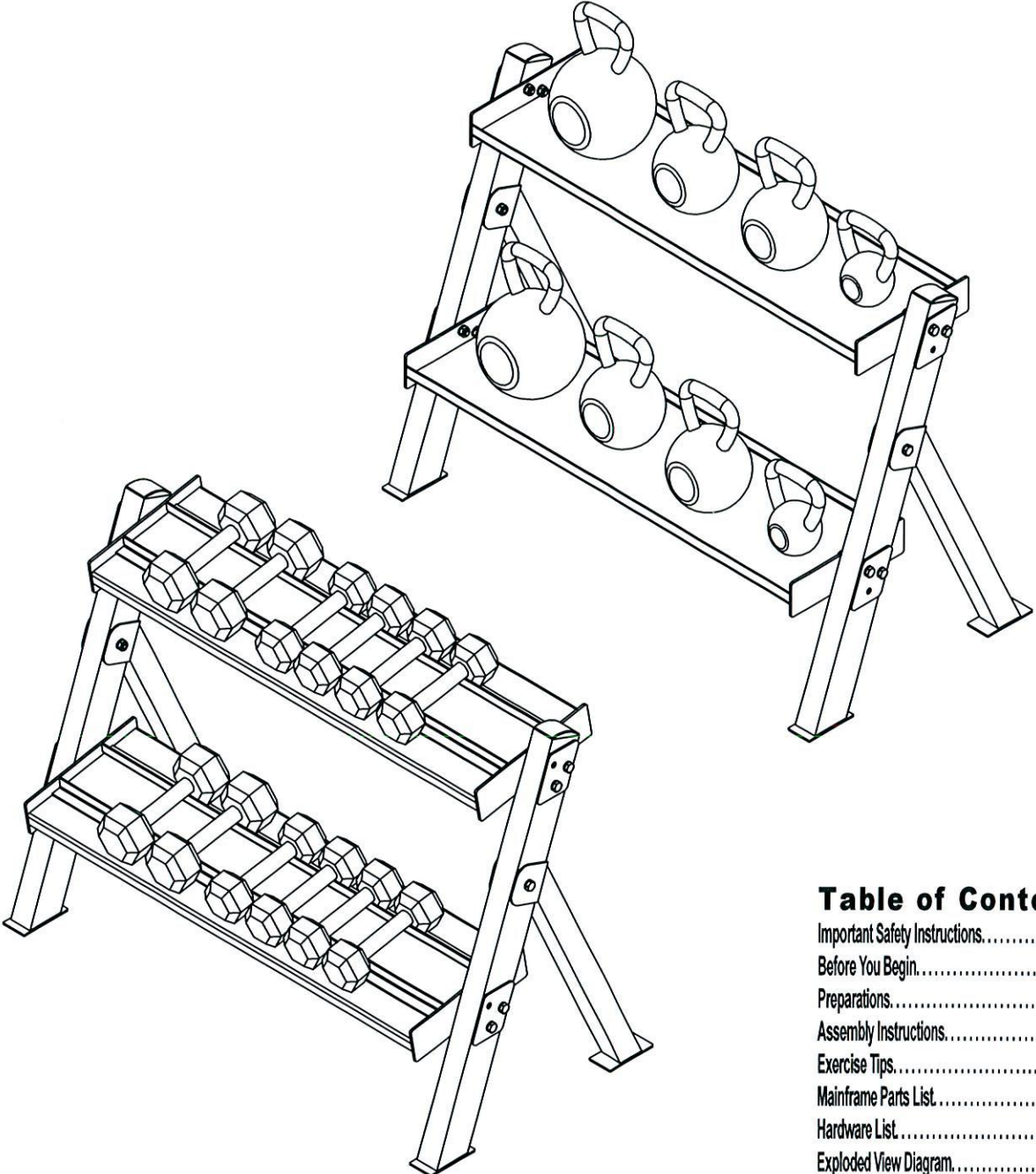


# Body-Solid®

Built for Life

GDKR100



### Table of Contents

Important Safety Instructions..... p. 2  
Before You Begin..... p. 3  
Preparations..... p. 4  
Assembly Instructions..... p. 5-11  
Exercise Tips..... p. 12-31  
Mainframe Parts List..... p. 32  
Hardware List..... p. 33  
Exploded View Diagram..... p. 34-35

Assembly & Instructions  
**OWNER'S & MANUAL**



## STEP

# 1

**Be careful to assemble all components in the sequence they are presented.**

### LEFT SIDE ASSEMBLY

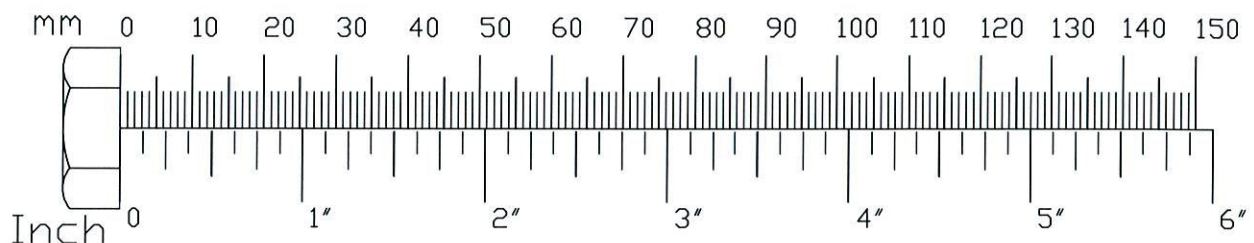
Assemble the left side of the GDKR100 as described below.

- A. Connect Rear Base Frame (A) to Support Frame (B) using:  
**One 1 (M10x70 hex head bolt)**  
**Two 4 (M10 washer)**  
**One 3 (M10 nylon lock nut)**
- B. Attach Rubber Pad (6) to Rear Base Frame (A) and Support Frame (B).
- C. Insert Convex End Cap (5) into Support Frame (B).

### RIGHT SIDE ASSEMBLY

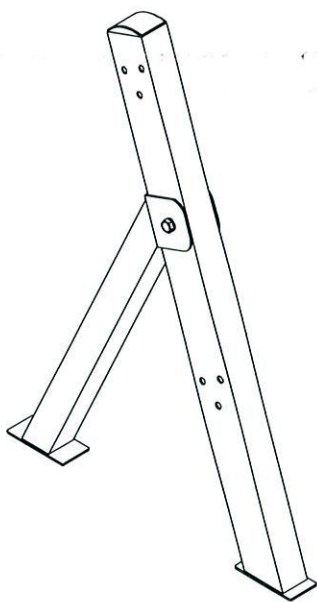
Assemble the right side of the GDKR100 as described below.

- A. Connect Rear Base Frame (A) to Support Frame (B) using:  
**One 1 (M10x70 hex head bolt)**  
**Two 4 (M10 washer)**  
**One 3 (M10 nylon lock nut)**
- B. Attach Rubber Pad (6) to Rear Base Frame (A) and Support Frame (B).
- C. Insert Convex End Cap (5) into Support Frame (B).

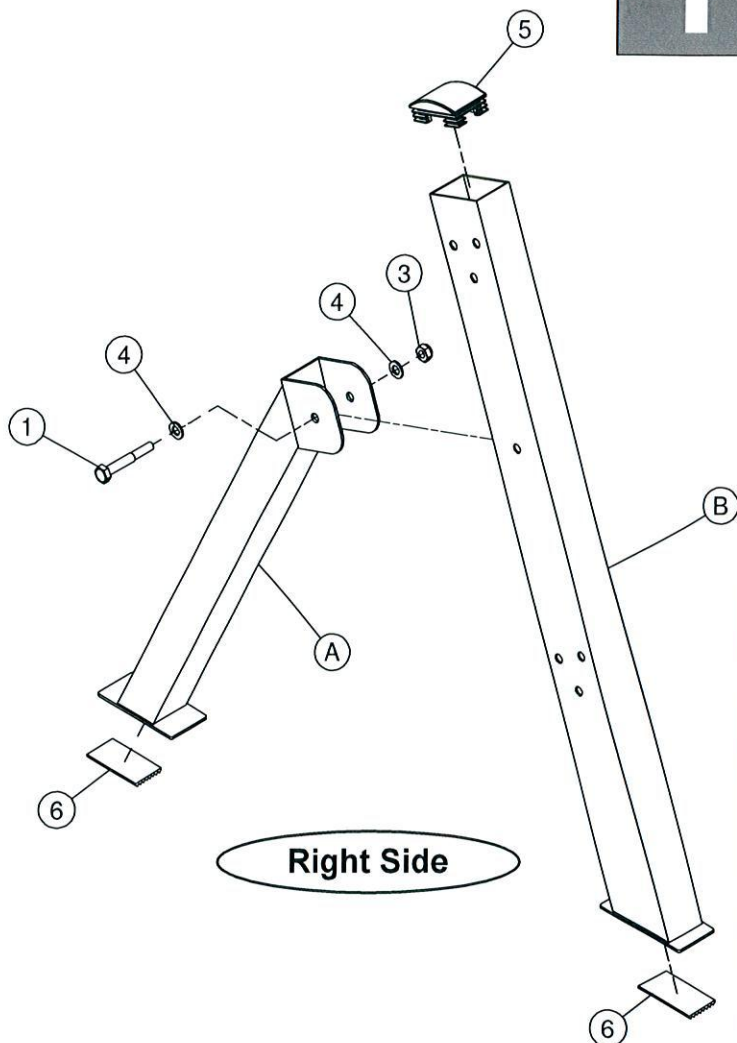


**STEP**

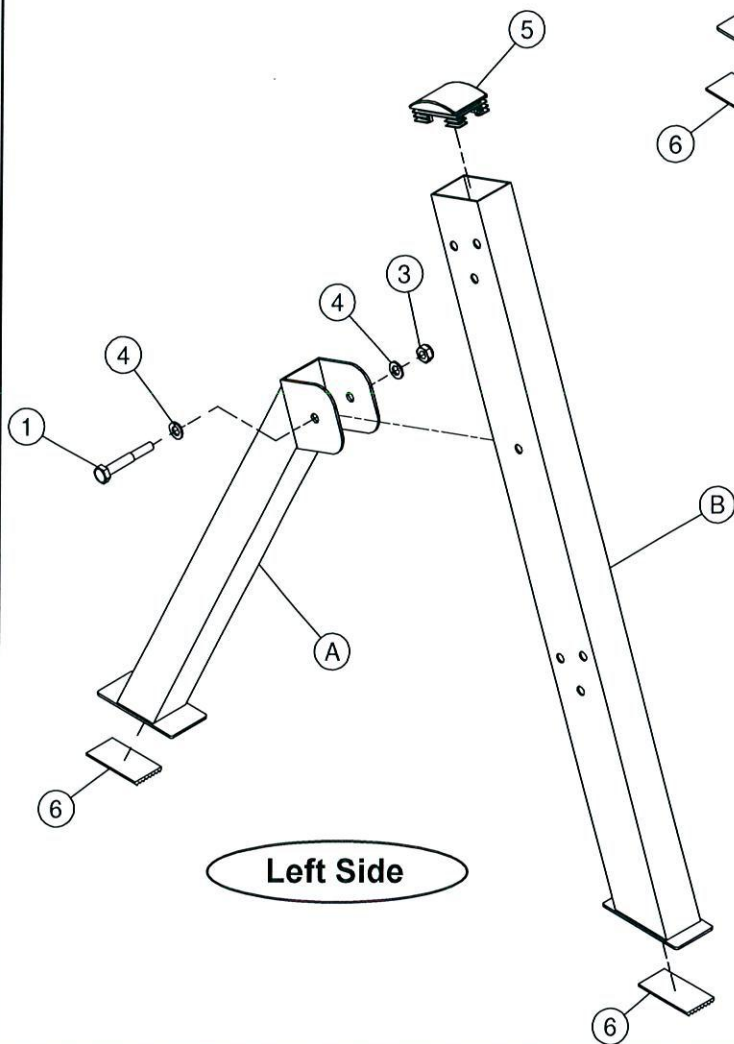
**1**



Above shows Step 1 assembled and completed.



**Right Side**



**Left Side**

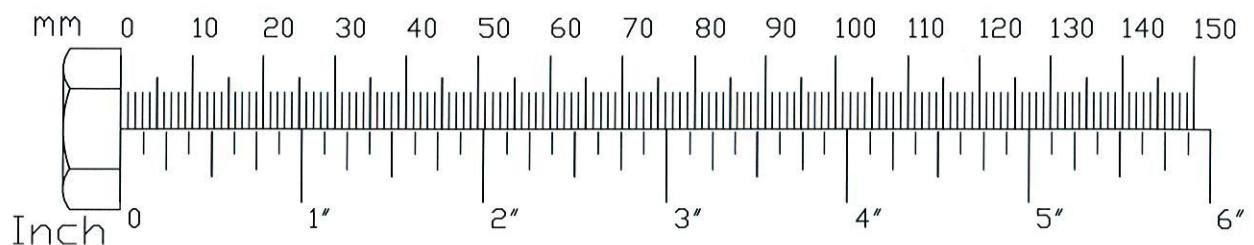
**STEP****2**

**Be careful to assemble all components in the sequence they are presented.**

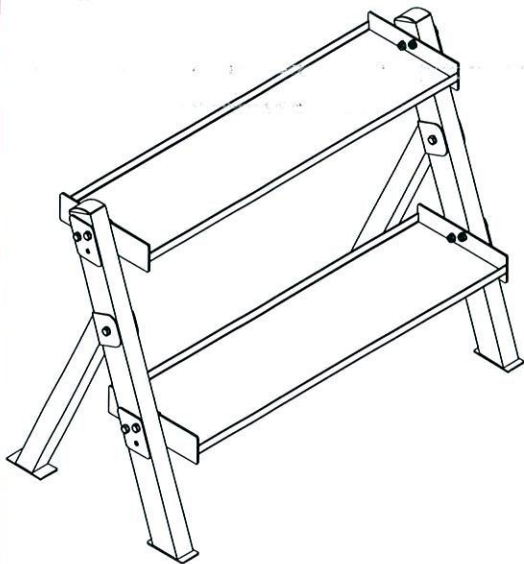
**KETTLEBELL RACK INSTALLATION**

*NOTE: The GDKR100 may be assembled as a Kettlebell Rack or a Dumbbell Rack. To install the GDKR100 as a Kettlebell Rack, use Step 2 of this manual. For Dumbbell Rack Installation, proceed to Step 3.*

- A. Connect the lower Kettlebell Rack (C) and Plate (D) to Support Frame (B) on the left side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- B. Connect the upper Kettlebell Rack (C) and Plate (D) to Support Frame (B) on the left side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- C. Connect the lower Kettlebell Rack (C) and Plate (D) to Support Frame (B) on the right side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- D. Connect the upper Kettlebell Rack (C) and Plate (D) to Support Frame (B) on the right side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- E. Congratulations! The assembly of your GDKR100 Kettlebell Rack is complete.



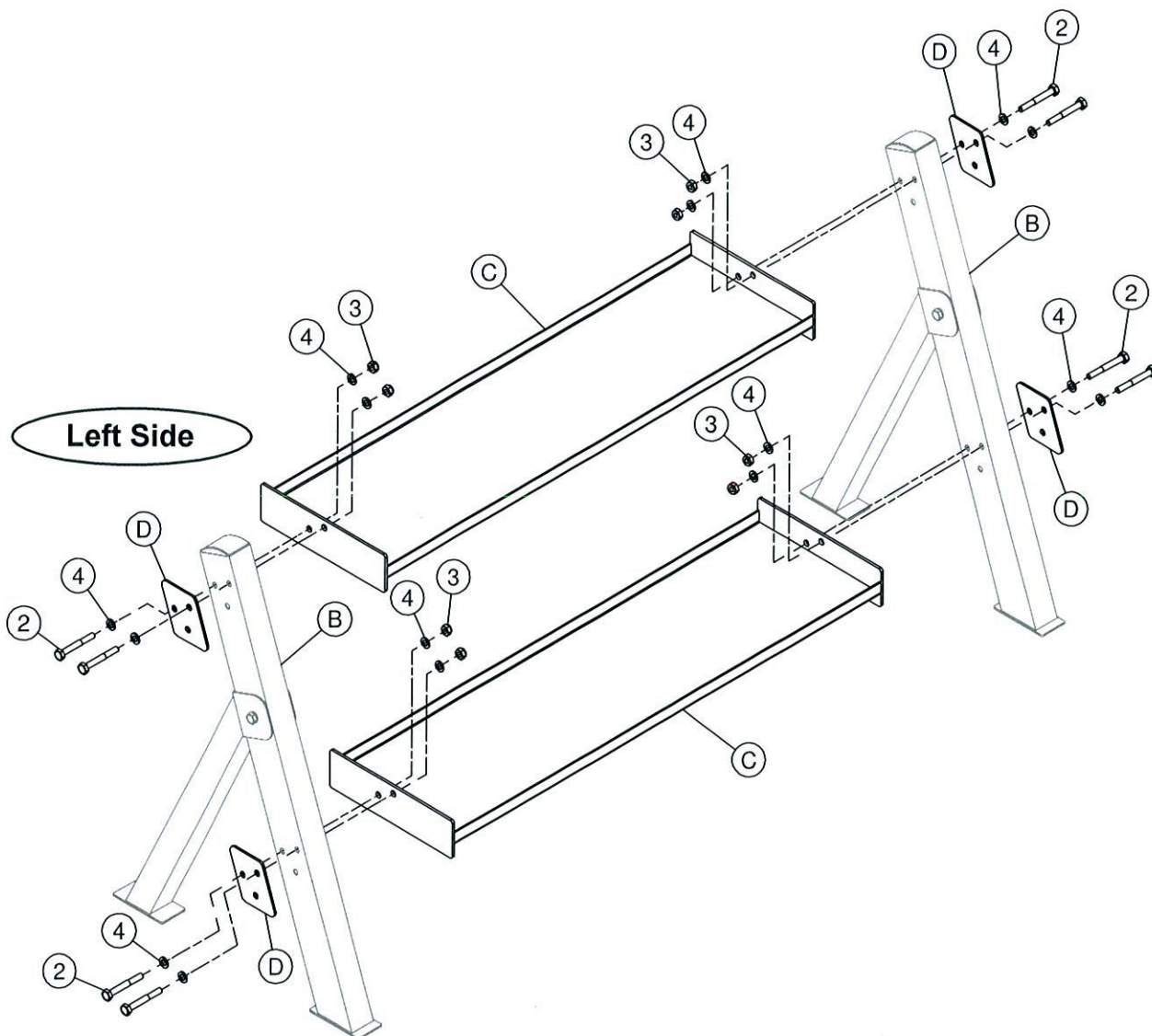
# KETTLEBELL RACK INSTALLATION



Above shows Step 2 assembled and completed.

Right Side

Left Side

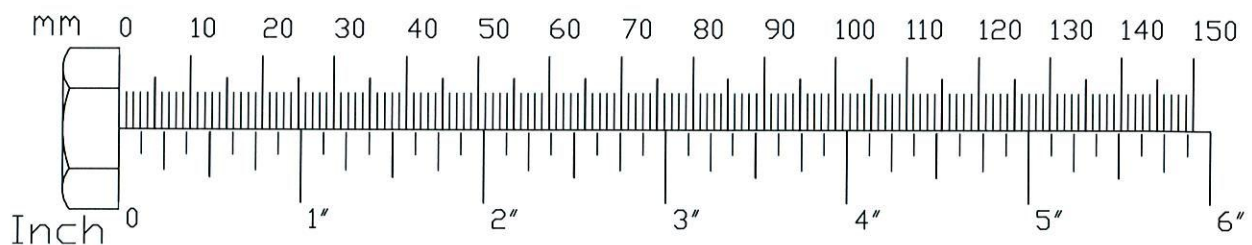


**STEP****3**

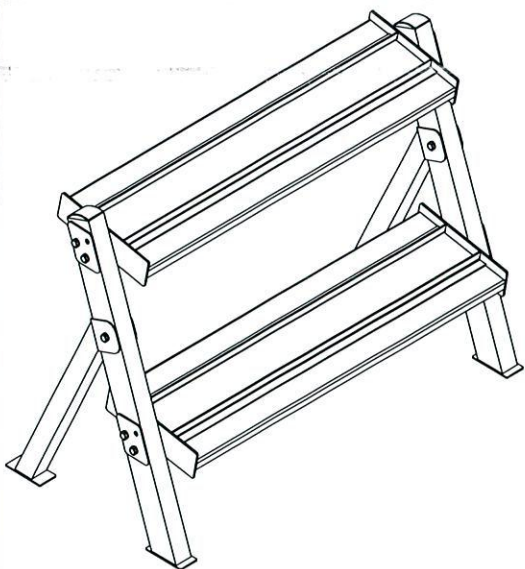
**Be careful to assemble all components in the sequence they are presented.**

**DUMBBELL RACK INSTALLATION**

- A. Connect the lower Dumbbell Rack (C) and Plate (D) to Support Frame (B) on the left side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- B. Connect the upper Dumbbell Rack (C) and Plate (D) to Support Frame (B) on the left side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- C. Connect the lower Dumbbell Rack (C) and Plate (D) to Support Frame (B) on the right side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- D. Connect the upper Dumbbell Rack (C) and Plate (D) to Support Frame (B) on the right side using:  
**Two 2 (M10x75 hex head bolt)**  
**Four 4 (M10 washer)**  
**Two 3 (M10 nylon lock nut)**
- E. Congratulations! The assembly of your GDKR100 Dumbbell Rack is complete.



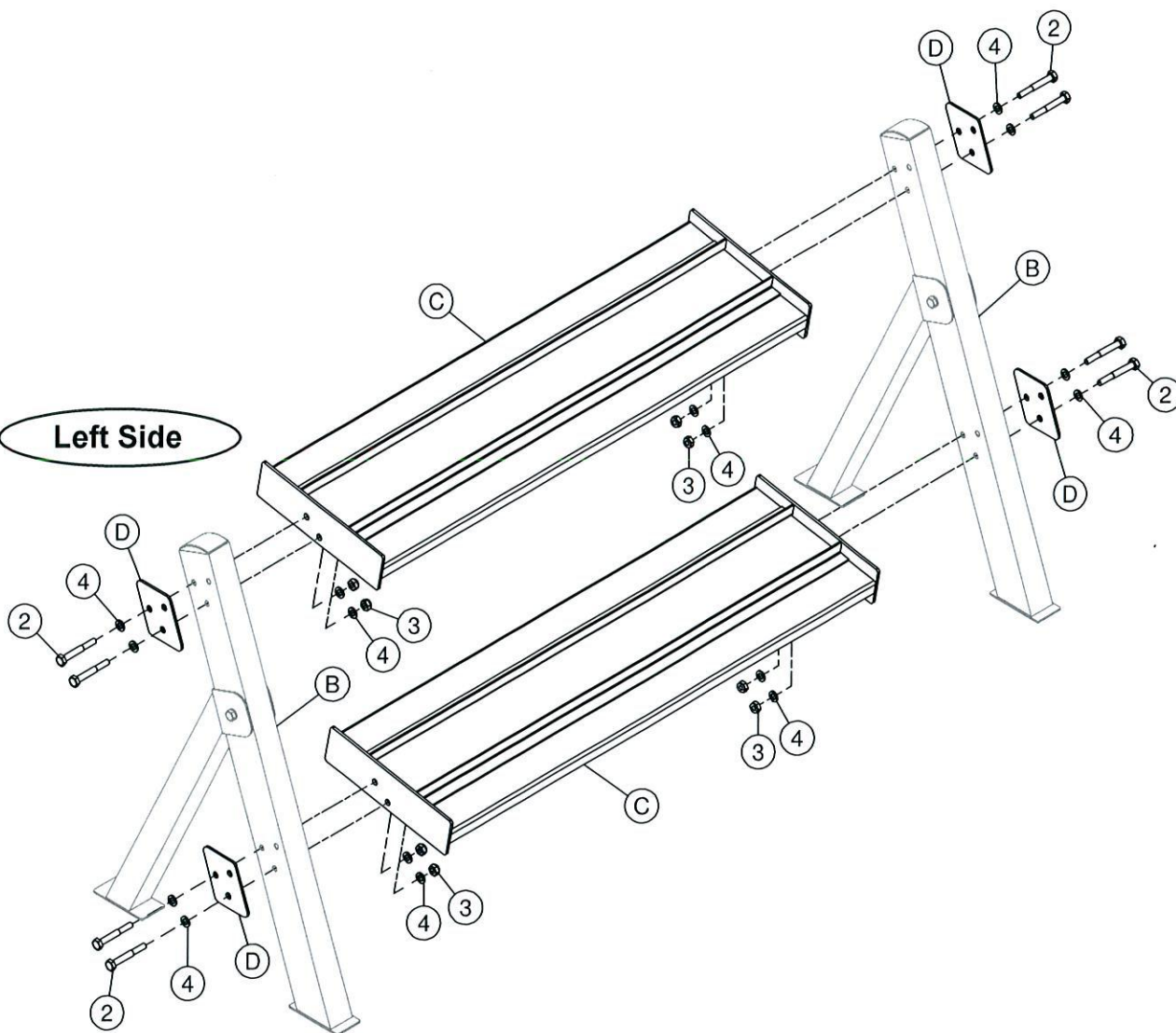
# DUMBBELL RACK INSTALLATION



Above shows Step 3 assembled and completed.

Right Side

Left Side



## Mainframe Parts List

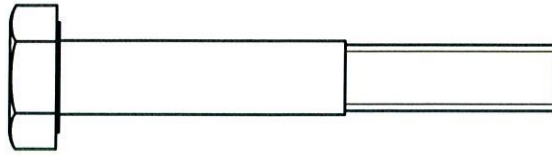
<b>Part#</b>	<b>Qty</b>	<b>Description</b>		
A	2	REAR BASE FRAME		
B	2	SUPPORT FRAME		
C	2	DUMBBELL / KETTLE BELL RACK		
D	4	PLATE	75mm x 121mm	(8360-126)

## Hardware List

1	2	HEX HEAD BOLT	M10x70	
2	8	HEX HEAD BOLT	M10x75	
3	10	NYLON LOCK NUT	M10	
4	20	WASHER	M10x19OD	
5	2	CONVEX END CAP	50mm x 75mm	(9211-084)
6	4	RUBBER PAD	38mm x 75mm	(9310-002)
7	1	BODYSOLID LOGO		(9440-027)
8	1	MAINTENANCE LABEL		(9440-103)
9	1	GENERAL WARNING STICKER		(9440-105)
10	1	BODYSOLID PLATE		(9440-199)

Part numbers are required when ordering parts.

# Hardware (To Scale)

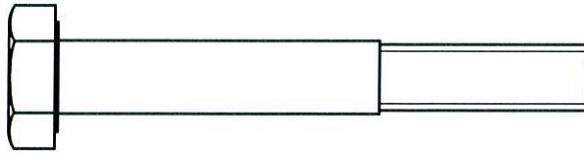


Part# 1

M10x70

Hex Head Bolt (Partial Thread)

Qty. 2



Part# 2

M10x75

Hex Head Bolt (Partial Thread)

Qty. 8

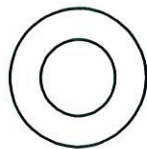


Part# 3

M10

Nylon Nut

Qty. 10

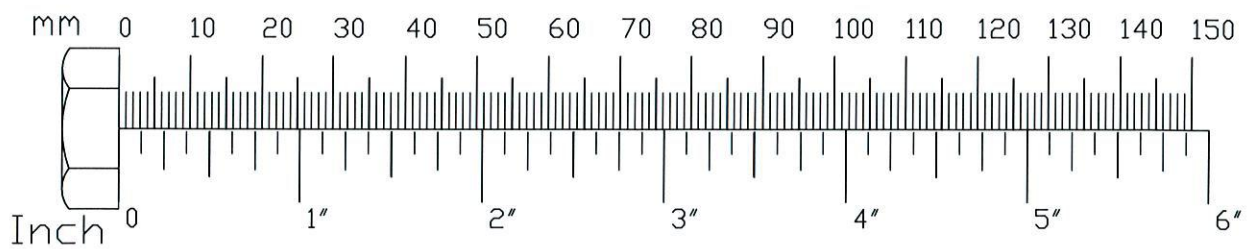


Part# 4

M10

Washer

Qty. 20





# Dumbbell Rack Exploded View Diagram

