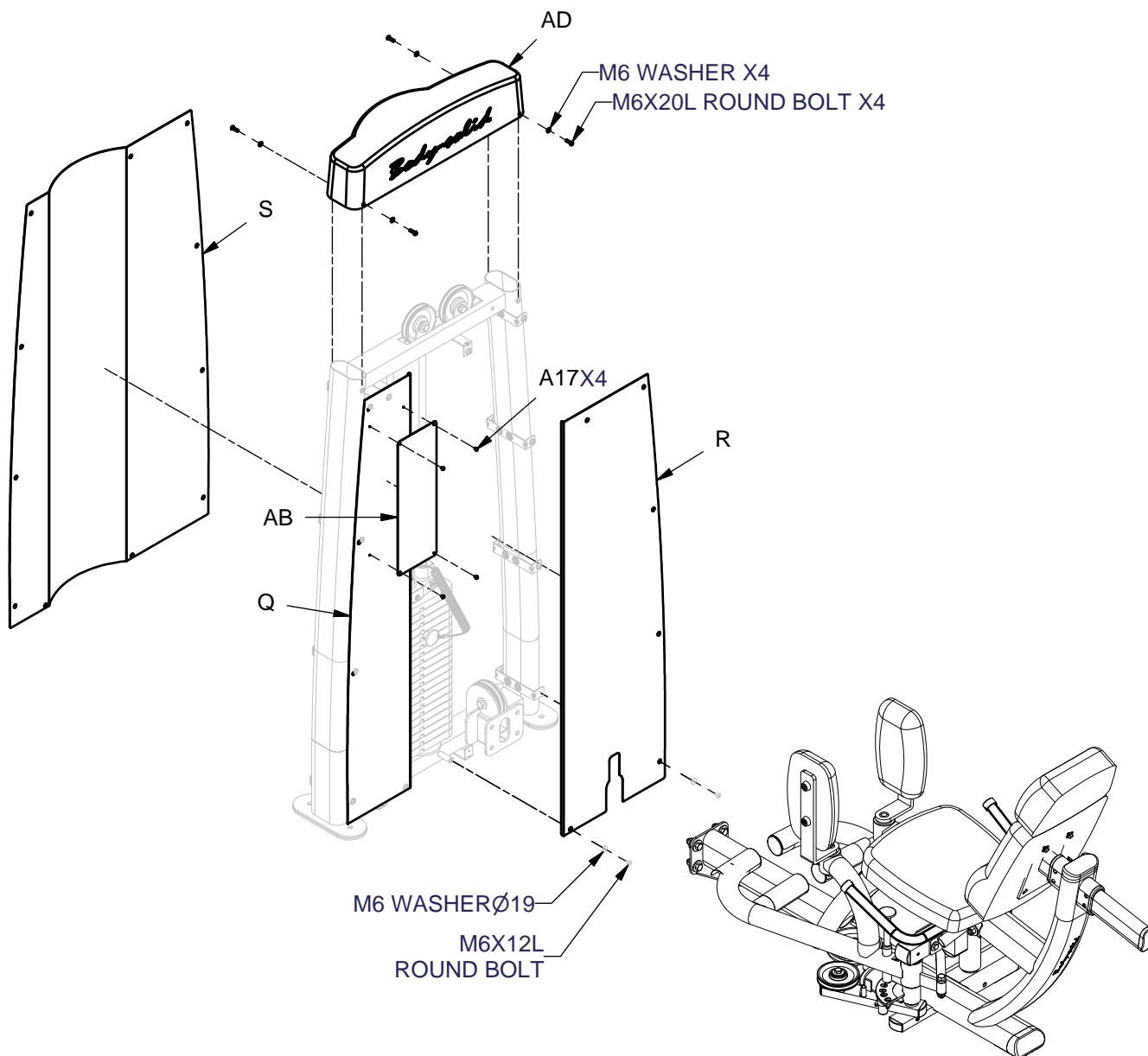
D20



# DIOT ASSEMBLY INSTRUCTIONS

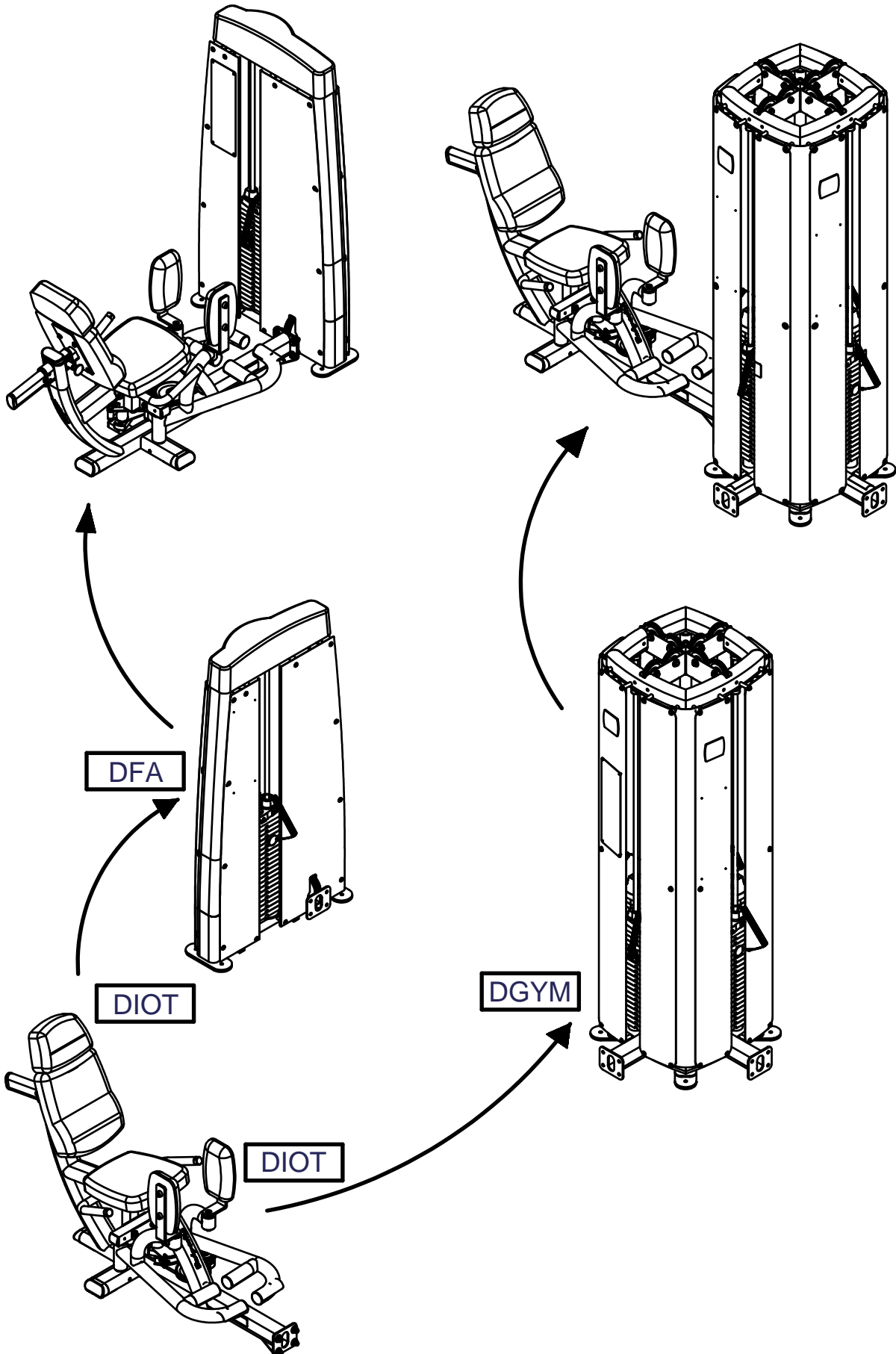


Above shows STEP 11  
assembled and completed





# DIOT ASSEMBLY INSTRUCTIONS



# DIOT ASSEMBLY INSTRUCTIONS

Cable to match illustration

