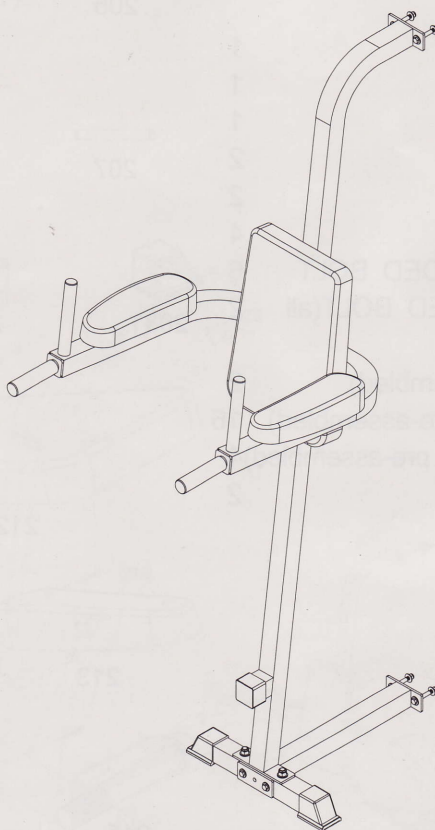


BodyCraft

Family ~~X~~press VERTICAL KNEE RAISE OPTION STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL



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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P.O. BOX 181
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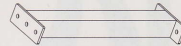
PARTS CHART

NO. DESCRIPTION

QTY.

201 WEIGHT BASE CONNECTOR

1



201

202 STABILIZER

1



202

203 LOW CENTER UPRIGHT

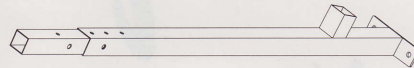
1

204 TOP CENTER UPRIGHT

1

205 LEFT ARM SUPPORT

1



203

206 RIGHT ARM SUPPORT

1

207 HAND REST

2

208 50mm SQ. CAP

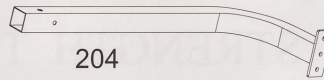
2

209 38mm SQ. CAP

1

210 1-1/2" X 140mm HAND GRIP(all pre-assembled)

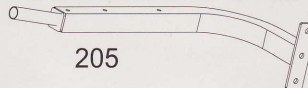
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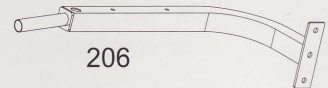
204

211 1" X 200mm HAND GRIP(all pre-assembled)

2



205



206

212 BACK PAD

1

213 LEFT ARM PAD

1

214 RIGHT ARM PAD

1

215 1/2" X 3" HEX BOLT

2

216 3/8" X 3" HEX BOLT

2

217 3/8" X 2-3/4" HEX BOLT

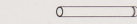
4

218 3/8" X 2-3/4" HEX THREADED BOLT

6

219 3/8" X 3/4" HEX THREADED BOLT(all pre-assembled)

2



207



208



209



210



211

220 1/2" WASHER(all pre-assembled)

2

221 3/8" WASHER(two pcs. pre-assembled)

16

222 1/2" NYLON NUT(two pcs. pre-assembled)

4

223 3/8" NYLON NUT

2



212



213



214



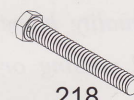
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216



217



218



219



220



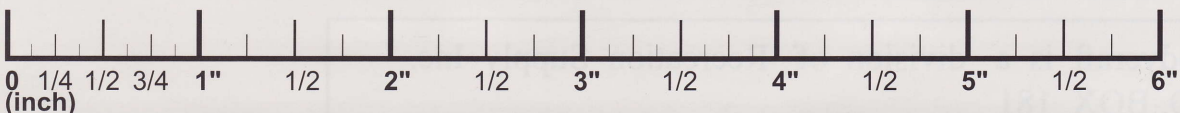
221



222



223



VKR ASSEMBLY

To ease the assembly process, do not tighten bolts until instructed.

1. Attach Weight Base Connector(201) to Weight Stack Base(6), using two 3/8" X 2-3/4" Hex Bolts(217), two 3/8" Washers(221), and two 3/8" Nylon Nuts(223). Attach Stabilizer(202) to Weight Base Connector (201), using two 3/8" X 3" Hex Bolts(216), four 3/8" Washers(221), and two 3/8" Nylon Nuts(223). Attach two 50mm SQ. Caps(208) to Stabilizer(202).
2. Attach Low Center Upright(203) to Stabilizer, using two 1/2" Washers(220) and two 1/2" Nylon Nuts (222). Slide Top Center Upright(204) onto Low Center Upright(203) and align holes. Attach Top Center Frame to Weight Base Top(8), using two 3/8" X 2-3/4" Hex Bolts(217), four 3/8" Washers(221) and two 3/8" Nylon Nuts(223).
3. Attach Right and Left Arm Support(205, 206) to Center Upright(204) using two 1/2" X 3" Hex Bolts (215) and two 1/2" Nylon Nuts(222).
4. Insert Hand Rest(207) into Arm Support as shown and secure using 3/8" X 3/4" Hex Bolt(all threaded) (219). Attach Back Pad(212) and Left and Right Arm Pad using two 3/8" X 2-3/4" Hex Bolts(all threaded) (218), and two 3/8" Washers(221).

Tighten all bolts.

