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

**STEP 1**

1. Attach LEFT WEIGHT BASE(2) to CENTER BASE(1) using two 1/2" X 3" HEX HEAD BOLT(61), three 1/2" WASHER(74) and one 1/2" NYLON NUT(76). Attach SWIVEL PULLEY BRACKET(6) to the shaft of LEFT WEIGHT BASE(2) using 1/2" WASHER(74) and 1/2" NYLON NUT(76).

2. Attach REAR SUPPORT(3) to STABILIZER(4) and CENTER BASE(1) using two 1/2" X 3" HEX HEAD BOLT(61), six 1/2" WASHER(74) and four 1/2" NYLON NUT(76).

3. Attach FRONT SUPPORT(5) to CENTER BASE(1) using two 3/8" X 2-3/4" HEX HEAD BOLT(65), four 3/8" WASHER(75) and 3/8" NYLON NUT(77). MAKE SURE NOT TO TIGHTEN THESE BOLTS.
### STEP 2

1. Slide STACK SPACERS(7), RUBBER CUSHIONS(45) onto GUIDE RODS(8) and insert into holes in LEFT WEIGHT BASE(2) as shown.

2. Slide WEIGHT PLATE(81) onto GUIDE ROD(8) as shown. Assemble TOP PLATE(82) to SELECTOR ROD(80) using the TOP PLATE BOLT(72). Slide TOP PLATE(82) onto GUIDE RODS(8) and inserting SELECTOR ROD(80) into center hole of WEIGHT PLATES(81).

Visually check to make certain GUIDE ROD(8) are fully seated in top and bottom holes. All WEIGHT PLATES(81) are facing the proper direction and STACK SPACER(7), RUBBER CUSHION(45) are installed properly.

3. Place TOP BEAM(9) over the top of GUIDE ROD(8) and attach to REAR SUPPORT(3) AGAIN DO NOT TIGHTEN UNTIL ALL COMPLETED using one 1/2" x 4" HEX HEAD BOLT(59), one 1/2" x 4-1/2" HEX HEAD BOLT(58) three 1/2" WASHER(74) and one 1/2" NYLON NUT(76) and to FRONT SUPPORT(5) using two 3/8" x 2-3/4" HEX HEAD BOLT, four 3/8" WASHER(75) and two 3/8" NYLON NUT(77).

4. Tighten all bolts. Except connection of part 5 and 9, hand tighten only. Make sure frame connections are very secure.
STEP 3
1. Attach LEVER BASE(10) to LEFT WEIGHT BASE(2) using two 1/2" x 3" HEX HEAD BOLT(61), four 1/2" WASHER(74) and two 1/2" NYLON NUT(76).
2. Attach LEVER ARM(11) to REAR SUPPORT(3) using 3/4" x 11" AXLE(15). Tighten LEVER ARM(11) to 3/4" x 11" AXLE(15) using SETSCREW(73) to tighten with included hex wrench.
3. Tighten PRESS ARM(12) and LEVER ARM(11) to 3/4" x 11" AXLE(15) using 5/16" x 1/2" SETSCREW(73) and included HEX WRENCH.
4. Attach ADJUSTABLE TUBE(13) to LEVER ARM(11) using 1/2" x 4" HEX HEAD BOLT(59), two 1/2" WASHER(74) and 1/2" NYLON NUT(76). Tighten and then back off bolt so that ADJUSTABLE TUBE(13) swing freely.
5. Attach CHROME INSERT TUBE(14) to PRESS ARM(12) using 1/2" x 4" HEX HEAD BOLT(59), two 1/2" WASHER(74) and 1/2" NYLON NUT(76).
6. Insert CHROME INSERT TUBE(14) into ADJUSTABLE TUBE(13).

Be certain that CHROME INSERT TUBE(14) sliding smoothly inside ADJUSTABLE TUBE(13)
STEP3A

1. Screw the threaded end of ADJUSTMENT CABLE into the threaded receptor on ADJUSTABLE TUBE(13). Attach cable to bracket by placing washers and nuts on each side of bracket and tighten.

2. Slide cable through rear large slot in PRESS ARM(12) along inside, out slot toward from of PRESS ARM(12) and back into most forward slot. Being careful to not crease the cable, pull cable end out of the top hole next to CONTROL HANDLE(16).

3. Attach cable end to CONTROL HANDLE(16) using one M6 ROUND HEAD SCREW(71) and one M6 NYLON NUT(78).
**STEP 4**

1. Attach BENCH SUPPORT(17) and ENFORCED PLATE(104) to FRONT SUPPORT(5) using two 3/8" X 4" HEX HEAD BOLT(62), four 3/8" WASHER(75) and two 3/8" NYLON NUT(77) and to CENTER BASE(1) using two 3/8" X 2-3/4" HEX HEAD BOLT(65) and two 3/8" NYLON NUT(77).

2. Attach SEAT SUPPORT(19) to BENCH SUPPORT(17) using one 1/2" x 3-1/2" HEX HEAD BOLT(60), one 1/2" WASHER(74), one 1/2" NYLON NUT(76) and to CENTER BASE using one 3/8" x 2-3/4" HEX HEAD BOLT(65), two 3/8" WASHER(75), one 3/8" NYLON NUT(77).

3. Tighten all bolts.

4. Attach LEG EXTENSION(20) to SEAT SUPPORT(19) using one 1/2" X 5" HEX HEAD BOLT(57), two 1/2" WASHER(74) and one 1/2" NYLON NUT(76). Tighten bolt and back off so that LEG EXTENSION(20) swing freely.

5. Attach plastic nut cover(44) on bolt(57) and nut(76).
STEP4A

1. Attach two SEAT HINGES(21) to SEAT SLIDER(18), screw SEAT(91) to SEAT HINGES(21) using two 3/8” X 3/4” HEX HEAD BOLT(69) and two 3/8” WASHER(75).

2. Attach BACK SUPPORT(22) to SEAT BACK PAD(92) using two 3/8” x 2-1/2” HEX HEAD BOLT(66) and two 3/8” WASHER(75).

3. Attach two SUPPORT PLATE(23) to SEAT SUPPORT(19) using 1/2” X 3-1/2” HEX HEAD BOLT(60), two TEFLO N WASHER(56) (teflon washers go inside of plates) and 1/2” NYLON NUT(76).

4. Tighten bolts and back off just enough that they swing freely.

4. Attach BACK SUPPORT(22) to SUPPORT PLATE(23) using 1/2” X 3-1/2” HEX HEAD BOLT(60) and 1/2” NYLON NUT(76) and to SEAT SLIDER(18) using 1/2” X 3-1/2” HEX HEAD BOLT(60) and 1/2” NYLON NUT(76).
STEP 5

1. Attach PEC DEC PULLEY BRACKET(25) and PEC DEC SUPPORT(26) to FRONT SUPPORT(5). Be sure PEC DEC PULLEY BRACKET(25) and PEC DEC SUPPORT(26) are in line with FRONT SUPPORT(5) and tighten with two 1/2" x 4-1/2" HEX HEAD BOLT(58), four 1/2" WASHER(74) and two 1/2" NYLON NUT(76).

   (make sure welded pieces angle downward and to the front of the gym.)

2. Slide R & L PEC DEC ARMS(30R & 30L) axles through ADJUSTABLE CAMS(27) and through 3/4" STEEL BUSHING(49) on PEC DEC SUPPORT(26) as shown.

3. Be certain the two ADJUSTABLE CAMS(27) are evenly seated on PEC DEC SUPPORT(26) and PEC DEC ARMS(30R & 30L) are WORKING SMOOTHLY for before tighten with 1/2" WASHER(74) and 1/2" NYLON NUT(76).

4. Wet inside of 4" X 14" ROLLER PAD(94) with water and slide onto PEC DEC ARMS(30). Stop when bottom is flush with square tubing.

5. Attach SQUARE END CAP(43) and 1-1/4" HAND GRIP(96) to handles on PEC DEC ARMS(30).
STEP 6

1. Attach BACK PAD(93) to FRONT SUPPORT(5) using two 3/8" X 3-3/4" HEX HEAD BOLT(63), two 3/8" WASHER(75).
2. Insert ROLLER TUBE(31) into FRONT SUPPORT(5) and slide on two 4" X 8" ROLLER PADS(95).
3. Insert ROLLER TUBE(31) into SEAT SUPPORT(19) and slide on two 4" X 8" ROLLER PADS(95).
4. Insert two ROLLER TUBE(31) into LEG EXTENSION(20) and slide on four 4" X 8" ROLLER PADS(95).
5. Push on eight ROUND CHROMED CAPS(52).

Attach all plastic end caps to all tube ends. Make certain all bolts are properly tightened.
CABLES

TOP CABLE(84) (2660mm)

PEC DEC CABLE(85) (1950mm)

AB CRUNCH CABLE(86) (1800mm)

LOWER CABLE(87) (5860mm)
TOP CABLE

Assemble cables and pulleys simultaneously. Insert threaded end of TOP CABLE(84) into slot in front of TOP BEAM(9), over pulley T1, T2, around pulley T3, over pulleys T4, T5 and screw into SELECTOR ROD(80) as shown. (DO NOT tighten nut at this time.) (It will be necessary at T2 to remove bolt and thread cable over the top before re-assembling and tightening.)

Please adjust the CABLE length by turning THREAD HEAD if CABLE is too loose or tight about 3 MM, otherwise, adjust the FLOATING PULLEY BLOCK.

Do not use this TOP CABLE if you own the optional LEG PRESS. If you are attaching the LEG PRESS, please use the longer TOP CABLE (84A) found in the LEG PRESS box.
PEC DEC CABLE

1. Loosely attach pulleys P1 and P3 and CABLE GUIDE(34) to PEC DEC PULLEY BRACKET(25).
2. Insert one end of PEC DEC CABLE(85) into receiver on left ADJUSTABLE CAM(27) as shown and route cable over pulley, behind FRONT SUPPORT(5), over pulley and insert opposite end into receiver on right ADJUSTABLE CAM(27).
3. Place pulley P2 over the PEC DEC CABLE(85) and attach SINGLE PULLEY BRACKET(33) as shown and let it dangle behind FRONT SUPPORT(5).
4. Tighten bolts. Make certain the CABLE GUIDES(34) do not rub on the cable throughout the entire range of motion.
AB CABLE

1. Attach pulley A2 and L7 in appropriate holes of FLOATING PULLEY BLOCK(32) as shown.

2. Insert threaded end of AB CABLE(86) into slot in FRONT SUPPORT(5) and route around pulley A2 and screw into SINGLE PULLEY BRACKET(33) hanging from PEC DEC CABLE(85).

3. Insert a 3/8” x 2-1/2” HEX HEAD BOLT(66) in hole above pulley and tighten with two 3/8” WASHER(75) and 3/8” NYLON NUT(77). Attach pulley A1 to FRONT SUPPORT(5) using 3/8” x 2-3/4” HEX HEAD BOLT(65), two INSERT SPACE(51), two WASHER(75) and 3/8” NYLON NUT(77). Make certain the ball on the end of AB CABLE(86) is in front of this bolt.
1. Insert the small ball end (opposite ball end) through SWIVEL PULLEY BRACKET(6) and attach pulleys L1 and L2.
2. Loosely attach pulleys L3 and L4 opposite side away from weight stack and CABLE GUIDES(34) to LEVER ARM(11) and LEVER BASE(10) using two 3/8" x 3-3/4" HEX HEAD BOLT(63), four 3/8" WASHERS(75) and 3/8" NYLON NUT(77). Attach pulley L5 to fifth hole from bottom of FLOATING PULLEY BLOCK(32) attached to TOP CABLE(84).
3. Route LOWER CABLE over pulley L3, under pulley L4 and over pulley L5.
4. Attach pulley L6 to CENTER BASE(1) using 3/8" x 2-3/4" HEX HEAD BOLT(65), two 3/8" WASHERS(75), two INSERT SPACES(51) and 3/8" NYLON NUT(77). Be certain to route LOWER CABLE(87) under neath.

5. Attach pulley L7 in the fifth hole of the FLOATING PULLEY BLOCK(32) hanging from AB CABLE(86).

6. Route LOWER CABLE(87) over pulley L7. Insert pulley L8 into CENTER BASE(1) being certain to run LOWER CABLE(87) underneath using 3/8" x 2-3/4" HEX HEAD BOLT(65), two 3/8" WASHERS(75), two INSERT SPACES(51) and 3/8" NYLON NUT(77).

7. Run LOWER CABLE along CENTER BASE(1) and under pulley L9. Attach small ball end to LEG EXTENSION cam using 3/8" X 2" HEX HEAD BOLT(67) and 3/8" NYLON NUT(77).

Screw the threaded end of TOP CABLE(84) at least 2/3 of the length into SELECTOR ROD(80). Secure with locking nut.

Be certain all cables are seated in center of all pulleys. Tighten all bolts. Cable length can be adjusted at FLOATING PULLEY BLOCKS(32) and the SINGLE PULLEY BRACKET(33).