

# BODYCRAFT

## EXP SERIES™

### Dual Leg Press / Calf (DLP)



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/>



## Owner's Manual

DLP\_OM v1.2



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 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

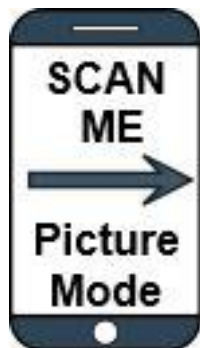
**Phone:** 800-990-5556 9 am - 5 pm EST **Email:** [service@bodycraft.com](mailto:service@bodycraft.com)

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>



## Table of Contents, Dual Leg Press / Calf (DLP)



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## 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.**

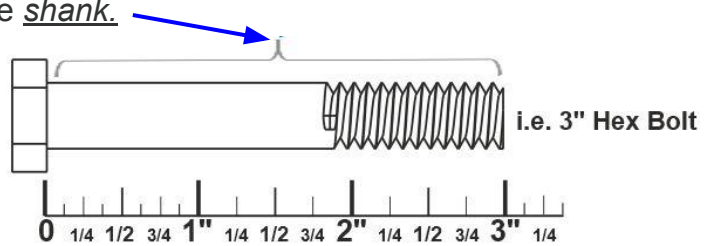
- Before beginning this or any other exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through 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](mailto:support@bodycraft.com)



## Important Notes, Recommended Tools & Cleaners, Dual Leg Press / Calf (DLP)

### 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**  
(Only a 9/16 is needed)



**OPEN/CLOSED 9/16 WRENCH  
& ADJUSTABLE WRENCH**  
(Only a 9/16 is needed)



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



**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



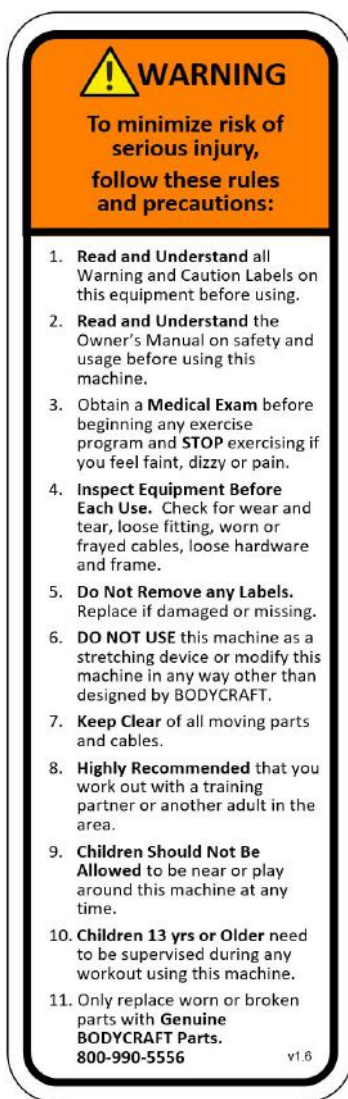
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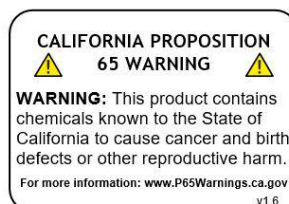
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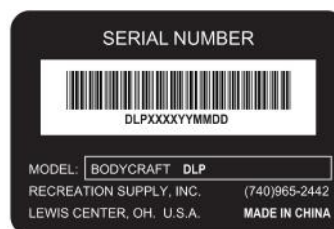
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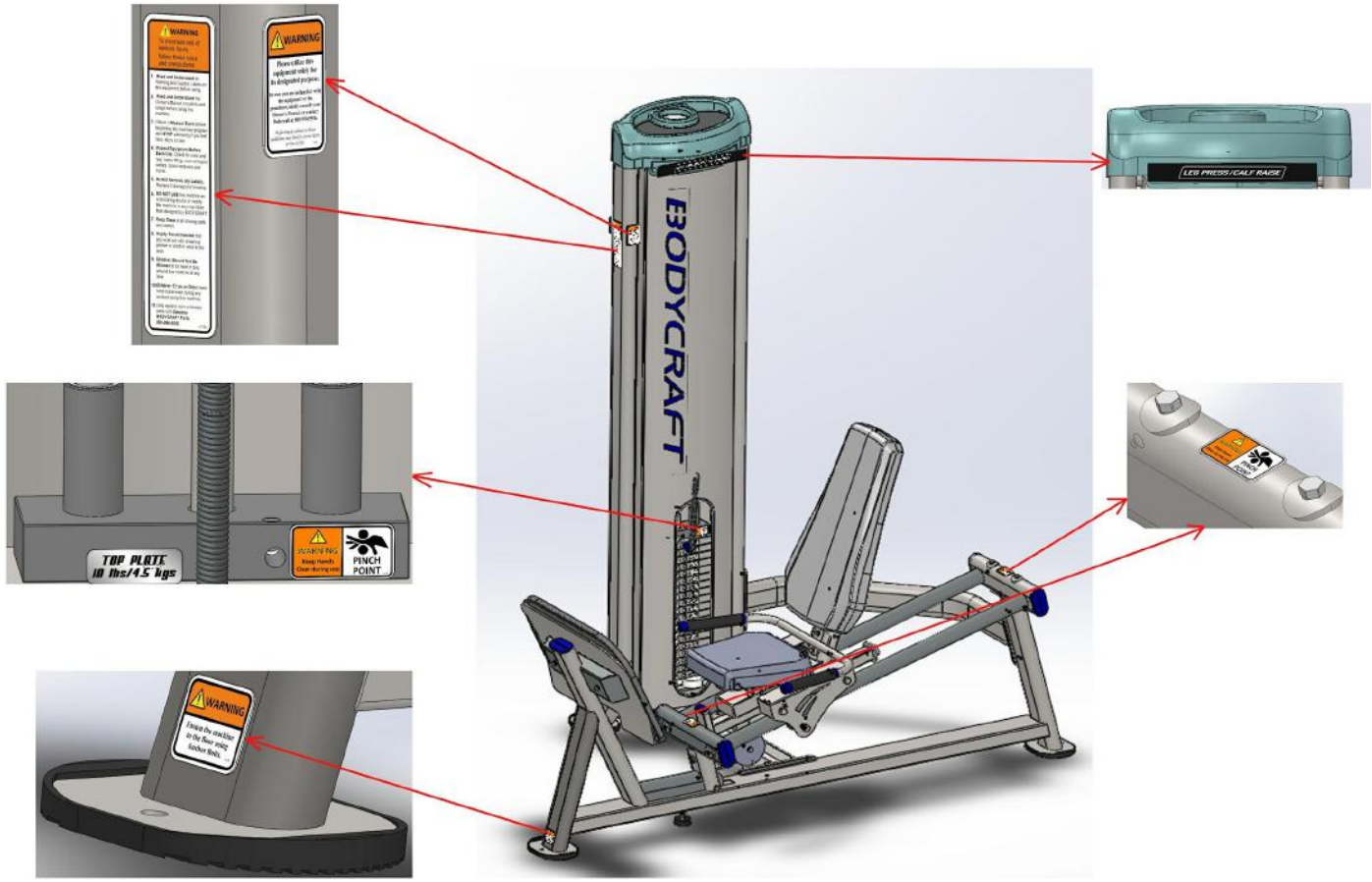
MAINTENANCE SCHEDULE				
This checklist needs to be followed before any user starts to exercise. Please replace all parts at first signs of wear or damage. Do not use machine until repaired as needed.	DAILY	WEEKLY	MONTHLY	12-MONTHS
	<b>Upholstery</b> - Wipe down and dry. - Clean and condition	X		X
<b>Bolts,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

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**NOTE:** Labels are not to scale

# Warning Labels, Maintenance Schedule & Serial Number Placement, DLP



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

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

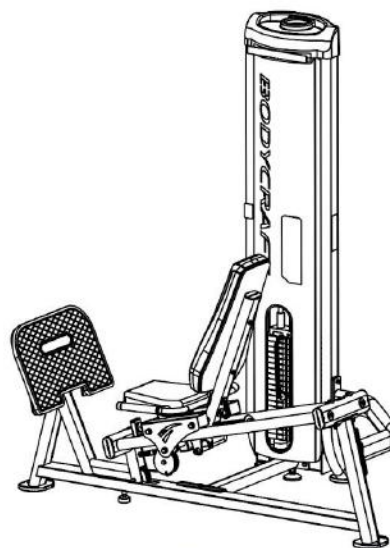
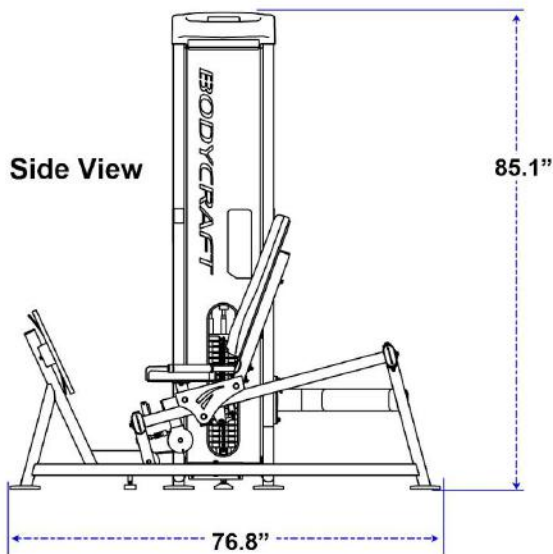


**NOTE:** Parts & Labels are not to scale

**Carefully read ALL warning, caution & maintenance schedule labels**

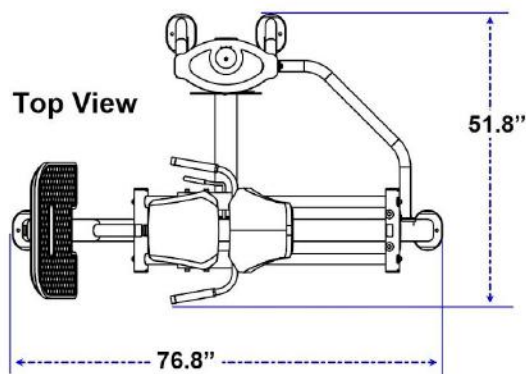
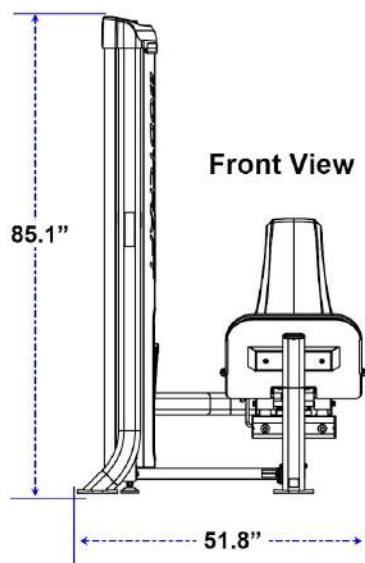


# Machine Dimensions & Recommended Training Area, DLP



## DLP Overall Dimensions

76.8" L x 51.8" W x 85.1" H  
 (195 cm L x 131.6 cm W x 216.2 cm H)

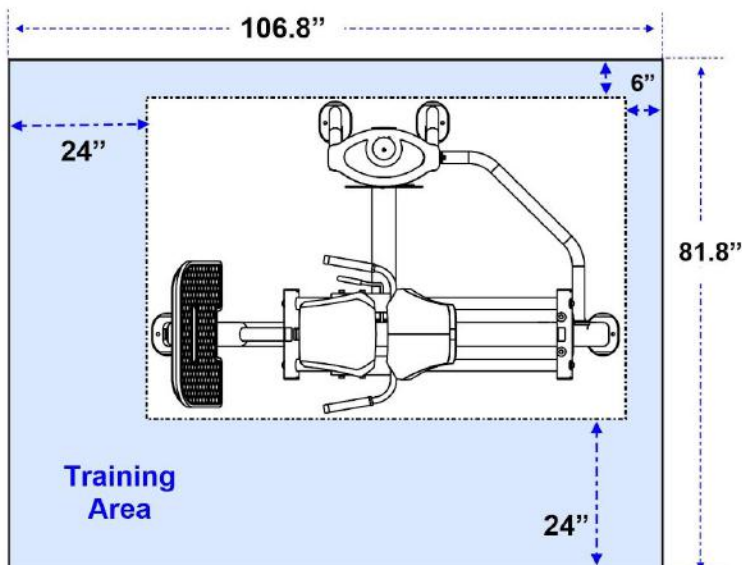



## Recommended Training Area

106.8" L x 81.8" W  
 (271.3 cm L x 207.8 cm W)

Right Side & Back: 6" (15.3 cm)

Left Side & Front: 24" (61 cm)

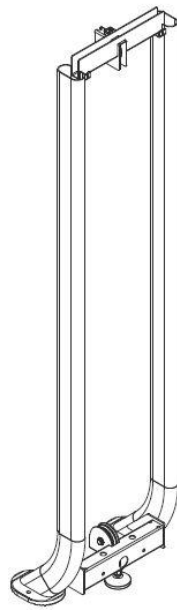


 **For ADA Compliance under #1004 Exercise Machines and Equipment:**  
 Minimum of 36" for entry, use & exit of machine required. Add 12" in the Training Area where needed.

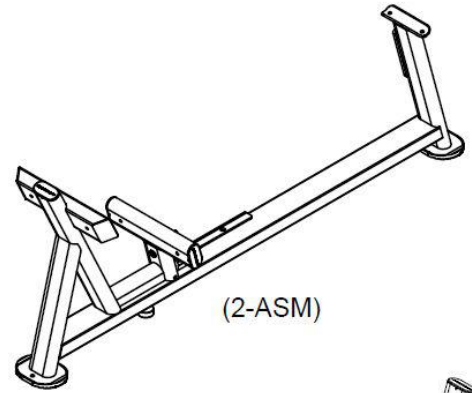
ADA Compliant



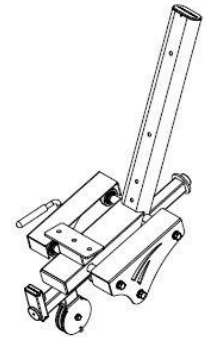
Part #	Assembly Parts List	QTY
DLP-001-ASM	Frame, Weight Stack - Assembly	1
DLP-002-ASM	Frame, Main - Assembly	1
DLP-003-ASM	Frame, Seat Carriage for Seat Pad and Back Pad - Assembly	1
DLP-004	Frame, Connector, Bottom	1
DLP-009	Frame, Connecting, Rear	1
DLP-010-ASM	Frame, Rear for Guide Rail Rods - Assembly	1
DLP-012-ASM	Frame, Handlebar - Assembly	1
DLP-013-ASM	Weight Stack Shroud Cover, Front - Assembly	1
DLP-014	Weight Stack Shroud Cover, Rear	1
DLP-015-ASM	Weight Stack Shroud Cover, Top - Assembly	1
DLP-018-ASM	Top Plate w/ Selector Rod - Assembly	1
DLP-021	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DLP-024	Guide Rail for Seat Carriage , 2" OD x 1,225.6mm L, 3/8" nuts inserted & welded both ends	2
DLP-027	Clevis Bracket for Cable End attachment, 24mm RD x 47mm	1
DLP-029-ASM	Cable, Main, 196-3/4" (4,997 mm) L - Assembly	1



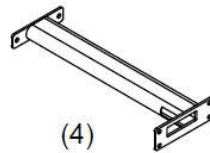
(1-ASM)



(2-ASM)



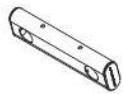
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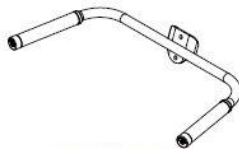
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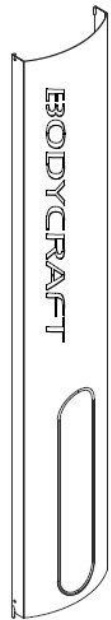
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(10-ASM)



(12-ASM)



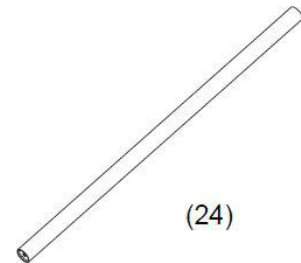
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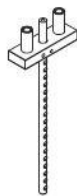
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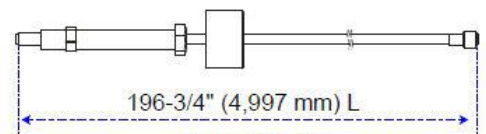
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(15-ASM)



(18-ASM)

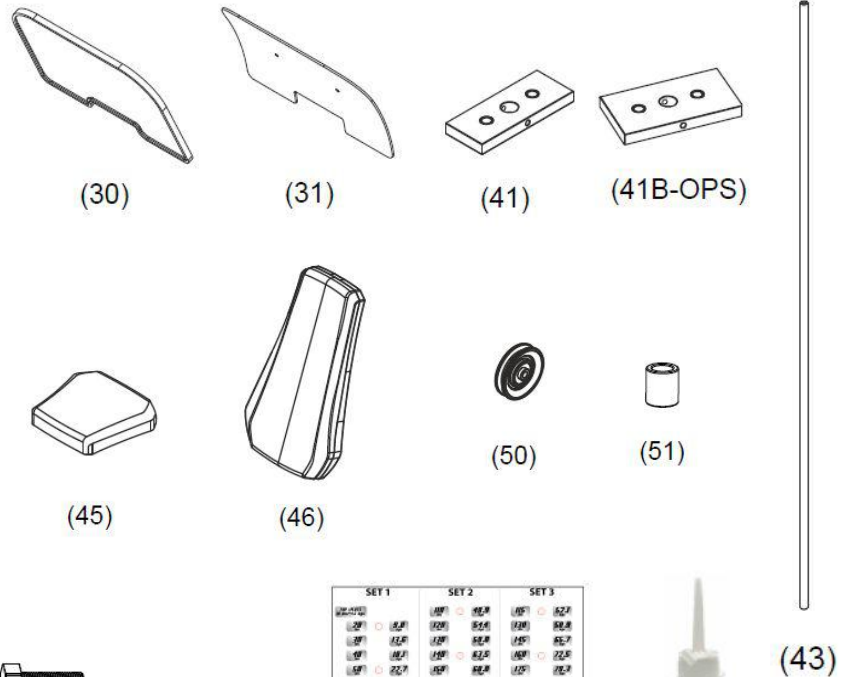


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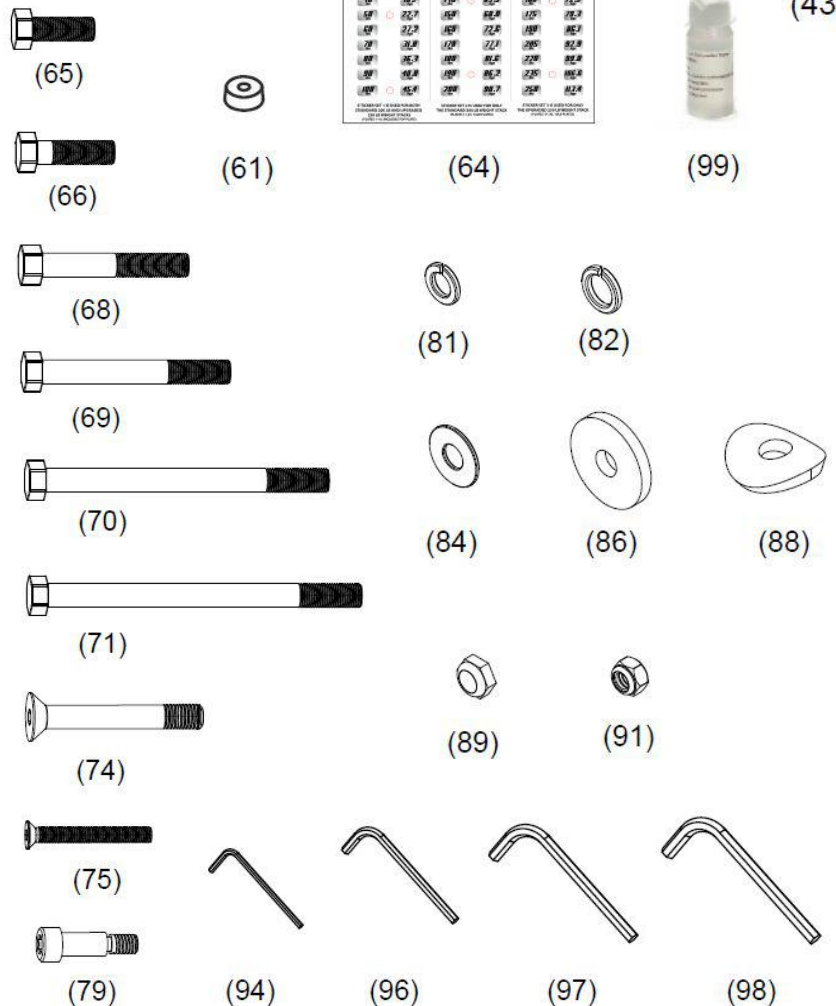
NOTE: Parts are not to scale

**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
DLP-030	Foot Plate, Rubber Cover	1
DLP-031	Foot Plate	1
DLP-041	Weight Plate, 10 lbs (4.5kg), Standard 200 lb Weight Stack	19
DLP-41B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 250 lb Weight Stack w/ 9 each #41 Plates	10
DLP-043	Guide Rod for Weight Stack, 0.75" OD x 76.2" L, 3/8" Inner Thread on One End	2
DLP-045	Pad, Seat	1
DLP-046	Pad, Back	1
DLP-050	Pulley, 90mm (3-1/2") x 626mm ID	2
DLP-051	Spacer Sleeve, φ16 x φ10.5 x 18mm L	1
DLP-061	Rubber Cushion for Weight Stack	4
DLP-064	Sticker Set for Weight Stack, for 200 lb or 250 lb Stack	1
DLP-099	Silicone Lube Bottle, for Guide Rods	1



Part #	Assembly Hardware	QTY
DLP-065	Bolt, Hex 3/8" x 1" L	8
DLP-066	Bolt, Hex 3/8" x 1-1/4" L	8
DLP-068	Bolt, Hex 3/8" x 2-1/2" L	1
DLP-069	Bolt, Hex 3/8" x 3" L	6
DLP-070	Bolt, Hex 3/8" x 4-1/2" L	1
DLP-071	Bolt, Hex 3/8" x 5" L	2
DLP-074	Bolt, Recessed Countersunk Head, 3/8" x 2-3/4" L	2
DLP-075	Bolt, Recessed Countersunk Head, M6 x 50mm L	1
DLP-079	Bolt, Shoulder, 5/16" x φ9.5mm x 19mm L	1
DLP-081	Washer, Spring, 3/8"	19
DLP-082	Washer, Spring, 1/2"	1
DLP-084	Washer, Flat, 3/8"	25
DLP-086	Washer, Flat, Large, 3/8"	8
DLP-088	Washer, Arc, Large, φ10, R25	2
DLP-089	Nut, Nylon Lock, Thin, 3/8"	9
DLP-091	Nut, Nylon Lock, Thick, 5/16"	1
DLP-094	Wrench, Hex, 3/32"	1
DLP-096	Wrench, Hex, 5/32"	1
DLP-097	Wrench, Hex, 7/32"	1
DLP-098	Wrench, Hex, 1/4"	1



**NOTE:** Parts are not to scale

## Shipping Boxes & What's Inside Each One, Dual Leg Press / Calf (DLP)

### Large Box 1 of 2

**Net Weight:** 228 lbs (103 KG)

**Gross Weight:** 254 lbs (115 KG)

**Box Size:** 84" L x 32" W x 19" H  
(2,130mm L x 790mm W x 460mm H)



### Large Box 2 of 2

**Net Weight:** 148 lbs (67 KG)

**Gross Weight:** 168 lbs (76 KG)

**Box Size:** 86" L x 24" W x 14" H  
(2,160mm L x 600mm W x 350mm H)



### Small Boxes 3 ea. (total)

#### Standard 200 lb Stack

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

3 box, 5ea of 10 lb plates = **50 lbs per CWP10(5) box**



#### Upgraded to 250 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**

2 boxes, 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 facing outward with feet on 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.

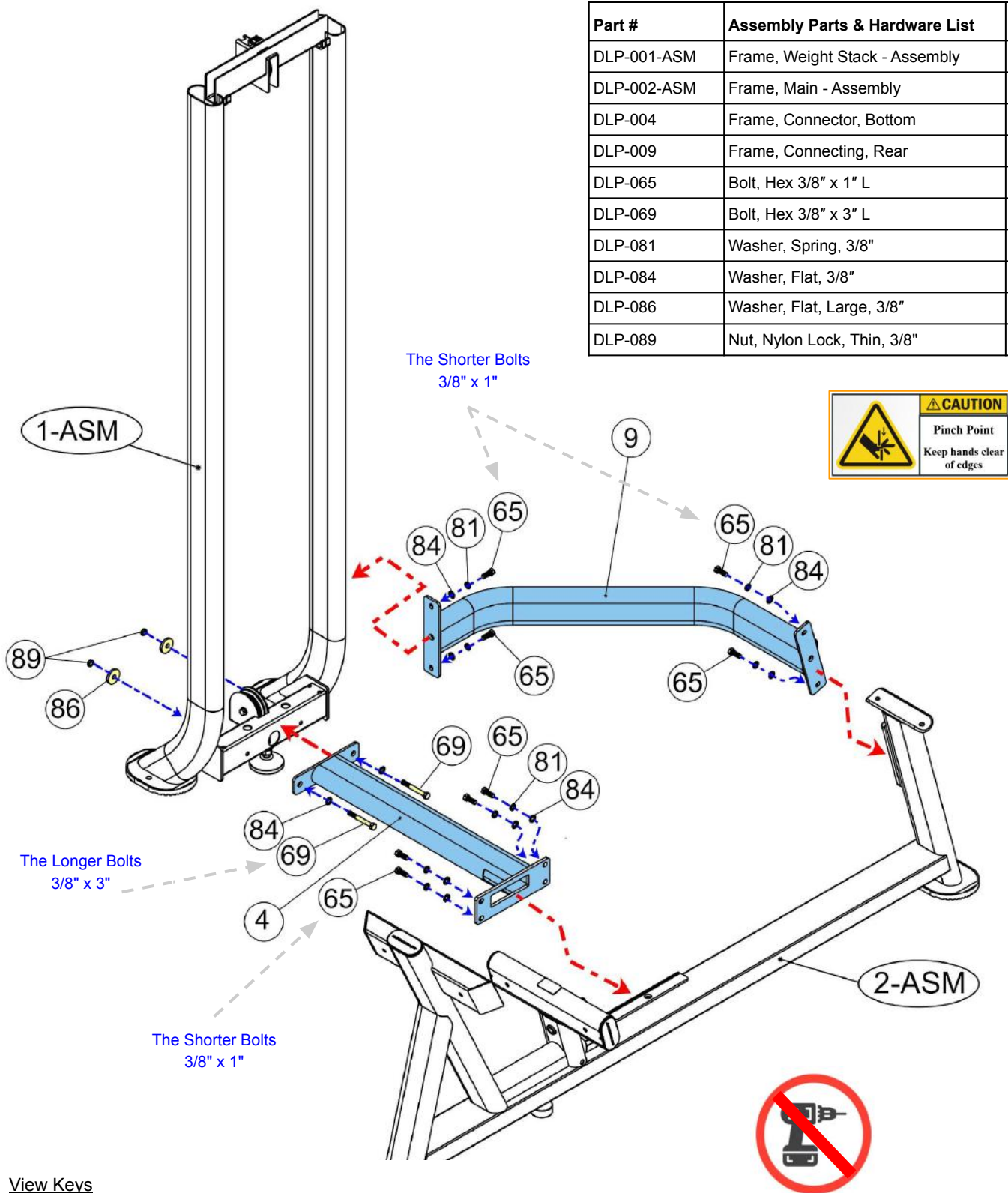
During the assembly, hardware needs to be finger tight until the STEPS of “Torque Time”. This will ensure sub-frame and other parts will easily fit together and not strip out bolt threads during assembly.



# Product Assembly, Dual Leg Press / Calf (DLP)

## STEP 1: Install Main Frame & Weight Stack Frame w/ the Connector Frames

Part #	Assembly Parts & Hardware List	QTY
DLP-001-ASM	Frame, Weight Stack - Assembly	1
DLP-002-ASM	Frame, Main - Assembly	1
DLP-004	Frame, Connector, Bottom	1
DLP-009	Frame, Connecting, Rear	1
DLP-065	Bolt, Hex 3/8" x 1" L	8
DLP-069	Bolt, Hex 3/8" x 3" L	2
DLP-081	Washer, Spring, 3/8"	8
DLP-084	Washer, Flat, 3/8"	10
DLP-086	Washer, Flat, Large, 3/8"	2
DLP-089	Nut, Nylon Lock, Thin, 3/8"	2



### 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.



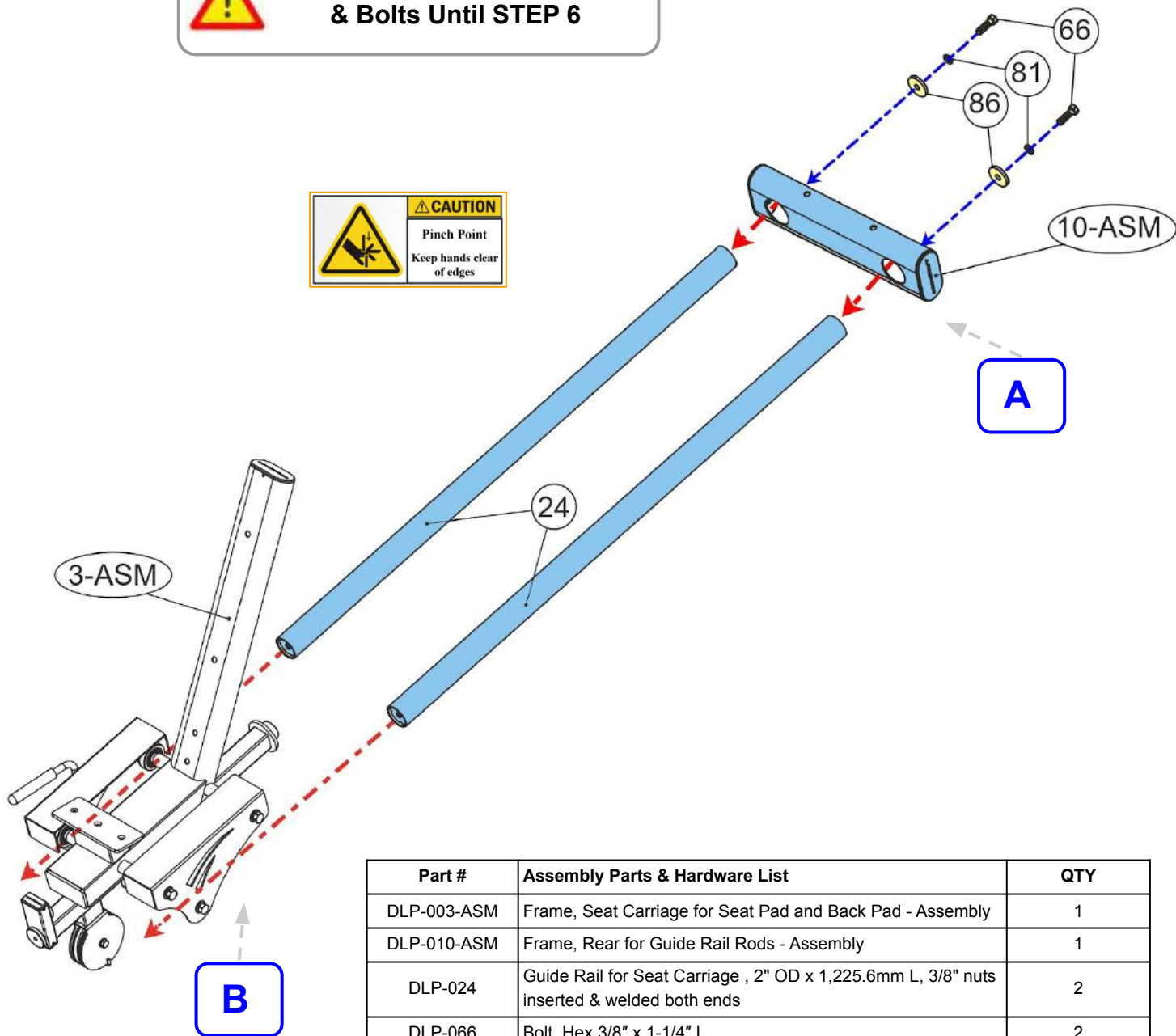
**Please Hand Tighten All Nuts & Bolts Until STEP 6**

**STEP 2a: Install Rear Rail Frame to the Guide Rails**

**STEP 2b: Install Guide Rails through the Seat Carriage**

 Please Hand Tighten All Nuts & Bolts Until STEP 6

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



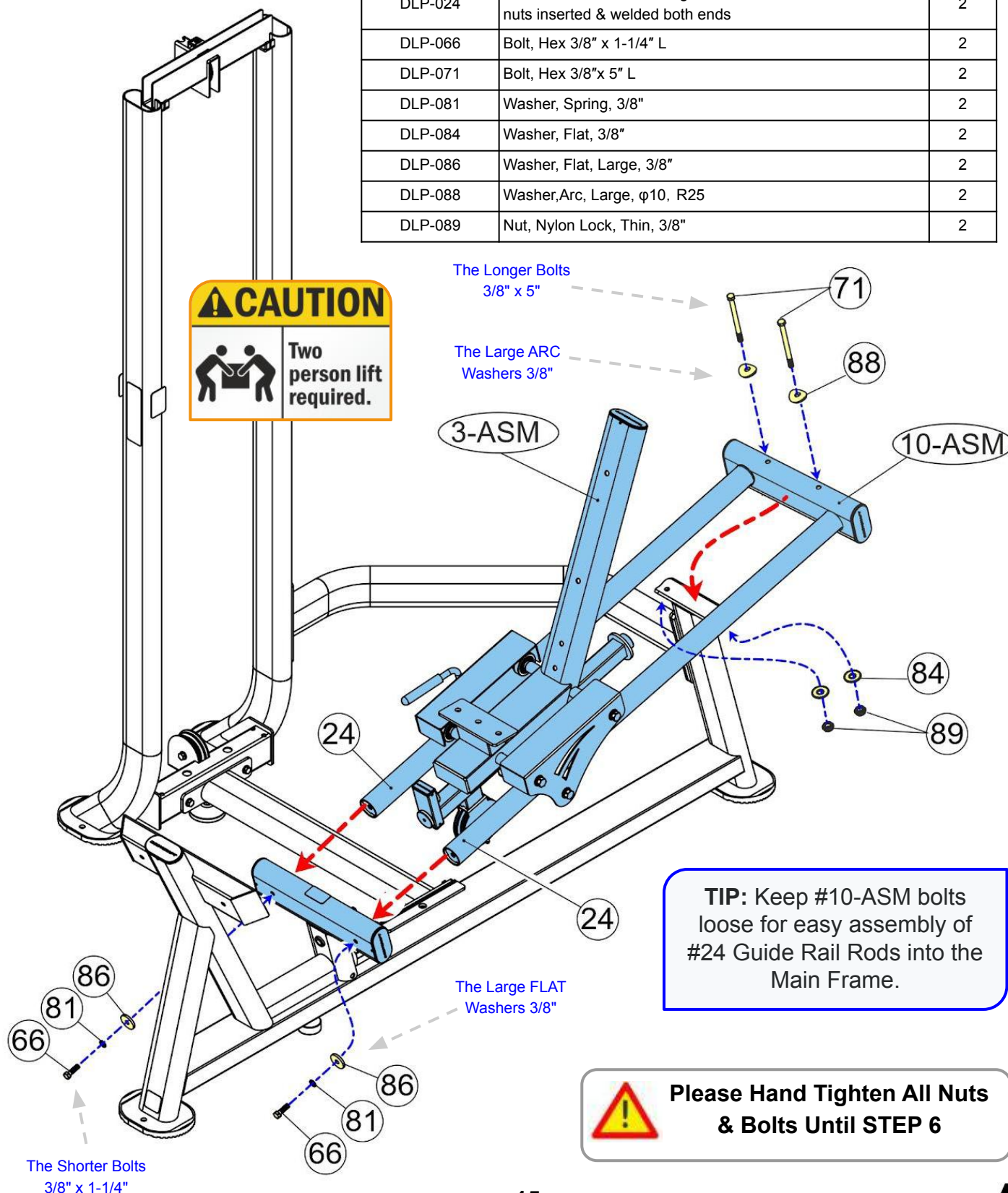
Part #	Assembly Parts & Hardware List	QTY
DLP-003-ASM	Frame, Seat Carriage for Seat Pad and Back Pad - Assembly	1
DLP-010-ASM	Frame, Rear for Guide Rail Rods - Assembly	1
DLP-024	Guide Rail for Seat Carriage , 2" OD x 1,225.6mm L, 3/8" nuts inserted & welded both ends	2
DLP-066	Bolt, Hex 3/8" x 1-1/4" L	2
DLP-081	Washer, Spring, 3/8"	2
DLP-086	Washer, Flat, Large, 3/8"	2

# Product Assembly, Dual Leg Press / Calf (DLP)

## STEP 3: Install PreAssembled Parts from STEP 2



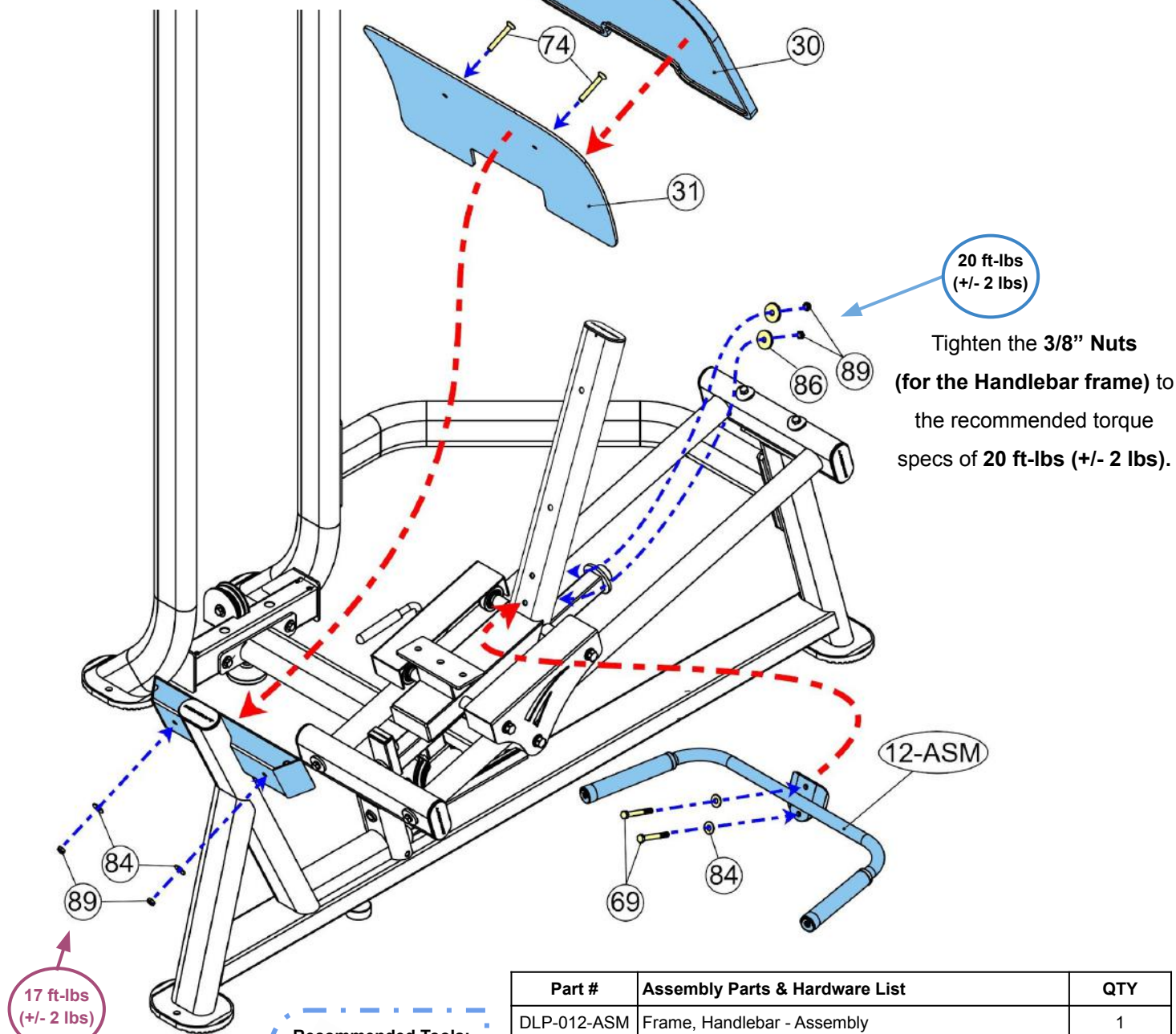
Part #	Assembly Parts List	QTY
DLP-003-ASM	Frame, Seat Carriage for Seat Pad and Back Pad - Assembly	1
DLP-010-ASM	Frame, Rear for Guide Rail Rods - Assembly	1
DLP-024	Guide Rail for Seat Carriage , 2" OD x 1,225.6mm L, 3/8" nuts inserted & welded both ends	2
DLP-066	Bolt, Hex 3/8" x 1-1/4" L	2
DLP-071	Bolt, Hex 3/8" x 5" L	2
DLP-081	Washer, Spring, 3/8"	2
DLP-084	Washer, Flat, 3/8"	2
DLP-086	Washer, Flat, Large, 3/8"	2
DLP-088	Washer, Arc, Large, φ10, R25	2
DLP-089	Nut, Nylon Lock, Thin, 3/8"	2





**STEP 4:** Install Foot Plate, Foot Plate Rubber Cover & Handlebar Frame

 **ONLY Tighten STEP 4 Hardware at this time**



**17 ft-lbs (+/- 2 lbs)**

Tighten the 3/8" Nuts (for the Foot Plate) to the recommended torque specs of 17 ft-lbs (+/- 2 lbs).

**Recommended Tools:**



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

Part #	Assembly Parts & Hardware List	QTY
DLP-012-ASM	Frame, Handlebar - Assembly	1
DLP-030	Foot Plate, Rubber Cover	1
DLP-031	Foot Plate	1
DLP-069	Bolt, Hex 3/8" x 3" L	2
DLP-074	Bolt, Recessed Countersunk Head, 3/8" x 2-3/4" L	2
DLP-084	Washer, Flat, 3/8"	4
DLP-086	Washer, Flat, Large, 3/8"	2
DLP-089	Nut, Nylon Lock, Thin, 3/8"	4



# Product Assembly, Dual Leg Press / Calf (DLP)

## STEP 5a: Install & Lube Guide Rods, Rubber Cushions, Weight Plates. & Top Plate-ASM

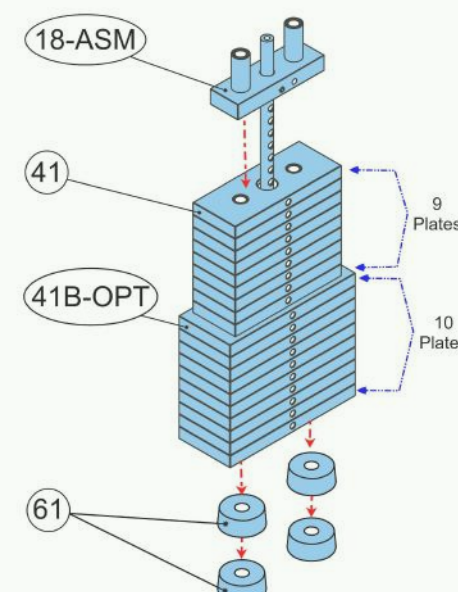
 **Please Hand Tighten All Nuts & Bolts Until STEP 6**

Part #	Assembly Parts & Hardware List	QTY
DLP-018-ASM	Top Plate w/ Selector Rod - Assembly	1
DLP-041	Weight Plate, 10 lbs (4.5kg), Standard 200 lb Weight Stack	19
DLP-41B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 250 lb Weight Stack w/ 9 each #41 Plates	10
DLP-043	Guide Rod for Weight Stack, 0.75" OD x 76.2" L, 3/8" Inner Thread on One End	2
DLP-061	Rubber Cushion for Weight Stack	4
DLP-066	Bolt, Hex 3/8" x 1-1/4" L	2
DLP-081	Washer, Spring, 3/8"	2
DLP-084	Washer, Flat, 3/8"	2
DLP-099	Silicone Lube Bottle, for Guide Rods	1

**Standard 200 lb stack use the following:**

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

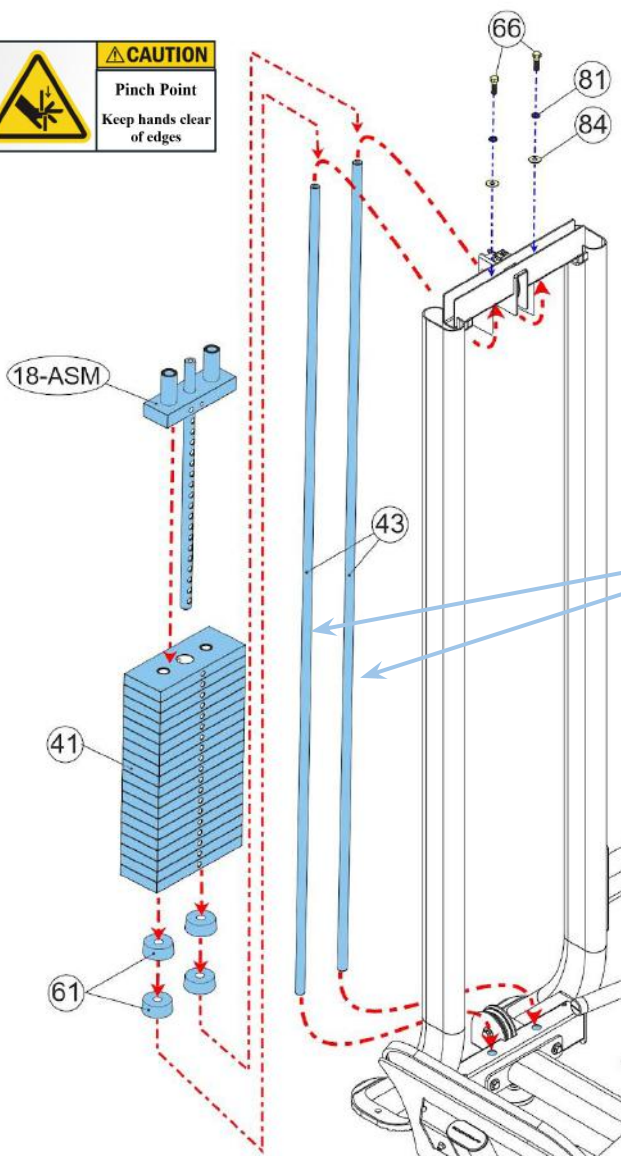
**Upgraded to 250 lb stack use the following:**



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  
 2 boxes, 5ea of 15 lb plates = 75 lbs per CWP15(5) box

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

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



**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.

# Product Assembly, Weight Stack Stickers Installation, Dual Leg Press / Calf (DLP)

## STEP 5b: Clean Weight Stack



MINIMUM 65 DEGREES & LOW HUMIDITY



RUBBING ALCOHOL

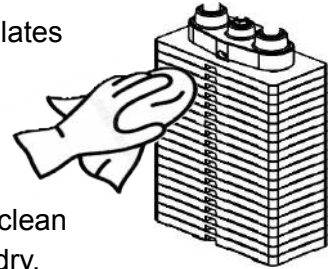


CLEAN COTTON CLOTH

**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.

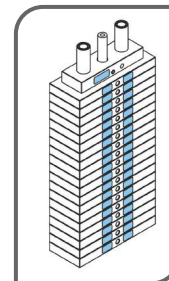
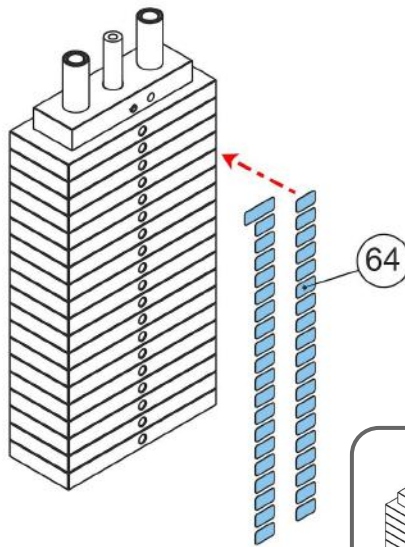


Then wipe dry with another clean cloth or allow to completely air dry.

## STEP 5c: Install Weight Stack Stickers

Standard 200 lb = Sticker Set 1 & 2  
Optional 250 lb = Sticker Set 1 & 3

Part #	Assembly Parts List	QTY
DLP-064	Sticker Set for Weight Stack, for 200 lb or 250 lb Stack	1



SET 1	SET 2	SET 3
<b>TOP PLATE</b> 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.

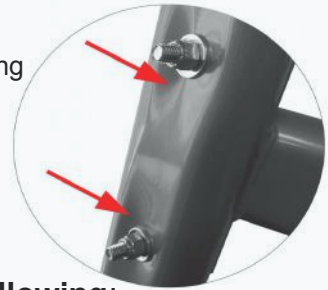
## Product Assembly, Dual Leg Press / Calf (DLP)

### STEP 6a: "Torque Time" on ALL Nuts & Bolts from STEP 1 - 5a

**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.

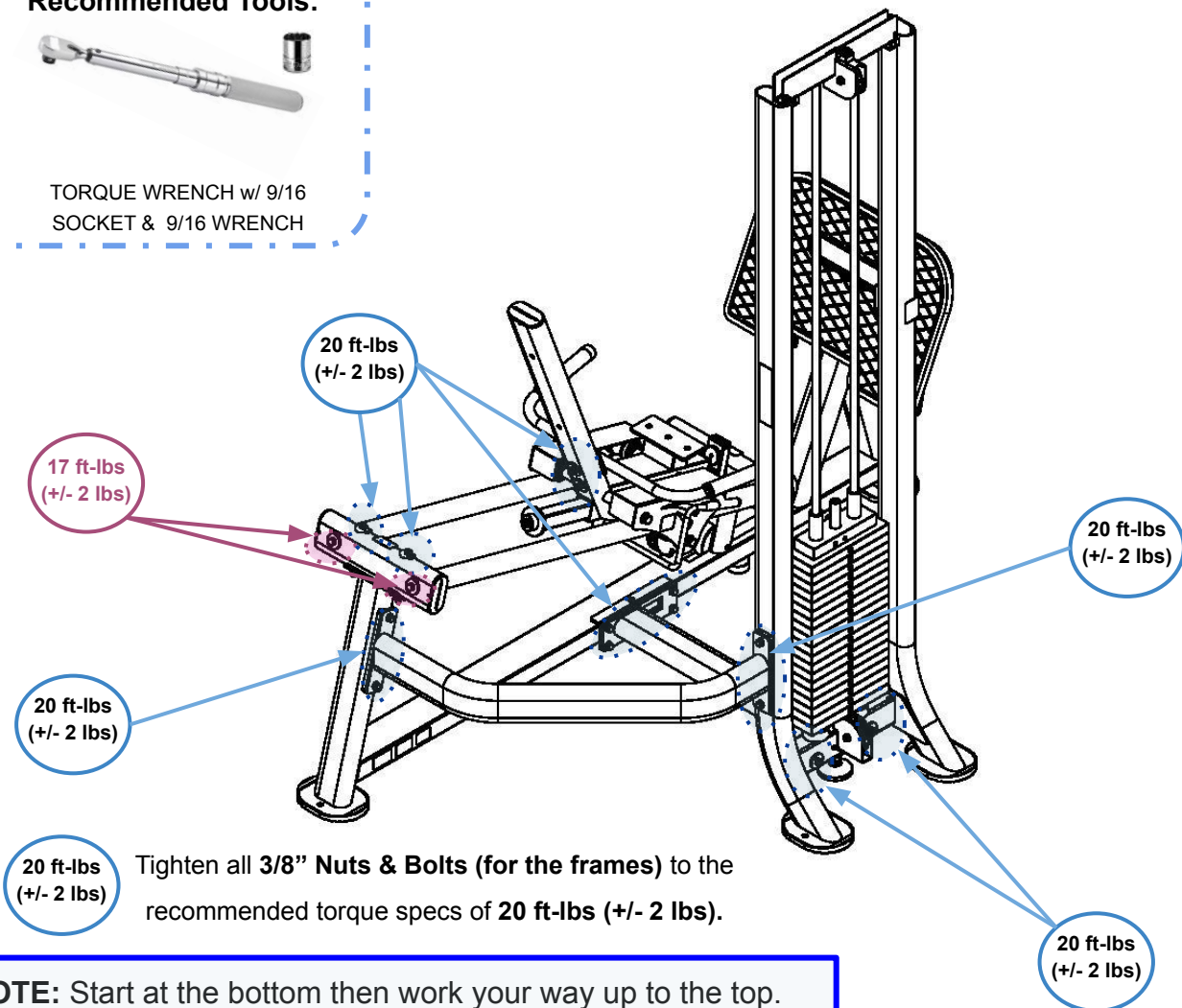
<https://www.wikihow.com/Use-a-Torque-Wrench#Video>



#### Recommended Tools:



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



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



## Product Assembly, Dual Leg Press / Calf (DLP)

**STEP 6b:** Continue "Torque Time" on ALL Frame & Guide Rod Nuts & Bolts from STEPS 1 - 5a

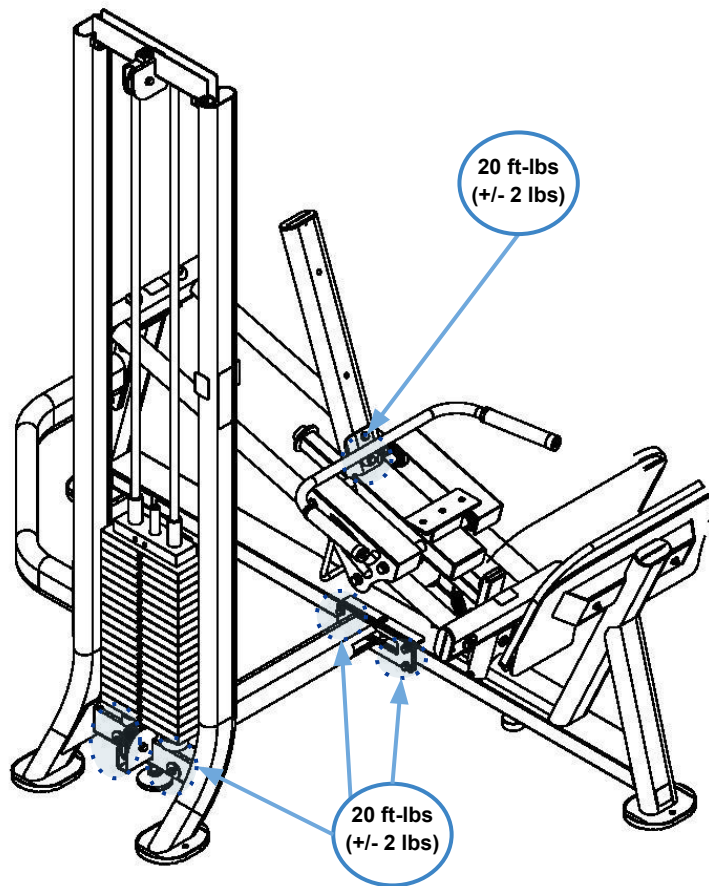
### Recommended Tools:



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

Tighten all 3/8" Bolts (for the weight stack guide rods) to the recommended torque specs of 12.5 ft-lbs (+/- 1 lbs).

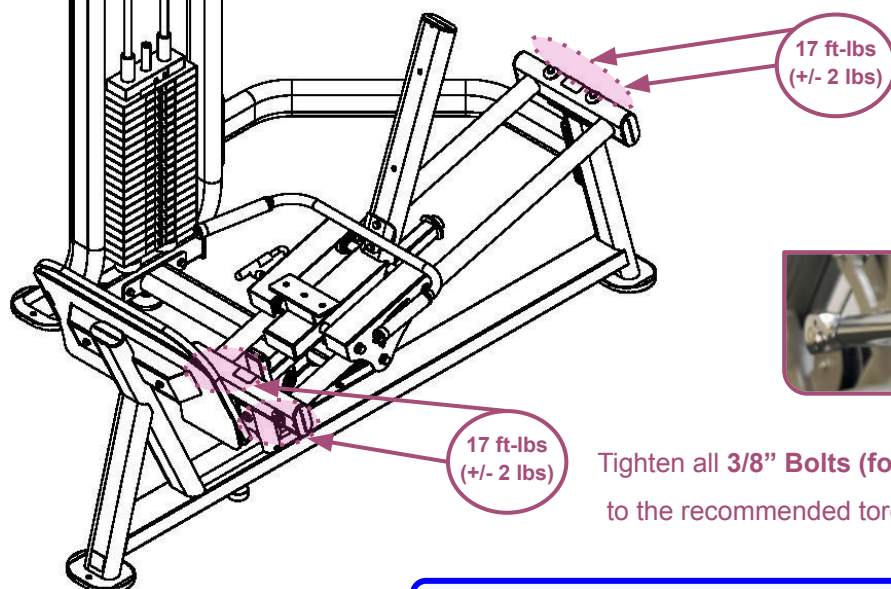
12.5 ft-lbs  
(+/- 1 lbs)



20 ft-lbs  
(+/- 2 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).



17 ft-lbs  
(+/- 2 lbs)

17 ft-lbs  
(+/- 2 lbs)

Tighten all 3/8" Bolts (for the Seat Carriage Guide Rails) to the recommended torque specs of 17 ft-lbs (+/- 2 lbs).



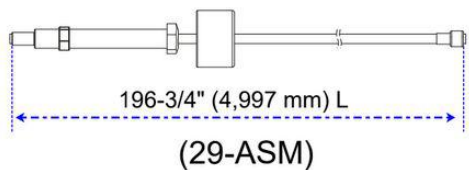
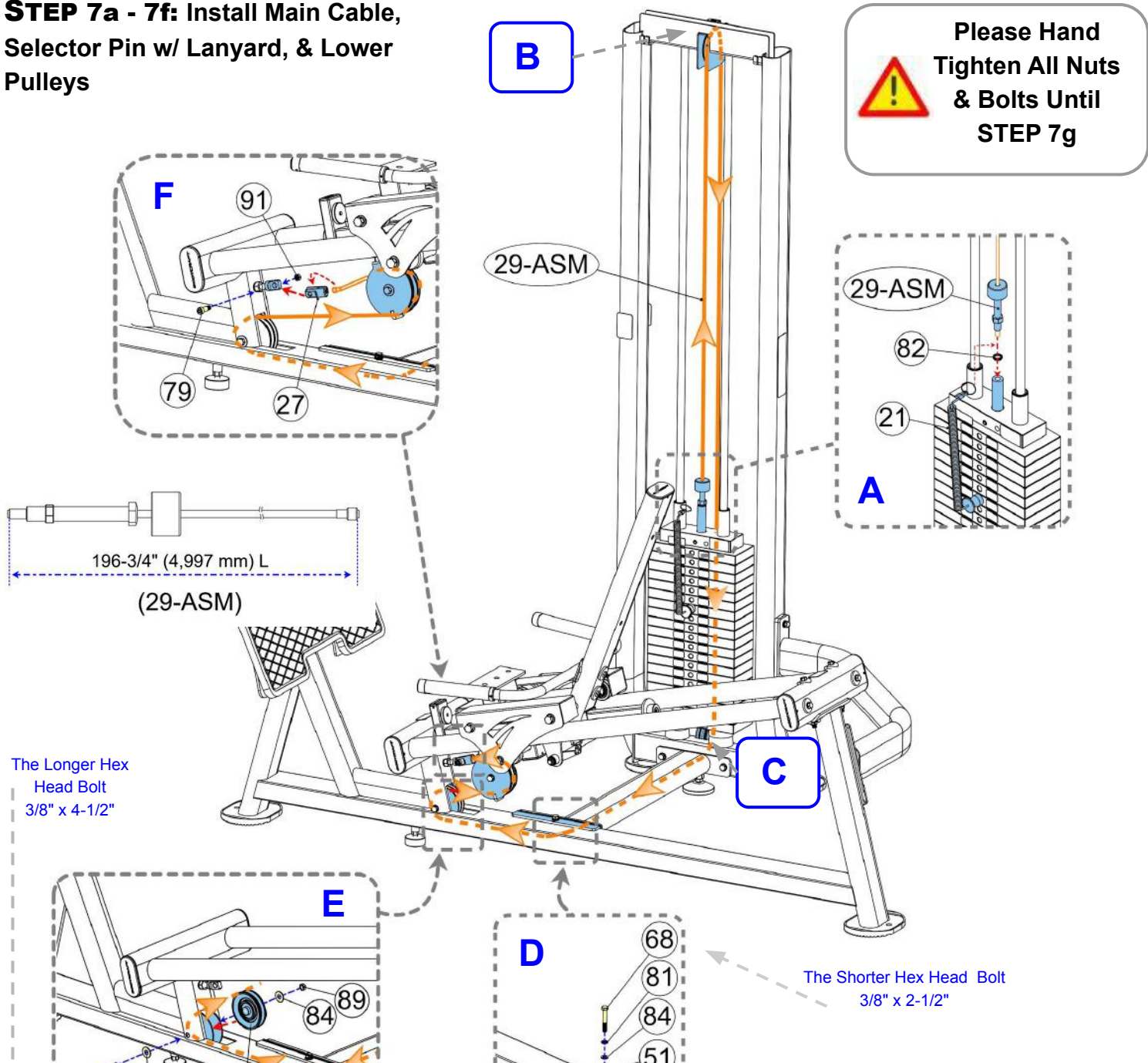
**NOTE:** Start at the bottom then work your way up to the top.



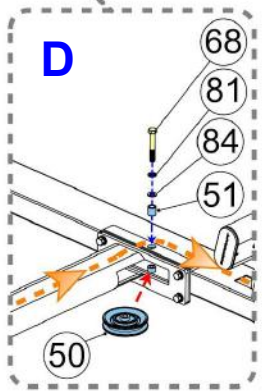
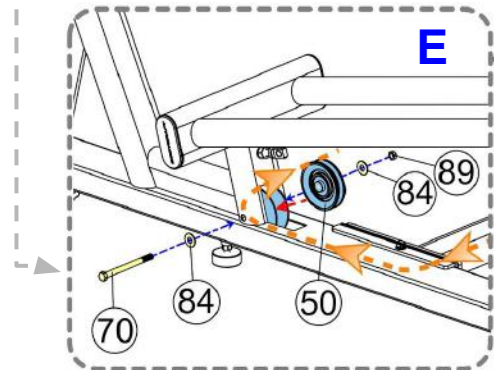
# Product Assembly, Dual Leg Press / Calf (DLP)

## STEP 7a - 7f: Install Main Cable, Selector Pin w/ Lanyard, & Lower Pulleys

**Please Hand Tighten All Nuts & Bolts Until STEP 7g**

The Longer Hex Head Bolt  
3/8" x 4-1/2"



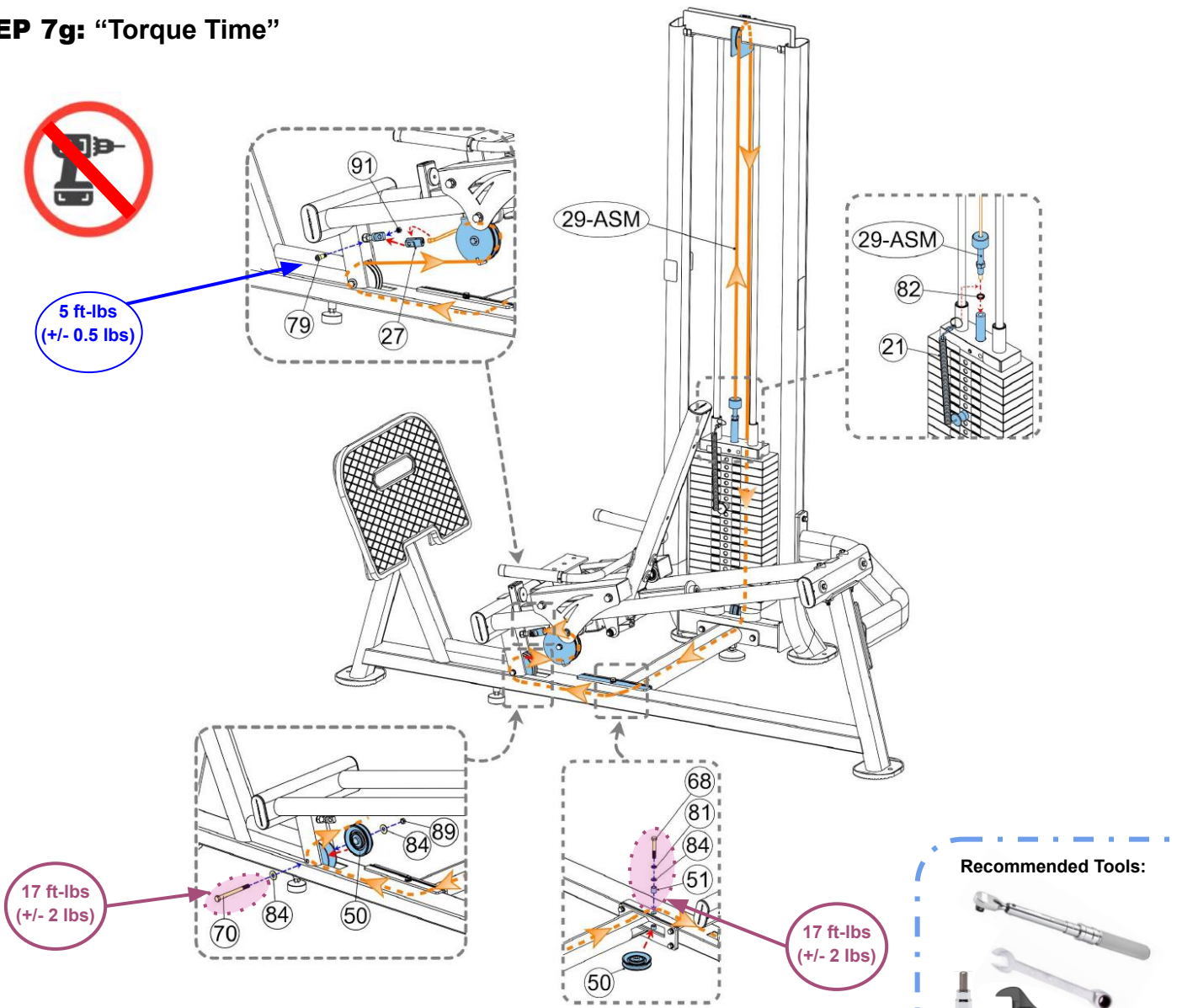
The Shorter Hex Head Bolt  
3/8" x 2-1/2"

Part #	Assembly Parts List	QTY
DLP-021	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DLP-027	Clevis Bracket for Cable End attachment, 24mm RD x 47mm	1
DLP-029-ASM	Cable, Main, 196-3/4" (4,997 mm) L - Assembly	1
DLP-050	Pulley, 90mm (3-1/2") x ø26mm ID	2
DLP-051	Spacer Sleeve, ø16 x ø10.5 x 18mm L	1

Part #	Hardware List	QTY
DLP-068	Bolt, Hex 3/8" x 2-1/2" L	1
DLP-079	Bolt, Shoulder, 5/16" x ø9.5mm x 19mm L	1
DLP-070	Bolt, Hex 3/8" x 4-1/2" L	1
DLP-081	Washer, Spring, 3/8"	1
DLP-082	Washer, Spring, 1/2"	1
DLP-084	Washer, Flat, 3/8"	3
DLP-089	Nut, Nylon Lock, Thin, 3/8"	1
DLP-091	Nut, Nylon Lock, Thick, 5/16"	1

# Product Assembly, Dual Leg Press / Calf (DLP)

## STEP 7g: "Torque Time"



Tighten all 3/8" Bolts (for the Pulley) to the recommended torque specs of 17 ft-lbs (+/- 2 lbs).

### Recommended Tools:



TORQUE WRENCH  
w/ 1/4" Hex Bit Sockets,  
9/16 Socket, 9/16  
Wrench & Adj. Wrench

Tighten to the Recommended Torque Specs at this time.

## STEP 7h: Adjust Cable Tension for #29-ASM Cable

**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

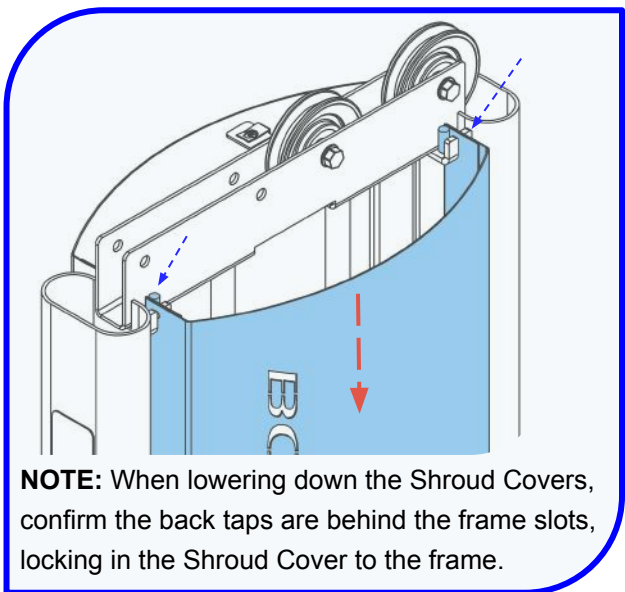
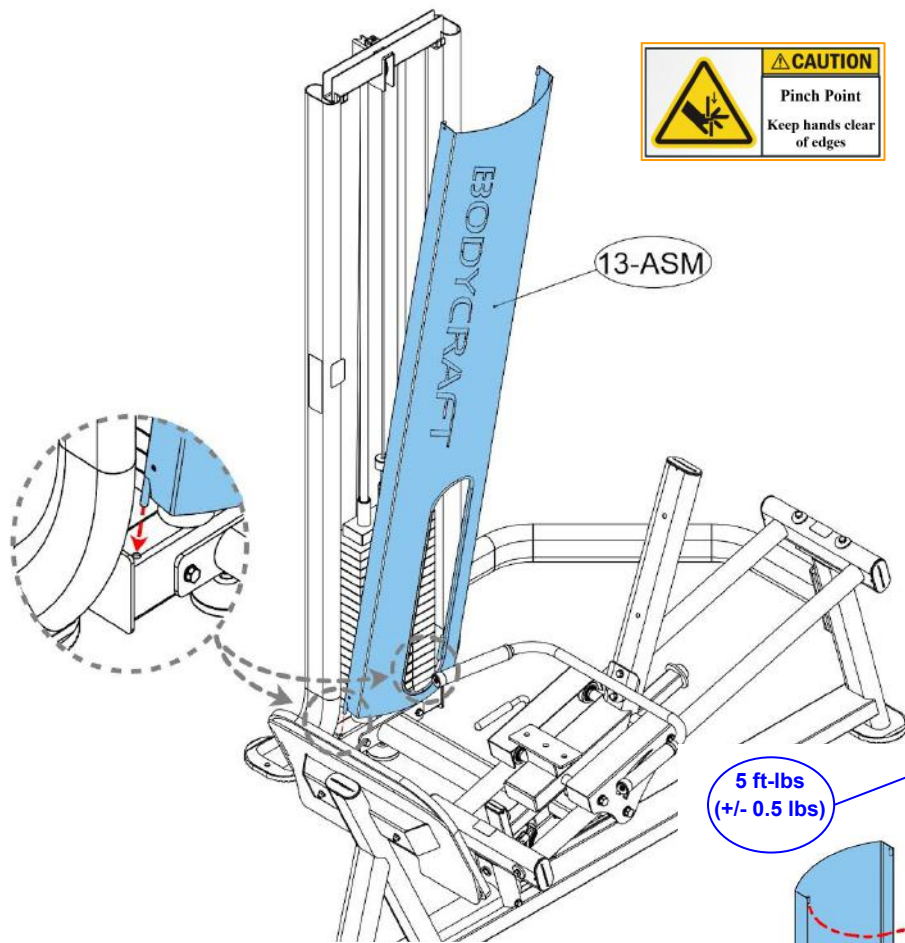
Watch Assembly Video

DLP STEP 7h  
Adjusting the Cables

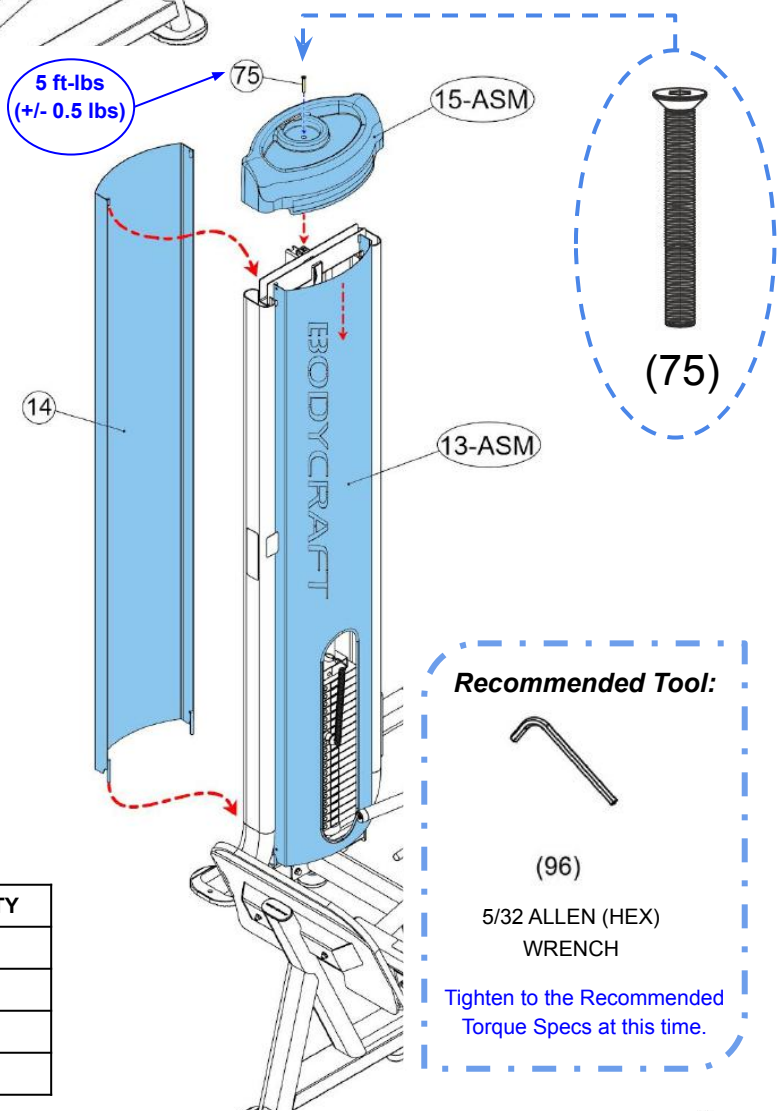


# Product Assembly, Dual Leg Press / Calf (DLP)

## STEP 8: Install Weight Stack Shrouds & Cover Top Assembly



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



Part #	Assembly Parts & Hardware List	QTY
DLP-013-ASM	Weight Stack Shroud Cover, Front - Assembly	1
DLP-014	Weight Stack Shroud Cover, Rear	1
DLP-015-ASM	Weight Stack Shroud Cover, Top - Assembly	1
DLP-075	Bolt, Recessed Countersunk Head, M6 x 50mm L	1

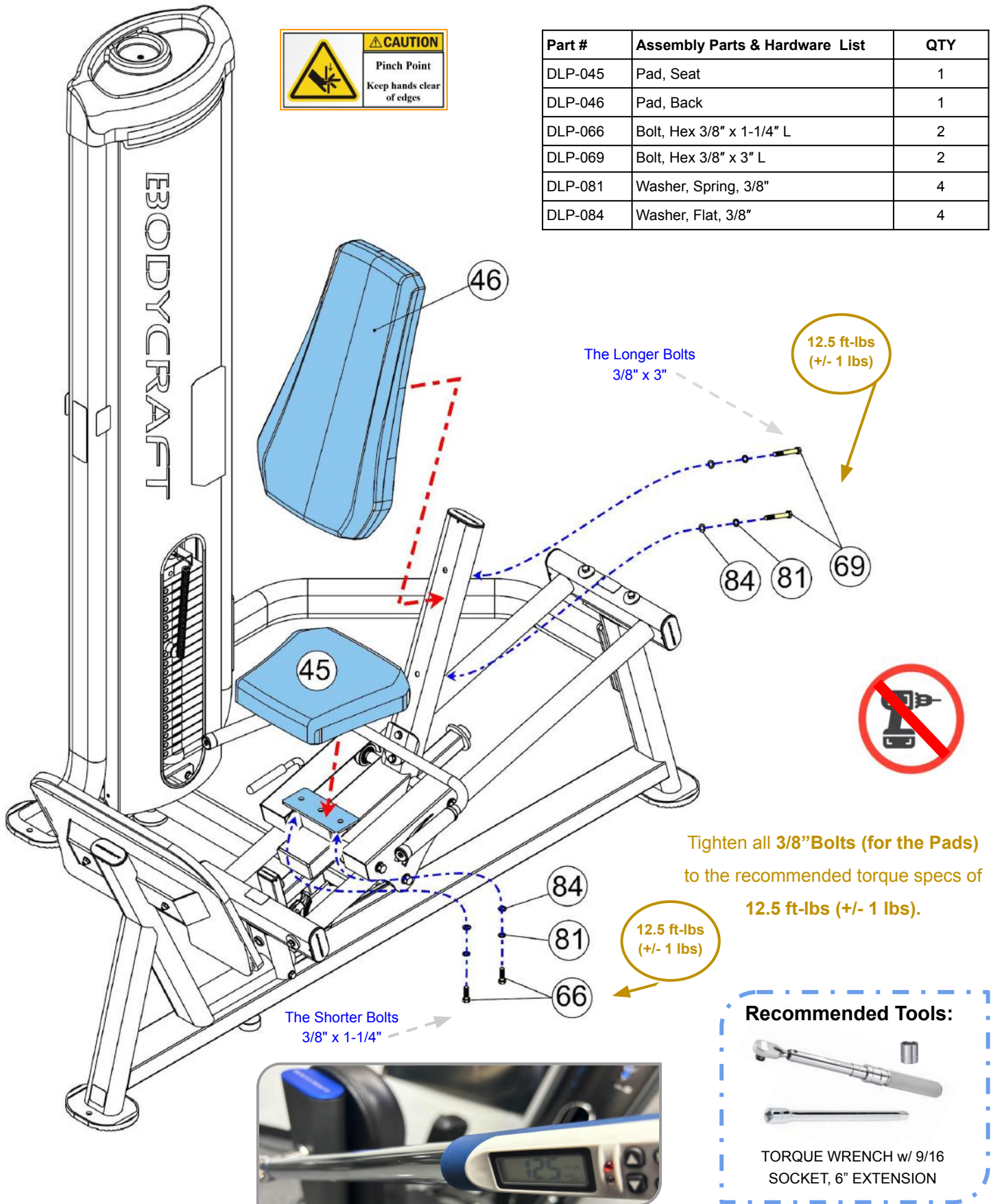


# Product Assembly, Dual Leg Press / Calf (DLP)

## STEP 9: Install Seat Pads & Tighten Bolts to the Recommended Torque Specs.



Part #	Assembly Parts & Hardware List	QTY
DLP-045	Pad, Seat	1
DLP-046	Pad, Back	1
DLP-066	Bolt, Hex 3/8" x 1-1/4" L	2
DLP-069	Bolt, Hex 3/8" x 3" L	2
DLP-081	Washer, Spring, 3/8"	4
DLP-084	Washer, Flat, 3/8"	4



**Recommended Tools:**

TORQUE WRENCH w/ 9/16 SOCKET, 6" EXTENSION





## STEP 10a: 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 10b: 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

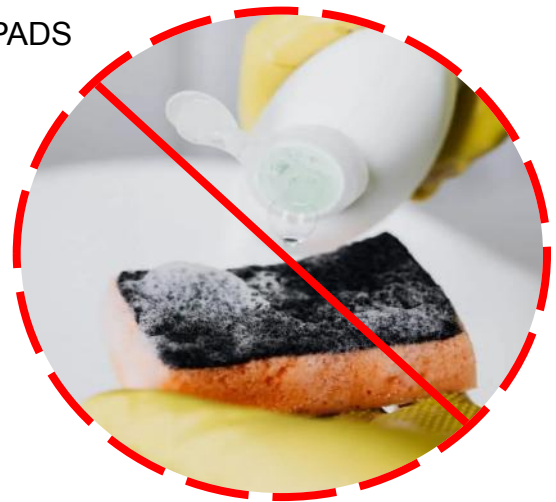


MILD CLEANING SOLUTION



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)**

## Product Assembly, Routine Schedule

<i>ROUTINE SCHEDULE</i>	<i>LIGHT COMMERCIAL</i>	<i>HOME</i>
<b>Clean:</b> Upholstery.	DAILY	1 - 2 WEEKS
<b>Inspect:</b> Cables or Belts and their tension.	DAILY	1 - 2 WEEKS
<b>Inspect:</b> Links, Pull Pins, Snap Locks, Swivels, and Weight Stack Pins.	DAILY	1 - 2 WEEKS
<b>Inspect:</b> Accessory Bars and Handles.	WEEKLY	3 - 6 MONTHS
<b>Inspect:</b> All Label and Weight Stack Stickers.	WEEKLY	3 - 6 MONTHS
<b>Inspect:</b> All Nuts and Bolts, tighten if needed.	WEEKLY	3 - 6 MONTHS
<b>Inspect:</b> Anti-Skid Surface.	WEEKLY	3 - 6 MONTHS
<b>Clean &amp; Lubricate:</b> Guide Rods with 100% Silicone or a Teflon based lubricant with Super Lube (a PTFE grease).	MONTHLY	3 - 6 MONTHS
<b>Lubricate:</b> Seat Sleeves, Bushings, Linear Bearing.	MONTHLY	3 - 6 MONTHS
<b>Clean and Wax:</b> All Glossy Finishes.	6 MONTHS	YEARLY
<b>Repack with Grease:</b> Linear Bearings.	6 MONTHS	YEARLY
<b>Replace:</b> Cables, Belts and Connecting Parts when showing signs of wear.	YEARLY	2 - 4 YEARS

### General Inspection and Cleaning

The Frame should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a yearly basis. For Vinyl Upholstery use Lanolin hand cleaner to dissolve sweat and lubricate the vinyl, maintaining its natural flexibility. DO NOT use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

1. Check equipment to ensure it is operating properly.
2. Check the cables for loose fittings or frayed cable(s) and to ensure seating is proper on the pulleys and cams (if equipped).
3. Make sure that the proper weight stack selector pin is with each machine and that the pin functions properly.
4. If something appears loose, be sure to have it tightened immediately.
5. If a piece of equipment appears damaged or not operating properly, place the piece out-of-service immediately.

### Cable Inspection

It is important to inspect the cables frequently, replace any worn out cables to prevent a sudden failure that can result in an injury. Cables are moving parts, meaning cable-wear will occur regardless of the type or size used.

1. Inspect cable ends and perform any cable tension adjustments, loosen the jam nut and thread the cable bolt in or out to give cable the proper tension. Re-tightened all jam nuts when adjustment is complete and make sure the cable bolt is threaded 1/3 into the socket of the selector stem in the top plate.
2. Check the cables as they pass over all pulley wheels. Visually inspect the cables and pulleys. A cable that is wearing will exhibit a ballooned surface that passes over the pulleys. This is an early warning sign to replace the cable(s).



### Lubrication

Bearing and linear bearing systems have advanced over the years, but they must be maintained on a regular basis if you expect them to last and perform efficiently. BODY-CRAFT uses only the highest quality bearings and linear motion components that are virtually trouble-free but they require the regular preventive maintenance to ensure long-lasting performance.

- 1. Bronze bushings:** Recommend on a yearly basis to spray a Teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
- 2. Weight stack guide rods:** Use Silicone Spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. DO NOT use WD-40 or other lubricants as they attract dirt and will create a mess between the weight plates and bushings.
- 3. Sealed bearings pivot points:** As the name implies, they are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dry to prevent the build up of dust and sweat.
- 4. Linear bearing systems (if equipped):** These are precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down monthly and lubricated with a light layer of Teflon grease. We recommend a Teflon-based (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to become clogged and jammed.

If you perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.

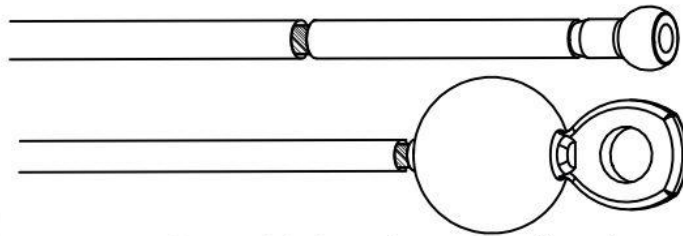
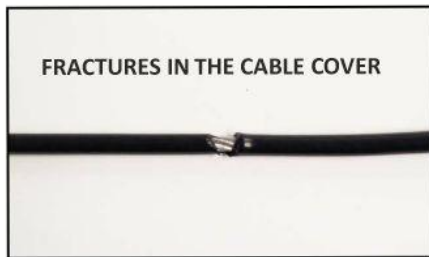


BODYCRAFT  
7699 GREEN MEADOWS DR.  
LEWIS CENTER, OHIO 43035



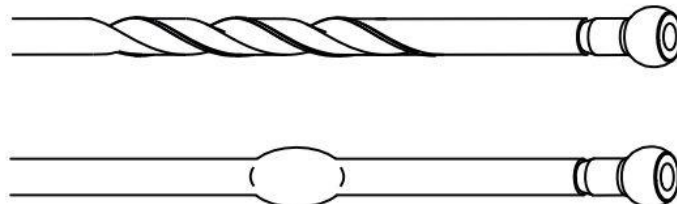
800.990.5556  
SERVICE@BODYCRAFT.COM  
WWW.BODYCRAFT.COM

## Strength Cable Wear Indicators



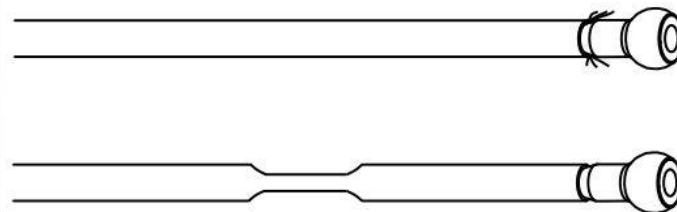
Casing can crack or fracture under strains during use. Any crack in the casing merits cable replacement even if no wire rope is exposed.

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



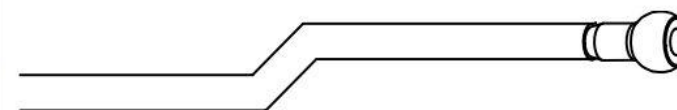
Inspect casing to ensure wire rope is not tearing, twisting, or binding within and coil causing bulge to appear. Cable should retain same outside diameter throughout.

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



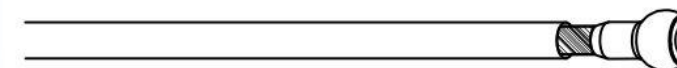
Any exposed wire rope protruding through the casing or at either end, has lost its structural integrity. Section of cable is compressed and will not retain its shape (outside diameter).

**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.**

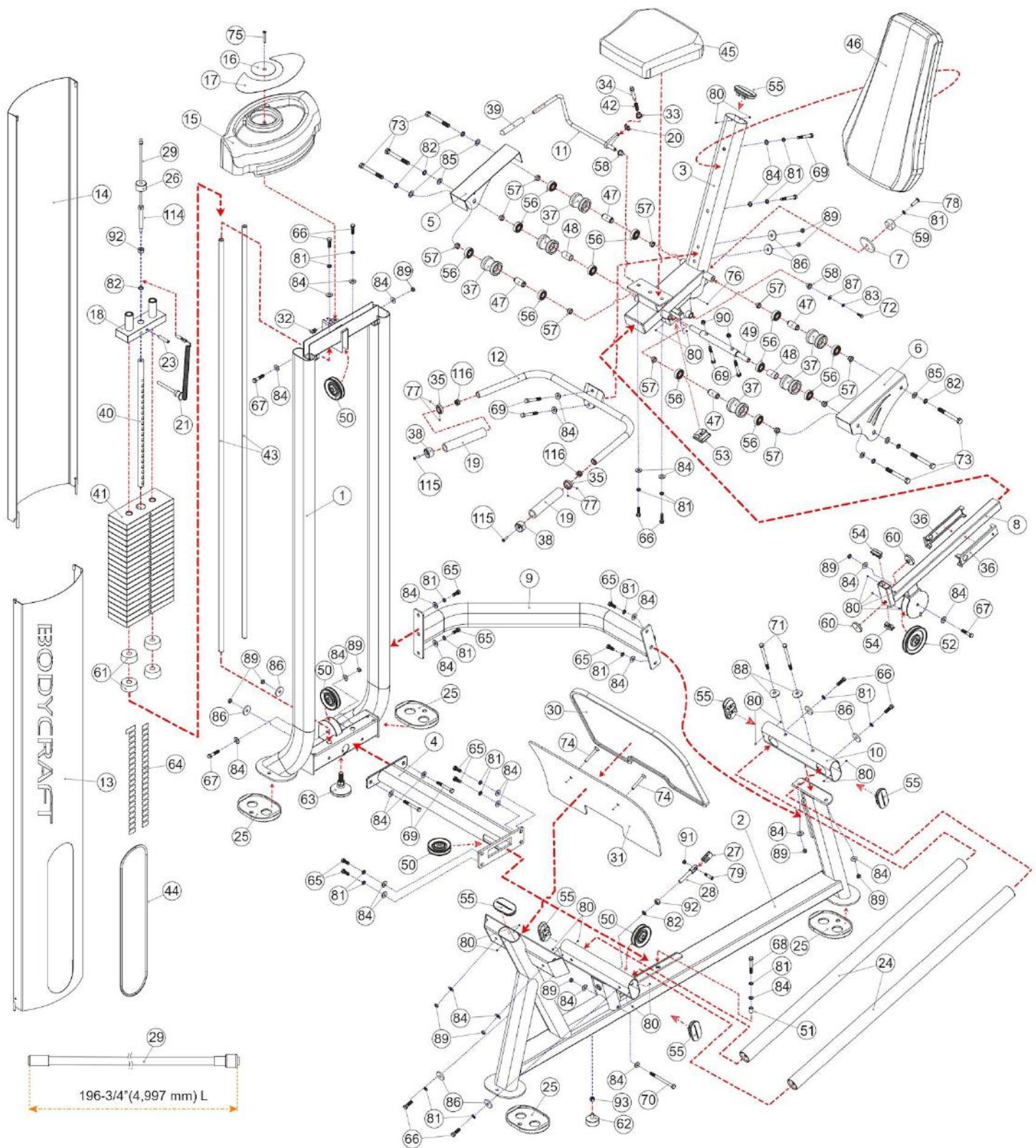


Watch for component end of cable to pull away from cable assembly and look for exposed wire rope.

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



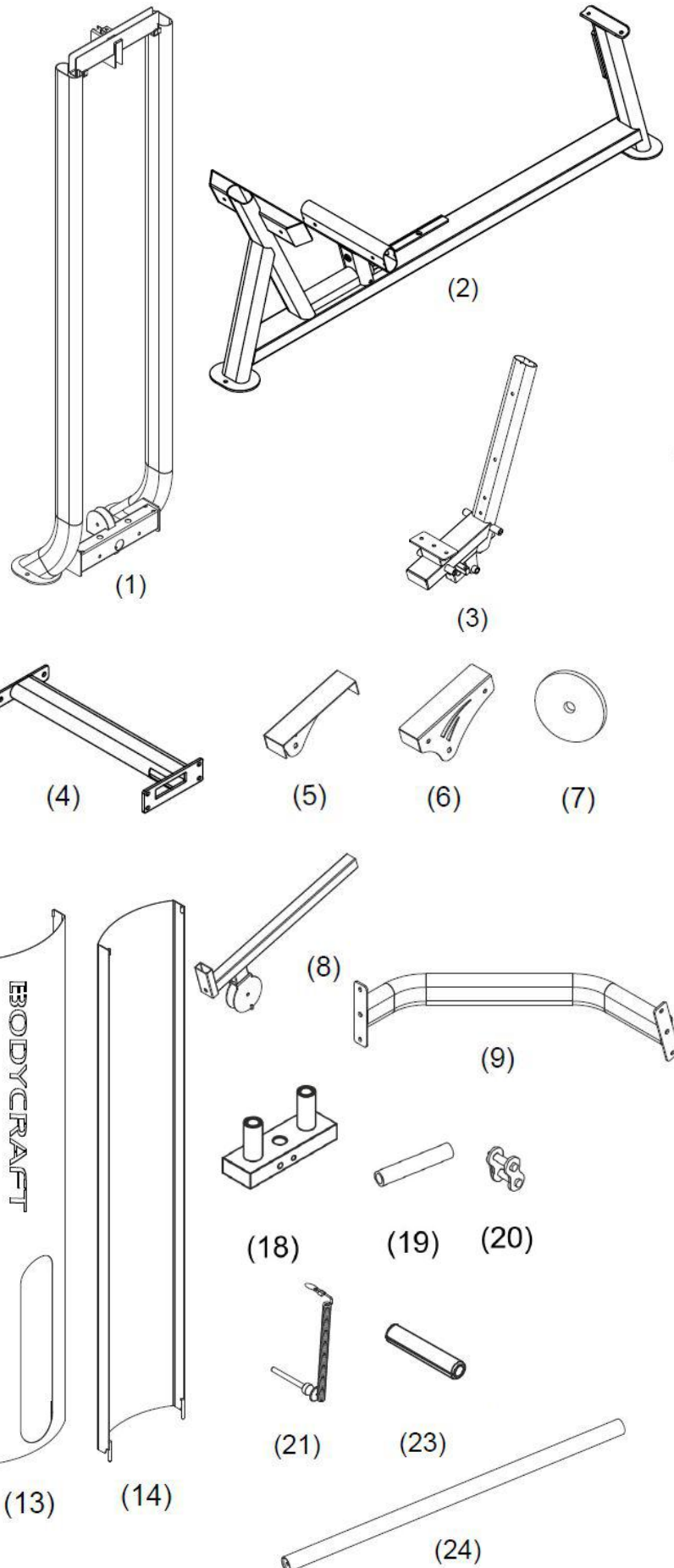
# Detailed Parts, Exploded View, Dual Leg Press / Calf (DLP)



**NOTE:** Parts are not to scale

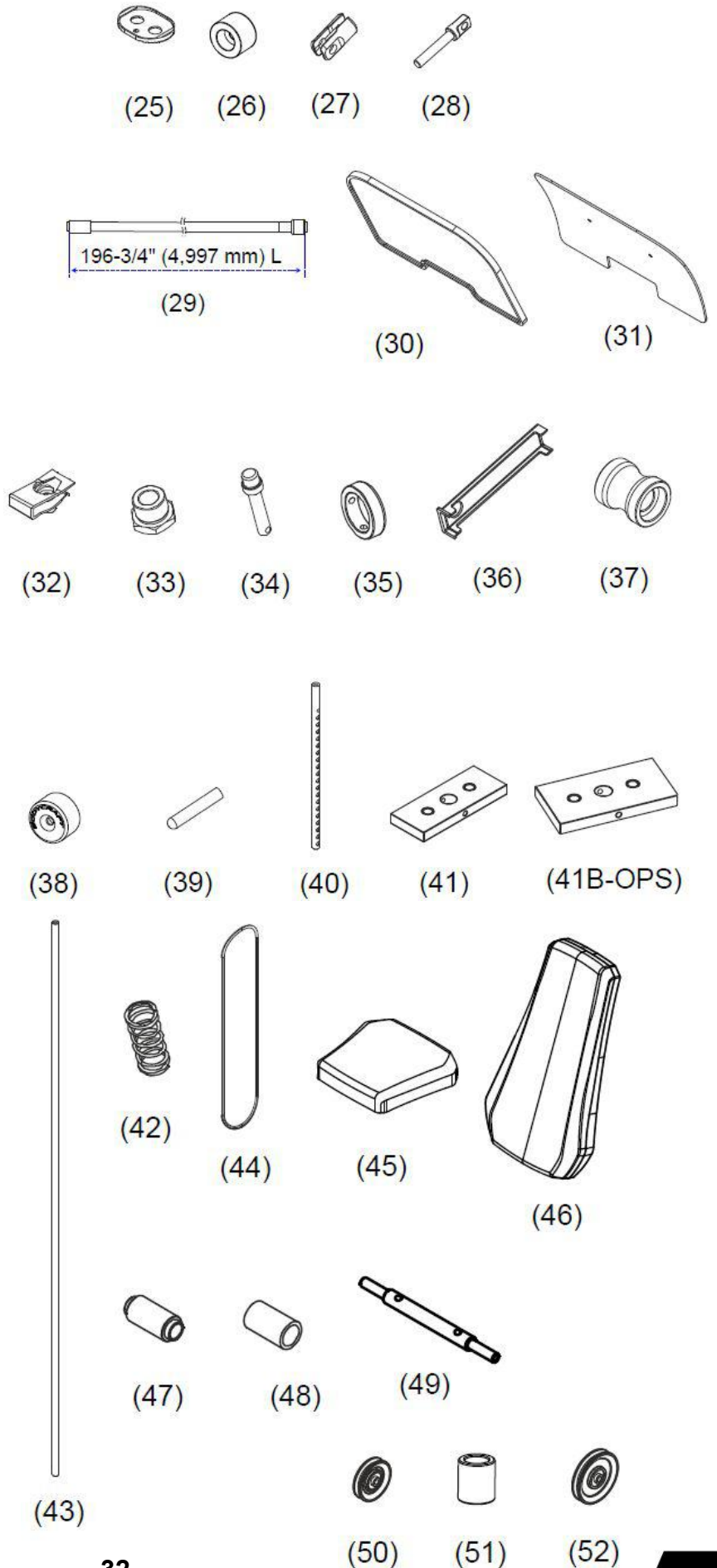


Part #	Detailed Parts List	QTY
DLP-001	Frame, Weight Stack	1
DLP-002	Frame, Main	1
DLP-003	Frame, Seat Carriage	1
DLP-004	Frame, Connector, Bottom	1
DLP-005	Side Cover Bracket Plate, Right	1
DLP-006	Side Cover Bracket Plate, Left	1
DLP-007	Limit Plate for Sliding Frame, 1/4 x 2-3/4	1
DLP-008	Frame, Sliding for Seat Adjustments	1
DLP-009	Frame, Connecting, Rear	1
DLP-010	Frame, Rear for Guide Rails	1
DLP-011	Release Handle	1
DLP-012	Frame, Handlebar	1
DLP-013	Weight Stack Shroud Cover, Front	1
DLP-014	Weight Stack Shroud Cover, Rear	1
DLP-015	Weight Stack Shroud Cover, Top	1
DLP-016	Shroud Lid Rubber Mat, Small	1
DLP-017	Shroud Lid Rubber Mat, Large	1
DLP-018	Top Plate	1
DLP-019	Grips, Rubber for Handlebar, 1.1875 ID x .125 x 11" L	2
DLP-020	Connecting Link #40, for Release Handle	1
DLP-021	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DLP-023	Roll Pin, for Selector Rod to Top Plate, 10mm x 50mm L	1
DLP-024	Guide Rail for Seat Carriage, 2" OD x 1,225.6mm L, 3/8" nuts inserted & welded both ends	2



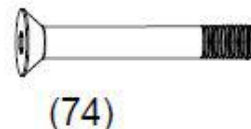
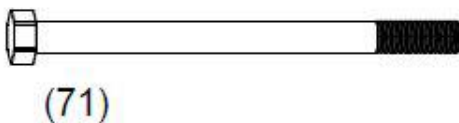
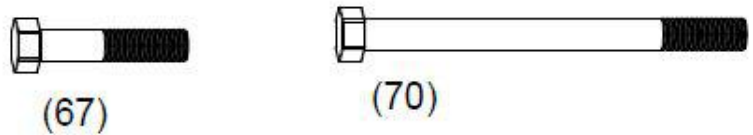
NOTE: Parts are not to scale

Part #	Detailed Parts List	QTY
DLP-025	Foot Pad, Rubber	4
DLP-026	Stopper, Rubber on Cable to Top Plate	1
DLP-027	Clevis Bracket for Cable End attachment, 24mm RD x 47mm	1
DLP-028	Pull Rod for Cable Adjustment	1
DLP-029	Cable, Main, 196-3/4" (4,997 mm) L	1
DLP-030	Foot Plate, Rubber Cover	1
DLP-031	Foot Plate	1
DLP-032	Clip Nut, M6 I.D.	1
DLP-033	Pull Pin Nut, 3/8"- 16UNC - 11T	1
DLP-034	Pull Pin Axle, 3/8"- 16UNC - 3	1
DLP-035	Ring, Aluminum Inner for Handlebar - BLUE	2
DLP-036	Sleeve, Inner Sliding	2
DLP-037	Wheels, for Carriage on Guide Rails, 50mm x 2.51"	6
DLP-038	End Cap, Aluminum, for Handlebar, w/ center recessed hole - BLUE w/ BC logo	2
DLP-039	Grip, for Release Handle	1
DLP-040	Selector Rod, 19 Holes	1
DLP-041	Weight Plate, 10 lbs (4.5kg), Standard 200 lb Weight Stack	19
DLP-41B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 250 lb Weight Stack w/ 9 each #41 Plates	10
DLP-042	Pull Pin Compression Spring, $\phi 1.2$ x $\phi 11.7$ x 30 L	1
DLP-043	Guide Rod for Weight Stack, 0.75" OD x 76.2" L, 3/8" Inner Thread on One End	2
DLP-044	Protector Edge Strip for Weight Stack Front Cover	1
DLP-045	Pad, Seat	1
DLP-046	Pad, Back	1
DLP-047	Bushing for Lower Carriage Wheels I.D., $\phi 22\text{mm}$ x $\phi 13\text{mm}$ x 50mm	4
DLP-048	Bushing for Upper Carriage Wheels I.D., $\phi 124\text{mm}$ x $\phi 18\text{mm}$ x 40mm	2
DLP-049	Axle, for Rollers on Seat Carriage, 25mm OD x 1/2" Threaded OD x 183mm	1
DLP-050	Pulley, 90mm (3-1/2") x $\phi 26\text{mm}$ ID	4
DLP-051	Spacer Sleeve, $\phi 16$ x $\phi 10.5$ x 18mm L	1
DLP-052	Pulley, 114mm (4-1/2") x $\phi 26\text{mm}$ ID	1



NOTE: Parts are not to scale

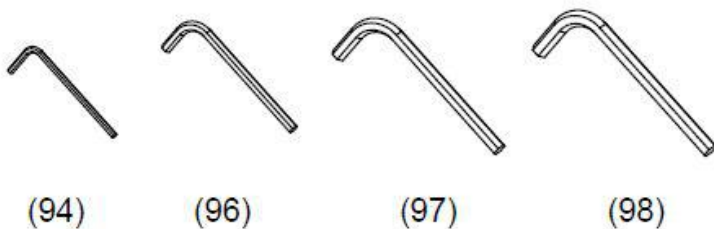
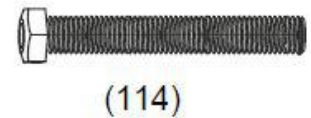
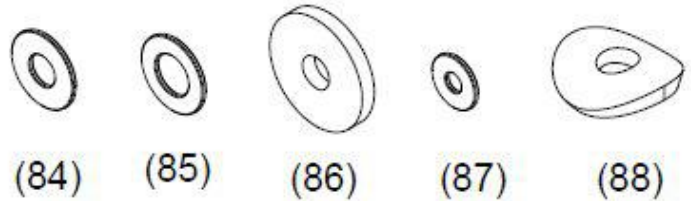
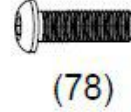
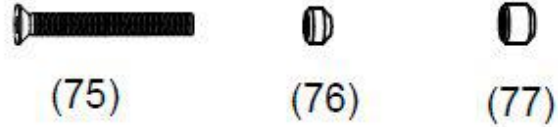
Part #	Detailed Parts List	QTY
DLP-053	Plug, Square, 50mm x 50mm, Aluminum - BLUE w/ BC logo	1
DLP-054	Plug, Rectangular, 25mm x 50mm, Aluminum - BLUE w/ BC logo	2
DLP-055	Plug, Flat Oval, PT100 x 50mm, Aluminum - BLUE w/ BC logo	6
DLP-056	Bearing, w/ Deep Groove Ball, 6203-2Z (C0)	12
DLP-057	Bushing, Steel, $\Phi 20.5\text{mm} \times 12.8\text{mm} \times 12\text{mm}$	10
DLP-058	Bushing, Brass, $\phi 12.7 \times \phi 16 \times \phi 22$	2
DLP-059	Stopper, Rubber w/ Washer for back of Seat Support Frame	1
DLP-060	Stopper, Rubber for Sliding Seat Frame Adjustments	2
DLP-061	Rubber Cushion for Weight Stack	4
DLP-062	Foot, Adjustable for Main Frame	1
DLP-063	Foot, Adjustable for Weight Stack Frame	1
DLP-064	Sticker Set for Weight Stack, for 200 lb or 250 lb Stack	1
DLP-065	Bolt, Hex 3/8" x 1" L	8
DLP-066	Bolt, Hex 3/8" x 1-1/4" L	8
DLP-067	Bolt, Hex 3/8" x 1-3/4" L	3
DLP-068	Bolt, Hex 3/8" x 2-1/2" L	1
DLP-069	Bolt, Hex 3/8" x 3" L	8
DLP-070	Bolt, Hex 3/8" x 4-1/2" L	1
DLP-071	Bolt, Hex 3/8" x 5" L	2
DLP-072	Bolt, Hex 1/4" x 3/4" L	1
DLP-073	Bolt, Hex 1/2" x 4-1/4" L	6
DLP-074	Bolt, Recessed Countersunk Head, 3/8" x 2-3/4" L	2



NOTE: Parts are not to scale



Part #	Detailed Parts List	QTY
DLP-075	Bolt, Recessed Countersunk Head, M6 x 50mm L	1
DLP-076	Screw, Inner Hex Set, 10#-32UNF-1/8"	1
DLP-077	Screw, Inner Hex, M5 x 4mm L	4
DLP-078	Bolt, Recessed Flat Head, 3/8"x 1-1/4" L	1
DLP-079	Bolt, Shoulder, 5/16" x $\phi$ 9.5mm x 19mm L	1
DLP-080	Screw, Hex Socket with Cup Point, M5 x 4mm L	18
DLP-081	Washer, Spring, 3/8"	20
DLP-082	Washer, Spring, 1/2"	8
DLP-083	Washer, Spring, 1/4"	1
DLP-084	Washer, Flat, 3/8"	31
DLP-085	Washer, Flat, 1/2"	6
DLP-086	Washer, Flat, Large, 3/8"	8
DLP-087	Washer, Flat, Large, $\phi$ 6	1
DLP-088	Washer, Arc, Large, $\phi$ 10, R25	2
DLP-089	Nut, Nylon Lock, Thin, 3/8"	12
DLP-090	Nut, Nylon Lock, Thick, 3/8"	2
DLP-091	Nut, Nylon Lock, Thick, 5/16"	1
DLP-092	Nut, Hex, 1/2"	2
DLP-093	Nut, Hex, M10	1
DLP-094	Wrench, Hex, 3/32"	1
DLP-096	Wrench, Hex, 5/32"	1
DLP-097	Wrench, Hex, 7/32"	1
DLP-098	Wrench, Hex, 1/4"	1
DLP-099	Silicone Lube Bottle, for Guide Rods	1
DLP-114	Bolt, Hex, 1/2" x 3-1/2" L, Hollow	1
DLP-115	Bolt, Recessed Countersunk Head, M6 x 25mm L (Used in Handlebar)	2
DLP-116	Nut, Insert Dual Outward Spring, M6 x 21 mm O.D. (Used in Handlebar)	2



Part #	Detailed Parts List	QTY
DLP-100	Warning Label - Fasten the machine to the floor	1
DLP-101	Caution Label - The Pull-PIN must be fully engaged into the hole before use	1
DLP-102	Warning Label - Please utilize this equipment solely for its designated purpose	1
DLP-103	Warning Label - Master Rules and Precautions	1
DLP-104	Warning Label - Do not at any time lean against framework	1
DLP-105	Warning Label - Pinch Point, Horizontal	3
DLP-106	Poster - Exercise Guide	1
DLP-107	Label - Maintenance Schedule	1
DLP-108	Label - California Proposition 65 Warning	1
DLP-109	Label - Notices for Pads	2
DLP-110	Label - Serial Number	1
DLP-111	Label - QR code	1
DLP-112	Label - Trademark	1
DLP-113	Label - Machine Name	1



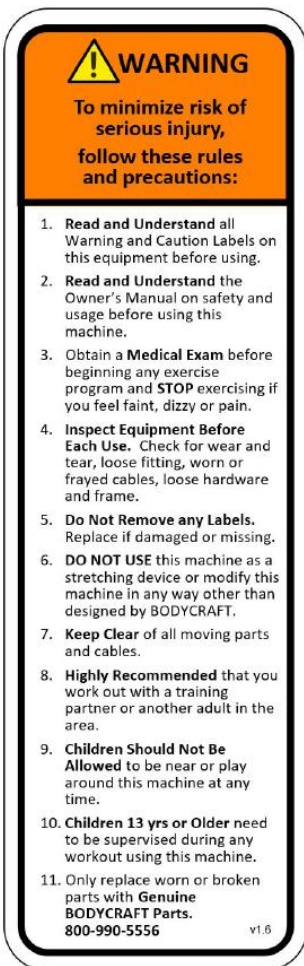
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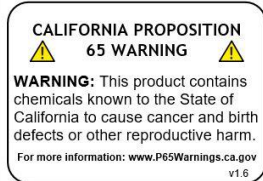
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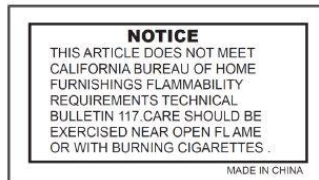
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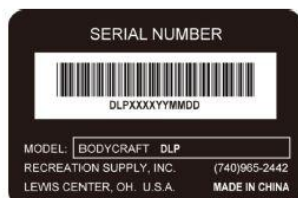
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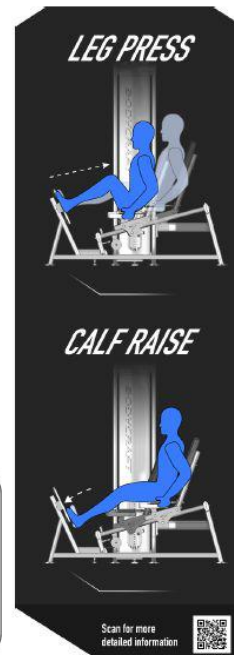
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MAINTENANCE SCHEDULE				
This checklist needs to be followed before any user starts to exercise. Please replace all parts at first signs of wear or damage. Do not use machine until repaired as needed.	DAILY	WEEKLY	MONTHLY	12-MONTHS
<b>Upholstery</b>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

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## ***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) Cardio &/or Connect 22 tablet, 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.



## 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 may 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 SERIAL NUMBER(S) BELOW, REQUIRED FOR WARRANTY REGISTRATION:**

BASE UNIT SERIAL NUMBER:

OPTIONS SERIAL NUMBER(S):

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?**

- Yes  
 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?**

\_\_\_\_\_ 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:**

## Product Warranty - Strength Equipment

### 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.

<b><u>Warranty for Strength Equipment:</u></b>	<b><u>Residential Use</u></b>	<b><u>Commercial Use</u></b>
<b>Frame:</b>	Lifetime	10 years
<b>Structural Moving Parts:</b>	10 years	5 years
<b>Roller Parts:</b>	10 years	3 years
<b>Cables, Upholstery &amp; Accessories:</b>	10 years	2 years
<b>Labor:</b>	90 days	90 days

#### **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)



800.990.5556  
SERVICE@BODYCRAFT.COM  
WWW.BODYCRAFT.COM



BODYCRAFT  
7699 GREEN MEADOWS DR.  
LEWIS CENTER, OHIO 43035