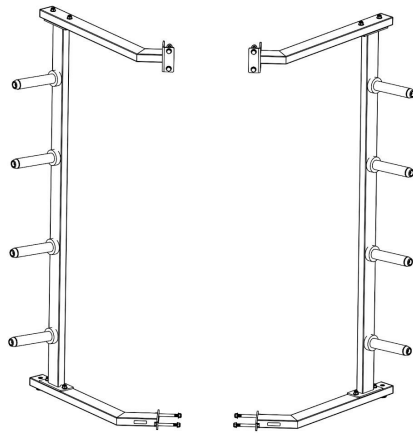


BODYCRAFT

F735 Oly Plate Holder Option

for the BodyCraft F430 / F730 PRO (Power Rack) or F438 / F738 (RFT PRO)



Owner's Manual

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



Base Lot Number: _____

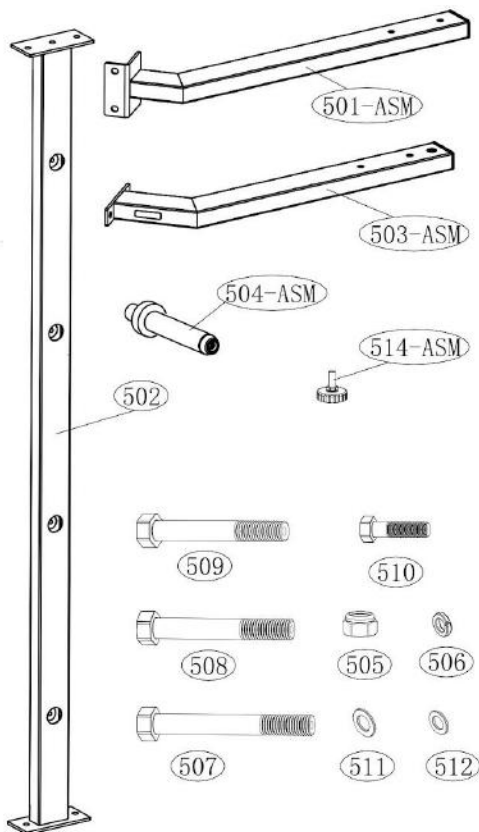
Purchased Date: ___ / ___ / _____

Dealer's Name: _____

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

BODYCRAFT
 Lot Code: F735-YYMMDD

Assembled Parts List



Part #	Assembly Parts List	QTY
F735-501-ASM	Frame, Top, Rt & Lt - Assembly	2
F735-502	Frame, Upright, for Oly Plate Storage	2
F735-503-ASM	Frame, Bottom, Rt & Lt - Assembly	2
F735-504-ASM	Oly Plate Horn - Assembly	8
F735-514-ASM	Adjustable Foot, for Lower Base Frame - Assembly	2

Part #	Assembly Hardware	QTY
F735-505	Nut, Nylon Lock 1/2" - BLACK	8
F735-506	Washer, Spring 3/8" - BLACK	8
F735-507	Bolt, Hex Head 1/2" x 4-1/2" - BLACK	4
F735-508	Bolt, Hex Head 1/2" x 3-1/4" - BLACK	4
F735-509	Bolt, Hex Head 1/2" x 2-1/2" - BLACK	8
F735-510	Bolt, Hex Head 3/8" x 1-1/4" - BLACK	8
F735-511	Washer, Flat 1/2" - BLACK	16
F735-512	Washer, Flat 3/8" - BLACK	8

F735 v1.3



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

THE FOLLOWING TOOLS ARE RECOMMENDED FOR ASSEMBLY:



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



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



TORQUE WRENCH 3/8 DRIVE

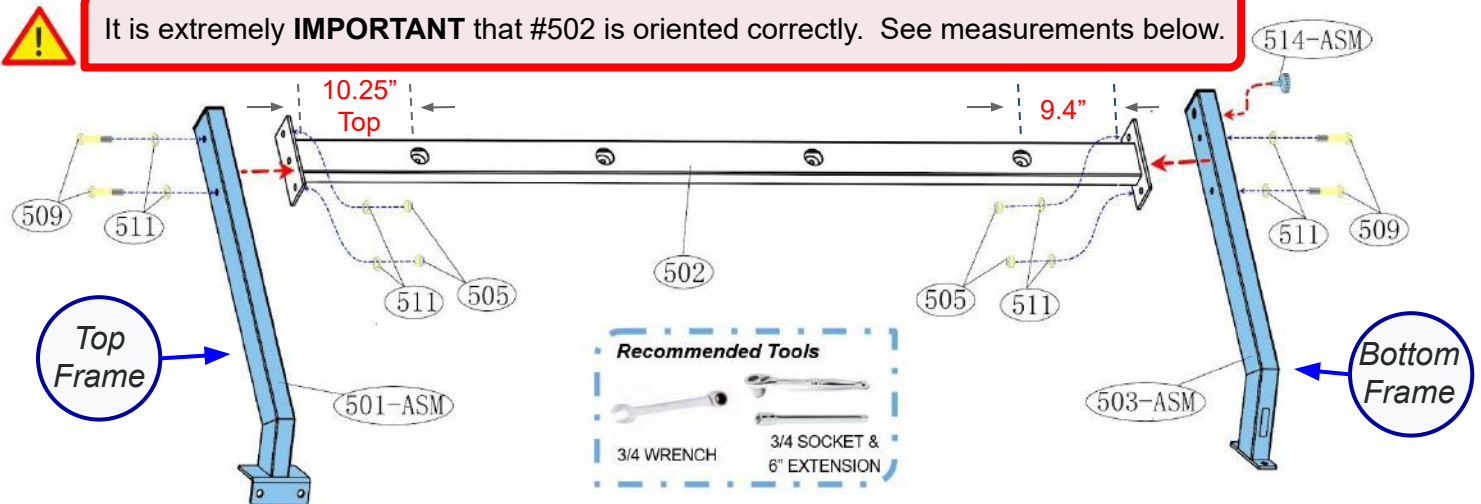
F735 - Product Assembly

TIP: Very stable and safe to start the Assembly STEPS when on its side, horizontally NOT upright.

STEP 1: Installation of the Main Frame Assemblies

Loosely attach the **Frame, Top, Rt & Lt Sides - Assembly (501-ASM)** & the **Frame, Bottom, Rt & Lt Sides - Assembly (503-ASM)** to the Frame, Uprights (502) using:

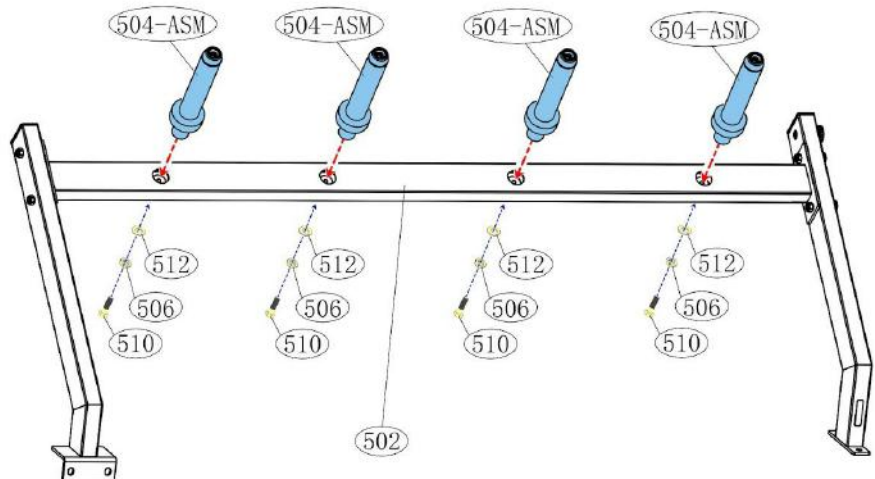
- Eight BOLTS, Hex 1/2" x 2-1/2" (509)
- Sixteen WASHERS, Flat 1/2" (511)
- Eight NUTS, Hex Lock 1/2" (505)



STEP 2: Installation of the Oly Plate Horns

Attach all the **Oly Plate Horns (504-ASM)** to the Frame, Uprights (502-ASM) using:

- Eight BOLTS, Hex 3/8" x 1-1/4" (510)
- Eight WASHERS, Spring 3/8" (506)
- Eight WASHERS, Flat 3/8" (512)

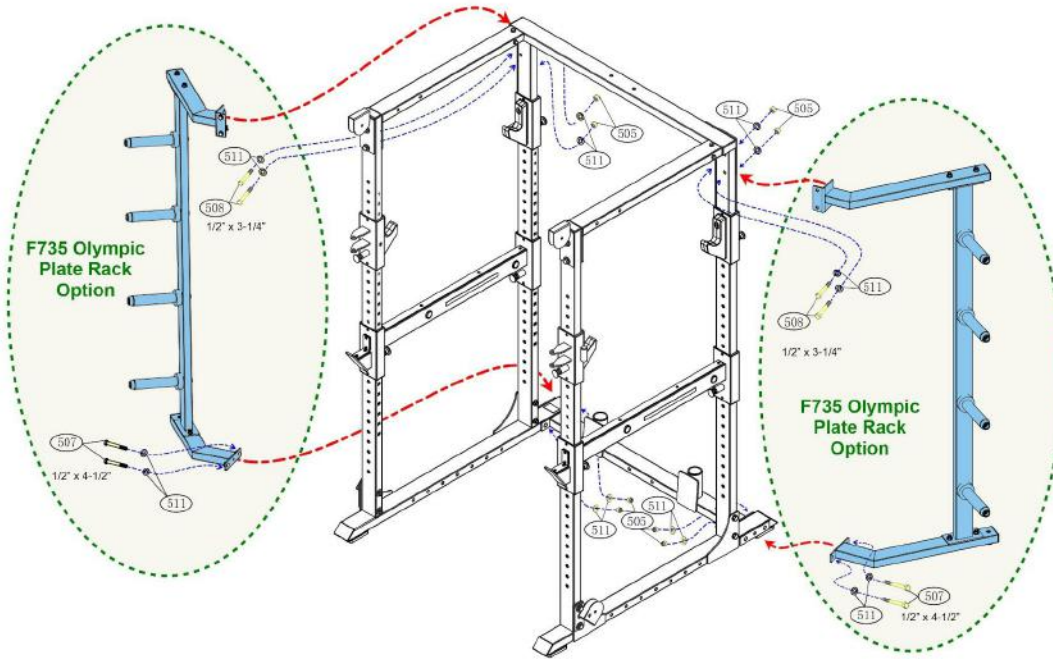


F735 - Product Assembly

TIP: Keep bolts loose when installing on an F730 / F430 (Power Rack) or F738 (RFT). Then level Bottom Frames with the Adjustable Foot (514-ASM) on both sides.

STEP 3: Installation of the F735 Oly Plate Holder to an F730 / F430 (Power Rack) or F738 (RFT)

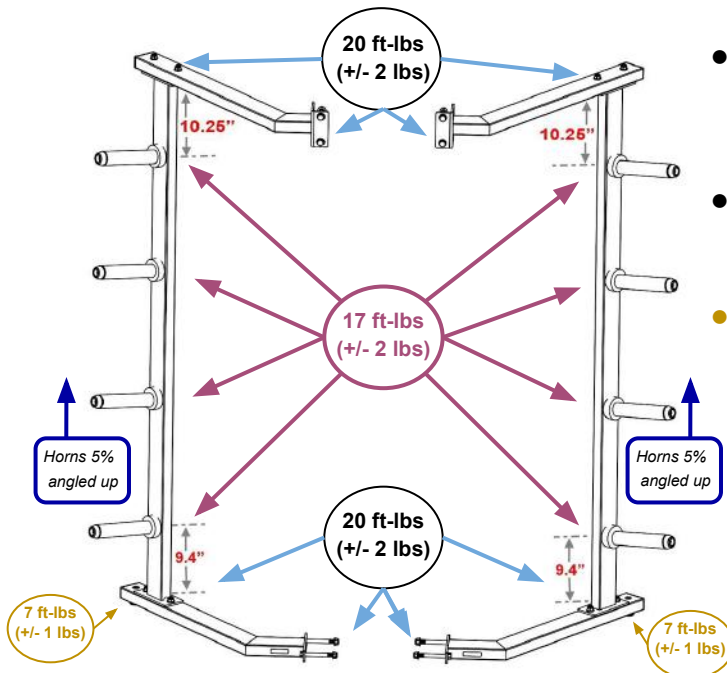
Attach the **Olympic Plate Rack Option (F735)** to the Upright, Rear, Right & Left Sides (5) using:



- Four BOLTS, Hex 1/2" x 3-1/4" (508)
- Four BOLTS, Hex 1/2" x 4-1/2" (507)
- Sixteen WASHERS, Flat 1/2" (511)
- Eight NUTS, Nylon 1/2" (505)

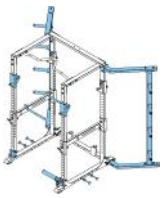


STEP 4: "Torque Time" on all Frames & Oly Plate Horns

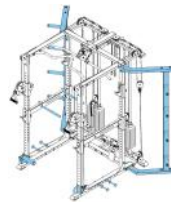


- Tighten to the **recommended torque specs of 20 ft-lbs (+/- 2 lbs)** on all 1/2" Bolts & Nuts.
- **All 8 Bolts (#510) on the Oly Plate Horns to the torque specs of 17 ft-lbs (+/- 2 lbs).**
- **Tighten Jam Nuts on Adjustable Feet @ 7 ft-lbs.**

Recommended Tools



[F730 PRO - Power Rack](#)



[RFT PRO- Rack Functional Trainer](#)

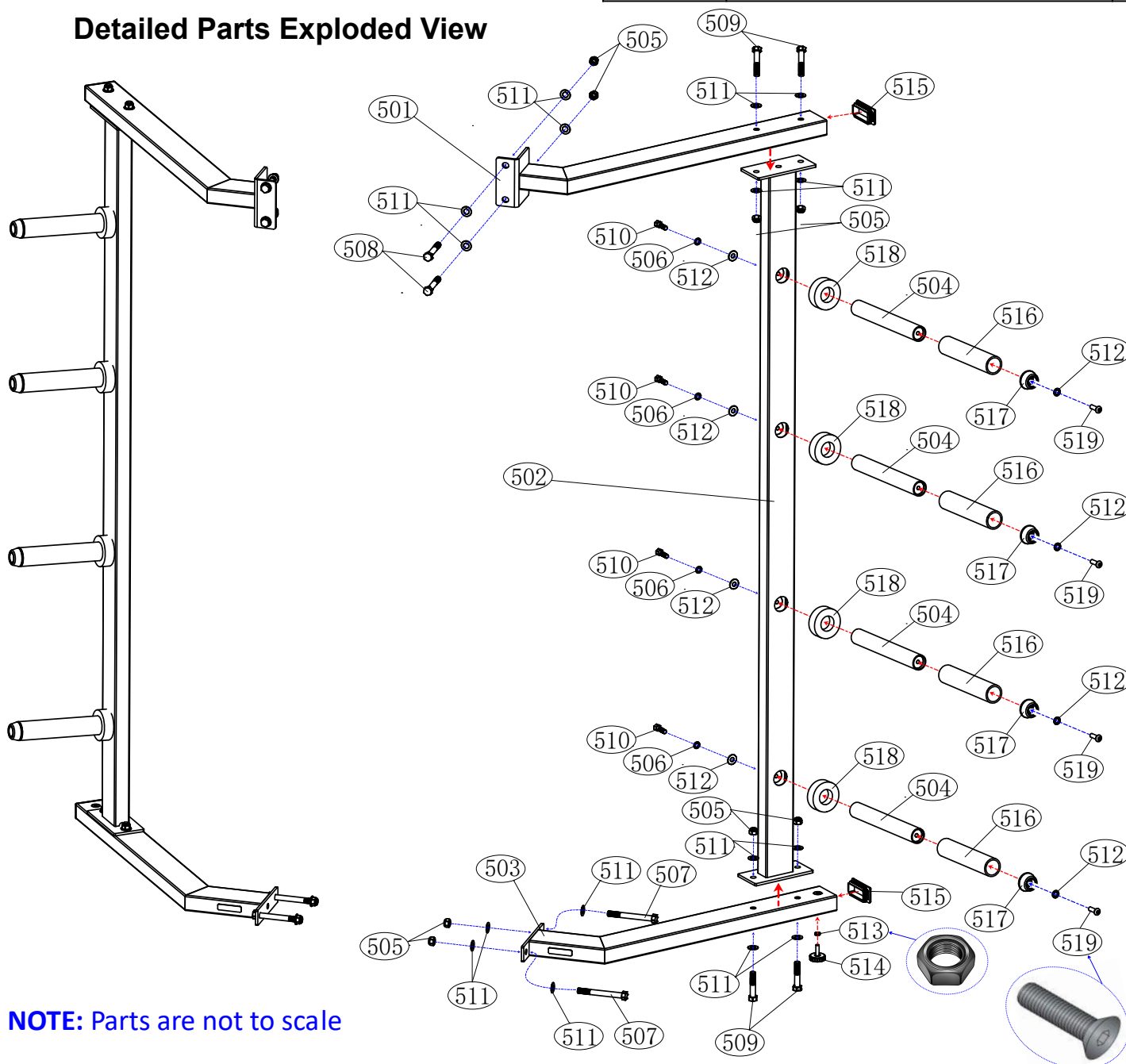


F735 - Detailed Parts List & Parts Exploded View

Part #	Detailed Parts List	QTY
F735-501	Frame, Top, Rt & Lt	2
F735-502	Frame, Upright , for Oly Plate Storage	2
F735-503	Frame, Bottom, Rt & Lt	2
F735-504	Oly Plate Horn, Metal Tube	8
F735-505	Nut, Nylon Lock 1/2" - BLACK	16
F735-506	Washer, Spring 3/8" - BLACK	8
F735-507	Bolt, Hex Head 1/2" x 4-1/2" - BLACK	4
F735-508	Bolt, Hex Head 1/2" x 3-1/4" - BLACK	4
F735-509	Bolt, Hex Head 1/2" x 2-1/2" - BLACK	8
F735-510	Bolt, Hex Head 3/8" x 1-1/4" - BLACK	8

Part #	Detailed Parts List	QTY
F735-511	Washer, Flat 1/2" - BLACK	32
F735-512	Washer, Flat 3/8" - BLACK	8
F735-513	Nut, Thin, M8 for Adj. Foot - BLACK	2
F735-514	Adjustable Foot, for Lower Base Frame	2
F735-515	End Plug, Rectangular	4
F735-516	Oly Plate Holder, Plastic Sleeve	8
F735-517	Oly Plate Holder, Plastic End Cap - Round	8
F735-518	Oly Plate Holder, Rubber Cushion	8
F735-519	Screw, Hex Recessed Flat Head 3/8" x 1-1/4" - BLACK	8

Detailed Parts Exploded View



NOTE: Parts are not to scale