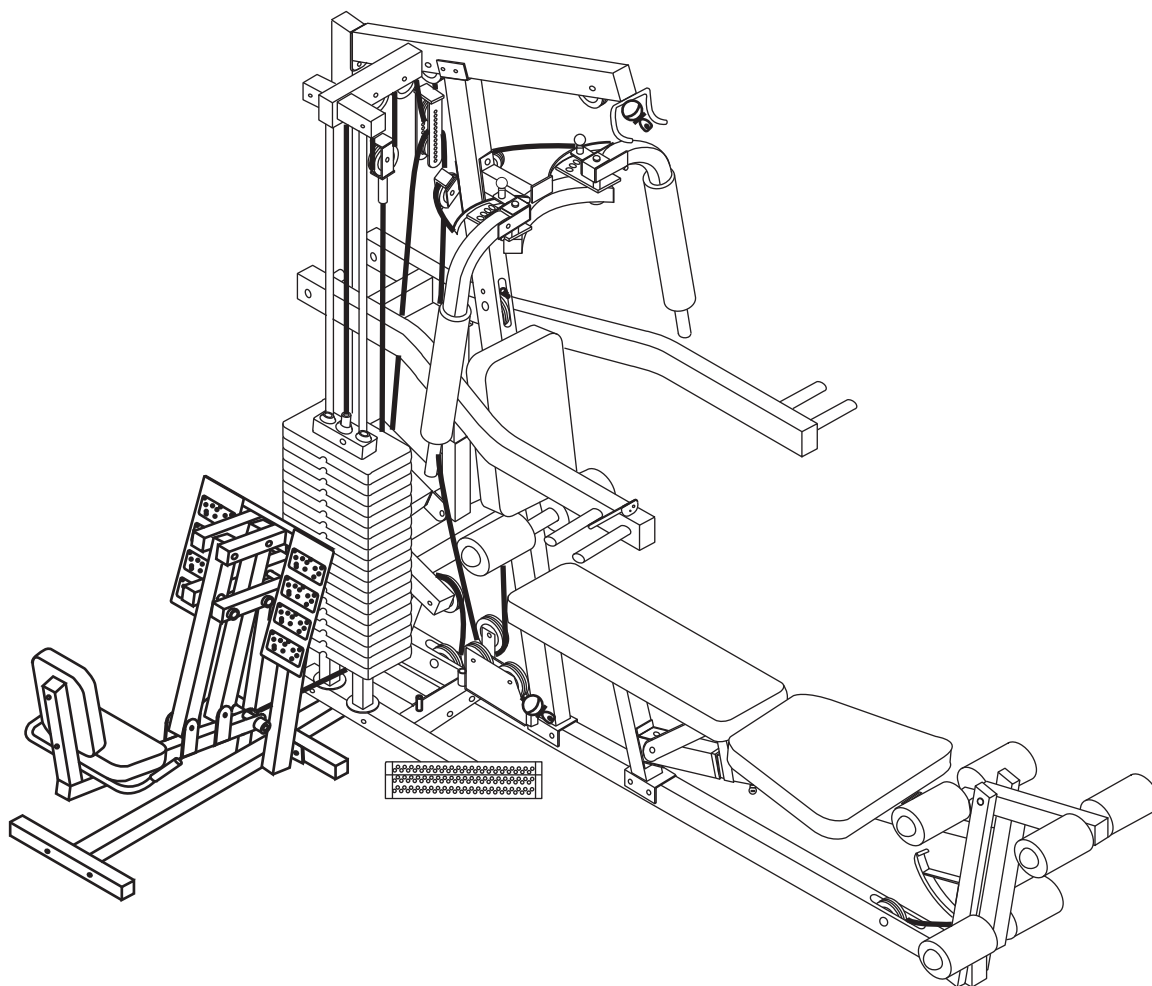


# ***BODYCRAFT***

## INSTRUCTION MANUAL

### LEG PRESS OPTION FOR STRATA STRENGTH TRAINING SYSTEM



#### ***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.*

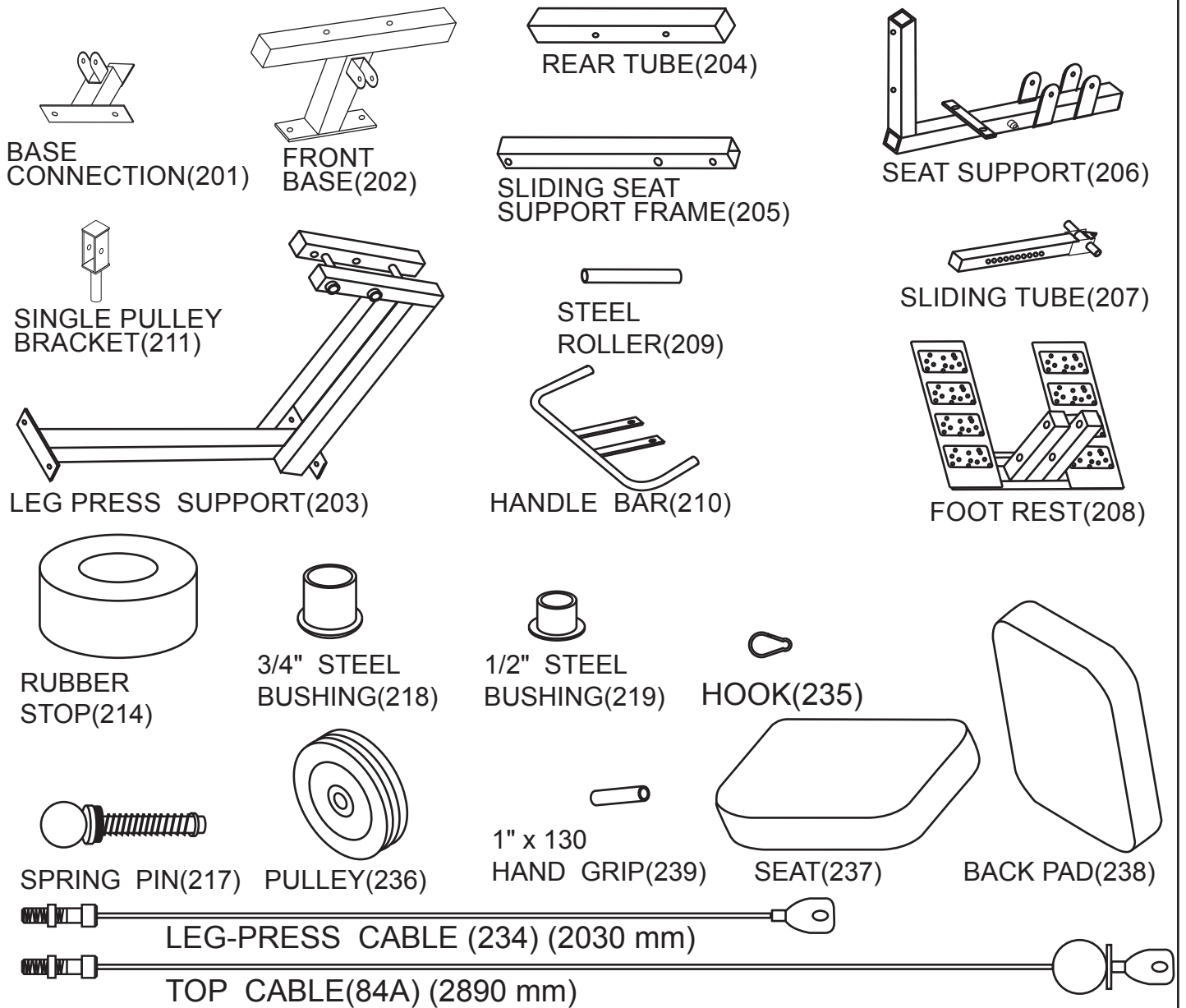
Bodycraft is a division of Recreation Supply Inc.  
P.O. BOX 181  
Sunbury, OH 43074

6900-LP

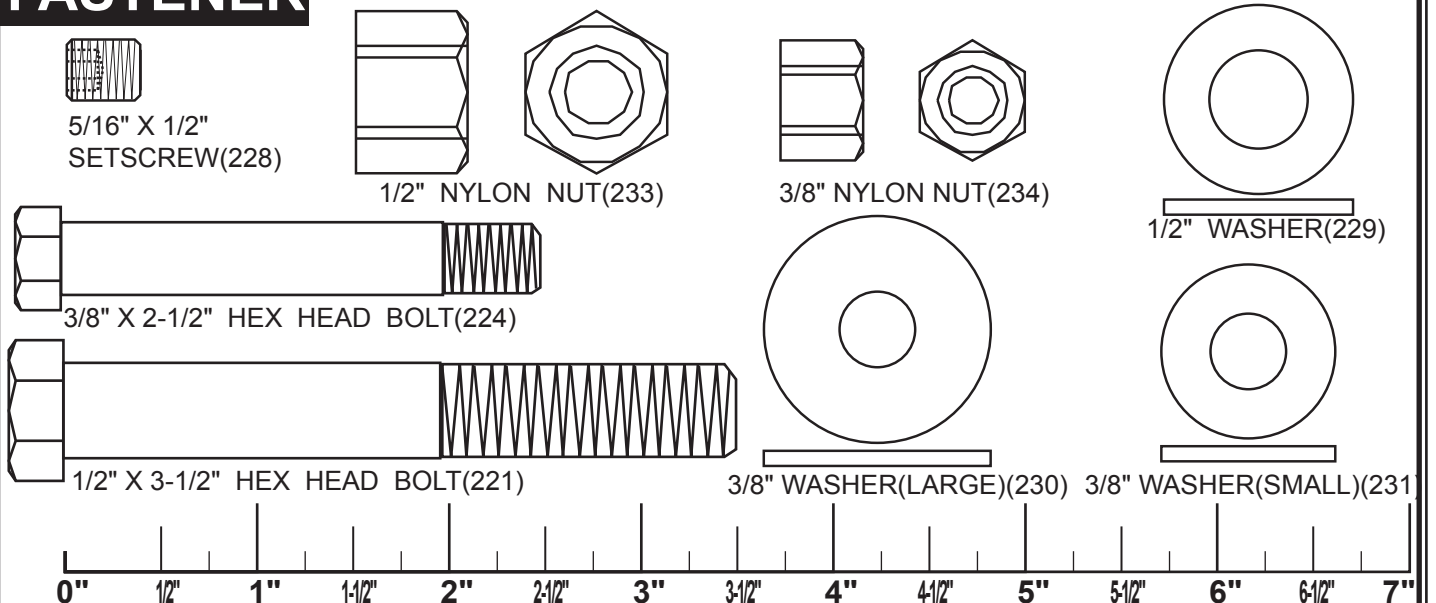
# PARTS LIST

NO.	DESCRIPTION	QTY.
201	BASE CONNECTION	1
202	FRONT BASE	1
203	LEG PRESS SUPPORT	1
204	REAR TUBE	1
205	SLIDING SEAT SUPPORT FRAME	2
206	SEAT SUPPORT	1
207	SLIDING TUBE	1
208	FOOT REST	1
209	STEEL ROLLER	1
210	HANDLE BAR	1
211	SINGLE PULLEY BRACKET	1
212	50 ID. SQUA. END CAP	4
213	50 SQUA. END CAP	15
214	RUBBER STOP	2
215	RUBBER BUMPER	1
216	NON-SKID PAD	8
217	SPRING PIN	1
218	3/4" STEEL BUSHING	4
219	1/2" STEEL BUSHING	8
220	1/2" X 7" HEX HEAD BOLT	2
221	1/2" X 3-1/2" HEX HEAD BOLT	2
222	1/2" X 3-1/8" HEX HEAD BOLT	2
223	3/8" X 3" HEX HEAD BOLT	4
224	3/8" X 2-1/2" HEX HEAD BOLT	2
225	3/8" X 2" HEX HEAD BOLT	3
226	3/8" X 1" HEX HEAD BOLT	2
227	3/8" X 3/4" HEX HEAD BOLT	2
228	5/16" X 1/2" SETSCREW	4
229	1/2" WASHER	12
230	3/8" WASHER(LARGE)	2
231	3/8" WASHER(SMALL)	18
232	1/2" NYLON NUT	6
233	3/8" NYLON NUT	9
234	LEG PRESS CABLE	1
235	HOOK	1
236	PULLEY	3
237	SEAT	1
238	BACK PAD	1
239	1" X 130 HAND GRIP	2
240	OWNER'S MANUAL	1
84A	TOP CABLE (2890 mm)	1

# PARTS CHART



## FASTENER

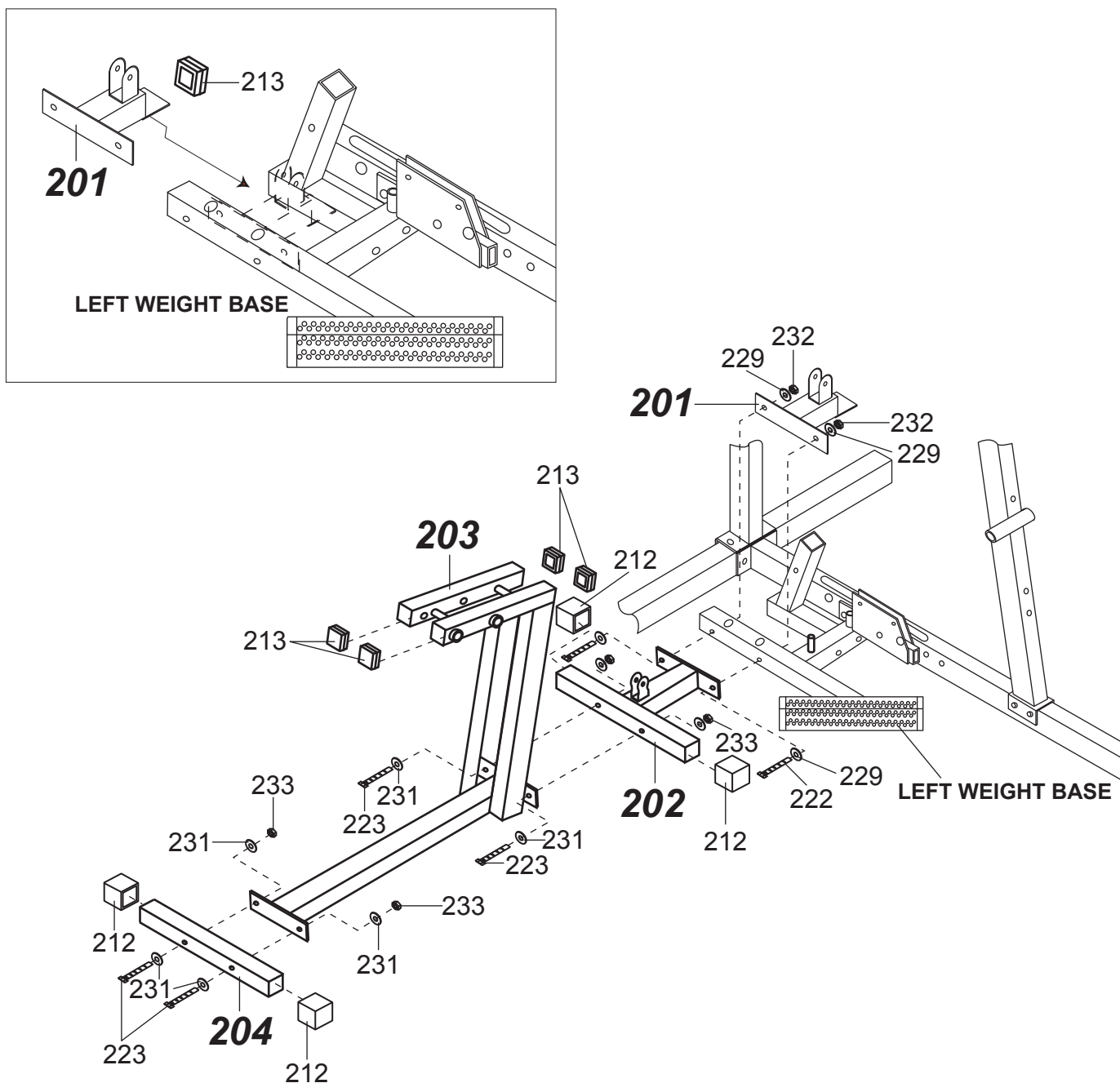


## STEP1

1. Attach BASE CONNECTION(201) and FRONT BASE(202) to the holes in the **LEFT WEIGHT BASE** of Bodycraft Strata home gym using two 1/2" x 3-1/8" HEX HEAD BOLT(222), four 1/2" WASHER(229) and two 1/2" NYLON NUT(232).

2. Attach LEG PRESS SUPPORT(203) to FRONT BASE(202) using two 3/8" x 3" HEX HEAD BOLT(223), four 3/8" WASHER(SMALL)(231) and two 3/8" NYLON NUT(232).

Attach REAR TUBE(204) to LEG PRESS SUPPORT(203) as shown using two 3/8" x 3" HEX HEAD BOLT(223), four 3/8" WASHER(SMALL)(231) and two 3/8" NYLON NUT(232).



## STEP2

*To ensure best performance, lubricate all pivot points during assembly.*

Insert two 3/4" STEEL BUSHING(218) and four 1/2" STEEL BUSHING(219) to SLIDING SEAT SUPPORT FRAME(205).

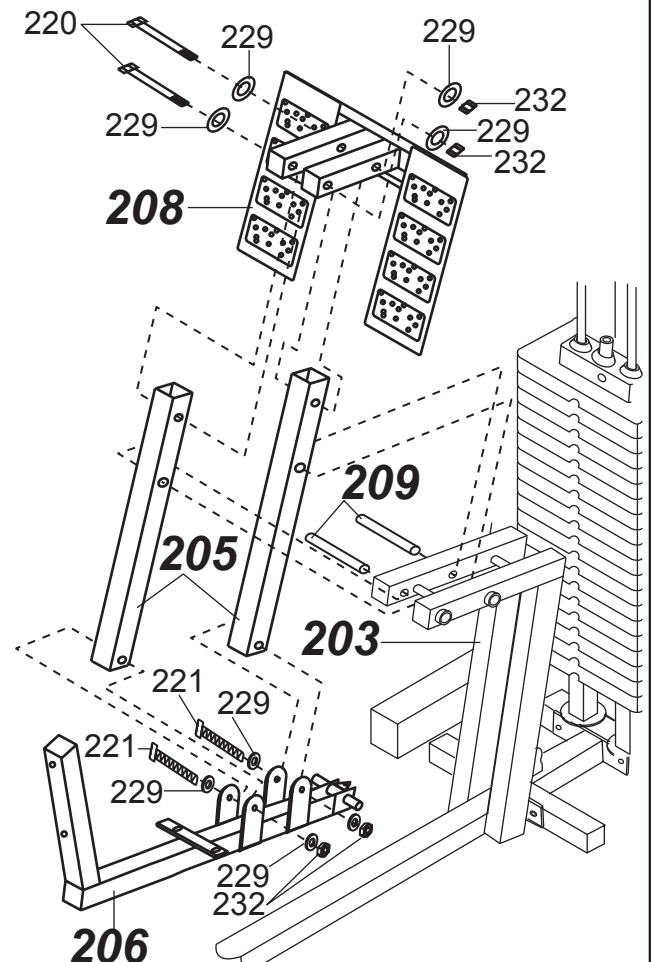
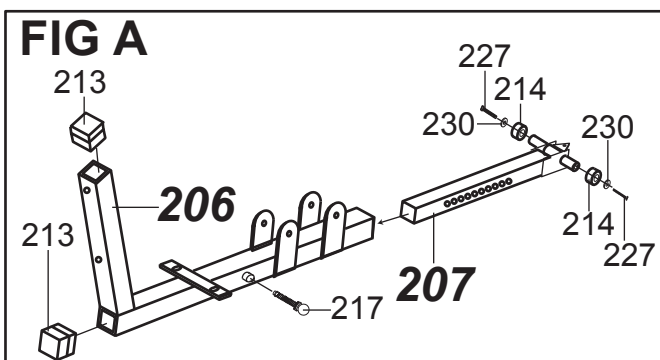
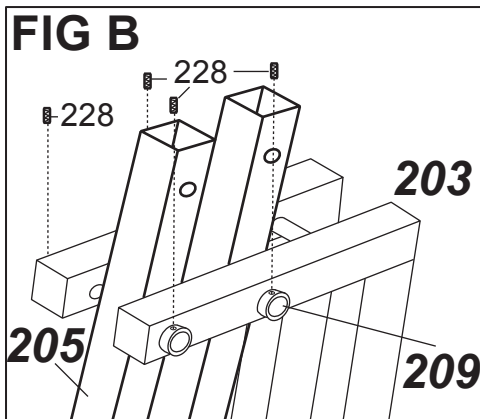
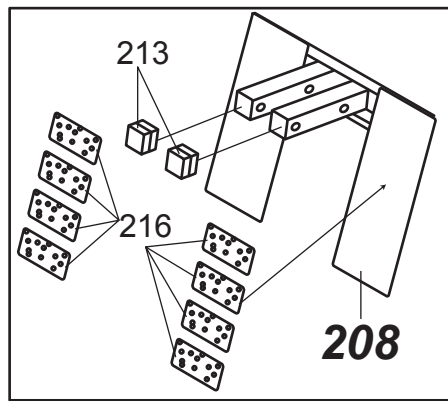
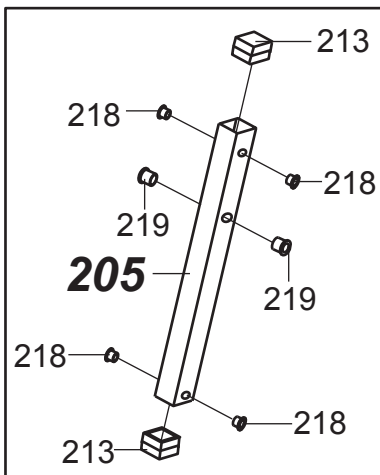
Attach SLIDING SEAT SUPPORT FRAME(205) to LEG PRESS SUPPORT(203) as shown using two STEEL ROLLER(209) as shown.

Tighten 5/16" X 1/2" SETSCREWS(228) with Hex Wrench to bolt STEEL ROLLERS (209) in place.(See FIG B)

Attach eight NON-SKID PAD(216) to FOOT REST(208).

Attach SEAT SUPPORT(206) to SLIDING SEAT SUPPORT FRAME(205) as shown using two 1/2" x 3-1/2" HEX HEAD BOLT(221), four 1/2" WASHER(229) and two 1/2" NYLON NUT(232)

Attach FOOT REST(208) to SLIDING SEAT SUPPORT FRAME(205) as shown using two 1/2" x 7" HEX HEAD BOLT(220), four 1/2" WASHER(229) and two 1/2" NYLON NUT(232).

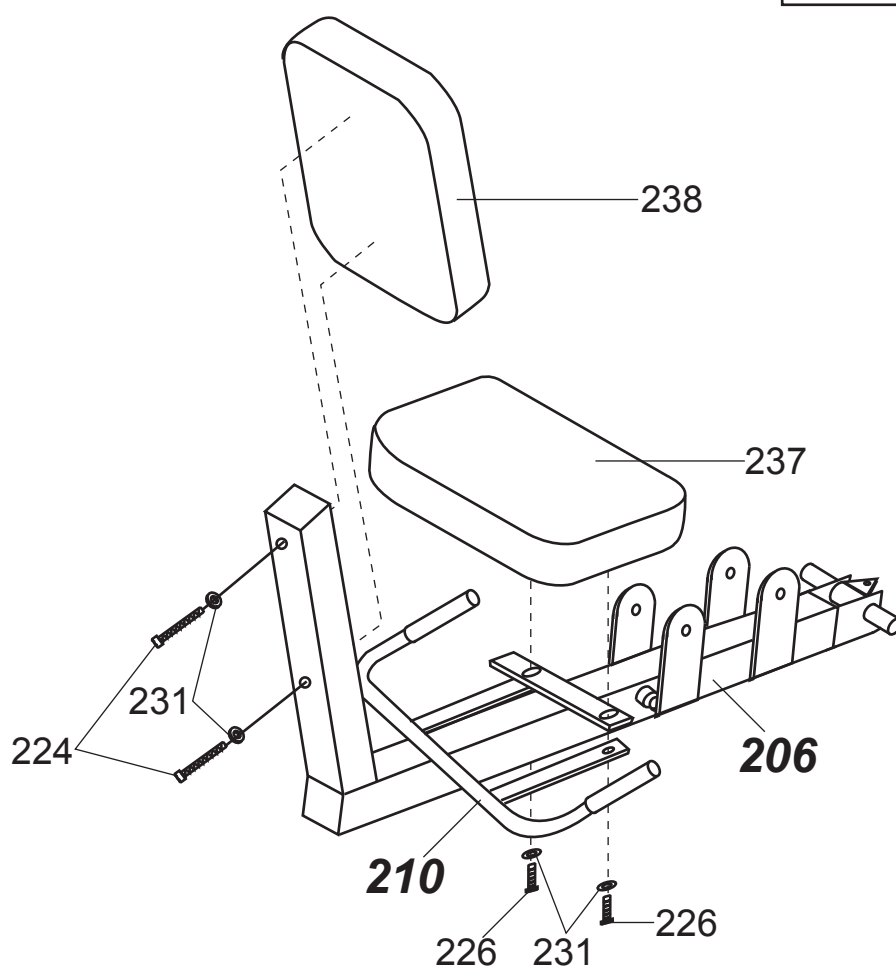
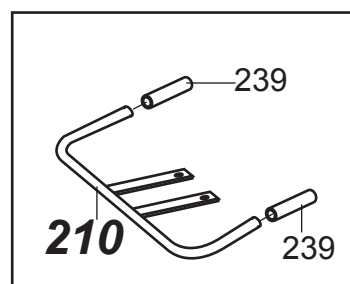


## STEP3

Attach HANDLE BAR(210) and SEAT(237) to SEAT SUPPORT(206) as shown using two 3/8" X 1" HEX HEAD BOLT(226) and two 3/8" WASHER(231).

Attach BACK PAD(238) on SEAT SUPPORT(206) as shown using two 3/8" x 2-1/2" HEX HEAD BOLT(224) and two WASHER(SMALL)(231).

**CHECK** that all the parts are in assembled correctly as drawing then tighten all bolts. Attach all plastic ends caps and grips to appropriate places.

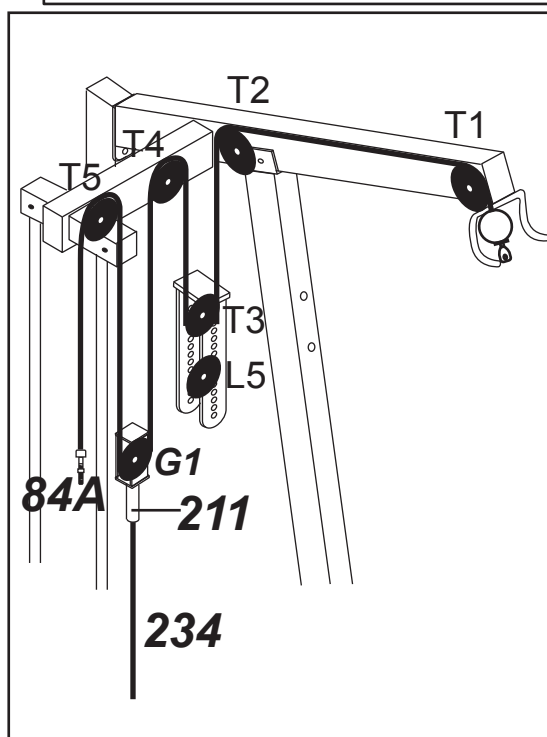
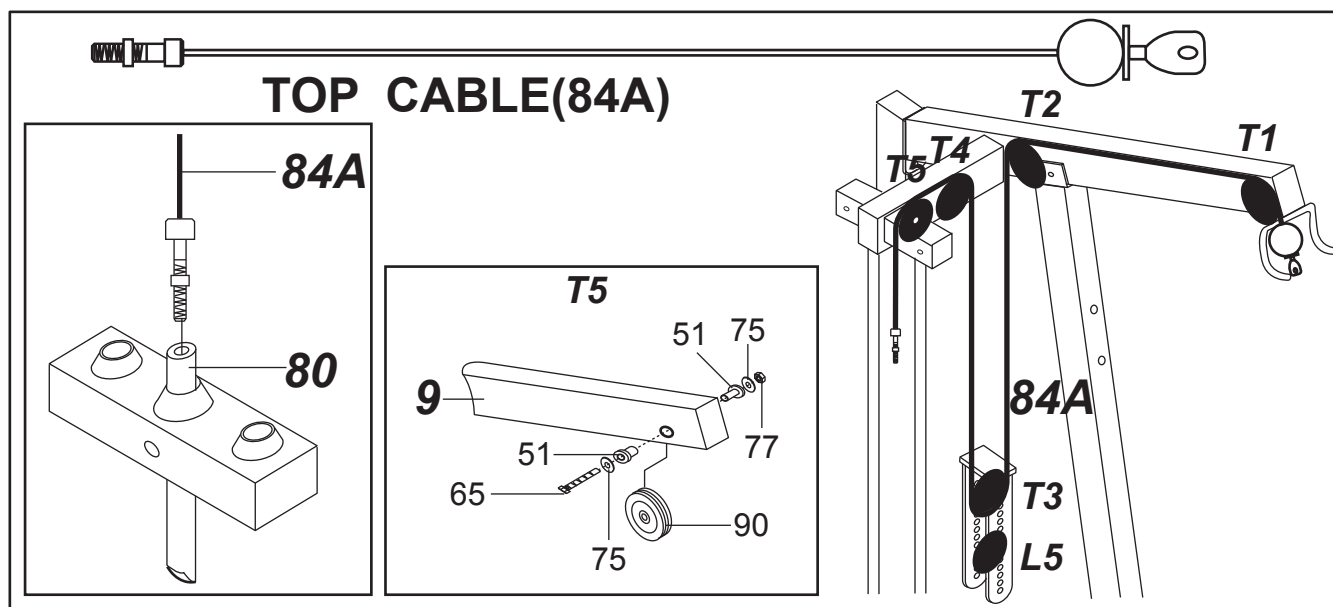


## LEG PRESS CABLE



### LEG PRESS CABLE(234)

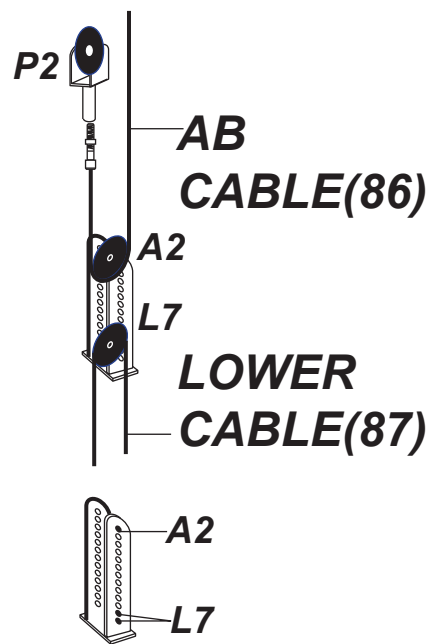
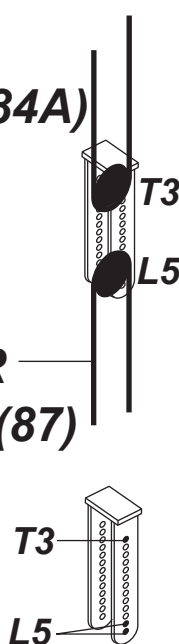
If previously installed, completely remove TOP CABLE(84), along with pulleys T1, T2, T3, T4 and T5. Remove the two bolts and attach the TOP BEAM into the FRONT UPRIGHT. Assemble TOP CABLE(84A) (from leg press box) and pulleys simultaneously. Insert threaded end of TOP CABLE(84A) into slot in front of TOP BEAM, over pulleys T1, T2, around pulley T3, and over T4. Run threaded end of TOP CABLE(84A) through SINGLE PULLEY BRACKET(211) and attach pulley G1 as shown. Finish by routing TOP CABLE(84A) over pulley T5 and attach threaded end of TOP CABLE(84A) into SELECTOR ROD. For safety reasons, the threaded end should be screwed in using at least half of the available screw length. The jam nut should be tightened to SELECTOR ROD to prevent loosening. Replace the two bolts that attach the TOP BEAM to the FRONT UPRIGHT and tighten. Make certain the TOP CABLE(84A) runs above these bolts. Attach RUBBER BUMPER(215) to top of SINGLE PULLEY BRACKET(21).



### FLOATING PULLEY BLOCK(32)

**TOP  
CABLE(84A)**

**LOWER  
CABLE(87)**



Screw thread end of LEG PRESS CABLE(234) into SINGLE PULLEY BRACKET(211). Attach pulleys **G2** and **G3**, making certain LEG PRESS CABLE(234) runs beneath pulleys and is seated in pulley grooves. Attach the eyelet cable end to ADJUSTMENT TUBE(207) as shown.

