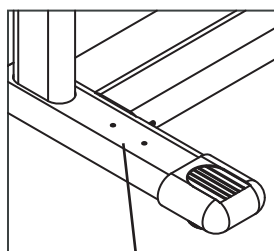


BODYCRAFT

CABLE PULL STATION OWNER'S MANUAL

Serial Number Location

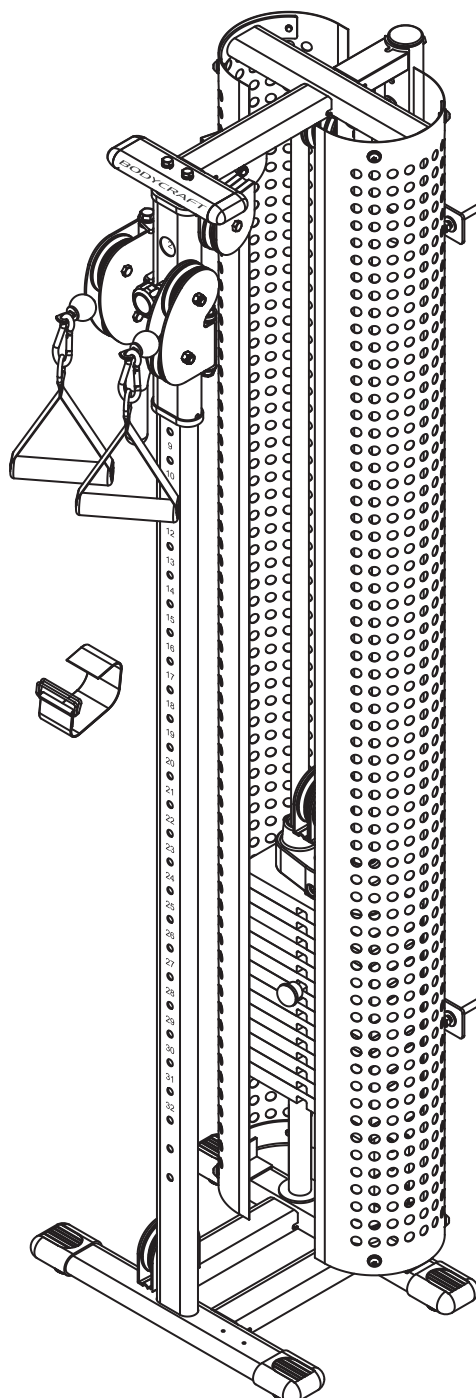


Record your Serial number
and purchase date here:

S/N _____

PURCH.DATE: _____

DEALER: _____



Model No. CABLE PULL STATION
MB1602

BODYCRAFT is a division of Recreation Supply

Recreation Supply Inc.
7699 Green Meadows Drive
Lewis Center, OH 43035

Congratulations and Thank You!

Thank you for selecting the *BODYCRAFT Cable Pull Station*.

The *BODYCRAFT CPS* 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 CPS* will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the *BODYCRAFT CPS*. Keep this manual for future reference. If you have additional questions, please call your local *BODYCRAFT Elite* Dealer or our **customer service department at 800-990-5556** Monday through Friday, 9 am until 5 pm Eastern Standard 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 preexisting health problems. Fitness Authority Industrial Co., Ltd. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

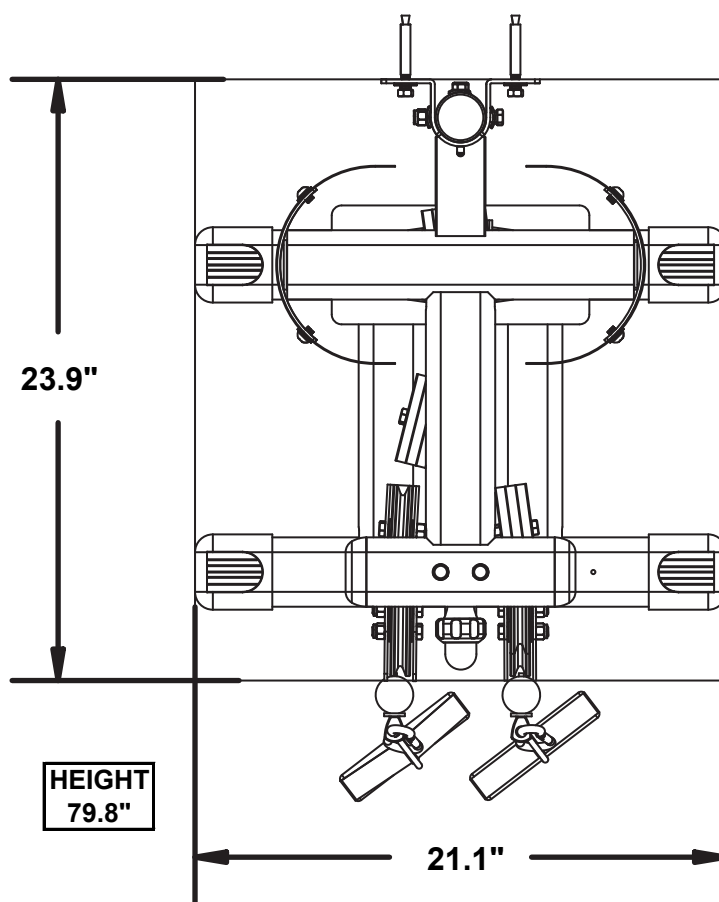
1. **This product must be assembled on a flat, level surface to assure its proper function.**
2. **Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.**
3. **Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
4. **Keep children away from the BODYCRAFT CPS at all times.**
5. **Keep your hands away from cables and pulleys during operation.**
6. **Keep your hands away from moving parts other than the designated handles.**
7. **When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.**
8. **Make certain all cables are seated within the pulleys before every use.**
9. **Exercise with care to avoid injury.**
10. **If you are unsure about the proper use of the BODYCRAFT Cable Pull Station call your local BODYCRAFT dealer or our customer service department.**

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 AM - 5 PM) EST. Our trained technicians will provide immediate assistance to you, free of charge.

Gym Placement Planner

WALL

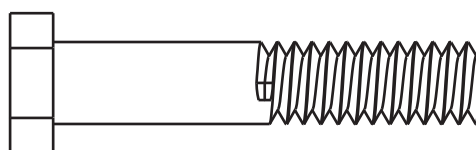


Recommended Tools for Assembly

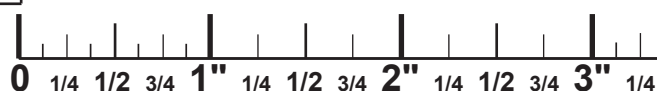
Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set

Important Notes and Tips:

1. Do not tighten any bolts until instructed.
2. Two people are required for the safe assembly of the gym.
3. Use silicone lubricant on guide rods prior to weight plate installation.
4. Carefully install plastic caps using a rubber mallet.
5. For your convenience, rulers are displayed throughout this manual.
6. When measuring bolt lengths, only measure the shank.



i.e. 2-1/4" Hex Bolt

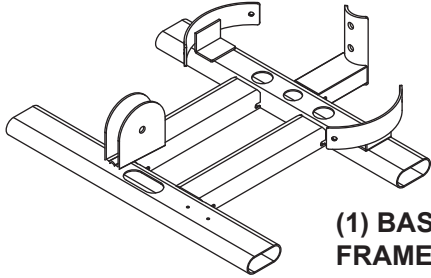


CPS Parts List 1

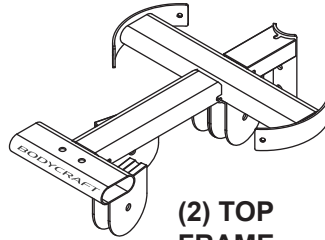


NOTE: IF A PART IS MISSING, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES. PLEASE PROCEED WITH ASSEMBLY.

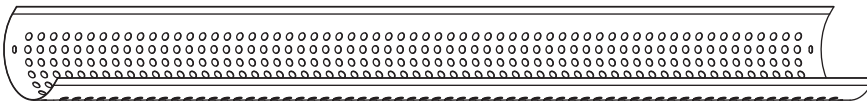
***Parts images are not to scale.**



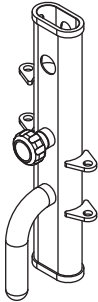
**(1) BASE
FRAME**



**(2) TOP
FRAME**



(6) WEIGHT SHROUD



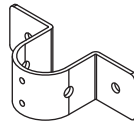
**(7) CABLE
HEIGHT
ADJUSTER**



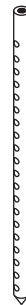
**(8) SWIVEL
PULLEY
HOUSING**



**(9) DOUBLE
PULLEY
BRACKET**



**(10) BRACKET
FRAME**



**(11) SELECTOR
ROD**



**(3) FRONT
UPRIGHT
FRAME**



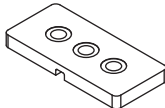
**(4) REAR
UPRIGHT
FRAME**



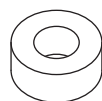
**(5) GUIDE
ROD**



**(12) TOP
PLATE**



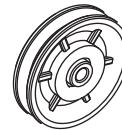
**(13) WEIGHT
PLATE**



**(14) RUBBER
DONUT**



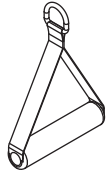
**(15) PLASTIC
GUIDE
ROD HOLDER**



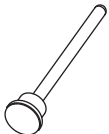
(16) PULLEY



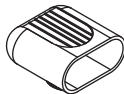
(17) CLIP



**(18) SINGLE
HANDLE**



**(19) SELECTOR
PIN**



**(20) OVAL
END CAP**



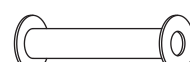
**(21) OVAL
CAP**



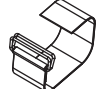
**(22) ROUND
CAP**



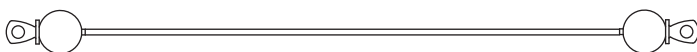
**(28) 5/16" X 2"
HAND SET X 4pcs
(For Wall)**



**(43) STACK
SPACER**



**(44) ANKLE
STRAP**



(25) CABLE



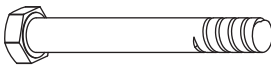
NOTE: THIS IS A WALL MOUNT MACHINE. IT REQUIRE ELECTRIC DRILL MACHINE, AND IT IS EXCLUDED FROM THIS GYM EQUIPMENT.

CPS Parts List 2

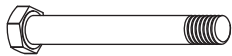


NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT
LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES.

NO.	DESCRIPTION	QTY.
29	1/2" X 4-1/4" HEX BOLT	2
30	3/8" X 3" HEX BOLT	4
31	3/8" X 2-3/4" HEX BOLT	4
32	3/8" X 1-3/4" HEX BOLT	7
33	3/8" X 1" HEX THREADED BOLT	4
35	TOP PLATE BOLT	1
36	1/2" WASHER	4
37	3/8" SPRING WASHER	4
39	3/8" SEMICIRCLE WASHER	10
40	1/2" NYLON NUT	2
41	3/8" NYLON NUT	13



29



30



31



32



33



35



36



37



39



40



41

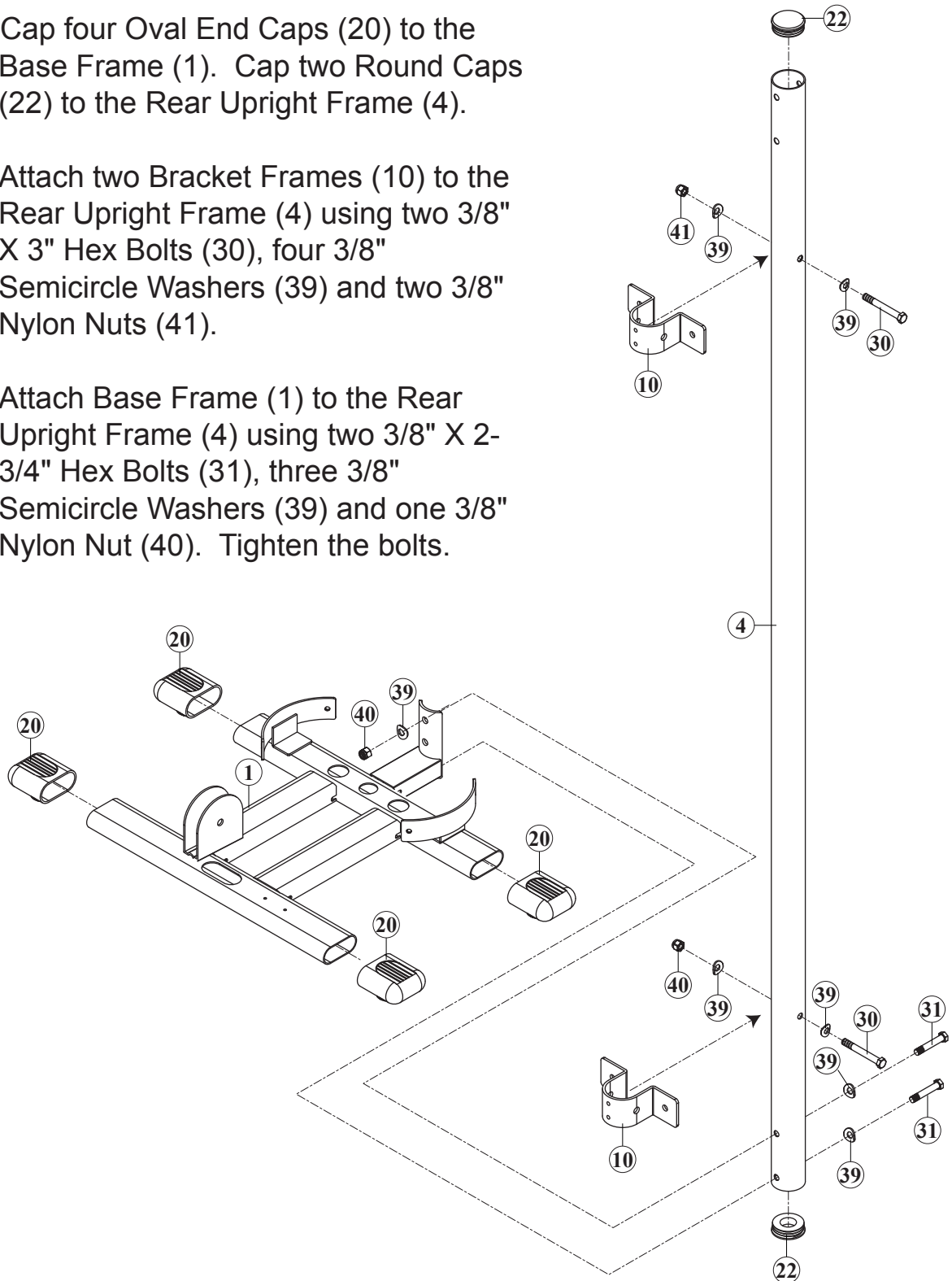


STEP 1 Install Onto The Wall



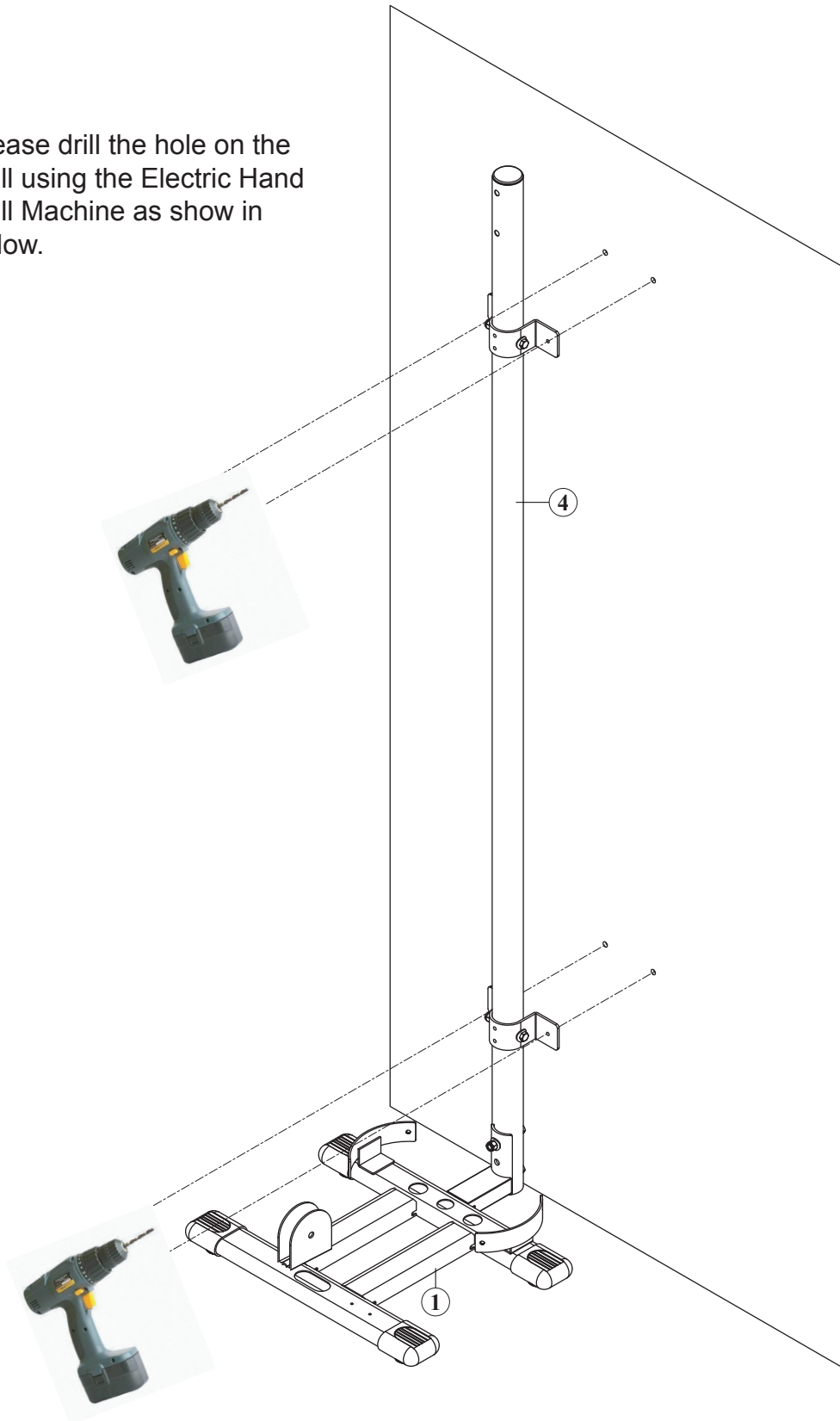
NOTE: WALL MOUNT TOOLS ARE REQUIRED. DO NOT TIGHTEN BOLTS UNLESS INSTRUCTED.

1. Cap four Oval End Caps (20) to the Base Frame (1). Cap two Round Caps (22) to the Rear Upright Frame (4).
2. Attach two Bracket Frames (10) to the Rear Upright Frame (4) using two $\frac{3}{8}$ " X 3" Hex Bolts (30), four $\frac{3}{8}$ " Semicircle Washers (39) and two $\frac{3}{8}$ " Nylon Nuts (41).
3. Attach Base Frame (1) to the Rear Upright Frame (4) using two $\frac{3}{8}$ " X 2- $\frac{3}{4}$ " Hex Bolts (31), three $\frac{3}{8}$ " Semicircle Washers (39) and one $\frac{3}{8}$ " Nylon Nut (40). Tighten the bolts.



STEP 2 Assemble Base Frame

1. Please drill the hole on the wall using the Electric Hand Drill Machine as show in below.



STEP 3 Assemble Base Frame

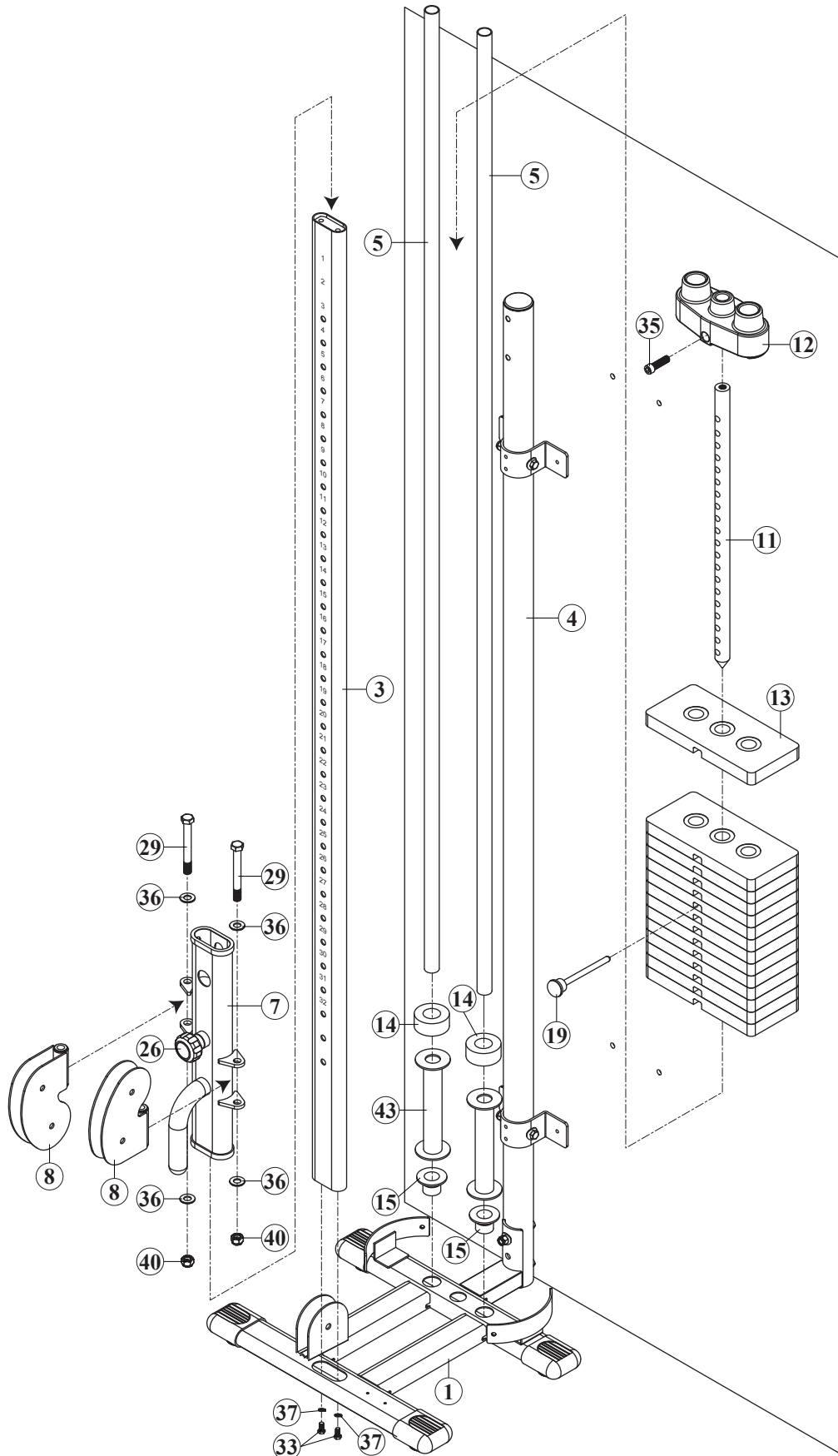
1. Attach Front Upright Frame (3) to the Base Frame (1) using two 3/8" X 1" Hex Threaded Bolts (33) and two 3/8" Spring Washers (37).
2. Attach two Swivel Pulley Housings (8) to the Cable Height Adjuster (7) using two 1/2" X 4-1/4" Hex Bolts (29), four 1/2" Washres (36), and two 1/2" Nylon Nuts (40). Slide the Cable Height Adjuster (7) over the top of the Rear Upright Frame (3). Stop at your desired height by locking the Knob (26).



NOTE: If you have purchase 19 piece of Weight Plate (13). Please **DO NOT** install Stack Spacers (43) on the follow step.

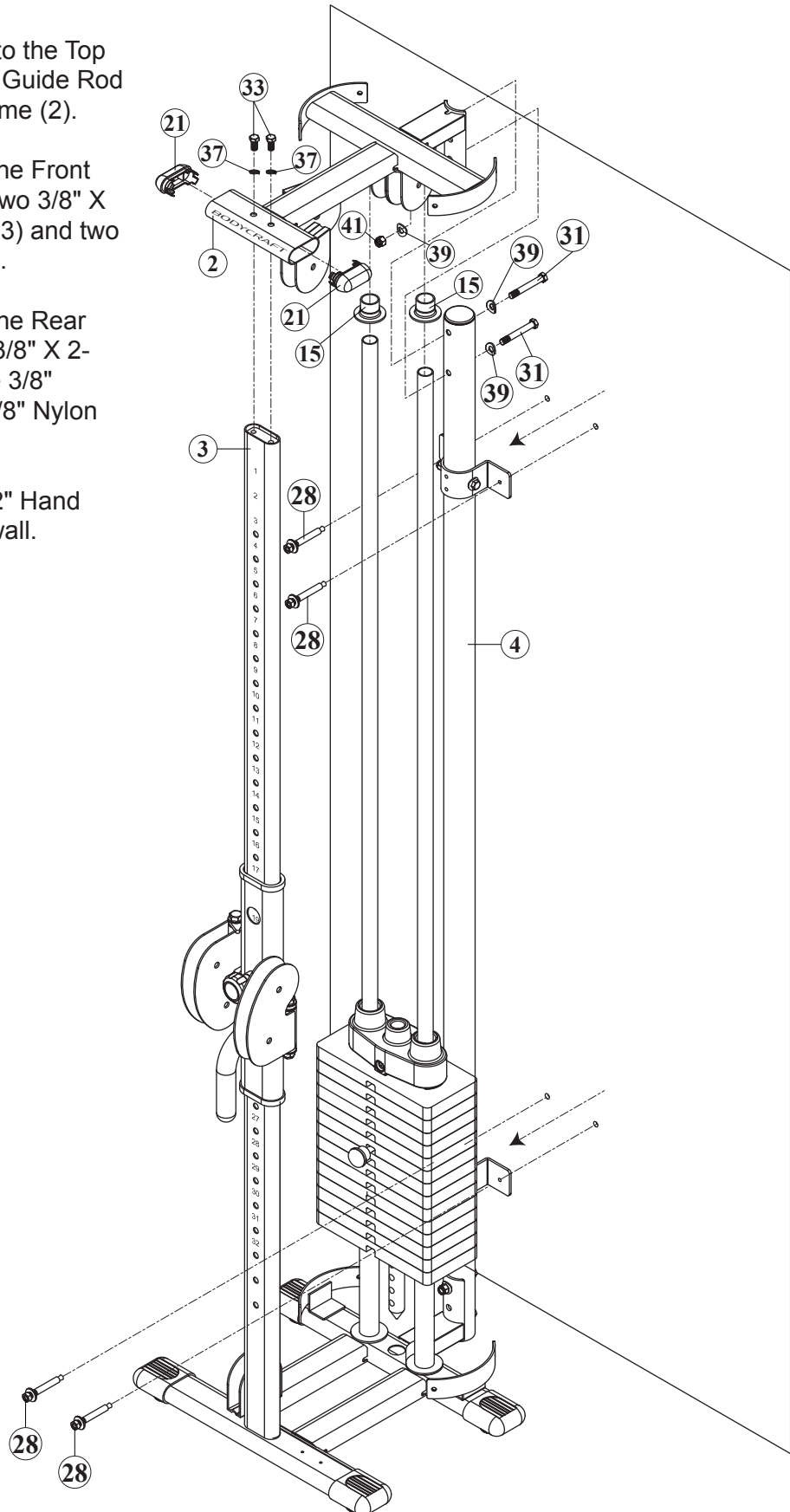
3. Slide two Stack Spacers (43) and two Rubber Donuts (14) onto one end of each Guide Rod (5) and then insert Guide Rod (5) into the Plastic Guide Rod Holders (15) in Base Frame (1) as shown.
4. Slide each Weight Plate (13) over Guide Rods (5). Make certain that each plate is oriented with selector hole on bottom and facing forward. Attach Top Plate (12) to Selector Rod (11) using Top Plate Bolt (35). Slide Top Plate (12) and Selector Rod (11) over Guide Rods (7). Tighten the bolts.

STEP 3 Assemble Base Frame



STEP 4 Assemble Top Frame

1. Cap two Oval Caps (21) to the Top Frame (2). Insert Plastic Guide Rod Holders (15) into Top Frame (2).
2. Attach Top Frame (2) to the Front Upright Frame (3) using two 3/8" X 1" Hex Threaded Bolts (33) and two 3/8" Spring Washers (37).
3. Attach Top Frame (2) to the Rear Upright Frame (4) using 3/8" X 2-3/4" Hex Bolts (31), three 3/8" Washers (39), and one 3/8" Nylon Nut (41).
4. Please use four 5/16" X 2" Hand Sets (28) to fix onto the wall.



STEP 5 Install Cable



(25) CABLE

1. Screw the Double Pulley Bracket (9) into the Top Plate (12) with Selector Rod (11) 10 threads (2cm). As Show in C4,C6.
 2. Insert the ball end of the Cable (25) into the front of the right side Swivel Pulley Housing (8) and come out from top. Then attach two pulleys as shown in C1,C9.
 3. Route cable up to Top Frame (2) and along to down to left side pulley in Double Pulley Bracket (9) next pulley over pulley mounted as shown in C2,C3,C5,C7.
 4. Continue along Top Frame (2) to next pulley. Then down to left side pulley in Double Pulley Bracket (9) as shown in Fig 1. up to rear side of next pulley in Top Frame (2), then up to front of last pulley in Top Frame (2) as shown in Fig 2.
 5. Route cable over last pulley in top, exiting toward rear, continue down to pulley mounted behind Base Frame (1) as shown in C8, under Weight Stack, and around pulley at base next to column. Finally, route cable up to left side of Swivel Pulley Housing (8) and mount pulleys as shown in C1,C9.
- IMPORTANT:** Cable length can be adjusted by removing the Bolt on the Top Plate (12) to turn the Selector Rod (11) to remove slack or further down to gain length.

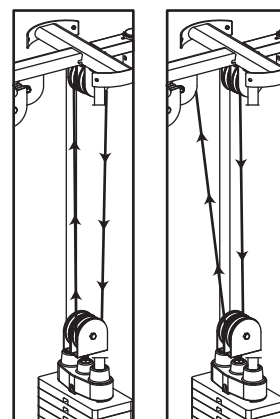
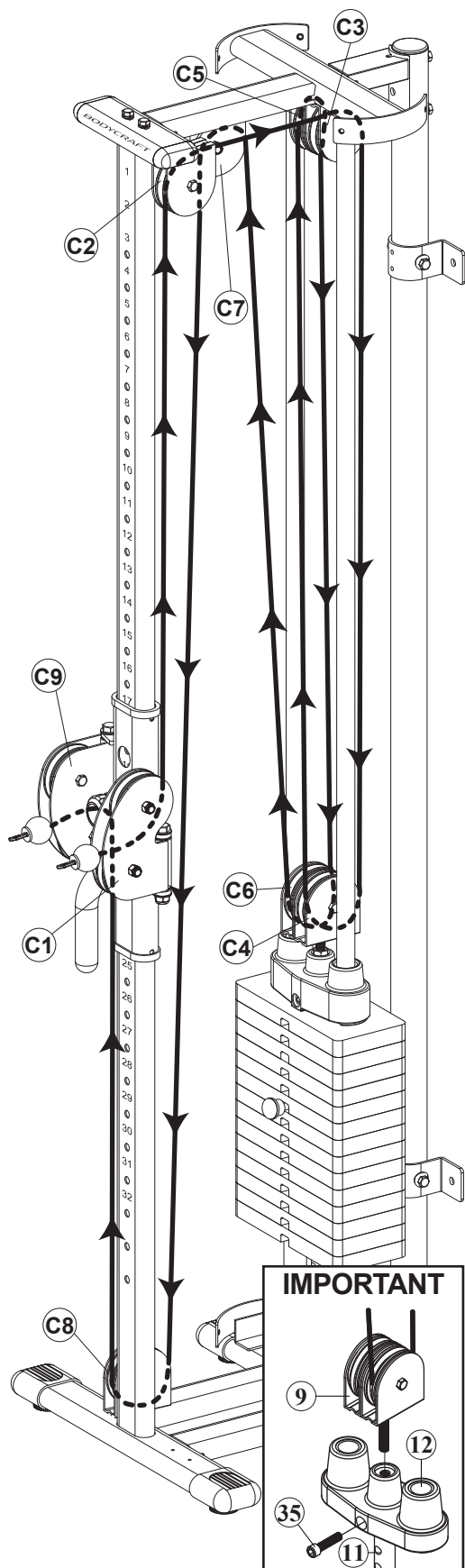
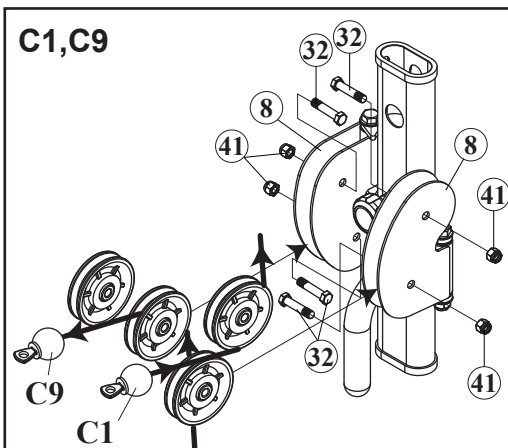


Fig.1

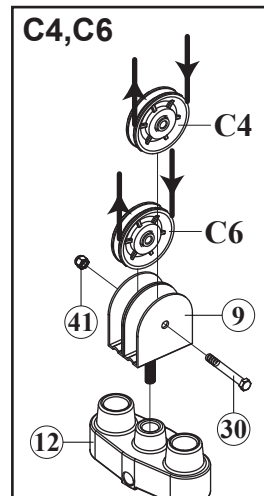
Fig.2



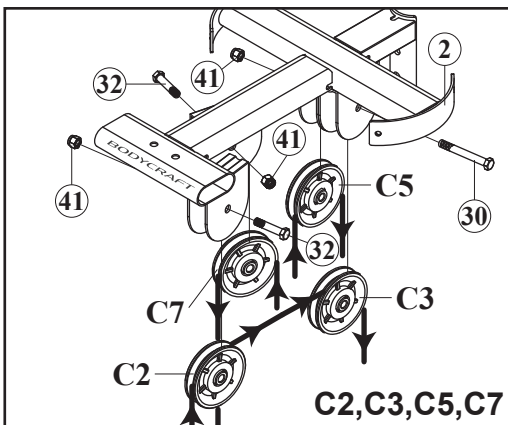
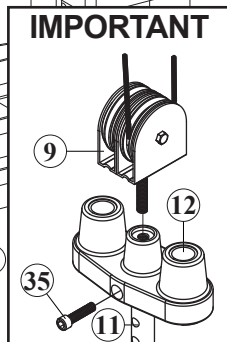
C1,C9



C4,C6

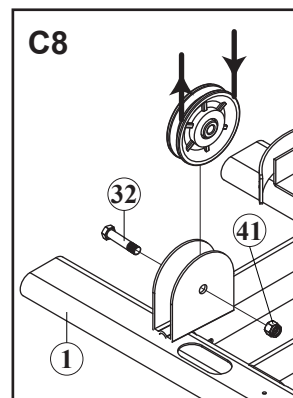


IMPORTANT

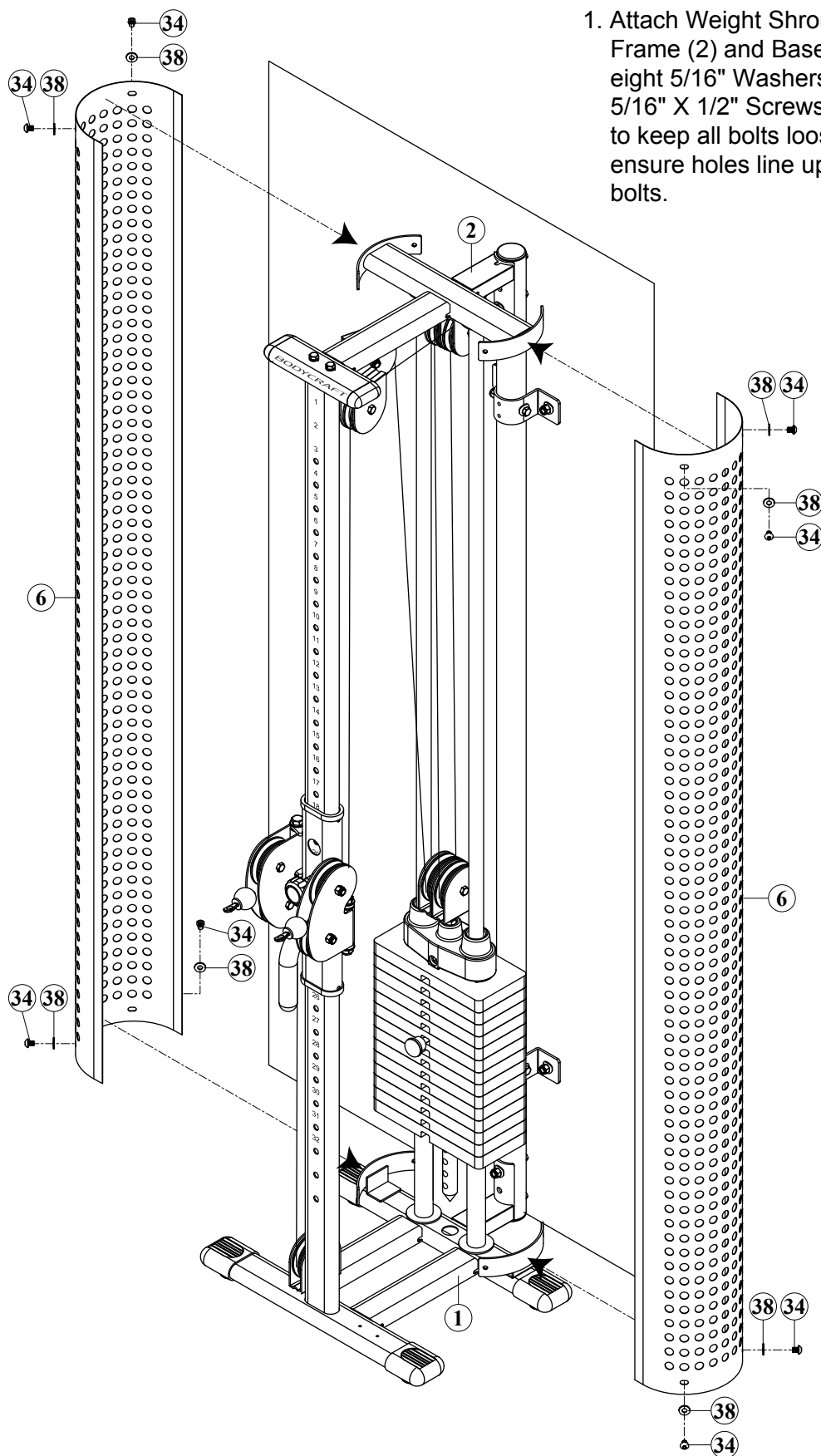


C2,C3,C5,C7

C8

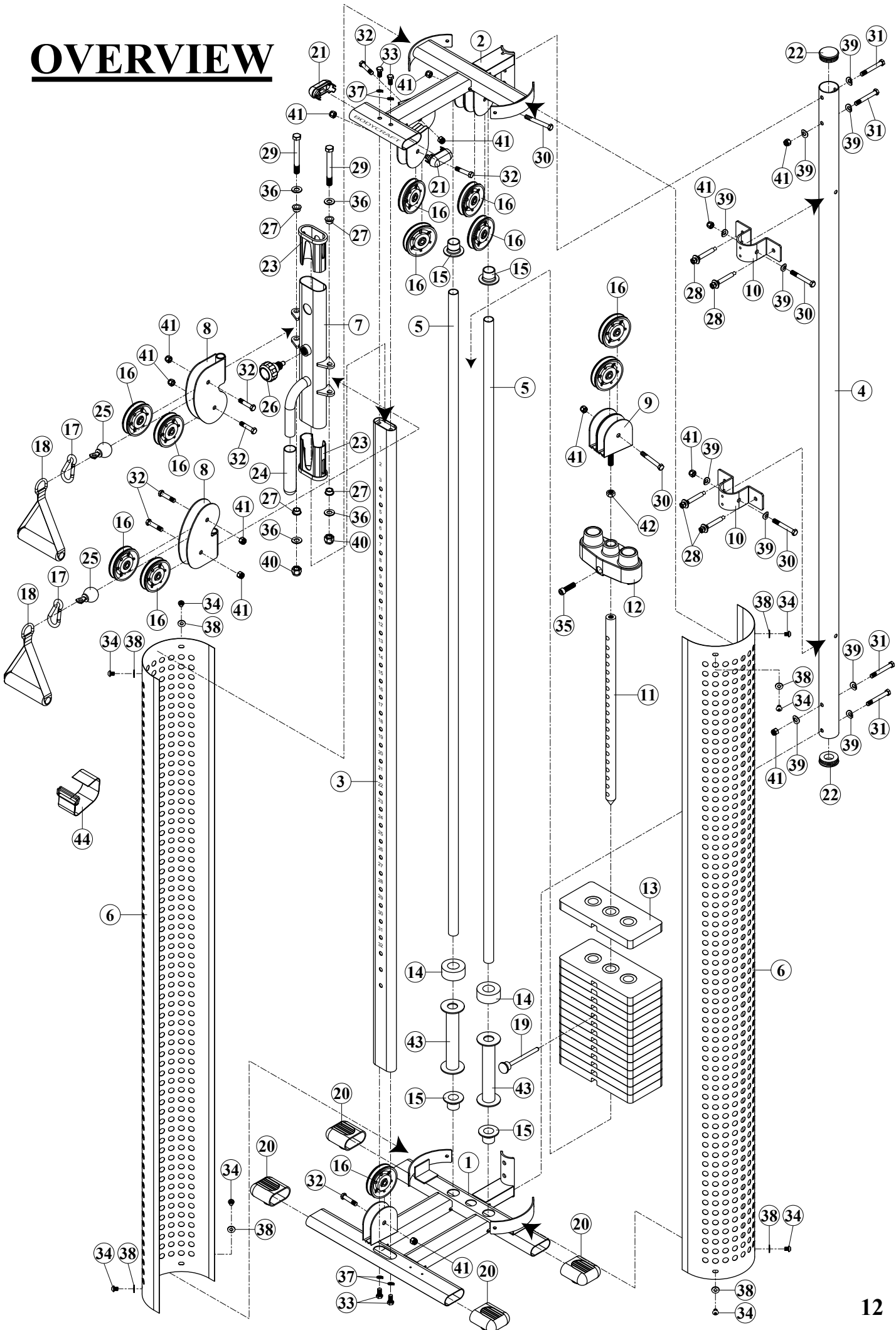


STEP 6 Assemble Weight Shroud



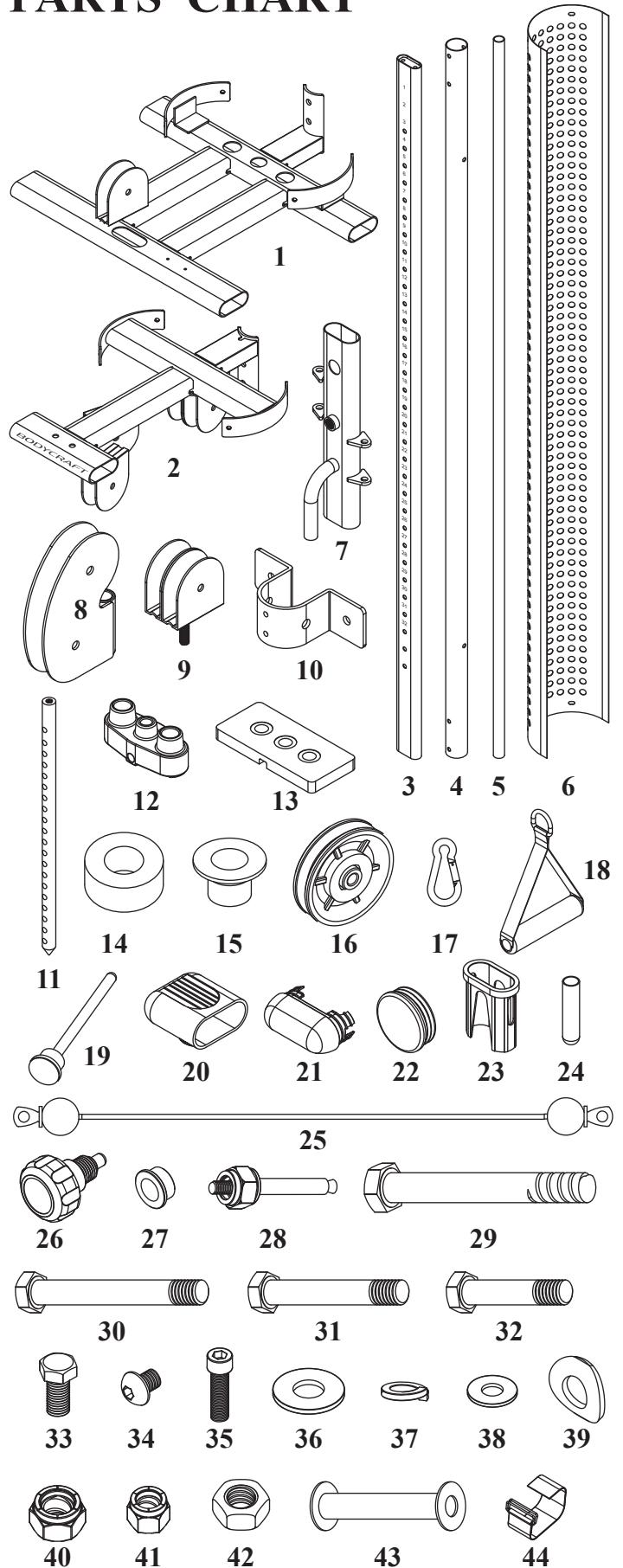
1. Attach Weight Shrouds (6) to Top Frame (2) and Base Frame (1) using eight 5/16" Washers (38) and eight 5/16" X 1/2" Screws (34). Remember to keep all bolts loose in frame to ensure holes line up easily. Tighten all bolts.

OVERVIEW



COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
1	BASE FRAME	1
2	TOP FRAME	1
3	FRONT UPRIGHT FRAME	1
4	REAR UPRIGHT FRAME	1
5	GUIDE ROD	2
6	WEIGHT SHROUD	2
7	CABLE HEIGHT ADJUSTER	1
8	SWIVEL PULLEY HOUSING	2
9	DOUBLE PULLEY BRACKET	1
10	BRACKET FRAME	2
11	SELECTOR ROD	1
12	TOP PLATE	1
13	WEIGHT PLATE	14
14	RUBBER DONUT	2
15	PLASIC GUIDE ROD HOLDER	4
16	PULLEY	11
17	CLIP	2
18	SINGLE HANDLE	2
19	SELECTOR PIN	1
20	OVAL END CAP	4
21	OVAL CAP	2
22	ROUND CAP	2
23	HOLLOW	2
24	HANDLE GRIP	1
25	CABLE	1
26	KNOB	1
27	BUSHING	4
28	5/16" X 2" HAND SET (For Wall)	4
29	1/2" X 4-1/4" HEX BOLT	2
30	3/8" X 3" HEX BOLT	4
31	3/8" X 2-3/4" HEX BOLT	4
32	3/8" X 1-3/4" HEX BOLT	7
33	3/8" X 1" HEX THREADED BOLT	4
34	5/16 X 1/2" SCREW	8
35	TOP PLATE BOLT	1
36	1/2" WASHER	4
37	3/8" SPRING WASHER	4
38	5/16" WASHER	8
39	3/8" SEMICIRCLE WASHER	10
40	1/2" NYLON NUT	2
41	3/8" NYLON NUT	13
42	1/2" NUT	1
43	STACK SPACER	2
44	ANKLE STRAP	1



*Parts images are not to scale.

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 (19) 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 not so tight as to lift the Top Plate (12) 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 (5)**.
7. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the BodyCraft Cable Pull Station.
If you have any questions, please call your local BodyCraft
dealer, call our customer service department at 800-990-5556
or at <http://www.bodycraft.com>.**