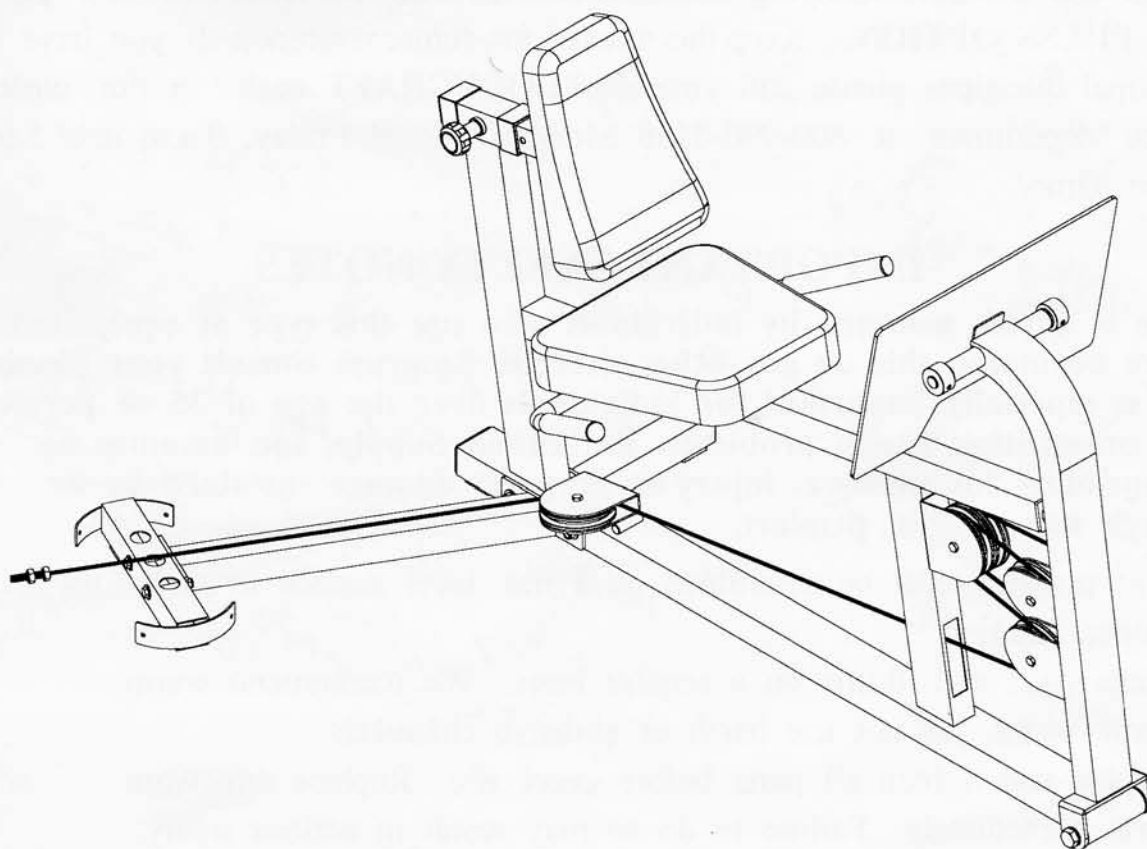


# BodyCraft

## ~~X~~press LEG PRESS 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

## BEFORE YOU BEGIN

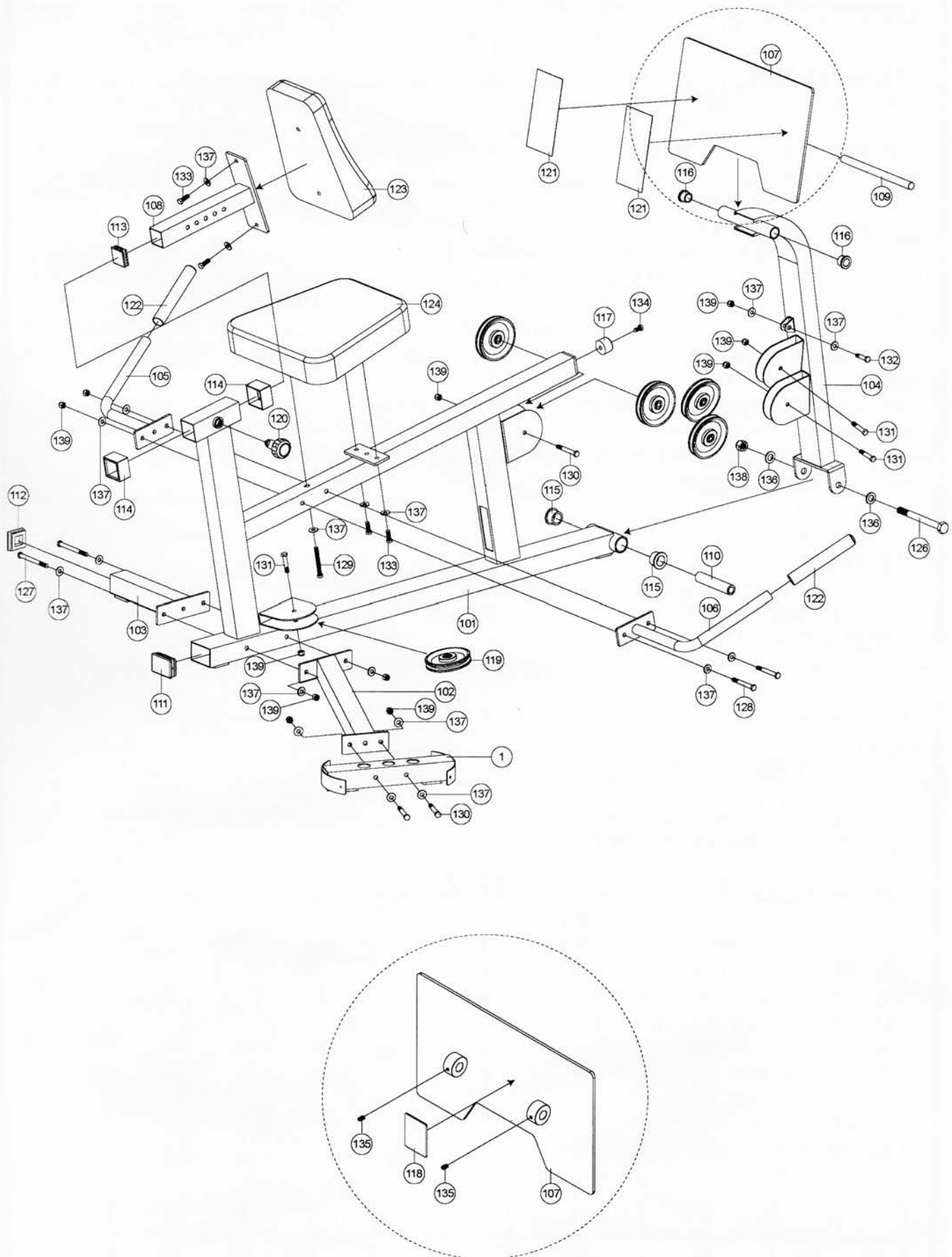
Congratulations and thank you for selecting the **BODYCRAFT Xpress LEG PRESS OPTION** strength training system. The **BODYCRAFT Xpress LEG PRESS OPTION** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **BODYCRAFT Xpress LEG PRESS OPTION** 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 Xpress LEG PRESS OPTION**. 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 Xpress LEG PRESS OPTION** 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 Xpress LEG PRESS OPTION** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

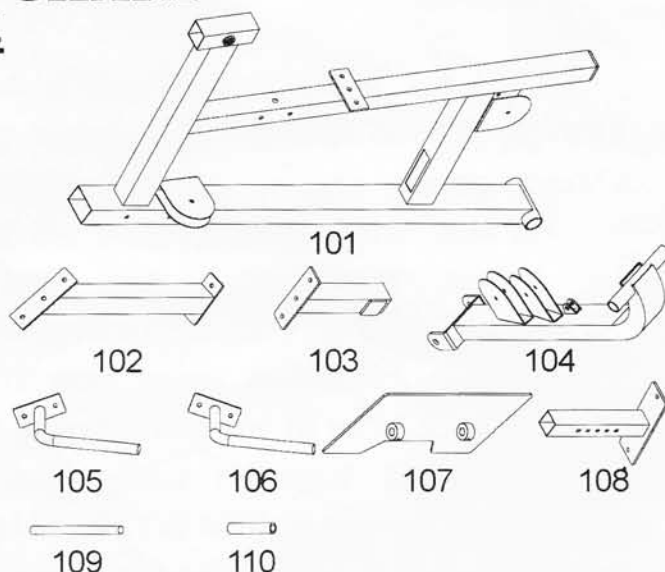
# EXPLODED VIEW



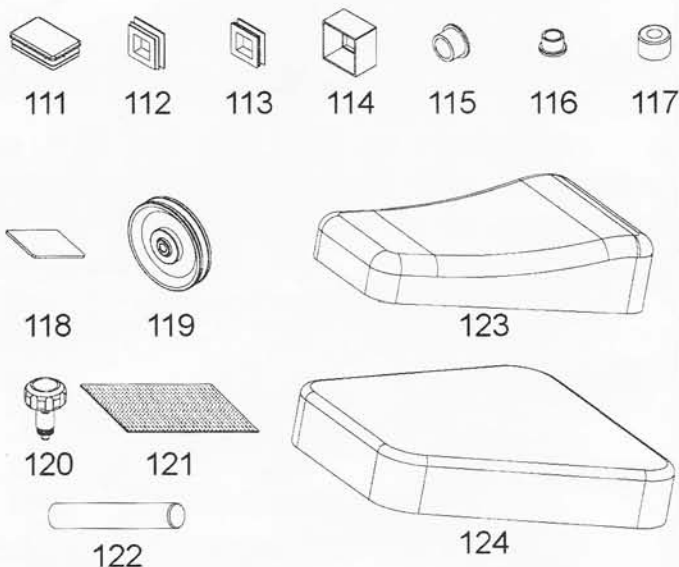
# PARTS CHART

## NO. DESCRIPTION QTY.

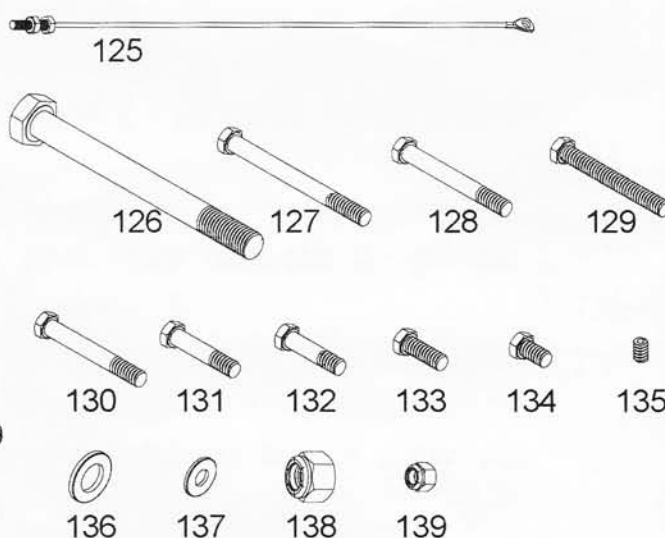
- 101 MAIN FRAME 1
- 102 BASE FRAME CONNECTOR 1
- 103 STABILIZER 1
- 104 LEG PRESS SUPPORT 1
- 105 LEFT HAND SUPPORT 1
- 106 RIGHT HAND SUPPORT 1
- 107 FOOT PLATE 1
- 108 ADJUSTABLE TUBE 1
- 109 FOOT PLATE AXLE 265mm 1
- 110 PIVOT AXLE 127mm 1



- 111 45mm X 75mm PLUG 1
- 112 50mm SQ. PLUG 1
- 113 45mm SQ. PLUG 1
- 114 SPACER 2
- 115 1" STEEL BUSHING 2
- 116 3/4" STEEL BUSHING 2
- 117 STOPPER 1
- 118 BUMPER 1
- 119 PULLEY 5
- 120 SPRING KNOB 1
- 121 NON SLIP 2
- 122 1" X 200mm HAND GRIP 2
- 123 BACK PAD 1
- 124 SEAT PAD 1
- 125 CABLE 1



- 126 5/8" X 6-1/2" HEX HEAD BOLT 1
- 127 3/8" X 4" HEX HEAD BOLT 2
- 128 3/8" X 3" HEX HEAD BOLT 2
- 129 3/8" X 2-3/4" HEX HEAD BOLT (ALL) 1
- 130 3/8" X 2-3/4" HEX HEAD BOLT 3
- 131 3/8" X 1-3/4" HEX HEAD BOLT 3
- 132 3/8" X 1-1/2" HEX HEAD BOLT 1
- 133 3/8" X 1" HEX HEAD BOLT 4
- 134 3/8" X 3/4" HEX HEAD BOLT 1
- 135 5/16" SET SCREW 2
- 136 5/8" WASHER 2
- 137 3/8" WASHER 19
- 138 5/8" NYLON NUT 1
- 139 3/8" NYLON NUT 11

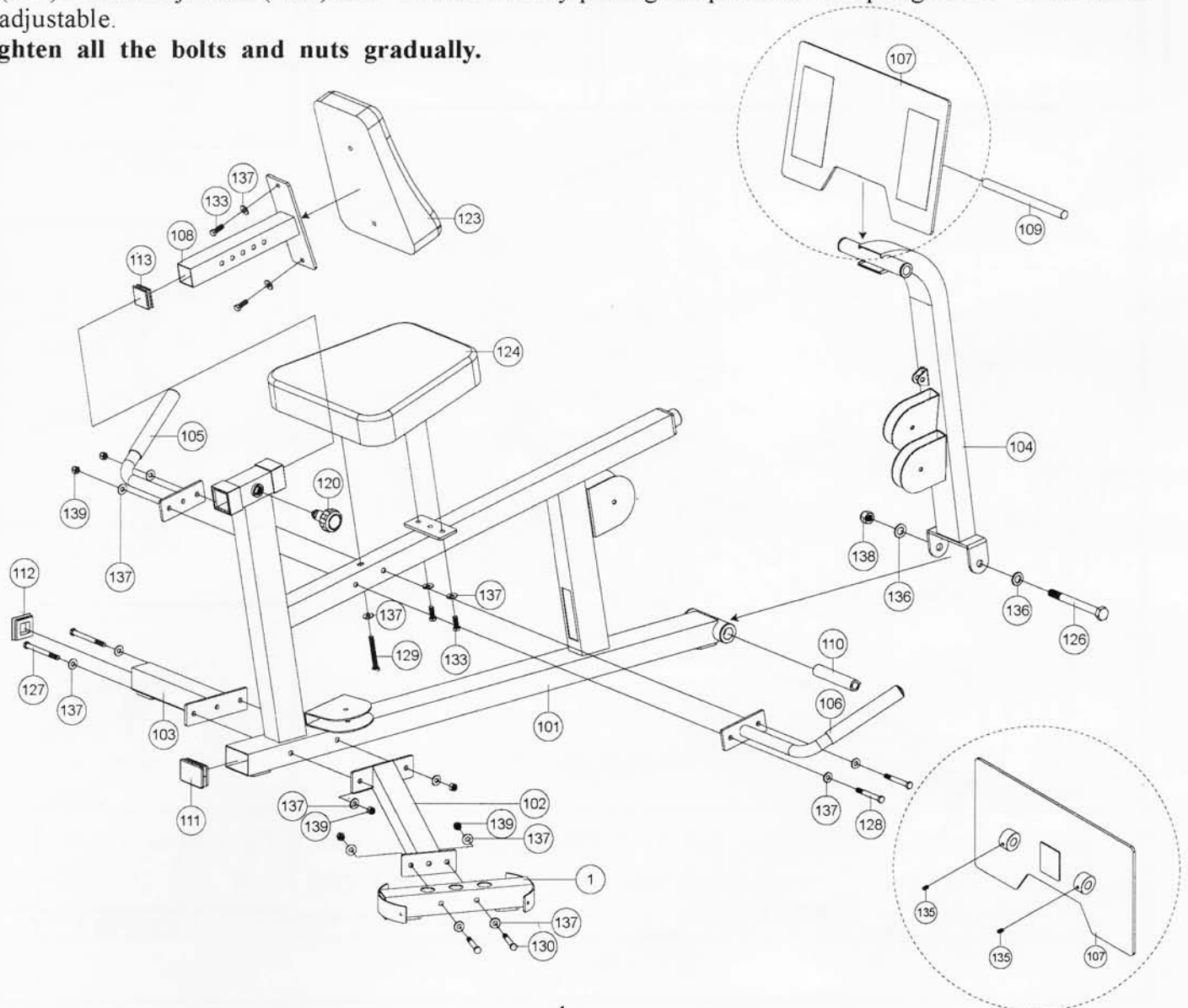


# ASSEMBLY INSTRUCTION

**Do Not tighten any bolts until instructed.**

1. Attach Base Frame Connector (102) to holes under the weight stack in Base Frame of X Press, using two 3/8" X 2-3/4" Hex Bolts (130), four 3/8" Washers (137) and two 3/8" Nylon Nuts (139).
2. Attach Main Frame (101) and Stabilizer (103) to Base Frame Connector (102), using two 3/8" X 4" Hex Bolts (127), four 3/8" washers (137) and two 3/8" Nylon Nuts (139). Insert 45mm X 75 mm Plug (111) into Main Frame and 50mm SQ Plug (112) to Stabilizer.
3. Insert Pivot Axle (110) into front of Main Frame (101) and attach Leg Press Support (104) to Main Frame, using 5/8" X 6-1/2" Hex Bolt and two 5/16" Washers (136) and 5/8" Nut (138).
4. Attach Foot Plate(107) to Leg Press Support (104) by inserting Foot Plate Axle. (109). Tighten pre-installed set Screw (135) as shown at bottom of page.
5. Attach Right & Left Hand Support (105, 106) to Main Frame, angle facing up, using two 3/8" X 3" Hex Bolts (128), four 3/8" Washer (137) and two 3/8" Nuts (139).
6. Attach Seat Pad(124) onto Main Frame, using two 3/8" X 1" Hex Bolts (133) and two 3/8" Washers (137). Attach Back Pad (123) to Adjustable Tube (108) using two 3/8" X 1" Hex Bolts and two 3/8" washers (137). Slide Adj. Tube (108) into Main Frame by pulling out pre-installed spring Knob. Back Pad is adjustable.

**Tighten all the bolts and nuts gradually.**



# CABLE INSTALLATION

Assemble cable and pulley simultaneously.

If installing leg press upon initial assembly of X Press , go to step 2.

1. Remove Cable Arm Connection Cable (79) from X Press gym.
2. Screw threaded end cable of Leg Press (125) into single pulley block on X Press. Follow instructions for cable routing found on page 10 of X Press instruction manual entitled " Cable Arm Connecting Cable " Continue terminal end of cable underneath weight stack to pulley bracket on Main Frame as shown in Fig 3.
3. Route Leg Press Cable(125) as shown Fig 4-1, 4-2, 4-3 and connect terminal end of cable to bracket on Leg Press Support, using 3/8" X 1-1/2" Hex Bolt (132 ) and two 3/8" Washers and 3/8" Nut (139) as shown Fig 1.

Cable length can be adjusted at screw end at Single Pulley Block.

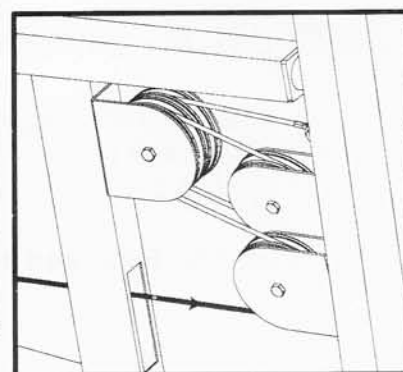
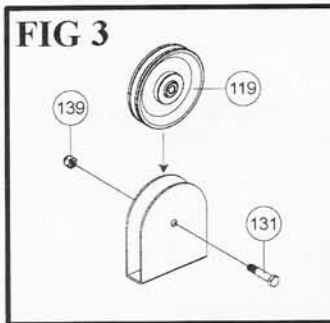
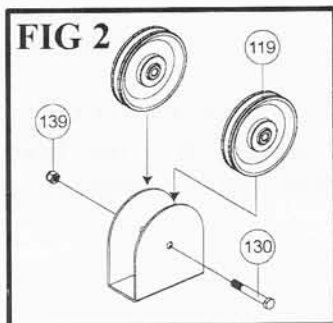
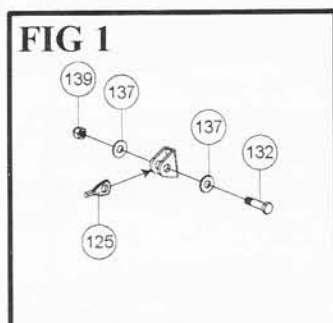


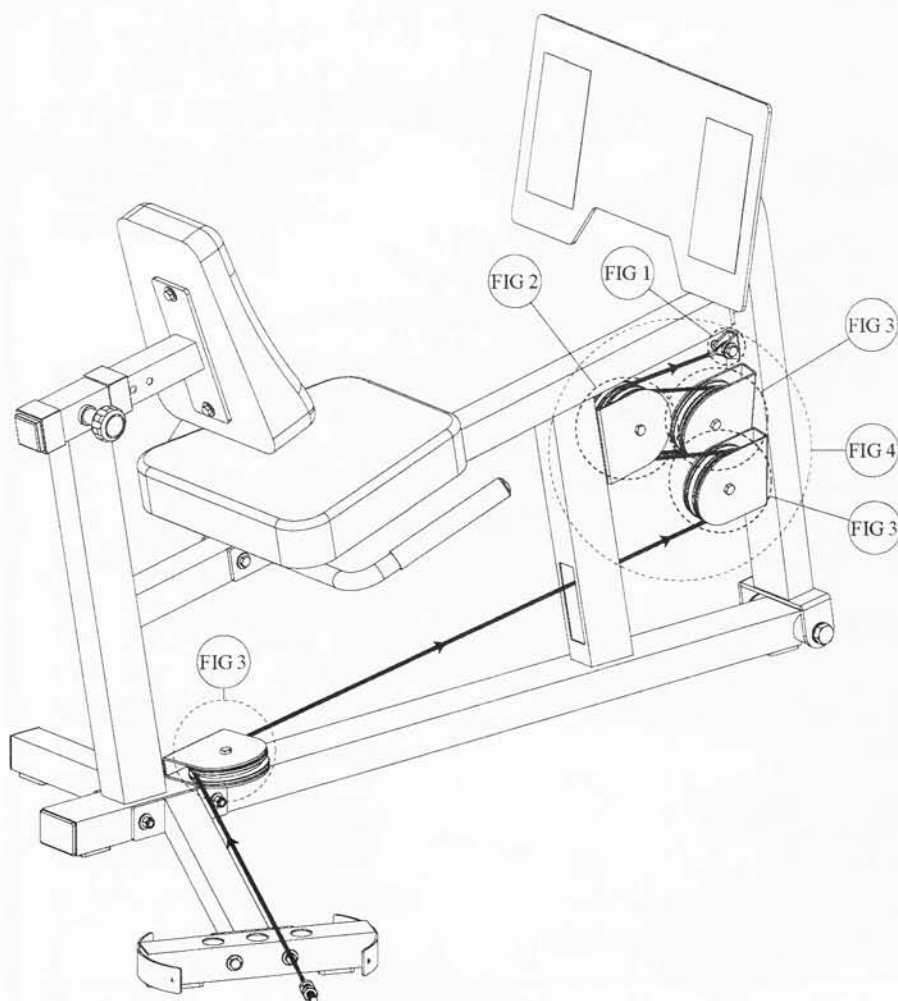
FIG 4-1



FIG 4-2



FIG 4-3



**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 (54) 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 no so tight as to lift the Top Plate (67) 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 (6).
7. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the Bodycraft X Press Leg Press Option Home Gym. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556**