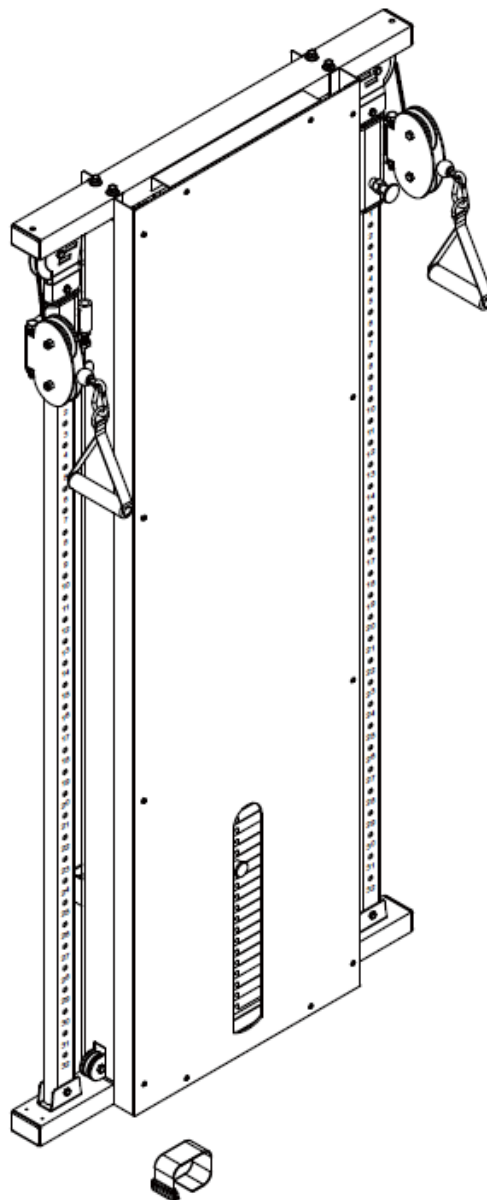




# ***BODYCRAFT***

**USER MANUAL – EN**

**IN 23288 Adjustable double pulley Body Craft DPDL M**

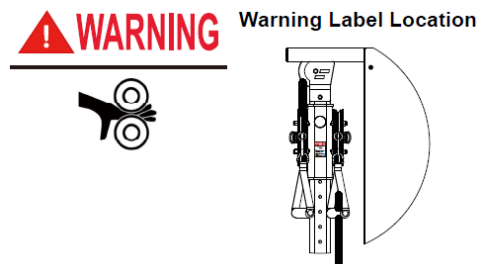


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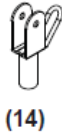
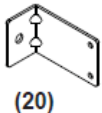
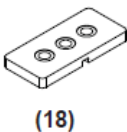
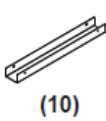
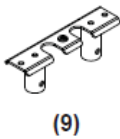
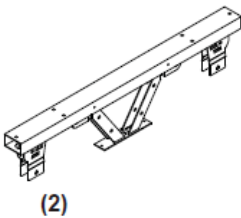
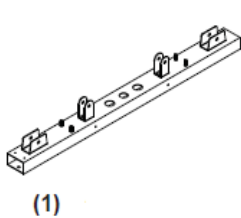
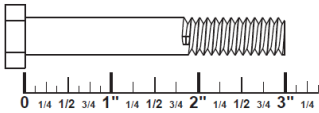
## SAFETY INSTRUCTIONS

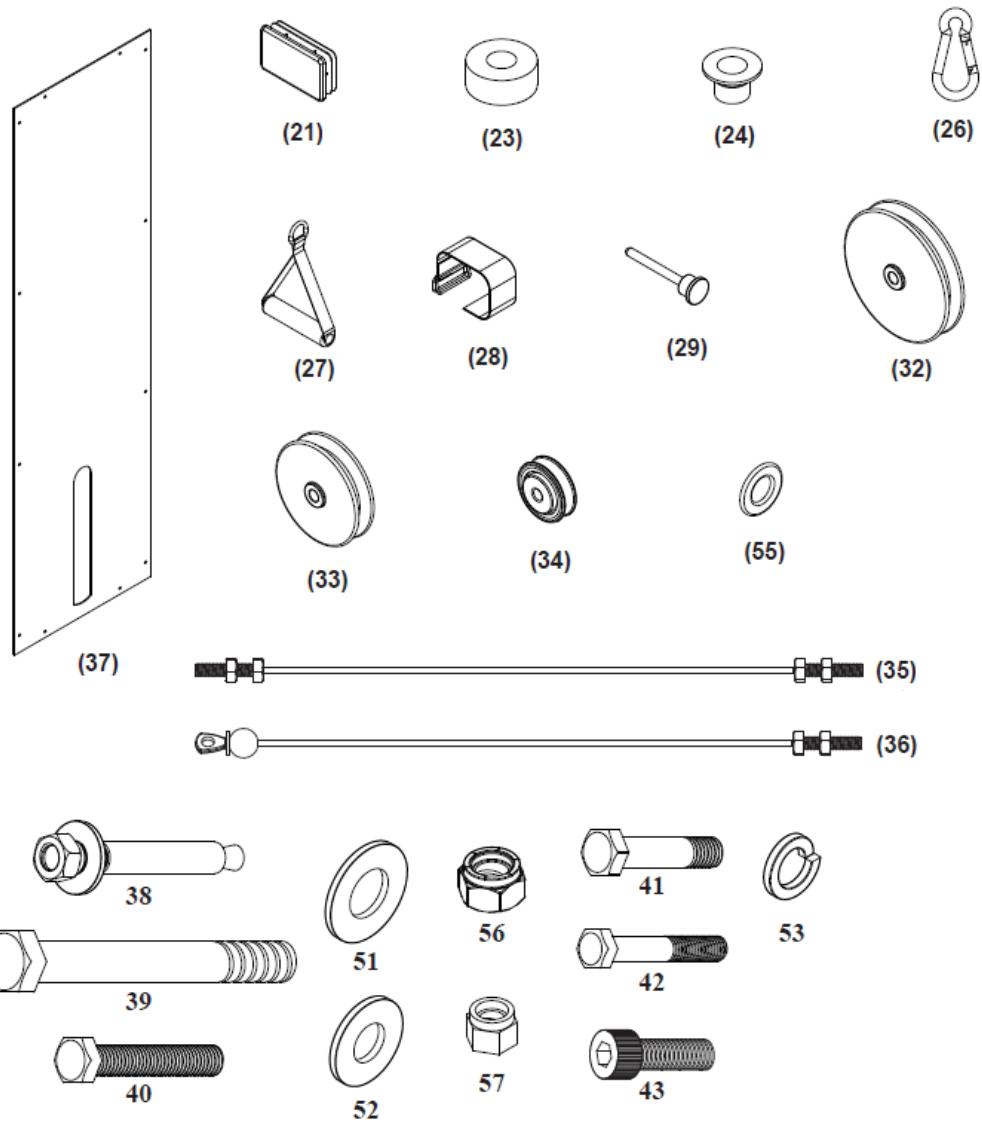
- Read the manual before use and installation and keep it for future reference.
- Assembly and placement of the device must be done on flat and firm surface.
- Keep a safety distance of at least 0.6 m from other objects.
- Check the product regularly for signs damage or wear.
- Do not modify the product.
- 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:** 72,8 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.





No.	Name	Qty.	No.	Name	Qty.
1	Base	1	15	Pulley holder	1
2	Top frame	1	16	Top weight plate	1
3	Main upright frame	2	17	Weight selection rod	1
5	Frame	2	18	Weights 68 kg / 90 kg	14/19
6	Guiding rod	2	19	Weight spacer	2
7	Cover	2	20	L-shaped bracket	4
8	Rear cover	2	21	End cap 45x75 mm	4
9	Guiding rod holder	1	23	Rubber washer	2
10	Short cover	2	24	Guiding rod holder	2
11	Right adjustable cable holder	1	26	Snap hook	2
12	Left adjustable cable holder	1	27	Handle	2
13	Double pulley holder	2	28	Ankle strap	1
14	Pulley holder	2	29	Weight selection pin	1

<b>32</b>	Pulley 114 mm	2	<b>41</b>	Hexagon screw 3/8"x2"	4
<b>33</b>	Pulley 90 mm	15	<b>42</b>	Hexagon screw 3/8"x1-3/4"	23
<b>34</b>	Pulley 50 mm	6	<b>43</b>	Top plate bolt	1
<b>35</b>	Weight cable	1	<b>51</b>	Washer 1/2"	4
<b>36</b>	Cable	2	<b>52</b>	Washer 3/8"	12
<b>37</b>	Cover	1	<b>53</b>	Spring washer 3/8"	4
<b>38</b>	Anchoring bolt 5/16"x2-1/2"	4	<b>55</b>	Rubber washer M6	12
<b>39</b>	Hexagon screw 1/2"x4-1/4"	2	<b>56</b>	Nylon nut 1/2"	2
<b>40</b>	Hexagon screw 3/8"x2-1/4"	4	<b>57</b>	Nylon nut 3/8"	27

## STEP 1

Attach 2x 45x75 mm end caps (21) and 2x guide bar holders (24) to the base. Attach the main upright frames (3) to the base (1) with 4x 3/8" washers (52) and 4x 3/8" nylon nuts (57).

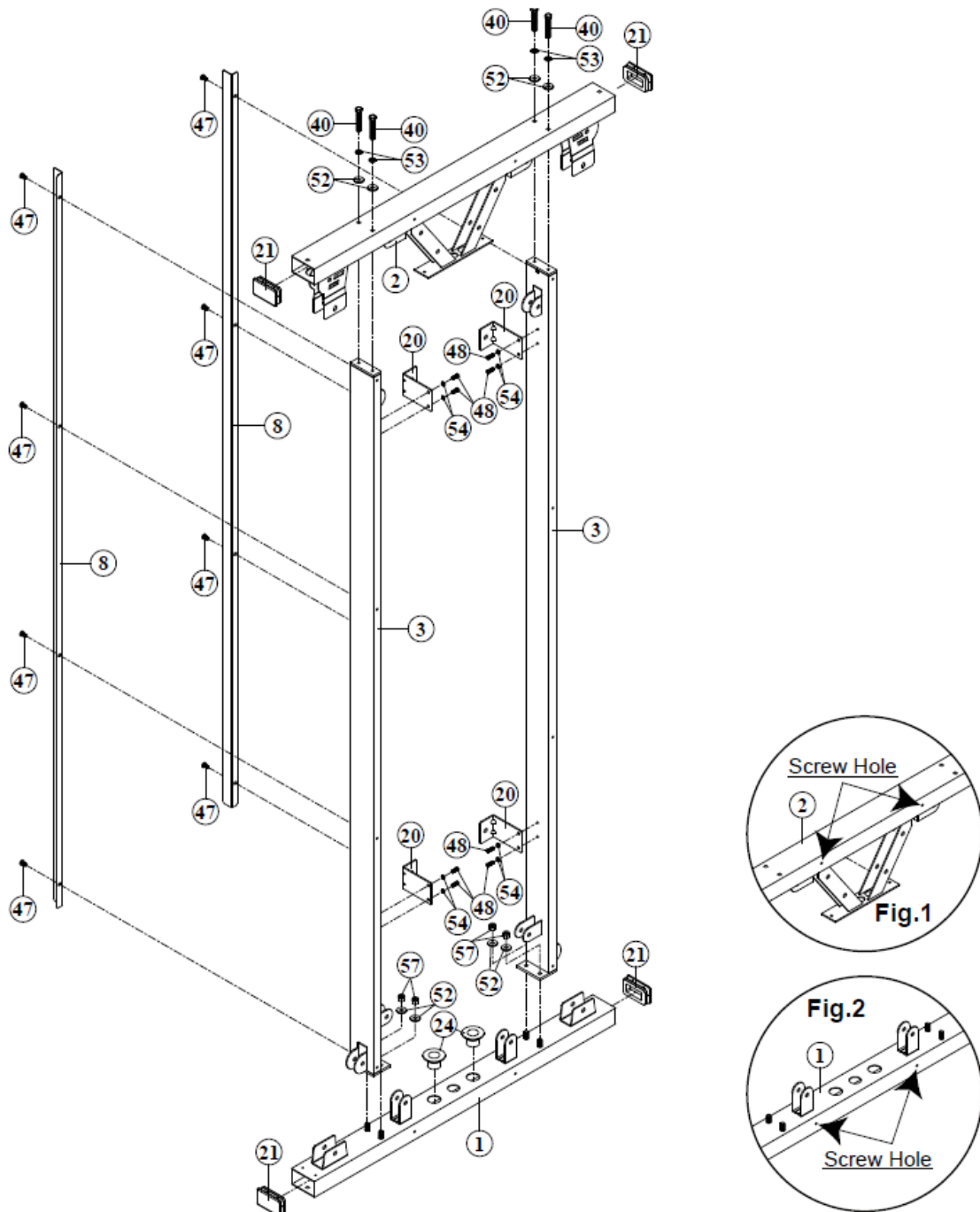
Attach 2x 45x75 mm end caps (21) to the top frame (2). Attach the top frame (2) to the main upright frames (3) with 4x 3/8" "x2-1 / 4" bolts (40), 4x 3/8" spring washers (53) and 4x 3/8" washers (52).

Attach the 2x rear covers (8) to the main upright frames (3) with 8x M6x15 mm Allen bolts (47).

Attach 2x L-shaped brackets (20) to the main upright frames (3) with 8x M6x10mm Allen bolts (48) and 8x M6 spring washers (54).

Tighten all screws.

**Important:** Before connecting the base (1) and top frame (2), make sure that the holes are on the front (Fig. 1 and 2).

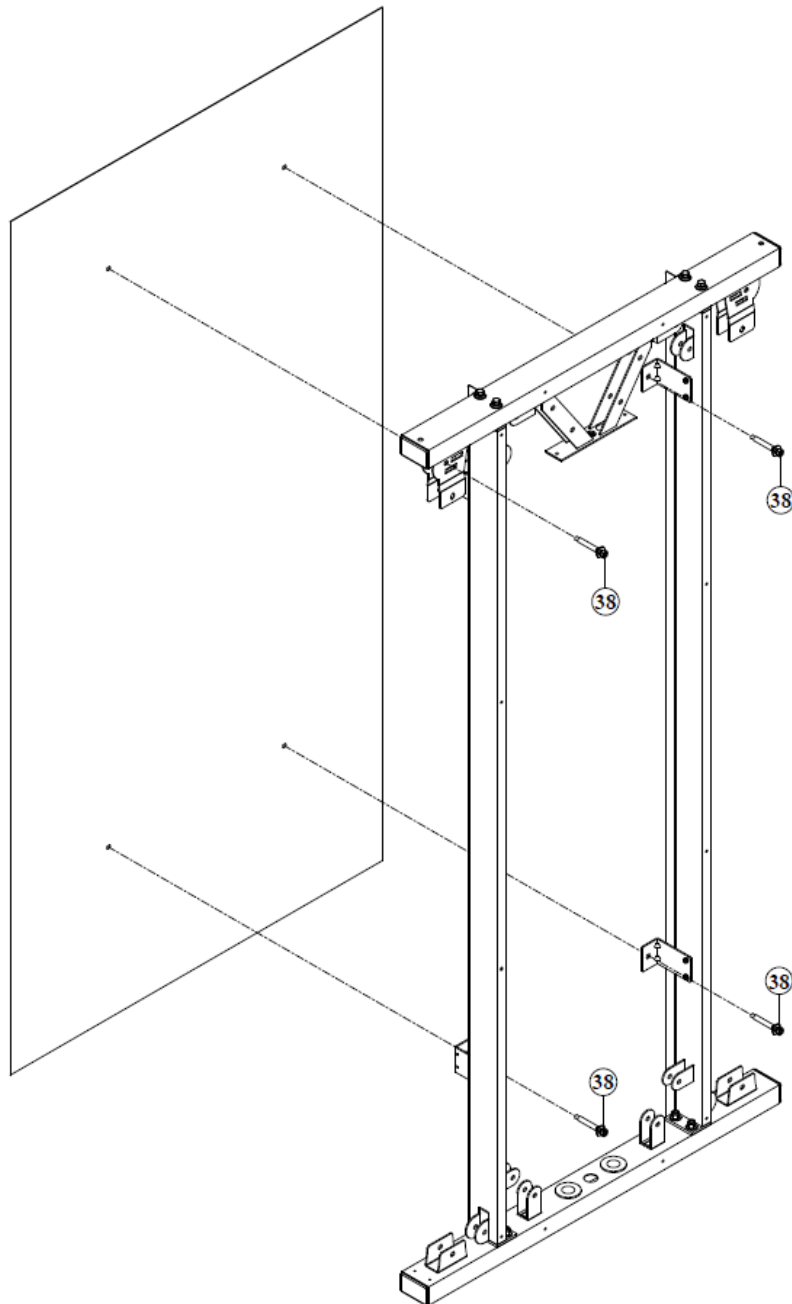


## STEP 2

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.

Secure the machine with 4x 5/16 "x2-1 / 2" anchor bolts (38).



## STEP 3

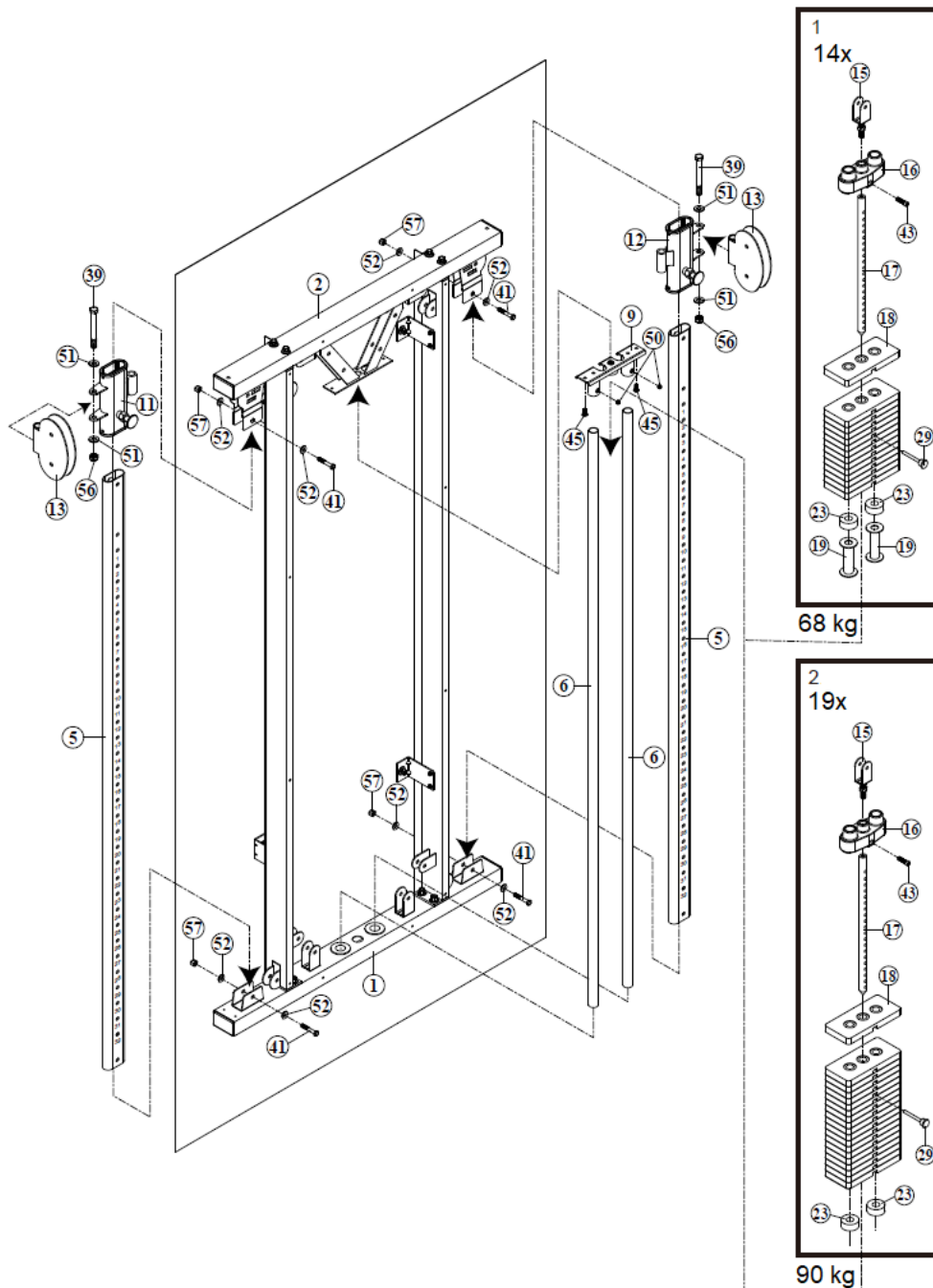
Deployment of weights depends on the configuration of weights:

- 14x weights (18), you must place spacers (19) on the guide rods (6), see. Fig. 1. 14x weights and top weight plate (16) = 68 kg
- 19x weights (18), do NOT place spacers (19) on guide rods (6) see. Fig. 2. 19x weight and top weight plate (16) = 90 kg



1. Attach 2x double pulley holders (13) to the right and left adjustable cable holders (11 and 12) with 2x 1/2 "X 4-1 / 4" hex screws (39), 4x 1/2 "washers (51) and 2x nylon nuts 1/2 "(56).
2. Attach the 2x guide rods (6) to the base (1). Depending on the weight configuration, attach the weight according to Fig. 1 or 2. Slide the weight spacers (19 according to the configuration), the rubber washers (23) and the weights (18) onto the guide rods (6).
3. Slide the top weight plate (16) onto the weight selection rod (17) and secure with top weight plate bolt (43). Tighten. Screw the pulley holder (15) onto the weight selection rod (17) 10 full turns. Then slide the top weight plate (16) and the weight selection rod (17) onto the guide rods (6), see. picture.
4. Attach the guide bar holder (9) to the guide bars (6) and then attach the guide bar holder (9) to the top frame (2) with 2x 5/16 "X1 / 2" Allen bolts (45).
5. Fasten the guide rods (6) to the holder (9) with 2x 5/16 "X 1/4" hex bolts (50).

Tighten all screws.



## STEP 4

Do not tighten until prompted. The assembly contains one cable, but the steps are divided for better comprehensibility. Fasten the pulleys together with the cable.

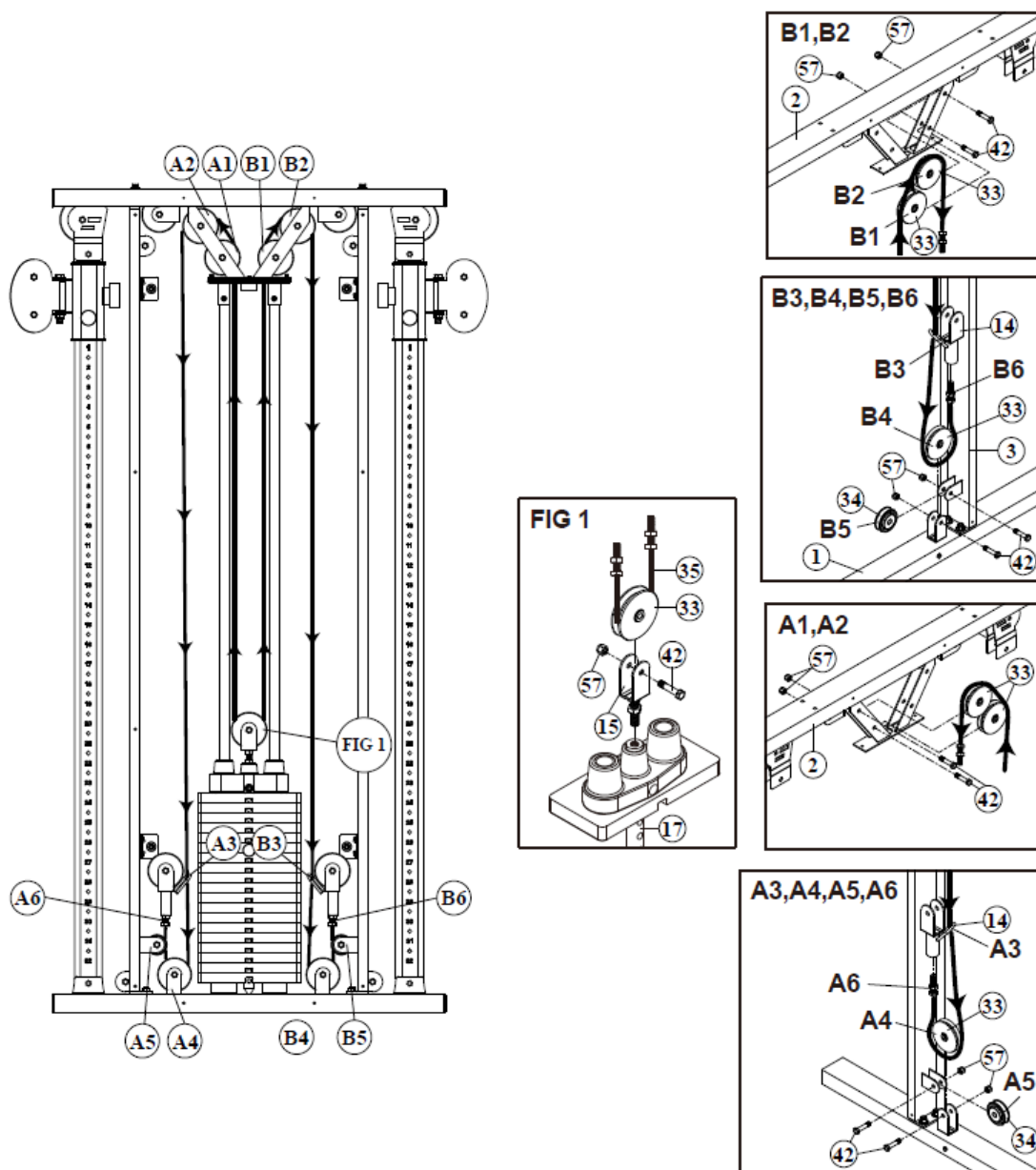
Fig. 1 - Attach the 90 mm pulley (33) to the holder (15) with the 3/8 "X 1-3 / 4" bolt (42) and the 3/8 "nylon nut (57) together with the cable guided upwards.

Fig. A1, A2 - Attach 2x 90 mm pulleys (33) to the top frame (2) with 2x 3/8 "X 1-3 / 4" hex bolts (42) and 2x 3/8 "nylon nuts (57) together with cable (35) guided according to the picture.

Fig. A3, A4, A5, A6 - Attach the 90 mm pulley (33) to the base (1) with a 3/8 "X 1-3 / 4" hex bolt (42) and a 3/8 "nylon nut (57) with a cable (35) guided according to the picture. Attach the 50 mm pulley (34) to the main upright frame (3) with a 3/8 "X1-3 / 4" hex bolt (42) and a 3/8 "nylon nut (57) with the cable guided as shown (35). Repeat for B1 - B6.

Tighten all screws.

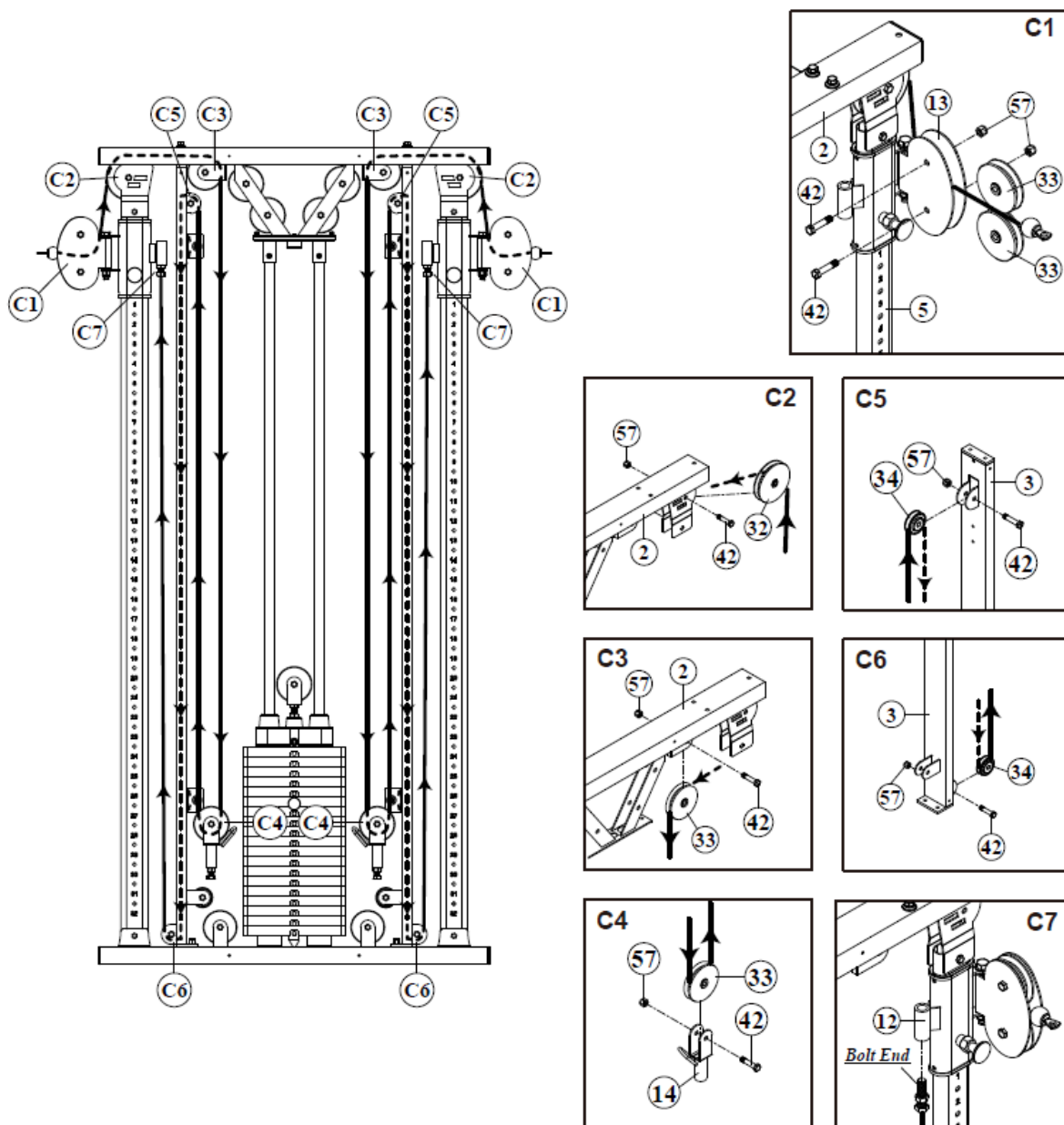
Important: The tension and length of the cable (35) can be adjusted by turning nuts A6 and B6. For tensioning / shortening clockwise, for releasing / extending counterclockwise.



## STEP 5

1. Fig. C1 - fasten 2x 90 mm pulleys (33) to the double pulley holder (13) with 2x 3/8 "X 1-3 / 4" hexagon bolts (42) and 2x 3/8 "nylon nuts (42) with cable guided according to picture.
2. Fig. C2 - Attach the 114 mm pulley (32) to the top frame (2) with a 3/8 "X 1-3 / 4" hex bolt (42) and a nylon nut (57) with the cable (36) guided as shown.
3. Fig. C3 - attach the 90 mm pulley (33) to the top frame (2) with a 3/8 "X 1-3 / 4" hex bolt (42) and a 3/8 "nylon nut (57) with a cable, (36) guided according to picture.
4. Fig. C4 - Attach the 90 mm pulley (33) to the holder (14) with the 3/8 "X 1-3 / 4" hex bolt (42) and the 3/8 "nylon nut (57) with the cable (36) guided as shown.
5. Fig. C5, C6 - attach the 50 mm pulley (34) to the main upright frame (3) with a 3/8 "X 1-3 / 4" hex bolt (42) and a 3/8 "nylon nut (57) with a cable (36) guided according to the picture.
6. Fig. C7 - Attach the terminal to the left cable holder (12). Repeat for the other side.

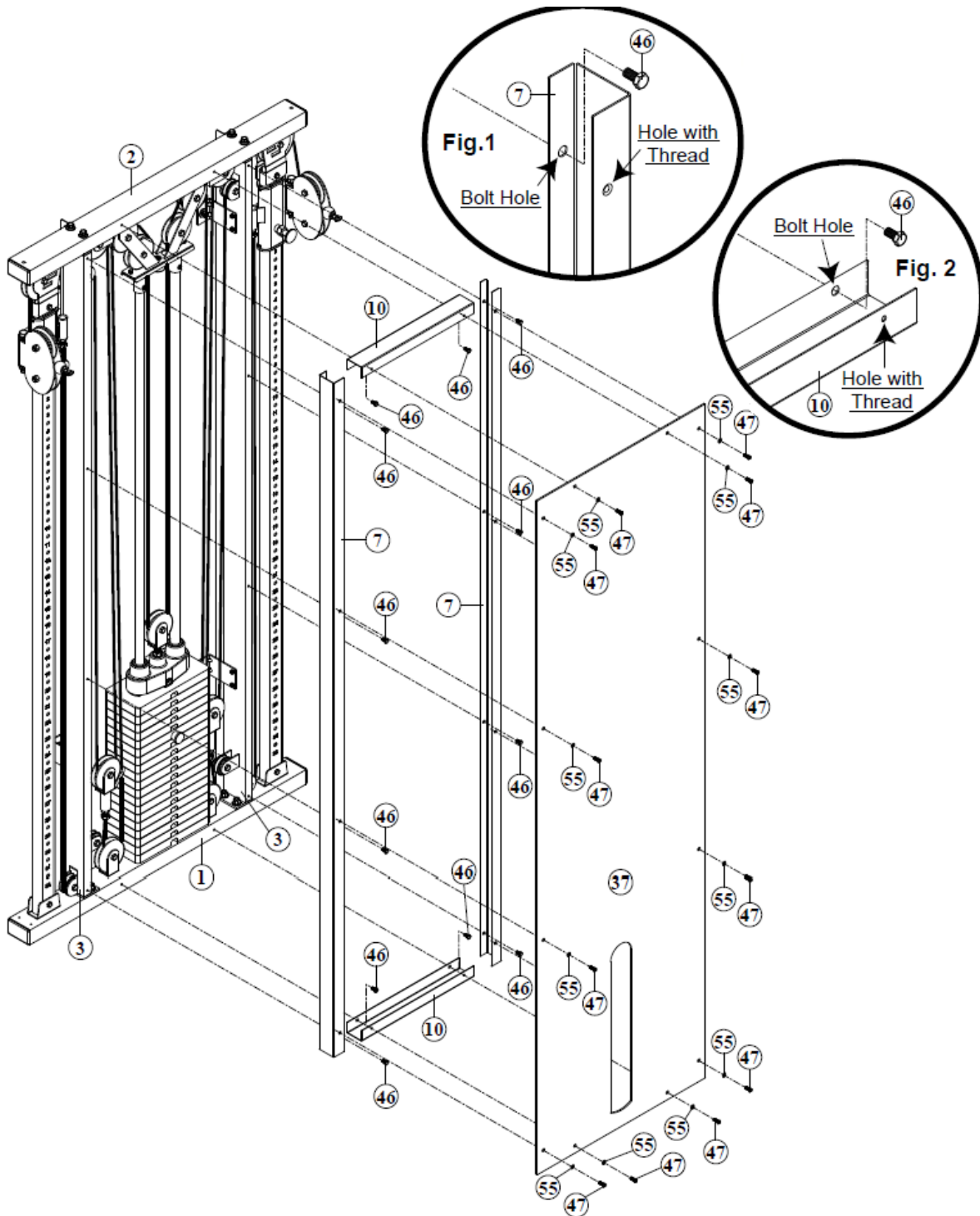
Important: The tension and length of the cable (35) can be adjusted by turning the nuts Fig. C7. For tensioning / shortening clockwise, for releasing / extending counterclockwise.



## STEP 6

Important: Before attaching the covers (7 and 10), make sure that the threaded hole faces outwards so that the large cover (37) can be attached.

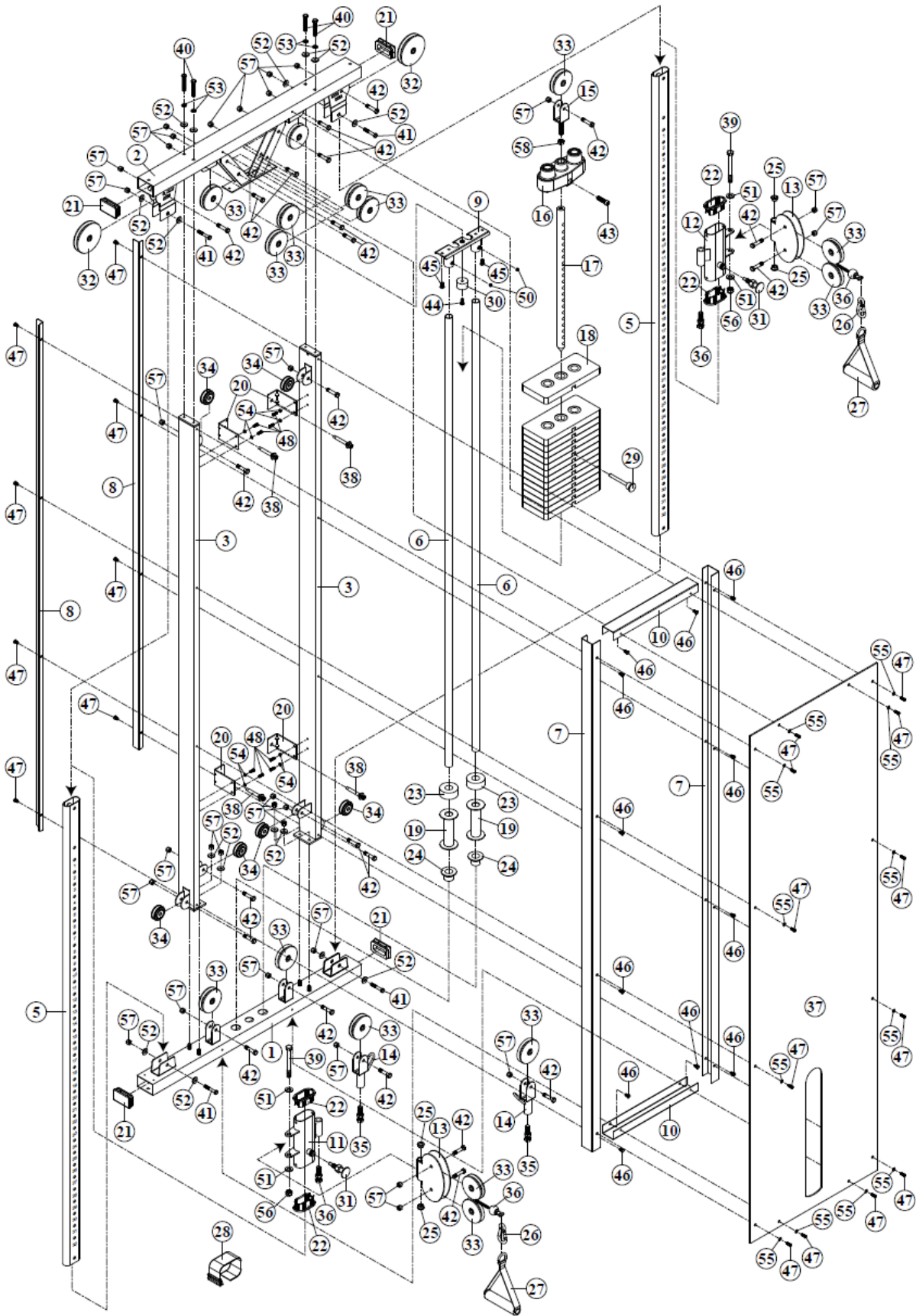
1. Attach the cover (7) to the main posts (3) with 8x M6x12mm hex bolts (46)
2. Attach the short covers (10) to the top (2) and base (1) with 4x M6 X 15 mm hex bolts (46).
3. Attach the cover (37) to the cover (7 and 10) with 12x M6 X 15 mm Allen bolts (47) and 12x M6 rubber washers (55).



## **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.

# DIAGRAM



## PARTS LIST

No.	Name	Qty.	No.	Name	Qty.
1	Base frame	1	31	Pop pin	2
2	Top frame	1	32	114mm aluminium pulley	2
3	Main upright frame	2	33	90mm aluminium pulley	15
5	Upright frame	2	34	50mm pulley	6
6	Guide rod	2	35	Weight stack cable	1
7	Longer cover	2	36	Pulley column cable	2
8	Rear cover	2	37	Acrylic panel	1
9	Guide rod holder	1	38	5/16" x 2-1/2" bolt set	4
10	Shorter cover	2	39	1/2" x 4-1/4" hex bolt	2
11	Right cable height adjuster	1	40	3/8" x 2-1/4" hex threaded bolt	4
12	Left cable height adjuster	1	41	3/8" x 2" hex bolt	4
13	Double pulley holder	2	42	3/8" x 1-3/4" hex bolt	23
14	Single pulley holder	2	43	Top plate bolt	1
15	Pulley holder	1	44	3/8" x 3/4" inner hex screw	1
16	Top plate	1	45	5/16" x 1/2" hexagon alloy	2
17	Selector rod	1	46	Steel screw	12
18	Weight plate	19	47	M6 x 12mm hex bolt	20
19	Weight spacer	2	48	M6 x 15mm inner hex screw	8
20	L-shaped bracket	4	50	M6 x 10mm hexagon alloy	2
21	45 X 75mm end cap	4	51	Steel screw	4
22	Plastic bushing	4	52	5/16" x 1/4" set screw	16
23	Rubber washer	2	53	1/2" washer	4
24	Plastic guide rod holder	2	54	3/8" washer	8
25	Bushing	4	55	3/8" spring washer	12
26	Snap hook	2	56	M6 spring washer	2
27	Single handle	2	57	M6 rubber gasket	31
28	Ankle strap	1	58	1/2" nylon nut	1
29	Selector pin	1	59	3/8" nylon nut	1
30	Stopper	1	60	1/2" nut	1

## 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 scrapyard.

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**  
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