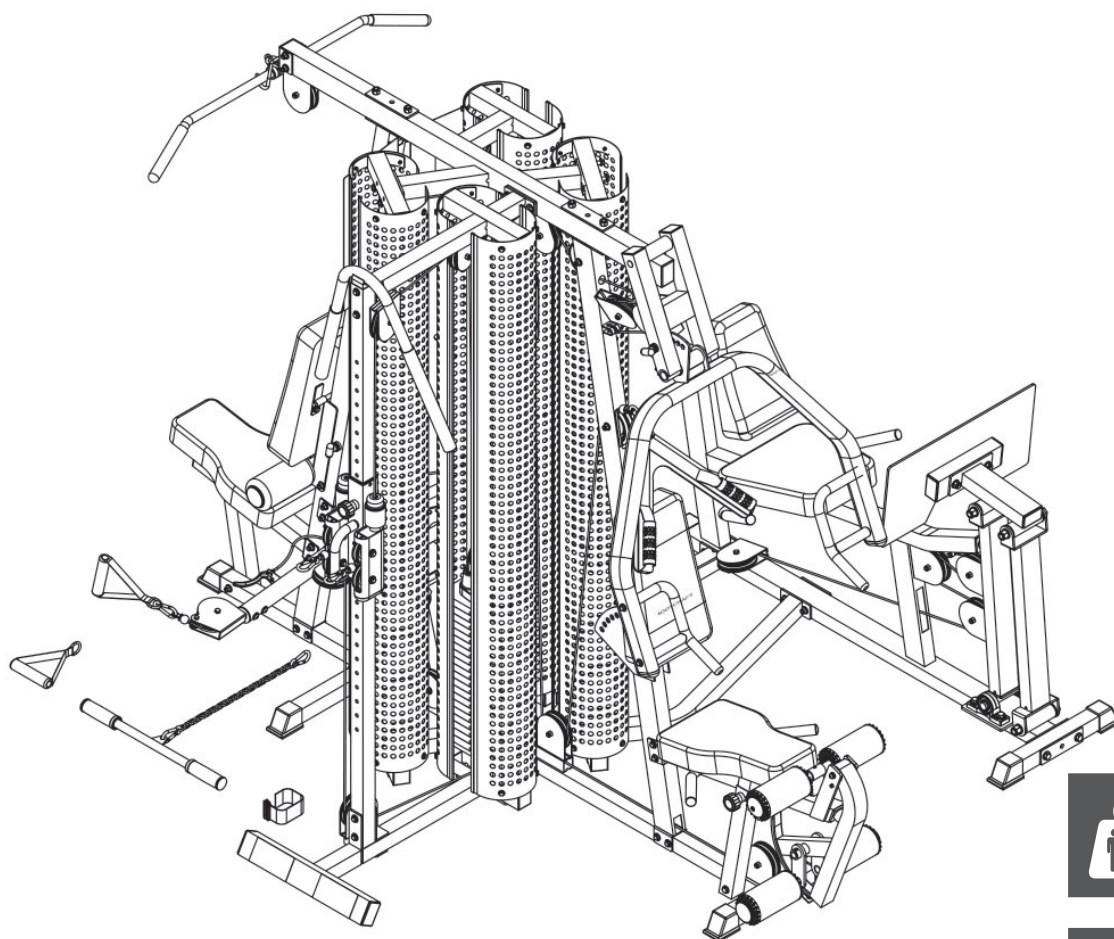


# BODYCRAFT

## Assembly and Operating Instructions



max. 150 kg



~ 400 Min.



689 kg

L 281 | B 223 | H 212

FSSW95X4.01.01

Art. No. SW-95.X4

Multigym X4



# Content

<b>1</b>	<b>GENERAL INFORMATION</b>	<b>8</b>
1.1	Technical Data	8
1.2	Personal Safety	9
1.3	Set-Up Place	10
<b>2</b>	<b>ASSEMBLY</b>	<b>11</b>
2.1	General Instructions	11
2.2	Scope of Delivery	12
2.3	Assembly	17
<b>3</b>	<b>STORAGE AND TRANSPORT</b>	<b>40</b>
3.1	General Instructions	40
<b>4</b>	<b>TROUBLESHOOTING, CARE AND MAINTENANCE</b>	<b>41</b>
4.1	General Instructions	41
4.2	Faults and Fault Diagnosis	41
4.3	Maintenance and Inspection Calendar	42
<b>5</b>	<b>DISPOSAL</b>	<b>42</b>
<b>6</b>	<b>RECOMMENDED ACCESSORIES</b>	<b>43</b>
<b>7</b>	<b>ORDERING SPARE PARTS</b>	<b>44</b>
7.1	Serial Number and Model Name	44
7.2	Parts List	45
7.3	Exploded Drawing	51
<b>8</b>	<b>WARRANTY</b>	<b>54</b>
<b>9</b>	<b>CONTACT</b>	<b>56</b>



**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.fitshop.com](http://www.fitshop.com).

**Intended Use**

The equipment may only be used for its intended purpose.

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

**Legal Notice**

Fitshop GmbH  
Europe's No. 1 for home fitness

International Headquarters  
Flensburger Straße 55  
24837 Schleswig  
Germany

Management:  
Christian Grau  
Sebastian Campmann  
Dr. Bernhard Schenkel  
No. HRB 1000 SL  
Local Court Flensburg  
European VAT Number: DE813211547

**Disclaimer**

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.

***BODYCRAFT***

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.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

### Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

### Use classes

**Class S** (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

**Class H** (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

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 weight (gross, incl. packaging) approx.:

Box 1 ca.:	205 cm x 53 cm x 24 cm	62.5 kg
Box 2 ca.:	53 cm x 158 cm x 24 cm	52.2 kg
Box 3 ca.:	208 cm x 30 cm x 17 cm	35 kg
Box 4 ca.:	105 cm x 106 cm x 21 cm	73.3 kg
Box 5 ca.:	160 cm x 74 cm x 21 cm	79 kg
Box 6 ca.:	208 cm x 30 cm x 16 cm	19.1 kg
Box 7 ca.:	90 cm x 53 cm x 20 cm	36.9 kg
Box 8 ca.:	204 cm x 30 cm x 16 cm	24.5 kg

### Weight plates

4x SW-95.0000-5 (5 x 4.5 kg):	27 cm x 14 cm x 13 cm	23 kg
8x SW-95.0000-7 (7 x 4.5 kg):	28 cm x 19 cm x 15 cm	33 kg

Total weight (gross, incl. packaging):	738.5 kg
Total weight (net, without packaging):	688.8 kg

Set-up dimensions (L x W x H) approx.:	281 cm x 223 cm x 212 cm
--	--------------------------

Weight stack:	4
Weight per weight stack:	90 kg

Maximum user weight (per seat):	150 kg
---------------------------------	--------

Use class:	S
------------	---



## 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.
- + The owner must communicate all warnings and instructions to the user.

### **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.
- + 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.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

### **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.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.

### **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 free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

### **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.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

### 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**

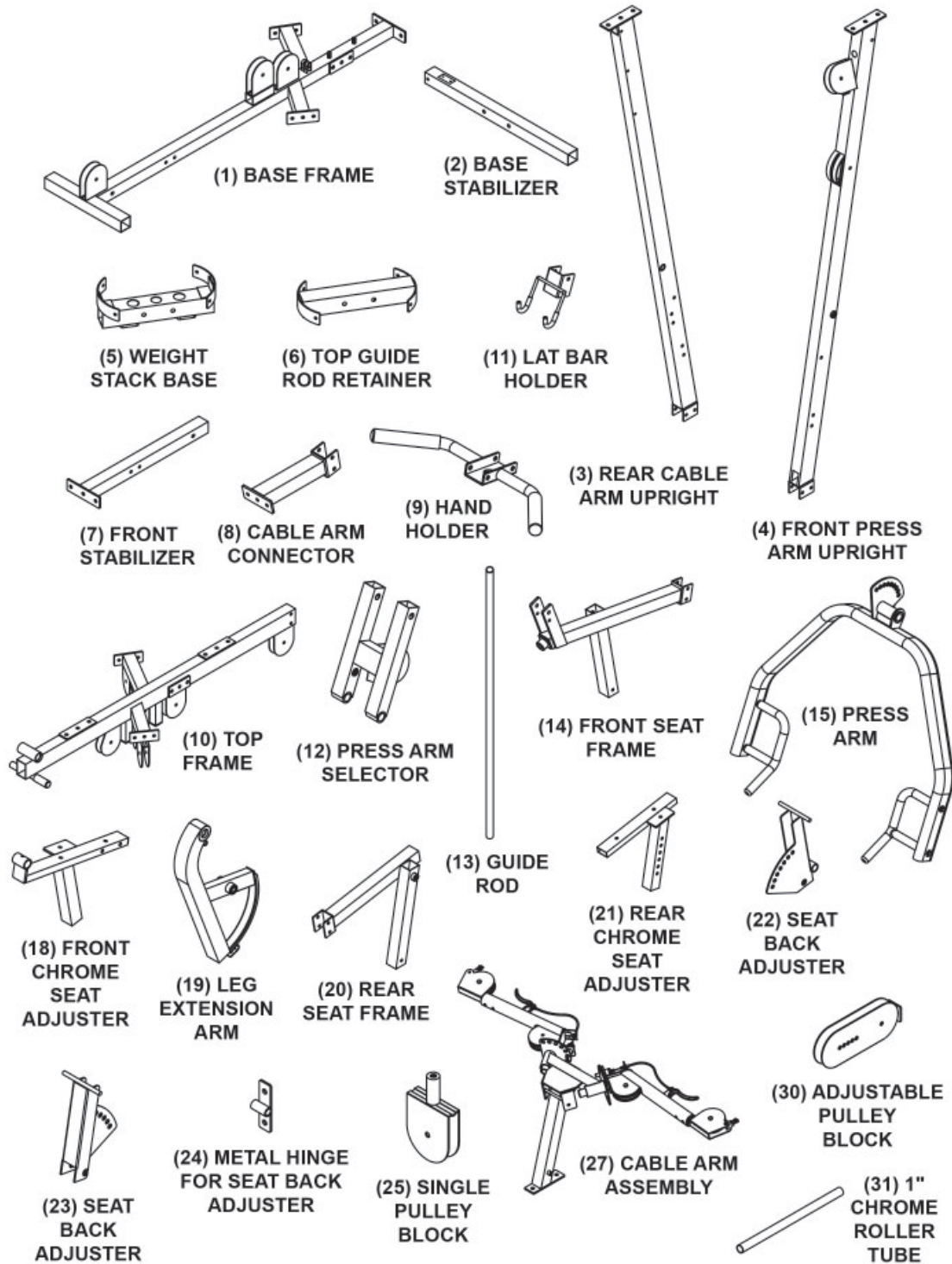
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

## 2.2 Scope of Delivery

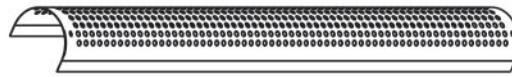
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### CAUTION

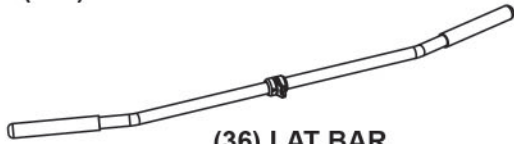
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



(106) TRIM OF WEIGHT SHROUD



(35) WEIGHT SHROUD



(36) LAT BAR



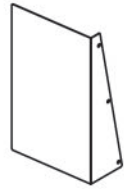
(170) LINK CHAIN



(171) CABLE GUIDE PLATE



(37) CURL BAR



(38R) RIGHT POSTER PLATE



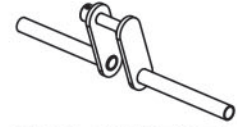
(39L) LEFT POSTER PLATE



(40) LEG EXTENSION AXLE



(47) PULLEY GUIDE BRACKET



(48R) RIGHT LEG EXTENSION ARM & (49L) LEFT LEG EXTENSION ARM (Pre-Assembled)



(50) 40 X 80mm ELLIPTIC PLUG



(51) 1" PLUG



(52) SEAT SPRING



(62) 50mm SQ. CAP



(64) 50mm SQ. PLUG



(66) PLASTIC WASHER



(67) 50 X 75mm RECT. PLUG



(68) 25 X 50mm RECT. PLUG



(69) PLASTIC COVER



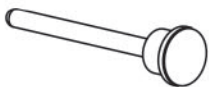
(72) PLASTIC GUIDE ROD HOLDER



(77) LONGER POP PIN



(79) SPRING KNOB



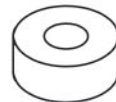
(80) MAGNETIC SELECTOR PIN



(81) L PIN



(82) 114mm PULLEY



(84) RUBBER DONUT



(85) ADJUSTABLE STOPPER



(88) FOAM PAD WITH VINYL COVER



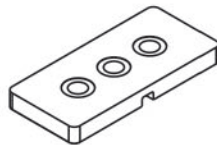
(94) SELECTOR ROD



(95) TOP PLATE



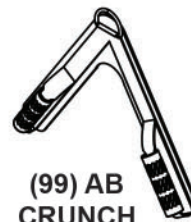
(103) SEAT PAD



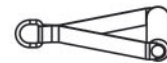
(96) 10 LB. PLATE



(97) SNAP HOOK



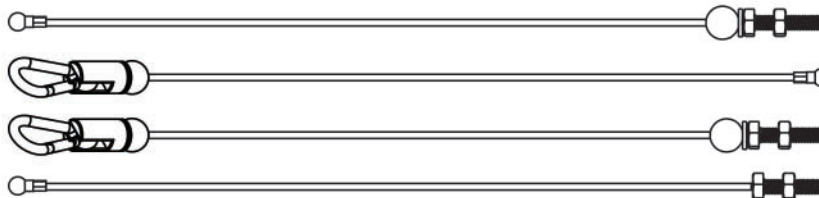
(99) AB CRUNCH



(100) SINGLE HANDLE



(102) BACK PAD

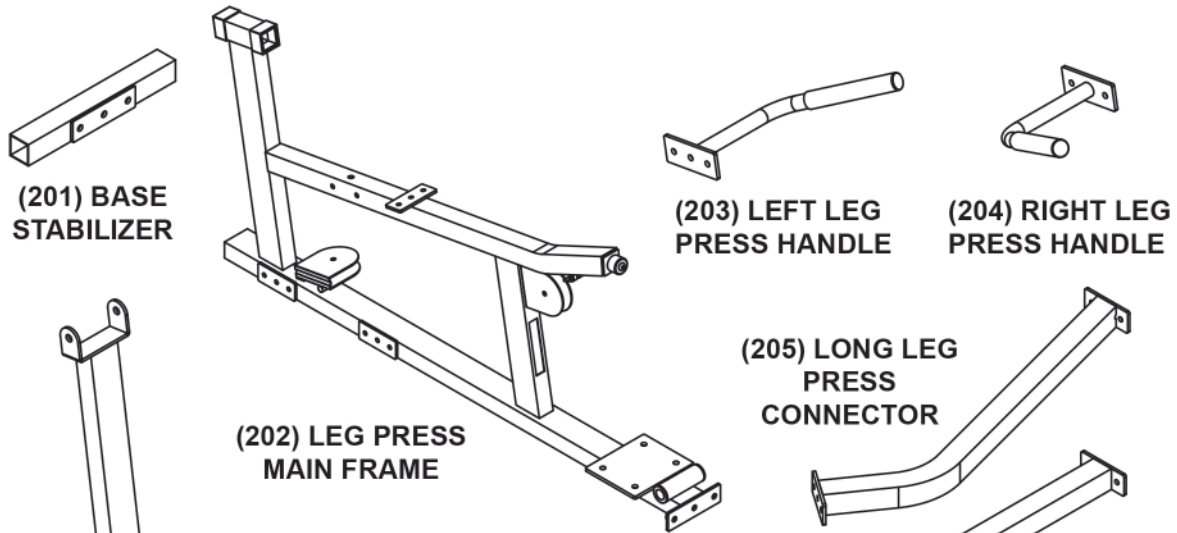


(107) PRESS ARM CABLE

(108) AB CRUNCH CABLE

(109) TOP CABLE

(110) CABLE ARM CONNECTING CABLE



(201) BASE STABILIZER

(203) LEFT LEG PRESS HANDLE

(204) RIGHT LEG PRESS HANDLE

(202) LEG PRESS MAIN FRAME

(205) LONG LEG PRESS CONNECTOR

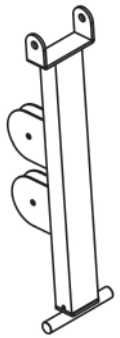
(206) FRONT LEG PRESS SUPPORT

(208) WEIGHT STACK BASE

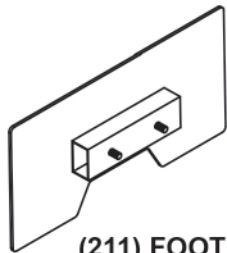
(210) FOOT PLATE CONNECTOR

(207) WEIGHT BASE CONNECTOR

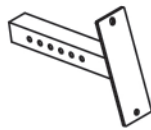
LEG PRESS CABLE



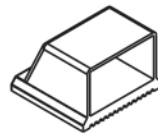
(209) REAR LEG PRESS SUPPORT



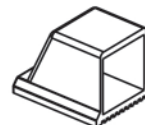
(211) FOOT PLATE



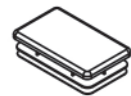
(212) BACK PAD ADJUSTER



(61) 45 X 75mm RECT. CAP



(62) 50mm SQ. CAP



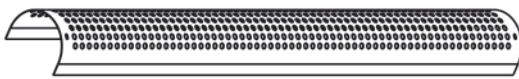
(63) 45 X 75mm RECT. PLUG



(13) GUIDE ROD



(106) BINDING OF WEIGHT SHROUD



(35) WEIGHT SHROUD



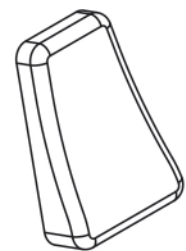
(64) 50mm SQ. PLUG



(65) 45mm SQ. PLUG



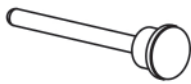
(70) BEARING HOUSING



(105) SEAT PAD



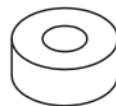
(72) PLASTIC GUIDE ROD HOLDER



(80) MAGMETIC SELECTOR PIN



(82) 114mm PULLEY



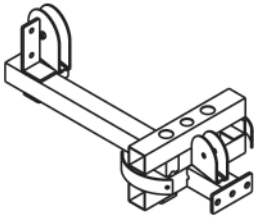
(84) RUBBER DONUT



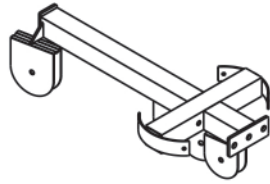
(95) TOP PLATE



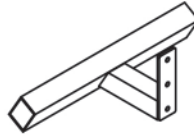
(104) BACK PAD



(301) WEIGHT STACK BASE



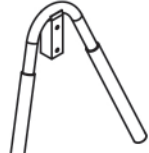
(302) TOP GUIDE ROD RETAINER



(303) FRONT STABILIZER



(304) CABLE HEIGHT ADJUSTER & (305) SWIVEL PULLEY BRACKET (Pre-Assembled)



(307) HAND HOLDER



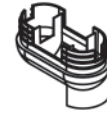
(308) DOUBLE PULLEY BRACKET



(309) 90mm PULLEY



(311) 1-1/4\"/>



(320) 50 X 100mm ELLIPTIC PLUG



(314) CABLE COLUMN CABLE



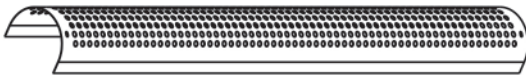
(315) REMOVABLE END CABLE ARM CABLE



(86) CAP



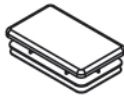
(306) CHROMED UPRIGHT



(35) WEIGHT SHROUD



(64) 50mm SQ. PLUG



(67) 50 X 75mm RECT. PLUG



(72) PLASTIC GUIDE ROD HOLDER



(80) MAGNETIC SELECTOR PIN



(82) 114mm PULLEY



(84) RUBBER DONUT

**BINDING OF WEIGHT SHROUD**



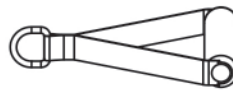
(90) SELECTOR ROD



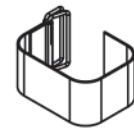
(95) TOP PLATE



(97) SNAP HOOK

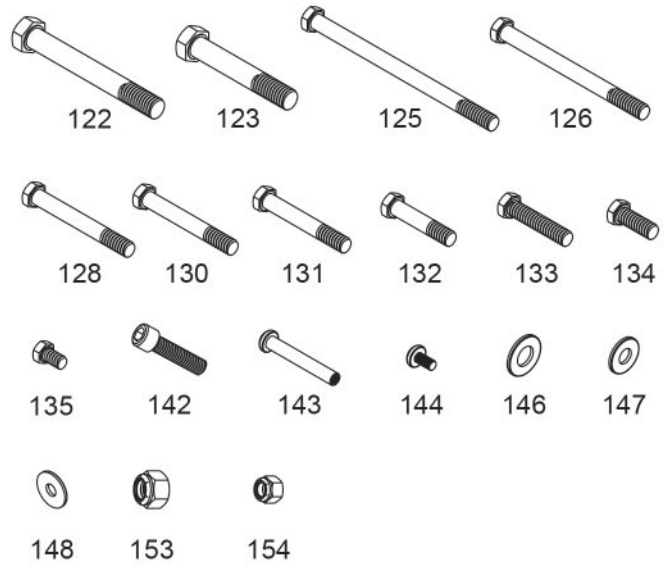


(100) SINGLE HANDLE

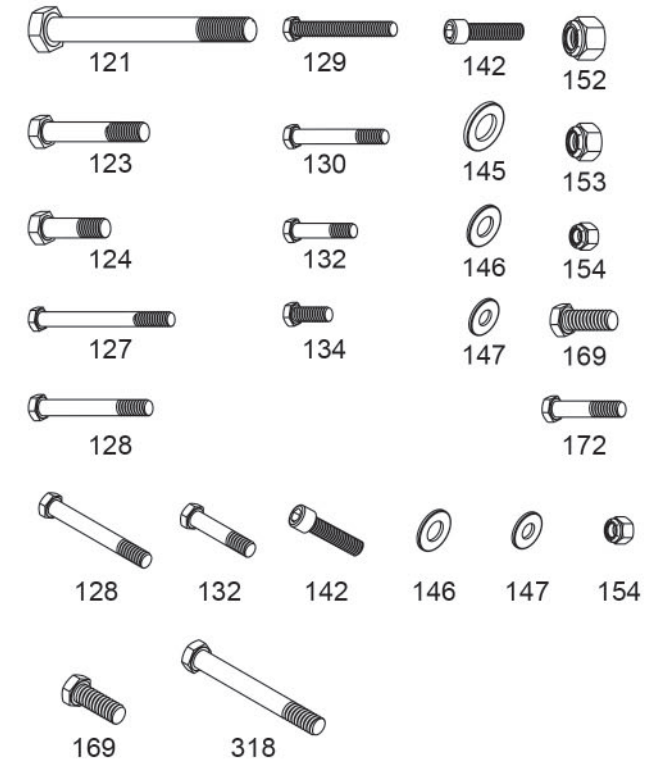


(101) ANKLE STRAP

NO.	DESCRIPTION	QTY.
122	1/2" X 4-1/4" HEX BOLT	4
123	1/2" X 3-1/4" HEX BOLT	2
125	3/8" X 5-3/4" HEX BOLT	1
126	3/8" X 4-3/4" HEX BOLT	2
128	3/8" X 3" HEX BOLT	24
130	3/8" X 2-3/4" HEX BOLT	1
131	3/8" X 2-1/2" HEX BOLT	2
132	3/8" X 1-3/4" HEX BOLT	18
133	3/8" X 1-3/4" HEX THREADED BOLT	4
134	3/8" X 1" HEX THREADED BOLT	8
135	5/16" X 1/2" HEX THREADED BOLT	16
142	TOP PLATE BOLT	2
143	8mm X 53mm FEMALE BOLT FOR POSTER	3
144	6mm X 12mm MALE NUT FOR POSTER	3
146	1/2" WASHER	12
147	3/8" WASHER	70
148	5/16" WASHER	16
153	1/2" NYLON NUT	6
154	3/8" NYLON NUT	49

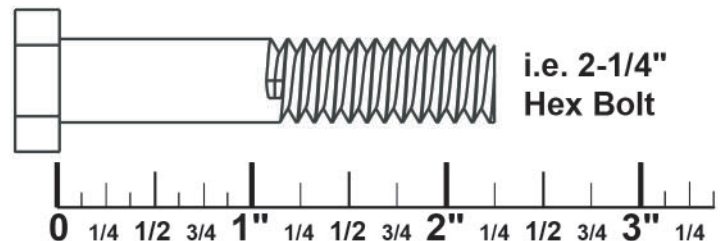


NO.	DESCRIPTION	QTY.
121	5/8" X 6-1/2" HEX BOLT	3
123	1/2" X 3-1/8" HEX BOLT	2
124	1/2" X 1-3/4" HEX BOLT	4
127	3/8" X 4-1/4" HEX BOLT	4
128	3/8" X 3" HEX BOLT	2
129	3/8" X 2-3/4" HEX THREADED BOLT	1
132	3/8" X 1-3/4" HEX BOLT	5
134	3/8" X 1" HEX THREADED BOLT	4
142	TOP PLATE BOLT	1
145	5/8" WASHER	6
146	1/2" WASHER	16
147	3/8" WASHER	17
152	5/8" NYLON NUT	3
153	1/2" NYLON NUT	6
154	3/8" NYLON NUT	12
169	1/2" X 1-1/4" HEX THREADED BOLT	4



NO.	DESCRIPTION	QTY.
128	3/8" X 3" HEX BOLT	3
132	3/8" X 1-3/4" HEX BOLT	6
142	TOP PLATE BOLT	1
146	1/2" WASHER	4
147	3/8" WASHER	7
154	3/8" NYLON NUT	10
169	1/2" X 1-1/4" HEX THREADED BOLT	4
318	3/8" X 3-1/8" HEX HEAD BOLT	2

When measuring bolt lengths, only measure the shank.





## 2.3 Assembly

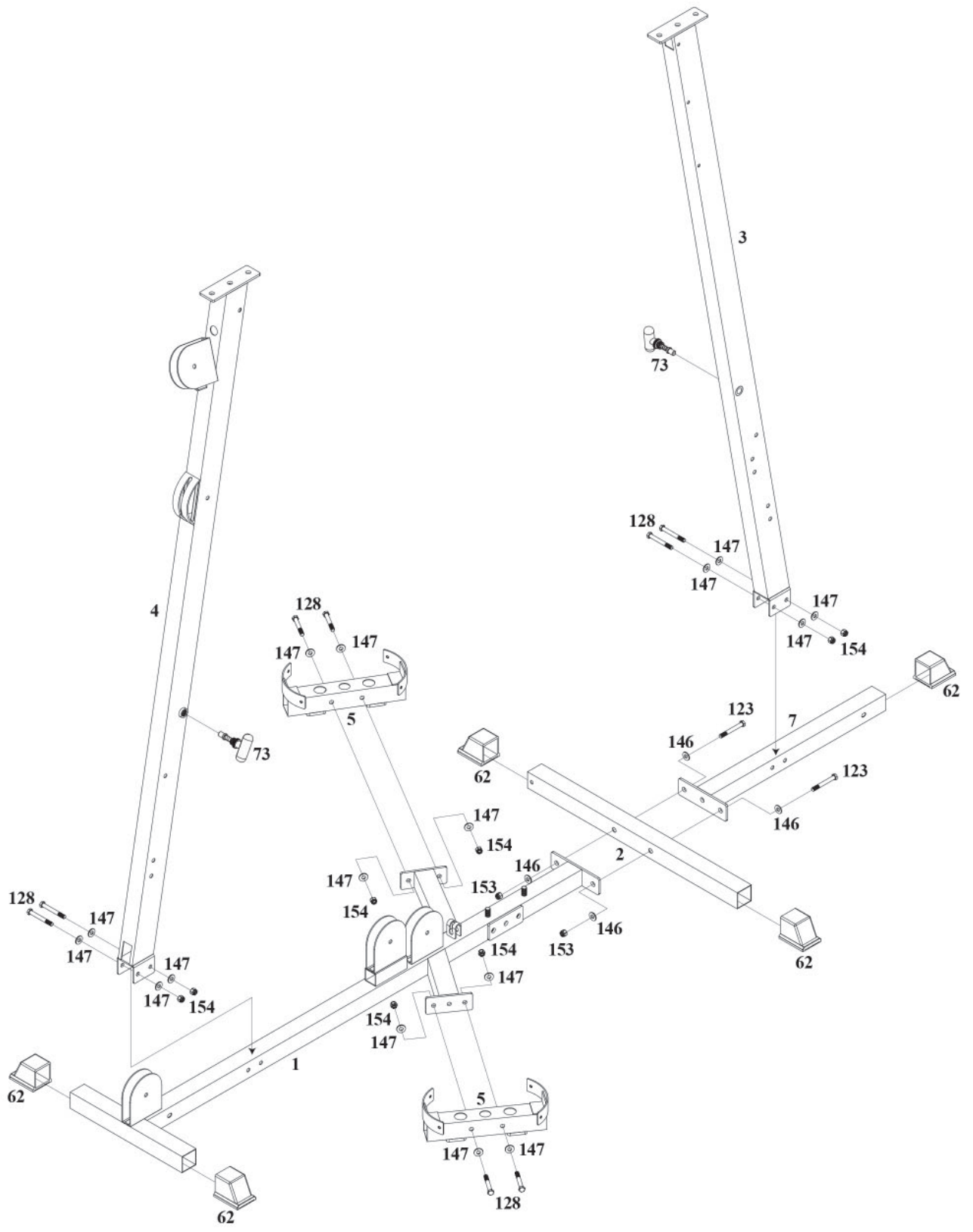
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **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.

### **Step 1: Assembly of the Base Frame**

1. Mount the base frame (1) and the front stabilizer (7) to the base stabilizer (2) with two bolts (123), four washers (146) and two nuts (153).
2. Attach five square caps (62) to the front and rear base frames ( 1 & 7) and the base stabilizer (2).
3. Mount the two weight stack bases (5) to the base frame (1) two bolts (128), two washers (147) and two nuts (154) each.
4. Mount the front upright (4) to the base frame (1) with two bolts (128), four washers (147) and two nuts (154). Repeat the same process for the rear upright (3) and the front stabilizer (7).
5. Screw the shorter pop pins (73) into the front and rear upright (4 & 3).



## Step 2: Assembly of the Top Frame

1. Mount the pre-installed top frame bearing (10) to the front and rear uprights (4 & 3) with two bolts (122), four washers (146) and two nuts (153) each.
2. Mount the lat bar holder (11) to the pre-installed top frame bearing (10) with two bolts (128), four washers (147) and two nuts (154).
3. Attach four square plugs (64) and four plastic guide rod holders (72) to both weight stack bases (5).
4. Slide two rubber donuts (84) onto one end of each guide rod (13) and then insert the guide rods (13) into the plastic guide rod holders (72) in the weight stack bases (5).
5. Carefully slide each of the 10 LB plates (96) over the guide rods (13) one by one. Make sure that the weight plates facing forward with the selector hole at the bottom.
6. Mount the top plate (95) to the selector rod (94) with the top plate bolt (142).
7. Slide the top plate (95) with the selector rod (94) over the guide rods (13).
8. Insert the selector pin (80) into one of the holes of the weight stack.
9. Insert plastic guide rod holders (72) into both top guide rod retainers (6).
10. Now slide the guide rod retainers (6) over the guide guide rods (13) and mount the retainers (6) to the pre-installed top frame bearing (10) with two bolts (128), four washers (147) and two nuts (154) each. Refer to the drawing to ensure that each top guide rod retainer (6) is on its proper side.
11. Mount the pre-installed cable arm assembly (27) to the cable arm connector (8) with two bolts (134) and two washers (147).
12. Mount the cable arm connector (8) to the rear upright (3) with two bolts (128), four washers (147) and two nuts (154).
13. Mount the pre-installed cable arm assembly (27) to the base frame with two washers (146) and two nuts (153).

### **ⓘ NOTICE**

At first, tighten the bolts only slightly in order to align the holes easily.

14. Slide the axle of each cable arm (28) through the hole in the selector plate of the cable arm assembly (27) and fasten the axle collar (43) with the pre-installed screw (141).



### Step 3: Assembly of the Seat and Back Pads

1. Mount the front seat frame (14) to the front upright (4) with two bolts (128), four washers (147) and two nuts (154).
2. Mount the front seat frame (14) to the base frame (1) with one bolt (126), two washers (147) and one nut (154).
3. Mount the leg extension arm with pre-installed bearing (19) to the front seat frame (14) by aligning the holes and inserting the leg extension axle (40).
4. Mount the leg extension axle (40) with two bolts (137), two washers (148) and two spring washers (150).
5. Attach a square plug (64) to the leg extension arm with pre-installed bearing (19).

#### ► **ATTENTION**

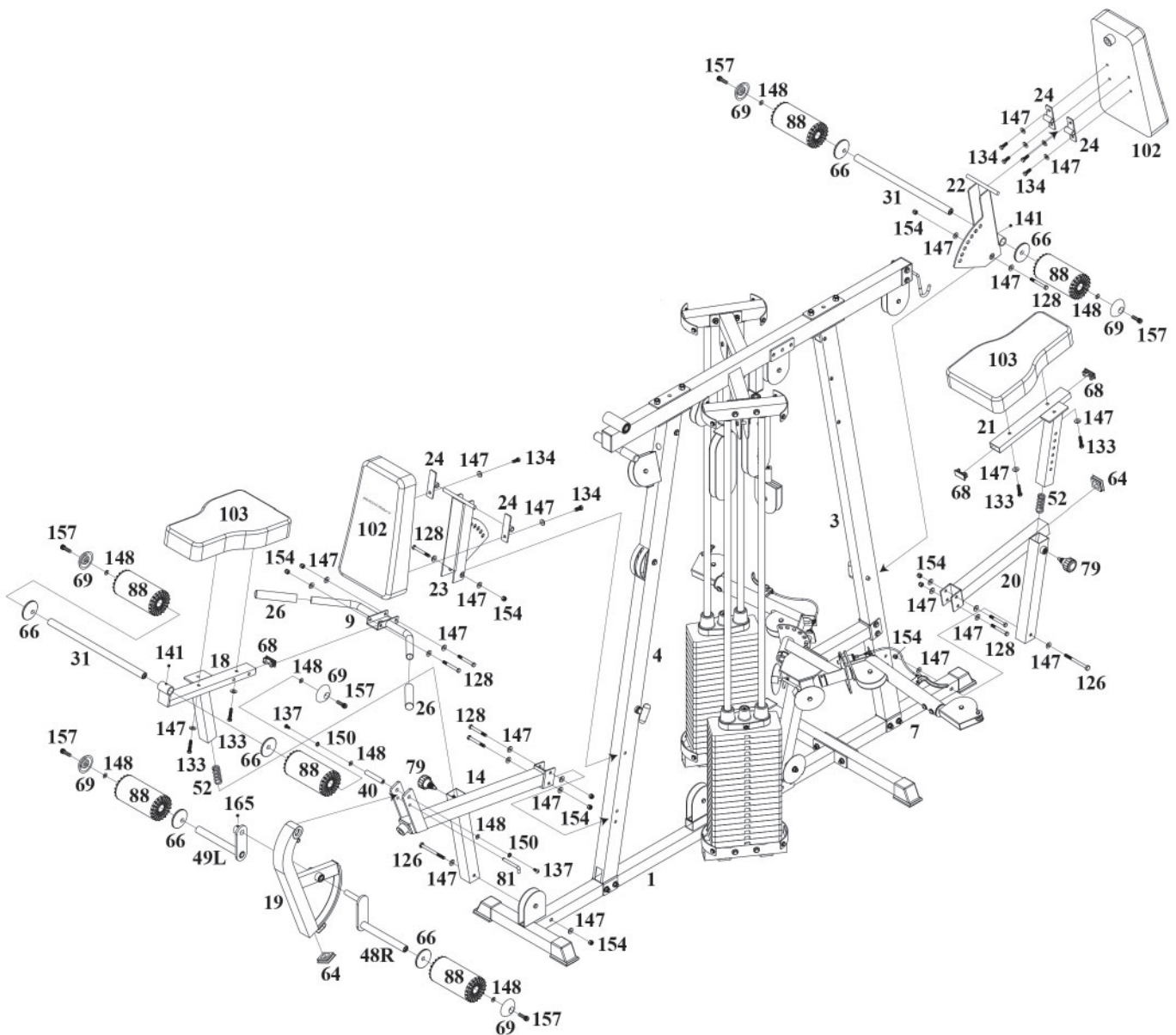
Ensure that the leg extension arm with pre-installed bearing (19) pivots freely.

6. Lock the leg extension arm with pre-installed bearing (19) into place with the L-pin (81).
7. Mount the right and left leg extension arms (48R & 49L) to the leg extension arm (19) with one set screw (165).
8. Moisten the center of the two covers of foam pad (88) and slide them onto the right and left leg extension arms (48R & 49L).
9. Mount one plastic washer (66) on the inside and one domed washer (69) on the outside of each foam pad (88) and secure the foam pads (88) with one sunken screw (157) each.
10. Mount the hand holder (9) to the front chromed seat adjuster (18) with two bolts (128), four washers (147) and two nuts (154).
11. Mount the seat pad (103) to the front chrome seat adjuster (18) with two bolts (133) and two washers (147).
12. Attach one plug (68) to the rear side of the front chrome seat adjuster (18).
13. Insert the front chrome seat adjuster (18) into the front seat frame (14) and lock it into place with the set spring knob (79).
14. Insert the chrome roller tube (31) into the hole of the front chrome seat adjuster (18).
15. Moisten the foam pads (88) with water and slide them onto each end of the chrome roller tube (31).
16. Mount one plastic washer (66) on the inside and one domed washer (69) on the outside of each foam pad (88) and secure the foam pads (88) with one sunken screw (157) each.
17. Lock the chrome roller tube (31) into place with the pre-installed set screw.
18. Mount the seat back adjuster (23) to the front upright (4) with one bolt (128), two washers (147) and one nut (154).

#### ⓘ **NOTICE**

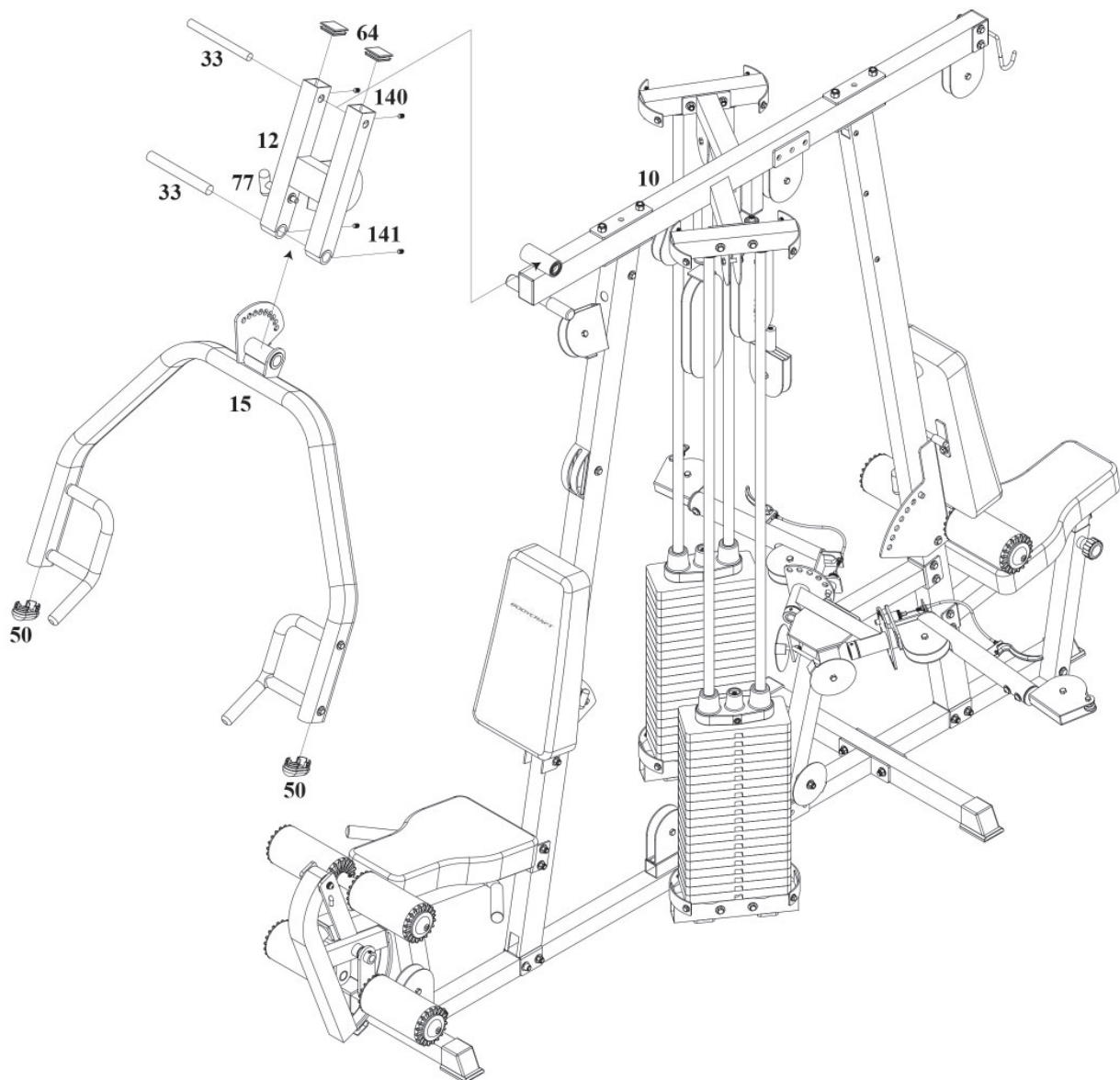
It might be necessary to tighten this bolt. Then loosen just enough so the seat back adjuster (23) pivots freely. The shorter pop pin (73) must engage in one of the holes of the seat back adjuster (23).

19. Slide two metal hinges (24) onto the axle on top of the seat back adjuster (23).
20. Mount the back pad (102) to the metal hinges (24) with two bolts (134) and two washers (147).
21. Mount the rear seat frame (20), the rear chrome seat adjuster (21), seat back adjuster (22) and the pads the same way as the front seat.
22. Insert the chrome roller tube (31) into the hole of the seat back adjuster (22).
23. Moisten two foam pads (88) with water and slide one foam pad (88) onto each end of the chrome roller tube (31).
24. Mount one plastic washer (66) on the inside and one domed washer (69) on the outside of each foam pad (88) and secure the foam pads (88) with one sunken screw (157) each.
25. Lock them into place with the pre-installed set screw (141).



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

1. Mount the press arm selector (12) to the top frame with pre-installed bearing (10) by aligning the holes and inserting one pivot axle (33). Lock it into place with the pre-installed set screw.
2. Mount the press arm (15) to the press arm selector (12) by aligning the holes and inserting one pivot axle (33). Lock it into place with the pre-installed set screw.
3. Attach two plugs (64) to the upper ends of the press arm selector (12) and two press arm plugs (50) to the ends of the press arm (15).
4. Insert the longer pop pin (77) into the press arm selector (12). Ensure that the pop pin (77) engages in one of the adjustment holes of the press arm (15).

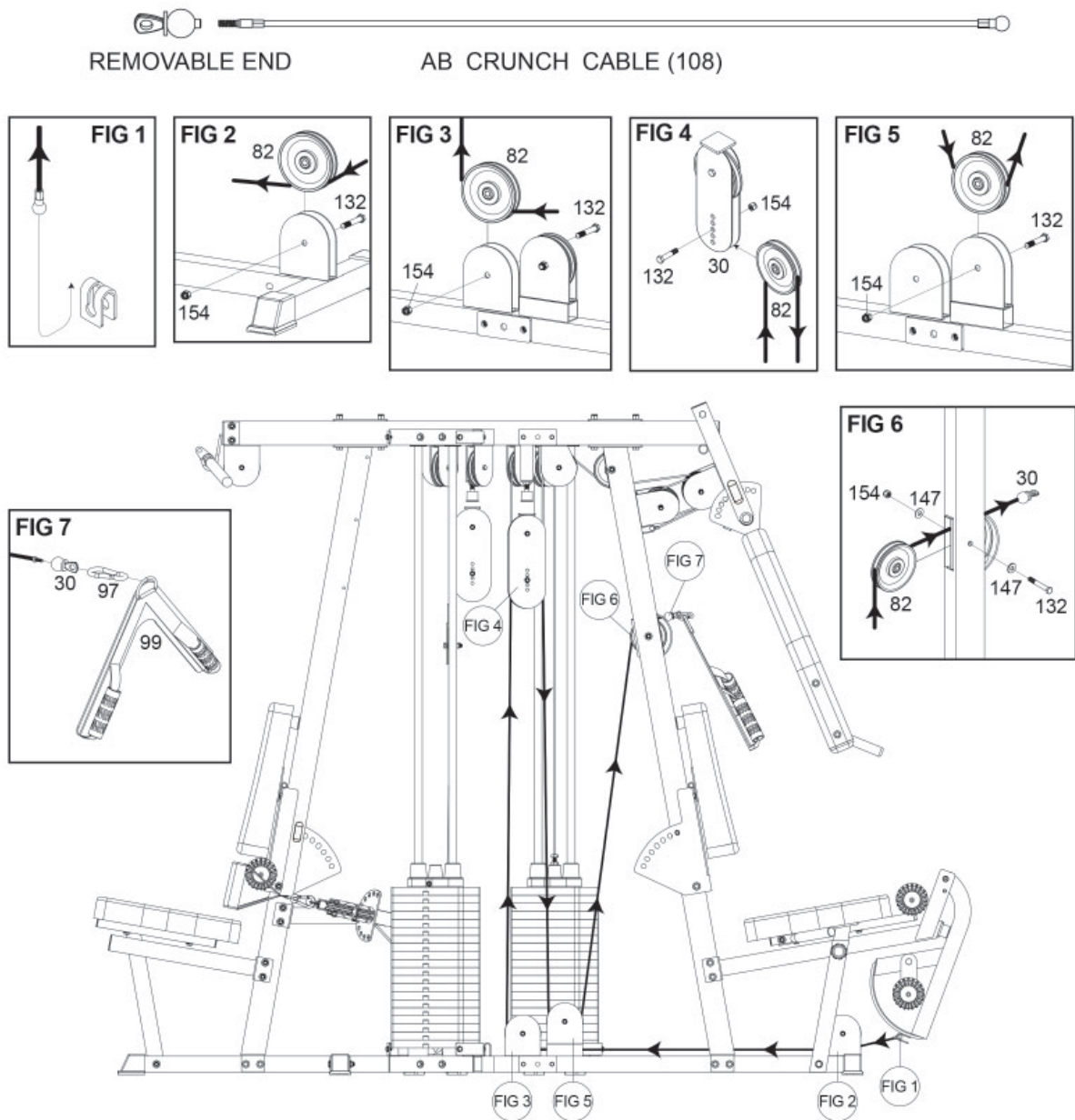


## Step 5: Assembly of the Ab Crunch Cable

### ► ATTENTION

The removable end of the ab crunch cable must be screwed in completely after installing the ab crunch cable.

1. Pass the steel cable end (Fig. 1) to the bracket welded on the leg extension arm (20). Then pass the threaded end of the ab crunch cable (108) through and under the two pulleys on the base frame (1) (Fig. 2 & 3). Pass the cable further up and over the lower pulley of the adjustable pulley block (30) (Fig. 4), down and under the pulley on the base frame (1) (Fig. 5). Pass the cable up and over the pulley on the front upright (4) (Fig. 6).
2. Screw on the ball end cable to the ab crunch cable (Fig. 7).
3. Attach one snap hook (97) and the ab crunch (99) to the cable end.



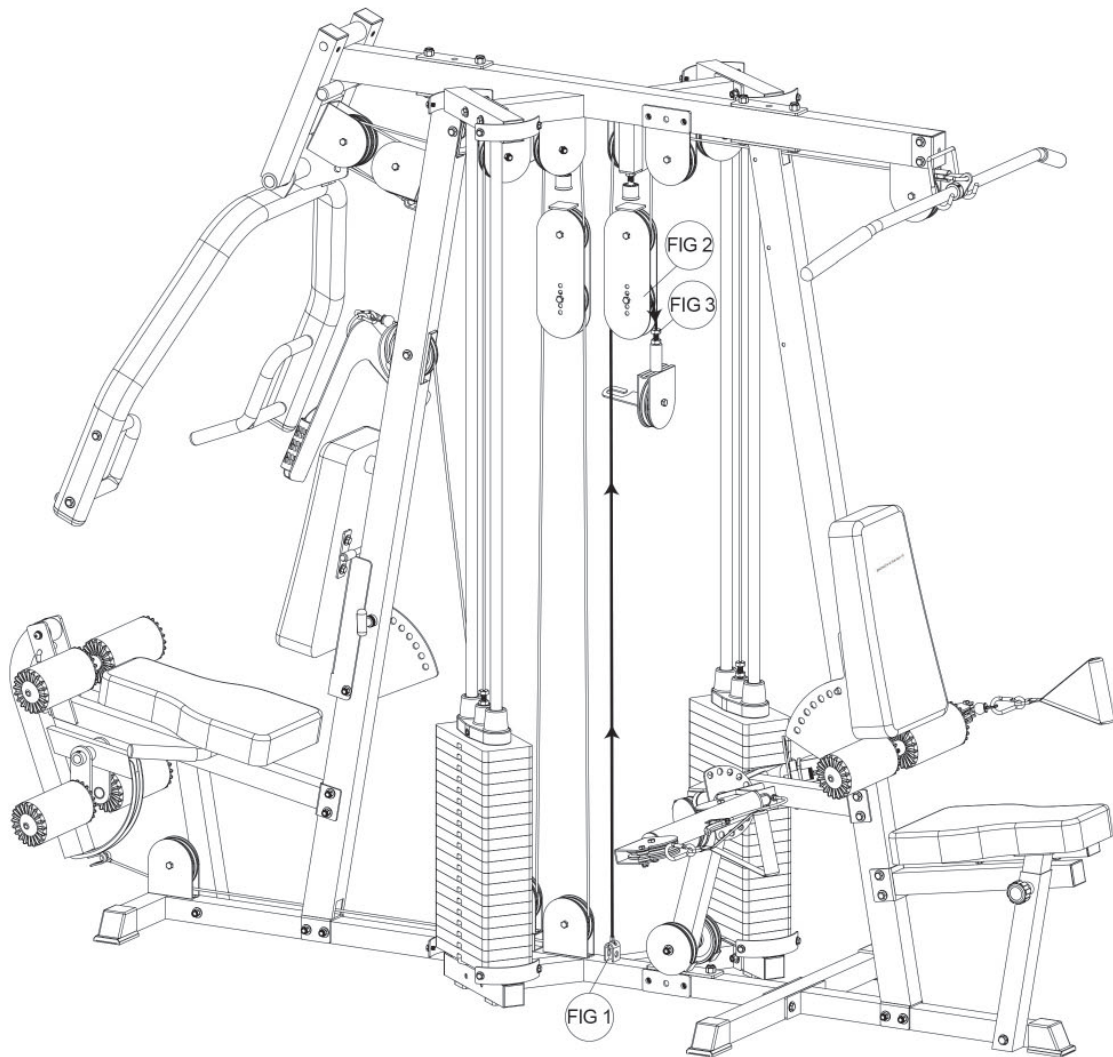
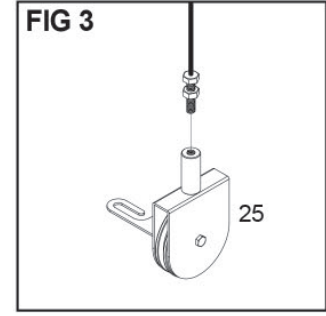
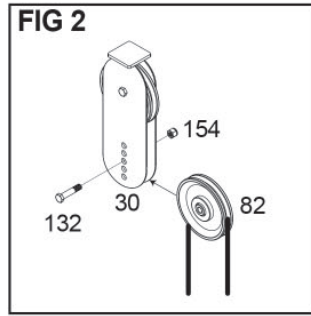
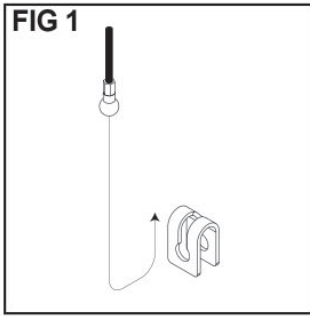


## Step 6: Assembly of the Cable Arm Connecting Cable

Hook the cable arm connecting cable (110) into the bracket mounted on the base frame (1) (Fig. 1) and pass the cable up and over the pulley in the adjustable pulley block (30) (Fig. 2) and screw the threaded cable end into the single pulley block (Fig. 3).



CABLE ARM CONNECTING CABLE (110)



## Step 7: Assembly of the Press Arm Cable

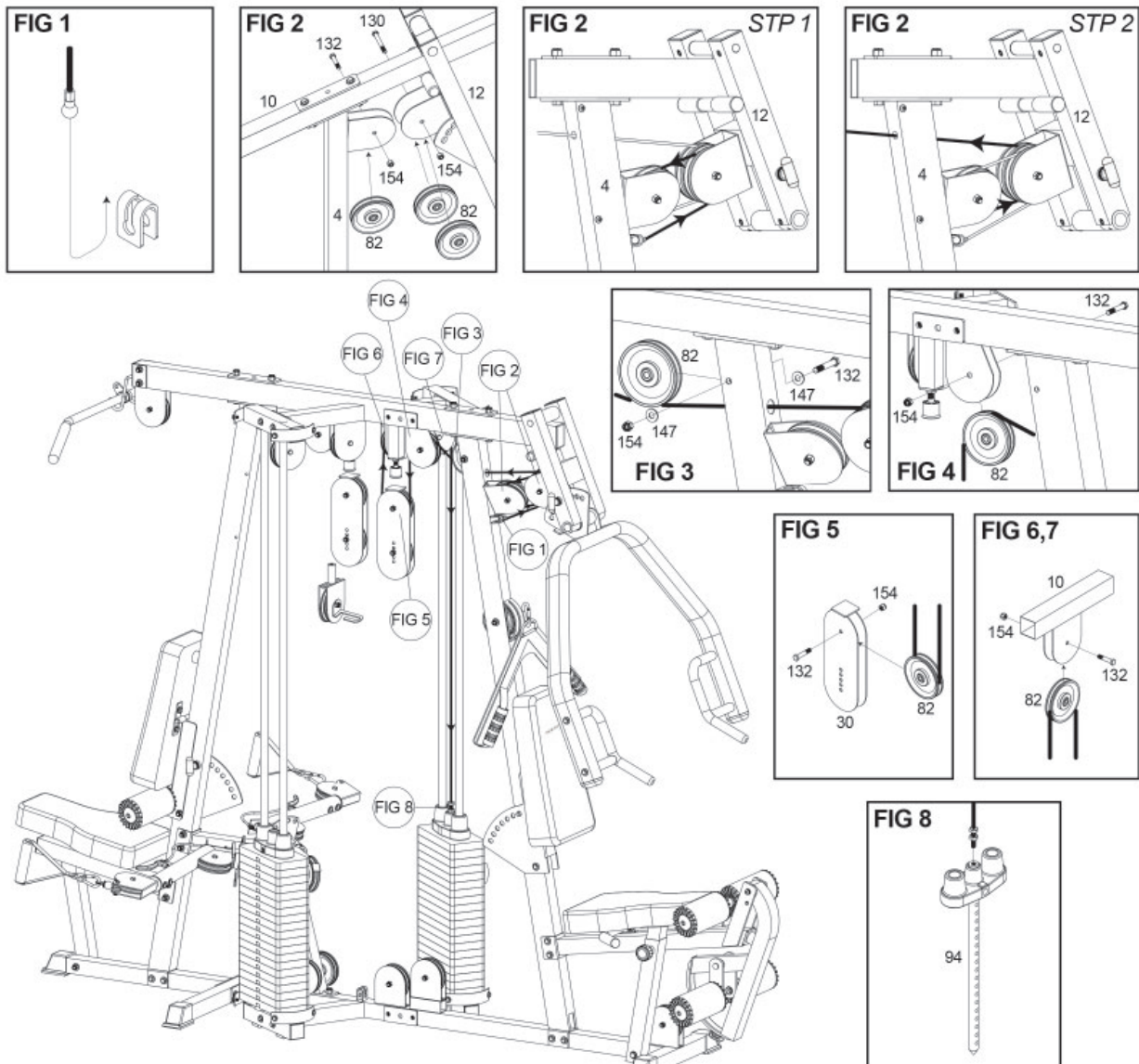
### NOTICE

The cable and pulleys must be assembled simultaneously.

Attach the steel ball end of the press cable (107) to the pre-installed bracket on the front upright (4) (Fig. 1). Pass the cable over and around the left side pulley (from the seat) on the press arm selector (12), under and around the pulley on the front upright (4), over and around the right side pulley on the press arm selector (12) (Fig. 2). Continue through the uppermost slot and over the pulley on the front upright (4) (Fig. 3), under the top pulley on the adjustable pulley block (30), and up and over the pulley on the top frame (10) (Fig. 4). From there, down and around the top pulley on the adjustable pulley block (30) (Fig. 5), up and over the pulley on the top guide rod retainer (6) (Fig. 6,7) and down to the weight stack. Screw at least seven threads of the press cable end (107) into the selector rod (94) (Fig. 8).

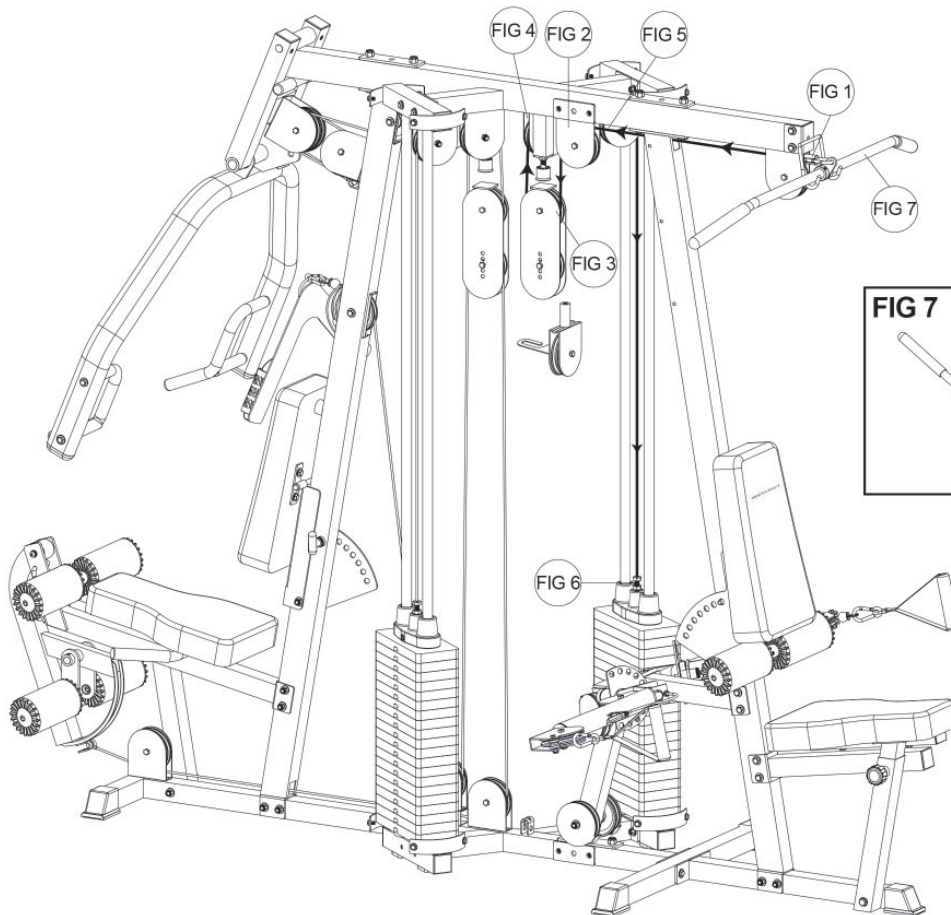
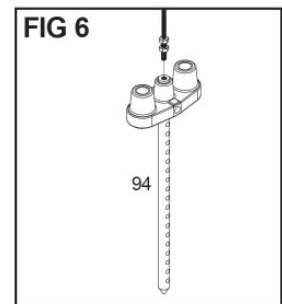
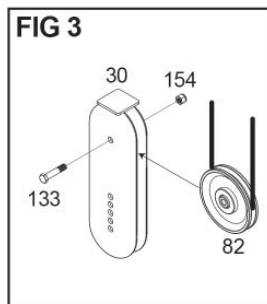
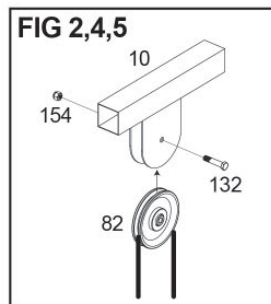
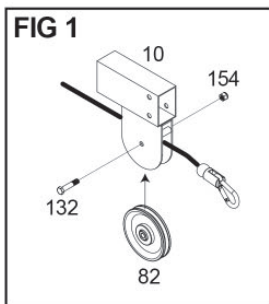


PRESS ARM CABLE (107)



## Step 8: Assembly of the Top Cable

1. Pass the threaded end of the top cable (109) over the pulley on the top frame (10) (Fig. 1), through the slot on the rear upright (3), over the pulley on the top frame (10) (Fig. 2), under and around the top pulley on the pulley block (30) (Fig. 3), up and around the pulley on the top guide rod retainer (6) (Fig. 5) and down to the weight stack.
2. Screw at least seven threads of the cable end into the selector rod (94) (Fig. 6).
3. Attach a snap hook (97) and the lat bar (36) to the end of the cable (109) (Fig. 7).

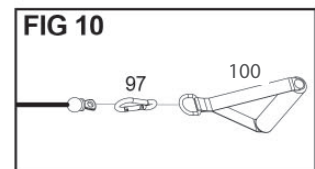
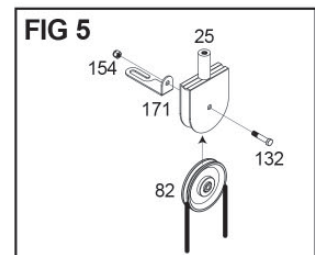
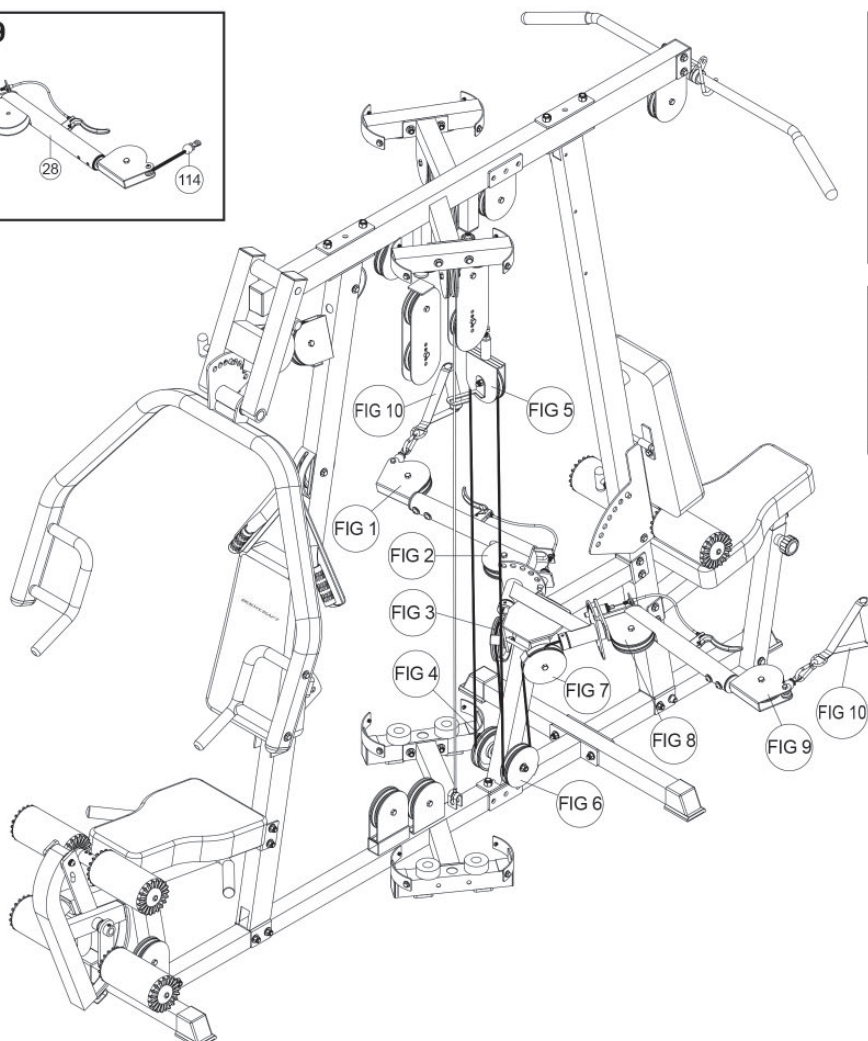
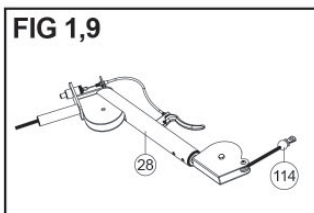
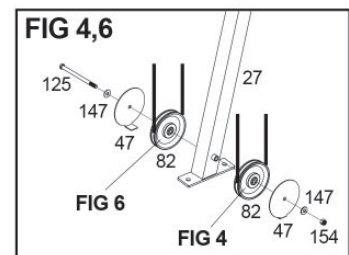
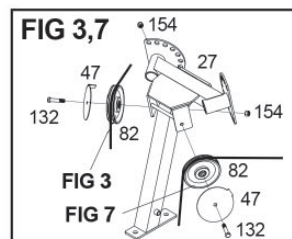
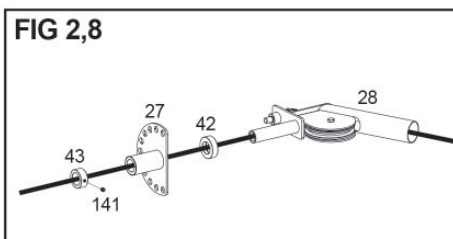


## Step 9: Assembly of the Cable Arm Cable

1. Attach the cable arm cable (111) to the pulley on the single pulley block (25) (Fig. 5). Attach the pulleys and pulley guide brackets (26) to the cable arm assembly (27) (Fig. 3 & 4). Ensure that the pulley guide brackets do not interfere with the cable movement when tightened. Pass the cable arm cable (111) around the pulleys, up and around the pulley on the single pulley block (25). ensure that the cable guide plate (171) on the single pulley block (25) is guided by the connecting cable (110).
2. Attach a snap hook (97) and a single handle (100) to the end of the cable (111) (Fig. 10).

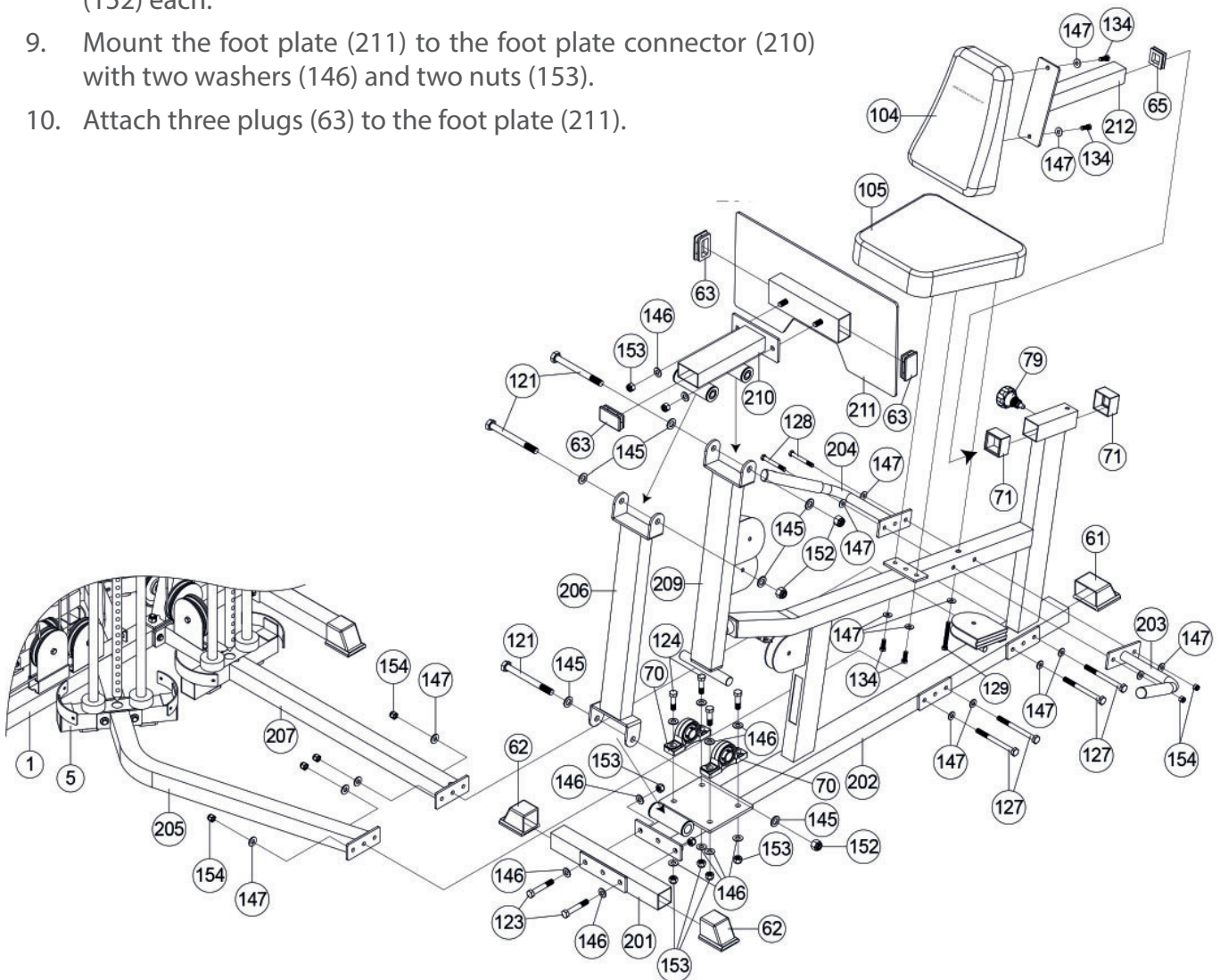


CABLE ARM CABLE (111)



## Step 10: Assembly of the Leg Press System

1. Mount the leg press weight base connector (207) and the long leg press connector (205) to the leg press main frame (202) with two bolts (127), four washers (147) and two nuts (154) each.
2. Mount the base stabilizer (201) to the leg press main frame (202) with two bolts (123), four washers (146) and two nuts (153).
3. Attach one cap (61) to the rear side of the leg press main frame (202).
4. Attach two caps (62) to the base stabilizer (201).
5. Slide the axle of the rear leg press support (209) into the bearing housings (70).
6. Mount the bearing housings (70) to the leg press main frame (202) with four bolts (124), eight washers (146) and four nuts (153).
7. Mount the front leg press support (206) to the leg press main frame (202) with one bolt (121), two washers (145) and one nut (152).
8. Mount the foot plate connector (210) to the rear leg press support (209) and front leg support (206) with one bolt (121), two washers (145) and one nut (152) each.
9. Mount the foot plate (211) to the foot plate connector (210) with two washers (146) and two nuts (153).
10. Attach three plugs (63) to the foot plate (211).



11. Mount the right and left leg handles (203 & 204) with the angle facing upwards to the leg press main frame (202) with two bolts (128), four washers (147) and two nuts (154).
12. Mount the seat pad (105) to the leg press main frame (202) with two bolts (134), one bolt (129) and three washers (147).
13. Mount the back pad (104) to the back pad adjuster (212) with two bolts (134) and two washers (147).
14. Slide the back pad adjuster (212) into the leg press main frame (202) with plugs (71) by pulling the pre-installed locking spring knob (79).
15. Attach one plug (65) to the back pad adjuster (212).
16. Tighten all bolts and nuts from the bottom up.

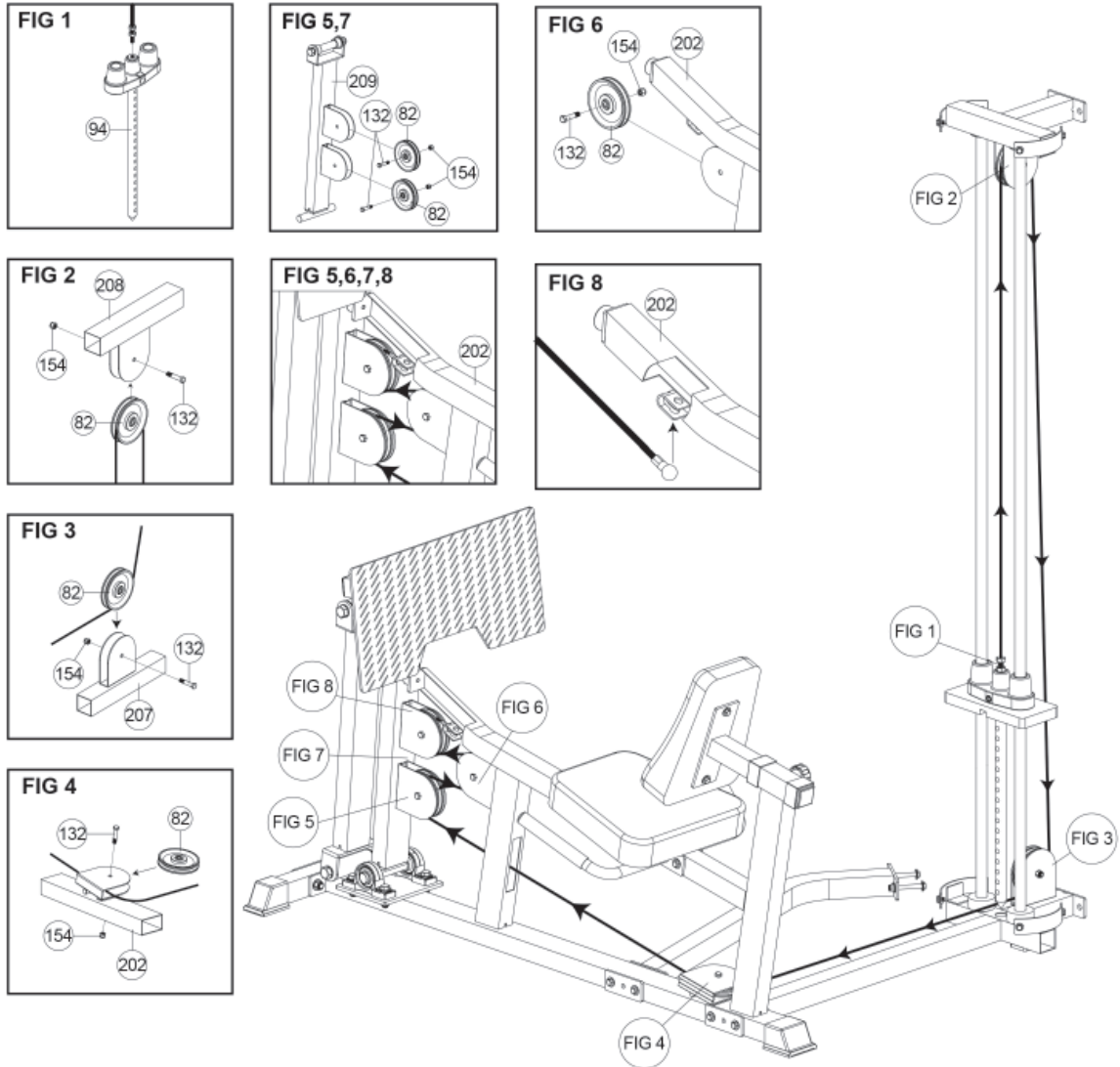
## Step 11: Assembly of the Leg Press Cable

1. Screw in at least seven threads of the leg press cable (213R) into the top of the selector rod (94) (Fig. 1).
2. Pass the cable over the pulley on the top guide rod retainer (208) (Fig. 2), down and under the pulley on the weight stack base (207) (Fig. 3).
3. Pass the cable further and under the weight stack base (207) and around the horizontal pulley on the leg press main frame (202).
4. Pass the cable under and around the lowest pulley mounted on the rear leg press support (209), under and around the top pulley on the rear leg press support (209), under and around the left side pulley on the leg press main frame (202) (Fig. 6).
5. Hook the ball end of the cable into the receptor on the rear side of the leg press main frame (202) (Fig. 8).

### **NOTICE**

From the side, the leg press cable should be a series of loops. There should not be any "X"s.

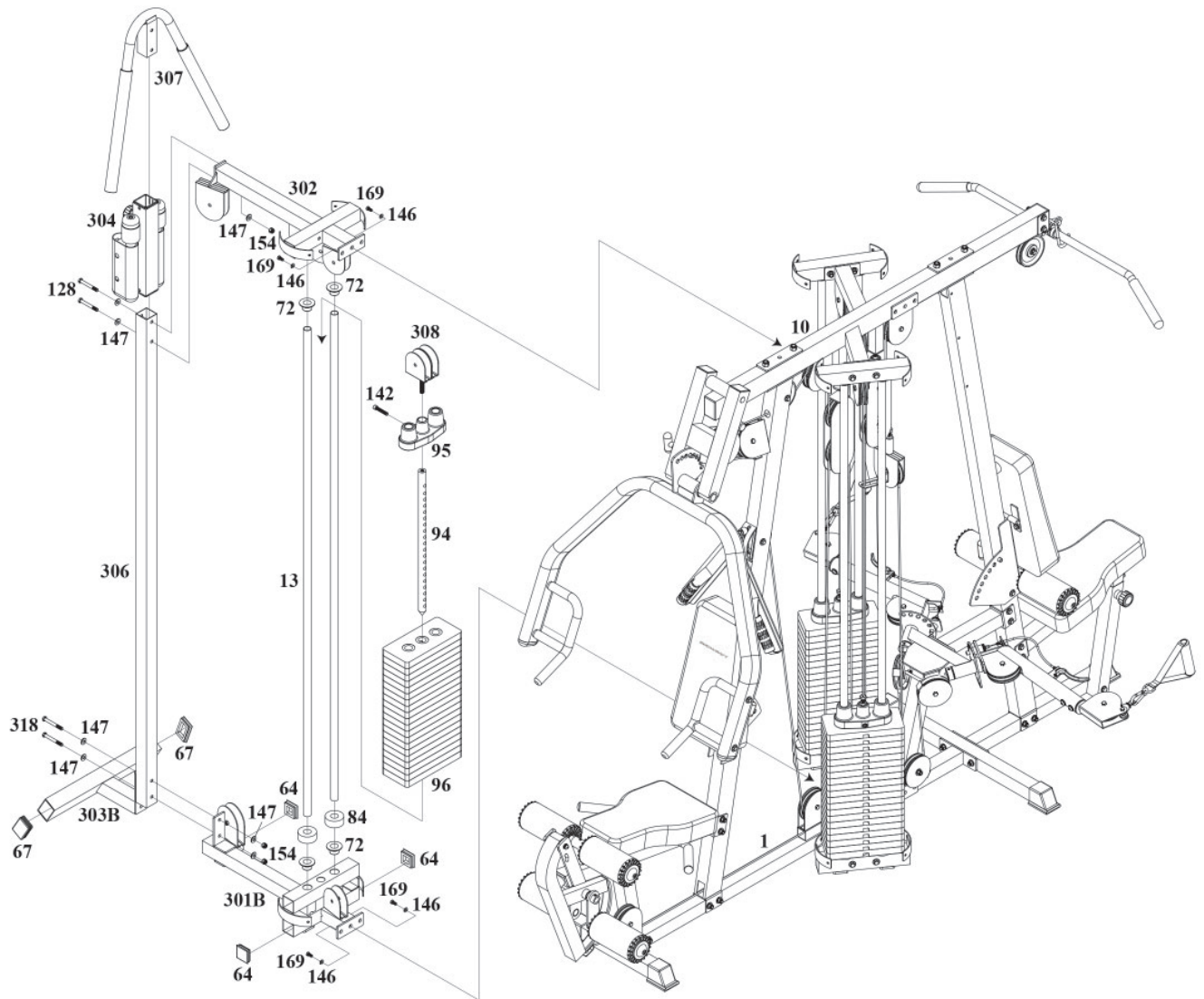
bolt end **LEG PRESS CABLE (213R)** metal ball end





## Step 12: Assembly of the Cable Column Base Frame

1. Attach three plugs (64) to the cable column weight stack base (301B).
2. Mount the cable column weight stack base (301B) to the base frame (1) with two bolts (169) and two washers (146).
3. Mount the front stabilizer (303B) to the weight stack base (301B) with two bolts (318), four washers (147) and two nuts (154).
4. Attach two plugs (67) onto both ends of the front stabilizer (303B).
5. Insert two plastic guide rod holders (72) into the weight stack base (301B).
6. Slide one rubber donut (84) onto each of the guide rods (13) and then insert the guide rods (13) into the plastic guide holders (72) on the weight stack base (301B).
7. Carefully slide each of the 10 LB plates (96) over the guide rods (13) one by one. Make sure that all weight plates are facing forward with the hole at the bottom.
8. Mount the top plate (95) to the selector rod (94) with the top plate bolt (142). Then slide the top plate (95) with selector rod (94) over the guide rods (13).
9. Screw the double pulley bracket (308) into the top plate (95) with selector rod (ten threads, approx. 2 cm).
10. Insert the plastic guide rod holders (72) into the top guide rod retainers (302), then slide the top guide rod retainer (302) over the guide rods (13).
11. Mount the top guide retainer (302) to the top frame (10) with two bolts (169) and two washers (146).
12. Slide the cable height adjuster (304) onto the chromed upright (306), then insert the hand holder (307) into the top of the chromed upright (306) and mount to the guide rod retainers (302) with two bolts (128), four washers (147) and two nuts (154).

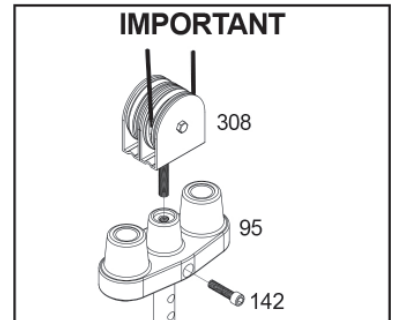
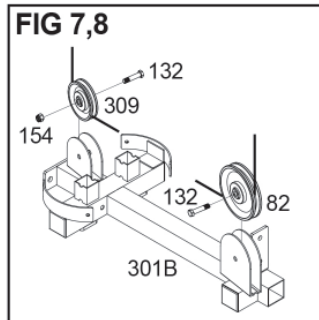
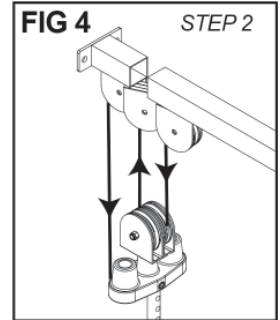
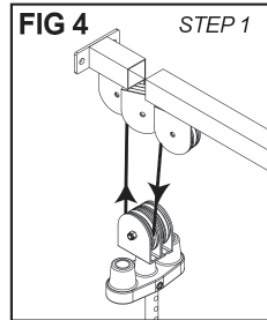
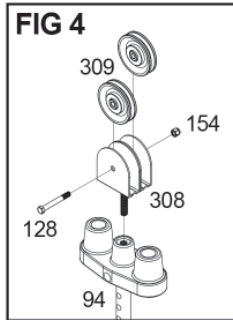
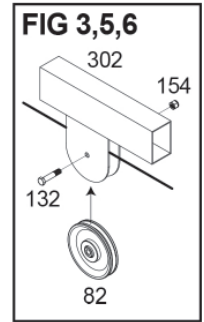
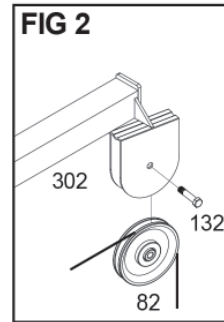
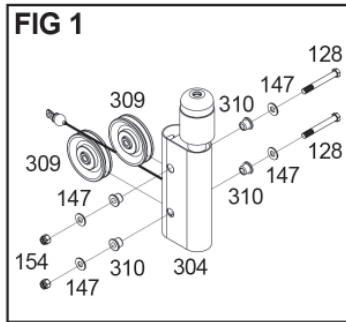
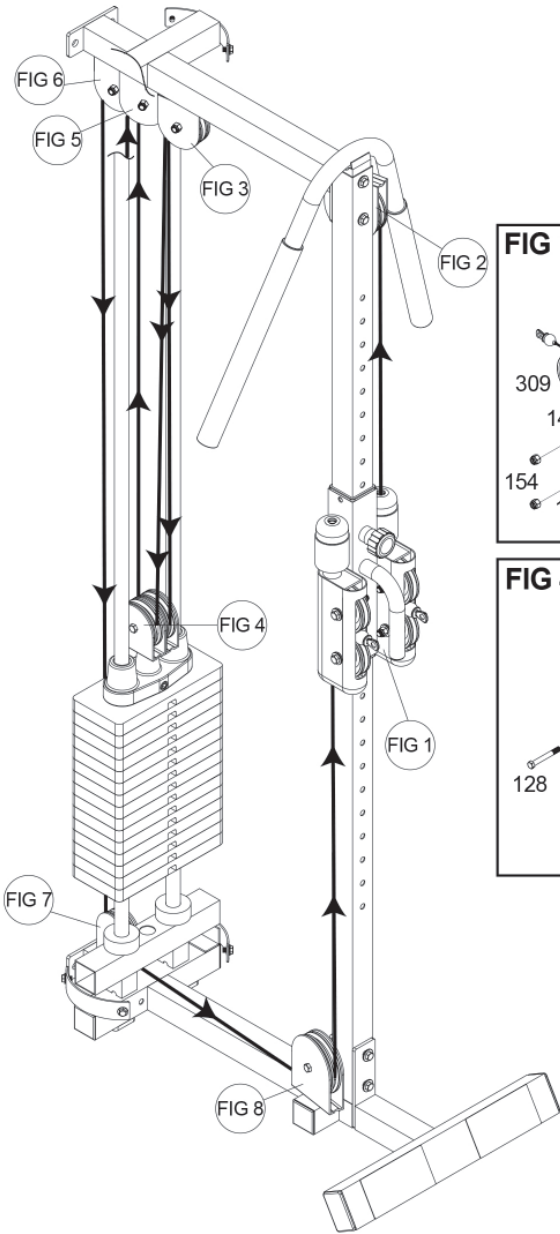


### Step 13: Assembly of the Cable Column Cable

1. Insert the ball end of the cable column cable (314) in front of the right side cable height adjuster (304).
2. Mount two pulleys (Fig. 1) and pass the cable up to the top guide rod retainer (302) and over the mounted pulley (Fig. 2).
3. Pass the cable further along the top guide rod retainer (302) to the next pulley (Fig. 3), then down to the left pulley in the double pulley bracket (308) (Fig. 4, STEP 1), up to the rear side of the next pulley in the top guide retainer (302) (exiting towards the front). From there, further down to the front of the right pulley in the double pulley bracket (308) ( exiting towards the back), then up to the front of the last pulley in the top guide rod retainer (302) (Fig. 4, STEP 2).
4. Pass the cable over the last pulley in the top (exiting towards the back), then down to the pulley mounted behind the weight stack base (301B) (Fig. 7), under the weight stack and around the pulley at the base next to the column. Lastly, pass the cable up to the left side of the cable height adjuster (304) and mount the pulleys (Fig. 1). Attach the removable end to the bolt end of the cable.

**ⓘ IMPORTANT NOTICE**

The cable length can be adjusted by removing the bolt on the top plate (95) and turning the selector rod (94).



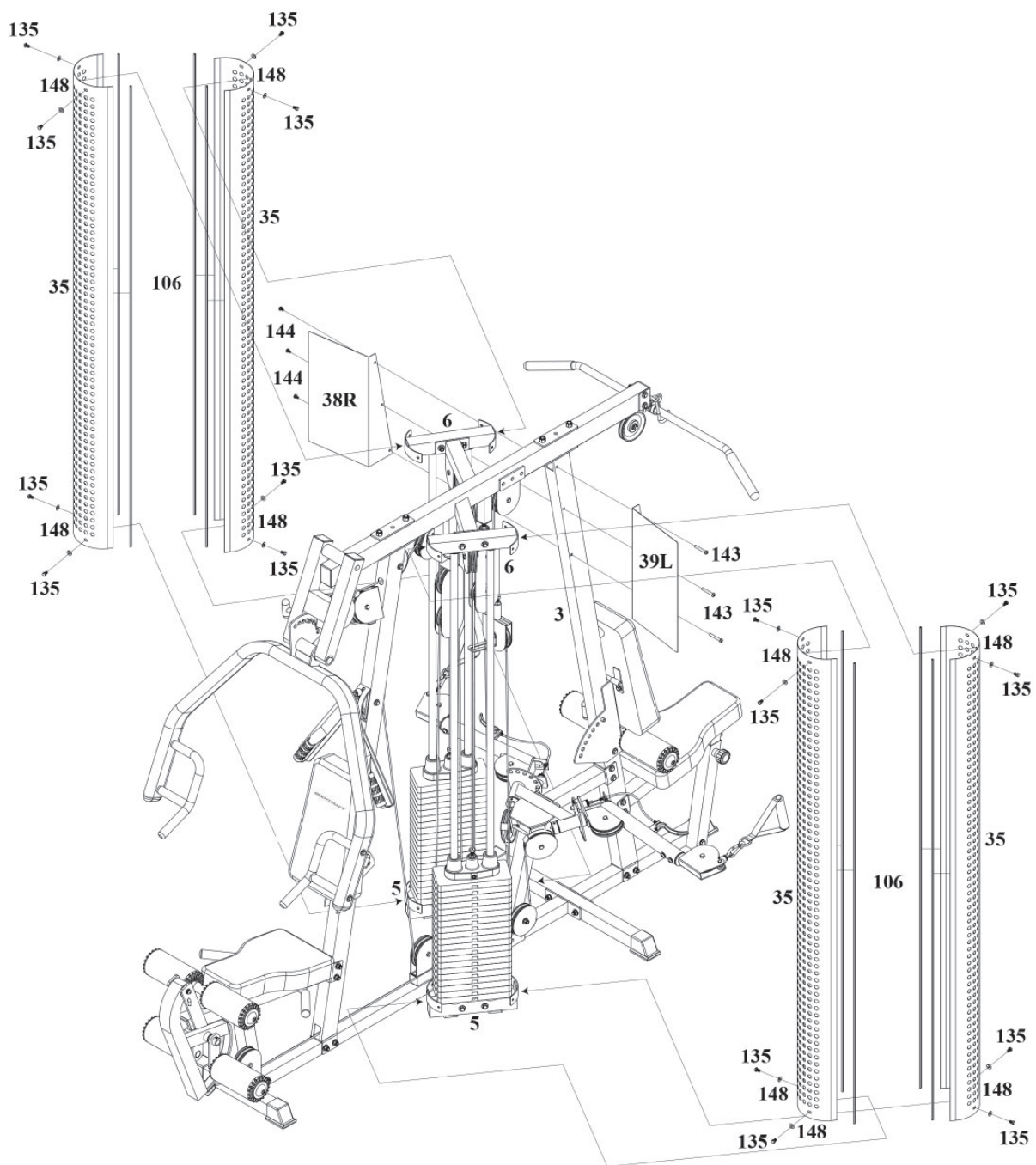
## Step 14: Assembly of the Weight Stack Shrouds and Poster Plates

1. Mount the weight stack shrouds (35) to the weight stack bases (5 & 6) with four bolts (135) and four washers (148) each.

### ⓘ NOTICE

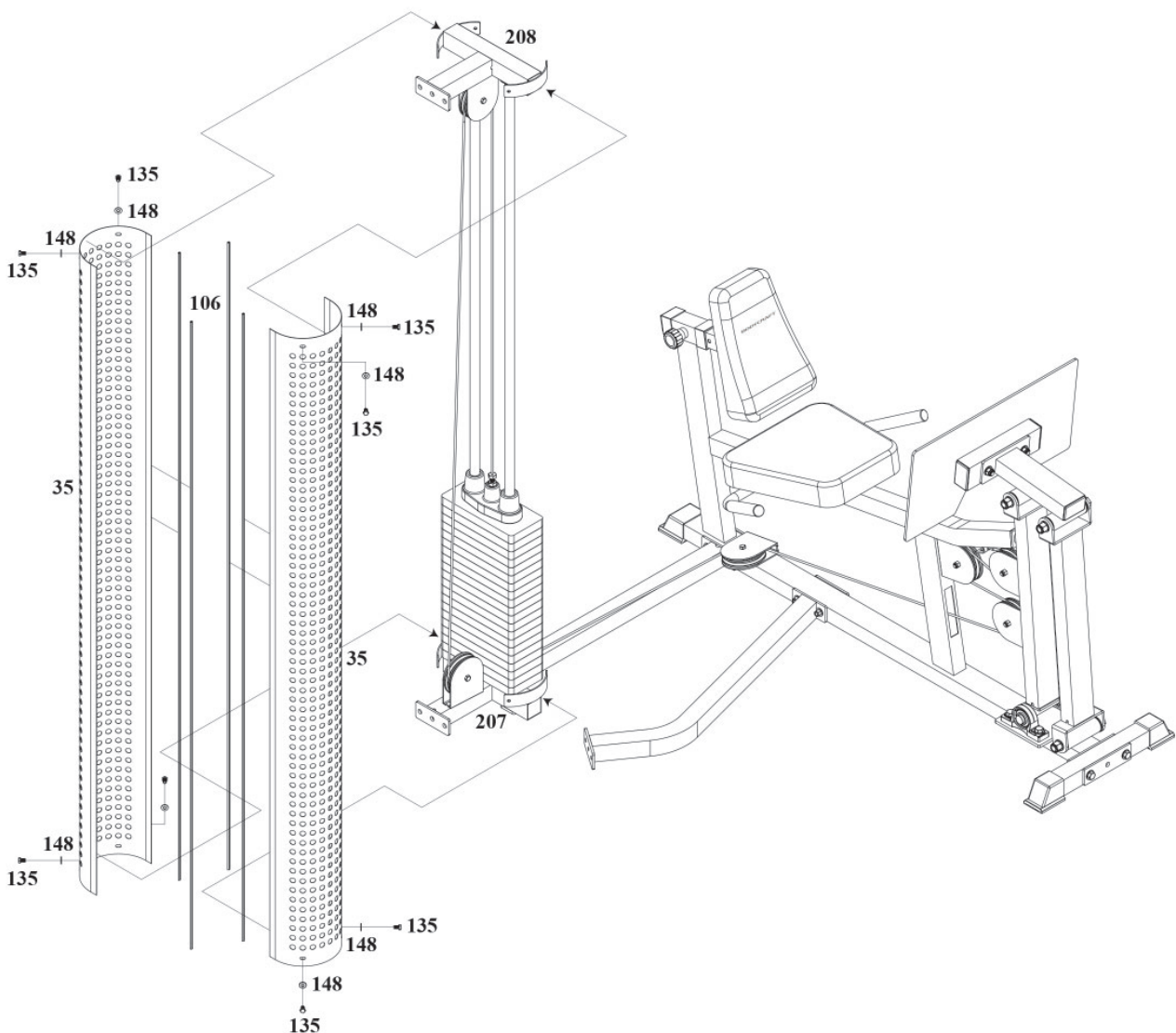
Tighten the bolts loosely at first in order to align the holes easily.

2. Mount the right and left poster plates (38R & 39L) to the rear and front upright (3 & 4) with three bolts (143) and three nuts (144) each.
3. Attach two trims for weight shroud (106) to the weight stack shroud (35).



## Step 15: Assembly of the Leg Press Shrouds

1. Mount the weight stack shrouds (35) to the weight base connector (207) and the weight stack bases (208) with four bolts (135) and four washers (148) each.
- ① **NOTICE**  
Tighten the bolts loosely at first in order to align the holes easily.
2. Attach two trims for weight shroud (106) to each of the weight stack shroud (35).



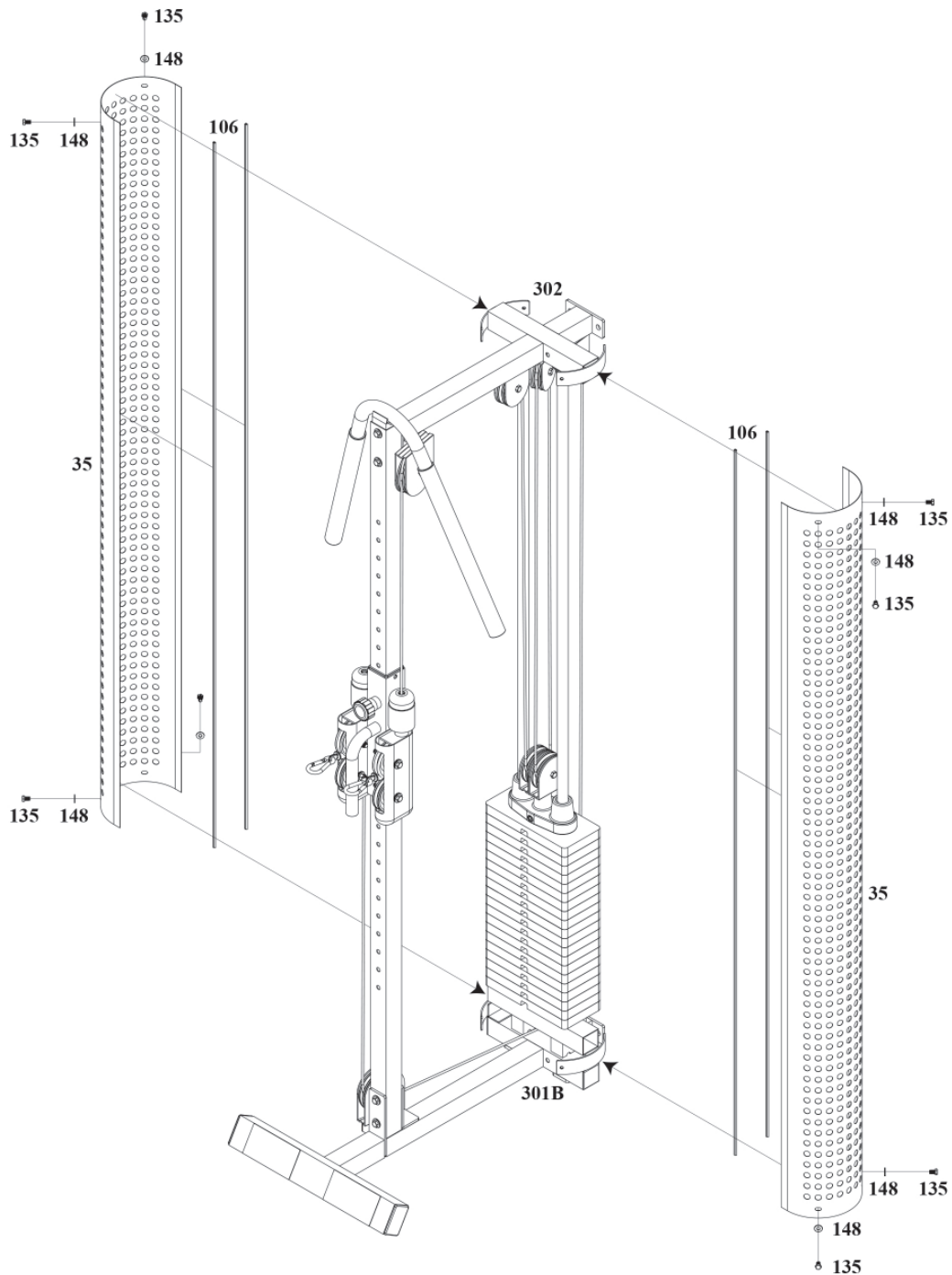
## Step 16: Assembly of the Cable Column Weight Stack Shrouds

1. Mount the weight stack shrouds (35) to the top guide rod retainer (302) and the weight stack base (301B) with four bolts (135) and four washers (148) each.

**ⓘ NOTICE**

Tighten the bolts loosely at first in order to align the holes easily.

2. Attach two trims (106) to each of the weight stack shrouds (35).



### 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	Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	Check screw connections

### 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	
Weights			I
Cushions	C	I	
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. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible chest strap, as this ensures optimum transmission of the heart rate. You may want to buy additional grips or weights for multi gyms.



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



chest strap contact gel



towels



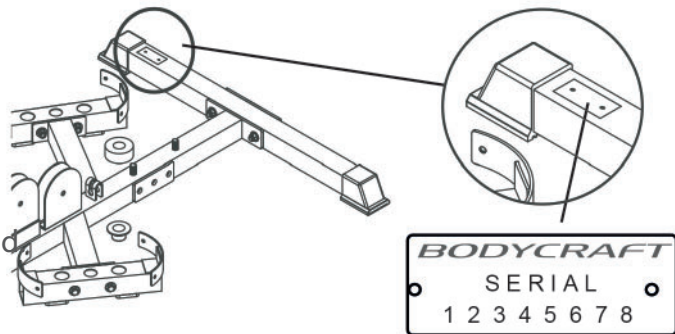
silicone spray

## 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.



**Serial number:**

**Brand / Category:**

**Model Name:**

**Article Number:**

## 7.2 Parts List

No.	Name	Qty.	3 st.	4 st.	Total
1	BASE FRAME	1			
2	BASE STABILIZER	1			
3	REAR CABLE ARM UPRIGHT	1			
4	FRONT PRESS ARM UPRIGHT	1			
5	WEIGHT STACK BASE	2			
6	TOP GUIDE ROD RETAINER	2			
7	FRONT STABILIZER	1			
8	CABLE ARM CONNECTOR	1			
9	HAND HOLDER	1			
10	TOP FRAME (bearing pre-installed)	1			
11	LAT BAR HOLDER	1			
12	PRESS ARM SELECTOR	1			
13	GUIDE ROD	4	2	2	= 8
14	FRONT SEAT FRAME	1			
15	PRESS ARM	1			
16R	RIGHT HANDLE OF PRESS ARM	1			
17L	LEFT HANDLE OF PRESS ARM	1			
18	FRONT CHROME SEAT ADJUSTER	1			
19	LEG EXTENSION ARM(bearing pre-installed)	1			
20	REAR SEAT FRAME	1			
21	REAR CHROME SEAT ADJUSTER	1			
22	SEAT BACK ADJUSTER	1			
23	SEAT BACK ADJUSTER	1			
24	METAL HINGE FOR SEAT BACK ADJUSTER	4			
25	SINGLE PULLEY BLOCK	1			
26	SLEEVE	2			
27	CABLE ARM ASSEMBLY	1			
28	CABLE ARM	2			
29	SWIVEL CABLE ARM TOP	2			
30	ADJUSTABLE PULLEY BLOCK	2			
31	1" CHROME ROLLER TUBE	2			
32	25.4mm PIVOT AXLE	1			

33	20mm PIVOT AXLE	1			
34	CABLE ARM COLLAR	2			
35	WEIGHT STACK SHROUD	4	2	2	= 8
36	LAT BAR	1			
37	LOW ROW BAR	1			
38R	RIGHT POSTER PLATE	1			
39L	LEFT POSTER PLATE	1			
40	LEG EXTENSION AXLE	1			
41	608ZB BEARING	4			
42	STEEL SPACER (all pre-installed)	2			
43	AXLE COLLAR (all pre-installed)	2			
44	BEARING BASIN (all pre-installed)	4			
45	BEARING (all pre-installed)	4			
46	BEARING COVER (all pre-installed)	4			
47	PULLEY GUIDE BRACKET	4			
48R	RIGHT LEG EXTENSION ARM	1			
49L	LEFT LEG EXTENSION ARM	1			
50	40X80mmPRESS ARM PLUG	2			
51	1" PLUG	2			
52	SEAT SPRING	2			
53	3/4" BUSHING	2			
54	LEG PRESS AXLE		3		
55	37mm OD. BEARING	2			
61	75 X 45mm RECT. CAP		1		
62	50mm SQ. CAP	5	2		= 7
63	45 X 75mm RECT. PLUG		3		
64	50mm SQ. PLUG	8	2	3	= 13
65	45mm SQ. PLUG		1		
66	PLASTIC WASHER	6			
67	50 X 75mm RECT. PLUG	1		2	= 3
68	25 X 50mm RECT. PLUG	3			
69	PLASTIC COVER	6			
70	BEARING HOUSING(all pre-installed)		2		
71	SPACER		2		
72	PLASTIC GUIDE ROD HOLDER	8	4	4	= 16

73	SHORTER POP PIN(one pcs. pre-installed)	2			
74	28.6mm STEEL BUSHING(all pre-installed)	4			
75	25.4mm STEEL BUSHING(all pre-installed)	2	6		= 8
76	1/2" X 1-1/8" BEARING(all pre-installed)	2			
77	LONGER POP PIN(one pcs. pre-installed)	1			
78	CLUTCH LEVER OF CABLE ARM	2			
79	Set SPRING KNOB	2	1	1	= 4
80	SELECTOR PIN	2	1	1	= 4
81	L PIN	1			
82	114mm PULLEY(four pcs. pre-installed)	28	6	2	= 36
83	SMALL PULLEY IN SWIVEL ARM(all pre-installed)	2			
84	RUBBER DONUT	4	2	2	= 8
85	ADJUSTABLE STOPPER(all pre-installed)	2			
86	CAP			2	= 2
87	STOPPER(all pre-installed)	3	1		= 4
88	FOAM PAD	6			
89	COVER OF FOAM PAD	6			
90	1" X 200mm HAND GRIP(all pre-installed)	2	2		= 4
91	1" X 140mm HAND GRIP(all pre-installed)	2			
92	1" X 70mm PRESS ARM STOPPER(all pre-installed)	2			
93	LAT BAR HOLDER COVER(95mm)(all pre-installed)	2			
94	SELECTOR ROD	2	1	1	= 4
95	TOP PLATE	2	1	1	= 4
96	10 LB. PLATE	38	19	19	= 76
97	SNAP HOOK	5		2	= 7
98	PLASTIC BUSHING		1	2	= 3
99	AB CRUNCH STRAP	1			
100	SINGLE HANDLE	2		2	= 4
101	ANKLE STRAP			1	= 1
102	BACK PAD	2			
103	SEAT PAD	2			
104	BACK PAD		1		= 1
105	SEAT PAD		1		= 1
106	TRIM FOR WEIGHT SHROUD	8	4	4	= 16
107	PRESS ARM CABLE (3560mm)	1			

108	AB CRUNCH CABLE (5770mm)	1			
109	TOP CABLE (2925mm)	1			
110	CABLE ARM CONNECTING CABLE (1780mm)	1			
111	CABLE ARM CABLE(pre-installed) (5320mm)	1			
112	REMOVABLE END CABLE ARM CABLE(pre-installed)	1			
113	CLUTCH CABLE (422mm)	2			
121	5/8" X 6-1/2" HEX BOLT		3		= 3
122	1/2" X 4-1/4" HEX BOLT	4			
123	1/2" X 3"-1/4 HEX BOLT	2	2		= 4
124	1/2" X 1-3/4" HEX BOLT		4		
125	3/8" X5-3/4" HEX BOLT	1			
126	3/8" X 4-3/4" HEX BOLT	2			
127	3/8" X 4-1/4" HEX BOLT		4		= 4
128	3/8" X 3 HEX BOLT	24	2	7	= 33
129	3/8" X 2-3/4" HEX THREADED BOLT		1		= 1
130	3/8" X 2-3/4" HEX BOLT	1			
131	3/8" X 2-1/2" HEX BOLT	2			
132	3/8" X1-3/4" HEX BOLT (four pcs. Pre-installed)	22	6	6	= 34
133	3/8" X 1-3/4" HEX THREADED BOLT	4			
134	3/8" X 1" HEX THREADED BOLT	8	4		= 12
135	5/16" X 1/2" HEX THREADED BOLT	16	8	8	= 32
136	5/16" X 1-1/2" HEX BOLT (all pre-installed)	2			
137	5/16" X5/8" ROUND BOLT(all pre-installed)	2			
138	3/8"X3/4" INNER SET SCREW(all pre-installed)	3	1		= 4
139	3/8" X 1/2" ROUND BLOT(all pre-installed)	4			
140	3/8"X5/8" SET SCREW (all pre-installed)	2			
141	5/16X1/4" SET SCREW (all pre-installed)	6			
142	TOP PLATE BOLT	2	1	1	= 4
143	8mmX53mm FEMAIL BOLT FOR POSTER	3			
144	6mmX12mm MALE NUT FOR POSTER	3			
145	5/8" WASHER		6		= 6
146	1/2" WASHER (four pcs. Pre-installed)	14	18	4	= 36
147	3/8" WASHER	74	17	15	= 106
148	5/16" WASHER (four pcs. Pre-installed)	18	8	8	= 34
149	3/8" SPRING WASHER(pre-installed)	4			

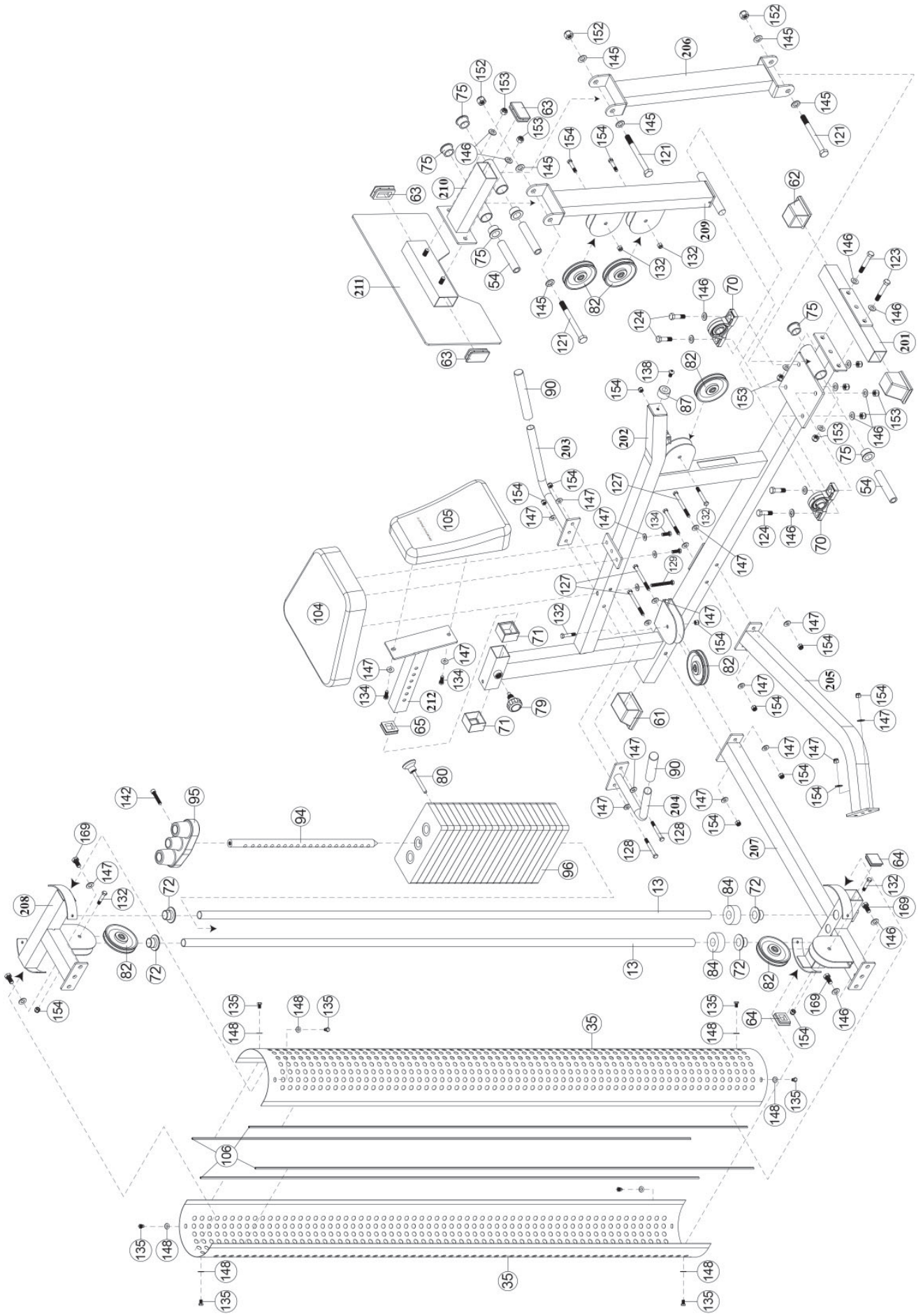


150	5/16"SPRING WASHER(pre-installed)	2			
151	24mm NYLON NUT(all pre-installed)	2		2	= 4
152	5/8" NYLON NUT		3		= 3
153	1/2" NYLON NUT(four pcs. pre-installed)	8	8		= 16
154	3/8" NYLON NUT(four pcs. pre-installed)	50	12	14	= 76
155	5/16" NYLON NUT (all pre-installed)	2			
156	3/8"X1" INNER HEX SCREW	4			
157	5/16"X1-1/4" SUNKEN HEAD SCREW	6			
158	5/16" NUT	6			
159	1-1/4" HEAD 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	5/16" X2/1" SET SCREW	1			
166	M5X18mm ROUND HEAD SCREW	2			
167	M5 NYLON NUT	2			
168	5/16" LARGER WASHER	6			
169	1/2" X 1-1/4" HEX THREADED BOLT		4	4	= 8
170	LINK CHAIN	1			
171	CABLE GUIDE PLATE	1			
172	3/8"X2-1/4" HEX BOLT				
201	BASE STABILIZER	1			
202	LEG PRESS MAIN FRAME	1			
203	LEFT LEG PRESS HANDLE	1			
204	RIGHT LEG PRESS HANDLE	1			
205	LONG LEG PRESS CONNECTOR	1			
205	LONG LEG PRESS CONNECTOR	1			
206	FRONT LEG PRESS SUPPORT	1			
207	WEIGHT BASE CONNECTOR	1			
208	WEIGHT STACK BASE				1
209	REAR LEG PRESS SUPPORT	1			
210	FOOT PLATE CONNECTOR	1			
211	FOOT PLATE	1			

212	BACK PAD ADJUSTER	1			
213	LEG PRESS CABLE (6630mm)	1			
213R	LEG PRESS CABLE (6170mm)	1			
214	STEEL TUBE (all pre-installed)				
215	51102 BEARING (all pre-installed)				
216	BEARING COVER (all pre-installed)				
217	BEARING BASIN (all pre-installed)				
218	1008 "C" PIN (all pre-installed)				
301	WEIGHT STACK BASE	1			
302	TOP GUIDE ROD RETAINER	1			
303	FRONT STABILIZER	1			
304	CABLE HEIGHT ADJUSTER	1			
305	SWIVEL PULLEY BRACKET	2			
306	CHROMED UPRIGHT	1			
307	HAND HOLDER	1			
308	DOUBLE PULLEY BRACKET	1			
309	90mm PULLEY	10			
310	3/8" BUSHING	8			
311	1-1/4" PLUG	2			
312	6205Z BEARING	4			
313	STEEL SPACER(all pre-installed)	2			
314	CABLE COLUMN CABLE (9725mm)	1			
314A	REMOVABLE END				
315	REMOVABLE END CABLE ARM CABLE	1			
316	HAND GRIP	2			
317	1" X 210mm HAND GRIP(all pre-installed)	1			
318	3/8" X 3-1/8" HEX HEAD BOLT	2			
319	NON SLIP	2			
320	LONG LEG PRESS CONNECTOR	2			
HWP	FRONT LEG PRESS SUPPORT				
PP	WEIGHT BASE CONNECTOR				
POSTER	WEIGHT STACK BASE				

# 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	UK
<p><b>TECHNIK</b></p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@fitshop.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@fitshop.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a></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: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p> <p><b>FR</b></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: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a></p>	<p><b>CUSTOMER SUPPORT</b></p> <p> 00800 2020 2772</p> <p>+494621 4210 944</p> <p> info@fitshop.co.uk</p> <p> You can find the opening hours on our homepage: <a href="https://stg.fit/statitc">https://stg.fit/statitc</a></p> <p><b>BE</b></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: <a href="https://stg.fit/statit8">https://stg.fit/statit8</a></p>
ES	NL	INT
<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: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a></p>	<p><b>TECHNISCHE DIENST &amp; SERVICE</b></p> <p> +31 172 619961</p> <p> service@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a></p>	<p><b>TECHNICAL SUPPORT &amp; SERVICE</b></p> <p> +49 4621 4210-944</p> <p> service-int@fitshop.de</p> <p> You can find the opening hours on our homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a></p>
PL	AT	CH
<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: <a href="https://stg.fit/statit6">https://stg.fit/statit6</a></p>	<p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statitb">https://stg.fit/statitb</a></p>	<p><b>TECHNIK &amp; SERVICE</b></p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statit9">https://stg.fit/statit9</a></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


Fitshop 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.

Fitshop 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!

	<a href="http://www.fitshop.co.uk">www.fitshop.co.uk</a> <a href="http://www.fitshop.de/blog">www.fitshop.de/blog</a>
--	--

	<a href="http://www.facebook.com/fitshop.co.uk">www.facebook.com/fitshop.co.uk</a>
--	--

	<a href="http://www.instagram.com/fitshop_uk">www.instagram.com/fitshop_uk</a>
---	--

	<a href="http://www.youtube.com/@fitshop_uk">www.youtube.com/@fitshop_uk</a>
--	--

**TAURUS**

 cardiostrong

*BODYCRAFT*

 cardiojump

 **DUKEFITNESS**

**DARWIN**

Notes



***BODYCRAFT***