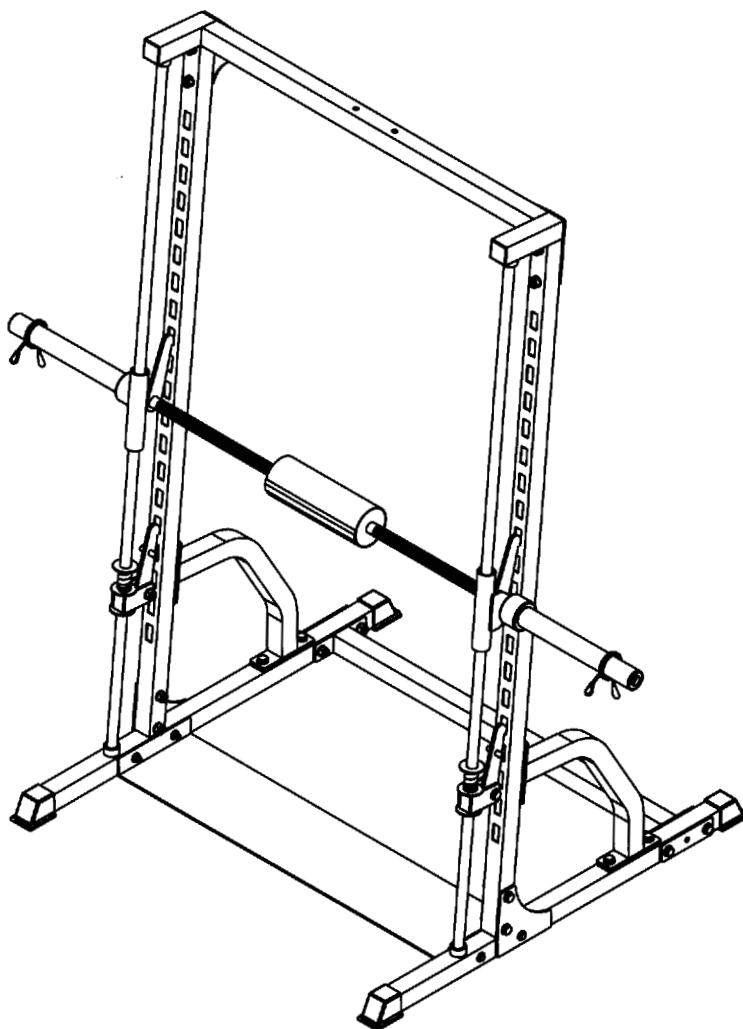




SMITH STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL

MODEL : F410



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 SMITH MACHINE**. 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

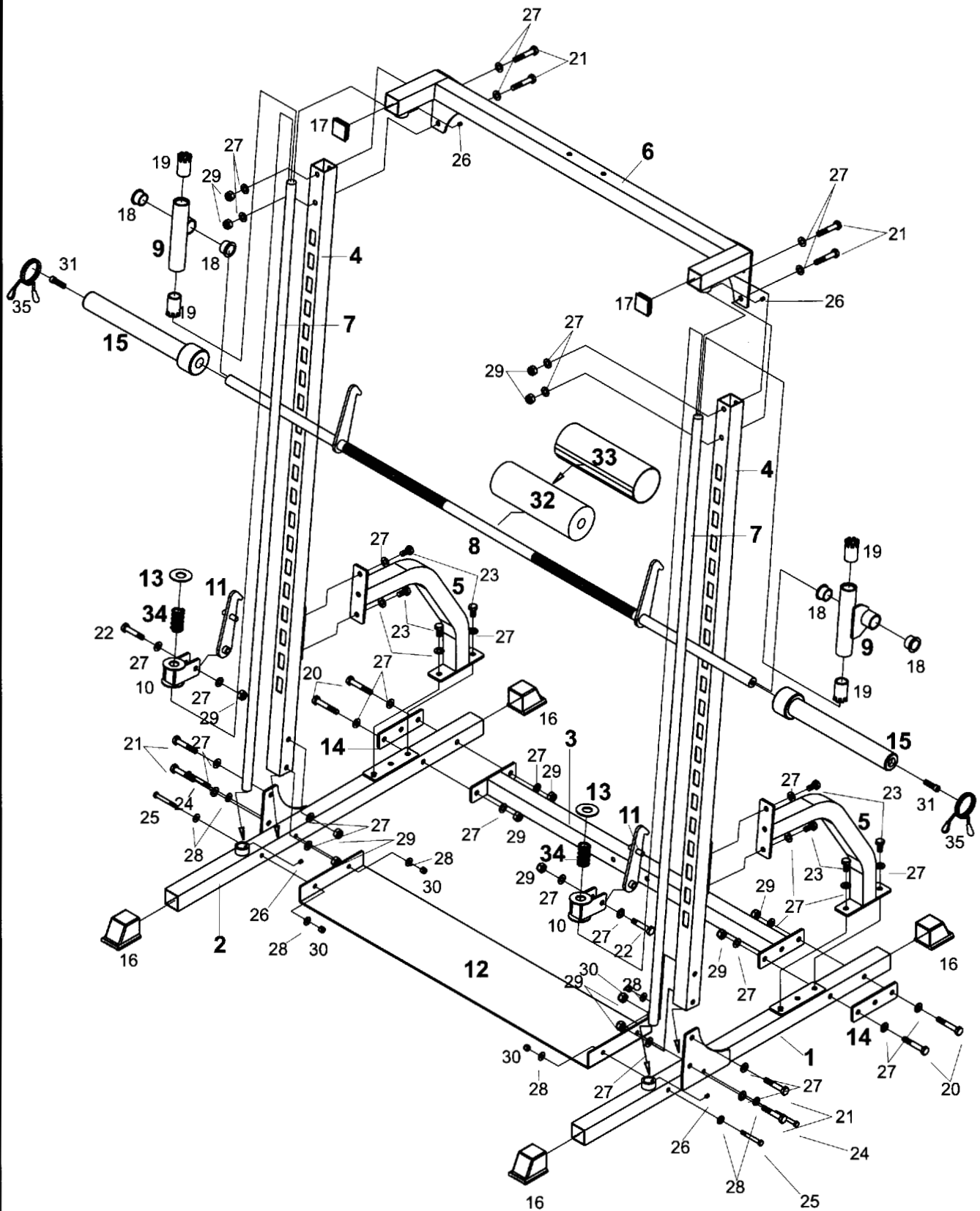
There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility 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 SMITH MACHINE** 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 SMITH MACHINE** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

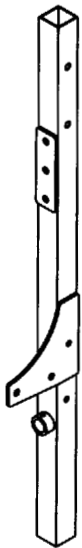
PARTS LIST

NO.	DESCRIPTION	QTY.
1	RIGHT BASE FRAME	1
2	LEFT BASE FRAME	1
3	REAR STABILIZER	1
4	UPRIGHT POST	2
5	SUPPORT FRAME	2
6	CROSS FRAME	1
7	GUIDE ROD	2
8	WEIGHT LIFTING BAR	1
9	BAR HOLDER	2
10	BAR SAFETY	2
11	SAFETY HOOK	2
12	FOOT PLATE	1
13	TEMPLATE	2
14	CONNECT PLATE	2
15	OLIMPIC ADAPTOR SLEEVE	2
16	50 mm END SQ. CAP	4
17	50 mm END SQ. PLUG	2
18	1-1/8" ID. ROUND BUSHING	4
19	1" ID. ROUND BUSHING	4
20	1/2" X 3-1/8" HEX HEAD BOLT	4
21	1/2" X 3" HEX HEAD BOLT	8
22	1/2" X 2-1/2" HEX HEAD BOLT	2
23	1/2" X 1" HEX HEAD BOLT	8
24	3/8" X 3" HEX HEAD BOLT	2
25	3/8" X 2-3/4" HEX HEAD BOLT	2
26	5/16" X 1/4" SOCKET HEAD SCREW	4
27	1/2" WASHER	36
28	3/8" WASHER	8
29	1/2" NYLON NUT	14
30	3/8" NYLON NUT	4
31	1/2" SOCKET HEAD CAP SCREW	2
32	FOAM PAD	1
33	FOAM PAD BINDER	1
34	SPRING COIL	2
35	2" ID SPRING CLIP	2
36	HEX HEAD WRENCH	1

OVERVIEW



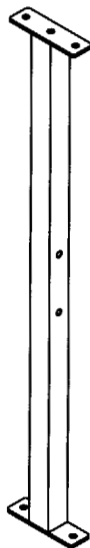
PARTS CHART



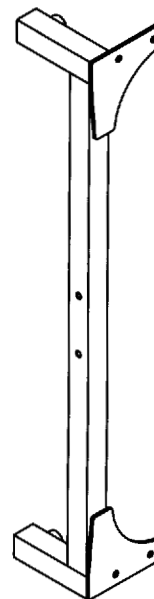
RIGHT BASE
FRAME(1)



LEFT BASE
FRAME(2)



REAR
STABILIZER(3)



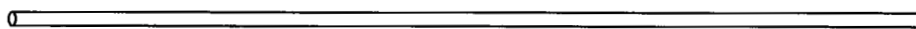
CROSS
FRAME(6)



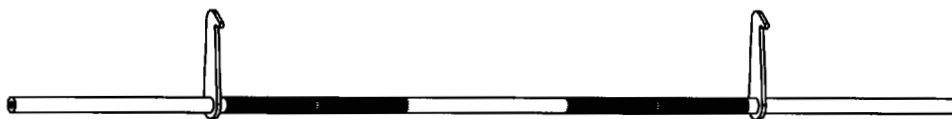
FOOT
PLATE(12)



UPRIGHT POST(4)



GUIDE ROD(7)



WEIGHT LIFTING BAR(8)



SUPPORT FRAME(5)



BAR HOLDER(9)



BAR
SAFETY(10)



SAFETY
HOOK(11)



TEMPLATE(13)

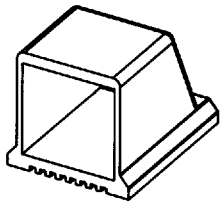


CONNECT
PLATE(14)

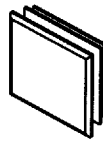


OLIMPIC ADAPTOR
SLEEVE(15)

PARTS CHART



50 MM END
SQ. CAP(16)



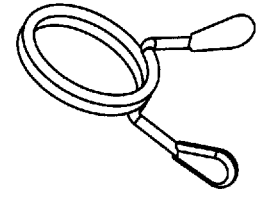
50 MM END
SQ. PLUG(17)



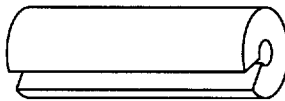
1-1/8" ID. ROUND
BUSHING(18)



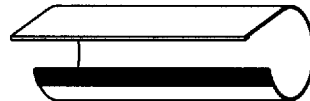
1" ID. ROUND
BUSHING(19)



2" ID SPRING
CLIP(35)



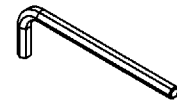
FOAM PAD(32)



FOAM PAD
BINDER(33)

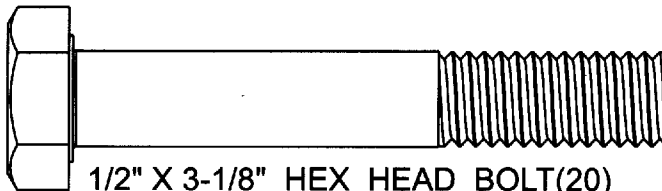


SPRING COIL(34)

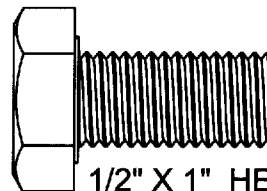


HEX HEAD
WRENCH(36)

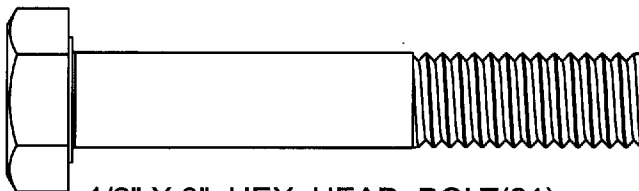
FASTENER



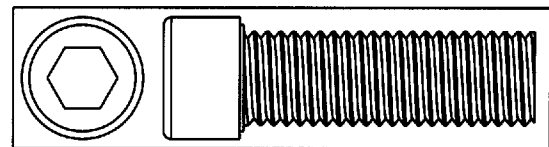
1/2" X 3-1/8" HEX HEAD BOLT(20)



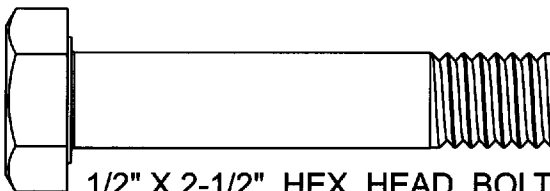
1/2" X 1" HEX
HEAD BOLT(23)



1/2" X 3" HEX HEAD BOLT(21)



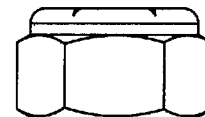
1/2" SOCKET HEAD
CAP SCREW(31)



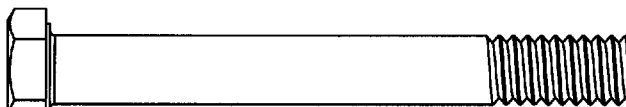
1/2" X 2-1/2" HEX HEAD BOLT(22)



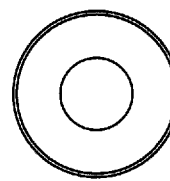
3/8" NYLON
NUT(30)



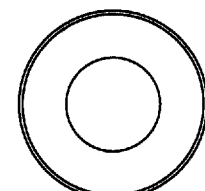
1/2" NYLON
NUT(29)



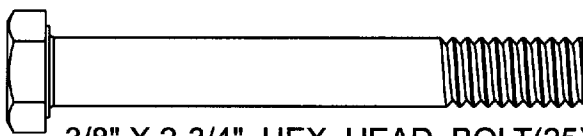
3/8" X 3" HEX HEAD BOLT(24)



3/8" WASHER(28)



1/2" WASHER(27)



3/8" X 2-3/4" HEX HEAD BOLT(25)



0 1/4 1/2 3/4 1" 1/4 1/2 3/4 2" 1/4 1/2 3/4 3" 1/4 1/2 3/4 4"



5/16" X 1/4" HEX
HEAD SCREW(26)

STEP 1 ASSEMBLE BASE FRAME

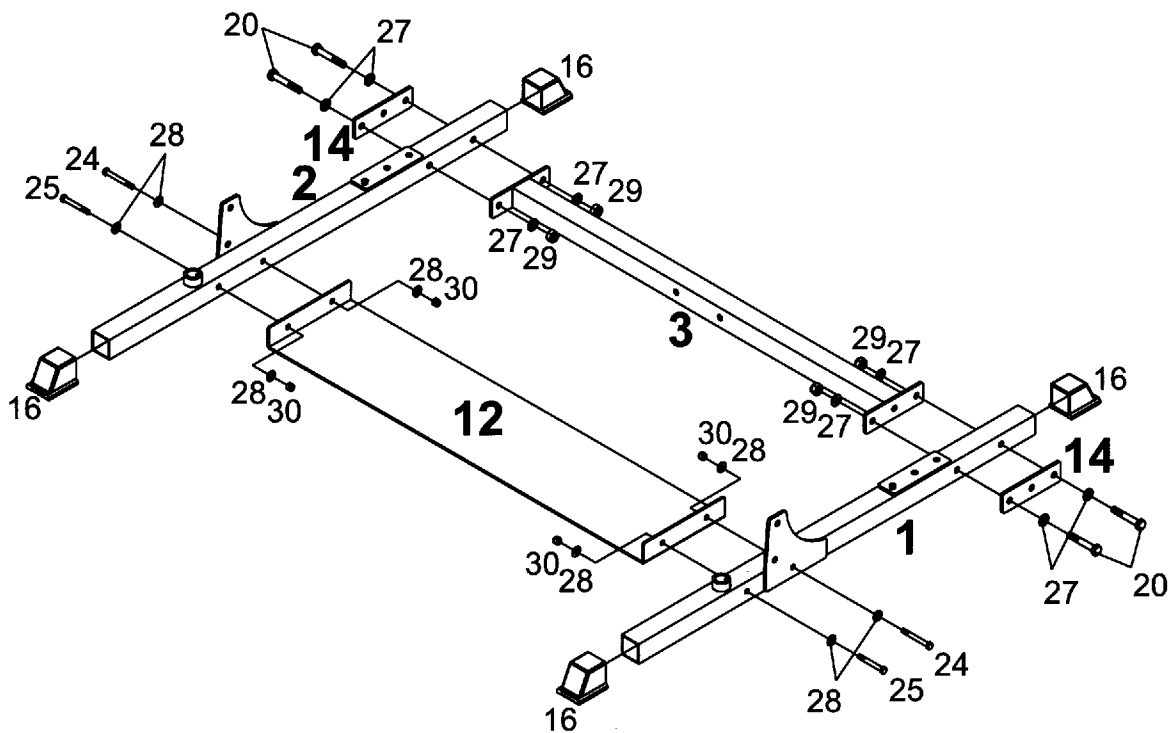
CAP RIGHT BASE FRAME(1) AND LEFT BASE FRAME(2) WITH 50 MM SQ. END CAP(16).

PLACE REAR STABILIZER(3) ON FLOOR THEN ATTACH RIGHT BASE FRAME(1) AND CONNECT PLATE(14) TO THE RIGHT SIDE OF REAR STABILIZER(3) USING TWO 1/2" X 3-1/8" HEX HEAD BOLT(20), FOUR 1/2" WASHER(27) AND TWO 1/2" NYLON NUT(29).

DUPLICATE PROCEDURE TO ATTACH LEFT BASE FRAME(2) TO REAR STABILIZER(3).

ATTACH FOOT PLATE(12) TO BASE FRAME(RIGHT(1) & LEFT(2)) USING TWO 3/8" X 3" HEX HEAD BOLT(24), TWO 3/8" X 2-3/4" HEX HEAD BOLT(25), EIGHT 3/8" WASHER(30) AND FOUR 3/8" NYLON NUT(28).

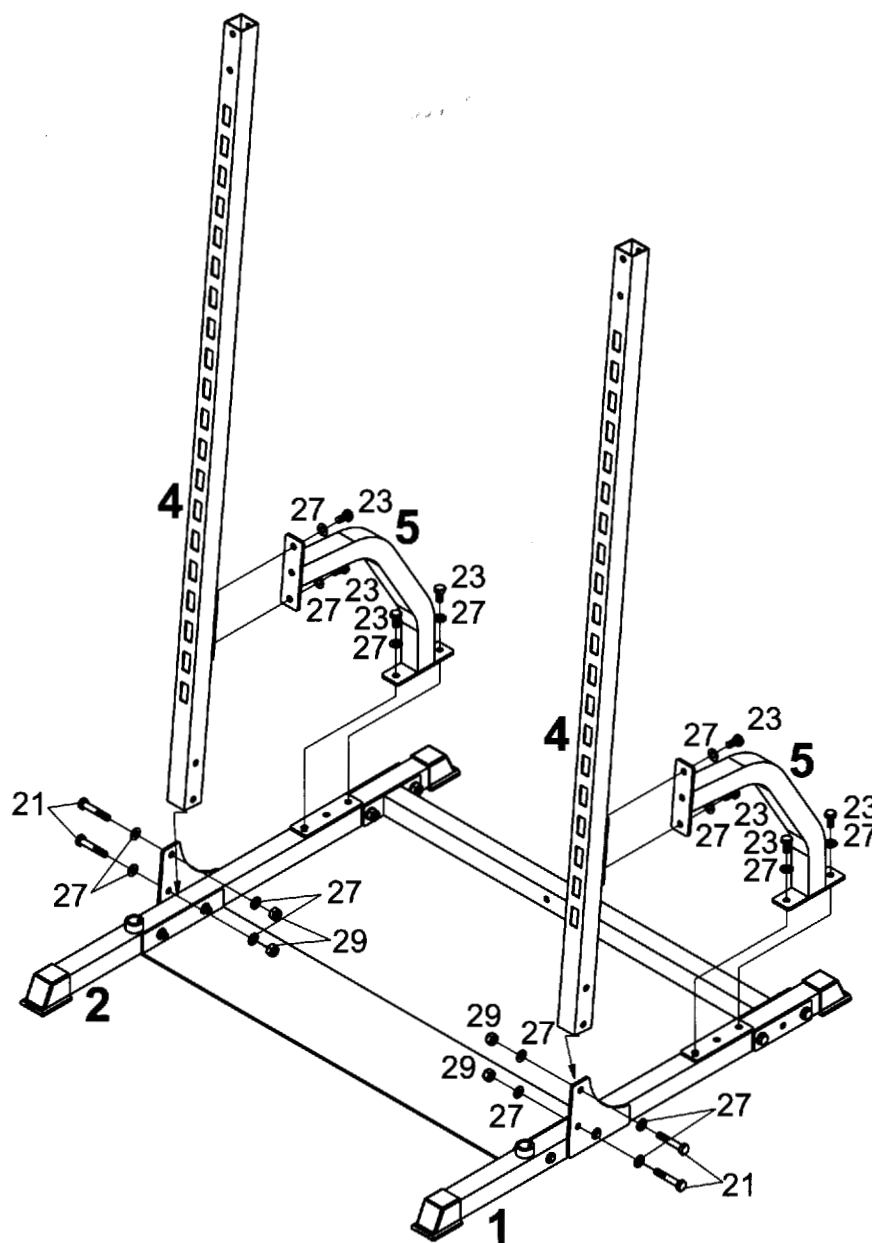
To ease the assembly process, do not tighten bolts until instructed.



STEP 2 ASSEMBLE UPRIGHT FRAME

ATTACH UPRIGHT POST(4), SLOTS FACING FRONT, TO RIGHT BASE FRAME(1) USING TWO 1/2" X 3" HEX HEAD BOLT(21), FOUR 1/2" WASHER(27) AND TWO 1/2" NYLON NUT(29). THEN ATTACH SUPPORT FRAME(5) TO RIGHT BASE FRAME(1) AND UPRIGHT POST(4) USING FOUR 1/2" X 1" HEX HEAD BOLT(23) AND FOUR 1/2" WASHER(27).

REPEAT THE PROCEDURE AS ABOVE FOR LEFT BASE FRAME(2).



STEP 3 INSTALL LIFTING SYSTEM

LOOSEN 5/16" X 1/4" SOCKET HEAD SCREW(26) THAT IS PRESET ON RINGLET (WELDED ON BASE FRAME(#1 & #2)), THEN INSERT GUIDE ROD(7) INTO THE RINGLET OF BASE FRAME(#1 & #2).

ATTACH SAFETY HOOKS(11) TO BAR SAFETY(10) USING 1/2" X 2-1/2" HEX HEAD BOLT(22), TWO 1/2" WASHER(27) AND 1/2" NYLON NUT(29).

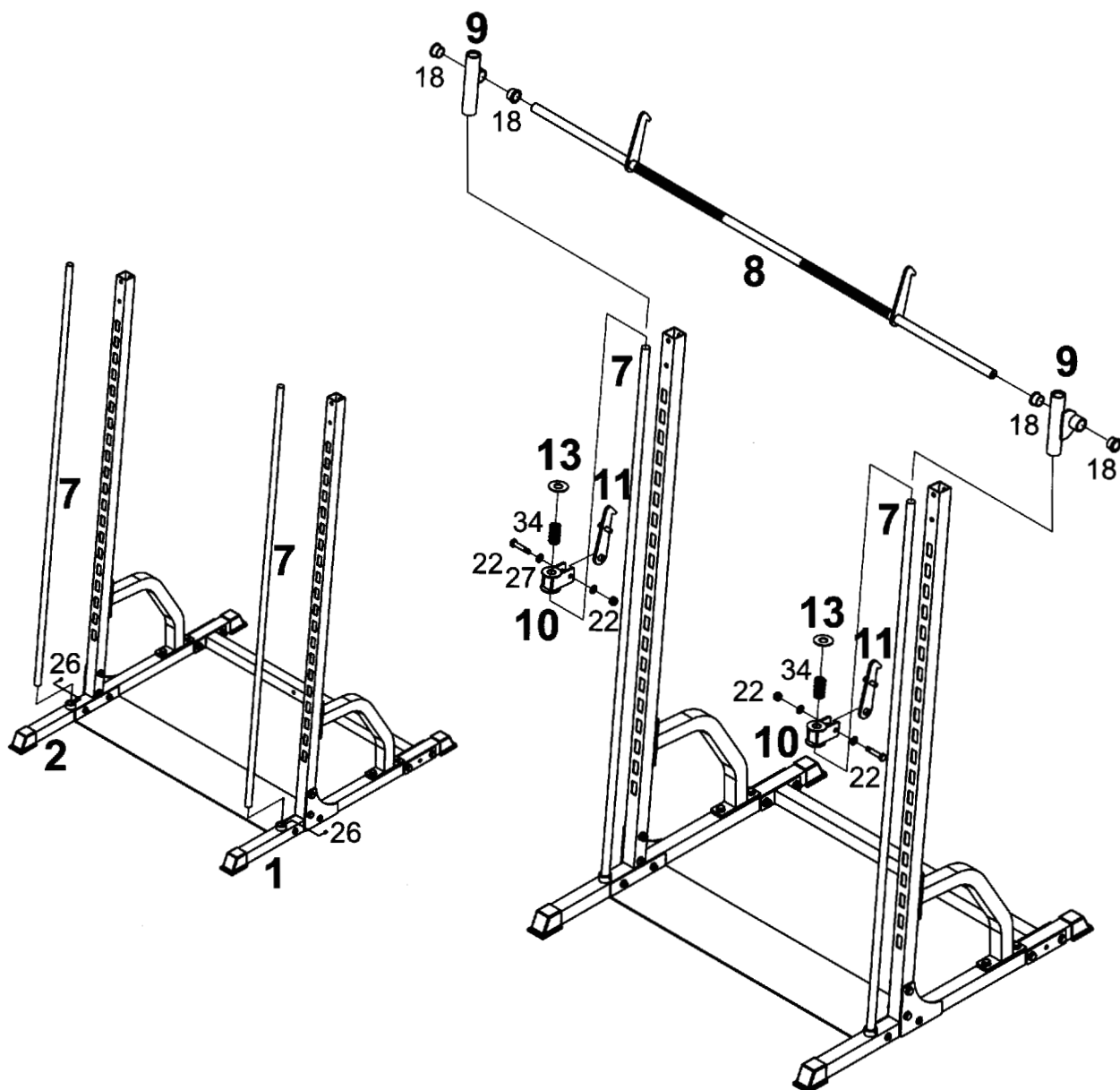
SLIDE BAR SAFETY(10) ONTO GUIDE RODS(7) AND LET SAFETY HOOKS(11) REST IN THE BOTTOM SLOT OF UPRIGHT POST(4).

SLIDE SPRING COIL(34) AND TEMPLATE(13) ONTO EACH GUIDE ROD(7).

INSERT TWO 1-1/8" ID. ROUND BUSHING(18) INTO BAR HOLDER(9).

SLIDE BAR HOLDER(9) ONTO WEIGHT LIFTING BAR(8).

SLIDE BAR HOLDERS(9) ONTO GUIDE RODS(7) AND REST BAR HOOKS IN UPRIGHT POSTS(4) SLOTS.



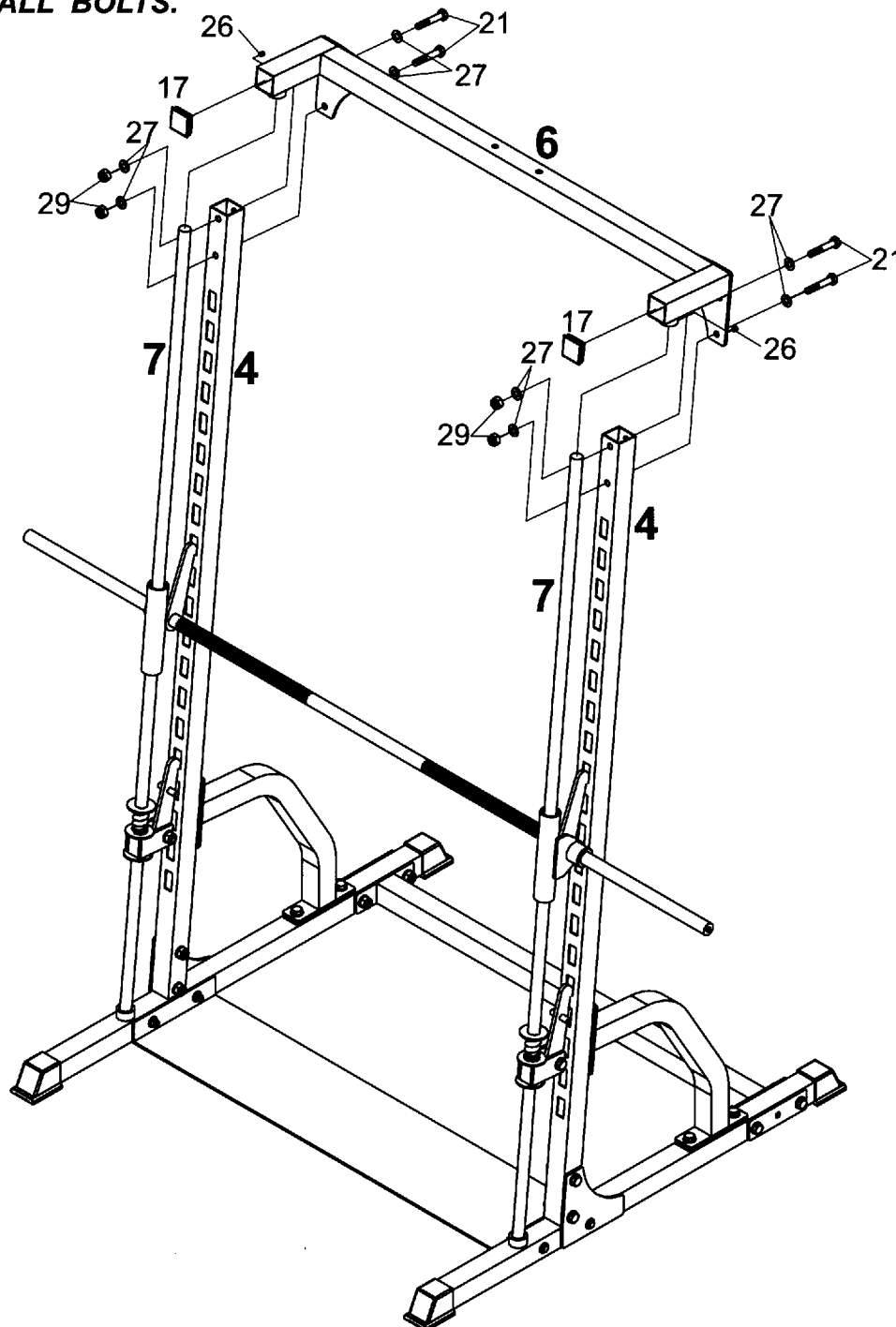
STEP 4 ASSEMBLE CROSS FRAME

PLUG CROSS FRAME(6) WITH 50 MM SQ. END PLUG(17).

UNSCREW 5/16" X 1/4" SOCKET HEAD SCREW(26) ON RINGLET WELDED ON CROSS FRAME(6).

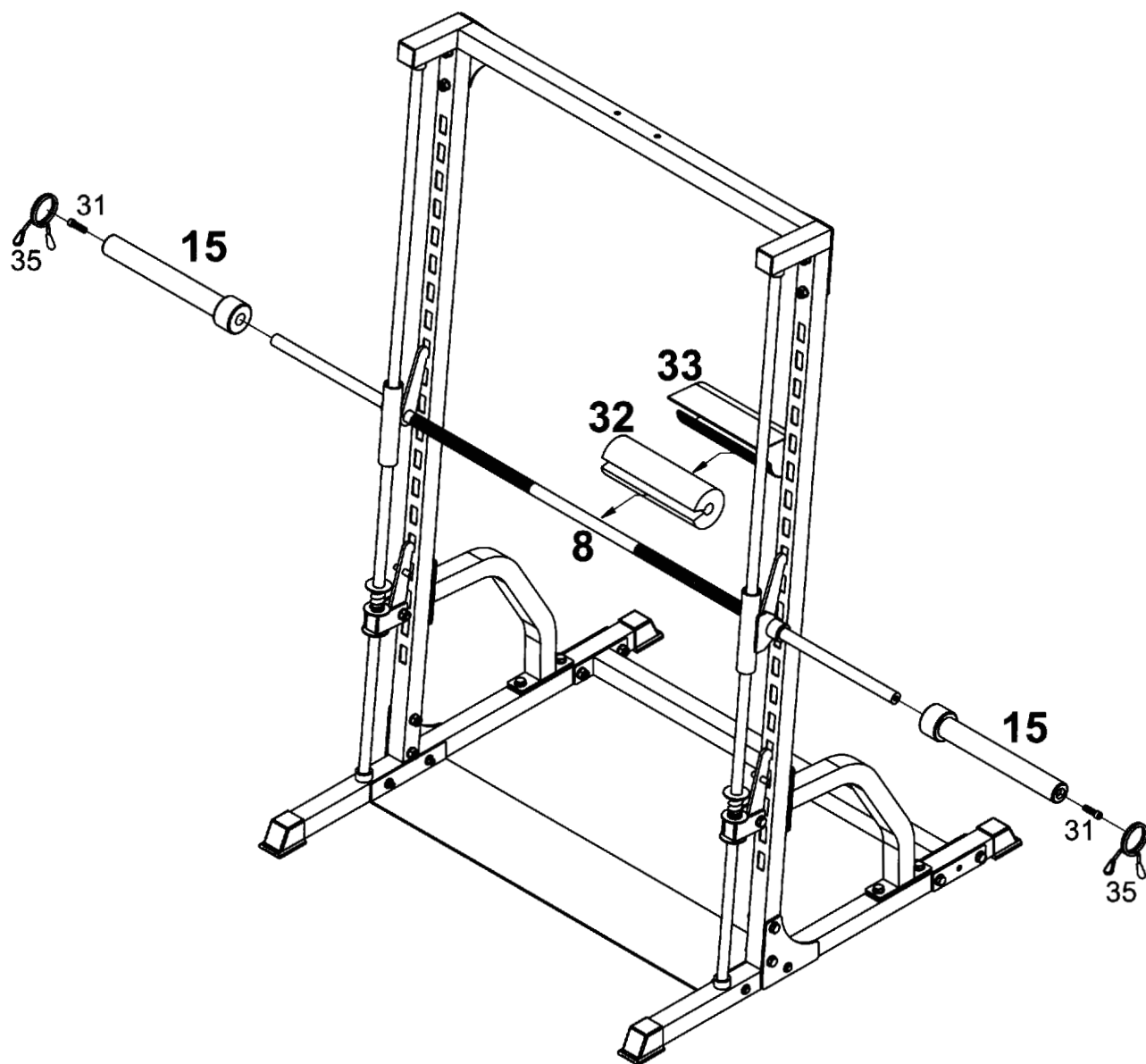
PLACE CROSS FRAME(6) TOP-DOWN AND LET THE RINGLET OF CROSS FRAME(6) ONTO GUIDE ROD(7). THEN ATTACH CROSS FRAME(6) TO UPRIGHT POST(4) USING FOUR 1/2" X 3" HEX HEAD BOLT(21), EIGHT 1/2" WASHER(27) AND FOUR 1/2" NYLON NUT(29).

TIGHTEN ALL BOLTS.



STEP 5 INSTALL ACCESSORIES

ATTACH OLYMPIC ADAPTOR SLEEVE(15) ONTO WEIGHT LIFTING BAR(8) AND TIGHTEN WITH 1/2" SOCKET HEAD CAP SCREW(31) EACH SIDE. ATTACH FOAM PAD(32) TO THE MIDDLE OF LIFTING BAR(8) AND WRAPPED WITH FOAM PAD BINDER(33).



Assembly is complete! Please take the following steps before using the BODYCRAFT SMITH STRENGTH TRAINING SYSTEM:

1. Make certain all bolts are tightened securely.
2. For better performance, apply a household lubricant (such as silicone) to **GUIDE RODS(7)**.
3. Always be certain that **SAFETY HOOKS** are fully engaged when using spotters.
4. Enjoy many years of a Fit Lifestyle.

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