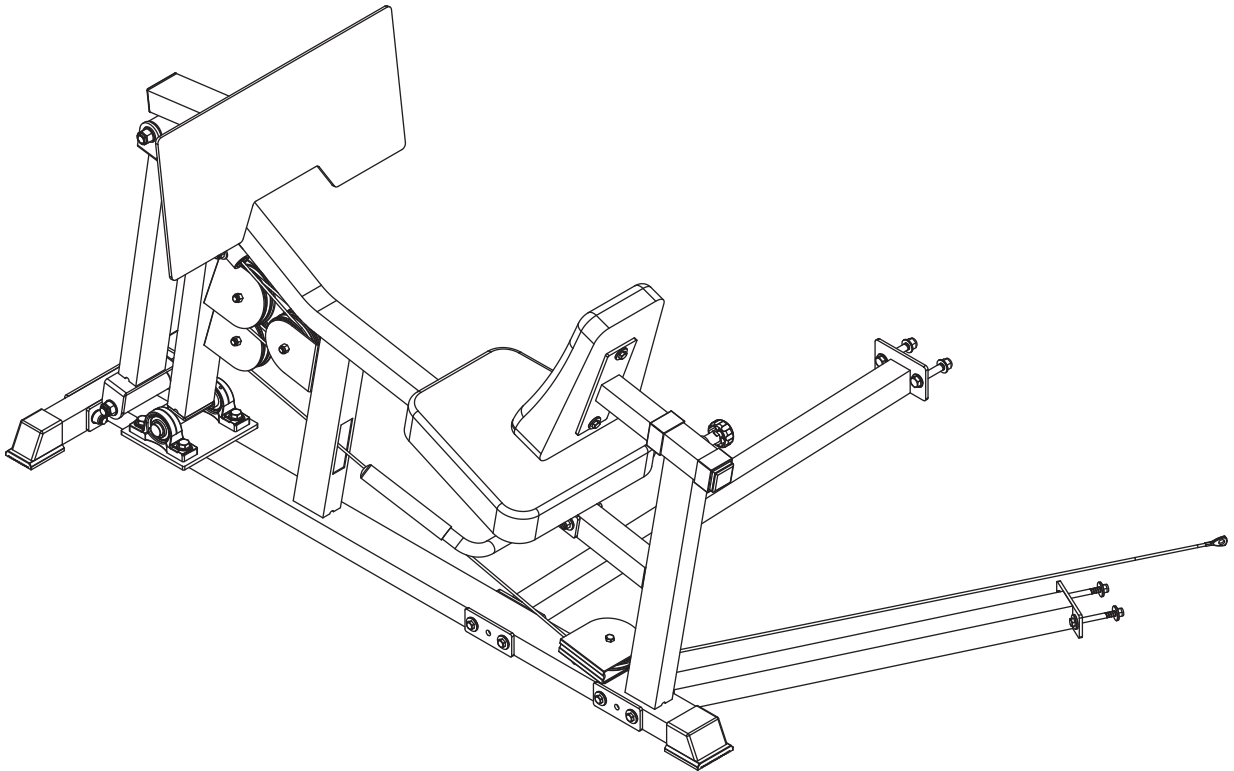


# **BODYCRAFT**

## INSTRUCTION MANUAL LEG PRESS (V2) OPTION OF K1 (V2)



### **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.*

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

## STEP 3



***Pull out the selector pin at weight stack of K1 gym to allow top cable movable.***

1. Attach the eyelet end of the Leg Press Cable (243) to the Leg Extension Arm (17), using one 3/8" X 3" Hex Bolt (113) and one 3/8" Nylon Nut (138) as shown in Fig.1.
2. Run the cable through the slot in the front of the Seat Frame (7) and mount a pulley in the slot using one 3/8" X 2-3/4" Hex Bolt (114), two 3/8" steel Bushing (83), two 3/8" Washers (130) and one 3/8" Nylon Nut (138) as shown in Fig 2.
3. Slide the cable through the Base Frame (1) from front to rear slot, you will now mount a pulley (65) in the rear slot, using 3/8" X 2-1/2" Hex Bolt (116) and one 3/8" Nylon Nut (138). Then route the cable under a pulley mounted on the plate welded on the rear Base Frame (1), attach Pulley Guard (28) and Metal Tab (27) at both side of the pulley, using one 3/8" X 2" Hex Bolt (117) and one 3/8" Nylon Nut (138).
4. Route the cable up and around pulley mounted in the second hole in the bottom of the Double Pulley Block (24), using one 3/8" X 1-3/4" Hex Bolt (118) and one 3/8" Nylon Nut (138). When cabling is complete, this pulley can be moved upward to take a slack or downward to gain length.
5. Continue to route the cable down to the pulley on the Base Frame (1), mount a pulley using one 3/8" X 1-3/4" Hex Bolt (118) and one 3/8" Nylon Nut (138) as shown in Fig.6.
6. Continue to route the cable underneath the weight stack and around the horizontally mounted pulley on the Leg Press Main Frame (202), mount the pulley using one 3/8" X 1-3/4" Hex Bolt (233) and one 3/8" Nylon Nut (241) as shown in Fig. 7.
7. Continue to route the cable through the slot in the Leg Press Main Frame (202), and under and around (exiting on the top) the lowest pulley on the Rear Leg Press Support (208) as shown in Fig. 8,10. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (233) and one 3/8" Nylon Nut (241).
8. Then route the cable under and around (exiting on the top) the right side (as if sitting on seat) pulley mounted in the leg Press Main Frame (202) as shown in Fig.9,11. Mount two pulleys here using one 3/8" X 2-3/4" Hex Bolt (232) and one 3/8" Nylon Nut (241).
9. Route the cable in the same manner under and around the uppermost pulley mounted on the Rear Leg Press Support (208) as shown in Step 1. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (233) and one 3/8" Nylon Nut (241).
10. Route the cable in the same manner under and around the left side (as if sitting on seat) pulley mounted in the Leg Press Main Frame (202) as shown in Step 2.
11. Hold the ball end of the cable with Metal Washer (246) in front of the inner tube of the receptor holder (244). Tighten the receptor Holder (244) on the Rear Leg Press Support (208) as shown in Fig.12, using one 3/8" X 2-1/4" Hex Bolt (249), two 3/8" Washers (238) and one 3/8" Nylon Nut (241).

# STEP 3

Eyelet end                      **LEG PRESS CABLE (243)**                      Metal ball end

