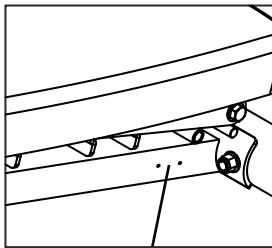


# BODYCRAFT

## F605 FLAT / INCLINE / DECLINE UTILITY BENCH OWNERS MANUAL

### Serial Number Location



Record your Serial number  
and purchase date here:

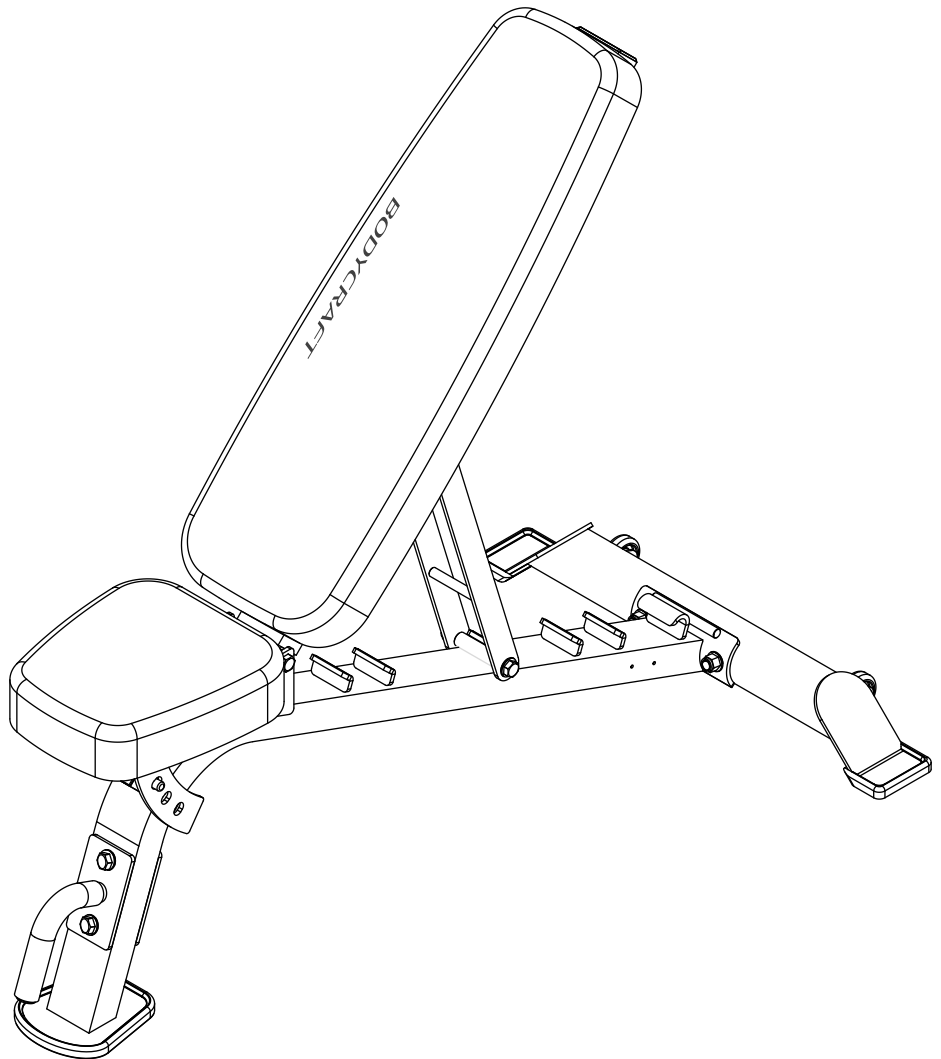
S/N \_\_\_\_\_

PURCH.DATE: \_\_\_\_\_

DEALER: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Model No. F605  
BODYCRAFT  
a division of Recreation Supply Inc.

Recreation Supply, Inc.  
7699 Green Meadows Dr.  
Lewis Center, OH 43035

## **Congratulations and Thank You!**

Thank you for selecting the ***Bodycraft F605 Flat Incline Decline Bench (FID)***. The Bodycraft F605 offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is fitness, a shapely, toned body or dramatic muscle size and strength, the Bodycraft F605 will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the Bodycraft F605. Keep this manual for future reference. If you have additional questions, please call your local Bodycraft F605 Dealer or our **customer service department at 800-990-5556** Monday through Friday, 9 am until 5 pm Eastern Standard Time.

## **Important Safety Notes**

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the BODYCRAFT F605 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.**
- 8. Make certain all cables are seated within the pulleys before every use.**
- 9. Exercise with care to avoid injury.**
- 10. If you are unsure about the proper use of the BODYCRAFT F605 Bench call your local BODYCRAFT dealer or our customer service department.**

## **QUESTIONS?**

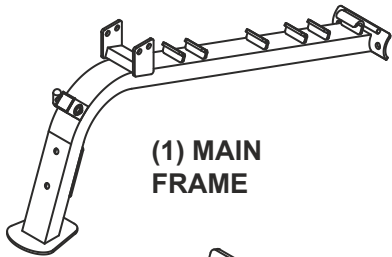
As a quality exercise equipment supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your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

# F605 Bench Assembly Parts List

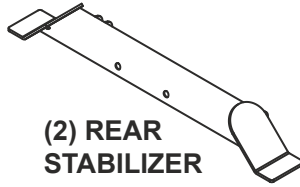


**NOTE: IF A PART IS MISSING, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES. PLEASE PROCEED WITH ASSEMBLY.**

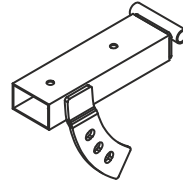
\*Parts images are not to scale.



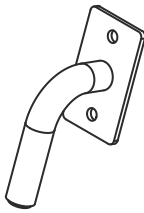
(1) MAIN FRAME



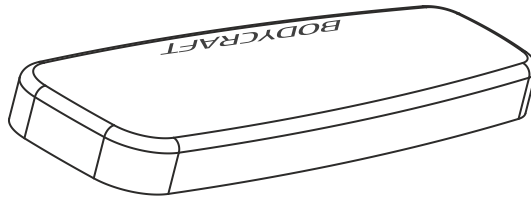
(2) REAR STABILIZER



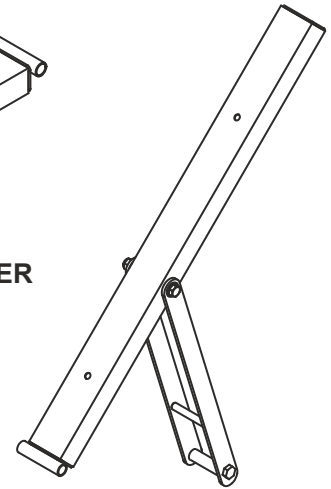
(4) SEAT ADJUSTER



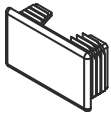
(5) HANDLE BAR



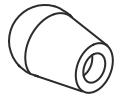
(12) BACK PAD



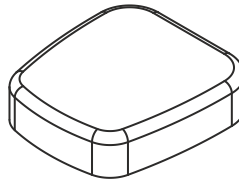
(3) BACK SUPPORT &  
(6) BACK ADJUSTER  
(Pre-Assembled)



(9) 45 X 75mm  
END CAP

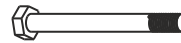


(11) KNOB

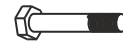


(13) SEAT PAD

NO.	DESCRIPTION	QTY.
21	1/2" X 4" HEX BOLT	2
22	1/2" X 3" HEX BOLT	2
23	3/8" X 2-3/4" HEX THREADED BOLT	4
25	1/2" WASHER	8
26	3/8" WASHER	4
27	1/2" NYLON NUT	4



(21)



(22)



(23)



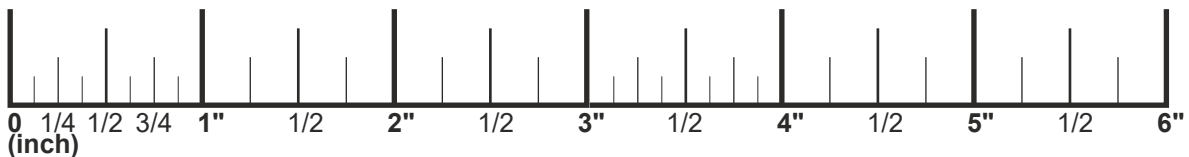
(25)



(26)



(27)



## Recommended Tools

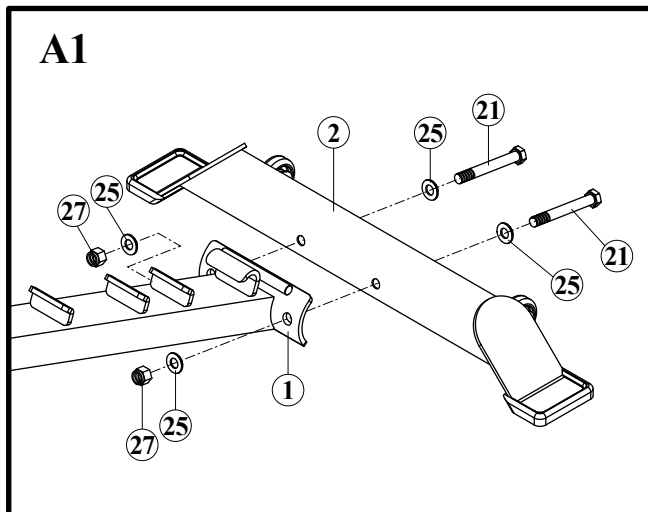
Utility Knife (To cut packaging and banding)  
Ratchet with 9/16" and 3/4" Sockets  
9/16" and 3/4" Combination Wrenches  
Adjustable Wrench  
Rubber Mallet

## Assemble Main Frame

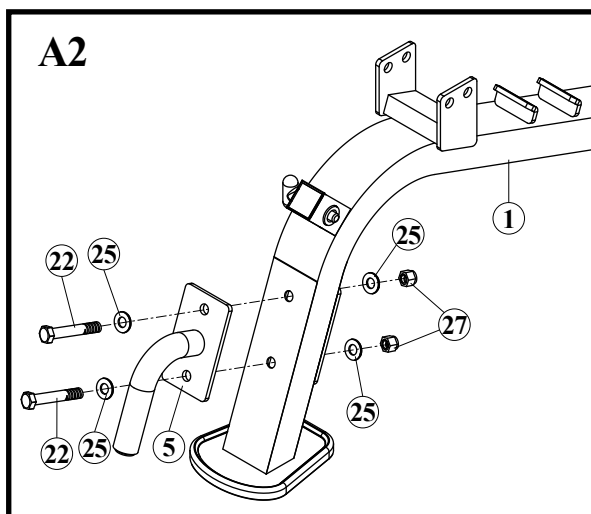


**NOTE:** Before installing the plastic parts, please allow them to acclimate to room temperature or they may be damaged. **CAREFULLY** install all plastic components with Rubber Mallet.

***PLEASE REFER TO THE EXPLODED VIEW ON THE PAGE 6 FOR ASSEMBLY.***



1. Attach Rear Stabilizer (2) to the Main Frame (1) using two 1/2" X 4" Hex Bolts (21), four 1/2" Washers (25), and two 1/2" Nylon Nuts (27). Tighten bolts.

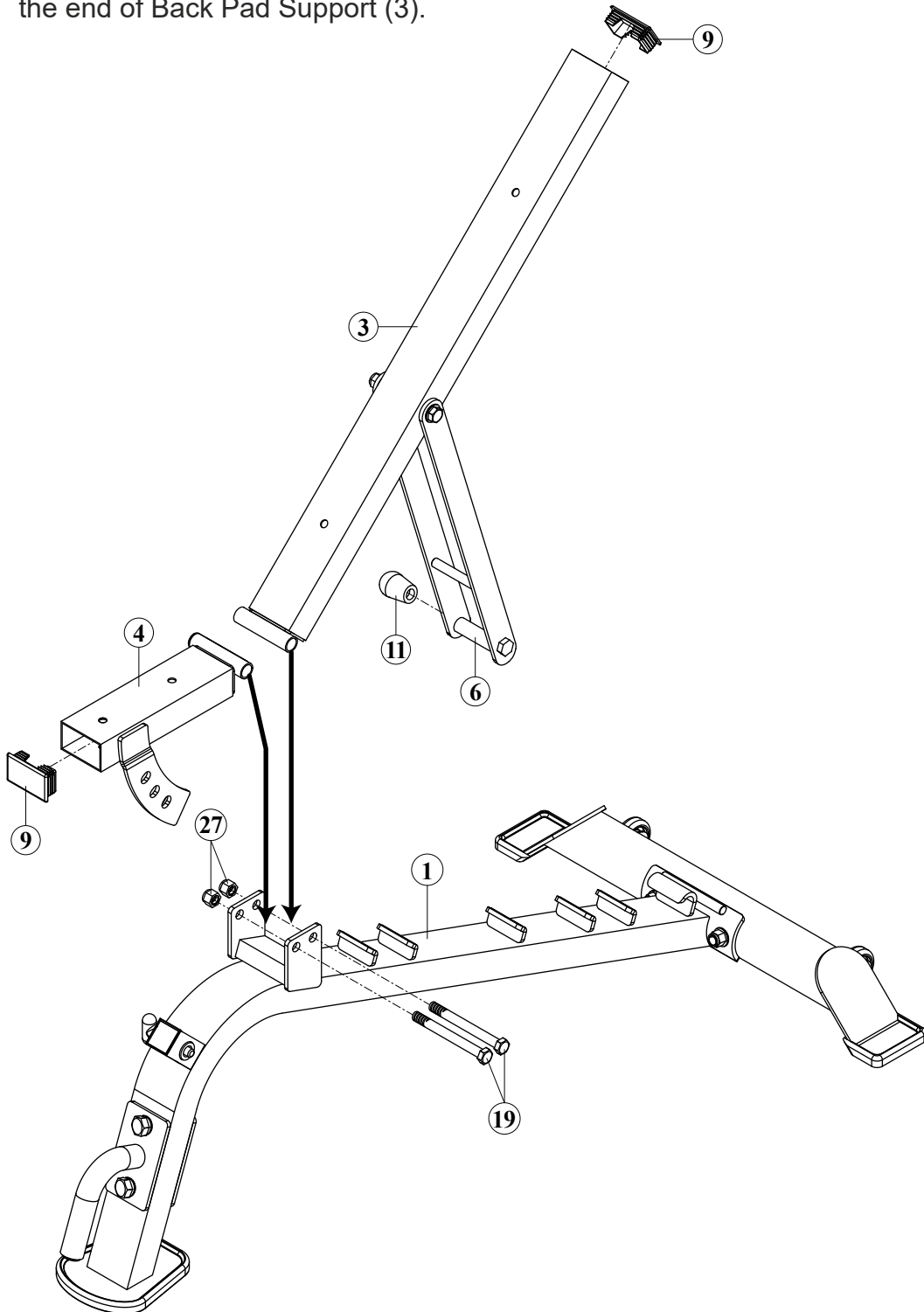


**NOTE:** If you have purchased F615 Hold Down Kit, please skip the step below and refer to the F615 manual.

2. Bolt Handle Bar (5) to the Main Frame (1) using two 1/2" X 3" Hex Bolts (22), four 1/2" Washers (25), and two 1/2" Nylon Nuts (27). Tighten bolts.

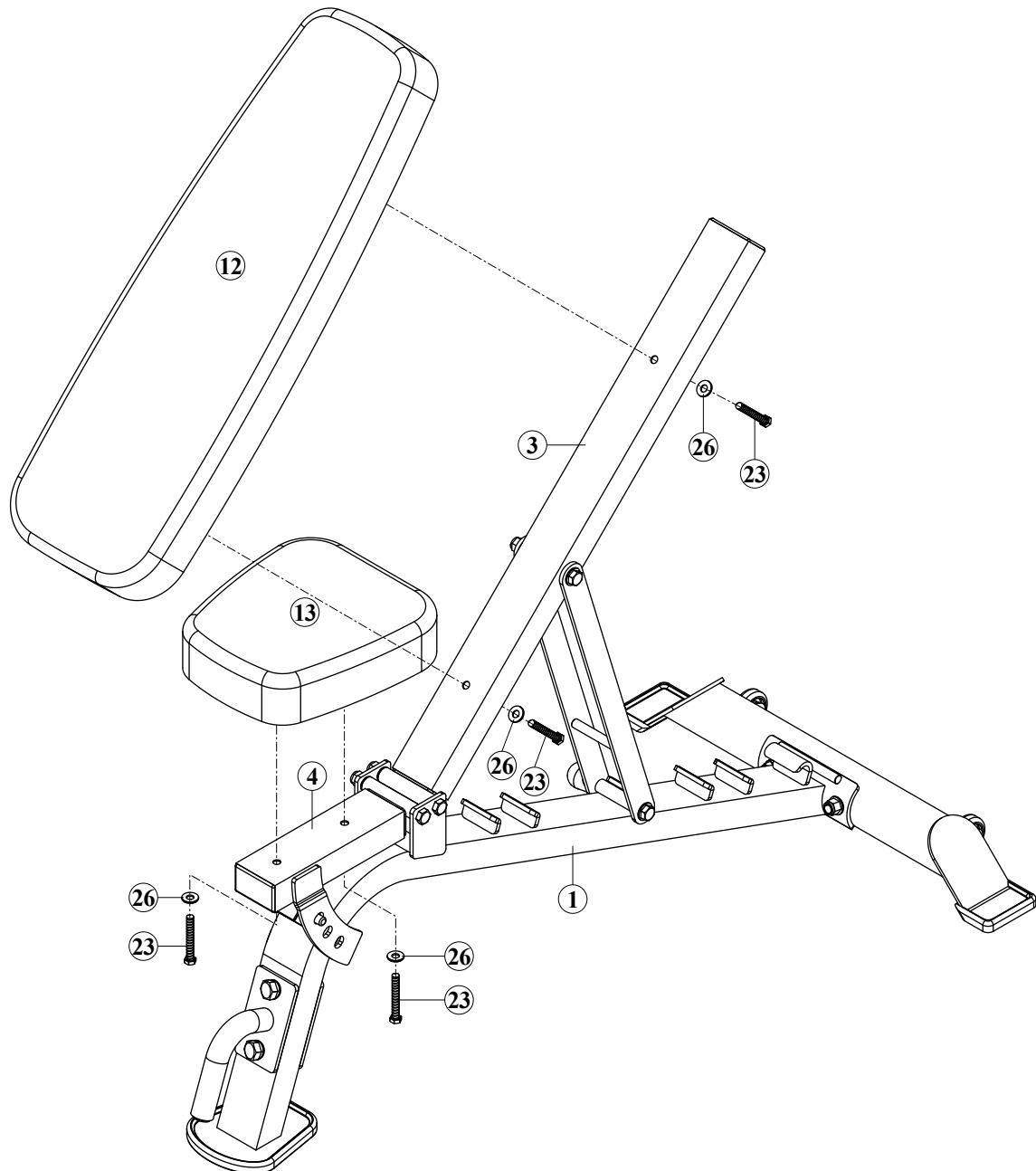
## A3 Assemble Pad Supports

3. Attach Back Pad Support (3) and Seat Adjuster (4) to the Main Frame (1) using two 1/2" X 5" Hex Bolts (19) and two 1/2" Nylon Nuts (27). Install two 45 X 75mm End Caps (9) to the Back Pad Support (3) and Seat Adjuster (4). Install the Knob (11) on to Back Adjuster (6). Tighten two 1/2" X 5" Hex Bolts (19) completely, then loosen enough to still allow the pivot to move freely for adjustment to the end of Back Pad Support (3).



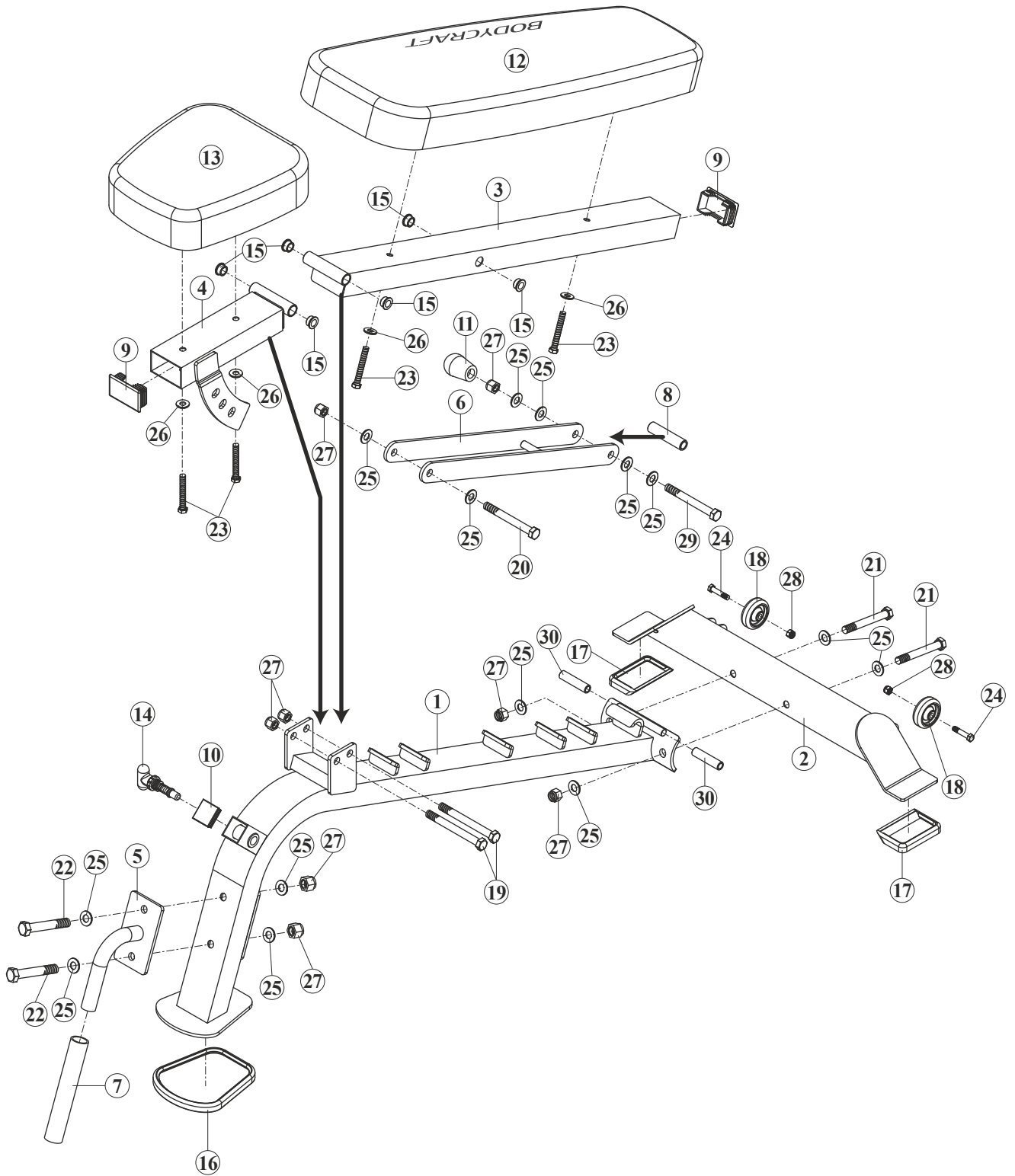
## A4 Assemble Pads

4. Attach Back Pad (12) to the Back Support (3) using two 3/8" X 2-3/4" Hex Bolts (23) and two 3/8" Washers (26). Attach Seat Pad (13) to the Seat Pad Support (4) using two 3/8" X 2-3/4" Hex Threaded Bolts (23) and two 3/8" Washers (26). Tighten all the bolts.



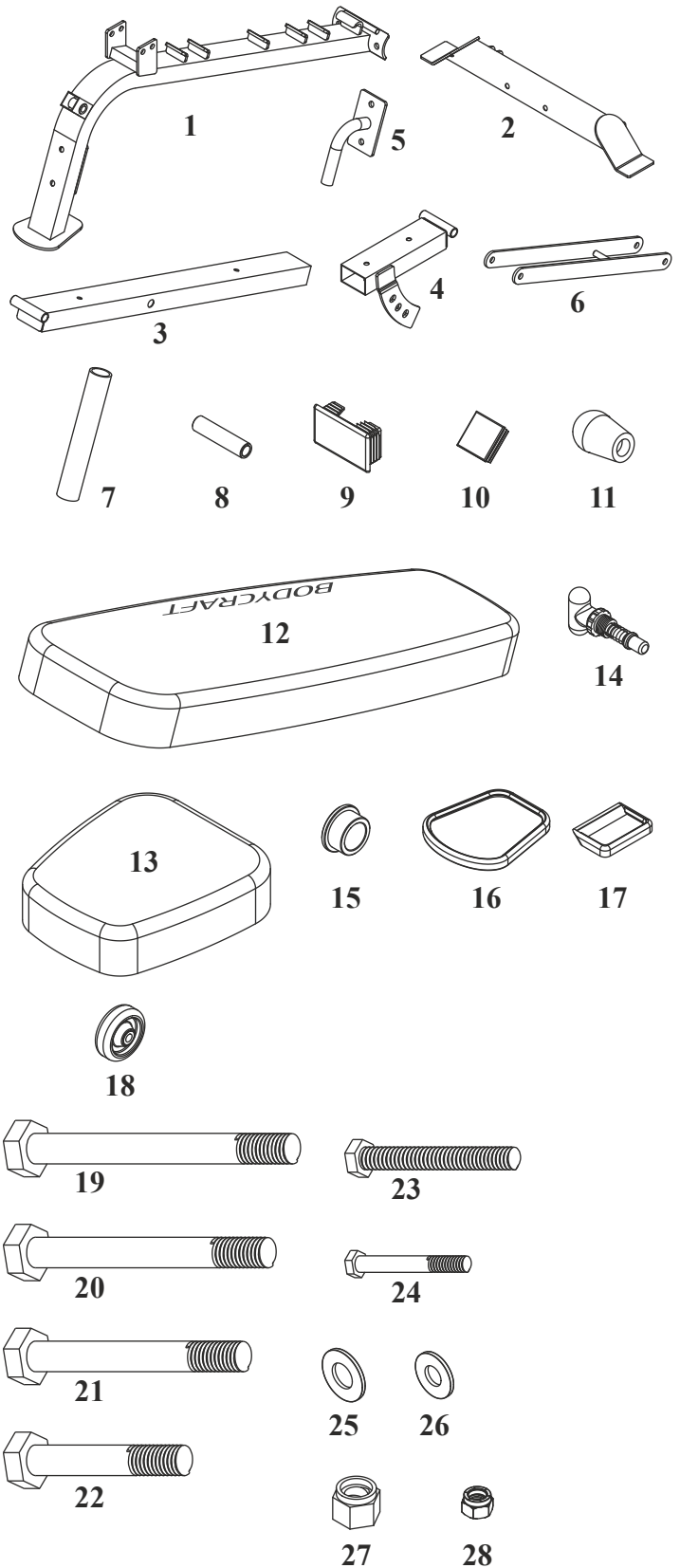
**ASSEMBLY IS COMPLETE!**  
**PLEASE RECHECK THAT ALL COMPONENTS ARE TIGHT AND SECURE.**

# EXPLODED VIEW



# COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	REAR STABILIZER	1
3	BACK SUPPORT	1
4	SEAT ADJUSTER	1
5	HANDLE BAR	1
6	BACK ADJUSTER	1
7	FOAM GRIP	1
8	BRACE	1
9	45 X 75mm END CAP	2
10	1-1/2" SQ. END PLUG	1
11	KNOB	1
12	BACK PAD	1
13	SEAT PAD	1
14	POP PIN	1
15	BUSHING	6
16	LARGER RUBBER BRACKET	2
17	SMALLER RUBBER BRACKET	2
18	WHEEL	2
19	1/2" X 5" HEX BOLT	2
20	1/2" X 4-1/4" HEX BOLT	1
21	1/2" X 4" HEX BOLT	2
22	1/2" X 3" HEX BOLT	2
23	3/8" X 2-3/4" HEX THREADED BOLT	4
24	5/16" X 1-1/2" HEX BOLT	2
25	1/2" WASHER	14
26	3/8" WASHER	4
27	1/2" NYLON NUT	8
28	5/16" NYLON NUT	2
29	1/2" X 6" HEX BOLT	1
30	FOAM GRIP	2



\*Parts images are not to scale.