

## Body-Solid S1000/3

# Body-Solid Pro Clubline Multi-Station Four Weight Stack Commercial Gym Machine

## USER MANUAL

[Instructions](#)   [Maintenance](#)   [Overview](#)   [Setup](#)   [Operating](#)  
[Troubleshooting](#)   [Specifications](#)   [Warranty & Support](#)

### Product Overview

The Body-Solid Pro Clubline Four-Stack Gym is a full commercial multi-station gym designed for comprehensive strength training. It features four independent, unique exercise stations and weight stacks, enabling up to four users to work out simultaneously. This machine is built with 11-gauge steel, ensuring durability for heavy-use commercial and light commercial facilities.

The system includes an adjustable cable column, a bench press/mid row/leg extension/leg curl station, a lat & mid row station, and a leg press & calf raise station. Each station comes standard with a 310 lb. weight stack. Accessories such as a lat bar, curl bar, ab strap, ankle strap, and two cable handles are included to facilitate a wide range of exercises.



Image: The Body-Solid Pro Clubline Multi-Station Four Weight Stack Commercial Gym Machine, showcasing its robust design and multiple workout stations.

### Setup and Installation

Proper setup is crucial for the safe and effective operation of your Body-Solid Pro Clubline Multi-Station Gym. Due to its size and weight, professional assembly is recommended. Ensure the installation area is level, stable, and provides sufficient space around the machine for safe operation and movement.

- **Site Preparation:** Choose a location with adequate clearance. The machine measures 124" (L) x 135" (W) x 83" (H). Allow additional space for user movement and access to all stations.
- **Unpacking:** Carefully unpack all components. Verify all parts are present against the packing list provided with your machine.
- **Assembly:** Follow the detailed assembly instructions provided in the separate assembly manual. Ensure all bolts, nuts, and fasteners are securely tightened. Do not overtighten, but ensure there is no wobble.
- **Initial Inspection:** Before first use, inspect all cables, pulleys, and moving parts for proper alignment and function. Ensure weight stacks move smoothly without obstruction.

## Operating Instructions

---

The Body-Solid Pro Clubline Multi-Station Gym offers a comprehensive full-body workout across its four distinct stations. Always warm up before exercising and cool down afterward. Consult a fitness professional for guidance on proper exercise form and routine development.

### Workout Stations:

- **Adjustable Cable Column:** This versatile station allows for a wide range of exercises targeting various muscle groups. The pulley system easily glides from numbered position to position, accommodating users of different heights and exercise requirements.
- **Bench Press / Mid Row / Leg Extension / Leg Curl:** A multi-functional station designed for chest, back, and leg exercises. Adjust the seat and backrest as needed for proper form.
- **Lat & Mid Row:** Focuses on back muscles, providing options for both lat pulldowns and seated rows.
- **Leg Press & Calf Raise:** Targets the quadriceps, hamstrings, and calves. Ensure proper foot placement on the platform and adjust the seat for full range of motion.

### Adjustable Pulleys and Accessories:

The adjustable pulleys allow for precise targeting of muscle groups and accommodate various exercises. Utilize the included accessories:

- **Lat Bar:** For wide and close grip front lat pulldowns and pull-ups.
- **Curl Bar:** Ideal for bicep curls and tricep press downs.
- **Ab Strap:** For abdominal crunches.
- **Ankle Strap:** For leg extensions, leg curls, and glute kickbacks.
- **Cable Handles:** For exercises like pec fly, crossover, low rows, bent over rows, hip adduction, shrugs, and arm curls.



Image: Two individuals utilizing the Body-Solid Multi-Station Gym, demonstrating the independent use of the cable column and leg press stations.



Image: Four individuals simultaneously exercising on different stations of the Body-Solid Multi-Station Gym, highlighting its multi-user capability.

## Maintenance

---

Regular maintenance ensures the longevity and safe operation of your gym machine. Perform these checks periodically:

- **Cleaning:** Wipe down all surfaces, including upholstery and handles, with a mild cleaner after each use to prevent sweat buildup and maintain hygiene. Avoid abrasive cleaners.
- **Cable Inspection:** Regularly inspect all cables for signs of fraying, kinks, or wear. Replace any damaged cables immediately. Refer to the assembly manual for cable routing diagrams.
- **Pulley and Bearing Check:** Ensure all pulleys spin freely and quietly. Listen for unusual noises. Lubricate pivot points and guide rods as recommended by the manufacturer (typically with a silicone-based lubricant).
- **Fastener Tightness:** Periodically check and tighten all nuts, bolts, and screws. Vibrations from use can cause fasteners to loosen over time.
- **Upholstery Care:** Inspect upholstery for tears or excessive wear. Clean with a damp cloth and mild soap.

## Troubleshooting

---

This section addresses common issues you might encounter with your Body-Solid Pro Clubline Multi-Station Gym.

Problem	Possible Cause	Solution
Weight stack not moving smoothly or making noise.	Guide rods are dirty or dry; cable fraying; pulley obstruction.	Clean and lubricate guide rods. Inspect cables for damage and replace if necessary. Check pulleys for debris or misalignment.
Machine feels unstable or wobbly.	Loose fasteners; uneven floor.	Check and tighten all nuts and bolts. Ensure the machine is on a level surface; use shims if necessary.
Resistance feels inconsistent.	Cable routing issue; worn cable; pulley issue.	Verify cable routing according to the manual. Inspect cables and pulleys for wear or damage.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact Body-Solid customer support.

## Product Specifications

---

Feature	Detail
Model Name	S1000/3
Brand	Body-Solid
Dimensions (L x W x H)	124" x 135" x 83"
Weight	1728 lbs
Frame Material	11-gauge Alloy Steel
Weight Stacks	Four x 310 lb. quad stacks (1240 lbs total tension)
Included Components	Four-Stack Gym, Lat Bar, Curl Bar, Ab Strap, Ankle Strap, Two Cable Handles
Strap Type	Cable/Pulley straps, Abdominal straps
Handle Type	bar, strap, cable
Commercial Rating	Full Commercial

## Warranty & Support

---

### Warranty Information:

The Body-Solid Pro Clubline S1000/3 Multi-Station Gym comes with a comprehensive warranty:

- **Lifetime Warranty:** Applies to frames, welds, weight plates, and guide rods.
- **3 Years Warranty:** Covers pulleys, bushings, bearings, and hardware.
- **1 Year Warranty:** Applies to cables, upholstery, grips, and all other components.

This warranty applies to both In-Home and Full Commercial use.

## Customer Support:

For technical assistance, parts replacement, or warranty claims, please contact Body-Solid customer support. Have your model name (S1000/3) and purchase information ready when contacting support.

You can find contact information on the official Body-Solid website or through your authorized dealer.

© 2024 Body-Solid. All rights reserved.

This manual is for informational purposes only. Specifications are subject to change without notice.