

Body-Solid SP200

Body-Solid SP-200 90kg Weight Stack User Manual

Model: SP200

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Body-Solid SP-200 90kg Weight Stack. This weight stack is designed as an optional component for compatible Body-Solid fitness equipment, providing a total of 90 kilograms of resistance distributed across 20 individual plates, each weighing 4.5 kg.

2. SAFETY INFORMATION

Before using the Body-Solid SP-200 weight stack, please read and understand all instructions and warnings. Failure to do so may result in serious injury or damage to the equipment.

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the weight stack is securely installed and all pins are properly engaged before use.
- Inspect the weight stack and associated equipment for any signs of wear, damage, or loose parts before each use. Do not use if damaged.
- Keep children and pets away from the equipment during operation.
- Use proper lifting techniques and maintain control of the weight at all times. Avoid sudden or jerky movements.
- Do not modify the weight stack or any part of the equipment. Use only genuine Body-Solid replacement parts.

3. SETUP

The SP-200 weight stack is designed for integration with specific Body-Solid fitness machines. Refer to the primary equipment's manual for detailed installation instructions.

1. **Compatibility Check:** Verify that your Body-Solid fitness machine is compatible with the SP-200 90kg weight stack.
2. **Unpacking:** Carefully unpack all components of the weight stack. Ensure all 20 plates and the selector pin are present.
3. **Installation:** Follow the specific instructions provided with your Body-Solid machine for attaching the

weight stack. This typically involves aligning the plates and securing them to the machine's frame.

4. **Pin Insertion:** Once installed, ensure the weight selector pin slides smoothly through the designated holes in the weight plates and engages fully.
5. **Stability Check:** After installation, gently test the weight stack to ensure it is stable and securely attached to the main equipment.



This image displays the Body-Solid SP-200 90kg weight stack, composed of 20 individual black weight plates. Each plate is numbered sequentially from 1 to 20, indicating its position within the stack. The numbers are clearly visible in white text on a black background, facilitating easy weight selection.

4. OPERATING INSTRUCTIONS

To use the weight stack, follow these steps:

1. **Select Weight:** Insert the weight selector pin into the desired weight plate. The plates are numbered from 1 to 20, with each plate adding 4.5 kg to the total resistance. Ensure the pin passes completely through the selected plate and is securely seated.
2. **Perform Exercise:** Begin your exercise with controlled, smooth movements. Avoid dropping or slamming the weight stack.
3. **Return to Start:** Allow the weight stack to return gently to its resting position after each repetition.
4. **Change Weight:** To change the weight, remove the selector pin, insert it into the new desired plate, and ensure it is fully engaged.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your weight stack.

- **Cleaning:** Wipe down the weight plates and guide rods periodically with a damp cloth to remove dust and sweat. Avoid abrasive cleaners.
- **Lubrication:** Apply a silicone-based lubricant to the guide rods as recommended by your main equipment's manual to ensure smooth movement of the weight plates. Do not use oil-based lubricants as they can attract dust.
- **Inspection:** Regularly check the weight plates, selector pin, and any connecting cables or pulleys for signs of wear, cracks, or damage. Replace worn or damaged parts immediately.
- **Storage:** Store the equipment in a dry, clean environment away from extreme temperatures and direct sunlight.

6. TROUBLESHOOTING

If you encounter issues with your weight stack, refer to the following common problems and solutions:

- **Weight Plates Sticking:**
 - Ensure guide rods are clean and properly lubricated.
 - Check for any obstructions between plates or on the guide rods.
- **Selector Pin Not Engaging:**
 - Verify the pin is straight and not bent.
 - Ensure the holes in the weight plates are clear of debris.
 - Confirm the weight stack is correctly aligned with the main equipment.
- **Unusual Noises:**
 - Inspect all connections and bolts on the main equipment and weight stack for tightness.
 - Check for any loose components or friction points.

If problems persist, contact Body-Solid customer support or your authorized dealer.

7. SPECIFICATIONS

Feature	Detail
Model Number	SP200


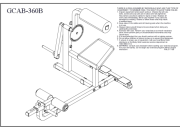

Total Weight	90 kg
Number of Plates	20
Weight Per Plate	4.5 kg
Color	Black
Dimensions (Product)	28 x 15 x 51.5 cm
Sport	Fitness
Manufacturer	BOEFE #Body-Solid

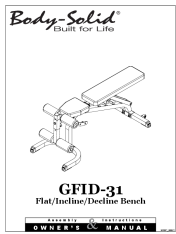
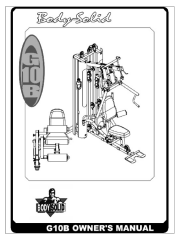
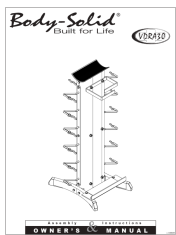
Note: The total weight listed in some product specifications as 200 Kilogram appears to be an error, as the product title and description consistently state 90kg, which aligns with 20 plates of 4.5kg each. The 90kg figure is used here for accuracy.

8. WARRANTY AND SUPPORT

For information regarding warranty coverage, technical support, or replacement parts, please contact your authorized Body-Solid dealer or visit the official Body-Solid website. Keep your purchase receipt as proof of purchase.
Body-Solid Official Website: www.bodysolid.com

Related Documents - SP200

	<p>Body-Solid GWT76 High Capacity Weight Storage Rack Owner's Manual and Assembly Instructions</p> <p>This manual provides detailed assembly instructions, safety guidelines, and maintenance information for the Body-Solid GWT76 High Capacity Weight Storage Rack, designed for Olympic and bumper plates.</p>
	<p>Body-Solid GCAB-360B Assembly Manual & Owner's Guide</p> <p>This document provides comprehensive assembly instructions, safety guidelines, and maintenance information for the Body-Solid GCAB-360B strength training equipment. It includes detailed parts and hardware lists to ensure proper setup and use.</p>
	<p>Body-Solid GCBT-380 Bicep Curl Assembly Manual</p> <p>Comprehensive assembly and owner's manual for the Body-Solid GCBT-380 Bicep Curl machine, including safety instructions, parts lists, and step-by-step assembly guides.</p>

	<p>Body-Solid GFID-31 Flat/Incline/Decline Bench Assembly Manual</p> <p>Comprehensive assembly manual and owner's guide for the Body-Solid GFID-31 Flat/Incline/Decline Bench. Includes safety instructions, preparation, hardware list, parts list, and step-by-step assembly instructions.</p>
	<p>Body-Solid G10B Multi-Station Home Gym Owner's Manual and Assembly Guide</p> <p>This comprehensive guide provides detailed instructions for assembling and using the Body-Solid G10B multi-station home gym. It includes a complete list of hardware and parts with illustrations, and step-by-step assembly guidance.</p>
	<p>Body-Solid VDRA30 Vertical Accessory Rack Assembly Manual & Instructions</p> <p>This document provides comprehensive assembly instructions, safety guidelines, and hardware details for the Body-Solid VDRA30 Vertical Accessory Rack. Learn how to safely set up and use your fitness equipment.</p>