# Body Solid Exm1500s Assembly Manual

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I show the assembly process to build the work out machine. It took 5 1/2 hours.

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Assembly and Maintenance. The Body-Solid EXM1500S weight machine comes with an explicit owner's manual which provides step-by-step assembly instructions. The machine is actually far from being difficult to assemble, but due to the many parts included, the process will take a few hours.

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