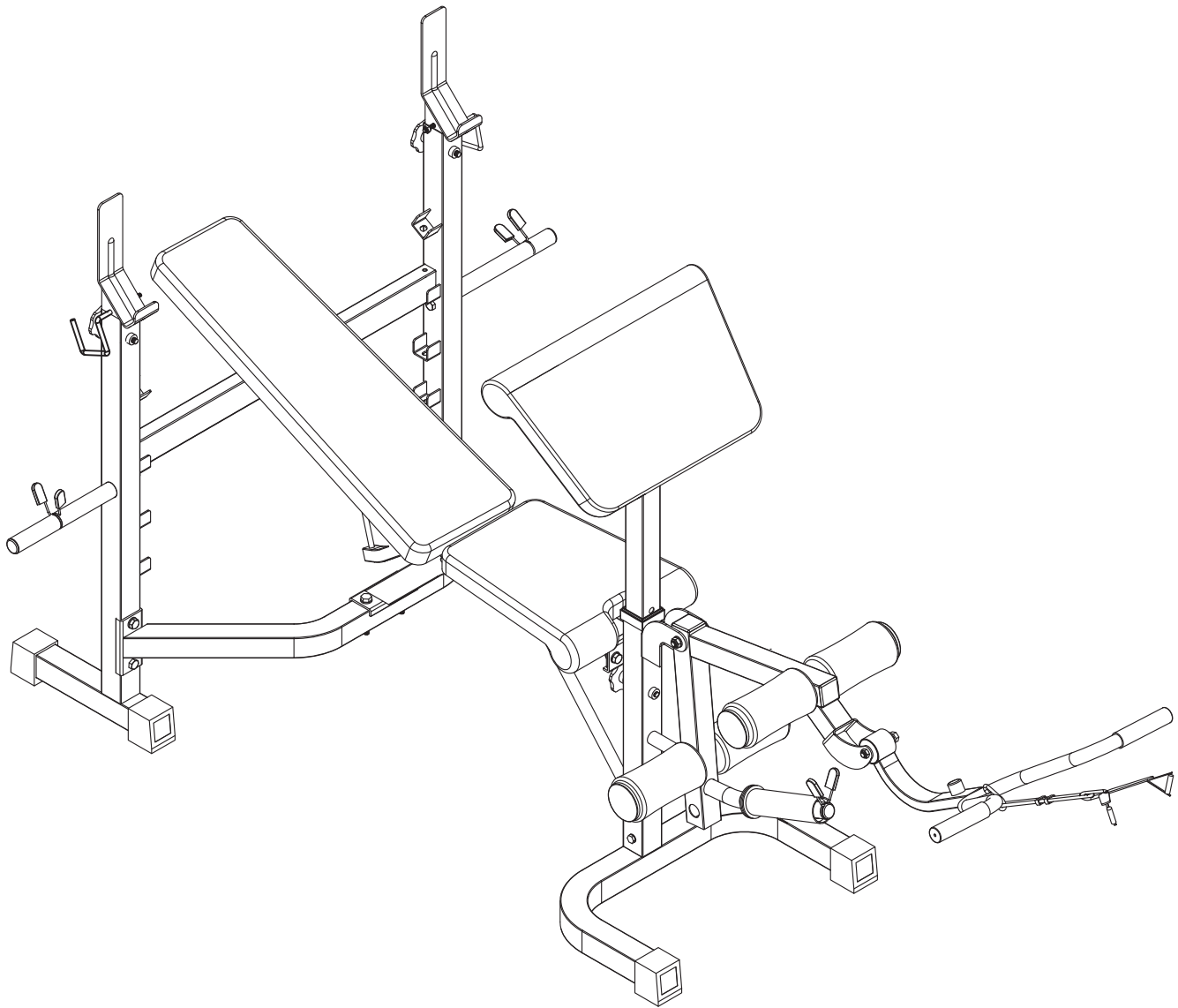


BCB 5860

**BODY
CHAMP®**



* This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL



General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Excessive or incorrect training may result to health injuries. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing: 300 pounds or less.



Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- provide replacement parts to the purchaser in an effort to repair the item.
- repair the product returned to our warehouse (at the purchaser's cost).
- replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



Questions

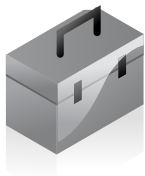
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.



Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

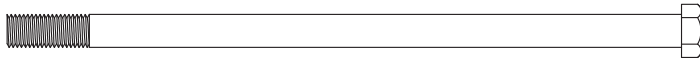
Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com



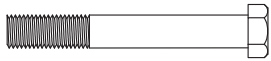
Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

BOLT



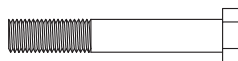
#45. Hex Bolt (M10x140 mm)
[1 Piece]



#47. Hex Bolt (M10x75 mm)
[2 Pieces]



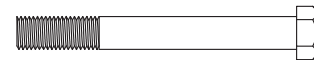
#50. Hex Bolt (M10x25 mm)
[2 Pieces]



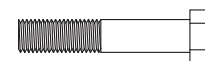
#48. Hex Bolt (M10x70 mm)
[2 Pieces]



#51. Hex Bolt (M8x40 mm)
[8 Pieces]



#46. Hex Bolt (M10x85 mm)
[4 Pieces]



#49. Hex Bolt (M10x65 mm)
[1 Piece]



#52. Hex Bolt (M8x20 mm)
[7 Pieces]
Pre-assembled [3 Pieces]

WASHER



#55. Washer (M10)
[24 Pieces]



#56. Washer (M8)
[15 Pieces]
Pre-assembled [3 Pieces]

NUT

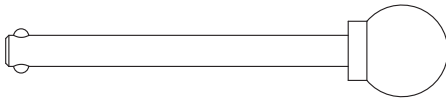


#53. Nylon Nut (M10)
[12 Pieces]



#54. Nylon Nut (M8)
[2 Pieces]
Pre-assembled

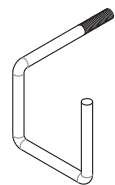
OTHERS



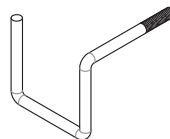
#43. Pop-Pin (10x105 mm)
[1 Piece]



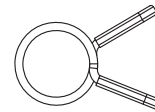
#44. Pop-Pin (8x70 mm)
[1 Piece]



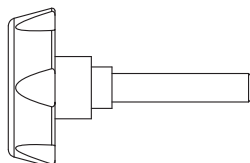
#42. Left Safety Hook [1 Piece]



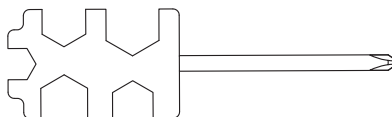
#41. Right Safety Hook [1 Piece]



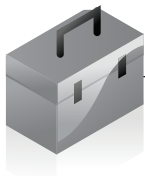
#39. Quick Clip [3 Pieces]



#38. Knob Bolt (M10x60 mm)
[3 Pieces]



Tool [2 Pieces]



Parts Listing

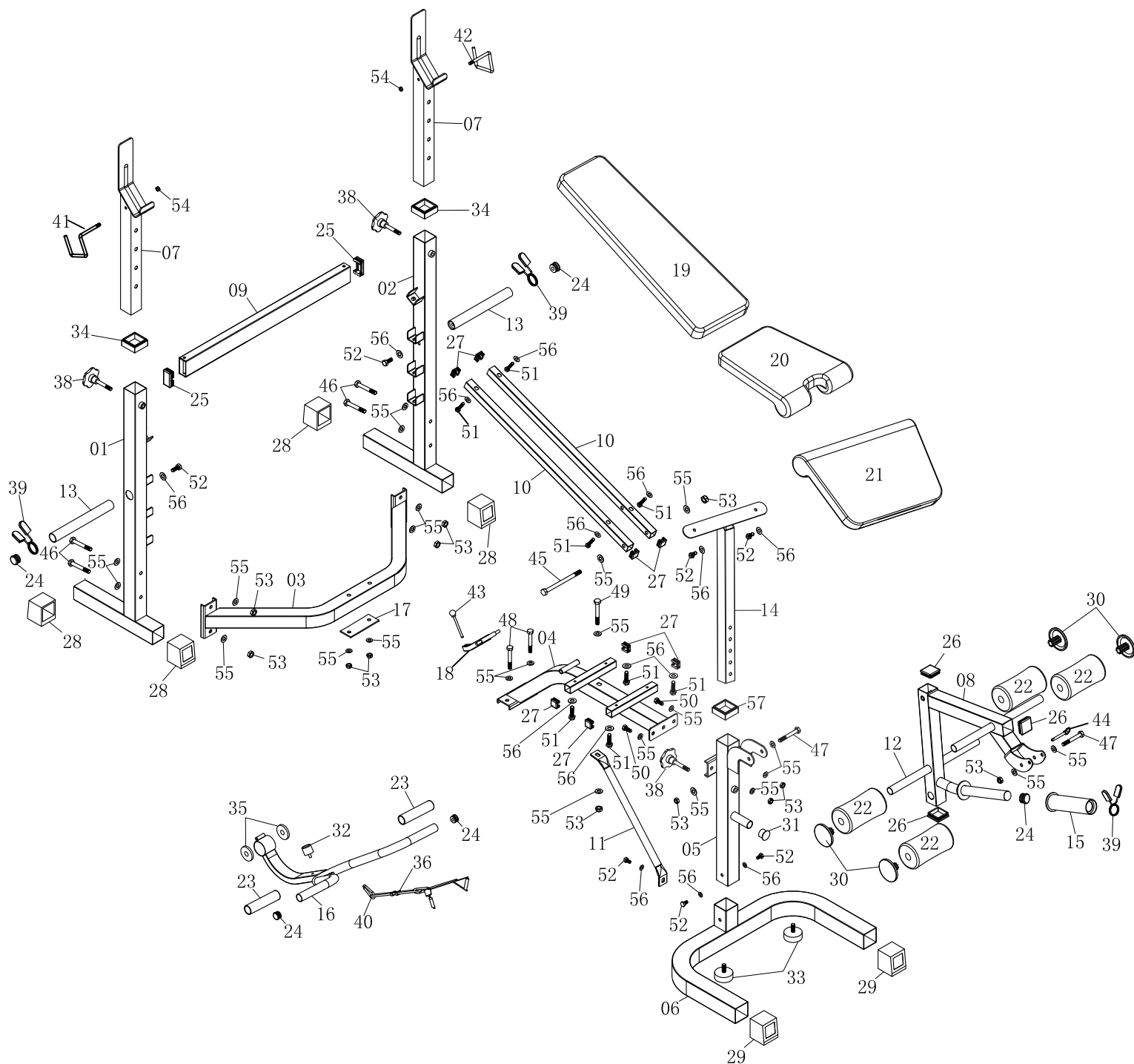
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Right Upright	29	Square End Cap (50 mm)
02	Left Upright	30	Round End Cap
03	Rear Cross Tube	31	Round End Plug (25 mm)
04	Main Frame	32	Bumper
05	Front Upright	33	Adjustable Knob
06	Front Stabilizer	34	Square Spacer (60x50 mm)
07	Adjustable Upright Tube	35	Square Spacer (50x10 mm)
08	Leg Developer	36	AB Strap
09	Backrest Adjustment Tube	38	Knob Bolt (M10x60 mm)
10	Backrest Supporting Tube	39	Quick Clip
11	Supporting Tube	40	Spring Clip
12	Foam Roller Tube	41	Right Safety Hook
13	Weight Plate Post	42	Left Safety Hook
14	Arm Curl Frame	43	Pop-Pin (10x105 mm)
15	Olympic Adapter	44	Pop-Pin (8x70 mm)
16	Arm Curl Bar	45	Hex Bolt (M10x140 mm)
17	Reinforcement Plate	46	Hex Bolt (M10x85 mm)
18	Backrest Cushion Post	47	Hex Bolt (M10x75 mm)
19	Backrest Cushion	48	Hex Bolt (M10x70 mm)
20	Seat Cushion	49	Hex Bolt (M10x65 mm)
21	Arm Curl Cushion	50	Hex Bolt (M10x25 mm)
22	Foam Roller	51	Hex Bolt (M8x40 mm)
23	Foam Grip	52	Hex Bolt (M8x20 mm)
24	Round End Cap (25 mm)	53	Nylon Nut (M10)
25	Rectangular End Cap (30x60 mm)	54	Nylon Nut (M8)
26	Square End Cap (45 mm)	55	Washer (M10)
27	Square End Cap (25 mm)	56	Washer (M8)
28	Square End Cap (60 mm)	57	Square Spacer (50x45 mm)



Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

Assembly Step 1

A). With the help of an assistant, stand both **Right Upright (#01)** and **Left Upright (#02)** on level flooring as illustrated.

Attach the **Rear Cross Tube (#03)** to the **Right/Left Uprights (#01/#02)** and secure together by inserting from the rear side as illustrated -- on each side -- two **Hex Bolts (#46)** through two **Washers (#55)** followed by an additional two **Washers (#55)** and two **Nylon Nuts (#53)**.

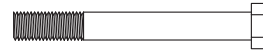
B. Attach/insert the **Backrest Adjustment Tube (#09)** onto the same bracket notch settings*** on both **Right Upright (#01)** and **Left Upright (#02)**.

***NOTE:

Please ensure any settings on left/right sides match and are equal for alignment to avoid serious injury.

Hardware Required

BOLT



#46. Hex Bolt (M10x85 mm)
[4 Pieces]

WASHER

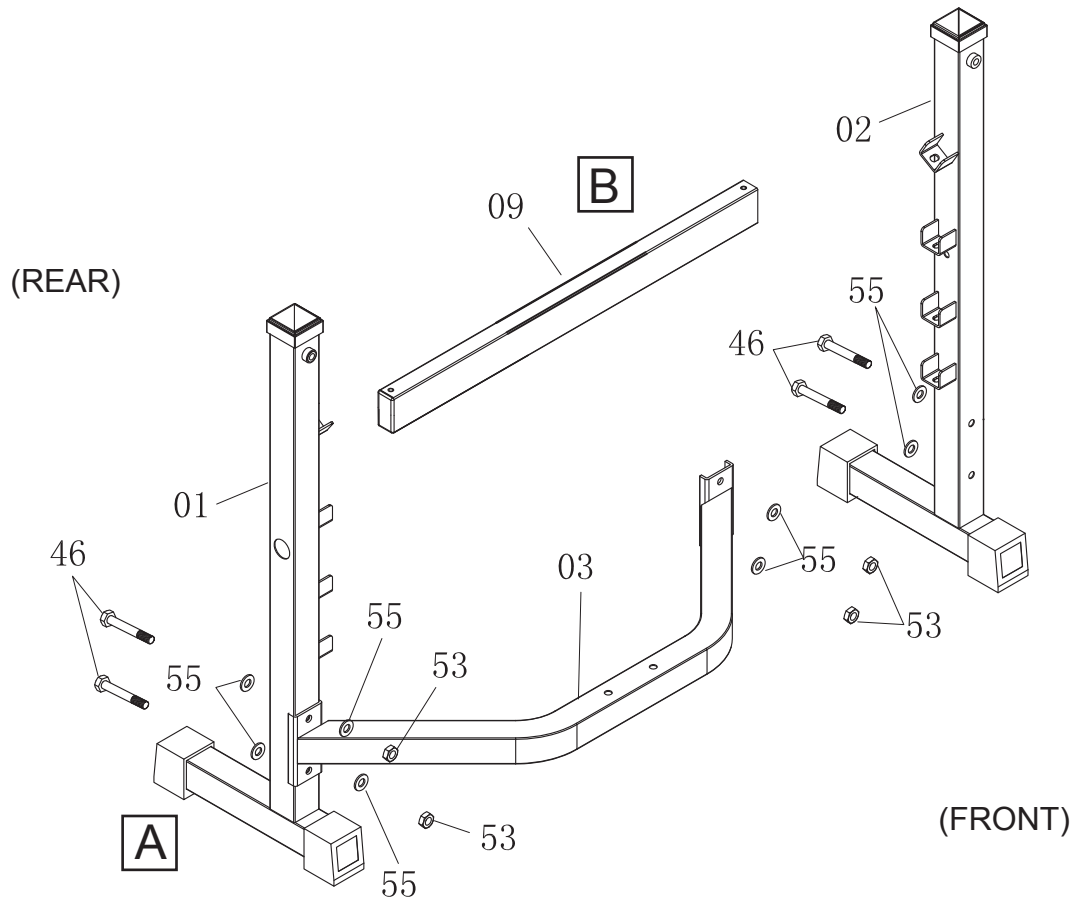


#55. Washer (M10)
[8 Pieces]

NUT



#53. Nylon Nut (M10)
[4 Pieces]





Assembly Instructions

Assembly Step 2

A). Remove the two **Nylon Nuts (#54)** pre-assembled on the **Left/Right Safety Hooks (#42/#41)**. Set them aside nearby for now.

On the left side, insert **Left Safety Hook (#42)** into the hole on top of left **Adjustable Upright Tube (#07)** as shown. Secure using one **Nylon Nut (#54)** from the inner side.

Select the desired height*** for the **Adjustable Upright Tube (#07)** on the **Left Upright (#02)** and secure by screwing one **Knob Bolt (#38)** through both the rear of **Left Upright (#02)** and **Adjustable Upright Tube (#07)**.

Repeat this process on the right side with **Right Safety Hook (#41)**, **Right Upright (#01)**, and the other **Adjustable Upright Tube (#07)**.

***NOTE: Please ensure any settings on left/right sides match and are equal for alignment to avoid serious injury.

B). On the left side, insert the **Weight Plate Post (#13)** in through the side hole of **Left Upright (#02)**. Secure from the inner side using one **Hex Bolt (#52)** through one **Washer (#56)**. Attach the **Quick Clip (#39)** to the outer side of **Weight Plate Post (#13)**.

Repeat this process on the right side with the other **Weight Plate Post (#13)** and **Right Upright (#01)**.

Hardware Required

BOLT



#52. Hex Bolt (M8x20 mm) [2 Pieces]

WASHER



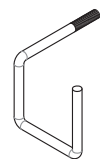
#56. Washer (M8) [2 Pieces]

NUT

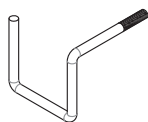


#54. Nylon Nut (M8) [2 Pieces]

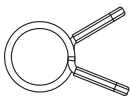
OTHERS



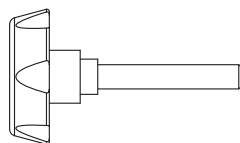
#42. Left Safety Hook [1 Piece]



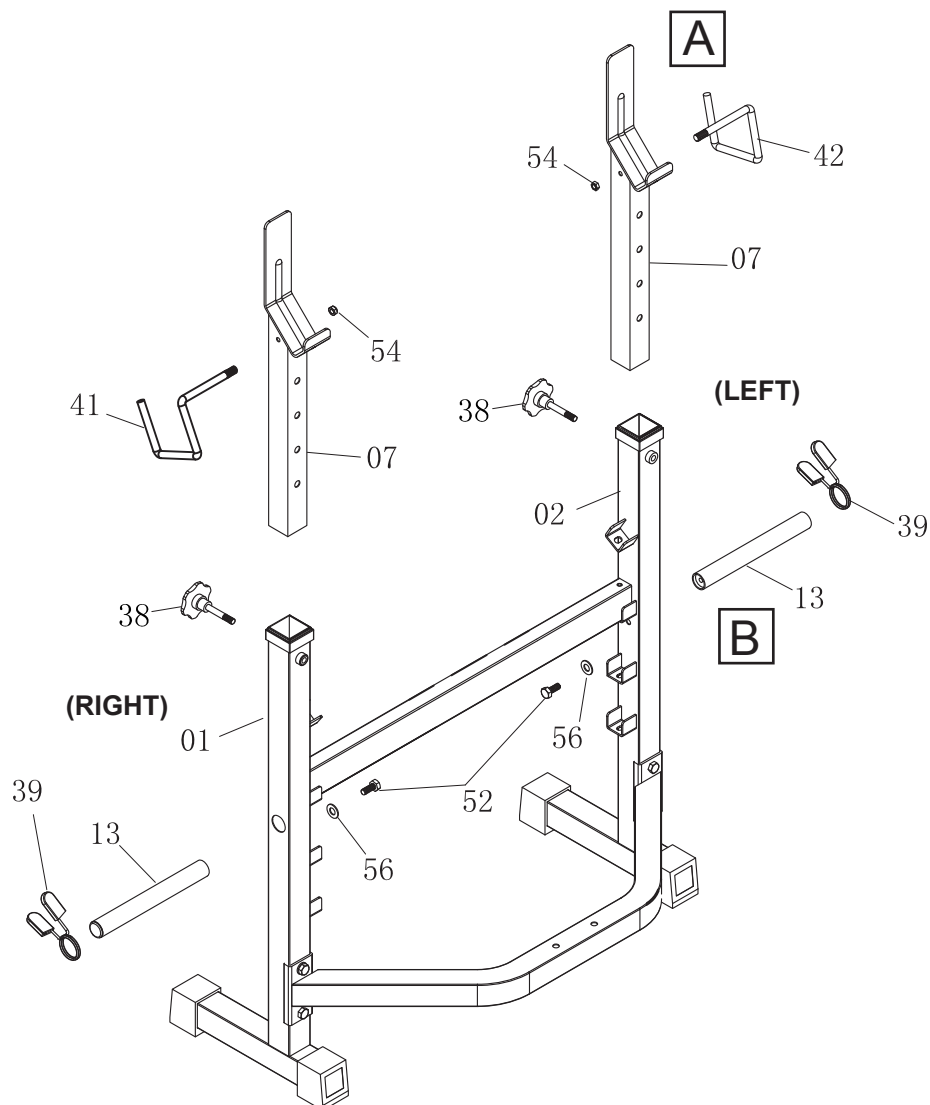
#41. Right Safety Hook [1 Piece]



#39. Quick Clip [2 Pieces]



#38. Knob Bolt (M10x60 mm) [2 Pieces]





Assembly Instructions

Assembly Step 3

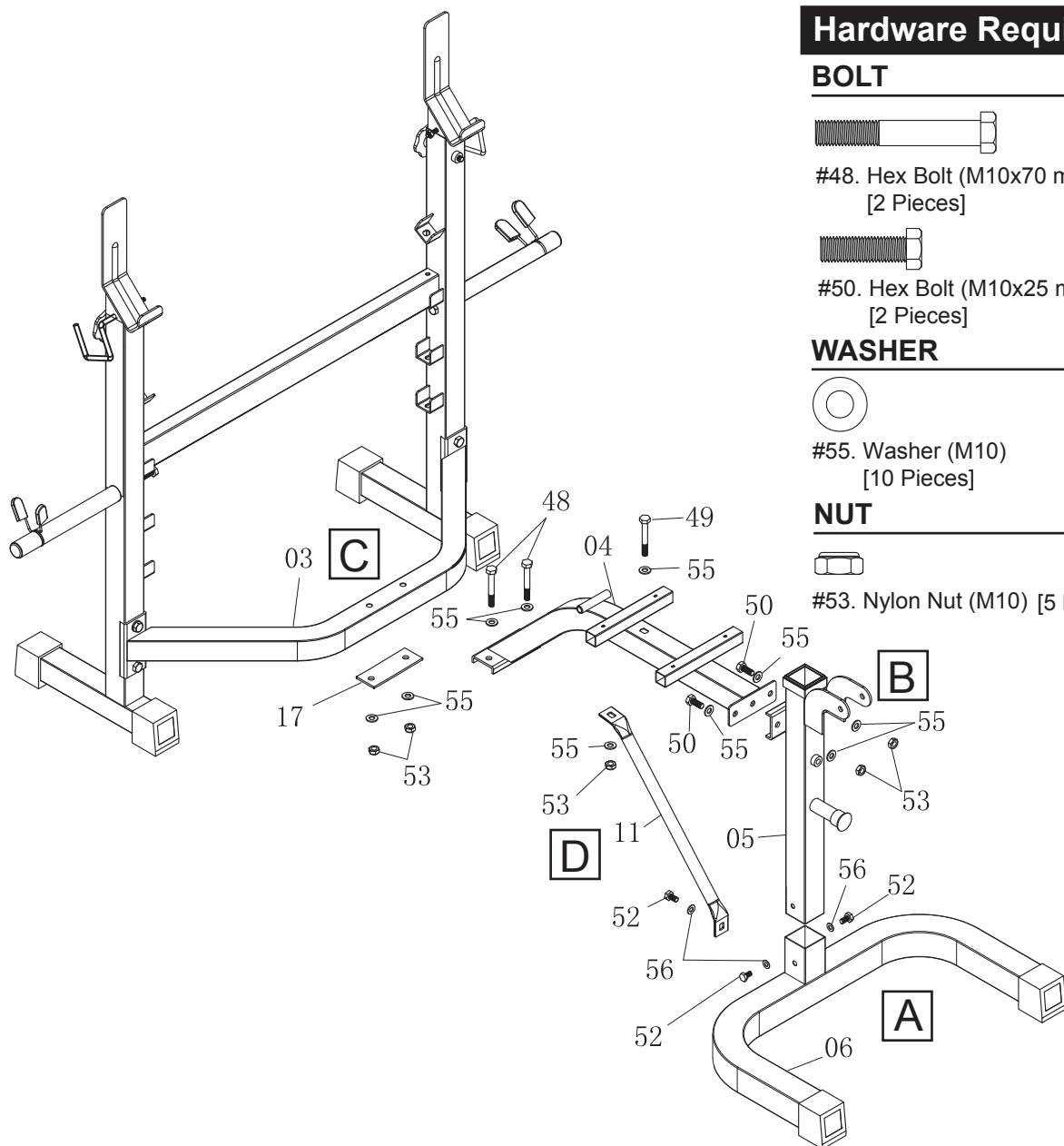
A). Remove the three **Hex Bolts (#52)** and three **Washers (#56)** pre-assembled on the **Front Stabilizer (#06)**. Set them aside nearby for now.

Attach the **Front Upright (#05)** to the **Front Stabilizer (#06)** and secure by using two **Hex Bolts (#52)** through two **Washers (#56)** from each side as illustrated.

B). Attach the **Front Upright (#05)** to the **Main Frame (#04)** and secure by using two **Hex Bolts (#50)** through two **Washers (#55)** and then two additional **Washers (#55)** and two **Nylon Nuts (#53)**.

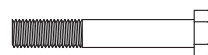
C). Attach the **Main Frame (#04)** over and onto the **Rear Cross Tube (#03)** by inserting two **Hex Bolts (#48)** through two **Washers (#55)** and from the bottom one **Reinforcement Plate (#17)**, an additional two **Washers (#55)**, and two **Nylon Nuts (#53)**.

D). Attach the **Supporting Tube (#11)** to the bottom of **Main Frame (#04)** inserting downward one **Hex Bolt (#49)** through one **Washer (#55)** followed by an additional **Washer (#55)** and one **Nylon Nut (#53)**, and, to the back of **Front Stabilizer (#06)** using one **Hex Bolt (#52)** through one **Washer (#56)** as shown in the diagram below.

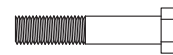


Hardware Required

BOLT



#48. Hex Bolt (M10x70 mm) [2 Pieces]



#49. Hex Bolt (M10x65 mm) [1 Piece]



#50. Hex Bolt (M10x25 mm) [2 Pieces]



#52. Hex Bolt (M8x20 mm) [3 Pieces]

WASHER



#55. Washer (M10) [10 Pieces]



#56. Washer (M8) [3 Pieces]

NUT



#53. Nylon Nut (M10) [5 Pieces]



Assembly Instructions

Assembly Step 4

A). Attach the **Leg Developer (#08)** by aligning the holes to bracket of **Front Upright (#05)**. Secure together using one **Hex Bolt (#47)** through one **Washer (#55)** and an additional **Washer (#55)** followed by one **Nylon Nut (#53)** as illustrated.

B). Slide one **Foam Roller (#22)** onto one end of a **Foam Roller Tube (#12)**. Next, slide the same **Foam Roller Tube (#12)** through the lower hole of the **Leg Developer (#08)** as illustrated. Next, slide one more **Foam Roller (#22)** onto the other end of the **Foam Roller Tube (#12)** (after it has been inserted through the lower hole).

Repeat this process with the other **Foam Roller Tube (#12)** and the two other **Foam Rollers (#22)** through the upper hole on the **Leg Developer (#08)**.

C). Attach the four **Round End Caps (#30)** on the outside of the four **Foam Rollers (#22)**.

D). Attach the **Olympic Adapter (#15)** over the protruding tube of **Leg Developer (#08)** and secure using **Quick Clip (#39)** as illustrated below.

Hardware Required

BOLT



#47. Hex Bolt (M10x75 mm) [1 Piece]

WASHER



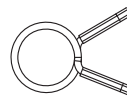
#55. Washer (M10) [2 Pieces]

NUT

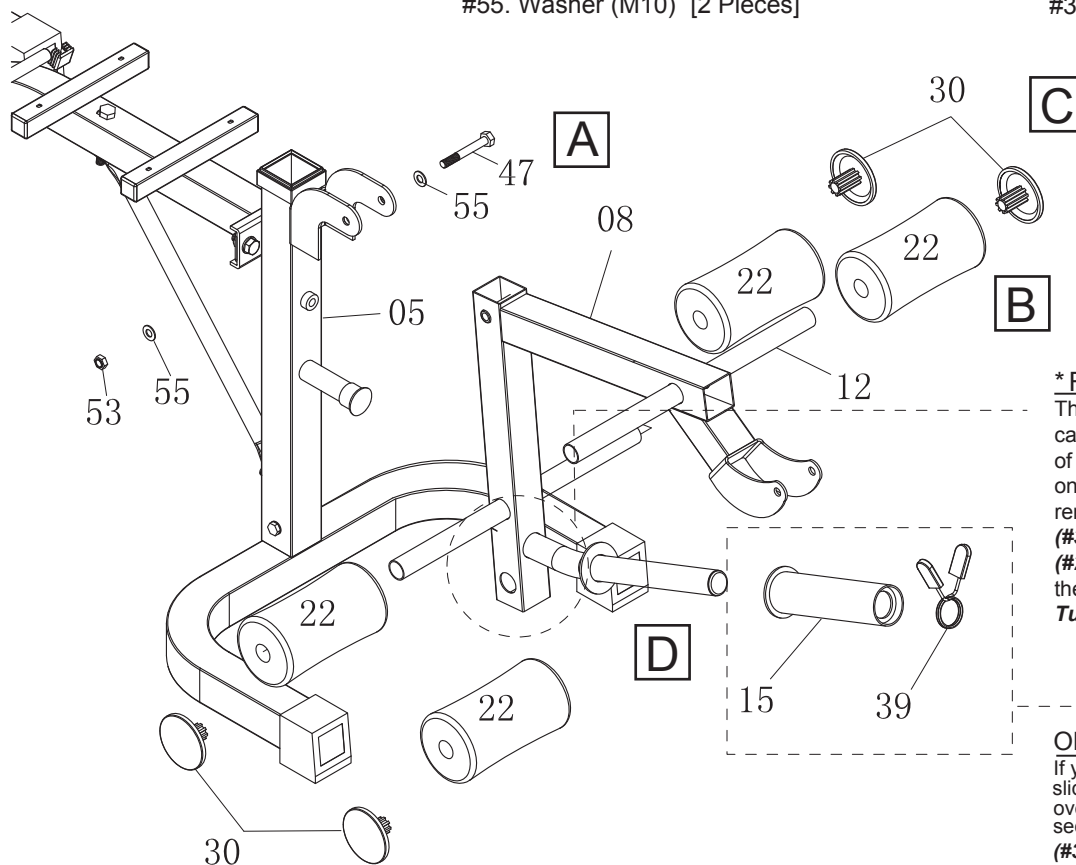


#53. Nylon Nut (M10) [1 Piece]

OTHERS



#39. Quick Clip [1 Piece]



*FOAM ROLLERS

The **Foam Roller Tube (#12)** can be placed through either of these two holes depending on your height. Simply remove the **Round End Cap (#30)** and one **Foam Roller (#22)** from one end to reposition the location of the **Foam Roller Tube (#12)**.

OLYMPIC ADAPTER

If you intend to use Olympic plates, slide the **Olympic Adapter (#15)** over the standard plate post and secure it with one **Quick Clip (#39)**.



Assembly Instructions

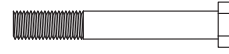
Assembly Step 5

A). Attach the **Arm Curl Bar (#16)** to the **Leg Developer (#08)** by aligning the holes on bracket of **Leg Developer (#08)** and securing them with one **Hex Bolt (#47)** through one **Washer (#55)** followed by an additional **Washer (#55)** and one **Nylon Nut (#53)** as illustrated.

B). For added versatility to your workouts, you may attach the **AB Strap (#36)** to the bracket of **Arm Curl Bar (#16)** using the **Spring Clip (#40)**.

Hardware Required

BOLT



#47. Hex Bolt (M10x75 mm)
[1 Piece]

WASHER



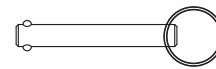
#55. Washer (M10)
[2 Pieces]

NUT

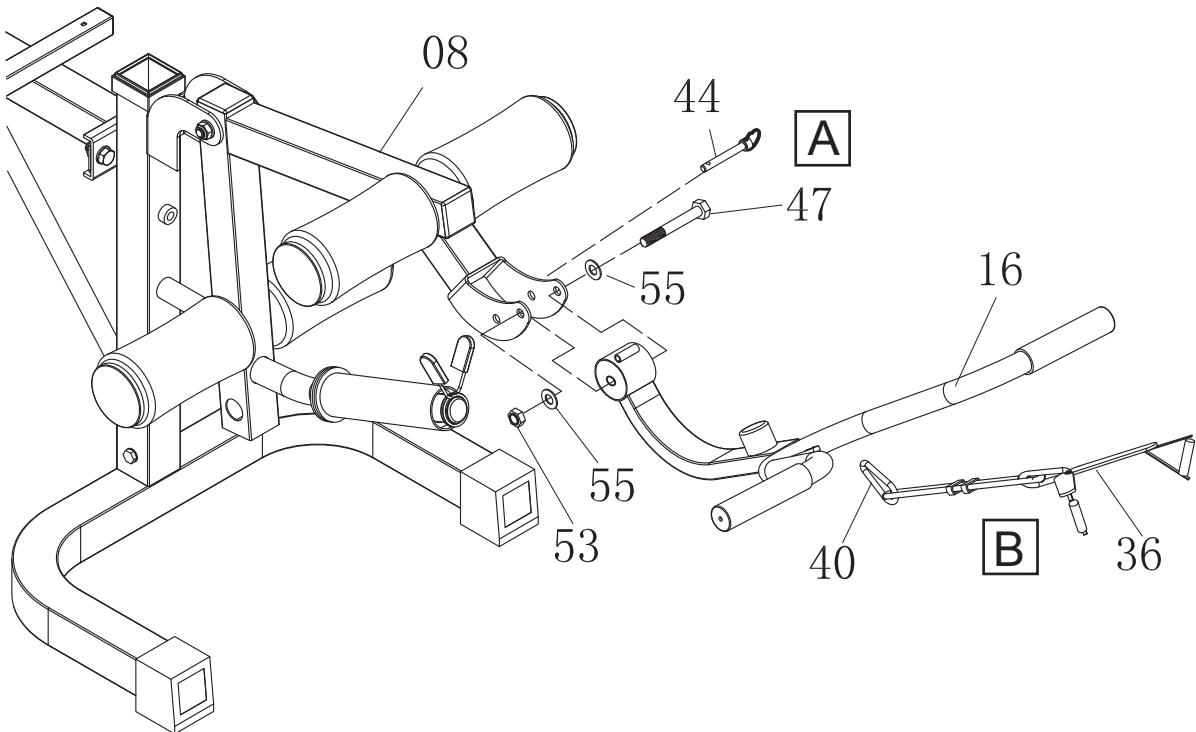


#53. Nylon Nut (M10)
[1 Pieces]

OTHERS



#44. Pop-Pin (8x70 mm)
[1 Piece]





Assembly Instructions

Assembly Step 6

A). With the help of an assistant, insert the two pegs on the sides of the **Backrest Cushion Post (#18)** into the two side holes located on the inside of both **Backrest Supporting Tubes (#10)**. While simultaneously holding these three pieces together, align and slide the two holes on the bottom of the **Backrest Supporting Tubes (#10)** onto each side of the “welded rod” on **Main Frame (#04)**. Secure by inserting one **Hex Bolt (#45)** through one **Washer (#55)** followed by one additional **Washer (#55)** and one **Nylon Nut (#53)**. Please DO NOT OVER-TIGHTEN.

B). Insert the **Arm Curl Frame (#14)** into the **Front Upright (#05)** and secure it in place with one **Knob Bolt (#38)** as illustrated below.

C). Insert the **Pop-Pin (#43)** into the hole on back of **Main Frame (#04)** for now. This **Pop-Pin (#43)** will allow you to adjust seating positions for versatile workouts.

Hardware Required

BOLT



#45. Hex Bolt (M10x140 mm) [1 Piece]

WASHER



#55. Washer (M10) [2 Pieces]

NUT

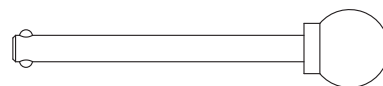


#53. Nylon Nut (M10) [1 Pieces]

OTHERS



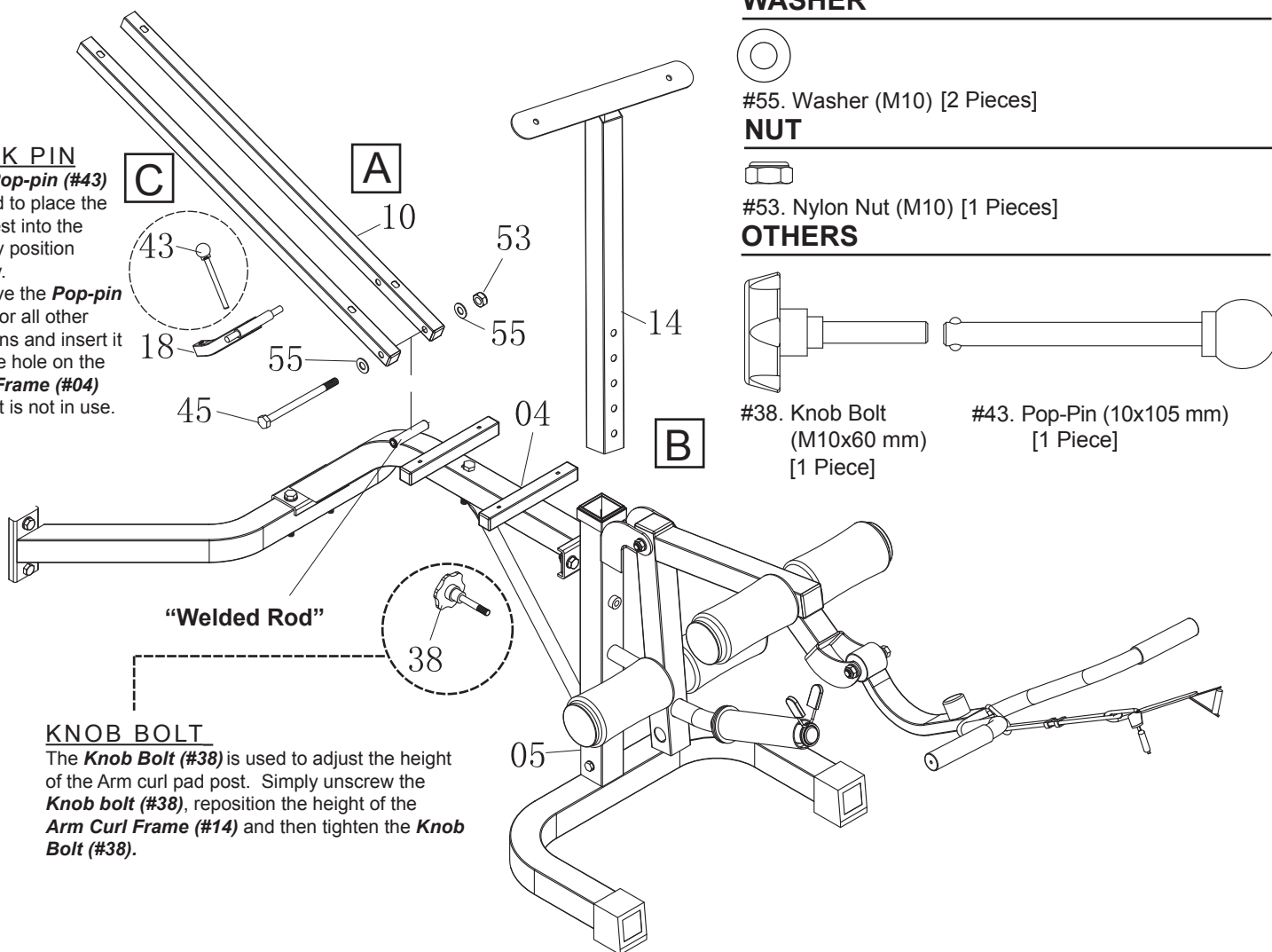
#38. Knob Bolt
(M10x60 mm)
[1 Piece]



#43. Pop-Pin (10x105 mm)
[1 Piece]

LOCK PIN

The **Pop-pin (#43)** is used to place the backrest into the military position quickly. Remove the **Pop-pin (#43)** for all other positions and insert it into the hole on the **Main Frame (#04)** when it is not in use.



KNOB BOLT

The **Knob Bolt (#38)** is used to adjust the height of the Arm curl pad post. Simply unscrew the **Knob bolt (#38)**, reposition the height of the **Arm Curl Frame (#14)** and then tighten the **Knob Bolt (#38)**.



Assembly Instructions

Assembly Step 7

A). Attach the **Backrest Cushion (#19)** gently onto the **Backrest Supporting Tubes (#10)** by inserting and securing four **Hex Bolts (#51)** through four **Washers (#56)** from underneath the **Backrest Cushion (#19)**.

B). Attach the **Seat Cushion (#20)** to the two tubes on the **Main Frame (#04)** as shown in diagram. Secure them together by inserting upward four **Hex Bolts (#51)** through four **Washers (#56)**.

C). Attach the **Arm Curl Cushion (#21)** to the **Arm Curl Frame (#14)** using two **Hex Bolts (#52)** through two **Washers (#56)**.

The assembly process is now complete. However, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use.

Hardware Required

BOLT



#51. Hex Bolt (M8x40 mm)
[8 Pieces]

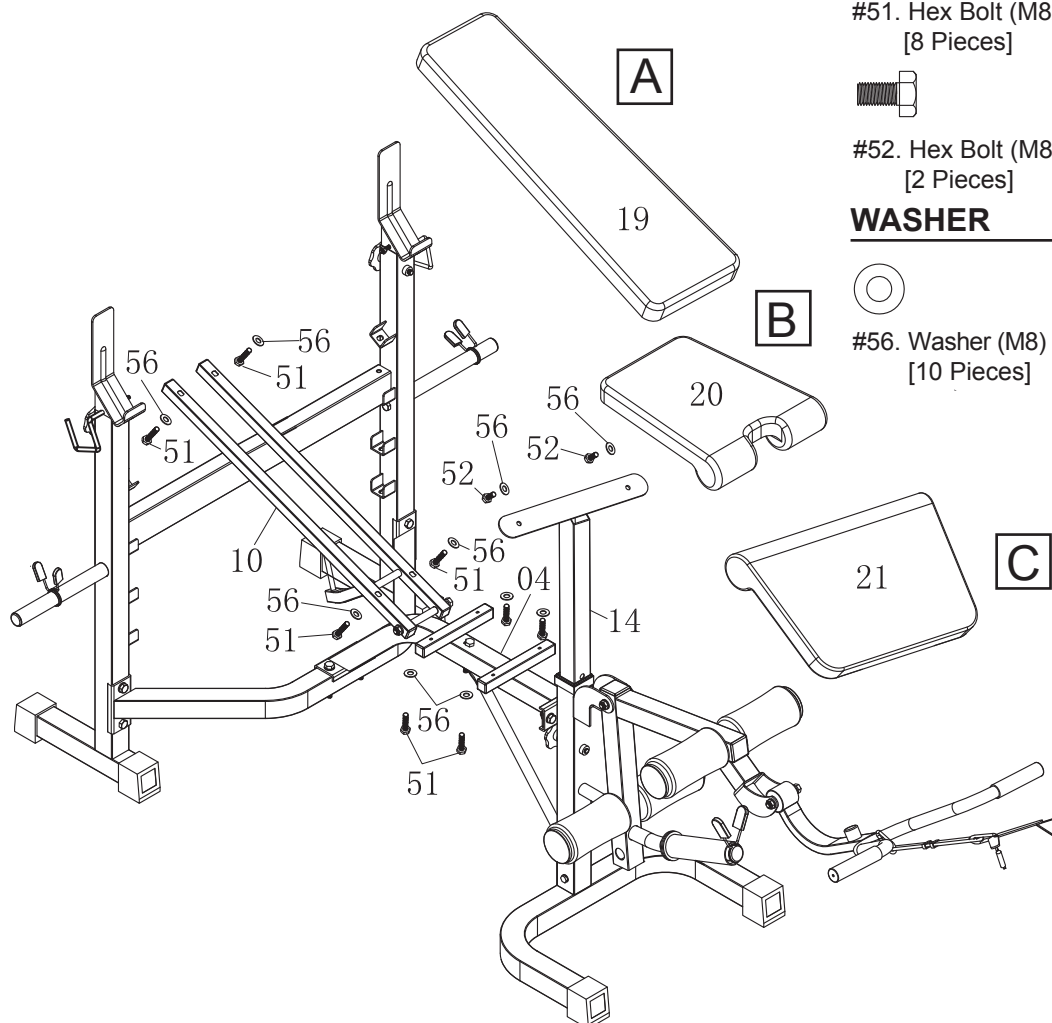


#52. Hex Bolt (M8x20 mm)
[2 Pieces]

WASHER

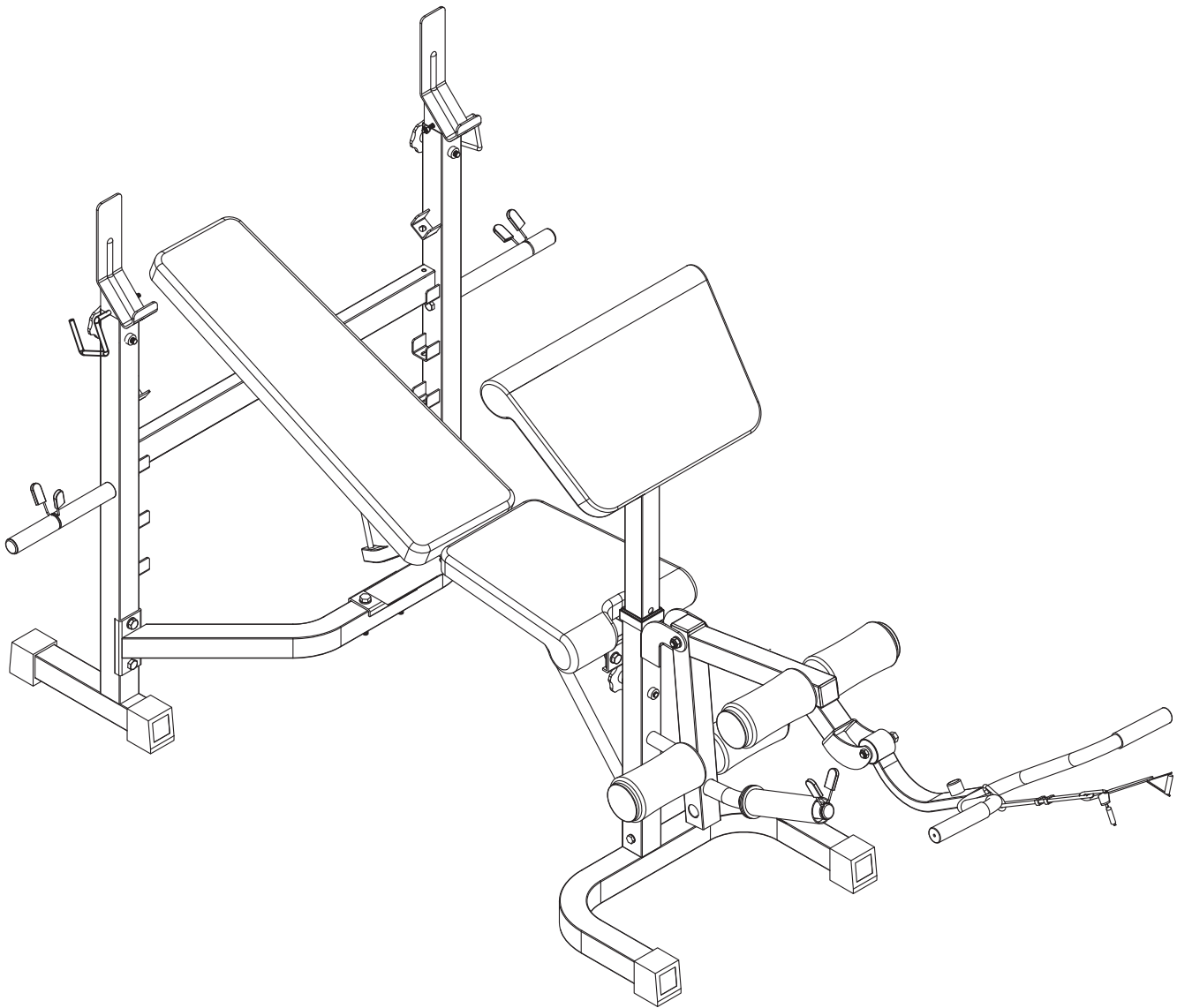


#56. Washer (M8)
[10 Pieces]



FINAL CHECK (Before EACH use)

- Make sure all nuts and bolts are tightened (but do not over-tighten).
- Check for any loose parts and components and tighten prior to each use.
- Check to see if there are any tears or bends in the welding or metal prior to each use. Do NOT use the product if you find any such tears or bends. Please contact our Customer Service.
- Be sure that all adjustment locking devices and safety devices are properly located and fully engaged prior to use!



Warm-Up Instructions

Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



Hip Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.

Warm-Up Instructions



Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.

Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.



Calf Stretch

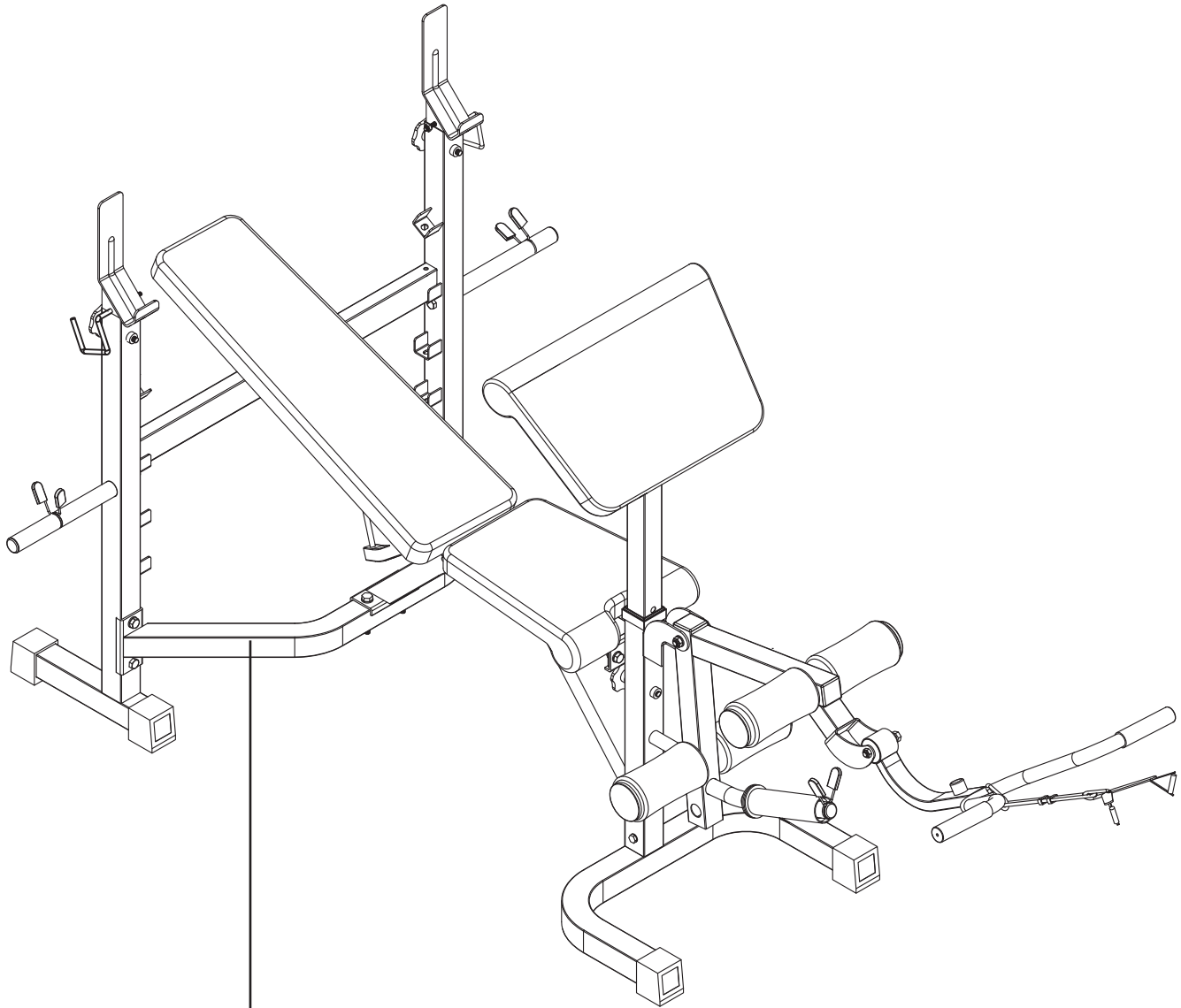
1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.



PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE. DO NOT DISCARD.

WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.



THERE ARE RISKS ASSUMED BY PERSONS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, FOLLOW THESE RULES:

1. Thoroughly inspect equipment before each workout. Check all nuts, bolts, screws and pop pins to be in place and fully tightened. Also, if included, check cables for signs of wear. Replace all worn parts before exercising. Never use the machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Be sure to keep clear of cables and moving parts when machine is in use.
3. Exercise carefully and with caution, you use this product at your own risk. Perform your exercises at a moderate pace; never perform jerky or uncoordinated movement that may cause injury. It is recommended that you should work out with a partner.
4. Do not allow children or minors to play on or around this equipment.
5. **WARNING:** You should consult your physician before starting any exercise regimen. For your own safety, do not begin any exercise program without proper instruction.
6. Set the equipment on a flat level surface.



Proof of purchase

Thanks for choosing



Model Number BCB 5860

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
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