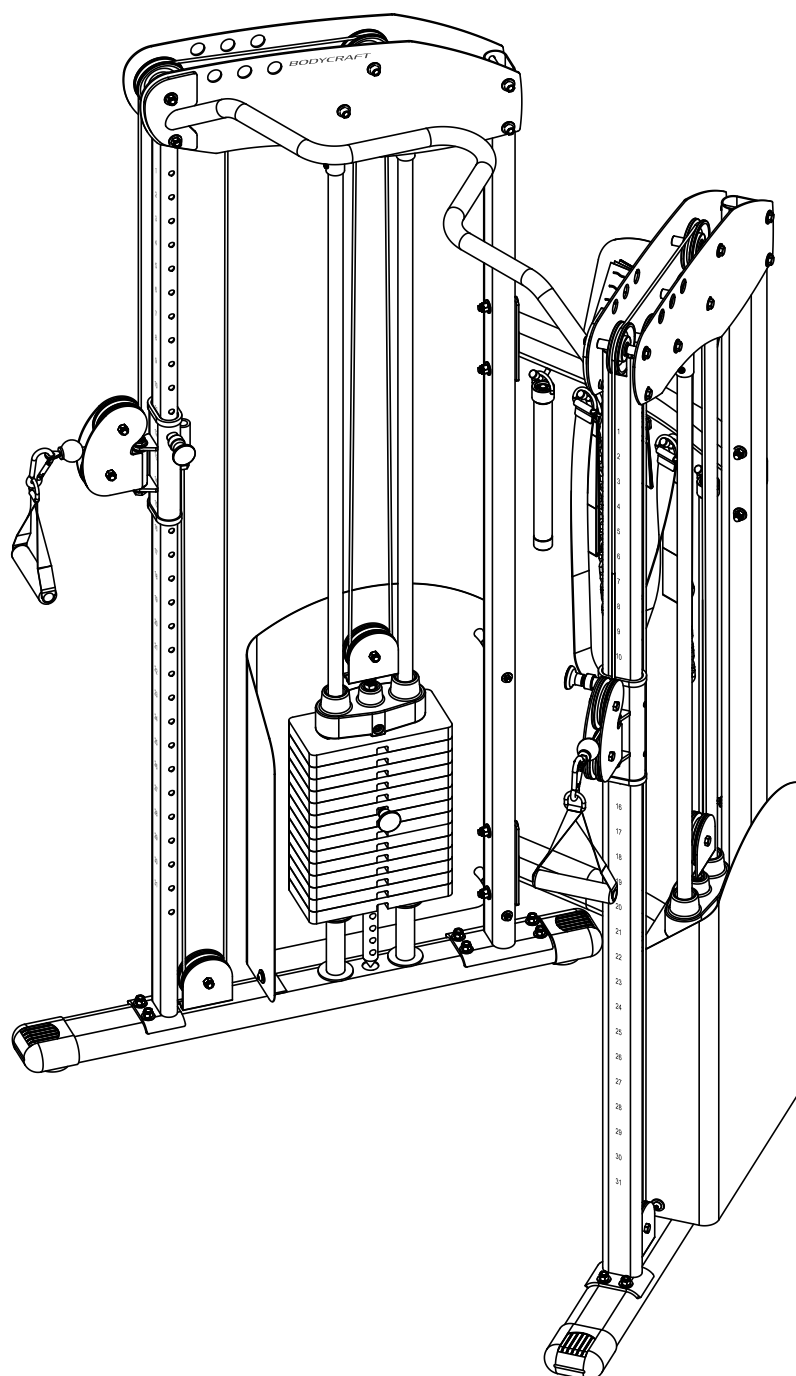


BODYCRAFT

HFT STRENGTH TRAINING SYSTEM OWNER'S MANUAL



MB1303

Model No. HFT

BODYCRAFT is a division of Recreation Supply

Recreation Supply Inc.

P.O. BOX 181

Sunbury, OH 43074

Congratulations and Thank You!

Thank you for selecting the **BODYCRAFT HFT Strength Training System**. The **BODYCRAFT HFT** 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 HFT** will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the **BODYCRAFT HFT**. Keep this manual for future reference. If you have additional questions, please contact your local **BODYCRAFT HFT** Dealer or BODYCRAFT at info@bodycraft.com or 800-990-5556 Monday – Friday ,9 am until 5 pm EST.

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.

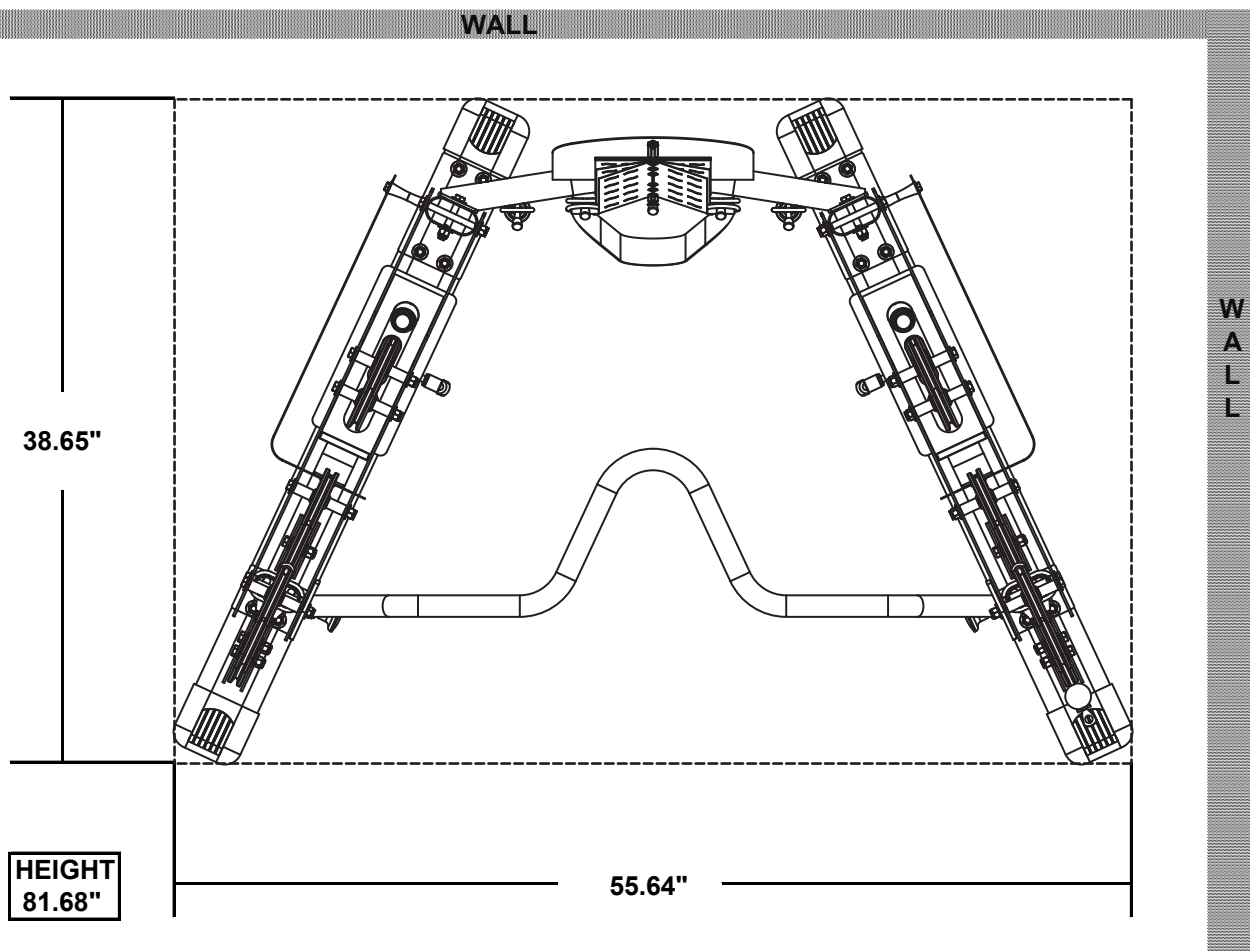
1. **This product must be assembled on a flat, level surface to assure its proper function.**
2. **Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.**
3. **Inspect and tighten all parts before every use. Replace any worn parts immediately.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

Parts Missing or Damaged?

As a quality home gym supplier we are committed to your complete satisfaction. If you 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 contact your local dealer for assistance or BODYCRAFT at service@bodycraft.com or 800-990-5556 (9 AM - 5 PM) EST. Our trained technicians will provide immediate assistance to you.

Gym Placement Planner

If possible, please take advantage of the corner fit design.

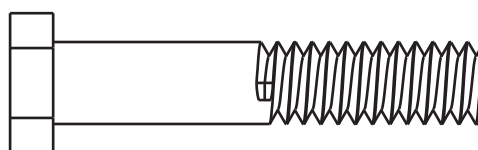


Recommended Tools for Assembly

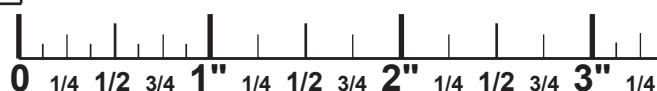
Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set
 Silicone Spray
 Window Cleaner or Water

Important Notes and Tips:

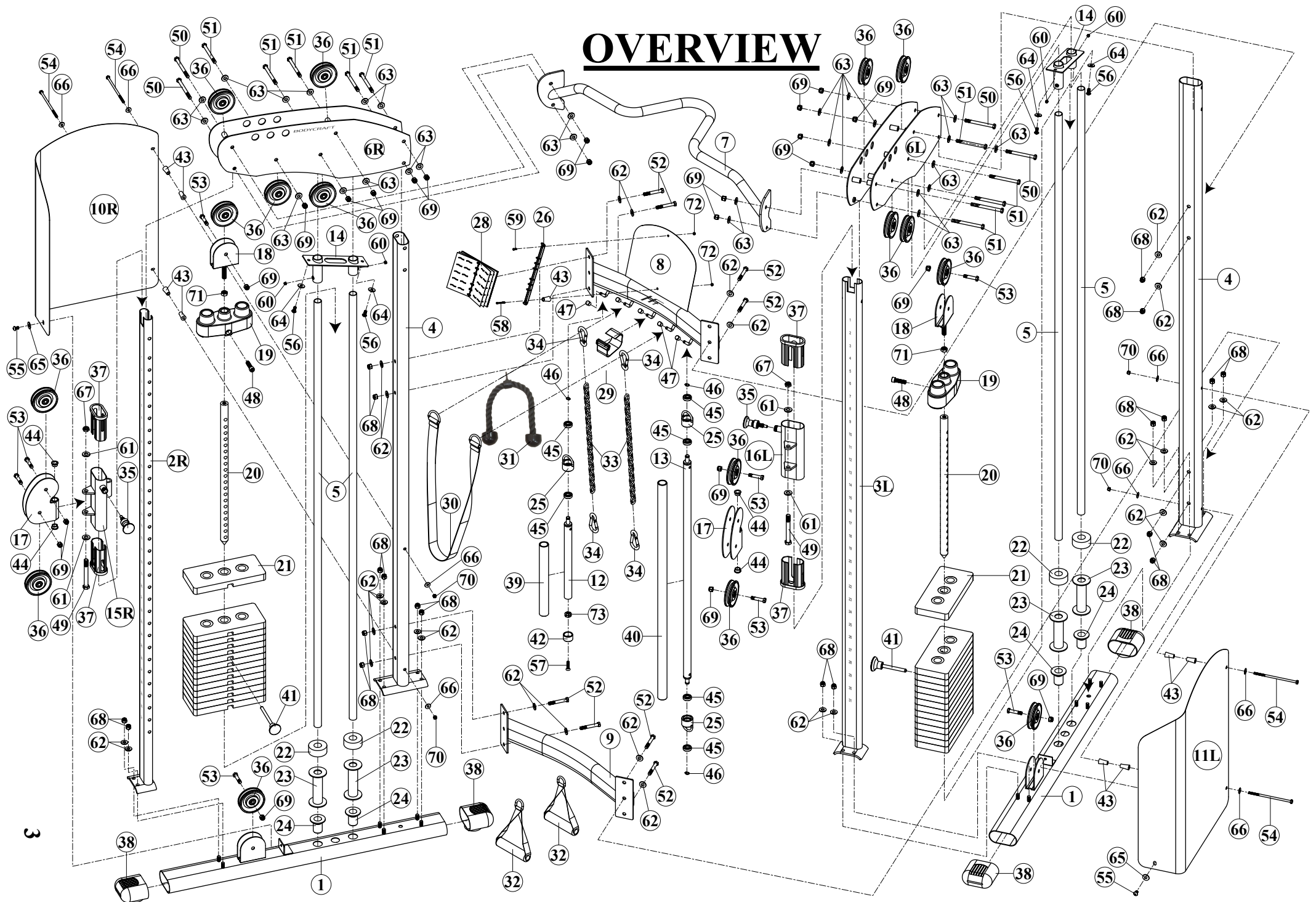
1. Do not tighten any bolts until instructed.
2. Two people are required for the safe assembly of the gym.
3. Use window cleaner or water to assist with roller pad installation.
4. Use silicone lubricant on guide rods prior to weight plate installation.
5. Carefully install plastic caps using a rubber mallet.
6. For your convenience, rulers are displayed throughout this manual.
7. When measuring bolt lengths, only measure the shank.



i.e. 2-1/4" Hex Bolt



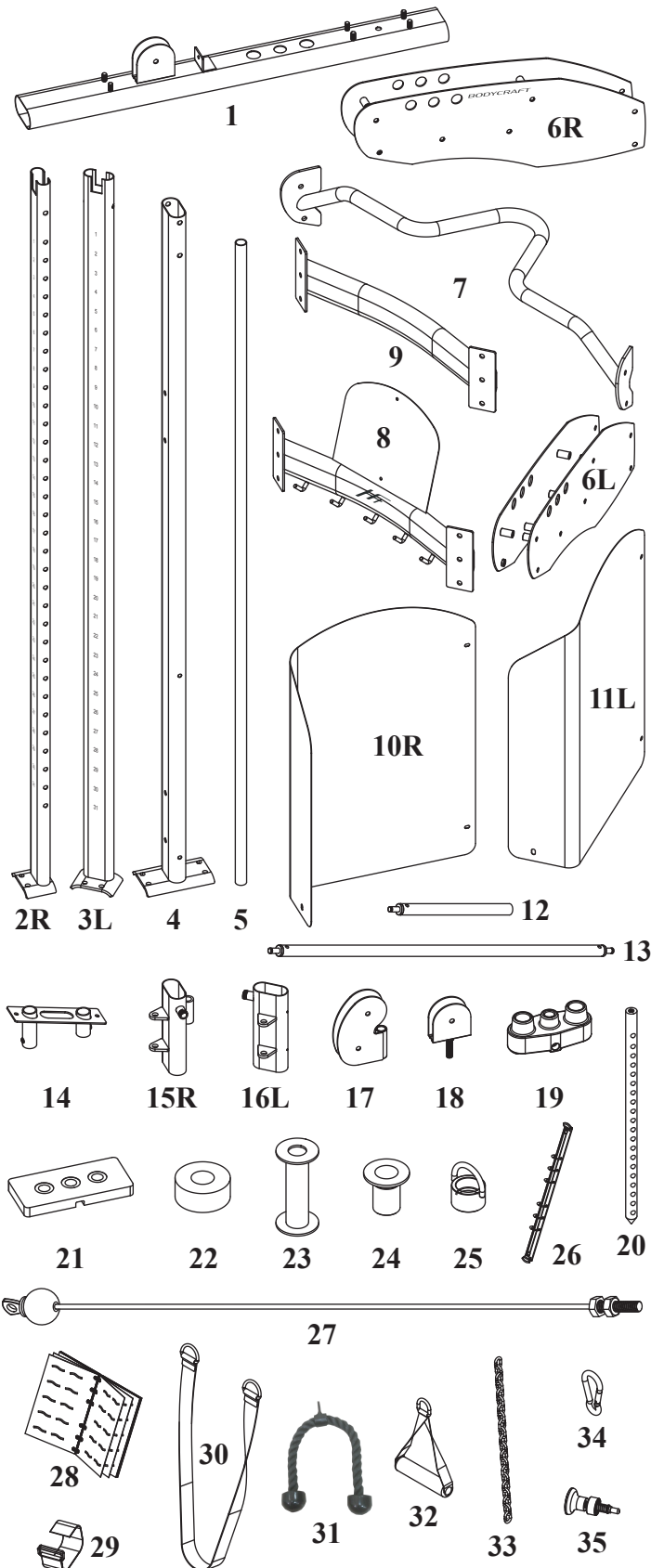
OVERVIEW



PARTS LIST

NO.	DESCRIPTION	QTY.
-----	-------------	------

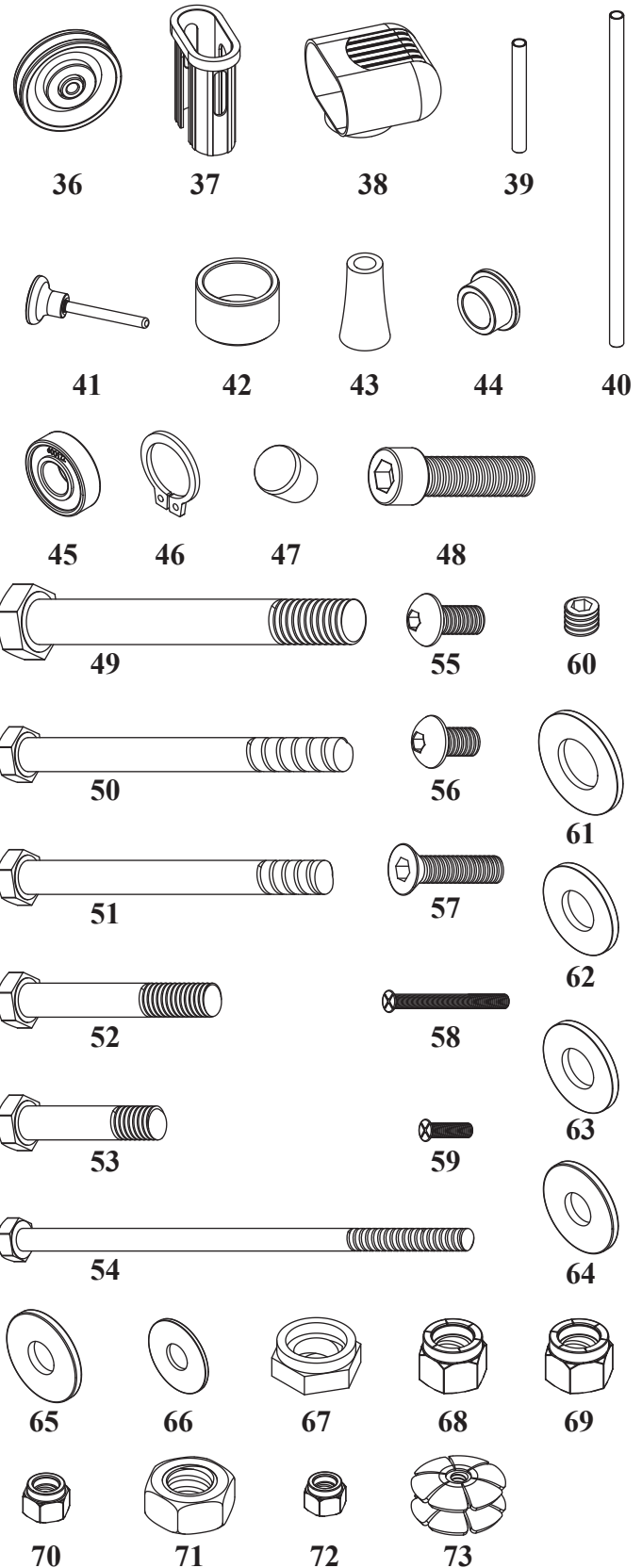
1	BASE FRAME LEG	2
2R	UPRIGHT FRAME - RIGHT	1
3L	UPRIGHT FRAME - LEFT	1
4	REAR UPRIGHT FRAME	2
5	GUIDE ROD	4
6R	TOP FRAME - RIGHT	1
6L	TOP FRAME - LEFT	1
7	CHIP - UP BAR	1
8	TOP CROSS SUPPORT	1
9	BOTTOM CROSS SUPPORT	1
10R	WEIGHT PANEL - RIGHT	1
11L	WEIGHT PANEL - LEFT	1
12	SPORT BAR	1
13	LONG BAR	1
14	TOP GUIDE ROD HOLDER	2
15R	PULLEY HEIGHT ADJUSTER - RIGHT (pre-assembled)	1
16L	PULLEY HEIGHT ADJUSTER - LEFT (pre-assembled)	1
17	ROTATING PULLEY HOLDER (pre-assembled)	2
18	PULLEY BLOCK	2
19	TOP PLATE	2
20	SELECTOR ROD	2
21	10 LB. WEIGHT PLATE	28
22	RUBBER DONUT	4
23	STACK SPACER	4
24	PLASTIC GUIDE ROD HOLDER	4
25	SPORT BAR COLLAR (pre-assembled)	3
26	EXERCISE BOOK HOLDER (pre-assembled)	1
27	CABLE	2
28	EXERCISE BOOK (pre-assembled)	1
29	ANKLE STRAP	1
30	CHIN ASSIST STRAP	1
31	TRICEP ROPE	1
32	SINGLE HANDLE	2
33	CHAIN	2
34	SNAP HOOK	4
35	POP - PIN (pre-assembled)	2



PARTS LIST

NO.	DESCRIPTION	QTY.
-----	-------------	------

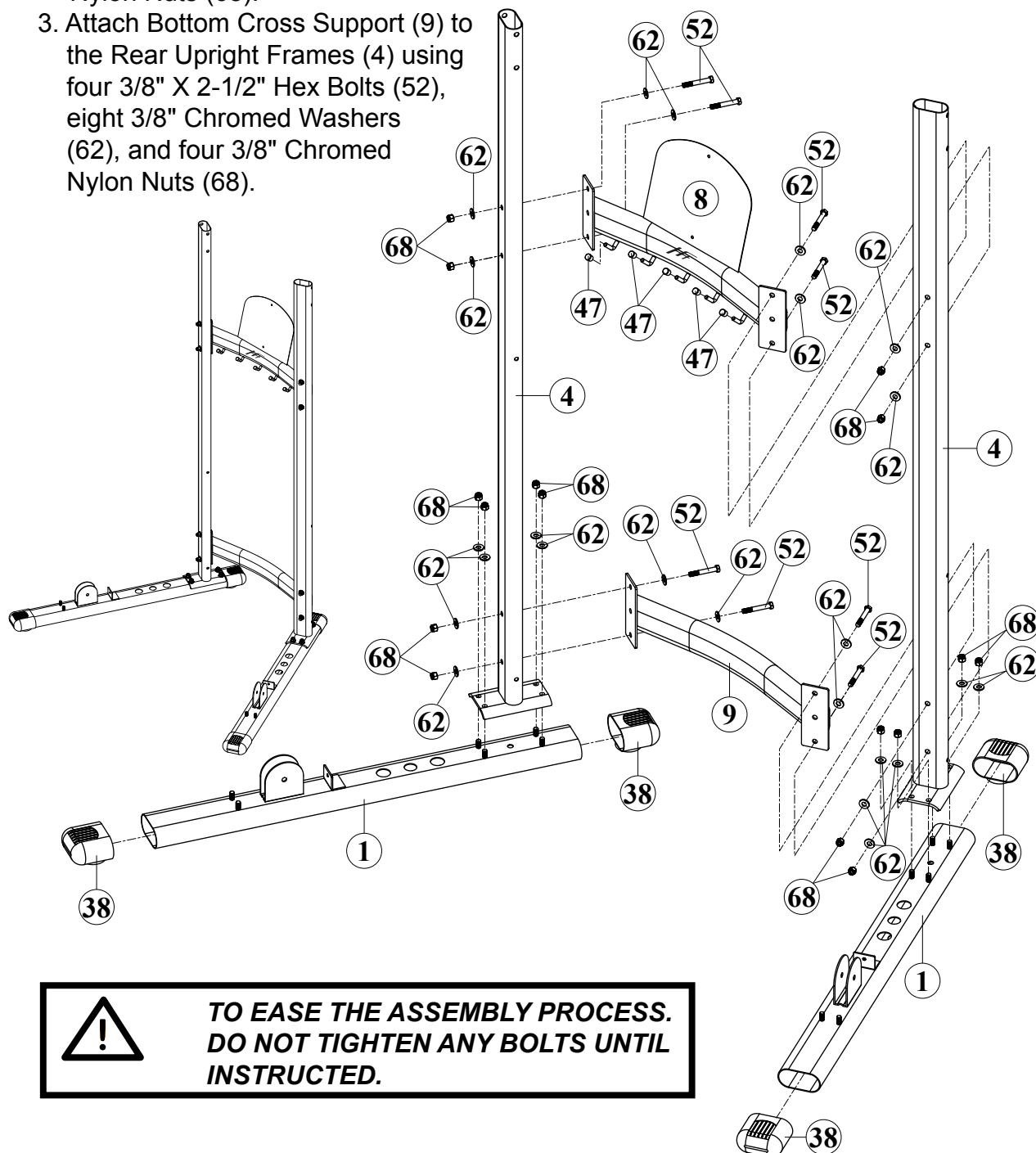
36	PULLEY	16
37	PLASTIC BUSHING (pre-assembled)	4
38	END CAP	4
39	1" X 295L FOAM GRIP (pre-assembled)	1
40	1" X 900L FOAM GRIP (pre-assembled)	1
41	SELECTOR PIN	2
42	SPACER (pre-assembled)	1
43	PLASTIC STUDS (8 picess pre-assembled)	9
44	1/2" BUSHING (pre-assembled)	4
45	BEARING (pre-assembled)	6
46	C - RING (pre-assembled)	3
47	RUBBER COVER (pre-assembled)	5
48	TOP PLATE BOLT	2
49	1/2" X 4-1/2" HEX BOLT (pre-assembled)	2
50	3/8" X 4-1/4" HEX BOLT	4
51	3/8" X 4" BLACK HEX BOLT	10
52	3/8" X 2-1/2" HEX BOLT	8
53	3/8" X 1-3/4" HEX BOLT	8
54	1/4" X 6" HEX BOLT	4
55	5/16" X 1/2" BOTTOM HEAD BOLT	2
56	5/16" X 5/8" BOTTOM HEAD BOLT (pre-assembled)	4
57	5/16" X 1-1/4" SUNKEN HEAD BOLT (pre-assembled)	1
58	M4 X 40L SUNKEN HEAD SCREW (pre-assembled)	1
59	M4 X 10L SUNKEN HEAD SCREW (pre-assembled)	1
60	5/16" X 1/4" SET SCREW (pre-assembled)	4
61	1/2" WASHER (pre-assembled)	4
62	3/8" CHROMED WASHER (16 picess pre-assembled)	28
63	3/8" BLACK WASHER	28
64	5/16" CHROMED WASHER (pre-assembled)	4
65	5/16" BLACK WASHER	2
66	1/4" WASHER	8
67	1/2" NYLON NUT (pre-assembled)	2
68	3/8" CHROMED NYLON NUT (8 picess pre-assembled)	20
69	3/8" BLACK NYLON NUT	22
70	1/4" NYLON NUT	4
71	1/2" NUT (pre-assembled)	2
72	M4 NYLON NUT (pre-assembled)	2
73	1" NUT (pre-assembled)	1



STEP 1 Assemble Upright Frame

TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.

1. Cap two End Caps (38) to the Base Frame Leg (1). Attach Rear Upright Frame (4) to the Base Frame Leg (1) using eight 3/8" Chromed Washers (62), and eight 3/8" Chromed Nylon Nuts (68).
2. Attach Top Cross Support (8) to the Rear Upright Frame (4) using four 3/8" X 2-1/2" Hex Bolts (52), eight 3/8" Chromed Washers (62), and four 3/8" Chromed Nylon Nuts (68).
3. Attach Bottom Cross Support (9) to the Rear Upright Frames (4) using four 3/8" X 2-1/2" Hex Bolts (52), eight 3/8" Chromed Washers (62), and four 3/8" Chromed Nylon Nuts (68).



***TO EASE THE ASSEMBLY PROCESS.
DO NOT TIGHTEN ANY BOLTS UNTIL
INSTRUCTED.***

STEP 2 Assemble Top Frame

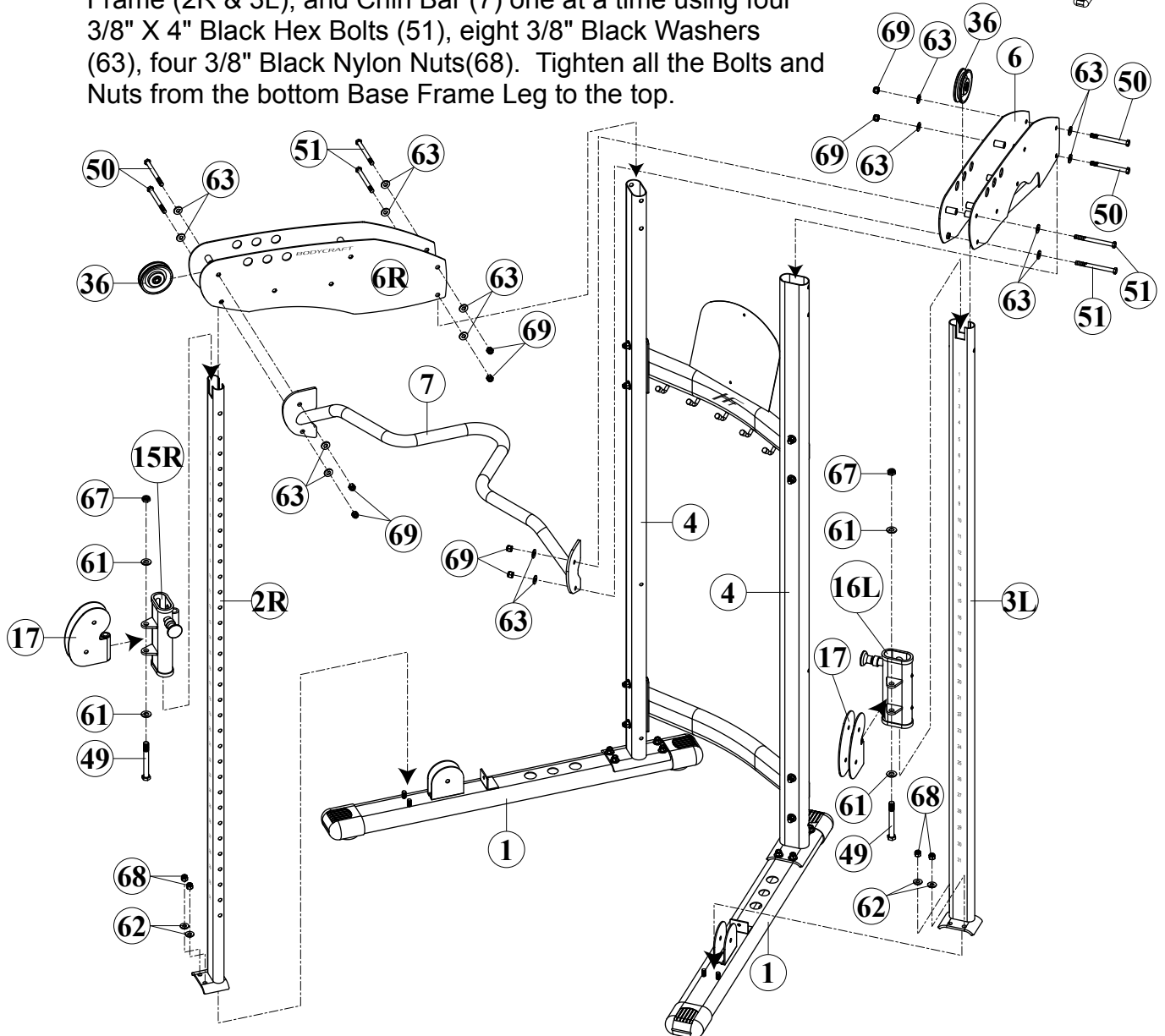
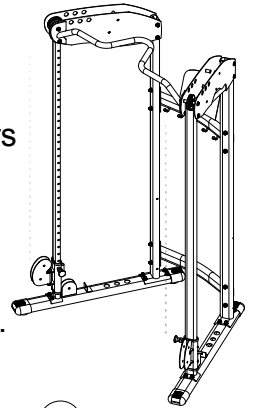
1. Attach Right & Left Upright Frame (2R & 3L) to the two Base Frame Legs (1) using four 3/8" Chromed Washers (62), and four 3/8" Chromed Nylon Nuts (68).
2. Attach two Rotating Pulley Holders (17) to the Right & Left Pulley Height Adjuster (15R & 16L) using two 1/2" X 4-1/4" Hex Bolts (49), four 1/2" Washers (61), and two 1/2" Nylon Nuts (67). Slide Right & Left Pulley Height Adjuster (15R & 16L) to the Right & Left Upright Frame (2R & 3L).

3. TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.

Attach Right & Left Top Frame (6R & 7L) to the rear uprights one at a time using four 3/8" X 4" Black Hex Bolts (51), eight 3/8" Black Washers (63), four 3/8" Black Nylon Nuts (68). Do Not Tighten.

4. NOTE: TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.

To ease assembly, insert bolts and washers in this step from the outside through the Top Frames and Front Uprights as shown. Before installing inside washers and nuts install Chin Bar (7) as shown. Assembly Right & Left Top Frame (6R & 7L) and Right & Left Upright Frame (2R & 3L), and Chin Bar (7) one at a time using four 3/8" X 4" Black Hex Bolts (51), eight 3/8" Black Washers (63), four 3/8" Black Nylon Nuts (68). Tighten all the Bolts and Nuts from the bottom Base Frame Leg to the top.

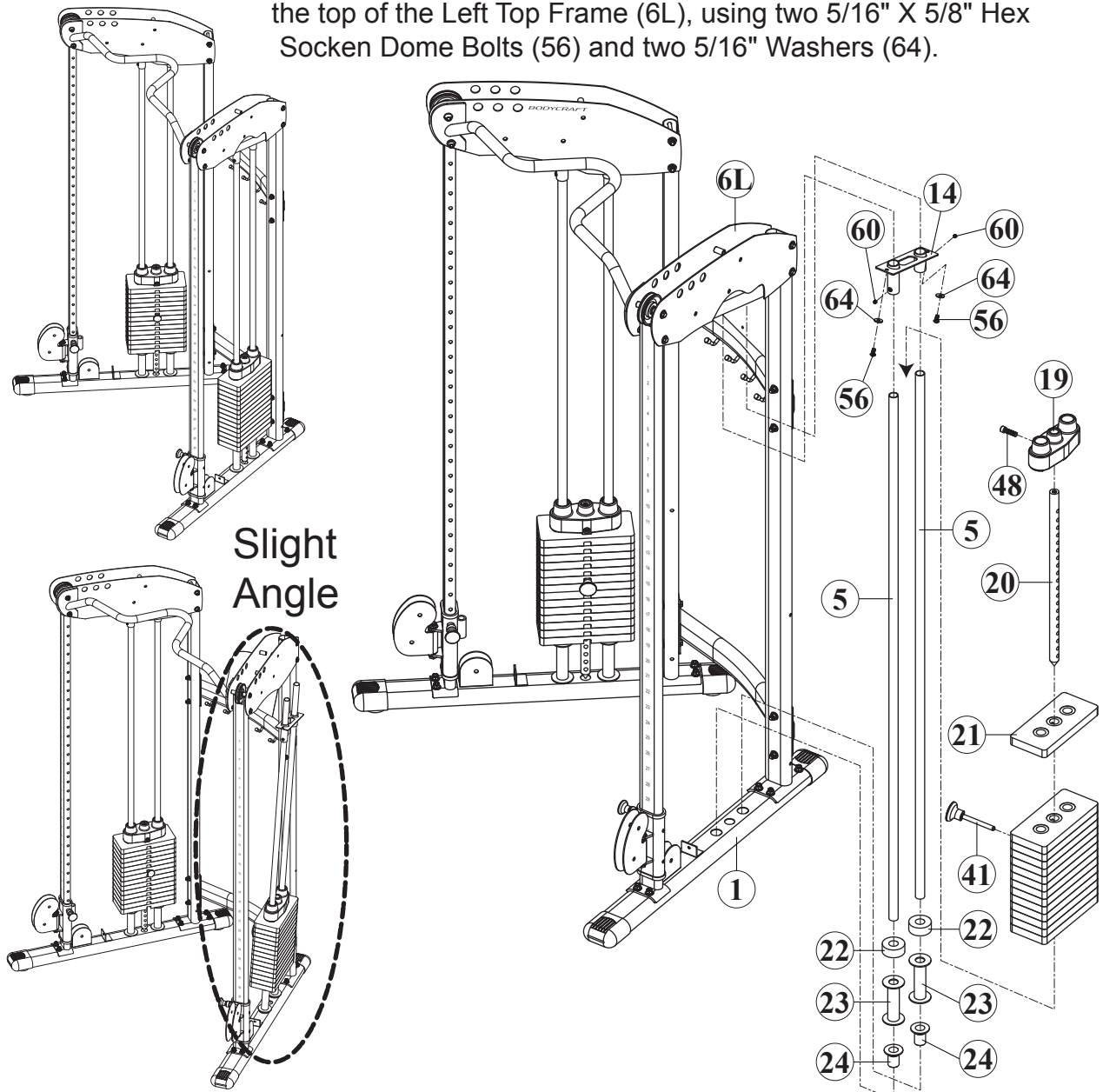


STEP 3 Assemble Guide Rods

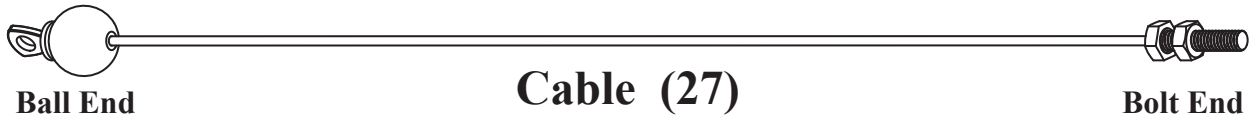
1. Insert two Plastic Guide Rod Holders (24) into the holes on the Base Frame Leg (1). Insert the Guide Rods (5) into the Plastic Guide Rod Holders (24). Slide the Stack Spacers (23) onto the guide rods, followed by the two Rubber Dounts (22).

NOTE: Do not install **STACK SPACERS (23)** if you have the optional heavy weight stack option, **38 WEIGHT PLATES (21)**. Use **STACK SPACERS (23)** if you have **28 WEIGHT PLATES (21)**.

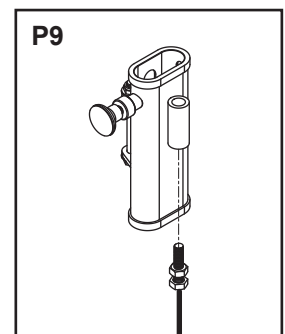
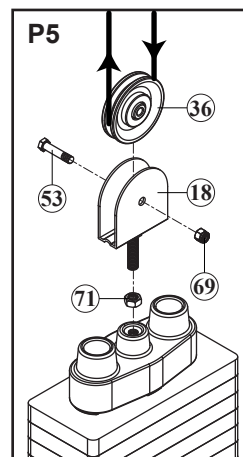
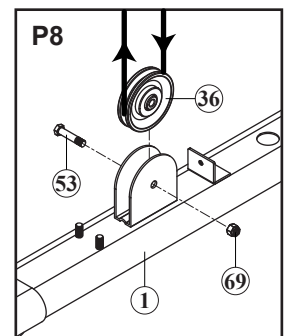
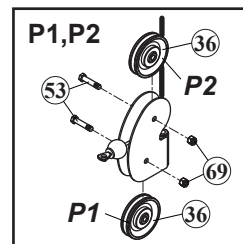
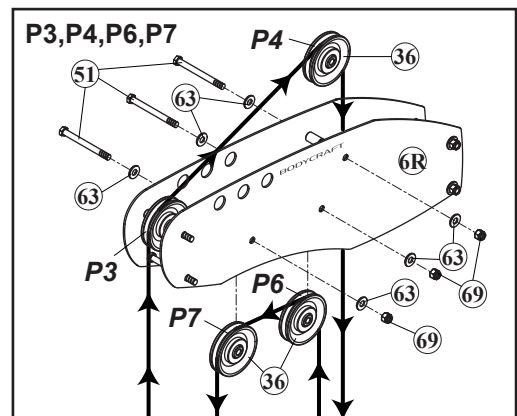
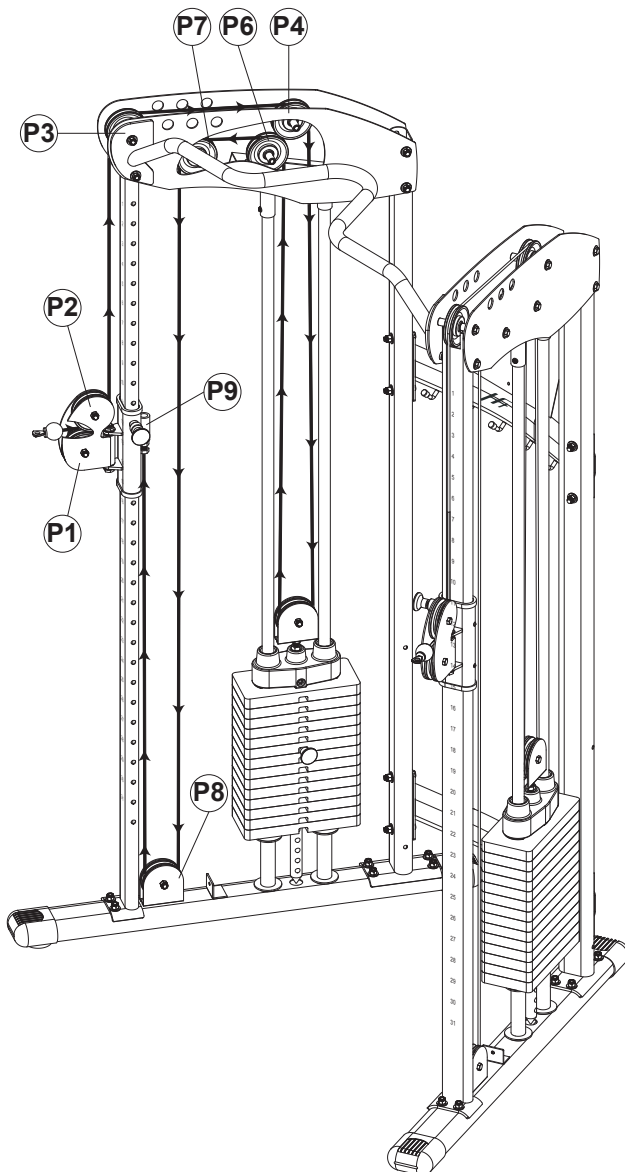
2. **TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.** With the guides angled slightly (as shown in fig at bottom left). Slide the Weight Plates (21) onto the Guide Rods (5), making sure to orient the selector holes toward the front and bottom. Attach the Top Plate (19) to the Selector Rod (20) using the Top Plate Bolt (48). Tighten the Top Plate Bolt (48) using a hex key. Slide the Top Plate onto the guide Rods, running the Selector Rod (41) down through the center holes of the Weight Plates (21).
3. Attach Top Guide Rod Holder (14) to the top end of Guide Rod (5) and secure to the top of the Left Top Frame (6L), using two 5/16" X 5/8" Hex Socken Dome Bolts (56) and two 5/16" Washers (64).



STEP 4 Assemble Cable and Pulleys as shown

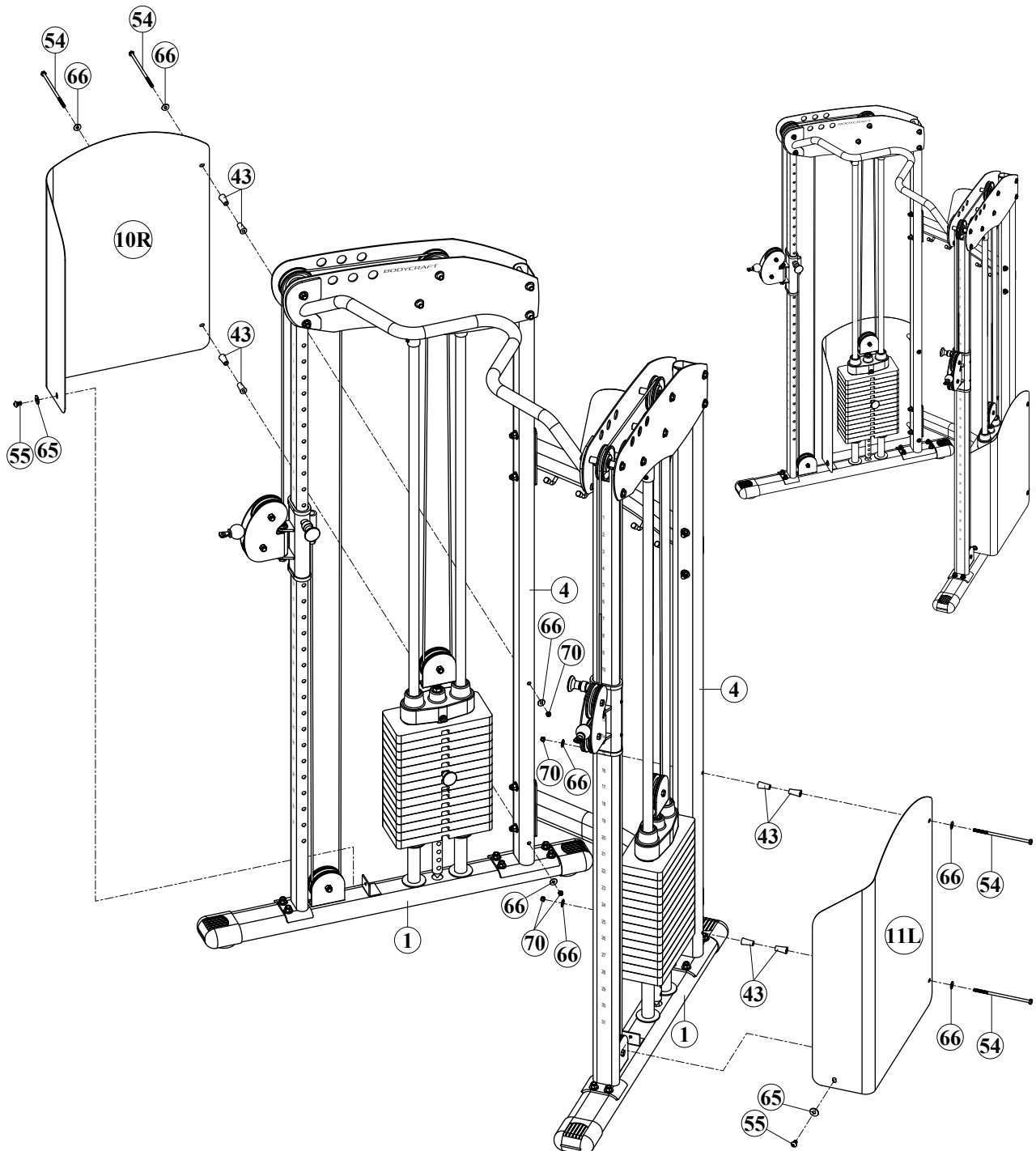


1. Insert the Bolt End of the Cable (27) through Rotating Pulley Holder (17) as Figure P1, P2, route over the two pulleys mounted on the Right Top Frame (6R) as Figure P3, P4. Then go down and around the Pulley Block (18) on the top plate as Figure P5.
2. Route the cable up and over two pulleys mounted on the Right Top Frame (6R) as Figure P6, P7, then down to the pulley mounted at the Base Frame Leg (1) as Figure P8, and up to screw on the bracket at the Right Pulley Height Adjuster (15R) as Figure P9.
3. Perform the same procedure for the Left side.



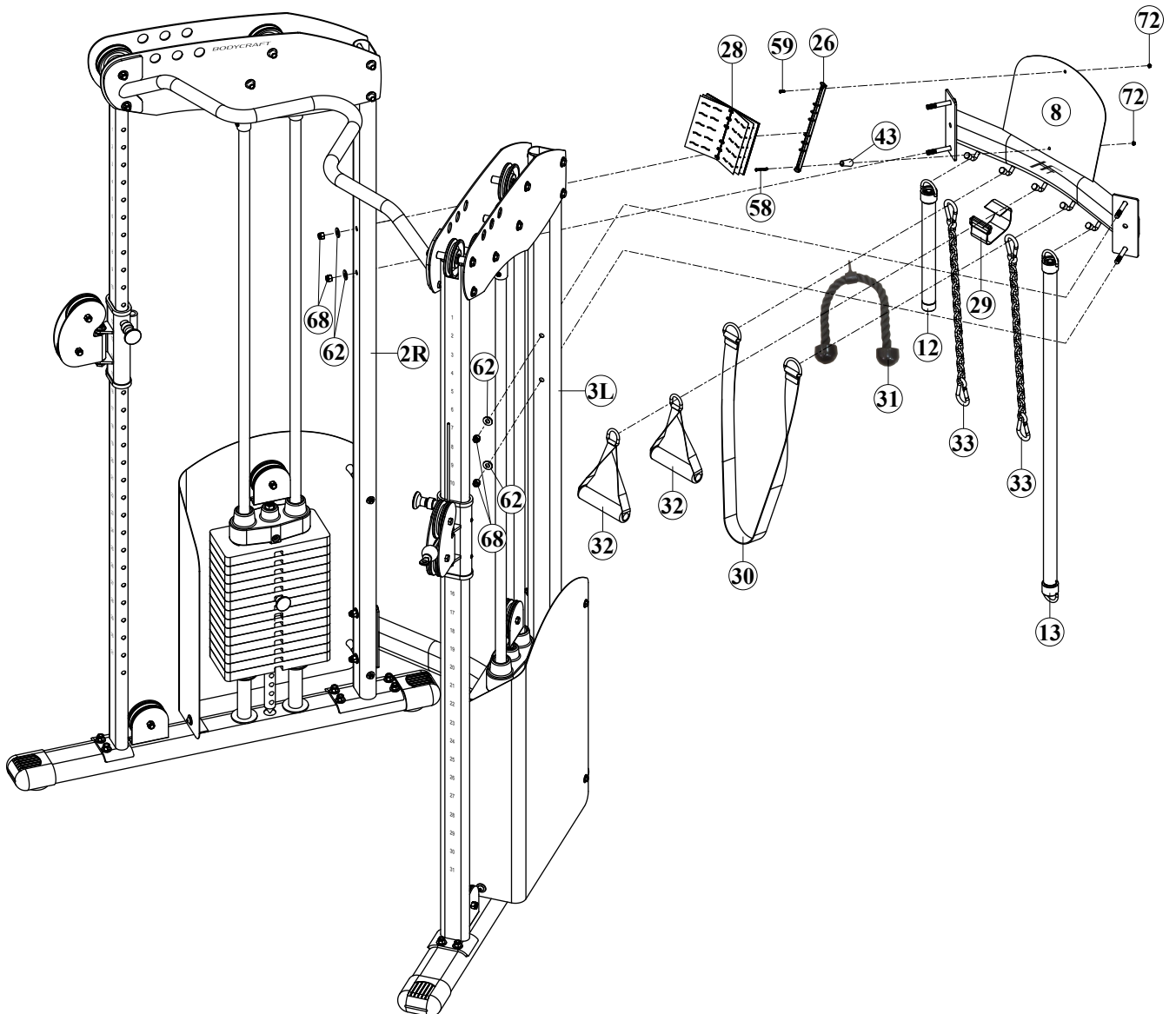
STEP 5 Assemble Right & Left Panel

1. Attach Right & Left Weight Panel (10R & 11L) to the Rear Upright Frames (4) using eight Plastic Studs (43), four 1/4" X 6" Hex Bolts (54), eight 1/4" Washers (66), and four 1/4" Nylon Nuts (70).
2. Attach Right & Left Weight Panel (10R & 11L) to the Base Frame Leg (1) using two 5/16" X 1/2" Bottom Head Bolts (55) and two 5/16" Washers (65).
3. Tighten all the bolts from the Base Frame Leg (1) to the top of the frame.



STEP 6 Accessories and Exercise Guide Placement

1. Hang two Single Handles (32), Chin Assist Strap (30), Tricep Rope (31), Sport Bar (12), two Chains (33), Ankle Strap (29), and Long Bar (13) on the Top Cross Support (8).
2. Attach Exercise Book (28), Exercise Book Holder (26) and Plastic Studs (43) to the op Cross Support (8) using one M4 X 10L Sunken Head Screw (59), one M4 X 40L Sunken Head Screw (58) and two M4 Nylon Nuts (72).



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 Selector Pin (41) 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 (19) 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 HFT Strength Training System!
If you have questions or comments, please contact your BodyCraft dealer or contact BODYCRAFT directly at 800-990-5556 or info@bodycraft.com.
Please REGISTER your BODYCRAFT HFT at www.bodycraft.com