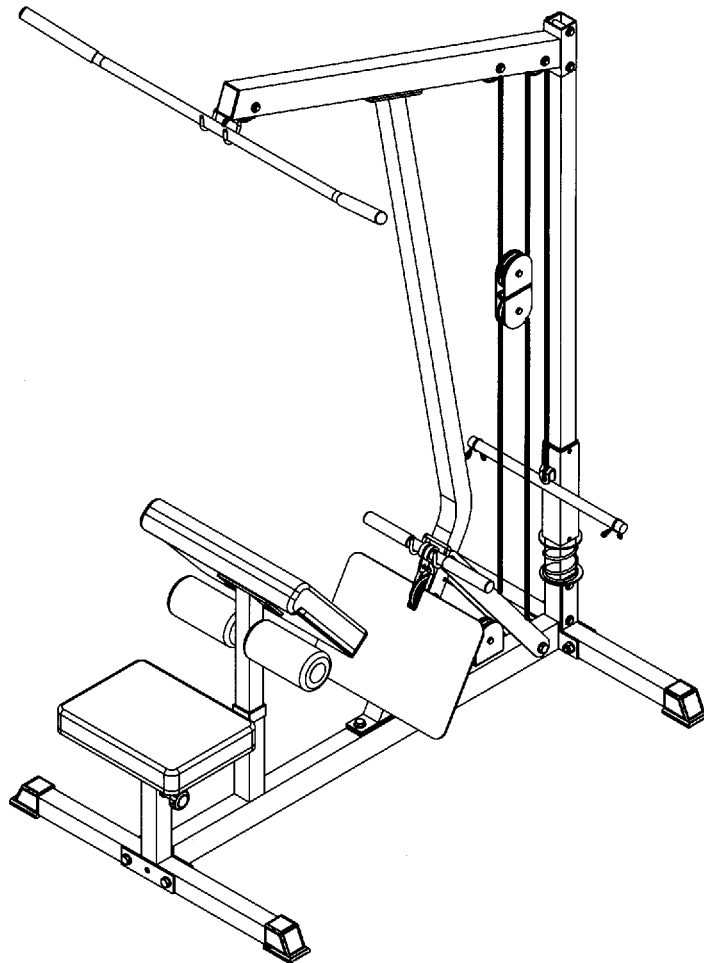




# **BACK & ARM STRENGTH TRAINING SYSTEM**

## **INSTRUCTION MANUAL**

### **MODEL : F620**



### ***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 BACK & ARM 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

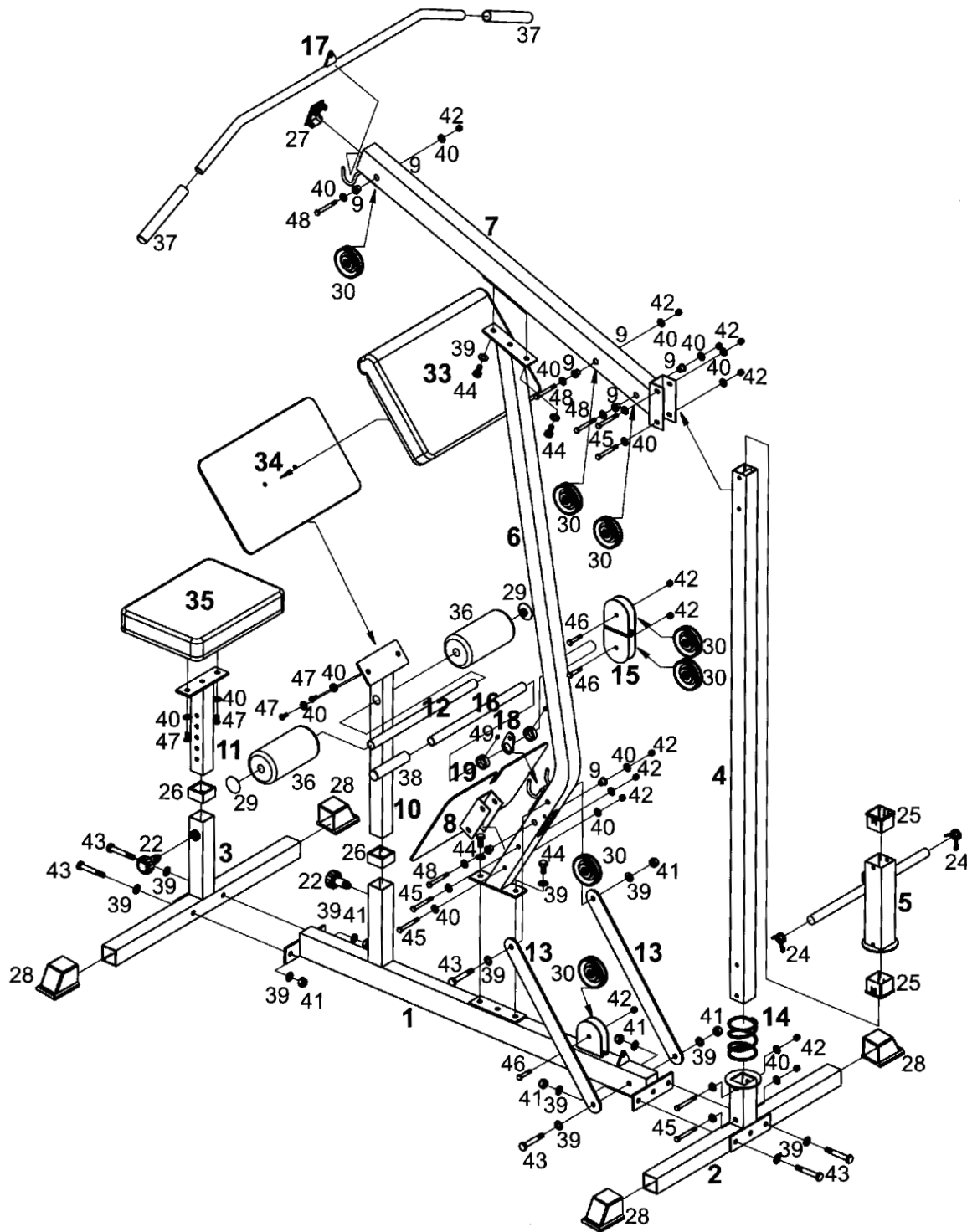
**There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility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

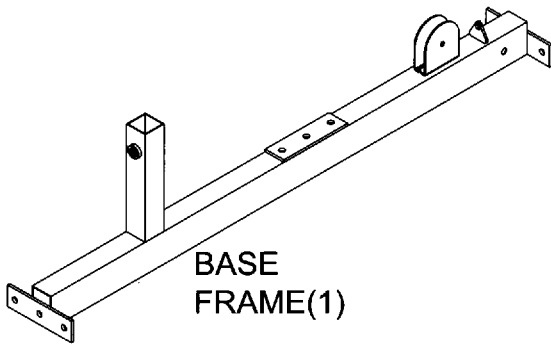
# PARTS LIST

NO.	DESCRIPTION	QTY.
1	BASE FRAME	1
2	REAR STABILIZER	1
3	FRONT STABILIZER	1
4	UPRIGHT POST	1
5	WEIGHT HOLDER	1
6	MAIN UPRIGHT	1
7	TOP FRAME	1
8	FOOT PLATE	1
9	STEEL BUSHING	8
10	ADJUSTABLE TUBE	1
11	SEAT BAR	1
12	ROLLER BAR	1
13	SUPPORT PLATE	2
14	SPRING COIL	1
15	DOUBLE PULLEY BRACKET	1
16	CURL BAR	1
17	LAT BAR	1
18	LINK PLATE	1
19	RINGLET	2
20	5 LINK CHAIN	1
21	13 LINK CHAIN	1
22	POP PIN	2
23	HOOKUP	4
24	SPRING CLIP	2
25	50 MM ID SQ. BUSHING	2
26	50 MM OD SQ. SPACER	2
27	50 X 75 MM RECT. END PLUG	1
28	50 MM SQ. END CAP	4
29	1" OD ROUND END PLUG	2
30	PULLEY	7
31	TOP CABLE	1
32	LOW CABLE	1
33	ARM CURL PAD	1
34	ARM CURL BASE BOARD	1
35	SEAT PAD	1
36	FOAM ROLLER	2
37	200 MM LONG HAND GRIP	2
38	140 MM LONG HAND GRIP	2
39	1/2" WASHER	16
40	3/8" WASHER	24
41	1/2" NYLON NUT	6
42	3/8" NYLON NUT	13
43	1/2" X 3-1/8" HEX HEAD BOLT	6
44	1/2" X 1" HEX HEAD BOLT	4
45	3/8" X 3" HEX HEAD BOLT	6
46	3/8" X 1-3/4" HEX HEAD BOLT	3
47	3/8" X 1" HEX HEAD BOLT	4
48	3/8" X 2-3/4" HEX HEAD BOLT	4
49	5/16" x 1/4" SOCKET HEAD SCREW	2

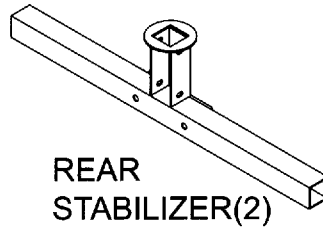
# OVERVIEW



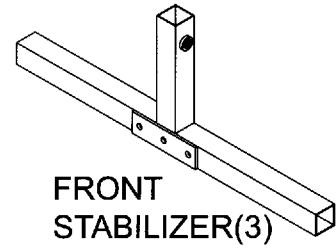
# PARTS CHART



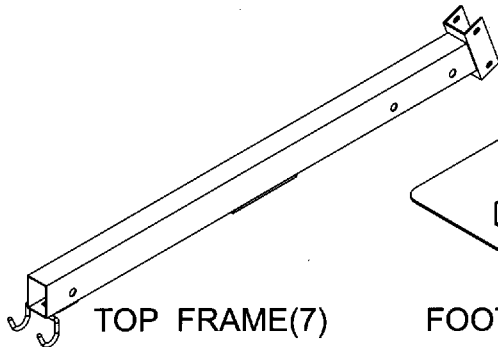
BASE  
FRAME(1)



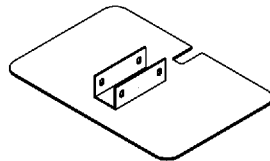
REAR  
STABILIZER(2)



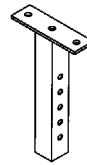
FRONT  
STABILIZER(3)



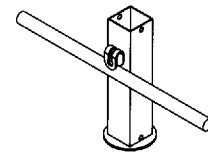
TOP FRAME(7)



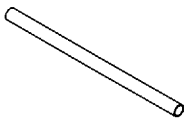
FOOT PLATE(8)



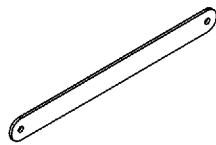
SEAT BAR(11)



WEIGHT  
HOLDER(5)



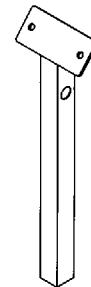
ROLLER BAR(12)



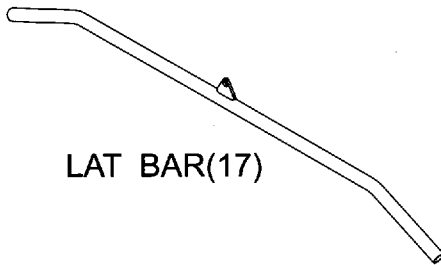
LINK PLATE(13)



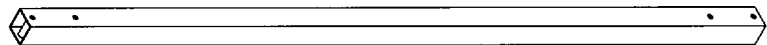
CURL BAR(16)



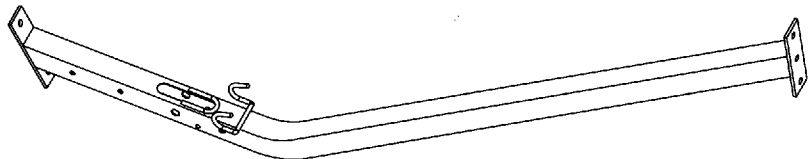
ADJUSTABLE  
TUBE(10)



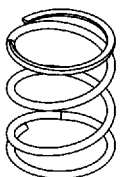
LAT BAR(17)



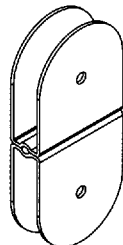
UPRIGHT POST(4)



MAIN UPRIGHT(6)



SPRING  
COIL(14)



DOUBLE PULLEY  
BRACKET(15)



LINK PLATE(18)

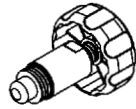


RINGLET(19)

# PARTS CHART



STEEL  
BUSHING(9)



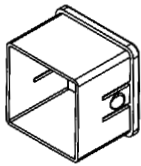
POP PIN(22)



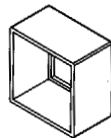
SPRING  
CLIP(24)



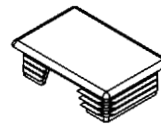
HOOKUP(23)



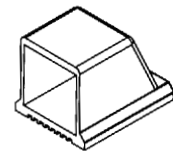
50 MM ID  
SQ. BUSHING(25)



50 MM OD SQ.  
SPACER(26)



50 X 75 MM RECT.  
END PLUG(27)



50 MM SQ.  
END CAP(28)



1" OD ROUND  
END PLUG(29)



PULLEY(30)



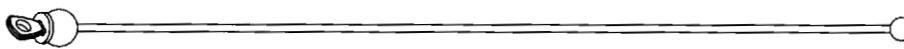
FOAM  
ROLLER(36)



200 MM LONG  
HAND GRIP(37)



140 MM LONG  
HAND GRIP(38)



TOP CABLE(31)



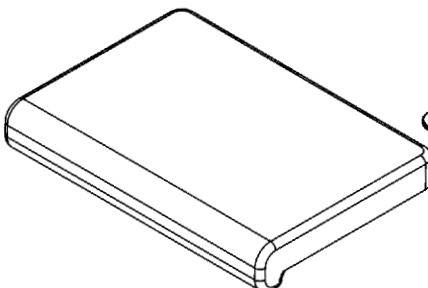
5 LINK  
CHAIN(20)



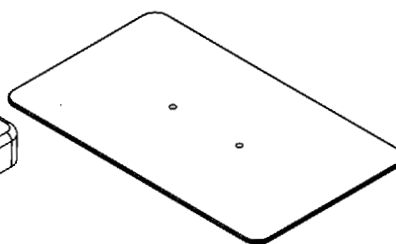
LOW CABLE(32)



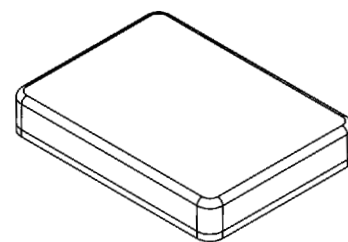
13 LINK  
CHAIN(21)



ARM CURL PAD(33)

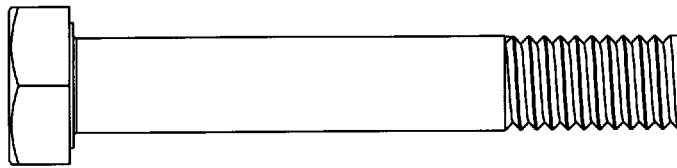


ARM CURL  
BASE BOARD(34)

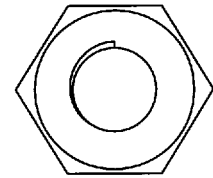
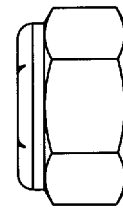


SEAT PAD(35)

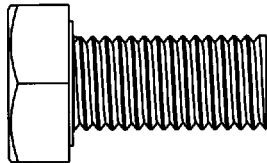
# FASTENER



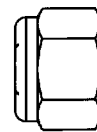
1/2" x 3-1/8" HEX HEAD BOLT(43)



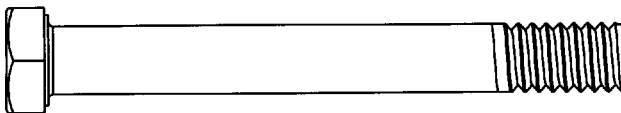
1/2" NYLON NUT(41)



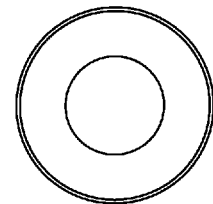
1/2" x 1" HEX HEAD BOLT(44)



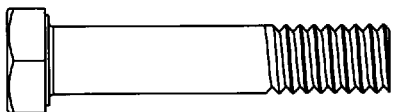
3/8" NYLON NUT(42)



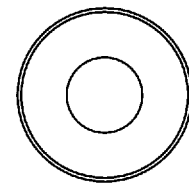
3/8" x 3" HEX HEAD BOLT(45)



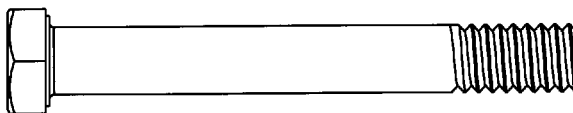
1/2" WASHER(39)



3/8" X 1-3/4" HEX HEAD BOLT(46)



3/8" WASHER(40)



3/8" X 2-3/4" HEX HEAD BOLT(48)



3/8" X 1" HEX HEAD BOLT(47)



5/16" X 1/4" SOCKET HEAD SCREW(49)

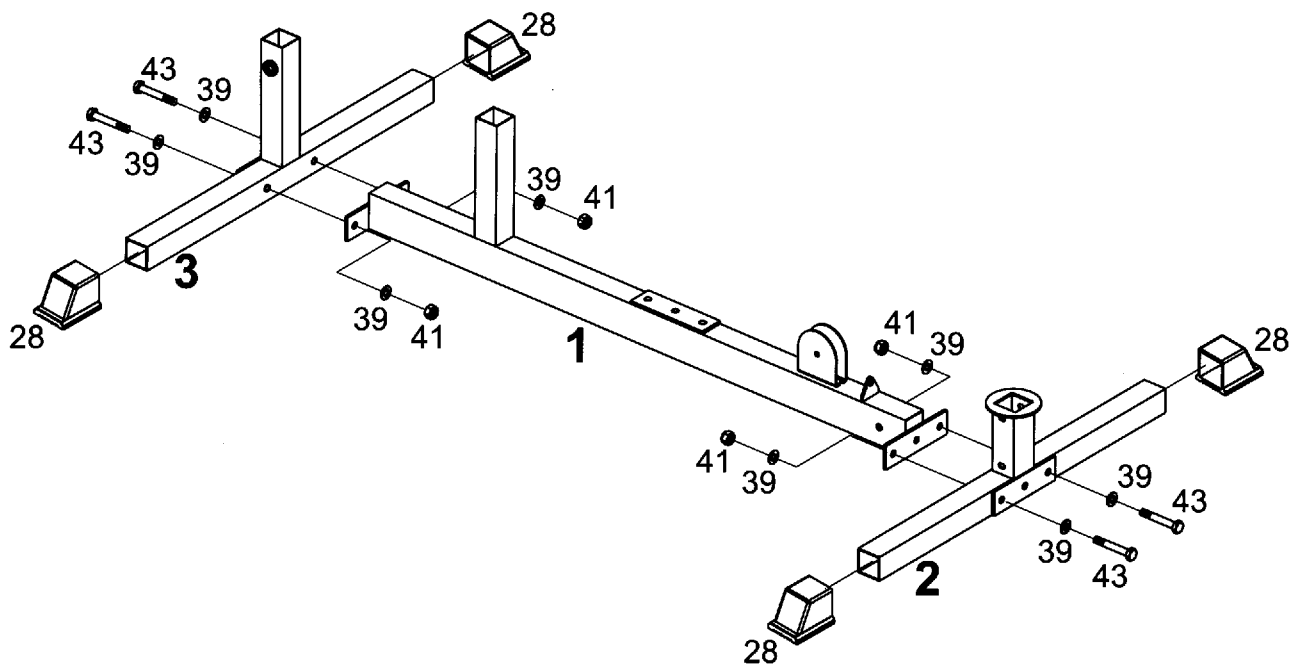


## STEP 1 ASSEMBLE BASE FRAME

CAP REAR STABILIZER(2) AND FRONT STABILIZER(3) WITH 50 MM SQ. END CAPS(28).

PLACE BASE FRAME(1) ON FLOOR. THEN ATTACH REAR STABILIZER(2) AND FRONT STABILIZER(3) TO BASE FRAME(1) EACH USING TWO 1/2" X 3-1/8" HEX HEAD BOLT(43), FOUR 1/2" WASHER(39) AND TWO 1/2" NYLON NUT(41).

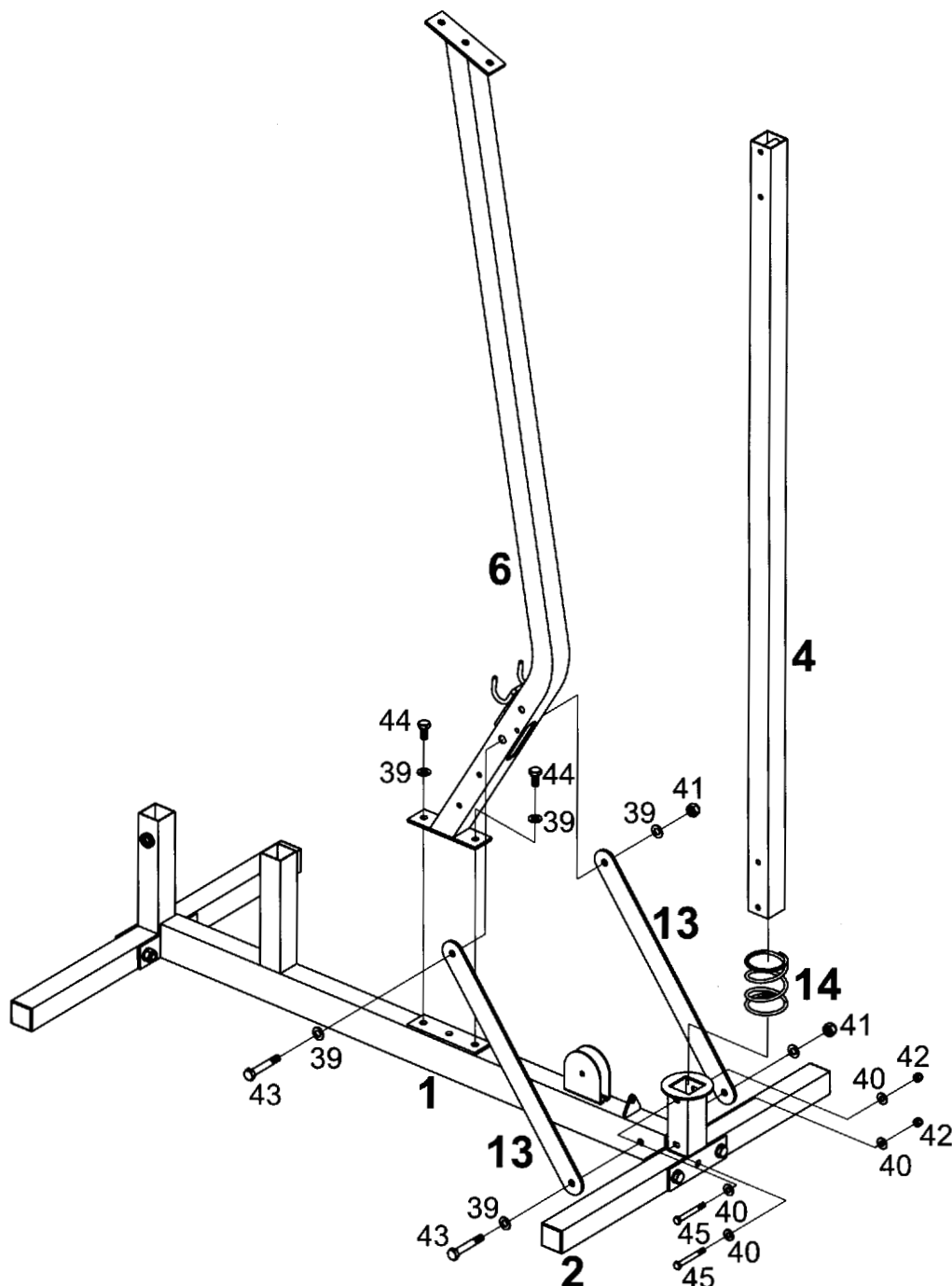
*To ease the assembly process, do not tighten bolts until instructed.*





## STEP 2 ASSEMBLE UPRIGHT FRAME

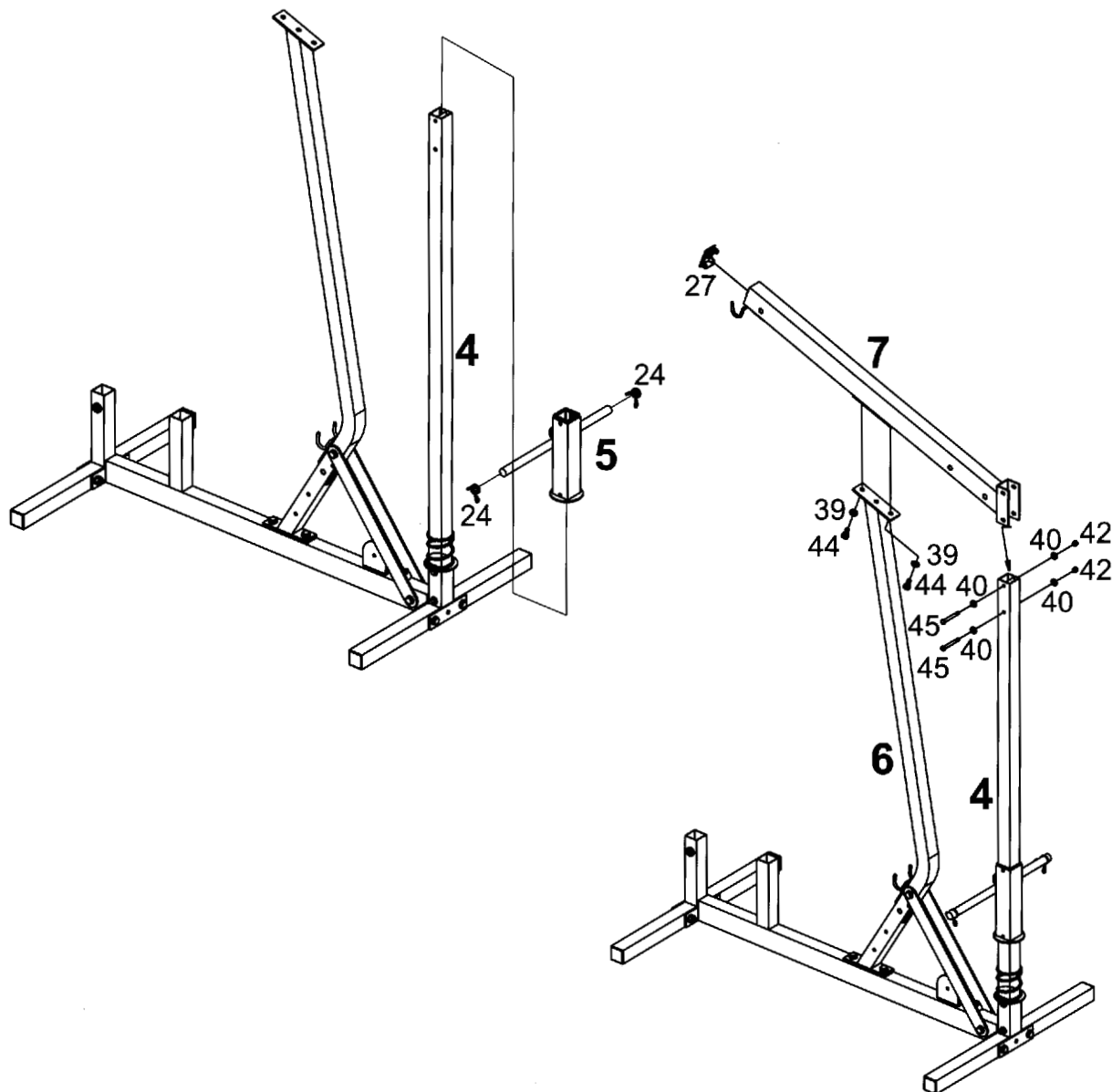
ATTACH UPRIGHT POST(4) TO REAR STABILIZER(2) USING TWO 3/8" X 3" HEX HEAD BOLT(45), FOUR 3/8" WASHER(40) AND TWO 3/8" NYLON NUT(42). ATTACH MAIN UPRIGHT(6) TO BASE FRAME(1) USING TWO 1/2" X 1" HEX HEAD BOLT(44) AND TWO 1/2" WASHER(39). THEN ATTACH SUPPORT PLATES(13) TO BASE FRAME(1) AND MAIN UPRIGHT(6) USING TWO 1/2" X 3-1/8" HEX HEAD BOLT(43), FOUR 1/2" WASHER(39) AND TWO 3/8" NYLON NUT(41). SLIDE SPRING COIL(14) ONTO UPRIGHT POST(4).



## STEP 3 ASSEMBLE TOP FRAME

ATTACH TWO SPRING CLIPS(24) TO BARS OF WEIGHT HOLDER(5).  
SLIDE WEIGHT HOLDER(5), WITH FLANGE DOWN AND CABLE ATTACHMENT  
FORWARD OVER UPRIGHT POST(4).

INSERT 50 X 75 MM RECT. END PLUG(27) INTO TOP FRAME(7).  
ATTACH TOP FRAME(7) TO MAIN FRAME(6) USING TWO 1/2" WASHER(39)  
AND TWO 1/2" X 1" HEX HEAD BOLT(44). ATTACH TOP FRAME(7) TO UPRIGHT  
POST(4) USING TWO 3/8" X 3" HEX HEAD BOLT(45), FOUR 3/8" WASHER(40)  
AND TWO 3/8" NYLON NUT(42).



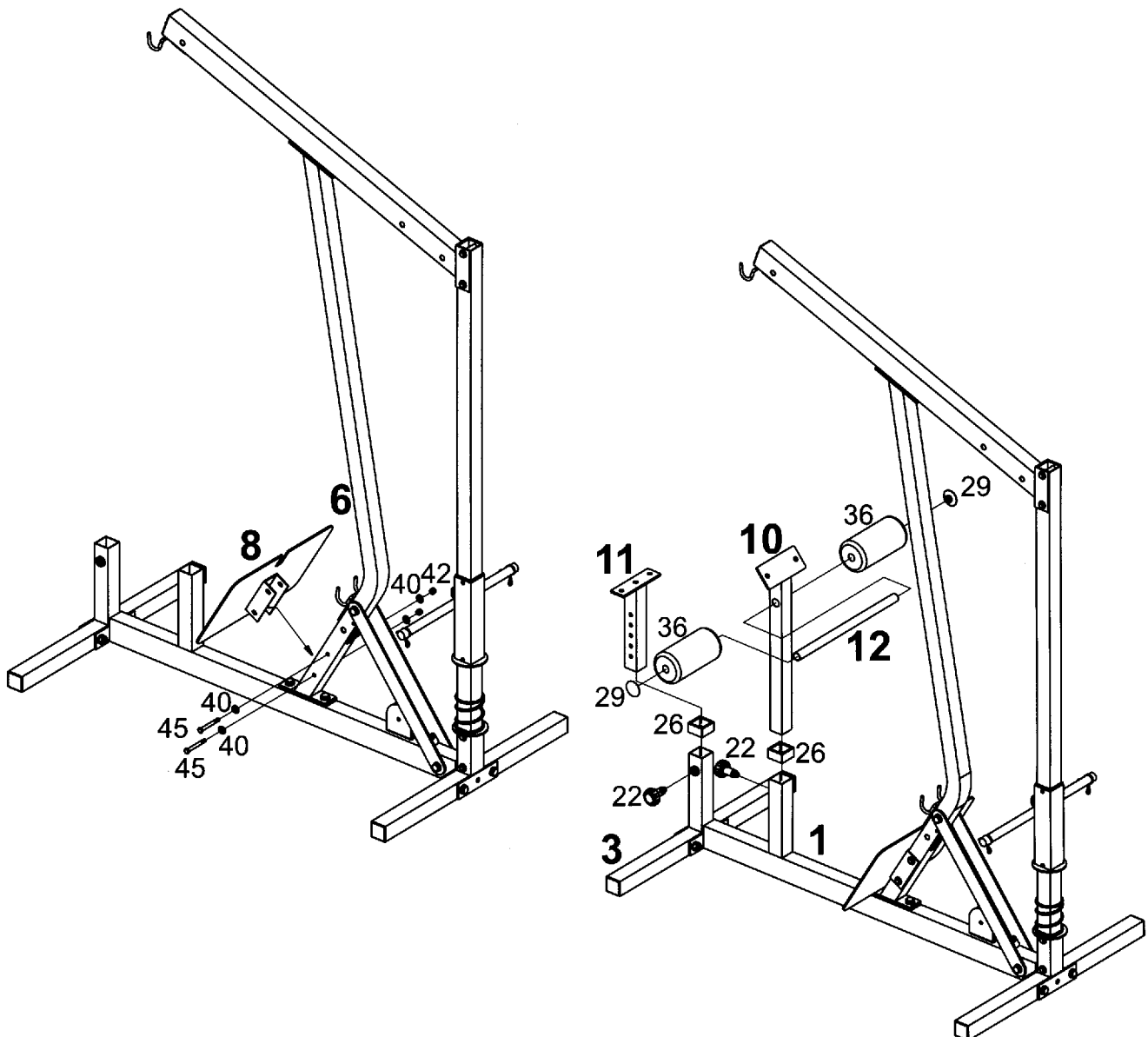
## STEP 4 ASSEMBLE FOOT PLATE, KNEE HOLD, SEAT BAR

ATTACH FOOT PLATE(8) TO MAIN UPRIGHT(6) USING TWO 3/8" X 3" HEX HEAD BOLT(45), FOUR 3/8" WASHER(40) AND TWO 3/8" NYLON NUT(42).

CAP VERTICAL TUBE IN BASE FRAME(1) WITH 50 MM ID SQ. SPACER(26).  
INSERT ADJUSTABLE TUBE(10) INTO MAIN FRAME(1) AND LOCK WITH POP PIN(22).

INSERT ROLLER BAR(12) INTO ADJUSTABLE TUBE(10), SLIDE TWO FOAM ROLLER(36) ONTO ROLLER BAR(12) THEN CAP ROLLER BAR(12) WITH TWO 1" OD ROUND END PLUG(29).

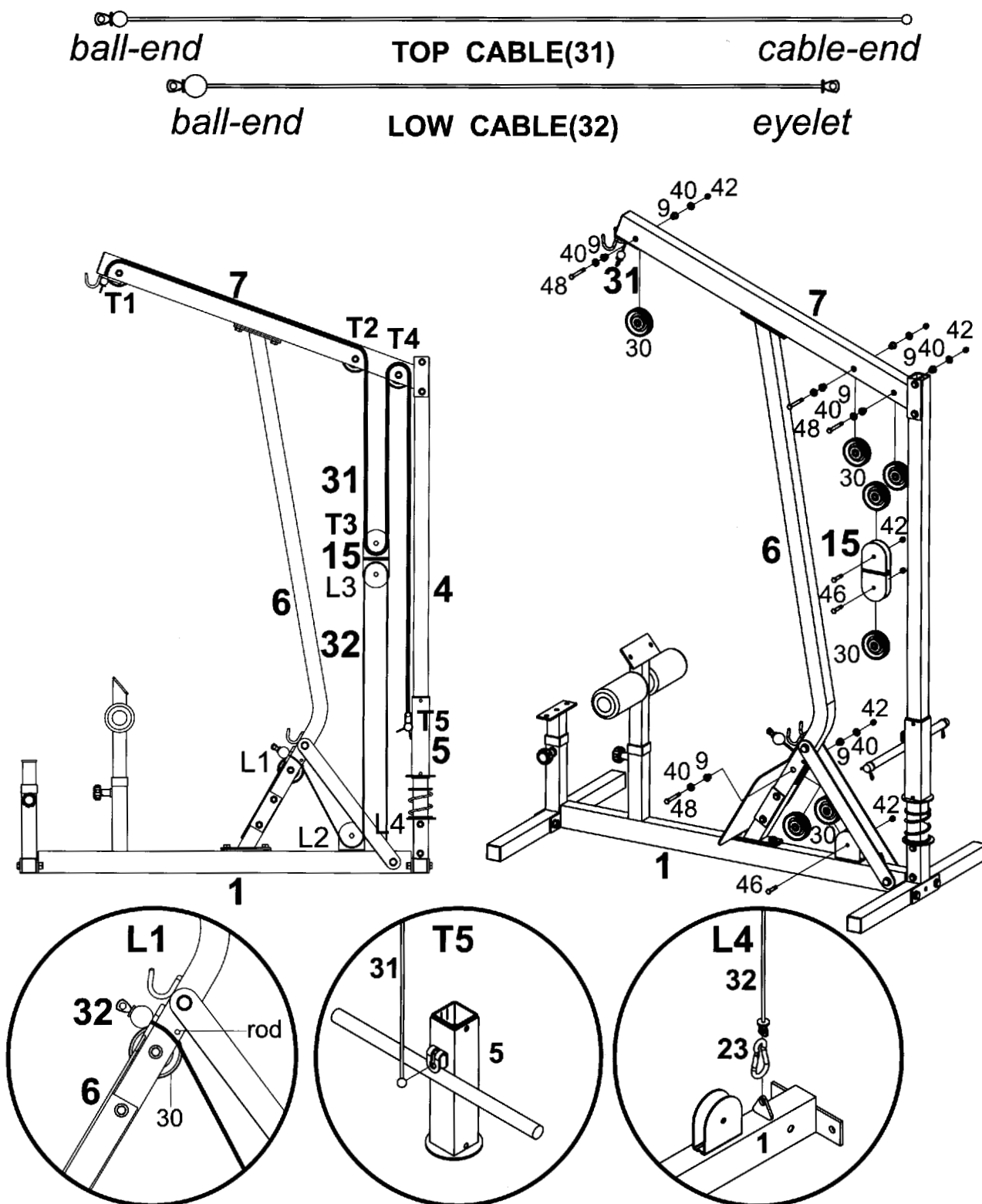
CAP VERTICAL TUBE IN FRONT STABILIZER(3) WITH 50 MM ID SQ. SPACER(26).  
INSERT SEAT BAR(11) INTO FRONT STABILIZER(3) AND LOCK WITH POP PIN(22).



## STEP 5 INSTALL CABLE

**TOP CABLE ROUTE:** THREAD CABLE-END OVER *T1*, *T2* DOWN AND AROUND *T3* UP AND AROUND *T4* END AT *T5*.

**LOW CABLE ROUTE:** THREAD EYELET END OVER *L1* DOWN AND AROUND *L2* UP AND AROUND *L3* END AT *L4*.



## STEP 6 INSTALL ACCESSORIES

ATTACH ARM CURL BASE BOARD(34) AND ARM CURL PAD(33) TO ADJUSTABLE TUBE(10) USING TWO 3/8" WASHER(40) AND TWO 3/8" X 1" HEX HEAD BOLT(47). ATTACH SEAT PAD(35) TO SEAT BAR(11) USING TWO 3/8" WASHER(40) AND TWO 3/8" X 1" HEX HEAD BOLT(47).

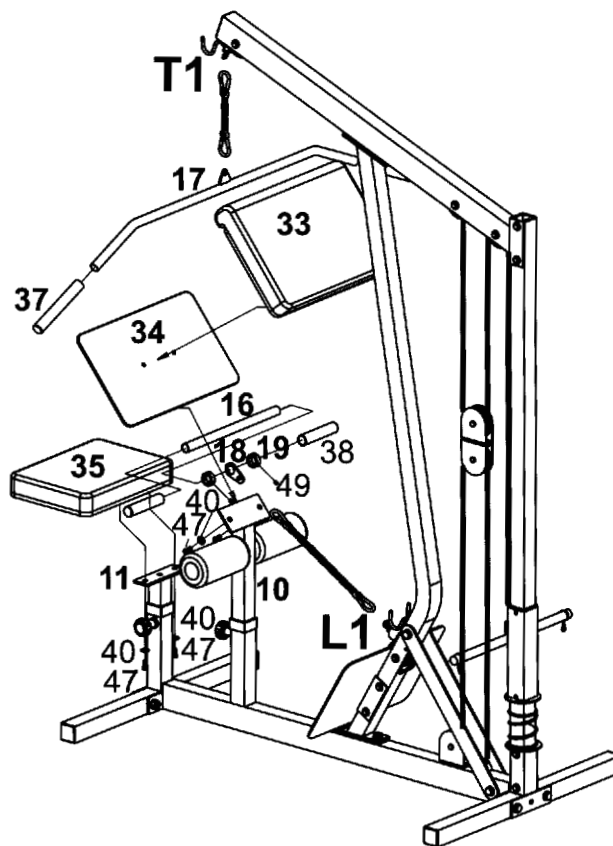
SLIDE 200 MM LONG HAND GRIP(37) ONTO EACH END OF LAT BAR(17).

**HINT : USE WATER TO LUBRICATE HAND GRIPS.**

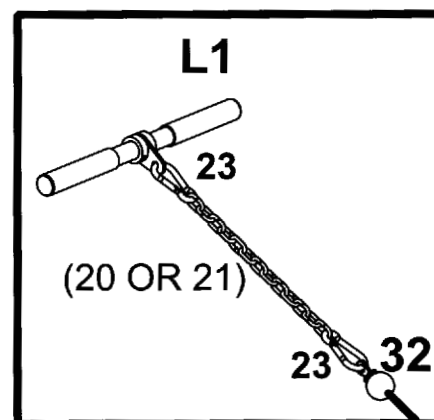
FIX LINK PLATE(18) TO THE MIDDLE OF CURL BAR(16) USING A RINGLET(19) AND 5/16" X 1/4" SOCKET HEAD SCREW(49) ON EACH SIDE.

SLIDE 140 MM LONG HAND GRIP(38) ONTO EACH END OF CURL BAR(16).

**TIGHTEN ALL BOLTS.**



**NOTE:**  
CHAINS ARE USED WHEN EXTRA CABLE LENGTH IS NEEDED ON AN EXERCISE (FOR EXAMPLE, TRICEP PUSH DOWN).



**Assembly is complete! Please take the following steps before using the BODYCRAFT BACK & ARM Machine:**

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. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **UPRIGHT POST(4)**.
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**