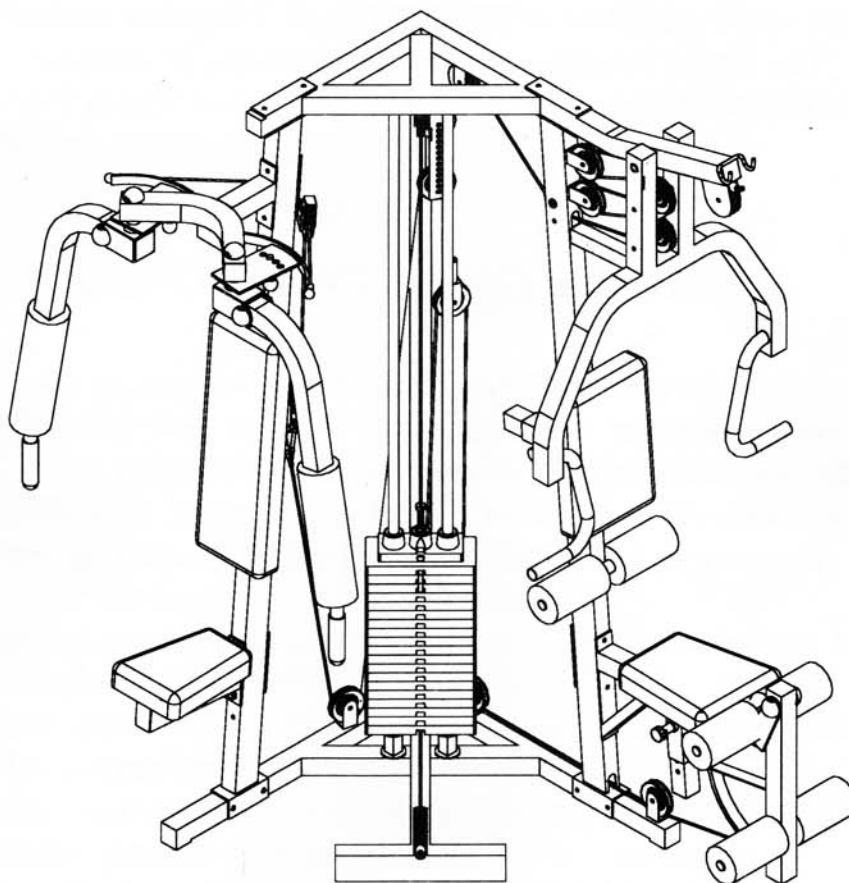


BodyCraft

GALENA STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL



Questions?

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 GALENA strength training system. The BODYCRAFT GALENA 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 GALENA 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 GALENA. 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

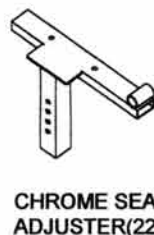
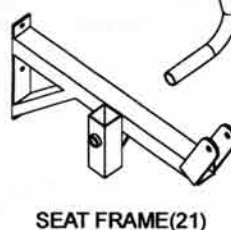
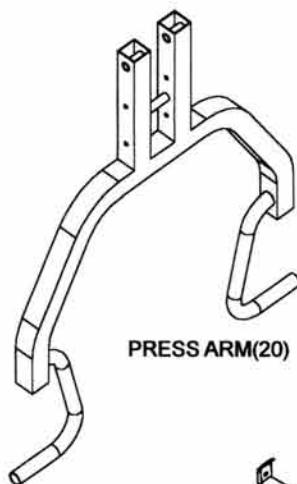
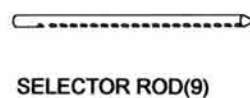
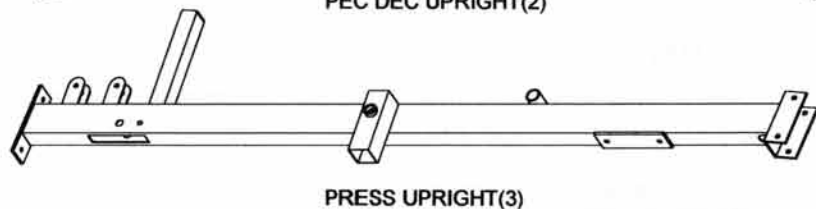
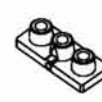
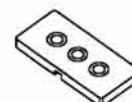
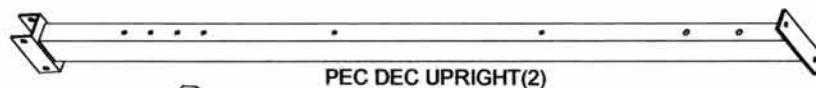
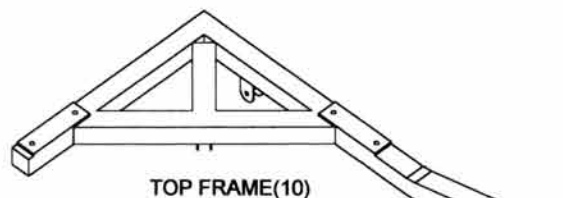
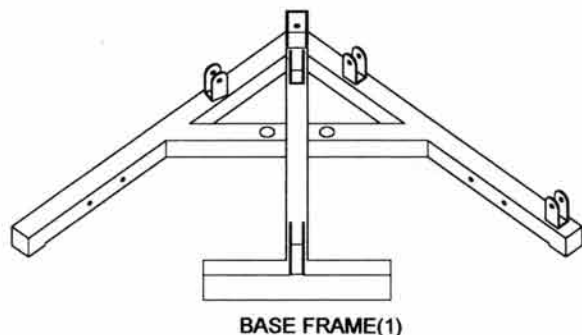
There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility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

PARTS LIST

NO.	DESCRIPTION	QTY.	NO.	DESCRIPTION	QTY.
1	BASE FRAME	1	51	PRESS BACK PAD (SMALLER)	1
2	PEC DEC UPRIGHT	1	52	PRESS SEAT PAD (LARGER)	1
3	PRESS UPRIGHT	1	53	PEC DEC BACK PAD (LARGER)	1
4	CENTER UPRIGHT	1	54	PEC DEC PAD (SMALLER)	1
5	GUIDE ROD	2	55	1-1/4" HAND GRIP (LONGER)	2
6	STACK SPACER	2	56	1-1/4" X 140MM HAND GRIP	2
7	WEIGHT PLATE	19	57	1" X 200MM ROUND HAND GRIP	2
8	TOP PLATE	1	58	1" X 140MM ROUND HAND GRIP	2
9	SELECTOR ROD	1	59	4" X 14" FOAM PAD	2
10	TOP FRAME	1	60	4" X 7" FOAM PAD	6
11	CONNECTOR PLATE	1	61	SINGLE HANDLE	1
12	PEC DEC PULLEY BRACKET	1	62	ANKLE STRAP	1
13	PEC DEC SUPPORT	1	64	1" ID BUSHING	4
14	ADJ. CAM	2	65	3/4" ID BUSHING	4
15	LEFT PEC DEC ARM BRACKET	1	66	5/8" ID BUSHING	2
16	RIGHT PEC DEC ARM BRACKET	1	67	1/2" ID BUSHING	2
17	PEC DEC ARM	2	68	3/8" ID X 10 MM BUSHING	2
18	PULLEY GUIDE BRACKET	2	69	3/8" ID SPACER	4
19	PEC DEC SEAT BAR	1	70	TOP PLATE BOLT 7/16" X 1-1/2"	1
20	PRESS ARM	1	71	5/8" X 7-1/2" HEX HEAD BOLT	1
21	SEAT FRAME	1	72	1/2" X 4" HEX HEAD BOLT	2
22	CHROME SEAT ADJUSTER	1	73	1/2" X 3-1/2" HEX HEAD BOLT	2
23	LEG EXTENSION	1	74	1/2" X 3-1/8" HEX HEAD BOLT	1
24	ROLLER BAR	3	75	3/8" X 7-1/4" HEX HEAD BOLT	2
25	CURL BAR	1	76	3/8" X 4" HEX HEAD BOLT	4
26	LAT BAR	1	77	3/8" X 3-3/4" HEX HEAD BOLT	4
27	ADJ SINGLE PULLEY BRACKET	1	78	3/8" X 3" HEX HEAD BOLT	8
28	SINGLE PULLEY BRACKET	1	79	3/8" X 2-3/4" HEX HEAD BOLT	1
29	ADJ PULLEY BLOCK	1	80	3/8" X 2-1/2" HEX HEAD BOLT	1
30	CHROME BACK ADJUSTER	1	81	3/8" X 2" HEX HEAD BOLT	2
31	60MM SQ. END PLUG	2	82	3/8" X 1-3/4" HEX HEAD BOLT	17
32	50MM SQ. END PLUG	11	83	3/8" X 1" HEX HEAD BOLT	1
33	50MM SQ. END CAP	2	84	3/8" X 3/4" HEX HEAD BOLT	8
34	45 X 75MM RECT. END PLUG	3	85	5/8" NYLON NUT	1
35	1" X 2" RECT END PLUG	2	86	1/2" NYLON NUT	7
36	1-1/4" ROUND END PLUG	2	87	3/8" NYLON NUT	34
37	1" ROUND PLUG	6	88	5/8" WASHER	2
38	RUBBER CUSHION	2	89	1/2" WASHER	6
39	RUBBER STOPPER	1	90	3/8" WASHER	52
40	POP PIN	2	91	1/2" TEFLON WASHER	4
41	KNOB	2	92	1/2" SPRING WASHER	2
42	SELECT PIN	1	93	CAP FOR 1/2" NUT	8
43	CLIP	4			
44	LINK	1			
45	TOP CABLE (4370MM)	1			
46	PEC DEC CABLE (1960MM)	1			
47	LINK CABLE (2980MM)	1			
48	LOWER CABLE (3620MM)	1			
49	PULLEY	20			
50	NONSLIP	2			

PARTS CHART



PARTS CHART



60MM SQ.
END PLUG(31)



50MM SQ.
END PLUG(32)



50MM SQ.
END CAP(33)



45 X 75 MM RECT.
END PLUG(34)



1" X 2" RECT.
END PLUG(35)



1-1/4" ROUND
END PLUG(36)



1" ROUND
END PLUG(37)



RUBBER
CUSHION(38)



RUBBER
STOPPER(39)



POP PIN(40)



KNOB(41)



SELECT PIN(42)



CLIP(43)



LINK(44)



PULLEY(49)



1" ID
BUSHING(64)



3/4" ID
BUSHING(65)



5/8" ID
BUSHING(66)



1/2" ID
BUSHING(67)



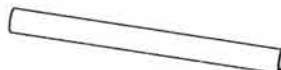
3/8" ID X 10MM
BUSHING(68)



3/8" ID
SPACER(69)



CAP FOR
1/2" NUT(93)



1-1/4" HAND
GRIP(LONGER)(55)



1-1/4" HAND
GRIP(56)



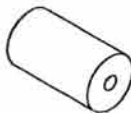
1" X 200 MM ROUND
HAND GRIP(57)



1" X 140 MM ROUND
HAND GRIP(58)



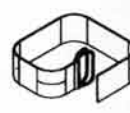
4" X 14"
FOAM PAD(59)



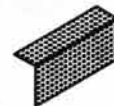
4" X 7"
FOAM PAD(60)



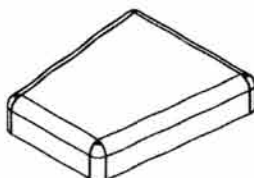
SINGLE
HANDLE(61)



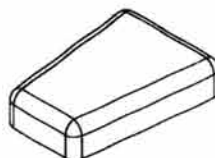
ANKLE
STRAP(62)



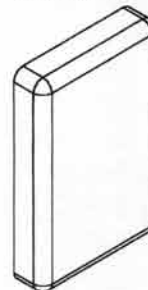
NONSLIP(50)



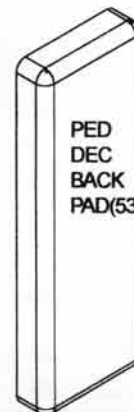
PRESS SEAT
PAD(LARGER)(52)



PEC DEC SEAT
PAD(SMALLER)(54)



PRESS BACK
PAD(SMALLER)(51)



PED
DEC
BACK
PAD(53)



TOP CABLE(45)



PEC DEC CABLE(46)

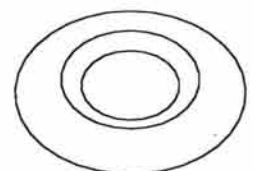
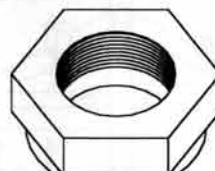
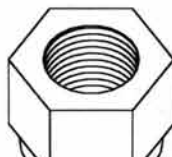
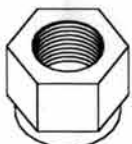
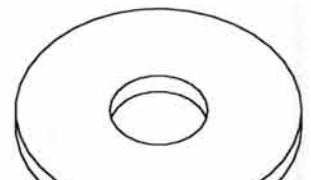
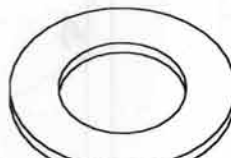
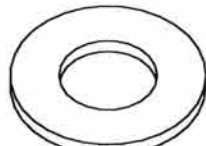
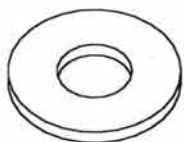
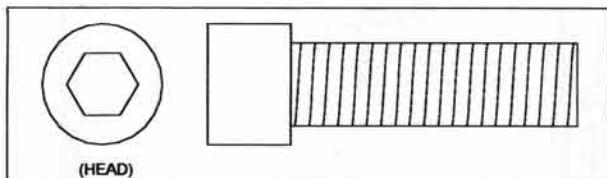
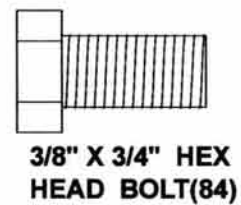
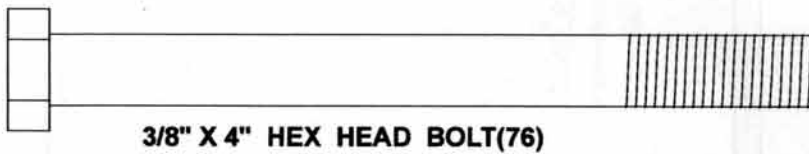
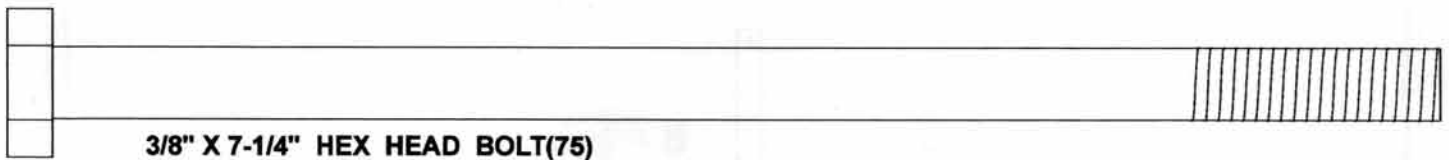
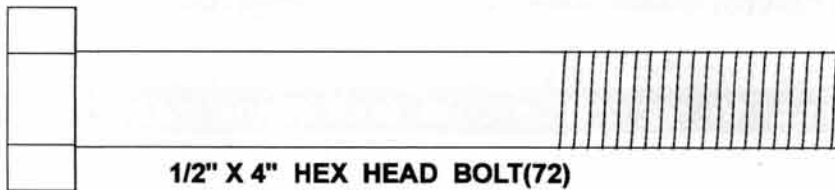
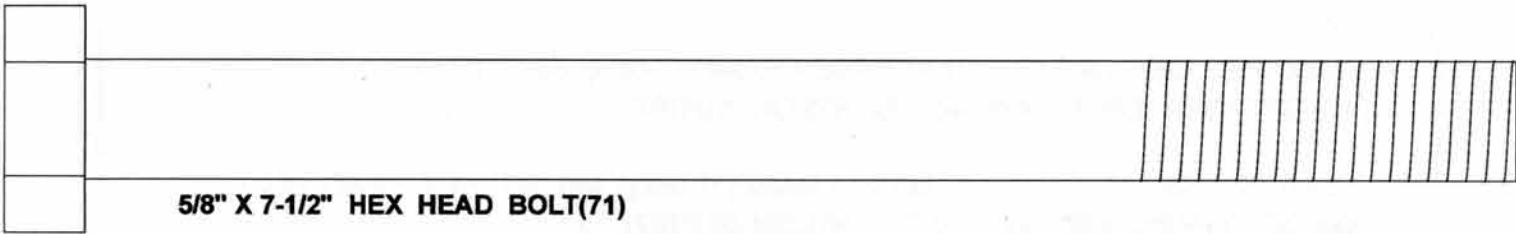


CONNECT CABLE(47)



LOWER CABLE(48)

FASTENER



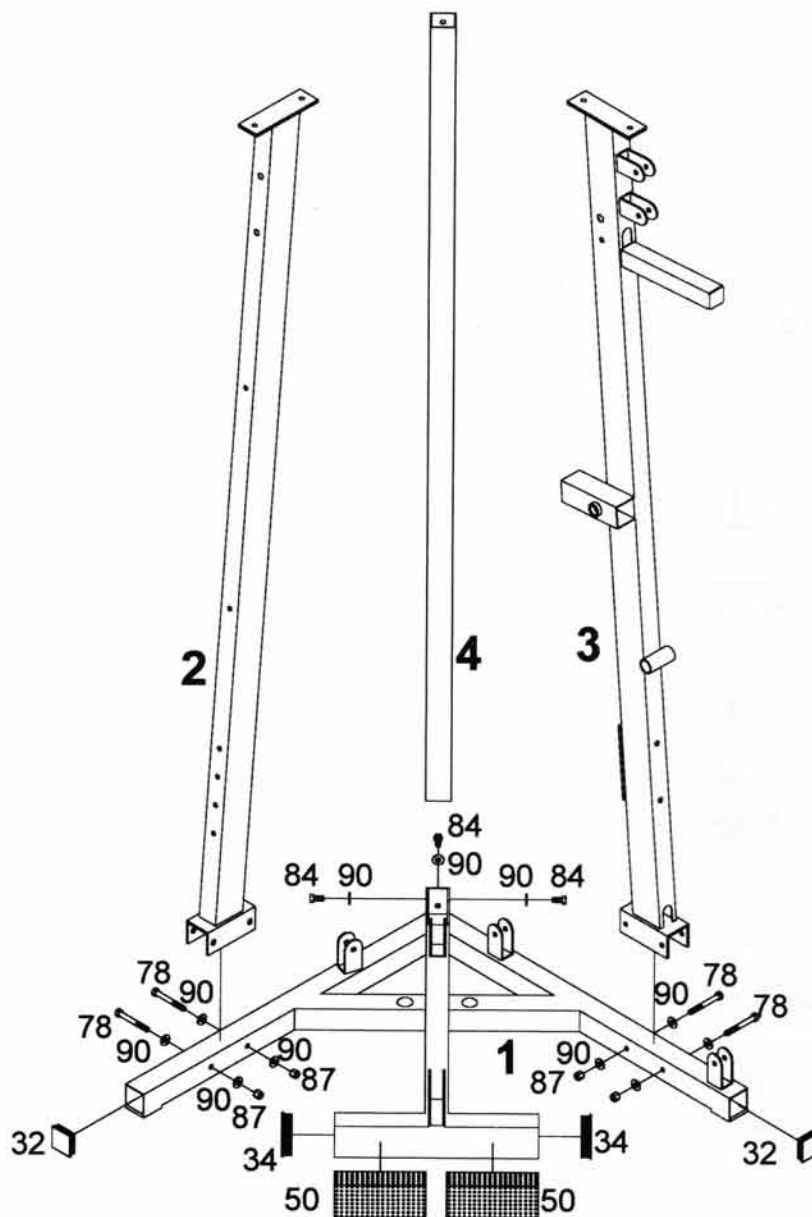
STEP1 ASSEMBLE BASE FRAME

Attach PEC DEC UPRIGHT(2) to BASE FRAME(1) using two 3/8" HEX HEAD BOLT(78), four 3/8" WASHER(90) and two 3/8" NYLON NUT(87).

Attach PRESS UPRIGHT(3) to BASE FRAME(1) using two 3/8" HEX HEAD BOLT(78), four 3/8" WASHER(90) and two 3/8" NYLON NUT(87).

Attach CENTER UPRIGHT(4) to BASE FRAME(1) using three 3/8" x 3/4" HEX HEAD BOLT(84) and three 3/8" WASHER(90).

To ease the assembly process, do not tighten bolts until instructed.



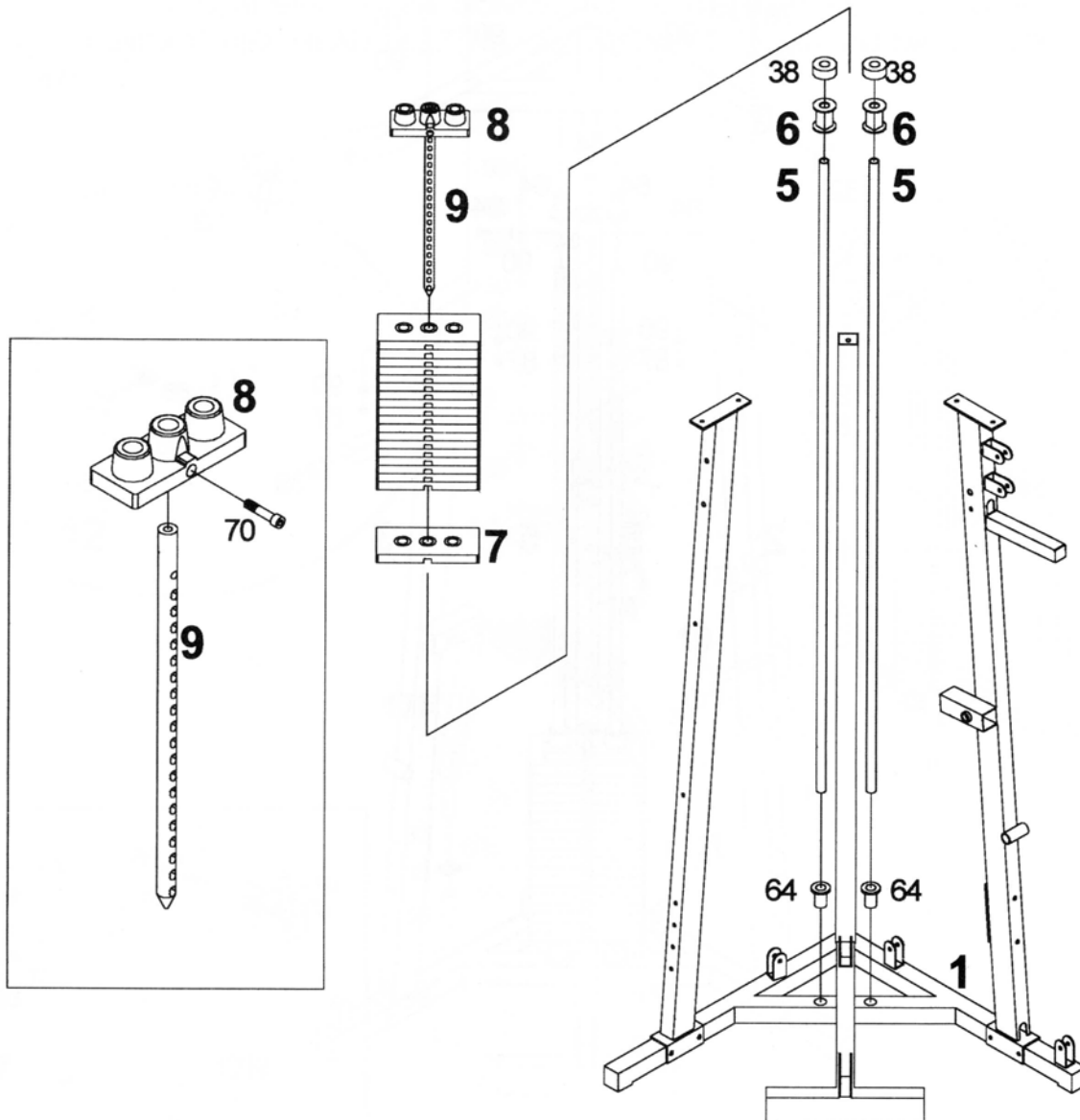
STEP2 ASSEMBLE WEIGHT STACK

Insert 1" ID BUSHINGS(64) into the holes on BASE FRAME(1), insert GUIDE ROD(5) to 1" ID BUSHING(64) then Slide STACK SPACER(6) and RUBBER CUSHION(38) onto GUIDE ROD(5).

Attach TOP PLATE(8) to SELECTOR ROD(9) using TOP PLATE BOLT(70).

Slide WEIGHT PLATES(7) onto GUIDE RODS(5).

Slide TOP PLATE(8) onto GUIDE RODS(5) and insert SELECTOR ROD(9) into center hole of WEIGHT PLATES(7).



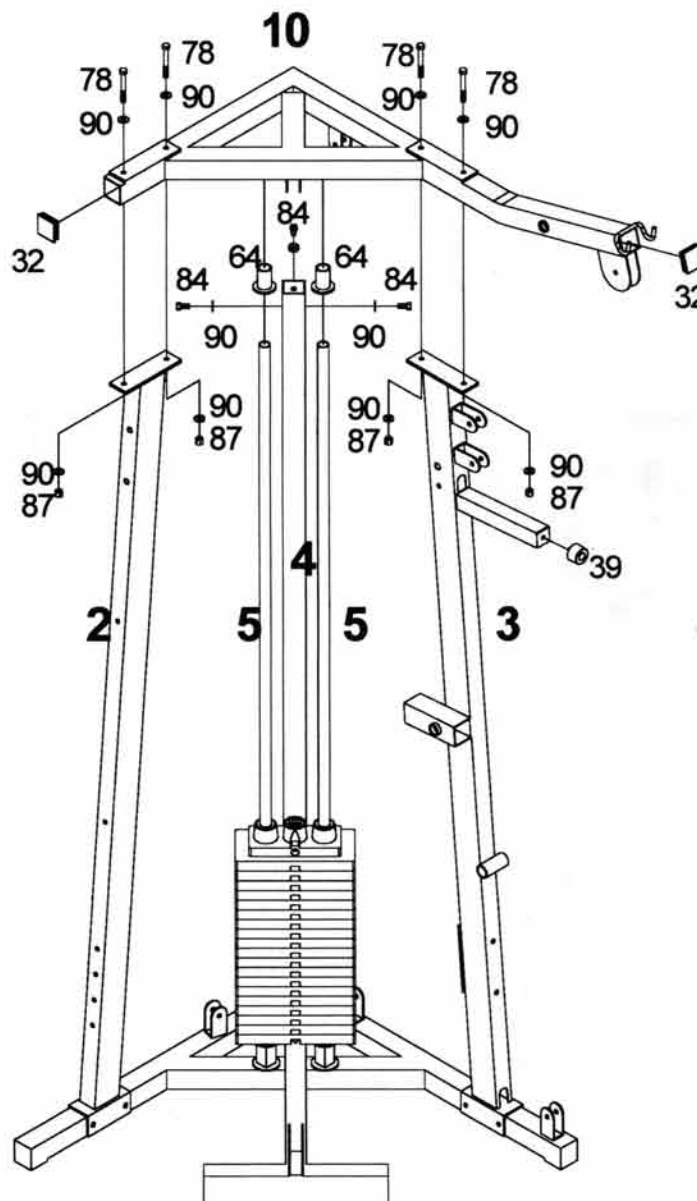
STEP3 ASSEMBLE TOP FRAME

Insert two 1" ID BUSHINGS(64) into the holes on TOP FRAME(10), then place TOP FRAME(10) down onto GUIDE RODS(5) and CENTER UPRIGHT(4).

Attach TOP FRAME(10) to CENTER UPRIGHT(4) using three 3/8" x 3/4" HEX HED BOLTS(84) and three 3/8" WASHERS(90).

(NOTE: Do Not tighten)

Attach PEC DEC UPRIGHT(2) and PRESS UPRIGHT(3) to TOP FRAME(10) each using two 3/8" x 3" HEX HEAD BOLT(78), four 3/8" WASHER(90) and two 3/8" NYLON NUT(87). Please check the TOP FRAME(10) is **EVENLY** seated on CENTER UPRIGHT(4), PRESS UPRIGHT(3) and PEC DEC UPRIGHT(2) and tighten all bolts and nuts **GRADUALLY**, not individually.



STEP4 ASSEMBLE PEC DEC STATION

Attach PEC DEC SUPPORT(13) and PEC DEC PULLEY BRACKET(12) to PEC DEC UPRIGHT(2) using two 1/2" X 4" HEX HEAD BOLT(72) and two 1/2" NYLON NUT(86).

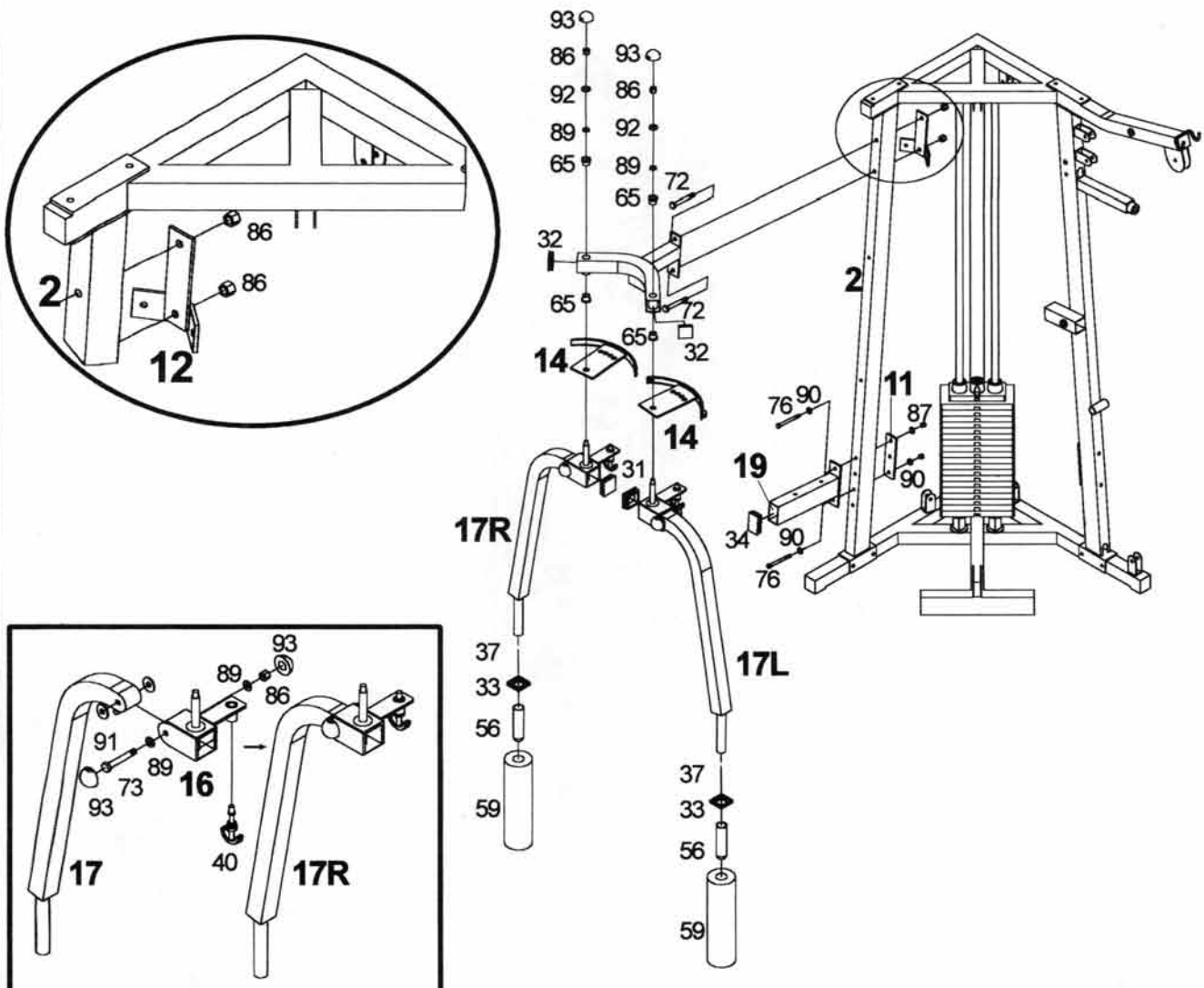
Insert four 3/4" BUSHINGS(65) into PEC DEC SUPPORT(13).

Slide ADJ. CAM(14) onto the axle of RIGHT PEC DEC ARM BRACKET(16). Then thread the axle of RIGHT PEC DEC ARM BRACKET(16) through the hole on PEC DEC SUPPORT(13) and attach using 1/2" WASHER(89), 1/2" SPRING WASHER(92) and 1/2" NYLON NUT(86).

Tighten NYLON NUT(86) and back off approximately 1/2 turn so that arm moves freely. Repeat the same process to LEFT PEC DEC SET(17L).

Be certain the two ADJ. CAMS(14) are evenly seated on PEC DEC SUPPORT(13) and two PEC DEC ARMS(17) are **WORKING SMOOTHLY** before tighten with 1/2" WASHER(89), 1/2" SPRING WASHER(92) and 1/2" NYLON NUT(86).

Attach PEC DEC SEAT BAR(19) and CONNECTOR PLATE(11) to PEC DEC UPRIGHT(2) using two 3/8" x 4" HEX HEAD BOLT(76), four 3/8" WASHER(90) and two 3/8" NYLON NUT(87).



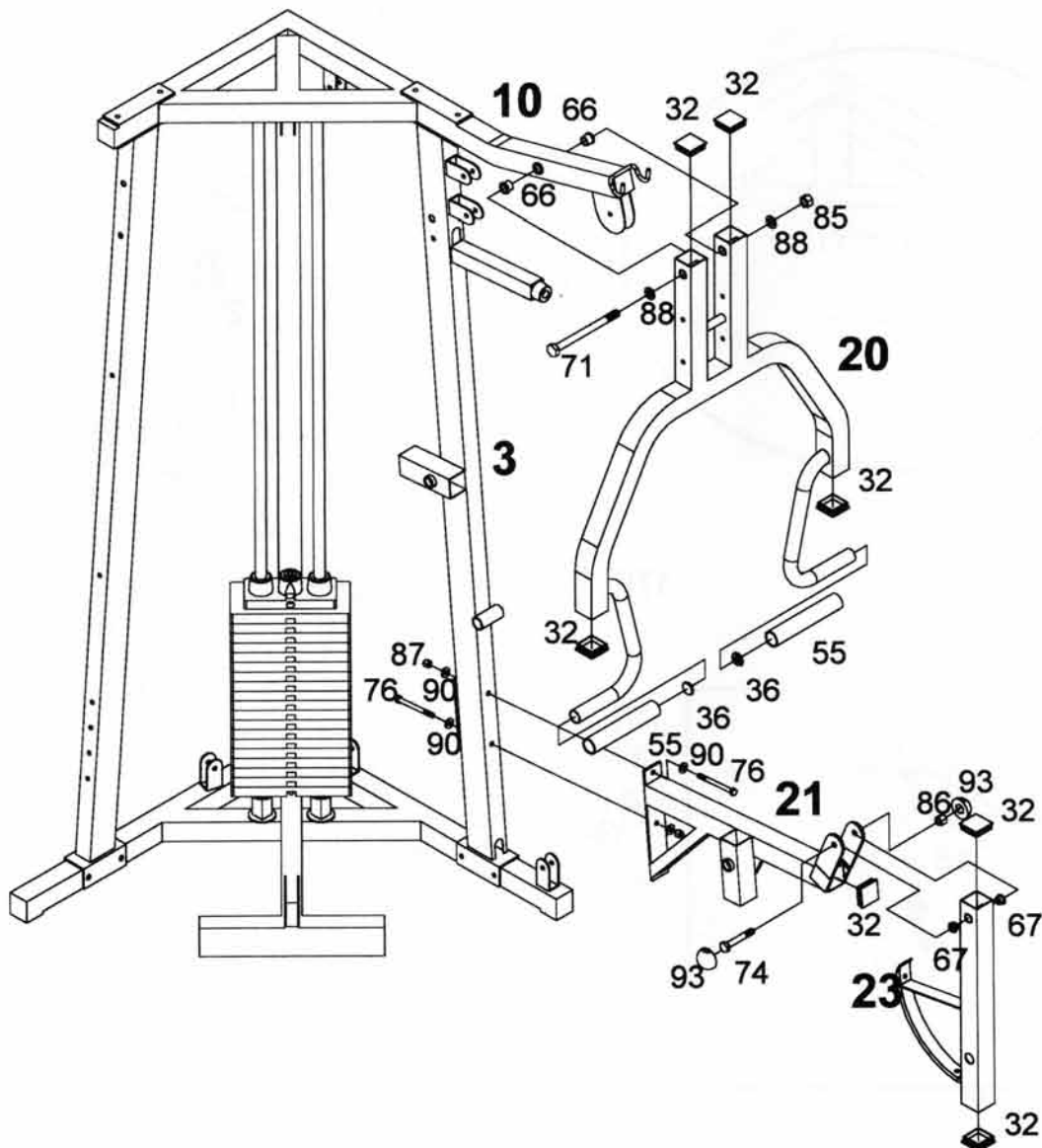
STEP5 ASSEMBLE PRESS STATION

Insert two 5/8" ID BUSHINGS(66) into TOP FRAME(10).

Attach PRESS ARM(20) to TOP FRAME(10) using 5/8" x 7-1/2" HEX HEAD BOLT(71), two 5/8" WASHER(88) and 5/8" NYLON NUT(85).

Attach PRESS SEAT FRAME(21) to PRESS UPRIGHT(3) using two 3/8" x 4" HEX HEAD BOLT(76), four 3/8" WASHER(90) and two 3/8" NYLON NUT(87).

Attach LEG EXTENSION(23) to PRESS SEAT FRAME(21) using 1/2" x 3-1/8" HEX HEAD BOLT(74), two 1/2" WASHER(89) and 1/2" NYLON NUT(86), then cap 1/2" bolt and nut with CAP FOR 1/2" NUT(93).

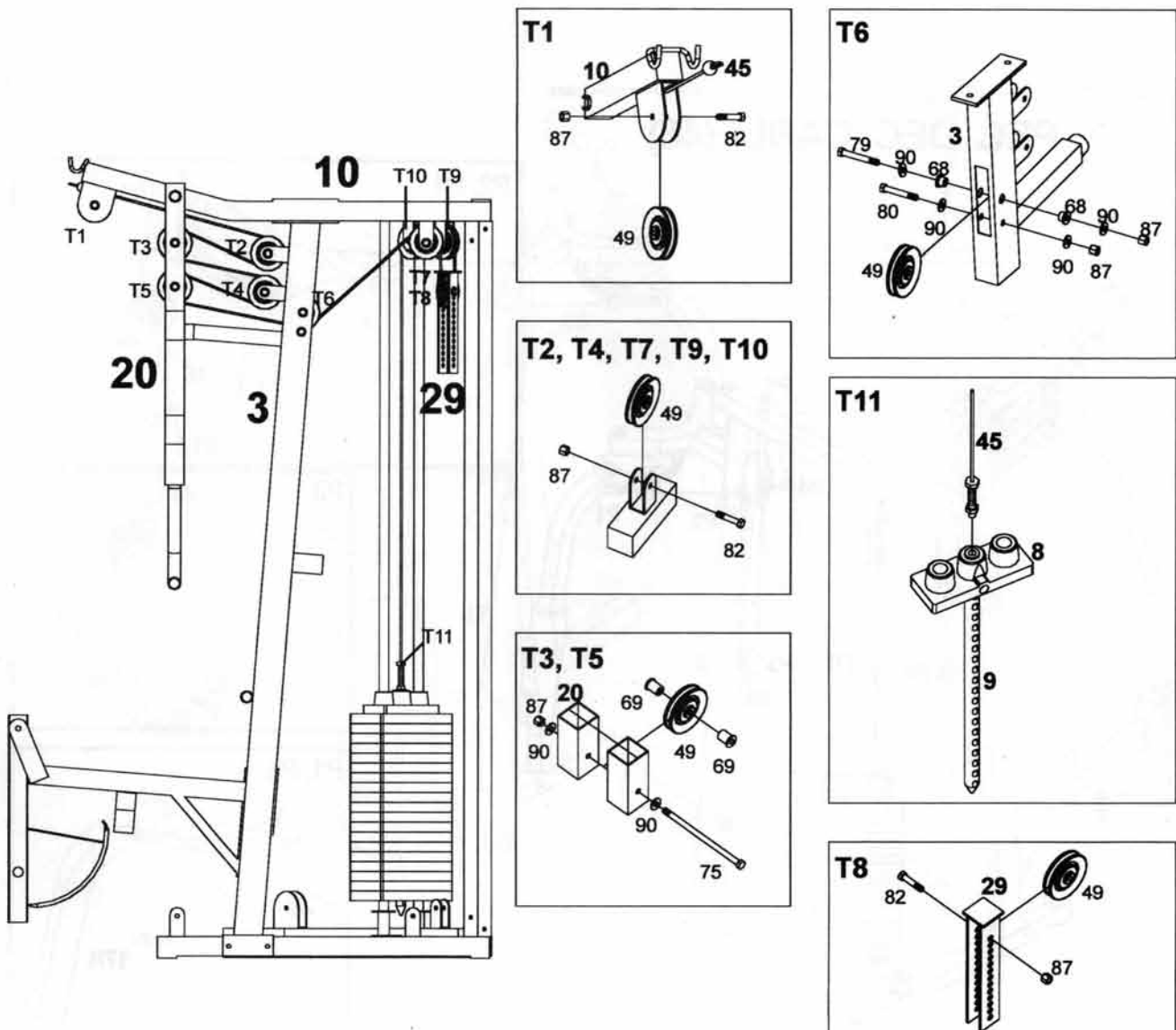


STEP6 INSTALL TOP CABLE

Assemble cables and pulleys simultaneously.

Insert threaded end of TOP CABLE(45) into slot in front of TOP FRAME(10), over pulley T1, around pulley T2, T3, T4, T5, down to pulley T6, around pulley T7, down to pulley T8, over pulley T9, T10 and screw into SELECTOR ROD(9).

Attach pulley T6 to PRESS UPRIGHT(3) using one 3/8" x 2-3/4" HEX HEAD BOLT(79), two 3/8" WASHERS(90) and two 3/8" ID X 10 MM BUSHINGS(68).



STEP7 INSTALL PEC DEC CABLE

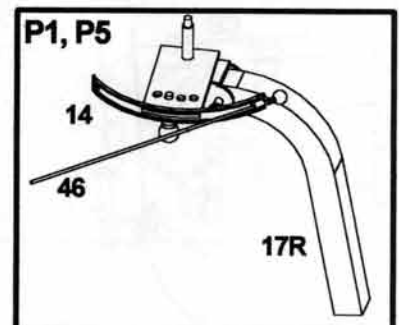
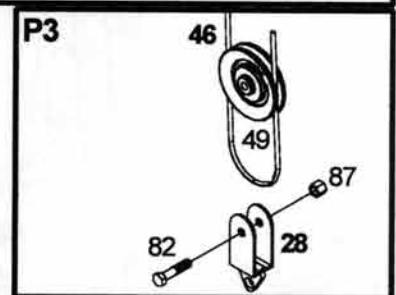
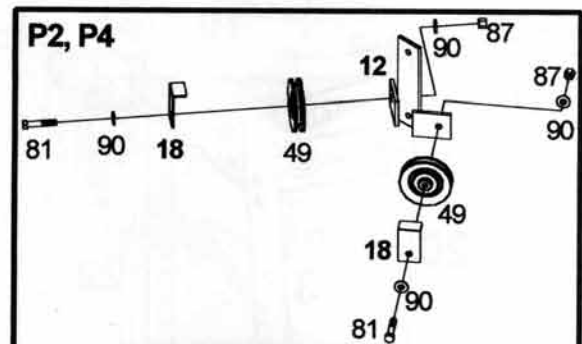
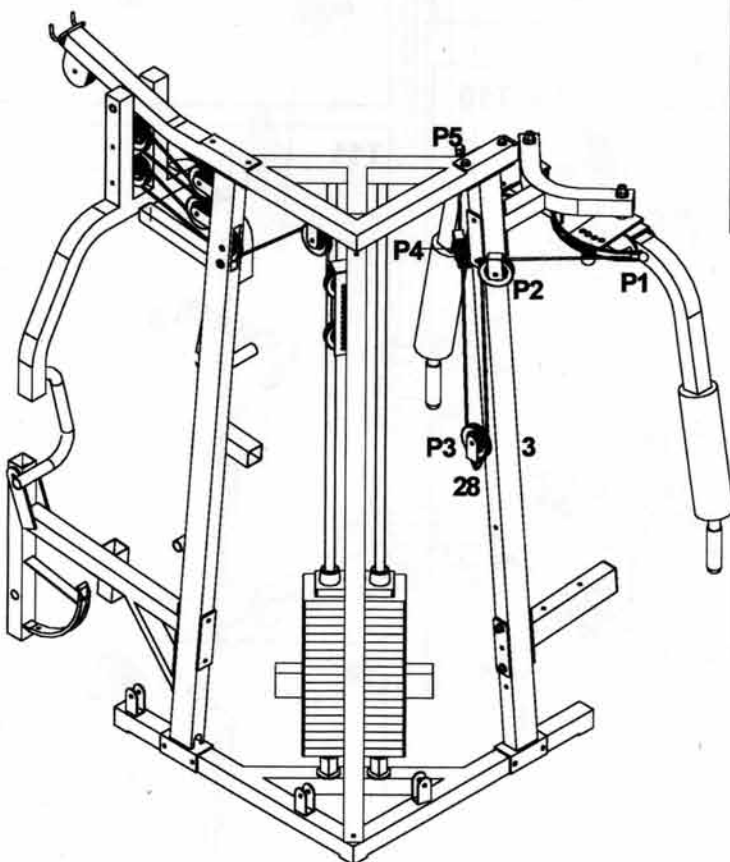
Loosely attach pulley P2 and P4 and CABLE GUIDE(18) to PEC DEC PULLEY BRACKET(12).

Insert one end of PEC DEC CABLE(46) into receiver on right ADJ CAM(14) as shown and route cable over pulley, behind PEC DEC UPRIGHT(2), over pulley and insert opposite end into receiver on left ADJ CAM(14).

Place pulley P3 over the PEC DEC CABLE(46) and attach SINGLE PULLEY BRACKET(28) as shown and let it dangle behind PEC DEC UPRIGHT(2).

Tighten bolts. Make certain the CABLE GUIDES(18) do not rub on the cable throughout the entire range of motion.

PEC DEC CABLE(46)

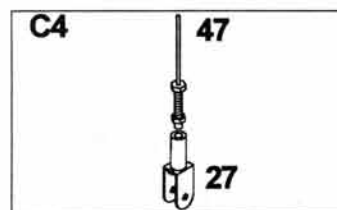
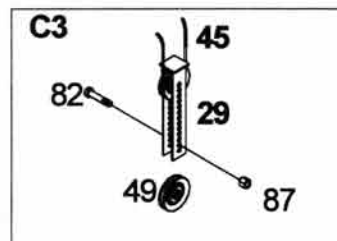
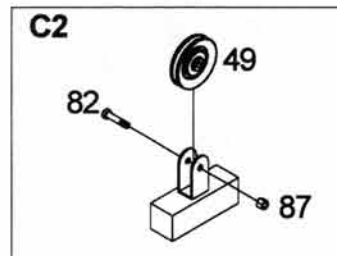
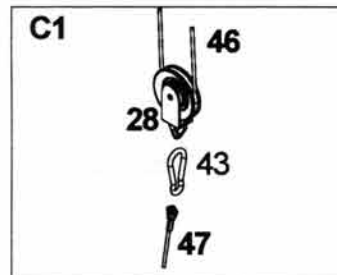
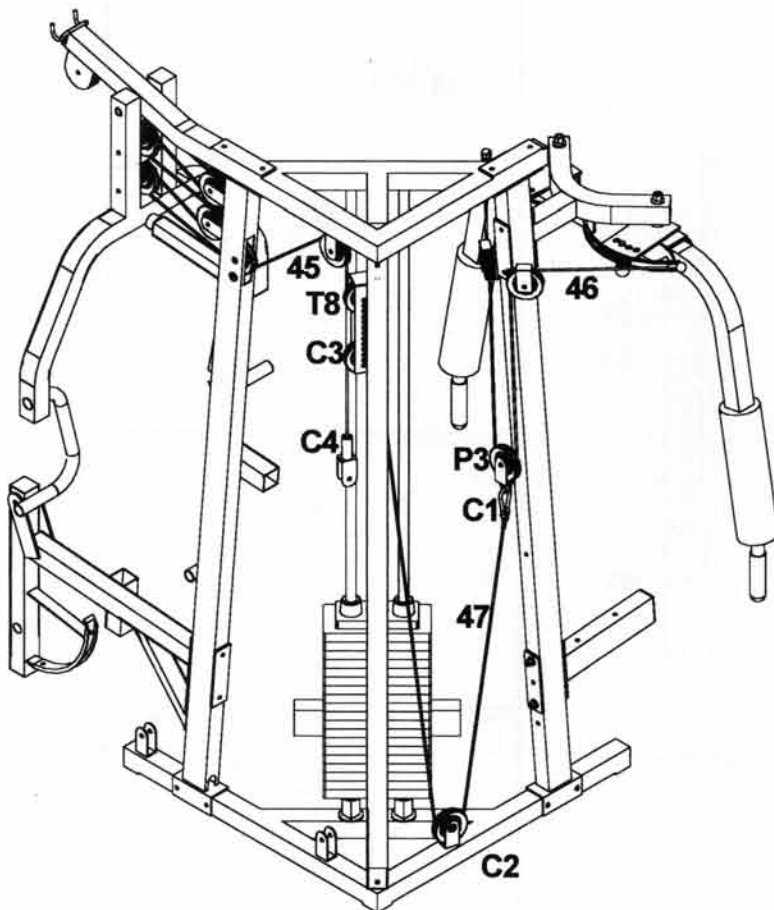


STEP8 INSTALL CONNECT CABLE

Loosely attach pulley C3 on lower 2nd holes of ADJ. PULLEY BLOCK(29).
Insert the eyelet end under C2 and hook on the eyelet end on SINGLE PULLEY BRACKET(28).

Route the thread end cable through C3 and thread on ADJ SINGLE PULLEY BRACKET(27).


CONNECT CABLE(47)



STEP9 INSTALL LOWER CABLE

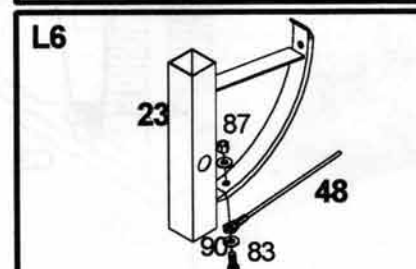
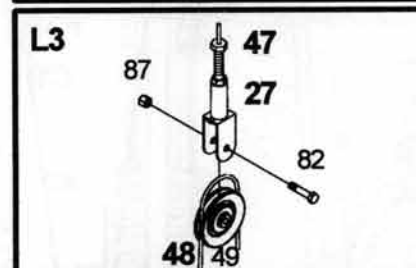
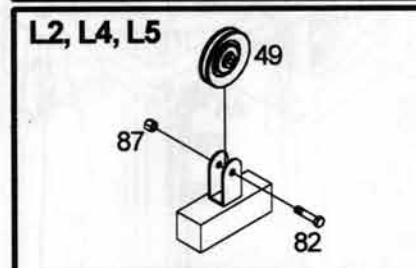
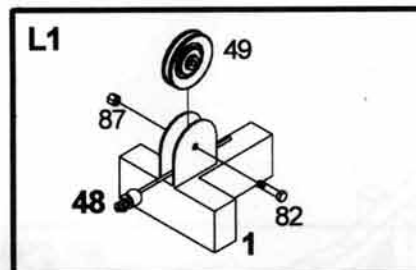
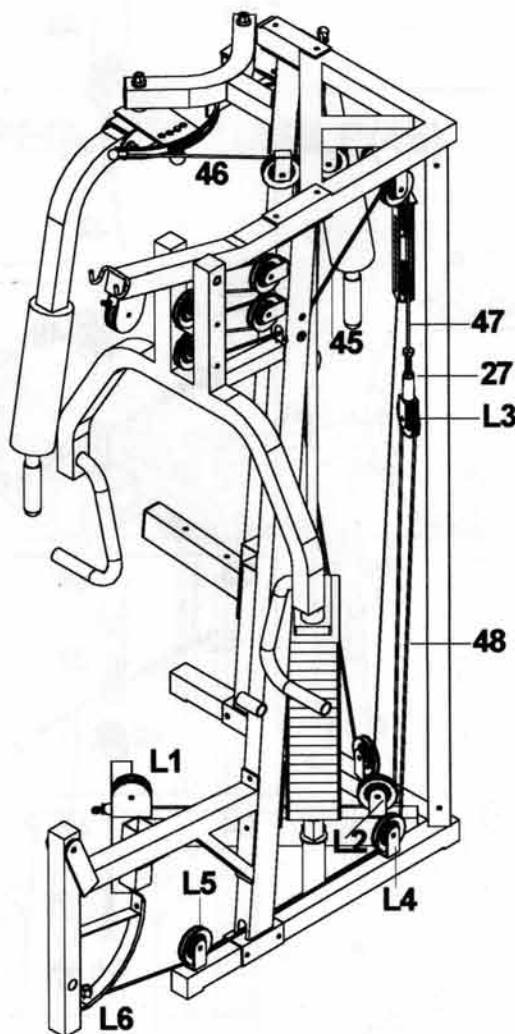
Insert the eyelet end (opposite ball end) through pulley(L1) on foot rest and attach pulleys

L2 and L3 with ADJ. SINGLE PULLEY BRACKET(27).

Route LOWER CABLE(48) around pulley L3, L4, L5 and attach to cam of LEG EXTENSION(23) using 3/8" x 1" HEX HEAD BOLT(83) and 3/8" NYLON NUT(87).

Adjust the thread end of CONNECT CABLE(47) on ADJ SINGLE PULLEY BRACKET(27) if the LOWER CABLE(48) is too tight or too loose.

BALL END **LOWER CABLE(48)** EYELET END

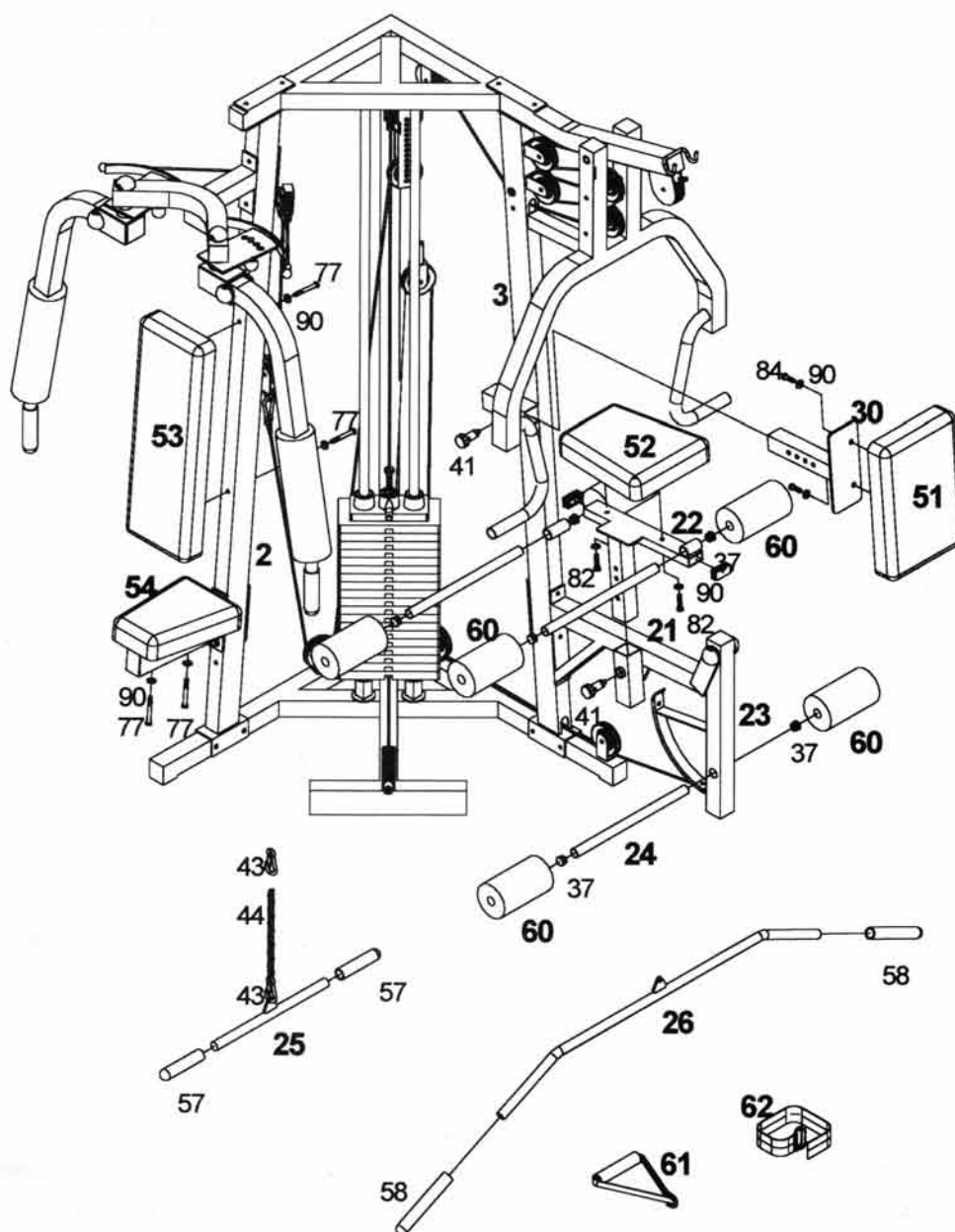


STEP10 INSTALL SEAT & BACK PADS

Attach PRESS SEAT PAD(52) on CHROME SEAT ADJUSTER(22) using two 3/8" x 1-3/4" HEX HEAD BOLT(82) and two 3/8" WASHER(90). Insert CHROME SEAT ADJUSTER(22) into the SEAT FRAME(21) by adjusting the POP PIN(40).

Attach PRESS BACK PAD(51) on CHROME BACK ADJUSTER(30) using two 3/8" x 3/4" HEX HEAD BOLT(84) and two 3/8" WASHER(90). Insert CHROME BACK ADJUSTER(30) thru the bracket on PRESS UPRIGHT(3) by pulling the POP PIN(40).

Insert ROLLER BAR(24) on PRESS UPRIGHT(3), CHROME SEAT ADJUSTER(22) and LEG EXTENSION(23). Wet inside of ROLLER PAD(60) with water and slide onto ROLLER BAR(24). Attach 1" ROUND END PLUG(37).



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 (42) 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 not so tight as to lift the Top Plate (8) 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 (5).
7. Enjoy many years of a Fit Lifestyle!

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