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Body-Solid GLPH1100B

Body-Solid GLPH1100B Leg Press/Hack Squat Machine User Manual

Brand: Body-Solid | Model: GLPH1100B



Image: The Body-Solid GLPH1100B Leg Press/Hack Squat Machine, showcasing its robust design and dual functionality.

1. INTRODUCTION

The Body-Solid GLPH1100B Leg Press/Hack Squat Machine is engineered to provide a powerful, comfortable, and safe workout experience for developing an explosive lower body. Designed with user safety and joint health in mind, this versatile machine allows for targeted training of quads, glutes, and calves. Its smooth operation and adjustable features make it suitable for various fitness levels and training goals.

2. KEY FEATURES

- **Dual Functionality:** Seamlessly transitions between leg press and hack squat exercises.
- **Robust Construction:** Built with an extra heavy-duty 2"x 4" 11-gauge steel mainframe for maximum strength and stability, minimizing torsional flex.
- **Comfortable Padding:** Features ultra-tough, double-stitched DuraFirm! Back and Shoulder pads (4" thick) contoured for maximum support and comfort during workouts.
- **Adjustable Lockout Positions:** Three user-controlled lockout positions enhance safety and allow for varied start/stop points during exercises.
- **High Weight Capacity:** Supports up to 1,000 lbs of weight plates, with a carriage weight of 80 lbs (without plates).
- **User-Friendly Design:** Easy-access under-carriage plate load system and quick flip-and-lock mechanism for convenient weight adjustment and secure positioning.

3. SETUP AND ASSEMBLY

3.1 Unpacking and Inventory

Carefully unpack all components from the packaging. It is highly recommended to sort and identify all parts, including nuts, bolts, and washers, before beginning assembly. Refer to the enclosed parts list to ensure all items are present and undamaged. Some components may come pre-assembled.

3.2 Assembly Steps

Follow the detailed, step-by-step assembly instructions provided in your product's physical manual. Due to the size and weight of the machine, assembly is best performed by two individuals. Pay close attention to the orientation of parts and the correct hardware for each step. Proper assembly is crucial for the safe and effective operation of the machine. For visual guidance during assembly, refer to the image below showing the assembled machine:



Image: The Body-Solid GLPH1100B machine fully assembled in a gym environment.

4. OPERATING INSTRUCTIONS

The Body-Solid GLPH1100B offers versatile training options for your lower body. Always ensure the machine is on a stable, level surface before use. Load weight plates evenly onto the weight horns located at the rear of the carriage.

4.1 Leg Press Mode

To perform leg presses, ensure the back pad is in the reclined position. Sit comfortably with your back firmly against the back pad and your feet flat on the footplate. Adjust the footplate angle if necessary using the adjustment knobs. Release the safety catches and slowly lower the carriage by bending your knees, ensuring your lower back remains pressed against the pad. Push back up to the starting position, extending your legs without locking your knees.



Image: A detailed view of the diamond plate footplate and its adjustment mechanism for leg press exercises.

4.2 Hack Squat Mode

To switch to hack squat mode, lift the seat pad and secure it in the upright position. Stand on the footplate with your shoulders positioned under the shoulder pads and your back against the main pad. Hold onto the handles for stability. Release the safety catches and slowly lower your body by bending your knees, keeping your back straight and core engaged. Push back up to the starting position, extending your legs.



Image: A close-up of the comfortable shoulder and back pads used for hack squat exercises.

4.3 Calf Raise

Calf raises can be performed in either leg press or hack squat mode. Position the balls of your feet on the lower edge of the footplate, allowing your heels to hang off. Perform the exercise by pushing through the balls of your feet, raising your heels as high as possible, then slowly lowering them for a full stretch.

4.4 Official Product Video

Watch the official product video for a demonstration of the Body-Solid GLPH1100 Leg Press and Hack Squat Machine in action, showcasing its features and exercise capabilities.

Your browser does not support the video tag.

Video: Official demonstration of the Body-Solid GLPH1100 Leg Press and Hack Squat Machine, highlighting its dual functionality and smooth operation.

5. MAINTENANCE

- **Regular Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Use mild soap and water for deeper cleaning, avoiding harsh chemicals.
- **Lubrication:** Periodically check and lubricate moving parts, such as the linear bearings and guide rods, according to the manufacturer's recommendations to ensure smooth operation and prevent wear.
- **Inspection:** Regularly inspect all bolts, nuts, and connections to ensure they are tight and secure. Check cables and pulleys for any signs of wear or fraying. Replace worn parts immediately.
- **Pad Care:** Inspect the DuraFirm! pads for any tears or damage. Clean them regularly to maintain hygiene and extend their lifespan.

6. TROUBLESHOOTING

Issue	Possible Cause	Solution
Difficulty with assembly	Unclear instructions, misidentified parts, or complex steps.	Carefully sort all hardware before starting. Refer to the provided manual for detailed diagrams. Consider having a second person assist with heavy or complex sections. Contact customer support if instructions remain unclear.
Sled not moving smoothly	Lack of lubrication on guide rods or debris in the tracks.	Clean the guide rods and tracks thoroughly. Apply a silicone-based lubricant as recommended by the manufacturer.
Machine feels unstable	Loose bolts or uneven flooring.	Check and tighten all assembly bolts. Ensure the machine is placed on a flat, stable surface. Use leveling feet if available.
Limited range of motion in hack squat	User height or footplate position.	Adjust the footplate to a higher position if possible. Ensure proper form to maximize depth without compromising safety.

7. SPECIFICATIONS

Feature	Detail
Model Name	GLPH1100
Dimensions (L x W x H)	96"D x 34"W x 56"H
Item Weight	150 Kilograms (330 lbs)
Package Weight	325 Pounds


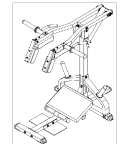

Feature	Detail
Maximum Weight Recommendation	1000 Pounds
Material	Steel, Synthetic (DuraFirm! pads)
Frame Construction	2"x 4" 11-gauge steel mainframe
Carriage Weight (no plates)	80 lbs
UPC	638448011069, 638448011274, 638448000919

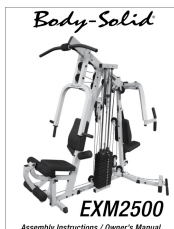
8. WARRANTY AND CUSTOMER SUPPORT

The Body-Solid GLPH1100B Leg Press/Hack Squat Machine comes with a **Lifetime Manufacturer Warranty**, ensuring long-term reliability and peace of mind. For any product-related inquiries, technical assistance, or warranty claims, please contact Body-Solid customer support directly. Additionally, a **30-day easy returns** policy is typically available through your retailer. For further assistance, visit the official Body-Solid website or contact their customer service department.

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Related Documents - GLPH1100B

	<p>Body-Solid GLPH1100 Owner's Manual and Assembly Guide</p> <p>Comprehensive guide for the Body-Solid GLPH1100 Leg Press and Hack Squat machine, featuring detailed assembly instructions, safety guidelines, maintenance tips, and parts lists. Learn how to safely set up, operate, and maintain your GLPH1100.</p>
	<p>Body Solid GSCL360 Leverage Squat/Calf Machine User Manual</p> <p>Comprehensive user manual for the Body Solid GSCL360 Leverage Squat/Calf Machine (Model IN 18268). Includes safety instructions, technical specifications, parts list, assembly guide, exercise instructions, maintenance tips, and warranty information.</p>
	<p>Body-Solid GCEC-340 Owner's Manual and Assembly Guide</p> <p>Comprehensive owner's manual and assembly guide for the Body-Solid GCEC-340 leg extension and curl machine, detailing assembly, safety, maintenance, and usage tips.</p>



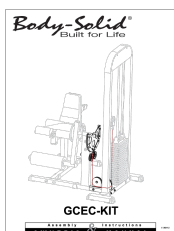
[Body-Solid EXM2500 Assembly Instructions and Owner's Manual](#)

Comprehensive assembly instructions and owner's manual for the Body-Solid EXM2500 multi-station home gym, including safety, parts, and maintenance information.



[Body-Solid GLCE365 Leg Extension Curl Machine Owner's Manual and Assembly Instructions](#)

This document provides comprehensive assembly instructions, safety guidelines, and maintenance information for the Body-Solid GLCE365 Leg Extension Curl Machine. It includes a detailed parts list, hardware illustrations, and step-by-step assembly procedures to ensure proper setup and use.



[Body-Solid GCEC-KIT Assembly and Owner's Manual](#)

Comprehensive assembly instructions, safety guidelines, and maintenance schedule for the Body-Solid GCEC-KIT strength training machine. Learn how to properly set up and maintain your equipment for optimal performance and safety.