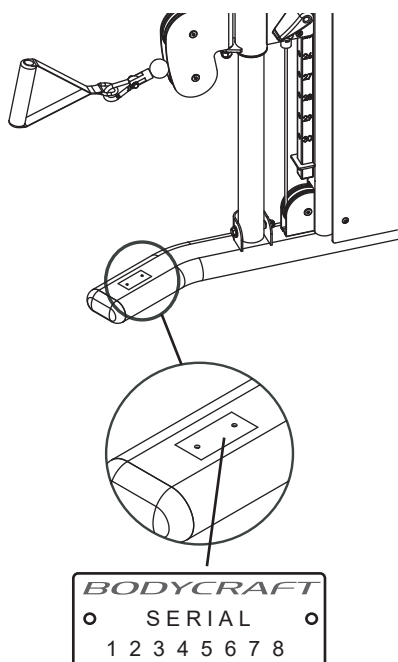


BODYCRAFT

PFT CABLE GYM INSTRUCTION MANUAL

Serial Number Location

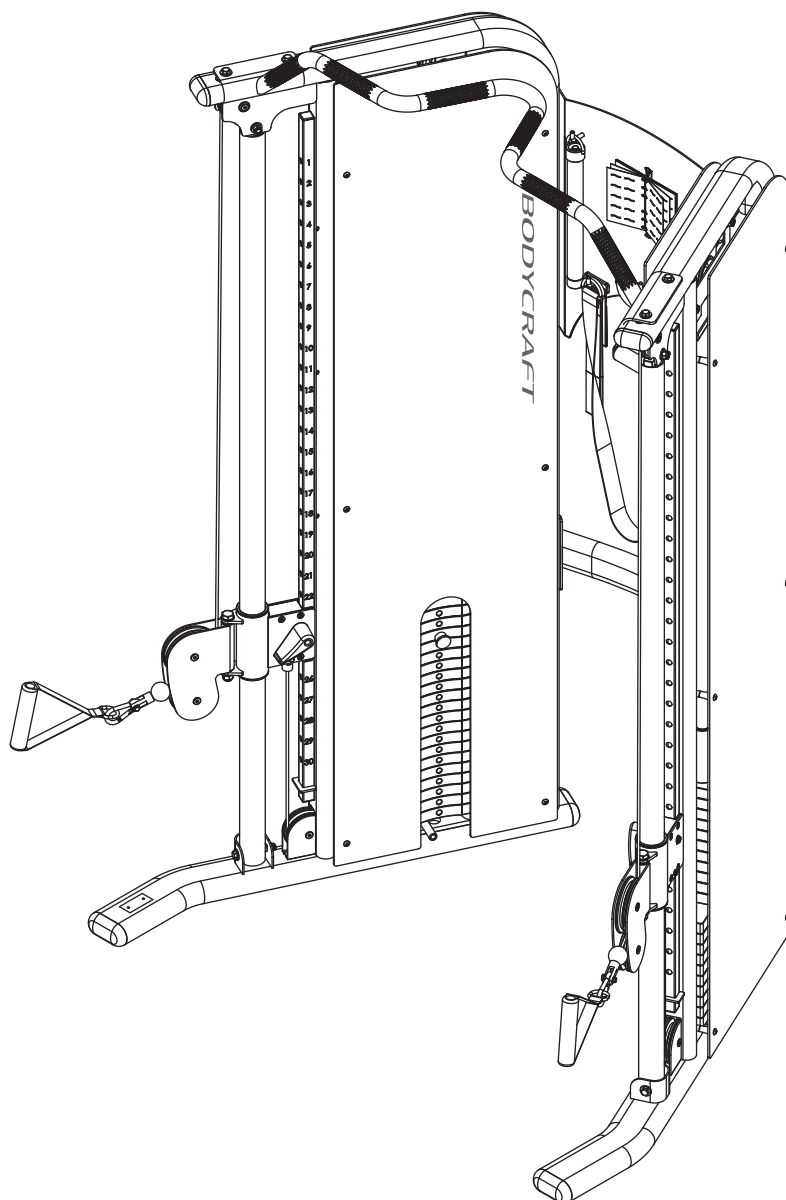


Record your Serial number
and purchase date here:

S/N _____

DATE: _____

DEALER: _____



Model No. PFT
MA7119V3
BODYCRAFT

Fitness Authority Industrial Co., LTD.
No. 15, Xiangxue Rd., Dali Dist.,
Taichung City 41275, Taiwan.

Congratulations and Thank You!

Thank you for selecting the **BODYCRAFT PFT CABLE GYM**.

The BODYCRAFT PFT 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 PFT will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT PFT. Keep this manual for future reference. If you have additional questions, please call your local BODYCRAFT PFT Dealer.

www.ibodycraft.com

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. We assume 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 PFT 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 PFT CABLE GYM call your local BODYCRAFT dealer.

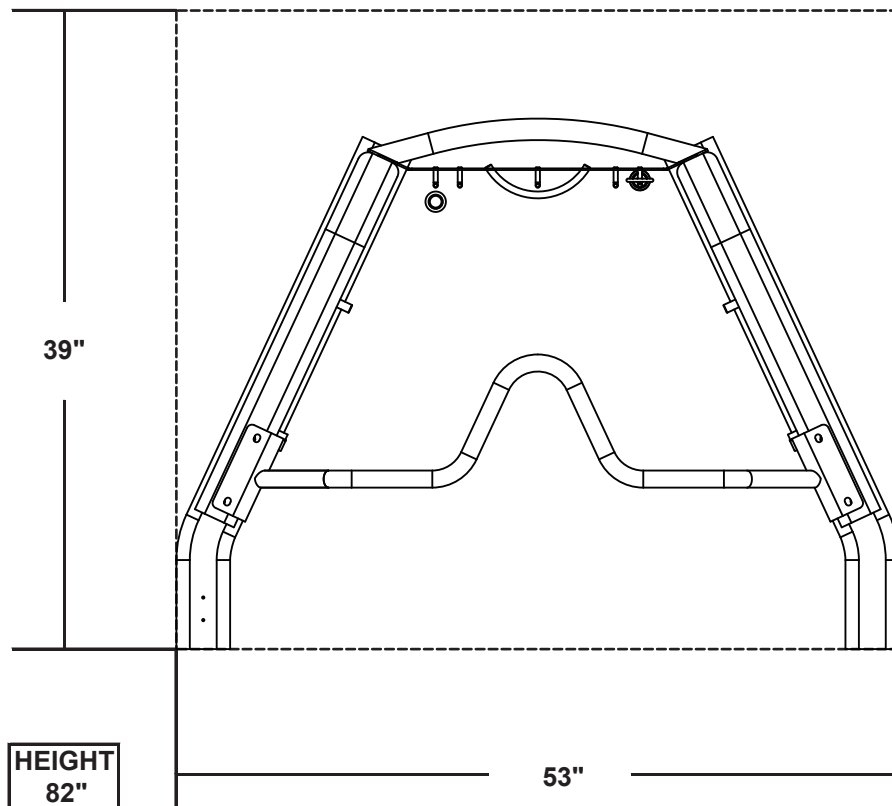
QUESTIONS?

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**. Our trained technicians will provide immediate assistance to you, free of charge.

www.ibodycraft.com

Gym Placement Planner

WALL

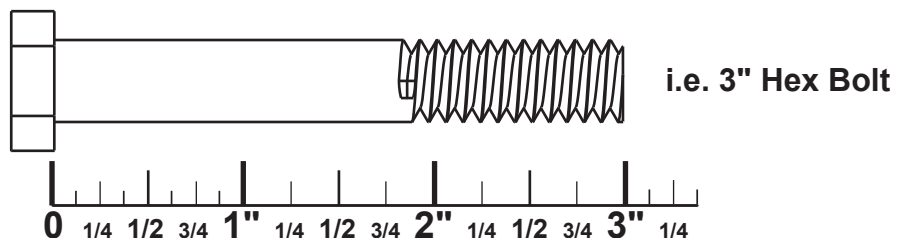


Recommended Tools for Assembly

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:

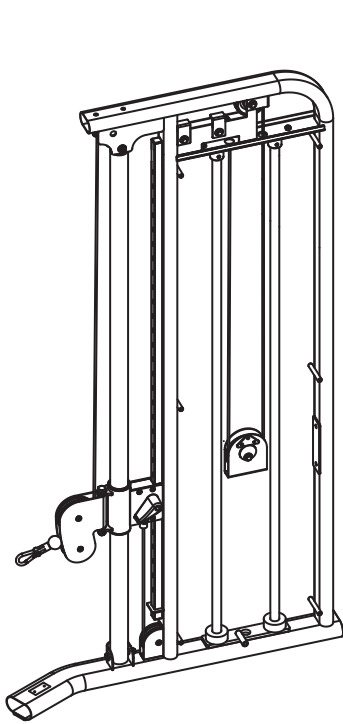
1. Do not tighten any bolts until instructed.
2. Two people are required for the safe assembly of the gym.
3. Use silicone lubricant on guide rods prior to weight plate installation.
4. Carefully install plastic caps using a rubber mallet.
5. For your convenience, rulers are displayed throughout this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



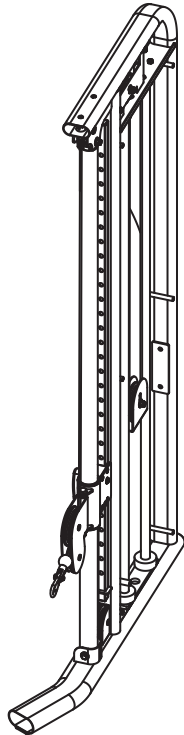
PFT PARTS LIST 1



NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES.



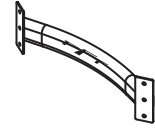
(1R) RIGHT MAIN UPRIGHT



(2L) LEFT MAIN UPRIGHT



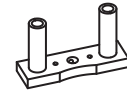
(7) CHIP UP BAR



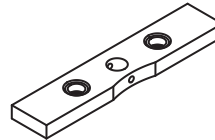
(8) MID CROSS CONNECTOR



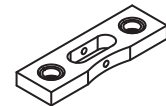
(19) SELECTOR ROD (2pcs)



(18) TOP PLATE (2pcs)



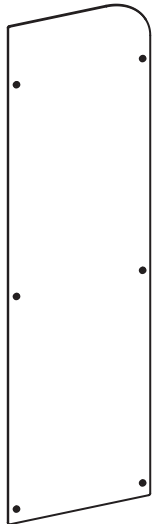
(21) 10LBS. WEIGHT PLATE (20pcs)



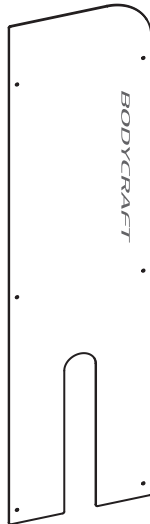
(20) 5LBS. WEIGHT PLATE (20pcs)



(27) ANKLE STRAP



(22R1) RIGHT PANEL FOR RIGHT MAIN UPRIGHT



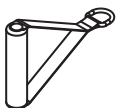
(22R2) RIGHT PANEL FOR RIGHT MAIN UPRIGHT



(23R1) LEFT PANEL FOR LEFT MAIN UPRIGHT



(23R2) LEFT PANEL FOR LEFT MAIN UPRIGHT



(28) HAND STRAP (2pcs)



(29) SNAP HOOK (2pcs)



(30) SELECTOR PIN (2pcs)



(34) 50 X 100mm OVAL PLUG (4pcs)



(35) 40 X 80mm OVAL PLUG (2pcs)

PFT PARTS LIST 2



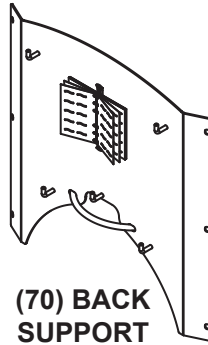
NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES.



(44) PLASTIC STUDS (24pcs)



(65) LINK (2pcs)



(70) BACK SUPPORT PLATE



(73) LAT BAR



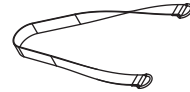
(74) CURL BAR



(66) OD BUSHING (24pcs)

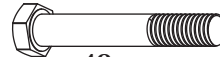


(76) TRICEP ROPE



(75) TETHER STRAP

| NO. | DESCRIPTION | QTY. |
|-----|--------------------------|------|
| 48 | 3/8" X 2-1/2" HEX BOLT | 4 |
| 51 | TOP PLATE BOLT | 2 |
| 53 | M6 X 40L ROUND HEAD BOLT | 24 |
| 61 | 3/8" WASHER | 10 |
| 64 | 3/8" NYLON NUT | 5 |



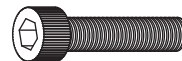
48



61



64

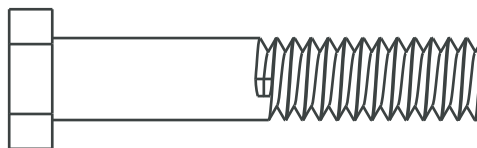


51

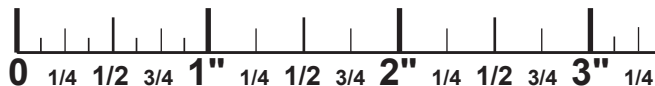


53

When measuring bolt lengths, only measure the shank.



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



STEP 1 ASSEMBLE MAIN UPRIGHT

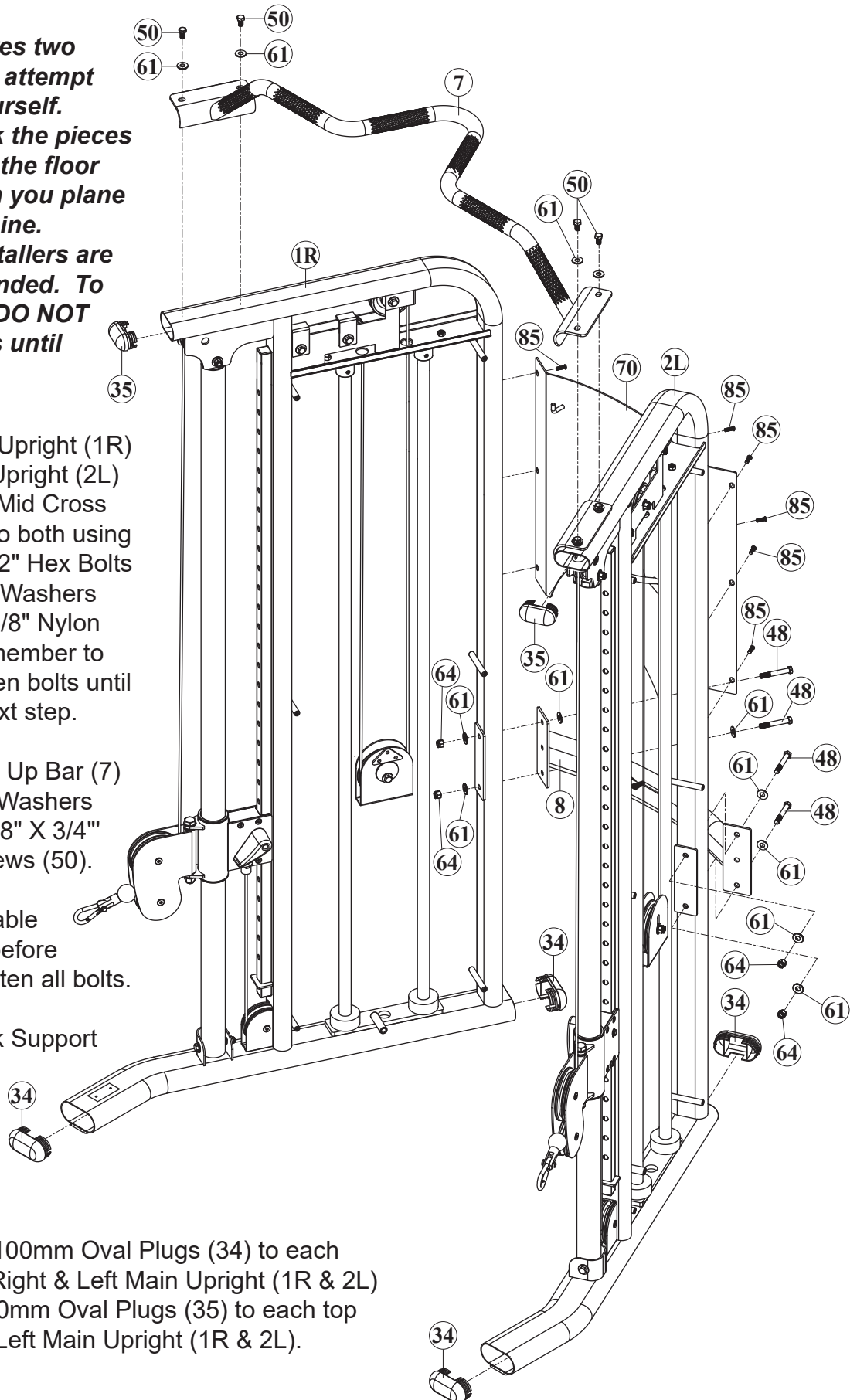
Assembly requires two people. Do NOT attempt assembly by yourself. Carefully unpack the pieces and lay them on the floor near the location you plan to use this machine. Professional installers are highly recommended. To ease assembly, DO NOT tighten any bolts until instructed.

1. Lift Right Main Upright (1R) and Left Main Upright (2L) and attach the Mid Cross Connector (8) to both using four 3/8" X 2-1/2" Hex Bolts (48), eight 3/8" Washers (61), and four 3/8" Nylon Nuts (64). Remember to only hand tighten bolts until finishing the next step.

2. Attach the Chin Up Bar (7) using four 3/8" Washers (61) and four 3/8" X 3/4" Round Set Screws (50). Make sure that Uprights are stable and balanced before letting go. Tighten all bolts.

3. Attach the Back Support Plate (70) using six 1/4" X 3/4" Set Screws (85).

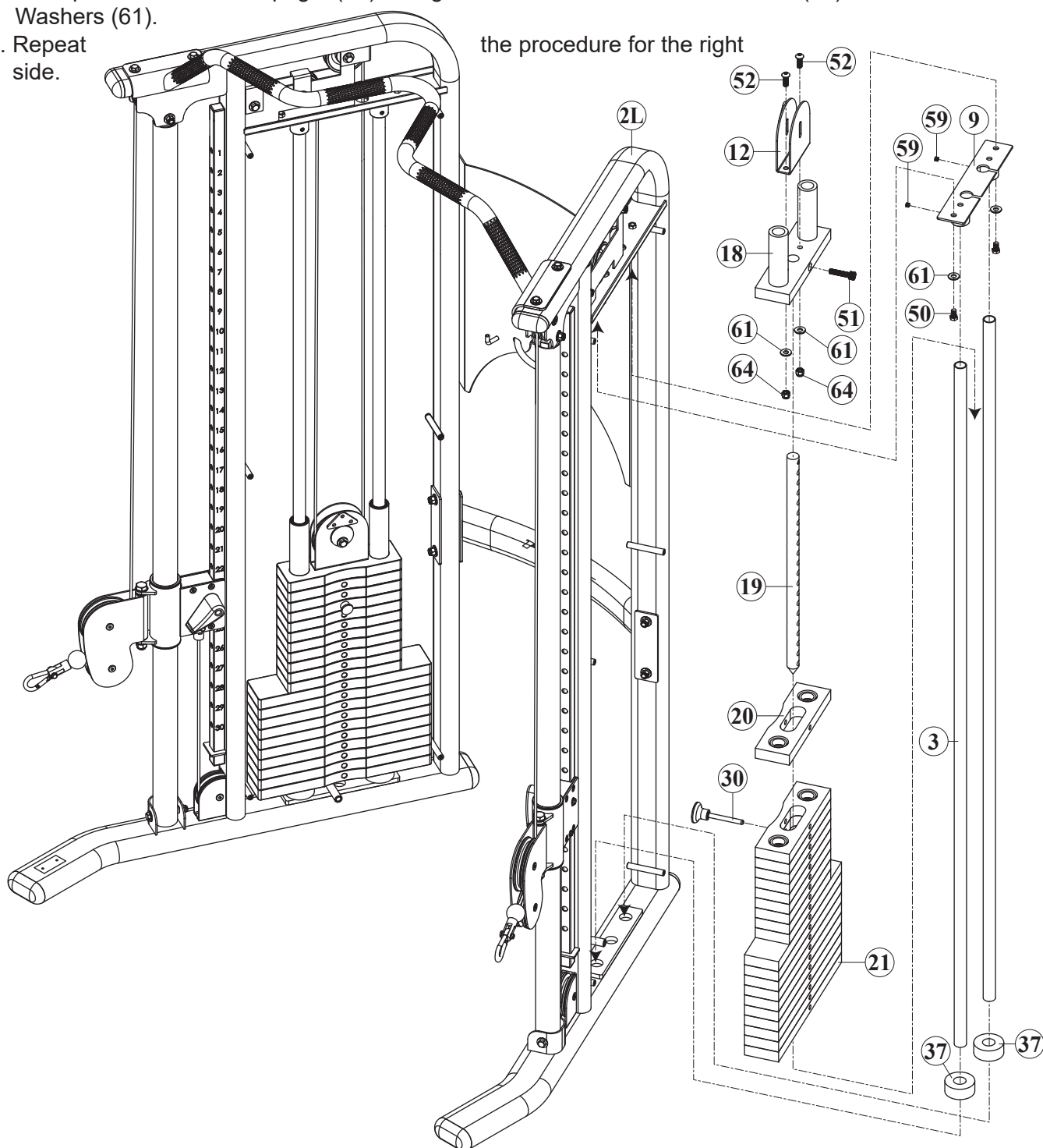
4. Cap four 50 X 100mm Oval Plugs (34) to each bottom end of Right & Left Main Upright (1R & 2L) and two 40 X 80mm Oval Plugs (35) to each top end of Right & Left Main Upright (1R & 2L).



STEP 2 ASSEMBLE GUIDE ROD AND WEIGHT PLATE

1. Remove pre-assembled Top Guide Rod Holder (9). With two Guide Rods (3) angled slightly forward, slide 10 each 10 lbs Weight Plates (21), then 10 each 5 lbs Weight Plates (20) onto the Guide Rods (3). Make certain that each plate is oriented with the concave surface facing inside.
2. Attach Pulley Block (12) to the Top Plate (18) using two 3/8" X 1" Inner Hex Screws (52), two 3/8" Washers (61), and two 3/8" Nylon Nuts (64).
3. Attach the Top Plate (18) to the Selector Rod (19) using the Top Plate Bolt (51). Slide the Top Plate (18) and Selector Rod (19) onto the Guide Rods (3).
4. Attach Top Guide Rod Holder (9) to the top end of Guide Rods (3) using two 5/16" X 1/4" Set Screws (59), and return the Guide Rods (3) to the upright position. Secure the Guide Rods (3) to the top of the Left Main Upright (2L), using two 3/8" X 3/4" Round Set Screws (50) and two 3/8" Washers (61).
5. Repeat side.

the procedure for the right



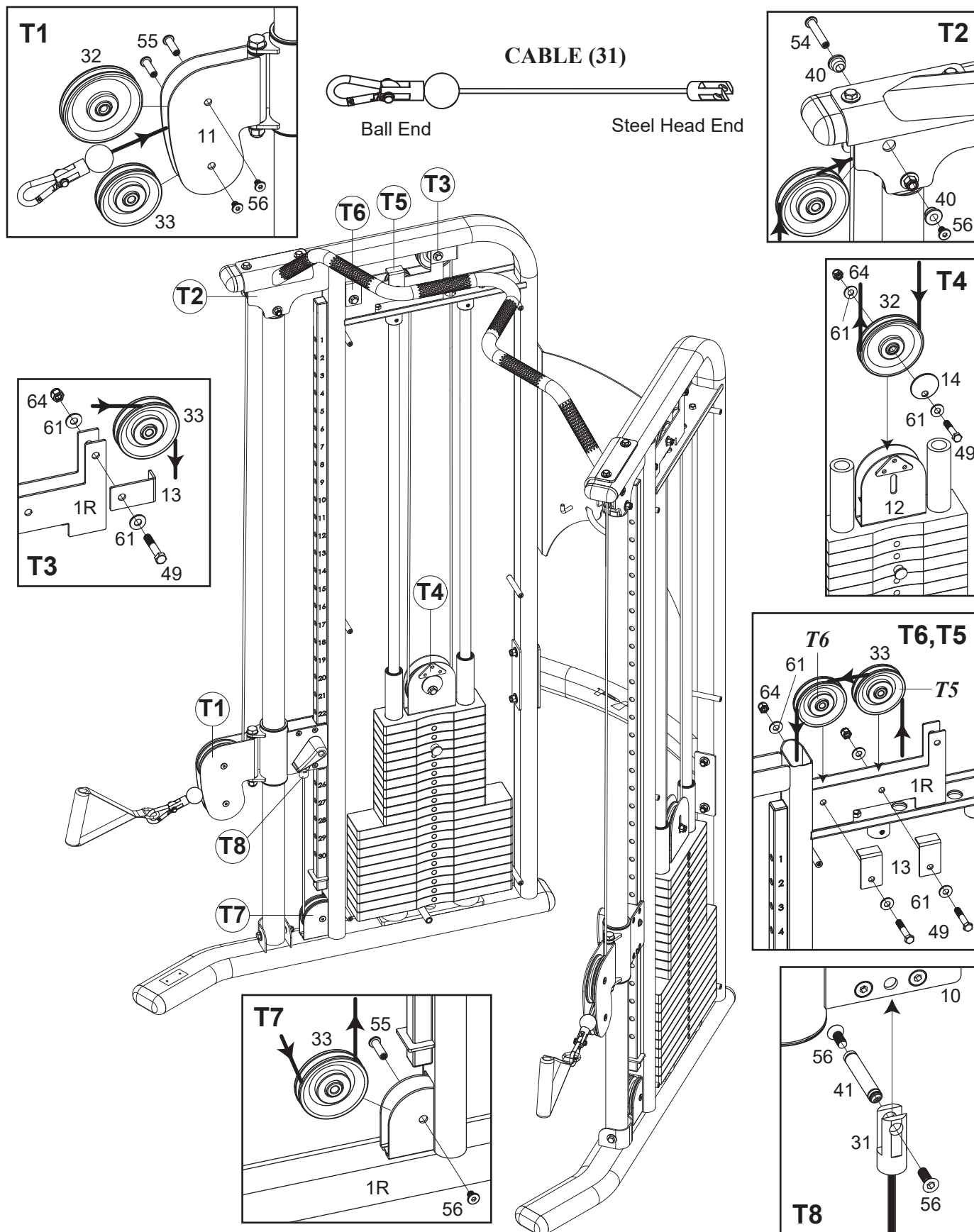
STEP 3 CABLE ROUTE CHECK

Make certain the Screws (55) is inserted completely through both holes in the Revolving Cable Bracket (11). Failure to do so will result in improper alignment and the pulley will rub on steel.

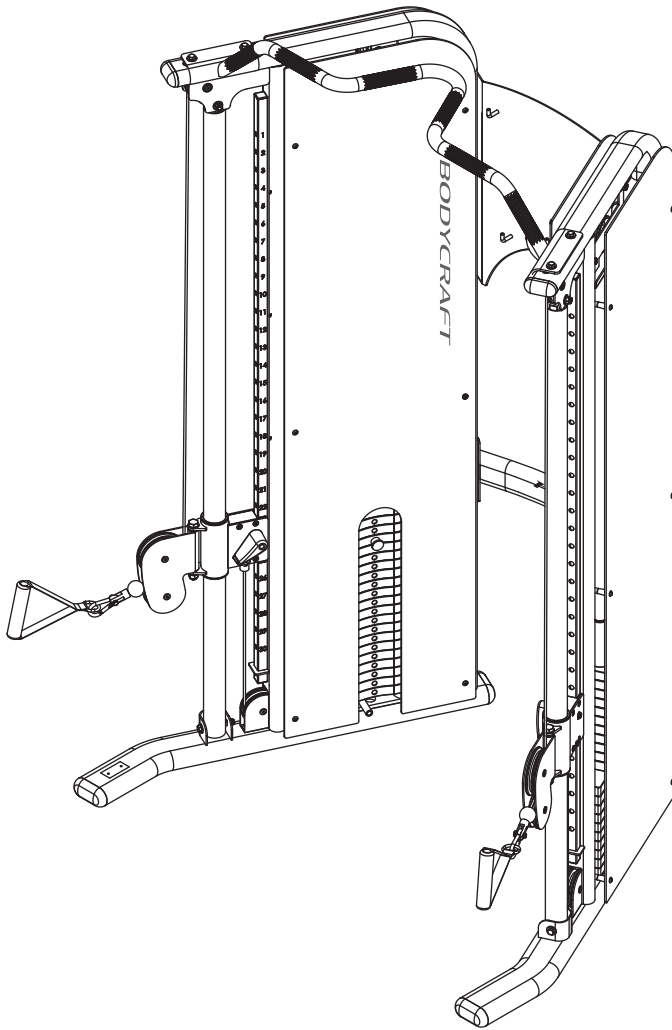
Assemble cable and pulleys simultaneously.

1. While simultaneously inserting the Steel Head End of one Cable (31), attach one 114mm Pulley (32), and one 90mm Pulley (33) to the Revolving Cable Bracket (11) using one 3/8" X 30.5mm Flat Set Screw (55) and one M6 X 12L Male Set Screw (56) for each as shown in fig T1. Pull the cable tight so that the ball end rests against the outside of these pulleys.
2. Route the Steel Head End of the Cable (31) up and around the 90mm Pulley (33) mounted [using one 3/8" X 50.5mm Flat Set Screw (54), two 3/8" Bushings (40) and one M6 X 12L Male Set Screw (56)] to the top frame of Main Upright as shown in fig T2. Continue routing the Cable (31) through the top frame, exiting at the slot for pulley T3. Mount one 90mm Pulley (33) using one 3/8" X 2" Hex Bolt (49), two 3/8" Washers (61), one Pulley Guide Bracket (13) and one 3/8" Nylon Nut (64) as shown in fig T3.
3. Route the Cable (31) down and around the 114mm Pulley (32) mounted to the Pulley Block (12) on the Top Plate (18) using one 3/8" X 2" Hex Bolt (49), one Cap (14), two 3/8" Washers (61) and one 3/8" Nylon Nut (64) as shown in fig T4.
4. Continue routing up and over two 90mm Pulleys (33) mounted to top bracket in Main Upright using one 3/8" X 2" Hex Bolt (49), two 3/8" Washers (61), one Pulley Guide Bracket (13) and one 3/8" Nylon Nut (64) for each as shown in fig T5 & T6.
5. Continue routing Cable (31) down through the inside of the front tube to the 90mm Pulley (33) mounted to the bottom of the Main Upright using one 3/8" X 30.5mm Flat Set Screw (55) and one M6 X 12L Male Set Screw (56) as shown in fig T7. Attach the steel head end of the Cable (31) to the Cable Height Adjuster Assembly (10) using one Steel Shaft (41) and two M6 X 12L Male Set Screws (56) as shown in fig T8.
6. Repeat the procedure for the opposite side.

STEP 3 CABLE ROUTE CHECK



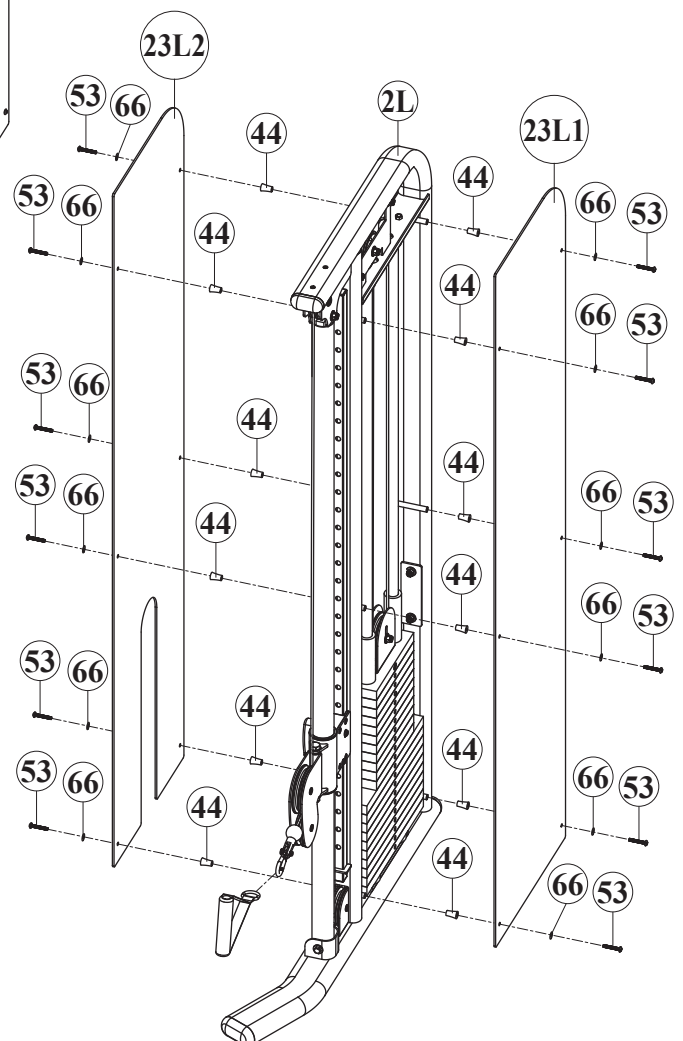
STEP 4 ASSEMBLE ACRYLIC PANELS



1. Attach acrylic Panels (23L1 & 23L2) to Left Main Upright (2L) using six Plastic Studs (44), six OD Bushings (66) and six M6 X 40L Round Head Bolts (53) per panel. Make sure that panels with slot and printed logo BODYCRAFT are applied to the inside.

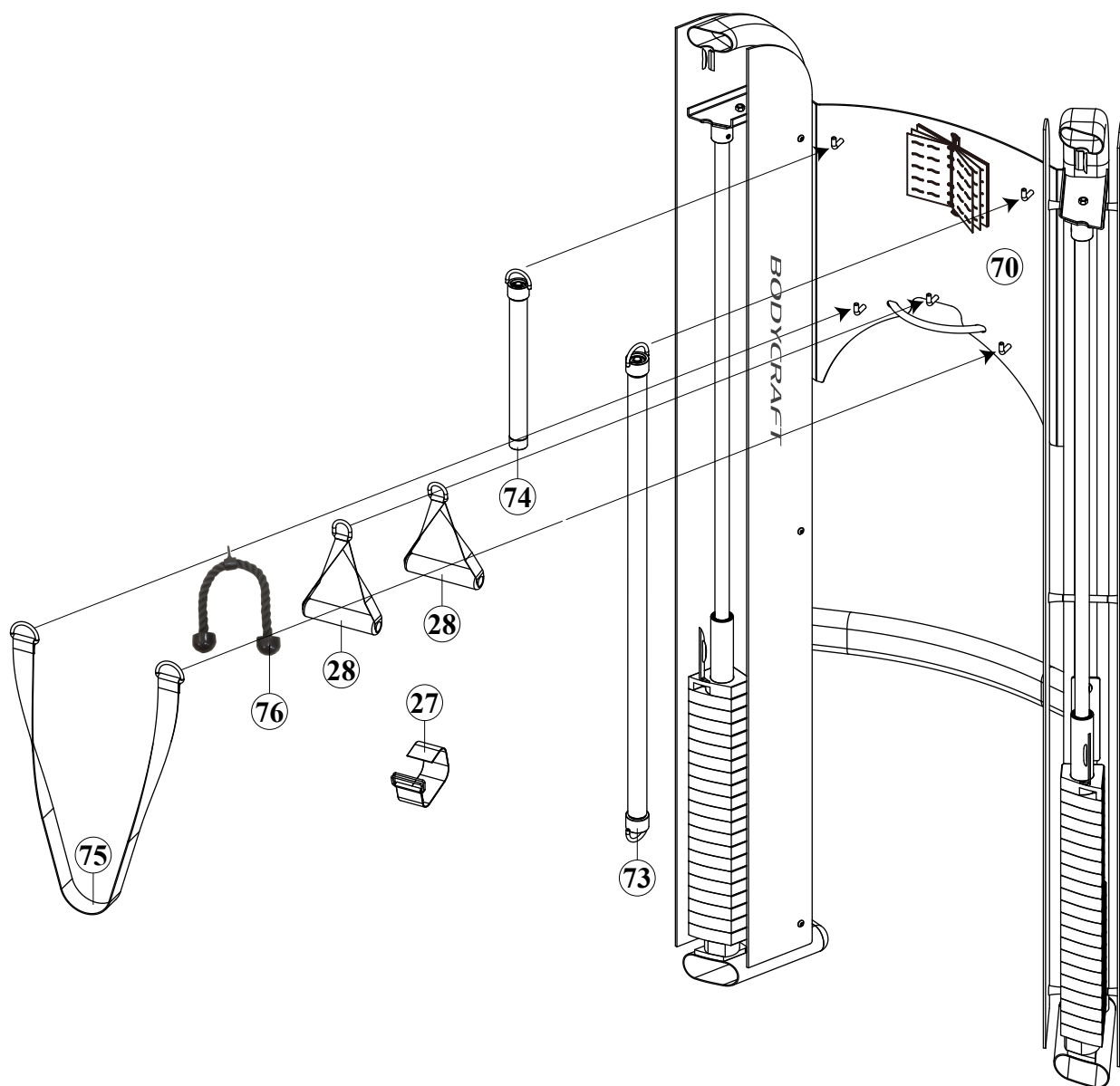
Note: Do not over tighten! Over tightening will crack the panels!

2. Please proceed the same procedures to Right Main Upright (1R).



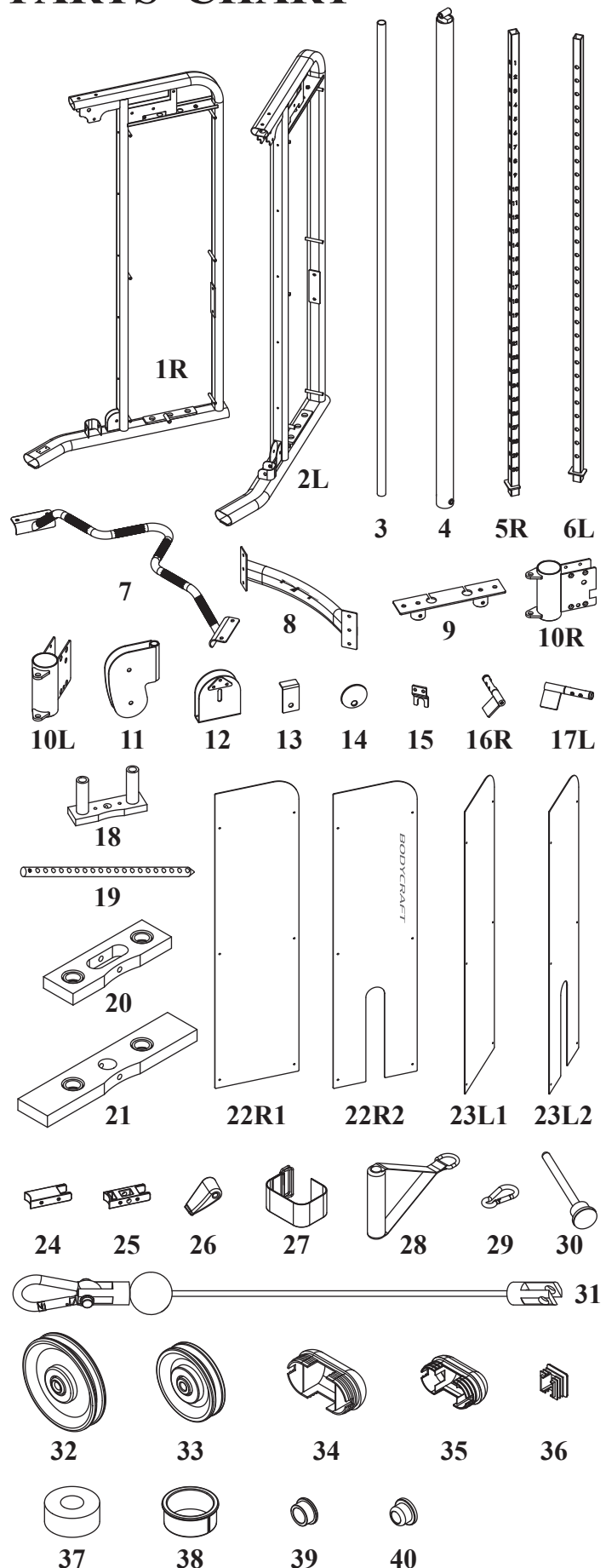
STEP 5 ASSEMBLE ACCESSORY KIT

1. Hang Lat Bar (73), Curl Bar (74), Tether Strap (75), Tricep Rope (76) and two Hand Straps (28) on the Back Support Plate (70).



COMPLETE PARTS CHART

| NO. | DESCRIPTION | QTY. |
|------|--------------------------------------|------|
| 1R | RIGHT MAIN UPRIGHT | 1 |
| 2L | LEFT MAIN UPRIGHT | 1 |
| 3 | GUIDE ROD | 4 |
| 4 | CABLE ADJUSTING CONNECTOR | 2 |
| 5R | RIGHT HEIGHT TRACK | 1 |
| 6L | LEFT HEIGHT TRACK | 1 |
| 7 | CHIP UP BAR | 1 |
| 8 | MID CROSS CONNECTOR | 1 |
| 9 | TOP GUIDE ROD HOLDER | 2 |
| 10R | RIGHT CABLE HEIGHT ADJUSTER ASSEMBLY | 1 |
| 10L | LEFT CABLE HEIGHT ADJUSTER ASSEMBLY | 1 |
| 11 | REVOLVING CABLE BRACKET | 2 |
| 12 | PULLEY BLOCK | 2 |
| 13 | PULLEY GUIDE BRACKET | 6 |
| 14 | CAP | 2 |
| 15 | HINGE | 2 |
| 16R | RIGHT LOCK ADJUSTING LEVER | 1 |
| 17L | LEFT LOCK ADJUSTING LEVER | 1 |
| 18 | TOP PLATE | 2 |
| 19 | SELECTOR ROD | 2 |
| 20 | 5LBS. WEIGHT PLATE | 20 |
| 21 | 10LBS. WEIGHT PLATE | 20 |
| 22R1 | RIGHT PANEL FOR RIGHT MAIN UPRIGHT | 1 |
| 22R2 | RIGHT PANEL FOR RIGHT MAIN UPRIGHT | 1 |
| 23L1 | LEFT PANEL FOR LEFT MAIN UPRIGHT | 1 |
| 23L2 | LEFT PANEL FOR LEFT MAIN UPRIGHT | 1 |
| 24 | 2 HOLES HINGES | 2 |
| 25 | 3 HOLES HINGES | 2 |
| 26 | ADJ. KNOB | 2 |
| 27 | ANKLE STRAP | 1 |
| 28 | HAND STRAP | 2 |
| 29 | SNAP HOOK | 2 |
| 30 | SELECTOR PIN | 2 |
| 31 | CABLE | 2 |
| 32 | 114mm PULLEY | 4 |
| 33 | 90mm PULLEY | 12 |
| 34 | 50 X 100mm OVAL PLUG | 4 |
| 35 | 40 X 80mm OVAL PLUG | 2 |
| 36 | 1" RECT. END PLUG | 4 |
| 37 | RUBBER CUSHION | 4 |
| 38 | 50.8mm BUSHING | 4 |
| 39 | 1/2" ID BUSHING | 4 |
| 40 | 3/8" BUSHING | 4 |

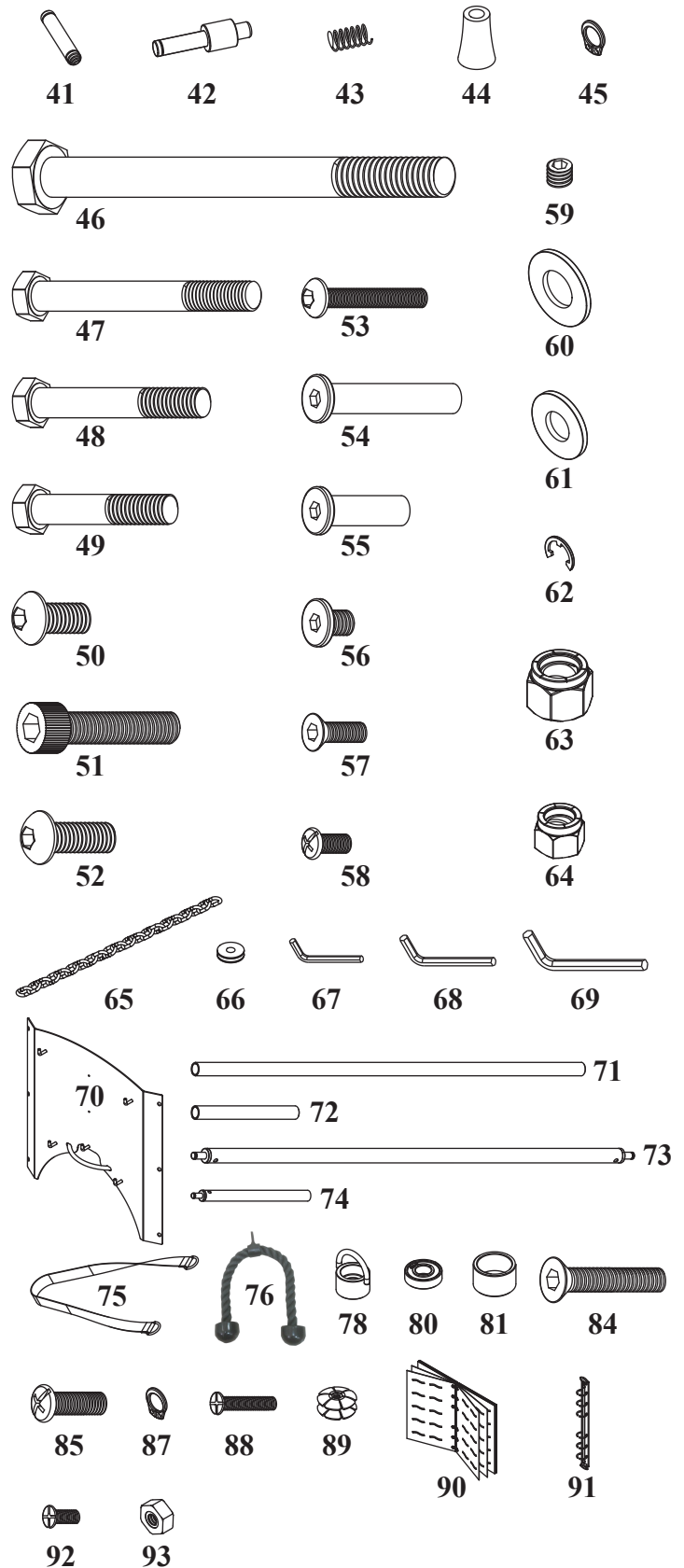


*Parts images are not to scale.

COMPLETE PARTS CHART

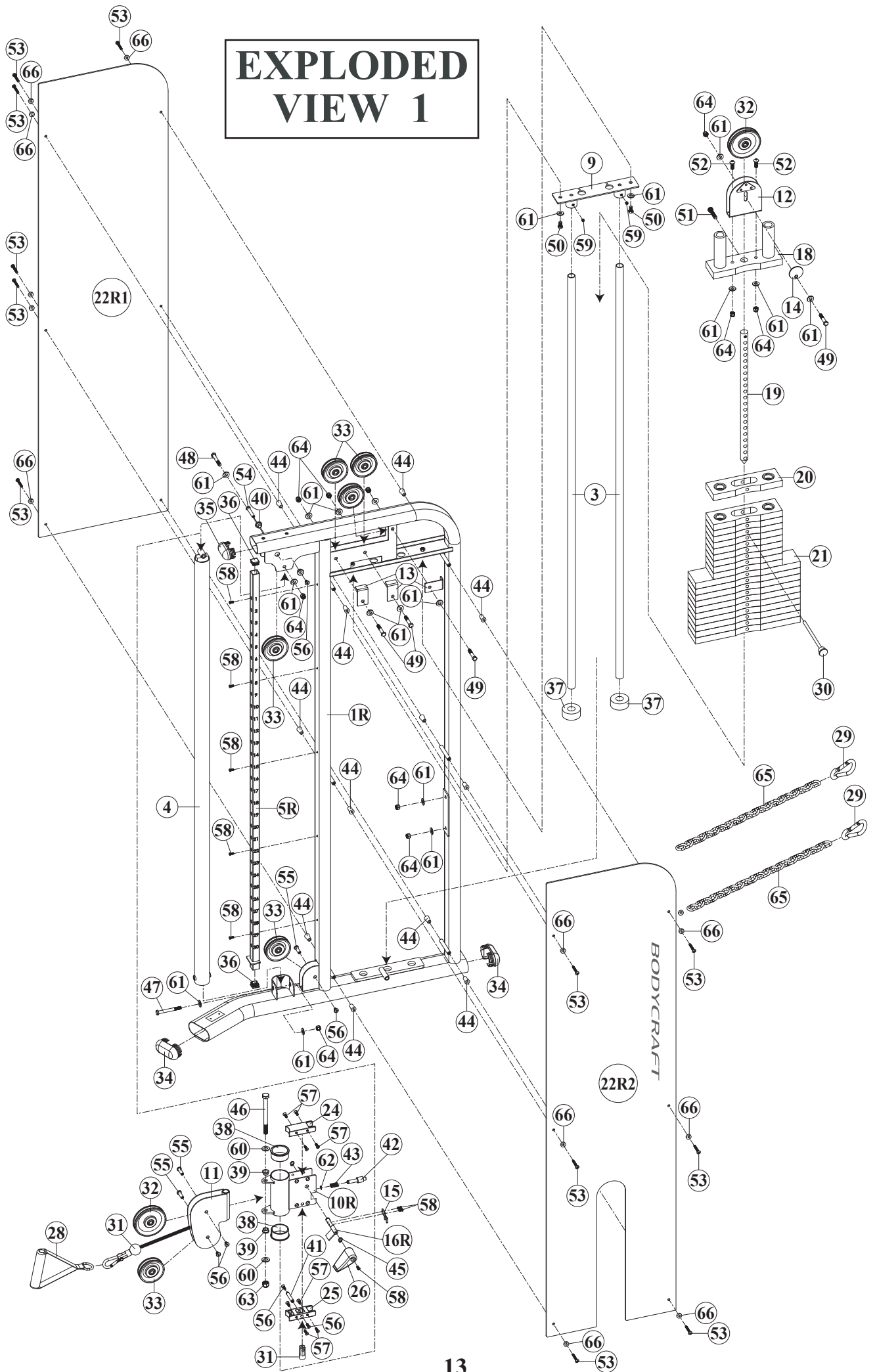
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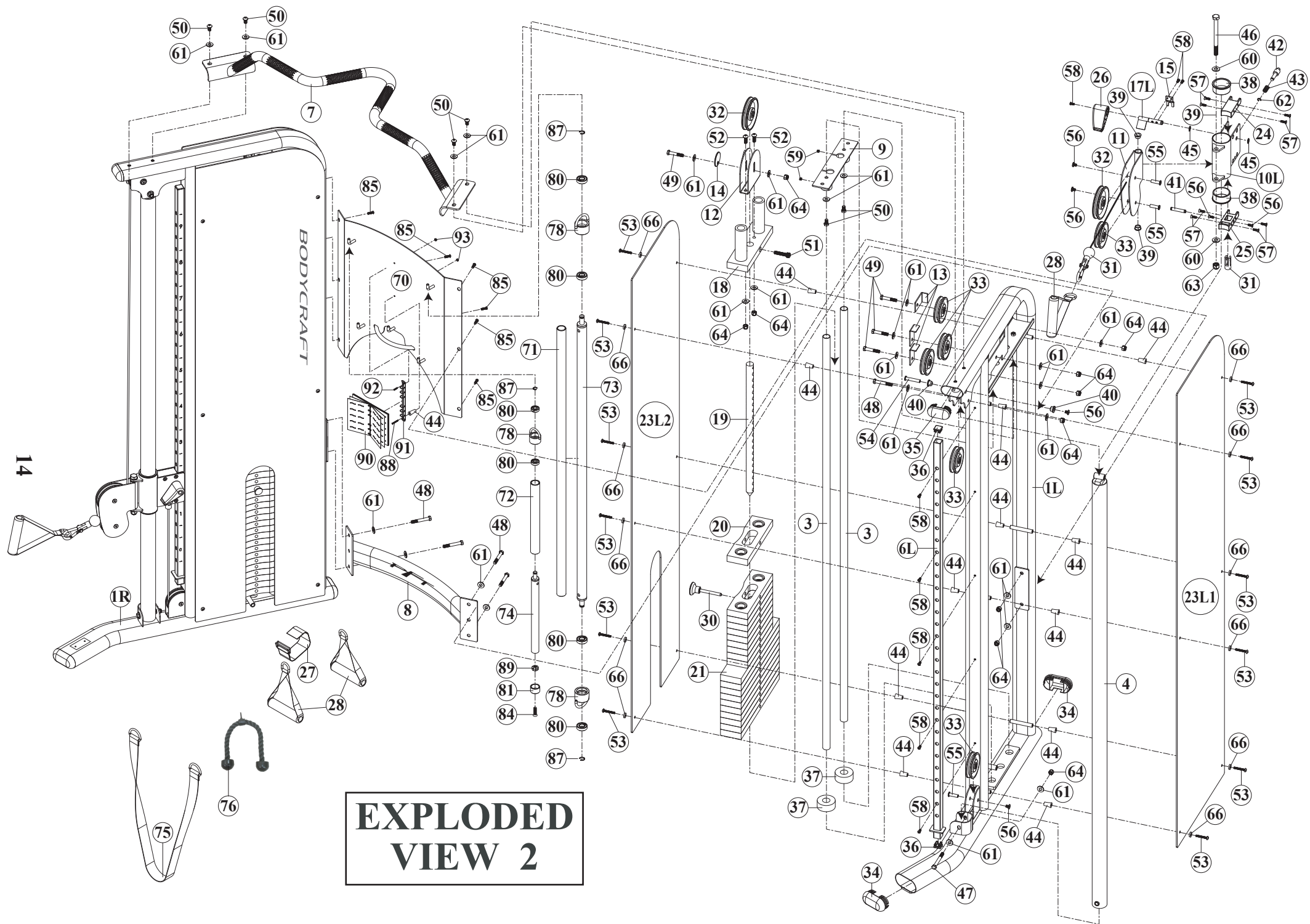
| | | |
|----|-------------------------------|----|
| 41 | STEEL SHAFT | 2 |
| 42 | SHAFT SPRING ADJUSTER | 2 |
| 43 | SPRING | 2 |
| 44 | PLASTIC STUDS | 25 |
| 45 | S12 C PIN | 4 |
| 46 | 1/2" X 6" HEX BOLT | 2 |
| 47 | 3/8" X 3-1/4" HEX BOLT | 2 |
| 48 | 3/8" X 2-1/2" HEX BOLT | 6 |
| 49 | 3/8" X 2" HEX BOLT | 8 |
| 50 | 3/8" X 3/4" ROUND SET SCREW | 8 |
| 51 | TOP PLATE BOLT | 2 |
| 52 | 3/8" X 1" INNER HEX SCREW | 4 |
| 53 | M6 X 40L ROUND HEAD BOLT | 24 |
| 54 | 3/8" X 50.5mm FLAT SET SCREW | 2 |
| 55 | 3/8" X 30.5mm FLAT SET SCREW | 6 |
| 56 | M6 X 12L MALE SET SCREW | 12 |
| 57 | 1/4" X 5/8" FLAT SET SCREW | 16 |
| 58 | M6 X 10L SET SCREW | 16 |
| 59 | 5/16" X 1/4" SET SCREW | 4 |
| 60 | 1/2" WASHER | 4 |
| 61 | 3/8" WASHER | 46 |
| 62 | SPRING CLIP | 2 |
| 63 | 1/2" NYLON NUT | 2 |
| 64 | 3/8" NYLON NUT | 21 |
| 65 | LINK | 2 |
| 66 | OD BUSHING | 24 |
| 67 | M4 HEX WRENCH | 1 |
| 68 | M5 HEX WRENCH | 1 |
| 69 | M6 HEX WRENCH | 1 |
| 70 | BACK SUPPORT PLATE | 1 |
| 71 | 1" X 920L FOAM PAD | 1 |
| 72 | 1" X 295L FOAM PAD | 1 |
| 73 | LAT BAR | 1 |
| 74 | CURL BAR | 1 |
| 75 | TETHER STRAP | 1 |
| 76 | TRICEP ROPE | 1 |
| 78 | CURL BAR COLLAR | 3 |
| 80 | 6001ZZ BEARING | 6 |
| 81 | SPACER FOR CURL BAR | 1 |
| 84 | 5/16" X 1-1/4" FLAT SET SCREW | 1 |
| 85 | 1/4" X 3/4" SET SCREW | 6 |
| 87 | S11 C PIN | 3 |
| 88 | M4 X 40L SET SCREW | 1 |
| 89 | 5/16" NUT | 1 |
| 90 | EXERCISE BOOK | 1 |
| 91 | EXERCISE BOOK SPRING CLIP | 1 |
| 92 | M4 X 15L SET SCREW | 1 |
| 93 | M4 NUT | 2 |



*Parts images are not to scale.

EXPLODED VIEW 1





Assembly is complete!

Please take the following steps before using the gym:

1. Make certain all bolts are tightened securely.
2. Make certain all Cable Bolt Jam Nuts are properly Secured.
3. Make certain all cables are seated into all pulley grooves and pulley retainers properly aligned. A cable rubbing against steel will damage the nylon coating, voiding warranty and resulting in a need for replacement.
4. Pre-stretch the cables. The cables may require an additional adjustment after the first few workouts. To speed up this process you can put the Weight Selector Pin in the bottom hole on the weight stack. Carefully pull on the cables with great force, providing any initial cable stretch.
5. The cables should be adjusted as tight as possible, but not so tight as to lift the Top Plate 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.

MAINTENANCE:

1. Inspect cables for bulging fraying and damage prior to each workout.
2. Inspect all accessory attachments for wear prior to each workout.
3. Inspect all bolts and welds weekly.
4. Inspect pulleys for visible damage and wear weekly.
5. Clean and apply silicone to the Guide Rods every 6 months.

Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the BODYCRAFT PFT Cable Gym! If you have questions or comments, please contact your local BODYCRAFT dealer. www.ibodycraft.com