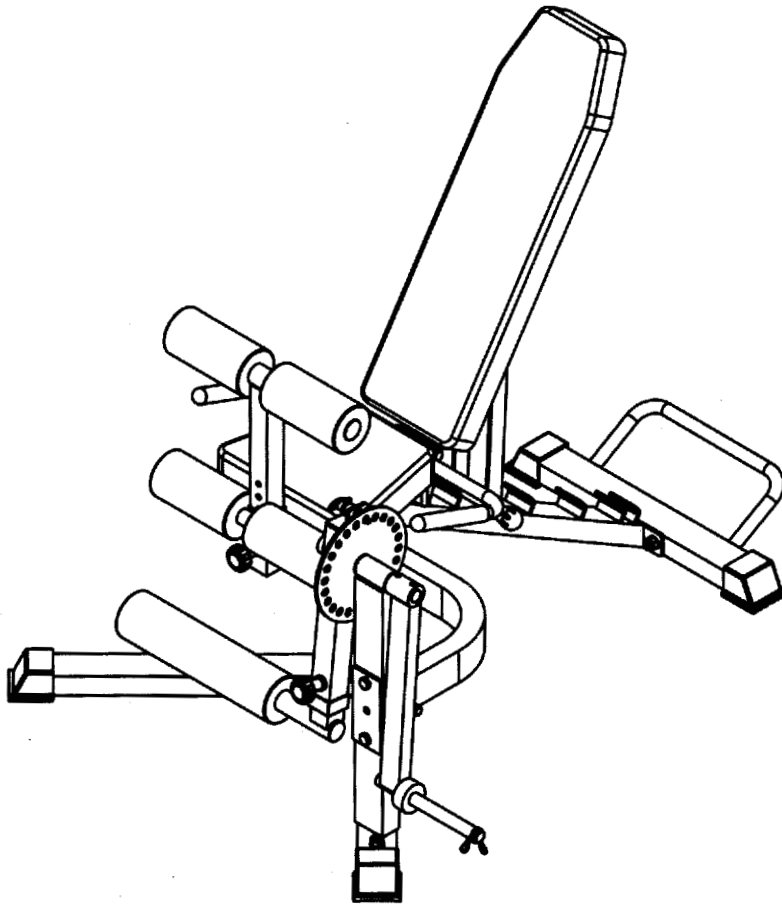


BodyCraft

INSTRUCTION MANUAL TOTAL LEG MACHINE MODEL : F640



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 **TOTAL LEG MACHINE** strength training system. The **TOTAL LEG MACHINE** 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 **TOTAL LEG MACHINE** will help you achieve the specific results you want.

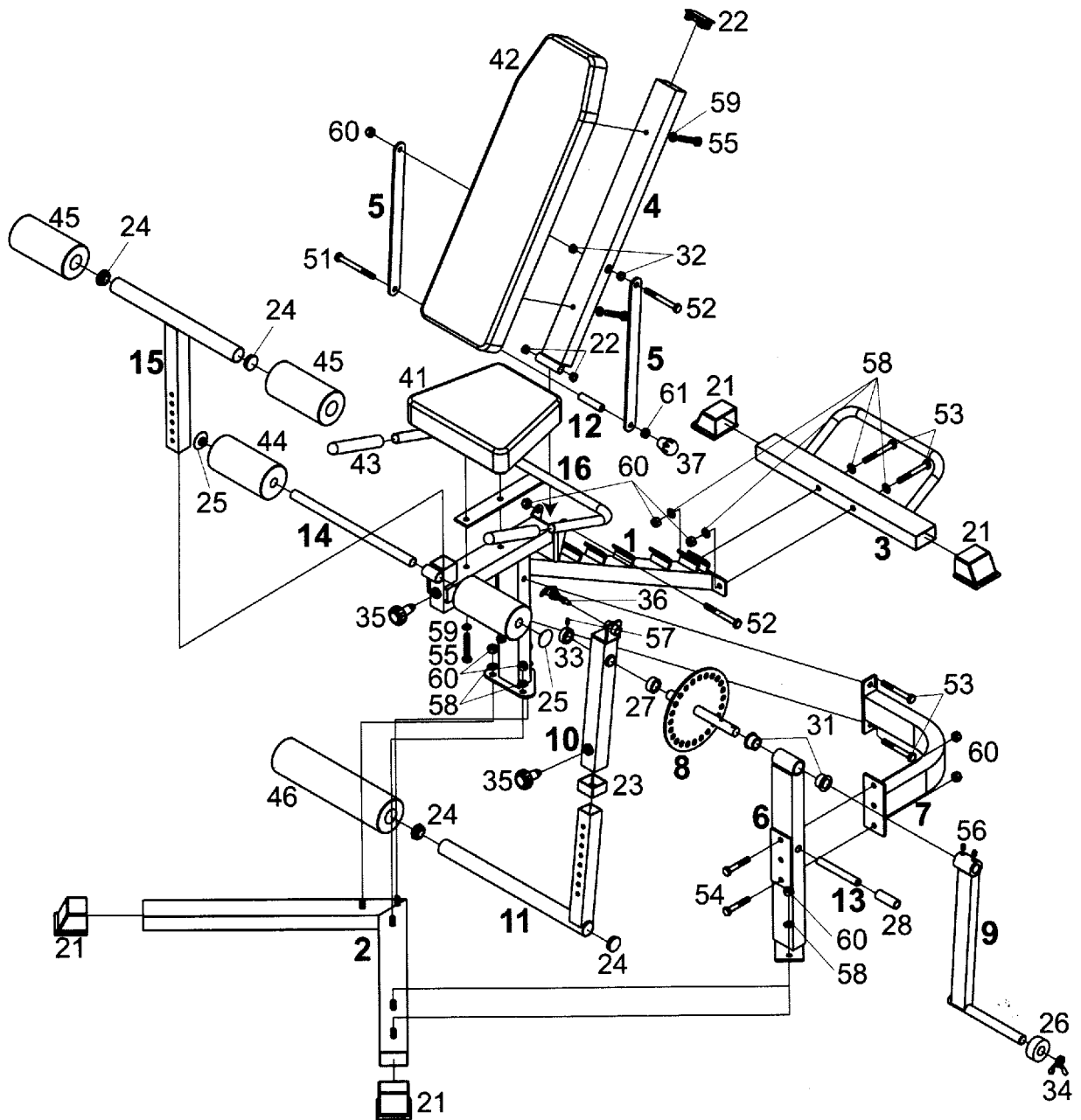
For your safety and benefit, read this manual and the accompanying literature before using the TOTAL LEG MACHINE. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 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 **TOTAL LEG MACHINE** 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. Exercise with care to avoid injury.
8. If unsure about the proper use of the **TOTAL LEG MACHINE** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

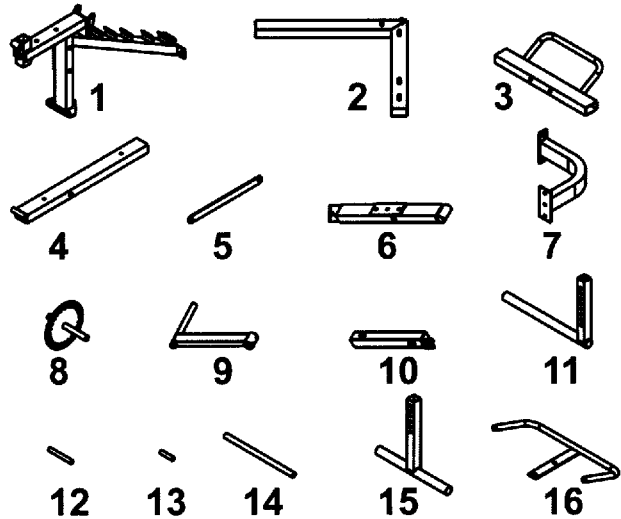
EXPLODE VIEW



PARTS LIST

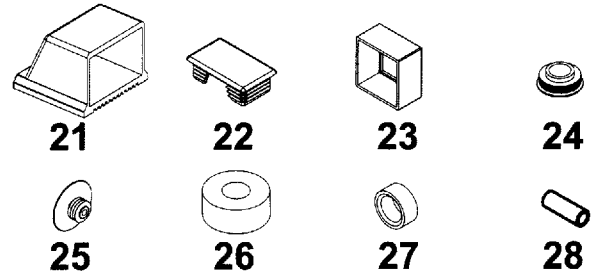
NO. DESCRIPTION QTY.

1	MAIN FRAME	1
2	BASE FRAME	1
3	REAR STABILIZER	1
4	BACK SUPPORT	1
5	BRACE SUPPORT	2
6	UPRIGHT FRAME	1
7	CONNECT FRAME	1
8	ADJ. PLATE	1
9	WEIGHT HOLDER	1
10	LIFT ARM	1
11	LEG HOLDER	1
12	AXLE	1
13	DIRECTION DIVIDER	1
14	BOLSTER	1
15	ADJ. KNEE HOLDER	1
16	HANDLE BAR	1



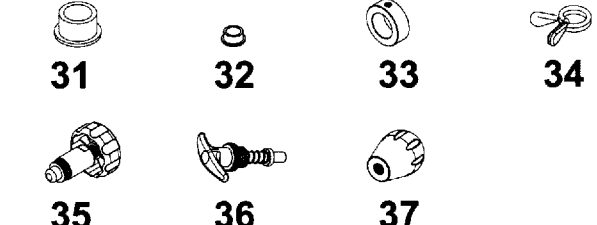
NO. DESCRIPTION QTY.

21	45 X 75 RECT. END CAP	4
22	45 X 75 RECT. END PLUG	1
23	SQUARE SPACER	1
24	42MM ROUND END PLUG	4
25	1" ROUND END PLUG	2
26	RUBBER DOUGHNUT	1
27	ROUND SPACER	1
28	FOAM GRIP	1



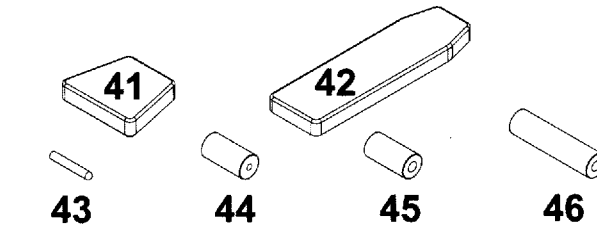
NO. DESCRIPTION QTY.

31	1" ID. BUSHING	2
32	1/2" ID. BUSHING	4
33	COLLAR	1
34	SPRING CLIP	1
35	QUICK RELEASE	2
36	POP PIN	1
37	KNOB	1



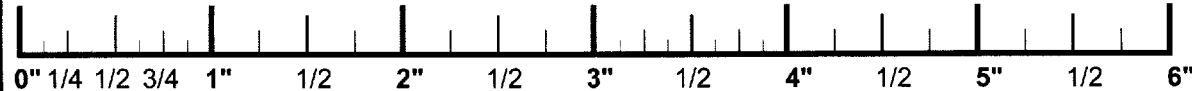
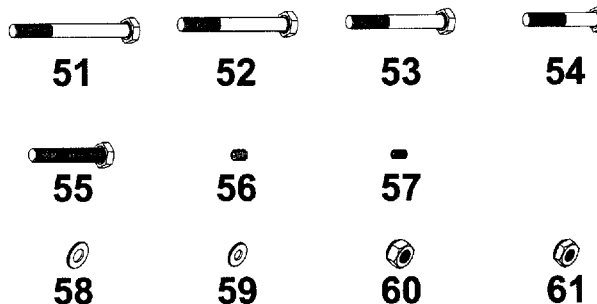
NO. DESCRIPTION QTY.

41	SEAT PAD	1
42	BACK PAD	1
43	HAND GRIP	2
44	23 ID. X 8" FOAM PAD	2
45	35 ID. X 8" FOAM PAD	2
46	35 ID. X 16" FOAM PAD	1



NO. DESCRIPTION QTY.

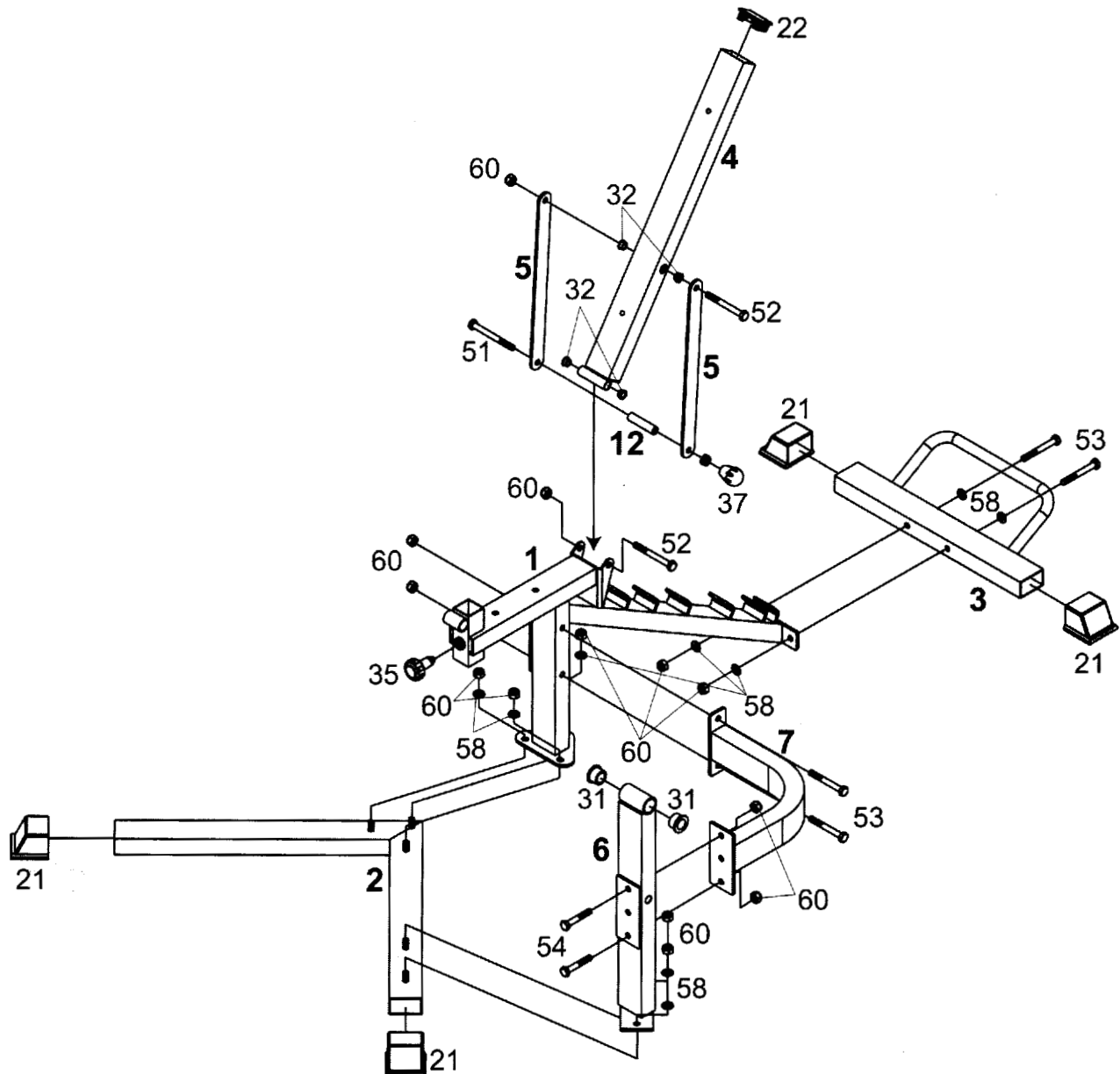
51	1/2" X 5" HEX HEAD BOLT	1
52	1/2" X 4-1/2" HEX HEAD BOLT	2
53	1/2" X 4" HEX HEAD BOLT	4
54	1/2" X 3" HEX HEAD BOLT	2
55	3/8" X 3" HEX HEAD BOLT	4
56	3/8" SET SCREW	2
57	5/16" SET SCREW	1
58	1/2" WASHER	9
59	3/8" WASHER	4
60	1/2" NYLON NUT	13
61	1/2" THINNER NYLON NUT	1



ASSEMBLY INSTRUCTION OF MAIN FRAME

Do not tighten any bolts until instructed.

1. Attach MAIN FRAME(1) to BASE FRAME(2) using WASHERS(58) and NUTS(60) already placed on BASE FRAME(2). Attach MAIN FRAME(1) to REAR STABILIZER(3) using BOLTS(53), WASHERS(58) and NUTS(60).
2. Attach UPRIGHT FRAME(6) to BASE FRAME(2) using WASHERS(58) and NUTS(60) already placed on BASE FRAME(2). Insert two BUSHING(31) into UPRIGHT FRAME(6).
3. Attach CONNECT FRAME(7) to MAIN FRAME(1) using BOLTS(53), WASHERS(58) and NUTS(60), and to UPRIGHT FRAME(6) using BOLTS(54), WASHERS(58) and NUTS(60).
4. Attach END CAPS(21) to REAR STABILIZER(3) and BASE FRAME(2). Check to make sure assembly is correct and tighten all bolts gradually.
5. Insert four BUSHINGS(32) into BACK SUPPORT(4). Attach BACK SUPPORT(4) to MAIN FRAME(1) using BOLTS(52) and NUT(60). Tighten NUT and then loosen just enough to allow BACK SUPPORT(4) to pivot freely.
6. Attach both BRACE SUPPORT(5) to BACK SUPPORT(4) using BOLT(52) and NUT(60). Tighten NUT and then loosen just enough to allow BACK SUPPORT(4) to pivot freely. Insert AXLE(12) between bottom holes in BRACE SUPPORT(5) and attach using BOLTS(51) and KNOB(37).



WEIGHT HOLDER AND PAD ASSEMBLY

7. Slide ROUND SPACER(27) onto AXLE of ADJ. PLATE(8), then slide AXLE through LIFT ARM(10) and secure using COLLAR(33). Attach that assembly to UPRIGHT FRAME(6) by inserting other side of AXLE on ADJ. PLATE(8) through UPRIGHT FRAME(6) and then into WEIGHT HOLDER(9). Secure with SET SCREW(56).

8. Attach POP PIN(36) to LIFT ARM(10). Slide RUBBER DOUGHNUT(26) and SPRING CLIP(34) onto WEIGHT HOLDER(9).

9. Attach QUICK RELEASE(35) to LIFT ARM(10). Cap LIFT ARM(10) with SQUARE SPACER(23) and insert LEG HOLDER(11) into LIFT ARM(10). Slide FOAM GRIP(28) onto DIRECTION DIVIDER(13) then insert DIRECTION DIVIDER(13) into hole in UPRIGHT FRAME(6). The DIRECTION DIVIDER(13) is used to determine the direction of travel for the weight resistance. For leg extension, lying leg curl, standing leg curl and prehear curl, the WEIGHT HOLDER(9) is placed in front of the DIRECTION DIVIDER(13). For seated leg curls, the WEIGHT HOLDER(9) is placed behind the DIRECTION DIVIDER(13).

10. Attach QUICK RELEASE(35) to front of MAIN FRAME(1). Insert ADJ. KNEE HOLDER(15) into receptacle on MAIN FRAME(1).

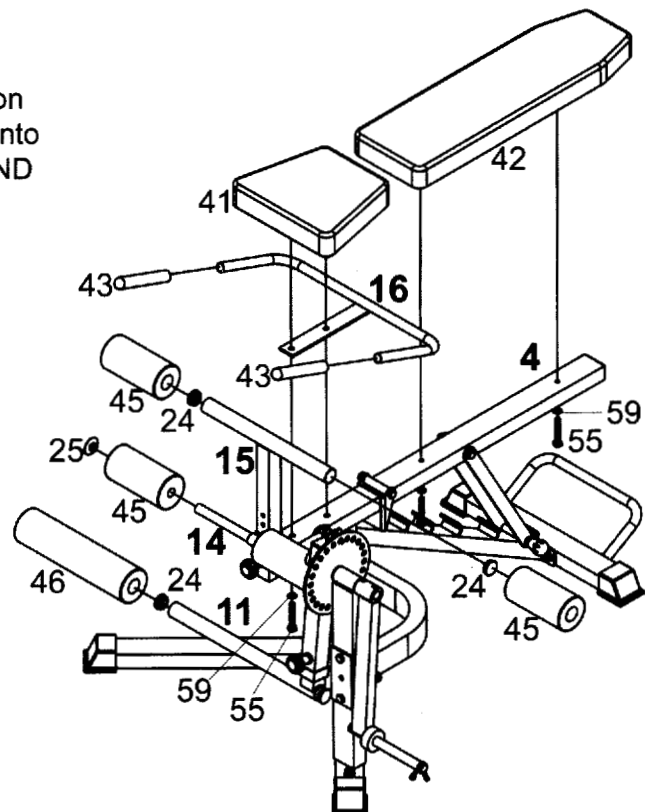
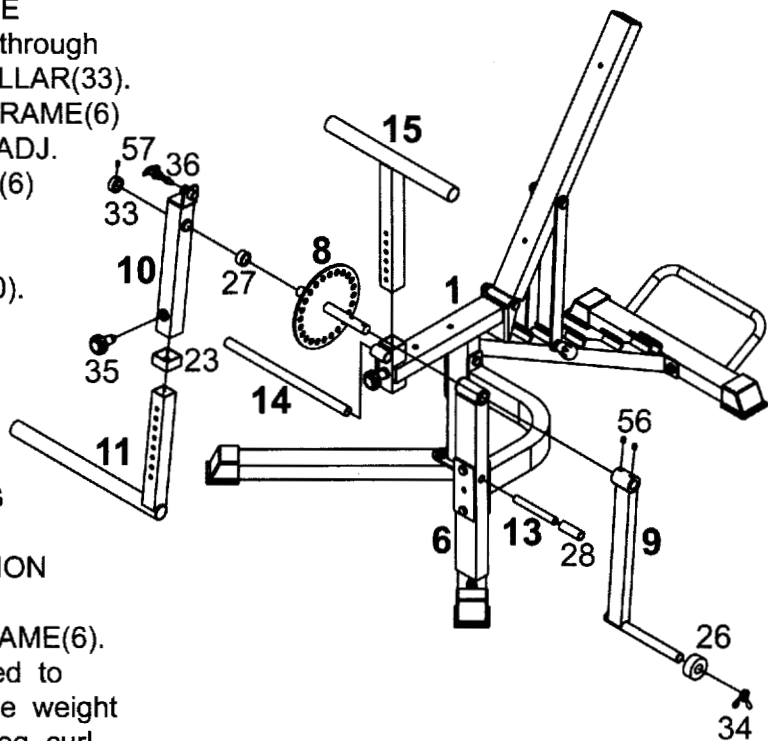
11. Insert BOLSTER(14) into horizontal tube on MAIN FRAME(1). Slide FOAM PADS(45) onto BOLSTER(14) and cap with 1" ROUND END PLUG(25).

Slide FOAM PADS(45) onto ADJ. KNEE HOLDER(15) and cap with 42mm ROUND END PLUG(24). Slide 16" LONG FOAM PAD(46) onto ADJ. LEG HOLDER(11) and cap with 42mm ROUND END PLUG(24).

12. Attach HANDLE BAR(16) and SEAT PAD(41) to MAIN FRAME(1) using WASHERS(59) and BOLTS(55). Slide HAND GRIPS(43) onto HANDLE BAR(16).

USE WATER AS A LUBRICANT.

13. Attach BACK PAD(42) to BACK SUPPORT(4) using WASHERS(59) and BOLTS(55).



Assembly is complete! Please take the following steps before using the BODYCRAFT TOTAL LEG MACHINE:

1. Make certain all bolts are tightened securely.
2. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the Bodycraft Total Leg Machine Training System. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556