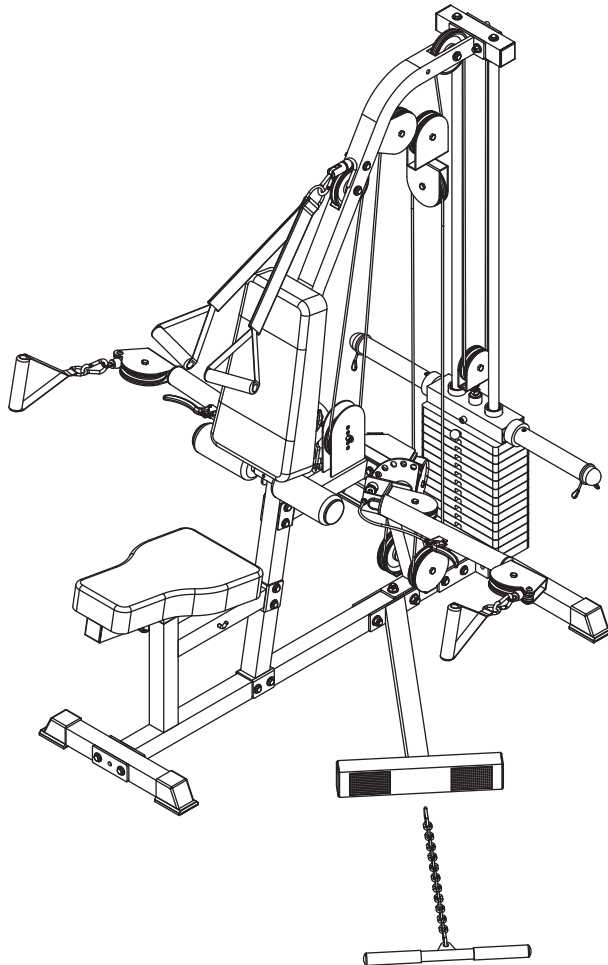


# ***BODYCRAFT***

## **MINI-~~X~~press** STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL



### ***QUESTION?***

*As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BodyCraft at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.*

Bodycraft is a division of Recreation Supply Inc.  
P.O. BOX 181  
Sunbury, OH 43074

**7351**

## BEFORE YOU BEGIN

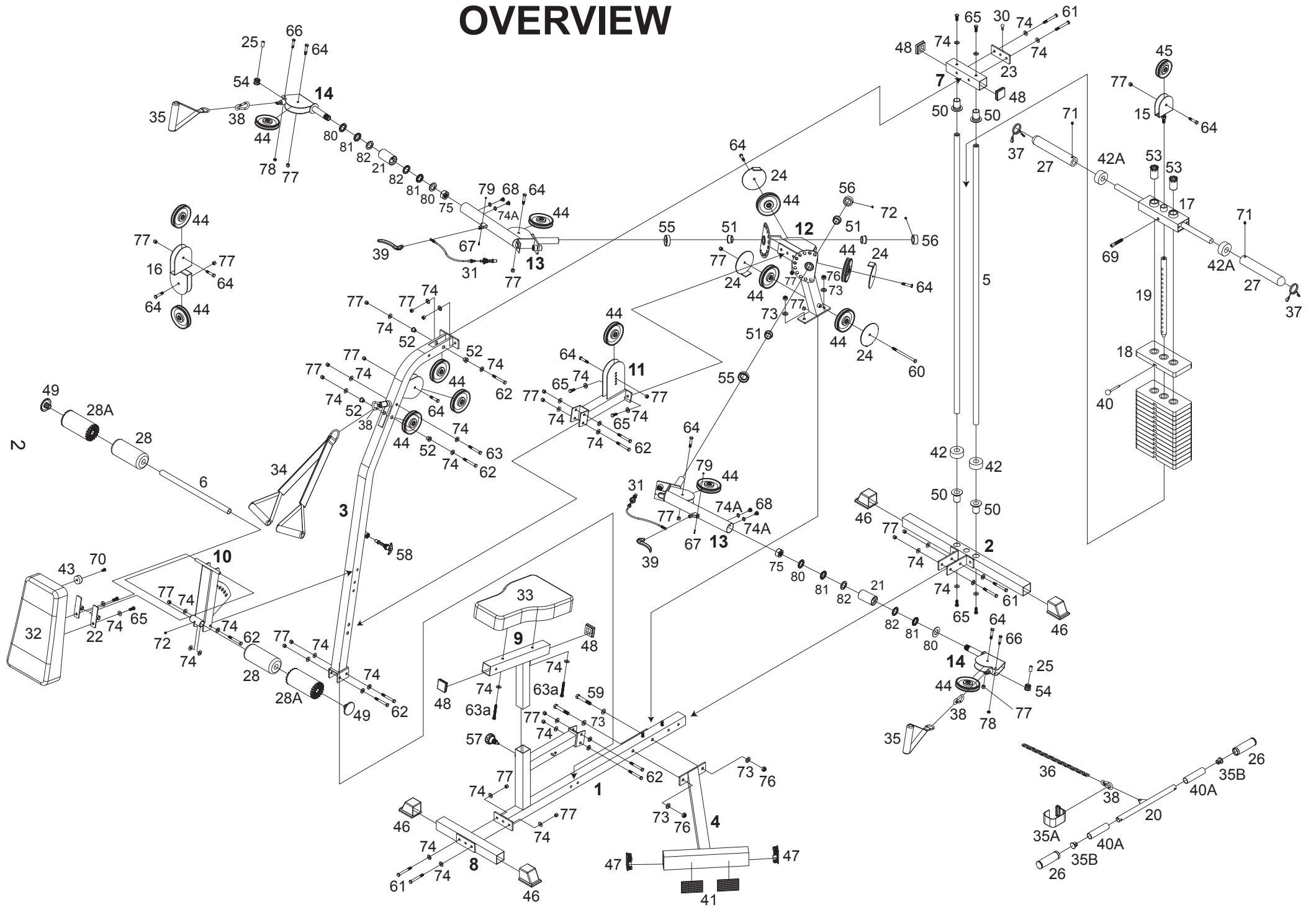
Congratulations and thank you for selecting the **MINI-*X*press** strength training system. The **MINI-*X*press** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **MINI-*X*press** will help you achieve the specific results you want. □  
For your safety and benefit, read this manual and the accompanying literature before using the **MINI-*X*press**. Keep this manual for future reference. □  
If you have additional questions, please call your local dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern 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 pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.**

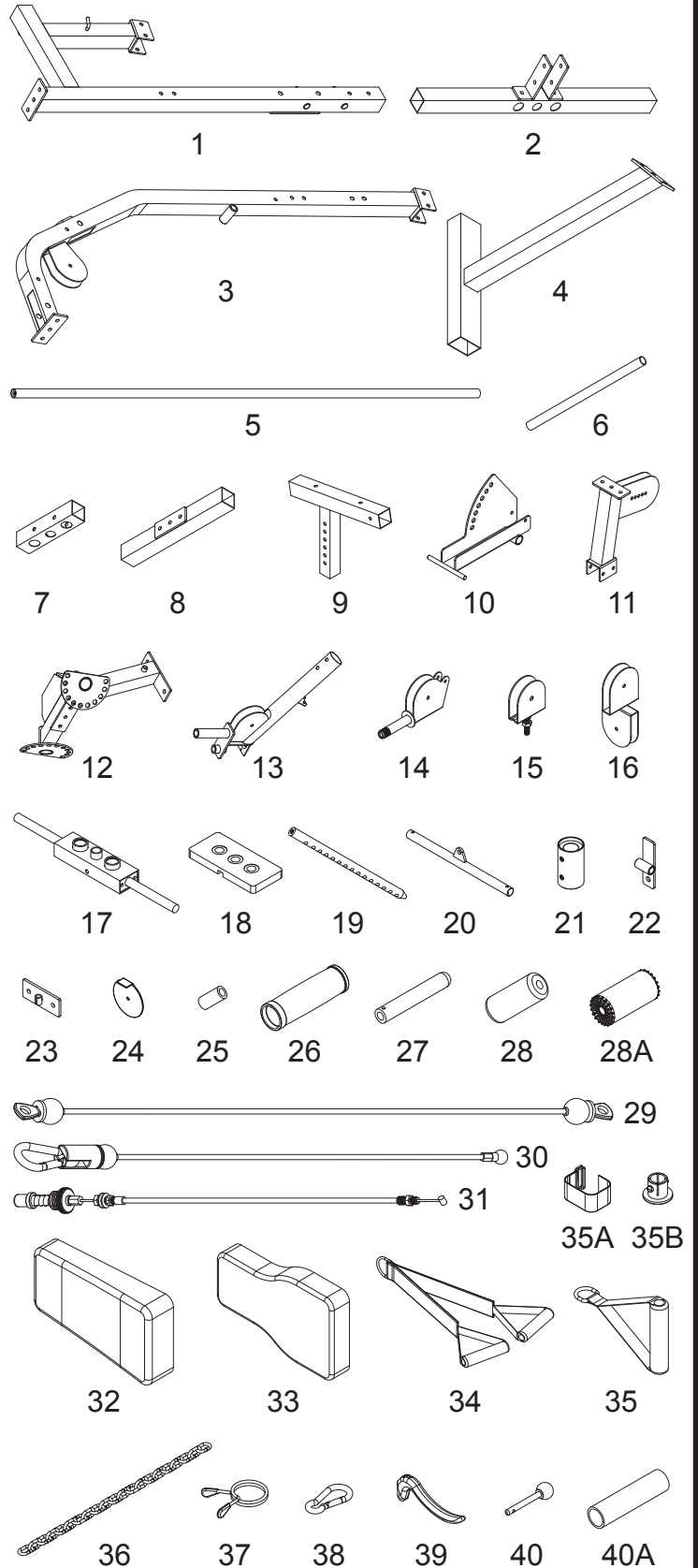
1. □ This product must be assembled on a flat, level surface to assure its proper function.
2. □ Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. □ Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. □ Keep children away from the **MINI-*X*press** at all times.
5. □ Keep your hands away from cables and pulleys during operation. Keep your hands away from moving parts other than the designated handles.
6. □ When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. □ Make certain all cables are seated within the pulleys before every use.
8. □ Exercise with care to avoid injury.
9. □ If unsure about the proper use of the **MINI-*X*press** strength □ training system call your local dealer or our customer service department at 800-990-5556.

# OVERVIEW



# PARTS LIST

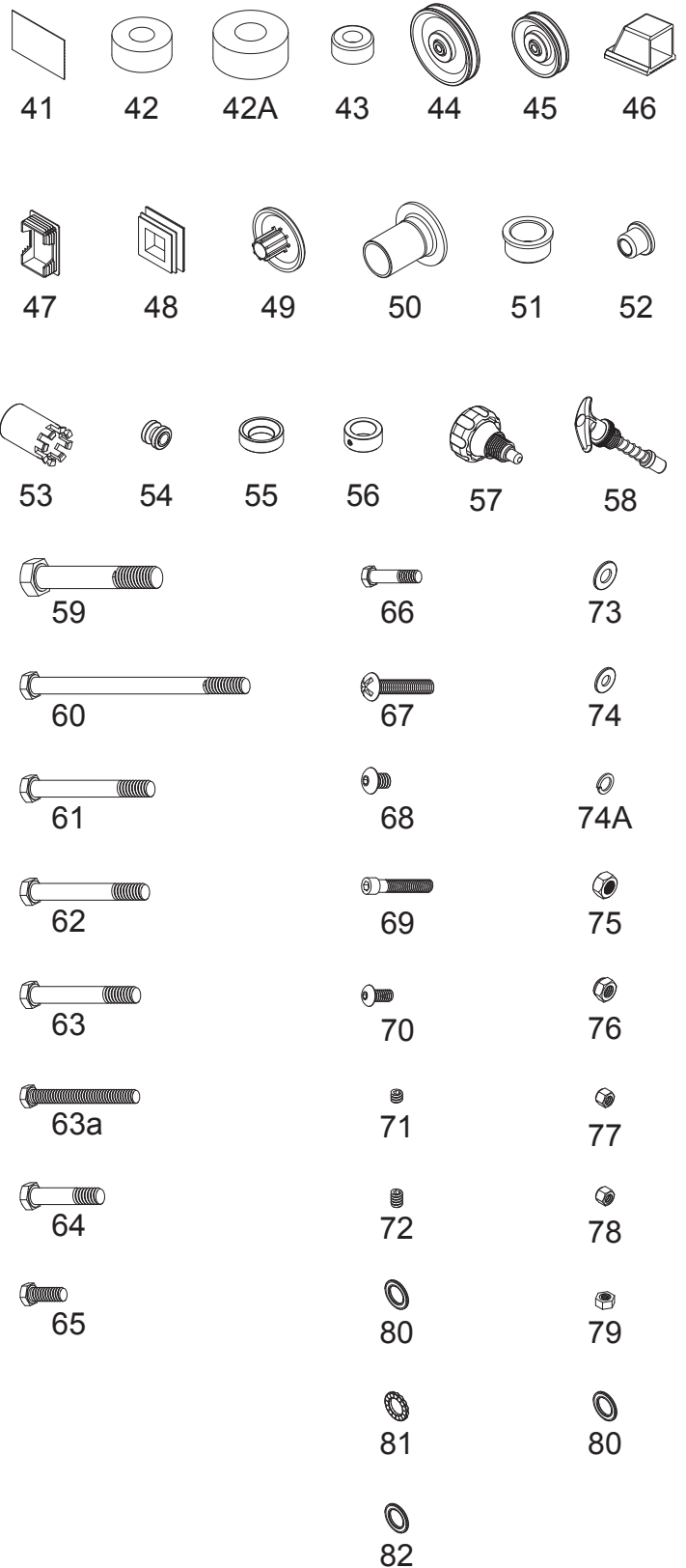
NO.	DESCRIPTION	QTY.
1	BASE FRAME	1
2	REAR STABILIZER	1
3	UPRIGHT	1
4	LOW ROW FOOT PLATE	1
5	GUIDE ROD	2
6	FOAM ROLLER HOLDER	1
7	TOP GUIDE ROD RETAINER	1
8	FRONT STABILIZER	1
9	SEAT ADJUSTER	1
10	SEAT BACK ADJUSTER□	1
11	CABLE ARM CONNECTOR	1
12	CABLE ARM ASSEMBLY□	1
13	CABLE ARM□	2
14	SWIVEL CABLE TOP□	2
15	SINGLE PULLEY BLOCK□	1
16	CROSS PULLEY BLOCK	1
17	TWO WAY TOP PLATE	1
18	WEIGHT PLATE	14
19	1" DIAMETER SELECTOR ROD	1
20	LOW ROW BAR□	1
21	CABLE ARM COLLAR□	2
22	METAL HINGES	2
23	CONNECT PLATE	1
24	PULLEY GUARD	4
25	SLEEVE	2
26	1-1/4" HAND GRIP	2
27	OLYMPIC SLEEVE	2
28	FOAM PAD	2
28A	FOAM PAD COVER	2
29	CABLE ARM CABLE	1
30	AB CABLE	1
31	CLUTCH CABLE	2
32	BACK PAD	1
33	SEAT PAD	1
34	AB CRUNCH	1
35	SINGLE CURL	2
35A	ANKLE STRAP	1
35B	1" "T" SHAPE END PLUG	2
36	CHAIN LINK	1
37	SPRING CLIP	2
38	SNAP HOOK	4
39	CLUTCH LEVER	2
40	SELECTOR PIN	1
40A	SLEEVE	2



# PARTS LIST

**NO. DESCRIPTION QTY.**

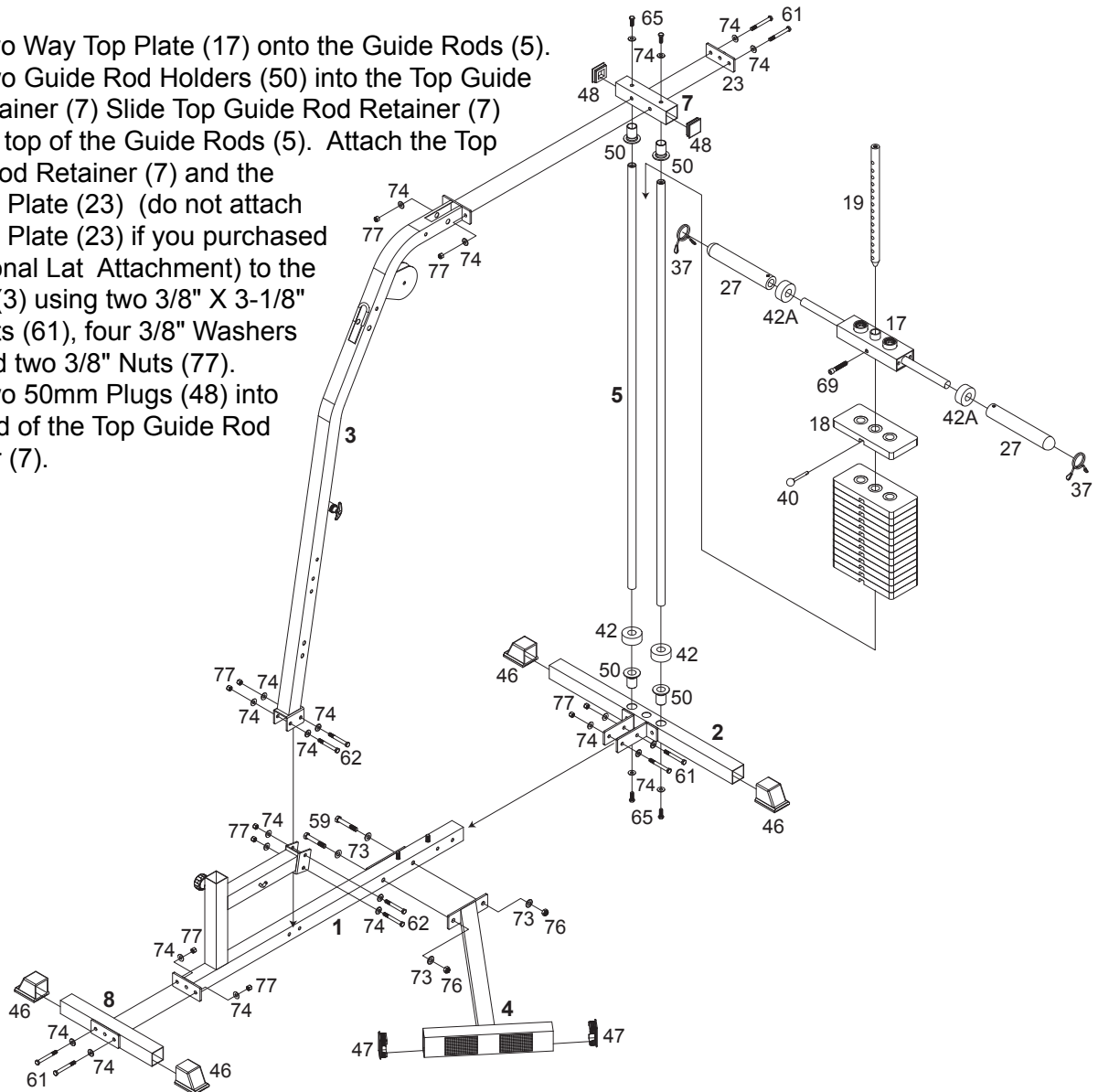
NO.	DESCRIPTION	QTY.
41	NONSLIP	2
42	2" RUBBER DOUGHNUT	2
42A	3" RUBBER DOUGHNUT	2
43	PEC DEC STOPPER	1
44	114mm PULLEY	14
45	90mm PULLEY	1
46	50mm SQ. END CAP	4
47	50mm X 75mm END CAP	2
48	50mm SQ. PLUG	4
49	1" ID FOAM ROLLER PLUG	2
50	PLASTIC GUIDE ROD HOLDER	4
51	1" STEEL BUSHING	4
52	3/8" BUSHING	4
53	BUSHING	2
54	SMALL PULLEY OF SWIVEL ARM	2
55	STEEL SPACER	2
56	AXLE COLLAR	2
57	SPRING KNOB	1
58	POP PIN	1
59	1/2" X 3-1/8" HEX HEAD BOLT	2
60	3/8" X 5-3/4" HEX HEAD BOLT	1
61	3/8" X 3-1/8" HEX HEAD BOLT	6
62	3/8" X 3" HEX HEAD BOLT	9
63	3/8" X 2-3/4" HEX HEAD BOLT	1
63a	3/8" X 2-3/4" HEX HEAD BOLT (ALL)	2
64	3/8" X 1-3/4" HEX HEAD BOLT	11
65	3/8" X 1" HEX HEAD BOLT (ALL)	8
66	5/16" X 1-1/2" HEX HEAD BOLT	2
67	M5 ROUND HEAD SCREW	2
68	3/8" X 1/2" SET SCREW	4
69	TOP PLATE BOLT	1
70	3/8" X 5/8" INNER HEX HEAD SCREW	1
71	5/16" X 3/8" SET SCREW	2
72	5/16" X 1/4" SET SCREW	3
73	1/2" WASHER	6
74	3/8" WASHER	44
74A	3/8" SPRING WASHER	4
75	24mm NUT	2
76	1/2" NYLON NUT	4
77	3/8" NYLON NUT	28
78	5/16" NUT	2
79	M5 NYLON NUT	2
80	BEARING BASIN	4
81	BEARING	4
82	BEARING COVER	4



# STEP 1 MAIN FRAME ASSEMBLE

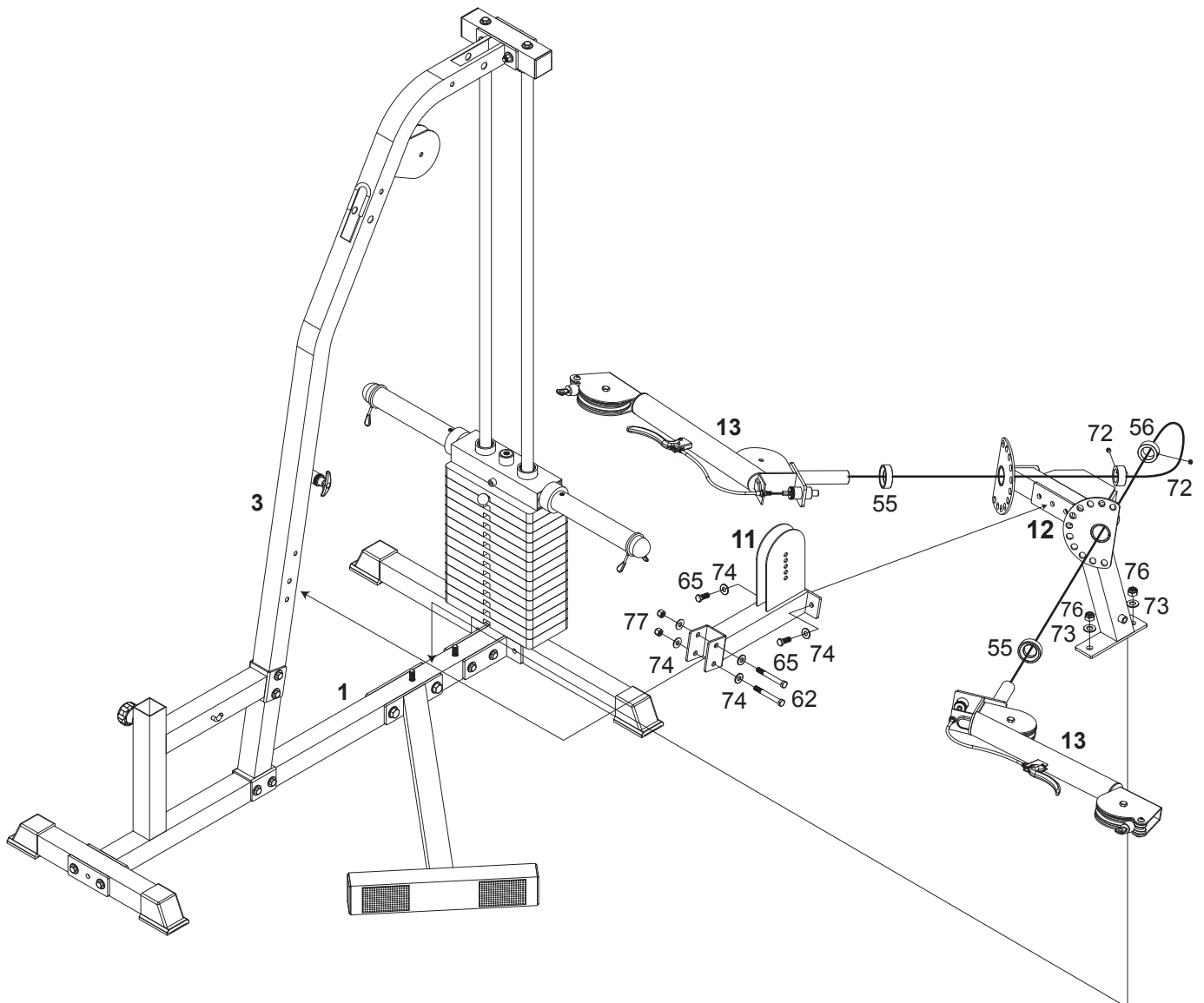
*To ease the assembly process, do not tighten bolts until instructed.*

1. Attach the Rear Stabilizer (2) to the Base Frame (1) using two 3/8" X 3-1/8" Hex Bolts (61), four 3/8" washers (74) and two 3/8" Nuts (77).
2. Attach the Front Stabilizer (8) to the Base Frame (1) using two 3/8" X 3-1/8" Hex Bolts (61), four 3/8" washers (74) and two 3/8" Nuts (77). Slide four 50mm SQ. End Caps (46) onto the Rear Stabilizer (2) and the Front Stabilizer (8).
3. Attach the Low Row Foot Plate (4) to the Base Frame (1) using two 1/2" X 3-1/8" Hex Bolts (59), four 1/2" Washers (73) and two 1/2" Nuts (76). Insert two 50mm X 75mm End Caps (47) into each end of the Low Row Foot Plate (4).
4. Attach the Upright (3) to the Base Frame (1) using four 3/8" X 3" Hex Bolts (62), eight 3/8" Washers (74), and four 3/8" Nuts (77).
5. Insert two Guide Rod Holders (50) into the Rear Stabilizer (2). Slide a 2" Rubber Donut (42) onto the end of each Guide Rod (5). Insert the Guide Rods (5) with Rubber Donuts (42) into the Guide Rod Holders (50) in the Rear Stabilizer (2).
6. If you did not purchase optional weight stack, please skip this step. Slide each 10 lb. Plate (18) over the Guide rods (5). Make certain that each plate is oriented with the selector hole on bottom and facing forward. Attach Two Way Top Plate (17) to the Selector Rod (19) using the Top Plate Bolt (69).
7. Slide Two Way Top Plate (17) onto the Guide Rods (5).
8. Insert two Guide Rod Holders (50) into the Top Guide Rod Retainer (7) Slide Top Guide Rod Retainer (7) onto the top of the Guide Rods (5). Attach the Top Guide Rod Retainer (7) and the Connect Plate (23) (do not attach Connect Plate (23) if you purchased the optional Lat Attachment) to the Upright (3) using two 3/8" X 3-1/8" Hex Bolts (61), four 3/8" Washers (74), and two 3/8" Nuts (77). Insert two 50mm Plugs (48) into each end of the Top Guide Rod Retainer (7).



## STEP 2

1. Attach the Cable Arm Connector (11) to the Upright (3) using two 3/8" X 3" Hex Bolts (62), four 3/8" Washers (74), and two 3/8" Nuts (77).
2. Attach the Cable Arm Assembly (12) to the Cable Arm Connector using two 3/8" X 1" Hex Bolts (65), and two 3/8" Washers (74). Remember to keep all bolts loose to ensure holes will align easily. Attach the Cable Arm Assembly (12) to the pre-welded bolts on the Base Frame (1), using two 1/2" Washers (73) and two 1/2" Nuts (76).
3. Slide the axle of each Cable Arm (13) through the hole in selector plate of the Cable Arm Assembly (12) and secure with the Axle Collar (56) by tightening the pre-installed 5/16" X 1/4" Set Screw (72).

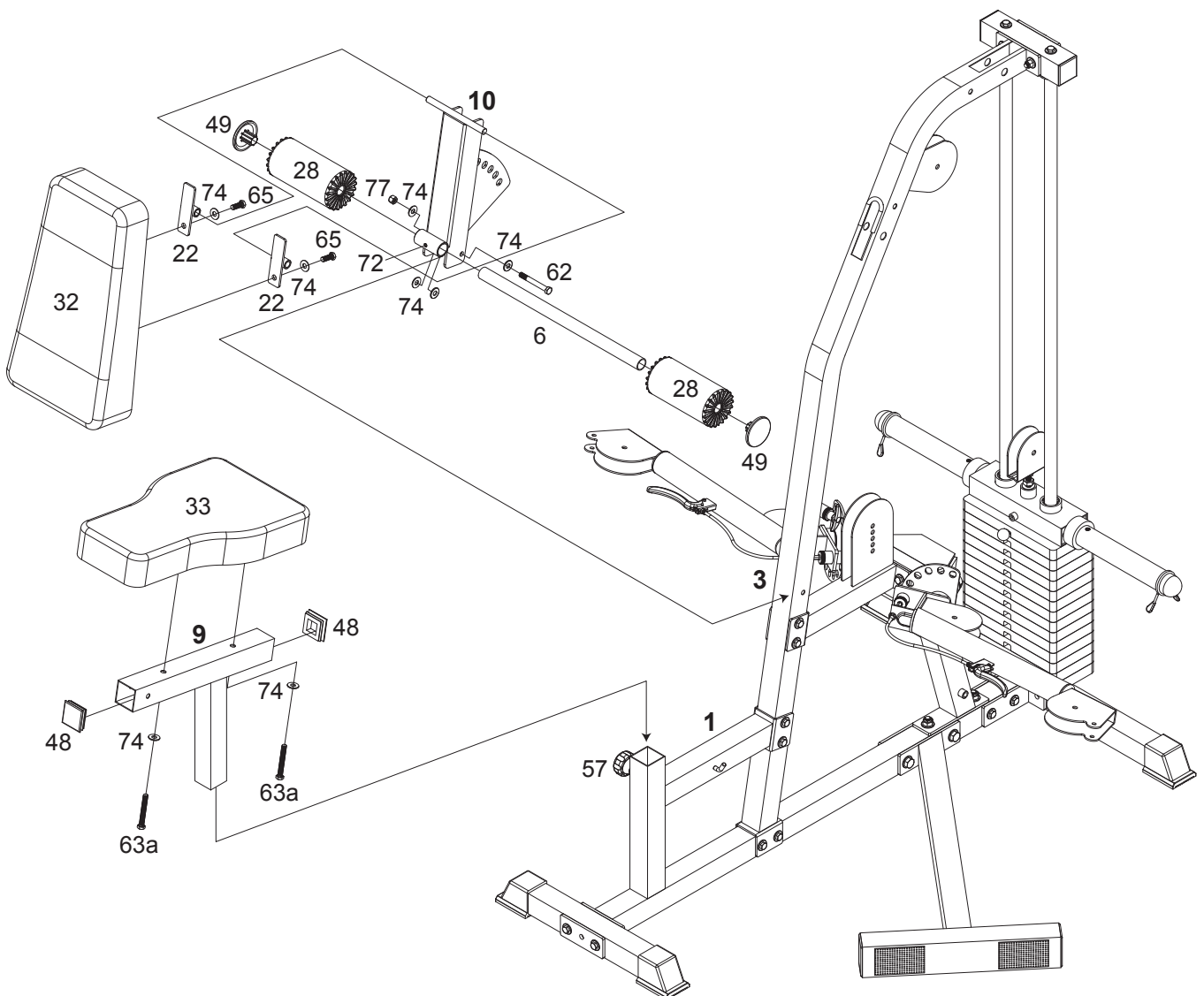


# STEP 3

1. Attach the Seat Back Adjuster (10) to the Upright (3) using one 3/8" X 3" Hex Bolt (62), two 3/8" Washers (74) and one 3/8" Nut (77). Do not tighten completely, Leave the bolt loose, just enough to let the Seat Back Adjuster (10) pivot freely.
2. Attach the Pop Pin (58) for the Seat Back Adjuster (10) to the Upright (3). Slide two Metal Hinges (22) onto each end of the round top of Seat Back Adjuster (10), then attach the Back Pad (32) to the Metal Hinges (22) using two 3/8" X 1" Hex Bolts (65), and two 3/8" Washers (74). Insert the Foam Roller Holder (6) into the hole in the Seat Back Adjuster. Moisten the inside holes of two Foam Pads (28) with water and slide onto each end of the Foam Roller Holder (6). Cap the Foam Roller Holder (6) with two 1" Id Foam Round Plug (49). Lock the Foam Roller Holder (6) into place with the pre-installed Set Screw (72) on the Seat Back Adjuster (10).
3. Attach the Seat Pad (33) to the Seat Adjuster (9) using two 3/8" X 2-3/4" Hex Bolts (63a) and two 3/8" Washers (74). Cap the front and rear of the Seat Adjuster (9) with two 50mm SQ. Plugs (48). Pull the pre-installed Pop Pin (57) to let the Seat Adjuster into the Seat Frame of Base.



**Tighten all bolts and nuts.**





# STEP 4

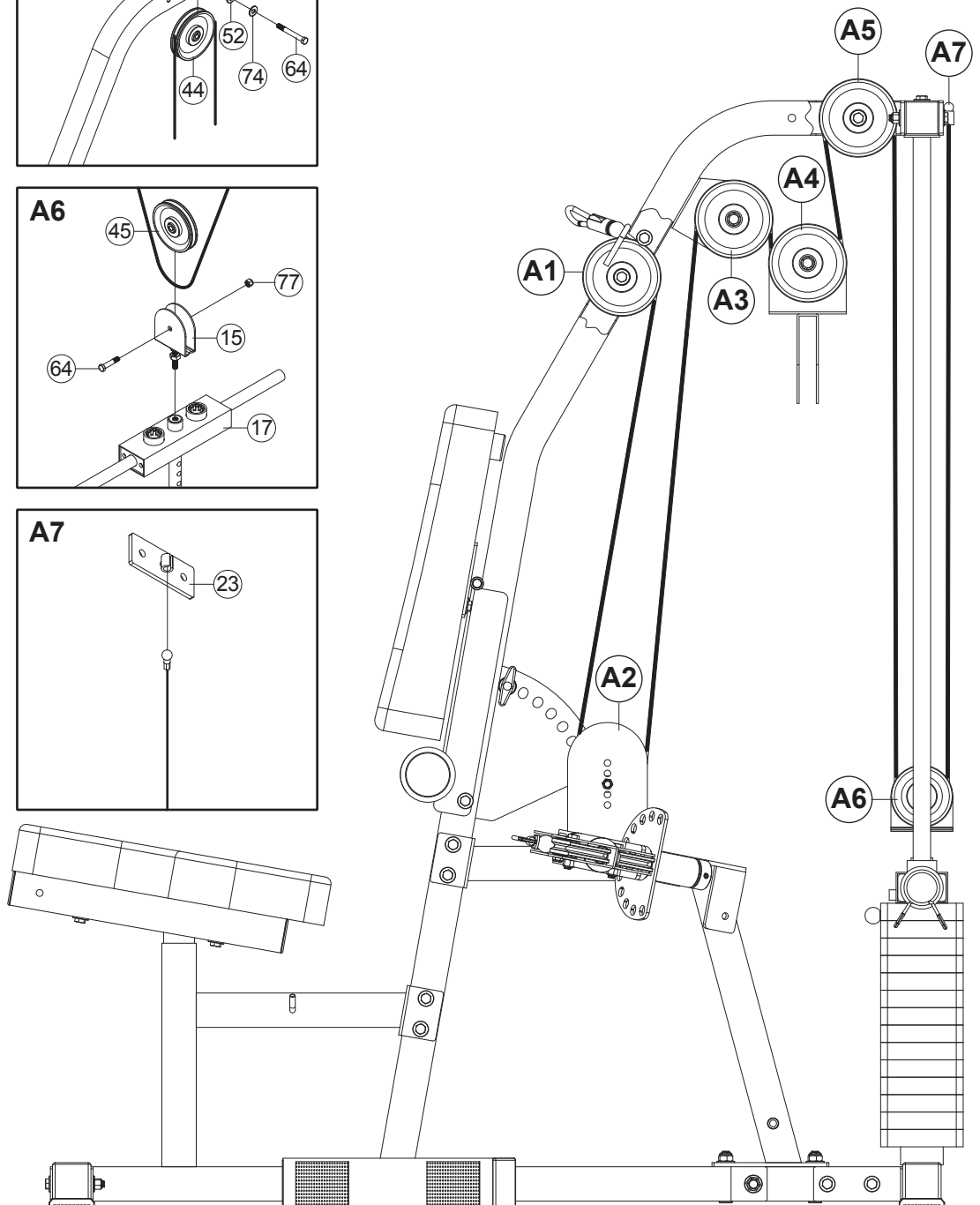
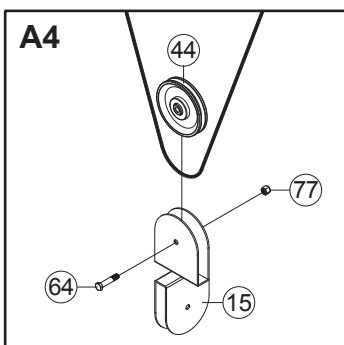
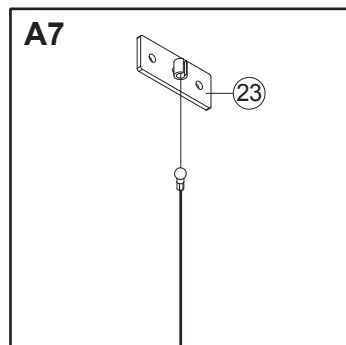
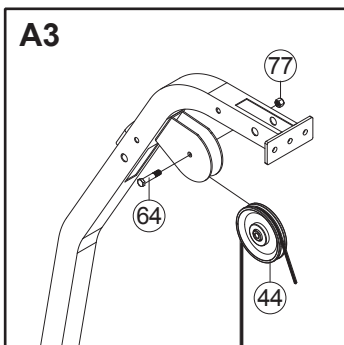
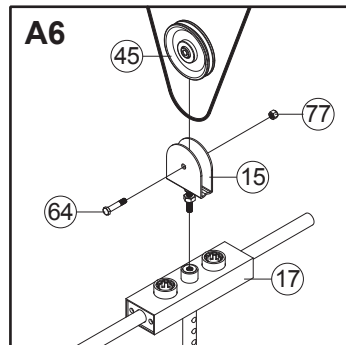
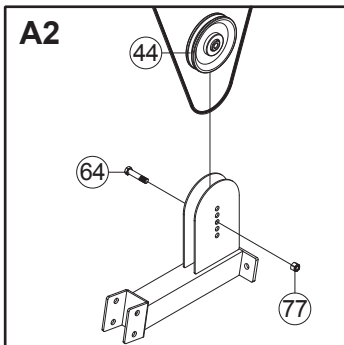
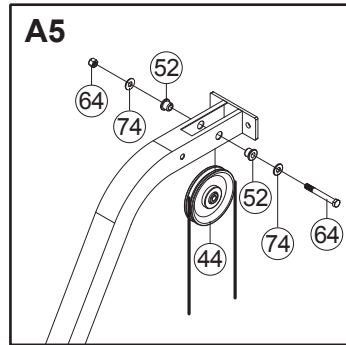
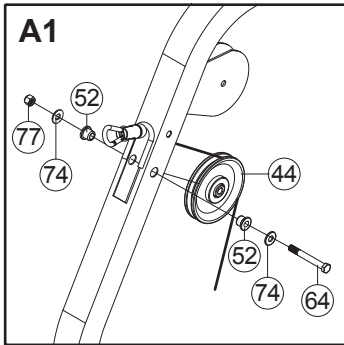


AB CABLE (30)

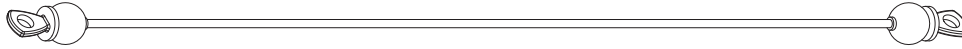
## Assemble cables and pulleys simultaneously.

□ Route steel ball end of AB Cable (30) through the slot and over the pulley in Upright (3), down to the pulley on top of the Cable Arm Connector (11) (A2), then up and over to the pulley on the Upright (A3) down and under the top pulley in the Cross Pulley Block (A4), then up and over the pulley on the Upright (A5), then down and under the pulley (smaller, 90 mm diameter) on the Two Way Top Plate (A6), then up to the receptor on top Connect Plate (as shown A7).

Do not use this AB Cable (30) if you own the option Lat Pull, please use the Top Cable (105) found in the Lat Pull box instead.

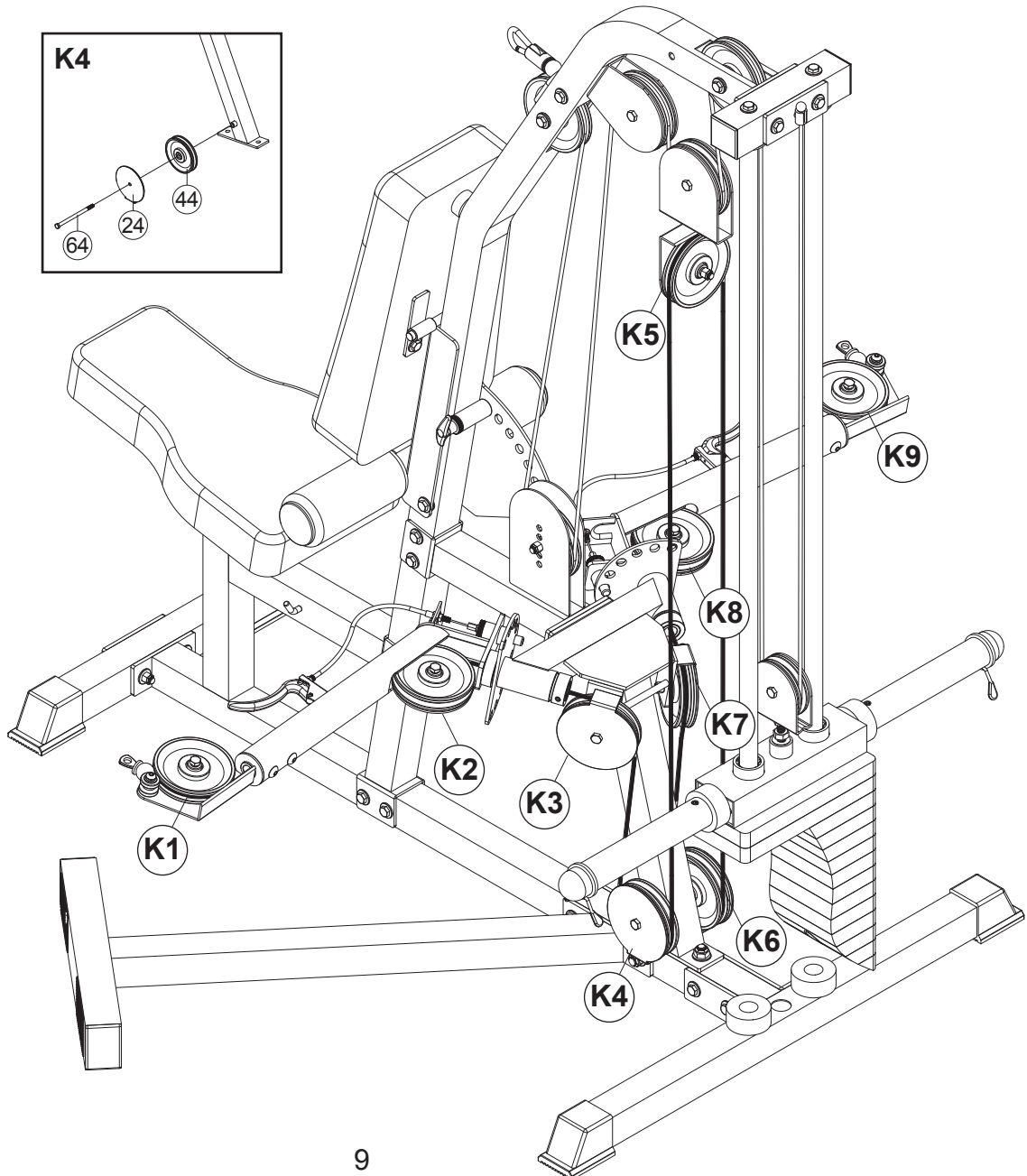
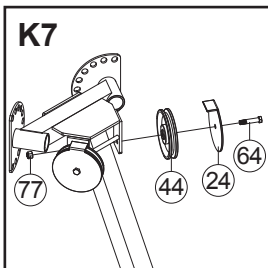
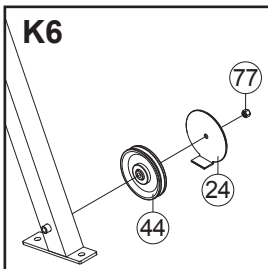
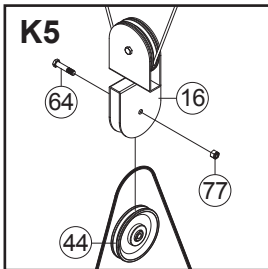
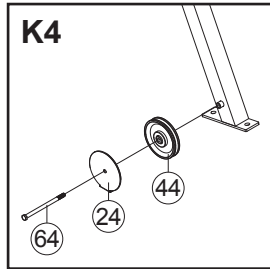
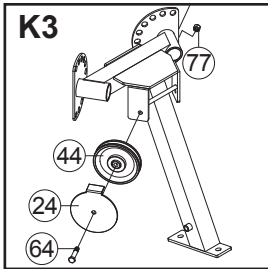
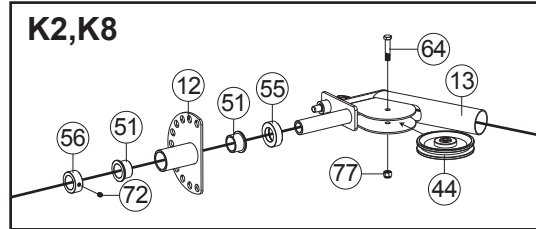
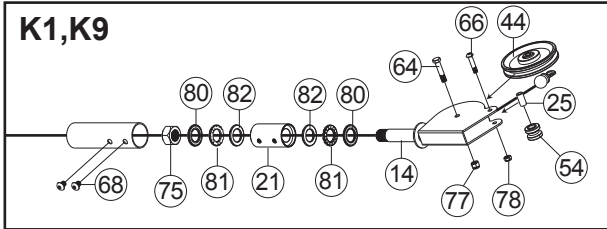


# STEP 5



CABLE ARM CABLE (29)

Attach Pulleys (44) and Pulley Guides (24) to the Cable Arm Assembly (12) as shown in K3. Attach Pulleys (44) and Pulley Guides (24) to the bottom of the Cable Arm Assembly (12) as shown in K4. Route the pre-assembled Cable Arm Cable (29) over the Pulleys (44) at the top of the Cable Arm Assembly (K3), then down and around both bottom pulleys (K3), then up and around the bottom pulley in the Cross Pulley Block (K5). Be certain that, when tightened, the pulley guides do not interfere with cable movement and all cables are running within the groove of pulleys. □



**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 (42) 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 (17) 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 MINI X Press Gym. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556**