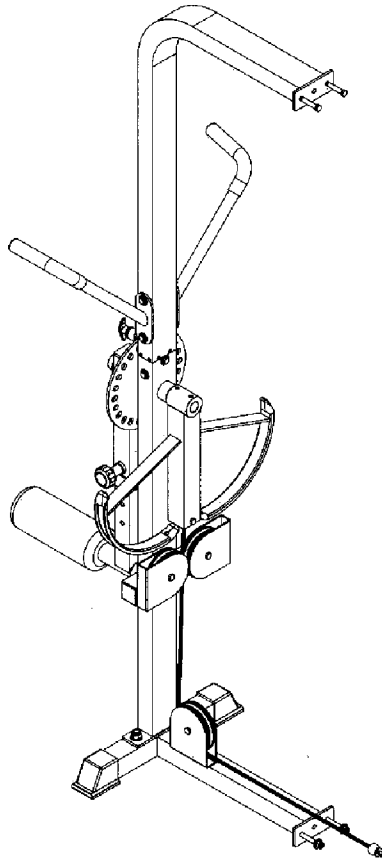


BodyCraft

Family Xpress HIP STATION OPTION STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL



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.

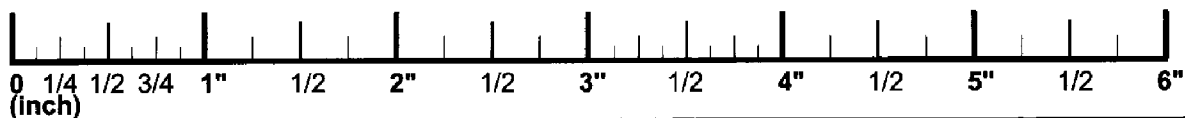
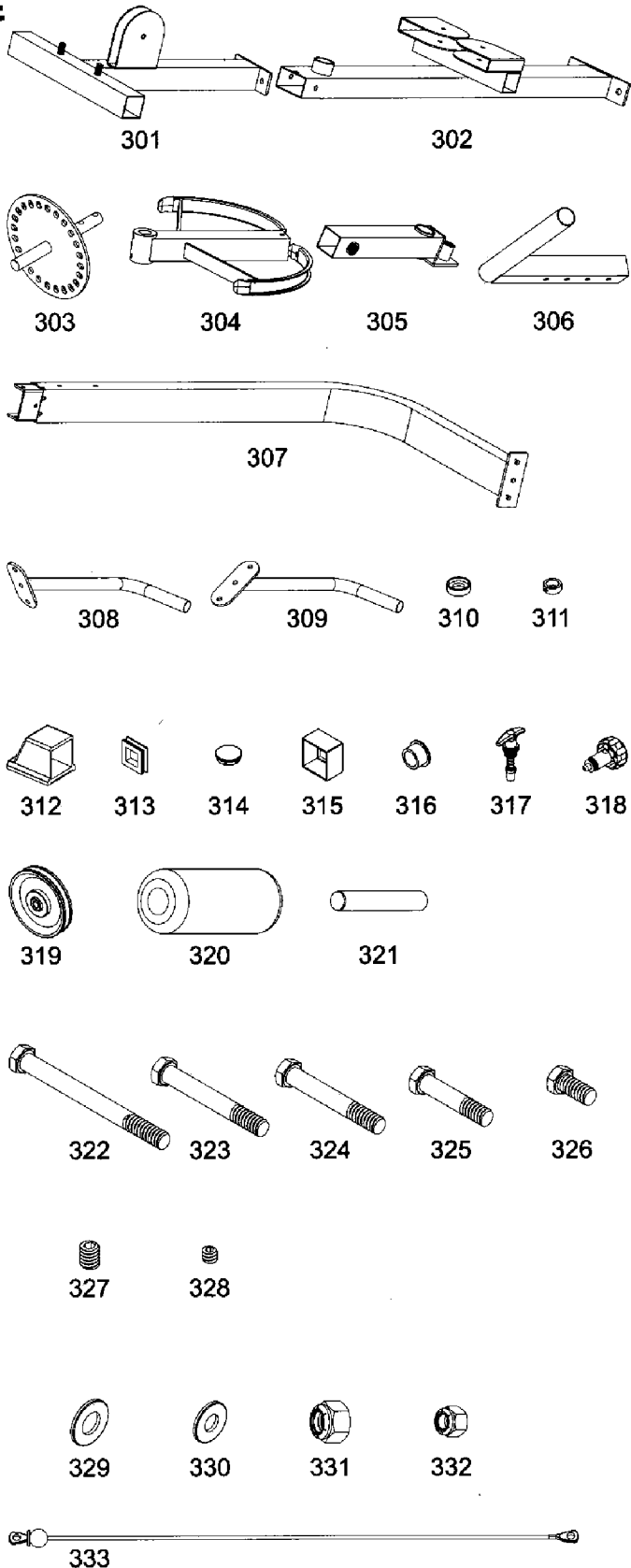
We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.

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

PARTS CHART

NO. DESCRIPTION QTY.

- 301 BASE FRAME 1
- 302 BOTTOM UPRIGHT 1
- 303 ADJUSTABLE WHEEL 1
- 304 CAM 1
- 305 TOP ADJUSTABLE ARM 1
- 306 ADJUSTABLE ARM 1
- 307 TOP UPRIGHT 1
- 308 LEFT HAND SUPPORT 1
- 309 RIGHT HAND SUPPORT 1
- 310 STEEL SPACER 1
- 311 AXLE COLLAR 1
- 312 50mm SQ. CAP 2
- 313 45mm SQ. PLUG 2
- 314 ROUND PLUG 2
- 315 PLASTIC SPACER 1
- 316 BUSHING(all pre-assembled) 4
- 317 POP PIN(pre-assembled) 1
- 318 LOCKING SPRING KNOB 1
- 319 PULLEY 3
- 320 FOAM PAD 1
- 321 1" X 200mm HAND GRIP(all pre-assembled) 2
- 322 3/8" X 4" HEX BOLT 1
- 323 3/8" X 2-3/4" HEX BOLT 2
- 324 3/8" X 2-1/2" HEX BOLT 3
- 325 3/8" X 1-3/4" HEX BOLT 3
- 326 3/8" X 3/4" HEX THREADED BOLT 3
- 327 3/8" X 5/8" SET SCREW(all pre-assembled) 2
- 328 5/16" X 1/4" SET SCREW(all pre-assembled) 1
- 329 1/2" WASHER(all pre-assembled) 2
- 330 3/8" WASHER 13
- 331 1/2" NYLON NUT(all pre-assembled) 2
- 332 3/8" NYLON NUT 7
- 333 HIP STATION CABLE (5270mm) 1

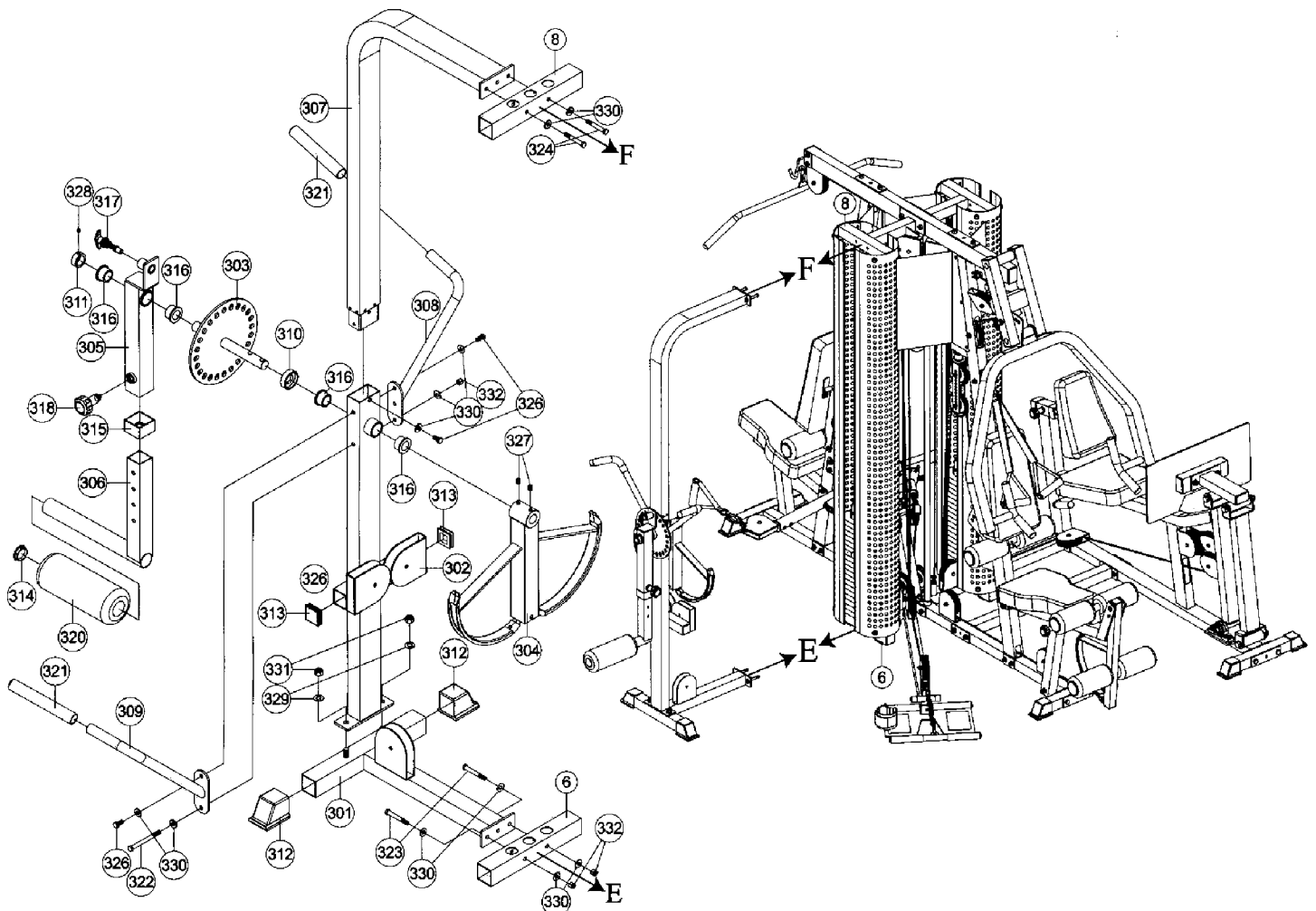


HIP STATION ASSEMBLY

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

1. Attach Base Frame(301) to Weight Stack Base(6), using 3/8" X 2-3/4" Hex Bolts(323), two 3/8" Washers(330), and two 3/8" Nylon Nuts(332). Attach two 50mm SQ. Cap(312) to Base Frame(301).
2. Connect Bottom Upright(302) to Top Upright(307), using three 3/8" X 3/4" Hex Bolts(326), and three 3/8" Washers(330). Together, these pieces will be called the Upright. Attach Upright to Base Frame(301), using two 1/2" Washers(329) and two 1/2" Nylon Nuts(331). Attach Upright to Weight Stack Top(8), using two 3/8" X 2-1/2" Hex Bolts. Attach two 45mm SQ. Plugs(313) to Upright(302).
3. Insert two Bushings(316) into Upright as shown. Slide Steel Spacer(310) onto axle on Adjustable Wheel(303). Push axle on Adjustable Wheel(303) through Bushings(316) in Upright. Connect Cam(304) to axle and secure with pre-installed Set Screws(327).
4. Insert two Bushings(316) into Top Adjustable Arm(305) then attach to Adjustable Wheel(303). Slide Axle Collar(311) onto axle of Adjustable Wheel and secure with pre-installed Set Screw(328).
5. Attach Locking Spring Knob(318) and Plastic Spacer(315) to Top Adjustable Arm(305). Slide Adjustable Arm(306) into Top Adjustable Arm(305) and lock into place with Locking Spring Knob(318), to your desired height. Moisten Foam Pad(320) with water and slide it onto Adjustable Arm. Attach Round Plug(314).
6. Attach Right and Left Hand Support(308, 309) to Upright as shown using four 3/8" Washers(330) and two 3/8" X 4" Hex Bolts(322).

Tighten all Bolts and Nuts gradually, from ground - up.



HIP STATION CABLE ASSEMBLY 207" (5270mm) length

Assemble cable and pulleys simultaneously.

Remove the Low Cable(110) on Family XPress and route Hip Station Cable(333) using Low Cable instructions. After routing cable using Low Cable instructions, continue routing under Weight Stack (6), under Pulley on Base Frame(301)(Fig 1) and up to Cam(304)(Figs 2, 3). Connect loop end of cable to Cam using 3/8" X 2-1/2" Bolt(324) and 3/8" Nylon Nut(332).

