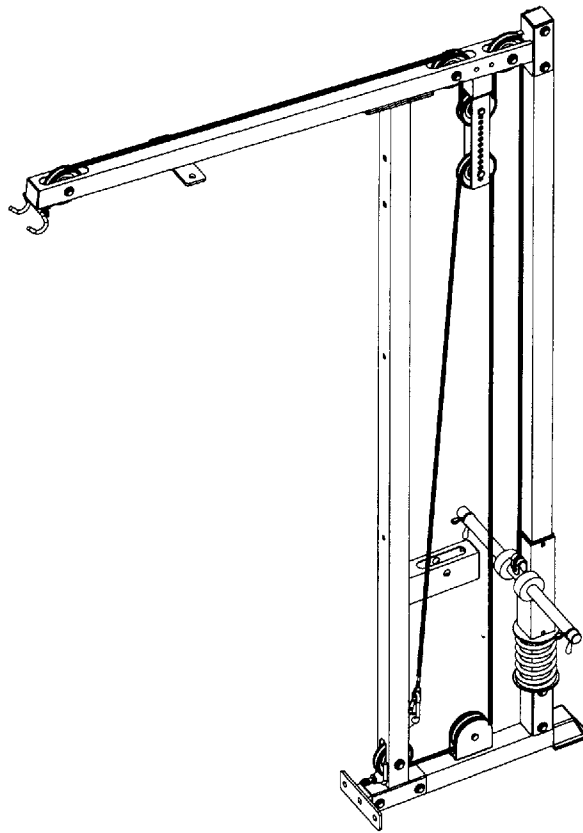


BodyCraft

ASSEMBLY INSTRUCTION MANUAL MODEL: F411 LAT / ROW ATTACHMENT



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 Bodycraft 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 LAT / ROWS MITH ATTACHMENT**. 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.

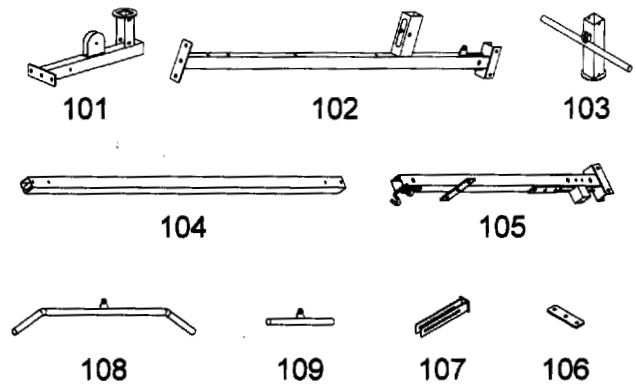
IMPORTANT SAFETY NOTES

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.

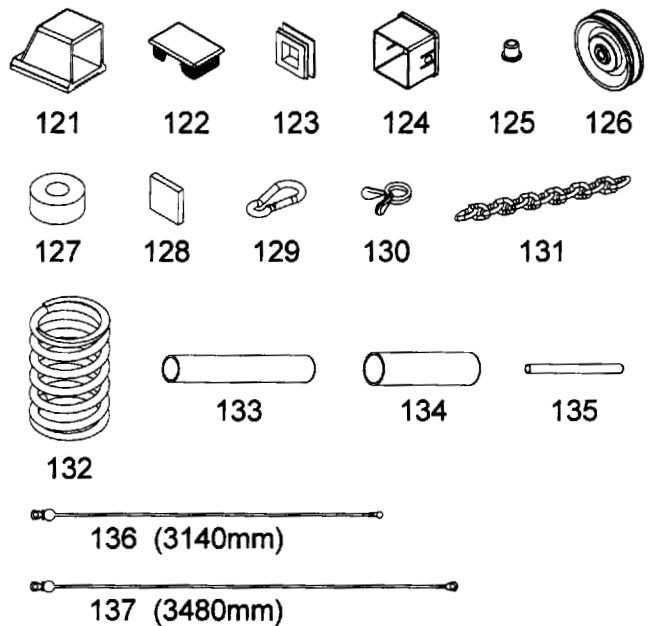
1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure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

PARTS CHART

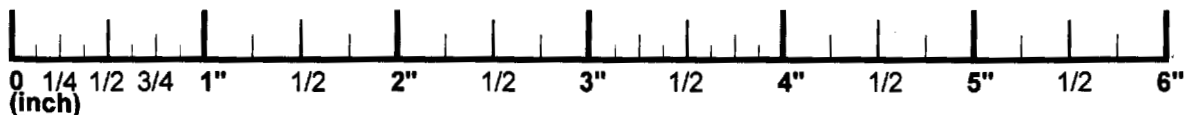
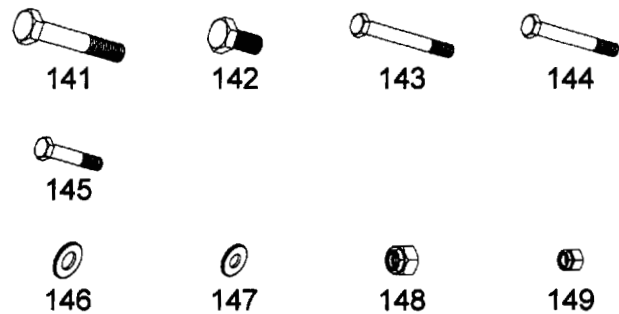
NO.	DESCRIPTION	QTY.
101	BASE FRAME	1
102	FRONT UPRIGHT	1
103	WEIGHT HOLDER	1
104	REAR UPRIGHT	1
105	TOP FRAME	1
106	SUPPORT PLATE	2
107	ADJ. DOUBLE PULLEY BRACKET	1
108	LAT BAR	1
109	CURL BAR	2



NO.	DESCRIPTION	QTY.
121	50 SQ. END CAP	1
122	50 X 75 RECT. END PLUG	1
123	50 SQ. END PLUG	2
124	SQ. BUSHING	2
125	BUSHING	8
126	PULLEY	7
127	RUBBER BUMPER	2
128	BUMPER	1
129	HOOKUP	3
130	CLIP	2
131	13 LINK	1
132	SPRING CUSHION	1
133	HAND GRIP 200mm	2
134	HAND GRIP 140mm	2
135	GRIP	2
136	TOP CABLE	1
137	LOW CABLE	1

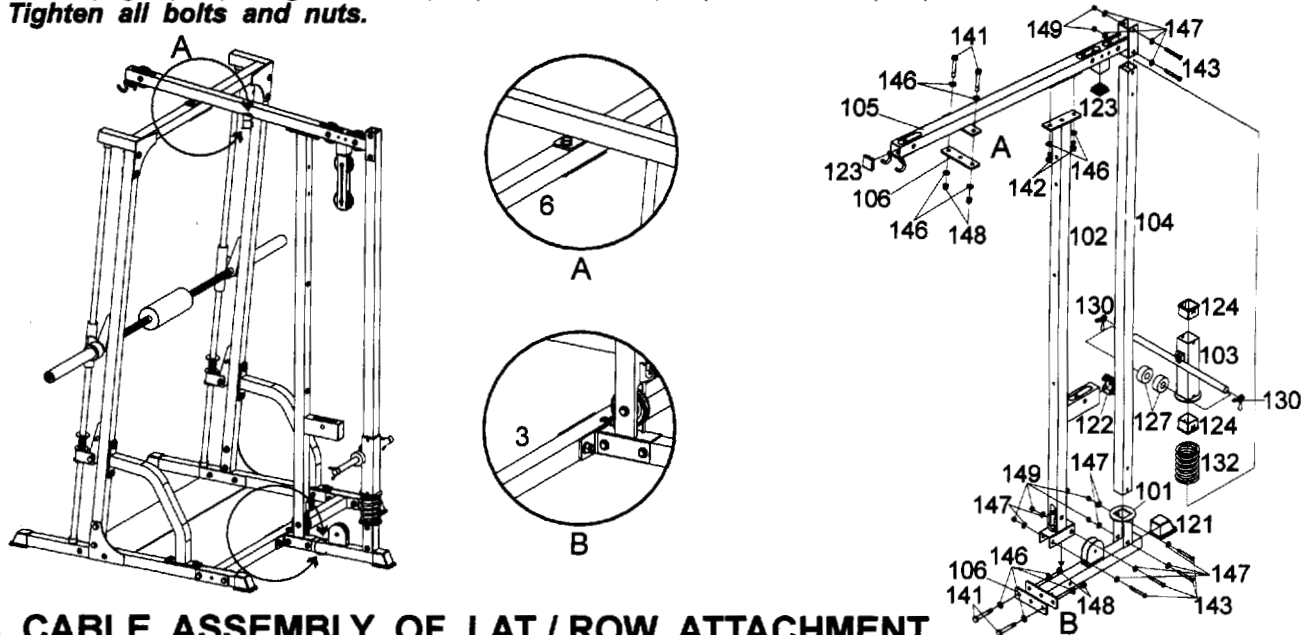


NO.	DESCRIPTION	QTY.
141	1/2" X 3-1/8" HEX HEAD BOLT	4
142	1/2" X 1" HEX HEAD BOLT	2
143	3/8" X 3" HEX HEAD BOLT	6
144	3/8" X 2-3/4" HEX HEAD BOLT	4
145	3/8" X 1-3/4" HEX HEAD BOLT	3
146	1/2" WASHER	10
147	3/8" WASHER	24
148	1/2" NYLON NUT	4
149	3/8" NYLON NUT	15



A. F411 LAT / ROW ATTACHMENT ASSEMBLY INSTRUCTION

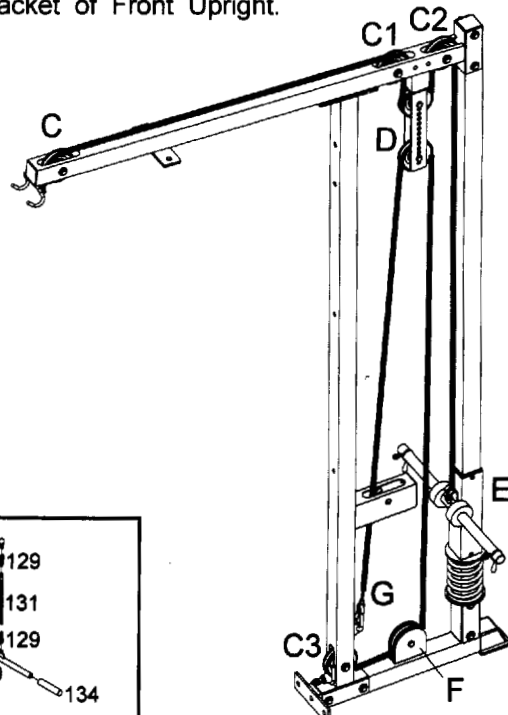
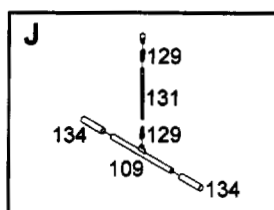
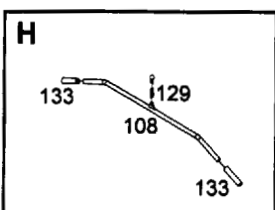
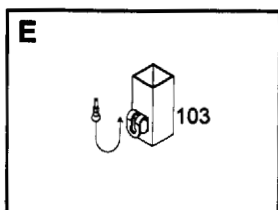
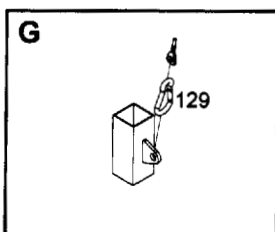
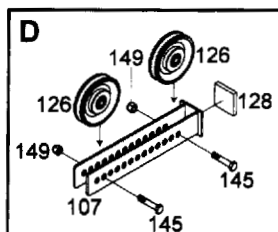
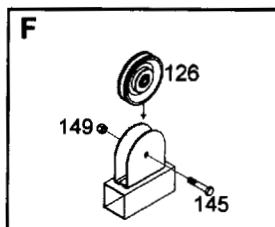
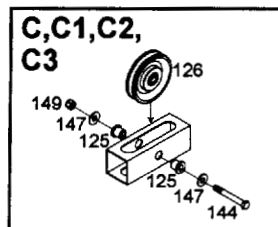
1. Slide 50 Sq. end cap onto end of Base Frame (101). Attach Base frame (101) and Support Plate (106) to Rear Stabilizer (3) of Smith Machine using two Bolts (141), four Washers (147) and two Nuts (148). Refer to Fig B.
2. Attach Front Upright (102) to front hole of Base Frame (101), using two Bolt (143), four Washer (147) and two Nut (149). Attach End Cap (122) on Front Upright (102).
3. Attach Rear Upright (104) to the rear vertical tube on Base Frame (101), using two Bolt (143), four Washer (147) and two Nut (149).
4. Press two Bushing (124) into the Weight Holder (103), then slide Spring Cushion (132), and Weight Holder (103) onto the Rear Upright (104).
5. Slide Rubber Bumper (127) onto the Weight Holder (103), Spring clip (130) is to hold the weights.
6. Attach Top Frame (105) and Support Plate (106) to Cross Frame (6) of Smith machine using two Bolts (141), four Washers (146), and Two Nuts (148), Refer to Fig A.
Attach Top Frame to Front Uprigh (102) using two Bolts (142) and two Washers (146). Attach Top Frame to Rear Upright (104) using two Bolts (143), four Washer (147) and two Nut (149).
Tighten all bolts and nuts.



B. CABLE ASSEMBLY OF LAT / ROW ATTACHMENT

Assemble cables and pulleys simultaneously.

1. Insert the small steel ball end of Top Cable (136) into the slot in Front of Top Frame (105) as shown C, over Pulley C1 and down to pulley Bracket (107), over C2 and down to clip on the Weight Holder (103) as Shown Fig E.
2. Insert the terminal end of Low Cable (137) from bottom of pulley C3, through Pulley F, up to pulley block (107) and down to use Hookup to hook on the bracket of Front Upright.



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 by weight on Weight holder(103). 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.
5. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **REAR UPRIGHT(104)**.
6. Enjoy many years of a Fit Lifestyle.

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