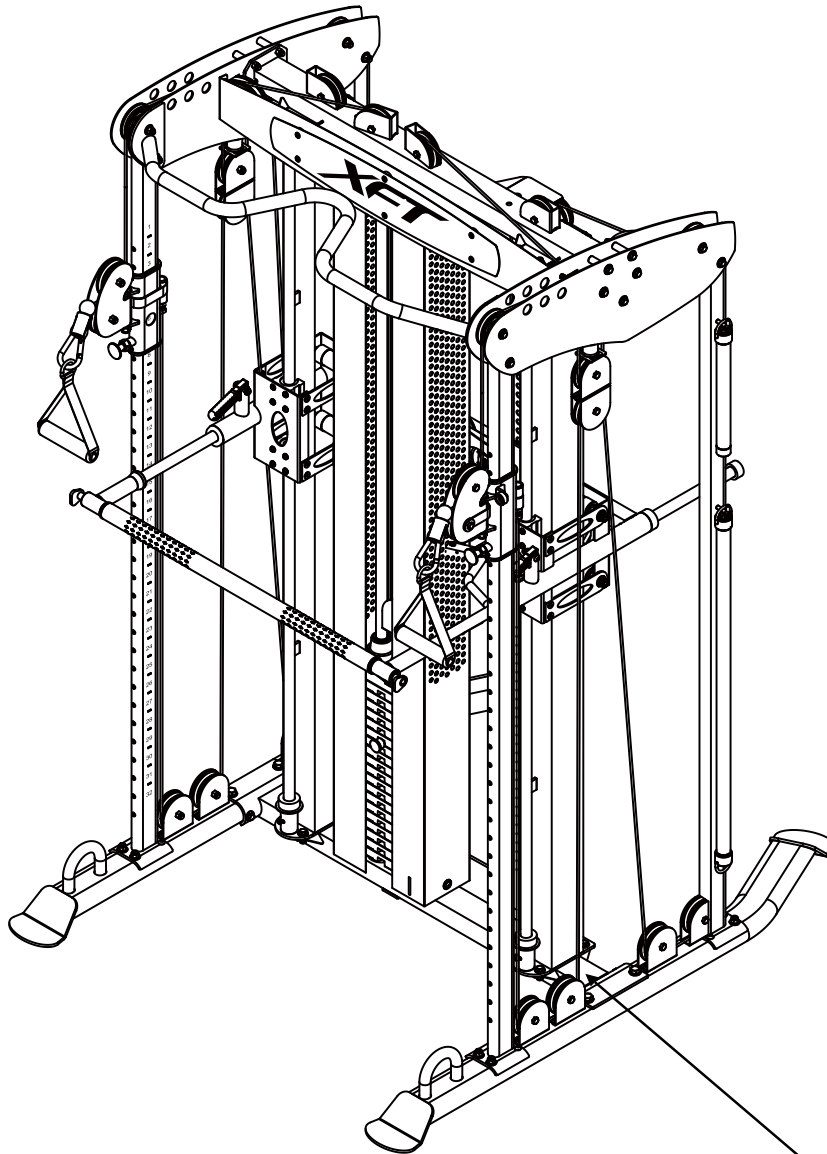


BODYCRAFT

XFT STRENGTH TRAINING SYSTEM

Owner Manual



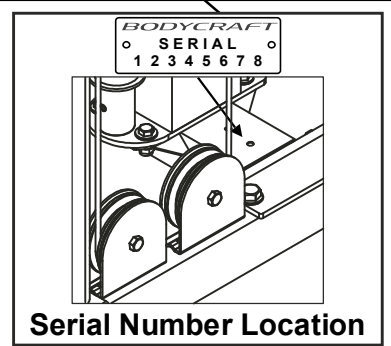
Record your Product Registration Info here:

Serial Number: _____

Purchase Date: _____

Dealer Name: _____

**Register your product at www.bodycraft.com,
then click the link at the top of the page.**



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

Congratulations and Welcome to the BODYCRAFT Family

Thank you for selecting a BODYCRAFT XFT Strength Training System. Your choice reflects a wise investment for you and your family (or 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 XFT is a serious strength machine that will keep you motivated, challenged and within reach of your fitness goals. Strength and 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.***

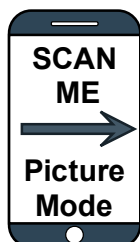
As a premium exercise equipment manufacturer, we are committed to your complete satisfaction. If you have questions, suggestions or find missing or damaged parts, we guarantee your complete satisfaction through our authorized dealer network or by contacting us directly. Please call your local dealer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

Customer Support Information

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

Phone: 800-990-5556 **Hours:** 9 am - 5 pm EST **Email:** support@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.



Open your Camera App and point at this QR Code for additional videos, parts orders, software update files and contact information.

Or go to <https://www.bodycraft.com/customer-support.html>

TABLE OF CONTENTS

PRODUCT SAFETY	1
SPECIFICATIONS & TOOLS NEEDED	2
XFT PARTS LIST	3-5
PRODUCT ASSEMBLY	6-23
DETAILED PARTS LISTS	24-27
OVERVIEW (EXPLODED DRAWING)	28
INSPECTION	29
MAINTENANCE	29
WARRANTY	30
PRODUCT USE / CALL-OUTS	31

For easy to read complete assembly
step-by-step in full color go directly to
www.bodycraft.com/XFT-qr.html



PRODUCT SAFETY



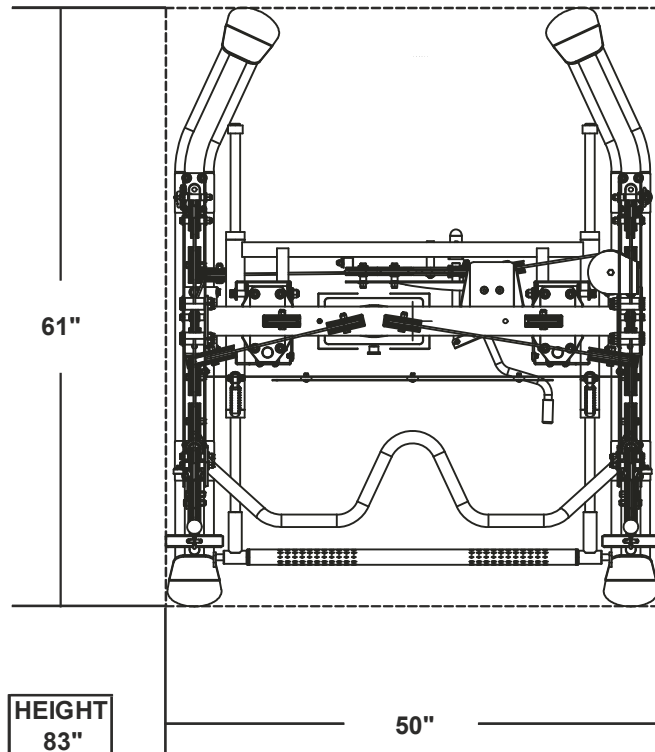
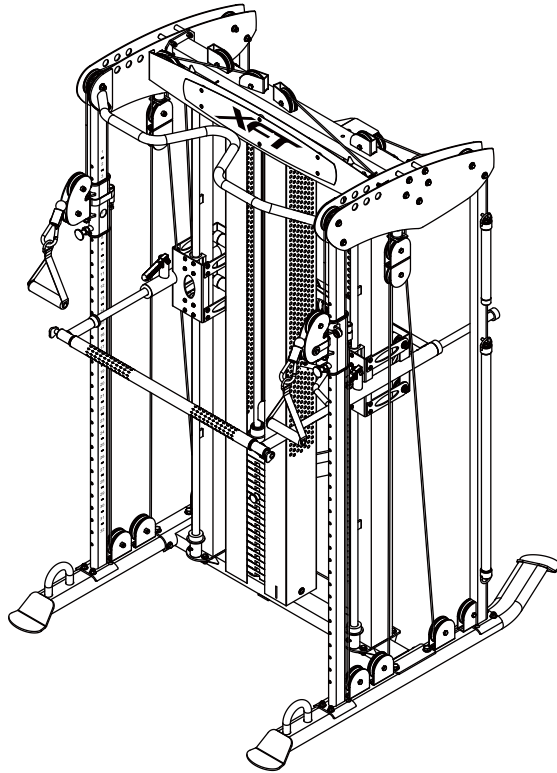
There is a risk assumed by individuals who use this type of equipment. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

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.
- Make certain all cables are seated within the pulleys before every use. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
- 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 this 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



SPECIFICATIONS & TOOLS NEEDED



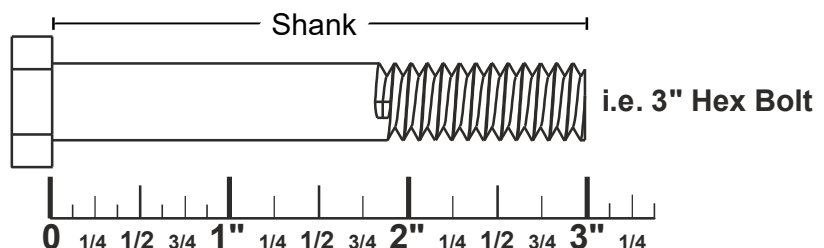
Recommended Tools for Assembly

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:

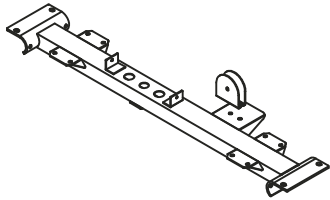
1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of this product.
3. Use silicone lubricant on the weight stack guide rods prior to weight plate installation.
4. Carefully install plastic caps using a rubber mallet.
5. Let plastics acclimate to room temperature before you begin assembly.
6. When measuring bolt lengths, only measure the shank. See below.



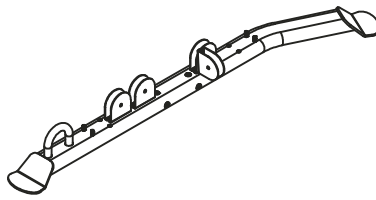
XFT PARTS LIST



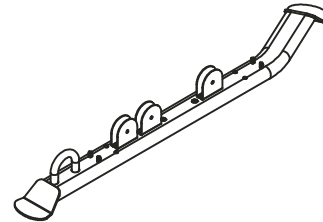
NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.



(1) BASE FRAME



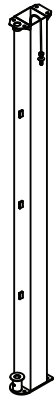
(2R) RIGHT BASE LEG



(3L) LEFT BASE LEG



(4) HOLLOW
GUIDE
ROD
X 2pcs



(5) MAIN
UPRIGHT FRAME
& (54) WEIGHT
CABLE
X 2pcs



(6) UPRIGHT
FRAME



(7R) FRONT RIGHT
UPRIGHT FRAME



(8L) FRONT LEFT
UPRIGHT FRAME



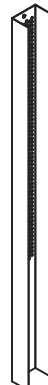
(9R) REAR RIGHT
UPRIGHT FRAME



(10L) REAR LEFT
UPRIGHT FRAME



(11) 25mm X
1945mm SOLID
LINEAR GUIDE
ROD
X 2pcs



(12R) RIGHT
WEIGHT
SHROUD

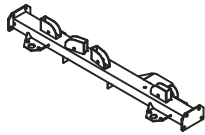


(12L) LEFT
WEIGHT
SHROUD

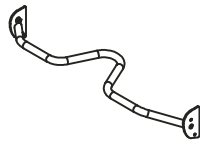
XFT PARTS LIST



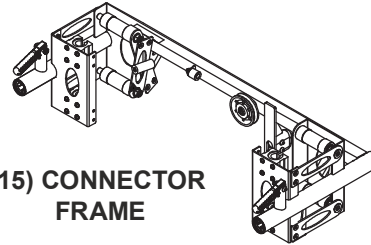
NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.



(13) TOP FRAME



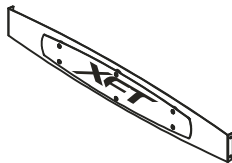
(14) CHIN-UP BAR



(15) CONNECTOR
FRAME



(17) TOP GUIDE
ROD HOLDER



(16) PANEL &
(16A) LOGO PANEL



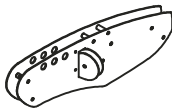
(19R) RIGHT PULLEY
HEIGHT ADJUSTER



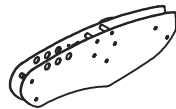
(20L) LEFT PULLEY
HEIGHT ADJUSTER



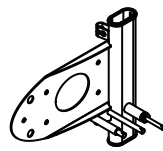
(26) STACK
SPACER X 2pcs



(22R) RIGHT
TOP PANEL



(23L) LEFT
TOP PANEL



(24) ADJUSTER
FRAME



(27) PRESS BAR



(25) ADJUSTMENT
LEVER



(28) LONG BAR



(29) SPORT BAR



(31) 25mm X 1100L
SOLID LINEAR
GUIDE ROD
X 2pcs



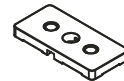
(36) DOUBLE
PULLEY BLOCK
X 2pcs



(38) TOP
PLATE



(37) PULLEY
BLOCK



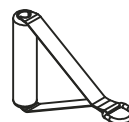
(39) WEIGHT
PLATE
X 14pcs (19
pcs with
upgrade)



(40) SELECTOR ROD



(41) ANKLE STRAP



(42) SINGLE
HANDLE X 2pcs



(43) CHAIN
X 2pcs

XFT PARTS LIST



NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.



(51) 114mm
PULLEY
X 3pcs



(52) 90mm
PULLEY
X 33pcs



(60) SELECTOR PIN



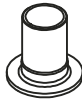
(55) LOW CABLE X 2pcs



(56) TOP CABLE



(68) SNAP
HOOK X 2pcs



(72) PLASTIC GUIDE
ROD HOLDER X 2pcs



(74) 64mm
RUBBER
CUSHION X 2pcs



(75) 48mm
RUBBER
CUSHION X 6pcs



(75A) 61mm
RUBBER
CUSHION X 2pcs



(78) STEEL
COLLAR
X 2pcs



(90) 1/2"
STOPPER
X 2pcs



(140) 30 X 60mm
OVAL PLUG



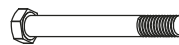
(141) TRICEP
ROPE



(142) CHIN ASSIST
STRAP

NO. DESCRIPTION QTY.

94	3/8" X 3-1/8" HEX BOLT	12
95	3/8" X 3" HEX BOLT	6
96	3/8" X 2-1/4" HEX BOLT	5
98	3/8" X 1-3/4" HEX BOLT	25
100	3/8" X 1" HEX THREADED BOLT	16
103	TOP PLATE BOLT	1
107	5/16" X 1/4" ROUND SCREW	4
118	3/8" WASHER	70
119	5/16" WASHER	4
131	3/8" NYLON NUT	64
138	M5 HEX WRENCH	1
139	M4 HEX WRENCH	1
157	M2.5 HEX WRENCH	1



94



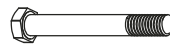
100



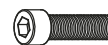
118



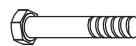
131



95



103



96



107



119



98



138



139

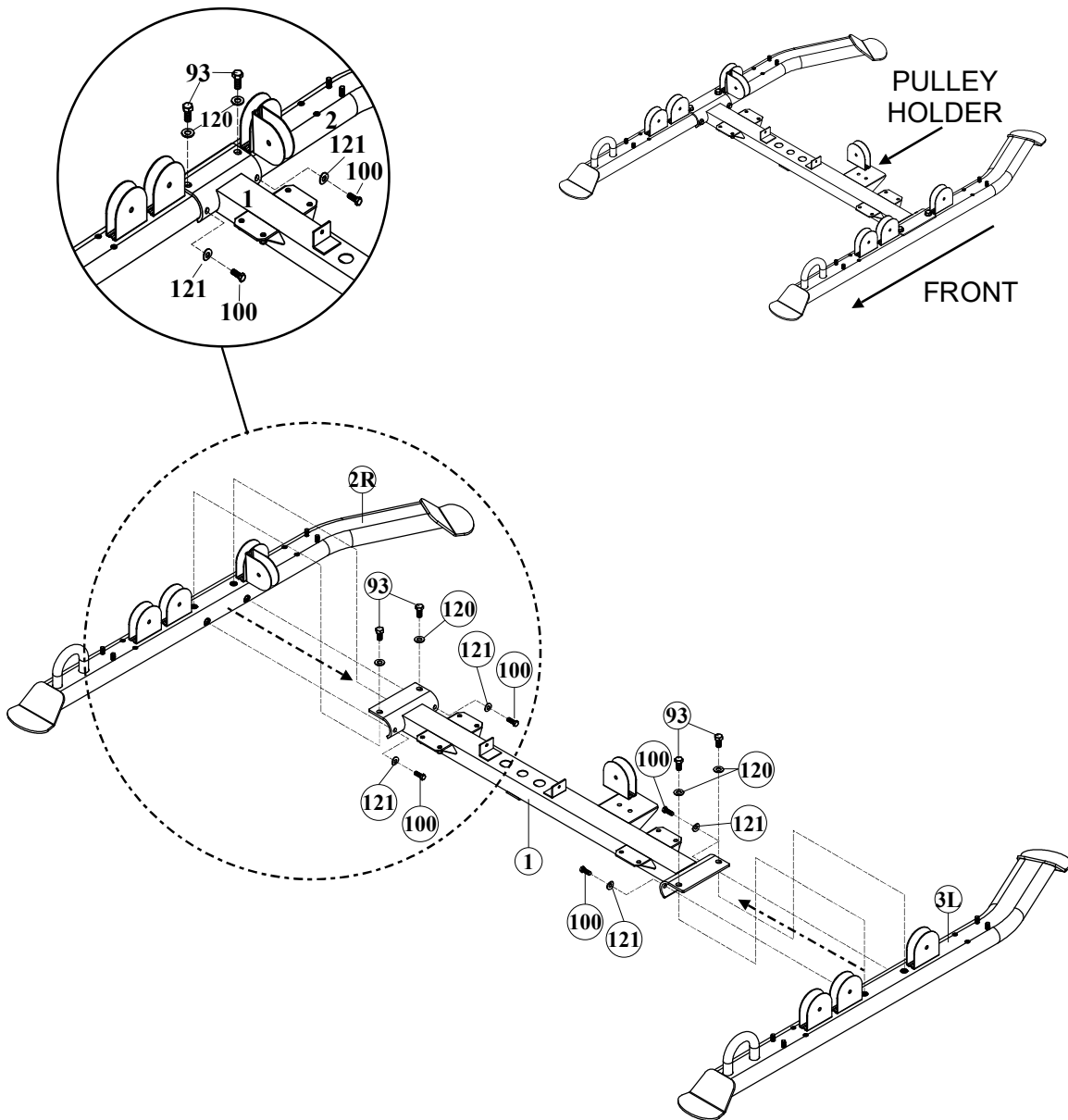


157



**To ease the assembly process,
do not tighten bolts until told to do so.**

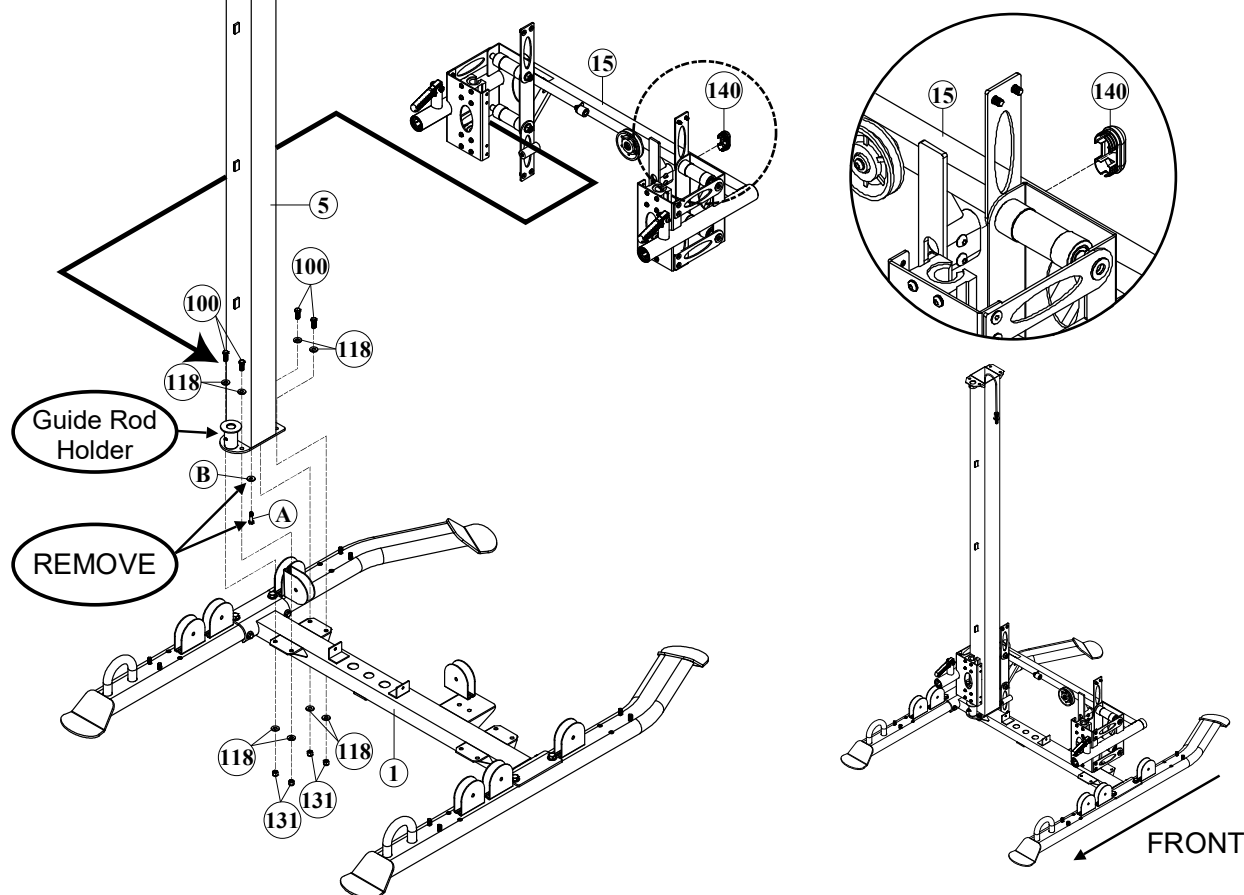
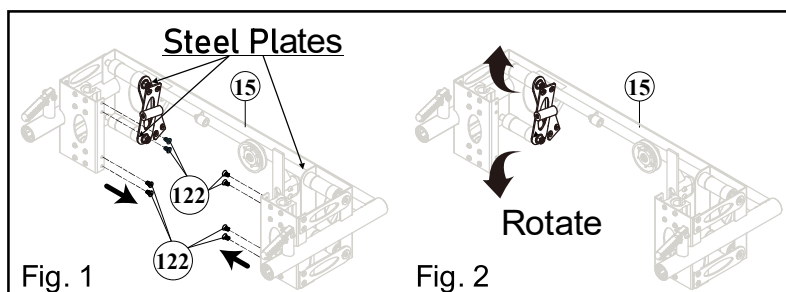
1. Attach the Right & Left Base Legs (2R & 3L) to the Base Frame (1) using four 1/2" X 1" Hex Threaded Bolts (93), four 1/2" Spring Washers (120), four 3/8" X 1" Hex Threaded Bolts (100) and four 3/8" Spring Washers (121). Be sure to orient the Main Frame (1) with the pulley holder to the rear.
2. Tighten all bolts beginning with the four 3/8" X 1" Hex Threaded Bolts (100).





**To ease the assembly process,
do not tighten bolts until told to do so.**

1. Cap 30 X 60mm OVAL PLUG (140) to CONNECTOR FRAME (15).
2. REMOVE the PACKING BOLT (A) and WASHER (B) that secure the Counter Weight/Cable Assembly to the bottom of BOTH of the MAIN UPRIGHT FRAMES (5).
Note: The 2nd MAIN UPRIGHT (5) is not shown below.
3. Loosely attach one of the MAIN UPRIGHT FRAMES (5) to the BASE FRAME (1) with the guide rod holder facing the front, using four 3/8" X 1" HEX THREADED BOLTS (100), eight 3/8" WASHERS (118) and four 3/8" NYLON NUTS (131).
4. Refer to Figures 1 and 2. Remove eight 5/16" X 1/2" SUNKEN HEAD BOLTS (122) on the CONNECTOR FRAME (15). See Fig. 1. Then rotate the four STEEL PLATES as shown in Fig. 2 (the 4th plate is hidden from view).
5. Install the CONNECTOR FRAME (15) to the MAIN UPRIGHT FRAME (5) as shown.





To ease the assembly process,
do not tighten bolts until told to do so.

Fig. 1

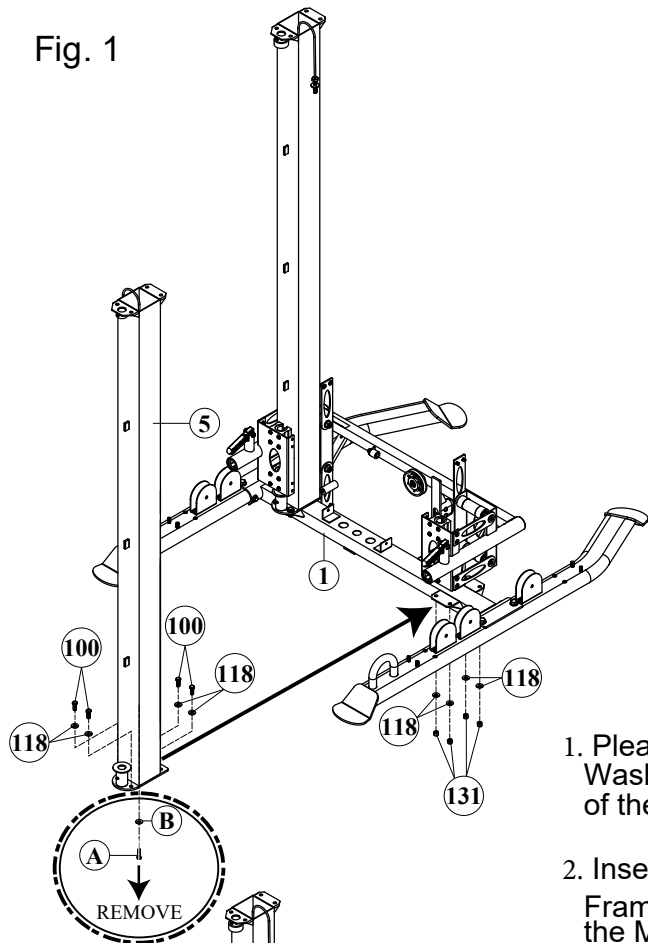
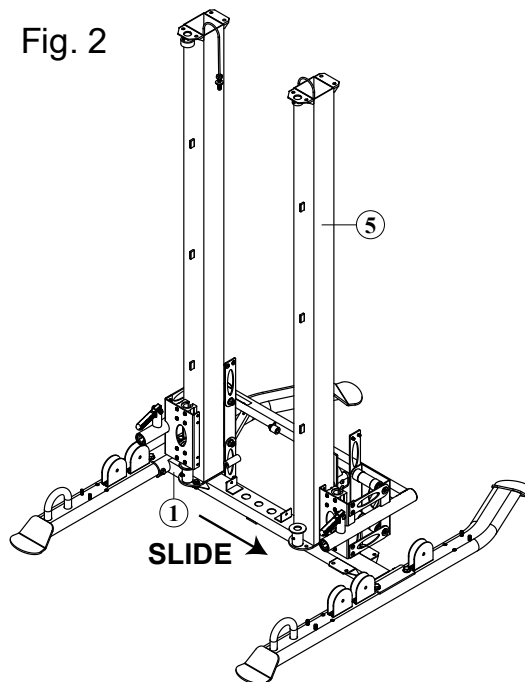


Fig. 2



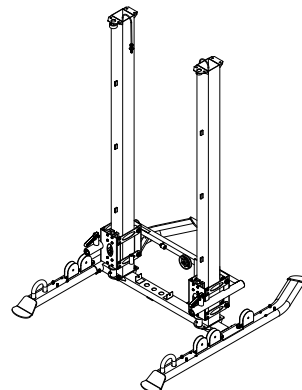
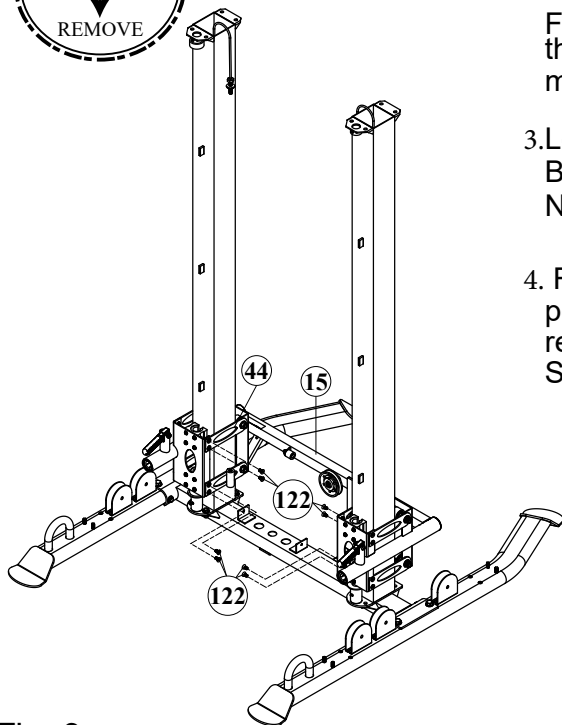
1. Please confirm that the 2nd Packing Bolt (A) and Washer (B) have been removed from the bottom of the Main Upright Frame (5). See Fig. 1.

2. Insert the Main Upright Frame (5) to the Base Frame (1) as shown in Fig. 1 and Fig. 2. **SLIDE** the Main Upright Frame (5) from the side until the mounting holes align. See Fig. 2.

3. Loosely secure using four 3/8" X 1" Hex Threaded Bolts (100), eight 3/8" Washers (118) and four 3/8" Nylon Nuts (131) as shown in Fig. 1.

4. Rotate the Steel Plates (44) into their intended positions and secure with the eight previously removed 5/16" X 1/2" Sunken Head Bolts (122). See Fig. 3.

Fig. 3





To ease the assembly process,
do not tighten bolts until told to do so.

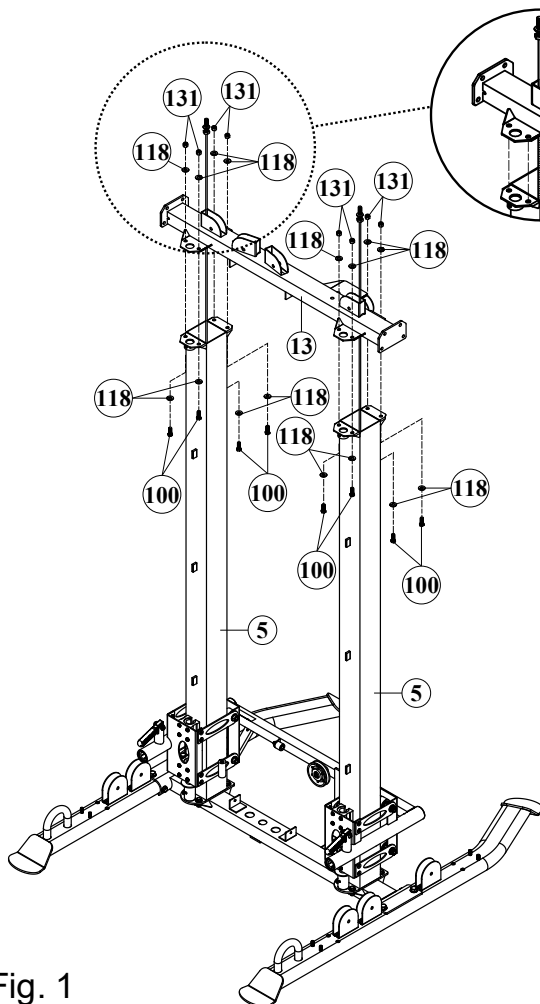


Fig. 1

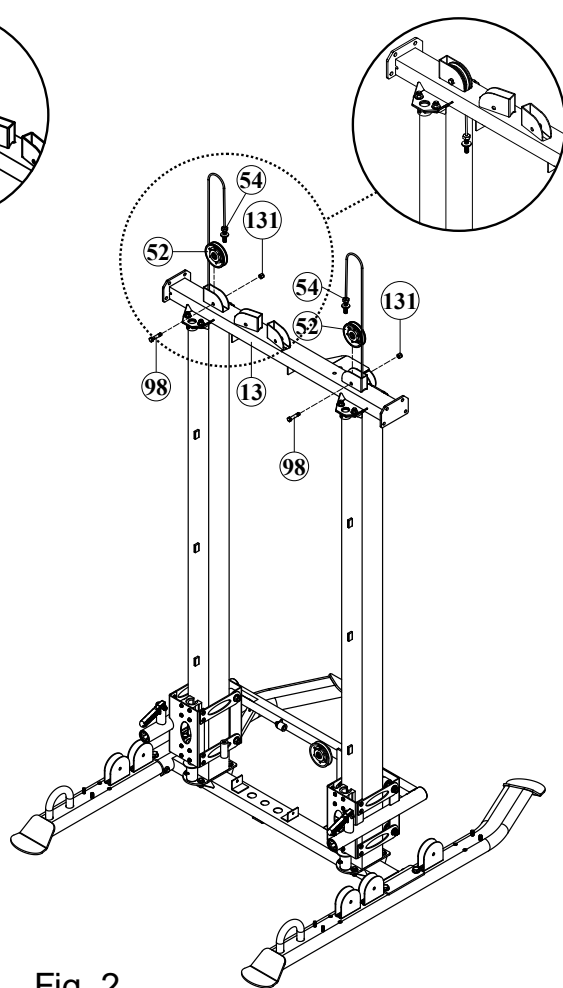
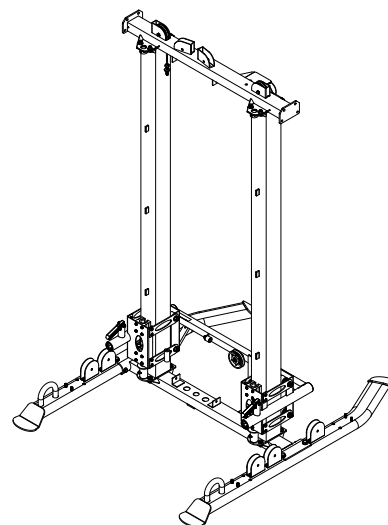


Fig. 2

1. Attach the Top Frame (13) to the Main Upright Frames (5) by first routing each of the Weight Cables (54) up through the outer pulley holders as shown in Fig. 1.
2. Loosely secure the the Top Frame (13) using eight 3/8" X 1" Hex Threaded Bolts (100), sixteen 3/8" Washers (118) and four 3/8" Nylon Nuts (131). See Fig. 1.
3. Attach two 90mm Pulleys (52) to the Top Frame (13) by first routing the cable over each pulley. Secure the pulleys using two 3/8" X 1-3/4" Hex Bolts (98) and two 3/8" Nylon Nuts (131). When completed, the Cable Bolt portion should be below the Top Frame as shown in Fig. 2.



NOTE: Review the diagram below to familiarize yourself with the various components and terms.

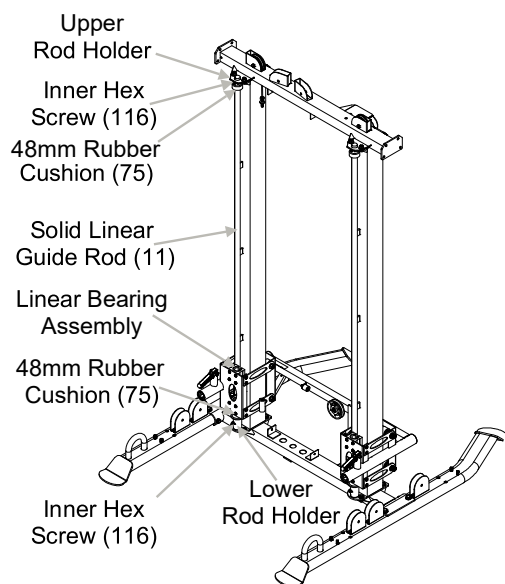


Fig. 1



This Step requires a ceiling height of 95". For low height installations, skip this page and continue to the next page.

1. Refer to Fig. 2. Begin the installation of the Solid Linear Guide Rods (11) by first sliding a 48mm Rubber Cushion (75) onto the upper portion of the Solid Linear Guide Rods (11). Then rest another 48mm Rubber Cushion (75) onto the Lower Rod Holder as shown in Fig. 2.
2. Refer to Fig. 2&3. Loosen the top and bottom 5/16" X 1/4" Inner Hex Screws (116). While holding the Solid Linear Guide Rods (11) at a slight angle (as shown), slide the top portion of the Solid Linear Guide Rods (11) up through the upper rod holder so that the bottom of the Solid Linear Guide Rods (11) is just above the Connector Frame (15) as shown in Fig. 3.
3. Align the bottom portion of the Solid Linear Guide Rods (11) over the opening of the Linear Bearing Assembly (located on the Connector Frame (15)). Then **CAREFULLY and SLOWLY** lower the Solid Linear Guide Rod (11) down through the Linear Bearing Assembly and 48mm Rubber Cushion(75), and then into the Lower Rod Holder. **NOTE: Damage to the Linear Bearings due to improper assembly is not covered by warranty.**
4. Repeat the process for the other side and then secure both of the Solid Linear Guide Rods (11) by tightening the two 5/16" X 1/4" Inner Hex Screws (116).

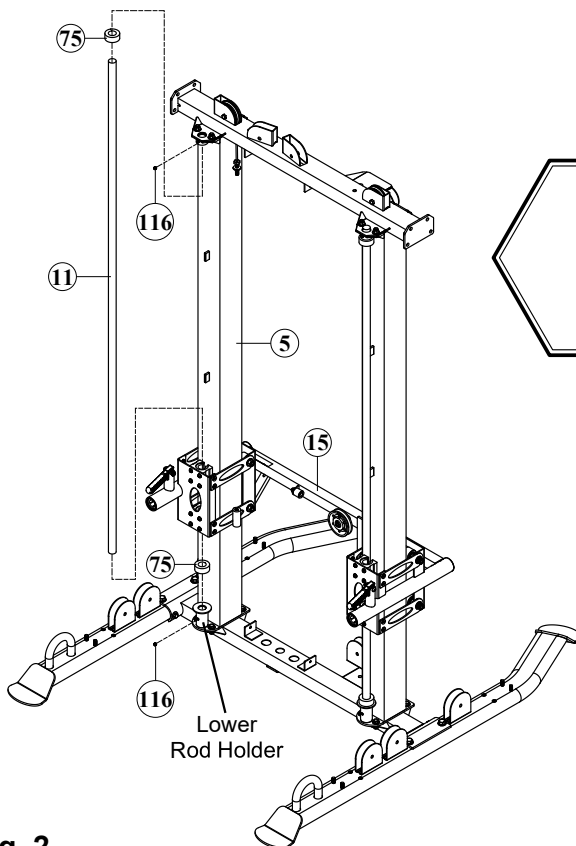


Fig. 2

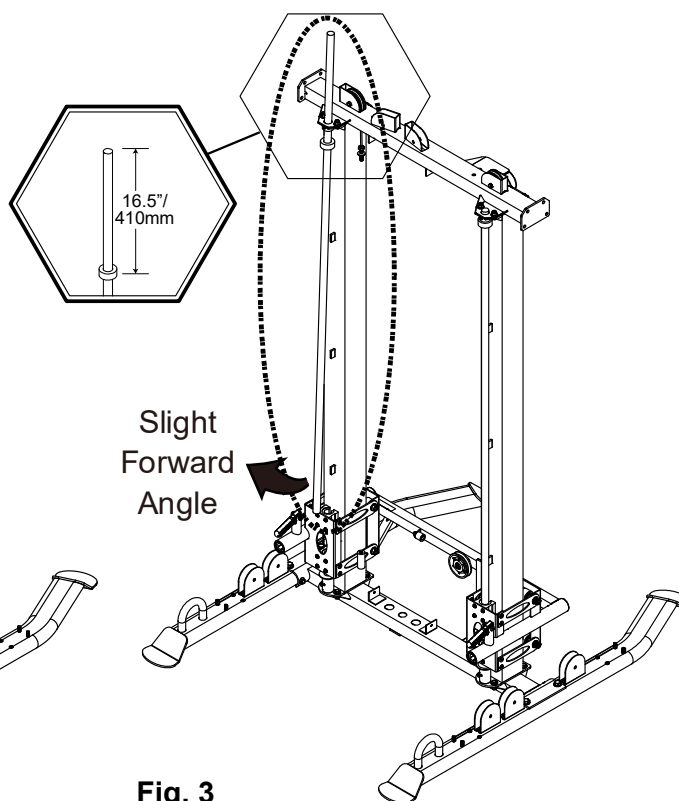
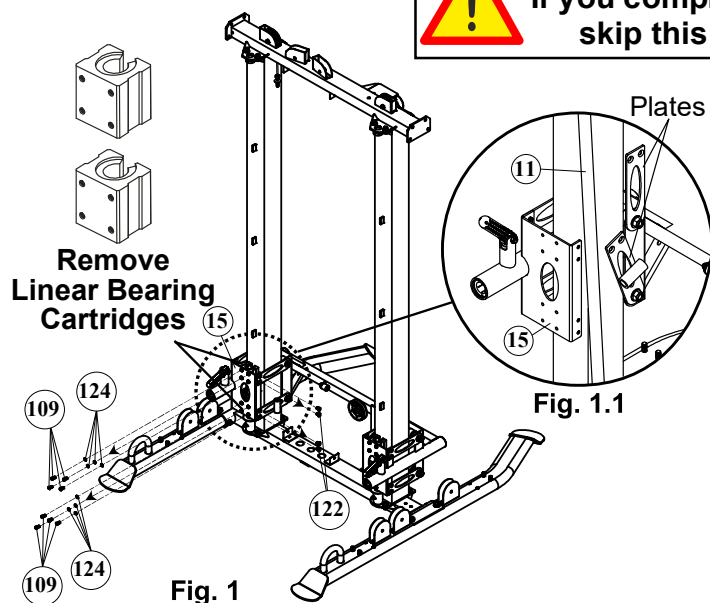


Fig. 3

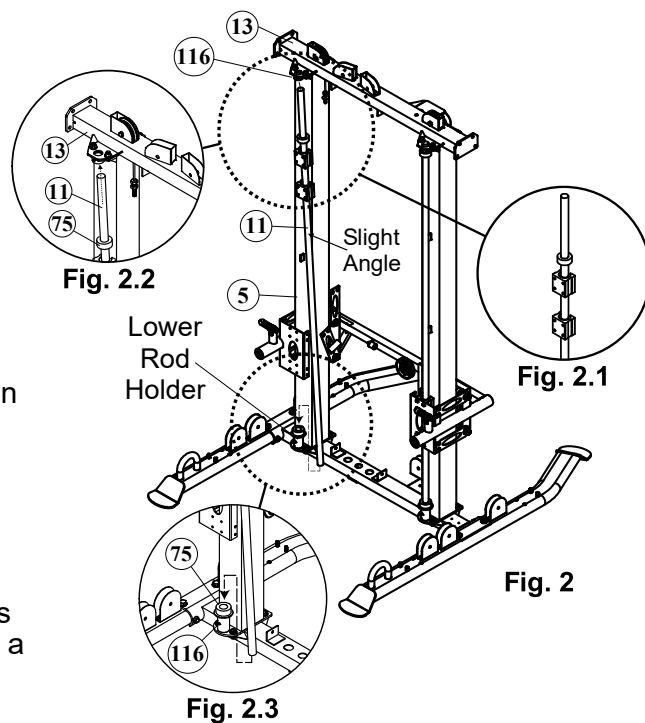


This step is for low ceiling height installations 84.5"
If you completed Step 5 on the previous page,
skip this page and continue to the next.

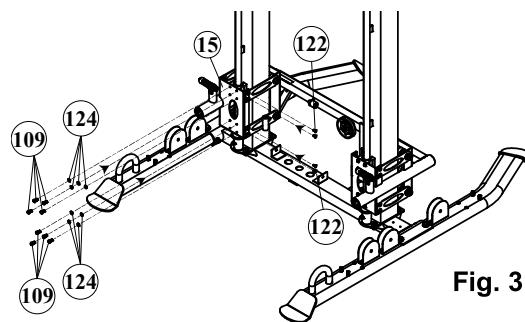


1. Remove the two Linear Bearing Cartridges by removing eight M6 X 12L Round Screw (109) and eight M6 Spring Washers (124) from the Connector Frame (15). Rotate the Plates by first removing four 5/16" X 1/2" Sunken Head Bolts (122) from the Connector Frame (15) as shown in Figures 1 and 1.1. Repeat for the other side.

2. Refer to Figures 2 and 2.1. **CAREFULLY and SLOWLY** slide the two Linear Bearing Cartridges onto the Solid Linear Guide Rod (11) as shown. **NOTE: Damage to the Linear Bearings due to improper assembly is not covered by warranty.** Slide a 48mm Rubber Cushion (75) onto the upper portion of the Solid Linear Guide Rods (11), then rest another 48mm Rubber Cushion (75) on top of the Lower Rod Holder of the Main Upright Frame (5) as shown in Fig. 2.
3. Refer to Figures 2 and 2.2. Loosen the top and bottom 5/16" X 1/4" Inner Hex Screws (116). While holding the Solid Linear Guide Rod (11) at a slight angle (as shown), slide the top portion of the Solid Linear Guide Rods (11) up through the Upper Rod Holder. Insert a 48mm Rubber Cushion (75) into the bottom portion of Solid Linear Guide Rod (11), then lower Solid Linear Guide Rod (11) into Lower Rod Holder as shown in Fig. 2.3.



4. Refer to Fig. 3. Re-install the Linear Bearing Cartridges using the previously removed eight M6 X 12L Round Screw (109) and eight M6 Spring Washers (124) at the Connector Frame (15). Then rotate the Plates back into their original position and secure using the four previously removed 5/16" X 1/2" Sunken Head Bolts (122). Repeat the process for the other side.



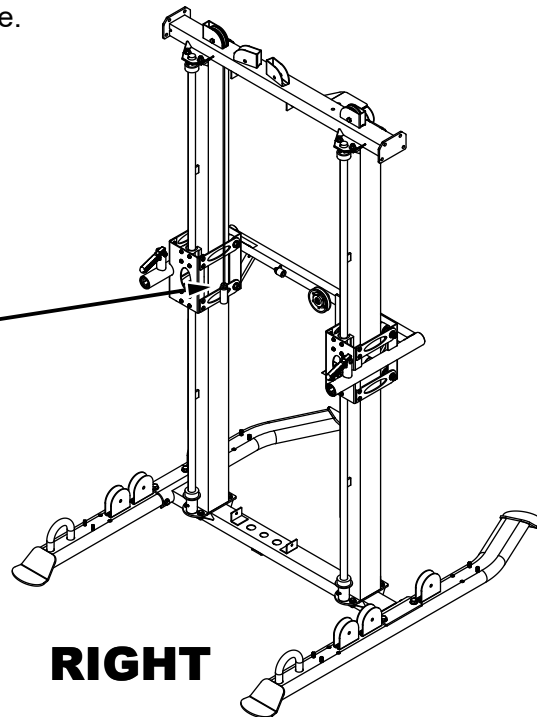
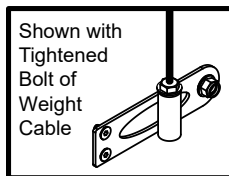
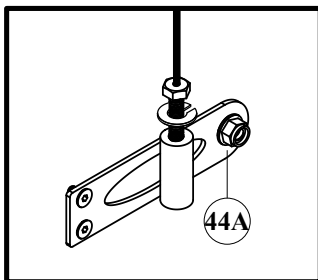
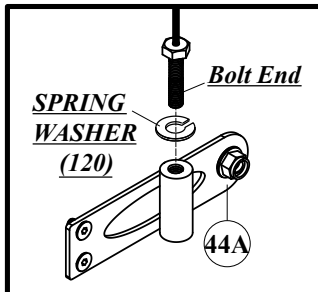
5. Secure both of the Solid Linear Guide Rods (11) by tightening the two 5/16" X 1/4" Inner Hex Screws (116).



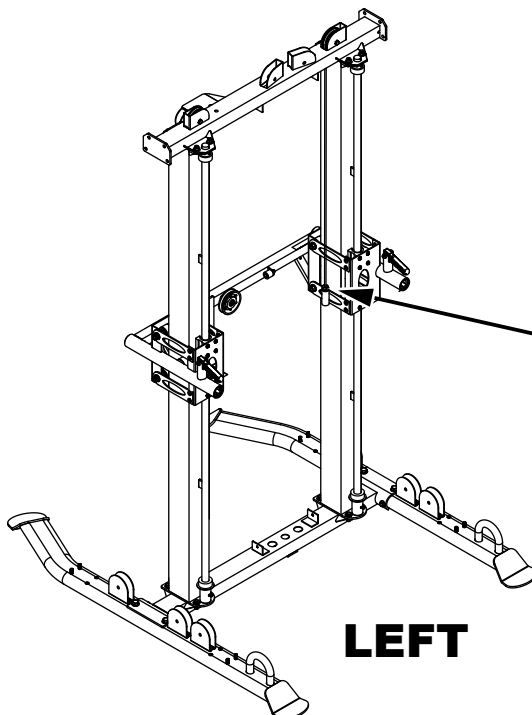
WARNING

For this step, be aware that when pulling down on the Bolt End of the Weight Cable (54), it is heavy. It is required that someone assist by holding the cable during assembly.

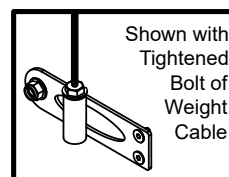
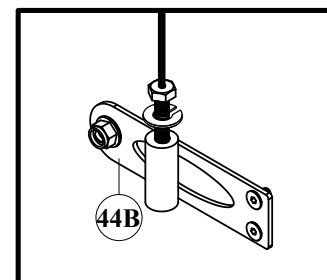
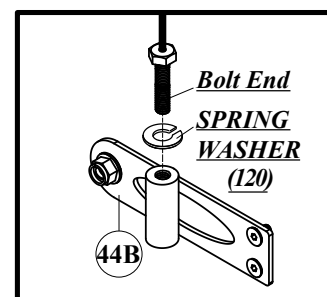
1. Attach each of the Bolt Ends of the pre-installed Weight Cables (54) onto the Right Left side of the Steel Plates (44) by pulling the cable down by the Bolt End located just below the Top Frame.
2. **Thread the Bolt of Weight Cable (54) with Spring Washer (120) into Steel Plate (44). The Bolt of Weight Cable (54) must be tightened completely.**
3. Perform the same procedure for the other side.



RIGHT



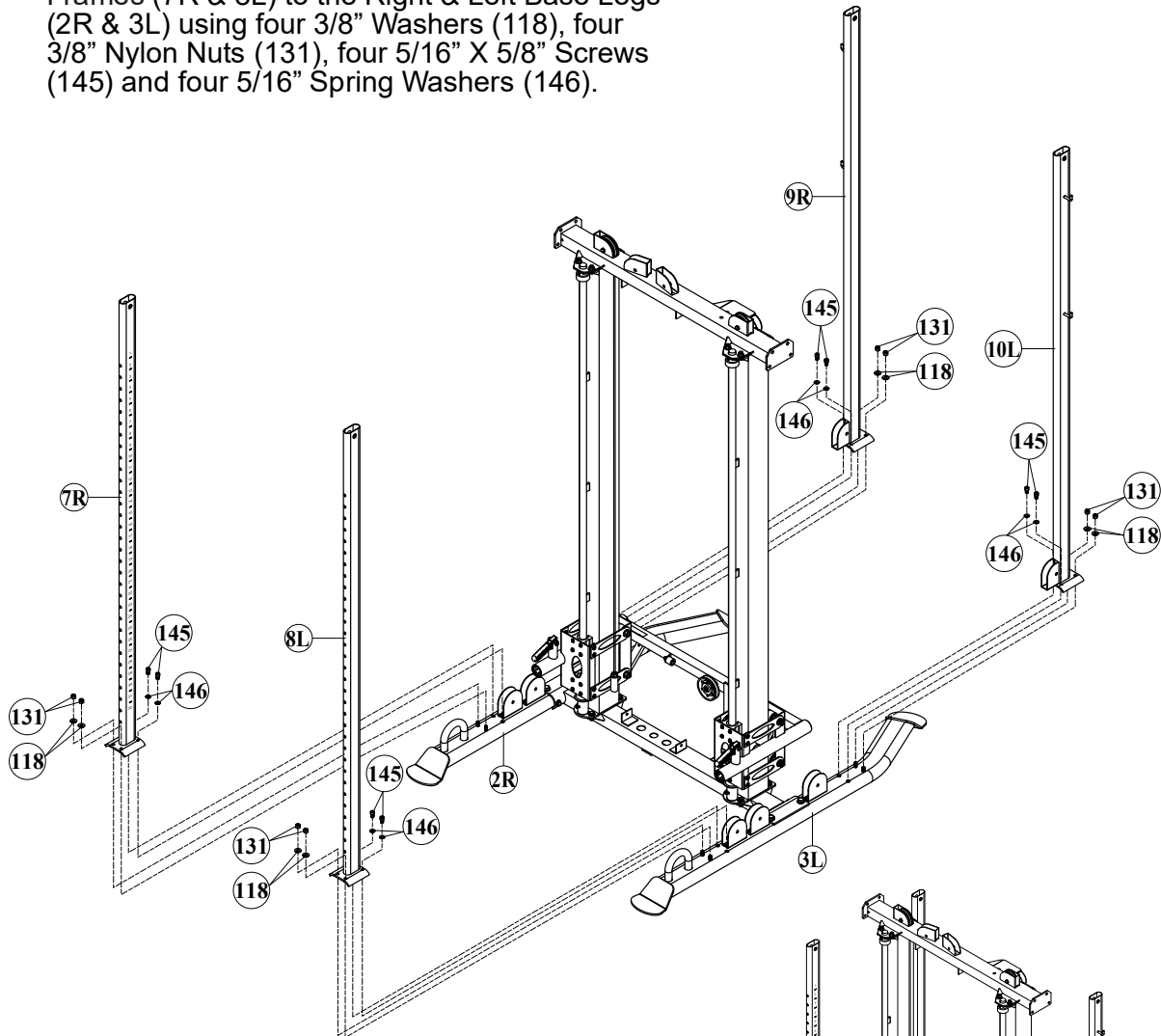
LEFT



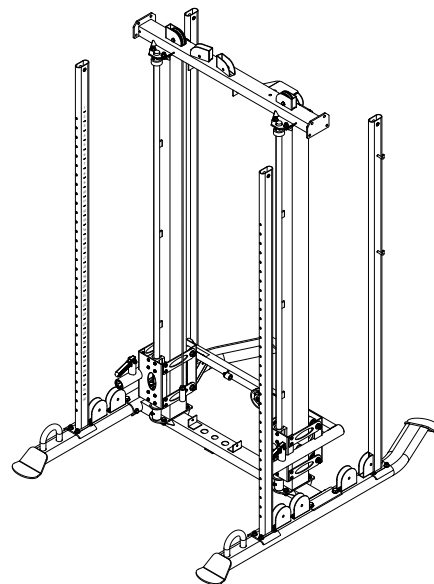


**To ease the assembly process,
do not tighten bolts until told to do so.**

1. Loosely attach Front Right & Front Left Upright Frames (7R & 8L) to the Right & Left Base Legs (2R & 3L) using four 3/8" Washers (118), four 3/8" Nylon Nuts (131), four 5/16" X 5/8" Screws (145) and four 5/16" Spring Washers (146).



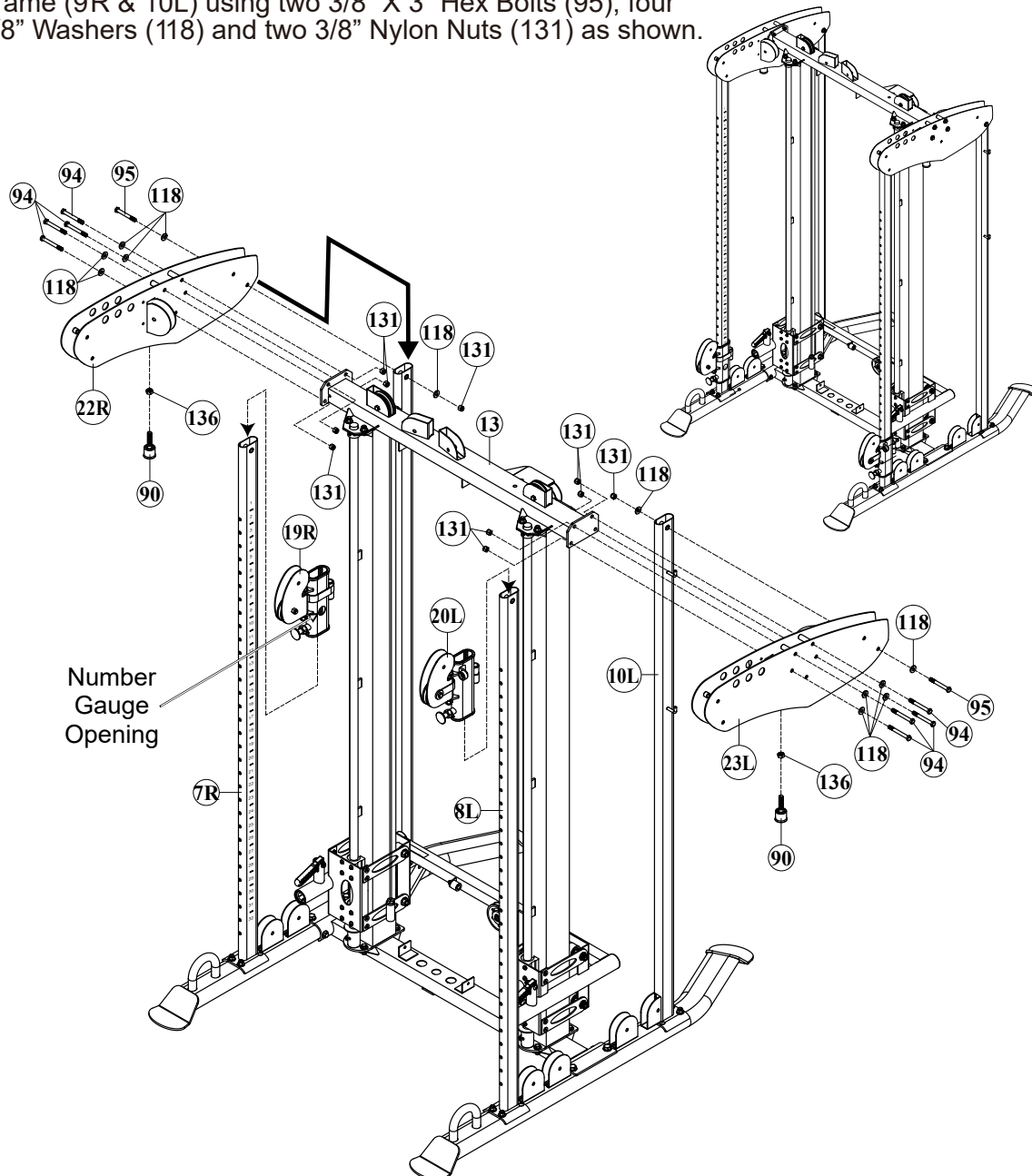
2. Loosely attach Rear Right & Rear Left Upright Frame (9R & 10L) to the Right & Left Base Legs (2R & 3L) using four 3/8" Washers (118), four 3/8" Nylon Nuts (131), four 5/16" X 5/8" Screws (145) and four 5/16" Spring Washers (146).





**To ease the assembly process,
do not tighten bolts until told to do so.**

1. Slide the Right & Left Pulley Height Adjusters (19R & 20L) with the number gauge opening facing inward, onto the Front Right & Front Left Upright Frame (7R & 8L) as shown by pulling the pop-pin.
2. Loosely attach the Right & Left Top Panels (22R & 23L) to the Top Frame (13) by first lowering them onto the Front & Rear Upright Frames (7R, 8L, 9R, 10L) then using eight 3/8" X 1/8" Hex Bolts (94), eight 3/8" Washers (118) and eight 3/8" Nylon Nuts (131).
3. Now loosely secure back portion of the Right & Left Top Panels (22R & 23L) to the Rear Right & Rear Left Upright Frame (9R & 10L) using two 3/8" X 3" Hex Bolts (95), four 3/8" Washers (118) and two 3/8" Nylon Nuts (131) as shown.

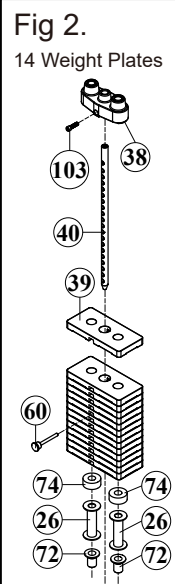




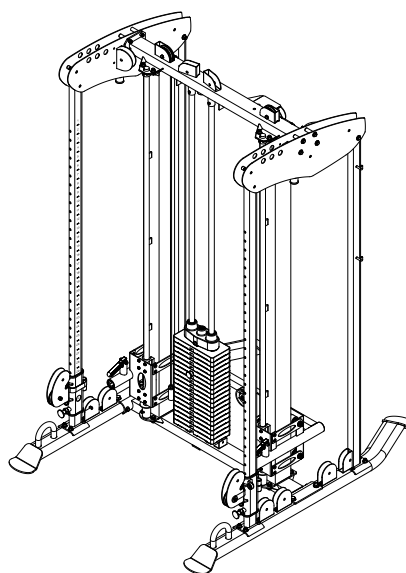
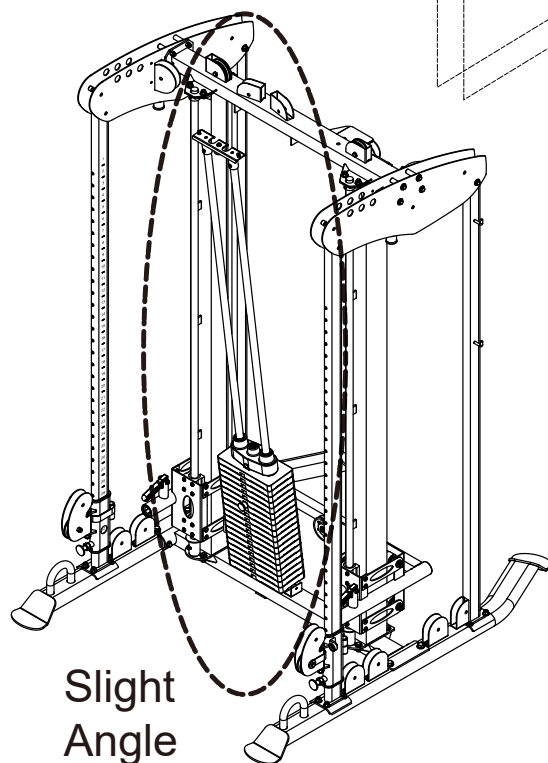
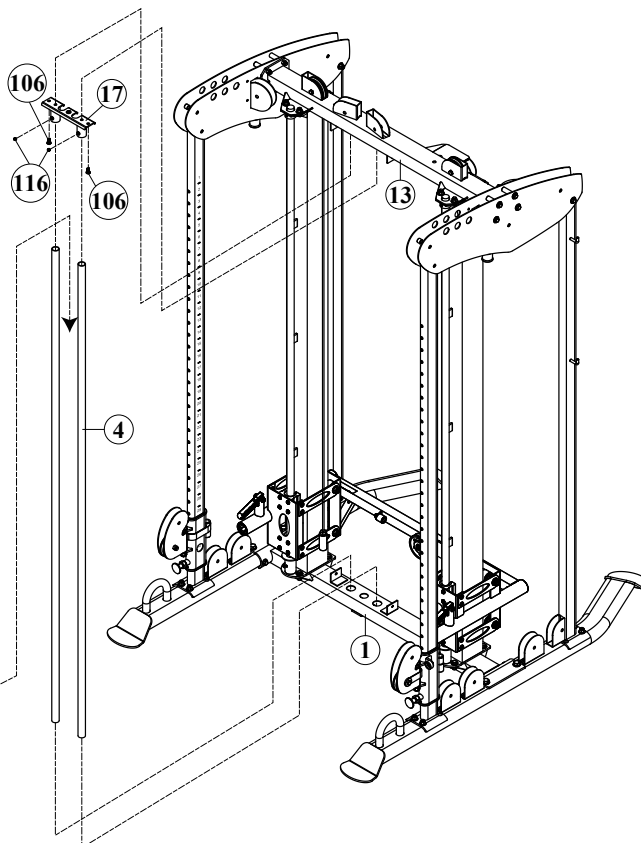
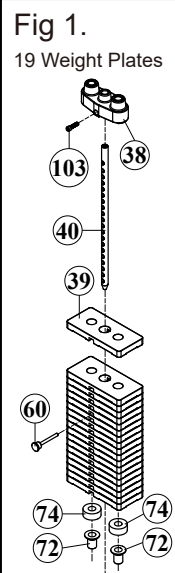
If you have 19 Weight Plates, DO NOT install the two Stack Spacers (26), See figures 1 & 2

1. Assembly the Top Plate (38) to the the Selector Rod (40) using one Top Plate Bolt (103). TIGHTEN the Top Plate Bolt (103) at this time.
 2. Install each of the Plastic Guide Rod Holders (72) into the Base Frame (1), and insert the Hollow Guide Rods (4). If you have 19 pieces of Weight Plates (39) discard the Stack Spacers (26), and refer to Figure 1. for the proper configuration. If you have 14 pieces of Weight Plates (39), then refer to Figure 2 for the correct configuration.
- NOTE:** When installing the Weight Plates (39), make certain that each plate is oriented with selector hole opening on the bottom and facing forward.
3. With the Hollow Guide Rods (4) angled slightly forward (as shown in at the bottom left). Slide two 64mm Rubber Cushions (74) and the Weight Plates (39) one at a time onto the Hollow Guide Rods (4), making sure to orient the selector holes face the front as shown.
 4. Slide the Top Plate/Selector Rod Assembly onto the Hollow Guide Rods (4), making sure the Selector Rod (40) goes through the center holes of the Weight Plates (39).
 5. Attach Top Guide Rod Holder (17) onto the Hollow Guide Rods (4) and return the Hollow Guide Rods (4) to the upright position. Then loosely attach Top Guide Rod Holder to Top Frame (13) using 5/16" X 5/8" Round Screws (106). Tighten the two 5/16" X 1/4" Inner Hex Screws (116) to the Guide Rods (4).

150lb Stack



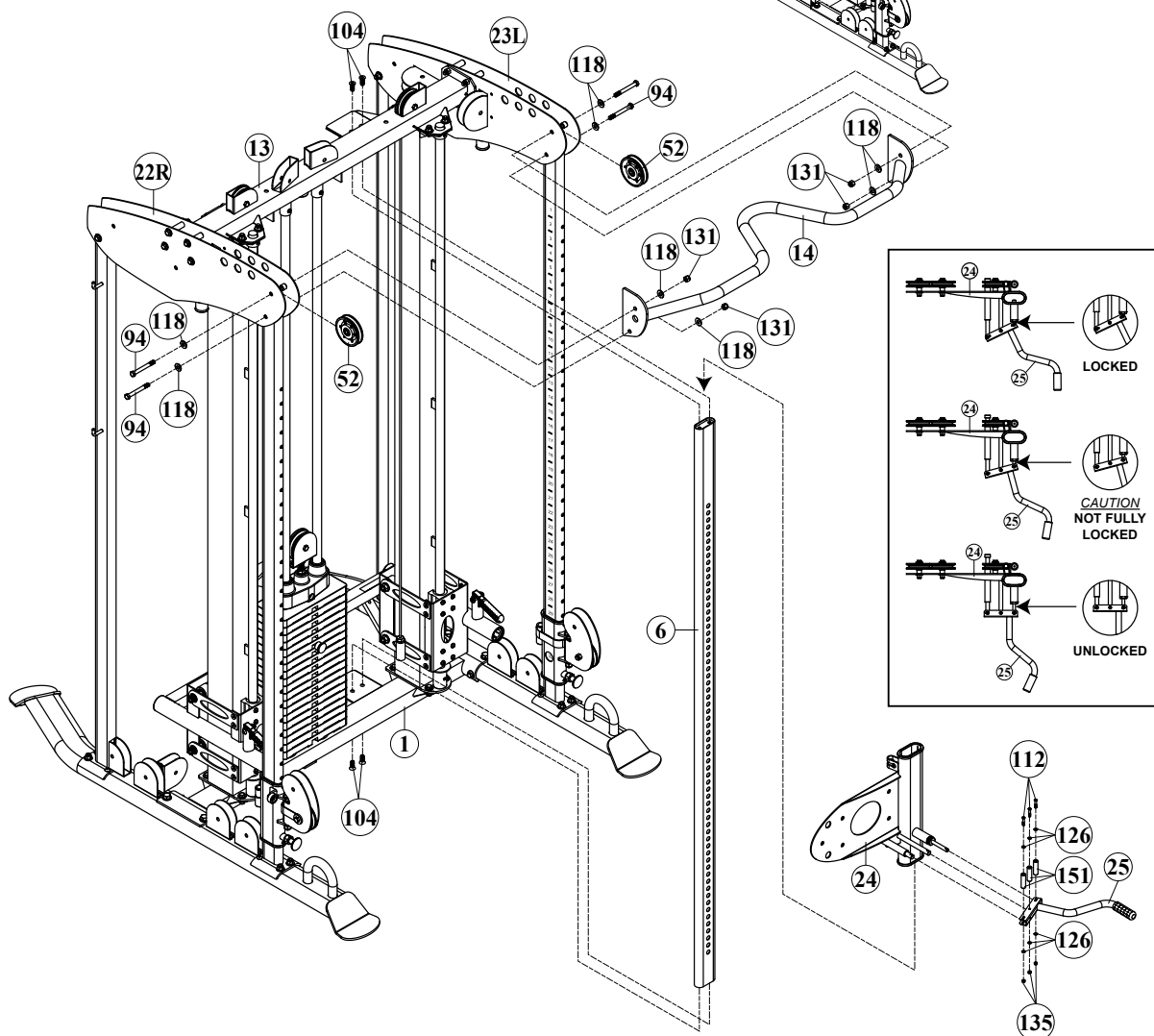
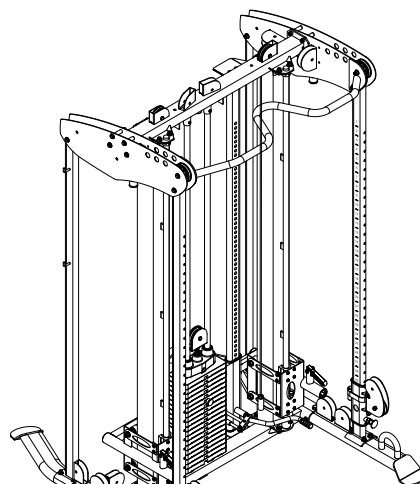
200lb Stack






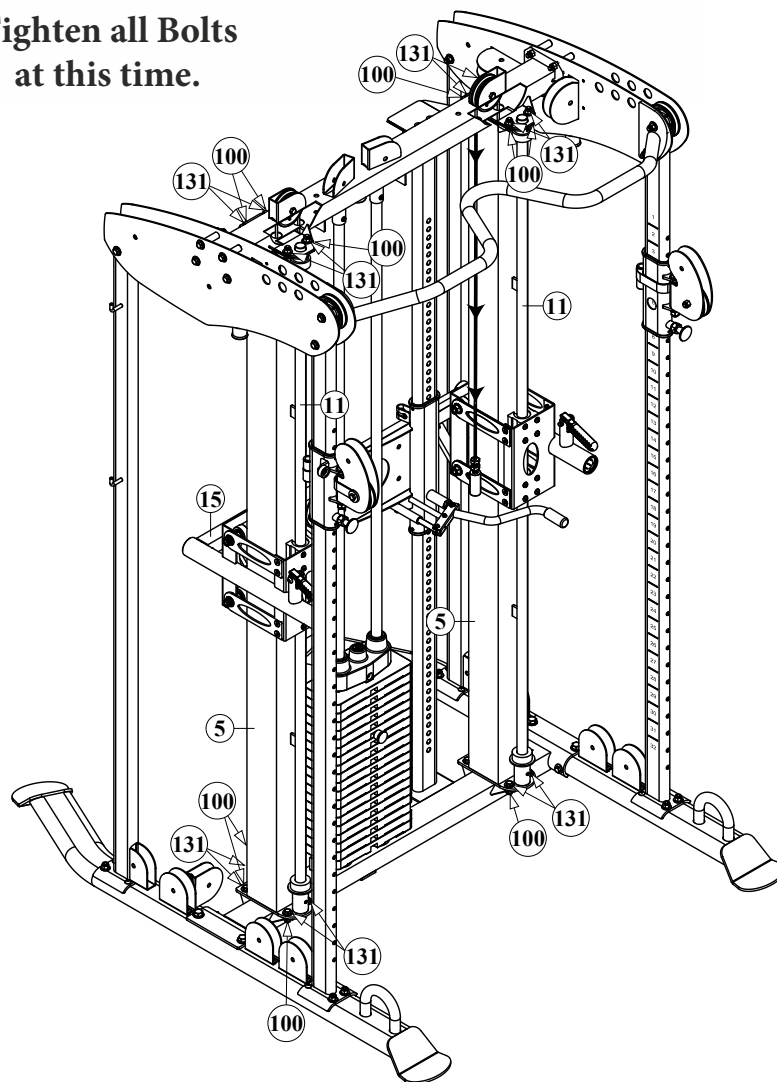
**To ease the assembly process,
do not tighten bolts until told to do so.**

1. Attach the Adjustment Lever (25) to the Adjuster Frame (24) using three M4 X 25L Screws (112), six M4 Washers (126) and three M4 Nylon Nuts (135). Then slide the Adjuster Frame (24) onto the Upright Frame (6) by engaging the Adjustment Lever (25) to release the pop-pin.
2. Loosely attach Upright Frame (6) to the Base Frame (1) and Top Frame (13) using four 3/8" X 1" Sunken Head Bolts (104).
3. Loosely attach Chin-Up Bar (14) and two 90mm Pulleys (52) to the Right & Left Top Panel (22R & 23L) using four 3/8" X 3-1/8" Hex Bolts (94), eight 3/8" Washers (118) and four 3/8" Nylon Nuts (131).



NOTE: This step is to ensure that the CONNECTOR FRAME (15) travels up and down smoothly.

1. Move the CONNECTOR FRAME (15) up, and down the MAIN UPRIGHT FRAMES (5). You should be able to move up and down using one finger. Once you have moved the CONNECTOR FRAME (15) up, then down two or more times, the MAIN UPRIGHT FRAMES (5) should be in line with the Linear Bearing Assembly.
2. Temporarily place the CONNECTOR FRAME (15) at mid-height, then tighten the four 3/8" X 1" HEX THREADED BOLTS (100) and four 3/8" NYLON NUTS (131) on the bottom of each MAIN UPRIGHT FRAME (5).
3. Tighten the four 3/8" X 1" HEX THREADED BOLTS (100) and four 3/8" NYLON NUTS (131) on the top of each MAIN UPRIGHT FRAME (5).
4.  **Tighten all Bolts at this time.**





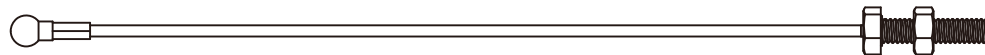
Steel Ball End

TOP CABLE (56)

Bolt End

NOTE: It is recommend that you study the **cable routing overview** beginning with T1 before following the steps below.

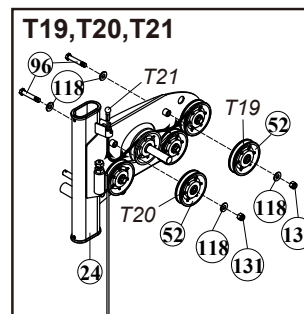
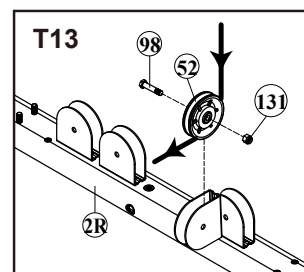
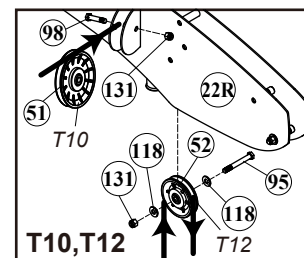
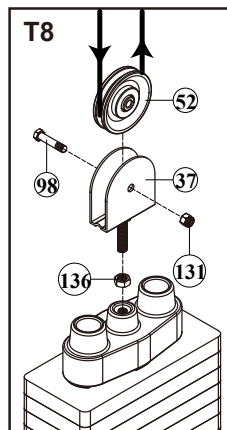
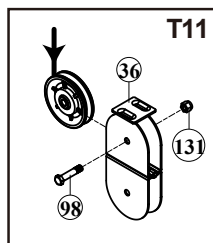
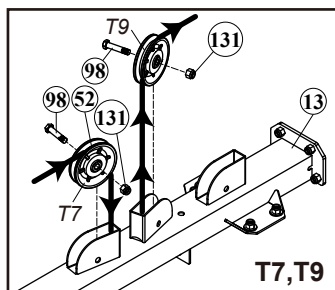
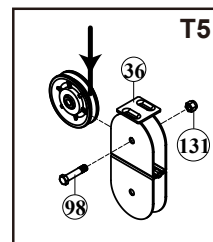
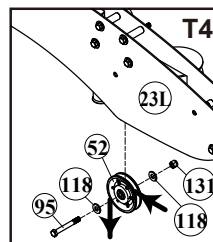
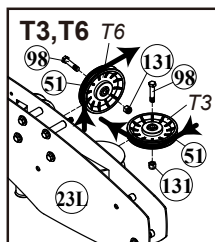
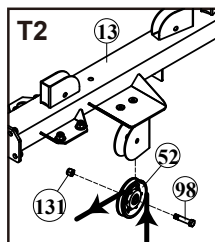
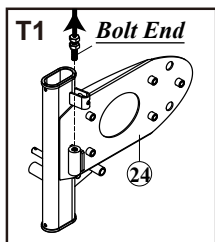
1. Refer to Fig T1. Screw the Bolt End of the Top Cable (56) into the Adjuster Frame (24).
2. Refer to T2. Mount a 90mm Pulley (52) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131) to the Top Frame (13).
3. Refer to T3. Mount the T3 114mm Pulley (51) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131) to the Left Top Panel (23L).
4. Refer to T4. Guide the Top Cable (56) through the Right Top Panel (22R) over a 90mm Pulley (52) using one 3/8" X 3" Hex Bolt (95), two 3/8" Washers (118) and one 3/8" Nylon Nut (131).
5. Refer to T5. Mount a 90mm Pulley (52) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131) to the Double Pulley Block (36) and guide the Top Cable (56) along underneath the 90mm Pulley (52).
6. Refer to T6. Mount a 114mm Pulley (51) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131) to the Left Top Panel (23L).
7. Refer to T7. Guide the Top Cable (56) through the Top Frame (13) over a 90mm Pulley (52) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131).
8. Refer to T8. Mount a 90mm Pulley (52) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131) to the Pulley Block (37).
9. Refer to T9. Guide the Top Cable (56) through the Top Frame (13) over a 90mm Pulley (52) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131).
10. Refer to T10. Guide the Top Cable (56) through the Right Top Panel (22R) over a 114mm Pulley (51) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131).
11. Refer to T11. Mount a 90mm Pulley (52) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131) to the Double Pulley Block (36) and guide the Top Cable (56) along underneath the 90mm Pulley (52).
12. Refer to T12. Guide the Top Cable (56) through the Right Top Panel (22R) over a 90mm Pulley (52) using one 3/8" X 3" Hex Bolt (95), two 3/8" Washers (118) and one 3/8" Nylon Nut (131).
13. Refer to T13. Mount a 90mm Pulley (52) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131) to the Right Base Leg (2R) and guide the Top Cable (56) along underneath the 90mm Pulley (52).
14. Refer to T14. Mount a 90mm Pulley (52) using one 3/8" X 1-3/4" Hex Bolt (98) and one 3/8" Nylon Nut (131) to the Base Frame (1).
15. Refer to T15, T16, T17, T18. Mount three 90mm Pulleys (52) using three 3/8" X 2-1/4" Hex Bolts (96), six 3/8" Washers (118).
16. Refer to T19, T20. Mount two 90mm Pulleys (52) using two 3/8" X 2-1/4" Hex Bolts (96), four 3/8" Washers (118).
17. Refer to L21. Guide the Top Cable (56) downwards and connect the steel ball end of the cable to the Adjuster Frame (24).



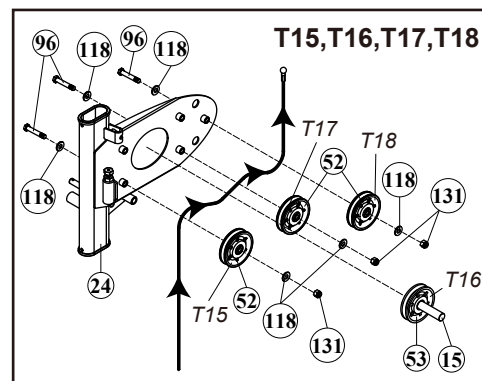
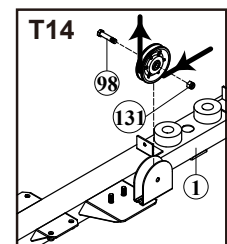
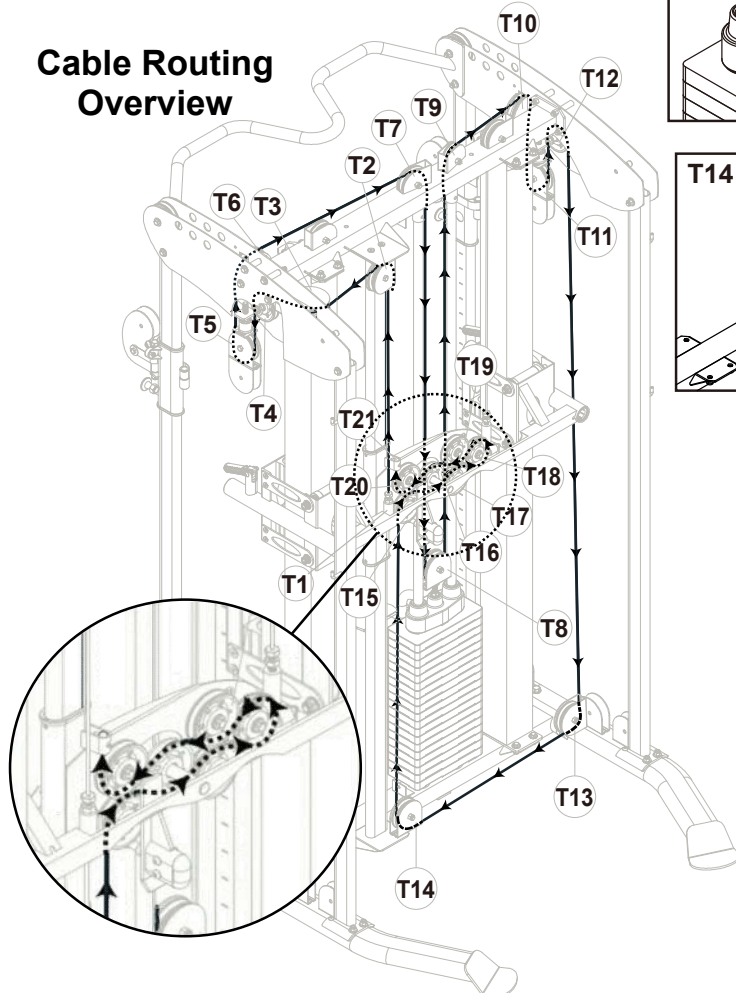
Steel Ball End

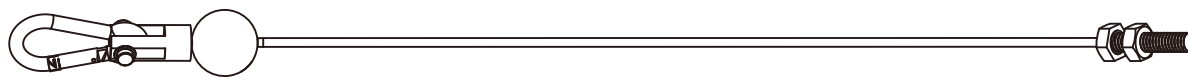
TOP CABLE (56)

Bolt End



Cable Routing Overview



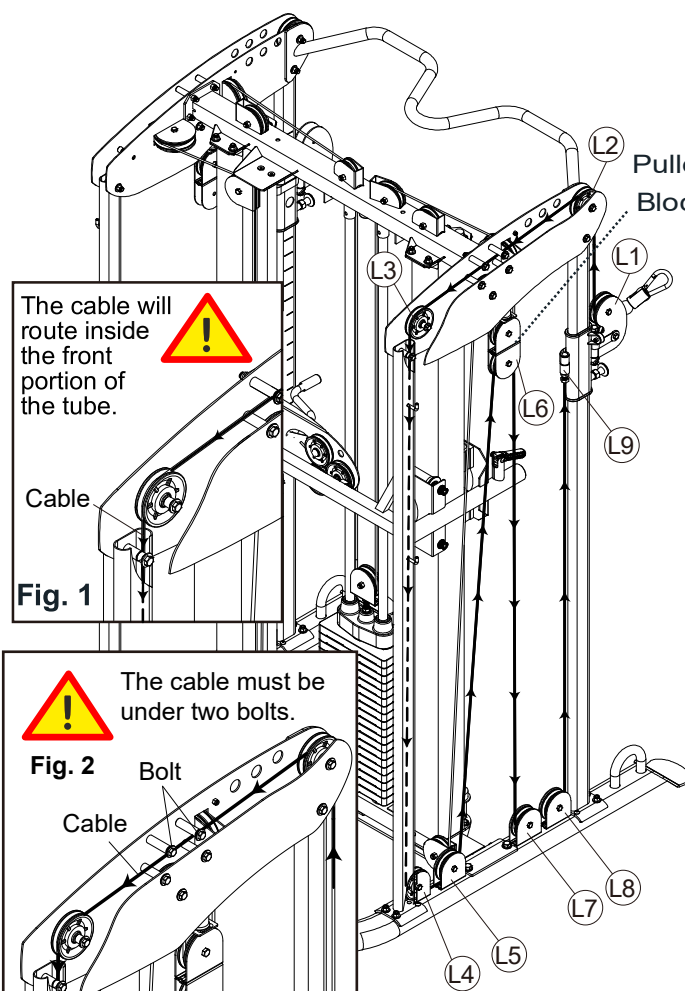
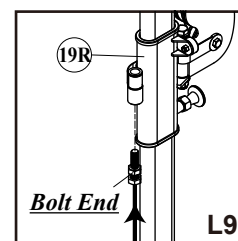
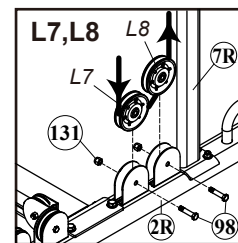
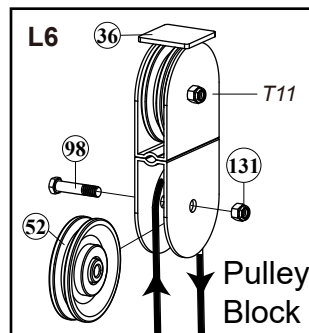
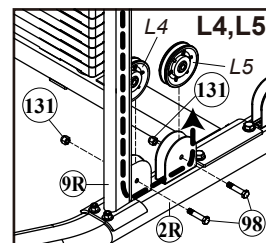
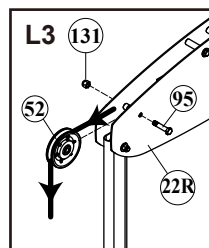
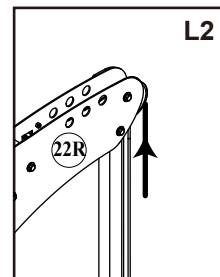
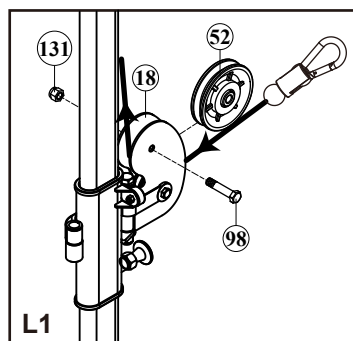


Ball End

Low Cable (55)

Bolt End

1. Refer to L1. Start by routing the Bolt End of the Low Cable (55) through Rotating Pulley Holder (18) with a 90mm Pulley (52) using 3/8" X 1-3/4" Hex Bolt (98) and 3/8" Nylon Nut (131).
2. Then route the cable over a 90mm Pulley (52) mounted on the Right Top Panel (22R), see L2. **Making sure that you route the cable UNDER the 2 Bolts, see Fig. 2.** Continue to route around a 90mm Pulley (52) mounted with 3/8" X 3" Hex Bolt (95) and 3/8" Nylon Nut (131) on the Right Top Panel (22R), see L3. Then route the cable down into the Rear Right Upright Frame (9R), as shown in Fig. 1. And under the two 90mm Pulleys (52) mounted with 3/8" X 1-3/4" Hex Bolt (98) and 3/8" Nylon Nut (131) at Rear Right Upright Frame (9R) and Right Base Leg (2R), see L4, L5.
3. Route around a 90 mm Pulley (52) mounted with 3/8" X 1-3/4" Hex Bolt (98) and 3/8" Nylon Nut (131) through Double Pulley Block (36) as Figure L6, and down to the two 90 mm Pulleys (52) mounted with two 3/8" X 1-3/4" Hex Bolts (98) and two 3/8" Nylon Nut (131) at the Right Base Leg (2R) as Figure L7, L8, then up to threaded Bolt Holder welded onto the Right Pulley Height Adjuster (19R) as Figure L9.
4. Perform the same procedure for the left side.



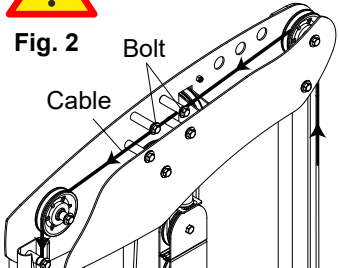
The cable will route inside the front portion of the tube.

Fig. 1

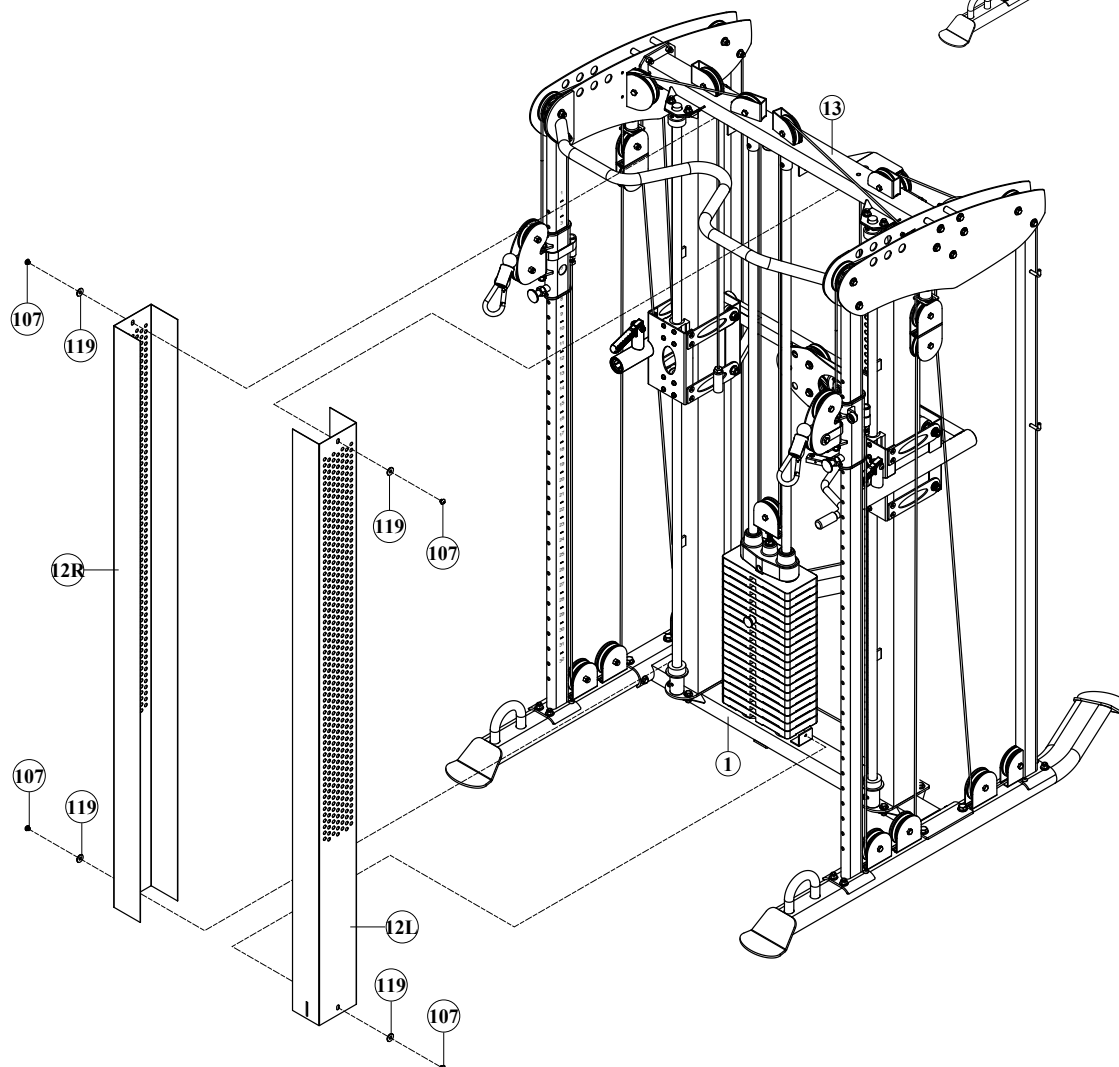
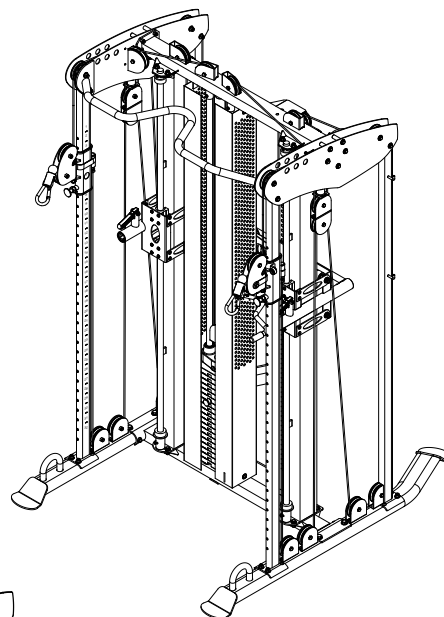


The cable must be under two bolts.

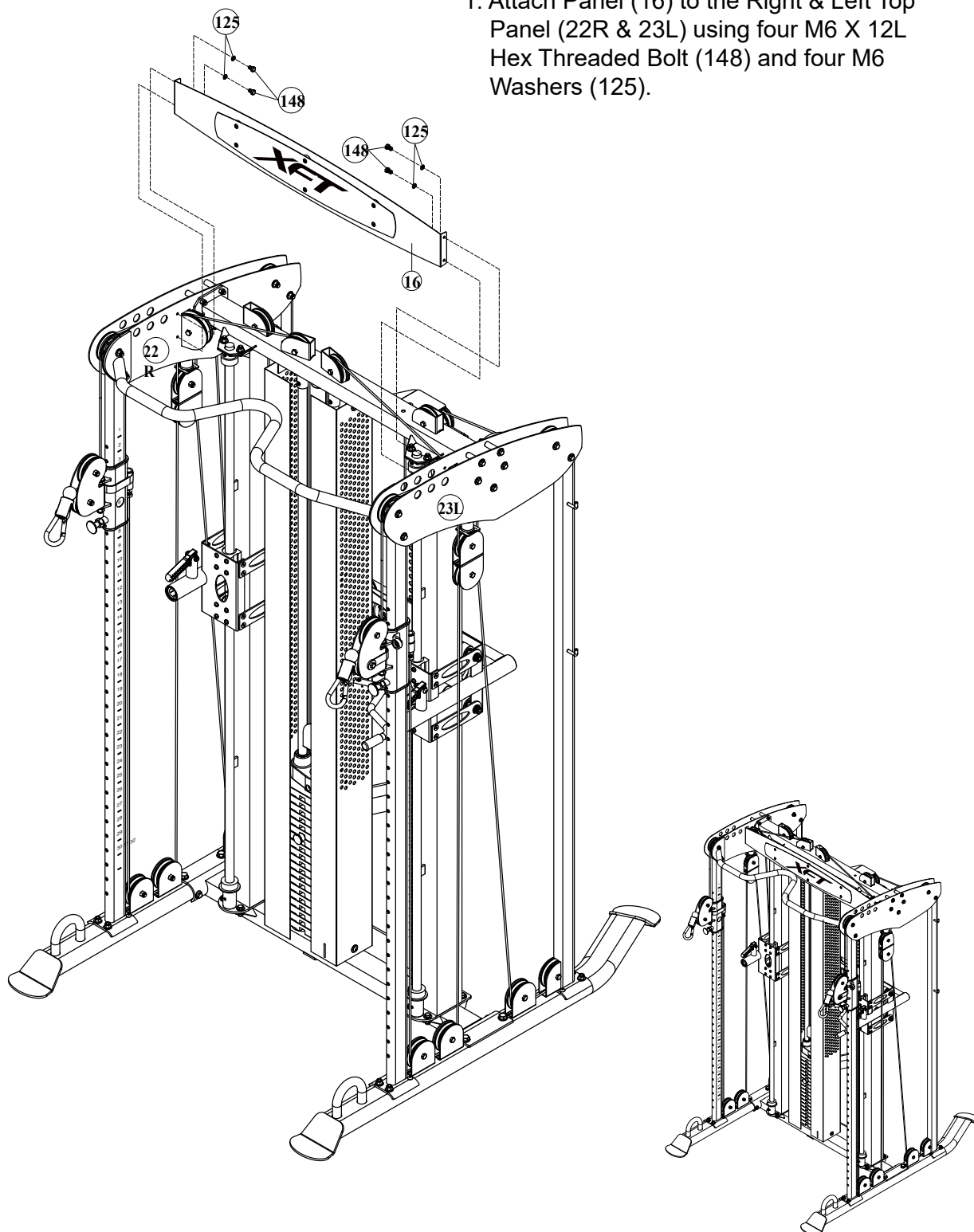
Fig. 2



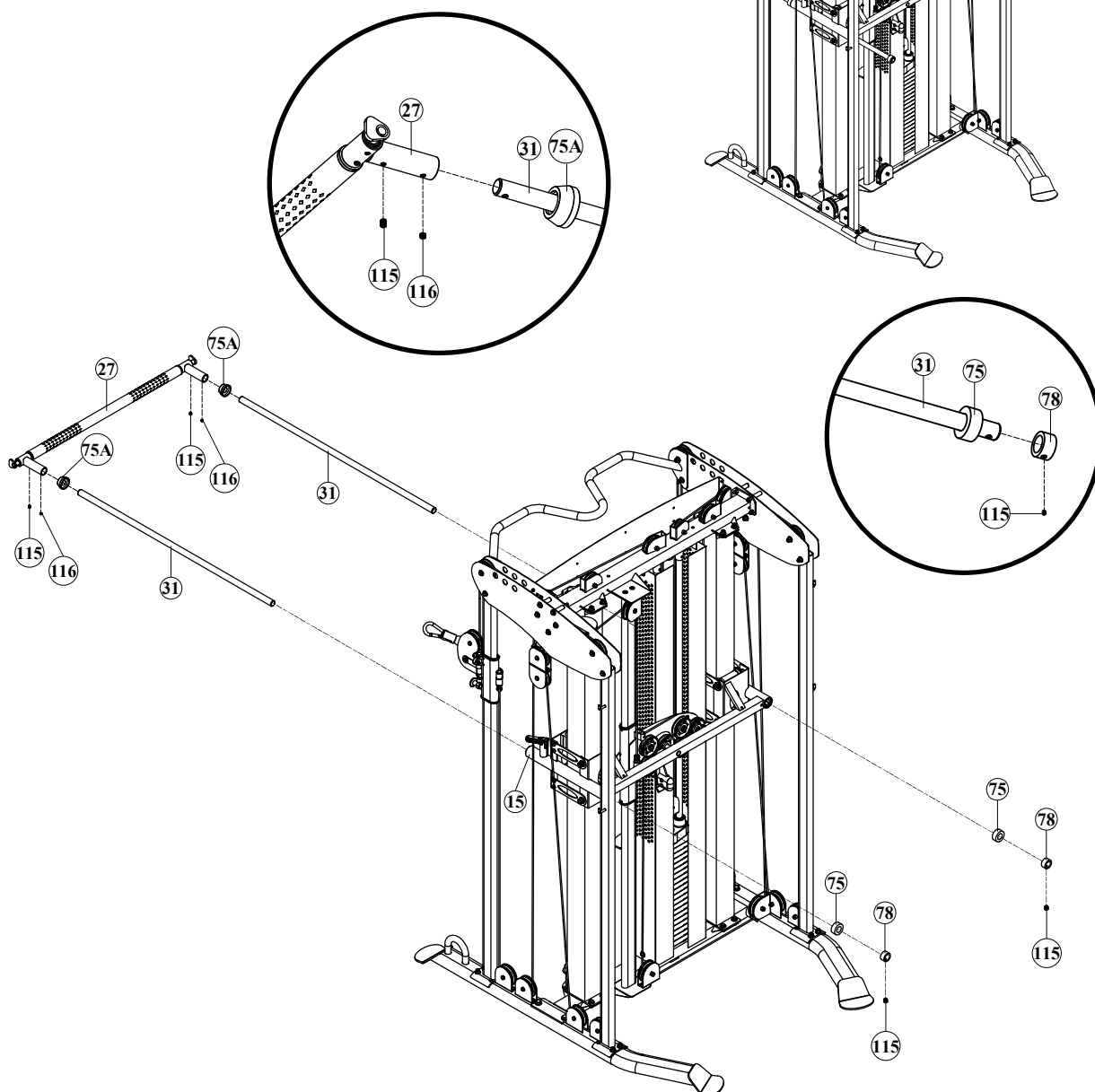
1. Attach two Right & Left Weight Shrouds (12R & 12L) to the Top Frame (13) and Base Frame (1) using four 5/16" X 1/4" Round Screws (107) and four 5/16" Washers (119).



1. Attach Panel (16) to the Right & Left Top Panel (22R & 23L) using four M6 X 12L Hex Threaded Bolt (148) and four M6 Washers (125).

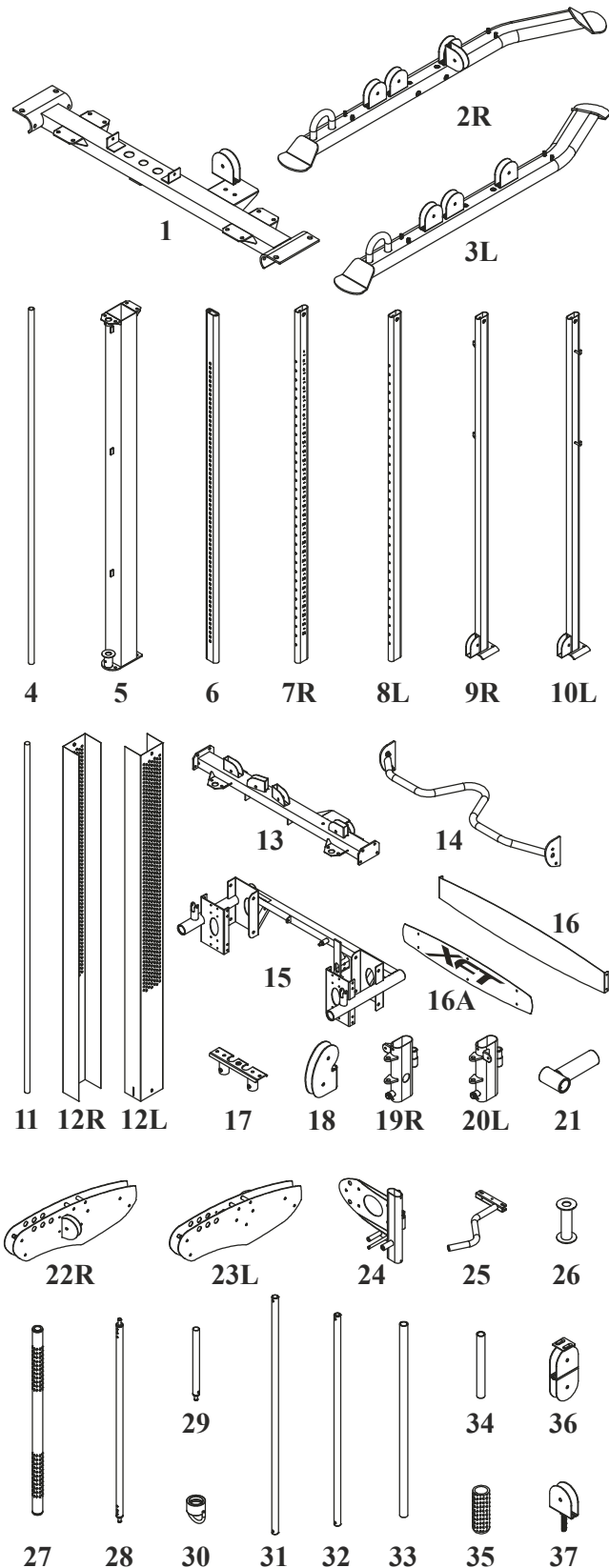


1. Attach Press Bar (27) and two 25mm X 1100L Solid Linear Guide Rods (31) to the Connector Frame (15) using two 48mm Rubber Cushions (75) at rear, two 61mm Rubber Cushions (75A) at front, two Steel Collars (78), four 5/16" X 3/8" Inner Hex Screws (115) and two 5/16" X 1/4" Inner Hex Screws (116).



DETAILED PARTS LIST

NO.	DESCRIPTION	QTY.
1	BASE FRAME	1
2R	RIGHT BASE LEG	1
3L	LEFT BASE LEG	1
4	HOLLOW GUIDE ROD	2
5	MAIN UPRIGHT FRAME	2
6	UPRIGHT FRAME	1
7R	FRONT RIGHT UPRIGHT FRAME	1
8L	FRONT LEFT UPRIGHT FRAME	1
9R	REAR RIGHT UPRIGHT FRAME	1
10L	REAR LEFT UPRIGHT FRAME	1
11	25mm X 1945mm SOLID LINEAR GUIDE ROD	2
12R	RIGHT WEIGHT SHROUD	1
12L	LEFT WEIGHT SHROUD	1
13	TOP FRAME	1
14	CHIN-UP BAR	1
15	CONNECTOR FRAME	1
16	PANEL	1
16A	LOGO PANEL	1
17	TOP GUIDE ROD HOLDER	1
18	ROTATING PULLEY HOLDER	2
19R	RIGHT PULLEY HEIGHT ADJUSTER	1
20L	LEFT PULLEY HEIGHT ADJUSTER	1
21	AXLE CONNECTOR	2
22R	RIGHT TOP PANEL	1
23L	LEFT TOP PANEL	1
24	ADJUSTER FRAME	1
25	ADJUSTMENT LEVER	1
26	STACK SPACER	2
27	PRESS BAR	1
28	LONG BAR	1
29	SPORT BAR	1
30	SPORT BAR COLLAR	3
31	25mm X 1100mm SOLID LINEAR GUIDE ROD	2
32	1" X 977L ALUMINUM BAR	1
33	1" X 900L FOAM GRIP	1
34	1" X 295L FOAM GRIP	1
35	1" X 60L ALUMINUM FOAM GRIP	1
36	DOUBLE PULLEY BLOCK	2
37	PULLEY BLOCK	1

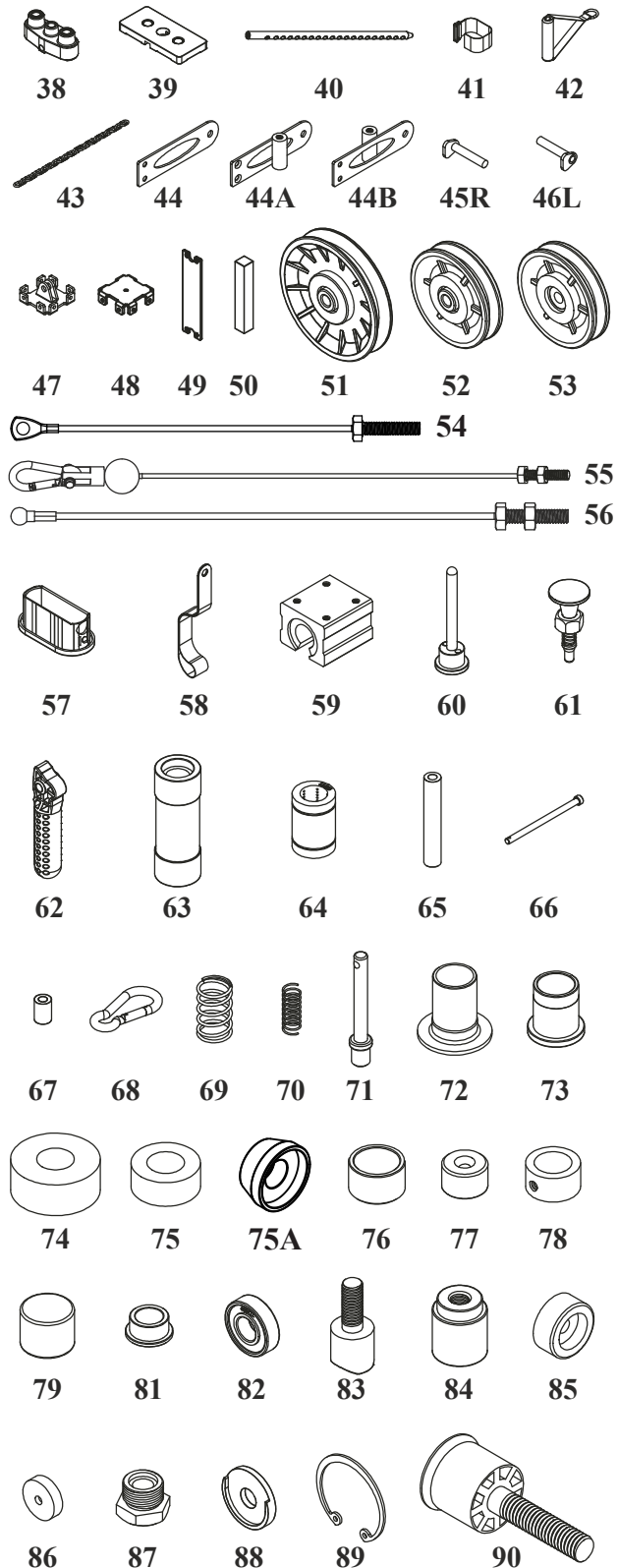


*Parts images are not to scale.

DETAILED PARTS LIST

NO. DESCRIPTION QTY.

38	TOP PLATE	1
39	WEIGHT PLATE	14
40	SELECTOR ROD	1
41	ANKLE STRAP	1
42	SINGLE HANDLE	2
43	CHAIN	2
44	STEEL PLATE MAIN	6
44A	STEEL PLATE A	1
44B	STEEL PLATE B	1
45R	RIGHT AXLE ASSEMBLY	1
46L	LEFT AXLE ASSEMBLY	1
47	TOP CW ASSEMBLY	2
48	BOTTOM CW ASSEMBLY	2
49	CW COVER	8
50	38mm CW	8
51	114mm PULLEY	3
52	90mm PULLEY	35
53	90mm PULLEY (NO INSERT)	1
54	WEIGHT CABLE	2
55	LOW CABLE	2
56	TOP CABLE	1
57	PLASTIC BUSHING	6
58	ELASTIC BAND	2
59	25mm LINEAR BEARING CARTRIDGE	4
60	SELECTOR PIN	1
61	POP PIN	2
62	CLUTCH LEVER	2
63	LONG ROLLER	4
64	25mm HOLLOW BUSHING	4
65	ROLLER	4
66	AXLE	1
67	ROLLER	4
68	HOOK	4
69	42mm SPRING	2
70	36mm SPRING	1
71	91mm PIN BOLT	1
72	PLASTIC GUIDE ROD HOLDER	2
73	HOLDER	2
74	64mm RUBBER CUSHION	2
75	48mm RUBBER CUSHION	6
75A	61mm RUBBER CUSHION	2
76	ALUMINUM SPACER	1
77	STOPPER	1
78	STEEL COLLAR	2
79	D25mm MAGNET	2
81	1/2" BUSHING	4
82	6001ZZ BEARING	14
83	3/8" RUBBER STOPPER	2
84	1" STEEL STOPPER	2
85	28mm X 10mm STOPPER	2
86	28mm X 7.5mm STOPPER	6
87	NUT FOR ADJUSTER FRAME	1
88	WASHER FOR BRACKET	2
89	R40 SPRING CLIP	4
90	1/2" STOPPER	2

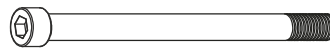


*Parts images are not to scale.

DETAILED PARTS LIST

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

91	M12 X 170L SCREW	4
92	1/2" X 4-1/4" HEX BOLT	2
93	1/2" X 1" HEX THREADED BOLT	4
94	3/8" X 3-1/8" HEX BOLT	12
95	3/8" X 3" HEX BOLT	6
96	3/8" X 2-1/4" HEX BOLT	5
97	3/8" X 2" HEX BOLT	2
98	3/8" X 1-3/4" HEX BOLT	25
99	WHEEL BRACKET FOR BOX	16
100	3/8" X 1" HEX THREADED BOLT	22
102	5/16" X 1-3/4" HEX BOLT	2
103	TOP PLATE BOLT	1
104	3/8" X 1" SUNKEN HEAD BOLT	8
105	3/8" X 3/4" ROUND SCREW	1
106	5/16" X 5/8" ROUND SCREW	2
107	5/16" X 1/4" ROUND SCREW	4
108	5/16" X 1-1/4" SUNKEN HEAD BOLT	1
109	M6 X 12L ROUND SCREW	19
110	5/16" X 1-1/4" SCREW	1
111	M8 X 40L SCREW	2
112	M4 X 25L SCREW	3
113	M6 X 20L SUNKEN HEAD BOLT	32
114	5/16" X 5/8" INNER HEX SCREW	2
115	5/16" X 3/8" INNER HEX SCREW	4
116	5/16" X 1/4" INNER HEX SCREW	10
117	1/2" LARGER WASHER	4
118	3/8" WASHER	80
119	5/16" WASHER	4
120	1/2" SPRING WASHER	6
121	3/8" SPRING WASHER	4
122	5/16" X 1/2" SUNKEN HEAD BOLT	16
123	M12 SPRING WASHER	8
124	M6 SPRING WASHER	16
125	M6 WASHER	5
126	M4 WASHER	6
127	C RING	3
128	5/16" NUT	1
129	M12 NYLON NUT	4
130	1/2" NYLON NUT	2
131	3/8" NYLON NUT	76
132	5/16" NYLON NUT	3
133	M8 NYLON NUT	2
134	M6 NYLON NUT	2
135	M4 NYLON NUT	3
136	1/2" NUT	3
137	M5 X 6mm INNER HEX SCREW	2



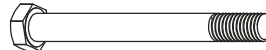
91



99



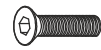
107



92



100



108



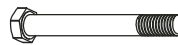
93



102



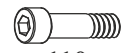
109



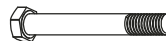
94



103



110



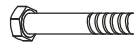
95



104



111



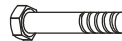
96



105



112



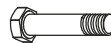
97



106



113



98



114



115



116



117



118



119



120



121



122



123



124



125



126



127



128



129



130



131



132



133



134



135



136



137

*Parts images are not to scale.

DETAILED PARTS LIST

NO.	DESCRIPTION	QTY.
138	M5 HEX WRENCH	1
139	M4 HEX WRENCH	1
140	30 X 60mm OVAL PLUG	1
141	TRICEP ROPE	1
142	CHIN ASSIST STRAP	1
143	8mm RUBBER COVER	4
144	M6 X 20L STAINLESS ROUND SCREW	6
145	5/16" X 5/8" SCREW	8
146	5/16" SPRING WASHER	8
147	STEEL BACKING PLATE	2
148	M6 X 12L HEX THREADED BOLT	4
149	3/8" HEX STUDS	4
150	5mm CW AXLE	16
151	5mm TUBE	3
152	M6 STAINLESS NYLON NUT	6
153	Φ 5.7mm CW BUSHING	32
154	M5 WASHER FOR CW	32
155	M6 NYLON NUT FOR CW	32
156	WHEEL FOR CW	17
157	M2.5 HEX WRENCH	1
158	1/2" SMALLER WASHER	8
A	5/16" X 1-3/4" HEX THREADED BOLT	2
B	5/16" WASHER	2



138



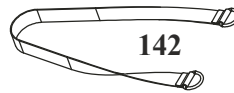
139



140



141



142



143



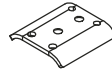
144



145



146



147



148



149



150



151



152



153



154



155



156



157



158

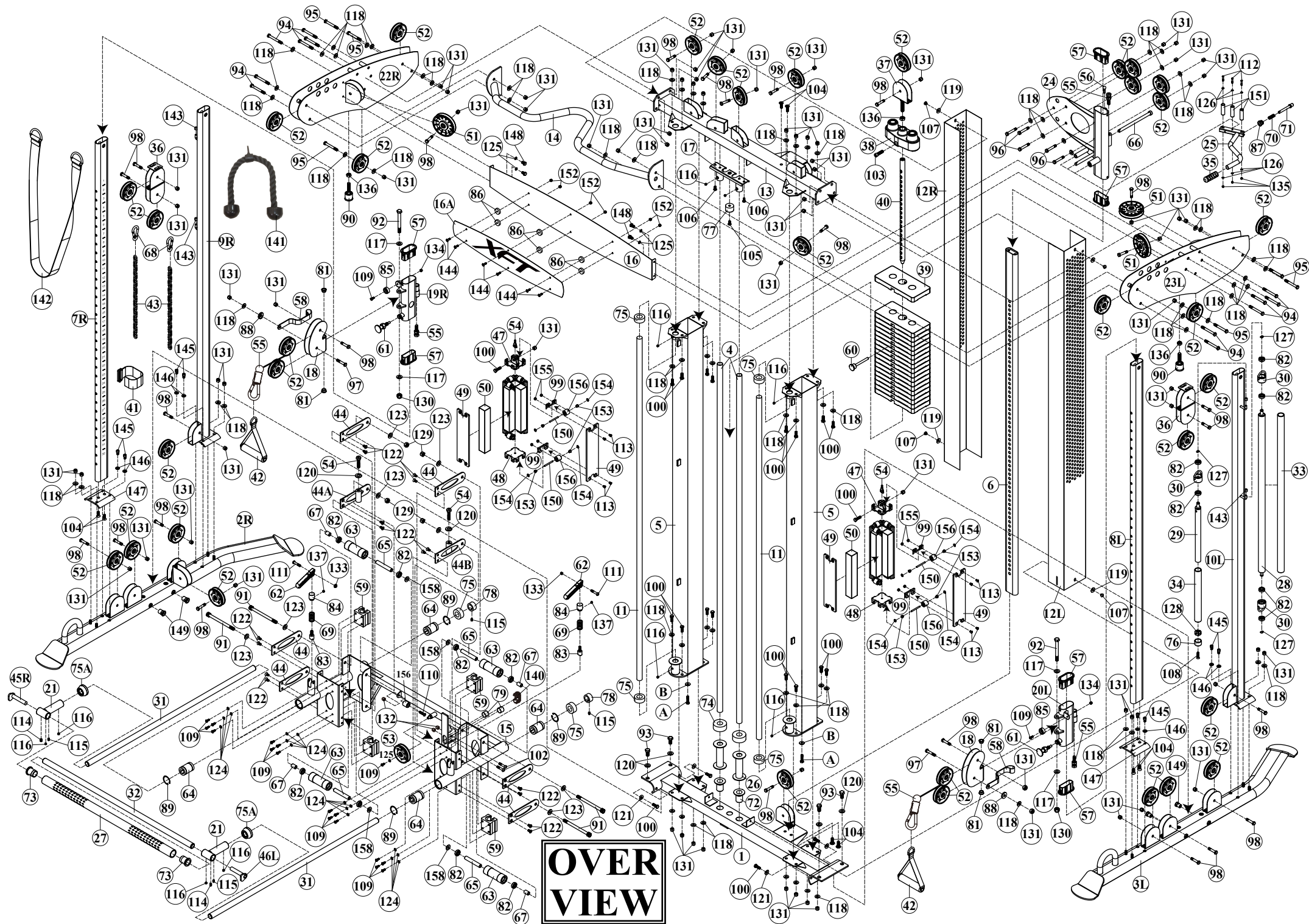


A



B

*Parts images are not to scale.



PRODUCT ASSEMBLY - FINAL

Assembly is complete!

Please take the following steps before using the system:

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 (60) 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 (38) 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 (4).
7. Enjoy many years of a Fit Lifestyle.

INSPECTION & MAINTENANCE

General Inspection, Maintenance and Cleaning

The Frame should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a yearly basis. For Vinyl Upholstery use Lanolin hand cleaner to dissolve sweat and lubricate the vinyl, maintaining its natural flexibility. DO NOT use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

1. Check equipment to ensure it is operating properly.
2. If something appears loose, be sure to have it tightened immediately.
3. If a piece of equipment appears damaged or not operating properly, place the piece out-of-service immediately.

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.

PRODUCT WARRANTY

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

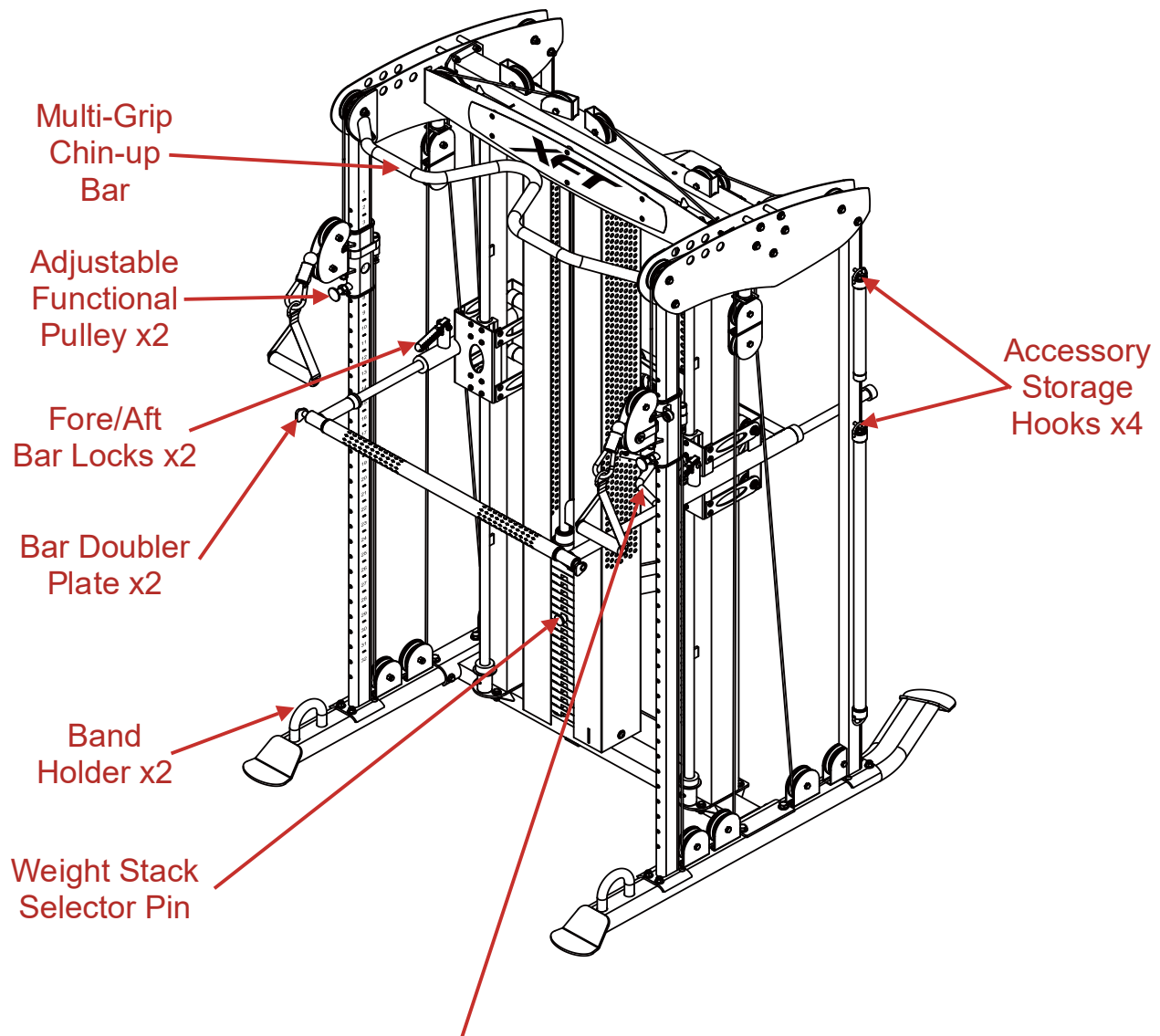
This warranty excludes the following:

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.

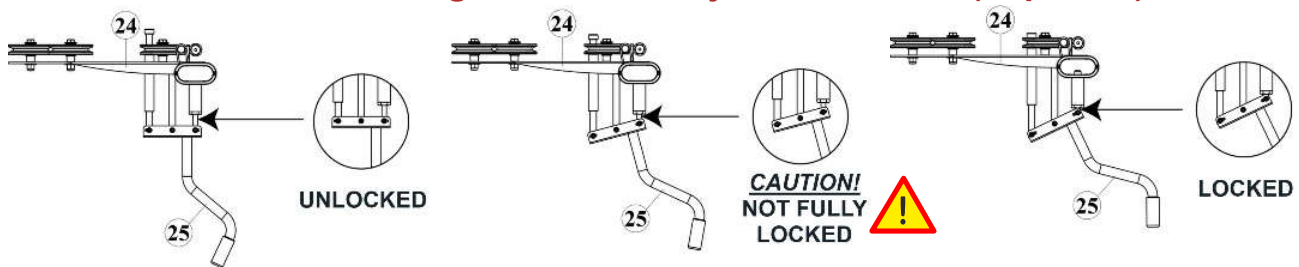
* This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your BODYCRAFT product. Under no circumstances 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 at www.bodycraft.com Or call 800-990-5556.

PRODUCT CALL-OUTS / FUNCTION



Bar Vertical Range of Motion Adjustment Lever (Top View)



Expand the functionality of your XFT Strength Training System by adding one of many available BODYCRAFT Utility Benches or a BODYCRAFT Stability Ball.

www.bodycraft.com

This page intentional left blank

This page intentional left blank

This page intentional left blank



800.990.5556
SERVICE@BODYCRAFT.COM
WWW.BODYCRAFT.COM



BODYCRAFT
7699 GREEN MEADOWS DR.
LEWIS CENTER, OHIO 43035