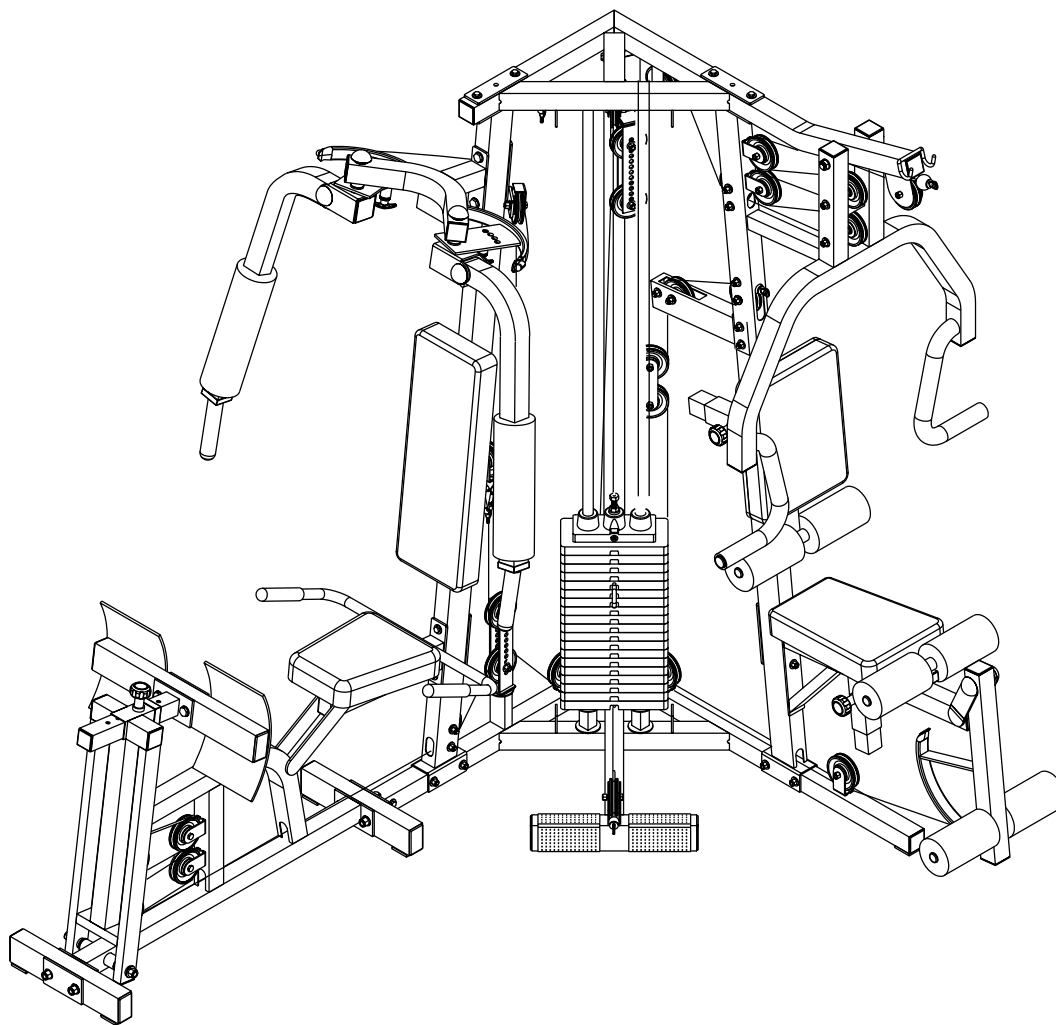


# BodyCraft

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



### Questions?

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 GALENA** strength training system. The **BODYCRAFT GALENA** 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 GALENA** 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 GALENA.** 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.

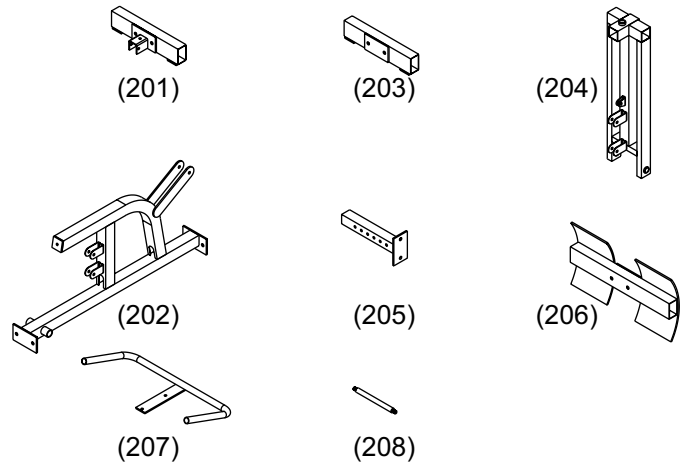
## **IMPORTANT SAFETY NOTES**

**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.**

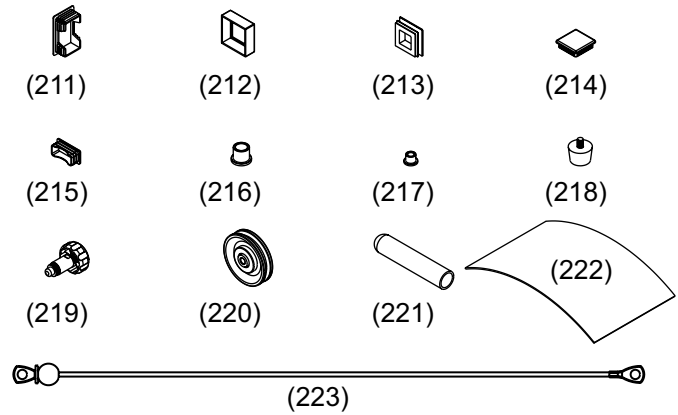
1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **BODYCRAFT GALENA** 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 GALENA** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

# PARTS LIST

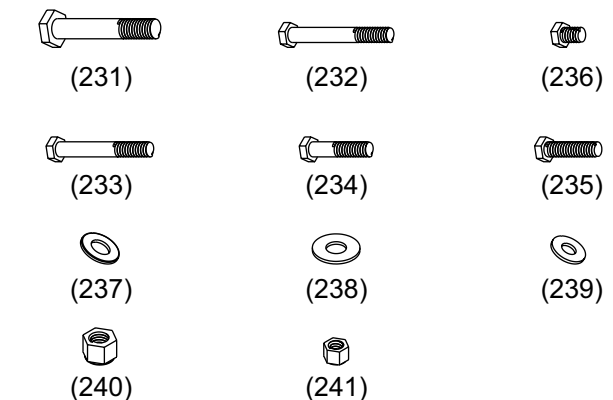
| NO  | DESCRIPTION       | QTY |
|-----|-------------------|-----|
| 201 | CONNECT TUBE      | 1   |
| 202 | MAIN FRAME        | 1   |
| 203 | FRONT STABILIZER  | 1   |
| 204 | LEG PRESS SUPPORT | 1   |
| 205 | SLIDING TUBE      | 1   |
| 206 | FOOT REST         | 1   |
| 207 | HANDLE BAR        | 1   |
| 208 | AXLE              | 1   |



| NO  | DESCRIPTION           | QTY |
|-----|-----------------------|-----|
| 211 | RECT 45 X 75 END PLUG | 6   |
| 212 | 50 SQ SPACER          | 1   |
| 213 | 50 END PLUG           | 2   |
| 214 | 45 END PLUG           | 1   |
| 215 | RECT 1" X 2" END PLUG | 2   |
| 216 | 3/4" BUSHING          | 2   |
| 217 | 3/8" BUSHING          | 2   |
| 218 | RUBBER STOPPER        | 1   |
| 219 | KNOB                  | 1   |
| 220 | PULLEY                | 5   |
| 221 | HAND GRIP             | 2   |
| 222 | NON-SLIP PAD          | 2   |
| 223 | LEG PRESS CABLE       | 1   |



| NO  | DESCRIPTION                 | QTY |
|-----|-----------------------------|-----|
| 231 | 1/2" X 3" HEX HEAD BOLT     | 6   |
| 232 | 3/8" X 3" HEX HEAD BOLT     | 1   |
| 233 | 3/8" X 2-3/4" HEX HEAD BOLT | 1   |
| 234 | 3/8" X 1-3/4" HEX HEAD BOLT | 4   |
| 235 | 3/8" X 1-1/2" HEX HEAD BOLT | 1   |
| 236 | 3/8" X 1/2" HEX HEAD BOLT   | 3   |
| 237 | 1/2" WASHER(LARGER)         | 2   |
| 238 | 1/2" WASHER                 | 12  |
| 239 | 3/8" WASHER                 | 17  |
| 240 | 1/2" NYLON NUT              | 8   |
| 241 | 3/8" NYLON NUT              | 7   |



# ASSEMBLE LEG PRESS STATION

Remove the 50 MM END PLUG(32) from BASE FRAME(1).

Remove PEC DEC SEAT PAD(54) from PEC DEC SEAT(19).

Attach CONNECT TUBE(201) to BASE FRAME(1) using three 3/8" X 1/2" HEX HEAD BOLT(236) and three 3/8" WASHER(239).

Attach MAIN FRAME(202) to CONNECT TUBE(201) using two 1/2" x 3" HEX HEAD BOLT, four 1/2" WASHER(238) and two 1/2" NYLON NUT(240). Attach MAIN FRAME to PEC DEC SEAT(19) using 3/8" x 3" HEX HEAD BOLT(232), two 3/8" WASHER(239) and 3/8" NYLON NUT(241).

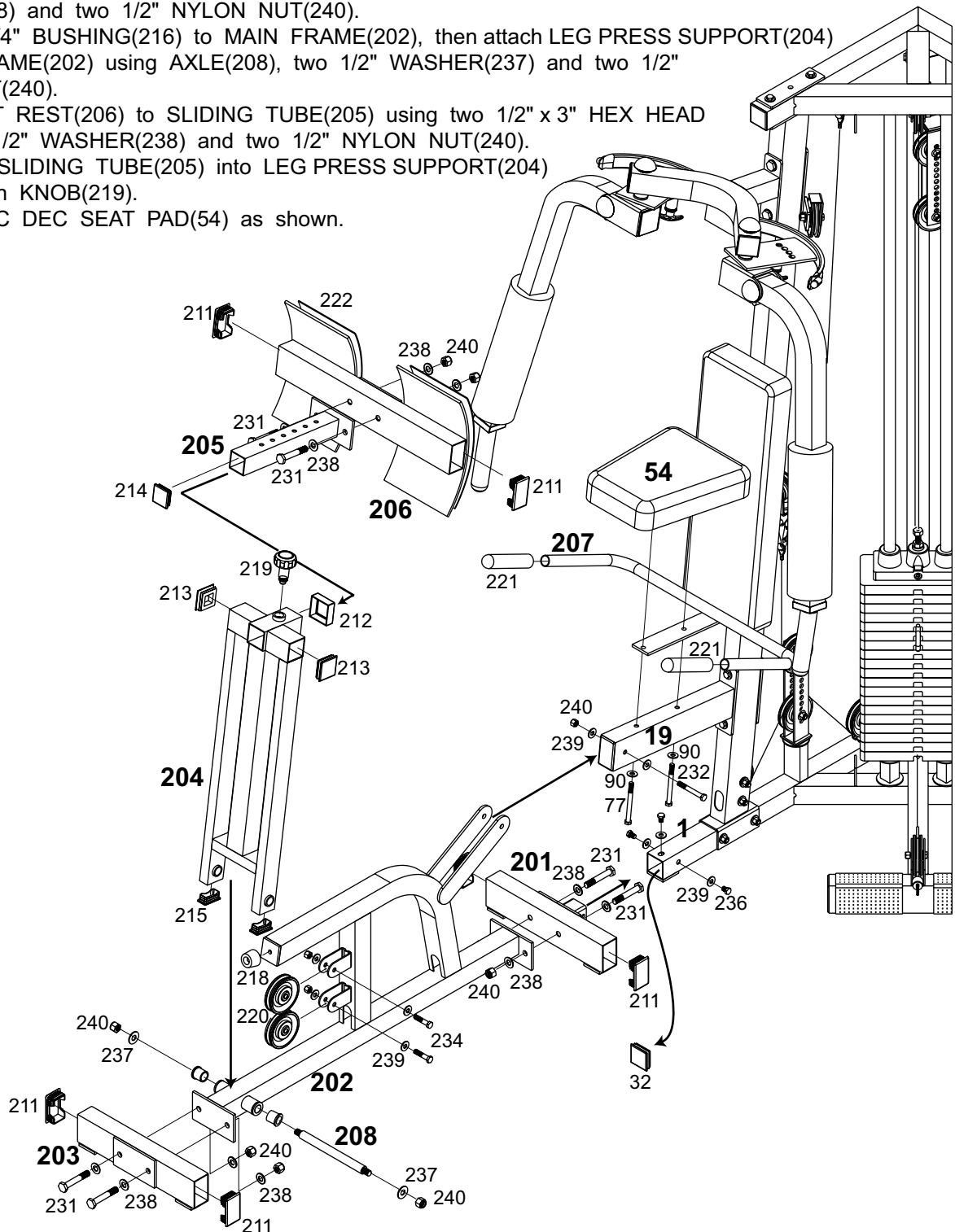
Attach FRONT STABILIZER(203) to MAIN FRAME(202) using two 1/2" x 3" HEX HEAD BOLT, four 1/2" WASHER(238) and two 1/2" NYLON NUT(240).

Insert two 3/4" BUSHING(216) to MAIN FRAME(202), then attach LEG PRESS SUPPORT(204) to MAIN FRAME(202) using AXLE(208), two 1/2" WASHER(237) and two 1/2" NYLON NUT(240).

Attach FOOT REST(206) to SLIDING TUBE(205) using two 1/2" x 3" HEX HEAD BOLT, four 1/2" WASHER(238) and two 1/2" NYLON NUT(240).

Then insert SLIDING TUBE(205) into LEG PRESS SUPPORT(204) and lock with KNOB(219).

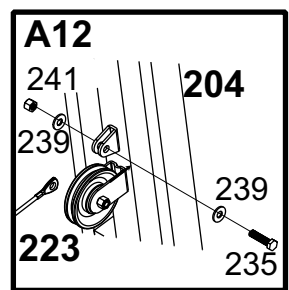
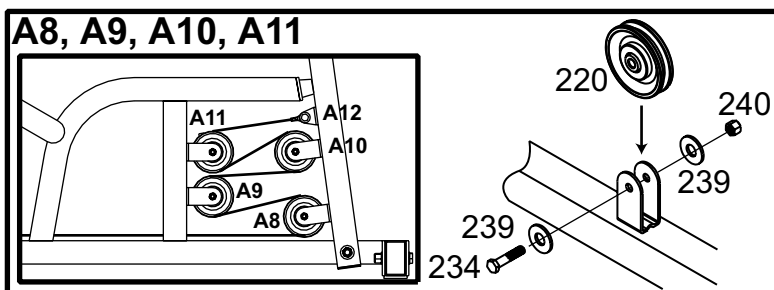
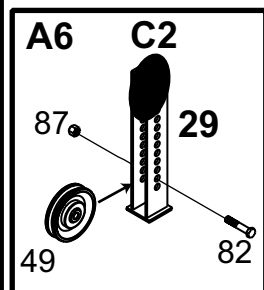
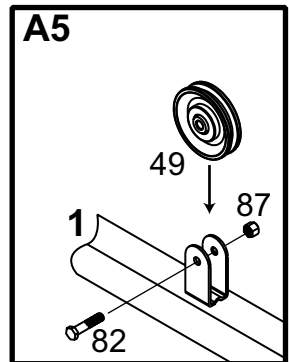
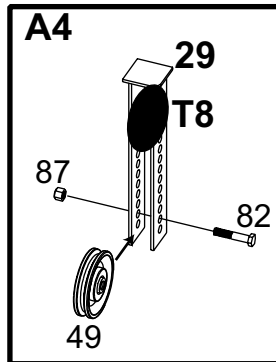
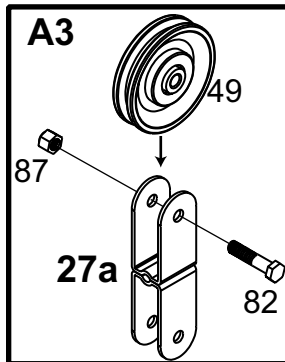
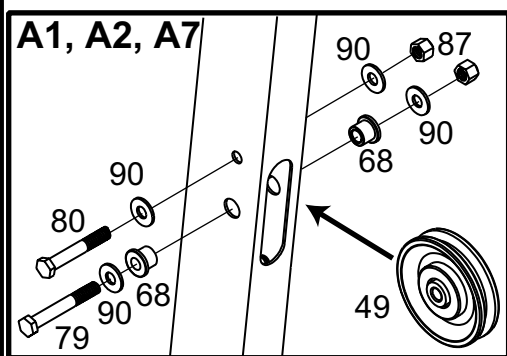
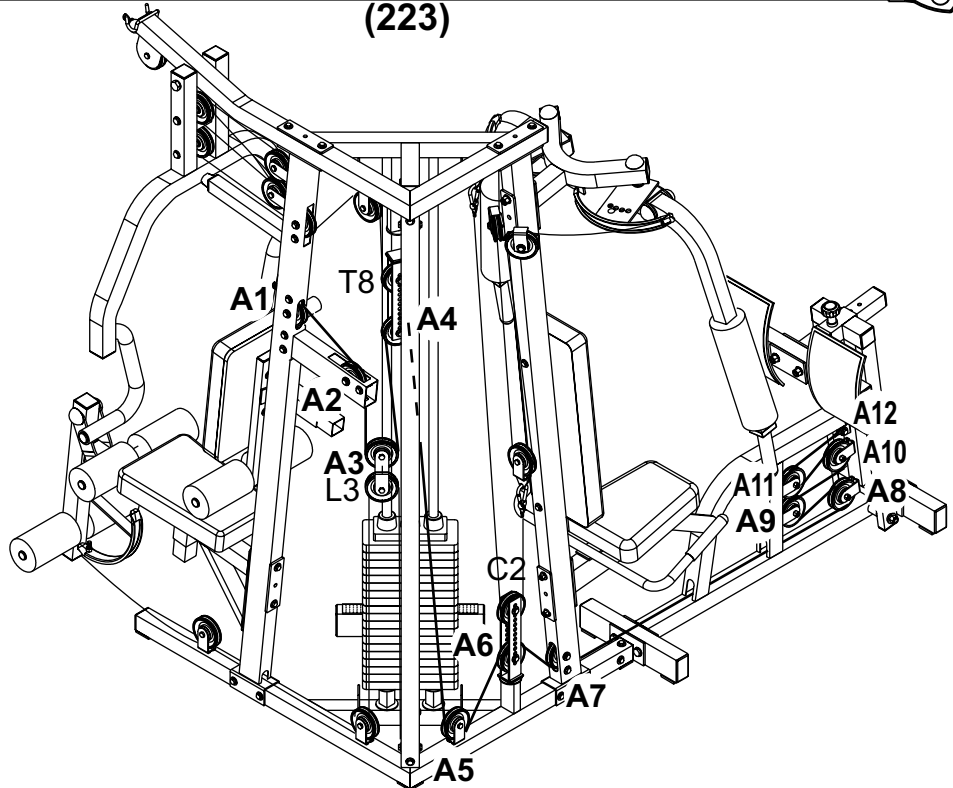
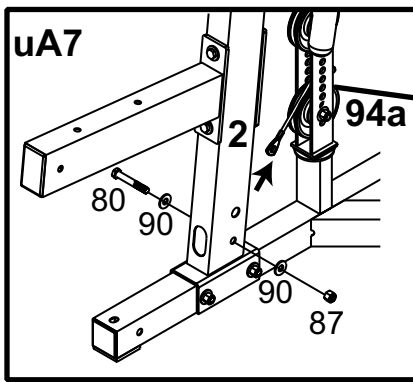
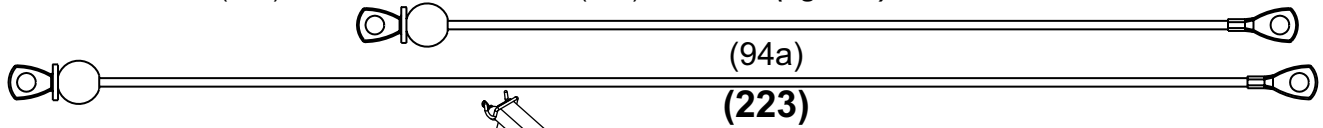
Reinstall PEC DEC SEAT PAD(54) as shown.



# INSTALL LEG PRESS CABLE

If previously installed, completely remove AB CABLE(94a) by unscrewing HEX HEAD BOLT(80) as shown(**fig uA7**).

Assemble LEG PRESS CABLE(223)(from leg press box) and pulleys simultaneously. Insert eyelet end of LEG PRESS CABLE(223) into slot in front of PRESS UPRIGHT(3), over pulley A1, A2, down and around pulley A3, up and around A4, down and around pulley A5, up and around A6, under pulley A7, under and around pulley A8, down and around A9, down and around A10, down and around A11. Then insert the eyelet end into the bracket of LEG PRESS SUPPORT(204) and fix using 3/8" x 1-1/2 HEX HEAD BOLT(235), two 3/8" WASHER(239) and 3/8" NYLON NUT(241) as shown(**fig A12**).



**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(42) 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 no so tight as to lift the Top Plate(8) 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(5)**.
7. Enjoy many years of a Fit Lifestyle.

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