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› Body-Solid 150 lb. Selectorized Weight Stack Upgrade - Premium Cast Iron Plates for Body Solid Functional Trainer Machine and Powerline Home Gym Equipment Only

Body-Solid SP150

Body-Solid 150 lb. Selectorized Weight Stack Upgrade Manual

Model: SP150

INTRODUCTION

This manual provides essential information for the proper setup, operation, and maintenance of your Body-Solid 150 lb. Selectorized Weight Stack Upgrade (Model SP150). This upgrade is designed to expand the weight capacity of compatible Body-Solid and Powerline home gym equipment, specifically the Powerline PHG1000X Home Gym. It consists of 15 durable cast iron plates, each adding 10 pounds, for a total additional weight of 150 pounds. Please read this manual thoroughly before installation and use to ensure safe and effective operation.

SETUP AND INSTALLATION

The Body-Solid SP150 weight stack upgrade is designed for fast and easy installation. It is crucial to follow the instructions provided with your specific Body-Solid or Powerline home gym model for integrating this weight stack. This upgrade is intended for use with selectorized plate load systems.

Compatibility

- Designed for Body-Solid and Powerline home gyms.
- Compatible with functional trainers and selectorized machines.
- Specifically designed for the Powerline PHG1000X Home Gym (sold separately).

Installation Steps (General Guidance)

1. **Unpack Components:** Carefully unpack all 15 cast iron weight plates and any associated hardware. Verify that all components are present.
2. **Consult Gym Manual:** Refer to the instruction manual of your specific Body-Solid or Powerline home gym for detailed steps on how to integrate an additional weight stack. This typically involves removing existing components and aligning the new plates.
3. **Stacking Plates:** Stack the 10-pound cast iron plates onto the guide rods of your gym's weight stack system. Ensure they are properly aligned and seated.
4. **Secure Components:** Re-attach any necessary top plates, selector pins, or other securing mechanisms as per your

gym's manual.

5. **Test Functionality:** Before full use, perform a few test repetitions with light weight to ensure the selector pin engages correctly and the stack moves smoothly without binding.

**15 cast iron
plates
weigh
150 pounds
total**



Image: The 15 cast iron plates, each weighing 10 pounds, combine to add a total of 150 pounds to your gym's weight stack.

OPERATING INSTRUCTIONS

Once installed, the Body-Solid SP150 weight stack upgrade operates seamlessly with your existing gym equipment. The high-visibility numbers on each plate facilitate easy weight selection.

Weight Selection

- To select your desired weight, insert the selector pin fully into the hole of the corresponding weight plate.
- Ensure the pin passes completely through the plate and is securely seated.
- The plates are numbered for quick identification of the selected weight.

**Highly
visible
numbers
for easy
weight
selection**



Image: High-visibility numbers on each plate allow for quick and accurate weight selection.



Image: A complete view of the 150 lb. weight stack, showing the numbered plates from 1 to 15.

MAINTENANCE

Regular maintenance will ensure the longevity and smooth operation of your Body-Solid SP150 weight stack upgrade.

- **Cleaning:** Wipe down the weight plates periodically with a damp cloth to remove dust and sweat. Avoid abrasive cleaners.
- **Lubrication:** If your gym's guide rods become sticky or noisy, apply a light coat of silicone-based lubricant to ensure smooth movement of the weight plates. Consult your gym's manual for specific lubrication recommendations.

- **Inspection:** Regularly inspect the weight plates for any signs of damage, cracks, or unusual wear. Check the selector pin for bending or damage.
- **Storage:** Store the weight stack in a dry environment to prevent rust, although the durable cast iron construction is designed for heavy use.

TROUBLESHOOTING

This section addresses common issues you might encounter with your weight stack upgrade.

Problem	Possible Cause	Solution
Weight plates are sticking or not moving smoothly.	Accumulation of dust/debris on guide rods; lack of lubrication.	Clean guide rods and apply a silicone-based lubricant.
Selector pin does not fully engage.	Misalignment of plates; bent selector pin; obstruction in plate holes.	Ensure plates are properly stacked and aligned. Inspect selector pin for damage; replace if bent. Check for any debris in the plate holes.
Unusual noises during operation.	Loose components; lack of lubrication; worn parts.	Check all connections and bolts on your gym equipment. Lubricate guide rods. If noises persist, consult your gym's main manual or contact Body-Solid support.

SPECIFICATIONS

Feature	Detail
Model Name	150 lb. Selectorized Weight Stack Upgrade (SP150)
Brand	Body-Solid
Material	Cast Iron
Total Weight Added	150 lbs
Number of Plates	15
Weight per Plate	10 lbs
Color	Black
Compatibility	Body-Solid & Powerline Home Gyms, Functional Trainers, Selectorized Machines (e.g., Powerline PHG1000X)

WARRANTY AND SUPPORT

Warranty Information

The Body-Solid 150 lb. Selectorized Weight Stack Upgrade (SP150) is backed by the Body-Solid Lifetime In-Home Warranty. This warranty fully covers the selectorized weights for as long as you own them, ensuring peace of mind regarding the durability and quality of your investment.

Customer Support

For any questions, technical assistance, or warranty claims, please contact Body-Solid customer support. Refer to the official Body-Solid website or your original product packaging for the most current contact information. You can also visit the [Body-Solid Store on Amazon](#) for more product information and resources.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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