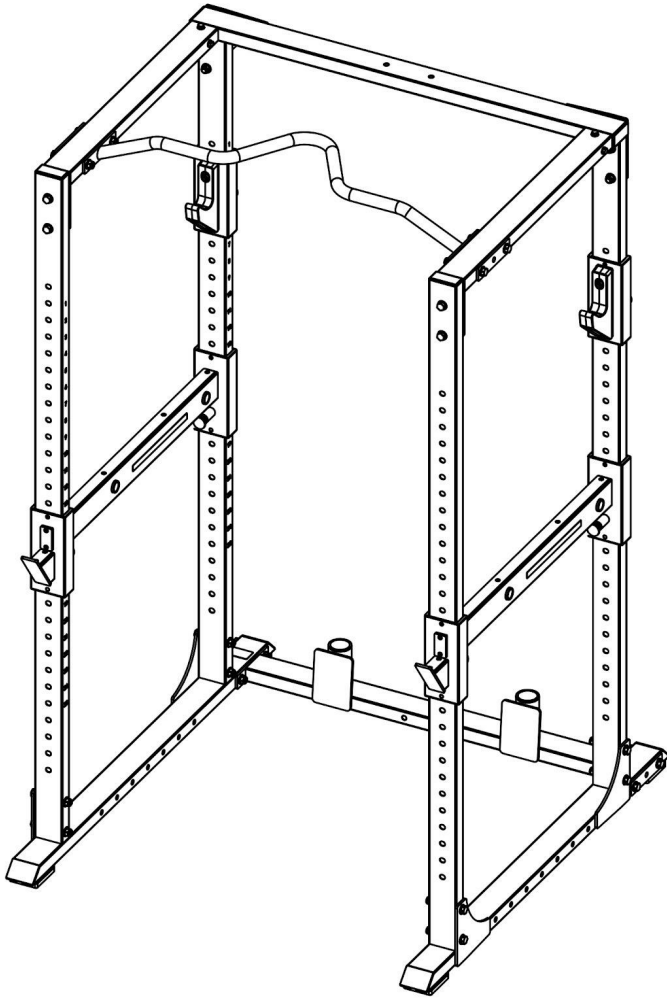
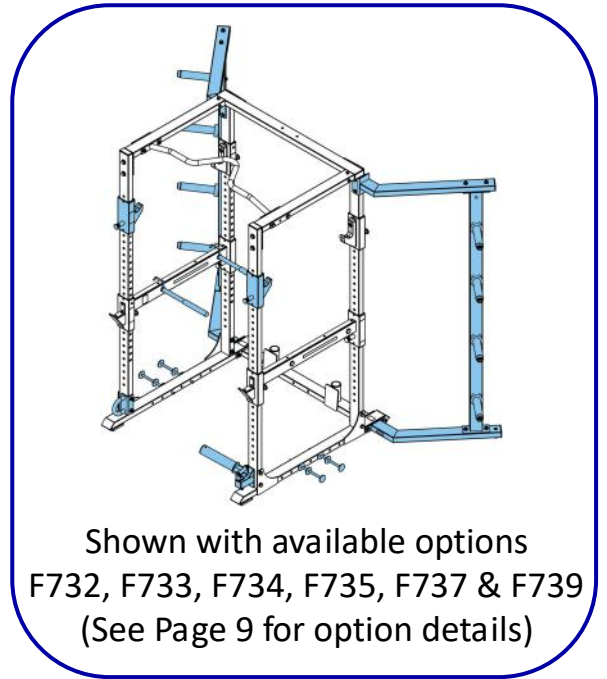


BODYCRAFT

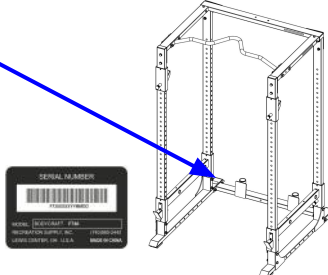
Power Rack F730 PRO



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



Base Serial Number: _____
Purchased Date: ___ / ___ / _____
Dealer's Name: _____
Please register your products at:
<https://www.bodycraft.com/product-registration/>



Owner's Manual

F730 PRO v1.3

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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>

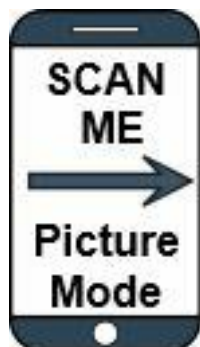


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Product Safety - Benches & Racks



There is a risk assumed by individuals who use this type of equipment. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this BODYCRAFT product prior to use.

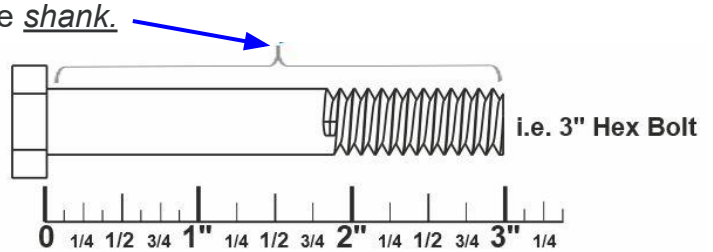
- Before beginning this or any other exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.
- Exercise with care to avoid injury. Do not attempt to lift more weight than you can control safely.
- This product must be assembled on a flat, level surface to assure its proper function.
- Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
- Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
- Keep children away from any BODYCRAFT strength machines at all times.
- Keep your hands away from cables and pulleys during operation, other than the designated handles.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- 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 these 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

Important Notes and Tips:

1. Before assembly, read all instructions thoroughly and preview diagrams to help make the installation easier.
2. Make sure all parts are accounted for and in proper condition before beginning assembly. See the parts list.
3. Be cautious not to damage the flooring when assembling. Place a protectant down such as a rubber mat or shipping blanket.
4. Let plastics and weight stacks acclimate to room temperature before you begin assembly.
5. Two people are recommended for the safe assembly of this equipment.
6. Insert all bolts in the same direction when possible. Do not tighten until instructed.
7. Carefully install plastic caps using a rubber mallet.
8. When measuring bolt lengths, only measure the *shank*.
9. When the installation is complete, be sure to regularly check for rust or damage, and perform preventative maintenance.



THE FOLLOWING TOOLS ARE RECOMMENDED FOR ASSEMBLY:



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



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



TORQUE WRENCH 3/8 DRIVE

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

33

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

1. **Read and Understand** all Warning and Caution Labels on this equipment before using.
2. **Read and Understand** the Owner's Manual on safety and usage before using this machine.
3. Obtain a **Medical Exam** before beginning any exercise program and **STOP** exercising if you feel faint, dizzy or pain.
4. **Inspect Equipment Before Each Use.** Check for wear and tear, loose fitting, worn or frayed cables, loose hardware and frame.
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 area.
9. **Children Should Not Be Allowed** to be near or play around this machine at any time.
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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MAINTENANCE SCHEDULE

This checklist needs to be followed before any user starts to exercise. Please replace all parts at first signs of wear or damage. Do not use machine until repaired as needed.

	DAILY	WEEKLY	MONTHLY	12-MONTHS
Upholstery - Wipe down and dry. - Clean and condition.	X		X	
Bolts, Nuts & Fasteners - Visually check they are secure & tighten if needed. - Tighten per Torque Specs (Semi-Annually if needed)	X			X
Cables - Visually check for any unusual bends, kinking, fraying plastic cover or ends coming loose. - Adjust cable tension and tighten the locking nut at weight stack.	X		X	
Guide Rods & Seat Sleeves - Clean & Lubricate w/ virgin Silicone or Teflon lube.			X	
Linear Bearing Guide Rods - Clean & Lubricate with Teflon (PTFE) grease.			X	
Tightening Knobs Locking Pins Weight Stack Pins Pop Pins / Springs - Check all for functionality.		X X X X		
Warning Labels Anti-Skid Surfaces Hand Grips & Rollers - Inspect all above items for wear or if missing.		X X X		
Frame & Chrome - Clean and dry. - Clean and Wax.			X	X

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

BODYCRAFT

34

! WARNING

PINCH POINT

Keep Hands Clear during use

35

SERIAL NUMBER

F730XXXXYYMMDD

MODEL: BODYCRAFT F730
RECREATION SUPPLY, INC. (740)965-2442
LEWIS CENTER, OH. U.S.A. MADE IN CHINA

37

! WARNING

1,000 LBS. MAXIMUM WEIGHT RATING

36

! WARNING

ALWAYS SET/ADJUST THE BUILT-IN SAFETY SPOTTERS.

FAILURE TO DO SO CAN RESULT IN SERIOUS INJURY OR DEATH

38

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.P65Warnings.ca.gov

Carefully read ALL Warning, Caution & Maintenance Schedule labels

34

WARNING

PINCH POINT

Keep Hands Clear during use

33

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

1. Read and Understand all Warning and Caution Labels on this equipment before using.
2. Read and Understand the Owner's Manual on safety and usage before using this machine.
3. Obtain a Medical Exam before beginning any exercise program and STOP exercising if you feel faint, dizzy or pain.
4. Inspect Equipment Before Each Use. Check for wear and tear, loose fitting, worn or frayed cables, loose hardware and frame.
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 area.
9. Children Should Not Be Allowed to be near or play around this machine at any time.
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

37

WARNING

1,000 LBS. MAXIMUM WEIGHT RATING

35

DETAIL NUMBER

36

WARNING

ALWAYS SET/ADJUST THE BUILT-IN SAFETY SPOTTERS.

FAILURE TO DO SO CAN RESULT IN SERIOUS INJURY OR DEATH

38

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.

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39

MAINTENANCE SCHEDULE

This checklist needs to be followed before any user starts to exercise. Please replace all parts at first signs of wear or damage. Do not use machine until repaired as needed.

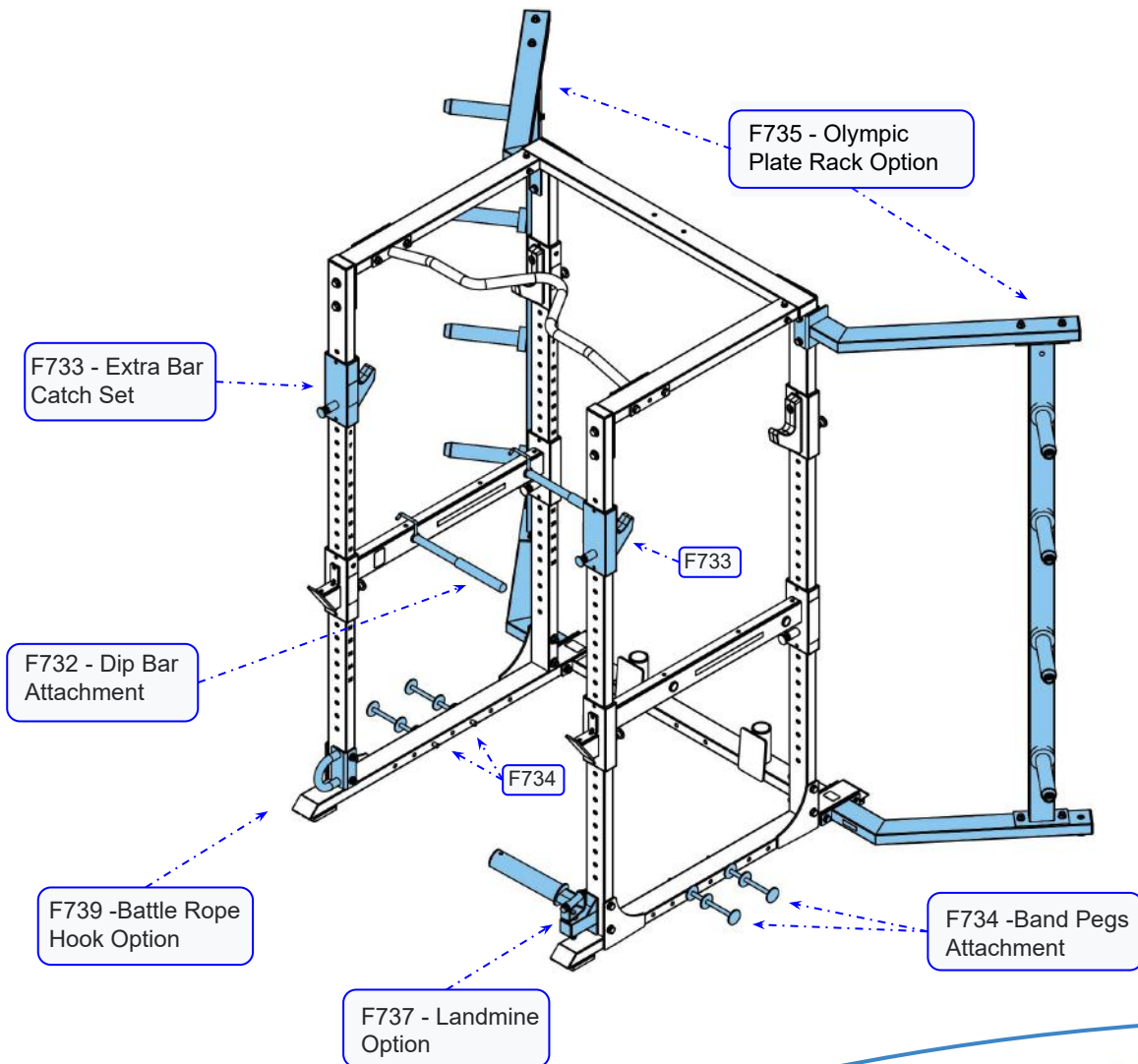
	DAILY	WEEKLY	MONTHLY	12-MONTHS
Upholstery				
- Wipe down and dry.	X			
- Clean and condition.			X	
Bolts, Nuts & Fasteners				
- Visually check they are secure & tighten if needed.	X			
- Tighten per Torque Specs (Semi-Annually if needed)				X
Cables				
- Visually check for any unusual bends, kinking, fraying plastic cover or ends coming loose.	X			
- Adjust cable tension and tighten the locking nut at weight stack.			X	
Guide Rods & Seat Sleeves				
- Clean & Lubricate w/ virgin Silicone or Teflon lube.			X	
Linear Bearing Guide Rods				
- Clean & Lubricate with Teflon (PTFE) grease.			X	
Tightening Knobs				
- Check all for functionality.	X			
Locking Pins	X			
Weight Stack Pins	X			
Pop Pins / Springs	X			
Warning Labels				
- Check all for functionality.	X			
Anti-Skid Surfaces	X			
Hand Grips & Rollers	X			
- Inspect all above items for wear or if missing.				
Frame & Chrome				
- Clean and dry.			X	
- Clean and Wax.				X

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

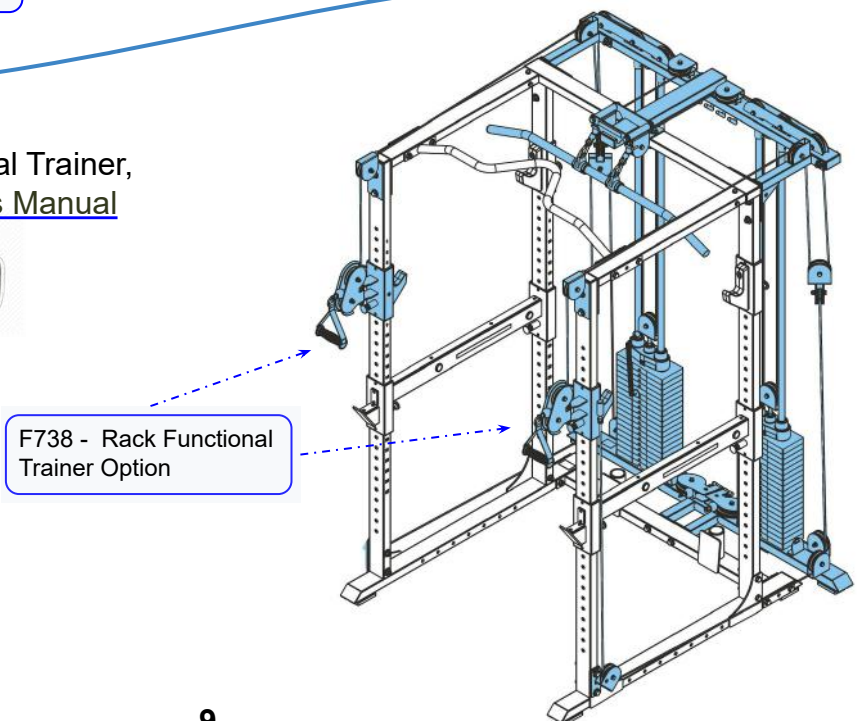
BODYCRAFT

Machine Options - F730 PRO

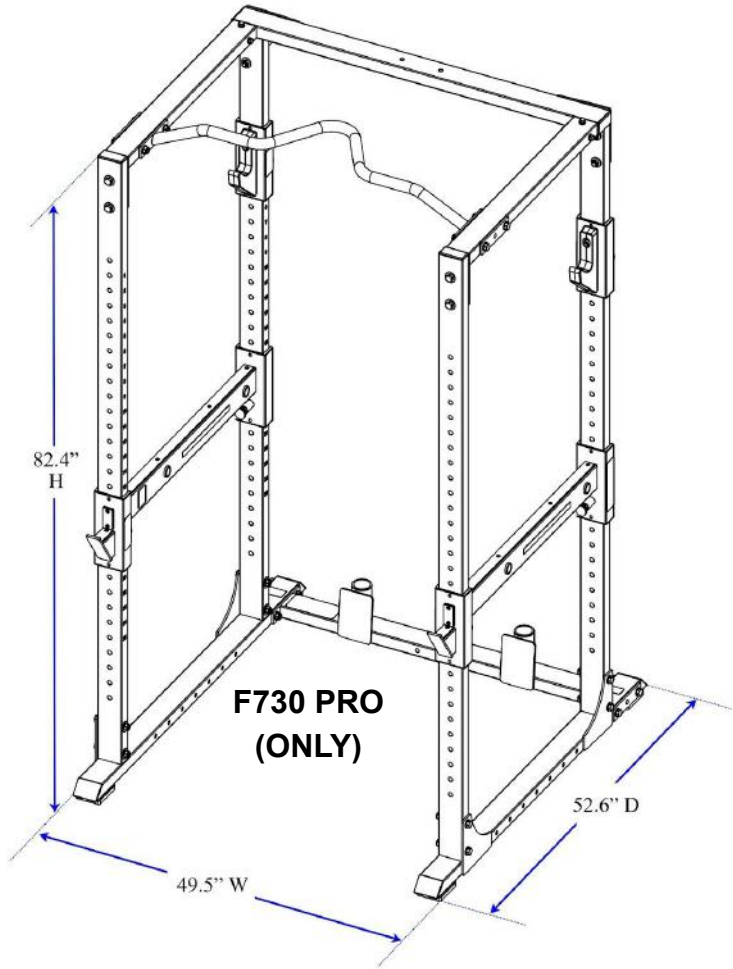
F732, 733, F734, F735, F737, and F739 options can be installed during assembly STEPS 2c - 5d



To install the F738 - Rack Functional Trainer, go directly to the [F738 RFT Owner's Manual](#) for assembly instructions.



Machine Dimensions - F730 PRO & Options

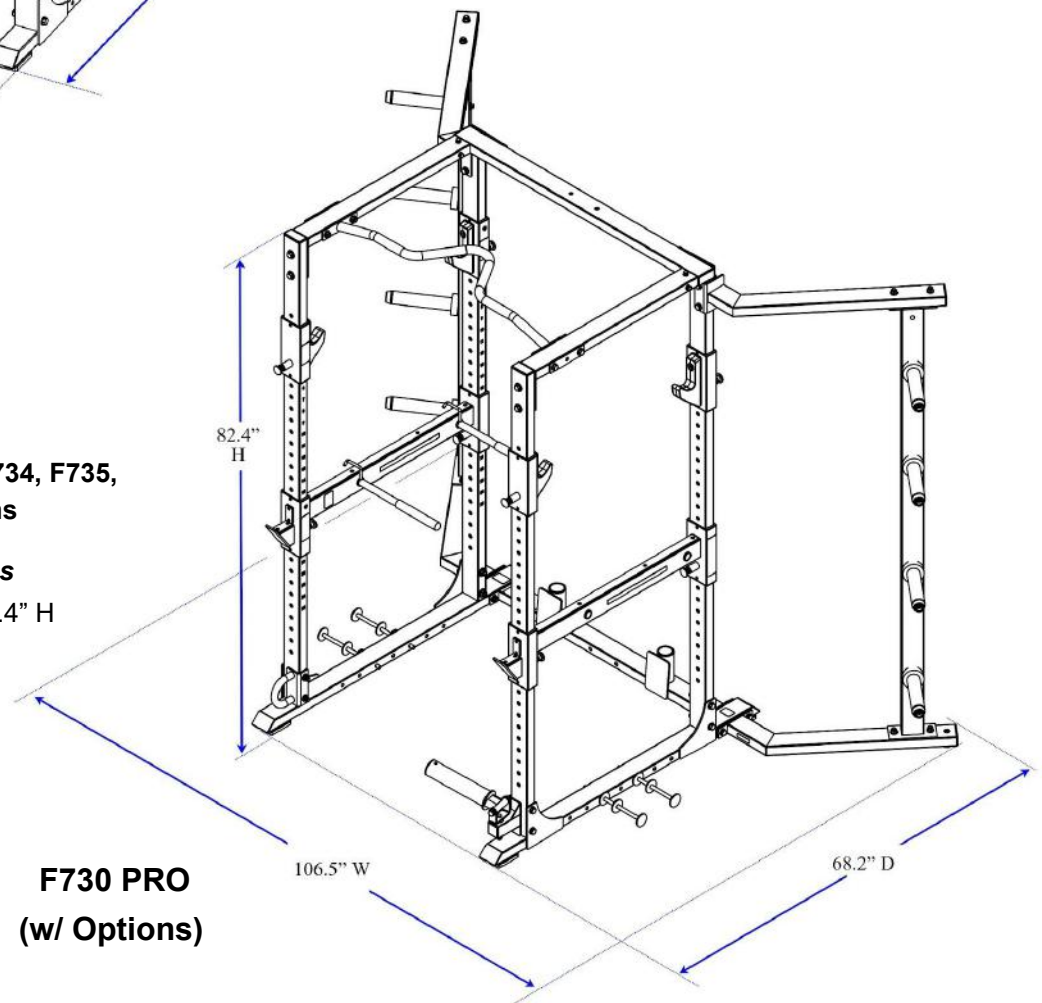


F730 PRO

Overall Dimensions
49.5" W x 52.6" D x 82.4" H

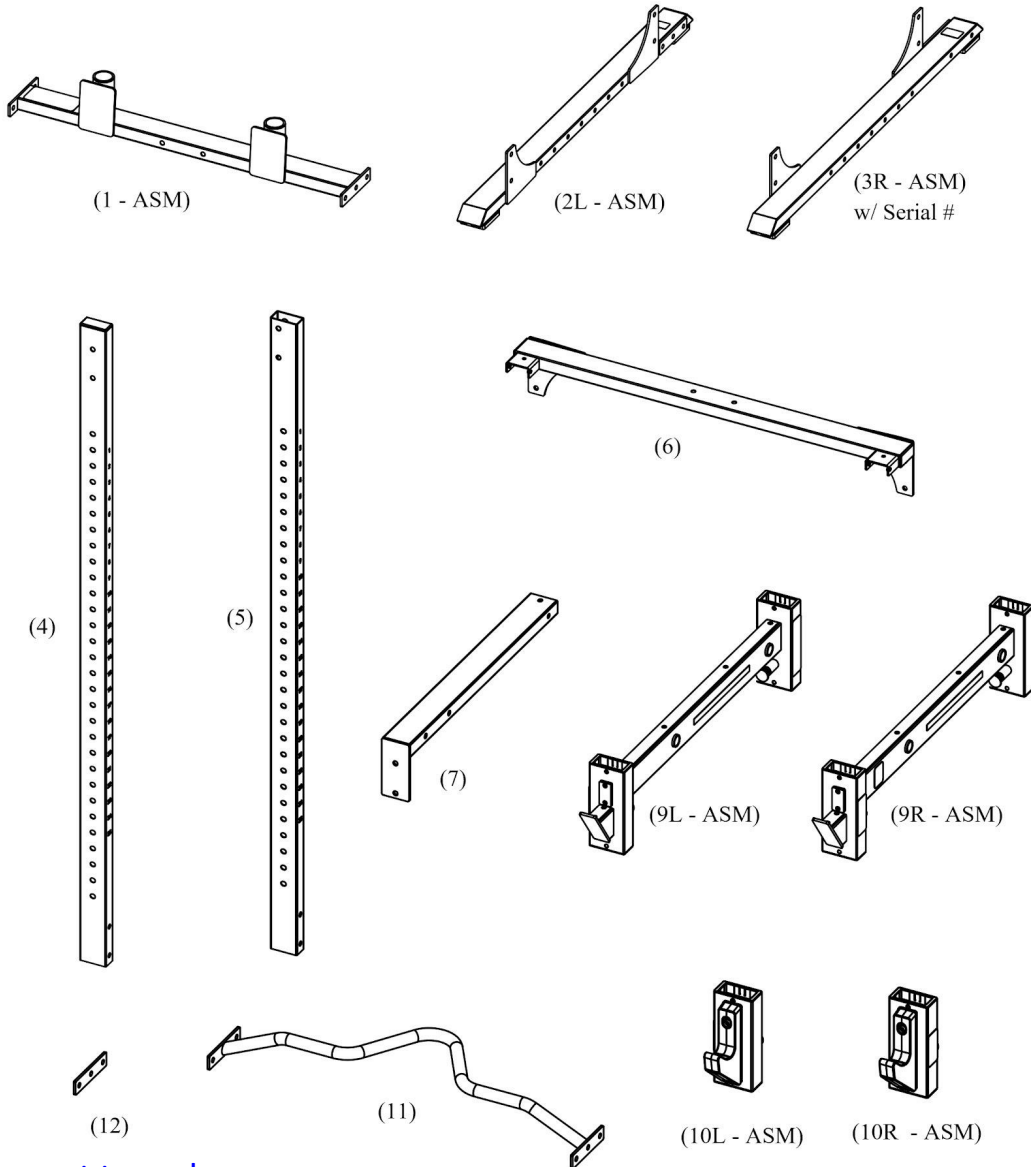
F730 PRO w/ F732, F733, F734, F735, F737 & F739 Options

Overall Dimensions
106.5 W x 68.2" D x 82.4" H



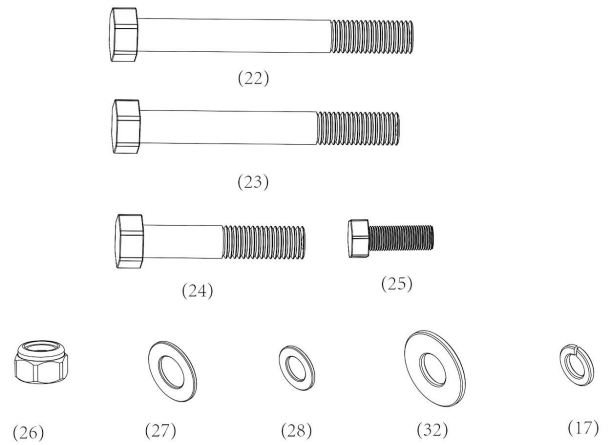
F730 PRO (w/ Options)

Part #	Assembly Parts List	QTY
F730-001-ASM	Frame, Bottom, Rear - Assembly	1
F730-002-L-ASM	Frame, Bottom, Left - Assembly	1
F730-003-R-ASM	Frame, Bottom, Right w/ Serial # - Assembly	1
F730-004	Upright, Front, 78 1/2" (1,992mm), Longer	2
F730-005	Upright, Rear, 76 3/4" (1,951mm), Shorter	2
F730-006	Frame, Top, Rear	1
F730-007	Frame, Top, R & L	2
F730-009-R-ASM	Safety Arm, Adjustable, Right- Assembly	1
F730-009-L-ASM	Safety Arm, Adjustable, Left - Assembly	1
F730-010-R-ASM	Bar Catch, Adjustable, Right - Assembly	1
F730-010-L-ASM	Bar Catch, Adjustable, Left - Assembly	1
F730-011	Chin Bar	1
F730-012	Backing Plate	2

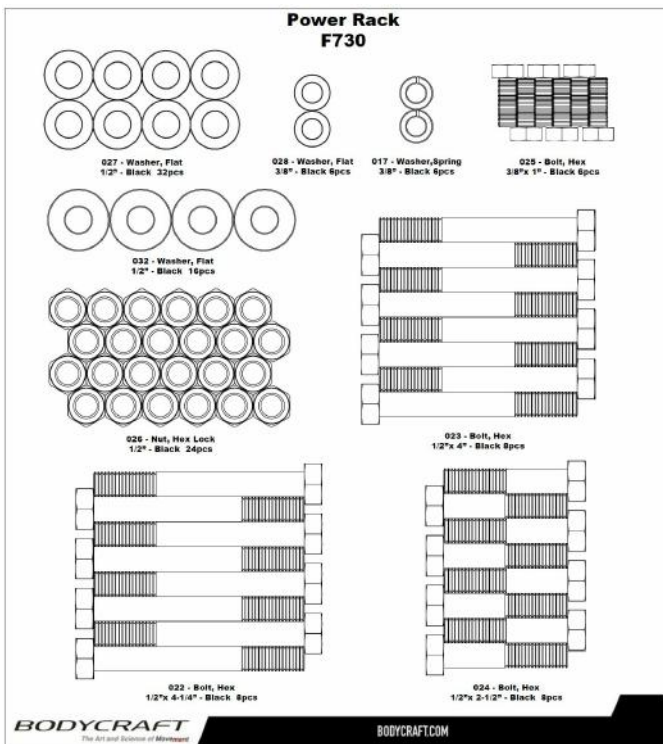


NOTE: Parts are not to scale

Part #	Assembly Hardware	QTY
F730-017	Washer, Spring 3/8" - BLACK	6
F730-022	Bolt, Hex 1/2" x 4-1/4" - BLACK	8
F730-023	Bolt, Hex 1/2" x 4" - BLACK	8
F730-024	Bolt, Hex 1/2" x 2-1/2" - BLACK	8
F730-025	Bolt, Hex 3/8" x 1" - BLACK	6
F730-026	Nut, Nylon Lock 1/2" - BLACK	24
F730-027	Washer, Flat 1/2" - BLACK	32
F730-028	Washer, Flat 3/8" - BLACK	6
F730-032	Washer, Flat Large 1/2" - BLACK	16



NOTE: Parts are not to scale



Hardware Kit
Comes inside Box #1



Owner's Manual
Comes inside Box #1

PREASSEMBLY TIP #1 – “Stage Right”.

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

See below images as examples.



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



PREASSEMBLY TIP #2 – Unpacking & organizing.

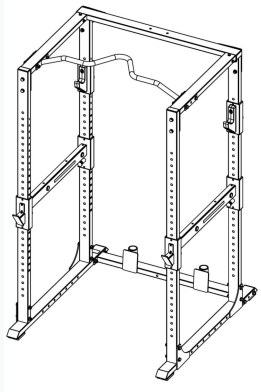
The best practice in assembly is to take all the parts out of the boxes & bags and line up in order of assembly. This enables a mindset of what you will be assembling, their physical sizes and what challenges you might face BEFORE you begin.



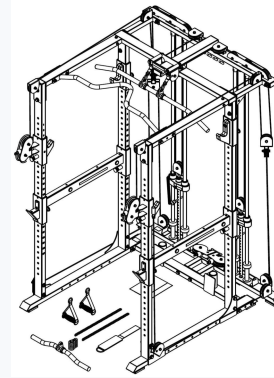
PREASSEMBLY TIP #3 – Keep hardware loose until asked to tighten.

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

DECISION POINT



If you are **ONLY** building the F730 Power Rack, then start on STEP 1 below.



If you are building a complete RFT:

- F730 Power Rack (Base)
- AND**
- F738 Rack Functional Trainer

then stop and go directly to the F738 RFT Owner's Manual for assembly instructions.



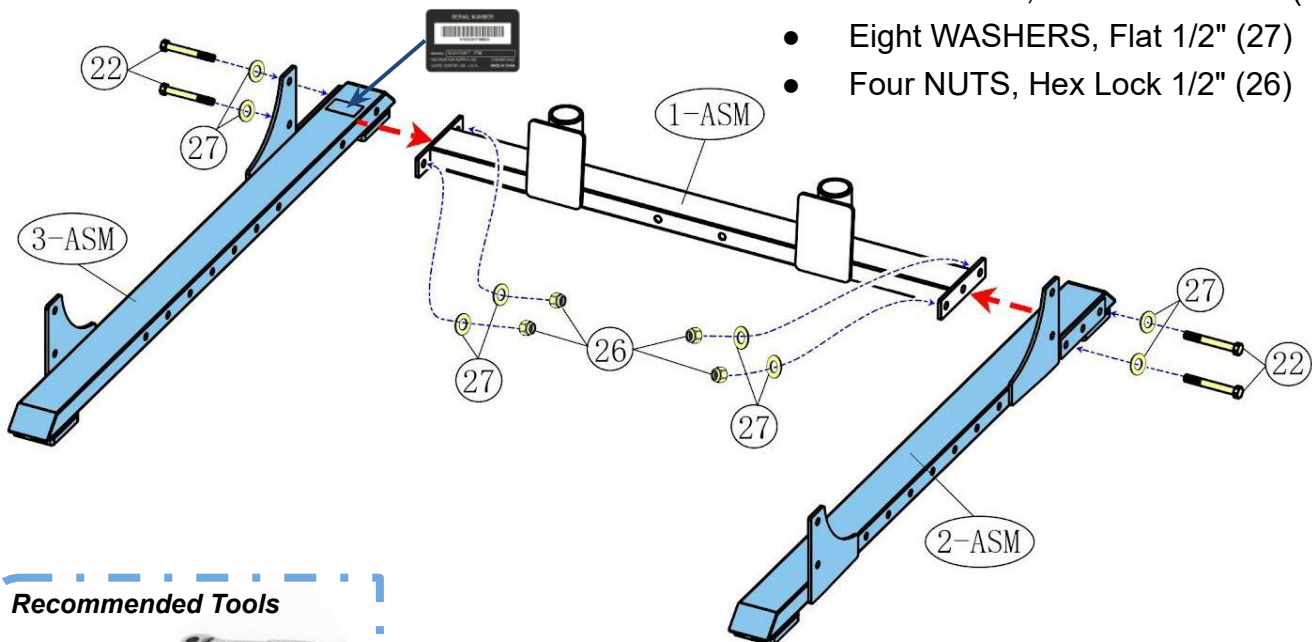
[F738 RFT - Rack Functional Trainer](#)



STEP 1: Installation of the Main Frame Assembly

Attach the **Frame, Bottom, Rear - Assembly (1-ASM)** to the Frame, Bottom Right - Assembly (3-ASM) and the Frame, Bottom Left - Assembly (2-ASM) using:

- Four BOLTS, Hex 1/2" x 4-1/4" (22)
- Eight WASHERS, Flat 1/2" (27)
- Four NUTS, Hex Lock 1/2" (26)



Recommended Tools



3/4 WRENCH

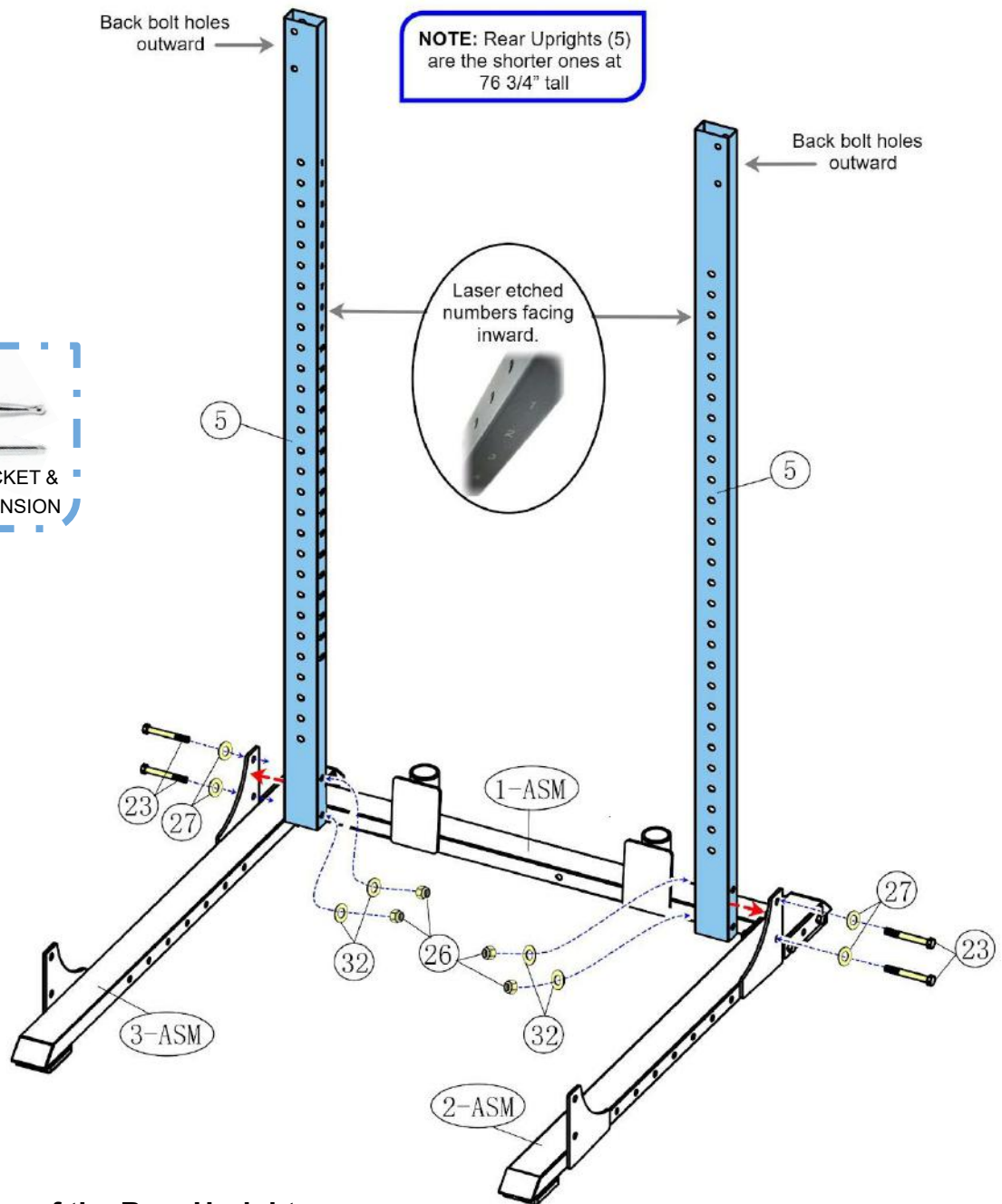
3/4 SOCKET &
6" EXTENSION



Please Hand Tighten All Bolts Until STEP 7



Please Hand Tighten All Bolts Until STEP 7

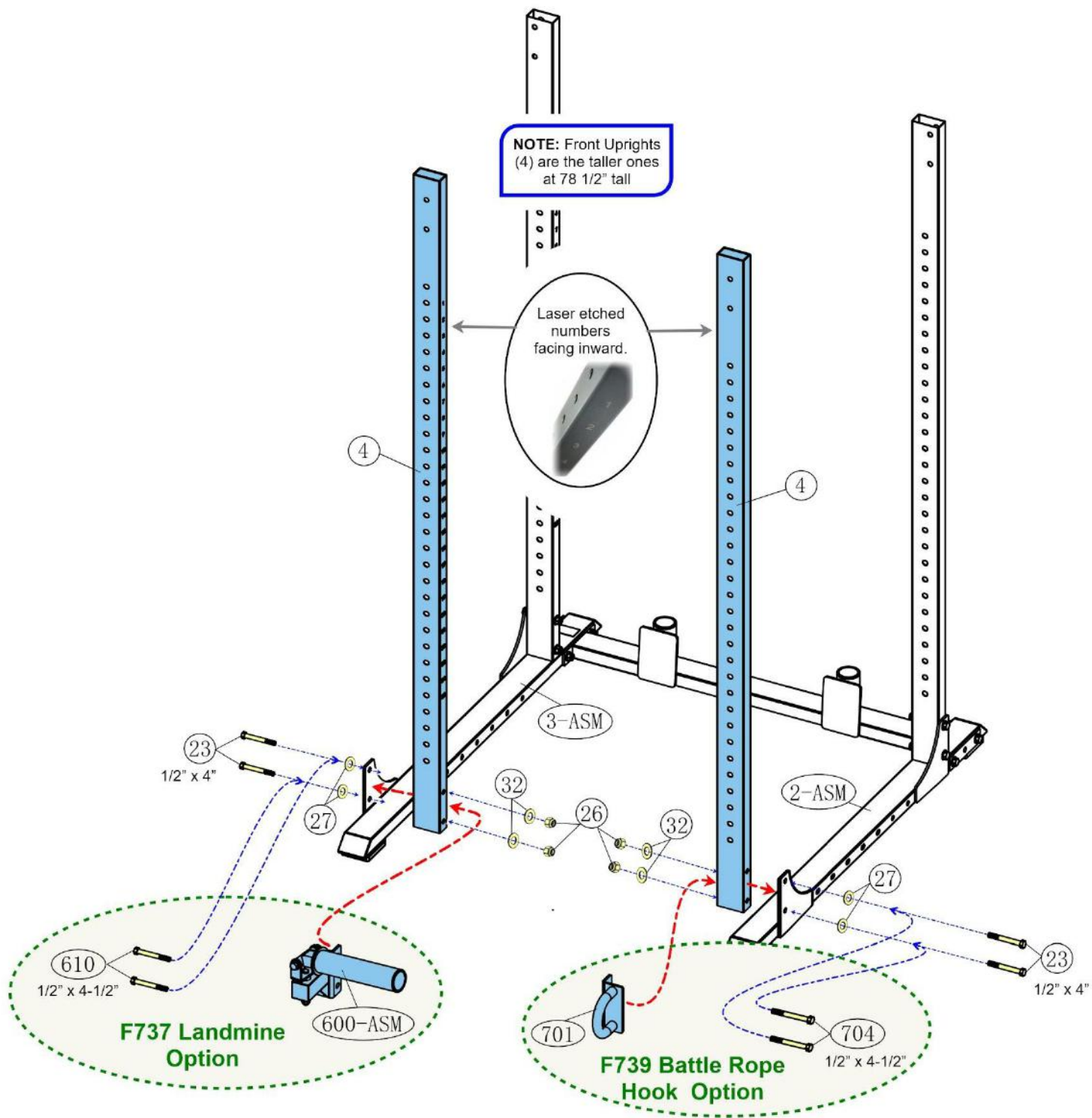


STEP 2a-b: Installation of the Rear Uprights

Attach both **Upright, Rear, 76-3/4"**, shorter ones (5) to the Frame, Bottom Right - Assembly (3-ASM) and the Frame, Bottom Left - Assembly (2-ASM) using:

- Four BOLTS, Hex 1/2" X 4" (23)
- Four WASHERS, Flat 1/2" (27)
- Four WASHERS, Flat Large 1/2" (32)
- Four NUTS, Hex Lock 1/2" (26)

Product Assembly - F730 PRO - STEP 2c, 2d Overview



NOTE: Shown with the F737 Landmine Option and F739 Battle Rope Hook Option.
These options can be mounted to either side.



Please Hand Tighten All Bolts Until STEP 7

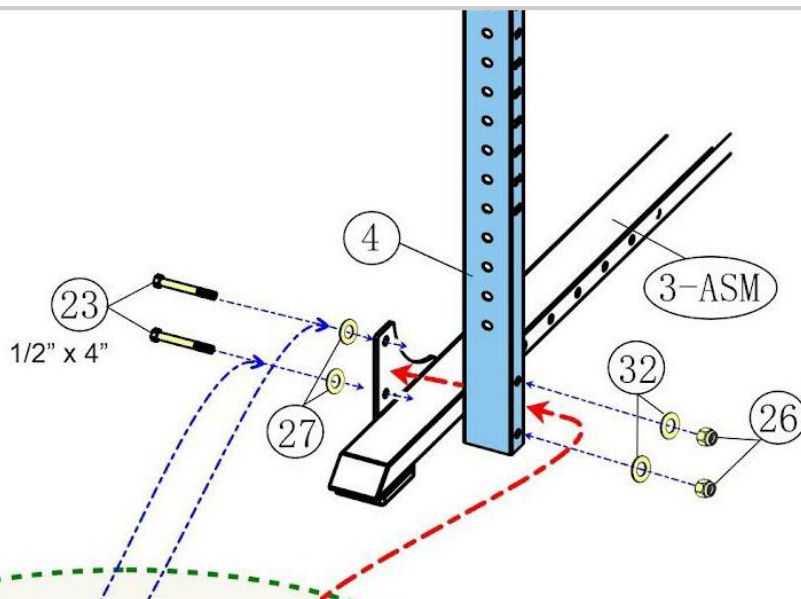
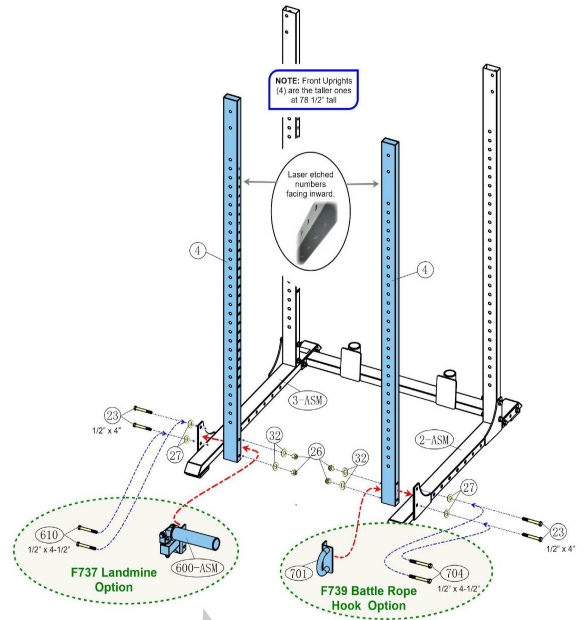
STEP 2c: Installation of the Front Uprights

Attach the **Upright, Front, 78-1/2"**, taller ones (4) to the Frame, Bottom Right - Assembly (3-ASM) using:

- Two BOLTS, Hex 1/2" x 4" (23)
- Two WASHERS, Flat 1/2" (27)
- Two WASHERS, Flat Large 1/2" (32)
- Two NUTS, Hex Lock 1/2" (26)

NOTE: If you are installing the F737 Landmine Option (600-ASM), change to the following hardware:

- Two Bolts, Hex 1/2" x 4-1/2" (610)
- Do not use both the shorter #23 bolts



610
1/2" x 4-1/2"

**F737 Landmine
Option**

600-ASM

Recommended Tools



3/4 WRENCH



3/4 SOCKET &
6" EXTENSION



Please Hand Tighten All Bolts Until STEP 7

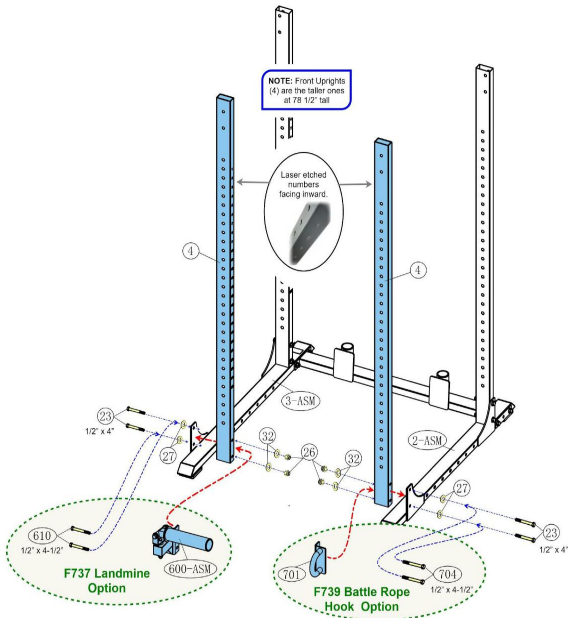
STEP 2d: Installation of the Front Uprights

Attach the **Upright, Front, 78-1/2"**, taller ones (4) to the Frame, Bottom Left - Assembly (2-ASM) using:

- Two BOLTS, Hex 1/2" x 4" (23)
- Two WASHERS, Flat 1/2" (27)
- Two WASHERS, Flat Large 1/2" (32)
- Two NUTS, Hex Lock 1/2" (26)

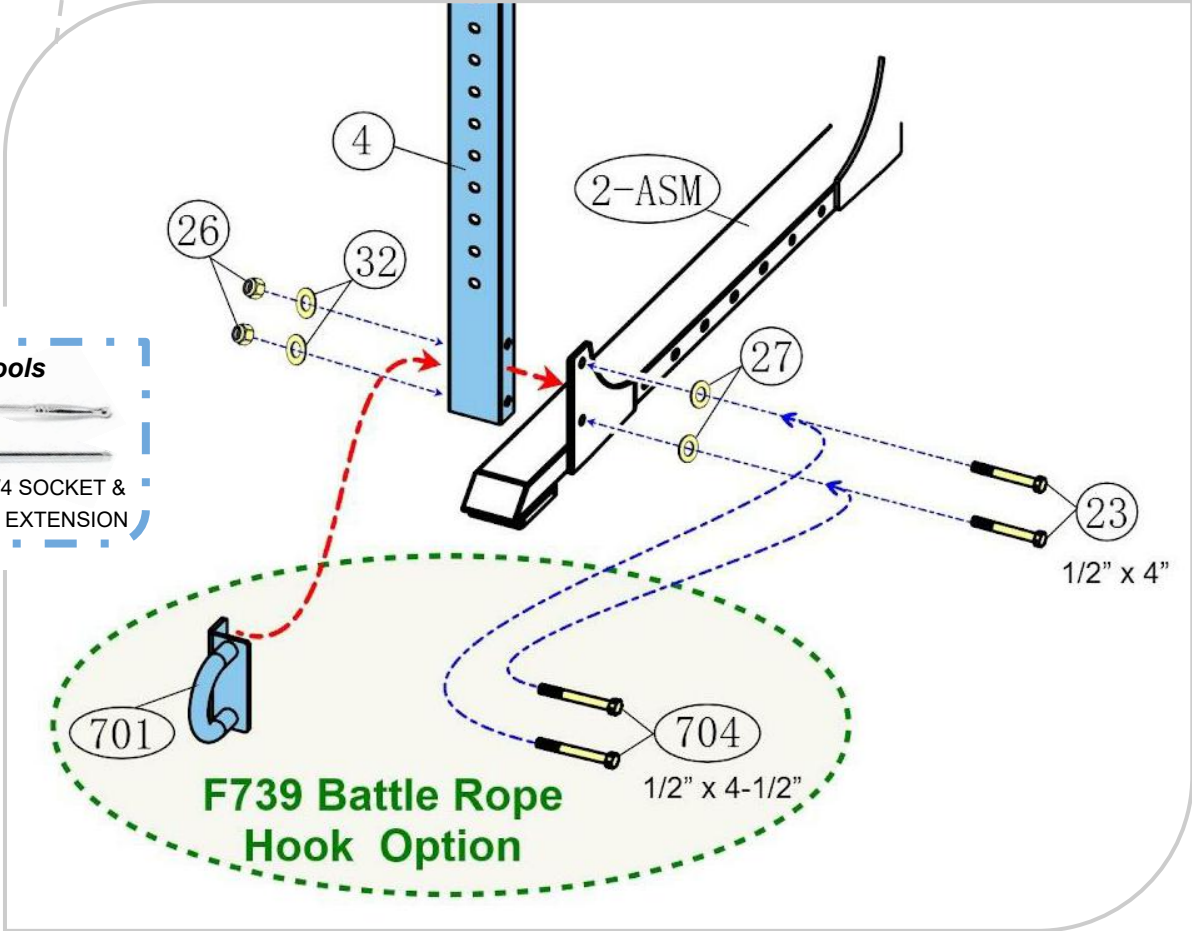
NOTE: If you are installing the F739 Battle Rope Hook Option (701), change to the following hardware:

- Two Bolts, Hex 1/2" x 4-1/2" (704)
- Do not use both the shorter #23 bolts



Recommended Tools

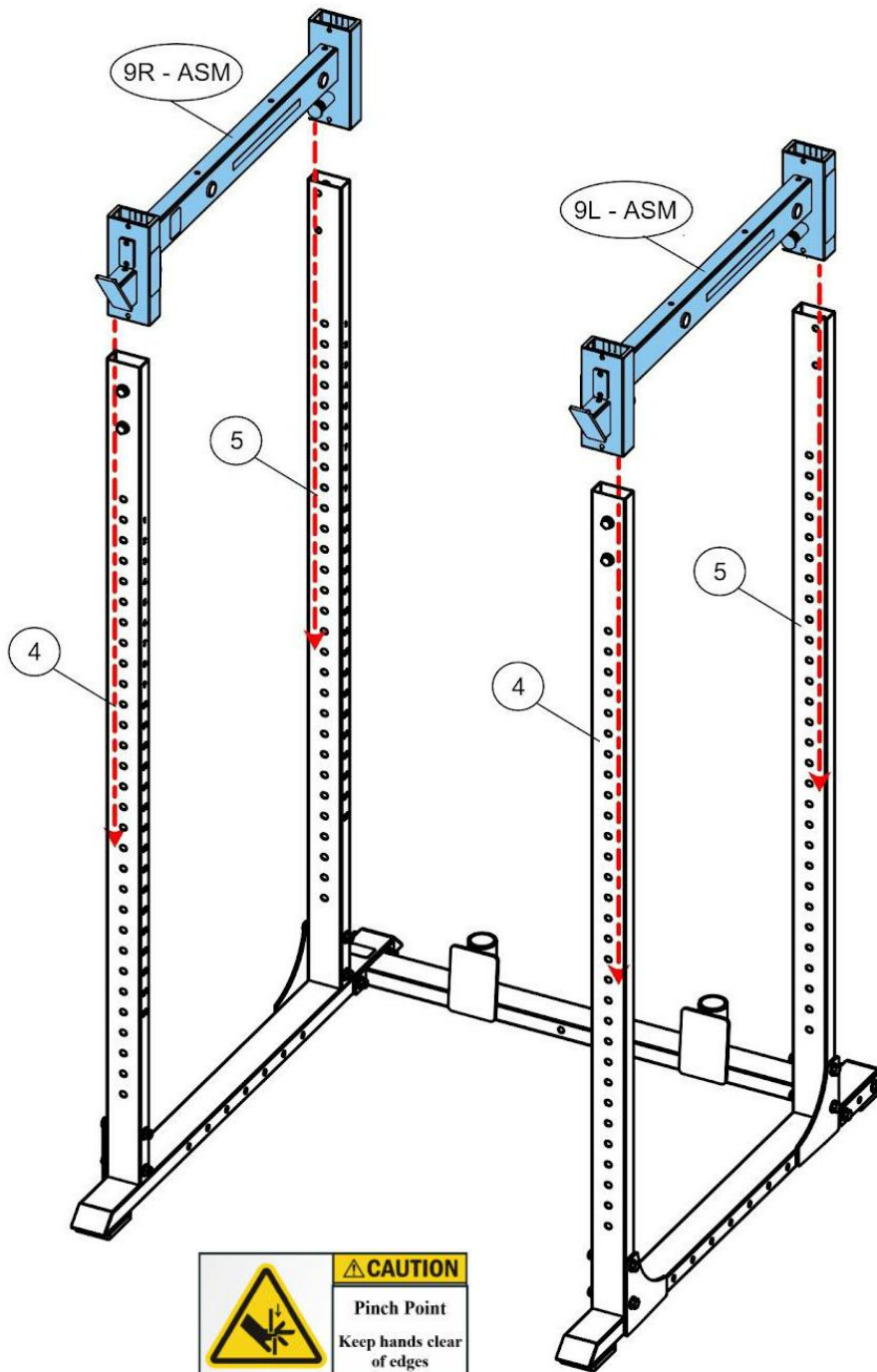
3/4 WRENCH 3/4 SOCKET & 6" EXTENSION



STEP 3a - 3b: Installation of the Safety Arm Assemblies

Attach the **Safety Arm, Right & Left - Assembly (9R-ASM, 9L-ASM)** to the Upright, Back (5) and Upright, Front (4). Double confirm the Bar Catch is at the front facing forward.

NOTE: Pull inward on both Pop-Pins (13) located on the inside side of Bar Catch, to slide down then release to lock. Also recommend two people with one using a Step Ladder or Step Platform.



Example picture of using a Step Platform to work on assembly above 5' tall areas.

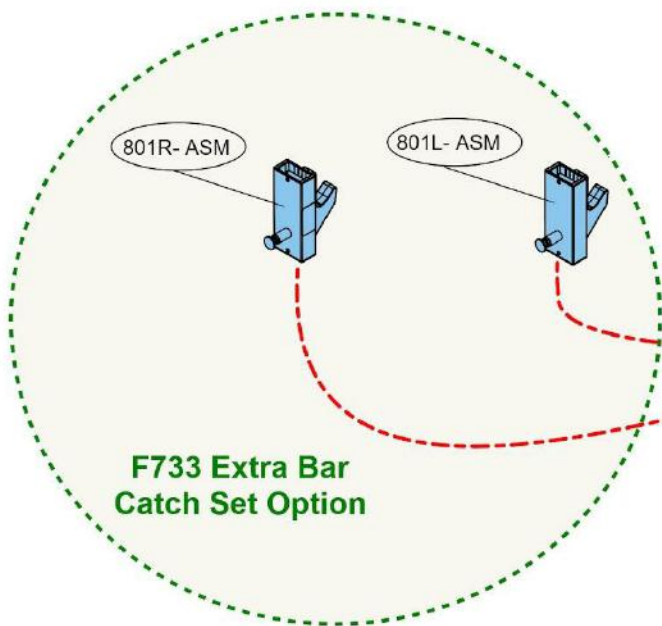


View from frontside w/ Bar Catch facing to the front.

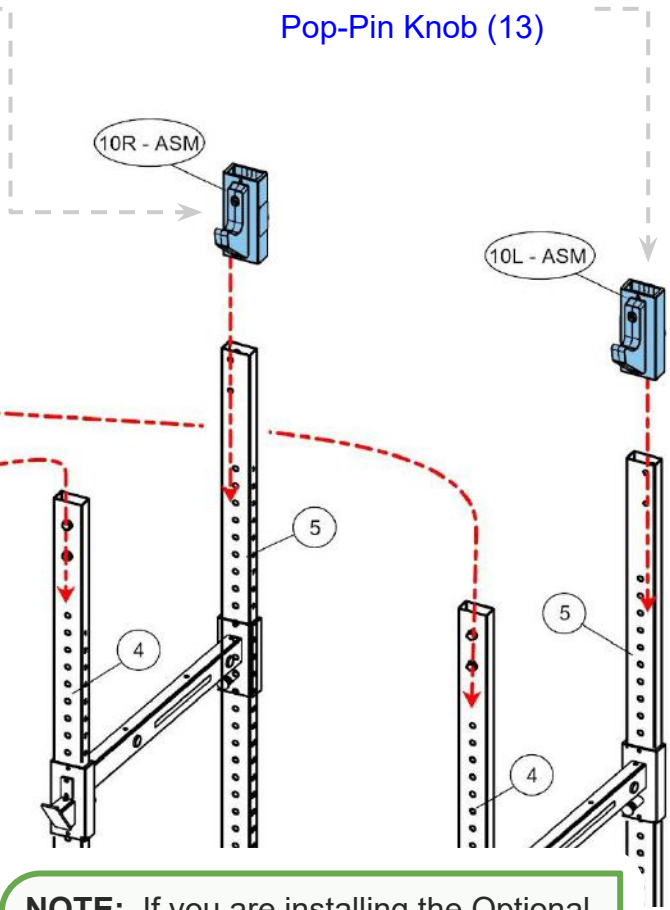
NOTE: Pull outward on the Pop-Pin (13) located on the back side of Bar Catch, to slide down then release to lock.



View from backside w/ Pop-Pin Knob (13)



F733 Extra Bar Catch Set Option



STEP 3c - 3d: Installation of the Bar Catch Assemblies

Attach the Bar Catch, Right & Left - Assembly (10R-ASM, 10L-ASM) to the Uprights, Back (5).

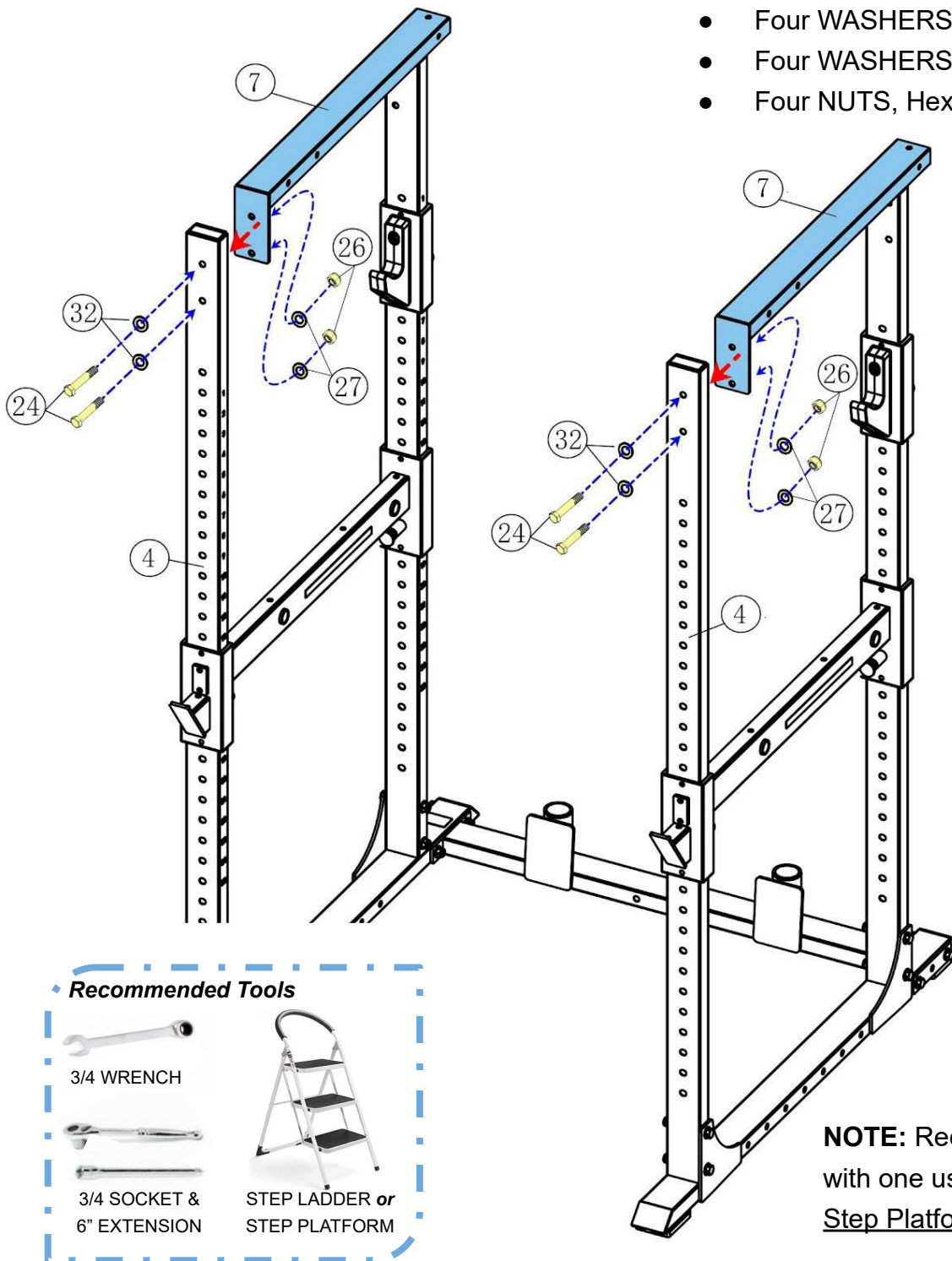
NOTE: If you are installing the Optional F733 Extra Bar Catch Set (801-ASM Rt & Lt), slide down the Front Uprights (4).

- Make sure safety labels face inside machine

STEP 4a - 4b: Installation of the Top Frame Rt & Lt

Attach the **Frame, Top, R & L (7)** to the Upright, Front (4) on both right & left sides using:

- Four BOLTS, Hex 1/2" x 2-1/2" (24)
- Four WASHERS, Flat Large 1/2" (32)
- Four WASHERS, Flat 1/2" (27)
- Four NUTS, Hex Lock 1/2" (26)



Please Hand Tighten All Bolts Until STEP 7

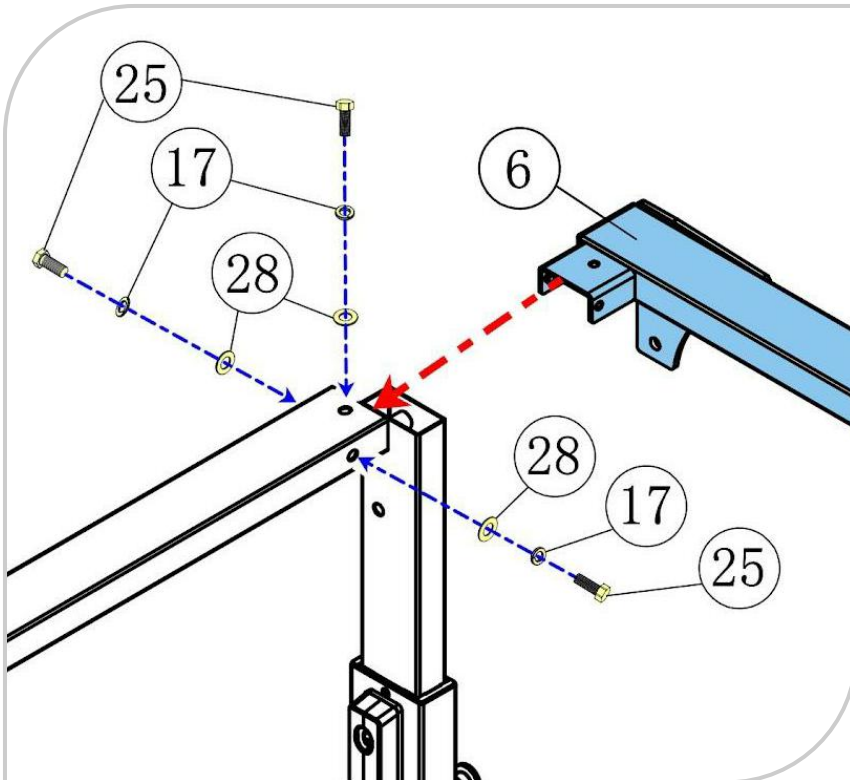


Please Hand Tighten All Bolts Until STEP 7

STEP 5a - 5b: Installation of the Top Frame Rear

Attach the **Frame, Rear, Top (6)** to both the **Frame, Top, R & L (7)** using:

- Six BOLTS, Hex 3/8" x 1" (25)
- Six WASHERS, Spring 3/8" (17)
- Six WASHERS, Flat 3/8" (28)



Recommended Tools



9/16 WRENCH

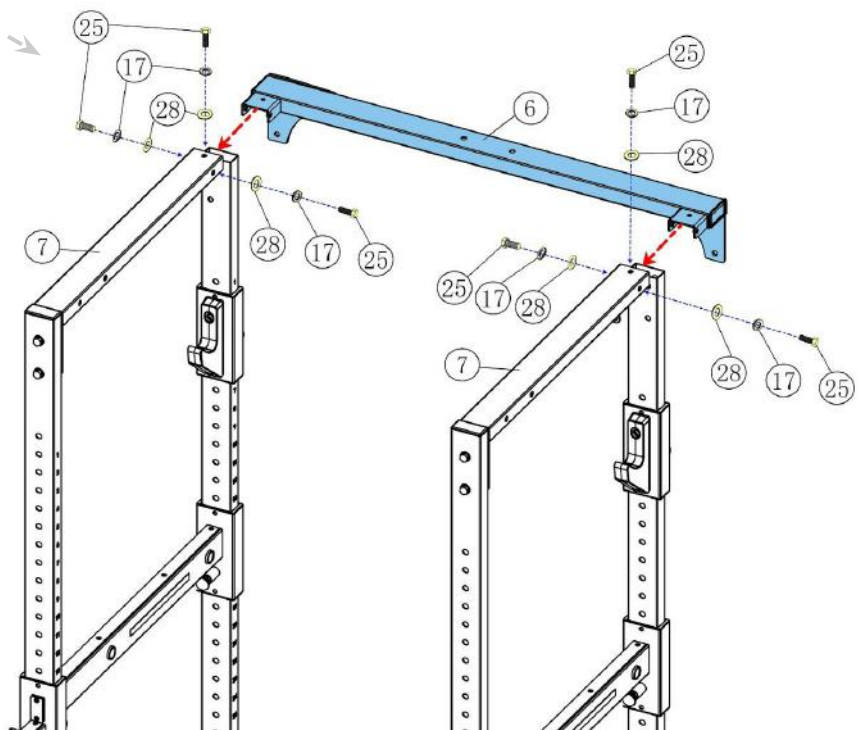


9/16 SOCKET &
6" EXTENSION



STEP LADDER *or*
STEP PLATFORM

NOTE: Recommend two people with one using a Step Ladder or Step Platform.



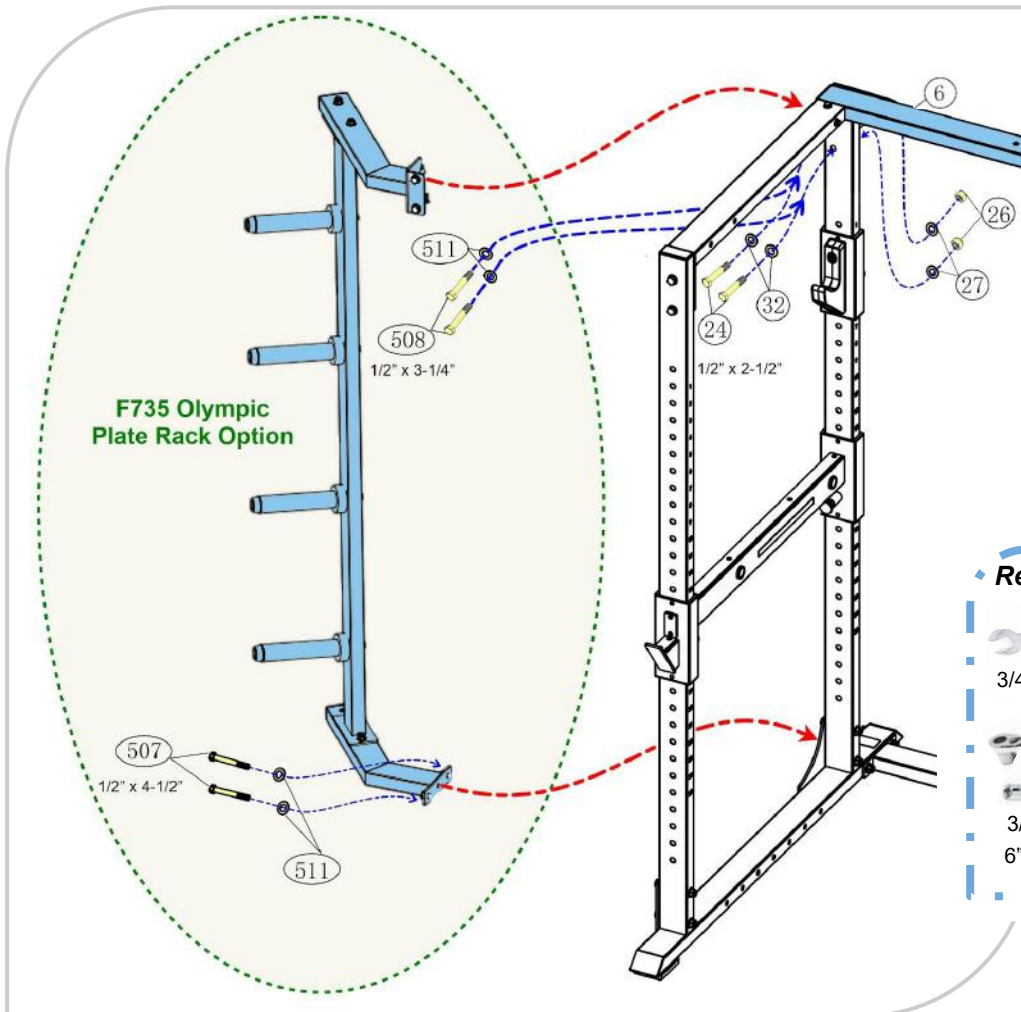


Please Hand Tighten All Bolts Until STEP 7

STEP 5c: Installation of the Top Frame Rear

Attach the **Frame, Rear, Top (6)** to the Upright, Rear, Right Side (5) using:

- Two BOLTS, Hex 1/2" x 2-1/2" (24)
- Two WASHERS, Flat Large 1/2" (32)
- Two WASHERS, Flat 1/2" (27)
- Two NUTS, Hex Lock 1/2" (26)



Recommended Tools



NOTE: Recommend two people with one using a Step Ladder or Step Platform.

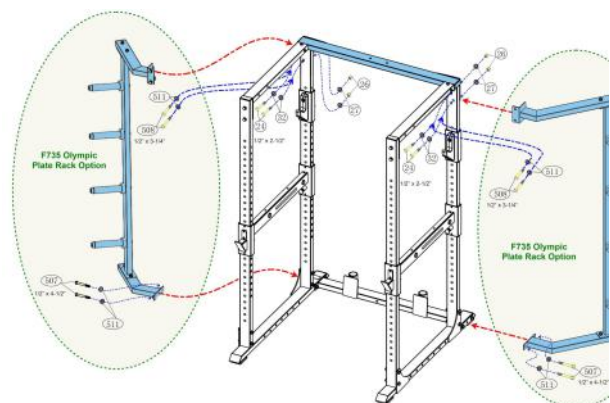
NOTE: If you are installing the F735 Olympic Plate Rack Option, change to the following hardware:

Upper Hardware:

- Two Bolts, Hex 1/2" X 3-1/4" (508)
- Two Washers, Flat 1/2" (511)
- DO NOT use both the shorter #24 bolts & #32 washers

Lower Hardware:

- Two Bolts, Hex 1/2" X 4-1/2" (507)
- Two Washers, Flat 1/2" (511)
- Take out & DO NOT use both the shorter #22 bolts & #27 washers





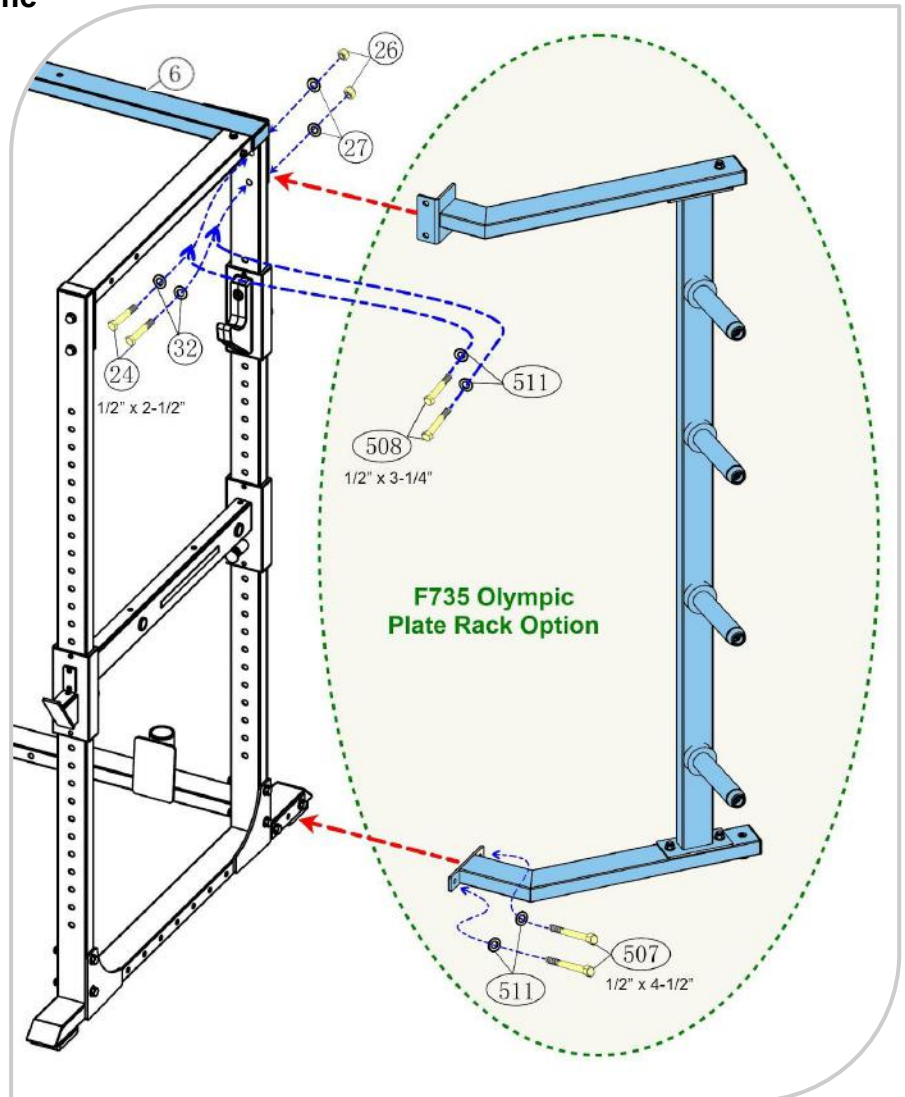
Please Hand Tighten All Bolts Until STEP 7

STEP 5d: Installation of the Top Frame

Rear

Attach the **Frame, Rear, Top (6)** to the Upright, Rear, Left Side (5) using:

- Two BOLTS, Hex 1/2" x 2-1/2" (24)
- Two WASHERS, Flat Large 1/2" (32)
- Two WASHERS, Flat 1/2" (27)
- Two NUTS, Hex Lock 1/2" (26)



Recommended Tools



3/4 WRENCH



3/4 SOCKET & 6" EXTENSION



STEP LADDER or STEP PLATFORM

NOTE: If you are installing the F735 Olympic Plate Rack Option, change to the following hardware:

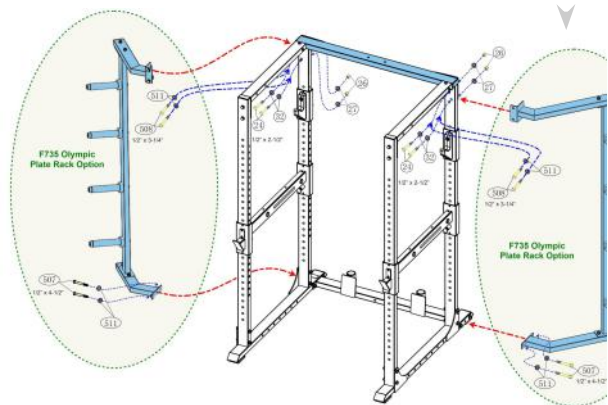
Upper Hardware:

- Two Bolts, Hex 1/2" X 3-1/4" (508)
- Two Washers, Flat 1/2" (511)
- DO NOT use both the shorter #24 bolts & #32 washers

Lower Hardware:

- Two Bolts, Hex 1/2" X 4-1/2" (507)
- Two Washers, Flat 1/2" (511)
- Take out & DO NOT use both the shorter #22 bolts & #27 washers

NOTE: Recommend two people with one using a Step Ladder or Step Platform.



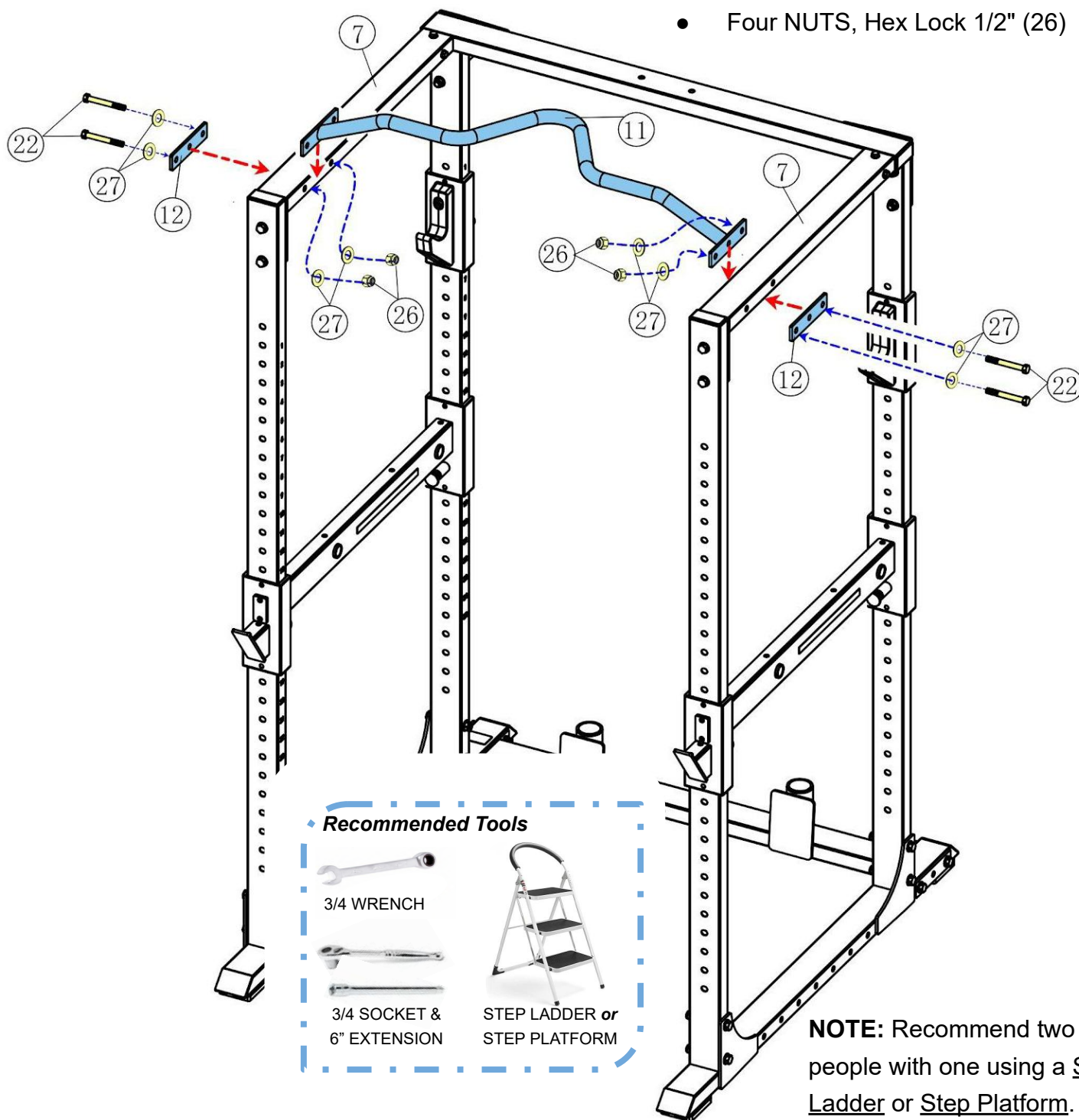


Please Hand Tighten All Bolts Until STEP 7

STEP 6a - 6b: Installation of the Chin Bar

Attach the **Chin Bar (11)** to both the Frame, Top, R & L (7) with the Backing Plates (12) using:

- Four BOLTS, Hex 1/2" x 4-1/4" (22)
- Eight WASHERS, Flat 1/2" (27)
- Four NUTS, Hex Lock 1/2" (26)



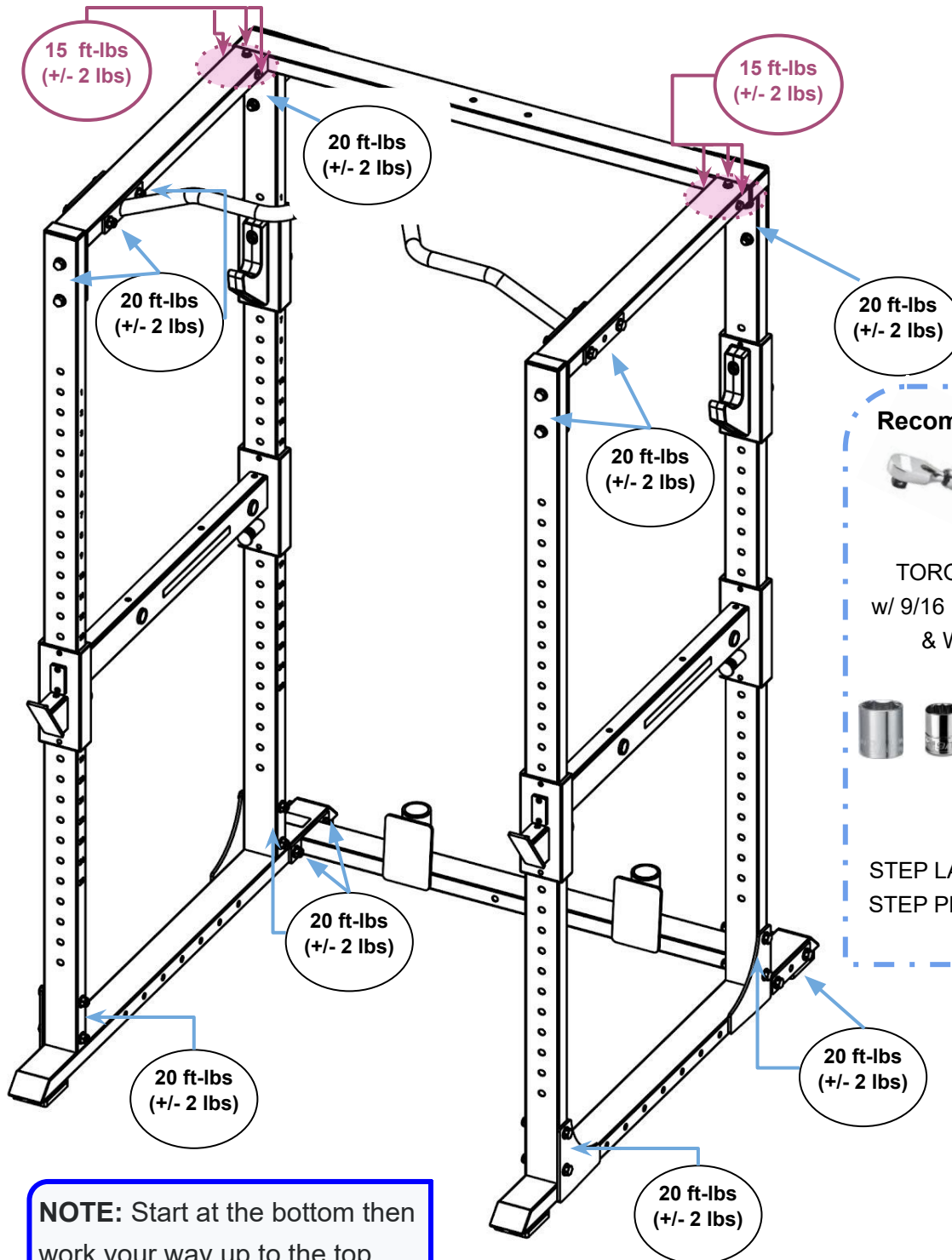
NOTE: Recommend two people with one using a Step Ladder or Step Platform.



Tighten ALL Bolts at this time to the Recommended Torque Specs

STEP 7: "Torque Time"

- Tighten all bolts going through the frame to locking nuts, starting at the bottom and working your way up, to the recommended torque specs of 20 ft-lbs (+/- 2 lbs)
- All 6 bolts (#25) go directly into a tapped frame, to the torque specs of 15 ft-lbs (+/- 2 lbs).



Recommended Tools



TORQUE WRENCH
w/ 9/16 & 3/4 SOCKETS
& WRENCHES



STEP LADDER *or*
STEP PLATFORM



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

STEP 8a - 8c: Final Assembly Clean Up, Polish and Double Checks



STEP 8a: Remove 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 8b: 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



STEP 8c:

Double check at this time:



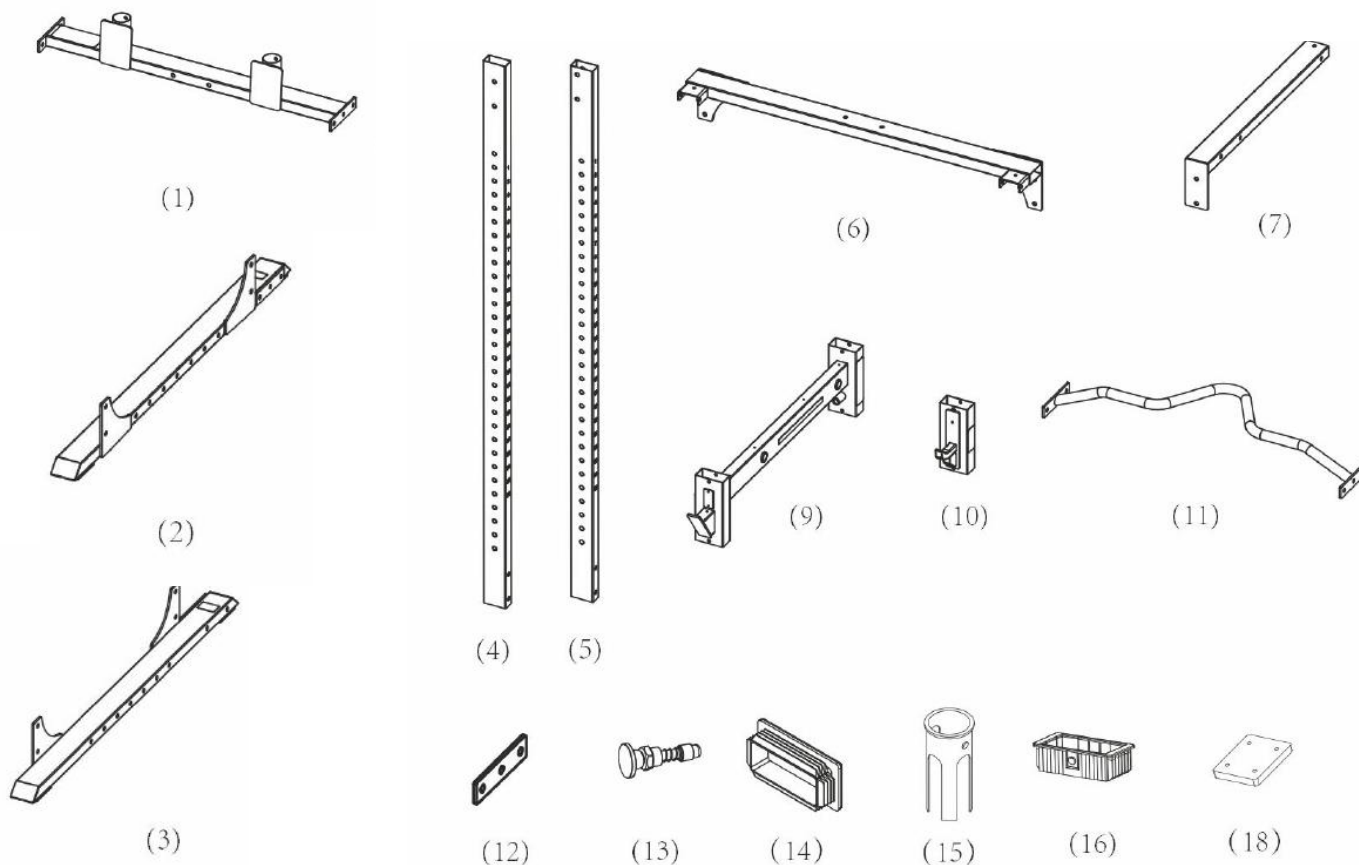
- All Bolts, Nuts and Pop-Pins are tightened
- All Safety Arms and Bar Catches move smoothly
- All Pop-Pins fully engage into the Upright holes
- Machine is fully operational!

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)

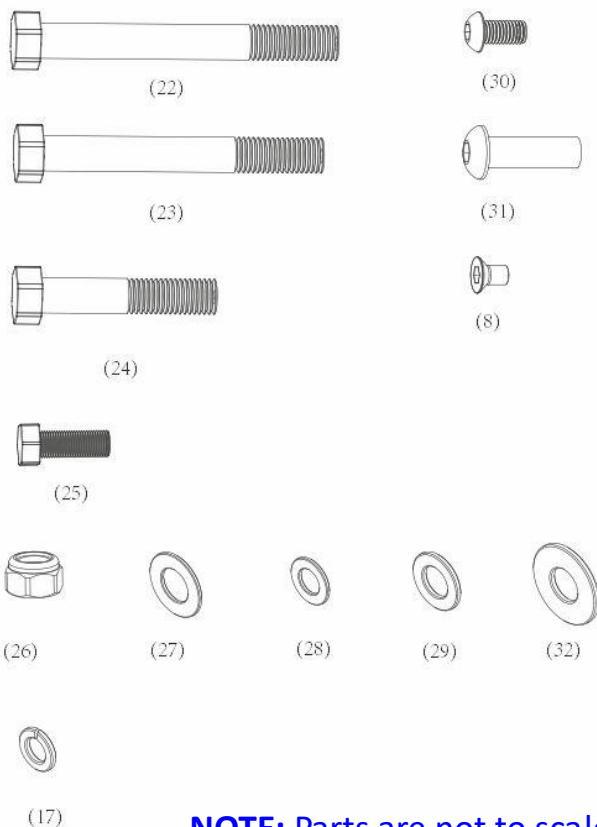


Part #	Detailed Parts list	QTY
F730-001	Frame, Bottom, Rear	1
F730-002	Frame, Bottom, Left	1
F730-003	Frame, Bottom, Right w/ Serial #	1
F730-004	Upright, Front, 78 1/2" (1,992mm), Longer	2
F730-005	Upright, Rear, 76 3/4" (1,951mm), Shorter	2
F730-006	Frame, Top, Rear	1
F730-007	Frame, Top, R & L	2
F730-008	Screw, Hex Recessed Countersunk Head M5 x 8mm L	16
F730-009-R	Safety Arm, Adjustable, Right	1
F730-009-L	Safety Arm, Adjustable, Left	1
F730-010-R	Bar Catch Adjuster, Right	1
F730-010-L	Bar Catch Adjuster, Left	1
F730-011	Chin Bar	1
F730-012	Backing Plate	2
F730-013	Pop Pin, Blue, Alum, 45mm L	6
F730-014	Rectangular Plug, 45mm x 75mm	4
F730-015	Inner Sleeve, Round, in Olympic Bar Holder	2
F730-016	Inner Sliding Sleeve, Rectangular	12
F730-017	Washer, Spring 3/8" - BLACK	6
F730-018	Foot Pad, Rubber	4



NOTE: Parts are not to scale

Part #	Detailed Parts list	QTY
F730-019	Bar Catch Cover, Blue Rubber	2
F730-020	UHMW Protective Guard, Short, on Bar Catch Adjuster	4
F730-021	UHMW Protective Guard, Long, on Bar Catch Adjuster	2
F730-022	Bolt, Hex 1/2" x 4-1/4" - BLACK	8
F730-023	Bolt, Hex 1/2" x 4" - BLACK	8
F730-024	Bolt, Hex 1/2" x 2-1/2" - BLACK	8
F730-025	Bolt, Hex 3/8" x 1" - BLACK	6
F730-026	Nut, Nylon Lock 1/2" - BLACK	24
F730-027	Washer, Flat 1/2" - BLACK	32
F730-028	Washer, Flat 3/8" - BLACK	6
F730-029	Washer, Flat 5/16" - BLACK	4
F730-030	Screw, Hex Recessed Flat Head M6 x 12mm - BLACK	16
F730-031	Screw, Hex Recessed Flat Head 5/16" x 7/8" - BLACK	4
F730-032	Washer, Flat Large 1/2" - BLACK	16
F730-033	Warning Label - Master Rules and Precautions	1
F730-034	Warning Label - Pinch Point, Vertical	2
F730-035	Label - Serial Number	1
F730-036	Warning Label - Safety Spotters	2
F730-037	Warning Label - Max Weight Rating	2
F730-038	Warning Label - California Proposition 65	1
F730-039	Label - Maintenance Schedule	1



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

1. Read and Understand all Warning and Caution Labels on this equipment before using.
2. Read and Understand the Owner's Manual on safety and usage before using this machine.
3. Obtain a Medical Exam before beginning any exercise program and STOP exercising if you feel faint, dizzy or pain.
4. Inspect Equipment Before Each Use. Check for wear and tear, loose fittings, worn or frayed cables, loose hardware and frame.
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 area.
9. Children Should Not be Allowed to be near or play around this machine at any time.
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

MAINTENANCE SCHEDULE

This checklist needs to be followed before any user starts to exercise. Please replace all parts at first signs of wear or damage. Do not use machine until repaired as needed.

	DAILY	WEEKLY	MONTHLY	12-MONTHS
Upholstery				
- Pipe clean and dry.				
- Clean and condition.				
Bolts, Nuts & Fasteners				
- Visually check they are secure & tighten if needed.				
- Tighten per Torque Specs (Same Annually if needed)				
Cables				
- Visually check for any unusual bends, kinking, fraying plastic cover or ends coming loose.				
- Adjust cable tension and tighten the locking nut at weight stacks.				
Guide Rods & Seat Slaves				
- Clean & Lubricate w/ virgin Silicone or Teflon Lube				
Linear Rods				
- Clean & Lubricate with Factory PFTEZ grease				
Tightening Knobs				
Locking Pins				
Weight Stack Pins				
Pop Pins / Springs				
- Check all for functionality.				
Warning Labels				
Anti-Skid Surfaces				
Hand Grips & Rollers				
- Inspect all above items for wear or if missing.				
Frame & Chrome				
- Clean and dry.				

Additional information: step-by-step procedures, and more detailed instructions, refer to the machine's Owner's Manual or contact BodyCraft Customer Support. 800-990-5556

BODYCRAFT

WARNING PINCH POINT Keep Hands Clear during use

WARNING 1,000 LBS. MAXIMUM WEIGHT RATING

WARNING ALWAYS SET/ADJUST THE BUILT-IN SAFETY SPOTTERS. FAILURE TO DO SO CAN RESULT IN SERIOUS INJURY OR DEATH

CALIFORNIA PROPOSITION 65 WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

Serial Number 35

NOTE: Parts are not to scale

Detailed Parts - Exploded View - F730 PRO Power Rack

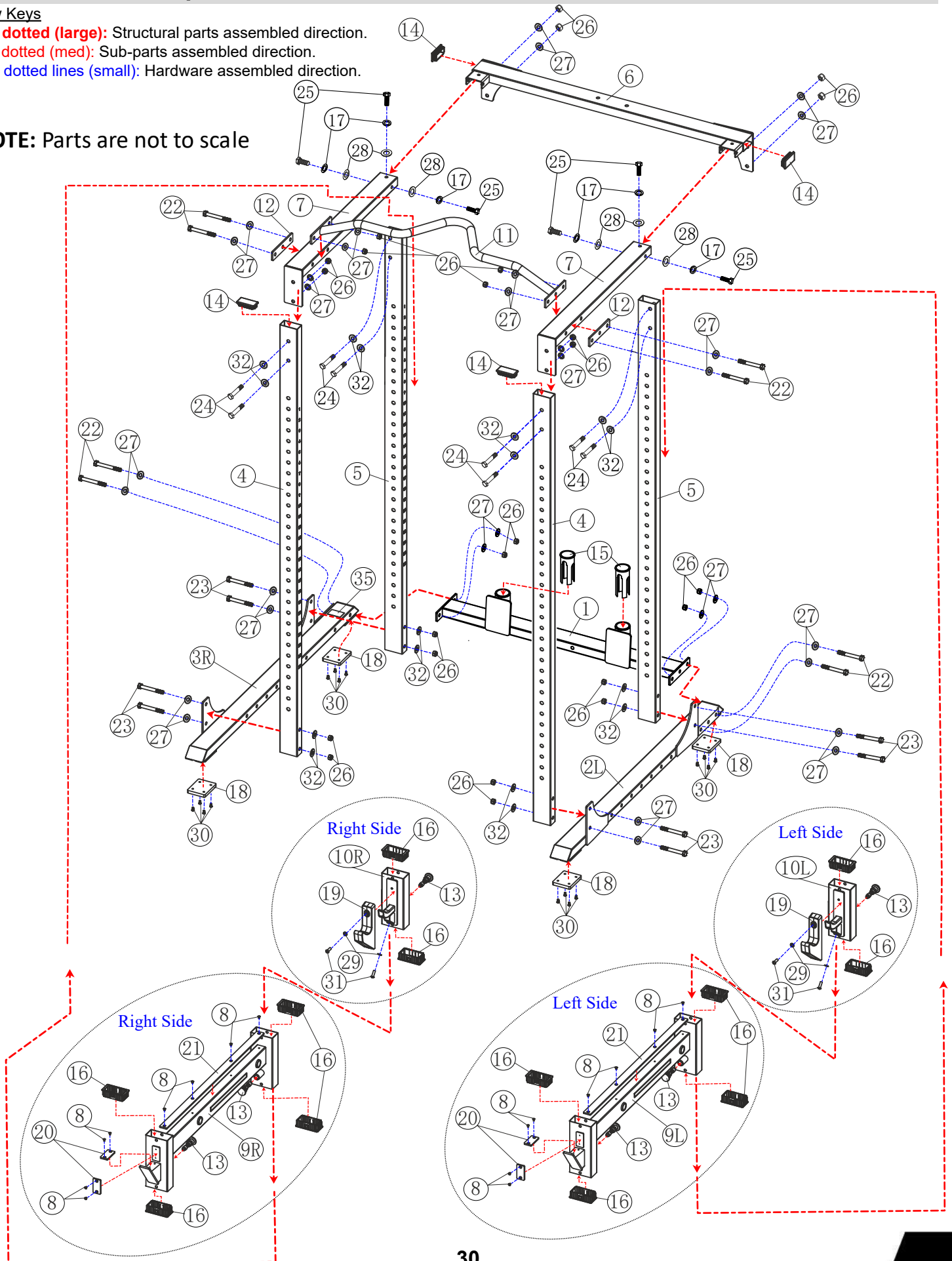
View Keys

Red dotted (large): Structural parts assembled direction.

Red dotted (med): Sub-parts assembled direction.

Blue dotted lines (small): Hardware assembled direction.

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) 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.

Product Warranty - Strength

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.

Residential Warranty for Strength Equipment:

Frame: Lifetime, **Parts:** Lifetime

Commercial Warranty for Strength Equipment:

Frame: 10 years, **Parts:** 2 years

This warranty excludes the following:

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed above.
2. Normal cosmetic wear on parts such as paint, seat coverings, foot rails, labels and logos.
3. Any accessories not included in the original packaging.
4. Warranty does not cover normal wear and tear.

* This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your BODYCRAFT product. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BODYCRAFT product.

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

Warranty Registration - Strength

Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go on-line now to <https://www.bodycraft.com/product-registration.html> and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to BODYCRAFT within 30 days from the date of equipment installation.

Please Note: Failure to register this product will result in no servicing or authorization of parts to be shipped.

To mail your warranty information, please fill in the information below and mail to: Service Dept., BODYCRAFT , 7699 Green Meadows Dr. Lewis Center, Ohio 43035 (or save postage and register online at <https://www.bodycraft.com/product-registration.html>)

WARRANTY REGISTRATION

PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW.
REQUIRED FOR WARRANTY REGISTRATION:

BASE UNIT SERIAL NUMBER:

OPTIONS SERIAL NUMBER:

Model Type: _____

Date of Purchase _____

Your Company Name _____

Contact First Name _____

Contact Last Name _____

Address _____

City _____ State _____ ZIP _____

Email Address _____ Website _____

Phone _____ Fax _____

1. Where did you first learn about BODYCRAFT?

- a. Dealer b. Website
 c. Advertisement d. Referral
 e. Current Customer f. Other _____

2. Why did you purchase a BODYCRAFT product?

- a. Design/Appearance b. Dealer Suggestion
 c. Price/Value d. Quality Construction
 e. Performance f. BODYCRAFT Reputation
 g. Other: _____

3. Please indicate your type of facility:

- a. Apartment/Condo b. Corporate Fitness Center
 c. Municipality d. Health Club/Gym/Spa
 e. Hotel/Resort f. Military Base
 g. Student Rec Center h. Home

4. What other types of equipment does your company or home currently own?

- a. Treadmill Brand _____
 b. Elliptical Brand _____
 c. Bike/Indoor Cycle Brand _____
 d. Free Weights/Gym Brand _____

5. How many people use your facility on a daily basis?

- a. <25 b. 25-75
 c. 76-150 d. 150+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?

- Yes No

7. If you answered "yes" to question 6, what type do you plan to purchase?

- a. Treadmill b. Elliptical
 c. Bike/Indoor Cycle d. Free Weights
 e. Gym f. Other _____

8. Would you recommend BODYCRAFT to other club or home owners?

- Yes No

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:



800.990.5556
SERVICE@BODYCRAFT.COM
WWW.BODYCRAFT.COM



BODYCRAFT
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LEWIS CENTER, OHIO 43035