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Body Solid gym assembly ep2

Not installing the weight stack yet lets me slide the gym around to see where I want it in the room.



The video above shows the assembly sequence of the stations and upper-body frame of the Body Solid EXM3000 home gym. Since I left the weight stacks off the machine for now, I can slide it around to see where it fits best in the room. This means I am jumping around in the order of the "instructions".

I use scare quote on the word instructions since there is no written procedure that comes with the gym. There is a bunch of drawings that shows various parts of the gym in exploded view, and it is up to you to figure out how it goes together. I am an engineer, and I am having a hard time of it. People joke about putting together Ikea furniture, and this does not seem to be much better.

The manufacturer was Body Solid, but the Amazon vendor was Gronk Fitness Products. I wrote them as soon as I got the gym about the broken up pallet, pretty wimpy to ship 1200 pounds. I feared there was boxes missing, and sure enough, it looks like there is one box of weight plates mission. I just wrote Gronk to see if they will make good on their promise to get me all the parts.

I am not sure this came from a Gronk warehouse or if they just drop-ship the gym from a Body Solid warehouse. The shipper picked it up in Dayton Ohio. I hope that they make good on the missing parts, I may have to get by without them, and then just partially disassemble the gym to add the missing parts.



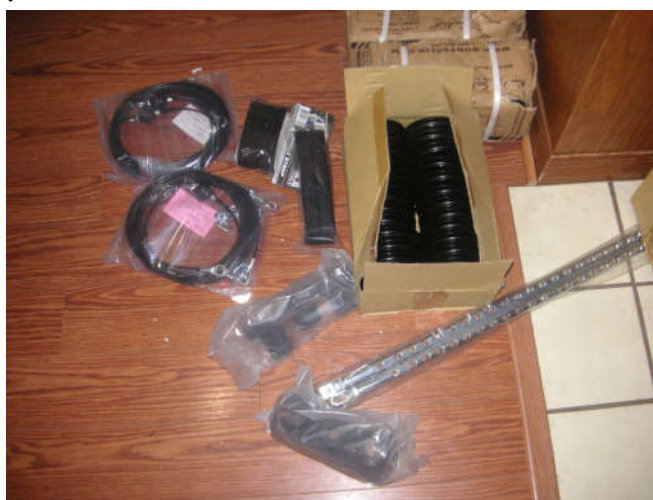
This is the pallet as I received it. The driver was nice enough to write "pending inspection" on the approval for the shipment. You can see a small box of weights on top. That one got saved, the eighth one must be lost between Tampa and Dayton.



These are the seven boxes of weights I got. The machine has two weight stacks. So it finally occurred to me that it was unlikely that an odd number of boxes would work. Since each box has 5 weights, that means I received 35 plates. The "instructions" do not call out the number of plates, so I counted them up in one of the assembly drawings to see there were two stacks of 20. That is when I realized I was short one box. I will report on what it took to get the box replaced in the next articles and videos.



Here are the some of the small parts left after I did this video.



Here are the pulleys, cables and rods.



The box of plastic parts still has a lot of stuff inside it.



The first thing I tried was to put the longer axis of the gym perpendicular to the window. I figured it would be nice to look out the window while sitting at the pec station. Turns out, this crowds the access between the treadmill you see at the left side of the picture. I could get past it, but it just felt tighter than I wanted.



So I rotated the machine another 90 degrees so that the long axis was perpendicular to the window, but now I could look out the window from the upper body station and the squat station. Turns out this too blocked access to the patio door, and also was a bit tight to the treadmill on the left side of the picture.



Then I rotated the gym 180 degrees from where I built it. I thought this would put the longer side against the window and leave more room to get around it. Turns out, the far back corner gets in the way of access to the patio door, especially with the pullback lat arms in this position. One thing I liked about this position was how there was no sharp metal on the floor under the seat for the squat station. I could see walking past at night and not stubbing my toe. Still, the floor station is not really clear to use.



So typical, it turned out the best orientation was the way I had the gym originally, while building it. You can just see some green tape on the floor by the squat station foot. This marked that foot where I started. So this position has the gym pulled away from the window about a foot more. This leaves clearance to get to the patio door at the back corner. It also leaves a bit more room to get past the treadmill you can see on the left side. It is uncanny that it made so much difference, but I am glad I tried it all four ways.