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› Body-Solid Powerline PHG1000X Home Gym User Manual

Body-Solid PHG1000X

Body-Solid Powerline PHG1000X Home Gym User Manual

Model: PHG1000X | Brand: Body-Solid

1. INTRODUCTION

The Body-Solid Powerline PHG1000X Home Gym is a versatile plate-load workout station designed to provide a comprehensive total body workout in the comfort of your home or office. This manual provides essential information regarding the setup, operation, maintenance, and specifications of your PHG1000X Home Gym.

With its multi-station design, the PHG1000X allows you to perform a wide array of exercises targeting upper, lower, and abdominal muscle groups, including lat pulldowns, triceps press downs, ab crunches, leg curls, leg extensions, chest press, seated rows, and cable curls.





Figure 1: Overview of the Body-Solid Powerline PHG1000X Home Gym.

2. SAFETY INFORMATION

Before using the Body-Solid Powerline PHG1000X Home Gym, please read and understand all safety instructions. Failure to follow these instructions may result in serious injury.

- Consult with a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Inspect the equipment before each use for loose parts, worn cables, or any damage. Do not use if damaged.
- Ensure all pins and adjustments are securely in place before beginning an exercise.

- Use the equipment only for its intended purpose as described in this manual.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity or recommended weight loads.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

3. COMPONENTS LIST

The Body-Solid Powerline PHG1000X Home Gym comes with the following standard components:

- Main Frame Assembly
- Press Arm System
- High Pulley System
- Low Pulley System
- Leg Developer Assembly
- Lat Bar
- Straight Bar
- Utility Strap
- All necessary hardware (bolts, nuts, washers, pins)

Note: An optional 150-pound selectorized weight stack and/or plate load weight stack are sold separately and are not included with the base unit.

4. SETUP AND ASSEMBLY

The PHG1000X Home Gym requires assembly. Due to the complexity and number of components, it is highly recommended to follow the detailed assembly instructions provided in the separate assembly manual that accompanies your product. Ensure you have adequate space for assembly and operation.

Required Tools: Refer to the assembly manual for a complete list of tools required for assembly.

Space Requirements: The assembled dimensions of the PHG1000X are approximately 42"D x 42"W x 84"H. Allow additional clearance around the machine for safe operation and movement.

Assembly Tips:

- Unpack all components and verify against the parts list before beginning assembly.
- Organize hardware by size and type to streamline the process.
- Assemble on a flat, stable surface.

- Do not fully tighten all bolts until instructed to do so, as some components may require slight adjustment during assembly.

5. OPERATING INSTRUCTIONS AND EXERCISES

The Body-Solid Powerline PHG1000X Home Gym features five unique workout stations, allowing for a comprehensive full-body workout. Adjust resistance by adding or removing standard weight plates on the plate-load system, or by utilizing the optional selectorized weight stack.

5.1 Multi-Press Station (Chest Press / Pectoral Fly)

This station allows for chest press variations (flat, incline, decline) and pectoral fly exercises. The patented press arm system functions as both a chest press and replicates the pectoral dumbbell fly.



Figure 2: User performing a chest press exercise.



Figure 3: User performing a pectoral fly exercise.

5.2 Lat Pulldown / High Pulley

Utilize the lat bar with the high pulley for exercises such as lat pulldowns (wide and close grip), triceps press downs, and ab crunches.



Figure 4: User performing a lat pulldown exercise.

5.3 Seated Row / Low Pulley

Attach the straight bar or utility strap to the low pulley for seated rows, cable curls, upright rows, and glute kickbacks.



Figure 5: User performing a cable row exercise.



Figure 6: User performing a leg kickback exercise.

5.4 Leg Extension / Leg Curl

The leg developer allows for effective leg extensions and leg curls, targeting the quadriceps and hamstrings.



Figure 7: User performing a leg extension exercise.

5.5 Ab Crunch / Mid Pulley

This station is designed for abdominal crunches, helping to strengthen core muscles.

Adjustable Resistance:

The PHG1000X is a plate-load system, meaning you add standard weight plates (sold separately) to increase resistance. For convenience, an optional 150-pound selectorized weight stack can be added, allowing for quick weight changes using a selector pin.

6. MAINTENANCE

Regular maintenance is crucial for the longevity and safe operation of your Body-Solid Powerline PHG1000X Home Gym.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically lubricate moving parts, such as guide rods and pivot points, with a silicone-based lubricant to ensure smooth operation.
- **Cable Inspection:** Regularly inspect all cables for fraying, kinks, or wear. Replace any damaged cables immediately.
- **Hardware Check:** Periodically check all nuts, bolts, and screws to ensure they are tight. Re-tighten as necessary.
- **Pulley Inspection:** Ensure all pulleys spin freely and are not obstructed. Clean any debris from around the pulleys.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your PHG1000X Home Gym.

Problem	Possible Cause	Solution
Equipment wobbles during use.	Uneven floor; loose bolts; improper assembly.	Ensure the gym is on a level surface. Check and tighten all assembly bolts. Refer to assembly manual for correct setup.
Cables are not moving smoothly or are coming off pulleys.	Lack of lubrication; worn cables; misaligned pulleys.	Lubricate cables and pulleys. Inspect cables for wear and replace if necessary. Ensure cables are properly routed through all pulleys.
No resistance or inconsistent resistance.	Weight plates not properly loaded; cable detachment; damaged components.	Verify weight plates are correctly placed. Check all cable connections. Inspect for any broken or bent parts.
Noisy operation (squeaking, grinding).	Lack of lubrication; loose hardware; worn bearings.	Lubricate all pivot points and guide rods. Tighten any loose bolts. If noise persists, contact customer support.

If you encounter a problem not listed here, or if the suggested solutions do not resolve the issue, please contact Body-Solid customer support for assistance.

8. SPECIFICATIONS

Feature	Detail
Model Name	PHG1000X
Brand	Body-Solid
Assembled Dimensions (D x W x H)	42"D x 42"W x 84"H

Feature	Detail
Item Weight	118 Pounds
Material	Alloy Steel
Color	Black
Tension Level (Optional Weight Stack)	118 lbs to 268 lbs
Handle Type	Fixed, Pulldown
Strap Type	Adjustable
Included Components	Lat bar, Straight bar, Utility strap
User Capacity	One

9. WARRANTY AND SUPPORT

The Body-Solid Powerline PHG1000X Home Gym is backed by a comprehensive warranty to ensure your peace of mind.

- **Frame Warranty:** 10-year in-home warranty on the frame.
- **Parts Warranty:** 1-year warranty on all other parts.

This warranty covers defects in materials and workmanship under normal residential use. For detailed warranty terms and conditions, please refer to the warranty card included with your product or visit the official Body-Solid website.

Customer Support:

For technical assistance, parts replacement, or warranty claims, please contact Body-Solid customer support. Have your model number (PHG1000X) and proof of purchase ready when contacting support.

You can typically find contact information on the manufacturer's website or in your product packaging.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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.

Submit question