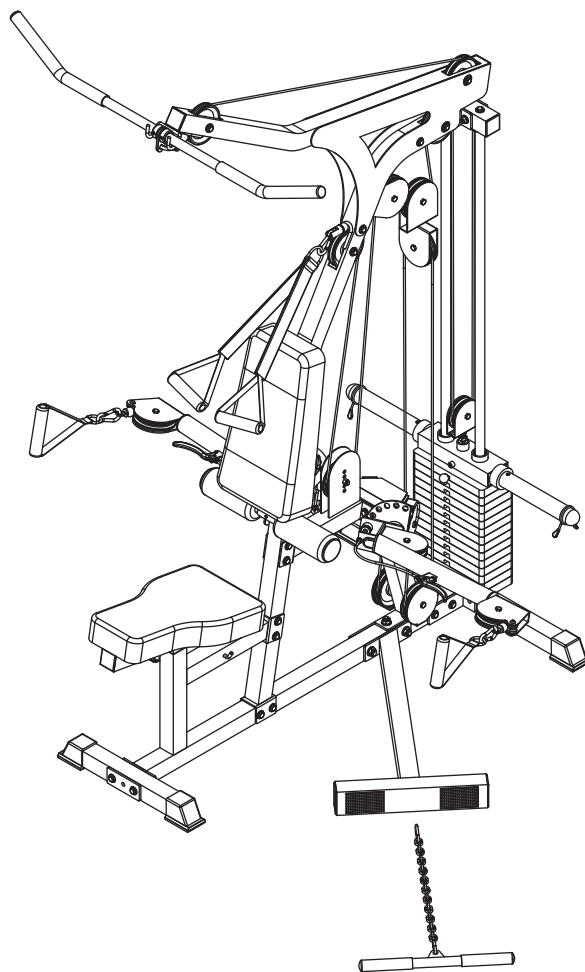


# BODYCRAFT

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



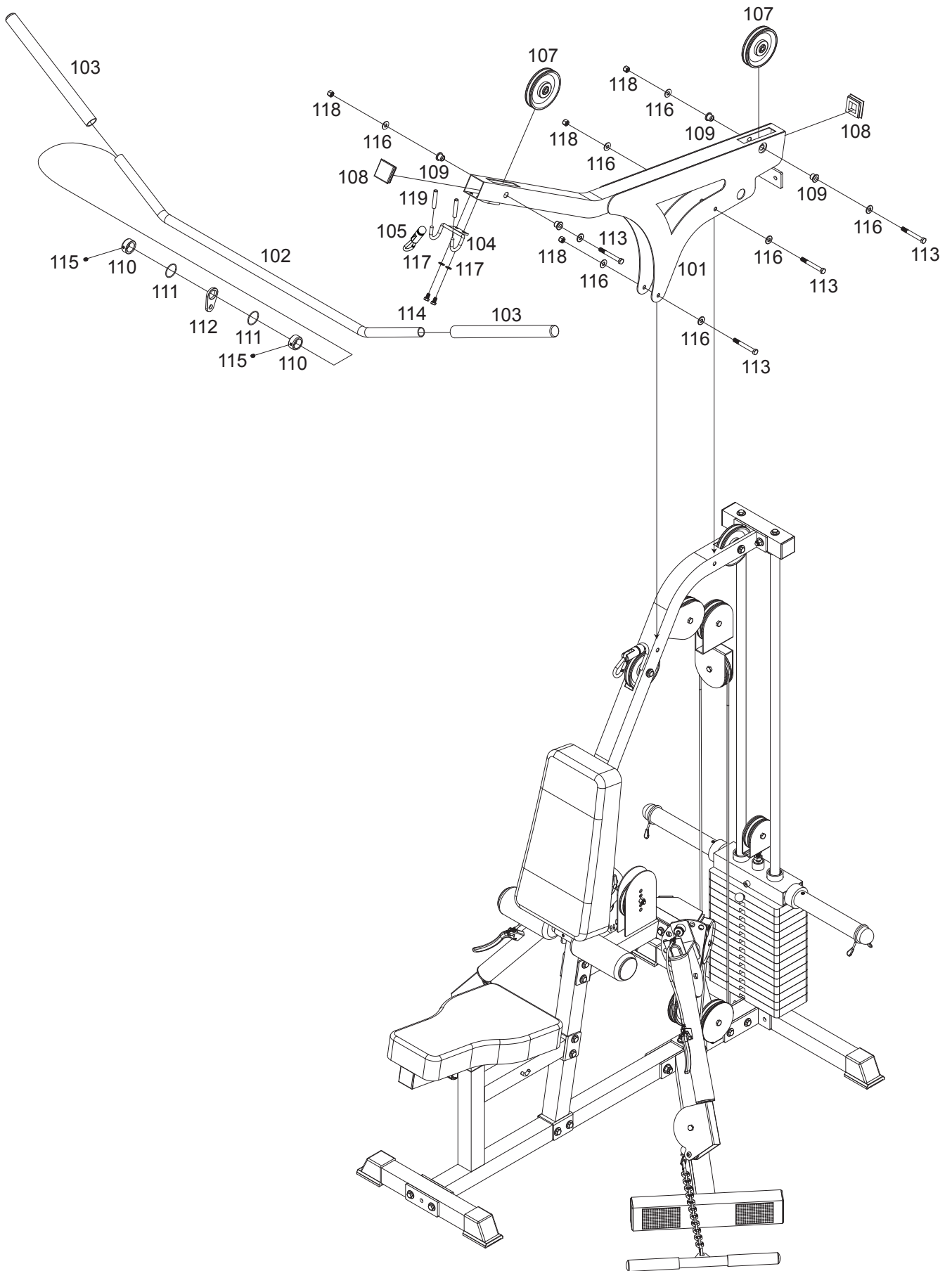
### ***QUESTION?***

*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

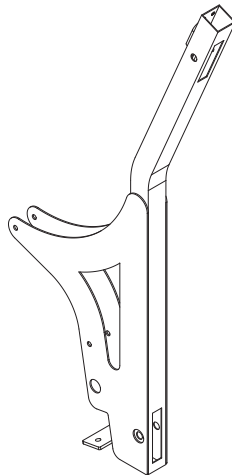
**7352**

# OVERVIEW

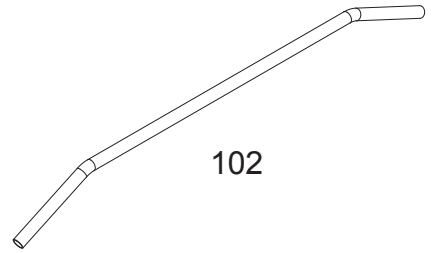


# PARTS LIST

NO.	DESCRIPTION	QTY.
101	EXD TOP FRAME	1
102	LAT BAR	1
103	LAT FAOM PAD	2
104	LAT BAR HOLDER	1
105	TOP CABLE	1
107	PULLEY	2
108	50mm SQ. PLUG	2
109	3/8" BUSHING	4
110	AXLE COLLAR	2
111	SEALING RING	2
112	HOOK PLATE	1
113	3/8" X 3" HEX HEAD BOLT	4
114	5/16" X 1/2" HEX HEAD BOLT (ALL)	2
115	6mm X 6mm SET SCREW	2
116	3/8" WASHER	8
117	5/16" WASHER	2
118	3/8" NYLON NUT	4
119	FOAM TUBE	2



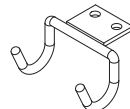
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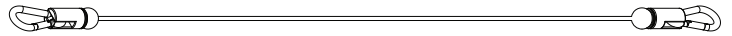
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103



104



105



107



108



109



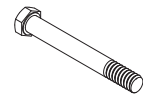
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112



113



114



115



116



117



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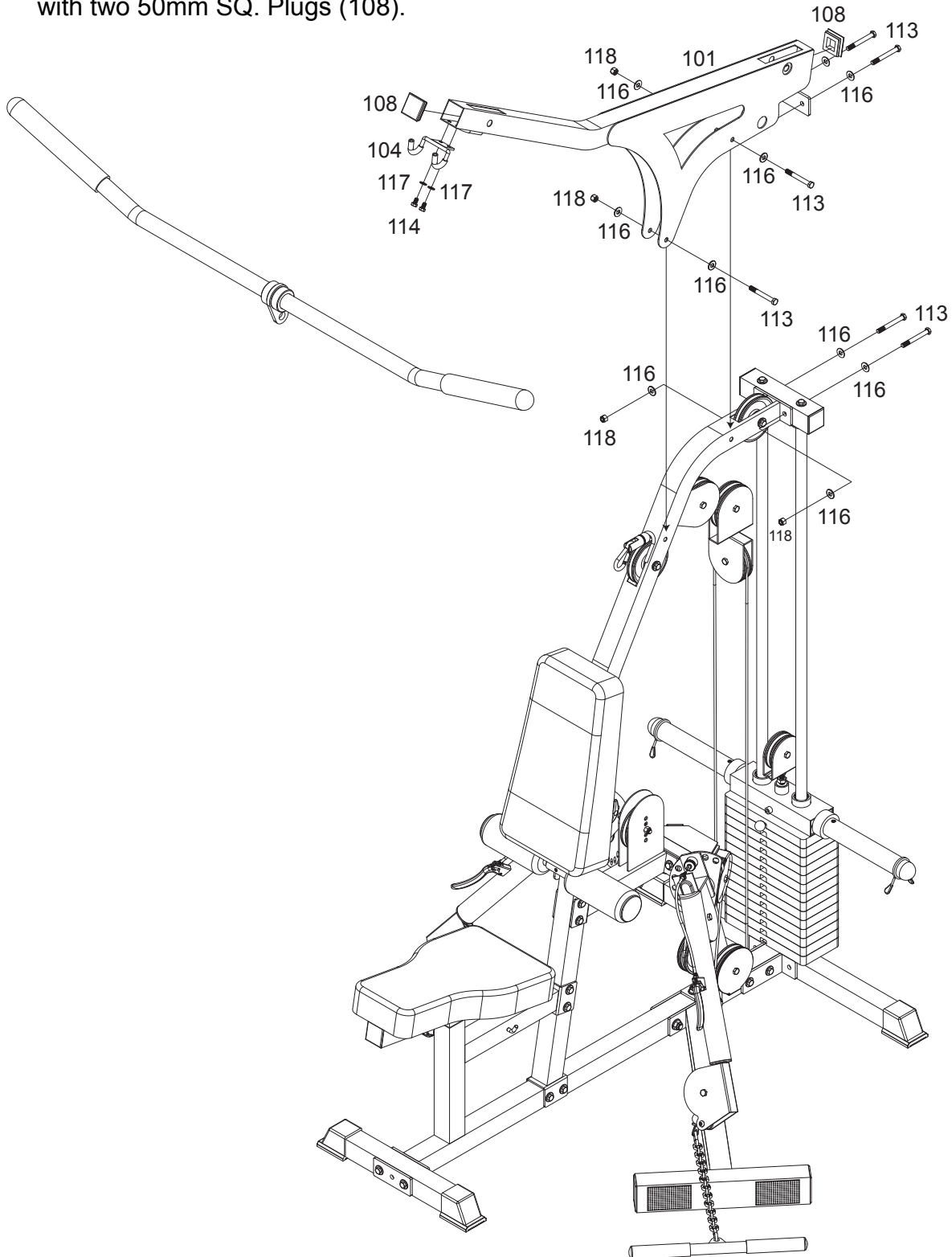


119

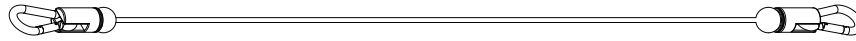


# STEP 1

1. Slide the Top Frame (101) over top of the Upright (3) and align holes. Attach the Top Frame (101) using two 3/8" X 3" Hex Bolts (113), four 3/8" Washers (116) and two 3/8" Nuts (118).
2. Attach the Lat Bar Holder (104) to the Top Frame (101) using two 5/16" X 1/2" Hex Bolts (114) and two 5/16" Washers (117). Cap the front and back of the Top Frame with two 50mm SQ. Plugs (108).



# STEP 2



TOP CABLE (105)

**Top Cable 105 replaces Ab Cable (30) from base unit.**

Route one end of the Top Cable (105) through the slot and over the pulley in Upright (3) as shown in T1, down and under the pulley on Cable Arm Assembly as shown in T2, then up and over the pulley on Upright as shown in T3, down and under the top pulley on Cross pulley block as shown in T4, up and over the pulley on Upright as shown in T5, down and under the pulley on the Top Plate as shown in T6, then up and over the rear pulley on the Top Frame as shown in T7 and ending over front of the pulley on top frame as in T8.

