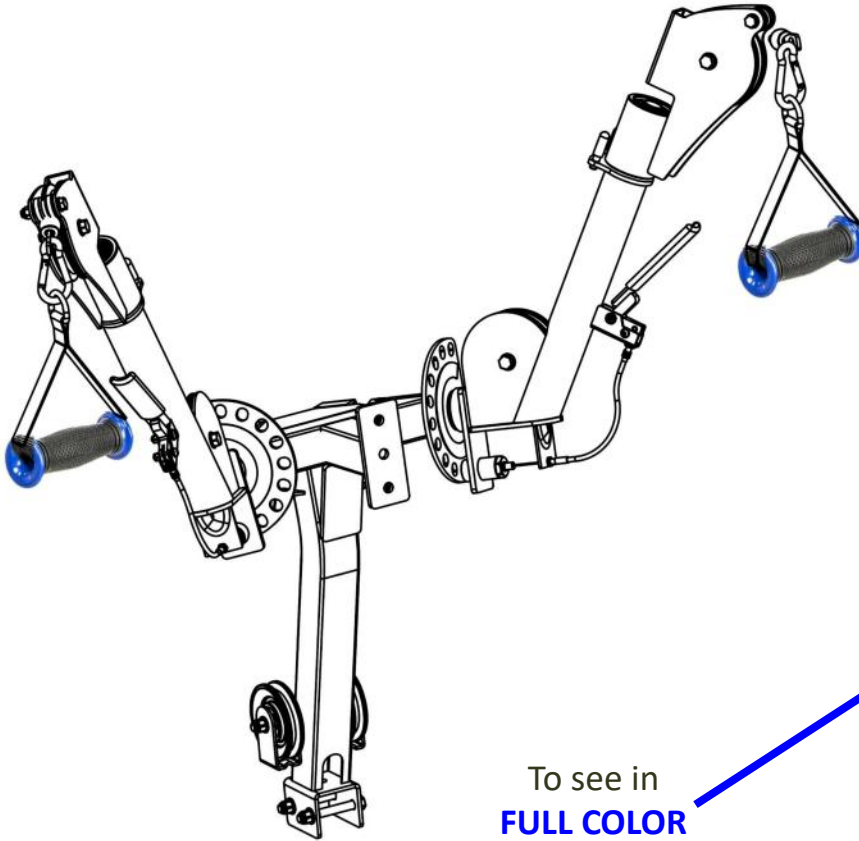


BODYCRAFT

GT Functional Cable Arm Option

for the BODYCRAFT GT (Strength Training System)



To see in
FULL COLOR

& additional information,
scan this QR code.



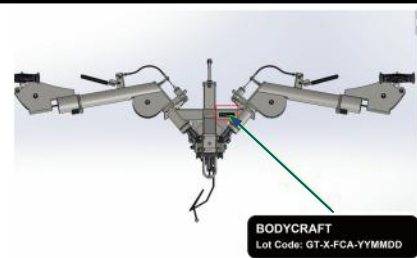
Base Lot Number: _____

Purchased Date: ____ / ____ / ____

Dealer's Name: _____

Please register your products at:

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



Owner's Manual

GT-X- FCA v1.3



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

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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>

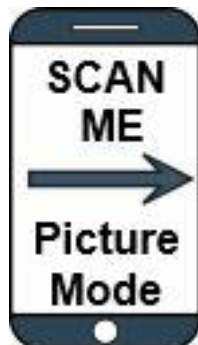


Table of Contents, GT-FCA (GTX)



NOTE: When you have downloaded the Owner's Manual into a PDF reader, go directly to the desired page by touching words in this Table of Contents.

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Product Safety - Functional Trainer & Multi-Gym



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.

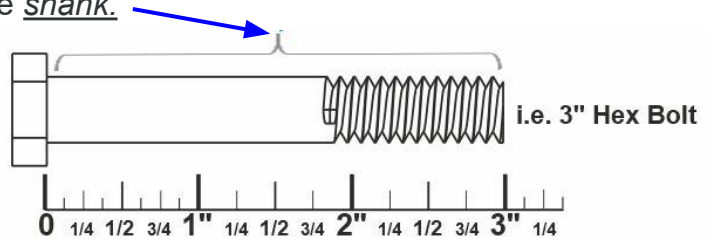
Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this BODYCRAFT product prior to use.

- 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.
 - 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 , GT-FCA (GTX)

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 Socket needed)



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



TORQUE WRENCH 3/8 DRIVE
(w/ 3mm & 5/16 Hex Bit Socket)



ALLEN WRENCH SET
(Only 3mm & 5/16 are needed)

THE FOLLOWING IS RECOMMENDED FOR CLEANING:



MILD CLEANING SOLUTION



100% COTTON CLEANING CLOTHS

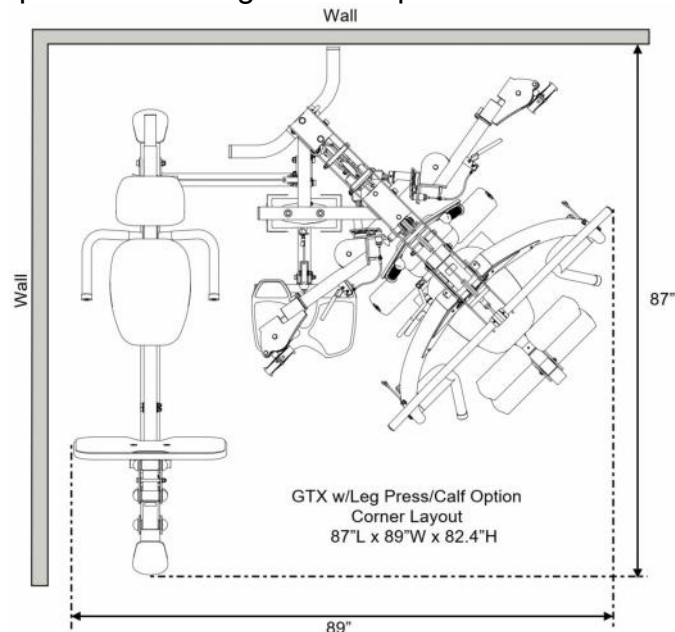
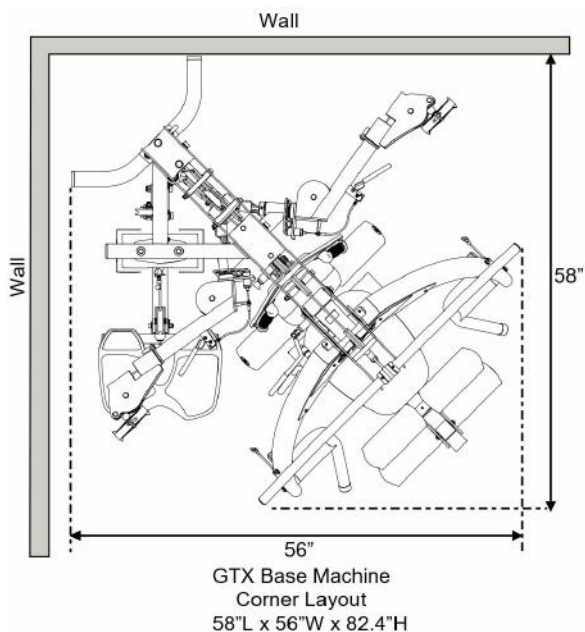
TIP ON FRAME ONLY: For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax if desired. Also makes future cleaning easier.

(Do Not Use on the Upholstery)



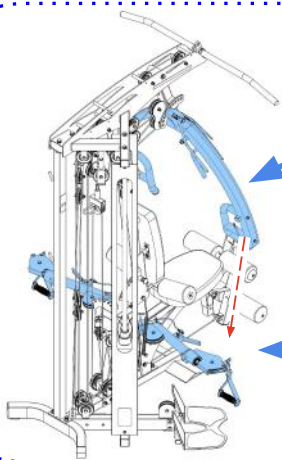
Machine Dimensions, Room Layouts, & Weight Ratios, GT-FCA (GTX)

Your BODYCRAFT GT Strength Training System with Options was designed to be placed in a corner.



For ADA Compliance under #1004 Exercise Machines and Equipment:

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

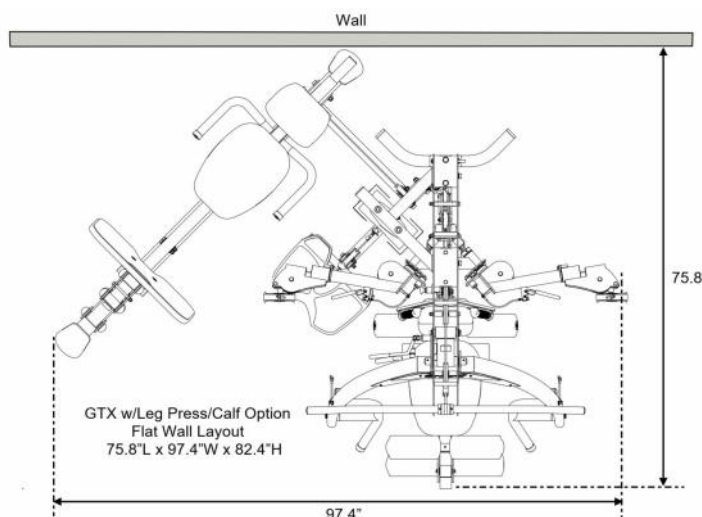
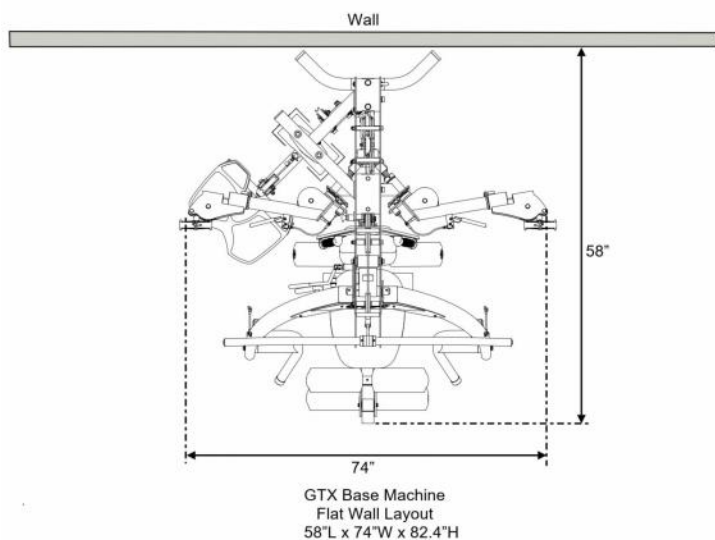


200% with GT Press Arm attached to the FCA cables



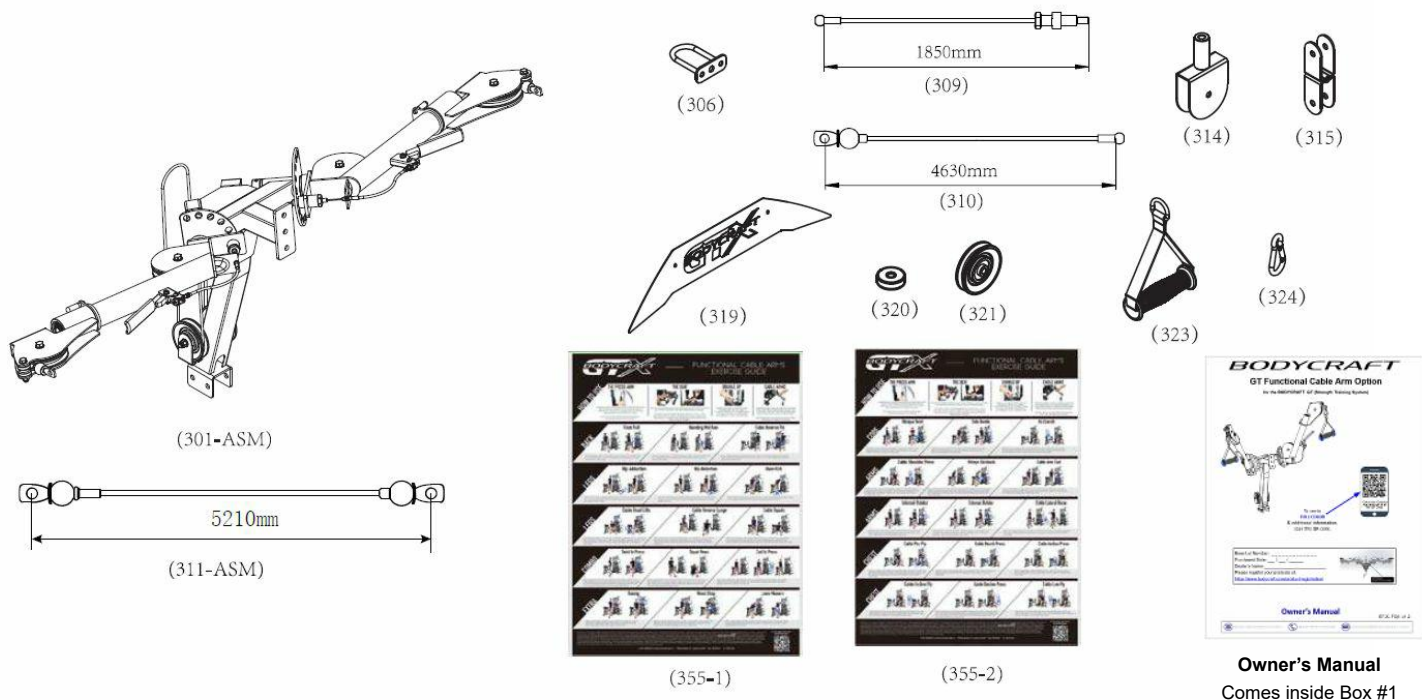
Weight Ratios

50% with Single Handle per side.

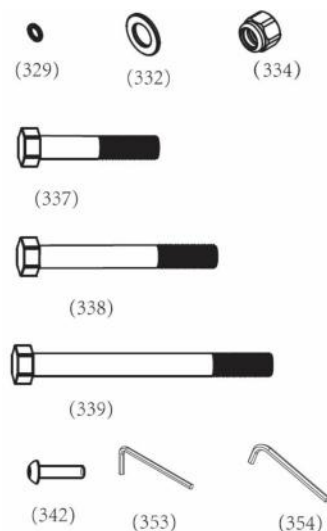


Assembly Parts, GT-FCA (GTX)

Part #	Assembly Parts List	QTY
GT-X-FCA-301-ASM	Frame, Support with Cable Arms (302) & Cable (311-ASM) - Assembly	1
GT-X-FCA-306	Anti-Twist Cable Guide, for Cable #309	1
GT-X-FCA-309	Cable, Connect between Bottom Frame & Single Pulley Block, 1,850mm (72.8") L	1
GT-X-FCA-310	Cable, Ab Crunch, 4,630mm (182.28") L	1
GT-X-FCA-311-ASM	Cable, Lt to Rt Cable Arms, Crimped Eyelet End & 6mm OD Threaded Shaft End, 5,210mm (205.20") L - Assembly	1
GT-X-FCA-314	Pulley Block, Single, w/ Cable End Threaded Shaft	1
GT-X-FCA-315	Pulley Block, Double	1
GT-X-FCA-319	Trim Panel, Stainless Steel, w/ GTX cut-out	1
GT-X-FCA-320	Washer, Small, Nylon Plastic, for Trim Panel Spacer, ϕ 5.5 ID - BLK	2
GT-X-FCA-321	Pulley, 90mm (3-1/2") x ϕ 26mm ID	3
GT-X-FCA-323	Accessory, Single Handle	2
GT-X-FCA-324	Snap Hook	2
GT-X-FCA-355	Poster - Exercise Guide	2



Part #	Assembly Hardware	QTY
GT-X-FCA-329	Washer, Spring, ϕ 5mm - Stainless Steel	2
GT-X-FCA-332	Washer, Flat, 3/8" - BLK	14
GT-X-FCA-334	Nut, Nylon, 3/8" - BLK	7
GT-X-FCA-337	Bolt, Hex Head, 3/8" x 2" L - BLK	3
GT-X-FCA-338	Bolt, Hex Head, 3/8" x 3" L - BLK	2
GT-X-FCA-339	Bolt, Hex Head, 3/8" x 4" L - BLK	2
GT-X-FCA-342	Screw, Recessed Flat Head, M5 x 20mm L - Stainless Steel	2
GT-X-FCA-353	Wrench, Hex, 3mm	1
GT-X-FCA-354	Wrench, Hex, 5/32"	1



NOTE: Parts are not to scale

Large Box 1 of 1

Net Weight: 45.2 lbs (20.5 KGS)

Gross Weight: 56 lbs (25.4 KGS)

Box Size: 30.1" W x 16.9" L x 13.4" H (765mm W x 430mm L x 340mm H)



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 – 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.



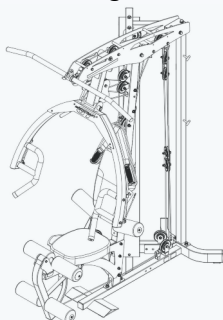
PREASSEMBLY TIP #3 – Keep hardware loose until asked to tighten.

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.

DECISION POINT

GT-FCA (GTX) 1a

If you currently have a GT Strength Training System and are now adding the GT-FCA (GTX) Option:



[Go to STEP 1a below](#)

If you are simultaneously assembling the:

- GT Strength Training System

AND

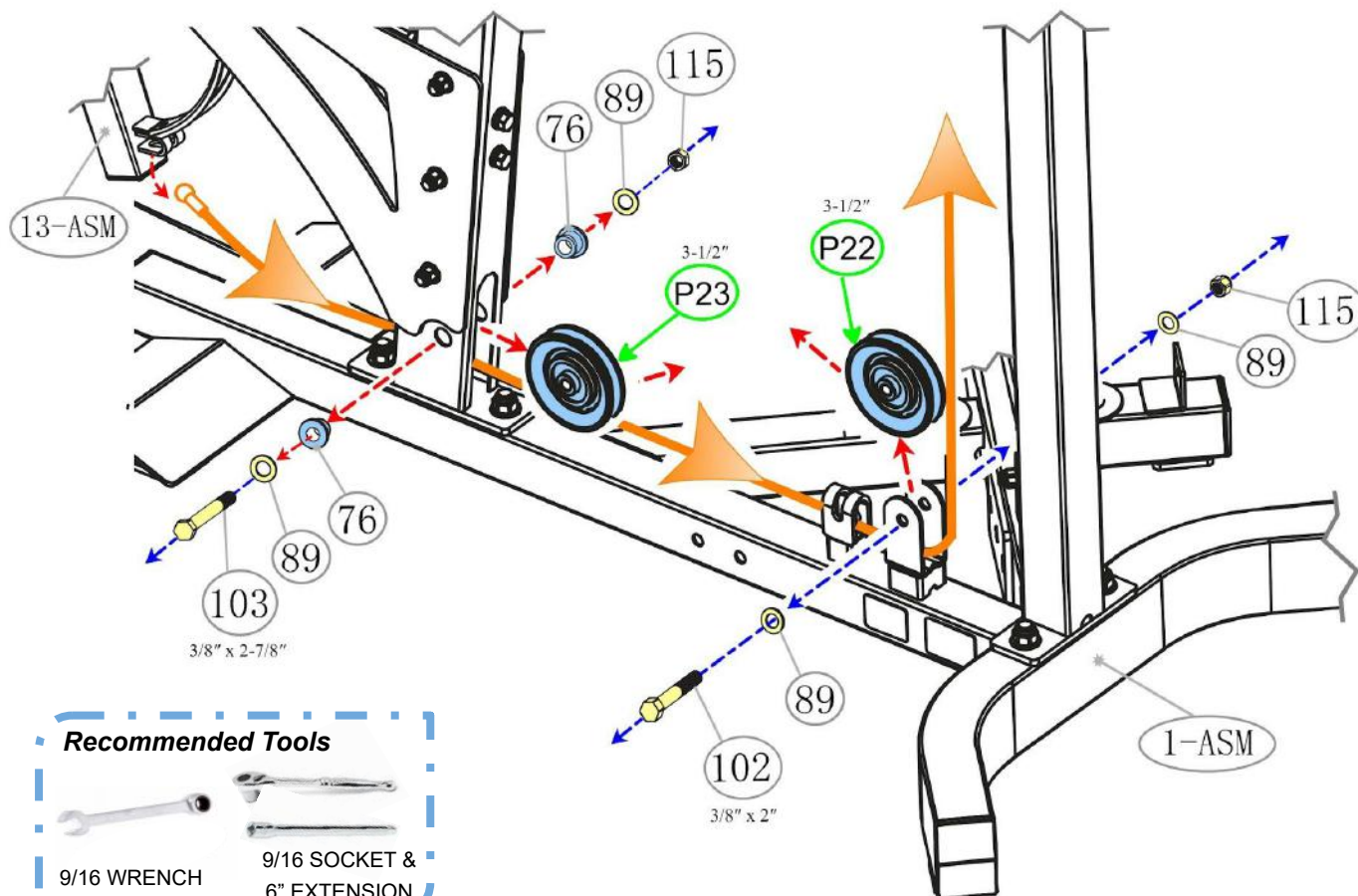
- GT-FCA (GTX) Option



[Go to STEP 1b](#)



STEP 1a: Remove Pulleys P22, P23 and Lower Cable #38.



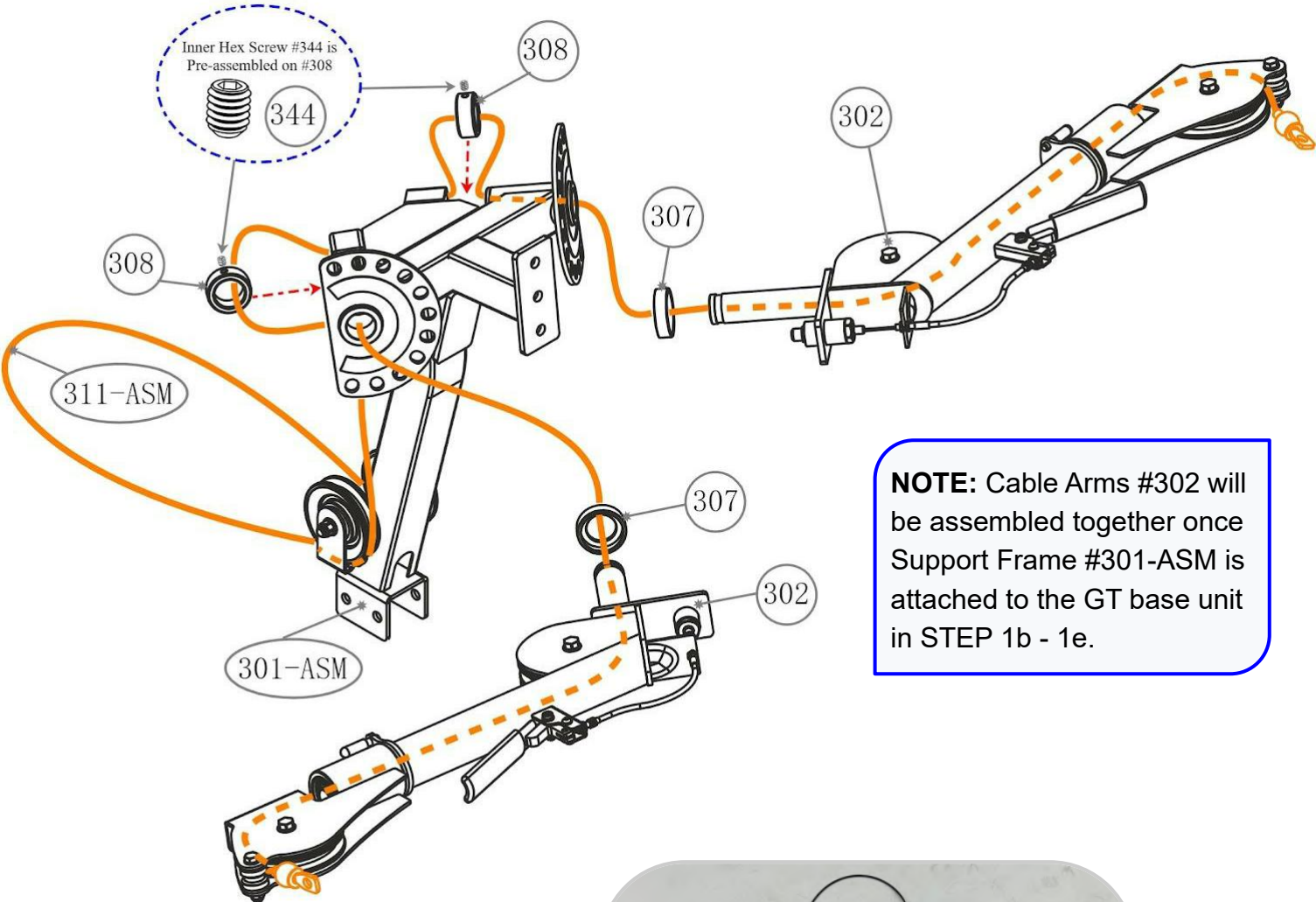
Recommended Tools



Part #	Assembly Parts List	QTY
GT-X-038	Cable, Lower, 3,080mm (121.25\") L	1
GT-X-068	Pulley, 90mm (3-1/2\") x 526mm ID	2
GT-X-076	Bushing, Plastic, for Pulley to Frame, 3/8\" ID	2

Part #	Assembly Hardware	QTY
GT-X-089	Washer, Flat, 3/8\" - BLK	4
GT-X-102	Bolt, Hex Head, 3/8\" x 2\" L - BLK	1
GT-X-103	Bolt, Hex Head, 3/8\" x 2-7/8\" L - BLK	1
GT-X-115	Nut, Nylon Lock, 3/8\" - BLK	2

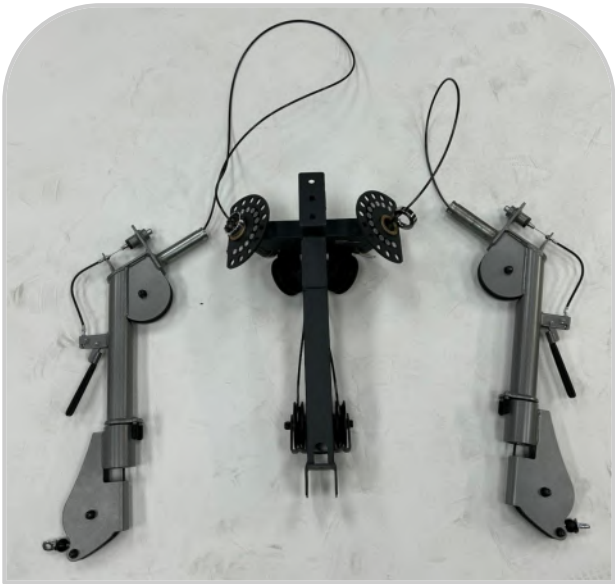
Product Assembly, GT-FCA (GTX), STEP 1b - 1e OVERVIEW



NOTE: Cable Arms #302 will be assembled together once Support Frame #301-ASM is attached to the GT base unit in STEP 1b - 1e.

Support Frame #301-ASM comes as one full assembly with Cable #311-ASM pre-routed.

NOTE: Actual color of Cable Arm Cable # 311-ASM is black. Shown in the assembly STEPS in **ORANGE** for easy viewing



Part #	Assembly Parts List	QTY
GT-X-FCA-301-ASM	Frame, Support with Cable Arms (302) & Cable (311-ASM) - Assembly	1
GT-X-FCA-311-ASM	Cable, Lt to Rt Cable Arms, Crimped Eyelet End & 6mm OD Threaded Shaft End, 5,210mm (205.20") L - Assembly	1

STEP 1b: Install Support Frame

NOTE: Shown without Cable Arms & Cable for easy to follow Frame Support #301-ASM installation to GT base unit, during this STEP.

17 ft-lbs
(+/- 2 lbs)

17 ft-lbs
(+/- 2 lbs)

STEP 1c: "Torque Time"

- Tighten all 3/8" Bolts to the recommended torque specs of 17 ft-lbs (+/- 2 lbs)

Recommended Tools:

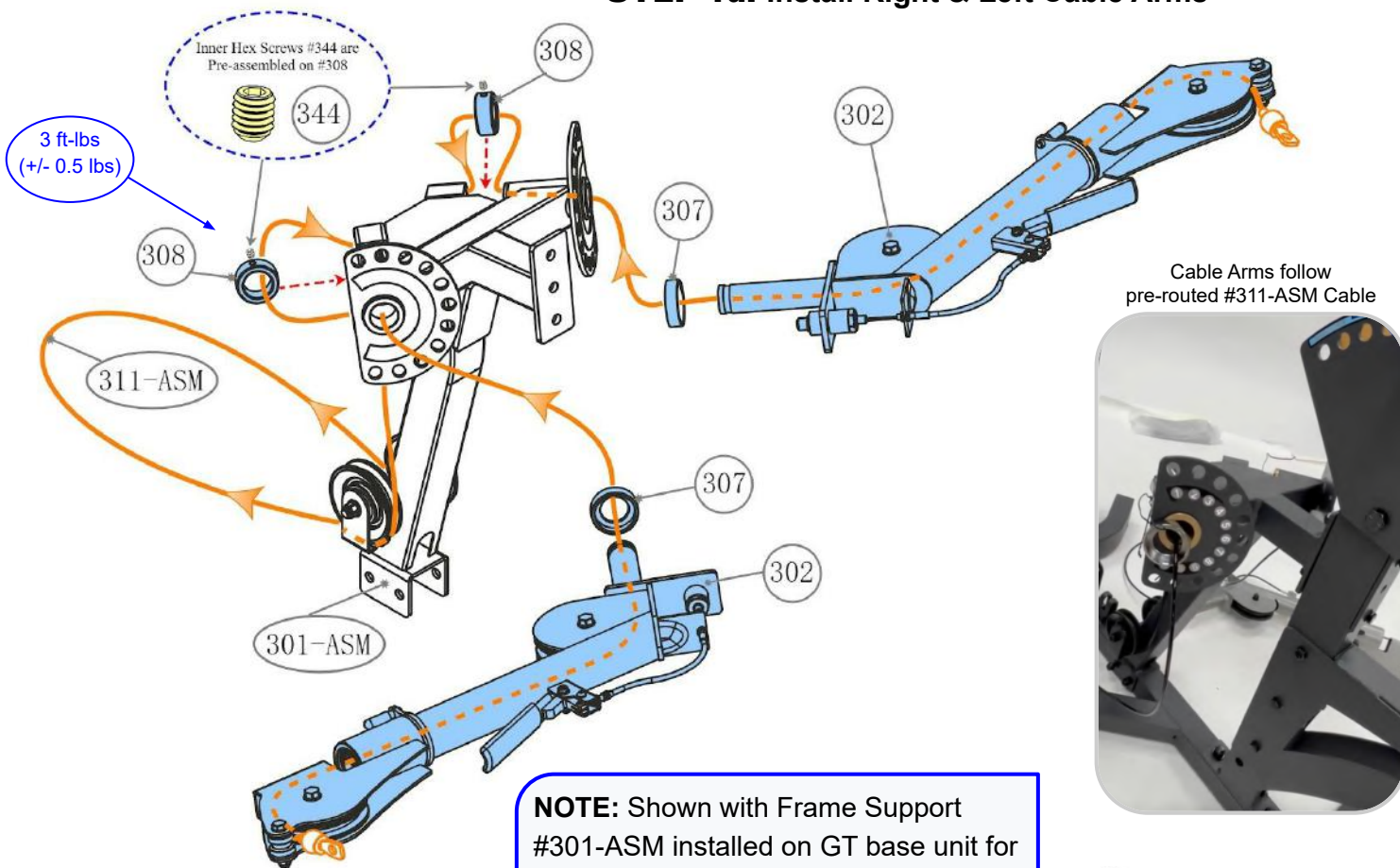


TORQUE WRENCH w/ 9/16 SOCKET
& 9/16 WRENCH

Part #	Assembly Hardware	QTY
GT-X-FCA-332	Washer, Flat, 3/8" - BLK	8
GT-X-FCA-334	Nut, Nylon, 3/8" - BLK	4
GT-X-FCA-338	Bolt, Hex Head, 3/8" x 3" L - BLK	2
GT-X-FCA-339	Bolt, Hex Head, 3/8" x 4" L - BLK	2

Part #	Assembly Parts List	QTY
GT-X-FCA-301-ASM	Frame, Support with Cable Arms (302) & Cable (311-ASM) - Assembly	1

STEP 1d: Install Right & Left Cable Arms



NOTE: Shown with Frame Support
#301-ASM installed on GT base unit for
easier installation of the Cable Arms
with Cable #311-ASM pre-routed in the
Frame Support. See image above.



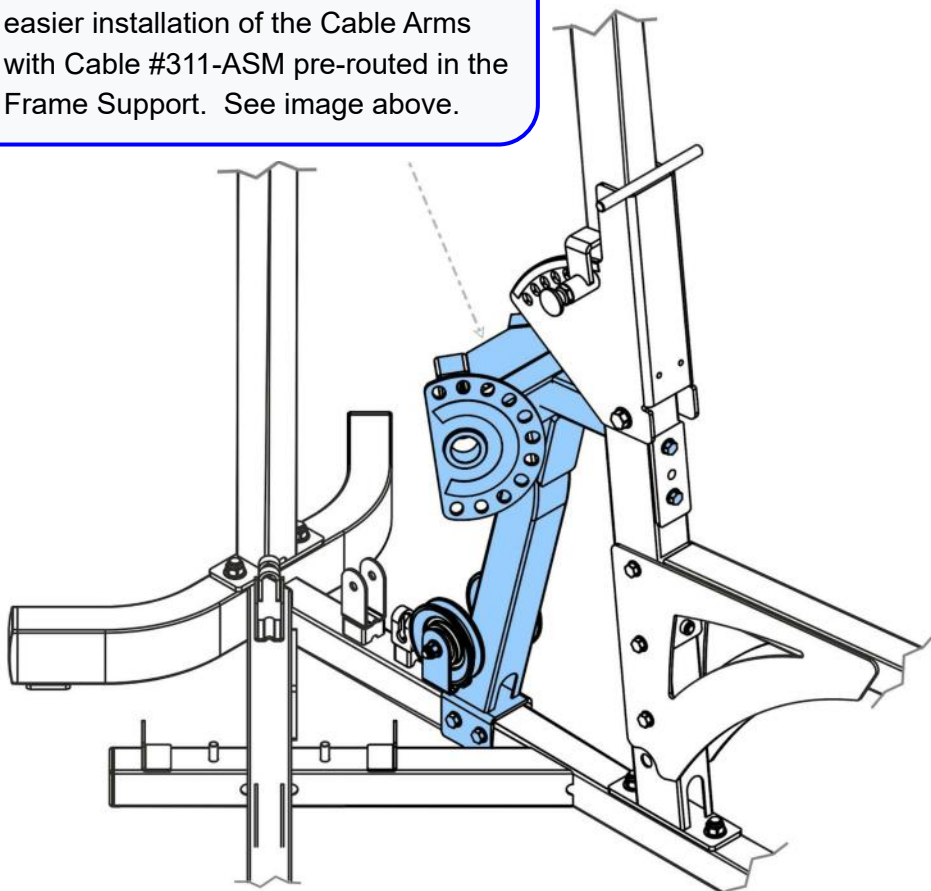
Place Right & Left Cable Arms on each side

Recommended Tool



5/16" ALLEN
WRENCH

Fully tighten at this time to the
Recommended Torque Specs



STEP 1e: Adjustment for Right & Left Cable Arms' Smooth Movement

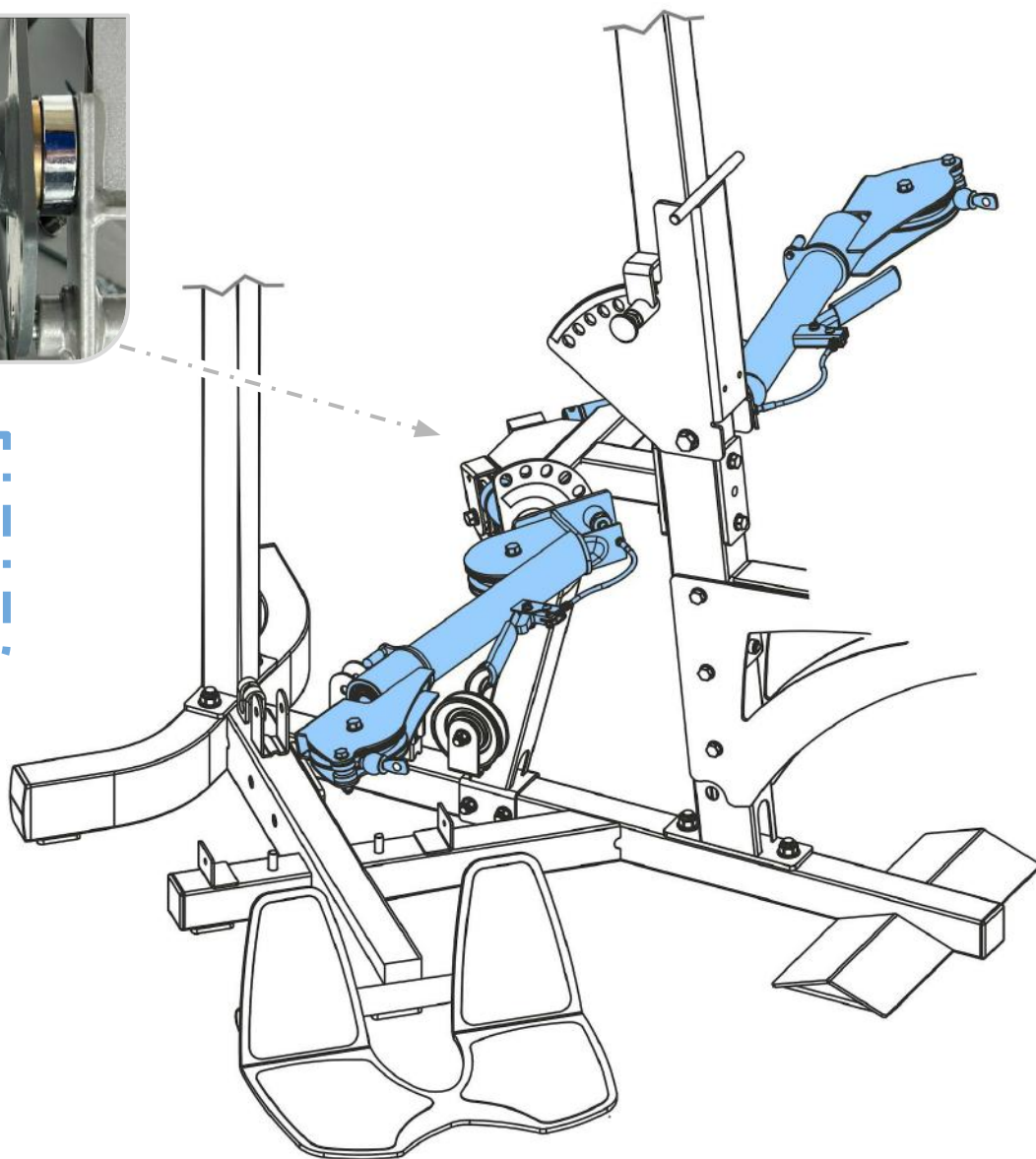


Recommended Tool



5/16" ALLEN
WRENCH

Fully tighten at this time to the
Recommended Torque Specs



BODYCRAFT

Watch Assembly Video

GT-FCA (GTX)
STEP 1e

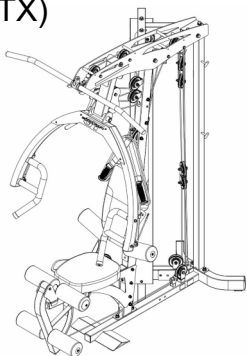


DECISION POINT

GT-FCA (GTX) 1f

If you currently have a GT Strength Training System and are now upgrading to GT-FCA (GTX) Ab Crunch Cable #310

Go to STEP 2a



If you are simultaneously assembling the:

- GT Strength Training System
- AND**
- GT-FCA (GTX) Option

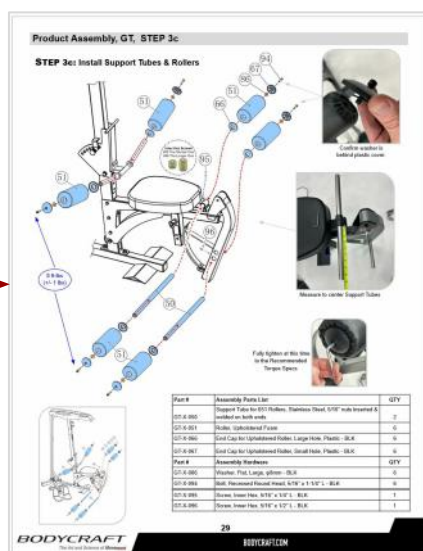
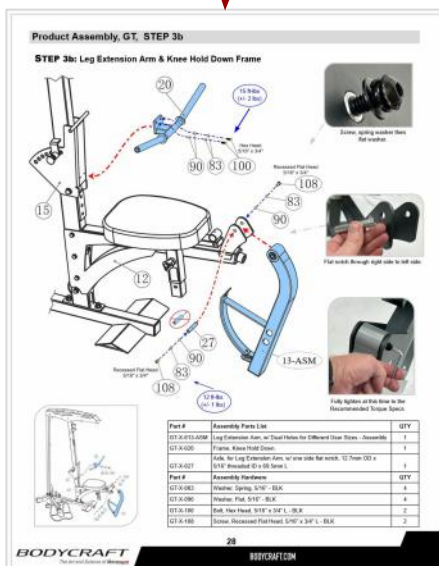
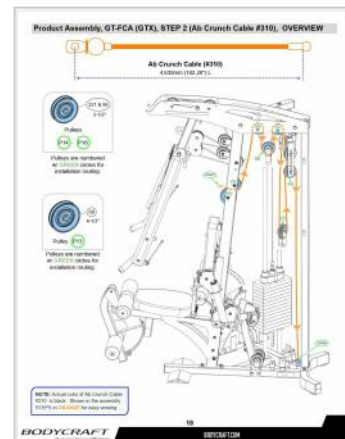
AND

Please go directly to the

GT Owner's Manual to

continue the base unit

assembly GT, STEP 3 - 6



After STEP 6 in the

GT Owner's Manual

come back to GT-FCA

(GTX) Owner's Manual

to GT-FCA (GTX)

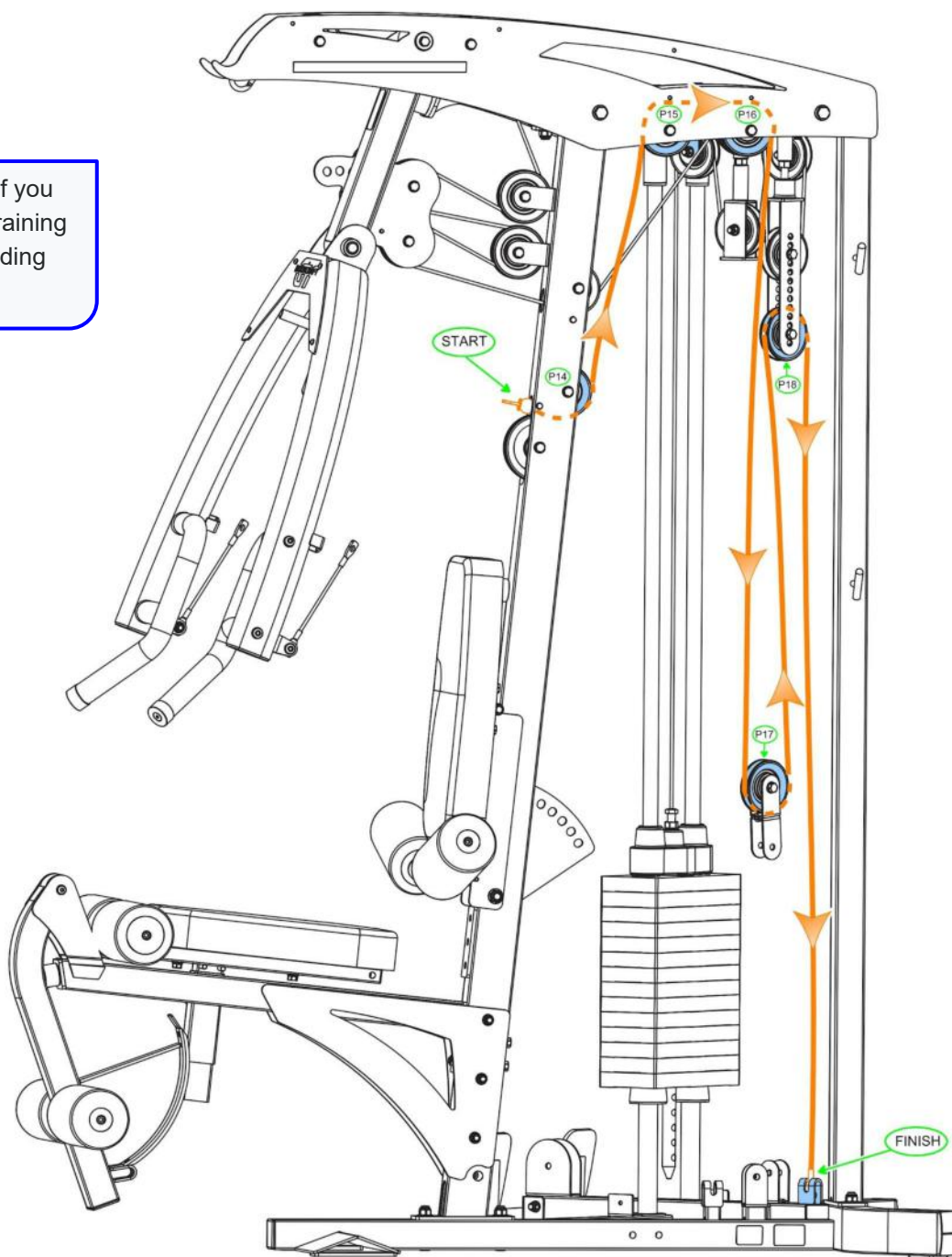
STEP 2



STEP 2a: Take off Pulleys P14 - P18 & GT-Ab Cable #37

NOTE: This STEP 2a is ONLY if you currently have a GT Strength Training System assembled and now adding the GT-FCA (GTX) Option.

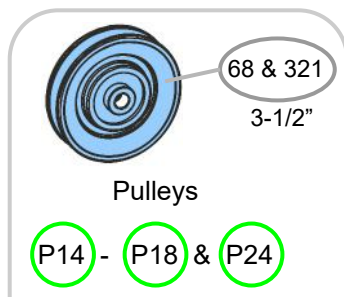
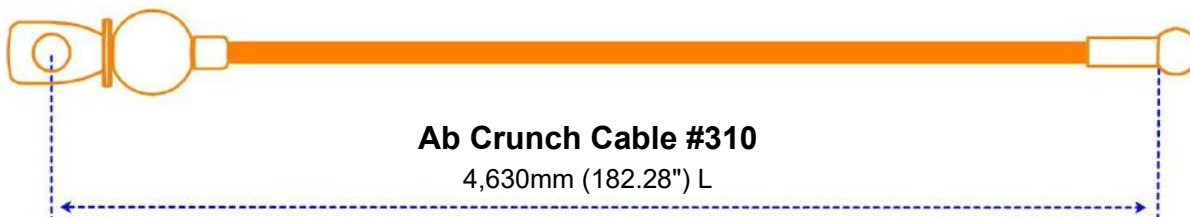
Recommended Tools



Part #	Pre-Assembled Parts to take off	QTY
GT-X-037	Cable, Ab Crunch, 4,230mm (166.5")	1
GT-X-043	Spacer Sleeve, between Pulleys P5 & P16 on Top Frame	1
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	5
GT-X-071	Pulley Block, Double	1
GT-X-076	Bushing, Plastic, for Pulley to Frame, 3/8" ID	2

Part #	Pre-Assembled Hardware to take off	QTY
GT-X-089	Washer, Flat, 3/8" - BLK	10
GT-X-102	Bolt, Hex Head, 3/8" x 2" L - BLK	2
GT-X-103	Bolt, Hex Head, 3/8" x 2-7/8" L - BLK	1
GT-X-107	Bolt, Hex Head, 3/8" x 5" L - BLK	2
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	5

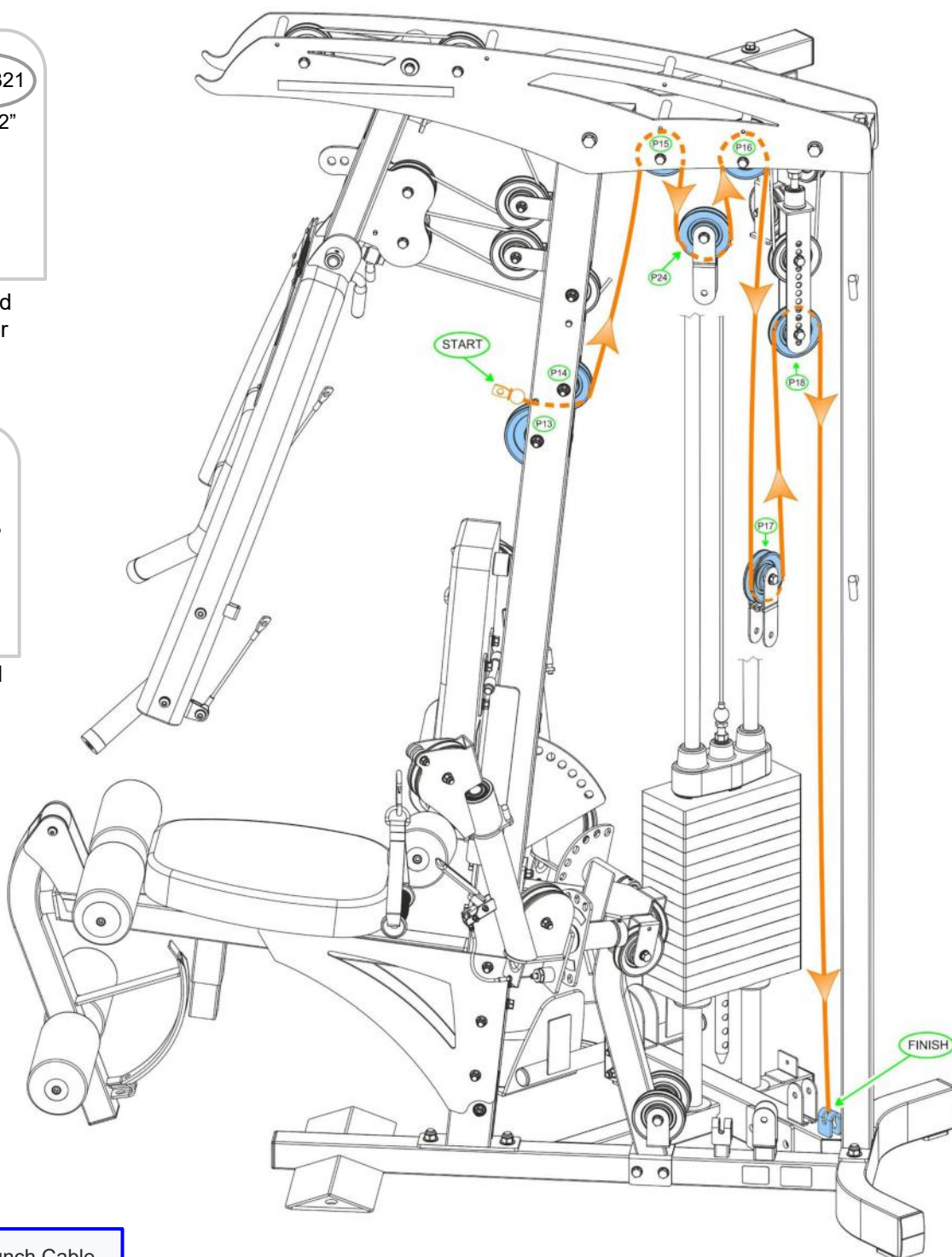
Product Assembly, GT-FCA (GTX), STEP 2 (Ab Crunch Cable #310) - OVERVIEW



Pulleys are numbered w/ **GREEN** circles for installation routing.



Pulleys are numbered w/ **GREEN** circles for installation routing.



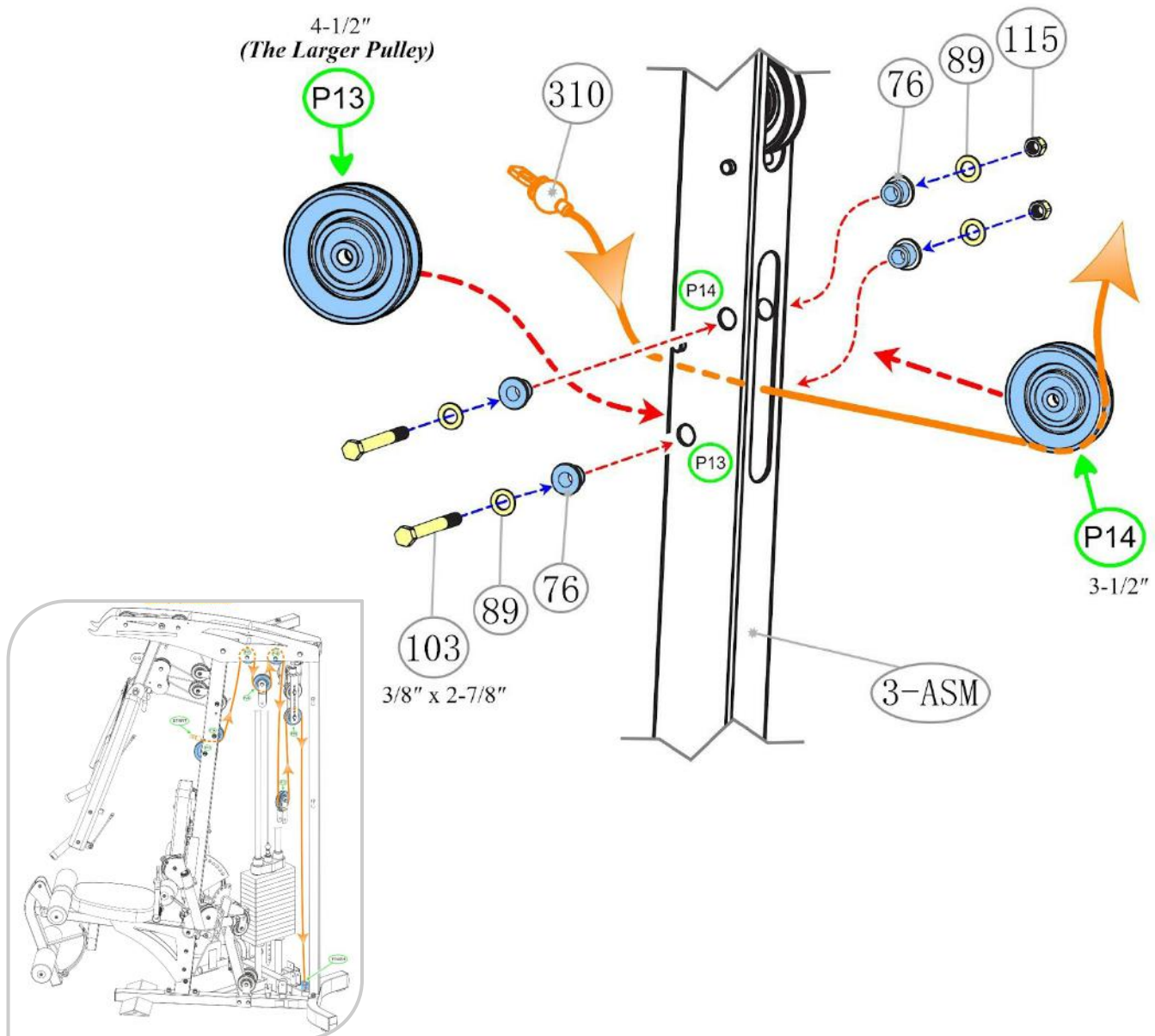
NOTE: Actual color of Ab Crunch Cable #310 is black. Shown in the assembly STEPS in **ORANGE** for easy viewing



Please Hand Tighten All Nuts & Bolts Until STEP 2j



STEP 2b - 2c: Install Ab Crunch Cable (310) & Pulleys P13 - P14



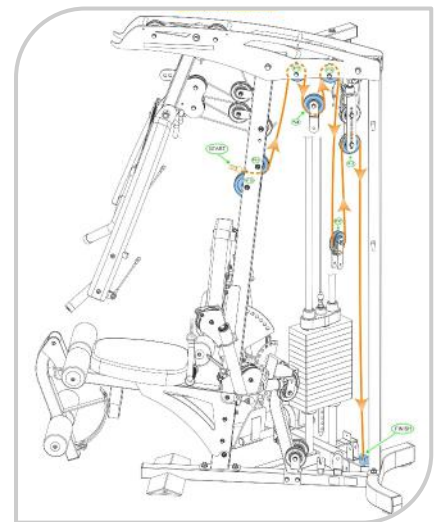
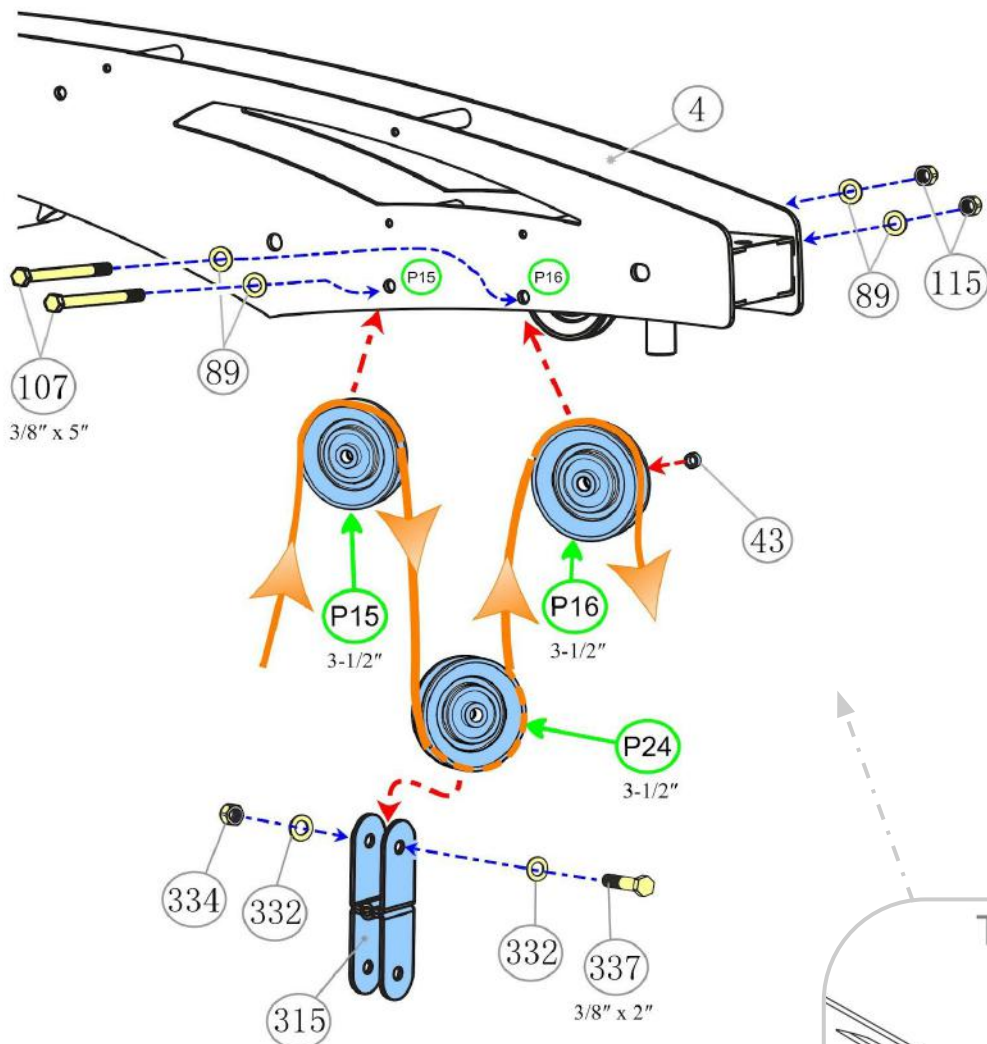
Part #	Assembly Parts List	QTY
GT-X-FCA-310	Cable, Ab Crunch, 4,630mm (182.28") L	1
GT-X-076	Bushing, Plastic, for Pulley to Frame, 3/8" ID	8
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	22
GT-X-069	Pulley, 114mm (4-1/2") x 526mm ID	1

Part #	Assembly Hardware	QTY
GT-X-089	Washer, Flat, 3/8" - BLK	4
GT-X-103	Bolt, Hex Head, 3/8" x 2-7/8" L - BLK	2
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	2

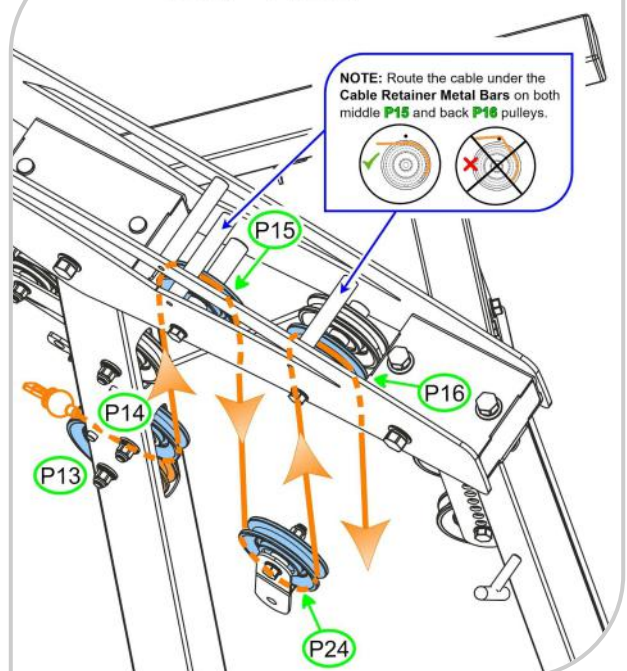


Please Hand Tighten All Nuts & Bolts Until STEP 2j

STEP 2d - 2f: Install Pulleys P15, P24 & P16



TOP VIEW



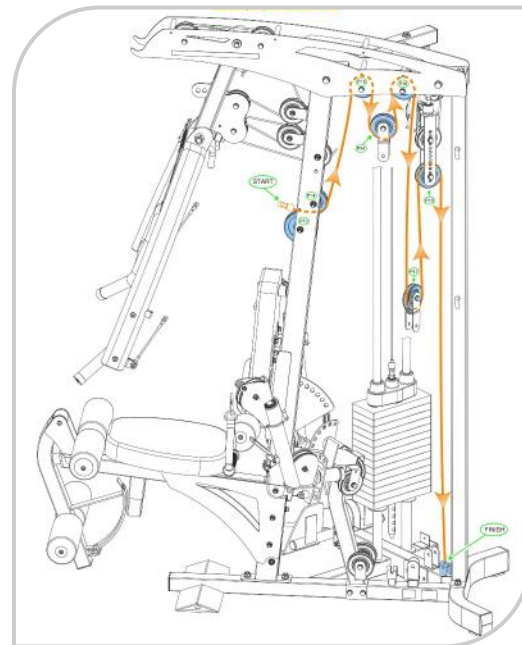
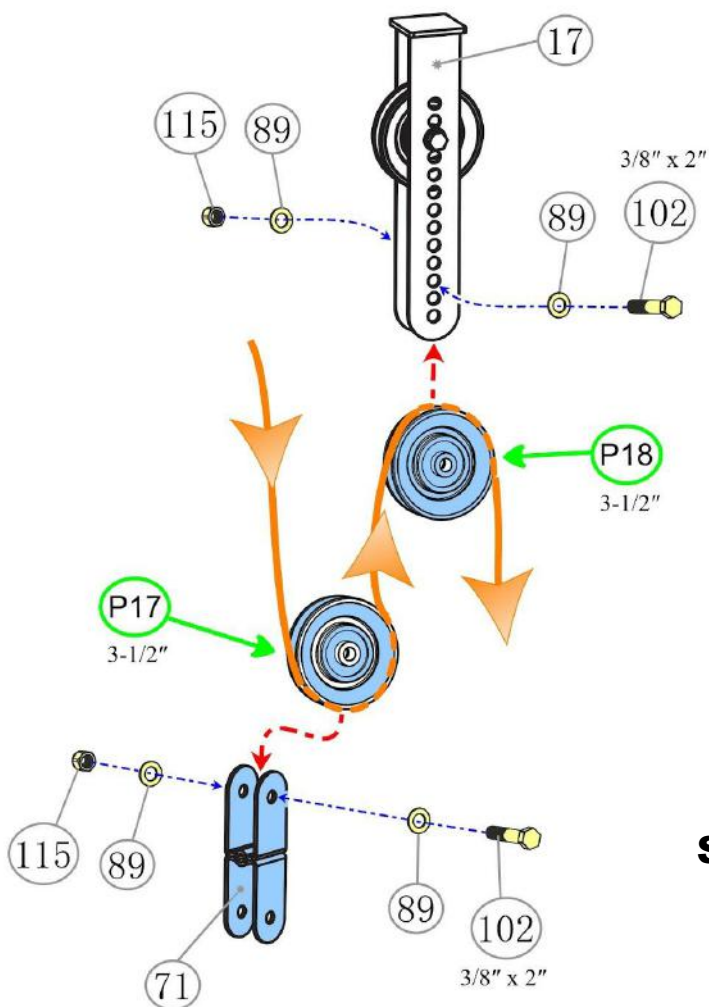
Part #	Assembly Parts List	QTY
GT-X-043	Spacer Sleeve, between Pulleys P5 & P16 on Top Frame	1
GT-X-068	Pulley, 90mm (3-1/2") x ̸26mm ID	2
GT-X-FCA-315	Pulley Block, Double	1
GT-X-FCA-321	Pulley, 90mm (3-1/2") x ̸26mm ID	1

Part #	Assembly Hardware	QTY
GT-X-089	Washer, Flat, 3/8" - BLK	4
GT-X-107	Bolt, Hex Head, 3/8" x 5" L - BLK	2
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	2
GT-X-FCA-332	Washer, Flat, 3/8" - BLK	2
GT-X-FCA-334	Nut, Nylon, 3/8" - BLK	1
GT-X-FCA-337	Bolt, Hex Head, 3/8" x 2" L - BLK	1

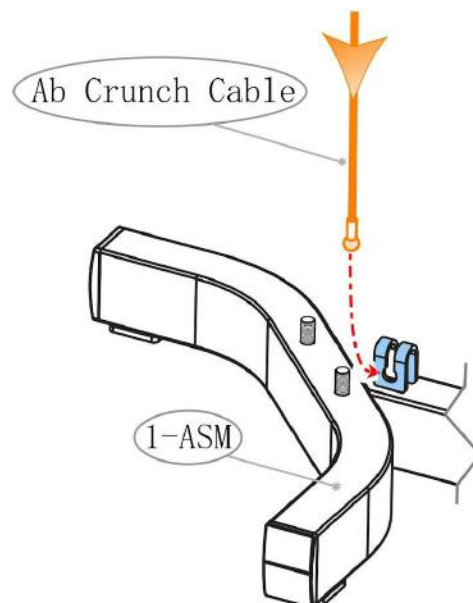


Please Hand Tighten All Nuts & Bolts Until STEP 2j

STEP 2g & 2h: Install Pulleys P17 - P18



STEP 2i: Install Cable to Main Frame #1-ASM



Part #	Assembly Parts List	QTY
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	2
GT-X-071	Pulley Block, Double	1

Part #	Assembly Hardware	QTY
GT-X-089	Washer, Flat, 3/8" - BLK	4
GT-X-102	Bolt, Hex Head, 3/8" x 2" L - BLK	2
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	2

Product Assembly, GT-FCA (GTX), STEP 2j “Torque Time”

STEP 2j: “Torque Time”

- Tighten the 3/8” Bolts to the recommended torque specs of **17 ft-lbs (+/- 2 lbs)**

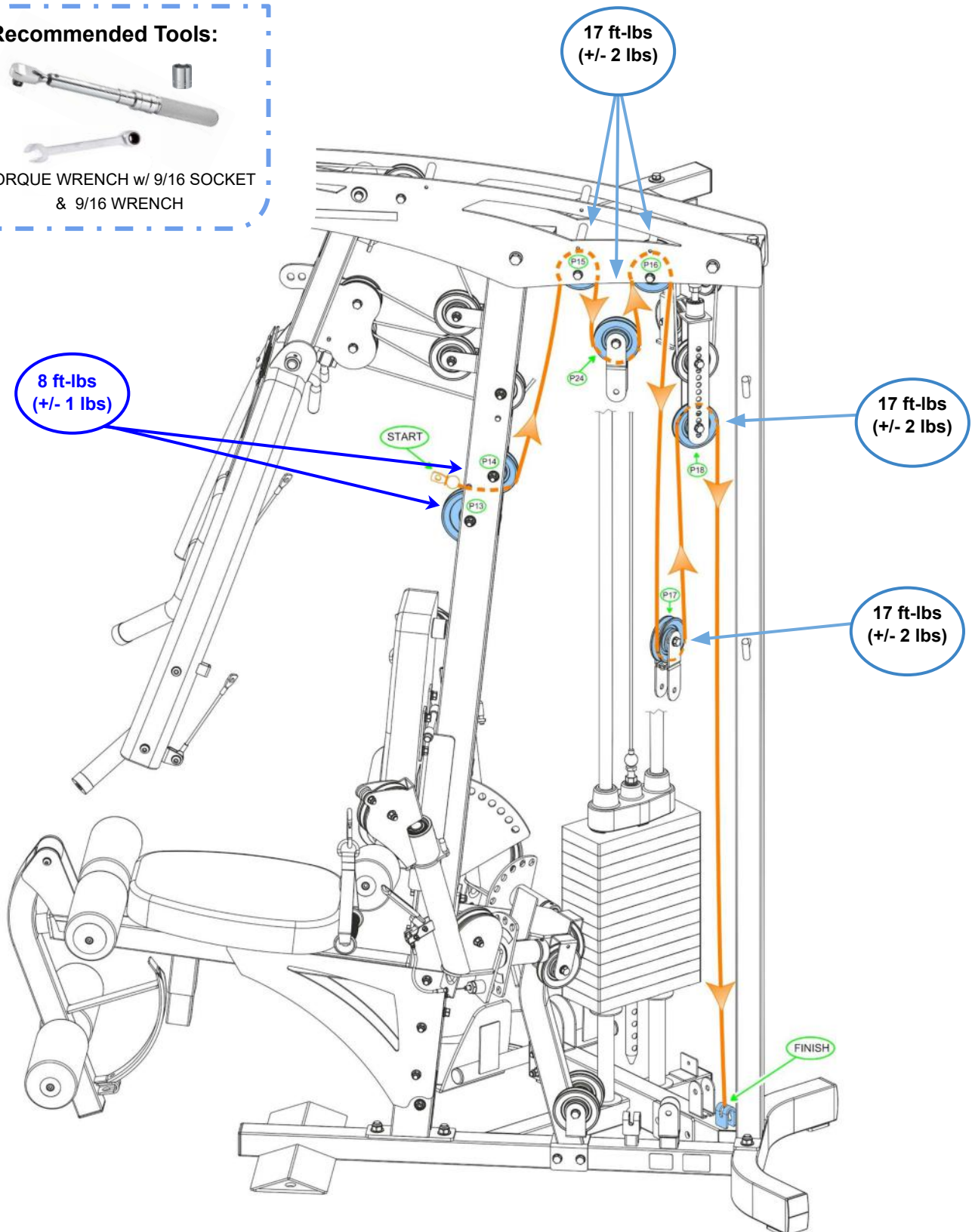
NOTE: The 3/8” Bolts with Plastic Bushings to the torque specs of **8 ft-lbs (+/- 1 lbs)**



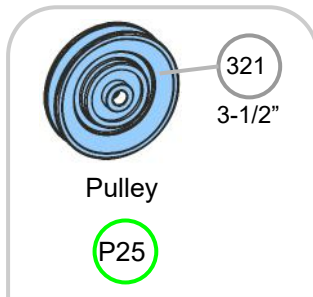
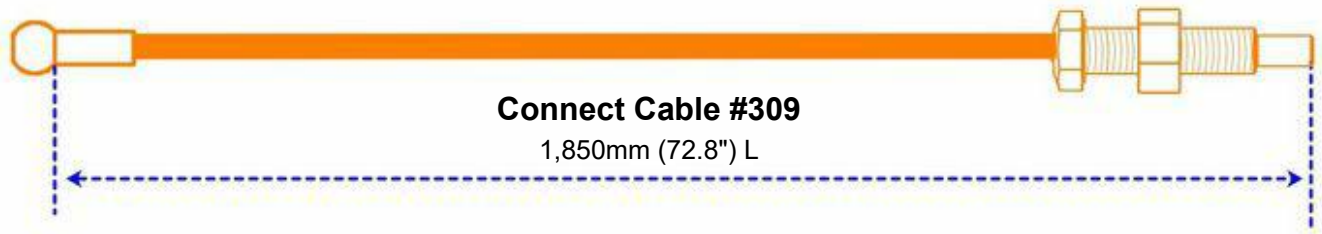
Recommended Tools:



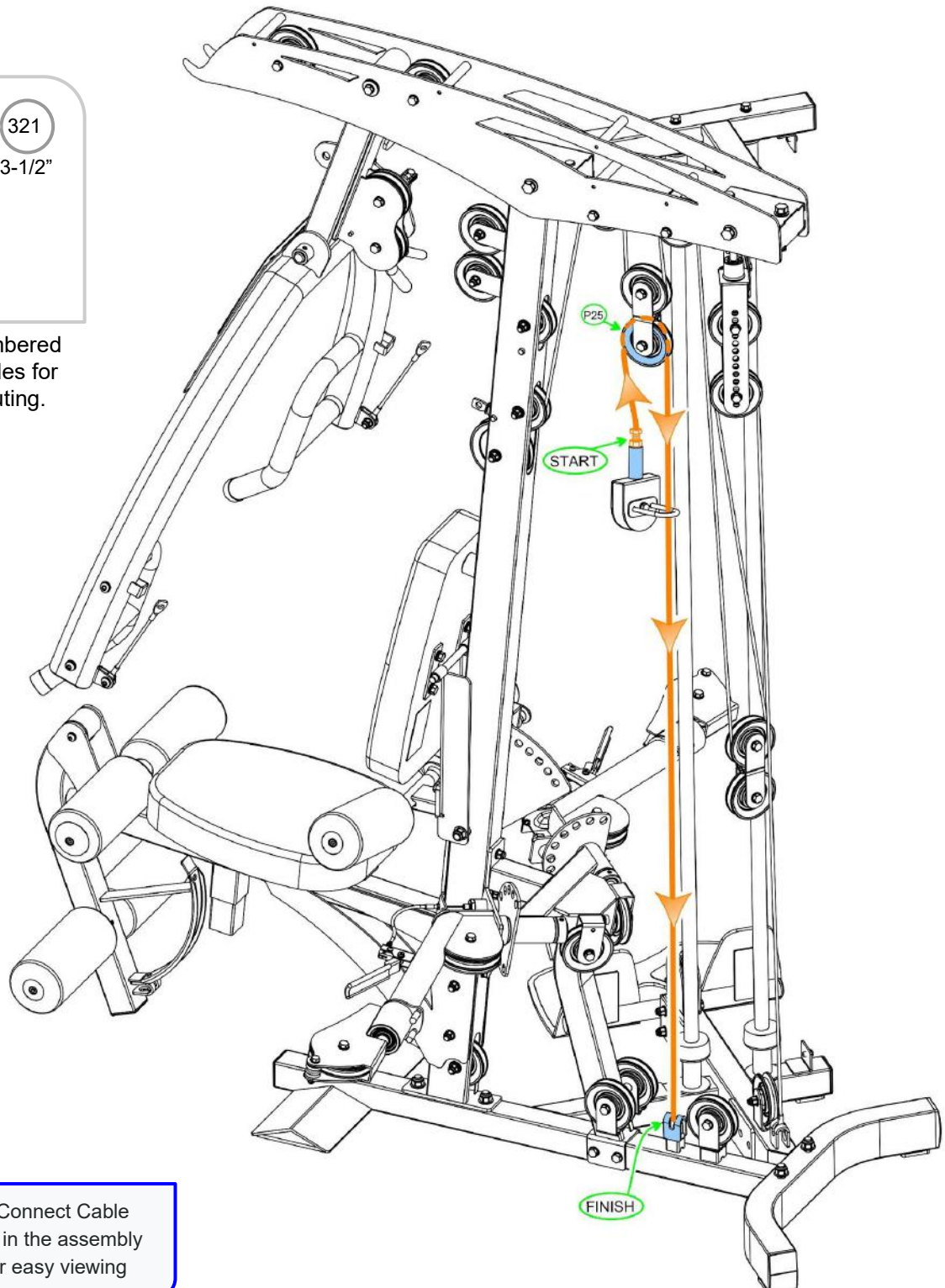
TORQUE WRENCH w/ 9/16 SOCKET
& 9/16 WRENCH



Product Assembly, GT-FCA (GTX), STEP 3 (Connect Cable #309) - OVERVIEW

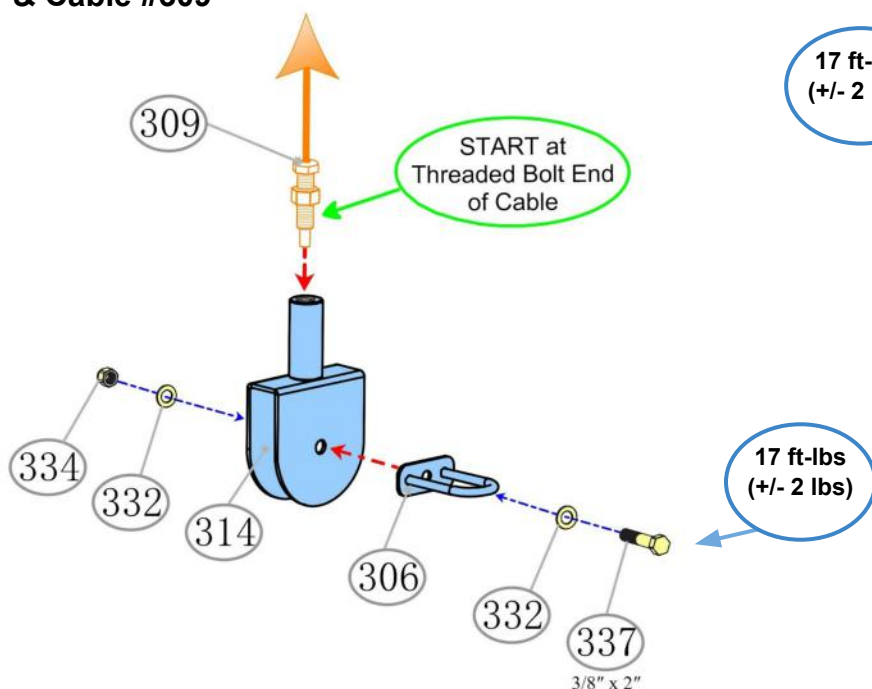


Pulleys are numbered w/ **GREEN** circles for installation routing.

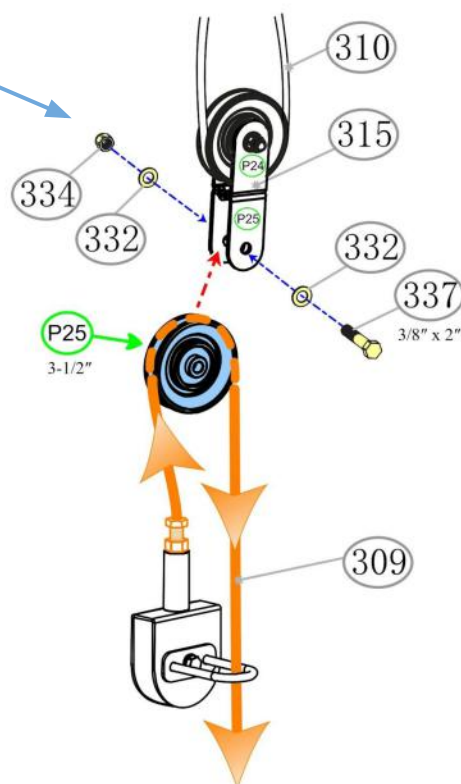


NOTE: Actual color of Connect Cable #309 is black. Shown in the assembly STEPS in **ORANGE** for easy viewing

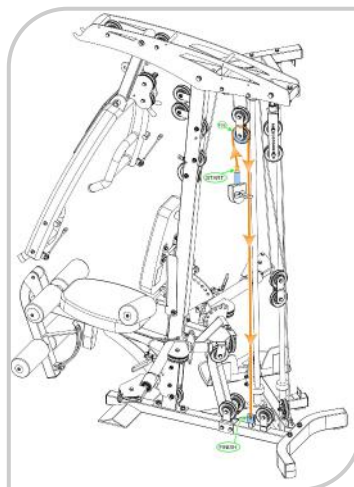
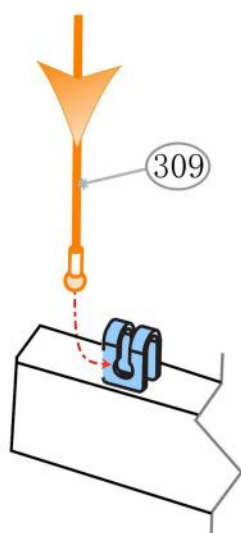
STEP 3a: Install Anti-Twist Cable Guide & Cable #309



STEP 3b: Install Pulley P25



STEP 3c: Install Cable to Main Frame #1-ASM and "Torque Time"



Recommended Tools

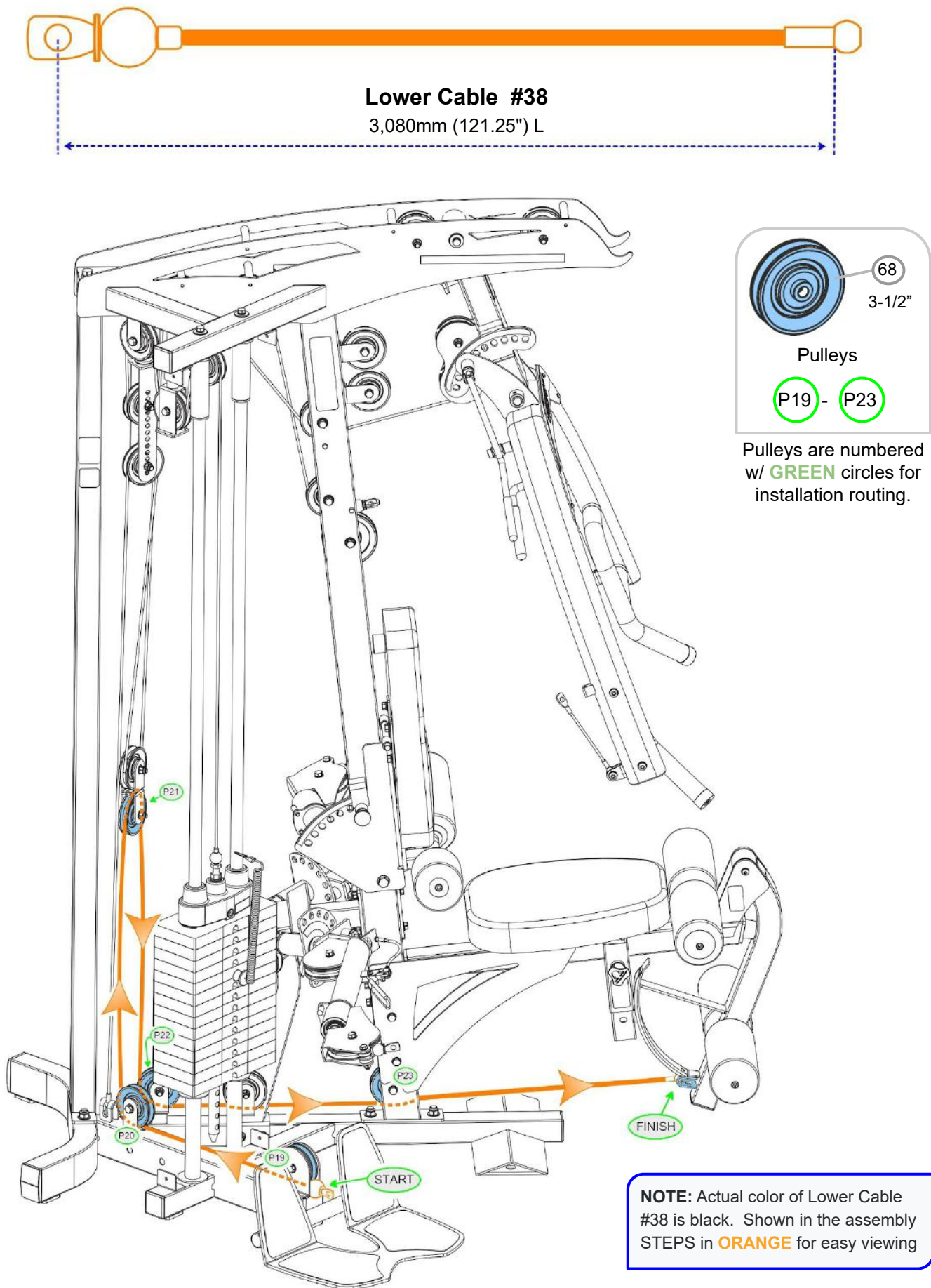


Fully tighten at this time to the Recommended Torque Specs

Part #	Assembly Parts List	QTY
GT-X-FCA-306	Anti-Twist Cable Guide, for Cable #309	1
GT-X-FCA-309	Cable, Connect between Bottom Frame & Single Pulley Block, 1,850mm (72.8") L	1
GT-X-FCA-314	Pulley Block, Single, w/ Cable End Threaded Shaft	1
GT-X-FCA-321	Pulley, 90mm (3-1/2") x 826mm ID	1

Part #	Assembly Hardware	QTY
GT-X-FCA-332	Washer, Flat, 3/8" - BLK	4
GT-X-FCA-334	Nut, Nylon, 3/8" - BLK	2
GT-X-FCA-337	Bolt, Hex Head, 3/8" x 2" L - BLK	2

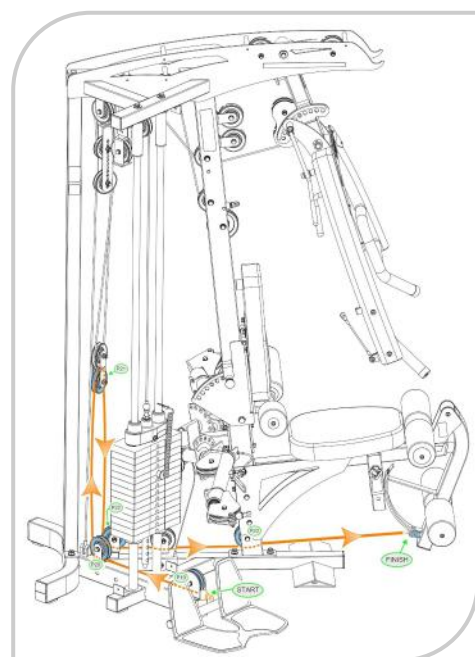
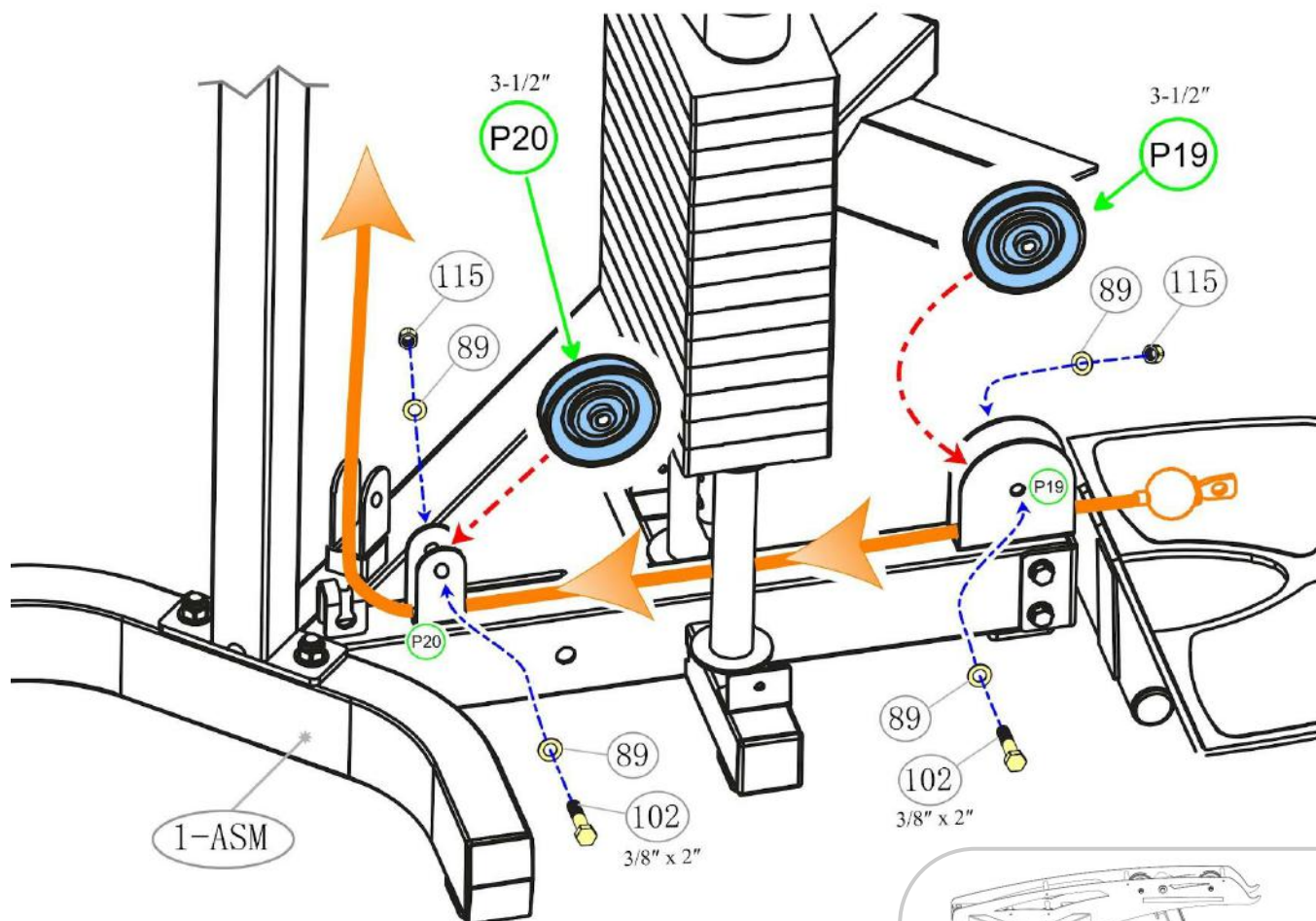
Product Assembly, GT-FCA (GTX), STEP 4 (Lower Cable #38) - OVERVIEW





Please Hand Tighten All Nuts & Bolts Until STEP 4g

STEP 4a - 4b: Install Lower Cable #38 & Pulleys P19 - P20



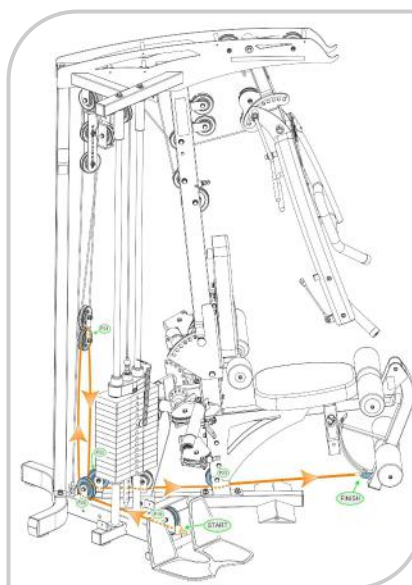
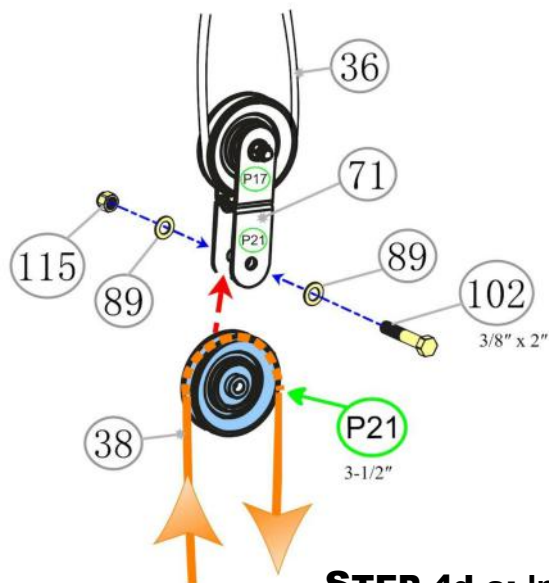
Part #	Assembly Parts List	QTY
GT-X-038	Cable, Lower, 3,080mm (121.25") L	1
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	2

Part #	Assembly Hardware	QTY
GT-X-089	Washer, Flat, 3/8" - BLK	4
GT-X-102	Bolt, Hex Head, 3/8" x 2" L - BLK	2
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	2

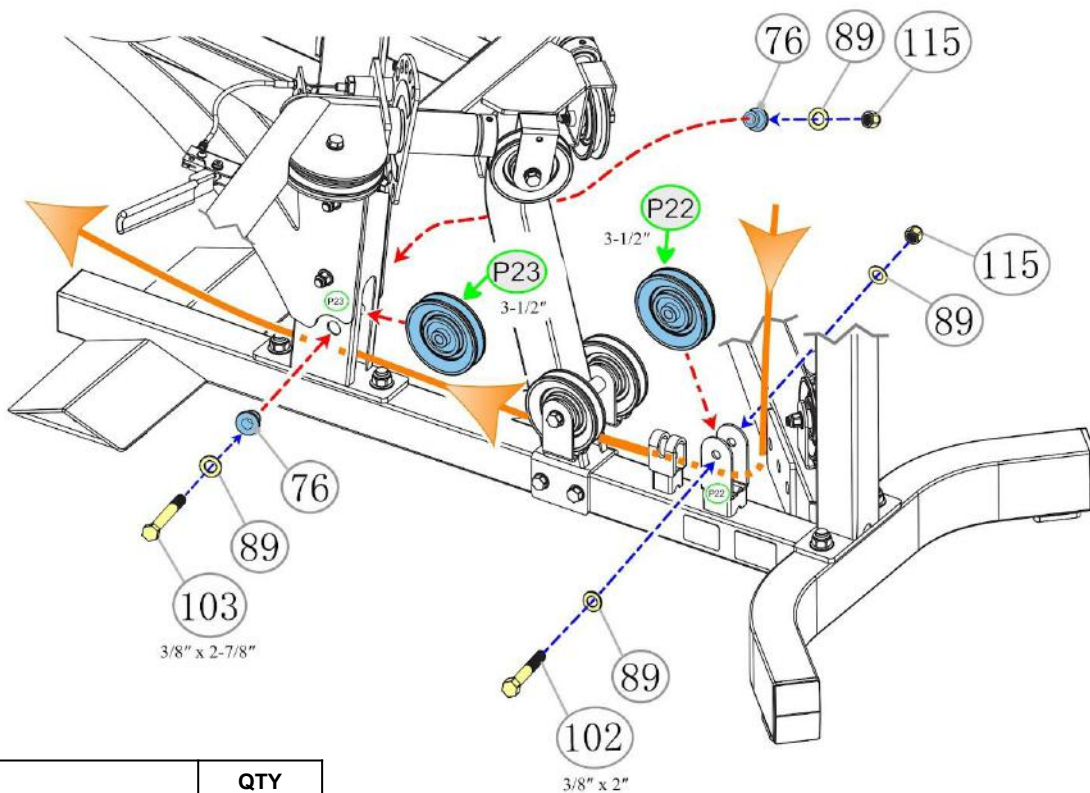


Please Hand Tighten All Nuts & Bolts Until STEP 4g

STEP 4c: Install Pulley P21



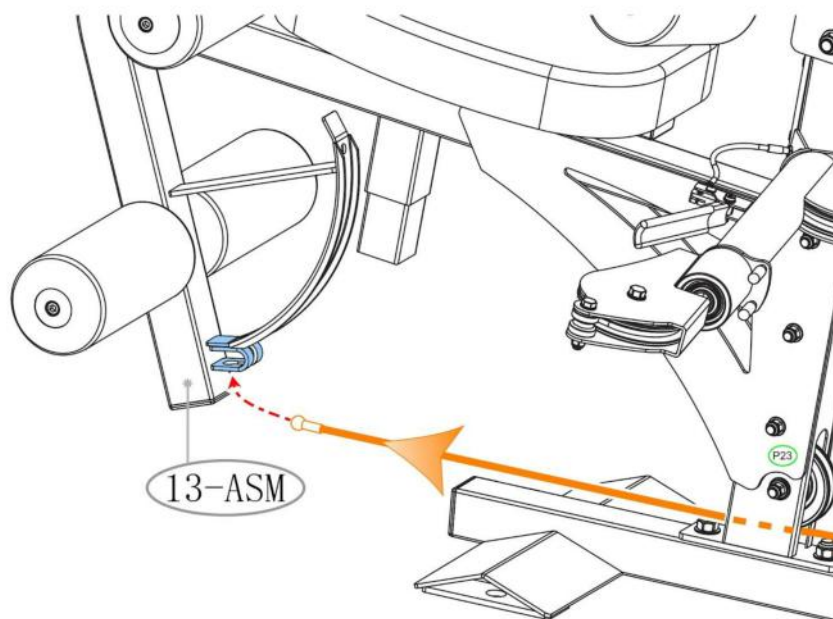
STEP 4d-e: Install Pulleys P22 & P23



Part #	Assembly Hardware	QTY
GT-X-089	Washer, Flat, 3/8" - BLK	6
GT-X-102	Bolt, Hex Head, 3/8" x 2" L - BLK	2
GT-X-103	Bolt, Hex Head, 3/8" x 2-7/8" L - BLK	1
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	3

Part #	Assembly Parts List	QTY
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	3
GT-X-076	Bushing, Plastic, for Pulley to Frame, 3/8" ID	2

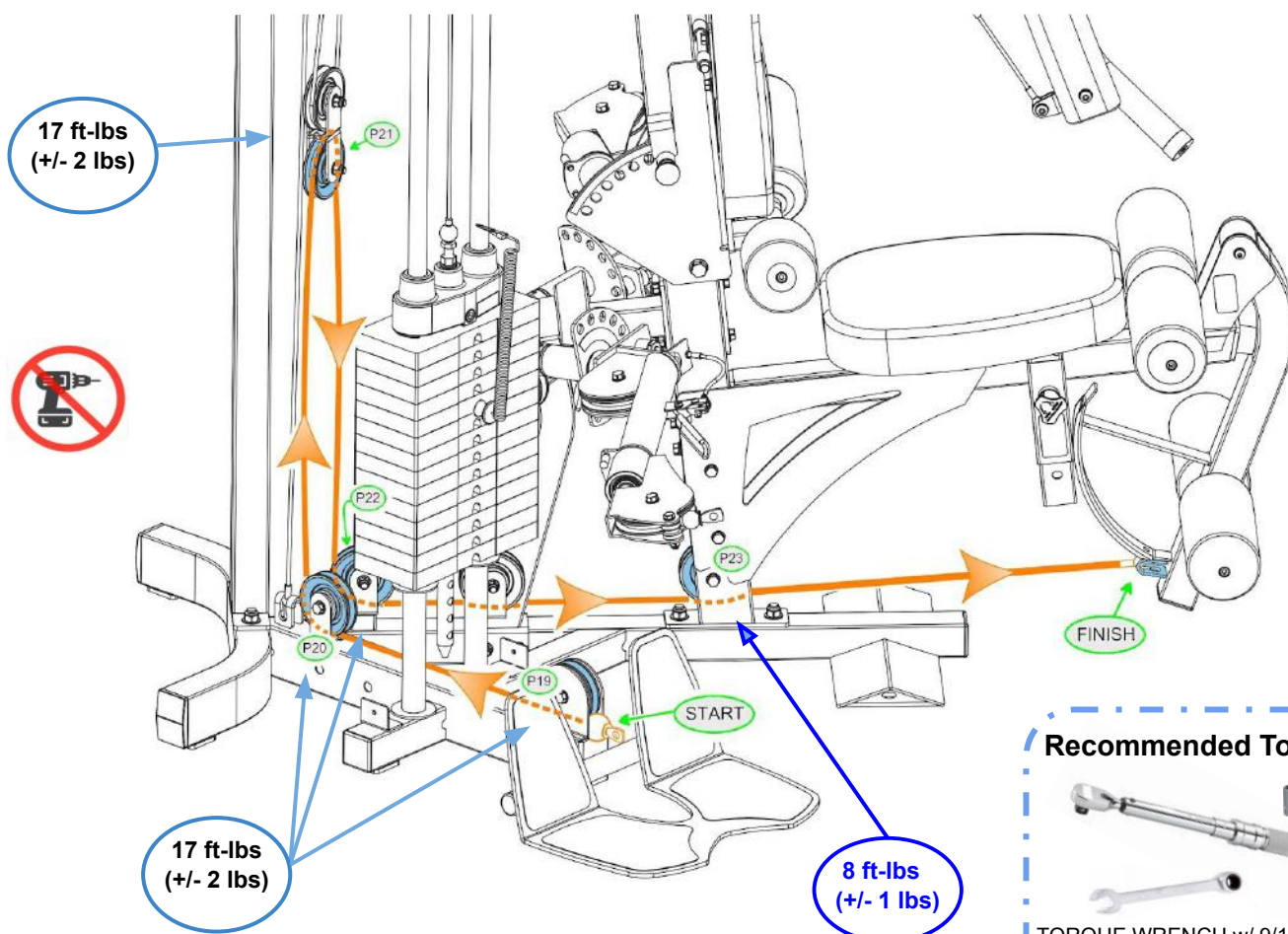
**STEP 4f: Install Cable Ball End
to Leg Ext. Arm**



STEP 4g: “Torque Time”

- Tighten the 3/8” Bolts to the recommended torque specs of **17 ft-lbs (+/- 2 lbs)**

NOTE: The 3/8” Bolt with Plastic Bushings to the torque specs of **8 ft-lbs (+/- 1 lbs)**

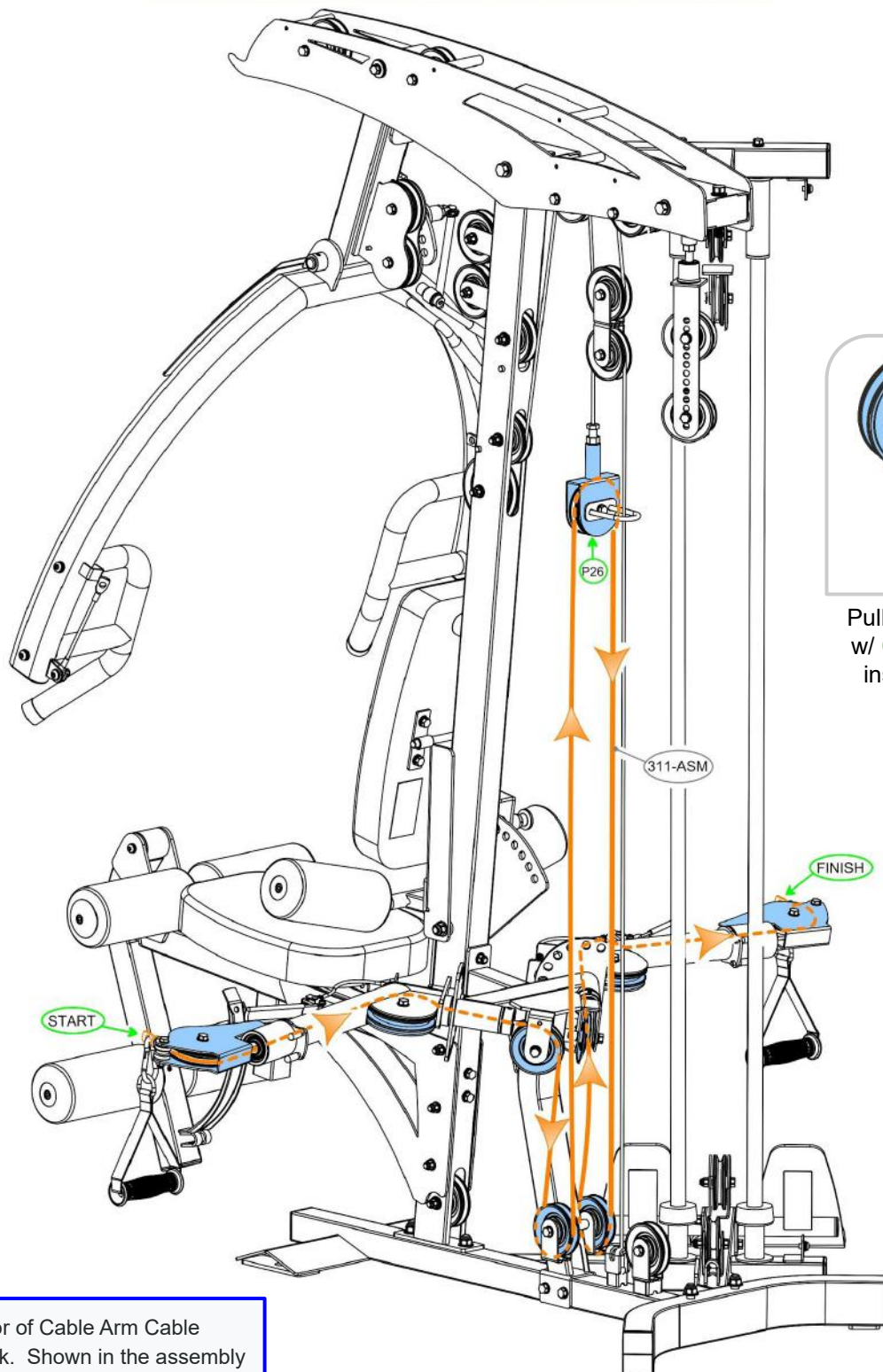


Recommended Tools:



TORQUE WRENCH w/ 9/16 SOCKET
& 9/16 WRENCH

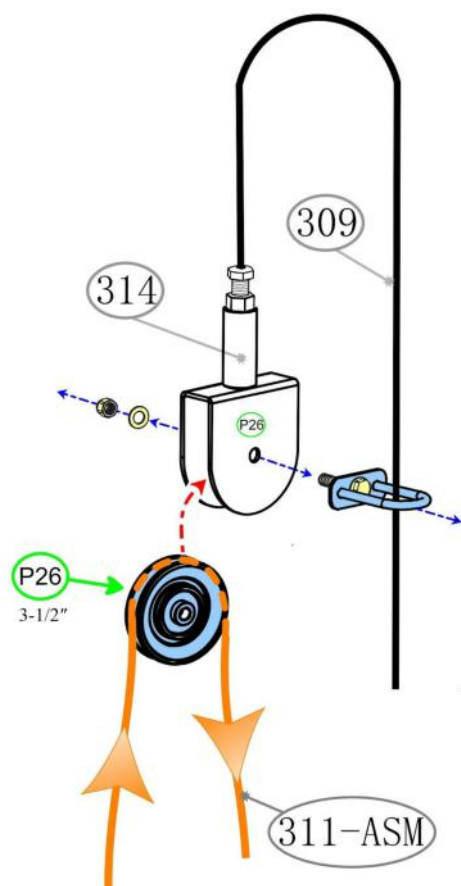
Product Assembly, GT-FCA (GTX), STEP 5 (Cable Arm Cable #311-ASM) - OVERVIEW



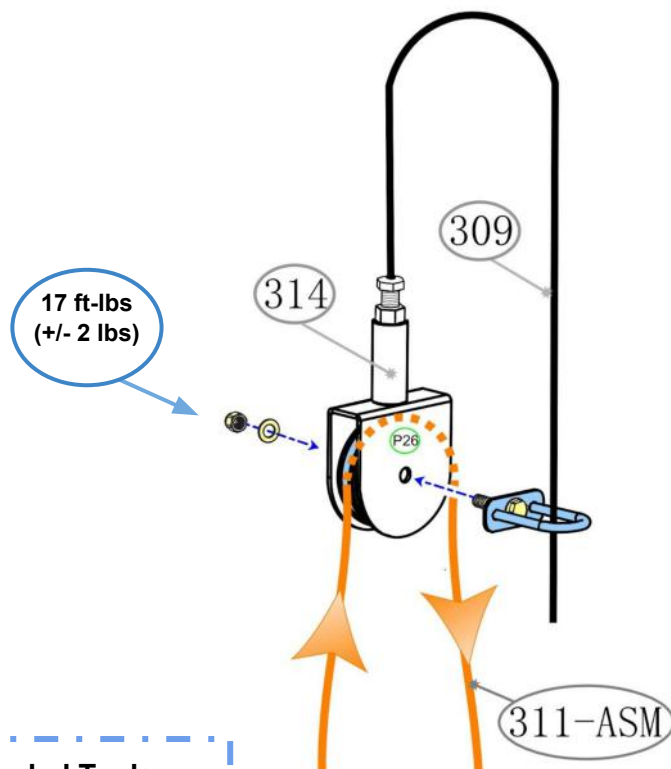
Pulleys are numbered
w/ **GREEN** circles for
installation routing.

NOTE: Actual color of Cable Arm Cable #311-ASM is black. Shown in the assembly STEPS in **ORANGE** for easy viewing

STEP 5a: Take off Anti-Twist Cable Guide



STEP 5b: Install Pulley P26 & “Torque Time”



Recommended Tools:



TORQUE WRENCH w/ 9/16 SOCKET
& 9/16 WRENCH

Fully tighten at this time to the
Recommended Torque Specs

Part #	Assembly Parts List	QTY
GT-X-FCA-306	Anti-Twist Cable Guide, for Cable #309	1
GT-X-FCA-311-ASM	Cable, Lt to Rt Cable Arms, Crimped Eyelet End & 6mm OD Threaded Shaft End, 5,210mm (205.20") L - Assembly	1
GT-X-FCA-314	Pulley Block, Single, w/ Cable End Threaded Shaft	1
GT-X-FCA-321	Pulley, 90mm (3-1/2") x 526mm ID	1

Part #	Assembly Hardware	QTY
GT-X-FCA-332	Washer, Flat, 3/8" - BLK	2
GT-X-FCA-334	Nut, Nylon, 3/8" - BLK	1
GT-X-FCA-337	Bolt, Hex Head, 3/8" x 2" L - BLK	1

Product Assembly, GT-FCA (GTX), STEP 6a - 6c

STEP 6a-b: Take off the Blue “GT” Trim Panel and Flip to Back Side



Part #	Detailed Parts list for STEP 6a - 6b	QTY
GT-X-008	Trim Panel, Blue, for Top of Press Arm	1
GT-X-082	Washer, Spring, $\phi 5\text{mm}$ - Stainless Steel	4
GT-X-113	Screw, Recessed Flat Head, M5 x 10mm L - Stainless Steel	4

NOTE: When installing the “GTX” Stainless Steel Trim Panel:

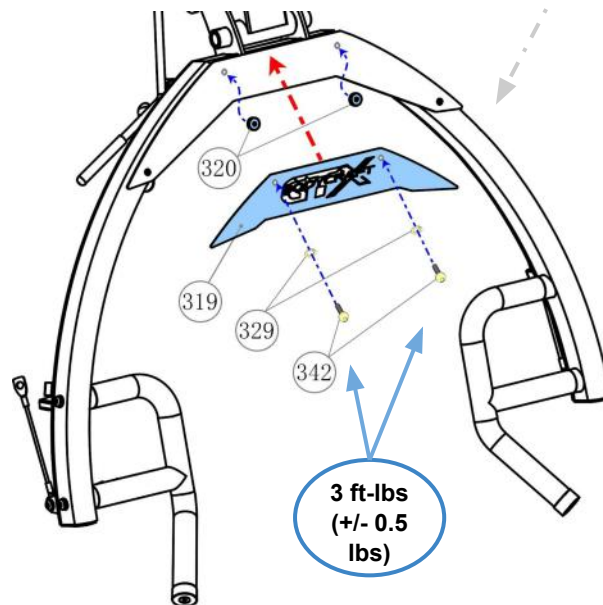
- Use the 10mm longer screws **#342**
- Don't forget to use the small plastic spacers **#320**, to separate the Stainless Steel “GTX” Trim from the Blue Trim Panel.

STEP 6c: Install the “GTX” Stainless Steel Trim Panel

& “Torque Time” (Tighten to the Recommended Torque Specs.)



Start by **HAND** all 4 screws first. Stripped threads will not be covered under warranty.



Recommended Tool



3mm ALLEN
WRENCH

Part #	Assembly Parts List for STEP 6c	QTY
GT-X-FCA-319	Trim Panel, Stainless Steel, w/ GTX cut-out	1
GT-X-FCA-320	Washer, Small, Nylon Plastic, for Trim Panel Spacer, $\phi 5.5$ ID - BLK	2

Part #	Assembly Hardware for STEP 6c	QTY
GT-X-FCA-329	Washer, Spring, $\phi 5\text{mm}$ - Stainless Steel	2
GT-X-FCA-342	Screw, Recessed Flat Head, M5 x 20mm L - Stainless Steel	2

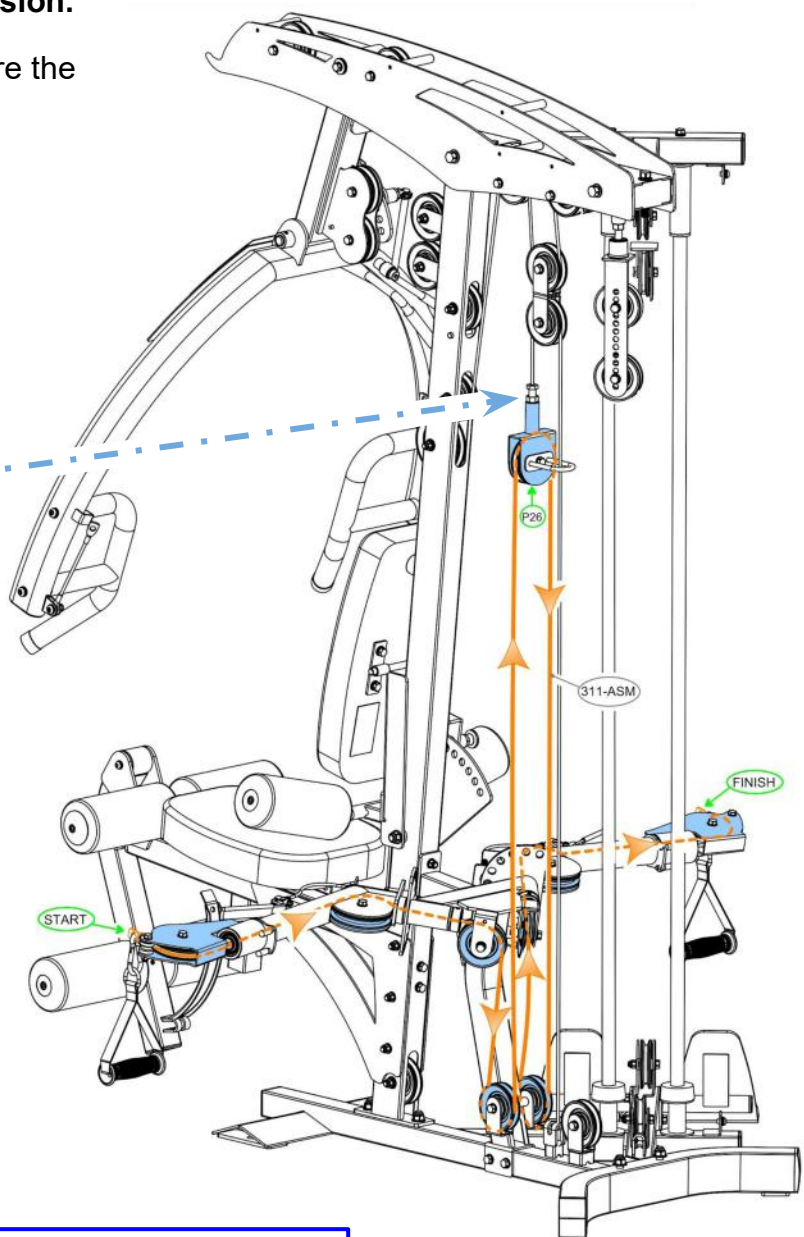
STEP 7: Adjust the Cable for Correct Tension.

- End of Connect Cable #309 then secure the lock nut.

Recommended Tools



ADJUSTABLE WRENCHES



BODYCRAFT

[Watch Assembly Video](#)

GT-FCA (GTX)
STEP 7 - Adj. Cables



Part #	Assembly Parts List	QTY
GT-X-FCA-309	Cable, Connect between Bottom Frame & Single Pulley Block, 1,850mm (72.8") L	1
GT-X-FCA-314	Pulley Block, Single, w/ Cable End Threaded Shaft	1

STEP 8a - 8b: Final Assembly Clean Up & Polish



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

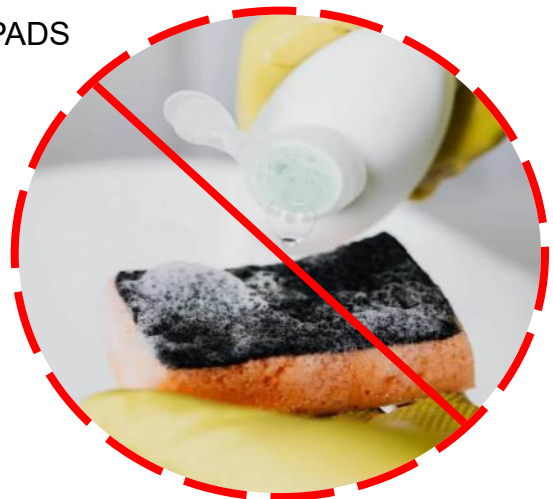


MILD CLEANING
SOLUTION



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

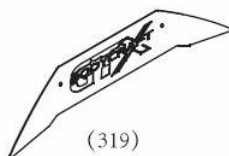
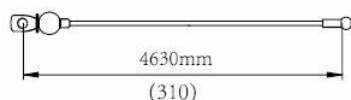
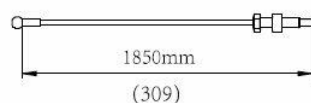
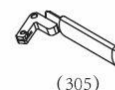
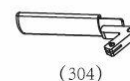
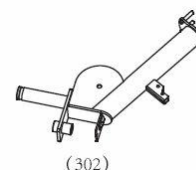
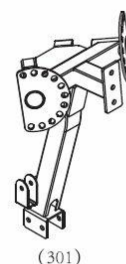


TIP ON FRAME ONLY: For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax if desired. Also makes future cleaning easier.

(Do Not Use on the Upholstery)

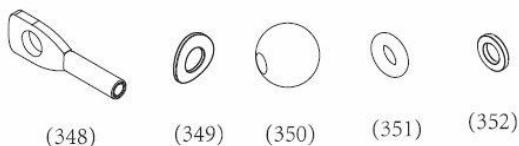
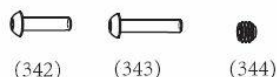
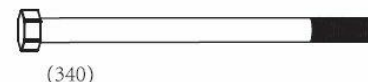
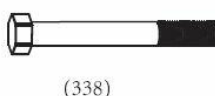
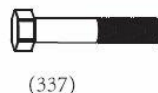


Part #	Detailed Parts list	QTY
GT-X-FCA-301	Frame, Support	1
GT-X-FCA-302	Frame, Cable Arm	2
GT-X-FCA-303	Frame, Swivel Pulley	2
GT-X-FCA-304	Lever, Left Clutch	1
GT-X-FCA-305	Lever, Right Clutch	1
GT-X-FCA-306	Anti-Twist Cable Guide, for Cable #309	1
GT-X-FCA-307	Spacer, between Cable Arm & Swivel Pulley, 30.5mm ID - Chrome	2
GT-X-FCA-308	Axle Collar, End of Cable Arm, 31mm ID - Chrome	2
GT-X-FCA-309	Cable, FCA Connect, between Bottom Frame & Single Pulley Block, 1,820mm (71.65") L	1
GT-X-FCA-310	Cable, Ab Crunch, 4,630mm (182.28") L	1
GT-X-FCA-311	Cable, Lt to Rt Cable Arms, Crimped Eyelet End & 6mm OD Threaded Shaft End, 5,210mm (205.20") L	1
GT-X-FCA-312	Cable, Clutch Lever, 350mm L	2
GT-X-FCA-313	Caps, Rubber, on Swivel Pulley Limit Pins on Part #302	4
GT-X-FCA-314	Pulley Block, Single, w/ Cable End Threaded Shaft	1
GT-X-FCA-315	Pulley Block, Double	1
GT-X-FCA-316	Roller, Plastic, Small	2
GT-X-FCA-317	Shaft, for Small Plastic Roller	2
GT-X-FCA-318	Bolt, Step, $\Phi 6\text{mm}$ x 16mm x M5 - Stainless Steel for Clutch Lever	2
GT-X-FCA-319	Trim Panel, Stainless Steel, w/ GTX cut-out	1
GT-X-FCA-320	Washer, Small, Nylon Plastic, for Trim Panel Spacer, $\phi 5.5$ ID - BLK	2
GT-X-FCA-321	Pulley, 90mm (3-1/2") x $\phi 26\text{mm}$ ID	7
GT-X-FCA-322	Pulley, 114mm (4-1/2") x $\phi 26\text{mm}$ ID	4
GT-X-FCA-323	Accessory, Single Handle	2
GT-X-FCA-324	Snap Hook	2
GT-X-FCA-325	Bushing, Brass, for Cable Arm Frame into Support Frame, 30mm ID	4
GT-X-FCA-326	Bearing, w/ Deep Groove Ball, 6005-2Z (C0)	4
GT-X-FCA-327	Snap Ring, Retaining Clip for Shaft	2



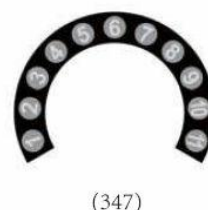
NOTE: Parts are not to scale

Part #	Detailed Parts list	QTY
GT-X-FCA-328	Washer, Spring, 3/8" - BLK	2
GT-X-FCA-329	Washer, Spring, $\phi 5\text{mm}$ - Stainless Steel	2
GT-X-FCA-330	Washer, Flat, $\phi 6\text{mm}$ - Stainless Steel	2
GT-X-FCA-331	Washer, Flat, $\phi 5\text{mm}$ - Stainless Steel	6
GT-X-FCA-332	Washer, Flat, 3/8" - BLK	26
GT-X-FCA-333	Washer, Flat, 5/16" - BLK	4
GT-X-FCA-334	Nut, Nylon, 3/8" - BLK	7
GT-X-FCA-335	Nut, Nylon, 5/16" - BLK	2
GT-X-FCA-336	Nut, Nylon, M5 - Stainless Steel	4
GT-X-FCA-337	Bolt, Hex Head, 3/8" x 2" L - BLK	9
GT-X-FCA-338	Bolt, Hex Head, 3/8" x 3" L - BLK	2
GT-X-FCA-339	Bolt, Hex Head, 3/8" x 4" L - BLK	2
GT-X-FCA-340	Bolt, Hex Head, 3/8" x 5-1/4" L - BLK	1
GT-X-FCA-341	Bolt, Hex Head, 5/16" x 1-7/8" L - BLK	2
GT-X-FCA-342	Screw, Recessed Flat Head, M5 x 20mm L - Stainless Steel	2
GT-X-FCA-343	Screw, Recessed Flat Head, M5 x 25mm L - Stainless Steel	2
GT-X-FCA-344	Screw, Inner Hex, 5/16" x 1/4" L - BLK	2
GT-X-FCA-345	Label - Lot Code	1
GT-X-FCA-346	Label, Clutch Adjustment for Left Arm	1
GT-X-FCA-347	Label, Clutch Adjustment for Right Arm	1
GT-X-FCA-348	Cable Eyelet End, 6mm Threaded ID, (for Cable #311-ASM Threaded End)	1
GT-X-FCA-349	Washer, Arc, $\phi 10\text{mm}$ x $\phi 21\text{mm}$ x 1.5mm, (for Cable #311-ASM Threaded End)	1
GT-X-FCA-350	Plastic Ball, $\phi 25\text{mm}$, (for Cable #311-ASM Threaded End)	1
GT-X-FCA-351	Sealing Rubber Ring, $\phi 6.3\text{mm}$ x $\phi 3.55\text{mm}$, (for Cable #311-ASM Threaded End)	1
GT-X-FCA-352	Washer, Flat, $\phi 6\text{mm}$, (for Cable #311-ASM Threaded End)	1
GT-X-FCA-353	Wrench, Hex, 3mm	1
GT-X-FCA-354	Wrench, Hex, 5/32"	1
GT-X-FCA-355	Poster - Exercise Guide	2



BODYCRAFT
Lot Code: GT-X-FCA-YYMMDD

(345)



NOTE: Parts are not to scale

Detailed Parts, Exploded View, GT-FCA (GTX)

Double Block Pulley

Single Block Pulley

Trim Panel,
Stainless Steel

Left Cable Arm

Frame Support

Accessories

Right Cable Arm

View Keys

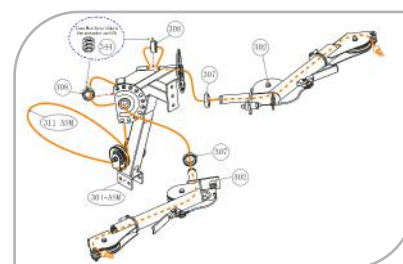
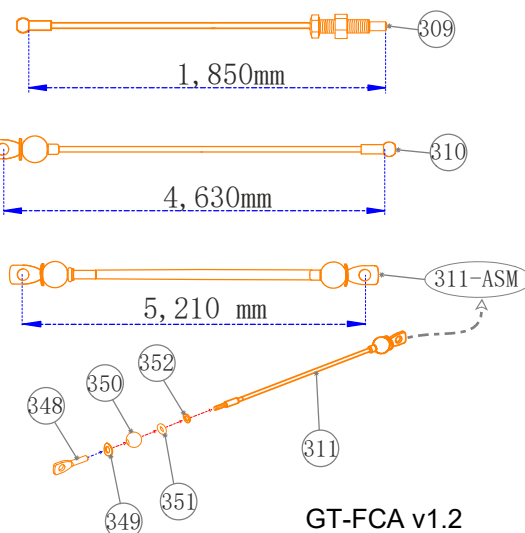
Red dotted (large): Structural parts assembled direction.

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.

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:



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