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› Body Solid GLP Premium Leg Press Attachment User Manual

Body-Solid GLP

Body-Solid GLP Premium Leg Press Attachment

User Manual for Models G3, G5, G6, G10 Compatible Multi-Station Gyms

1. INTRODUCTION

The Body-Solid GLP Premium Leg Press Attachment is designed to integrate seamlessly with Body-Solid G3, G5, G6, and G10 Multi-Station Gyms, providing a dedicated leg press station. This attachment is engineered for safety, comfort, and effective lower body workouts, targeting thighs, hamstrings, and glutes. It features a double beam design to eliminate ankle stress and ensure consistent resistance, along with a pivoting press plate and side stability handles for optimal exercise form.

2. SAFETY INFORMATION

- Always consult with a physician before beginning any exercise program.
- Read and understand all instructions in this manual before assembly or use.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum weight capacity of your multi-station gym.
- Use proper form and controlled movements to prevent injury.
- If you experience pain or discomfort, stop exercising immediately.

3. SETUP AND ASSEMBLY

The GLP Leg Press Attachment is designed for straightforward integration with your compatible Body-Solid multi-station gym. Assembly typically requires standard tools, including various sized wrenches and hex keys. Refer to the detailed assembly instructions provided with your product packaging for step-by-step guidance.



Figure 3.1: The Body-Solid GLP Leg Press Attachment, ready for integration with a compatible multi-station gym. This image shows the compact design and key structural components of the attachment.

Ensure the attachment is securely bolted to your main gym frame. The design allows for attachment to either the left or right side of your existing equipment. Verify all cable connections are correct and pulleys move freely. The attachment utilizes the weight stack of your main gym.

4. OPERATING INSTRUCTIONS

The Body-Solid GLP Leg Press provides a smooth and effective workout. Adjust the seat position to ensure proper alignment and comfort before beginning your exercise. The pivoting press plate rotates both forward and downward, allowing for varied targeting of leg muscles.



Figure 4.1: A user demonstrating the proper form for performing leg presses on the Body-Solid GLP attachment. Note the position of the feet on the large, non-slip press plate and the use of side stability handles.

To begin, sit comfortably with your back against the backrest and your feet placed firmly on the extra-large, non-slip rubber covered press plate. Grip the side stability handles to maintain proper posture and stability. Slowly extend your legs, pushing the press plate away from you, then return to the starting position in a controlled manner. The 2:1 weight ratio means the effective resistance is double the weight selected on the stack, providing a challenging workout even with lighter weights.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your GLP Leg Press Attachment.

- **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.
- **Inspection:** Regularly inspect all cables, pulleys, bolts, and nuts for wear, damage, or looseness. Tighten any loose

fasteners immediately. Replace worn or damaged components promptly.

- **Storage:** Store the equipment in a dry, temperate environment away from direct sunlight or extreme temperatures.

6. TROUBLESHOOTING

- **Squeaking or Grinding Noise:** Check for loose bolts or components. Lubricate guide rods and pivot points. Inspect pulleys for debris or wear.
- **Rough Movement:** Ensure cables are properly routed and not frayed. Check pulleys for smooth rotation. Lubricate moving parts.
- **Difficulty Adjusting Seat:** Clean and lubricate the seat adjustment mechanism. Ensure no obstructions are present.
- **Attachment Feels Unstable:** Verify all connection bolts to the main gym are securely tightened. Ensure the gym itself is on a level surface.

7. SPECIFICATIONS

Feature	Detail
Model Name	Body-Solid GLP Leg Press For G3,G4,G5,G6,G10
Compatibility	Body-Solid G3, G4, G5, G6, G10 Multi-Station Gyms
Item Dimensions (LxWxH)	33 x 46 x 84 inches
Item Weight	132 Pounds
Material	Metal
Color	Black
Handle Type	Fixed Handle
Strap Type	Linear bearing straps
Tension Level	High

8. WARRANTY AND SUPPORT

Body-Solid products are known for their durability and quality. The GLP Premium Leg Press Attachment typically comes with a comprehensive warranty, often including a lifetime warranty on parts that go bad, ensuring long-term peace of mind. For specific warranty details, please refer to the warranty card included with your product or visit the official Body-Solid website.

For technical support, replacement parts, or any inquiries regarding your GLP Leg Press Attachment, please contact Body-Solid customer service. Have your model number (GLP) and purchase information ready when contacting support.

Online Support: Visit the official Body-Solid website for FAQs, product registration, and support resources.

Customer Service: Refer to your product documentation for the most current contact information.

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