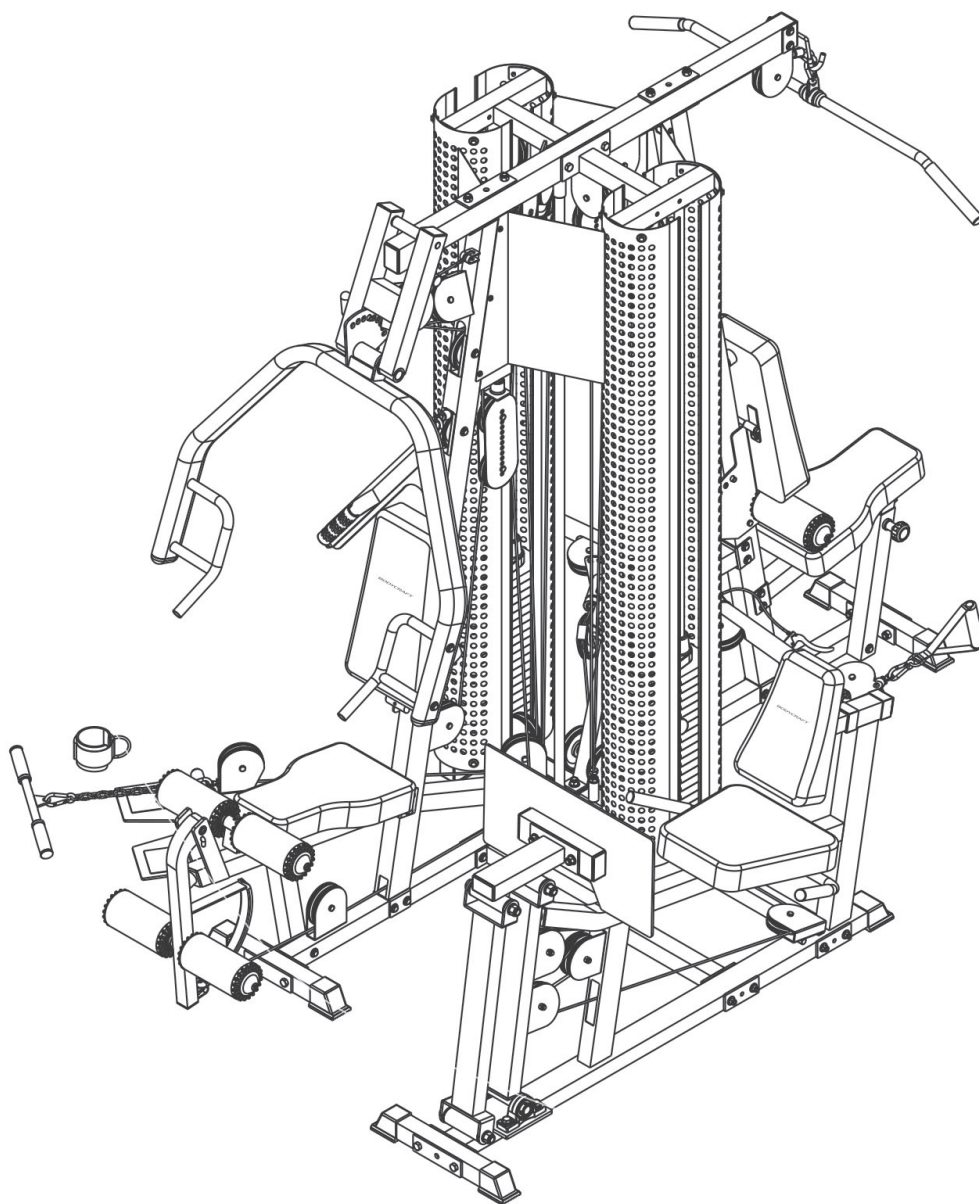


# BODYCRAFT

## Assembly and Operating Instructions



max. 130 kg



~ 180 Min.



447 kg

L 280 | W 210 | H 213

SW-95.0205.01.03

Art. No. SW-95.0205

BodyCraft Family X-Press Pro



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**Dear customer,**

Thank you for choosing BodyCraft® training equipment. BodyCraft® equipment inspires with its multifunctionality and excellent workmanship and is one of the highest quality fitness equipment for home use in terms of innovation and technology. BodyCraft® weight stations, for example, offer a very wide range of exercise possibilities. This ranges from traditional strength training such as bench presses to rehabilitation exercises and workouts for complex sports such as golf, tennis or badminton.

Further information can be found at [www.sport-tiedje.com](http://www.sport-tiedje.com).

**Intended Use**

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

**Disclaimer**

***BODYCRAFT***

BodyCraft® is a registered brand of the company Fitness Authority Industrial Co., LTD. All rights reserved. Any use of this trademark without the explicit written permission of Fitness Authority Industrial Co., LTD is prohibited.

Product and manual are subject to change. Technical data can be changed without advance notice.

## ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.



Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

## 1.1 Technical Data

### Weight and Dimensions

Packaging dimensions (L x W x H) and article weight (gross, incl. packaging) approx.:

Box 1:	218 cm x 60 cm x 17 cm	69 kg
Box 2:	134 cm x 104 cm x 27 cm	73 kg
Box 3:	157 cm x 71 cm x 20 cm	76.6 kg
Box 4:	208 cm x 30 cm x 17 cm	33 kg
Box 5:	81 cm x 50 cm x 38 cm	31 kg

2x Weight plates (5 x 4.5 kg):	27 cm x 14 cm x 13 cm	22.42 kg
4x Weight plates (7 x 4.5 kg):	28 cm x 19 cm x 15 cm	31.265 kg

Article weight incl. weight stack (net, without packaging) approx.: 447 kg

Set-up dimensions (L x W x H) approx.: 280 cm x 210 cm x 213 cm

### Cables and Pulleys

Weight stack:	2 (90 kg each)
Weight plates:	19 + 1 per weight stack

Cable material:	Steel
Cover material:	Nylon
Pulley size:	yy mm
Diameter pulleys:	114 mm

Maximum user weight: 130 kg

## 1.2 Personal Safety

### **DANGER**

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

### **CAUTION**

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

### **ATTENTION**

- + Do not insert any objects of any kind into the openings of the device.



## 1.3 Set-Up Place



### WARNING

- + Do not place the equipment in main corridors or escape routes.

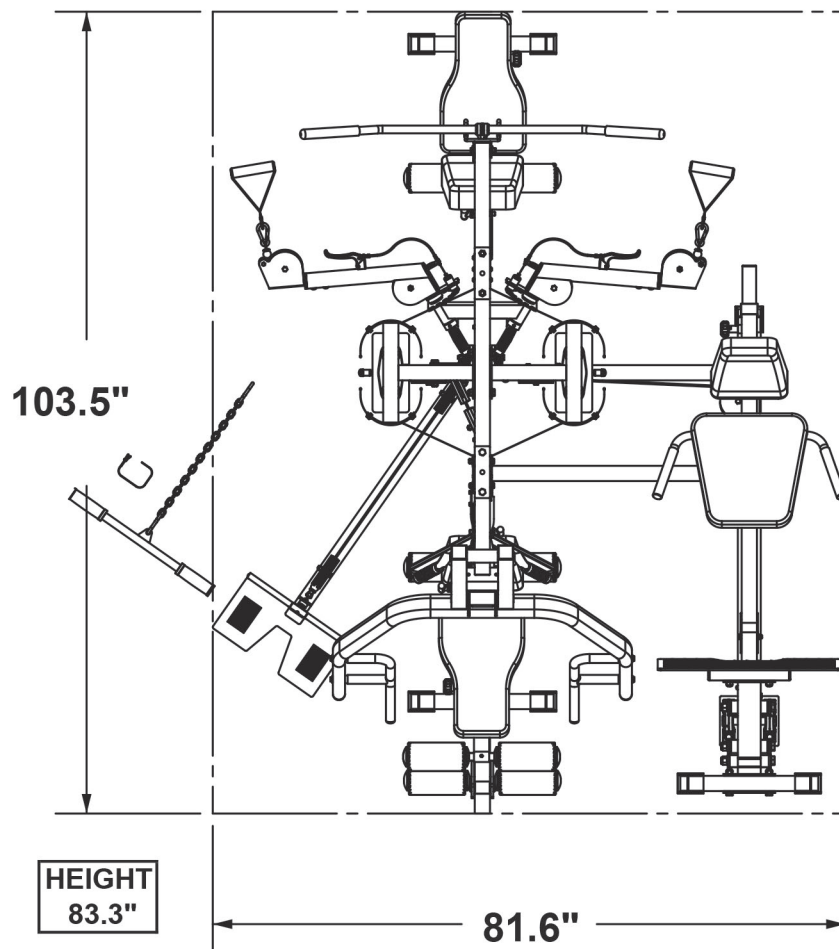


### CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

### ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.



### 2.1 General Instructions



#### **DANGER**

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



#### **WARNING**

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



#### **CAUTION**

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



#### **ATTENTION**

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



#### **NOTICE**

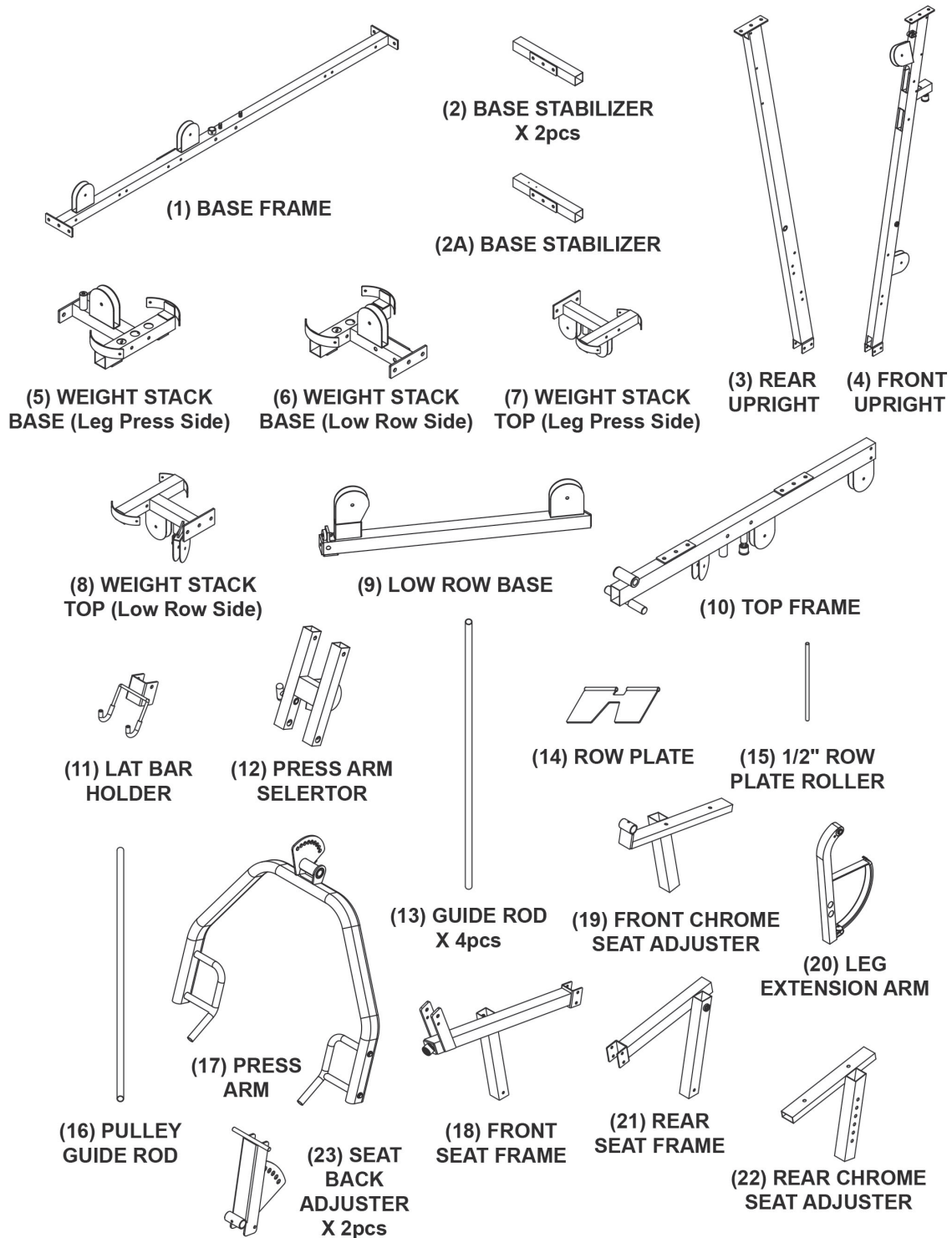
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.





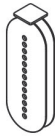
(24) METAL HINGE FOR SEAT BACK ADJUSTER X 4pcs



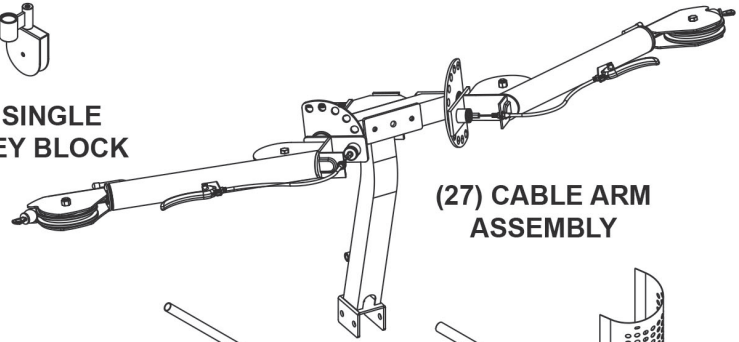
(25) SINGLE PULLEY BLOCK



(26) PULLEY GUIDE BRACKET X 4pcs



(30) ADJUSTABLE PULLEY BLOCK X 4pcs



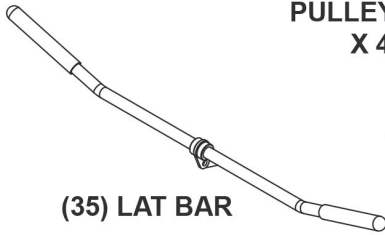
(27) CABLE ARM ASSEMBLY



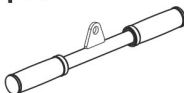
(31) 1" CHROME ROLLER TUBE X 3pcs



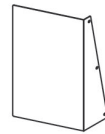
(33) 1" PIVOT AXLE



(35) LAT BAR



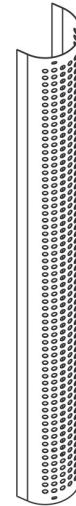
(36) LOW ROW BAR



(37) LEFT POSTER PLATE X 2pcs



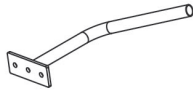
(33A) 19.95mm AXLE



(32) WEIGHT STACK SHROUD X 4pcs



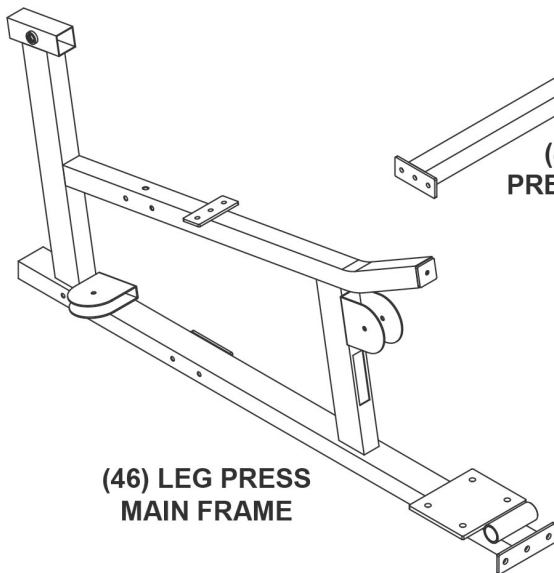
(38) RIGHT POSTER PLATE X 2pcs



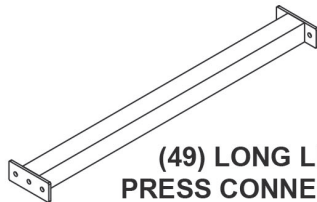
(47) LEFT LEG PRESS HANDLE



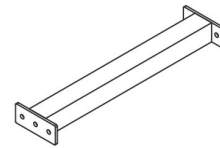
(48) RIGHT LEG PRESS HANDLE



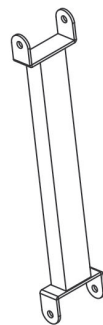
(46) LEG PRESS MAIN FRAME



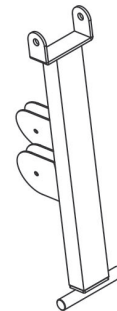
(49) LONG LEG PRESS CONNECTOR



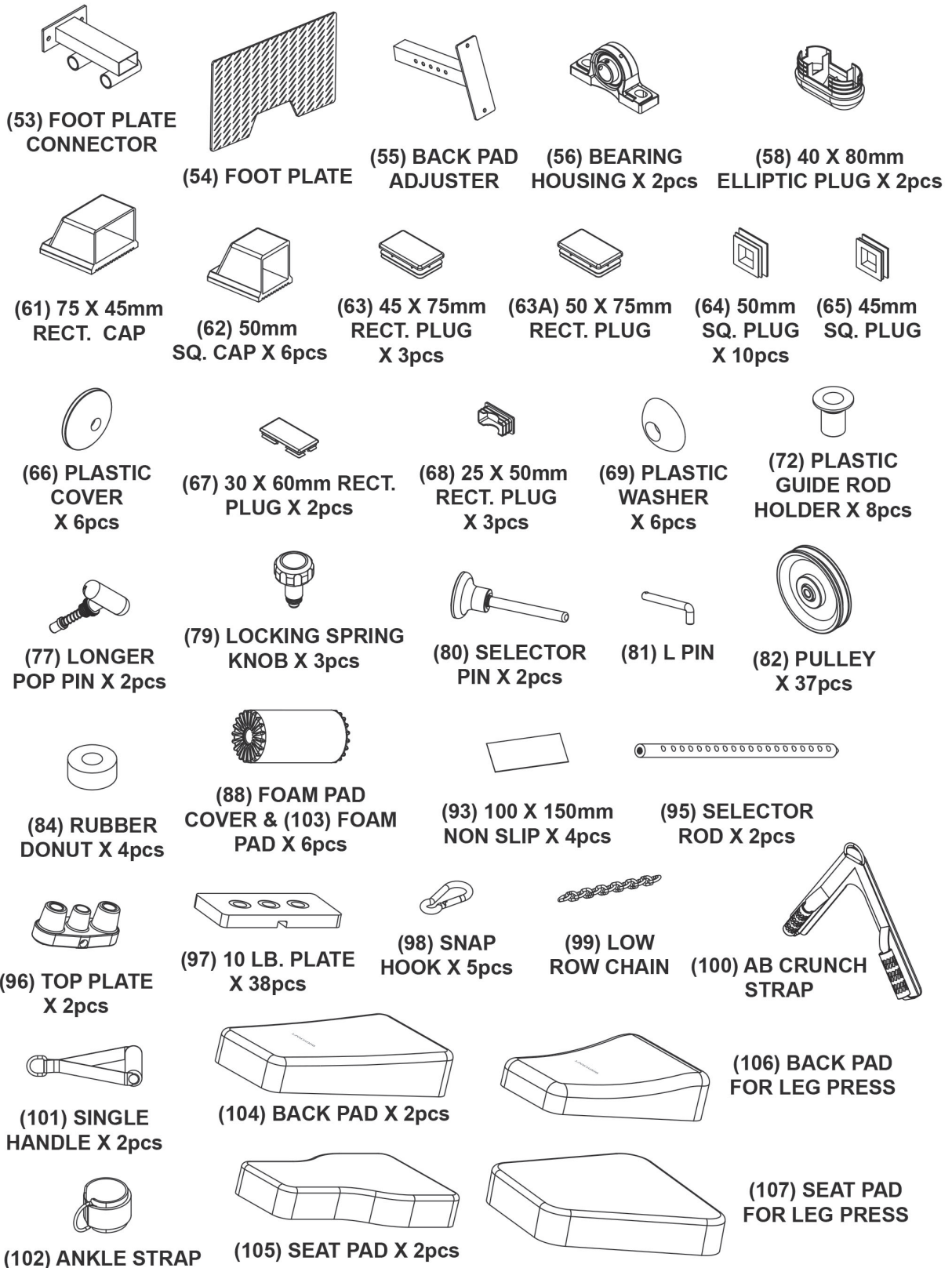
(51) LEG PRESS TO WEIGHT BASE CONNECTOR

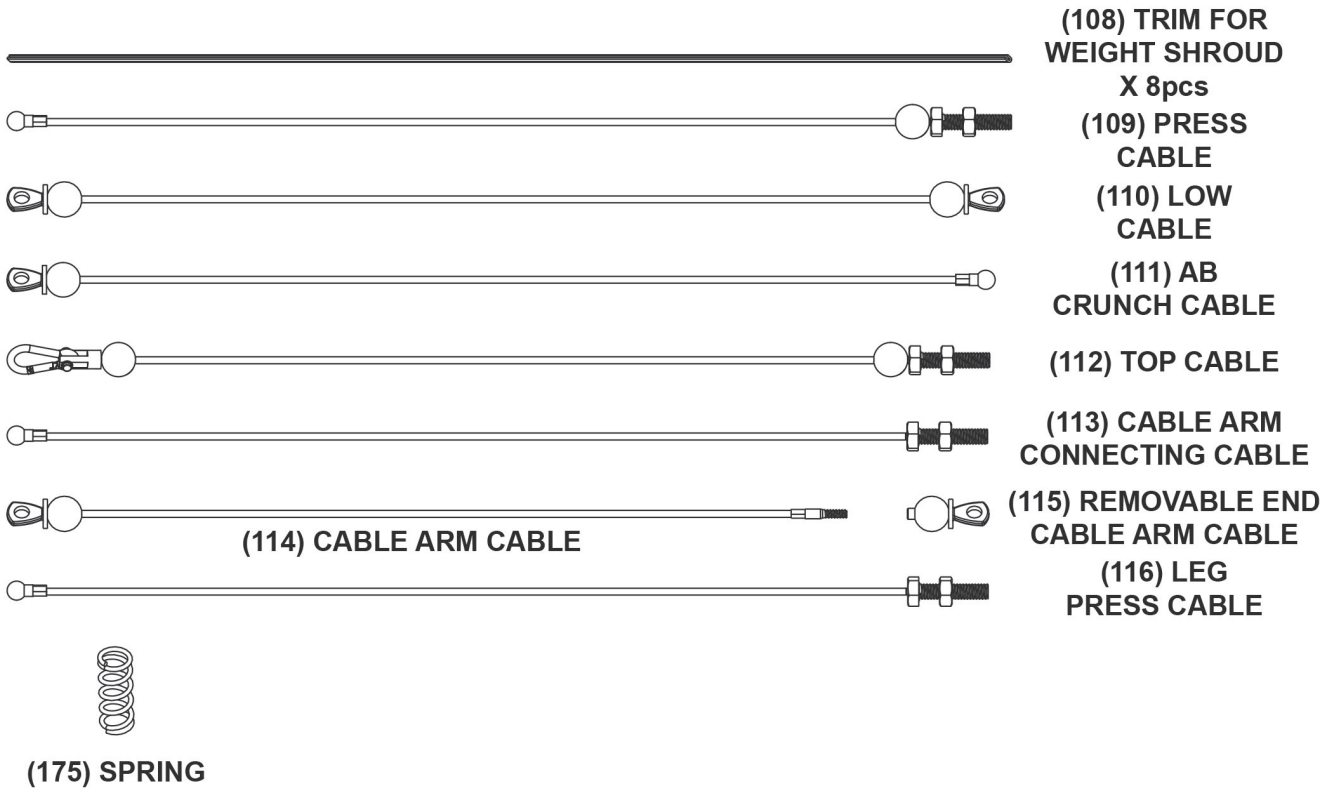


(50) FRONT LEG PRESS SUPPORT



(52) REAR LEG PRESS SUPPORT





(108) TRIM FOR  
WEIGHT SHROUD  
X 8pcs

(109) PRESS  
CABLE

(110) LOW  
CABLE

(111) AB  
CRUNCH CABLE

(112) TOP CABLE

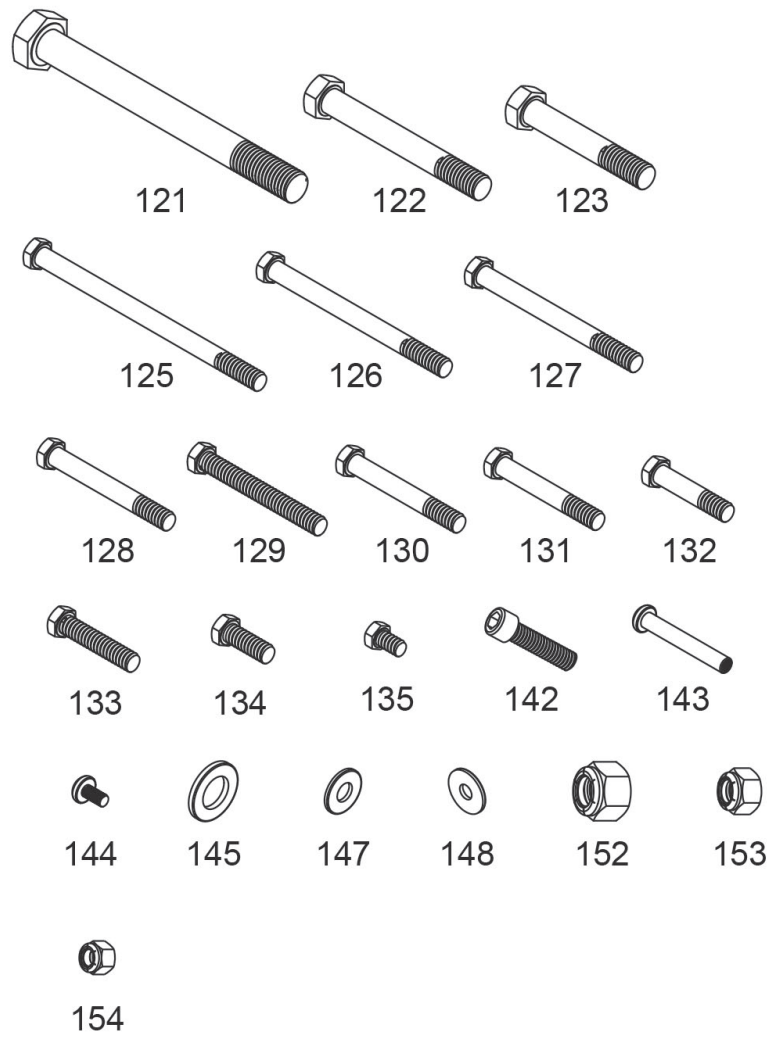
(113) CABLE ARM  
CONNECTING CABLE

(115) REMOVABLE END  
CABLE ARM CABLE

(116) LEG  
PRESS CABLE

(114) CABLE ARM CABLE

(175) SPRING



## 2.3 Assembly

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **① NOTICE**

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.
- + Please allow plastic parts to acclimate to room temperature before assembly or they may be damaged.

### **Step 1: Assembly of the Base Stabilizers, Weight Stack Bases, Uprights, Low Row Base/Plate and Connectors**

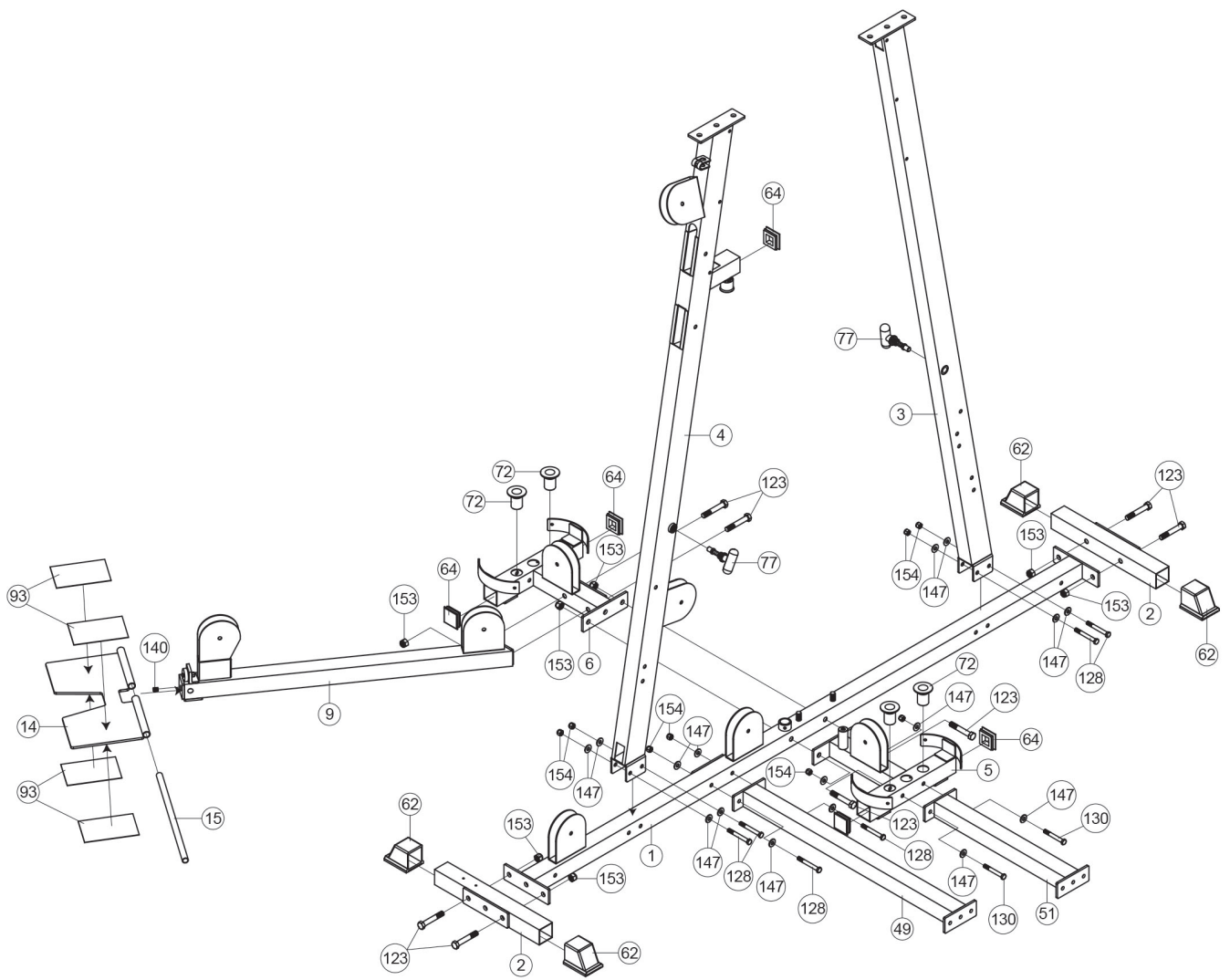
1. Assemble both base stabilizers (2) to each end of the base frame (1) with two bolts (123) and two nuts (153) each.

### **① NOTICE**

It is recommended to use a rubber mallet when assembling the plastic caps.

2. Attach four caps (62) onto the front & rear base stabilizers (2).
3. Assemble weight stack base - leg press side (5) and weight stack base - low row side (6) to the base frame (1) with two bolts (123) and two nuts (153).
4. Attach four plugs (64) and insert four guide rod holders (72) to both weight stack bases (5 & 6).
5. Assemble the front upright (4) to the base frame (1) with two bolts (128), four washers (147) and two nuts (154). Repeat this for the rear upright (3).
6. Screw the longer pop pin (77) into front upright (4) and rear upright (3).
7. Attach one plug (64) to the front upright (4).
8. Assemble the low row base (9) to the weight stack base (6) with two bolts (123) and one nut (153).
9. Attach the row plate (14) to the low row base (9) by inserting the row plate roller (15).
10. Attach four non slips (93) to the row plate (14).
11. Assemble the connector (51) to weight stack base (5) with two bolts (130), four washers (147) and two nuts (154).
12. Attach the long leg press connector (49) to the base frame (1) with two bolts (128), four washers (147) and two nuts (154).





## Step 2: Assembly of the Top Frame and Weight Stacks

1. Assemble the top frame (10) to the front and rear uprights (3 & 4) with four bolts (122) and four nuts (153).
2. Assemble the lat bar holder (11) to the top frame (10) with two bolts (128), four washers (147) and two nuts (154).
3. Attach the plug (63A) to the top frame (10).
4. Assemble the pulley guide rod (16) and single pulley block (25) to the top frame (10) with one set screw (141).
5. Slide two rubber donuts (84) onto one end of each guide rod (13).
6. Insert guide rods (13) into the weight stack bases (5 & 6).

### **NOTICE**

Apply silicone lubricant onto guide rods prior to weight plate assembly.

7. Slide each 10 LB plate (97) over guide rods (13) and make sure that each plate is oriented with the selector hole on the bottom and facing forward.
8. Assemble the top plates (96) to the selector rods (95) with the top plate bolts (142).
9. Slide top plates (96) with selector rods (95) over guide rods (13).
10. Insert the selector pins (80) into a desired hole of the weight stacks.
11. Insert guide rods (13) into the guide rod holders (72).
12. Insert the guide rod holders (72) into both weight stack tops (7 & 8).

### **NOTICE**

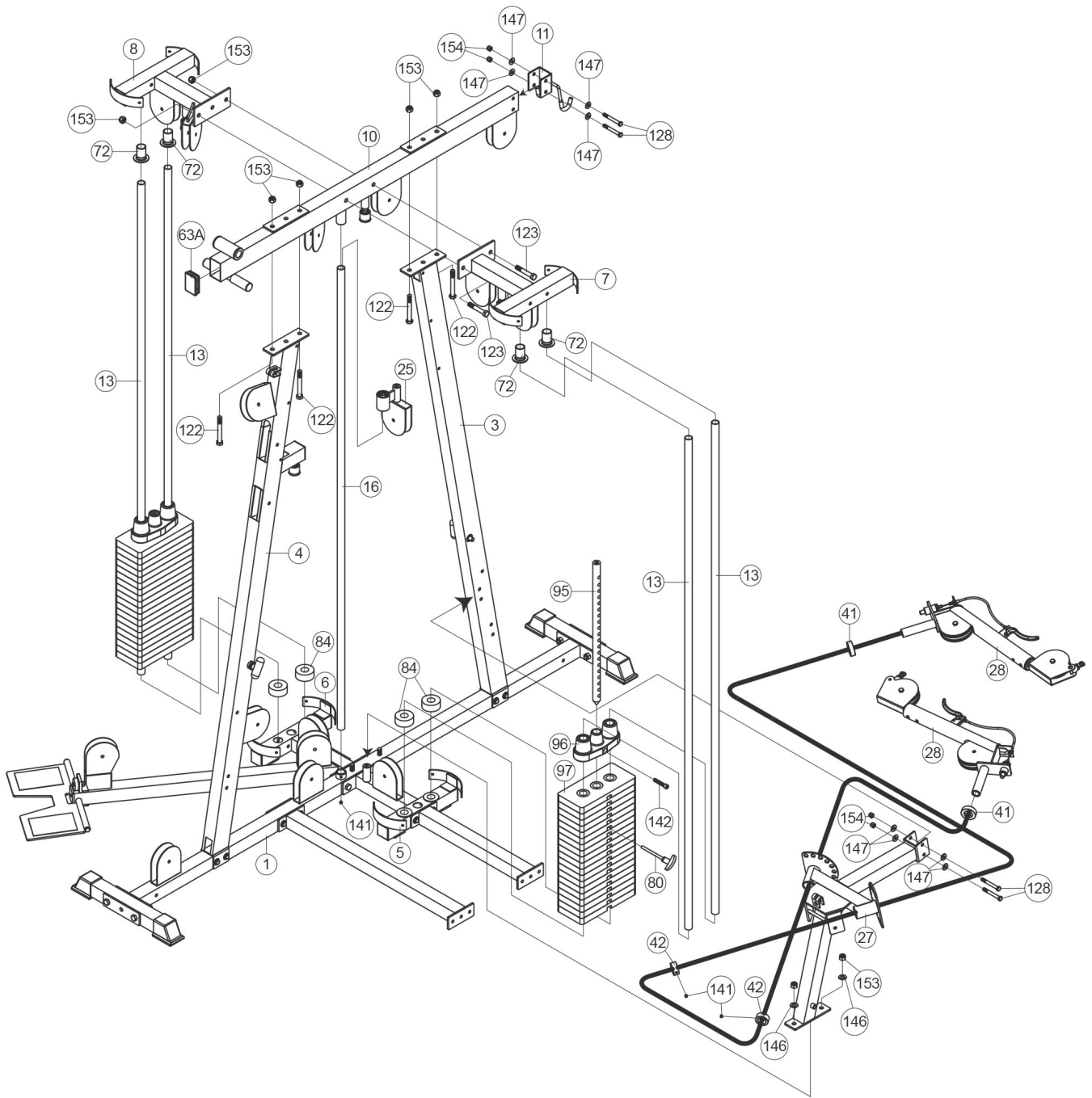
Make sure to assemble each weight stack top (7 & 8) on the proper side.

13. Assemble both weight stack tops (7 & 8) to top frame (10) with two bolts (123) and two nuts (153).
14. Assemble the pre-assembled cable arm assembly (27) to rear upright (3) and base frame (1) with two bolts (128), four washers (147) and two nuts (154).

### **NOTICE**

Make sure to keep all bolts loose to ensure holes will align easily.

15. Assemble the pre-assembled cable arm assembly (27) to base frame (1) with two washers (146) and two nuts (153) onto pre-welded bolts on base frame (1).
16. Slide the axle of each cable arm (28) through the hole in selector plate of cable arm assembly (27) and fasten using axle collar (42) with pre-inserted set screw (141).



### Step 3: Assembly of the Seats Part 1

1. Assemble the front seat frame (18) to the front upright (4) with two bolts (128), four washers (147) and two nuts (154).
2. Assemble the front seat frame (18) to the base frame (1) with one bolt (126), two washers (147) and one nut (154).
3. Attach the leg extension arm (20) to the front seat frame (18) by inserting the leg extension axle (39).
4. Fasten the leg extension axle (39) using two washers (148), two spring washers (150) and two set screws (137).
5. Attach the plug (64) to the front of seat frame (18) and plug (66) to the top and bottom of leg extension arm (20).

**ⓘ NOTICE**

Make sure that the leg extension arm pivots freely.

6. Use the L Pin (81) to lock the leg extension arm (20).
7. Insert tube (31) into the front seat adjuster (19).

**ⓘ NOTICE**

Use window cleaner or water for better sliding of roller pads onto tubes.

8. Moisten foam pads with foam pad covers (103 & 88) and slide it onto each end of tube (31).

**ⓘ NOTICE**

It is recommended to use a rubber mallet.

9. Assemble two plastic covers (66) to both foam pads with foam pad covers (103 & 88) and secure the pads with two washers (69) by using two screws (157) and two washers (173).
10. Lock tube (31) into place with pre-assembled set screw.
11. Assemble the seat pad (105) to the front seat adjuster (19) with two washers (147) and two bolts (133).
12. Attach the plug (68) to the front seat adjuster (19).
13. Insert the front seat adjuster (19) into the front seat frame (18) and secure with one spring (175) and lock with locking spring knob (79).
14. Assemble the seat back adjuster (23) to front upright (4) with one bolt (128) and one nut (154). It may be necessary to tighten this bolt, then loosen just enough to let the seat back adjuster (23) pivot freely.

**ⓘ NOTICE**

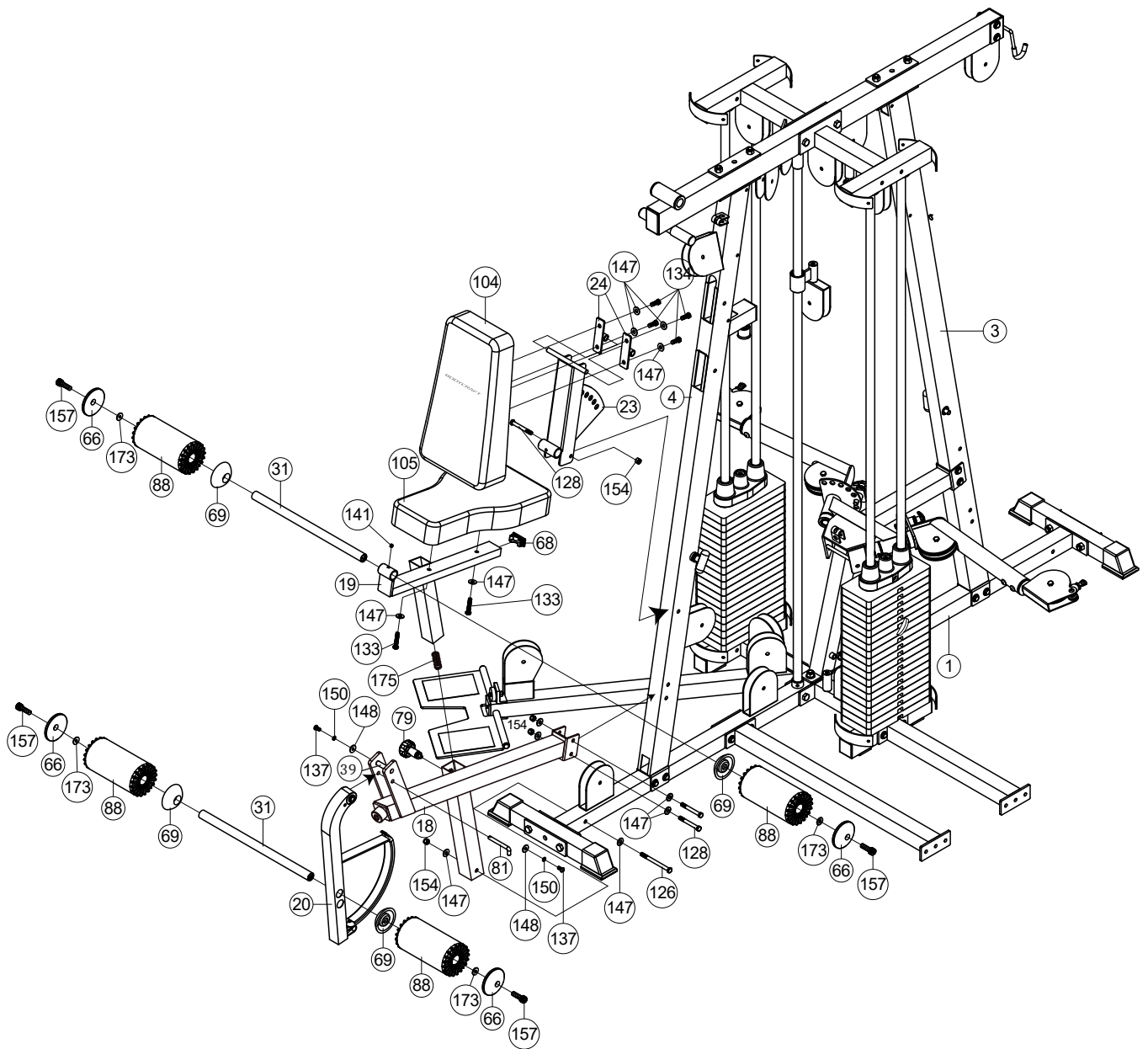
The longer pop pin (77) should seat in the adjustment holes in the seat back adjuster (23).

15. Slide two metal hinges (24) onto the axle on top of the seat back adjuster (23).
16. Assemble the back pad (104) to the metal hinges (24) with four washers (147) and four bolts (134).
17. Insert tube (31) into the leg extension arm (20).

**ⓘ NOTICE**

Use window cleaner or water for better sliding of roller pads onto tubes.

18. Moisten two foam pads with foam pad covers (103 & 88) and slide it onto each end of tube (31).
19. Assemble two plastic covers (66) to both foam pads with foam pad covers (103 & 88) and secure the pads with two washers (69) by using two screws (157) and two washers (173).
20. Lock tube (31) into place with pre-assembled set screw.



### Step 3: Assembly of the Seats Part 2

1. Assemble the seat back adjuster (23) to rear upright (3) with one bolt (128) and one nut (154). It may be necessary to tighten this bolt, then loosen just enough to let the seat back adjuster (23) pivot freely.

**ⓘ NOTICE**

The longer pop pin (77) should seat in the adjustment holes in the seat back adjuster (23).

2. Slide two metal hinges (24) onto the axle on top of the seat back adjuster (23).
3. Assemble the back pad (104) to the metal hinges (24) with four washers (147) and four bolts (134).
4. Insert tube (31) into into the seat back adjuster (23).

**ⓘ NOTICE**

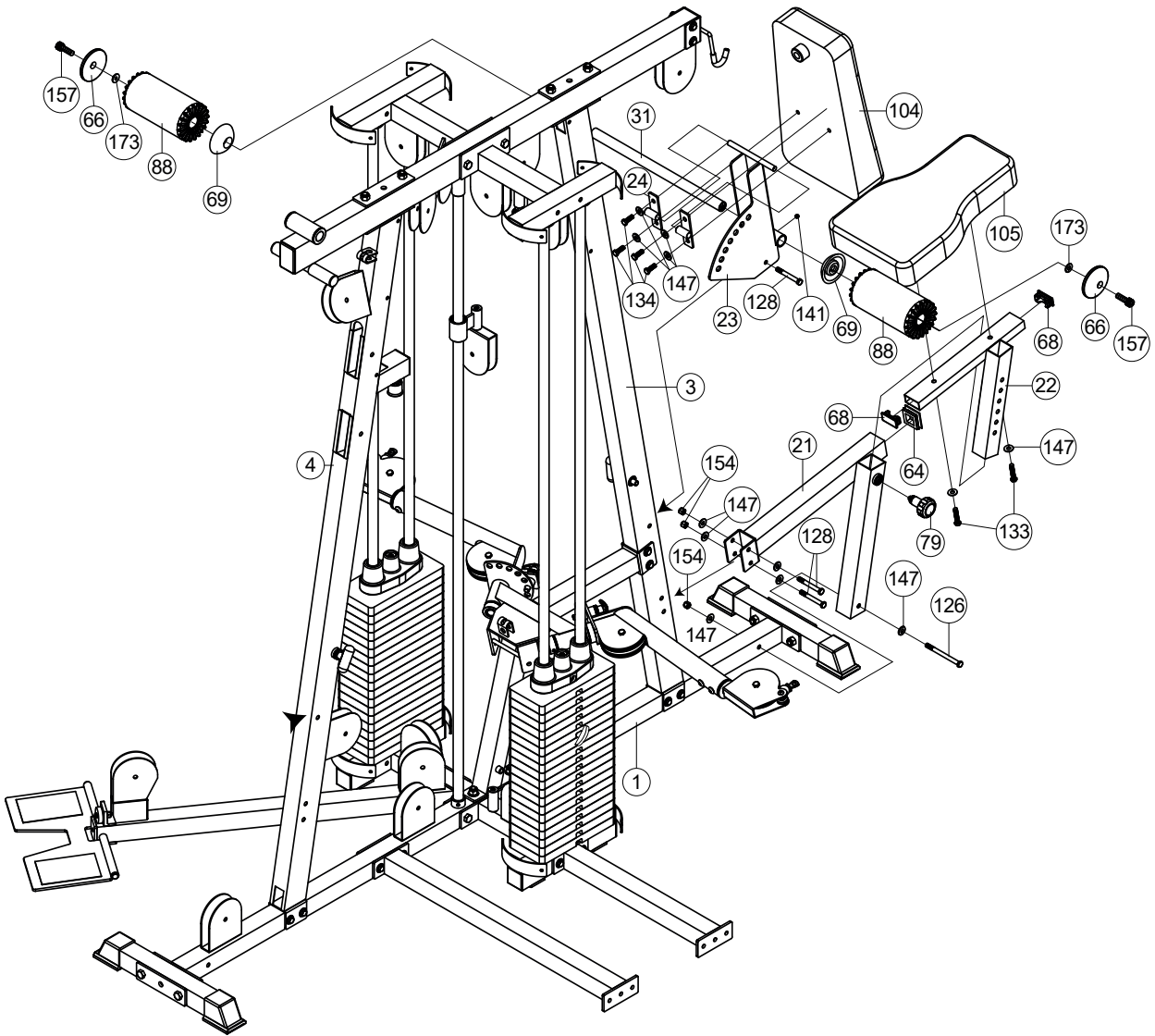
Use window cleaner or water for better sliding of roller pads onto tubes.

5. Moisten two foam pads with foam pad covers (103 & 88) and slide it onto each end of tube (31).

**ⓘ NOTICE**

It is recommended to use a rubber mallet.

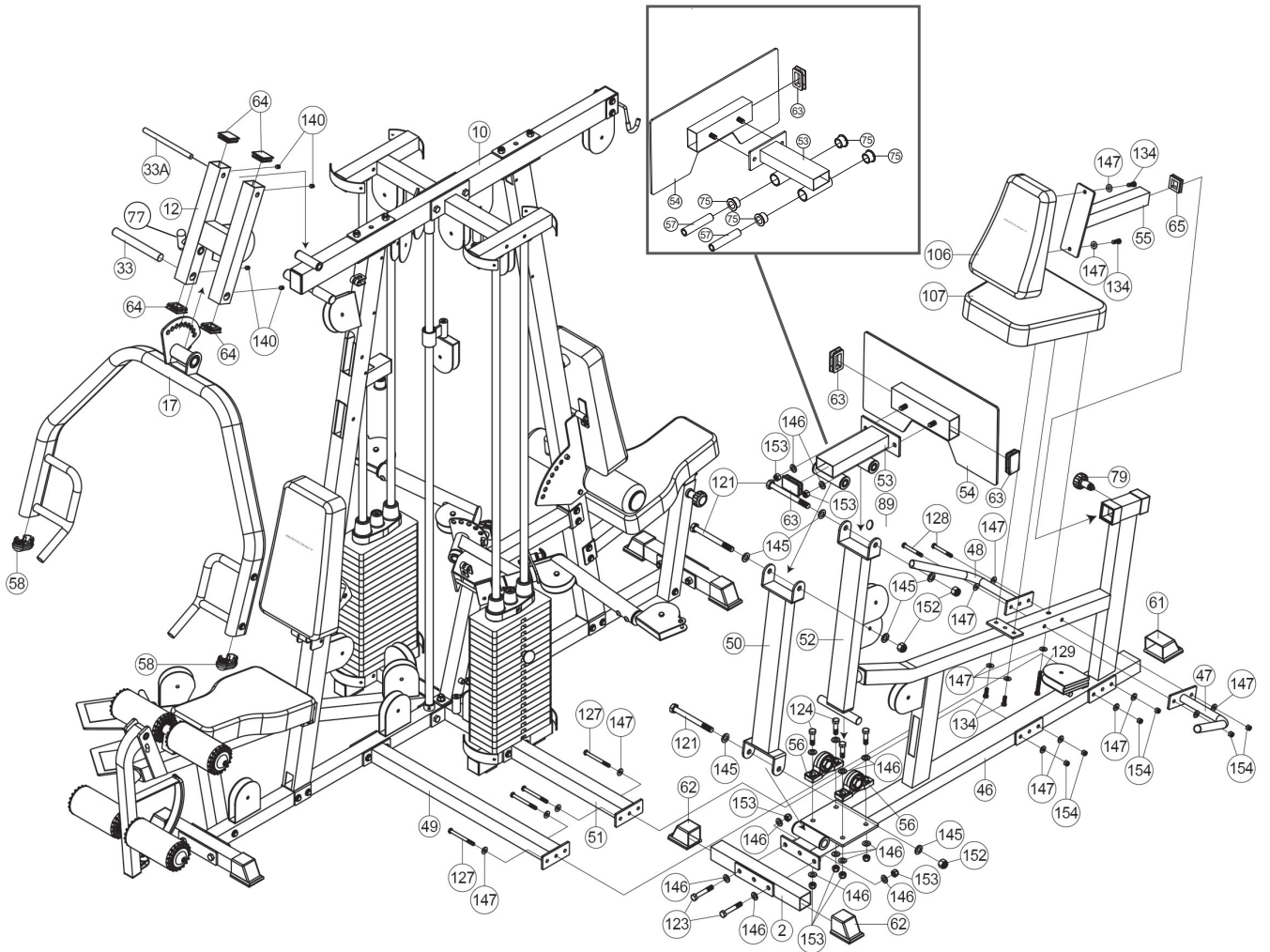
6. Assemble two washers (66) to both foam pads with foam pad covers (103 & 88) and secure the pads with two covers (69) by using two screws (157) and two washers (173).
7. Lock tube (31) into place with pre-assembled set screw.
8. Assemble the rear seat frame (21) to the base frame (1) with one bolt (126), two washers (147) and one nut (154).
9. Assemble the rear seat frame (21) to the rear upright (3) with two bolts (128), four washers (147) and two nuts (154).
10. Insert the rear seat adjuster (22) to the rear seat frame (21) and lock with locking spring knob (79).
11. Attach the plug (68) and plug (64) to the rear seat adjuster (22).
12. Assemble the seat pad (105) to the rear seat adjuster (22) with two bolts (133) and two washers (147).



#### Step 4: Assembly of the Bench Press and leg Press

1. Attach the press arm selector (12) to top frame (10) by aligning holes and inserting one pivot axle (33). Secure with pre-assembled set screw.
2. Attach the press arm (17) to press arm selector (12) by aligning holes and inserting one pivot axle (33) and one axle (33A). Secure with pre-assembled set screw.
3. Attach four plugs (64) onto the ends of press arm selector (12) and two plugs (58) to the ends of press arm (17).
4. Make sure the longer pop pin (77) seats in press arm selector (12) and adjustment holes of press arm (17).
5. Assemble the leg press main frame (46) to the leg press to weight base connector (51) and long leg press connector (49) with four bolts (127), eight washers (147) and four nuts (154).
6. Assemble the base stabilizer (2) to leg press main frame (46) with two bolts (123), four washers (146) and two nuts (153).
7. Attach one cap (61) to rear of leg press main frame (46) and two caps (62) to base stabilizer (2).
8. Remove one bearing housing (56) from the leg press main frame (46).
9. Slide the axle of rear leg press support (52) into each bearing housing (56).
10. Attach the bearing housing (56) onto the leg press main frame (46).
11. Assemble the front leg press support (50) to the leg press main frame (46) with one bolt (121), two washers (145) and one nut (152).
12. Slide both leg press axles (57) through pre-assembled bushings (75) on foot plate connector (53).
13. Assemble the foot plate connector (53) to rear leg press support (52) and front leg support (50) with one bolt (121), two washers (145) and one nut (152) each.
14. Attach foot plate (54) to foot plate connector (53) with two washers (146) and two nuts (153).
15. Attach two plugs (63) to the foot plate (54).
16. Attach right and left leg press handles (47 & 48) to leg press main frame (46), angle facing up, with two bolts (128), four washers (147) and two nuts (154).
17. Attach the seat pad for leg press (107) to leg press main frame (46) with three washers (147), two bolts (134) and one bolt (129).
18. Attach the back pad for leg press (106) to back pad adjuster (55) with two washers (147) and two bolts (134).
19. Slide the back pad adjuster (55) into leg press main frame (46) with the plug (65) by pulling the pre-assembled locking spring knob (79).
20. Now tighten all the bolts and nuts gradually.



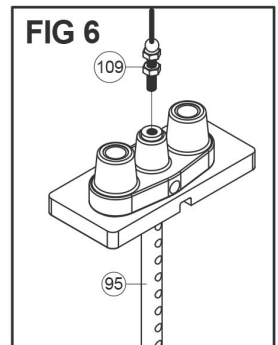
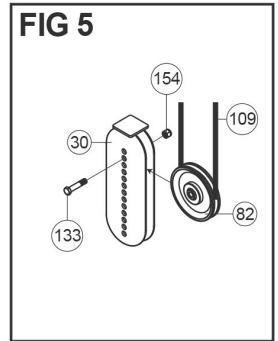
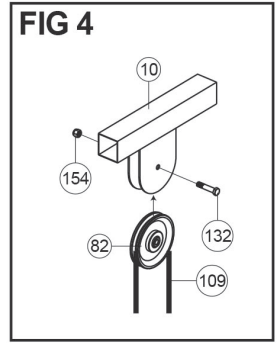
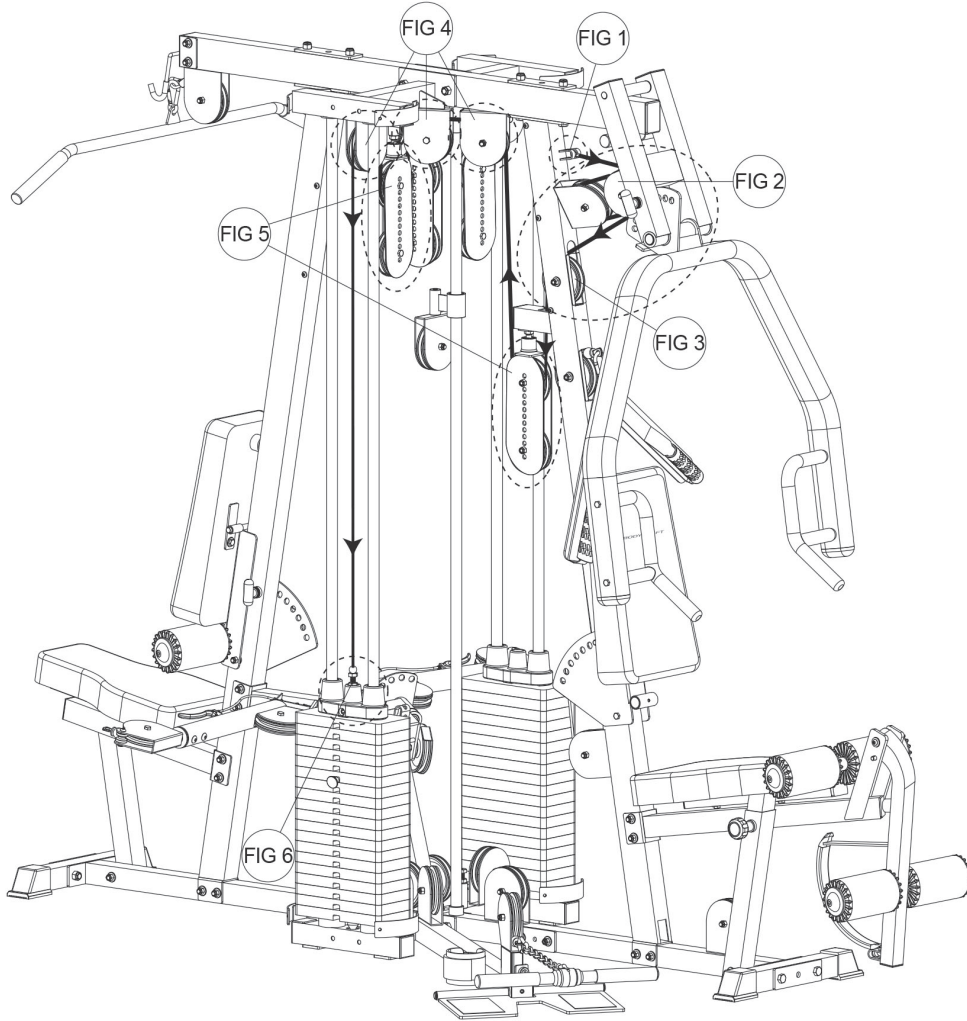
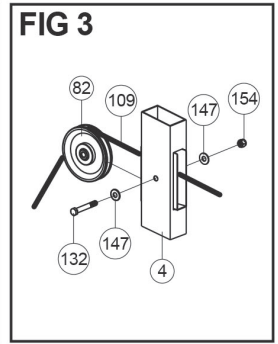
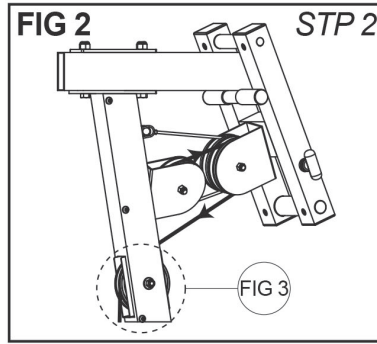
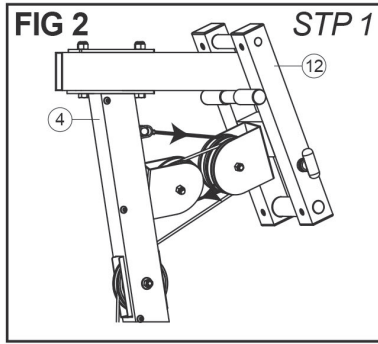
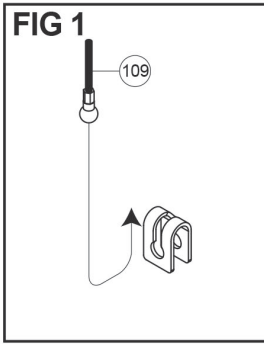


## Step 5: Assembly of the Press Cable

### **NOTICE**

Assemble cables and pulleys at the same time.

1. Attach the loop end of press cable (109) to the bracket on the front upright (4).
2. Route the cable over and around the left side (perspective from a person on the seat) of the pulley mounted in press arm selector (12).
3. Route the cable under and around the pulley mounted in front upright (4).
4. Route the cable over and around the pulley on the right side in press arm selector (12) as shown in fig. 2.
5. Route the cable through (uppermost) slot and over the pulley in front upright as shown in fig. 3.
6. Route the cable under top pulley in adjustable pulley block (30), up and over the pulley mounted on top frame (10) as shown in fig. 4.
7. Route the cable down and around top pulley in adjustable pulley block (30) up and over pulley mounted in weight stack top (8 & 9) and down to the weight stack.
8. Screw the end of the press cable (109) into selector rod (95) with at least 7 threads as shown in fig. 6.

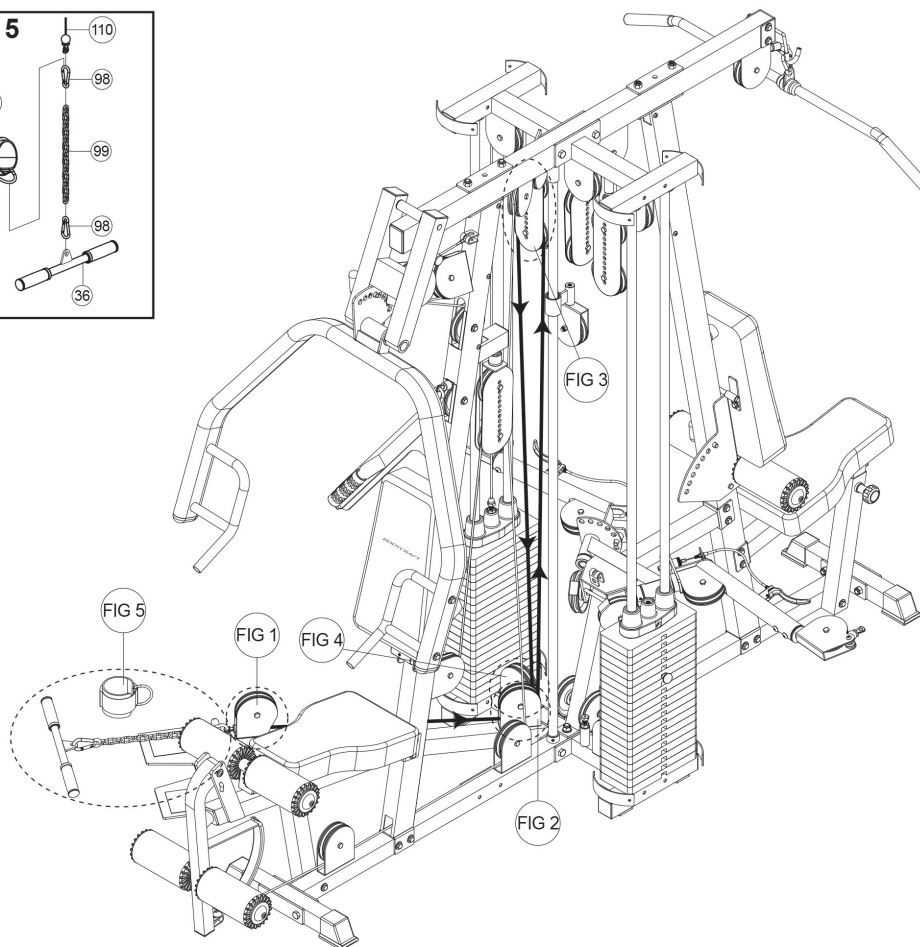
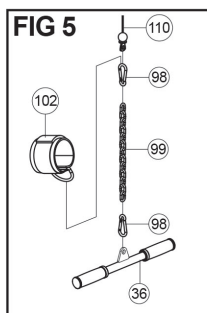
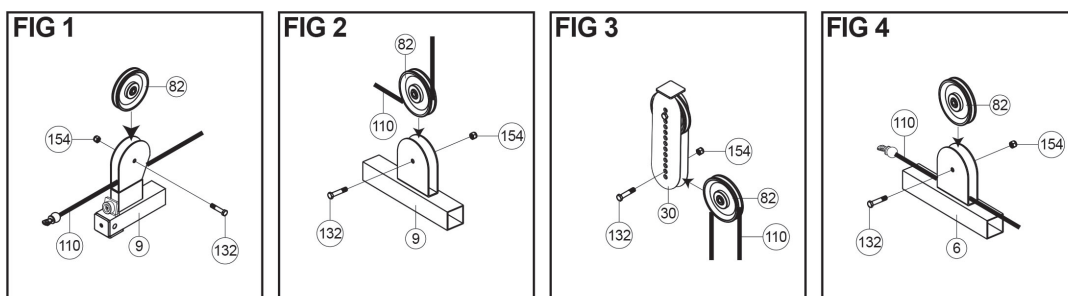


## Step 6: Assembly of the Low Cable

### **NOTICE**

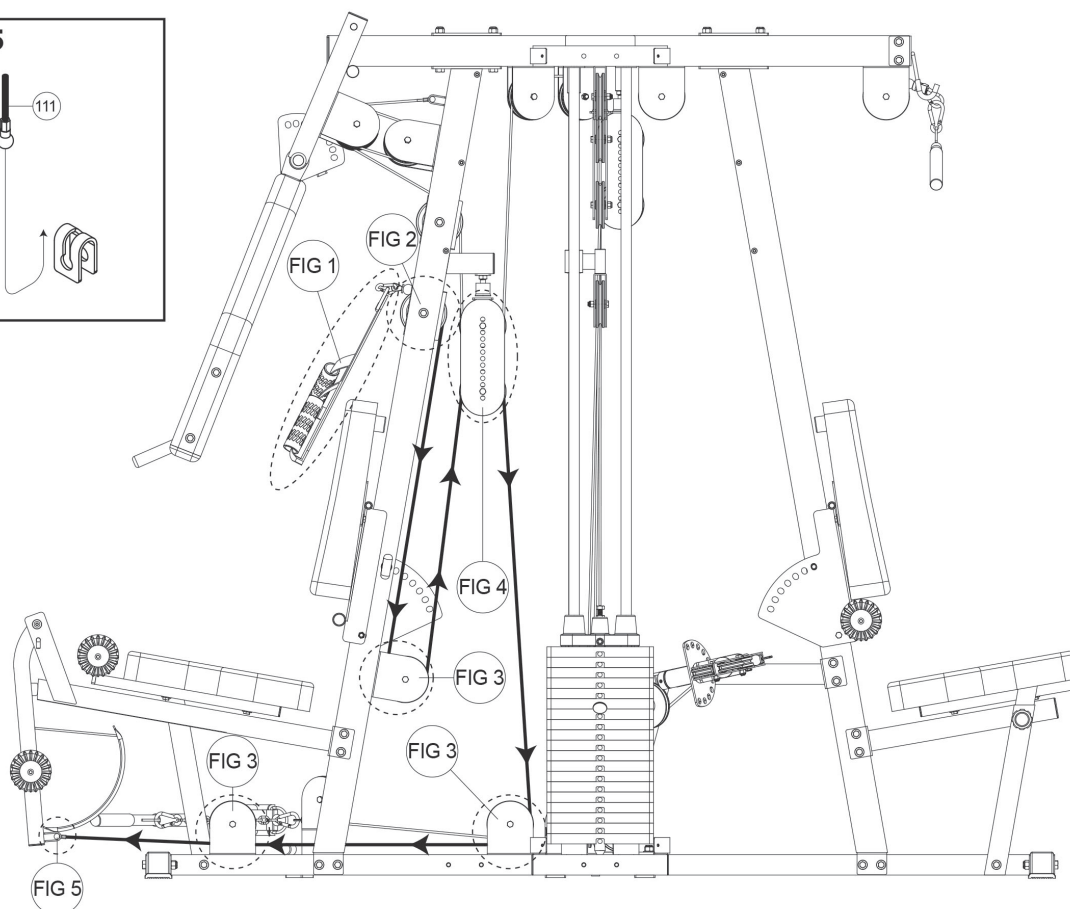
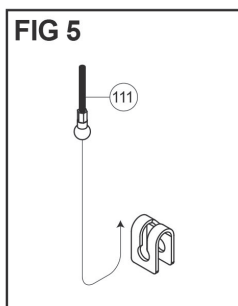
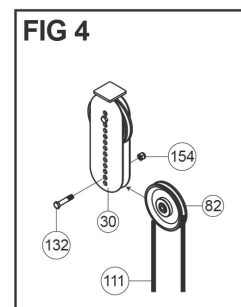
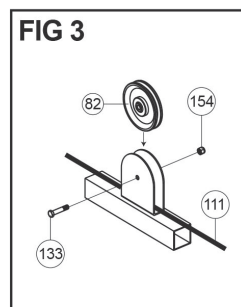
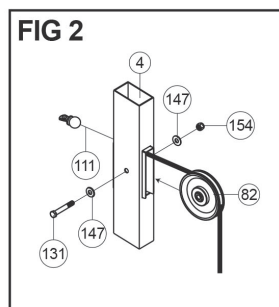
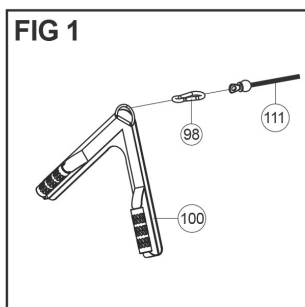
Do not use this cable if you have purchased the optional hip station. Use the hip station cable instead.

1. Route the low cable (110) under two pulleys (82) on low row base (9) as shown in fig. 1 and 2.
2. Route the cable up over the lower pulley in adjustable pulley block (30) as shown in fig. 3.
3. Route the cable down ending under the pulley on the weight stack base (6) as shown in fig. 4.



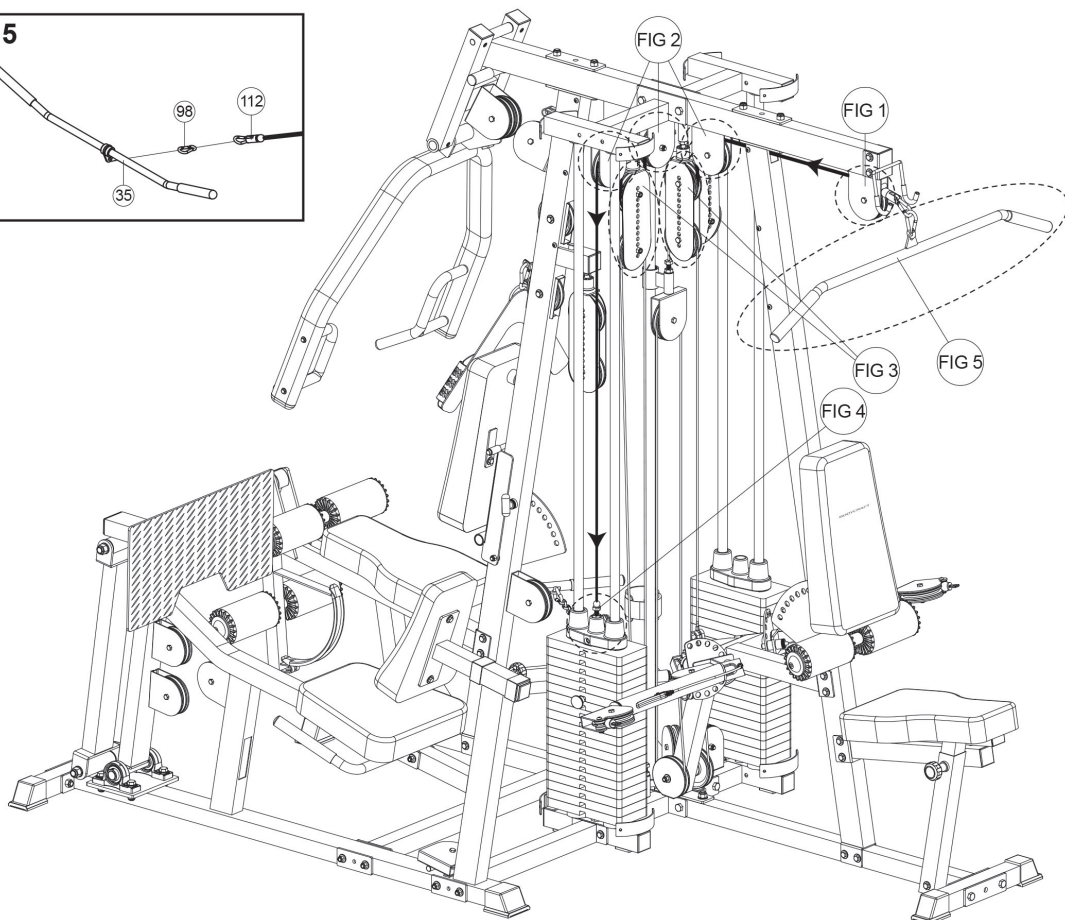
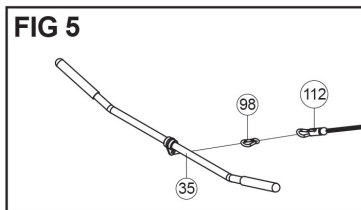
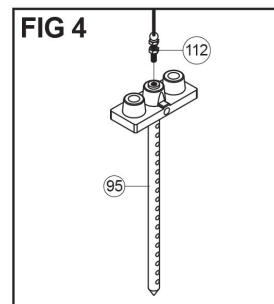
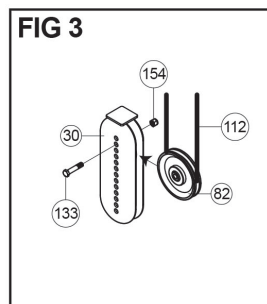
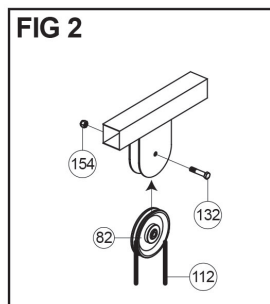
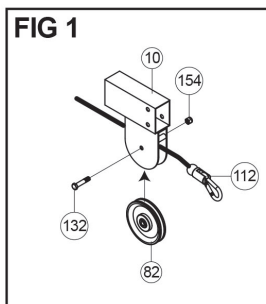
## Step 7: Assembly of the Ab Crunch Cable

1. Route the ab crunch cable (111) through the (lower) slot and over the pulley in the front upright (4) as shown in fig. 2.
2. Route the cable down and around the pulley mounted on rear of front upright (4), up and over lower pulley in adjustable pulley block (30) as shown in fig. 4.
3. Route the cable down and under two pulleys mounted on base frame (1).
4. Attach the cable end to the bracket welded on leg extension arm (20) as shown in fig. 5.



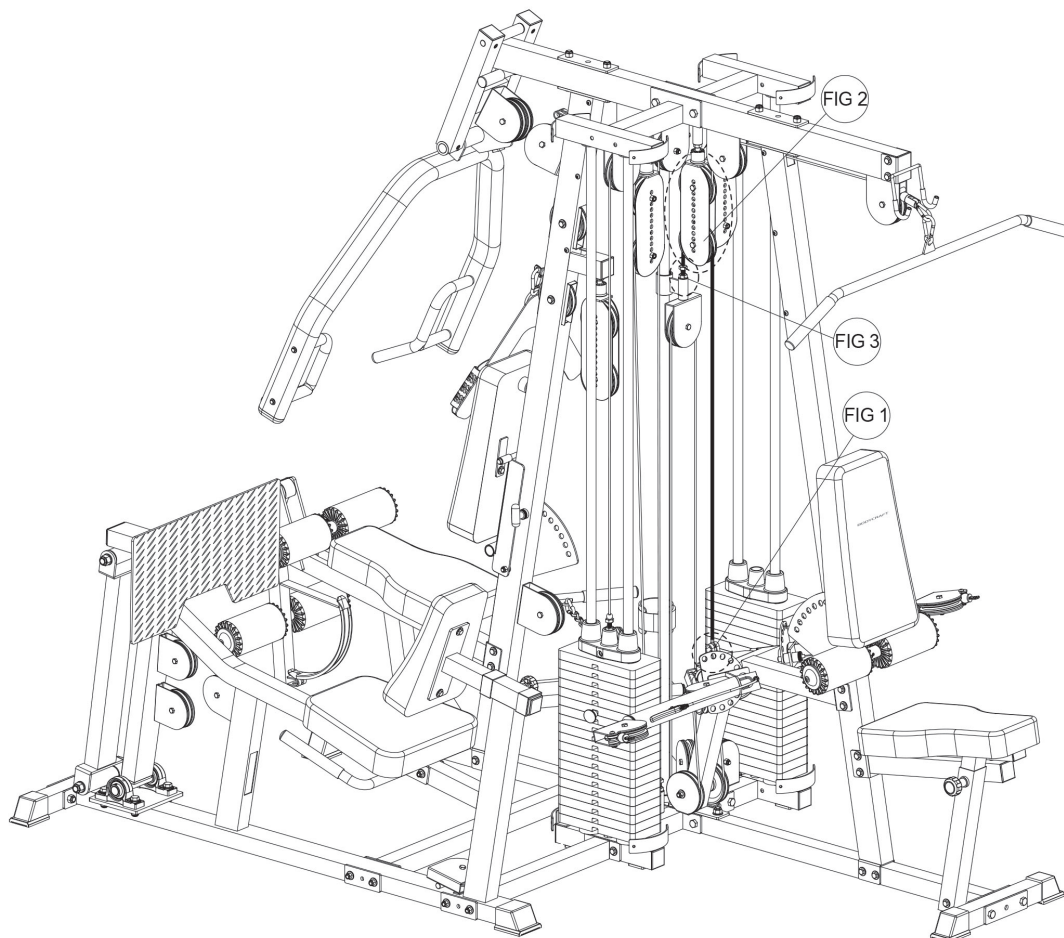
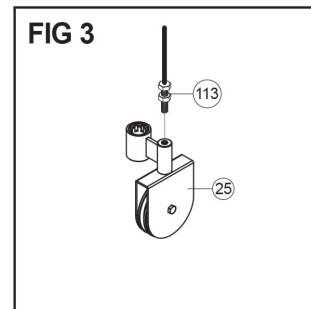
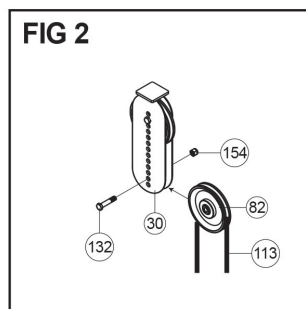
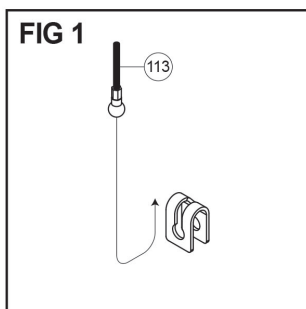
## Step 8: Assembly of the Top Cable

1. Route threaded end of top cable (112) over the pulley mounted to top frame (10) as shown in fig. 1.
2. Route the cable through the slot in rear upright (3), over pulley in top frame (10), under and around top pulley in pulley block (30), up and over pulley mounted on weight stack top (7) and under top pulley in adjustable pulley block (30) as shown in fig. 3.
3. Route the cable up and over the pulley mounted to weight stack top (7) as shown in fig. 2 and down to the weight stack.
4. Screw the cable end into selector rod (95) with at least 7 threads as shown in fig. 4.



## Step 9: Assembly of the Cable Arm Connecting Cable

1. Hook the cable arm connecting cable (113) on the bracket welded to cable assembly (27).
2. Route the cable up and over low pulley in adjustable pulley block (30) as shown in fig. 2.
3. Screw the threaded cable end into single pulley block (25).



## Step 10: Assembly of the Cable Arm Cable

1. Slide the single pulley block (25) onto pulley guide rod (16).
2. Insert the top end of pulley guide rod (16) into the top guide rod holder welded to top frame (10).
3. Push the pulley guide rod (16) as far as possible into the hole.
4. Slide the bottom end of pulley guide rod (16) into guide rod holder welded to base frame (1).
5. Secure the pulley guide rod (16) by tightening the pre-assembled set screw.
6. Attach pulleys and pulley guide brackets (26) to the cable arm assembly (27) as shown in fig. 3 and fig. 4.

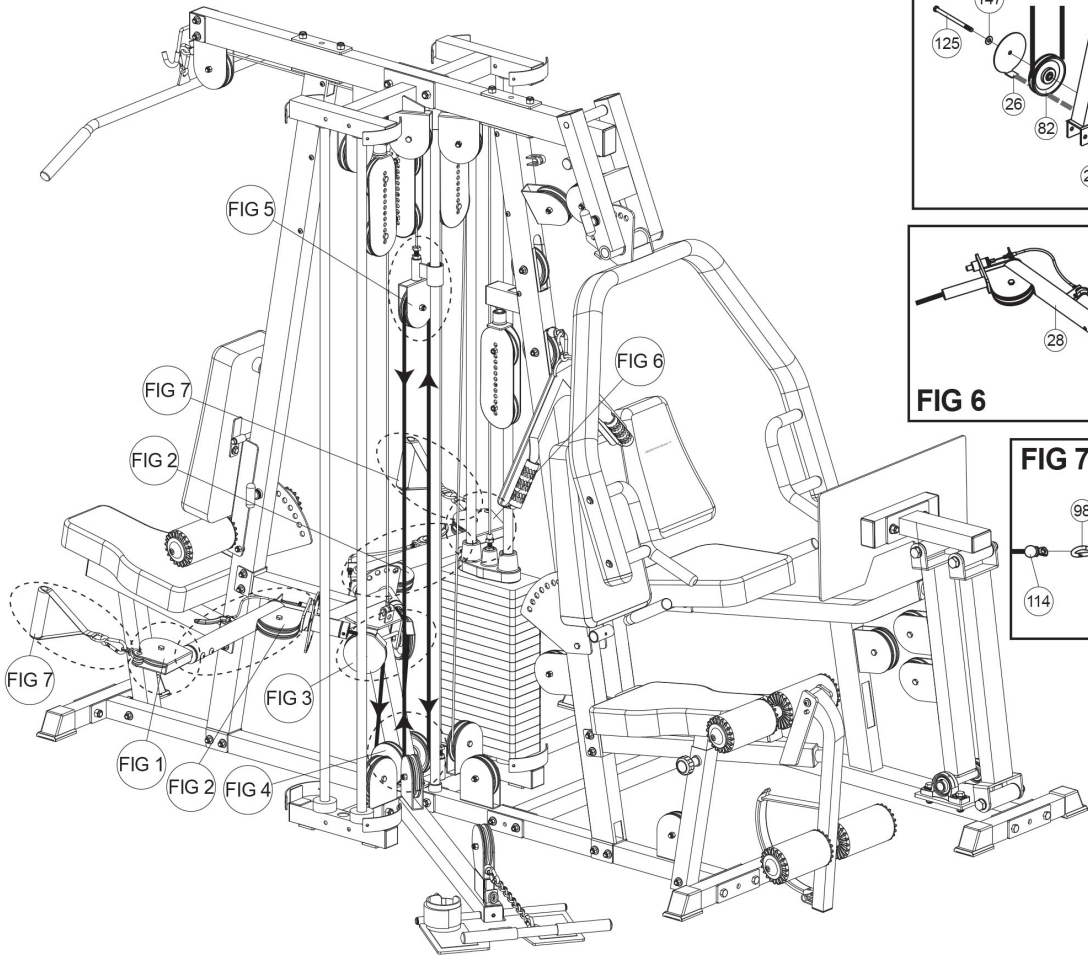
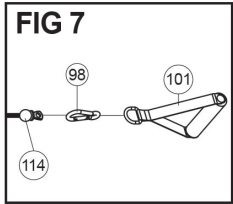
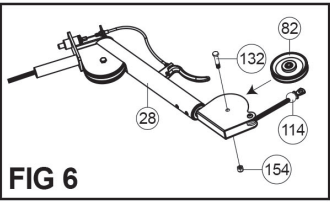
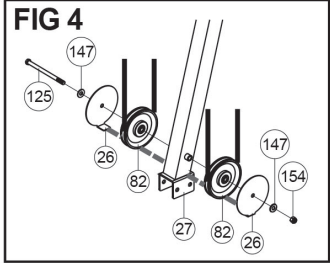
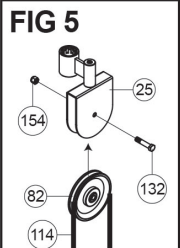
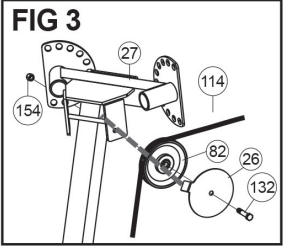
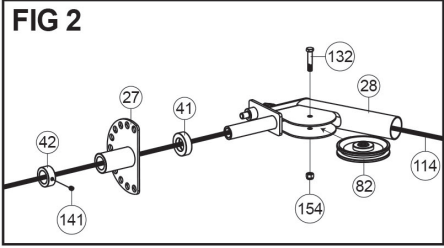
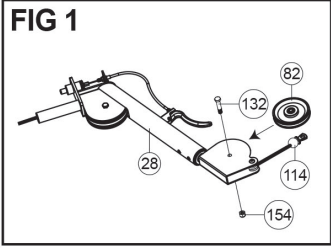


### **NOTICE**

Make sure that the pulley guide brackets do not interfere with cable movement when tightened.

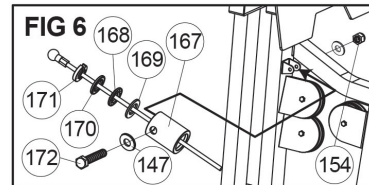
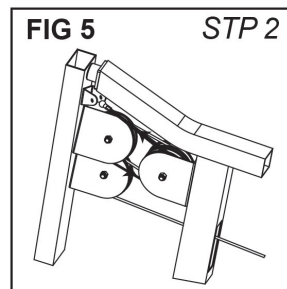
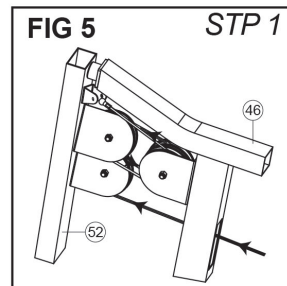
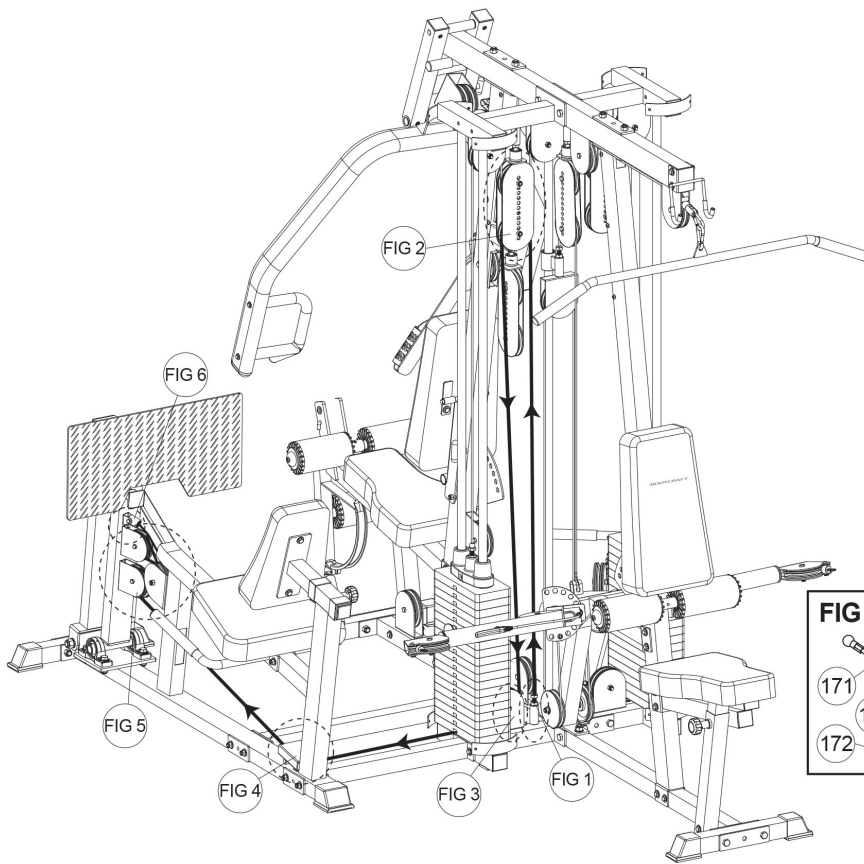
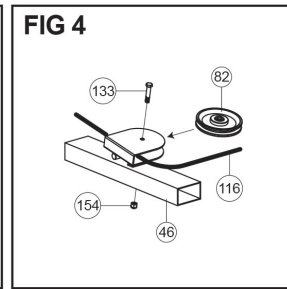
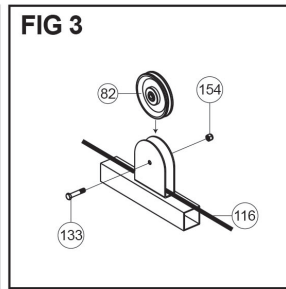
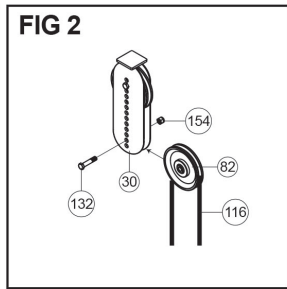
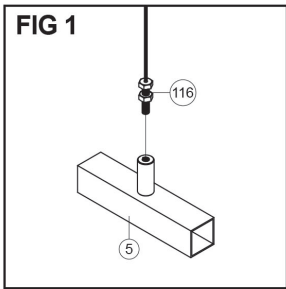
7. Route the cable arm cable (114) around these pulleys as shown, up and around the pulley in the single pulley block (25).





### **Step 11: Assembly of the Leg Press Cable**

1. Screw the threaded end of leg press cable (116) approx. half way into the receiver on base frame (1).
2. Route the cable up and over the lower pulley in adjustable pulley block (30).
3. Route the cable down and under the pulley on the weight stack base (5) as shown in fig. 3.
4. Route the cable under weight stack base (5) as shown in fig. 1 and around horizontal pulley on leg press main frame (46).
5. Route the cable under and around lowest pulley mounted on rear leg press support (52).
6. Route the cable under and around the right pulley (perspective from a person on the seat) on leg press main frame (46).
7. Route the cable over and around top pulley on rear leg press support (52), under and around left side pulley on leg press main frame (46) as shown in fig. 5.
8. Hook the terminal end of cable on bracket on rear leg press support (52) as shown in fig. 6.



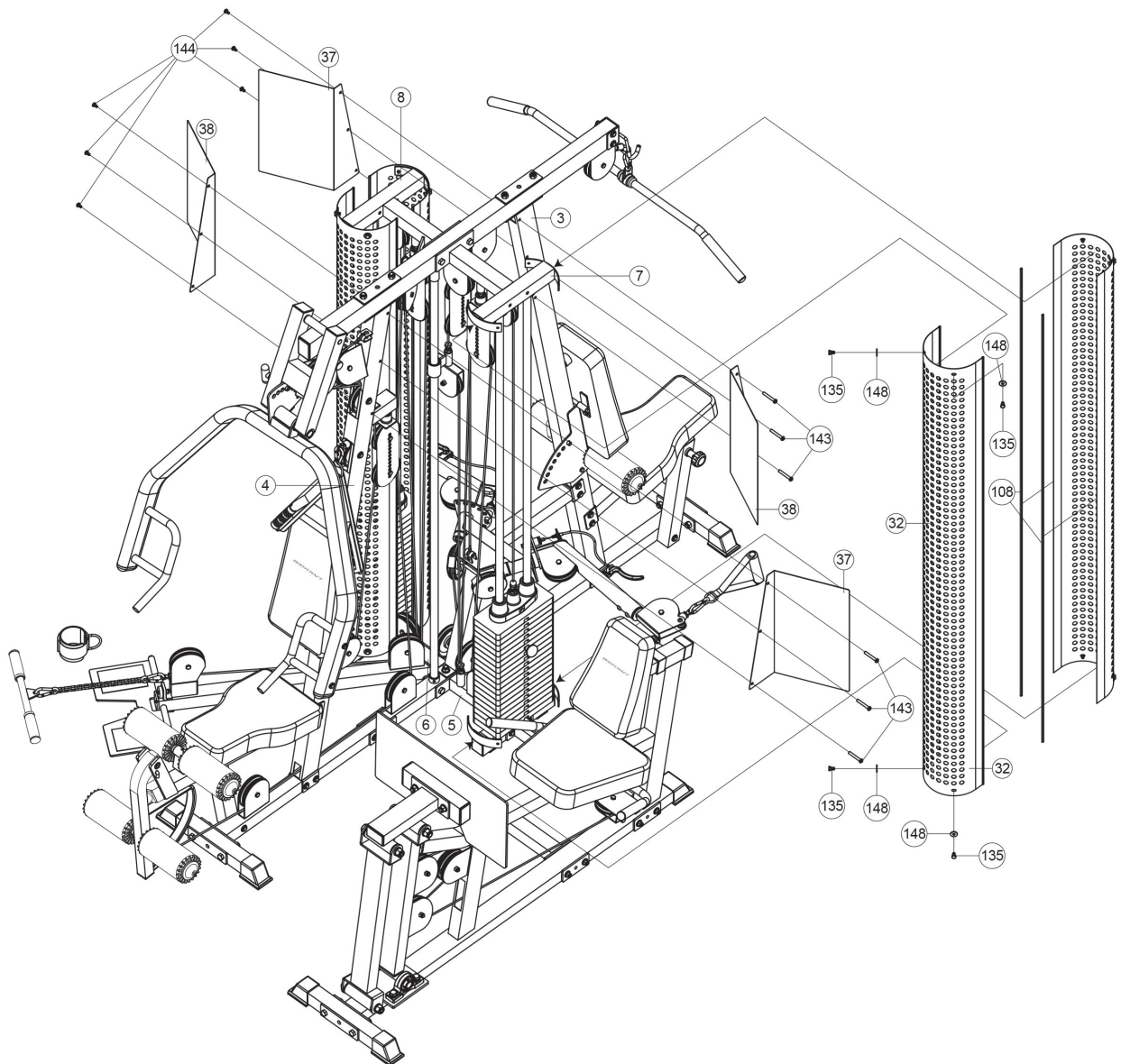
## Step 12: Assembly of the Weight Stack Shrouds and Poster Plates

1. Attach the weight stack shrouds (32) to weight stack bases (5 & 6) and tops (7 & 8) with eight washers (148) and eight bolts (135).

**NOTICE**

Make sure to keep all bolts in the frame loose to ensure that holes line up easily.

2. Attach the poster plates (37 & 38) to rear and front uprights (3 & 4) with six bolts (143) and six nuts (144) altogether.
3. Trim two trims for weight shroud (108) on weight stack shroud (32).



### 3.1 General Instructions



#### **WARNING**

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.



#### **ATTENTION**

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

## 4.1 General Instructions



### WARNING

- + Do not make any improper changes to the equipment.



### CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

### ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

## 4.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Grinding noises	Cables or pulleys do not run smoothly or are damaged	+ Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	+ Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections + Check cable routing
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections
Heavy draught	+ Weight holders/guide rods too dry + Faulty cable routing	+ Lubricate guide rods* + Check cable routing

\* With a grease-free silicone oil or silicone spray.

### 4.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Cushions	C		
Legend: C = clean; I = inspect			

## 5 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

## 6 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Alternatively, you can use the QR code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



triceps rope



weight block extension

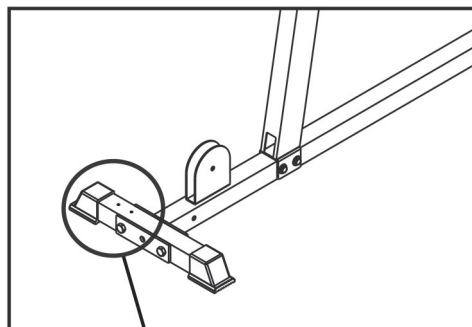


## 7.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 9 of this operating manual.

**NOTICE**

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**

## 7.2 Parts List

No.	Name	Qty.
1	BASE FRAME	1
2	BASE STABILIZER	1
2A	BASE STABILIZER	2
3	REAR UPRIGHT	1
4	FRONT UPRIGHT	1
5	WEIGHT STACK BASE (Leg Press Side)	1
6	WEIGHT STACK BASE (Low Row Side)	1
7	WEIGHT STACK TOP (Leg Press Side)	1
8	WEIGHT STACK TOP (Low Row Side)	1
9	LOW ROW BASE	1
10	TOP FRAME	1
11	LAT BAR HOLDER	1
12	PRESS ARM SELERTOR	1
13	GUIDE ROD (2017mm)	4
14	ROW PLATE	1
15	1/2" ROW PLATE ROLLER	1
16	PULLEY GUIDE ROD (1895mm)	1
17	PRESS ARM	1
17R	RIGHT HANDLE OF PRESS ARM	1
17L	LEFT HANDLE OF PRESS ARM	1
18	FRONT SEAT FRAME	1
19	FRONT CHROME SEAT ADJUSTER	1
20	LEG EXTENSION ARM	1
21	REAR SEAT FRAME	1
22	REAR CHROME SEAT ADJUSTER	1
23	SEAT BACK ADJUSTER	2
24	METAL HINGE FOR SEAT BACK ADJUSTER	4
25	SINGLE PULLEY BLOCK	1
26	PULLEY GUIDE BRACKET	4
27	CABLE ARM ASSEMBLY	1
28	CABLE ARM	2

29	SWIVEL CABLE ARM TOP	2
30	ADJUSTABLE PULLEY BLOCK	4
31	1" CHROME ROLLER TUBE	3
32	WEIGHT STACK SHROUD	4
33	1" PIVOT AXLE	1
33A	19.95mm AXLE	1
34	CABLE ARM COLLAR	2
35	LAT BAR	1
36	LOW ROW BAR	1
37	LEFT POSTER PLATE	2
38	RIGHT POSTER PLATE	2
39	LEG EXTENSION AXLE	1
40	608ZB BEARING	4
41	STEEL SPACER	2
42	AXLE COLLAR	2
43	BEARING BASIN	4
44	BEARING	4
45	BEARING COVER	4
46	LEG PRESS MAIN FRAME	1
47	LEFT LEG PRESS HANDLE	1
48	RIGHT LEG PRESS HANDLE	1
49	LONG LEG PRESS CONNECTOR (812mm)	1
50	FRONT LEG PRESS SUPPORT	1
51	LEG PRESS TO WEIGHT BASE CONNECTOR (512mm)	1
52	REAR LEG PRESS SUPPORT	1
53	FOOT PLATE CONNECTOR	1
54	FOOT PLATE	1
55	BACK PAD ADJUSTER	1
56	BEARING HOUSING	2
57	LEG PRESS AXLE	3
58	40 X 80mm ELLIPTIC PLUG	2
61	75 X 45mm RECT. CAP	1
62	50mm SQ. CAP	6
63	45 X 75mm RECT. PLUG	3

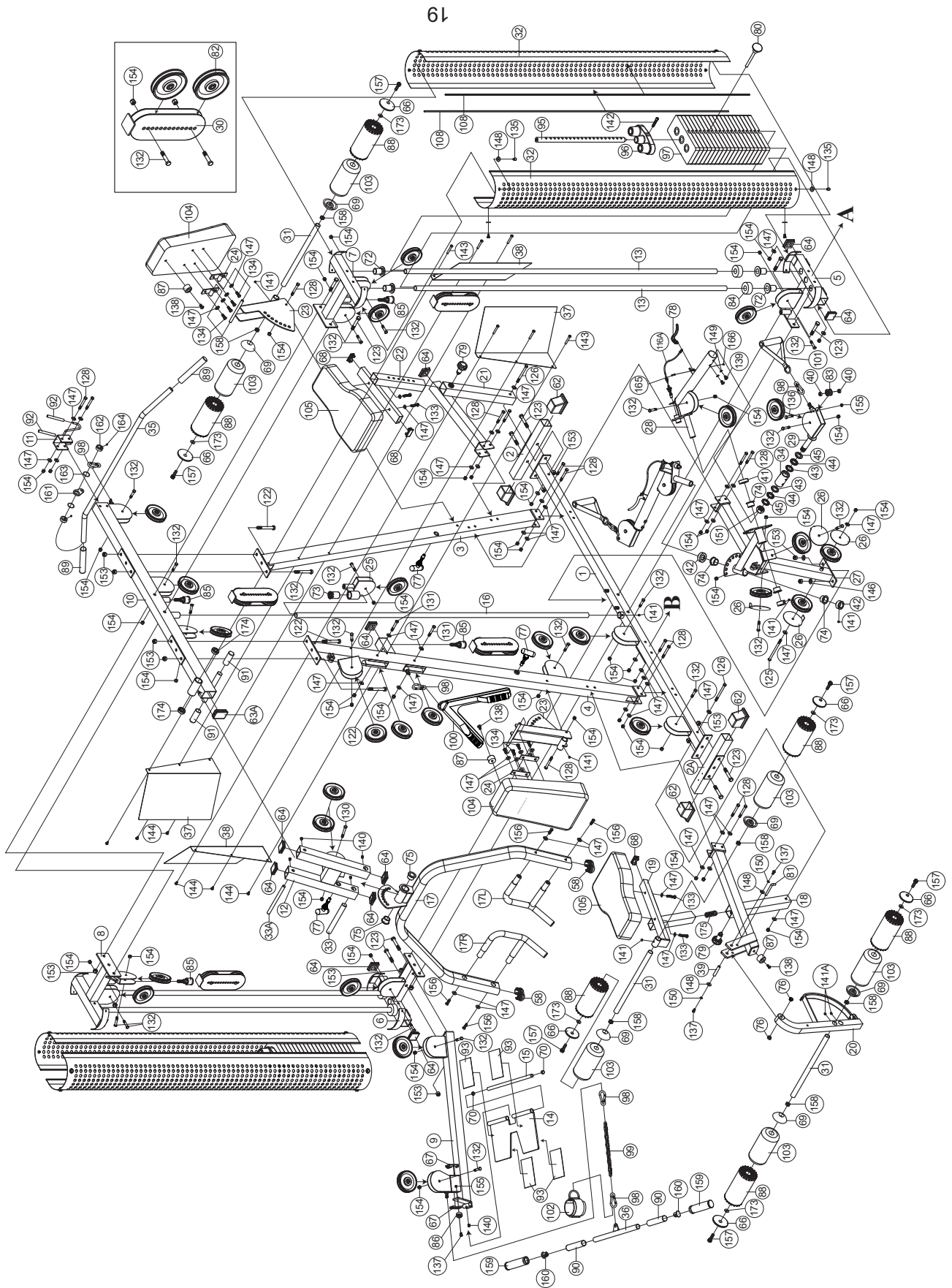
63A	50 X 75mm RECT. PLUG	1
64	50mm SQ. PLUG	10
65	45mm SQ. PLUG	1
66	PLASTIC COVER	6
67	30 X 60mm RECT. PLUG	2
68	25 X 50mm RECT. PLUG	3
69	PLASTIC WASHER	6
70	1/2" ROUND PLUG	2
71	SPACER	2
72	PLASTIC GUIDE ROD HOLDER	8
73	1" PLASTIC BUSHING	1
74	28.6mm STEEL BUSHING	4
75	25.4mm STEEL BUSHING	8
76	1/2" X 1-1/8" BEARING	2
77	LONGER POP PIN	3
78	CLUTCH LEVER OF CABLE ARM	2
79	LOCKING SPRING KNOB	3
80	SELECTOR PIN	2
81	L PIN	1
82	PULLEY	41
83	SMALL PULLEY IN SWIVEL ARM	2
84	RUBBER DONUT	4
85	ADJUSTABLE STOPPER	4
86	1/2" STOPPER	1
87	STOPPER	4
88	FOAM PAD COVER	6
89	1" X 200mm HAND GRIP	4
90	1" X 140mm HAND GRIP	2
91	1" X 70mm PRESS ARM STOPPER	2
92	LAT BAR HOLDER COVER(95mm)	2
93	100 X 150mm NON SLIP	4
95	SELECTOR ROD	2
96	TOP PLATE	2
97	10 LB. PLATE	38

98	SNAP HOOK	6
99	LOW ROW CHAIN	1
100	AB CRUNCH STRAP	1
101	SINGLE HANDLE	2
102	ANKLE STRAP	1
103	FOAM PAD	6
104	BACK PAD	2
105	SEAT PAD	2
106	BACK PAD FOR LEG PRESS	1
107	SEAT PAD FOR LEG PRESS	1
108	TRIM FOR WEIGHT SHROUD	8
109	PRESS CABLE	1
110	LOW CABLE	1
111	AB CRUNCH CABLE	1
112	TOP CABLE	1
113	CABLE ARM CONNECTING CABLE	1
114	CABLE ARM CABLE	1
115	REMOVABLE END CABLE ARM CABLE	1
116	LEG PRESS CABLE	1
116A	CLUTCH CABLE	2
121	5/8" X 6-1/2" HEX BOLT	3
122	1/2" X 4" HEX BOLT	4
123	1/2" X 3" HEX BOLT	12
124	1/2" X 1-3/4" HEX THREADED BOLT	4
125	3/8" X 5-3/4" HEX BOLT	1
126	3/8" X 4-1/2" HEX BOLT	2
127	3/8" X 4" HEX BOLT	4
128	3/8" X 3" HEX BOLT	18
129	3/8" X 2-3/4" HEX THREADED BOLT	1
130	3/8" X 2-3/4" HEX BOLT	4
131	3/8" X 2-1/2" HEX BOLT	2
132	3/8" X 1-3/4" HEX BOLT	33
133	3/8" X 1-3/4" HEX THREADED BOLT	4
134	3/8" X 1" HEX THREADED BOLT	12

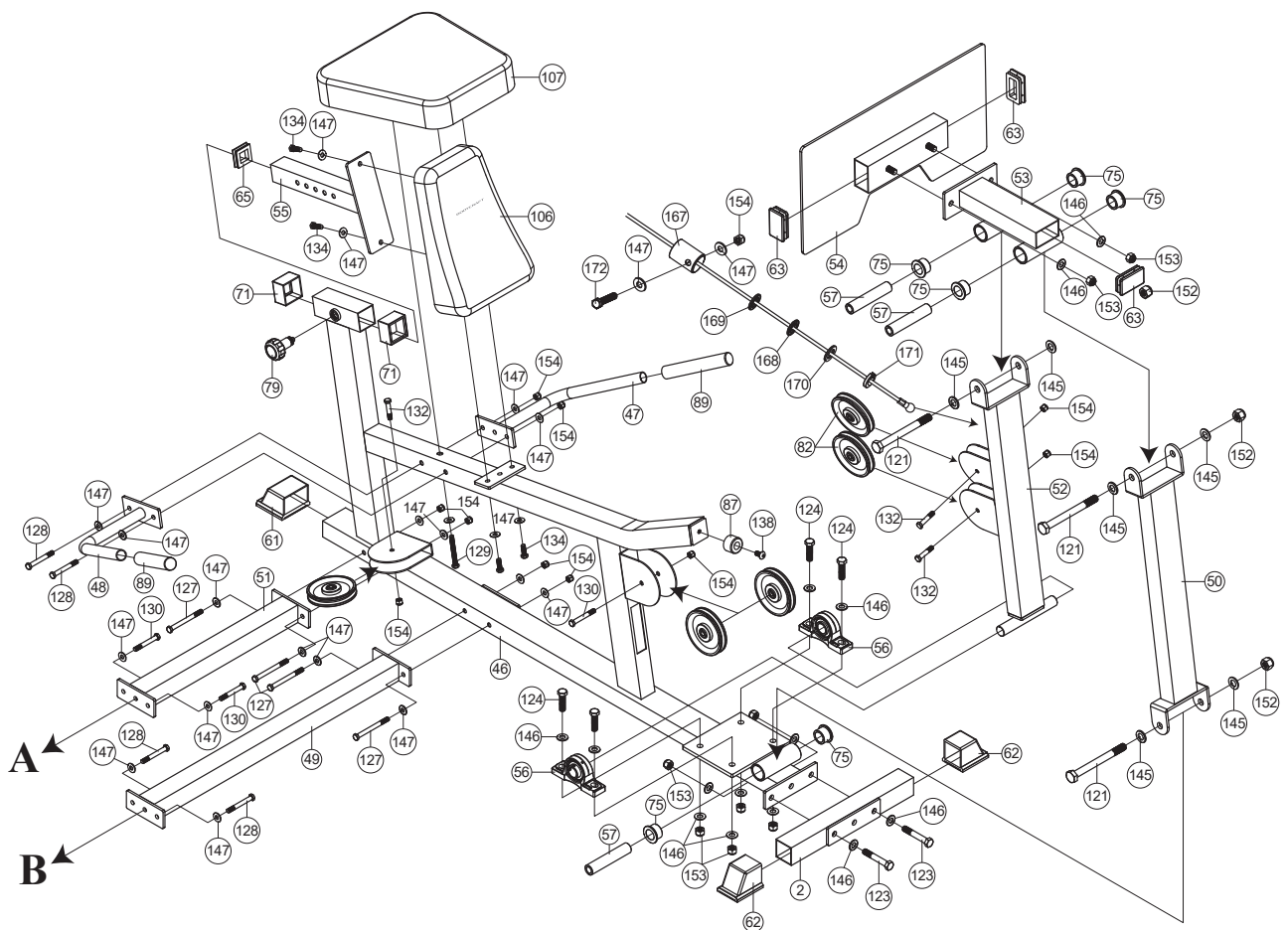
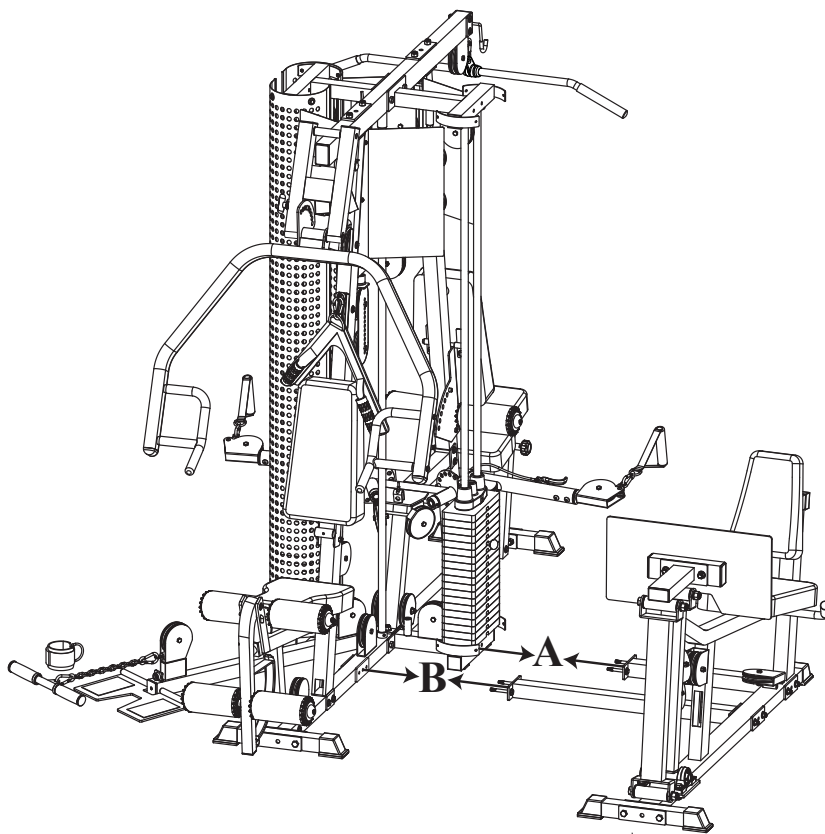
135	5/16" X 1/2" HEX THREADED BOLT	16
136	5/16" X 1-1/2" HEX BOLT	2
137	5/16" X 5/8" ROUND BOLT	3
138	3/8" X 5/8" ROUND BOLT	4
139	3/8" X 1/2" ROUND BOLT	4
140	3/8" X 5/8" SET SCREW	5
141	5/16" X 1/4" SET SCREW	6
141A	5/16" X 1/2" SET SCREW	2
142	TOP PLATE BOLT	2
143	8 X 53mm FEMALE BOLT FOR POSTER	6
144	6 X 12mm MALE NUT FOR POSTER	6
145	5/8" WASHER	6
146	1/2" WASHER	12
147	3/8" WASHER	83
148	5/16" WASHER	18
149	3/8" SPRING WASHER	4
150	5/16" SPRING WASHER	2
151	24mm NYLON NUT	2

152	5/8" NYLON NUT	3
153	1/2" NYLON NUT	24
154	3/8" NYLON NUT	66
155	5/16" NYLON NUT	3
156	3/8" X 1" INNER HEX SCREW	4
157	5/16" X 1-1/4" SUNKEN HEAD SCREW	6
158	5/16" NUT	6
159	1-1/4" HAND GRIP	2
160	1" T SHAPE END PLUG	2
161	HOOK PLATE	1
162	COLLAR	2
163	SEALING RING	2
164	M6 SET SCREW	2
165	M5 X 18mm ROUND HEAD SCREW	2
166	M5 NYLON NUT	2
167	STEEL TUBE	1
168	51102 BEARING	1
169	BEARING COVER	1
170	BEATING BASIN	1
171	1008 "C" PIN	1
172	3/8" X 2-1/4" HEX BOLT	1
173	5/16" X 30mm WASHER	6
174	6904 BEARING	2
175	SPRING	1

# 7.3 Exploded Drawing







Training equipment from BodyCraft® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### **Error Descriptions**

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

### **Your statutory rights are not affected.**

### **Warranty**

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

#### **Warranty period**

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

### **Repair Costs**

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

### **The terms of use are defined as follows:**

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

### **Warranty Service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

## **Warranty Conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

### **Warranty claims are invalid in case of damage resulting from:**

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

### **Proof of Purchase and Serial Number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.







































If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

### **Service outside of the Warranty Period**

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

### **Communication**

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

DE	DK	FR
<p><b>TECHNIK</b></p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p><b>SERVICE</b></p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p><b>TEKNIK OG SERVICE</b></p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden.</p>	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p> +33 (0) 189 530984</p> <p>+49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>
	PL	BE
	<p><b>DZIAŁ TECHNICZNY I SERWIS</b></p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej.</p>	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p> 02 732 46 77</p> <p>+49 4621 4210 933</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>
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<p><b>CUSTOMER SUPPORT</b></p> <p> 00800 2020 2772</p> <p>+494621 4210 944</p> <p> info@sport-tiedje.co.uk</p> <p> You can find the opening hours on our homepage.</p>	<p><b>TECHNISCHE DIENST &amp; SERVICE</b></p> <p> +31 172 619961</p> <p> info@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage.</p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +49 4621 4210-944</p> <p> service-int@sport-tiedje.de</p> <p> You can find the opening hours on our homepage.</p>
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<p><b>TECNOLOGÍA Y SERVICIOS</b></p> <p> 911 238 029</p> <p> info@fitshop.es</p> <p> Consulta nuestro horario de apertura en la página web.</p>	<p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>

Please find a detailed overview including address and opening hours for all stores of the Sport-Tiedje Group in Germany and abroad on the following website:

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

# WE LIVE FITNESS

## WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Sport-Tiedje offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



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**TAURUS**

 cardiostrong

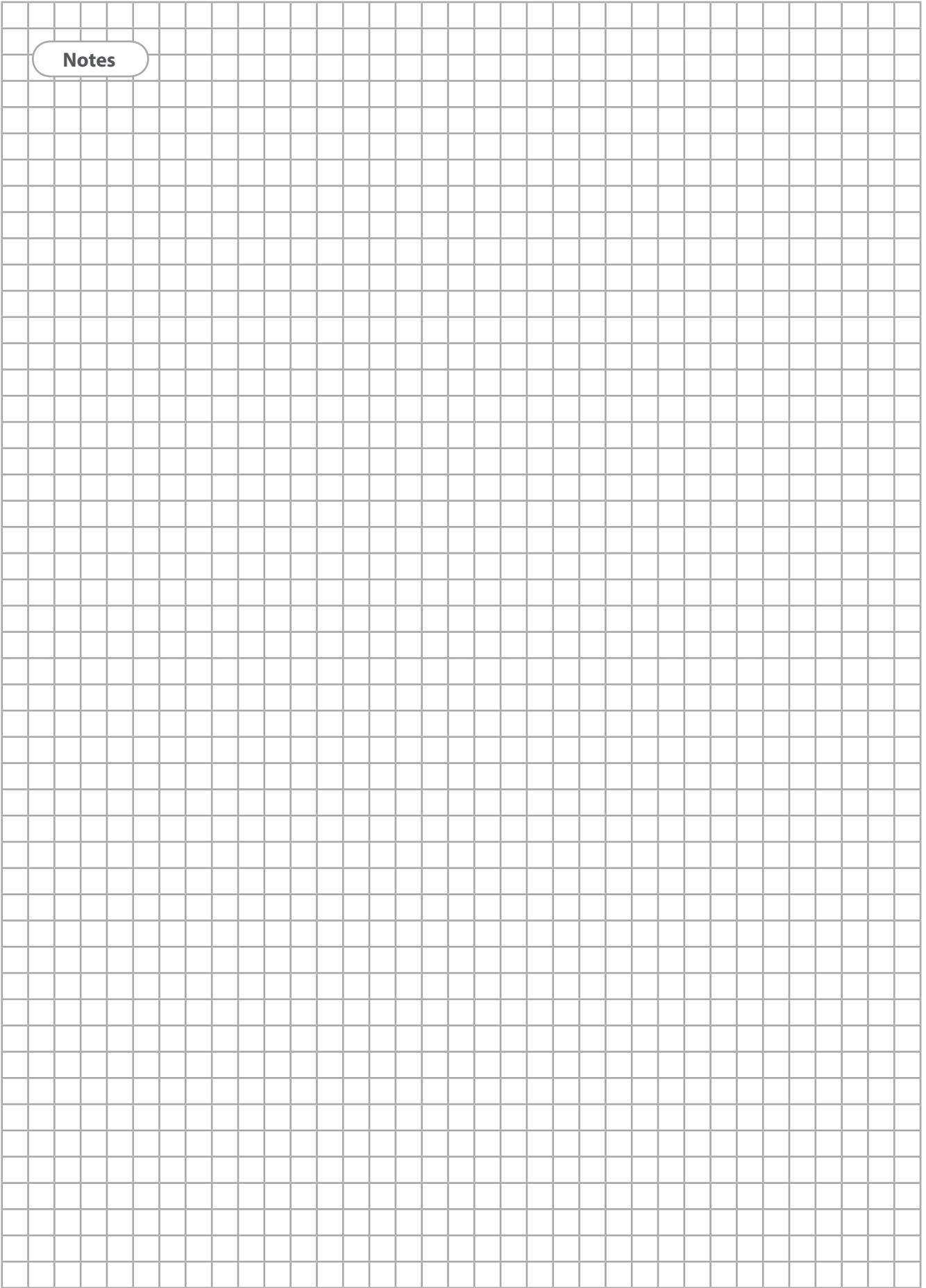
*BODYCRAFT*

 cardiojump

 **DUKEFITNESS**

**DARWIN**

**Notes**





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