

BODYCRAFT

EXP SERIES™

Dual Inner / Outer Thigh (DIO)

For the Owner's Manual,
Assembly STEPS in
FULL COLOR
& additional information,
scan this QR code.



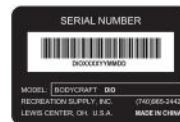
Base Serial Number: _____

Purchased Date: ___ / ___ / _____

Dealer's Name: _____

Please register your products at:

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



Assembly Manual

DIO_AM 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 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 strength training 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

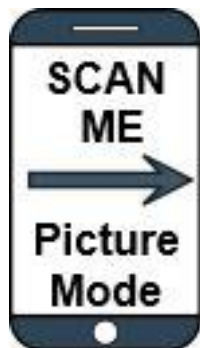
Phone: 800-990-5556 9 am - 5 pm EST **Email:** service@bodycraft.com

Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via online at 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>



Product Safety Information	Page
Product Safety	4
Important Notes, Recommended Tools & Cleaners	5
Warning Labels, Maintenance Schedule & Serial Number.....	6
Product Overview	
Assembly Parts & Hardware List.....	7 - 8
Shipping Boxes Dims & What's Inside.....	9
Product Assembly	
Pre-Assembly Tips	10
STEP 1 - STEP 12.....	11- 24
STEP 13 - Final Assembly Clean Up, & Polish.....	25
Maintenance & Repair	
Strength Cable Wear Indicators	26
Detailed Parts Exploded View.....	27
Detailed Parts List	28- 30
Warranty	
Product Warranty Registration	31
Contact Us & Required Info BEFORE Initiating a Service Case.....	32

Product Safety - Functional Trainers, Duals & Multi-Gyms



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.

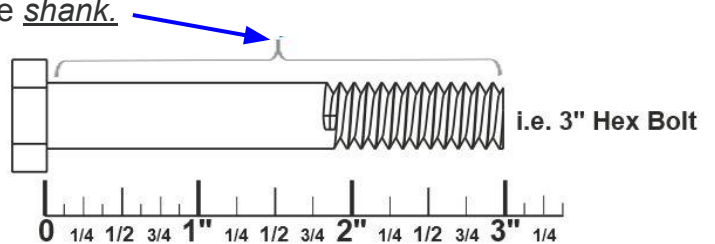
- Before beginning this or any other exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through 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.
- Make certain all cables are seated within the pulleys before every use. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
- 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



Important Notes, Recommended Tools & Cleaners, (DIO)

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\"



OPEN, CLOSED & ADJUSTABLE WRENCHES
(Only 9/16 is needed)



TORQUE WRENCH
3/8 DRIVE
(w/ 5/32\", 7/32 & 1/4 Hex Bit Socket)



RUBBER MALLET & ALLEN WRENCH SET
(w/ 5/32\", 7/32 & 1/4 are needed)

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)

Carefully read ALL warning, caution & maintenance schedule labels



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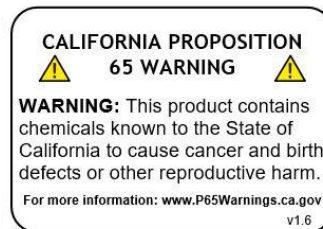
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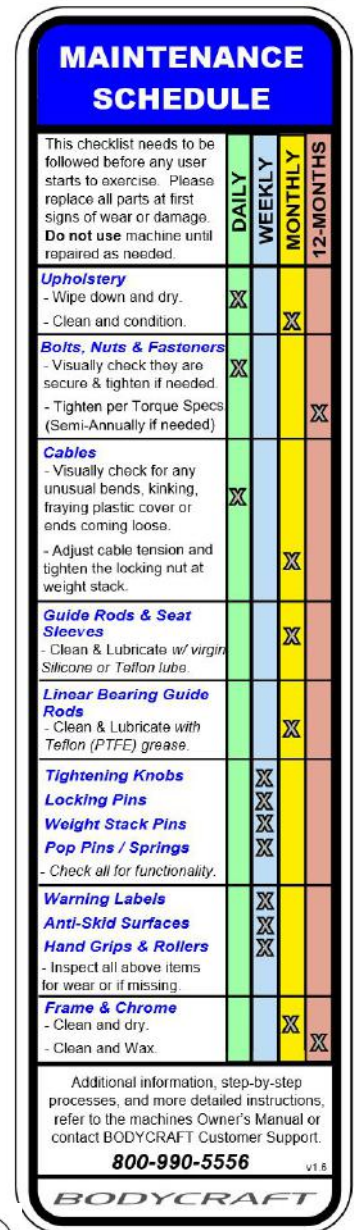
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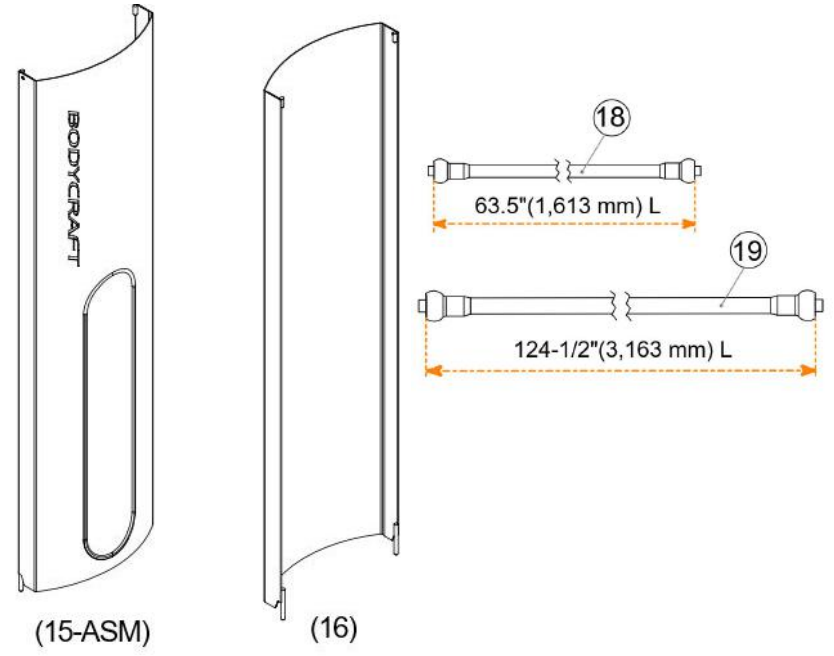
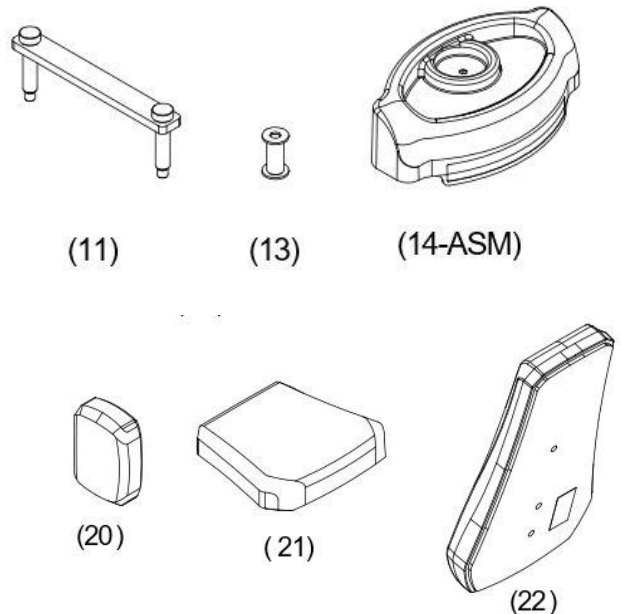
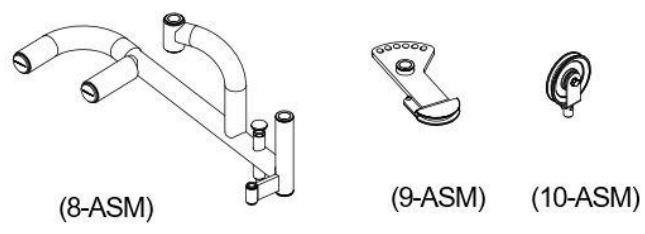
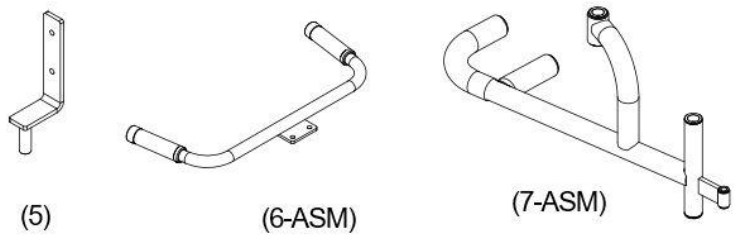
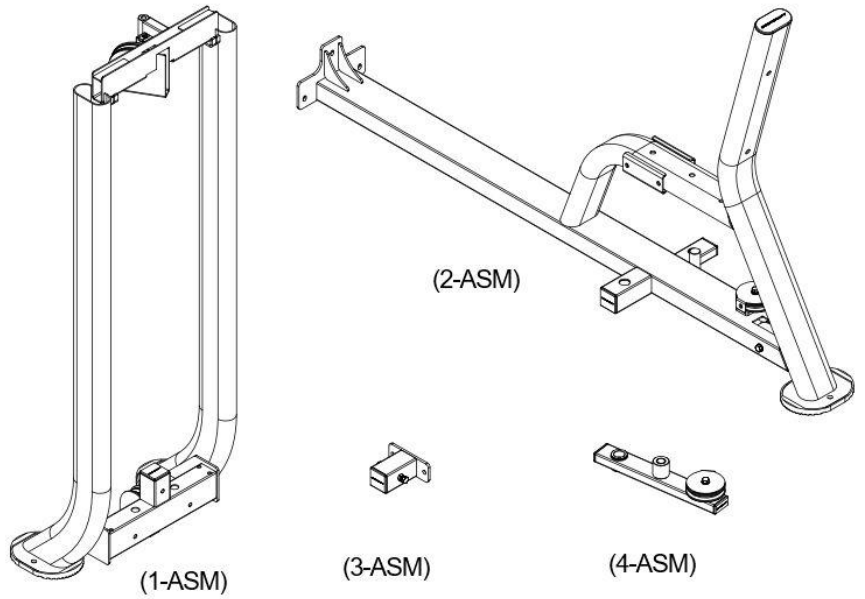


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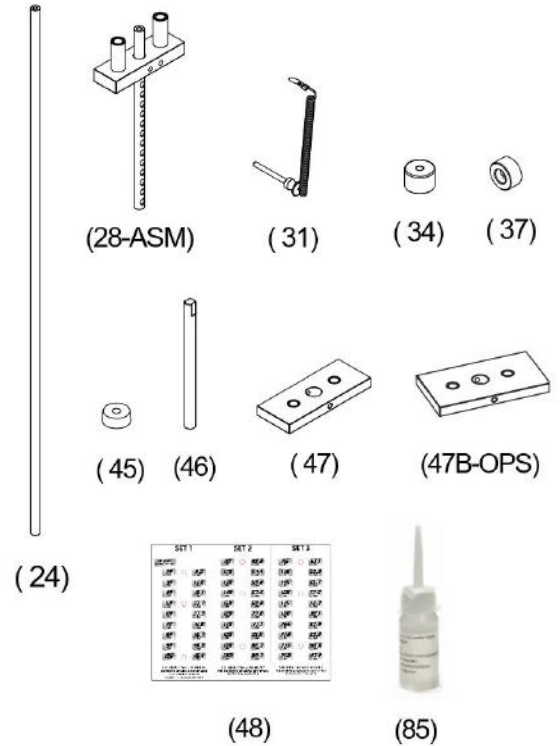
For the label placement on the DIO go directly to the [Owner's Manual](#)

Part #	Assembly Parts List	QTY
DIO-001-ASM	Frame, Weight Stack - Assembly	1
DIO-002-ASM	Frame, Main - Assembly	1
DIO-003-ASM	Frame, Pivot Axle Support Tube - Assembly	2
DIO-004-ASM	Frame, Cam Support Tube - Assembly	1
DIO-005	Frame, Leg Pad Pivot Bracket	2
DIO-006-ASM	Frame, Handlebar - Assembly	1
DIO-007-ASM	Frame, Leg Arm, Left - Assembly	1
DIO-008-ASM	Frame, Leg Arm, Right - Assembly	1
DIO-009-ASM	Cam, w/ Adjustment Holes - Assembly	1
DIO-010-ASM	Floating Pulley Bracket - Assembly	1
DIO-011	Pivot Actuator Plate	1
DIO-013	Stack Spacer, Short 3.25"	2
DIO-014-ASM	Weight Stack Shroud Cover, Top - Assembly	1
DIO-015-ASM	Weight Stack Shroud Cover, Front - Assembly	1
DIO-016	Weight Stack Shroud Cover, Rear	1
DIO-018	Cable, Upper 63.5" (1,613mm) L	1
DIO-019	Cable, Lower 124-1/2" (3,163mm) L	1
DIO-020	Pad, Leg	2
DIO-021	Pad, Seat	1
DIO-022	Pad, Back	1

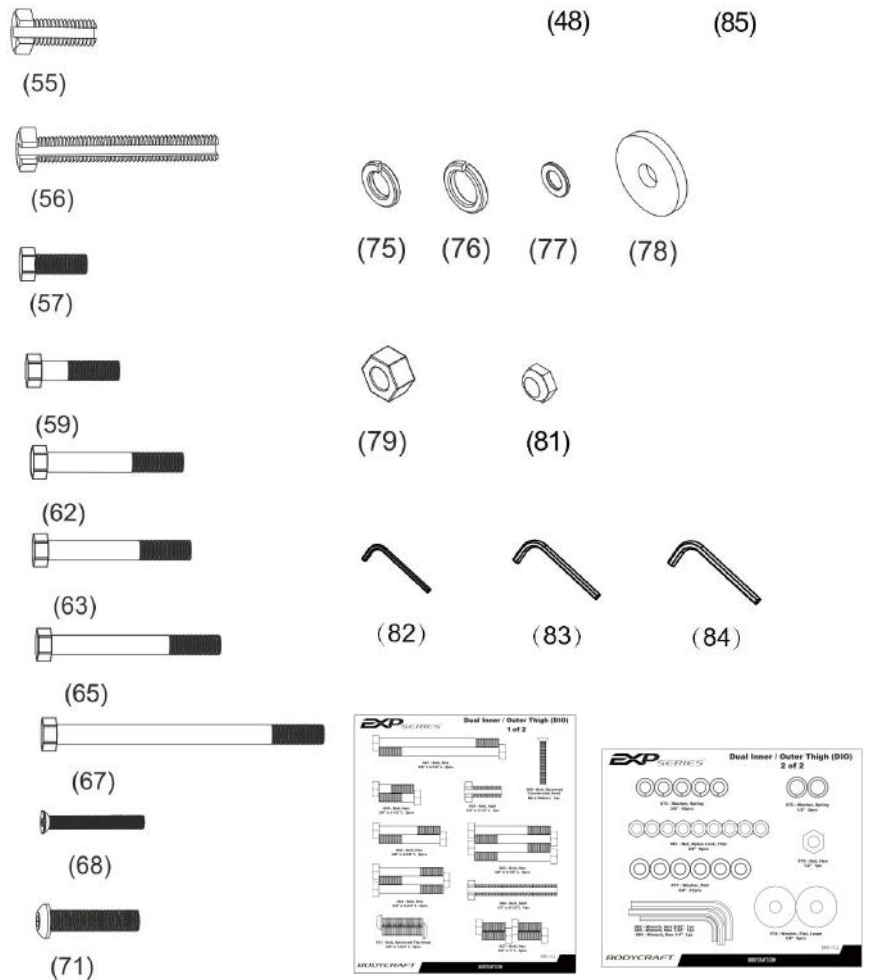


NOTE: For a complete service parts list, please refer to the detailed parts list & exploded view at the rear of this manual.

Part #	Assembly Parts List	QTY
DIO-024	Guide Rod for Weight Stack, 0.75" OD x 50.3" L, 3/8" Inner Thread on One End	2
DIO-028-ASM	Top Plate - Assembly	1
DIO-031	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DIO-034	Stopper, Rubber on Cable to Top Plate	1
DIO-037	Stopper, Rubber w/ Washer for Leg Pad	2
DIO-045	Rubber Cushion for Weight Stack	2
DIO-046	Axle, Pivot, 1" x 13-1/4" for Leg Arms w/ Dual Notched Top Side & Solid Round Bottom Side	2
DIO-047	Weight Plate, 10 lbs (4.5kg), Standard 150 lb Stack	14
DIO-47B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 175 lb Weight Stack w/ 9 each #47 Plates	5
DIO-048	Sticker Set for Weight Stack, 10 lbs to 175 lbs	1
DIO-085	Silicone Lube Bottle, for Guide Rods	1



Part #	Assembly Hardware	QTY
DIO-055	Bolt, Split, 1/2" x 1-1/4" L	1
DIO-056	Bolt, Split, 1/2" x 3-1/2" L	1
DIO-057	Bolt, Hex, 3/8" x 1" L	4
DIO-059	Bolt, Hex, 3/8" x 1-1/2" L	2
DIO-062	Bolt, Hex, 3/8" x 2-5/8" L	2
DIO-063	Bolt, Hex, 3/8" x 2-3/4" L	3
DIO-065	Bolt, Hex, 3/8" x 3-1/4" L	4
DIO-067	Bolt, Hex, 3/8" x 5-1/8" L	2
DIO-068	Bolt, Recessed Countersunk Head, M6 x 50mm L	1
DIO-071	Bolt, Flat Head, 3/8" x 1-3/4" L	2
DIO-075	Washer, Spring, 3/8"	12
DIO-076	Washer, Spring, 1/2"	2
DIO-077	Washer, Flat, 3/8"	21
DIO-078	Washer, Flat, Large, 3/8"	5
DIO-079	Nut, Hex, 1/2"	1
DIO-081	Nut, Nylon Lock, Thin, 3/8"	9
DIO-082	Wrench, Hex, 5/32"	1
DIO-083	Wrench, Hex, 7/32"	1
DIO-084	Wrench, Hex, 1/4"	1



NOTE: Parts are not to scale

Shipping Boxes & What's Inside Each One, Dual Inner / Outer Thigh (DIO)

Large Box 1 of 2

Net Weight: 150 lbs (68 KG)

Gross Weight: 167 lbs (75.6 KG)

Box Size: 67" L x 41" W x 15" H
(1,700mm L x 1,035mm W x 372mm H)



Large Box 2 of 2

Net Weight: 106 lbs (49 KG)

Gross Weight: 125 lbs (56.4 KG)

Box Size: 60" L x 24" W x 14" H
(1,500mm L x 595mm W x 347mm H)



Small Boxes 3 ea. (total)

Standard 150 lb Stack

1 box, 4ea of 10 lb plates = **40 lbs per CWP10(4) box**
2 boxes, 5ea of 10 lb plates = **50 lbs per CWP10(5) box**



Upgraded to 175 lb Stack?

1 box, 4ea of 10 lb plates = **40 lbs per CWP10(4) box**
1 box, 5ea of 10 lb plates = **50 lbs per CWP10(5) box**
1 box, 5ea of 15 lb plates = **75 lbs per CWP15(5) box**

CWP10(4) Size: 11" L x 5" W x 5" H ea.
(264mm L x 110mm W x 115mm H)

CWP10(5) Size: 11" L x 5" W x 6" H ea.
(264mm L x 110mm W x 140mm H)

CWP15(5) Size: 13" L x 6" W x 6" H ea.
(310mm L x 130mm W x 140mm H)

BODYCRAFT reserves the right to make improvements at any time which may affect color, parts, materials, size, weight, or any other aspect.

PREASSEMBLY TIP #1 – “Stage Right”.

During the assembly process we will be stating Right, Left, Front, Back, Top, or Bottom. These all are in the perspective of the user in the machine with feet facing towards the ground.

See below images as examples.



STAGE RIGHT DEFINITION: Both “Stage Right” or “Stage Left” are from the viewpoint of the actor facing outward from the stage.



PREASSEMBLY TIP #2 – Unpacking & organizing.

The best practice in assembly is to take all the parts out of the boxes & bags and line up in order of assembly. This enables a mindset of what you will be assembling, their physical sizes and what challenges you might face BEFORE you begin.



PREASSEMBLY TIP #3 – Keep hardware loose until asked to tighten.

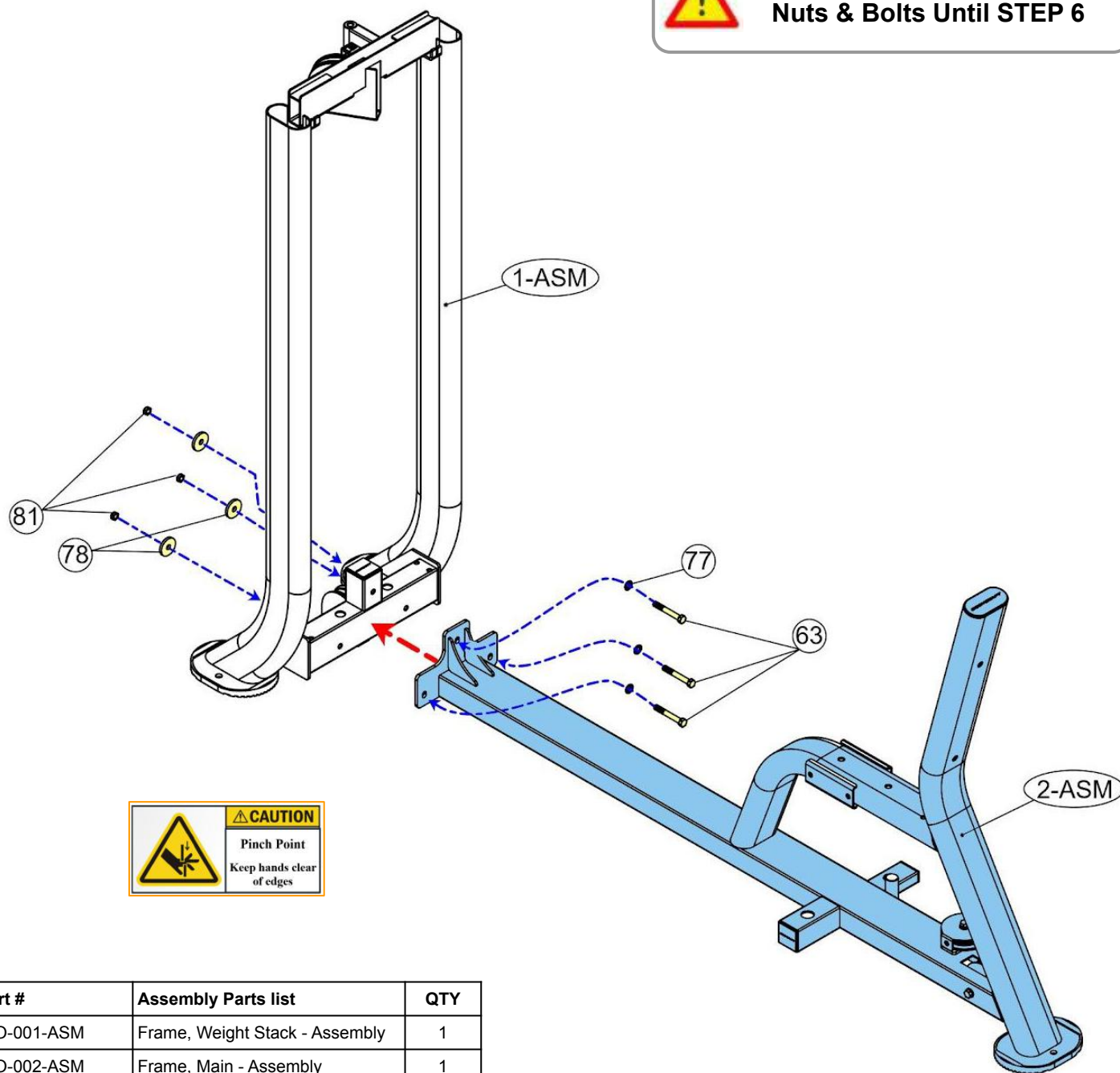
During the assembly, hardware needs to be finger tight until the STEPS of “Torque Time”. This will ensure sub-frame and other parts will easily fit together and not strip out bolt threads during assembly.

Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 1: Install Main Frame to Weight Stack Frame



Please Hand Tighten All Frame Nuts & Bolts Until STEP 6



Part #	Assembly Parts list	QTY
DIO-001-ASM	Frame, Weight Stack - Assembly	1
DIO-002-ASM	Frame, Main - Assembly	1

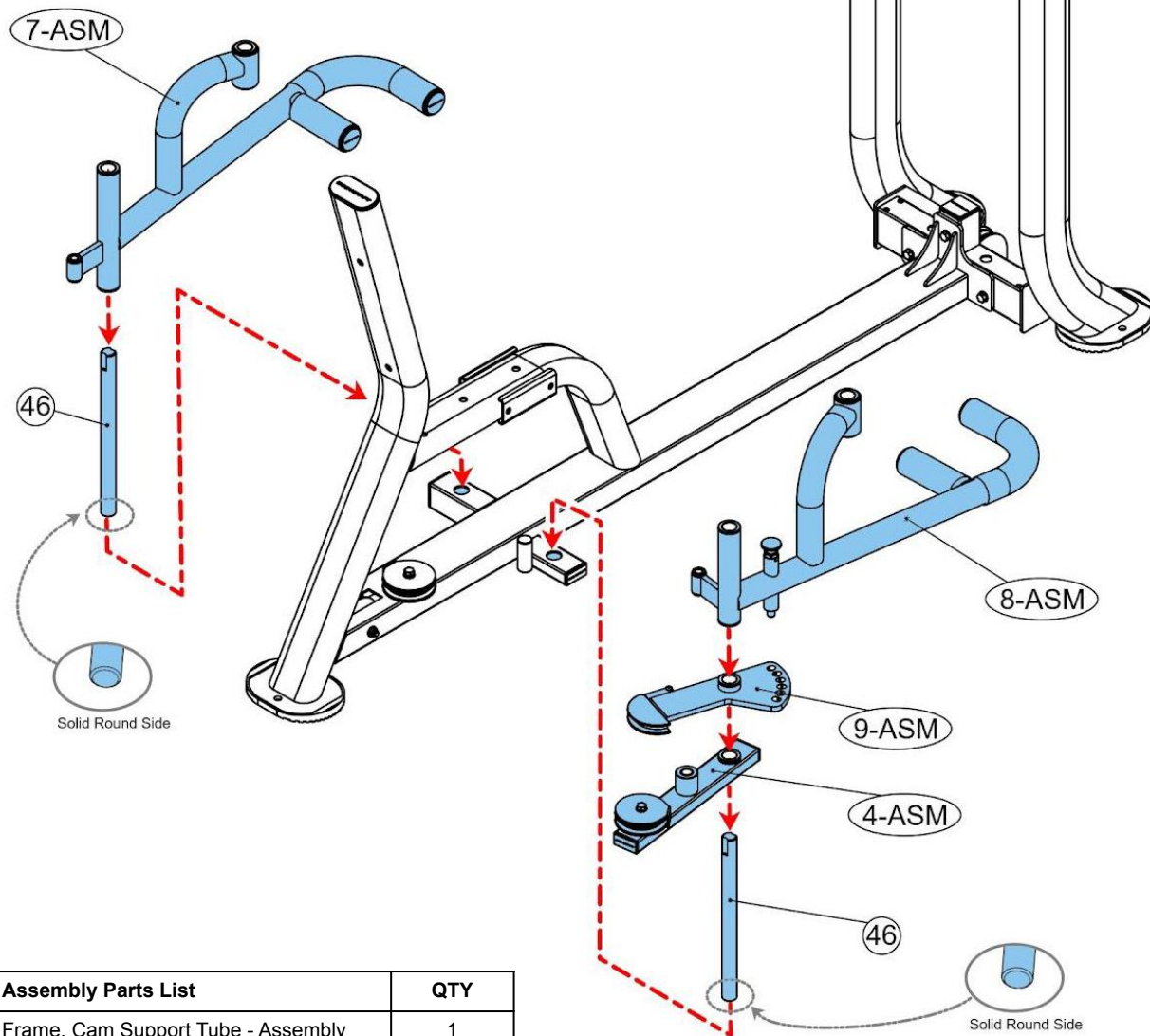
Part #	Assembly Hardware	QTY
DIO-063	Bolt, Hex, 3/8" x 2-3/4" L	3
DIO-077	Washer, Flat, 3/8"	3
DIO-078	Washer, Flat, Large, 3/8"	3
DIO-081	Nut, Nylon Lock, Thin, 3/8"	3

View Keys

- Red dotted (large):** Structural parts assembled direction.
- Red dotted (med):** Sub-parts assembled direction.
- Blue dotted lines (small):** Hardware assembled direction.
- Orange (med):** Cables are normally black, but easier to see in color.

Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 2: Install Leg Arm Frames & Cams w/ Pivot Axle to Main Frame



Part #	Assembly Parts List	QTY
DIO-004-ASM	Frame, Cam Support Tube - Assembly	1
DIO-007-ASM	Frame, Leg Arm, Left - Assembly	1
DIO-008-ASM	Frame, Leg Arm, Right - Assembly	1
DIO-009-ASM	Cam, w/ Adjustment Holes - Assembly	1
DIO-046	Axle, Pivot, 1" x 13-1/4" for Leg Arms w/ Dual Notched Top Side & Solid Round Bottom Side	2

Product Assembly, Dual Inner / Outer Thigh (DIO)

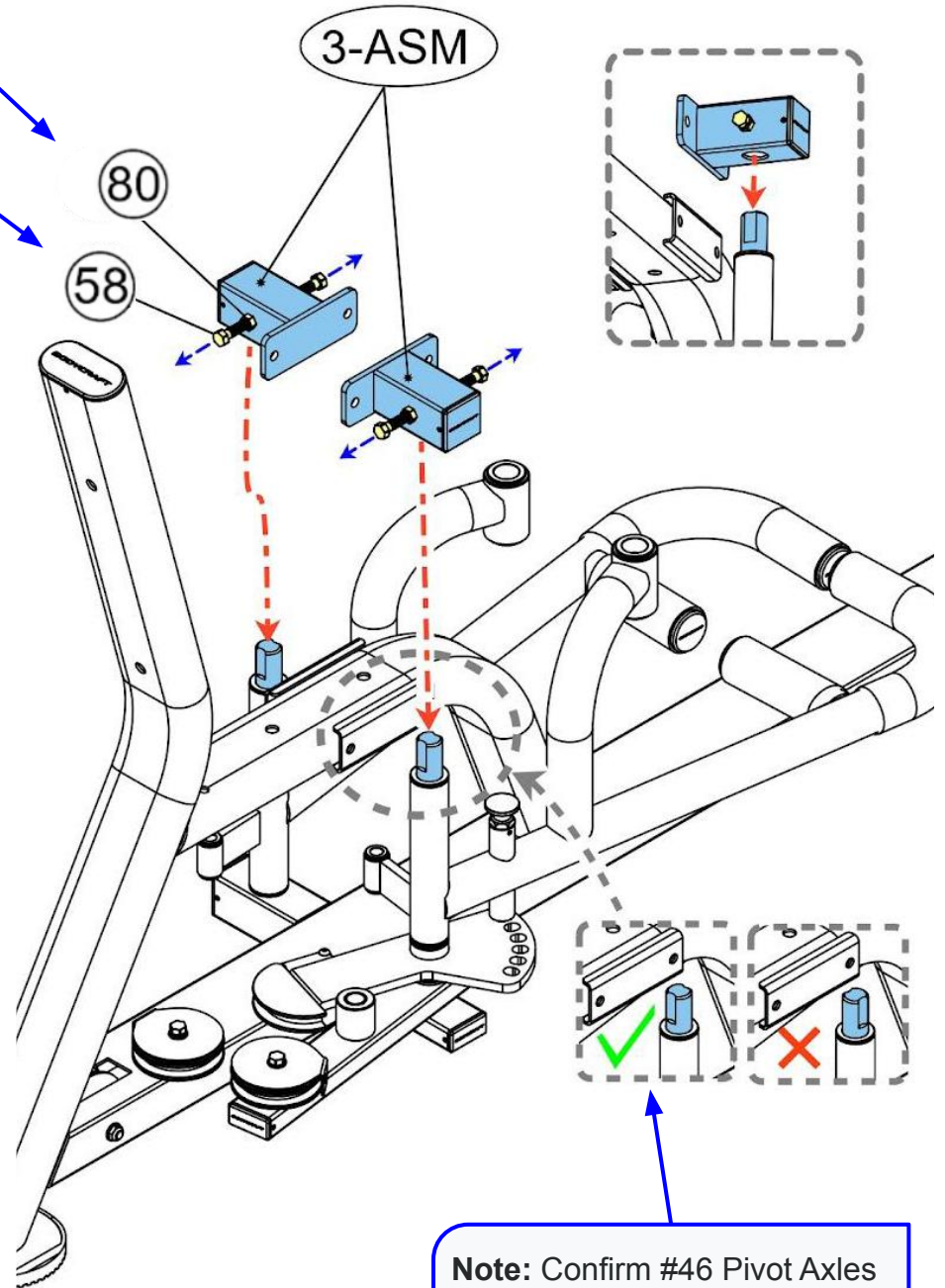
STEP 3a: Install Pivot Axle Support Tube Frames

Note: Loosen pre-assembled #80 Nuts, then #58 Bolts before placing Support Tube Frames over Pivot Axes.

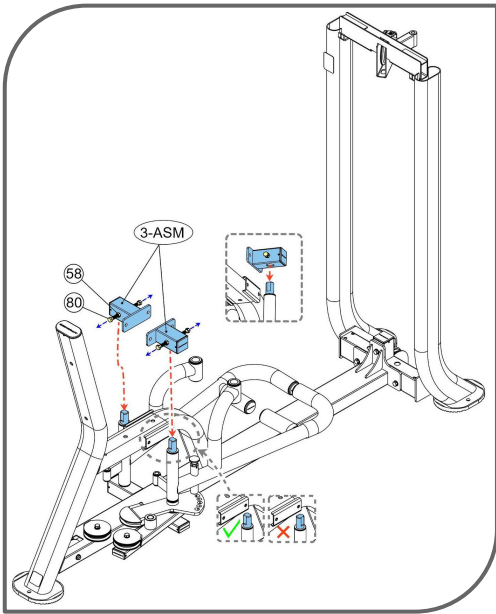
Recommended Tools:



9/16 WRENCH 9/16 SOCKET



Note: Confirm #46 Pivot Axles have the "Notches" facing towards the front & back of the machine.



Part #	Assembly Parts List	QTY
DIO-003-ASM	Frame, Pivot Axle Support Tube - Assembly	2

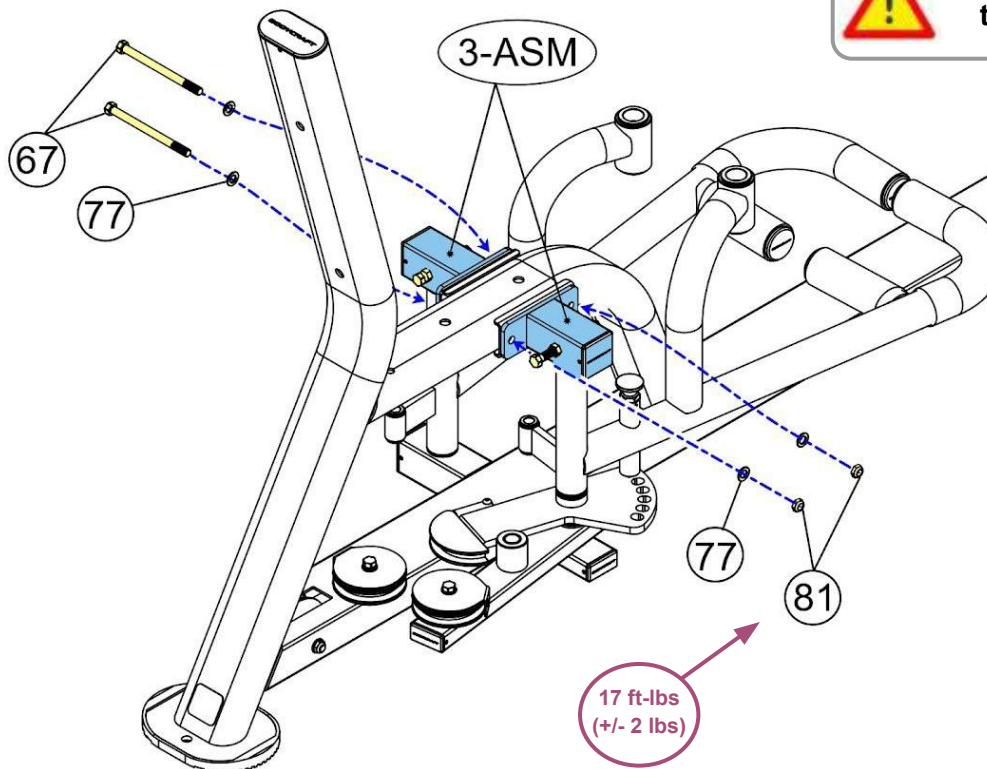
Part #	Pre-Installed Hardware List	QTY
DIO-058	Bolt, Hex, 3/8" x 1-1/4" L	4
DIO-080	Nut, Hex, 3/8"	4

Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 3b: Fully Install Pivot Axle Support Tube Frames



ONLY Tighten STEP 3b Hardware to the Recommendations Below



Recommended Tools:



TORQUE WRENCH w/ 9/16 SOCKET & 9/16 WRENCH

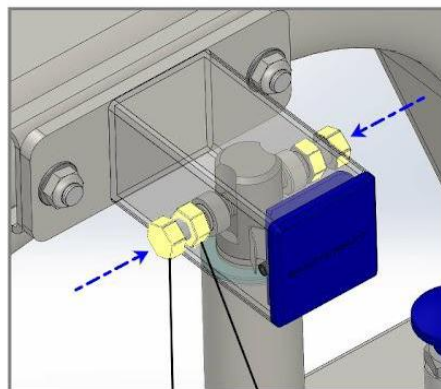
Tighten to the Recommended Torque Specs at this time.

Part #	Assembly Parts List	QTY
DIO-003-ASM	Frame, Pivot Axle Support Tube - Assembly	2

Part #	Assembly Hardware	QTY
DIO-067	Bolt, Hex, 3/8" x 5-1/8" L	2
DIO-077	Washer, Flat, 3/8"	4
DIO-081	Nut, Nylon Lock, Thin, 3/8"	2

STEP 3c: Tighten #58 Bolts, then #80 Nuts to the Pivot Axles (Both Right & Left Sides)

Part #	Pre-Installed Hardware List	QTY
DIO-058	Bolt, Hex, 3/8" x 1-1/4" L	4
DIO-080	Nut, Hex, 3/8"	4



17 ft-lbs (+/- 2 lbs)

58 80

Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 4: Install Pivot Actuator Plate

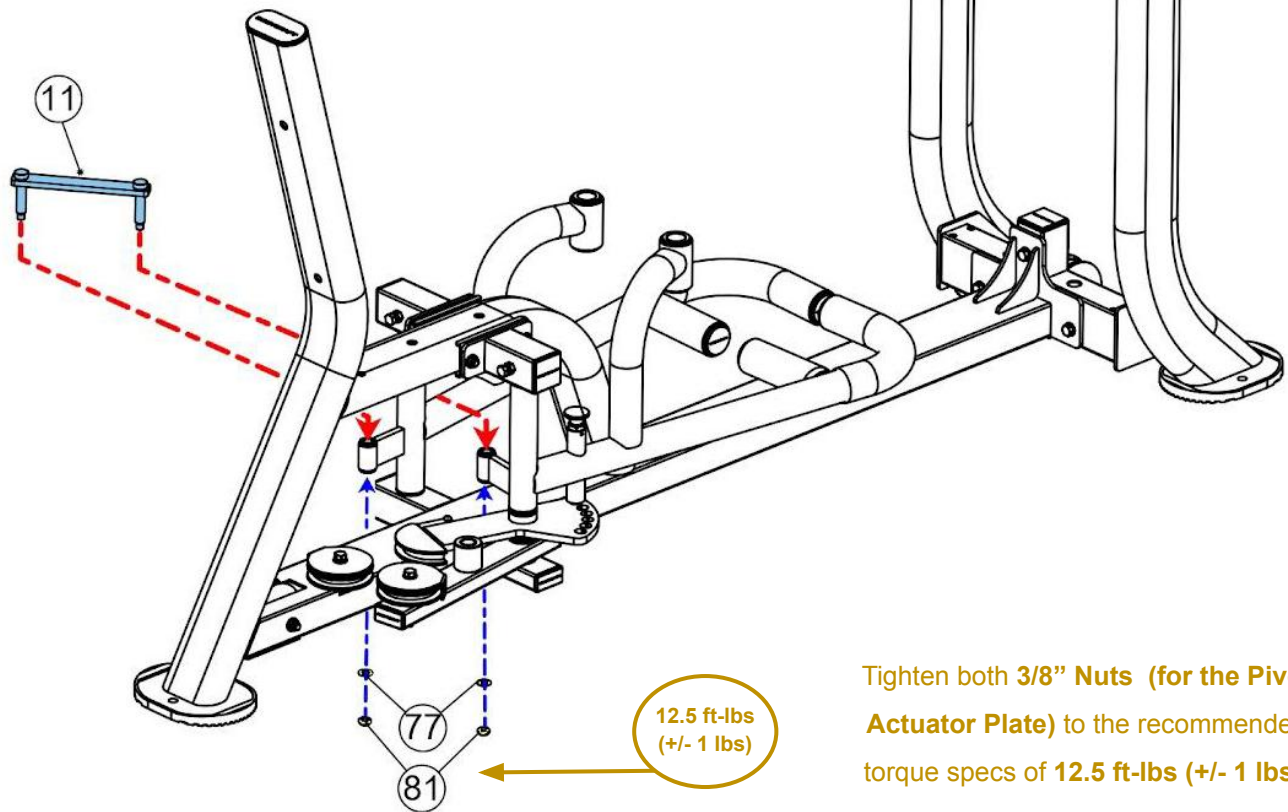


ONLY Tighten STEP 4 Hardware to the Recommendations Below

Recommended Tools:



TORQUE WRENCH w/ 9/16
SOCKET & 9/16 WRENCH



Tighten both **3/8" Nuts (for the Pivot Actuator Plate)** to the recommended torque specs of **12.5 ft-lbs (+/- 1 lbs)**.

Part #	Assembly Parts List	QTY
DIO-011	Pivot Actuator Plate	1

Part #	Assembly Hardware	QTY
DIO-077	Washer, Flat, 3/8"	2
DIO-081	Nut, Nylon Lock, Thin, 3/8"	2

Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 5a: Install & Lube Guide Rods, Stack Spacers, Rubber Cushions, Weight Plates & Top Plate

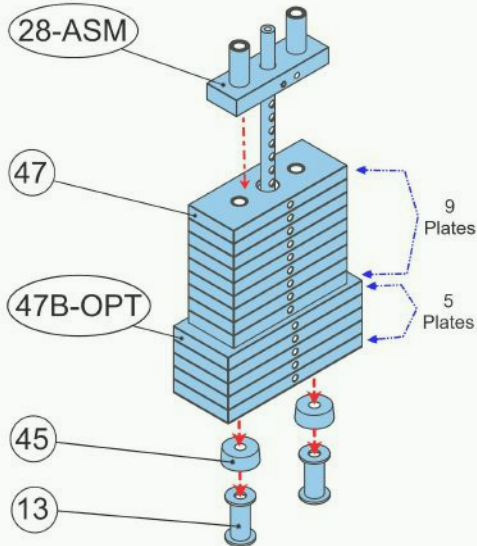
Standard 150 lb Stack

1 box, 4ea of 10 lb plates = 40 lbs per CWP10(4) box
 2 boxes, 5ea of 10 lb plates = 50 lbs per CWP10(5) box



**Please Hand Tighten
 All Bolts Until STEP 6**

Upgraded to 175 lb stack use the following:



1 box, 4ea of 10 lb plates = 40 lbs per CWP10(4) box
 1 box, 5ea of 10 lb plates = 50 lbs per CWP10(5) box
 1 box, 5ea of 15 lb plates = 75 lbs per CWP15(5) box

NOTE: Confirm 15 lb weight plates are the lower half of the stack.

Part #	Assembly Parts & Hardware List	QTY
DIO-013	Stack Spacer, Short 3.25"	2
DIO-028-ASM	Top Plate - Assembly	1
DIO-045	Rubber Cushion for Weight Stack	2
DIO-024	Guide Rod for Weight Stack, 0.75" OD x 50.3" L, 3/8" Inner Thread on One End	2
DIO-047	Weight Plate, 10 lbs (4.5kg), Standard 150 lb Stack	14
DIO-47B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 175 lb Weight Stack w/ 9 each #47 Plates	5
DIO-057	Bolt, Hex, 3/8" x 1" L	2
DIO-075	Washer, Spring, 3/8"	2
DIO-077	Washer, Flat, 3/8"	2

NOTE: Lightly lubing the Guide Rods is a great practice to do at this STEP, but also during scheduled times for preventive maintenance measure.

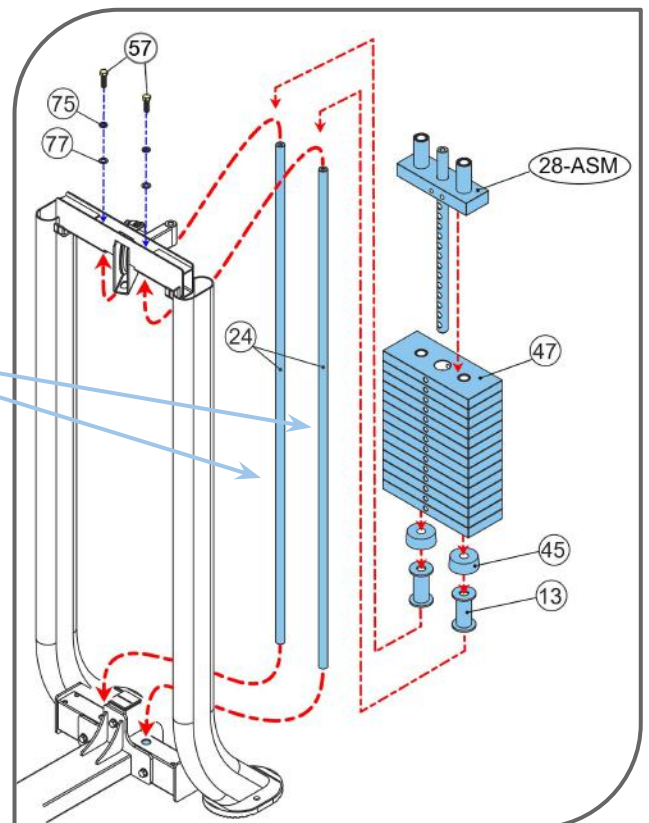
- Doing this before the weight stack goes on and blocks the potential "dry" part of the Guide Rods, ensures they are lubed.
- Ensures that the Weight Plates internal bushing get a "break-in" lube for a quiet & longer life operation.
- Add protection to the Guide Rods (6) from future potential surface rust in the higher humidity environments.



100% PURE SILICONE LUBE



100% COTTON CLEANING CLOTH



Product Assembly, Weight Stack Stickers Installation, (DIO)

STEP 5b: Clean Weight Stack



MINIMUM 65 DEGREES & LOW HUMIDITY



RUBBING ALCOHOL

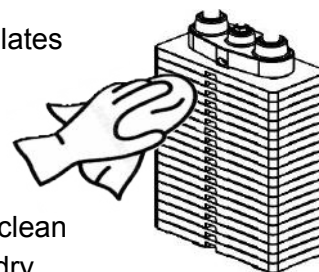


CLEAN COTTON CLOTH

IMPORTANT: Before installing the weight stack stickers, it is important to let the weight plates acclimate to room temperature.

Clean Top Plate & Weight Plates front surface with:

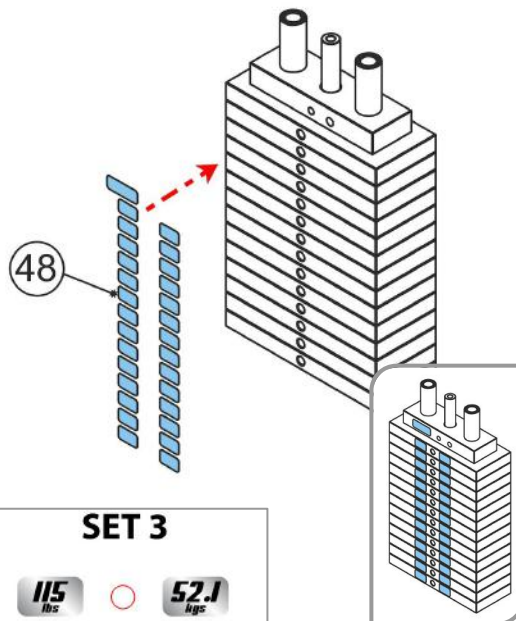
- Rubbing Alcohol
- Clean Cotton Cloth.



Then wipe dry with another clean cloth or allow to completely air dry.

STEP 5c: Install Weight Stack Stickers

Standard 150 lb = Sticker Set 1 & 2
Optional 175 lb = Sticker Set 1 & 3



SET 1	SET 2	SET 3
TOP PLATE 10 lbs/4.5 kgs		
20 lbs ○ 9.0 kgs	110 lbs ○ 49.9 kgs	115 lbs ○ 52.1 kgs
30 lbs ○ 13.6 kgs	120 lbs ○ 54.4 kgs	130 lbs ○ 58.9 kgs
40 lbs ○ 18.1 kgs	130 lbs ○ 59.0 kgs	145 lbs ○ 65.7 kgs
50 lbs ○ 22.7 kgs	140 lbs ○ 63.5 kgs	160 lbs ○ 72.5 kgs
60 lbs ○ 27.2 kgs	150 lbs ○ 68.0 kgs	175 lbs ○ 79.3 kgs
70 lbs ○ 31.8 kgs	160 lbs ○ 72.6 kgs	190 lbs ○ 86.1 kgs
80 lbs ○ 36.3 kgs	170 lbs ○ 77.1 kgs	205 lbs ○ 92.9 kgs
90 lbs ○ 40.8 kgs	180 lbs ○ 81.6 kgs	220 lbs ○ 99.8 kgs
100 lbs ○ 45.4 kgs	190 lbs ○ 86.2 kgs	235 lbs ○ 106.6 kgs
	200 lbs ○ 90.7 kgs	250 lbs ○ 113.4 kgs

STICKER SET 1 IS USED FOR BOTH STANDARD 200 LB AND UPGRADED 250 LB WEIGHT STACKS (PLATES 1-10, INCLUDES TOP PLATE)

STICKER SET 2 IS USED FOR ONLY THE STANDARD 200 LB WEIGHT STACK (PLATES 11-20, 10LB PLATES)

STICKER SET 3 IS USED FOR ONLY THE UPGRADED 250 LB WEIGHT STACK (PLATES 11-20, 15LB PLATES)

Once the correct sticker is carefully aligned to each weight plate, press each number sticker gently onto the weight plate. Only rub each sticker and not the surrounding area.

NOTE: Minimum cure time of 24 hrs.

Do Not "TEST" the decals by pulling on them.

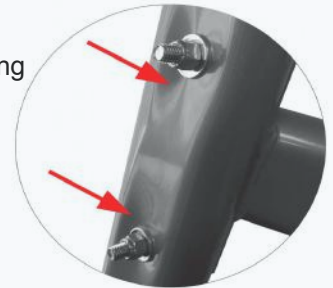
Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 6: "Torque Time" on ALL Frame Nuts & Bolts from STEP 1 & STEP 5

NOTE: These recommended torque specs should be followed for correct assembly and safe operation of this machine.



Example of being overtightened not using the recommended torque specs.



Tighten to torque specs to ensure the bolts and nuts do the following:

- Securely hold the frame and keep moving parts from coming loose during operation.
- Keep from crushing the frame.
- Avoid stripping the threads on either the bolts or nuts.
- Allow moving parts to adjust freely per the designed intent.



<https://www.wikihow.com/Use-a-Torque-Wrench#Video>

Recommended Tools:



TORQUE WRENCH w/ 9/16
SOCKET & 9/16 WRENCH

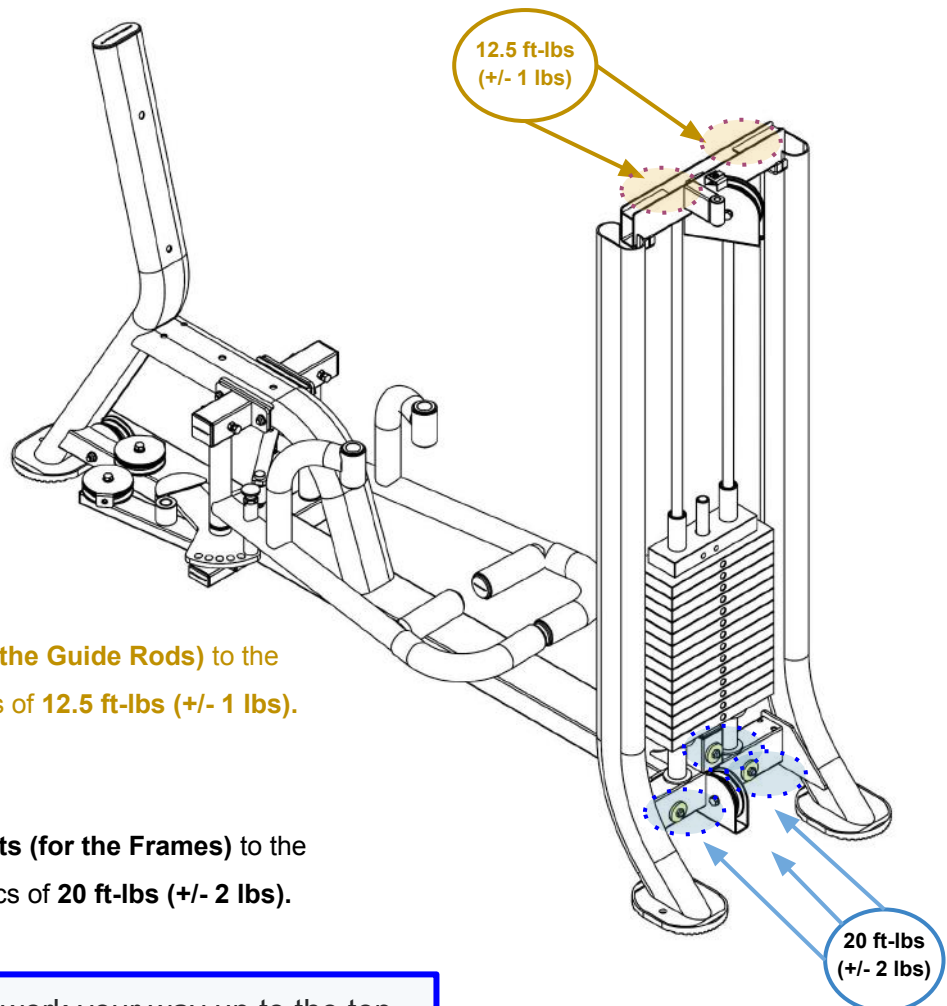
12.5 ft-lbs
(+/- 1 lbs)

Tighten all 3/8" Bolts (for the Guide Rods) to the recommended torque specs of 12.5 ft-lbs (+/- 1 lbs).

20 ft-lbs
(+/- 2 lbs)

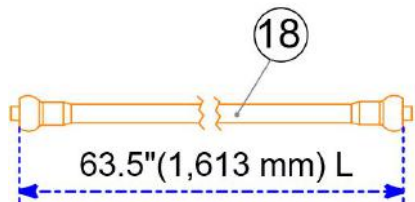
Tighten all 3/8" Nuts & Bolts (for the Frames) to the recommended torque specs of 20 ft-lbs (+/- 2 lbs).

NOTE: Start at the bottom then work your way up to the top.

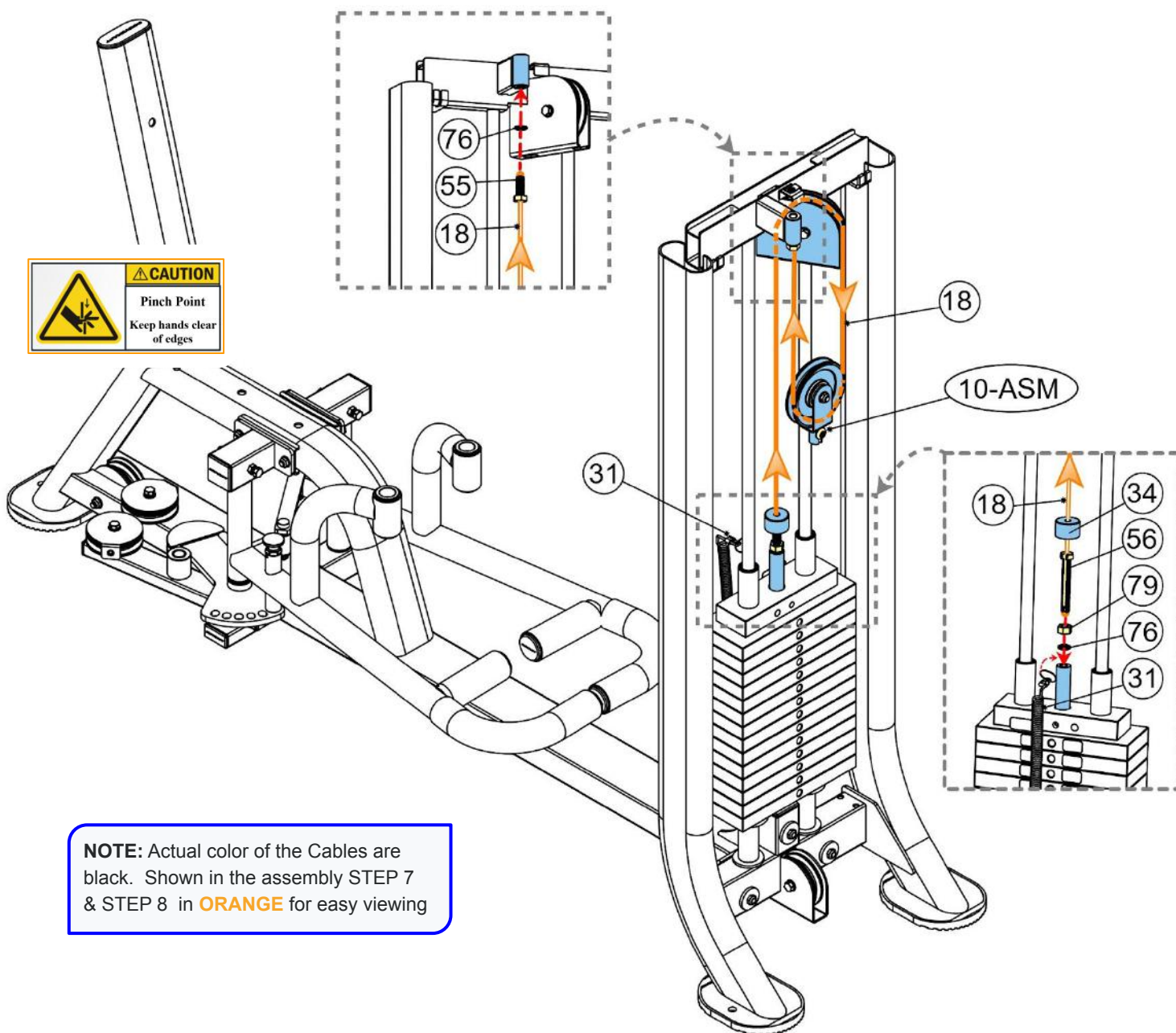


Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 7: Install Upper Cable, Floating Pulley Bracket & Selector Pin w/ Lanyard



Please Hand Tighten All Cable Nuts & Bolts Until STEP 8b



NOTE: Actual color of the Cables are black. Shown in the assembly STEP 7 & STEP 8 in **ORANGE** for easy viewing

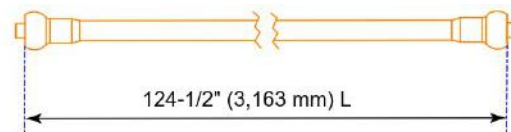
Part #	Assembly Parts List	QTY
DIO-010-ASM	Floating Pulley Bracket - Assembly	1
DIO-018	Cable, Upper 63.5" (1,613mm) L	1
DIO-031	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DIO-034	Stopper, Rubber on Cable to Top Plate	1

Part #	Assembly Hardware	QTY
DIO-055	Bolt, Split, 1/2" x 1-1/4" L	1
DIO-056	Bolt, Split, 1/2" x 3-1/2" L	1
DIO-076	Washer, Spring, 1/2"	2
DIO-079	Nut, Hex, 1/2"	1

Product Assembly, Dual Inner / Outer Thigh (DIO)

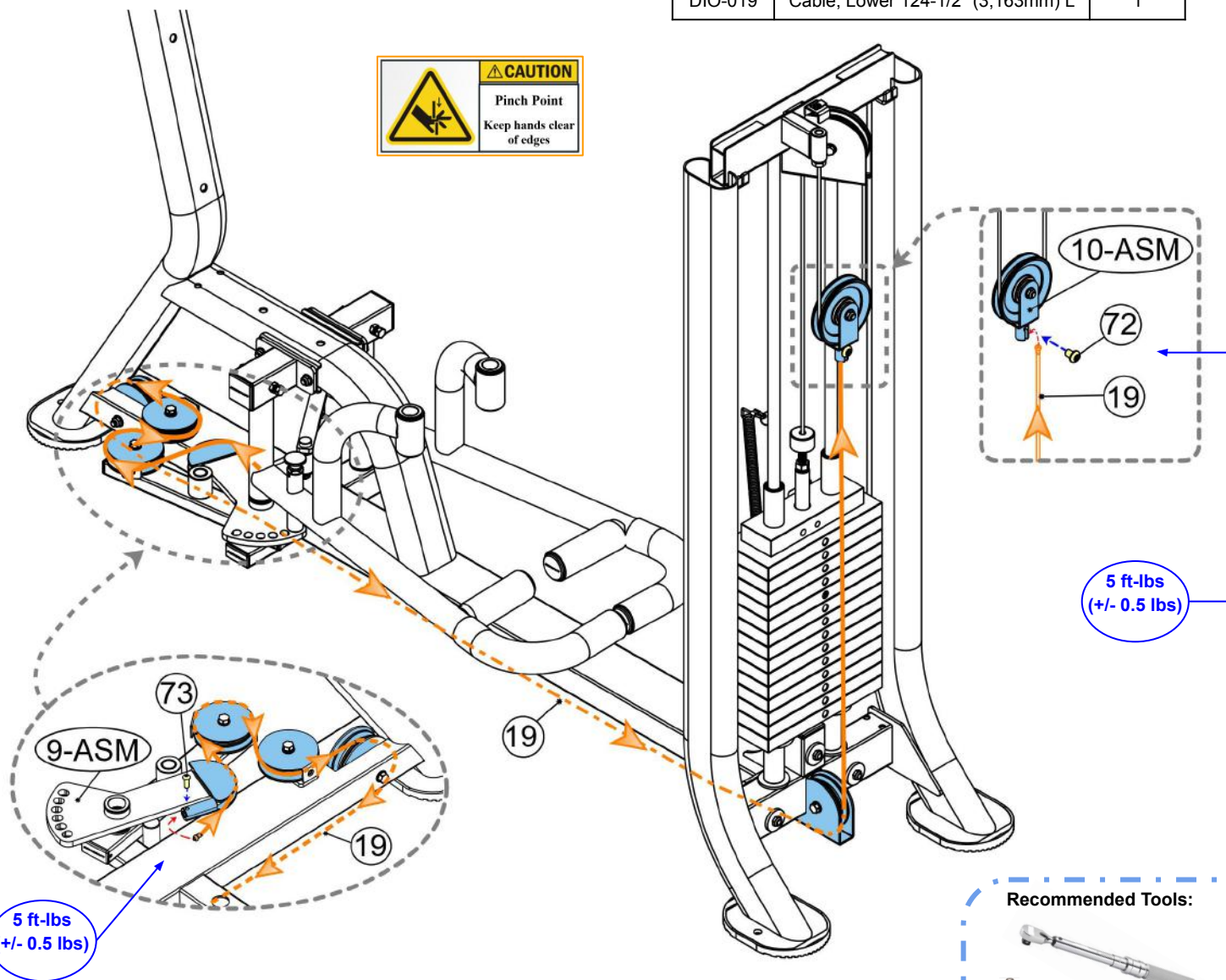
STEP 8a: Install Lower Cable

Part #	Pre-Installed Hardware List	QTY
DIO-072	Bolt, Recessed Flat Head, 7/16" x 5/8" L	1
DIO-073	Screw, Umbrella Head, 1/4 " x 3/4" L	1



(19)

Part #	Assembly Parts List	QTY
DIO-019	Cable, Lower 124-1/2" (3,163mm) L	1



STEP 8b: Adjust Cable Tension for Upper & Lower Cables

Good Rule of Thumb: Cable above weight stack should have less than 1/2 inch of play in the cable.

NOTE: Check Selector Rod Pin freely slides into each weight plate front hole with the Top Plate resting on 1st Weight Plate.

Once adjusted correctly, tighten the jam nuts.

BODYCRAFT

Watch Assembly Video

DIO STEP 8b
Adjusting the Cables



Recommended Tools:



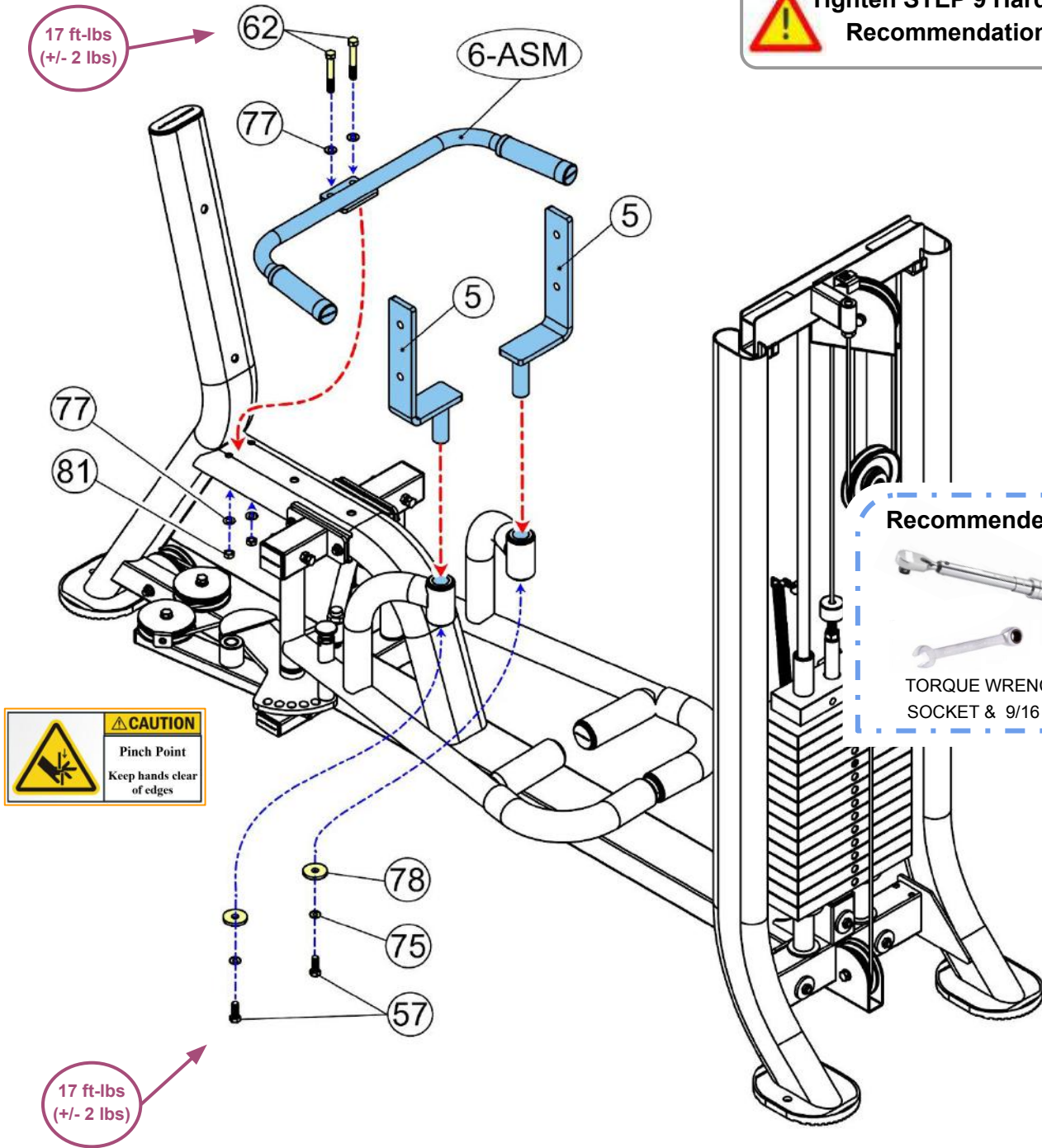
TORQUE WRENCH w/
5/32", 7/32" Hex Bit
Sockets, 9/16 Socket, 9/16
Wrench & Adj. Wrench

Tighten to the Recommended
Torque Specs at this time.

Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 9: Install Handlebar Frame & Leg Pad Pivot Bracket Frames

 **Tighten STEP 9 Hardware to the Recommendations Below**



Recommended Tools:

- 
- 

TORQUE WRENCH w/ 9/16 SOCKET & 9/16 WRENCH

 **CAUTION**
Pinch Point
Keep hands clear of edges

Part #	Assembly Parts List	QTY
DIO-005	Frame, Leg Pad Pivot Bracket	2
DIO-006-ASM	Frame, Handlebar - Assembly	1

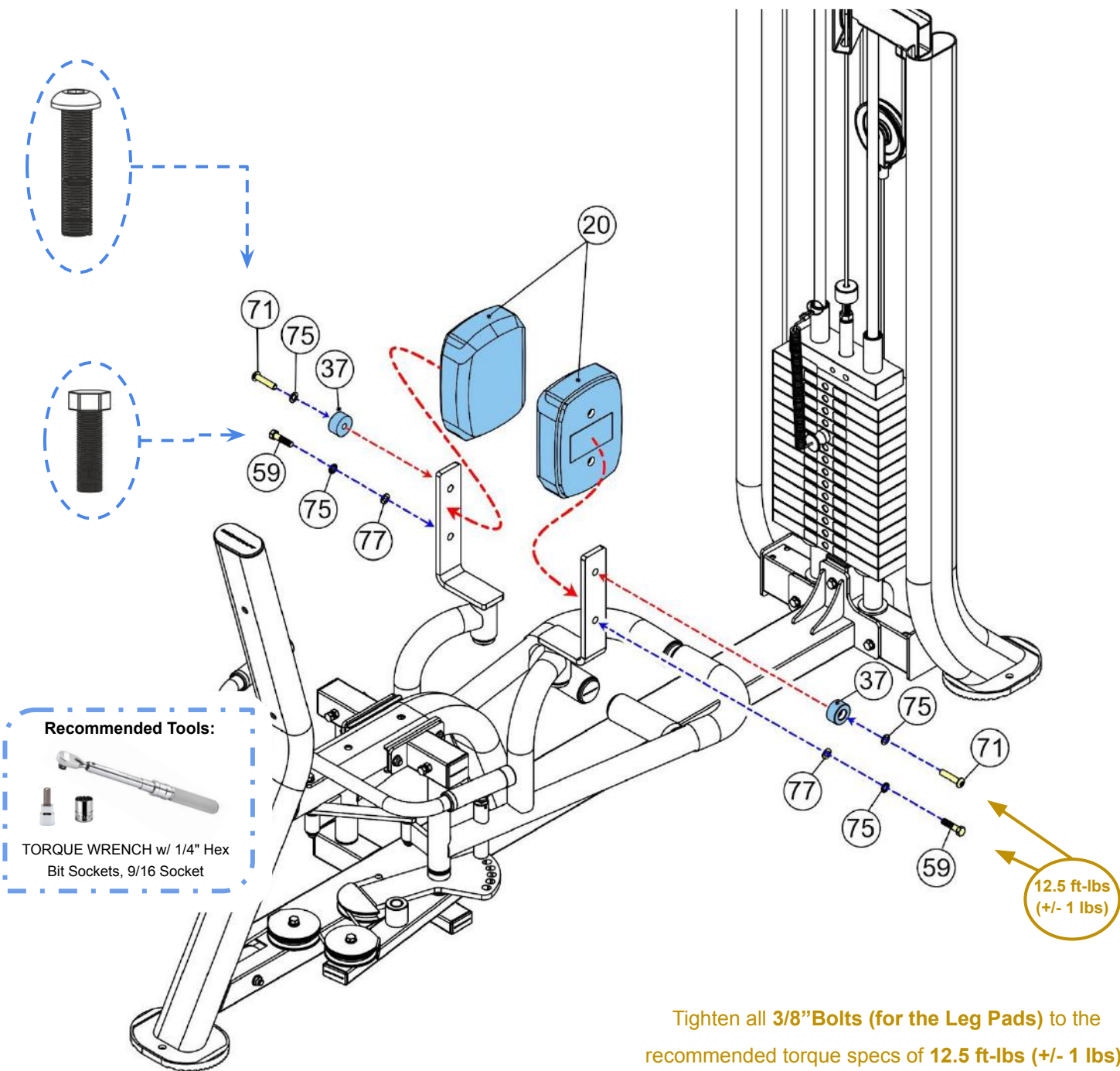
Part #	Assembly Hardware	QTY
DIO-057	Bolt, Hex, 3/8" x 1" L	2
DIO-062	Bolt, Hex, 3/8" x 2-5/8" L	2
DIO-075	Washer, Spring, 3/8"	2
DIO-077	Washer, Flat, 3/8"	4
DIO-078	Washer, Flat, Large, 3/8"	2
DIO-081	Nut, Nylon Lock, Thin, 3/8"	2

Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 10: Install Leg Pads & Rubber Stoppers



Tighten STEP 10 Hardware to the Recommendations Below



Tighten all 3/8" Bolts (for the Leg Pads) to the recommended torque specs of 12.5 ft-lbs (+/- 1 lbs).

Part #	Assembly Parts List	QTY
DIO-020	Pad, Leg	2
DIO-037	Stopper, Rubber w/ Washer for Leg Pad	2

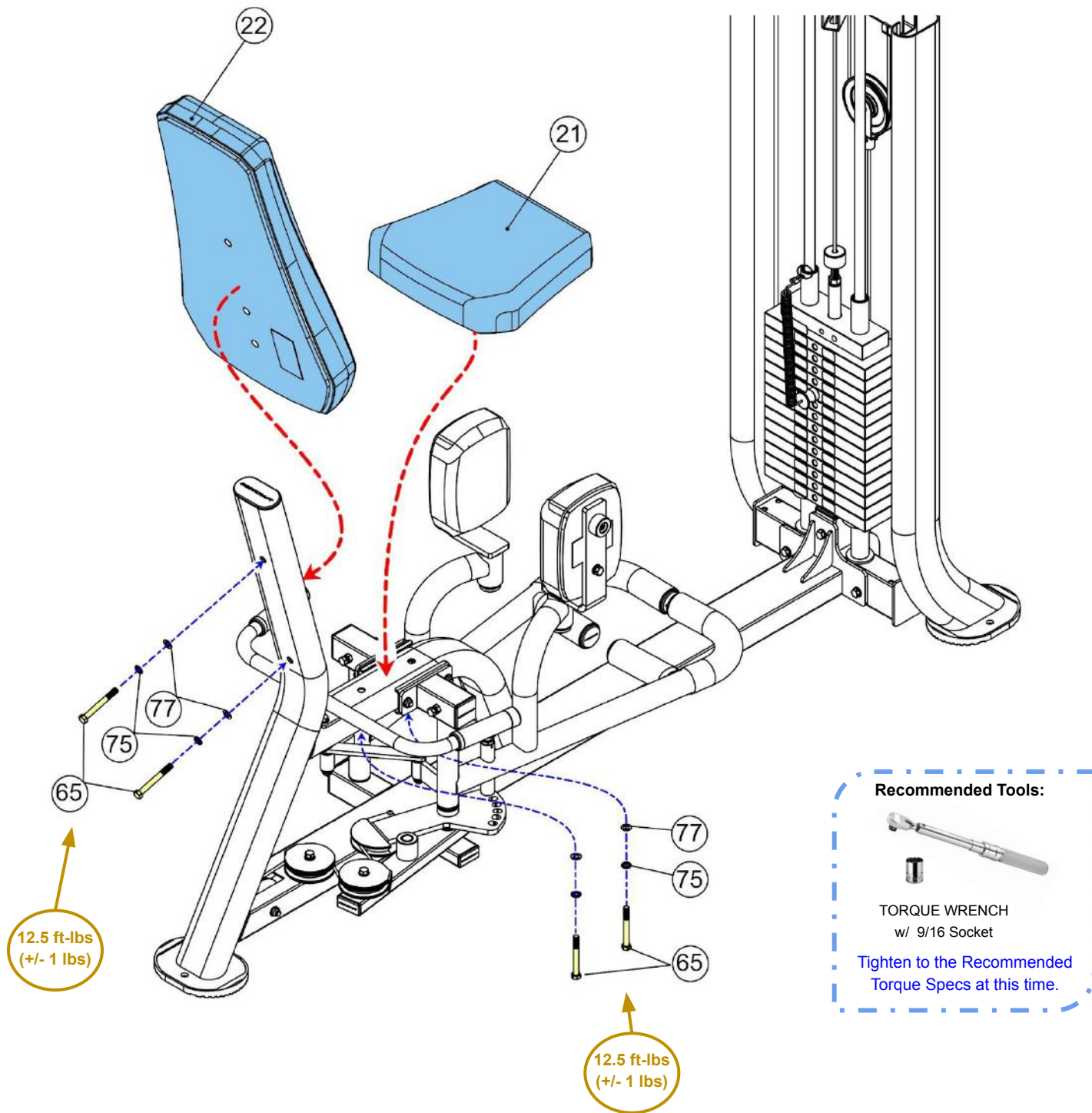
Part #	Assembly Hardware	QTY
DIO-059	Bolt, Hex, 3/8" x 1-1/2" L	2
DIO-071	Bolt, Recessed Flat Head, 3/8" x 1-3/4" L	2
DIO-075	Washer, Spring, 3/8"	4
DIO-077	Washer, Flat, 3/8"	2

Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 11: Install Seat & Back Pads



Tighten STEP 10 Hardware to the Recommendations Below

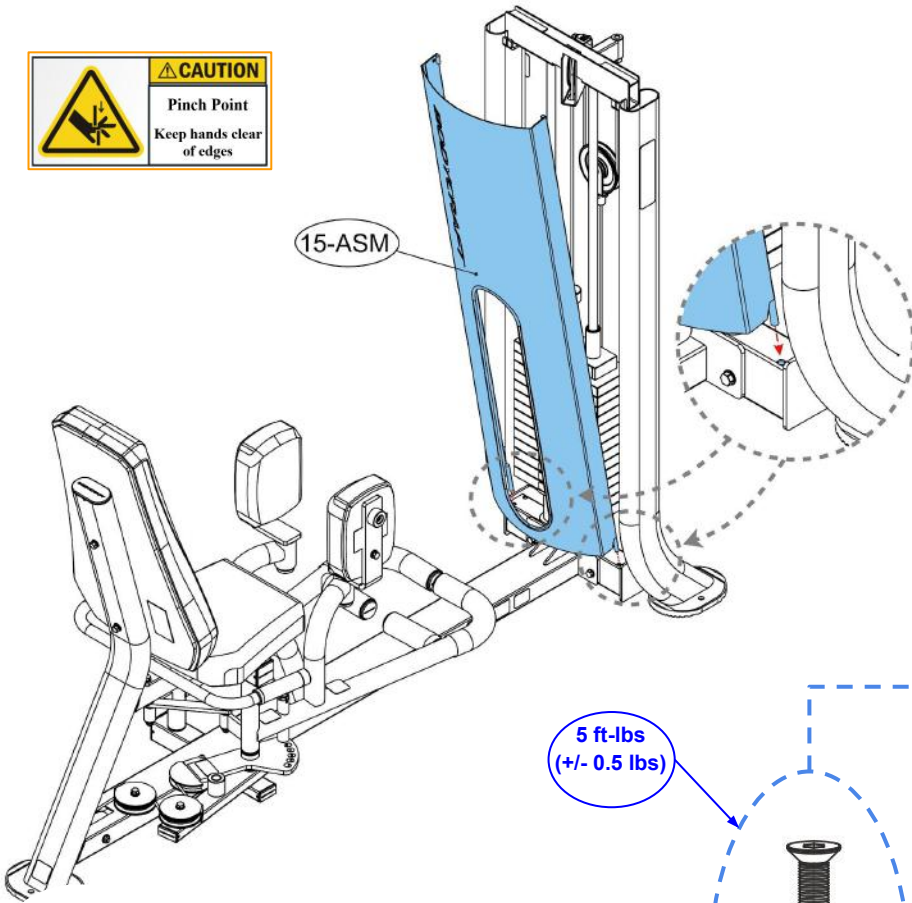


Part #	Assembly Parts List	QTY
DIO-021	Pad, Seat	1
DIO-022	Pad, Back	1

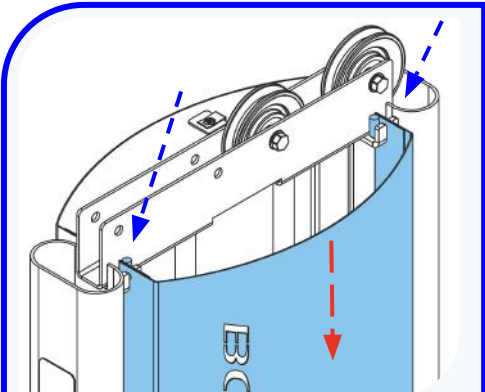
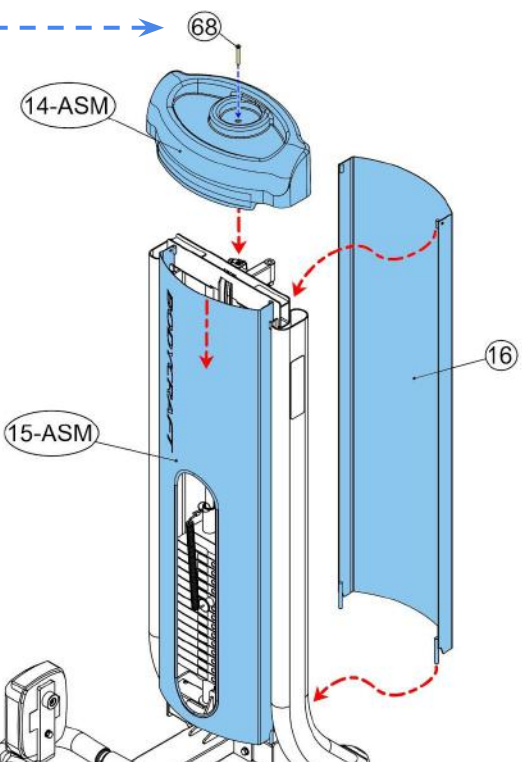
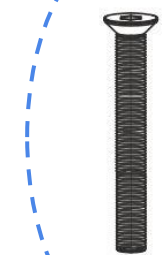
Part #	Assembly Hardware	QTY
DIO-065	Bolt, Hex, 3/8" x 3-1/4" L	4
DIO-075	Washer, Spring, 3/8"	4
DIO-077	Washer, Flat, 3/8"	4

Product Assembly, Dual Inner / Outer Thigh (DIO)

STEP 12: Install Weight Stack Shrouds & Cover Top Assembly



5 ft-lbs
(+/- 0.5 lbs)



NOTE: When lowering down the Shroud Covers, confirm the back tabs are behind the frame slots, locking in the Shroud Cover to the frame.

* Example image shown from the DMP

Recommended Tool:



(82)
5/32 ALLEN (HEX)
WRENCH

Tighten to the Recommended Torque Specs at this time.

Part #	Assembly Parts & Hardware List	QTY
DIO-014-ASM	Weight Stack Shroud Cover, Top - Assembly	1
DIO-015-ASM	Weight Stack Shroud Cover, Front - Assembly	1
DIO-016	Weight Stack Shroud Cover, Rear	1
DIO-068	Bolt, Recessed Countersunk Head, M6 x 50mm L	1



STEP 13a: Remove any & all Assembly Stickers, i.e. Part Numbers & Right / Left Circles

- Easy to remove with fingernail or plastic scraper
- If adhesive residue is on frame:
 - Use rubbing alcohol
 - Then mild cleaning solution
 - Finishing with a dry 100% cotton cleaning cloth



STEP 13b: Frame Clean Up

- Wipe down frame with mild cleaning solution
- Dry frame with 100% cotton cleaning cloth
- Good practice to do before first use and yearly:
 - Lightly apply an automotive grade cleaner wax
 - Then follow up by wiping excesses off with 100% cotton cleaning cloth

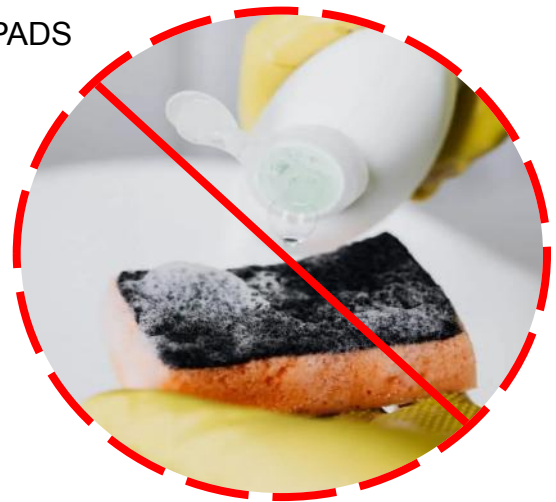


MILD CLEANING SOLUTION



100% COTTON CLEANING CLOTHS

- DO NOT USE ABRASIVE CLEANING SCRUBBING PADS
- DO NOT USE AMMONIA OR CITRIC CLEANERS
- DO NOT USE ANY FORM OF PAINT THINNERS

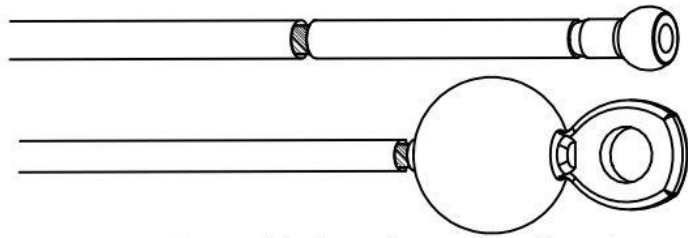
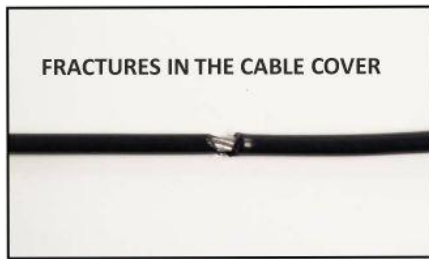


TIP ON FRAME ONLY: For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax if desired. Also makes future cleaning easier.



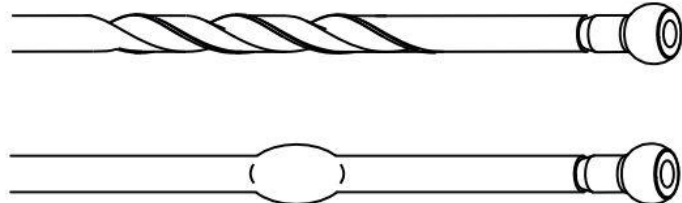
(Do Not Use on the Upholstery)

Strength Cable Wear Indicators, Dual Inner / Outer Thigh (DIO)



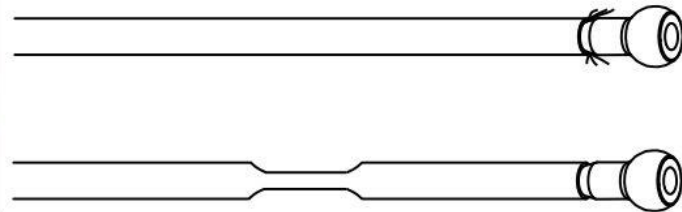
Casing can crack or fracture under strains during use. Any crack in the casing merits cable replacement even if no wire rope is exposed.

STOP USING THE MACHINE: This cable needs to be replaced as soon as possible.



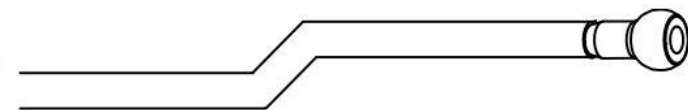
Inspect casing to ensure wire rope is not tearing, twisting, or binding within and coil causing bulge to appear. Cable should retain same outside diameter throughout.

STOP USING THE MACHINE: This cable needs to be replaced as soon as possible.



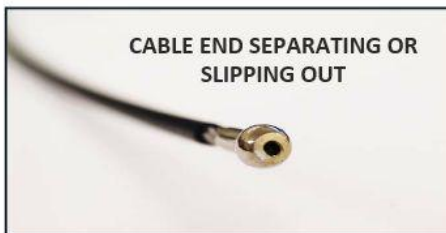
Any exposed wire rope protruding through the casing or at either end, has lost its structural integrity. Section of cable is compressed and will not retain its shape (outside diameter).

STOP USING THE MACHINE: This cable needs to be replaced immediately.



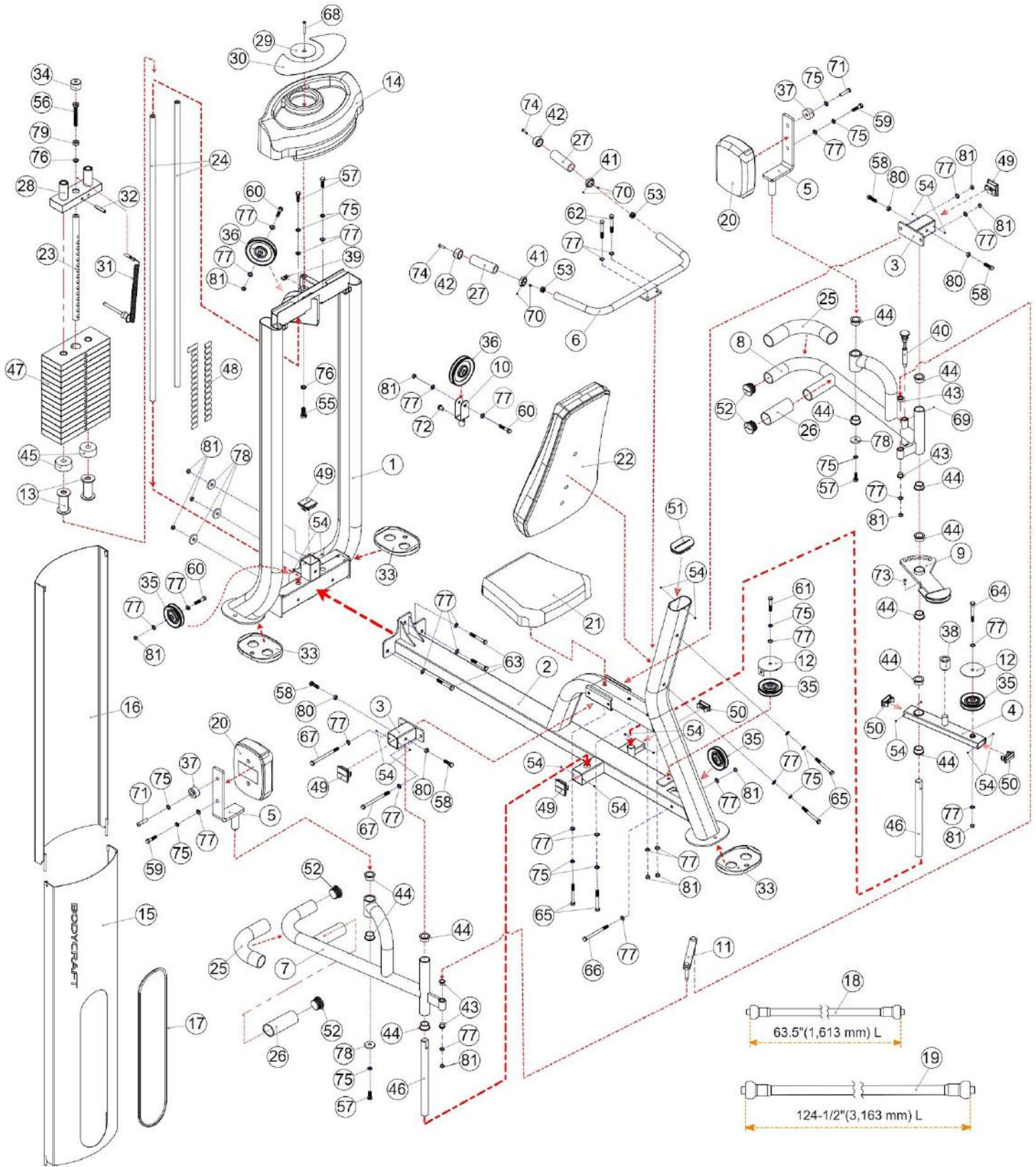
Cable has a kink and prohibits cable from lying straight. Wire rope may be unraveling beneath the casing, causing a compromise of its structural integrity.

STOP USING THE MACHINE: This cable needs to be replaced immediately.



Watch for component end of cable to pull away from cable assembly and look for exposed wire rope.

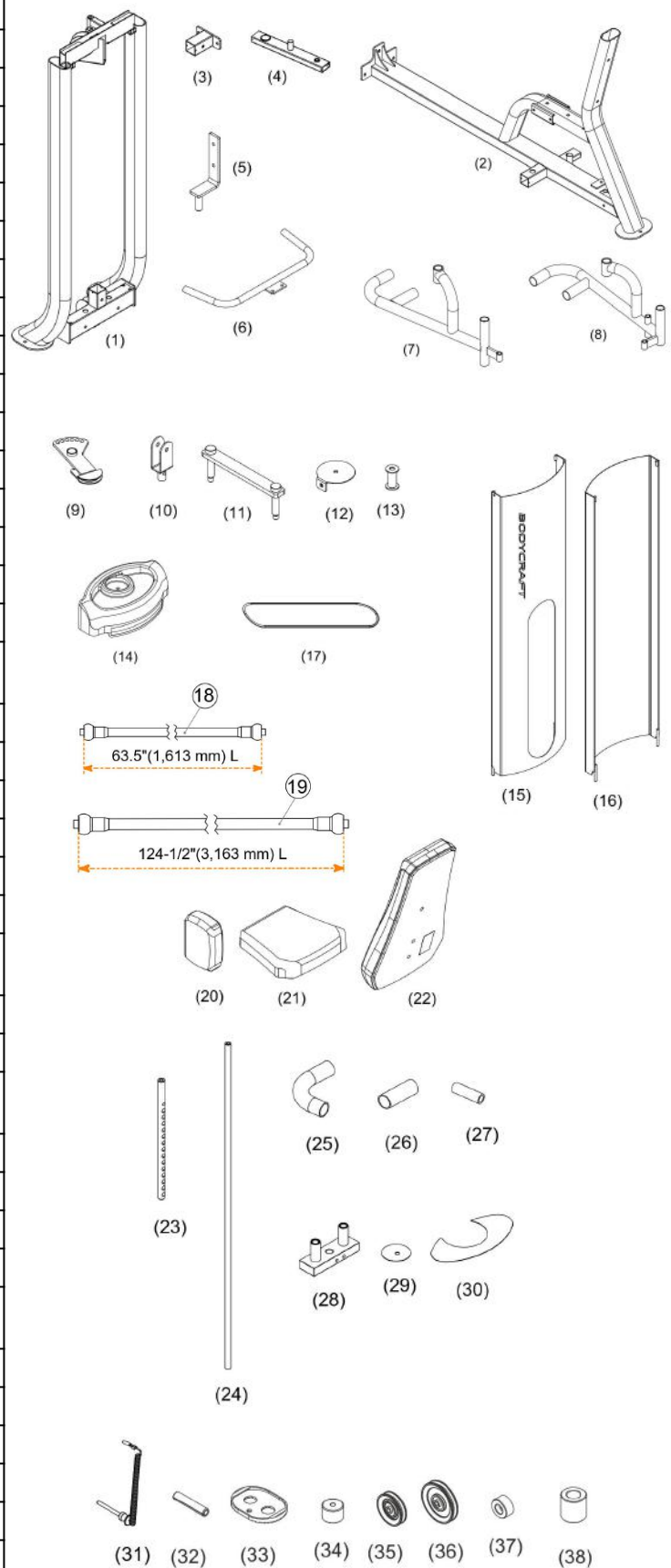
STOP USING THE MACHINE: This cable needs to be replaced immediately.



NOTE: Parts are not to scale

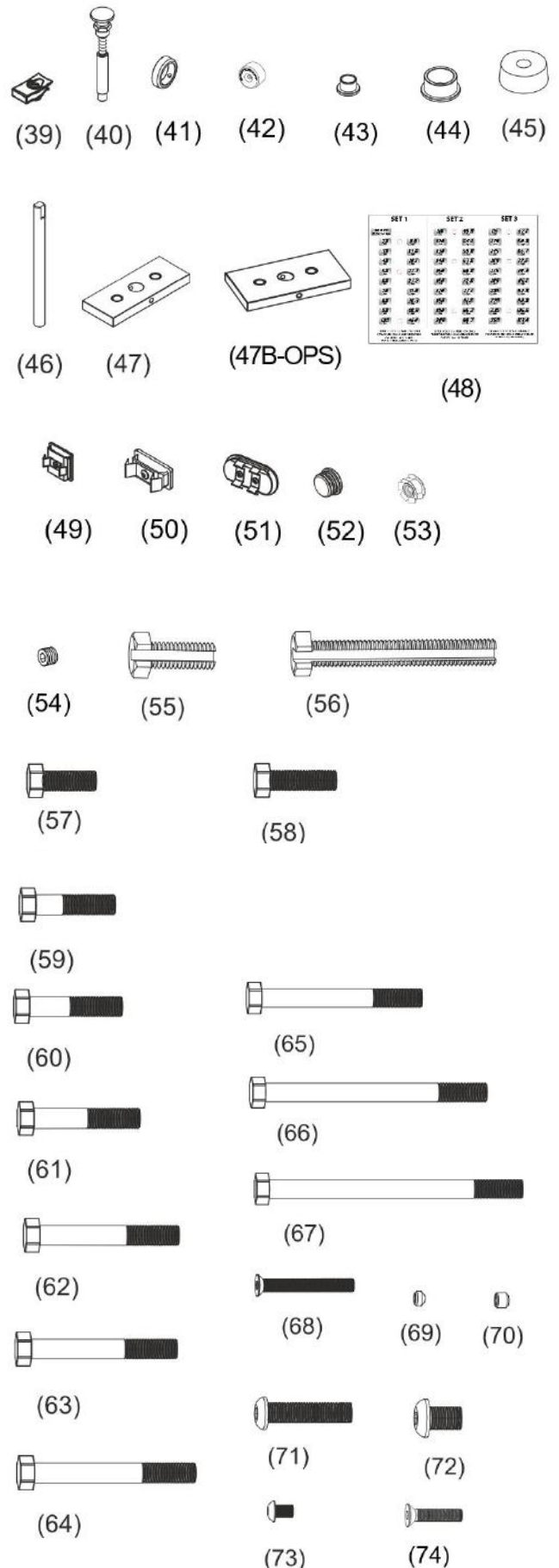
Detailed Parts List, Dual Inner / Outer Thigh (DIO)

Part #	Detailed Parts List	QTY
DIO-001	Frame, Weight Stack	1
DIO-002	Frame, Main	1
DIO-003	Frame, Pivot Axle Support Tube	2
DIO-004	Frame, Cam Support Tube	1
DIO-005	Frame, Leg Pad Pivot Bracket	2
DIO-006	Frame, Handlebar	1
DIO-007	Frame, Leg Arm, Left	1
DIO-008	Frame, Leg Arm, Right	1
DIO-009	Cam, w/ Adjustment Holes	1
DIO-010	Floating Pulley Bracket	1
DIO-011	Pivot Actuator Plate	1
DIO-012	Pulley Plate, for Single Pulley 3-1/2"	2
DIO-013	Stack Spacer, Short 3.25"	2
DIO-014	Weight Stack Shroud Cover, Top	1
DIO-015	Weight Stack Shroud Cover, Front	1
DIO-016	Weight Stack Shroud Cover, Rear	1
DIO-017	Protector Edge Strip for Weight Stack Front Cover	1
DIO-018	Cable, Upper 63.5" (1,613mm) L	1
DIO-019	Cable, Lower 124-1/2" (3,163mm) L	1
DIO-020	Pad, Leg	2
DIO-021	Pad, Seat	1
DIO-022	Pad, Back	1
DIO-023	Selector Rod, Short, 14 Holes	1
DIO-024	Guide Rod for Weight Stack, 0.75" OD x 50.3" L, 3/8" Inner Thread on One End	2
DIO-025	Rubber Tube, Long, $\Phi 43 \times \delta 3.5 \times 300\text{mm}$ L	2
DIO-026	Rubber Tube, Short, $\Phi 43 \times \delta 3.5 \times 125\text{mm}$ L	2
DIO-027	Grips, Rubber for Handlebar, $\phi 24 \times \delta 5 \times 106\text{mm}$ L	2
DIO-028	Top Plate	1
DIO-029	Shroud Lid Rubber Mat, Small	1
DIO-030	Shroud Lid Rubber Mat, Large	1
DIO-031	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DIO-032	Roll Pin, for Selector Rod to Top Plate, 10mm x 50mm L	1
DIO-033	Foot Pad, Rubber	3
DIO-034	Stopper, Rubber on Cable to Top Plate	1
DIO-035	Pulley, 90mm (3-1/2") x $\delta 26\text{mm}$ ID	4
DIO-036	Pulley, 114mm (4-1/2") x $\delta 26\text{mm}$ ID	2
DIO-037	Stopper, Rubber w/ Washer for Leg Pad	2
DIO-038	Stopper, Hard PVC, 20mm ID x 38mm OD x 38mm L	1



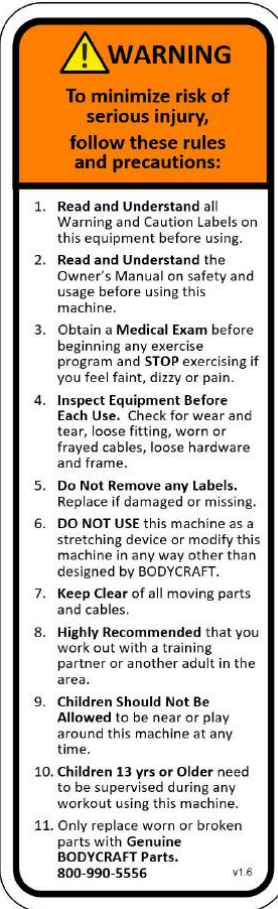
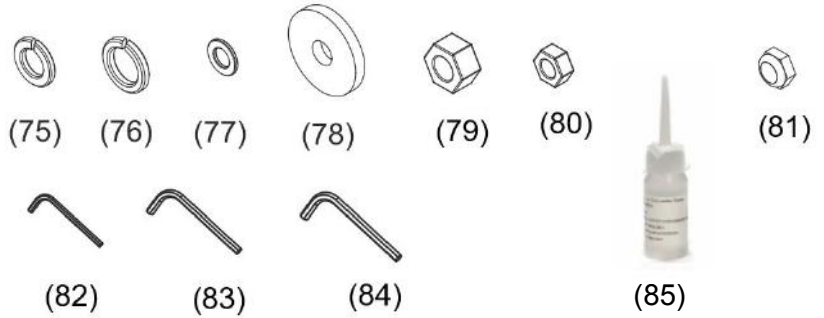
Detailed Parts List, Dual Inner / Outer Thigh (DIO)

Part #	Detailed Parts List	QTY
DIO-039	Clip Nut, M6 I.D.	1
DIO-040	Pop-Pin, Aluminum , 1/2" x 135mm L, Stiff Spring - BLUE	1
DIO-041	Ring, Aluminum Inner for Handlebar - BLUE	2
DIO-042	End Cap, Aluminum, for Handlebar w/ center recessed hole - BLUE w/ BC logo	2
DIO-043	Bushing, Brass $\Phi 12.7$ x $\Phi 16$ x $\Phi 22$	4
DIO-044	Bushing, Brass $\Phi 25.4$ x $\Phi 32$ x $\Phi 38$	12
DIO-045	Rubber Cushion for Weight Stack	2
DIO-046	Axle, Pivot, 1" x 13-1/4" for Leg Arms w/ Dual Notched Top Side & Solid Round Bottom Side	2
DIO-047	Weight Plate, 10 lbs (4.5kg), Standard 150 lb Stack	14
DIO-47B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 175 lb Weight Stack w/ 9 each #47 Plates	5
DIO-048	Sticker Set for Weight Stack, 10 lbs to 175 lbs	1
DIO-049	Plug, Square, 50.8mm x 50.8mm , Aluminum - BLUE w/ BC logo	4
DIO-050	Plug, Rectangular, 25mm x 50mm , Aluminum - BLUE w/ BC logo	3
DIO-051	Plug, Flat Oval, PT100 x 50mm, Aluminum - BLUE w/ BC logo	1
DIO-052	Plug, End for Leg Arm - BLUE w/ BC logo	4
DIO-053	Nut, Insert Dual Outward Spring, M6 x 21 mm O.D. (Used in Handlebar)	2
DIO-054	Screw, Hex Socket with Cup Point, M5 x 4mm L	16
DIO-055	Bolt, Split, 1/2" x 1-1/4" L	1
DIO-056	Bolt, Split, 1/2" x 3-1/2" L	1
DIO-057	Bolt, Hex, 3/8" x 1" L	4
DIO-058	Bolt, Hex, 3/8" x 1-1/4" L	4
DIO-059	Bolt, Hex, 3/8" x 1-1/2" L	2
DIO-060	Bolt, Hex, 3/8" x 1-3/4" L	3
DIO-061	Bolt, Hex, 3/8" x 2" L	1
DIO-062	Bolt, Hex, 3/8" x 2-5/8" L	2
DIO-063	Bolt, Hex, 3/8" x 2-3/4" L	3
DIO-064	Bolt, Hex, 3/8" x 3" L	1
DIO-065	Bolt, Hex, 3/8" x 3-1/4" L	4
DIO-066	Bolt, Hex, 3/8" x 4-3/8" L	1
DIO-067	Bolt, Hex, 3/8" x 5-1/8" L	2
DIO-068	Bolt, Recessed Countersunk Head, M6 x 50mm L	1
DIO-069	Screw, Inner Hex Set, 10#-32UNF-1/8"	1
DIO-070	Screw, Inner Hex, M5 x 4mm L	4
DIO-071	Bolt, Recessed Flat Head, 3/8" x 1-3/4" L	2
DIO-072	Bolt, Recessed Flat Head, 7/16" x 5/8" L	1
DIO-073	Screw, Umbrella Head, 1/4" x 3/4" L	1
DIO-074	Bolt, Recessed Countersunk Head, M6 x 25mm L (Used in Handlebar)	2



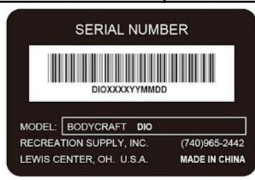
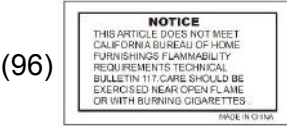
NOTE: Parts are not to scale

Part #	Detailed Parts List	QTY
DIO-075	Washer, Spring, 3/8"	13
DIO-076	Washer, Spring, 1/2"	2
DIO-077	Washer, Flat, 3/8"	32
DIO-078	Washer, Flat, Large, 3/8"	5
DIO-079	Nut, Hex, 1/2"	1
DIO-080	Nut, Hex, 3/8"	4
DIO-081	Nut, Nylon Lock, Thin, 3/8"	14
DIO-082	Wrench, Hex, 5/32"	1
DIO-083	Wrench, Hex, 7/32"	1
DIO-084	Wrench, Hex, 1/4"	1
DIO-085	Silicone Lube Bottle, for Guide Rods	1
DIO-086	Warning Label - Fasten the machine to the floor	1
DIO-087	Caution Label - The Pull-PIN must be fully engaged into the hole before use	1
DIO-088	Warning Label - Please utilize this equipment solely for its designated purpose	1
DIO-089	Warning Label - Be aware of moving parts	1
DIO-090	Warning Label - Master Rules and Precautions	1
DIO-091	Warning Label - Do not at any time lean against framework	1
DIO-092	Warning Label - Pinch Point, Horizontal	2
DIO-093	Poster - Exercise Guide	1
DIO-094	Label - Maintenance Schedule	1
DIO-095	Label - California Proposition 65 Warning	1
DIO-096	Label - Notices for Pads	4
DIO-097	Label - Serial Number	1
DIO-098	Label - QR code	1
DIO-099	Label - Trademark	1
DIO-100	Label - Machine Name	1



MAINTENANCE SCHEDULE				
This checklist needs to be followed before any user starts to exercise. Please replace all parts at first signs of wear or damage. Do not use machine until repaired as needed.	DAILY	WEEKLY	MONTHLY	12-MONTHS
	Upholstery - Wipe down and dry. - Clean and condition.		X	
Bolts, Nuts & Fasteners - Visually check they are secure & tighten if needed. - Tighten per Torque Specs (Semi-Annually if needed)	X			X
Cables - Visually check for any unusual bends, kinking, fraying plastic cover or ends coming loose. - Adjust cable tension and tighten the locking nut at weight stack.	X			X
Guide Rods & Seat Sleeves - Clean & Lubricate w/ virgin Silicone or Teflon lube.			X	
Linear Bearing Guide Rods - Clean & Lubricate with Teflon (PTFE) grease.			X	
Tightening Knobs		X		
Locking Pins		X		
Weight Stack Pins		X		
Pop Pins / Springs		X		
- Check all for functionality.		X		
Warning Labels		X		
Anti-Skid Surfaces		X		
Hand Grips & Rollers		X		
- Inspect all above items for wear or if missing.		X		
Frame & Chrome			X	
- Clean and dry.			X	
- Clean and Wax.			X	

Additional information, step-by-step processes, and more detailed instructions, refer to the machines Owner's Manual or contact BODYCRAFT Customer Support.
800-990-5556
v1.6



NOTE: Parts are not to scale

Warranty Registration, Strength, Dual Inner / Outer Thigh (DIO)

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:

CONSOLE 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



For the detailed product Warranty go directly to the **Owner's Manual** or scan this QR code.

Warranty Registration for Assembly Manual v1.2

Required Information BEFORE Initiating a Service Case

The following information is needed to help expedite troubleshooting and to ensure the correct part(s) are sent if needed for a repair:

- 1) What product / model # do you have?
- 2) Unit serial number?
- 3) Installed by a dealer or direct sale?
- 4) Date of installation?
- 5) Date of service issue?
- 6) Complaint or problem, including any Error Codes?
- 7) Has the software been updated?
- 8) What part(s) are being requested?
- 9) Any picture or video will help with troubleshooting or exact part(s) needed.



**800.990.5556
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