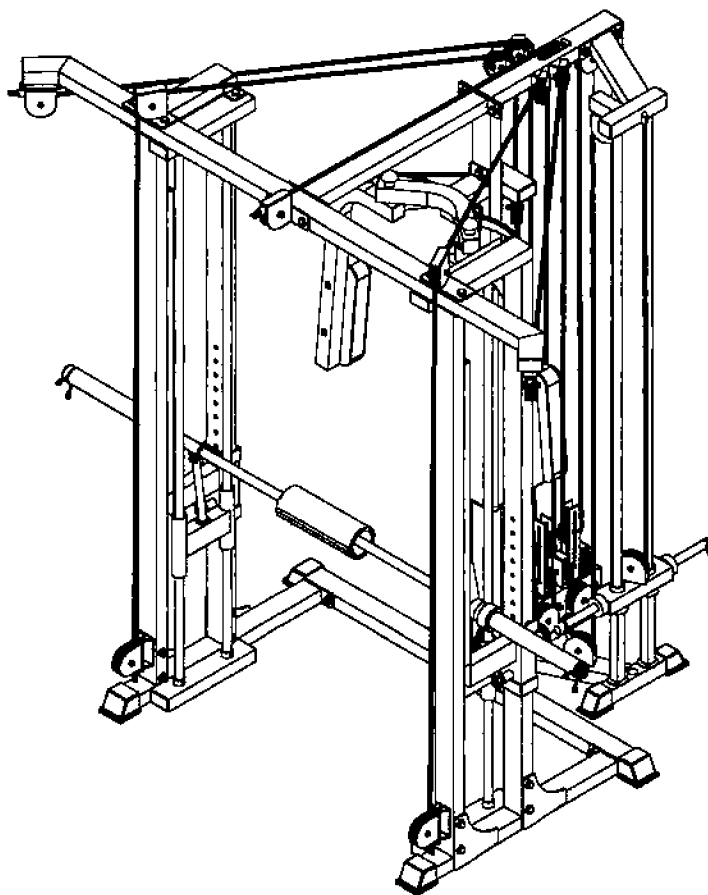


# BodyCraft

## CROSS SMITH TRAINING SYSTEM INSTRUCTION MANUAL *MODEL : F400 CROSS SMITH*



### **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 RSI at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.*

*We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.*

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

## **BEFORE YOU BEGIN**

Congratulations and thank you for selecting the **BODYCRAFT CROSS SMITH** strength training system. The **BODYCRAFT CROSS SMITH** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **BODYCRAFT CROSS SMITH** will help you achieve the specific results you want.

**For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT CROSS SMITH.** Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

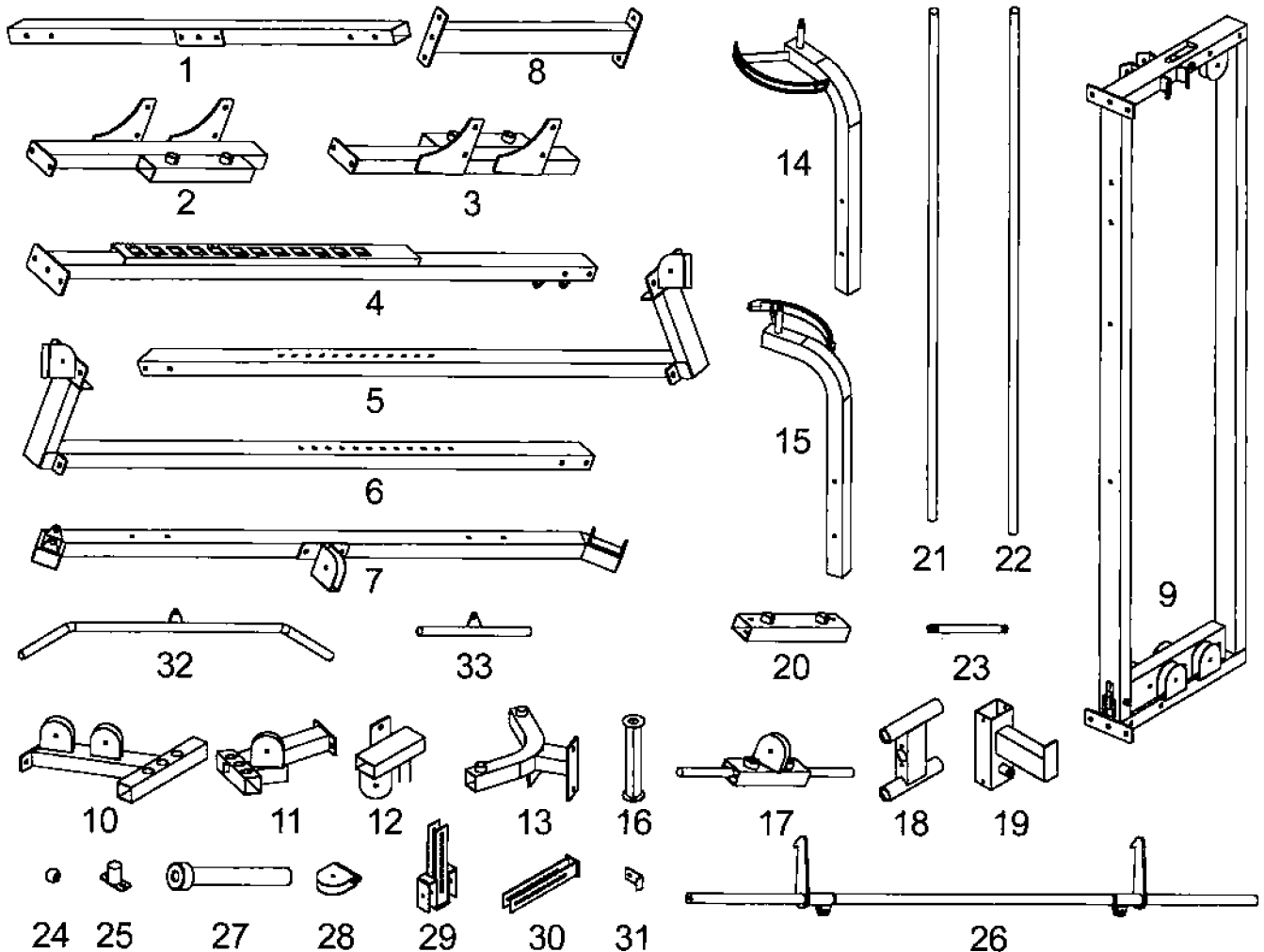
## **IMPORTANT SAFETY NOTES**

**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 pre-existing 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 CROSS SMITH** at all times.
5. Keep your hands away from cables and pulleys during operation. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Make certain all cables are seated within the pulleys before every use.
8. Exercise with care to avoid injury.
9. If unsure about the proper use of the **BODYCRAFT CROSS SMITH** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

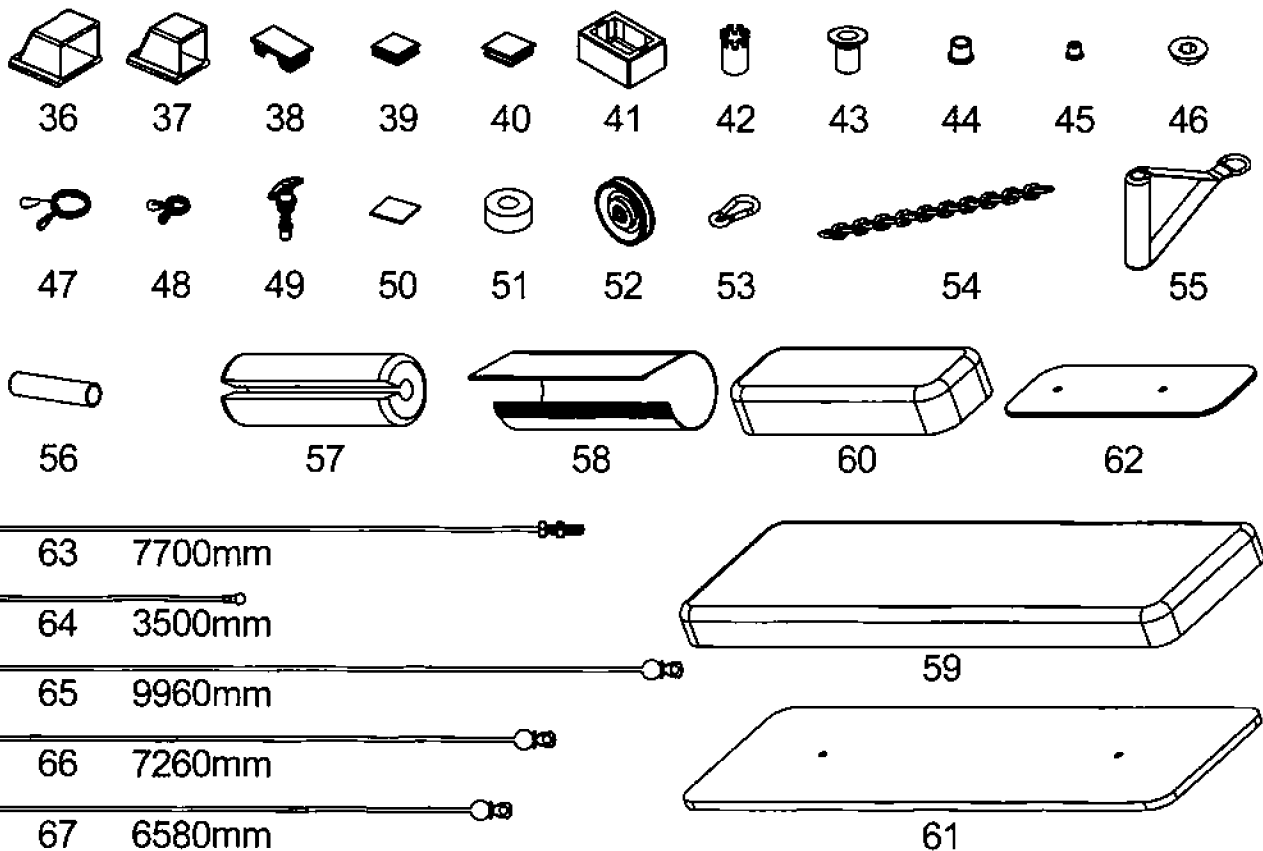
# PART CHART 1

1	Rear base frame	1	18	Lifting bar guide	2
2	Left base frame	1	19	Safety spotter arm	2
3	Right base frame	1	20	Guide rod holder	2
4	Bar catcher upright	2	21	Shorter guide rod	4
5	Left rear upright	1	22	Longer guide rod	2
6	Right rear upright	1	23	Lifting bar connector	2
7	Top frame	1	24	Ball joint	2
8	Top frame connector	1	25	Ball joint holder	2
9	Power station	1	26	Olympic bar	1
10	Weight base	1	27	Olympic Weight sleeve	2
11	Top guide rod holder	1	28	Swivel pulley bracket	4
12	Pec dec pulley frame	1	29	Three pulley block	1
13	Pec dec support	1	30	Adj. pulley block	3
14	Right pec dec arm	1	31	Pulley guide	4
15	Left pec dec arm	1	32	Lat bar	1
16	Weight spacer	2	33	Curl bar	1
17	Weight holder	1			



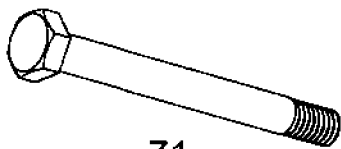
# PART CHART 2

36	Cap 45 X 75mm	4	53	Snap hook	6
37	Cap 50mm	2	54	21 Link chain	3
38	Plug 45 X 75mm	16	55	Hand strap	2
39	Plug 45mm square	1	56	Hand grip	4
40	Plug 50mm square	8	57	Foam pad	1
41	Bushing 45 X 75mm	4	58	Binder	1
42	Bushing 1"	10	59	Back pad	1
43	Bushing	4	60	Pec dec arm pad	2
44	Metal bushing 3/4"	8	61	Back pad base	1
45	Bushing 3/8"	2	62	Pec dec arm base	2
46	Cap 1/2"	2	63	Power station cable	2
47	Spring clip 50mm	2	64	Pec dec cable	2
48	Spring clip 25mm	2	65	Low cross cable	2
49	Pop locking pin	2	66	Top cable	2
50	Cushion pad of pulley block	4	67	Top cross cable	2
51	Bumper	6			
52	Pulley	4			

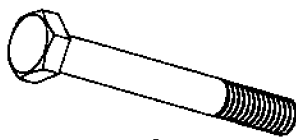


# PART CHART 3 FASTNERS

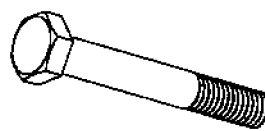
71	Hex bolt 1/2" X 4-3/4"	6	82	Hex bolt 3/8" X 1-3/4"	27
72	Hex bolt 1/2" X 4"	18	83	Hex bolt 3/8" X 5/8"	4
73	Hex bolt 1/2" X 3-1/2"	2	84	Sucken head bolt 3/8" X 1 -1/4"	2
74	Hex bolt 1/2" X 3-1/8"	4	85	Sucken head bolt 5/16" X 1/4"	8
75	Hex bolt 1/2" X 2-3/4"	2	86	Sucken head bolt 1/2" X 1-1/8"	2
76	Hex bolt 1/2" X 1-1/4"	2	87	1/2" Washer	56
77	Hex bolt 3/8" X 4-1/2"	2	88	3/8" Washer	20
78	Hex bolt 3/8" X 3-3/4"	4	89	1/2" Spring washer	2
79	Hex bolt 3/8" X 3"	4	90	1/2" Nylon nut	36
80	Hex bolt 3/8" X 2-3/4"	1	91	3/8" Nylon nut	35
81	Hex bolt 3/8" X 3"	2			



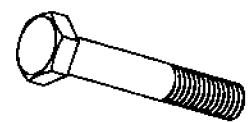
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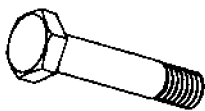
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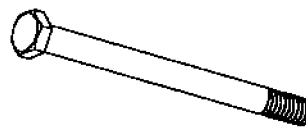
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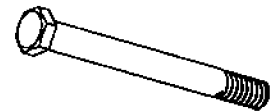
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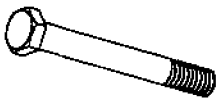
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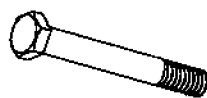
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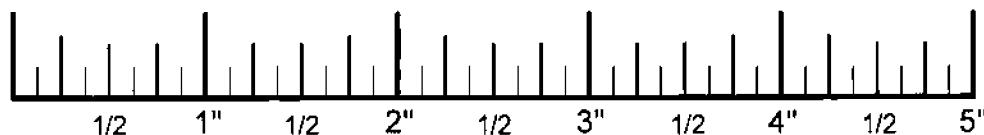


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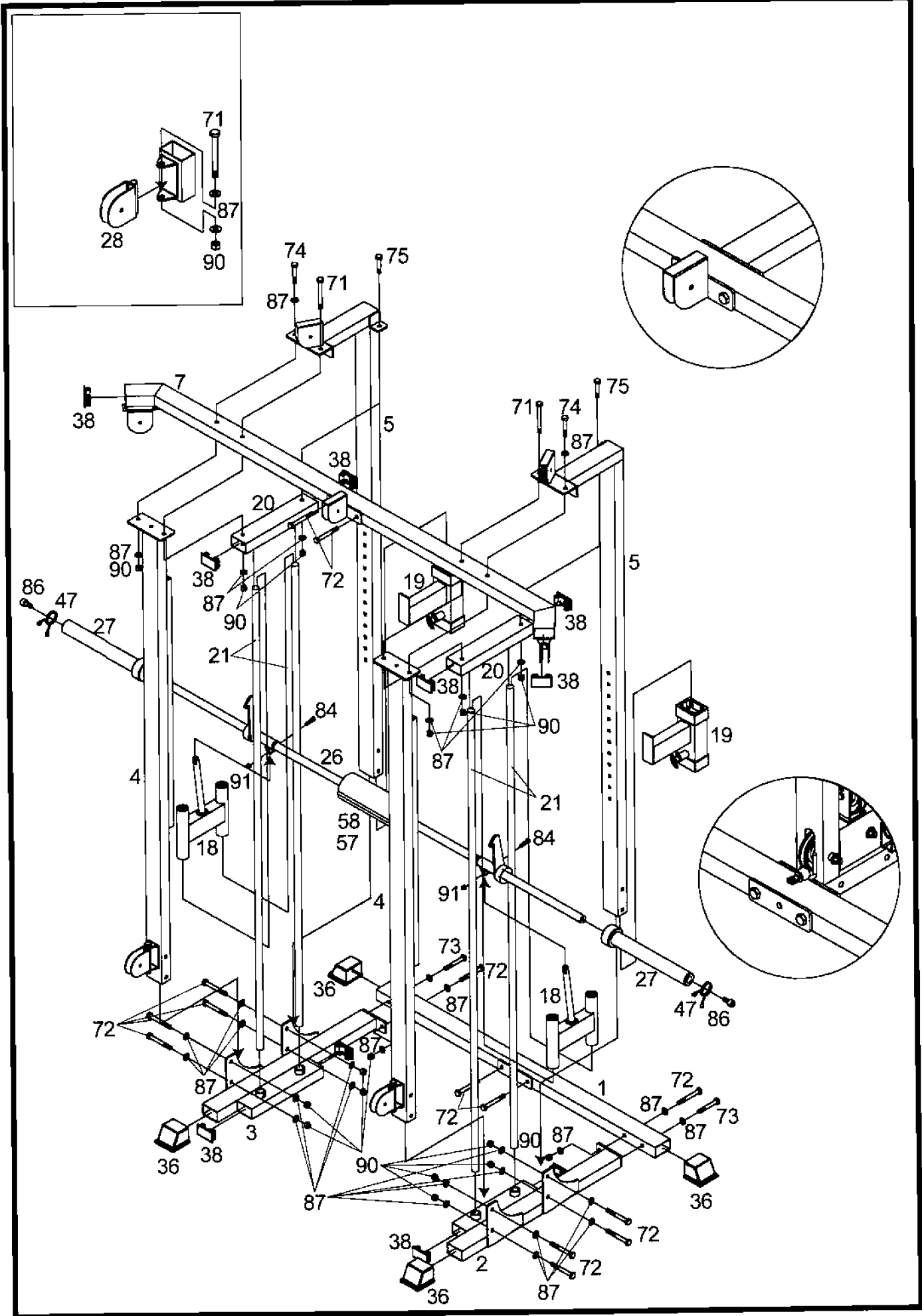
SCALE



# STEP 1 MAIN FRAME ASSEMBLY

The Bodycraft Cross Smith must be assembled on a flat, even floor.  
To ease the assembly process, do not tighten bolts until instructed.

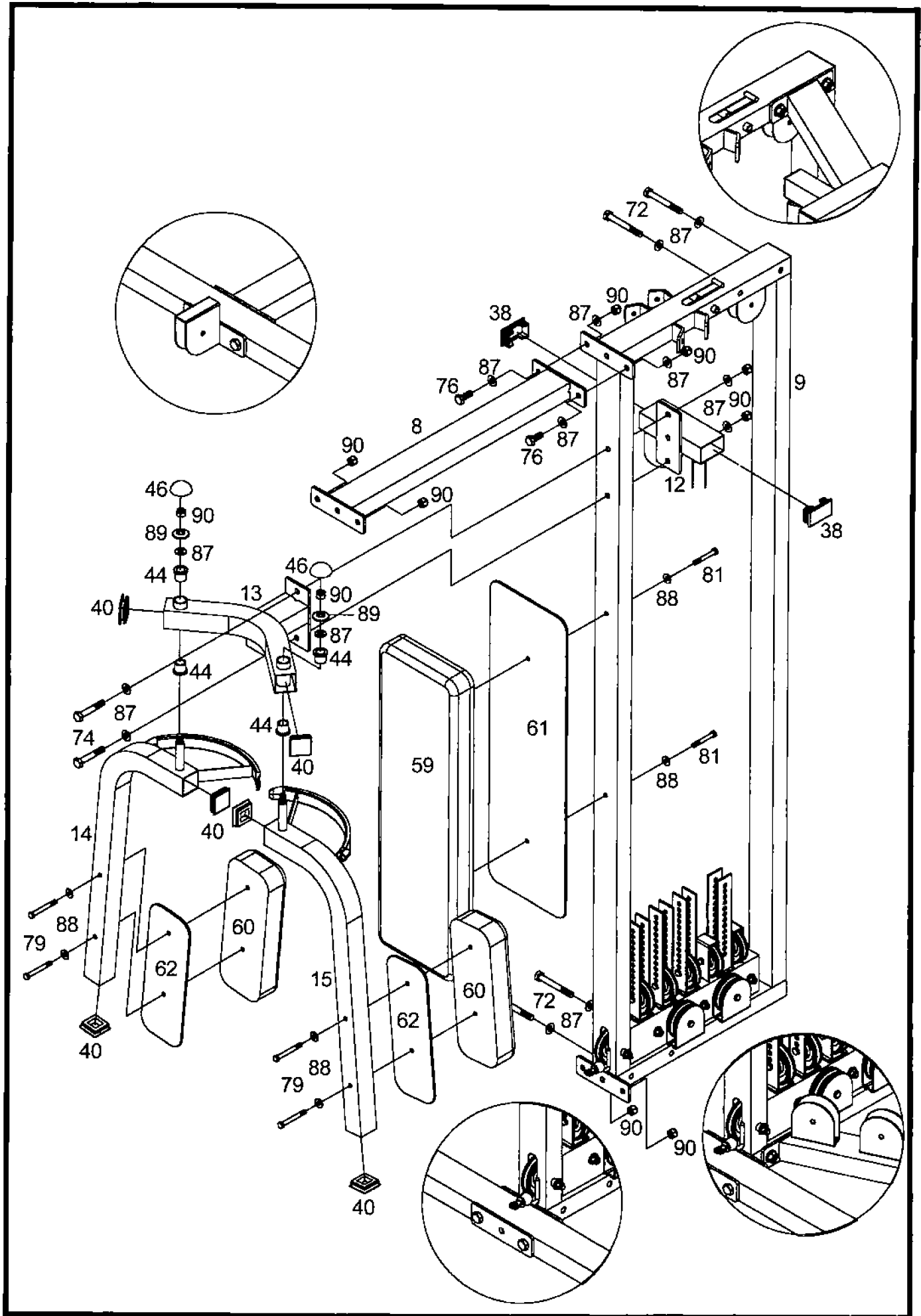
1. Attach Plug(38) and End Cap(36) onto both Right and Left Base Frame(2, 3). Attach End Cap(36) to both ends of Rear Base Frame(1). Connect Left and Right Base Frame(2, 3) to Rear Base Frame(1) using Hex Bolt 1/2" X 4"(72), 1/2" Washer(87) and 1/2" Nylon Nut(90) and Hex Bolt 1/2" X 3-1/2"(73), 1/2" Washer(87) for outer threaded hole.
2. Attach Bar Catcher Upright(4) on Right & Left Base Frame(2, 3), pulley bracket on bottom facing front, using two Hex Bolt 1/2" X 4"(72), two 1/2" Washer(87), and two 1/2" Nylon Nut(90).
3. Loosen 5/16" X 1/4" set screws that are preset on two ringlets (welded on Right and Left Base Frame(2 & 3)), Insert a Shorter Guide Rod(21) into each ringlet. Slide Lifting Bar Guide(18) over Shorter Guide Rod(21). Repeat the same procedure for right side.
4. Attach Right Rear Upright(5) to Right Base Frame(3), preset Safety Spotter Arm (19) is facing front, using two Hex Bolt 1/2" X 4"(72), two 1/2" Washer(87) Two 1/2" Nylon Nut(90), Repeat procedure for right side.
5. Loosen 5/16" X 1/4" sets screws that are preset on ringlets on Guide Rod Holder (20) and place Guide Rod Holder(20) on top of Shorter Guide Rod(21) each side.
6. Place Top Frame(7) on top of Bar Catcher Upright(4). Connect Top Frame to Bar Catcher Upright(4) and Left & Right Rear Upright(5, 6) using Hex Bolt 1/2" X 3"(74) , 1/2" Washer(87) and 1/2" Nylon Nut(90) for **Outside holes**. Attach Guide Rod Holder(20) to Top Frame(7) and Right & Rear Upright(5, 6) using Hex Bolt 1/2" X 4-3/4"(75), 1/2" Washer(87) and 1/2" Nylon Nut(90). Attach End Plug(38) on both Top Frame(7) and Guide Rod Holder(20).
7. Hook Olympic bar(26) onto Bar Catch Upright(4) and attach Lifting Bar Connector (23), (pre-assembled on Lifting Bar Guide(18)) to bracket on Olympic Bar(26), using Sucken Head Bolt 3/8" X 1-1/4 and 3/8" Nylon nut, each side. Attach Olympic Weight Sleeve(27) to each end of Olympic Bar(26) using Sucken Head Bolt 1/2" X 1-1/8". Use Spring Clips(47) to hold weight plates in place. Wrapped Foam Pad(57) and Binder(58) on the Olympic Bar(26).



## STEP 2 PEC DEC ASSEMBLY

1. Attach Power Station(9) to Rear Base Frame(1) using two Hex Bolt 1/2" X 4"(72), four 1/2" Washer(87) and two 1/2" Nylon nut(90). Connect Top Frame Connector (8) to Top Frame(7) and Power Station(9) using four Hex Bolt 1/2" X 1-1/4"(76), eight 1/2" Washer(87) and four 1/2" Nylon Nut(90).
2. Attach Pec Dec Support(13) and Pec Dec Pulley Frame(12) to Power Station using two Hex Bolt 1/2" X 3"(74), four 1/2" Washer(87) and two 1/2" Nylon Nut (90).
3. Attach Back Pad Base(61) and Back Pad(59) to Power Station(9) using two Hex Bolt 3/8" X 2-1/2"(81) and two 3/8" Washer(88).
4. Insert four Bushing(43) into Pec Dec Support(13), then thread the axle of Right Pec Dec Arm(14) through the hole of Pec Dec Support(13) and attach using 1/2" Washer(87), 1/2" Spring Washer(89) and 1/2" Nylon Nut(90). Tighten Nylon Nut(90) and back off approximately 1/2 turn so that arm moves freely and attach plastic cap(46). Repeat the same process to Left Pec Dec Arm(15). Attach Pec Dec Arm Base(62) and Pec Dec Arm Pad(60) on Pec Dec Arm(#14 & #15) using Hex Bolt 3/8" X 3"(79) and 3/8" Washer(88). Attach Plug(40) on Pec Dec Arm(14 & 15) and Plug(40) on Pec Dec Support(13).

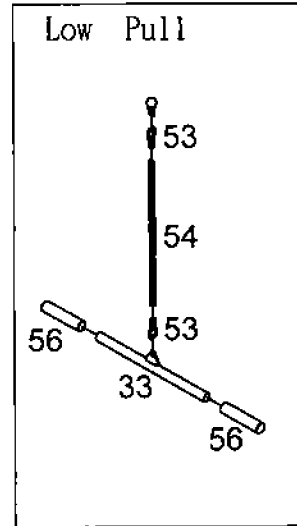
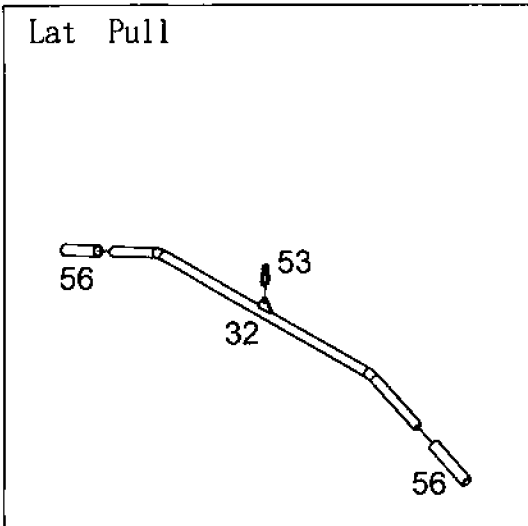
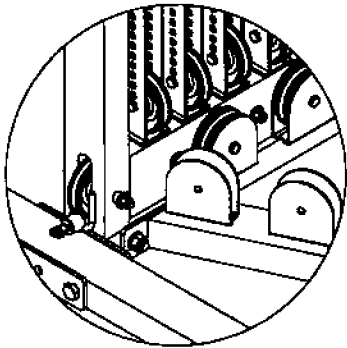
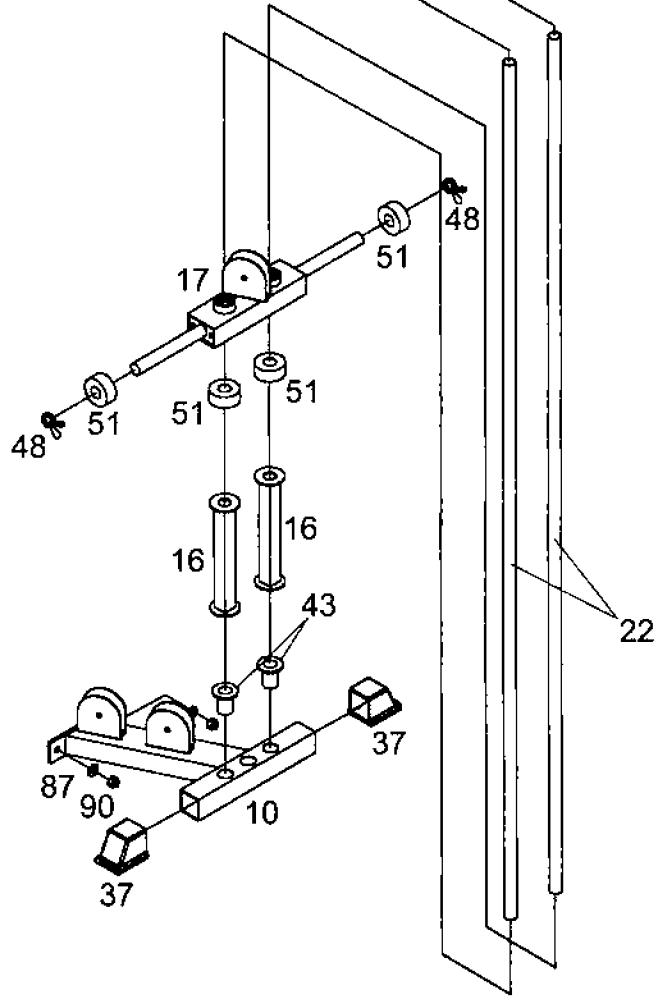
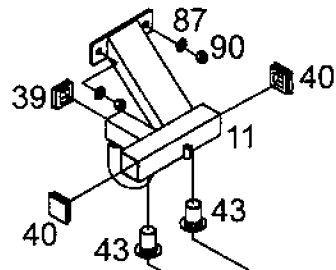
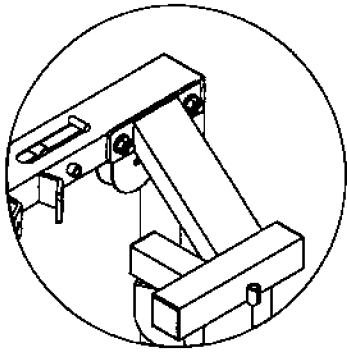




## STEP 3 WEIGHT STATION

1. Slide 50 mm Cap(37) on ends of Weight Base(10) and attach to Power Station(9) using two Hex Bolt 1/2" X 4"(72), four 1/2" Washer(87) and two 1/2" Nylon Nut(90). Insert two 1" ID Bushing(43) and longer Guide Rod(22) into the holes in Weight Base(10). Slide in order a Weight Space(16) and a Bumper(51) and then Weight Holder(17) onto each Guide Rod(22).
2. Insert two 1" ID Bushing(43) into the Top Guide Rod Holder(11) then place Top Guide Rod Holder(11) down onto Guide Rod(22). Attach Top Guide Rod Holder(11) to Power Station(9) using two Hex Bolt 1/2" X 4" (72), four 1/2" Washer(87) and two 1/2" Nylon Nut(90).
3. Slide two Bumper(51) onto each side of Weight Holder(17). The 25mm Spring Clip (48) are used to keep weight plates in place. Attach Plug(39 & 40) to Top Guide Rod Holder(11). Using water as a lubricant, slide the Hand Grips(56) onto the Lat Bar(32) and Curl Bar(33).

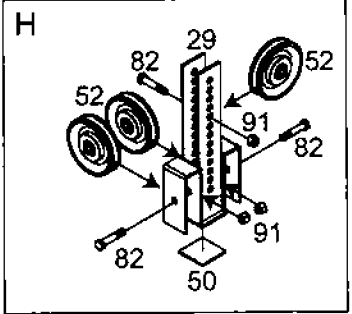
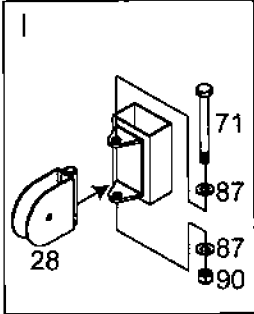
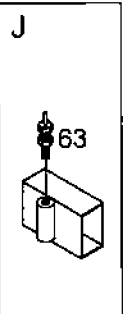
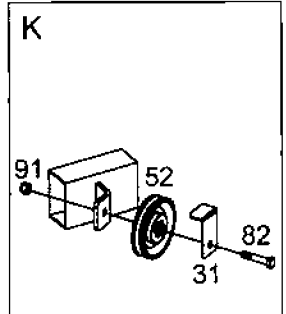
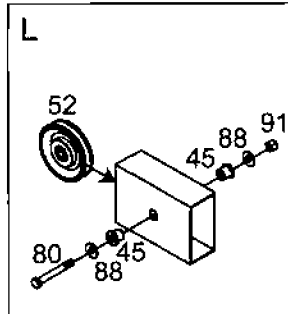
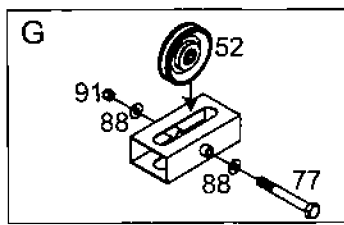
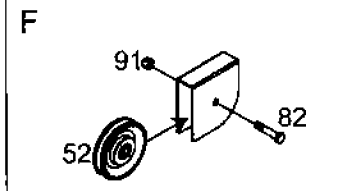
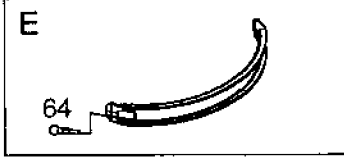
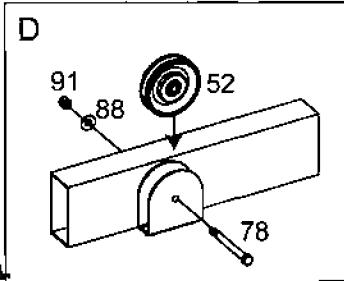
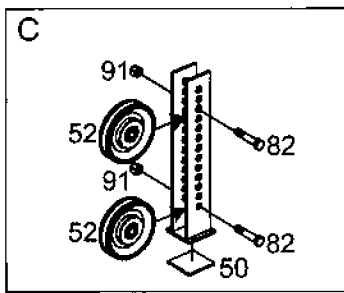
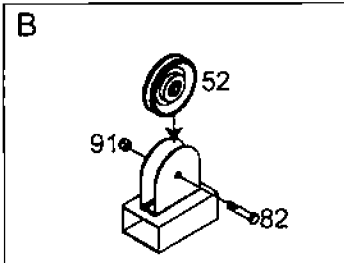
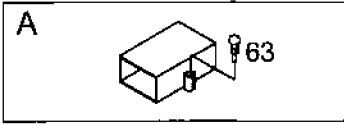
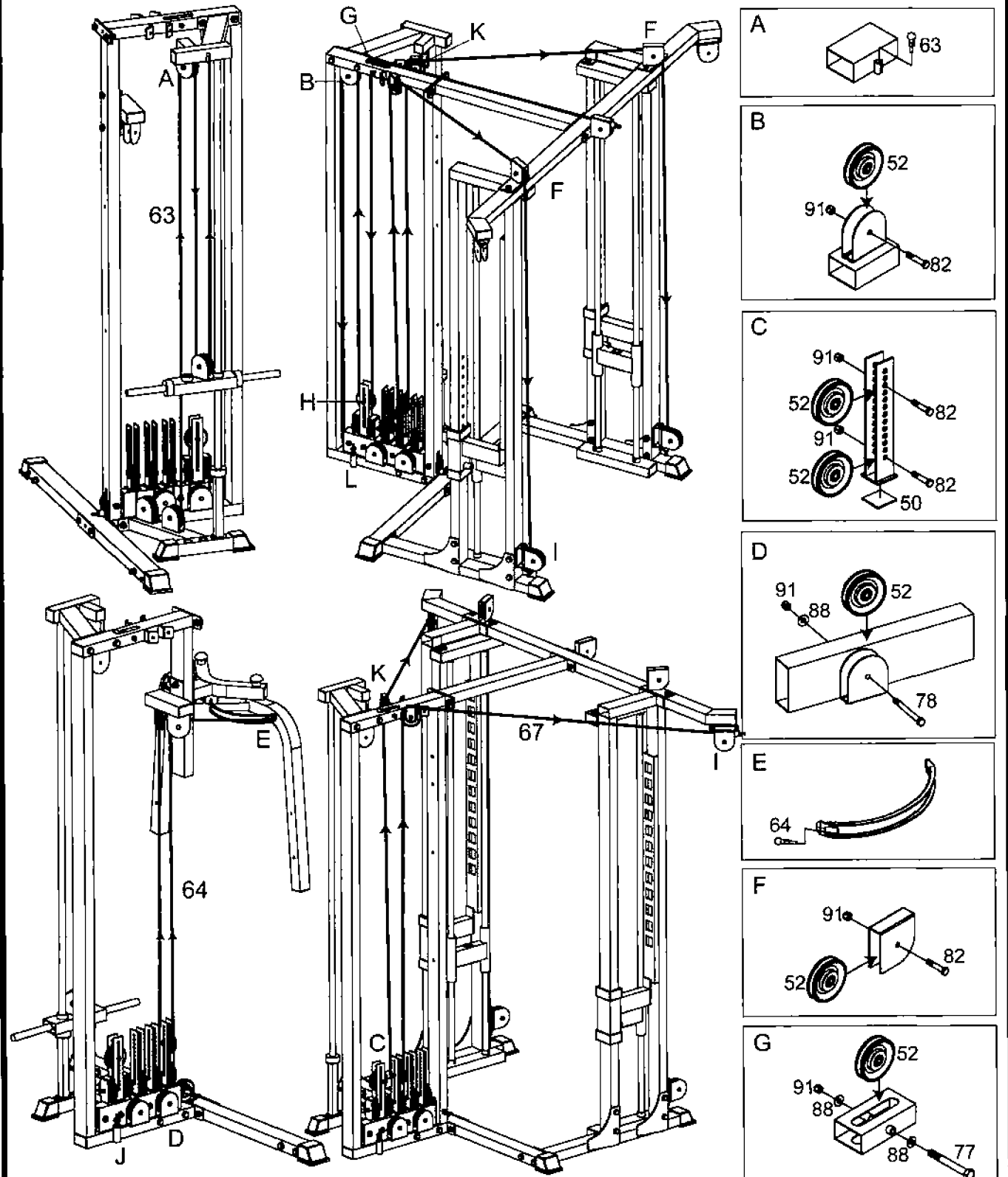
**Tighten all Bolts.**



## **STEP 4 INSTALL CABLE SYSTEM**

**Please note the Low Cable and Top Cable is same one and pre-assembled on Power Station(9). Assemble cables and pulleys simultaneously.**

1. Power Station Cable(63) is pre-assembled inside of Power Station and wrapped on its frame. Finish routing by taking steel ball end beneath two pulleys on Weight Base(10), up to the pulley on Top Guide Rod Holder(11), down to pulley Weight Holder(17) then attach to the bracket on Top Guide Rod Holder(11).
2. The Top Cable(66) pre-assembled inside of Power Station and wrapped on its frame. Finish routing by taking ball end up to pulley(B), down and around pulley (H), up to Pulley(G), over Top Frame Connector(8) to middle pulley on Top Frame (7).
3. Attach pulley to the second hole (from top) of the second Adj. Pulley Block. Route the Low Cross Cable(65) around it, up and around front pulley(K), over to pulley(F) of top frame and down to pulley(I). Repeat the same procedure for opposite side.
4. Attach a pulley to the second hole of Adjustable Pulley Block closest to front Power Station(9). Route Pec Dec Cable(64) around it, and attach steel ball end , up through pulley of the Pec Dec Pulley Frame(12) to the bracket in the Pec Dec Arm(14 & 15).
5. Attach a pulley to the second hole (from top) of the third Adj. Pulley Block. Route each end of the Top Cross Cable(67) up to rear pulley(K) and over to pulleys on end of Top Frame(7).



**Assembly is complete! Please take the following steps before using the gym:**

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Pre-stretch the cables. Put weight on Weight Holder(17) and pull on cables with great force, helping remove and kinks and providing any initial cable stretch. If there is a little loose, please turn the cable thread head to tighten at drawing Fig . J.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the Lifting guide rod(21) and Weight guide rod(22).
6. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the Bodycraft Cross Smith Home Gym. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556.**