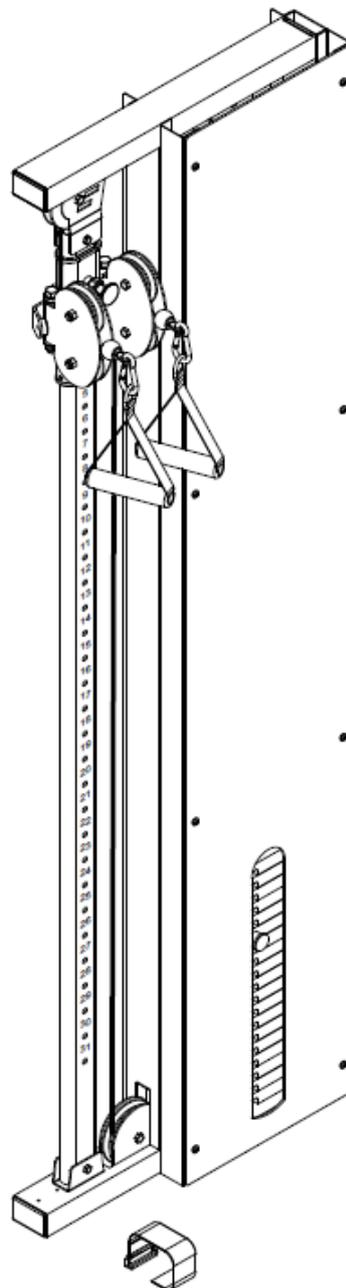




# ***BODYCRAFT***

**USER MANUAL – EN**

**IN 23283 Adjustable single pulley Body Craft SPDL M**



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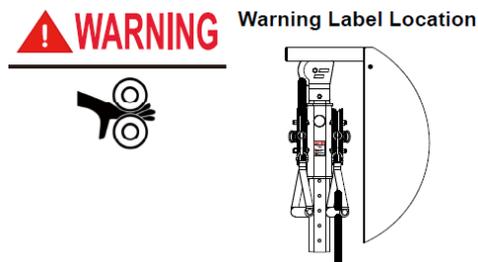
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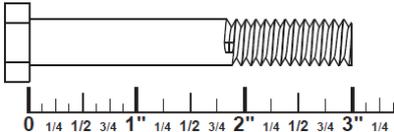
## SAFETY INSTRUCTIONS

- Read the manual before use and installation and keep it for future reference.
- Assembly and placement of the device must be done on flat and firm surface.
- Keep a safety distance of at least 0.6 m from other objects.
- Check the product regularly for signs damage or wear.
- Do not modify the product.
- Ask your doctor for advice before starting an exercise program.
- Keep the device out of the reach of children and minors.
- Always warm up before use.
- Read all instructions and warnings before use.
- Before starting the assembly, check that all parts are complete and undamaged. Use only original spare parts and accessories. Do not make unauthorized modifications to the product.
- Installation may only be performed by an adult. Prior to use, make sure that the product is correctly assembled and properly attached. This device must be properly assembled and secured to prevent injury to the user. If the device does not work properly, shows signs of damage or wear, stop using it immediately. Damaged or worn parts must be replaced immediately.
- Prior to use, make sure that all bolts and nuts are tight. If the product is damaged, do not use it.
- Exercise sensibly and carefully, do not overload. Movements must not be abrupt to avoid injury.
- Do not hold your breath during exercise.
- Exercise properly and appropriately. Exercise with high intensity can lead to health complications.
- Always wear sportswear and shoes. Keep all clothing and body parts away from moving parts.
- Adjustable parts must not prohibit the movement of the user.
- Improper exercise or failure to follow safety precautions can result in serious injury. Wear appropriate sportswear, including sports shoes.
- Never exceed the specified weight limits.
- Pay attention to your body's signals. In case of negative physical reactions, stop exercising immediately and contact your doctor.
- Before use, make sure that the cables are in the pulleys.
- If you are unsure of the anchoring, consult an expert for the correct anchoring.
- For indoor use only.
- **Category:** H for home use
- **Load capacity:** 150 kg
- **Max. weights limit:** 90 kg
- **Product weight:** 57,1 kg



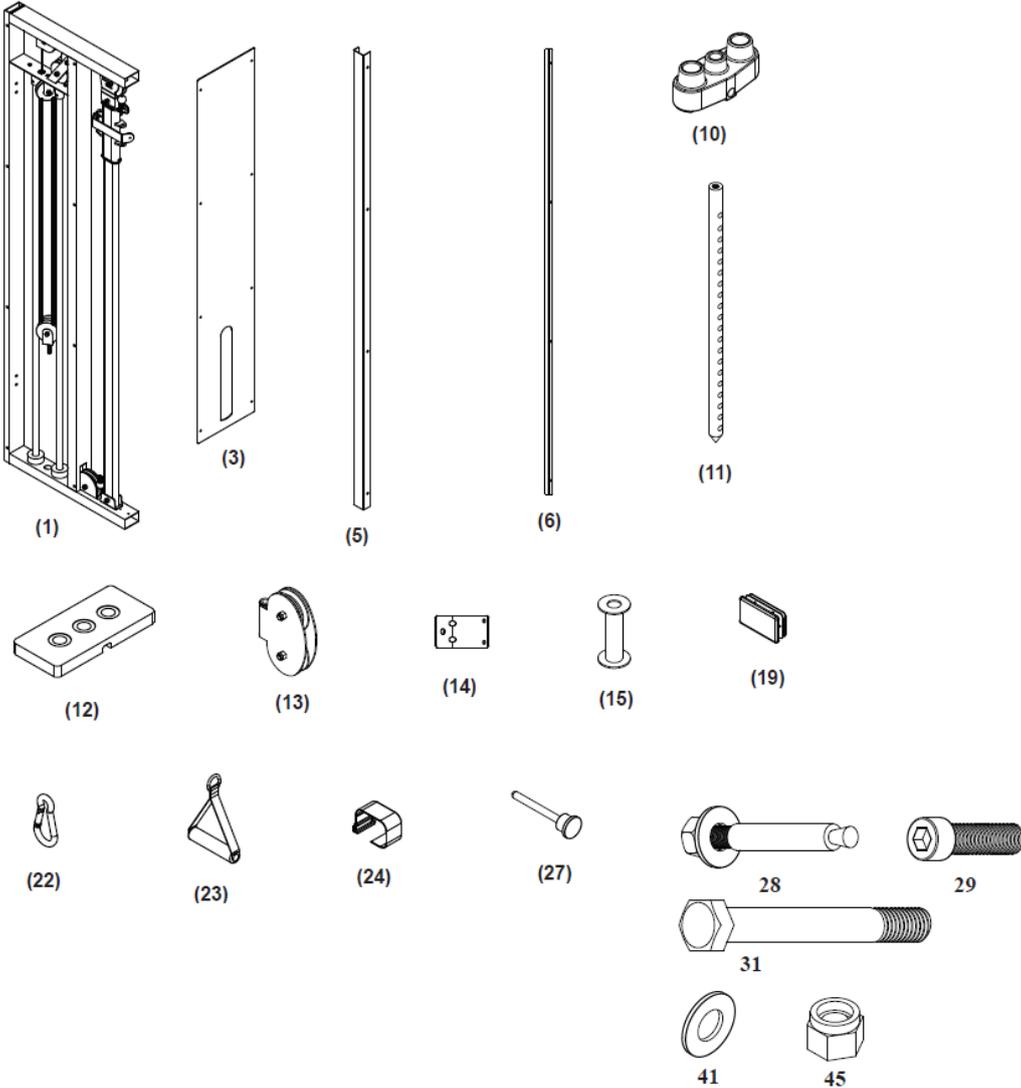
# ASSEMBLY

- Do not tighten the screws until prompted.
- At least two people are required for assembly.
- Before placing weights, lubricate the guiding rods.
- Attach the plastic caps with a rubber mallet.
- The screws are measured without a head.
- Before anchoring to a wall, make sure that the wall is suitable for anchoring, if you are not sure, consult an expert.



## PARTS LIST

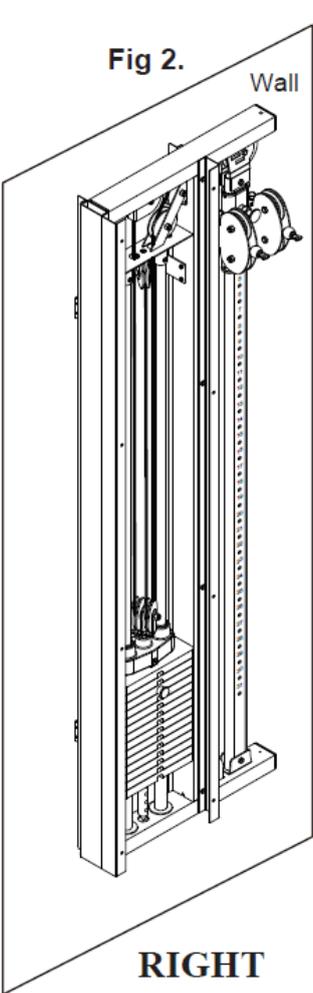
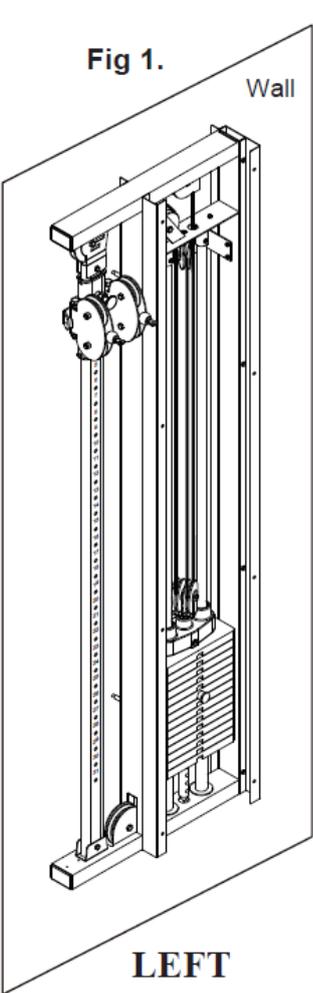
Check that no part is missing or damaged.



No.	Name	Qty.
1	Main frame	1
3	Cover	1
5	Front cover	2
6	Back cover	2
10	Top part of the weight	1
11	Weight selection bar	1
12	Weights 68 kg / 90 kg	14/19
13	Pulley with holder	2
14	L-shaped bracket	4
15	Weight spacer	2
19	End cap 45x75 mm	2
22	Snap hook	2
23	Handle	2
24	Ankle strap	1
27	Weight selection pin	1
28	Bolt 5/16" x 2-1/2"	4
29	Top weight bolt	1
31	Hexagon bolt 1/2" x 4-1/4"	2
41	Washer 1/2"	4
45	Nylon nut 1/2"	2

**ANCHORING**

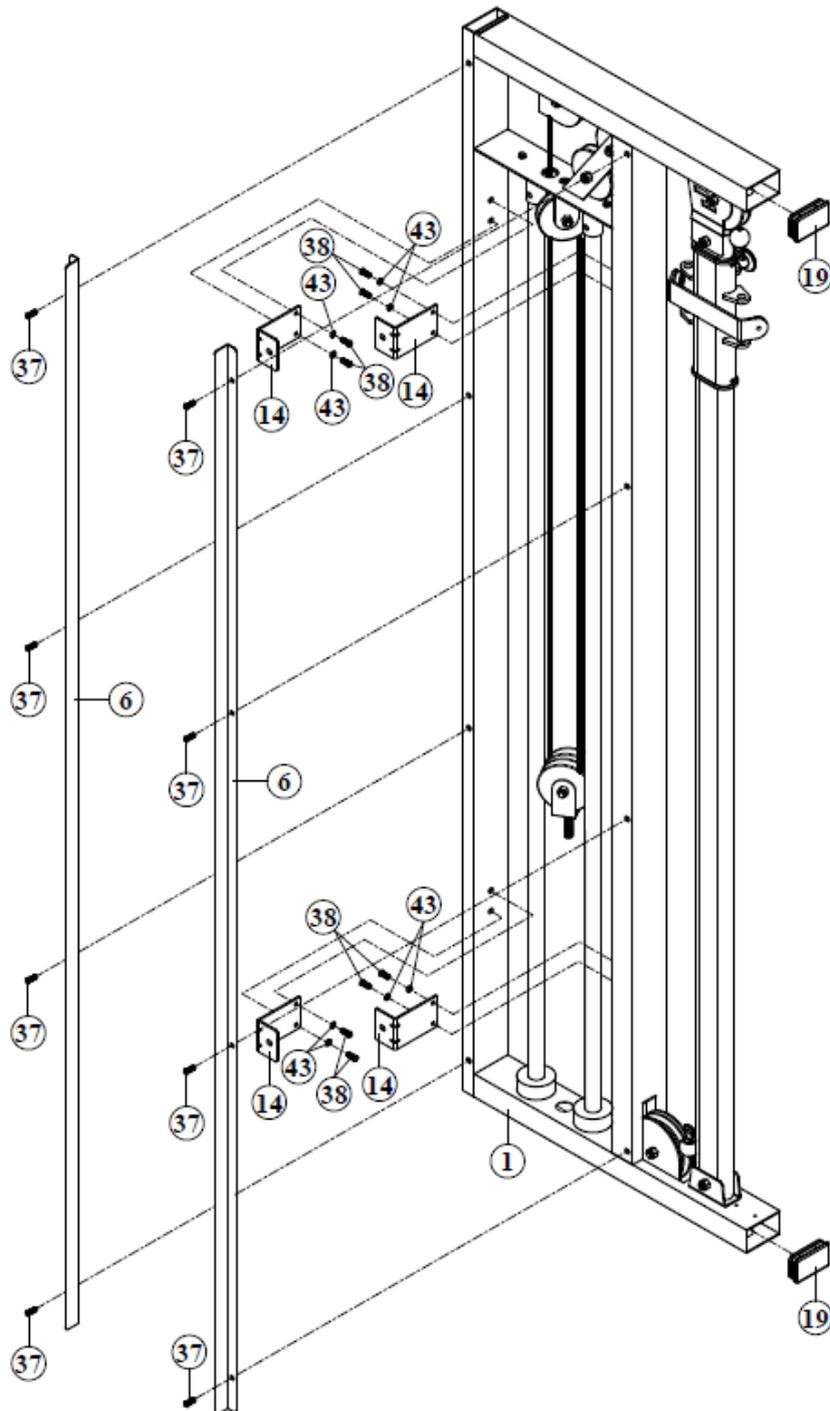
To anchor the pulley on the left, follow steps 1 - 6. If you want to anchor the pulley on the right, follow steps 7 - 14.



## ANCHORING TO THE LEFT SIDE STEPS 1 – 6

### STEP 1

1. Attach the 2x rear covers (6) to the main frame (1) using 8x M6x15 mm Allen bolts (37).
2. Attach the 4x L-shaped brackets (14) to the main frame (1) using 8x M6x10 mm hex bolts (38) and 8x M6 spring washers (43).
3. Attach 2x 45x75 mm caps (19) to the main frame (1).
4. Tighten all bolts.

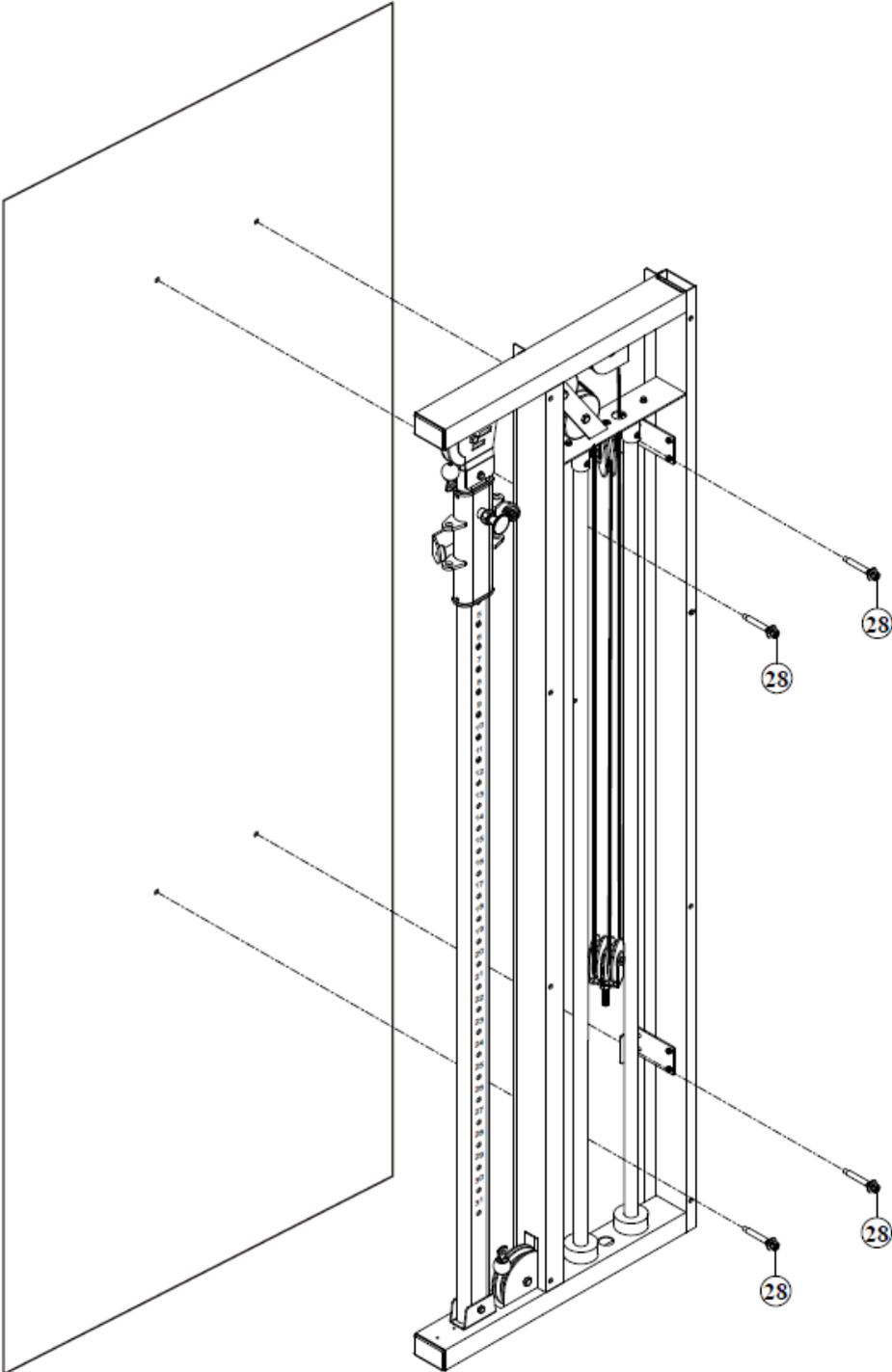


**STEP 2**

WARNING: Consult an expert before anchoring to a wall.

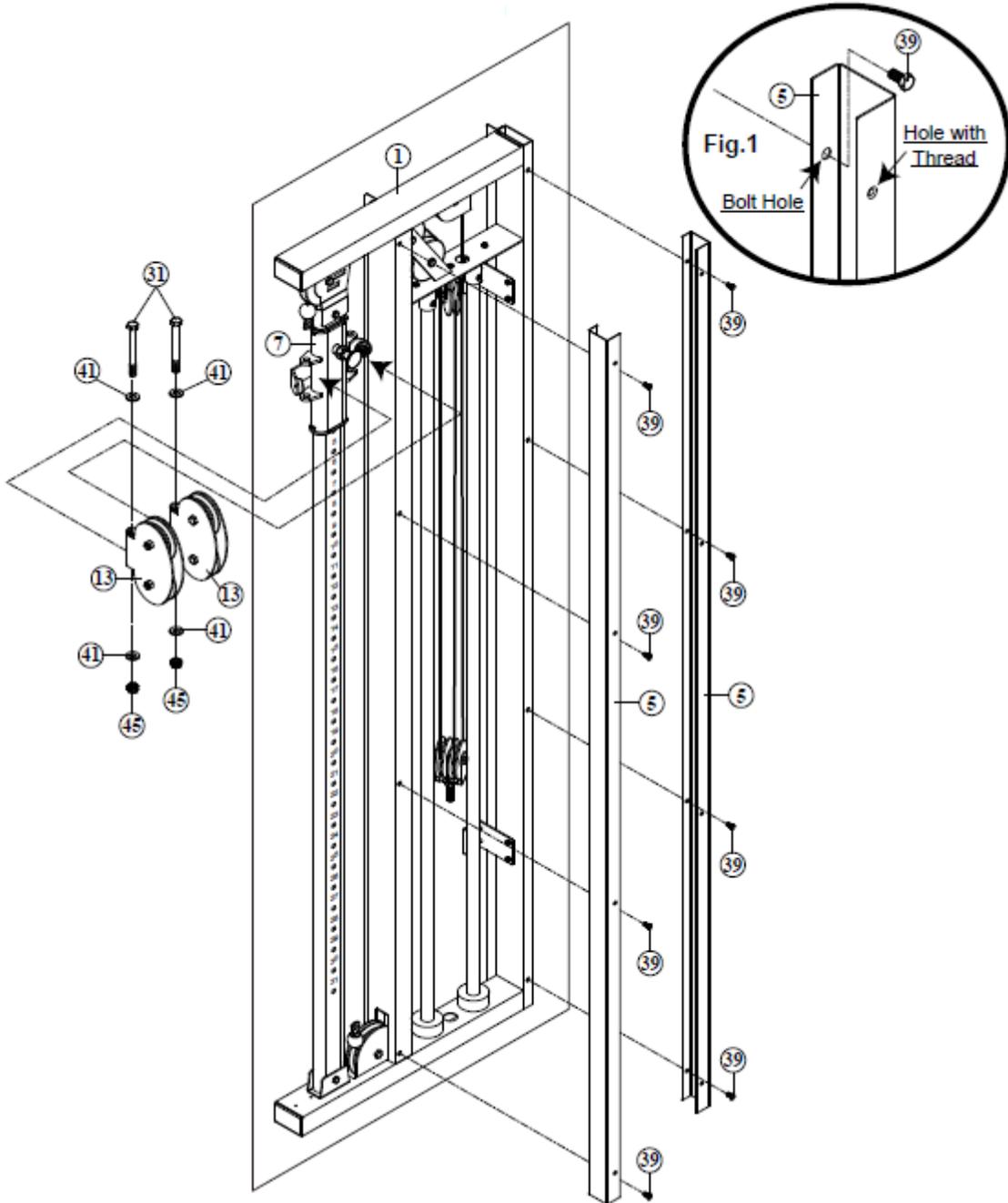
WARNING: The pulley must be placed on a level surface and close to the wall. Make sure the screws are solid.

- 1. Attach the pulley to the wall using the 4x 5/16 "x2-1 / 2" bolts (28).



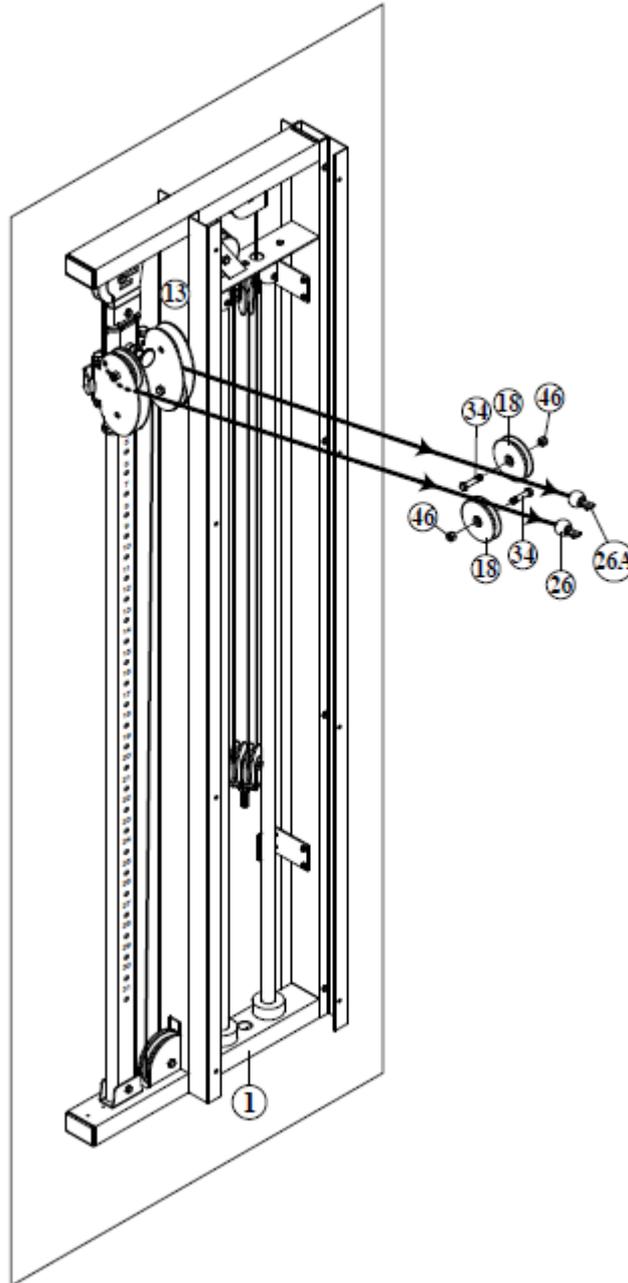
### STEP 3

1. Attach the 2x pulley brackets (13) to the main frame (1) using 2x 1/2 "x4-1 / 4" bolts (31), 4x 1/2 " washers (41) and 2x 1/2" nylon nuts ( 45).
2. Attach the 2x front covers (5) to the main frame (1) with 8x M6x12 mm bolts (39).
3. Tighten all screws.
4. **WARNING:** When attaching the covers (5), pay attention to the holes. The cover is fixed with a bolt in the hole without a thread, see. Fig. 1.



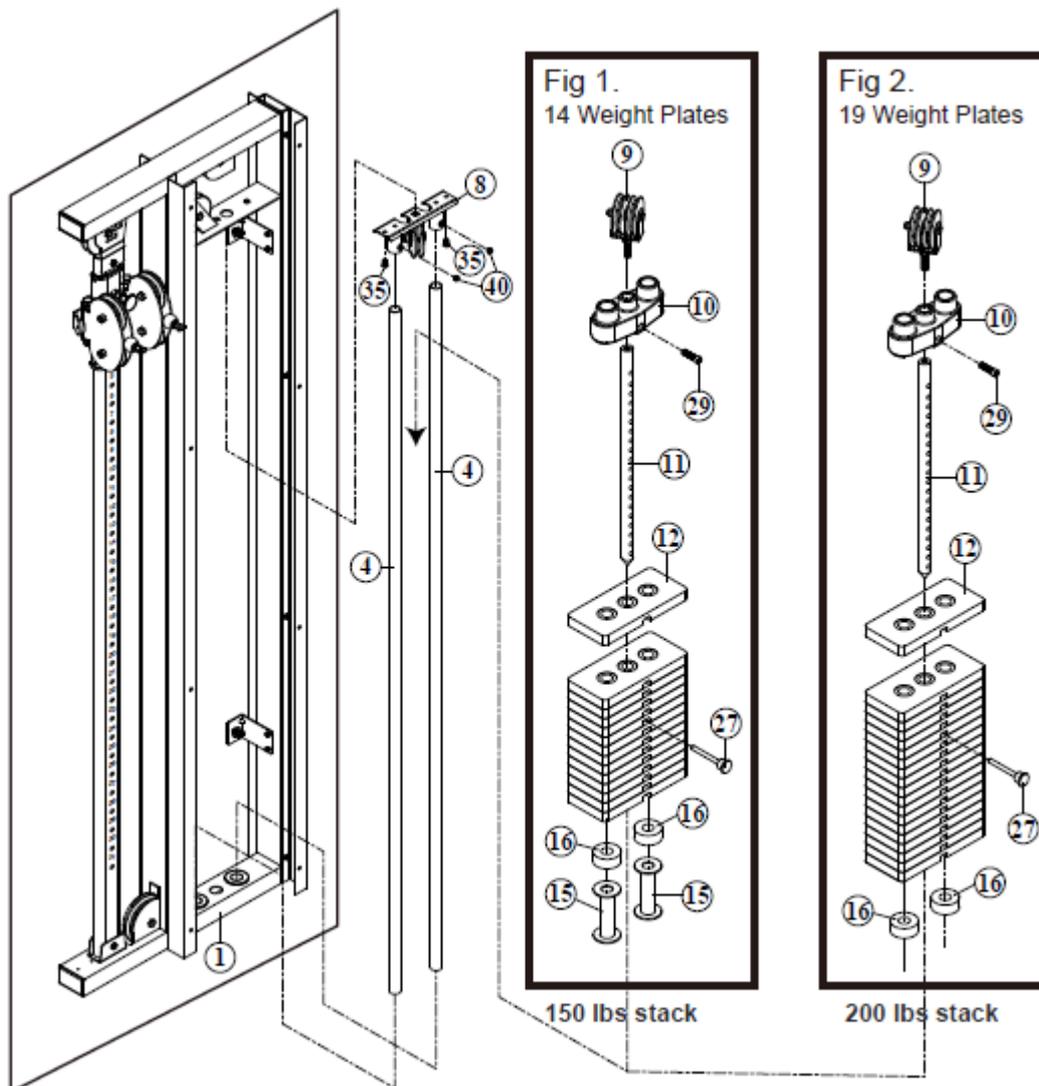
#### STEP 4

1. Remove the top or bottom pulley (18) from each pulley holder (13) by removing the 2x 3/8" x1-3/4" hex bolts (34) and 2x 3/8" nylon nuts (46), see. below.
2. Pass the cable with the ball (26) through the 2x pulleys (18) on the left pulley holder (13).
3. Reattach the top pulley (18) to the left pulley bracket (13) using the 3/8" x1-3/4" hex bolts (34) and 3/8" nylon nut (46).
4. Pass the cable (26) through the pulleys (18) on the right pulley holder (13), see. below.
5. Reattach the lower pulley (18) to the right pulley holder (13) using the 3/8" x1-3/4" hex bolts (34) and 3/8" nylon nut (46).



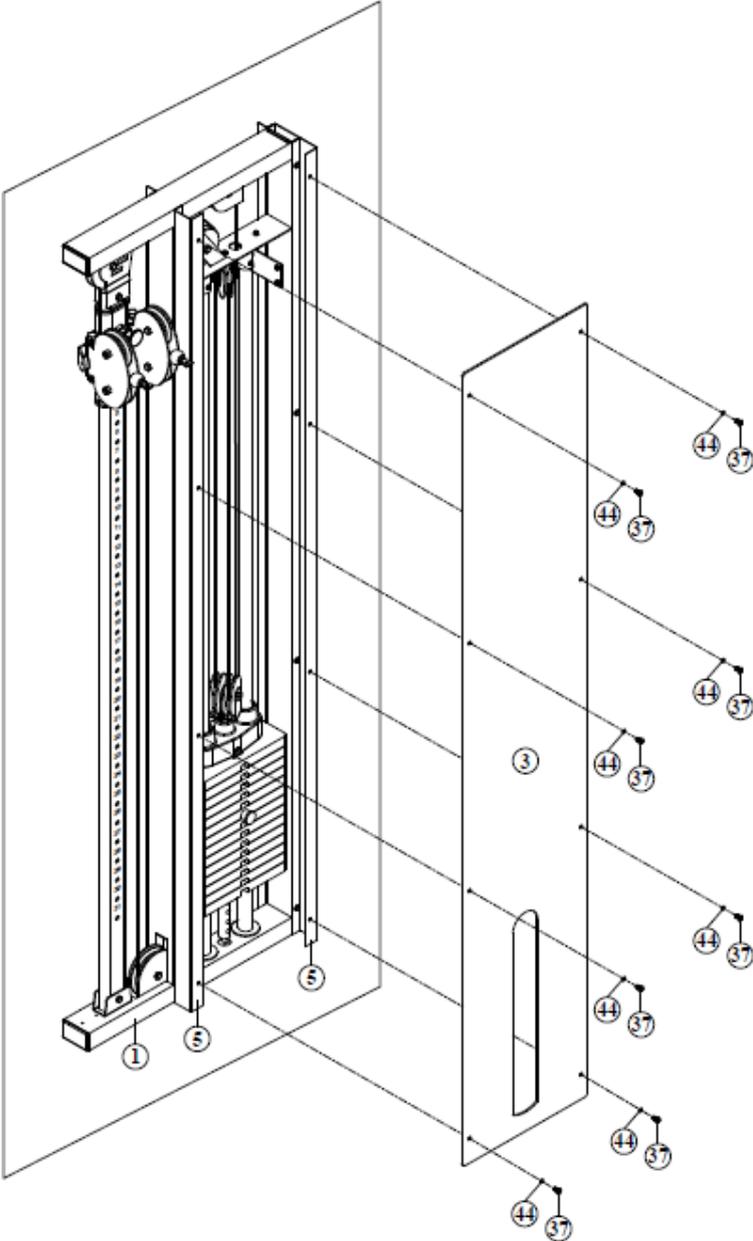
## STEP 5

1. Mounting of weights depends on the configuration of weights:
  - 14x weights (12), you must place spacers (15) on the guide rods (4), see Fig. 1. 14x weights and top part of weights (10) = 68 kg
  - 19x weights (12), do NOT place spacers (15) on guide rods (4), see Fig. 2. 19x weight and top part of weight (10) = 90 kg
2. Remove the pre-installed guide bar holder (8) and, depending on the weight configuration, place the weight for:
  - 14x weights: put on spacers (15) and rubber washers (16) then put on weights and proceed as shown. Fig. 1.
  - 19x weights: place only the rubber washers (16) and then put the weights and proceed as shown. Fig. 2.
3. Attach the top part of the weight (10) to the weight selection rod (11) using the bolt (29) and tighten. Screw the double pulley (9) into the rod (11) by 10 full turns. Slide the top part of the weight (10) together with the rod (11) into the guide rods (4), see. picture.
4. Place the guide bar holder (8) on the guide bars (4) and then attach the holder (8) to the main frame (1) with 2x 5/16"x5 / 8" Allen bolts (35) and attach the guide bars (4) to the holder (8) with 2x 5/16 "x1 / 4" bolts (40).
5. Tighten all bolts.



**STEP 6**

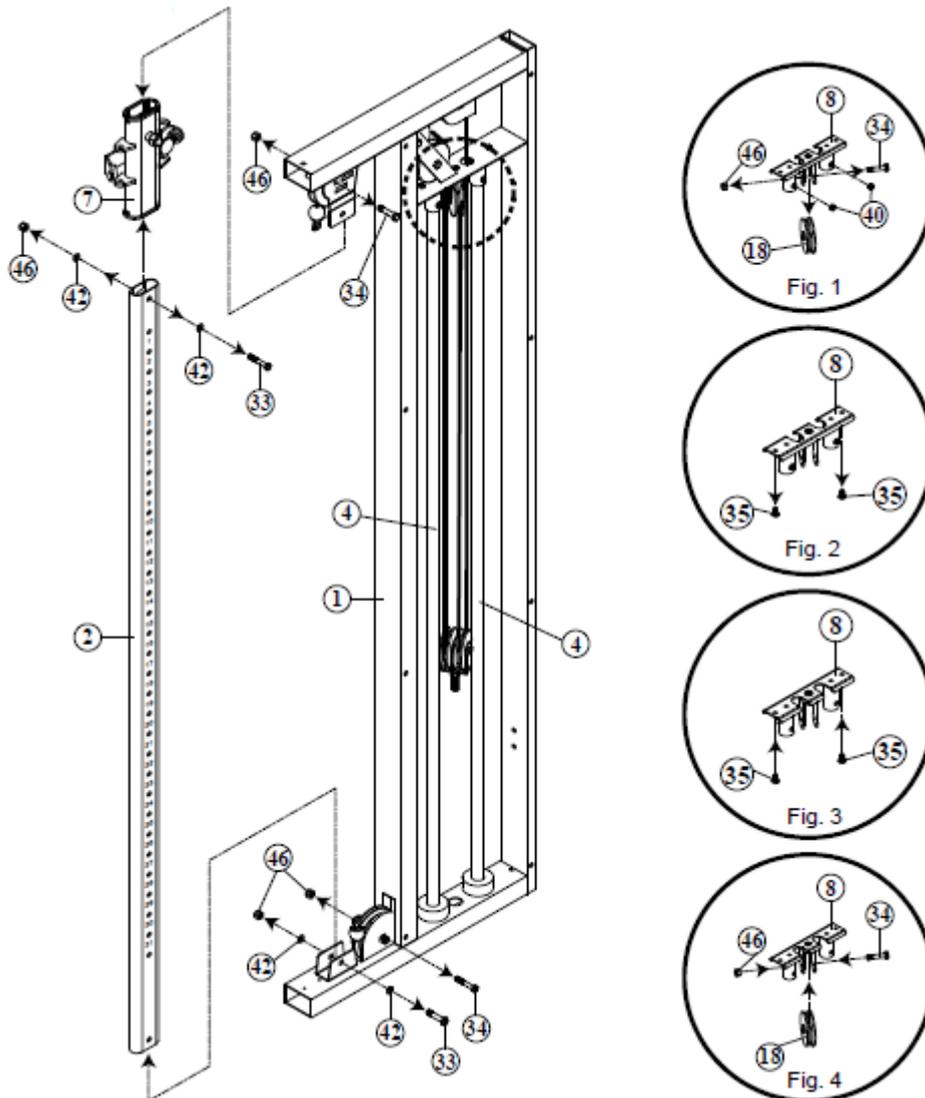
- 1. Attach the cover (3) to the 2x front covers (5) using 8x M6x15 mm Allen bolts (37) and 8x M6 rubber washers (44).



## ANCHORING TO THE RIGHT SIDE STEPS 7 – 14

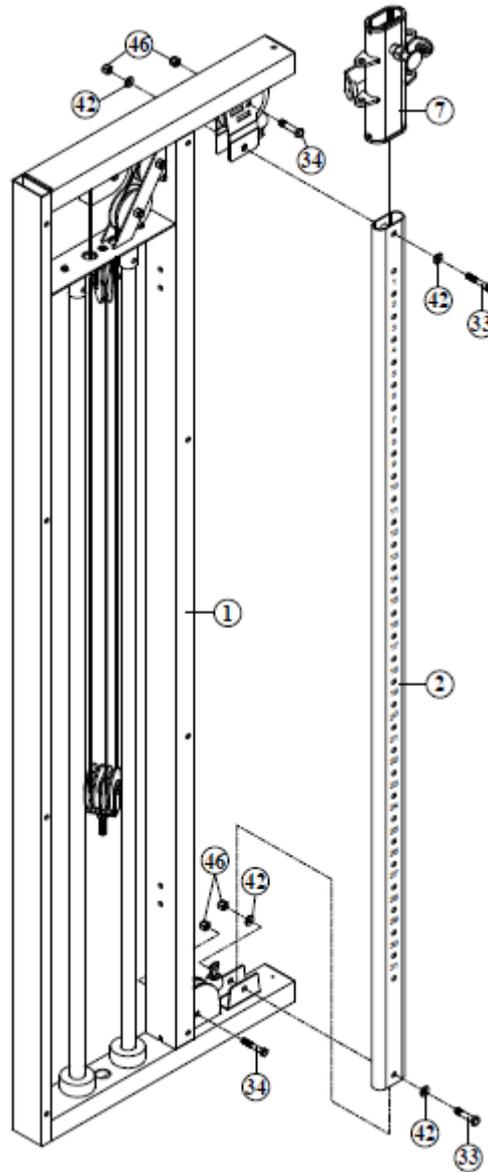
### STEP 7

1. Remove the top frame (2) from the main frame (1) by removing the 2x 3/8"x2" hex bolts (33), 4x 3/8" washers (42) and 2x 3/8" nylon nuts (46).
2. Remove the 2x 3/8"x1-3 / 4" hex bolts (34) and 2x 3/8" nylon nuts (46) from the main frame (1).
3. Remove the pulleys (19) from the pulley holder (8) by removing the 3/8"x1-3 / 4" hex bolts (34) and 3/8" nylon nuts (46) and loosen the 2x 5/16" x1 / 4" bolts (40) see Fig. 1. Remove the guide bar holder (8) from the main frame (1) and the 2x guide bars (4) from the holder (8) by removing the 2x 5/16"x5 / 8" Allen bolts (35). Fig. 2.
4. Rotate the guide bar holder (8). Attach the holder (8) to the main frame (1) and guide rods (4) using 2x 5/16" x5 / 8" Allen bolts (35), see Fig. 3, leave 2x 5/16"x1 / 4" (40) bolts loosened. Reattach the 90mm pulleys (18) to the guide bar holder (8), using the 3/8"x1-3 / 4" hex bolts (34) and 3/8" nylon nuts (46) see. Fig. 4 with a guided cable (26). If the cable (26) is misaligned, refer to step 15, Figures 1 and 2 for cable guidance.



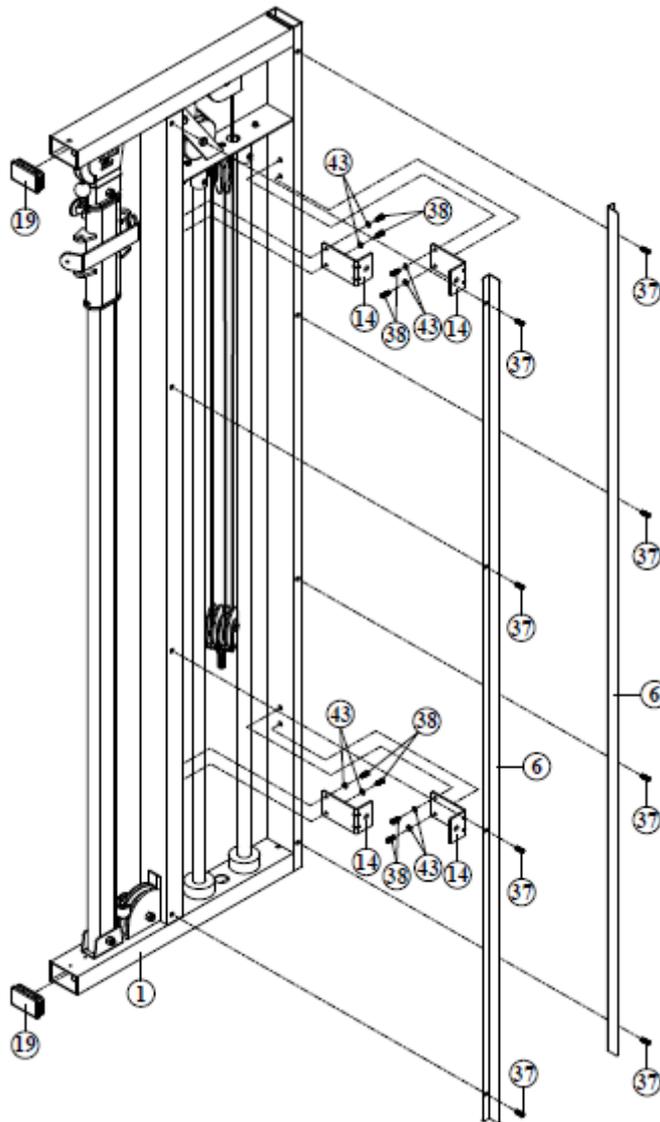
## STEP 8

1. Turn the main frame (1) to the other side.
2. Attach the top frame (2) to the main frame (1) using 2x 3/8"x2" hex bolts (33), 4x 3/8" washers (42) and 2x 3/8" nylon nuts (46).
3. Attach 2x 3/8"x1-3 / 4" hex bolts (34) and 2x 3/8" nylon nuts (46) to the main frame (1).



## STEP 9

1. Attach the 2x rear covers (6) to the main frame (1) using 8x M6x15 mm Allen bolts (37).
2. Attach the 4x L-shaped brackets (14) to the main frame (1) using 8x M6x10 mm hex bolts (38) and 8x M6 spring washers (43).
3. Attach 2x 45x75 mm caps (19) to the main frame (1).
4. Tighten all bolts.

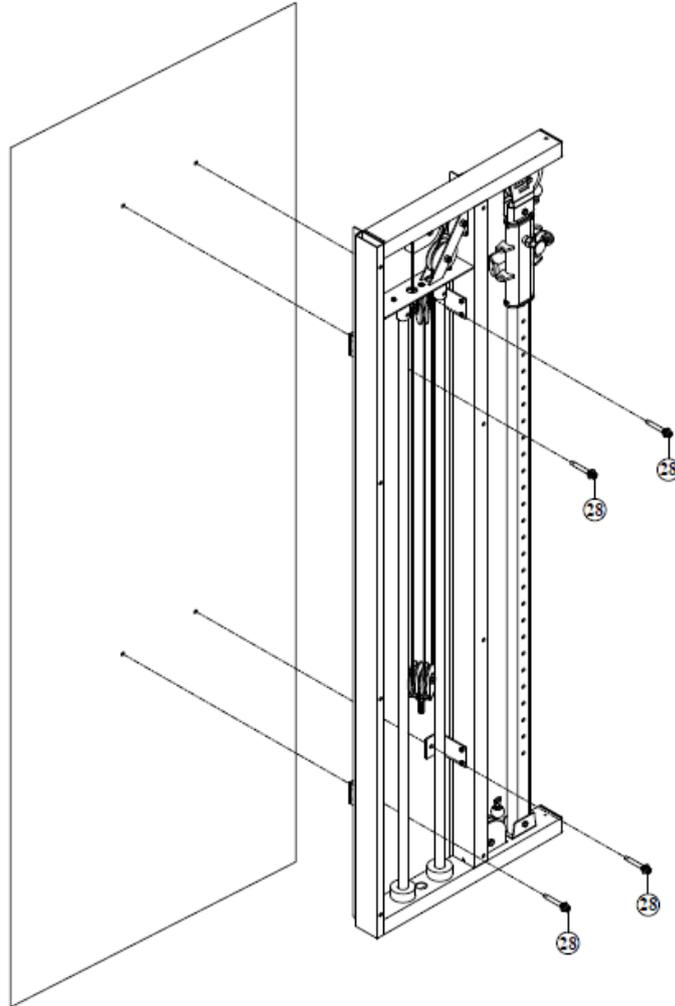


## STEP 10

WARNING: Consult an expert before anchoring to a wall.

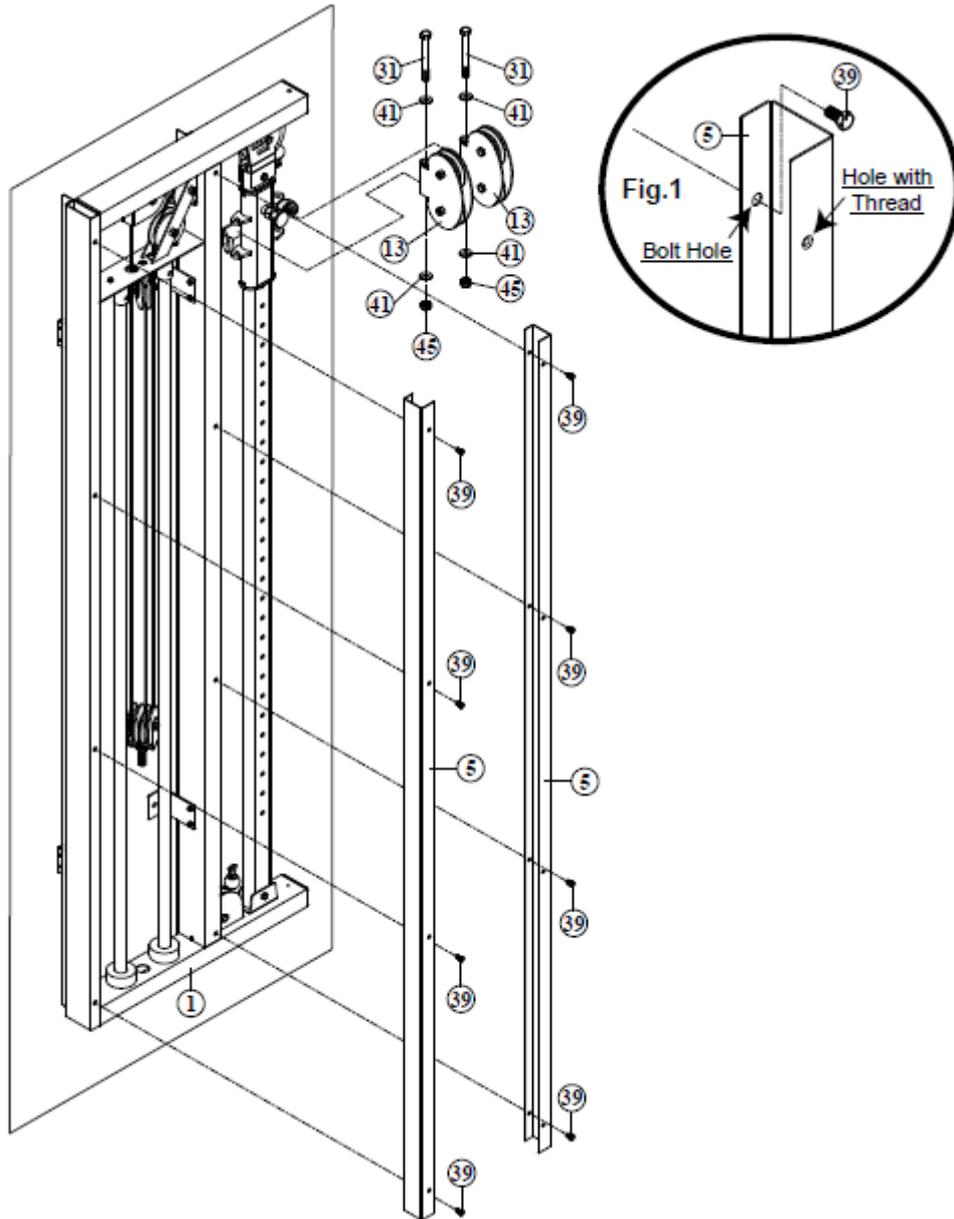
WARNING: The pulley must be placed on a level surface and close to the wall. Make sure the screws are solid.

1. Attach the pulley to the wall using the 4x 5/16 "x2-1 / 2" bolts (28).



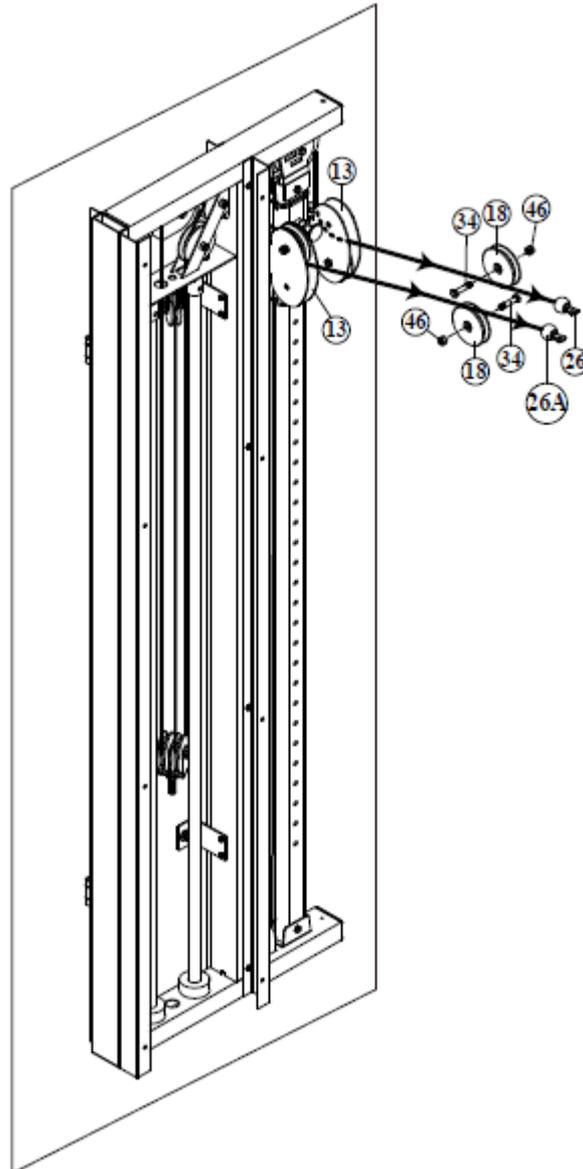
## STEP 11

1. Attach the 2x pulley brackets (13) to the main frame (1) using 2x 1/2 "x4-1 / 4" bolts (31), 4x 1/2 " washers (41) and 2x 1/2" nylon nuts ( 45).
2. Attach the 2x front covers (5) to the main frame (1) with 8x M6x12 mm bolts (39).
3. Tighten all screws.
4. **WARNING:** When attaching the covers (5), pay attention to the holes. The cover is fixed with a bolt in the hole without a thread, see. Fig. 1.



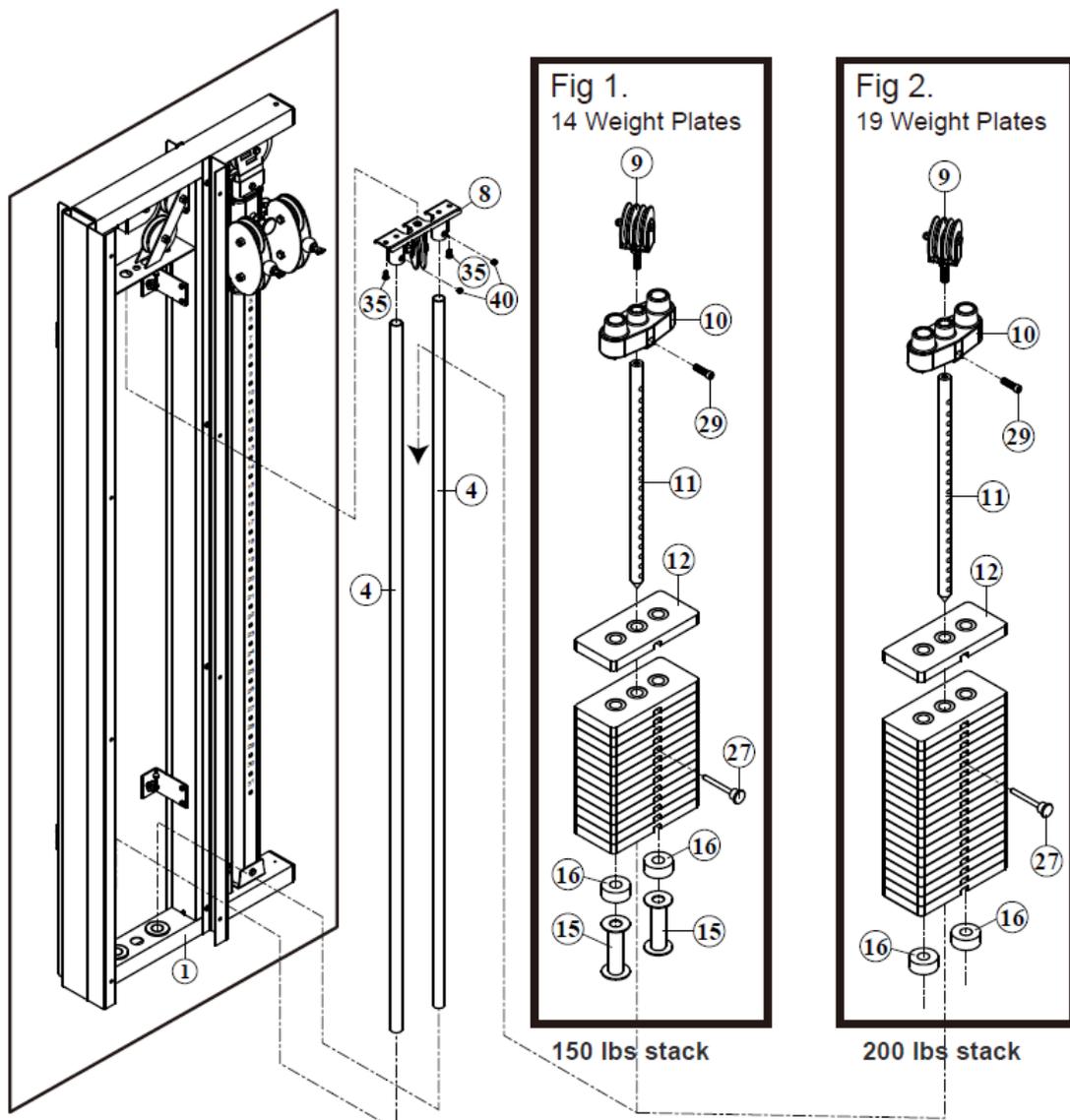
## STEP 12

1. Remove the top or bottom pulley (18) from each pulley holder (13) by removing the 2x 3/8" x1-3 / 4" hex bolts (34) and 2x 3/8" nylon nuts (46), see. below.
2. Pass the cable with the ball (26) through the 2x pulleys (18) on the left pulley holder (13).
3. Reattach the top pulley (18) to the left pulley bracket (13) using the 3/8" x1-3 / 4" hex bolts (34) and 3/8" nylon nut (46).
4. Pass the cable (26) through the pulleys (18) on the right pulley holder (13), see. below.
5. Reattach the lower pulley (18) to the right pulley holder (13) using the 3/8" x1-3 / 4" hex bolts (34) and 3/8" nylon nut (46).



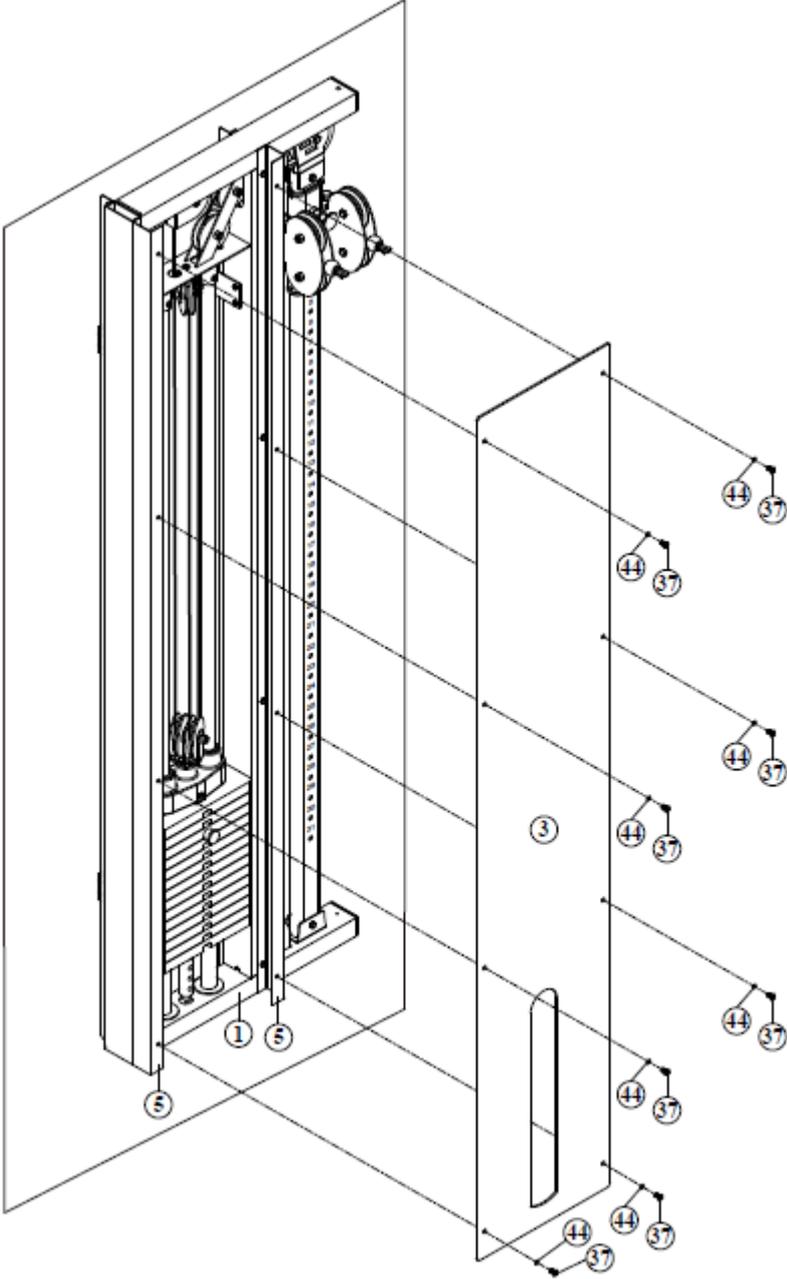
**STEP 13**

1. Mounting of weights depends on the configuration of weights:
  - 14x weights (12), you must place spacers (15) on the guide rods (4), see Fig. 1. 14x weights and top part of weights (10) = 68 kg
  - 19x weights (12), do NOT place spacers (15) on guide rods (4), see Fig. 2. 19x weight and top part of weight (10) = 90 kg
2. Remove the pre-installed guide bar holder (8) and, depending on the weight configuration, place the weight for:
  - 14x weights: put on spacers (15) and rubber washers (16) then put on weights and proceed as shown. Fig. 1.
  - 19x weights: place only the rubber washers (16) and then put the weights and proceed as shown. Fig. 2.
3. Attach the top part of the weight (10) to the weight selection rod (11) using the bolt (29) and tighten. Screw the double pulley (9) into the rod (11) by 10 full turns. Slide the top part of the weight (10) together with the rod (11) into the guide rods (4), see. picture.
4. Place the guide bar holder (8) on the guide bars (4) and then attach the holder (8) to the main frame (1) with 2x 5/16"x5 / 8" Allen bolts (35) and attach the guide bars (4) to the holder (8) with 2x 5/16 "x1 / 4" bolts (40).
5. Tighten all bolts.



**STEP 14**

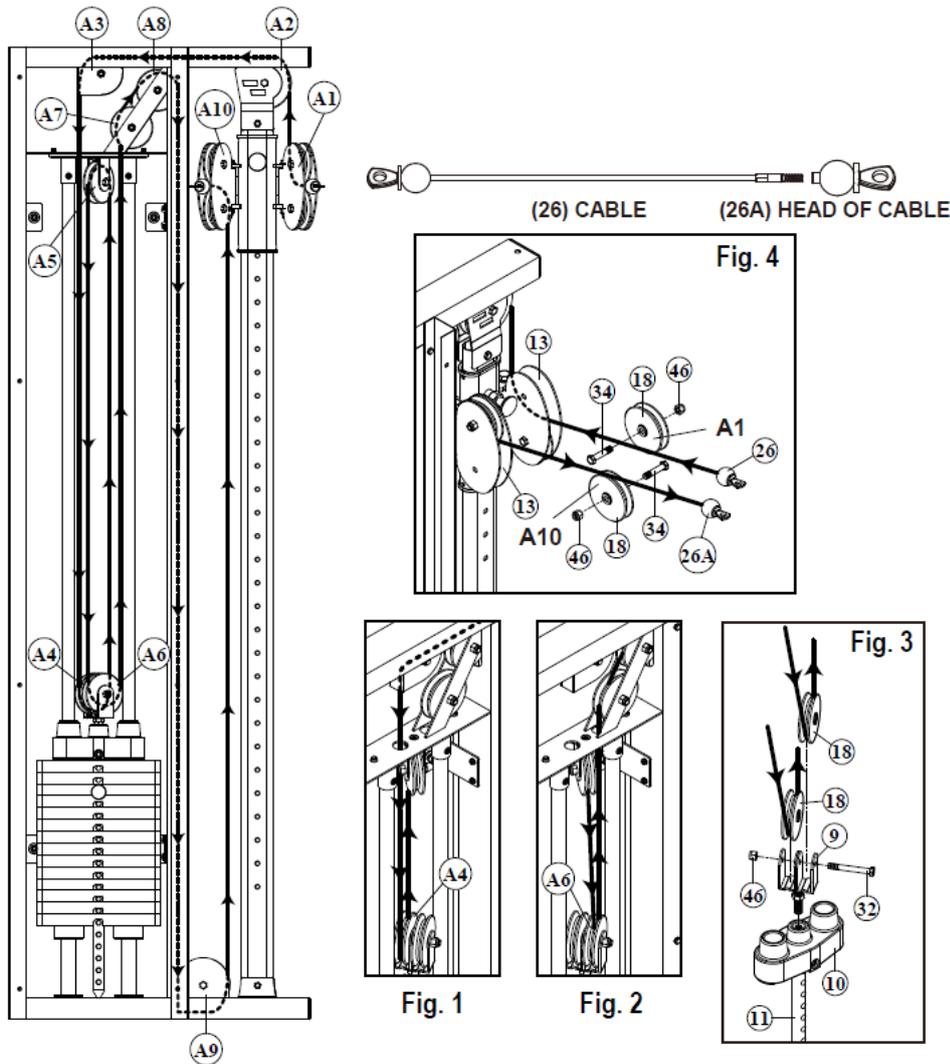
1. Attach the cover (3) to the 2x front covers (5) using 8x M6x15 mm Allen bolts (37) and 8x M6 rubber washers.



# CABLE GUIDENCE

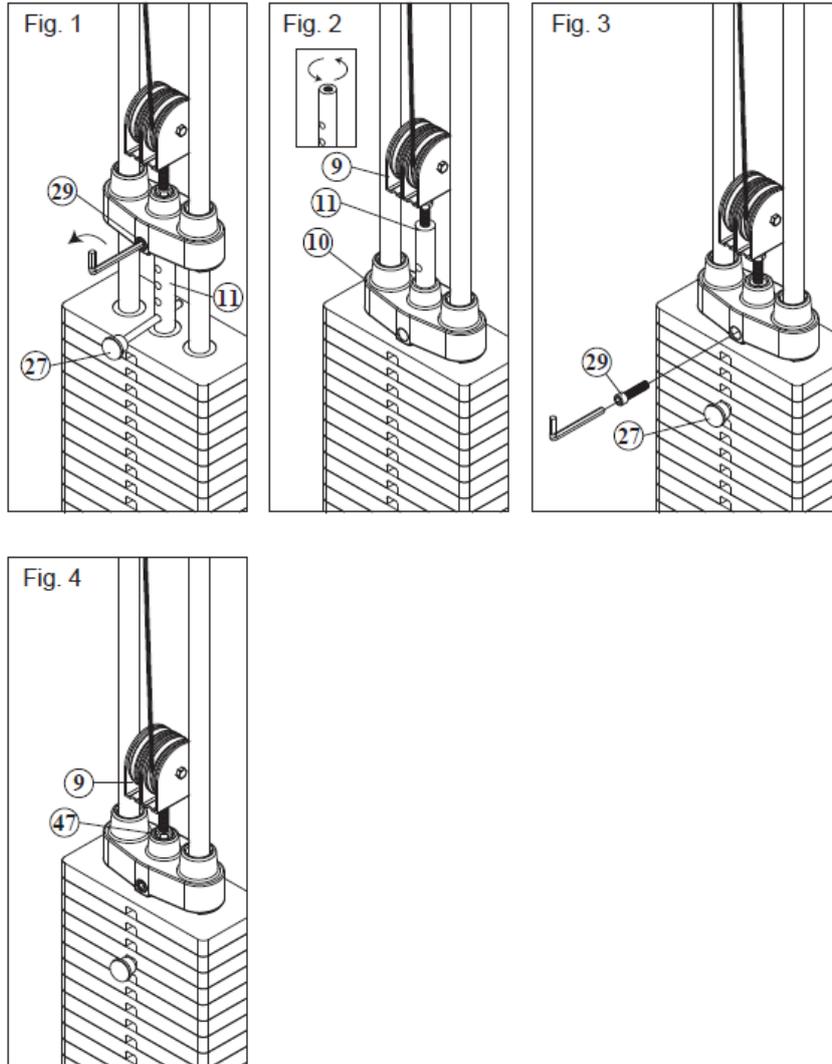
## STEP 15 – CABLE GUIDENCE

1. Remove the top or bottom pulley (18) from each pulley holder (13) by removing the 2x 3/8 "x1-3 / 4" hex bolts (34) and 2x 3/8 "nylon nuts (46).
2. Thread the ball cable end (26) through the pulleys (18) on the right pulley holder (13) and then reattach the pulley (18) to the pulley holder (13) using the 3/8 "x1-3 / 4" hex bolts (34) and 3/8 "nylon nuts (46) see. Fig. 4.
3. Remove the 3/8 "x3" hex bolt (32) and 3/8 "nylon nut (46) from the double pulley (9) see. Fig. 3.
4. Pass the cable (26) over the pulley A4 in the double pulley holder (9), see. Fig. 1 to pulley A5 on the main frame (1) and then down to pulley A6, see fig. Fig. 2.
5. Reattach the 3/8 "x3" hex bolt (32) and 3/8 "nylon nut (46) to the double pulley bracket (9).
6. Pass the cable (26) through the two pulleys (18) in the left pulley holder (13) and then reattach the lower pulley (18) to the left pulley holder (13) using a 3/8 "x1-3 / 4" hex screw (34) and 3/8 "nylon nuts (46) see. Fig. 4.
7. NOTE: The length of the cable can be adjusted by removing the top of the weight (10) and turning the weight selection bar (11). More in step 16.

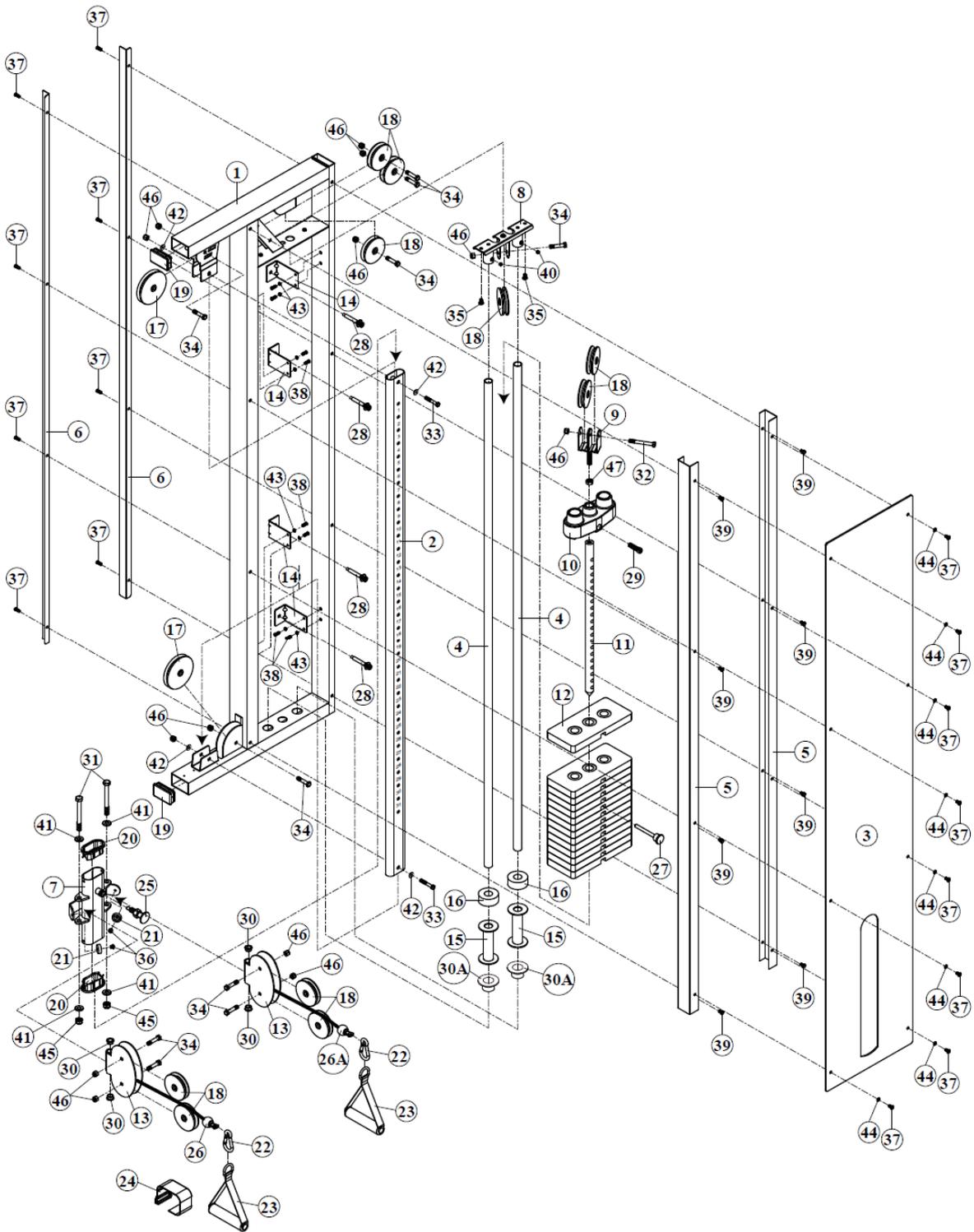


## STEP 16 – CABLE TENSION

1. Use the weight selection pin (27) to stabilize the weight selection bar (11) and loosen the top weight bolt (29), see. Fig. 1.
2. Remove the top part of the weights (10). Hold the pulley (9) and turn the weight selection bar (11). If the cable is too long, turn the rod (11) clockwise. If the cable is too short, turn the rod (11) counterclockwise, see. Fig. 2.
3. Use the pin (27) to find the most suitable tension and then tighten the bolt (29), see. Fig. 3.
4. After finding the most suitable cable tension, fasten the pulley (9) using a 1/2 "nut (47), see. Fig. 4.



# DIAGRAM



## PARTS LIST

No.	Name	Qty.
1	Main frame	1
2	Top frame	1
3	Cover	1
4	Guide rod	2
5	Front cover	2
6	Rear cover	2
7	Cable height adjuster	1
8	Guide rod holder	1
9	Double pulley housing	1
10	Top plate	1
11	Selection rod	1
12	Weight plate	19
13	Pulley housing	2
14	L-shaped bracket	4
15	Stack spacer	2
16	Rubber washer	2
17	114mm pulley	2
18	90mm pulley	10
19	45 x 75mm end cap	2
20	Plastic bushing	2
21	Stopper	2
22	Snap hook	2
23	Handle	2
24	Ankle strap	1
25	Pop pin	1
26	Cable	1
26A	Cable ball	1
28	Selection pin	1
29	5/16" x 2-1/2" bolt	4
30	Top plate bolt	1
30A	Bushing	4
31	1/2" x 4-1/4" hex bolt	2
32	3/8" x 3" hex bolt	2
33	3/8" x 2" hex bolt	1
34	3/8" x 1-3/4" hex bolt	2

35	5/16" x 5/8" Allen bolt	10
36	5/16" x 1/2" sunken head bolt	2
37	m6 x 15 mm inner hex bolt	2
38	m6 x 10mm hexagon alloy steel bolt	16
39	m6 x 12 mm hex bolt	8
40	5/16" x 1/4" set	8
41	1/2" washer	2
42	3/8" washer	4
43	M6 spring washer	4
44	M6 rubber gasket	8
45	1/2" nylon nut	8
46	3/8" nylon nut	2
47	1/2" nut	13
48	5 mm hex key	1
49	4 mm hex key	1

## MAINTENANCE AND CLEANING

- Check the device regularly before each use. Make sure all bolts are properly tightened.
- Check cable guidance.
- Make sure that the weight selection pin is properly inserted and not damaged.
- You can adjust the height of the cable holder with a pin.
- Clean the frame with a damp cloth.
- Check the condition of the cables.
- Lubricate the adjustable parts and guide rods.

## ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyards.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

## TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

### General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### **Warranty Conditions**

#### **Warranty Period**

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### **Batteries**

6-month battery warranty – we guarantee that battery's nominal capacity does not fall below 70% of its total capacity within 6 months of the product's sale.

#### **The Warranty does not cover defects resulting from (if applicable):**

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### **Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

**CZ**  
**SEVEN SPORT s.r.o.**

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