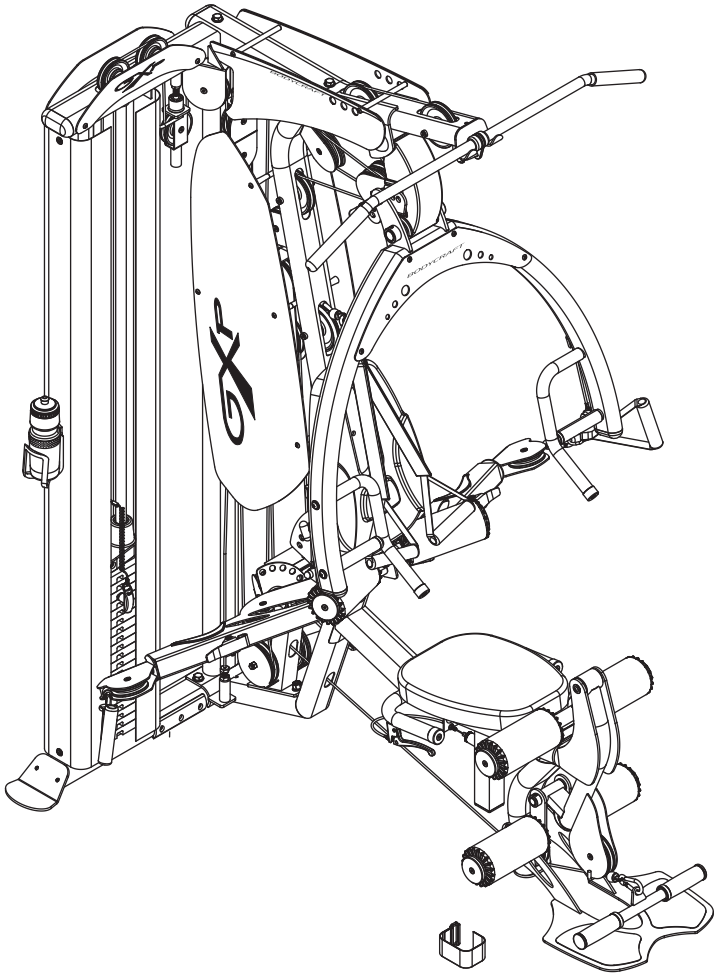
BODYCRAFT

THE GXP STRENGTH TRAINING SYSTEM
ASSEMBLY INSTRUCTION



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

MA709

BEFORE YOU BEGIN

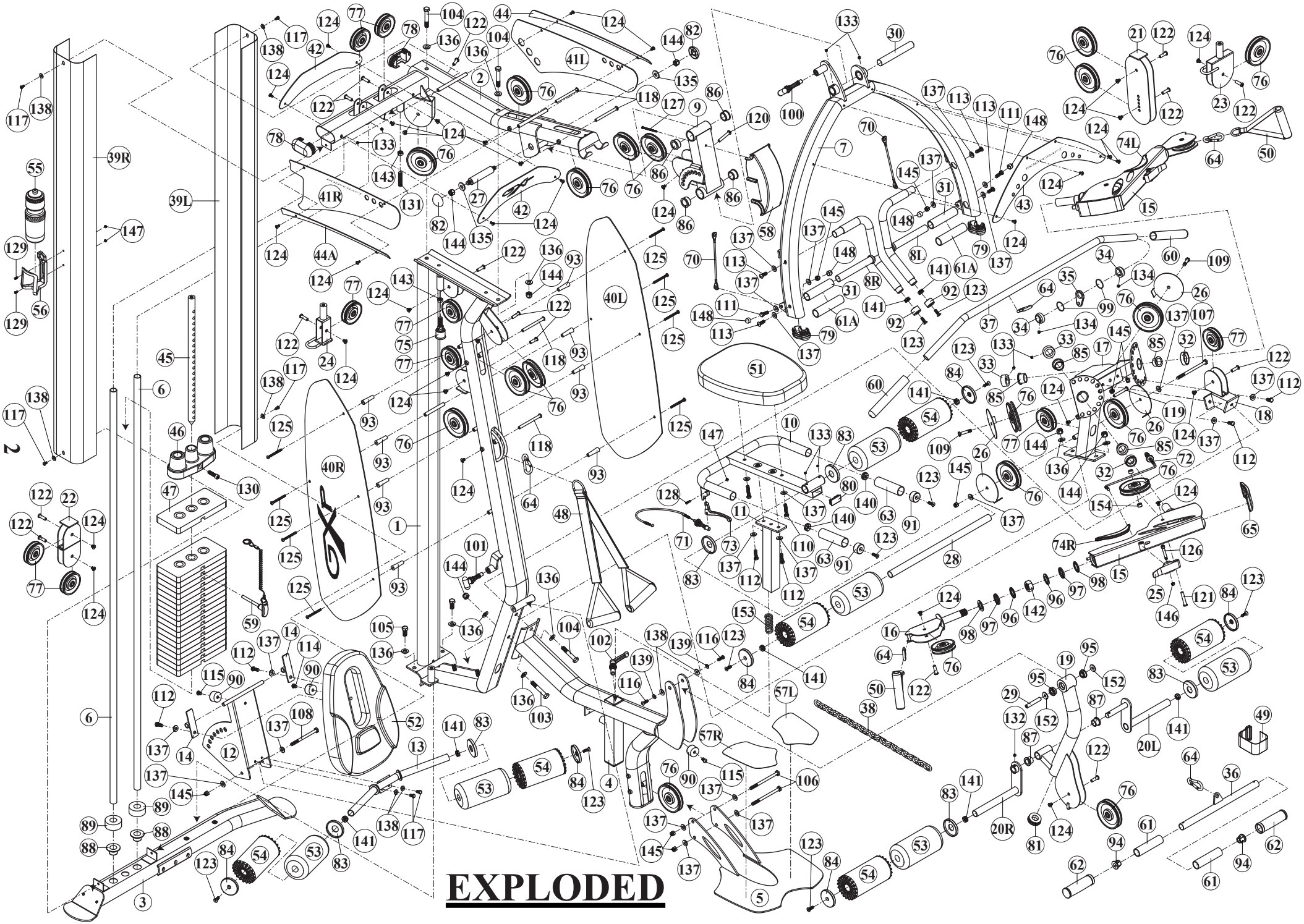
Congratulations and thank you for selecting the **Bodycraft GXP** strength training system. The **Bodycraft GXP** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **Bodycraft GXP** 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 GXP**. Keep this manual for future reference. If you have additional questions, please call your local **Bodycraft GXP** 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

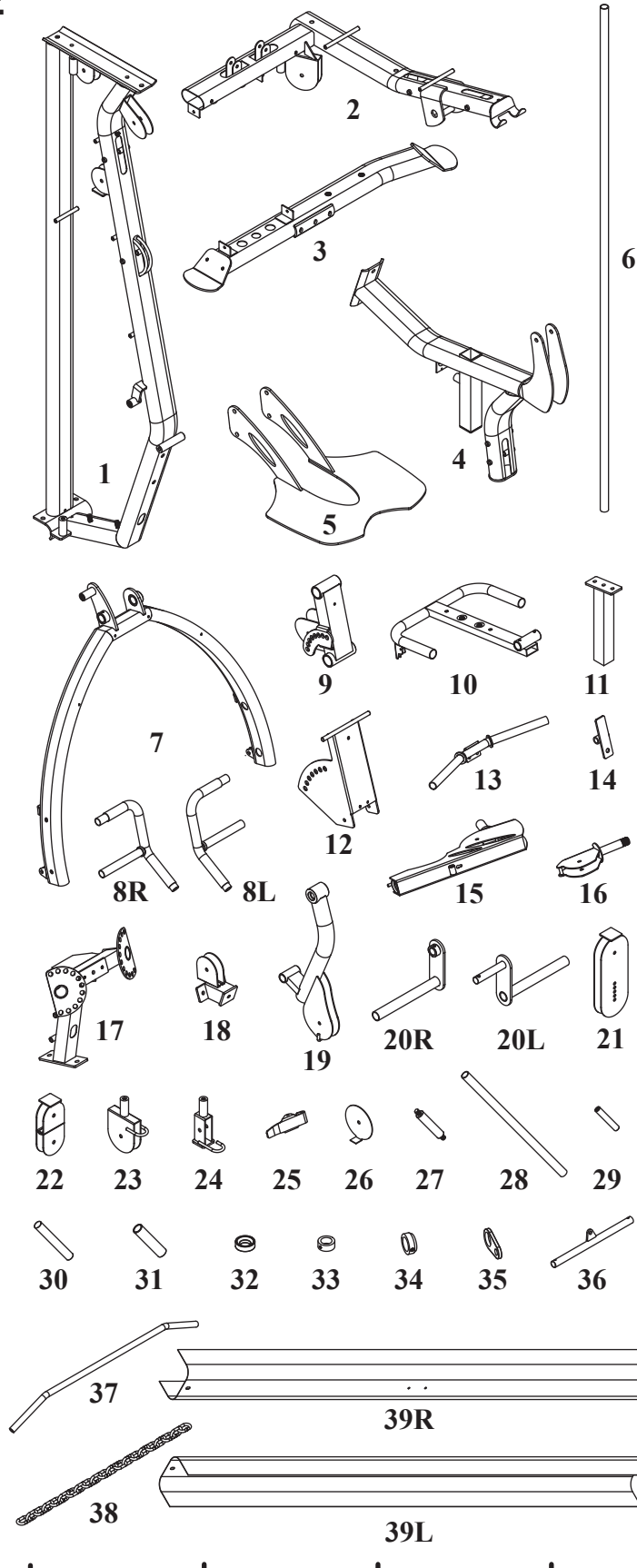
There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility 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 GXP** 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 GXP** strength training system call your local **BodyCraft** dealer or our customer service department at 800-990-5556.


EXPLODED

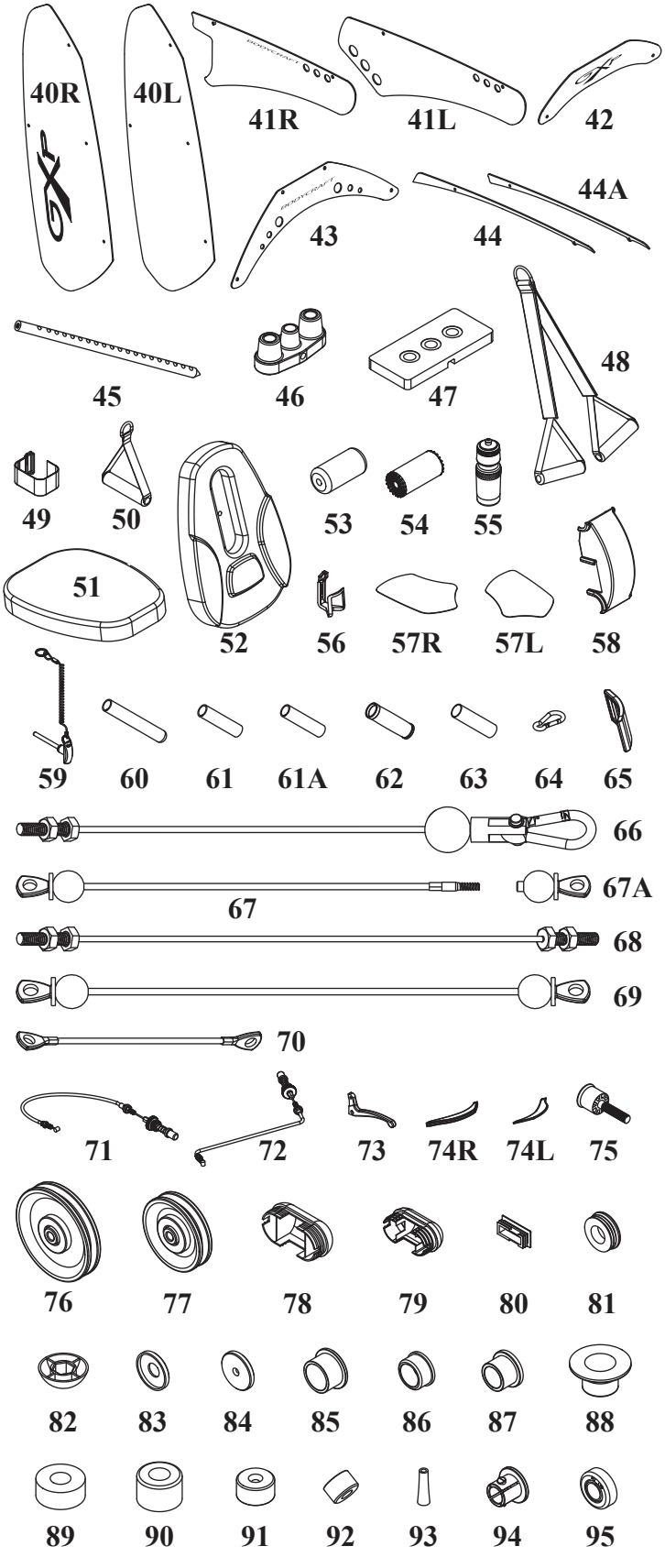
PARTS LIST

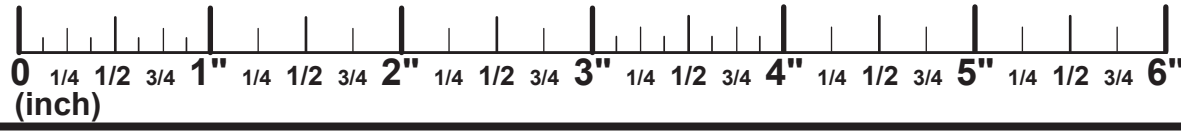
NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	TOP FRAME	1
3	REAR STABILIZER	1
4	SEAT FRAME	1
5	FOOT PLATE	1
6	GUIDE ROD	2
7	PRESS ARM	1
8R	RIGHT HANDLE OF PRESS ARM	1
8L	LEFT HANDLE OF PRESS ARM	1
9	PRESS ARM SUPPORT	1
10	SEAT ADJ. HANDLE	1
11	SEAT ADJ. FRAME	1
12	SEAT BACK ADJUSTER	1
13	LEG HOLDER	1
14	METAL HINGE	2
15	CABLE ARM	2
16	SWIVEL CABLE ARM END	2
17	CABLE ARM ASSEMBLY	1
18	CABLE ARM CONNECTOR	1
19	LEG EXTENSION ARM	1
20R	RIGHT LEG EXTENSION ARM	1
20L	LEFT LEG EXTENSION ARM	1
21	ADJUSTABLE PULLEY BLOCK	1
22	DOUBLE PULLEY BLOCK	1
23	ADJ. FLOATING PULLEY BLOCK	1
24	SINGLE PULLEY BLOCK	1
25	LEVER OF CABLE ARM	2
26	PULLEY GUIDE BRACKET	4
27	AXLE	1
28	1" FOAM ROLLER HOLDER	1
29	LEG EXTENSION AXLE	1
30	PRESS ARM AXLE	1
31	PRESS ARM HANDLE AXLE (all pre-assembled)	2
32	STEEL SPACER	2
33	COLLAR	2
34	HOOK PLATE	2
35	AXLE COLLAR	1
36	CURL BAR	1
37	LAT BAR	1
38	LINK	1
39R	RIGHT WEIGHT SHROUD	1
39L	LEFT WEIGHT SHROUD	1



PARTS LIST

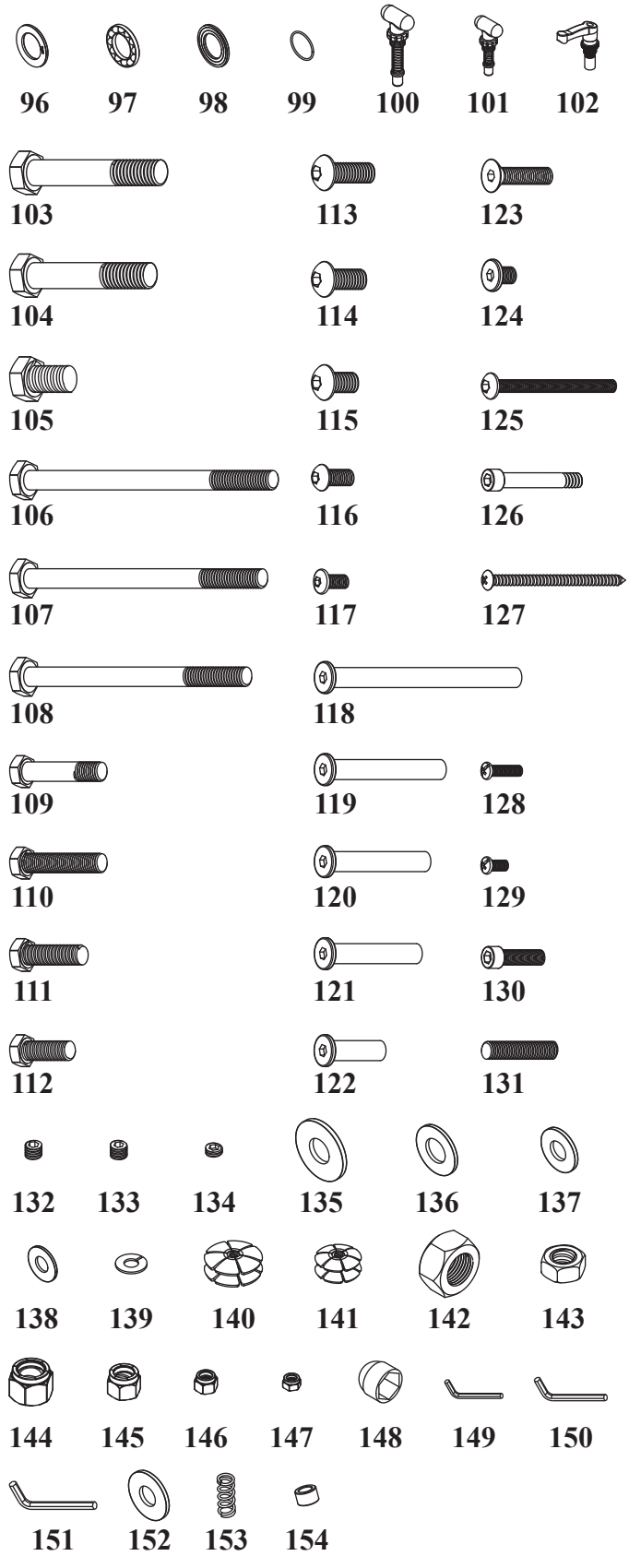
NO.	DESCRIPTION	QTY.
40R	RIGHT SIDE ACRYLIC PANEL	1
41L	LEFT SIDE ACRYLIC PANEL	1
41R	RIGHT TOP PANEL	1
41L	LEFT TOP PANEL	1
42	PULLEY DECORATION PANEL	2
43	PRESS ARM PANEL	1
44	LONGER TOP PANEL TRIM	1
44A	SHORTER TOP PANEL TRIM	1
45	SELECTOR ROD	1
46	TOP PLATE	1
47	WEIGHT PLATE	19
48	AB CRUNCH	1
49	ANKLE STRAP	1
50	SINGLE HANDLE	2
51	SEAT PAD	1
52	BACK PAD	1
53	FOAM PAD	6
54	FOAM PAD COVER (all pre-assembled)	6
55	BOTTLE	1
56	BOTTLE CAGE	1
57R	RIGHT NONSLIP	1
57L	LEFT NONSLIP	1
58	PLASTIC COVER	1
59	SELECTOR PIN	1
60	1" X 200mm ROUND HAND GRIP	2
61	1-1/4" X 140mm ROUND HAND GRIP	2
61A	1-1/4" X 145mm ROUND HAND GRIP (all pre-assembled)	2
62	1-1/4" HAND GRIP (all pre-assembled)	2
63	1" X 120mm HAND GRIP (all pre-assembled)	2
64	CLIP	5
65	CAP FOR CABLE ARM	2
66	TOP CABLE	1
67	AB CRUNCH CABLE (all pre-assembled)	1
67A	REMOVABLE END OF AB CRUNCH CABLE (all pre-assembled)	1
68	CONNECT CABLE	1
69	CABLE ARM CABLE	1
70	CONNECT CABLE OF PRESS ARM	2
71	LONGER CLUTCH CABLE	1
72	SHORTER CLUTCH CABLE OF CABLE ARM	2
73	LEVER OF CLUTCH CABLE	1
74R	RIGHT TRIM OF CABLE ARM	1
74L	LEFT TRIM OF CABLE ARM	1
75	RUBBER STOPPER (all pre-assembled)	1
76	114mm PULLEY	21
77	90mm PULLEY	9
78	50 X 100mm OVAL PLUG	2
79	40 X 80mm OVAL PLUG	2
80	25 X 50mm SQ. END PLUG	1
81	50mm ROUND END PLUG	1
82	1/2" CAP NUT	2
83	PLASTIC CAP	6
84	ALUMINUM CAP	6
85	1" ID STEEL BUSHING (all pre-assembled)	4
86	3/4" ID BUSHING (all pre-assembled)	4
87	5/8" ID BUSHING (all pre-assembled)	2
88	3/8" ID BUSHING	2
89	RUBBER CUSHION	2
90	1/2" STOPPER (all pre-assembled)	2
91	SEAT PAD SUPPORT STOPPER (all pre-assembled)	3
92	STOPPER FOR PRESS ARM HANDLE (all pre-assembled)	2
93	PLASTIC STUDS	8
94	1" T SHAPE END PLUG (all pre-assembled)	2
95	LEG EXTENSION R-8ZZ BEARING	2

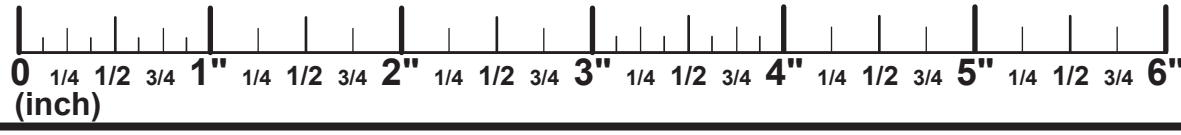




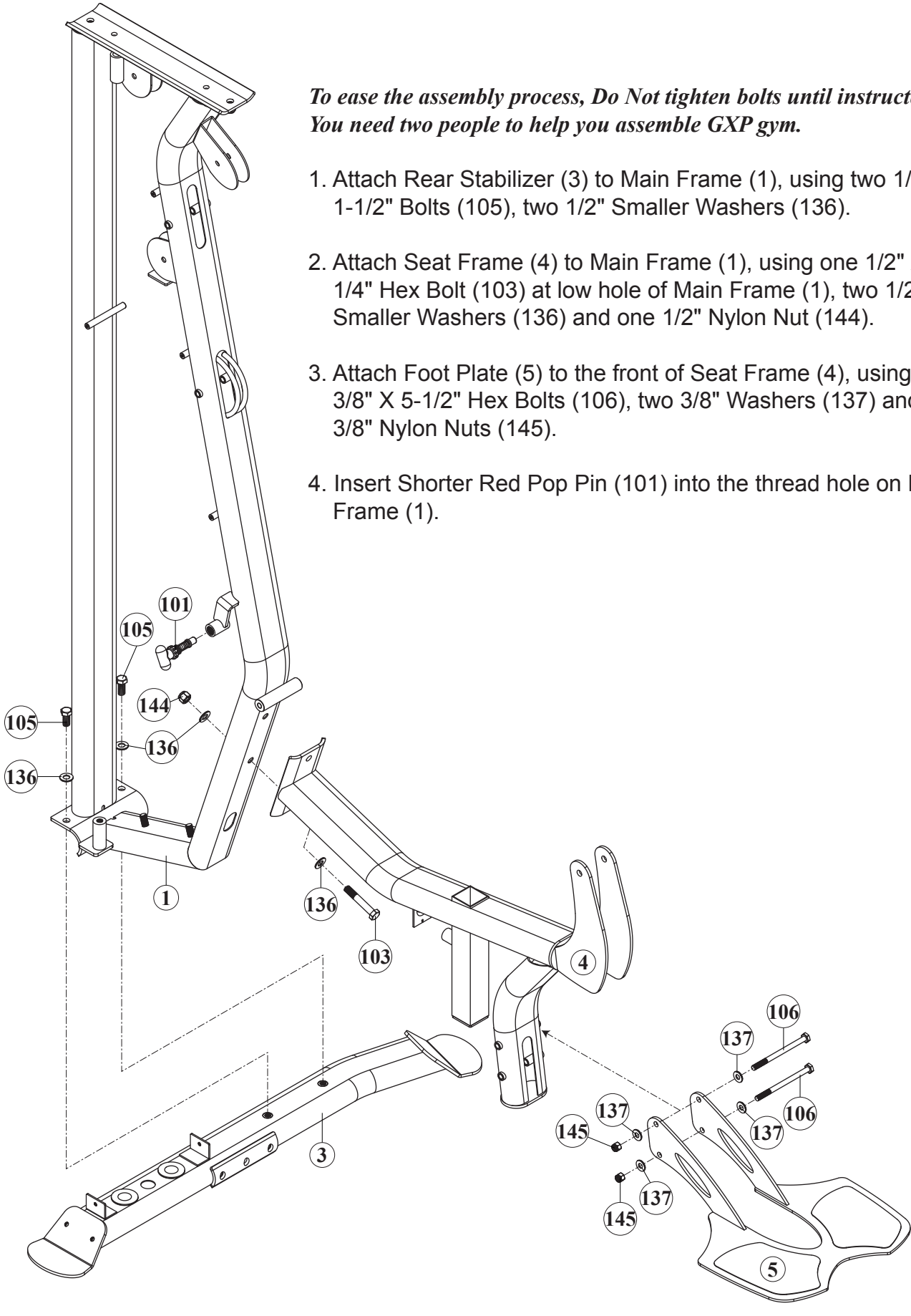
PARTS LIST

NO.	DESCRIPTION	QTY.
96	BEARING BASIN (all pre-assembled)	4
97	BEARING (all pre-assembled)	4
98	BEARING COVER (all pre-assembled)	4
99	SEALING RING (all pre-assembled)	2
100	LONGER RED POP PIN	1
101	SHORTER RED POP PIN	1
102	TIGHTEN KNOB	1
103	1/2" X 3-1/4" HEX BOLT	1
104	1/2" X 3" HEX BOLT	3
105	1/2" X 1-1/2" HEX THREADED BOLT	2
106	3/8" X 5-1/2" HEX BOLT	2
107	3/8" X 5-3/4" HEX BOLT	1
108	3/8" X 5-1/4" HEX BOLT	1
109	3/8" X 1-3/4" HEX BOLT	2
110	3/8" X 1-3/4" HEX THREADED BOLT	2
111	3/8" X 1-1/4" HEX THREADED BOLT	2
112	3/8" X 1" HEX THREADED BOLT	6
113	3/8" X 1" INNER HEX SCREW	4
114	3/8" X 3/4" INNER HEX SCREW	1
115	3/8" X 1/2" INNER HEX SCREW	2
116	5/16" X 5/8" INNER HEX SCREW	2
117	5/16" X 1/2" SCREW	6
118	3/8" X 109.5L FLAT PIN BOLT	4
119	3/8" X 65L FLAT PIN BOLT	1
120	3/8" X 55L FLAT PIN BOLT	1
121	3/8" X 51.5L FLAT PIN BOLT	2
122	3/8" X 30.5L FLAT PIN BOLT	16
123	5/16" X 1-1/4" SCREW	10
124	M6 X 12L MALE SCREW	35
125	M6 X 70L ROUND SCREW	8
126	M6 X 45L SCREW	2
127	M5 X 2-1/2" SCREW	1
128	M5 X 18L SCREW	1
129	M5 X 15L SCREW	2
130	TOP PLATE BOLT	1
131	1/2" SET SCREW (all pre-assembled)	1
132	5/16" X 1/2" SET SCREW (all pre-assembled)	1
133	5/16" X 1/4" SET SCREW (all pre-assembled)	8
134	M6 X 6L SET SCREW (all pre-assembled)	2
135	1/2" LARGER WASHER	2
136	1/2" SMALLER WASHER	10
137	3/8" WASHER	24
138	5/16" WASHER	8
139	5/16" SPRING WASHER	2
140	1-1/4" NUT (all pre-assembled)	2
141	1" NUT (all pre-assembled)	8
142	24mm NYLON NUT (all pre-assembled)	2
143	1/2" NUT	2
144	1/2" NYLON NUT	6
145	3/8" NYLON NUT	8
146	M6 NYLON NUT	2
147	M5 NYLON NUT	3
148	3/8" CAP NUT	4
149	4mm HEX WRENCH	1
150	5mm HEX WRENCH	1
151	6mm HEX WRENCH	1
152	LEG EXTENSION WASHER	2
153	SEAT SPRING	1
154	608ZB BEARING (all pre-assembled)	4





STEP 1 ASSEMBLE MAIN FRAME



To ease the assembly process, Do Not tighten bolts until instructed. You need two people to help you assemble GXP gym.

1. Attach Rear Stabilizer (3) to Main Frame (1), using two 1/2" X 1-1/2" Bolts (105), two 1/2" Smaller Washers (136).

2. Attach Seat Frame (4) to Main Frame (1), using one 1/2" X 3-1/4" Hex Bolt (103) at low hole of Main Frame (1), two 1/2" Smaller Washers (136) and one 1/2" Nylon Nut (144).

3. Attach Foot Plate (5) to the front of Seat Frame (4), using two 3/8" X 5-1/2" Hex Bolts (106), two 3/8" Washers (137) and two 3/8" Nylon Nuts (145).

4. Insert Shorter Red Pop Pin (101) into the thread hole on Main Frame (1).

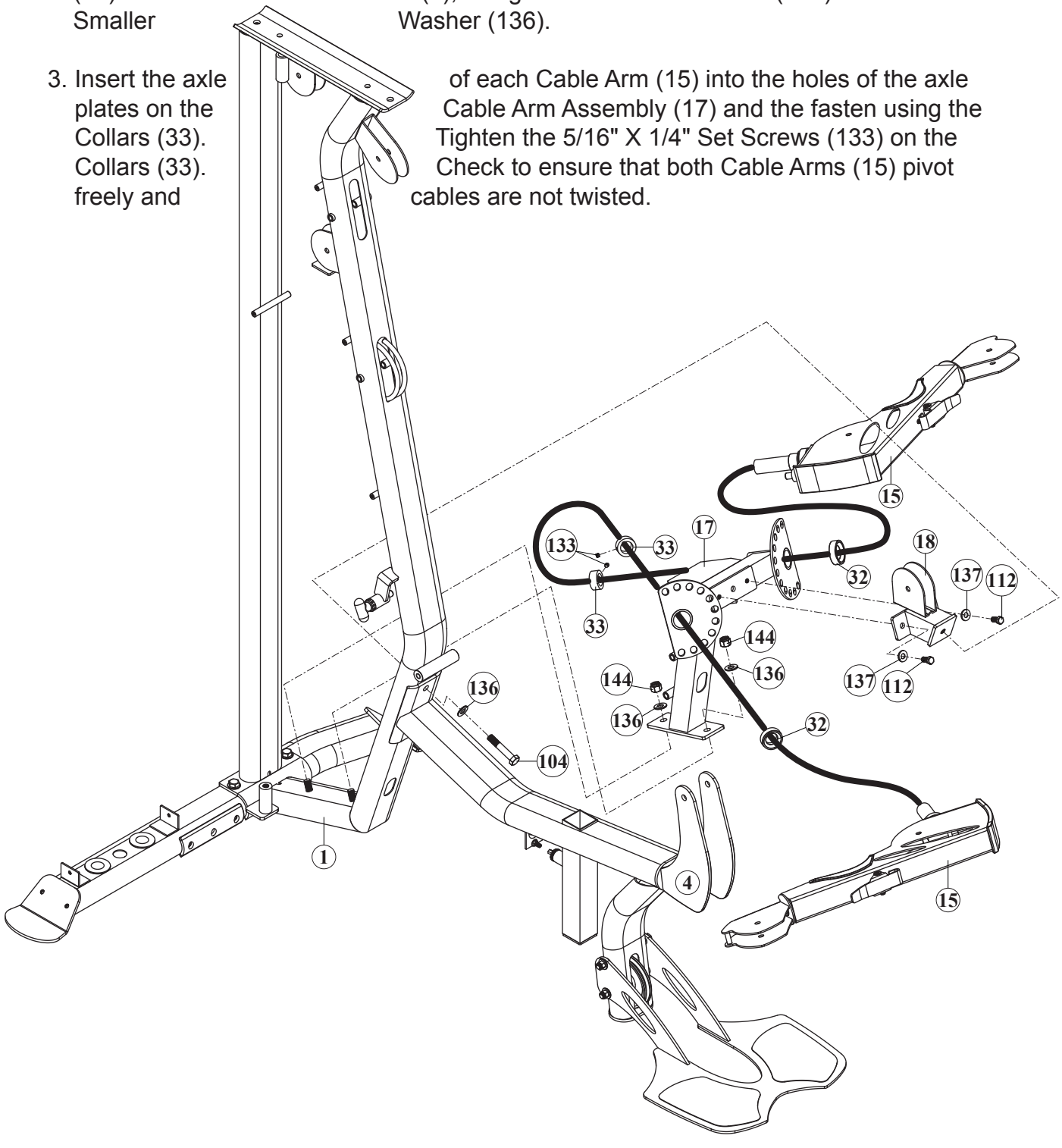
STEP 2 ASSEMBLE CABLE ARM ASSEMBLY

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

1. Attach the Cable Arm Assembly (17) to the threaded bolts welded on the bottom of the Main Frame (1) using two 1/2" Smaller Washers (136) and two 1/2" Nylon Nuts (144).

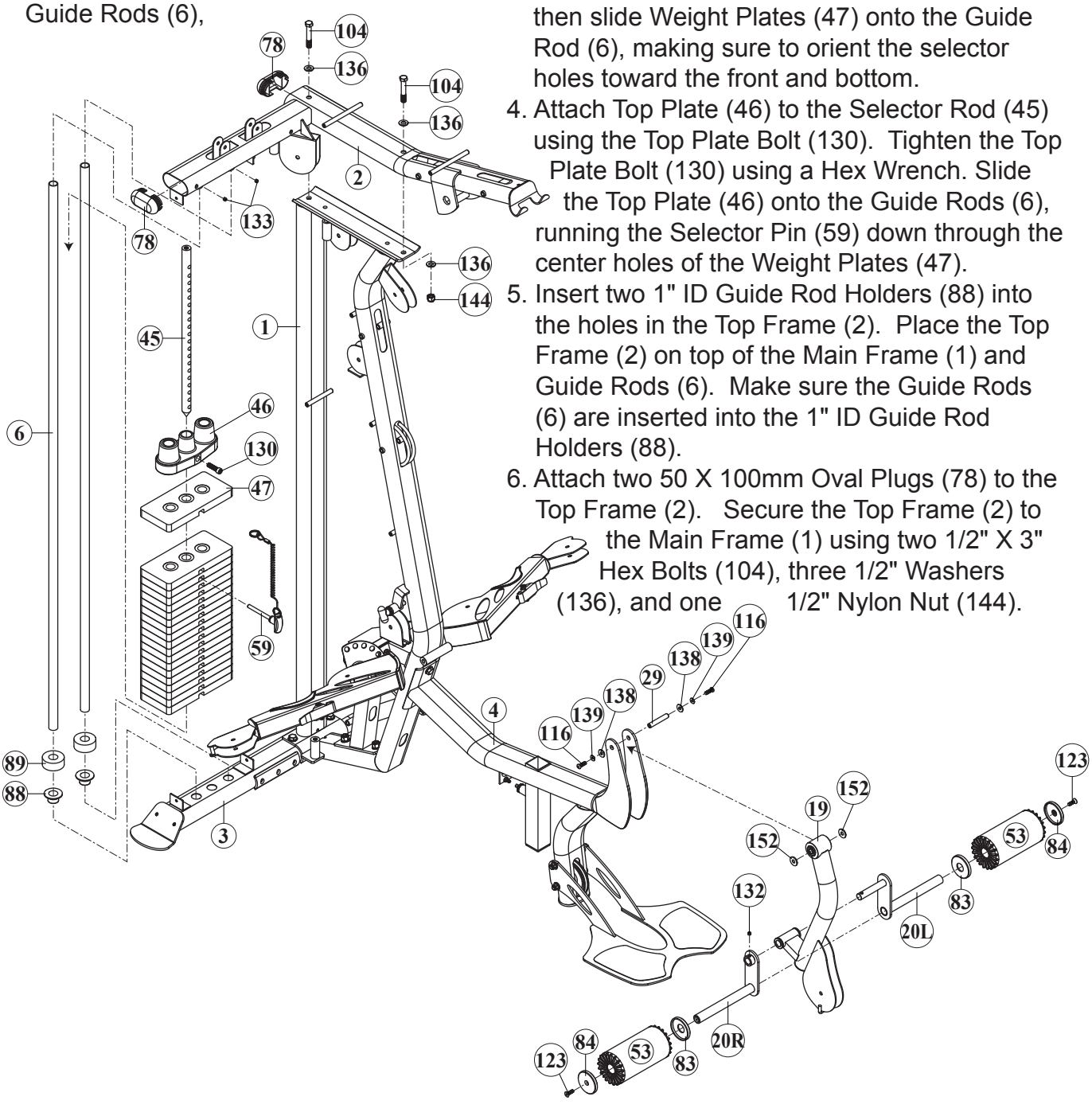
2. Attach Cable Arm Assembly (17) to Cable Arm Connector (18), using two 3/8" X 1" Hex Threaded Bolts (112) and two 3/8" Washers (137) then attach Cable Arm Connector (18) to Main Frame (1), using one 1/2" X 3" Hex Bolt (104) and one 1/2" Smaller Washer (136).

3. Insert the axle of each Cable Arm (15) into the holes of the axle plates on the Cable Arm Assembly (17) and the fasten using the Collars (33). Tighten the 5/16" X 1/4" Set Screws (133) on the Collars (33). Check to ensure that both Cable Arms (15) pivot freely and cables are not twisted.



STEP 3 ASSEMBLE TOP FRAME

1. Attach Leg Extension Arm with bearing pre-installed (19) to Seat Frame (4), by aligning the hole and inserting Leg Extension Axle (29). Fasten Leg Extension Axle (29), using two 5/16" X 5/8" Inner Hex Screws (116), two 5/16" Washers (138), two 5/16" Spring Washers (139). Check to ensure the Leg Extension Arm (19) pivots freely.
2. Attach the R and L Leg Extension Arms (20R, 20L) to the Leg Extension Arm (19), and secure using a 5/16" X 1/2" Set Screw (132). Slide a Plastic Cap (83) onto each side of the R and L Leg Extension Arm (20R, 20L), flat side to the outside. Slide a Foam Pad (53) onto each Leg Extension Arm (20R, 20L), then cap with an Aluminum Cap (84) and secure with a 5/16" X 1-1/4" Screw (123).
3. Insert two 1" ID Guide Rod Holders (88) into the holes on the Rear Stabilizer (3). Insert the Guide Rods (6) into 1" ID Guide Rod Holders (88). Slide Rubber Cushions (89) onto the Guide Rods (6), then slide Weight Plates (47) onto the Guide Rod (6), making sure to orient the selector holes toward the front and bottom.
4. Attach Top Plate (46) to the Selector Rod (45) using the Top Plate Bolt (130). Tighten the Top Plate Bolt (130) using a Hex Wrench. Slide the Top Plate (46) onto the Guide Rods (6), running the Selector Pin (59) down through the center holes of the Weight Plates (47).
5. Insert two 1" ID Guide Rod Holders (88) into the holes in the Top Frame (2). Place the Top Frame (2) on top of the Main Frame (1) and Guide Rods (6). Make sure the Guide Rods (6) are inserted into the 1" ID Guide Rod Holders (88).
6. Attach two 50 X 100mm Oval Plugs (78) to the Top Frame (2). Secure the Top Frame (2) to the Main Frame (1) using two 1/2" X 3" Hex Bolts (104), three 1/2" Washers (136), and one 1/2" Nylon Nut (144).



STEP 4 ASSEMBLE PRESS ARM AND SEAT & BACK PAD

1. Attach the Press Arm Support (9) to the Top Frame (2) by aligning the holes and inserting the Axle (27). Secure the Axle (27) using two 1/2" Larger Washers (135), and two 1/2" Nylon Nuts (144). Tighten these 1/2" Nylon Nuts (144) and then cap with two domed 1/2" Cap Nuts (82). Attach the Press Arm (7) to the Press Arm Support (9) by aligning the holes and inserting the Press Arm Axle (30). Make sure the Longer Pop Pin (100) is inserted into one of the adjustment holes in the Press Arm Support (9). Secure the Press Arm Axle (30) by tightening the pre-assembled 5/16" X 1/4" Set Screws (133). Attach the Plastic Cover (58) to the front of the Press Arm Support (9) and secure using one M5 X 2-1/2" Screw (127).

2. Attach Seat Back Adjuster (12) to Main Frame (1), using one 3/8" X 5-1/4" Hex Bolt (108), four 3/8" Washers (137) and one 3/8" Nylon Nut (145). It may be necessary to tighten this bolt, then loosen just enough to let Seat Back Adjuster (12) pivot FREELY. Longer Red Pop Pin (100) should seat into adjustment holes in Seat Back Adjuster (12).

3. Attach Leg Holder (13) to Seat Back Adjuster (12), using two 5/16" X 1/2" Screws (117) and two 5/16" Washers (138). Tighten these screws. Slide two Metal Hinges (14) holes at bottom, onto the axle welded to top of the Seat Back Adjuster (12), then attach Back Pad (52) to Metal Hinges (14), using two 3/8" X 1" Hex Threaded Bolts (112) and two 3/8" Washers (137).

4. Attach Seat Pad (51) to Seat Adj. Handle (10), using two 3/8" X 1" Hex Threaded Bolts (112) and two 3/8" Washers (137). Attach Seat Adj. Frame (11) to Seat Adj. Handle (10), using two 3/8" X 1-3/4" Hex Threaded Bolts (110) and two 3/8" Washers (137).

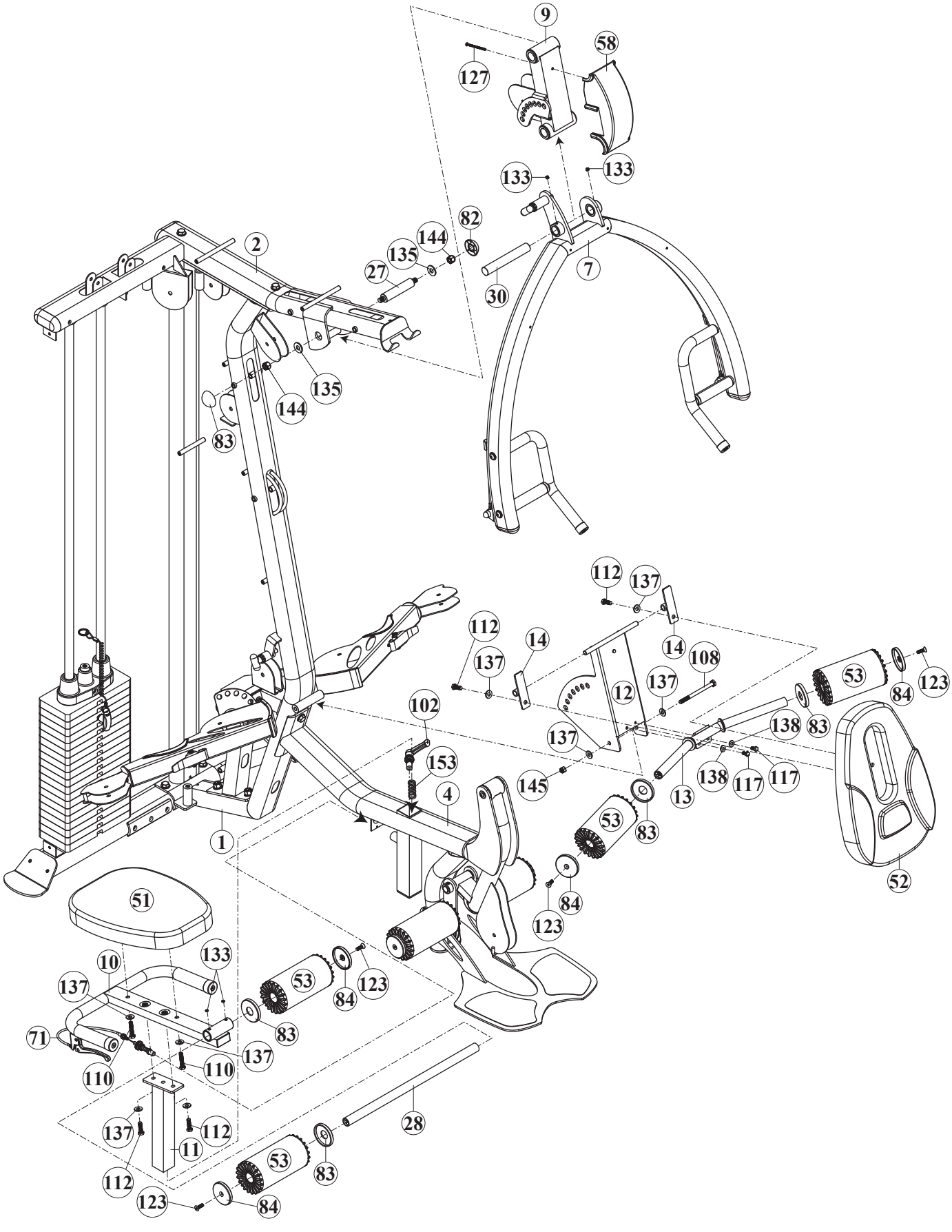
5. Insert the Seat Spring (153) into the Seat Frame (4), then slide the Seat Adj. Frame (11) over top the Seat Spring (153), and into the Seat Frame (4). Screw the Pop Pin attached to the Longer Clutch Cable (71) into the receptor in the Seat Frame (4). If the Seat Spring (153) interferes with this, you may need to rotate the spring a bit until it does not interfere.

6. Insert the 1" Foam Roller Holder (28) into the tube welded to the front of the Seat Adj. Frame (11) and secure with the two 5/16" X 1/4" Set Screws (133). Slide a Plastic Cap (83) onto each side of the 1" Foam Roller Holder (28), flat side to the outside. Slide a Foam Pad (53) onto each side of the 1" Foam Roller Holder (28) then cap with an Aluminum Cap (84) and secure with a 5/16" X 1-1/4" Screw (123).

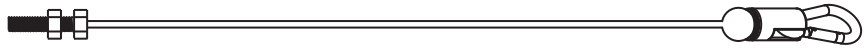
7. Screw the Tighten Knob (102) into the threaded receptor in the Seat Frame (4). You can use this Tighten Knob (102) to eliminate wobble in the seat after you have adjusted the seat to the desired height.

8. Slide two Aluminum Caps (83) onto each inside of Leg Holder (13), flat side to outside. Moisten Foam Pads (53) with water and slide onto the Leg Holder (13). Cover with an Aluminum Cap (84) and secure with a 5/16" X 1-1/4" Screw (123).

STEP 4 ASSEMBLE PRESS ARM AND SEAT & BACK PAD



STEP 5 INSTALL TOP CABLE



Threaded End **TOP CABLE (66)** Ball End

Make certain long Pin Bolt is inserted completely through both holes in the pulley bracket. Failure to do so will result in improper alignment and the pulley will rub on steel. Assemble cables and Pulleys simultaneously

1. Insert the threaded end of Top Cable (66) into slot in front of Top Frame (2), over pulley T1 and pulley T2 mounted on the Top Frame (2), using one 3/8" X 109.5L Flat Pin Bolt (118) and one M6 X 12L Male Screw (124) each.

2. Route cable down and around pulley T3. Route cable around pulley T4 you will mount on Main Frame (1) using one 3/8" X 30.5L Flat Pin Bolt (122), entering to the underside, exiting on top, as shone in Fig STEP 2-1. Continue routing around pulley T5 {right side pulley mounted in Press Arm Support (9)}, entering on top, exiting on bottom, as shown in Fig STEP 2-2.

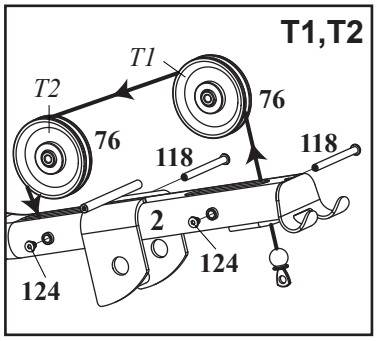
3. Route cable over pulley T6 mounted in the slot in the Main Frame (1) using one 3/8" X 109.5L Flat Pin Bolt (118) and one M6 X 12L Male Screw (124). Continue routing down in front of pulley T7 mounted to rear of Main Frame (1) using one 3/8" X 30.5L Flat Pin Bolt (122) and one M6 X 12L Male Screw (124). Route down and around pulley T8 mounted in the closed end of the Adjustable Pulley Block (21) using one 3/8" X 30.5L Flat Pin Bolt (122) and one M6 X 12L Male Screw (124). The Adjustable Pulley Block (21) does not attach to the frame, it dangles.

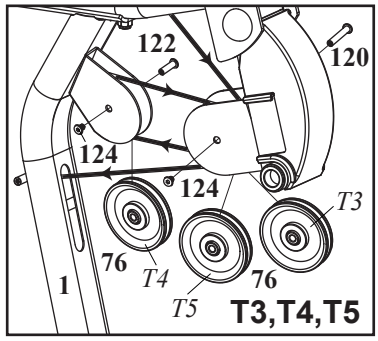
4. Route cable up and over pulley T9 mounted on Top Frame (2) and down around pulley T10 mounted at top of Double Pulley Block (22), using one each 3/8" X 30.5L Flat Pin Bolt (122), and one M6 X 12L Male Screw (124).

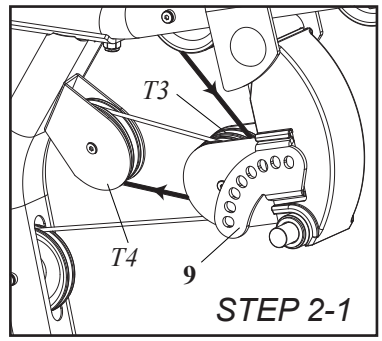
5. Run cable up and over pulley T11, then down and around pulley T12 mounted to the Single Pulley Block (24) using one each 3/8" X 30.5L Flat Pin Bolt (122) and one M6 X 12L Male Screw (124). The Single Pulley Block (24) attaches to the frame extension if you have not purchased the optional leg press attachment. If you have purchased the optional leg press attachment, please flip the Single Pulley Block (24) upside down and refer to the leg press assembly manual.

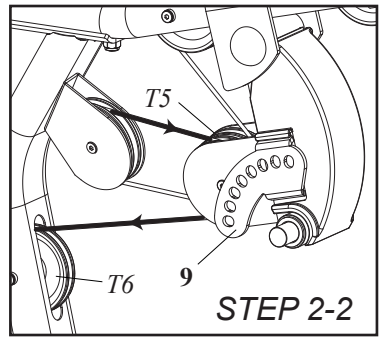
6. route cable up and over pulleys T13, and T14 mounted in the Top Frame (2) using one 3/8" X 30.5L Flat Pin Bolt (122) and one M6 X 12L Male Screw (124) for each. Then run the cable down through the looped end of the Selector Pin (59) lanyard and screw the threaded end of the cable into the Top Plate (46) about half way down. The threaded end of the cable is an adjustment point, but should always have at least one third of the threads screwed into the Top Plate (46). When all cables are strung and cables are adjusted, make sure to tighten the jam nut.

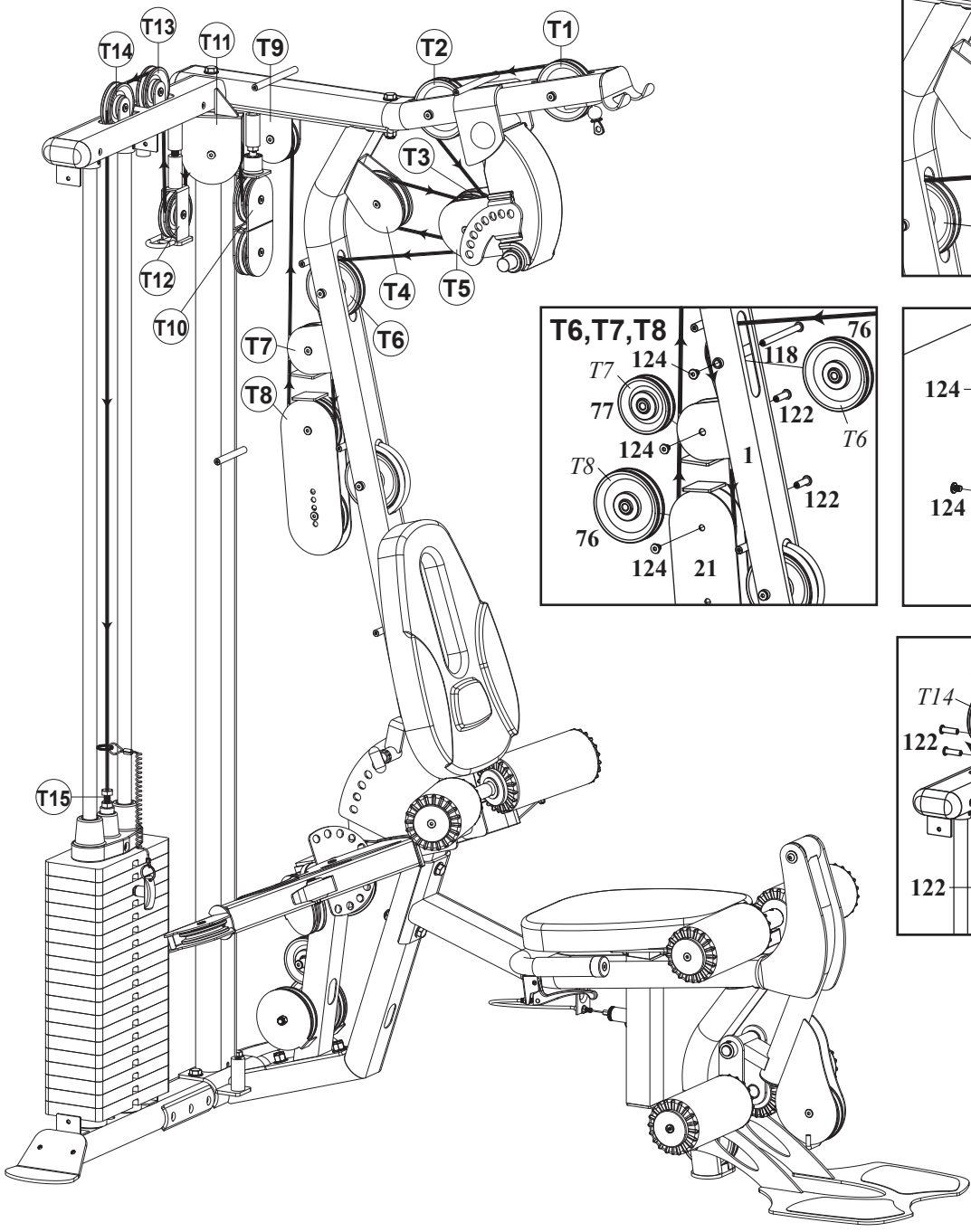
STEP 5 INSTALL TOP CABLE

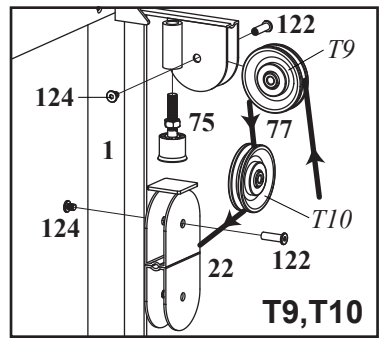


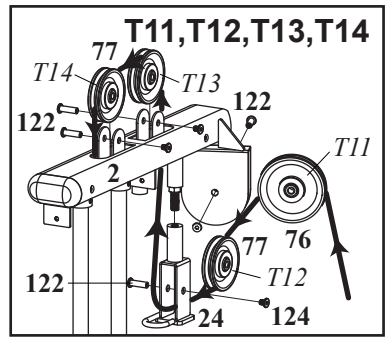


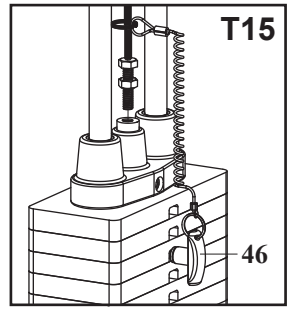












STEP 6 INSTALL AB CRUNCH CABLE

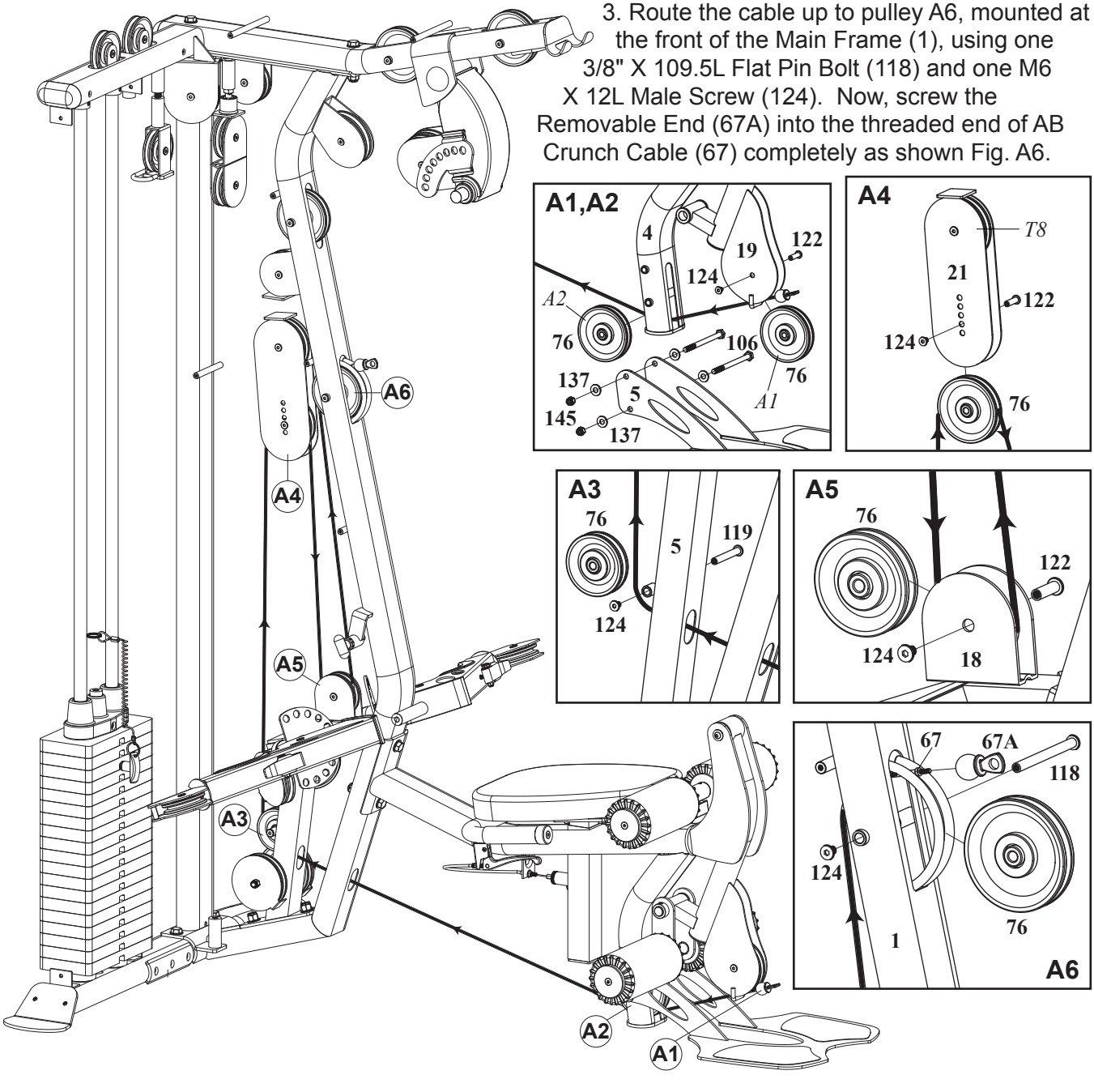
AB CRUNCH CABLE (67) **REMOVABLE END (67A)**

Removable End of AB Cunch Cable should be screwed into completely after the AB Crunch Ccable installment.

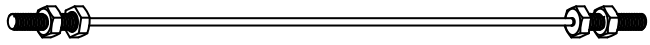
1. Run the threaded end of the AB Crunch Cable (67) underneath the slot of pulley A1 mounted on Leg Extension Arm (19), under pulley A2 mounted at the bottom hole of Seat Frame (4), using one each 3/8" X 30.5L Flat Pin Bolt (122) and one M6 X 12L Male Screw (124).

2. Route cable under and around pulley A3 mounted at Cable Arm Assembly (17), using one each 3/8" X 65L Flat Pin Bolt (119) and one M6 X 12L Male Screw (124). Continue to run cable up and over pulley A4 mounted at lower Pulley Block and down to around pulley A5, using one each 3/8" X 30.5L Flat Pin Bolt (122) and one M6 X 12L Male Screw (124).

3. Route the cable up to pulley A6, mounted at the front of the Main Frame (1), using one 3/8" X 109.5L Flat Pin Bolt (118) and one M6 X 12L Male Screw (124). Now, screw the Removable End (67A) into the threaded end of AB Crunch Cable (67) completely as shown Fig. A6.

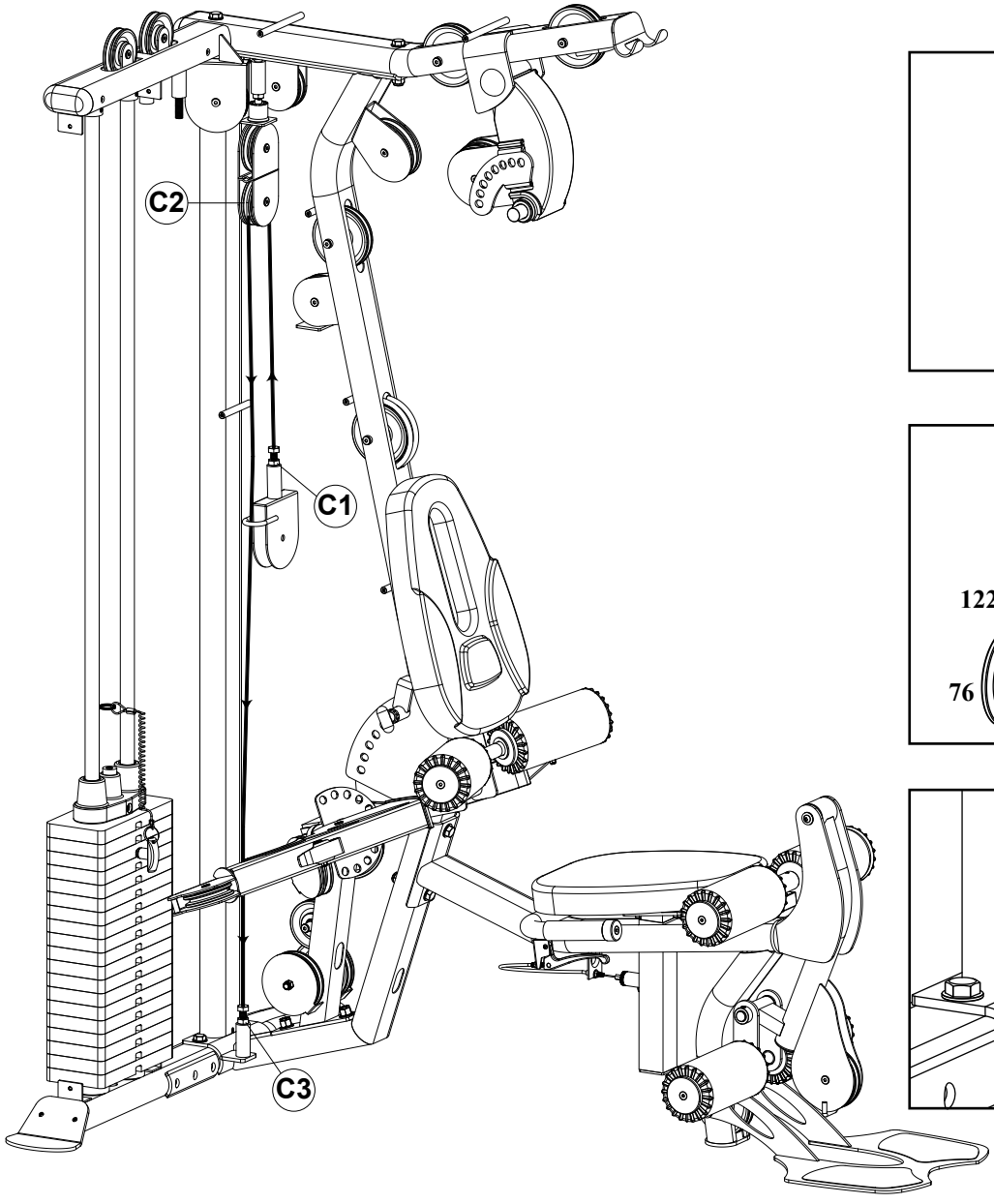


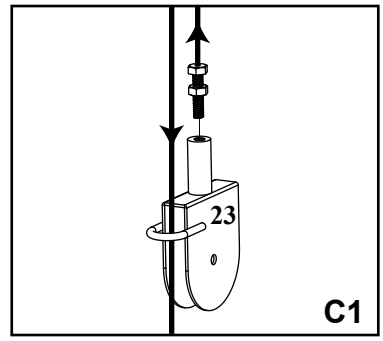
STEP 7 INSTALL CONNECT CABLE

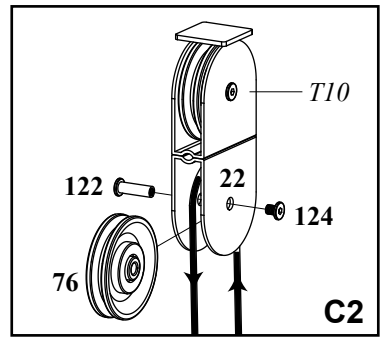


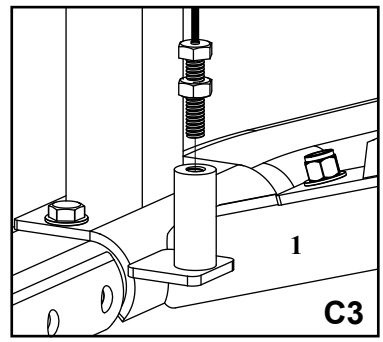
Threaded End **CONNECT CABLE (68)** Threaded End

1. Screw one threaded end of the Connect Cable (68) into the Adj. Floating Pulley Block (23) about half way as Fig. C1. Then run cable up and around pulley C2 mounted on the bottom of the Double Pulley Block (22), using 3/8" X 30.5 L Flat Pin Bolt (122) and one M6 X 12L Male Screw (124) as Fig. C2. Continue routing the cable through the steel loop on the Adj. Floating Pulley Block (23) and down to screw the end into the threaded receptor welded on the base of the Main Frame (1). The threaded ends of the cable are adjustment points, but should always have at least one third of the threads screwed into the receptors. When all cable are strung and cable are adjusted, make sure to tighten the jam nuts.





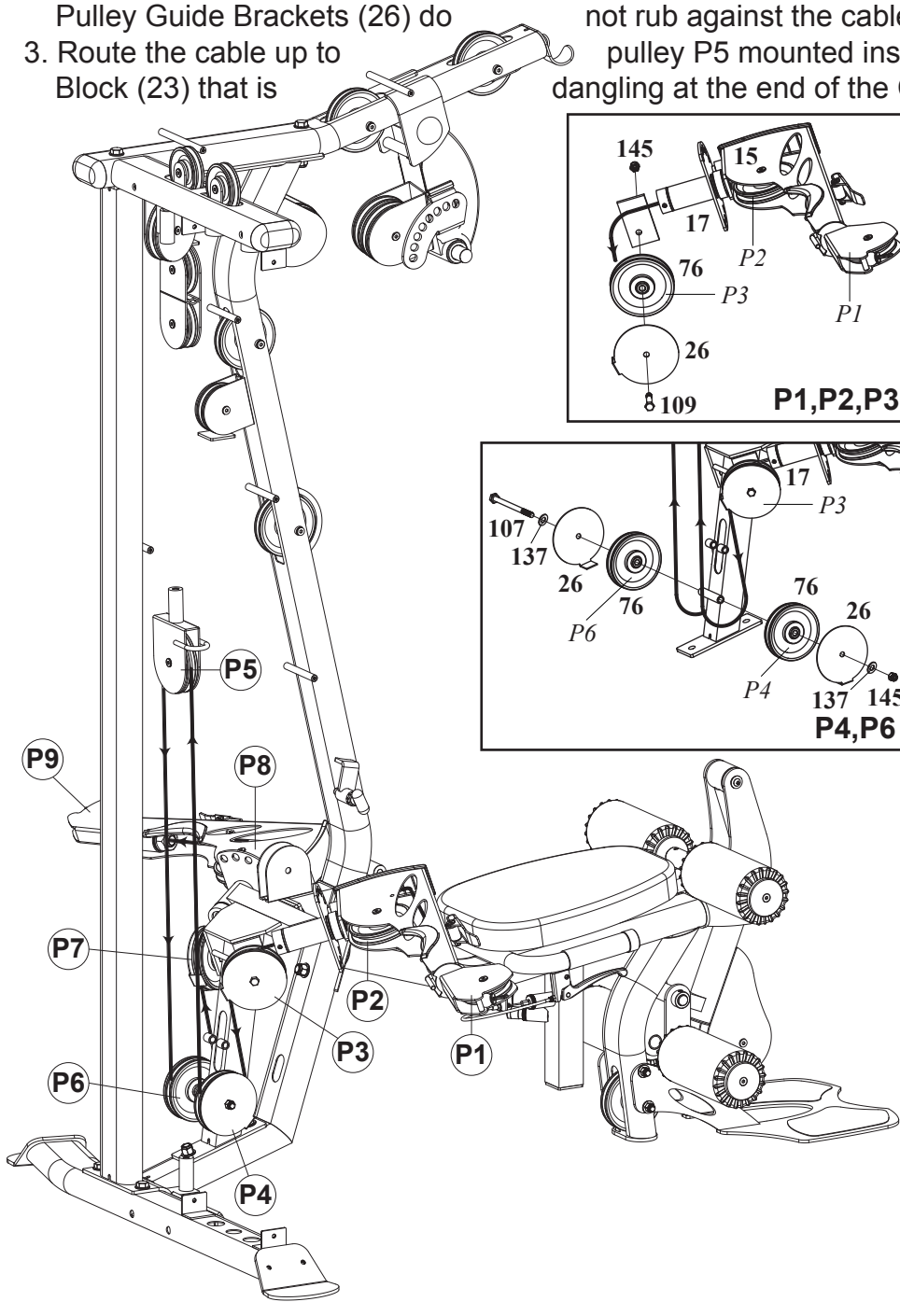


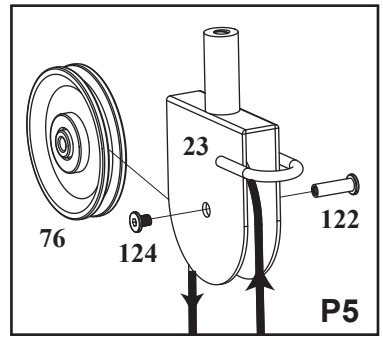


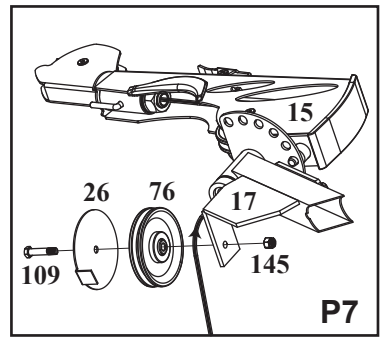
STEP 8 INSTALL CABLE ARM CABLE

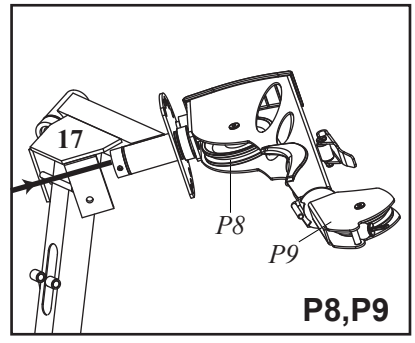
Ball End **CABLE ARM CABLE (69)** Ball End

1. The Cable Arm Cable (69) is already run through the Cable Arm (15). Mount Pulley P3 and P7 along with their Pulley Guide Brackets (26) to the Cable Arm Assembly (17) as shown, using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (145). Route the cable over top of these pulleys. Tighten these nuts, making sure the Pulley Guide Brackets (26) 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 (17) using one Pulley Guide Bracket (26), one 3/8" X 5-3/4" Hex Bolt (107), and one 3/8" Nylon Nut (145) for each side. Tighten these nuts, making sure the Pulley Guide Brackets (26) do not rub against the cable.
3. Route the cable up to pulley P5 mounted inside the Adj Floating Pulley Block (23) that is dangling at the end of the Connect Cable (69). Install pulley using one 3/8" X 30.5L Flat Pin Bolt (122) and one M6 X 12L Male Screw (124).









STEP 9 WEIGHT STACK SHROUD & ACRYLIC PANEL

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

1. Attach Weight Stack Shroud (39R , 39L) to the tabs welded on Base Frame (1) and Top Frame (2) as shown, using four 5/16" X 1/2" Screws (117) and four 5/16" Washers (138).

2. Attach R & L Acrylic Panel (40R, 40L) to the threaded tube welded on the Main Frame (1), using four M6 X 70L Round Screws (125) and four Plastic Studs (93).
   DO NOT OVER TIGHTEN THE SCREWS! CRACKED PANELS DUE TO OVER TIGHTENING ARE NOT COVERED UNDER WARRANTY!

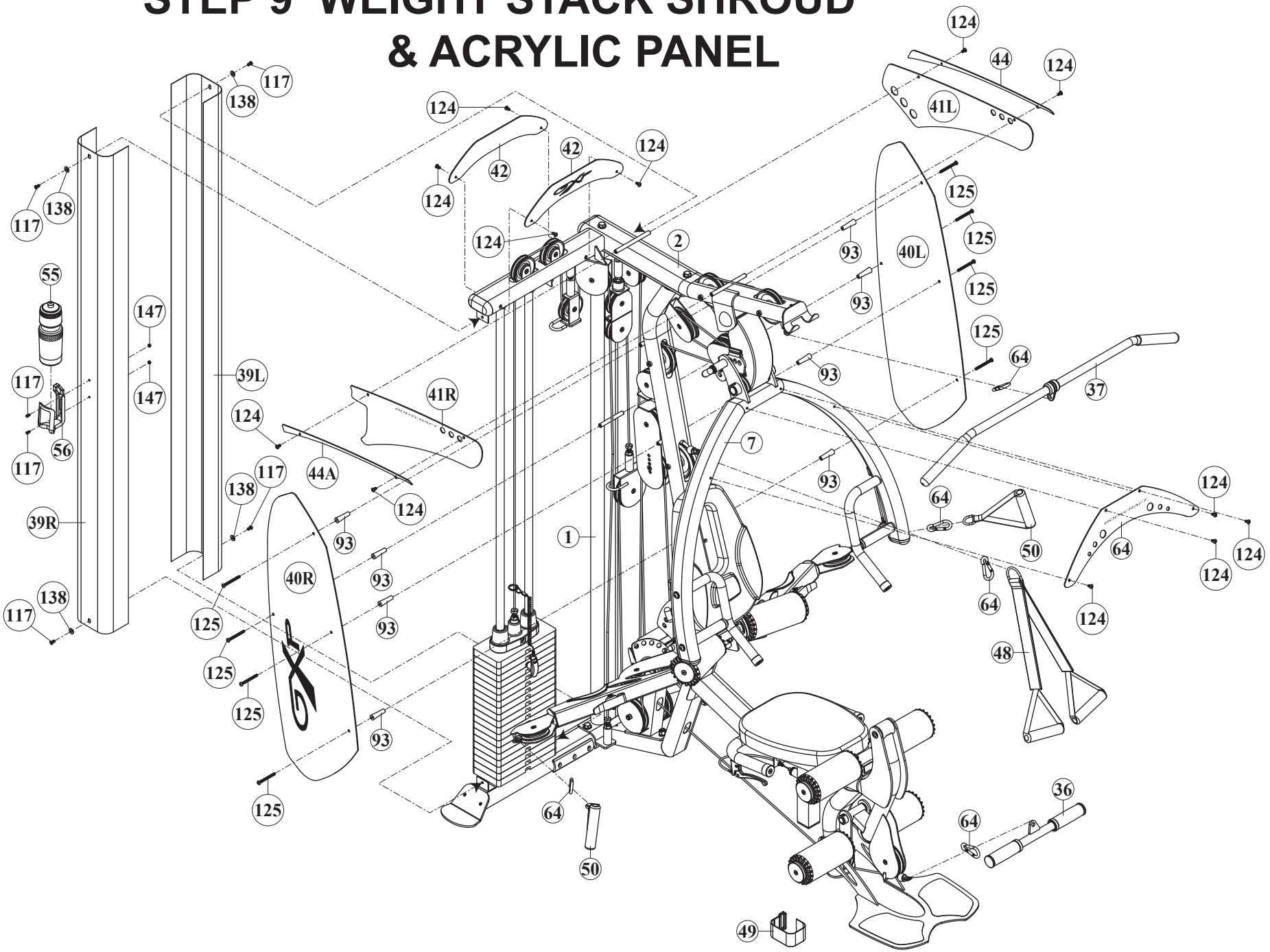
3. Attach Top Side Panel (41R , 41L) and Top Side Metal Trims (44) to the threaded tube welded on the top of the Main Frame (1), using four M6 X 12L Flat Pin Bolt (124). **DO NOT OVER TIGHTEN THE SCREWS! CRACKED PANELS DUE TO OVER TIGHTENING ARE NOT COVERED UNDER WARRANTY!**

4. Attach Press Arm Panel (64) to Press Arm (7) using four M6 X 12L Male Screws (124).

5. Attach Pulley Cover Panel (42) on the rear top of Main Frame (1), using four M6 X 12L Male Screws (124).

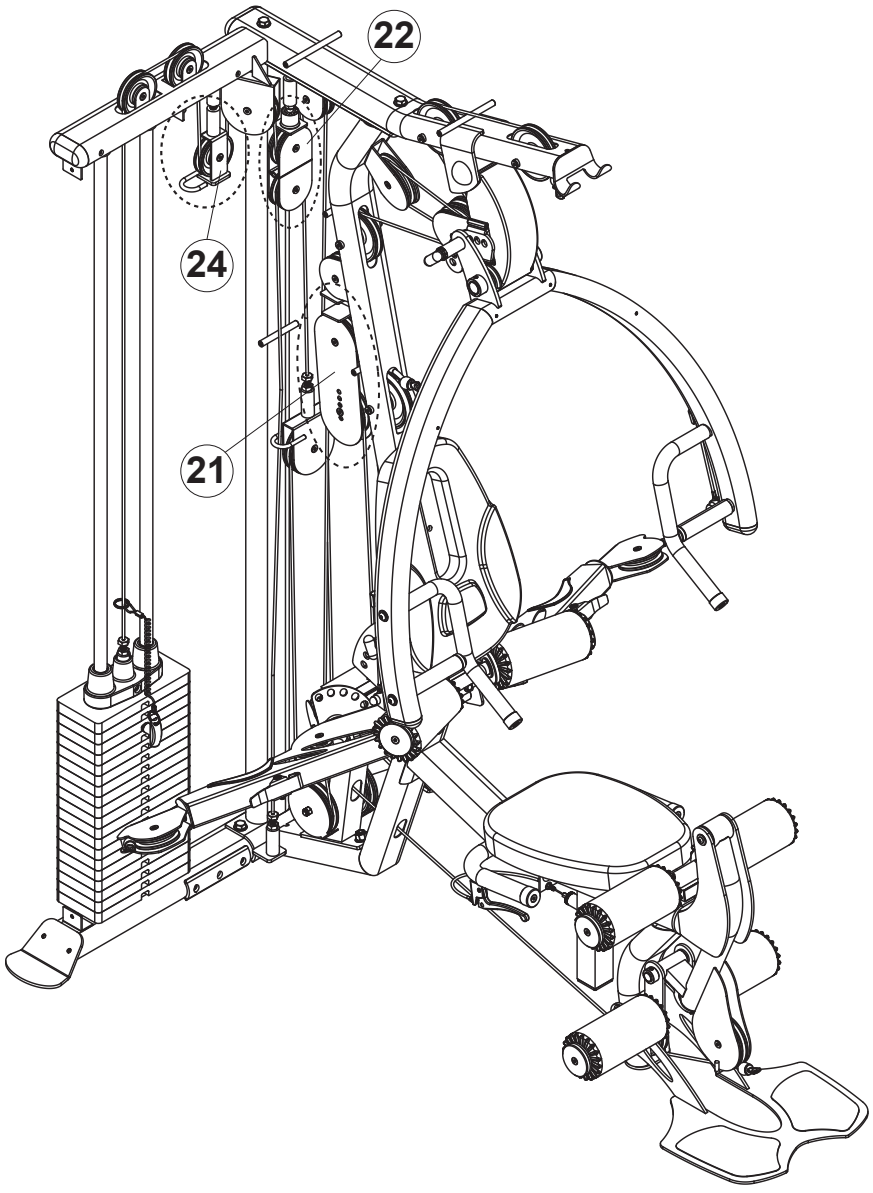
6. Attach Lat Bar (37), Curl Bar (36), Single Handle (50) and AB Crunch Belt (48) to the GXP Strength Training System.

STEP 9 WEIGHT STACK SHROUD & ACRYLIC PANEL



The Cable Adjustment of GXP GYM

a. The Cables should be tightened to the point just before the Top Plate lifts off the stack. In other words, if the Top Plate is not resting on the stack, you will need to add length, or, if there is slack in the cables, you will need to shorten the cables. There are several adjustment points. If only minor adjustments need to be made, you can adjust the Screw ends on the Top Cable (at the Top Plate), the Low Cable (where it screws into the Pulley Block), or the Bench Press Cable (where it screws into the Pulley Block with Stopper). **These ends of these cables must be screwed in at least 1/3 of their length for safety purposes.** Once you are done with these adjustments, lock them into place using the jam nuts.
b. Broader adjustments are made at the Adjustable Pulley Block (21). Moving the bottom pulley toward the center decreases length (takes up slack). Conversely, moving the bottom pulley outward gains cable length.
c. Once the cables have been adjusted to remove all slack, adjust the Adjustable Stoppers in the Top Frame to where they just touch the Adjustable Pulley Block (21). The Adjustable Stoppers welded on top frame aid in the function of the gym by eliminating the need to engage all cables in any given exercise routine.



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 the Weight Selector Pin (59) in the bottom hole on the weight stack. Pull on the cables with great force, helping remove any kinks and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. The cables should be adjusted as tight as possible, but no so tight as to lift the Top Plate (46) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods (6).**
7. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the BodyCraft GXP Strength Training System. If you have any questions, please call your local BodyCraft dealer, call our customer service department at 800-990-5556 or at http://www.bodycraft.com.