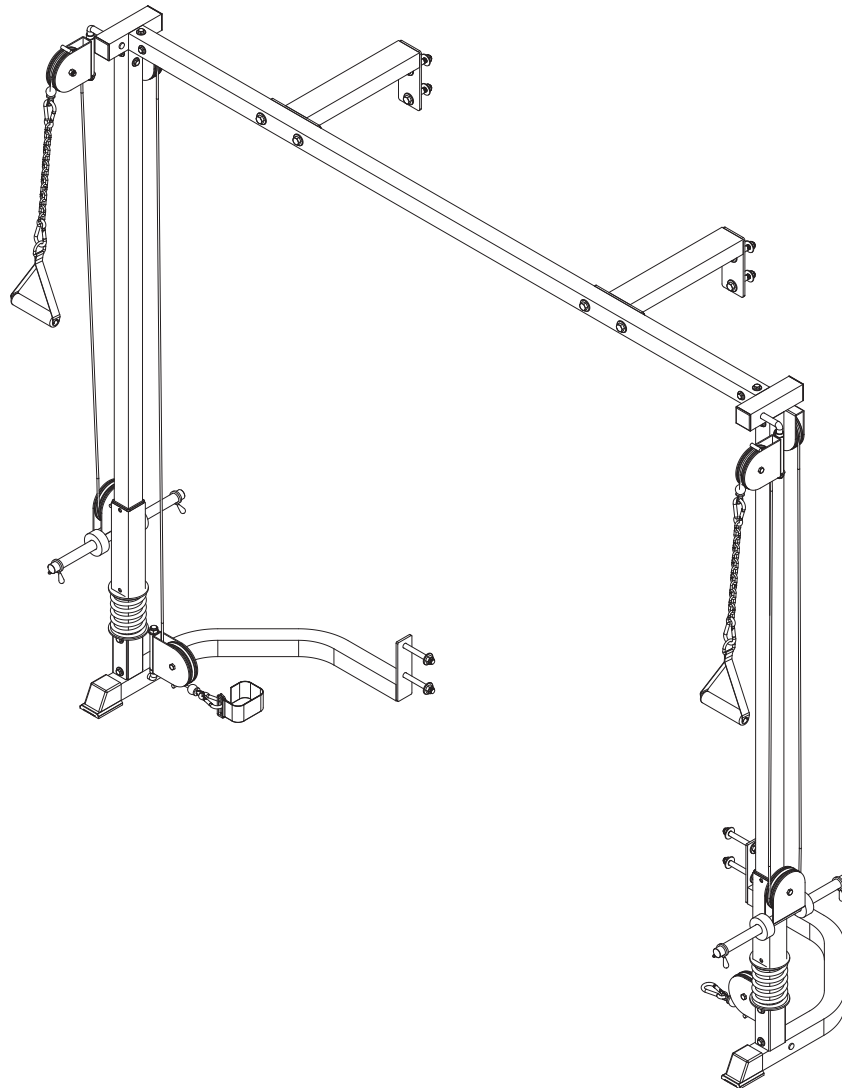


# ***BODYCRAFT***

## **INSTRUCTION MANUAL CABLE CROSSOVER ATTACHMENT MODEL: F434**



### ***QUESTION?***

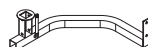
*As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BodyCraft at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.*

Bodycraft is a division of Recreation Supply Inc.  
P.O. BOX 181  
Sunbury, OH 43074

# PARTS LIST

NO.	DESCRIPTION	QTY.
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101	RIGHT BASE FRAME	1
102	LEFT BASE FRAME	1
103	CHROMED UPRIGHT	2
104	WEIGHT HOLDER	2
105	LEFT TOP PULLEY ASSEMBLY	1
106	RIGHT TOP PULLEY ASSEMBLY	1
107	TOP FRAME	1
108	TOP FRAME CONNECTOR	2
109	SWIVEL PULLEY BRACKET	4
110	HAND GRIP	2
111	ANKLE STRAP	1
112	13 LINK CHAIN	2
113	HOOKUP	4
114	HI / LOW CABLE	2
115	PULLEY	8
116	50 SQ. END CAP	2
117	50 SQ. END PLUG	4
118	50 SQ. BUSHING	4
119	RUBBER DOUGHNUT	4
120	SPRING CLIP	4
121	1/2" X 4-1/4" HEX BOLT	4
122	1/2" X 3" HEX BOLT	8
123	3/8" X 3" HEX BOLT	4
124	3/8" X 1-3/4" HEX BOLT	4
125	3/8" X 1-1/2" HEX BOLT	4
126	3/8" X 1/2" HEX BOLT	12
127	1/2" WASHER (LARGER)	24
128	1/2" WASHER (SMALL)	4
129	3/8" WASHER	20
130	1/2" NYLON NUT	16
131	3/8" NYLON NUT	8
132	SPRING COIL	2



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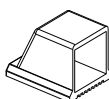


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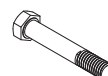
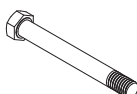
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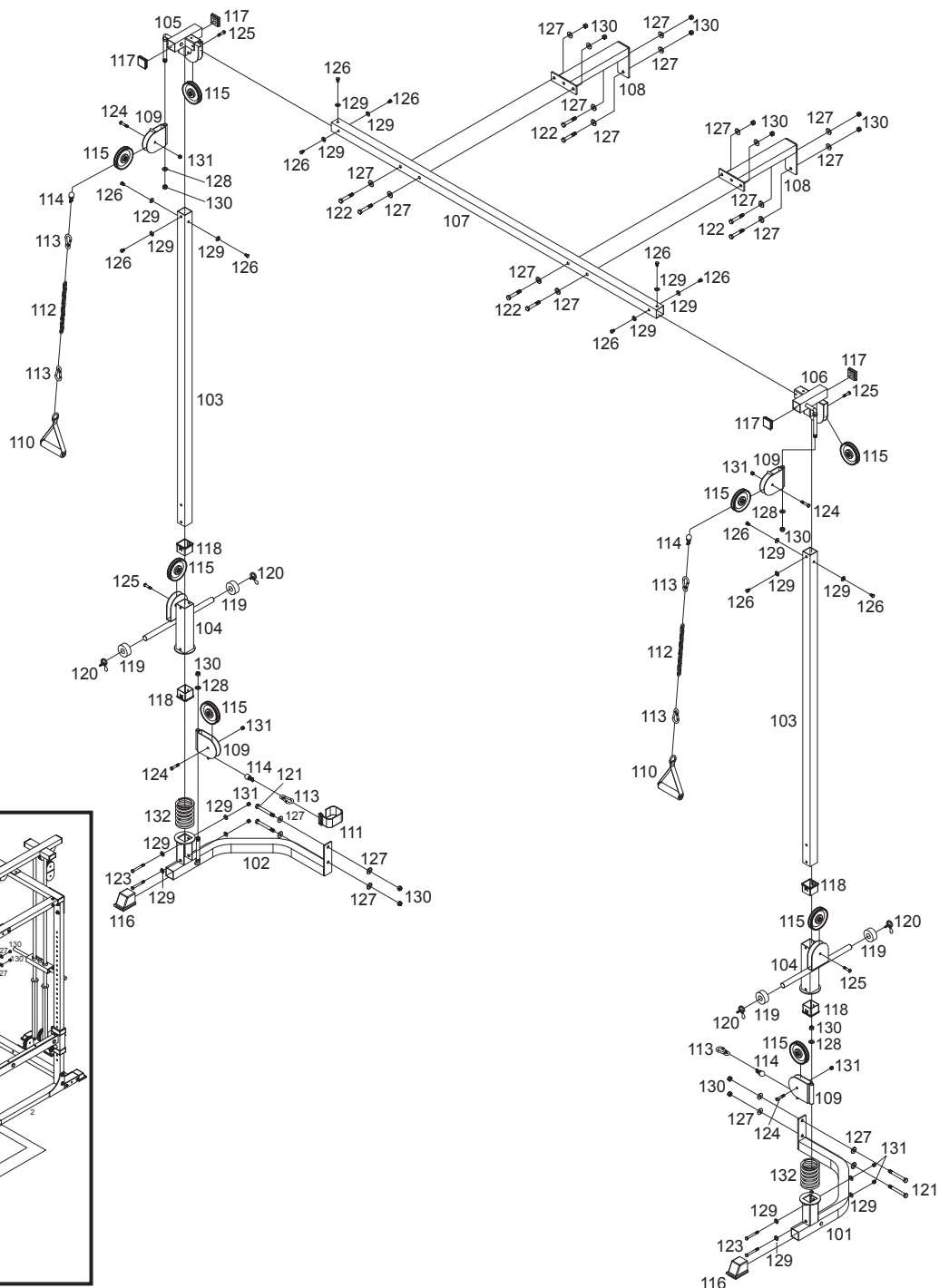


# STEP 1 ASSEMBLY INSTRUCTIONS

**Do NOT tighten any bolts until instructed.**

1. Attach one 50 SQ End Cap (116) to Right Base (101). Remove Bolts (17) on Right Front Base of Power Rack and attach Right Base (101) to Power Rack using two 1/2" X 4-1/4" Hex Bolts (121), four 1/2" Washers (127), and two 1/2" Nylon Nuts (130). Repeat the procedure for the Left Base (102).
2. Insert Chromed Upright (103) into Right Base (101) and secure with two 3/8" X 3" Hex Bolts (123), four 3/8" Washers (129), and two 3/8" Nylon Nuts (131). Slide Spring Coil (132), and Weight Holder (104) onto the Chromed Upright (103) as shown. Slide the Rubber Doughnuts (119) onto each side of the bar on Weight Holder (104). Repeat the procedure for the Left Base (102).
3. Attach Right Top Pulley Assembly (106) to the top of right Upright (103) using three 3/8" X 1/2" Hex Bolts (126), and three 3/8" Washer (129). Attach two 50 SQ End Plugs (117) to Right Top Pulley Assembly (106). Repeat the procedure for the Left Top Pulley Assembly (105).
4. Attach Top Frame (107) to Left & Right Top Pulley Assemblies (105, 106) using three 3/8" X 1/2" Hex Bolts (126), and three 3/8" Washers (129). Remove the Bolts (18) on Front Top Upright (4) and attach two Top Frame Connectors (108) to Front Upright (4) and Top Frame (107), using four 1/2" X 3" Hex Bolts, four 1/2" Washers (127) and two 1/2" Nylon Nuts (130).

**Tighten all bolts and nuts.**



# HI / LOW CABLE ASSEMBLY

**Assemble cable and pulleys simultaneously.**

1. Attach Swivel Pulley Bracket (109) to pivot on Base Frames (101, 102) and Top Pulley Assemblies (105, 106), using 1/2" Washer (128) and Nylon Nut (130).
2. Run Ball end of Hi / Low Cable (114) through Swivel Pulley Bracket (109) on Right Base (101). Route cable up and over pulley welded on Right Top Pulley Assembly (106), then down and around pulley on Weight Holder (104), and then up to the Swivel Pulley Bracket on Top Pulley Assembly as shown.

**Repeat the procedure for the left side.**

