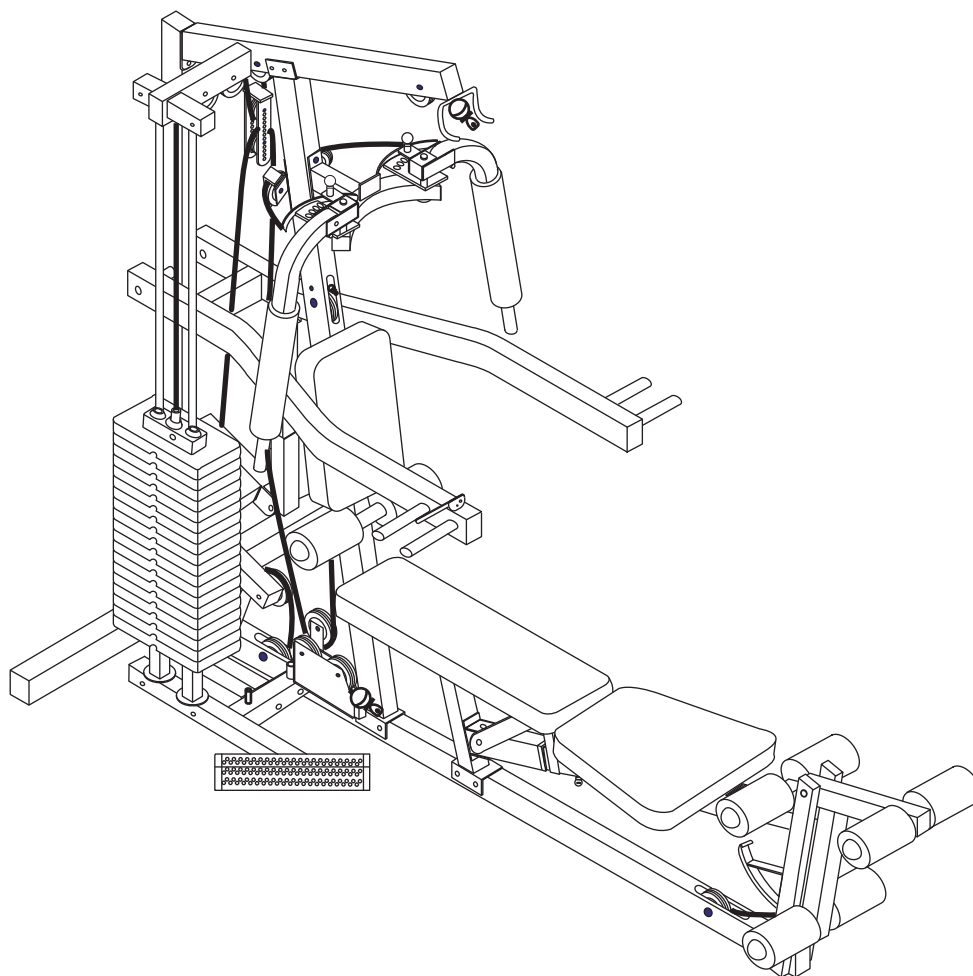


BODYCRAFT

STRATA STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL



QUESTION?

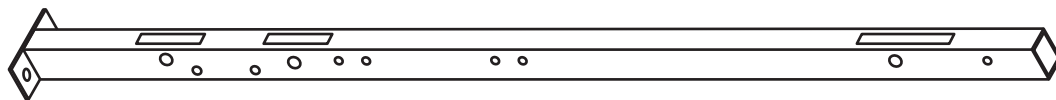
As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BodyCraft at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

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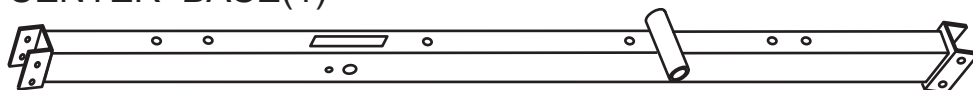
PARTS LIST

NO.	DESCRIPTION	QTY.	NO.	DESCRIPTION	QTY.
1	CENTER BASE	1	56	TEFLON WASHER	6
2	LEFT WEIGHT BASE	1	57	1/2" X 5" HEX HEAD BOLT	1
3	REAR SUPPORT	1	58	1/2" X 4-1/2" HEX HEAD BOLT	3
4	STABILIZER	1	59	1/2" X 4" HEX HEAD BOLT	3
5	FRONT SUPPORT	1	60	1/2" X 3-1/2" HEX HEAD BOLT	6
6	SWIVEL PULLEY BRACKET	1	61	1/2" X 3" HEX HEAD BOLT	6
7	STACK SPACER	2	62	3/8" X 4" HEX HEAD BOLT	2
8	GUIDE ROD	2	63	3/8" X 3-3/4" HEX HEAD BOLT	4
9	TOP BEAM	1			
10	LEVER BASE	1	65	3/8" X 2-3/4" HEX HEAD BOLT	15
11	LEVER ARM	1	66	3/8" X 2-1/2" HEX HEAD BOLT	2
12	PRESS ARM	1	67	3/8" X 2" HEX HEAD BOLT	10
13	ADJUSTABLE TUBE	1			
14	CHROME INSERT TUBE	1	69	3/8" X 3/4" HEX HEAD BOLT	2
15	3/4" x 11" AXLE	2	70	5/16" X 3/4" HEX HEAD BOLT	2
16	CONTROL HANDLE	1	71	M6 ROUND HEAD SCREW	2
17	BENCH SUPPORT	1	72	TOP PLATE BOLT	1
18	SEAT SLIDER	1	73	5/16" X 1/2" SETSCREW	4
19	SEAT SUPPORT	1	74	1/2" WASHER	36
20	LEG EXTENSION	1	75	3/8" WASHER	65
21	SEAT HINGES	2	76	1/2" NYLON NUT	23
22	BACK SUPPORT	1	77	3/8" NYLON NUT	32
23	SUPPORT PLATE	2	78	M6 NYLON NUT	2
24	U-PIN	1	79	PUSH NUT	1
25	PEC DEC PULLEY BRACKET	1	80	SELECTOR ROD	1
26	PEC DEC SUPPORT	1	81	WEIGHT PLATE	19
27	ADJUSTABLE CAMS	2	82	TOP PLATE	1
28	R PEC DEC ARM BRACKET	1	83	ADJUSTMENT CABLE	1
29	L PEC DEC ARM BRACKET	1	84	TOP CABLE	1
30	PEC DEC ARMS	1	85	PEC DEC CABLE	1
31	ROLLER TUBE	4	86	AB CRUNCH CABLE	1
32	FLOATING PULLEY BLOCK	2	87	LOWER CABLE	1
33	SINGLE PULLEY BRACKET	1	88	SNAP LINKS	1
34	CABLE GUIDE	4	89	HOOK	4
35	CURL BAR	1	90	PULLEY	19
36	LAT BAR	1	91	SEAT	1
37	SELECT PIN	1	92	SEAT BACK PAD	1
38	45 X 75 RECT. END CAP	15	93	BACK PAD	1
39	1" X 2" RECT. END CAP	3	94	4" X 14" ROLLER PAD	2
40	60 SQUA. END CAP	2	95	4" X 8" ROLLER PAD	8
41	50 SQUA. END CAP	14	96	1-1/4" HAND GRIP	6
42	1" ROUND END CAP	1	97	1" X 200 HAND GRIP	2
43	50 SQUA. w/H END CAP	2	98	1" X 130 HAND GRIP	2
44	PLASTIC NUT CAP	8	99	AB CRUNCH	1
45	RUBBER CUSHION	2	100	SINGLE HANDLE	1
46	RUBBER BUMPPER	2	101	ANKLE STRAP	1
47	NONSLIP	1	102	HEX WRENCH(tool)	1
48	SQUA. INSER SPACER	2	103	OWER'S MANUAL	1
49	3/4" STEEL BUSHING	8	104	ENFORCED PLATE	1
50	1/2" STEEL BUSHING	6			
51	INSERT SPACE	16			
52	ROUND CHROMED CAP	8			
53	TENSION KNOB	1			
54	SPRING PIN	3			
55	E-RING	1			

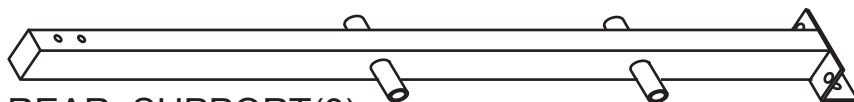
PARTS CHART



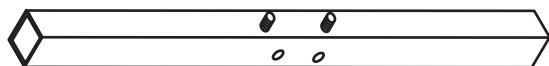
CENTER BASE(1)



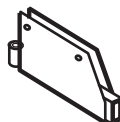
FRONT SUPPORT(5)



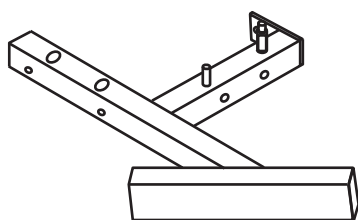
REAR SUPPORT(3)



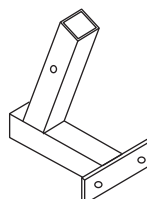
STABILIZER(4)



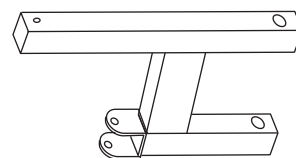
SWIVEL PULLEY
BRACKET(6)



LEFT WEIGHT BASE(2)



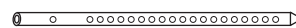
LEVER BASE(10)



LEVER ARM(11)



STACK SPACER(7)



SELECTOR ROD(80)

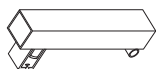


WEIGHT PLATE(81)

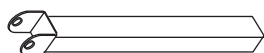


TOP PLATE(82)

GUIDE ROD(8)



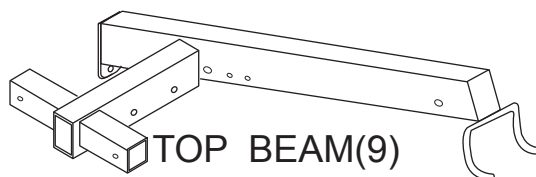
ADJUSTABLE
TUBE(13)



CHROME INSERT
TUBE(14)



3/4" x 11" AXLE(15)



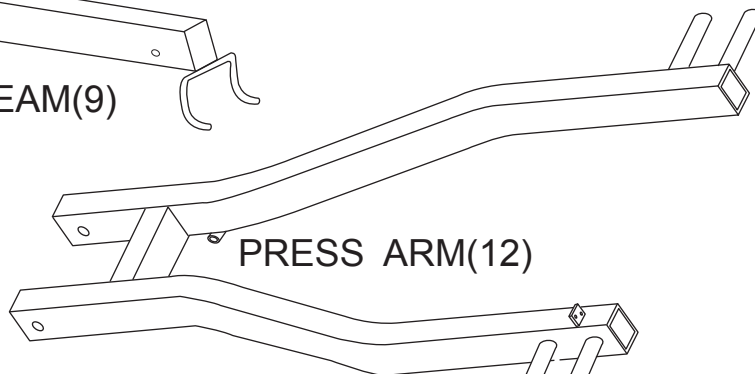
TOP BEAM(9)



ENFORCED
PLATE(104)



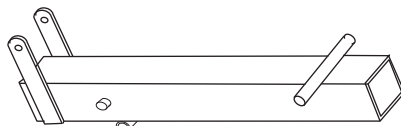
CONTROL HANDLE(16)



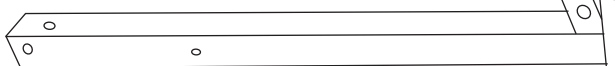
PRESS ARM(12)



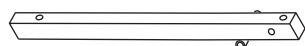
BENCH
SUPPORT(17)



SEAT SLIDER(18)



SEAT SUPPORT(19)



BACK SUPPORT(22)



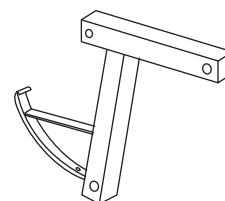
SEAT HINGES(21)



SUPPORT
PLATE(23)



U-PIN(24)

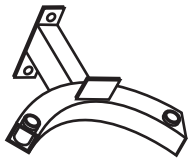


LEG EXTENSION(20)

PARTS CHART



PEC DEC PULLEY
BRACKET(25)



PEC DEC
SUPPORT(26)



ROLLER TUBE(31) FLOATING
PULLEY BLOCK(32)



ADJUSTABLE CAM(27)



SINGLE PULLEY
BRACKET(33)



PULLEY GUIDE(34)



CURL BAR(36)



SELECT PIN(37)



R PEC DEC
ARM BRACKET(28)



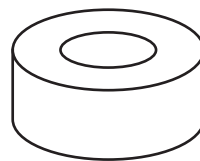
L PEC DEC
ARM BRACKET(29)



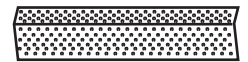
LAT BAR(35)



PLASTIC NUT
CAP(44)



RUBBER CUSHION(45)



NONSLIP(47)



PEC DEC ARM(30)



3/4" STEEL
BUSHING(49)



1/2" STEEL
BUSHING(50)



INSERT
SPACE(51)



ROUND CHROMED
CAP(52)



TENSION
KNOB(53)



SPRING PIN(54)



E - RING(55)



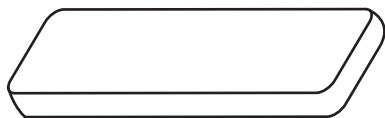
TEFLON
WASHER(56)



CHAIN(88)



HOOK(89)



SEAT BACK PAD(92)



4" x 14"
ROLLER PAD(94)



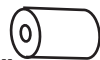
1-1/4"
HAND GRIP(96)



PULLEY(90)



BACK PAD(93)



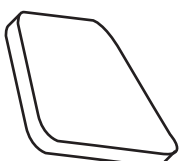
4" X 8"
ROLLER PAD(95)



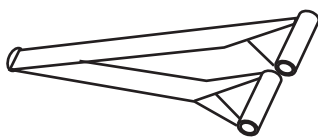
1" x 200
HAND GRIP(97)



1" x 130
HAND GRIP(98)



SEAT(91)



AB CRUNCH(99)

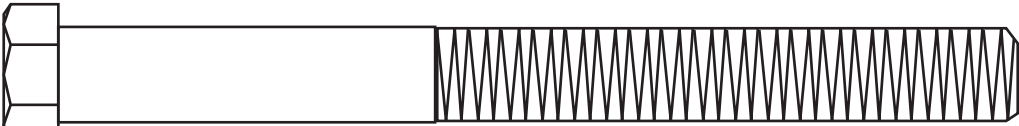


SINGLE HANDLE(100)

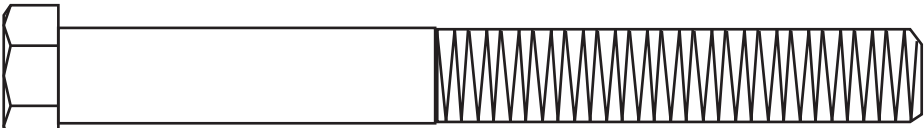


ANKLE STRAP(101)

FASTENER CHART



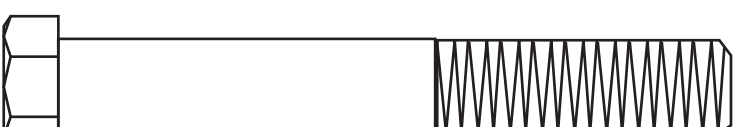
1/2" X 5" HEX HEAD BOLT(57)



1/2" X 4-1/2" HEX HEAD BOLT(58)



1/2" X 4" HEX HEAD BOLT(59)



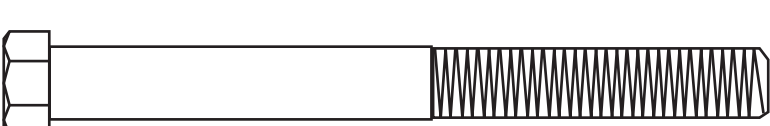
1/2" X 3-1/2" HEX HEAD BOLT(60)



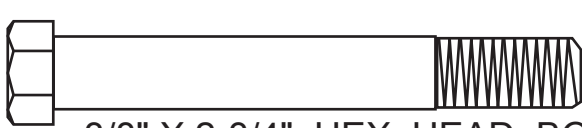
1/2" X 3" HEX HEAD BOLT(61)



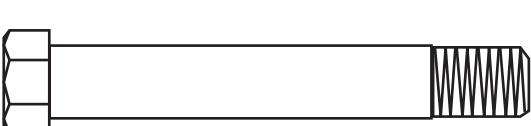
3/8" X 4" HEX HEAD BOLT(62)



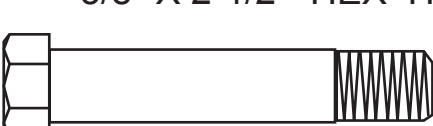
3/8" X 3-3/4" HEX HEAD BOLT(63)



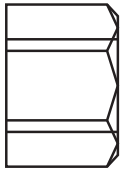
3/8" X 2-3/4" HEX HEAD BOLT(65)



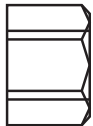
3/8" X 2-1/2" HEX HEAD BOLT(66)



3/8" X 2" HEX HEAD BOLT(67)



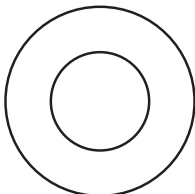
1/2" NYLON NUT(76)



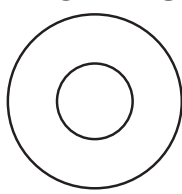
3/8" NYLON NUT(77)



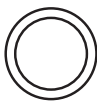
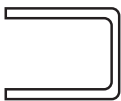
M6 NYLON NUT(78)



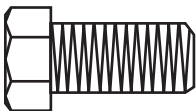
1/2" WASHER(74)



3/8" WASHER(75)



3/8" PUSH NUT(79)



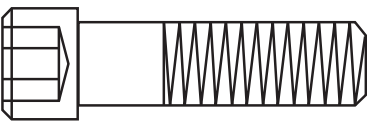
3/8" X 3/4" HEX HEAD BOLT(69)



5/16" X 3/4" HEX HEAD BOLT(70)



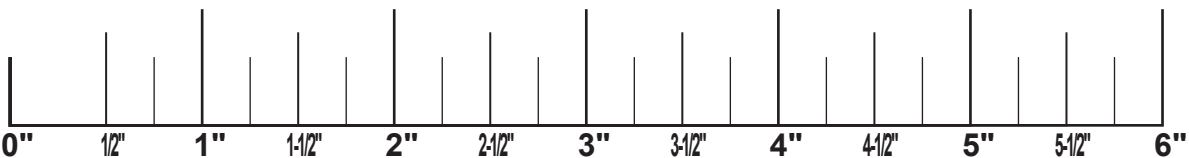
M6 X 15 ROUND HEAD SCREW(71)



TOP PLATE BOLT(72)



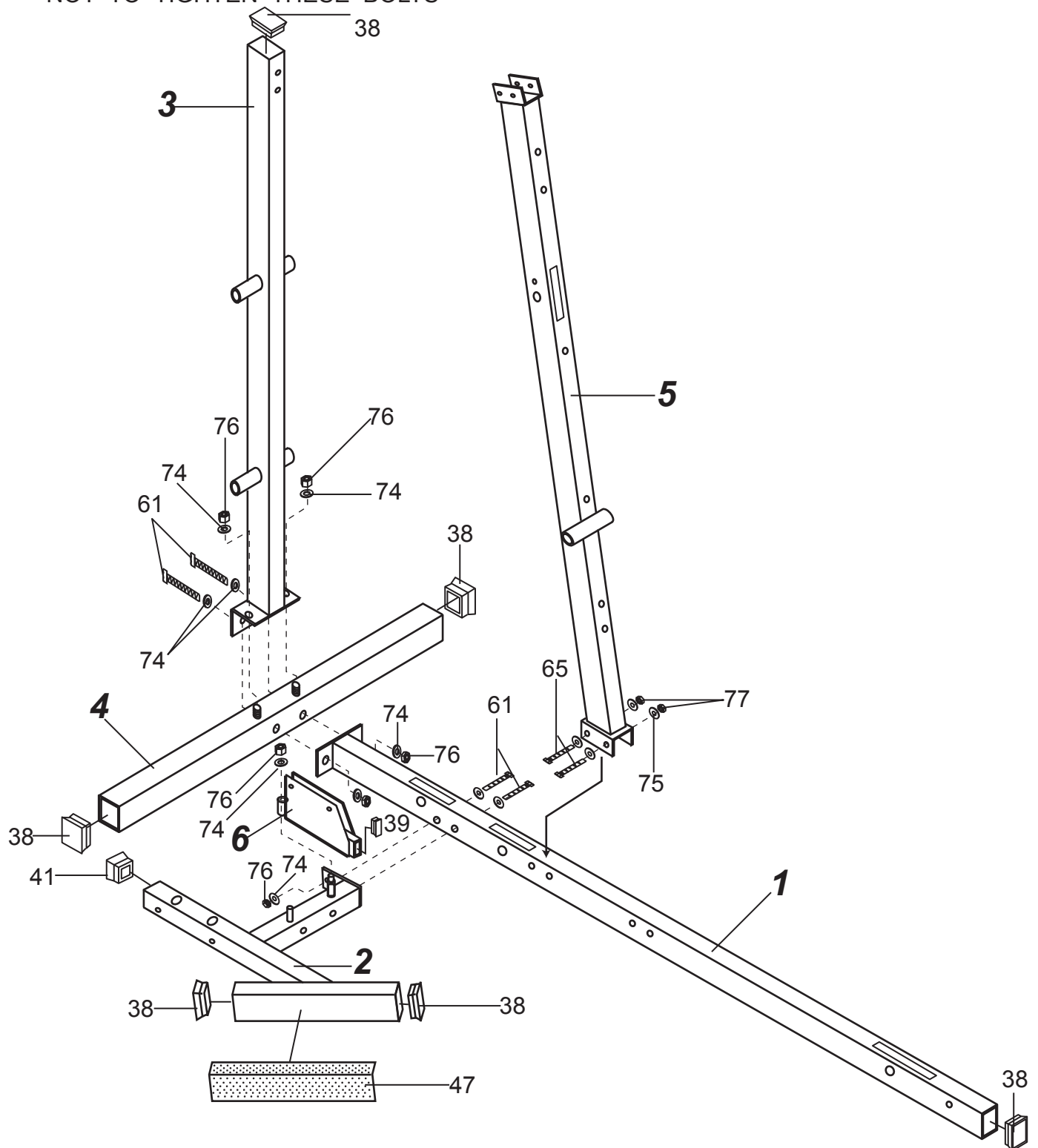
5/16" X 1/2" SETSCREW(73)



To ease the assembly process, do not tighten bolts until instructed.

STEP1

1. Attach LEFT WEIGHT BASE(2) to CENTER BASE(1) using two 1/2" X 3" HEX HEAD BOLT(61), three 1/2" WASHER(74) and one 1/2" NYLON NUT(76). Attach SWIVEL PULLEY BRACKET(6) to the shaft of LEFT WEIGHT BASE(2) using 1/2" WASHER(74) and 1/2" NYLON NUT(76).
2. Attach REAR SUPPORT(3) to STABILIZER(4) and CENTER BASE(1) using two 1/2" X 3" HEX HEAD BOLT(61), six 1/2" WASHER(74) and four 1/2" NYLON NUT(76).
3. Attach FRONT SUPPORT(5) to CENTER BASE(1) using two 3/8" X 2-3/4" HEX HEAD BOLT(65), four 3/8" WASHER(75) and 3/8" NYLON NUT(77). MAKE SURE NOT TO TIGHTEN THESE BOLTS



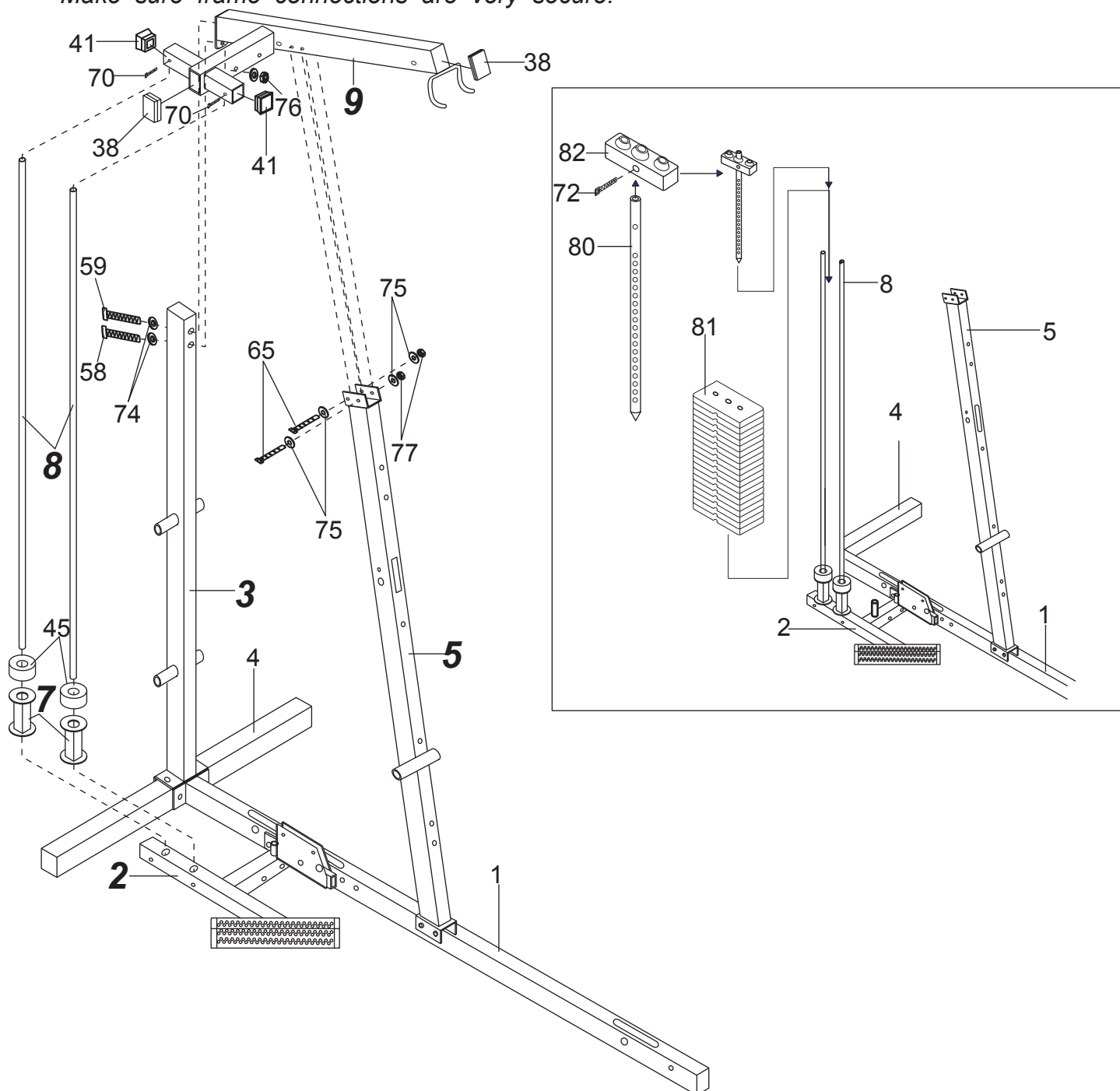
STEP2

1. Slide STACK SPACERS(7), RUBBER CUSHIONS(45) onto GUIDE RODS(8) and insert into holes in LEFT WEIGHT BASE(2) as shown.
2. Slide WEIGHT PLATE(81) onto GUIDE ROD(8) as shown. Assemble TOP PLATE(82) to SELECTOR ROD(80) using the TOP PLATE BOLT(72), Slide TOP PLATE(82) onto GUIDE RODS(8) and inserting SELECTOR ROD(80) into center hole of WEIGHT PLATES(81).

Visually check to make certain GUIDE ROD(8) are fully seated in top in top and bottom holes. All WEIGHT PLATES(81) are facing the proper direction and STACK SPACER(7), RUBBER CUSHION(45) are installed properly.

3. Place TOP BEAM(9) over the top of GUIDE ROD(8) and attach to REAR SUPPORT(3) AGAIN DO NOT TIGHTEN UNTIL ALL COMPLETED using one 1/2" x 4" HEX HEAD BOLT(59), one 1/2" x 4-1/2" HEX HEAD BOLT(58) three 1/2" WASHER(74) and one 1/2" NYLON NUT(76) and to FRONT SUPPORT(5) using two 3/8" x 2-3/4" HEX HEAD BOLT, four 3/8" WASHER(75) and two 3/8" NYLON NUT(77).

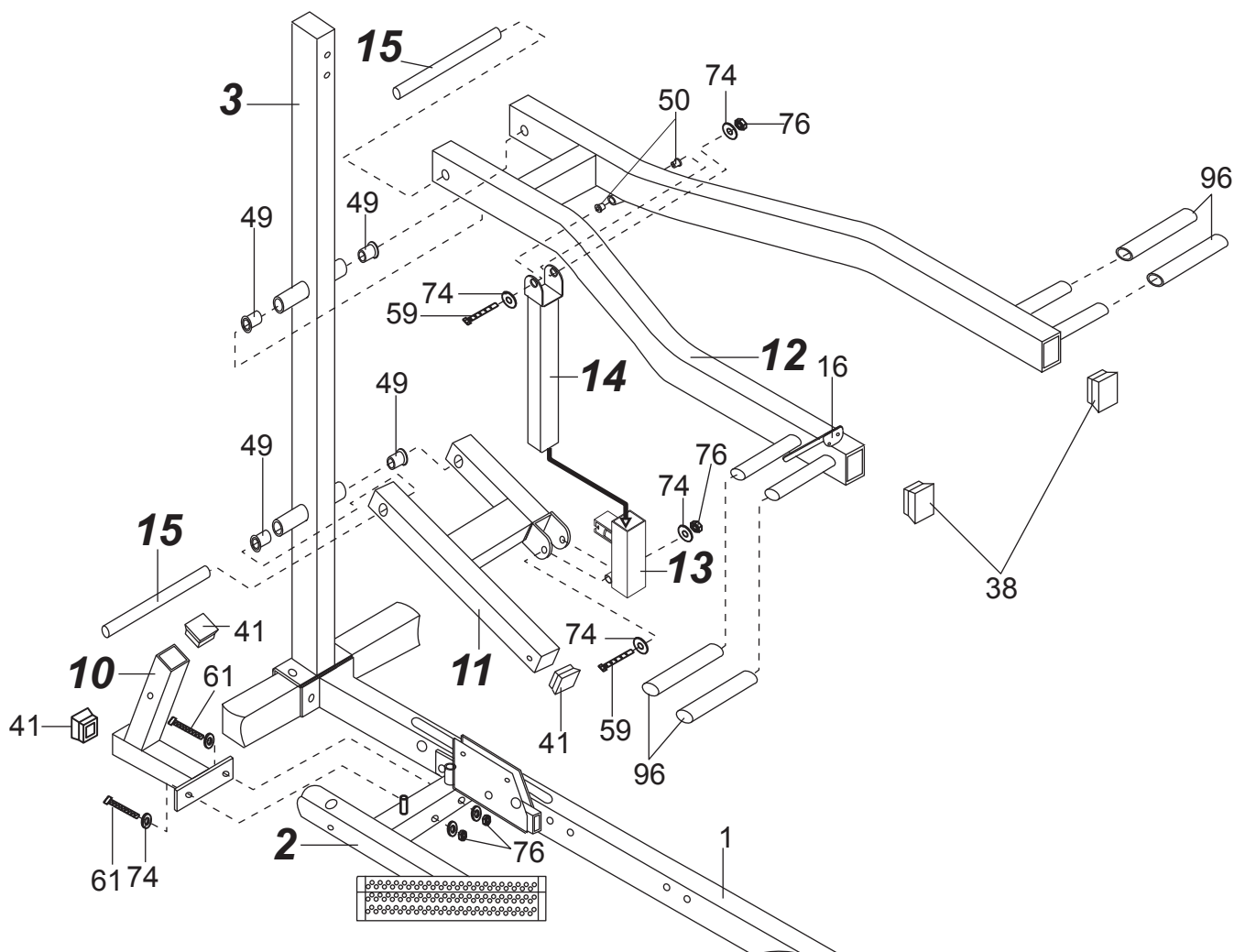
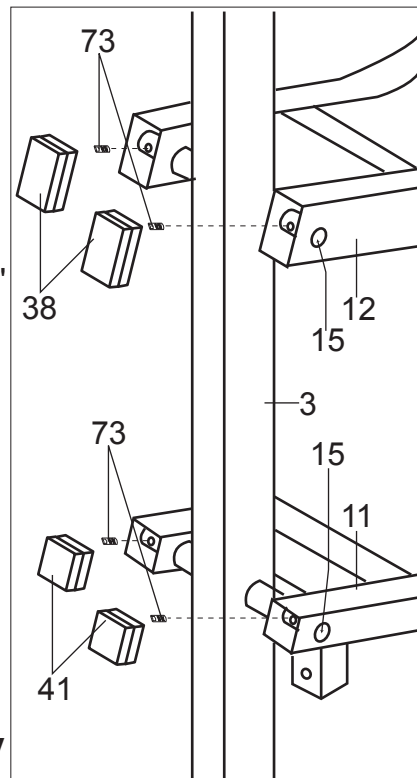
4. *Tighten all bolts. Except connection of part 5 and 9, hand tighten only. Make sure frame connections are very secure.*



STEP3

1. Attach LEVER BASE(10) to LEFT WEIGHT BASE(2) using two 1/2" x 3" HEX HEAD BOLT(61), four 1/2" WASHER(74) and two 1/2" NYLON NUT(76).
2. Attach LEVER ARM(11) to REAR SUPPORT(3) using 3/4" x 11" AXLE(15).
Tighten LEVER ARM(11) to 3/4" x 11" AXLE(15) using SETSCREW(73) to tighten with included hex wrench.
3. Tighten PRESS ARM(12) and LEVER ARM(11) to 3/4" x 11" AXLE(15) using 5/16" x 1/2" SETSCREW(73) and included HEX WRENCH.
4. Attach ADJUSTABLE TUBE(13) to LEVER ARM(11) using 1/2" x 4" HEX HEAD BOLT(59), two 1/2" WASHER(74) and 1/2" NYLON NUT(76). Tighten and then back off bolt so that ADJUSTABLE TUBE(13) swing freely.
5. Attach CHROME INSERT TUBE(14) to PRESS ARM(12) using 1/2" x 4" HEX HEAD BOLT(59), two 1/2" WASHER(74) and 1/2" NYLON NUT(76).
6. Insert CHROME INSERT TUBE(14) into ADJUSTABLE TUBE(13).

Be certain that CHROME INSERT TUBE(14) sliding smoothly inside ADJUSTABLE TUBE(13)

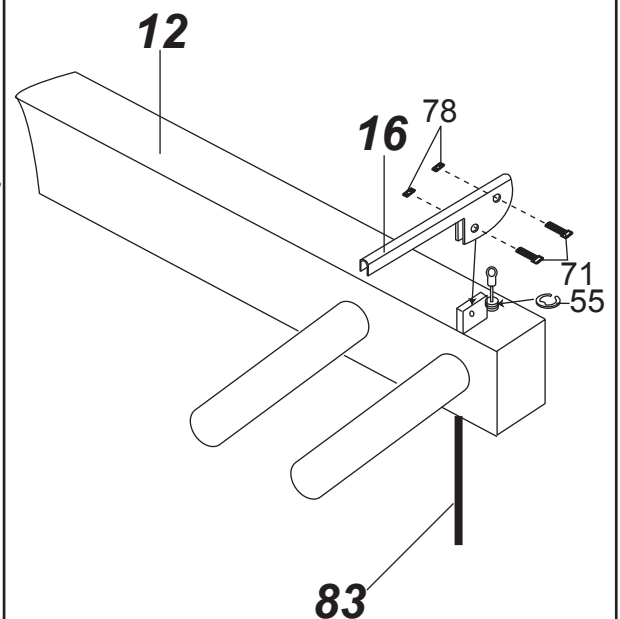
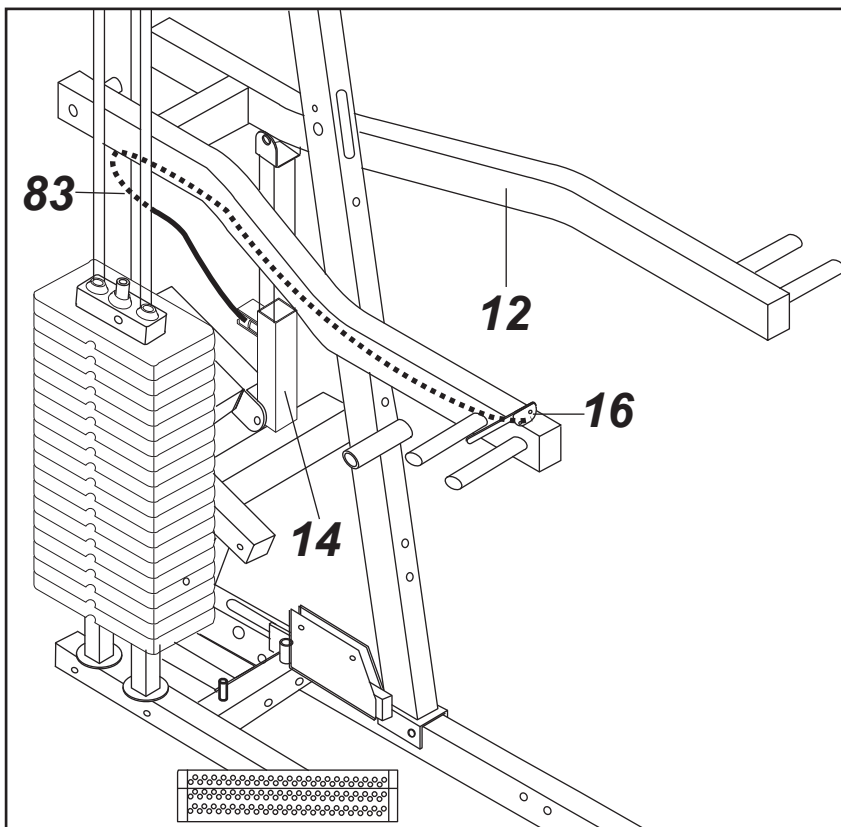
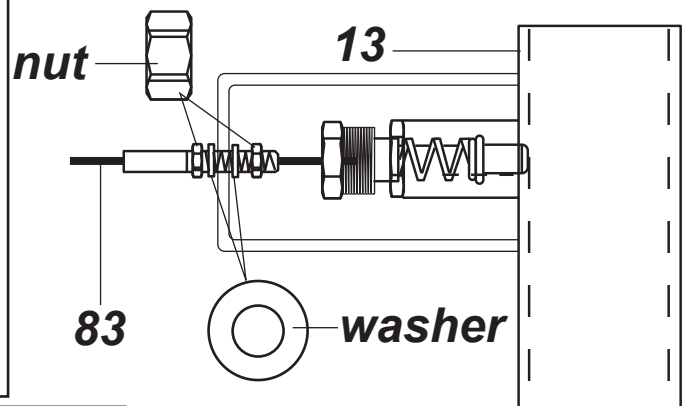
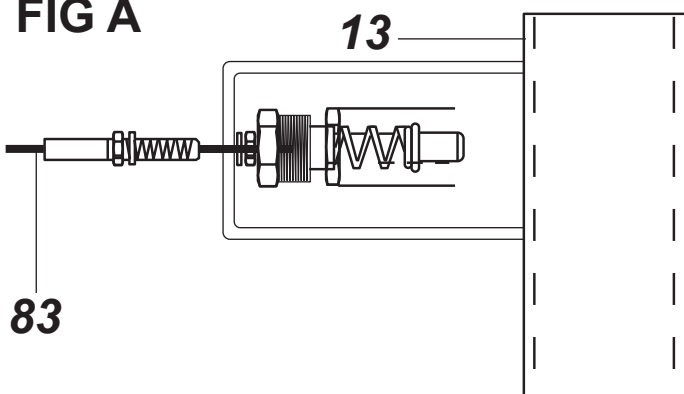


STEP3A

- 1.Screw the threaded end of ADJUSTMENT CABLE into the threaded receptor on ADJUSTABLE TUBE(13). Attach cable to bracket by placing washers and nuts on each side of bracket and tighten.
- 2.Slide cable through rear large slot in PRESS ARM(12) along inside, out slot toward from of PRESS ARM(12) and back into most forward slot. Being careful to not crease the cable, pull cable end out of the top hole next to CONTROL HANDLE(16).
- 3.Attach cable end to CONTROL HANDLE(16) using one M6 ROUND HEAD SCREW(71) and one M6 NYLON NUT(78).

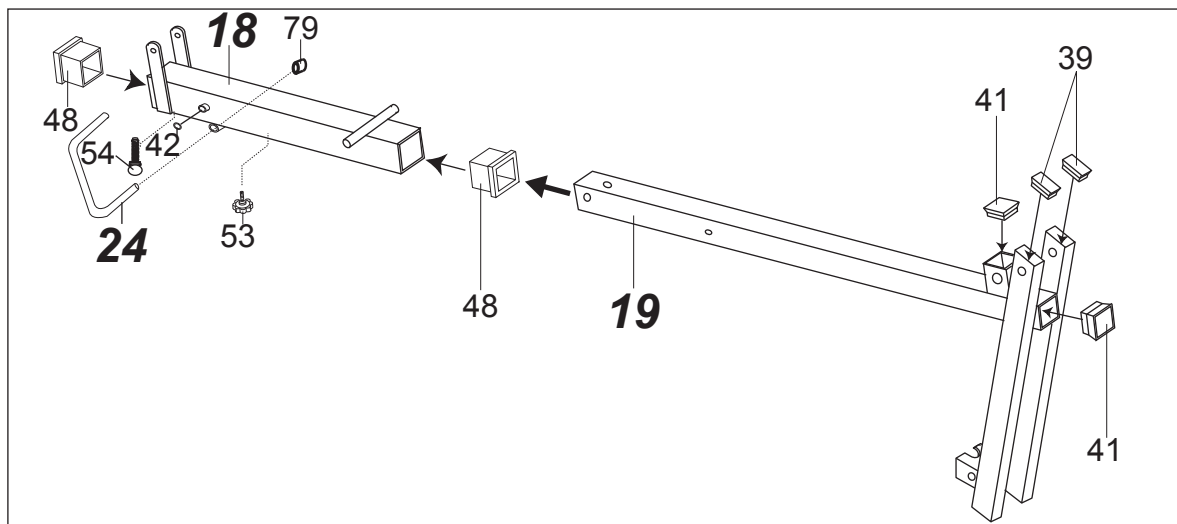
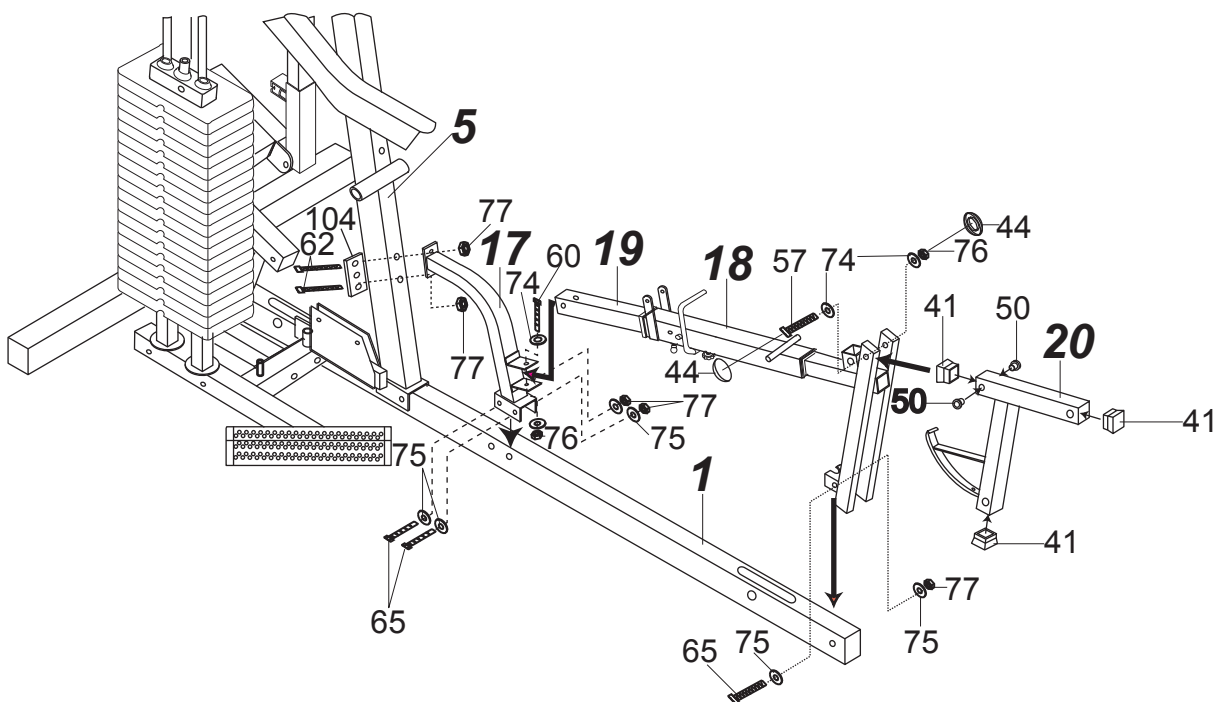


FIG A



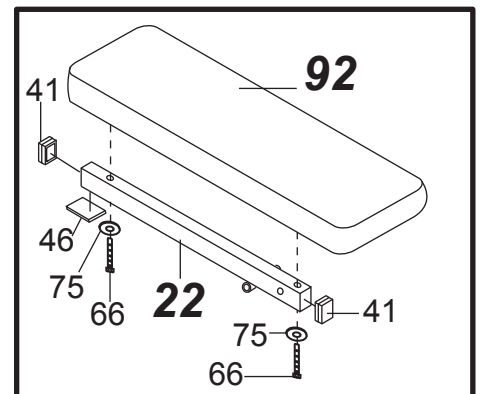
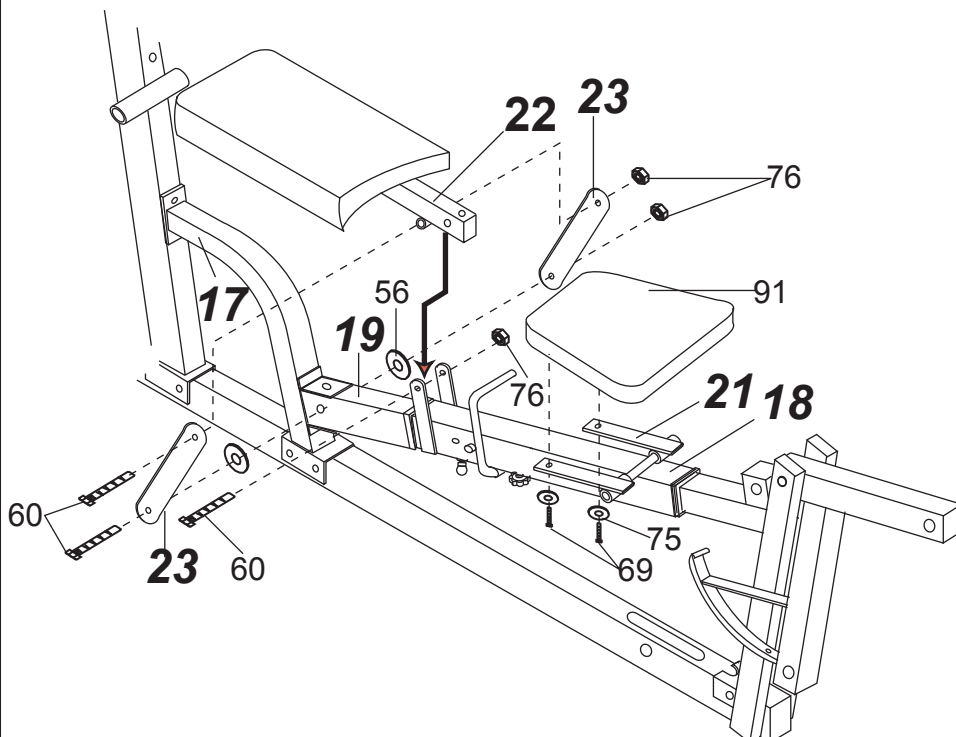
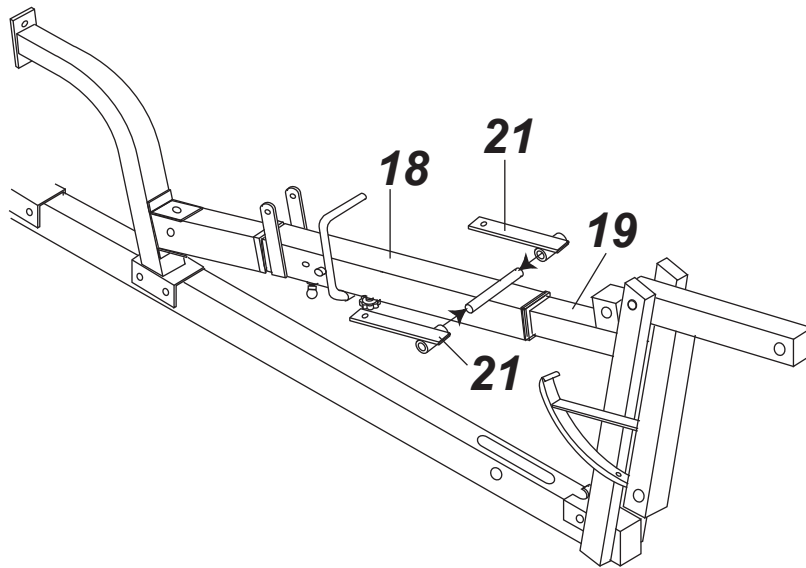
STEP4

1. Attach BENCH SUPPORT(17) and ENFORCED PLATE(104) to FRONT SUPPORT(5) using two 3/8" X 4" HEX HEAD BOLT(62), four 3/8" WASHER(75) and two 3/8" NYLON NUT(77) and to CENTER BASE(1) using two 3/8" X 2-3/4" HEX HEAD BOLT(65) and two 3/8" NYLON NUT(77).
2. Attach SEAT SUPPORT(19) to BENCH SUPPORT(17) using one 1/2" x 3-1/2" HEX HEAD BOLT(60), one 1/2" WASHER(74), one 1/2" NYLON NUT(76) and to CENTER BASE using one 3/8" x 2-3/4" HEX HEAD BOLT(65), two 3/8" WASHER(75), one 3/8" NYLON NUT(77).
3. Tighten all bolts.
4. Attach LEG EXTENSION(20) to SEAT SUPPORT(19) using one 1/2" X 5" HEX HEAD BOLT(57), two 1/2" WASHER(74) and one 1/2" NYLON NUT(76). Tighten bolt and back off so that LEG EXTENSION(20) swing freely.
5. Attach plastic nut cover(44) on bolt(57) and nut(76).



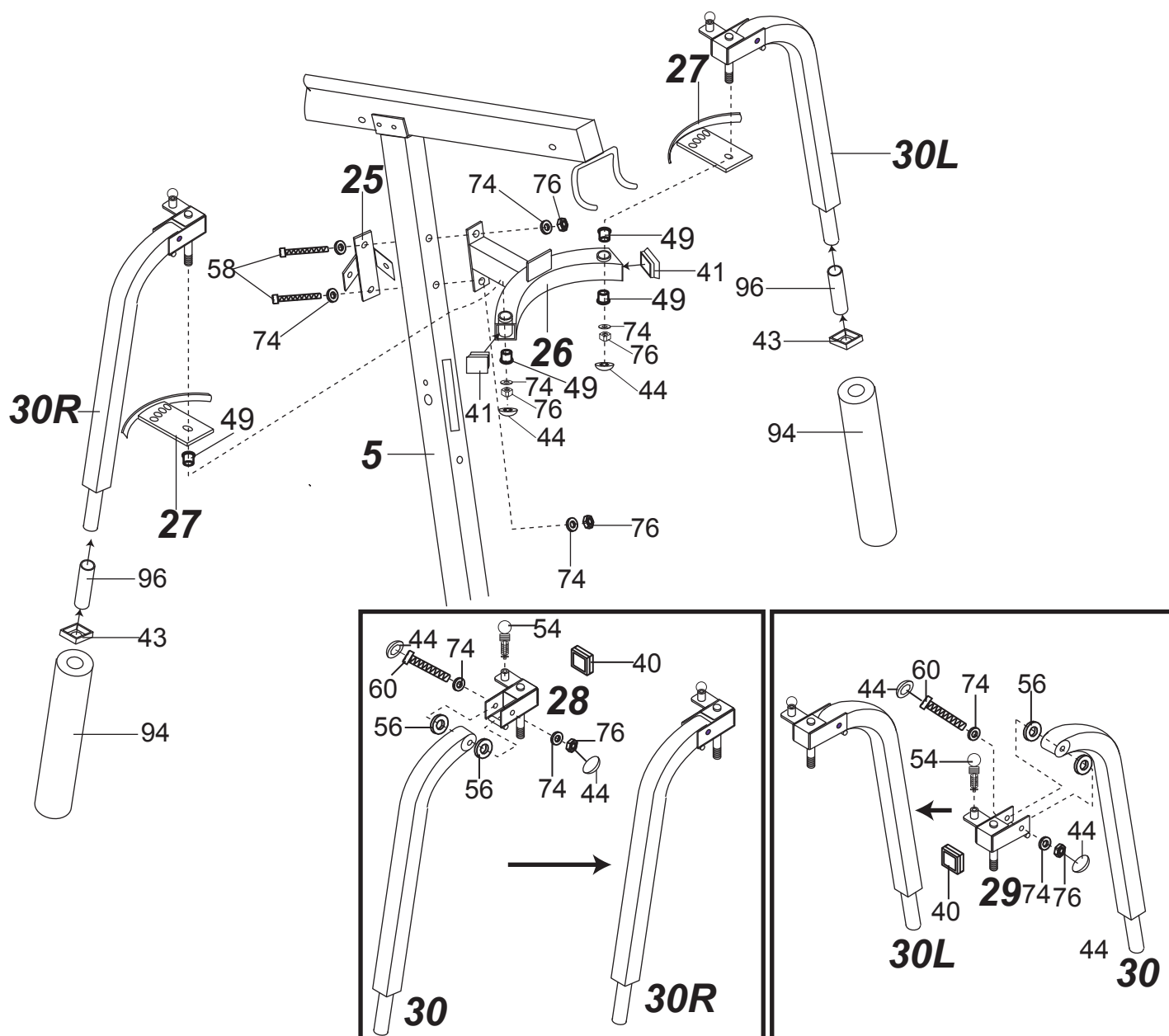
STEP4A

1. Attach two SEAT HINGES(21) to SEAT SLIDER(18), screw SEAT(91) to SEAT HINGES(21) using two 3/8" X 3/4" HEX HEAD BOLT(69) and two 3/8" WASHER(75).
2. Attach BACK SUPPORT(22) to SEAT BACK PAD(92) using two 3/8" x 2-1/2" HEX HEAD BOLT(66) and two 3/8" WASHER(75).
3. Attach two SUPPORT PLATE(23) to SEAT SUPPORT(19) using 1/2" X 3-1/2" HEX HEAD BOLT(60), two TEFLON WASHER(56)(teflon washers go inside of plates) and 1/2" NYLON NUT(76).
Tighten bolts and back off just enough that they swing freely.
4. Attach BACK SUPPORT(22) to SUPPORT PLATE(23) using 1/2" X 3-1/2" HEX HEAD BOLT(60) and 1/2" NYLON NUT(76) and to SEAT SLIDER(18) using 1/2" X 3-1/2" HEX HEAD BOLT(60) and 1/2" NYLON NUT(76).



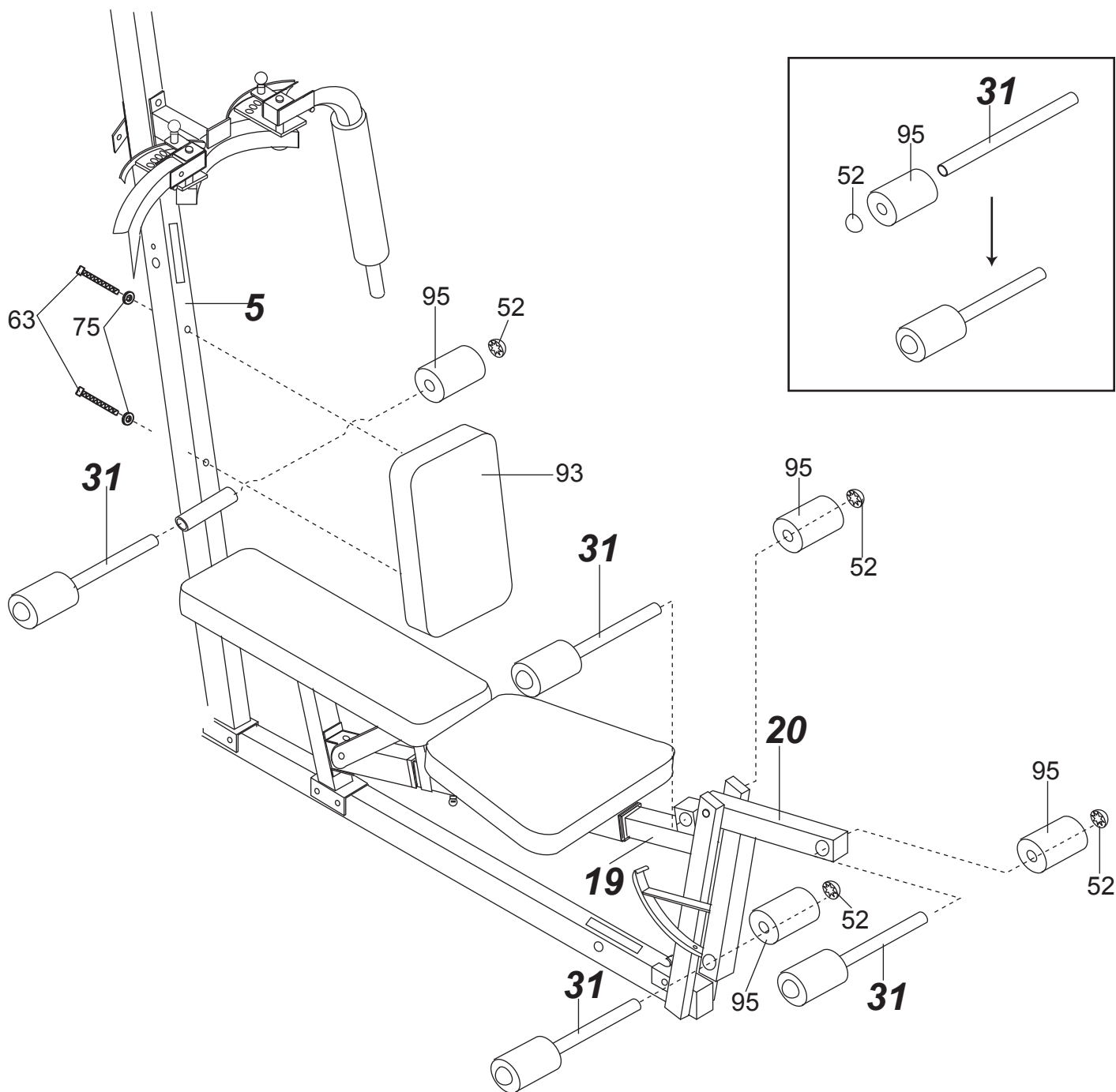
STEP5

1. Attach PEC DEC PULLEY BRACKET(25) and PEC DEC SUPPORT(26) to FRONT SUPPORT(5). Be sure PEC DEC PULLEY BRACKET(25) and PEC DEC SUPPORT(26) are in line with FRONT SUPPORT(5) and tighten with two 1/2" x 4-1/2" HEX HEAD BOLT(58), four 1/2" WASHER(74) and two 1/2" NYLON NUT(76).
(make sure welded pieces angle downward and to the front of the gym.)
2. Slide R & L PEC DEC ARMS(30R & 30L) axles through ADJUSTABLE CAMS(27) and through 3/4" STEEL BUSHING(49) on PEC DEC SUPPORT(26) as shown.
3. Be certain the two ADJUSTABLE CAMS(27) are evenly seated on PEC DEC SUPPORT(26) and PEC DEC ARMS(30R & 30L) are WORKING SMOOTHLY for before tighten with 1/2" WASHER(74) and 1/2" NYLON NUT(76).
4. Wet inside of 4" X 14" ROLLER PAD(94) with water and slide onto PEC DEC ARMS(30). Stop when bottom is flush with square tubing.
5. Attach SQUARE END CAP(43) and 1-1/4" HAND GRIP(96) to handles on PEC DEC ARMS(30).



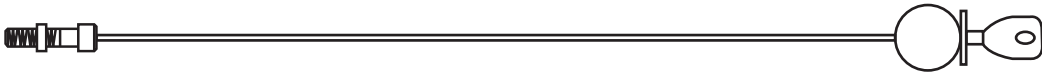
STEP6

1. Attach BACK PAD(93) to FRONT SUPPORT(5) using two 3/8" X 3-3/4" HEX HEAD BOLT(63), two 3/8" WASHER(75).
2. Insert ROLLER TUBE(31) into FRONT SUPPORT(5) and slide on two 4" X 8" ROLLER PADS(95).
3. Insert ROLLER TUBE(31) into SEAT SUPPORT(19) and slide on two 4" X 8" ROLLER PAD(95).
4. Insert two ROLLER TUBE(31) into LEG EXTENSION(20) and slide on four 4" X 8" ROLLER PAD(95).
5. Push on eight ROUND CHROMED CAPS(52).



Attach all plastic end caps to all tube ends. Make certain all bolts are properly tightened.

CABLES



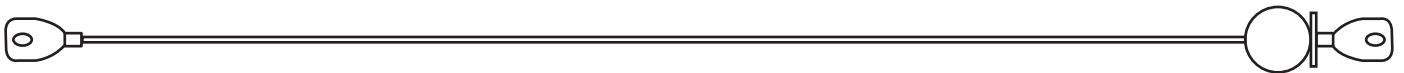
TOP CABLE(84) (2660mm)



PEC DEC CABLE(85) (1950mm)



AB CRUNCH CABLE(86) (1800mm)



LOWER CABLE(87) (5860mm)

TOP CABLE

Assemble cables and pulleys simultaneously. Insert threaded end of TOP CABLE(84) into slot in front of TOP BEAM(9), over pulley **T1**, **T2**, around pulley **T3**, over pulleys **T4**, **T5** and screw into SELECTOR ROD(80) as shown. (DO NOT tighten nut at this time.)

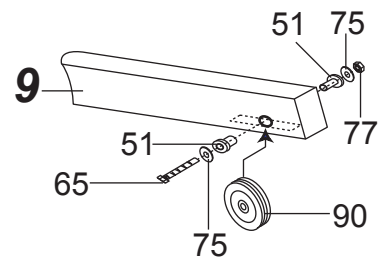
(It will be necessary at T2 to remove bolt and thread cable over the top before re-assembling and tightening.)



TOP CABLE(84)

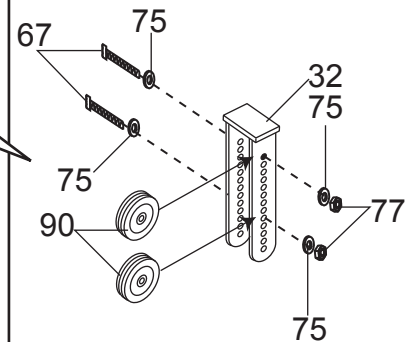
Do not use this **TOP CABLE** if you own the optional **LEG PRESS**. If you are attaching the **LEG PRESS**, please use the longer **TOP CABLE (84A)** found in the **LEG PRESS** box.

T1, T2, T4, T5



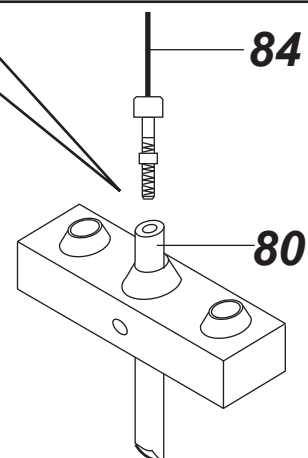
Pulley **T3** should be mounted in top hole of **FLOATING PULLEY BLOCK(32)** as shown.

T3, L5



Please adjust the **CABLE** length by turning **THREAD HEAD** if **CABLE** is too loose or tight about 3 MM, otherwise, adjust the **FLOATING PULLEY BLOCK**.

84

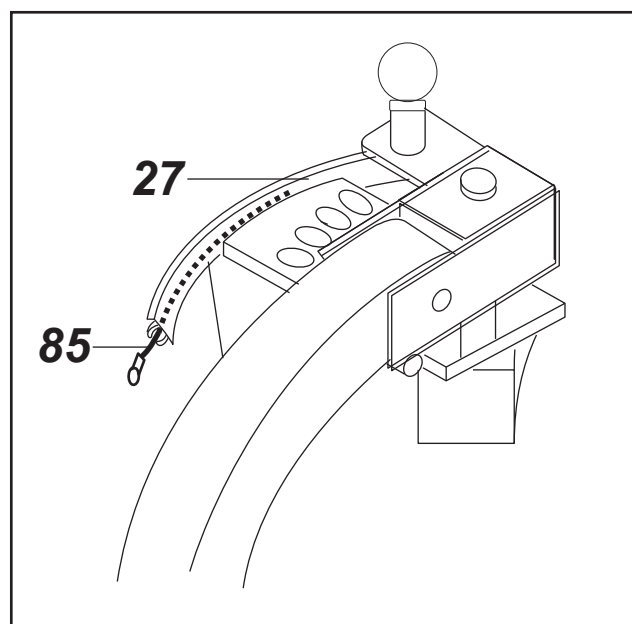
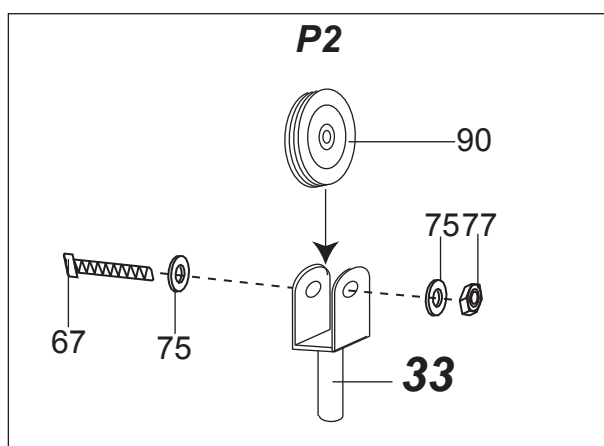
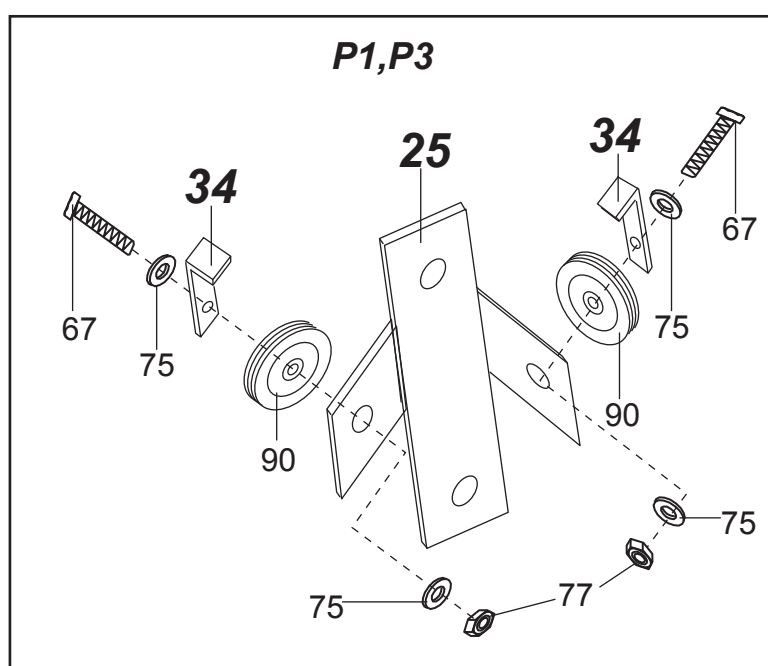
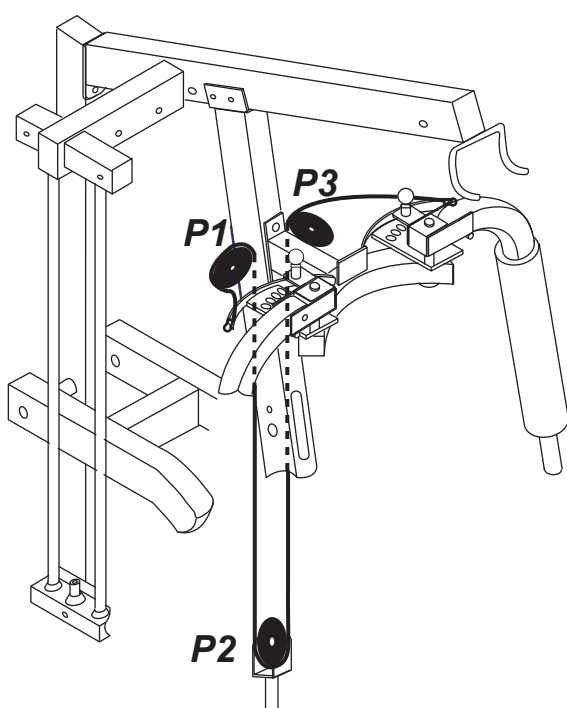


PEC DEC CABLE

1. Loosely attach pulleys **P1** and **P3** and CABLE GUIDE(34) to PEC DEC PULLEY BRACKET(25).
2. Insert one end of PEC DEC CABLE(85) into receiver on left ADJUSTABLE CAM(27) as shown and route cable over pulley, behind FRONT SUPPORT(5), over pulley and insert opposite end into receiver on right ADJUSTABLE CAM(27).
3. Place pulley **P2** over the PEC DEC CABLE(85) and attach SINGLE PULLEY BRACKET(33) as shown and let it dangle behind FRONT SUPPORT(5).
4. Tighten bolts. Make certain the CABLE GUIDES(34) do not rub on the cable throughout the entire range of motion.



PEC DEC CABLE(85)

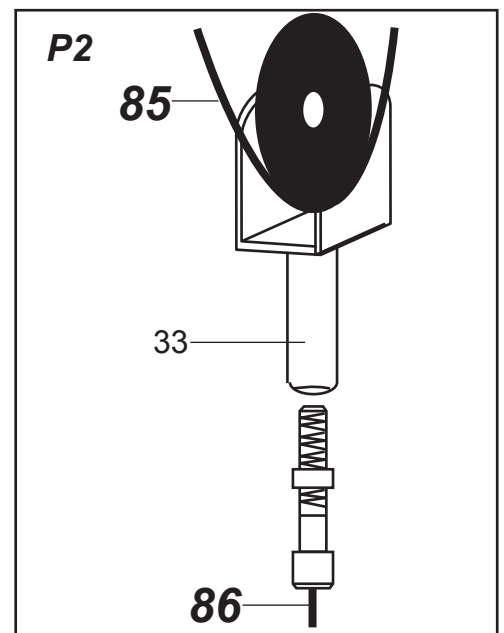
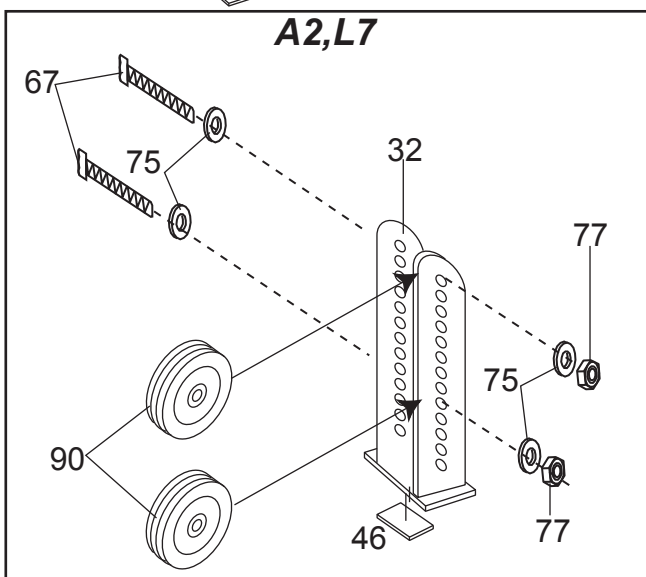
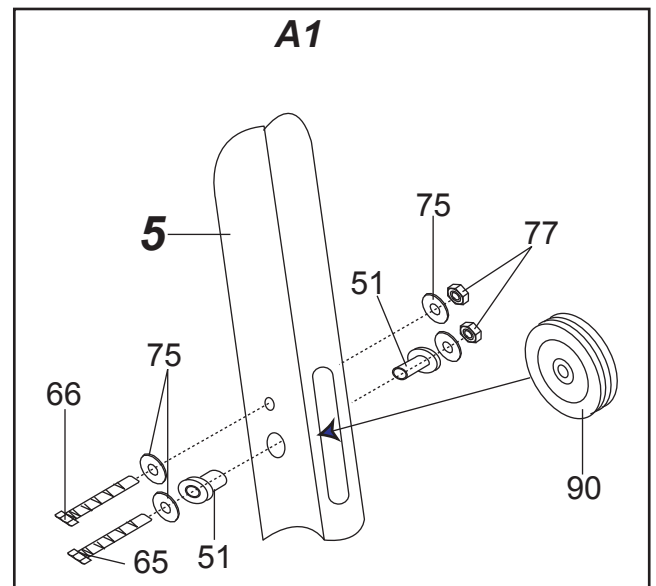
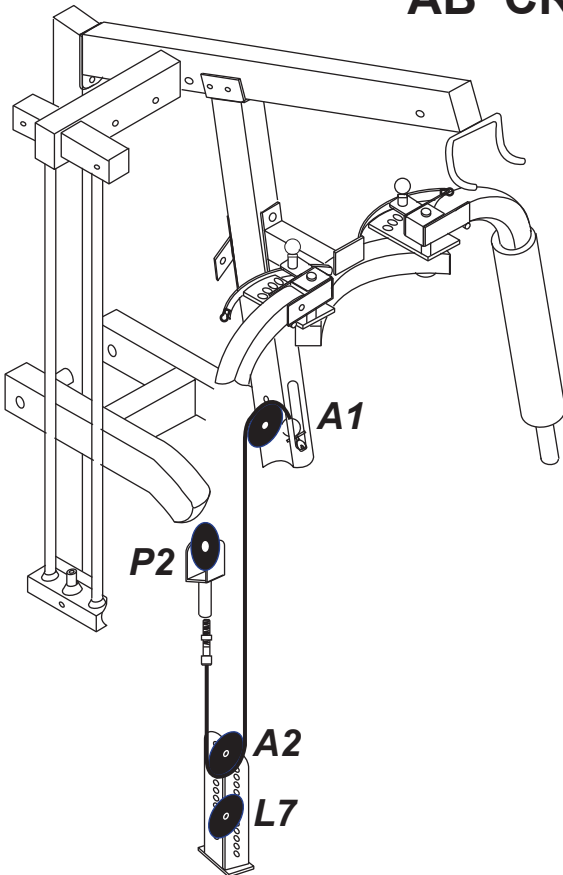


AB CABLE

1. Attach pulley **A2** and **L7** in appropriate holes of FLOATING PULLEY BLOCK(32) as shown.
2. Insert threaded end of AB CABLE(86) into slot in FRONT SUPPORT(5) and route around pulley **A2** and screw into SINGLE PULLEY BRACKET(33) hanging from PEC DEC CABLE(85).
3. Insert a 3/8" x 2-1/2" HEX HEAD BOLT(66) in hole above pulley and tighten with two 3/8" WASHER(75) and 3/8" NYLON NUT(77). Attach pulley A1 to FRONT SUPPORT(5) using 3/8" x 2-3/4" HEX HEAD BOLT(65), two INSERT SPACE(51), two WASHER(75) and 3/8" NYLON NUT(77).
Make certain the ball on the end of AB CABLE(86) is in front of this bolt.

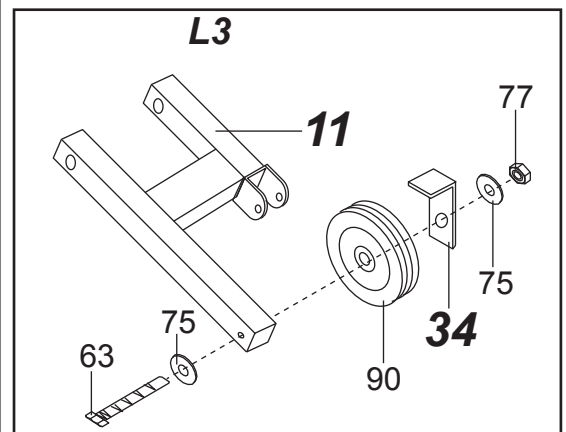
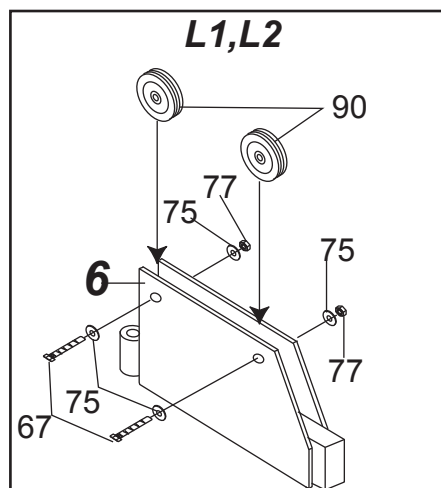
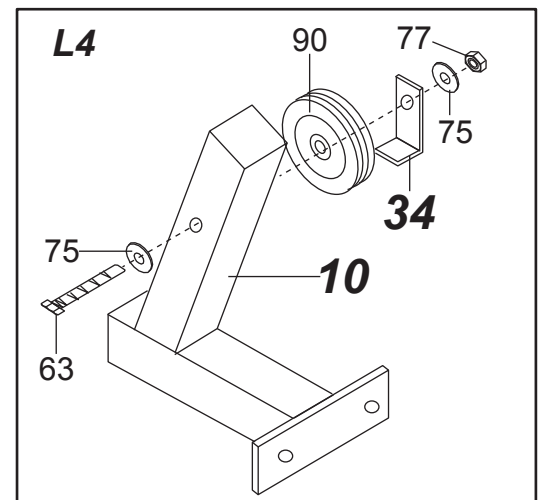
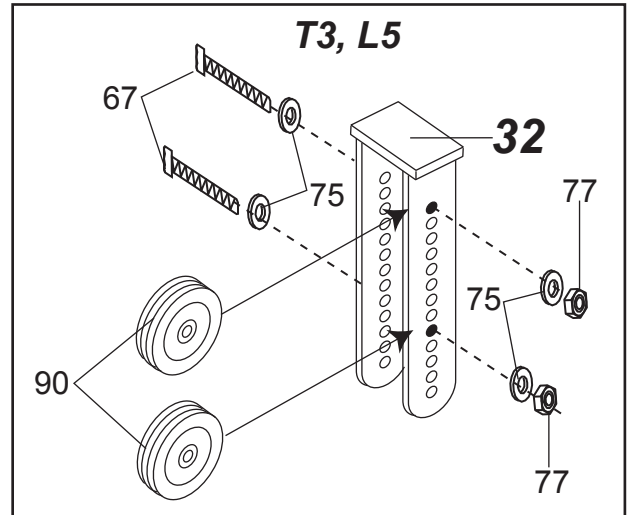
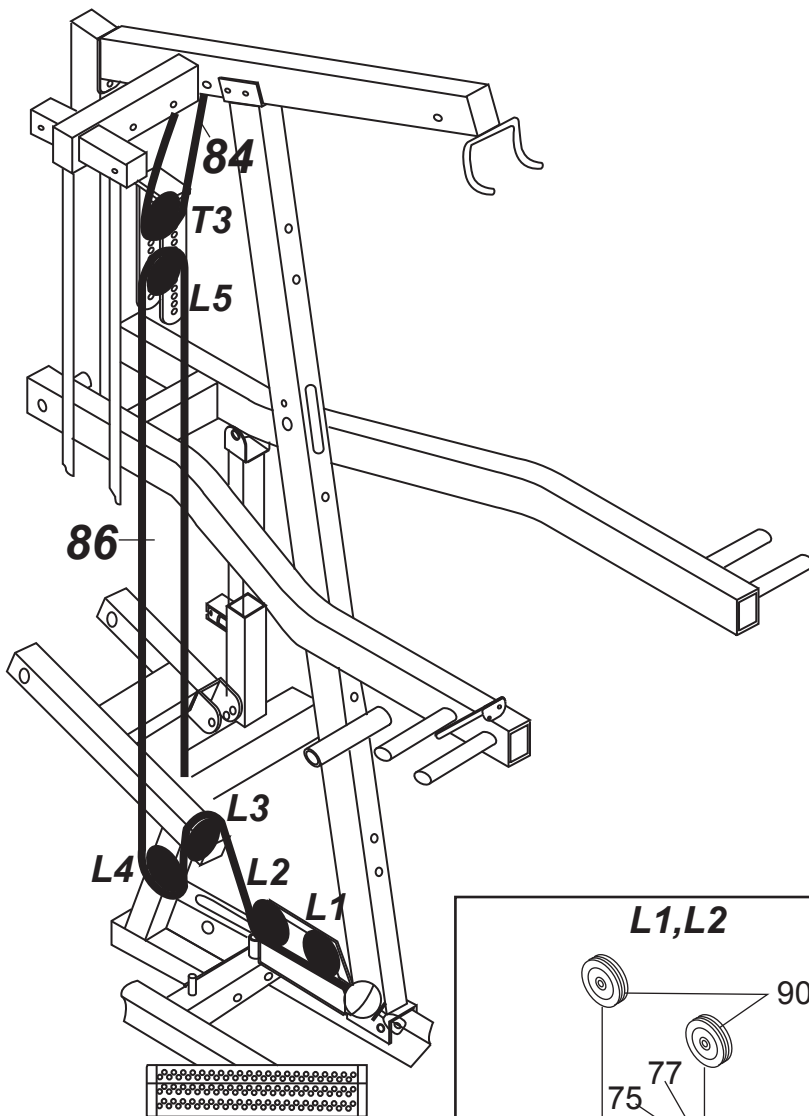


AB CRUNCH CABLE(86)



LOWER CABLE

1. Insert the small ballt end(opposite ball end) through SWIVEL PULLEY BRACKET(6) and attach pulleys **L1** and **L2**.
2. Loosely attach pulleys **L3** and **L4** opposite side away from weight stack and CABLE GUIDES(34) to LEVER ARM(11) and LEVER BASE(10) using two 3/8" x 3-3/4" HEX HEAD BOLT(63), four 3/8" WASHERS(75) and 3/8" NYLON NUT(77). Attach pulley L5 to fifth hole from bottom of FLOATING PULLEY BLOCK(32) attached to TOP CABLE(84).
3. Route LOWER CABLE over pulley **L3**, under pulley **L4** and over pulley **L5**.



4. Attach pulley **L6** to CENTER BASE(1) using 3/8" x 2-3/4" HEX HEAD BOLT(65), two 3/8" WASHERS(75), two INSERT SPACES(51) and 3/8" NYLON NUT(77). Be certain to route LOWER CABLE(87) underneath.
5. Attach pulley **L7** in the fifth hole of the FLOATING PULLEY BLOCK(32) hanging from AB CABLE(86).
6. Route LOWER CABLE(87) over pulley **L7**. Insert pulley **L8** into CENTER BASE(1) being certain to run LOWER CABLE(87) underneath using 3/8" x 2-3/4" HEX HEAD BOLT(65), two 3/8" WASHERS(75), two INSERT SPACES(51) and 3/8" NYLON NUT(77).
7. Run LOWER CABLE along CENTER BASE(1) and under pulley **L9**. Attach small ball end to LEG EXTENSION cam using 3/8" X 2" HEX HEAD BOLT(67) and 3/8" NYLON NUT(77).

Screw the threaded end of TOP CABLE(84) at least 2/3 of the length into SELECTOR ROD(80). Secure with locking nut.

Be certain all cables are seated in center of all pulleys. Tighten all bolts. Cable length can be adjusted at FLOATING PULLEY BLOCKS(32) and the SINGLE PULLEY BRACKET(33).

