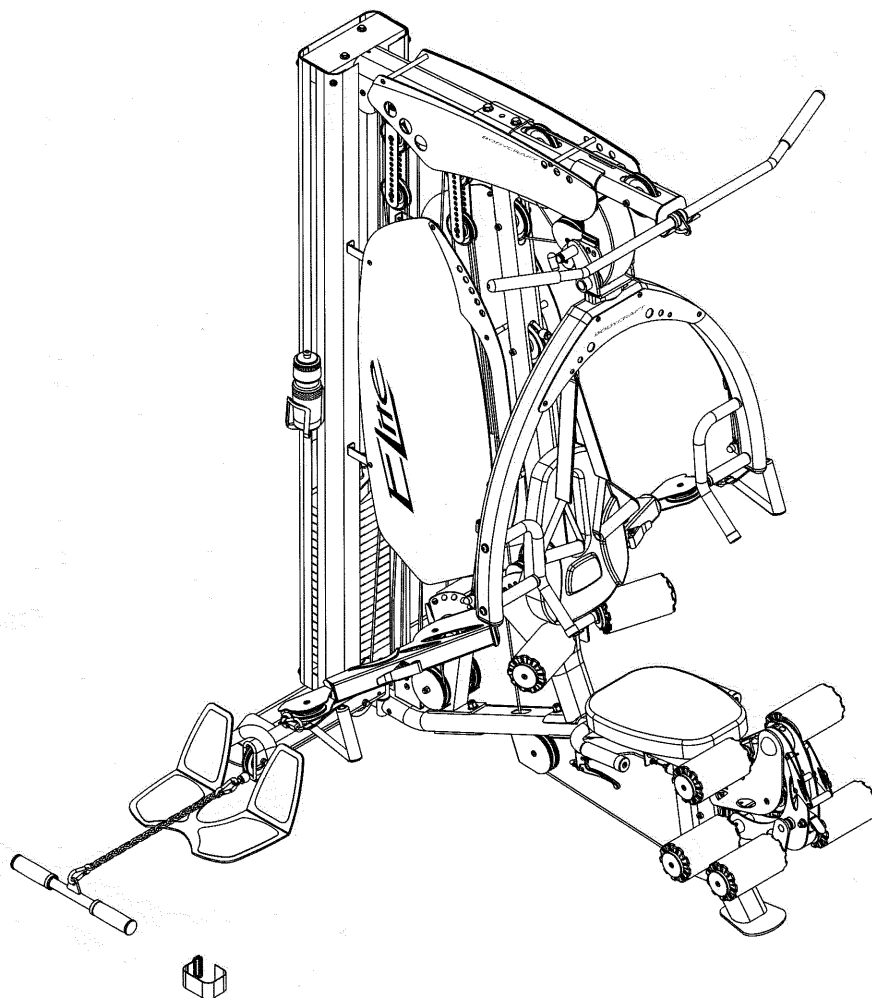


BODYCRAFT

THE ELITE STRENGTH TRAINING SYSTEM ASSEMBLY INSTRUCTION



QUESTION?

As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BodyCraft at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

Bodycraft is a division of Recreation Supply Inc.
P.O. BOX 181
Sunbury, OH 43074

MA605

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **Bodycraft Elite** strength training system. The **Bodycraft Elite** offers an impressive array of strength training exercises to develop every major muscle group of the body.

Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **Bodycraft Elite** will help you achieve the specific results you want.

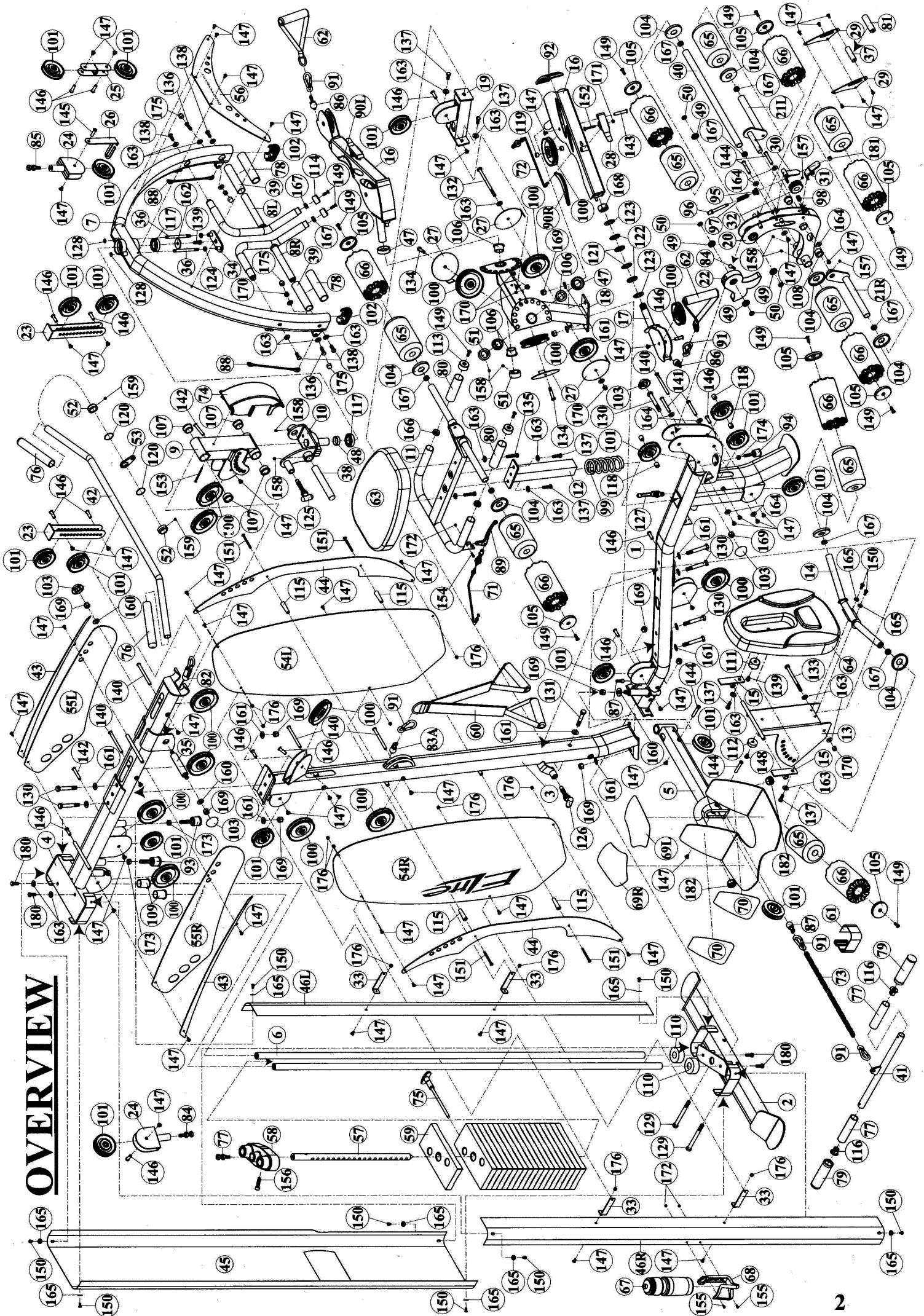
For your safety and benefit, read this manual and the accompanying literature before using the **Bodycraft Elite**. Keep this manual for future reference. If you have additional questions, please call your local **Bodycraft Elite** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. 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 pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **Bodycraft Elite** at all times.
5. Keep your hands away from cables and pulleys during operation. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Make certain all cables are seated within the pulleys before every use.
8. Exercise with care to avoid injury.
9. If unsure about the proper use of the **Bodycraft Elite** strength training system call your local **BodyCraft** dealer or our customer service department at 800-990-5556.

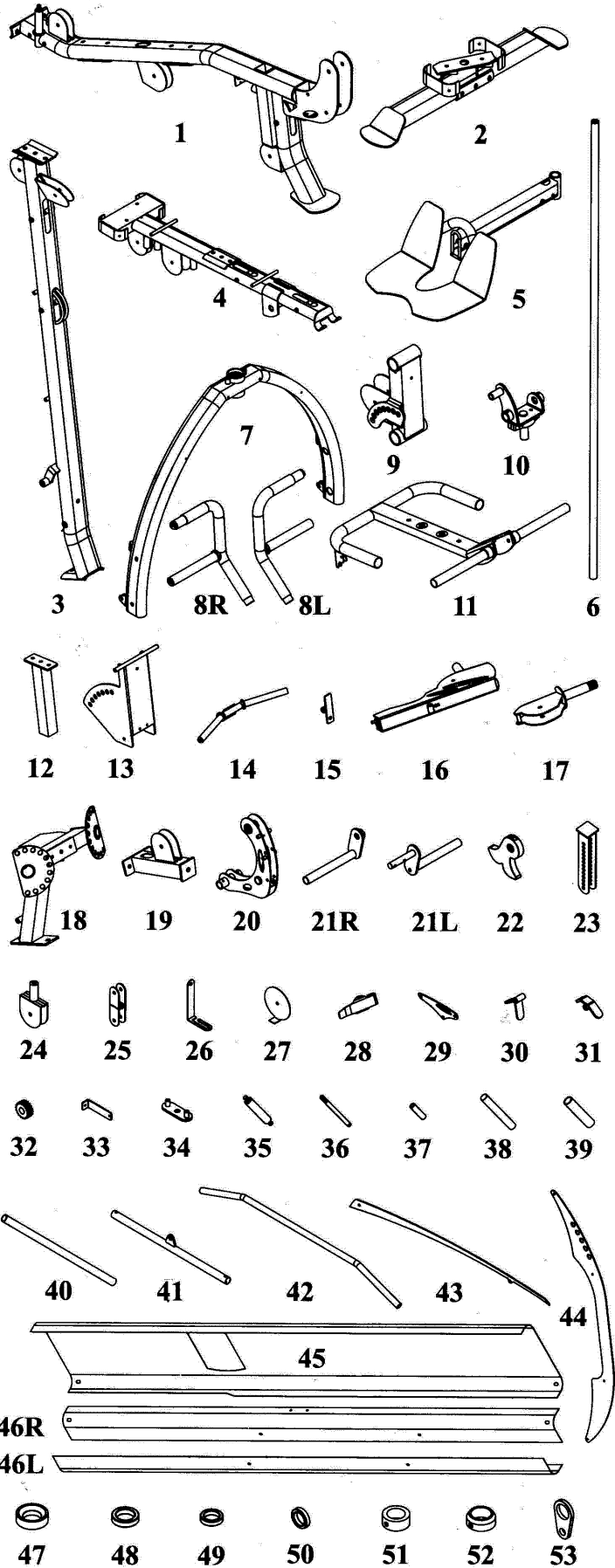
OVERVIEW



PARTS LIST

NO.	DESCRIPTION	QTY.
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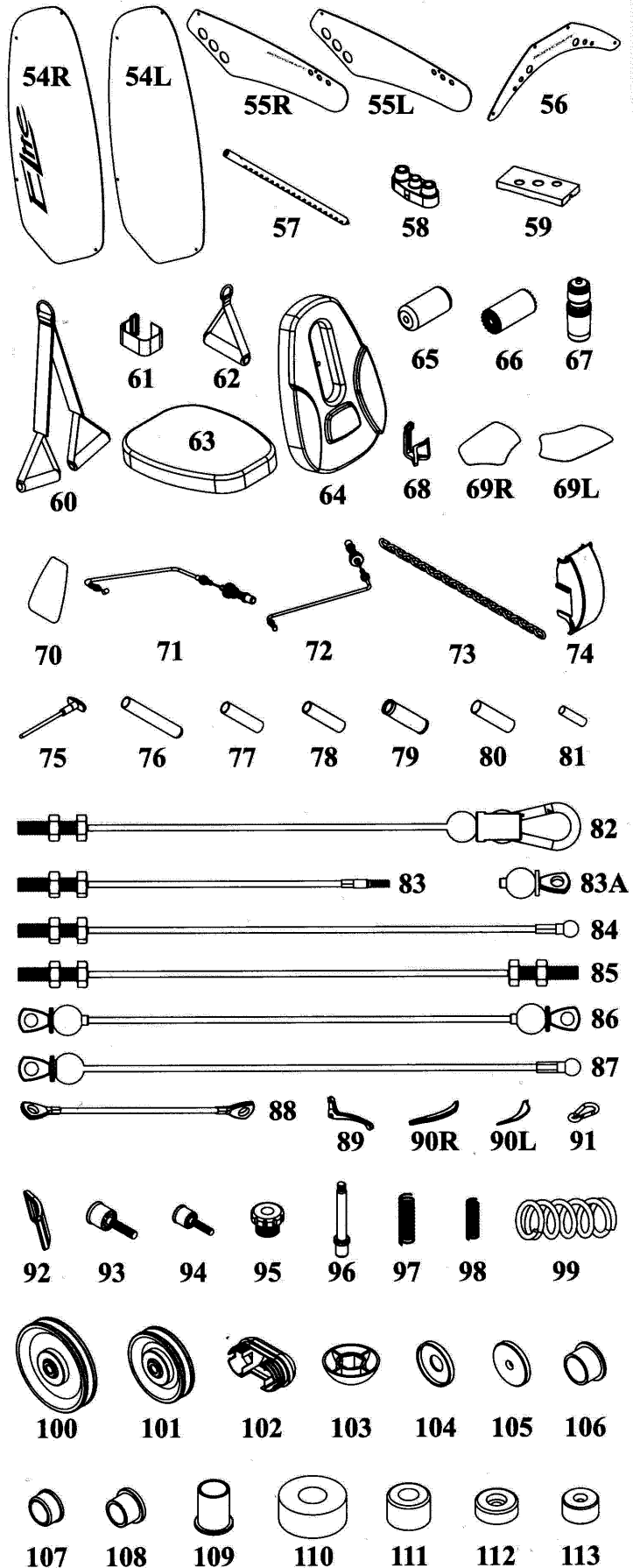
1	MAIN FRAME	1
2	REAR STABILIZER	1
3	FRONT UPRIGHT	1
4	TOP FRAME	1
5	FOOT PLATE CONNECTOR	1
6	GUIDE ROD	2
7	PRESS ARM	1
8R	RIGHT HANDLE OF PRESS ARM	1
8L	LEFT HANDLE OF PRESS ARM	1
9	PRESS ARM SUPPORT	1
10	ROTOR OF PRESS ARM SUPPORT (all pre-assembled)	1
11	SEAT ADJ. HANDLE	1
12	SEAT ADJ. FRAME	1
13	SEAT BACK ADJUSTER	1
14	LEG HOLDER	1
15	METAL HINGE	2
16	CABLE ARM	2
17	SWIVEL CABLE ARM END	2
18	CABLE ARM ASSEMBLY	1
19	CABLE ARM CONNECTOR	1
20	LEG EXTENSION ASSEMBLY (all pre-assembled)	1
21R	RIGHT LEG EXTENSION ARM	1
21L	LEFT LEG EXTENSION ARM	1
22	LEG CURL CAM (all pre-assembled)	1
23	ADJ. PULLEY BLOCK	2
24	SINGLE PULLEY BLOCK	2
25	DOUBLE PULLEY BLOCK	1
26	CABLE GUIDE PLATE	1
27	PULLEY GUIDE BRACKET	4
28	LEVER OF CABLE ARM	2
29	HANDLE PLATE (all pre-assembled)	2
30	AXLE (all pre-assembled)	1
31	HANDLE LEVER (all pre-assembled)	1
32	RATCHET	1
33	L PLATE	4
34	LOCKING PLATE (all pre-assembled)	1
35	AXLE	1
36	THREADED BOLT (all pre-assembled)	2
37	HANDLE PLATE AXLE (all pre-assembled)	1
38	PRESS ARM AXLE	1
39	PRESS ARM HANDLE AXLE (all pre-assembled)	2
40	525L FOAM ROLLER HOLDER	1
41	CURL BAR	1
42	LAT BAR	1
43	TOP PANEL TRIM	2
44	ACRYLIC PANEL TRIM	2
45	WEIGHT SHROUD	1
46R	RIGHT WEIGHT SHROUD	1
46L	LEFT WEIGHT SHROUD	1
47	STEEL SPACER FOR SWIVEL CABLE ARM END	2
48	STEEL SPACER FOR PRESS ARM (all pre-assembled)	1
49	R8ZZ BEARING FOR LEG EXTENSION ARM (all pre-assembled)	4
50	STEEL SPACER FOR LEG EXTENSION ARM (all pre-assembled)	4
51	COLLAR (all pre-assembled)	2
52	HOOK PLATE (all pre-assembled)	2
53	AXLE COLLAR (all pre-assembled)	1



PARTS LIST

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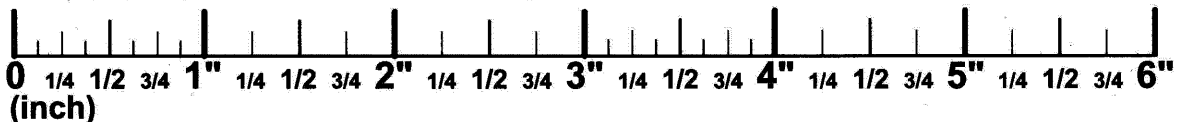
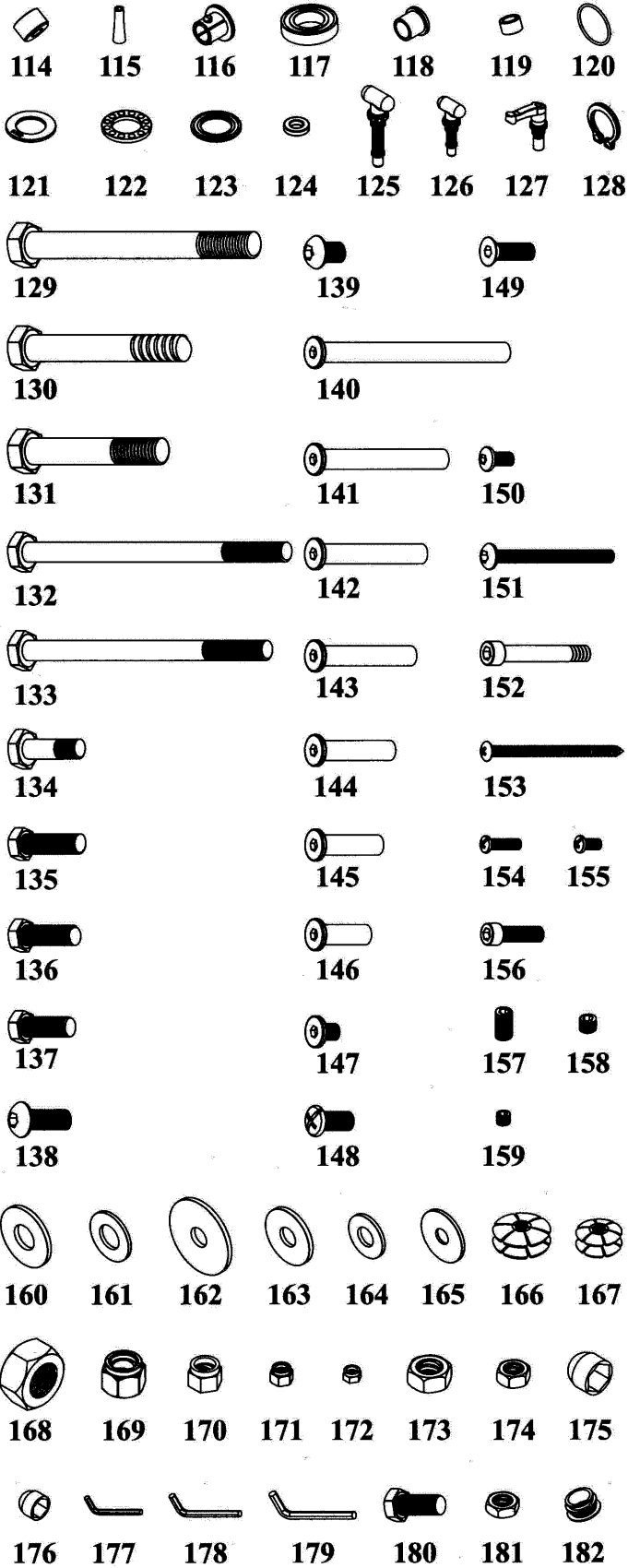
54R	RIGHT SIDE ACRYLIC PANEL	1
54L	LEFT SIDE ACRYLIC PANEL	1
55R	RIGHT TOP PANEL	1
55L	LEFT TOP PANEL	1
56	PRESS ARM PANEL	1
57	SELECTOR ROD	1
58	TOP PLATE	1
59	WEIGHT PLATE	19
60	AB CRUNCH	1
61	ANKLE STRAP	1
62	SINGLE HANDLE	2
63	SEAT PAD	1
64	BACK PAD	1
65	FOAM PAD	8
66	FOAM PAD COVER (all pre-assembled)	8
67	WATER BOTTLE	1
68	BOTTLE CAGE	1
69R	RIGHT NONSLIP (all pre-assembled)	1
69L	LEFT NONSLIP (all pre-assembled)	1
70	NONSLIP (all pre-assembled)	2
71	LONGER CLUTCH CABLE (all pre-assembled)	1
72	SHORTER CLUTCH CABLE OF CABLE ARM (all pre-assembled)	2
73	LINK	1
74	PLASTIC COVER	1
75	SELECTOR PIN	1
76	1" X 200mm ROUND HAND GRIP (all pre-assembled)	2
77	1-1/4" X 140mm ROUND HAND GRIP (all pre-assembled)	2
78	1-1/4" X 145mm ROUND HAND GRIP (all pre-assembled)	2
79	1-1/4" HAND GRIP (all pre-assembled)	2
80	1" X 120mm HAND GRIP (all pre-assembled)	2
81	RUBBER BRACKET FOR LEG EXTENSION ARM (all pre-assembled)	1
82	TOP CABLE	1
83	AB CRUNCH CABLE	1
83A	REMOVABLE END OF AB CRUNCH CABLE (all pre-assembled)	1
84	LEG EXTENSION CABLE	1
85	CONNECT CABLE	1
86	CABLE ARM CABLE	1
87	LOW CABLE	2
88	CONNECT CABLE OF PRESS ARM (all pre-assembled)	1
89	LEVER OF CLUTCH CABLE (all pre-assembled)	1
90R	RIGHT TRIM OF CABLE ARM (all pre-assembled)	1
90L	LEFT TRIM OF CABLE ARM (all pre-assembled)	1
91	CLIP	5
92	CAP FOR CABLE ARM (all pre-assembled)	2
93	1/2" RUBBER STOPPER (all pre-assembled)	2
94	3/8" RUBBER STOPPER (all pre-assembled)	1
95	NUT FOR LEG EXTENSION (all pre-assembled)	1
96	PIN BOLT FOR LEG EXTENSION (all pre-assembled)	1
97	LEG EXTENSION LARGER SPRING (all pre-assembled)	1
98	LEG EXTENSION SMALLER SPRING (all pre-assembled)	1
99	SEAT SPRING	1
100	114mm PULLEY	18
101	90mm PULLEY	18
102	40 X 80mm OVAL PLUG	2
103	1/2" CAP NUT	4
104	PLASTIC CAP	8
105	ALUMINUM CAP	8
106	1" ID STEEL BUSHING (all pre-assembled)	4
107	1" ID BUSHING (all pre-assembled)	4
108	3/4" ID BUSHING (all pre-assembled)	2
109	1" ID PLASTIC GUIDE ROD HOLDER	2
110	RUBBER CUSHION	2
111	1/2" THICKER STOPPER (all pre-assembled)	1
112	1/2" THINNER STOPPER (all pre-assembled)	1
113	SEAT PAD SUPPORT STOPPER (all pre-assembled)	2



PARTS LIST

NO. DESCRIPTION QTY.

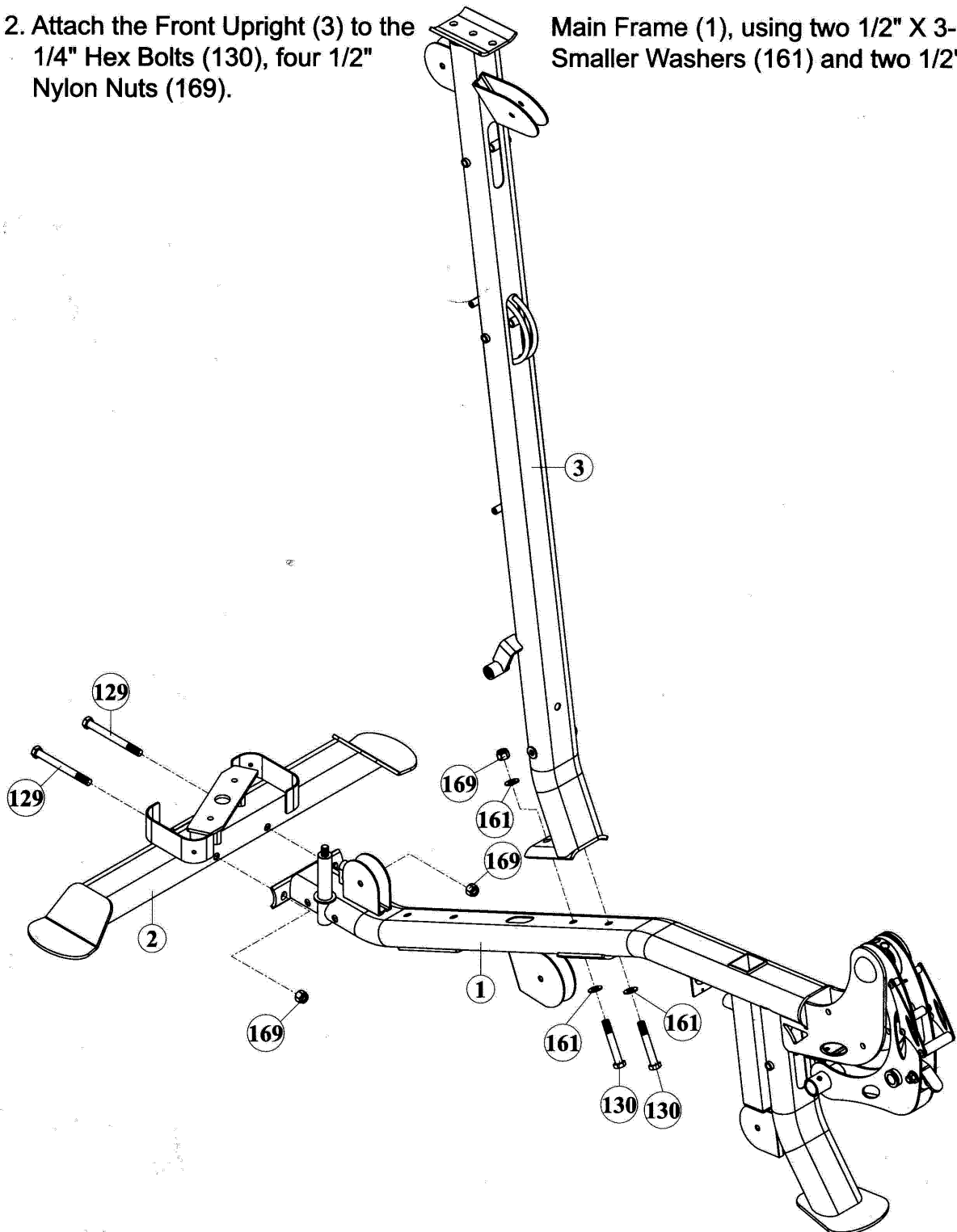
NO.	DESCRIPTION	QTY.
114	STOPPER FOR PRESS ARM HANDLE (all pre-assembled)	2
115	PLASTIC STUDS	4
116	1" T SHAPE END PLUG (all pre-assembled)	2
117	6082B BEARING (all pre-assembled)	2
118	SPACER FOR MAIN FRAME	4
119	SPACER FOR CABLE ARM (all pre-assembled)	4
120	SEALING RING (all pre-assembled)	2
121	BEARING BASIN (all pre-assembled)	4
122	BEARING (all pre-assembled)	4
123	BEARING COVER (all pre-assembled)	4
124	MAGNET (all pre-assembled)	2
125	LONGER POP PIN (all pre-assembled)	1
126	SHORTER POP PIN	1
127	TIGHTEN KNOB	1
128	SPRING CLIP (all pre-assembled)	2
129	1/2" X 5" HEX BOLT	2
130	1/2" X 3-1/4" HEX BOLT	7
131	1/2" X 2-3/4" HEX BOLT	1
132	3/8" X 5-3/4" HEX BOLT	1
133	3/8" X 5-1/4" HEX BOLT	1
134	3/8" X 1-3/4" HEX BOLT	2
135	3/8" X 1-3/4" HEX THREADED BOLT (all pre-assembled)	2
136	3/8" X 1-1/4" HEX THREADED BOLT	2
137	3/8" X 1" HEX THREADED BOLT	6
138	3/8" X 1" INNER HEX SCREW (all pre-assembled)	4
139	3/8" X 3/4" INNER HEX SCREW (all pre-assembled)	2
140	3/8" X 109.5L FLAT PIN BOLT	5
141	3/8" X 75L FLAT PIN BOLT	2
142	3/8" X 55L FLAT PIN BOLT	2
143	3/8" X 51L FLAT PIN BOLT	2
144	3/8" X 45L FLAT PIN BOLT	4
145	3/8" X 33.5L FLAT PIN BOLT	1
146	3/8" X 30.5L FLAT PIN BOLT	16
147	M6 X 12L MALE SCREW	57
148	3/8" X 5/8" SCREW (all pre-assembled)	1
149	5/16" X 1-1/4" SCREW	12
150	5/16" X 1/2" SCREW	10
151	M6 X 70L ROUND SCREW	4
152	M6 X 45L SCREW (all pre-assembled)	2
153	M5 X 2-1/2" SCREW	1
154	M5 X 18L SCREW (all pre-assembled)	1
155	M5 X 12L SCREW	2
156	TOP PLATE BOLT	1
157	5/16" X 1/2" SET SCREW	2
158	5/16" X 1/4" SET SCREW	6
159	M6 X 6L SET SCREW (all pre-assembled)	2
160	1/2" LARGER WASHER	3
161	1/2" SMALLER WASHER	12
162	3/8" WASHER (φ 35)	1
163	3/8" WASHER (φ 23)	22
164	3/8" WASHER (φ 21)	8
165	5/16" WASHER	10
166	1-1/4" NUT (all pre-assembled)	2
167	1" NUT (all pre-assembled)	10
168	24mm NUT (all pre-assembled)	1
169	1/2" NYLON NUT	11
170	3/8" NYLON NUT	6
171	M6 NYLON NUT (all pre-assembled)	2
172	M5 NYLON NUT	3
173	1/2" NUT (all pre-assembled)	2
174	3/8" NUT (all pre-assembled)	1
175	3/8" CAP NUT (all pre-assembled)	4
176	M6 CAP NUT	12
177	4mm HEX WRENCH	1
178	5mm HEX WRENCH	1
179	6mm HEX WRENCH	1
180	3/8" X 3/4" HEX THREADED BOLT	4
181	3/8" THIN NUT (all pre-assembled)	1
182	1-1/4" ROUND PLUG	2



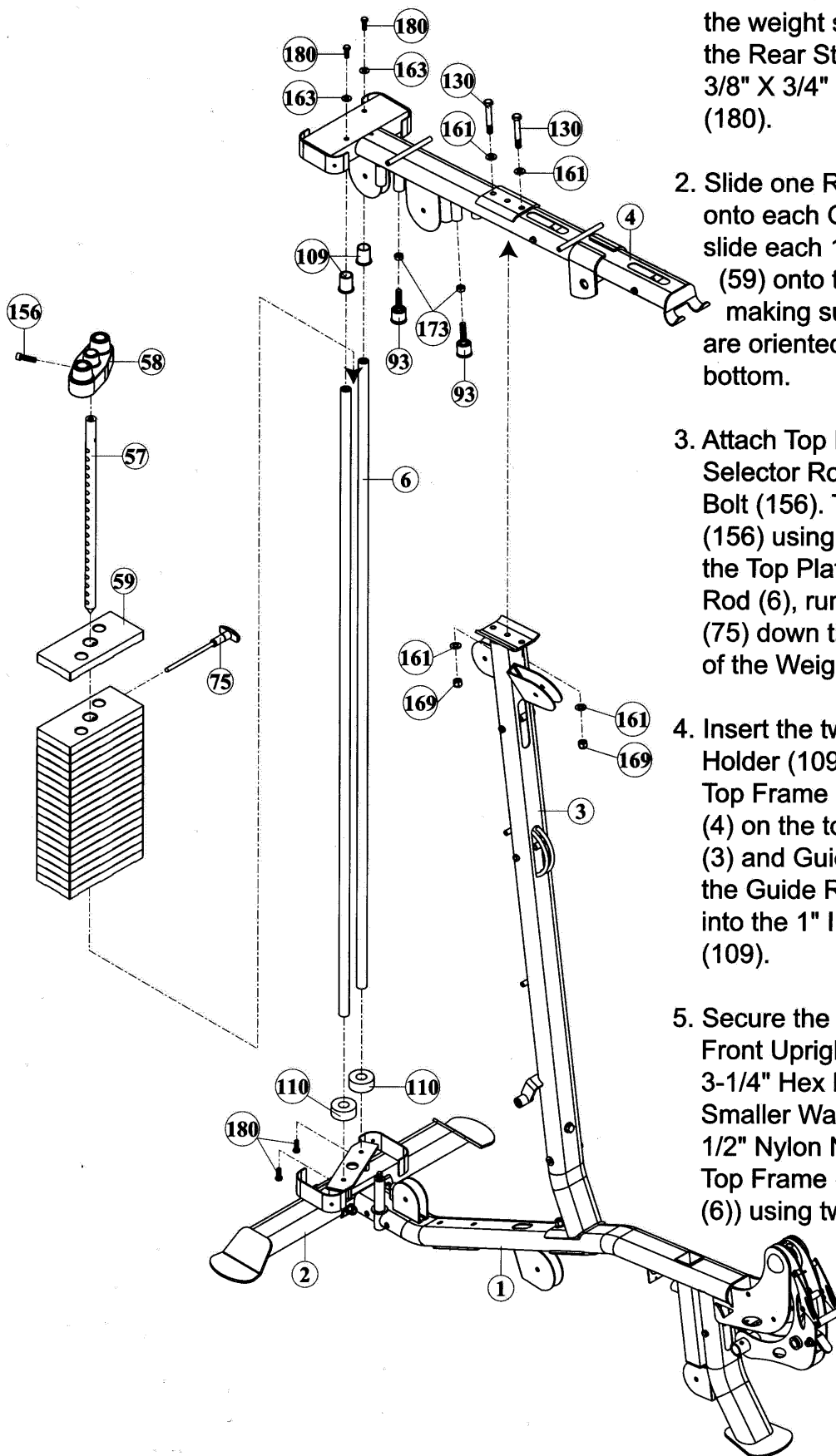
STEP 1 ASSEMBLE MAIN FRAME

TO EASE THE ASSEMBLY PROCESS, DO NOT TIGHTEN ANY BOLTS UNTIL INSTRUCTED.

1. Attach the Rear Stabilizer (2) to the Main Frame (1), using two 1/2" X 5" Hex Bolts (129) and two 1/2" Nylon Nuts (169).
2. Attach the Front Upright (3) to the Main Frame (1), using two 1/2" X 3-
Smaller Washers (161) and two 1/2" Nylon Nuts (169).



STEP 2 TOP FRAME AND WEIGHT STACK ASSEMBLY



1. Attach the two Guide Rods (6) to the weight stack plate welded to the Rear Stabilizer (2) using two 3/8" X 3/4" Hex Threaded Bolts (180).

2. Slide one Rubber Cushion (110) onto each Guide Rod (6). Then slide each 10 Lbs. Weight Plate (59) onto the Guide Rods (6), making sure the selector holes are oriented toward the side and bottom.

3. Attach Top Plate (58) to the Selector Rod (57) using Top Plate Bolt (156). Tighten Top Plate Bolt (156) using a Hex Wrench. Slide the Top Plate (58) onto the Guide Rod (6), running the Selector Pin (75) down through the center holes of the Weight Plates (59).

4. Insert the two 1" ID Guide Rod Holder (109) into the holes in the Top Frame (4). Place Top Frame (4) on the top of the Front Upright (3) and Guide Rods (6). Make sure the Guide Rods (6) are inserted into the 1" ID Guide Rods Holders (109).

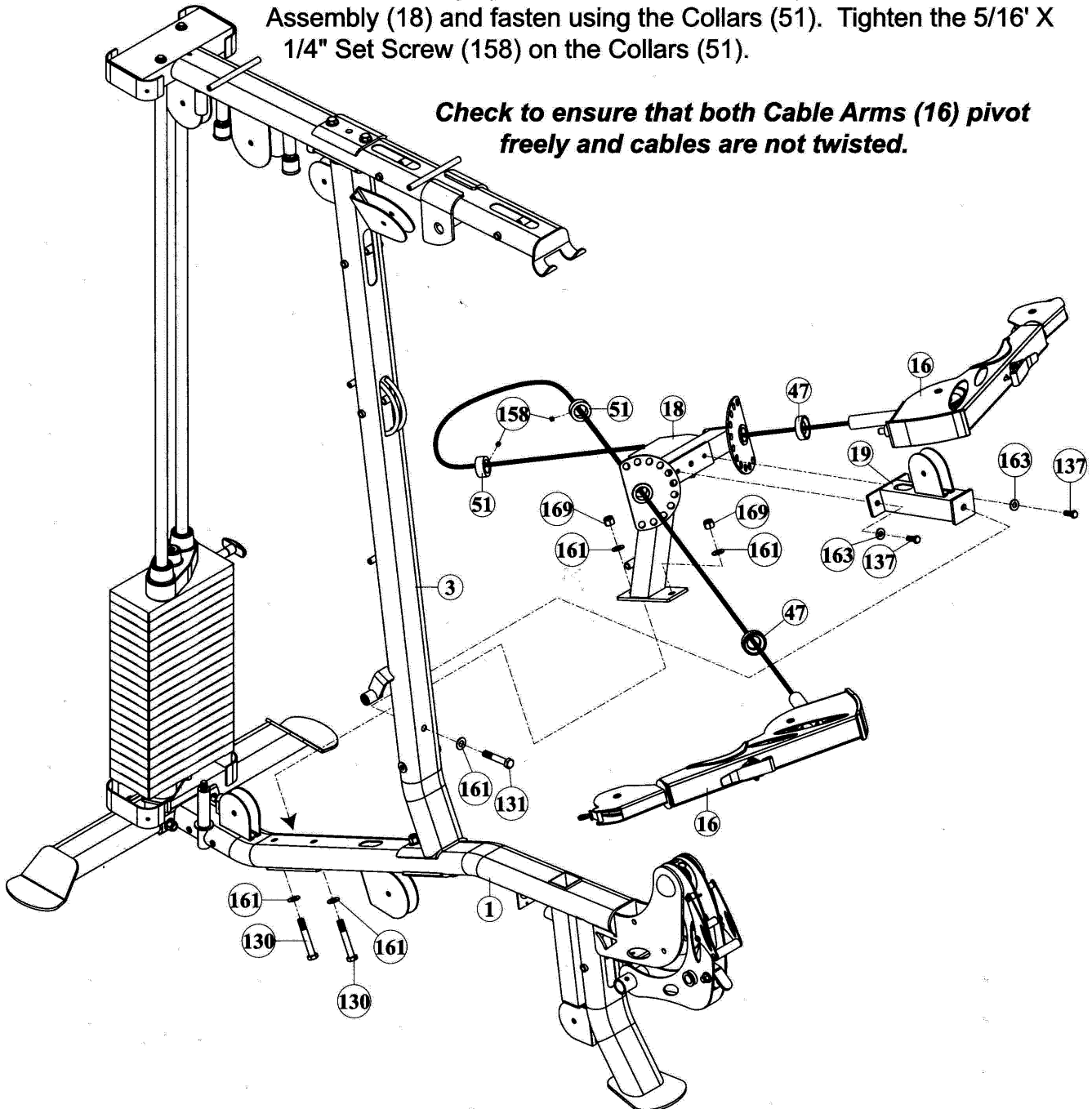
5. Secure the Top Frame (4) to the Front Upright (3) using two 1/2" X 3-1/4" Hex Bolts (130), four 1/2" Smaller Washers (161), and two 1/2" Nylon Nuts (169). Secure the Top Frame (4) to the Guide Rods (6) using two 3/8" X 3/4" Hex Threaded Bolts (180), and two 3/8" Washers (163).

STEP 3 ASSEMBLE CABLE ARM

Remember to keep all BOLTS loose to ensure the holes will align easily.

1. Attach the Cable Arm Assembly (18) to the Main Frame (1), using two 1/2" X 3-1/4" Hex Bolts (130), four 1/2" Smaller Washers (161) and two 1/2" Nylon Nuts (169).
2. Attach Cable Arm Assembly (18) to the Cable Arm Connector (19), using two 3/8" X 1" Hex Threaded Bolts (137) and two 3/8" Washers (163). Then attach the Cable Arm Connector (19) to Front Upright (3), using one 1/2" X 2-3/4" Hex Bolt (131) and one 1/2" Smaller Washer (161).
3. Insert the Axle of each Cable Arm (16) into the holes of the axle plates on the Cable Arm Assembly (18) and fasten using the Collars (51). Tighten the 5/16" X 1/4" Set Screw (158) on the Collars (51).

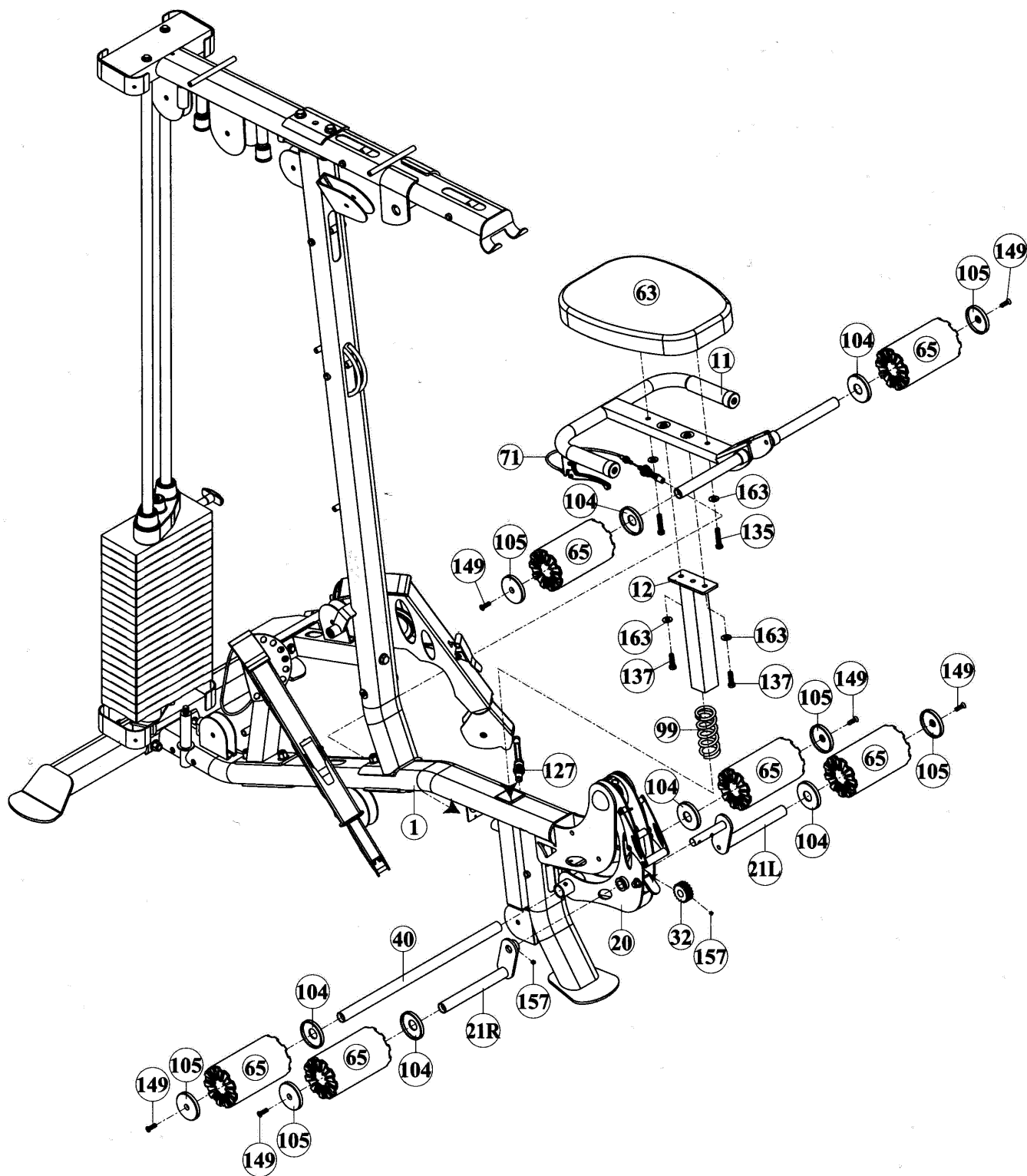
Check to ensure that both Cable Arms (16) pivot freely and cables are not twisted.



STEP 4 LEG EXTENSION AND SEAT ASSEMBLY

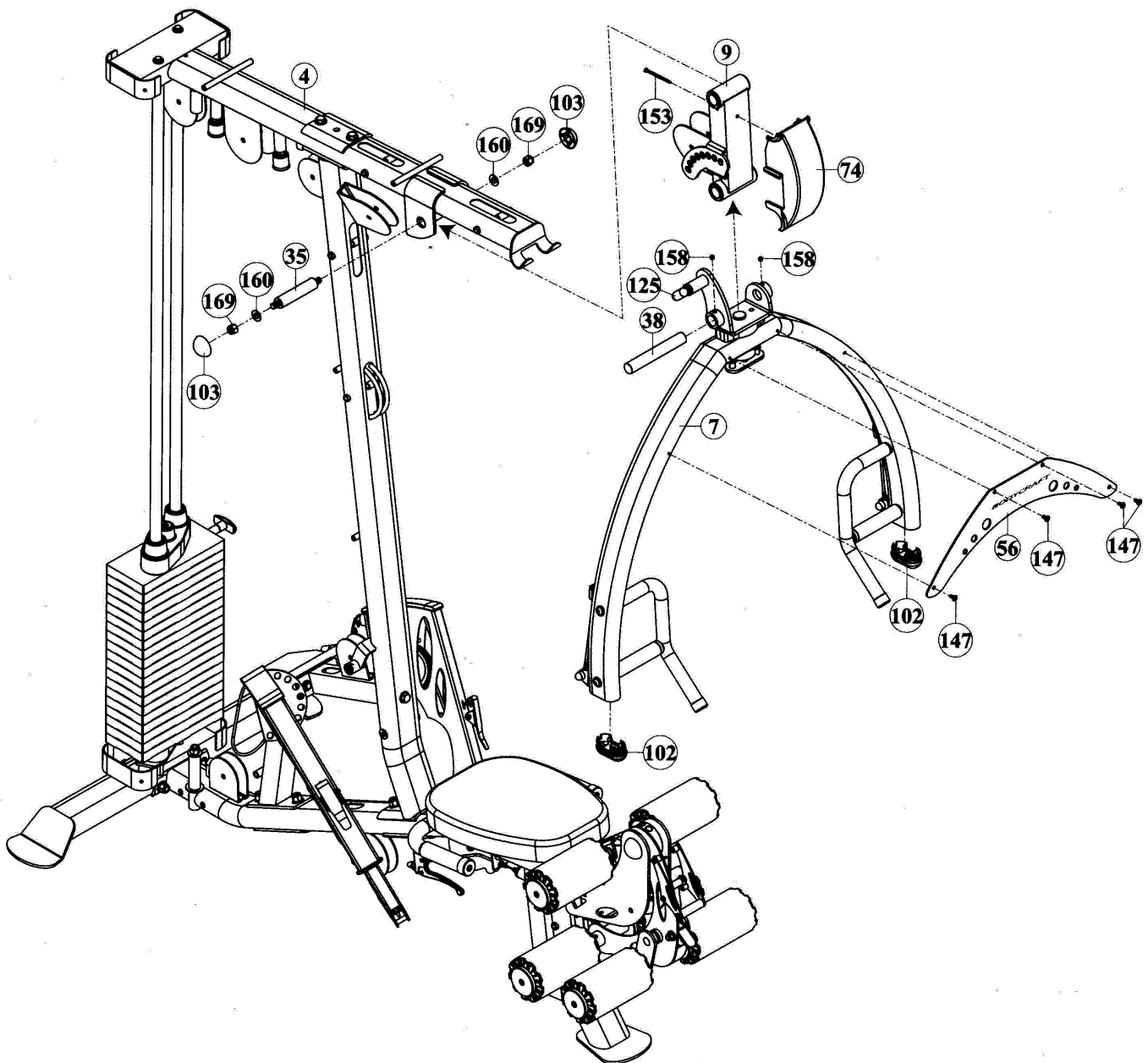
1. Attach the R and L Leg extension Arms (21R & 21L) to the pre-assembled Leg Extension Assembly (20) and secure using a 5/16" X 1/2" Set Screw (157).
2. Slide a Plastic Cap (104) onto each side of the R and L Leg Extension Arm (21R & 21L), flat side to the outside. Slide a Foam Pad (65) onto each Leg Extension Arm (21R & 21L), then cap with an Aluminum Cap (105) and secure with a 5/16" X 1-1/4" Screw (149).
3. Insert 1" Foam Roller Holder (40) into the Leg Extension Assembly (20) and secure with the two 5/16" X 1/2" Set Screw (157). Slide a Plastic Cap (104) onto each side of the 1" Foam Roller Holder (40), then cap with an Aluminum Cap (105) and secure with a 5/16" X 1-1/4" Screw (149).
4. Attach Seat Pad (63) to Seat Adj. Handle (11), using two 3/8" X 1-3/4" Hex Threaded Bolts (135) and two 3/8" Washers (163). Attach Seat Adj. Frame (12) to Seat Adj. Handle (11) using two 3/8" X 1" Hex Threaded Bolts (137) and 3/8" Washers (163). Insert the Seat Spring (99) into the Main Frame (1), then slide the Seat Adj. Frame (12) over the top the Seat Spring (99) and into the Main Frame (1). You may loosen the pre-assembled Tighten knob (127) to allow the Seat Adj. Frame (12) onto the Main Frame (1). You can tighten this Tighten Knob (127) to eliminate wobble in the seat after you have adjusted the seat to the desired height. Screw the Pop Pin attached to the Longer Clutch Cable (71) into the receptor in the Main Frame (1). If the Seat Spring (99) interferes with this, you may need to rotate the spring a bit until it does not interfere.
5. Slide a Plastic Cap (104) onto each side of the 1" Foam Roller Holder (40) welded on Seat Adj. Handle (11), flat side to the outside. Slide a Foam Pad (65) onto each side of the 1" Foam Roller Holder (40), then cap with an Aluminum Cap (105) and secure with a 5/16" X 1-1/4" Screw (149).

STEP 4 LEG EXTENSION AND SEAT ASSEMBLY



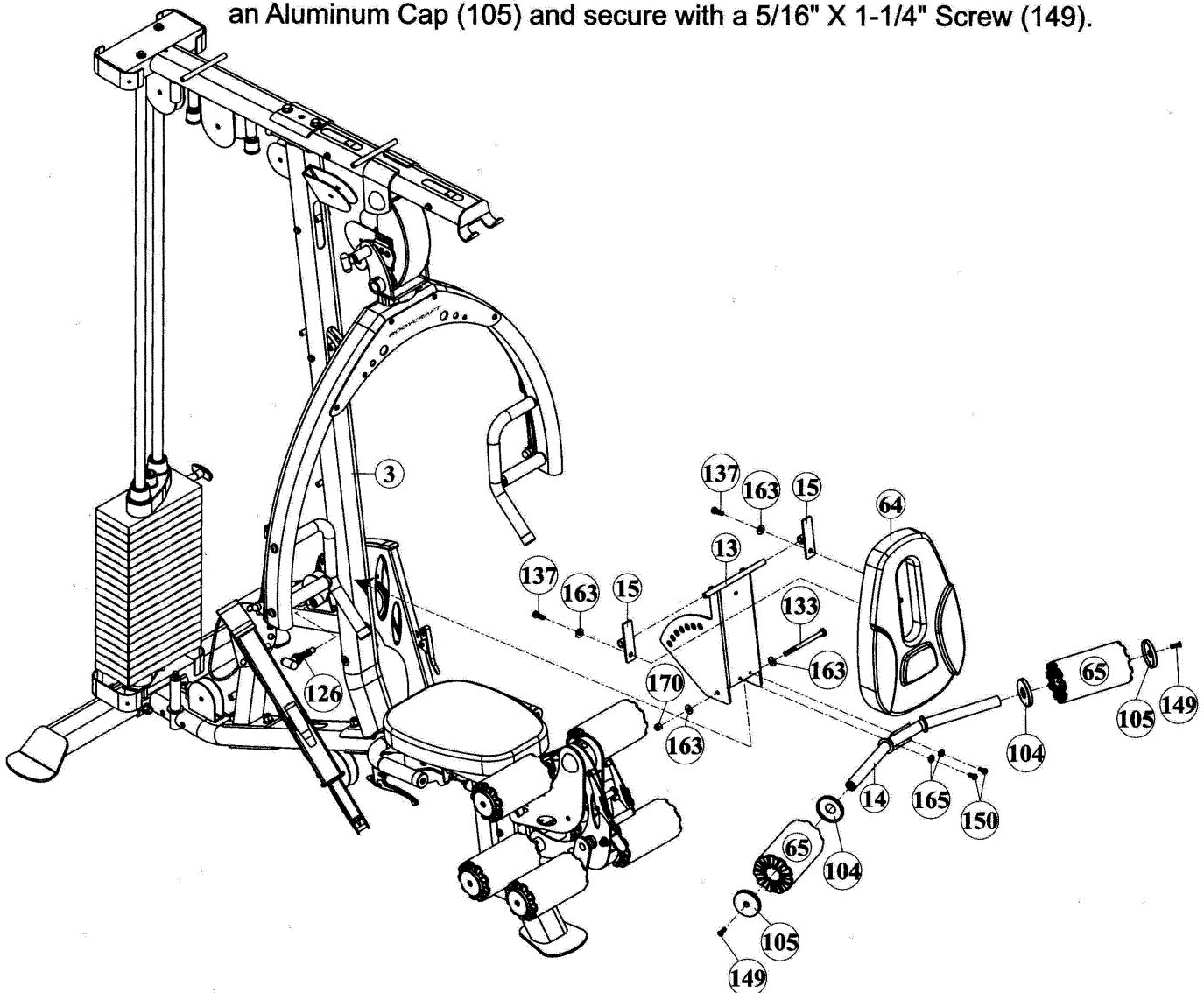
STEP 5 PRESS ARM ASSEMBLY

1. Attach the Press Arm Support (9) to the Top Frame (4) by aligning the holes and inserting the Axle (35). Secure the Axle (35) using two 1/2" Larger Washers (160) and two 1/2" Nylon Nuts (169). Tighten these 1/2" Nylon Nuts (169) and then cap with two 1/2" Cap Nuts (103).
2. Attach the Press Arm (7) to the Press Arm Support (9) by aligning the holes and inserting the Press Arm Axle (38). Make sure the Longer Pop Pin (125) is inserted into one of the adjustment holes in the Press Arm Support (9). Secure the Press Arm Axle (38) by tightening the pre-assembled 5/16" X 1/4" Set Screw (158). Attach the Plastic Cover (74) to the front of the Press Arm Support (9) and secure using one M5 X 2-1/2" Screw (153).
3. Attach Press Arm Panel (56) to Press Arm (7), using four M6 X 12L Male Screws (147) and two End Caps (102) to bottom tube of Press Arm (7).

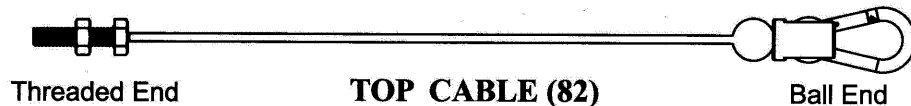


STEP 6 SEAT BACK ADJUSTER AND LEG HOLDER ASSEMBLY

1. Attach Seat Back Adjuster (13) to the Front Upright (3), using one 3/8" X 5-1/4" Hex Bolt (133), two 3/8" Washers (163) and one 3/8" Nylon Nut (170). It may be necessary to tighten this bolt, then loosen just enough to let Seat Back Adjuster (13) pivot FREELY. Shorter Pop Pin (126) should seat into adjustment holes in Seat Back Adjuster (13).
2. Attach Leg Holder (14) to the Seat Back Adjuster (13), using two 5/16" X 1/2" Screws (150) and two 5/16" Washers (165). Tighten these screws.
3. Slide two Metal Hinges (15) holes at bottom, onto the axle welded to top of the Seat Back Adjuster (13), then attach Back Pad (64) to Metal Hinges (15), using two 3/8" X 1" Hex Threaded Bolts (137) and two 3/8" Washers (163).
4. Slide two Plastic Caps (104) onto each side of Leg Holder (14), flat side to outside. Moisten Foam Pad (65) with water and slide onto the Leg holder (14). Cover with an Aluminum Cap (105) and secure with a 5/16" X 1-1/4" Screw (149).



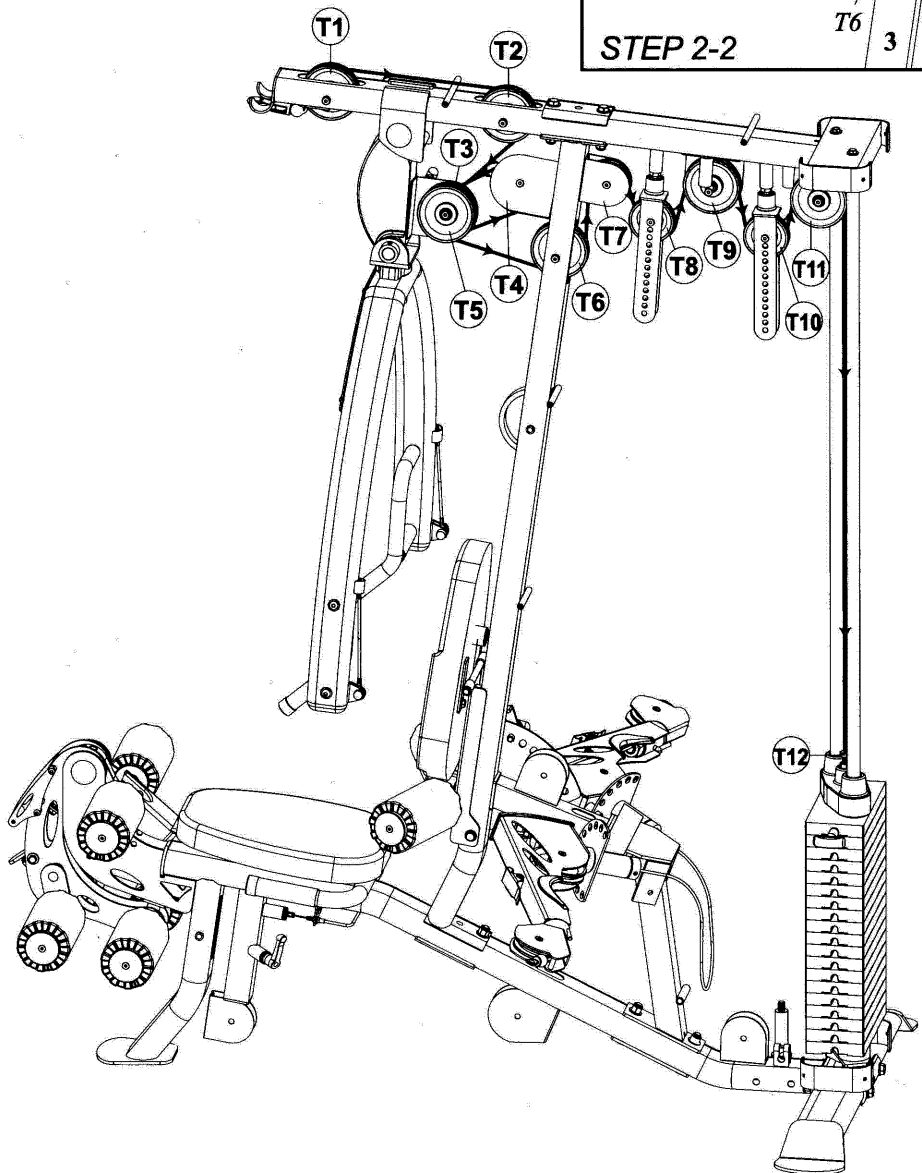
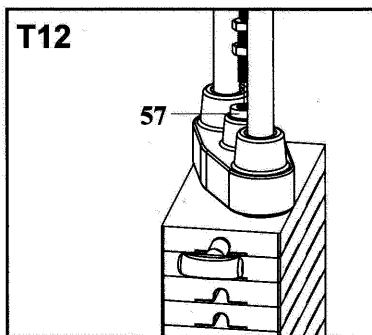
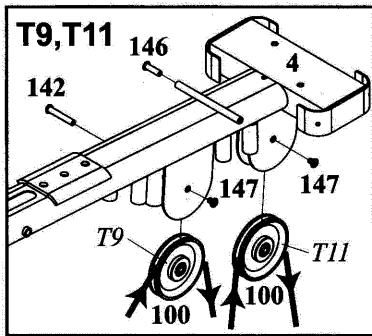
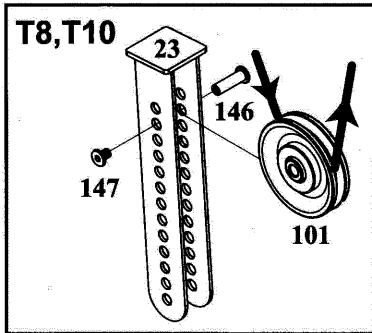
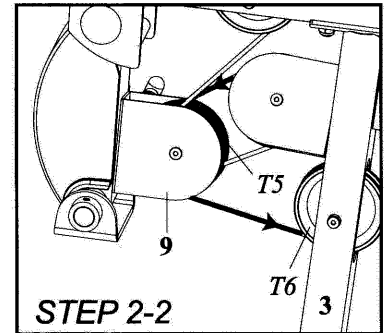
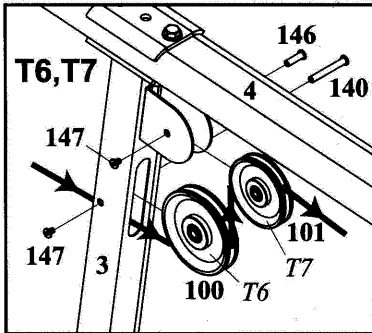
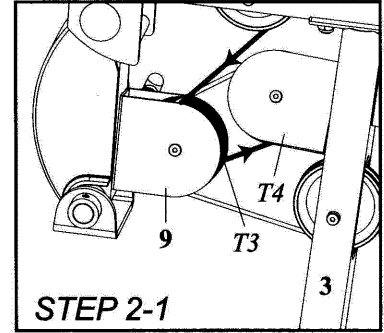
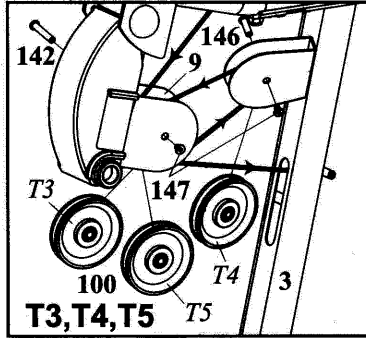
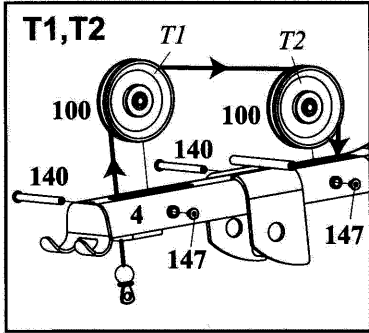
STEP 7 INSTALL TOP CABLE



Assemble cables and pulleys simultaneously.

1. Insert the threaded end of Top Cable (82) into slot in the front of Top Frame (4), over T1 and pulley T2 mounted on the Top Frame (4), using one 3/8" X 109.5L Flat Pin Bolt (140) and M6 X 12L Male Screw (147) each.
2. Route cable down and around pulley T3 (left side at Press Arm Support (9) as if you are seated) using one 3/8" X 55L Flat Pin Bolt (142) and M6 X 12L Male Screw (147). Route cable around pulley T4 mounted on the Front Upright (3), using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147), entering to the underside, exiting on top, as shown in Fig. Step 2-1, continue routing around pulley T5 {right side pulley mounted in Press Arm Support (9)}, entering on top, exiting on bottom as shown in Fig. Step 2-2.
3. Route cable under pulley T6 mounted in the slot in Front Upright (3), using one 3/8" X 109.5L Flat Pin Bolt (140) and M6 X 12L Male Screw (147). Continue routing cable up to pulley T7 mounted to rear top Front Upright (3), using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147). Route over T7 and down to pulley T8 mounted in the closed end of the Adj. Pulley Block (23), using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147). The Adj. Pulley Block (23) does not attach to the frame, it dangles.
4. Route cable up and over pulley T9 mounted on Top Frame (4), using one 3/8" X 55L Flat Pin Bolt (142) and M6 X 12L Male Screw (147) and down around pulley T10 mounted at top closed end of Double Pulley Block (23), using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147).
5. Route cable up and over pulley T11, using 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147) and down to screw the threaded end of the cable into the Top Plate (58) about half way down. The threaded end of the cable is an adjustment point, but should always have at least one third of the threads screwed into the Top Plate (58). When all cables are strung and cables adjusted, make sure to tighten the jam nut.

STEP 7 INSTALL TOP CABLE



STEP 8 AB CRUNCH CABLE INSTALLMENT



Threaded End

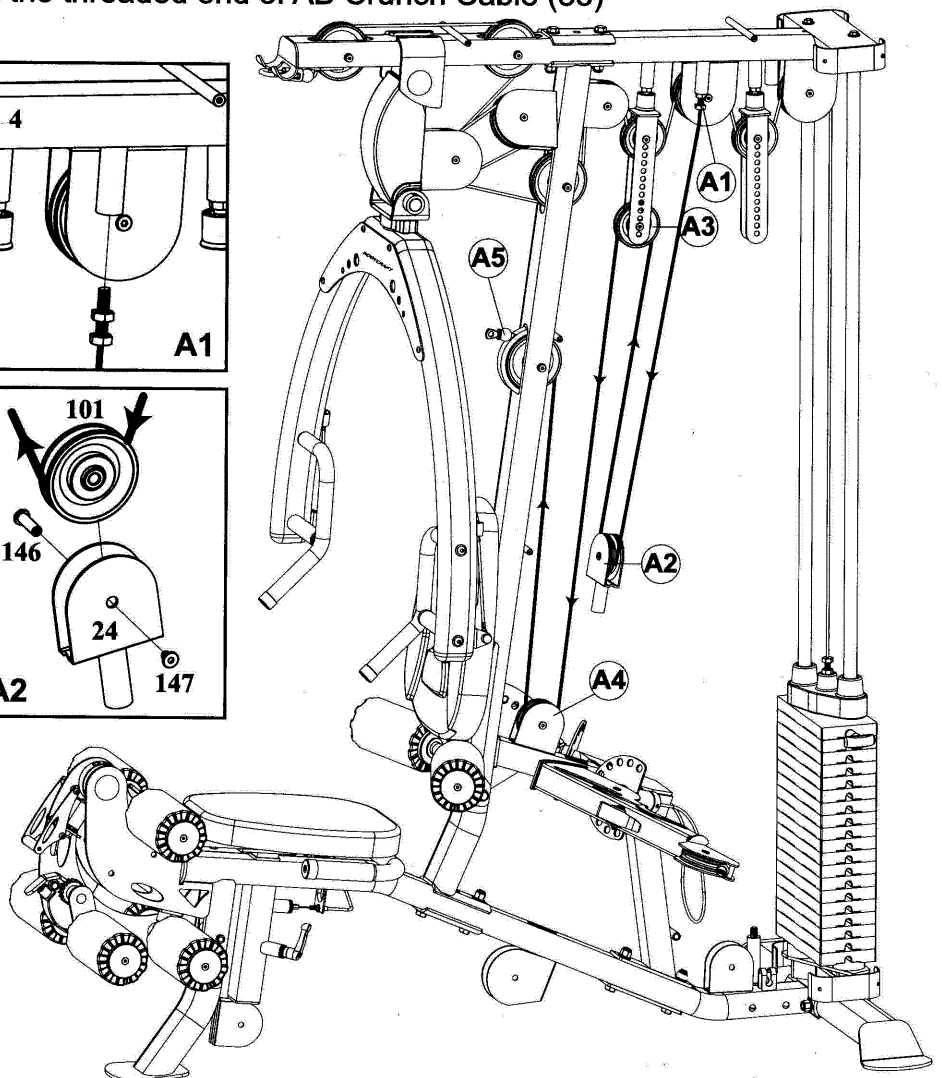
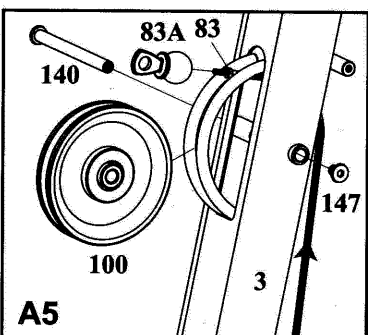
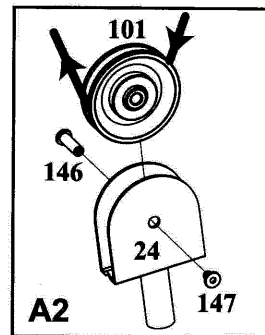
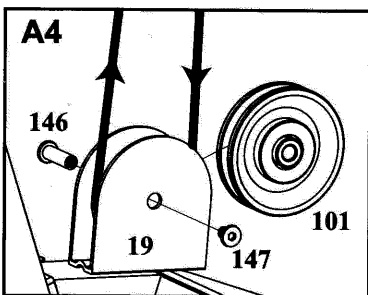
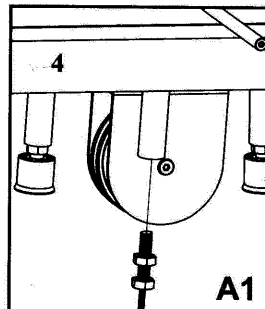
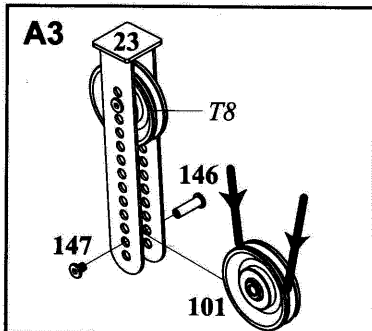
AB CRUNCH CABLE (83)



REMOVABLE END (83A)

Removable end of AB crunch cable should be screwed on completely after the AB Crunch Cable installment.

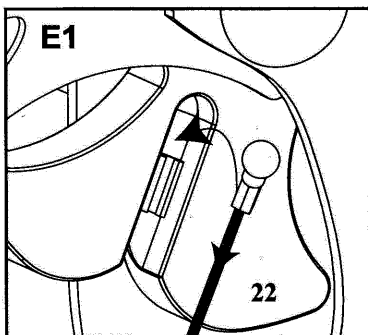
1. Screw the threaded end of the AB Crunch Cable (83) into the threaded receptor welded to Top Frame (4) as shown in Fig. A1. This threaded end is an adjustment point if needed, but always should be screwed at least one-third of the way in. Be sure to use the Jam Nut to prevent unscrewing. Route cable down to pulley A2 mounted in Single Pulley Block (24) using one 3/8" X 30.5L Flat Pin Bolt (146), and one M6 X 12L Male Screw (147).
2. Route cable up and over pulley A3 mounted at second hole of Adj. Pulley Block (23) using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147). Continue to route cable down and around pulley A4 mounted at the Cable Arm Connector (19), using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147).
3. Route the cable up to pulley A5, mounted at the inside of the Front Upright (3), using one 3/8" X 109.5L Flat Pin Bolt (140) and M6 X 12L Male Screw (147). Now, screw the Removable End (83A) into the threaded end of AB Crunch Cable (83) as shown Fig A5.



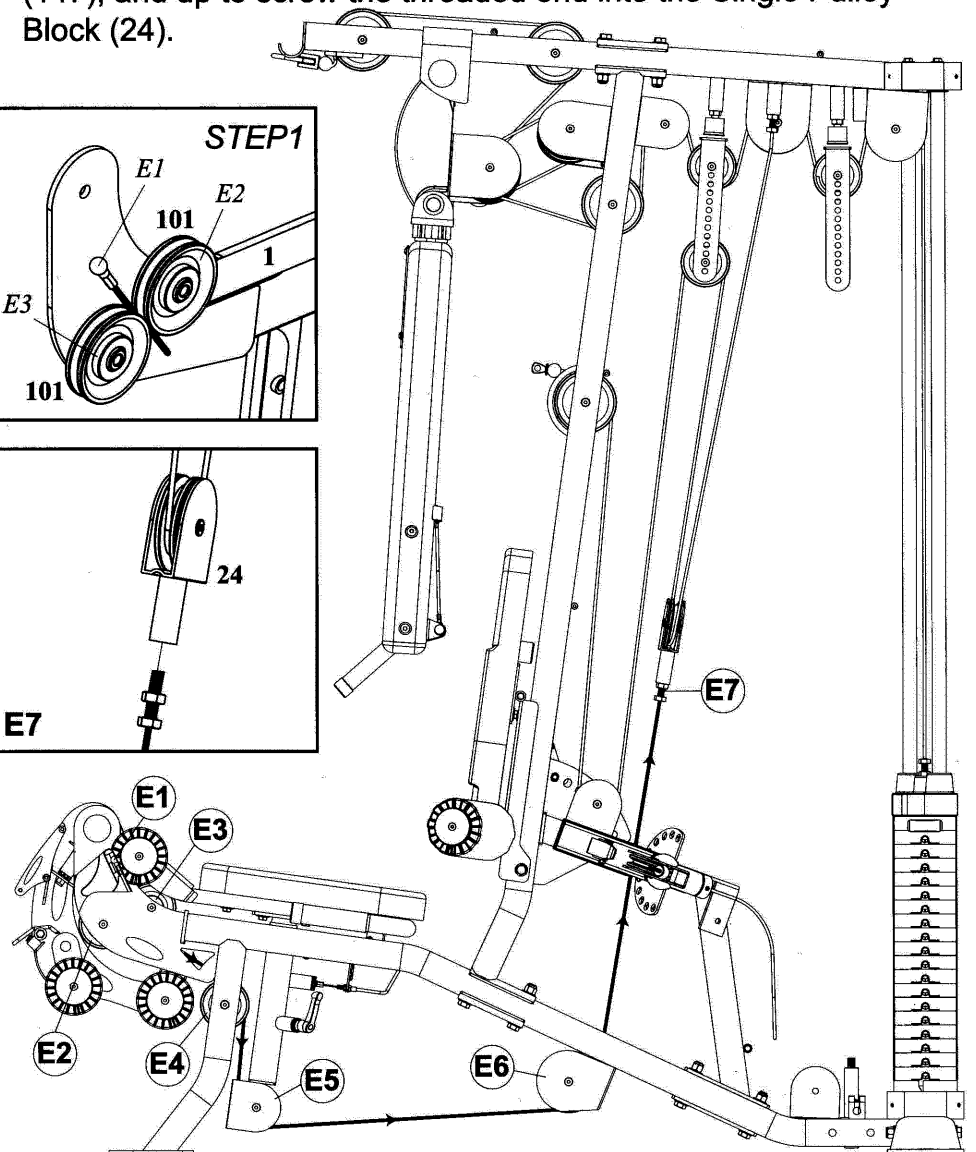
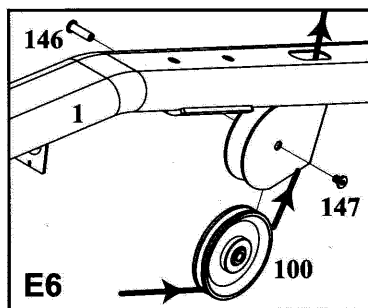
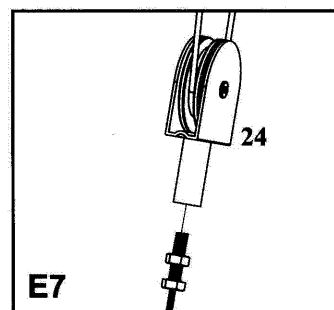
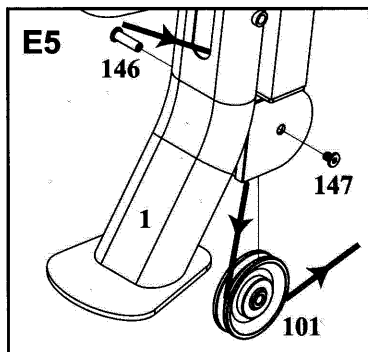
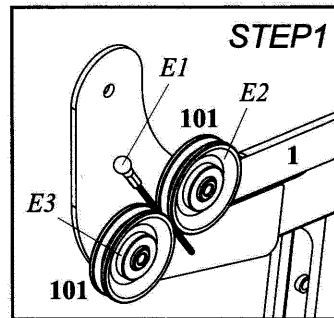
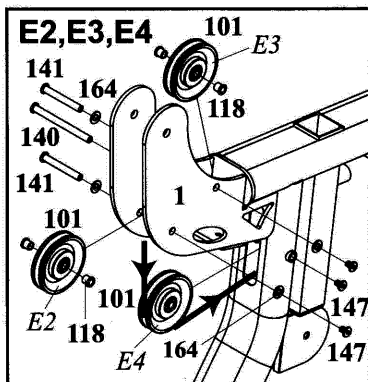
STEP 9 INSTALL LEG EXTENSION CABLE



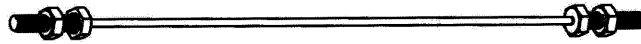
1. Hook the steel ball end of the Leg Extension Cable (84) into the groove in the Leg Curl Cam (22) as shown in Fig. E1. and then route the cable in between two pulleys (E2 and E3) mounted using one 3/8" X 75L Flat Pin Bolt (141), four 3/8" Washers (164) and one M6 X 12L Male Screw (147) each, as shown in Fig STEP 1. Continue routing the cable down and around Pulley E4 mounted in a slot in the front of the Main Frame (1) using one 3/8" X 75L Flat Pin Bolt (141) and one M6 X 12L Male Screw (147).



2. Route the cable down and around pulley E5 mounted under Seat Adj. Frame (12), using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147). Then route cable around E6 mounted under rear Main Frame (1), using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147), and up to screw the threaded end into the Single Pulley Block (24).

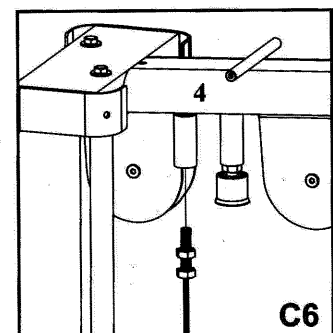
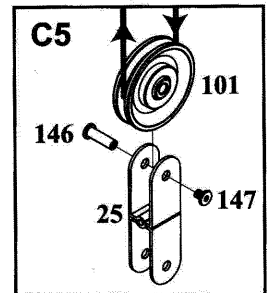
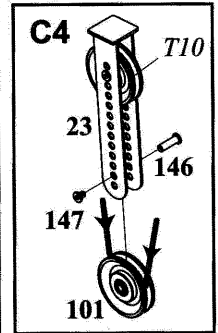
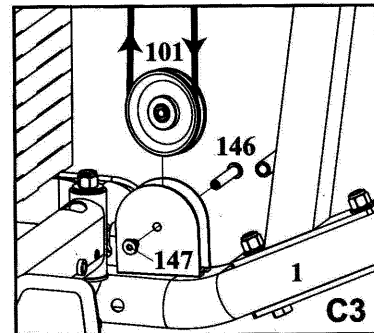
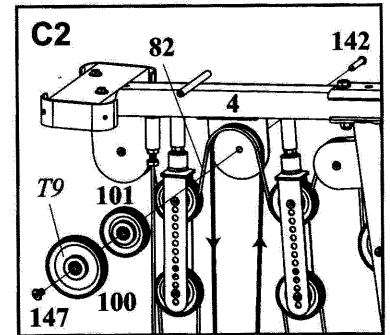
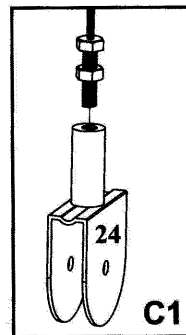
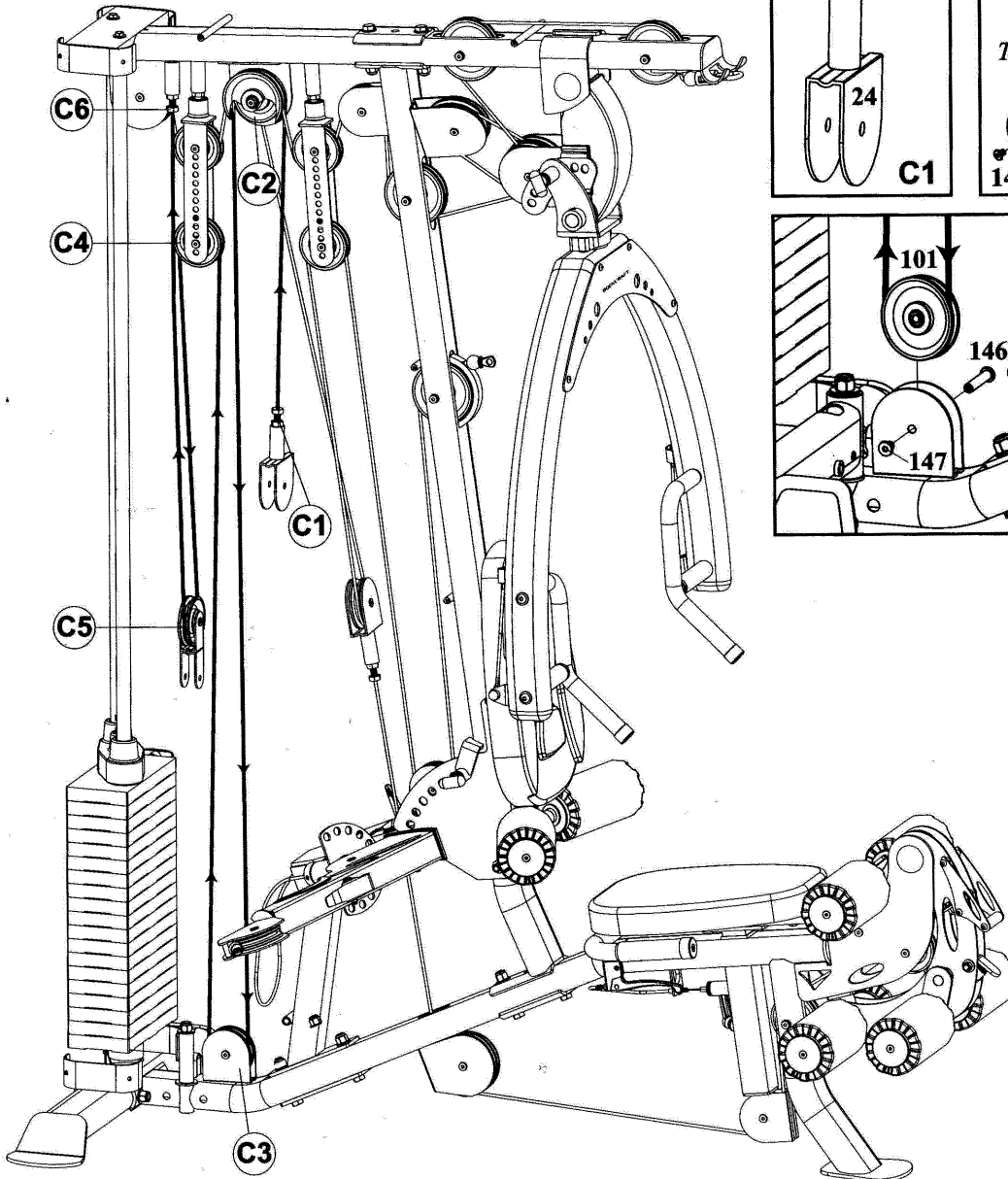


STEP 10 INSTALL CONNECT CABLE



Threaded End **CONNECT CABLE (85)** Threaded End

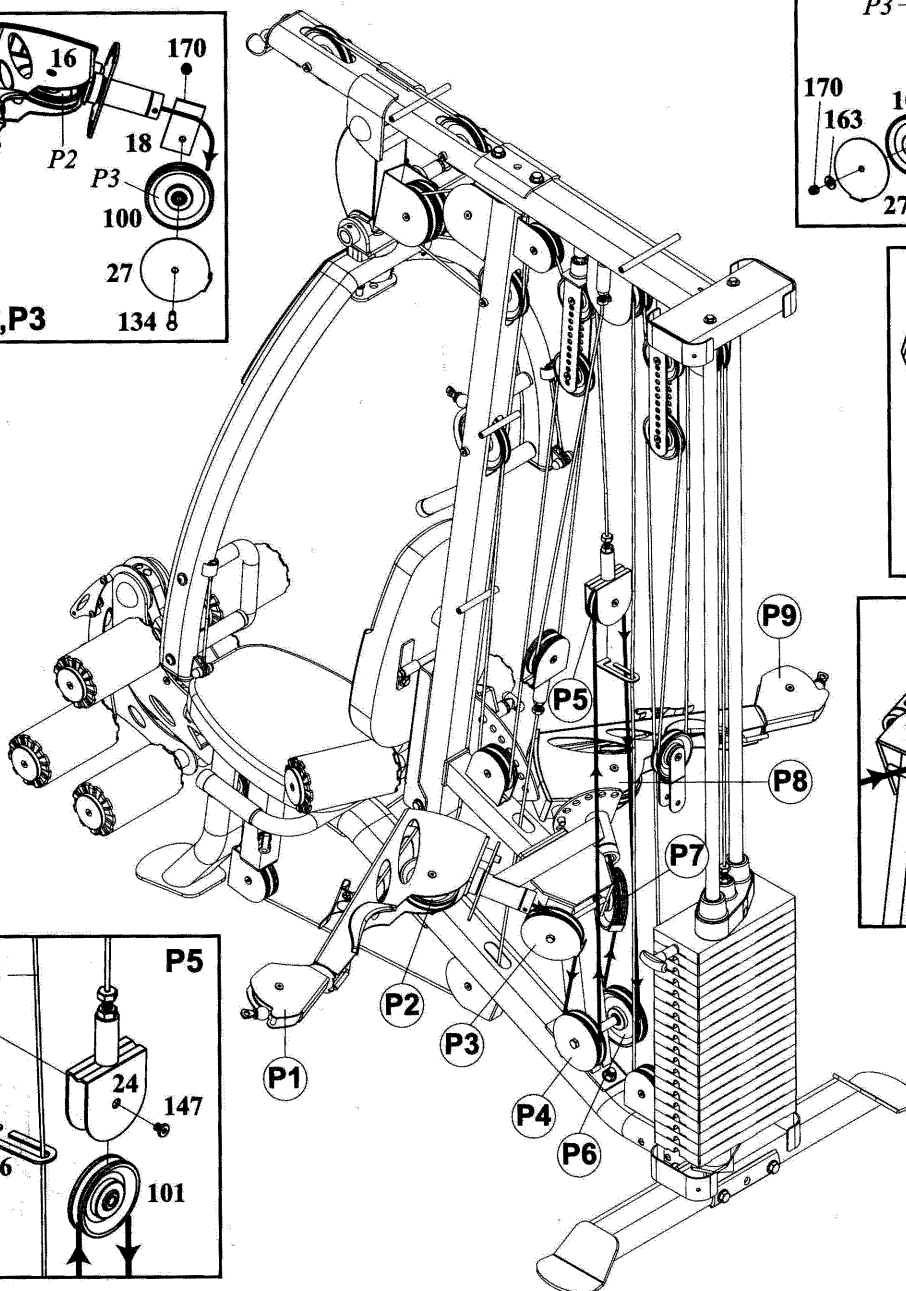
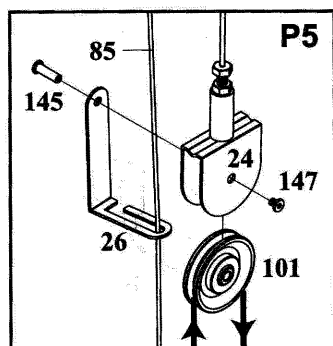
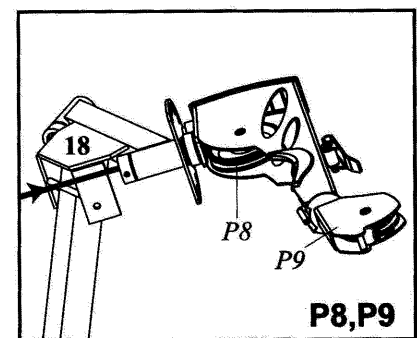
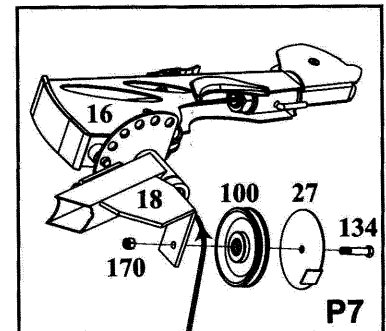
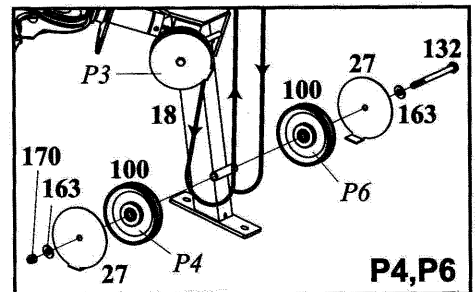
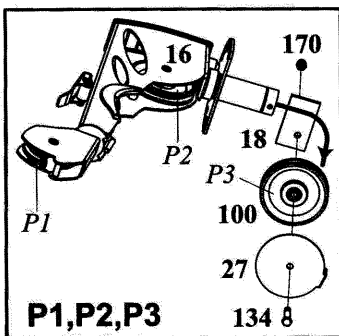
1. Screw the threaded end of Connect Cable (85) into the Single Pulley Block (24) and route the cable up and over pulley C2 mounted on Top Frame (4), using one 3/8" X 55L Flat Pin Bolt (142) and M6 X 12L Male Screw (147) as shown in Figs. C1 and C2..
2. Route the cable down and around pulley C3 mounted on the Main Frame (1), using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147).
3. Continue to route cable up and around the pulley C4 mounted at second hole of Adj. Pulley Block (23), using 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147).
4. Route the cable down and around pulley C5 mounted in the top of the Double Pulley Block (25) using one 3/8" X 75L Flat Pin Bolt (141) and one M6 X 12L Male Screw (147). Finish by routing the cable up to screw into the threaded receptor welded to the Top Frame (4).



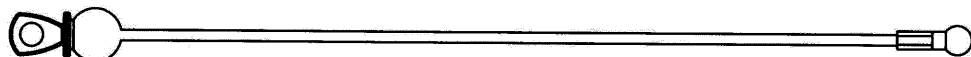
STEP 11 INSTALL CABLE ARM CABLE



1. The Cable Arm Cable (86) is already run through the Cable Arm (16). Mount pulleys P3 and P7 along with their Pulley Guide Bracket (27) to the Cable Arm Assembly (18) as shown, using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nylon Nut (170). Route cable over top of these pulleys. Tighten these nuts, make sure the Pulley Guide Brackets (27) do not rub against the cable.
2. Continue routing, on both sides, down and around the pulleys P4 and P6 mounted to the base of Cable Arm Assembly (18) using one Pulley Guide Bracket (27), one 3/8" X 5-3/4" Hex Bolt (132), two 3/8" Washers (163) and one 3/8" Nylon Nut (170) for each side. Tighten these nuts, making sure the Pulley Guide Bracket (27) do not rub against the cable.
3. Route the cable up to pulley P5 mounted inside the Single Pulley Block (24) that is dangling at the end of the Connect Cable (69). Install pulley using one 3/8" X 33.5L Flat Pin Bolt (145), one Cable Guide Plate (26) downward and one M6 X 12L Male Screw (147).



STEP 12 INSTALL LOW CABLE



Ball End

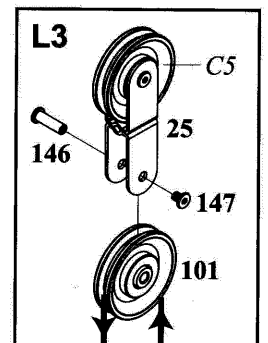
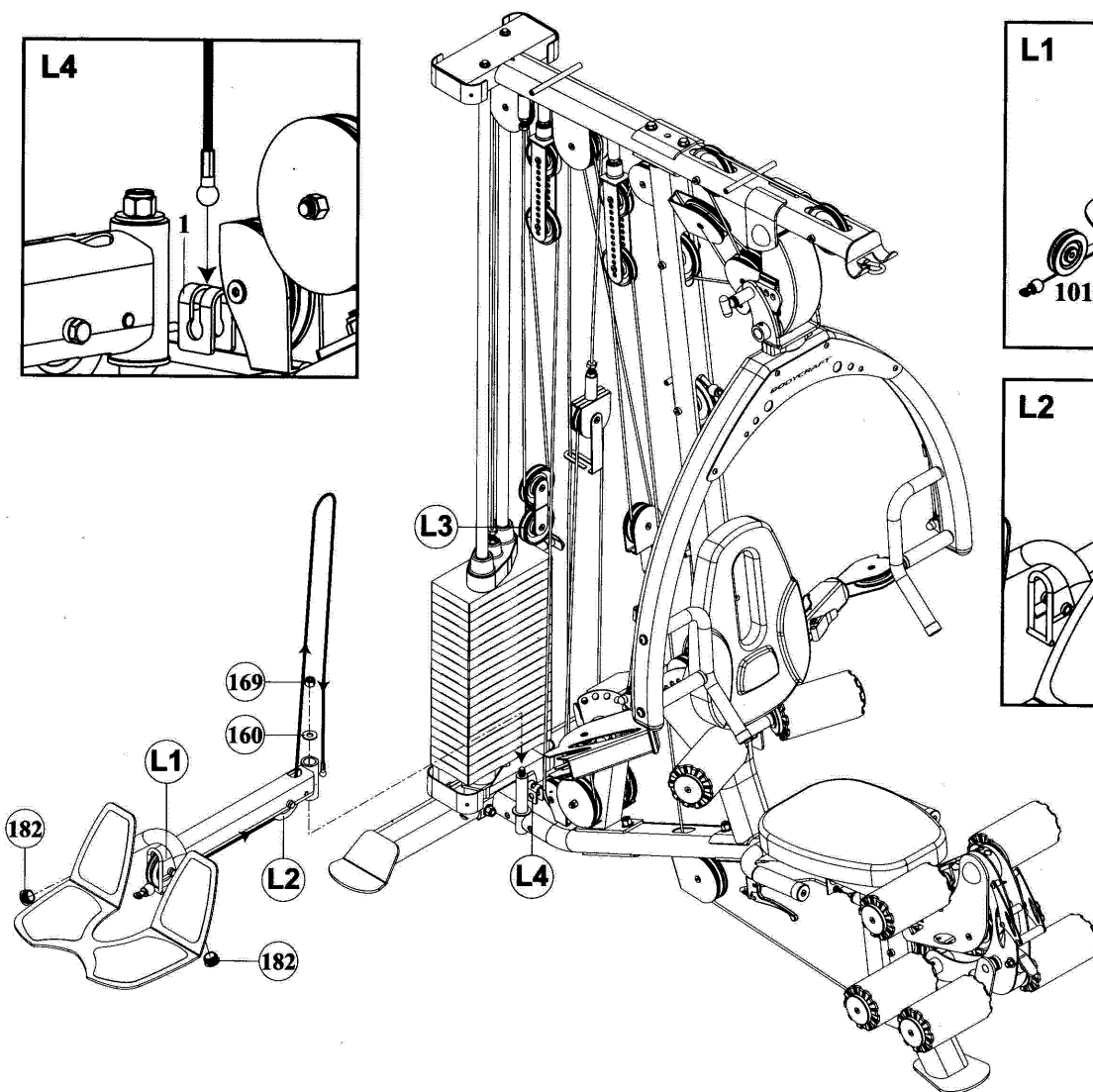
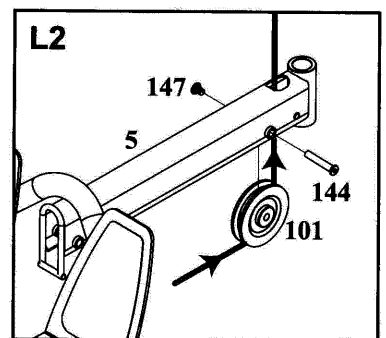
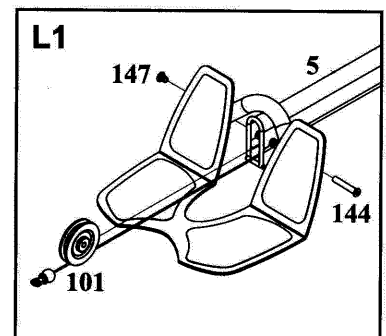
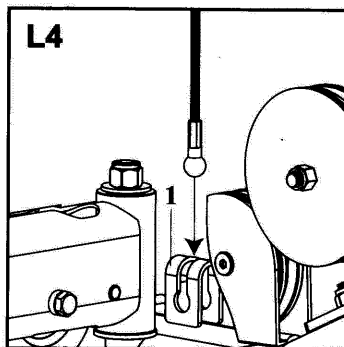
LOW CABLE (87)

Steel Ball End

Do not use the Low Cable if you have purchased the optional Leg Press attachment. Instead, use the Leg Press Cable (213) and related instructions found in the Leg Press box.

1. Route the Low Cable (87) under pulley L1 mounted in the front of the Foot Plate Connector (5) using one 3/8" X 45L Flat Pin Bolt (144) and M6 X 12L Male Screw (147), then go around pulley L2, using one 3/8" X 45L Flat Pin Bolt (144) and M6 X 12L Male Screw (147).
2. Continue routing cable up and over pulley L3 mounted at bottom of Double Pulley Block (25), using one 3/8" X 30.5L Flat Pin Bolt (146) and M6 X 12L Male Screw (147), then down to clip steel ball end to the bracket welded at Main Frame (1).

Tighten all bolts. Begin at the bottom and work your way up. Remember to tighten the bolts underneath the guide rods.



STEP 13 WEIGHT STACK SHROUDS & ACRYLIC PANELS

ASSEMBLY IS COMPLETE !

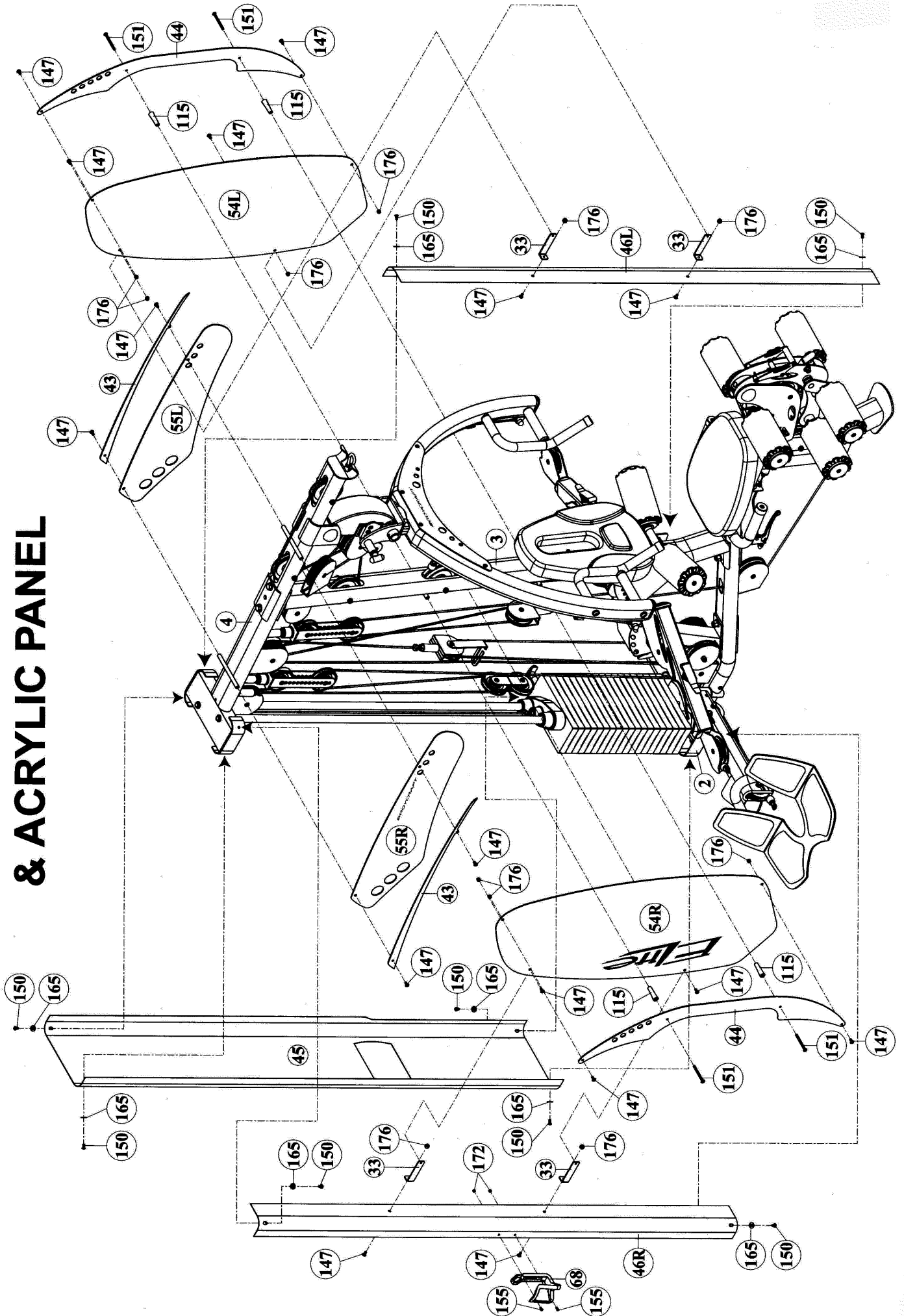
Tighten all bolts gradually from bottom of Main Frame (1).

When attaching the Acrylic Panels, be careful not to over tighten the screws.

Cracked Panels due to over tightening are not covered under warranty.

1. Attach Weight Stack Shroud (45, 46L, 46R) to the tabs welded on Rear Stabilizer (2) as shown, using eight 5/16" X 1/2" Screws (150) and eight 5/16" Washers (165).
2. Attach two Acrylic Panel Trims (44) to the tabs welded on the Front Upright (3), using four M6 X 70L Round Screws (151) and four Plastic Studs (115).
3. Attach two L Plates (33) to each side of the Weight Stack Shrouds (46L & 46R) using one M6 X 12L Screws (147) and two M6 Cap Nuts (176).
4. Attach the Acrylic panels (54L & 54R) to the L Plates using M6 X 12L Screws (147) and M6 Cap Nuts (176). Attach the Acrylic Panels (54L & 54R) and Acrylic Panel Trim (44) to the Front Upright (3) using M6 X 70L Round Screws (151). Be sure to place Plastic Studs (115) in between the Acrylic Panels (54R & 54L) and the Front Upright (3).
DO NOT OVER TIGHTEN THE SCREWS! CRACKED PANELS DUE TO OVER TIGHTEN ARE NOT COVERED UNDER WARRANTY.
5. Attach the Top Acrylic Panels (55R & 55L) and Top Panel Trim (43) to the Top Frame (4) using two M6 X 12L Screws (147).
DO NOT OVER TIGHTEN THE SCREWS! CRACKED PANELS DUE TO OVER TIGHTEN ARE NOT COVERED UNDER WARRANTY.
6. Attach Bottle Cage (68) to the Right Weight Shroud (46R), using two M5 X 12L Screws (155) and two M5 Nylon Nuts (172).

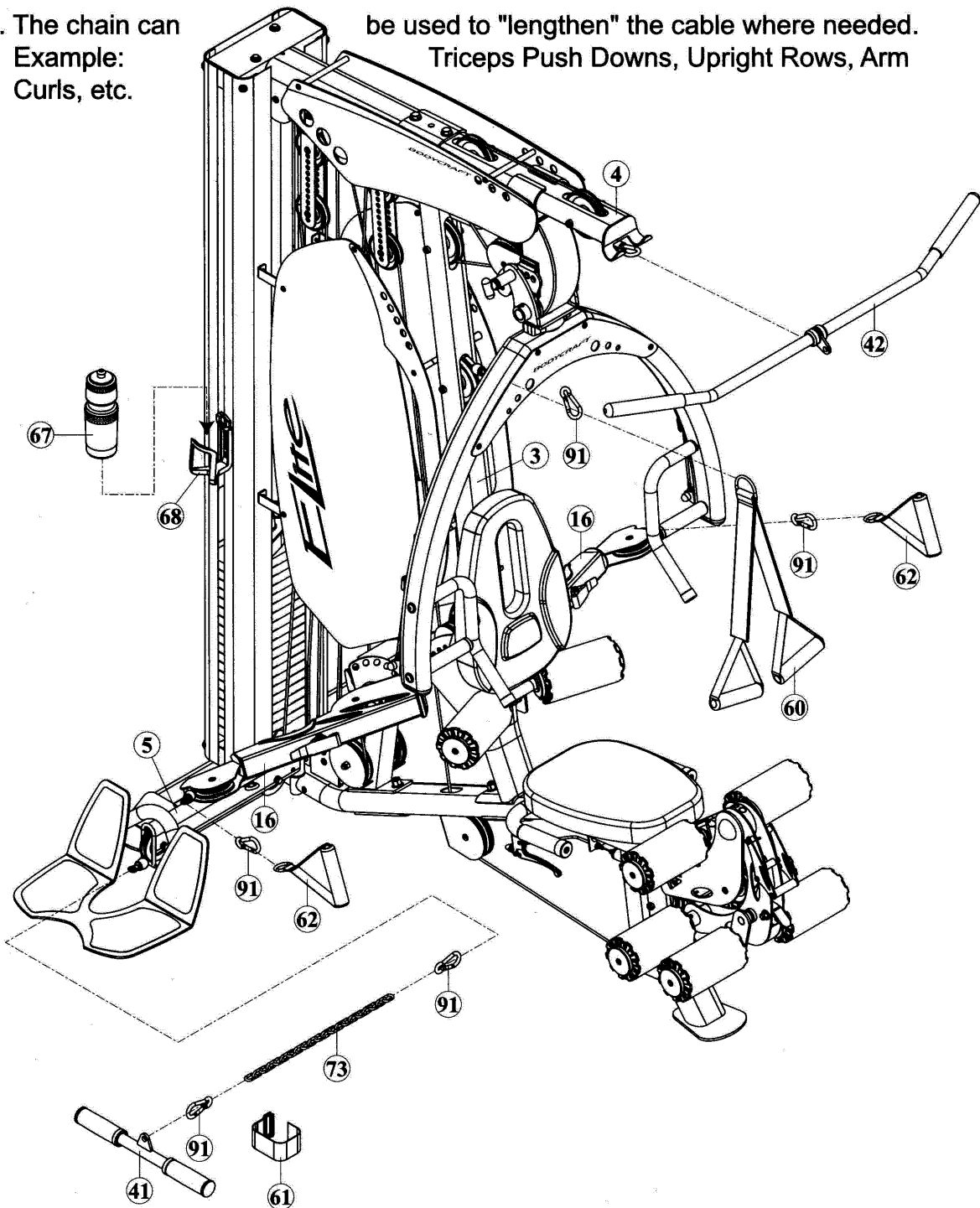
STEP 13 WEIGHT STACK SHROUD & ACRYLIC PANEL



STEP 14 ATTACH ACCESSORIES

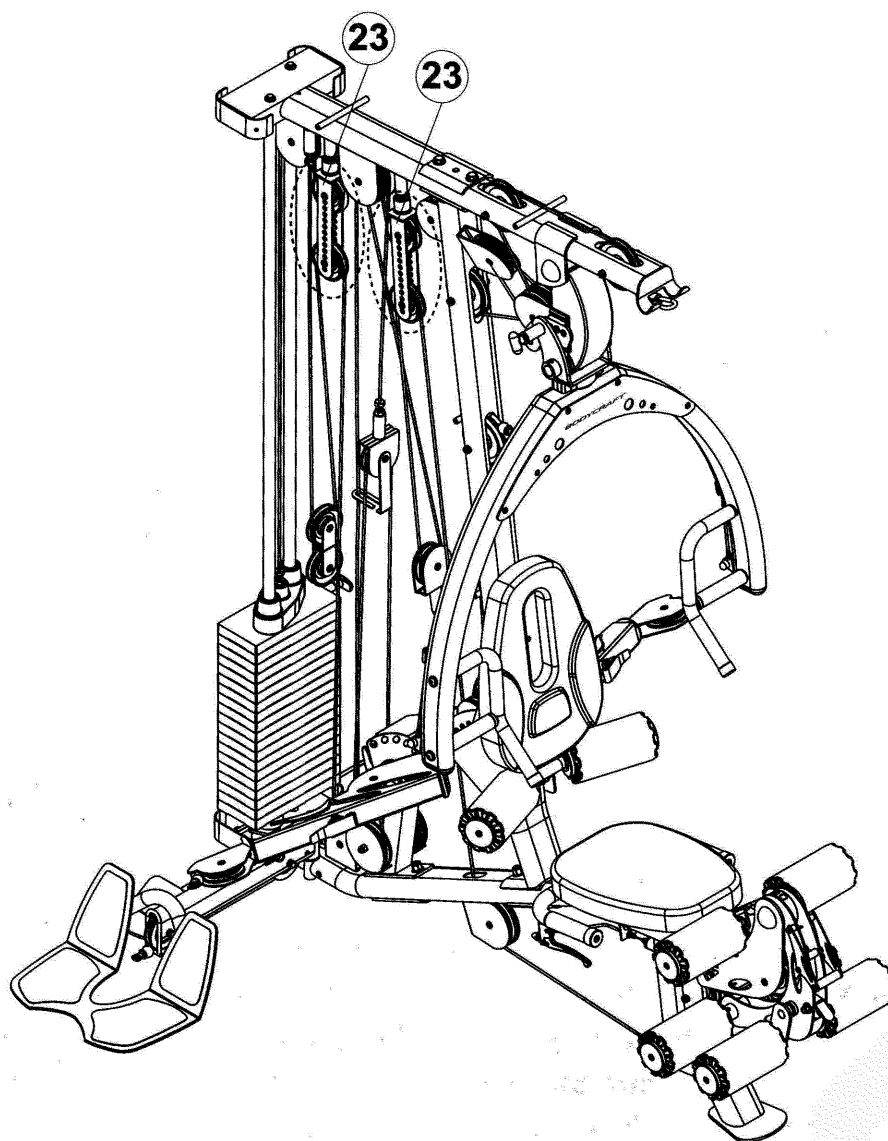
1. Attach Water Bottle (67) to the Bottle Cage (68) and the Lat Bar (42) with Clip (91) to Top Cable (82) and rest on Lat Bar Holder.
2. Attach AB Crunch (60) with Clip (91) to the AB Crunch Cable (60) and Single Handle (62) to Cable Arm (16).
3. Attach Curl Bar (41) with Clip (91), Link (73) to the Low Cable (87).

4. The chain can be used to "lengthen" the cable where needed.
Example:
Curls, etc.



The Cable Adjustment of ELITE GYM

- a. The Cables should be tightened to the point just before the Top Plate lifts off the stack. In other words, if the Top Plate is not resting on the stack, you will need to add length, or, if there is slack in the cables, you will need to shorten the cables. There are several adjustment points. If only minor adjustments need to be made, you can adjust the Screw ends on the Top Cable (at the Top Plate), the Low Cable (where it screws into the Pulley Block), or the Bench Press Cable (where it screws into the Pulley Block with Stopper). **These ends of these cables must be screwed in at least 1/3 of their length for safety purposes.** Once you are done with these adjustments, lock them into place using the jam nuts.
- b. Broader adjustments are made at the Adjustable Pulley Block (23). Moving the bottom pulley toward the center decreases length (takes up slack). Conversely, moving the bottom pulley outward gains cable length.
- c. Once the cables have been adjusted to remove all slack, adjust the Adjustable Stoppers in the Top Frame to where they just touch the Adjustable Pulley Block (23). The Adjustable Stoppers welded on top frame aid in the function of the gym by eliminating the need to engage all cables in any given exercise routine.



Assembly is complete! Please take the following steps before using the gym:

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Pre-stretch the cables. Put the Weight Selector Pin (75) in the bottom hole on the weight stack. Pull on the cables with great force, helping remove any kinks and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. The cables should be adjusted as tight as possible, but not so tight as to lift the Top Plate (58) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods (6)**.
7. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the BodyCraft Elite Strength Training System. If you have any questions, please call your local BodyCraft dealer, call our customer service department at 800-990-5556 or at <http://www.bodycraft.com>.