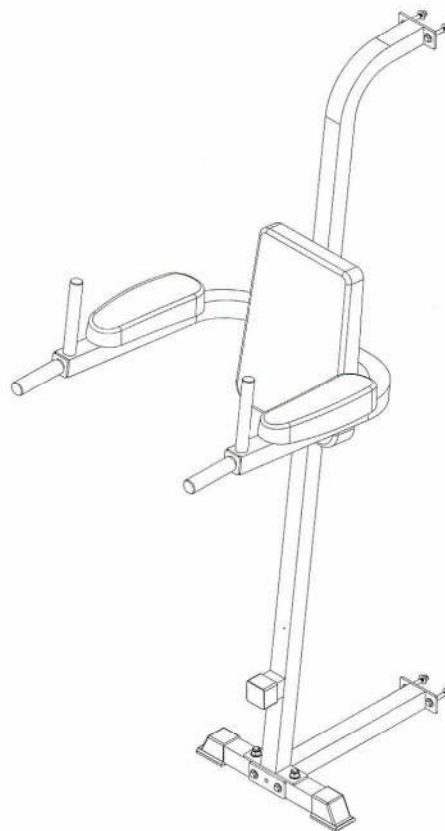


# BodyCraft

## Family Xpress VERTICAL KNEE RAISE 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, a division of Recreation Supply,  
7699 Green Meadows Dr  
Lewis Center, OH 43035

# PARTS CHART

## NO. DESCRIPTION

## QTY.

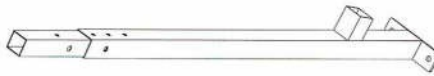
201	WEIGHT BASE CONNECTOR	1
202	STABILIZER	1
203	LOW CENTER UPRIGHT	1
204	TOP CENTER UPRIGHT	1
205	LEFT ARM SUPPORT	1
206	RIGHT ARM SUPPORT	1
207	HAND REST	2
208	50mm SQ. CAP	2
209	38mm SQ. CAP	1
210	1-1/2" X 140mm HAND GRIP(all pre-assembled)	2
211	1" X 200mm HAND GRIP(all pre-assembled)	2
212	BACK PAD	1
213	LEFT ARM PAD	1
214	RIGHT ARM PAD	1
215	1/2" X 3" HEX BOLT	2
216	3/8" X 3" HEX BOLT	2
217	3/8" X 2-3/4" HEX BOLT	4
218	3/8" X 2-3/4" HEX THREADED BOLT	6
219	3/8" X 3/4" HEX THREADED BOLT(all pre-assembled)	2
220	1/2" WASHER(all pre-assembled)	2
221	3/8" WASHER(two pcs. pre-assembled)	16
222	1/2" NYLON NUT(two pcs. pre-assembled)	4
223	3/8" NYLON NUT	2



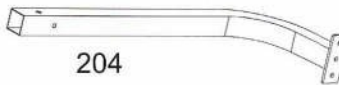
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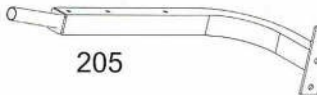
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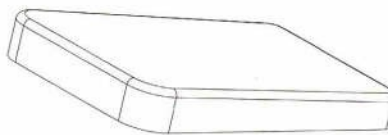
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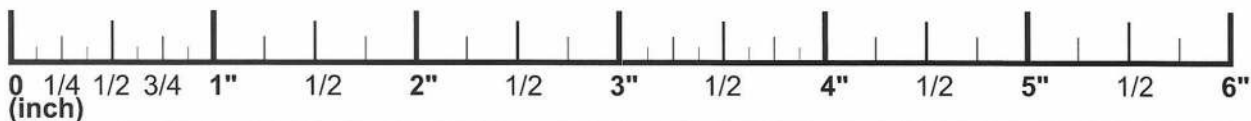
221



222



223



# VKR ASSEMBLY

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

1. Attach Weight Base Connector(201) to Weight Stack Base(6), using two 3/8" X 2-3/4" Hex Bolts(217), two 3/8" Washers(221), and two 3/8" Nylon Nuts(223). Attach Stabilizer(202) to Weight Base Connector (201), using two 3/8" X 3" Hex Bolts(216), four 3/8" Washers(221), and two 3/8" Nylon Nuts(223). Attach two 50mm SQ. Caps(208) to Stabilizer(202).
2. Attach Low Center Upright(203) to Stabilizer, using two 1/2" Washers(220) and two 1/2" Nylon Nuts (222). Slide Top Center Upright(204) onto Low Center Upright(203) and align holes. Attach Top Center Frame to Weight Base Top(8), using two 3/8" X 2-3/4" Hex Bolts(217), four 3/8" Washers(221) and two 3/8" Nylon Nuts(223).
3. Attach Right and Left Arm Support(205, 206) to Center Upright(204) using two 1/2" X 3" Hex Bolts (215) and two 1/2" Nylon Nuts(222).
4. Insert Hand Rest(207) into Arm Support as shown and secure using 3/8" X 3/4" Hex Bolt(all threaded) (219). Attach Back Pad(212) and Left and Right Arm Pad using two 3/8" X 2-3/4" Hex Bolts(all threaded) (218), and two 3/8" Washers(221).

*Tighten all bolts.*

