BODYCRAFT



Dual Multi-Press (DMP)



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Please register your products at:	
https://www.bodycraft.com/product-registration/	

Owner's Manual

DMP_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

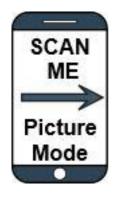




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Product Safety - Functional Trainers, Duals & Multi-Gyms



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.

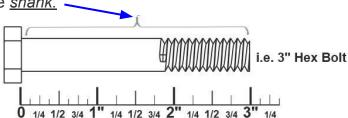
- Before beginning this or any other exercise program, consult your physician. This is
 especially important for individuals over the age of 35 or persons with preexisting health
 problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property
 damage sustained by or through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

Important Notes and Tips:

- 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 Sockets are needed)



OPEN, CLOSED &
ADJUSTABLE WRENCHES
(Only 9/16 & 3/4
are needed)



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



RUBBER MALLET & ALLEN WRENCH SET (w/ 4mm, 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



Fasten the machine to the floor using Anchor Bolts. vi.e

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

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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 guidelines may lead to severe harm or loss of life. v1.6

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ATTENTION!

Be aware of moving parts and take caution of all body parts, especially hands & fingers, when making adjustments.

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/ WARNING

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 and frame.
- 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 area.
- Children Should Not Be Allowed to be near or play around this machine at any time.
- 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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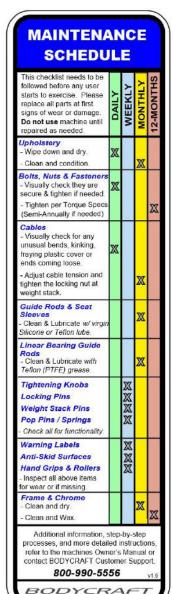
WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

For more information: www.P65Warnings.ca.gov

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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.

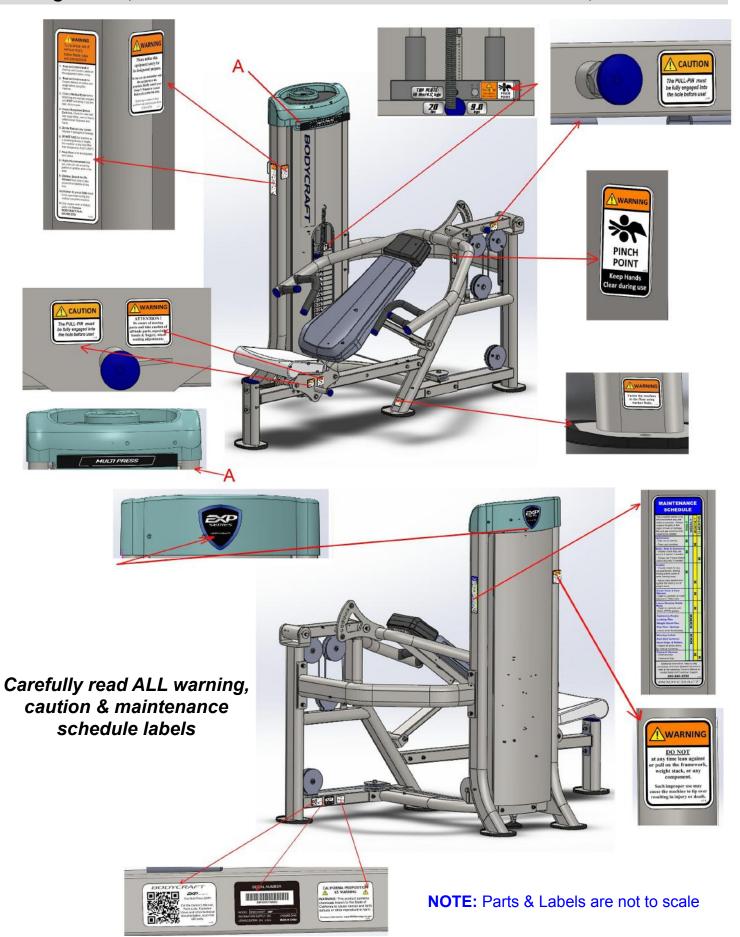
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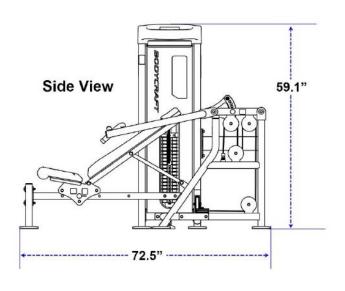
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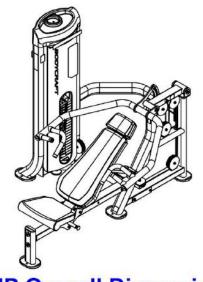
NOTE: Labels are not to scale

Warning Labels, Maintenance Schedule & Serial Number Placement, DMP



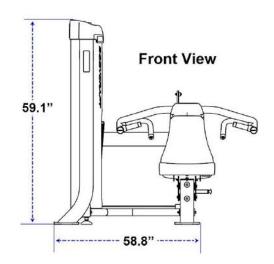
Machine Dimensions & Room Layouts, DMP

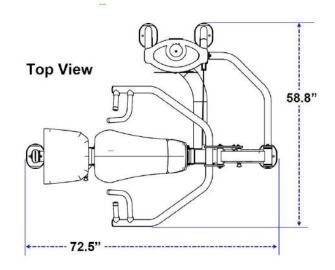




DMP Overall Dimensions

72.5" L x 58.8 W x 59.1" H (184.1 cm L x 149.4 cm W x 150.1 cm H)



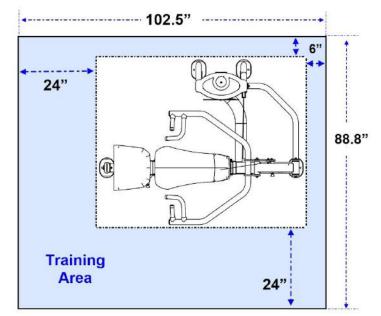


Recommended Training Area

102.5" L x 88.8" W (260.4 cm L x 225.6 cm W)

Back: 6" (15.3 cm)

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





For ADA Compliance under #1004 **Exercise Machines and Equipment:**

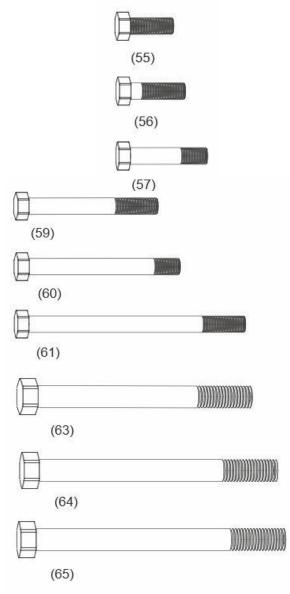
Minimum of 36" for entry, use & exit of machine required. Add 12" in the ADA Compliant Training Area where needed.

Part # DMP-001-ASM DMP-002-ASM DMP-003	Assembly Parts List Frame, Weight Stack - Assembly Frame, Main - Assembly	QTY 1	
DMP-002-ASM DMP-003	,	<u> </u>	
DMP-003	Frame, Main - Assembly	1	→ [
	,	'	
	Frame, Connector, Rear	1	
DMP-004	Frame, Connector, Bottom	1	
DMP-005-ASM	Frame, Front Stabilizer - Assembly	1	
DMP-006	Frame, Selector Rail for Seat Adjustments	1	
DMP-007-ASM	Frame, Support for Back Pad - Assembly	1	
DMP-008-ASM	Frame, Connector for Back Pad - Assembly	1	
DMP-009-ASM	Frame, Support for Seat Pad, w/ Roller Wheels - Assembly	1	(1-ASM) (2-ASM)
DMP-010-ASM	Press Arm - Assembly	1	(PAOM)
DMP-011-ASM	Frame, Pivot for Press Arm - Assembly	1	
DMP-014	Axle, for Press Arm, w/ One Side Flat Notch, 25.4mm OD × 3/8" Threaded ID × 146mm L	2	(3)
DMP-015	Pad, Head	1	
DMP-016	Pad, Seat	1	
DMP-017	Pad, Back	1	
DMP-018-ASM	Cable, Main 200-11/16" (5,097mm) L - Assembly	1	
DMP-020-ASM	Weight Stack Shroud Cover, Top - Assembly	1	(5-ASM) (7-ASM)
DMP-021	Weight Stack Shroud Cover, Rear	1	(/-ASINI)
DMP-022-ASM	Weight Stack Shroud Cover, Front - Assembly	1	•
DMP-023	Rubber Cushion for Weight Stack	4	
DMP-029	Stopper, Rubber w/ Washer for Bottom of Back Pad Frame	1	
DMP-034	Selector Pin w/ Lanyard, Aluminum - BLUE	1	(0.40)
DMP-035-ASM	Top Plate w/ Selector Rod- Assembly	1	(8-ASM) (9-ASM)
DMP-036	Guide Rod for Weight Stack, 0.75" OD x 50.3" L, 3/8" Inner Thread on One End	2	
DMP-041	Pulley, 90mm (3-1/2") x δ26mm ID	1	
DMP-082	Weight Plate, 10 lbs (4.5kg), Standard 200 lb Weight Stack	19	
DMP-82B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 250 lb Weight Stack w/ 9 each #82 Plates	10	(10-ASM) (11-ASM)
DMP-085	Clevis Bracket for Cable End attachment, 24mm OD × 47mm L	1	
DMP-086	Sticker Set for Weight Stack, for 200 lb or 250 lb Stacks	1	
DMP-091	Silicone Lube Bottle, for Guide Rods	1	
4) (15)	(16) (17) (18-ASM)	m) L	(20-ASM)
		000	(21) (22-ASI) 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007 1007
(23) (29)	(34) (35-ASM) (41) (82)	(82B-OF	an an an an an

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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 Hardware	QTY
DMP-055	Bolt, Hex, 3/8" x 1" L	4
DMP-056	Bolt, Hex, 3/8" x 1-1/4" L	11
DMP-057	Bolt, Hex, 3/8" x 1-3/4" L	1
DMP-059	Bolt, Hex, 3/8" x 3" L	4
DMP-060	Bolt, Hex, 3/8" x 3-1/2" L	2
DMP-061	Bolt, Hex, 3/8" x 5" L	2
DMP-063	Bolt, Hex, 1/2" x 5-1/4" L	1
DMP-064	Bolt, Hex, 1/2" x 5-1/2" L	1
DMP-065	Bolt, Hex, 1/2" x 5-3/4" L	1
DMP-067	Bolt, Recessed Flat Head, 3/8" x 1-1/2" L	1
DMP-069	Bolt, Recessed Countersunk Head, M6 x 50mm L	1
DMP-071	Bolt, Shoulder, 5/16" x φ9.5mm x 19mm L	1
DMP-073	Washer, Spring, 3/8"	15
DMP-074	Washer, Spring, 1/2"	1
DMP-075	Washer, Flat, 3/8"	27
DMP-076	Washer, Flat, 1/2"	6
DMP-077	Washer, Flat, Large, 3/8"	6
DMP-079	Nut, Nylon Lock, Thick, 5/16"	1
DMP-080	Nut, Nylon Lock, Thin, 1/2"	3
DMP-081	Nut, Nylon Lock, Thin, 3/8"	9
DMP-087	Wrench, Hex, 3/32"	1
DMP-088	Wrench, Hex, 4mm	1
DMP-089	Wrench, Hex, 7/32"	1
DMP-090	Wrench, Hex, 1/4"	1





NOTE: Parts are not to scale

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Shipping Boxes & What's Inside Each One, Dual Multi-Press (DMP)

Large Box 1 of 3

Net Weight: 98 lbs (44 KG)

Gross Weight: 106 lbs (48 KG)

Box Size: 38" L x 38" W x 10" H (940mm L x 950mm W x 230mm H)



Large Box 2 of 3

Net Weight: 109 lbs (49 KG)

Gross Weight: 125 lbs (56.4 KG)

Box Size: 60" L x 24" W x 16" H (1,500mm L x 600mm W x 395mm H)

Large Box 3 of 3

Net Weight: 98 lbs (44 KG)

Gross Weight: 111 lbs (50 KG)

Box Size: 48" L x 44" W x 10" H

(1,200mm L x 1,110mm W x 250mm H)

BODYCRAFT DMP - MULTI PRESS





Small Boxes 4 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.

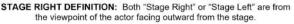
Product Assembly, Preassembly Tips, Dual Multi-Press (DMP)

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.







PREASSEMBLY TIP #2 – Unpackaging & organizing.

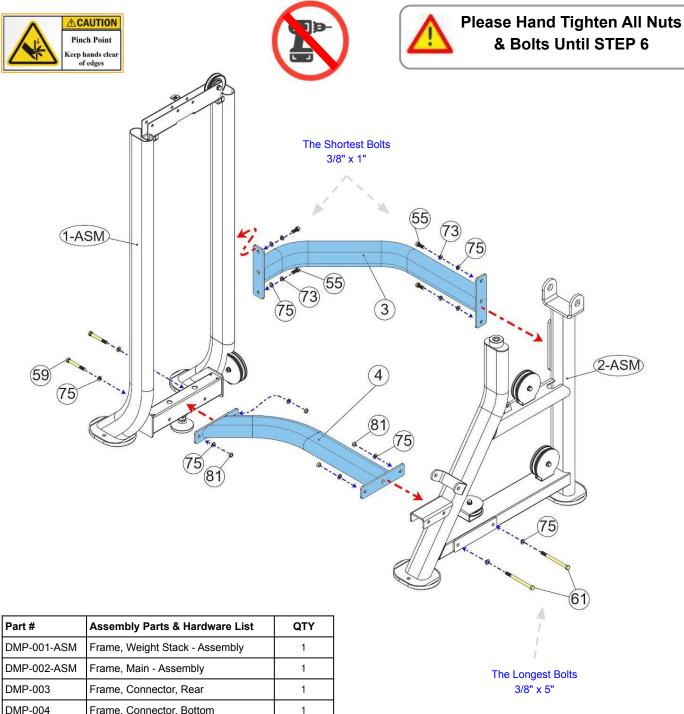
The best practice in assembly is to take all the parts out of the boxes & bags and line up in order of assembly. This enables a mindset of what you will be assembling, their physical sizes and what challenges you might face BEFORE you begin.



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.

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



	Tramo, Troight Glack 7 toodhibiy	· ·
DMP-002-ASM	Frame, Main - Assembly	1
DMP-003	Frame, Connector, Rear	1
DMP-004	Frame, Connector, Bottom	1
DMP-055	Bolt, Hex, 3/8" x 1" L	4
DMP-059	Bolt, Hex, 3/8" x 3" L	2
DMP-061	Bolt, Hex, 3/8" x 5" L	2
DMP-073	Washer, Spring, 3/8"	4
DMP-075	Washer, Flat, 3/8"	12

Nut, Nylon Lock, Thin, 3/8"

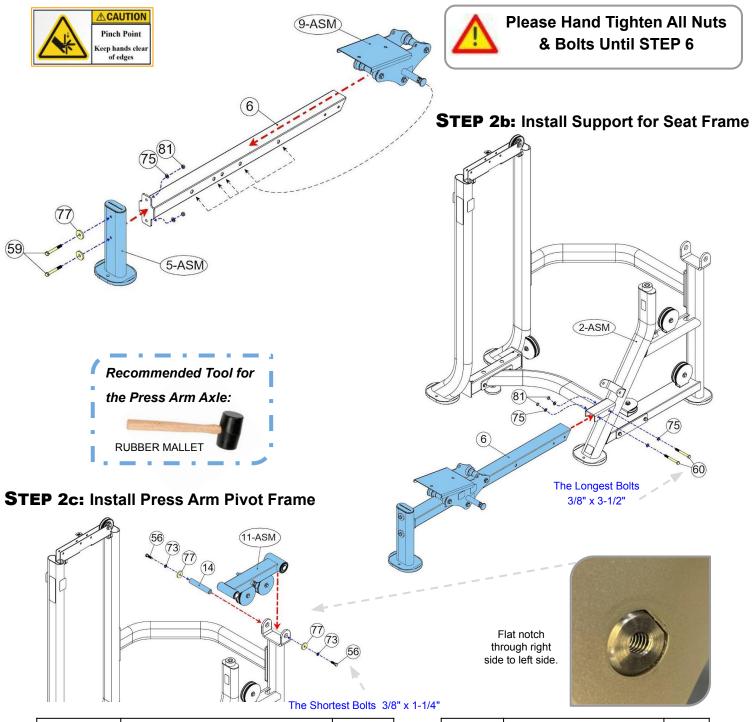
View Keys

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.

4

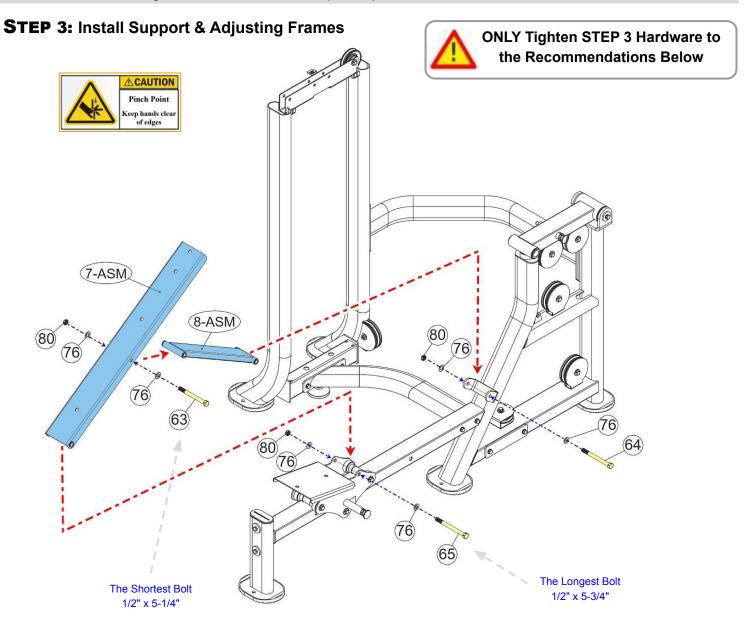
DMP-081

STEP 2a: Install Front Stabilizer & Support for Seat Frame



Part #	Assembly Parts List	QTY
DMP-005-ASM	Frame, Front Stabilizer - Assembly	1
DMP-006	Frame, Selector Rail for Seat Adjustments	1
DMP-009-ASM	Frame, Support for Seat Pad, w/ Roller Wheels - Assembly	1
DMP-011-ASM	Frame, Pivot for Press Arm - Assembly	1
DMP-014	Axle, for Press Arm, w/ One Side Flat Notch, 25.4mm OD × 3/8" Threaded ID × 146mm L	1

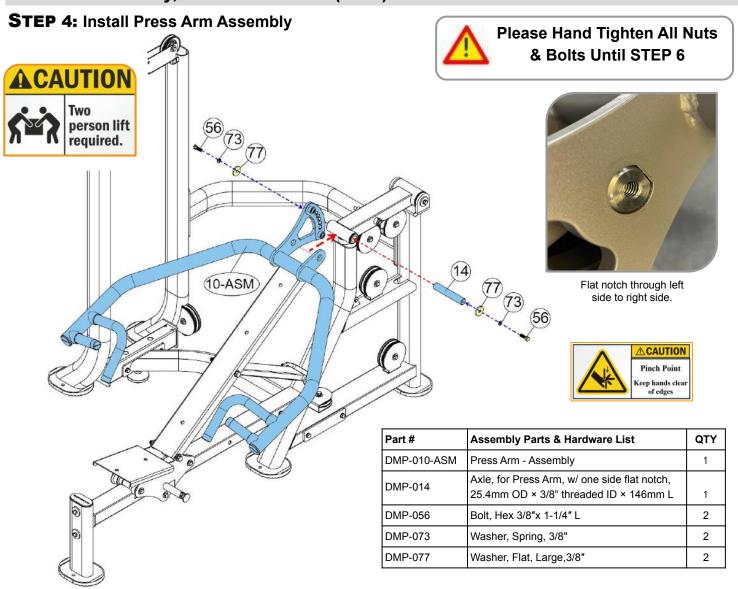
Part #	Assembly Hardware	QTY
DMP-056	Bolt, Hex, 3/8" x 1-1/4" L	2
DMP-059	Bolt, Hex, 3/8" x 3" L	2
DMP-060	Bolt, Hex, 3/8" x 3-1/2" L	2
DMP-073	Washer, Spring, 3/8"	2
DMP-075	Washer, Flat, 3/8"	6
DMP-077	Washer, Flat, Large, 3/8"	4
DMP-081	Nut, Nylon Lock, Thin, 3/8"	4



Note: Fully tighten all three (3) bolts & nuts until the gap is closed. Then loosen, up to 1/8 turn so that the Support & Adjusting Frames (7-ASM & 8-ASM) will easily move but has no play.

Part #	Assembly Parts & Hardware List	QTY
DMP-007-ASM	Frame, Support for Back Pad - Assembly	1
DMP-008-ASM	Frame, Connector for Back Pad - Assembly	1
DMP-063	Bolt, Hex, 1/2" x 5-1/4" L	1
DMP-064	Bolt, Hex, 1/2" x 5-1/2" L	1
DMP-065	Bolt, Hex, 1/2" x 5-3/4" L	1
DMP-076	Washer, Flat, 1/2"	6
DMP-080	Nut, Nylon Lock, Thin, 1/2"	3

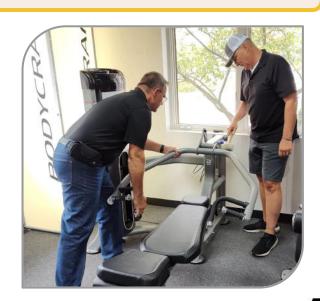




CAUTION: Press Arm Assembly (10-ASM) is large and awkward to install, especially to the Main Frame (1-ASM). Find a friend to help with STEP 4 to ensure a happier and longer life during the rest of the assembly process!







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

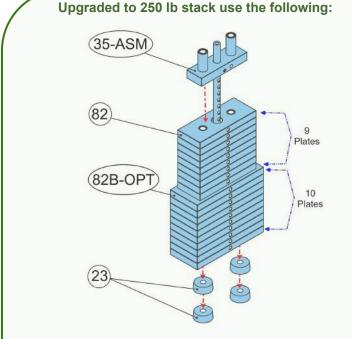
Please Hand Tighten All Nuts & Bolts Until STEP 6

Part #	Assembly Parts & Hardware List	QTY
DMP-023	Rubber Cushion for Weight Stack	4
DMP-035-ASM	Top Plate w/ Selector Rod- Assembly	1
DMP-036	Guide Rod for Weight Stack, 0.75" OD x 50.3" L, 3/8" Inner Thread on One End	2
DMP-082	Weight Plate, 10 lbs (4.5kg), Standard 200 lb Weight Stack	19
DMP-82B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 250 lb Weight Stack w/ 9 each #82 Plates	10
DMP-086	Sticker Set for Weight Stack	1
DMP-056	Bolt, Hex 3/8"x 1-1/4" L	2
DMP-073	Washer, Spring, 3/8"	2
DMP-075	Washer, Flat, 3/8"	2

35-ASM 1 box, 4ea 1 box, 5ea 2 boxes, 5a NOTE: Co

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**



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 plates 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.

CLEANING CLOTH

ep hands clear of edges

Product Assembly, Weight Stack Stickers Installation, Dual Multi-Press (DMP)

STEP 5b: Clean Weight Stack



MINIMUM 65 DEGREES & LOW HUMIDITY





Clean Top Plate & Weight Plates

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

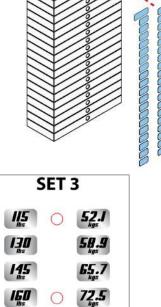
- Rubbing Alcohol

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





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

STICKER SET 1 IS USED FOR BOTH

STANDARD 200 LR AND UPGRADED

STEP 6a: "Torque Time" on ALL Frame 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.

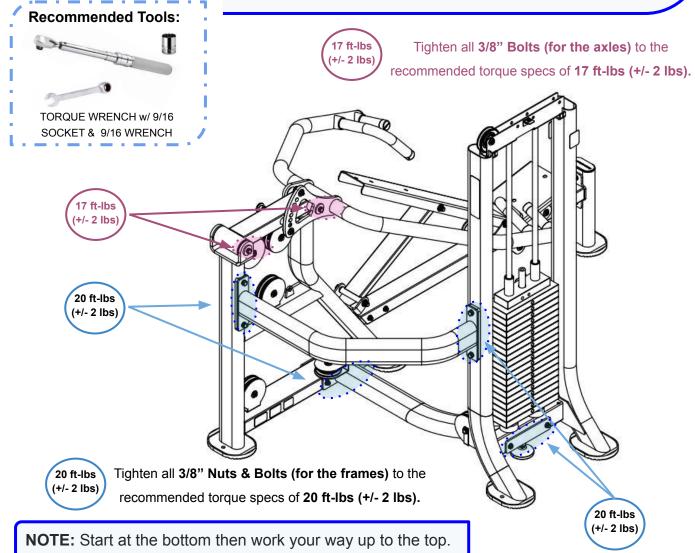


Tighten to torque specs to ensure the bolts and nuts do the following:

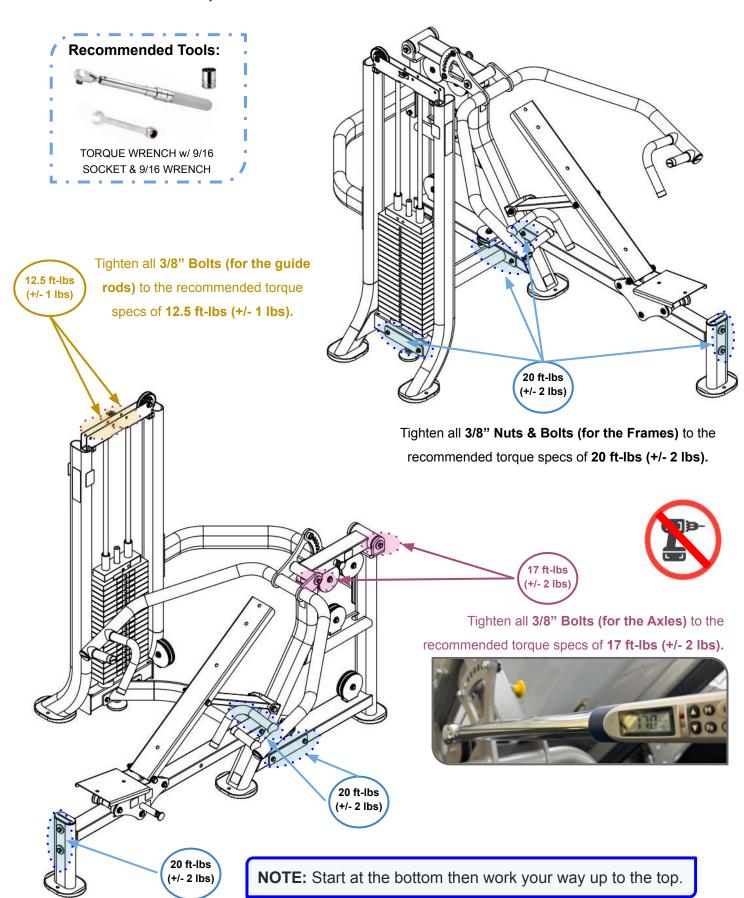
- Securely hold the frame and keep moving parts from coming loose during operation.
- Keep from crushing the frame.
- Avoid stripping the threads on either the bolts or nuts.
- Allow moving parts to adjust freely per the designed intent. https://www.wikihow.com/Us



 https://www.wikihow.com/Us e-a-Torque-Wrench#Video



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



Product Assembly, Dual Multi-Press (DMP) STEP 7: Install Cable & Selector Pin w/ Lanyard 200-11/16" (5,097 mm) NOTE: Actual color of Main Cable #18 is black. Shown in the assembly (18-ASM) STEP in **ORANGE** for easy viewing (81) **△** CAUTION Pinch Point 20 ft-lbs eep hands clea of edges (+/- 2 lbs) 85 (18-ASM) (18-ASM) 79 17 ft-lbs (+/- 2 lbs) **Recommended Tools:** TORQUE WRENCH w/ 1/4 Hex Bit Socket, 9/16 Socket, 9/16 Wrench & Adj. Wrench Tighten to the Recommended Torque Specs at this time.

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 nut.

BODYCRAFT

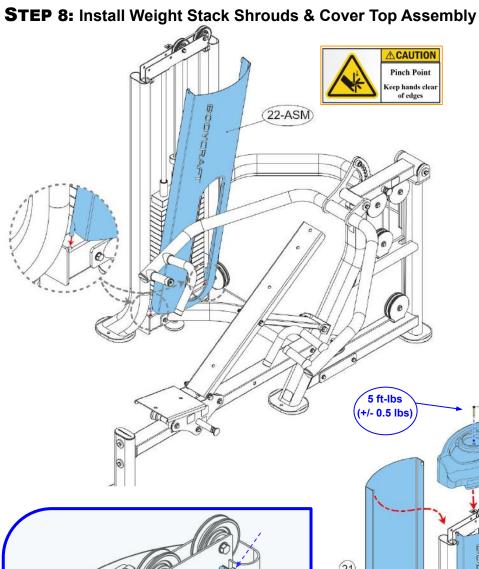
Watch Assembly Video

DMP STEP 7 Adjusting the Cable

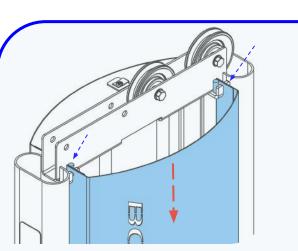


Part #	Assembly Parts & Hardware List	QTY
DMP-018-ASM	Cable, Main 200-11/16" (5,097mm) L - Assembly	1
DMP-034	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DMP-041	Pulley, 90mm (3-1/2") x δ26mm ID	1
DMP-057	Bolt, Hex, 3/8" x 1-3/4" L	1
DMP-071	Bolt, Shoulder, 5/16" x φ9.5mm x 19mm L	1
DMP-074	Washer, Spring, 1/2"	1
DMP-075	Washer, Flat, 3/8"	2
DMP-079	Nut, Nylon Lock, Thick, 5/16"	1
DMP-081	Nut, Nylon Lock, Thin, 3/8"	1
DMP-085	Clevis Bracket for Cable End attachment, 24mm OD × 47mm L	1



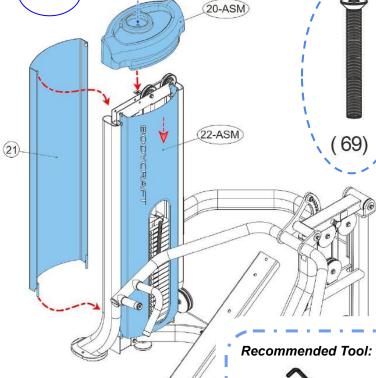






NOTE: When lowering down the Shroud Covers, confirm the back taps are behind the frame slots, locking in the Shroud Cover to the frame.

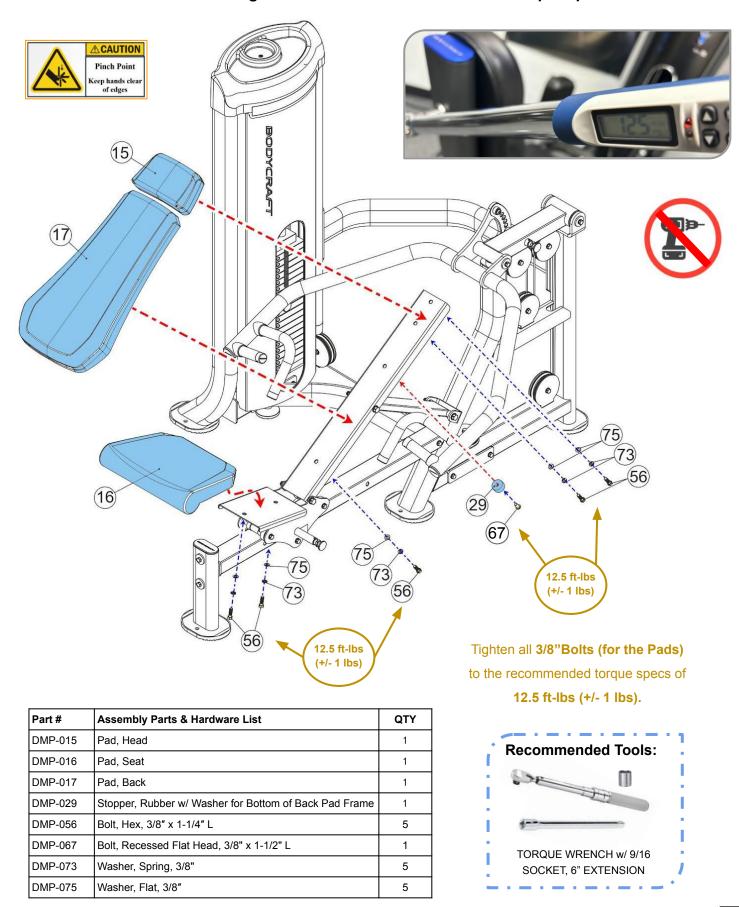
Part #	Assembly Parts & Hardware List	QTY
DMP-020-ASM	Weight Stack Shroud Cover, Top - Assembly	1
DMP-021	Weight Stack Shroud Cover, Rear	1
DMP-022-ASM	Weight Stack Shroud Cover, Front - Assembly	1
DMP-069	Bolt, Recessed Countersunk Head, M6 x 50mm L	1



(88)4mm ALLEN (HEX) WRENCH

Tighten to the Recommended Torque Specs at this time.

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



Product Assembly, Final Assembly Clean up, Lube & Polish, (DMP)



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







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.

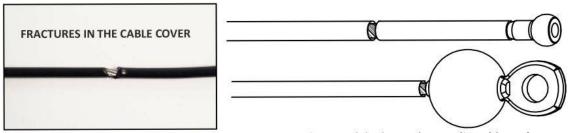
- 1. Bronze bushings: Recommend on a yearly basis to spray a Teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
- 2 Weight stack guide rods: Use Silicone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



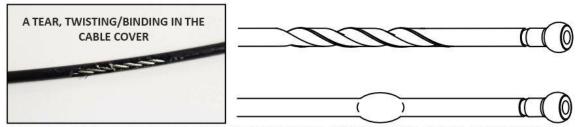


Strength Cable Wear Indicators



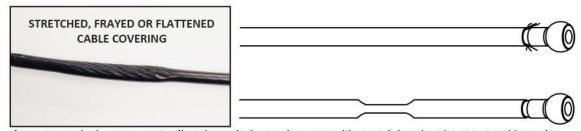
Casing can crack or fracture under strains during use. Any crack in the casing merits cable replacement even if no wire rope is exposed.

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



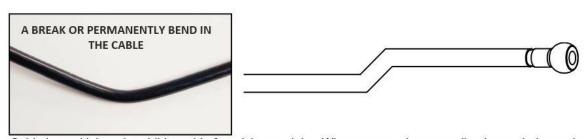
Inspect casing to ensure wire rope is not tearing, twisting, or binding within and coil causing bulge to appear. Cable should retain same outside diameter throughout.

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



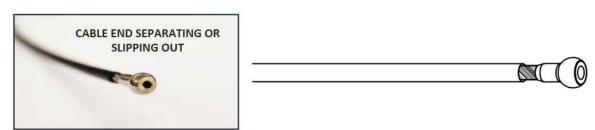
Any exposed wire rope protruding through the casing or at either end, has lost its structural integrity. Section of cable is compressed and will not retain its shape (outside diameter).

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.

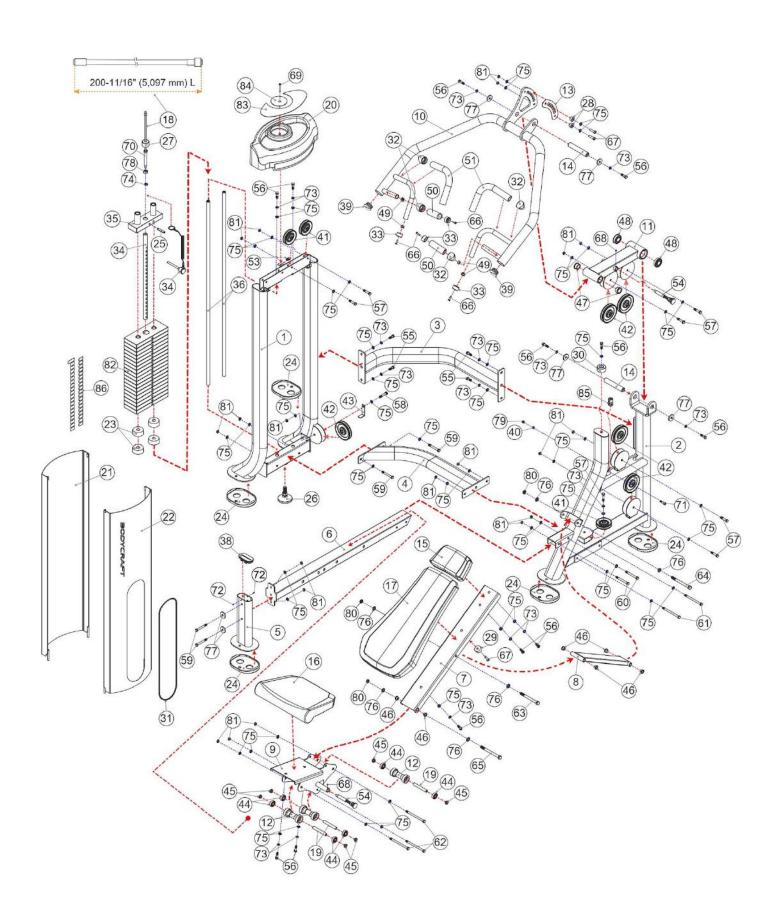
STOP USING THE MACHINE: This cable needs to be replaced immediately.



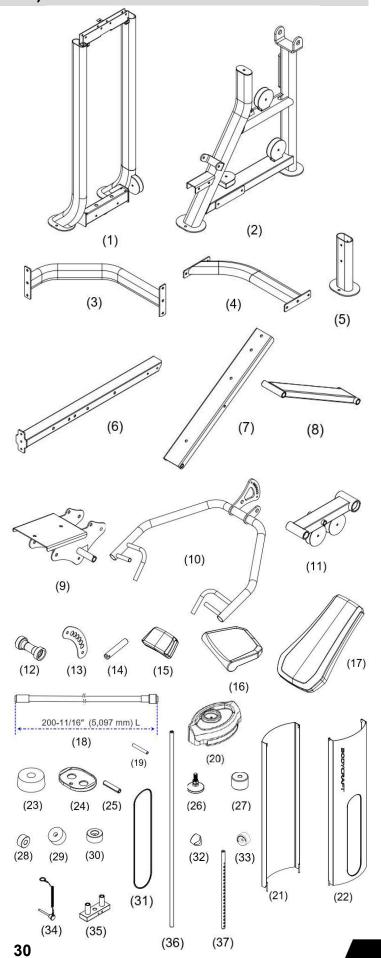
Watch for component end of cable to pull away from cable assembly and look for exposed wire rope.

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

Detailed Parts, Exploded View, Dual Multi-Press (DMP)



Part #	Detailed Parts List	QTY
DMP-001	Frame, Weight Stack	1
DMP-002	Frame, Main	1
DMP-003	Frame, Connector, Rear	1
DMP-004	Frame, Connector, Bottom	1
DMP-005	Frame, Front Stabilizer	1
DMP-006	Frame, Selector Rail for Seat Adjustments	1
DMP-007	Frame, Support for Back Pad	1
DMP-008	Frame, Connector for Back Pad	1
DMP-009	Frame, Support for Seat Pad	1
DMP-010	Press Arm	1
DMP-011	Frame, Pivot for Press Arm	1
DMP-012	Roller Wheel	3
DMP-013	Adjustment Guard for Pop-Pin	1
DMP-014	Axle, for Press Arm, w/ One Side Flat Notch, 25.4mm OD × 3/8" Threaded ID × 146mm L	2
DMP-015	Pad, Head	1
DMP-016	Pad, Seat	1
DMP-017	Pad, Back	1
DMP-018	Cable, Main 200-11/16" (5,097mm) L	1
DMP-019	Bushing for Roller Wheel I.D.	3
DMP-020	Weight Stack Shroud Cover, Top	1
DMP-021	Weight Stack Shroud Cover, Rear	1
DMP-022	Weight Stack Shroud Cover, Front	1
DMP-023	Rubber Cushion for Weight Stack	4
DMP-024	Foot Pad, Rubber	5
DMP-025	Roll Pin, for Selector Rod to Top Plate, 10mm x 50mm L	1
DMP-026	Adjustable Foot for Weight Stack Frame	1
DMP-027	Stopper, Rubber on Cable to Top Plate	1
DMP-028	Stopper, Rubber w/ Washer for Press Arm Adjustments	2
DMP-029	Stopper, Rubber w/ Washer for Bottom of Back Pad Frame	1
DMP-030	Stopper, Rubber w/ Washer for top of Main Frame	1
DMP-031	Protector Edge Stip for Weight Stack Front Cover	1
DMP-032	Rubber Sleeve for handle to Press Arm - BLK	4
DMP-033	End Cap, Aluminum, for Multi-Grip Handlebar w/ center recessed hole - BLUE w/ BC logo	4
DMP-034	Selector Pin w/ Lanyard, Aluminum - BLUE	1
DMP-035	Top Plate	1
DMP-036	Guide Rod for Weight Stack, 0.75" OD x 50.3" L, 3/8" Inner Thread on One End	2
DMP-037	Selector Rod, 19 Holes	1



NOTE: Parts are not to scale

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QTY

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Part #	Detailed Parts list	QTY
DMP-038	Plug, Flat Oval, PT100 x 50mm, Aluminum - BLUE	1
DMP-039	Plug, Round, Φ50 - BLUE w/ BC logo	2
DMP-040	Bushing, Brass, Φ12.7 × Φ9.5 × 7.9	1
DMP-041	Pulley, 90mm (3-1/2") x δ26mm ID	3
DMP-042	Pulley, 114mm (4-1/2") x δ26mm ID	5
DMP-043	L-Shaped Plate for Cable Guide on Lower Pulley	1
DMP-044	Bearing, w/ Deep Groove Ball, 6202-2Z(C2)	6
DMP-045	Bushing, Steel, Φ9.6 x Φ15 x Φ20 x 10	6
DMP-046	Bushing, Brass, Ф12.7 х Ф16 х Ф22	6
DMP-047	Bushing, Brass, Ф25.4 x Ф32 x Ф38	2
DMP-048	Bushing, T-type, 1641-2RSNR	2
DMP-049	Spring Nut, M6 x 21 mm	4
DMP-050	Grip, Short Handle, Φ24 x δ5 x 100	2
DMP-051	Grip, Long Handle, Φ24 x δ5 x 345	2
DMP-053	Clip Nut, M6 I.D.	1
DMP-054	Pop-Pin, Aluminum , 151.33mm L - BLUE	2
DMP-055	Bolt, Hex 3/8" x 1" L	4
DMP-056	Bolt, Hex 3/8" x 1-1/4" L	12
DMP-057	Bolt, Hex 3/8" x 1-3/4" L	7
DMP-058	Bolt, Hex 3/8" x 2" L	1
DMP-059	Bolt, Hex 3/8" x 3" L	4
DMP-060	Bolt, Hex 3/8" x 3-1/2" L	2
DMP-061	Bolt, Hex 3/8" x 5" L	2
DMP-062	Bolt, Hex 3/8" x 5-1/2" L	3
DMP-063	Bolt, Hex 1/2" x 5-1/4" L	1
DMP-064	Bolt, Hex 1/2" x 5-1/2" L	1
DMP-065	Bolt, Hex 1/2" x 5-3/4" L	1
DMP-066	Bolt, Recessed Countersunk Head, M6 x 25mm L	4
DMP-067	Bolt, Recessed Flat Head, 3/8"x 1-1/2" L	3
DMP-068	Screw, Inner Hex Set, 10#-32UNF-1/8"	2
DMP-069	Bolt, Recessed Countersunk Head, M6 x 50mm L	1
DMP-070	Bolt, Hex, 1/2" x 3-1/2" L, Hollow	1
DMP-071	Bolt, Shoulder, 5/16" x φ9.5mm x 19mm L	1
DMP-072	Screw, Hex Socket with Cup Point, M5 x 4mm L	2
DMP-073	Washer, Spring, 3/8"	16
DMP-074	Washer, Spring, 1/2"	1
DMP-075	Washer, Flat, 3/8"	51
DMP-076	Washer, Flat, 1/2"	6
DMP-077	Washer, Flat, Large,3/8"	6

(62) (63) (64)(65)(66)0 (70)(68)(67)011 (71) (72)(75) (73)(74)(76)(77)0 0 (81)(79)Part # **Detailed Parts list DMP-078** Nut, Hex, 1/2" DMP-079 Nut, Nylon Lock, Thick, 5/16" DMP-080 Nut, Nylon Lock, Thin, 1/2" DMP-081 Nut, Nylon Lock, Thin, 3/8"

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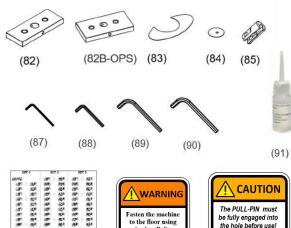
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NOTE: Parts are not to scale

Detailed Parts List, Dual Multi-Press (DMP)

3 of 3

Part #	Detailed Parts list	QTY
DMP-082	Weight Plate, 10 lbs (4.5kg), Standard 200 lb Weight Stack	19
DMP-82B-OPT	OPTION - Weight Plate, 15 lbs (6.8kg), Upgraded 250 lb Weight Stack w/ 9 each #82 Plates	10
DMP-083	Shroud Lid Rubber Mat, Large	1
DMP-084	Shroud Lid Rubber Mat, Small	1
DMP-085	Clevis Bracket for Cable End attachment, 24mm OD × 47mm L	1
DMP-086	Sticker Set for Weight Stack, for 200 lb or 250 lb Stacks	1
DMP-087	Wrench, Hex, 3/32"	1
DMP-088	Wrench, Hex, 4mm	1
DMP-089	Wrench, Hex, 7/32"	1
DMP-090	Wrench, Hex, 1/4"	1
DMP-091	Silicone Lube Bottle, for Guide Rods	1
DMP-092	Warning Label - Fasten the machine to the floor	1
DMP-093	Caution Label - The Pull-PIN must be fully engaged into the hole before use	2
DMP-094	Warning Label - Please utilize this equipment solely for its designated purpose	1
DMP-095	Warning Label - Be aware of moving parts	1
DMP-096	Warning Label - Master Rules and Precautions	1
DMP-097	Warning Label - Do not at any time lean against framework	1
DMP-098	Warning Label - Pinch Point, Vertical	1
DMP-099	Warning Label - Pinch Point, Horizontal	1
DMP-100	Poster - Exercise Guide	1
DMP-101	Label - Maintenance Schedule	1
DMP-102	Label - California Proposition 65 Warning	1
DMP-103	Label - Notices for Pads	3
DMP-104	Label - Serial Number	1
DMP-105	Label - QR code	1
DMP-106	Label - Trademark	1
DMP-107	Label - Machine Name	1



**** Fasten the machine o the floor using Anchor Bolts. (92)(86)

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

(93)

WARNING

Please utilize this equipment solely for its designated purpose

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

ause the machine to tip ove resulting in injury or death

(97)

/!\WARNING

To minimize risk of serious injury, and precautions:

- 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 machine.
- Obtain a Medical Exam before beginning any exercise program and STOP exercising it 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 frame.
- 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 time.
- 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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NARNING PINCH **POINT** Keep Hands Clear during use

(98)



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CALIFORNIA PROPOSITION
65 WARNING

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.P55Warnings.ca.go.

(102)

NOTICE
THIS ARTICLE DOES NOT MEET
CALIFORNIA BUREAU OF HOME
FURNISHINGS FLAMMABILITY
REQUIREMENTS TECHNICAL
BULLETIN 117.CARE SHOULD BE
EXERCISED NEAR OPEN FLAME
OR WITH BURNING CIGARTTES

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32



(104)



QR code.



(105)

MULTI PRESS

(107)

NOTE: Parts are not to scale

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.

<u>Warranty for Strength Equipment</u> : <u>Residential Use</u> <u>Commercial Use</u>
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.



800.990.5556 SERVICE@BODYCRAFT.COM WWW.BODYCRAFT.COM



BODYCRAFT 7699 GREEN MEADOWS DR. LEWIS CENTER, OHIO 43035