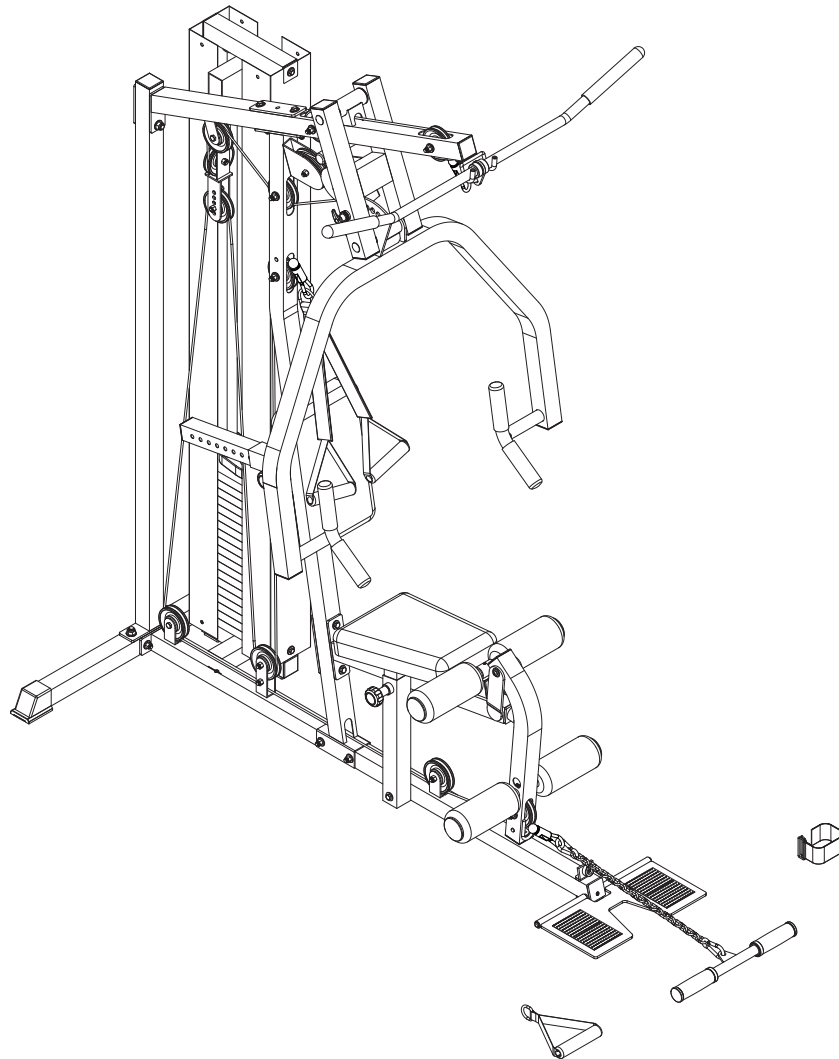


BODYCRAFT

M300 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.

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 **M300** strength training system. The **M300** 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 **M300** will help you achieve the specific results you want.

For your safety and benefit, read this manual and the accompanying literature before using the **M300**. Keep this manual for future reference.

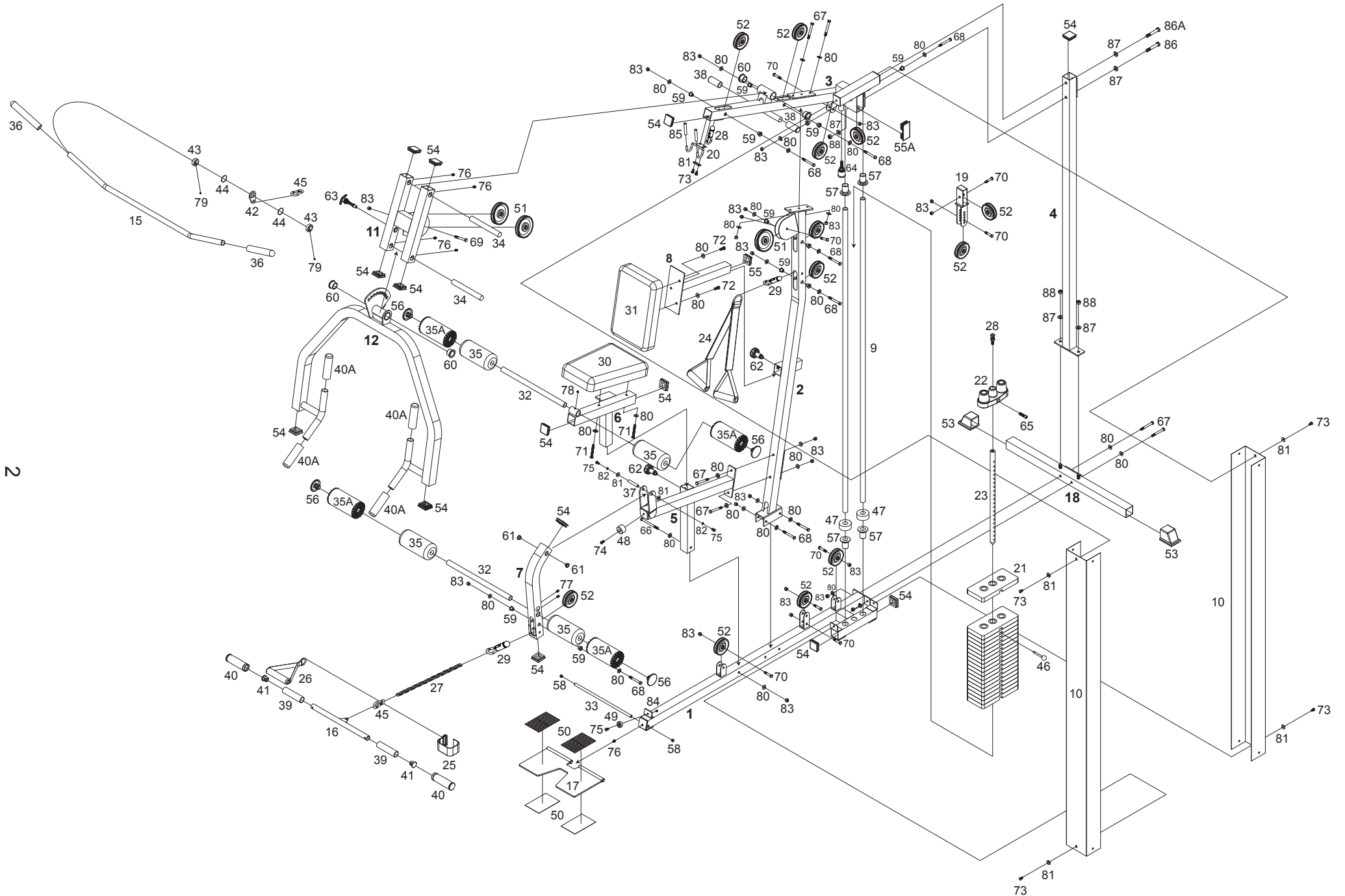
If you have additional questions, please call your local dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

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 **M300** at all times.
5. ☐ Keep your hands away from cables and pulleys during operation.
Keep your hands away from moving parts other than the designated handles.
6. ☐ When adjusting the seat, make sure the spring pin is fully engaged.
If not, the seat may slip and cause serious injury.
7. ☐ Make certain all cables are seated within the pulleys before every use.
8. ☐ Exercise with care to avoid injury.
9. ☐ If unsure about the proper use of the **M300** strength training system call your local dealer or our customer service department at 800-990-5556.

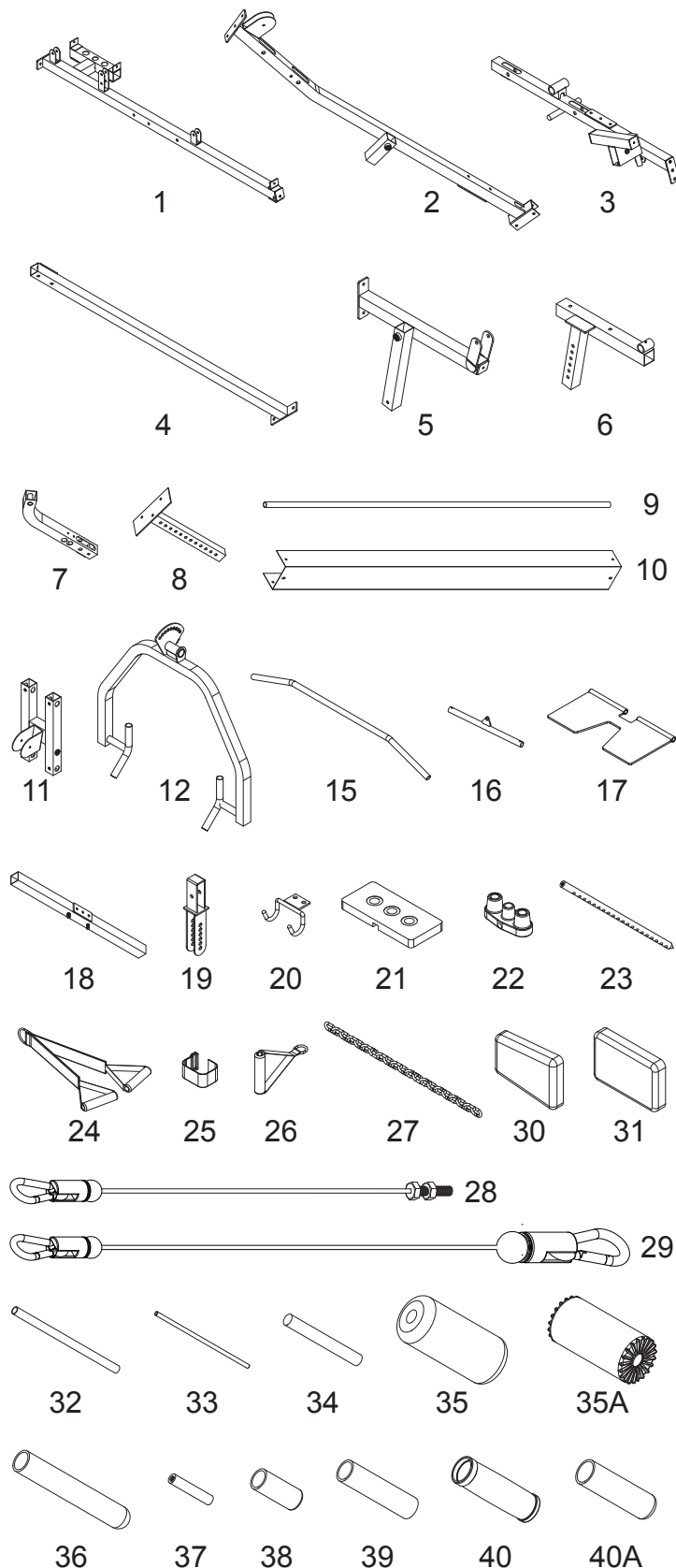
OVERVIEW



PARTS LIST

NO.	DESCRIPTION	QTY.
-----	-------------	------

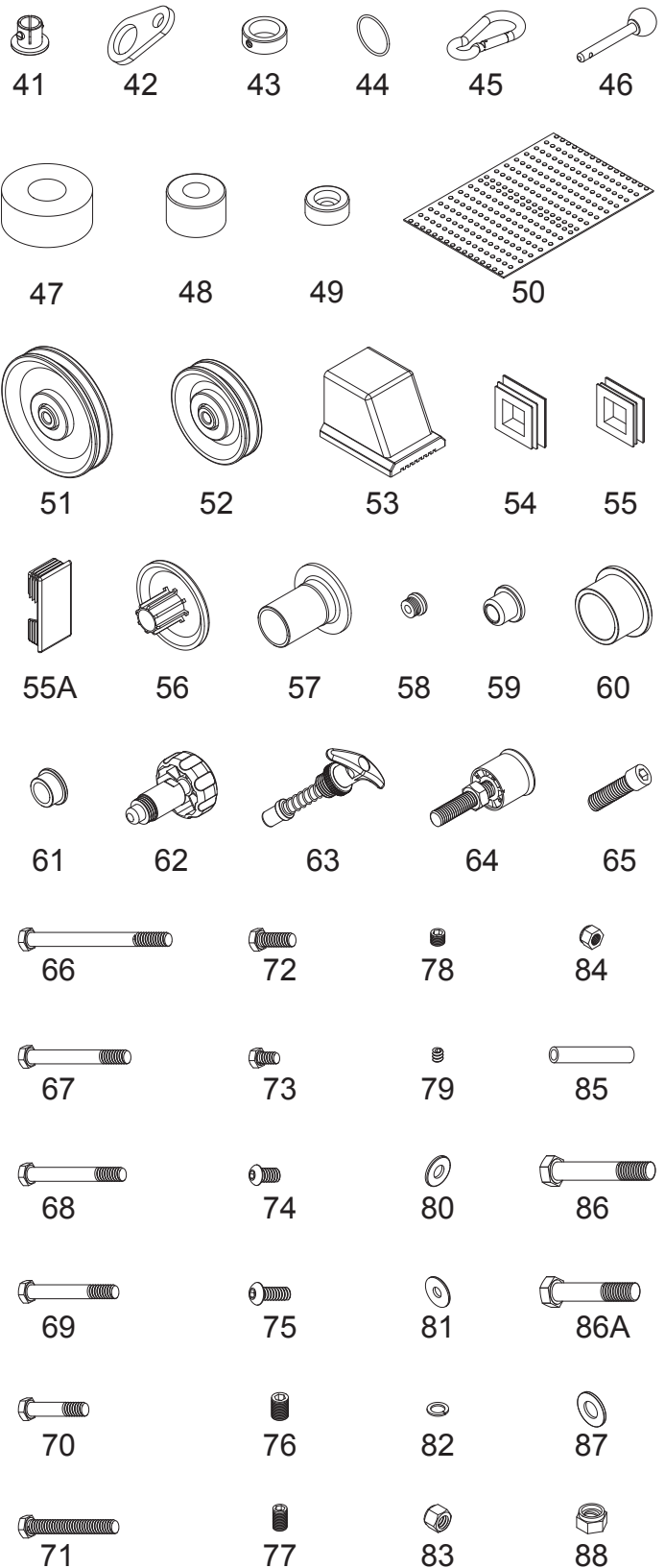
1	BASE FRAME	1
2	FRONT UPRIGHT	1
3	TOP FRAME	1
4	REAR UPRIGHT	1
5	SEAT SUPPORT	1
6	ADJ. SEAT ARM	1
7	LEG EXTENSION ARM	1
8	BACK PAD ADJUSTER	1
9	GUIDE ROD	2
10	WEIGHT GUARD	2
11	PRESS ARM SELECTOR	1
12	PRESS ARM	1
15	LAT BAR	1
16	CURL BAR	1
17	FOOT PLATE	1
18	REAR STABILIZER	1
19	ADJ PULLEY BLOCK	1
20	LAT BAR HOLDER	1
21	WEIGHT PLATE	19
22	TOP PLATE	1
23	SELECT ROD	1
24	AB CRUNCH	1
25	ANKLE STRAP	1
26	SINGLE CURL	1
27	LINK CHAIN	1
28	TOP CABLE	1
29	AB CABLE	1
30	SEAT PAD	1
31	BACK PAD	1
32	FOAM ROLLER HOLDER	2
33	1/2" ROUND TUBE	1
34	1" AXLE	2
35	FOAM PAD	4
35A	FOAM SHEATH	4
36	HAND GRIP	2
37	1/2" AXLE	1
38	FOAM TUBE	2
39	SLEEVE	2
40	1-1/4" X 130mm HAND GRIP	2
40A	1-1/6" X 120mm HAND GRIP	4



PARTS LIST

NO.	DESCRIPTION	QTY.
-----	-------------	------

41	1" T END PLUG	2
42	HOOK PLATE OF LAT BAR	1
43	COLLAR OF LAT BAR	2
44	SEALING RING OF LAT BAR	2
45	SNAP HOOK	4
46	SELECTOR PIN	1
47	RUBBER DONUT	2
48	1" STOPPER	1
49	1/2" STOPPER	1
50	NONSKID FOOT PLATE STICKER	4
51	LARGE PULLEY	3
52	SMALL PULLEY	12
53	50 X 50mm END CAP	2
54	50mm SQ. PLUG	14
55	45mm SQ. PLUG	1
55A	50 X 100mm PLUG	1
56	1" PLUG	4
57	PLASTIC GUIDE ROD HOLDER	4
58	1/2" PLUG	2
59	3/8" BUSHING	12
60	1" STEEL BUSHING	4
61	1/2" BUSHING	2
62	SPRING KNOB	2
63	POP PIN	1
64	ADJ. STOPPER	1
65	TOP PLATE BOLT	1
66	3/8" X 4-3/4" HEX BOLT	1
67	3/8" X 3-1/8" HEX BOLT	6
68	3/8" X 3" HEX BOLT	8
69	3/8" X 2-3/4" HEX BOLT	1
70	3/8" X 1-3/4" HEX BOLT	8
71	3/8" X 2-3/4" THREADED HEX BOLT	2
72	3/8" X 1" THREADED HEX BOLT	2
73	5/16" X 1/2" THREADED HEX BOLT	6
74	3/8" X 5/8" INNER HEX SCREW	1
75	5/16" X 5/8" INNER HEX SCREW	3
76	3/8" X 5/8" SET SCREW	5
77	5/16" X 1/2" SET SCREW	2
78	5/16" X 1/4" SET SCREW	1
79	M6 X 6mm SET SCREW	2
80	3/8" WASHER	34
81	5/16" WASHER	8
82	5/16" SPRING WASHER	2
83	3/8" NYLON NUT	24
84	5/16" NYLON NUT	1
85	FOAM TUBE OF LAT BAR HOLDER	2
86	1/2" X 3-1/4" HEX HEAD BOLT	1
86A	1/2" X 3" HEX HEAD BOLT	1
87	1/2" WASHER	5
88	1/2" NYLON NUT	3

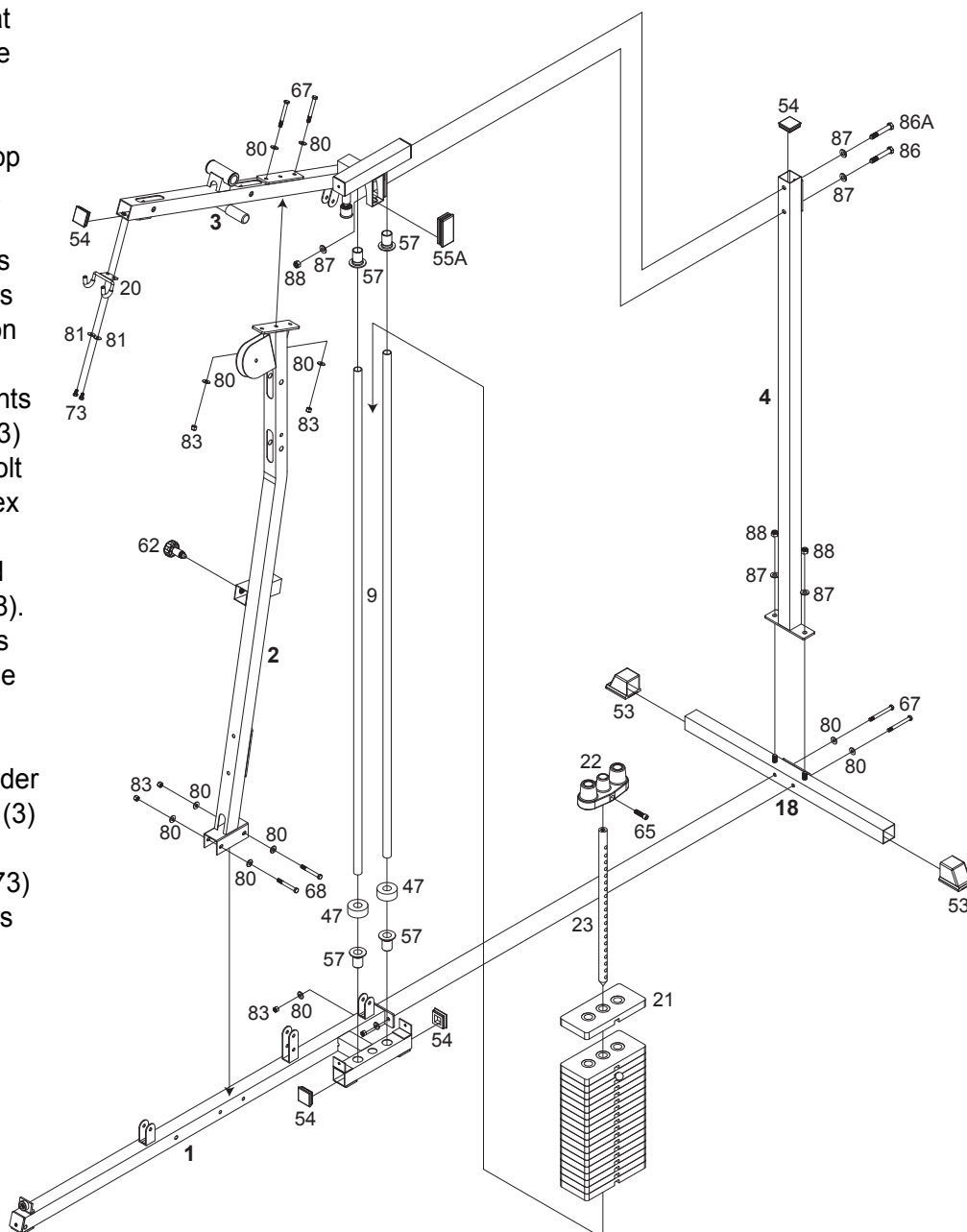


STEP 1 Main Frame Assembly

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

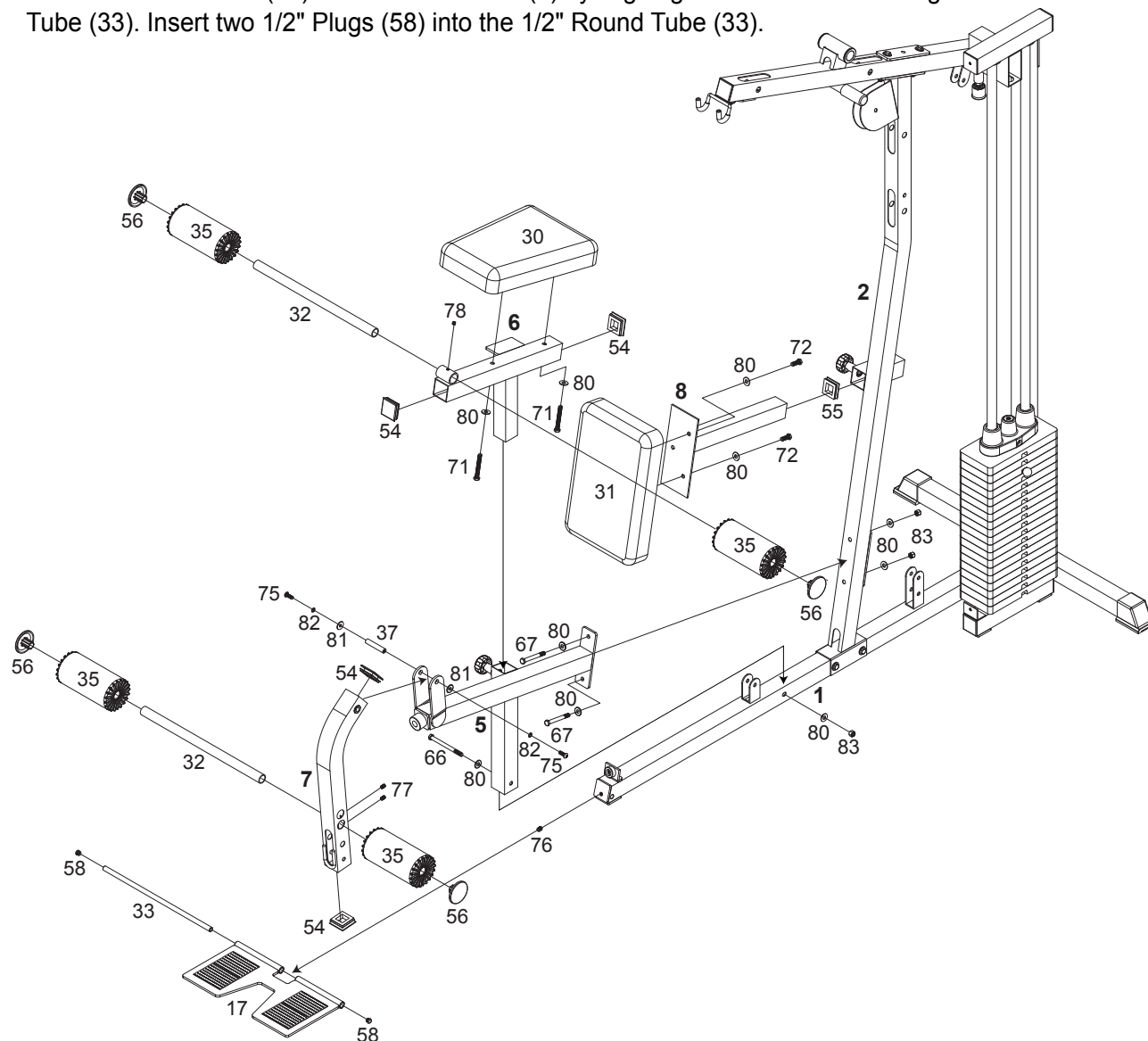


1. Attach Rear Stabilizer (18) to the Base Frame (1) using two 3/8" X 3-1/8" Hex Head Bolts (67), four 3/8" Washers (80) and two 3/8" Nylon Nuts (83).
2. Attach the Front Upright (2) to the Base Frame (1) using two 3/8" X 3" Hex Bolts (68), four 3/8" Washers (80) and two 3/8" Nylon Nuts (83). Attach the Rear Upright (4) to the Rear Stabilizer (18) as shown, using two 1/2" Washers (87) and two 1/2" Nylon nuts (88). Cap the left and right sides of the Rear Stabilizer (18) with two 50 X 50mm End Caps (53).
3. Insert four Plastic Guide Rod Holders (57) into the Base Frame (1) and the Top Guide Rod Retainer welded on the Top Frame (3) as shown. Slide a Rubber Donut (47) onto one end of each Guide Rod (9) and then insert the Guide Rod (9) into the Plastic Guide Rod Holders (57) in Base Frame (1) as shown. Slide each 10 lbs Weight Plate (21) over the Guide Rods (9). Make certain that each plate is oriented with the selector hole on bottom and facing forward. Attach the Selector Rod (23) to the Top Plate (22) with the Top Plate Bolt (65). Slide the Top Plate (22) and Selector Rod (23) onto the Guide Rods (9).
4. While making sure that the Guide Rods (9) are inserted into the holes the Top Guide Rod Retainer, attach the Top Frame (3) to the Front Upright (2) using two 3/8" X 3-1/8" Hex Bolts (67), four 3/8" Washers (80) and two 3/8" Nylon Nuts (83).
5. Attach the Rear Uprights (4) to the Top Frame (3) using 1/2" X 3" Hex Bolt (86A), 1/2" x 3-1/4" Hex Head Bolt (86), three 1/2" Washers (87) and one 1/2" Nylon Nut (88). Insert 50mm Sq. Plugs (54) into the Top Frame (3) and Rear Uprights (4).
6. Attach the Lat Bar Holder (20) to the Top Frame (3) using two 5/16" X 1/2" Threaded Hex Bolts (73) and two 5/16" Washers (81).



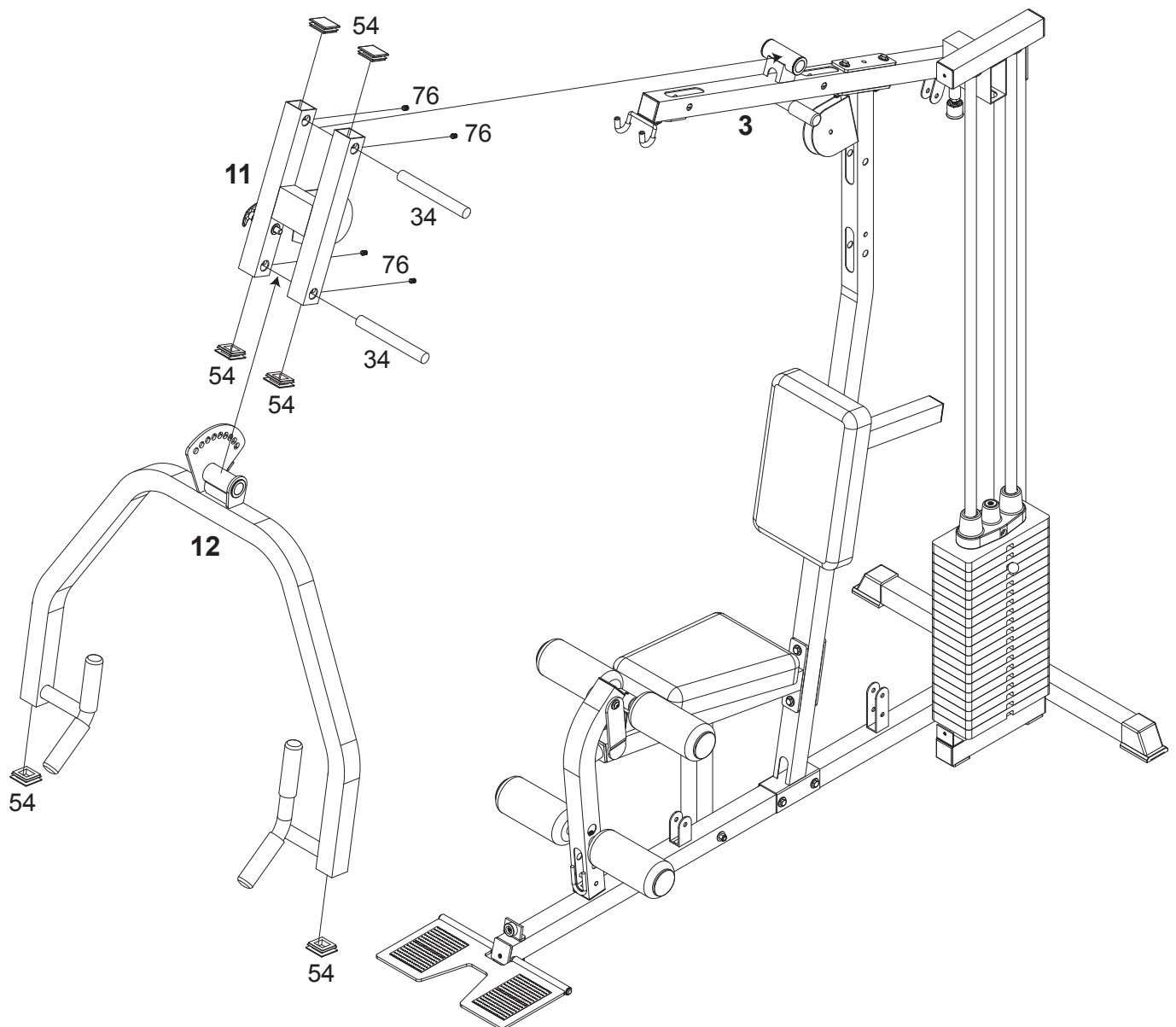
STEP 2 Seat Frame Assembly

1. Attach the Seat Support (5) to the Front Upright (2) using two 3/8" X 3-1/8" Hex Bolts (67), four 3/8" Washers (80) and two 3/8" Nylon Nuts (83).
2. Attach the Seat Support (5) to the Base Frame (1) using one 3/8" X 4-3/4" Hex Bolt (66), two 3/8" Washers (80) and one 3/8" Nylon Nut (83).
3. Attach the Seat Pad (30) to the Adj. Seat Arm (6) using two 3/8" X 2-3/4" Threaded Hex Bolts (71) and two 3/8" Washers (80), then insert the Adj Seat Arm (6) into the Seat Support (5). Insert two 50mm Sq. Plugs (54) into Adj. Seat Arm (6).
4. Attach the Leg Extension Arm (7) to the Seat Support (5) using the 1/2" Axle (37). Fasten the 1/2" Axle (37) using two 5/16" Spring Washers (82), two 5/16" Washers (81) and two 5/16" X 5/8" Inner Hex Screws (75). Insert two 50mm Sq. Plugs (54) into each end of the Leg Extension Arm (7).
5. Insert a Foam Roller Holder (32) into the hole in the Leg Extension Arm (7) and into the hole in the Adj. Seat Arm (6). Moisten the inside hole of each Foam Pad (35) with water and slide onto each end of the Foam Roller Holders (32). Attach a 1" Plug (56) onto each end of the Foam Roller Holders (32).
6. Attach the Back Pad (31) to the Back Pad Adjuster (8) using two 3/8" X 1" Threaded Hex Bolts (72) and two 3/8" Washers (80), then insert the Back Pad Adjuster (8) into the Front Upright (2). Insert a 45mm Sq. Plug (55) into the end of the Back Pad Adjuster (8).
7. Attach the Foot Plate (17) to the Base Frame (1) by aligning the holes and inserting the 1/2" Round Tube (33). Insert two 1/2" Plugs (58) into the 1/2" Round Tube (33).



STEP 3 Assemble Press Arm

1. Attach the Press Arm Selector (11) to the Top Frame (3) by aligning the holes and inserting the 1" Axle (34). Lock into place with the pre-installed 3/8" X 1/2" Set Screw (76).
2. Attach the Press Arm (12) to the Press Arm Selector (11) by aligning holes and inserting the 1" Pivot Axle (34). Lock into place with pre-installed Set Screw (76). Insert two 50mm Sq. Plugs (54) into the Press Arm (12) and four 50mm Sq. Plugs (54) into the Press Arm Selector (11).



STEP 4 Top Cable Assembly

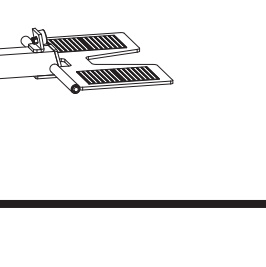
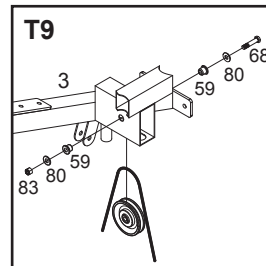
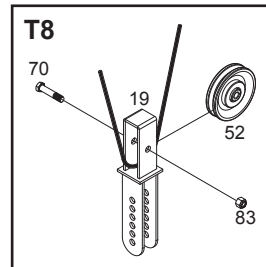
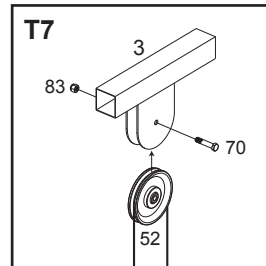
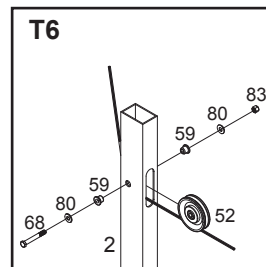
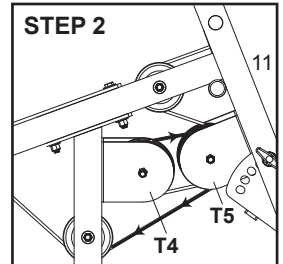
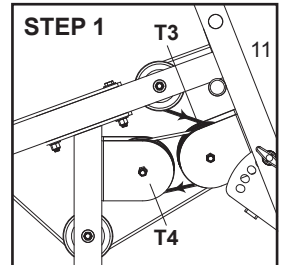
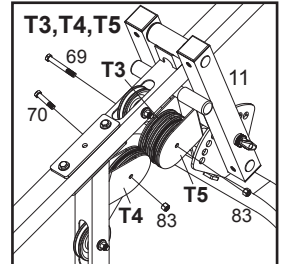
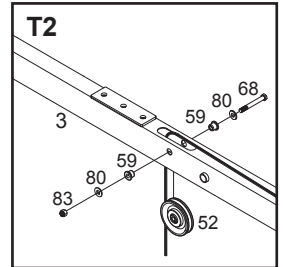
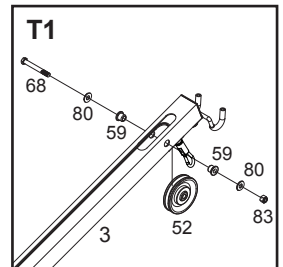
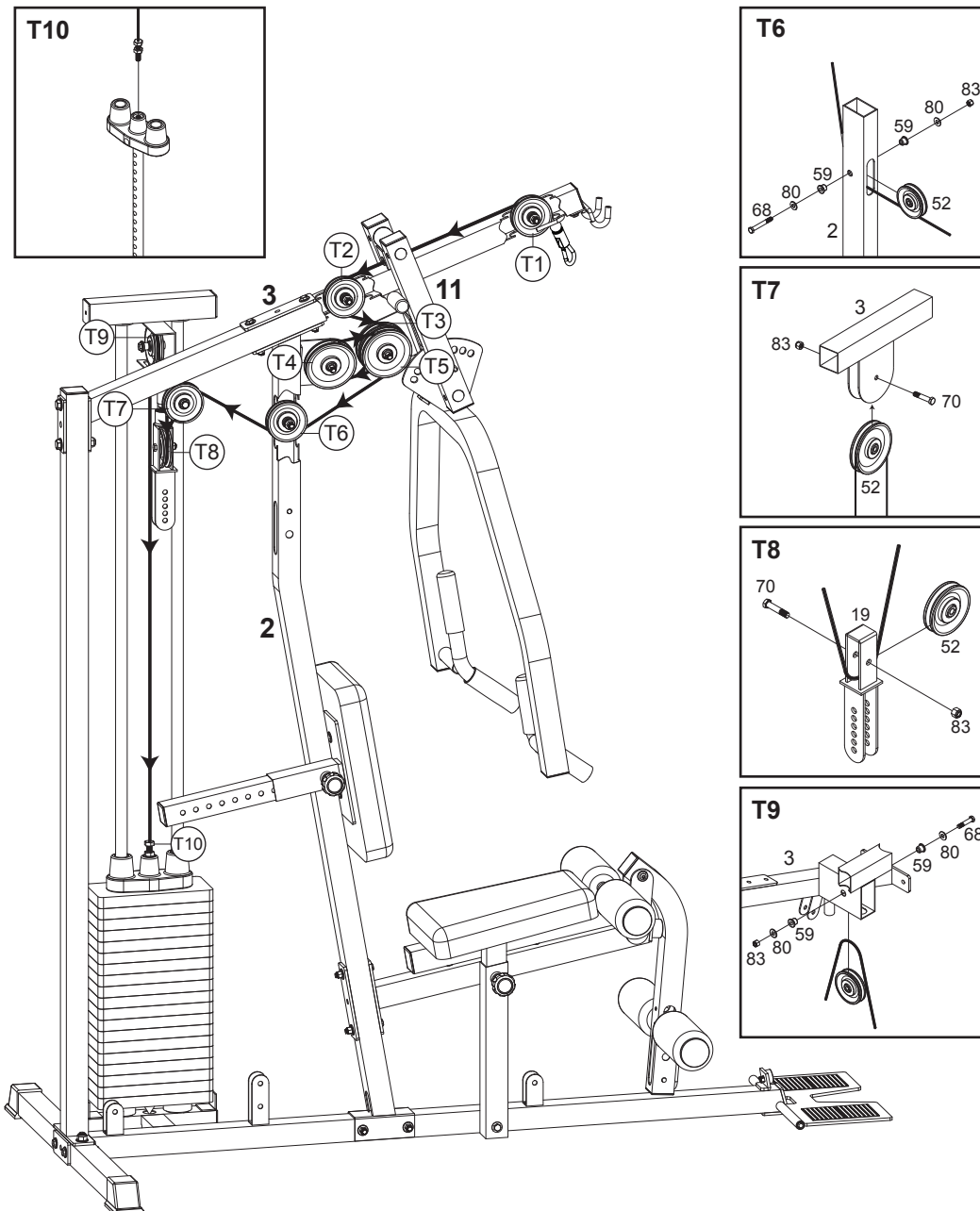


Assemble Cables and Pulleys simultaneously



Insert the threaded end of the Top Cable (28) into the bottom of the slot in the front of the Top Frame (3) as shown in T1, and route over top of the two pulleys mounted in the Top Frame (3), then down and over the left side (as if sitting on seat) pulley in the Press Arm Selector (11), under the pulley mounted in the Front Upright (2), as shown in T4, over the right side pulley in the Press Arm Selector (11), then under the pulley mounted in the Front Upright (2) as shown in T6, up and over the pulley mounted on the Top Frame (3).

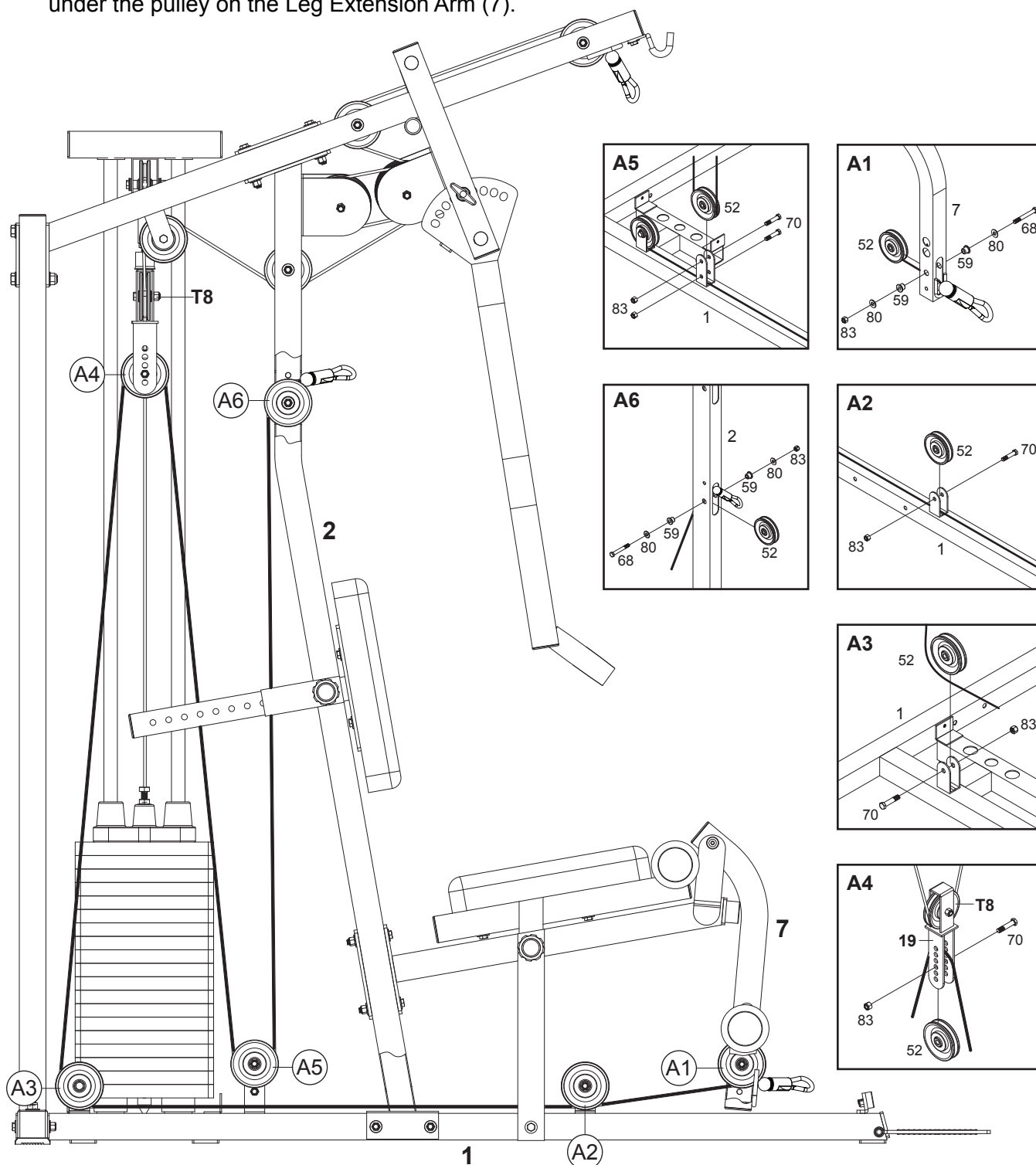
as shown in T7, down and around the top pulley in the Adj. Pulley Block (19) as shown in T8, up and over left side pulley above the weight stack on Top Frame (3), then down to the weight stack. Screw the cable end into the Selector Rod (as shown in T10).



STEP 5 AB Cable Assembly

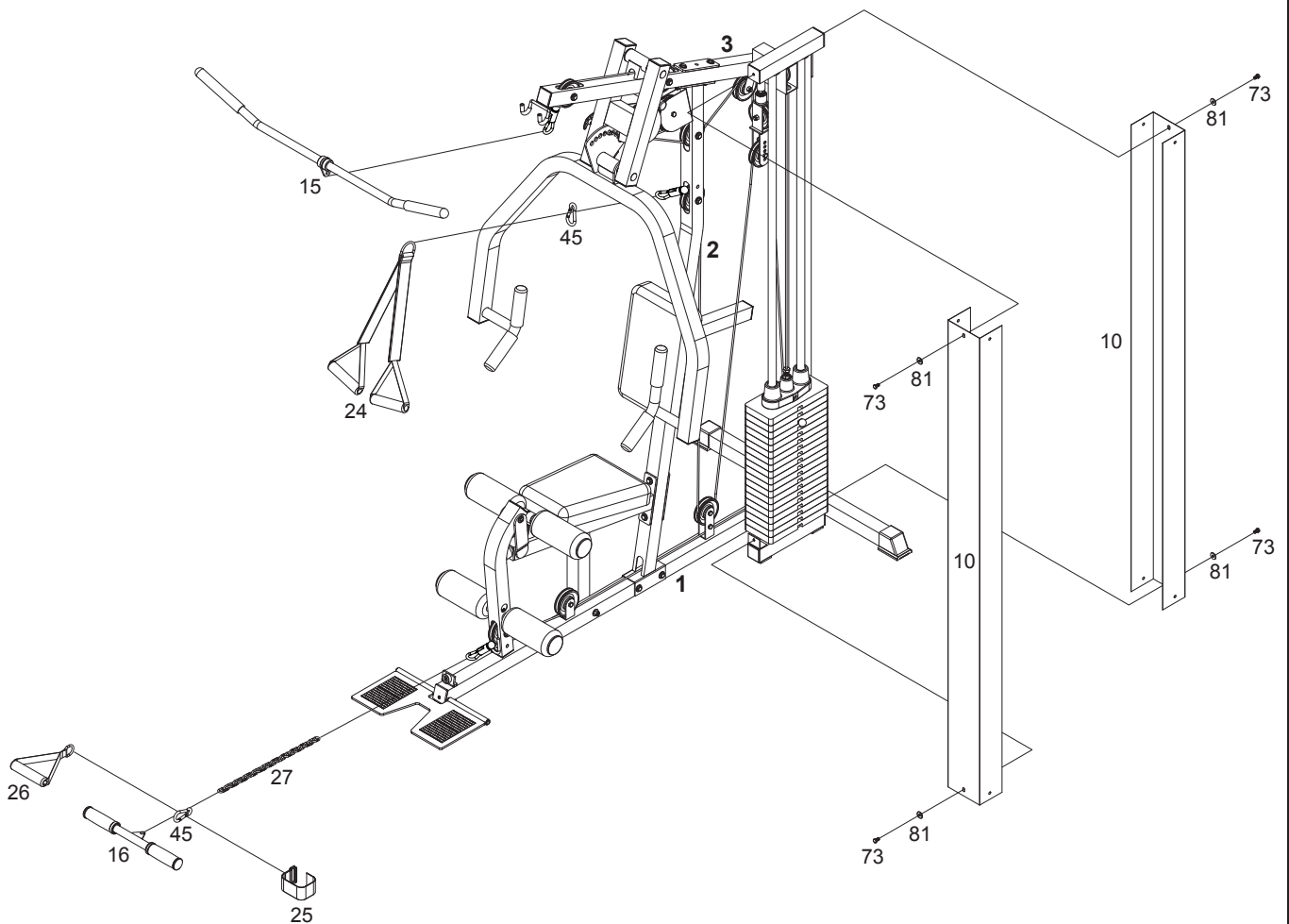


□ Route the AB Cable (29) through the lower slot, over the pulley in the Front Upright (2) as shown in A6, down to the pulley mounted on the Base Frame (1) as shown in A5, then up and over the lower pulley on Adj. Pulley Block (19) as shown in A4, down to the furthest back pulley on the Base Frame (1) as shown in A3 & A2, then forward to the Leg Extension Arm (7) as shown in A1. Make sure the AB Cable (29) runs under both pulleys on the Base Frame (1) and under the pulley on the Leg Extension Arm (7).



STEP 6

1. Attach Weight Guard (10) to Base Frame (1) and Top Guide Rod Retainer welded on Top Frame (3), using four 5/16" Washers (81) and four 5/16" X 1/2" Hex Bolts (73).



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 (46) 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 (22) 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 (9).
7. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the M300 Gym. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556