

# BODYCRAFT

## Dumbbell Rack F530



To see in  
**FULL COLOR**  
& additional information,  
scan this QR code.



Base Serial Number: \_\_\_\_\_  
Purchased Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Dealer's Name: \_\_\_\_\_

Please register your products at:

<https://www.bodycraft.com/product-registration/>



Serial Number



## Owner's Manual

F530 v1.3



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

## ***Congratulations and Welcome to the BODYCRAFT Family***

***Thank you for selecting BODYCRAFT. Your choice reflects a wise investment in you and your facility. We hope you use it for many healthy years!***

BODYCRAFT offers a complete array of high-quality fitness equipment. Please refer to our website at [www.bodycraft.com](http://www.bodycraft.com) to view more ways to enhance your lifestyle.

Your BODYCRAFT machine has all the quality and design elements to make your workout extremely efficient and comfortable. Your new unit is a serious cardio machine that will keep you motivated, challenged and within reach of your fitness goals. Strength & cardiovascular training is vital for all ages which will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted.

***Spending 15 to 30 minutes a day, three times a week, is all you need to start seeing the benefits of a regular exercise program.***

As a premium exercise equipment manufacturer, we are committed to your complete satisfaction. If you have questions, suggestions or find missing or damaged parts, we guarantee your complete satisfaction through our authorized dealer network or by contacting us directly. Please call your local dealer or BODYCRAFT.

BODYCRAFT (a division of Recreation Supply, Inc.)  
7699 Green Meadows Dr.  
Lewis Center, OH 43035

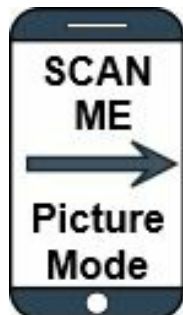
**Phone:** 800-990-5556 9 am - 5 pm EST      **Email:** [service@bodycraft.com](mailto:service@bodycraft.com)

Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via online at [www.bodycraft.com](http://www.bodycraft.com) or by calling 800-990-5556 or 740-965-2442 M-F 9 a.m. - 5 p.m. EST.

For parts orders, owner's manuals, software update files, exercise guides and contact information scan this QR code.

Or go to:

<https://www.bodycraft.com/customer-support>



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*There is a risk assumed by individuals who use this type of equipment. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.*

***Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this BODYCRAFT product prior to use.***

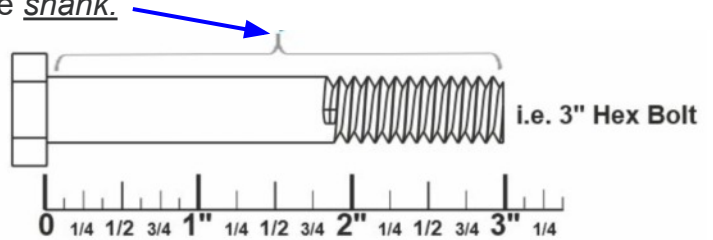
- Before beginning this or any other exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.
- Exercise with care to avoid injury. Do not attempt to lift more weight than you can control safely.
- This product must be assembled on a flat, level surface to assure its proper function.
- Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
- Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
- Keep children away from any BODYCRAFT strength machines at all times.
- Keep your hands away from cables and pulleys during operation, other than the designated handles.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Inspect the unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found, do not use or allow the machine to be used until the defective part is repaired or replaced.
- It is imperative that you retain this Assembly Instructions and be sure all warning labels are legible and intact. Replacement Assembly Instructions and labels are available from BODYCRAFT. If you are unsure about the proper use of the BODYCRAFT strength machine call your local BODYCRAFT dealer or our Customer Service Department. Contact BODYCRAFT at 800-990-5556 or [support@bodycraft.com](mailto:support@bodycraft.com)



## Important Notes, Recommended Tools & Cleaners

### Important Notes and Tips:

1. Before assembly, read all instructions thoroughly and preview diagrams to help make the installation easier.
2. Make sure all parts are accounted for and in proper condition before beginning assembly. See the parts list.
3. Be cautious not to damage the flooring when assembling. Place a protectant down such as a rubber mat or shipping blanket.
4. Let plastics and weight stacks acclimate to room temperature before you begin assembly.
5. Two people are recommended for the safe assembly of this equipment.
6. Insert all bolts in the same direction when possible. Do not tighten until instructed.
7. Carefully install plastic caps using a rubber mallet.
8. When measuring bolt lengths, only measure the shank.
9. When the installation is complete, be sure to regularly check for rust or damage, and perform preventative maintenance.



### THE FOLLOWING TOOLS ARE RECOMMENDED FOR ASSEMBLY:



**SOCKET SET 3/8 DRIVE  
& 6" EXT with 3/4 SAE Socket**



**OPEN & CLOSED WRENCHES  
for 3/4 SAE & Adjustable**



**TORQUE WRENCH 3/8  
DRIVE**

### THE FOLLOWING IS RECOMMENDED FOR CLEANING:



**MILD CLEANING  
SOLUTION**



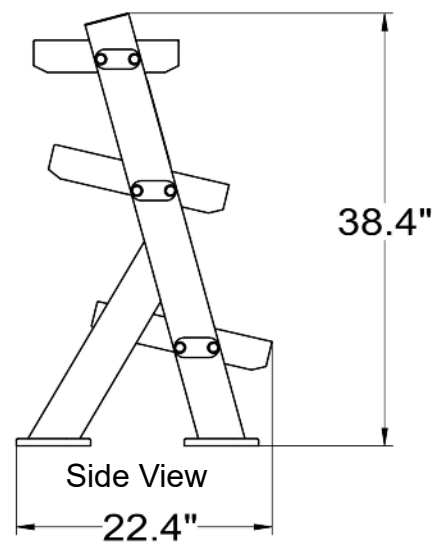
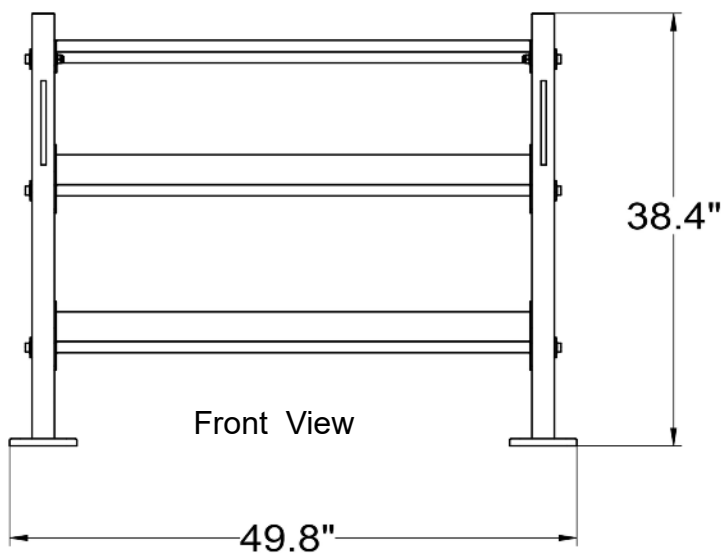
**100% COTTON  
CLEANING CLOTHS**

**TIP ON FRAME ONLY:** For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax if desired. Also makes future cleaning easier.

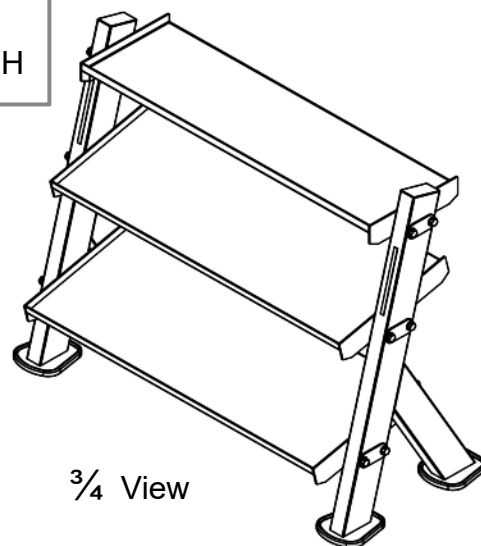
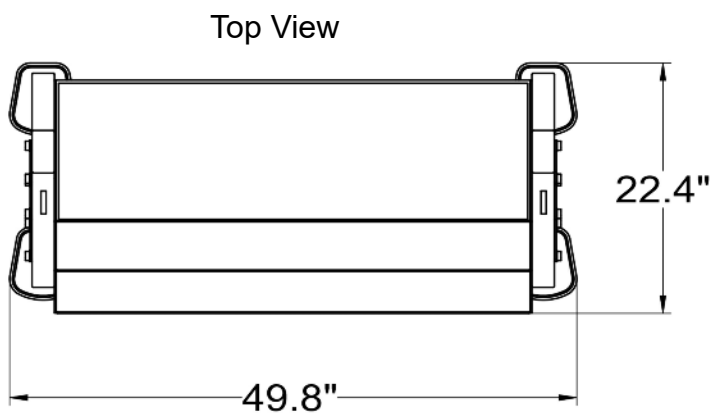
**(Do Not Use on the Upholstery)**



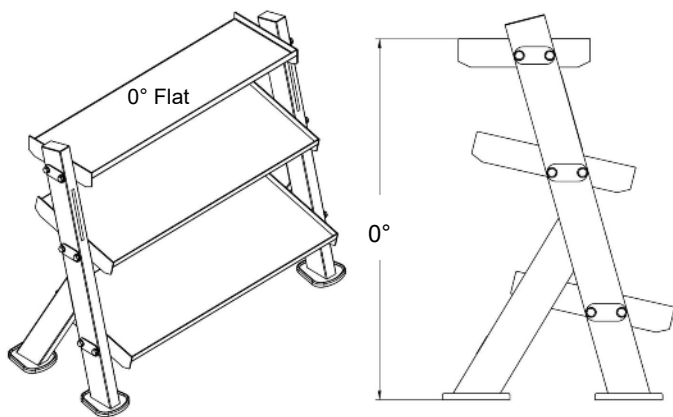
## Machine Dimensions & Adjustments



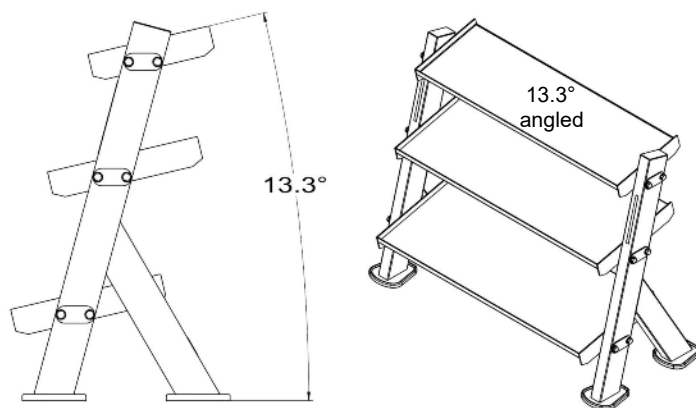
Overall Dimensions  
49.8" W x 22.4" D x 38.4" H



Top Tier assembled at 0° flat  
(Recommended for Kettlebells)

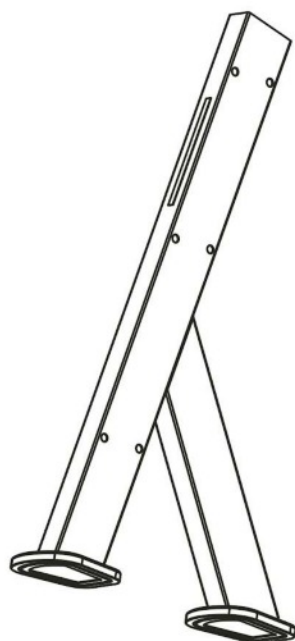


Top Tier assembled at 13.3° angled  
(Recommended for Dumbbells)





## Assembly Parts List



(1-ASM)  
MAIN FRAME - Assembly x 2pcs



(4)  
STEEL BACKING PLATE x 6pcs



(2T-ASM)  
TOP DUMBBELL TIER - Assembly x 1pcs



(2L)  
LOWER DUMBBELL TIER x 2pcs

Part #	Assembly Parts List	QTY
F530-001-ASM	MAIN FRAME - Assembly	2
F530-002T-ASM	TOP DUMBBELL TIER - Assembly	1
F530-002L	LOWER DUMBBELL TIER	2
F530-004	STEEL BACKING PLATE	6



(7)



(8)



(9)

Part #	Assembly Hardware	QTY
F530-007	1/2" x 3" HEX BOLT - BLACK	12
F530-008	1/2" WASHER - BLACK	24
F530-009	1/2" NYLON NUT - BLACK	12



## Product Pre-Assembly

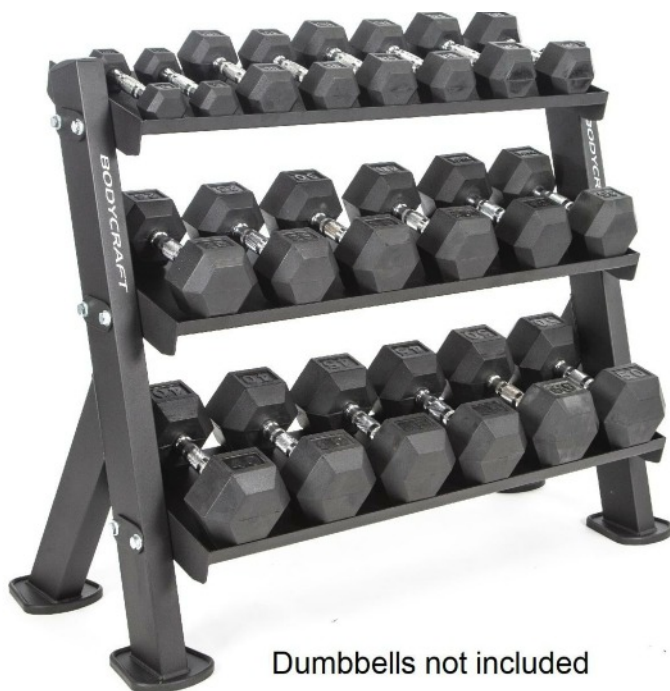
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.

**Read each step carefully before beginning.**

### DECISION POINT

Choose either the TOP TIER will be used with Dumbbells at 13.3° degrees angled **or** Kettlebells & other accessories at 0° degree angled. Once chosen, make sure during assembly STEP 1a and STEP 1b the correct back bolt holes are used. See **Fig 1.** below.

Top Tier assembled at 13.3° angled  
(Recommended for Dumbbells)



Dumbbells not included

Top Tier assembled at 0° flat  
(Recommended for Kettlebells)



Dumbbells and Accessories  
not included.

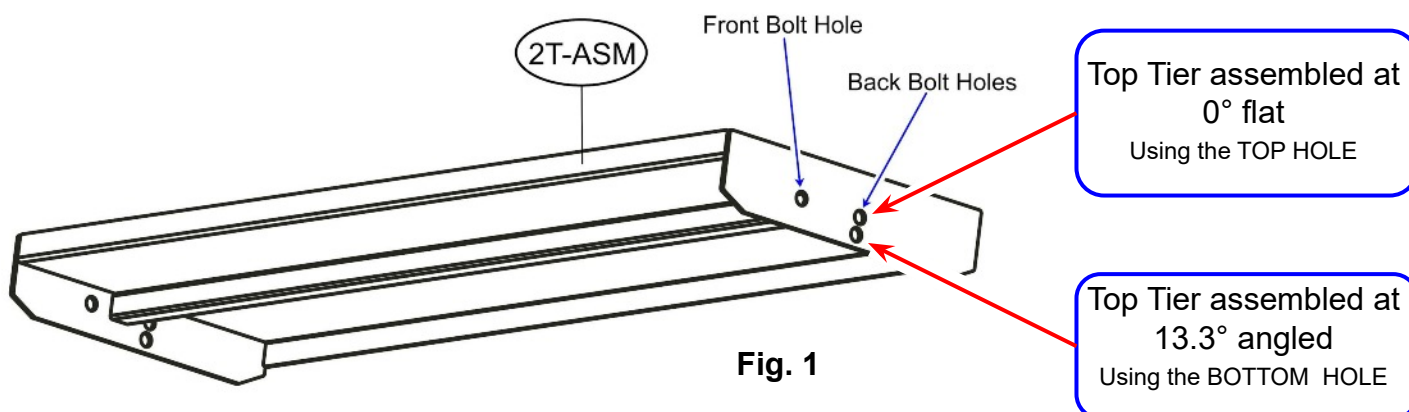


Fig. 1

Top Tier assembled at  
0° flat  
Using the TOP HOLE

Top Tier assembled at  
13.3° angled  
Using the BOTTOM HOLE



### Assembly Options

A Dumbbell Rack is traditionally known to be easy to assemble, even without directions. BUT the Trays are EXTREMELY Heavy and can cause injury. Thus the assembly recommendations will be to assemble laying the machine on its back. Then once assembled, bring up and forward to the upright position to full tighten all the hardware. Image below is the unit assembled on the flooring also shown with two racks assembled as one for more dumbbells up to 100lbs.

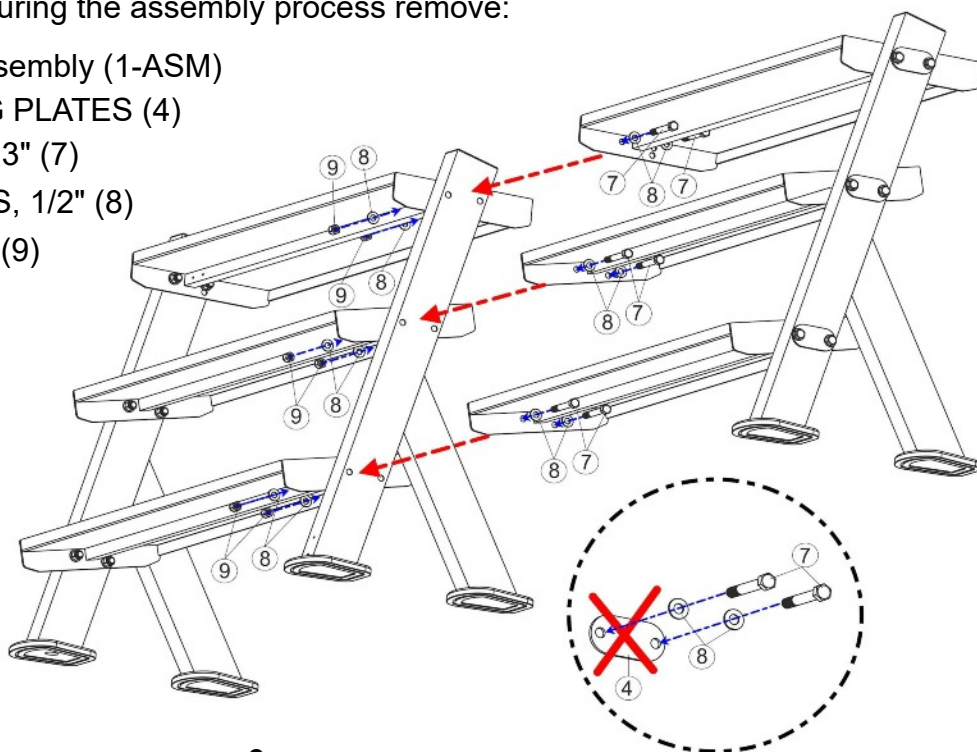
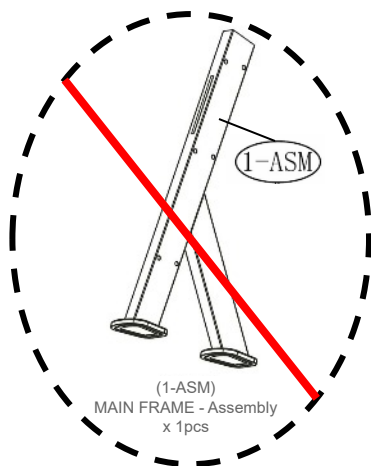


***Very stable and safe to start the Assembly STEPS when on its back. This will ensure a happier assembler with less physical stress or potential injury during the rest of the process!***

### Connecting 2 Racks into 1

When joining 2 rack together during the assembly process remove:

- One MAIN FRAME - Assembly (1-ASM)
- Three STEEL BACKING PLATES (4)
- Six HEX BOLTS, 1/2" X 3" (7)
- Twelve FLAT WASHERS, 1/2" (8)
- Six NYLON NUTS, 1/2" (9)





**Please Hand Tighten All Bolts Until STEP 4b**

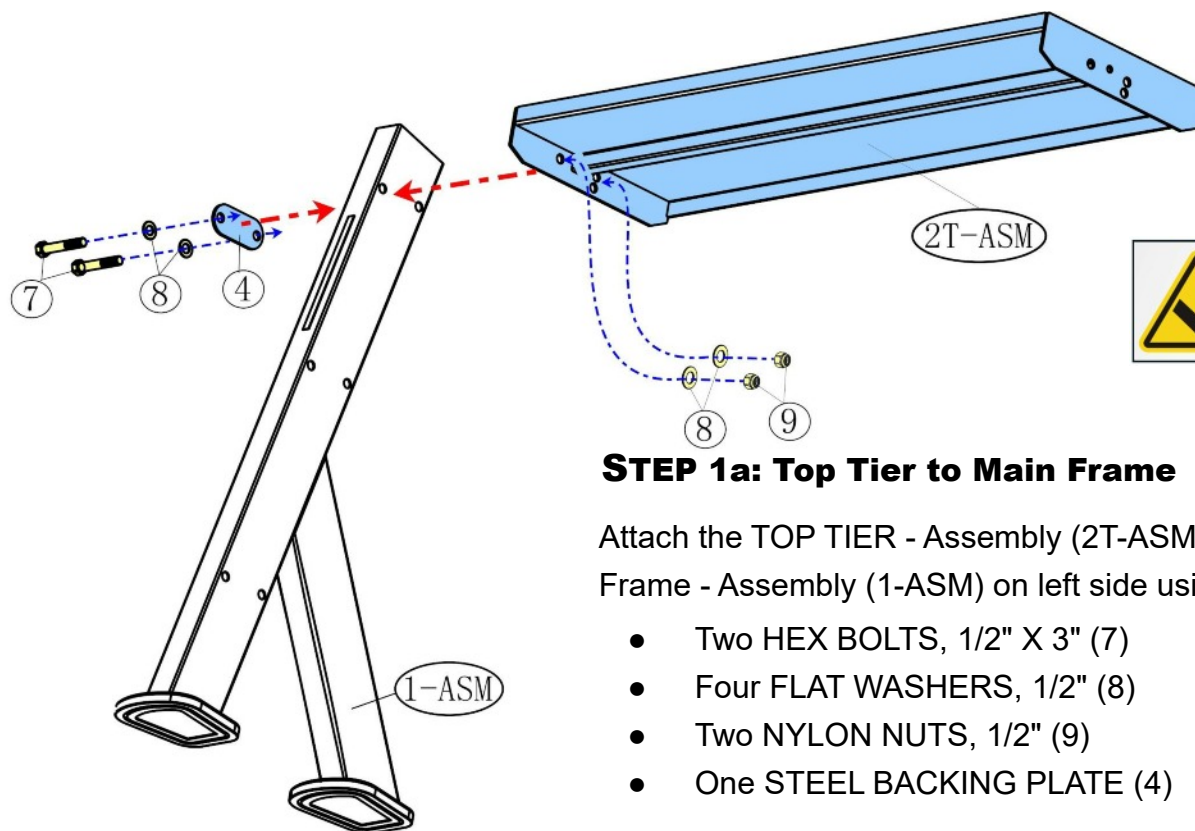
## Recommended Tools



3/4 WRENCH



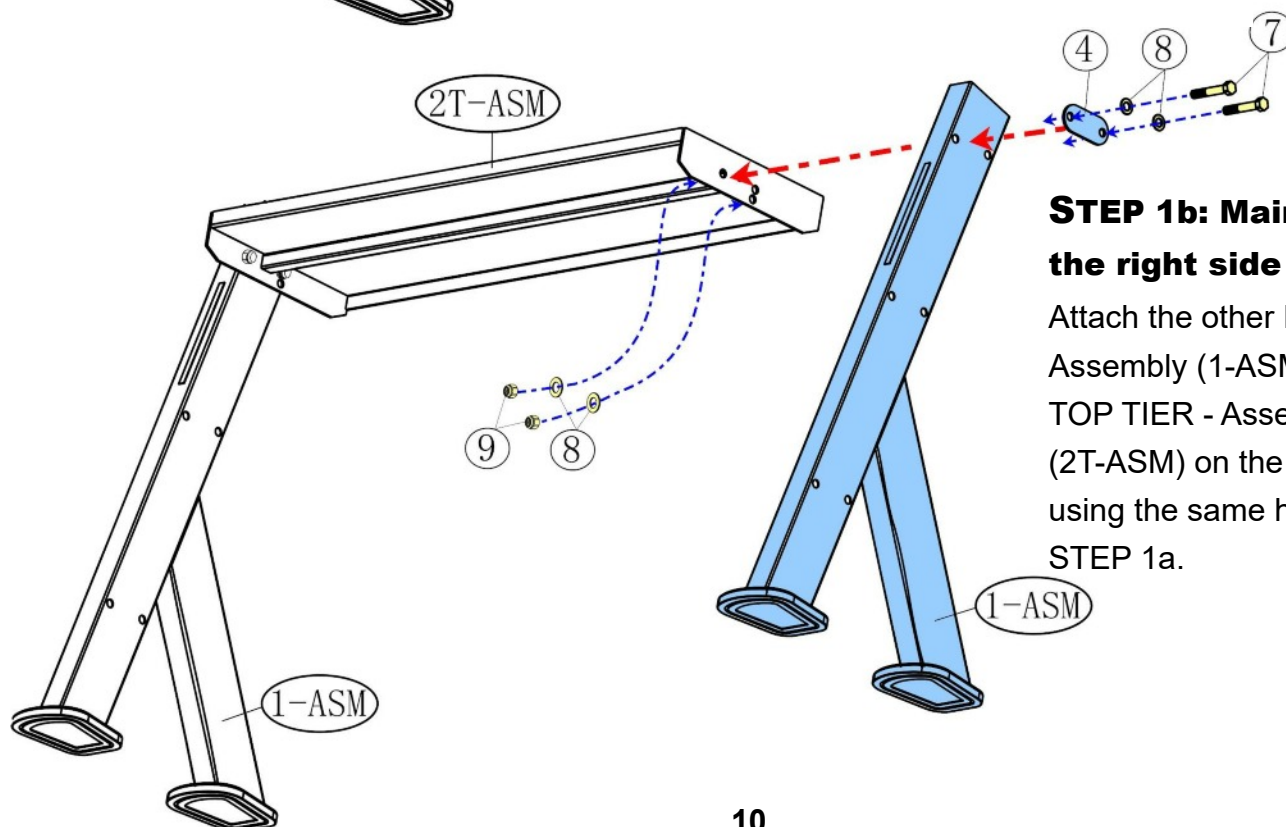
3/4 SOCKET &  
6" EXTENSION



### STEP 1a: Top Tier to Main Frame

Attach the TOP TIER - Assembly (2T-ASM) to the Main Frame - Assembly (1-ASM) on left side using:

- Two HEX BOLTS, 1/2" X 3" (7)
- Four FLAT WASHERS, 1/2" (8)
- Two NYLON NUTS, 1/2" (9)
- One STEEL BACKING PLATE (4)



### STEP 1b: Main Frame on the right side

Attach the other Main Frame - Assembly (1-ASM) to the TOP TIER - Assembly (2T-ASM) on the right side using the same hardware as STEP 1a.



Please Hand Tighten All Bolts Until STEP 4b

### STEP 2a: Lower Tier - Left Side

Attach the LOWER TIER (2L) to the left side MAIN FRAME - Assembly (1-ASM), middle section holes using:

- Two HEX BOLTS, 1/2" X 3" (7)
- Four FLAT WASHERS, 1/2" (8)
- Two NYLON NUTS, 1/2" (9)
- One STEEL BACKING PLATE (4)

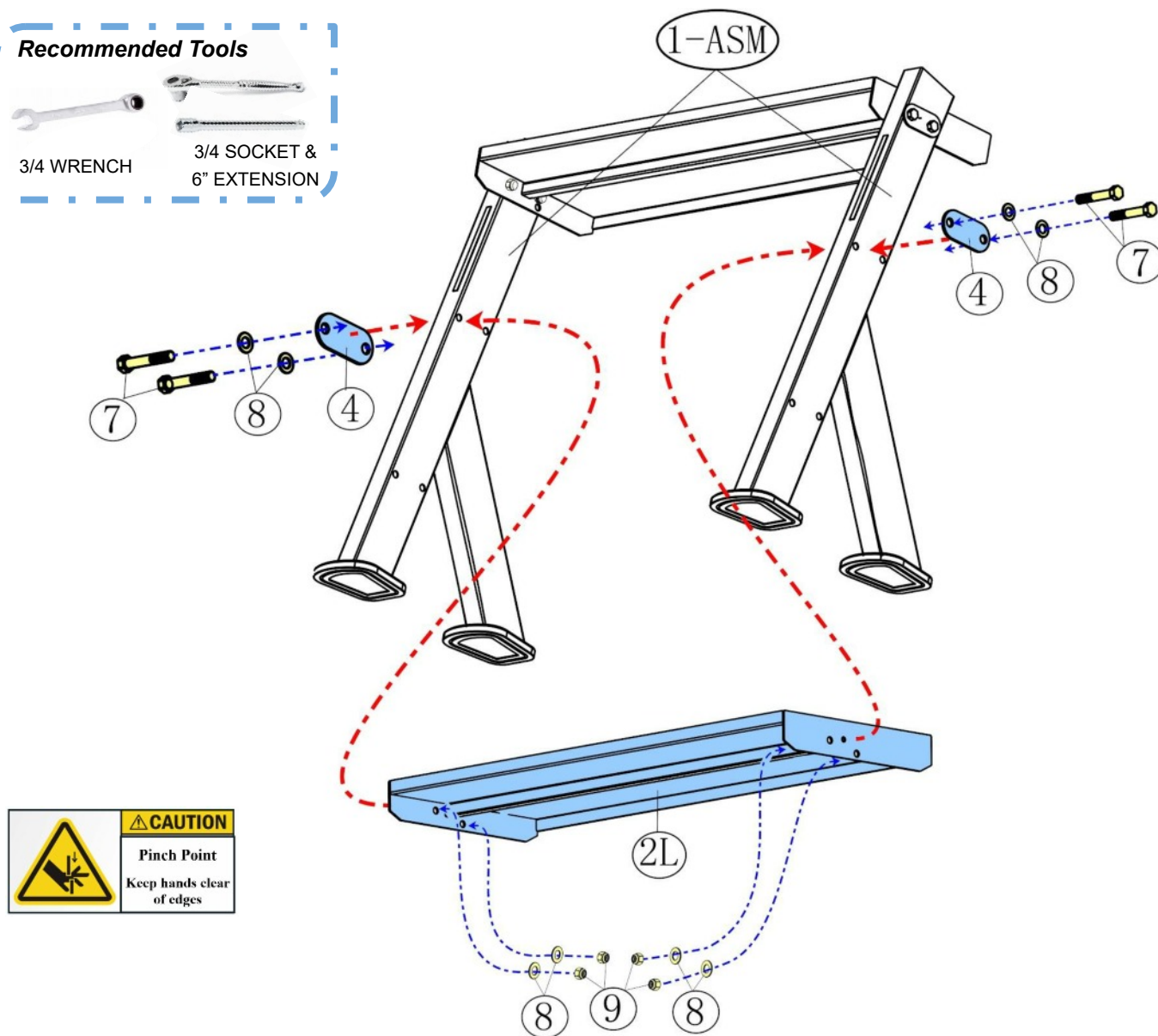
#### Recommended Tools



### STEP 2b: Lower Tier - Right Side

Attach the LOWER TIER (2L) to the right side MAIN FRAME - Assembly (1-ASM), middle section holes using:

- Two HEX BOLTS, 1/2" X 3" (7)
- Four FLAT WASHERS, 1/2" (8)
- Two NYLON NUTS, 1/2" (9)
- One STEEL BACKING PLATE (4)







Please Hand Tighten All Bolts Until STEP 4b

### STEP 3a: Bottom Tier - Left Side

Attach the LOWER TIER (2L) to the left side MAIN FRAME - Assembly (1-ASM), bottom section using:

- Two HEX BOLTS, 1/2" X 3" (7)
- Four FLAT WASHERS, 1/2" (8)
- Two NYLON NUTS, 1/2" (9)
- One STEEL BACKING PLATE (4)

#### Recommended Tools



3/4 WRENCH

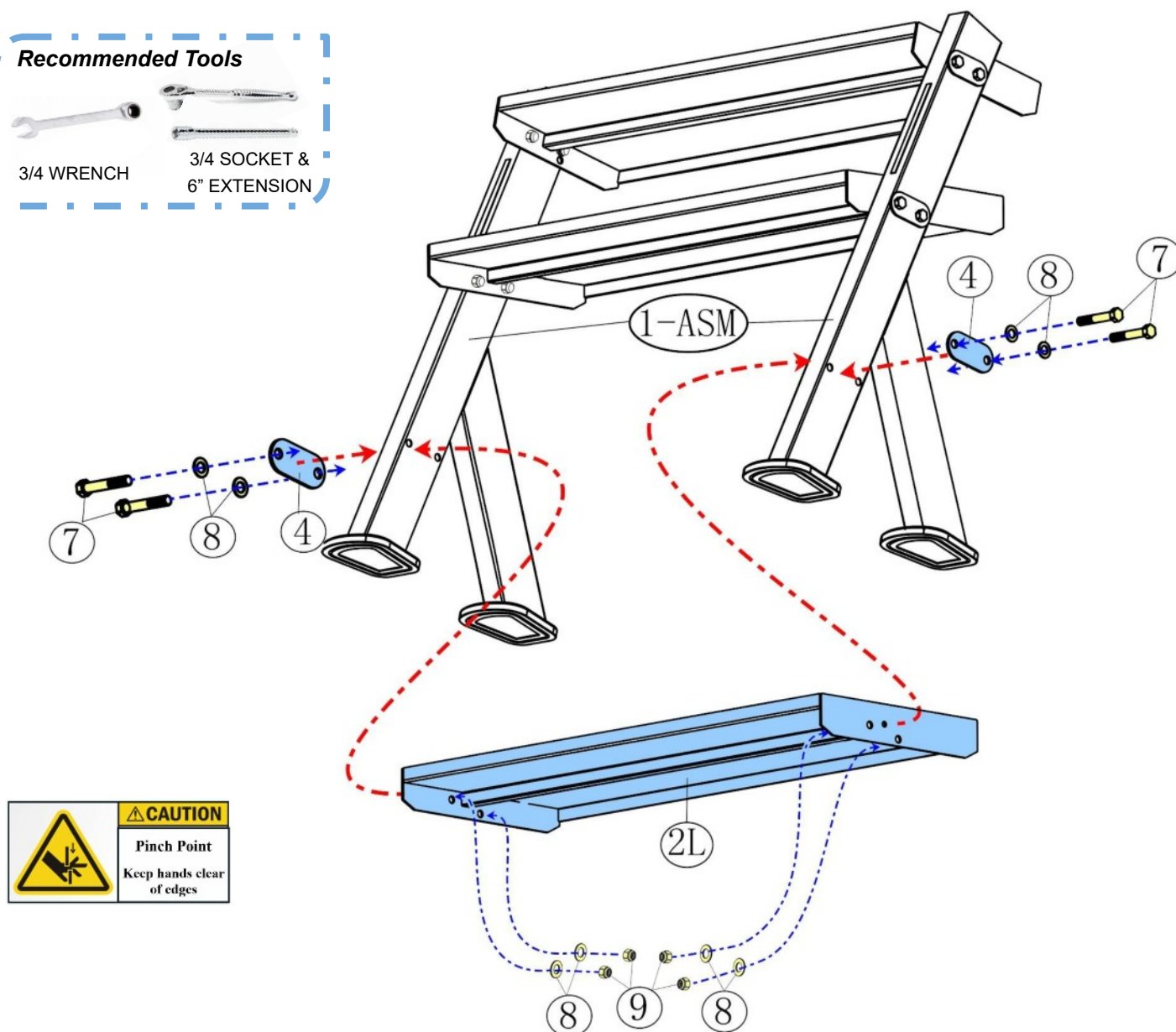


3/4 SOCKET &  
6" EXTENSION

### STEP 3b: Bottom Tier - Right Side

Attach the LOWER TIER (2L) to the right side MAIN FRAME - Assembly (1-ASM), bottom section using:

- Two HEX BOLTS, 1/2" X 3" (7)
- Four FLAT WASHERS, 1/2" (8)
- Two NYLON NUTS, 1/2" (9)
- One STEEL BACKING PLATE (4)



## Product Assembly

### STEP 4a: Bring Rack Upright

From the back of the Top Tier, use your legs and lift “up and forward” to bring the rack to its full upright position. Place in final location where it will be used. Wiggle left and right if needed to make sure its fully settled to floor on all four legs. Then proceed to STEP 4b to full tighten all the hardware.

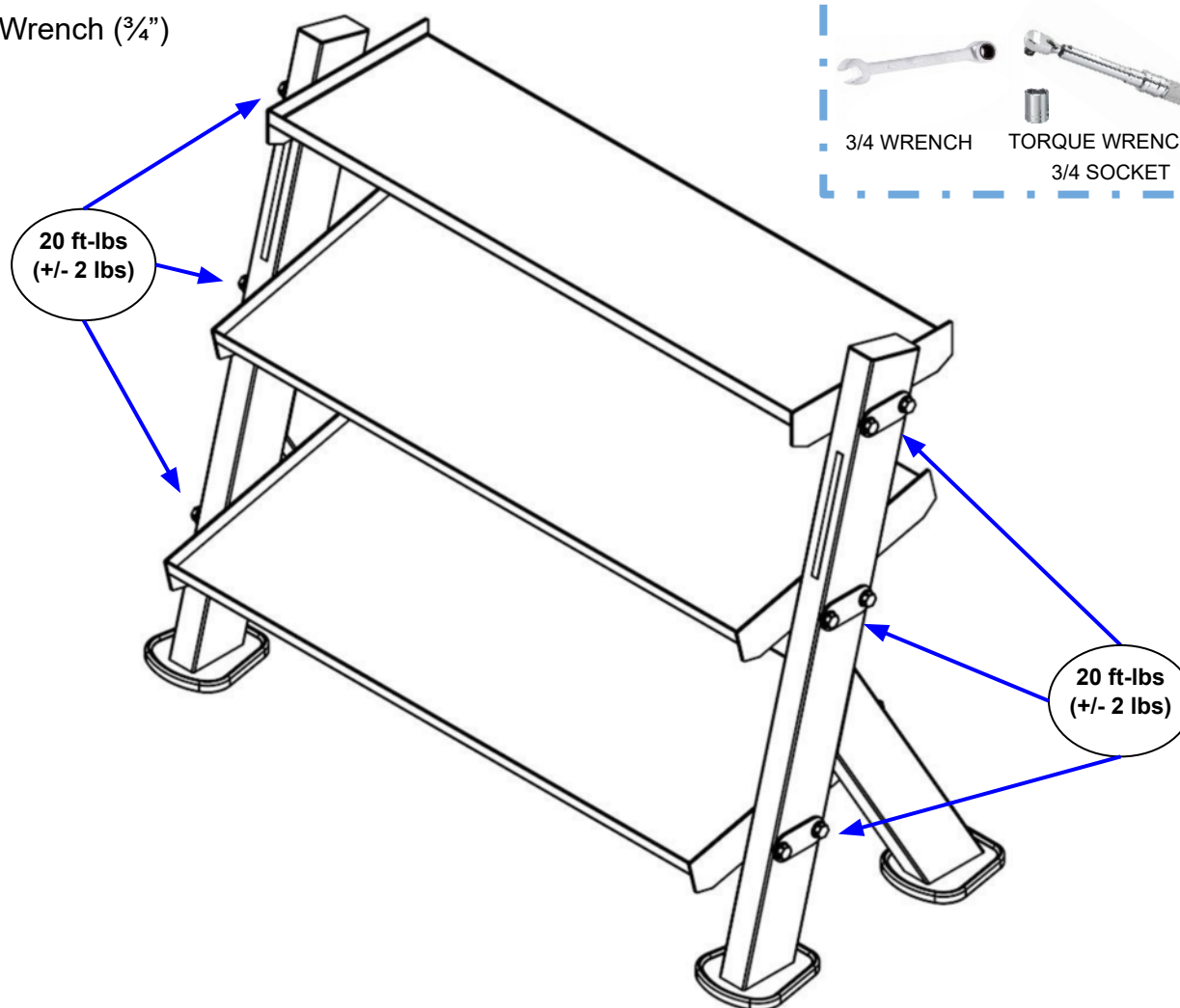
**NOTE:** Find a second person to be on the front of rack, so it will not fall forward, causing any damage to the facility or home.



### STEP 4b: “Torque Time”

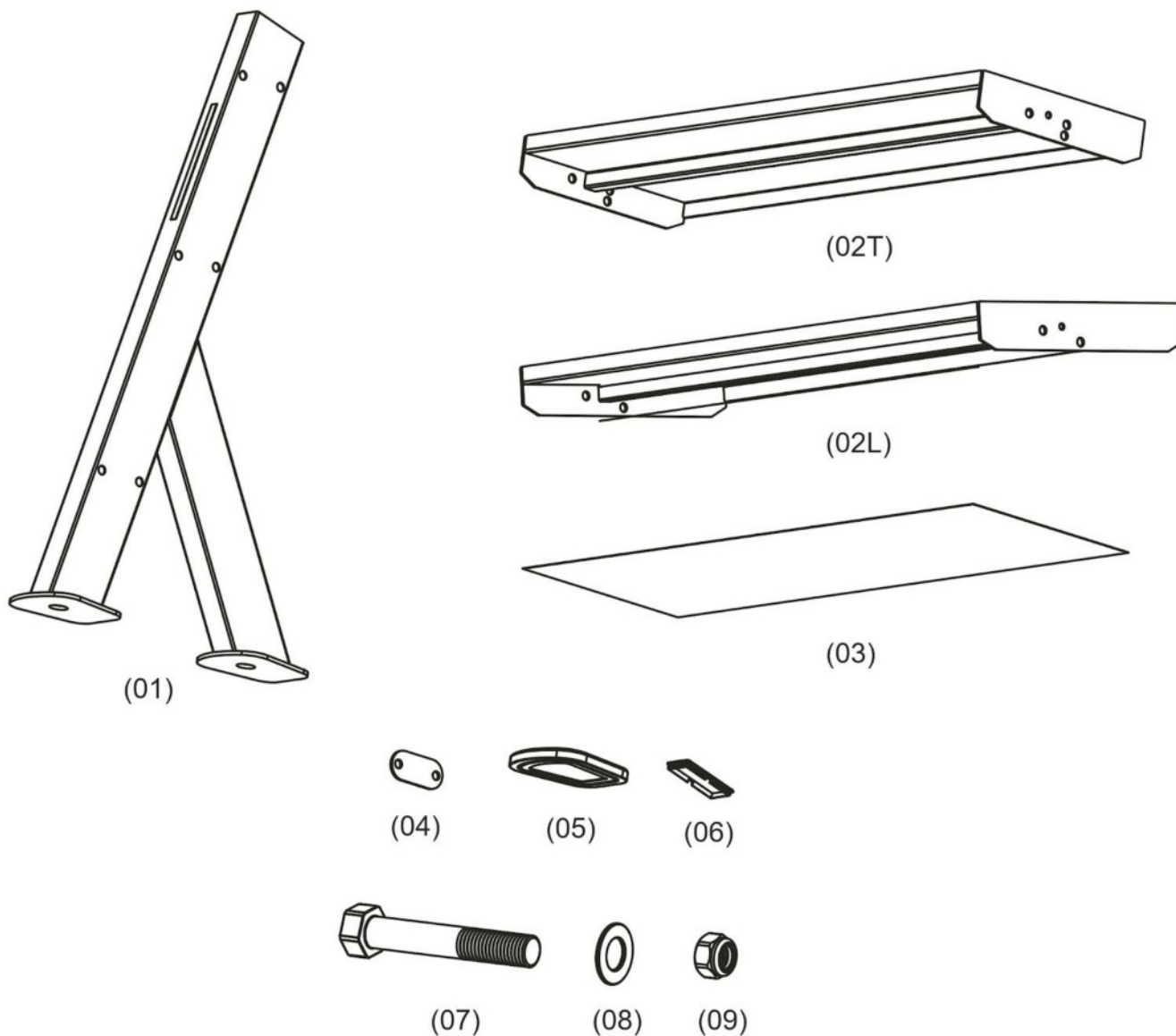
Tighten all twelve bolts & nuts from STEP 1 - STEP 3 at this time to the Recommended Torque Specs of 20 ft-lbs (+/- 2 lb) using:

- Torque Wrench ( $\frac{3}{8}$ " drive) & Socket ( $\frac{3}{4}$ ")
- Wrench ( $\frac{3}{4}$ ")



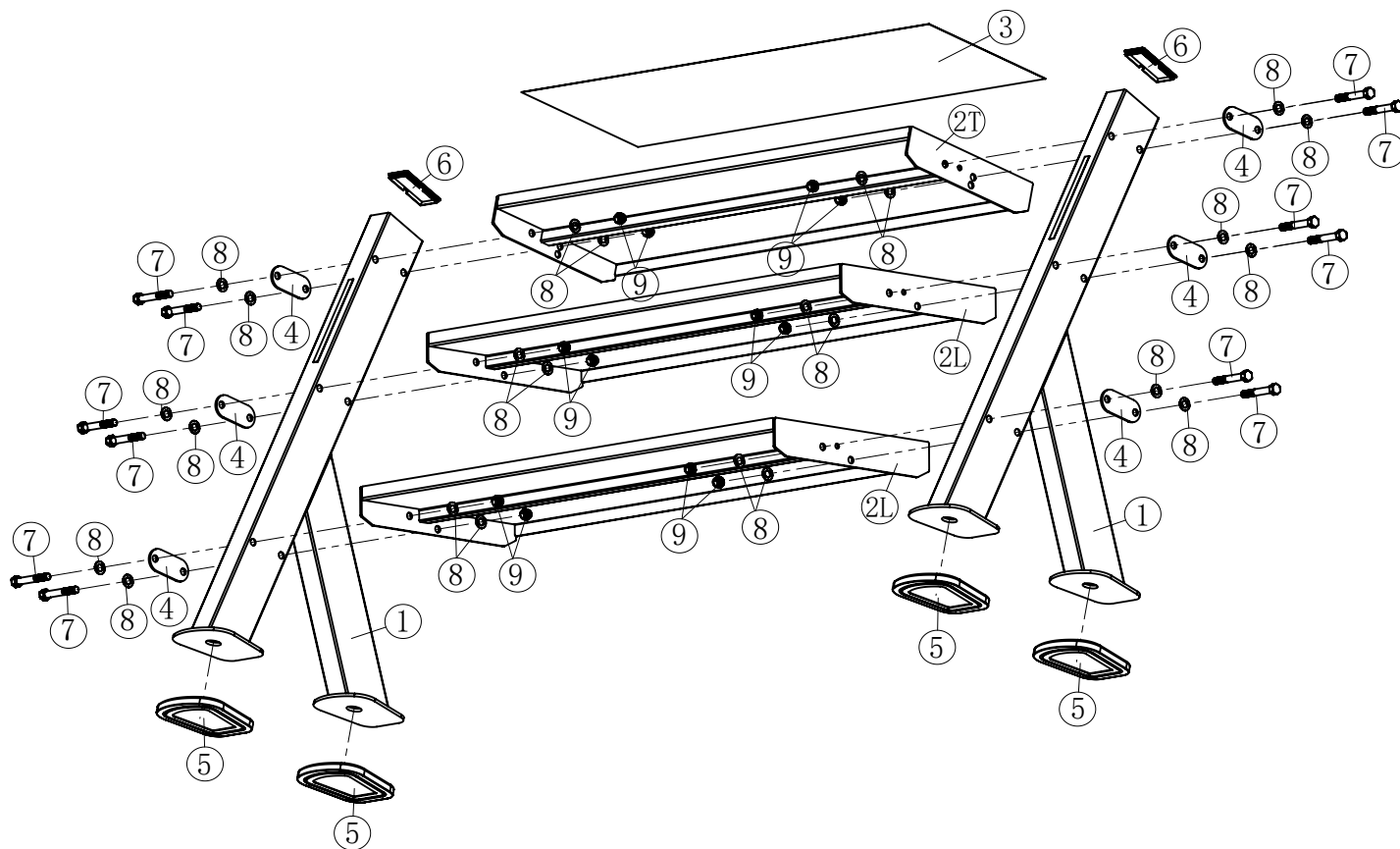


## Detailed Parts List



Part #	Detailed Parts list	QTY
F530-001	MAIN FRAME	2
F530-002T	TOP DUMBBELL TIER	1
F530-002L	LOWER DUMBBELL TIER	2
F530-003	NON-SLIP PVC LINER	1
F530-004	STEEL BACKING PLATE	6
F530-005	RUBBER FOOT	4
F530-006	50mm x 100mm END CAP	2
F530-007	1/2" x 3" HEX BOLT - BLACK	12
F530-008	1/2" WASHER - BLACK	24
F530-009	1/2" NYLON NUT - BLACK	12

## Parts Exploded View



### Shown Fully Assembled

**NOTE:** Image with previous model's Silver-Zinc hardware, new version has all Black-Zinc hardware.

## Product Warranty - Strength

### VALID FOR USA AND CANADA ONLY

(Please consult with your local distributor for warranty info specific to your region).

BODYCRAFT warrants its products to be free of defects in materials and workmanship for the time stated below to the original purchaser.

**Register your product within 30 days of purchase at [www.bodycraft.com](http://www.bodycraft.com) or call 800-990-5556**

**This warranty is valid only in accordance with the following conditions:**

The warranty begins on the original purchase date at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise. This warranty is not transferable and is only valid to the original purchaser.

This warranty is available only for purchases made within and the original purchaser currently residing in the USA and Canada. Please consult with your local distributor for warranty information specific to your region. The product must have been registered within 30 days of the original purchase date or supply proof of purchase to validate warranty (original sales invoice).

This warranty does not extend to any losses or damages due to accident, misuse, abuse, neglect, negligence, unauthorized modification or alteration, use beyond rated capacity, unsuitable power sources or environmental conditions, water, tampering, cosmetic damages, or improper installation, handling, repair, maintenance, or application, or lack of proper maintenance.

If the item exhibits such a defect, BODYCRAFT will, at its option, repair or replace it without cost for parts. Shipping and handling charges may apply. (BODYCRAFT may require return of the part(s) or photographic evidence of the damaged part(s) prior to replacement.) Serial number is required. Parts repaired or replaced will be warranted for the remainder of the original warranty period only.

**Residential Warranty for Strength Equipment:**

**Frame:** Lifetime, **Parts:** Lifetime

**Commercial Warranty for Strength Equipment:**

**Frame:** 10 years, **Parts:** 2 years

**This warranty excludes the following:**

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed above.
2. Normal cosmetic wear on parts such as paint, seat coverings, foot rails, labels and logos.
3. Any accessories not included in the original packaging.
4. Warranty does not cover normal wear and tear.

\* This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your BODYCRAFT product. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BODYCRAFT product.

**Register your product's warranty at [www.bodycraft.com/product-registration.html](http://www.bodycraft.com/product-registration.html)**

## Warranty Registration - Strength

Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go on-line now to <https://www.bodycraft.com/product-registration.html> and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to BODYCRAFT within 30 days from the date of equipment installation.

**Please Note: Failure to register this product will result in no servicing or authorization of parts to be shipped.**

To mail your warranty information, please fill in the information below and mail to: Service Dept., BODYCRAFT, 7699 Green Meadows Dr. Lewis Center, Ohio 43035 (or save postage and register online at <https://www.bodycraft.com/product-registration.html>)

### WARRANTY REGISTRATION

PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW.  
REQUIRED FOR WARRANTY REGISTRATION:

BASE UNIT SERIAL NUMBER:

OPTIONS SERIAL NUMBER:

Model Type: \_\_\_\_\_

Date of Purchase \_\_\_\_\_

Your Company Name \_\_\_\_\_

Contact First Name \_\_\_\_\_

Contact Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email Address \_\_\_\_\_ Website \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

1. Where did you first learn about BODYCRAFT?

- ☐ a. Dealer ☐ b. Website  
☐ c. Advertisement ☐ d. Referral  
☐ e. Current Customer ☐ f. Other \_\_\_\_\_

2. Why did you purchase a BODYCRAFT product?

- ☐ a. Design/Appearance ☐ b. Dealer Suggestion  
☐ c. Price/Value ☐ d. Quality Construction  
☐ e. Performance ☐ f. BODYCRAFT Reputation  
☐ g. Other: \_\_\_\_\_

3. Please indicate your type of facility:

- ☐ a. Apartment/Condo ☐ b. Corporate Fitness Center  
☐ c. Municipality ☐ d. Health Club/Gym/Spa  
☐ e. Hotel/Resort ☐ f. Military Base  
☐ g. Student Rec Center ☐ h. Home

4. What other types of equipment does your company or home currently own?

- ☐ a. Treadmill Brand \_\_\_\_\_  
☐ b. Elliptical Brand \_\_\_\_\_  
☐ c. Bike/Indoor Cycle Brand \_\_\_\_\_  
☐ d. Free Weights/Gym Brand \_\_\_\_\_

5. How many people use your facility on a daily basis?

- ☐ a. <25 ☐ b. 25-75  
☐ c. 76-150 ☐ d. 150+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?

- ☐ Yes ☐ No

7. If you answered "yes" to question 6, what type do you plan to purchase?

- ☐ a. Treadmill ☐ b. Elliptical  
☐ c. Bike/Indoor Cycle ☐ d. Free Weights  
☐ e. Gym ☐ f. Other \_\_\_\_\_

8. Would you recommend BODYCRAFT to other club or home owners?

- ☐ Yes ☐ No

9. You are a valued BODYCRAFT customer and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain:



800.990.5556  
SERVICE@BODYCRAFT.COM  
WWW.BODYCRAFT.COM



BODYCRAFT  
7699 GREEN MEADOWS DR.  
LEWIS CENTER, OHIO 43035