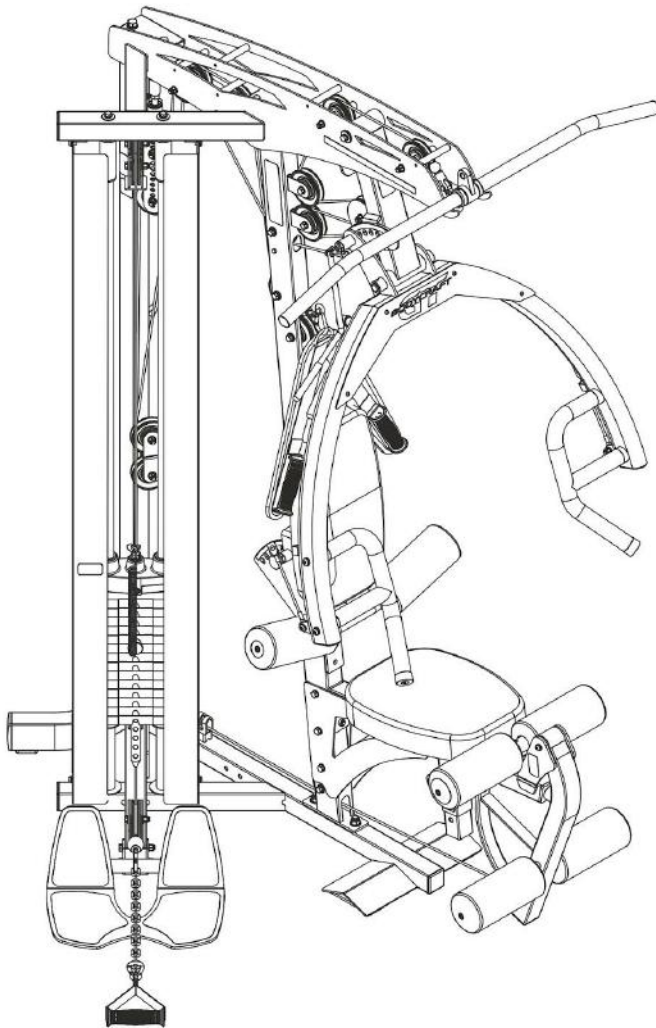
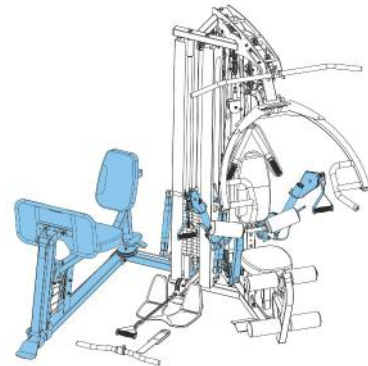


BODYCRAFT

GT Strength Training System



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



Shown with Available Options:
GT-FCA (Functional Cable Arms),
GT-LP (Leg Press),
S-Trainer-1 (Speed Trainer)
[See Page 10 for option details](#)

Base Serial Number: _____

Purchased Date: ____ / ____ / ____

Dealer's Name: _____

Please register your products at:

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



Owner's Manual

GT-X v1.6



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

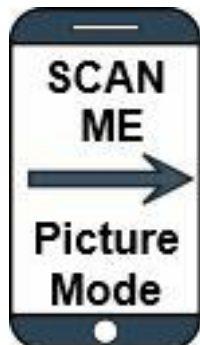
Phone: 800-990-5556 9 am - 5 pm EST **Email:** service@bodycraft.com

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>





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.

Product Safety Information

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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.

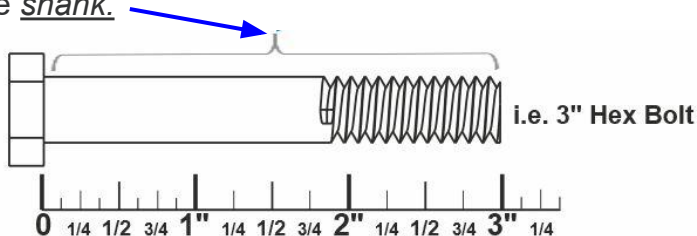
Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this BODYCRAFT product prior to use.

- 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

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\"



OPEN, CLOSED & ADJUSTABLE WRENCHES
(Only 1/2, 9/16 & 3/4 are needed)



TORQUE WRENCH
3/8 DRIVE
(w/ 5/32, 3/16, 1/4 & 3/8 Hex Bit Socket)



RUBBER Mallet & ALLEN WRENCH SET
(w/ 5/32, 3/16, 1/4 & 3/8 are needed)

THE FOLLOWING IS RECOMMENDED FOR CLEANING:



MILD CLEANING SOLUTION



100% COTTON CLEANING CLOTHS

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

(Do Not Use on the Upholstery)



Carefully read ALL warning, caution & maintenance schedule labels

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 v1.6				
BODYCRAFT				

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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**

v1.6v

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CALIFORNIA PROPOSITION 65 WARNING

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

For more information: www.P65Warnings.ca.gov

v1.6

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SERIAL NUMBER

GT-XXXXXXMMDD

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

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WARNING

PINCH POINT

Keep Hands Clear during use

v1.6

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WARNING

Keep Hands Clear during use

PINCH POINT

v1.6

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WARNING

DO NOT at any time lean against or pull on the framework, weight stack, or any component.

Such improper use may cause the machine to tip over resulting in injury or death.

v1.6

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WARNING

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

v1.6

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WARNING

DO NOT

- Hang on Bar
- Use Bar for Chin-Ups
- Leave Bar Disconnected to the Cable

v1.6

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CAUTION

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

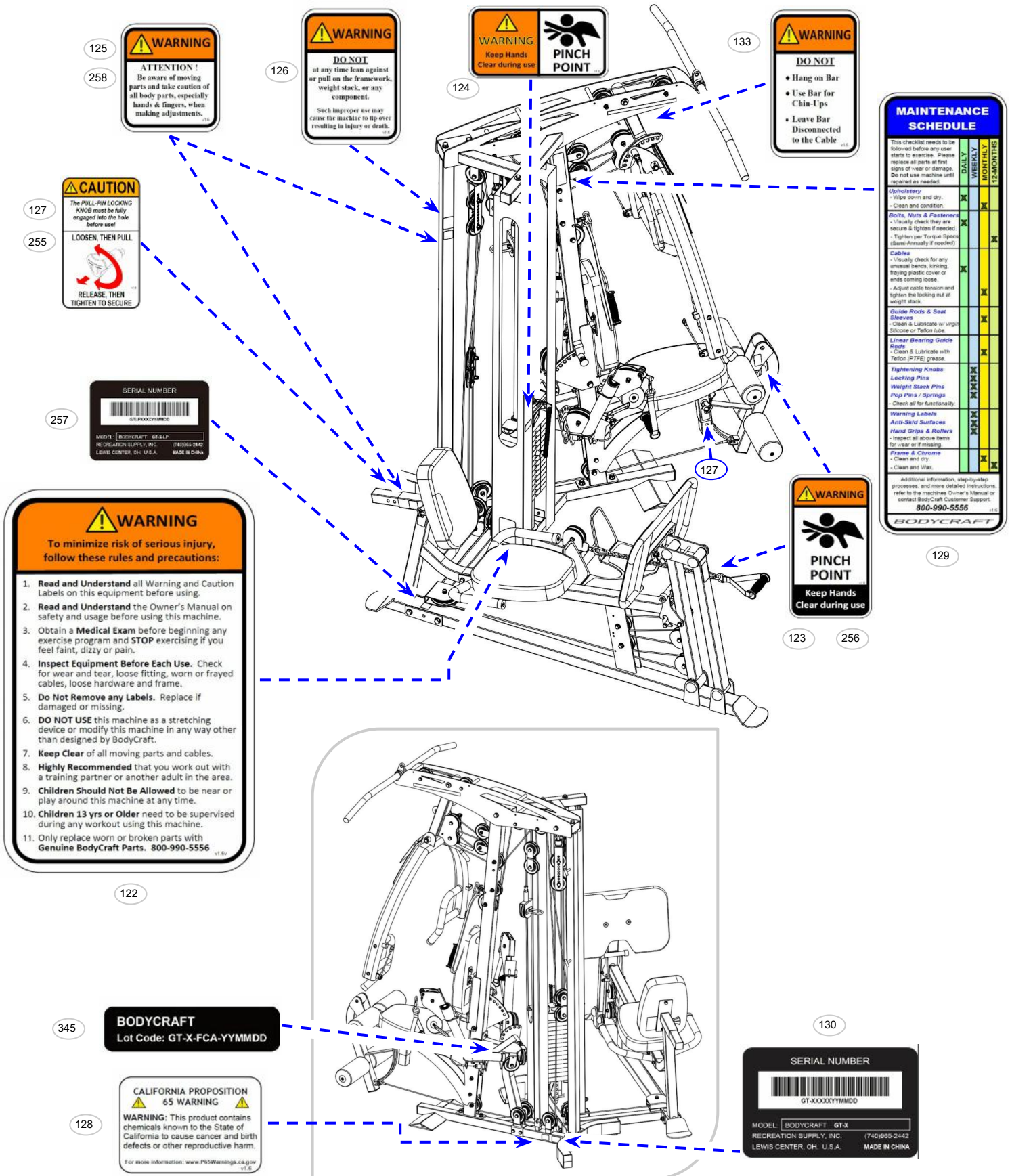
LOOSEN, THEN PULL

RELEASE, THEN TIGHTEN TO SECURE

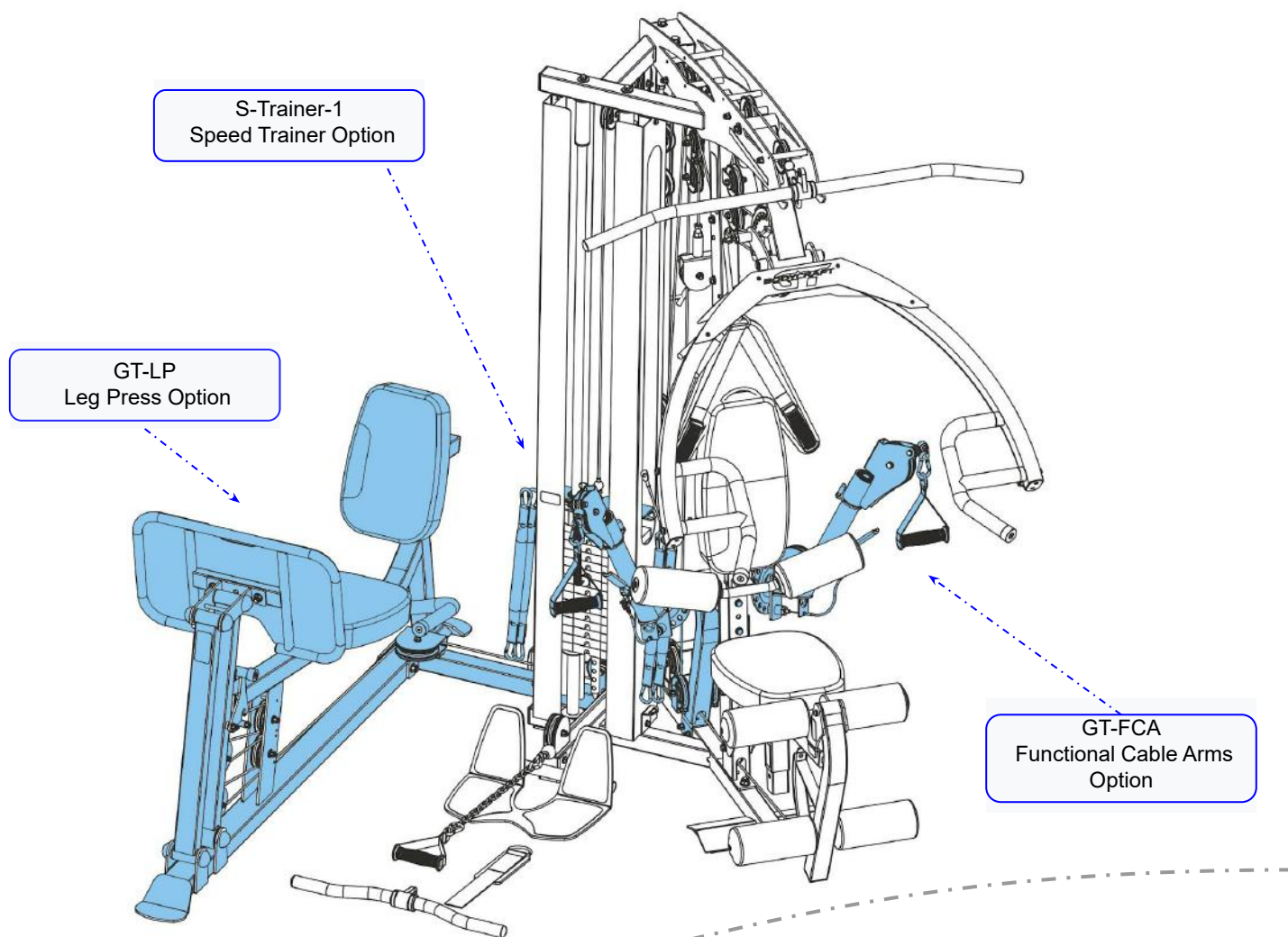
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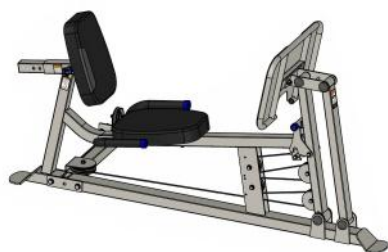
Carefully read ALL warning, caution & maintenance schedule labels



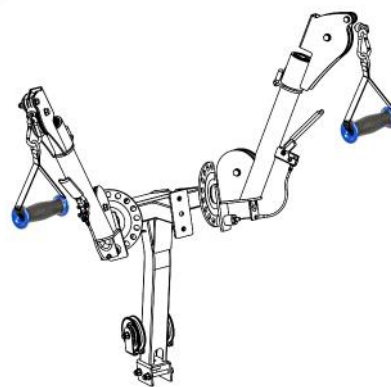
Machine Options, GT



To install the GT-LP Leg Press/Calf Option, go directly to the [GT Leg Press - Owner's Manual](#) for assembly instructions.

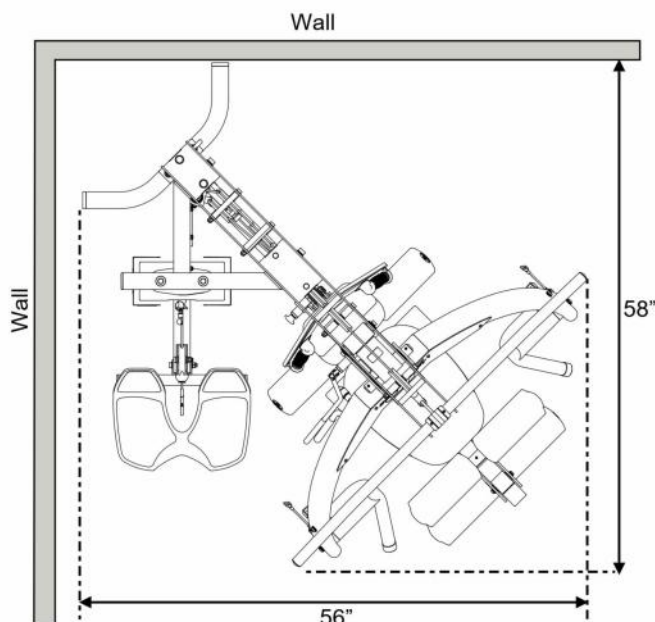


To install the GT-FCA Functional Cable Arms Option, go directly to the [GT Functional Cable Arms - Owner's Manual](#) for assembly instructions.

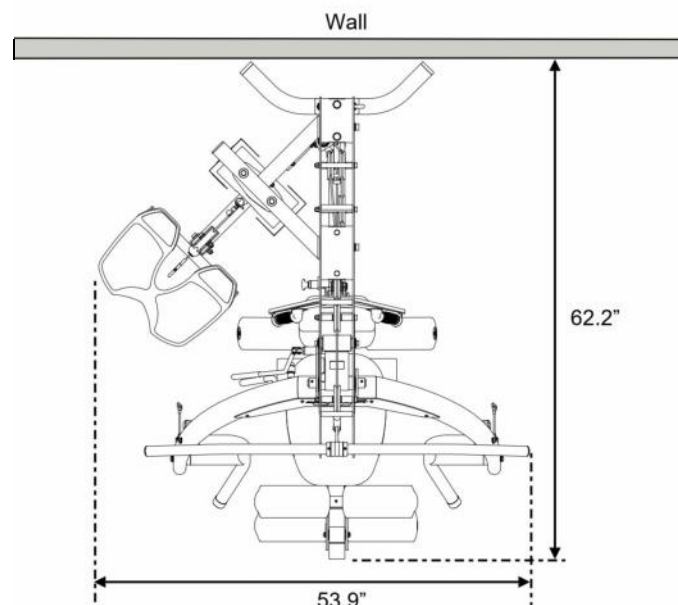


Machine Dimensions & Room Layouts, GT

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



GT Base Machine
Corner Layout
58"L x 56"W x 82.4"H



GT Base Machine
Flat Wall Layout
62.2"L x 53.9"W x 82.4"H



ADA Compliant

**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.

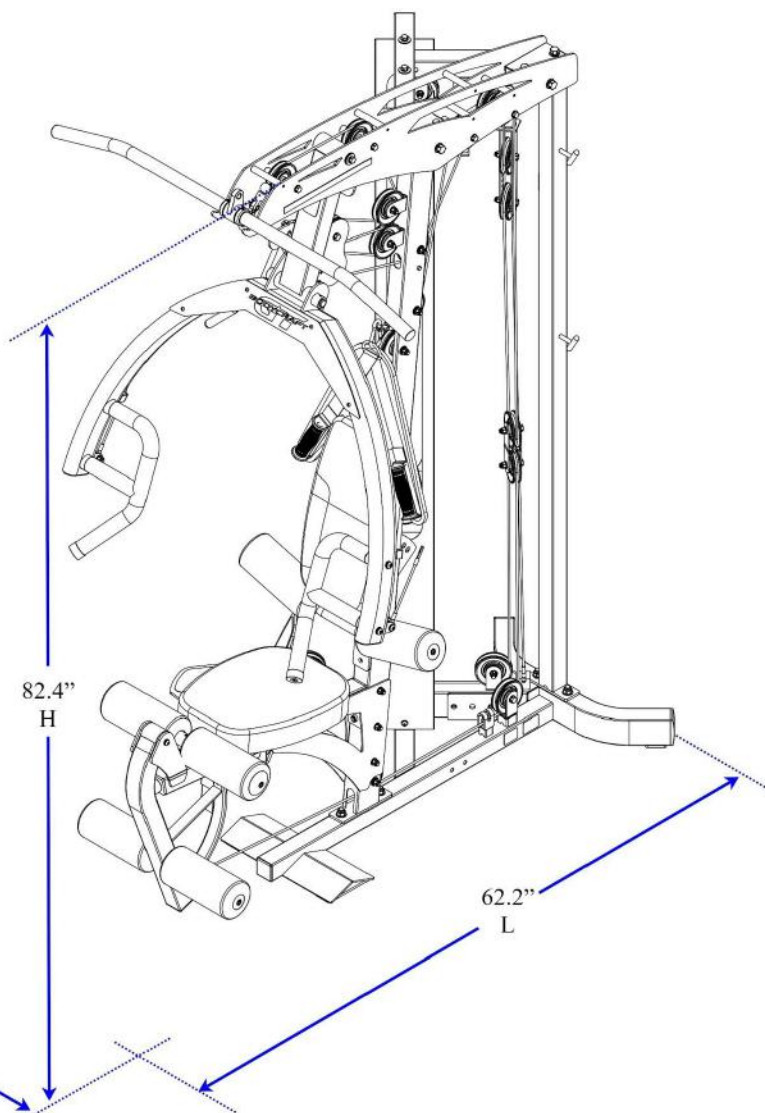
GT Overall Dimensions

62.2"L x 53.9"W x 82.4"H
(158 cm L x 137 cm W x 209.3 cm H)

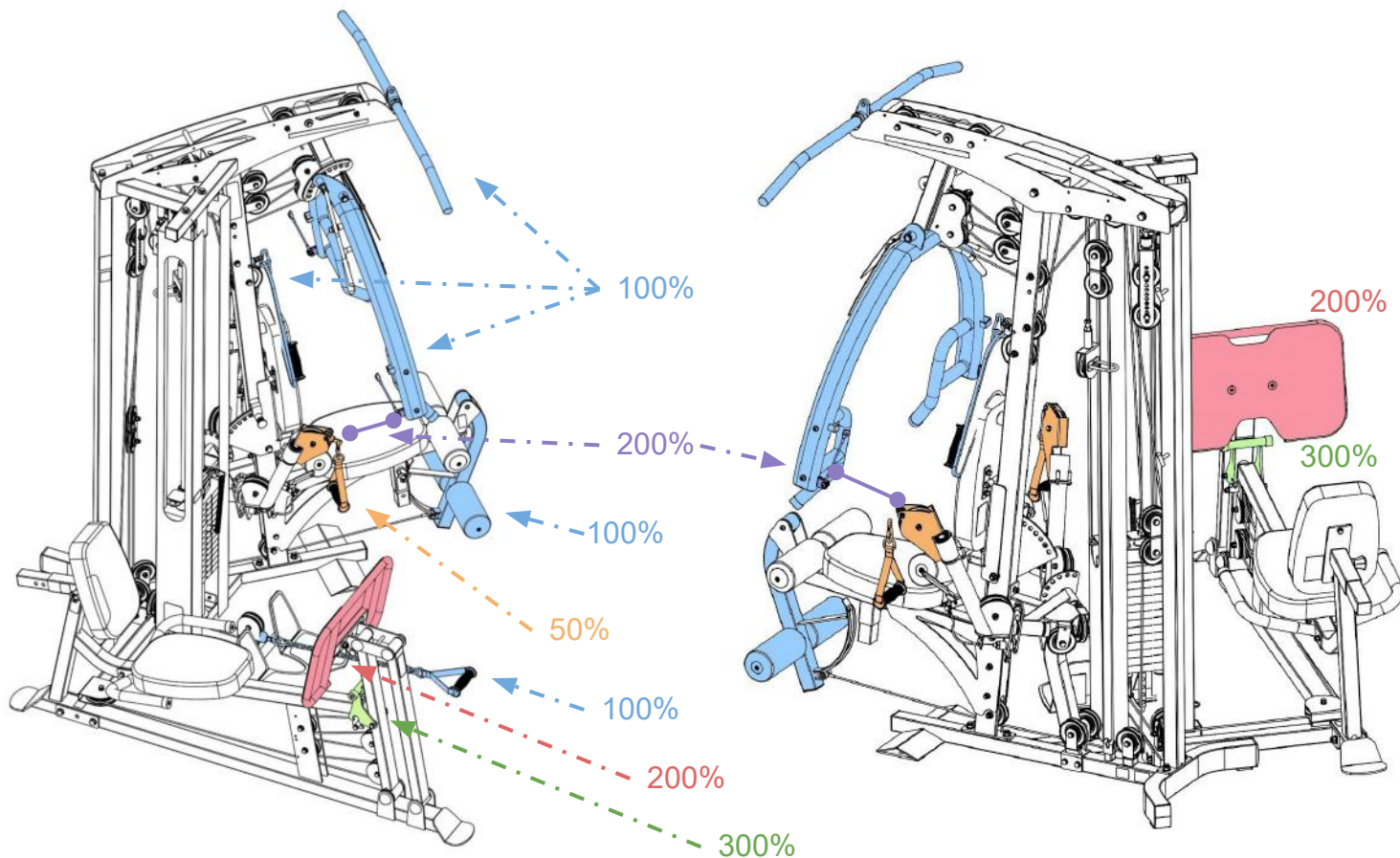
For additional Room Layouts on
the GT Options go to:

[GT Leg Press - Owner's Manual](#)

[GT Functional Cable Arms -
Owner's Manual](#)



Weight Stack Ratios, GT / FCA / LP



200%



Bench Press with Doubler from the Functional Cable Arms.

300%



Leg Press with Hook attached for Turbo Feature

Plate Number	Weight at 50% Ratio	Weight at 100% Ratio	Weight at 200% Ratio	Weight at 300% Ratio
1 Top Plate	5 lbs	10 lbs	20 lbs	30 lbs
2	10 lbs	20 lbs	40 lbs	60 lbs
3	15 lbs	30 lbs	60 lbs	90 lbs
4	20 lbs	40 lbs	80 lbs	120 lbs
5	25 lbs	50 lbs	100 lbs	150 lbs
6	30 lbs	60 lbs	120 lbs	180 lbs
7	35 lbs	70 lbs	140 lbs	210 lbs
8	40 lbs	80 lbs	160 lbs	240 lbs
9	45 lbs	90 lbs	180 lbs	270 lbs
10	50 lbs	100 lbs	200 lbs	300 lbs
11	55 lbs	110 lbs	220 lbs	330 lbs
12	60 lbs	120 lbs	240 lbs	360 lbs
13	65 lbs	130 lbs	260 lbs	390 lbs
14	70 lbs	140 lbs	280 lbs	420 lbs
15	75 lbs	150 lbs	300 lbs	450 lbs
16	80 lbs	160 lbs	320 lbs	480 lbs
17	85 lbs	170 lbs	340 lbs	510 lbs
18	90 lbs	180 lbs	360 lbs	540 lbs
19	95 lbs	190 lbs	380 lbs	570 lbs
20	100 lbs	200 lbs	400 lbs	600 lbs

Standard

150 lbs Weight Stack

Optional 50 lbs upgrade

200 lbs Weight Stack

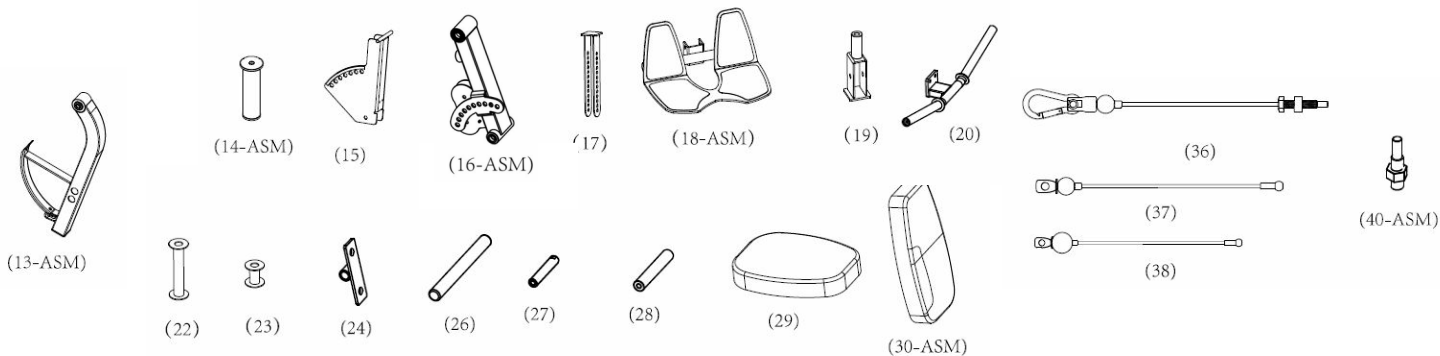
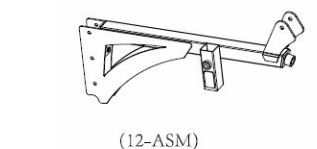
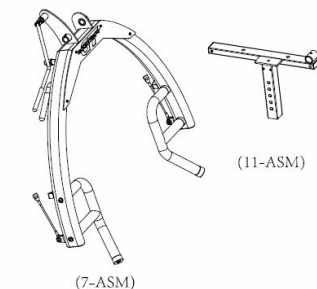
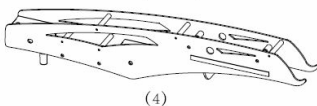
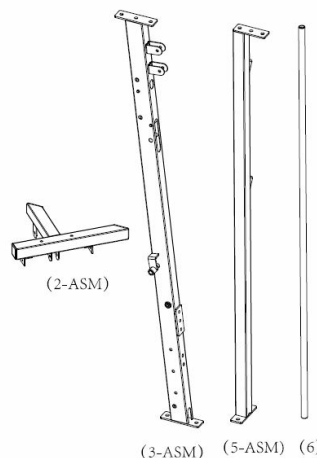
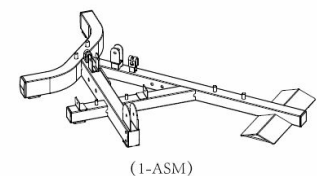
Functional Cable Arms, per side *	Bench Press	Optional Leg Press, Turbo Off *	Optional Leg Press, Turbo On *
	High Pulley		
	Ab Pulley	Bench Press - (with Doubler from FCA)	
	Leg Ext/Curl		
	Low Pulley		

* If Equipped

* If Equipped

NOTE: For a complete service parts list, please refer to the detailed parts list & exploded view at the rear of this manual.

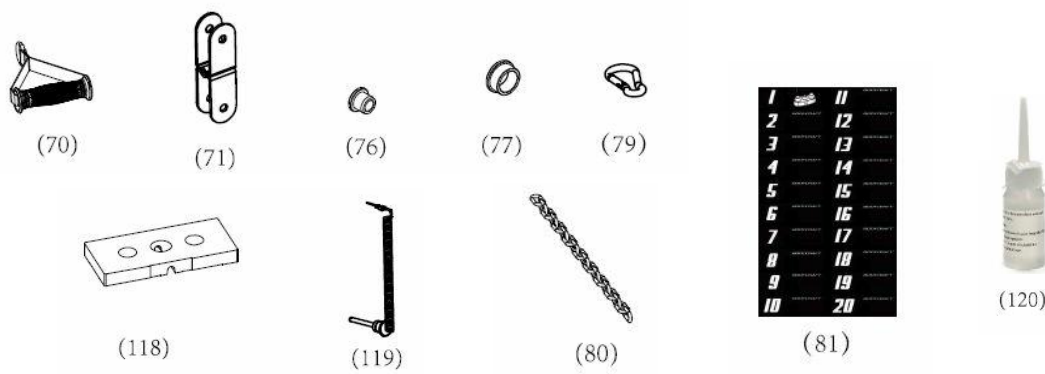
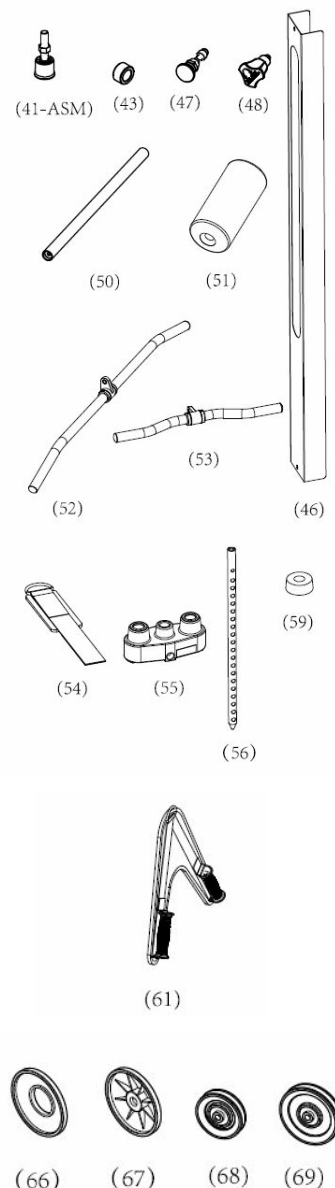
Part #	Assembly Parts List	QTY
GT-X-001-ASM	Frame, Bottom - Assembly w/ Serial #	1
GT-X-002-ASM	Frame, Connector, Top - Assembly	1
GT-X-003-ASM	Frame, Front, Upright - Assembly	1
GT-X-004	Frame, Top	1
GT-X-005-ASM	Frame, Rear, Upright - Assembly	1
GT-X-006	Guide Rod, 1" OD x 72-1/2" L, 3/8" nuts inserted & welded both ends	2
GT-X-007-ASM	Press Arm - Assembly	1
GT-X-011-ASM	Adjusting Frame for Seat Pad - Assembly	1
GT-X-012-ASM	Support Frame for Seat Pad - Assembly	1
GT-X-013-ASM	Leg Extension Arm, w/ Dual Holes for Different User Sizes - Assembly	1
GT-X-014-ASM	Limit Tube - Assembly	2
GT-X-015	Adjusting Frame for Back Pad	1
GT-X-016-ASM	Connecting Frame for Press Arm - Assembly	1
GT-X-017	Pulley Block, Double, Closed Flat End, Adjustable w/ 13 each	1
GT-X-018-ASM	Foot Plate for Low Row - Assembly	1
GT-X-019	Pulley Block, Single Closed Flat End, w/ Cable End Threaded Shaft	1
GT-X-020	Frame, Knee Hold Down	1
GT-X-022	Stack Spacer, Long, 3" for Optional 200lb weight stack	2
GT-X-023	Stack Spacer, Short, 7" for 150lb weight stack	2
GT-X-024	Metal Hinge to Seat Back Pad	2
GT-X-026	Axle, for Press Arm, Lower, 20mm OD (solid w/ no flat notch) x 186mm L	1
GT-X-027	Axle, for Leg Extension Arm, w/ one side flat notch, 12.7mm OD x 5/16" threaded ID x 67.5mm L	1
GT-X-028	Axle, for Press Arm, Upper, 20mm OD x 3/8" threaded ID x 114mm L	1
GT-X-029	Pad, Seat	1
GT-X-030-ASM	Pad, Back with BodyCraft Logo - Assembly	1
GT-X-036	Cable, Top, 4,830mm (190.16") L	1
GT-X-037	Cable, Ab Crunch, 4,230mm (166.5") L	1
GT-X-038	Cable, Lower, 3,080mm (121.25") L	1
GT-X-040-ASM	Threaded Rod, between Top Connector Frame & Single Block Pulley (Not used with Leg Press) - Assembly	1



NOTE: Parts are not to scale

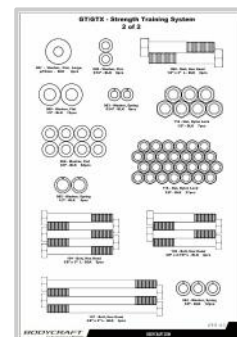
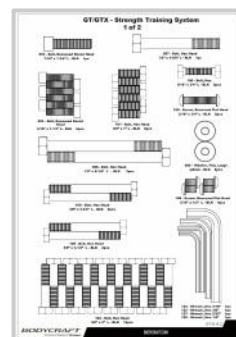
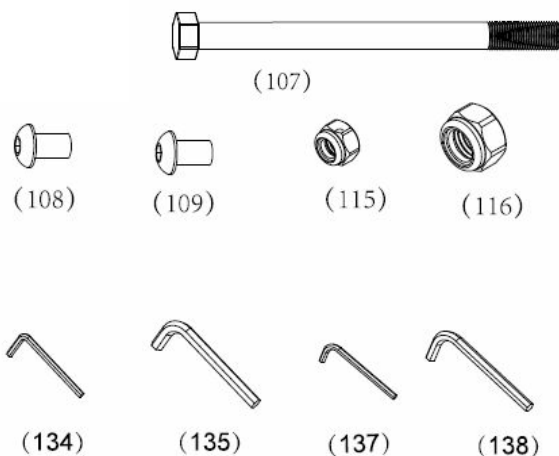
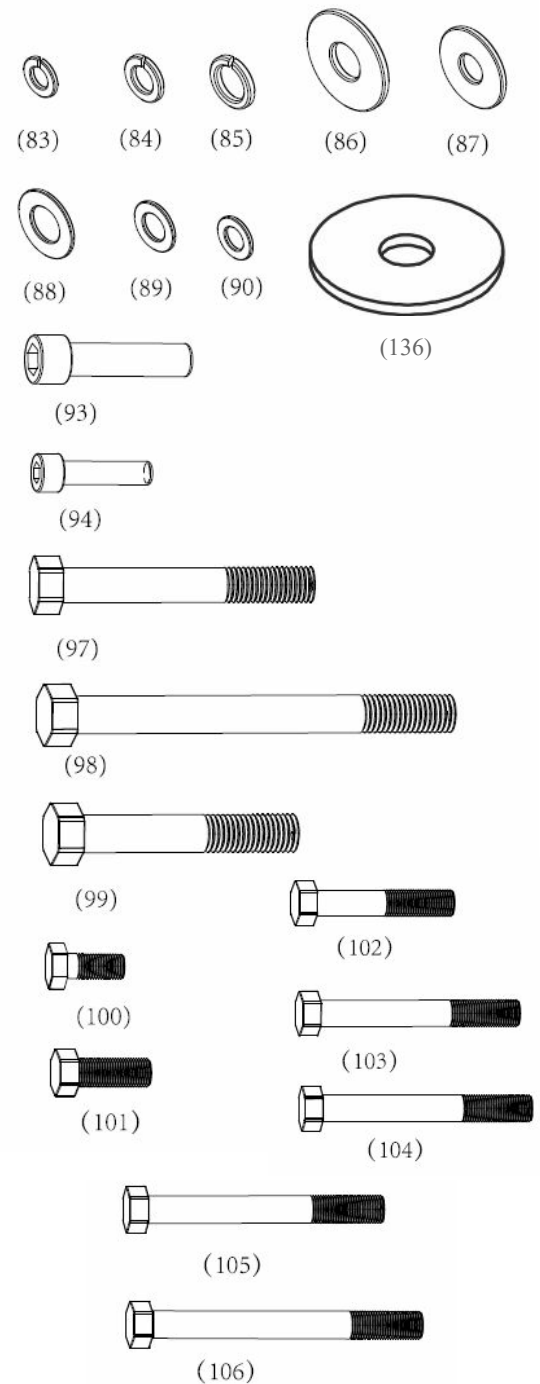
NOTE: For a complete service parts list, please refer to the detailed parts list & exploded view at the rear of this manual.

Part #	Assembly Parts List	QTY
GT-X-041-ASM	Adjustable Stopper, for the Adjustable Pulley Block - Assembly	1
GT-X-043	Spacer Sleeve, between Pulleys P5 & P16 on Top Frame	1
GT-X-046	Weight Stack Shroud Cover	2
GT-X-047	Pop-Pin, Aluminum , 55mm L (46mm) - BLUE	1
GT-X-048	Pull-Pin Locking Knob, Aluminum - BLUE	1
GT-X-050	Support Tube for 051 Rollers, Stainless Steel, 5/16" nuts inserted & welded on both ends	2
GT-X-051	Roller, Upholstered Foam	6
GT-X-052	Accessory, 48" Aluminum Lat Bar	1
GT-X-053	Accessory, EZ-Curl/Low Row Bar	1
GT-X-054	Accessory, Ankle Cuff (Leg Strap)	1
GT-X-055-ASM	Top Plate - Assembly	1
GT-X-056	Selector Rod, 19 Holes	1
GT-X-059	Rubber Cushion for Weight Stack	2
GT-X-061	Accessory, Ab Crunch Strap	1
GT-X-066	End Cap for Upholstered Roller, Large Hole, Plastic - BLK	6
GT-X-067	End Cap for Upholstered Roller, Small Hole, Plastic - BLK	6
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	22
GT-X-069	Pulley, 114mm (4-1/2") x 526mm ID	1
GT-X-070	Accessory, Single Handle	1
GT-X-071	Pulley Block, Double	1
GT-X-076	Bushing, Plastic, for Pulley to Frame, 3/8" ID	8
GT-X-077	Bushing, Steel, for Upper Pulleys & Press Arm, 20mm ID	8
GT-X-079	Snap Hook	3
GT-X-080	Accessory, Chain, 19" L	1
GT-X-081	Sticker, Weight Stack 1 - 20	1
GT-X-118	Weight Plate, 10lbs (4.5kg) *** (19 plates with 200lb upgrade)***	14
GT-X-119	Selector Pin w/ Lanyard, Aluminum - BLUE	1
GT-X-120	Silicone Lube Bottle - for Guide Rods	1
GT-X-121	Poster - Exercise Guide for GT Strength Training System	1



NOTE: Parts are not to scale

Part #	Assembly Hardware	QTY
GT-X-083	Washer, Spring, 5/16" - BLK	8
GT-X-084	Washer, Spring, 3/8" - BLK	12
GT-X-085	Washer, Spring, 1/2" - BLK	4
GT-X-086	Washer, Flat, Large, ϕ 8mm - BLK	6
GT-X-087	Washer, Flat, Large, ϕ 10mm - BLK	4
GT-X-088	Washer, Flat, 1/2" - BLK	12
GT-X-089	Washer, Flat, 3/8" - BLK	62
GT-X-090	Washer, Flat, 5/16" - BLK	8
GT-X-093	Bolt, Recessed Round Head, 7/16" x 1-3/4" L - BLK	1
GT-X-094	Bolt, Recessed Round Head, 5/16" x 1-1/4" L - BLK	6
GT-X-097	Bolt, Hex Head, 1/2" x 3-5/8" L - BLK	1
GT-X-098	Bolt, Hex Head, 1/2" x 5-1/4" L - BLK	2
GT-X-099	Bolt, Hex Head, 1/2" x 3" L - BLK	2
GT-X-100	Bolt, Hex Head, 5/16" x 3/4" L - BLK	2
GT-X-101	Bolt, Hex Head, 3/8" x 1" L - BLK	6
GT-X-102	Bolt, Hex Head, 3/8" x 2" L - BLK	16
GT-X-103	Bolt, Hex Head, 3/8" x 2-7/8" L - BLK	4
GT-X-104	Bolt, Hex Head, 3/8" x 3" L - BLK	5
GT-X-105	Bolt, Hex Head, 3/8" x 3-1/4" L - BLK	2
GT-X-106	Bolt, Hex Head, 3/8" x 3-3/4" L - BLK	2
GT-X-107	Bolt, Hex Head, 3/8" x 5" L - BLK	4
GT-X-108	Screw, Recessed Flat Head, 5/16" x 3/4" L - BLK	2
GT-X-109	Screw, Recessed Flat Head, 5/16" x 1/2" L - BLK	4
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	27
GT-X-116	Nut, Nylon Lock, 1/2" - BLK	7
GT-X-134	Wrench, Hex 3/16"	1
GT-X-135	Wrench, Hex 3/8"	1
GT-X-136	Washer, Spacer, Large, for bottom of Guide Rods, 50mm OD x 11mm ID x 5mm Thick - BLK	2
GT-X-137	Wrench, Hex, 5/32"	1
GT-X-138	Wrench, Hex, 1/4"	1



Hardware Kits & Owner's Manual (Located inside box #1)

NOTE: Parts are not to scale

Large Box 1 of 2

Net Weight: 160.3 lbs (72.7 KGS)

Gross Weight: 185.6 lbs (84.2 KGS)

Box Size: 46.3" W x 42.1" L x 11.6" H
(1,175mm W x 1,070mm L x 295mm H)



Medium Box 2 of 2

Net Weight: 131.4 lbs (59.6 KGS)

Gross Weight: 144.2 lbs (65.4 KGS)

Box Size: 75.4" W x 21.7" L x 6.9" H
(1,915mm W x 550mm L x 175mm H)



Small Boxes

Net Weight: 70 lbs (31.7 KGS) ea.

Box Sizes: 6" W x 11" L x 8" H ea.
(152.4mm W x 279.4mm L x 203.2mm H)



(Standard 150 lb Stack)

Upgraded to 200 lb Stack?
An additional box @ 50 lbs



BODYCRAFT reserves the right to make improvements at any time which may affect color, parts, materials, size, weight, or any other aspect.

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.

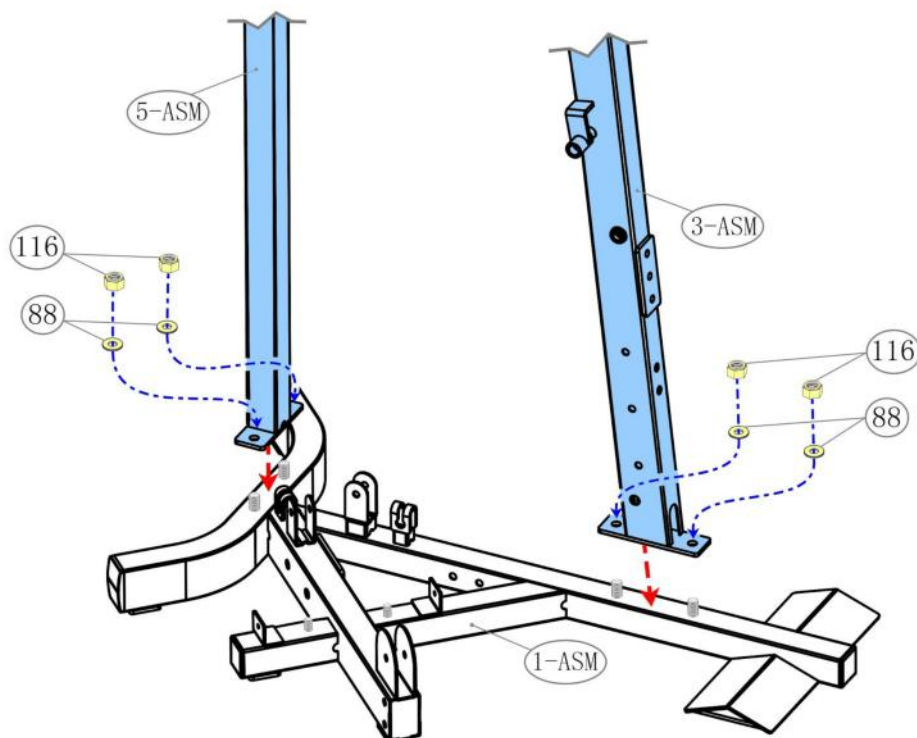
Product Assembly, GT, STEP 1a - 1b



Please Hand Tighten All Nuts & Bolts Until STEP 2a



STEP 1a - 1b: Install Uprights to Bottom & Top Frames



View Keys

Red dotted (large): Structural parts assembled direction.

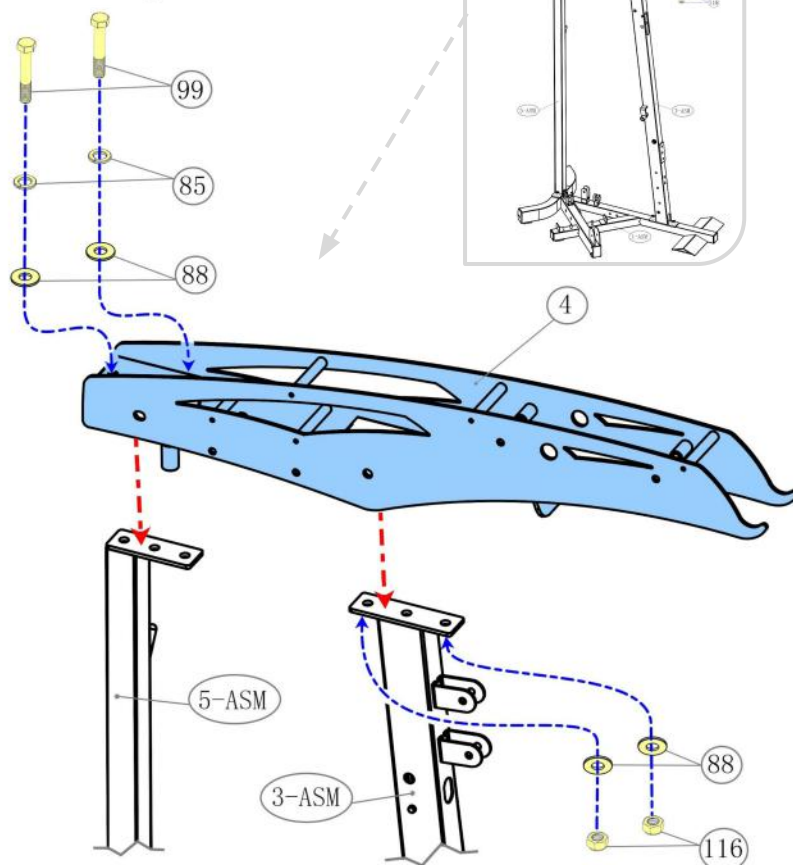
Red dotted (med): Sub-parts assembled direction.

Blue dotted lines (small): Hardware assembled direction.

Orange (med): Cables are normally black, but easier to see in color.

Part #	Assembly Parts List	QTY
GT-X-001-ASM	Frame, Bottom - Assembly w/ Serial #	1
GT-X-003-ASM	Frame, Front, Upright - Assembly	1
GT-X-004	Frame, Top	1
GT-X-005-ASM	Frame, Rear, Upright - Assembly	1

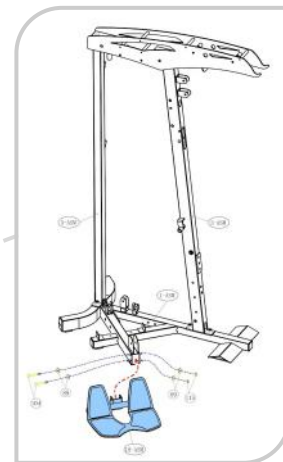
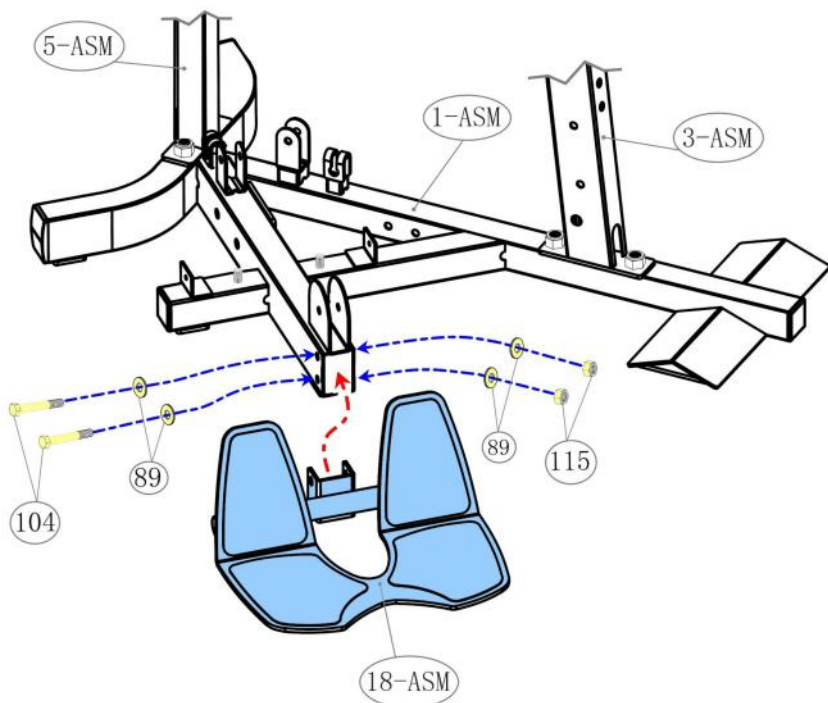
Part #	Assembly Hardware	QTY
GT-X-085	Washer, Spring, 1/2" - BLK	2
GT-X-088	Washer, Flat, 1/2" - BLK	8
GT-X-099	Bolt, Hex Head, 1/2" x 3" L - BLK	2
GT-X-116	Nut, Nylon Lock, 1/2" - BLK	6



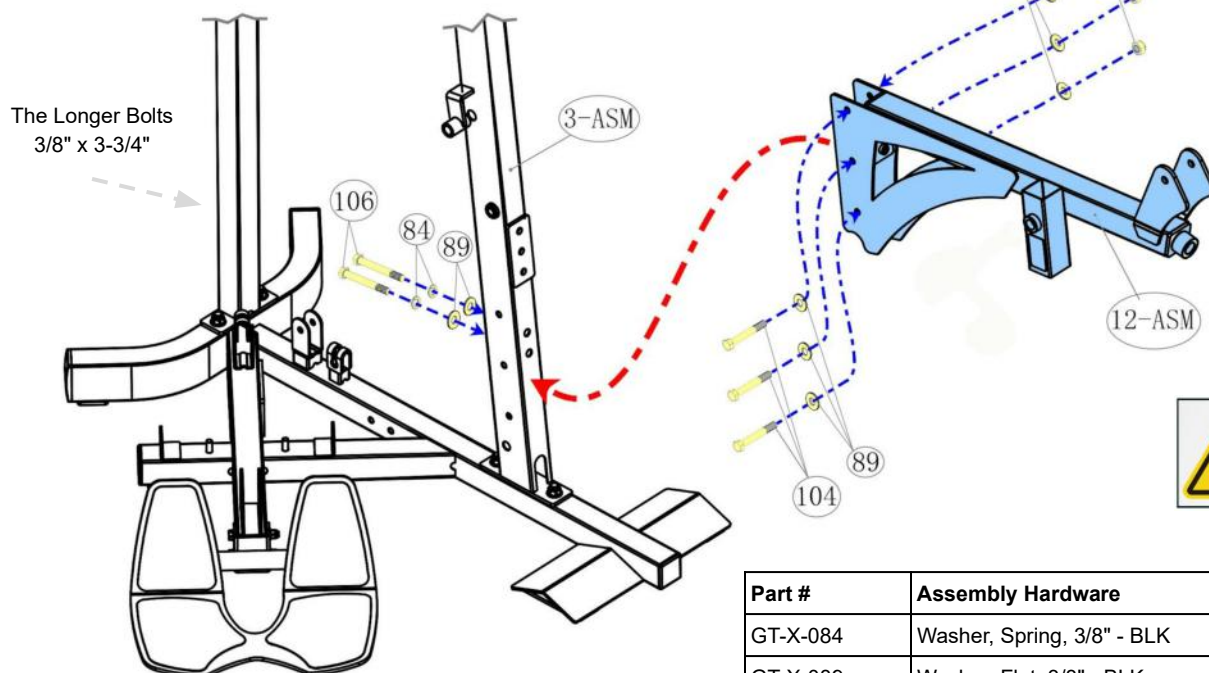


Please Hand Tighten All Nuts & Bolts Until STEP 2a

STEP 1c: Install Foot Plate



STEP 1d: Install Seat Support Frame



Part #	Assembly Parts List	QTY
GT-X-012-ASM	Support Frame for Seat Pad - Assembly	1
GT-X-018-ASM	Foot Plate for Low Row - Assembly	1

Part #	Assembly Hardware	QTY
GT-X-084	Washer, Spring, 3/8" - BLK	2
GT-X-089	Washer, Flat, 3/8" - BLK	12
GT-X-104	Bolt, Hex Head, 3/8" x 3" L - BLK	5
GT-X-106	Bolt, Hex Head, 3/8" x 3-3/4" L - BLK	2
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	5

Product Assembly, GT, STEP 2a - "Torque Time"

STEP 2a: "Torque Time" on Main Frame Nuts & Bolts from STEP 1a - 1d

NOTE: These recommended torque specs should be followed for correct assembly and safe operation of this machine.



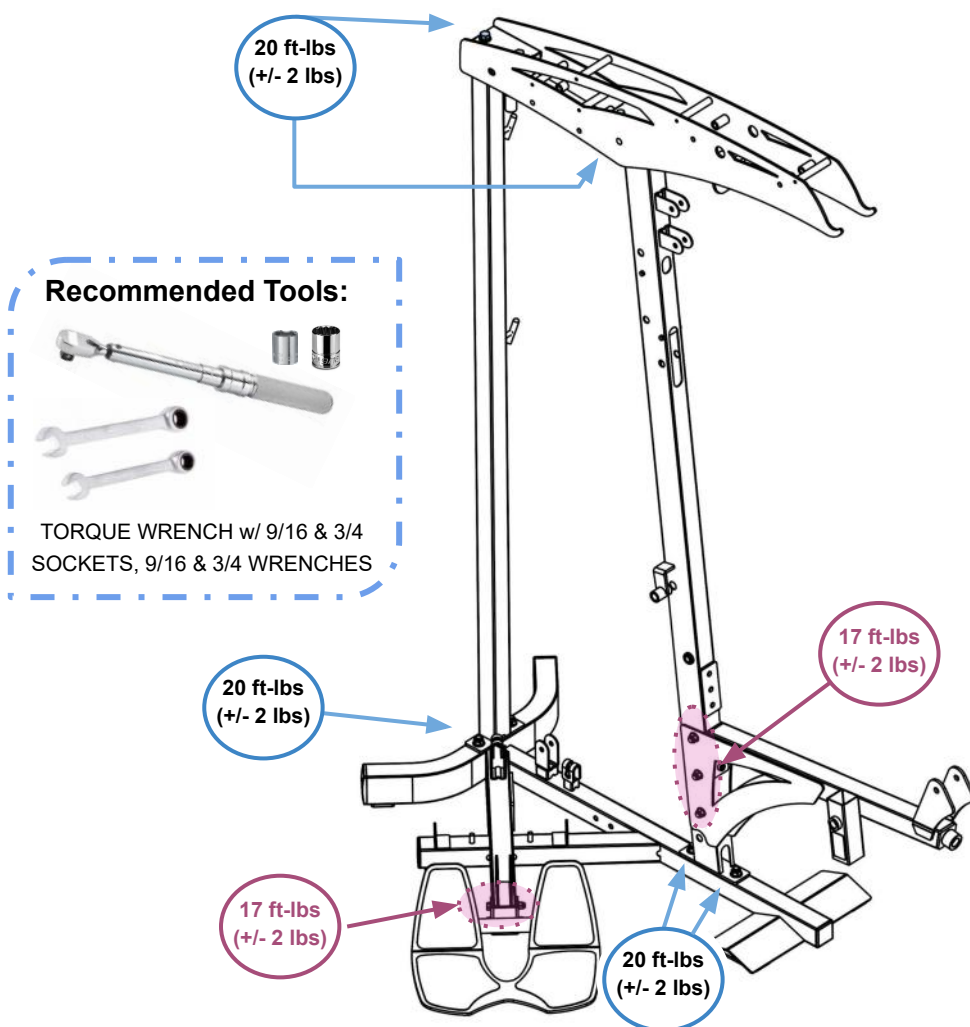
Example of being overtightened not using the recommended torque specs.



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

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

<https://www.wikihow.com/Use-a-Torque-Wrench#Video>



20 ft-lbs
(+/- 2 lbs)

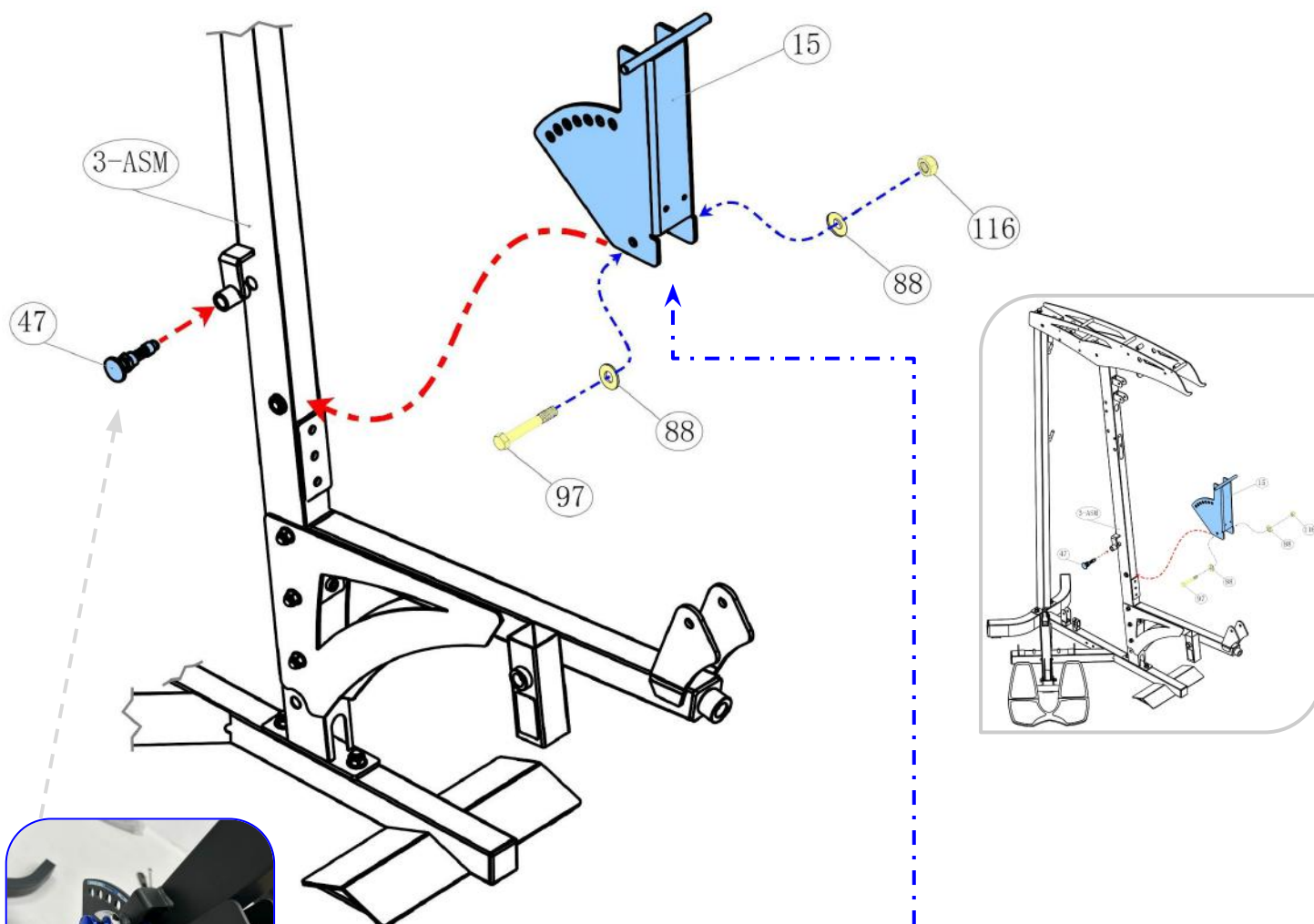
Tighten all **1/2" Nuts & Bolts** to the recommended torque specs of **20 ft-lbs (+/- 2 lbs)**.

17 ft-lbs
(+/- 2 lbs)

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

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

STEP 2b: Install Back Pad Adjusting Frame & Pull Pin



Fully tighten Pop-Pin with Adjustable Wrench.

Note: Fully tighten until the gap is closed. Then loosen, up to 1/8 turn so that the Adjusting Frame (15) will move but has no play.

Part #	Assembly Parts List	QTY
GT-X-015	Adjusting Frame for Back Pad	1
GT-X-047	Pop-Pin, Aluminum , 55mm L (46mm) - BLUE	1

Part #	Assembly Hardware	QTY
GT-X-088	Washer, Flat, 1/2" - BLK	2
GT-X-097	Bolt, Hex Head, 1/2" x 3-5/8" L - BLK	1
GT-X-116	Nut, Nylon Lock, 1/2" - BLK	1



Recommended Tools

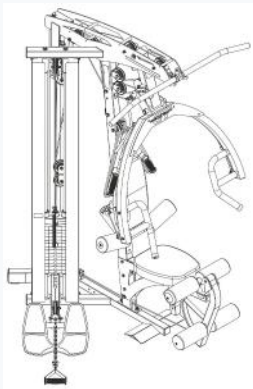


DECISION POINT

GT - STEP 2c

If you are only assembling a GT
Strength Training System at this time:

[Go to STEP 3a](#)



If you are simultaneously assembling the:

- GT Strength Training System

AND

- GT-FCA (GTX) Option

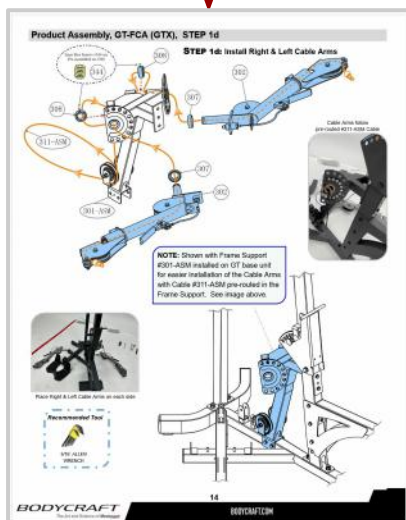
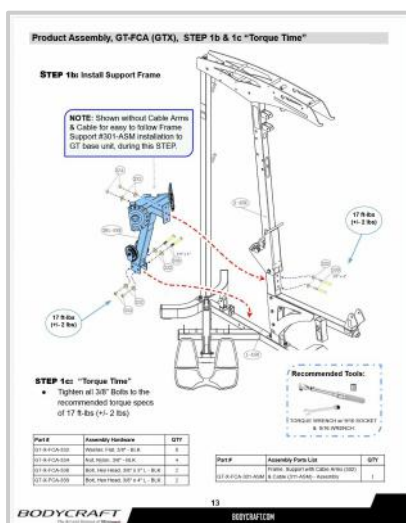
Please go directly to the

[GT-FCA \(GTX\) Owner's](#)

[Manual](#) to continue the

assembly GT-FCA (GTX),

STEP 1a - 1e

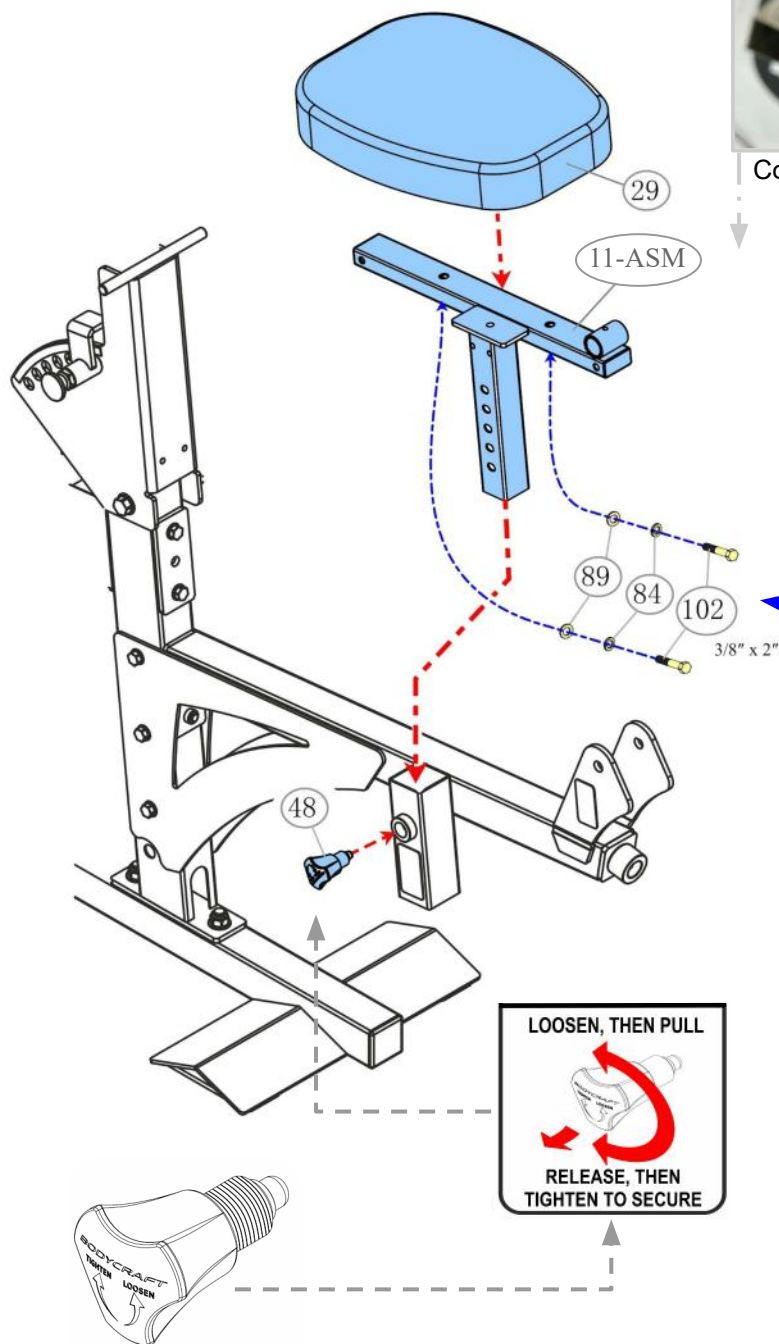


After STEP 1e in the
GT-FCA (GTX) Owner's
Manual come back to
GT- Owner's Manual to
[GT- STEP 3a](#)



Product Assembly, GT, STEP 3a

STEP 3a: Install Adjusting Seat Frame & Seat Pad



Confirm spring washer then flat washer.



TIP: Easier to install hardware when flipped upside down.

Recommended Tools:

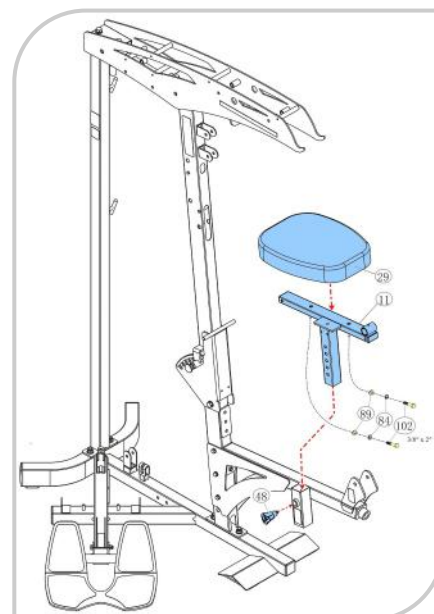


TORQUE WRENCH w/ 9/16 SOCKET
& 9/16 WRENCH

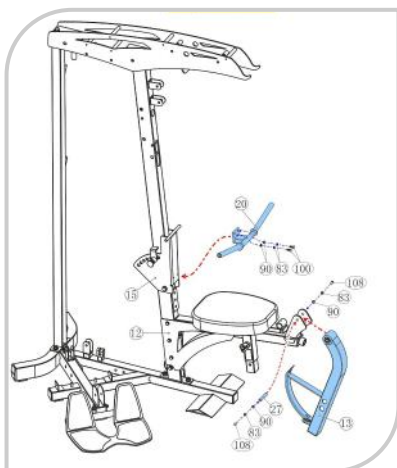
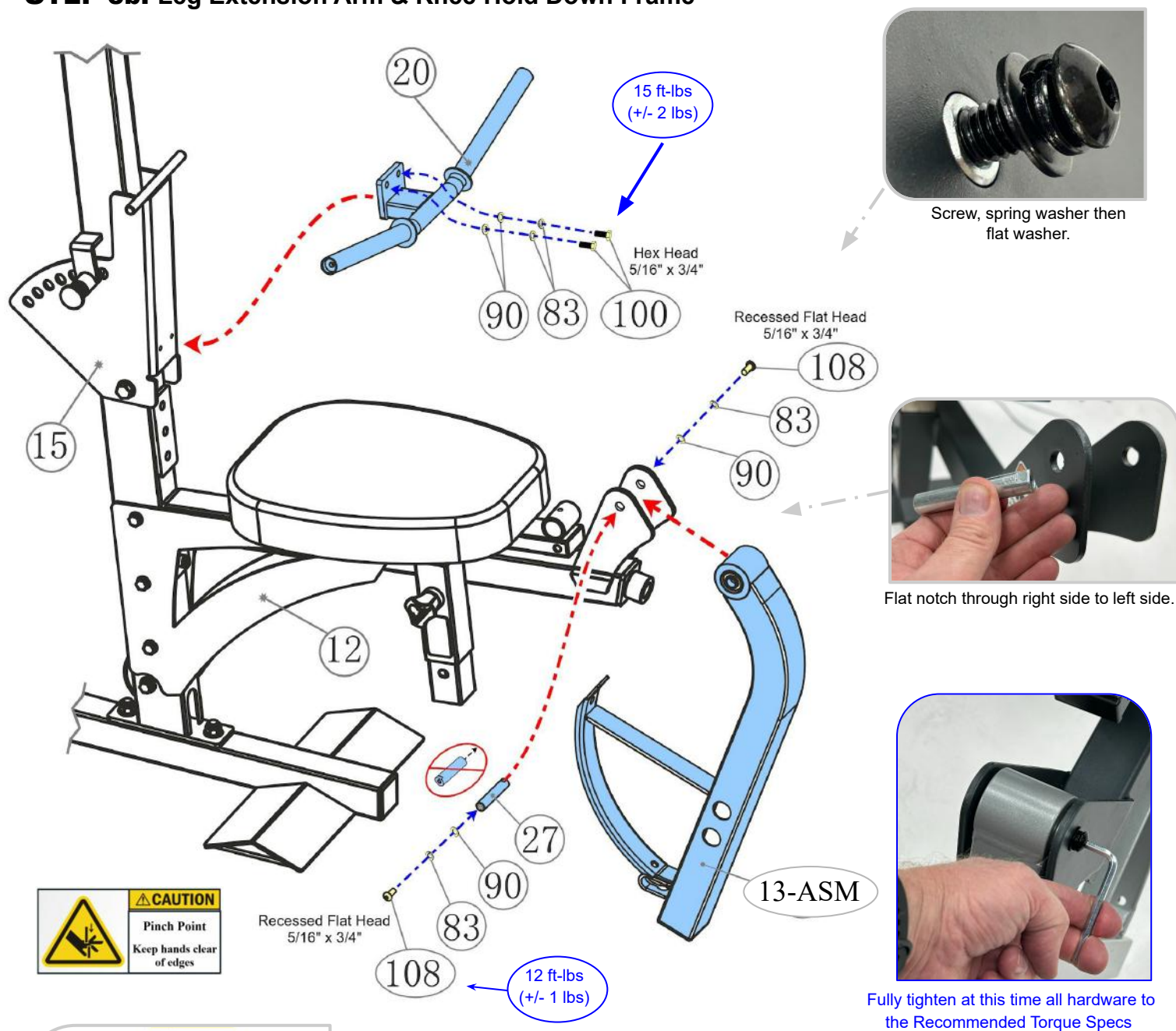
Fully tighten at this time to the
Recommended Torque Specs

Part #	Assembly Parts List	QTY
GT-X-011-ASM	Adjusting Frame for Seat Pad - Assembly	1
GT-X-029	Pad, Seat	1
GT-X-048	Pull-Pin Locking Knob, Aluminum - BLUE	1

Part #	Assembly Hardware	QTY
GT-X-084	Washer, Spring, 3/8" - BLK	2
GT-X-089	Washer, Flat, 3/8" - BLK	2
GT-X-102	Bolt, Hex Head, 3/8" x 2" L - BLK	2



STEP 3b: Leg Extension Arm & Knee Hold Down Frame

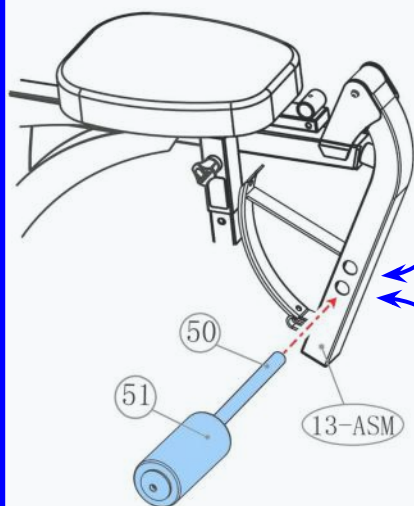


Part #	Assembly Parts List	QTY
GT-X-013-ASM	Leg Extension Arm, w/ Dual Holes for Different User Sizes - Assembly	1
GT-X-020	Frame, Knee Hold Down	1
GT-X-027	Axle, for Leg Extension Arm, w/ one side flat notch, 12.7mm OD x 5/16" threaded ID x 67.5mm L	1

Part #	Assembly Hardware	QTY
GT-X-083	Washer, Spring, 5/16" - BLK	4
GT-X-090	Washer, Flat, 5/16" - BLK	4
GT-X-100	Bolt, Hex Head, 5/16" x 3/4" L - BLK	2
GT-X-108	Screw, Recessed Flat Head, 5/16" x 3/4" L - BLK	2

DECISION POINT

GT - STEP 3c



At the Leg Extension / Curl Station, the bottom set of Rollers (51) can be installed at either hole on the Leg Extension Arm (13-ASM). The Support Tube (50) can be installed in:

- **The top hole**, which will accommodate **shorter legs**.
- or**
- **The bottom hole**, which will accommodate **longer legs**.

It comes down to personal comfort while doing variety of leg exercises.

Preparing for STEP 3d: Roller Pads Installation

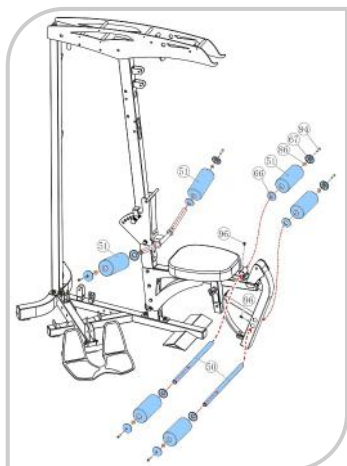
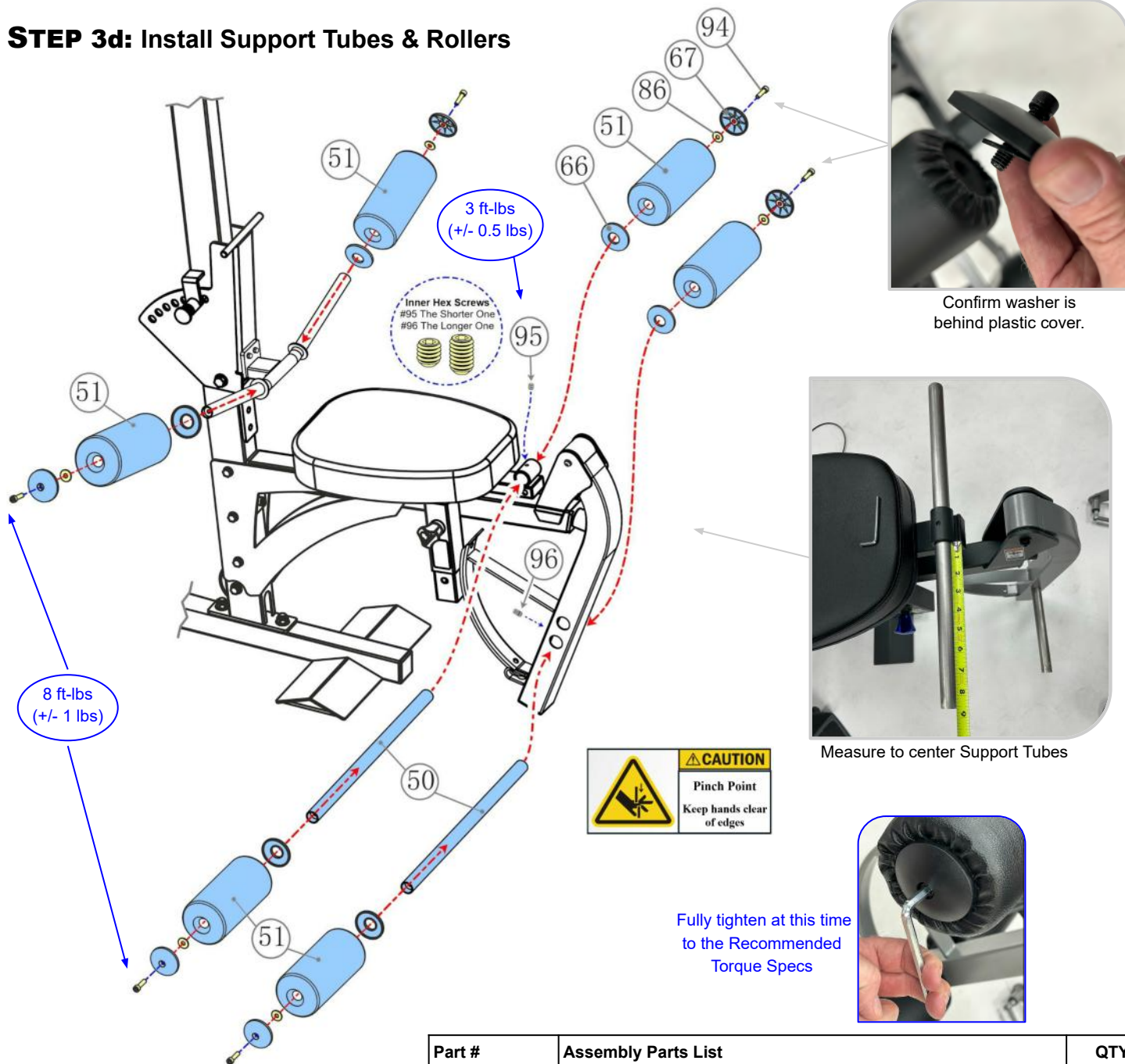


Easier to not forget any parts & shorten the assembly time, when laying out the next STEP parts in order to install.



When assembled and tightened correctly, the roller pads should look like the image above.

STEP 3d: Install Support Tubes & Rollers

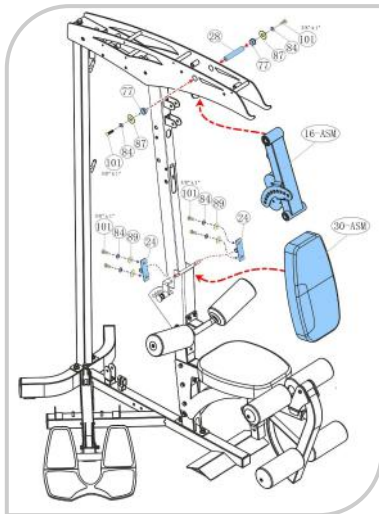


Part #	Assembly Parts List	QTY
GT-X-050	Support Tube for 051 Rollers, Stainless Steel, 5/16" nuts inserted & welded on both ends	2
GT-X-051	Roller, Upholstered Foam	6
GT-X-066	End Cap for Upholstered Roller, Large Hole, Plastic - BLK	6
GT-X-067	End Cap for Upholstered Roller, Small Hole, Plastic - BLK	6

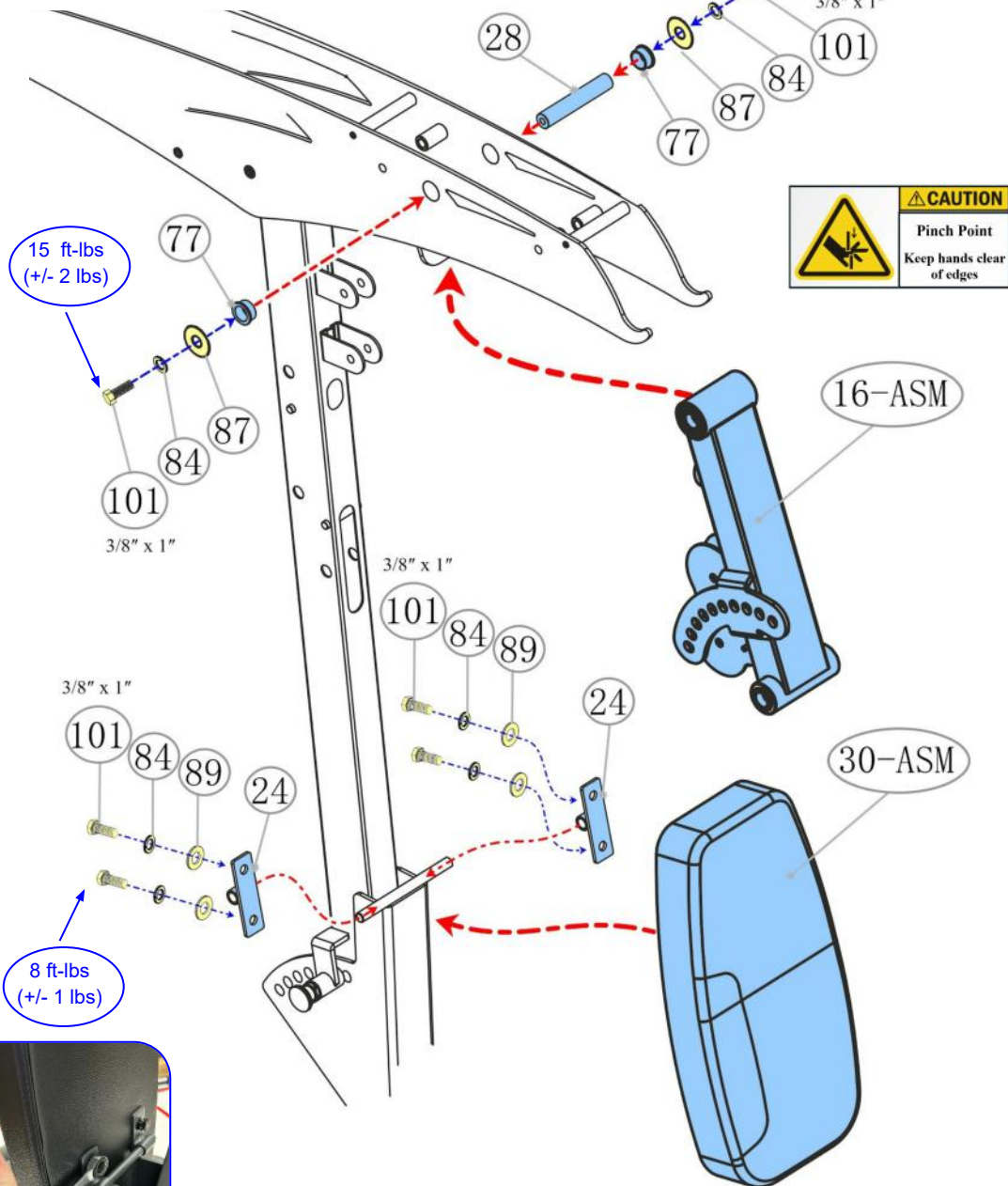
Part #	Assembly Hardware	QTY
GT-X-086	Washer, Flat, Large, ø8mm - BLK	6
GT-X-094	Bolt, Recessed Round Head, 5/16" x 1-1/4" L - BLK	6
GT-X-095	Screw, Inner Hex, 5/16" x 1/4" L - BLK	1
GT-X-096	Screw, Inner Hex, 5/16" x 1/2" L - BLK	1

Product Assembly, GT, STEP 4a - 4b

STEP 4a - 4b: Install the Connecting Frame & Back Pad



TIP: Preassemble one side of the Metal Hinge to the Seat Back, then slide onto the Adjusting Frame.

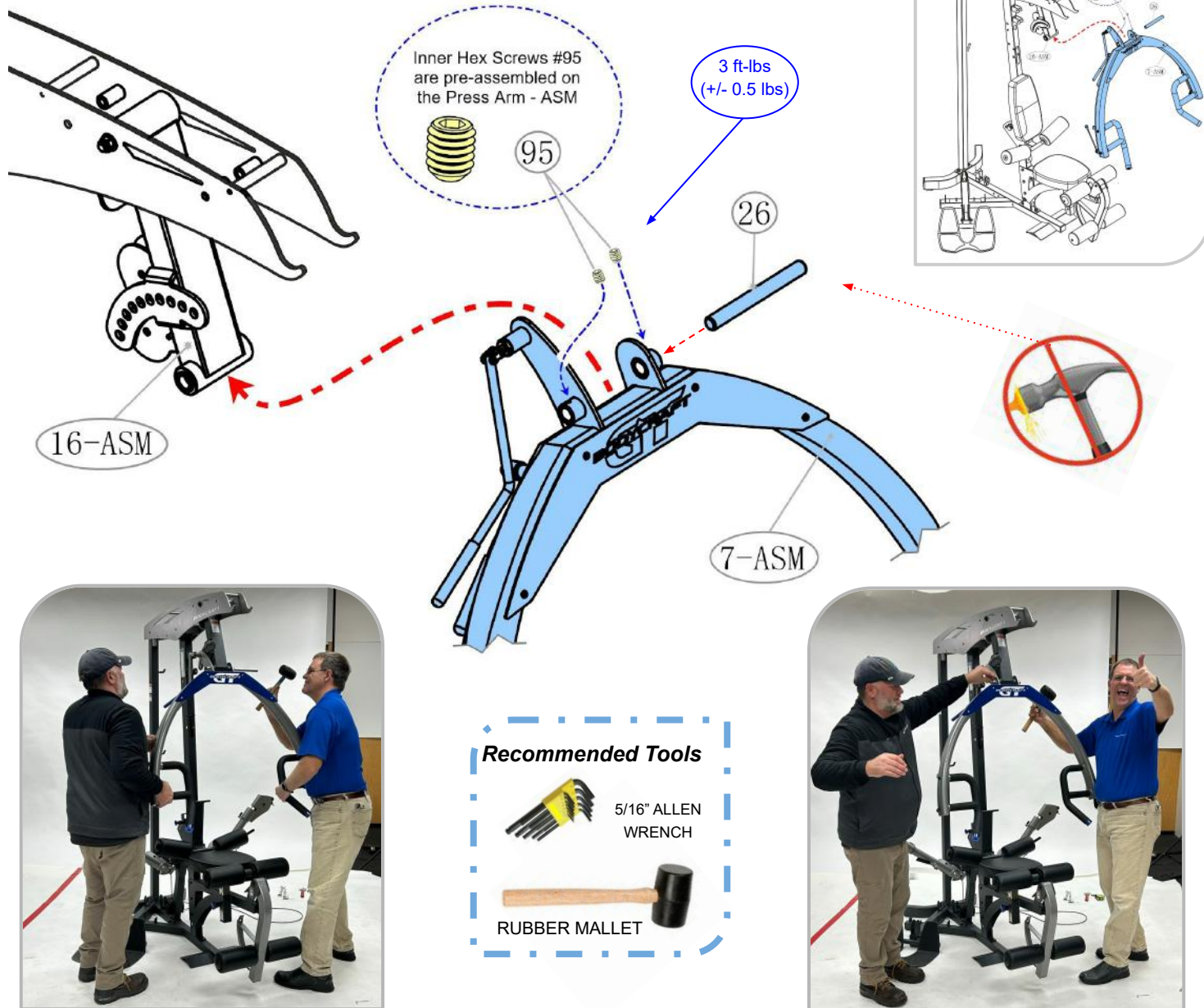


Fully tighten at this time all hardware to the Recommended Torque Specs

Part #	Assembly Hardware	QTY
GT-X-084	Washer, Spring, 3/8" - BLK	6
GT-X-087	Washer, Flat, Large, ϕ 10mm - BLK	2
GT-X-089	Washer, Flat, 3/8" - BLK	4
GT-X-101	Bolt, Hex Head, 3/8" x 1" L - BLK	6

Part #	Assembly Parts List	QTY
GT-X-016-ASM	Connecting Frame for Press Arm - Assembly	1
GT-X-024	Metal Hinge to Seat Back Pad	2
GT-X-028	Axle, for Press Arm, Upper, 20mm OD x 3/8" threaded ID x 114mm L	1
GT-X-030-ASM	Pad, Back with BodyCraft Logo - Assembly	1
GT-X-077	Bushing, Steel, for Upper Pulleys & Press Arm, 20mm ID	2

STEP 4c: Install the Press Arm Assembly



CAUTION: Press Arm Assembly (7-ASM) is large and awkward to install, especially to the Connecting Frame (16-ASM). Find a friend to help with STEP 4b to ensure a happier and longer life during the rest of the assembly process!



Double CONFIRM the Press Arm Axle is centered before tightening the Inner Hex Screws



Part #	Assembly Parts List	QTY
GT-X-007-ASM	Press Arm - Assembly	1
GT-X-026	Axle, for Press Arm, Lower, 20mm OD (solid w/ no flat notch) x 186mm L	1

Part #	Assembly Hardware	QTY
GT-X-095	Screw, Inner Hex, 5/16" x 1/4" L - BLK	2

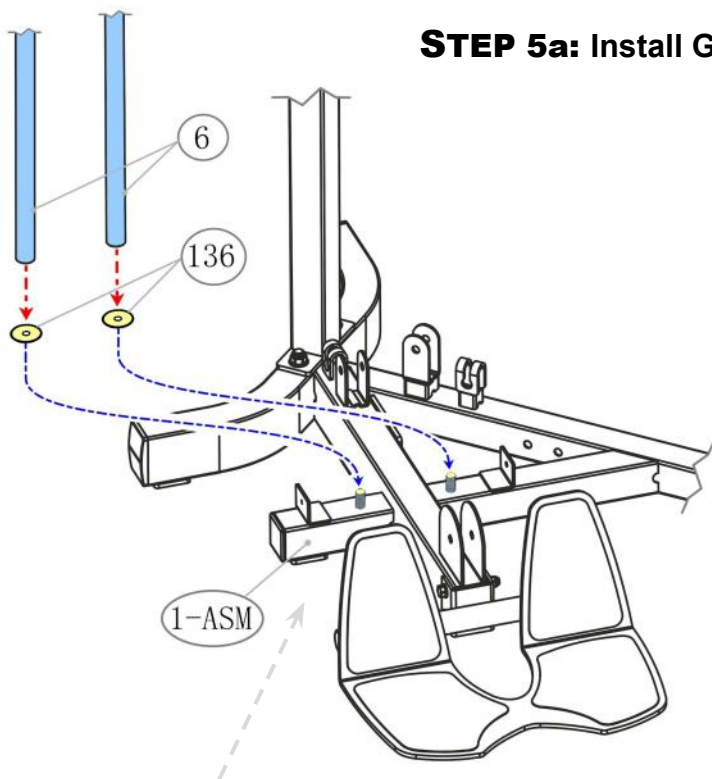


Fully tighten at this time all hardware to the Recommended Torque Specs

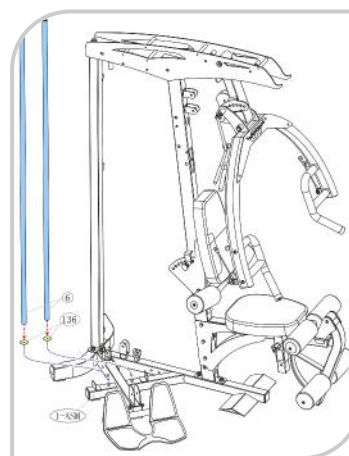


STEP 5a Please ONLY Hand Tighten the Guide Rods, No Tools

STEP 5a: Install Guide Rods



DO NOT USE
Pliers or Locking Jaw Pliers

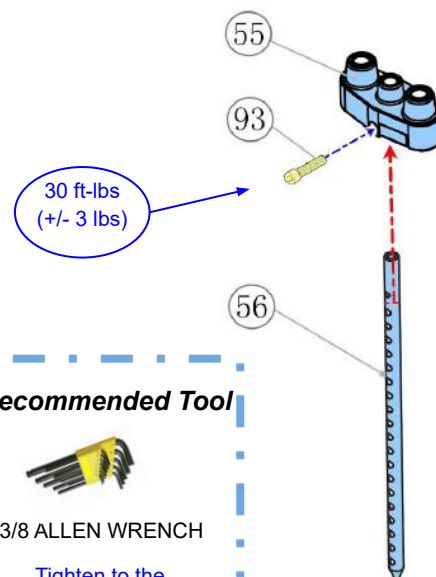


CONFIRM the Large Spacer Washers are placed on the Main Frame over the welded-in bolts.



Guide Rods have welded-in nuts and will need to be screwed tight by HAND onto Main Frame bolts.

STEP 5b: Install Selector Rod



Recommended Tool



3/8 ALLEN WRENCH

Tighten to the Recommended Torque Specs at this time.

Part #	Assembly Parts List	QTY
GT-X-006	Guide Rod, 1" OD x 72-1/2" L, 3/8" nuts inserted & welded both ends	2
GT-X-055-ASM	Top Plate - Assembly	1
GT-X-056	Selector Rod, 19 Holes	1

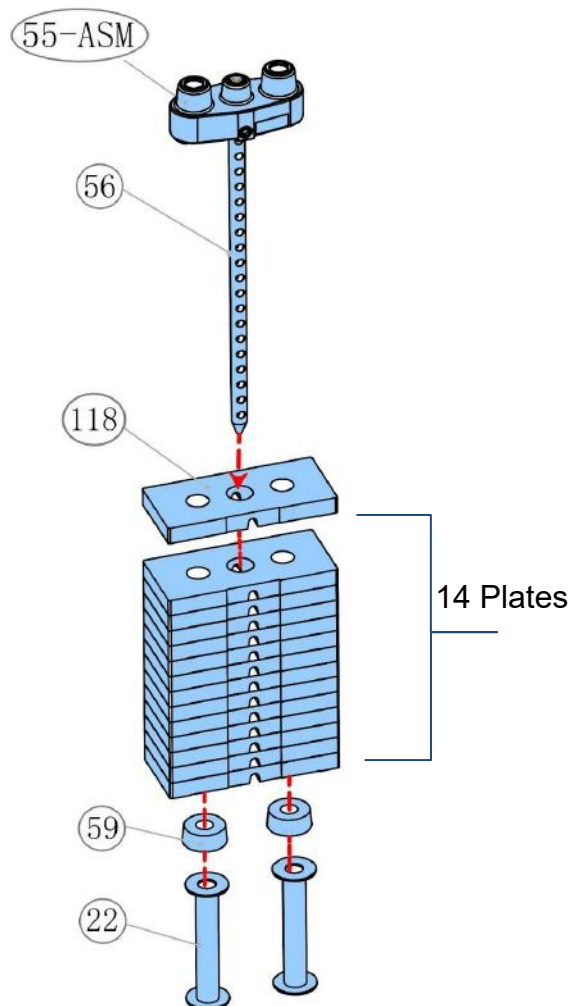
Part #	Assembly Hardware	QTY
GT-X-136	Washer, Spacer, Large, for bottom of Guide Rods, 50mm OD x 11mm ID x 5mm Thick - BLK	2
GT-X-093	Bolt, Recessed Round Head, 7/16" x 1-3/4" L - BLK	1

DECISION POINT

150 lb Weight Stack

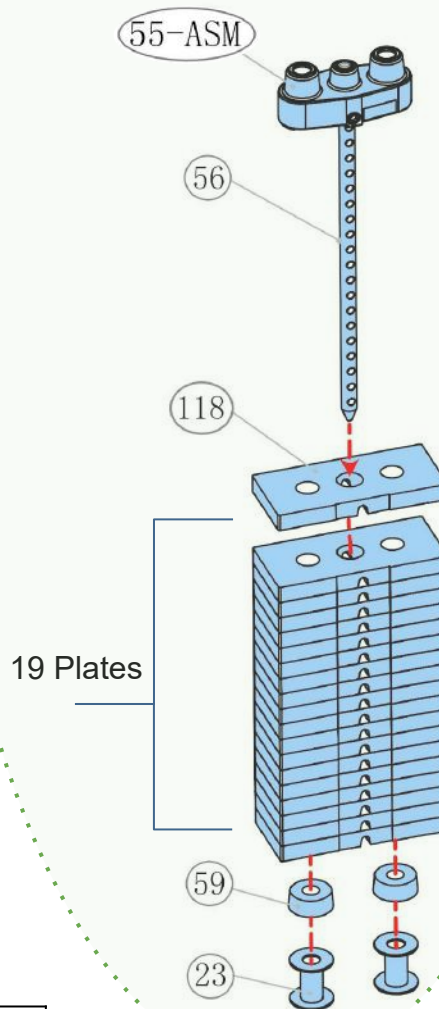
GT - STEP 5c

If you are installing the 150 lb Weight Stack, use the **7" tall** Stack Spacers (22).

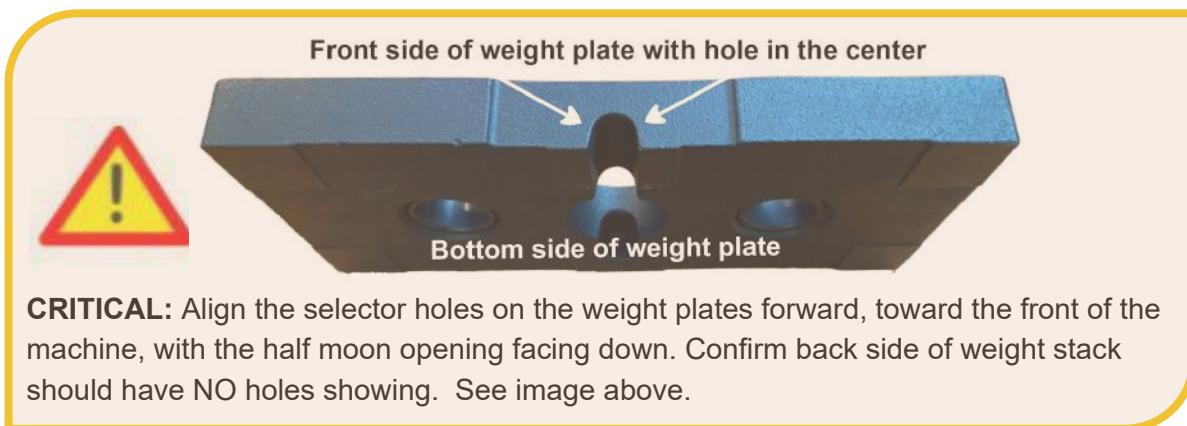


OPTIONAL 200 lb Weight Stack

If you are installing the OPTIONAL 200 lb Weight Stack, use the **3" tall** Stack Spacers (23).



Part #	Assembly Parts List	QTY
GT-X-022	Stack Spacer, Tall, 7" for 150lb weight stack	2
GT-X-023	Stack Spacer, Short, 3" for Optional 200lb weight stack	2
GT-X-055-ASM	Top Plate - Assembly	1
GT-X-056	Selector Rod, 19 Holes	1
GT-X-059	Rubber Cushion for Weight Stack	2
GT-X-118	Weight Plate, 10lbs (4.5kg) *** (19 plates with 200lb upgrade)***	14

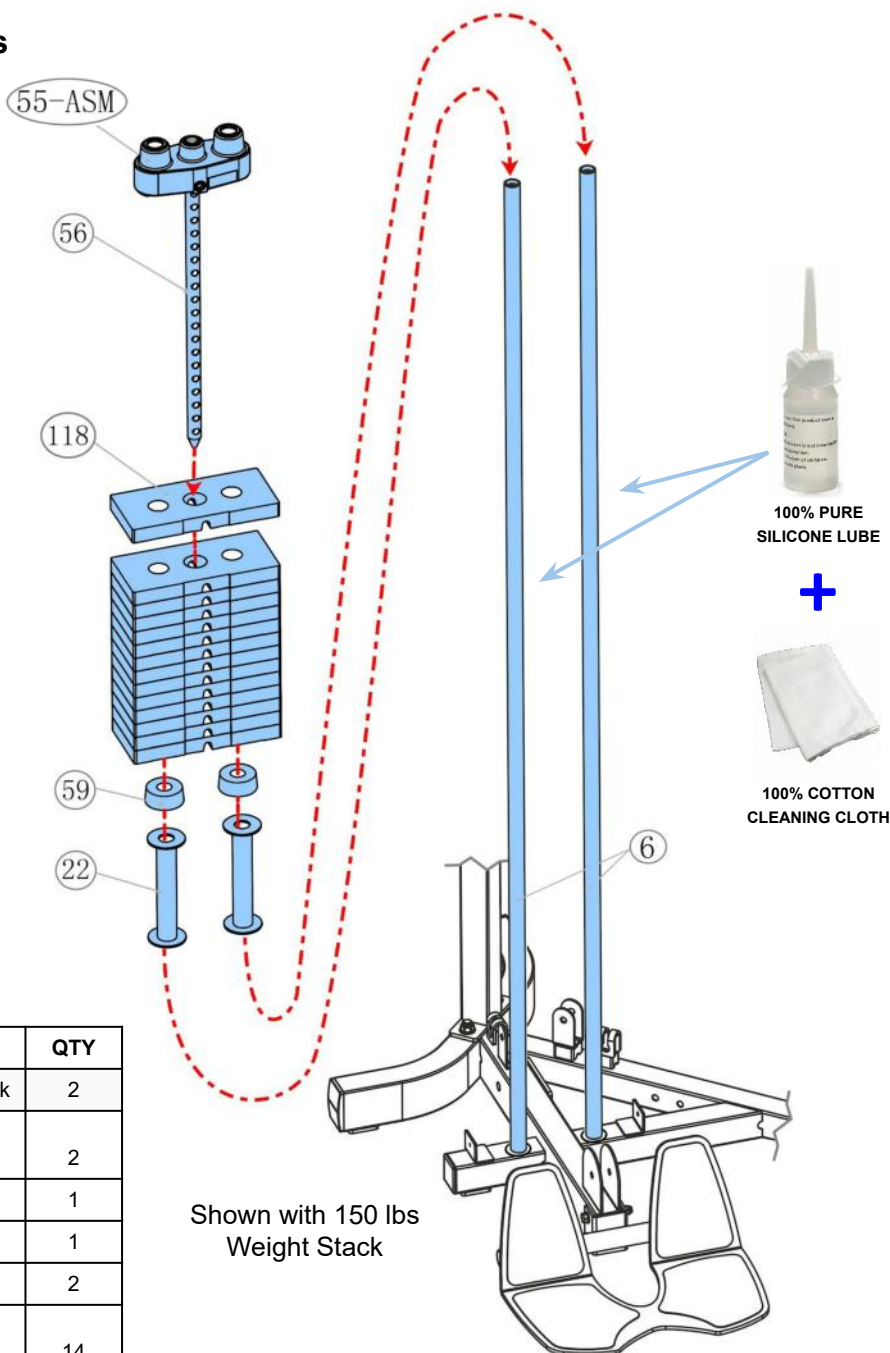


STEP 5d: Lightly Lube Guide Rods

NOTE: Lightly lubing the Guide Rods is a great practice to do at this point due to:

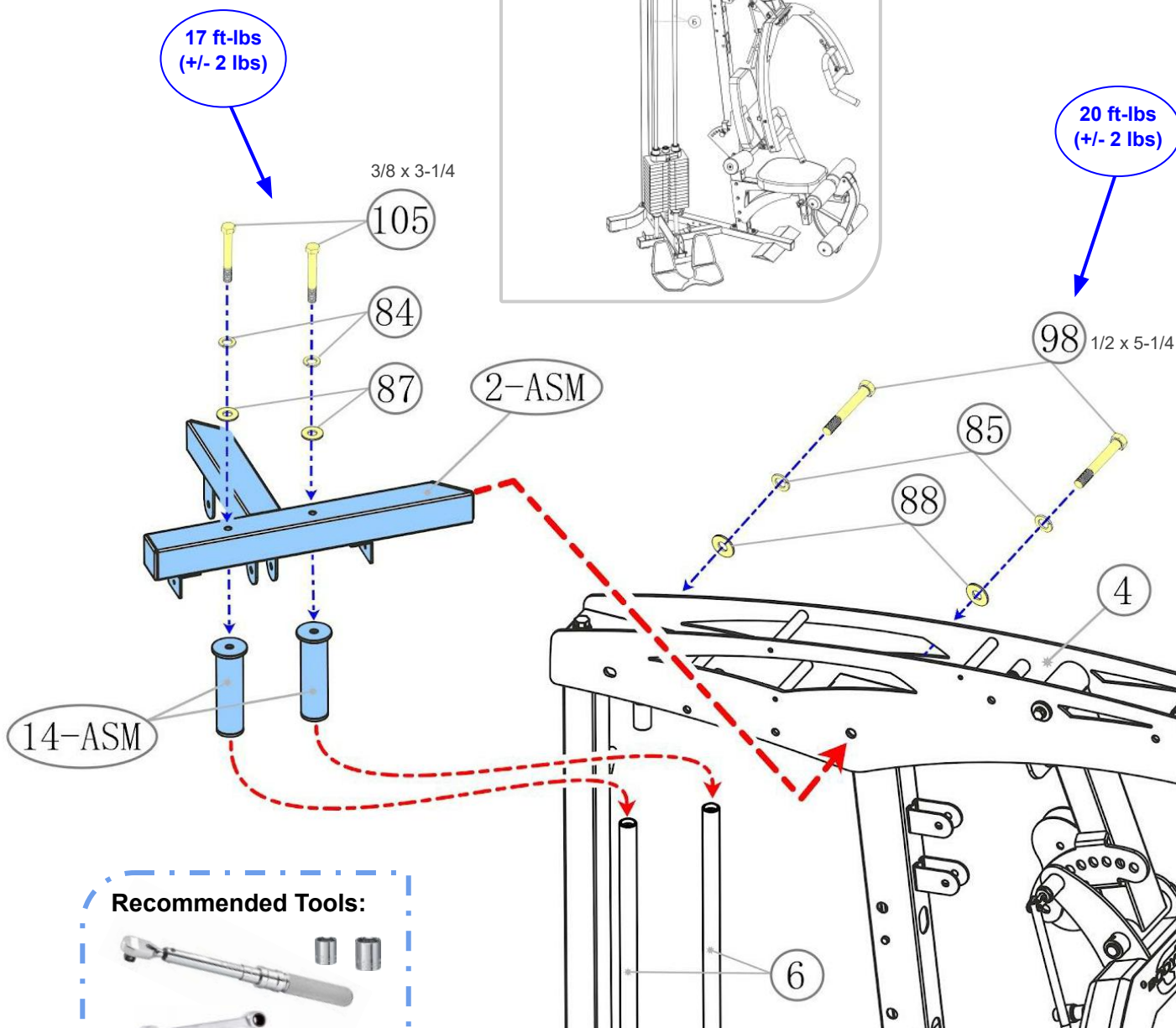
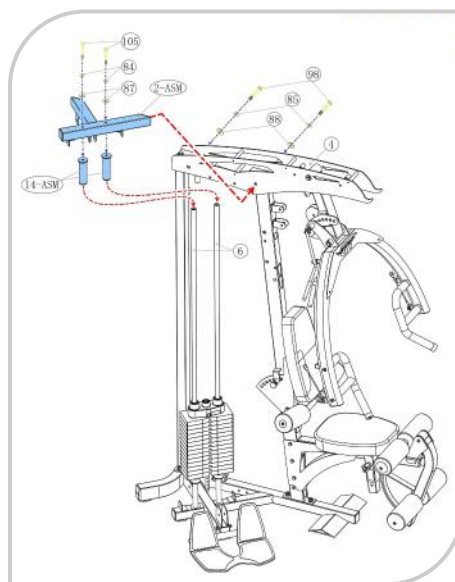
- Doing this before the weight stack goes on and blocks the potential "dry" part of the Guide Rods, ensures they are lubed.
- Ensures that the Weight Plates internal bushing get a "break-in" lube for a quiet & longer life operation.
- Add protection to the Guide Rods (6) from future potential surface rust in the higher humidity environments.

STEP 5e: Install Stack Spacers, Rubber Cushions, Weight Plates, & Top Plate w/ Selector Rod



Part #	Assembly Parts List	QTY
GT-X-022	Stack Spacer, Tall, 7" for 150lb weight stack	2
GT-X-023	Stack Spacer, Short, 3" for Optional 200lb weight stack	2
GT-X-055-ASM	Top Plate - Assembly	1
GT-X-056	Selector Rod, 19 Holes	1
GT-X-059	Rubber Cushion for Weight Stack	2
GT-X-118	Weight Plate, 10lbs (4.5kg) *** (19 plates with 200lb upgrade)***	14

STEP 5f: Install Limit Tubes & Top Connector Frame



Recommended Tools:

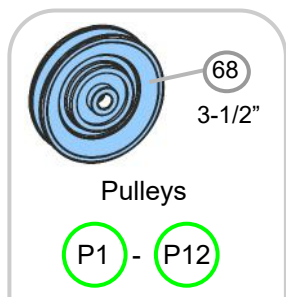
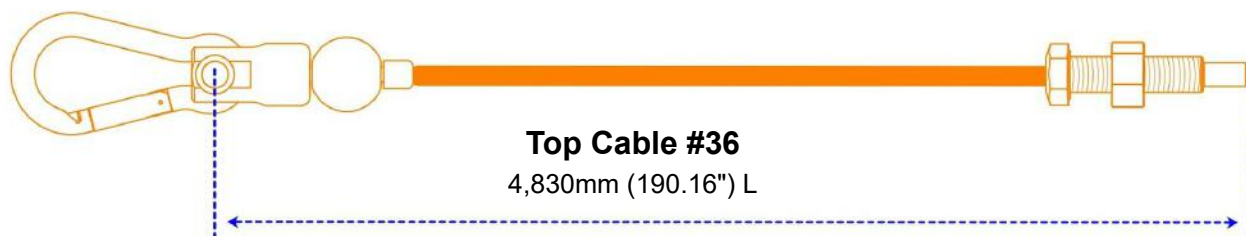


TORQUE WRENCH w/ 3/4, 9/16
SOCKETS & 3/4, 9/16 WRENCHES

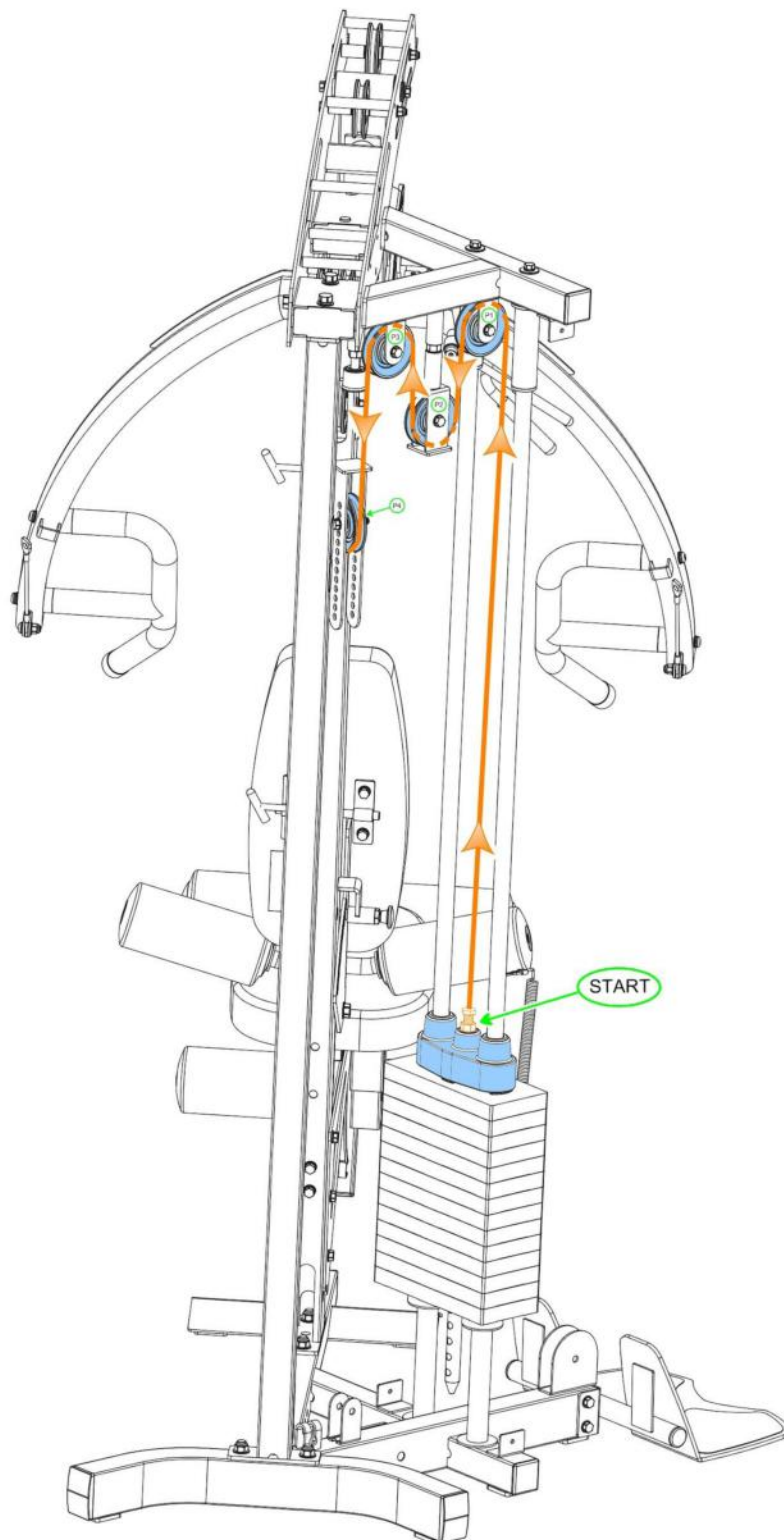
Tighten to the Recommended
Torque Specs at this time.

Part #	Assembly Hardware	QTY
GT-X-084	Washer, Spring, 3/8" - BLK	2
GT-X-085	Washer, Spring, 1/2" - BLK	2
GT-X-087	Washer, Flat, Large, ϕ 10mm - BLK	2
GT-X-088	Washer, Flat, 1/2" - BLK	2
GT-X-098	Bolt, Hex Head, 1/2" x 5-1/4" L - BLK	2
GT-X-105	Bolt, Hex Head, 3/8" x 3-1/4" L - BLK	2

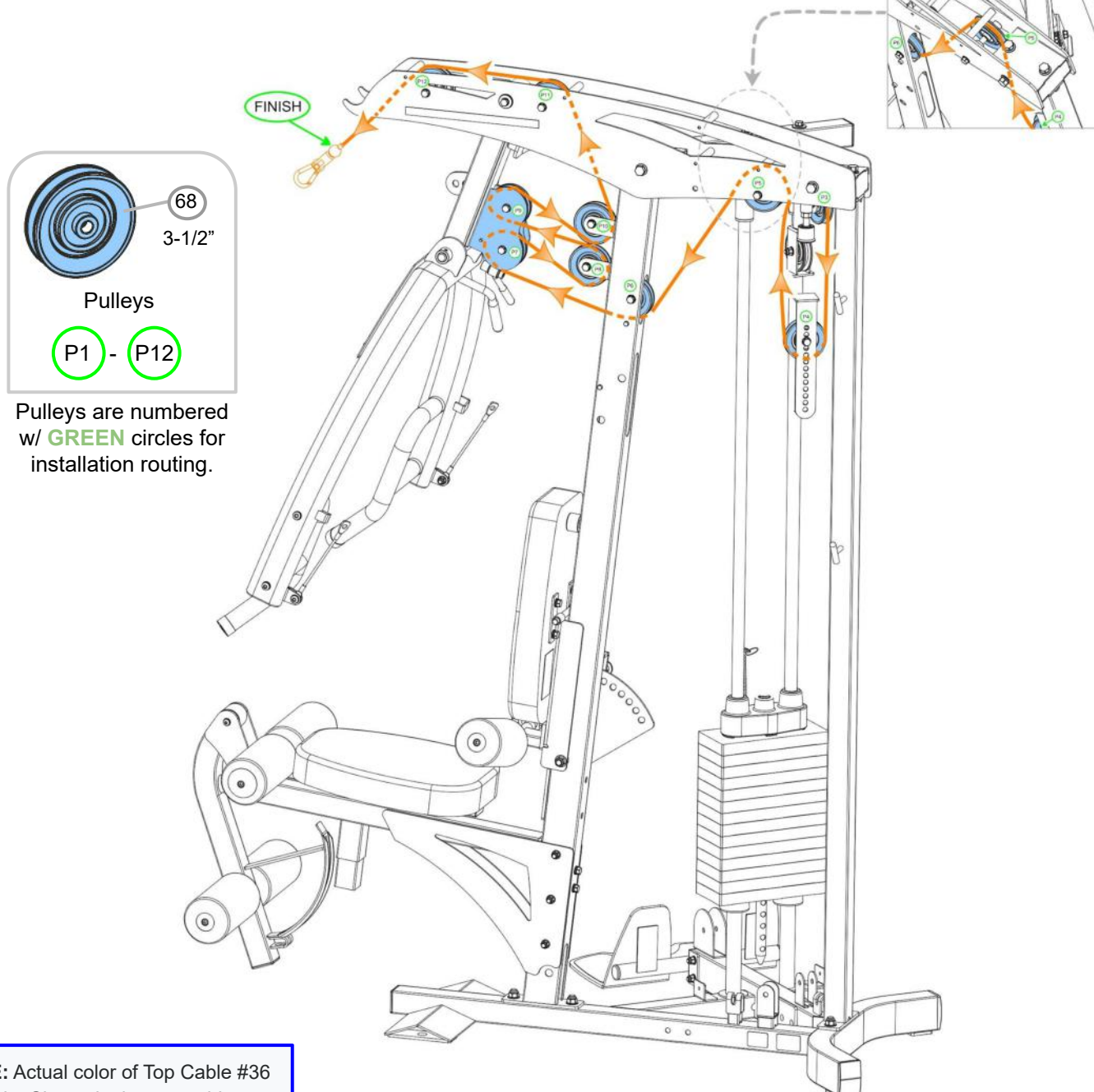
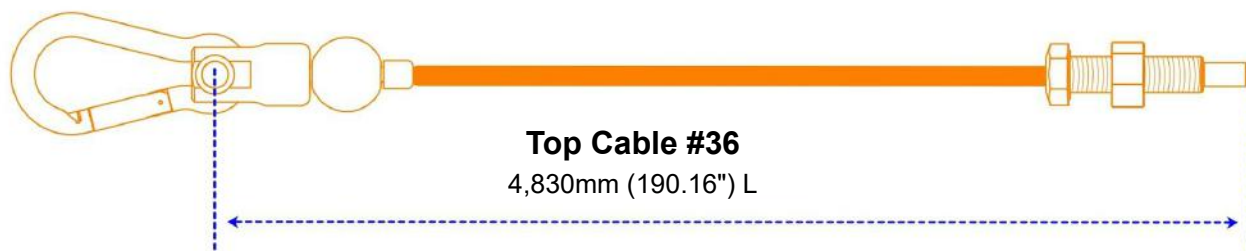
Part #	Assembly Parts List	QTY
GT-X-002-ASM	Frame, Connector, Top - Assembly	1
GT-X-014-ASM	Limit Tube - Assembly	2



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



NOTE: Actual color of Top Cable #36 is black. Shown in the assembly STEPS in **ORANGE** for easy viewing



NOTE: Actual color of Top Cable #36 is black. Shown in the assembly STEPS in **ORANGE** for easy viewing

Product Assembly, GT, STEP 6a & Optional Speed Trainer

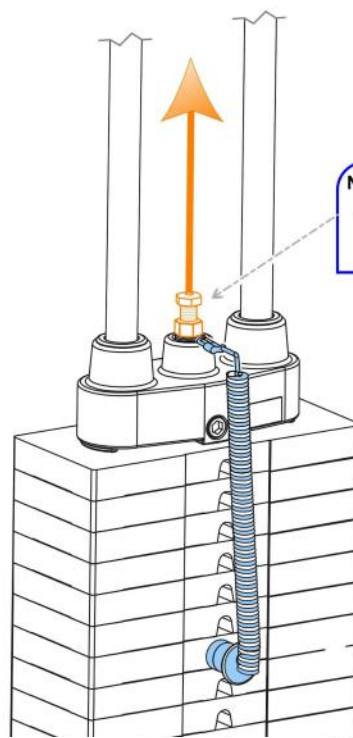
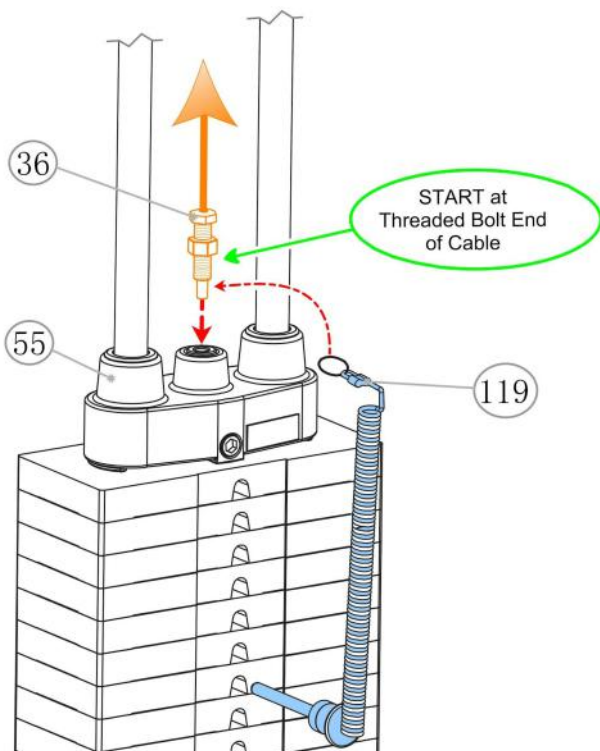
STEP 6a: Install Top Cable #36 to Top Plate

Recommended Tool



ADJUSTABLE WRENCH

Tighten the Cable Bolt & Jam Nut at this time.



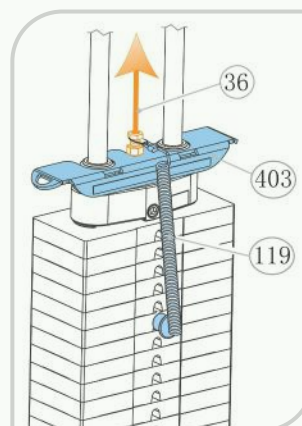
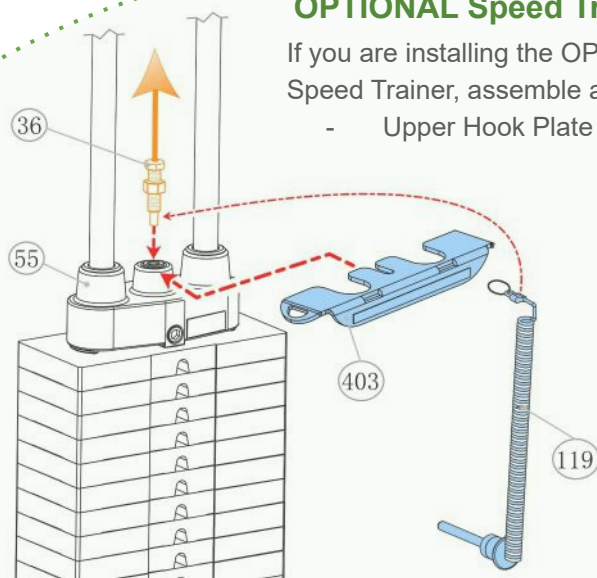
Part #	Assembly Parts List	QTY
GT-X-036	Cable, Top, 4,830mm (190.16") L	1
GT-X-119	Selector Pin w/ Lanyard, Aluminum - BLUE	1



OPTIONAL Speed Trainer

If you are installing the OPTIONAL Speed Trainer, assemble at this time:

- Upper Hook Plate (403)

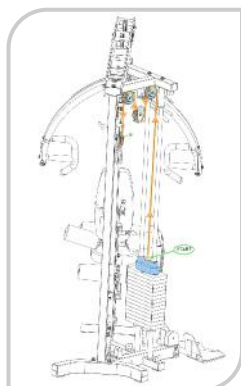
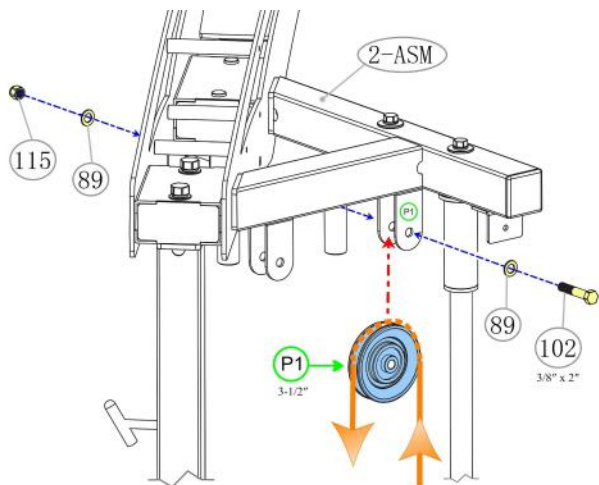


Part #	Detailed Parts List	QTY
S-Trainer-403	Hook Plate, Upper, to Weight Stack	1

STEP 6b: Install Pulley P1



Please Hand Tighten All Nuts & Bolts Until STEP 6n



Recommended Tool



ADJUSTABLE WRENCH

Screw in Threaded Rod **or** Adjustable Stopper 50% into the Upper Frame.

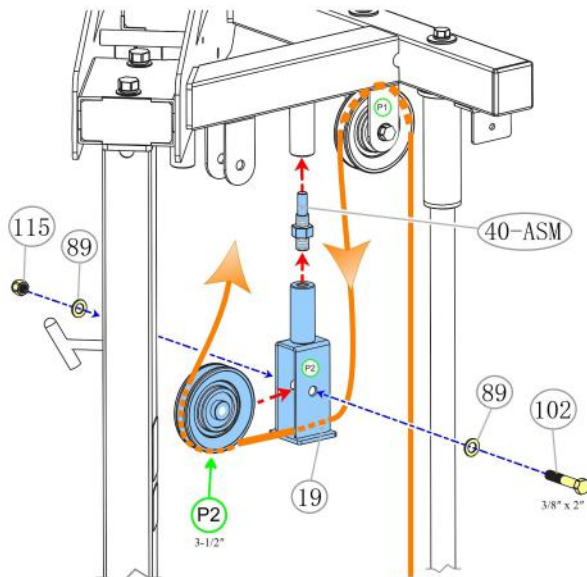
Tighten the Jam Nut at this time.

DECISION POINT

GT - STEP 6c

If you are only assembling a GT Strength Training System at this time, install:

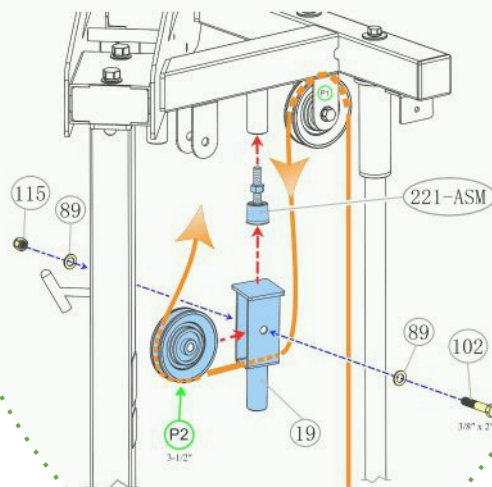
- Threaded Rod #40-ASM
- Single Pulley Block #19
- Pulley P2 #68



OPTIONAL GT-LP Leg Press

If you are installing the **OPTIONAL GT-LP Leg Press**, use:

- Adjustable Stopper #221-ASM
- Single Pulley Block #19 (Flipped)
- Pulley P2 #68



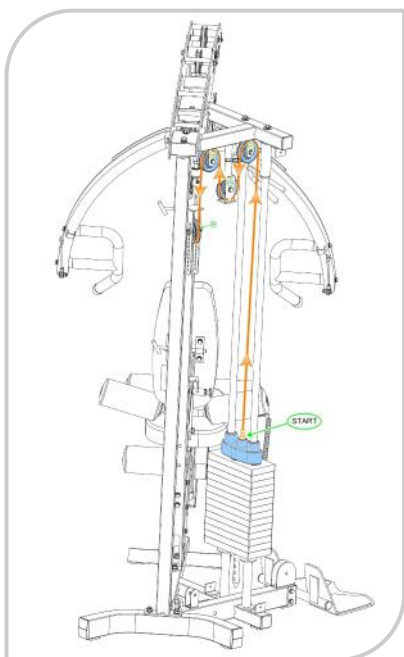
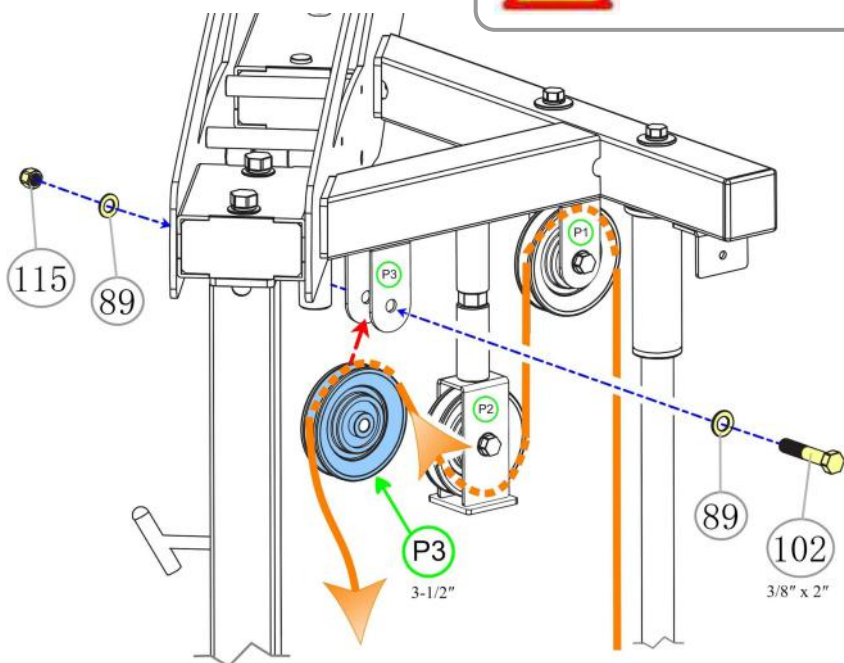
Part #	Assembly Parts List	QTY
GT-X-019	Pulley Block, Single Closed Flat End, w/ Cable End Threaded Shaft	1
GT-X-040-ASM	Threaded Rod, between Top Connector Frame & Single Block Pulley (Not used w/ Leg Press) - Assembly	1
GT-X-068	Pulley, 90mm (3-1/2") x Ø26mm ID	2
GT-X-LP-221-ASM	Adjustable Stopper, for the Single Pulley Block - Assembly	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

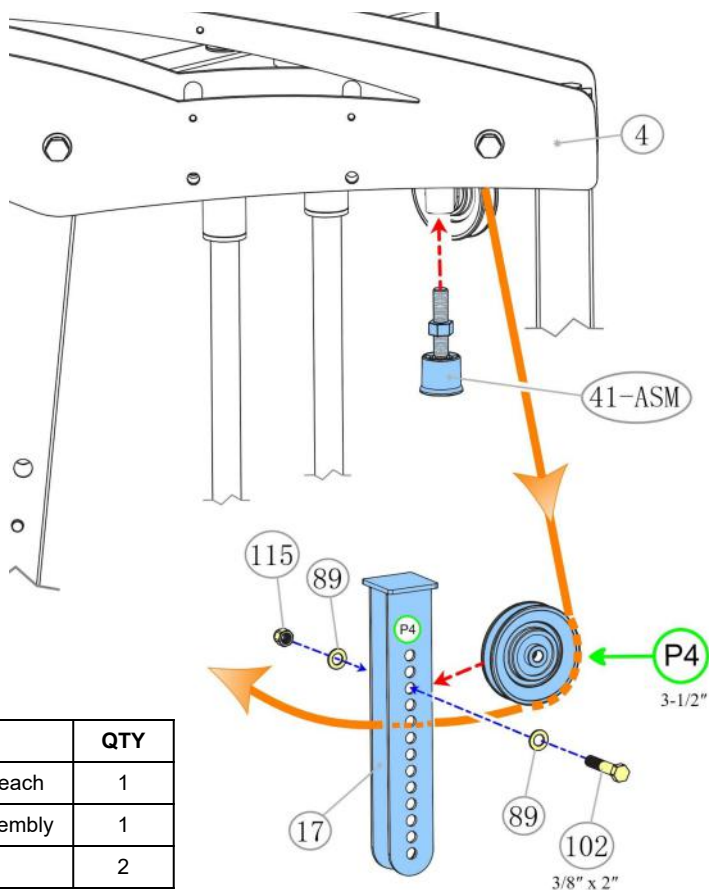
STEP 6d: Install Pulley P3



Please Hand Tighten All Nuts & Bolts Until STEP 6n



STEP 6e: Install Adjustable Stopper, Double Pulley Block & Pulley P4



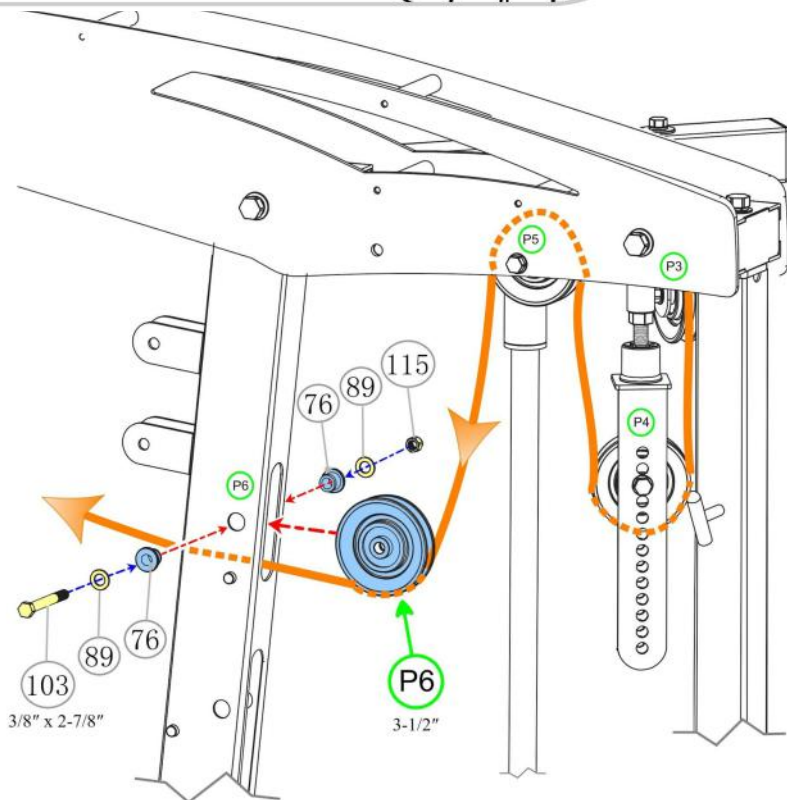
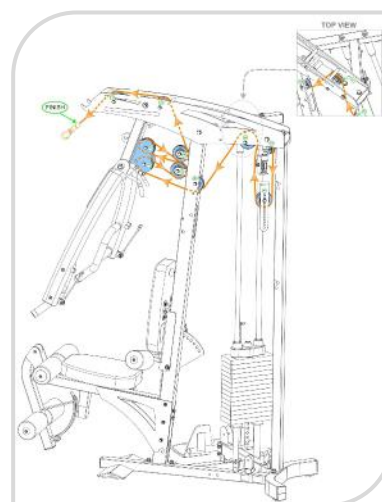
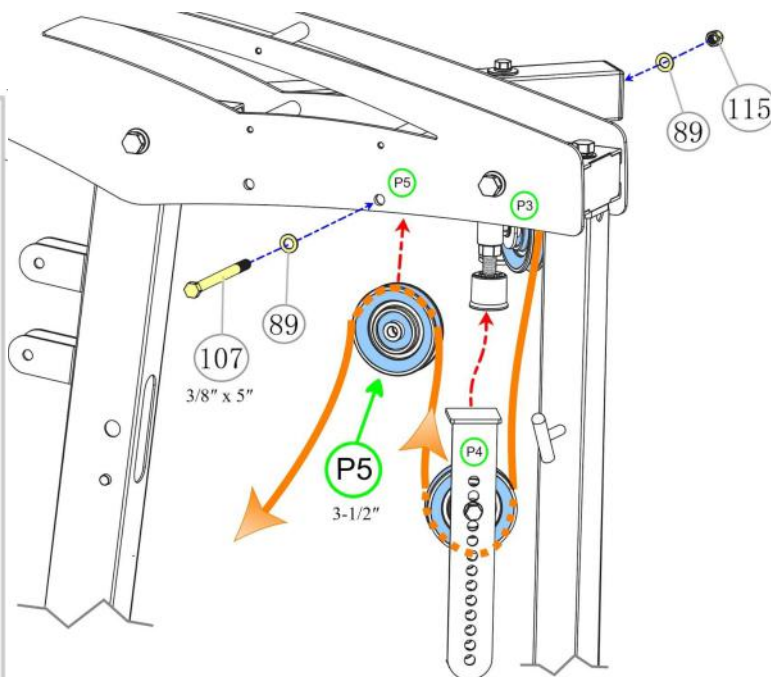
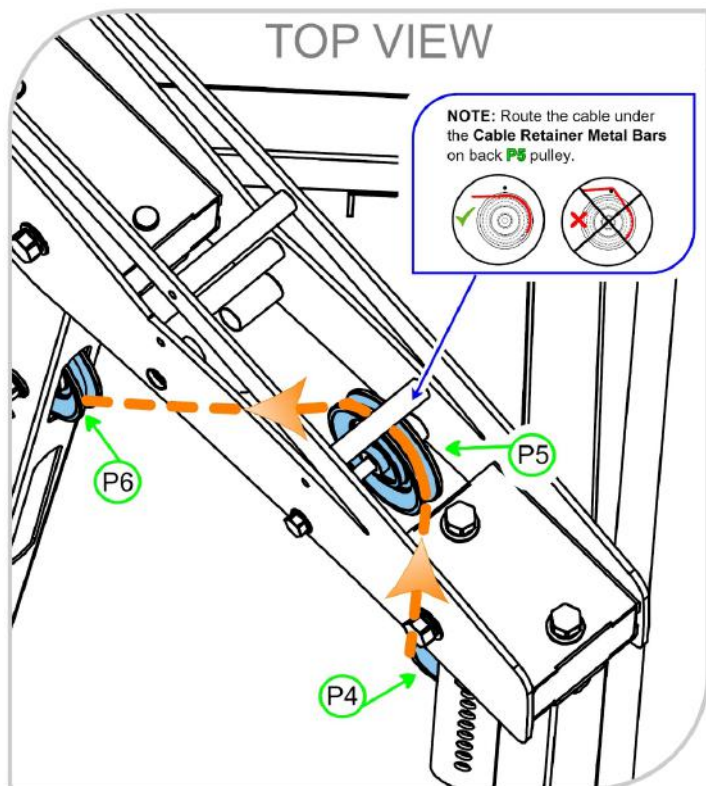
Part #	Assembly Parts List	QTY
GT-X-017	Pulley Block, Double, Closed Flat End, Adjustable w/ 13 each	1
GT-X-041-ASM	Adjustable Stopper, for the Adjustable Pulley Block - Assembly	1
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	2

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 6n

STEP 6f - 6g: Install Pulleys P5 - P6



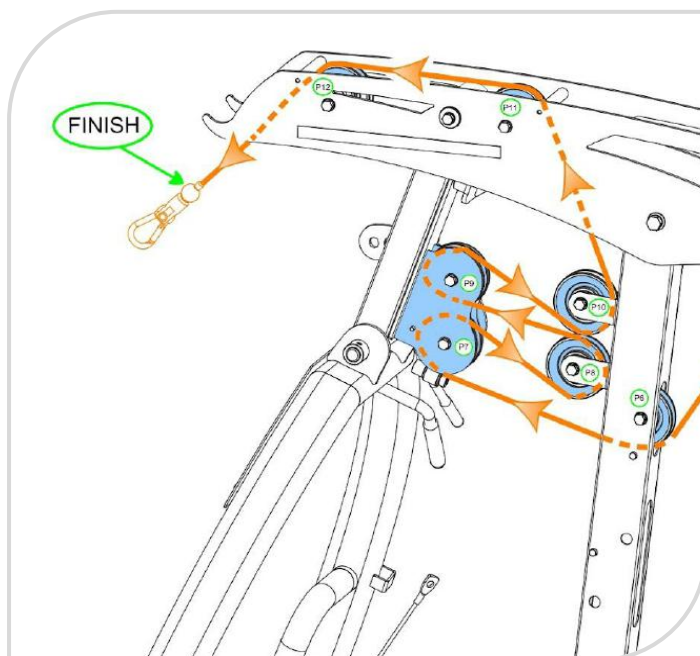
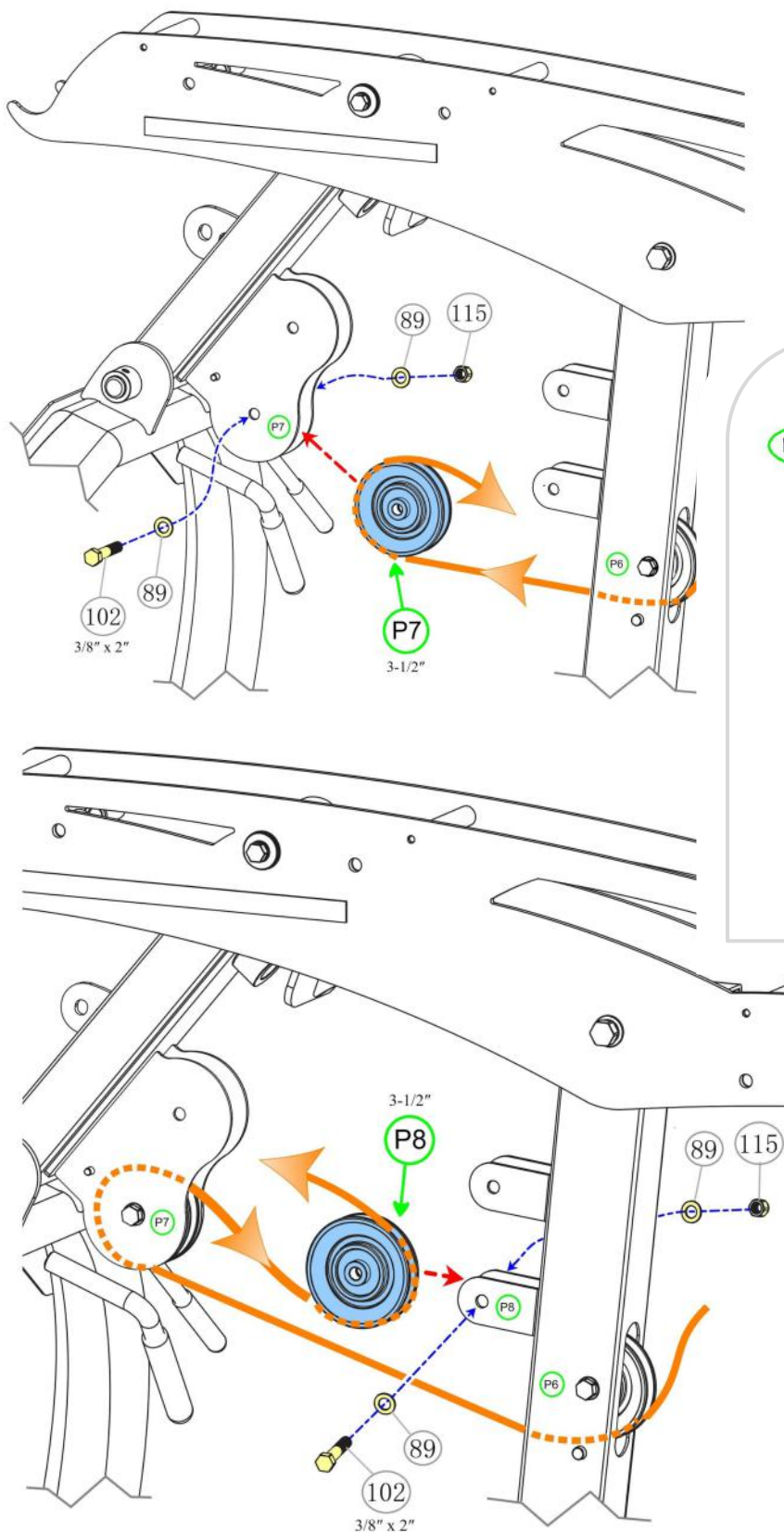
Part #	Assembly Parts List	QTY
GT-X-068	Pulley, 90mm (3-1/2") x 826mm ID	2
GT-X-076	Bushing, Plastic, for Pulley to Frame, 3/8" ID	2

Part #	Assembly Hardware	QTY
GT-X-089	Washer, Flat, 3/8" - BLK	4
GT-X-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	1
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	2



Please Hand Tighten All Nuts & Bolts Until STEP 6n

STEP 6h - 6i: Install Pulleys P7 - P8



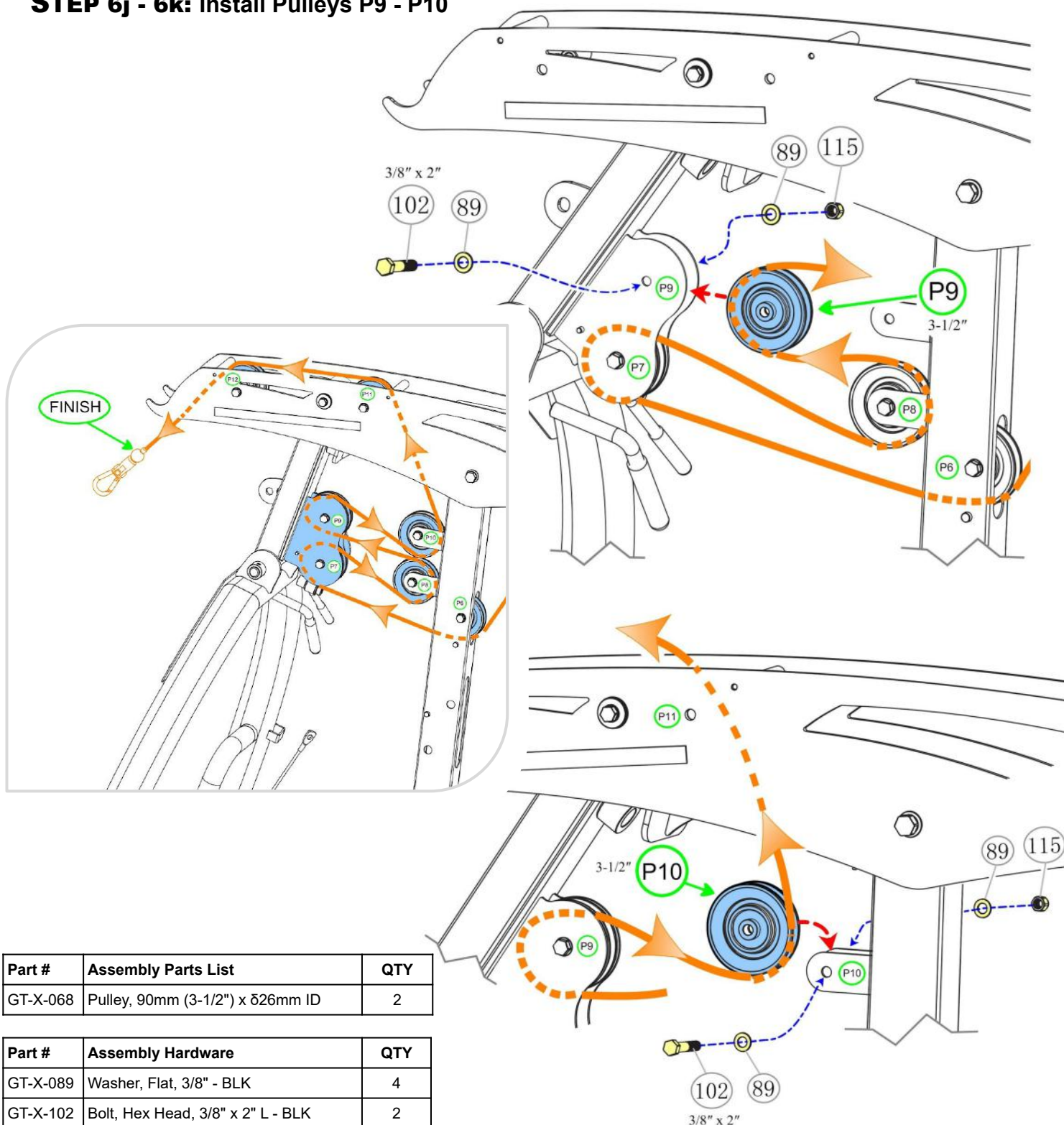
Part #	Assembly Parts List	QTY
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	2

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 6n

STEP 6j - 6k: Install Pulleys P9 - P10

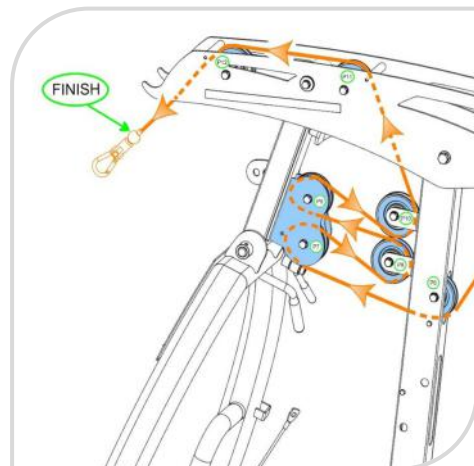
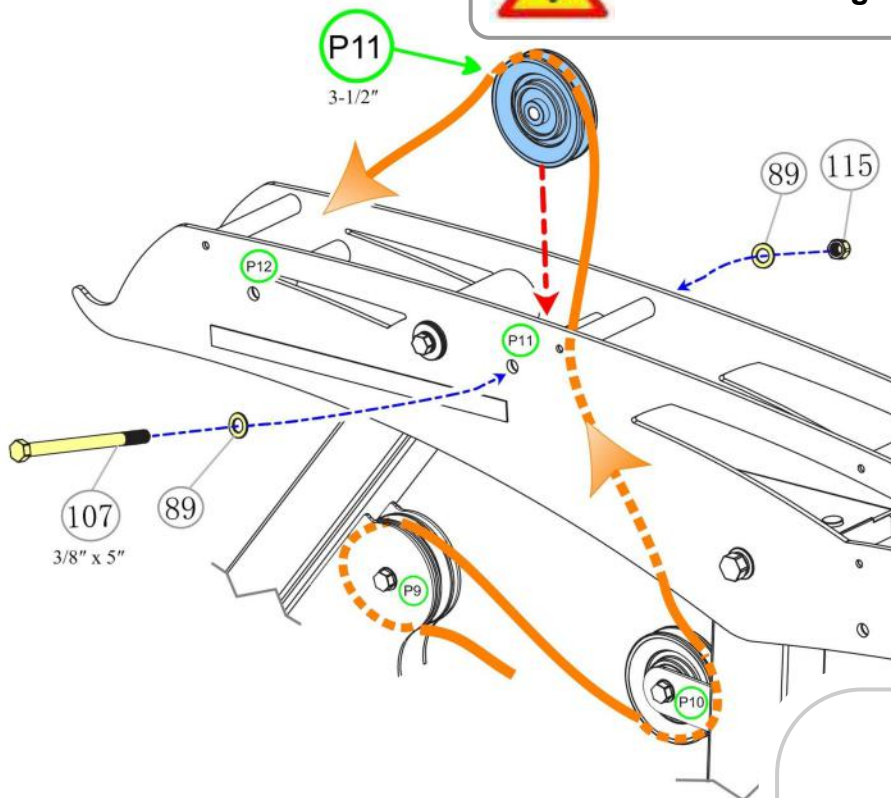


Part #	Assembly Parts List	QTY
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	2

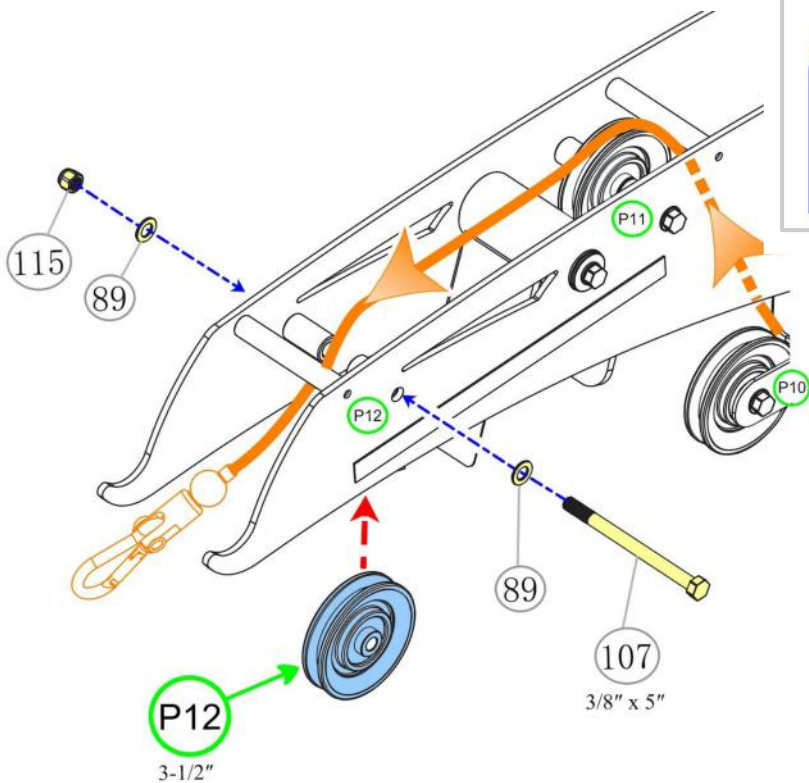
Part #	Assembly Hardware	QTY
GT-X-089	Washer, Flat, 3/8" - BLK	4
GT-X-102	Bolt, Hex Head, 3/8" x 2" L - BLK	2
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	2



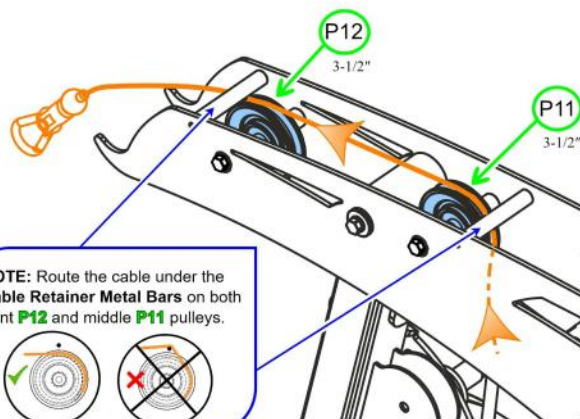
Please Hand Tighten All Nuts & Bolts Until STEP 6n



STEP 6l - 6m: Install Pulleys P11 - P12



TOP VIEW after pulleys installed



Part #	Assembly Parts List	QTY
GT-X-068	Pulley, 90mm (3-1/2") x ø26mm ID	2

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

Product Assembly, GT , STEP 6n - "Torque Time"

STEP 6n: "Torque Time"

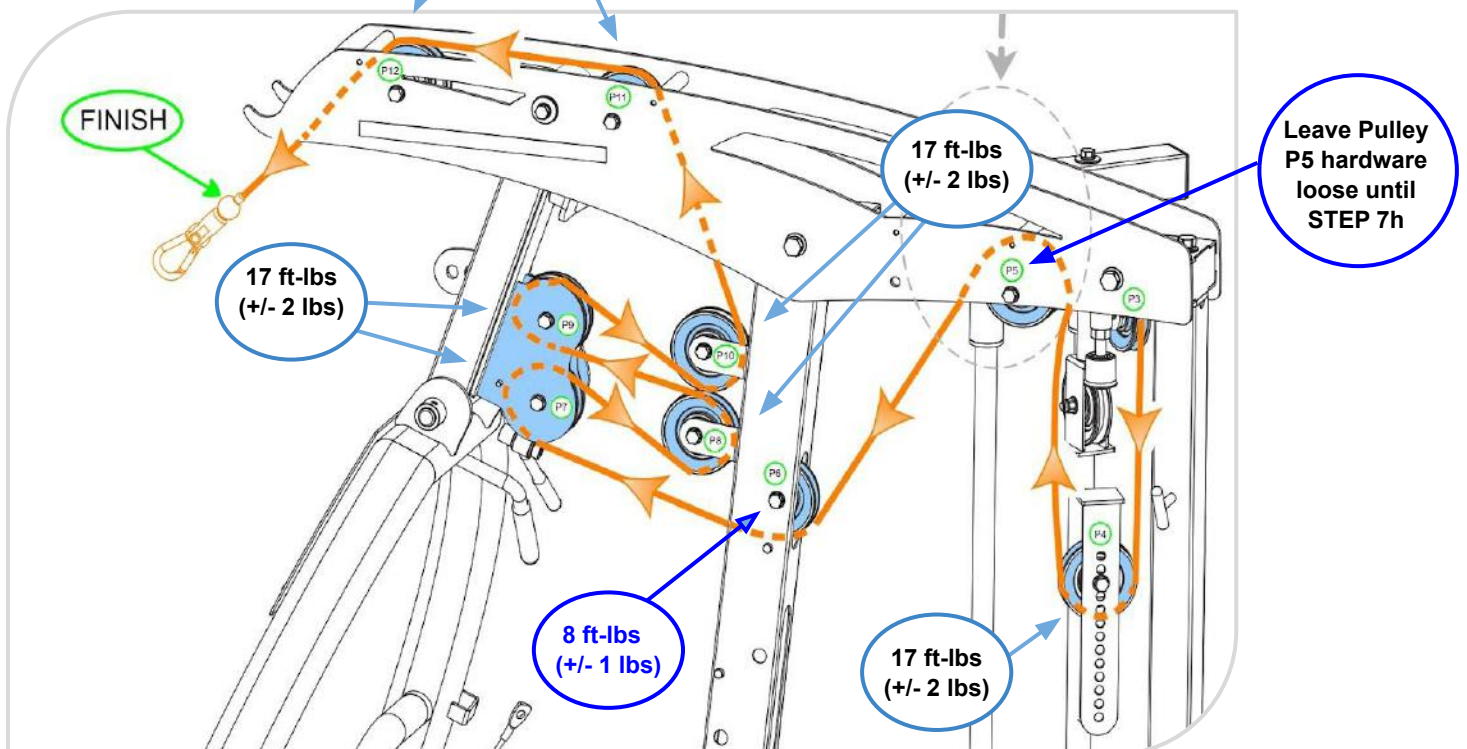
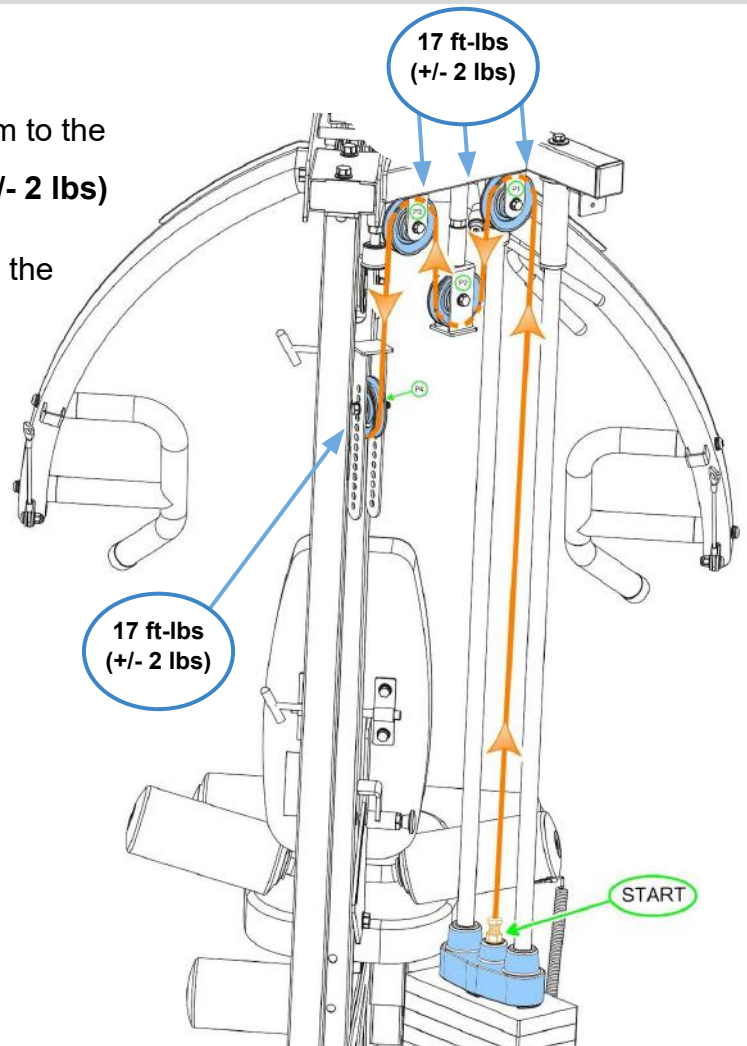
- Tighten the 3/8" Bolts from STEPS 6b to 6m to the recommended torque specs of **17 ft-lbs (+/- 2 lbs)**

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

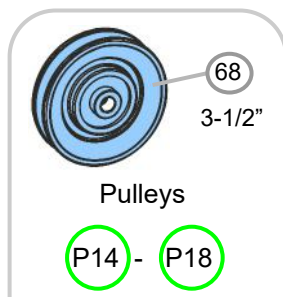
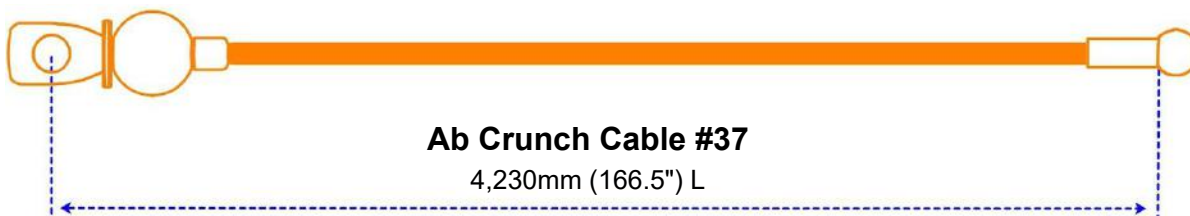
Recommended Tools:



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



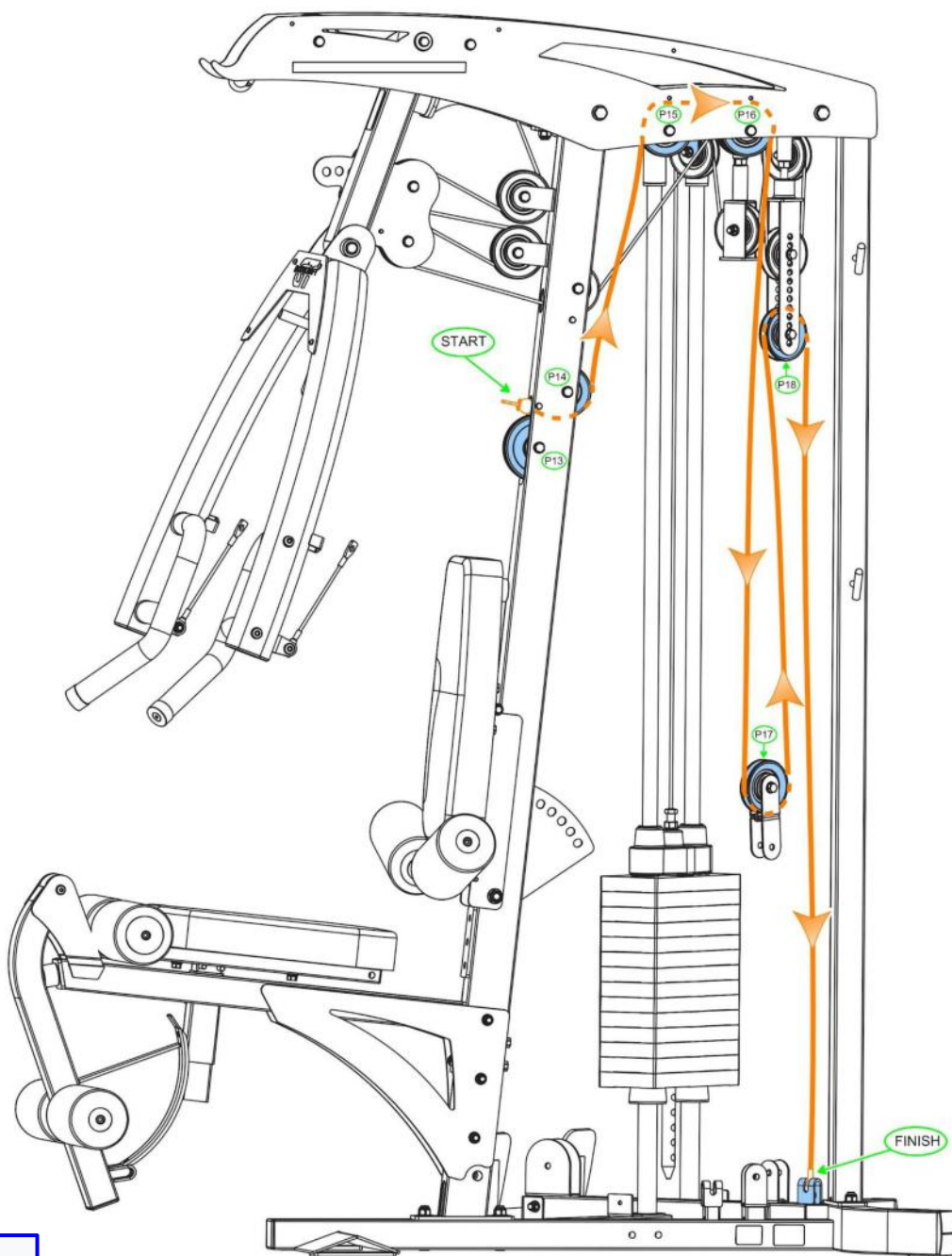
Product Assembly, GT, STEP 7 (Ab Cable #37) OVERVIEW



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

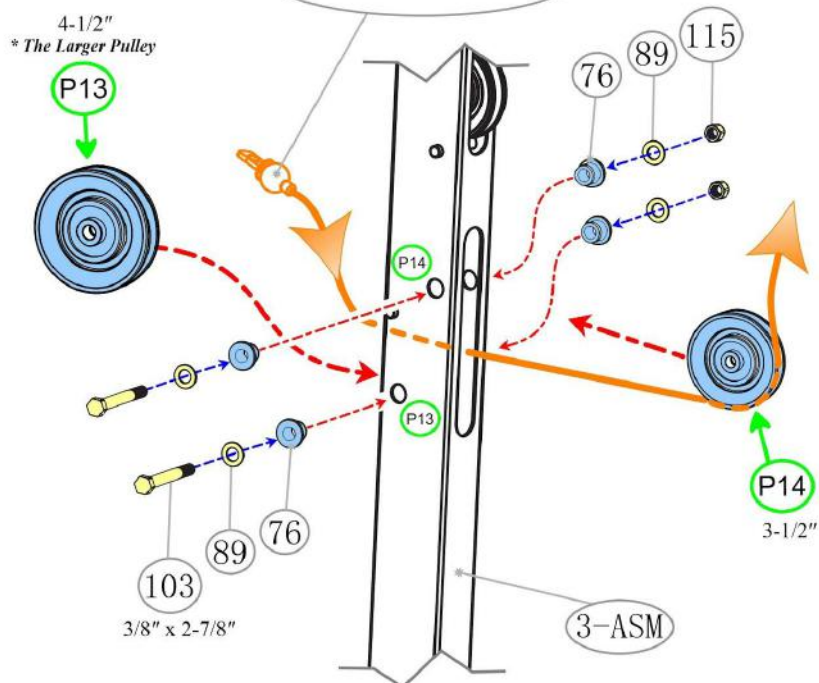
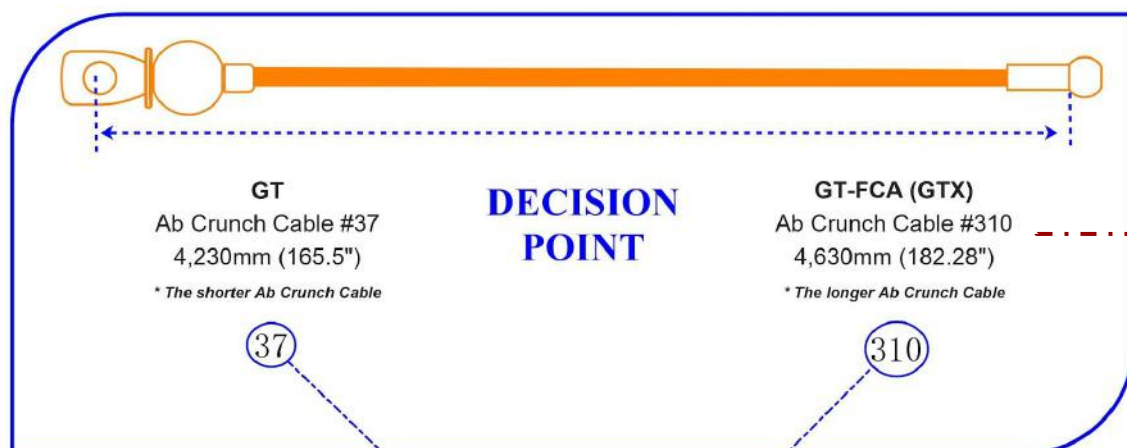


Pulleys are numbered w/ **GREEN** circles for installation routing.



NOTE: Actual color of Ab Cable #37 is black. Shown in the assembly STEPS in **ORANGE** for easy viewing

STEP 7a - 7b: Install Ab Crunch Cable #37 and Pulleys P13 - P14



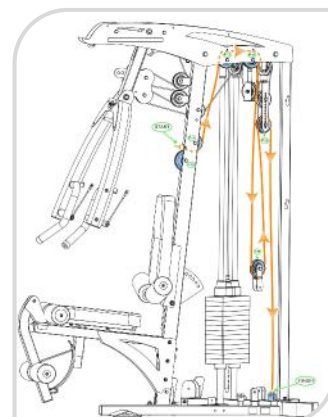
If you are simultaneously assembling the:

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

Please go directly to the GT-FCA (GTX) Owner's Manual to continue the assembly [GT-FCA \(GTX\) STEP 2](#)



Please Hand Tighten All Nuts & Bolts Until STEP 7h



Part #	Assembly Parts List	QTY
GT-X--037	Cable, Ab Crunch, 4,230mm (166.5") L	1
GT-X-076	Bushing, Plastic, for Pulley to Frame, 3/8" ID	4
GT-X-068	Pulley, 90mm (3-1/2") x ̢26mm ID	1
GT-X-069	Pulley, 114mm (4-1/2") x ̢26mm 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

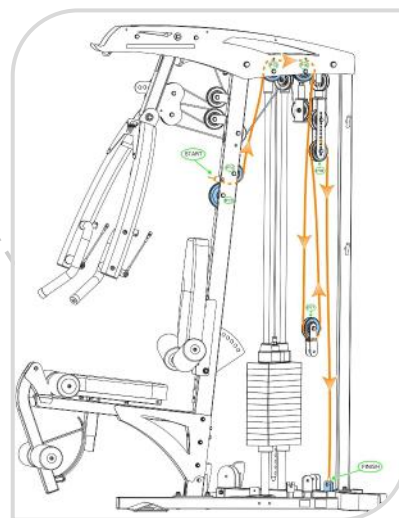
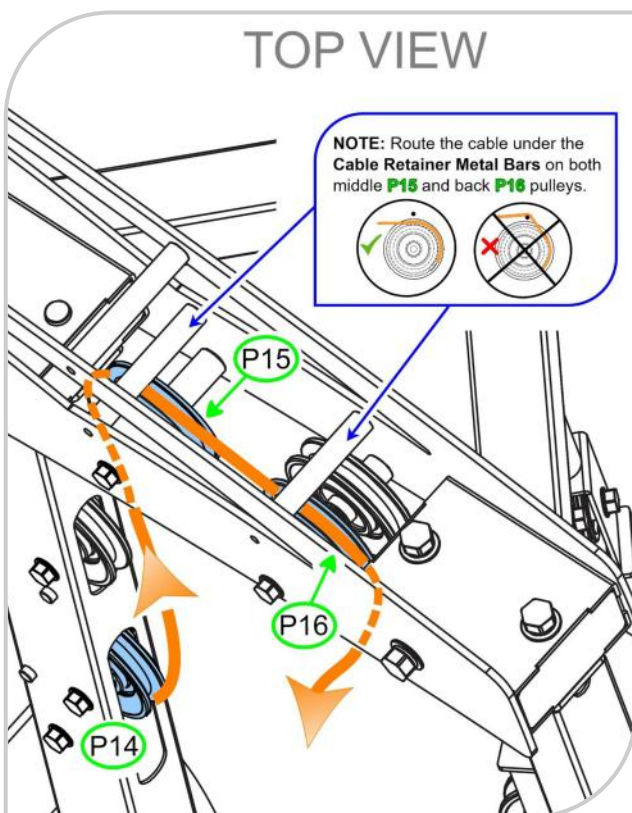
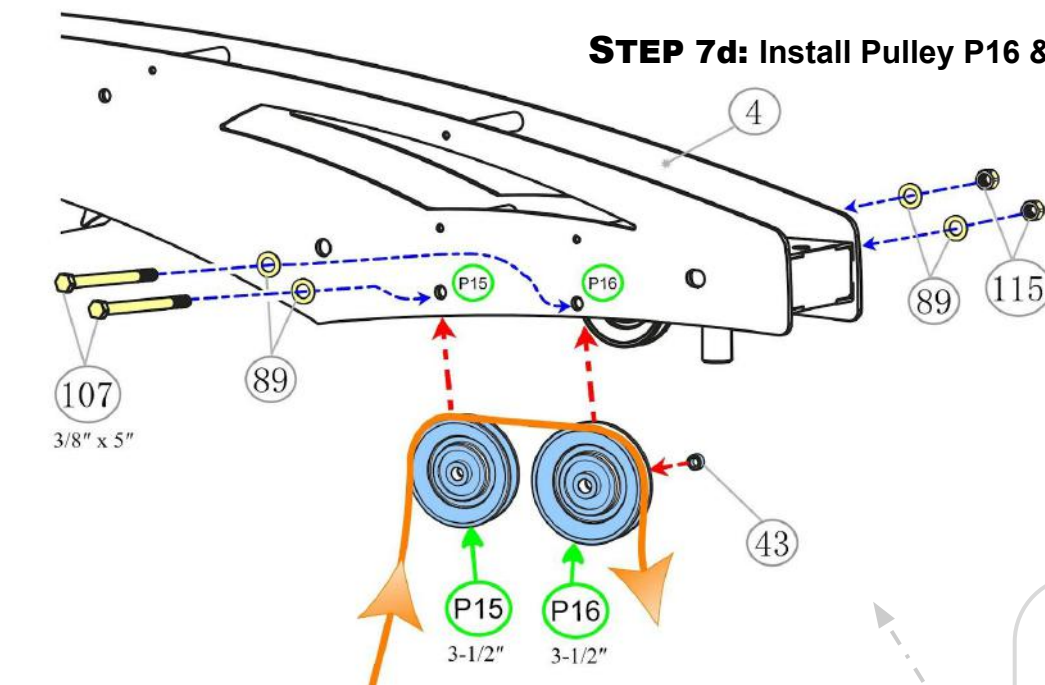


Please Hand Tighten All Nuts & Bolts Until STEP 7h

STEP 7c: Install Pulley P15

NOTE: Easier to install the Spacer Sleeve #43, if done in this order.

STEP 7d: Install Pulley P16 & Spacer Sleeve #43



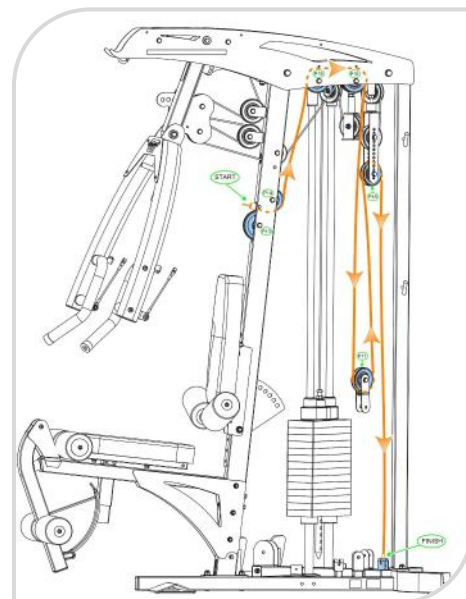
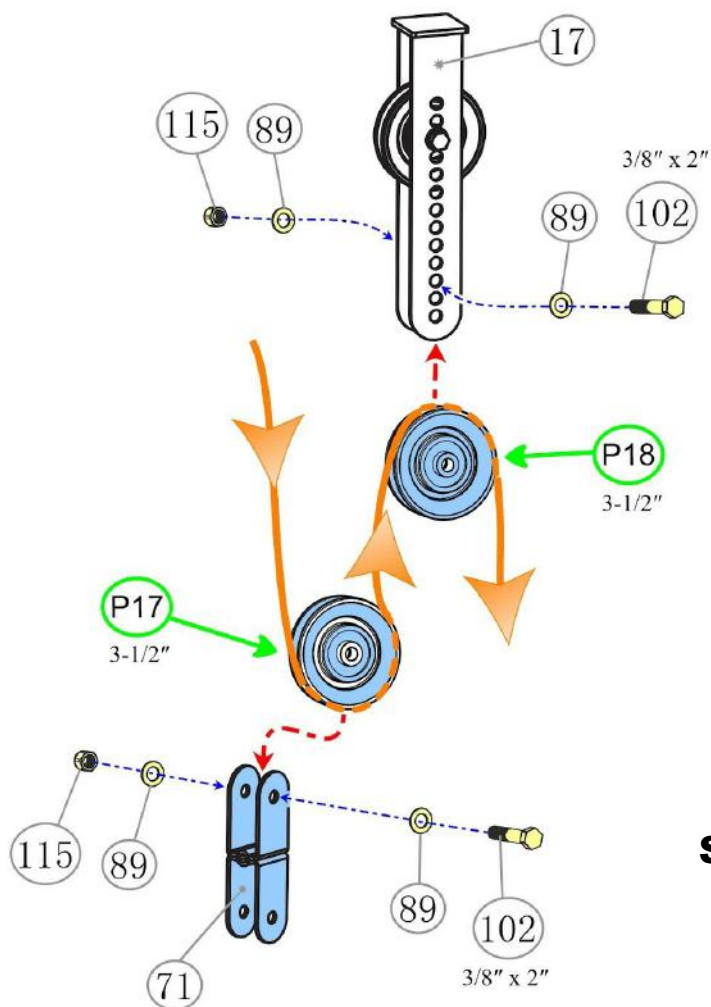
Part #	Assembly Parts List	QTY
GT-X-043	Spacer Sleeve, between Pulleys P5 & P16 on Top Frame	1
GT-X-068	Pulley, 90mm (3-1/2") x ø26mm ID	2

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

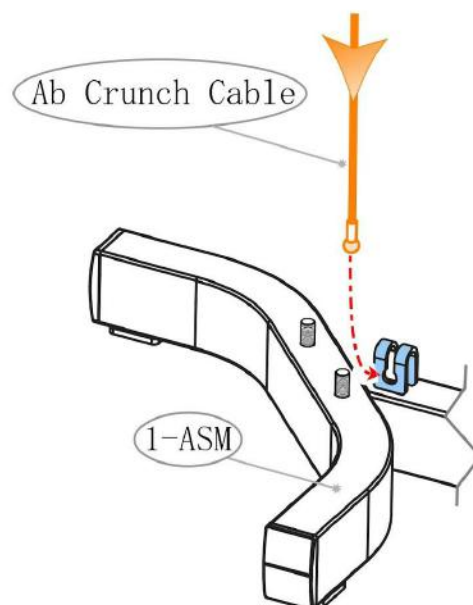


Please Hand Tighten All Nuts & Bolts Until STEP 7h

STEP 7e - 7f: Install Pulleys P17 - P18



STEP 7g : 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, STEP 7h - "Torque Time"

STEP 7h: "Torque Time"

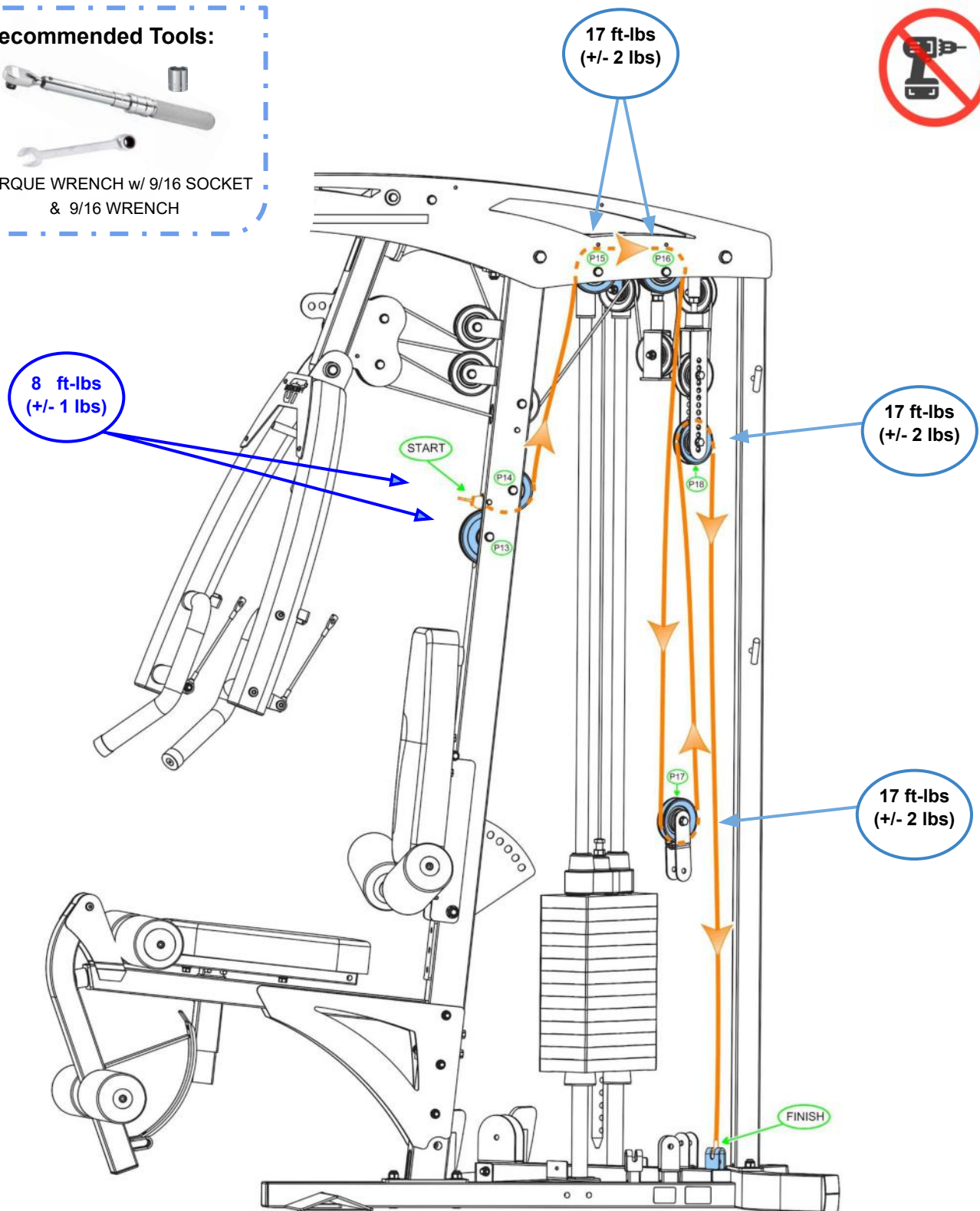
- Tighten the 3/8" Bolts from STEP 7a - 7f to the recommended torque specs of **17 ft-lbs (+/- 2 lbs)**

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

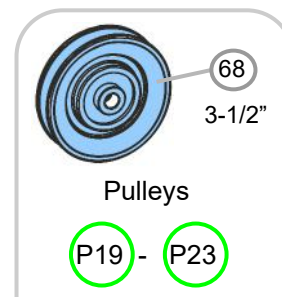
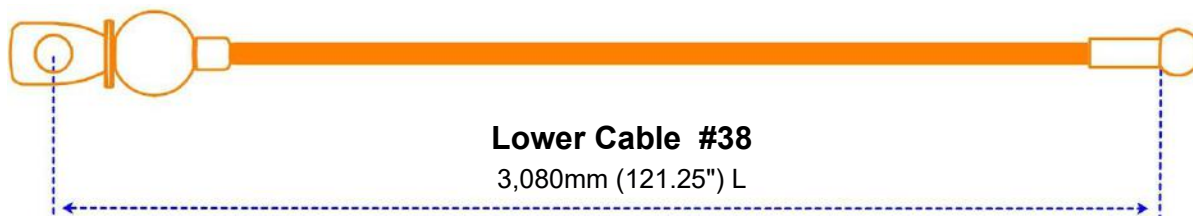
Recommended Tools:



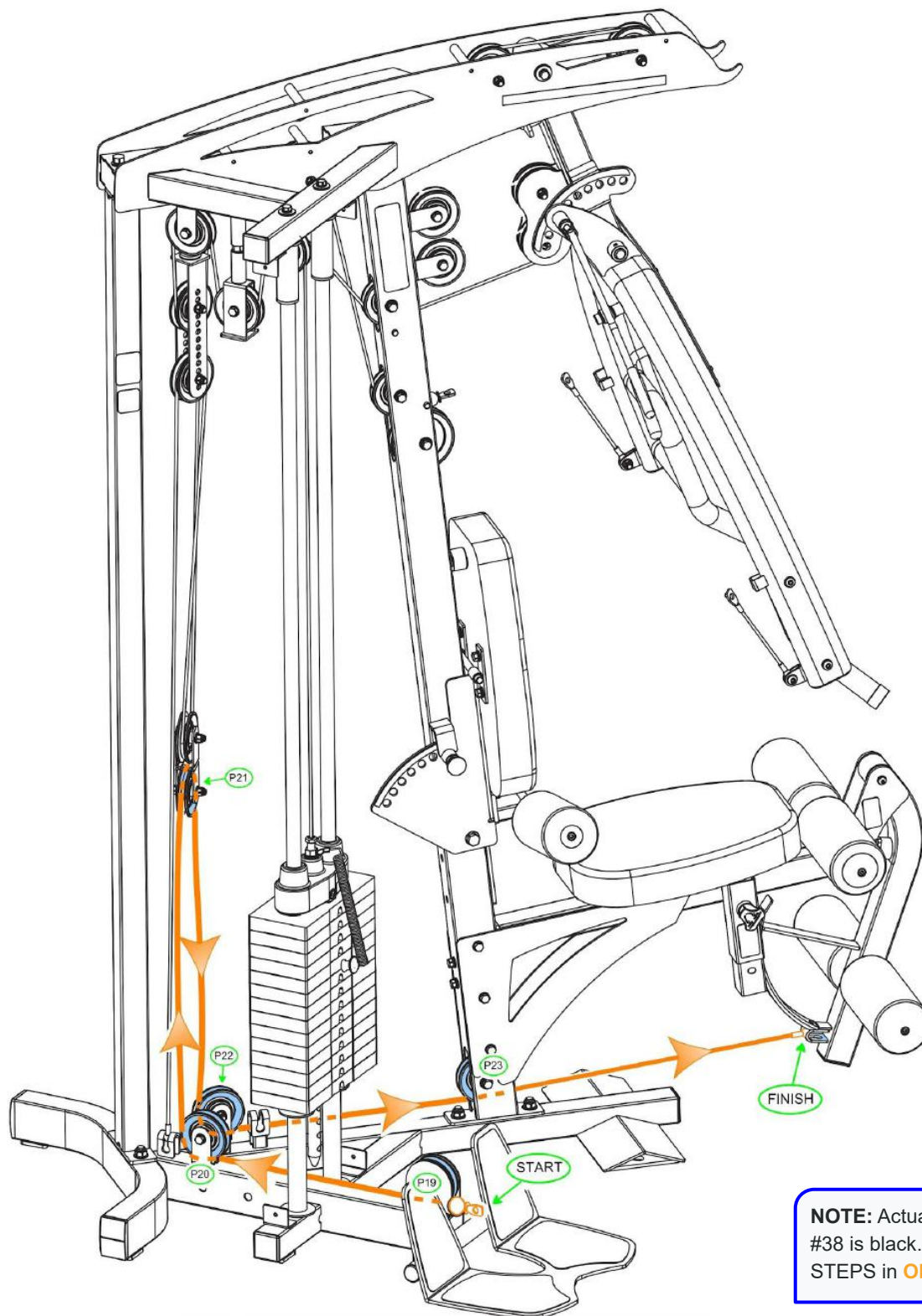
TORQUE WRENCH w/ 9/16 SOCKET
& 9/16 WRENCH



Product Assembly, GT, STEP 8 (Lower Cable #38) OVERVIEW



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

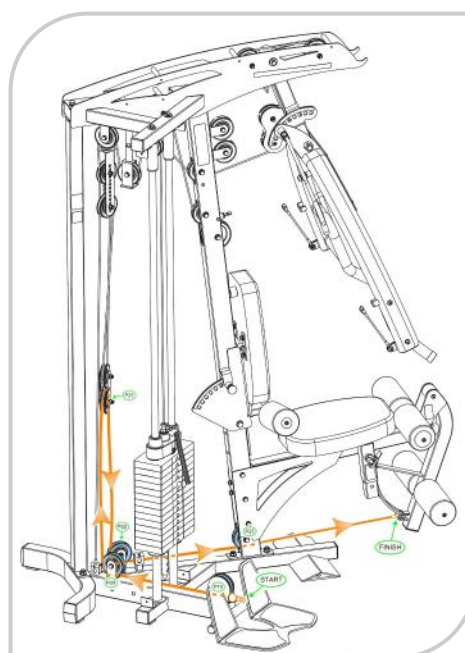
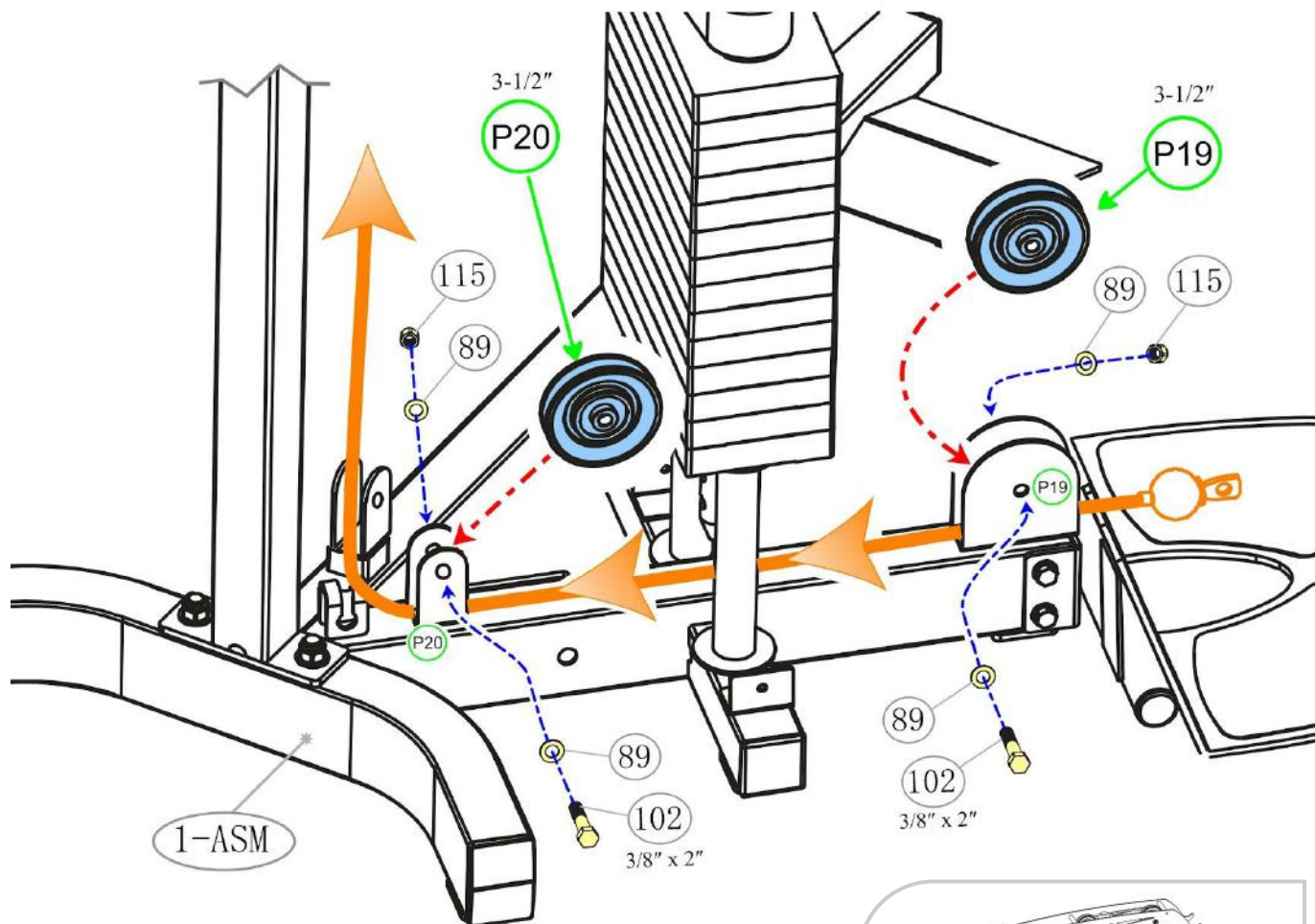


NOTE: Actual color of Lower Cable #38 is black. Shown in the assembly STEPS in **ORANGE** for easy viewing



Please Hand Tighten All Nuts & Bolts Until STEP 8g

STEP 8a - 8b: Install Lower Cable #38 and Pulleys P19 - P20



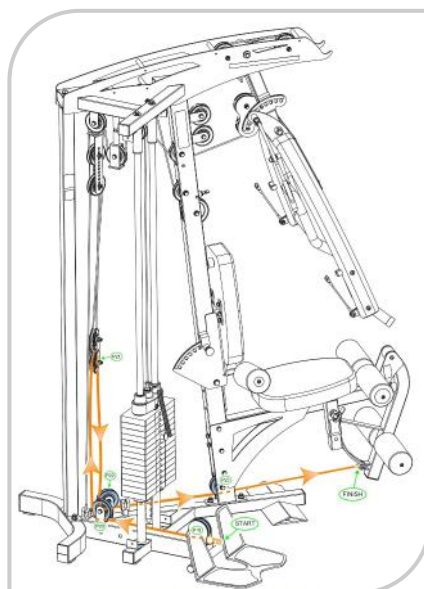
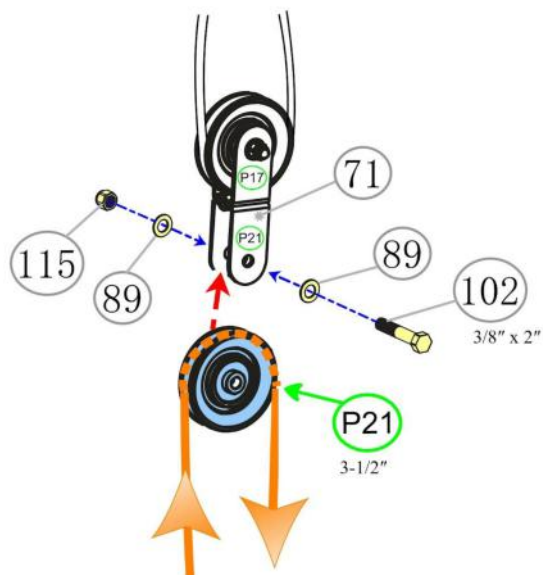
Part #	Assembly Parts List	QTY
GT-X-038	Cable, Lower, 3,080mm (121.25") L	1
GT-X-068	Pulley, 90mm (3-1/2") x 526mm ID	2

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

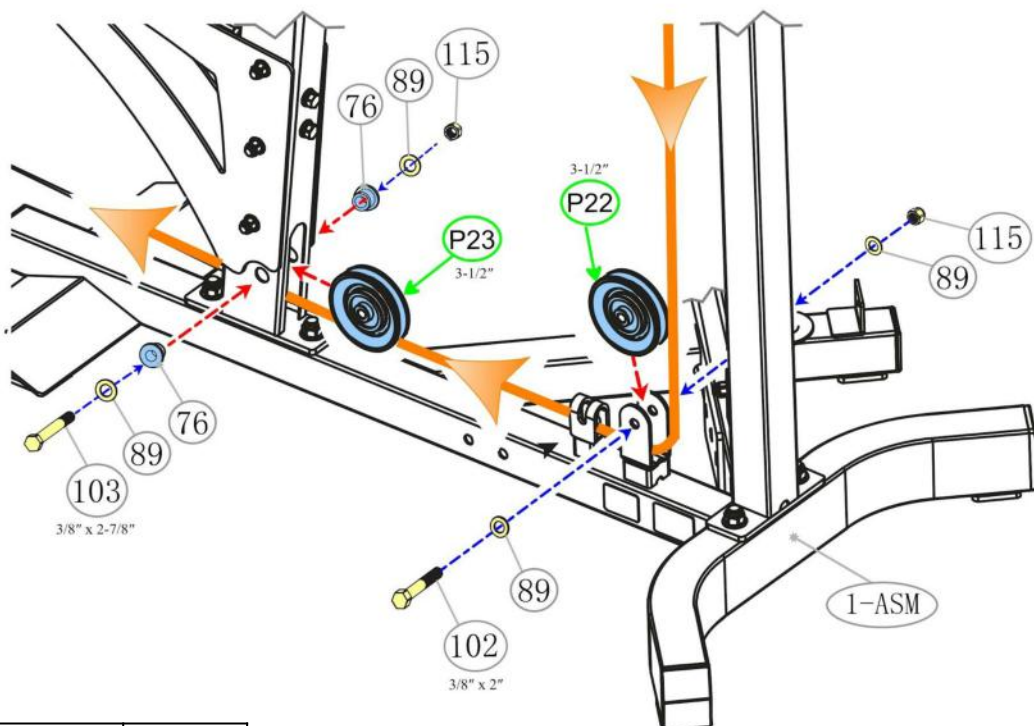


Please Hand Tighten All Nuts & Bolts Until STEP 8g

STEP 8c: Install Pulley P21



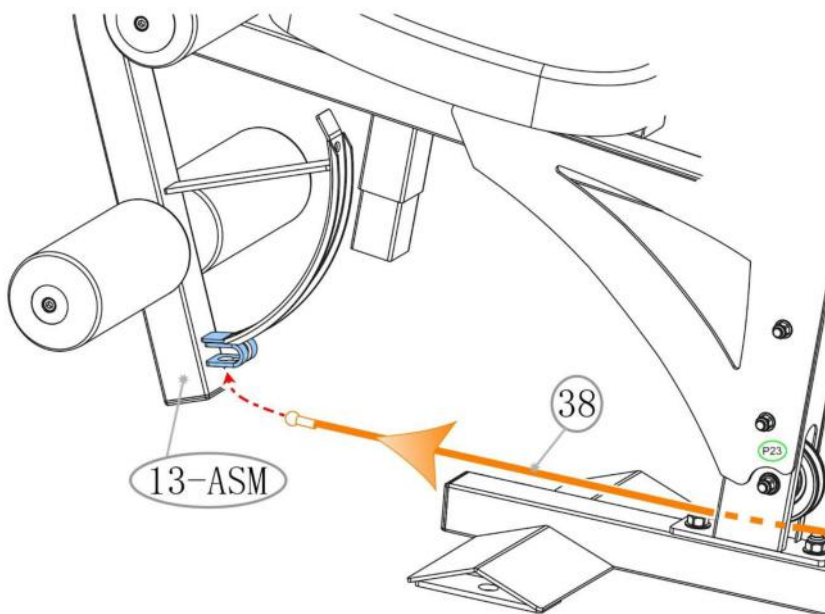
STEP 8d - 8e: Install Pulleys P22 - P23



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

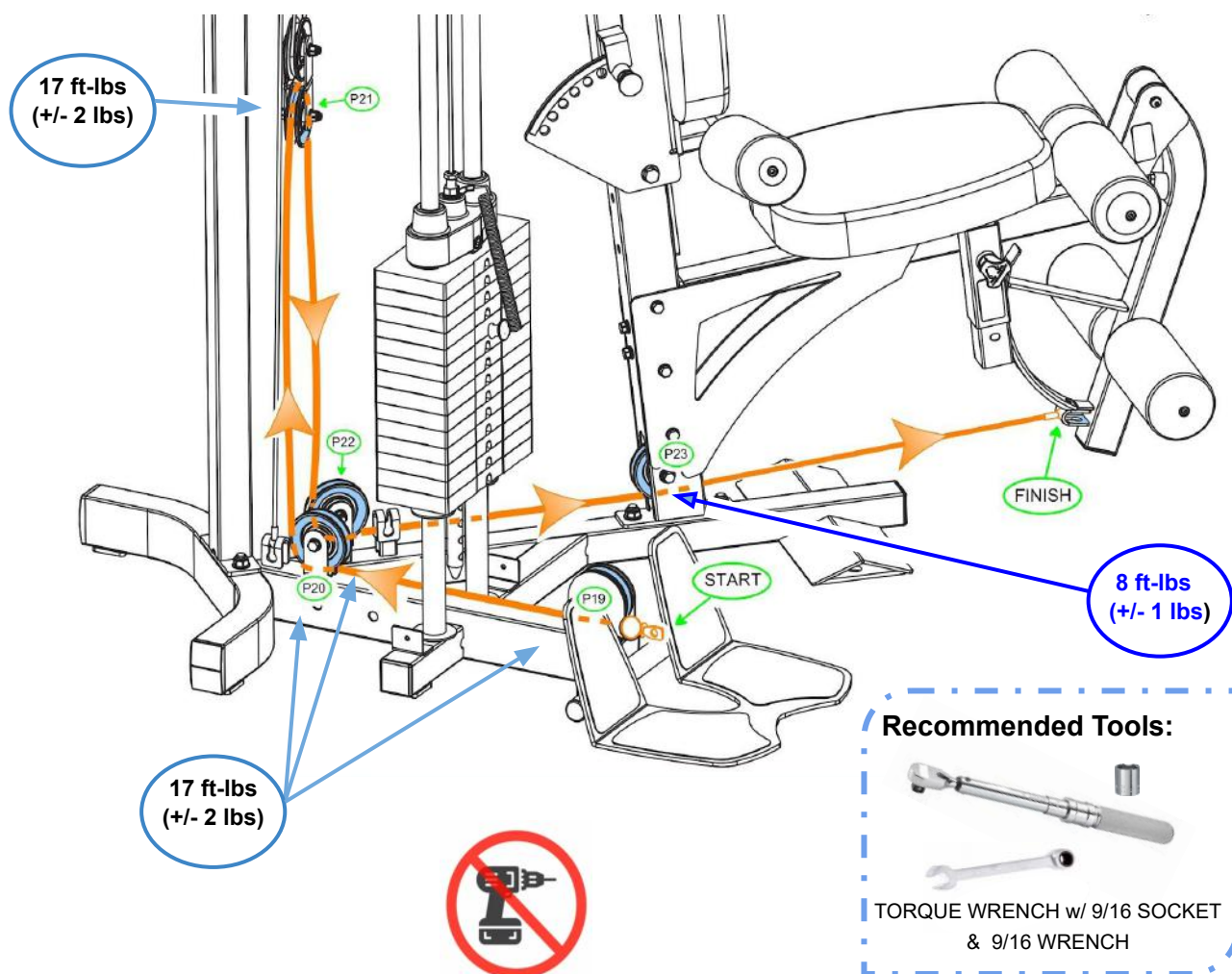
**STEP 8f: Install Cable Ball End
to Leg Ext. Arm**



STEP 8g: "Torque Time"

- Tighten the 3/8" Bolts from STEP 8a - 8e 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)**



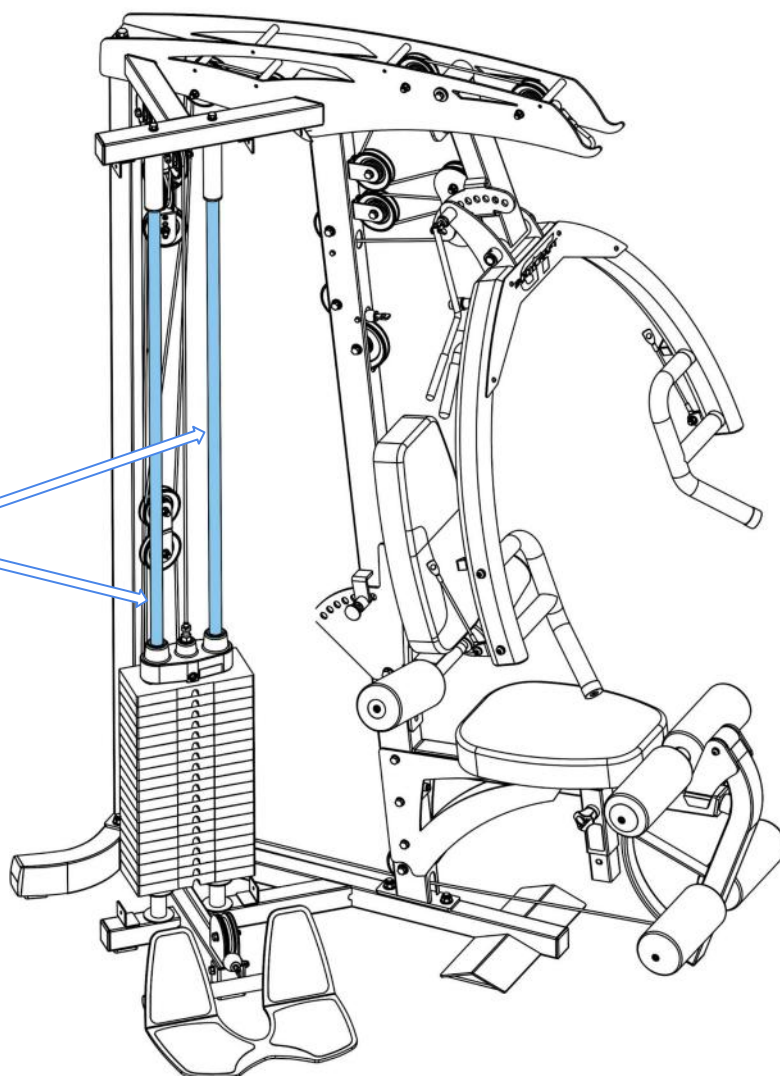
Product Assembly, GT, STEP 9a - Final Assembly Lube Guide Rods

STEP 9a : Lube both Guide Rods (6) with 100% pure Silicone Lube or Teflon PTFE Grease.

ONLY apply a light layer with a clean rag.

Then do a set of reps with low weights to spread the lubricant thoroughly the Guide Rods (6).

Repeat for both right & left sides.



TIP: Lubing the Guide Rods (6) is a great practice to do not only at setup, but also during scheduled times for preventive maintenance measures in order to:

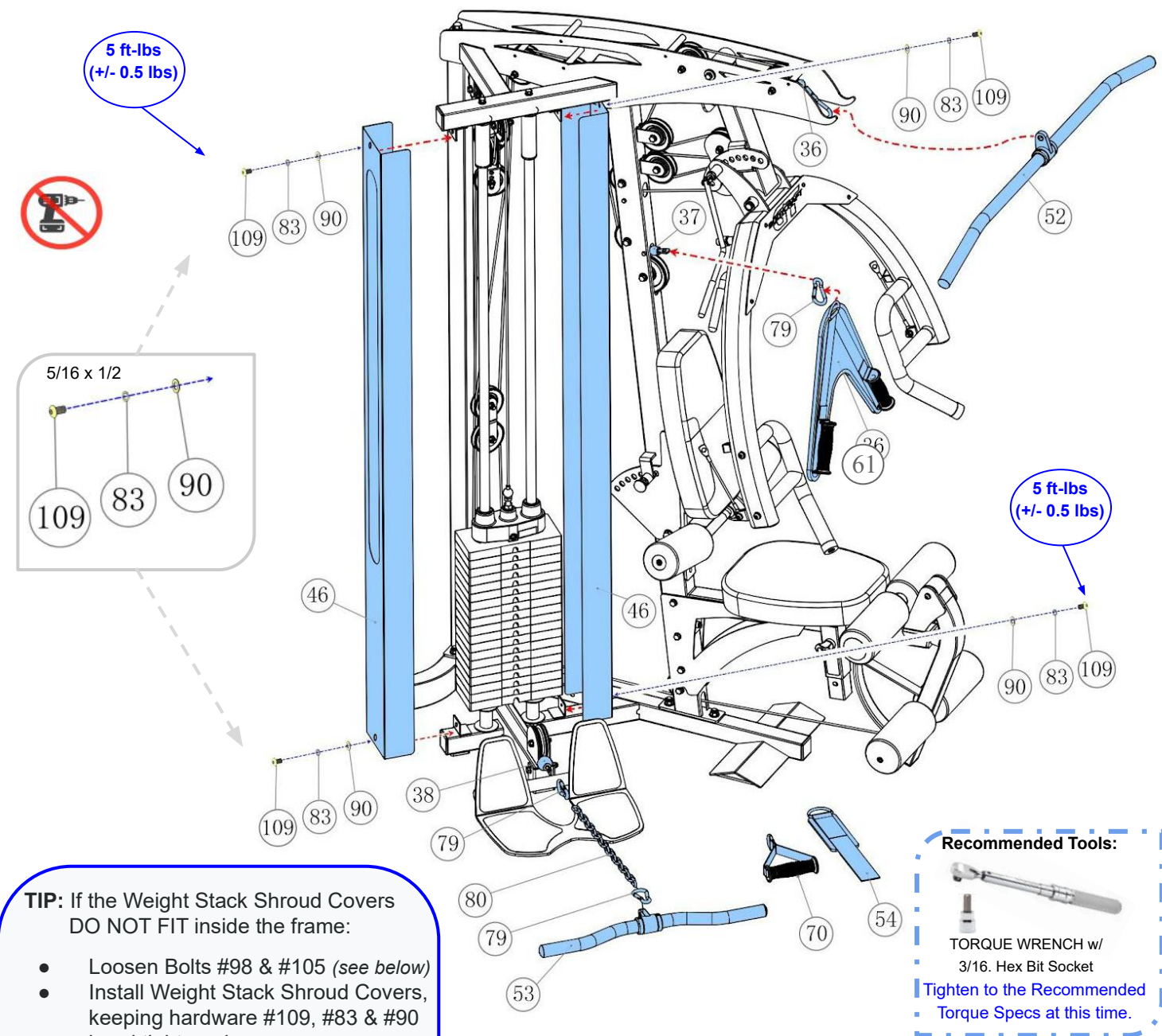
- Ensure that the Weight Plates (118) internal bushing glide smoothly for a quiet & long life operation.
- Add protection to the Guide Rods (6) from future potential surface rust in the higher humidity environments.

To purchase additional
Guide Rod lube:

<https://www.bodycraft.com/product/treadlube5pk/>

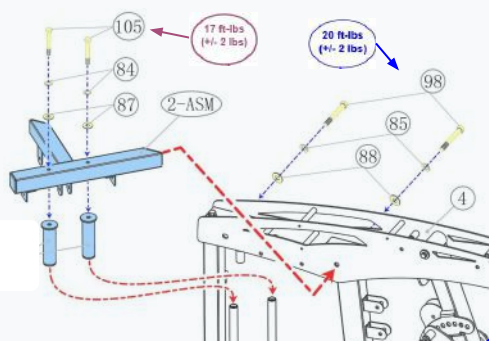


STEP 9b: Install Weight Stack Shroud Covers & Accessories



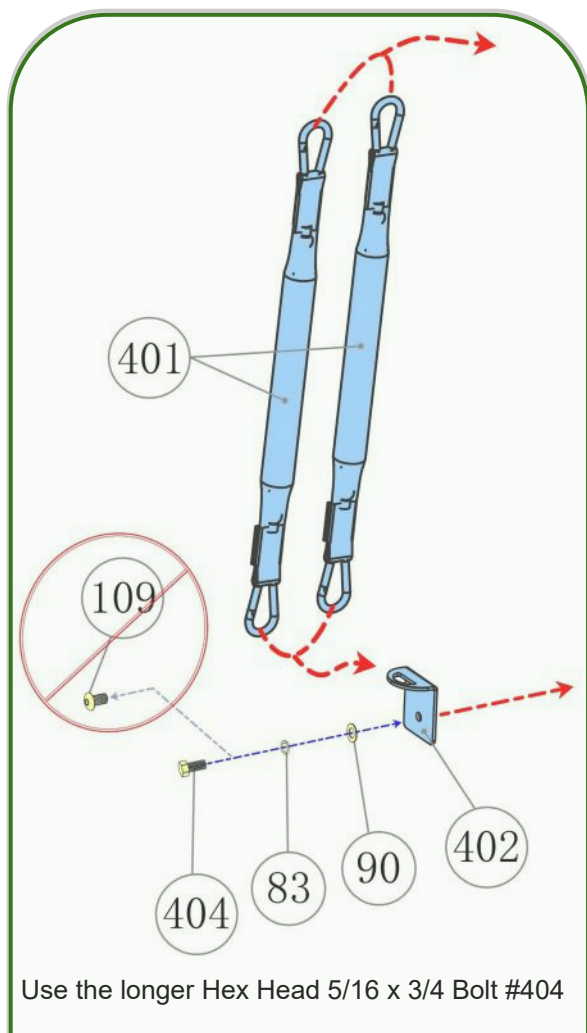
TIP: If the Weight Stack Shroud Covers DO NOT FIT inside the frame:

- Loosen Bolts #98 & #105 (see below)
- Install Weight Stack Shroud Covers, keeping hardware #109, #83 & #90 hand tightened.
- Retorque #98 & #105 Bolts (1st)
- Tighten to the Torque Specs hardware #109, #83 & #90 (2nd)

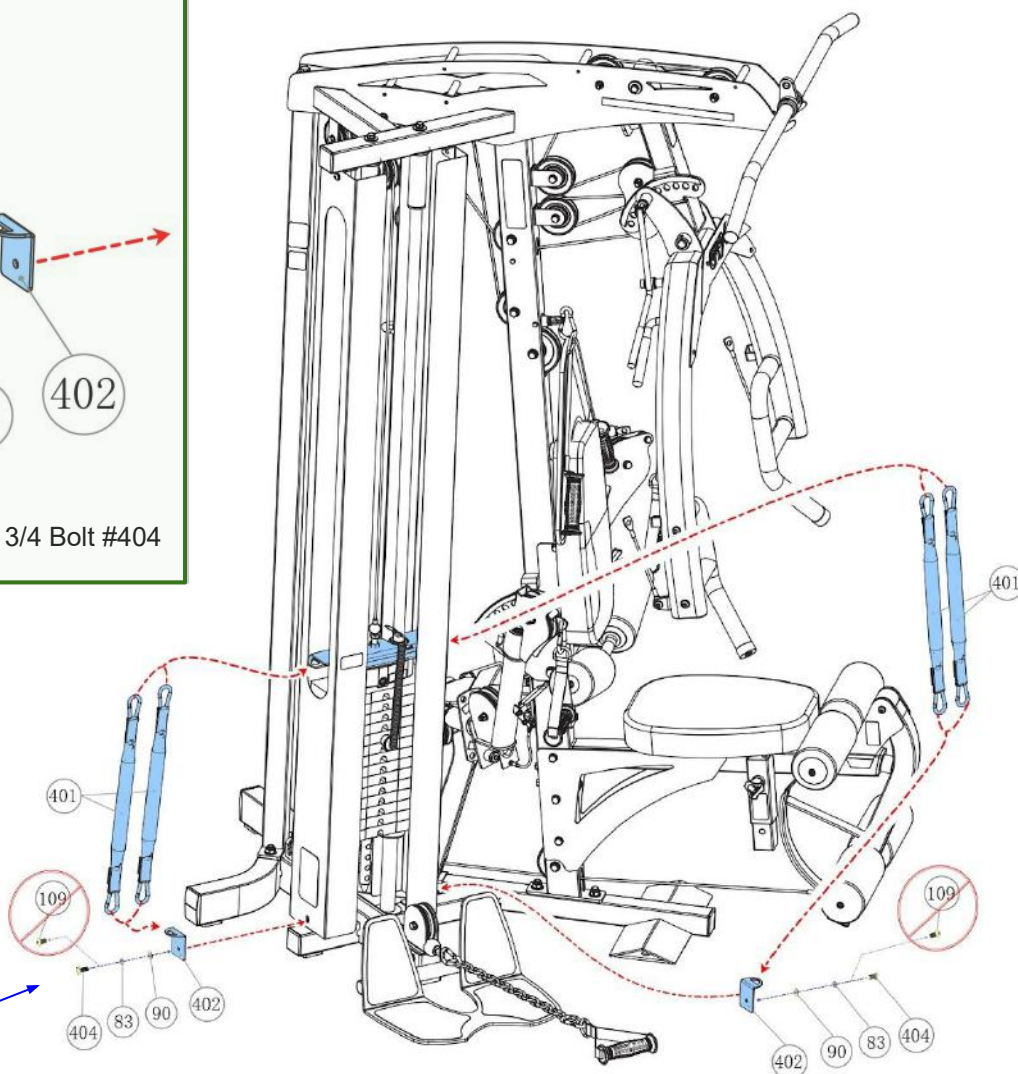


Part #	Assembly Hardware	QTY	Part #	Assembly Parts List	QTY
GT-X-046	Washer, Spring, 5/16" - BLK	4	GT-X-046	Weight Stack Shroud Cover	2
GT-X-083	Washer, Flat, 5/16" - BLK	4	GT-X-052	Accessory, 48" Aluminum Lat Bar	1
GT-X-090	Screw, Recessed Flat Head, 5/16" x 1/2" L - BLK	4	GT-X-053	Accessory, EZ-Curl/Low Row Bar	1
			GT-X-054	Accessory, Ankle Cuff (Leg Strap)	1
			GT-X-061	Accessory, Ab Crunch Strap	1
			GT-X-070	Accessory, Single Handle	1
			GT-X-079	Snap Hook	3
			GT-X-080	Accessory, Chain, 19" L	1

STEP 9c: Installing the **OPTIONAL** Speed Trainer



5 ft-lbs
(+/- 0.5 lbs)



Part #	Assembly Parts List	QTY
S-Trainer-401-ASM	Spring Rope, w/ dual Snap Hooks -Assembly	4
S-Trainer-402	Hook Plate, Lower, to Bottom Frame	2
S-Trainer-403	Hook Plate, Upper, to Weight Stack	1

Part #	Assembly Hardware	QTY
S-Trainer-404	Bolt, Hex 5/16" x 3/4" L - BLK	2
GT-X-083	Washer, Spring, 5/16" - BLK	2
GT-X-090	Washer, Flat, 5/16" - BLK	2

Product Assembly, GT, STEP 10 - Adjust the Cables for Correct Tension

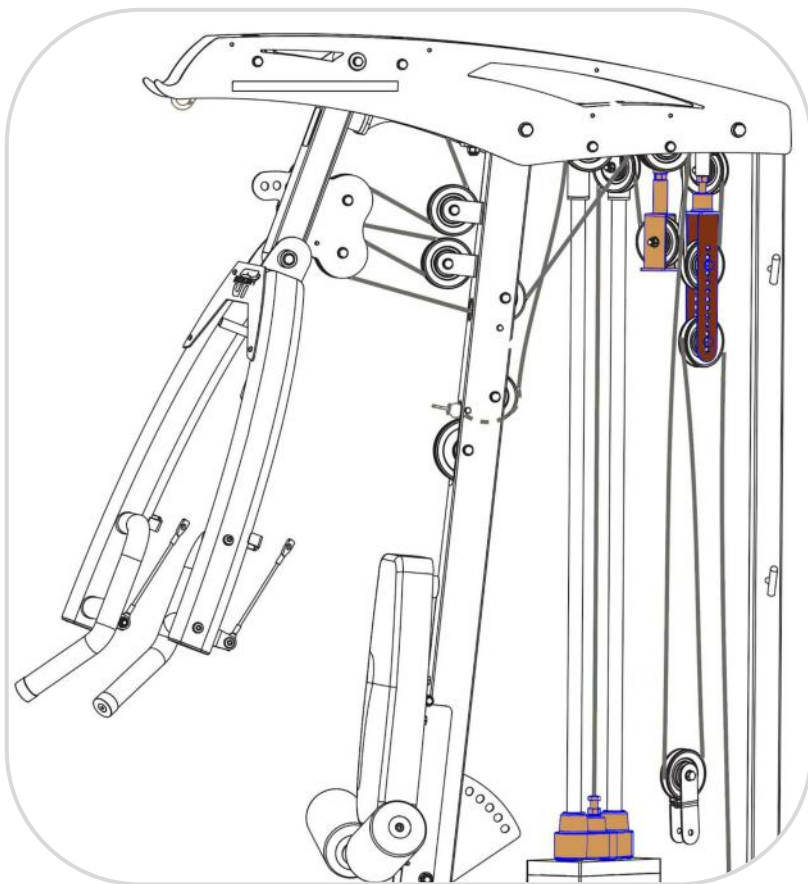
STEP 10: Adjust the Cables for Correct Tension

The Cables should be tightened to the point just before the Top Plate lifts off the stack. See below for Major Adjustments or Fine Adjustment for correct cable adjustments.

Good Rule of Thumb: Cable above weight stack should have less than 1/2 inch of play in the cable..

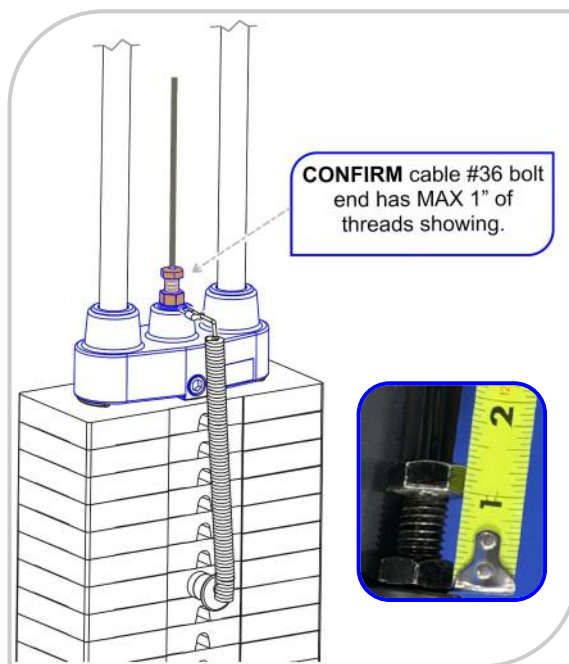
Major Adjustment - 1" or more

- Double Pulley Block #17
- Realign pulley into the next hole.



Fine Adjustment - 1/2" or less

- Start of Cable #36 at Top Plate
- Then Adjustable Stoppers #41-ASM



Check Selector Rod Pin freely slides into each weight plate front hole with the Top Plate resting on 1st Weight Plate.

Once adjusted correctly, retighten all jam nuts & pulley hardware.

Recommended Tools:



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



ADJUSTABLE WRENCHES

After all adjustment are done,
tighten to the Recommended
Torque Specs at this time.



BODYCRAFT

Watch Assembly Video

GT STEP 10
Adjusting the Cables



Recommended Conditions & Items for Installation of the Weight Stack Stickers



MINIMUM 65
DEGREES & LOW



CLEAN COTTON CLOTH



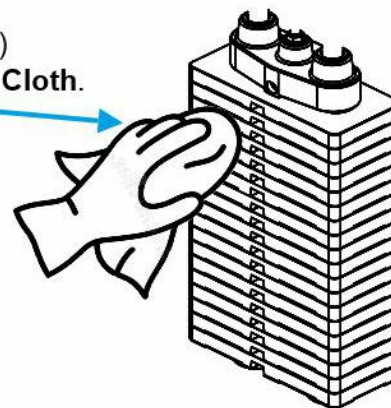
RUBBING ALCOHOL



WEIGHT STACK
STICKERS-SHEET (81)

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

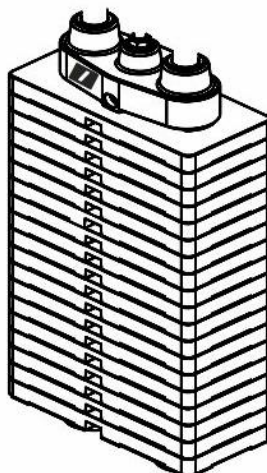
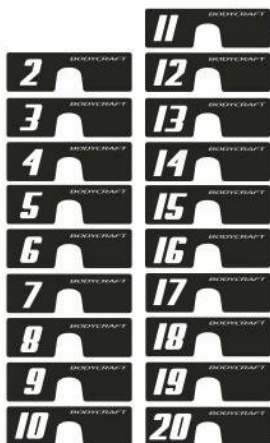
- a. Clean Top Plate Assembly (55-ASM) & Weight Plates (118) front surface with **Rubbing Alcohol** and a **Clean Cotton Cloth**. Then wipe dry with another clean cloth or allow to completely air dry.



- b. Starting from the **Top Plate Assembly (55-ASM)**, install Weight Stack Stickers (81) for first sticker #1.



- c. Continue installing **Weight Stack Stickers (81)** one at a time starting from the first Weight Plate (118) using sticker #2. Apply all corresponding stickers per each weight plate.



- d. Once the label is carefully aligned with each weight plate (118), press each numbered sticker gently onto the correct weight plate. Only rub each sticker and not the surrounding area.
- e. Perform the same procedure from a, b, c & d to opposite side.
- f. DO NOT "TEST" the sticker by pulling on it at any time after installed on weight stack plates.

NOTE: Allow the adhesive to cure for a minimum of 24 hrs. Room humidity and temperature will affect the cure time.



STEP 12a: 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 12b: 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

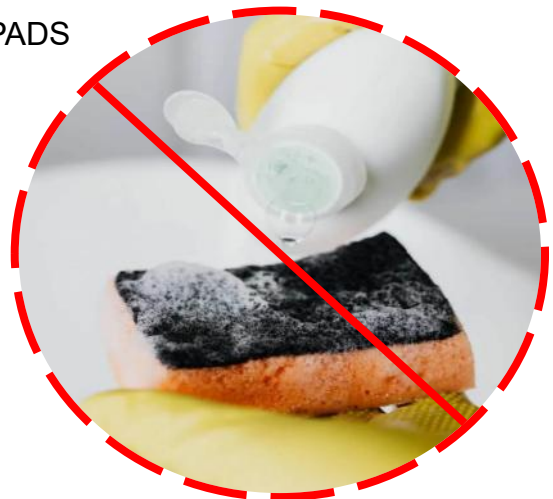


MILD CLEANING
SOLUTION



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)



Product Assembly, Routine Schedule, GT

<i>ROUTINE SCHEDULE</i>	<i>LIGHT COMMERCIAL</i>	<i>HOME</i>
Clean: Upholstery.	DAILY	1 - 2 WEEKS
Inspect: Cables or Belts and their tension.	DAILY	1 - 2 WEEKS
Inspect: Links, Pull Pins, Snap Locks, Swivels, and Weight Stack Pins.	DAILY	1 - 2 WEEKS
Inspect: Accessory Bars and Handles.	WEEKLY	3 - 6 MONTHS
Inspect: All Label and Weight Stack Stickers.	WEEKLY	3 - 6 MONTHS
Inspect: All Nuts and Bolts, tighten if needed.	WEEKLY	3 - 6 MONTHS
Inspect: Anti-Skid Surface.	WEEKLY	3 - 6 MONTHS
Clean & Lubricate: Guide Rods with 100% Silicone or a Teflon based lubricant with Super Lube (a PTFE grease).	MONTHLY	3 - 6 MONTHS
Lubricate: Seat Sleeves, Bushings, Linear Bearing.	MONTHLY	3 - 6 MONTHS
Clean and Wax: All Glossy Finishes.	6 MONTHS	YEARLY
Repack with Grease: Linear Bearings.	6 MONTHS	YEARLY
Replace: Cables, Belts and Connecting Parts when showing signs of wear.	YEARLY	2 - 4 YEARS

General Inspection and Cleaning

The Frame should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a yearly basis. For Vinyl Upholstery use Lanolin hand cleaner to dissolve sweat and lubricate the vinyl, maintaining its natural flexibility. DO NOT use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

1. Check equipment to ensure it is operating properly.
2. Check the cables for loose fittings or frayed cable(s) and to ensure seating is proper on the pulleys and cams (if equipped).
3. Make sure that the proper weight stack selector pin is with each machine and that the pin functions properly.
4. If something appears loose, be sure to have it tightened immediately.
5. If a piece of equipment appears damaged or not operating properly, place the piece out-of-service immediately.

Cable Inspection

It is important to inspect the cables frequently, replace any worn out cables to prevent a sudden failure that can result in an injury. Cables are moving parts, meaning cable-wear will occur regardless of the type or size used.

1. Inspect cable ends and perform any cable tension adjustments, loosen the jam nut and thread the cable bolt in or out to give cable the proper tension. Re-tightened all jam nuts when adjustment is complete and make sure the cable bolt is threaded 1/3 into the socket of the selector stem in the top plate.
2. Check the cables as they pass over all pulley wheels. Visually inspect the cables and pulleys. A cable that is wearing will exhibit a ballooned surface that passes over the pulleys. This is an early warning sign to replace the cable(s).

Lubrication

Bearing and linear bearing systems have advanced over the years, but they must be maintained on a regular basis if you expect them to last and perform efficiently. BODYCRAFT uses only the highest quality bearings and linear motion components that are virtually trouble-free but they require the regular preventive maintenance to ensure long-lasting performance.

- 1. Bronze bushings:** Recommend on a yearly basis to spray a Teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
- 2. Weight stack guide rods:** Use Silicone Spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. DO NOT use WD-40 or other lubricants as they attract dirt and will create a mess between the weight plates and bushings.
- 3. Sealed bearings pivot points:** As the name implies, they are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dry to prevent the build up of dust and sweat.
- 4. Linear bearing systems (if equipped):** These are precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down monthly and lubricated with a light layer of Teflon grease. We recommend a Teflon-based (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to become clogged and jammed.

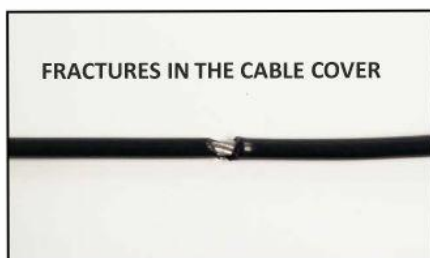
If you perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.



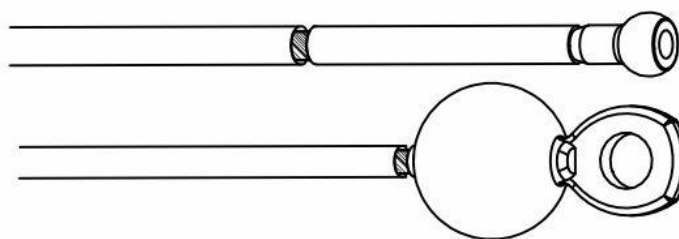
BODYCRAFT
7699 GREEN MEADOWS DR.
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FRACTURES IN THE CABLE COVER

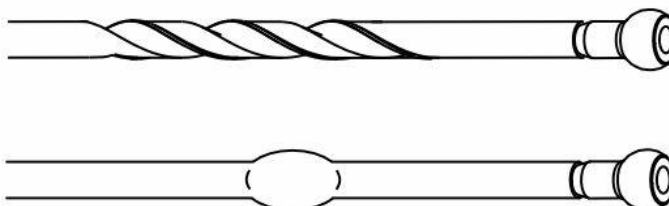


Casing can crack or fracture under strains during use. Any crack in the casing merits cable replacement even if no wire rope is exposed.

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



A TEAR, TWISTING/BINDING IN THE CABLE COVER



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

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



STRETCHED, FRAYED OR FLATTENED CABLE COVERING

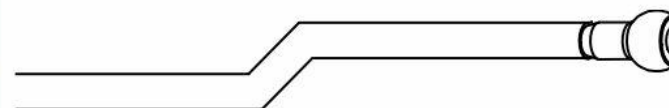


Any exposed wire rope protruding through the casing or at either end, has lost its structural integrity. Section of cable is compressed and will not retain its shape (outside diameter).

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



A BREAK OR PERMANENTLY BEND IN THE CABLE

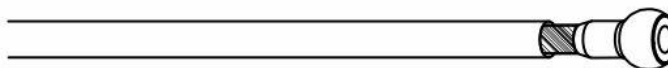


Cable has a kink and prohibits cable from lying straight. Wire rope may be unraveling beneath the casing, causing a compromise of its structural integrity.

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

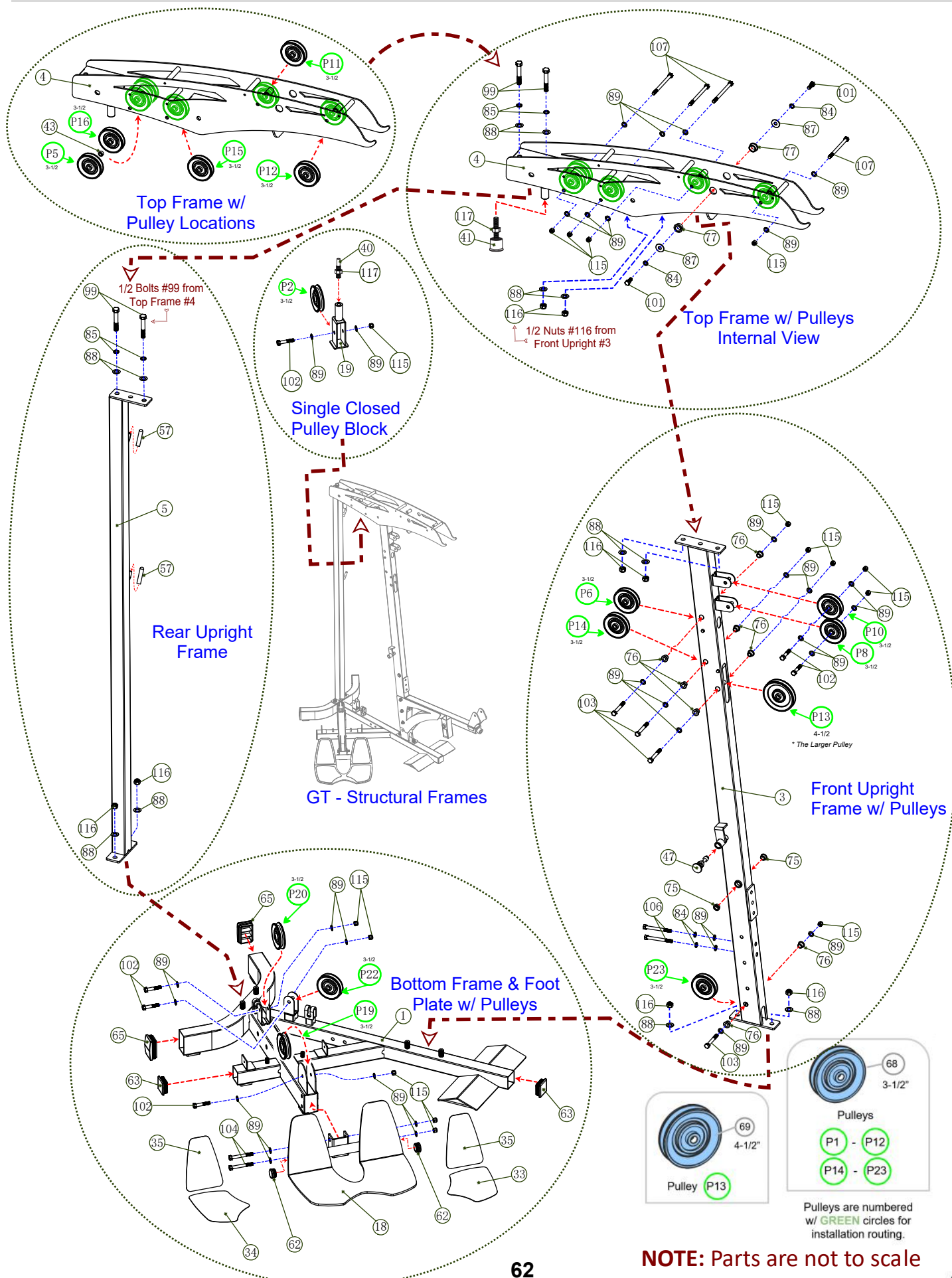


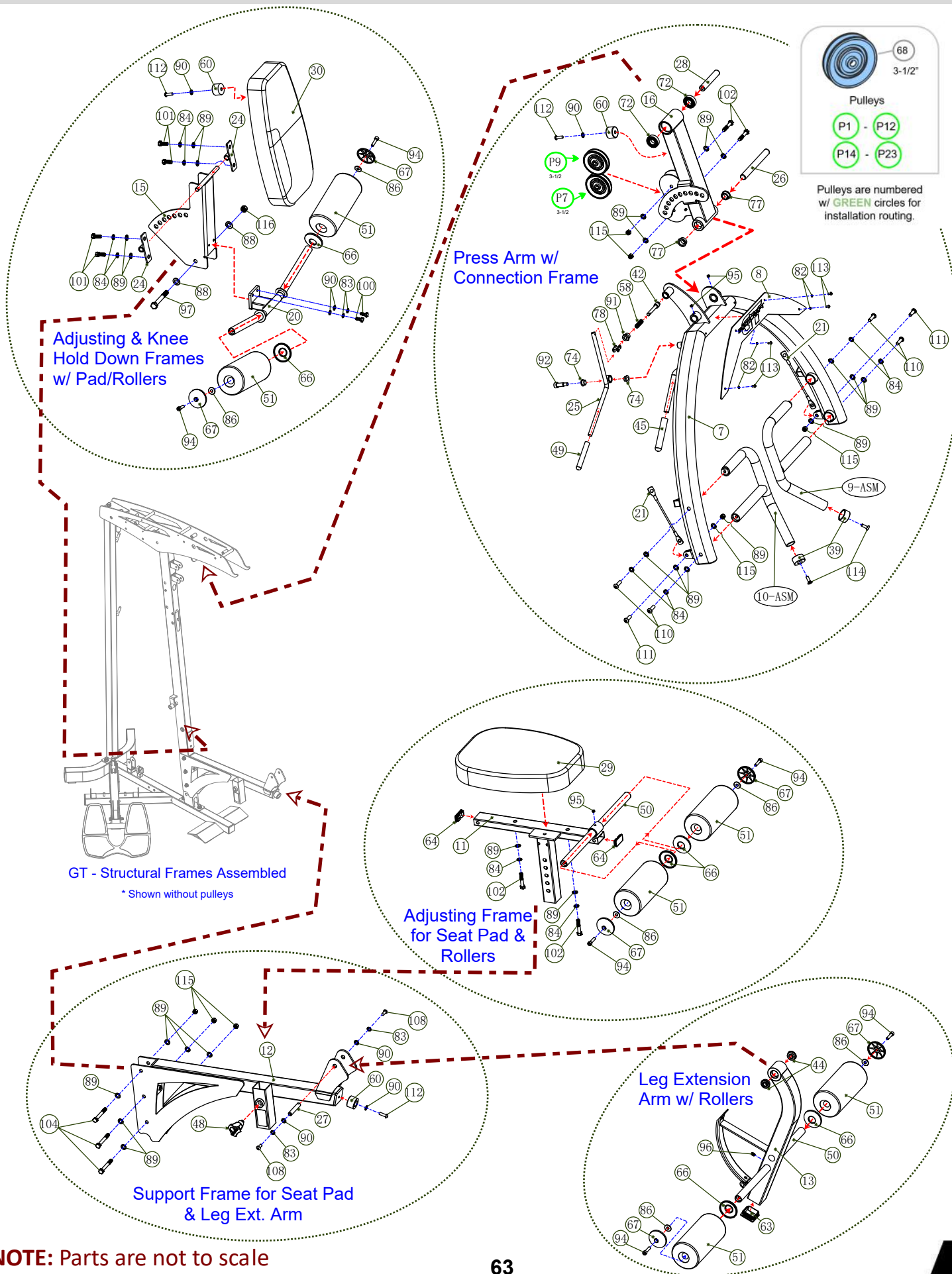
CABLE END SEPARATING OR SLIPPING OUT



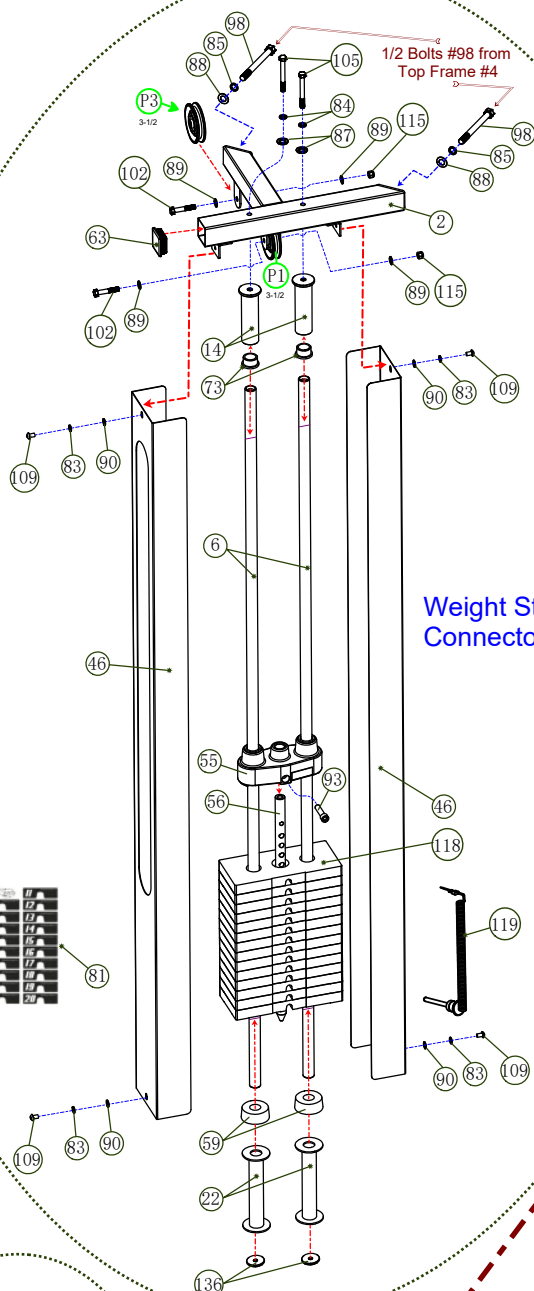
Watch for component end of cable to pull away from cable assembly and look for exposed wire rope.

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

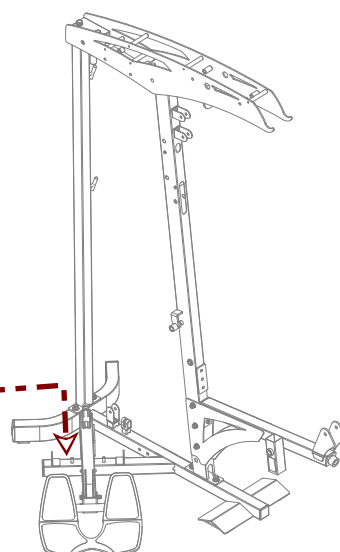
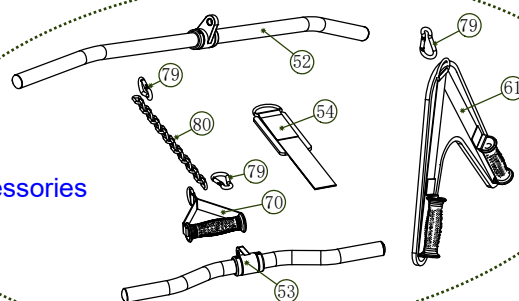




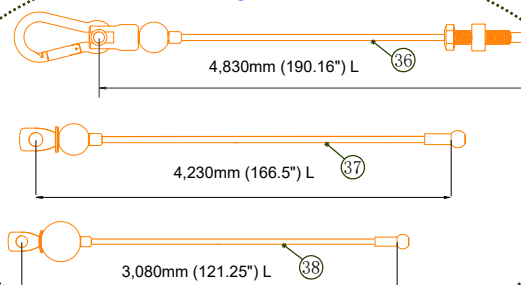
NOTE: Parts are not to scale



Accessories

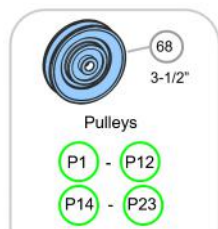
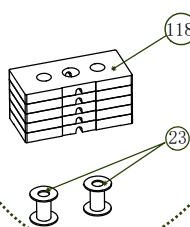


Cables



Optional 200 lb

- 5 each extra plates #118
- Smaller spacers #23
- DO NOT USE larger spacers #22



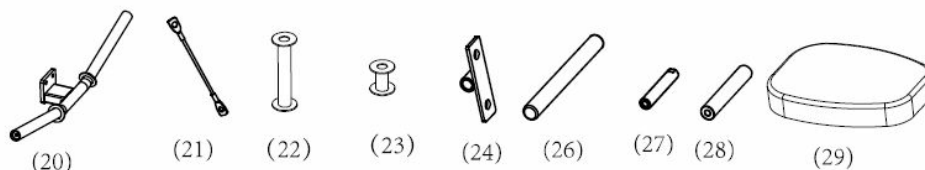
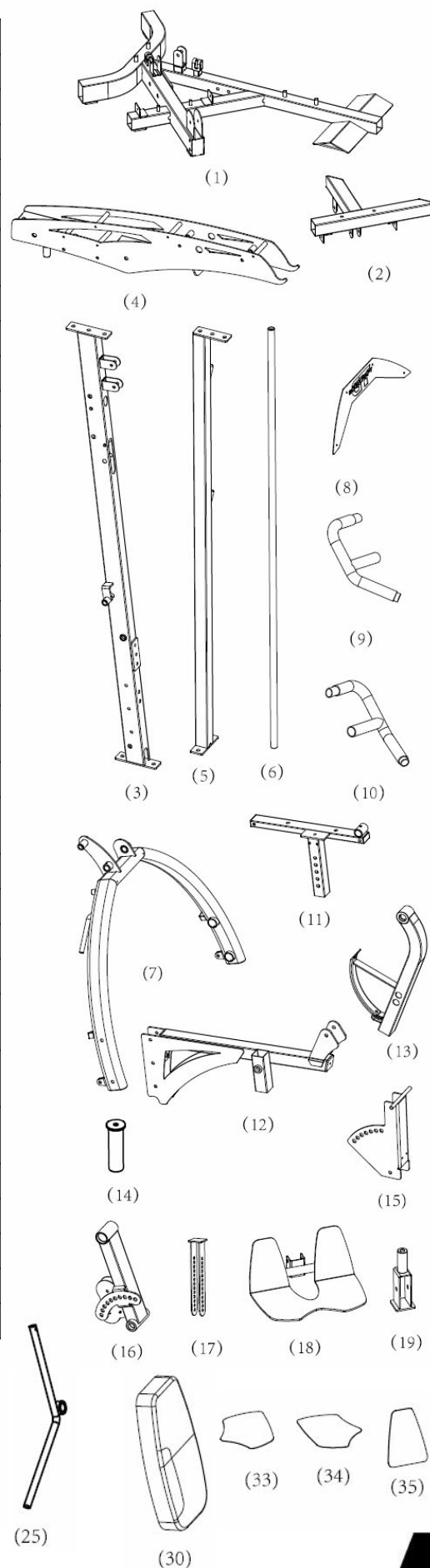
Pulleys are numbered w/ GREEN circles for installation routing.

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.

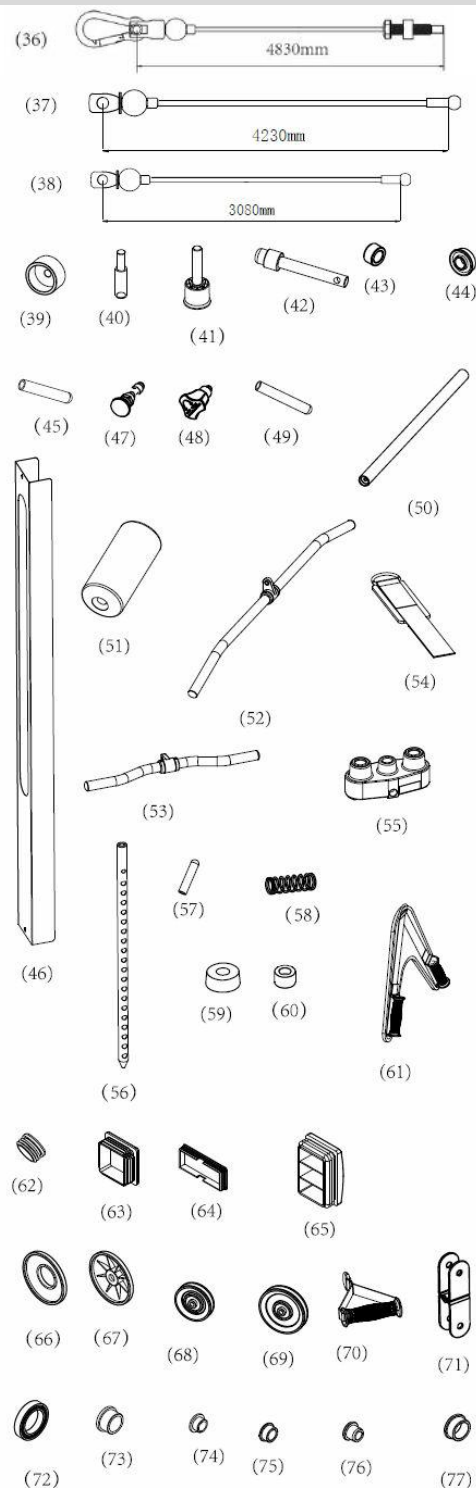
NOTE: Parts are not to scale

Part #	Detailed Parts list	QTY
GT-X-001	Frame, Bottom	1
GT-X-002	Frame, Connector, Top	1
GT-X-003	Frame, Front, Upright	1
GT-X-004	Frame, Top	1
GT-X-005	Frame, Rear, Upright	1
GT-X-006	Guide Rod, 1" OD x 72-1/2" L, 3/8" nuts inserted & welded both ends	2
GT-X-007	Press Arm	1
GT-X-008	Trim Panel, Blue, for Top of Press Arm	1
GT-X-009-ASM	Handlebar, Left w/ Dipped Rubber Grip - Assembly	1
GT-X-010-ASM	Handlebar, Right w/ Dipped Rubber Grip - Assembly	1
GT-X-011	Adjusting Frame for Seat Pad	1
GT-X-012	Support Frame for Seat Pad	1
GT-X-013	Leg Extension Arm, w/ Dual Holes for Different User Sizes	1
GT-X-014	Limit Tube	2
GT-X-015	Adjusting Frame for Back Pad	1
GT-X-016	Connecting Frame for Press Arm	1
GT-X-017	Pulley Block, Double, Closed Flat End, Adjustable w/ 13 each	1
GT-X-018	Foot Plate for Low Row	1
GT-X-019	Pulley Block, Single Closed Flat End, w/ Cable End Threaded Shaft	1
GT-X-020	Frame, Knee Hold Down	1
GT-X-021	Connect Cable from Press Arm to Functional Cable Arms, 200mm (7.87") L	2
GT-X-022	Stack Spacer, Tall, 7" for 150lb weight stack	2
GT-X-023	Stack Spacer, Short, 3" for Optional 200lb weight stack	2
GT-X-024	Metal Hinge to Seat Back Pad	2
GT-X-025	Remote Handle for Press Arm Adjustments	1
GT-X-026	Axle, for Press Arm, Lower, 20mm OD (solid w/ no flat notch) x 186mm L	1
GT-X-027	Axle, for Leg Extension Arm, w/ one side flat notch, 12.7mm OD x 5/16" threaded ID x 67.5mm L	1
GT-X-028	Axle, for Press Arm, Upper, 20mm OD x 3/8" threaded ID x 114mm L	1
GT-X-029	Pad, Seat	1
GT-X-030	Pad, Back with BodyCraft Logo	1
GT-X-033	Non Slip Sticker, Lower Left for Foot Plate	1
GT-X-034	Nonslip Sticker, Lower Right for Foot Plate	1
GT-X-035	Nonslip Sticker, Upper for Foot Plate	2



NOTE: Parts are not to scale

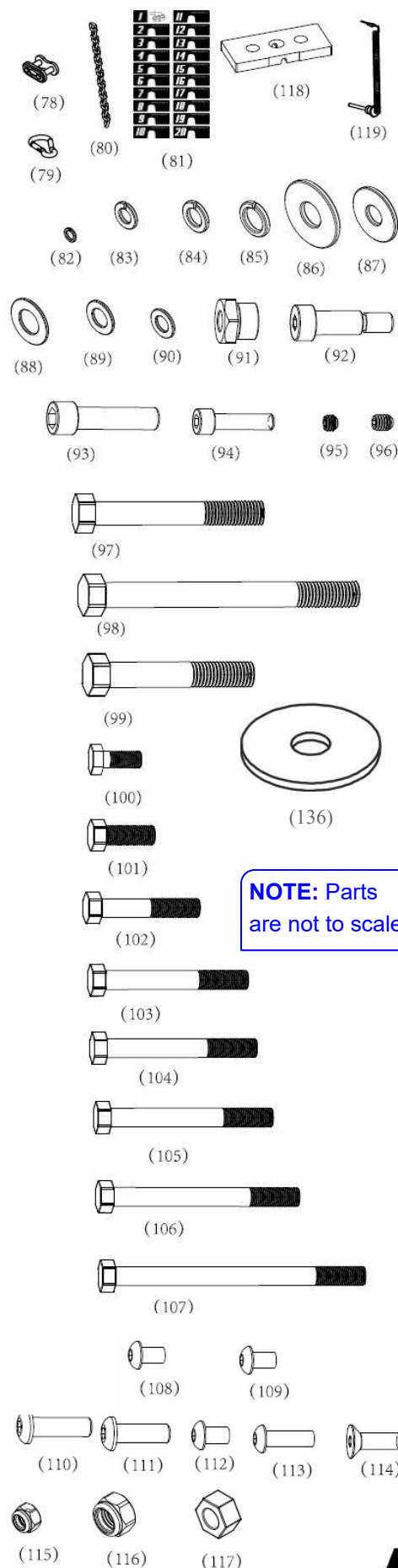
Part #	Detailed Parts list	QTY
GT-X-036	Cable, Top, 4,830mm (190.16") L	1
GT-X-037	Cable, Ab Crunch, 4,230mm (166.5") L	1
GT-X-038	Cable, Lower, 3,080mm (121.25") L	1
GT-X-039	End Cap, Aluminum - BLUE	2
GT-X-040	Threaded Rod, between Top Connector Frame & Single Block Pulley (Not used with FCA)	1
GT-X-041	Adjustable Stopper, for the Adjustable Pulley Block	1
GT-X-042	Pull Pin Rod	1
GT-X-043	Spacer Sleeve, for Dual Pullies on Upper Frame	1
GT-X-044	Bearings, Industrial Ball, $\phi 12.7 \times \phi 28.5 \times \phi 32 \times \delta 11$ (1/2" ID)	2
GT-X-045	Handle Cover, Fixed to 007 Press Arm, Neopreme, $\phi 15\text{mm} \times \phi 21\text{mm} \times 115\text{mm}$ - BLK	1
GT-X-046	Weight Stack Shroud Cover	2
GT-X-047	Pop-Pin, Aluminum, 55mm L (46mm) - BLUE	1
GT-X-048	Pull-Pin Locking Knob, Aluminum - BLUE	1
GT-X-049	Handle Cover, 025 Adjustable Remote Handle for Press Arm, Neoprene, $\phi 12\text{mm} \times \phi 16\text{mm} \times 105\text{mm}$ - BLUE	1
GT-X-050	Support Tube for 051 Rollers, Stainless Steel, 5/16" nuts inserted & welded on both ends	2
GT-X-051	Roller, Upholstered Foam	6
GT-X-052	Accessory, 48" Aluminum Lat Bar	1
GT-X-053	Accessory, EZ-Curl/Low Row Bar	1
GT-X-054	Accessory, Ankle Cuff (Leg Strap)	1
GT-X-055	Top Plate	1
GT-X-056	Selector Rod, 19 Holes	1
GT-X-057	Rubber Cover for Hooks, on Rear Upright Frame	2
GT-X-058	Compression Spring	1
GT-X-059	Rubber Cushion for Weight Stack	2
GT-X-060	Stopper for Connection Arm, Leg Extension Arm and Back Pad	3
GT-X-061	Accessory, Ab Crunch Strap	1
GT-X-062	Plug, Round, $\phi 32$	2
GT-X-063	Square Plug 50x50	4
GT-X-064	Plug, Rectangular Plug, 50mm x 25mm	2
GT-X-065	Plug, Rectangular, 75mm x 50mm	2
GT-X-066	End Cap for Upholstered Roller, Large Hole, Plastic - BLK	6
GT-X-067	End Cap for Upholstered Roller, Small Hole, Plastic - BLK	6
GT-X-068	Pulley, 90mm (3-1/2") x $\delta 26\text{mm}$ ID	22
GT-X-069	Pulley, 114mm (4-1/2") x $\delta 26\text{mm}$ ID	1
GT-X-070	Accessory, Single Handle	1
GT-X-071	Pulley Block, Double	1
GT-X-072	Bearing, w/ Deep Groove Ball, 6004-2Z (C0)	2
GT-X-073	Bushing, Flange, MFM-2532-20	2



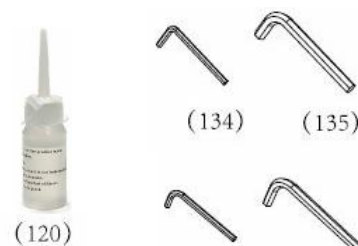
Part #	Detailed Parts list	QTY
GT-X-074	Bushing, Flange, MFM-1216-10	2
GT-X-075	Bushing, Brass, 1/2" ID	2
GT-X-076	Bushing, Plastic, for Pulley to Frame, 3/8" ID	8
GT-X-077	Bushing, Steel, for Upper Pulleys & Press Arm, 20mm ID	4

NOTE: Parts are not to scale

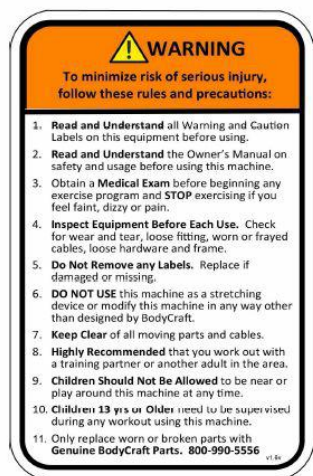
Part #	Detailed Parts list	QTY
GT-X-077	Bushing, Steel, for Upper Pulleys & Press Arm, 20mm ID	4
GT-X-078	Connecting Chain Link	1
GT-X-079	Snap Hook	3
GT-X-080	Accessory, Chain, 19" L	1
GT-X-081	Sticker, Weight Stack 1 - 20	1
GT-X-082	Washer, Spring, ϕ 5mm - Stainless Steel	4
GT-X-083	Washer, Spring, 5/16" - BLK	8
GT-X-084	Washer, Spring, 3/8" - BLK	16
GT-X-085	Washer, Spring, 1/2" - BLK	4
GT-X-086	Washer, Flat, Large, ϕ 8mm - BLK	6
GT-X-087	Washer, Flat, Large, ϕ 10mm - BLK	4
GT-X-088	Washer, Flat, 1/2" - BLK	12
GT-X-089	Washer, Flat, 3/8" - BLK	70
GT-X-090	Washer, Flat, 5/16" - BLK	11
GT-X-091	Bolt Cap for Pull Pin Rod, Perforated, 3/4" - BLK	1
GT-X-092	Bolt, Shoulder, ϕ 12mm x 25mm x M8 - Stainless Steel	1
GT-X-093	Bolt, Recessed Round Head, 7/16" x 1-3/4" L - BLK	1
GT-X-094	Bolt, Recessed Round Head, 5/16" x 1-1/4" L - BLK	6
GT-X-095	Screw, Inner Hex, 5/16" x 1/4" L - BLK	3
GT-X-096	Screw, Inner Hex, 5/16" x 1/2" L - BLK	1
GT-X-097	Bolt, Hex Head, 1/2" x 3-5/8" L - BLK	1
GT-X-098	Bolt, Hex Head, 1/2" x 5-1/4" L - BLK	2
GT-X-099	Bolt, Hex Head, 1/2" x 3" L - BLK	2
GT-X-100	Bolt, Hex Head, 5/16" x 3/4" L - BLK	2
GT-X-101	Bolt, Hex Head, 3/8" x 1" L - BLK	6
GT-X-102	Bolt, Hex Head, 3/8" x 2" L - BLK	16
GT-X-103	Bolt, Hex Head, 3/8" x 2-7/8" L - BLK	4
GT-X-104	Bolt, Hex Head, 3/8" x 3" L - BLK	5
GT-X-105	Bolt, Hex Head, 3/8" x 3-1/4" L - BLK	2
GT-X-106	Bolt, Hex Head, 3/8" x 3-3/4" L - BLK	2
GT-X-107	Bolt, Hex Head, 3/8" x 5" L - BLK	4
GT-X-108	Screw, Recessed Flat Head, 5/16" x 3/4" L - BLK	2
GT-X-109	Screw, Recessed Flat Head, 5/16" x 1/2" L - BLK	4
GT-X-110	Screw, Recessed Flat Head, 3/8" x 1-1/4" L - BLK	4
GT-X-111	Screw, Recessed Flat Head, 3/8" x 1-1/8" L - BLK	2
GT-X-112	Screw, Recessed Flat Head, 5/16" x 1" L - BLK	3
GT-X-113	Screw, Recessed Flat Head, M5 x 10mm L - Stainless Steel	4
GT-X-114	Screw, Recessed Countersunk Head, 5/16" x 1" L - BLK	2
GT-X-115	Nut, Nylon Lock, 3/8" - BLK	29
GT-X-116	Nut, Nylon Lock, 1/2" - BLK	7
GT-X-117	Nut, 1/2" - BLK	2
GT-X-118	Weight Plate, 10lbs (4.5kg) *** (19 plates with 200lb upgrade)***	14
GT-X-119	Selector Pin w/ Lanyard, Aluminum - BLUE	1



Part #	Detailed Parts list	QTY
GT-X-120	Silicone Lube Bottle, for Guide Rods	1
GT-X-121	Poster - Exercise Guide for GT Strength Training System	1
GT-X-122	Warning Label - Master Rules and Precautions - v1.6v	1
GT-X-123	Warning Label - Pinch Point, Vertical- v1.6	1
GT-X-124	Warning Label - Pinch Point, Horizontal- v1.6	1
GT-X-125	Warning Label - Be Aware of Moving Parts - v1.6	1
GT-X-126	Warning Label - Do Not at Any Time Lean Against Frame - v1.6	1
GT-X-127	Warning Label - Pull-Pin Locking Knob - v1.6	1
GT-X-128	Warning Label - California Proposition 65	1
GT-X-129	Label - Maintenance Schedule - v1.6	1
GT-X-130	Label - Serial Number	1
GT-X-131	Label - Gear Adjustment for Press Arm	1
GT-X-132	Label - Gear Adjustment for Back Pad	1
GT-X-133	Warning Label- Do Not Hang on Bar - v1.6	1
GT-X-134	Wrench, Hex 3/16"	1
GT-X-135	Wrench, Hex 3/8"	1
GT-X-136	Washer, Spacer, Large, for bottom of Guide Rods, 50mm OD x 11mm ID x 5mm Thick - BLK	2
GT-X-137	Wrench, Hex, 5/32"	1
GT-X-138	Wrench, Hex, 1/4"	1



(121)



(122)



(123)



(124)



(125)



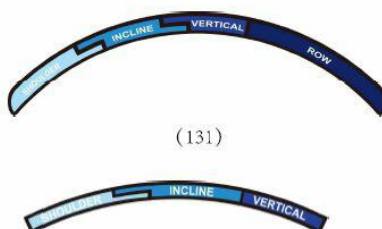
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(133)



(129)



(130)

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 (Home Use)

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

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
7699 GREEN MEADOWS DR.
LEWIS CENTER, OHIO 43035