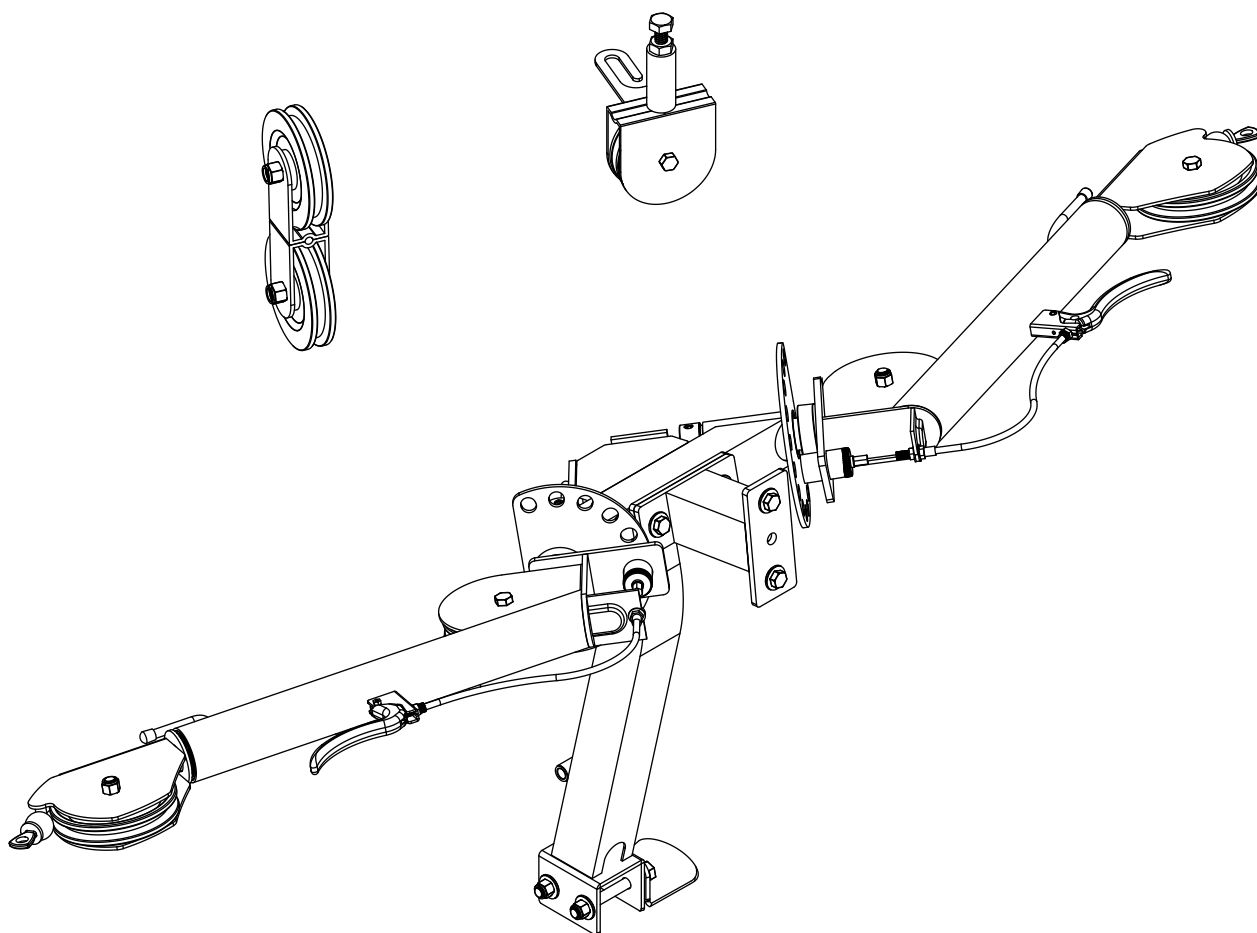


BODYCRAFT

GL/GLX FUNCTIONAL CABLE ARM OWNERS MANUAL



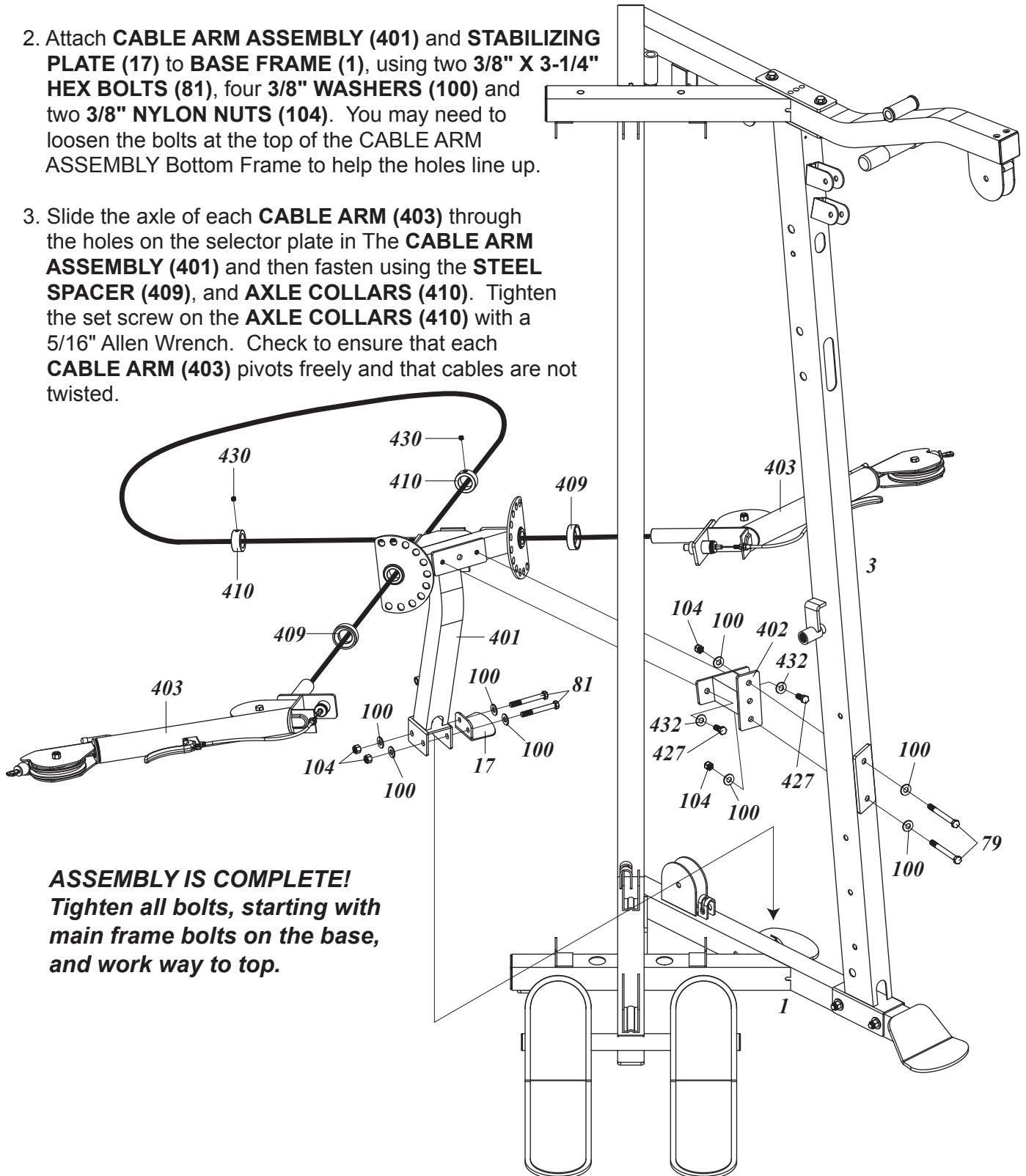
Model No. BCG-GL-CA
BODYCRAFT is a division
OF RECREATION Supply, Inc.

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

ASSEMBLE CABLE ARM ASSEMBLY

Remember to keep all BOLTS loose to ensure the holes will align easily.

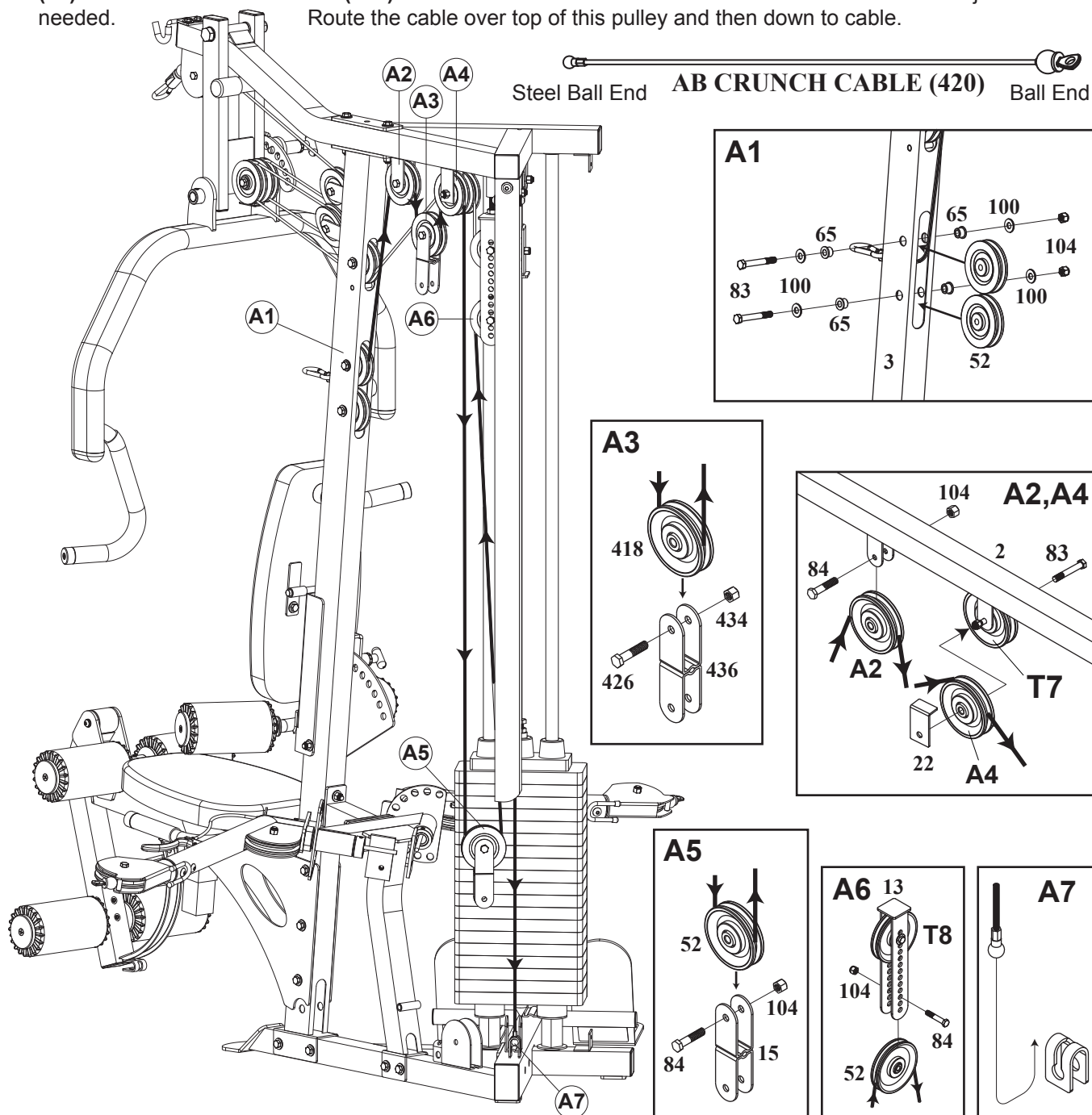
1. Attach **CABLE ARM ASSEMBLY (401)** to **CABLE ARM CONNECTOR (402)**, using two **3/8" X 1" HEX BOLTS (427)** and two **3/8" WASHERS (432)** then attach **CABLE ARM CONNECTOR (402)** to **FRONT UPRIGHT (3)**, using two **3/8" X 4" HEX BOLTS (79)**, four **3/8" WASHERS (100)** and two **3/8" NYLON NUTS (104)**.
2. Attach **CABLE ARM ASSEMBLY (401)** and **STABILIZING PLATE (17)** to **BASE FRAME (1)**, using two **3/8" X 3-1/4" HEX BOLTS (81)**, four **3/8" WASHERS (100)** and two **3/8" NYLON NUTS (104)**. You may need to loosen the bolts at the top of the CABLE ARM ASSEMBLY Bottom Frame to help the holes line up.
3. Slide the axle of each **CABLE ARM (403)** through the holes on the selector plate in The **CABLE ARM ASSEMBLY (401)** and then fasten using the **STEEL SPACER (409)**, and **AXLE COLLARS (410)**. Tighten the set screw on the **AXLE COLLARS (410)** with a 5/16" Allen Wrench. Check to ensure that each **CABLE ARM (403)** pivots freely and that cables are not twisted.



ASSEMBLY IS COMPLETE!
Tighten all bolts, starting with main frame bolts on the base, and work way to top.

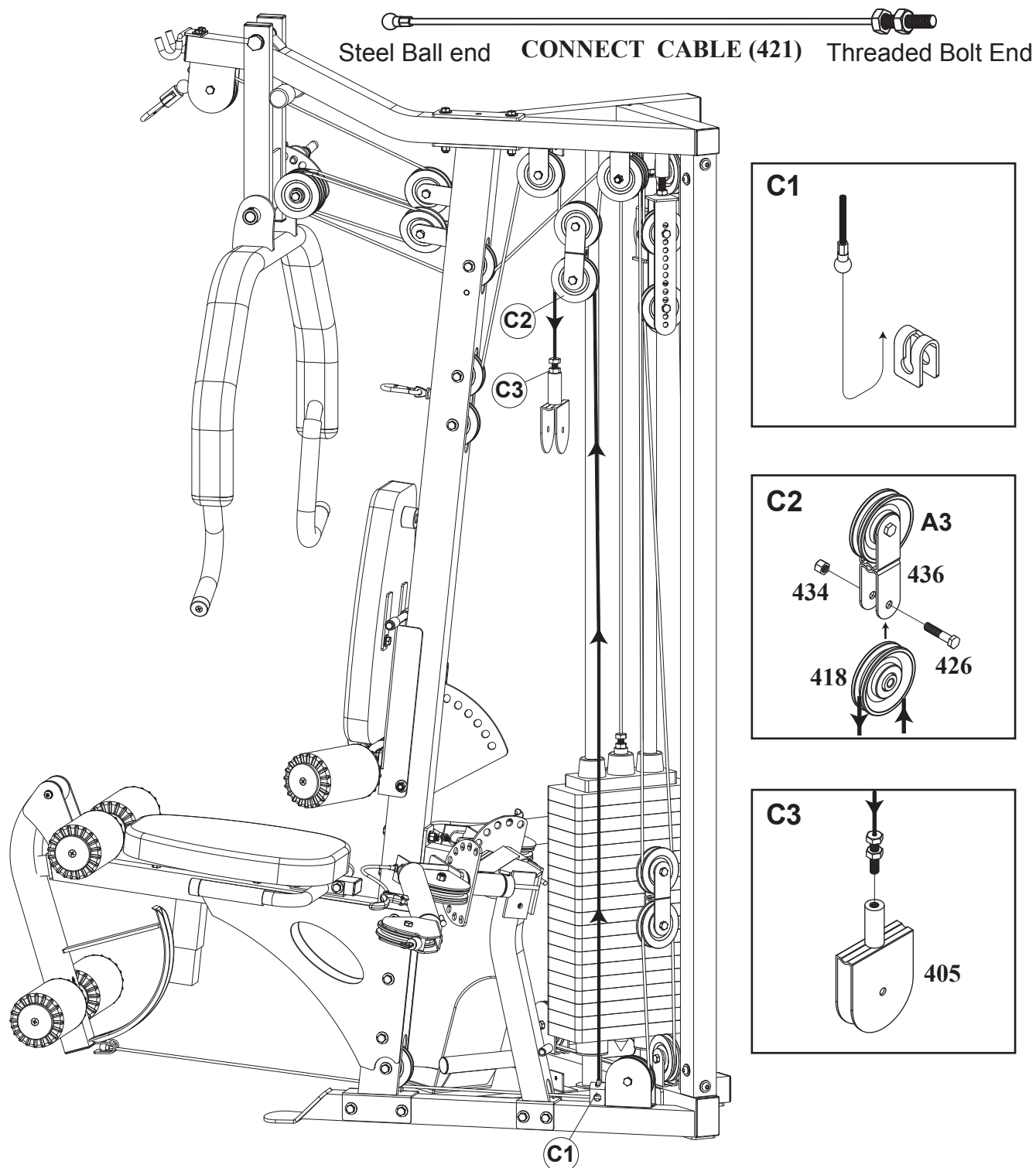
INSTALL AB CRUNCH CABLE

1. Run the steel ball end of the **AB CRUNCH CABLE (74)** through the slot in the **FRONT UPRIGHT (3)** and attach two pulleys in the slot as shown in **Fig. A1**, using two **3/8" X 2-3/4" HEX BOLTS (83)**, four **3/8" WASHERS (100)**, four **3/8" ID BUSHINGS (65)**, and two **3/8" NYLON NUTS (104)**. The cable should run from the bottom of the upper pulley in **A1** up to the **Pulley A2**.
2. Route the cable over the **Pulley A2** mounted to the **TOP FRAME (2)** using one **3/8" X 1-3/4" HEX BOLT (101)** and one **3/8" Nylon Nut (124)**.
3. Then route the cable under **Pulley A3** mounted in a **DOUBLE PULLEY BLOCK (436)** using one **3/8" X 1-3/4" HEX BOLT (426)** and one **3/8" NYLON NUT (434)**.
4. Continue routing the cable up and over **Pulley A4** mounted in **TOP FRAME (2)** using assembled one **3/8" X 2-3/4" HEX BOLT (83)** as T7, one **3/8" NYLON NUT (104)**, and **PULLEY GUIDE BRACKET (22)**.
5. Then route the cable under **Pulley A5** mounted in a **DOUBLE PULLEY BLOCK (15)** using one **3/8" X 1-3/4" HEX BOLT (84)** and one **3/8" NYLON NUT (104)**.
6. Mount a pulley in the open end of the **ADJUSTABLE PULLEY BLOCK (13)** using one **3/8" X 1-3/4" HEX BOLT (84)** and one **3/8" NYLON NUT (104)**. We recommend the third from bottom hole. This can be adjusted later if needed. Route the cable over top of this pulley and then down to cable.



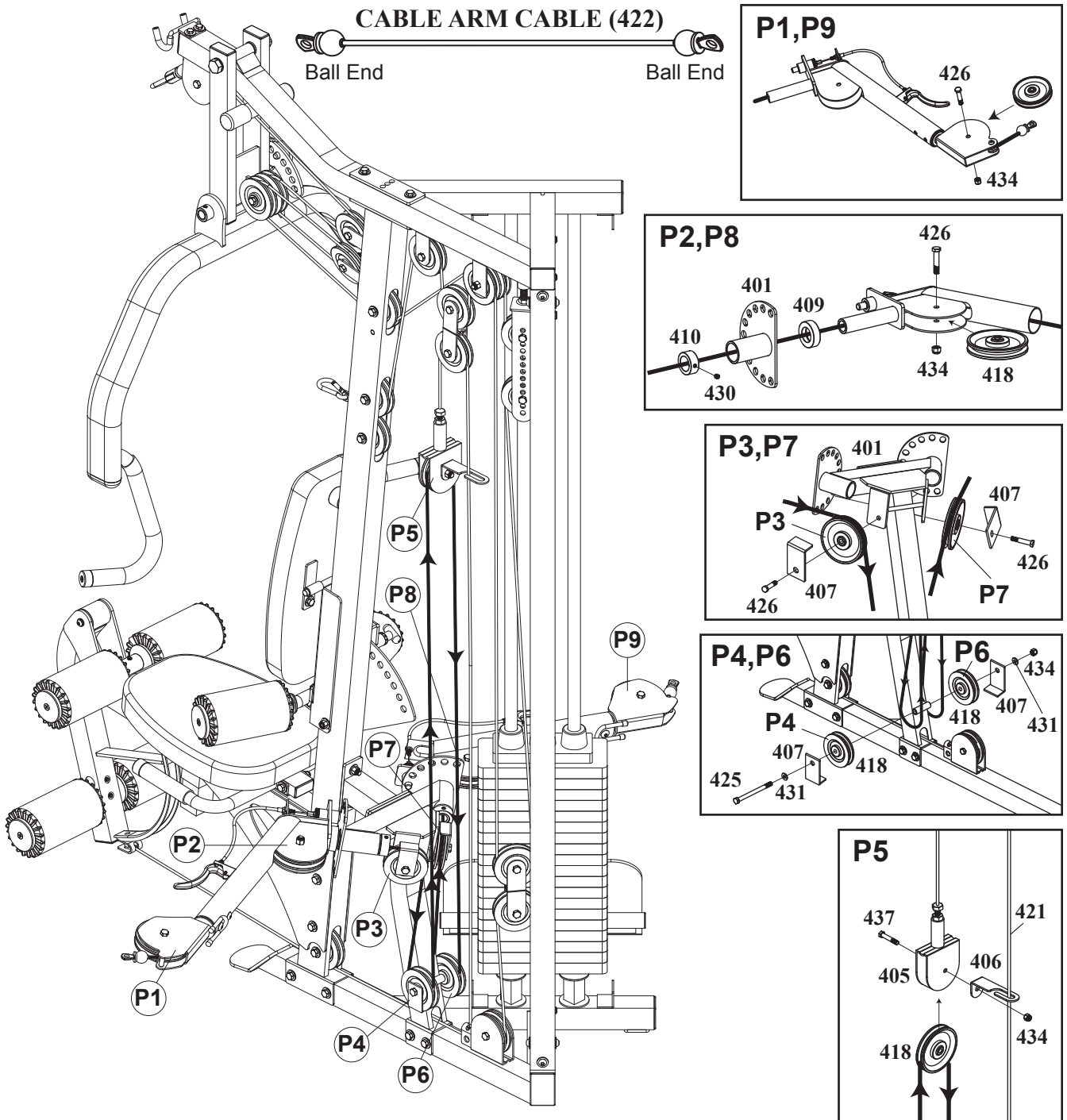
INSTALL CONNECT CABLE

1. Hook the steel ball end of the **CONNECT CABLE (421)** to the receptor C1 welded to the **BASE FRAME (1)**. Route the cable up and over **Pulley C2** mounted to the bottom of the **DOUBLE PULLEY BLOCK (436)** using one **3/8" X 1-3/4" HEX BOLT (426)** and one **3/8" NYLON NUT (434)**.
2. Screw the threaded end of the cable half way into the threaded receptor on the **SINGLE PULLEY BLOCK (405)**. The threaded end of the cable is an adjustment point but should always have at least one third of the threads screwed into the **SINGLE PULLEY BLOCK (405)**.



INSTALL CABLE ARM CABLE

1. The **CABLE ARM CABLE (422)** is already run through the **CABLE ARMS (403)**. Mount **Pulleys P3** and **P7**, along with their **PULLEY GUIDE BRACKETS (407)** to the **CABLE ARM ASSEMBLY (401)** as shown using one **3/8" X 1-3/4" HEX BOLT (426)**. Route the cable over top of these pulleys. Tighten these nuts, making sure the **PULLEY GUIDE BRACKETS (407)** do not rub against the cable.
2. Continue routing, on both sides, down and around **Pulleys P4** and **P6** mounted to the base of the **CABLE ARM ASSEMBLY (401)** using one **3/8" X 4-3/4" HEX BOLT (425)**, two **PULLEY GUIDE BRACKETS (407)**, two **3/8" WASHERS (431)**, and one **3/8" NYLON NUT (434)**. As above, tighten this nut, making sure the **PULLEY GUIDE BRACKETS (407)** do not rub against the cable.
3. Route the cable up to **Pulley P5** mounted inside the **SINGLE PULLEY BLOCK (405)** using one **3/8" X 2" HEX BOLT (437)**, the **CABLE GUIDE PLATE (406)** and one **3/8" NYLON NUT (434)**. Loosely hook the **CABLE GUIDE PLATE (406)** to the **CONNECT CABLE (421)**, directly behind.



PARTS LIST

NO.	DESCRIPTION	QTY.
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401	CABLE ARM ASSEMBLY	1
402	CABLE ARM CONNECTOR	1
403	CABLE ARM	2
404	SWIVEL CABLE ARM END	2
405	SINGLE PULLEY BLOCK	1
406	CABLE GUIDE PLATE	1
407	PULLEY GUIDE BRACKET	4
408	CABLE ARM COLLAR	2
409	STEEL SPACER	2
410	AXLE COLLAR	2
411	SINGLE HANDLE	2
412	CLIP	2
413	CABLE ARM STOPPER	4
414	BEARING BASIN	4
415	BEARING	4
416	BEARING COVER	4
417	114mm PULLEY (4-1/2")	4
418	90mm PULLEY (3-1/2")	7
419	1-1/8" ID STEEL BUSHING	4
420	AB CRUNCH CABLE	1
421	CONNECT CABLE	1
422	CABLE ARM CABLE	1
423	CLUTCH CABLE	2
424	CLUTCH LEVER OF CABLE ARM	2
425	3/8" X 4-3/4" HEX BOLT	1
426	3/8" X 1-3/4" HEX BOLT	8
427	3/8" X 1" HEX THREADED BOLT	2
428	3/8" X 1/2" ROUND BOLT	4
429	M5 X 18mm ROUND HEAD SCREW	2
430	5/16" X 1/4" SET SCREW	2
431	3/8" WASHER	4
432	3/8" SPRING WASHER	4
433	24mm NYLON NUT	2
434	3/8" NYLON NUT	8
435	M5 NUT	2
436	DOUBLE PULLEY BLOCK	1
437	3/8" X 2" HEX BOLT	1

