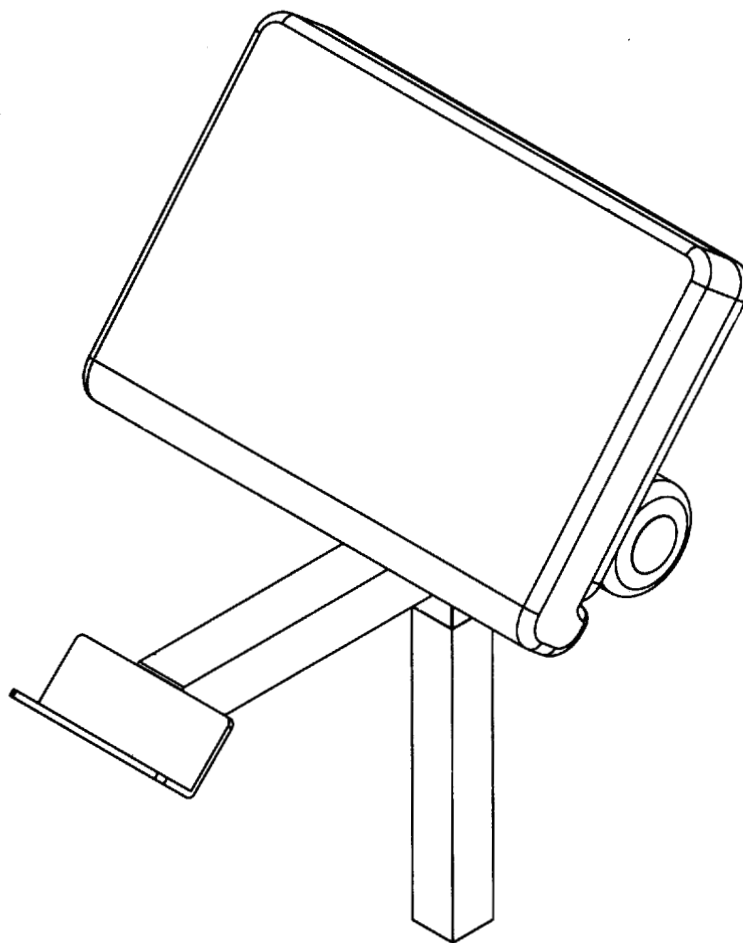


BodyCraft

INSTRUCTION MANUAL Arm Curl Attachment with bar catch MODEL: F610



Questions?

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 RSI at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.

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

BEFORE YOU BEGIN

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

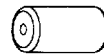
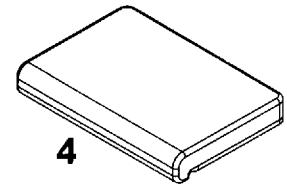
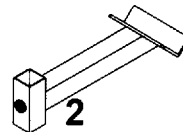
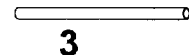
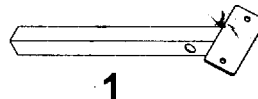
IMPORTANT SAFETY NOTES

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 Arm Curl Attachment with bar catch**. at all times.
5. 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. Exercise with care to avoid injury.
8. If unsure about the proper use of the **BODYCRAFT Arm Curl Attachment with bar catch**. strength training system call your local BODYCRAFT dealer or our customer service department at 800-990-5556.

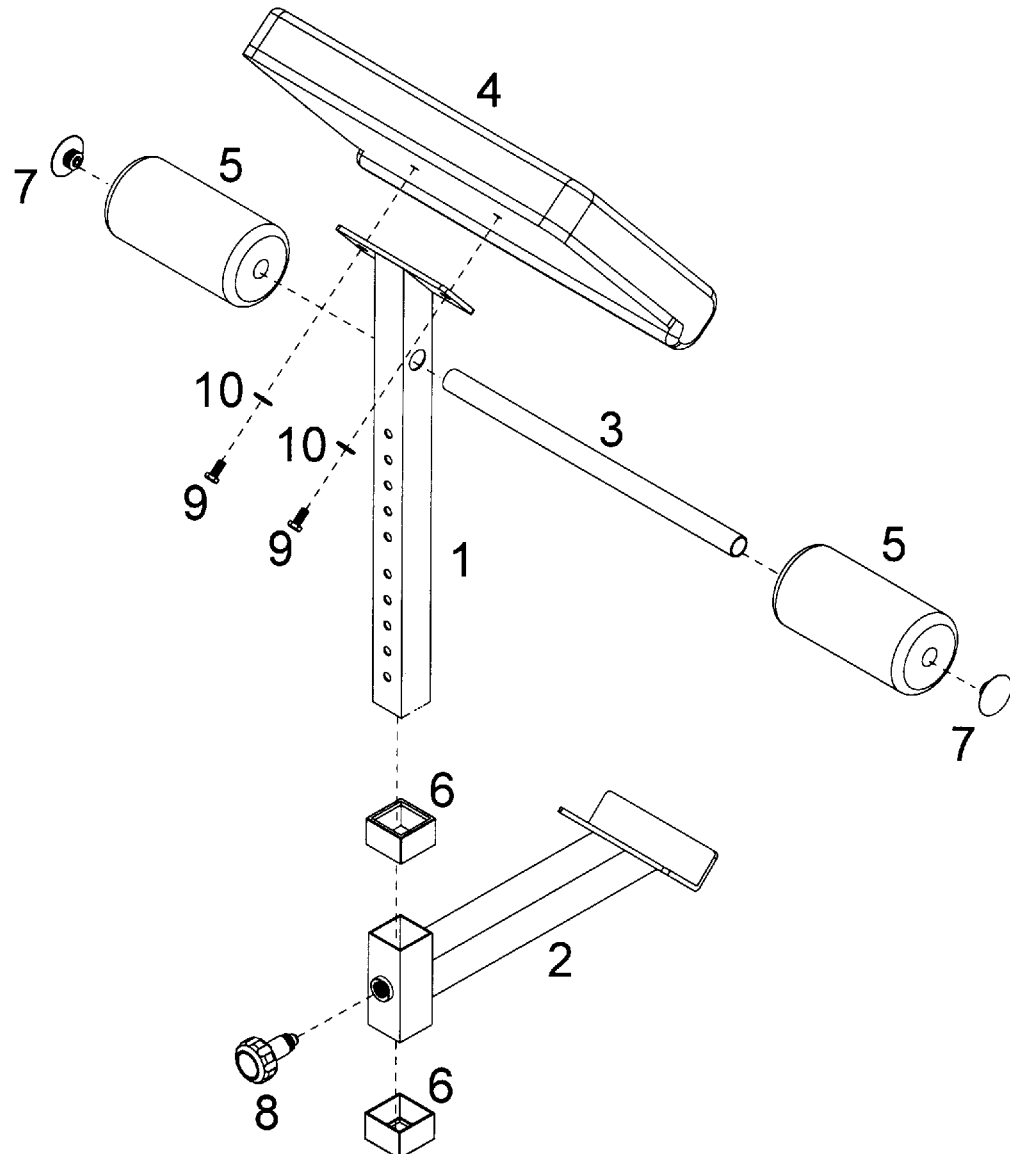
ARM CURL

NO.	DESCRIPTION	QTY.
1	ADJ TUBE	1
2	BAR CATCH	1
3	BOLSTER	1
4	ARM CURL PAD	1
5	FOAM PAD	2
6	SQ. SPACER	2
7	1" ROUND PLUG	2
8	KNOB	1
9	3/8" X 1" HEX HEAD BOLT	2
10	3/8" WASHER	2



Attach Arm Curl Pad (4) to Adj. Tube (1) using two 3/8" X 1" Hex Bolts (9) and two 3/8" Washers (10). Insert Bolster (3) into hole in Adj Tube (1).

Slide the Foam Pad (5) (make easier if moistened with water) onto Bolster(3). Insert 1" Plug (7) into Bolster and secure with rubber mallet.



Assembly is complete! Please take the following steps before using the BODYCRAFT Arm Curl Attachment with bar catch:

1. Make certain all bolts are tightened securely.
2. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the Bodycraft Arm Curl Attachment with bar catch. Strength Training System. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556