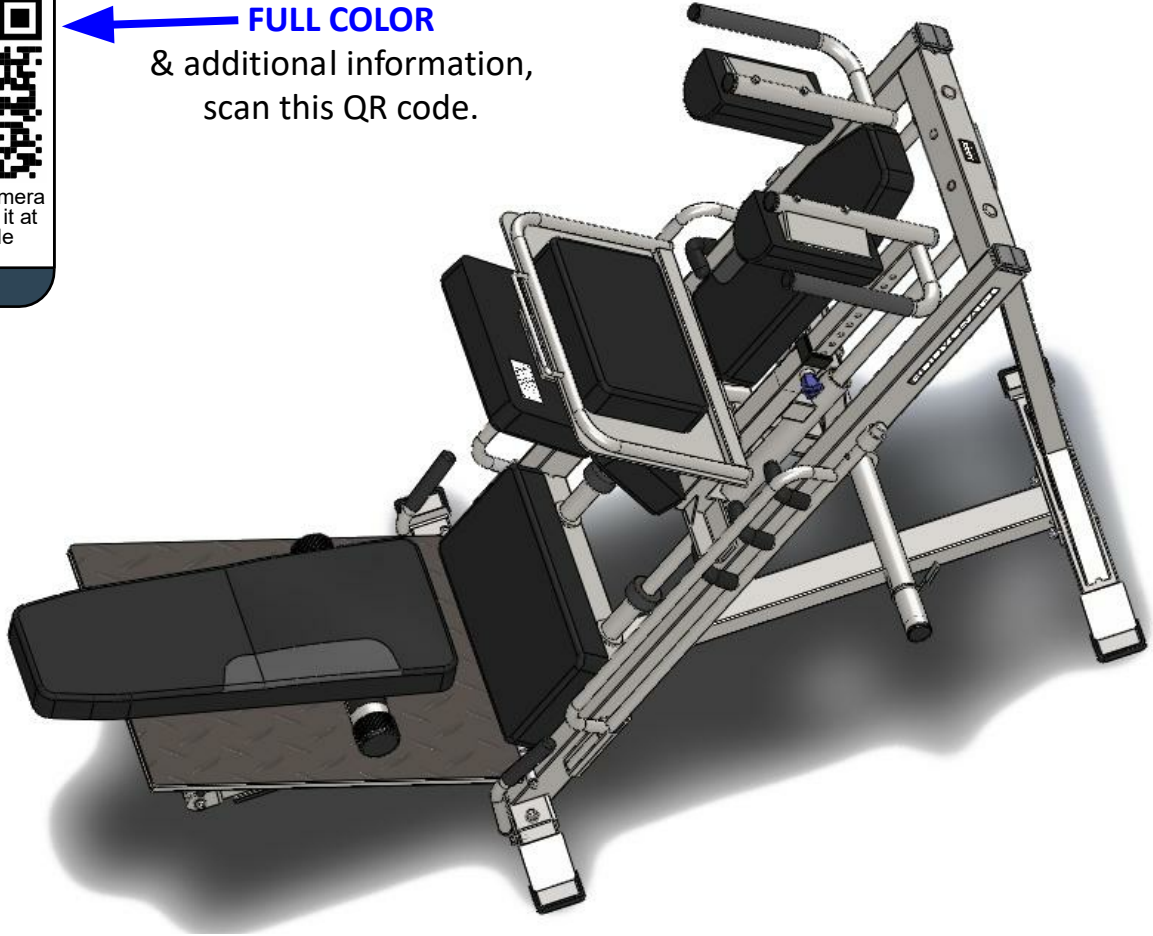


BODYCRAFT

Linear Leg Press / Hack Squat F760



To see in
FULL COLOR
& additional information,
scan this QR code.



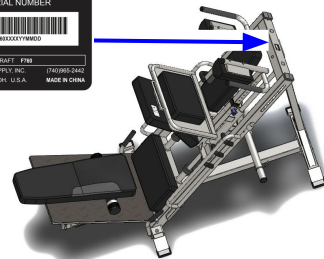
Base Serial Number: _____

Purchased Date: ___ / ___ / _____

Dealer's Name: _____

Please register your products at:

<https://www.bodycraft.com/product-registration/>



Owner's Manual

F760 v1.2



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

Congratulations and Welcome to the BODYCRAFT Family

Thank you for selecting BODYCRAFT. Your choice reflects a wise investment in you and your facility. We hope you use it for many healthy years!

BODYCRAFT offers a complete array of high-quality fitness equipment. Please refer to our website at www.bodycraft.com to view more ways to enhance your lifestyle.

Your BODYCRAFT machine has all the quality and design elements to make your workout extremely efficient and comfortable. Your new unit is a serious strength training machine that will keep you motivated, challenged and within reach of your fitness goals. Strength & cardiovascular training is vital for all ages which will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted.

Spending 15 to 30 minutes a day, three times a week, is all you need to start seeing the benefits of a regular exercise program.

As a premium exercise equipment manufacturer, we are committed to your complete satisfaction. If you have questions, suggestions or find missing or damaged parts, we guarantee your complete satisfaction through our authorized dealer network or by contacting us directly. Please call your local dealer or BODYCRAFT.

BODYCRAFT (a division of Recreation Supply, Inc.)
7699 Green Meadows Dr.
Lewis Center, OH 43035

Phone: 800-990-5556 9 am - 5 pm EST **Email:** service@bodycraft.com

Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via online at www.bodycraft.com or by calling 800-990-5556 or 740-965-2442 M-F 9 a.m. - 5 p.m. EST.

For parts orders, owner's manuals, software update files, exercise guides and contact information scan this QR code.

Or go to:

<https://www.bodycraft.com/customer-support>

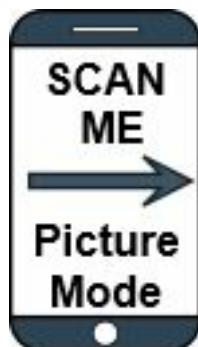


Table of Contents



NOTE: When you have downloaded the Owner's Manual into a PDF reader, go directly to the desired page by touching any words in this Table of Contents.

Product Safety Information	Page
Product Safety	4
Important Notes, Recommended Tools & Cleaners	5
Warning Labels, Maintenance Schedule - Details.....	6
Warning Labels, Maintenance Schedule - Placements	7
Product Overview	
Machine & Shipping Dimensions w/ Weight Capacities	8
Assembly Parts List	9
Assembly Parts Hardware	10
Product Assembly - How to Assemble to F760 Leg Press / Hack Squat	
PreAssembly Tips	11
STEP 1a thru STEP 5d - Main Assembly Procedures	12 - 19
STEP 6 - Final Assembly Clean Up, Polish & Double Checks	20
Maintenance & Repairs	
Detailed Parts List	21 - 22
Parts Exploded View	23 - 24
Strength Maintenance & Routine Schedule	25
Strength Maintenance - Lubrication.....	26
Required Info BEFORE Initiating a Service Case	27
Warranty	
Product Warranty	28
Product Warranty Registration	29
Contact Us Information	30

Product Safety - Benches & Racks



There is a risk assumed by individuals who use this type of equipment. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this BODYCRAFT product prior to use.

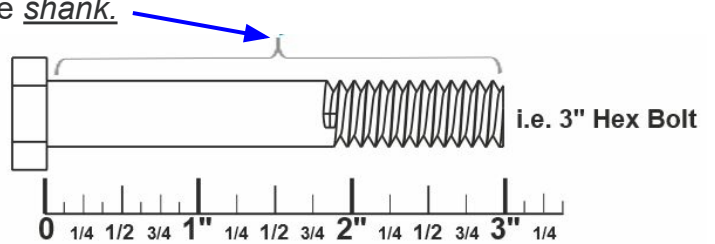
- Before beginning this or any other exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.
- Exercise with care to avoid injury. Do not attempt to lift more weight than you can control safely.
- This product must be assembled on a flat, level surface to assure its proper function.
- Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
- Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
- Keep children away from any BODYCRAFT strength machines at all times.
- Keep your hands away from cables and pulleys during operation, other than the designated handles.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Inspect the unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found, do not use or allow the machine to be used until the defective part is repaired or replaced.
- It is imperative that you retain these Assembly Instructions and be sure all warning labels are legible and intact. Replacement Assembly Instructions and labels are available from BODYCRAFT. If you are unsure about the proper use of the BODYCRAFT strength machine call your local BODYCRAFT dealer or our Customer Service Department. Contact BODYCRAFT at 800-990-5556 or support@bodycraft.com



Important Notes, Recommended Tools & Cleaners

Important Notes and Tips:

1. Before assembly, read all instructions thoroughly and preview diagrams to help make the installation easier.
2. Make sure all parts are accounted for and in proper condition before beginning assembly. See the parts list.
3. Be cautious not to damage the flooring when assembling. Place a protectant down such as a rubber mat or shipping blanket.
4. Let plastics and weight stacks acclimate to room temperature before you begin assembly.
5. Two people are recommended for the safe assembly of this equipment.
6. Insert all bolts in the same direction when possible. Do not tighten until instructed.
7. Carefully install plastic caps using a rubber mallet.
8. When measuring bolt lengths, only measure the *shank*.
9. When the installation is complete, be sure to regularly check for rust or damage, and perform preventative maintenance.



THE FOLLOWING TOOLS ARE RECOMMENDED FOR ASSEMBLY:



SOCKET SET 3/8 DRIVE & 6" EXT
(Only 1/2, 9/16 & 3/4 Sockets are needed)



OPEN, CLOSED & ADJUSTABLE WRENCHES
(Only 1/2, 9/16 & 3/4 are needed)



TORQUE WRENCH
3/8 DRIVE
(w/ 7/32 Allen Hex Bit Socket)



ALLEN WRENCH SET
(Only 7/32 is needed)

THE FOLLOWING IS RECOMMENDED FOR CLEANING:



MILD CLEANING SOLUTION



100% COTTON CLEANING CLOTHS

TIP ON FRAME ONLY: For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax if desired. Also makes future cleaning easier.



(Do Not Use on the Upholstery)

Carefully read ALL warning, caution & maintenance schedule labels

79

WARNING To minimize risk of serious injury, follow these rules and precautions:

1. **Read and Understand** all Warning and Caution Labels on this equipment before using.
2. **Read and Understand** the Owner's Manual on safety and usage before using this machine.
3. Obtain a **Medical Exam** before beginning any exercise program and **STOP** exercising if you feel faint, dizzy or pain.
4. **Inspect Equipment Before Each Use.** Check for wear and tear, loose fitting, worn or frayed cables, loose hardware and frame.
5. **Do Not Remove any Labels.** Replace if damaged or missing.
6. **DO NOT USE** this machine as a stretching device or modify this machine in any way other than designed by BodyCraft.
7. **Keep Clear** of all moving parts and cables.
8. **Highly Recommended** that you work out with a training partner or another adult in the area.
9. **Children Should Not Be Allowed** to be near or play around this machine at any time.
10. **Children 13 yrs or Older** need to be supervised during any workout using this machine.
11. Only replace worn or broken parts with **Genuine BodyCraft Parts. 800-990-5556**

82

MAINTENANCE SCHEDULE

This checklist needs to be followed before any user starts to exercise. Please replace all parts at first signs of wear or damage. Do not use machine until repaired as needed.

	DAILY	WEEKLY	MONTHLY	12-MONTHS
Upholstery - Wipe down and dry. - Clean and condition.	X		X	
Bolts, Nuts & Fasteners - Visually check they are secure & tighten if needed. - Tighten per Torque Specs (Semi-Annually if needed)	X			X
Cables - Visually check for any unusual bends, kinking, fraying plastic cover or ends coming loose. - Adjust cable tension and tighten the locking nut at weight stack.	X		X	
Guide Rods & Seat Sleeves - Clean & Lubricate w/ virgin Silicone or Teflon lube.			X	
Linear Bearing Guide Rods - Clean & Lubricate with Teflon (PTFE) grease.			X	
Tightening Knobs Locking Pins Weight Stack Pins Pop Pins / Springs - Check all for functionality.		X	X	X
Warning Labels Anti-Skid Surfaces Hand Grips & Rollers - Inspect all above items for wear or if missing.		X	X	X
Frame & Chrome - Clean and dry. - Clean and Wax.			X	X

Additional information, step-by-step processes, and more detailed instructions, refer to the machines Owner's Manual or contact BodyCraft Customer Support.
800-990-5556

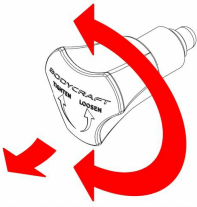
BODYCRAFT

81

CAUTION

The **PULL-PIN LOCKING KNOB** must be fully engaged into the hole before use!


LOOSEN, THEN PULL



RELEASE, THEN TIGHTEN TO SECURE

83

SERIAL NUMBER



F760XXXXYYMMDD

MODEL: BODYCRAFT F760
RECREATION SUPPLY, INC. (740)965-2442
LEWIS CENTER, OH. U.S.A. MADE IN CHINA

80

WARNING
Keep Hands Clear during use



PINCH POINT

Carefully read ALL Warning, Caution & Maintenance Schedule labels


79

WARNING To minimize risk of serious injury, follow these rules and precautions:

1. Read and Understand all Warning and Caution Labels on this equipment before using.
2. Read and Understand the Owner's Manual on safety and usage before using this machine.
3. Obtain a Medical Exam before beginning any exercise program and STOP exercising if you feel faint, dizzy or pain.
4. Inspect Equipment Before Each Use. Check for wear and tear, loose fitting, worn or frayed cables, loose hardware and frame.
5. Do Not Remove any Labels. Replace if damaged or missing.
6. DO NOT USE this machine as a stretching device or modify this machine in any way other than designed by BodyCraft.
7. Keep Clear of all moving parts and cables.
8. Highly Recommended that you work out with a training partner or another adult in the area.
9. Children Should Not Be Allowed to be near or play around this machine at any time.
10. Children 13 yrs or Older need to be supervised during any workout using this machine.
11. Only replace worn or broken parts with Genuine BodyCraft Parts. 800-990-5556

83

SERIAL NUMBER



F760XXXXYYMDD

MODEL: BODYCRAFT F760
RECREATION SUPPLY, INC. (740)965-2442
LEWIS CENTER, OH, U.S.A. MADE IN CHINA

82

MAINTENANCE SCHEDULE

This checklist needs to be followed before any user starts to exercise. Please replace all parts at first signs of wear or damage. Do not use machine until repaired as needed.

	DAILY	WEEKLY	MONTHLY	12-MONTHS
Upholstery - Wipe down and dry. - Clean and condition.		XX		XX
Bolts, Nuts, & Fasteners - Visually check they are secure & tighten if needed. - Tighten per Torque Specs (Semi-Annually if needed)		XX		XX
Cables - Visually check for any unusual bends, kinking, fraying plastic cover or ends coming loose. - Adjust cable tension and tighten the locking nut at weight stack.		XX		XX
Guide Rods & Seat Sleeves - Clean & Lubricate w/ virgin Silicone or Teflon lube.			XX	
Linear Bearing Guide Rods - Clean & Lubricate with Teflon (PTFE) grease.			XX	
Tightening Knobs		XX		
Locking Pins		XX		
Weight Stack Pins		XX		
Pop Pins / Springs		XX		
- Check all for functionality.				
Warning Labels		XX		
Anti-Skid Surfaces		XX		
Hand Grips & Rollers - Inspect all above items for wear or if missing.		XX		
Frame & Chrome - Clean and dry. - Clean and Wax.			XX	XX

Additional information, step-by-step processes, and more detailed instructions, refer to the machine's Owner's Manual or contact BodyCraft Customer Support.
800-990-5556

BODYCRAFT

80

WARNING
Keep Hands Clear during use


PINCH POINT

81

CAUTION

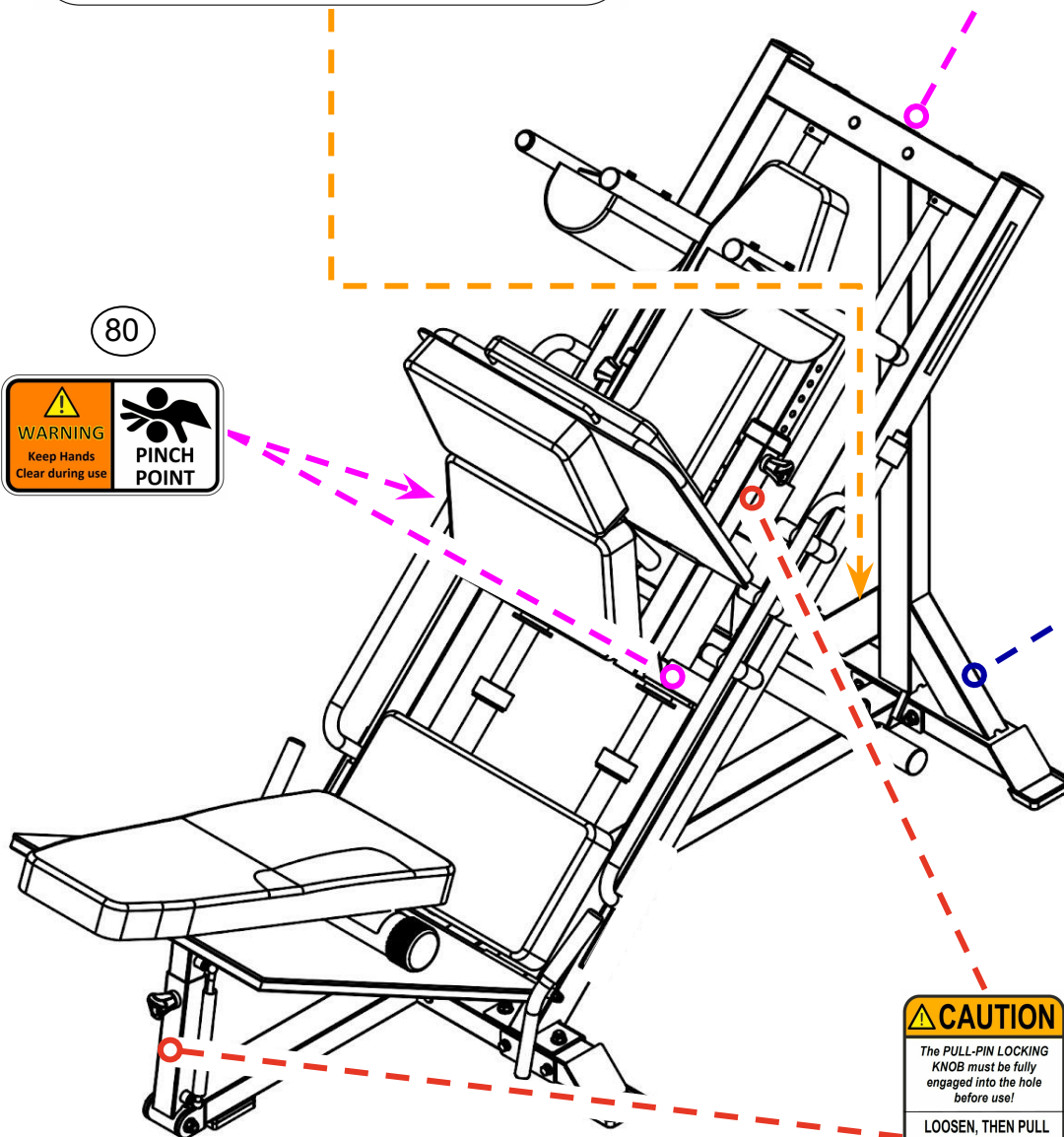
The PULL-PIN LOCKING KNOB must be fully engaged into the hole before use!

LOOSEN, THEN PULL

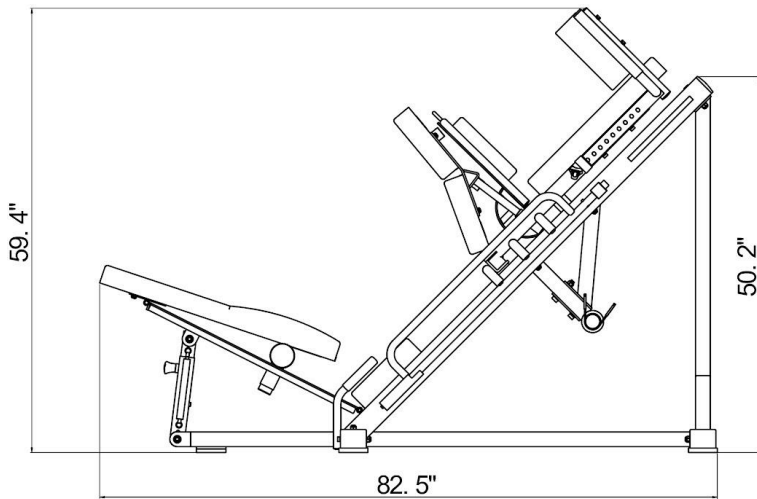


RELEASE, THEN TIGHTEN TO SECURE

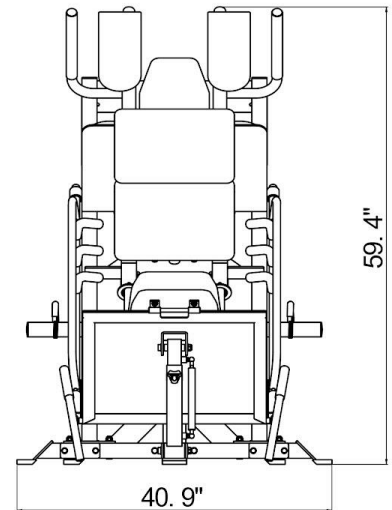
Both Rt & Lt Sides



Machine & Shipping Dimensions - F760



Side View



Front View

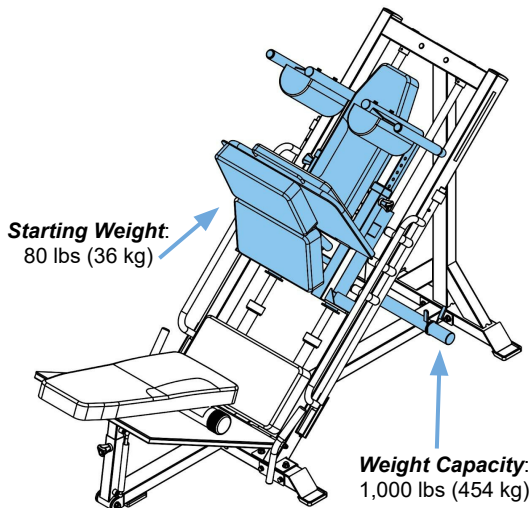
F760

Overall Dimensions

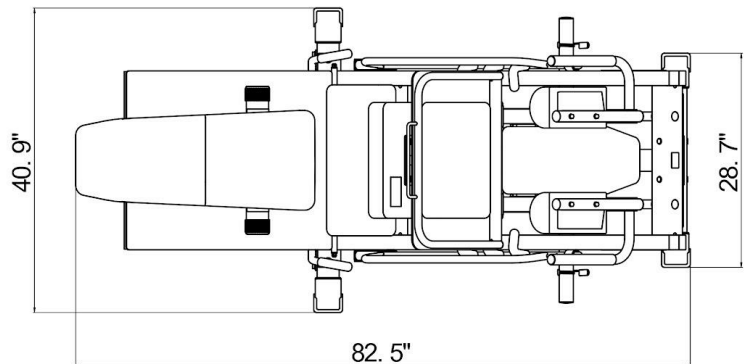
40.9" W x 82.5" D x 50.2" H

Weight Capacity: 1,000 lbs.

Starting Weight: 80 lbs.



Top View



Box # 1: 68-3/4" W x 30-1/2" D x 9" H (1,750mm W x 775mm D x 227mm H)

Shipping Weight

Gross Weight: 180.4 lbs (82 kg)

Net Weight: 171.6 lbs (78 kg)

Box # 2: 49-1/2" W x 30-1/2" D x 5-1/2" H (1,260mm W x 775mm D x 142mm H)

Shipping Weight

Gross Weight: 110.0 lbs (50 kg)

Net Weight: 101.2 lbs (46 kg)

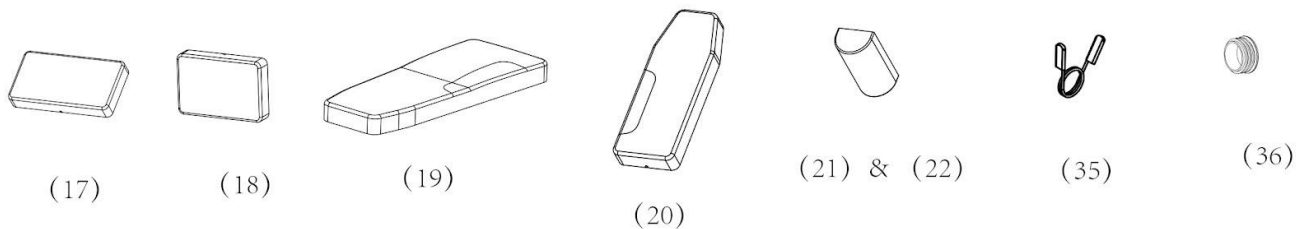
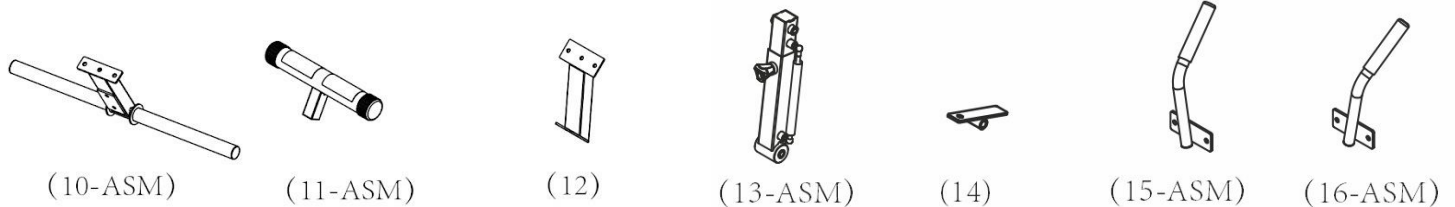
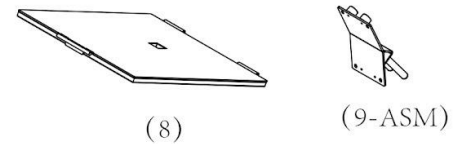
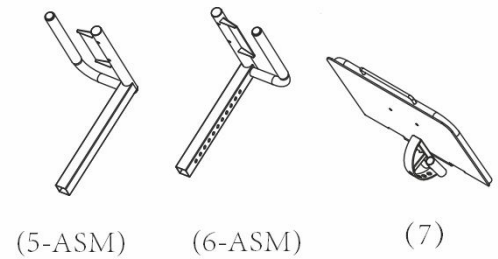
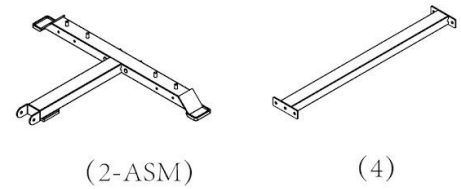
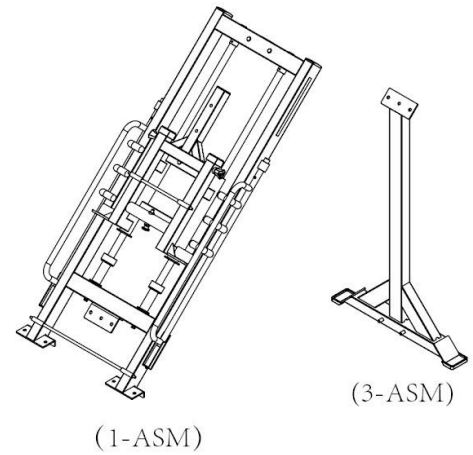
Box # 3: 42-1/2" W x 28-3/4" D x 10-1/2" H (1,080mm W x 730mm D x 267mm H)

Shipping Weight

Gross Weight: 145.2 lbs (66 kg)

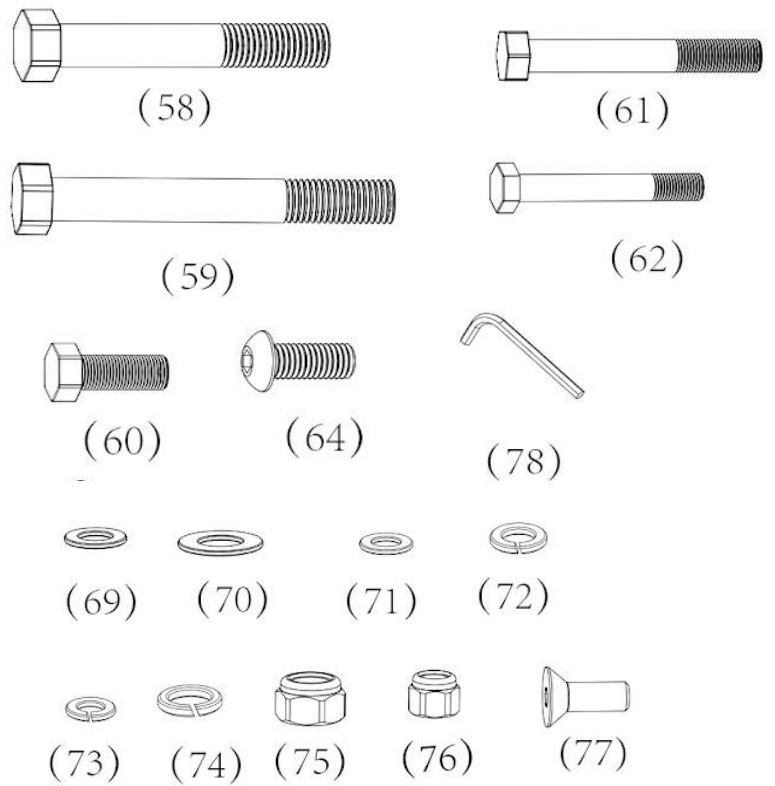
Net Weight: 136.4 lbs (62 kg)

Part #	Assembly Parts List	QTY
F760-001-ASM	Frame, Main - Assembly	1
F760-002-ASM	Frame, Front, Stabilizer - Assembly	1
F760-003-ASM	Frame, Rear, Upright - Assembly	1
F760-004	Frame, Bottom, Connector	1
F760-005-ASM	Frame, Right Shoulder, Adjusting - Assembly	1
F760-006-ASM	Frame, Left Shoulder, Adjusting - Assembly	1
F760-007	Plate, Leg Press	1
F760-008	Foot Platform	1
F760-009-ASM	Plate, Back Pad - Assembly	1
F760-010-ASM	Weight Plate Holder - Assembly	1
F760-011-ASM	Foot Tube - Assembly	1
F760-012	Weight Holder Support	1
F760-013-ASM	Foot Platform Adjuster Sleeve - Assembly	1
F760-014	Hinge, for Foot Platform	2
F760-015-ASM	Handle, Right - Assembly	1
F760-016-ASM	Handle, Left - Assembly	1
F760-017	Pad, Seat	1
F760-018	Pad, Back and Hip	3
F760-019	Pad, Back, Lower	1
F760-020	Pad, Back, Upper	1
F760-021	Pad, Shoulder, Right	1
F760-022	Pad, Shoulder, Left	1
F760-035	Spring Clip	2
F760-036	Plug, Round $\phi 25$	2

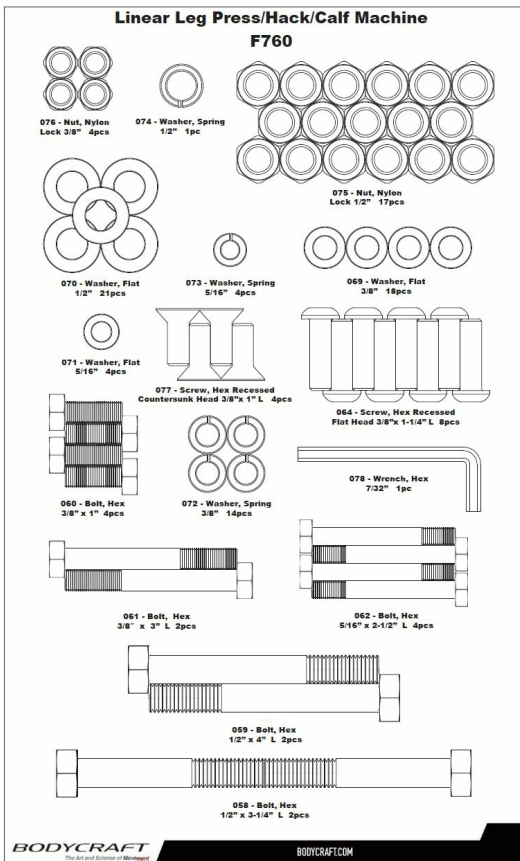


NOTE: Parts are not to scale

Part #	Assembly Hardware	QTY
F760-058	Bolt, Hex 1/2" x 3-1/4" L - BLACK	2
F760-059	Bolt, Hex 1/2" x 4" L - BLACK	2
F760-060	Bolt, Hex 3/8" x 1" L - BLACK	4
F760-061	Bolt, Hex 3/8" x 3" L - BLACK	2
F760-062	Bolt, Hex 5/16" x 2-1/2" L - BLACK	4
F760-064	Bolt, Hex Button Head 3/8" x 1- 1/4" L- BLK	8
F760-069	Washer, Flat 3/8" - BLACK	18
F760-070	Washer, Flat 1/2" - BLACK	21
F760-071	Washer, Flat 5/16" - BLACK	7
F760-072	Washer, Spring 3/8" - BLACK	14
F760-073	Washer, Spring 5/16" - BLACK	4
F760-074	Washer, Spring 1/2" - BLACK	1
F760-075	Nut, Nylon Lock 1/2" - BLACK	17
F760-076	Nut, Nylon Lock 3/8" - BLACK	4
F760-077	Bolt, Hex Recessed Countersunk Head 3/8" x 1" L- BLK	4
F760-078	Wrench, Hex 7/32"	1



NOTE: Parts are not to scale



Hardware Kit
Inside Box #2



Owner's Manual
Inside Box #2

PREASSEMBLY TIP #1 – “Stage Right”.

During the assembly process we will be stating Right, Left, Front, Back, Top, or Bottom. These all are in the perspective of the user in the machine facing outward with feet facing the ground.

See below images as examples.



STAGE RIGHT DEFINITION: Both “Stage Right” or “Stage Left” are from the viewpoint of the actor facing outward from the stage.



PREASSEMBLY TIP #2 – Unpacking & organizing.

The best practice in assembly is to take all the parts out of the boxes & bags and line up in order of assembly. This enables a mindset of what you will be assembling, their physical sizes and what challenges you might face BEFORE you begin.



PREASSEMBLY TIP #3 – Keep hardware loose until asked to tighten.

During the assembly, hardware needs to be finger tight until the STEPS of “Torque Time”. This will ensure sub-frame and other parts will easily fit together and not strip out bolt threads during assembly.



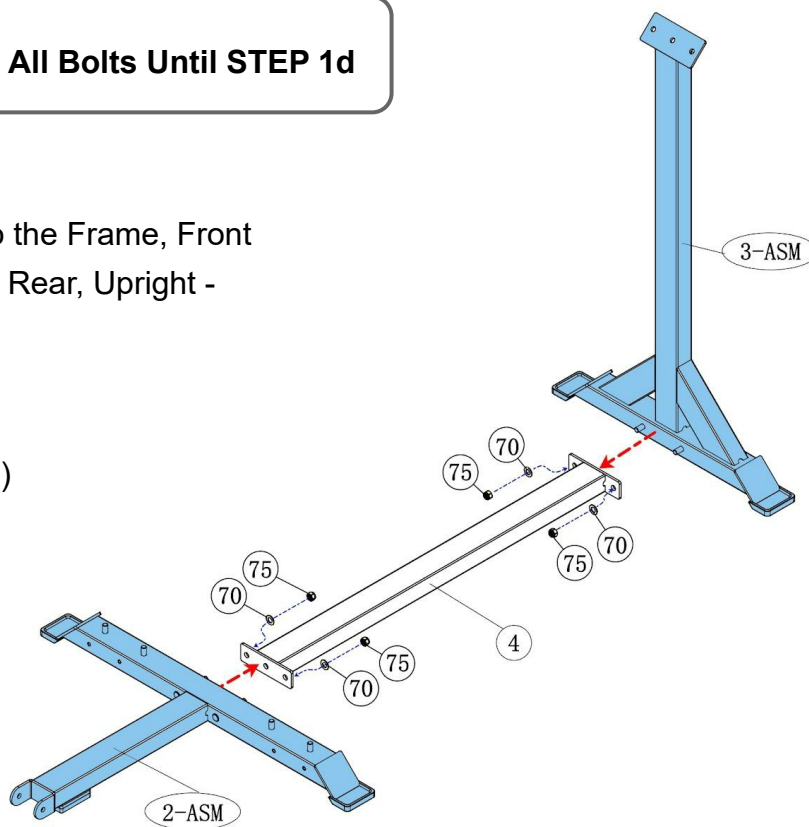
Please Hand Tighten All Bolts Until STEP 1d

STEP 1a: Installation of the Base Frames

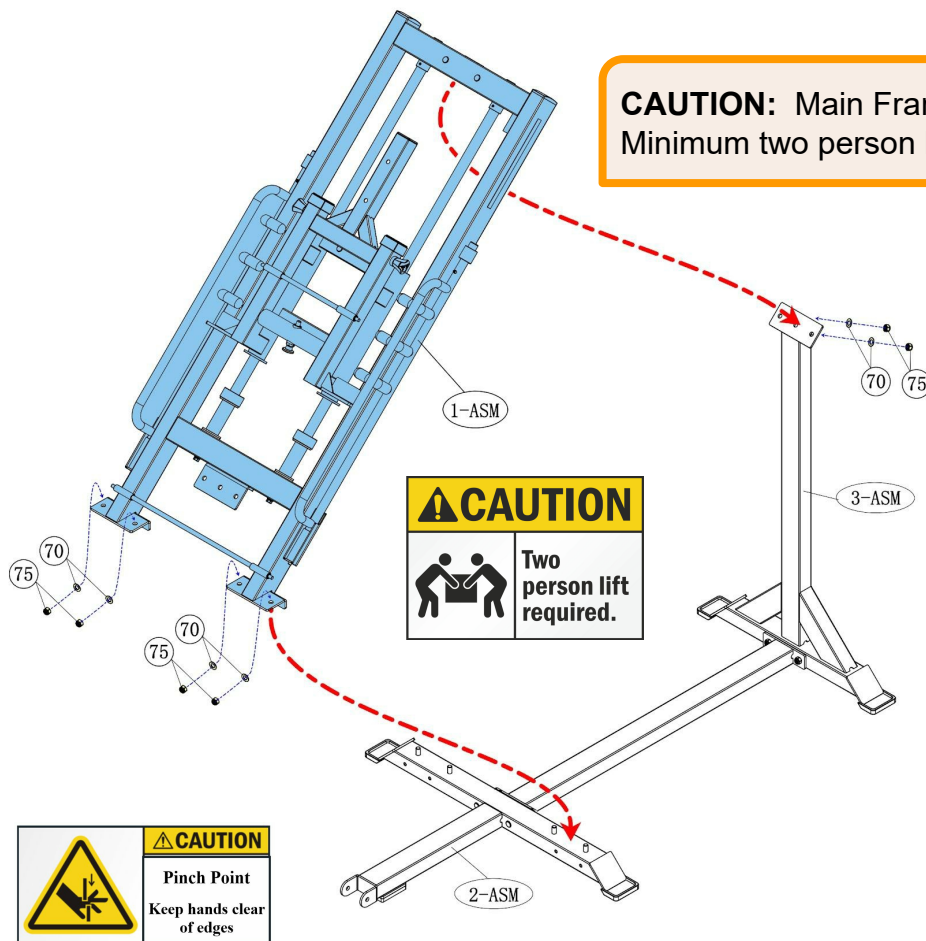
Attach the **Frame, Bottom, Connector (4)** to the **Frame, Front Stabilizer -Assembly (2-ASM)** and the **Frame, Rear, Upright - Assembly (3-ASM)** using:

- Four WASHERS, Flat 1/2" (70)
- Four NUTS, Nylon Lock 1/2" (75)

Recommended Tools



CAUTION: Main Frame Assembly (1-ASM) weighs 172 lbs. Minimum two person lift during STEP 1b.



STEP 1b: Installation of the Main Frame Assembly (172 lbs)

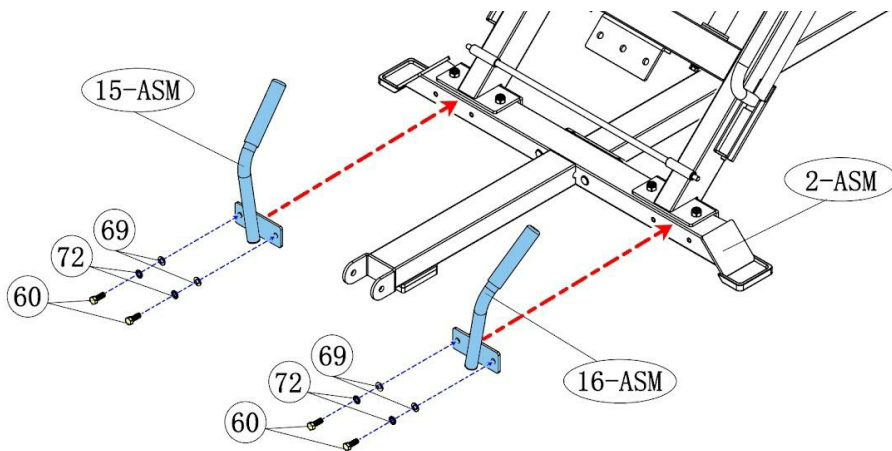
Attach the **Frame, Main-Assembly (1-ASM)** to the **Frame, Front Stabilizer -Assembly (2-ASM)** and the **Frame, Rear, Upright - Assembly (3-ASM)** using:

- Six WASHERS, Flat 1/2" (70)
- Six NUTS, Nylon Lock 1/2" (75)





Please Hand Tighten All Bolts Until STEP 1d



Recommended Tool



9/16 WRENCH

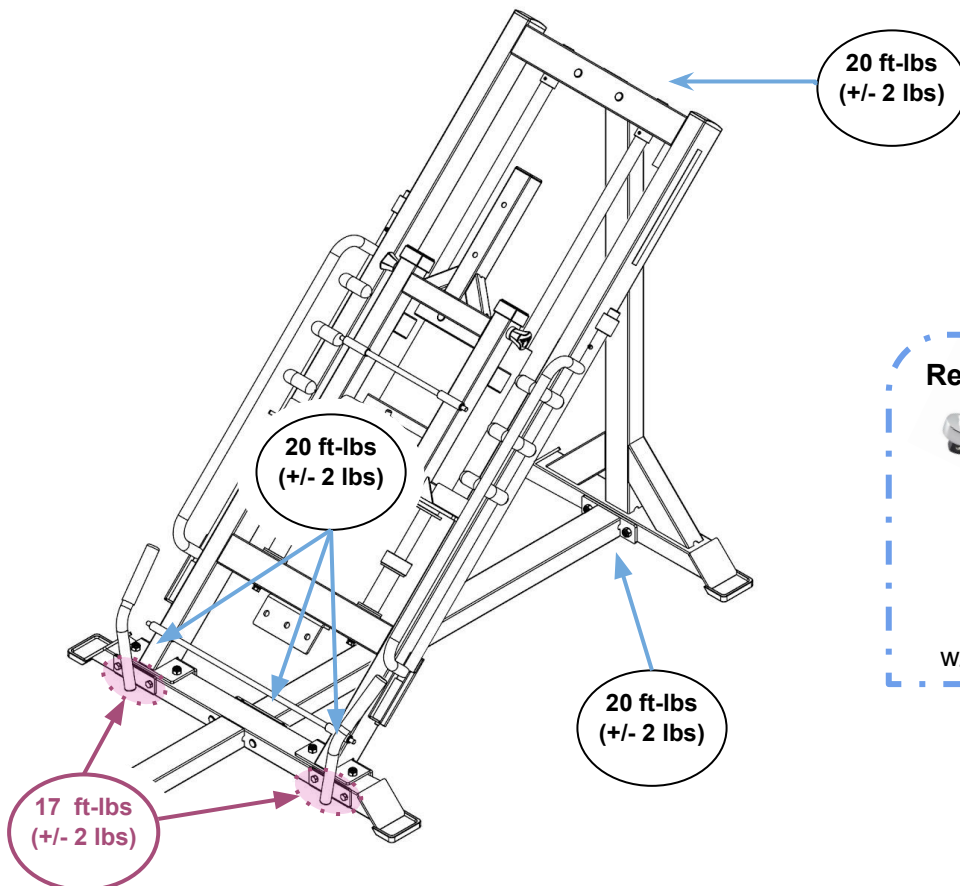
STEP 1c: Installation of the Handle Assemblies

Attach the Handle, Right - Assembly (15-ASM) & the Handle, Left Assembly (16-ASM) to the Frame, Front, Stabilizer - Assembly (2-ASM) using:

- Four BOLTS, Hex 3/8" x 1" (60)
- Four WASHERS, Spring 3/8" (72)
- Four WASHERS, Flat 3/8" (69)

STEP 1d: "Torque Time"

- Tighten all 1/2" locking nuts to the frame welded-on bolts, starting at the bottom and working your way up, to the recommended torque specs of 20 ft-lbs (+/- 2 lbs)
- All 4 bolts (#60) go directly into a tapped frame, to the torque specs of 17 ft-lbs (+/- 2 lbs).



Recommended Tools:



TORQUE WRENCH
w/ 9/16 & 3/4 SOCKETS



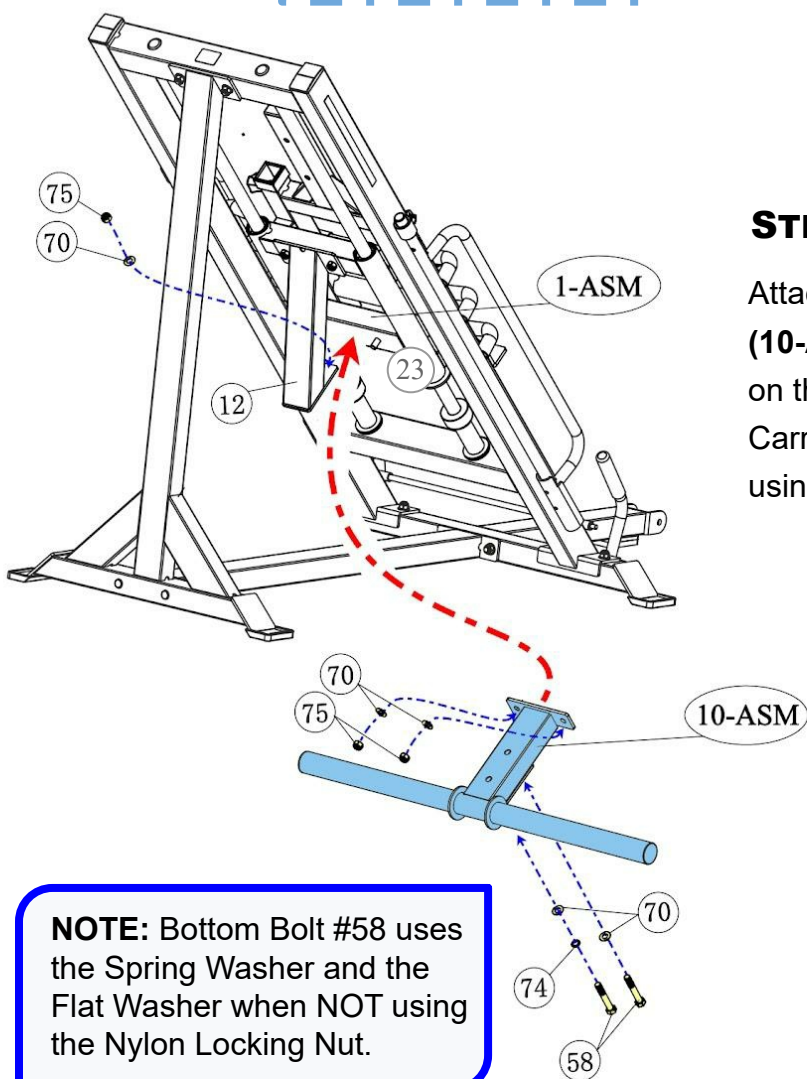
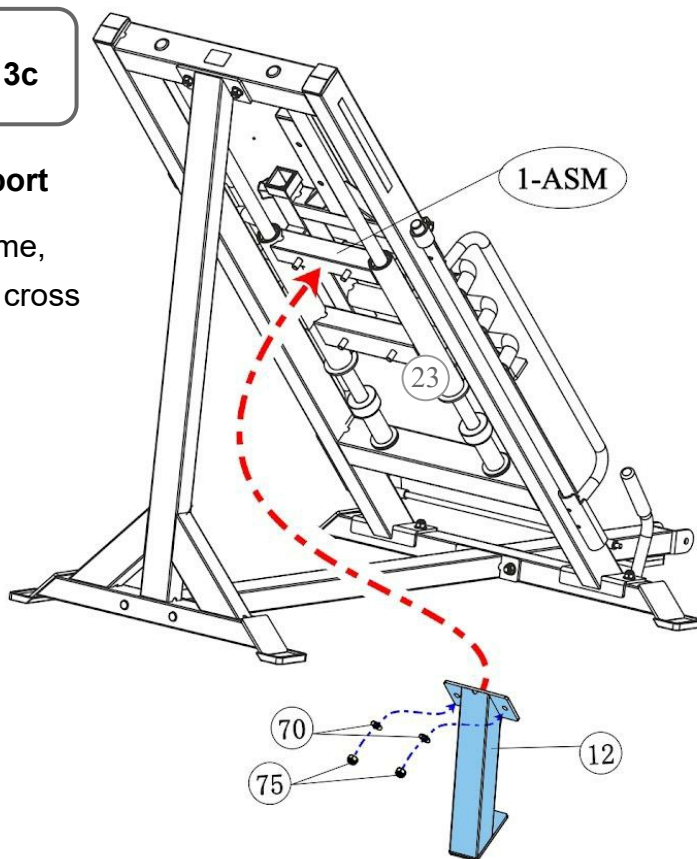
Please Hand Tighten All Bolts Until STEP 3c

STEP 2a: Installation of the Weight Horn Support

Attach the **Weight Holder Support (12)** to the Frame, Main Assembly (1-ASM) on the bottom side, upper cross frame, Moving Carriage (23) using:

- Two WASHERS, Flat 1/2" (70)
- Two NUTS, Nylon Lock 1/2" (75)

Recommended Tools



NOTE: Bottom Bolt #58 uses the Spring Washer and the Flat Washer when NOT using the Nylon Locking Nut.

STEP 2b: Installation of the Weight Holder

Attach the **Weight Plate Holder - Assembly (10-ASM)** to the Frame, Main Assembly (1-ASM) on the bottom side, lower cross frame, Moving Carriage (23) & the Weight Holder Support (12) using:

To the Main Frame Assembly (1-ASM)

- Two WASHERS, Flat 1/2" (70)
- Two NUTS, Nylon Lock 1/2" (75)

To the Weight Holder Support (12)

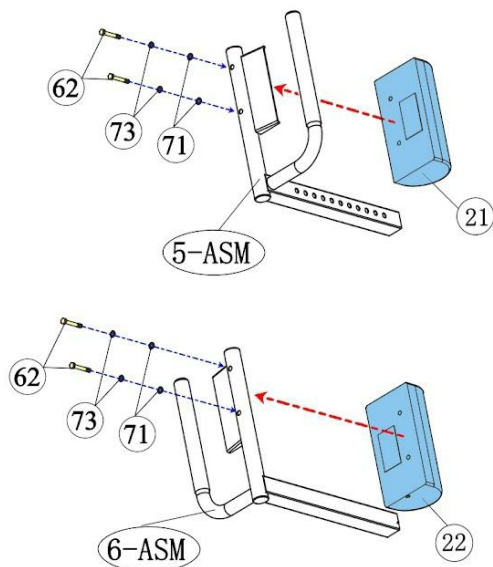
- Two BOLTS, Hex 1/2" x 3-1/4" (58)
- Three WASHERS, Flat 1/2" (70)
- One WASHER, Spring 1/2" (74)
- One NUT, Nylon Lock 1/2" (75)



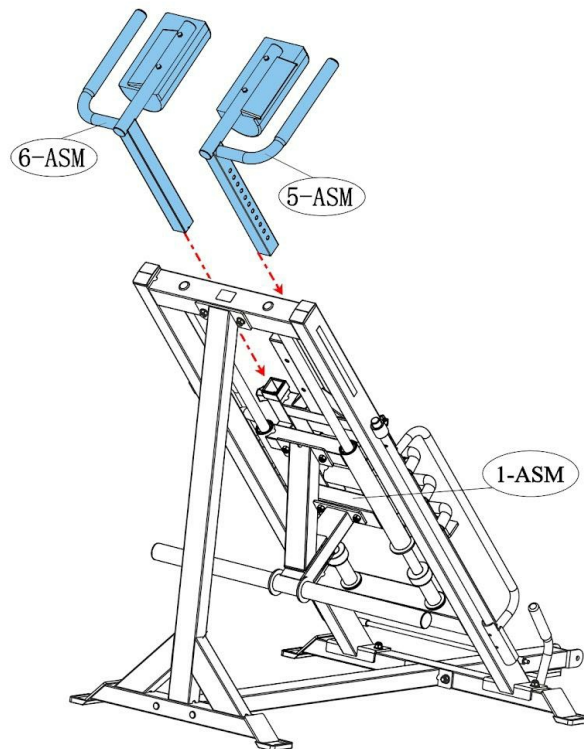
Please Hand Tighten All Bolts Until STEP 3c

STEP 3a: Installation of the Shoulder Assemblies

Attach the **Pad, Shoulder, Right & Left (21, 22)** to the Frame, Right Shoulder, Adjusting - Assembly (5-ASM) and the Frame, Left Shoulder, Adjusting - Assembly (6-ASM) using:



- Four BOLTS, Hex 5/16" x 2-1/2" (62)
- Four WASHERS, Spring 5/16" (73)
- Four WASHERS, Flat 5/16" (71)

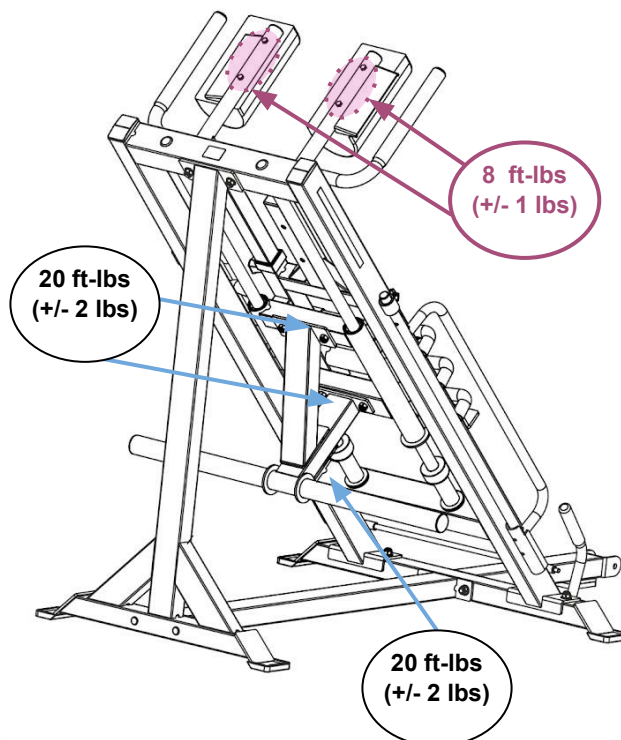


STEP 3b: Install both Shoulder Assemblies on the the Main Frame Assembly

Loosen the Pull-Pin locking knobs to slip down, then tighten Pull-Pins.

STEP 3c: "Torque Time"

- Tighten the Weight Horn Support & Holder 1/2" Bolts & Locking Nuts, starting at the bottom and working your way up, to the recommended torque specs of 20 ft-lbs (+/- 2 lbs)
- All 4 bolts (#62) go directly into the pads, to the torque specs of 8 ft-lbs (+/- 1 lbs).



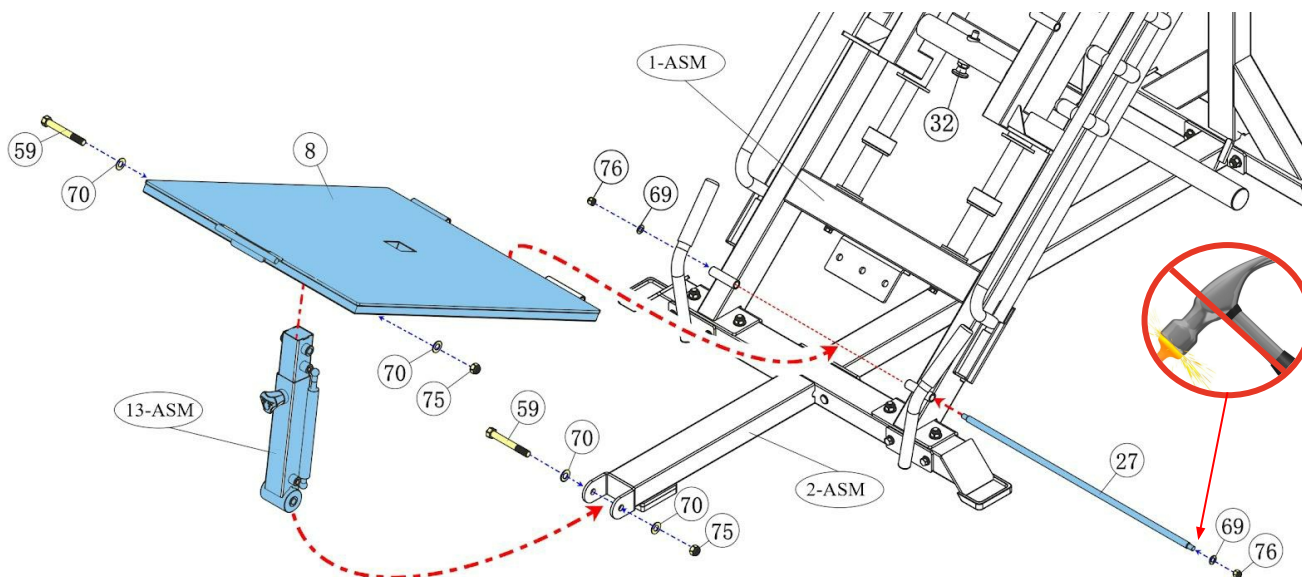
NOTE: The Long Axle (27) & Short Axle (31) are pre-assembled in the Main Frame Assembly (1-ASM).

Take both out to start STEP 4a and STEP 4c by using a 9/16 wrench or socket on the Nuts (76).

**** Gently tap out the Axle with the Nut or with block of wood on the end, so not to damage the treads. ****

STEP 4a: Installation of the Foot Platform

Attach the **Foot Platform (8)** to the Frame, Main - Assembly (1-ASM) with the Axle, Long (27), then push forward. Continue with the installation of the Foot Platform Adjuster Sleeve - Assembly (13-ASM) to the Frame, Front, Stabilizer - Assembly (2-ASM). Finish by connection the Foot Platform Adjuster Sleeve - Assembly upper part to the base of the Foot Platform. Use the following hardware:



First: Foot Platform to the Main Frame Assembly

- Two WASHERS, Flat 3/8" (69)
- Two NUTS, Nylon Lock 3/8"(76)

Recommended Tools



Second: Adapter Sleeve to Front Frame & Foot Platform

- Two BOLTS, Hex 1/2" x 4" (59)
- Four WASHERS, Flat 1/2" (70)
- Two NUTS, Nylon Lock 1/2" (75)

STEP 4b: "Torque Time"

- Nuts, Nylon Lock 3/8" (76) to **15 ft-lbs +/- 2 lb.**
- BOLTS, Hex Head 1/2" (59) to **20 ft-lbs +/- 2 lbs.**

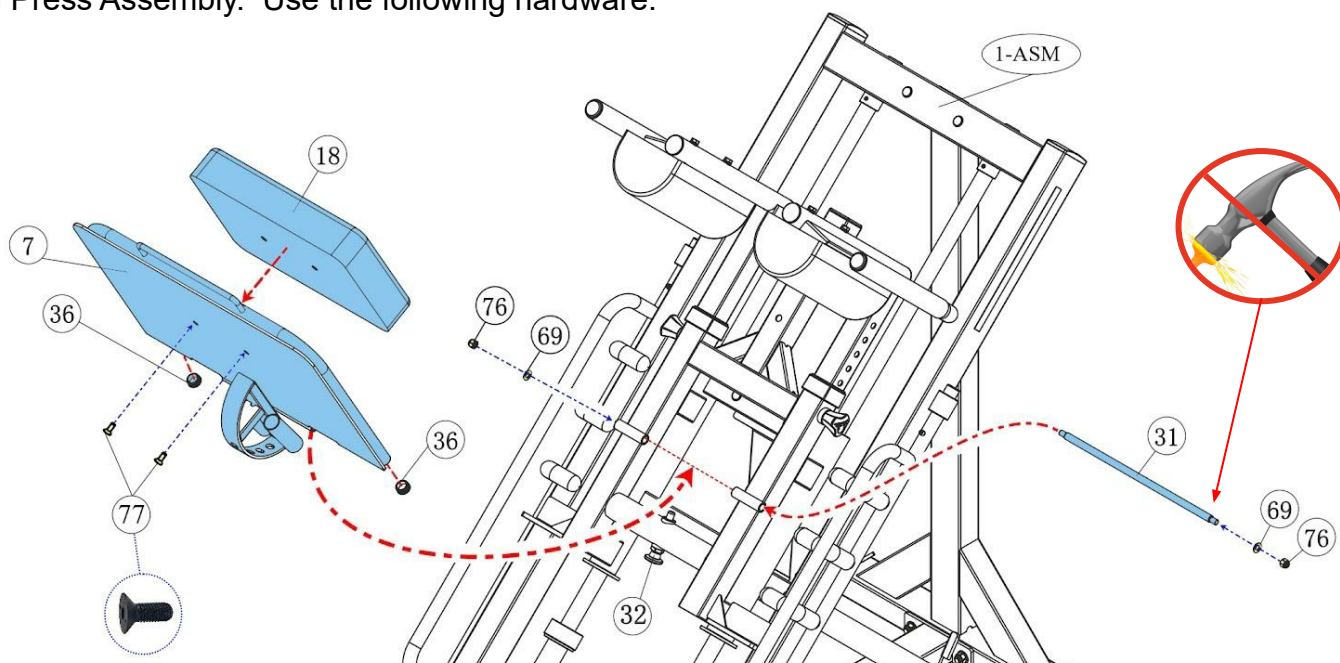
NOTE: Once tightened, test the Foot Platform (8) travel. It should move easily. If you find that it is not, slightly loosen the 1/2" x 4" BOLTS (59), and recheck.

NOTE: The Long Axle (27) & Short Axle (31) are pre-assembled in the Main Frame Assembly (1-ASM).
Take both out to start STEP 4a and STEP 4c by using a 9/16 wrench or socket on the Nuts (76).

**** Gently tap out the Axle with the Nut or with block of wood on the end, so not to damage the treads. ****

STEP 4c: Installation of the Leg Press Assembly

Attach the **Plate, Leg Press (7)** to the Frame, Main - Assembly (1-ASM) with the Axle, Short (31), then lock in with the Pull-Pin #1 (32). Continue with installation of the Pad, Back (18) to the Plate, Leg Press Assembly (7-ASM). Finish with the Plug, Round 25mm (36) on the right & left bottom sides on the Plate, Leg Press Assembly. Use the following hardware:



First: Leg Press to the Main Frame Assembly

- Two WASHERS, Flat 3/8" (69)
- Two NUTS, Nylon Lock 3/8" (76)

STEP 4d: "Torque Time"

- Nuts, Nylon Lock 3/8" (76) to **15 ft-lbs +/- 2 lb.**
- BOLTS, Hex Countersunk Head 3/8" (64) to **8 ft-lbs +/- 1 lbs.**

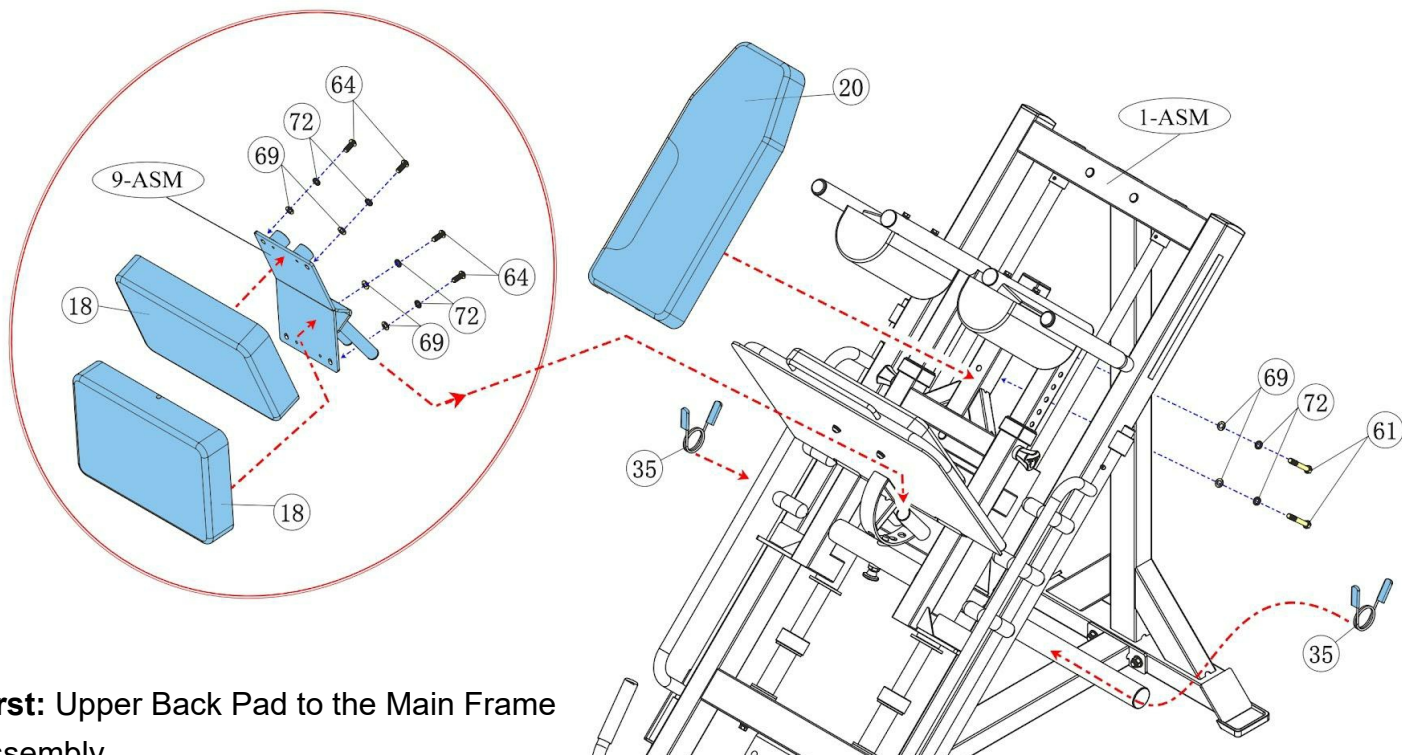
Second: Back Pad to the Leg Press Assembly

- Two BOLTS, Hex Recessed Countersunk Head 3/8" x 1" (77)



STEP 5a: Installation of the Back Pads

Attach the **Pad, Back, Upper (20)** to the Frame, Main - Assembly (1-ASM). Continue with installation of the Pads, Back (18) to the Plate, Back Pad - Assembly (9-ASM), then insert into the Plate, Leg Press - Assembly (7-ASM), see image below.. Finish with the Spring Clips (35) on the right & left bottom sides on the Weight Plate Holder - Assembly (10-ASM) . Use the following hardware:



First: Upper Back Pad to the Main Frame Assembly

- Two BOLTS, Hex 3/8" x 3" (61)
- Two WASHERS, Spring 3/8" (72)
- Two WASHERS, Flat 3/8" (69)

Second: Back Pads to the Back Plate

- Four BOLTS, Hex 3/8" x 1-1/4" (64)
- Four WASHERS, Spring 3/8" (72)
- Four WASHERS, Flat 3/8" (69)

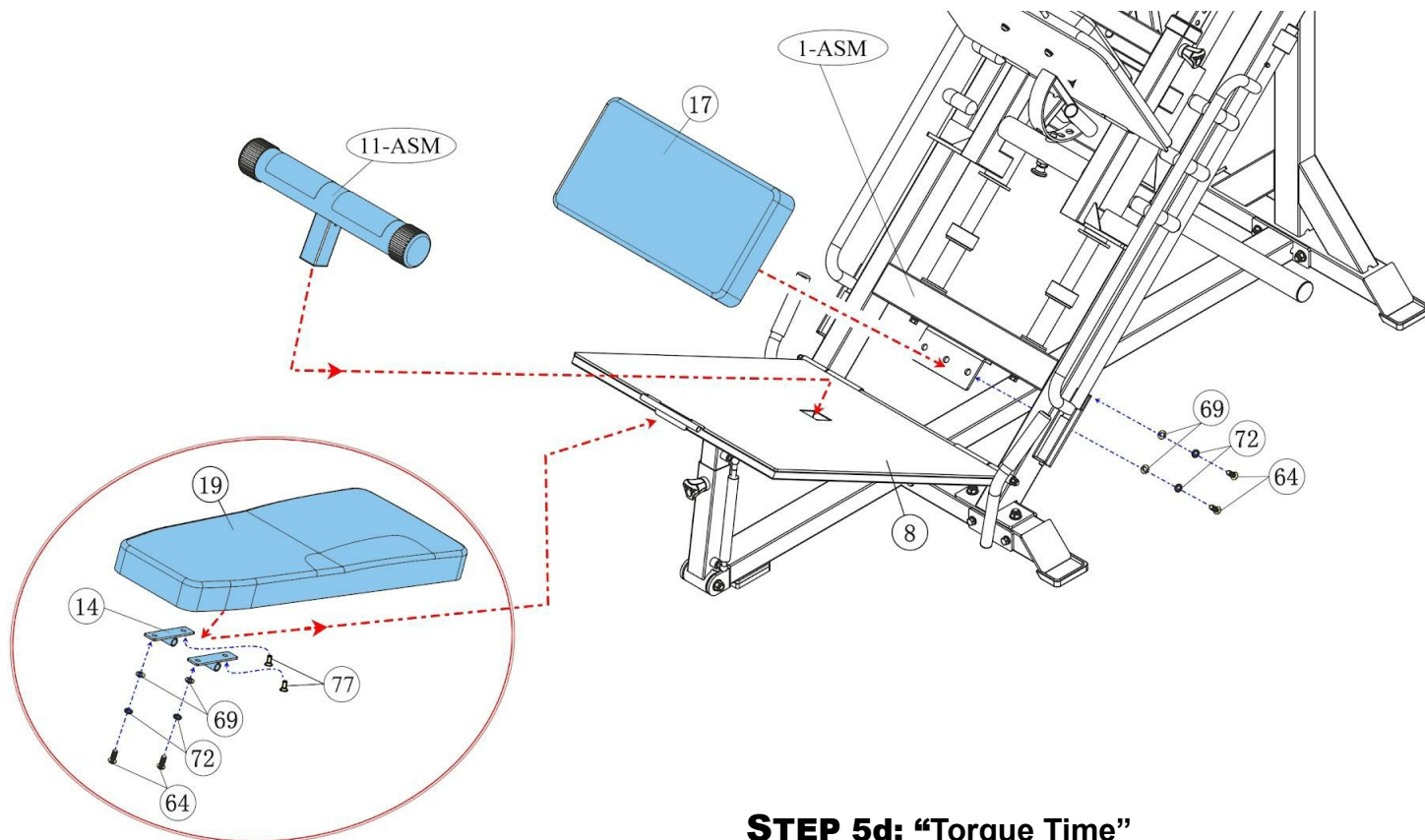
STEP 5b: "Torque Time"

- BOLTS, Hex & Button Head 3/8" (61, 64) to **8 ft-lbs +/- 1 lbs.**



STEP 5c: Installation of the Seat & Lower Back Pads

Attach the **Pad, Seat (17)** to the Frame, Main - Assembly (1-ASM). Continue with installation with the **Pad, Back, Lower (19)** to the Foot Platform (8). Finish with the **Foot Tube - Assembly (11-ASM)** on the Foot Platform. Use the following hardware:



STEP 5d: "Torque Time"

First: Seat Pad to the Main Frame Assembly

- Two BOLTS, Hex 3/8" x 1-1/4" (64)
- Two WASHERS, Spring 3/8" (72)
- Two WASHERS, Flat 3/8" (69)

- BOLTS, Hex & Button Head 3/8" (61, 64, 77) to **8 ft-lbs +/- 1 lbs.**

Second: Back Pad to the Foot Plate

- Two BOLTS, Hex 3/8" x 1-1/4" (64)
- Two WASHERS, Spring 3/8" (72)
- Two WASHERS, Flat 3/8" (69)
- Two BOLTS, Hex Recessed countersunk Head 3/8" x 1" (77)

Recommended Tool



ALLEN WRENCH
7/32

STEP 6a - 6c: Final Assembly Clean Up, Polish and Double Checks



STEP 6a: Remove all assembly stickers, i.e. part numbers & right left circles.

- Easy to remove with fingernail or plastic scraper
- If adhesive residue is on frame:
 - Use rubbing alcohol
 - Then mild cleaning solution
 - Finishing with a dry 100% cotton cleaning cloth



STEP 6b: Frame clean up.

- Wipe down frame with mild cleaning solution
- Dry frame with 100% cotton cleaning cloth
- Good practice to do before first use and yearly:
 - Lightly apply an automotive grade cleaner wax
 - Then follow up by wiping excesses off with 100% cotton cleaning cloth



MILD CLEANING SOLUTION



100% COTTON CLEANING CLOTHS

- DO NOT USE ABRASIVE CLEANING SCRUBBING PADS
- DO NOT USE AMMONIA OR CITRIC CLEANERS
- DO NOT USE ANY FORM OF PAINT THINNERS



STEP 6c:

Double check at this time:



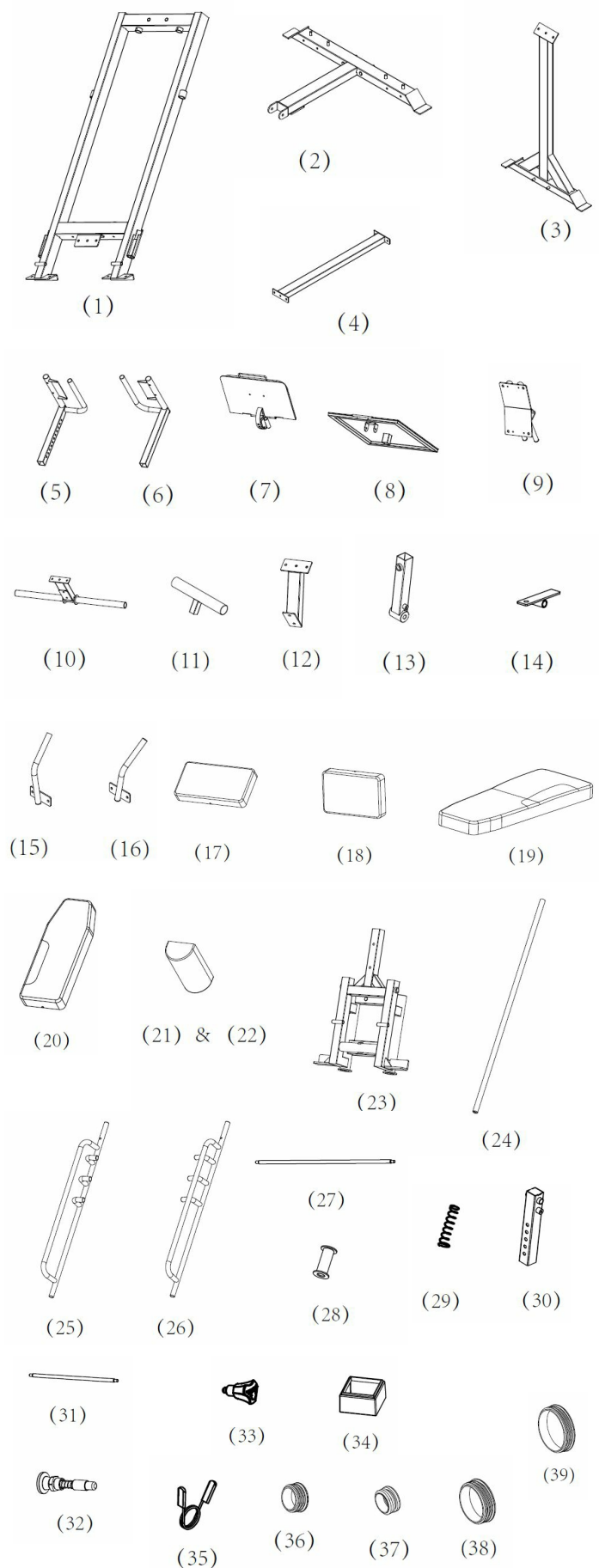
- All Bolts, Nuts and Pop-Pins are tightened
- All Safety Arms and Bar Catches move smoothly
- All Pop-Pins fully engage into the Upright holes
- Machine is fully operational.

TIP ON FRAME ONLY: For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax if desired. Also makes future cleaning easier.

(Do Not Use on the Upholstery)

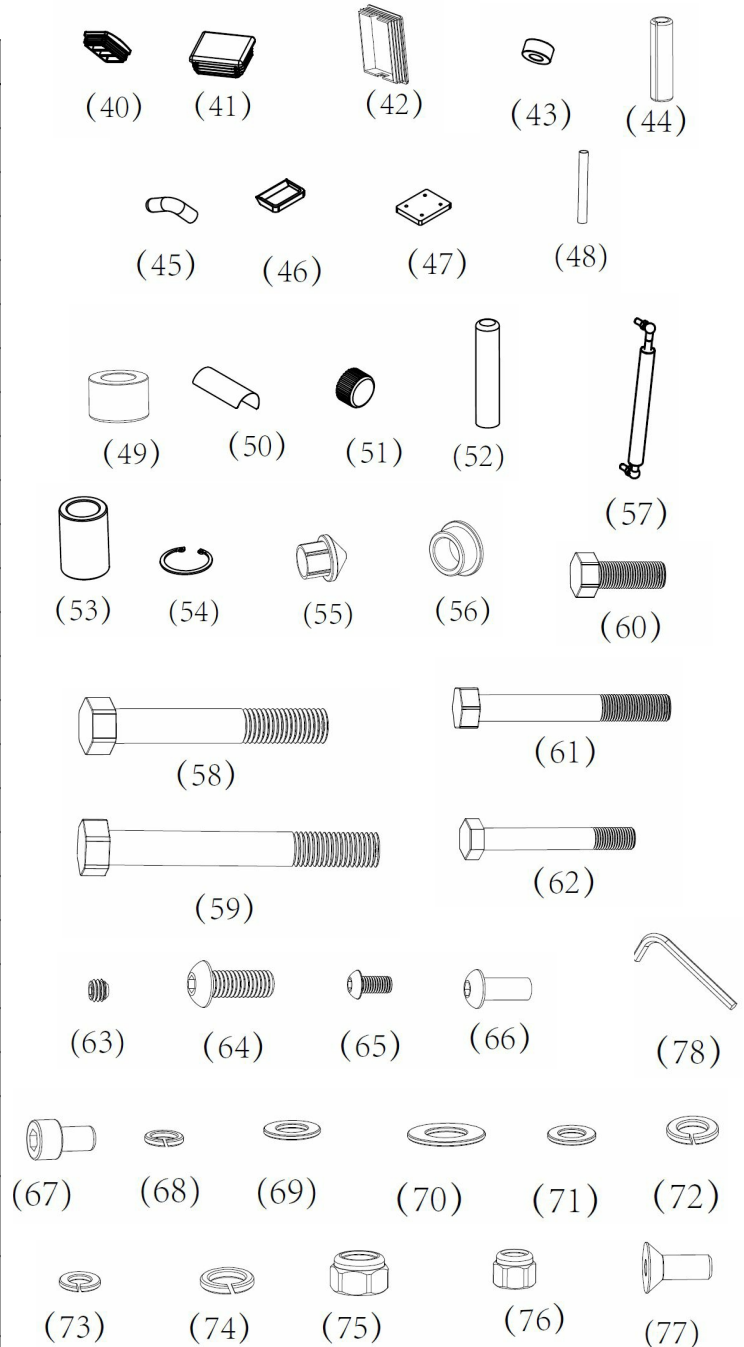


Part #	Detailed Parts list	QTY
F760-001	Frame, Main	1
F760-002	Frame, Front, Stabilizer	1
F760-003	Frame, Rear, Upright	1
F760-004	Frame, Bottom, Connector	1
F760-005	Frame, Right Shoulder, Adjusting	1
F760-006	Frame, Left Shoulder, Adjusting	1
F760-007	Plate, Leg Press	1
F760-008	Foot Platform	1
F760-009	Plate, Back Pad	1
F760-010	Weight Plate Holder	1
F760-011	Foot Tube	1
F760-012	Weight Holder Support	1
F760-013	Foot Platform Adjuster Sleeve	1
F760-014	Hinge, for Foot Platform	2
F760-015	Handle, Right	1
F760-016	Handle, Left	1
F760-017	Pad, Seat	1
F760-018	Pad, Back and Hip	3
F760-019	Pad, Back, Lower	1
F760-020	Pad, Back, Upper	1
F760-021	Pad, Shoulder, Right	1
F760-022	Pad, Shoulder, Left	1
F760-023	Frame, Moving Carriage	1
F760-024	Solid Linear Bearing Rod, 30mm OD x 1,400mm L	2
F760-025	Stopper, Safety, Right	1
F760-026	Stopper, Safety, Left	1
F760-027	Axle, Long	1
F760-028	Support Tube	2
F760-029	Spring	2
F760-030	Foot Platform Adjuster Inside Tube	1
F760-031	Axle, Short	1
F760-032	Pull Pin 1	1
F760-033	Pull Pin 2	3
F760-034	Plastic Sleeve	2
F760-035	Spring Clip	2
F760-036	Plug, Round ϕ 25	4
F760-037	Plug, Round ϕ 32	2
F760-038	Plug, Round ϕ 38	4
F760-039	Plug, Round ϕ 48	2



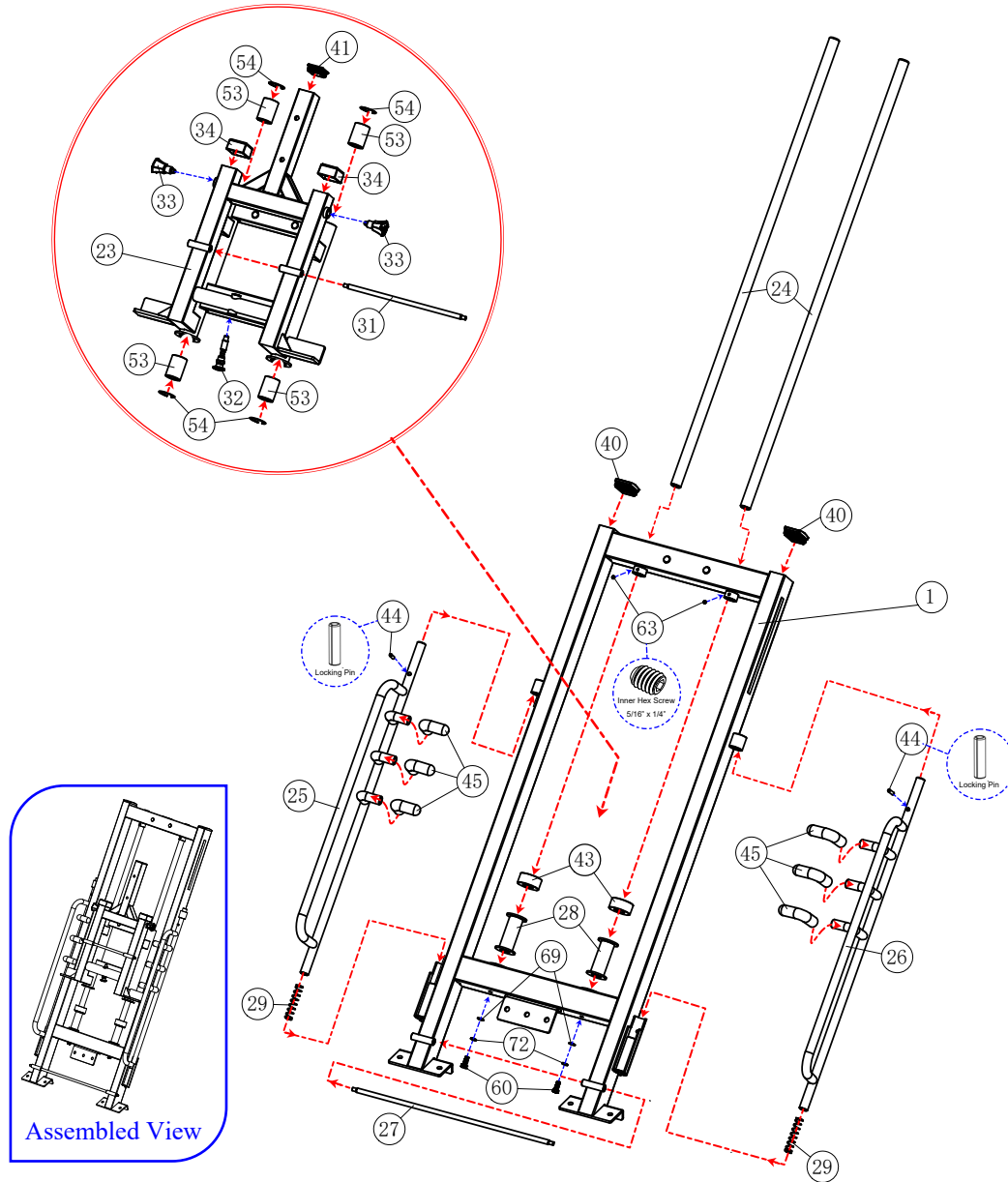
NOTE: Parts are not to scale

Part #	Detailed Parts list	QTY
F760-040	Plug, Rectangular 75mm x 50mm	2
F760-041	Plug, Square 50mm x 50mm	1
F760-042	Plug, Square 45mm x 45mm	1
F760-043	Rubber Cushion	2
F760-044	Locking Pin	2
F760-045	Plastic Cap	6
F760-046	Foot Pad 1	4
F760-047	Foot Pad 2	1
F760-048	Foam	2
F760-049	Crash Cap	3
F760-050	Non-slip Mat	2
F760-051	Cap, Round End	2
F760-052	Hand Grip	2
F760-053	Linear Bearing	4
F760-054	Circlip	4
F760-055	Cap, End, Pointed	2
F760-056	Bushing	4
F760-057	Compressed Spring	1
F760-058	Bolt, Hex 1/2" x 3-1/4" L - BLACK	2
F760-059	Bolt, Hex 1/2" x 4" L - BLACK	2
F760-060	Bolt, Hex 3/8" x 1" L - BLACK	6
F760-061	Bolt, Hex 3/8" x 3" L - BLACK	2
F760-062	Bolt, Hex 5/16" x 2-1/2" L - BLACK	4
F760-063	Screw, Inner Hex Set 5/16" x 1/4" L- BLK	2
F760-064	Bolt, Hex Button Head 3/8" x 1- 1/4" L- BLK	8
F760-065	Bolt, Hex Button Head M6 x 12mm L- BLK	4
F760-066	Bolt, Hex Button Head 5/16" x 3/4" L- BLK	3
F760-067	Bolt, Hex Socket Cap 5/16" x 1/2" L- BLK	1
F760-068	Washer, Spring ϕ 8 - BLACK	2
F760-069	Washer, Flat 3/8" - BLACK	20
F760-070	Washer, Flat 1/2" - BLACK	21
F760-071	Washer, Flat 5/16" - BLACK	7
F760-072	Washer, Spring 3/8" - BLACK	16
F760-073	Washer, Spring 5/16" - BLACK	4
F760-074	Washer, Spring 1/2" - BLACK	1
F760-075	Nut, Nylon Lock 1/2" - BLACK	17
F760-076	Nut, Nylon Lock 3/8" - BLACK	4



NOTE: Parts are not to scale

Part #	Detailed Parts list	QTY
F760-077	Bolt, Hex Recessed Countersunk Head 3/8" x 1" L- BLK	4
F760-078	Wrench, Hex 7/32"	1
F760-079	Warning Label - Master Rules and Precautions	1
F760-080	Warning Label - Pinch Point, Horizontal	2
F760-081	Warning Label - Pull-Pin Locking Knob	3
F760-082	Label - Maintenance Schedule	1
F760-083	Label - Serial Number	1

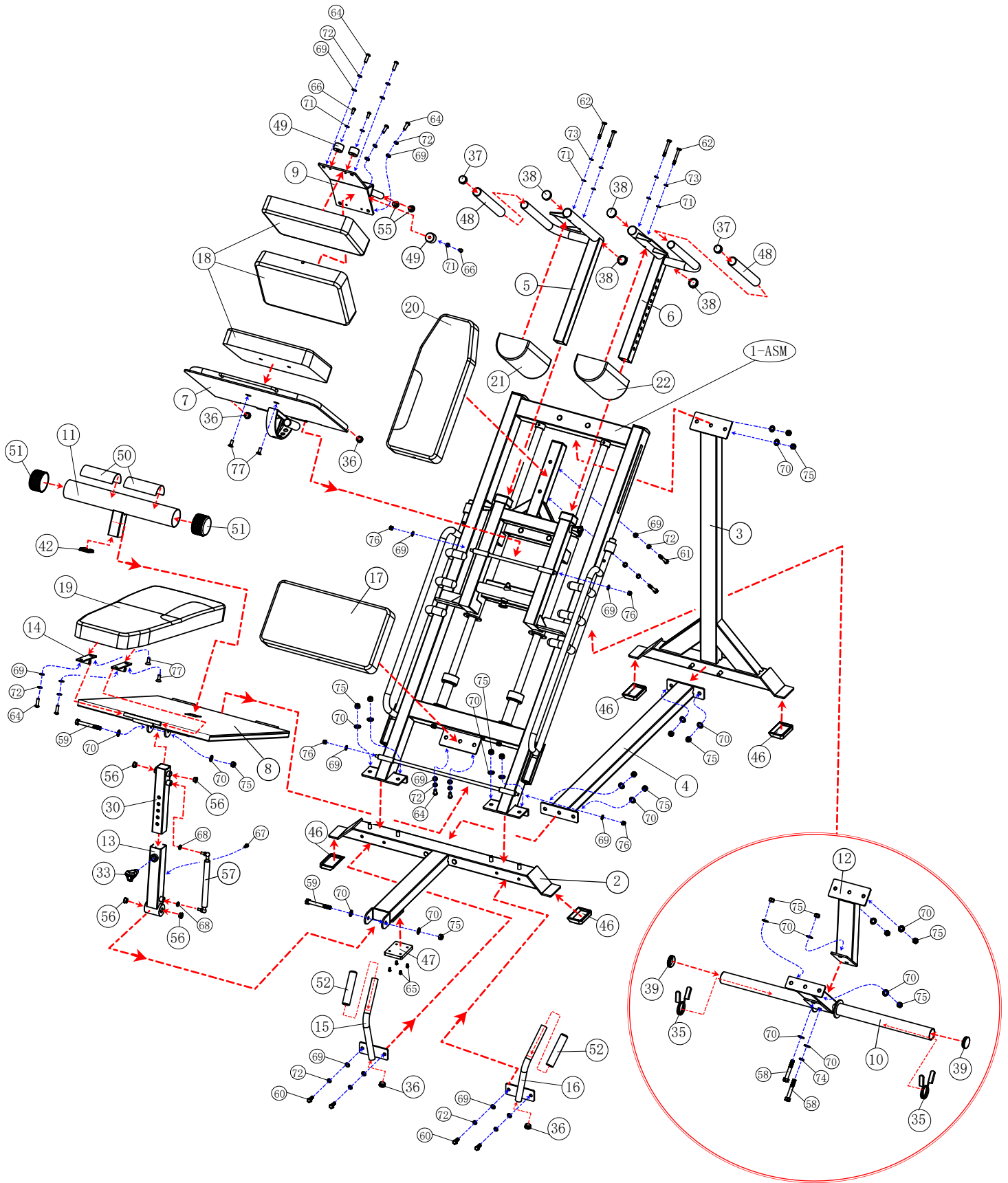


Main Frame Assembly (001-ASM)

View Keys

- Red dotted (large):** Structural parts assembled direction.
- Red dotted (med):** Sub-parts assembled direction.
- Blue dotted lines (small):** Hardware assembled direction.

NOTE: Parts are not to scale



View Keys

- Red dotted (large):** Structural parts assembled direction.
- Red dotted (med):** Sub-parts assembled direction.
- Blue dotted lines (small):** Hardware assembled direction.

NOTE: Parts are not to scale

Strength Maintenance & Routine Schedule

<i>ROUTINE SCHEDULE</i>	<i>LIGHT COMMERCIAL</i>	<i>HOME</i>
Clean: Upholstery.	DAILY	1 - 2 WEEKS
Inspect: Cables or Belts and their tension.	DAILY	1 - 2 WEEKS
Inspect: Links, Pull Pins, Snap Locks, Swivels, and Weight Stack Pins.	DAILY	1 - 2 WEEKS
Inspect: Accessory Bars and Handles.	WEEKLY	3 - 6 MONTHS
Inspect: All Label and Weight Stack Stickers.	WEEKLY	3 - 6 MONTHS
Inspect: All Nuts and Bolts, tighten if needed.	WEEKLY	3 - 6 MONTHS
Inspect: Anti-Skid Surface.	WEEKLY	3 - 6 MONTHS
Clean & Lubricate: Guide Rods with 100% Silicone or a Teflon based lubricant with Super Lube (a PTFE grease).	MONTHLY	3 - 6 MONTHS
Lubricate: Seat Sleeves, Bushings, Linear Bearing.	MONTHLY	3 - 6 MONTHS
Clean and Wax: All Glossy Finishes.	6 MONTHS	YEARLY
Repack with Grease: Linear Bearings.	6 MONTHS	YEARLY
Replace: Cables, Belts and Connecting Parts when showing signs of wear.	YEARLY	2 - 4 YEARS

Lubrication

Bearing and linear bearing systems have advanced over the years, but they must be maintained on a regular basis if you expect them to last and perform efficiently. BODYCRAFT uses only the highest quality bearings and linear motion components that are virtually trouble-free but they require the regular preventive maintenance to ensure long-lasting performance.

- 1. Bronze bushings:** Recommend on a yearly basis to spray a Teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
- 2. Weight stack guide rods:** Use Silicone Spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. DO NOT use WD-40 or other lubricants as they attract dirt and will create a mess between the weight plates and bushings.
- 3. Sealed bearings pivot points:** As the name implies, they are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dry to prevent the build up of dust and sweat.
- 4. Linear bearing systems (if equipped):** These are precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down monthly and lubricated with a light layer of Teflon grease. We recommend a Teflon-based (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to become clogged and jammed.

If you perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.



BODYCRAFT
7699 GREEN MEADOWS DR.
LEWIS CENTER, OHIO 43035



800.990.5556
SERVICE@BODYCRAFT.COM
WWW.BODYCRAFT.COM

Required Information BEFORE Initiating a Service Case

The following information is needed to help expedite troubleshooting and to ensure the correct part(s) are sent if needed for a repair:

- 1) What product / model # do you have?
- 2) Unit serial number?
- 3) Installed by a dealer or direct sale?
- 4) Date of installation?
- 5) Date of service issue?
- 6) Complaint or problem, including any Error Codes?
- 7) Has the software been updated?
- 8) What part(s) are being requested?
- 9) Any picture or video will help with troubleshooting or exact part(s) needed.

Product Warranty - Strength

VALID FOR USA AND CANADA ONLY

(Please consult with your local distributor for warranty info specific to your region).

BODYCRAFT warrants its products to be free of defects in materials and workmanship for the time stated below to the original purchaser.

Register your product within 30 days of purchase at www.bodycraft.com or call 800-990-5556

This warranty is valid only in accordance with the following conditions:

The warranty begins on the original purchase date at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise. This warranty is not transferable and is only valid to the original purchaser.

This warranty is available only for purchases made within and the original purchaser currently residing in the USA and Canada. Please consult with your local distributor for warranty information specific to your region. The product must have been registered within 30 days of the original purchase date or supply proof of purchase to validate warranty (original sales invoice).

This warranty does not extend to any losses or damages due to accident, misuse, abuse, neglect, negligence, unauthorized modification or alteration, use beyond rated capacity, unsuitable power sources or environmental conditions, water, tampering, cosmetic damages, or improper installation, handling, repair, maintenance, or application, or lack of proper maintenance.

If the item exhibits such a defect, BODYCRAFT will, at its option, repair or replace it without cost for parts. Shipping and handling charges may apply. (BODYCRAFT may require return of the part(s) or photographic evidence of the damaged part(s) prior to replacement.) Serial number is required. Parts repaired or replaced will be warranted for the remainder of the original warranty period only.

Residential Warranty for Strength Equipment:

Frame: Lifetime, **Parts:** Lifetime

Commercial Warranty for Strength Equipment:

Frame: 10 years, **Parts:** 2 years

This warranty excludes the following:

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed above.
2. Normal cosmetic wear on parts such as paint, seat coverings, foot rails, labels and logos.
3. Any accessories not included in the original packaging.
4. Warranty does not cover normal wear and tear.

* This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your BODYCRAFT product. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BODYCRAFT product.

Register your product's warranty at www.bodycraft.com/product-registration.html

Warranty Registration - Strength

Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go on-line now to <https://www.bodycraft.com/product-registration.html> and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to BODYCRAFT within 30 days from the date of equipment installation.

Please Note: Failure to register this product will result in no servicing or authorization of parts to be shipped.

To mail your warranty information, please fill in the information below and mail to: Service Dept., BODYCRAFT , 7699 Green Meadows Dr. Lewis Center, Ohio 43035 (or save postage and register online at <https://www.bodycraft.com/product-registration.html>)

WARRANTY REGISTRATION

PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW.
REQUIRED FOR WARRANTY REGISTRATION:

BASE UNIT SERIAL NUMBER:

OPTIONS SERIAL NUMBER:

Model Type: _____

Date of Purchase _____

Your Company Name _____

Contact First Name _____

Contact Last Name _____

Address _____

City _____ State _____ ZIP _____

Email Address _____ Website _____

Phone _____ Fax _____

1. Where did you first learn about BODYCRAFT?

- a. Dealer b. Website
 c. Advertisement d. Referral
 e. Current Customer f. Other _____

2. Why did you purchase a BODYCRAFT product?

- a. Design/Appearance b. Dealer Suggestion
 c. Price/Value d. Quality Construction
 e. Performance f. BODYCRAFT Reputation
 g. Other: _____

3. Please indicate your type of facility:

- a. Apartment/Condo b. Corporate Fitness Center
 c. Municipality d. Health Club/Gym/Spa
 e. Hotel/Resort f. Military Base
 g. Student Rec Center h. Home

4. What other types of equipment does your company or home currently own?

- a. Treadmill Brand _____
 b. Elliptical Brand _____
 c. Bike/Indoor Cycle Brand _____
 d. Free Weights/Gym Brand _____

5. How many people use your facility on a daily basis?

- a. <25 b. 25-75
 c. 76-150 d. 150+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?

- Yes No

7. If you answered "yes" to question 6, what type do you plan to purchase?

- a. Treadmill b. Elliptical
 c. Bike/Indoor Cycle d. Free Weights
 e. Gym f. Other _____

8. Would you recommend BODYCRAFT to other club or home owners?

- Yes No

9. You are a valued BODYCRAFT customer and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain:



800.990.5556
SERVICE@BODYCRAFT.COM
WWW.BODYCRAFT.COM



BODYCRAFT
7699 GREEN MEADOWS DR.
LEWIS CENTER, OHIO 43035