BODYCRAFT



Dual Lat / Row (DLR)



Base Serial Number:

Purchased Date: ___ / __ / __

Dealer's Name: ___

Please register your products at:

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

Owner's Manual

DLR_OM v1.2







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

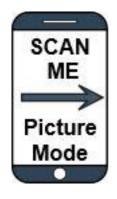




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Product Safety - Functional Trainers, Duals & Multi-Gyms



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.

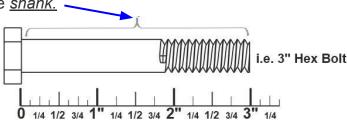
- Before beginning this or any other exercise program, consult your physician. This is
 especially important for individuals over the age of 35 or persons with preexisting health
 problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property
 damage sustained by or through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

 KEEP CLEAR OF MOVING PARTS
- 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, Dual Lat / Row (DLR)

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*.
- When the installation is complete, be sure to regularly check for rust or damage, and perform preventative maintenance.



THE FOLLOWING TOOLS ARE <u>RECOMMENDED</u> FOR ASSEMBLY:







SOCKET SET 3/8 DRIVE & 6" EXT (Only 9/16 & 3/4 are needed)

OPEN/CLOSED 9/16 & 3/4 WRENCH, and ADJUSTABLE WRENCH

TORQUE WRENCH
3/8 DRIVE
(w/ 4mm & 10mm
Hex Bit Socket)

ALLEN WRENCH SET (w/ 4mm & 10mm 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



Fasten the machine to the floor using Anchor Bolts.

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The PULL-PIN must be fully engaged into the hole before use!

(83)



Please utilize this equipment solely for its designated purpose.

In case you are unfamiliar with the equipment or the procedure, kindly consult your Owner's Manual or contact Bodycraft at 800-990-5556.

Neglecting to adhere to these uidelines may lead to severe harm or loss of life.

(84)



WARNING

DO NOT

- · Hang on Bar
- Use Bar for Chin-Ups
- Leave Bar Disconnected to the Cable

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To minimize risk of serious injury, follow these rules and precautions:

- Read and Understand all Warning and Caution Labels on this equipment before using.
- Read and Understand the Owner's Manual on safety and usage before using this machine.
- Obtain a Medical Exam before beginning any exercise program and STOP exercising if you feel faint, dizzy or pain.
- Inspect Equipment Before Each Use. Check for wear and tear, loose fitting, worn or frayed cables, loose hardware
- Do Not Remove any Labels. Replace if damaged or missing.
- DO NOT USE this machine as a stretching device or modify this machine in any way other than designed by BODYCRAFT.
- Keep Clear of all moving parts and cables.
- Highly Recommended that you work out with a training partner or another adult in the
- Children Should Not Be Allowed to be near or play around this machine at any
- 10. Children 13 yrs or Older need to be supervised during any workout using this machine.
- 11. Only replace worn or broken parts with Genuine BODYCRAFT Parts. 800-990-5556

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DO NOT

at any time lean against or pull on the framework, weight stack, or any component.

Such improper use may cause the machine to tip over resulting in injury or death.

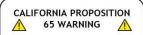
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WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information: www.P65Warnings.ca.gov

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MAINTENANCE **SCHEDULE** This checklist needs to be ollowed before any user

WEEKL replace all parts at first signs of wear or damage Do not use machine until repaired as needed. Upholstery Wipe down and dry Clean and condition

starts to exercise. Please

Bolts, Nuts & Fastener Visually check they are ecure & tighten if needed Tighten per Torque Specs (Semi-Annually if needed)

Visually check for any unusual bends, kinking raying plastic cover or ends coming loose Adjust cable tension and tighten the locking nut at eight stack

X

X

X

X

Guide Rods & Seat Clean & Lubricate w/ viro Silicone or Teflon lube.

Linear Bearing Guide Clean & Lubricate with Teflon (PTFE) grease **Tightening Knobs**

Locking Pins Weight Stack Pins op Pins / Springs

Warning Labels Anti-Skid Surfaces Hand Grips & Rollers Inspect all above items or wear or if missing Frame & Chrome

Clean and dry

Clean and Wax

Check all for functionality

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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EXPSERIES

Dual Lat / Row (DLR)

For the Owner's Manual, Parts Lists, Exploded Views and other technical documentation, scan this QR code.

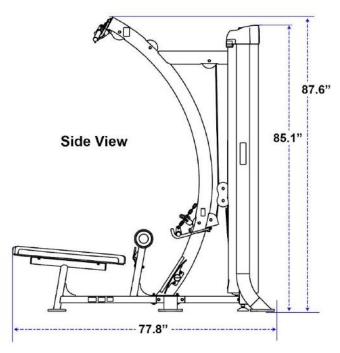
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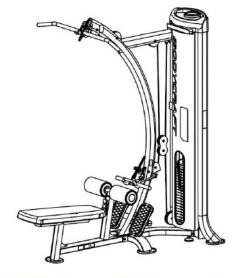
NOTE: Labels are not to scale





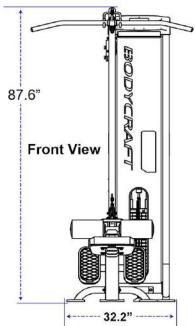
Machine Dimensions & Recommended Training Area, DLR





DLR Overall Dimensions

77.8" L x 48.2" W x 87.6" H $_{(197.6\ cm\ L\ x\ 122.4\ cm\ W\ x\ 222.5\ cm\ H)}$



Recommended Training Area

107.8" L x 96.2" W (273.8 cm L x 244.3 cm W)

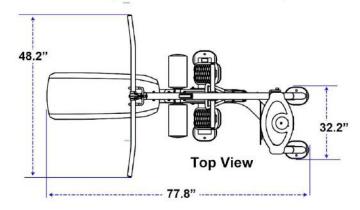
Back: 6" (15.3 cm)

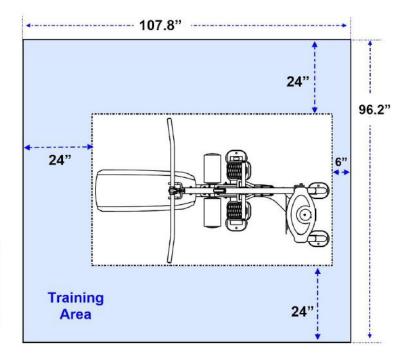
Front, Right & Left Sides: 24" (61 cm)



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.





Assembly	Parts, Dual Lat / Ro	W (DLIX)		1 01 2
Part #	Assembly Parts List	QTY		
DLR-001-ASM	Frame, Weight Stack - Assembly	1		5
DLR-002-ASM	Frame, Front Upright - Assembly	1		
DLR-003-ASM	Frame, Main - Assembly	1		
DLR-004-ASM	Frame, Support Stabilizer, Side - Assembly	2		
DLR-005L-ASM	Frame, Foot Plate, Left - Assembly	1		
DLR-005R-ASM	Frame, Foot Plate, Right - Assembly	1		\\ \
DLR-006-ASM	Adjustable Roller Pad Post, for Knee Hold Down - Assembly	1	(2-AS	SM)
DLR-007-ASM	Lat Bar Holder - Assembly	1		
DLR-008	Guide Rod for Weight Stack, 0.75" OD × 76.2" L, 3/8" 3/8" Inner Thread on One End	2	€	
DLR-009-ASM	Weight Stack Shroud Cover, Front - Assembly	1	C	///
DLR-010	Weight Stack Shroud Cover, Rear	1	A Rico	1/2
DLR-011-ASM	Weight Stack Shroud Cover, Top - Assembly	1	(1-ASM)	P
DLR-015	Accessory, 48" Lat Bar, Aluminum	1	_	
DLR-016	Accessory, Low Row Bar, Aluminum	1		
DLR-018	Rubber Cushion for Weight Stack	4		
DLR-020	Weight Plate, 10 lbs (4.5kg), Standard 200 lb Weight Stack	19		
DLR-20B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 250 lb Weight Stack w/ 9 each #20 Plates	10	(3-ASM)	(4-ASM)
DLR-022-ASM	Top Plate - Assembly	1		
DLR-024	Cable Link Clip	2		
J ESONOS ESON			(5L/R-ASM)	(7-ASN
		(11-ASM) (15)	(20) (16) (18) (20B-OPS)	(24) (22-ASM)

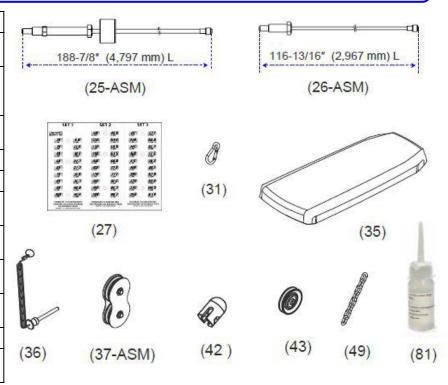
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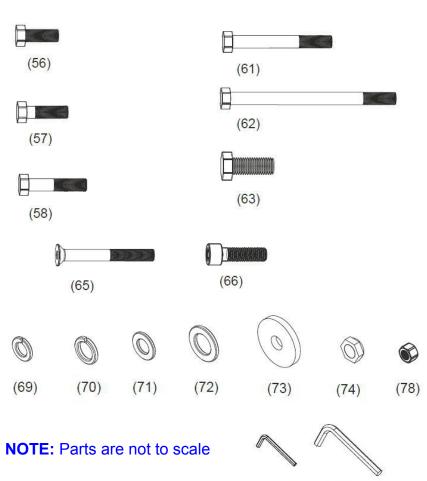
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NOTE: For a complete service parts list, please refer to the detailed parts list & exploded view at the rear of this manual.

Part #	Assembly Parts List	QTY
DLR-025-ASM	Cable, Low Row, 188-7/8" (4,797mm) L - Assembly	1
DLR-026-ASM	Cable, Lat Pulldown, 116-13/16" (2,967mm) L - Assembly	1
DLR-027	Sticker Set for Weight Stack, for 200 lb or 250 lb Stacks	1
DLR-031	Snap Hook	4
DLR-035	Pad, Seat	1
DLR-036	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DLR-037-ASM	Double Pulley Plate w/ Pulleys - Assembly	2
DLR-042	Cable Stopper Shell for End of Cable	2
DLR-043	Pulley, 90mm (3-1/2") x δ26mm ID	1
DLR-049	Accessory, Chain, 8" L	2
DLR-081	Silicone Lube Bottle, for Guide Rods	1



Part #	Assembly Hardware	QTY
DLR-056	Bolt, Hex, 3/8" x 1" L	2
DLR-057	Bolt, Hex, 3/8" x 1-1/4" L	6
DLR-058	Bolt, Hex, 3/8" x 1-3/4" L	1
DLR-061	Bolt, Hex, 3/8" x 3" L	6
DLR-062	Bolt, Hex, 3/8" x 5" L	2
DLR-063	Bolt, Hex, 1/2"x 1-1/4" L	2
DLR-065	Bolt, Recessed Countersunk Head, M6 x 50mm L	1
DLR-066	Bolt, Hex Recessed Round Head Screw, M10 x 35mm L	2
DLR-069	Washer, Spring, 3/8"	8
DLR-070	Washer, Spring, 1/2"	4
DLR-071	Washer, Flat, 3/8"	24
DLR-072	Washer, Flat, 1/2"	2
DLR-073	Washer, Flat, Large, 3/8"	2
DLR-074	Nut, Nylon Lock, Thin, 3/8"	9
DLR-078	Nut, Hex, M10	2
DLR-079	Wrench, Hex, 4mm	1
DLR-080	Wrench, Hex, 10mm	1



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Shipping Boxes & What's Inside Each One, Dual Lat / Row (DLR)

Large Box 1 of 2

Net Weight: 197 lbs (89 KG)

Gross Weight: 219 lbs (99 KG)

Box Size: 88" L x 43" W x 18" H (2,210mm L x 1,080mm W x 435mm H)



Large Box 2 of 2

Net Weight: 150 lbs (77 KG)

Gross Weight: 170 lbs (68 KG)

Box Size: 86" L x 24" W x 16" H (2,160mm L x 600mm W x 395mm 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**



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.

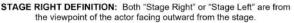
Product Assembly, Preassembly Tips, Dual Lat / Mid Row (DLR)

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 on the ground.

See below images as examples.







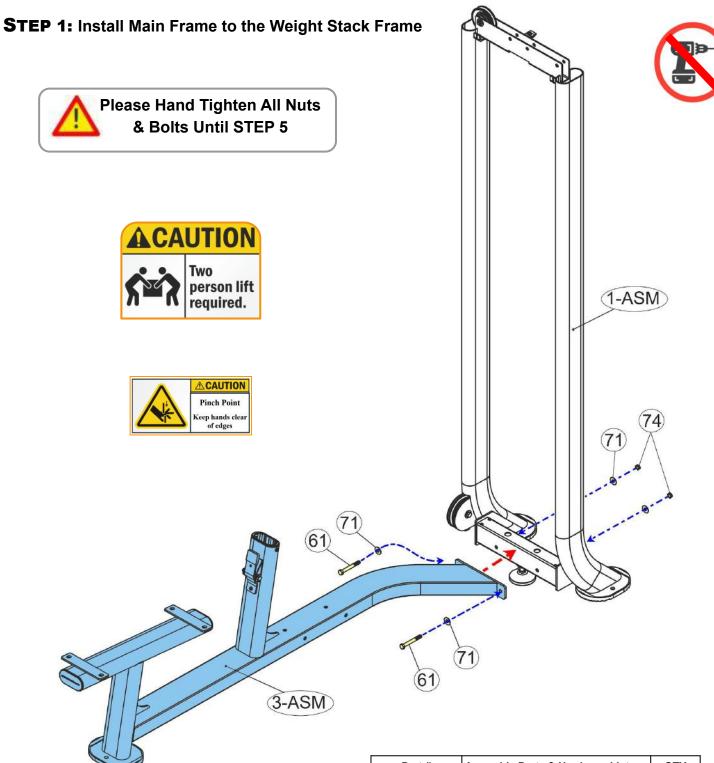
PREASSEMBLY TIP #2 – Unpackaging & organizing.

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.

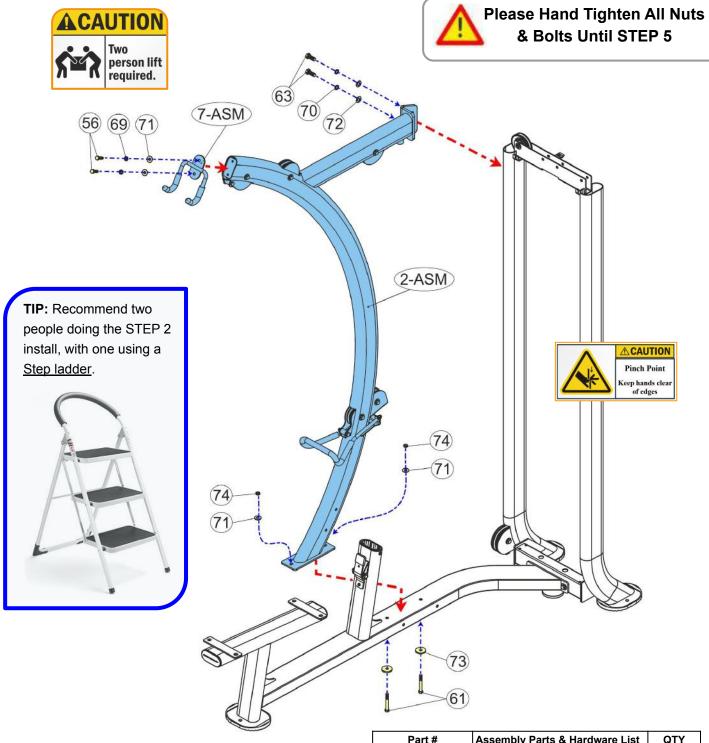


View Keys

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.

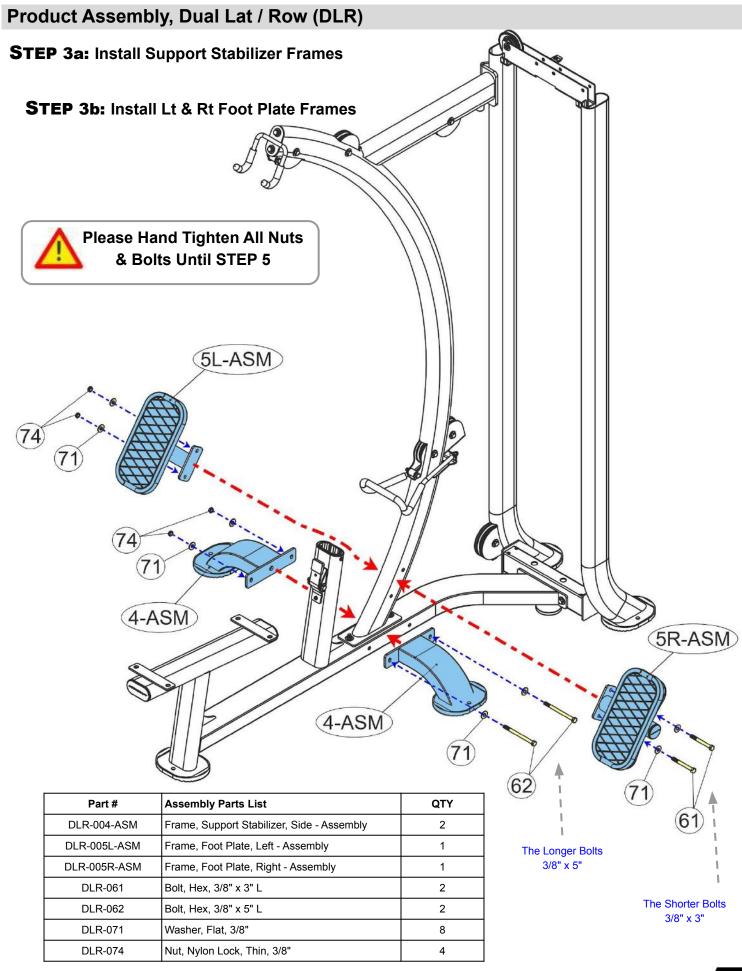
Part #	Assembly Parts & Hardware List	QTY
DLR-001-ASM	Frame, Weight Stack - Assembly	1
DLR-003-ASM	Frame, Main - Assembly	1
DLR-061	Bolt, Hex, 3/8" x 3" L	2
DLR-071	Washer, Flat, 3/8"	4
DLR-074	Nut, Nylon Lock, Thin, 3/8"	2

STEP 2a: Install Front Upright Frame & Lat Bar Holder



Part #	Assembly Parts & Hardware List	QTY
DLR-002-ASM	Frame, Front Upright - Assembly	1
DLR-007-ASM	Lat Bar Holder - Assembly	1
DLR-056	Bolt, Hex, 3/8" x 1" L	2
DLR-061	Bolt, Hex, 3/8" x 3" L	2
DLR-063	Bolt, Hex, 1/2"x 1-1/4" L	2

Part #	Assembly Parts & Hardware List	QTY
DLR-069	Washer, Spring, 3/8"	2
DLR-070	Washer, Spring, 1/2"	2
DLR-071	Washer, Flat, 3/8"	4
DLR-072	Washer, Flat, 1/2"	2
DLR-073	Washer, Flat, Large, 3/8"	2
DLR-074	Nut, Nylon Lock, Thin, 3/8"	2

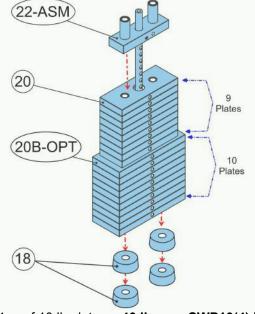


STEP 4a: Install & Lube Guide Rods, Stack Spacers, Rubber Cushions, Weight Plates & Top Plate

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:

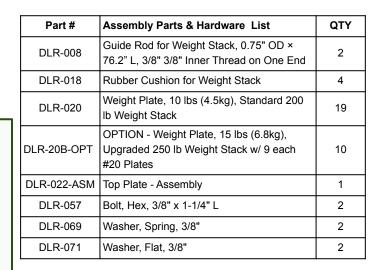


1 box, 4ea of 10 lb plates = 40 lbs per CWP10(4) box 1 box, 5ea of 10 lb plates = 50 lbs per CWP10(5) box 2 boxes, 5ea of 15 lb plates = 75 lbs per CWP15(5) box

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

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

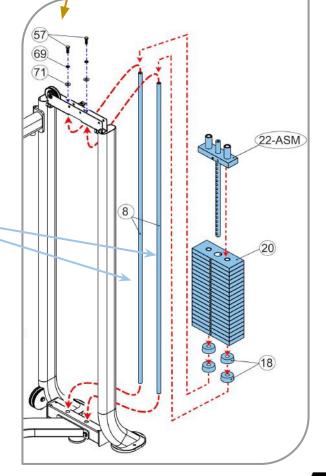
- Doing this before the weight stack goes on and blocks the potential "dry" part of the Guide Rods, ensures they are lubed.
- Ensures that the Weight Plates internal bushing get a "break-in" lube for a quiet & longer life operation.
- Add protection to the Guide Rods (6) from future potential surface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





ONLY Tighten
STEP 5a Hardware
at this time.

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









Product Assembly, Weight Stack Stickers Installation, Dual Lat / Row (DLR)

STEP 4b: Clean Weight Stack







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:

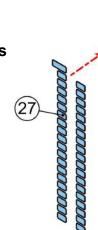
- Rubbing Alcohol
- Clean Cotton Cloth.

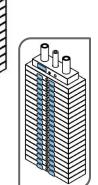
Then wipe dry with another clean cloth or allow to completely air dry.



STEP 4b: Install Weight Stack Stickers

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







SET 1	SET 2	SET 3
TAP PLATE ID Ibs/4.5 kgs	110 O 49.9	115 O 52.1
20 O 9.0 hys	120 54A	130 58.9
30 13.6 hgs	130 59.0 kgs	145 65.7
40 IB.I	140 O 63.5	160 72.5
50 22.7	150 6A.O	175 79.3
60 27.2	160 72.6 kgs	190 BE.1
70 31.0 hgs	170 77.1	205 92.9
36.3	IRO BI.6	220 99.8 ligs
90 40.8	190 O BE.2	235 O 106.6
100 O 45.A	200 90.7	250 113.A
STICKER SET 1 IS USED FOR BOTH STANDARD 200 LB AND UPGRADED 250 LB WEIGHT STACKS	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, ISLB 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.

STANDARD 200 LB AND UPGRADED 250 LB WEIGHT STACKS
(PLATES 1-10, INCLUDES TOP PLATE)

STEP 5a: "Torque Time" on ALL Frame & Top Pulley Nuts & Bolts from STEP 1 - STEP 4c

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.

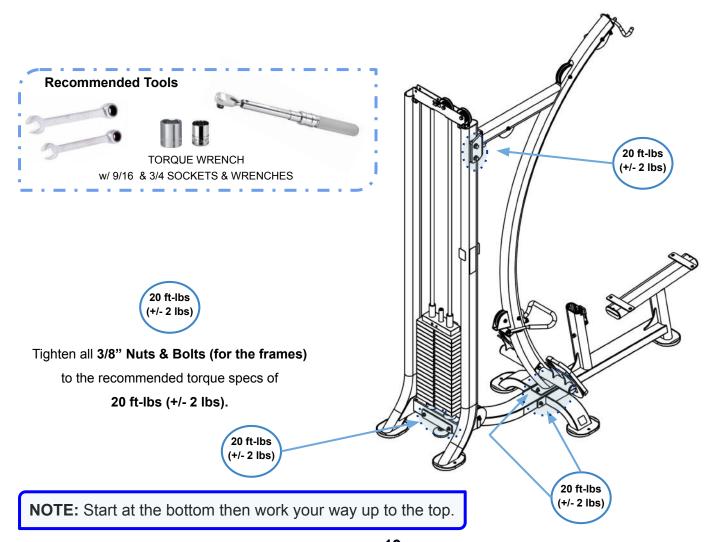


Tighten to torque specs to ensure the bolts and nuts do the following:

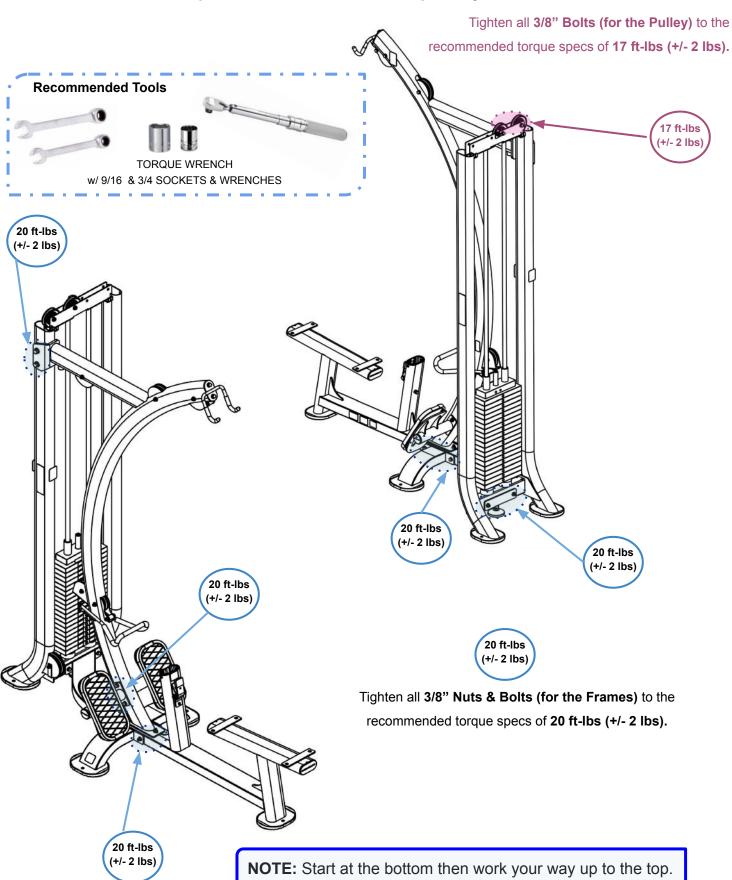
- Securely hold the frame and keep moving parts from coming loose during operation.
- Keep from crushing the frame.
- Avoid stripping the threads on either the bolts or nuts.
- Allow moving parts to adjust freely per the designed intent. https://www.wikihow.com/Us



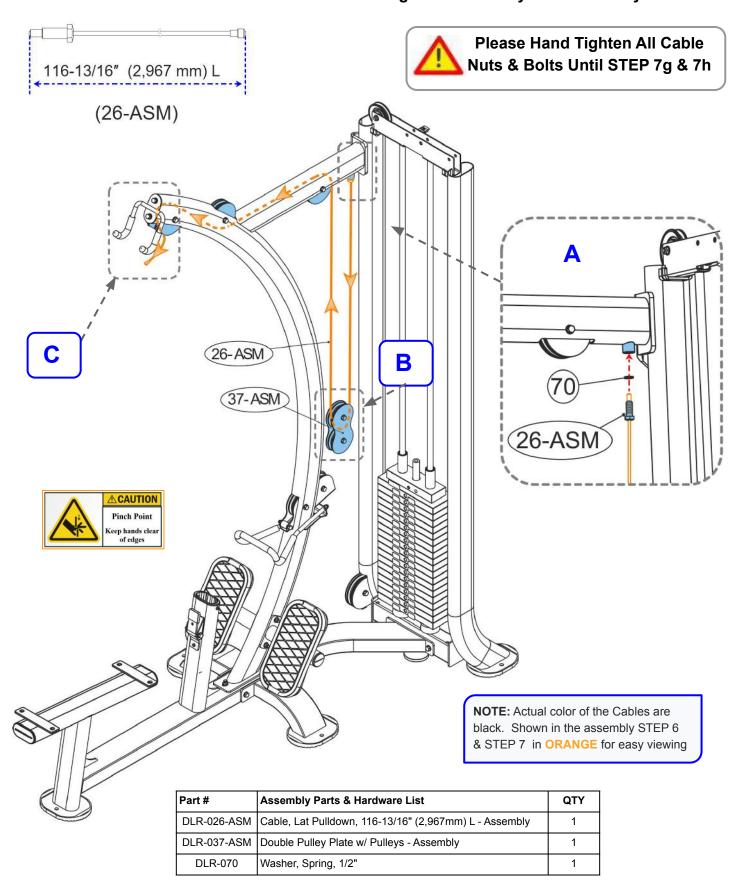
e-a-Torque-Wrench#Video



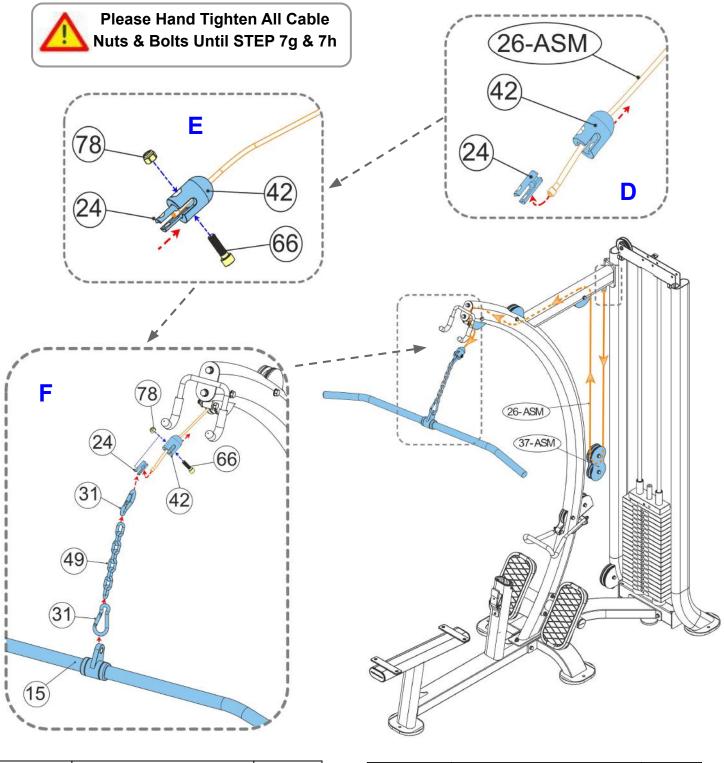
STEP 5b: Continue"Torque Time" on ALL Frame & Top Pulley Nuts & Bolts from STEPS 1 - 4c



STEP 6a - 6c: Install Lat Pulldown Cable & "Floating" Double Pulley Plate w/ Pulleys



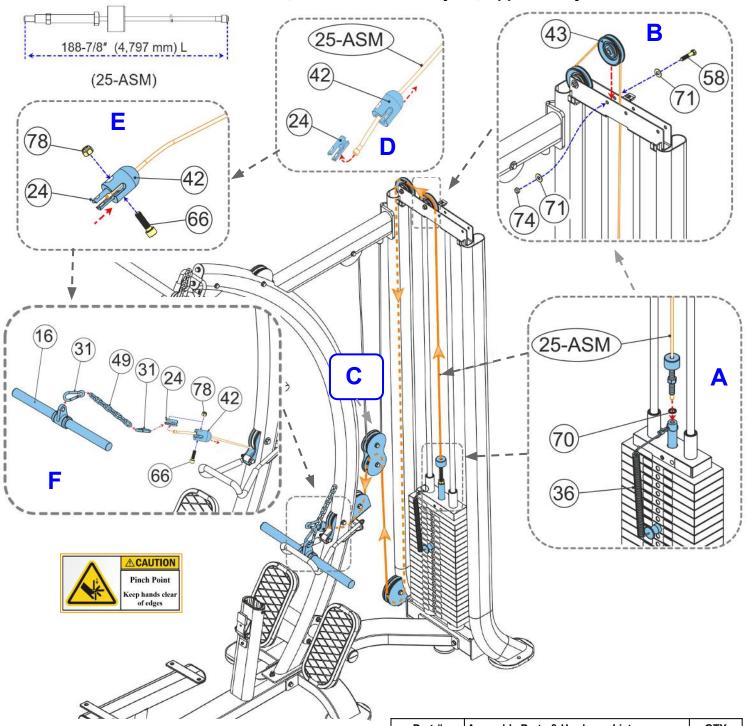
STEP 6d - 6f: Install Stopper Shell for End of Cable - Assembly & Accessories



Part #	Assembly Parts List	QTY
DLR-015	Accessory, 48" Lat Bar, Aluminum	1
DLR-024	Cable Link Clip	1
DLR-031	Snap Hook	2
DLR-042	Cable Stopper Shell for End of Cable	1

Part #	Assembly Parts List	QTY
DLR-049	Accessory, Chain, 8" L	1
	Bolt, Hex Recessed Round Head	
DLR-066	Screw, M10 x 35mm L	1
DLR-078	Nut, Hex, M10	1

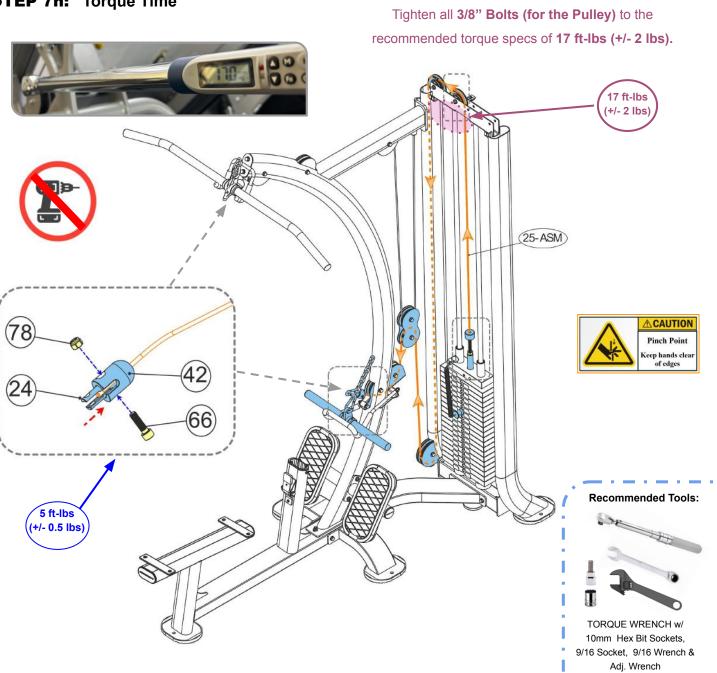
STEP 7a - 7f: Install Mid Row Cable, Selector Pin w/ Lanyard, Upper Pulley & Accessories



Part #	Assembly Parts List	QTY
DLR-016	Accessory, Low Row Bar, Aluminum	1
DLR-024	Cable Link Clip	1
DLR-025-ASM	Cable, Low Row, 188-7/8" (4,797mm) L - ASM	1
DLR-031	Snap Hook	2
DLR-036	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DLR-042	Cable Stopper Shell for End of Cable	1
DLR-043	Pulley, 90mm (3-1/2") x δ26mm ID	1

Part #	Assembly Parts & Hardware List	QTY
DLR-049	Accessory, Chain, 8" L	1
DLR-058	Bolt, Hex, 3/8" x 1-3/4" L	1
DLR-066	Bolt, Hex Recessed Round Head Screw, M10 x 35mm L	1
DLR-070	Washer, Spring, 1/2"	1
DLR-071	Washer, Flat, 3/8"	2
DLR-074	Nut, Nylon Lock, Thin, 3/8"	1
DLR-078	Nut, Hex, M10	1

STEP 7h: "Torque Time"



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

STEP 7i: Adjust Cable Tension for Lat Pulldown & Mid Row Cables

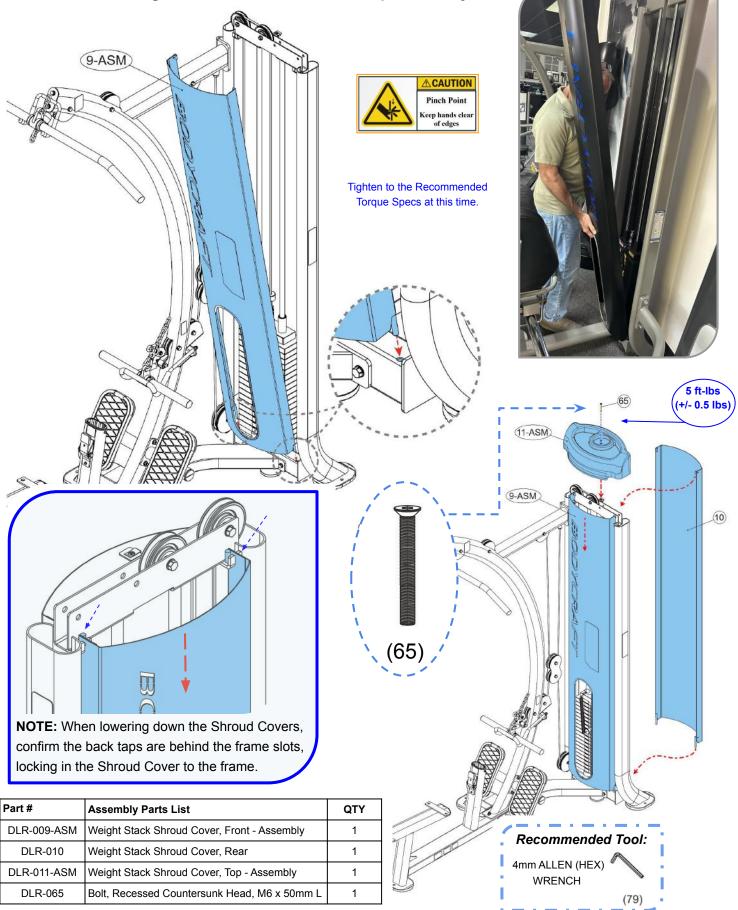
NOTE: Check Selector Rod Pin freely slides into each weight plate front hole with the Top Plate resting on 1st Weight Plate.

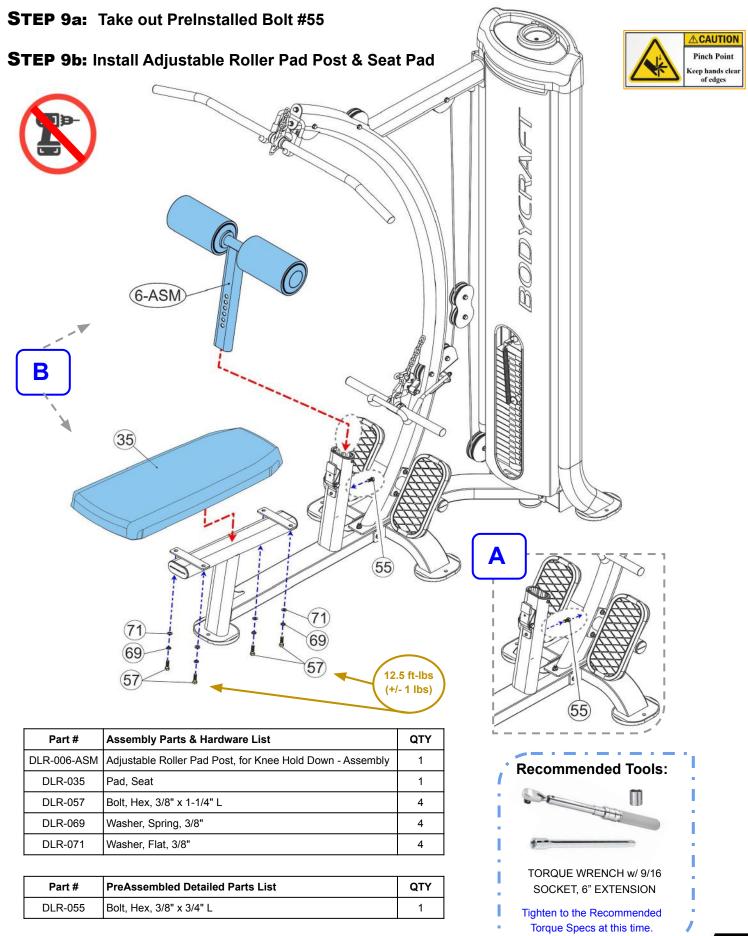
Once adjusted correctly, tighten the jam nuts.



Tighten to the Recommended Torque Specs at this time.

STEP 8: Install Weight Stack Shrouds & Cover Top Assembly





Product Assembly, Final Assembly Clean up, Lube & Polish, Dual Lat / Row (DLR)



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

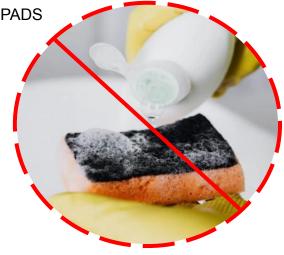


100% COTTON
CLEANING CLOTHS

- 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

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

Product Assembly, General & Cable Inspection

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 cablewear 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).

Product Assembly, Lubrication Maintenance

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.

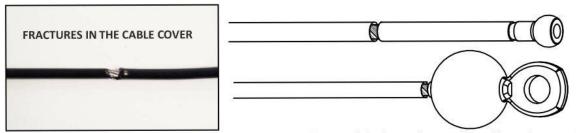
- 1. Bronze bushings: Recommend on a yearly basis to spray a Teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
- 2 Weight stack guide rods: Use Silicone 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.



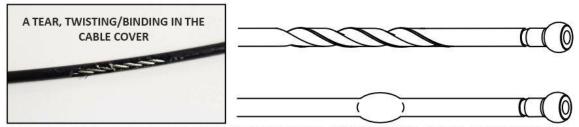


Strength Cable Wear Indicators



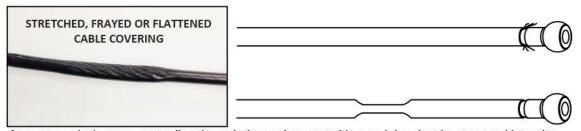
Casing can crack or fracture under strains during use. Any crack in the casing merits cable replacement even if no wire rope is exposed.

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



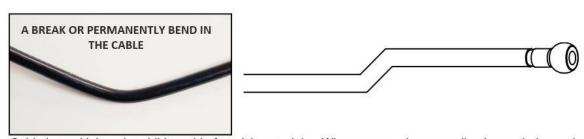
Inspect casing to ensure wire rope is not tearing, twisting, or binding within and coil causing bulge to appear. Cable should retain same outside diameter throughout.

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



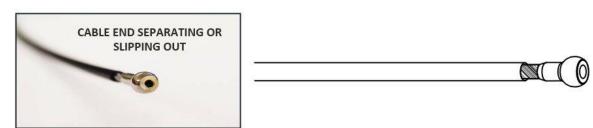
Any exposed wire rope protruding through the casing or at either end, has lost its structural integrity. Section of cable is compressed and will not retain its shape (outside diameter).

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.

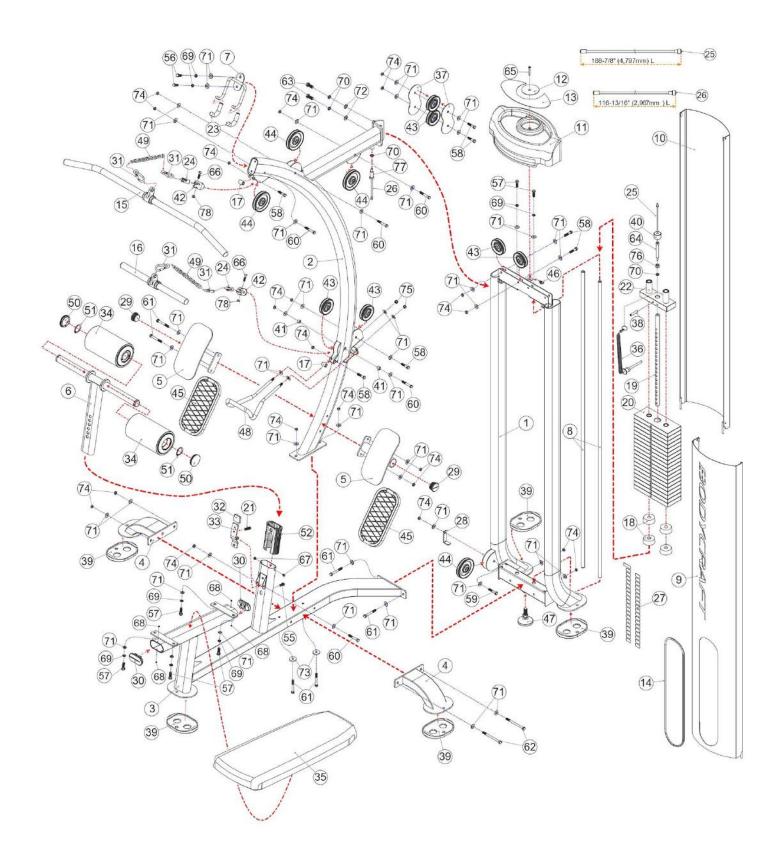
STOP USING THE MACHINE: This cable needs to be replaced immediately.



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 Lat / Row (DLR)



Part #	Detailed Parts List	QTY	A.		5	
DLR-001	Frame, Weight Stack	1		1/1		
DLR-002	Frame, Front Upright	1				11
DLR-003	Frame, Main	1	1			
DLR-004	Frame, Support Stabilizer, Side	2	1			///
DLR-005	Frame, Foot Plate	2	1	///	R	3\ /.//
DLR-006	Adjustable Roller Pad Post, for Knee Hold Down	1			3	
DLR-007	Lat Bar Holder	1	1			
DLR-008	Guide Rod for Weight Stack, 0.75" OD × 76.2" L, 3/8" Inner Thread on One End	2				
DLR-009	Weight Stack Shroud Cover, Front	1	i	///		(3)
DLR-010	Weight Stack Shroud Cover, Rear	1		///	7	
DLR-011	Weight Stack Shroud Cover, Top	1				
DLR-012	Shroud Lid Rubber Mat, Small	1	1///			
DLR-013	Shroud Lid Rubber Mat, Large	1	(1)	(2)		
DLR-014	Protector Edge Stip for Weight Stack Front Cover	1				
DLR-015	Accessory, 48" Lat Bar, Aluminum	1		6/ /	770	
DLR-016	Accessory, Low Row Bar, Aluminum	1	(4)		000	
DLR-017	Limit Sleeve for Low Row Cable	2		(5)	000	
DLR-018	Rubber Cushion for Weight Stack	4		(0)	U	
DLR-019	Selector Rod, 19 Holes	1			(6)	
DLR-020	Weight Plate, 10 lbs (4.5kg), Standard 200 lb Weight Stack	19				
DLR-20B- OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 250 lb Weight Stack w/ 9 each #20 Plates	10	sages !			(14)
DLR-021	Pull Pin Compression Spring, φ0.4" × 0.5" × 0.86" L	1			(11)	
DLR-022	Top Plate	1				An and a second
DLR-023	Yellow Grip, .485 DE x 4.75 DBL DIP, Punched, for Lat Bar Holder	2			(12)	(15)
DLR-024	Cable Link Clip	2			(12)	(15)
					(13)	(16)
6	0		(8) (9)	(10)	9	
(17)	(18)	000			0	
	(19)	(20)	(20B-OPS)	(21)	(22)	(23) (24)

Part #	Detailed Parts List	QTY
DLR-025	Cable, Mid Row, 188-7/8" (4,797mm) L	1
DLR-026	Cable, Lat Pulldown, 116-13/16" (2,967mm) L	1
DLR-027	Sticker Set for Weight Stack, for 200 lb or 250 lb Stacks	1
DLR-028	L-Shaped Plate for Cable Guide on Lower Pulley	1
DLR-029	Plug, Round, Φ50 - BLUE w/ BC logo	2
DLR-030	Plug, Flat Oval, PT100 x 50mm, Aluminum - BLUE w/ BC logo	2
DLR-031	Snap Hook	4
DLR-032	Handle Rubber Sleeve, for Adjustable Roller Pad Post	1
DLR-033	Handle for Adjustable Roller Pad Post	1
DLR-034	Roller, Upholstered Foam, 2" × 5-1/2" × 9-4/5" L	2
DLR-035	Pad, Seat	1
DLR-036	Selector Pin w/ Lanvard, Aluminum	
DLR-037	Double Pulley Plate	2
DLR-038	Roll Pin, for Selector Rod to Top Plate, 10mm x 50mm L	1
DLR-038	Roll Pin, for Selector Rod to Top Plate, 10mm x 50mm L	1
DLR-039	Foot Pad, Rubber	5
DLR-040	Stopper, Rubber on Cable to Top Plate	1
DLR-041	Bushing, Plastic for Pulley to Frame Spacer, 3/8 ID	2
DLR-042	Cable Stopper Shell for End of Cable	2
DLR-043	Pulley, 90mm (3-1/2") x δ26mm ID	6
DLR-044	Pulley, 114mm (4-1/2") x δ26mm ID	4
DLR-045	Rubber Cover for Foot Plate	2
DLR-046	Clip Nut, M6 I.D.	1
DLR-047	Foot, Adjustable for Weight Stack Frame	1
DLR-048	Low Row Bar Holder	1
DLR-049	Accessory, Chain, 8" L	2
DLR-050	End Cap, for Roller - BLUE	2
DLR-051	Snap Ring, Retaining Clip for Shaft	2
DLR-052	Inner Sliding Sleeve, Oval, PT100mm x 50mm x 52.5 / PT80 x 40mm	1

116-13/16" (2,967 mm) L 188-7/8" (4,797 mm) L (25)(26)をなる。 記り記り記り記り記り記り (31)(30)(29)(28)(27)(32)(35)(33)(34)9 (37)(39)(40)(38)(36)0 (46)(43)(41)(42)(44)(45)(52)(51)(47)(50)(48)(49)

D4#	Datation Books Link			OTV.	100 <u>00-</u>				
Part #	Detailed Parts List			QTY					
DLR-055	Bolt, Hex, 3/8" x 3/4" L			1			(50)		(57)
DLR-056	Bolt, Hex, 3/8" x 1" L			2	(55))	(56)		(37)
DLR-057	Bolt, Hex, 3/8" x 1-1/4" L			6					
DLR-058	Bolt, Hex, 3/8" x 1-3/4" L			7		A			
DLR-059	Bolt, Hex, 3/8" x 2" L			1					
DLR-060	Bolt, Hex, 3/8" x 2-1/2" L			5		(58))		
DLR-061	Bolt, Hex, 3/8" x 3" L			6					
DLR-062	Bolt, Hex, 3/8" x 5" L			2		A			
DLR-063	Bolt, Hex, 1/2"x 1-1/4" L			2			- Allert III		
DLR-064	Bolt, Hex, 1/2" x 3-1/2" L,			1		(59)		
DLR-065	Bolt, Recessed Counters	•		1		84 8			
DLR-066	Bolt, Hex Recessed Roui 35mm L	nd Head Screw, M	110 x	2					
DLR-067	Screw, Cross Pan Head,			2		(60	1		
DLR-068	Screw, Hex Socket with (Cup Point, M5 x 4i	mm L	4		(00)	,		
DLR-069	Washer, Spring, 3/8"			8		□			
DLR-070	Washer, Spring, 1/2"			4					
DLR-071	Washer, Flat, 3/8"			48		(61)		
DLR-072	Washer, Flat, 1/2"			2			f.		
DLR-073	Washer, Flat, Large, 3/8"			2					2.000
DLR-074	Nut, Nylon Lock, Thin, 3/	8"		21					
DLR-075	Nut, Nylon Lock, Thick, 3	/8"		2		(62)		
DLR-076	Nut, Hex, 1/2"			1					
DLR-077	Bolt, Hex 1/2" x 1-1/4" L,	Hollow		1		000000			(CANCOLOGICACO)
DLR-078	Nut, Hex, M10			2				(65)	
DLR-079	Wrench, Hex, 4mm			1	(63)	ĺ		(63)	
DLR-080	Wrench, Hex, 10mm			1				A Tomas	MANUA.
DLR-081	Silicone Lube Bottle, for 0	Guide Rods		1					man .
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Part #	Detailed Parts List	QTY
DLR-082	Warning Label - Fasten the machine to the floor	1
DLR-083	Caution Label - The Pull-PIN must be fully engaged into the hole before use	1
DLR-084	Warning Label - Please utilize this equipment solely for its designated purpose	1
DLR-085	Warning Label - Do not Hang on Bar	1
DLR-086	Warning Label - Master Rules and Precautions	1
DLR-087	Warning Label - Do not at any time lean against framework	1
DLR-088	Warning Label - Pinch Point, Vertical	1
DLR-089	Warning Label - Pinch Point, Horizontal	1
DLR-090	Poster - Exercise Guide	1
DLR-091	Label - Maintenance Schedule	1
DLR-092	Label - California Proposition 65 Warning	1
DLR-093	Label - Notices for Pads	1
DLR-094	Label - Serial Number	1
DLR-095	Label - QR code	1
DLR-096	Label - Trademark	1
DLR-097	Label - Machine Name	1



(82)



the hole before use!

(83)



equipment solely for its designated purpose.

case you are unfamiliar with the equipment or the ocedure, kindly consult you Owner's Manual or contact Bodycraft at 800-990-5556.

Neglecting to adhere to these delines may lead to severe ha or loss of life.

(84)

PINCH

POINT

(85)

MAINTENANCE SCHEDULE

WEEKLY

x

ved before any user

starts to exercise. Please

replace all parts at first

Clean and condition

Bolts, Nuts & Faste

Tighten per Torque Sper

Visually check for any unusual bends, kinking, fraying plastic cover or ends coming loose.

Adjust cable tension and lighten the locking nut at

Buide Rods & Seat

Clean & Lubricate w/ viro

licone or Teflon lube.

Linear Bearing Guide

Clean & Lubricate with Teflon (PTFE) grease

Weight Stack Pins

Pop Pins / Springs

Check all for functional

Warning Labels

nti-Skid Surfac

or wear or if missing.

Clean and Wax

Hand Grips & Rollers

Additional information, step-by-step processes, and more detailed instructions.

refer to the machines Owner's Manual or

800-990-5556 BODYCRAFT

er Support.

contact BodyCraft Custor

(91)

eight stack.

mi-Annually if needed)



- Use Bar for Chin-Ups
- Leave Bar Disconnected to the Cable

! WARNING To minimize risk of

serious injury, follow these rules

- Read and Understand all Warning and Caution Labels or this equipment before using.
- Read and Understand the Owner's Manual on safety and usage before using this
- 3. Obtain a Medical Exam before beginning any exercise program and STOP exercising if you feel faint, dizzy or pain.
- Inspect Equipment Before Each Use. Check for wear and tear, loose fitting, worn or frayed cables loose hardware and
- 5. Do Not Remove any Labels. Replace if damaged or missing.
- 6. DO NOT USE this machine as a stretching device or modify this machine in any way other than designed by BODYCRAFT
- 7. Keep Clear of all moving parts and cables
- 8. Highly Recommended that you work out with a training partner or another adult in the
- Children Should Not Be Allowed to be near or play around this machine at any
- 10.Children 13 yrs or Older need to be supervised during any workout using this machine.
- 11.Only replace worn or broken parts with Genuine BODYCRAFT Parts. 800-990-5556

(86)



weight stack, or any component.

Such improper use may cause the machine to tip over resulting in injury or death.

(87)

CALIFORNIA PROPOSITION

65 WARNING

WARNING: This product contains

California to cause cancer and birth

defects or other reproductive harm.

For more information: www.P65Warnings.ca.gc v1.6

(92)

chemicals known to the State of

PINCH POINT Keep Hands Clear during use

WARNING

(88)



(89)



MID ROW



(93)

THIS ARTICLE DOES NOT MEET CALIFORNIA BUREAU OF HOME

REQUIREMENTS TECHNICAL
BULLETIN 117. CARE SHOULD BE
EXERCISED NEAR OPEN FLAME
OR WITH BURNING CIGARETTES

FURNISHINGS FLAMMABILITY

SERIAL NUMBER

MODEL: BODYCRAFT DLR (740)965-2442 RECREATION SUPPLY, INC LEWIS CENTER, OH. U.S.A.

(94)

BODYCRAFT 规恒 쀓

Dual Lat / Row (DLR) For the Owner's Manual, Parts Lists, Exploded Views and other technical documentation, scan this QR code.

(95)

(90)

(96)

LAT PULLDOWN/MID ROW

(97)

NOTE: Parts are not to scale

36

BODYCRAFT

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.

<u>Please Note:</u> 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:	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
BASE UNIT SERIAL NUMBER:	g. Other:
OPTIONS SERIAL NUMBER(S):	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. Ho w many people use your facility on a daily basis? a. <25 b. 25-75
Model Type:	a. <25
Date of PurchaseYour Company Name	6. Do you plan to purchase more fitness equipment in the next 6-12 months? YesNo
Contact First Name	7. If you answered "yes" to question 6, what type do you plan to purchase?
Contact Last Name	····
AddressCityStateZIP	Yesb. Ellipticalb. Ellipticald. Free Weights d. Free Weights f. Other
Email AddressWebsite	8. Would you recommend BODYCRAFT to other club or home owners? No
PhoneFax	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 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.

Warranty for Strength Equipment:	Residential Use	Commercial Use
Frame:	Lifetime	10 years
Structural Moving Parts:	10 years	5 years
Roller Parts:	10 years	3 years
Cables, Upholstery & Accessories:	10 years	2 years
Labor:	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.

Register your product's warranty at www.bodycraft.com/product-registration.html

^{*} 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.



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