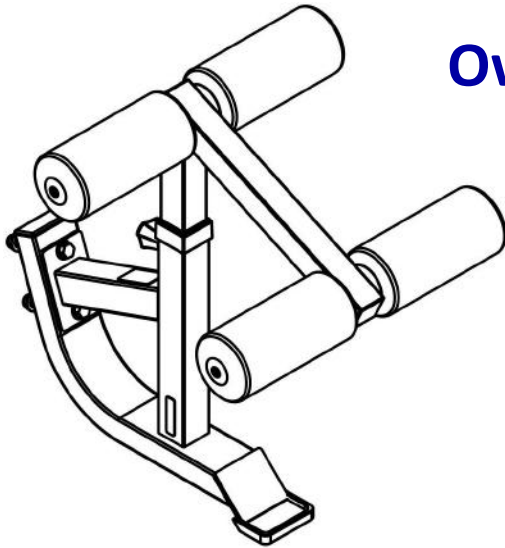


# BODYCRAFT

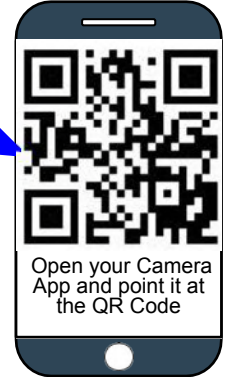
## F715 Hold Down / Attachment Kit Option

for the BodyCraft F705 and F605 Benches

### Owner's Manual



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



Base Lot Number: \_\_\_\_\_

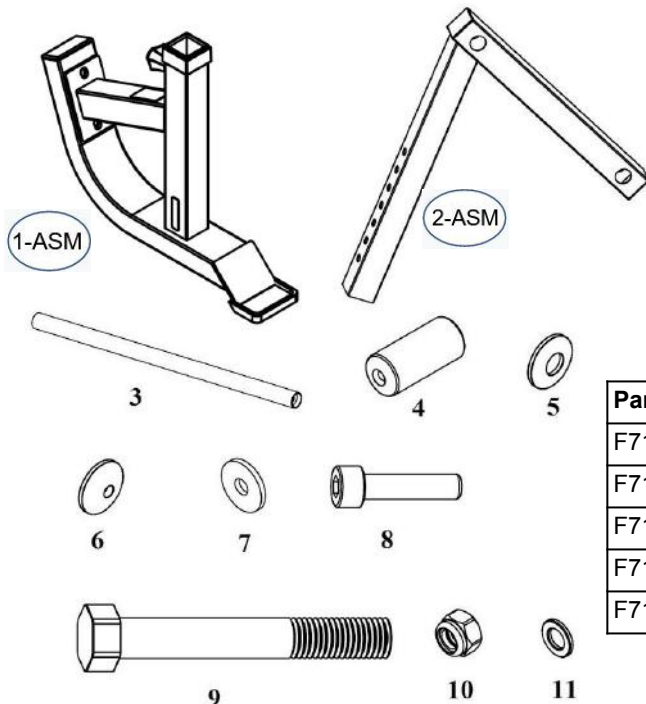
Purchased Date: \_\_\_ / \_\_\_ / \_\_\_\_\_

Dealer's Name: \_\_\_\_\_

Please register your products at:  
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**BODYCRAFT**  
Lot Code: F715-YYMMDD

### Assembled Parts List



Part #	Assembly Parts list	QTY
F715-001-ASM	LEG WEIGHT HOLDER - Assembly	1
F715-002-ASM	ADJUST TUBE - Assembly	1
F715-003	FOAM ROLLER HOLDER	2
F715-004	FOAM ROLLER	4
F715-005	END CAP, LARGER	4
F715-006	END CAP, SMALLER	4

Part #	Assembly Hardware	QTY
F715-007	BIG WASHER, $\phi 8$ - BLACK	4
F715-008	HEX RECESSED HEAD BOLT, 5/16" x 1-1/4" - BLK	4
F715-009	HEX BOLT, 1/2" x 4-1/4" - BLACK	2
F715-010	NYLON LOCK NUT, 1/2" - BLACK	2
F715-011	FLAT WASHER, 1/2" - BLACK	4

F715 v1.5



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**THE FOLLOWING TOOLS ARE RECOMMENDED FOR ASSEMBLY:**



SOCKET SET 3/8 DRIVE WITH 6" EXT for 3/4 SAE



OPEN & CLOSED WRENCH for 3/4 SAE



ALLEN WRENCH SET 1/16" thru 3/8" SAE



TORQUE WRENCH 3/8 DRIVE w/ 7/32 Allen

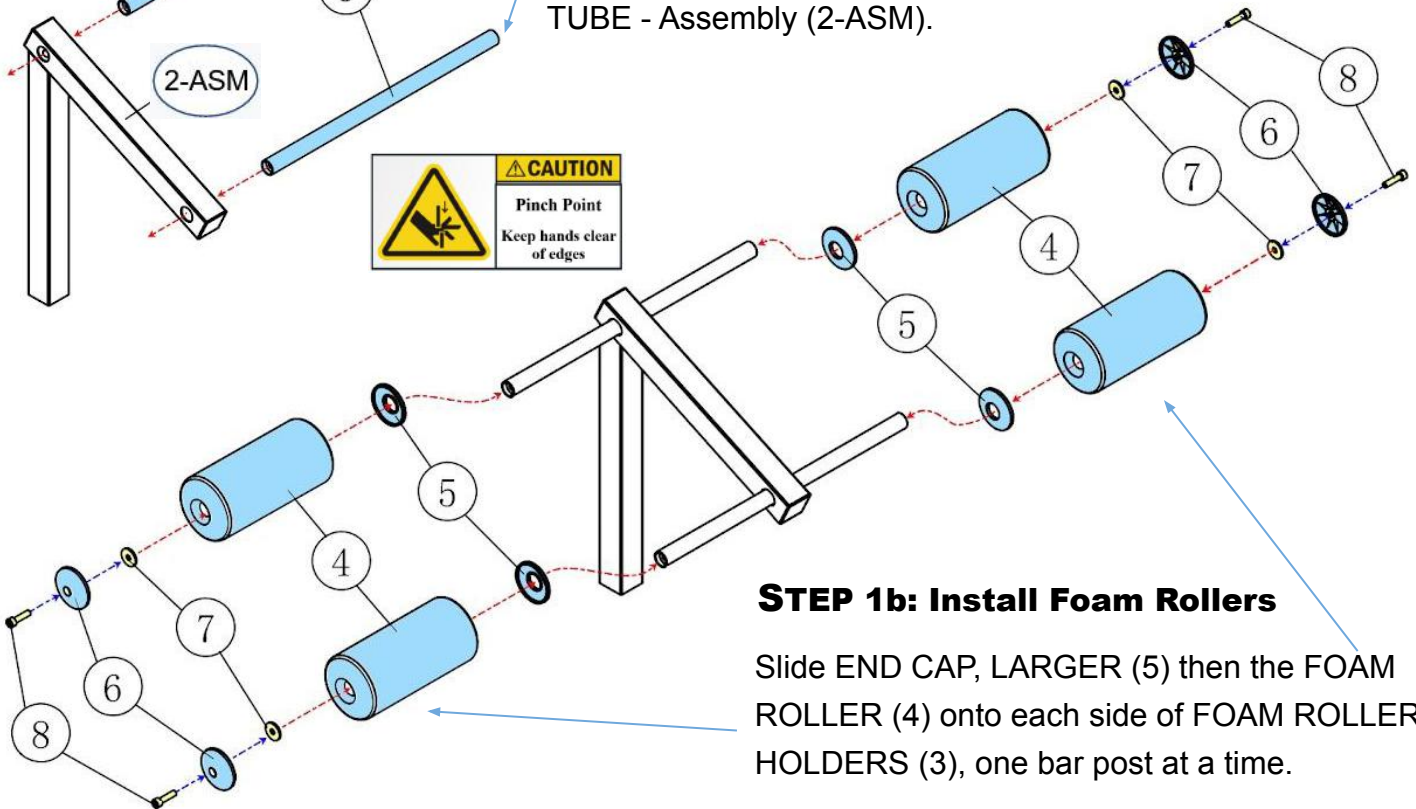
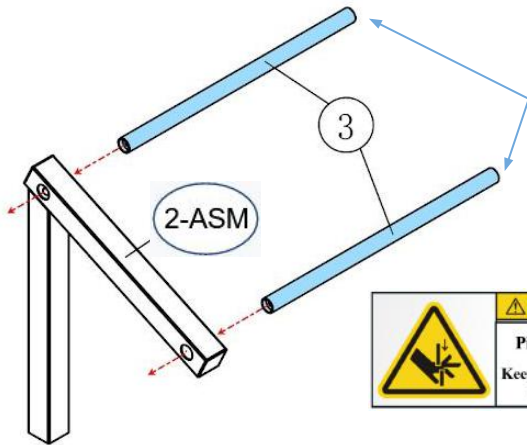
**Product Assembly**

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

Read each step carefully before beginning.

**STEP 1a: Foam Roller Holders**

Insert FOAM ROLLER HOLDERS (3) into the ADJUST TUBE - Assembly (2-ASM).



**STEP 1b: Install Foam Rollers**

Slide END CAP, LARGER (5) then the FOAM ROLLER (4) onto each side of FOAM ROLLER HOLDERS (3), one bar post at a time.

**NOTE:** Confirm centered with equal distance on both Right & Left Sides.

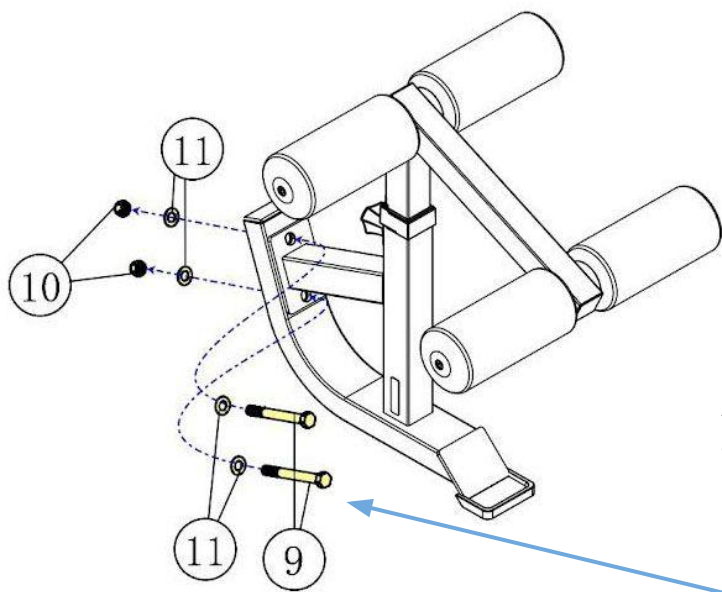
**STEP 1c: Secure Foam Rollers**

Then slide a HEX RECESSED HEAD BOLT, 5/16" x 1-1/4" (8) through the END CAP, SMALLER (6) and the BIG WASHER,  $\phi 8$  (7). Hand tighten at this time with an 7/32 Allen Wrench.

## Product Assembly

### STEP 2a: Adjustment Tube Holder

Insert the preassembled ADJUST TUBE - Assembly (2-ASM) from STEPS 1a-c, by pulling out on the PULL-PIN LOCKING KNOB (13) and slowly lowering onto the LEG WEIGHT HOLDER - Assembly (1-ASM).



### STEP 2b: Install Hold Down / Attachment Kit Option

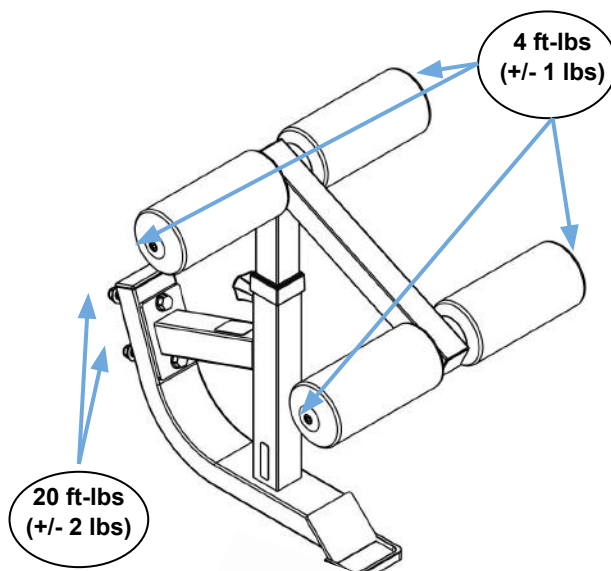
Attach the HOLD DOWN / ATTACHMENT KIT (F715) to a BodyCraft bench of choice, either an F601, F605, F705 or F708. Use the following hardware:

- Two HEX BOLTS, 1/2" x 4-1/4" (9)
- Four FLAT WASHER, 1/2" (11)
- Two NYLON LOCK NUT, 1/2" (10)

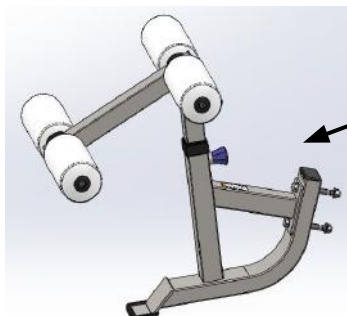


### STEP 2c: "Torque Time"

Tighten all Bolts at this time to the Recommended Torque Specs, as shown in the diagram to the right.



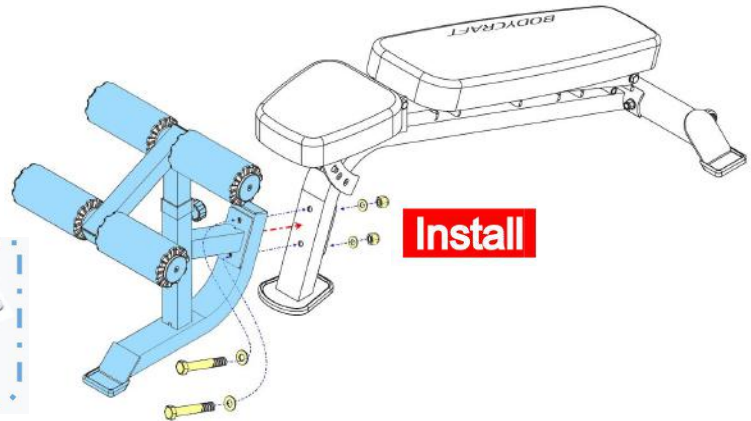
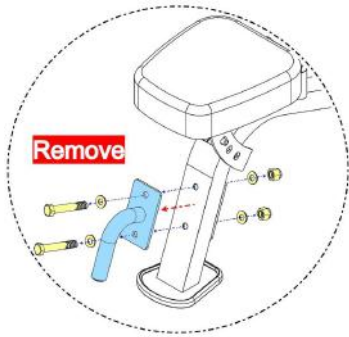
### TIP: PULL-PIN LOCKING KNOB Instructions



## Product Assembly

### STEP 3: Installation Example

Remove handle from bench, then install the preassembled **Hold Down / Attachment Kit** to a BodyCraft bench.



### Detailed Parts List & Parts Exploded View

Part #	Detailed Parts list	QTY
F715-001	LEG WEIGHT HOLDER	1
F715-002	ADJUST TUBE	1
F715-003	FOAM ROLLER HOLDER	2
F715-004	FOAM ROLLER	4
F715-005	END CAP, LARGER	4
F715-006	END CAP, SMALLER	4
F715-007	BIG WASHER, $\phi 8$ - BLACK	4

F715-008	HEX RECESSED HEAD BOLT, 5/16" x 1-1/4" - BLK	4
F715-009	HEX BOLT, 1/2" x 4-1/4" - BLACK	2
F715-010	NYLON LOCK NUT, 1/2" - BLACK	2
F715-011	FLAT WASHER, 1/2" - BLACK	4
F715-012	BRACKET, SMALL RUBBER	1
F715-013	PULL-PIN LOCKING KNOB	1
F715-014	SPACE CAP	1
F715-015	END PLUG, RECTANGULAR	1
F715-016	END PLUG, 45 x 45mm SQ.	2

