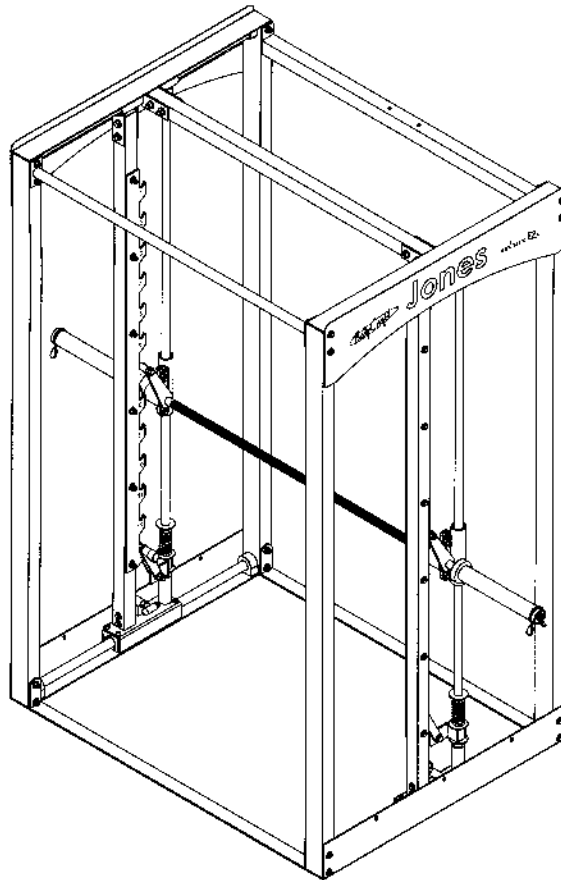


BodyCraft®

JONES MACHINE STRENGTH TRAINING SYSTEM ASSEMBLY MANUAL



QUESTION?

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

We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.

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

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **JONES MACHINE** strength training system. The **JONES MACHINE** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **JONES MACHINE** will help you achieve the specific results you want.

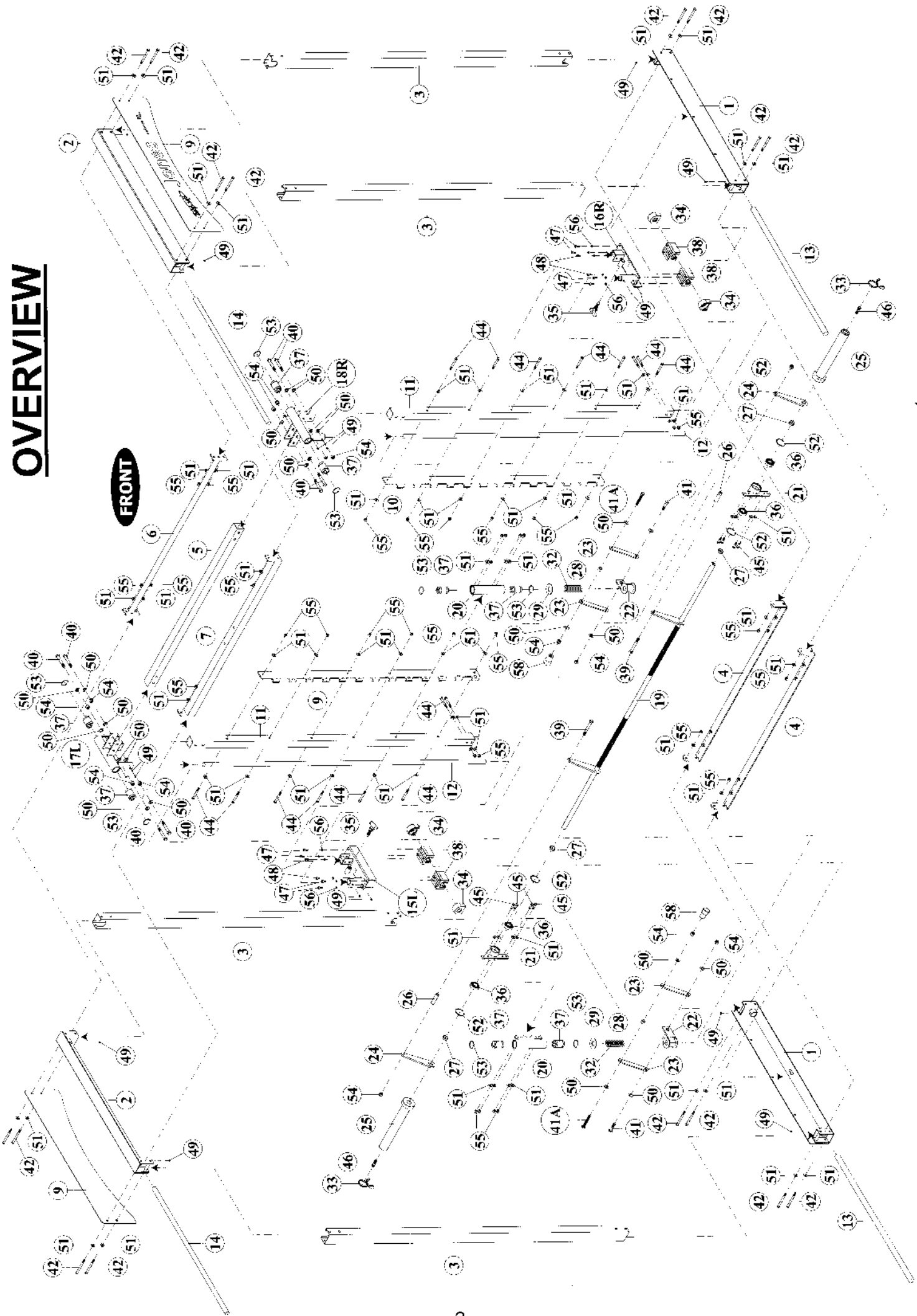
For your safety and benefit, read this manual and the accompanying literature before using the **JONES MACHINE**. Keep this manual for future reference. If you have additional questions, please call your local dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until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

IMPORTANT SAFETY NOTES

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

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

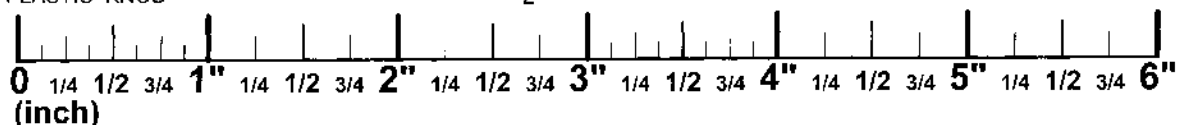
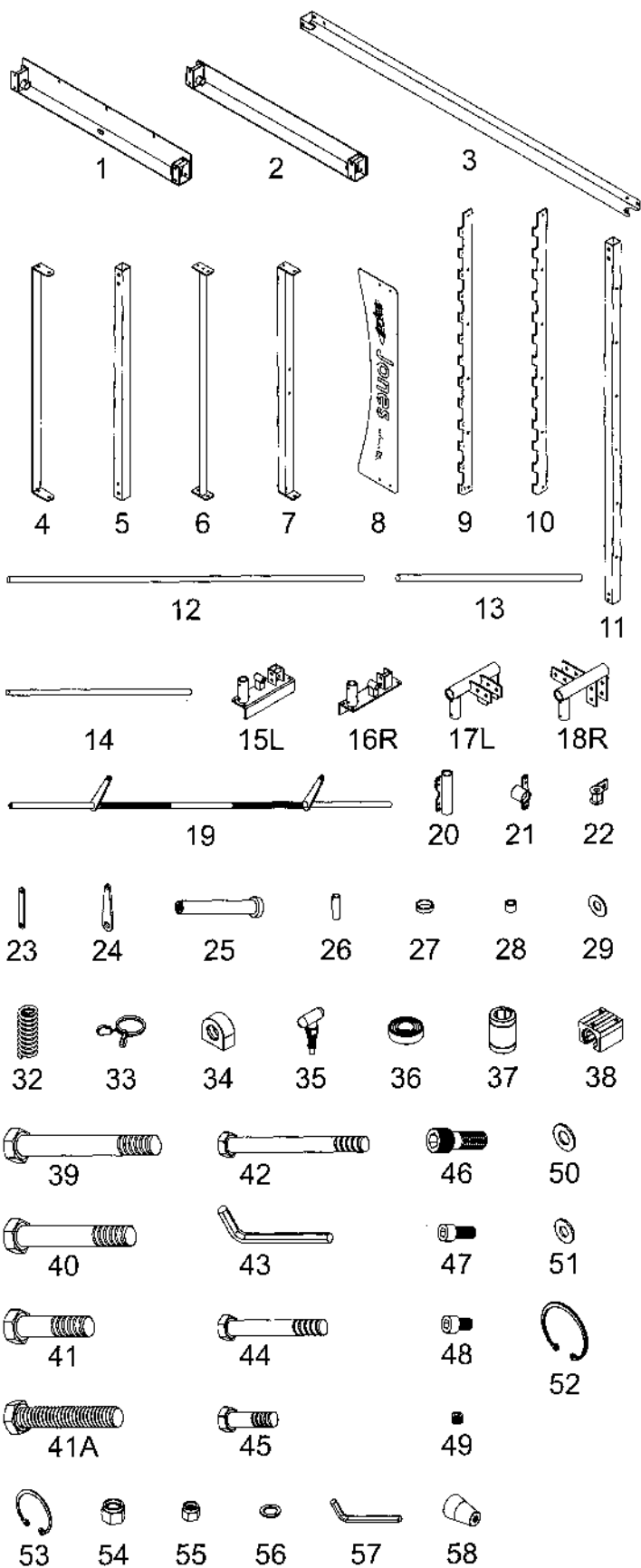
OVERVIEW



PARTS LIST

NO. DESCRIPTION QTY.

| | | |
|-----|---|----|
| 1 | BASE FRAME L & R | 2 |
| 2 | TOP FRAME L & R | 2 |
| 3 | UPRIGHT FRAME | 4 |
| 4 | BASE CONNECTOR | 2 |
| 5 | TOP BEARING HOUSING CONNECT | 1 |
| 6 | CHIN UP BAR | 1 |
| 7 | REAR TOP FRAME | 1 |
| 8 | LOGO PANEL | 2 |
| 9 | RIGHT BAR RACK | 1 |
| 10 | LEFT BAR RACK | 1 |
| 11 | RACK HOLDER | 2 |
| 12 | VERTICAL GUIDE ROD | 2 |
| 13 | BASE GUIDE ROD (pre-assembled in Base Frame) | 2 |
| 14 | TOP GUIDE ROD (pre-assembled in Base Frame) | 2 |
| 15L | LEFT BASE BEARING HOUSING (pre-assembled in Base Frame) | 1 |
| 16R | RIGHT BASE BEARING HOUSING (pre-assembled in Base Frame) | 1 |
| 17L | LEFT TOP BEARING HOUSING (pre-assembled in Top Frame) | 1 |
| 18R | RIGHT TOP BRARING HOUSING (pre-assembled in Top Frame) | 1 |
| 19 | WEIGHT BAR | 1 |
| 20 | VERTICAL BEARING HOUSING | 2 |
| 21 | SAFETY CATCH (pre-assembled at factory) | 2 |
| 22 | SAFETY SPOTTER | 2 |
| 23 | LINK PLATE (pre-assembled with Safety Spotter) | 4 |
| 24 | HOOK PLATE (pre-assembled on Weight Bar) | 2 |
| 25 | OLYMPIC WEIGHT SLEEVE | 2 |
| 26 | 19 X 13 X 70L CONNECT ROD (pre-assembled on Weight Bar) | 2 |
| 27 | 34 X 29 X 8L SPACER (pre-assembled on Weight Bar) | 4 |
| 28 | 19 X 13 X 15L SHORT CONNECT ROD (pre-assembled on Safety Spotter) | 2 |
| 29 | 1" ID BIG WASHER | 2 |
| 32 | 1" SPRING | 2 |
| 33 | 2" OLYMPIC SPRING CLIP | 2 |
| 34 | RUBBER STOPPER (pre-assembled in Base Frame) | 4 |
| 35 | POP PIN (pre-assembled in Base Frame) | 2 |
| 36 | 25mm BEARING (pre-assembled in Base Frame) | 4 |
| 37 | 25mm BEARING (pre-assembled in Vert., Top Bearing Housings) | 8 |
| 38 | 30mm BEARING (pre-assembled in Base Frame) | 4 |
| 39 | 1/2" X 4" HEX BOLT | 2 |
| 40 | 1/2" X 3-1/4" HEX BOLT | 8 |
| 41 | 1/2" X 1-3/4" HEX BOLT | 2 |
| 41A | 1/2" X 3" HEX BOLT | 2 |
| 42 | 3/8" X 4" HEX BOLT | 16 |
| 43 | 14mm HEX WRENCH | 1 |
| 44 | 3/8" X 2-3/4" HEX BOLT | 16 |
| 45 | 3/8" X 1-1/4" HEX BOLT | 8 |
| 46 | 1/2" X 1-1/4" ALLEN BOLT | 2 |
| 47 | M8 X 20mm ALLEN BOLT | 8 |
| 48 | M8 X 15mm ALLEN BOLT | 4 |
| 49 | 5/16" X 1/4" SET SCREW | 16 |
| 50 | 1/2" WASHER | 24 |
| 51 | 3/8" WASHER | 78 |
| 52 | LARGER RETAINING RING (pre-assembled in Weight Bar) | 4 |
| 53 | SMALL RETAINING RING (pre-assembled in Vert Bearing Housings) | 8 |
| 54 | 1/2" NYLON NUT | 14 |
| 55 | 3/8" NYLON NUT | 38 |
| 56 | 5/16" SPRING WASHER | 12 |
| 57 | 3mm HEX WRENCH | 1 |
| 58 | PLASTIC KNOB | 2 |

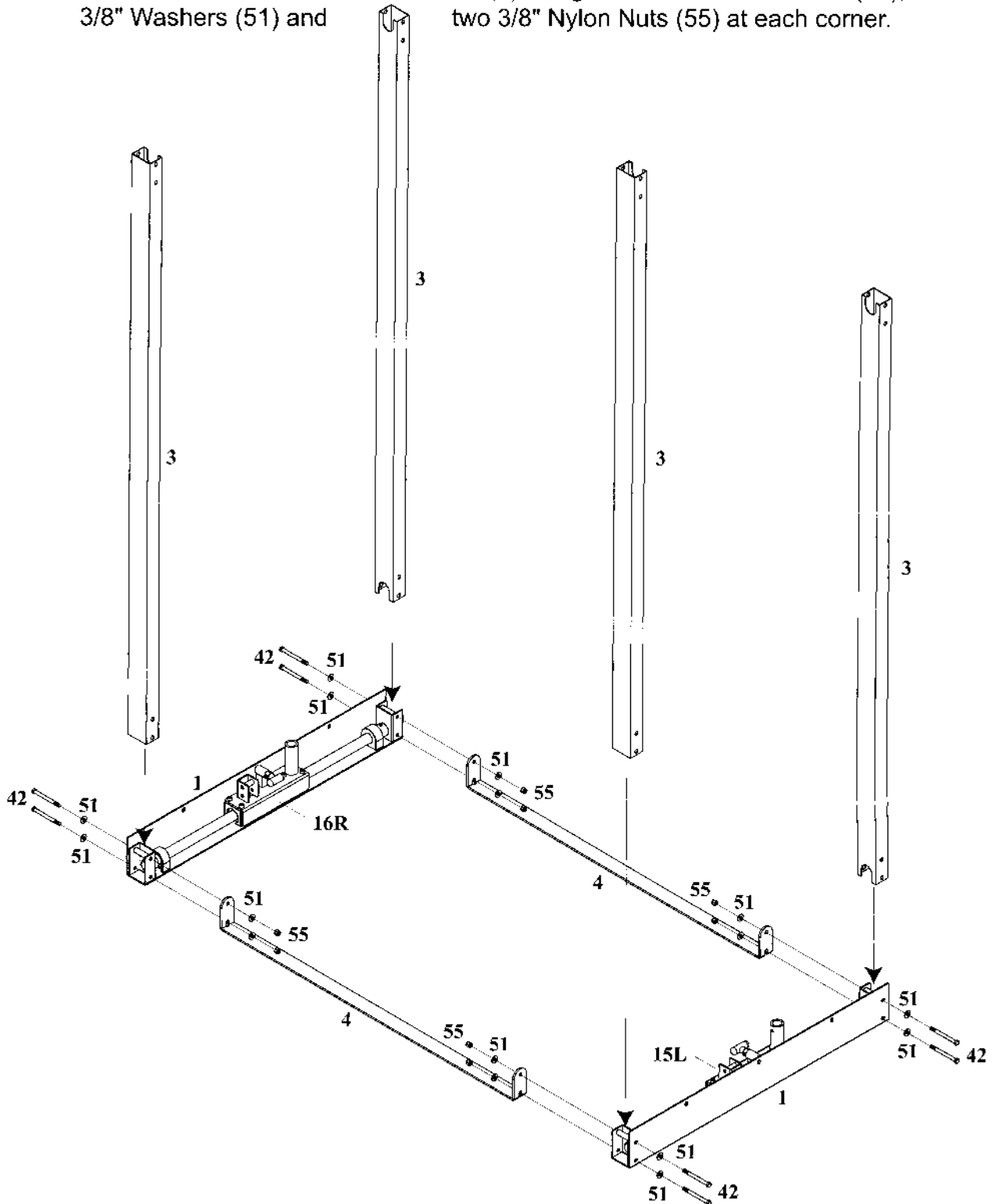


STEP 1 Base Frame Assembly

IMPORTANT:

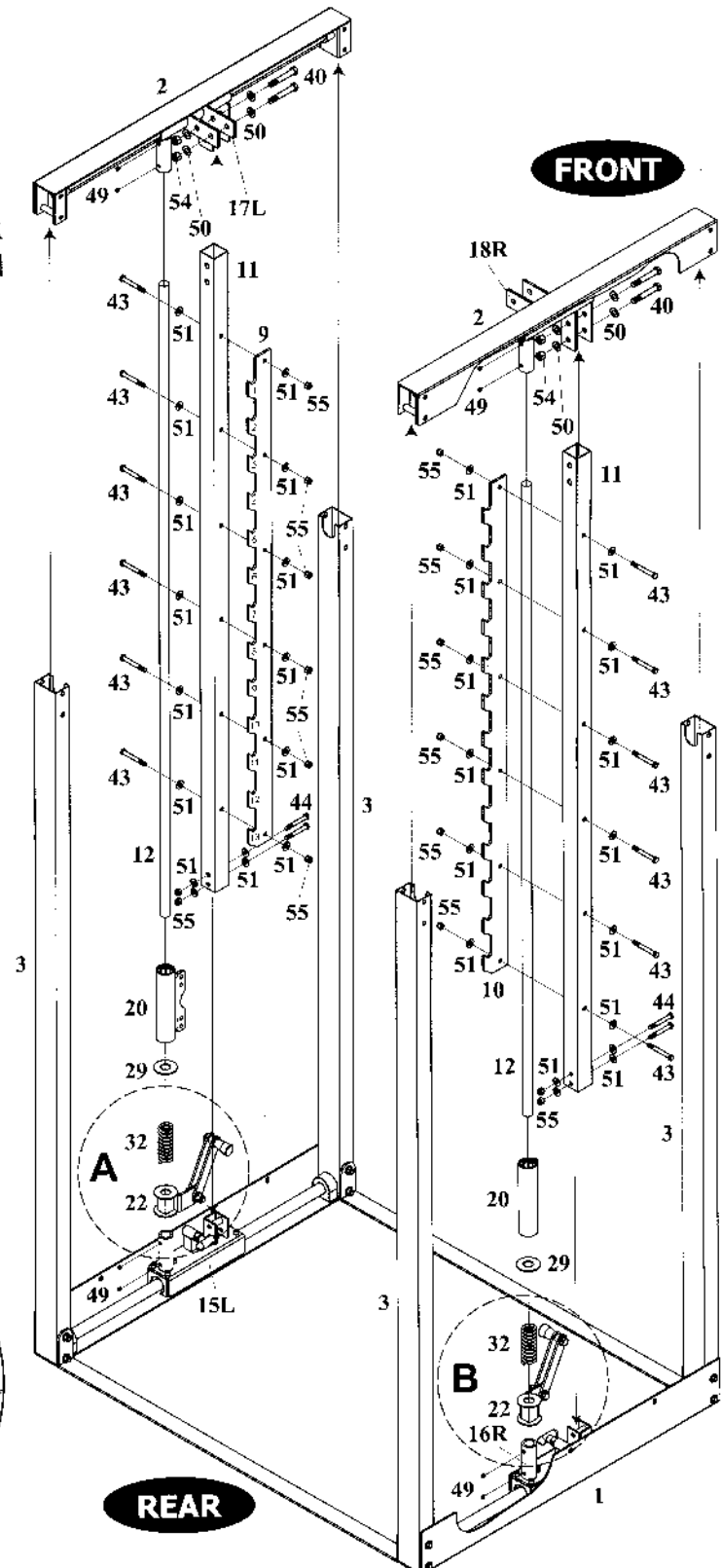
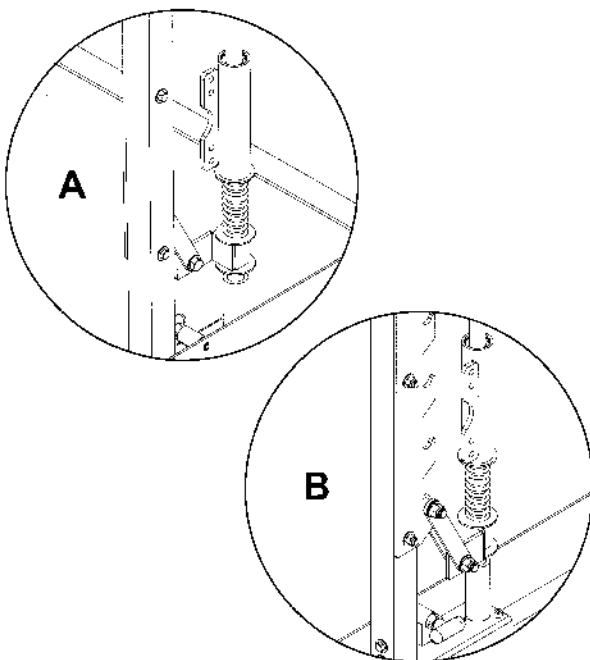
- Assembly requires two people.
- To ease the assembly process, do not tighten bolts until instructed.
- Assemble on a flat, level floor.

1. Slide an Upright Frame (3) onto each end of the Left and Right Base Frame (1) and attach the two Base Connectors (4) using two 3/8" X 4" Hex Bolts (42), four 3/8" Washers (51) and two 3/8" Nylon Nuts (55) at each corner.



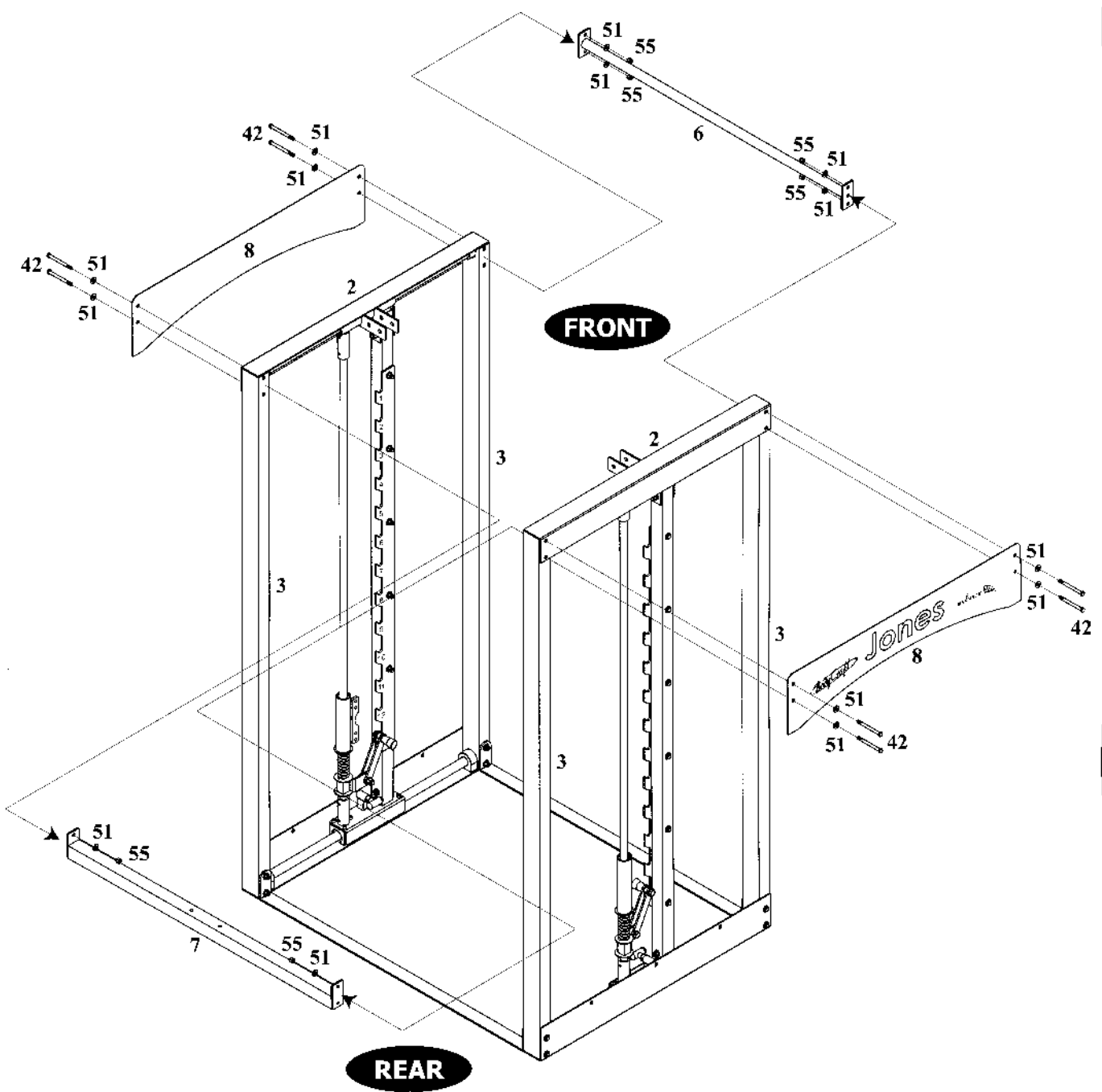
STEP 2 Rack and Top Frame Assembly

1. Loosen the 5/16" X 1/4" Set Screws (49) on the ringlet welded to the Base Bearing Housings (15L, 16R) and insert the two Vertical Guide Rods (12). Slide the Safety Spotter (22), then the 1" Spring (32), then the 1" ID Big Washer (29), and finally, the Vertical Bearing Housing (20) over the top of Vertical Guide Rod (12) as shown. Make sure the Handle of the Safety Spotter (22) is oriented toward the inside of the machine (as shown in A and B).
2. Slide the Rack Holders (11) onto the square receptacles on the Base Bearing Housings (15L, 16R) and secure using two 3/8" X 2-3/4" Hex Bolts (44), four 3/8" Washers (51), and two 3/8" Nylon Nuts (55) on each Rack Holder (11). Then attach the Right and Left Bar Rack (9, 10) to the inner side of each Rack Holder (11), using six 3/8" X 3" Hex Bolts (43), twelve 3/8" Washers (51) and six 3/8" Nylon Nuts (55).
3. Loosen the 5/16" X 1/4" Set Screws (49) on the ringlet welded to the Top Bearing Housings (17L, 18R). Slide one Top Frame (2) over top of the Vertical Guide Rod (12), and Upright Frame (3). Secure the Top Frame (2) to the Top Bearing Housing (17L, 18R) using two 1/2" X 3-1/4" Hex Bolts (40), four 1/2" Washers (50) and two 1/2" Nylon Nuts (54). Repeat for the other side.



STEP 3 Chin Up Bar and Rear Top Frame Assembly

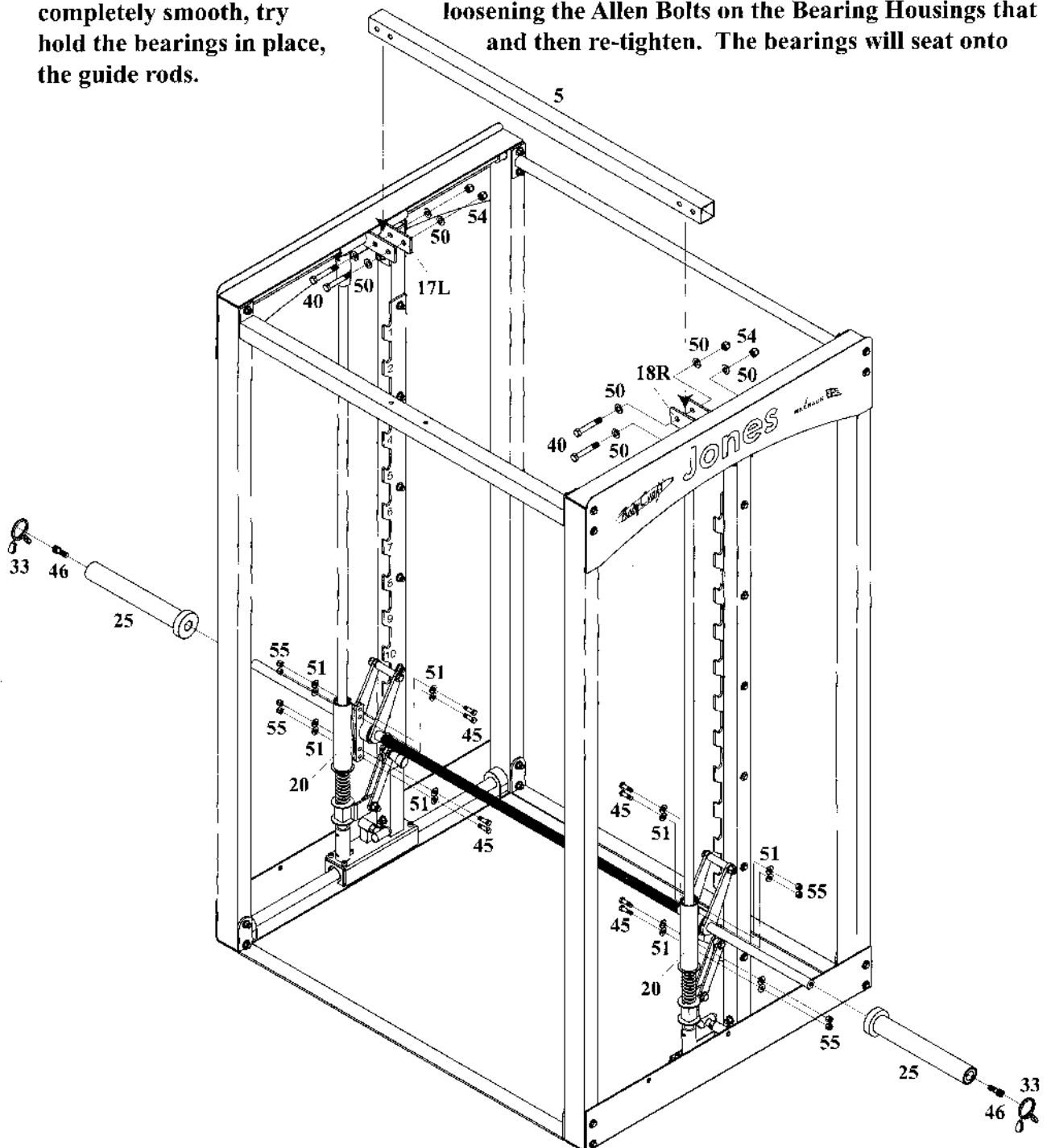
1. Attach the Chin Up Bar (6), Rear Top Frame (7), and the two Logo Panels (8) to the Top Frames (2) using four 3/8" X 4" Hex Bolts (42), eight 3/8" Washers (51) and four 3/8" Nylon Nuts (55).



STEP 4 Weight Bar Assembly

1. Attach the Weight Bar (19) to the Vertical Bearing Housing (20) using two 3/8" X 1-1/4" Hex Bolts (45), four 3/8" Washers (51) and two 3/8" Nylon Nuts (55).
2. Slide the Olympic Weight Sleeve (25) onto each side of Weight Bar (19) and secure with a 1/2" X 1-1/4" Allen Bolt (46). Use the 2" Olympic Spring Clip (33) to hold weights in place during use.
3. Attach the Top Bearing Housing Connector (5) to the Right and Left Top Bearing Housings (17L & 18R) using two 1/2" X 3-1/4" Hex Bolts (40), four 1/2" Washers (50), and two 1/2" Nylon Nuts (54).

Tighten all bolts. Start at Base and work toward top. If horizontal movement is not completely smooth, try loosening the Allen Bolts on the Bearing Housings that hold the bearings in place, and then re-tighten. The bearings will seat onto the guide rods.



Assembly is complete! Please take the following steps before using the BODYCRAFT SMITH STRENGTH TRAINING SYSTEM:

1. Make certain all bolts are tightened securely.
2. For better performance, apply a household lubricant (such as silicone) to **VERTICAL GUIDE RODS(12)**.
3. Always be certain that **SAFETY SPOTTERS(22)** are fully engaged when using spotters.
4. Enjoy many years of a Fit Lifestyle.

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