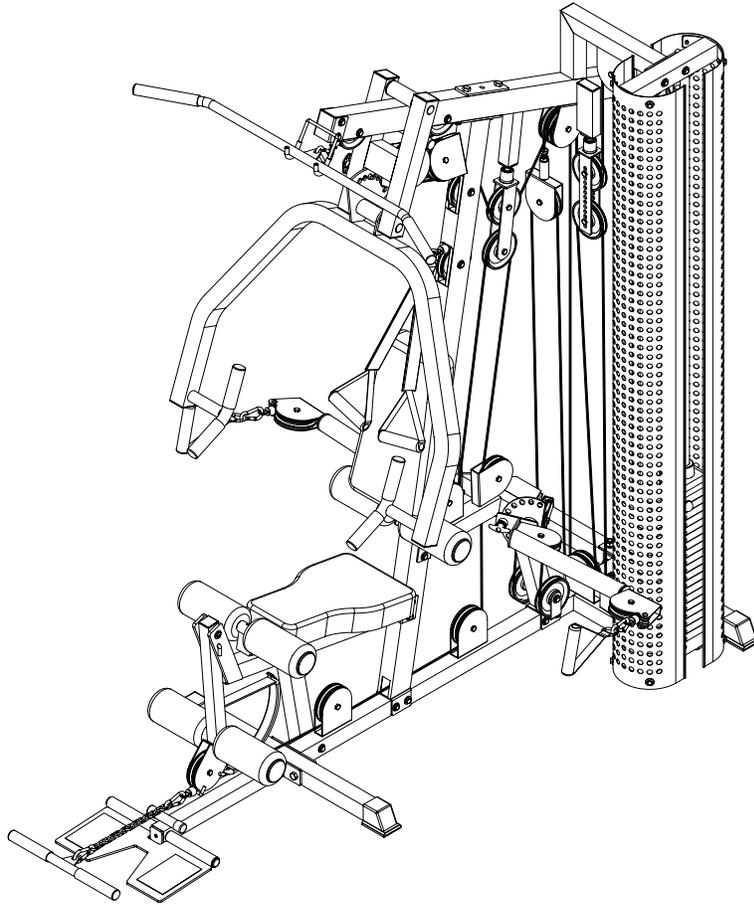


BodyCraft

Xpress STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL



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 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

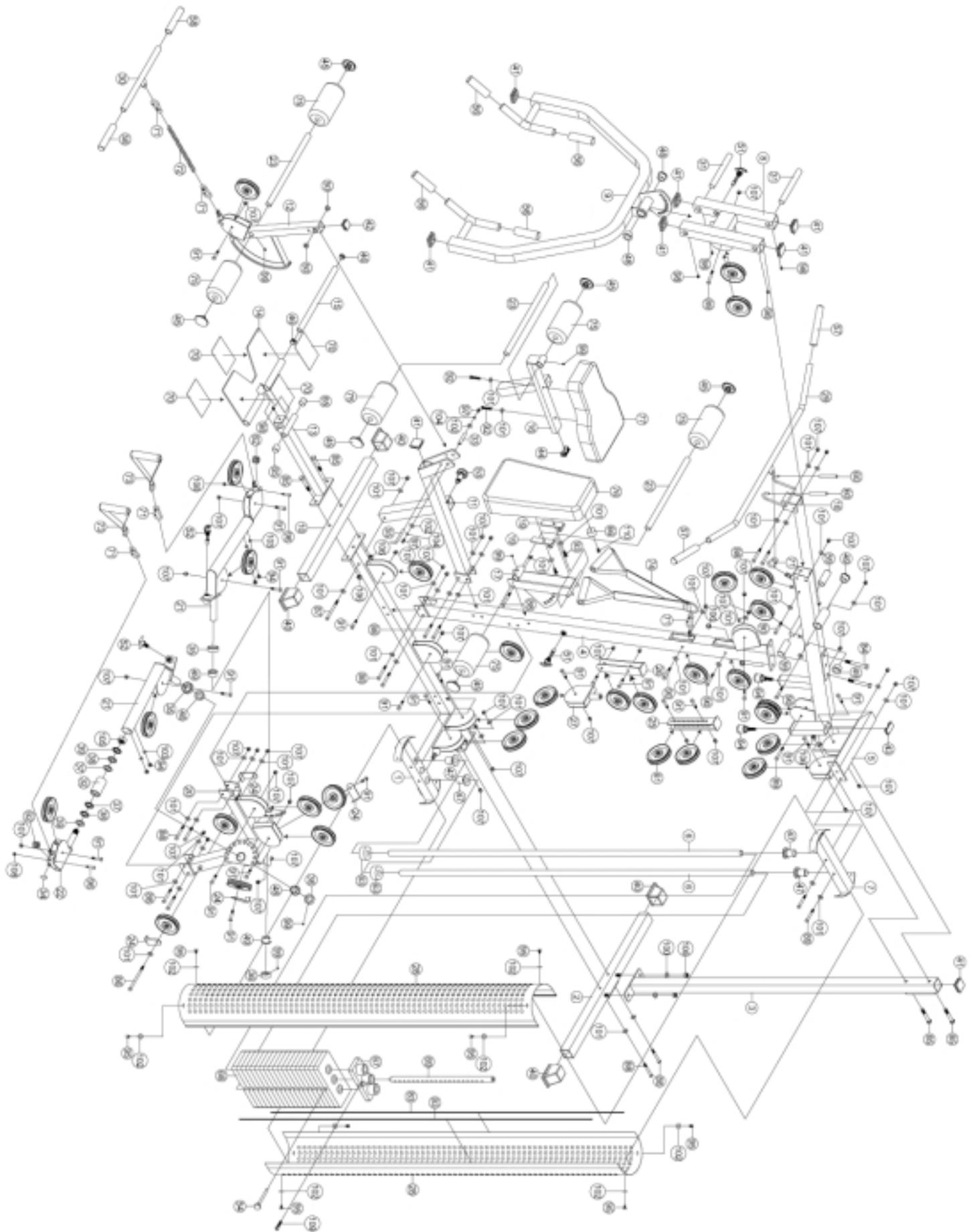
Congratulations and thank you for selecting the **BODYCRAFT Xpress** strength training system. The **BODYCRAFT Xpress** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **BODYCRAFT Xpress** 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 Xpress**. 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.

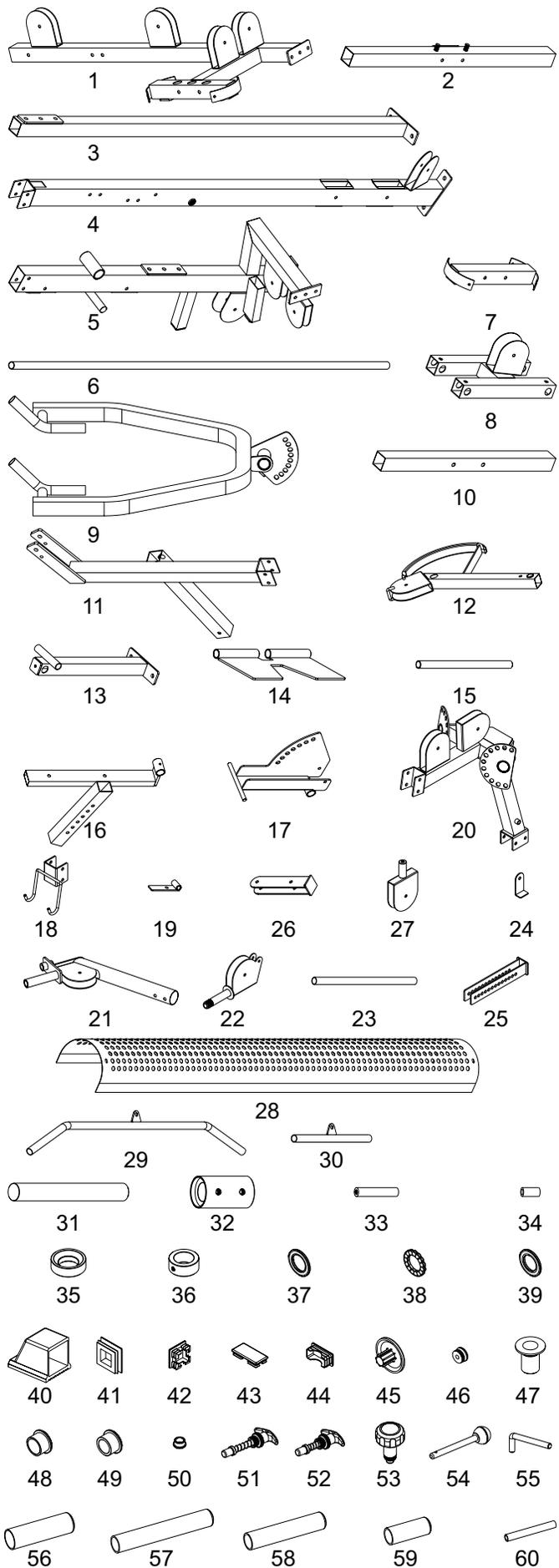
1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **BODYCRAFT Xpress** 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 Xpress** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.



PARTS CHART

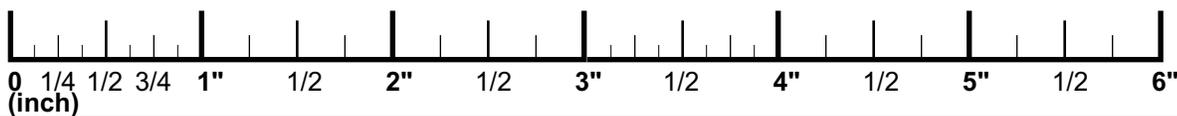
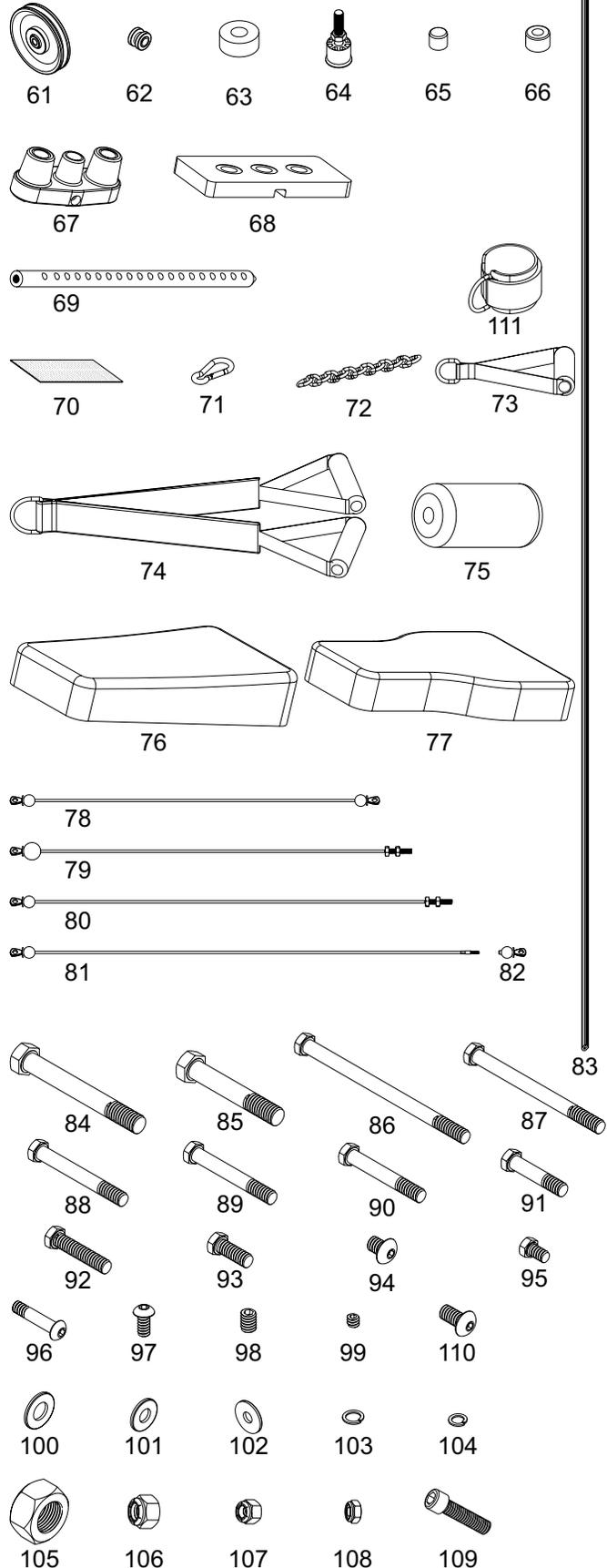
NO. DESCRIPTION QTY.

1	BASE FRAME	1
2	REAR STABILIZER	1
3	REAR UPRIGHT	1
4	FRONT UPRIGHT	1
5	TOP FRAME	1
6	GUIDE ROD	2
7	TOP GUIDE ROD RETAINER	1
8	PRESS ARM SELECTOR	1
9	PRESS ARM	1
10	FRONT STABILIZER	1
11	SEAT FRAME	1
12	LEG EXTENSION ARM	1
13	LOW ROW CONNECTOR	1
14	FOOT PLATE	1
15	FOOT PLATE ROLLER	1
16	CHROME SEAT ADJUSTER	1
17	SEAT BACK ADJUSTER	1
18	LAT BAR HOLDER	1
19	METAL HINGE	2
20	CABLE ARM ASSEMBLY	1
21	CABLE ARM	2
22	SWIVEL CABLE TOP	2
23	FOAM ROLLER	3
24	PULLEY GUIDE BRACKET	4
25	ADJUSTABLE PULLEY BLOCK	1
26	DOUBLE PULLEY BLOCK	1
27	SINGLE PULLEY BLOCK	1
28	WEIGHT SHROUD	2
29	LAT BAR	1
30	LOW ROW BAR	1
31	PIVOT AXLE	2
32	CABLE ARM COLLAR	2
33	LEG EXTENSION AXLE	1
34	SLEEVE	2
35	STEEL SPACER	2
36	AXLE COLLAR	2
37	BEARING BASIN	4
38	BEARING	4
39	BEARING COVER	4
40	50mm SQ. CAP	4
41	50mm SQ. PLUG	8
42	38mm SQ. PLUG	1
43	30mm X 60mm RECT. PLUG	1
44	25mm X 50mm RECT. PLUG	1
45	1"ID FOAM ROLLER PLUG	6
46	1" ROUND PLUG	2
47	PLASTIC GUIDE ROD HOLDER	4
48	1" STEEL BUSHING	4
49	28.6 mm STEEL BUSHING	4
50	1/2" STEEL BUSHING	2
51	POP PIN (LONGER)	2
52	POP PIN (SHORTER)	2
53	SPRING KNOB	1
54	SELECTOR PIN	1
55	L PIN	1
56	1-1/2" X120mm HAND GRIP	4
57	1" X 200mm HAND GRIP	2
58	1" X 140mm HAND GRIP	2
59	1" X 70mm PRESS ARM STOPPER	2
60	GRIP OF LAT BAR HOLDER (95mm)	2



PARTS CHART

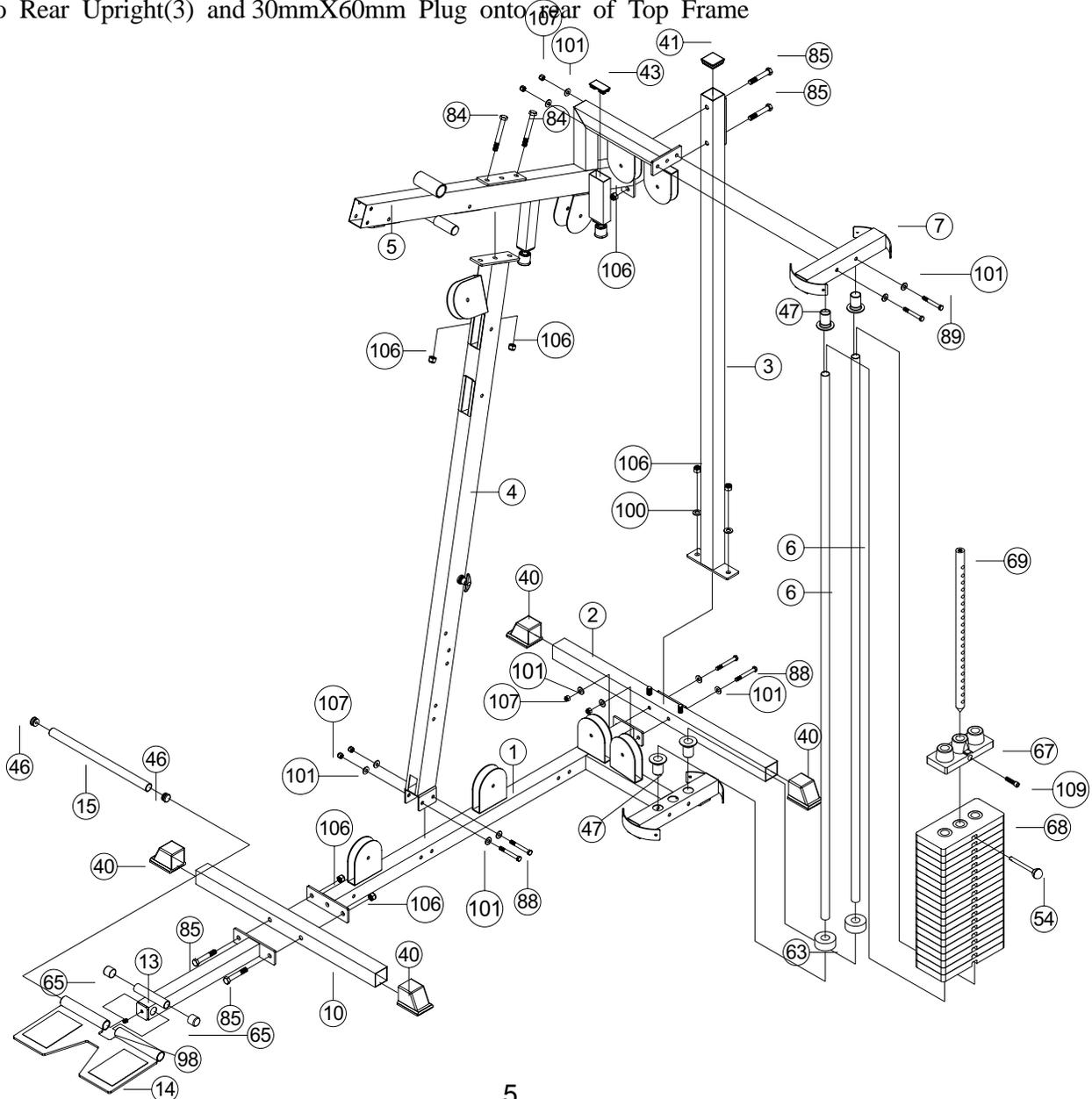
NO.	DESCRIPTION	QTY.
61	BIG PULLEY	31
62	SMALL PULLEY OF SWIVEL ARM	2
63	RUBBER DONUT	2
64	ADJUSTABLE STOPPER	2
65	FOOT PLATE STOPPER	2
66	BACK BRACKET STOPPER	1
67	TOP PLATE	1
68	10 LB. PLATE	19
69	SELECTOR ROD	1
70	NON SLIP	4
71	SNAP HOOK	6
72	LOW ROW CHAIN	1
73	HAND GRIP OF CABLE ARM	2
74	AB CRUNCH	1
75	FOAM PAD	6
76	BACK PAD	1
77	SEAT PAD	1
78	AB CRUNCH CABLE (4420mm)	1
79	CABLE ARM CONNECTING CABLE (4710mm)	1
80	TOP CABLE (4630mm)	1
81	CABLE ARM CABLE (5410mm)	1
82	HEAD OF CABLE ARM CABLE	1
83	BINDING OF WEIGHT SHROUD	4
84	1/2" X 4" HEX HEAD BOLT	2
85	1/2" X 3" HEX HEAD BOLT	4
86	3/8" X 5-3/4" HEX HEAD BOLT	1
87	3/8" X 4-1/2" HEX HEAD BOLT	1
88	3/8" X 3" HEX HEAD BOLT	13
89	3/8" X 2-3/4" HEX HEAD BOLT	4
90	3/8" X 2-1/2" HEX HEAD BOLT	4
91	3/8" X 1-3/4" HEX HEAD BOLT	21
92	3/8" X 1-3/4" HEX HEAD BOLT (ALL)	2
93	3/8" X 1" HEX HEAD BOLT (ALL)	3
94	3/8" X 1/2" ROUND BOLT	4
95	5/16" X 1/2" HEX HEAD BOLT (ALL)	8
96	5/16" X 1-1/2" SET SCREW	2
97	5/16" X 5/8" SET SCREW	2
98	3/8" X 13mm SET SCREW	5
99	5/16" X 1/4" SET SCREW	5
100	1/2" WASHER	2
101	3/8" WASHER	44
102	5/16" WASHER	10
103	3/8" SPRING WASHER	4
104	5/16" SPRING WASHER	2
105	24mm NYLON NUT	2
106	1/2" NYLON NUT	8
107	3/8" NYLON NUT	44
108	5/16" NYLON NUT	2
109	TOP PLATE BOLT	1
110	3/8" X 3/4" SET SCREW	1
111	ANKLE STRAP	1



STEP 1 ASSEMBLE MAIN FRAME

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

1. Attach Rear Stabilizer(2) to Base Frame(1) using two 3/8"X3" Bolts(88), four 3/8" Washers(101) and two Nuts(107). Attach Front Stabilizer(10) and Low Row Connector(13) to Base Frame(1) using two 1/2"X3" Bolts(85), and two Nuts(106). Cap Rear Stabilizer and Front Stabilizer with four 50mm SQ. Cap(40).
2. Attach two Foot Plate Stoppers(65) onto Low Row Connector(13). Attach the Foot Plate(14) to Low Row Connector(13) by aligning the holes and inserting Foot Plate Roller(15). Insert two 1" Round Plug (46) into the Foot Plate Roller(15).
3. Attach Rear Upright(3) to Rear Stabilizer(2) using two 1/2" Washer(100) and Nuts(106).
4. Attach Front Upright(4) to Base Frame(2) using two 3/8"X3" Bolts(88), four Washers(101) and two Nuts (107).
5. Attach Top Frame(5) to Front Upright(4) using two 1/2"X4" Bolts(84) and two Nuts(106). Attach Top Frame(5) to Rear Upright(3) using two 1/2"X3" Bolts(85) and two Nuts(106).
6. Insert four Plastic Guide Rod Holders(47) into Base Frame and Top Guide Rod Retainer(7) as shown. Slide a Rubber Donut(63) onto one end of each Guide Rod(6) and then insert the Guide Rods into the Plastic Guide Rod Holders in Base Frame as shown.
7. Slide each 10 Lb. Plate(68) over guide rods. Make certain that each plate is oriented with selector hole on bottom and facing forward. Attach Top Plate(67) to Selector Rod(69) using Top Plate Bolt(109). Slide Top Plate and Selector Rod(69) onto Guide Rods(6).
8. Slide Top Guide Rod Retainer(7) over top of Guide Rods(6) and attach Top Guide Rod Retainer(7) to Top Frame(5), using two 3/8"X2-3/4" Bolts, four 3/8" Washers and two Nuts(107). Attach 50mm Plug onto Rear Upright(3) and 30mmX60mm Plug onto rear of Top Frame



STEP 2 ASSEMBLE PRESS ARM & CABLE ARM ASSEMBLY

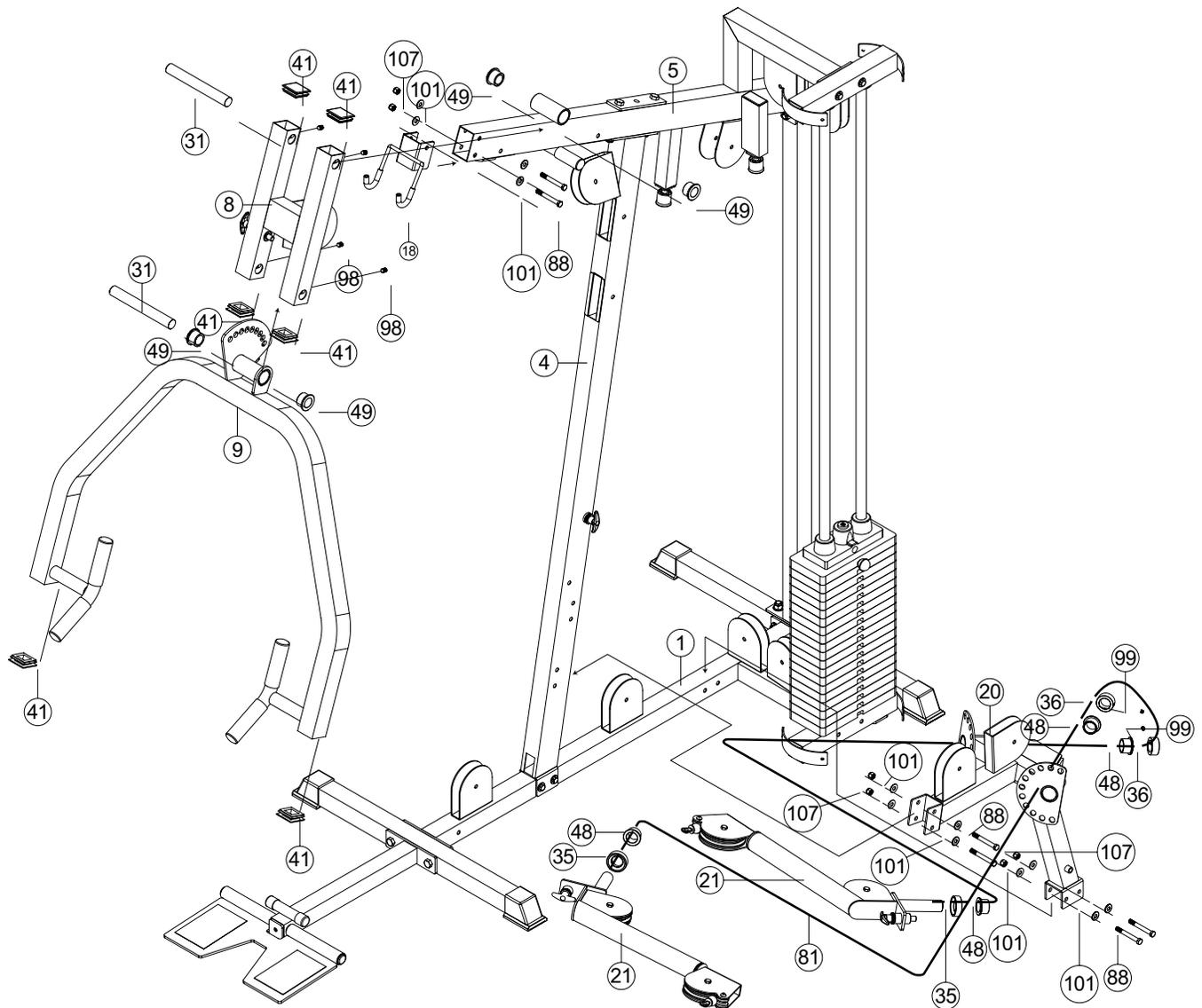
1. Attach Press Arm Selector(8) to Top Frame by aligning holes and inserting Pivot Axle(31). Lock into place with pre-installed set screw.
2. Attach Press Arm(9) to Press Arm Selector(8) by aligning holes and inserting Pivot Axle(31). Lock into place with pre-installed set screw.
3. Attach 50mm Plugs(41) onto ends of Press Arm(9) and Press Arm Selector(8).
4. Attach Pre-assembled Cable Arm Assembly(20) to Front Upright(4) and Base Frame(1) using two 3/8" X 3" Bolts(88), four 3/8" Washer and four Nuts(107).

Remember to keep all bolts loose to ensure holes will align easily.

Slide the axle of each Cable Arm(21) through the hole in selector plate of Cable Arm Assembly and fasten using Axle Collar(36) with 5/16"X1/4" Set Screw(99).

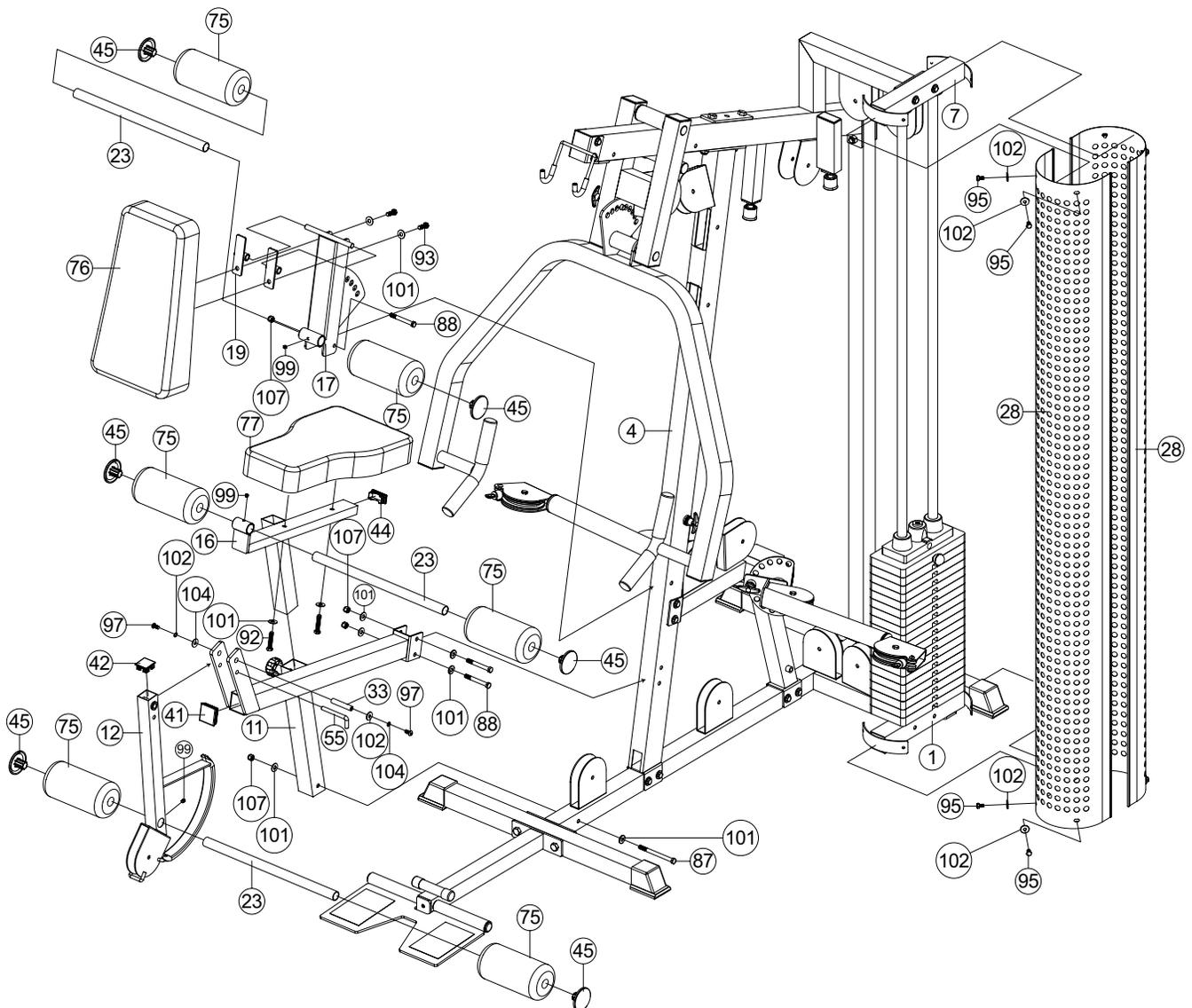
Check to ensure that each arm pivots freely and any cables are not twisted.

5. Attach Lat Bar Holder(18) to Top Frame, using two 3/8"X3" Bolts, 3/8" Washers(101) and Nuts(107).



STEP 3 ASSEMBLE SEAT FRAME AND SEAT BACK

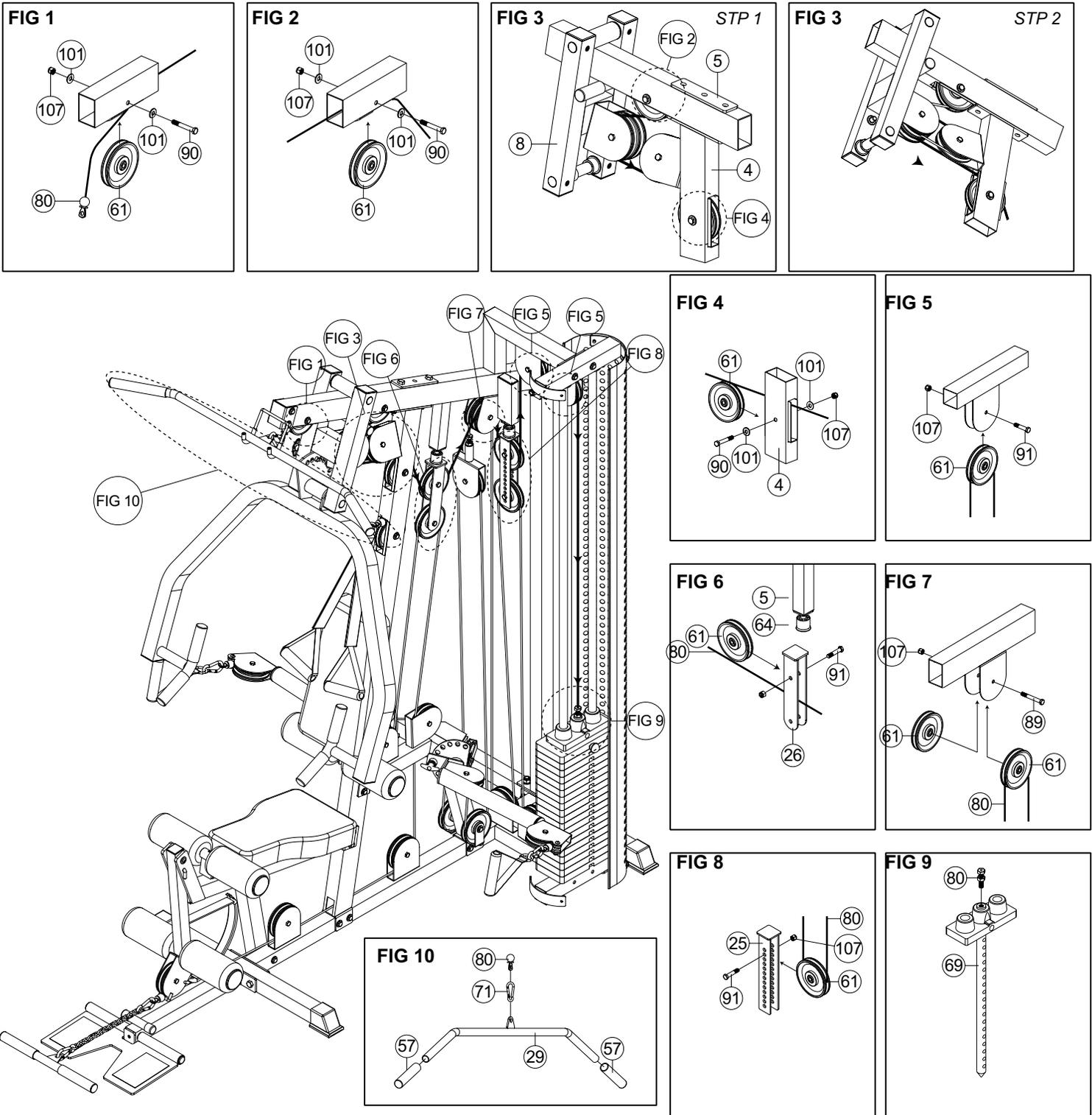
1. Attach Seat Frame(11) to Front Upright(4) using two 3/8"X3" Bolts(88) four 3/8" Washers(101) and two Nuts(107). Attach Seat Frame(11) to Base Frame(1) using one 3/8"X4-1/2" Bolt(87), two 3/8" Washers(101) and one Nut(107).
2. Attach Leg Extension Arm(12) to Seat Frame(11) by aligning holes and then inserting Leg Extension Axle(33). Fasten Leg Extension Axle(33) using two 5/16" Spring Washers(104), 5/16" Washers(102), and two 5/16"X5/8" Set Screws(97). Check to ensure that the Leg Extension Arm(12) pivots freely.
Note: The L Pin(55) is used to lock the Leg Extension Arm(12) into place when using the low cable for exercises such as arm curls, leg kicks, upright rows, etc. Remove the L Pin when performing leg extensions and leg curls.
3. Insert Foam Roller(23) into hole in Seat Adjuster(16) and into hole in Leg Extension Arm(12). Moisten Foam Pad(75) with water and slide onto each end of Foam Rollers(23). Attach 1" large Round Plug(45) to Foam Roller(23). A rubber mallet is useful. Lock into place with pre-installed set screw.
4. Attach Seat Pad(77) to Seat Adjuster(16) using two 3/8" Washers(101), and two 3/8"X1-3/4" Bolts(92). Attach 25mmX50 Plug(44) to Seat Adjuster and 50mm SQ. Plug(40) to Seat Frame(11). Insert Chromed Seat Adjuster(16) into Seat Frame(11) and lock into place with Pop Pin(53).
5. Attach Seat Back Adjuster(17) to Front Upright(4), using one 3/8"X3" Bolt(88) and 3/8" Nut(107). It may be necessary to tighten this bolt, then loosen just enough to let Seat Back Adjuster pivot freely. Attach Pop Pin(53) for Seat Back Adjuster to Front Upright(4). Attach two Metal Hinges(19) to top of Seat Back Adjuster(17), then attach Back Pad(76) to Metal Hinges(19) using two 3/8"X1-3/4" Bolts(93) and 3/8" Washers(101). Insert Foam Roller(23) into hole in Seat Back Adjuster(17). Moisten two Foam Pads(75) with water and slide onto each end of Foam Roller, then cap Foam Roller(23) with 1" large Round Plug(45). Lock into place with pre-installed set screw.
6. Attach Weight Shroud(28) to Base Frame(1) and Top Guide Rod Retainer(7) using four 5/16"X1/2" Bolts(95) and Washers(102).



TOP CABLE 182" (4630mm) length

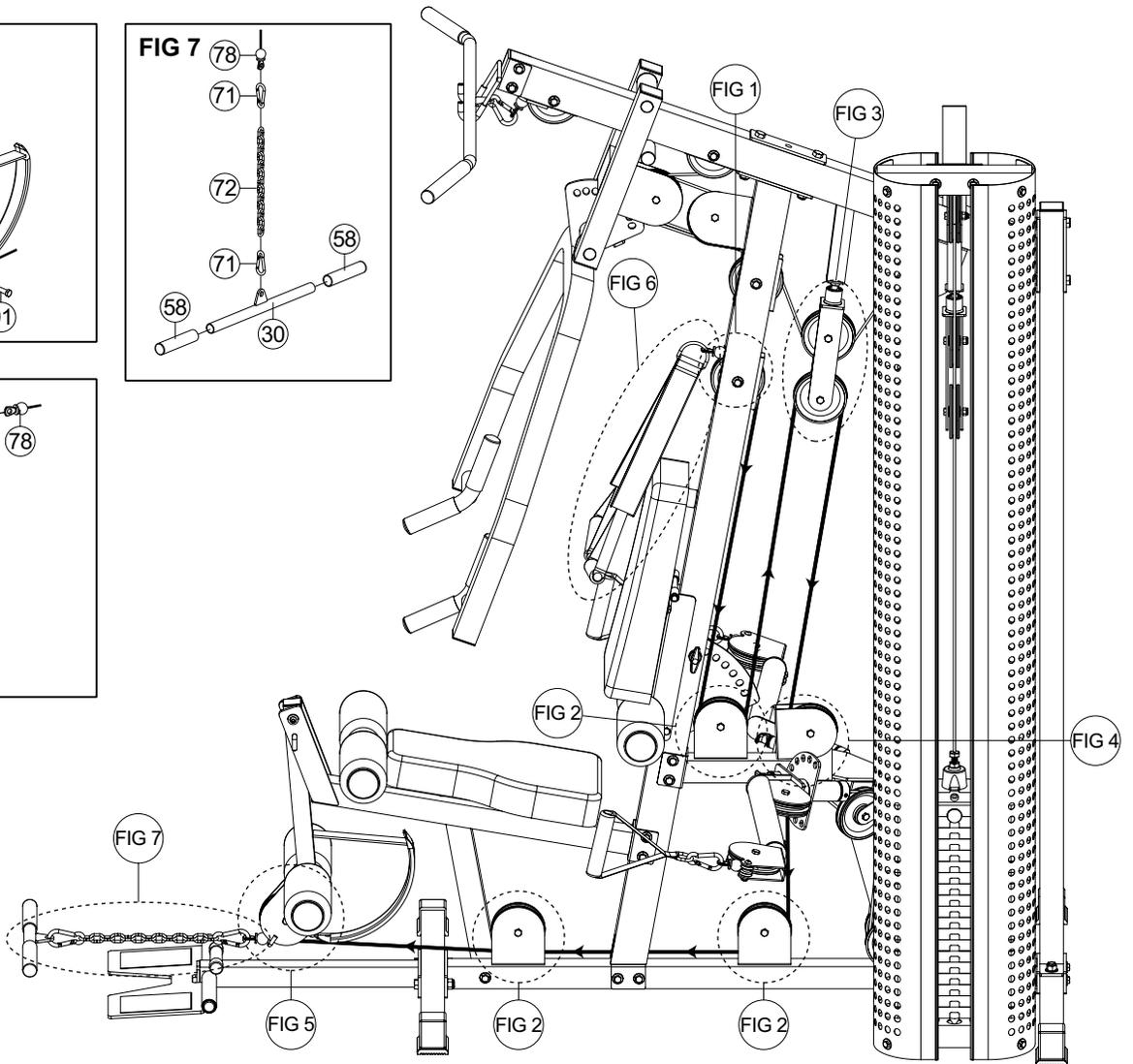
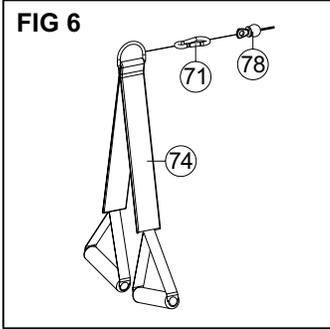
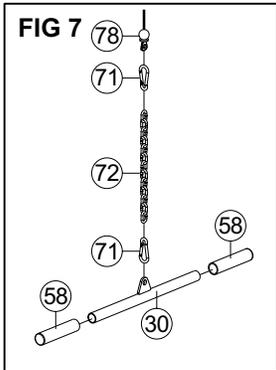
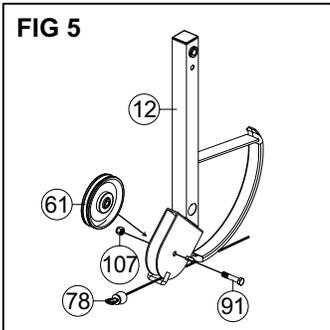
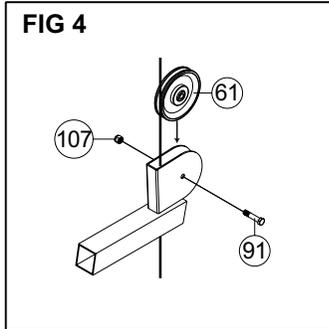
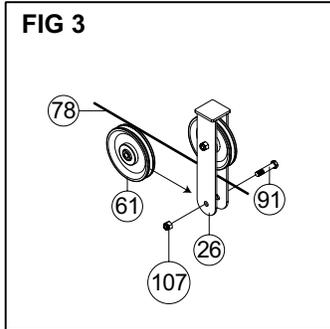
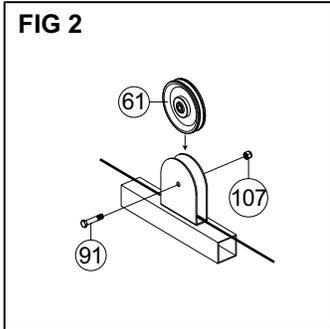
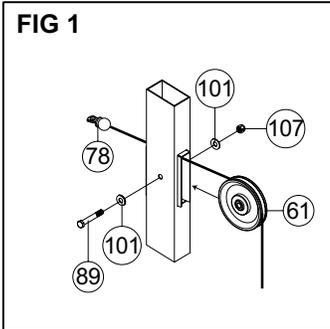
Assemble cables and pulleys simultaneously.

Insert threaded end of Top Cable(80) into the slot in front of Top Frame(5)(Fig 1) and route over top of two pulleys mounted in Top Frame (Fig 1, 2), over left side (as if sitting on seat) pulley in Press Arm Selector (8) (Fig 3, Step 1), under pulley mounted in Front Upright, over right side pulley in Press Arm Selector (Fig 3, Step 2), then over pulley mounted in Front Upright (Fig 3, Fig 4), down to top Double Pulley Block(26)(Fig 6), up and over left side pulley on Top Frame(Fig 7), down and around top pulley in Adjustable Pulley Block(25)(Fig 8), up and over two Top Frame pulleys leading to weight stack. Screw cable end into Selector Rod(69)(Fig 9).



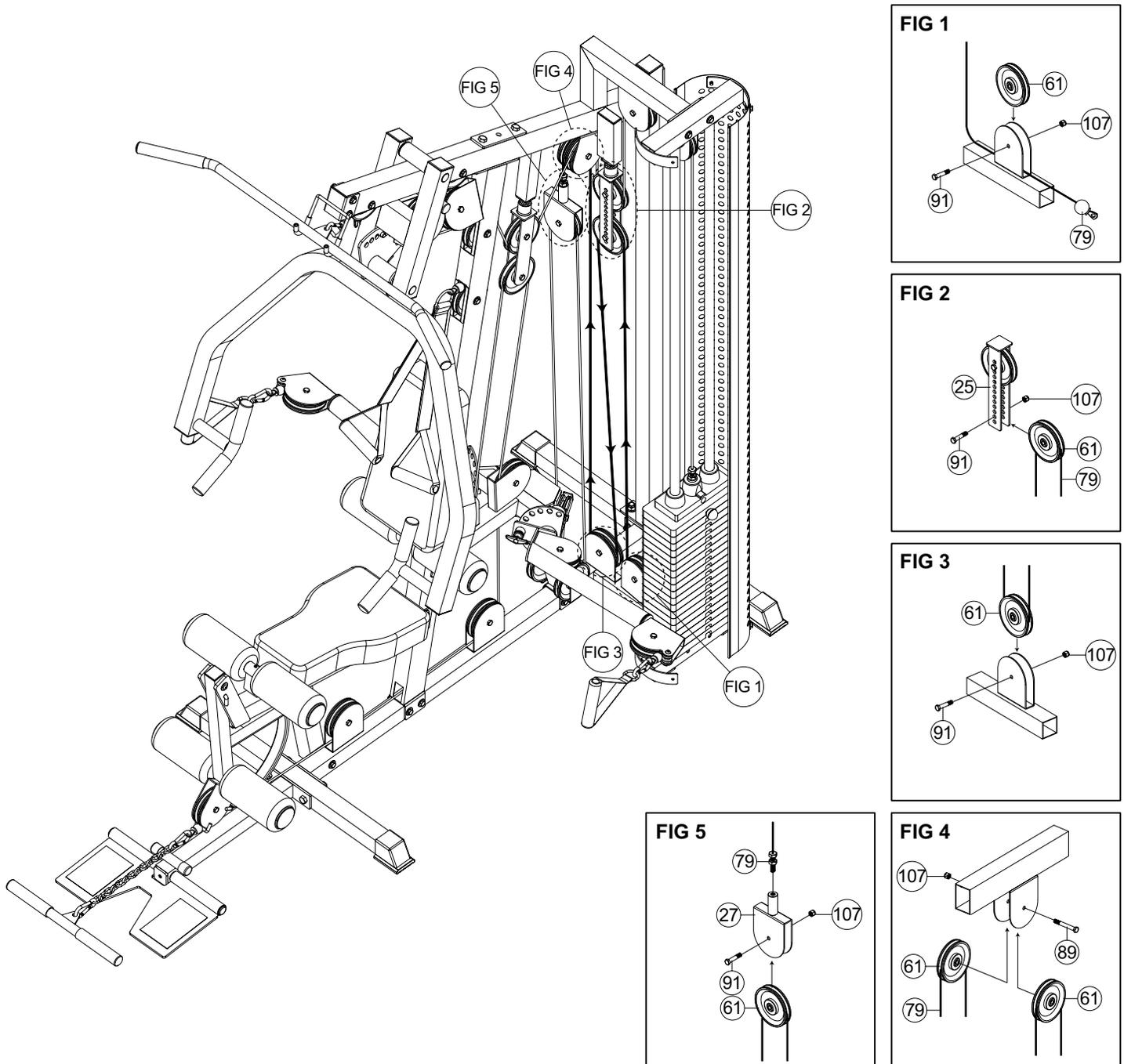
AB CRUNCH CABLE 174" (4420mm) length

Route the AB Crunch Cable(78) through slot and over pulley on Front Upright(Fig 1), down to the front pulley on top of Cable Arm Assembly(Fig 2), then up to lower pulley on double pulley block(26)(Fig 3), down through the rear pulley on Cable Arm Assembly (Fig 4) to pulley on Base Frame (Fig 2), then forward toward Leg Extension Arm. Route AB Crunch Cable under both pulleys on Base Frame and under pulley on Leg Extension Arm.



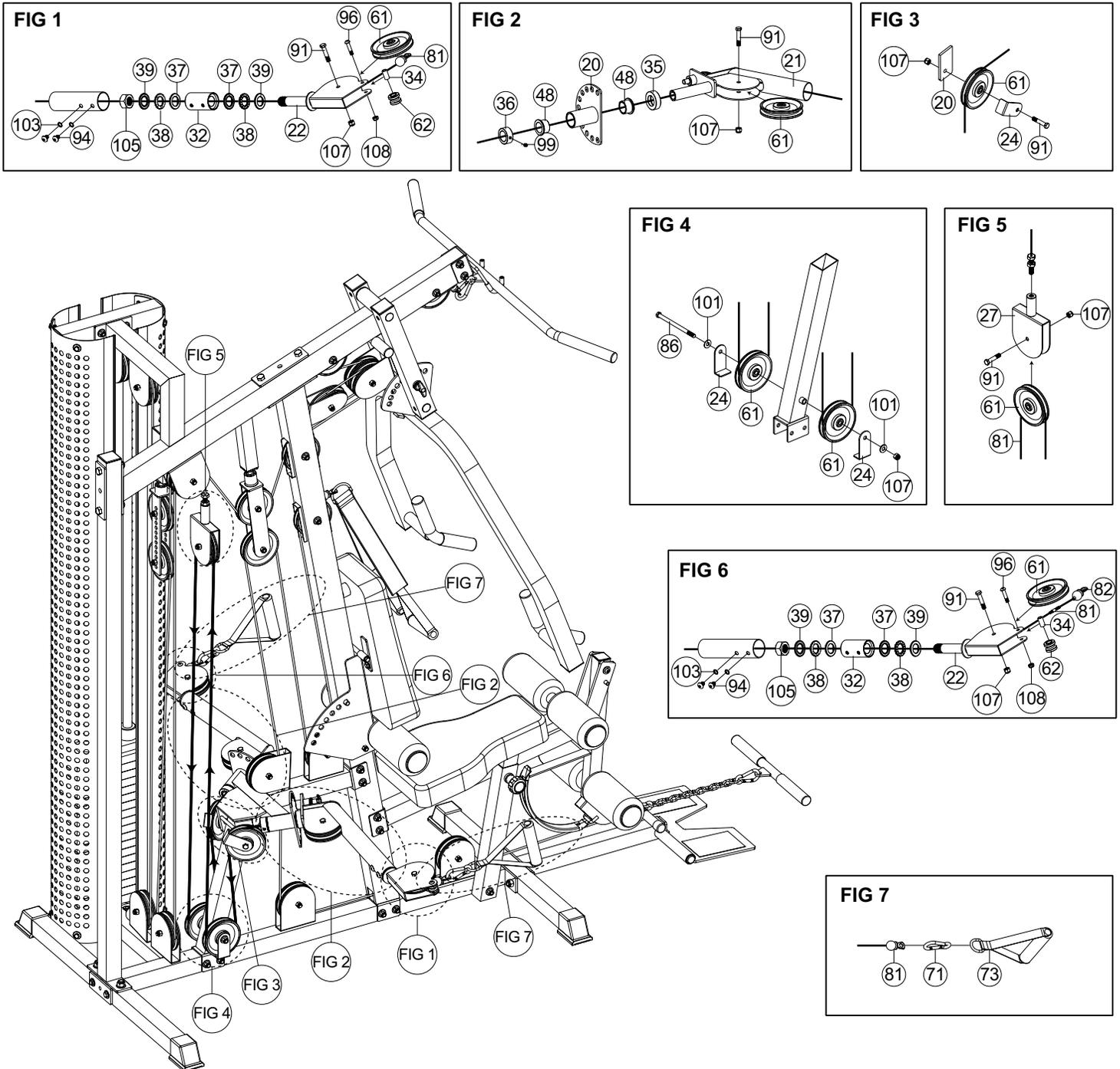
CABLE ARM CONNECTING CABLE 185" (4710mm) length

Attach pulley on base frame near weight stack as shown Fig 1 with ball end of cable toward weight stack. Route cable up to low pulley of adjustable pulley block (Fig 2), then down to pulley on Base Frame (Fig 3), up to right side pulley in Top Frame (Fig 4) and thread into the Single Pulley Block (27)(Fig 5).



CABLE ARM CABLE 213" (5410mm) length

Attach pulley and Pulley Guide Bracket(24) to Cable Arm Assembly as shown in Fig 3 and Fig 4, Be certain that, when tightened, the Pulley Guide Brackets do not interfere with the cable movement. Route Cable Arm Cable (81) around these pulleys as shown and around pulley in the Single Pulley Block (27)(Fig 5).



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 (54) 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 no so tight as to lift the Top Plate (67) 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 X Press Home Gym. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556