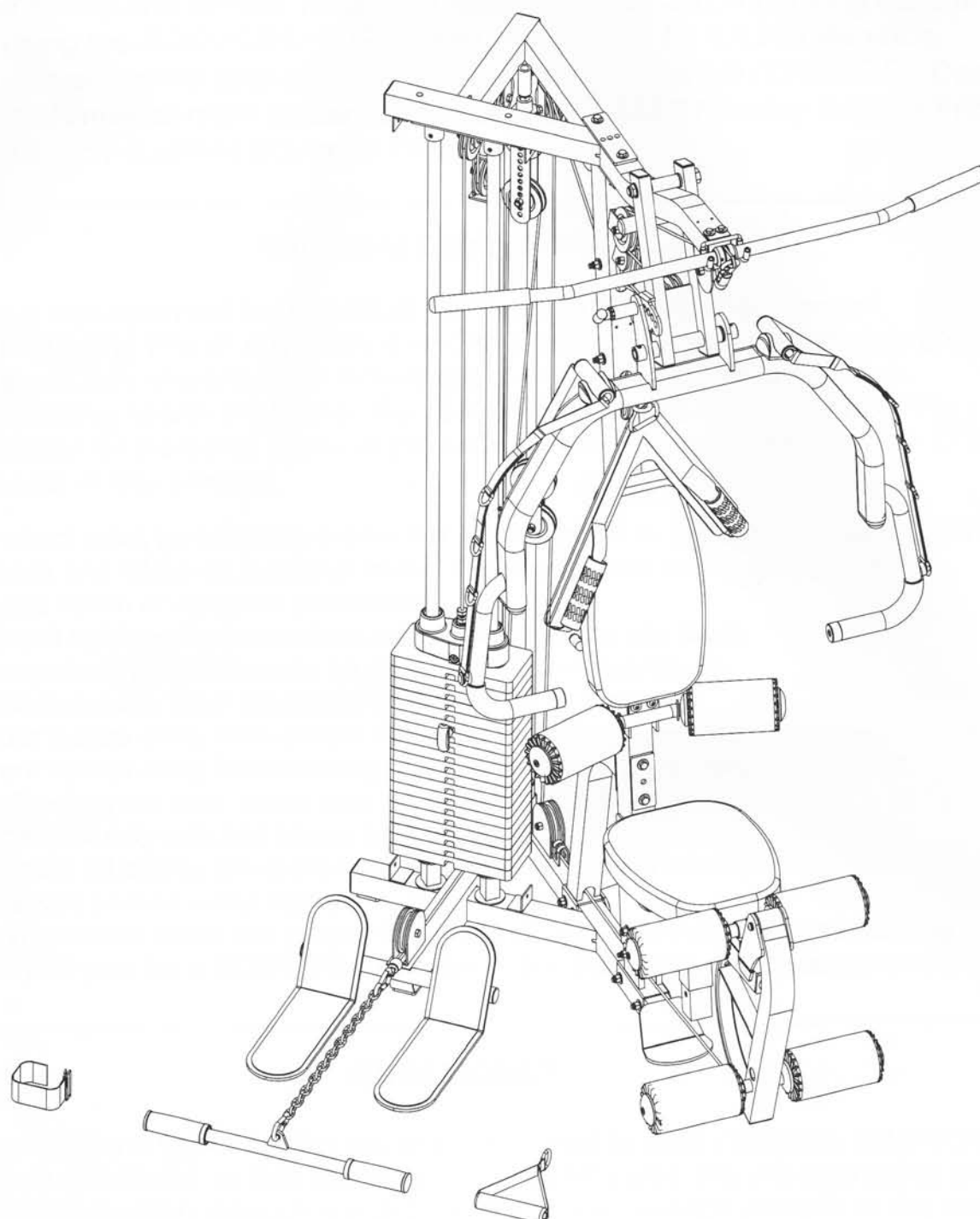


BODYCRAFT

GL STRENGTH TRAINING SYSTEM OWNERS MANUAL



MA868

Model No. BCG-GL

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 GL Strength Training System*. The *BODYCRAFT GL* 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 GL* will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the *BODYCRAFT GL*. Keep this manual for future reference. If you have additional questions, please call your local *BODYCRAFT GL* Dealer or our **customer service department at 800-990-5556** Monday through Friday, 9 am until 5 pm Eastern Standard Time

Important Safety Notes

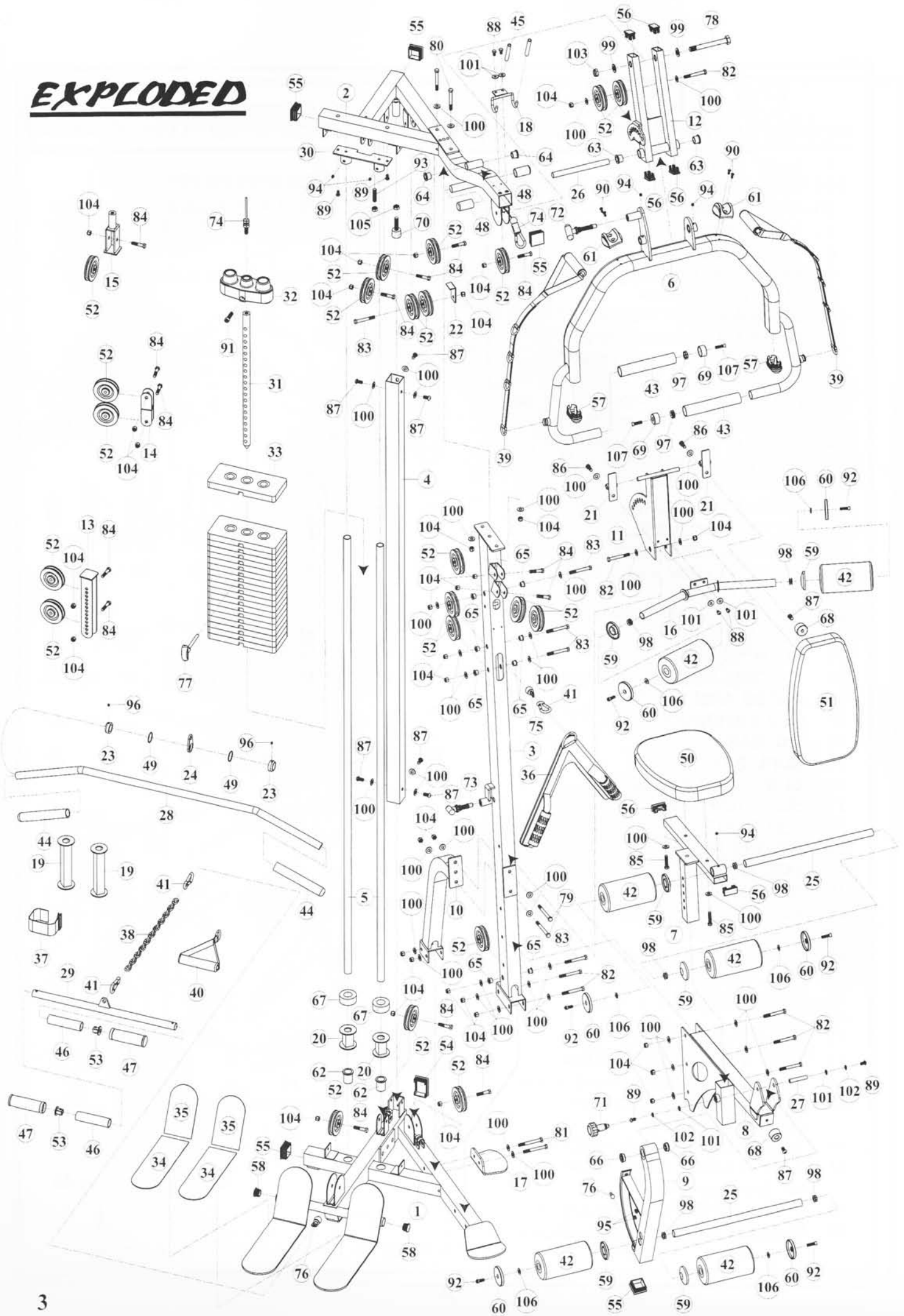
There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility 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 GL* 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 seat, make sure the spring pin is fully engaged. If not, the seat 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 GL* strength training system call your local *BODYCRAFT* dealer or our customer service department.

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 *BODYCRAFT* at 800-990-5556 (9 AM - 5 PM) EST. Our trained technicians will provide immediate assistance to you, free of charge.

EXPLODED



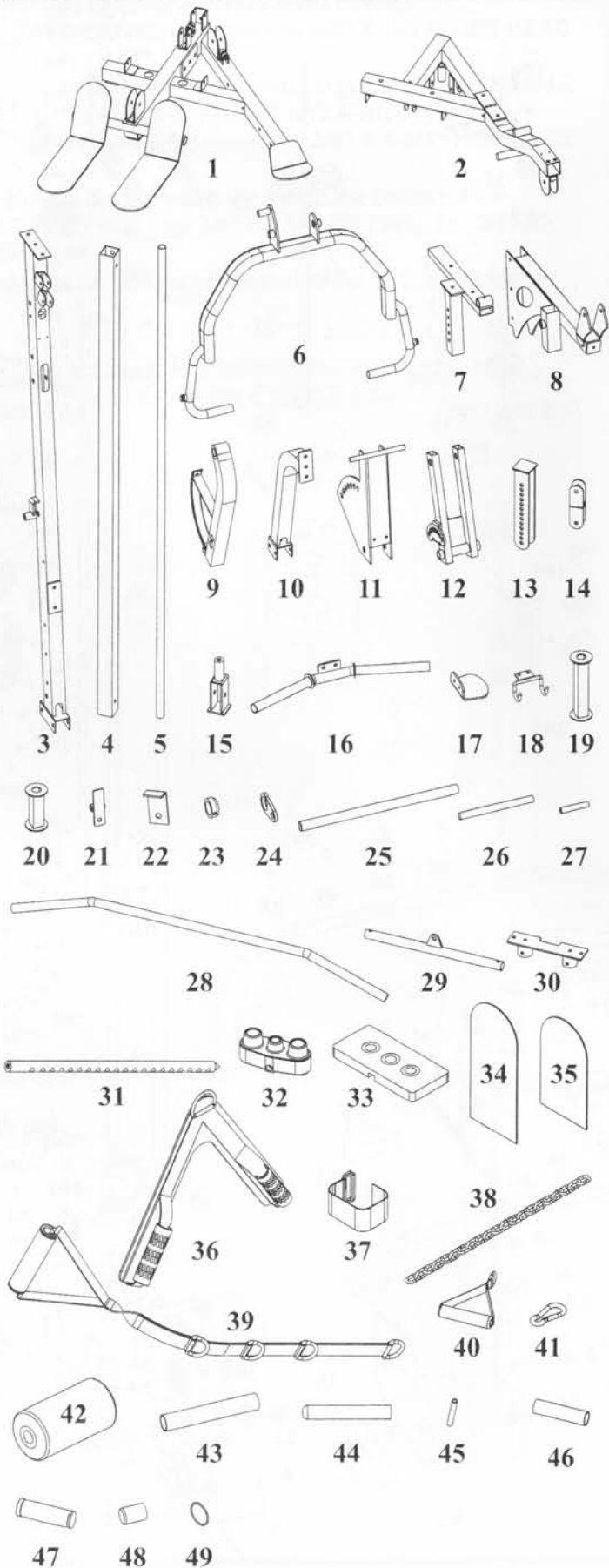
PARTS LIST

NO. DESCRIPTION QTY.



NOTE: Some PARTS and HARDWARE has been preinstalled for your convenience.

1	BASE FRAME	1
2	TOP FRAME	1
3	FRONT UPRIGHT	1
4	REAR UPRIGHT	1
5	GUIDE ROD	2
6	PRESS ARM	1
7	SEAT ADJ. FRAME	1
8	SEAT SUPPORT FRAME	1
9	LEG EXTENSION ARM	1
10	UPRIGHT SUPPORT FRAME	1
11	SEAT BACK ADJUSTER	1
12	PRESS ARM SUPPORT	1
13	ADJUSTABLE PULLEY BLOCK	1
14	DOUBLE PULLEY BLOCK	1
15	FLOATING PULLEY BLOCK	1
16	LEG HOLDER	1
17	STABILIZING PLATE	1
18	LAT BAR HOLDER	1
19	150LBS LONGER STACK SPACER	2
20	200LBS SHORTER STACK SPACER	2
21	METAL HINGE	2
22	CABLE RETAINER BRACKET	1
23	COLLAR	2
24	HOOK PLATE	1
25	1" FOAM ROLLER HOLDER	2
26	PRESS ARM AXLE	1
27	LEG EXTENSION AXLE	1
28	LAT BAR	1
29	CURL BAR	1
30	GUIDE ROD MOUNT	1
31	SELECTOR ROD	1
32	TOP PLATE	1
33	WEIGHT PLATE	19
34	243L NONSLIP	2
35	188L NONSLIP	2
36	AB CRUNCH STRAP	1
37	ANKLE STRAP	1
38	CHAIN	1
39	ADJ. SINGLE HANDLE	2
40	SINGLE HANDLE	1
41	CLIP	4
42	FOAM ROLLER PAD	6
43	1-1/4" X 210mm HAND GRIP	2
44	1" X 200mm ROUND HAND GRIP	2
45	LAT BAR HOLDER COVER	2
(all pre-assembled)		2
46	1-1/4" X 125mm ROUND HAND GRIP	2
47	1-1/4" X 130mm HAND GRIP	2
(all pre-assembled)		2
48	1" X 50L HAND GRIP (all pre-assembled)	2
49	RUBBER RING (all pre-assembled)	2

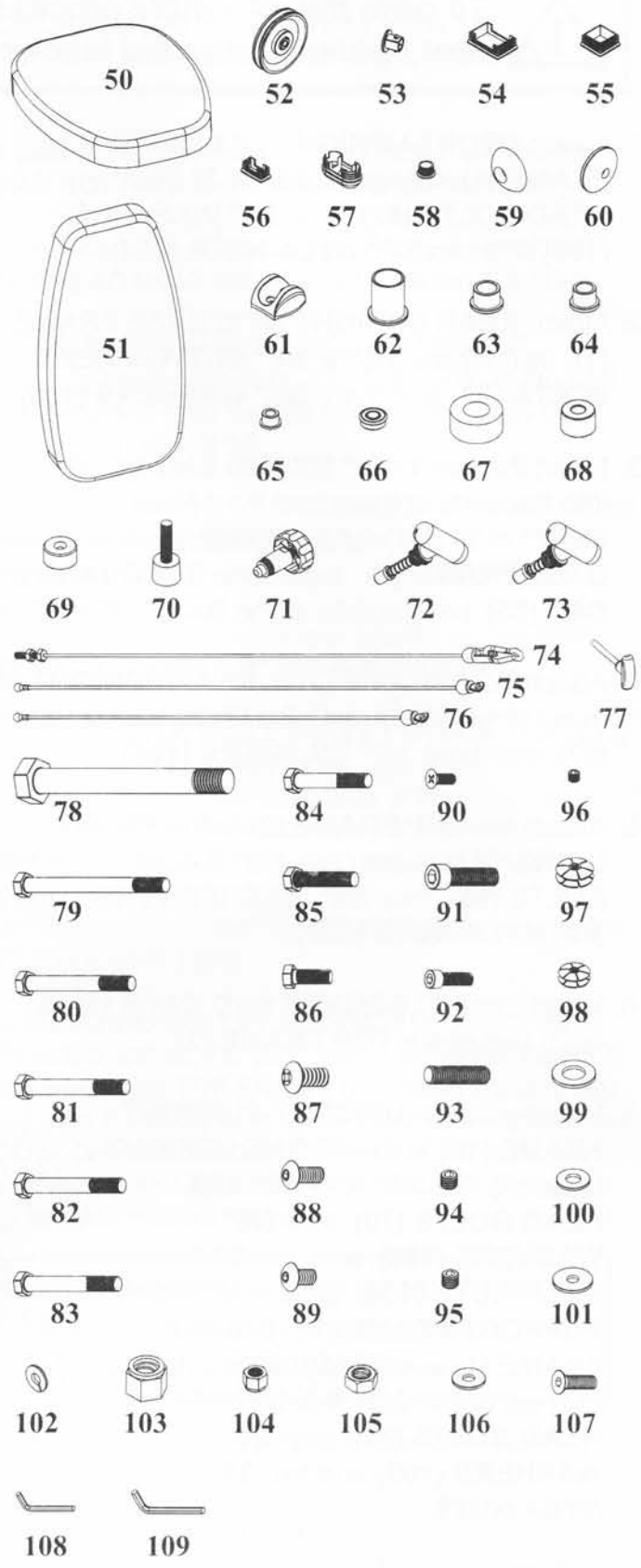


PARTS LIST

NO. DESCRIPTION QTY.

 **NOTE: Some PARTS and HARDWARE has been preinstalled for your convenience.**

50	SEAT PAD	1
51	BACK PAD	1
52	90mm PULLEY (3-1/2")	22
53	1" T SHAPE END PLUG (all pre-assembled)	2
54	2" X 3" END CAP	1
55	2" X 2" SQUARE END CAP	5
56	1" X 2" END CAP	6
57	40 X 80mm OVAL PLUG	2
58	1-1/4" ROUND END PLUG	2
59	PLASTIC COVER	6
60	PLASTIC ROLLER CAP	6
61	HANDLE RETAINER	2
62	1" ID PLASTIC GUIDE ROD HOLDER	2
63	3/4" ID BUSHING (all pre-assembled)	2
64	5/8" ID BUSHING (all pre-assembled)	2
65	3/8" ID FLANGE BUSHING	8
66	LEG EXTENSION BEARING	2
67	RUBBER CUSHION	2
68	1/2" STOPPER (all pre-assembled)	2
69	PRESS ARM STOPPER (all pre-assembled)	2
70	RUBBER STOPPER (all pre-assembled)	1
71	LOCKING SPRING KNOB	1
72	LONGER POP PIN	1
73	SHORTER POP PIN	1
74	TOP CABLE	1
75	AB CRUNCH CABLE	1
76	LOWER CABLE	1
77	SELECTOR PIN	1
78	5/8" X 5-1/2" HEX HEAD BOLT	1
79	3/8" X 4-1/4" HEX HEAD BOLT	2
80	3/8" X 3-1/8" HEX HEAD BOLT	2
81	3/8" X 3-1/4" HEX HEAD BOLT	2
82	3/8" X 3" HEX HEAD BOLT	7
83	3/8" X 2-3/4" HEX HEAD BOLT	5
84	3/8" X 1-3/4" HEX HEAD BOLT	14
85	3/8" X 1-3/4" HEX THREADED BOLT	2
86	3/8" X 1" HEX THREADED BOLT	2
87	3/8" X 3/4" BUTTON HEAD BOLT (all pre-assembled)	8
88	5/16" X 1/2" BUTTON HEAD BOLT	4
89	5/16" X 5/8" BUTTON HEAD BOLT (all pre-assembled)	4
90	M6 X 25L SCREW	4
91	TOP PLATE BOLT	1
92	5/16" X 1-1/4" ROUND HEAD ALLEN BOLT	6
93	1/2" HALF THREADED STUD (all pre-assembled)	1
94	5/16" X 1/4" SET SCREW (all pre-assembled)	5
95	5/16" X 1/2" SET SCREW (all pre-assembled)	2
96	M6 SET SCREW	2
97	5/16" LARGER NUT (all pre-assembled)	2
98	5/16" SMALLER NUT (all pre-assembled)	6
99	5/8" WASHER	2
100	3/8" WASHER	44
101	5/16" LARGER WASHER	6
102	5/16" SPRING WASHER (all pre-assembled)	2
103	5/8" NYLA-NUT	1
104	3/8" NYLA-NUT	32
105	1/2" NUT (all pre-assembled)	2
106	5/16" SMALLER WASHER	6
107	5/16" X 1-1/4" COUNTER ALLEN BOLT	2
108	4mm HEX WRENCH	1
109	5mm HEX WRENCH	1

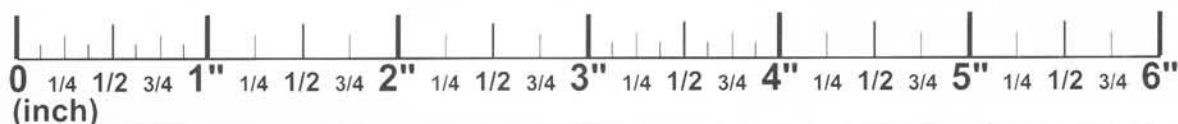
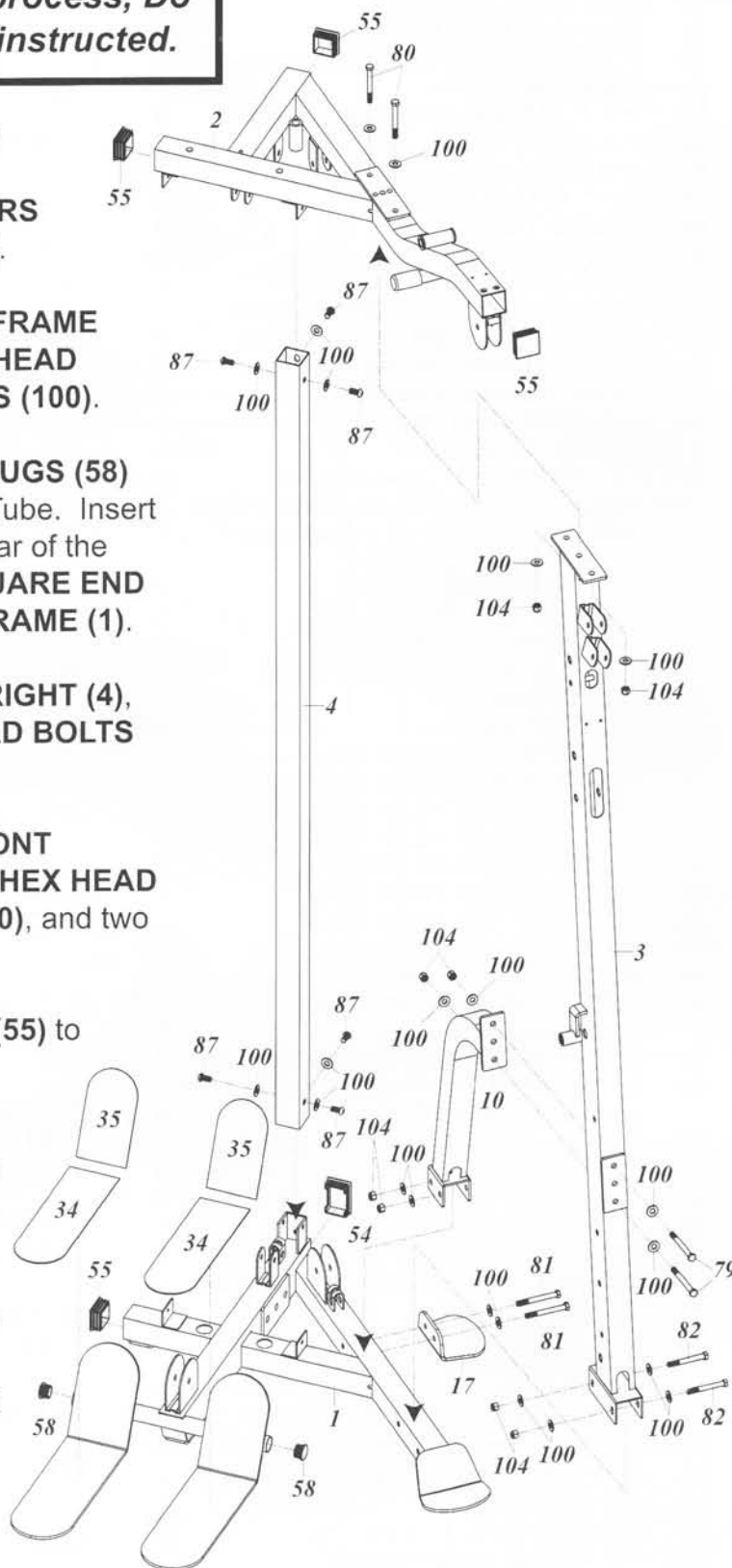


STEP 1 ASSEMBLE BASE FRAME



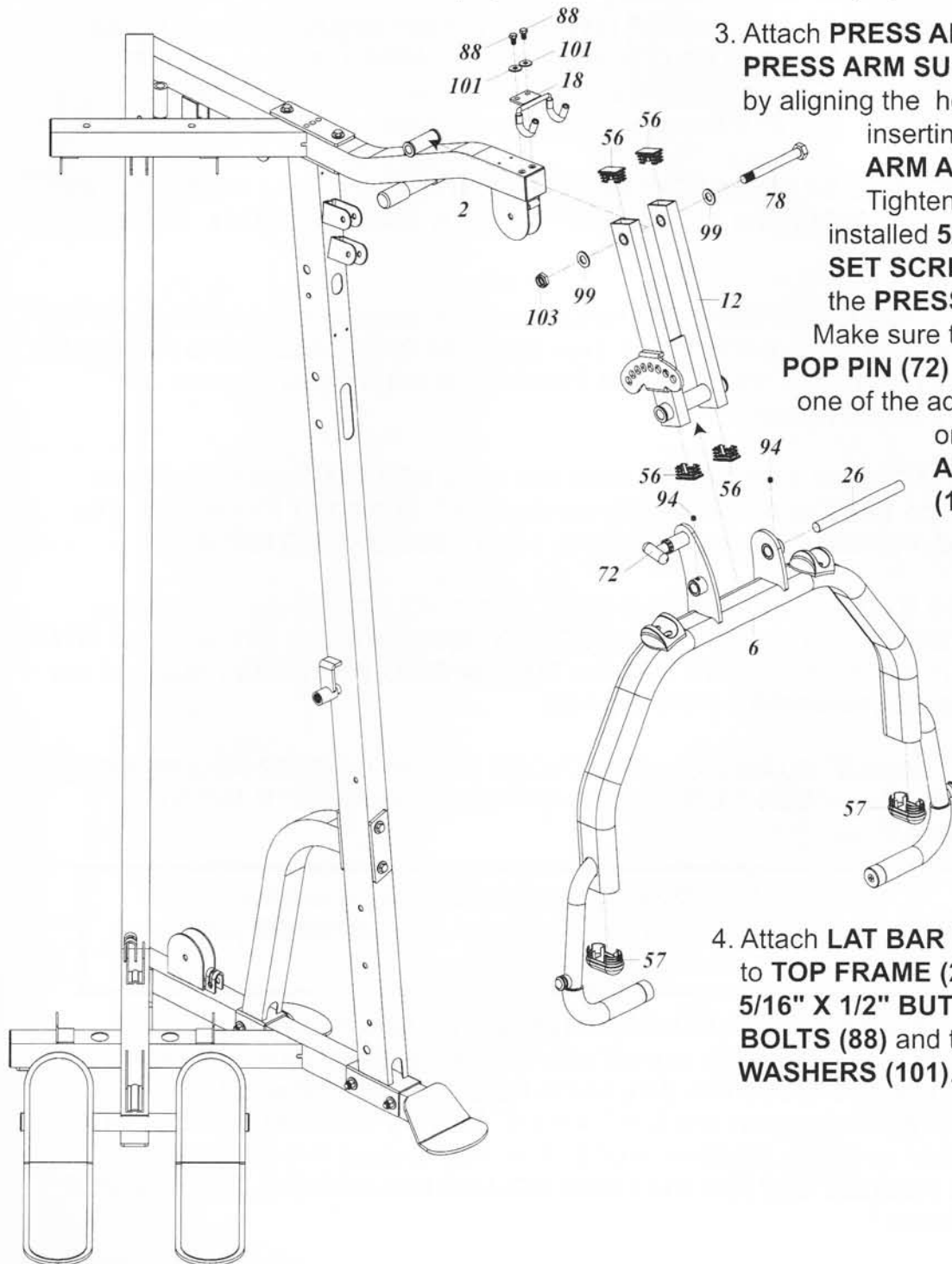
To ease the assembly process, Do not tighten bolts until instructed.

1. Attach **FRONT UPRIGHT (3)** to **BASE FRAME (1)**, using two **3/8" X 3" HEX HEAD BOLTS (82)**, four **3/8" WASHERS (100)** and two **3/8" NYLA-NUTS (104)**.
2. Attach **REAR UPRIGHT (4)** to **BASE FRAME (1)**, using three **3/8" X 3/4" BUTTON HEAD BOLTS (87)** and three **3/8" WASHERS (100)**.
3. Insert the two **1-1/4" ROUND END PLUGS (58)** into the ends of the round Foot Plate Tube. Insert one **2" X 3" END CAP (54)** into the rear of the **BASE FRAME (1)**. Insert one **2" SQUARE END CAP (55)** into the side of the **BASE FRAME (1)**.
4. Attach **TOP FRAME (2)** to **REAR UPRIGHT (4)**, using three **3/8" X 3/4" BUTTON HEAD BOLTS (87)** and three **3/8" WASHERS (100)**.
5. Attach the **TOP FRAME (2)** to the **FRONT UPRIGHT (3)** using two **3/8" X 3-1/8" HEX HEAD BOLTS (80)**, four **3/8" WASHERS (100)**, and two **3/8" NYLA-NUTS (104)**.
6. Insert three **2" SQUARE END CAPS (55)** to each end of the **TOP FRAME (2)**.
7. Loosely attach **UPRIGHT SUPPORT FRAME (10)** to the **FRONT UPRIGHT (3)** using two **3/8" X 4-1/4" HEX HEAD BOLTS (79)**, four **3/8" WASHERS (100)**, and two **3/8" NYLA-NUTS (104)**. Attach **UPRIGHT SUPPORT FRAME (10)** to **BASE FRAME (1)** and **STABILIZING PLATE (17)** using two **3/8" X 3-1/4" HEX HEAD BOLTS (81)**, four **3/8" WASHERS (100)** and two **3/8" NYLA-NUTS**.



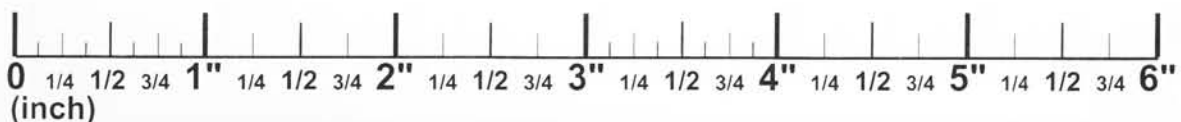
STEP 2 ASSEMBLE PRESS STATION

1. Attach **PRESS ARM SUPPORT (12)** to the **TOP FRAME (2)** by aligning the holes and inserting the **5/8" X 5-1/2" HEX HEAD BOLT (78)** with two **5/8" WASHERS (99)** and one **5/8" NTLA-NUT (103)**. *Tighten.*
2. Attach four **1" X 2" END CAPS (56)** to **PRESS ARM SUPPORT (12)**.



3. Attach **PRESS ARM (6)** to the **PRESS ARM SUPPORT (12)** by aligning the holes and inserting the **PRESS ARM AXLE (26)**. Tighten the pre-installed **5/16" X 1/4" SET SCREWS (94)** on the **PRESS ARM (6)**. Make sure the **LONGER POP PIN (72)** is seated in one of the adjustment holes on the **PRESS ARM SUPPORT (12)**.

4. Attach **LAT BAR HOLDER (18)** to **TOP FRAME (2)**, using two **5/16" X 1/2" BUTTON HEAD BOLTS (88)** and two **5/16" WASHERS (101)**. *Tighten.*



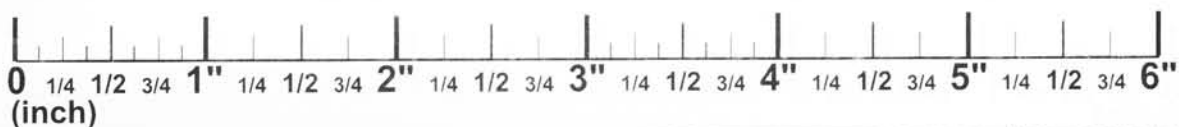
STEP 3 ASSEMBLE SEAT SUPPORT FRAME AND SEAT & BACK PAD

1. Attach **SEAT SUPPORT FRAME (8)** to **FRONT UPRIGHT (3)**, using three **3/8" X 3" HEX HEAD BOLTS (82)** six **3/8" WASHERS (100)** and three **3/8" NYLA-NUTS (104)**. *Tighten.*
2. Attach the **SEAT BACK ADJUSTER (11)** to the **FRONT UPRIGHT (3)** using one **3/8" X 5-1/2" HEX HEAD BOLT (78)**, two **3/8" WASHERS (163)** and one **3/8" NYLA-NUT (170)**. Tighten this bolt until there is no play in the **SEAT BACK ADJUSTER (11)**. **NOTE:** If it does not pivot freely, loosen slightly.
3. Attach **LEG HOLDER (16)** to **SEAT BACK ADJUSTER (11)**, using two **5/16" X 1/2" BUTTON HEAD BOLT (88)** and two **5/16" LARGER WASHERS (101)**. Tighten these screws.
4. Slide the two **METAL HINGES (21)**, holes at bottom, onto the axle welded to the top of the **SEAT BACK ADJUSTER (11)**, then attach the **BACK PAD (51)** to the **METAL HINGES (21)** using two **3/8" X 1" HEX THREADED BOLTS (86)**, and two **3/8" WASHERS (100)**. *Tighten.*
5. Insert a **1" X 2" END CAP (56)** into each end of the **SEAT ADJ. FRAME (7)** and then slide the **SEAT ADJ. FRAME (7)** into the **SEAT SUPPORT FRAME (8)**. The **SEAT ADJ. FRAME (7)** is held in place by a **LOCKING SPRING KNOB (71)**.
6. Attach **LEG EXTENSION ARM (9)** to **SEAT SUPPORT FRAME (8)**, by inserting **LEG EXTENSION AXLE (27)**. Fasten **LEG EXTENSION AXLE (27)** using two **5/16" X 5/8" BUTTON HEAD BOLTS (89)**, two **5/16" SPRING WASHERS (102)**, and two **5/16" LARGER WASHERS (101)**. *Tighten.*
7. Insert and center **1" FOAM ROLLER HOLDER (25)** into the **SEAT ADJ. FRAME (7)** and another into the **LEG EXTENSION ARM (9)**. Tighten **5/16" X 1/4" SET SCREW (94)** in both.

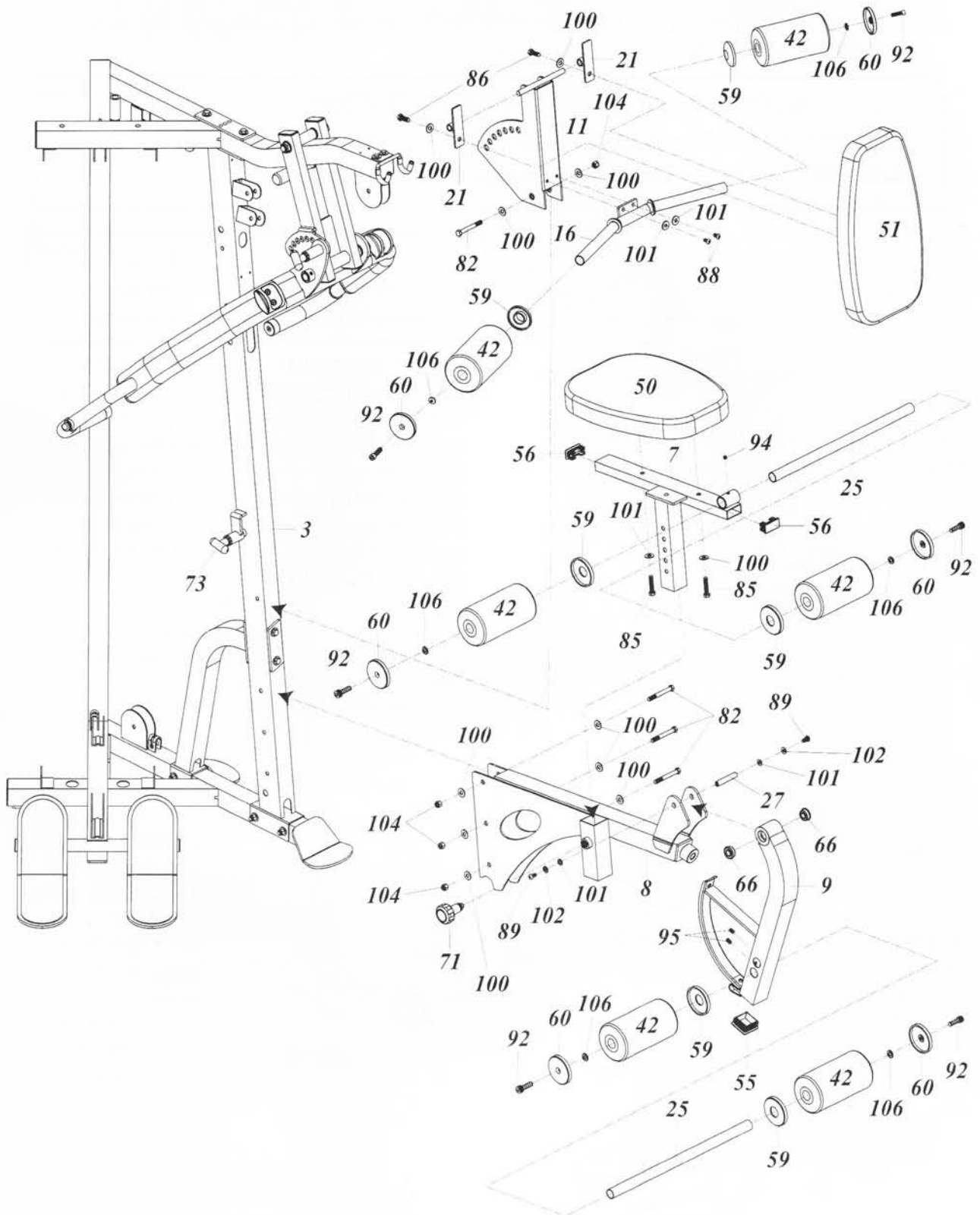
TIP!

*TO EASE THE ASSEMBLY PROCESS, spray window cleaner or water into the holes of the **FOAM ROLLER PADS (42)** before sliding onto shafts.*

8. On the two **FOAM ROLLER HOLDERS (25)** and the **LEG HOLDER (16)** slide **PLASTIC ROLLER CAP (60)** (domed side first) and a **FOAM ROLLER PAD (59)** onto each side and secure with a **PLASTIC ROLLER CAP (60)** and **5/16" SMALLER WASHER (106)** and **5/16" X 1-1/4" ROUND HEAD ALLEN BOLT (92)** on each side as shown. *Tighten.* **NOTE:** The Washer goes in between the **PLASTIC ROLLER CAP (60)** and **FOAM ROLLER HOLDER (25)**, **LEG HOLDER (16)** as shown.



STEP 3 ASSEMBLE SEAT SUPPORT FRAME AND SEAT & BACK PAD



STEP 4 ASSEMBLE WEIGHT STACK

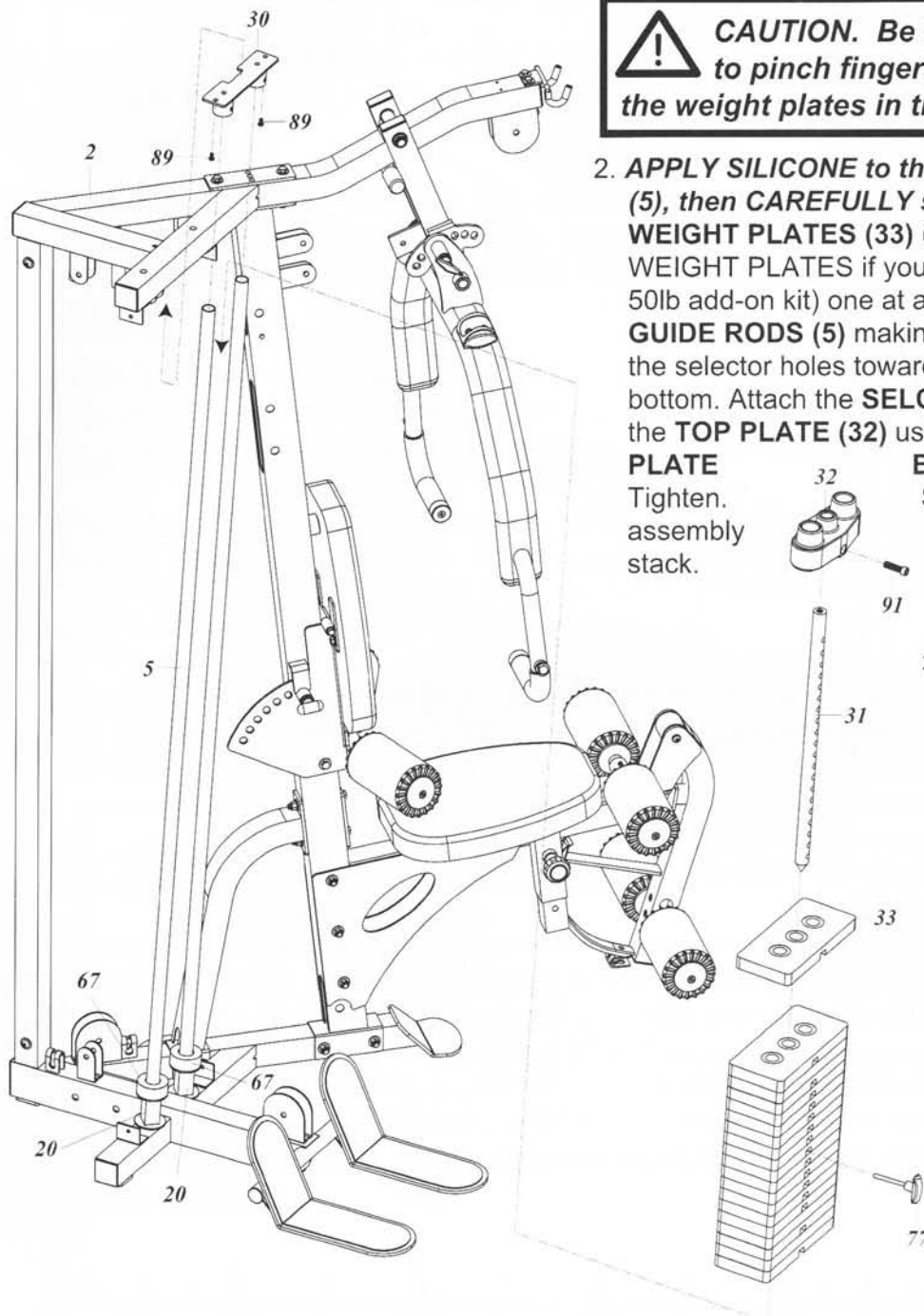
1. Insert two 1" ID PLASTIC GUIDE ROD HOLDERS (62) into the holes on the **BASE FRAME (1)**. Insert the **GUIDE RODS (5)** into the 1" ID PLASTIC GUIDE ROD HOLDERS (62). Slide the **200LBS SHORT STACK SPACERS (20)** onto the guide rods, followed by the **RUBBER CUSHIONS (67)**.



NOTE: If you have purchased the 50lb Add-on Weight Plate kit use the Shorter Stack Spacers (20) in place of the Longer Stack Spacers (19).



CAUTION. Be CAREFULL NOT to pinch fingers when lowering the weight plates in the next step.



2. **APPLY SILICONE** to the **GUIDE RODS (5)**, then **CAREFULLY** slide a total of 14 **WEIGHT PLATES (33)** (NOTE: 19 WEIGHT PLATES if you have the optional 50lb add-on kit) one at a time onto the **GUIDE RODS (5)** making sure to orient the selector holes toward the front and bottom. Attach the **SELECTOR ROD (31)** to the **TOP PLATE (32)** using **TOP PLATE BOLT (91)** and Tighten. Slide top plate onto the weight stack.

3. Attach the **GUIDE ROD MOUNT (30)** onto the **GUIDE RODS (5)**, then attach to **TOP FRAME (2)** using two **5/16" X 5/8" BUTTON HEAD BOLTS (89)** as shown. Tighten **5/16" X 1/4" SET SCREWS (94)** into the **GUIDE RODS (5)**.

STEP 5 INSTALL TOP CABLE

Pulleys T3 and T5 are mounted to either side of the steel tab. Do not mount both pulleys to one side. Assemble cables and pulleys simultaneously

1. **See Fig. T1** Run the threaded end of the **TOP CABLE (74)** over pulley **T1** at the front of the **TOP FRAME (2)** and secure using one **3/8" X 1-3/4" HEX HEAD BOLT (84)** and one **3/8" NYLA-NUT (104)**.
2. **See Fig. T2,T4** Run the cable back and over pulley **T2** mounted onto the **FRONT UPRIGHT(2)**, and secure using one **3/8" X 1-3/4" HEX HEAD BOLT (84)** and one **3/8" NYLA-NUT (104)**.
3. **See Fig. T3,T5** Loosely preinstall **PULLEYS** onto each side of the tab welded to the **PRESS ARM SUPPORT (12)** using one **3/8" X 3" HEX HEAD BOLT (82)**, two **3/8" WASHERS (100)** and one **3/8" NYLA-NUT (104)**.
NOTE: MAKE SURE NOT TO INSTALL BOTH PULLEYS TO ONE SIDE OF THE TAB.
Route the cable to the top of pulley **T3** (**T3** is the pulley on the right side as if sitting on the seat) around to the underside of pulley **T4**, exiting the top and then forward and overtop of **T5** (left side pulley). The cable should now be exiting the underside of **T5**.
4. **See Fig. T6** Route Cable under Pulley **T6** mounted inside the **FRONT UPRIGHT (3)** and secure using one **3/8" X 3" HEX HEAD BOLT (82)**, two **3/8" WASHERS (100)**, two **3/8" ID FLANGE BUSHINGS (65)** and one **3/8" NYLA-NUT (104)**.
5. **See Fig. T7** Route cable over top of Pulley **T7** you will mount in the rear bracket on the **TOP FRAME (2)** using one **3/8" X 2-3/4" HEX BOLT (83)** and one **3/8" NYLA-NUT (104)**.
6. **See Fig. T8** Mount a pulley in the closed end of the **ADJUSTABLE PULLEY BLOCK (13)** using one **3/8" X 1-3/4" HEX HEAD BOLT (84)** and one **3/8" NYLA-NUT (104)**. Hang this **ADJUSTABLE PULLEY BLOCK (13)** by routing the cable to the underside of the pulley as shown in **T8**. Continue routing the cable over top of Pulley **T9**, which you will mount to **TOP FRAME (2)** using one **3/8" X 1-3/4" HEX HEAD BOLT (84)** and one **3/8" NYLA-NUT (104)**.
7. **See Fig. T9,T11** Route the cable over Pulley **T9** mounted to the **TOP FRAME (2)** using one **3/8" X 1-3/4" HEX HEAD BOLT (84)** and one **3/8" NYLA-NUT (104)**.
8. **See Fig. T10** Then run the cable through the **FLOATING PULLEY BLOCK (15)**. Orient the **FLOATING PULLEY BLOCK (15)** with the threaded end up, flat side down. Threaded installed **1/2" HALF THREADED STUD (93)** to bracket welded on **TOP FRAME (2)**. Insert a pulley into the **FLOATING PULLEY BLOCK (15)**, making sure the cable runs to the underside. Secure the pulley using one **3/8" X 1-3/4" HEX HEAD BOLT (84)** and one **3/8" NYLA-NUT (104)**. If you purchased option **LEG PRESS** at same time, please orient the **FLOATING PULLEY BLOCK (15)**, with the threaded end down, flat side up as **LEG PRESS** manual.



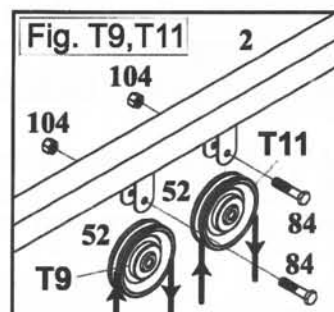
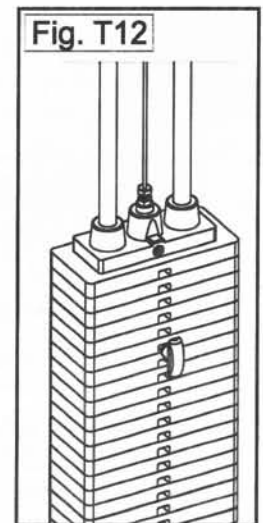
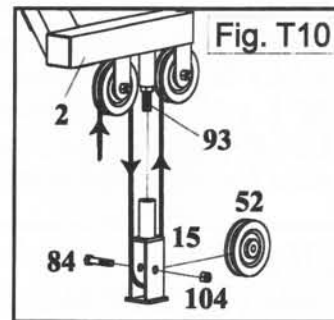
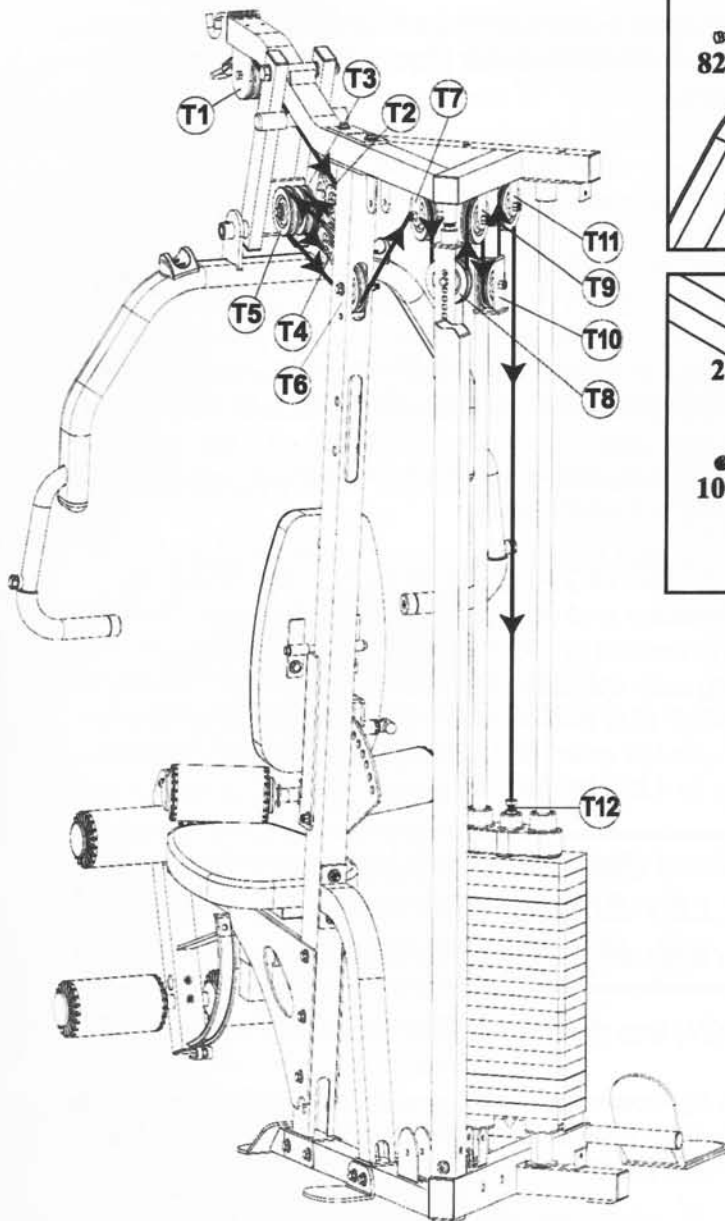
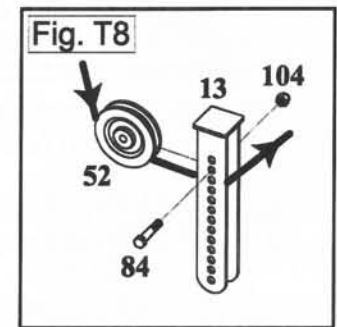
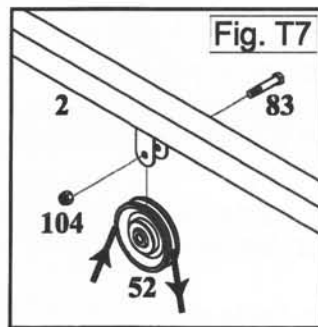
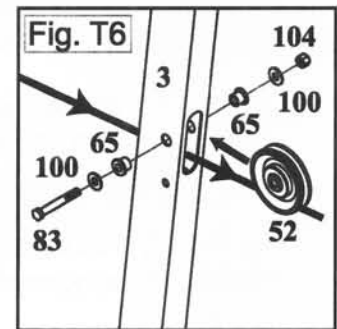
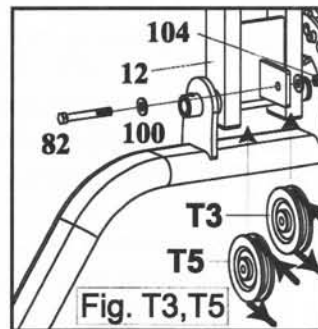
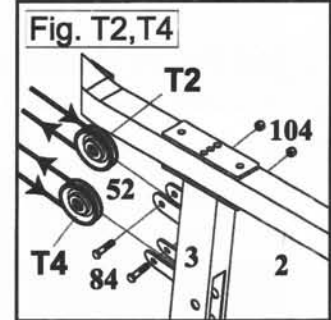
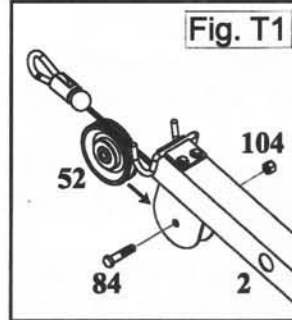
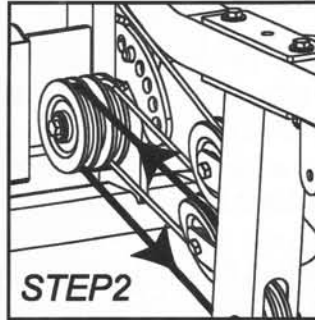
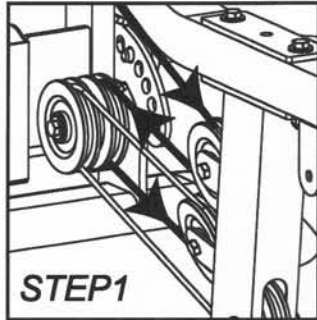
Note: If you have purchased the optional Leg press Station, the FLOATING PULLEY BLOCK (15) will mounted differently, please refer to the Leg Press Manual.

9. Screw the threaded end of the **TOP CABLE (74)** into the **TOP PLATE (32)** about half way.
10. Adjust **TOP CABLE (74)** to remove all slack by loosening the Stop at the top of Pulley **T8**. The Bolt in the **TOP PLATE (32)** can also be adjusted. **NOTE: This BOLT** must always be at least **1/3** of the way into the **TOP PLATE (32)**. **TIGHTEN the JAM NUTS at both Adjustment points.**

STEP 5 INSTALL TOP CABLE

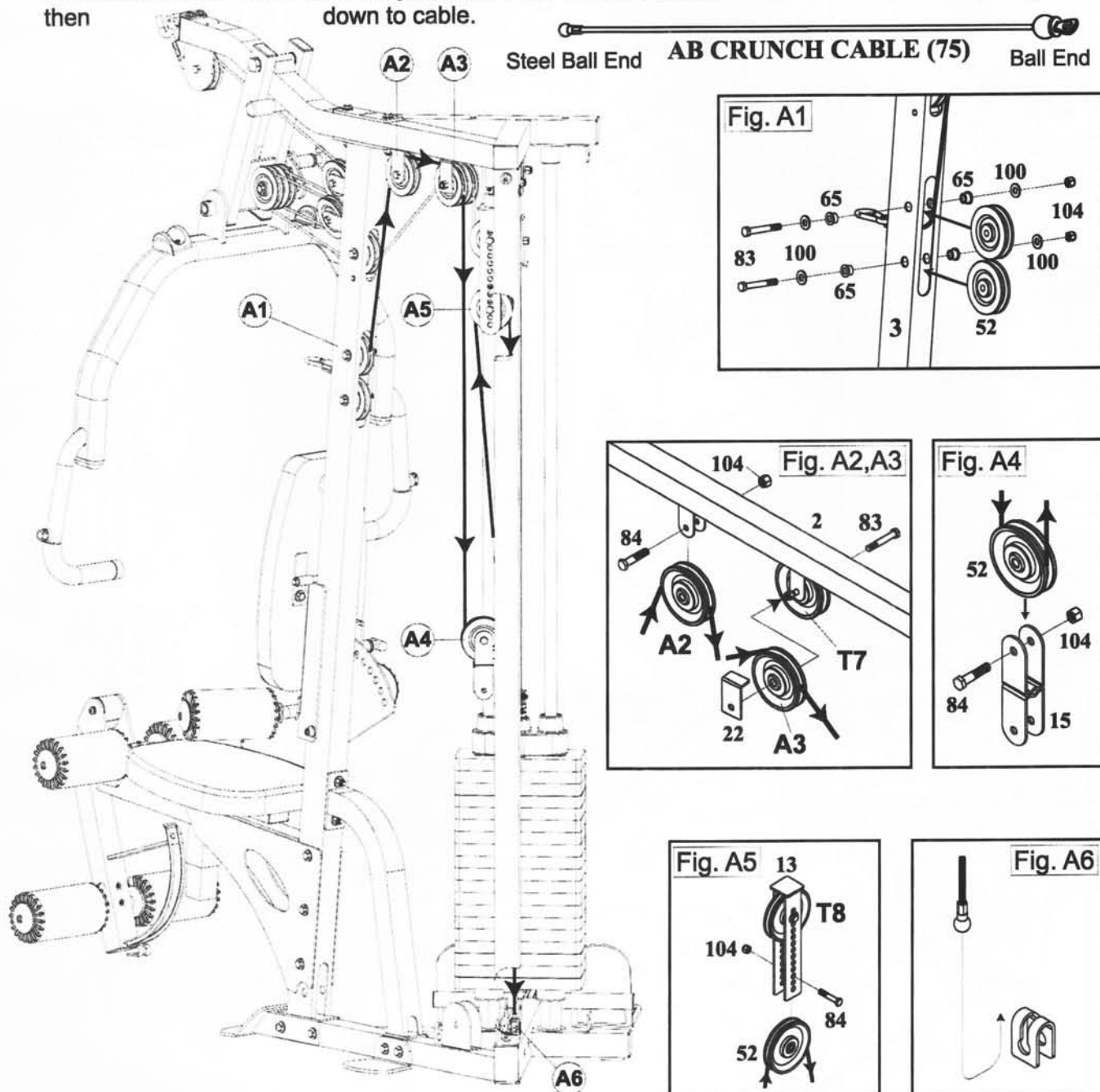


 Threaded End **TOP CABLE (74)** Ball End



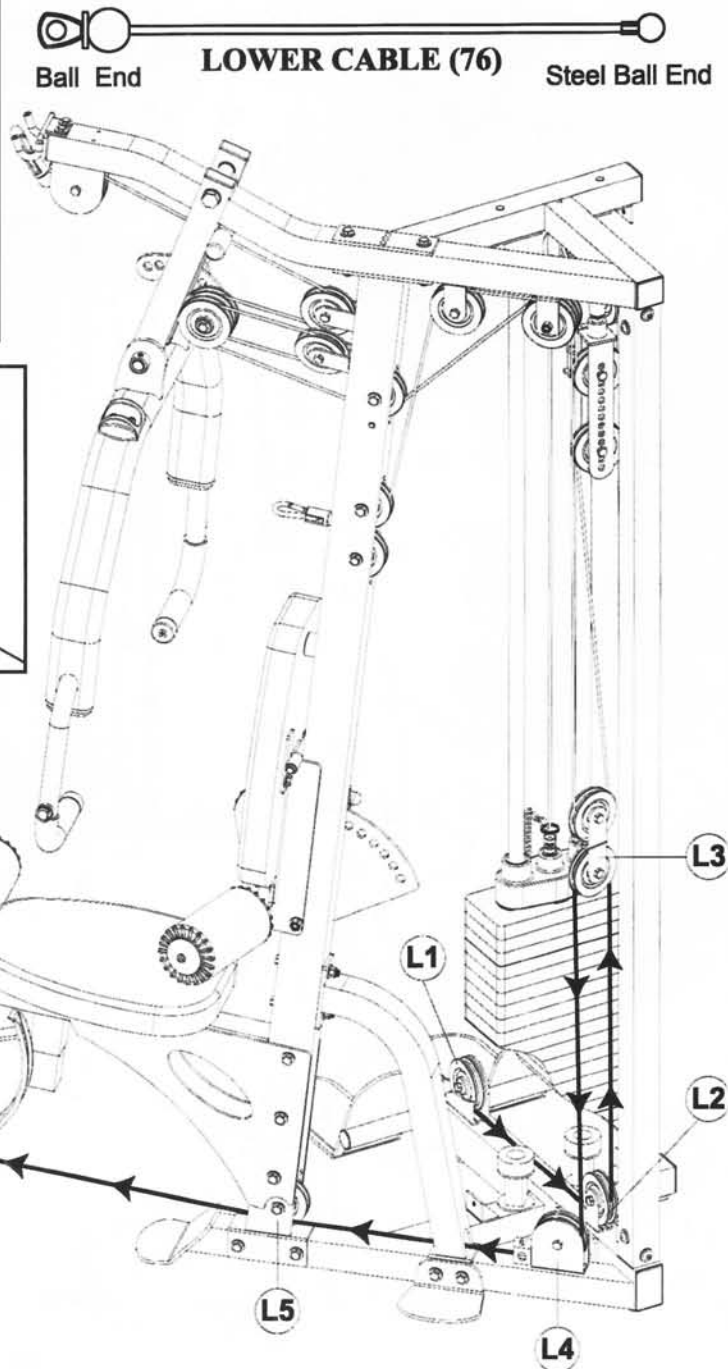
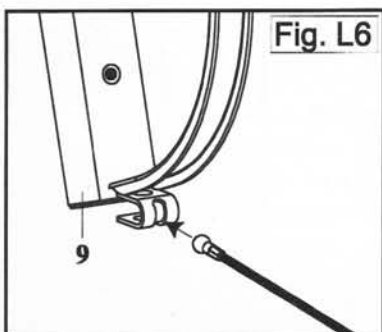
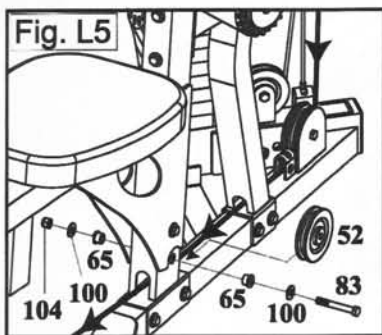
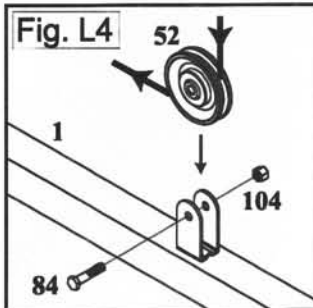
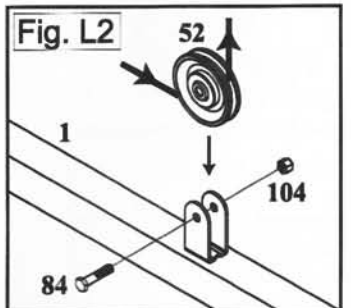
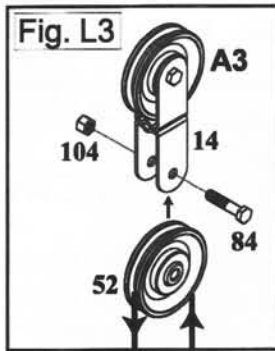
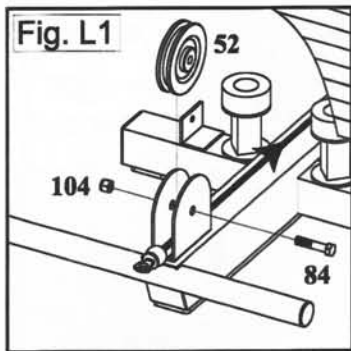
STEP 6 INSTALL AB CRUNCH CABLE

1. **See Fig. A1** Run the steel ball end of the **AB CRUNCH CABLE (75)** through the slot in the **FRONT UPRIGHT (3)** and attach two pulleys in the slot as shown in Fig. A1, using two **3/8" X 2-3/4" HEX HEAD BOLTS (83)**, four **3/8" WASHERS (100)**, four **3/8" ID FLANGE BUSHINGS (65)**, and two **3/8" NYLA-NUTS (104)**. The cable should run from the bottom of the upper Pulley A1 up to the Pulley A2.
2. **See Fig. A2,A3** Route the cable over the **Pulley A2** mounted to the **TOP FRAME (2)** using one **3/8" X 1-3/4" HEX HEAD BOLT (84)** and one **3/8" NYLA-NUT (104)**. Continue routing the cable up and over **Pulley A3** mounted in **TOP FRAME (2)** using assembled one **3/8" X 2-3/4" HEX HEAD BOLT (83)** as **Pulley T7**, one **3/8" NYLA-NUT (104)**, and **CABLE RETAINER BRACKET (22)**.
3. **See Fig. A4** Then route the cable under **Pulley A4** mounted in a **FLOATING PULLEY BLOCK (15)** using one **3/8" X 1-3/4" HEX HEAD BOLT (84)** and one **3/8" NYLA-NUT (104)**.
4. **See Fig. A5** Mount a pulley in the open end of the **ADJUSTABLE PULLEY BLOCK (13)** using one **3/8" X 1-3/4" HEX HEAD BOLT (84)** and one **3/8" NYLA-NUT (104)**. We recommend the third from bottom hole. This can be adjusted later if needed. Route the cable over top of this pulley and then down to cable.



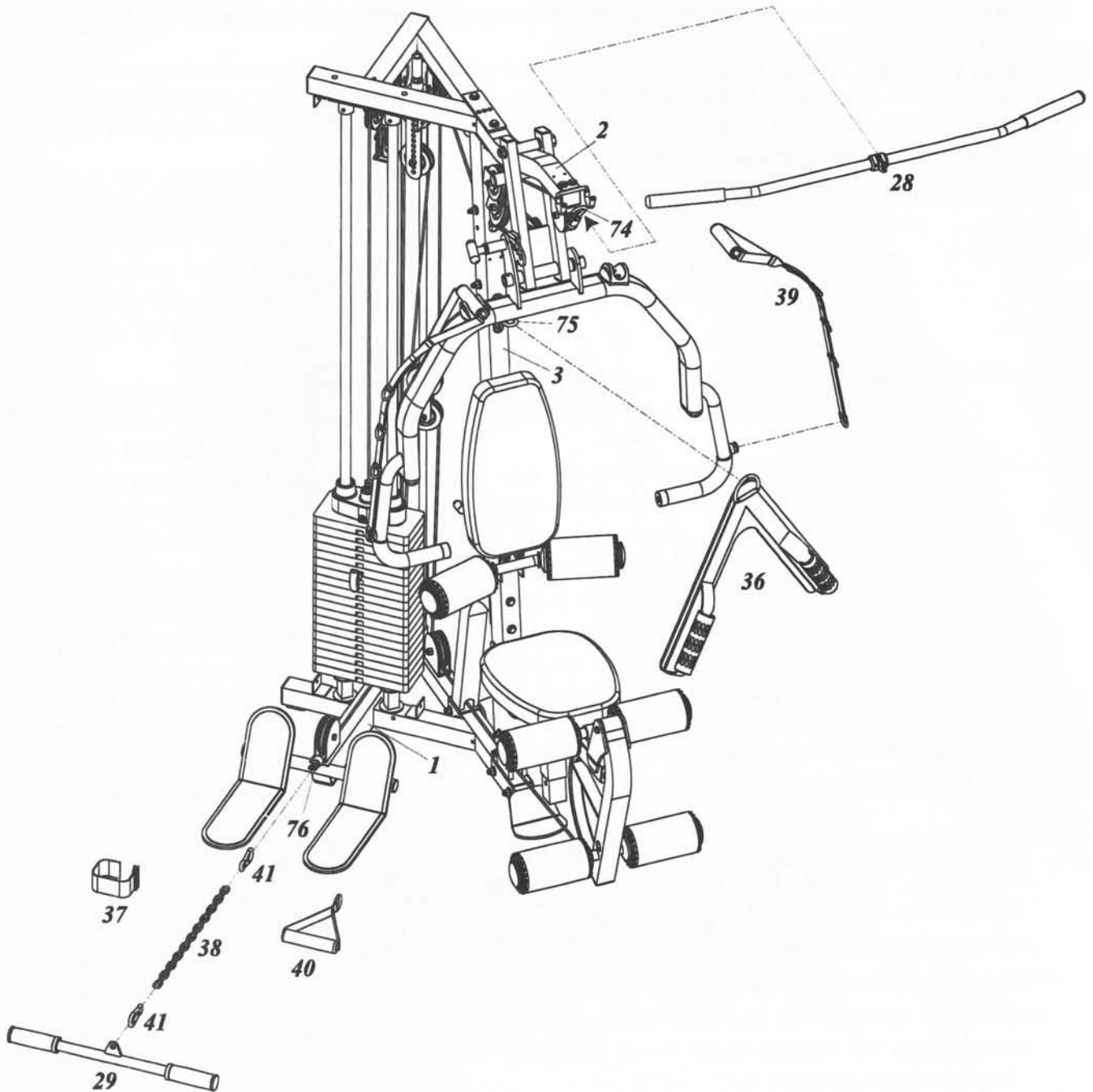
STEP 7 INSTALL LOWER CABLE

1. See Fig. L1 Route the steel ball end of the LOWER CABLE (76) under Pulley L1 mounted at the front of the Low Pull Station using one 3/8" X 1-3/4" HEX HEAD BOLT (84) and one 3/8" NYLA-NUT (104).
2. See Fig. L2 Continue back to Pulley L2 mounted on the BASE FRAME (1) using one 3/8" X 1-3/4" HEX HEAD BOLT (84) and one 3/8" NYLA-NUT (104).
3. See Fig. L3 Route the cable underneath Pulley L2 and then up to Pulley L3 mounted in bottom of the DOUBLE PULLEY BOLCK (14) using one 3/8" X 1-3/4" HEX HEAD BOLT (84) and one 3/8" NYLA-NUT (104).
3. See Fig. L4 Continue down to Pulley L4 mounted to the BASE FRAME (1) using one 3/8" X 1-3/4" HEX HEAD BOLT (84) and one 3/8" NYLA-NUT (104).
4. See Fig. L5 Route the cable underneath Pulley L4 and Pulley L5 mounted in the slot in the bottom of the FRONT UPRIGHT (3) using one 3/8" X 2-3/4" HEX HEAD BOLT (83), two 3/8" WASHERS (100), two 3/8" ID FLANGE BUSHINGS (65), and one 3/8" NYLA-NUT (104).
5. See Fig. L6 Connect the steel ball end of the cable to the receptor bracket L6 welded to the LEG EXTENSION ARM (9).



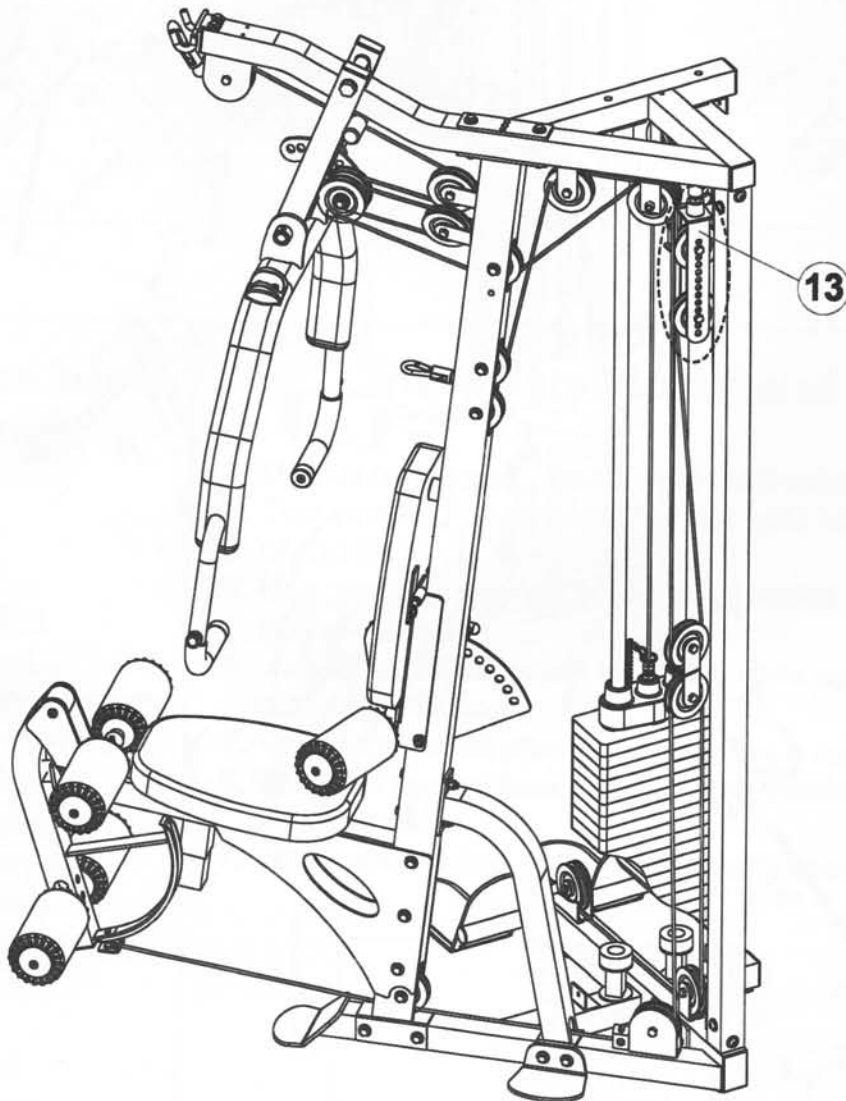
STEP 8 INSTALL ACCESSORIES

1. Attach Lat Bar (28), Curl Bar (29), Handle Grip (39), AB Crunch Strap (36) to the GL Strength Training System.



The Cable Adjustment of GL Strength Training System

- a. The Cables should be tightened to the point just before the Top Plate lifts off the stack. In other words, if the Top Plate is not resting on the stack, you will need to add length, or, if there is slack in the cables, you will need to shorten the cables. There are several adjustment points. If only minor adjustments need to be made, you can adjust the Screw ends on the Top Cable (at the Top Plate), the Low Cable (where it screws into the Pulley Block), or the Bench Press Cable (where it screws into the Pulley Block with Stopper). **These ends of these cables must be screwed in at least 1/3 of their length for safety purposes.** Once you are done with these adjustments, lock them into place using the jam nuts.
- b. Broader adjustments are made at the Adjustable Pulley Block (13). Moving the bottom pulley toward the center decreases length (takes up slack). Conversely, moving the bottom pulley outward gains cable length.
- c. Once the cables have been adjusted to remove all slack, adjust the Adjustable Stoppers in the Top Frame to where they just touch the Adjustable Pulley Block (13). The Adjustable Stoppers welded on top frame aid in the function of the gym by eliminating the need to engage all cables in any given exercise routine.



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 (77) 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 (32) 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 GL Strength Training System. If you have any questions, please call your local BodyCraft dealer, call our customer service department at 800-990-5556 or at <http://www.bodycraft.com>.