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Body-Solid GLA348QS

Body-Solid Series 7 Smith Machine LAT Attachment User Manual

Model: GLA348QS

Brand: Body-Solid

INTRODUCTION

Thank you for choosing the Body-Solid Series 7 Smith Machine LAT Attachment. This attachment is designed to enhance your strength training regimen by providing a versatile high and low pulley system. It allows for a wide range of exercises, including lat pulldowns, triceps pressdowns, cable crossovers, seated rows, and biceps curls, making it an invaluable addition to your home or commercial gym setup.

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new LAT attachment. Please read it thoroughly before beginning assembly or use.

IMPORTANT SAFETY INFORMATION

Before using this equipment, consult with a physician. It is essential to understand all safety warnings and instructions. Failure to do so may result in serious injury or death.

- **Compatibility:** This LAT attachment is **ONLY COMPATIBLE** with the Body-Solid GS348B Series 7 Smith Machine. Do not attempt to attach it to any other equipment.
- **Assembly:** Assemble the unit on a flat, stable surface. Ensure all bolts, nuts, and washers are securely tightened before use.
- **Inspection:** Before each use, inspect the cables, pulleys, and all connection points for signs of wear, fraying, or damage. Do not use the equipment if any components are damaged.
- **Proper Use:** Use the equipment only as intended. Do not modify the machine or use attachments not recommended by Body-Solid.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Weight Limits:** The integrated weight stack is 210 lbs. Do not exceed the recommended weight capacity of the Smith Machine or the attachment.
- **Spotter:** When performing heavy lifts, it is advisable to have a spotter.
- **Footwear:** Always wear appropriate athletic footwear when using the equipment.

SETUP AND ASSEMBLY

The Body-Solid Series 7 Smith Machine LAT Attachment is designed for integration with your existing Body-Solid GS348B Series 7 Smith Machine. Detailed assembly instructions are typically provided with the product packaging. If you do not have these, please contact Body-Solid customer support.

General Assembly Steps:

1. Unpack all components and verify against the parts list provided in your assembly manual.
2. Ensure your Body-Solid GS348B Series 7 Smith Machine is securely assembled and placed on a level surface.
3. Attach the main frame of the LAT attachment to the designated points on the Smith Machine, following the specific instructions for bolt and washer placement.
4. Install the weight stack and guide rods, ensuring smooth movement.
5. Route the high and low pulley cables through the designated pulleys, ensuring they are not twisted or pinched.
6. Attach the included lat bar and low-row straight bar to the respective cable ends.
7. Perform a final check to ensure all connections are tight and all moving parts operate smoothly.



Image: The Body-Solid Series 7 Smith Machine LAT Attachment shown installed on a compatible Smith Machine. This image illustrates the attachment's integration with the main unit, highlighting the high pulley system and the weight stack.

OPERATING INSTRUCTIONS

The LAT attachment provides both high and low pulley options for a comprehensive workout. Always maintain proper form and control during exercises.

High Pulley Exercises (e.g., Lat Pulldowns, Triceps Pressdowns)

- Attach the lat bar or other desired handle to the high pulley cable.
- Select the desired weight by inserting the pin into the weight stack.
- For lat pulldowns, sit on the bench (if applicable) and grasp the bar with an overhand grip, wider than shoulder-width. Pull the bar down towards your upper chest, squeezing your shoulder blades.
- For triceps pressdowns, stand facing the machine, grasp the bar with an overhand grip, and press down, extending your arms fully.



Image: A man demonstrating a triceps pressdown exercise using the high pulley system of the LAT attachment. This shows the use of the high pulley for arm extensions.

Low Pulley Exercises (e.g., Seated Rows, Biceps Curls)

- Attach the low-row straight bar or other desired handle to the low pulley cable.
- Select the desired weight.
- Utilize the adjustable low-row foot brace for stability and to accommodate users of all heights. Position your feet firmly against the brace.
- For seated rows, sit on the floor or a low bench, grasp the handle, and pull it towards your abdomen, squeezing your shoulder blades together.
- For biceps curls, stand facing the machine, grasp the handle with an underhand grip, and curl the weight upwards towards your shoulders.



Image: A man performing a seated row exercise using the low pulley system. This demonstrates the use of the low-row straight bar and the foot brace.



Image: A woman performing a seated row exercise, illustrating the versatility of the low pulley for various users.

Maintenance

Regular maintenance will ensure the longevity and safe operation of your LAT attachment.

- **Cleaning:** Wipe down the frame and upholstery (if any) with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically inspect all cables for fraying, kinks, or wear. Replace damaged cables immediately.
- **Pulley Inspection:** Check pulleys for smooth rotation and ensure they are free of debris.
- **Lubrication:** Apply a silicone-based lubricant to the guide rods and any other moving parts as needed to ensure smooth operation of the weight stack. Do not use oil-based lubricants.
- **Hardware Check:** Regularly check all nuts, bolts, and fasteners to ensure they are tight. Re-tighten as necessary.

Troubleshooting

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

Problem	Possible Cause	Solution
Cables are sticking or not moving smoothly.	Lack of lubrication, debris in pulleys, frayed cable.	Clean pulleys, apply silicone lubricant to guide rods and cables. Inspect for fraying and replace cable if damaged.
Unusual noises during operation.	Loose hardware, dry guide rods, worn pulleys.	Check and tighten all bolts and nuts. Lubricate guide rods. Inspect pulleys for wear.
Weight stack not moving freely.	Bent guide rod, debris, misaligned weight plates.	Inspect guide rods for damage. Clear any debris. Ensure weight plates are properly aligned on the rods.

If the problem persists after attempting these solutions, please contact Body-Solid customer support.

SPECIFICATIONS

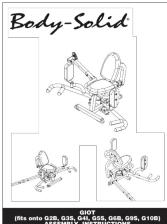
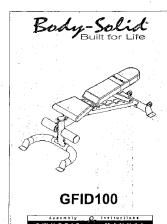
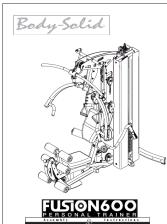
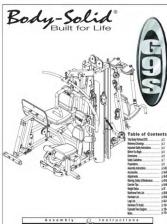
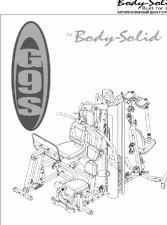
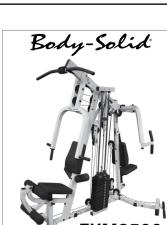
- **Model Name:** GLA348QS
- **Compatibility:** Body-Solid GS348B Series 7 Smith Machine
- **Dimensions (L x W x H):** 78" x 69" x 84" (Attachment only)
- **Weight Stack:** 210 lbs. alloy steel
- **Included Components:** Lat Attachment, Lat Bar, Low-Row Straight Bar
- **Material:** Other (Frame), Alloy Steel (Weight Stack)
- **Color:** Black
- **Strap Type:** Cable/Pulley straps
- **UPC:** 638448011984

WARRANTY

The Body-Solid Series 7 Smith Machine LAT Attachment comes with a **Limited Lifetime Warranty**. Please refer to the warranty card included with your product or visit the official Body-Solid website for full details regarding coverage, terms, and conditions. This warranty typically covers defects in materials and workmanship under normal use and service.

CUSTOMER SUPPORT

For technical assistance, parts replacement, or any questions not covered in this manual, please contact Body-Solid customer support. Have your model number (GLA348QS) and purchase information ready when contacting support. You can typically find contact information on the official Body-Solid website or through your product retailer.

	<p><u>Body-Solid GIOT Inner and Outer Thigh Attachment Assembly Instructions</u></p> <p>Comprehensive assembly instructions for the Body-Solid GIOT Inner and Outer Thigh Attachment, compatible with G2B, G3S, G4I, G5S, G6B, G9S, and G10B gyms. Includes safety guidelines, parts list, and step-by-step assembly.</p>
	<p><u>Body-Solid GFID100 Owner's Manual and Assembly Instructions</u></p> <p>This document provides the owner's manual and assembly instructions for the Body-Solid GFID100 fitness equipment. It includes a detailed parts and hardware list, step-by-step assembly guidance, and an exploded view diagram.</p>
	<p><u>Body-Solid Fusion 600 Personal Trainer Owner's Manual and Assembly Instructions</u></p> <p>Comprehensive owner's manual and assembly guide for the Body-Solid Fusion 600 Personal Trainer. Includes safety instructions, dimensions, maintenance schedules, and workout tips.</p>
	<p><u>Body-Solid G9U Home Gym: Assembly & Owner's Manual</u></p> <p>Comprehensive owner's manual and assembly guide for the Body-Solid G9U home gym. Includes safety instructions, setup, parts lists, and maintenance information for optimal strength training.</p>
	<p><u>Инструкции по сборке тренажера Body-Solid G9S</u></p> <p>Полное руководство по сборке для силового тренажера Body-Solid G9S, включающее пошаговые инструкции и детализированные диаграммы для правильной установки.</p>
	<p><u>Body-Solid EXM2500 Assembly Instructions and Owner's Manual</u></p> <p>Comprehensive assembly instructions and owner's manual for the Body-Solid EXM2500 multi-station home gym, including safety, parts, and maintenance information.</p>