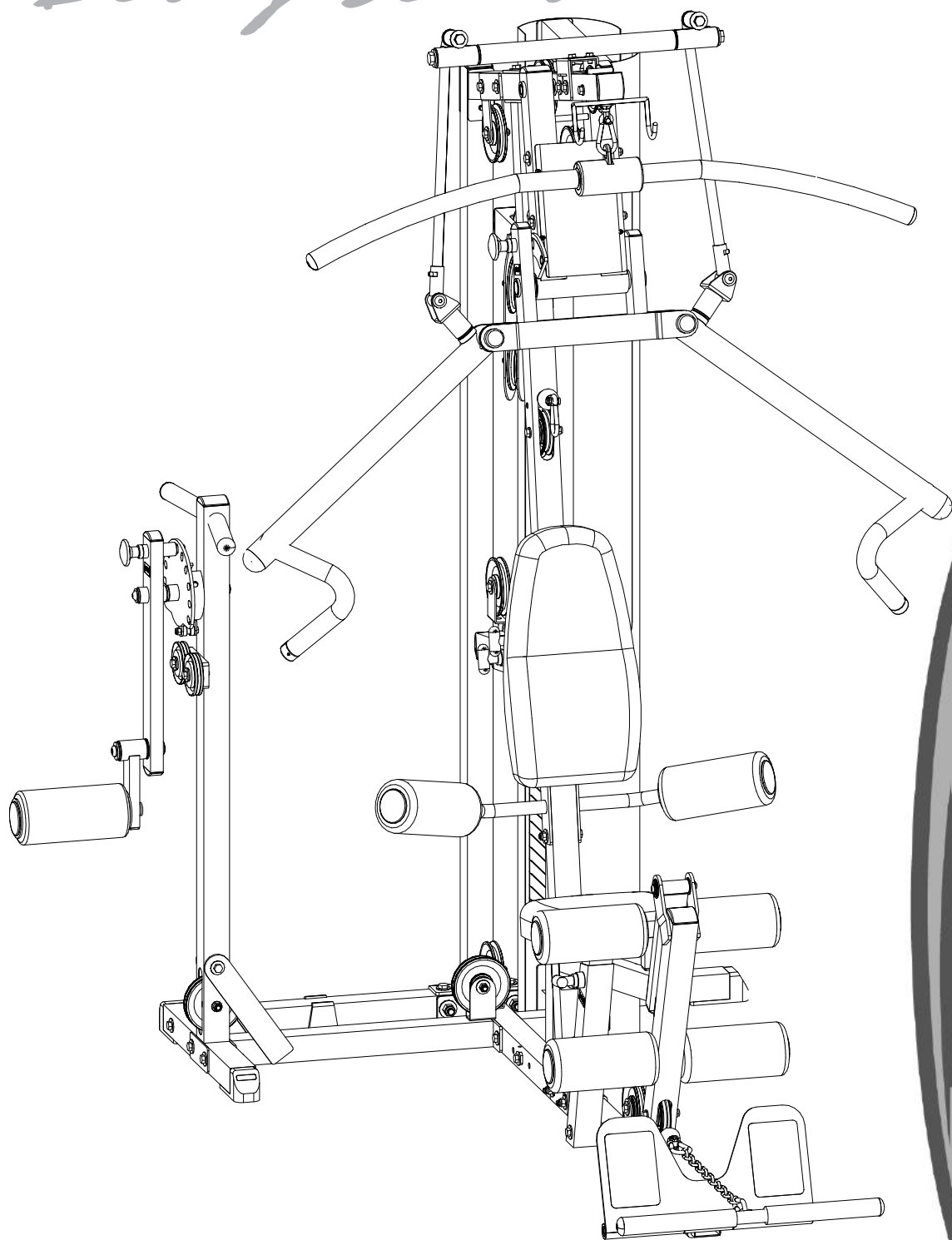


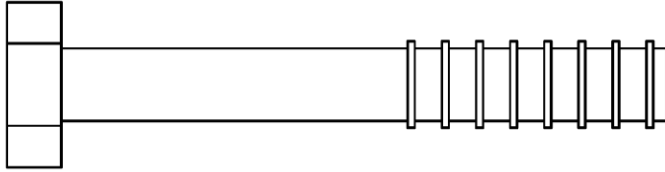
*Body-Solid®*



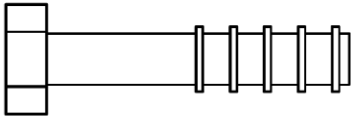
Manual do Usuário

# G2B ASSEMBLY INSTRUCTIONS

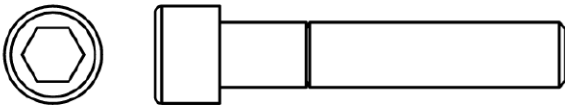
## HARDWARE ILLUSTRATION



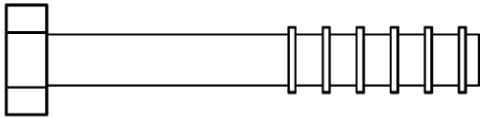
(A1)HEX BOLT 1/2"X3 1/2" PARTIAL THREAD QTY.2



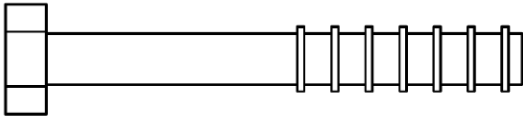
(A2)HEX BOLT 3/8"X1 3/4" PARTIAL THREAD QTY.9



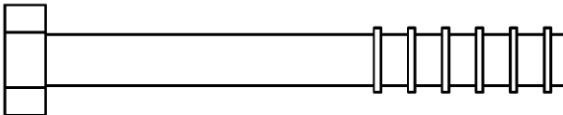
(A3)HEX BOLT 3/8"X2"SOCKER BOTTON HD CAP SCREWS PARTIAL THREAD QTY.1



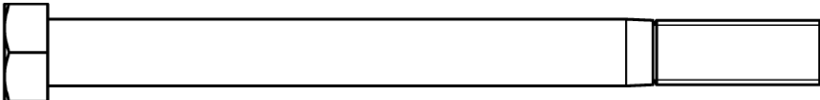
(A4)HEX BOLT 3/8"X2 1/2" PARTIAL THREAD QTY.6



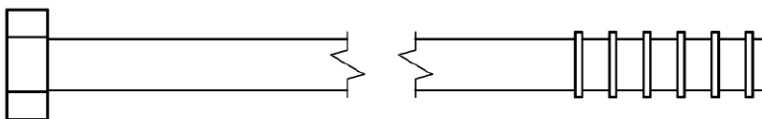
(A5)HEX BOLT 3/8"X2 3/4" PARTIAL THREAD QTY.7



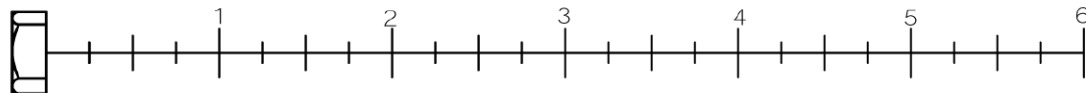
(A6)HEX BOLT 3/8"X3" PARTIAL THREAD QTY.17



(A7)HEX BOLT 3/8"X4 1/2" PARTIAL THREAD QTY.1

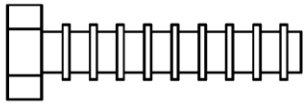


(A8)HEX BOLT 3/8"X7 1/4" PARTIAL THREAD QTY.2

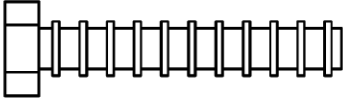


# G2B ASSEMBLY INSTRUCTIONS

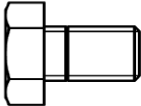
## HARDWARE ILLUSTRATION



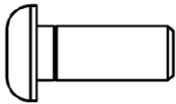
(A9)HEX BOLT 5/16"X1 1/2" PARTIAL THREAD QTY.1



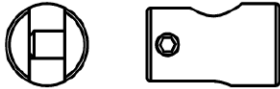
(A10)HEX BOLT 5/16"X1 3/4" PARTIAL THREAD QTY.4



(A11)HEX BOLT M8X12L PARTIAL THREAD QTY.2



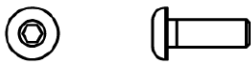
(A12)ROUND BOLT M8X20L PARTIAL THREAD QTY.2



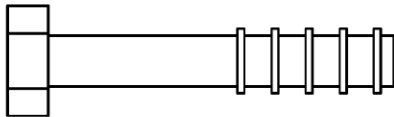
(A13)CABLE IMMOBILE HEAD QTY.1



(A14)IMMOBILE COVER  $\varnothing$ 1/2"X8.5X21.5L QTY.1



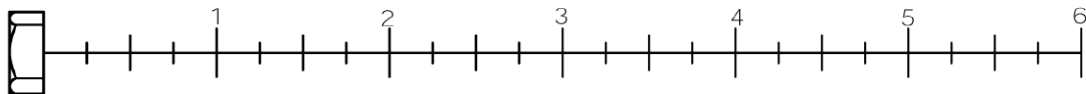
(A15)ROUND HEX BOLT M4X12L PARTIAL THREAD QTY.2



(A16)HEX BOLT 3/8"X2"L PARTIAL THREAD QTY.2

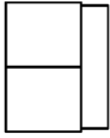


(A17)M10X30L ROUND BOLT QTY.1

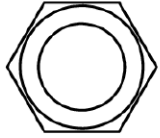


# G2B ASSEMBLY INSTRUCTIONS

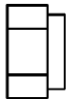
## HARDWARE ILLUSTRATION



(B1) NYLON LOCK NUT 1/2" QTY.2



(B2) NYLON LOCK NUT 3/8" QTY.41



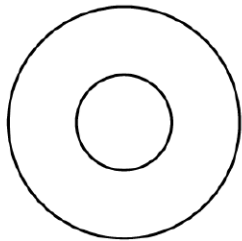
(B3) NYLON LOCK NUT 5/16" QTY.1



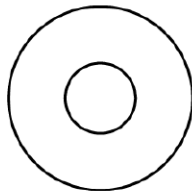
(B4) LOCK NUT M4 QTY.2



(B5) NYLON LOCK NUT M10 QTY.1



(C1) 1/2"(I.D.) FLAT WASHER (O.D.) Ø34 QTY.4



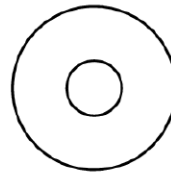
(C2) 3/8"(I.D.) FLAT WASHER (O.D.) Ø27 QTY.75



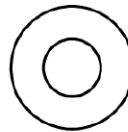
(C3) 3/8" SPRING WASHER QTY.1



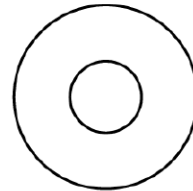
(C4) 5/16" SPRING WASHER QTY.4



(C5) 5/16"(I.D.) FLAT WASHER (O.D.) Ø24 QTY.6



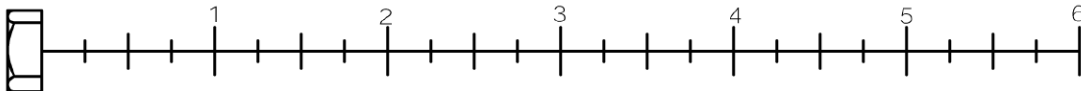
(C6) M8(I.D.) FLAT WASHER (O.D.) Ø18 QTY.2



(C7) M10(I.D.) FLAT WASHER (O.D.) Ø27 QTY.2











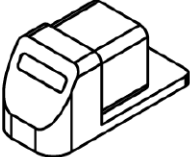


(C8) M4(I.D.) FLAT WASHER (O.D.) Ø9 QTY.4



# G2B ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

		D1. $\varnothing 5/8$ "x22.5L Steel Bushing (8110-011)-----[4PCS]
D1	D2	D2. $\varnothing 3/4$ "X8L Steel Bushing (8110-014)-----[2PCS]
		D3. $\varnothing 3/4$ " CU WASHER(8520-007) -----[1PCS]
D3	D4	D4. $\varnothing 1$ " CU WASHER(8520-008) -----[1PCS]
		D5. $\varnothing 10.5$ Steel Bushing (8530-009)-----[12PCS]
D5	D6	D6. $\varnothing 8$ Spring Snap Link (8810-001)-----[5PCS]
		D7. 20X40 End Cap (9211-008)-----[1PCS]
D7	D8	D8. 25X50 End Cap (9211-009)-----[1PCS]
		D9. $\varnothing 1$ " End Cap(9211-016) -----[3PCS]
D9	D10	D10. $\varnothing 1$ "X1.6T Round End Cap (9211-022)-----[5PCS]
		D11. 50x50x1.8t Foot Cap (9211-024)-----[3PCS]
D11		D12. 10 STEEL CHAIN (8820-006)-----[1PCS]
		D13. 60x50 NYLON BUSHING(9211-033) -----[2PCS]
		D14. $\varnothing 3/4$ " Shaft Collar (9211-046)-----[2PCS]
		D15. $\varnothing 50$ Round End Cap (9211-074)-----[2PCS]
		D16. 25x50 End Cap (9211-086)-----[8PCS]
		D17. 2"X2"x1.8T End Cap(9211-087) -----[9PCS]
		D19. 2"x2" Rubber Dount(9212-010)-----[3PCS]
		D20. 2"x2" Rubber Cane Cap(9214-002)-----[3PCS]
		D21. 3" Nylon Washer (9214-008)-----[4PCS]
		D22. $\varnothing 1$ "x2.5t Round End Cap(9260-021)-----[6PCS]
		D23. 38x38 Rubber Pad(9310-001)-----[1PCS]
		D24. $\varnothing 55$ Rubber Dount(9310-027)-----[2PCS]
		D25. 95X140L Rubber Pad (9310-035)-----[4PCS]
		D26. LABEL Elastic Belt(9630-056)-----[1PCS]
		D27. SHOULDER BELT(ACH-16) -----[1PCS]
		D28. ANKLE STRAP(50NAS2)-----[1PCS]
		D29. Top Plate(8400-006)-----[1PCS]



D12



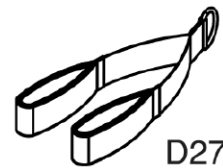
D15



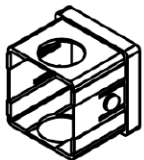
D21



D24



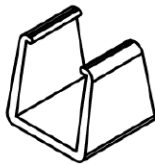
D27



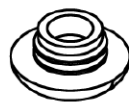
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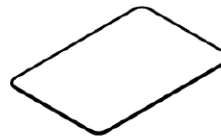
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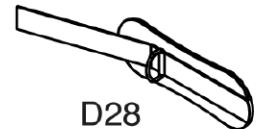
D19



D22



D25



D28



D14



D17



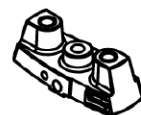
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D23



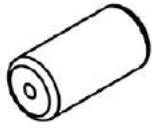
D26



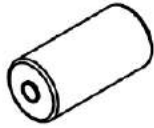
D29

# G2B ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION



D30



D31



D32



D34



D35



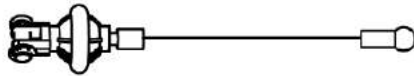
D36



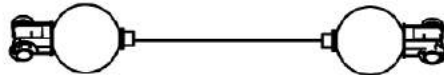
D33

- D30. Ø4"x23x8" Foam Roller (9161-032)-----[6PCS]
- D31. Ø4"x23x8" Foam Roller (9161-038)-----[1PCS]
- D32. 17 STEEL CHAIN (8820-007)-----[1PCS]
- D33. Weight Selector Bar (8210-042A)-----[1PCS]
- D34. Ø110 PULLEY(9213-002C)-----[15PCS]
- D35. Ø90 PULLEY(9213-026A) -----[3PCS]
- D36. Ø75 PULLEY(9213-025A) -----[2PCS]
- D37. 3916mm STEEL CABLE-----[1PCS]
- D38. 6120mm STEEL CABLE-----[1PCS]
- D39. 757mm STEEL CABLE-----[1PCS]
- D40. 1790mm STEEL CABLE-----[1PCS]
- D41. Ø1"X2.5T Round End Cap (9211-085)-----[2PCS]
- D42. 10LB PIN (8250-071)-----[1PCS]
- D43. KETTKE RACK(9260-086)-----[1PCS]
- D44. IMMOBILE BOARD(8388-025)-----[1PCS]
- D45. KETTKE(9260-107)-----[1PCS]
- D46. ELASTIC BELT-----[1PCS]
- D47. Ø5/8XØ10.5X8L Steel Bushing (8110-045)-----[1PCS]
- D48. Ø15.9X6.5tXØ10.5 Steel Bushing (8110-056)-----[1PCS]
- D49. Ø15.9X12tXØ10.5 Steel Bushing (8110-057)-----[1PCS]
- D50. 38X4X55L Rubber Pad(9310-028)-----[1PCS]

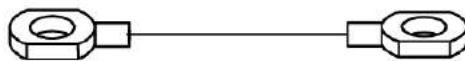
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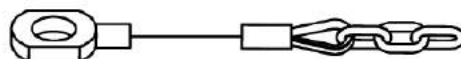
D38



D39



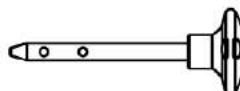
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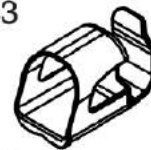
D41



D42



D43



D44



D45



D46



D47



D48



D49

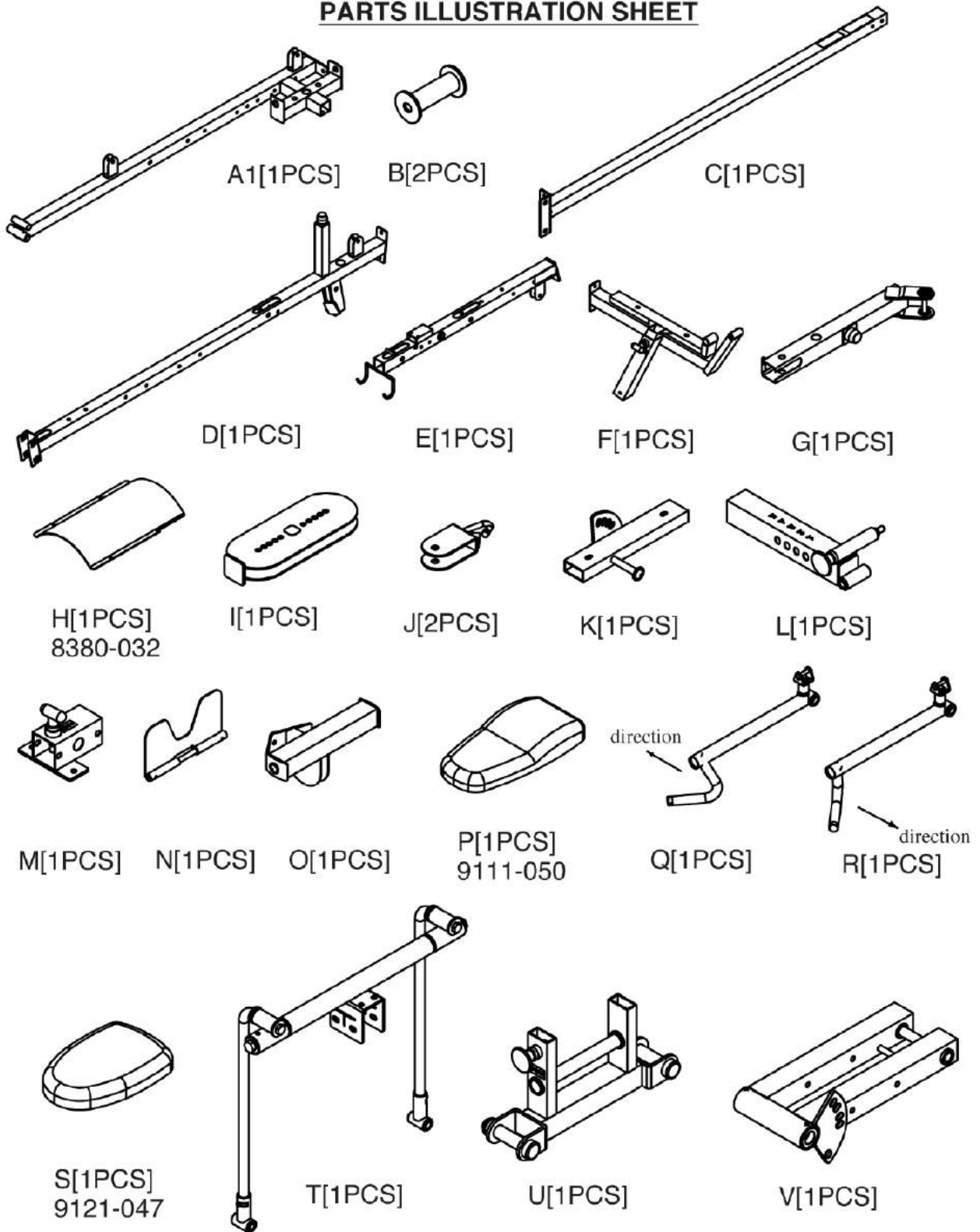


D50



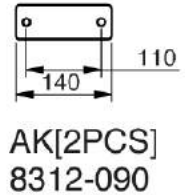
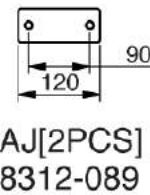
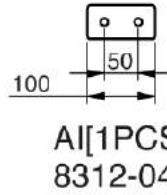
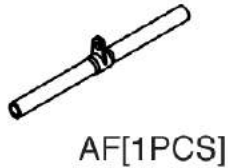
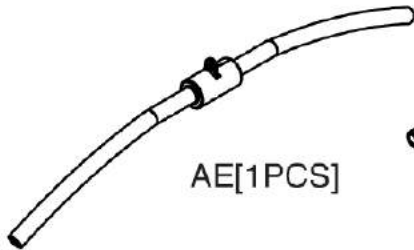
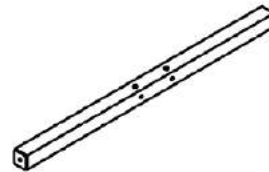
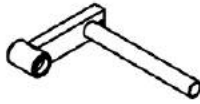
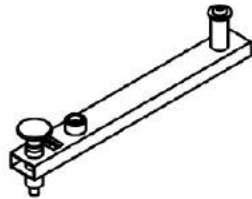
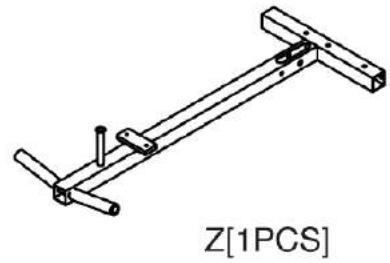
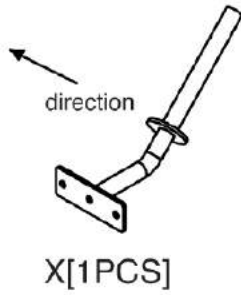
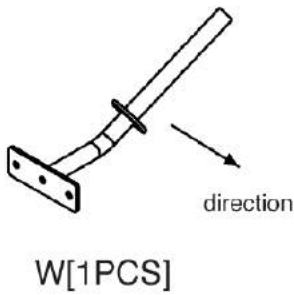
# G2B ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

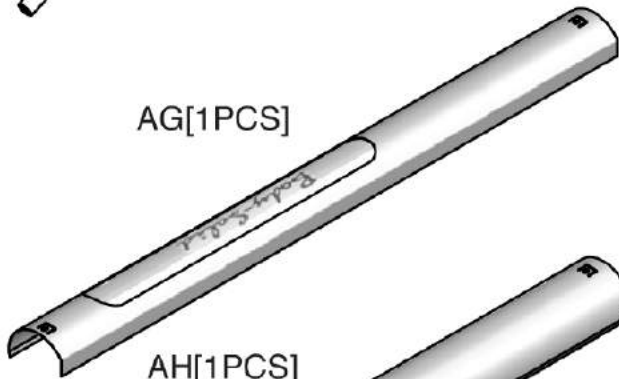


# G2B ASSEMBLY INSTRUCTIONS

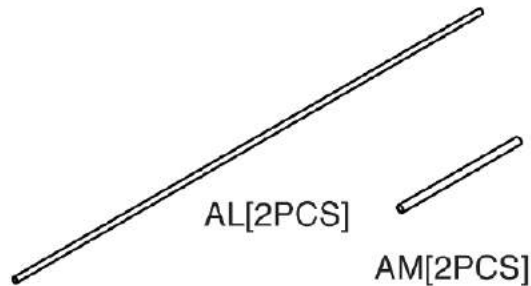
## PARTS ILLUSTRATION SHEET



AG[1PCS]



AL[2PCS]

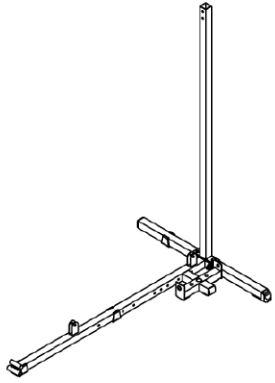


AH[1PCS]

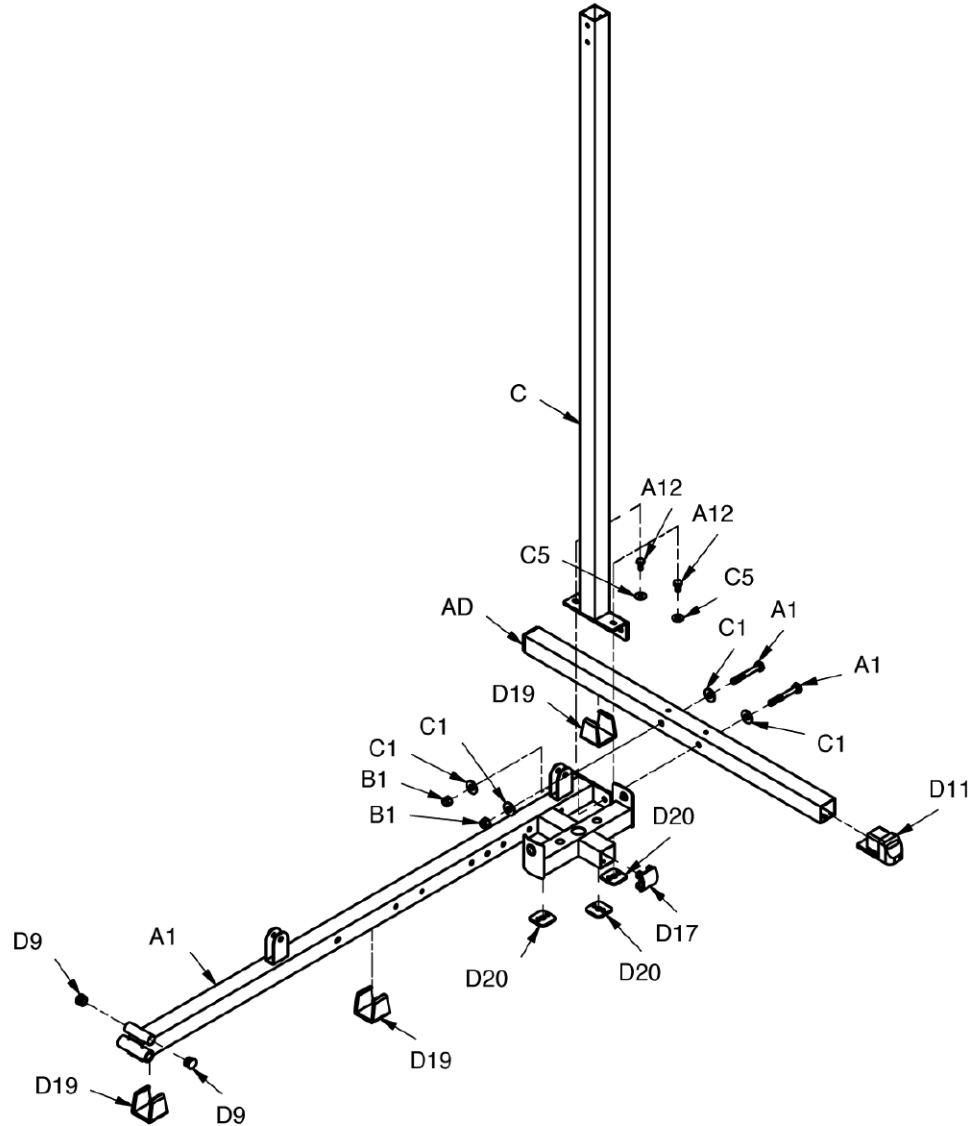
AN[1PCS]  
8341-051

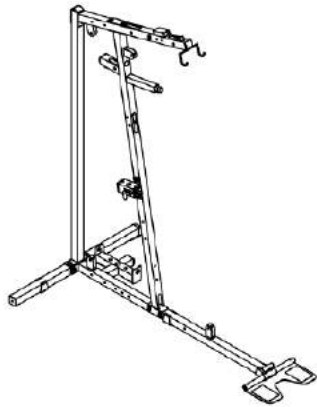




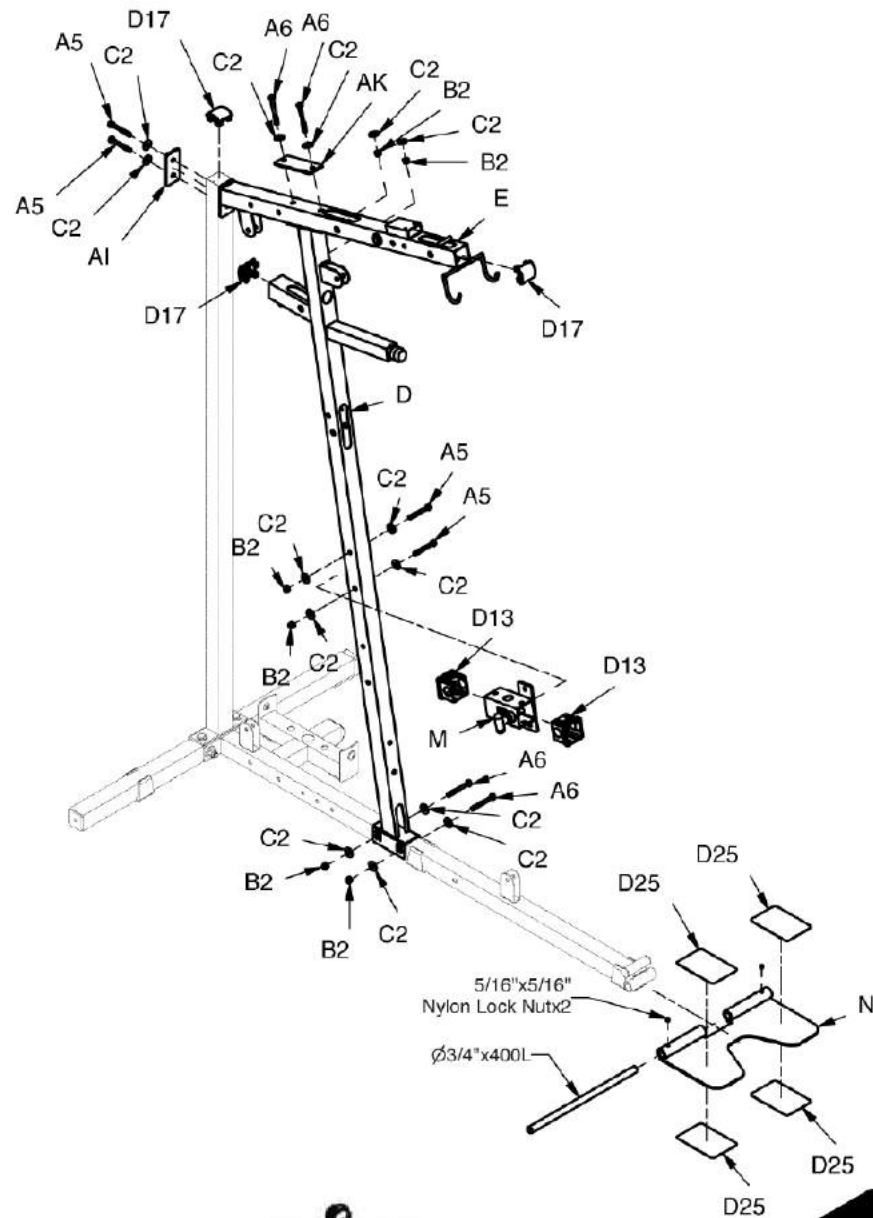


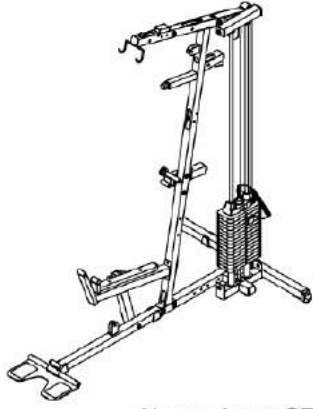
Above shows STEP 1  
assembled and completed



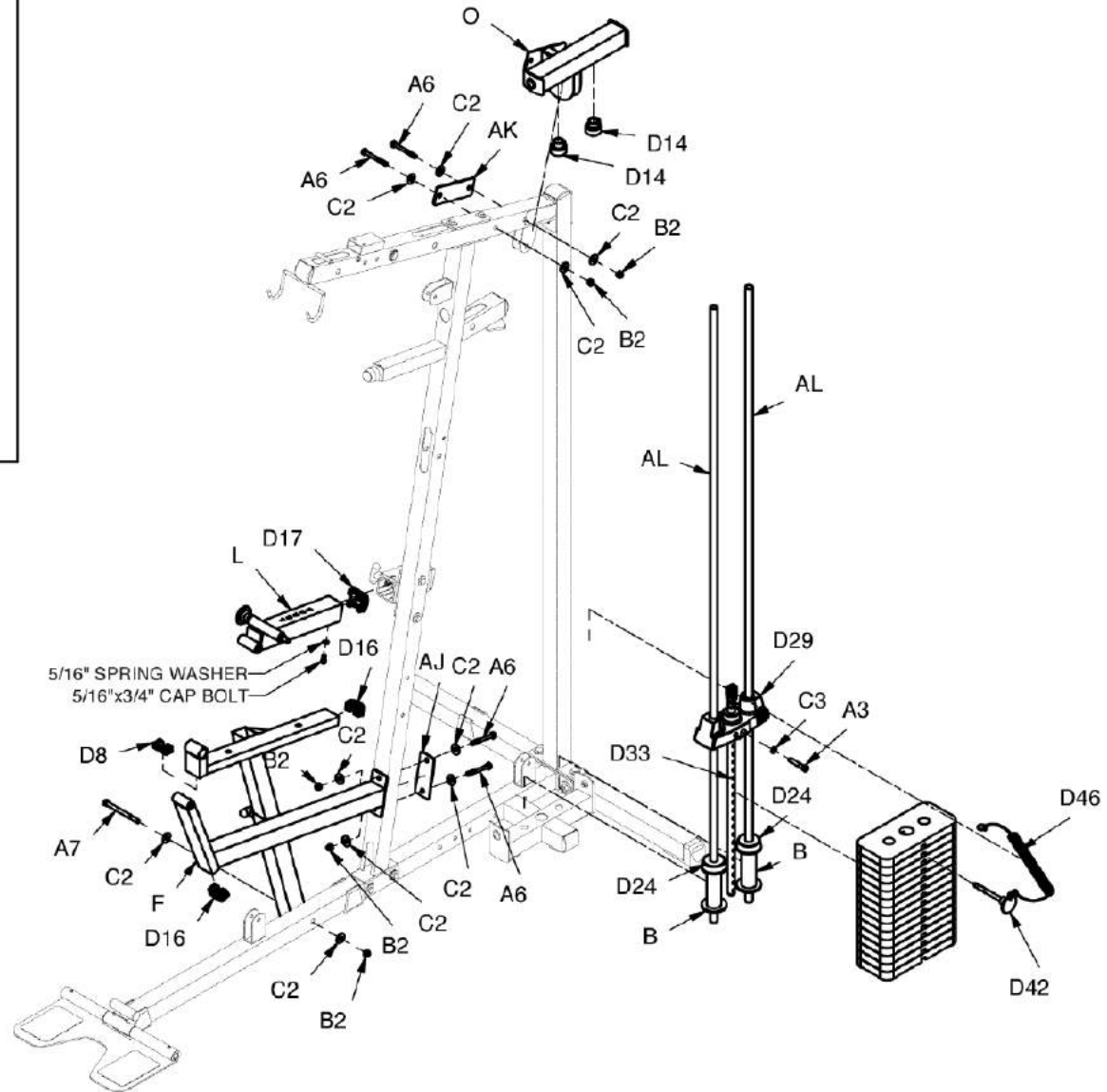


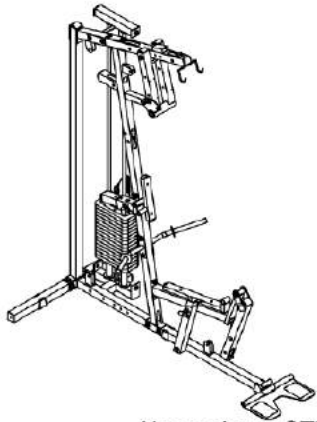
Above shows STEP 2  
assembled and completed





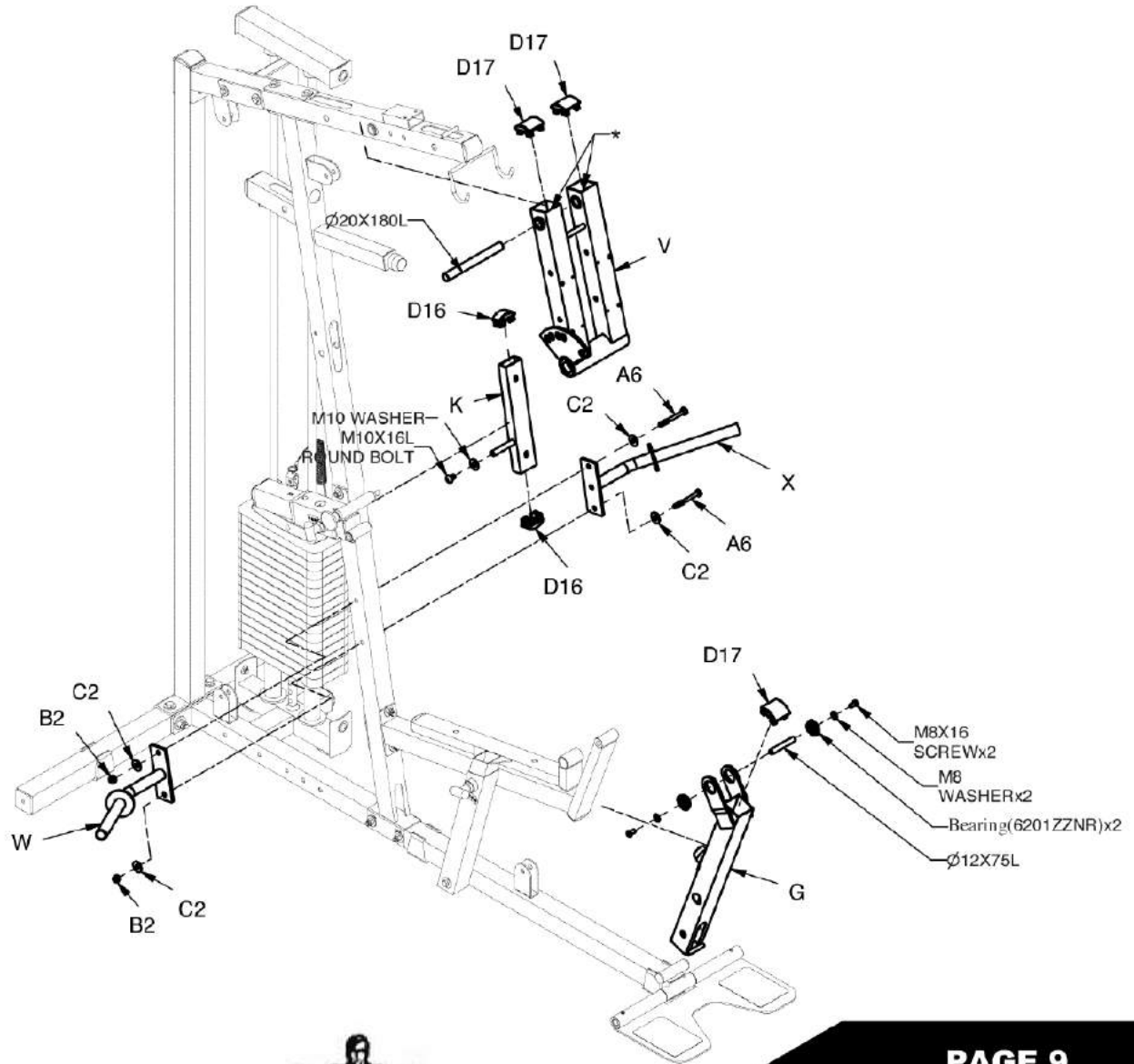
Above shows STEP 3  
assembled and completed

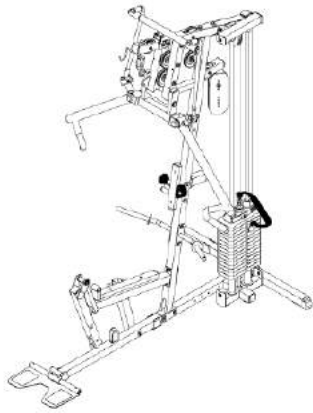




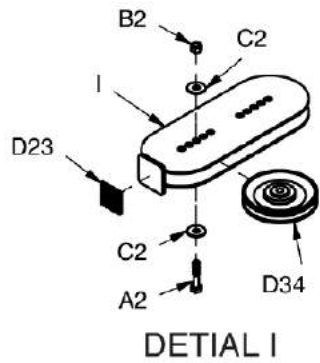
Above shows STEP 4  
assembled and completed

\*:NEED TO LOOSEN BOTH ALLEN HEAD BOLT  
IN ORDER TO REMOVE SHAFT

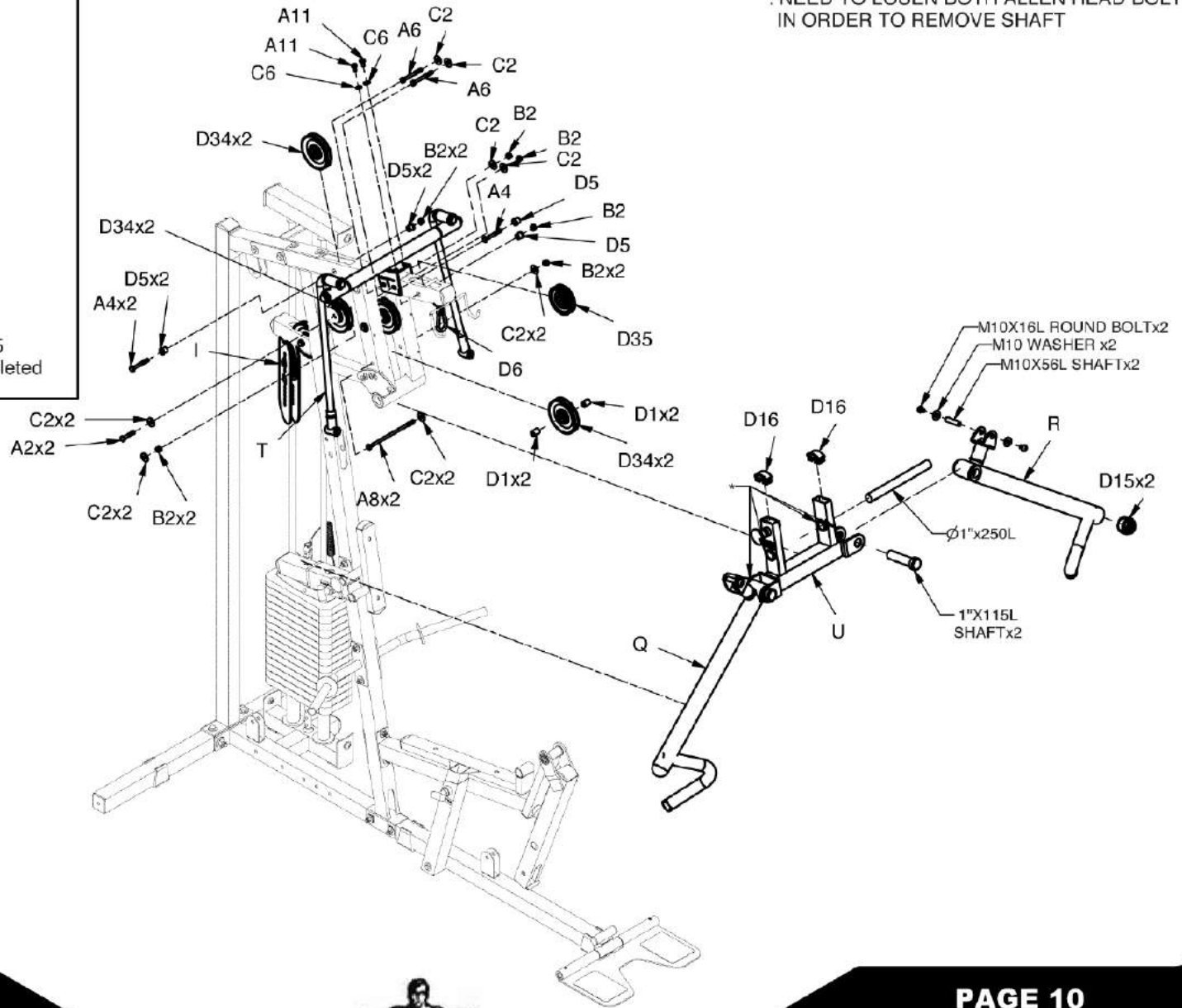




Above shows STEP 5 assembled and completed



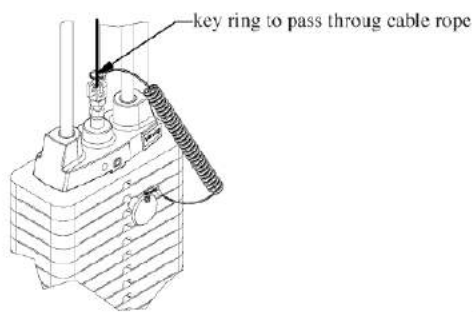
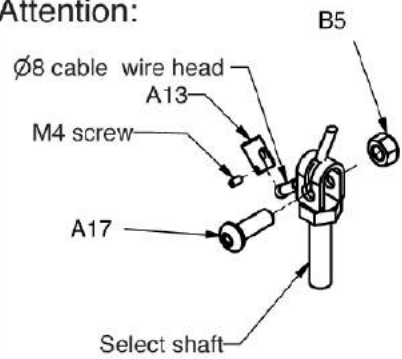
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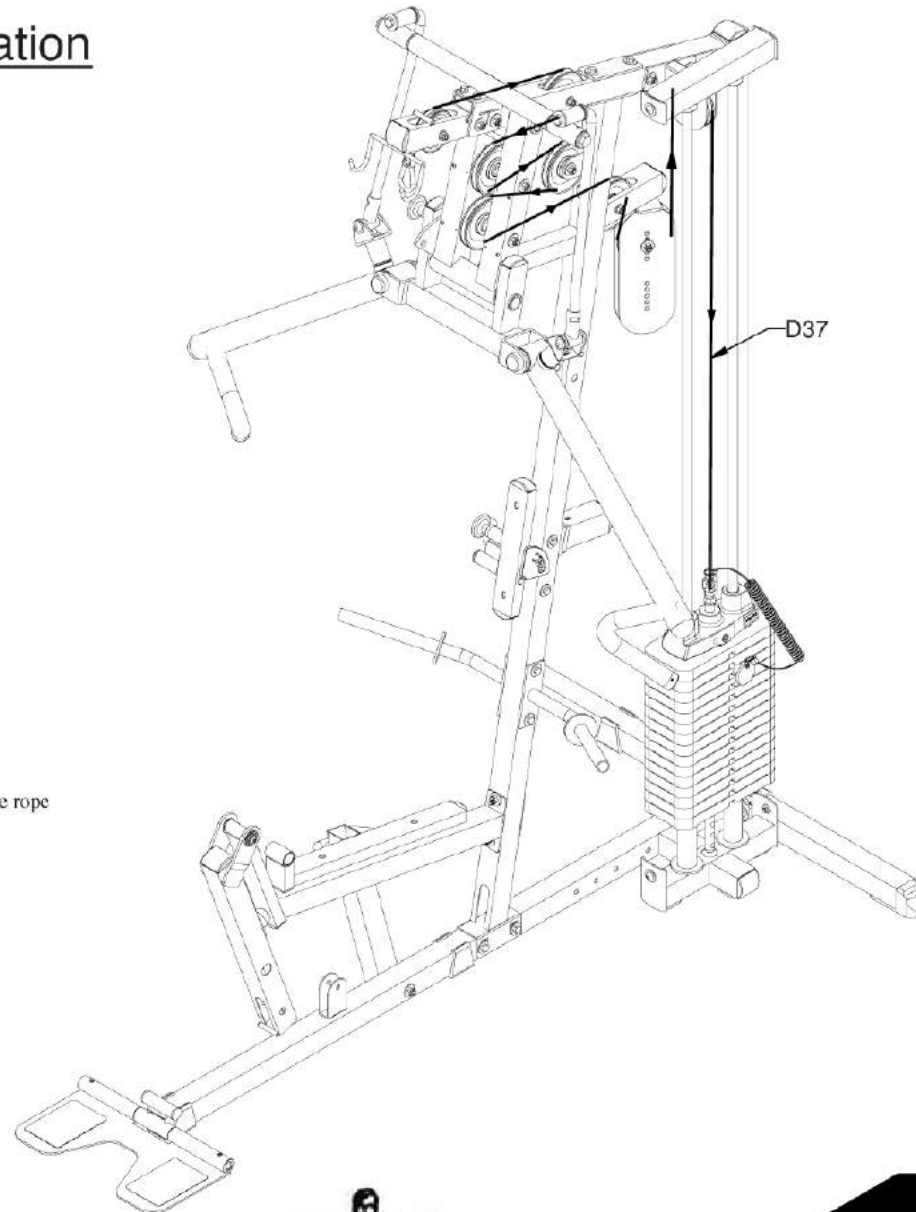
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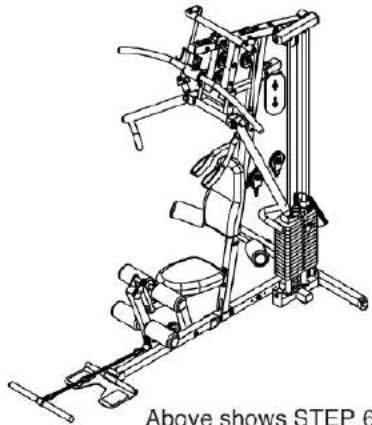
## Cable to constitute illustration

Attention:



DETIAL A

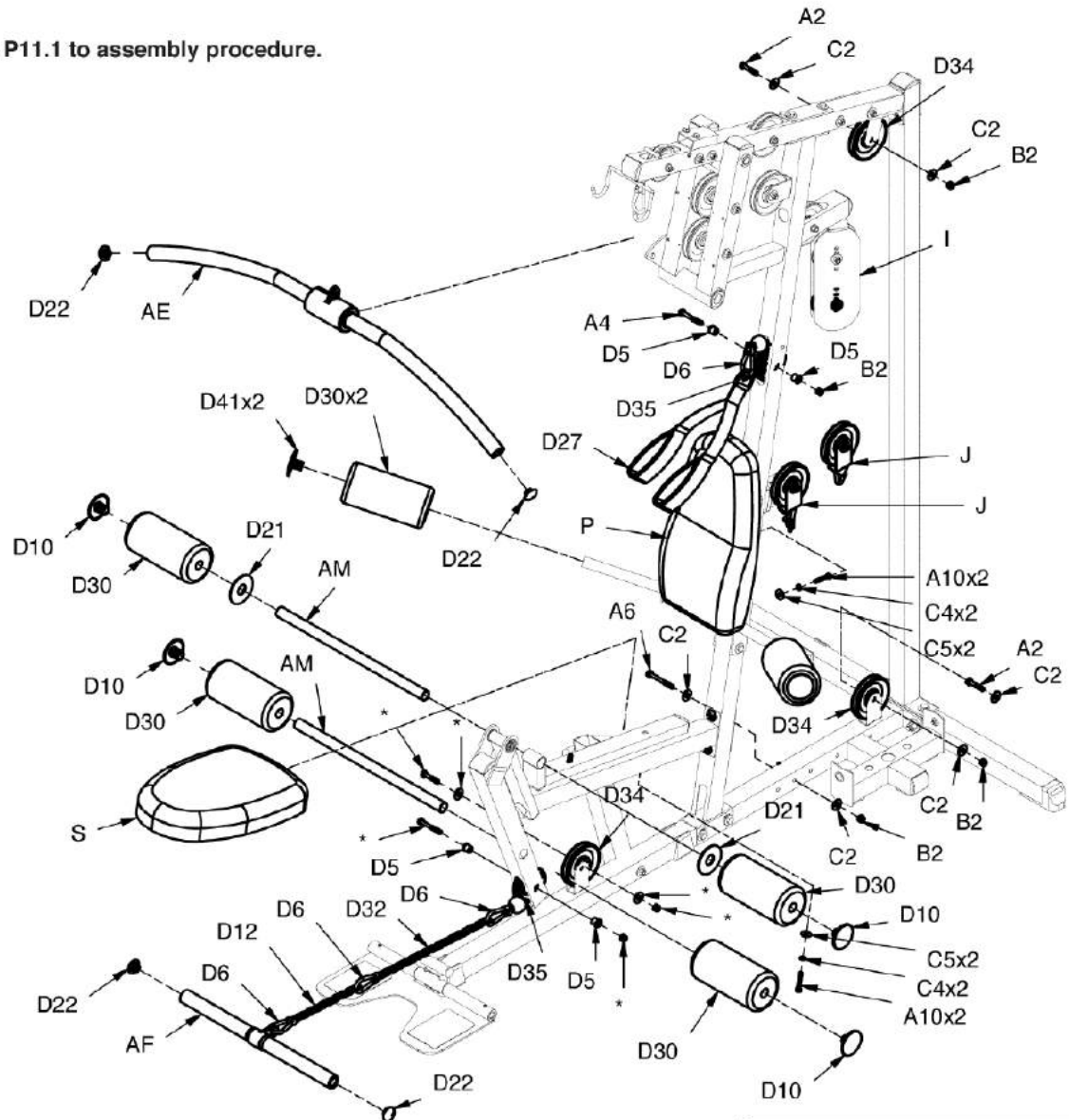
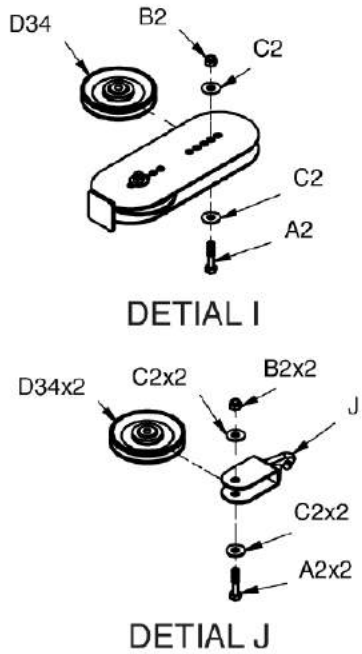




Above shows STEP 6 assembled and completed

**Attention:**

\* : Reference P11.1 to assembly procedure.



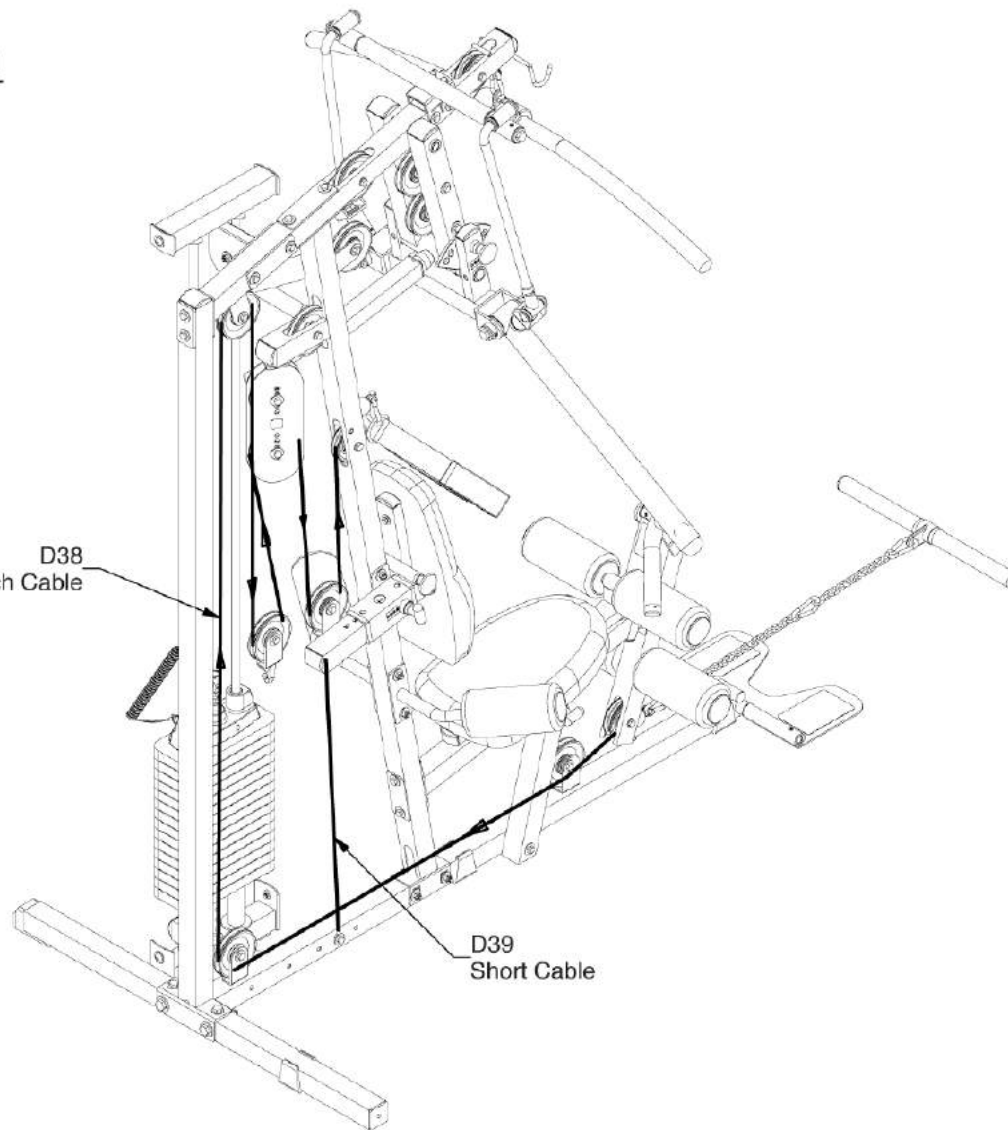
## Cable to constitute illustration

D38 

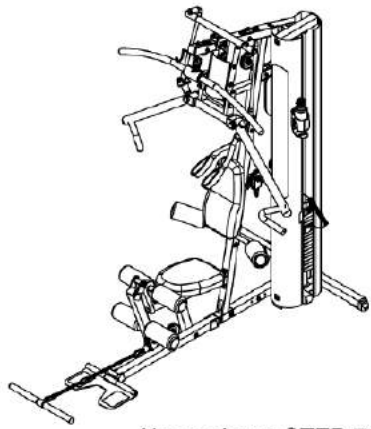
D39 

D38  
Ab Crunch Cable

D39  
Short Cable

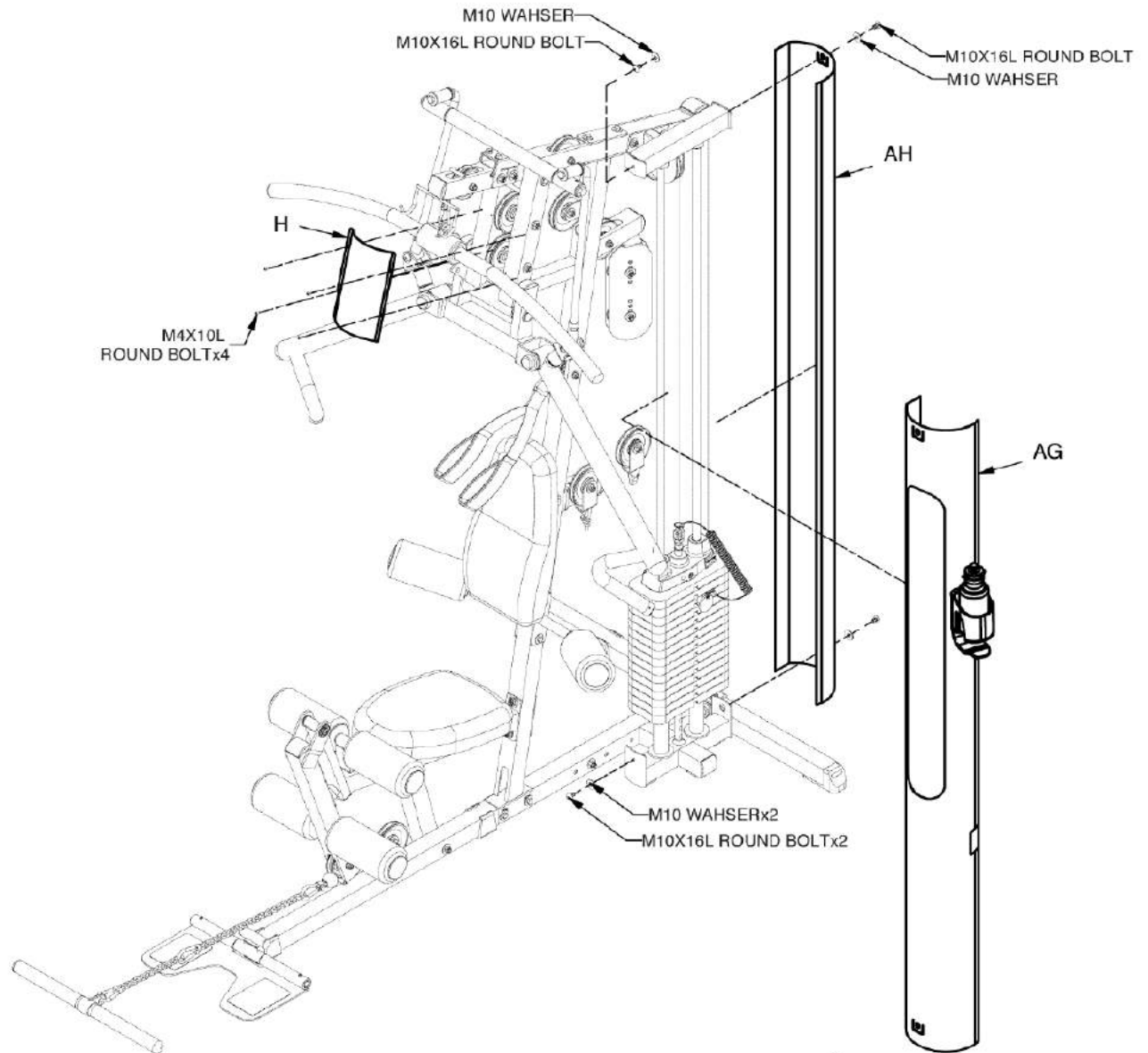
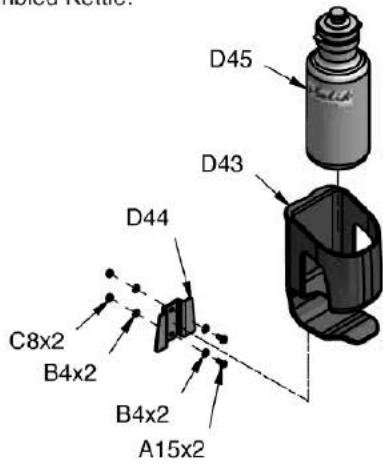


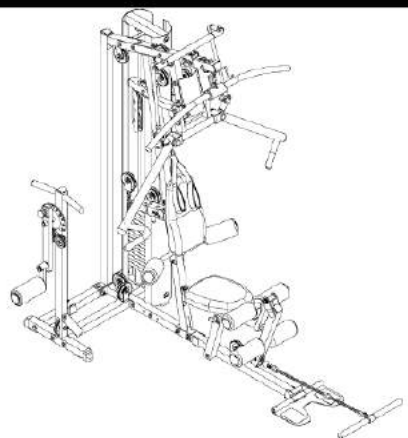




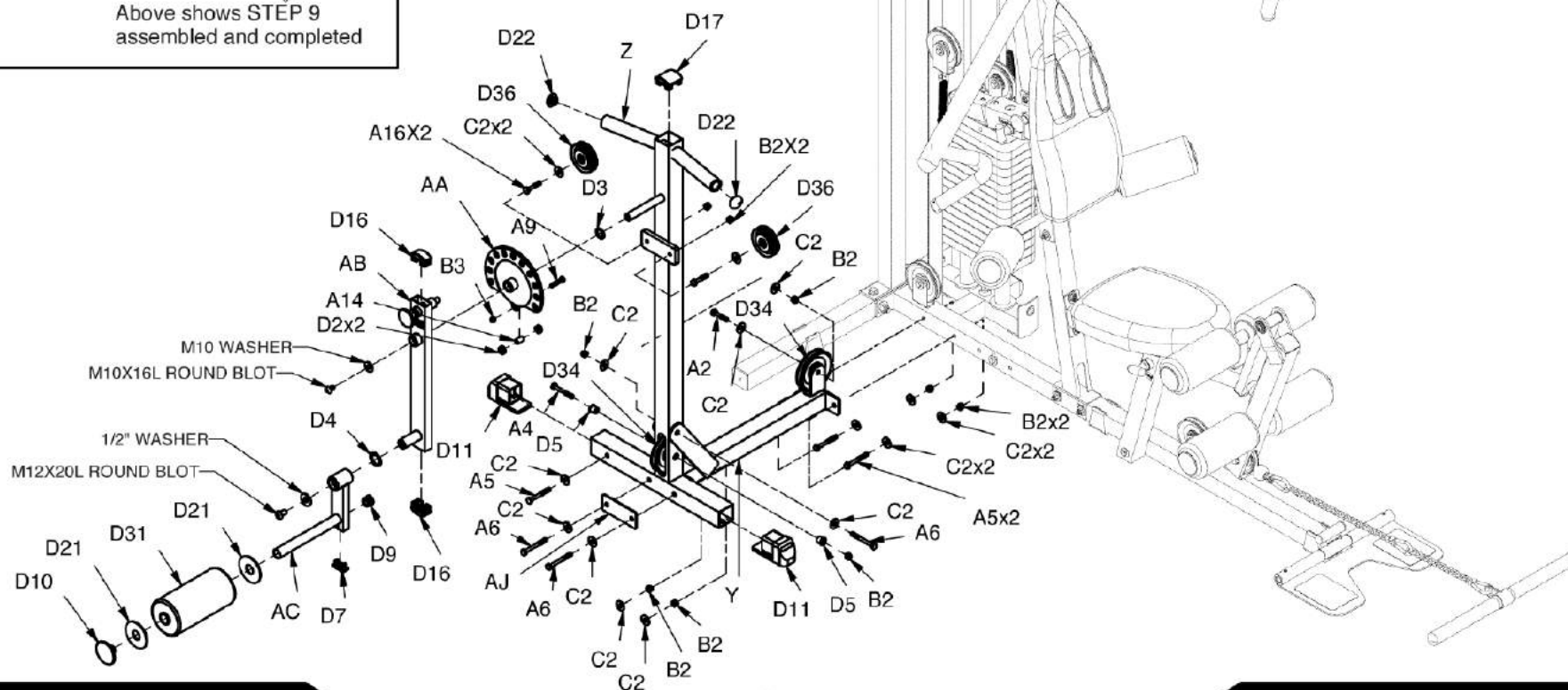
Above shows STEP 7  
assembled and completed

Assembled Kettle:



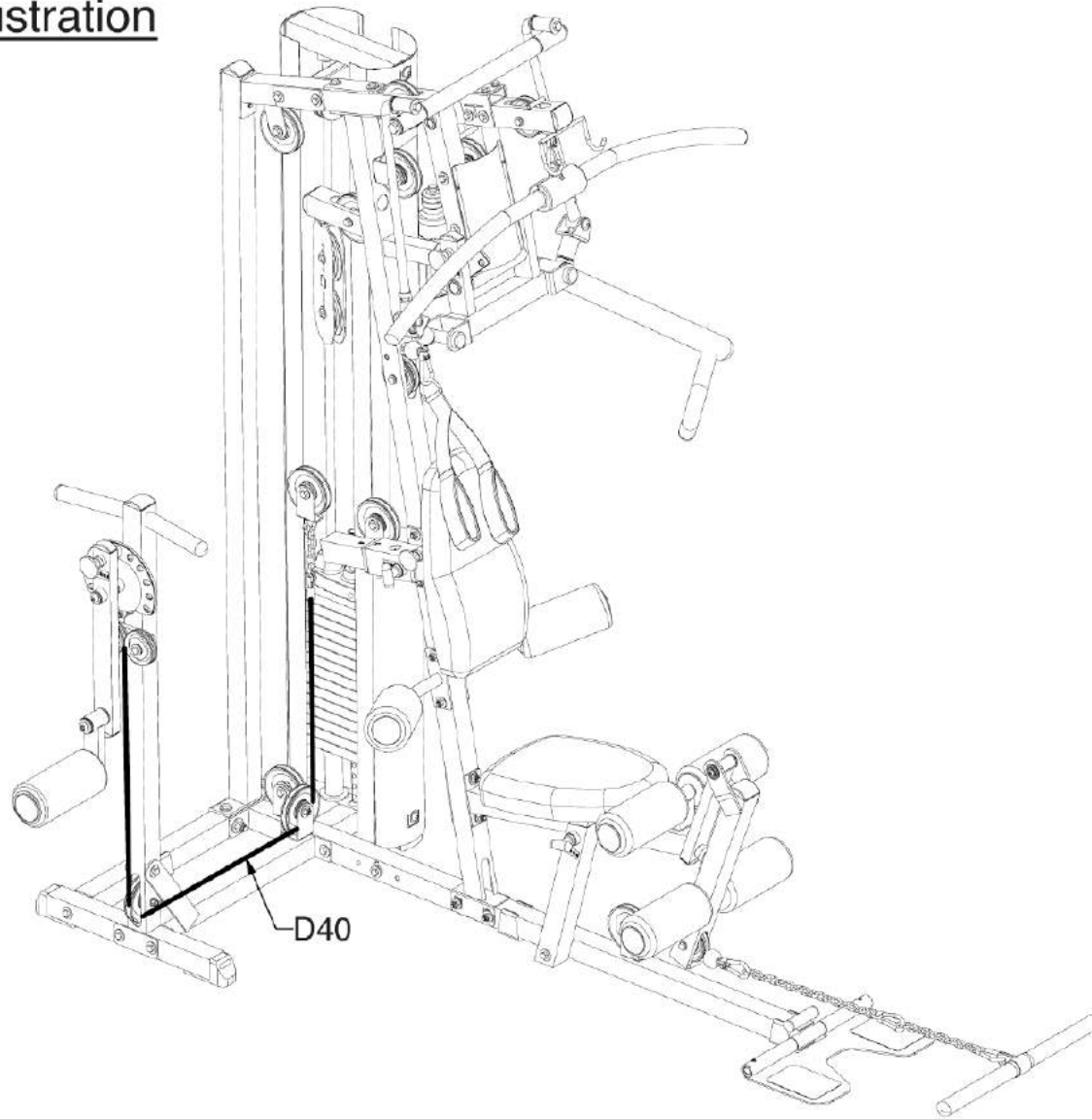


Above shows STEP 9 assembled and completed



Cable to constitute illustration

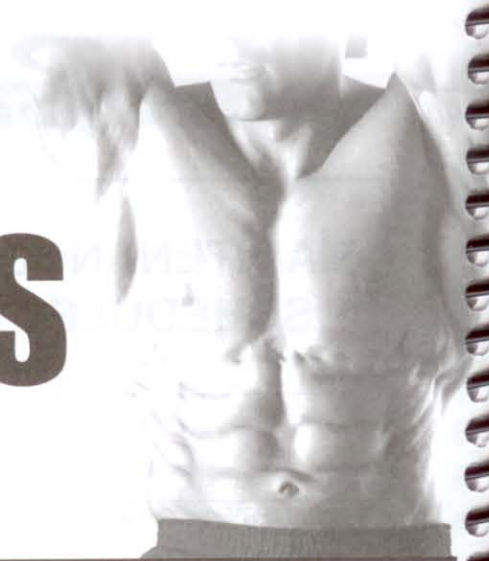
D40



# PHRASES, TERMS, TIPS & GUIDELINES

## BEGINNER'S GUIDELINES

- Work out at least two times a week.
- Include six to eight exercises that train major muscle groups.
- Perform two or three sets of at least eight to 12 repetitions.



### **AEROBIC**

Exercise that primarily uses oxygen to burn fuel at low to moderate levels of intensity. Running and jogging are examples of aerobic exercise.

### **ANAEROBIC**

Exercise that primarily uses the body's stored fuel for energy. Intense weightlifting is an example of an anaerobic exercise.

### **ATROPHY**

Decrease of a muscle caused by the decrease in the size of its cells because of inactivity.

### **BALLISTIC STRETCHING**

A stretching technique that involves a bouncing or bobbing movement during the stretch. The final position is not held. This is not a recommended stretching technique.

### **BREATHING**

Never hold your breath during any part of an exercise. Holding your breath may cause severe intra-thoracic pressure and raise blood pressure leading to dizziness, blackout or other complications. The rule of thumb is to exhale on exertion and inhale on the return part of the exercise.

### **CARDIOVASCULAR**

Referring to the heart, lungs, and other periphery systems involved in the transport of oxygen throughout the body.

### **CHALLENGE YOUR MUSCLES**

All strength training should progress gradually, using increases in weight until your goals are reached. Then, change your workout to include increased reps or a higher weight resistance. Alter the order of your exercises, perform multiple sets or different exercises to maintain results or reach new goals.

### **CHANGE ROUTINE**

Beginner's please note: If you want to make changes in the exercise routine that you do, wait until about the six to eight week point. Advanced lifters may want to change routines to avoid plateaus in gaining size or strength.

### **CIRCUIT TRAINING**

Exercise stations that consist of various combinations of weight training, flexibility, calisthenics, and aerobic exercise.

### **CONCENTRIC MUSCLE ACTION**

The muscle shortens while contracting against resistance.

### **ECCENTRIC MUSCLE ACTION**

The muscle lengthens while contracting against resistance.

### **EXERCISE FREQUENCY**

Exercise each muscle group 2-3 times per week. Allow a minimum of 48 hours rest for each muscle group worked. If you are doing a total-body workout, three training sessions per week, performed on every second day, is adequate.

### **EXERCISE LARGE MUSCLES FIRST**

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### **EXERCISE PROGRAM DURATION**

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### **GIVE YOUR MUSCLES A REST**

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### **HYPERTROPHY**

Enlargement of a muscle caused by an increase in the size of its cells in response to weight training.

### **INTENSITY**

The degree to which the body is worked during exercise.

### **ISOKINETIC EXERCISE**

Resistance is given at a fixed velocity of movement with accommodating intensity. A machine that moves you through an entire range of motion at a preset speed and will not change no matter how much pressure is put forth by the individual.

### **ISOMETRIC EXERCISE**

Contracts the muscle statically without changing its length. Example: Attempting to lift a weight heavier than you can handle, but cannot move.

### **ISOTONIC EXERCISE**

Shortens and lengthens the muscle through a complete range of motion. This defines weight training with full range of motion.

### **MUSCLE FATIGUE**

Fatigue is when you can't possibly do another rep without sacrificing form.

### **MUSCULAR ENDURANCE**

The ability to perform repetitive muscular contractions against some resistance.

### **MUSCULAR STRENGTH**

The maximum force that can be applied by a muscle during a single maximum contraction.

### **OSTEOPOROSIS**

A decrease in bone density.

### **PLYOMETRIC EXERCISE**

A technique that includes specific exercises which encompass a rapid stretch of a muscle eccentrically, followed immediately by a rapid concentric contraction of that muscle for the purpose of facilitating and developing a forceful explosive movement over a short period of time. Examples of these are using medicine balls for upper extremity and depth jumping for lower extremity.

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### MUSCULAR STRENGTH

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### OSTEOPOROSIS

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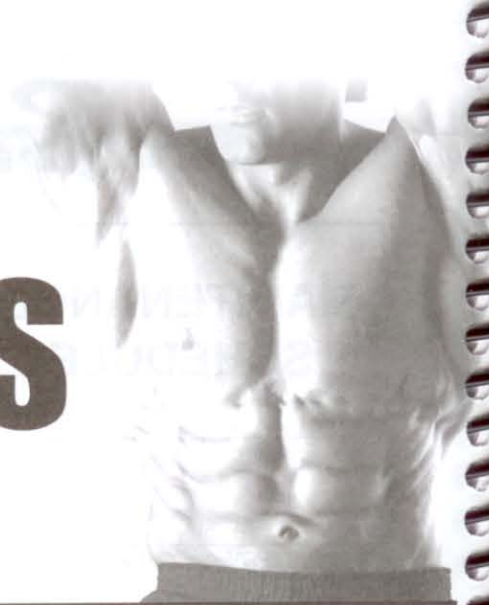
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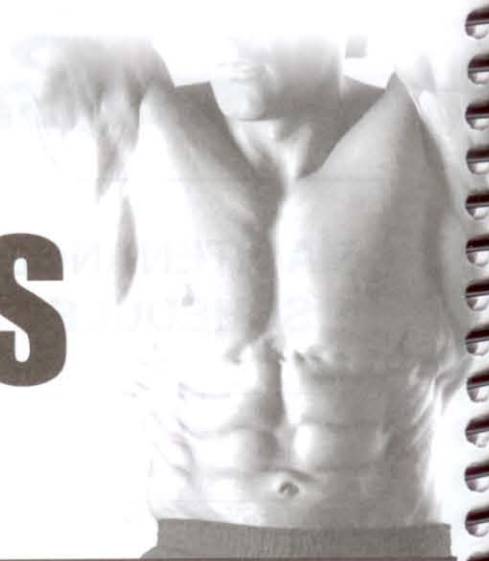
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You should work your large muscle groups first (ie. squat, bench press, lat pulldown) before you exercise your small muscle groups (ie. bicep curls, tricep pressdowns, lateral raises).

### **EXERCISE PROGRAM DURATION**

A weight training routine should take anywhere from 45 minutes to one hour to complete. Add another 20 to 60 minutes when you include stretching, warm-up, aerobics and cool-down.

### **GIVE YOUR MUSCLES A REST**

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### **HYPERTROPHY**

Enlargement of a muscle caused by an increase in the size of its cells in response to weight training.

### **INTENSITY**

The degree to which the body is worked during exercise.

### **ISOKINETIC EXERCISE**

Resistance is given at a fixed velocity of movement with accommodating intensity. A machine that moves you through an entire range of motion at a preset speed and will not change no matter how much pressure is put forth by the individual.

### **ISOMETRIC EXERCISE**

Contracts the muscle statically without changing its length. Example: Attempting to lift a weight heavier than you can handle, but cannot move.

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Shortens and lengthens the muscle through a complete range of motion. This defines weight training with full range of motion.

### **MUSCLE FATIGUE**

Fatigue is when you can't possibly do another rep without sacrificing form.

### **MUSCULAR ENDURANCE**

The ability to perform repetitive muscular contractions against some resistance.

### **MUSCULAR STRENGTH**

The maximum force that can be applied by a muscle during a single maximum contraction.

### **OSTEOPOROSIS**

A decrease in bone density.

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A technique that includes specific exercises which encompass a rapid stretch of a muscle eccentrically, followed immediately by a rapid concentric contraction of that muscle for the purpose of facilitating and developing a forceful explosive movement over a short period of time. Examples of these are using medicine balls for upper extremity and depth jumping for lower extremity.

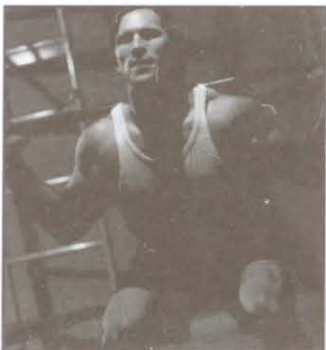
## SETTING UP YOUR PERSONAL PROGRAM



It is important to first establish specific and realistic goals. You should determine your long term goal and then set a series of short term goals that will help you attain your long term goal. The most common goals are:



Muscular Endurance & Definition



Increase Strength



Increase Power & Muscle Mass

If your personal goals involve losing a considerable amount of body fat you will need to focus more on aerobic exercise and weight training for muscular endurance and definition. If your goals involve a large increase in muscle size you will need to focus on power and muscle mass weight training. Depending on your goals, you will have different nutritional requirements.

Once you have determined your personal goals, you will need to set up a schedule that helps you attain them. Set up a schedule that includes the number of workouts per week, the type of workout activity, the time of day for each workout, and the actual workout program. Don't forget to factor in the warm up and cool down periods. You may have to modify your current lifestyle to accommodate your new schedule. It's very important to include the following basic components to achieve successful results:



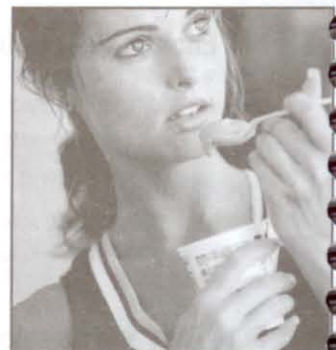
Stretching



Aerobic Exercise



Weight Training



Nutrition

## DETERMINE YOUR TRAINING METHOD



There are three basic types of weight training methods:

1. Training for muscular endurance and definition
2. Training for strength
3. Training for power and muscle mass

You should select a training method that reflects both your present fitness level and your long term goals. You should begin carefully and with proper professional guidance. You can always move from one training method to another as you progress.

If you are beginner, you should start slowly and carefully, gradually increasing the frequency and intensity of your training. Always play it safe – be realistic about your goals and your schedule. Realistic goals are safer and easier to follow.

Which is the right training method for you? First, take a look at your present physique and determine your objectives. Do you want a trim, toned, well-defined body? Are you involved in a sport where speed, strength and power are most important? Maybe you want bulging muscles and a terrific V-shape torso so you look great on the beach. Once you make a decision on what the final results should be, you can set up your personal program using the proper training method to achieve your goals.

### Which training method is right for you?

#### FOR MUSCULAR ENDURANCE & DEFINITION

This training method incorporates achieving and maintaining a high cardiovascular (heart) rate and helps burn away excess fatty tissue. It also adds muscle definition and muscular endurance to your entire body. Exercises are most commonly performed for 15 to 20 repetitions and 3 to 4 sets using a light to moderate weight. The rest period between sets should be about 30 seconds. These short rest intervals will help maintain an elevated heart rate and prevent the muscles from cooling down.

#### FOR STRENGTH

This type of training is the most popular of the three and is designed specifically for increasing strength throughout the muscle and the muscle-tendon junction. This type of training is especially important for athletes. Normally, exercises are performed using moderate to heavy weight for 8 to 12 repetitions and 2 to 3 sets. The rest period between sets should be from 60 to 90 seconds. This allows a degree of muscle recovery before you hit them again.

#### FOR POWER AND MUSCLE MASS

This is the method most often used by bodybuilders and is recommended only for the intermediate and advanced lifter. The weights used are heavy — this shocks the muscles and stimulates a more rapid increase in muscle size. Usually exercises are performed for 2 to 6 repetitions and 3 to 4 sets using very heavy weight. The rest period between sets should be from 3 to 4 minutes. The prolonged rest periods allow ample time for recovery between sets.

### DESIGNING YOUR PERSONAL ROUTINE

#### FIRST:

You need to decide which of the above training methods is best suited to accomplish your personal goals.

#### SECOND:

Study the exercise poster that came with your Body-Solid machine and select one or two exercises per body part (body parts are listed to the left of the exercise pictures). Be sure to include exercises for all body parts. If you leave out certain body parts your exercise routine and your body will not be balanced. If you are trying to increase muscle mass or increase strength to a muscle group it is alright to add extra exercises to the area you are particularly concerned about.

#### THIRD:

Coordinate your body part exercise program and your personal schedule. If you select one exercise per body part you can normally do your entire routine in the same workout. If you choose to do more than 12 exercises you may decide to divide your workout routine into upper and lower body exercises. You can split your schedule to work upper body one day and lower body the next day. Remember to rest each particular muscle group 48 hours before working it again.

#### FOURTH:

Order the exercises in your routine so you are working the large muscle groups first and the small muscle groups last.

#### FIFTH:

Keep a record! Write down the exercises, number of sets, number of reps and the amount of resistance (weight).

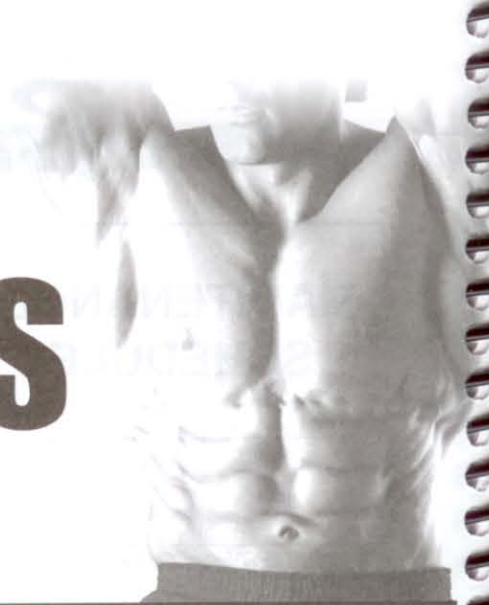
#### BEGINNER'S SAMPLE WORKOUT ROUTINE WHEN TRAINING FOR DEFINITION

Exercício	Repetições	Séries
Bench / Chest Press	15 a 20	3 ou 4
Lat Pulldown	15 a 20	3 ou 4
Shoulder Press	15 a 20	3 ou 4
Tricep Pressdown	15 a 20	3 ou 4
Bicep Curl	15 a 20	3 ou 4
Leg Press / Squat	15 a 20	3 ou 4
Leg Extension	15 a 20	3 ou 4
Leg Curl	15 a 20	3 ou 4
Calf Raise	15 a 20	3 ou 4
Ab Crunch	20 a 30	3 ou 4

# PHRASES, TERMS, TIPS & GUIDELINES

## BEGINNER'S GUIDELINES

- Work out at least two times a week.
- Include six to eight exercises that train major muscle groups.
- Perform two or three sets of at least eight to 12 repetitions.



### **AEROBIC**

Exercise that primarily uses oxygen to burn fuel at low to moderate levels of intensity. Running and jogging are examples of aerobic exercise.

### **ANAEROBIC**

Exercise that primarily uses the body's stored fuel for energy. Intense weightlifting is an example of an anaerobic exercise.

### **ATROPHY**

Decrease of a muscle caused by the decrease in the size of its cells because of inactivity.

### **BALLISTIC STRETCHING**

A stretching technique that involves a bouncing or bobbing movement during the stretch. The final position is not held. This is not a recommended stretching technique.

### **BREATHING**

Never hold your breath during any part of an exercise. Holding your breath may cause severe intra-thoracic pressure and raise blood pressure leading to dizziness, blackout or other complications. The rule of thumb is to exhale on exertion and inhale on the return part of the exercise.

### **CARDIOVASCULAR**

Referring to the heart, lungs, and other periphery systems involved in the transport of oxygen throughout the body.

### **CHALLENGE YOUR MUSCLES**

All strength training should progress gradually, using increases in weight until your goals are reached. Then, change your workout to include increased reps or a higher weight resistance. Alter the order of your exercises, perform multiple sets or different exercises to maintain results or reach new goals.

### **CHANGE ROUTINE**

Beginner's please note: If you want to make changes in the exercise routine that you do, wait until about the six to eight week point. Advanced lifters may want to change routines to avoid plateaus in gaining size or strength.

### **CIRCUIT TRAINING**

Exercise stations that consist of various combinations of weight training, flexibility, calisthenics, and aerobic exercise.

### **CONCENTRIC MUSCLE ACTION**

The muscle shortens while contracting against resistance.

### **ECCENTRIC MUSCLE ACTION**

The muscle lengthens while contracting against resistance.

### **EXERCISE FREQUENCY**

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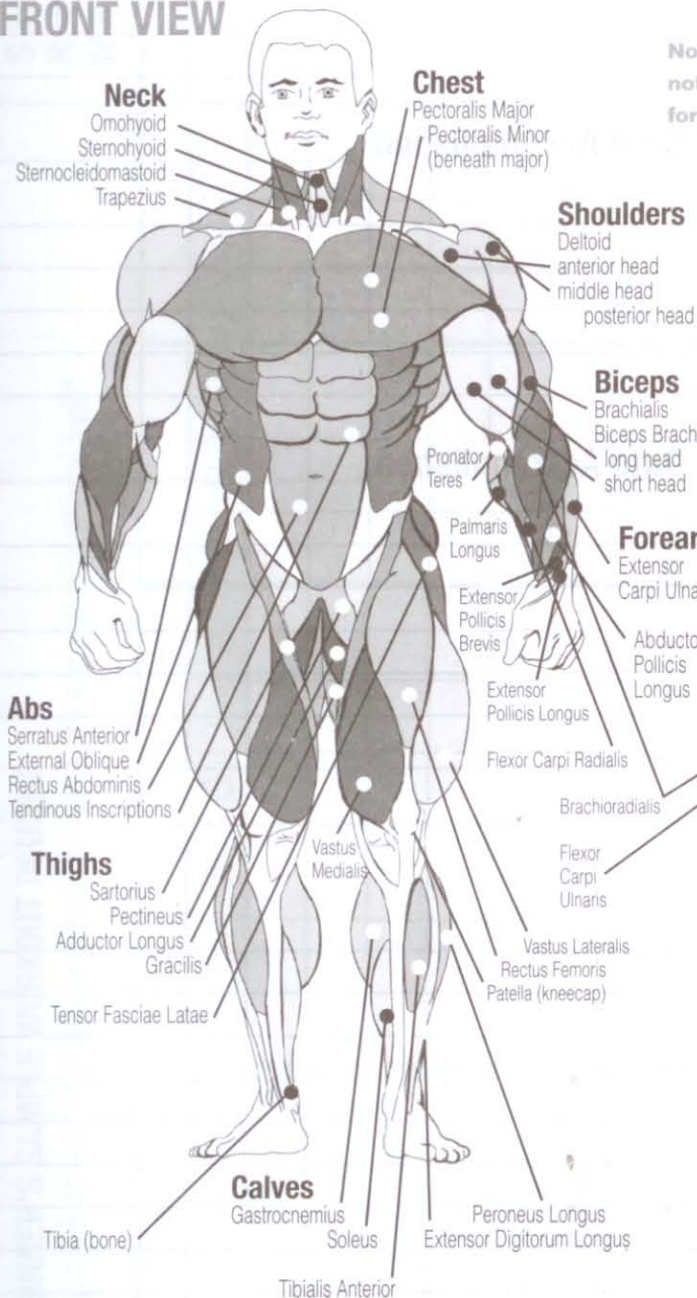
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# ANATOMY CHART

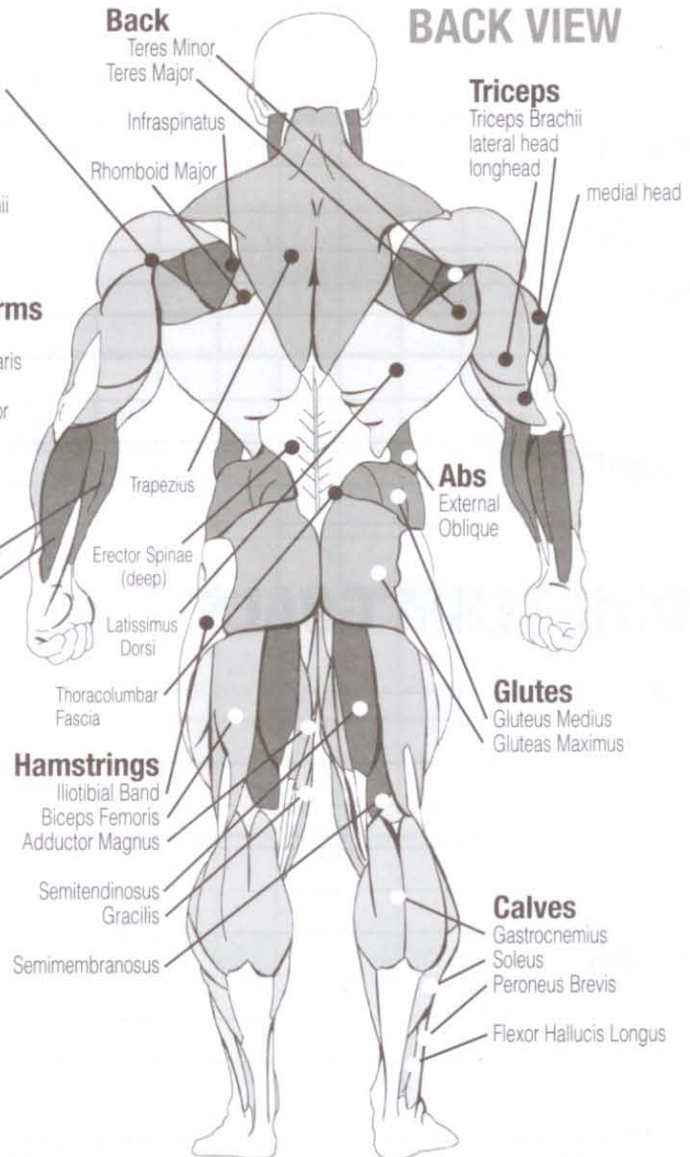


## FRONT VIEW



Note: These illustrations depicting exaggerated musculature are not in the textbook anatomical position. As such, they are inexact for medical purposes but are useful for a general understanding.

## BACK VIEW





## SHORT-TERM GOALS

Date Set \_\_\_\_\_ Date Accomplished \_\_\_\_\_

Goal \_\_\_\_\_  
\_\_\_\_\_

Reward\*\* \_\_\_\_\_

Date Set \_\_\_\_\_ Date Accomplished \_\_\_\_\_

Goal \_\_\_\_\_  
\_\_\_\_\_

Reward\*\* \_\_\_\_\_

Date Set \_\_\_\_\_ Date Accomplished \_\_\_\_\_

Goal \_\_\_\_\_  
\_\_\_\_\_

Reward\*\* \_\_\_\_\_

## LONG-TERM GOALS

Goal \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reward! \_\_\_\_\_  
\_\_\_\_\_

\* Make several copies of this page to keep track of your goals and accomplishments.  
You can print more copies of this page by going to <http://www.bodysolid.com/support/docs.html>  
\*\* Don't forget to reward yourself for a job well-done!



## WEIGHT TRAINING EXERCISE LOG

### BEGINNER'S SAMPLE WORKOUT ROUTINE

Keep track of your changes and improvements. It's a great motivational tool!\*

S = Sets  
R = Repetitions per set  
W = Weight used

Date	S			R			W		
	S	R	W	S	R	W	S	R	W
Exercise									
BENCH / CHEST PRESS									
LAT PULLDOWN									
SHOULDER PRESS									
TRICEP PRESSDOWN									
BICEP CURL									
LEG PRESS / SQUAT									
LEG EXTENSION									
LEG CURL									
CALF RAISE									
AB CRUNCH									
TOTALS									

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	S	R	S	R	S	R	S	R	S	R	S	R	S	R	S	R	S	R	
Exercise																			
BENCH / CHEST PRESS																			
LAT PULLDOWN																			
SHOULDER PRESS																			
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BICEP CURL																			
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# STRETCHING WARM-UP/COOL-DOWN



## UPPER BACK

### Cross Arm in Front of Chest

MUSCLE(S) AFFECTED: *latissimus dorsi* and *teres major*

1. Stand or sit with the right arm slightly flexed (15° to 30°) and adducted across the chest.
2. Grasp the upper arm just above the elbow, placing the left hand on the posterior side of the upper arm.
3. Pull the right arm across the chest (toward the left) with the left hand.
4. Hold for 10 seconds.
5. Repeat with the left arm.



Stretching the upper back

## UPPER BACK

### Arms Straight Up Above Head (Pillar)

MUSCLE(S) AFFECTED: *latissimus dorsi* and *wrist flexors*

1. Stand with arms in front of torso, fingers interlocked with palms facing each other.
2. Slowly straighten the arms above the head with palms up.
3. Continue to reach upward with hands and arms.
4. While continuing to reach upward, slowly reach slightly backward.
5. Hold for 10 seconds.



Stretching the shoulders, chest and upper back

## LOWER BACK

### Spinal Twist (Pretzel)

MUSCLE(S) AFFECTED: *internal oblique*, *external oblique* and *spinal erectors*

1. Sitting with legs straight and upper body nearly vertical, place right foot on left side of left knee.
2. Place back of left elbow on right side of right knee, which is now bent.
3. Place right palm on floor 12 to 16 inches behind hips.
4. Push right knee to the left with left elbow while turning shoulders and head to the right as far as possible. Try to look behind the back.
5. Hold for 10 seconds.
6. Repeat with left leg.



Stretching the low back and sides

# STRETCHING WARM-UP/COOL-DOWN

## LOWER BACK

### Semi-Leg Straddle

MUSCLE(S) AFFECTED: *spinal erectors*

1. Sitting, knees flexed 30 to 50 degrees, let the legs totally relax.
2. Point the knees outward; the lateral side of the knees may or may not touch the floor.
3. Lean forward from waist and reach forward with extended arms. Hold position for 10 to 15 seconds.
4. Bending and relaxing legs decreases hamstring involvement and increases lower back stretch.



Stretching the low back from seated position

## HIPS

### Forward Lunge (Fencer)

MUSCLE(S) AFFECTED: *iliopsoas, rectus femoris*

1. Standing, take a long step forward (as with the lunge) with the right leg and flex the right knee until it is directly over the right foot.
2. Keep right foot flat on floor.
3. Keep back leg straight.
4. Keep back foot pointed in same direction as front foot; it is not necessary to have heel on floor.
5. Keep torso upright and rest hands on hips or front leg.
6. Slowly lower hips forward and downward.
7. Hold for 10 to 15 seconds.
8. Repeat with the left leg.



Stretching the hip flexors

## HIPS

### Supine Knee Flex

MUSCLE(S) AFFECTED: *hip extensors (gluteus maximus and hamstrings)*

1. Lie on back with legs straight.
2. Flex right leg and lift knee toward chest.
3. Place both hands below knee and continue to pull knee toward chest.
4. Hold for 10 to 15 seconds.
5. Repeat with left leg.



Stretching the gluteals and hamstrings

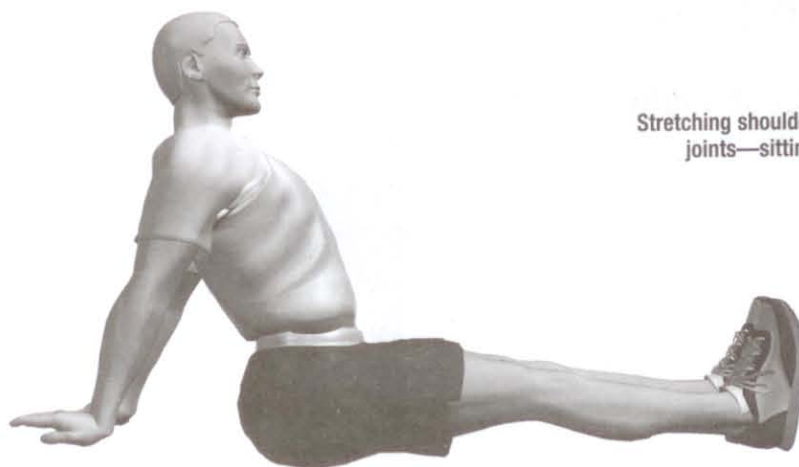
# STRETCHING WARM-UP/COOL-DOWN

## SHOULDER

### Seated Lean-Back

MUSCLE(S) AFFECTED: *deltoids and pectoralis major*

1. Sitting with legs straight and arms extended, place palms on floor about 12 inches behind hips.
2. Point fingers away (backward) from body.
3. Slide hands backward and lean backward.
4. Hold for 10 seconds.



Stretching shoulder joints—sitting

## CHEST

### Straight Arms Behind Back

MUSCLE(S) AFFECTED: *deltoids and pectoralis major*

1. Standing, place both arms behind back.
2. Interlock fingers with palms facing each other.
3. Straighten arms fully.
4. Slowly raise the straight arms.
5. Hold for 10 to 15 seconds.
6. Keep head upright and neck relaxed.



Stretching the chest

## POSTERIOR OF UPPER ARM

### Behind-Neck Stretch (Chicken Wing)

MUSCLE(S) AFFECTED: *triceps and latissimus dorsi*

1. Standing or sitting, flex right arm and raise elbow above head.
2. Reach the right hand down toward the left scapula.
3. Grasp right elbow with left hand.
4. Pull elbow behind head with left hand.
5. Hold for 10 seconds.
6. Repeat with left arm.



Stretching the triceps

# STRETCHING WARM-UP/COOL-DOWN

## NECK

### Look Right and Left

MUSCLE(S) AFFECTED: *sternocleidomastoid*

1. Stand or sit with head and neck upright.
2. Turn head to the right using a submaximal concentric contraction. Hold for 10 seconds.
3. Turn head to the left using a submaximal concentric contraction. Hold for 10 seconds.



Rotational flexion of the neck

## NECK

### Flexion and Extension

MUSCLE(S) AFFECTED: *sternocleidomastoid, suboccipitals and splenii*

1. Standing or sitting with head and neck upright, flex neck anteriorly (forward) by tucking chin in toward the chest; hold for 10 seconds.
2. If the chin touches the chest, try to touch lower on the chest with the chin.
3. Extend neck posteriorly (backward) by trying to touch the head to the trapezius; hold for 10 seconds.

Neck extension



Neck flexion



## SHOULDER

### Straight Arms Behind Back

MUSCLE(S) AFFECTED: *deltoids and pectoralis major*

1. Standing, place both arms behind back.
2. Interlock fingers with palms facing each other.
3. Straighten arms fully.
4. Slowly raise the straight arms.
5. Hold for 10 to 15 seconds.
6. Keep head upright and neck relaxed.



Stretching shoulder joints—standing



# STRETCHING WARM-UP/COOL-DOWN

## SIDES

### Side Bend with Straight Arms

MUSCLE(S) AFFECTED: *external oblique, latissimus dorsi and serratus anterior*

1. Stand with feet 14 to 16 inches apart.
2. Interlace the fingers with palms facing each other.
3. Reach upward with straight arms.
4. Keeping arms straight, lean from waist to left side. Do not bend knees.
5. After moving as far as possible, hold for 10 seconds.
6. Repeat to the left side.



Stretching the sides, upper back and shoulders

## SIDES

### Side Bend with Bent Arm

MUSCLE(S) AFFECTED: *external oblique, latissimus dorsi, serratus anterior and triceps*

1. Stand with feet 14 to 16 inches apart.
2. Flex right arm and raise elbow above head.
3. Reach the right hand down toward the left shoulder.
4. Grasp the right elbow (just above the elbow) with the left hand.
5. Pull the elbow behind head.
6. Keeping arm bent, lean from waist to left side.
7. Do not bend knees.
8. After moving as far as possible, hold for 10 to 15 seconds.
9. Repeat with the left arm.



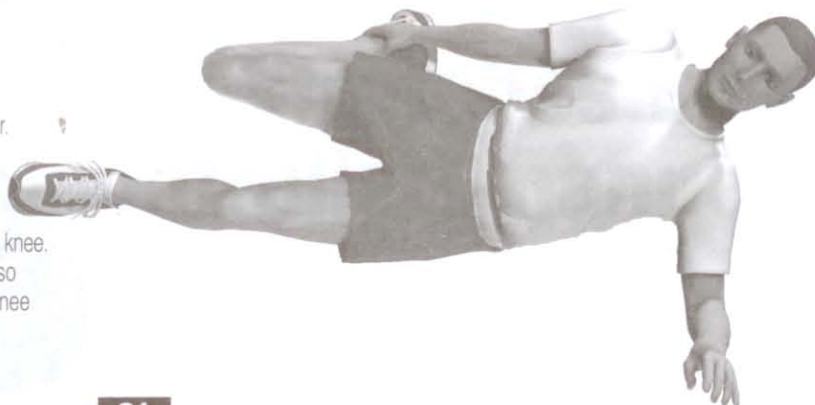
Stretching the sides, triceps and upper back

## ANTERIOR OF THIGH AND HIP FLEXOR

### Side Quadricep Stretch

MUSCLE(S) AFFECTED: *quadriceps and iliopectas*

1. Lie on left side with both legs straight.
2. Place left forearm flat on floor and upper arm perpendicular to floor.
3. Place left forearm at 45° angle with torso.
4. Flex right leg with heel of right foot moving toward buttocks.
5. Grasp front of ankle with right hand and pull toward buttocks.
6. WARNING: Do not pull on ankle so hard that pain or discomfort is felt in knee. Move knee backward and slightly upward. The stretch occurs not so much from the excessive flexion of the knee but from moving the knee back and slightly up.
7. Hold for 10 to 15 seconds.
8. Repeat with the left leg.



Stretching the quadriceps on side

# STRETCHING WARM-UP/COOL-DOWN

## ANTERIOR OF THIGH AND HIP FLEXOR

### Kneeling Quadriceps Stretch

MUSCLE(S) AFFECTED: *quadriceps*

1. Kneel with the balls of the feet on the ground.
2. Keep hips straight (upper leg and torso should be in a straight line).
3. Place palms of hands on buttocks and push slightly forward.
4. With a straight body, lean slightly backward until developmental stretch is felt in quadriceps.
5. Hold for 10 to 15 seconds.



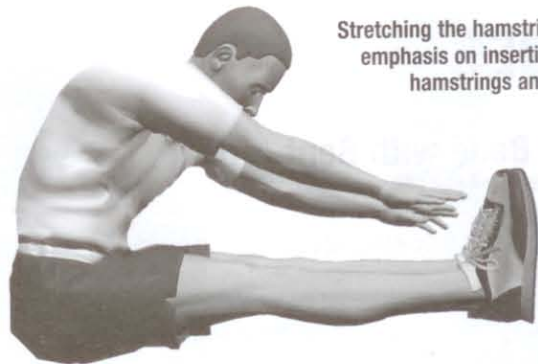
Stretching the quadriceps kneeling

## POSTERIOR OF THIGH

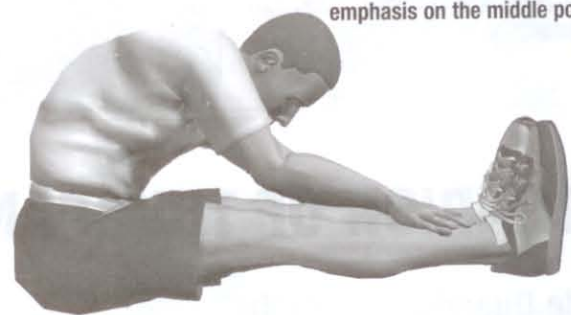
### Sitting Toe Touch

MUSCLE(S) AFFECTED: *hamstrings, spinal erectors and gastrocnemius*

1. Sit with the upper body nearly vertical and legs straight.
2. Lean forward from waist and grasp toes with each hand, slightly pull toes towards the upper body, and pull chest towards leg. (If you are very stiff, try to grasp the ankles.) Hold for 10 seconds.
3. Release toes and relax foot.
4. Grasp ankles and continue to pull chest towards legs. Hold for 10 seconds.
5. Still grasping the ankles, point away from body and continue to pull chest towards legs. Hold for 10 seconds.



Stretching the hamstrings with emphasis on insertion of the hamstrings and calves.



Stretching the hamstrings with emphasis on the middle portion.



Stretching the hamstrings with emphasis on the upper portion.



# STRETCHING WARM-UP/COOL-DOWN

## POSTERIOR OF THIGH

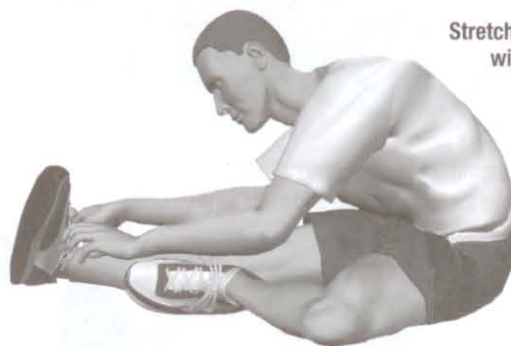
### Semistraddle (Figure Four)

MUSCLE(S) AFFECTED: *gastrocnemius, hamstrings and spinal erectors*

1. Sit with the upper body nearly vertical and legs straight.
2. Place sole of left foot on left side of right knee. The lateral side of left leg should be resting on the floor.
3. Lean forward from the waist and grasp toes with right hand and slightly pull toes toward the upper body as the chest is also pulled toward right leg. Hold for 10 seconds.
4. Release toes and relax foot.
5. Grasp ankle and continue to pull chest toward right leg. Hold for 10 seconds.
6. Point toes away from body and continue to pull chest toward right leg. Hold for 10 seconds.
7. Repeat with the left leg.



Stretching the hamstrings with emphasis on insertion of the hamstrings and calves



Stretching the hamstrings with emphasis on the middle portion



Stretching the hamstrings with emphasis on the upper portion

**Remember... do all stretches in a smooth, slow, controlled manner.**



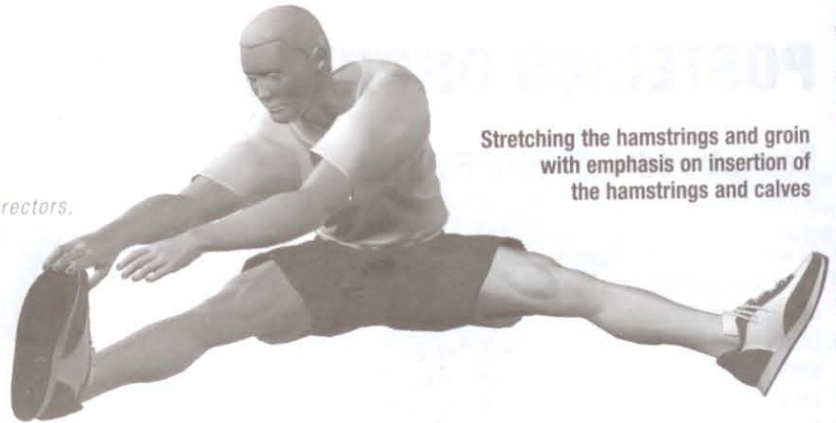
# STRETCHING WARM-UP/COOL-DOWN

## GROIN

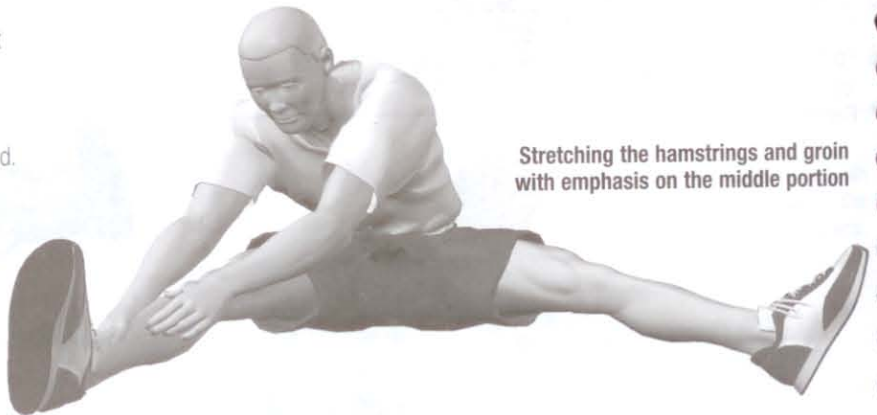
### Straddle (Spread Eagle)

MUSCLE(S) AFFECTED: *gastrocnemius, hamstrings, spinal erectors, adductors and sartorius*

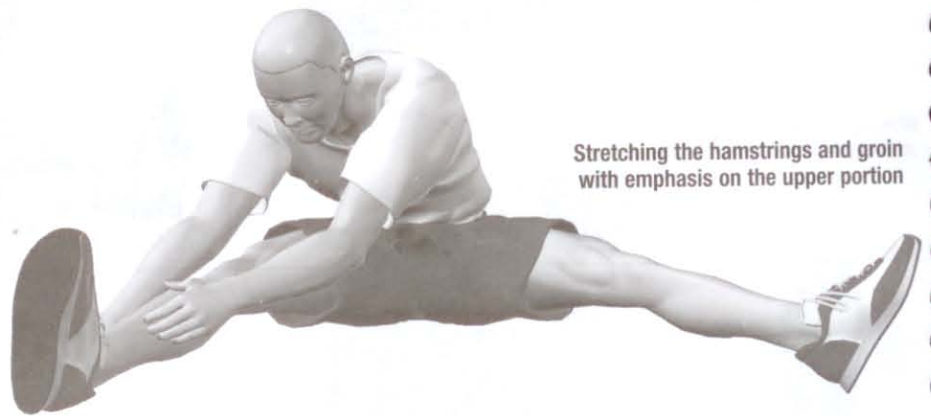
1. Sit with the upper body nearly vertical and legs straight, and spread legs as far as possible.
2. With right hand, grasp toes of right foot and pull on toes slightly, while pulling chest toward right leg. Hold for 10 seconds.
3. Release toes and relax foot.
4. Grasp ankle and continue to pull chest toward right leg. Hold for 10 seconds.
5. Point toes away from body and continue to pull chest toward right leg. Hold for 10 seconds.
6. Repeat process with the left leg.
7. Repeat process by grasping right toes with right hand and left toes with left hand. Move the torso forward and toward the ground.



Stretching the hamstrings and groin with emphasis on insertion of the hamstrings and calves



Stretching the hamstrings and groin with emphasis on the middle portion



Stretching the hamstrings and groin with emphasis on the upper portion



Stretching the groin, low back and hamstrings



# STRETCHING WARM-UP/COOL-DOWN

## GROIN

### Butterfly

MUSCLE(S) AFFECTED: *adductors and sartorius*

1. Sitting with the upper body nearly vertical and legs straight, flex both knees as the soles of the feet come together.
2. Pull feet toward body.
3. Place hands on feet and elbows on legs.
4. Pull torso slightly forward as elbows push legs down.
5. Hold for 10 to 15 seconds.



Stretching the groin

## POSTERIOR OF LOWER LEG

### Bent-Over Toe Raise

MUSCLE(S) AFFECTED: *gastrocnemius and soleus*

1. Stand with heel of right foot 6 to 8 inches in front of left foot.
2. Flex right foot toward shin (dorsi-flexion) with heel in contact with floor.
3. Lean forward and try to touch right leg with chest while both legs are straight.
4. Continue to lean downward with upper body as the foot is dorsi-flexed near maximal toward the shin.
5. Hold for 10 to 15 seconds.
6. Repeat with the left leg.



Stretching calves without a step

## POSTERIOR OF LOWER LEG

### Step Stretch

MUSCLE(S) AFFECTED: *gastrocnemius and soleus; also, achilles tendon*

1. Have ready a step or board 3 to 4 inches high.
2. Place balls of both feet on the step or board, 1 inch from its edge.
3. With straight legs, lower heels as far as possible.
4. Hold for 10 to 15 seconds.
5. To stretch achilles tendon, raise heels slightly. Slightly flex the knees and then lower the heels. This stretch will be felt in the achilles tendon.
6. Hold for 10 to 15 seconds.
7. For a more intense and individualized stretch, perform this stretch with one leg at a time.



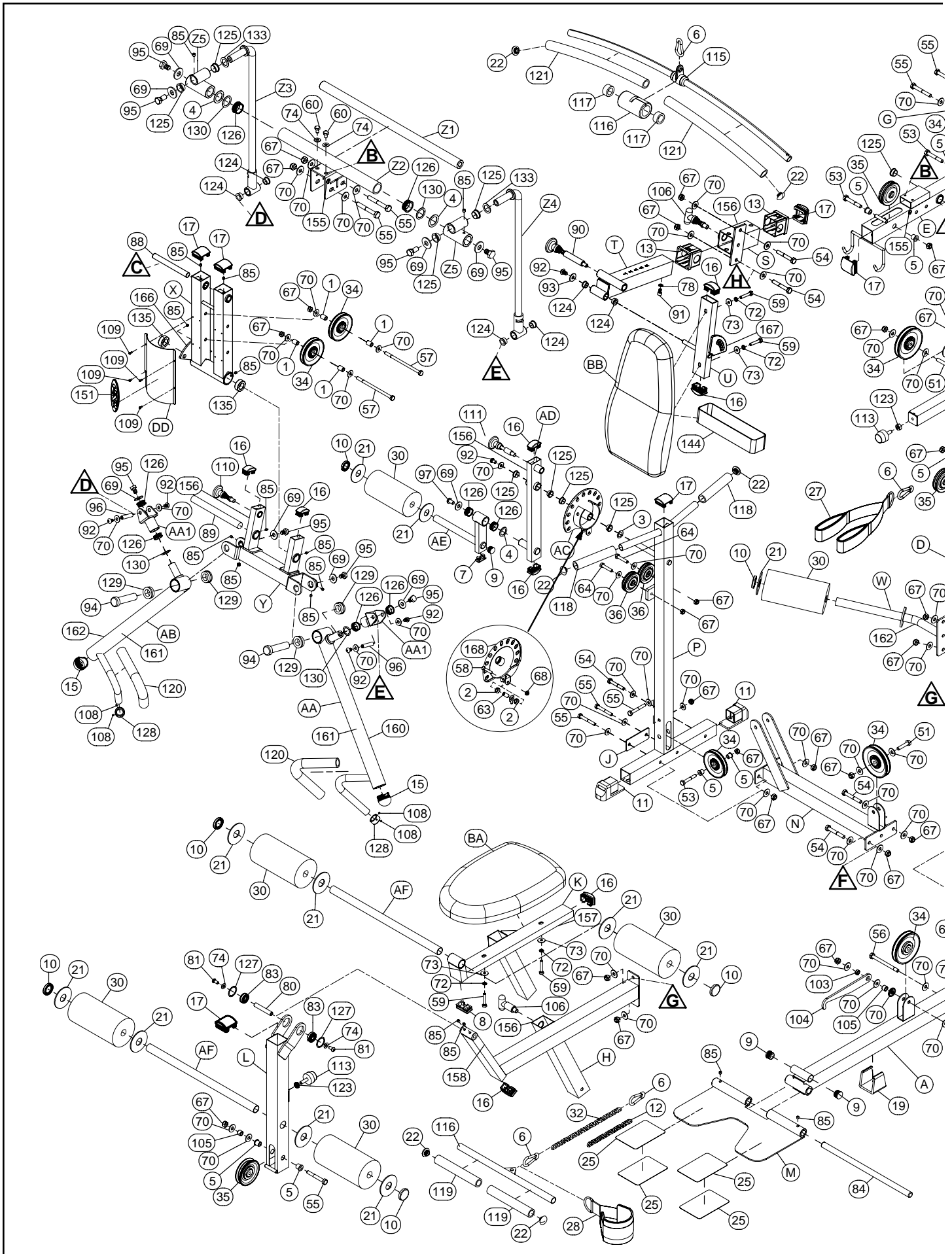
Stretching the calves standing on a step



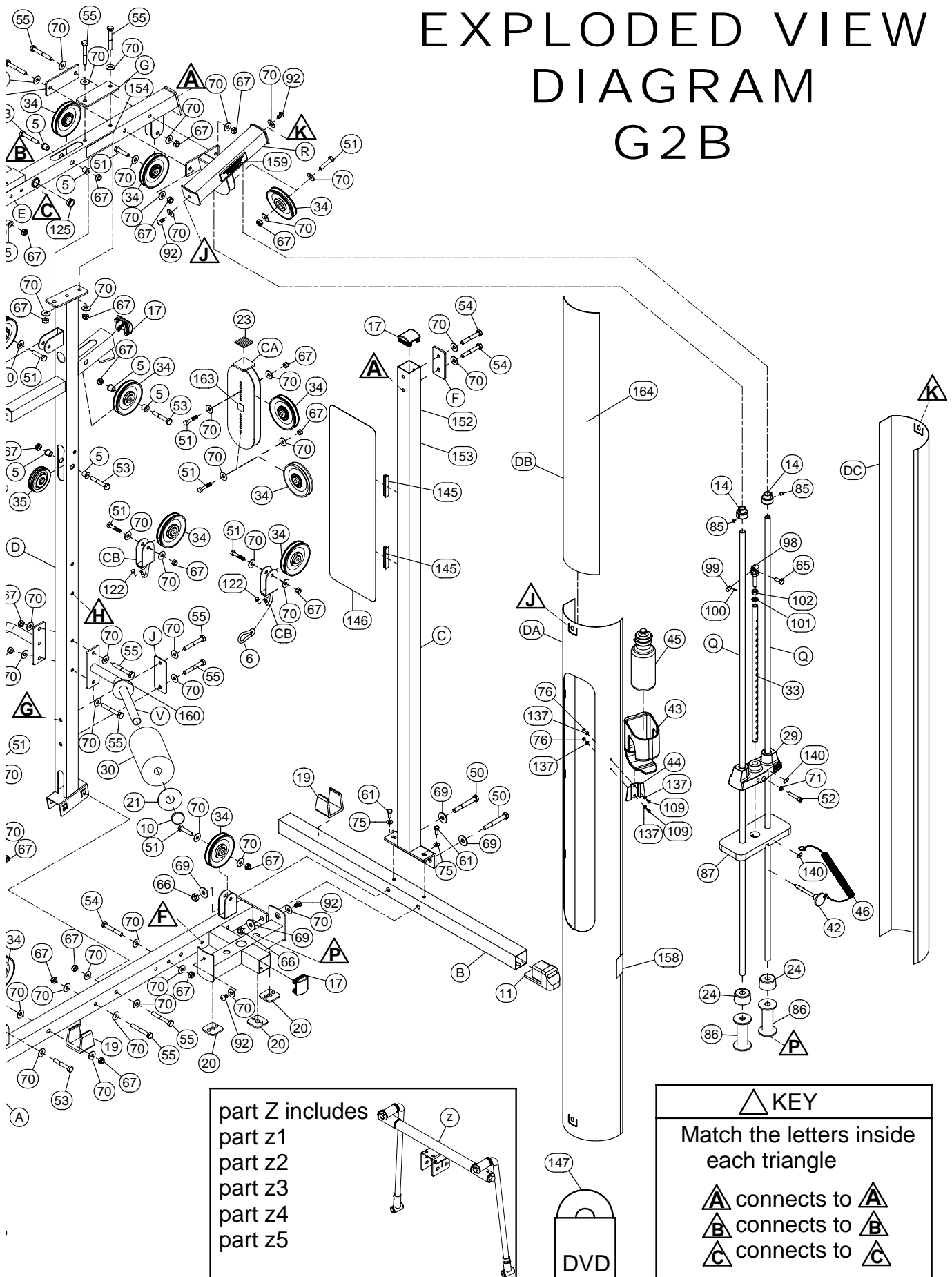
Preparing to stretch the achilles tendon by slightly bending the knee



Stretching the achilles tendon by lowering the heel



# EXPLODED VIEW DIAGRAM G2B



## Lista de peças

Posição	Código	Descrição	Qtd.
1	G2B-001	LUVA ESPAÇADORA 5/8" X 7/8"	4
2	G2B-002	LUVA ESPAÇADORA 3/4" X 3/8"	2
3	G2B-003	ARRUELA OILITE 3/4" DI X 11/4"DE	1
4	G2B-004	ARRUELA OILITE 1" DI X 11/2" DE	1
5	G2B-005	ESPAÇADOR DA POLIA 3/8" X 5/8"L	12
6	G2B-006	FECHO DE CORRER	5
7	G2B-007	TAMPA LISA DA EXTREMIDADE 3/4" X 11/2"	1
8	G2B-008	TAMPA LISA DA EXTREMIDADE 1" X 2"	1
9	G2B-009	TAMPA DA EXTREMIDADE 1"	3
10	G2B-010	TAMPA DA EXTREMIDADE DO ROLETE	5
11	G2B-011	CAPA DO PÉ 2" X 2"	3
12	G2B-012	CORRENTE DE AÇO 10"	1
13	G2B-013	BUCHA DE NYLON 2" X 2"	2
14	G2B-014	ARO DO EIXO	2
15	G2B-015	TAMPA REDONDA DA EXTREMIDADE 2"	2
16	G2B-016	TAMPA CONVEXA DA EXTREMIDADE 1" X 2"	8
17	G2B-017	TAMPA CONVEXA DA EXTREMIDADE 2" X 2" (1.8T)	5
18	G2B-018	TAMPA CONVEXA DA EXTREMIDADE 2" X 2"(2.5T)	4
19	G2B-019	NIVELADOR DO QUADRO 2" X 2"	3
20	G2B-020	CALÇO DA PILHA DE PESOS 2" X 2"	3
21	G2B-021	ARRUELA DE NYLON 3"	4
22	G2B-022	TAMPA REDONDA DA EXTREMIDADE 1"	6
23	G2B-023	BLOCO DE BORRACHA 1,5" X 1,5"	1
24	G2B-024	ROSCA DE BORRACHA 2,5"	2
25	G2B-025	LIXA 4" x 5,5"	4
27	G2B-027	PROTEÇÃO AB CONTRA APERTO	1
28	G2B-028	CORREIA DE TORNOZELO	1
29	G2B-029	PLACA SUPERIOR 10 lbs	1
30	G2B-030	ROLAMENTO DE ESPUMA 4" X 8"	7
32	G2B-032	CORRENTE DE AÇO 17"	1
33	G2B-033	HASTE SELETORA (20 orifícios seletores)	1
34	G2B-034	POLIA 4 1/4" DIÂMETRO	15
35	G2B-035	POLIA 3 1/4" DIÂMETRO	3
36	G2B-036	POLIA 3" DIÂMETRO	2
37	G2B-037	CABO SUPERIOR DA POLIA 12' 10" (3916 mm)	1
38	G2B-038	CABO INFERIOR DA POLIA 20' 9" (6120mm)	1
39	G2B-039	CABO CURTO 2' 5" (757 mm)	1
40	G2B-040	CABO MULTI HIP 5' 10" (1790 mm)	1
42	G2B-042	PINO DA PILHA DE PESOS 4,25"L	1
43	G2B-043	SUPORTE DE GARRAFA D'ÁGUA	1
44	G2B-044	FAIXA DA GARRAFA D'ÁGUA	1
45	G2B-045	GARRAFA D'ÁGUA	1

46	G2B-046	CORDÃO DE SEGURANÇA DA PILHA DE PESOS	1
50	G2B-050	PARAFUSO DE CABEÇA SEXTAVADA 1/2" X 3 1/2" ROSCA PARCIAL	2
51	G2B-051	PARAFUSO DE CABEÇA SEXTAVADA 3/8" X 3 3/4" ROSCA PARCIAL	10
52	G2B-052	PARAFUSO DE CABEÇA DE SOQUETE 3/8" X 2" ROSCA PARCIAL	1
53	G2B-053	PARAFUSO DE CABEÇA SEXTAVADA 3/8" X 2 1/2" ROSCA PARCIAL	6
54	G2B-054	PARAFUSO DE CABEÇA SEXTAVADA 3/8" X 2 3/4" ROSCA PARCIAL	7
55	G2B-055	PARAFUSO DE CABEÇA SEXTAVADA 3/8" X 3" ROSCA PARCIAL	16
56	G2B-056	PARAFUSO DE CABEÇA SEXTAVADA 3/8" X 7 1/2" ROSCA PARCIAL	1
57	G2B-057	PARAFUSO DE CABEÇA SEXTAVADA 3/8" X 7 1/4" ROSCA PARCIAL	2
58	G2B-058	PARAFUSO DE CABEÇA SEXTAVADA 5/16" X 1 1/2" ROSCA COMPLETA	1
59	G2B-059	PARAFUSO DE CABEÇA SEXTAVADA 5/16" X 1 3/4" ROSCA COMPLETA	4
60	G2B-060	PARAFUSO DE CABEÇA SEXTAVADA 5/16" X 1/2" ROSCA COMPLETA	2
61	G2B-061	PARAFUSO DE CABEÇA ALLEN 5/16" X 3/4" ROSCA COMPLETA	2
63	G2B-063	LUVA ESPAÇADORA 1/2" X 7/8"	1
64	G2B-064	PARAFUSO DE CABEÇA SEXTAVADA 3/8" X 2" ROSCA COMPLETA	2
65	G2B-065	PARAFUSO COM CABEÇA ALLEN 3/8 X 1 1/8" ROSCA COMPLETA	1
66	G2B-066	CONTRAPORCA DE NYLON 1/2"	2
67	G2B-067	CONTRAPORCA DE NYLON 3/8"	40
68	G2B-068	CONTRAPORCA DE NYLON 5/16"	1
69	G2B-069	ARRUELA 1/2"	4
70	G2B-070	ARRUELA 3/8"	71
71	G2B-071	ARRUELA DE PRESSÃO 3/8"	1
72	G2B-072	ARRUELA DE PRESSÃO 5/16"	4
73	G2B-073	ARRUELA 5/16"	8
80	G2B-080	EIXO 7/8" X 3"	1
81	G2B-081	PARAFUSO ALLEN 5/16 X 5/8" ROSCA COMPLETA	2
83	G2B-083	ROLAMENTO VEDADO 1/2 " ID X 1,25" DE (extensão da perna) pré-instalado	2
84	G2B-084	EIXO 3/4" X 16"	1
85	G2B-085	PARAFUSO ALLEN 5/16 X 5/16" ROSCA COMPLETA	2
86	G2B-086	LEVANTADORES DA PILHA DE PESOS	2
87	G2B-087	PLACAS DE PESO	15
88	G2B-088	EIXO 3/4" X 7"	1
89	G2B-089	EIXO 1" X 9 3/4"	1
90	G2B-090	PINO POP 6 3/4"	1
91	G2B-091	PARAFUSO DE CABEÇA DE SOQUETE 5/6" X 3/4" ROSCA COMPLETA	1
92	G2B-092	PARAFUSO ALLEN 3/8 X 5/8" ROSCA COMPLETA	1
94	G2B-094	EIXO 1/2" X 2 1/4"	1
95	G2B-095	PARAFUSO DE CABEÇA SEXTAVADA 1/2" X 3/4" ROSCA COMPLETA	4
96	G2B-096	EIXO 1/2" X 2 1/4"	2
97	G2B-097	PARAFUSO ALLEN 1/2 X 3/4" ROSCA COMPLETA	2
98	G2B-098	PARAFUSO SUPERIOR DA HASTE SELETORA	1
99	G2B-099	EIXO DE TERMINAÇÃO DO CABO	1
100	G2B-100	PARAFUSO ALLEN 3/16" X 5/16" ROSCA COMPLETA	1
101	G2B-101	ARRUELA DE PRESSÃO 1/2"	1
102	G2B-102	CONTRAPORCA 1/2"	1

103	G2B-103	ESPAÇADOR 1/4"	1
104	G2B-104	GANCHO DE EXTENSÃO DA PERNA	1
105	G2B-105	ESPAÇADOR 1/2"	1
106	G2B-106	PINO POP EM FORMA DE T 3" (blocos de encosto e assento)	2
108	G2B-108	PARAFUSO ALLEN 3/8" X 5/8" ROSCA COMPLETA	4
109	G2B-109	PARAFUSO 1/8" x 3/8" ROSCA COMPLETA	2
110	G2B-110	PINO POP DE CABEÇA CHATA 3 1/2" (prensa fixa)	1
111	G2B-111	PINO POP DE CABEÇA CHATA 6 3/4" (multi hip)	1
113	G2B-112	FREIO DE BORRACHA 2 1/2" L (parafuso 3/8")	2
115	G2B-115	BARRA LAT	1
116	G2B-116	FILEIRA DA BARRA INFERIOR	1
117	G2B-117	BLOCO DA BARRA LAT	2
118	G2B-118	GUIDÃO DE ESPUMA 1 1/2" DE X 6 3/4" L (bilaterais)	2
119	G2B-119	GUIDÃO DE ESPUMA 1 1/2" DE X 8 1/2" (fileira da barra inferior)	2
120	G2B-120	GUIDÃO DE ESPUMA 1 1/2" DE X 13" (prensa fixa)	2
121	G2B-121	GUIDÃO DE ESPUMA 1 1/2" DE X 21" (barra lat)	2
122	G2B-122	CAPAS DE PORCAS DE BOLOTAS 3/16" ID pré-instalada	2
123	G2B-123	CONTRAPORCA 3/8"	2
124	G2B-124	BUCHA DE OILITE 1/2" ID X 7/8" DE (ajustador de encosto)	2
125	G2B-125	BUCHA DE OILITE 3/4" ID X 1" DE (bilaterais)	4
126	G2B-126	BUCHA DE OILITE 1" ID X 1,5" DE (bilaterais)	2
127	G2B-127	ANEL DE RETENÇÃO 1 1/4" ID X 1,5" DE	2
128	G2B-128	ARO CROMADO 1" ID X 1 3/8" DE	2
129	G2B-129	BUCHA DE OILITE 1" ID X 1 3/4" DE pré-instalada (eixo de prensa do braço)	4
130	G2B-130	BUCHA DE OILITE 1/2" ID X 1 7/8" DE pré-instalada (eixo de prensa do braço)	4
131	G2B-131	BUCHA DE OILITE 3/8" ID X 7/8" DE pré-instalada (eixo esquerdo e direito)	4
132	G2B-132	BUCHA DE OILITE 3/4" ID X 1" DE pré-instalada (junção esquerda e direita)	4
133	G2B-133	ARRUELA ONDULADA 3/4" ID X 1" DE	2
134	G2B-134	BUCHA DE OILITE 1" DI X 1 1/2" DE pré-instalada (junção esquerda e direita)	2
135	G2B-135	BUCHA DE AÇO 1" DI X 1 3/8" pré-instalado (suporte de prensa do braço sentado)	2
137	G2B-137	ARRUELA 1/8" (suporte de copo)	2
A	G2B-A	QUADRO DE BASE PRINCIPAL	1
A1	G2B-A1	EIXO DA PRENSA DO BRAÇO ESQUERDO	1
A2	G2B-A2	EIXO DA PRENSA DO BRAÇO DIREITO	1
AA	G2B-AA	BRAÇO DE PRENSA FIXADO (lado esquerdo)	1
AB	G2B-AB	BRAÇO DE PRENSA FIXADO (lado direito)	1
AC	G2B-AC	AJUSTADOR DE AMBOS OS LADOS	1
AD	G2B-AD	BRAÇO DE AMBOS OS LADOS	1
AE	G2B-AE	SUPORTE DO BLOCO DE AMBOS OS LADOS	1
AF	G2B-AF	BARRA DO ROLAMENTO	2
B	G2B-B	QUADRO TRASEIRO DE BASE	1
C	G2B-C	QUADRO TRASEIRO VERTICAL	1
D	G2B-D	QUADRO DE ÂNGULO VERTICAL	1
E	G2B-E	QUADRO SUPERIOR PRINCIPAL	1
F	G2B-F	PLACA LISA 3 3/4"L	1



G	G2B-G	PLACA LISA 5 1/2"L	2
H	G2B-H	QUADRO DE EXTENSÃO DA PERNA	1
J	G2B-J	PLACA LISA 4 3/4"L	2
K	G2B-K	QUADRO DO ASSENTO	1
L	G2B-L	BRAÇO DE EXTENSÃO DA PERNA	1
M	G2B-M	APOIO DOS PÉS	1
N	G2B-N	BASE BILATERAL	1
P	G2B-P	QUADRO VERTICAL DE AMBOS OS LADOS	1
Q	G2B-Q	HASTE SELETORA CROMADA	2
R	G2B-R	QUADRO SUPERIOR DA PILHA DE PESO	1
S	G2B-S	SUPORTE DO ENCOSTO	1
T	G2B-T	AJUSTADOR DO ENCOSTO	1
U	G2B-U	QUADRO DO ENCOSTO	1
V	G2B-V	RETENTOR DA PERNA (lado esquerdo)	1
W	G2B-W	RETENTOR DA PERNA (lado direito)	1
X	G2B-X	SUPORTE DO BRAÇO DE PRENSA	1
Y	G2B-Y	EIXO DO BRAÇO DE PRENSA	1
Z	G2B-Z	BARRA BIANGULAR	1
Z1	G2B-Z1	EIXO BIANGULAR	1
Z2	G2B-Z2	QUADRO BIANGULAR	1
Z3	G2B-Z3	BRAÇO DIREITO BIANGULAR	1
Z4	G2B-Z4	BRAÇO ESQUERDO BIANGULAR	1
Z5	G2B-Z5	JUNÇÃO DIREITA BIANGULAR	1
Z6	G2B-Z6	JUNÇÃO ESQUERDA BIANGULAR	1
Z7	G2B-Z7	EIXO DIREITO BIANGULAR	1
Z8	G2B-Z8	EIXO ESQUERDO BIANGULAR	1