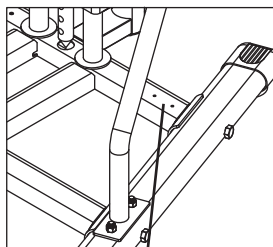


BODYCRAFT

CFT STRENGTH TRAINING SYSTEM OWNER'S MANUAL

Serial Number Location



Record your Serial number
and purchase date here:

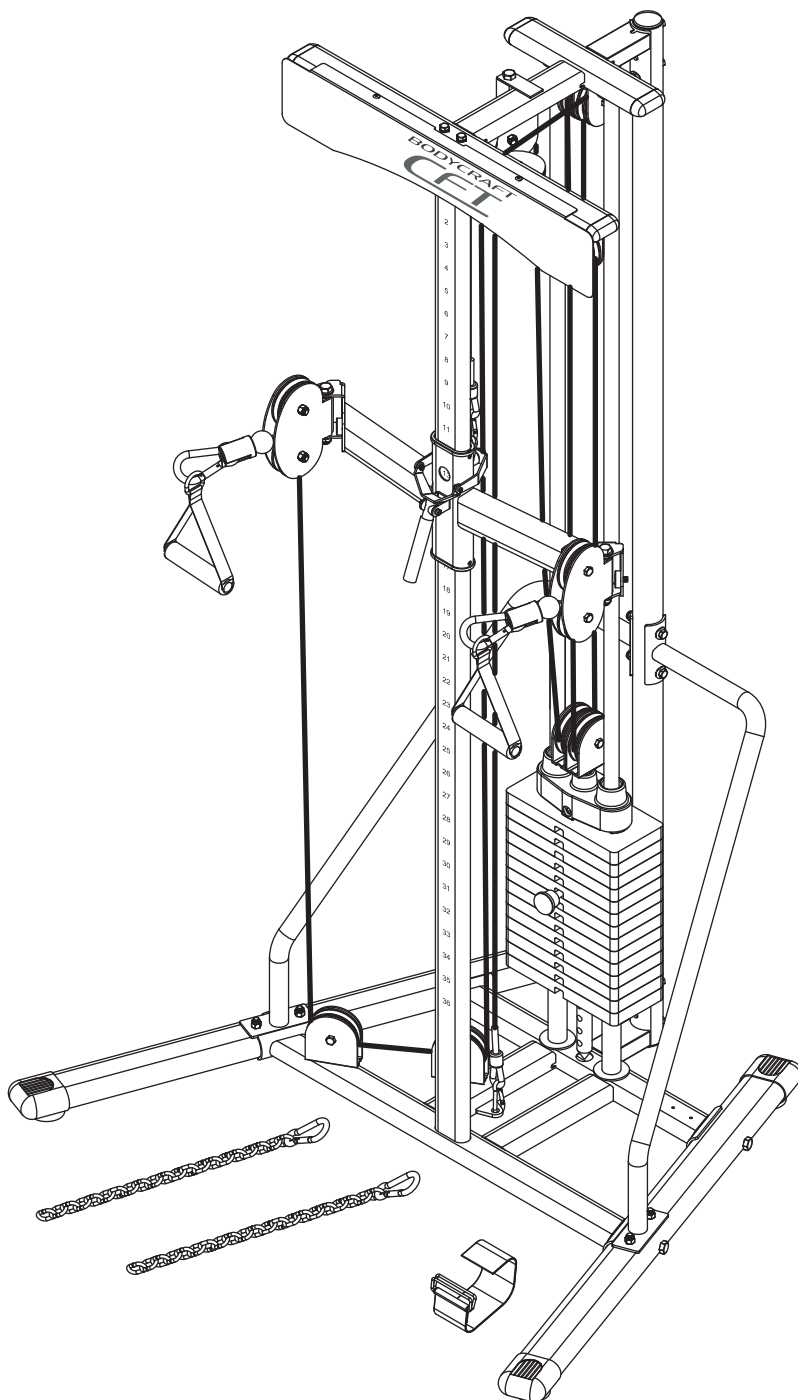
S/N _____

PURCH.DATE: _____

DEALER: _____



Scan this QR code with your
PortableDevice to link to
additional product information.
www.bodycraft.com/cft-qr



Model No. CFT

MB1601

BODYCRAFT is a division of Recreation Supply

Recreation Supply Inc.
7699 Green Meadows Drive
Lewis Center, OH 43035

Congratulations and Thank You!

Thank you for selecting the BODYCRAFT CFT Strength Training System. The BODYCRAFT CFT 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 CFT will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT CFT. Keep this manual for future reference. If you have additional questions, please contact your local BODYCRAFT CFT 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 preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

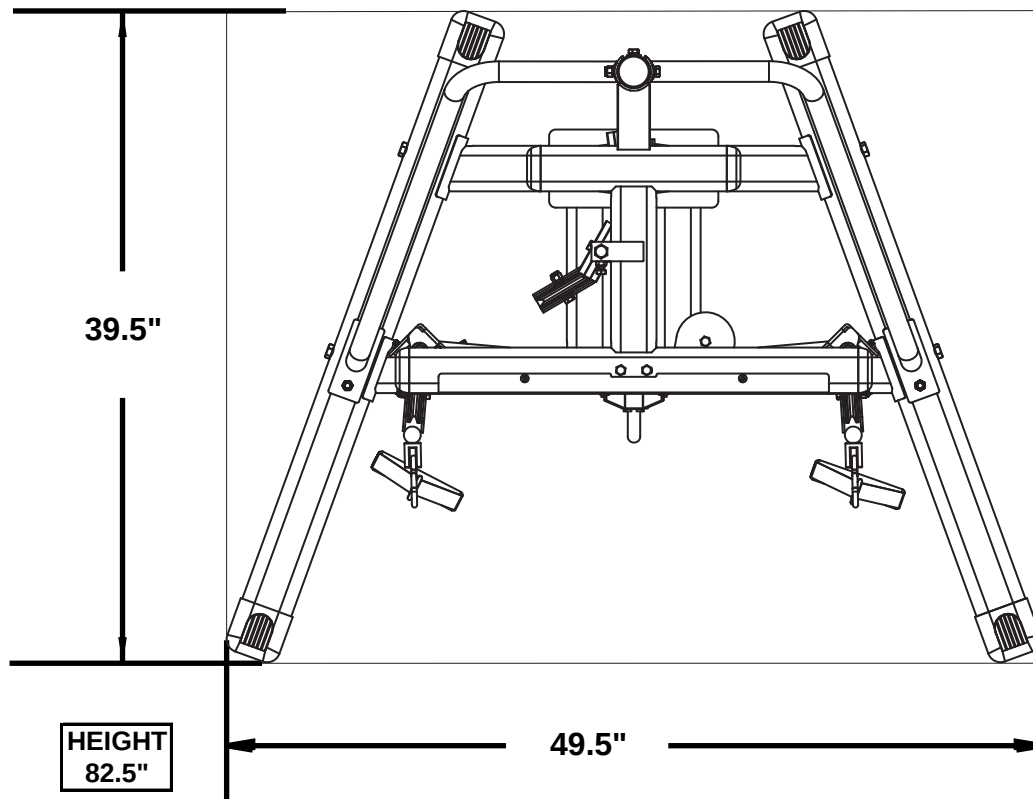
- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the BODYCRAFT CFT 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 adjusting the pulley height, make sure the spring pin is fully engaged. If not, it may slip and cause serious injury.**
- 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 CFT 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

WALL

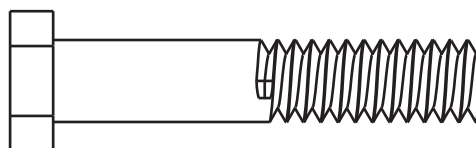


Recommended Tools for Assembly

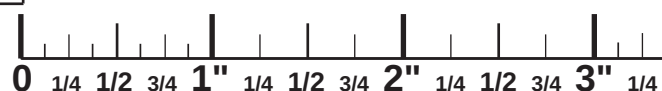
Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set

Important Notes and Tips:

1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of the product.
3. Use silicone lubricant on guide rods prior to weight plate installation.
4. Allow plastic parts to acclimate to room temperature before installation or they may be damaged.
5. Install plastic parts with a rubber mallet.
6. For your convenience, a ruler is displayed below.
7. When measuring bolt lengths, only measure the shank.
8. Once assembly is complete, confirm that all bolts and connections are secure and that all cables are seated properly in the pulleys before use.



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

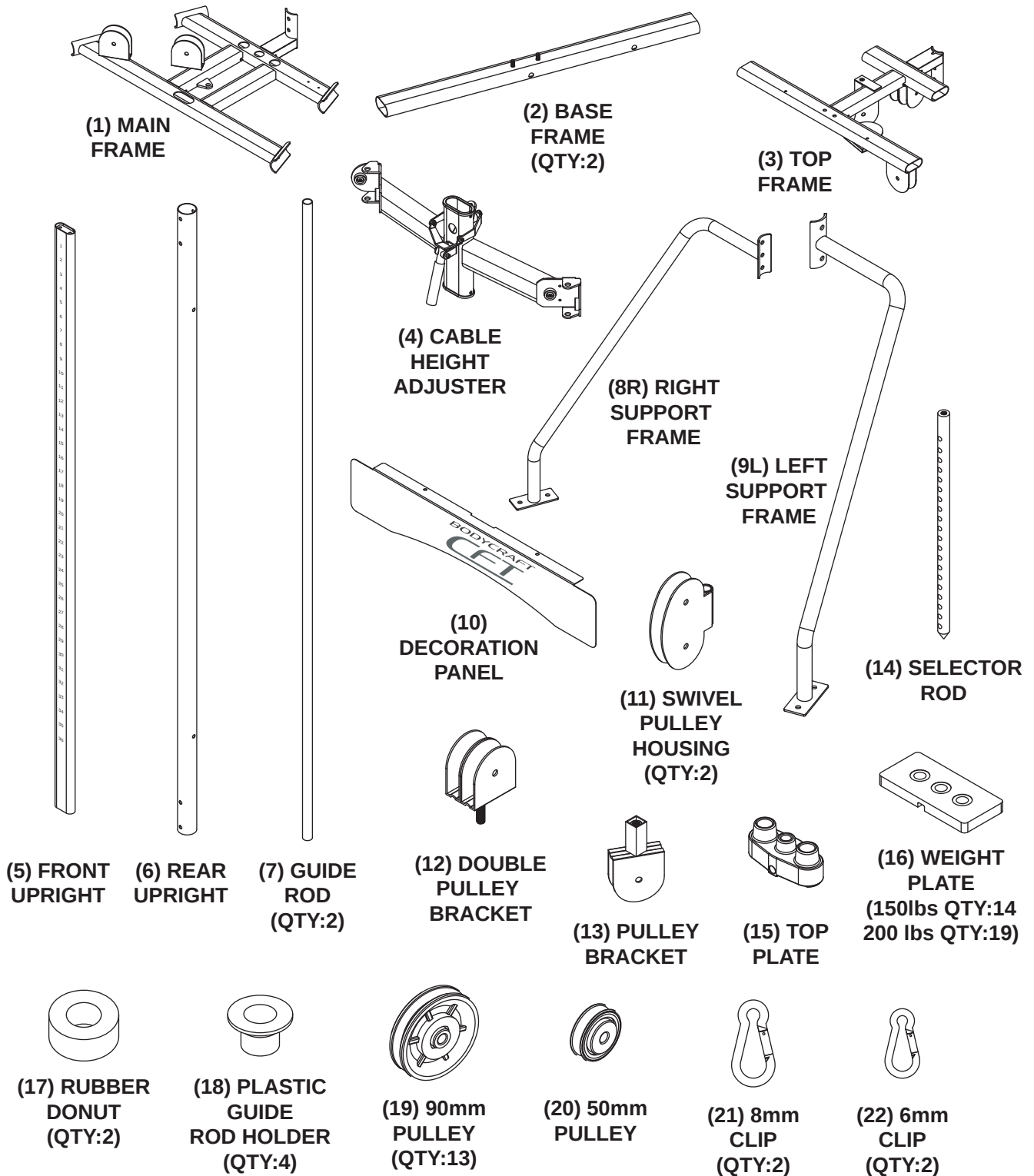


CFT Assembly Parts List 1/2



NOTE: IF A PART IS MISSING, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES. PLEASE PROCEED WITH ASSEMBLY.

***Parts images are not to scale.**



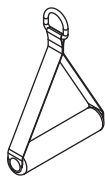
NOTE: IF YOU HAVE PURCHASED THE OPTIONAL ADD-ON WEIGHT KIT YOU WILL HAVE A TOTAL OF 19 WEIGHT PLATES.

CFT Assembly Parts List 2/2



NOTE: IF A PART IS MISSING, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES. PLEASE PROCEED WITH ASSEMBLY.

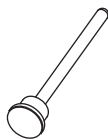
***Parts images are not to scale.**



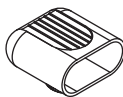
**(23) SINGLE
HANDLE
(QTY:2)**



**(24) STACK
SPACER
(QTY:2)**



**(25) SELECTOR
PIN**



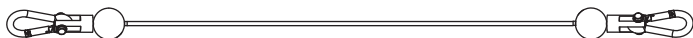
**(26) OVAL
END CAP
(QTY:4)**



**(27) OVAL
CAP
(QTY:4)**



**(28) ROUND
CAP
(QTY:2)**



(30) CABLE



(31) COUNTER BALANCE CORD



**(35) STOPPER
(QTY:2)**

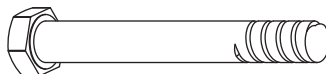


**(62) ANKLE
STRAP**

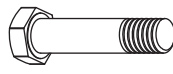


**(63) CHAIN
(QTY:2)**

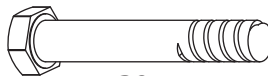
NO.	DESCRIPTION	QTY.
38	1/2" X 4-1/4" HEX BOLT	2
39	1/2" X 3-3/4" HEX BOLT	4
41	3/8" X 3" HEX BOLT	4
42	3/8" X 2-3/4" HEX BOLT	4
43	3/8" X 1-3/4" HEX BOLT	10
44	3/8" X 1" HEX THREADED BOLT	4
46	5/16" X 1/2" INNER HEX SCREW	2
47	M8 X 10mm INNER HEX SCREW	2
51	TOP PLATE BOLT	1
52	1/2" WASHER	4
53	3/8" WASHER	4
54	1/2" SPRING WASHER	4
55	3/8" SPRING WASHER	4
56	5/16" SPRING WASHER	2
57	3/8" CURVED WASHER	10
58	1/2" NYLON NUT	2
59	3/8" NYLON NUT	4



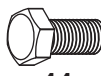
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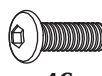
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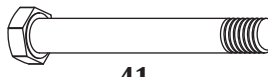
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44



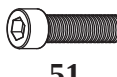
46



41



47



51



42



52



53



54



55



56



57

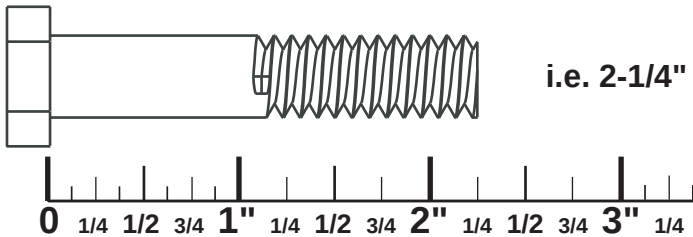


58



59

When measuring bolt lengths, only measure the shank.



STEP 1 Assemble Main Frame

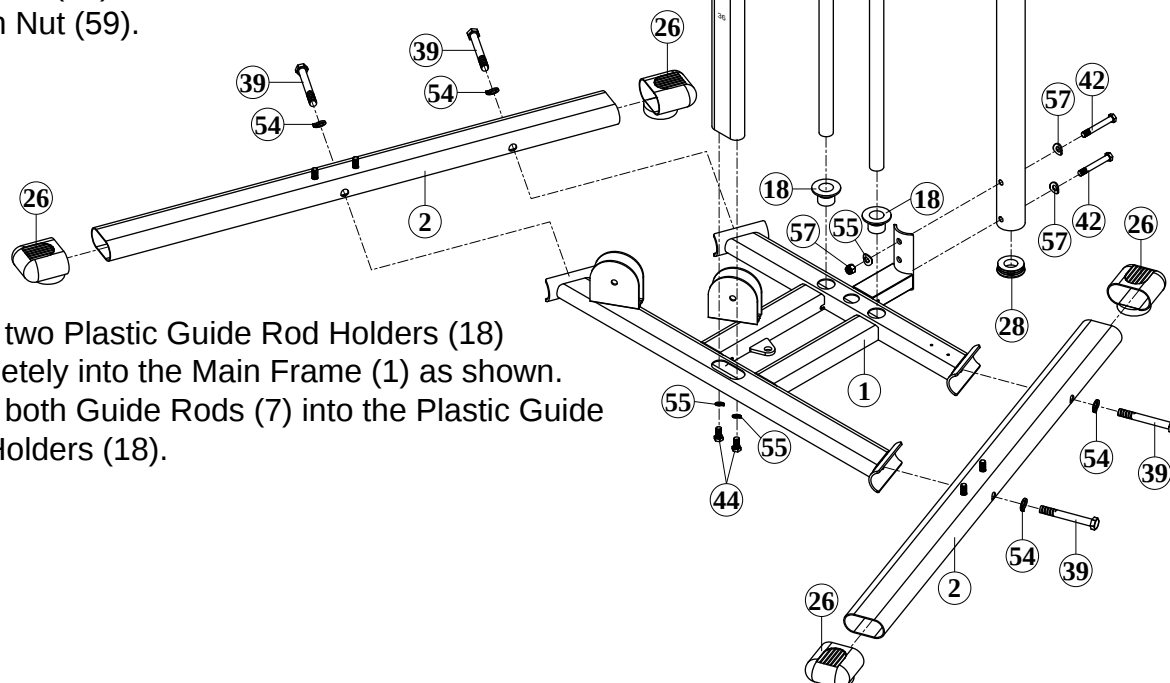


**TO EASE THE ASSEMBLY PROCESS.
DO NOT TIGHTEN BOLTS UNTIL INSTRUCTED.**



NOTE: Before installing plastic parts, please allow them to acclimate to room temperature or they may be damaged.
CAREFULLY install all plastic components using a Rubber Mallet.

1. Install two Oval End Caps (26) onto both ends of each of the Base Frames (2) as shown.
2. Install two Round Caps (28) into the top and bottom ends of the Rear Upright (6) as shown.
3. Attach two Base Frames (2) to the Main Frame (1) using four 1/2" X 3-3/4" Hex Bolts (39) and four 1/2" Washers (54) as shown. Do NOT Tighten.
4. Attach Front Upright (5) with the numbers facing forward to the Main Frame (1) using two 3/8" X 1" Hex Threaded Bolts (44) and two 3/8" Spring Washers (55). TIGHTEN the two 3/8" X 1" Hex Threaded Bolts (44).
5. Attach Rear Upright (6) to the Main Frame (1) using two 3/8" X 2-5/8" Hex Bolts (42), three 3/8" Curved Washers (57) and one 3/8" Nylon Nut (59).



6. Insert two Plastic Guide Rod Holders (18) completely into the Main Frame (1) as shown. Insert both Guide Rods (7) into the Plastic Guide Rod Holders (18).

STEP 2 Assemble Main Frame



IMPORTANT

If you have 19 Weight Plates, DO NOT install the two Stack Spacers (24), See figure 1 & 2 below.

1. Refer to Figures 1 and 2. If you have 14 weight stack plates (16), install the Weight Stack Spacers (24) onto each guide rod. If you have 19 weight plates, DISCARD the Weight Stack Spacers (24).
2. Slide two Rubber Donuts (17) onto one end of each Guide Rod (7). Slide each Weight Plate (16) over Guide Rods (7). Make certain that each plate is oriented with selector hole opening on the bottom and facing forward.
3. Attach Top Plate (15) to Selector Rod (14) using Top Plate Bolt (51), TIGHTEN. Thread the Double Pulley Holder (12) into the Selector Rod (14) 10 full turns. Slide Top Plate (16) and Selector Rod (14) over Guide Rods (7) as shown.
4. Remove the four Pre-installed 3/8" Nylon Nuts (59) and 3/8" Washers (53) from the two Base Frames (2). Attach Right Support Frame (8R) & Left Support Frame (9L) to Main Frame (1) and two Curved Washers (57), Four 3/8" Washers (53), and six 3/8" Nylon Nuts (59) as shown.
5. Install Cable Height Adjuster (4) onto the top of the Front Upright (5). Install Stoppers (35) with M8 X 5/8" Inner Hex Screw (47) at the top and bottom of the Front Upright (5) as shown. Tighten M8 X 5/8" Inner Hex Screw (47).

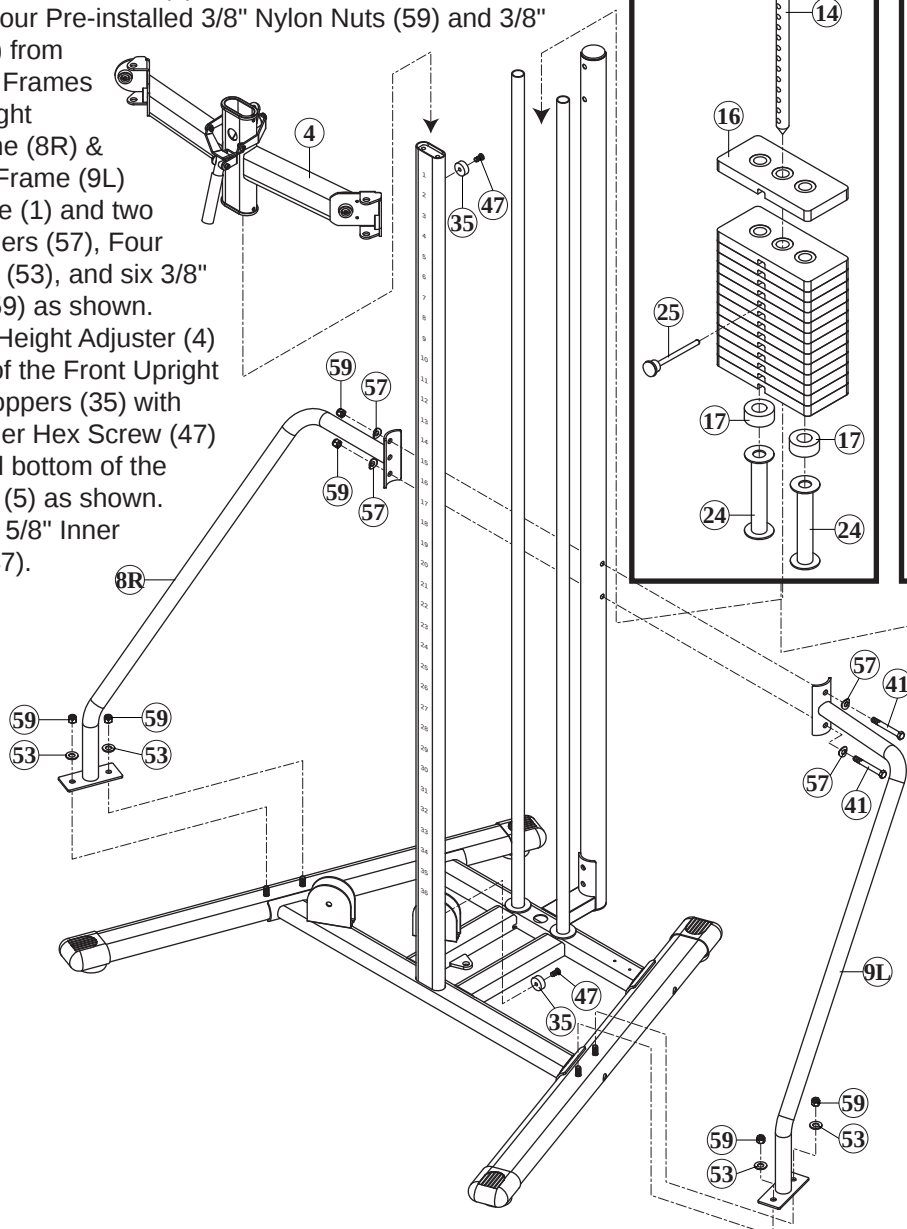


Fig 1.

14 Weight Plates

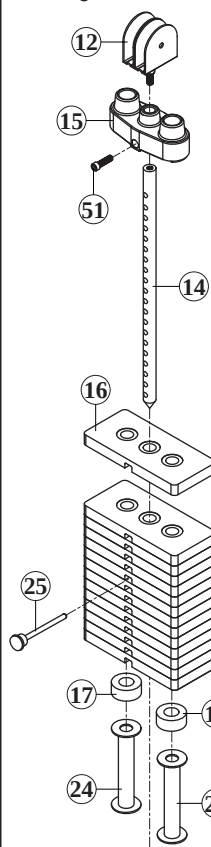
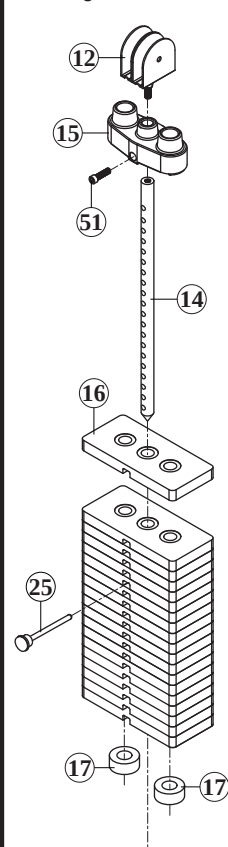


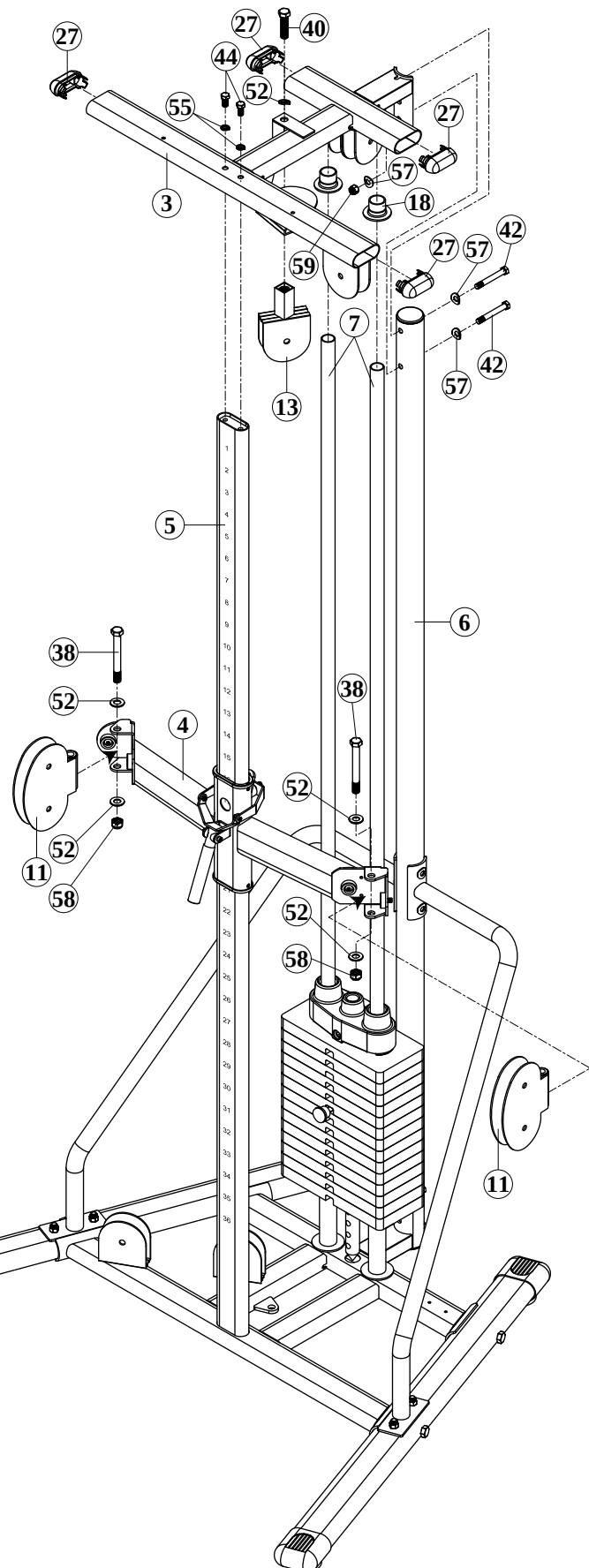
Fig 2.

19 Weight Plates

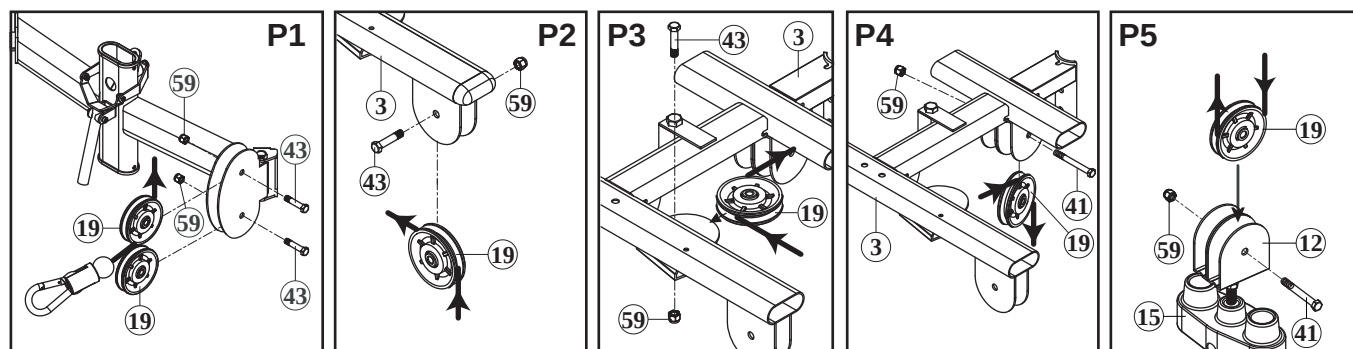
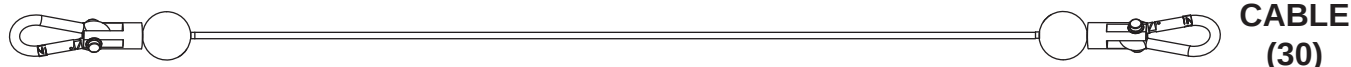


STEP 3 Assemble Top Frame

1. Cap four Oval Caps (27) to the Top Frame (3). Insert two Plastic Guide Rod Holders (18) into Top Frame (3).
2. Attach Pulley Bracket (13) to the Top Frame (3) using one 1/2" X 1-3/4" Hex Threaded Bolt (40) and one 1/2" Washer (52).
3. Attach Top Frame (3) to the Front Upright (5) using two 3/8" X 1" Hex Threaded Bolts (44) and two 3/8" Spring Washers (55).
4. Attach Top Frame (3) to the Rear Upright (6) using two 3/8" X 2-3/4" Hex Bolts (42), three 3/8" Curved Washers (57), and one 3/8" Nylon Nuts (59).
5. Attach two Swivel Pulley Housings (11) to the Cable Height Adjuster (4) using two 1/2" X 4-1/4" Hex Bolts (38), four 1/2" Washers (52), and two 1/2" Nylon Nuts (58).
6. Tighten all bolts.



STEP 4 Install Cable 1/2



IMPORTANT! Read this page and the next pages in their entirety before completing the cable installation steps

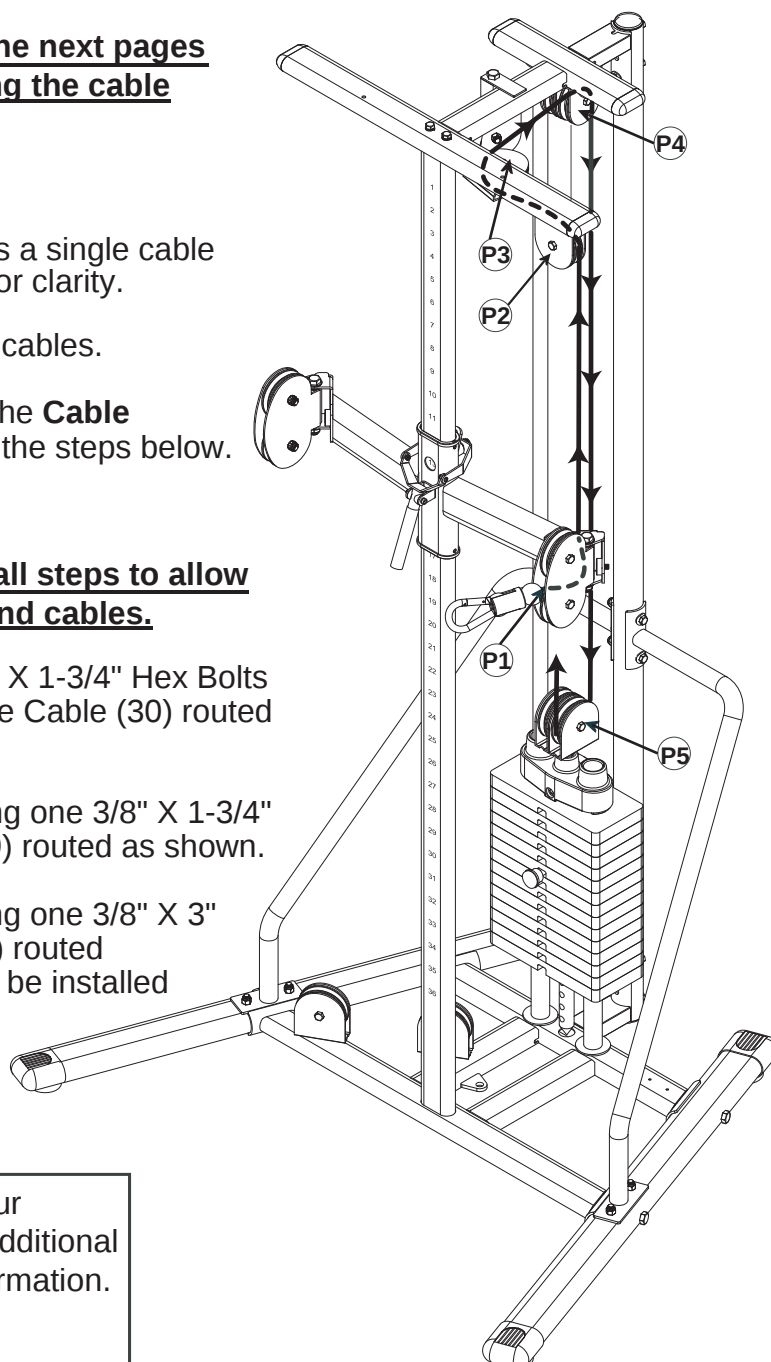
1. Do Not tighten bolts until told to do so.
2. The Cable installation process involves a single cable but the steps in this manual are divided for clarity.
3. Install Pulleys simultaneously with the cables.
4. Refer to the Figure Boxes above and the **Cable Overview** drawing shown to the right for the steps below.

The entire cable will not be shown in all steps to allow for a clear view of the pulleys and cables.

P1 Install two Pulleys (19) using two 3/8" X 1-3/4" Hex Bolts (43) and two 3/8" Nylon Nuts (59) with the Cable (30) routed upward as shown.

P2 & P3 Install one Pulley (19) each using one 3/8" X 1-3/4" Hex Bolt (43) and one 3/8" Nylon Nut (59) routed as shown.

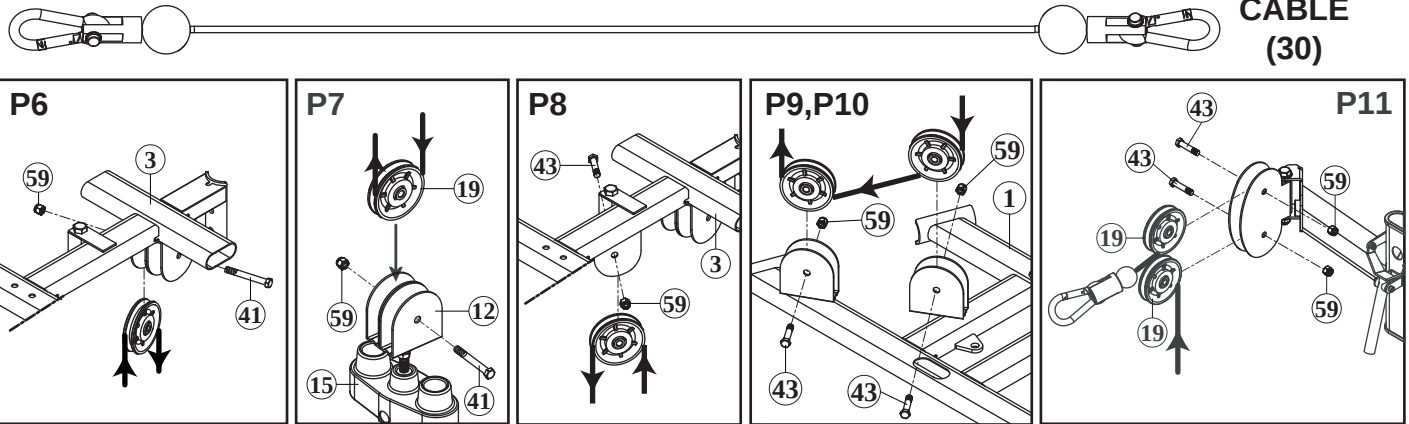
P4 & P5 Install one Pulley (19) each using one 3/8" X 3" Hex Bolt (41) and one 3/8" Nylon Nut (59) routed as shown. NOTE: The second Pulley will be installed in a future step.



Scan this QR code with your Portable Device to link to additional Product and assembly information.
www.bodycraft.com/cft-qtr

CABLE OVERVIEW 1/2

STEP 4 Install Cable 2/2



Do Not tighten bolts until told to do so.

Refer to the Boxes above and the CABLE OVERVIEW drawing at the right for cable routing and hardware requirements when following the steps below.

P6 Continuing from Step P5, install Pulley (19) by halfway removing 3/8" X 3" Hex Bolt (41) being careful to keep the pulley/cable located next to it in place. Secure with one 3/8" Nylon Nut (59) as shown in block P6.

P7 Install Pulley (19) by halfway removing 3/8" X 3" Hex Bolt (41) being careful to keep the pulley/cable located next to it in place. Secure with one 3/8" Nylon Nut (59) as shown in block P7.

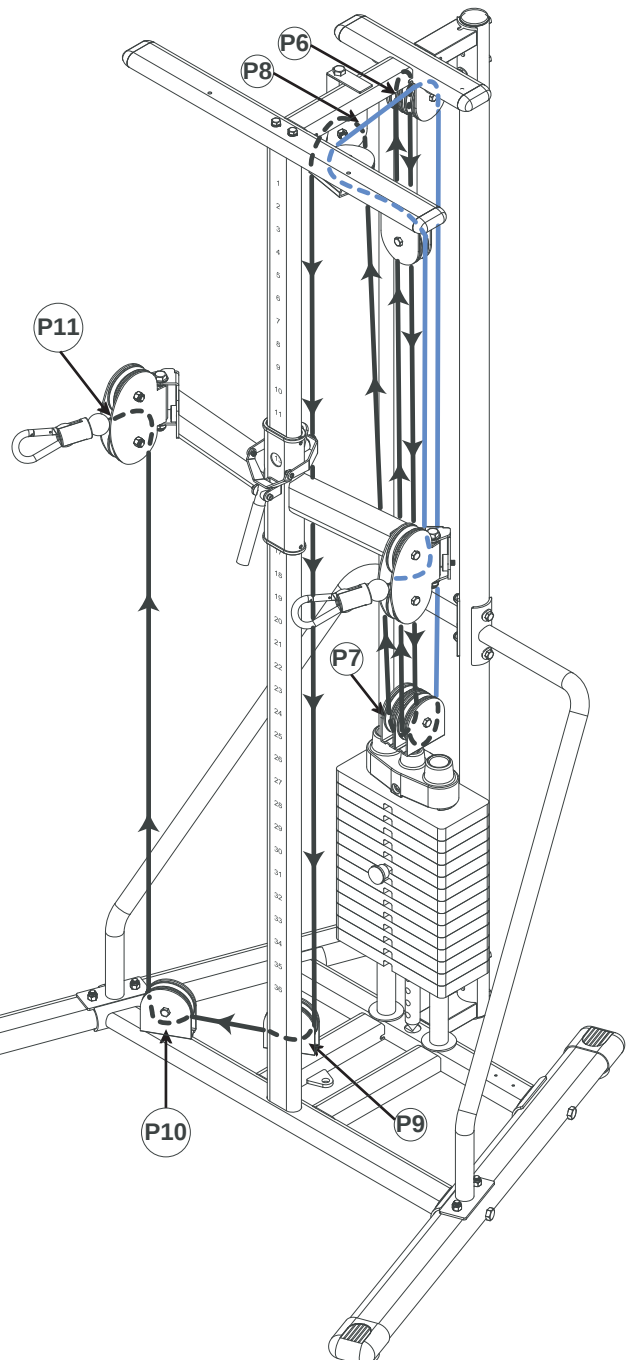
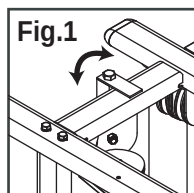
P8 Install one Pulley (19) each using one 3/8" X 1-3/4" Hex Bolt (43) and one 3/8" Nylon Nut (59) as shown.

P9, P10 Install two Pulleys (19) using one 3/8" X 1-3/4" Hex Bolt (43) and one 3/8" Nylon Nut (59) as shown.

P11 Install two Pulleys (19) using two 3/8" X 1-3/4" Hex Bolts (43) and two 3/8" Nylon Nuts (59) as shown.

IMPORTANT: Adjust Cable Tension

Refer to (Fig.1) Cable (30) length can be adjusted by turning the 1/2" X 1-3/4" Hex Threaded Bolt (40) at the top of the machine clockwise to remove slack. Adjust counter-clockwise to add slack.



CABLE OVERVIEW 2/2

Cable Installation is Complete! TIGHTEN ALL FRAME AND PULLEY BOLTS AT THIS TIME.

STEP 5 Assemble Panel & Single Handle & Counter Balance Cord

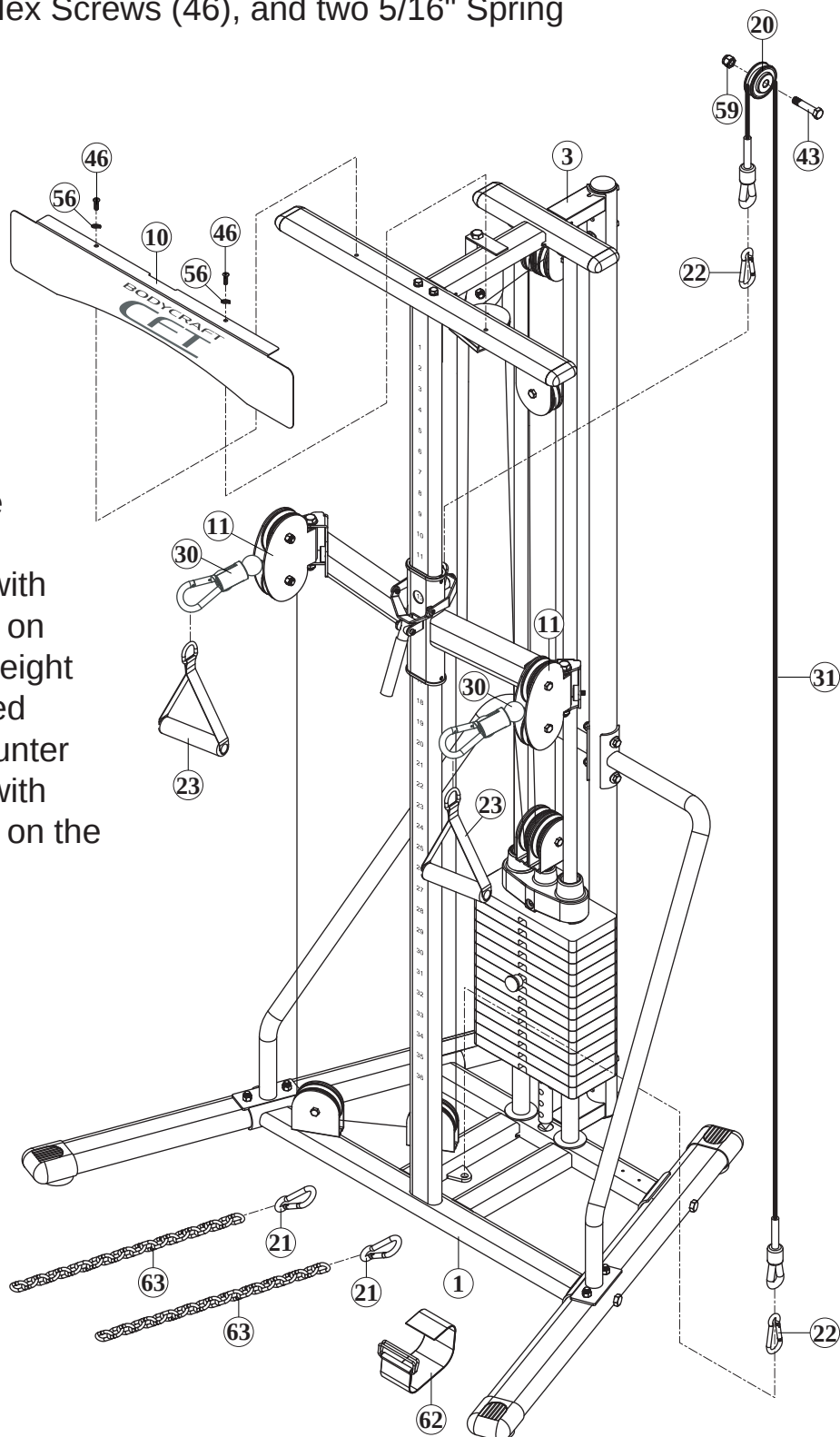
1. Attach Decorative Panel (10) to the Top Frame (3) using two 5/16" X 1/2" Inner Hex Screws (46), and two 5/16" Spring Washers (46).

2. Route Counter Balance Cord (31) with 50mm Pulley (20). attach it to the Top Frame (3) using one 3/8" X 1-3/4" Hex Bolt (43) and one 3/8" Nylon Nut (59). Attach the top end of Counter Balance Cord (31) with one 6mm Clips (22) on the back of Cable Height Adjuster (4). Attached the other end of Counter Balance Cord (31) with one 6mm Clips (22) on the Main Frame (1).

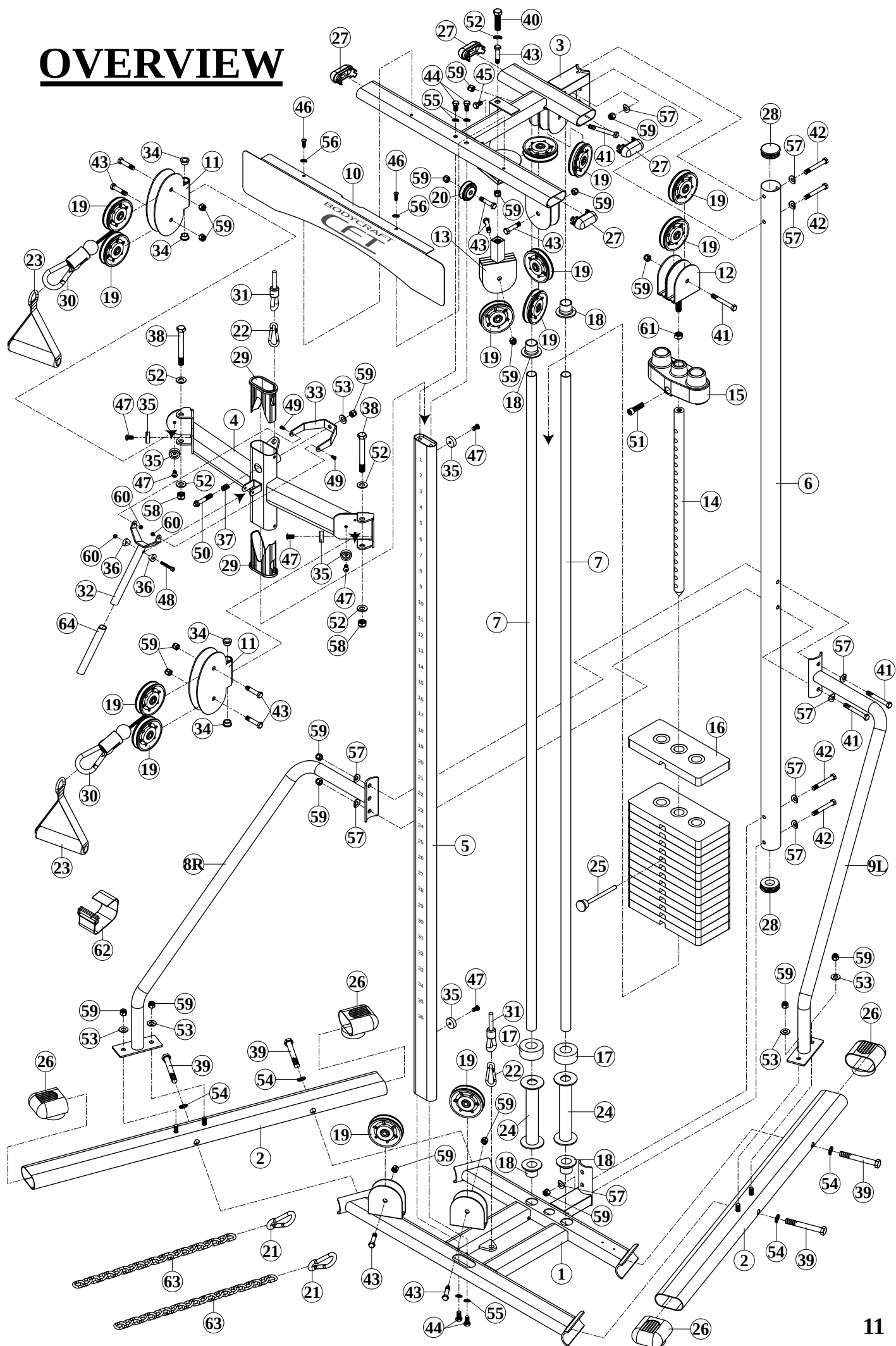
3. Attach two Single Handles (23) to the hand of Cable (30).

4. Tighten all bolts.

5. **BEFORE FIRST USE** Refer to the checklist of last page before use.



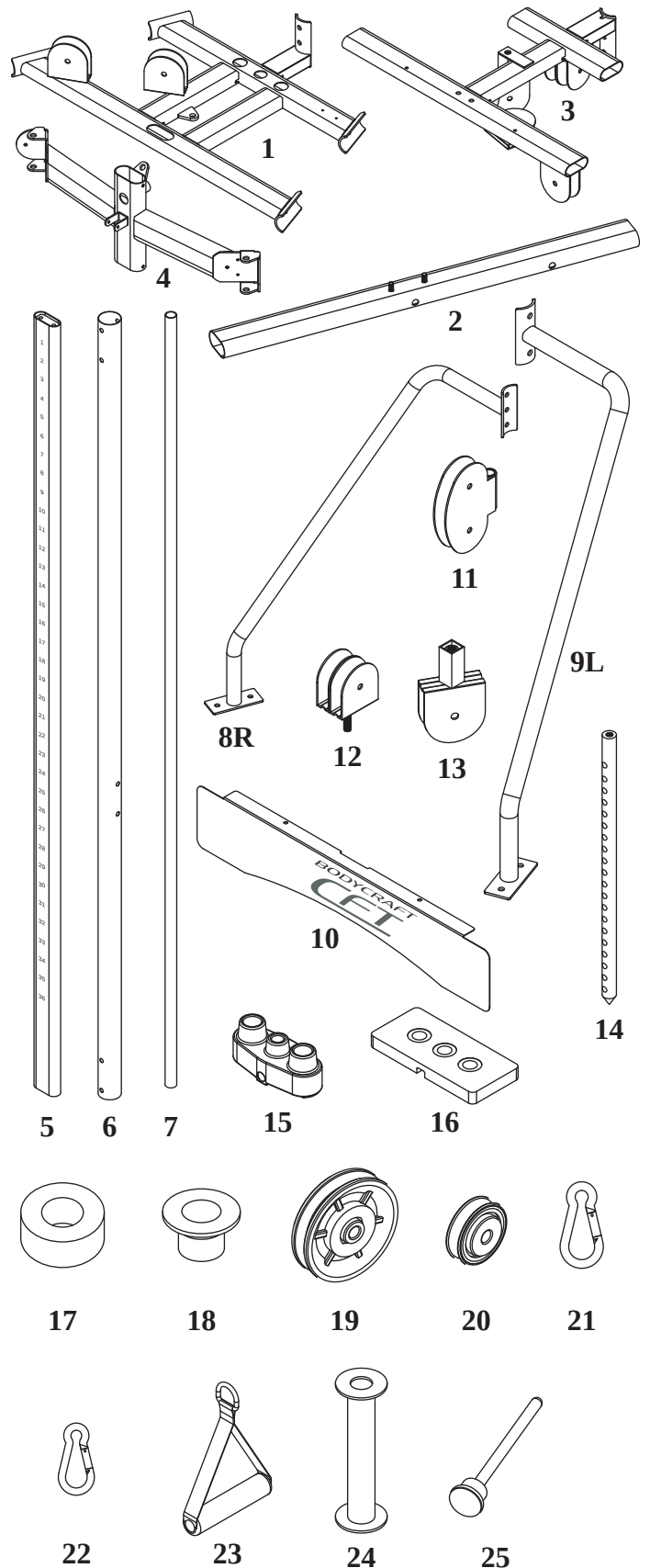
OVERVIEW



COMPLETE PARTS CHART

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

1	MAIN FRAME	1
2	BASE FRAME	2
3	TOP FRAME	1
4	CABLE HEIGHT ADJUSTER	1
5	FRONT UPRIGHT	1
6	REAR UPRIGHT	1
7	GUIDE ROD	2
8R	RIGHT SUPPORT FRAME	1
9L	LEFT SUPPORT FRAME	1
10	DECORATION PANEL	1
11	SWIVEL PULLEY HOUSING	2
12	DOUBLE PULLEY BRACKET	1
13	PULLEY BRACKET	1
14	SELECTOR ROD	1
15	TOP PLATE	1
16	WEIGHT PLATE	14
17	RUBBER DONUT	2
18	PLASIC GUIDE ROD HOLDER	4
19	90mm PULLEY	13
20	50mm PULLEY	1
21	8mm CLIP	2
22	6mm CLIP	2
23	SINGLE HANDLE	2
24	STACK SPACER	2
25	SELECTOR PIN	1

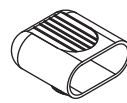


*Parts images are not to scale.

COMPLETE PARTS CHART

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

26	40mm X 80mm OVAL END CAP	4
27	30mm X 70mm OVAL CAP	4
28	50mm ROUND CAP	2
29	30mm X 70mm HOLLOW	2
30	CABLE	1
31	COUNTER BALANCE CORD	1
32	HANDLE BAR	1
33	HANDLE BAR BRACKET	1
34	BUSHING	4
35	STOPPER	6
36	PLASTIC WASHER	2
37	SPRING	1
38	1/2" X 4-1/4" HEX BOLT	2
39	1/2" X 3-3/4" HEX BOLT	4
40	1/2" X 1-3/4" HEX THREADED BOLT	1
41	3/8" X 3" HEX BOLT	4
42	3/8" X 2-3/4" HEX BOLT	4
43	3/8" X 1-3/4" HEX BOLT	10
44	3/8" X 1" HEX THREADED BOLT	4
45	3/8" X 3/4" HEX THREADED BOLT	1
46	5/16" X 1/2" INNER HEX SCREW	2
47	M8 X 10mm INNER HEX SCREW	6
48	M6 X 40mm SET SCREW	1
49	M6 X 20mm SET SCREW	2
50	PIN BOLT	1
51	TOP PLATE BOLT	1
52	1/2" WASHER	5
53	3/8" WASHER	5
54	1/2" SPRING WASHER	4
55	3/8" SPRING WASHER	4
56	5/16" SPRING WASHER	2
57	3/8" CURVED WASHER	10
58	1/2" NYLON NUT	2
59	3/8" NYLON NUT	21
60	M6 NYLON NUT	3
61	1/2" NUT	1
62	ANKLE STRAP	1
63	CHAIN	2
64	3/4" X 120L HANDLE GRIP	1



26



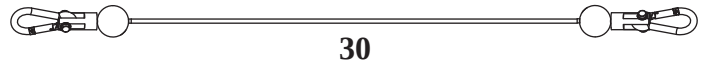
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28



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30



31



32



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34



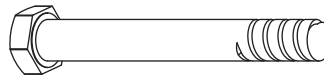
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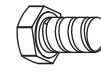
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37



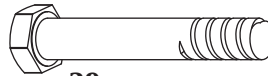
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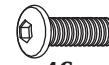
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52



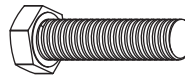
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46



53



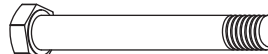
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47



54



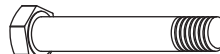
41



48



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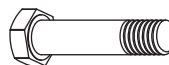
42



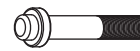
49



56



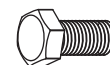
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*Parts images are not to scale.

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 (25) 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 (15) 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 (7)**.
7. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the BODYCRAFT CFT 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 CFT at www.bodycraft.com