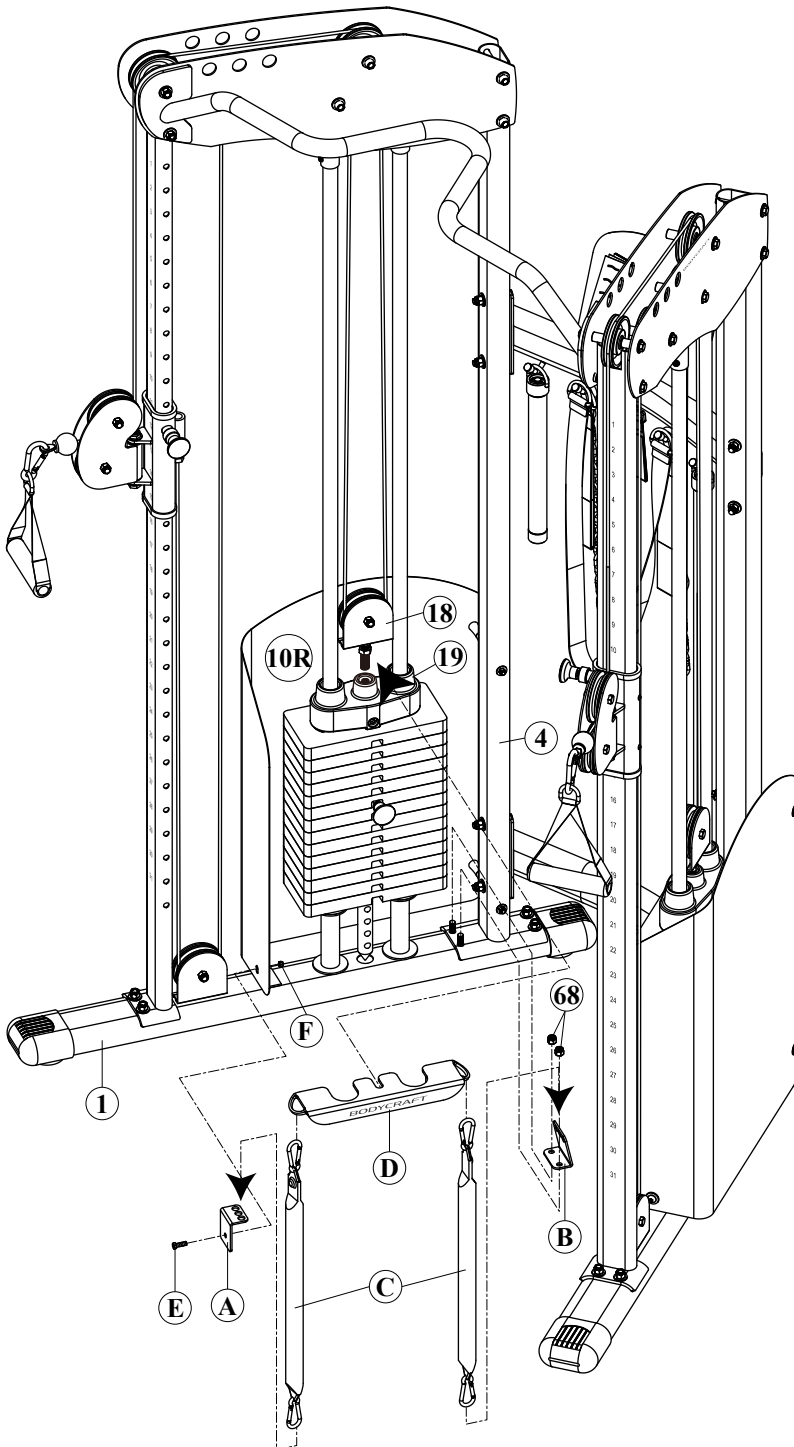


BODYCRAFT

Speed Trainer for HFT

1. Please attach Steel Plate (A) to the Base Frame (1) and Right Weight Panel (10R) using a 5/16" X 3/4" Hex Threaded Bolt (E) and 5/16" Nylon Nuts (F).
2. Attach Steel Plate (B) to the Base Frame (1) and Rear Upright Frame (4) using two 5/16" Nylon Nuts (68).
3. Please attach Connector Frame (D) to the Pulley Block (18) and Top Plate (19) between.
3. Attach Spring Rope (C) to clip the Steel Plate (A & B). Repeat steps for the other side.



NO.	DESCRIPTION	QTY.
1	BASE FRAME	1
4	REAR UPRIGHT FRAME	1
10R	RIGHT WEIGHT PANEL	1
18	PULLEY BLOCK	1
19	TOP PLATE	1
68	5/16" NYLON NUT	2

NO.	DESCRIPTION	QTY.
A	STEEL PLATE	2
B	STEEL PLATE	2
C	SPRING ROPE	8
D	CONNECTOR FRAME	2
E	5/16" X 3/4" HEX THREADED BOLT	2
F	5/16" NYLON NUT	2

