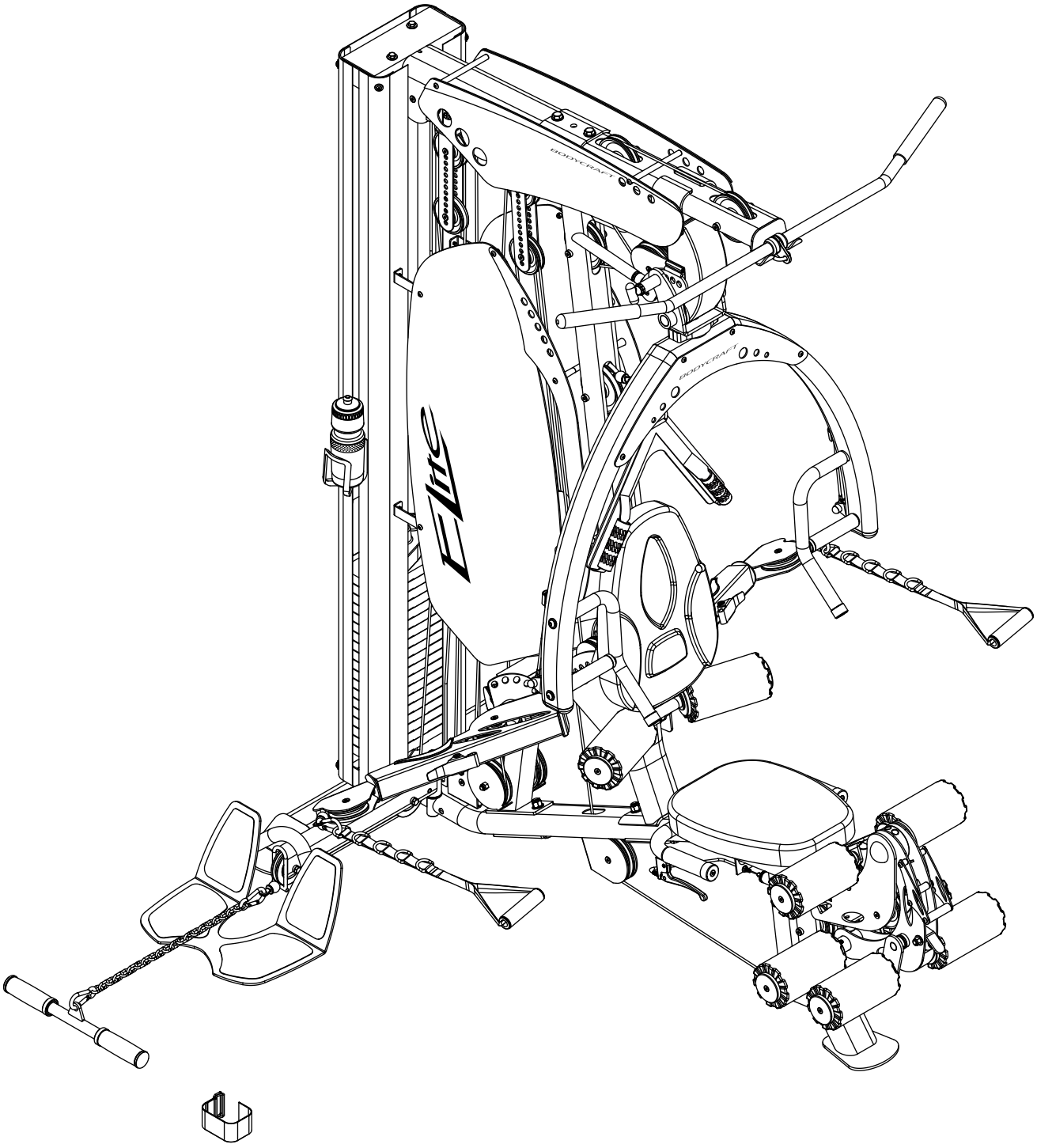
BODYCRAFT

ELITE STRENGTH TRAINING SYSTEM

OWNERS MANUAL



MA605C
Model No. EliteV4
BODYCRAFT is a division of Recreation Supply

Recreation Supply Inc.
P.O. BOX 181
Sunbury, OH 43074

Congratulations and Thank You!

Thank you for selecting the *BODYCRAFT Elite Strength Training System*. The *BODYCRAFT Elite* 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 Elite* will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the *BODYCRAFT Elite*. 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. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

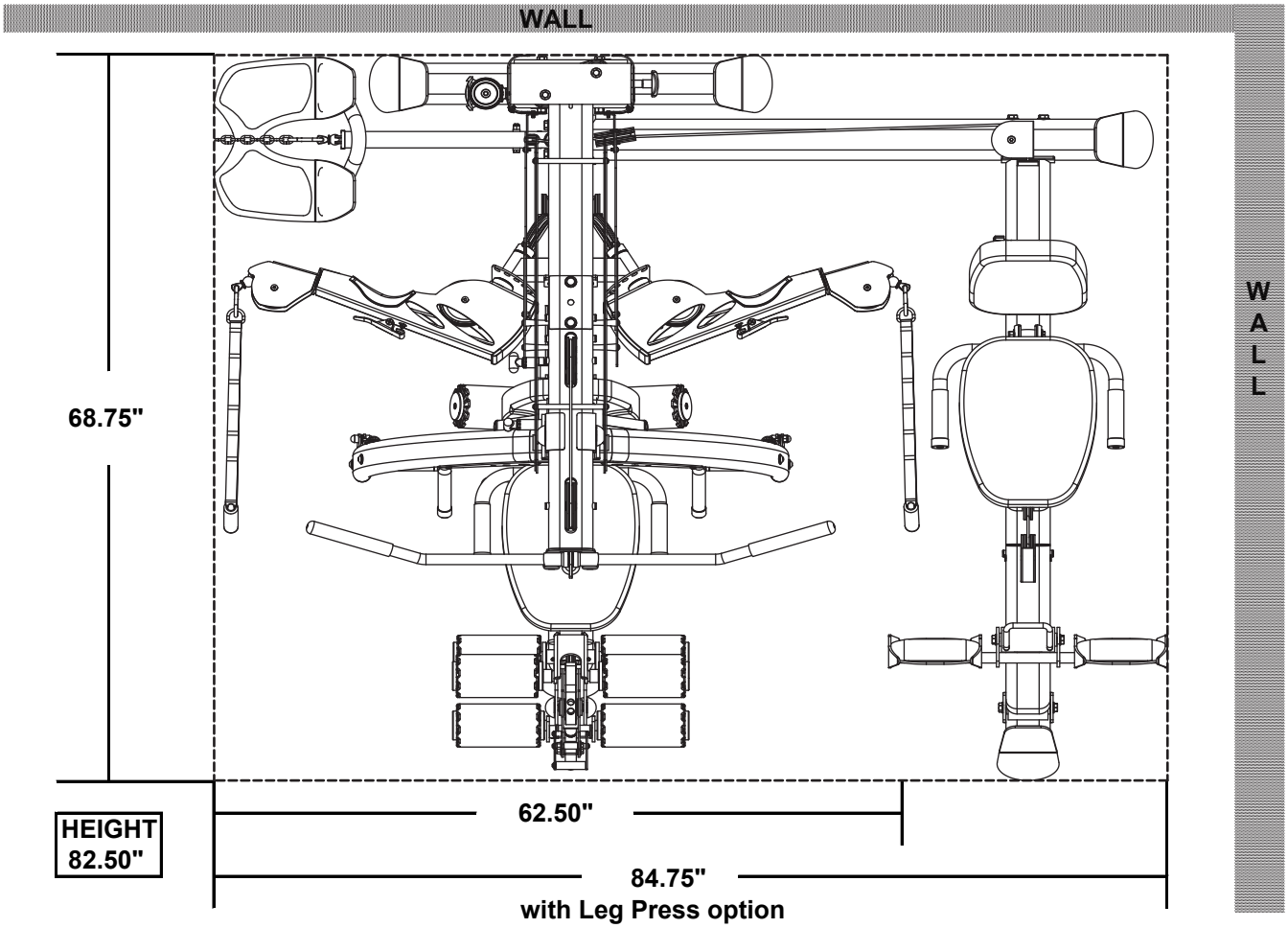
1. **This product must be assembled on a flat, level surface to assure its proper function.**
2. **Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.**
3. **Inspect and tighten all parts before every use. Replace any worn parts immediately.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

If possible, please take advantage of the corner fit design.

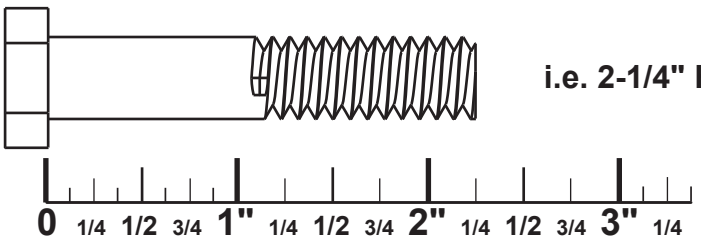


Recommended Tools for Assembly

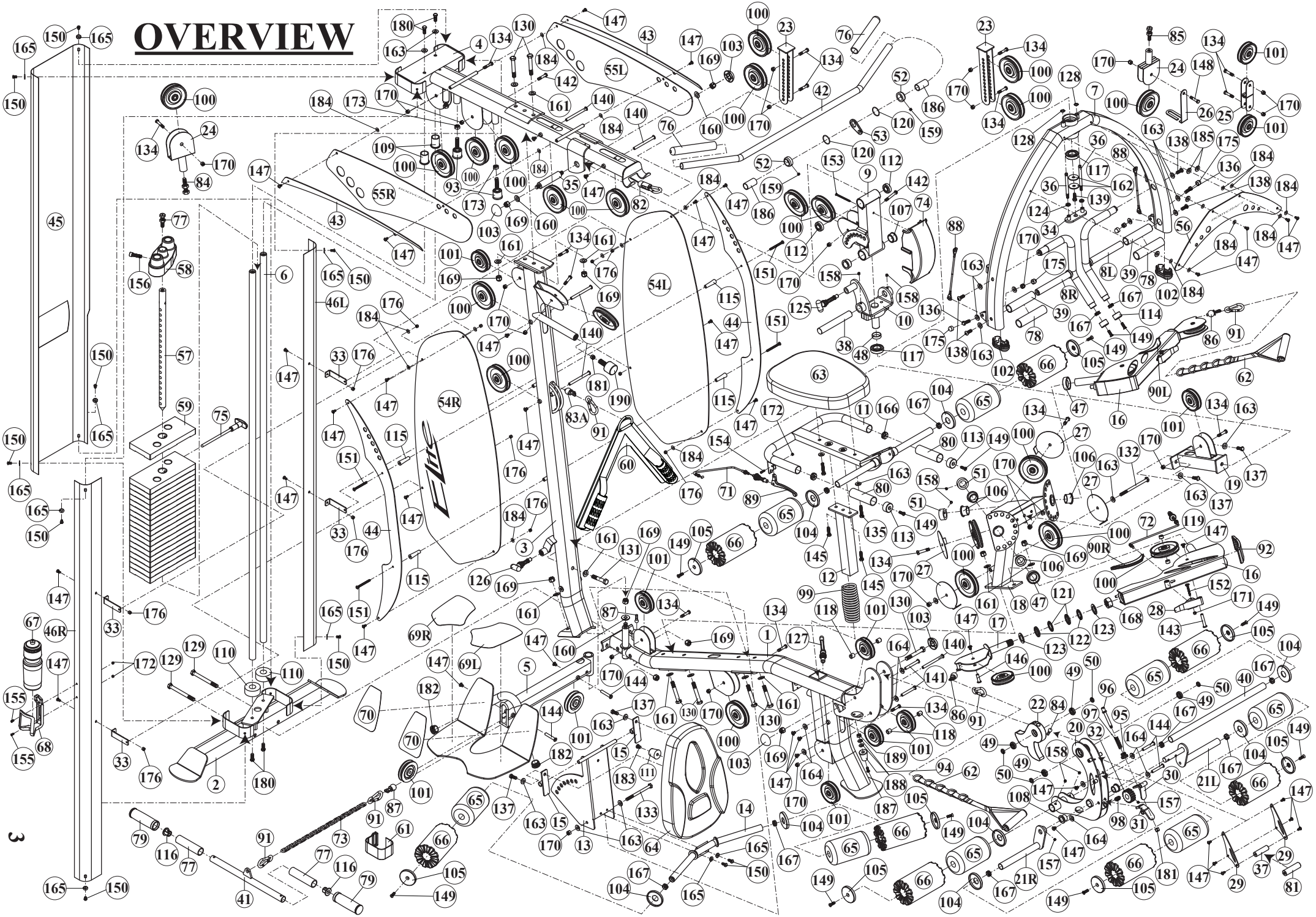
Ratchet
9/16" Socket
3/4" Socket
9/16" Combination Wrench
3/4" Combination Wrench
Adjustable Wrench
Rubber Mallet
Metric Allen Key Set
Silicone Spray
Window Cleaner or Water

Important Notes and Tips:

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

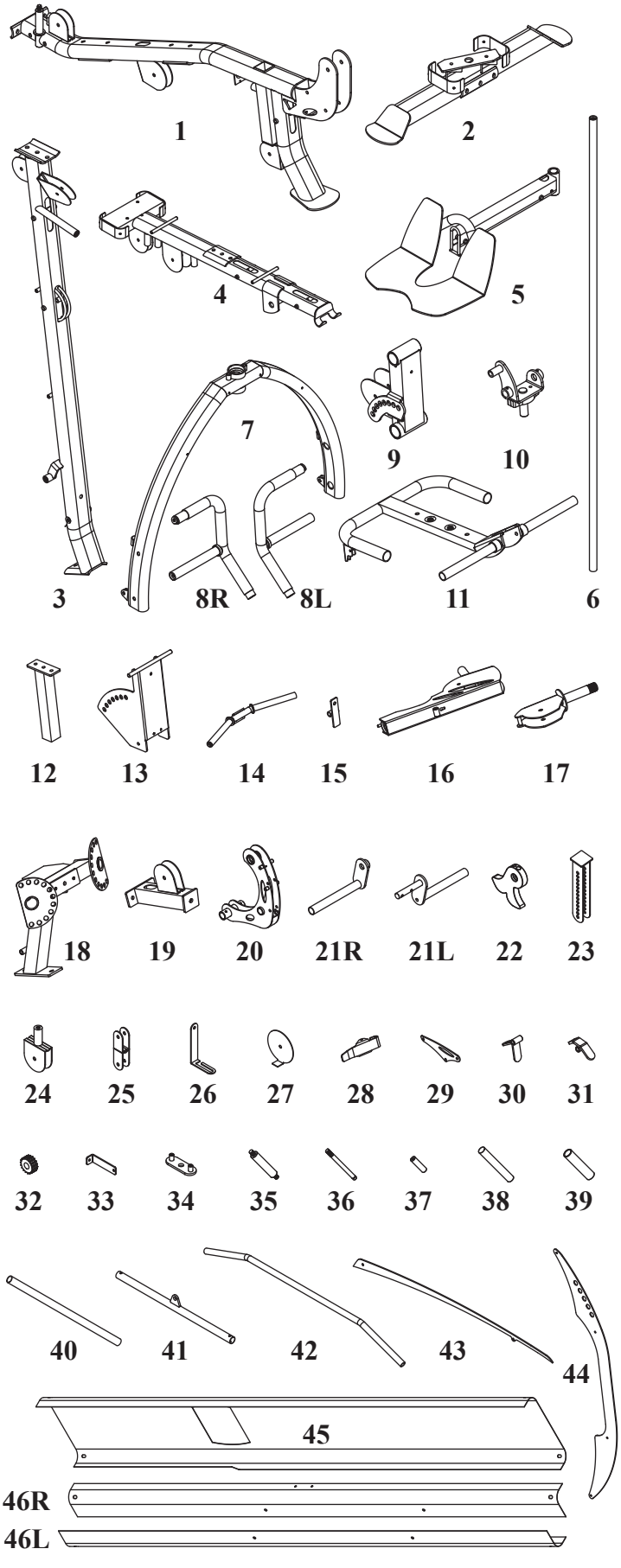


OVERVIEW



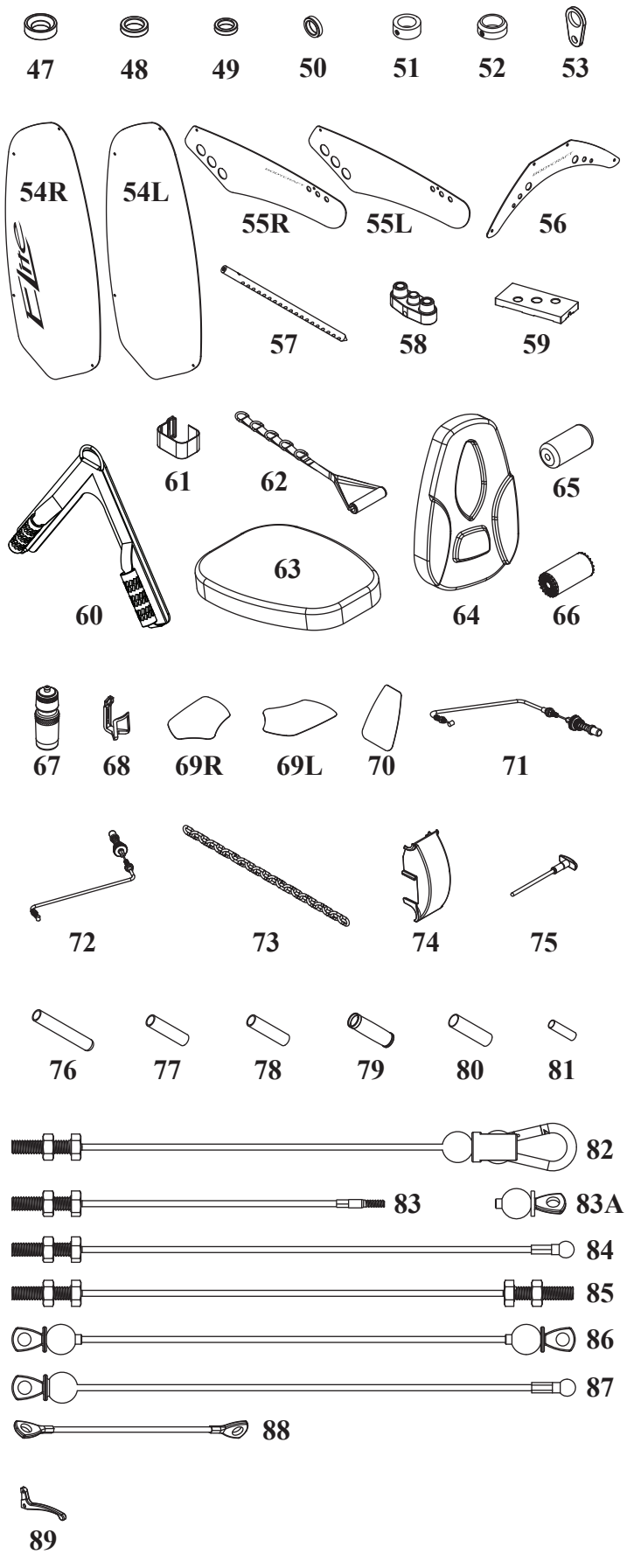
PARTS LIST

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	REAR STABILIZER	1
3	FRONT UPRIGHT	1
4	TOP FRAME	1
5	FOOT PLATE CONNECTOR	1
6	GUIDE ROD	2
7	PRESS ARM	1
8R	RIGHT HANDLE OF PRESS ARM (all pre-assembled)	1
8L	LEFT HANDLE OF PRESS ARM (all pre-assembled)	1
9	PRESS ARM SUPPORT	1
10	ROTOR OF PRESS ARM SUPPORT (all pre-assembled)	1
11	SEAT ADJ. HANDLE	1
12	SEAT ADJ. FRAME	1
13	SEAT BACK ADJUSTER	1
14	LEG HOLDER	1
15	METAL HINGE	2
16	CABLE ARM	2
17	SWIVEL CABLE ARM END (all pre-assembled)	2
18	CABLE ARM ASSEMBLY	1
19	CABLE ARM CONNECTOR	1
20	LEG EXTENSION ASSEMBLY (all pre-assembled)	1
21R	RIGHT LEG EXTENSION ARM	1
21L	LEFT LEG EXTENSION ARM	1
22	LEG CURL CAM (all pre-assembled)	1
23	ADJ. PULLEY BLOCK	2
24	SINGLE PULLEY BLOCK	2
25	DOUBLE PULLEY BLOCK	1
26	CABLE GUIDE BRACKET	1
27	CABLE RETAINER PLATE	4
28	LEVER OF CABLE ARM	2
29	HANDLE PLATE (all pre-assembled)	2
30	PIN LEVER (all pre-assembled)	1
31	HANDLE LEVER (all pre-assembled)	1
32	RATCHET	1
33	L PLATE	4
34	LOCKING PLATE (all pre-assembled)	1
35	AXLE	1
36	THREADED BOLT (all pre-assembled)	2
37	HANDLE PLATE AXLE (all pre-assembled)	1
38	PRESS ARM AXLE	1
39	PRESS ARM HANDLE AXLE TUBE (all pre-assembled)	2
40	525L FOAM ROLLER HOLDER	1
41	CURL BAR	1
42	LAT BAR	1
43	TOP PANEL TRIM	2
44	ACRYLIC PANEL TRIM	2
45	WEIGHT SHROUD	1
46R	RIGHT WEIGHT SHROUD	1
46L	LEFT WEIGHT SHROUD	1



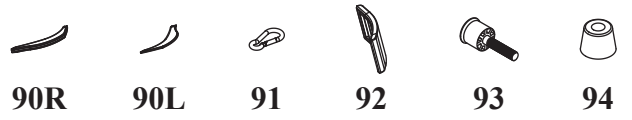
PARTS LIST

NO.	DESCRIPTION	QTY.
47	STEEL SPACER FOR SWIVEL CABLE ARM END (all pre-assembled)	2
48	STEEL SPACER FOR PRESS ARM (all pre-assembled)	1
49	R8ZZ BEARING FOR LEG EXTENSION ARM (all pre-assembled)	4
50	STEEL SPACER FOR LEG EXTENSION ARM (all pre-assembled)	4
51	COLLAR (all pre-assembled)	2
52	AXLE COLLAR (all pre-assembled)	2
53	HOOK PLATE (all pre-assembled)	1
54R	RIGHT SIDE ACRYLIC PANEL	1
54L	LEFT SIDE ACRYLIC PANEL	1
55R	RIGHT TOP PANEL	1
55L	LEFT TOP PANEL	1
56	PRESS ARM PANEL	1
57	SELECTOR ROD	1
58	TOP PLATE	1
59	WEIGHT PLATE	19
60	AB CRUNCH STRAP	1
61	ANKLE STRAP	1
62	MULTIPLE D-RING SINGLE HANDLE	2
63	SEAT PAD	1
64	BACK PAD	1
65	FOAM PAD	8
66	FOAM PAD COVER (all pre-assembled)	8
67	WATER BOTTLE	1
68	BOTTLE CAGE	1
69R	RIGHT NONSLIP (all pre-assembled)	1
69L	LEFT NONSLIP (all pre-assembled)	1
70	NONSLIP (all pre-assembled)	2
71	LONGER CLUTCH CABLE (all pre-assembled)	1
72	SHORTER CLUTCH CABLE OF CABLE ARM (all pre-assembled)	2
73	CHAIN	1
74	PLASTIC COVER	1
75	SELECTOR PIN	1
76	1" X 200mm ROUND HAND GRIP (all pre-assembled)	2
77	1-1/4" X 140mm ROUND HAND GRIP (all pre-assembled)	2
78	1-1/4" X 145mm ROUND HAND GRIP (all pre-assembled)	2
79	1-1/4" HAND GRIP (all pre-assembled)	2
80	1" X 120mm HAND GRIP (all pre-assembled)	2
81	RUBBER GRIP FOR LEG EXTENSION ARM (all pre-assembled)	1
82	TOP CABLE	1
83	AB CRUNCH CABLE	1
83A	REMOVABLE END OF AB CRUNCH CABLE (all pre-assembled)	1
84	LEG EXTENSION CABLE	1
85	CONNECT CABLE	1
86	CABLE ARM CABLE (all pre-assembled)	1
87	LOW CABLE	1
88	CONNECT CABLE OF PRESS ARM (all pre-assembled)	2
89	LEVER OF CLUTCH CABLE (all pre-assembled)	1



PARTS LIST

NO.	DESCRIPTION	QTY.
90R	RIGHT TRIM OF CABLE ARM (all pre-assembled)	2
90L	LEFT TRIM OF CABLE ARM (all pre-assembled)	2
91	CLIP	6
92	CAP FOR CABLE ARM (all pre-assembled)	2
93	1/2" STOPPER (all pre-assembled)	2
94	MAIN FRAME STOPPER (all pre-assembled)	1
95	NUT FOR LEG EXTENSION (all pre-assembled)	1
96	PIN BOLT FOR LEG EXTENSION (all pre-assembled)	1
97	LEG EXTENSION LARGER SPRING (all pre-assembled)	1
98	LEG EXTENSION SMALLER SPRING (all pre-assembled)	1
99	SEAT SPRING	1
100	4-1/2" PULLEY (114mm)	25
101	3-1/2" PULLEY (90mm)	11
102	40 X 80mm OVAL PLUG	2
103	1/2" PLASTIC DOME CAP	4
104	PLASTIC CAP	8
105	ALUMINUM CAP	8
106	1-1/8" ID STEEL BUSHING (all pre-assembled)	4
107	1" ID BUSHING (all pre-assembled)	2
108	3/4" ID BUSHING (all pre-assembled)	2
109	1" ID PLASTIC GUIDE ROD HOLDER	2
110	RUBBER CUSHION	2
111	BACK PAD STOPPER (all pre-assembled)	1
112	BEARING (all pre-assembled)	2
113	SEAT PAD SUPPORT STOPPER (all pre-assembled)	2
114	STOPPER FOR PRESS ARM HANDLE (all pre-assembled)	2
115	PLASTIC STUDS	4
116	1" T SHAPE END PLUG (all pre-assembled)	2
117	60/28ZZ BEARING (all pre-assembled)	2
118	SPACER FOR MAIN FRAME	4
119	SPACER FOR CABLE ARM (all pre-assembled)	4
120	LARGER SEALING RING (all pre-assembled)	2
121	BEARING BASIN (all pre-assembled)	4
122	BEARING (all pre-assembled)	4
123	BEARING COVER (all pre-assembled)	4
124	MAGNET (all pre-assembled)	2
125	LONGER POP PIN (all pre-assembled)	1
126	SHORTER POP PIN	1
127	TIGHTEN KNOB	1
128	SPRING CLIP (all pre-assembled)	2
129	1/2" X 5" HEX BOLT	2
130	1/2" X 3-1/4" HEX BOLT	7
131	1/2" X 2-3/4" HEX BOLT	1
132	3/8" X 5-3/4" HEX BOLT	1
133	3/8" X 5-1/4" HEX BOLT	1
134	3/8" X 1-3/4" HEX BOLT	16
135	3/8" X 1-3/4" HEX THREADED BOLT (all pre-assembled)	2
136	3/8" X 1-1/4" HEX THREADED BOLT	2



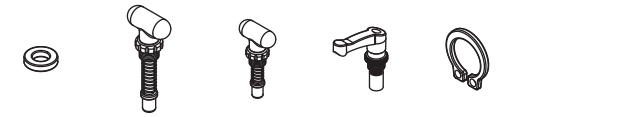


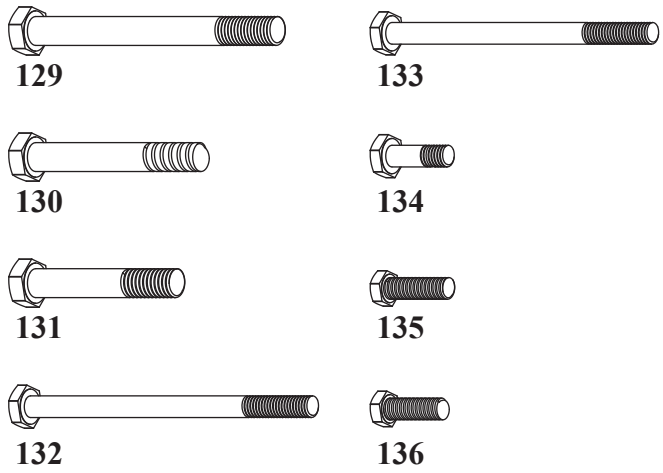






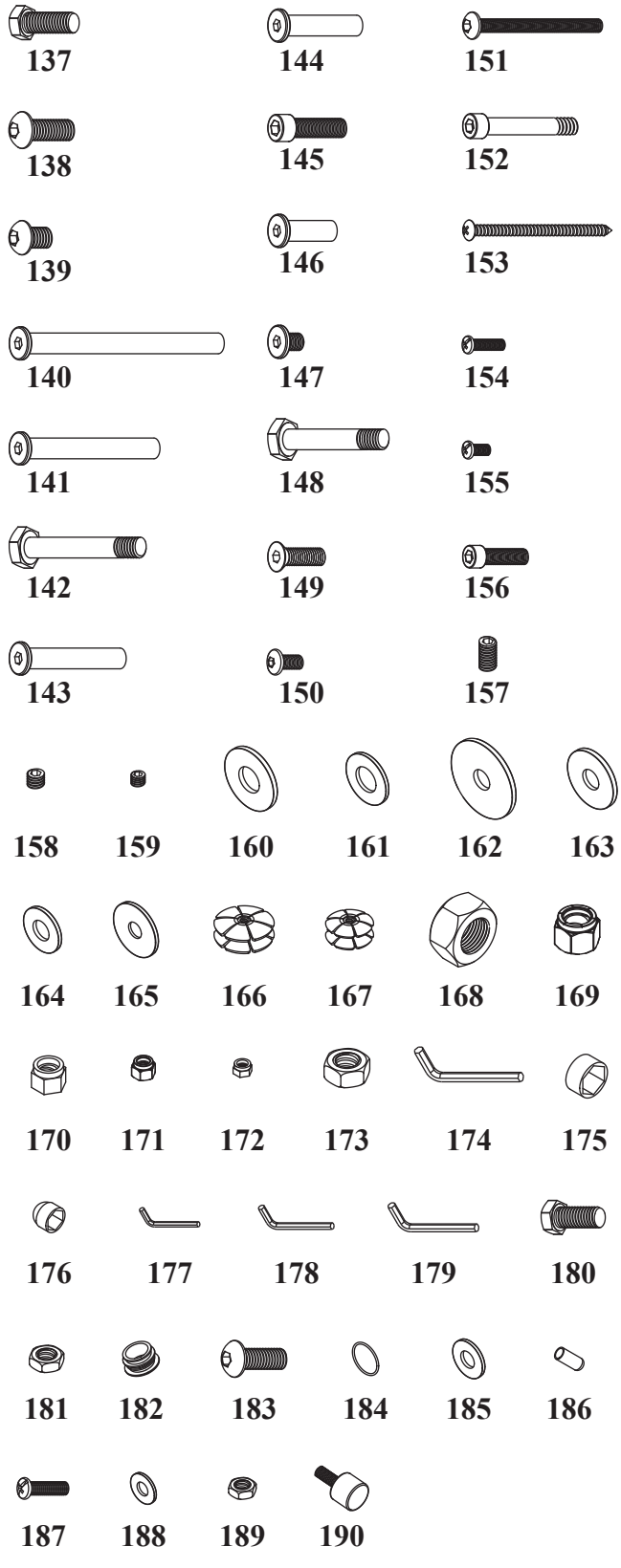


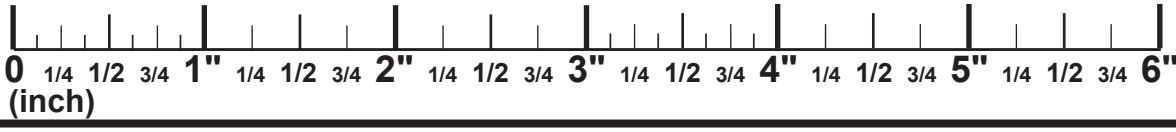




PARTS LIST

NO.	DESCRIPTION	QTY.
137	3/8" X 1" HEX THREADED BOLT	4
138	3/8" X 1" INNER HEX SCREW (all pre-assembled)	4
139	3/8" X 3/4" INNER HEX SCREW (all pre-assembled)	1
140	3/8" X 109.5L FLAT PIN BOLT	5
141	3/8" X 75L FLAT PIN BOLT	2
142	3/8" X 2-3/4" HEX BOLT	2
143	3/8" X 51.5L FLAT PIN BOLT	2
144	3/8" X 45L FLAT PIN BOLT	4
145	3/8" X 1" ROUND INNER ALLEN BOLT	2
146	3/8" X 30.5L FLAT PIN BOLT	2
147	M6 X 12L MALE SCREW	41
148	3/8" X 2" HEX HEAD BOLT	1
149	5/16" X 1-1/4" COUNTER ALLEN BOLT	12
150	5/16" X 1/2" SCREW	10
151	M6 X 70L ROUND SCREW	4
152	M6 X 45L SCREW (all pre-assembled)	2
153	M5 X 63L SCREW	1
154	M5 X 18L SCREW (all pre-assembled)	1
155	M5 X 12L SCREW	2
156	TOP PLATE BOLT	1
157	5/16" X 1/2" SET SCREW	2
158	5/16" X 1/4" SET SCREW	6
159	M6 X 6L SET SCREW (all pre-assembled)	2
160	1/2" LARGER WASHER	3
161	1/2" SMALLER WASHER	12
162	3/8" WASHER (WIDE FLANGE)	2
163	3/8" LARGER WASHER	20
164	3/8" SMALLER WASHER	8
165	5/16" WASHER	10
166	1-1/4" NUT (all pre-assembled)	2
167	1" NUT (all pre-assembled)	10
168	24mm NUT (all pre-assembled)	2
169	1/2" NYLA-NUT	11
170	3/8" NYLA-NUT	23
171	M6 NYLA-NUT (all pre-assembled)	2
172	M5 NYLA-NUT	3
173	1/2" NUT (all pre-assembled)	2
174	8mm HEX WRENCH	1
175	3/8" CAP NUT (all pre-assembled)	4
176	M6 ACORN NUT	12
177	4mm HEX WRENCH	1
178	5mm HEX WRENCH	1
179	6mm HEX WRENCH	1
180	3/8" X 3/4" HEX THREADED BOLT	4
181	3/8" THIN NUT (all pre-assembled)	2
182	1-1/4" ROUND PLUG	2
183	3/8" X 1-1/4" BUTTON HEAD SCREW (all pre-assembled)	1
184	SMALLER SEALING RING (all pre-assembled)	20
185	M6 WASHER	4
186	1" X 60mm ROUND HAND GRIP (all pre-assembled)	2
187	1/4" X 1-1/4" SCREW (all pre-assembled)	1
188	1/4" WASHER (all pre-assembled)	2
189	1/4" NUT (all pre-assembled)	1
190	3/8" STOPPER (all pre-assembled)	1



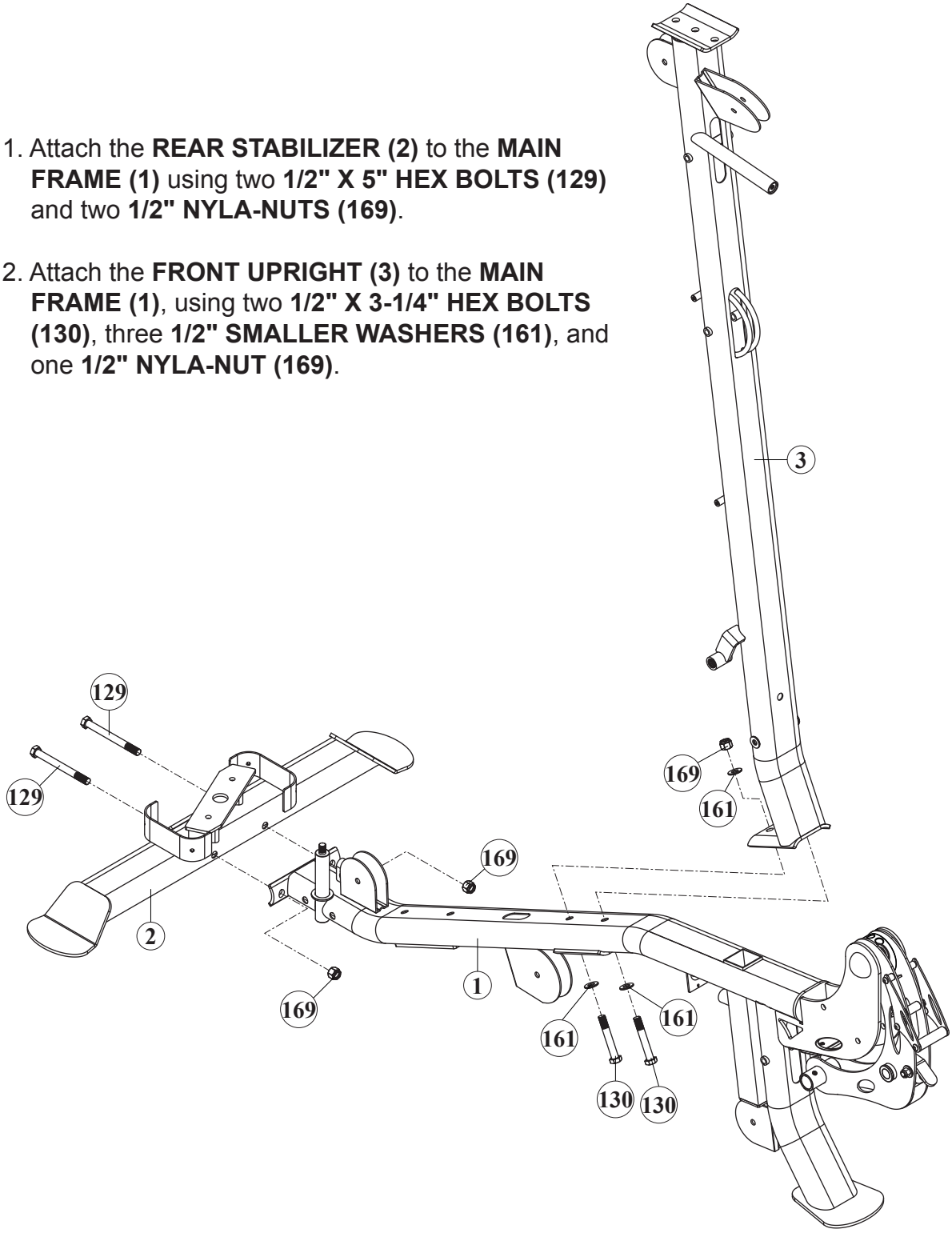


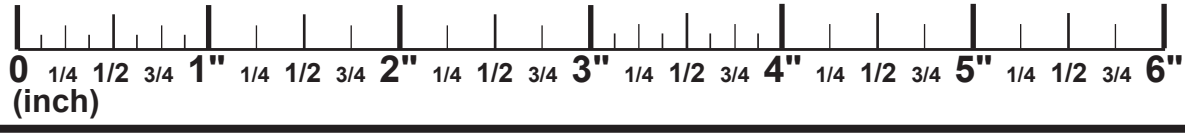
STEP 1 ASSEMBLE MAIN FRAME

TO EASE THE ASSEMBLY PROCESS.
DO NOT TIGHTEN ANY BOLTS UNTIL INSTRUCTED.

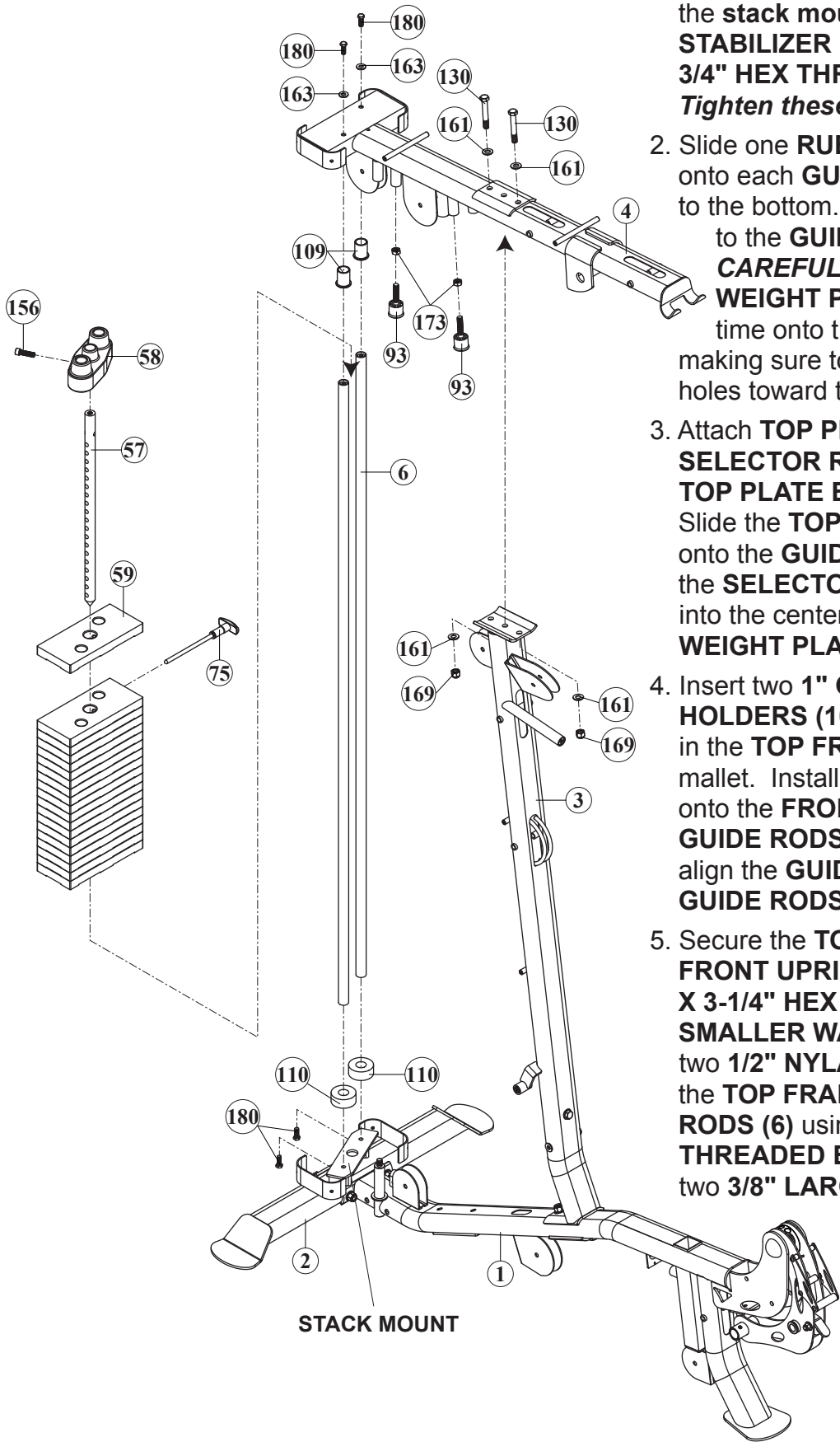
1. Attach the **REAR STABILIZER (2)** to the **MAIN FRAME (1)** using two **1/2" X 5" HEX BOLTS (129)** and two **1/2" NYLA-NUTS (169)**.

2. Attach the **FRONT UPRIGHT (3)** to the **MAIN FRAME (1)**, using two **1/2" X 3-1/4" HEX BOLTS (130)**, three **1/2" SMALLER WASHERS (161)**, and one **1/2" NYLA-NUT (169)**.





STEP 2 TOP FRAME AND WEIGHT STACK ASSEMBLY



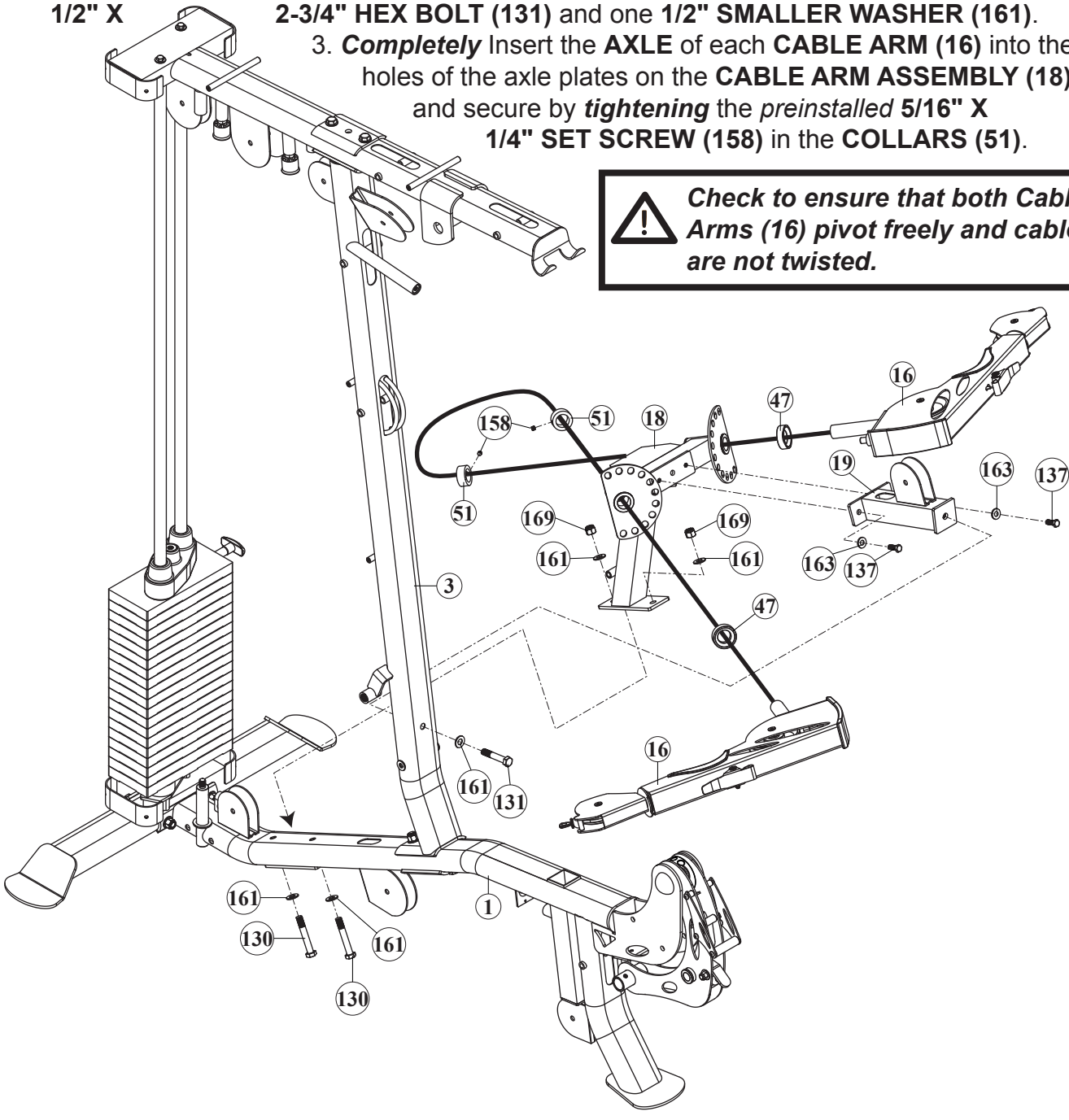
1. Attach the two **GUIDE RODS (6)** to the **stack mount** welded to the **REAR STABILIZER (2)** using two **3/8" X 3/4" HEX THREADED BOLTS (180)**. ***Tighten these bolts.***
2. Slide one **RUBBER CUSHION (110)** onto each **GUIDE ROD (6)** and push to the bottom. Apply silicone lubricant to the **GUIDE RODS (6)**, then ***CAREFULLY*** slide a total of 19 **WEIGHT PLATES (59)** one at a time onto the **GUIDE RODS (6)** making sure to orient the selector holes toward the side and bottom.
3. Attach **TOP PLATE (58)** to the **SELECTOR ROD (57)** using the **TOP PLATE BOLT (156)**. ***Tighten.*** Slide the **TOP PLATE Assembly** onto the **GUIDE RODS (6)**, running the **SELECTOR ROD (57)** down into the center holes of the **WEIGHT PLATES (59)**.
4. Insert two **1" GUIDE ROD HOLDERS (109)** into the holes in the **TOP FRAME (4)** with a rubber mallet. Install the **TOP FRAME (4)** onto the **FRONT UPRIGHT (3)** and **GUIDE RODS (6)** making sure to align the **GUIDE RODS (6)** into the **1" GUIDE RODS HOLDERS (109)**.
5. Secure the **TOP FRAME (4)** to the **FRONT UPRIGHT (3)** using two **1/2" X 3-1/4" HEX BOLTS (130)**, four **1/2" SMALLER WASHERS (161)**, and two **1/2" NYLA-NUTS (169)**. Secure the **TOP FRAME (4)** to the **GUIDE RODS (6)** using two **3/8" X 3/4" HEX THREADED BOLTS (180)** and two **3/8" LARGER WASHERS (163)**.

STEP 3 ASSEMBLE CABLE ARM

Remember to keep all BOLTS loose to ensure the holes will align easily.

1. Attach the **CABLE ARM ASSEMBLY (18)** to the **MAIN FRAME (1)**, using two **1/2" X 3-1/4" HEX BOLTS (130)** four **1/2" SMALLER WASHERS (161)** and two **1/2" NYLA-NUTS (169)**.
2. Attach **CABLE ARM ASSEMBLY (18)** to the **CABLE ARM CONNECTOR (19)**, using two **3/8" X 1" HEX THREADED BOLTS (137)** and two **3/8" LARGER WASHERS (163)**. Then attach the **CABLE ARM CONNECTOR (19)** to **FRONT UPRIGHT (3)**, using one **1/2" X 2-3/4" HEX BOLT (131)** and one **1/2" SMALLER WASHER (161)**.
3. ***Completely*** Insert the **AXLE** of each **CABLE ARM (16)** into the holes of the axle plates on the **CABLE ARM ASSEMBLY (18)** and secure by ***tightening*** the *preinstalled* **5/16" X 1/4" SET SCREW (158)** in the **COLLARS (51)**.

Check to ensure that both Cable Arms (16) pivot freely and cables are not twisted.





STEP 4 LEG EXTENSION AND SEAT ASSEMBLY

TIP! *TO EASE THE ASSEMBLY PROCESS, spray window cleaner or water into the holes of the* ***FOAM ROLLERS (40)*** *before sliding onto shafts.*

1. Attach the **R** and **L LEG EXTENSION ARMS (21R & 21L)** along with **RATCHET (32)** to the *preassembled* **LEG EXTENSION ASSEMBLY (20)** as shown. Secure by ***tightening*** both of the *preinstalled* **5/16" X 1/2" SET SCREW (157)**, one located in the **RATCHET (32)** and one in the **R LEG EXTENSION ARM (21R)**.

2. Slide a **PLASTIC CAP (104)** (domed side first) and **FOAM PAD (65)** onto each side **LEG EXTENSION ARMS (21R & 21L)**, and secure with **ALUMINUM CAPS (105)** and **5/16" X 1-1/4" COUNTER ALLEN BOLTS (149)** on each side. ***Tighten***.

3. Insert and center the **1" FOAM ROLLER HOLDER (40)** into the **LEG EXTENSION ASSEMBLY (20)**. Tighten the two preinstalled **5/16" X 1/2" SET SCREWS (157)**. Slide a **PLASTIC CAP (104)** (domed side first) and **FOAM PAD (65)** onto each side **1" FOAM ROLLER HOLDER (40)**, and secure with **ALUMINUM CAPS (105)** and **5/16" X 1-1/4" COUNTER ALLEN BOLTS (149)** on each side. ***Tighten***.

4. ***NOTE!*** *For this step. The seat pad has two sets of holes. Use the first and third holes from the REAR of the* ***SEAT PAD (63)***. Attach the **SEAT PAD (63)** *to the* **SEAT ADJ. HANDLE (11)**, using two **3/8" X 1-3/4" HEX THREADED BOLTS (135)** and two **3/8" LARGER WASHERS (163)**. Attach the **SEAT ADJ. FRAME (12)** to the **SEAT ADJ. HANDLE (11)** using two *SPECIAL* **3/8" X 1" ROUND INNER ALLEN BOLTS (145)**. ***Tighten both sets of bolts***.

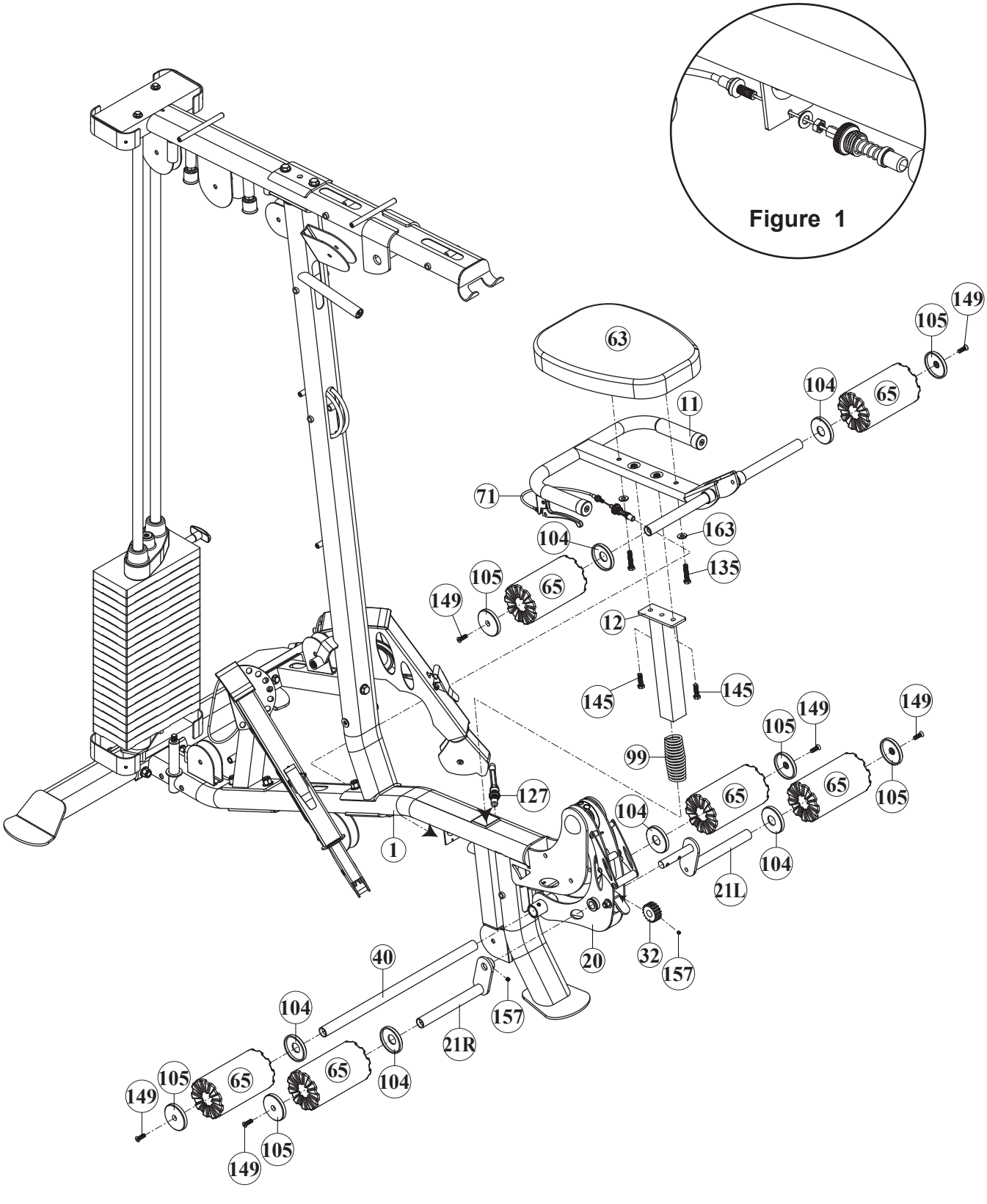
5. Insert the **SEAT SPRING (99)** into the **MAIN FRAME (1)**, then slide the **SEAT ADJ. FRAME (12)** over top of the **SEAT SPRING (99)** and into the **MAIN FRAME (1)**. You may need to loosen the pre-installed **TIGHTEN KNOB (127)** to allow the **SEAT ADJ. FRAME (12)** into the **MAIN FRAME (1)**.

   TIP! *You can use* ***TIGHTEN KNOB (127)*** *to eliminate play in the seat after you have adjusted the seat to the desired height.*

6. See Figure 1. Remove one of the two **small nuts** on the loose end of the **LONG CLUTH CABLE (71)**. Simultaneously slide the small threaded shaft through the opening in the **L-Bracket** welded to the **MAIN FRAME (1)** and completely ***thread*** and ***tighten*** the large **Pop-Pin** into the **Barrel** welded to the **Seat Post Receiver**. To start threading to get the pin to seat into one of the holes in the **SEAT ADJ. FRAME (11)**. ***Reinstall*** and ***tighten*** the **small nut** removed from the beginning of the step.

7. Slide a **PLASTIC CAP (104)** (domed side first) and **FOAM PAD (65)** onto each side of the **1" shafts** welded to the **SEAT ADJ. HANDLE (11)**, and secure with **ALUMINUM CAPS (105)** and **5/16" X 1-1/4" COUNTER ALLEN BOLTS (149)** on each side. ***Tighten.***

STEP 4 LEG EXTENSION AND SEAT ASSEMLY

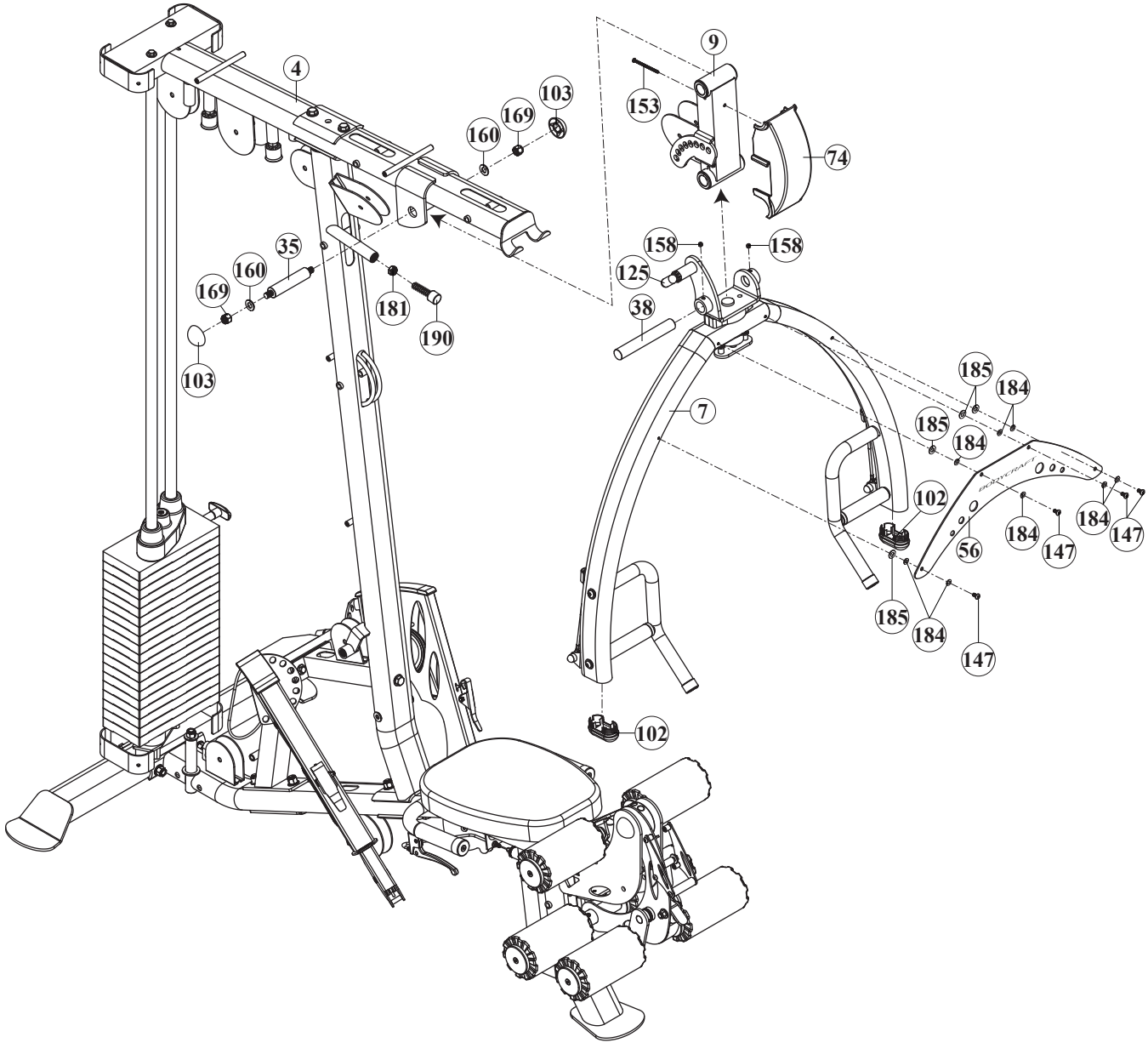


STEP 5 PRESS ARM ASSEMBLY

1. Secure the **PLASTIC COVER (74)** to the front of the **PRESS ARM SUPPORT (9)** using one **M5 X 63L SCREW (153)**. Attach the **PRESS ARM SUPPORT (9)** to the **TOP FRAME (4)** by aligning the holes and inserting the **AXLE (35)**. Secure and ***tighten*** using two **1/2" LARGER WASHERS (160)** and two **1/2" NYLA-NUTS (169)**. Cap with two **1/2" CAP NUTS (103)**.
2. Attach the **PRESS ARM (7)** to the **PRESS ARM SUPPORT (9)** by aligning the holes and inserting the **PRESS ARM AXLE (38)**. The **LONGER POP PIN (125)** should seat into one of the adjustment holes in the **PRESS ARM SUPPORT (9)**. Secure the **PRESS ARM AXLE (38)** by ***tightening*** the *preinstalled* **5/16" X 1/4" SET SCREW (158)**.

> ⚠ ***IMPORTANT! The washer arrangement in the next step is very important to prevent cracking of the PRESS ARM PANEL (56). DO NOT OVERTIGHTEN!***

3. Attach the **PRESS ARM PANEL (56)** to the **PRESS ARM (7)** using four **M6 WASHERS (185)**, eight **SMALL SEALING RINGS (184)** and four **M6 X 12L MALE SCREWS (147)**. Install two **END CAPS (102)** into the bottom of the **PRESS ARM (7)** using a rubber mallet.



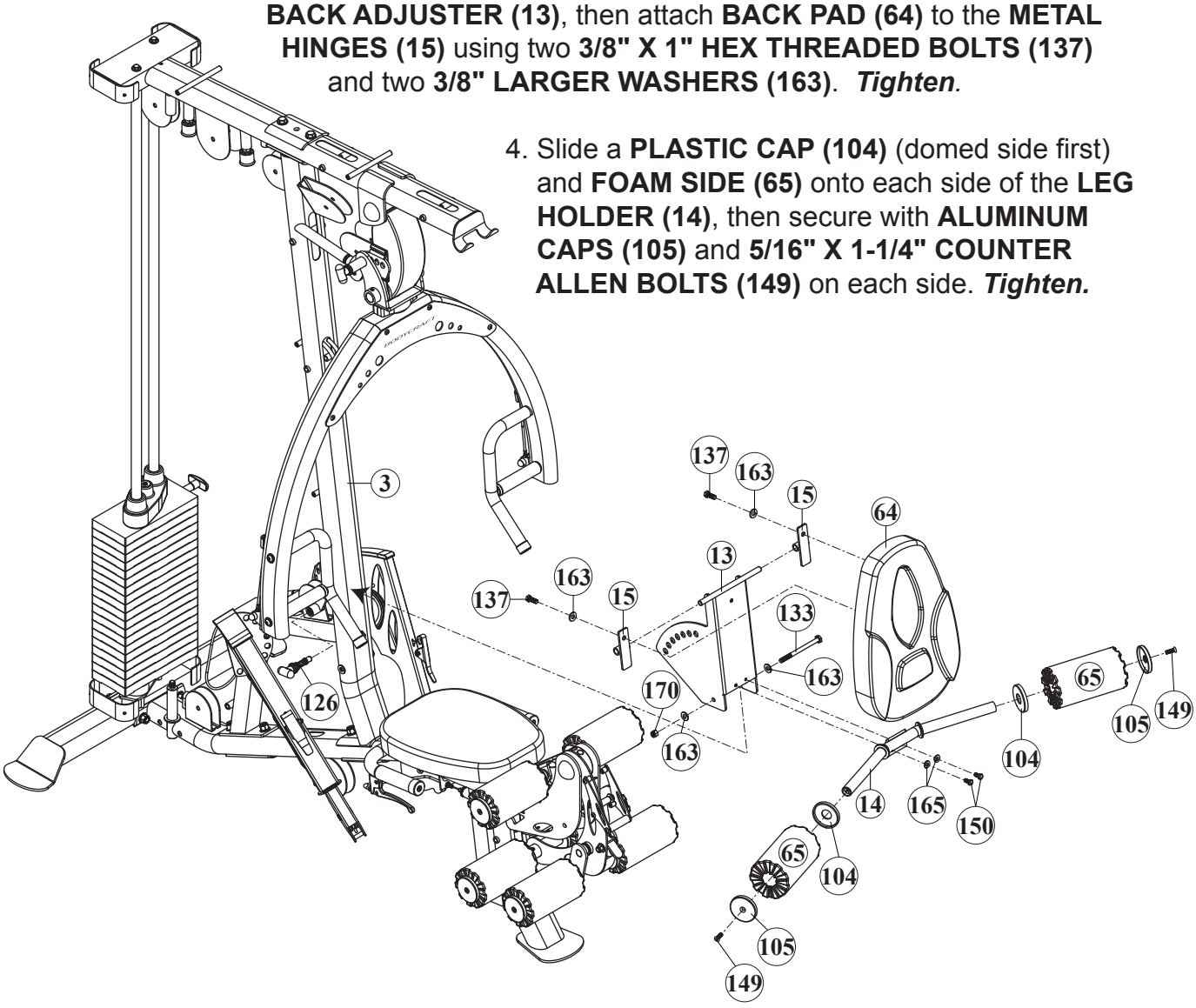
STEP 6 SEAT BACK ADJUSTER AND LEG HOLDER ASSEMBLY

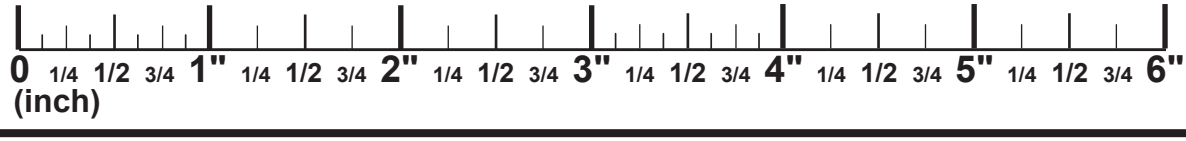
1. Attach the **SEAT BACK ADJUSTER (13)** to the **FRONT UPRIGHT (3)**, using one **3/8" X 5-1/4" HEX BOLT (133)**, two **3/8" LARGER WASHERS (163)** and one **3/8" NYLA-NUT (170)**. ***Tighten*** this bolt until the **SEAT BACK ADJUSTER (13)** is snug against the **FRONT UPRIGHT (3)** to eliminate play. **NOTE!** If it does not pivot FREELY, loosen slightly.

2. Attach the **LEG HOLDER (14)** ***(holes facing down)***, to the **SEAT BACK ADJUSTER (13)** using two **5/16" X 1/2" SCREWS (150)** and two **5/16" WASHERS (165)**. ***Tighten.***

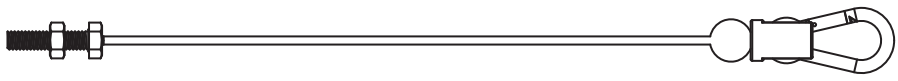
3. Slide two **METAL HINGES (15)** ***(holes facing up),*** onto the axle welded to the **SEAT BACK ADJUSTER (13)**, then attach **BACK PAD (64)** to the **METAL HINGES (15)** using two **3/8" X 1" HEX THREADED BOLTS (137)** and two **3/8" LARGER WASHERS (163)**. ***Tighten.***

4. Slide a **PLASTIC CAP (104)** (domed side first) and **FOAM SIDE (65)** onto each side of the **LEG HOLDER (14)**, then secure with **ALUMINUM CAPS (105)** and **5/16" X 1-1/4" COUNTER ALLEN BOLTS (149)** on each side. ***Tighten.***





STEP 7 INSTALL TOP CABLE



Threaded End **TOP CABLE (82)** Ball End

Assemble cables and pulleys simultaneously.
On the following pages, when references are made regarding the LEFT, RIGHT and FRONT of the machine, the directions are as if you are seated in the gym with your back against the Back Pad.

1. See Fig. 1 Insert the **Bolt-end** of the **TOP CABLE (82)** through the bottom of the front slot of the **TOP FRAME (4)**, then over **Pulleys T1** and **T2** as shown. Secure each pulley using one **3/8" X 109.5L FLAT PIN BOLT (140)** and one **M6 X 12L MALE SCREW (147)**. ***Tighten***. **NOTE!** The cable runs above the **TOP FRAME (4)**, *NOT* inside the tube.
2. See Fig. 2 Countinue routing the cable entering the top and exiting on bottom of the **Left Side Pulley T3** mount to the **PRESS ARM SUPPORT (9)** using one **3/8" X 2-3/4" HEX BOLT (142)** and one **3/8" NYLA-NUT (170)**. ***DO NOT Tighten.*** Route cable around **Pulley T4** mounted on the **FRONT UPRIGHT (3)** by entering the bottom and exiting the top. Secure using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170). *Tighten.***
3. See Fig. 3 Route the cable around **Right Side Pulley T5** mounted in the **PRESS ARM SUPPORT (9)**, by entering the top and exiting the bottom. ***Tighten.***
4. See Fig. 4 Route the cable under **Pulley T6** and mount in the slot in the **FRONT UPRIGHT (3)** using one **3/8" X 1-3/4" HEX BOLT (134)** and one 3**/8" NYLA-NUT (170)**. Continue to route the cable over **Pulley T7** and mount to the top rear of the **FRONT UPRIGHT (3)** using one **3/8" X 109.5L FLAT PIN BOLT (140)** and one **M6 X 12L MALE SCREW (147)**. ***Tighten.***
5. See Fig. 5 Install a **4-1/2" PULLEY (100)** into each of the **ADJ. PULLEY BLOCKS (23)** in the second hole below the welded stop plate. (*DO NOT TIGHTEN*. You may need to move the pulleys when adjusting the cables).
6. See Fig. 6 & 7 Route the cable over **Pulleys T9** and **T11** mounted to the **TOP FRAME (4)** while simultaneously routing the cable under the installed **Pulleys T8** and **T10** mounted in the **ADJ. PULLEY BLOCKS (23)**. (***NOTE!*** The **ADJ. PULLEY BLOCKS (23)** do not attach to the frame, they are held in place by the cable). Secure **Pulleys T9** and **T11** using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**. ***Tighten* Bolts** at **T9** and **T11**.
7. See Fig. 8 Secure the **TOP CABLE (82)** by threading the **Bolt-end** at least a third of the way into the **TOP PLATE ASSEMBLY (58)**. ***Tighten* Jam-nut** on the **Bolt-end** against the **TOP PLATE ASSEMBLY (58)**.
8. **Top Cable Adjustment**. There are multiple adjustment points. Remove cable slack by adjusting the two preinstalled **1/2" STOPPERS (93)** down onto the plates welded to the top of the **ADJ. PULLEY BLOCKS (23)** equally to remove all cable slack. If the slack cannot be completely removed, adjust one or both pulleys located in the **ADJ. PULLEY BLOCKS (23)** down one or move holes or adjust the **Bolt-end** of the cable in the **TOP PLATE ASSEMBLY (58)**.

The **Bolt-end** must be at least a 1/3 into the T**OP PLATE ASSEMBLY (58)**.
Tighten the **Jam-nuts** located on both **1/2" STOPPERS (93)**.
Tighten the pulleys located in both **ADJ. PULLEY BLOCKS (23)**.

STEP 7 INSTALL TOP CABLE

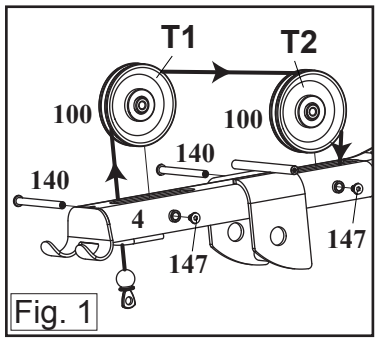


Fig. 1

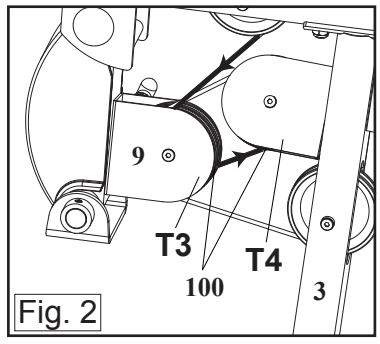


Fig. 2

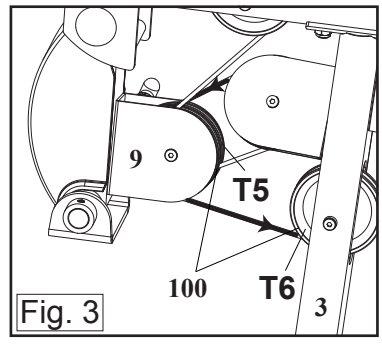


Fig. 3

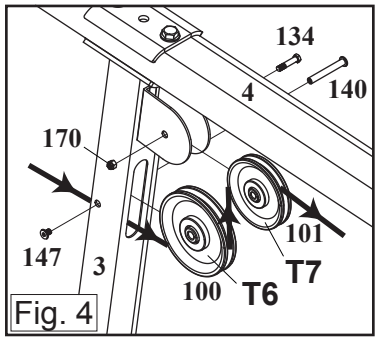


Fig. 4

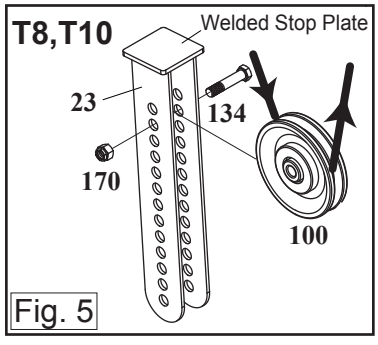


Fig. 5

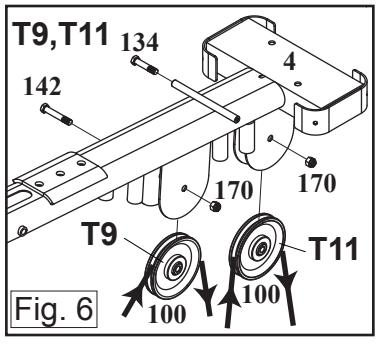


Fig. 6

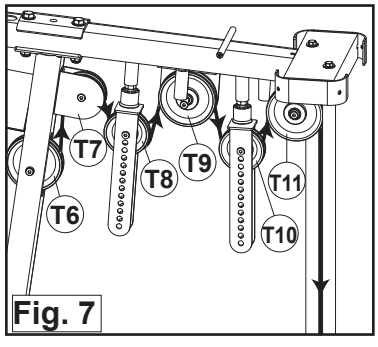


Fig. 7

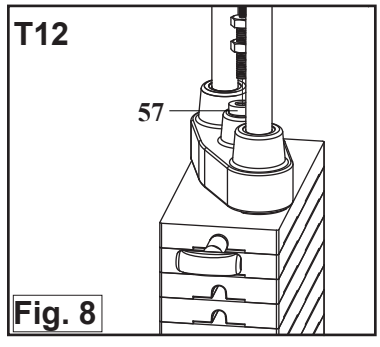
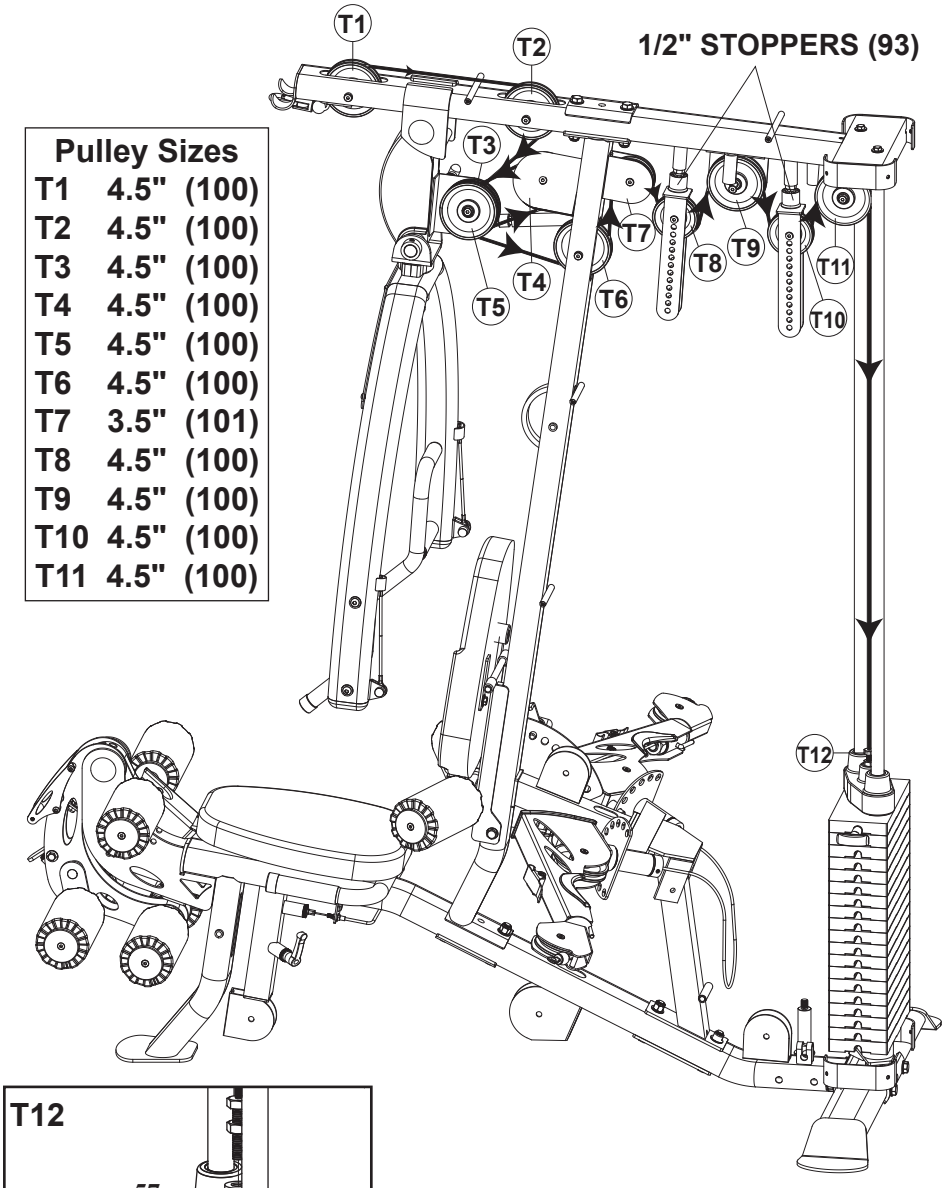
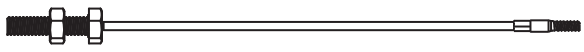


Fig. 8

Pulley Sizes		
T1	4.5"	(100)
T2	4.5"	(100)
T3	4.5"	(100)
T4	4.5"	(100)
T5	4.5"	(100)
T6	4.5"	(100)
T7	3.5"	(101)
T8	4.5"	(100)
T9	4.5"	(100)
T10	4.5"	(100)
T11	4.5"	(100)



STEP 8 AB CRUNCH CABLE INSTALLMENT

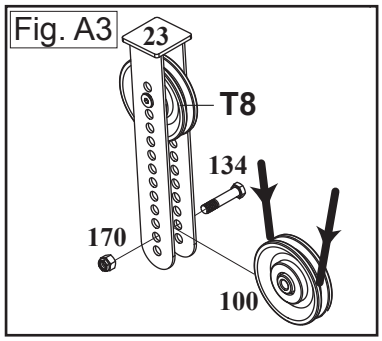


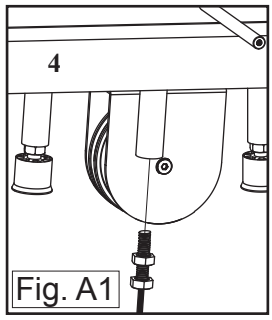
Bolt-end

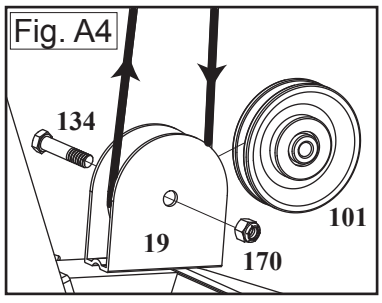


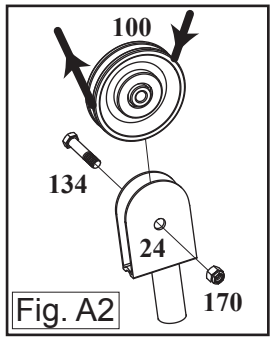
AB CRUNCH CABLE (83) **REMOVABLE END (83A)**

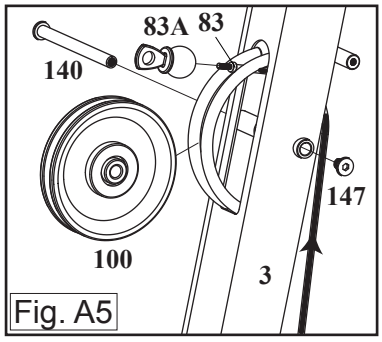
1. See Fig. A1 Screw the **Bolt-end** of the **AB CRUNCH CABLE (83)** at least one-third of the way into the threaded receptor welded to the **TOP FRAME (4).** This **Bolt-end** is an adjustment point if needed once all of the cables have been installed. ***Be sure to tighten the Jam-nut.***
2. See Fig. A2 Install one **4-1/2" PULLEY (100)** into **SINGLE PULLEY BLOCK (24)** using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**. ***Tighten***. Route the cable down to **Pulley A2**.
3. See Fig. A3 Install one **4-1/2" PULLEY (100)** into the second hole up of **ADJ. PULLEY BLOCK (23)** and secure with one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**. ***Tighten***. Continue routing the cable up to the **Pulley A3**.
4. See Fig. A4 Install one **3-1/2" PULLEY (101)** into the **CABLE ARM CONNECTOR (19)**, using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**. ***Tighten***. Continue routing the cable down to the **Pulley A4**.
5. See Fig. A5 Install one **4-1/2" PULLEY (100)** into the **FRONT UPRIGHT (3)**, using one **3/8" X 109.5L FLAT PIN BOLT (140)** and one **M6 X 12L MALE SCREW (147)**. ***Tighten***. Continue routing the cable up to and over the top of **Pulley A5**.
   Install **REMOVABLE END (83A)** at **A5**. **IMPORTANT!** ***Make sure it is completely tightened!***











STEP 9 INSTALL LEG EXTENSION CABLE



Threaded End **LEG EXTENSION CABLE (84)** Steel Ball End

1. See Fig. E1 & E2 Hook the steel ball end of the **LEG EXTENSION CABLE (84)** into the groove in the **LEG CURL CAM (22)**, and then route the cable in between two **Pulleys E2** and **E3** and secure using one **3/8" X 75L FLAT PIN BOLT (141)**, four **3/8" SMALLER WASHERS (164)** and one **M6 X 12L MALE SCREW (147)** each, as shown in **FIG STEP 1**. Continue routing cable down and around **Pulley E4** mounted in a slot in the front of the **MAIN FRAME (1)** using one **3/8" X 75L FLAT PIN BOLT (141)** and one **M6 X 12L MALE SCREW (147)**.
2. See Fig. E5,E6 & E7 Route the cable down around **Pulley E5** mounted under the **SEAT ADJ. FRAME (12)**, and secure using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**. Route the cable around **Pulley E6** mounted under rear part of the **MAIN FRAME (1)** and secure using one **4-1/2" PULLEY (100)**, one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**. Screw the threaded bolt-end into the **SINGLE PULLEY BLOCK (24)**.

Note: The **Threaded end** is an adjustment point. It should be threaded in a **minimum** of **one third** of the way into the **SINGLE PULLEY BLOCK (24)**. ***Tighten this cable so that it is very tight, but does not lift the TOP PLATE from the weight stack.***

Fig. E1

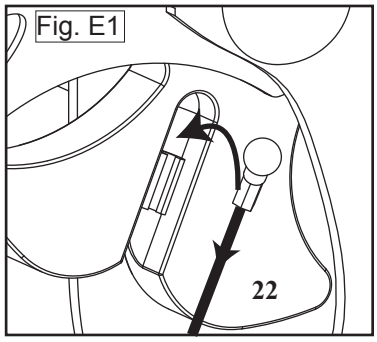
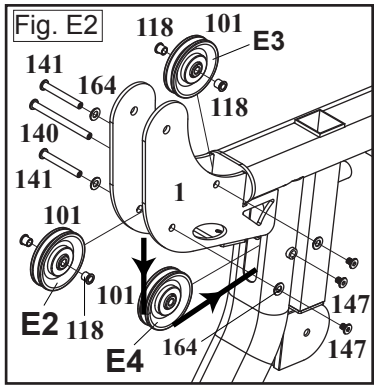
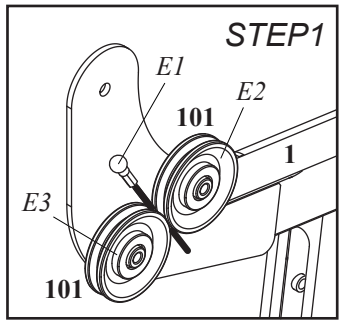


Fig. E2





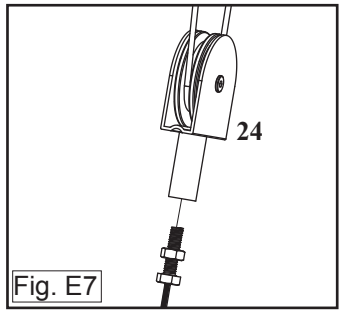


Fig. E7

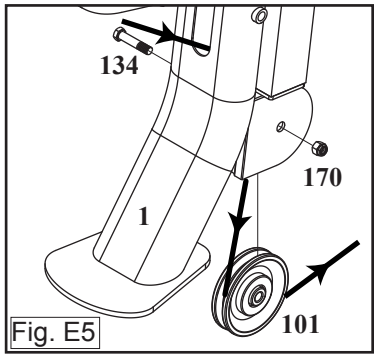


Fig. E5

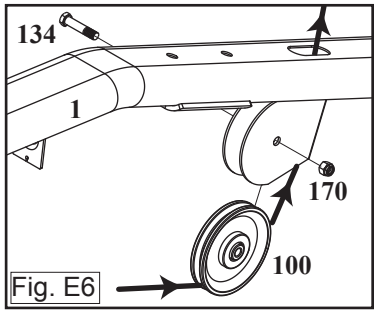
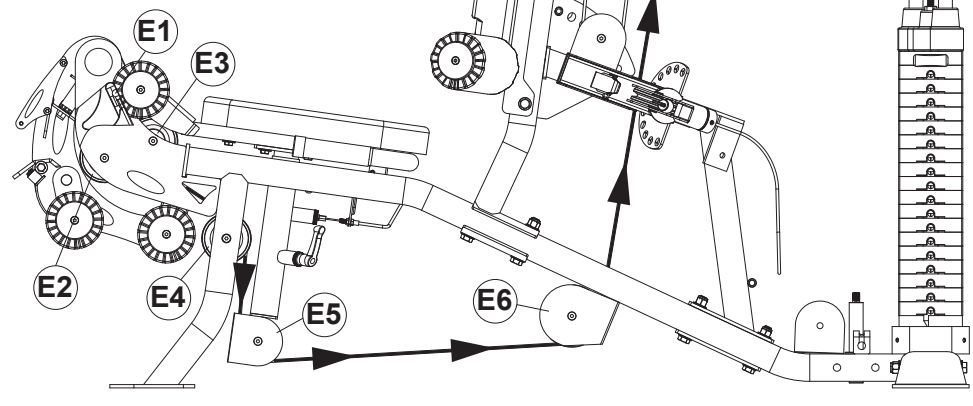


Fig. E6



STEP 10 INSTALL CONNECT CABLE



Threaded End **CONNECT CABLE (85)** Threaded End

1. See Figs. C1 & C2 Screw the threaded end of **CONNECT CABLE (85)** into the **SINGLE PULLEY BLOCK (24)** and route the cable up and over **Pulley C2** mounted on **TOP FRAME (4)**, using one **3/8" X 55L FLAT PIN BOLT (142)** and one **M6 X 12L MALE SCREW (147)**.

2. See Fig. C3 Route the cable down and around **Pulley C3** mounted on the **MAIN FRAME (1)**, using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**.

3. See Fig. C4 Continue to route cable up and around the **Pulley C4** mounted at second hole of **ADJ. PULLEY BLOCK (23)**, using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**.

4. See Figs. C5 & C6 Route the cable down and around **Pulley C5** mounted in the top of the **DOUBLE PULLEY BLOCK (25)** using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**. Finish by routing the cable up to screw into the threaded receptor welded to the **TOP FRAME (4)**.

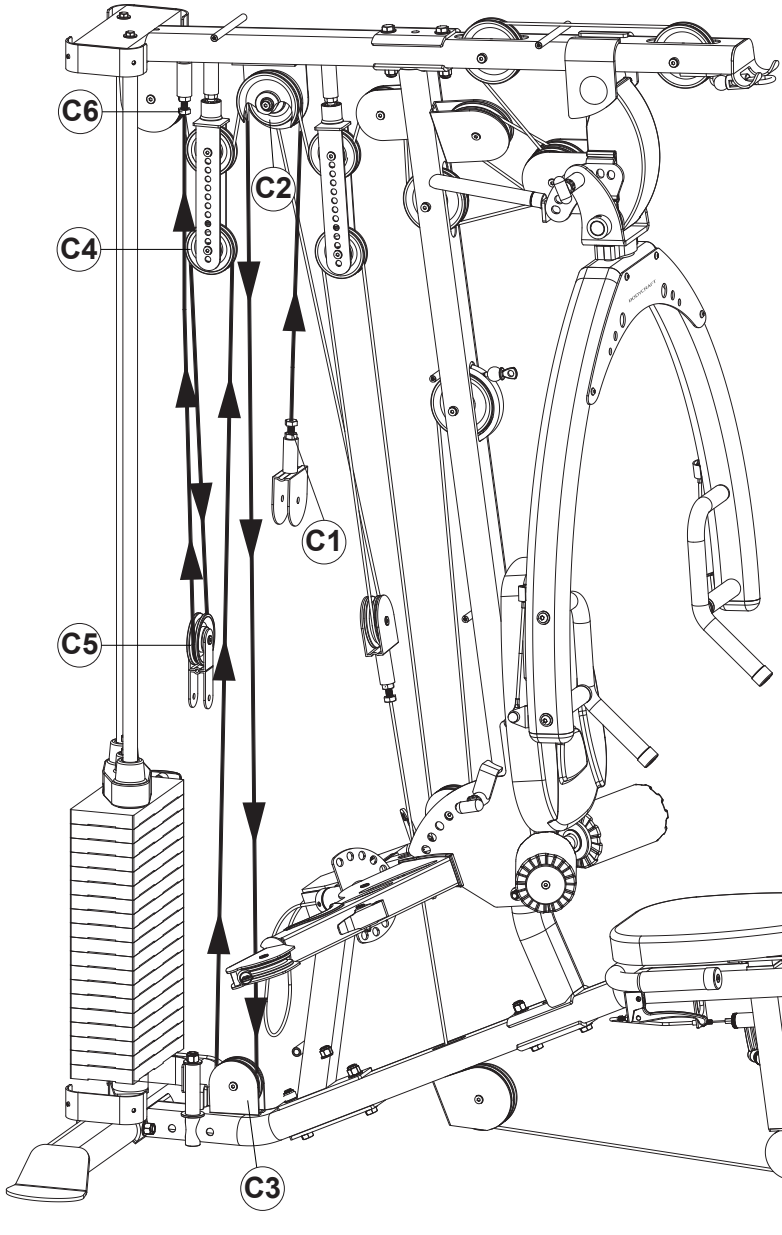


Fig. C1

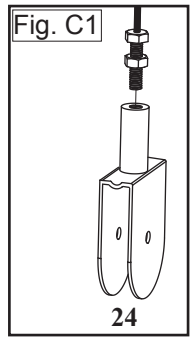


Fig. C2

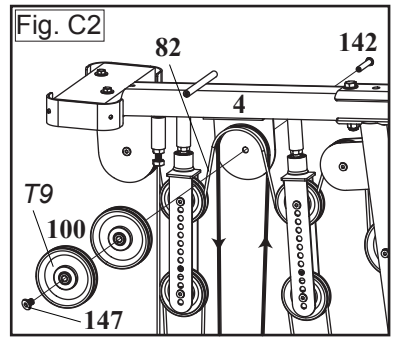
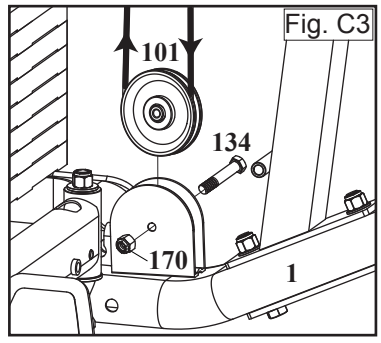


Fig. C3



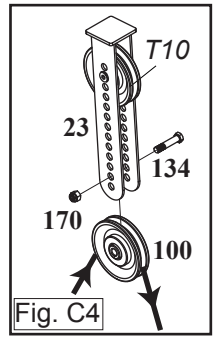
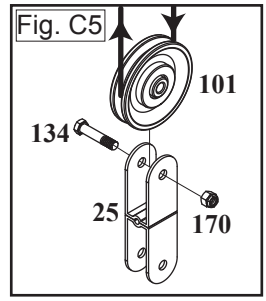


Fig. C4

Fig. C5



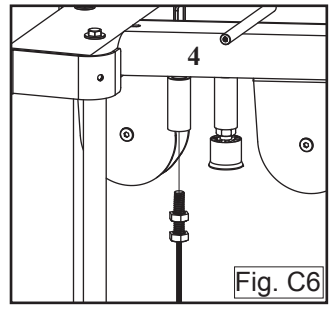
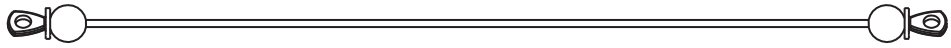


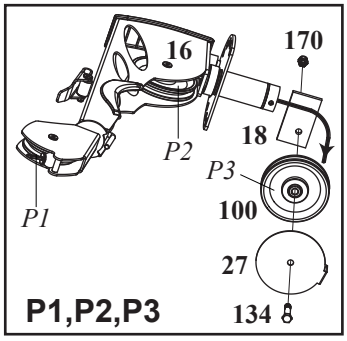
Fig. C6

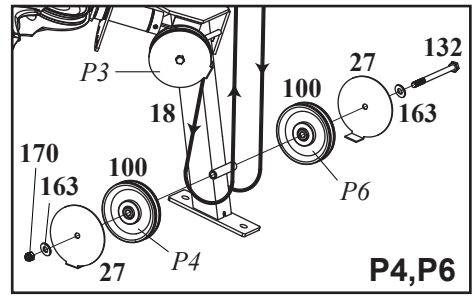
STEP 11 INSTALL CABLE ARM CABLE

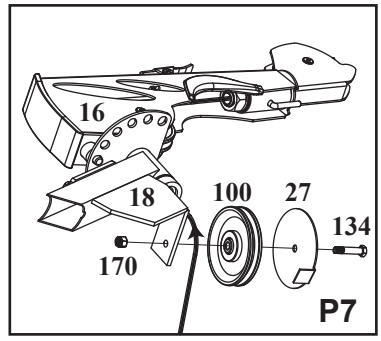


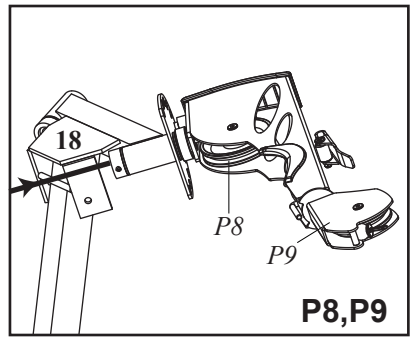
Ball End **CABLE ARM CABLE (86) (preinstalled)** Ball End

1. The **CABLE ARM CABLE (86)** is preinstalled in the **CABLE ARM (16)**. Mount **Pulleys P3** and **P7** along with their **PULLEY GUIDE BRACKET (27)** to the **CABLE ARM ASSEMBLY (18)** as shown, using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**. Route cable over top of these pulleys. ***Tighten*** these nuts, make sure the **PULLEY GUIDE BRACKETS (27)** do not rub against the cable.
2. Continue routing, on both sides, down and around the **Pulleys P4** and **P6** mounted to the base of **CABLE ARM ASSEMBLY (18)** using one **PULLEY GUIDE BRACKET (27)**, one **3/8" X 5-3/4" HEX BOLT (132),** two **3/8" LARGER WASHERS (163)** and one **3/8" NYLA-NUT (170)** for each side. ***Tighten*** these nuts, making sure the **PULLEY GUIDE BRACKET (27)** do not rub against the cable.
3. Route the cable up to **Pulley P5** mounted inside the **SINGLE PULLEY BLOCK (24)** that is dangling at the end of the **CONNECT CABLE (69)**. Install pulley using one **3/8" X 2" HEX BOLT (148)**, one **CABLE GUIDE PLATE (26)** downward and one **3/8" NYLA- NUT (170)**.

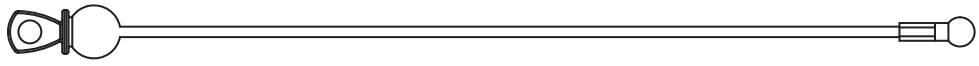








STEP 12 INSTALL LOW CABLE

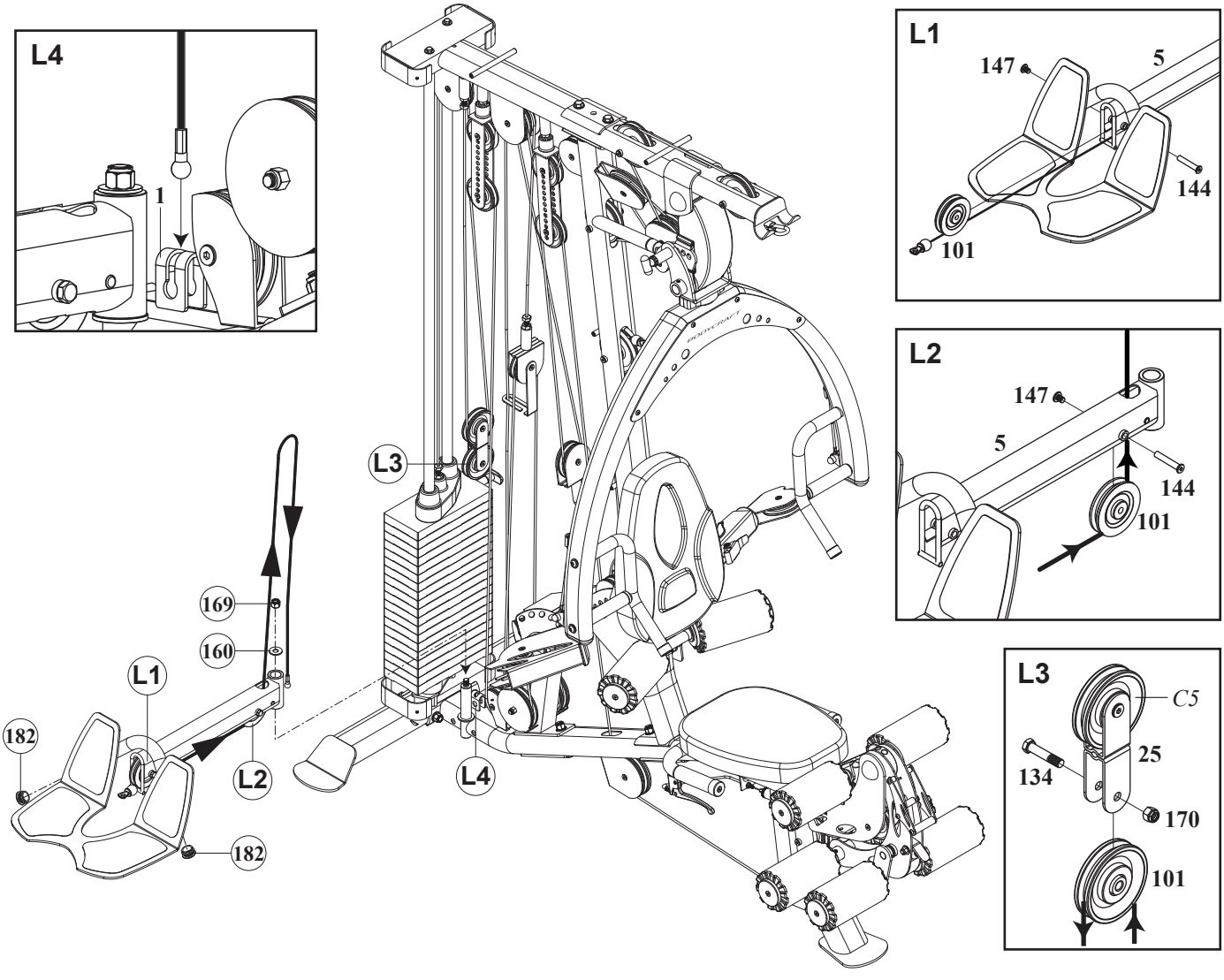


Ball End **LOW CABLE (87)** Steel Ball End

If you have purchased the OPTIONAL LEG PRESS, DO NOT INSTALL the LOW ROW CABLE (87). Follow the instructions in the LEG PRESS box.

1. Route the **LOW CABLE (87)** under **Pulley L1** mounted in the front of the **FOOT PLATE CONNECTOR (5)** using one **3/8" X 45L FLAT PIN BOLT (144)** and one **M6 X 12L MALE SCREW (147)**, then go around **Pulley L2**, using one **3/8" X 45L FLAT PIN BOLT (144)** and one **M6 X 12L MALE SCREW (147)**. The cable should run underneath the **FOOT PLATE CONNECTOR (5)**, ***not inside the tube***.

2. Continue routing cable up and over **Pulley L3** mounted at bottom of **DOUBLE PULLEY BLOCK (25)**, using one **3/8" X 1-3/4" HEX BOLT (134)** and one **3/8" NYLA-NUT (170)**, then down to clip steel ball end to the bracket welded at **MAIN FRAME (1)**.



STEP 13 WEIGHT STACK SHROUDS & ACRYLIC PANELS

1. Attach the **BOTTLE CAGE (68)** to the **RIGHT WEIGHT SHROUD (46R)** using two **M5 X 12L SCREWS (155)**, and two **M5 NYLA-NUTS (172)**. ***Tighten.***

2. Attach the **WEIGHT SHROUD (45)**, hole oriented toward bottom, to the tabs welded on the **REAR STABILIZER (2)**, and **TOP FRAME (4)** using four **5/16" X 1/2" SCREWS (150)**, and four **5/16" WASHERS (165)**. Then attach **LEFT WEIGHT SHROUD (46L)** to the tabs welded on the **REAR STABILIZER (2)**, and **TOP FRAME (4)** using two **5/16" X 1/2" SCREWS (150)**, and two **5/16" WASHERS (165)**. The **LEFT WEIGHT SHROUD (46L)** can be identified by the relief cut along the bottom, and without holes for the Bottle Cage. Then attach **RIGHT WEIGHT SHROUD (46R)** to the tabs welded on the **REAR STABILIZER (2)**, and **TOP FRAME (4)**, using two **5/16" X 1/2" SCREWS (150)**, and two **5/16" WASHERS (165)**.

TIGHTEN ALL BOLTS NOW!
Start from the bottom and work up.

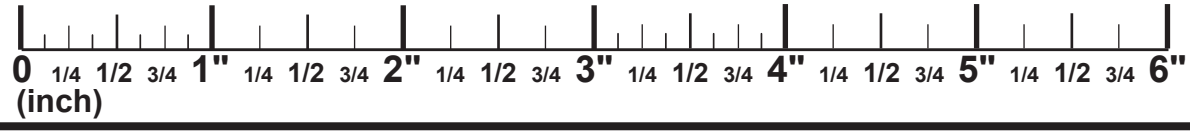
IMPORTANT! In the following steps, DO NOT OVERTIGHTEN the acrylic panels. Cracked panels due to overtightening are not covered under the warranty!

3. Attach two **ACRYLIC PANEL TRIMS (44)** to the tabs welded on the **FRONT UPRIGHT (3)**, using four **M6 X 70L ROUND SCREWS (151)** and four **PLASTIC STUDS (115)**.

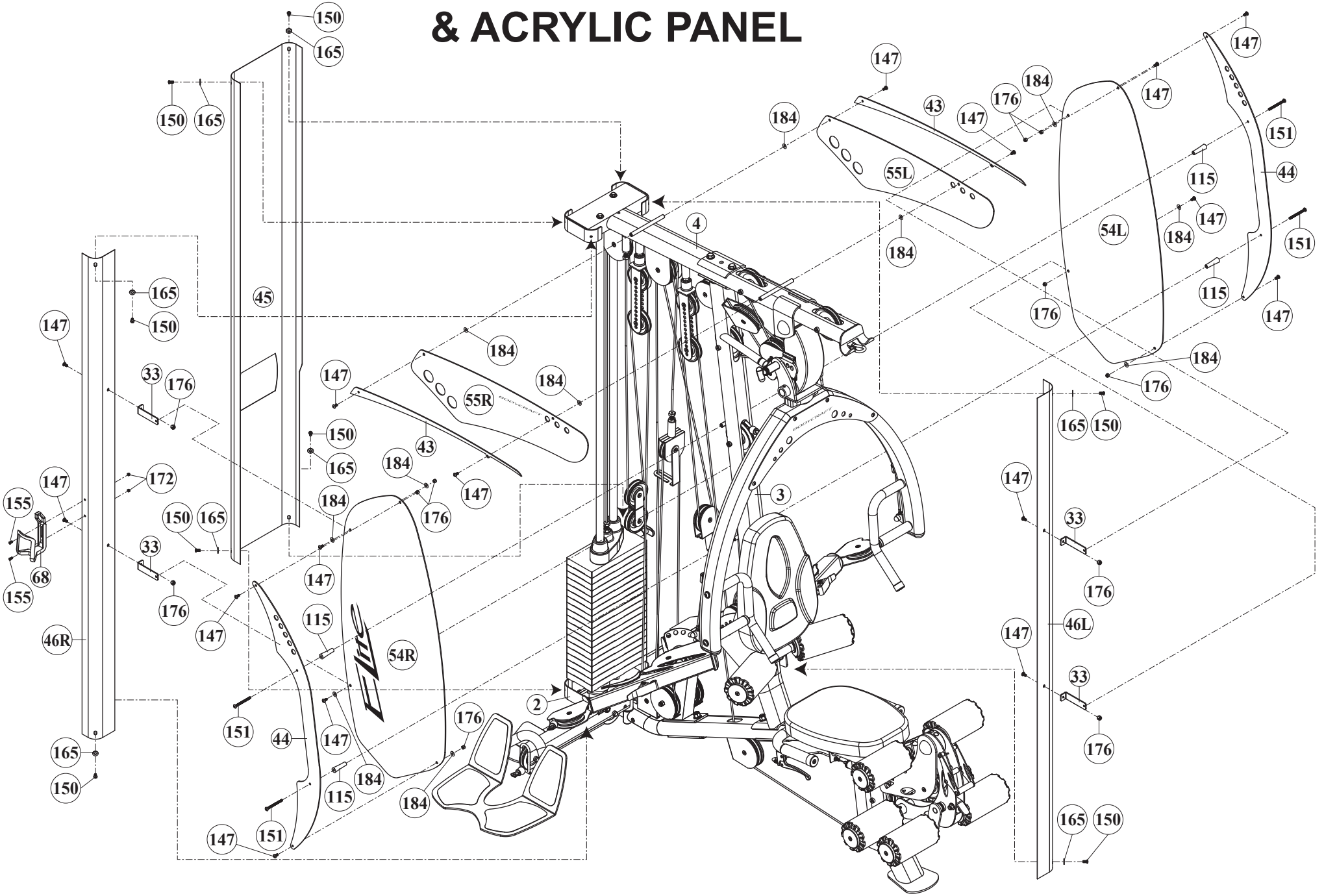
4. Attach two **L PLATES (33)** to the **RIGHT WEIGHT SHROUD (46R)** using one each **M6 X 12L MALE SCREW (147)** and one each **M6 ACORN NUT (176)**. Attach two **L PLATES (33)** to the **LEFT WEIGHT SHROUD (46L)** using one each **M6 X 12L MALE SCREW (147)** and one each **M6 CAP NUT (176)**.

5. Attach the **ACRYLIC PANELS (54L & 54R)** to the previously installed **L PLATES (33)** using **M6 X 12L SCREWS (147)**, **SMALL SEALING RINGS (184)**, and **M6 ACORN NUTS (176)**. Attach these **ACRYLIC PANELS (54L & 54R)** to the front **ACRYLIC PANEL TRIM (44)** using **M6 X 12L SCREWS (147)**, **SMALL SEALING RINGS (184)**, and **M6 CAP NUTS (176)**. The **ACRYLIC PANELS** should be in front of (covering) the **L PLATES**, and behind (exposing) the **ACRYLIC PANEL TRIM**.
DO NOT OVER TIGHTEN THE SCREWS! CRACKED PANELS DUE TO OVER TIGHTEN ARE NOT COVERED UNDER WARRANTY.

6. Attach the **TOP ACRYLIC PANELS (55R & 55L)** and **TOP PANEL TRIM (43)** to the **TOP FRAME (4)** using two **M6 X 12L SCREWS (147)** and two **SMALL SEALING RINGS (184)**.
DO NOT OVER TIGHTEN THE SCREWS! CRACKED PANELS DUE TO OVER TIGHTEN ARE NOT COVERED UNDER WARRANTY.



STEP 13 WEIGHT STACK SHROUD & ACRYLIC PANEL



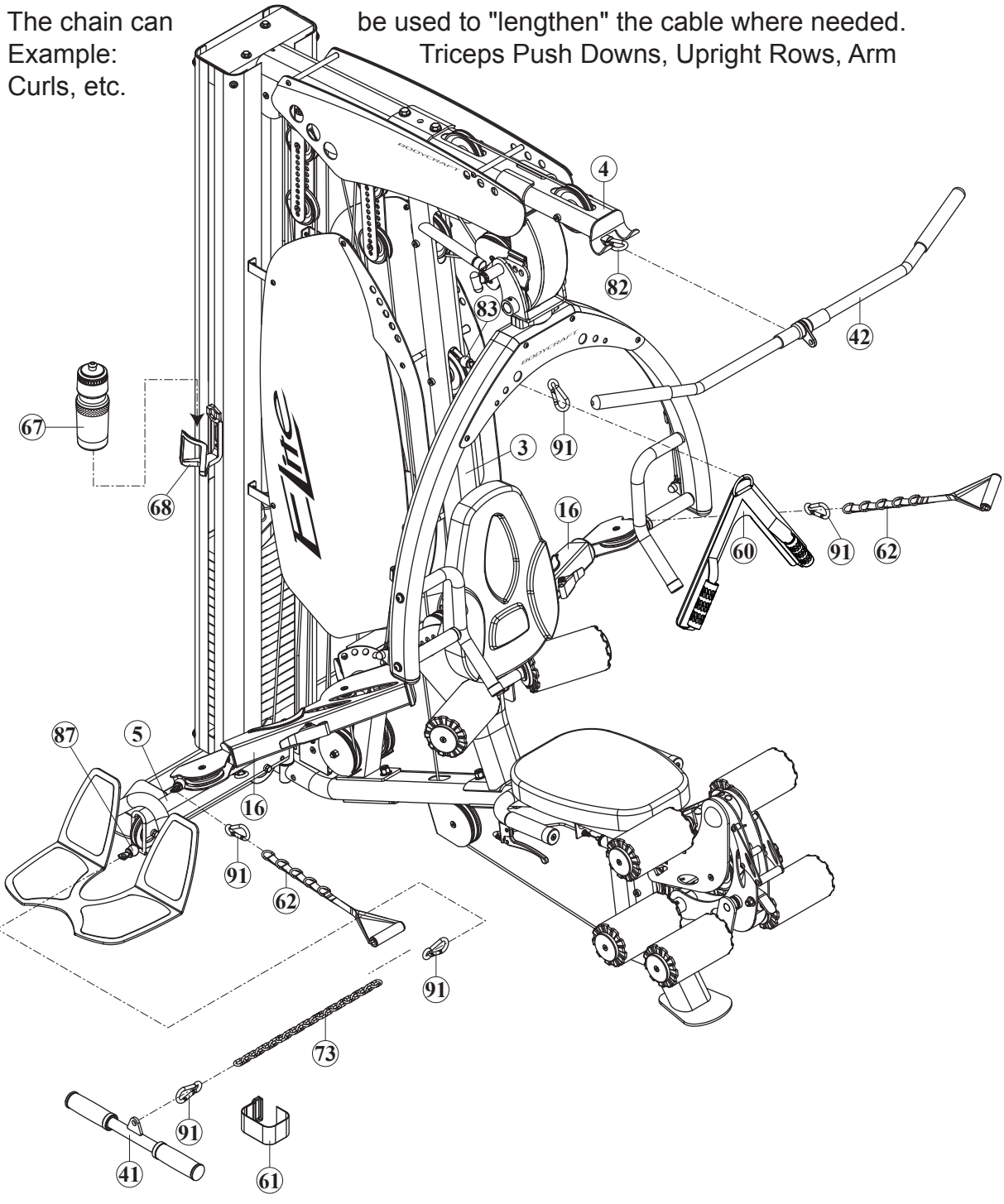
STEP 14 ATTACH ACCESSORIES

1. Attach **WATER BOTTLE (67)** to the **BOTTLE CAGE (68)** and the **LAT BAR (42)** to **TOP CABLE (82)** and rest on Lat Bar Holder.

2. Attach **AB CRUNCH STRAP (60)** with **CLIP (91)** to the **AB CRUNCH CABLE (83)** and **MULTIPLE D-RING SINGLE HANDLE (62)** to **CABLE ARM (16)**.

3. Attach **CURL BAR (41)** with **CLIP (91)**, **CHAIN (73)** to the **LOW CABLE (87)**.

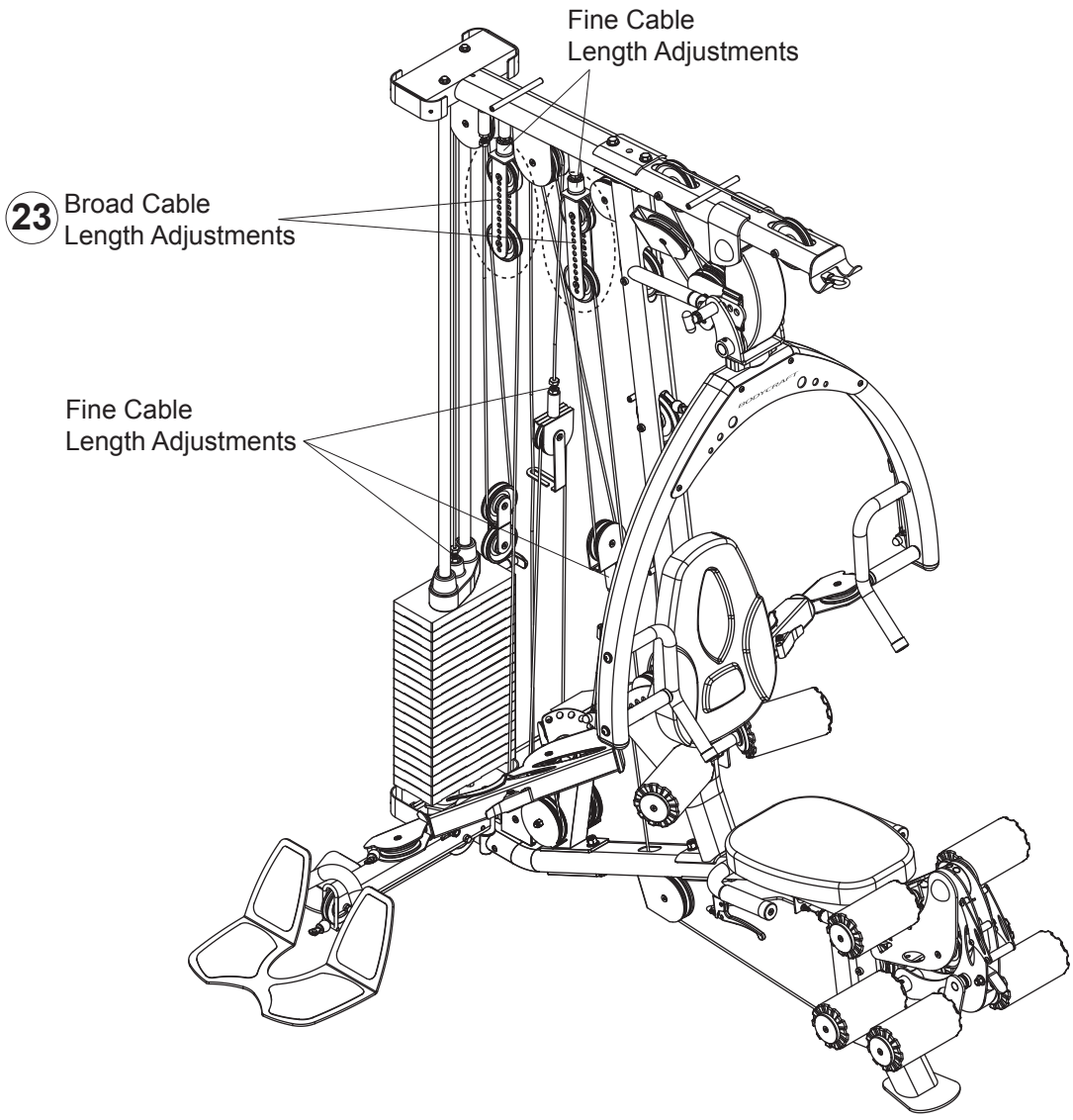
4. The chain can be used to "lengthen" the cable where needed. Example: Triceps Push Downs, Upright Rows, Arm Curls, etc.



The Cable Adjustment of ELITE GYM

a. The Cables should be tightened to the point just before the Top Plate lifts off the stack. In other words, if the Top Plate is not resting on the stack, you will need to add length, or, if there is slack in the cables, you will need to shorten the cables. There are several adjustment points. If only minor adjustments need to be made, you can adjust the Screw ends on the Top Cable (at the Top Plate), the Low Cable (where it screws into the Pulley Block), or the Bench Press Cable (where it screws into the Pulley Block with Stopper). **These ends of these cables must be screwed in at least 1/3 of their length for safety purposes.** Once you are done with these adjustments, lock them into place using the jam nuts.

b. Broader adjustments are made at the Adjustable Pulley Block (23). Moving the bottom pulley toward the center decreases length (takes up slack). Conversely, moving the bottom pulley outward gains cable length.



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 (75) 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 (58) 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 Elite Strength Training System. 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.