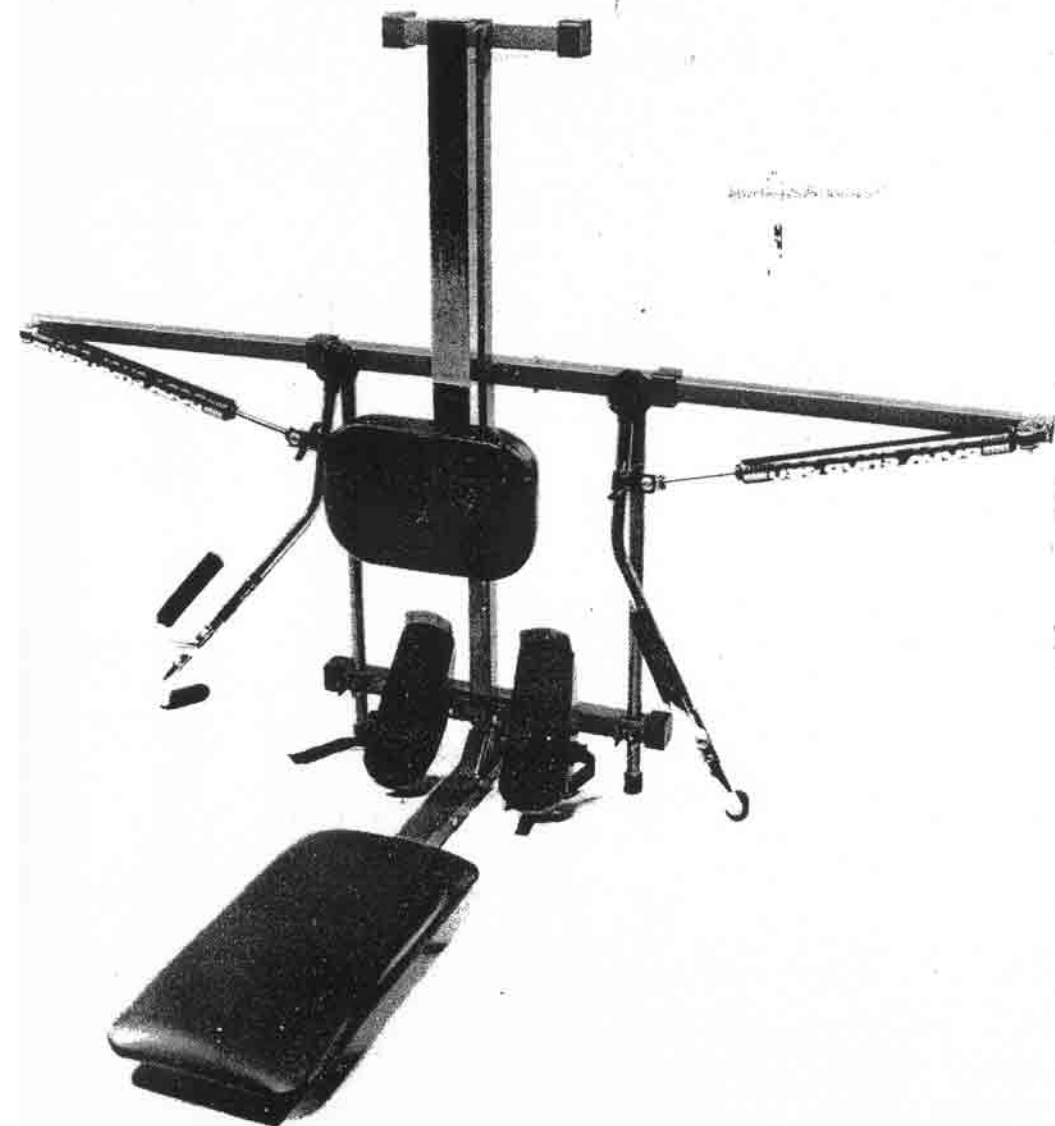




# **Body Shop 360** with butterfly extension Model BS 360



**Exercise: Front Deltoid Raises**  
Position of machine: Vertical

- Stand erect with feet on end of backboard, facing the machine.
- Grasp rowing arms, keeping back and arms straight.
- While inhaling, raise arms upward until they are shoulder height.
- While exhaling, lower arms to starting position.

Note: To maximize benefit keep back straight and shoulders pulled back while performing exercise.

Develops: Front of shoulders and upper back.

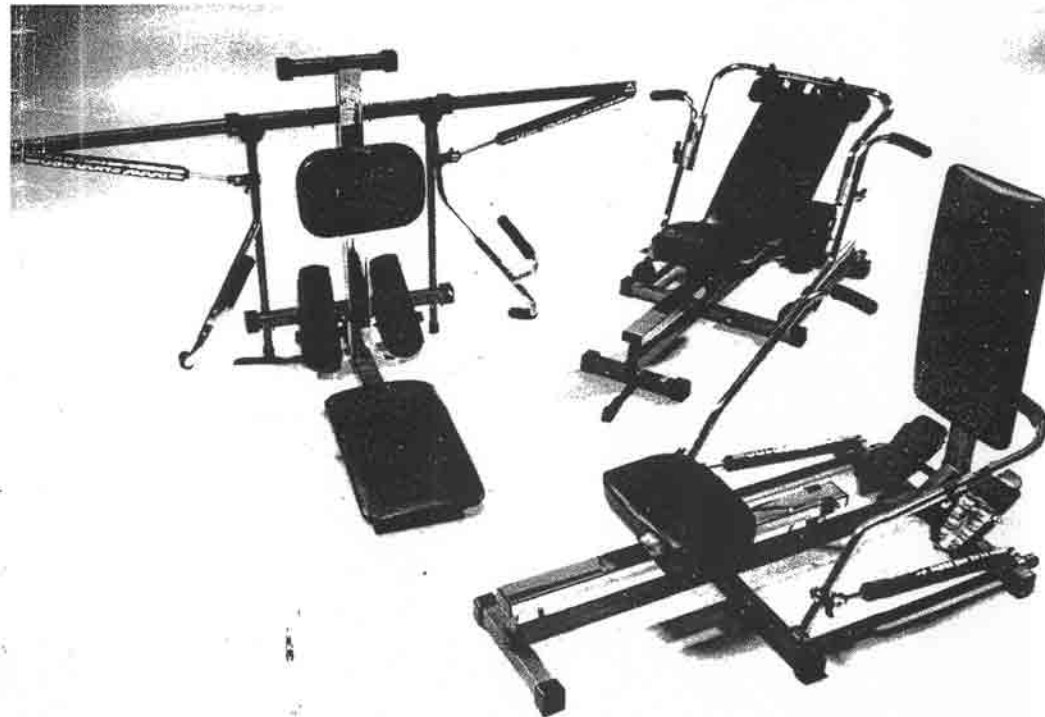


**Exercise: Reverse Arm Raises**  
Position of machine: Vertical

- Stand on backboard facing away from machine.
- With knees bent, grasp rowing arms.
- Keeping arms straight, exhale as you push arms up and back as far as possible.
- Inhale as you lower back to starting position.

Note: Though standing at 45° concentrate on keeping back straight (without an arch).

Develops: Rear part of shoulders - triceps.



**Exercise: Bicep Curl**  
Position of machine: Vertical

- Kneel on backboard, facing away from the machine, with back resting against seat.
- Grasp rowing arms with an underhand grip.
- While exhaling, curl arms, keeping elbows at waist until hands reach chest height, then raise elbows up and continue to curl until hands reach chin.
- Inhale and return to starting position.

Note: To maximize benefit and minimize chances of lower back injury, concentrate on keeping back straight and arms as close to body as possible.

Develops: Biceps - upper back.



16. Exercise: Situps  
Position of machine: Horizontal

- A. Sit on rowing seat strapping your feet into foot pedals and locking seat into position where your knees are slightly bent.
- B. Place your hands loosely over chest.
- C. While inhaling, lower yourself back as far as you can go without releasing tension on the stomach.
- D. While exhaling, contract your stomach muscles causing you to curl back up to starting position.

Note: To maximize effect on the stomach area and while minimizing chance of injury to lower back you should keep stomach contracted throughout exercise.

Develops: Abdominal area.



Due to individual health differences Weslo cannot guarantee exercise safety and effectiveness.

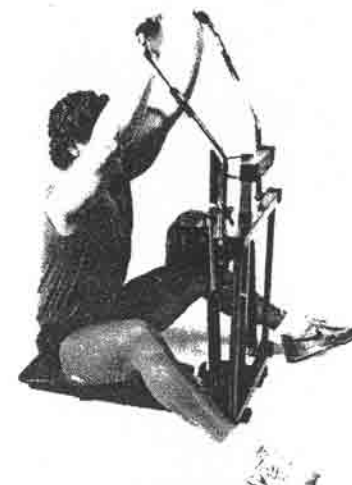


**3. Exercise: Tricep Extension**  
Position of machine: Vertical

- Sit on backboard facing the machine with feet on either side of machine.
- While keeping back flat, lean forward and grasp rowing arms with an overhand grip.
- While exhaling, extend arms until straight.
- While inhaling, lower arms to starting position.

Note: To maximize benefit, keep elbows in as close as possible. Also remember to keep back straight to minimize chance of lower back pain.

Develops: Triceps and shoulders.



**4. Exercise: Squats / Hack Squats**  
Position of machine: Vertical

- Stand on backboard facing away from machine.
- Squat down and grasp rowing arms with an over grip.
- Position rowing arms on hips and keep them there throughout exercises.
- While exhaling, push with your legs until you are standing erect.
- While inhaling, squat back down into starting position.

Note: Increased emphasis to the upper body can be achieved with hack squats which can be performed by keeping arms extended throughout movement. Remember to keep back straight over toes throughout the movement.

Develops: Legs - thighs - buttocks - back.



**5. Exercise: Calf Raises**  
Position of machine: Vertical

- Stand on bench facing the machine.
- Grasp rowing arms with an overhand grip.
- Inhale as you raise up on your toes.
- Exhale and lower to starting position.

Develops: Calf muscles.



# BODY SHOP 360

## With Butterfly Extension

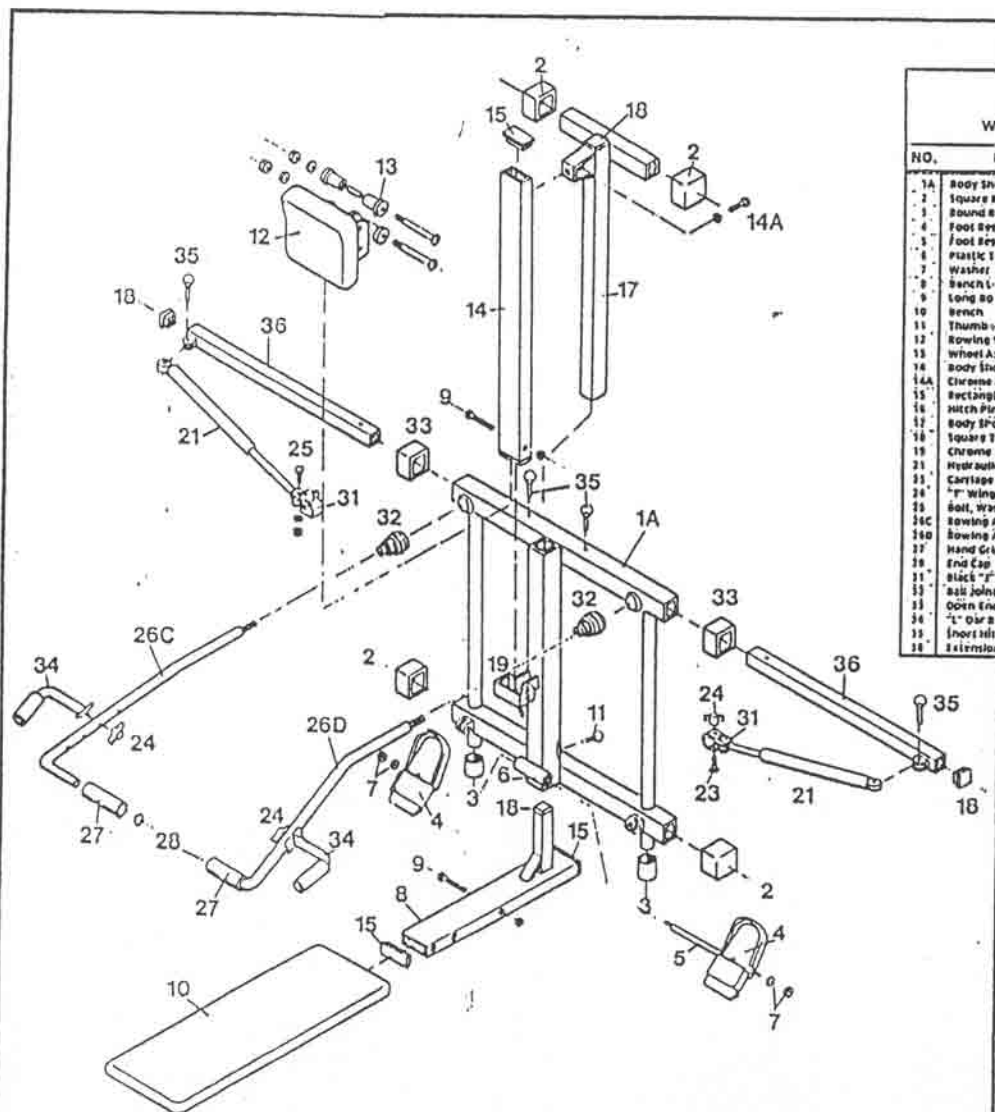
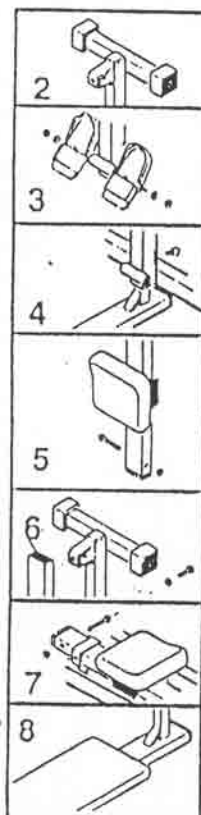
### Assembly Instructions

**IMPORTANT!** Read all Instructions carefully before beginning assembly.

Your Body Shop 360 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 (12) 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 Mode, see the Owner's Manual.



Model BS360

#### PARTS LIST

Body Shop 360  
With Butterfly Extension

| NO. | DESCRIPTION                   | QUANTITY |
|-----|-------------------------------|----------|
| 1A  | Body Shop Main Joint Frame    | 1        |
| 2   | Square Rubber Cap             | 4        |
| 3   | Round Rubber Cap              | 4        |
| 4   | Foot Rest                     | 2        |
| 5   | Foot Rest Shaft               | 1        |
| 6   | Plastic Tube Cap              | 2        |
| 7   | Washer & Locknut              | 2        |
| 8   | Bench L-Bar                   | 1        |
| 9   | Long Bolt & Nut               | 2        |
| 10  | Bench                         | 1        |
| 11  | Thumb Screw                   | 1        |
| 12  | Rowing Seat                   | 1        |
| 13  | Wheel Assembly                | 2        |
| 14  | Body Shop Chrome Rowing Bar   | 2        |
| 14A | Chrome Bar Bolt, Washer       | 2        |
| 15  | Rectangle Bar Cap             | 2        |
| 16  | Hitch Pin                     | 1        |
| 17  | Body Shop T-Frame Support Bar | 1        |
| 18  | Square Tube Cap               | 2        |
| 19  | Chrome Bar Bracket            | 1        |
| 20  | Hydraulic Shock               | 1        |
| 21  | Carriage Bolt                 | 1        |
| 22  | "F" Wingnut                   | 1        |
| 23  | Bolt, Washer & Locknut set    | 1        |
| 24  | Rowing Arm, Threaded Right    | 1        |
| 25  | Rowing Arm, Threaded Left     | 1        |
| 26  | Hand Grip                     | 1        |
| 27  | End Cap                       | 1        |
| 28  | Black "F" Clasp               | 1        |
| 29  | Ball Joint Cap                | 1        |
| 30  | Open Ended Rubber Cap         | 1        |
| 31  | "L" Bar Return Handle         | 1        |
| 32  | Insert Hitch Pin              | 1        |
| 33  | Extension Arm                 | 1        |

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.