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Body Solid gym assembly ep3

A box of weights is missing and more grief with very limited documentation. Some pulleys get installed after the cable.



I continue to suffer with the lack of any written documentation. All you get is a pdf of a bunch of assembly drawings, with no idea where to start and what procedures to use. One aspect of this is that there was no shipping information on how many boxes I was supposed to get. It turns out that when the flimsy pallet broke apart, a 50-pound box of weights fell out, and so I am missing that.

I wrote Gronk Fitness Products, the Amazon vendor I paid \$4600 to, and told them I got 7 weight boxes and 7 gym boxes. They said that the 7 gym boxes were right, but did not bother to inform me that I was supposed to receive 8 weight boxes. I will see if Gronk Fitness Products delivers the missing box.

Gronk did seem really dedicated to making me happy when I wrote them the first time. It will be a major inconvenience, since I will have to remove a lot of parts to get it so I can add the missing 5 weights, if and when I receive them. For now I am just putting all the parts I can onto the machine.

I must say the quality of the machine is pretty good with some minor exceptions. The plastic caps that go in the ends of the square tubes don't always fit right, and the sharp burrs left inside the tubes scrape the plastic so the cap won't sit flush to the end of the tube. There were some scrapes of the white paint, but I was delighted to see Body Solid included a small jar of touch-up paint.



Here are the seven boxes of weights I received. The pallet had one of these boxes tossed on top of the gym boxes, which should have tipped me off something was missing.



The EXM3000 has 20 plates on each side. Since the boxes hold 5 ten-pound plates, I should have gotten eight boxes. The pallet was very long and flimsy, it is no wonder it broke apart. They should ship the long boxes vertically so they can use a smaller pallet.

Another documentation shortcoming was they did not explain you can mount all the pulleys before stringing the cable. There are three places where you need to get the cable out of a tube and you can't reach it with the pulley in.



By the time I was done, I had the weight stacks in, though one was 5 plates short. I got all the pulleys in, including the ones you see in the "floating" pulleys shown on the floor.



When I was done, there were the parts left over. I understand where many of them will go. The plastic bags hold the labels for the weight stacks. The bolt to the right secures a cable to the sector of the quadriceps seated station. Two of the black plastic caps above this are for the grips on the squat station. The square plastic is for the seat mount of the pec station. Near that is a tiny bottle of touch-up paint. A few Allen wrenches near that, and a handful of carabiners and a chain used at the floor station. The long bolts at right are to hold the big pin in the weight stacks. There are four 3/8" washers I must have forgot. The square pads keep the "floating" pulleys from clanking together.