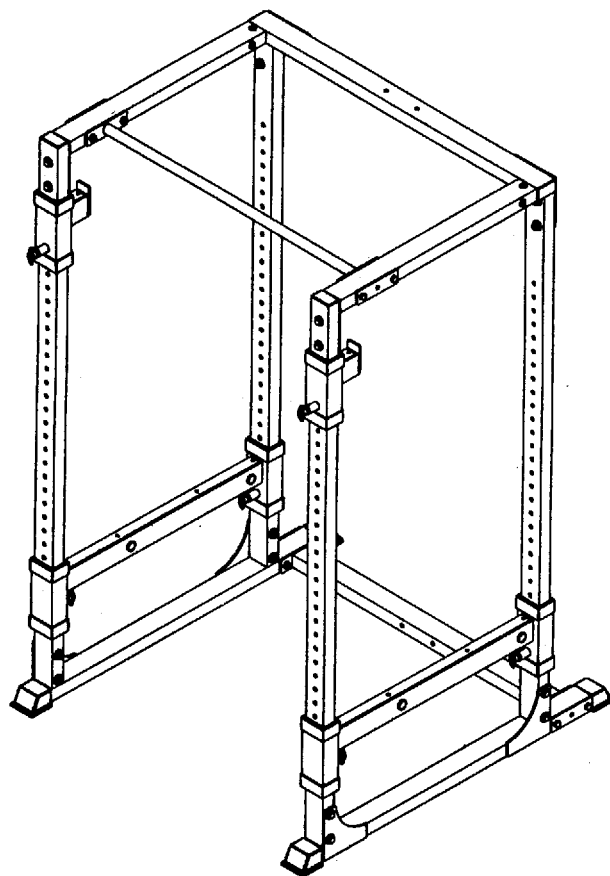


# BodyCraft

## POWER RACK STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL MODEL : F430 POWER RACK



### 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 POWER RACK** strength training system. The **BODYCRAFT POWER RACK** 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 POWER RACK** 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 POWER RACK**. Keep this manual for future reference.

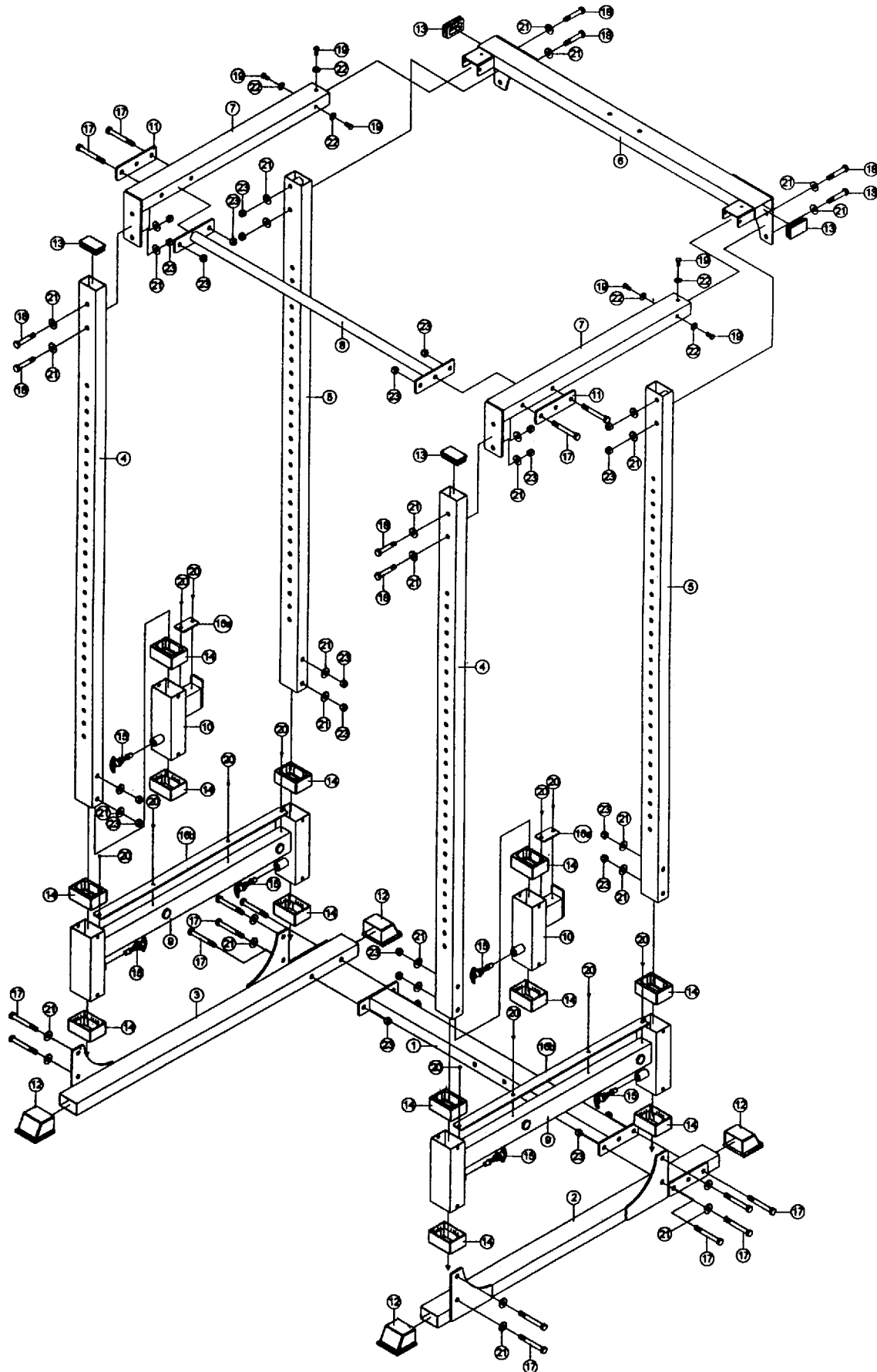
If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

## 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 POWER RACK** at all times.
5. 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. Exercise with care to avoid injury.
8. If unsure about the proper use of the **BODYCRAFT POWER RACK** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

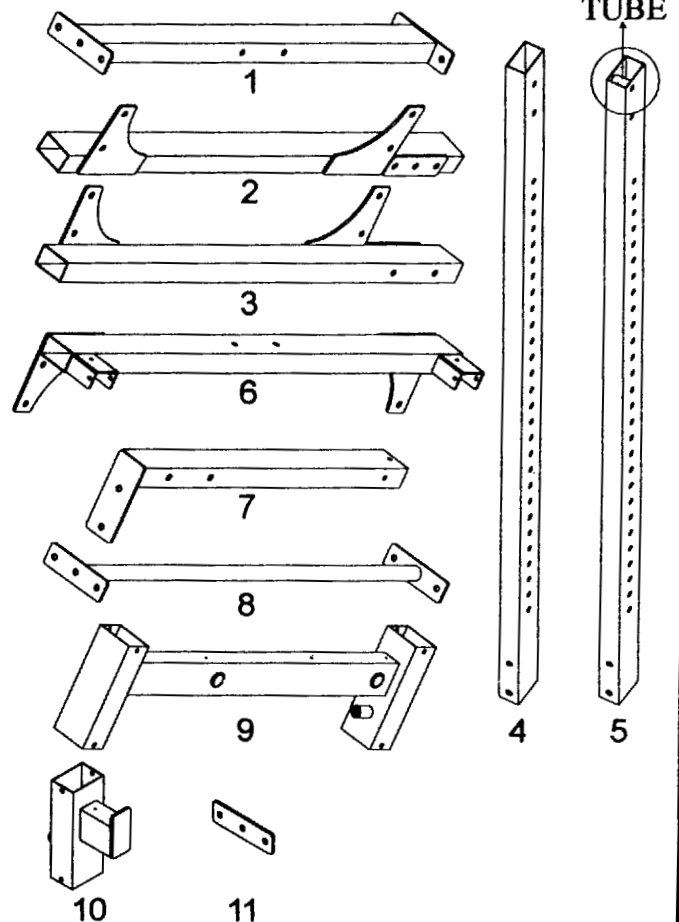
# EXPLODED VIEW



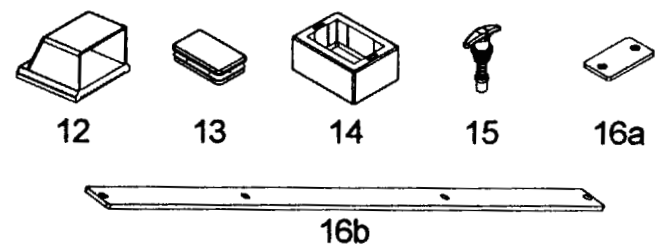
# PARTS CHART

NO.	DESCRIPTION	QTY.
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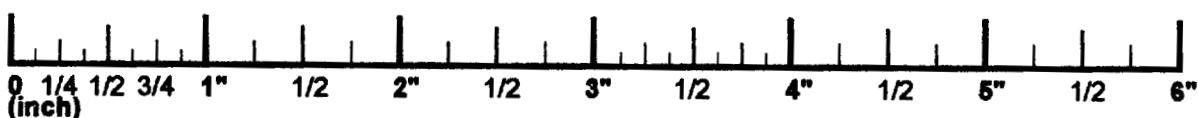
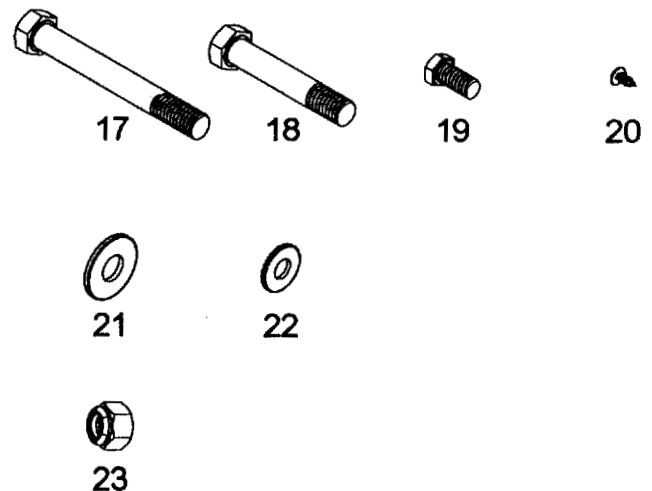
- |    |   |   |
|----|---|---|
| 1  | REAR STABILIZER   | 1 |
| 2  | RIGHT BASE FRAME  | 1 |
| 3  | LEFT BASE FRAME   | 1 |
| 4  | FRONT UPRIGHT 78.2"(1987mm)                                 | 2 |
| 5  | REAR UPRIGHT 76.5"(1942mm) ---<br>-- welded tube on top end | 2 |
| 6  | REAR TOP FRAME  | 1 |
| 7  | TOP FRAME   | 2 |
| 8  | CHIN UP BAR   | 1 |
| 9  | SAFETY ARM  | 2 |
| 10 | BAR CATCH   | 2 |
| 11 | BACKING PLATE   | 2 |



- |     |                      |    |
|-----|----------------------|----|
| 12  | 45mm X 75mm CAP      | 4  |
| 13  | 45mm X 75mm PLUG     | 4  |
| 14  | 45mm X 75mm SLIDER   | 12 |
| 15  | POP PIN              | 6  |
| 16a | BUMPER ON BAR CATCH  | 2  |
| 16b | BUMPER ON SAFETY ARM | 2  |



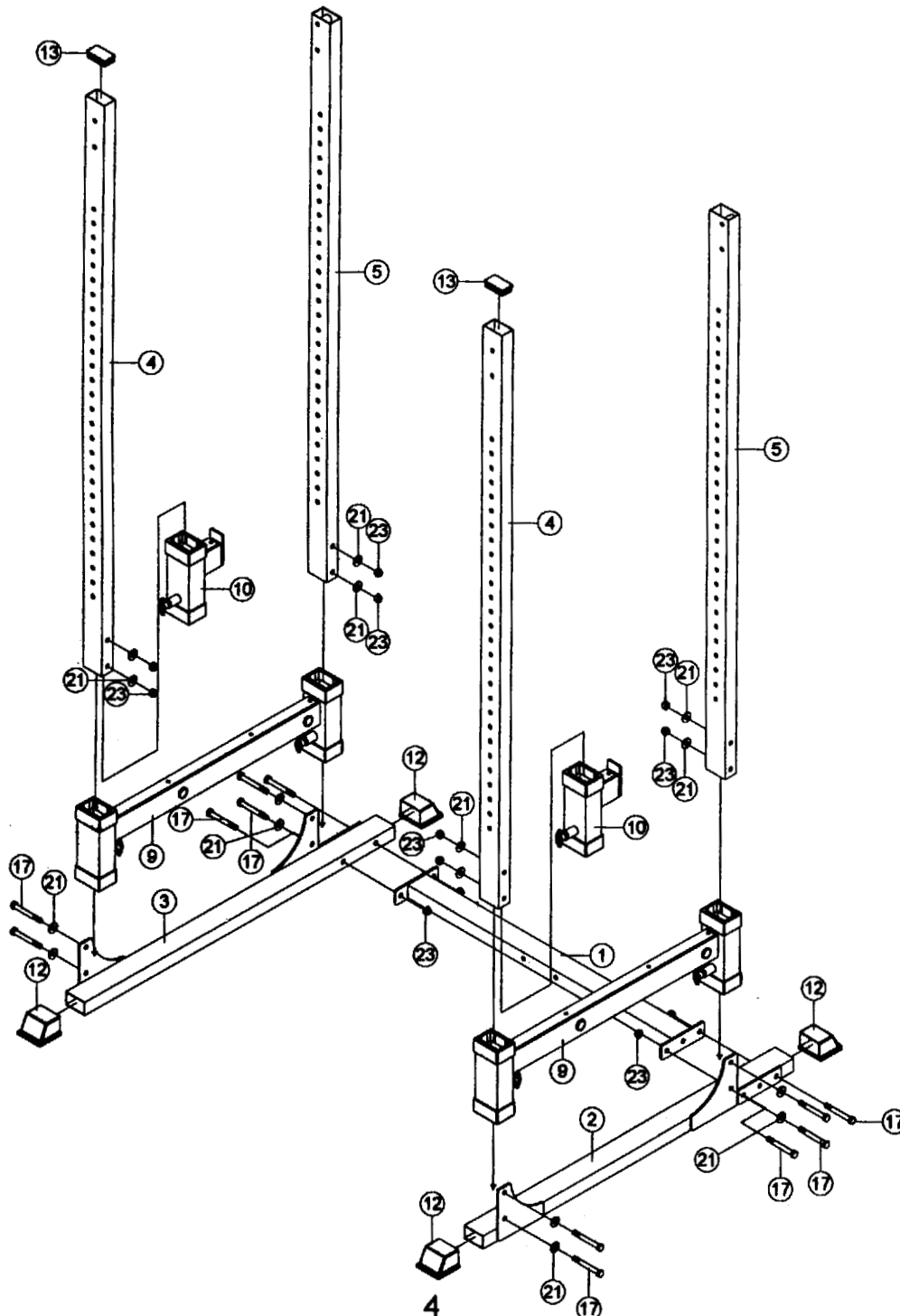
- |    |                             |    |
|----|-----------------------------|----|
| 17 | 1/2" X 4" HEX HEAD BOLT     | 16 |
| 18 | 1/2" X 2-3/4" HEX HEAD BOLT | 8  |
| 19 | 3/8" X 3/4" HEX HEAD BOLT   | 6  |
| 20 | 4.5mm X 10mm SCREW          | 12 |
| 21 | 1/2" WASHER                 | 32 |
| 22 | 3/8" WASHER                 | 6  |
| 23 | 1/2" NYLON NUT              | 24 |



# STEP 1 ASSEMBLY INSTRUCTIONS

**Do NOT tighten any bolts until instructed.**

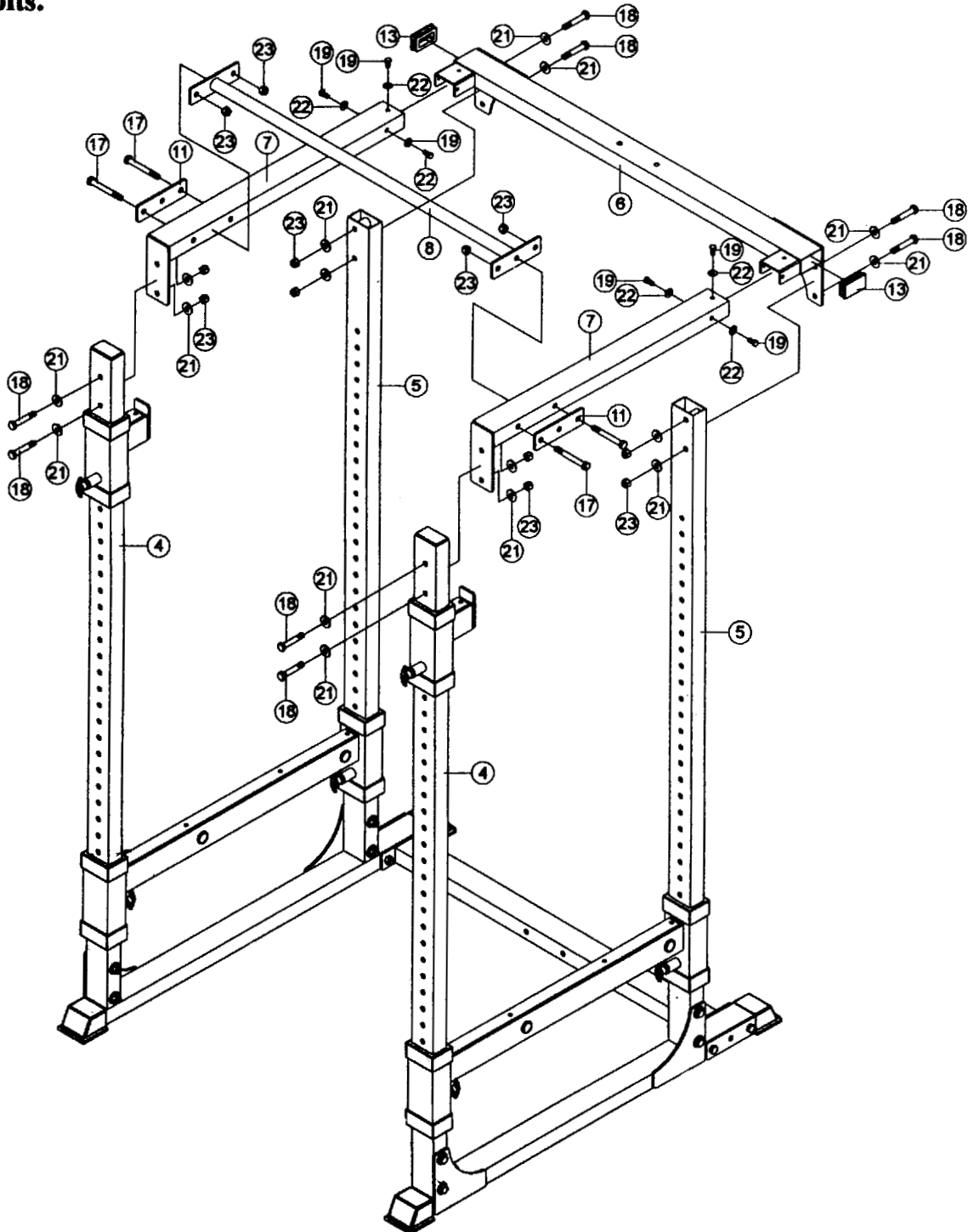
1. Attach Rear Stabilizer (1) to Right Base Frame (3) and Left Base Frame (2) using four 1/2" X 4" Hex Bolts (17), four Washers (21) and four 1/2" Nylon Nut (23). Backing plates that are welded to the Base Frames should be on the outside of machine. Slide four 45mm X 75mm Cap (12) onto Base Frame.
2. Attach Front Uprights (4) (front uprights are longer than rear uprights) to Base Frame using two 1/2" X 4" Hex Bolts (17), two Washers (21) and two 1/2" Nylon Nut (23).
3. Attach Rear Uprights (5) (shorter) to Base Frame using two 1/2" X 4" Hex Bolts (17), two washers (21) and two Nylon Nuts (23). Make sure the inside welded tube is on top.
4. Slide Safety Arms (9) over top of uprights with spring pins toward bottom. Then slide Bar Catch (10) onto Uprights. The Bar Catch (10) can be placed on either Front Upright (4) or Rear Upright (5), whichever you prefer. The most common placement is on Front Upright.



## STEP 2 ASSEMBLY INSTRUCTIONS

1. Attach Top Frames (7) to Rear Top Frame (6), using three 3/8" X 3/4" Hex Bolts (19) and three Washers (22). Attach Top Frames (7) to Front Upright (4) using two 1/2" X 2 3/4" Hex Bolts (18), four Washers (21) and 1/2" Nylon Nut (23).
2. Attach Rear Top Frame (6) to Rear Upright (5), using two 1/2" X 2 3/4" Hex Bolts (18), four Washers (21) and four 1/2" Nylon Nut (23). Insert 45 X 75 Plugs into ends of Rear Top Frame (6).
3. Attach Chin Up Bar to Top Frames (7) using Backing Plates (11), and two 1/2" X 4" Hex Bolts (17) and two 1/2" Nylon Nut (23).

**Tighten all bolts.**



**Assembly is complete! Please take the following steps before using the gym:**

1. Make certain all bolts are tightened securely.
2. Enjoy many years of a Fit Lifestyle.

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