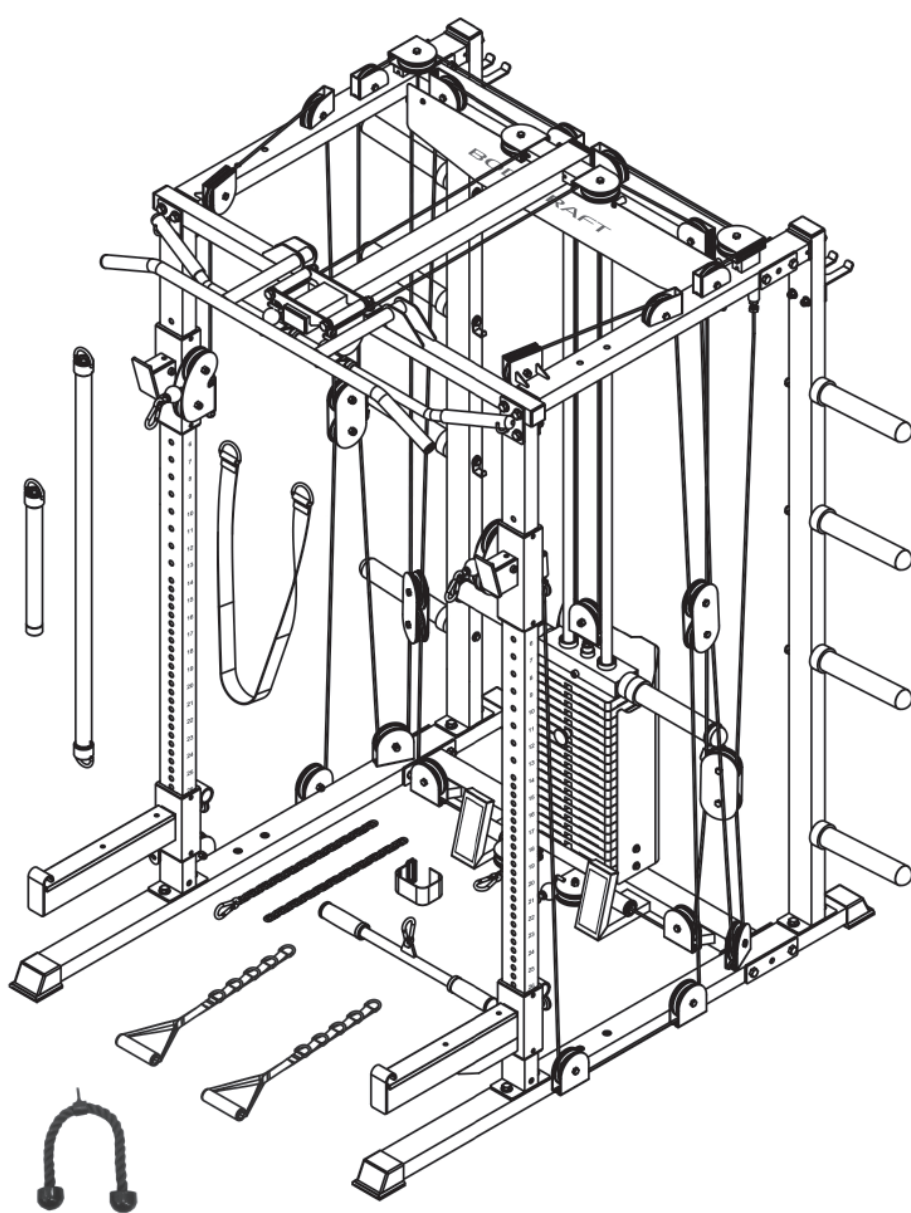


# BODYCRAFT

## Assembly and Operating Instructions



max. 150 kg



~ 300 Min.



235 kg

L 166 | B 183 | H 212

FSBCSG1.01.01

Art. No. BC-SG1

**BodyCraft** Super Gym 1



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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.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***

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.

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

#### Weight block (67.5 kg)

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

Box 1:	205.7 cm x 36.4 cm x 13.3 cm	53.7 kg
Box 2:	160.2 cm x 62.4 cm x 26.1 cm	53.3 kg
Box 3:	94.8 cm x 59.1 cm x 20 cm	55.6 kg
Box 4:	26.9 cm x 20.3 cm x 12.7 cm	32 kg
Box 5:	26.9 cm x 20.3 cm x 12.7 cm	32 kg

Article weight (net, excl. packaging): 149.9 kg / 212.9 kg incl. weight stacks

Set-up dimensions (L x W x H) approx.: 165.6 cm x 182.8 cm x 211.5 cm

#### Weight block (90 kg)

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

Box 1:	205.7 cm x 36.4 cm x 13.3 cm	53.7 kg
Box 2:	160.2 cm x 62.4 cm x 26.1 cm	53.3 kg
Box 3:	94.8 cm x 59.1 cm x 20 cm	55.6 kg
Box 4:	26.9 cm x 20.3 cm x 12.7 cm	32 kg
Box 5:	26.9 cm x 20.3 cm x 12.7 cm	32 kg
Box 6:	26.6 cm x 13.6 cm x 13.6 cm	23 kg

Article weight (net, excl. packaging): 149.9 kg / 235.4 kg incl. weight stacks

Set-up dimensions (L x W x H) approx.: 165.6 cm x 182.8 cm x 211.5 cm

Quantity of weight stacks: 2

Quantity of weight plates: 14 + 1 / 19 + 1

Weight of one weight plate: 4.5 kg

Cable material: Steel

Cover material: Plastic

Cable length: 986 cm, 429.5 cm, 580.5 cm

Cable width: 0.5 cm, 0.5 cm, 0.5 cm

Pulley diameter: 90 mm

Transmission ratio: 2:1

Maximum user weight (dip bar, chin-up bar): 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

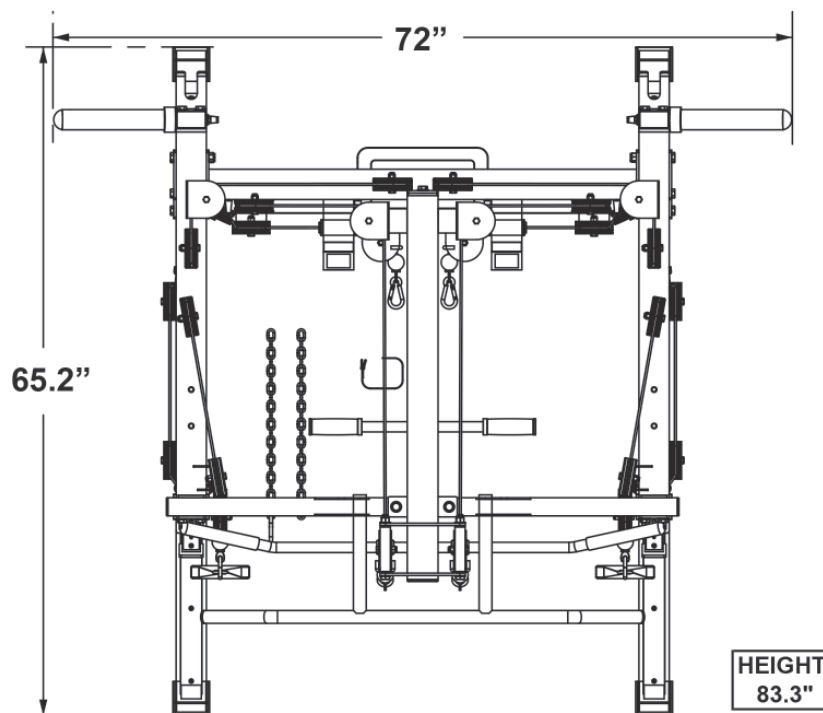
- + Do not place the equipment in main corridors or escape routes.

### ⚠ 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.

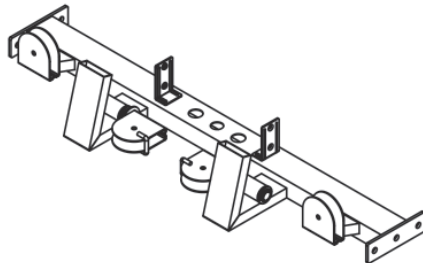
## 2.2 Scope of Delivery

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.

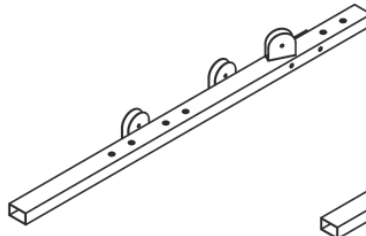
### CAUTION

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

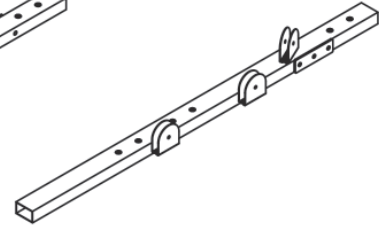
Required tools:



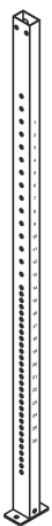
(1) BASE FRAME



(2L) LEFT  
BASE FRAME



(3R) RIGHT  
BASE FRAME



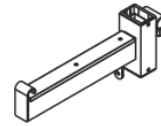
(4) FRONT  
UPRIGHT  
FRAME X 2pcs



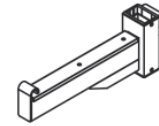
(5) REAR  
UPRIGHT  
FRAME X 2pcs



(6) GUIDE  
ROD X 2pcs



(7L) LEFT  
SAFETY ARM



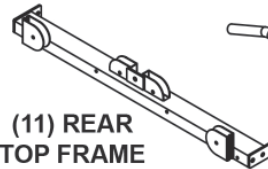
(8R) RIGHT  
SAFETY ARM



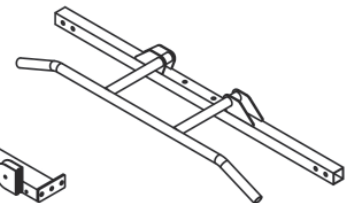
(9L) LEFT  
PULLEY HEIGHT  
ADJUSTER



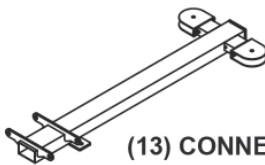
(10R) RIGHT  
PULLEY HEIGHT  
ADJUSTER



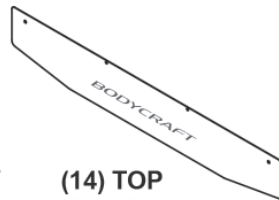
(11) REAR  
TOP FRAME



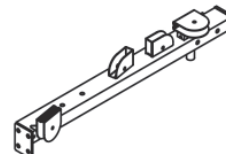
(12) CHIN UP  
FRAME



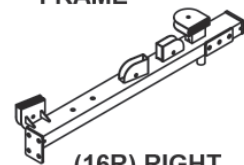
(13) CONNECTOR  
TOP FRAME



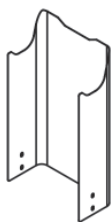
(14) TOP  
PANEL



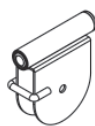
(15L) LEFT  
TOP FRAME



(16R) RIGHT  
TOP FRAME



(17) STACK  
GUARDS



(18) TOP FRAME  
PULLEY BRACKET  
X 2pcs



(20) ROTATING PULLEY  
HOLDER X 2pcs



(21) PULLEY  
BLOCK



(22) DOUBLE CABLE  
RETAINER PLATE  
X 8pcs



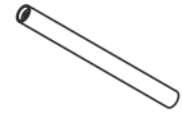
(23) LAT BAR  
BRACKET  
X 2pcs



(24) BRACKET  
X 2pcs



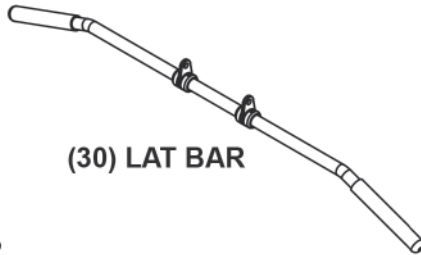
(25) WEIGHT  
HOLDER  
BRACKET  
X 6pcs



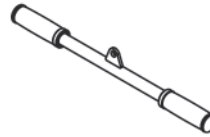
(28) LEVER  
SUPPORT ROD  
X 8pcs



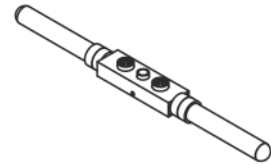
(29) SELECTOR  
ROD



(30) LAT BAR



(31) CURL BAR



(32) TWO WAY  
TOP PLATE



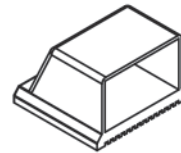
(33) TOP GUIDE  
ROD HOLDER



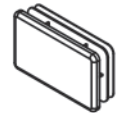
(34) STACK  
SPACER X 2pcs



(35) WEIGHT  
PLATE  
(150lbs QTY:14  
200lbs QTY:19)



(36) 75W X 45H  
END CAP X 4pcs



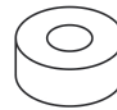
(37) 45 X 75mm  
PLUG X 3pcs



(39) 45mm SQ.  
PLUG X 2pcs



(44) PLASTIC GUIDE  
ROD HOLDER  
X 2pcs



(45) RUBBER  
CUSHION  
X 10pcs



(48) 2" OLYMPIC  
SPRING  
X 2pcs



(38) 25 X 75mm  
PLUG X 2pcs



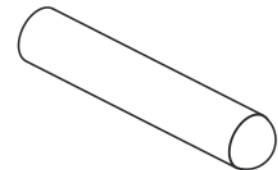
(51) PLASTIC  
STUDS X 4pcs



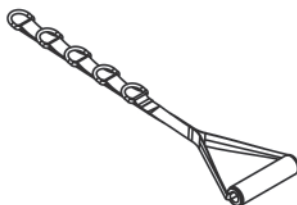
(59) SELECTOR  
PIN



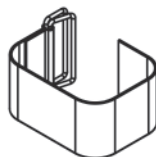
(62) PULLEY  
X 39pcs



(63) OLYMPIC  
ADAPTER  
SLEEVE  
X 8pcs



(67) MULTIPLE  
D-RING SINGLE  
HANDLE X 2pcs



(68) ANKLE  
STRAP



(69) SNAP HOOK  
X 8pcs



(70) CHAIN  
X 2pcs



(71) PULLEY COLUMN CABLE



(74) HEAD OF CABLE  
X 3pcs



(72) TOP CABLE X 2pcs



(73) LOW CABLE X 2pcs



(113) NON SLIP  
X 2pcs



(102) TRICEP ROPE



(103) CHIN ASSIST  
STRAP



(104) SPORT BAR

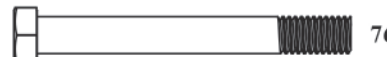


(105) LONG BAR

NO.	DESCRIPTION	QTY.
75	1/2" X 6" HEX BOLT	2
76	1/2" X 4-1/4" HEX BOLT	10
78	1/2" X 3" HEX BOLT	8
79	1/2" X 2-3/4" HEX BOLT	6
81	3/8" X 2-1/2" HEX BOLT	4
82	3/8" X 1-3/4" HEX BOLT	37
85	TOP PLATE BOLT	1
88	M6 X 40L HEX SOCKEN DOME BOLT	4
94	1/2" WASHER	42
95	3/8" WASHER	8
97	1/2" NYLON NUT	16
99	3/8" THICKER NYLON NUT	41



75



76



78



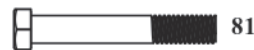
82



79



85



81



88



94



95



97



99

## 2.3 Assembly

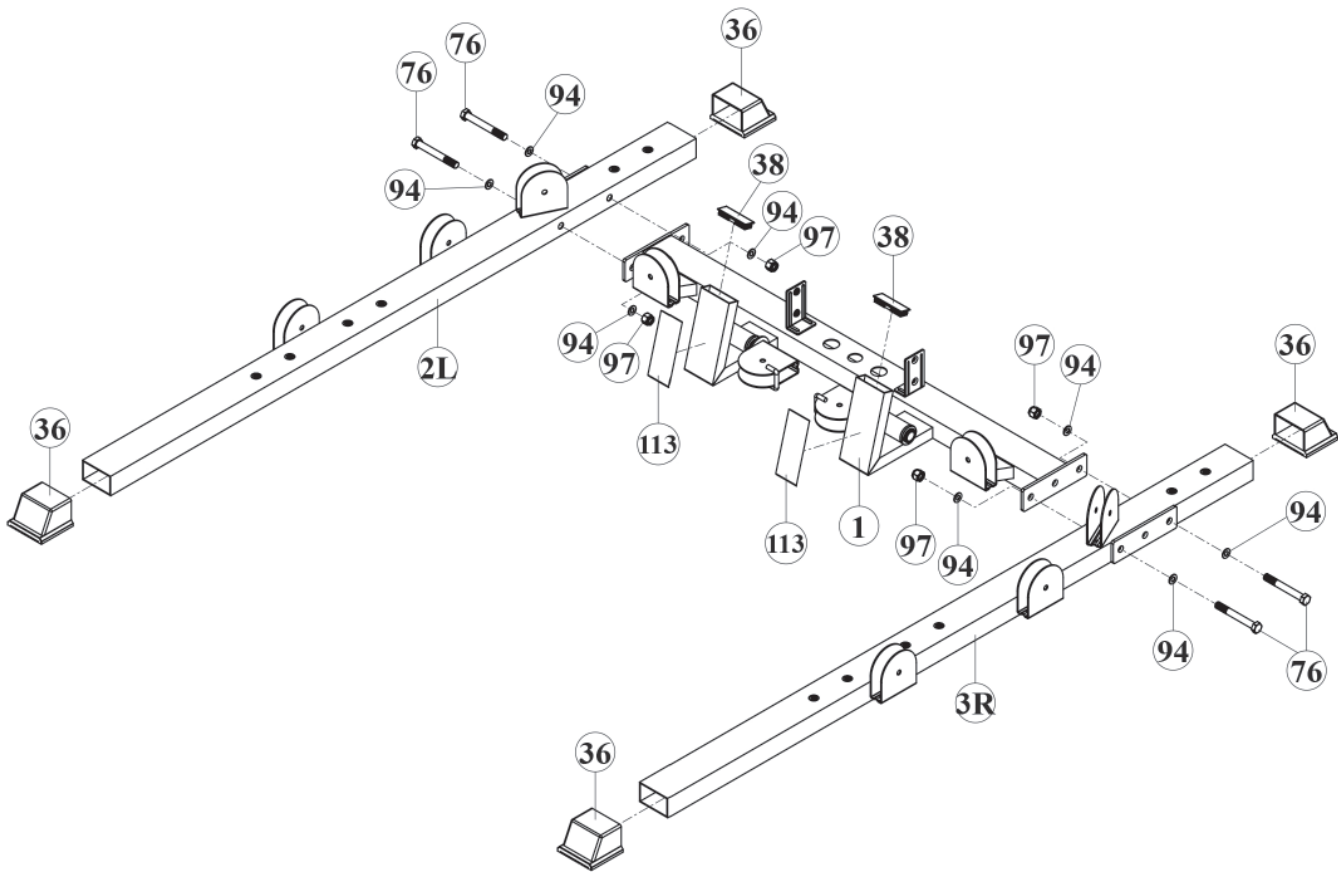
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

### **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**

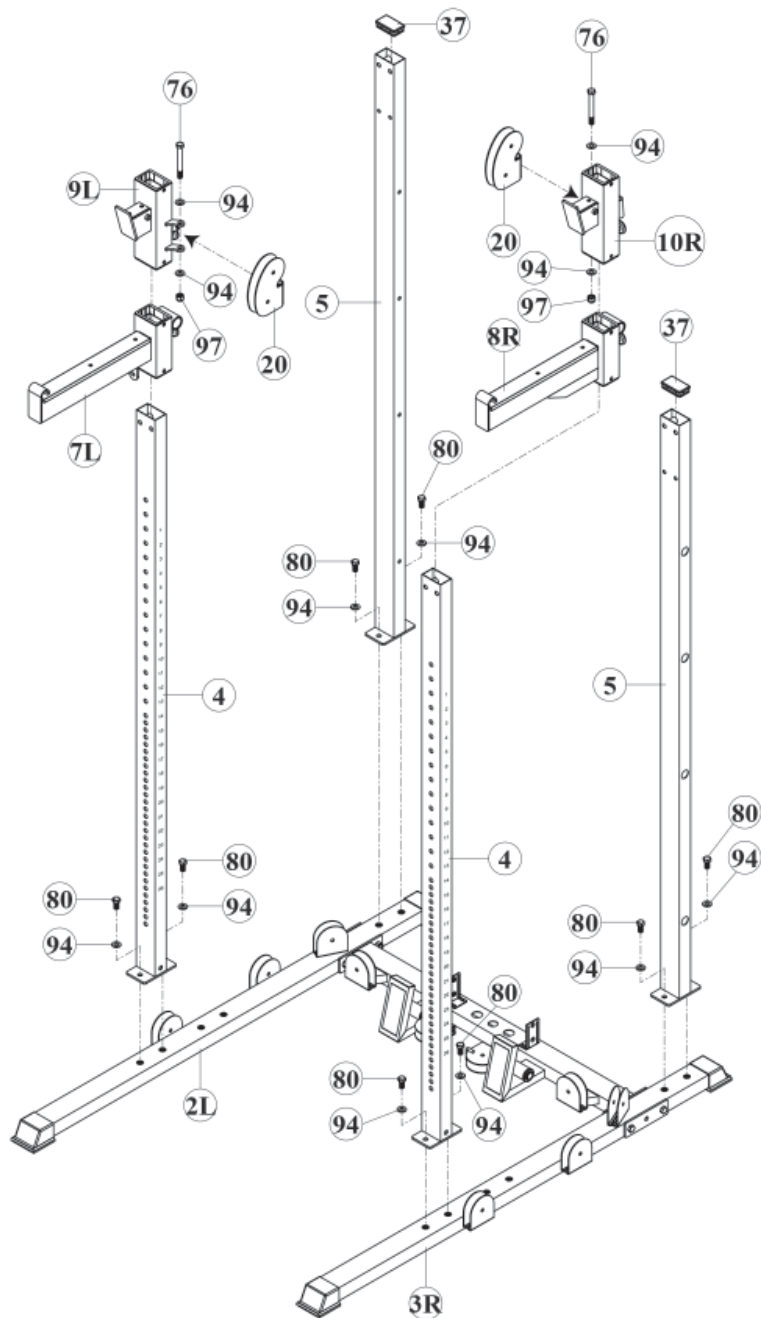
1. Attach four end caps (36) to the left and right base frame (2L & 3R).
2. Attach two plugs (38) to the base frame (1).
3. Assemble the left and right base frame (2L & 3R) to the base frame (1) with four bolts (76), eight washers (94) and four nuts (97).
4. Attach two non slips (113) to the base frame (1).





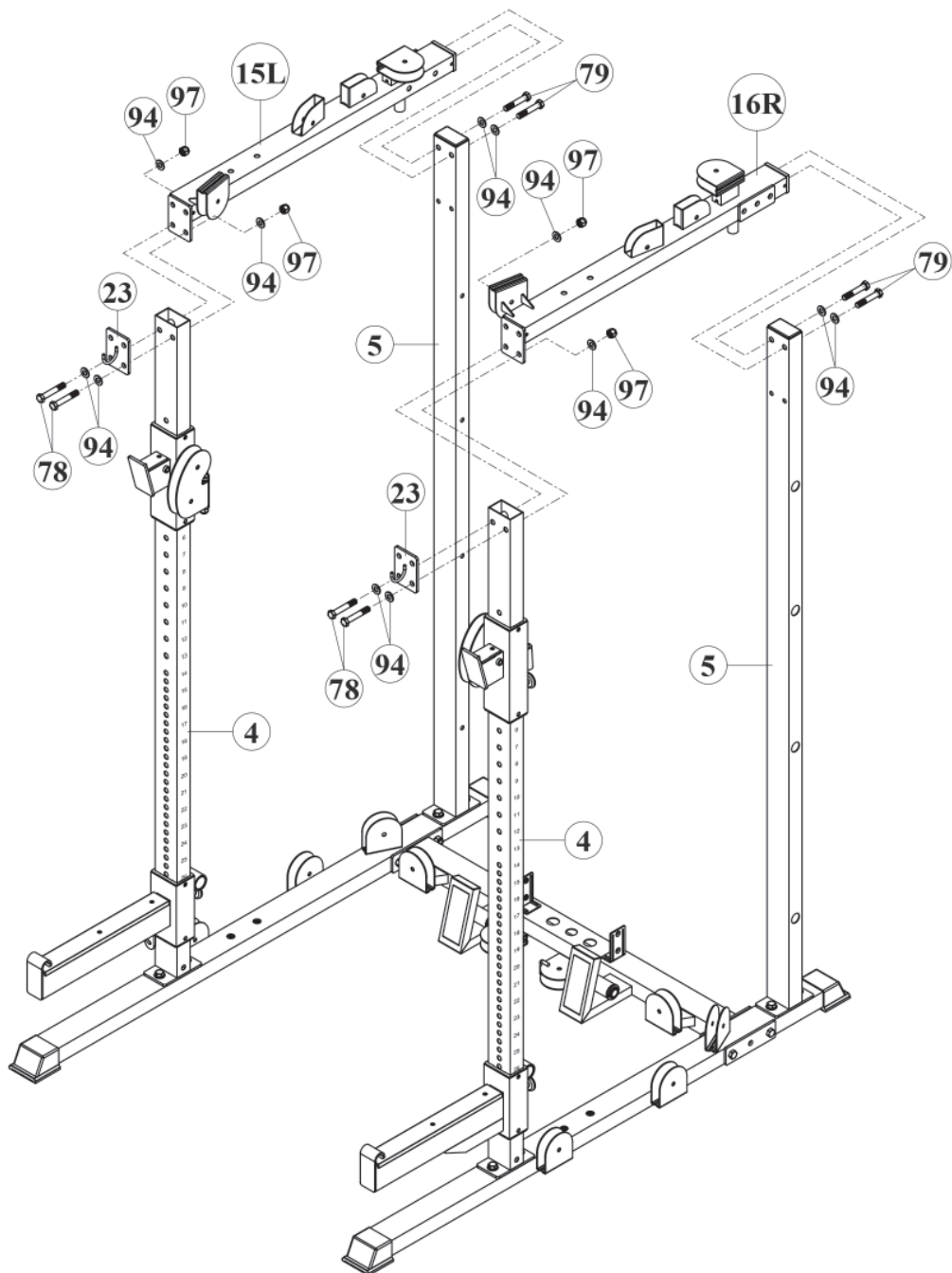
## Step 2: Assembly of the Upright Frame

1. Attach two plugs (37) to the rear upright frames (5).
2. Assemble two rear upright frames (5) to the left and right base frames (2L & 3R) with four bolts (80) and four washers (94).
3. Assemble two front upright frames (4) to the left and right base frames (2L & 3R) with four bolts (80) and four washers (94).
4. Slide the left and right safety arms (7L & 8R) to the front upright frames (4).
5. Slide the left and right pulley height adjusters (9L & 10R) to the front upright frames (4).
6. Assemble two rotating pulley holders (20) to the left and right pulley height adjuster (9L & 10R) with two bolts (76), four washers (94) and two nuts (97).



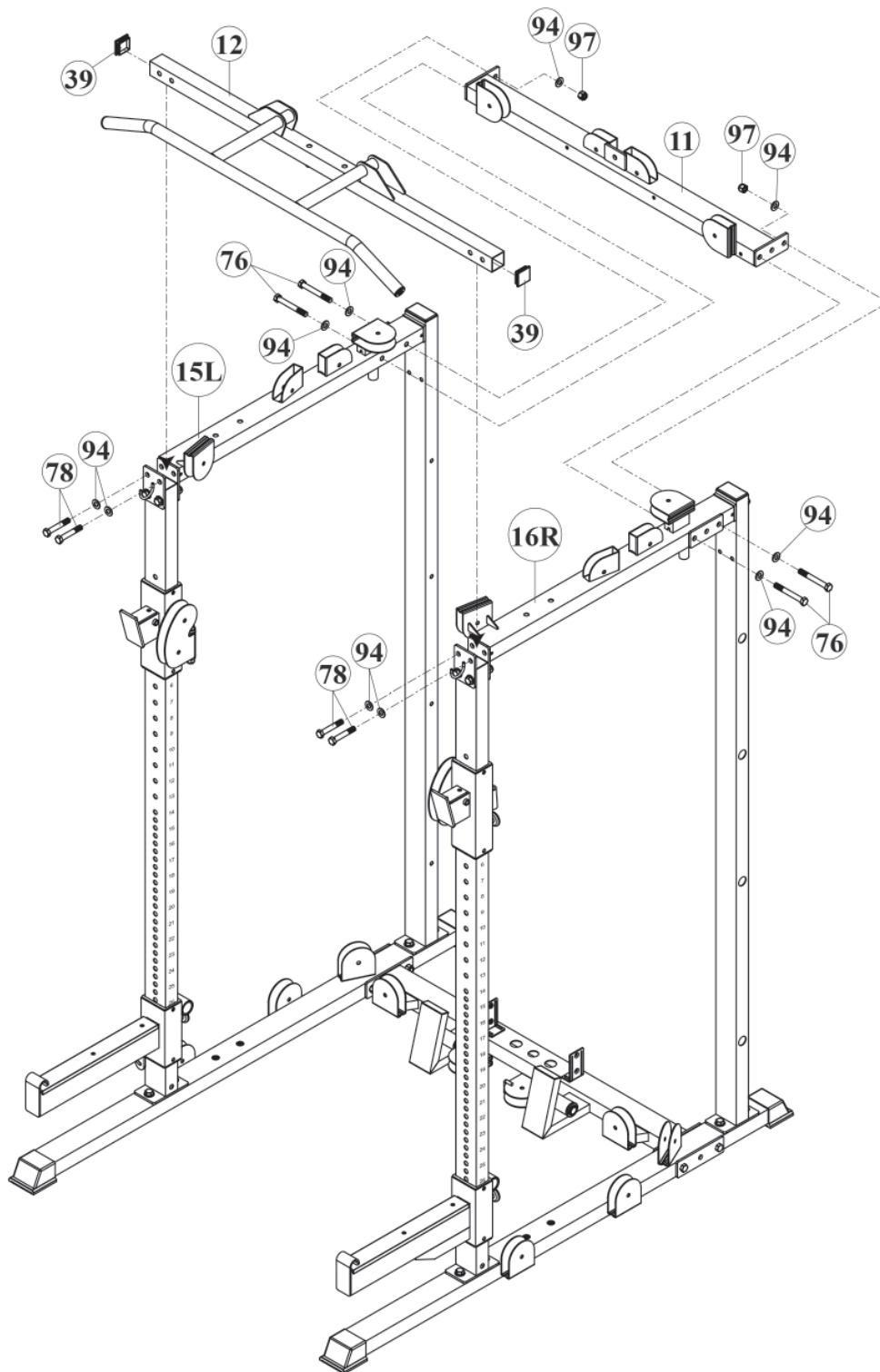
### Step 3: Assembly of the Top Frame

1. Assemble the lat bar bracket (23) to the front upright frame (4) and left top frame (15L) with two bolts (78), four washers (94) and two nuts (97).
2. Assemble the rear upright frame (5) to the left top frame (15L) with two bolts (79) and two washers (94).
3. Assemble the lat bar bracket (23) to front upright frame (4) and right top frame (16R) with two hex bolts (78), four washers (94) and two nuts (97).
4. Assemble the rear upright frame (5) to the right top frame (16R) with two bolts (79) and two washers (94).



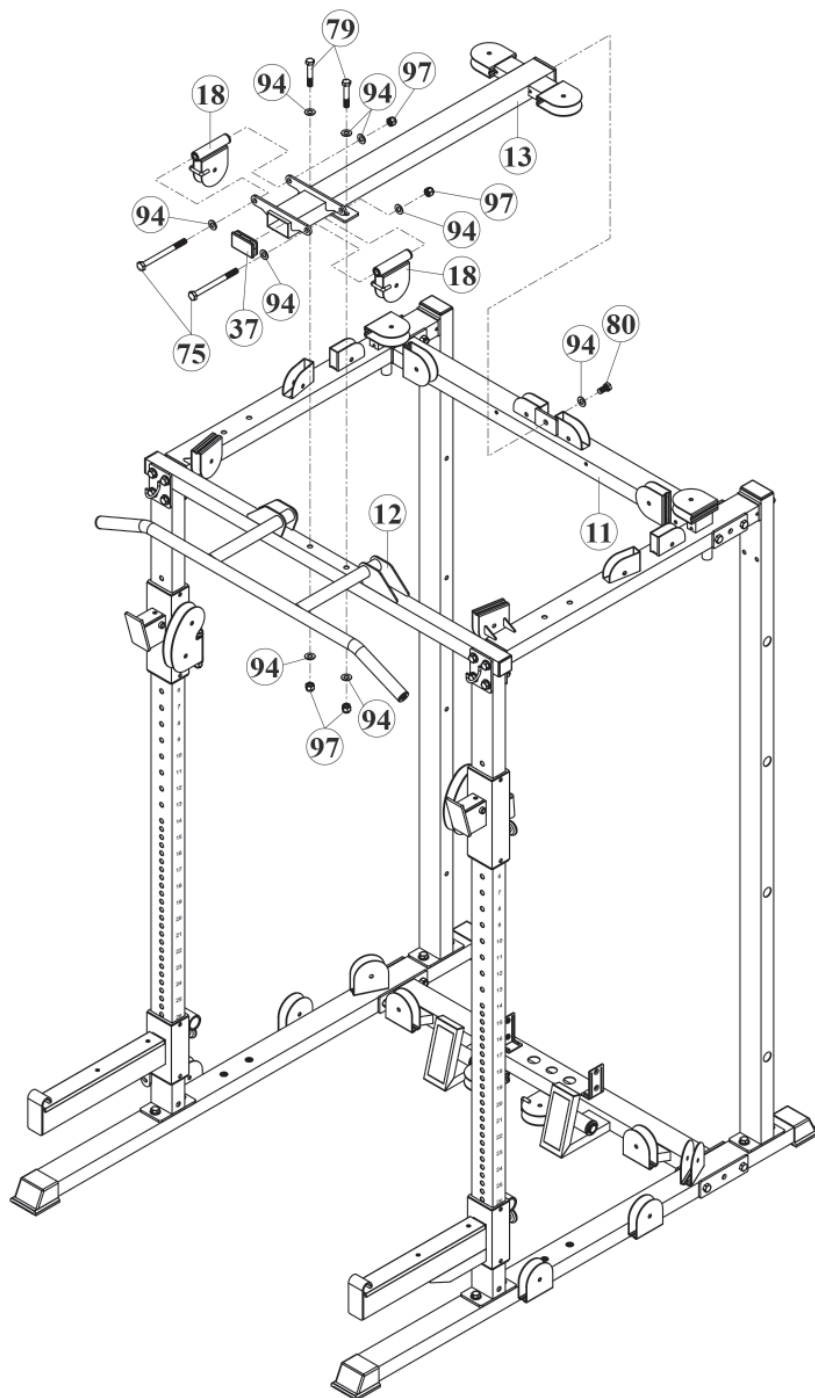
#### Step 4: Assembly of the Rear Top Frame & Chin Up Frame

1. Attach two plugs (39) to the chin up frame (12).
2. Assemble the chin up frame (12) to the left and right top frame (15L & 16R) with four bolts (78) and four washers (94).
3. Assemble the rear top frame (11) to the left and right top frame (15L & 16R) with four bolts (76), six washers (94) and two nuts (97).



### Step 5: Assembly of the Connector Top Frame

1. Assemble two top frame pulley brackets (18) to the connector top frame (13) with two bolts (75), four washers (94) and two nuts (97).
2. Assemble the connector top frame (13) to the chin up frame (12) and rear top frame (11) with two bolts (79), one bolt (80), five washers (94) and two nuts (97).
3. Attach one plug (37) to the connector top frame (13).



## Step 6: Assembly of the Guide Rods and Weight Plates

### 150 lbs Stack

If you have 14 weight plates (35) per stack, assemble the stack spacers (34) onto each of the guide rods (6), see Fig. 2.

### 200 lbs Stack

If you have 19 weight plates (35) per stack, DO NOT assemble the stack spacers (34), see Fig. 3.

1. Assemble the two way top plate (32) to the selector rod (29) with one bolt (85) and tighten the bolt.
2. Attach the plastic guide rod holders (44) to the base frame (1) and insert the guide rods (6).
3. Hold the two guide rods (6) in a slight angle like shown in Fig. 1.

#### NOTICE

When assembling the weight plates (35), make sure that each plate is oriented with the selector hole opening on the bottom and facing forward.

- 3.1. If you have 14 weight plates (35): Slide two stack spacers (34), two rubber cushions (45) and the weight plates (35) one at a time onto the guide rods (6) (see figure 2).
- 3.2. If you have 19 weight plates (35): Slide two rubber cushions (45) and the weight plates (35) one at a time onto the guide rods (6) (see figure 3).
4. Attach the top guide rod holder (33) onto the guide rods (6) and tilt the guide rods (6) to the upright position.
5. Assemble the top guide rod holder (33) to the rear top frame (11) with two bolts (87).
6. Assemble the two screws (93) to the guide rods (6).
7. Insert the selector pin (59) into any desired hole of the weight stack.

## Load and Unload Weight Plates

#### CAUTION

- + Make sure to always use some sort of weight collar when exercising with external weights.
- + Never store unused weight plates on the floor.
- + Store unused weight plates on a weight rack or respective storage horns.

Fig 1.

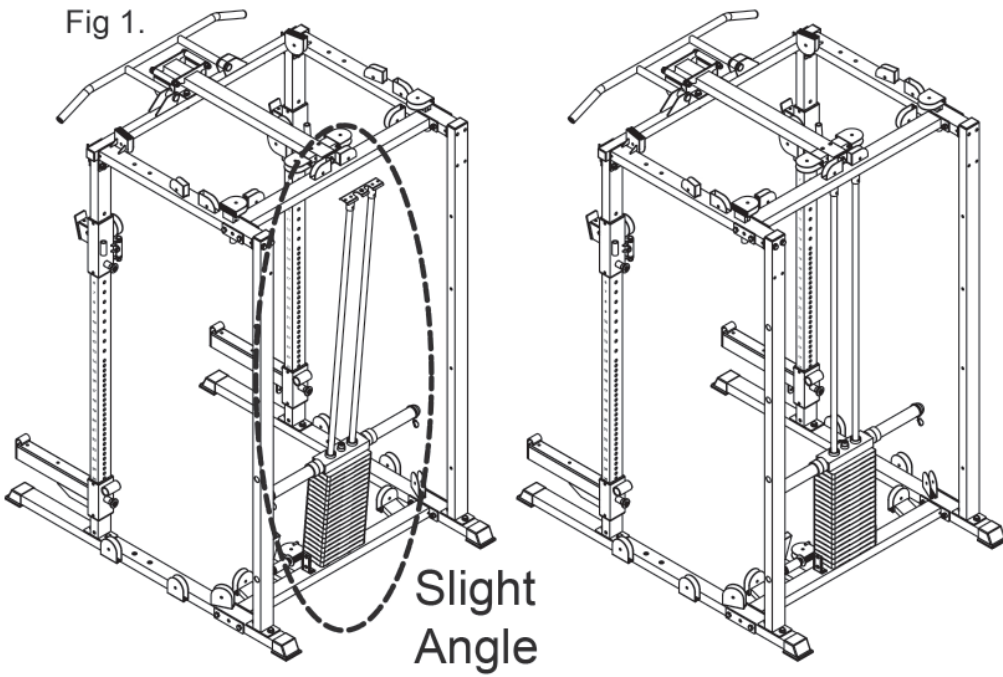
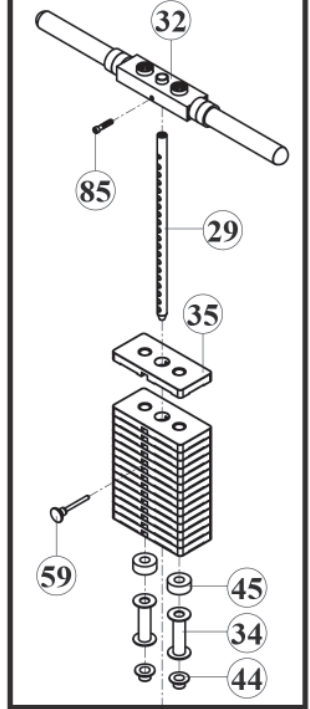
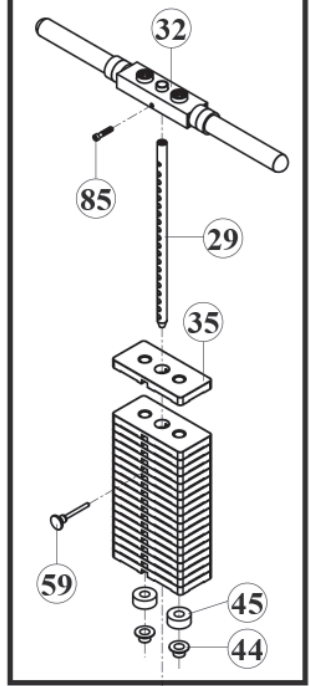


Fig 2.  
14 Weight Plates

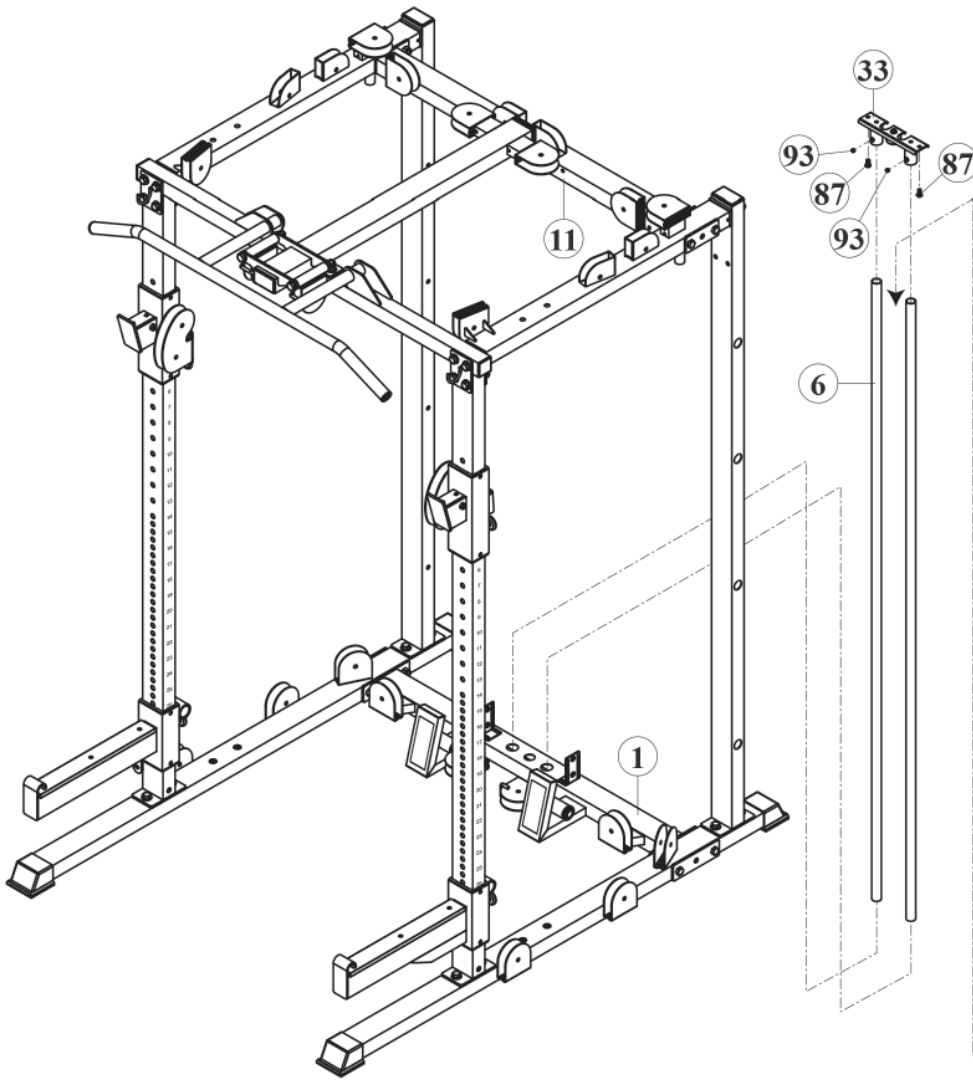


150 lbs stack

Fig 3.  
19 Weight Plates



200 lbs stack



## Step 7: Assembly of the Pulley Column Cable

### **① NOTICE**

Assemble the pulleys and cables simultaneously.

1. Assemble two pulleys (62) to the pulley holder of the left pulley height adjuster (9L) with two bolts (82) and two nuts (99) [T1 & T2].
2. Insert the bolt end of the cable (71) into the left pulley height adjuster (9L) and pull it upwards [T1 & T2].
3. Assemble two pulleys (62) to the left top frame (15L) with one bolt (82) and one nut (99) each and route the cable (71) over the pulleys [T3 & T4].
4. Assemble one pulley (62) between two double cable retainer plates (22) with one bolt (82) and one nut (99) and route the cable (71) underneath the pulley. [T5].
5. Assemble two pulleys (62) to the left top frame (15L) with one bolt (82) and one nut (99) each and route the cable (71) over the pulleys [T6 & T7].
6. Assemble one pulley (62) to the rear top frame (11) with one bolt (82) and one nut (99) and route the cable (71) over the pulley [T8].
7. Assemble the pulley block (21) to the two way top plate (32) with one nut (98) by screwing it at least 1/3 into the selector rod (29) [T9].
8. Assemble one pulley (62) to the pulley block (21) with one bolt (82) and one nut (99) and route the cable (71) underneath the pulley [T9].
9. Assemble one pulley (62) to the rear top frame (11) with one bolt (82) and one nut (99) and route the cable (71) over the pulley [T10].
10. Assemble two pulleys (62) to the right top frame (16R) with one bolt (82) and one nut (99) each and route the cable (71) over the pulleys [T11 & T12].
11. Assemble one pulley (62) between two double cable retainer plates (22) with one bolt (82) and one nut (99) and route the cable (71) underneath the pulley [T13].
12. Assemble two pulleys (62) to the right top frame (16R) with one bolt (82) and one nut (99) each and route the cable (71) over the pulleys [T14 & T15].
13. Assemble two pulleys (62) to the pulley holder of the right pulley height adjuster (10R) with two bolts (82) and two nuts (99), route the cable (71) downwards and pull it out between the two pulleys [T16 & T17].

### **① NOTICE**

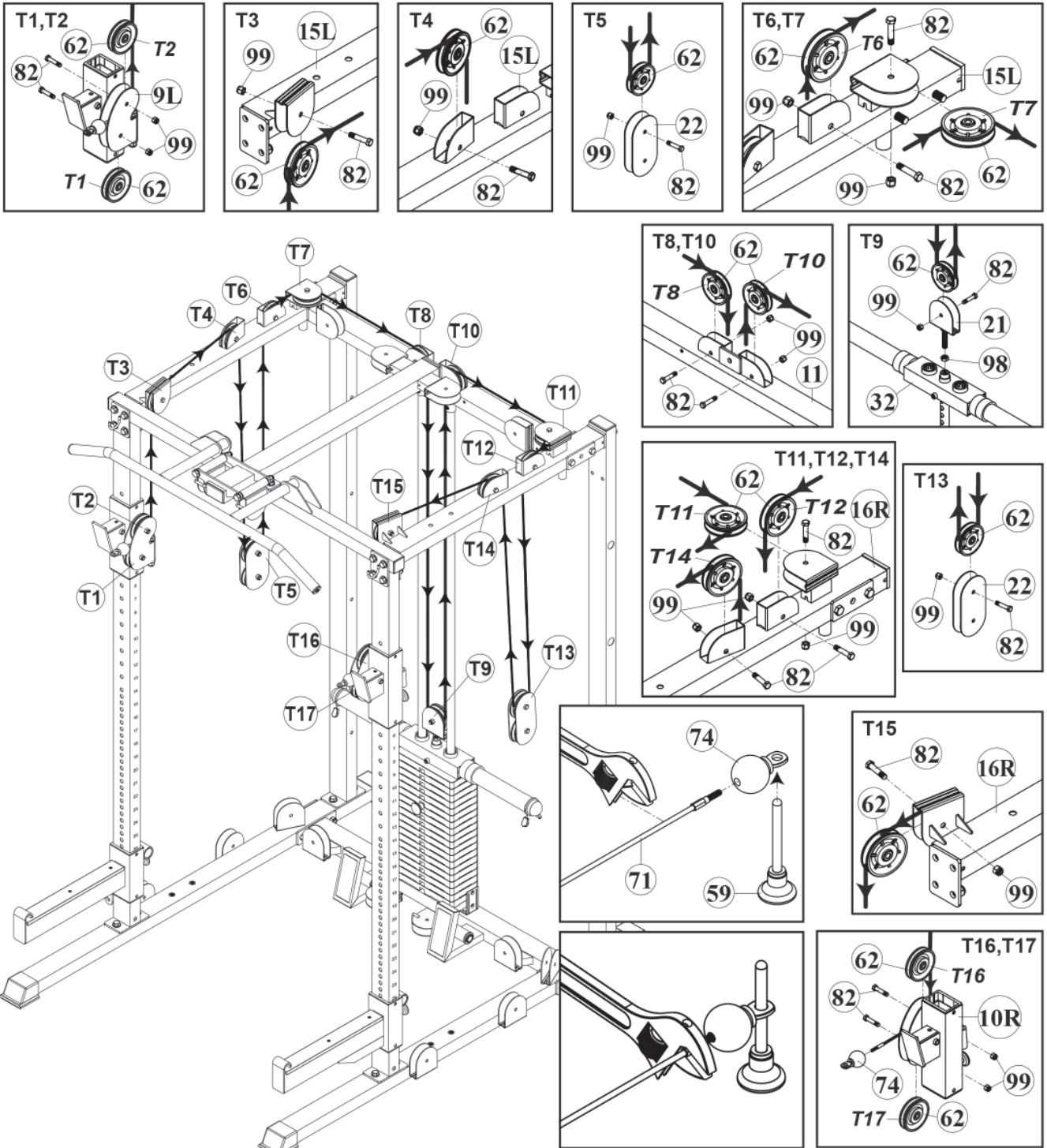
To make the assembly of the cable head easier: it is recommended to use a pliers to keep the cable in place and attach the cable head to the selector rod to keep it in place.

14. Attach the head of the cable (74) to the bolt end of the pulley column cable (71).



# Pulley Column Cable (71)

# Head of Cable (74)





## Step 8: Assembly of the Top Cable

### **① NOTICE**

Assemble the pulleys and cables simultaneously.

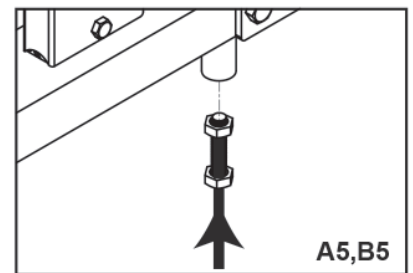
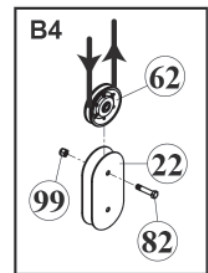
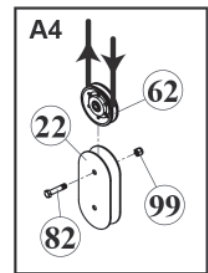
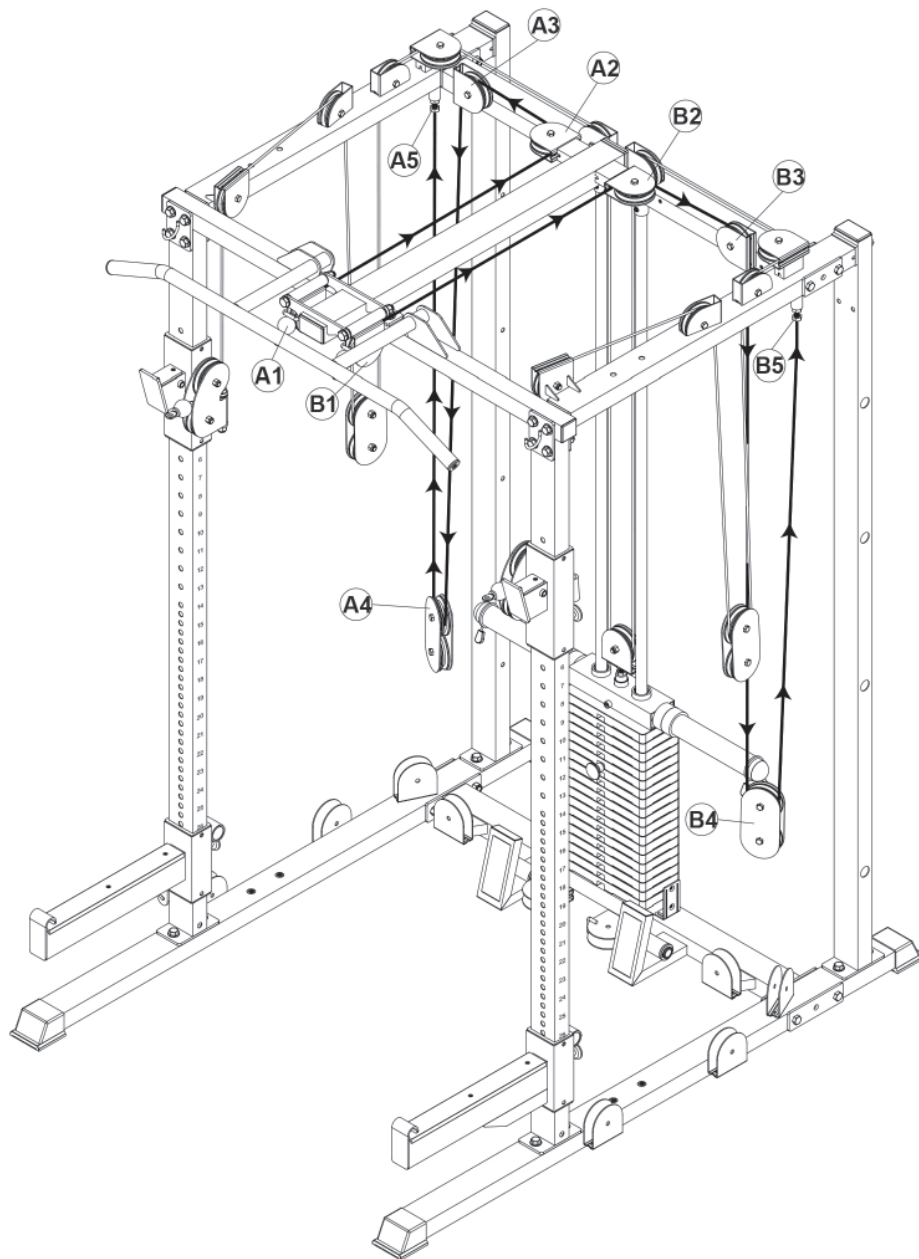
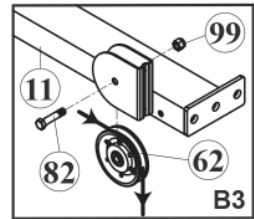
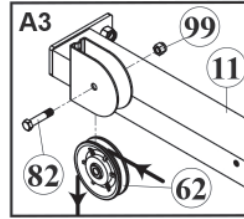
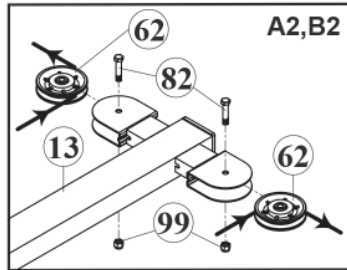
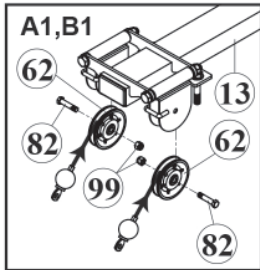
1. Assemble one pulley (62) to the pulley bracket of the connector top frame (13) with one bolt (82) and one nut (99) [A1].
2. Insert the bolt end of the cable (72) into the connector top frame (13) and pull it through [A1].
3. Assemble one pulley (62) to the connector top frame (13) with one bolt (82) and one nut (99) and route the cable (72) around the pulley [A2].
4. Assemble one pulley (62) to the rear top frame (11) with one bolt (82) and one nut (99) and route the cable (72) over the pulley [A3].
5. Assemble one pulley (62) between two double cable retainer plates (22) with one bolt (82) and one nut (99) and route the cable (72) underneath the pulley [A4].
6. Guide the cable (72) upwards and screw the bolt end of the top cable into the left top frame (15L) [A5].
7. Repeat these steps for the right side [B1-B5].



Ball End

## Top Cable (72)

Bolt End



## Step 9: Assembly of the Low Cable

### **① NOTICE**

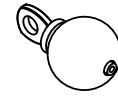
Assemble the pulleys and cables simultaneously.

1. Screw the threaded bolt end of the low cable (73) into the right pulley height adjuster (10R) [L1].
2. Assemble two pulleys (62) to the right base frame (3R) with one bolt (82) and one nut (99) each and route the cable (73) underneath the pulley [L2 & L3].
3. Assemble one pulley (62) between two double cable retainer plates (22) with one bolt (82) and one nut (99) and route the cable (73) over the pulley [L4].
4. Assemble one pulley (62) to the right base frame (3R) with one bolt (82) and one nut (99) and route the cable (73) underneath the pulley [L5].
5. Assemble one pulley (62) between two double cable retainer plates (22) with one bolt (82) and one nut (99) and route the cable (73) over the pulley [L6].
6. Assemble one pulley (62) to the base frame (1) with one bolt (82) and one nut (99) and route the cable (73) underneath the pulley [L7].
7. Assemble one pulley (62) to the pulley bracket of the base frame (1) with one knob (47) and one nut (116) and route the cable (73) around the pulley and pull it out [L8].

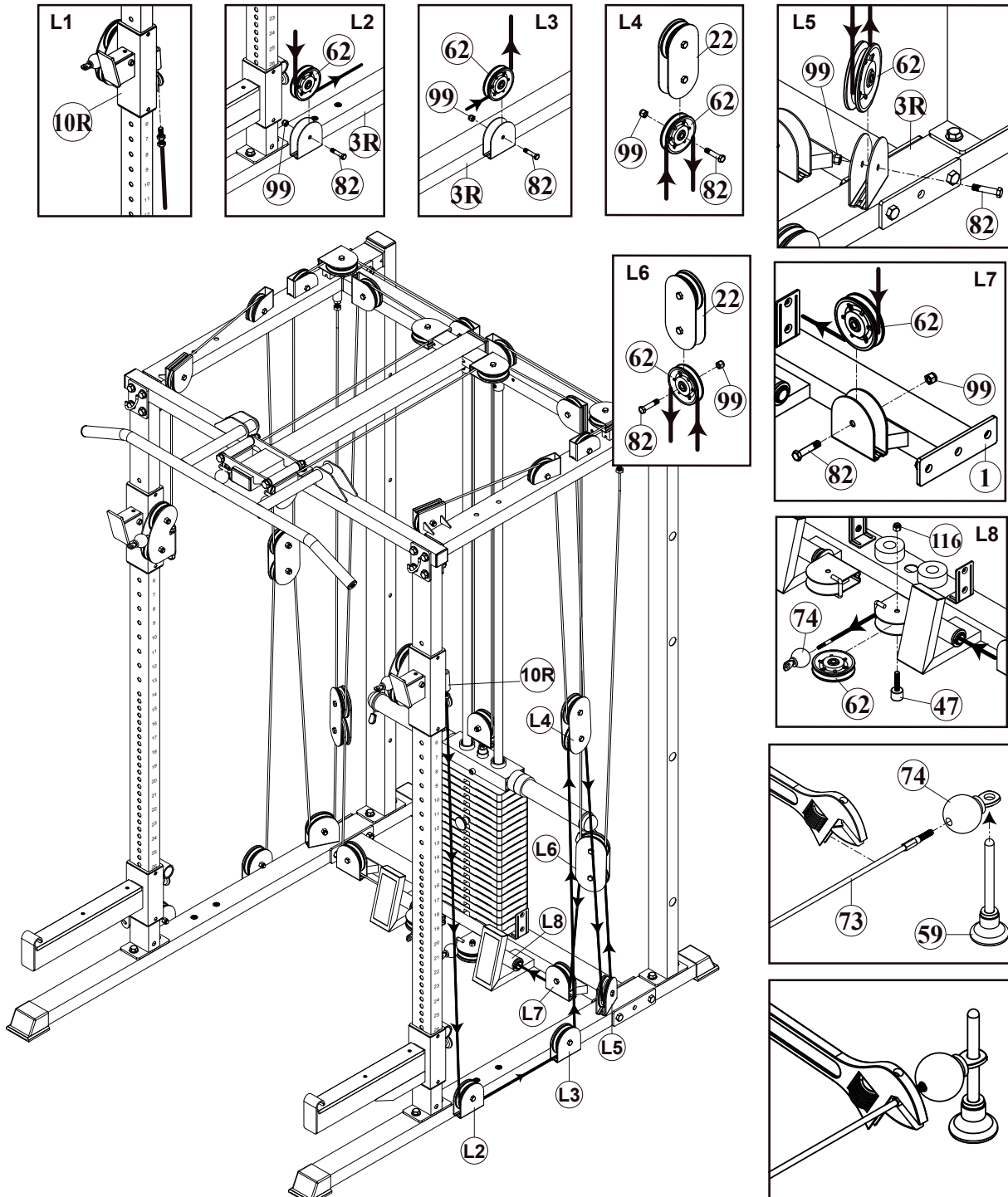
### **① NOTICE**

To make the assembly of the cable head easier: it is recommended to use a pliers to keep the cable in place and attach the cable head to the selector rod to keep it in place.

8. Attach the head of the cable (74) to the bolt end of the cable (73).
9. Repeat these steps for the left side.

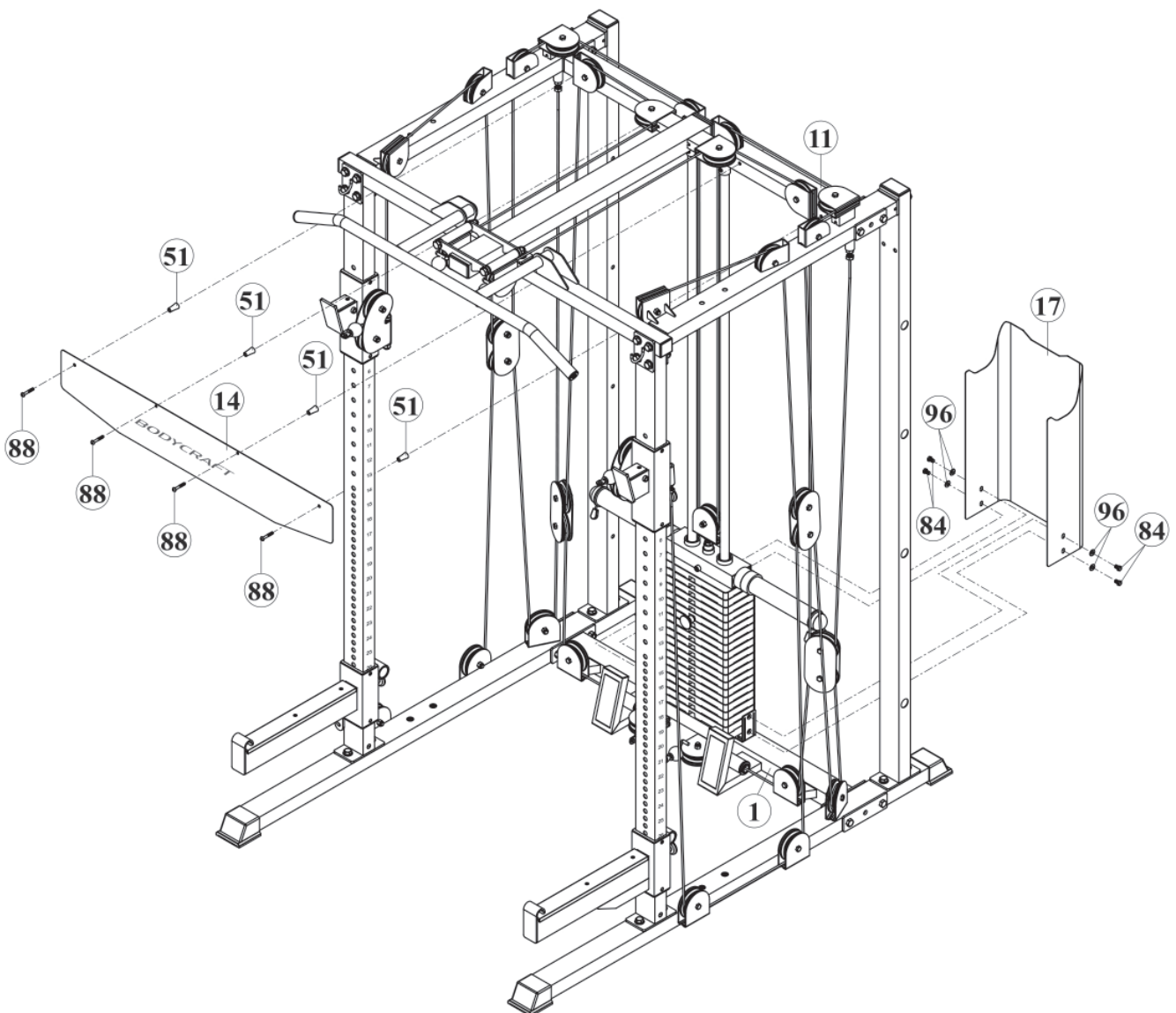


Head of Cable (74)



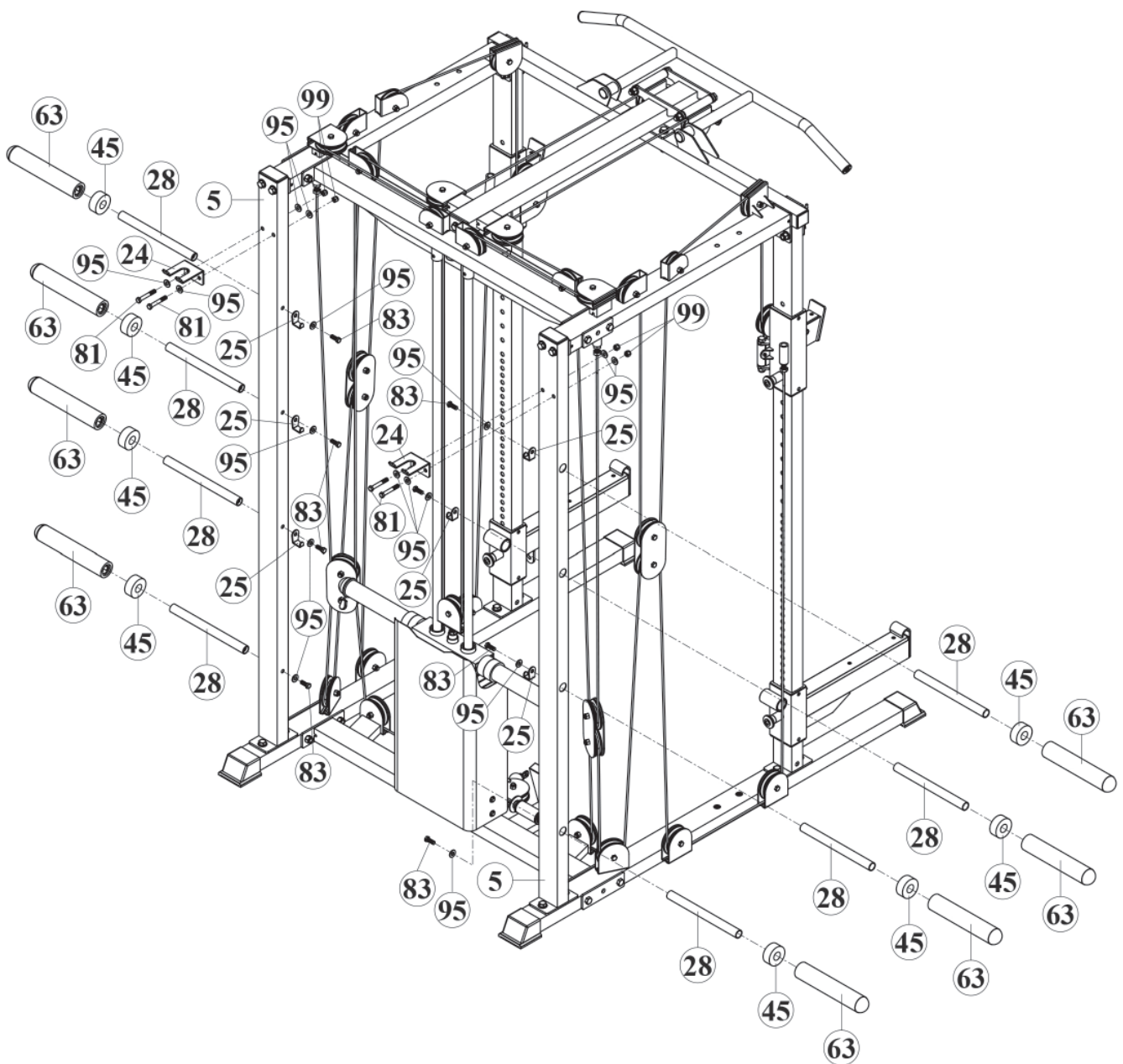
## Step 10: Assembly of the Top Panel & Stack Guard

1. Assemble the top panel (14) to the rear top frame (11) with four bolts (88) and four plastic studs (51).
2. Assemble the stack guard (17) to the base frame (1) with four bolts (84) and four washers (96).



## Step 11: Assembly of the Olympic Adapter Sleeve

1. Assemble eight lever support rods (28), eight rubber cushions (45) and eight adapter sleeves (63) to each side of the rear upright frame (5) with six weight holder brackets (25), eight washers (95) and eight bolts (83).
2. Assemble one bracket (24) to each side of the rear upright frame (5) with four bolts (81), eight washers (95) and four nuts (99).



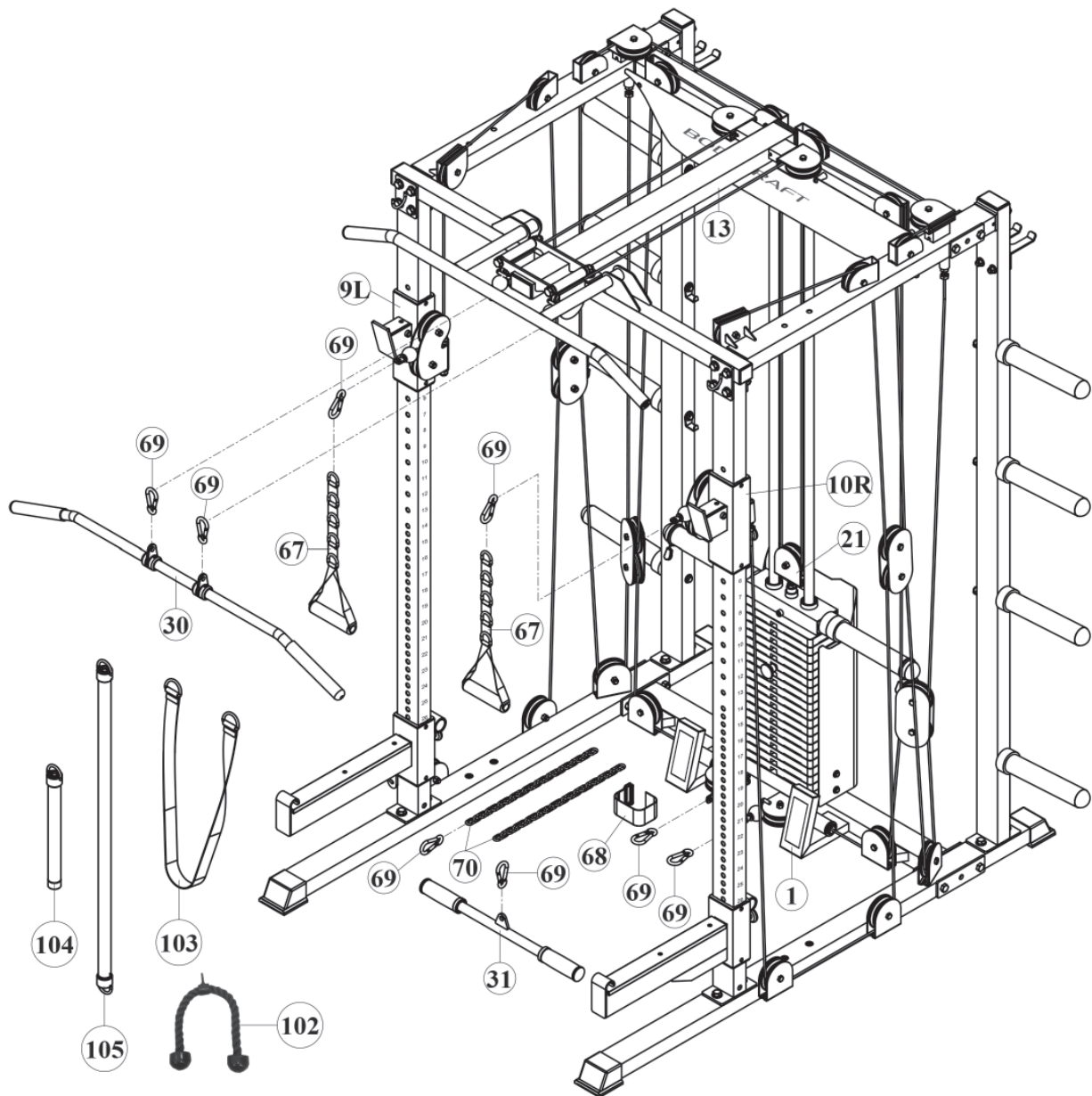
## Step 12: Assembly of the Accessories

1. Remove the slack in the cables by adjusting the cable bolts on the left and right pulley height adjusters (9L & 10R) and the pulley block (21) located on the top plates of the stack.

**ⓘ NOTICE**

The cable bolts and pulley block (21) should not be able to rotate when tightened.

2. Tighten all Jam-Nuts.
3. Attach the lat bar (30) with two snap hooks (69) on the top cable (72).
4. Attach the curl bar (31) with one snap hook (69) on the low cable (73).
5. Attach two multiple D-ring single handles (67) with two snap hooks (69) on the pulley column cable (71).
6. Make sure that all cables are properly seated in all of the pulleys.
7. Tighten all bolts and nuts.



### 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. 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

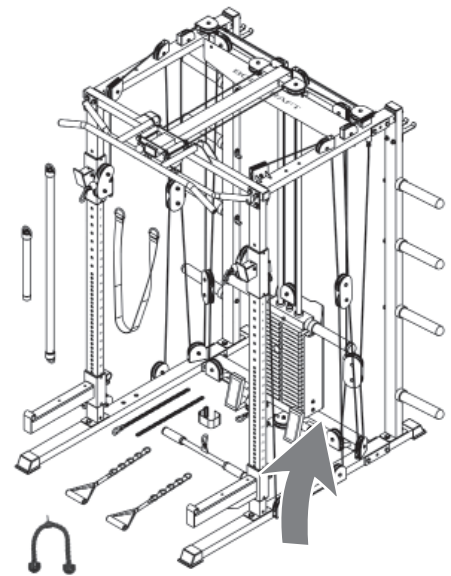
## 7.1 Serial Number and Model Name

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
2L	LEFT BASE FRAME	1
3R	RIGHT BASE FRAME	1
4	FRONT UPRIGHT FRAME	2
5	REAR UPRIGHT FRAME	2
6	GUIDE ROD	2
7L	LEFT SAFETY ARM	1
8R	RIGHT SAFETY ARM	1
9L	LEFT PULLEY HEIGHT ADJUSTER	1
10R	RIGHT PULLEY HEIGHT ADJUSTER	1
11	REAR TOP FRAME	1
12	CHIN UP FRAME	1
13	CONNECTOR TOP FRAME	1
14	TOP PANEL	1
15L	LEFT TOP FRAME	1
16R	RIGHT TOP FRAME	1
17	STACK GUARDS	1
18	TOP FRAME PULLEY BRACKET	2
19	LOW CABLE PULLEY BRACKET	2
20	ROTATING PULLEY HOLDER	2
21	PULLEY BLOCK	1
22	DOUBLE CABLE RETAINER PLATE	8
23	LAT BAR BRACKET	2
24	BRACKET	2
25	WEIGHT HOLDER BRACKET	6
26	HOOK PLATE	2
27	AXLE COLLAR	4
28	LEVER SUPPORT ROD	8
29	SELECTOR ROD	1
30	LAT BAR	1
31	CURL BAR	1
32	TWO WAY TOP PLATE	1

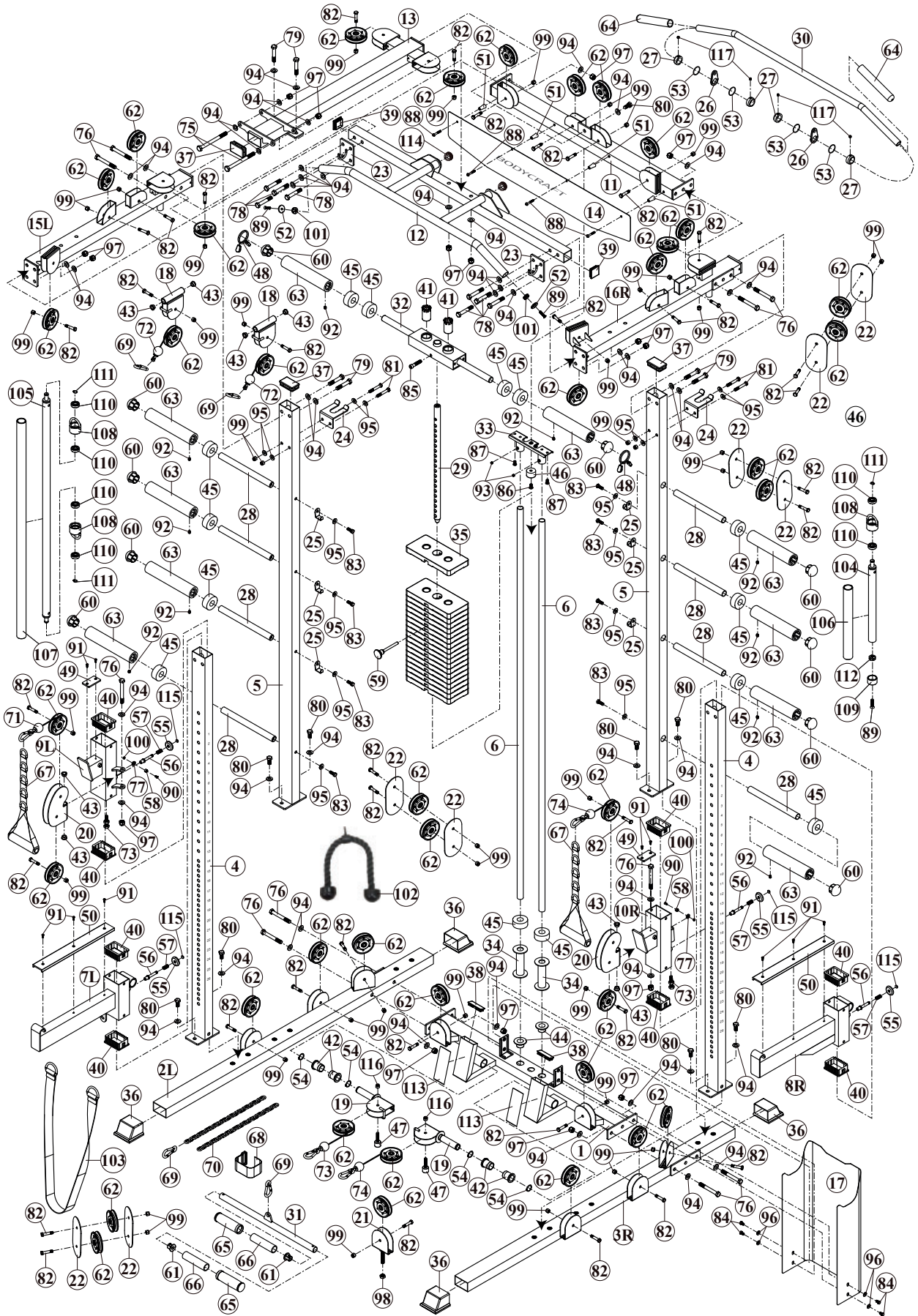
33	TOP GUIDE ROD HOLDER	1
34	STACK SPACER	2
35	10 LB. WEIGHT PLATE	19
36	75W X 45H END CAP	4
37	45 X 75mm PLUG	3
38	25 X 75mm PLUG	2
39	45mm SQ. PLUG	2
40	HOLLOW PLUG	8
41	1" BUSHING FOR TWO WAY TOP PLATE	2
42	1" BUSHING	4
43	1/2" ID BUSHING	8
44	PLASTIC GUIDE ROD HOLDER	2
45	RUBBER CUSHION	14
46	RUBBER DONUT	1
47	3/8" X 1-1/2L KNOB	2
48	2" OLYMPIC SPRING	2
49	STEEL PLATE	2
50	BUMPER	2
51	PLASTIC STUDS	4
52	ALUMINUM WASHER	2
53	1" ID SEAL RINGLET	4
54	SPRING CLIP	4
55	STOPPER	4
56	PIN BOLT	4
57	SPRING	4
58	MAGNET	2
59	SELECTOR PIN	1
60	ROUND PLUG	10
61	1" T SHAPE END PLUG	2
62	PULLEY	39
63	OLYMPIC ADAPTER SLEEVE	10
64	1" X 200mm ROUND HAND GRIP	2
65	1-1/4" HAND GRIP	2
66	1-1/4" X 135mm ROUND HAND GRIP	2
67	MULTIPLE D-RING SINGLE HANDLE	2

68	ANKLE STRAP	1
69	SNAP HOOK	8
70	CHAIN	2
71	PULLEY COLUMN CABLE	1
72	TOP CABLE	2
73	LOW CABLE	2
74	HEAD OF CABLE	3
75	1/2" X 6" HEX BOLT	2
76	1/2" X 4-1/4" HEX BOLT	10
77	PLASTIC COVER	2
78	1/2" X 3" HEX BOLT	8
79	1/2" X 2-3/4" HEX BOLT	6
80	1/2" X 1" HEX THREADED BOLT	9
81	3/8" X 2-1/2" HEX BOLT	4
82	3/8" X 1-3/4" HEX BOLT	37
83	3/8" X 1" HEX THREADED BOLT	8
84	5/16" X 1/2" HEX THREADED BOLT	4
85	TOP PLATE BOLT	1
86	3/8" X 1" HEX SOCKEN DOME BOLT	1
87	5/16" X 5/8" HEX SOCKEN DOME BOLT	2
88	M6 X 40L HEX SOCKEN DOME BOLT	4
89	5/16" X 1-1/4" SCREW	3
90	M5 SCREW	2
91	M5 TAPPING SCREW	10
92	5/16" X 3/8" INNER HEX SCREW	10
93	5/16" X 1/4" INNER HEX SCREW	2
94	1/2" WASHER	51
95	3/8" WASHER	16
96	5/16" WASHER	4
97	1/2" NYLON NUT	16
98	1/2" NUT	1
99	3/8" THICKER NYLON NUT	41
100	M5 NYLON NUT	2
101	5/16" LARGER NUT	2
102	TRICEP ROPE	1

103	CHIN ASSIST STRAP	1
104	SPORT BAR	1
105	LONG BAR	1
106	1" X 295L FOAM GRIP	1
107	1" X 900L FOAM GRIP	1
108	SPORT BAR COLLAR	3
109	SPACER	1
110	BEARING	6
111	C - RING	3
112	5/16" SMALLER NUT	1
113	NON SLIP	2
114	1-1/4" ROUND PLUG	2
115	BUTTON CAP	4
116	3/8" THINER NYLON NUT	2
117	M6 X 6mm INNER HEX SCREW	4



# 7.3 Exploded Drawing



Products from BodyCraft® are 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 holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

### **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 ☎ +49 4621 4210-698 ✉ technik@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p><b>SERVICE</b></p> <p>☎ 0800 20 20277 (kostenlos) ☎ 04621 4210 - 0 ✉ info@fitshop.de 🕒 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 +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Åbningstider kan findes på hjemmesiden: <a href="https://stg.fit/statit7">https://stg.fit/statit7</a></p>	<p><b>CUSTOMER SUPPORT</b></p> <p>☎ 00800 2020 2772 +494621 4210 944 ✉ info@fitshop.co.uk 🕒 You can find the opening hours on our homepage: <a href="https://stg.fit/statitc">https://stg.fit/statitc</a></p>
	FR	BE
	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p>☎ +33 (0) 189 530984 +49 4621 42 10 933 ✉ info@fitshop.fr 🕒 Vous trouverez les heures d'ouverture sur notre site Internet: <a href="https://stg.fit/statit4">https://stg.fit/statit4</a></p>	<p><b>TECHNIQUE &amp; SERVICE</b></p> <p>☎ 02 732 46 77 +49 4621 4210 933 ✉ info@fitshop.be 🕒 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 ✉ info@fitshop.es 🕒 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 ✉ service@fitshop.nl 🕒 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 ✉ service-int@fitshop.de 🕒 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 +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 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) +49 4621 42 10-0 ✉ info@fitshop.at 🕒 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 +49 4621 42 10-0 ✉ info@fitshop.ch 🕒 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 Fitshop Group in Germany and abroad on the following website:

[www.fitshop.com/en/stores](http://www.fitshop.com/en/stores)

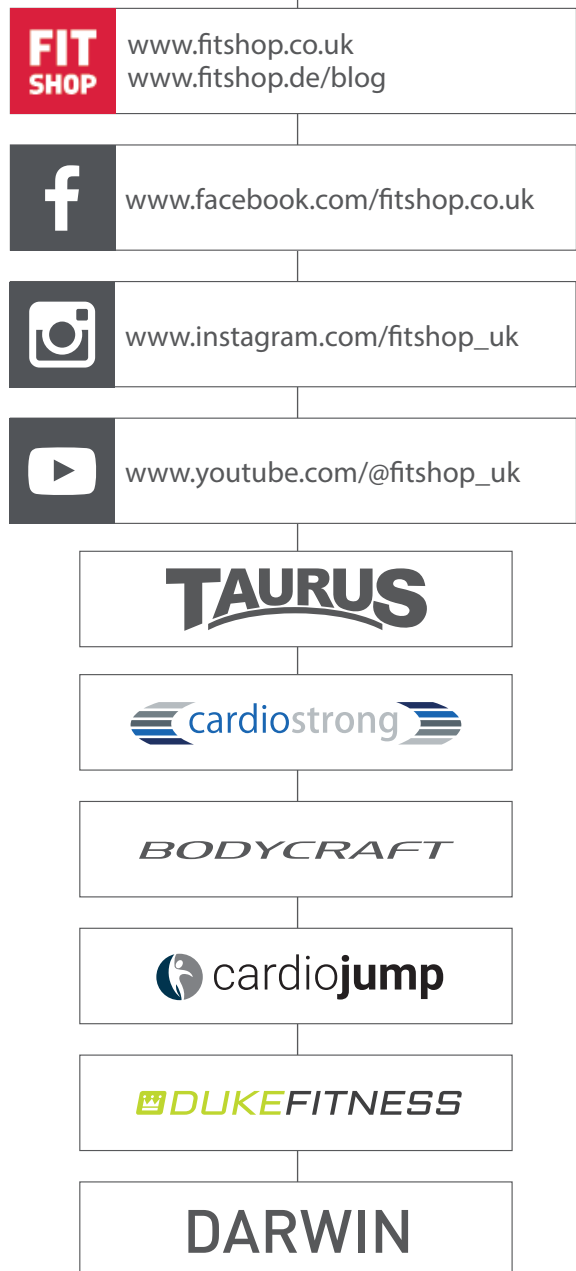
# WE LIVE FITNESS

## 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!



Notes



*BODYCRAFT*