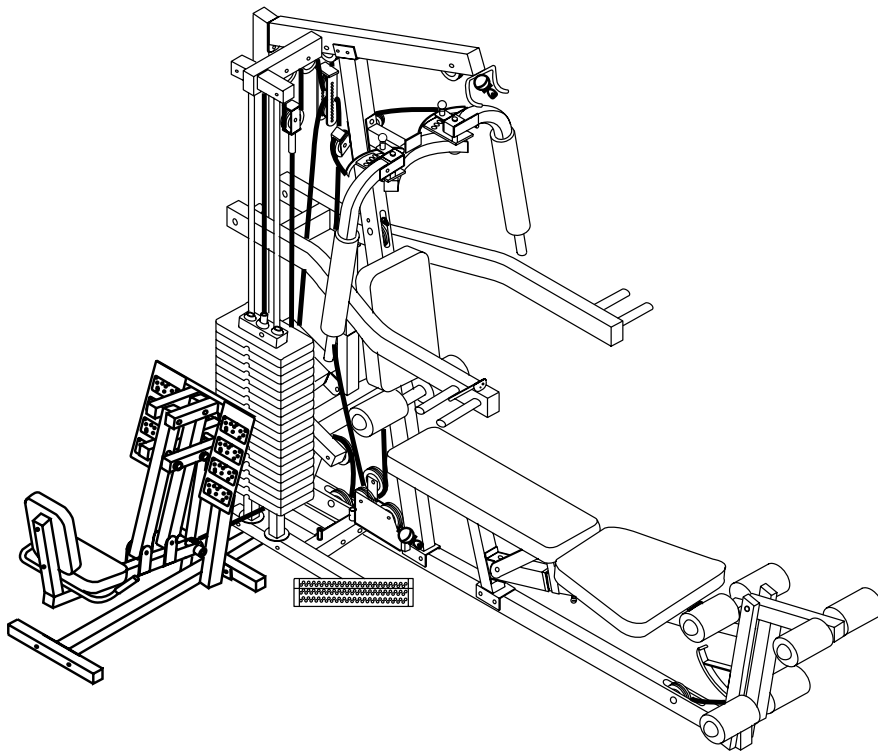


# BodyCraft

## INSTRUCTION MANUAL LEG PRESS OPTION FOR STRATA STRENGTH TRAINING SYSTEM



### **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 BODYCRAFT STRATA strength training system. The BODYCRAFT STRATA 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 BODYCRAFT STRATA 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 STRATA.** 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**

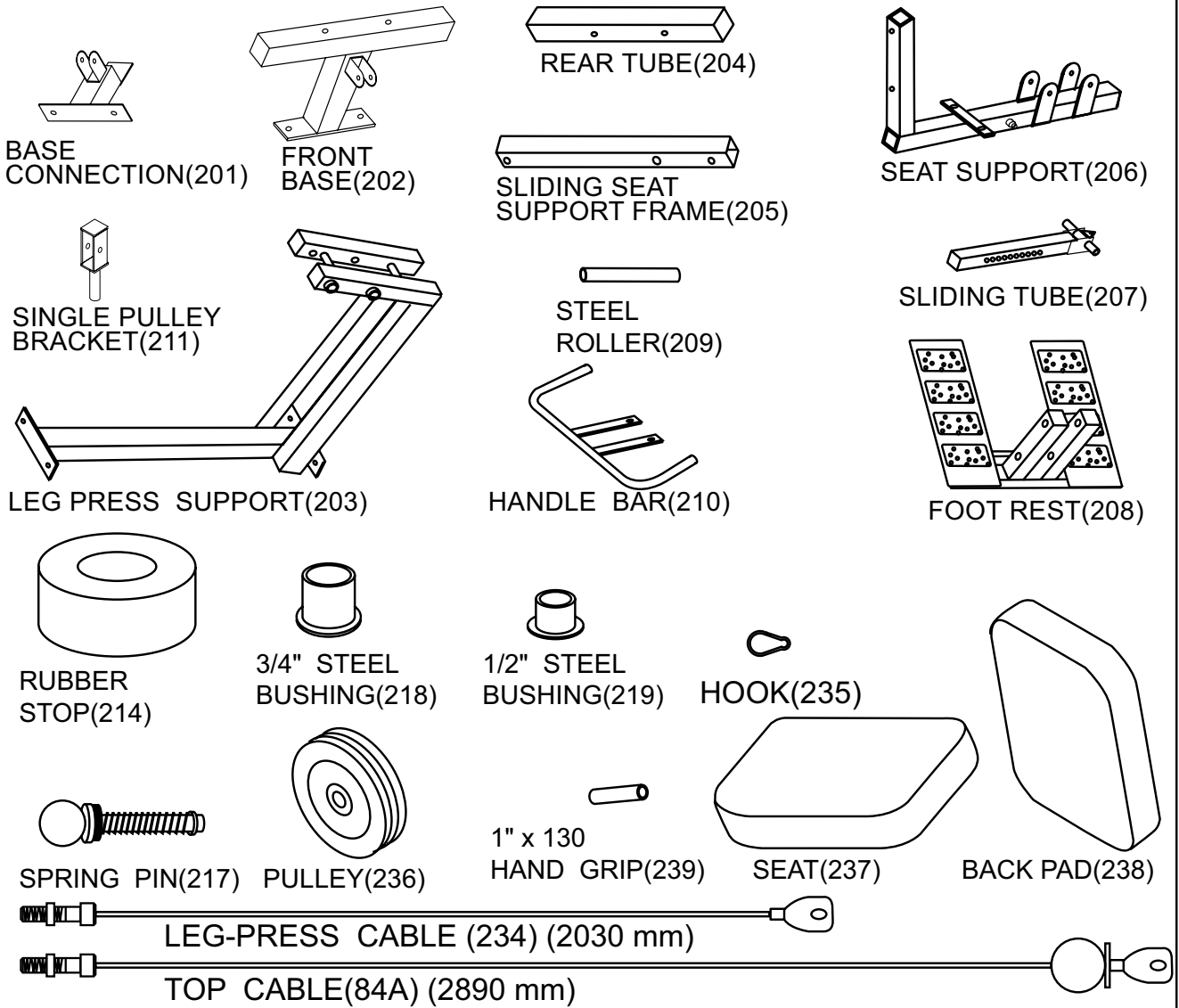
**There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility 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 STRATA 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 BODYCRAFT STRATA strength training system call your local BODYCRAFT dealer or our customer service department at 800-990-5556.

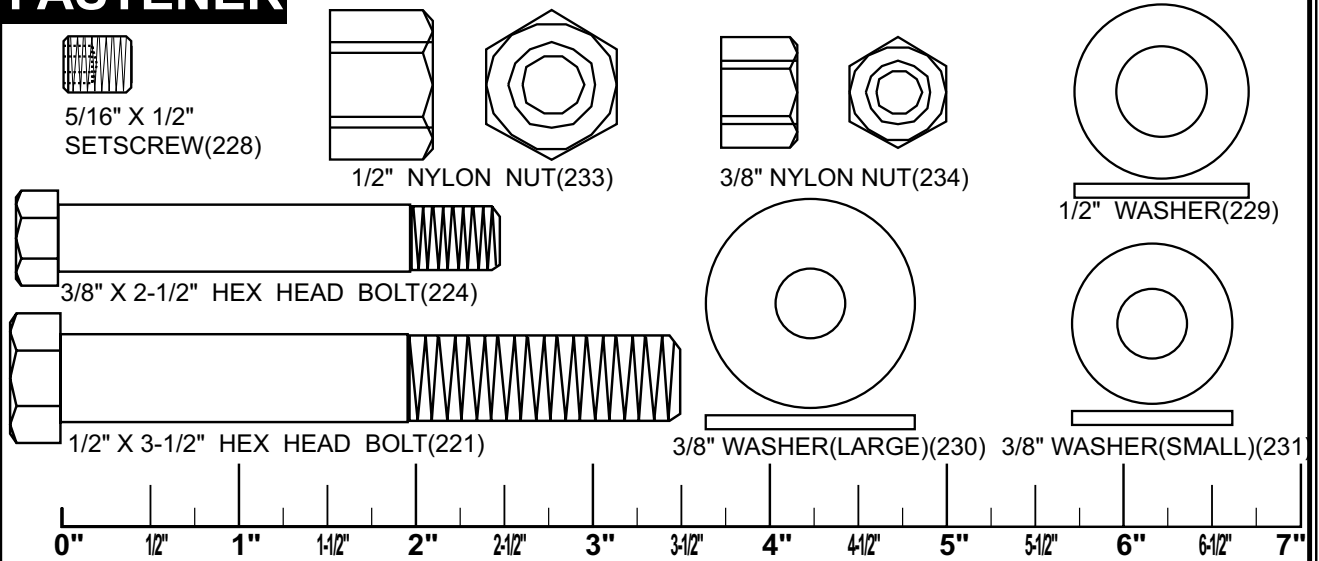
# PARTS LIST

NO.	DESCRIPTION	QTY.
201	BASE CONNECTION	1
202	FRONT BASE	1
203	LEG PRESS SUPPORT	1
204	REAR TUBE	1
205	SLIDING SEAT SUPPORT FRAME	2
206	SEAT SUPPORT	1
207	SLIDING TUBE	1
208	FOOT REST	1
209	STEEL ROLLER	1
210	HANDLE BAR	1
211	SINGLE PULLEY BRACKET	1
212	50 ID. SQUA. END CAP	4
213	50 SQUA. END CAP	15
214	RUBBER STOP	2
215	RUBBER BUMPER	1
216	NON-SKID PAD	8
217	SPRING PIN	1
218	3/4" STEEL BUSHING	4
219	1/2" STEEL BUSHING	8
220	1/2" X 7" HEX HEAD BOLT	2
221	1/2" X 3-1/2" HEX HEAD BOLT	2
222	1/2" X 3-1/8" HEX HEAD BOLT	2
223	3/8" X 3" HEX HEAD BOLT	4
224	3/8" X 2-1/2" HEX HEAD BOLT	2
225	3/8" X 2" HEX HEAD BOLT	3
226	3/8" X 1" HEX HEAD BOLT	2
227	3/8" X 3/4" HEX HEAD BOLT	2
228	5/16" X 1/2" SETSCREW	4
229	1/2" WASHER	12
230	3/8" WASHER(LARGE)	2
231	3/8" WASHER(SMALL)	18
232	1/2" NYLON NUT	6
233	3/8" NYLON NUT	9
234	LEG PRESS CABLE	1
235	HOOK	1
236	PULLEY	3
237	SEAT	1
238	BACK PAD	1
239	1" X 130 HAND GRIP	2
240	OWNER'S MANUAL	1
84A	TOP CABLE (2890 mm)	1

# PARTS CHART

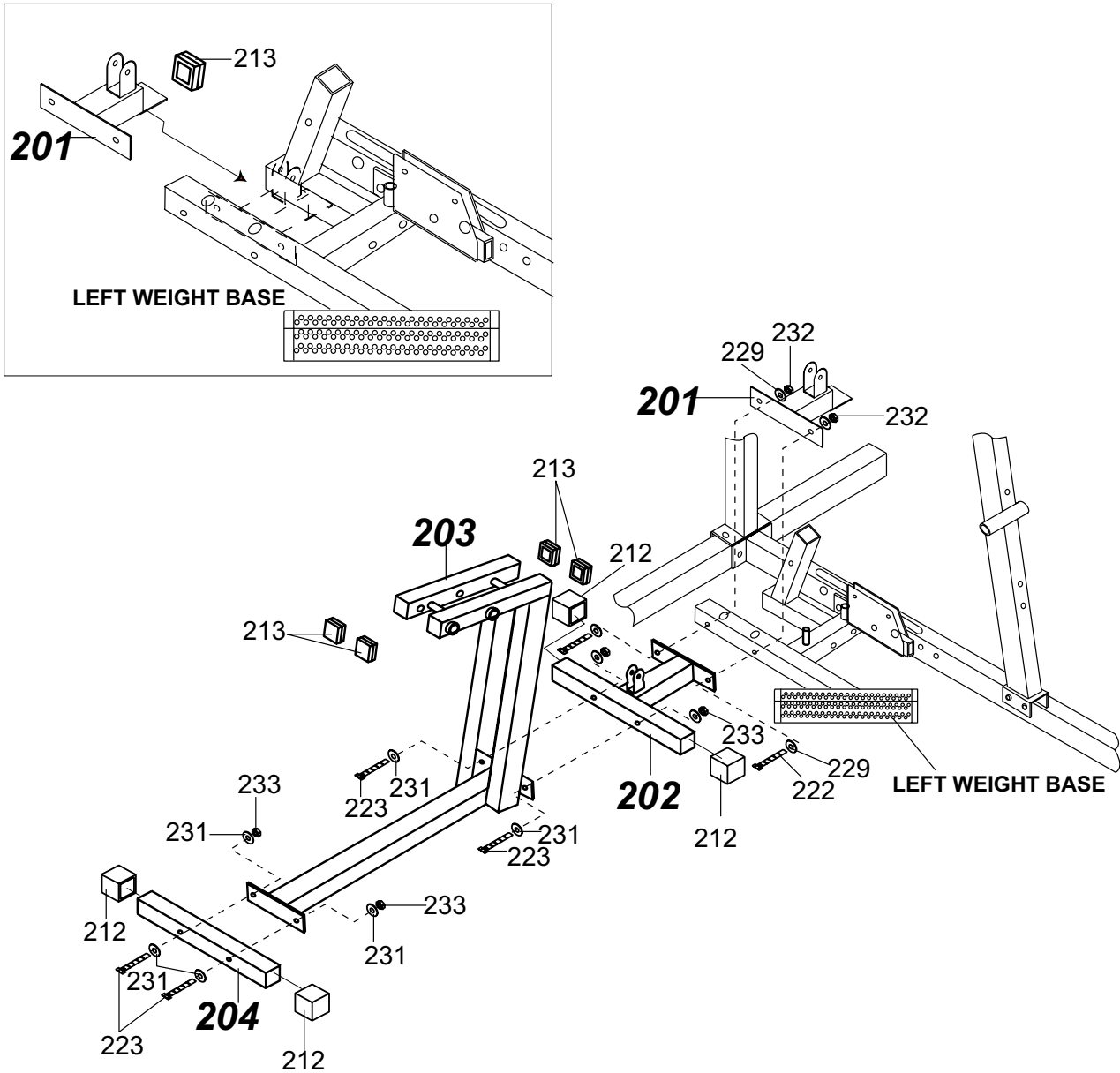


## FASTENER



# STEP 1

1. Attach BASE CONNECTION(201) and FRONT BASE(202) to the holes in the **LEFT WEIGHT BASE** of Bodycraft Strata home gym using two 1/2" x 3-1/8" HEX HEAD BOLT(222), four 1/2" WASHER(229) and two 1/2" NYLON NUT(232).
2. Attach LEG PRESS SUPPORT(203) to FRONT BASE(202) using two 3/8" x 3" HEX HEAD BOLT(223), four 3/8" WASHER(SMALL)(231) and two 3/8" NYLON NUT(232).
- Attach REAR TUBE(204) to LEG PRESS SUPPORT(203) as shown using two 3/8" x 3" HEX HEAD BOLT(223), four 3/8" WASHER(SMALL)(231) and two 3/8" NYLON NUT(232).



## STEP2

*To ensure best performance, lubricate all pivot points during assembly.*

Insert two 3/4" STEEL BUSHING(218) and four 1/2" STEEL BUSHING(219) to SLIDING SEAT SUPPORT FRAME(205).

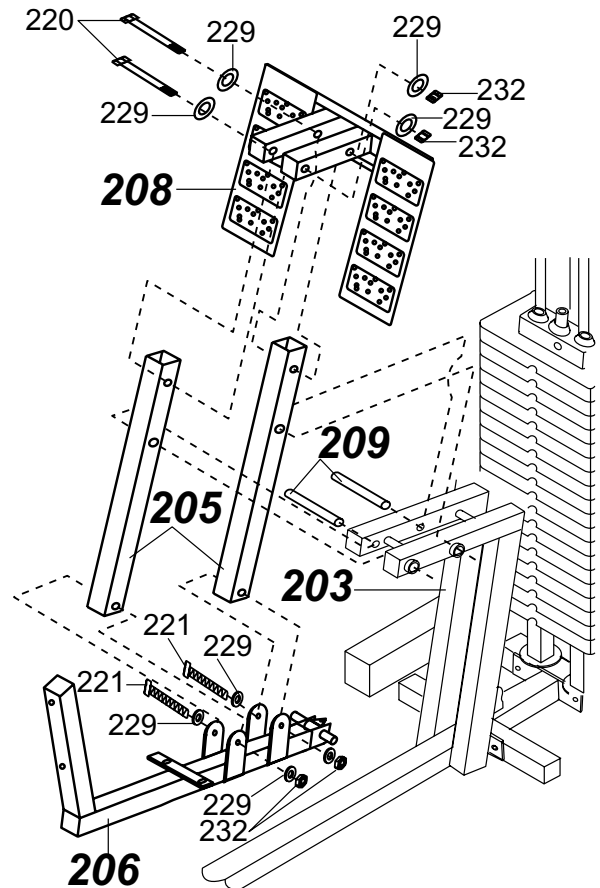
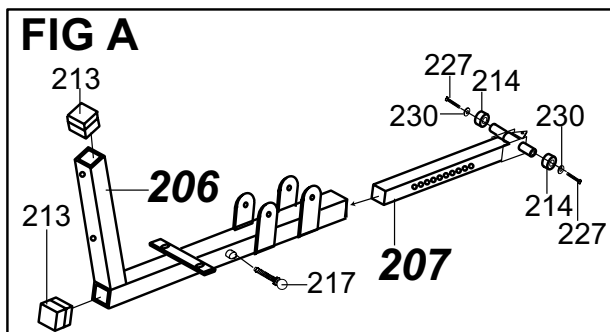
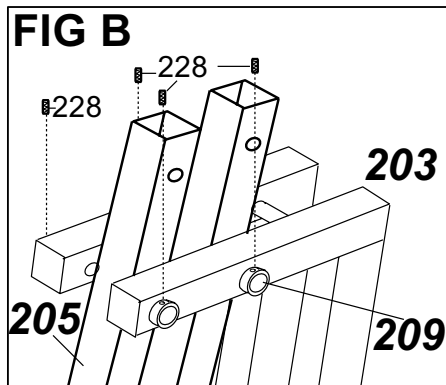
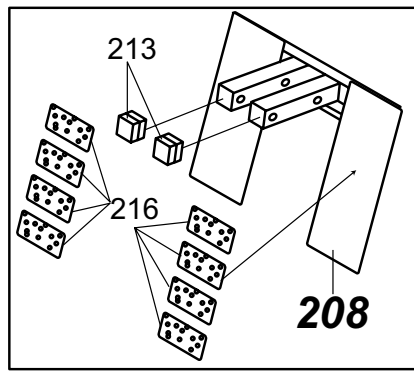
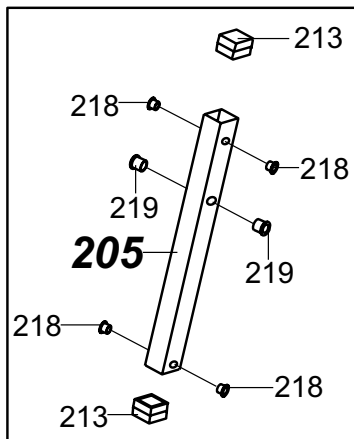
Attach SLIDING SEAT SUPPORT FRAME(205) to LEG PRESS SUPPORT(203) as shown using two STEEL ROLLER(209) as shown.

Tighten 5/16" X 1/2" SETSCREWS(228) with Hex Wrench to bolt STEEL ROLLERS (209) in place.(See FIG B)

Attach eight NON-SKID PAD(216) to FOOT REST(208).

Attach SEAT SUPPORT(206) to SLIDING SEAT SUPPORT FRAME(205) as shown using two 1/2" x 3-1/2" HEX HEAD BOLT(221), four 1/2" WASHER(229) and two 1/2" NYLON NUT(232)

Attach FOOT REST(208) to SLIDING SEAT SUPPORT FRAME(205) as shown using two 1/2" x 7" HEX HEAD BOLT(220), four 1/2" WASHER(229) and two 1/2" NYLON NUT(232).

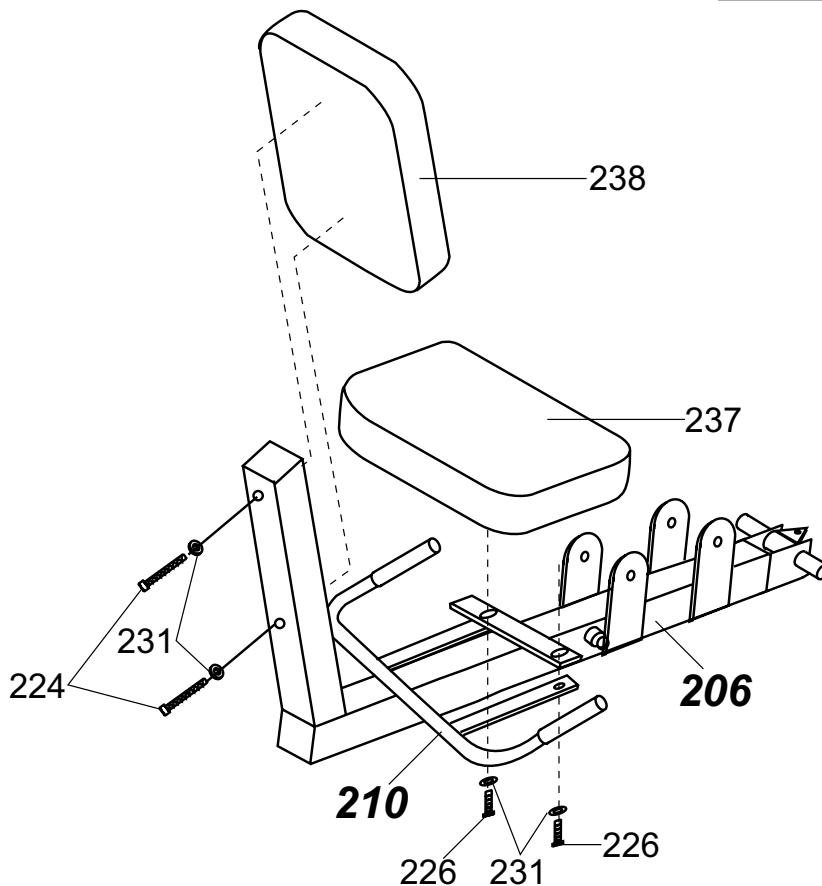
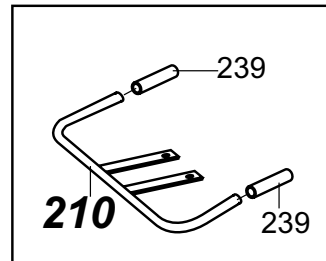


### STEP3

Attach HANDLE BAR(210) and SEAT(237) to SEAT SUPPORT(206) as shown using two 3/8" X 1" HEX HEAD BOLT(226) and two 3/8" WASHER(231).

Attach BACK PAD(238) on SEAT SUPPORT(206) as shown using two 3/8" x 2-1/2" HEX HEAD BOLT(224) and two WASHER(SMALL)(231).

**CHECK** that all the parts are in assembled correctly as drawing then **tighten** all bolts. Attach all plastic ends caps and grips to appropriate places.

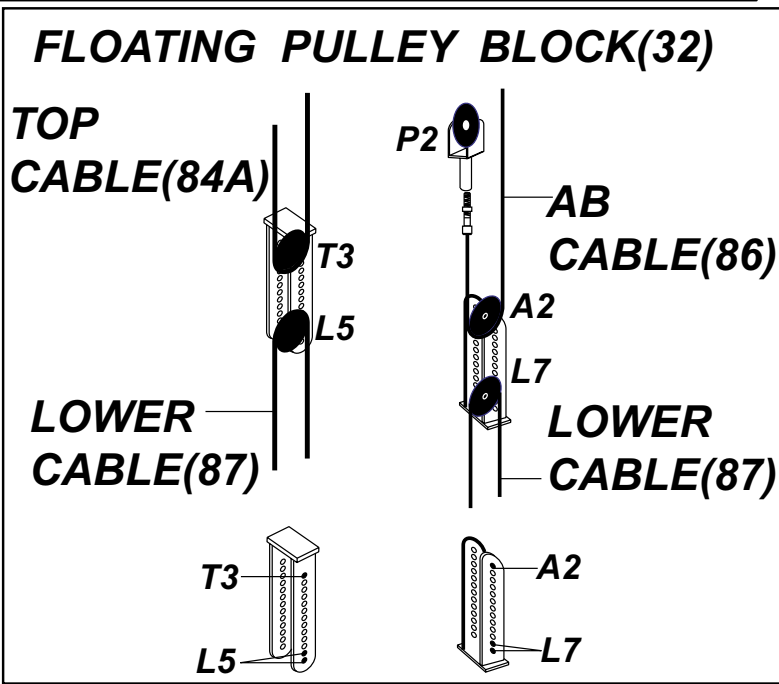
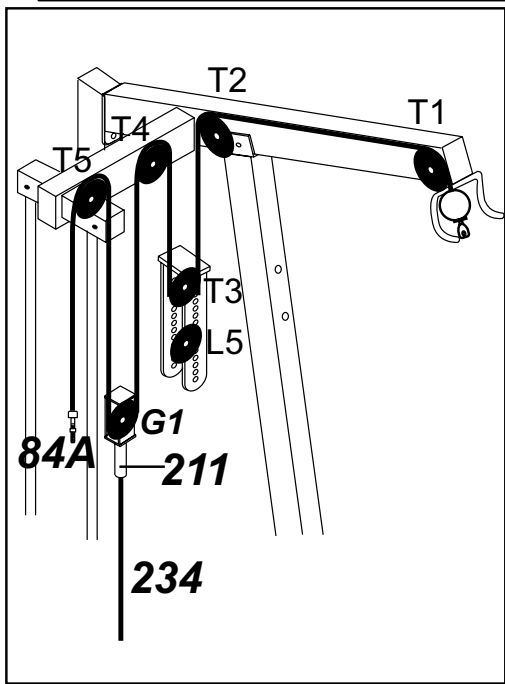
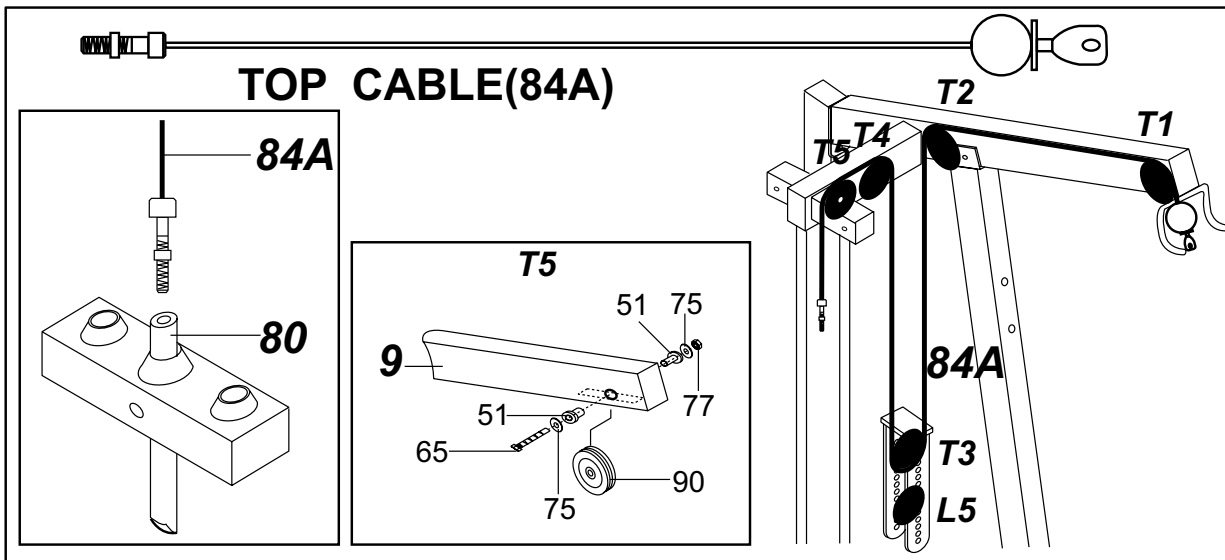


# LEG PRESS CABLE



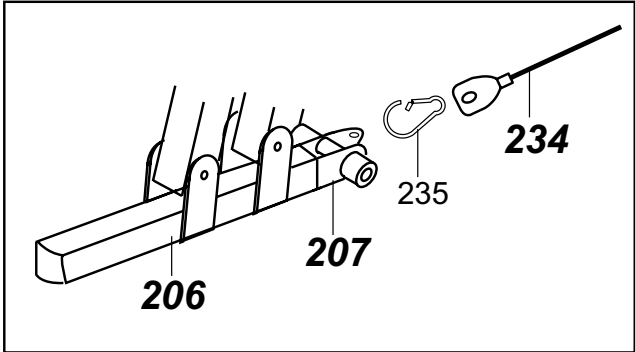
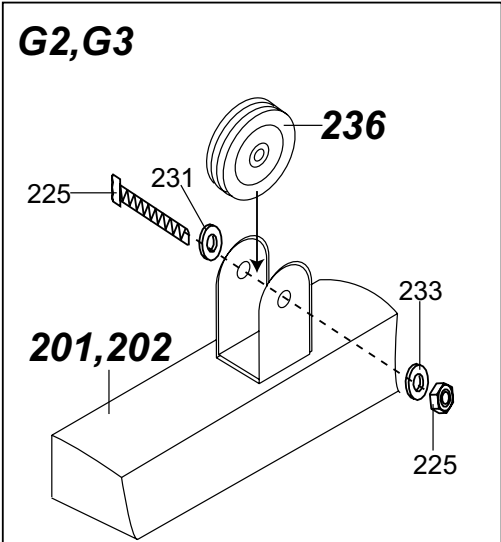
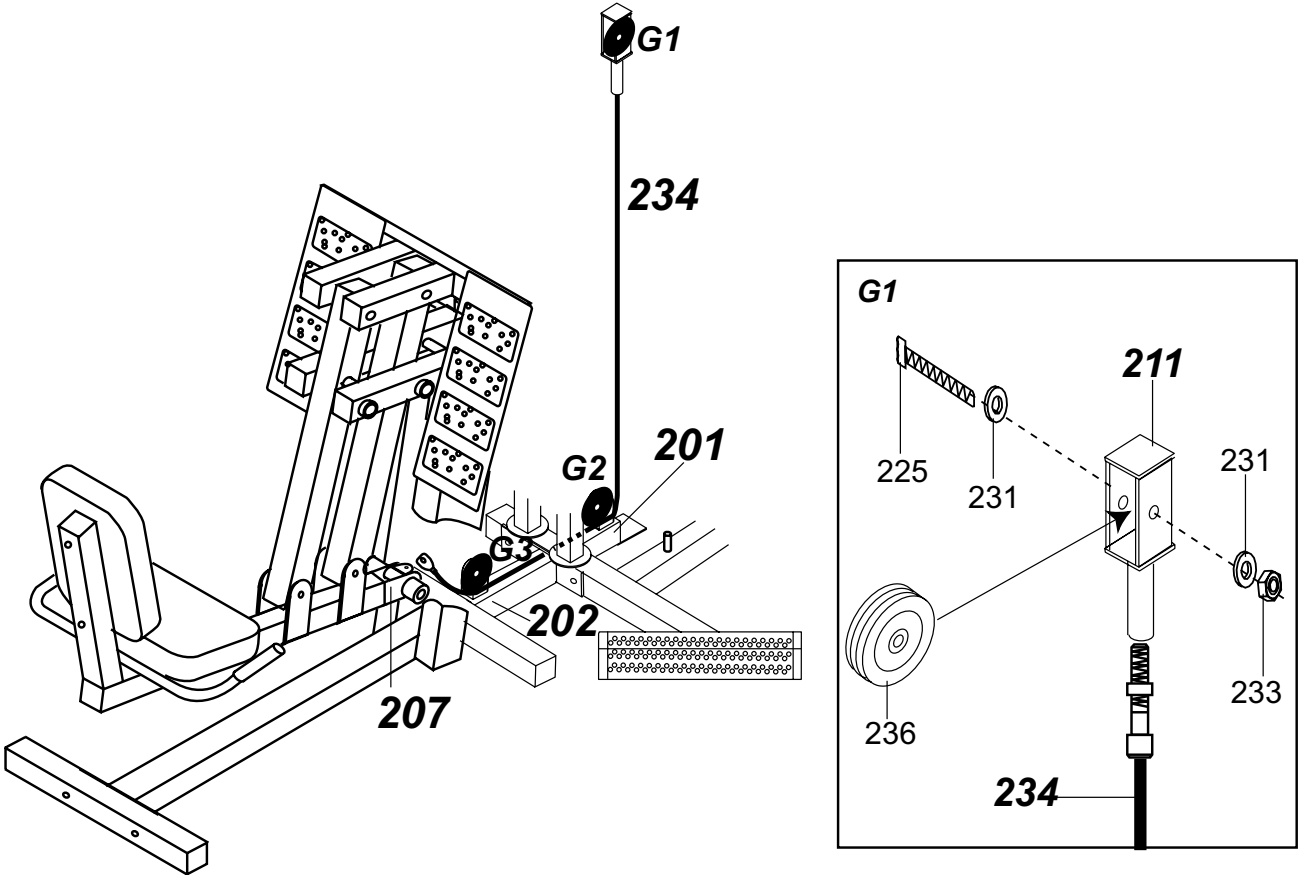
## LEG PRESS CABLE(234)

If previously installed, completely remove TOP CABLE(84), along with pulleys T1, T2, T3, T4 and T5. Remove the two bolts and attach the TOP BEAM into the FRONT UPRIGHT. Assemble TOP CABLE(84A) (from leg press box) and pulleys simultaneously. Insert threaded end of TOP CABLE(84A) into slot in front of TOP BEAM, over pulleys T1, T2, around pulley T3, and over T4. Run threaded end of TOP CABLE(84A) through SINGLE PULLEY BRACKET(211) and attach pulley G1 as shown. Finish by routing TOP CABLE(84A) over pulley T5 and attach threaded end of TOP CABLE(84A) into SELECTOR ROD. For safety reasons, the threaded end should be screwed in using at least half of the available screw length. The jam nut should be tightened to SELECTOR ROD to prevent loosening. Replace the two bolts that attach the TOP BEAM to the FRONT UPRIGHT and tighten. Make certain the TOP CABLE(84A) runs above these bolts. Attach RUBBER BUMPER(215) to top of SINGLE PULLEY BRACKET(21).





Screw thread end of LEG PRESS CABLE(234) into SINGLE PULLEY BRACKET(211). Attach pulleys **G2** and **G3**, making certain LEG PRESS CABLE(234) runs beneath pulleys and is scated in pulley grooves. Attach the eyelet cable end to ADJUSTMENT TUBE(207) as shown.



**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. Put the Weight Selector Pin (37) in the bottom hole on the weight stack. Pull on the cables with great force, helping remove any kinks and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. The cables should be adjusted as tight as possible, but not so tight as to lift the Top Plate (82) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the Guide Rods (8 ).
7. Enjoy many years of a Fit Lifestyle!

**Thank you for purchasing the Bodycraft Strata Home Gym. If you have any questions, please call your local Bodycraft dealer or call our customer service department at 800-990-5556.**