

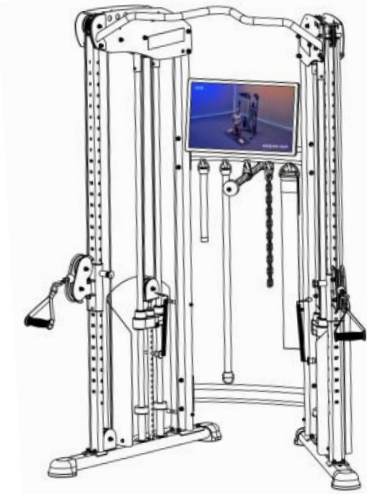
BODYCRAFT

HFT-Bracket for the HFT & HFT PRO Functional Trainer

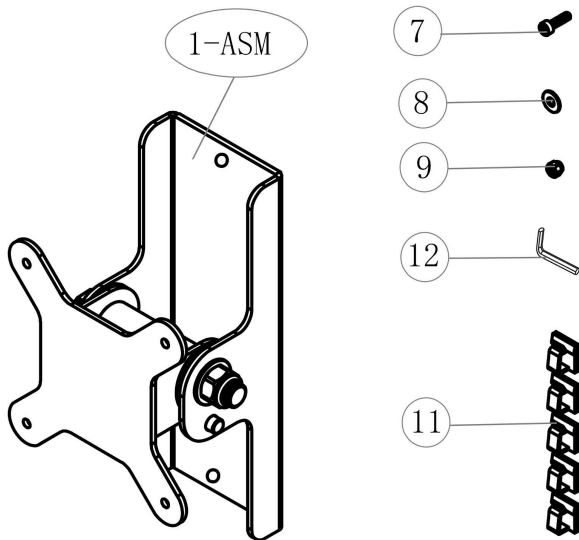
Owner's Manual



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& additional information,
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Assembled Parts List, HFT-Bracket



Part #	Assembly Parts List	QTY
HFT-Bracket-001-ASM	Bracket Frame Assembly	1
HFT-Bracket-007	Bolt, Recessed Hex Round Head, M4 x 14mm - BLACK	2
HFT-Bracket-008	Washer, Large, 4mm - BLACK	4
HFT-Bracket-009	Nut, Hex Nylon Lock, 4mm - BLACK	2
HFT-Bracket-010	Cable Clip Mount	5
HFT-Bracket-012	Allen Wrench, 3mm	1

THE FOLLOWING TOOLS ARE **RECOMMENDED** FOR ASSEMBLY:



ALLEN WRENCH
3mm



PHILLIPS SCREWDRIVER #2
w/ Magnetic TIP



LEVEL



ADJUSTABLE WRENCH, SMALL

HFT-Bracket v1.3



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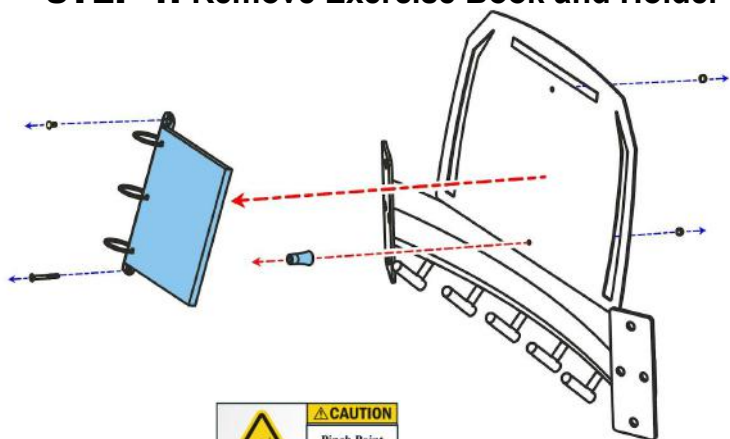
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HFT-Bracket, Assembly of the Bracket & Connect-22 to the HFT Functional Trainer

STEP 1: Remove Exercise Book and Holder



Part #	Disassembly Hardware for STEP 1	QTY
HFT-026 / 028	Exercise Book and Holder	2
HFT-058 / 059	M4 x 10L / 40L Sunken Head Screws - BLK	2
HFT-072	M4 Nylon Nut - BLK	2
HFT-043	Plastic Stud Spacer	1

Recommended Tools:

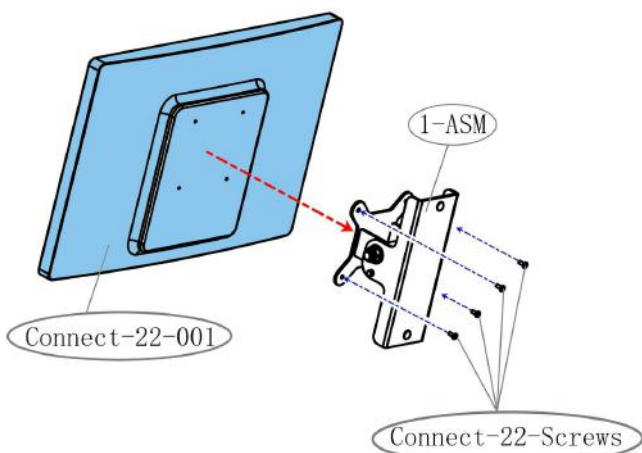


PHILLIPS SCREWDRIVER #2
w/ Magnetic TIP



ADJUSTABLE WRENCH -
SMALL

STEP 2: Assemble Connect-22 to the HFT-Bracket



Part #	Assembly Parts for STEP 2	QTY
Connect-22-001	Connect-22	1
Connect-22-Screws	Phillips Head Screws (M4 x 8mm L)	4
HFT-Bracket-001-ASM	Bracket Frame Assembly	1

Recommended Tools:



ALLEN WRENCH
3mm

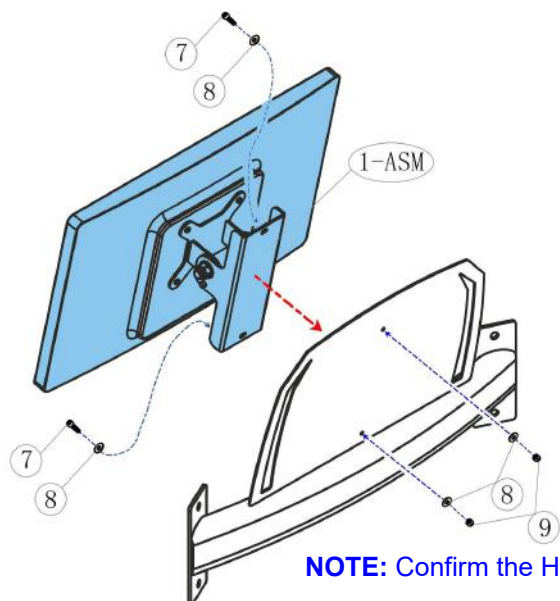


ADJUSTABLE WRENCH -
SMALL



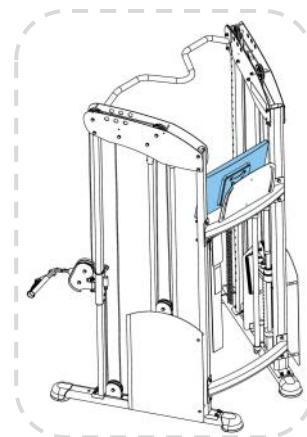
LEVEL

STEP 3: Assemble HFT-Bracket to the Top Cross Support



Part #	Assembly Parts for STEP 3	QTY
HFT-Bracket-007	Bolt, Recessed Hex Round Head, M4 x 14mm - BLACK	2
HFT-Bracket-008	Washer, Large, 4mm - BLACK	4
HFT-Bracket-009	Nut, Hex Nylon Lock, 4mm - BLACK	2

NOTE: Confirm the HFT-Bracket is level. Then double check the bolts, nuts & screws are tightened down to withstand vigorous usage.



Product Assembly - Connect-22 Cable Routing on Rt or Lt Sides of Machine

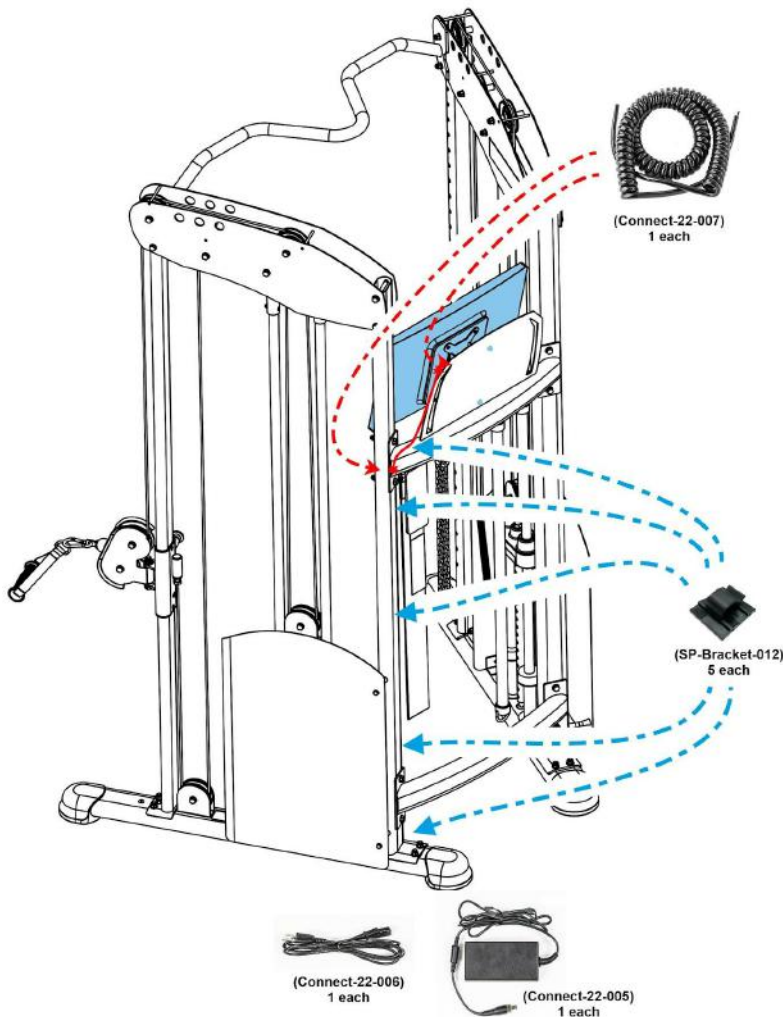


CAUTION: It is highly suggested to follow the steps below to secure the cable away from moving parts. Do not let the cable dangle straight down to the floor.

STEP 5: How to Install Cable Clip Mounts

- Clean surface with mild spray soap or a window cleaner and dry with a 100% cotton rag.
- Take adhesive strip off back of Cable Clip Mount.
- Place Cable Clip Mount and hold for 15 seconds.
- Install Cable under Clip while gently holding the back.

NOTE: DO NOT over stretch clip mount opening. Only open enough to gently slide the cable under the mount.



STEP 6: Install Cable Clip Mounts

- Install a Cable Clip Mount at each arrow location on the top left side of shroud in case of any service issues.
- Then fully install the Cable with the 2.5mm power cord end at the Connect-22 back plug. Follow the Cable Clip Mounts with the cable to the base of the Rower.

NOTE: If you have downloaded this document, zoom in to see the light blue arrows and their locations.

Parts from the Connect-22 (items below are not to scale)



Connect-22 22" Screen Unit
(Connect-22-001), 1 each



Power Tele-Cable from side of the HFT-Bracket to the Connect-22,
(Connect-22-007), 1 each



Power Supply w/ cable to the side of the HFT-Bracket area.
(Connect-22-005), 1 each



Power Cord to Power Supply,
(Connect-22-006), 1 each

Detailed Parts List & Parts Exploded View

Part #	Detailed Parts List	QTY
HFT-Bracket-001	Bracket Frame	1
HFT-Bracket-002	Vesa 100 Bracket	1
HFT-Bracket-003	Bolt, Hex 1/2" x 4" - BLACK	1
HFT-Bracket-004	Washer, Flat, 1/2" - BLACK	2
HFT-Bracket-005	Washer, Plastic, Large, 1/2" - BLACK	2
HFT-Bracket-006	Nut, Hex Nylon Lock, 1/2" - BLACK	1
HFT-Bracket-007	Bolt, Recessed Hex Round Head, M4 x 14mm - BLK	2
HFT-Bracket-008	Washer, Large, 4mm - BLACK	4
HFT-Bracket-009	Nut, Hex Nylon Lock, 4mm - BLACK	2
HFT-Bracket-010	Rubber Cover for Bracket Stoppers	2
HFT-Bracket-011	Cable Clip Mount	5
HFT-Bracket-012	Allen Wrench, 3mm	1

