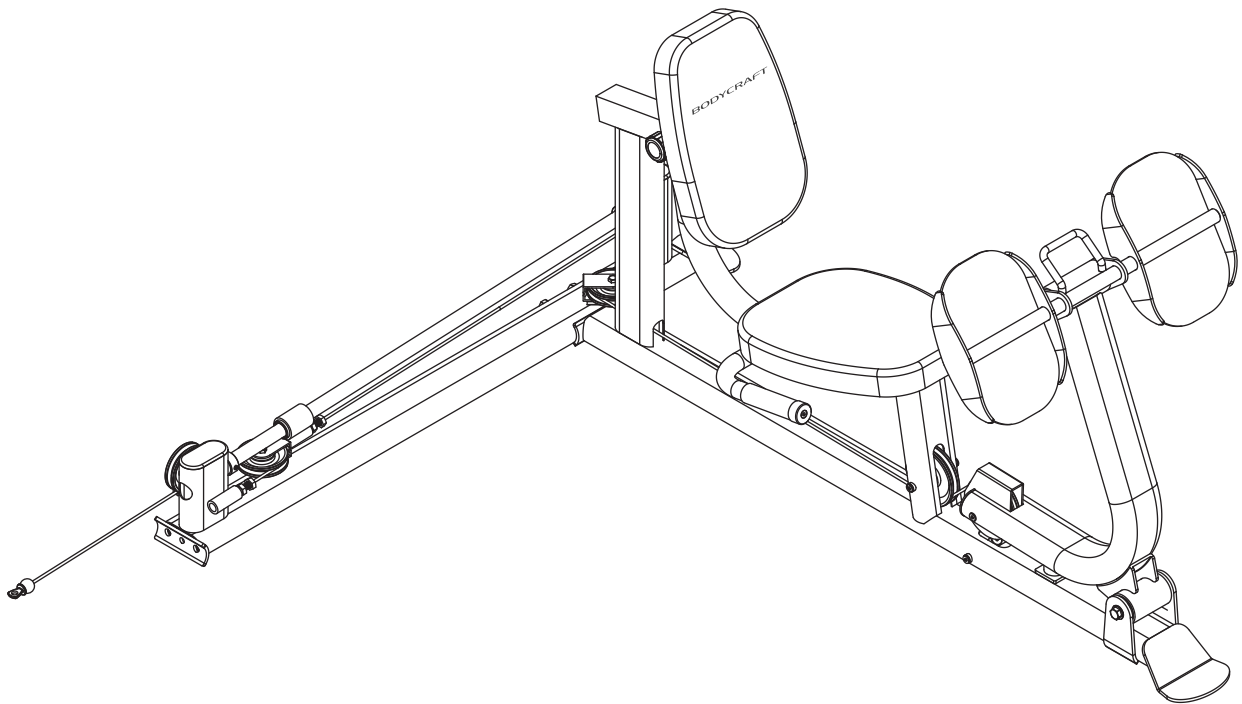


# **BODYCRAFT**

## **INSTRUCTION MANUAL LEG PRESS OPTION OF ELITE GYM**



### ***QUESTION?***

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

Bodycraft is a division of Recreation Supply Inc.  
P.O. BOX 181  
Sunbury, OH 43074

**MA6053**

## BEFORE YOU BEGIN

Congratulations and thank you for selecting the **Bodycraft Elite Leg Press attachment**. The **Bodycraft Elite Leg Press attachment** offers exercises for strengthening and shaping all leg muscles.

Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **Bodycraft Elite Leg Press attachment** will help you achieve the specific results you want.

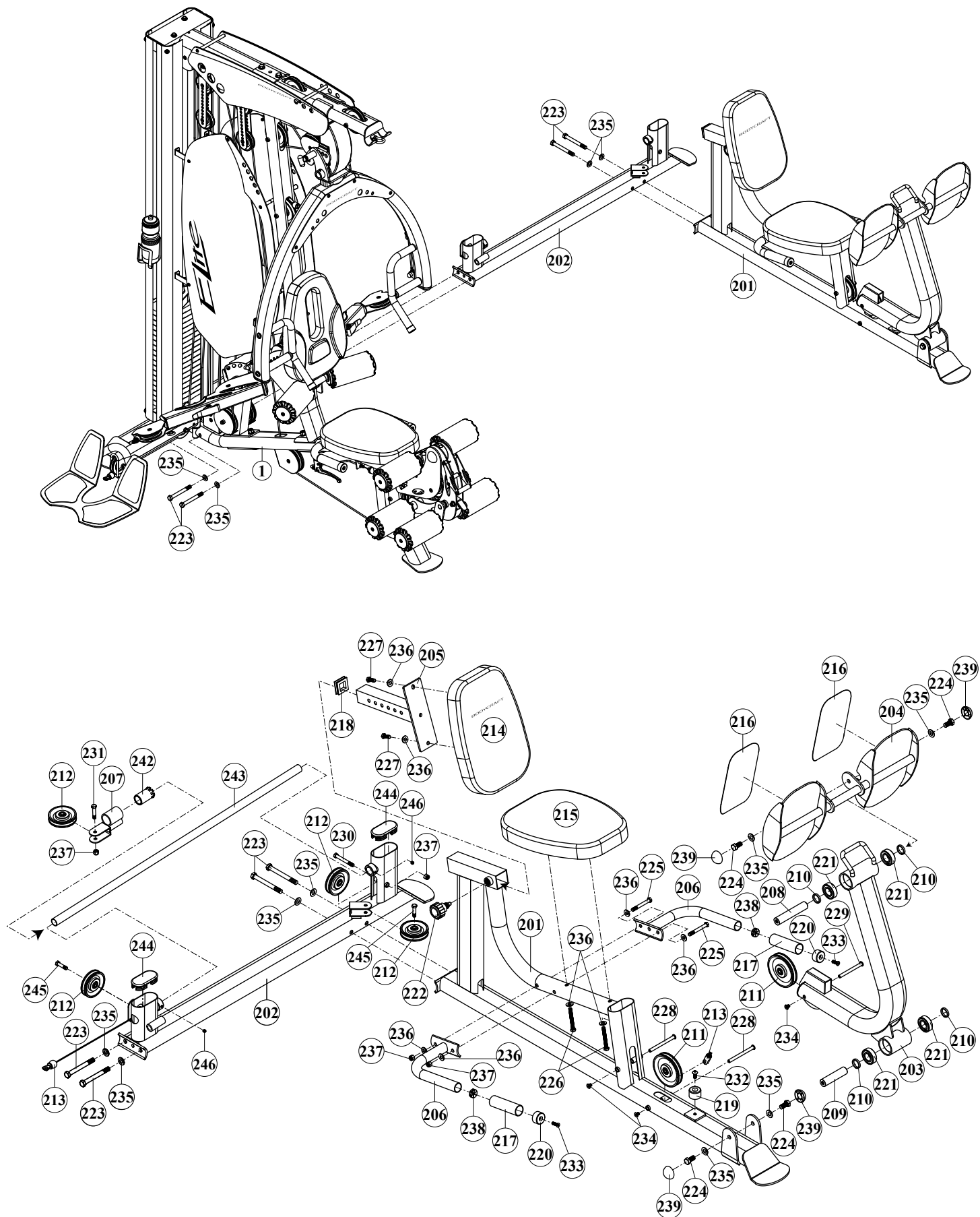
For your safety and benefit, read this manual and the accompanying literature before using the **Bodycraft Elite Leg Press attachment**. Keep this manual for future reference. If you have additional questions, please call your local **Bodycraft** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

## IMPORTANT SAFETY NOTES

**There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.**

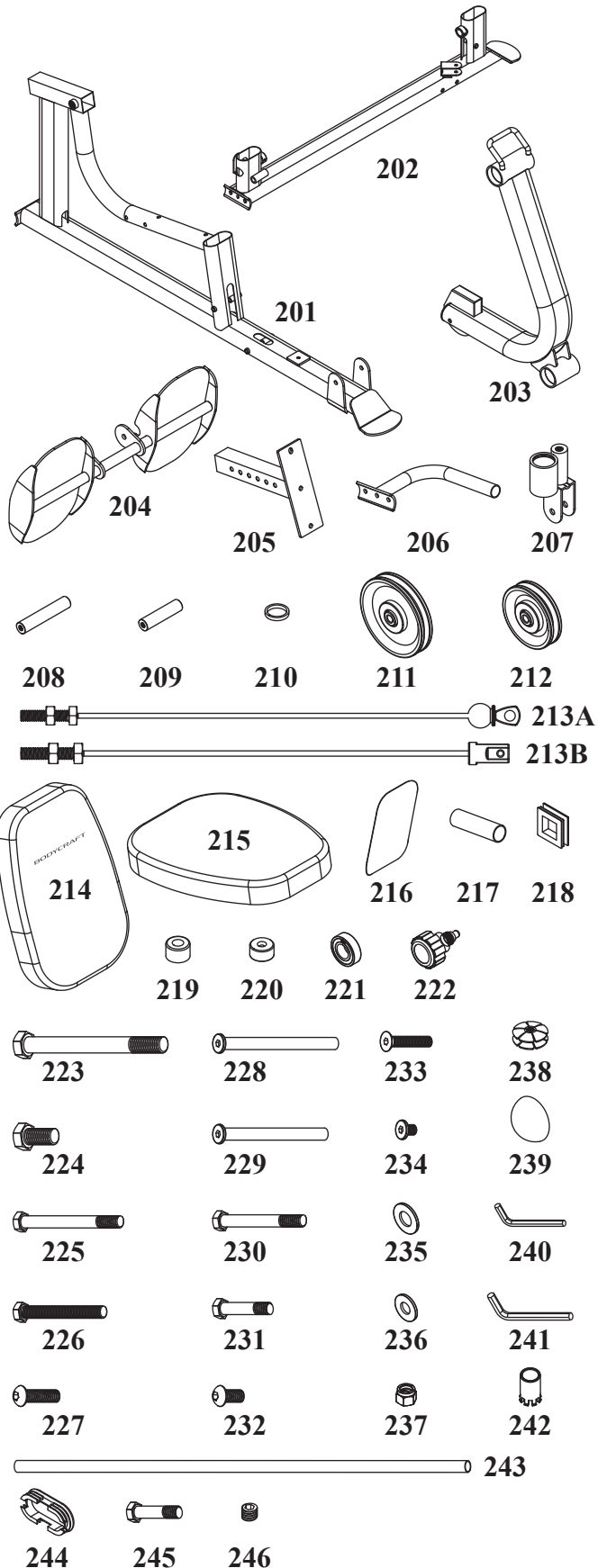
1.  This product must be assembled on a flat, level surface to assure its proper function.
2.  Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3.  Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4.  Keep children away from the **Bodycraft Elite Leg Press attachment** at all times.
5.  Keep your hands away from cables and pulleys during operation. Keep your hands away from moving parts other than the designated handles.
6.  Make certain all cables are seated within the pulleys before every use.
7.  Exercise with care to avoid injury.
8.  If unsure about the proper use of the **Bodycraft Elite Leg Press attachment** strength training system call your local **Bodycraft** dealer or our customer service department at 800-990-5556.

# EXPLODED



# PARTS LIST

NO.	DESCRIPTION	QTY.
201	BASE FRAME	1
202	CONNECTING REAR STABILIZER	1
203	LEG PRESS SUPPORT	1
204	FOOT PLATE	1
205	BACK PAD ADJUSTER	1
206	SEAT HANDLE	2
207	SLIDING PULLEY BLOCK	1
208	1" AXLE (LONGER)	1
209	1" AXLE (SHORTER)	1
210	RING SPACER	4
211	114mm PULLEY	2
212	90mm PULLEY	4
213A	LEG PRESS CABLE	1
213B	LEG PRESS LOW CABLE	1
214	BACK PAD	1
215	SEAT PAD	1
216	NON SLIP	2
217	1-1/4" X 360mm HAND GRIP (pre-assembled)	2
218	45 X 45mm RECT. PLUG	1
219	LEG PRESS STOPPER	1
220	ALUMINUM END CAP FOR SEAT HANDLE	2
221	BEARING	4
222	LOCKING SPRING KNOB	1
223	1/2" X 5" HEX BOLT	4
224	1/2" X 1" HEX THREADED BOLT	4
225	3/8" X 3-1/4" HEX BOLT	2
226	3/8" X 2-3/4" HEX THREADED BOLT	2
227	3/8" X 1" HEX THREADED BOLT	2
228	3/8" X 109.5mm FLAT PIN BOLT	2
229	3/8" X 99.5mm FLAT PIN BOLT	1
230	3/8" X 2-3/4" HEX BOLT	1
231	3/8" X 1-3/4" HEX BOLT	1
232	3/8" X 3/4" SET SCREW	1
233	5/16 X 1-1/4" MALE SCREW	2
234	M6 X 12L MALE SCREW	4
235	1/2" WASHER	8
236	3/8" WASHER	8
237	3/8" NYLON NUT	4
238	5/16" NUT (pre-assembled)	2
239	DOME END CAP	4
240	4mm HEX WRENCH	1
241	5mm HEX WRENCH	1
242	BUSHING	1
243	GUIDE ROD	1
244	50 X 100mm OVAL PLUG	2
245	3/8" X 1-1/2" HEX BOLT	2
246	5/16" X 1/4" SET SCREW	2

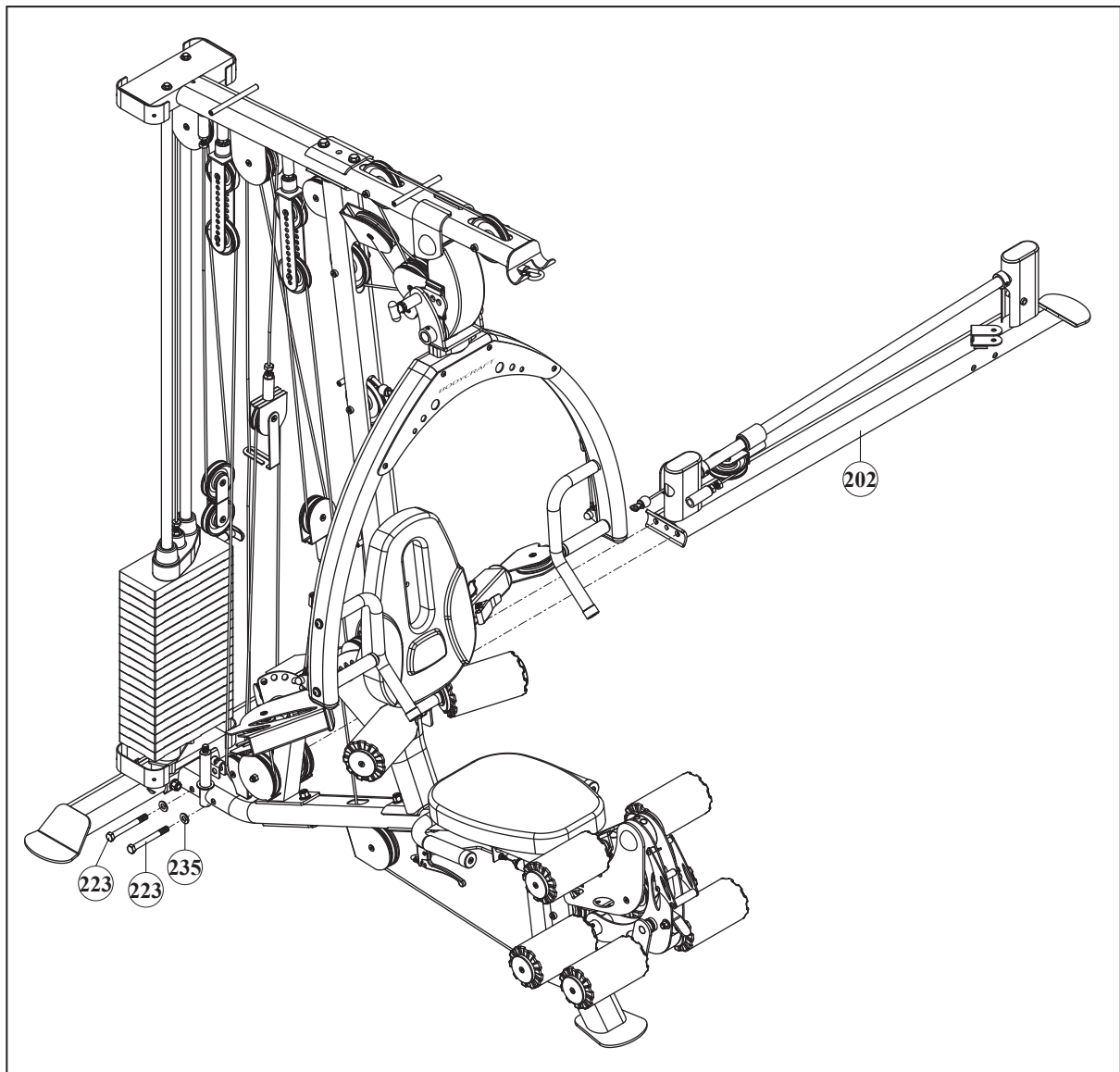




## STEP 1 ASSEMBLE CONNECTING REAR STABILIZER

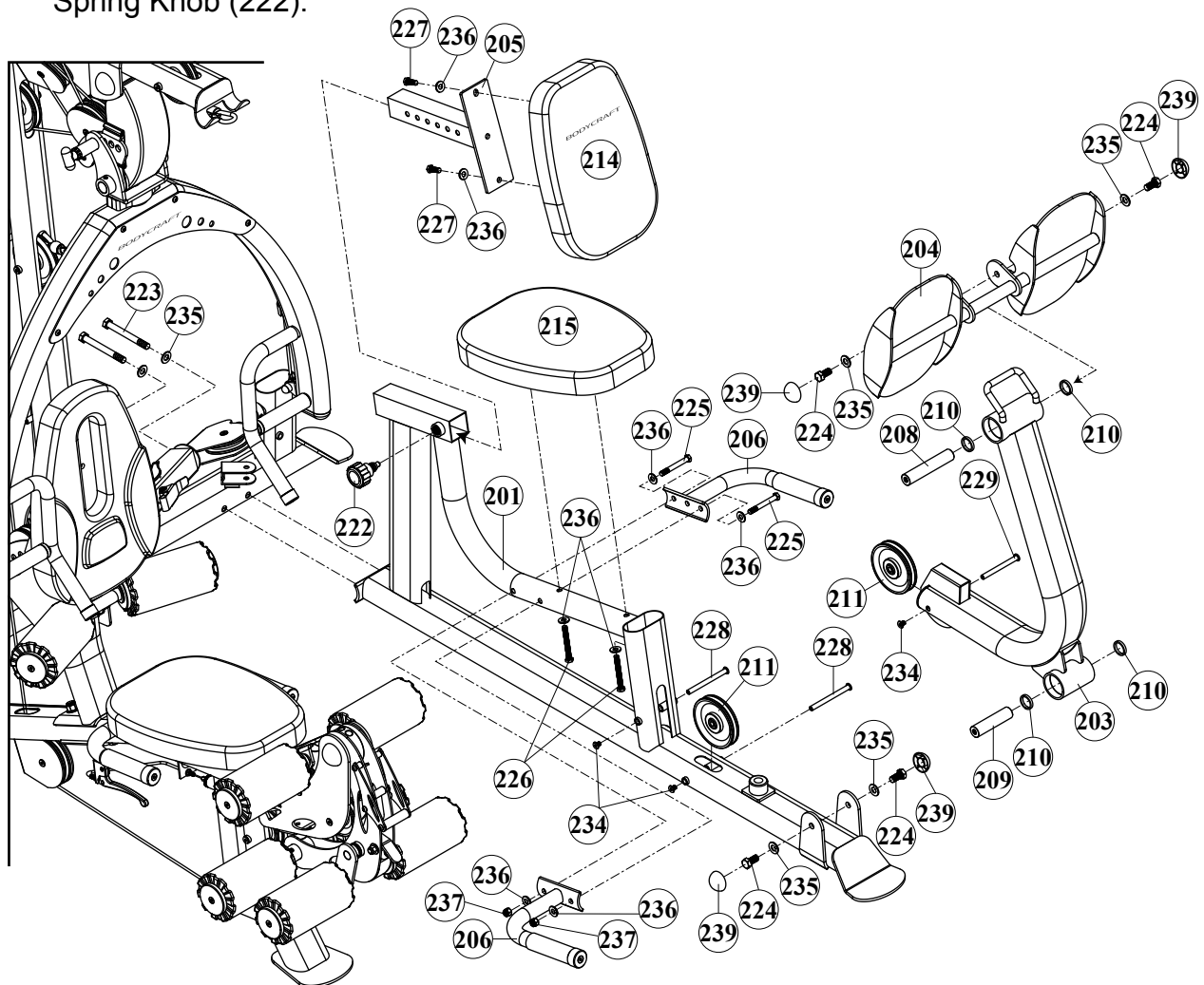
*To ease assembly, Do Not tighten any bolts until instructed.*

1. Slide the Sliding Pulley Block (207) onto the Guide Rod (243). Orient the guide rod so that the pulley bracket is facing toward the machine, threaded receptor facing away from machine, then insert the Guide Rod (243) into the Connecting Rear Stabilizer (202) and secure using two 5/16" X 1/4" Set Screws (246). Cap the two vertical tubes with the two 50 X 100mm Oval Plugs (244).
2. Attach the Connecting Rear Stabilizer (202) to the Elite Base Frame (1) using two 1/2" X 5" Hex Bolts (223), and two 1/2" Washers (235).

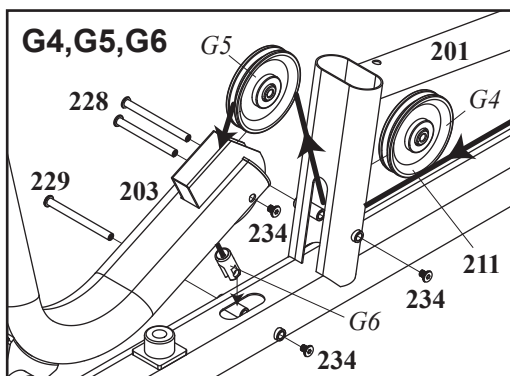
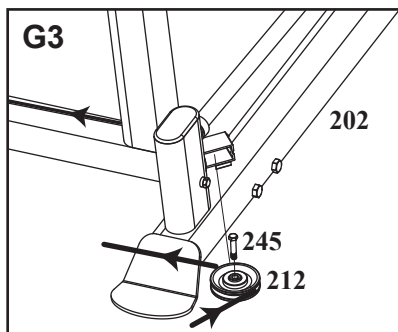
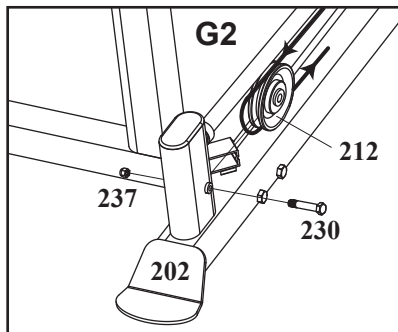
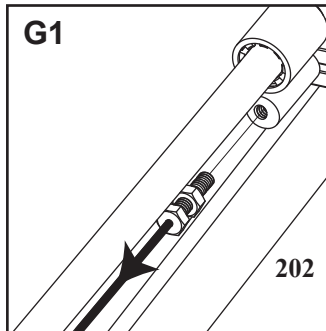


## STEP 2 ASSEMBLE BASE FRAME

1. Attach the Base Frame (201) to the Connecting Rear Stabilizer (202) using two 1/2" X 5" Hex Bolts (223) and two 1/2" Washers (235).
2. Insert the 1" Axle (shorter) (209) into the Leg Press Support (203) at the underside of the bend, and a Ring Spacer (210) on each end of the axle. Then attach to the end of Base Frame (201) using two 1/2" X 1" Hex Threaded Bolts (224), and two 1/2" Washers (235). Tighten these bolts and cap with two Dome End Caps (239).
3. Insert the 1" Axle (longer) (208) into the top hole of the Leg Press Support (203). Then attach the Foot Plate (204) using two 1/2" X 1" Hex Threaded Bolts (224), and two 1/2" Washers (235). Tighten these bolts and cap with two Dome End Caps (239).
4. Attach Seat Handles (206) to the Base Frame (201), using two 3/8" X 3-1/4" Hex Bolts (225), four 3/8" Washers (236), and two 3/8" Nylon Nuts (237). Tighten these bolts.
5. Attach Seat Pad (215) into the Base Frame (201), using two 3/8" X 2-3/4" Hex Threaded Bolts (226) and two 3/8" Washers (236).
6. Attach Back Pad (214) into the Back Pad Adjuster (205), using two 3/8" X 1" Hex Threaded Bolts (227) and two 3/8" Washers (236). Then slide the Back Pad Adjuster (205) to the Base Frame (201) and lock at your desired position using the Spring Knob (222).



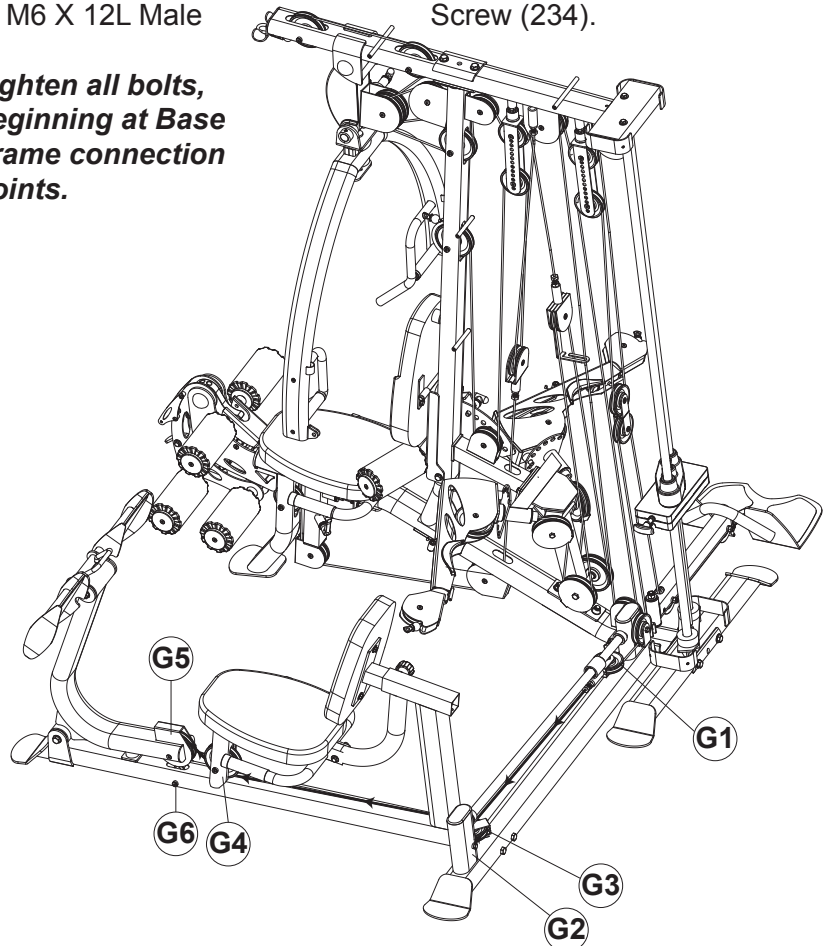
# STEP 3 INSTALL LEG PRESS CABLE



**Assemble cables and pulleys simultaneously.**

1. Screw the threaded end of the Leg Press Cable (213A) into the threaded receptor on the Sliding Pulley Block (207), as shown in Fig. G1. Then route the cable over pulley G2, which is mounted inside the slot in the short vertical tube using a 3/8" X 2-3/4" Hex Bolt (230) and a 3/8" Nylon Nut (237), as shown in Fig. G2. Exit underneath pulley G2 and continue routing around pulley G3 which is mounted horizontally to the welded bracket using a 3/8" X 1-1/2" Hex Bolt (245), as shown in Fig. G3.
2. Route the cable under pulley G4, mounted under the Seat, using a 3/8" X 109.5mm Flat Pin Bolt (228) and M6 X 12L Male Screw (234) as shown in Fig. G4.
3. Continue routing the cable over and around pulley G5, mounted in the bottom of the Leg Press Support (203) using a 3/8" X 109.5mm Flat Pin Bolt (228) and M6 X 12L Male Screw (234) as shown in Fig. G5.
4. Attach the eyelet end of the cable inside the slot in the Base Frame (201) using a 3/8" X 99.5mm Flat Pin Bolt (229) and M6 X 12L Male Screw (234).

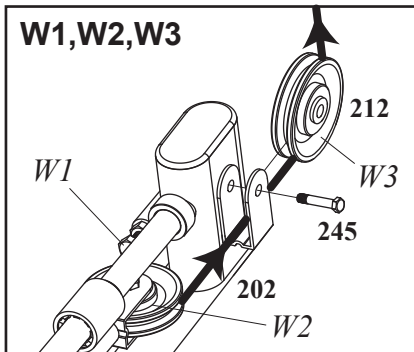
**Tighten all bolts, beginning at Base Frame connection points.**



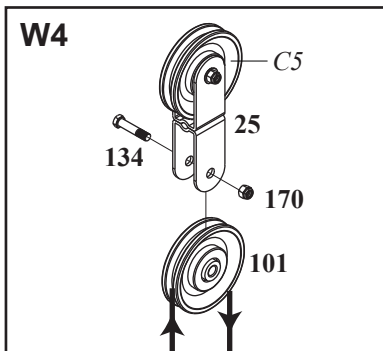
# STEP 4 INSTALL LEG PRESS LOW CABLE



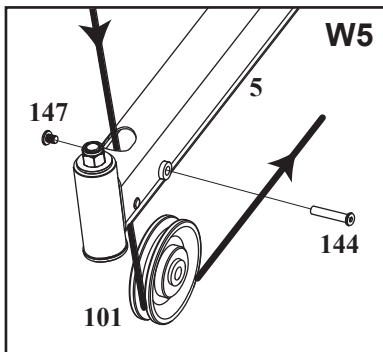
**Assemble cables and pulleys simultaneously.**



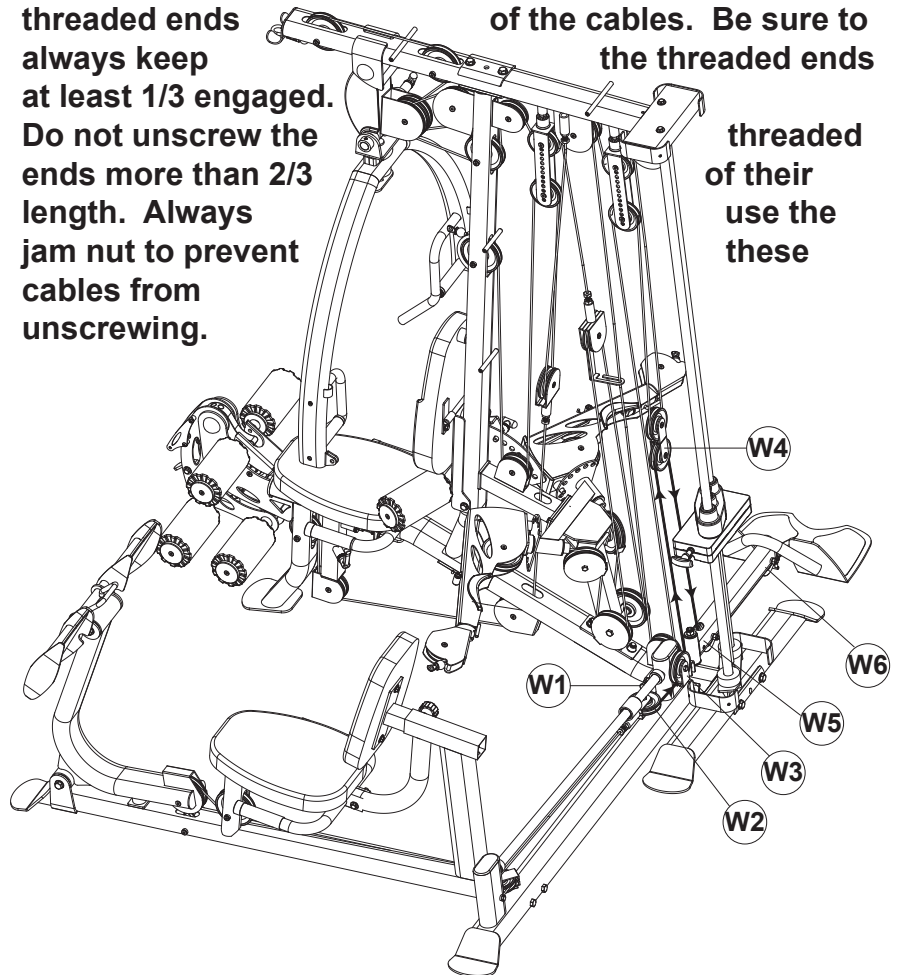
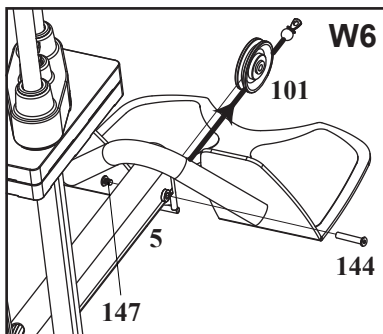
1. Screw the threaded end of the Leg Press Low Cable (213B) into the threaded receptor welded to the vertical tube on the Connecting Rear Stabilizer (202). Then route the cable around pulley W2 which is mounted to the Sliding Pulley Block (207) using 3/8" X 1-3/4" Hex Bolt (231) and 3/8" Nylon Nut (237). Then route under pulley W3 mounted using 3/8" X 1-1/2" Hex Bolt (245), as shown in Fig. W1,W2,W3.



2. Continue routing cable up and around pulley W4 mounted to the bottom of the Single Pulley Bracket (25) using a 3/8" X 1-3/4" Hex Bolt (134) and a 3/8" Nylon Nut (170) as shown in Fig. W4.



**The Cable length can be adjusted using the two threaded ends of the cables. Be sure to always keep the threaded ends at least 1/3 engaged. Do not unscrew the ends more than 2/3 length. Always jam nut to prevent cables from unscrewing.**



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**Assembly is complete! Please take the following steps before using the gym:**

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing-against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Pre-stretch the cables. Pull on the cables with great force, helping remove any links and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. For better performance, apply a household lubricant (such as silicone) to any adjustable areas.
6. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the Bodycraft Elite Leg Press attachment.  
If You have any questions, please call your local BodyCraft dealer  
or call our customer service department at 800-990-5556**