

BODY SHOP 1000

With Butterfly Extension and Abdominal Bar Mode

ASSEMBLY INSTRUCTIONS

IMPORTANT! Read all instructions carefully before beginning assembly.

Your Body Shop 1000 is packaged partially assembled. Final assembly is easily completed.

1. Remove Body Shop from carton. Do not throw carton away until assembly is complete and all parts are accounted for.
2. Attach Square Rubber Caps (2) and Open-Ended Rubber Caps (33) to Body Shop Frame (1A).
3. Insert the Foot Rest Shaft (5) through the Shaft Tube and slide the Foot Rests (4) on either side. Attach the Washer and Nuts (7) and tighten.
4. Attach Bench L-Bar (8) to the front of the Body Shop by inserting the protruding arm into the Body Shop frame tube and tightening the Thumb Screw (11).
5. Remove the Bolt (9) from the Chrome Rowing Bar (14) and slide the Rowing Seat (45) on.
6. Attach the T-Frame Support Bar (17) underneath the Chrome Rowing Bar (14) and screw in the Bolt (14A).
7. Push the Rowing Seat all the way back on the Chrome Rowing Bar. Insert the Chrome Rowing Bar and T-Frame Support Bar into the Chrome Bar Bracket (19) and the frame tube respectively. Replace the Bolt (9) on the Chrome Rowing Bar.
8. Slide the Bench (10) onto the Bench L-Bar (8).
9. Make sure all nuts and bolts have been tightened before using the Body Shop.

For proper exercise form, training program guidelines, and directions for use in the Butterfly Extension or Abdominal Bar Mode, see the Owner's Manual.

Replacement parts may be ordered quickly and easily from the Weslo Factory offices. If you need to order parts, please call Weslo Customer Service toll free at 800-824-3109 (or in Canada, 800-824-8949) during regular business hours: 8 a.m. to 5 p.m. Mountain Standard Time.

Model BS1000

PARTS LIST Body Shop 1000

NO.	DESCRIPTION	QUANTITY
1A	Body Shop Ball Joint Frame	1
2	Square Rubber Cap	4
3	Round Rubber Cap	2
4	Foot Rest	2
5	Foot Rest Shaft	1
6	Plastic Tube Insert	1
7	Washer & Locknut	2 sets
8	Bench L-Bar	1
9	Long Bolt & Nut	2
10	Bench	1
11	Thumb Screw	1
13	Wheel Assembly	2 sets
14	Body Shop Chrome Rowing Bar	1
14A	Chrome Bar Bolt, Washer	1
15	Rectangular Bar Cap	5
17	Body Shop T-Frame Support Bar	1
18	Square Tube Cap	3
19	Chrome Bar Bracket	(on frame)
23	Carriage Bolt	2
24	T-Wingnut	5
26C	Rowing Arm, Threaded Right	1
26D	Rowing Arm, Threaded Left	1
27	Hand Grip	4
28	End Cap	6
31	Black J-Clamp	2
32	Ball Joint Cap	2
32A	Clamp Carriage Bolt, Washers, Locknut	2 sets
33	Open-Ended Rubber Cap	2
34	"L" Bar Return Handle	2
35	Short Hesh Pin	4
36	Extension Arm	2
37	Extension Bar Bolt, Washer, Nut	1
38	Bench Extension Bar	1
39	Abdominal Bar	1
40	Bar Attachment Bracket	2
41	Bolt	2
42	Foam Roller Pad	2
43	Spring-Amount Shock	2
44	Spring	2
45	Locking Seat	1
46	Roller Pad Cover	2
47	Velcro Strap	1

