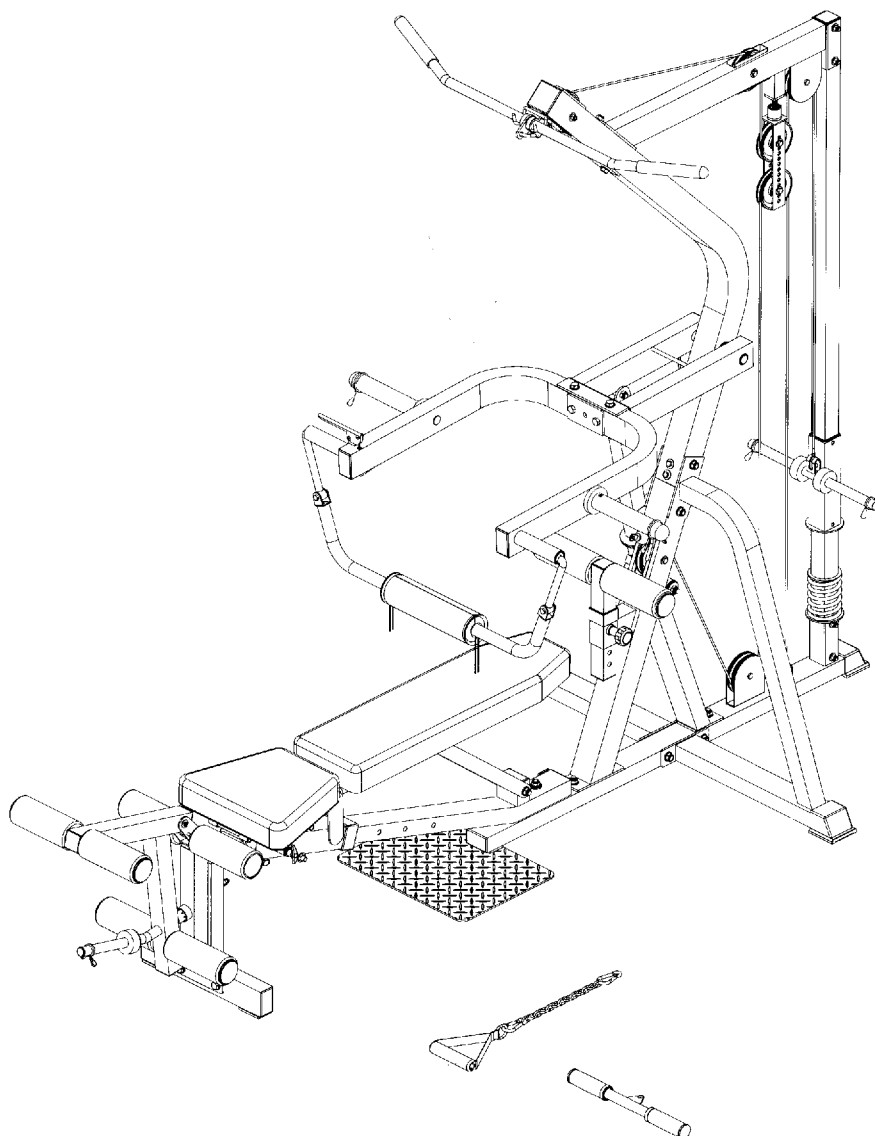


BodyCraft

INSTRUCTION MANUAL LEVER GYM MODEL: PL1000



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 LEVER GYM** strength training system. The **BODYCRAFT LEVER GYM** 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 LEVER GYM** 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 LEVER GYM**. 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.

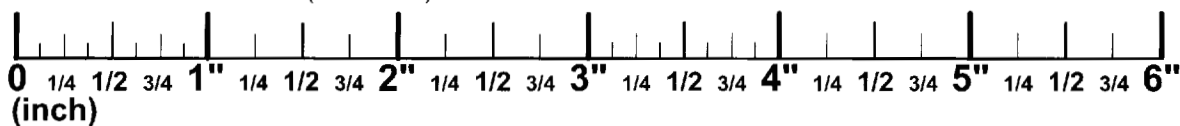
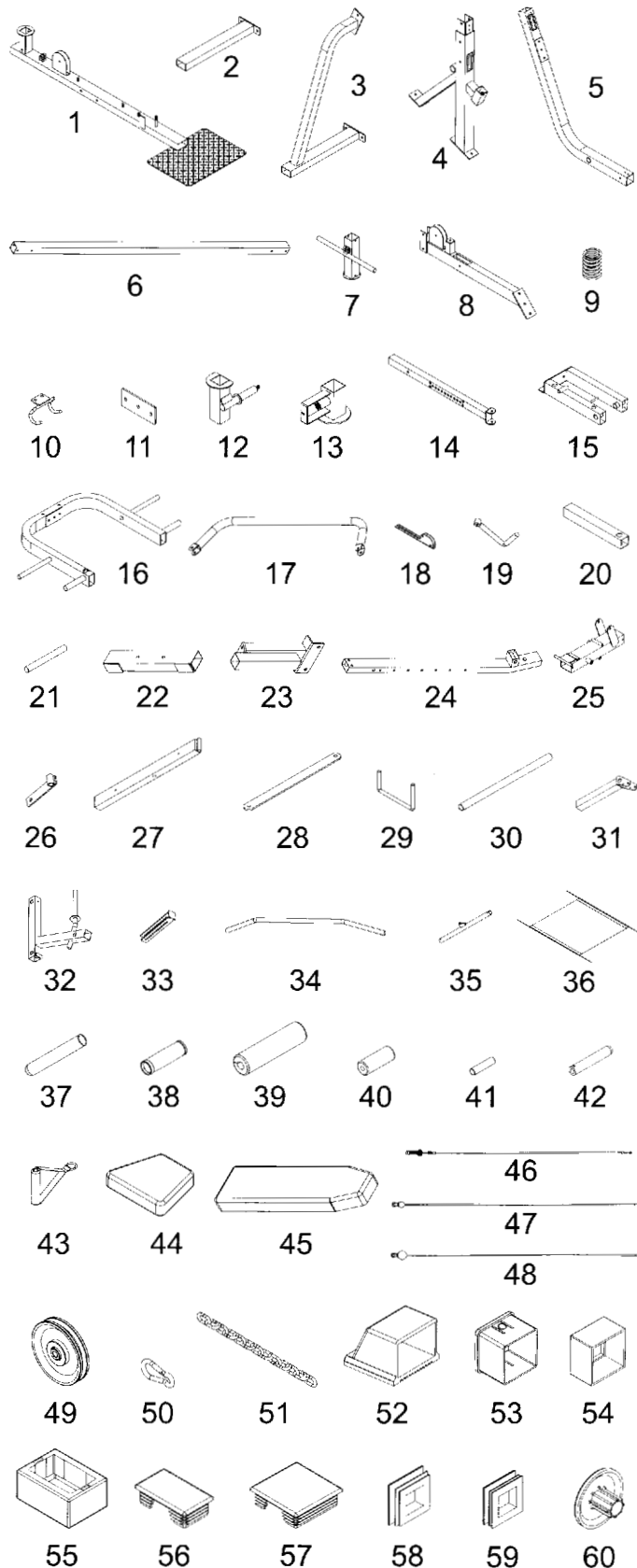
IMPORTANT SAFETY NOTES

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 LEVER GYM** 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 LEVER GYM** 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	RIGHT STABILIZER	1
3	LEFT STABILIZER	1
4	MAIN CENTRAL FRAME	1
5	TOP CENTRAL FRAME	1
6	CHROME REAR UPRIGHT	1
7	WEIGHT HOLDER	1
8	TOP FRAME	1
9	SPRING COIL	1
10	LAT BAR HOLDER	1
11	LINK PLATE	1
12	PRESS SLIDER BLOCK	1
13	PRESS ARM ADJUSTER	1
14	CHROME ADJUSTER	1
15	PRESS SUPPORT	1
16	PRESS ARM	1
17	SQUAT ARM	1
18	ADJUSTABLE LEVER	1
19	CONNECT ROD	2
20	ADJ KNEE HOLDER	1
21	AXLE FOR PRESS	1
22	BENCH STABILIZER	1
23	BENCH UPRIGHT	1
24	BENCH MAIN FRAME	1
25	SEAT SLIDER	1
26	SEAT HINGE	2
27	BACK SUPPORT	1
28	BACK SUPPORT BRACER	2
29	ADJ ROD	1
30	FOAM ROLLER BARS	4
31	LEG EXTENSION ADJUSTER	1
32	LEG EXTENSION	1
33	ADJ DOUBLE PULLEY BLOCK	1
34	LAT BAR	1
35	CURL BAR	1
36	FOAM BINDER (PREASSEMBLE)	1
37	1" HAND GRIP	2
38	1-1/4" HAND GRIP	2
39	SQUAT FOAM PAD	1
40	FOAM ROLLER PAD	8
41	FOAM GRIP	2
42	OLYMPIC SLEEVE	2
43	SINGLE HANDLE	1
44	SEAT PAD	1
45	BACK PAD	1
46	ADJ CABLE	1
47	TOP CABLE	1
48	LOWER CABLE	1
49	PULLEY	7
50	HOOKUP	3
51	13 LINK CHAIN	1
52	END CAP 45X75	3
53	50 SQ. BUSHING	2
54	50 SQ. SPACER	2
55	45 X 75 RECT BUSHING	2
56	45 X 75 RECT END PLUG	11
57	75 SQ. END PLUG	1
58	50 SQ. END PLUG	4
59	45 SQ. END PLUG	2
60	1" ROUND END PLUG (LARGER)	8

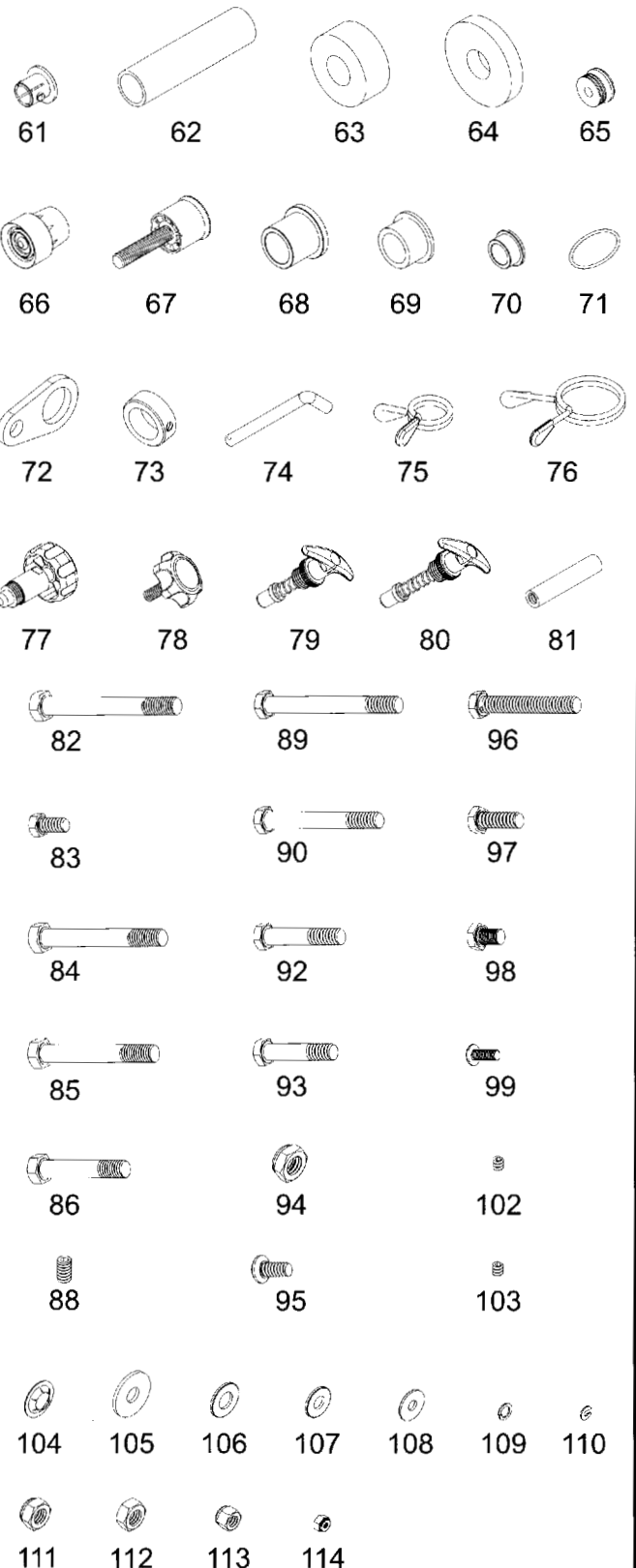


PARTS LIST

NO. DESCRIPTION

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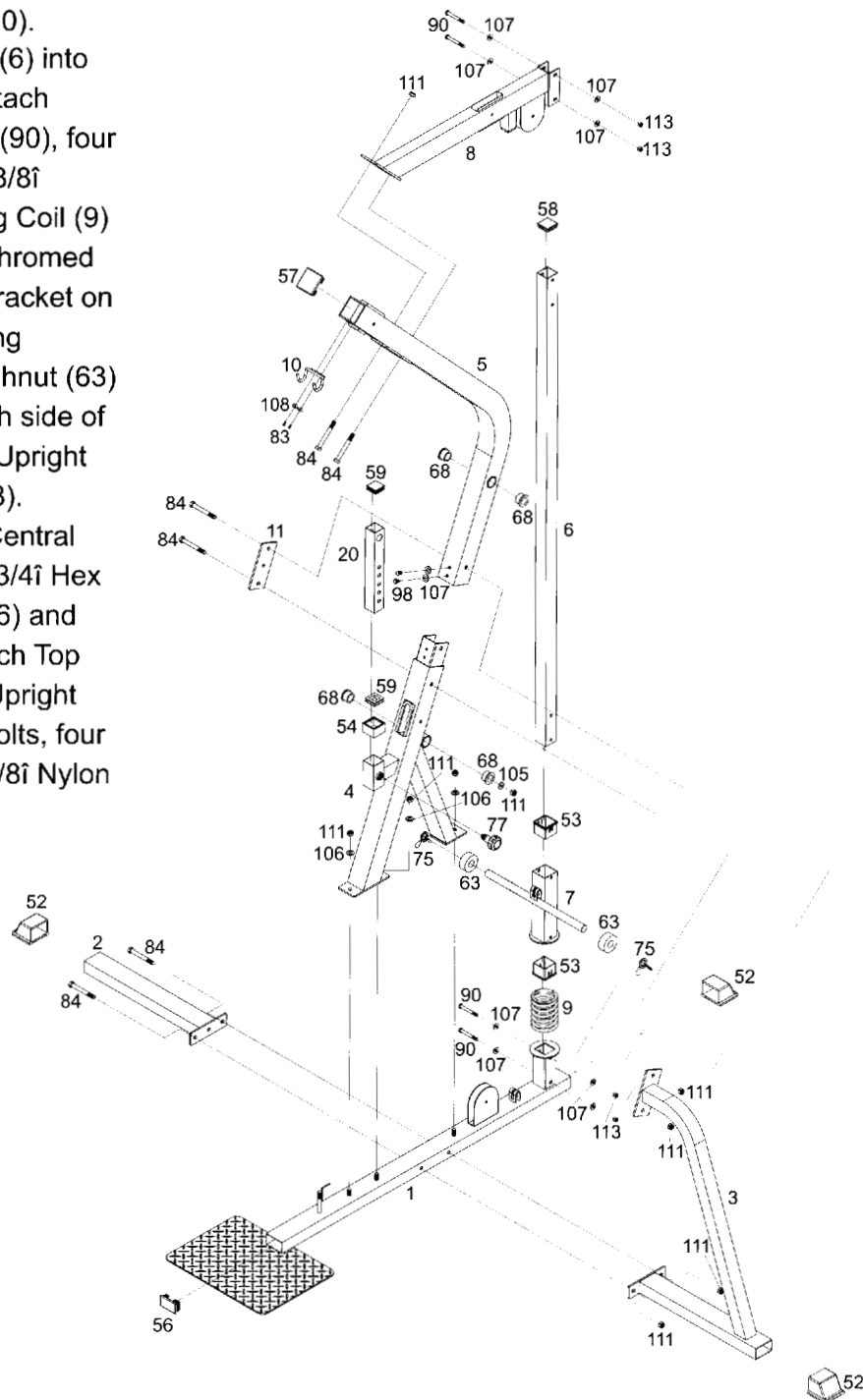
61	1" "T" SHAPE END PLUG	2
62	1" PLASIC TUBE	2
63	1" RUBBER DOUGHNUT (SMALLER)	3
64	1" RUBBER DOUGHNUT (LARGER)	2
65	1" ROUND END PLUG (SMALLER)	2
66	STOPPER	1
67	ADJ STOPPER	1
68	1" BUSHING	4
69	3/4" BUSHING	2
70	1/2" BUSHING	10
71	SEALING RING	2
72	HOOK PLATE	1
73	COLLAR	2
74	8M X 80 "L" SHAPE LOCK PIN	1
75	1" SPRING CLIP	3
76	2" SPRING CLIP	2
77	QUIEK RELEASE	1
78	LOCK KNOB	1
79	POP PIN (SHORTER)	1
80	POP PIN (LONGER)	1
81	AXLE	1
82	1/2" X 4-1/2" HEX. HEAD BOLT	1
83	5/16" x 1/2" HEX. HEAD BOLT	2
84	1/2" X 4" HEX. HEAD BOLT	10
85	1/2" X 3-3/4" HEX. HEAD BOLT	1
86	1/2" X 2-3/4" HEX. HEAD BOLT	6
88	5/16" x 3/8" SUNKEN HEAD SCREW	5
89	3/8" X 3-1/2" HEX. HEAD BOLT	2
90	3/8" X 3" HEX. HEAD BOLT	5
92	3/8" X 2" HEX. HEAD BOLT	2
93	3/8" X 1-3/4" HEX. HEAD BOLT	4
94	1/2" NYLON NUT (THINER)	2
95	5/16" X 5/8" SUNKEN HEAD SCREW	2
96	3/8" X 2-1/2" HEX. HEAD BOLT(ALL THREADED)	2
97	3/8" X 1" HEX. HEAD BOLT(ALL THREADED)	2
98	3/8" X 1/2" HEX. HEAD BOLT(ALL THREADED)	2
99	M6 X 16 ROUND SUNKEN HEAD SCREW	2
102	5/16" X 1/4" SUNKEN HEAD SCREW	2
103	M6 X 6 SUNKEN HEAD SCREW	2
104	SPRING WASHER	1
105	1/2" WASHER (LARGER)	1
106	1/2" WASHER (SAMPLER)	14
107	3/8" WASHER	18
108	5/16" WASHER	4
109	5/16" SPRING WASHER	2
110	"C" SHAPE WASHER	1
111	1/2" NYLON NUT (THICKER)	18
112	1/2" HEX HEAD NUT	1
113	3/8" NYLON NUT	13
114	M6 NYLON NUT	2



STEP 1 Main Frame Assembly

Do Not Tighten Any Bolt, Until Instructed.

1. Attach Right Stabilizer (2) and Left Stabilizer (3) to Base Frame (1) using two 1/2" X 4" Hex bolts, four 1/2" Washers (106) and two 1/2" Nylon Nuts (111).
Attach three 45 x 75 End Caps (52) and one 45 x 75 Rect. End Plug (56) to Base Frame (1).
2. Attach Main Central Frame (4) to bolts on Base Frame (1) using three 1/2" Washers (106) and three 1/2" Nylon Nuts (111). Slide Top Central Frame (5) onto Main Central Frame (4) and attach using two 3/8" Washers and two all-threaded 3/8" X 1" Hex Bolts (97). Attach Left Stabilizer (3) to Main Central Frame (4 & 5) using two 1/2" X 4" Hex Bolts, four 1/2" Washers (106) and two 1/2" Nylon Nuts (111). Attach Lat Bar Holder (10) to Top Central Frame (5), using two 5/16" X 5/8" Hex bolts. Attach a 75 Sq. End Cap (57) to front of Top Central Frame. Place the 50SQ Spacer (54) onto receptor on Main Central Frame as shown. Insert Adjustable Knee Holder (20) into receptor on Main Central Frame (4). Attach two 45 Sq. End Plugs (59) to top and bottom of Knee Holder (20).
3. Insert Chromed Rear Upright (6) into Base Frame (1) as shown. Attach using two 3/8" X 3" Hex Bolts (90), four 3/8" Washers (107), and two 3/8" Nylon Nuts (113). Slide Spring Coil (9) and Weight Holder (7) onto Chromed Rear Upright (6). The cable bracket on Weight Holder should be facing forward. Slide a Rubber Doughnut (63) and Spring Clip (75) onto each side of Weight Holder (7). Cap Rear Upright (6) with a 50 Sq. End Plug (58).
4. Attach Top Frame (8) to Top Central Frame (5) using two 1/2" X 2-3/4" Hex Bolts, three 1/2" Washers (106) and one 1/2" Nylon Nut (111). Attach Top Frame (8) to Chromed Rear Upright (6), using two 3/8" X 3" Hex Bolts, four 3/8" Washers (107) and two 3/8" Nylon Nuts (113).



STEP 2 Bench Press Arm Assembly

1. Attach Press Support (15) to Top Central Frame (5) by inserting Axle for Press (21) through matching holes. Tighten to Axle using 5/16" X 1/4" Sunken Screw (102) as shown in Fig. 1. Attach 45 X 75 End Plugs (56) to Press Support.
2. Attach Press Slider Block (12) to Main Central Frame (4), using one 1/2" Washer and one 1/2" Nylon Nut (111) as shown.
3. Slide Chrome Adjuster (14) through Press Arm Adjuster (13) and Press Slider Block (12), and then attach top end of Chrome Adjuster (14) to Press Support (15), using one 1/2" X 3-3/4" Bolt (85), and one 1/2" Nylon Nut (111).
4. Slide threaded end of Adj. Cable (46) through the holes in the bottom of Press Support (15) and screw it into the threaded receptor in the Press Arm Adjuster (13).
NOTE: Unscrew the nut at the end of the threaded receptor. Slide one washer off threaded receptor. Insert threaded receptor into hole in Press Arm Adjuster and re-attach washer and screw. Adjust the nuts on either side to approximately half way down the screw. Attach Press Arm (16) to Press Support (15), using two 1/2" x 2-3/4" Hex Bolts (86), four 1/2" Washers and four 1/2" Nylon Nuts (111) (horizontally), and two 1/2" x 4" Hex Bolts (84), four 1/2" Washers, and four 1/2" Nylon Nuts (vertically).
5. Slide 1" Rubber Doughnut (64) and Olympic Sleeve (37) (if you plan to use Olympic plates) onto each side of Press Arm. If you plan to use standard plates (1" holes), do not attach the Olympic Sleeves. Slide Spring Clip (76) onto Olympic Sleeve (37).

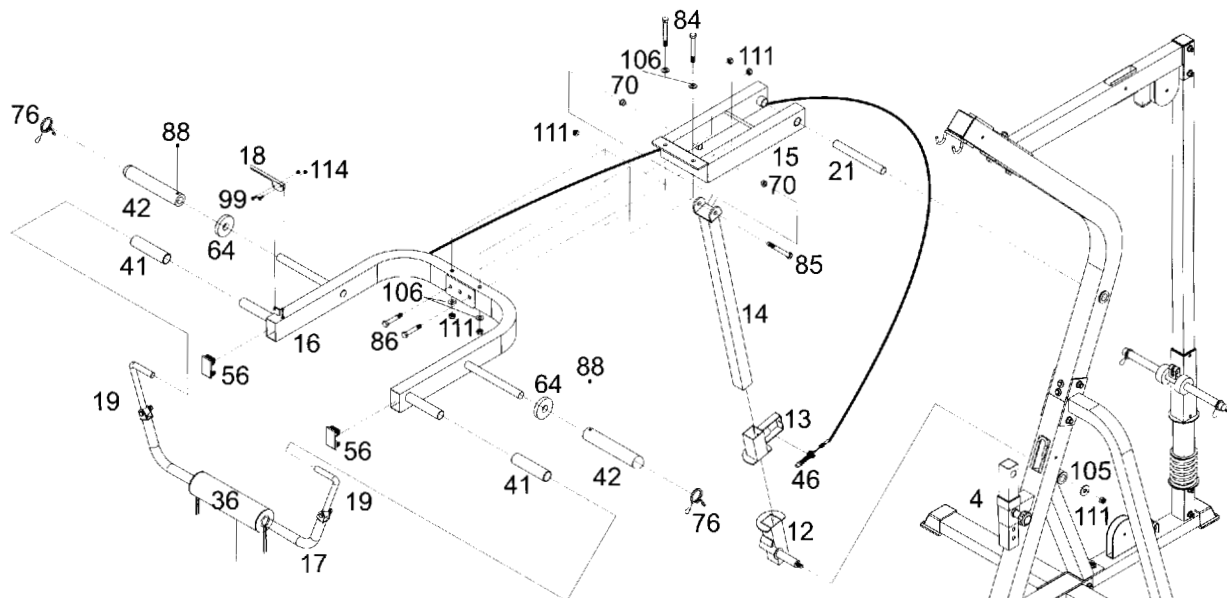
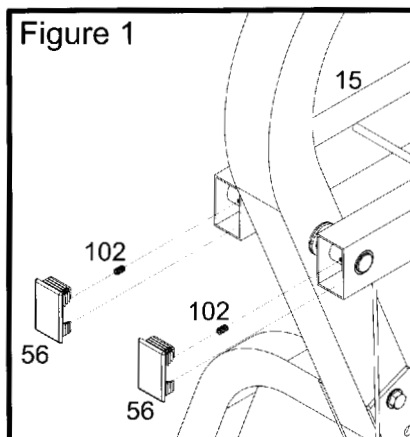
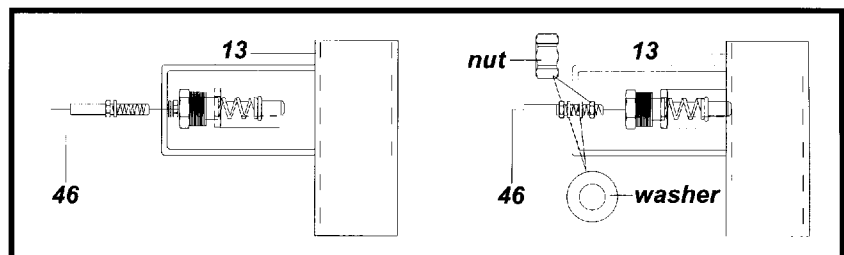
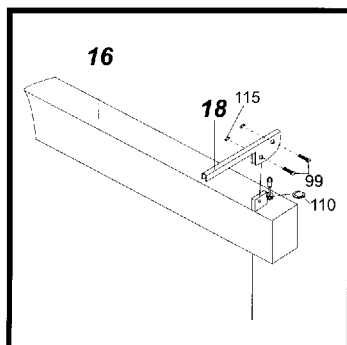
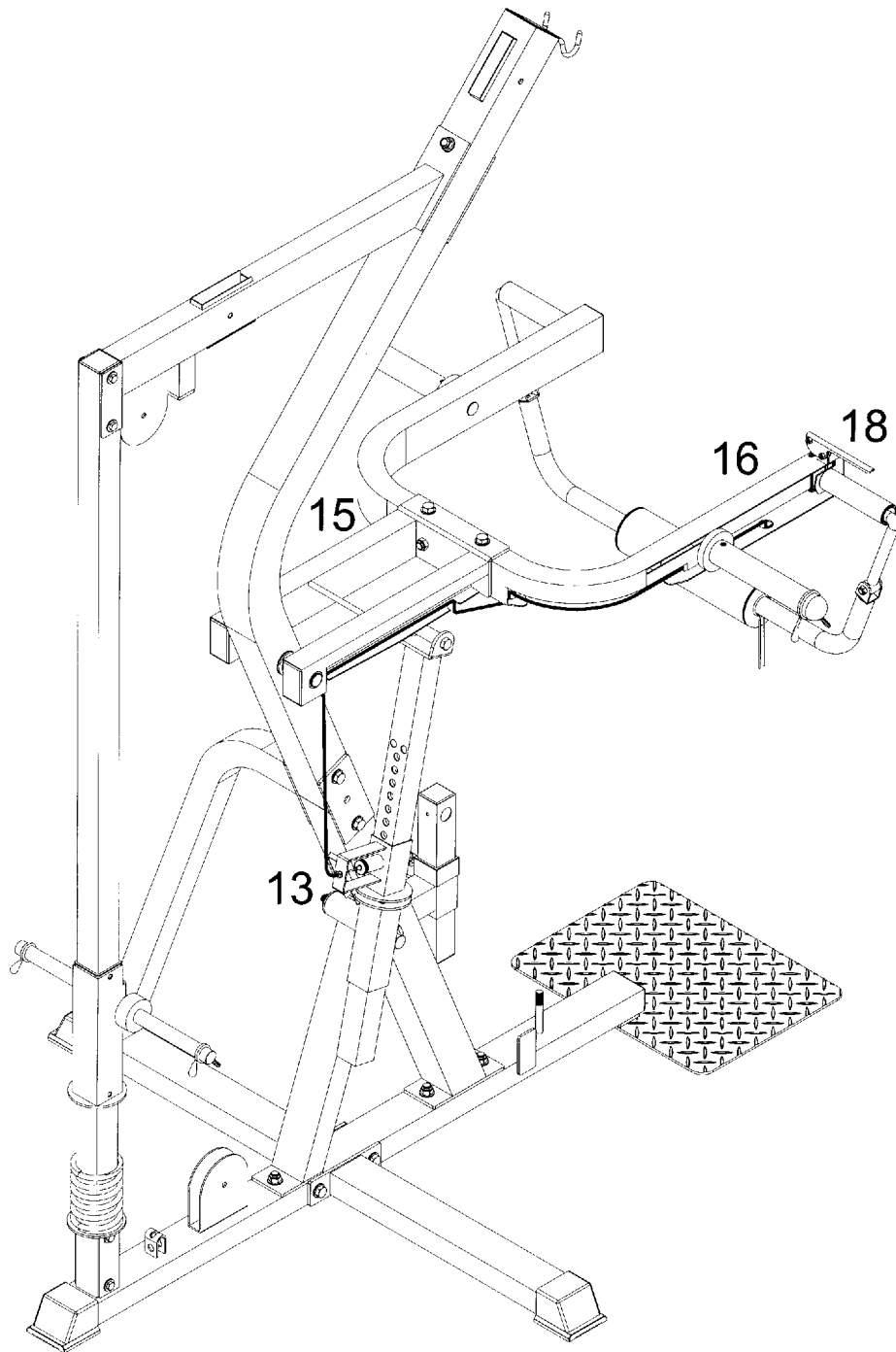


Figure 1

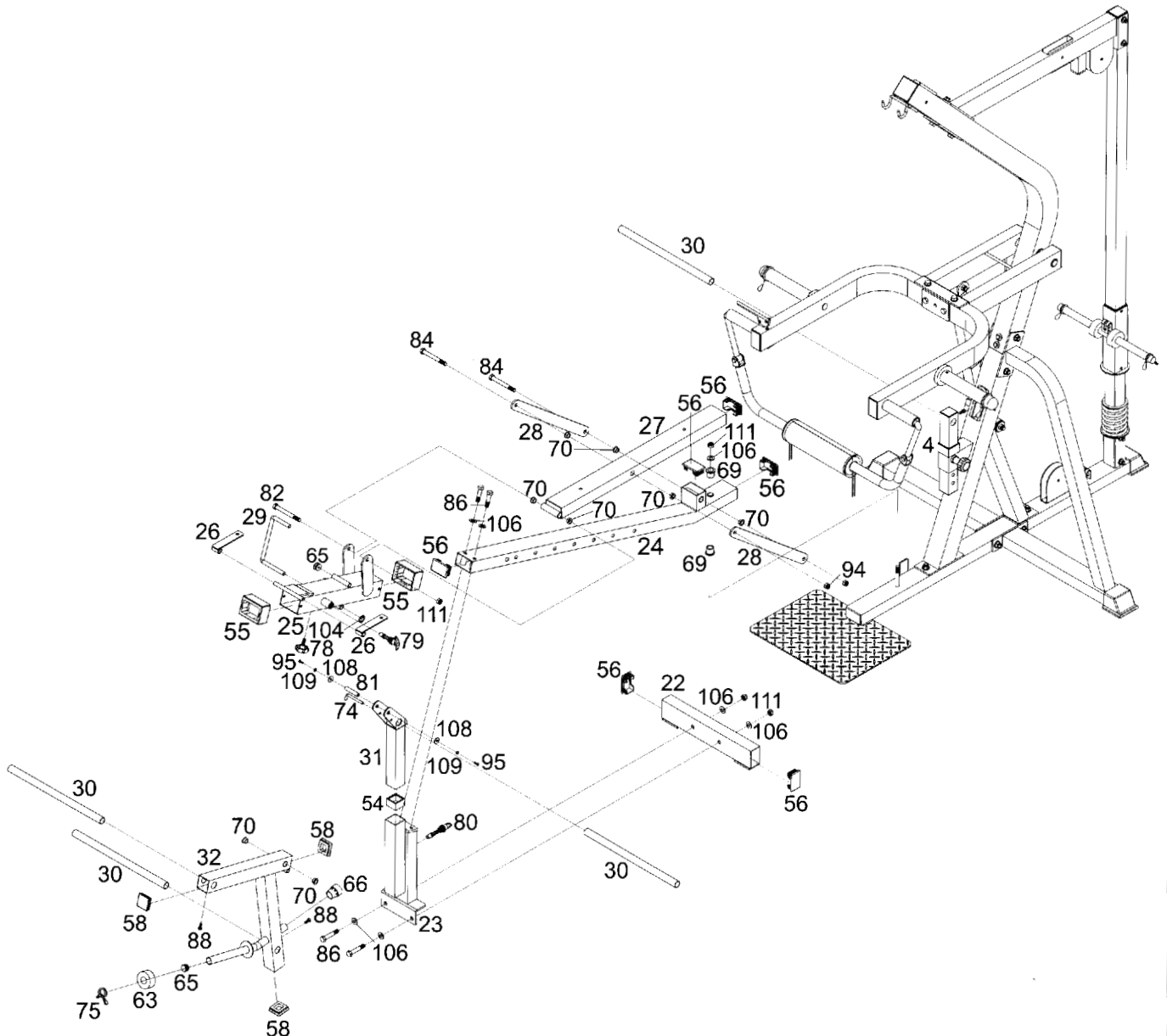


STEP 2A



STEP 3 Bench Assembly

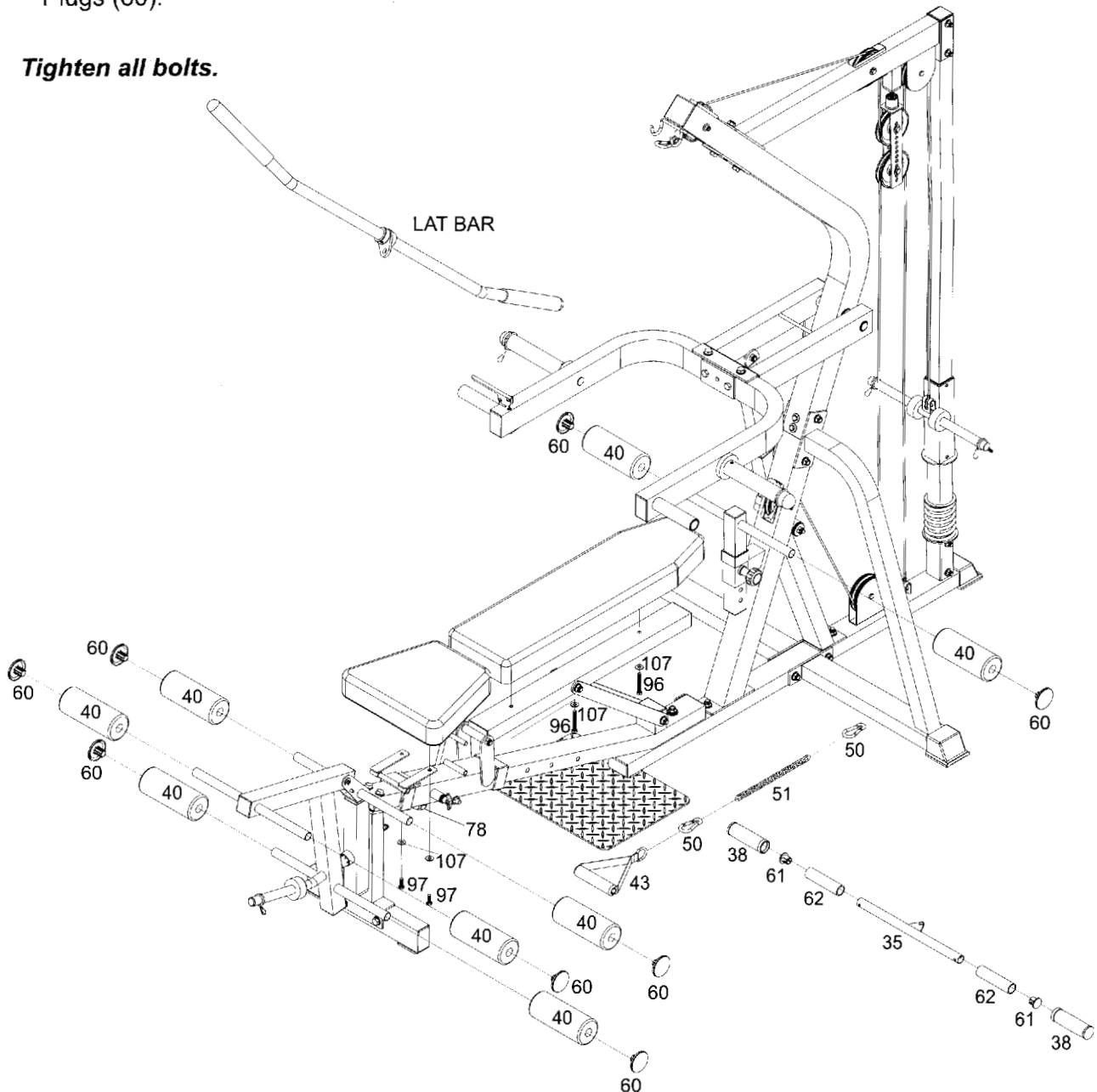
1. Attach two 45 x 75 End Plugs (56) to Bench Stabilizer (22). Attach Bench Stabilizer (22) to Bench Upright (23), using two 1/2" X 2-3/4" Hex Bolts (86), four 1/2" Washers (106) and two 1/2" Nylon Nuts (111).
2. Attach three 45 x 75 End Plugs (56) to Bench Main Frame (24). Attach Bench Main Frame (24) to threaded bolt on Base Frame (1), using two 3/4" Bushings (69), one 1/2" Washer and one 1/2" Nylon Nut (111). Tighten Nut and then back off just enough that Bench Main Frame (24) pivots freely. Slide Seat Slider (25) onto Bench Main Frame (24). Attach Bench Main Frame (24) to Bench Upright (23), using two 1/2" x 2-5/8" Hex Bolts and two 1/2" Washers (106).
3. Insert Leg Extension Adjuster (31) to Bench Upright (23). Lock into place with Pop Pin (80). Attach Leg Extension (32) to Leg Extension Adjuster (31), using two 1/2" Bushings (70), one Axle (81), two 5/16" Washers (108), two 5/16" Spring Washers (109), and two 5/16" x 5/8" Hex Head Bolts (95). Slide Rubber Doughnut (63) and Spring Clip (75) onto weight holder of Leg Extension. Cap Leg Extension (32) with three 50 mm End Plugs, one Round End Plug (65) and one Stopper (66). Note: L pin (74) is used to lock Leg Extension (32) into place when performing decline exercises. Remove it when performing leg extension and leg curl.



STEP 4 Bench Assembly II

1. Insert three Foam Roller Bars (30) into holes in Leg Extension (32) and Leg Extension Adjuster (31). Wet Foam Roller Pads (40) and slide onto Foam Roller Bars (30). Insert 1" ID round End Plugs (60) onto each end of Foam Roller Bars (30). A rubber mallet is the best tool.
2. Slide Seat Hinges (26) onto axle on Seat Slider (25) as shown. Attach Seat Pad (44) to Seat Hinges (26), using two 3/8" Washers (107) and two 3/8" X 1" Hex Bolts (97).
3. Attach Back Support (27) to welded tabs on Seat Slider (25), using two 1/2" Bushings (70), one 1/2" x 4" Hex Bolt (84) and one 1/2" Nylon Nut (111). Attach two Back Support Braces (28) to Bench Main Frame (24) and Back Support (27), using one 1/2" x 4-1/4" Bolt (83), four 1/2" Washers (106) and one 1/2" Nylon nut (111). All three bolts in this step should be tightened, then backed off just enough to allow free rotation.
4. Attach Back Pad (45) to Back Support (27), using two 3/8" Washers (107) and two 3/8" x 2-1/2" all threaded Bolts (96).
5. Insert last Foam Roller Bar (30) into holes in Adj. Knee Holder (20). Wet inside of two Foam Roller Pads (40) and slide onto Foam Roller Bar (30). Cap Foam Roller Bar (30) with 1" End Plugs (60).

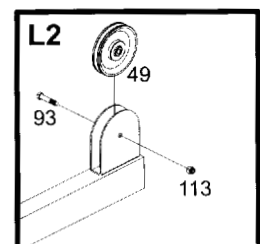
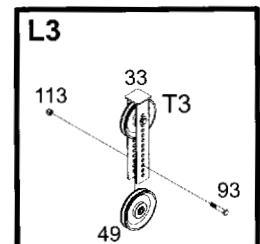
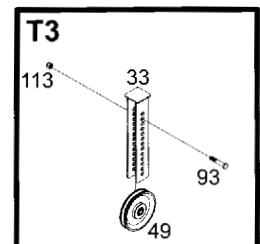
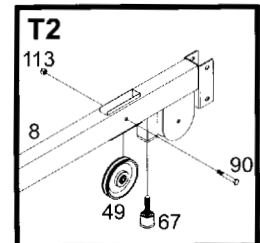
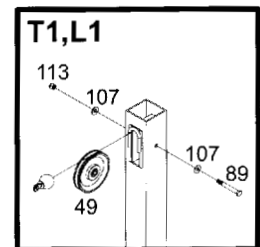
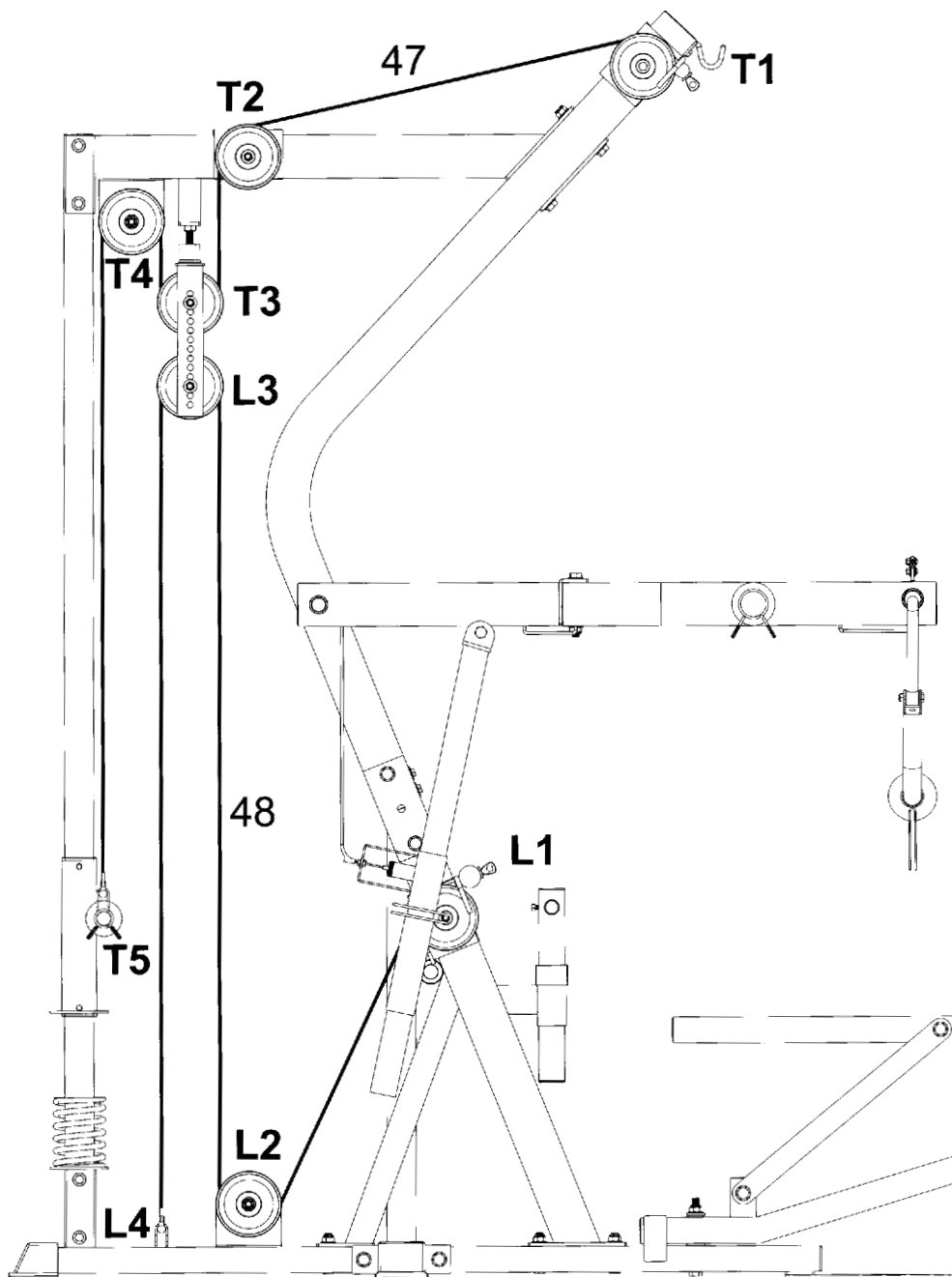
Tighten all bolts.



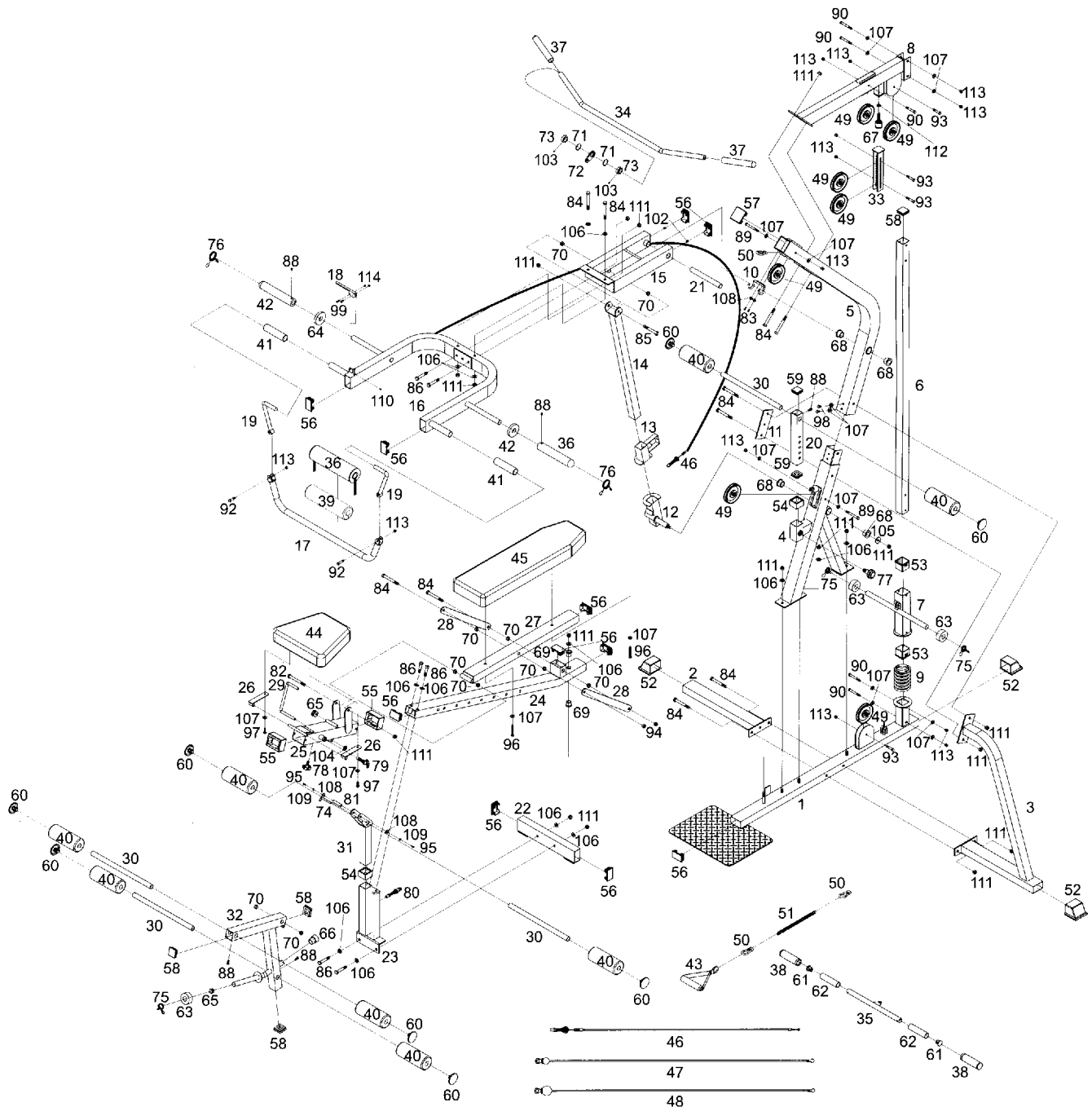
STEP 5 Cable Assembly

Assemble cable and pulleys simultaneously.

1. Insert the steel ball end of Top Cable (47) through the slot of Top Frame (8) as shown T1, route over T2, down and around T3 on top of Pulley Block (33), up and around T4 welded on Top Frame, down to hook on bracket of Weight Holder (7). As shown T5.
2. Run the threaded end of Low Cable (48) through the slot of Main Central Frame (4) as shown L1, down and around pulley welded on Base Frame (1) as shown L2, up and around pulley at bottom of Pulley Block, then down to screw onto the female bolts welded on Base Frame as shown L4.



EXPLODED VIEW



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. 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. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and Rear Upright (6).
6. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the Bodycraft LEVER Gym. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556

STEP 3 Bench Assembly

1. Attach two 45 x 75 End Plugs (56) to Bench Stabilizer (22). Attach Bench Stabilizer (22) to Bench Upright (23), using two 1/2" X 2-3/4" Hex Bolts (86), four 1/2" Washers (106) and two 1/2" Nylon Nuts (111).
2. Attach three 45 x 75 End Plugs (56) to Bench Main Frame (24). Attach Bench Main Frame (24) to threaded bolt on Base Frame (1), using two 3/4" Bushings (69), one 1/2" Washer and one 1/2" Nylon Nut (111). Tighten Nut and then back off just enough that Bench Main Frame (24) pivots freely. Slide Seat Slider (25) onto Bench Main Frame (24). Attach Bench Main Frame (24) to Bench Upright (23), using two 1/2" x 2-5/8" Hex Bolts and two 1/2" Washers (106).
3. Insert Leg Extension Adjuster (31) to Bench Upright (23). Lock into place with Pop Pin (80). Attach Leg Extension (32) to Leg Extension Adjuster (31), using two 1/2" Bushings (70), one Axle (81), two 5/16" Washers (108), two 5/16" Spring Washers (109), and two 5/16" x 5/8" Hex Head Bolts (95). Slide Rubber Doughnut (63) and Spring Clip (75) onto weight holder of Leg Extension . Cap Leg Extension (32) with three 50 mm End Plugs, one Round End Plug (65) and one Stopper (66). Note: L pin (74) is used to lock Leg Extension (32) into place when performing decline exercises. Remove it when performing leg extension and leg curl.

