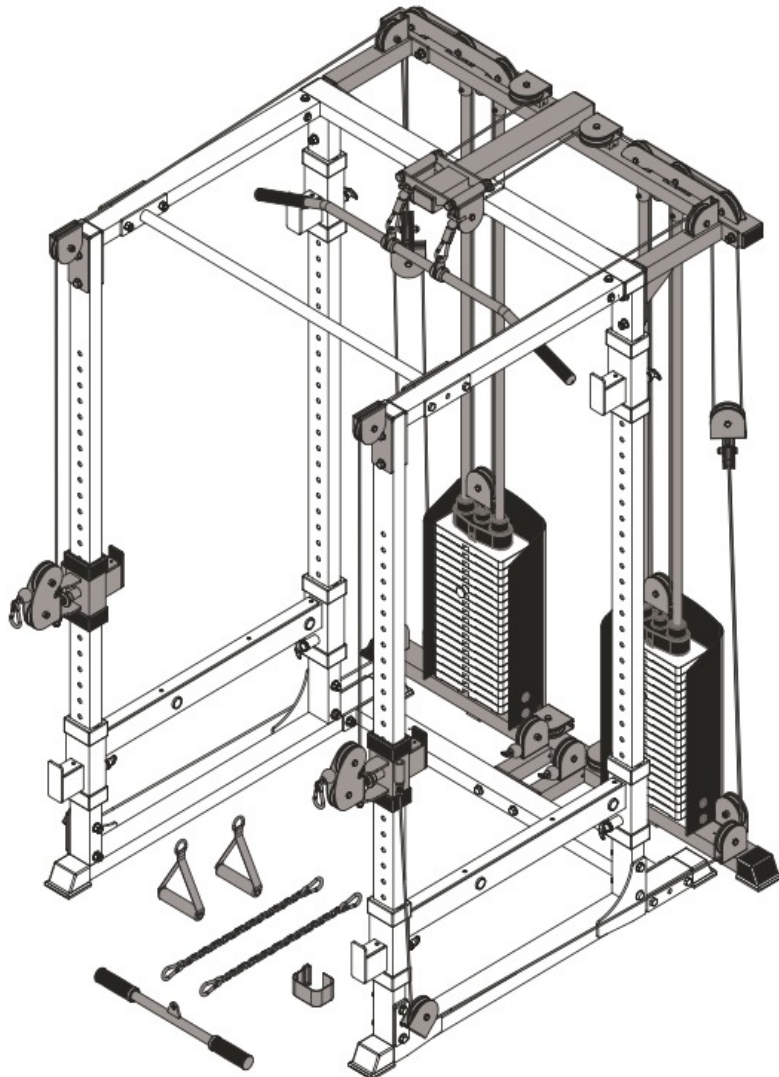


BODYCRAFT

F438 RFT Rack Functional Trainer



Scan this QR code with your
Portable Device to link to
additional product information.
www.bodycraft.com/F438-qr.html

OWNERS MANUAL



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

Congratulations and Welcome to the BODYCRAFT Family

Thank you for selecting a BODYCRAFT F438 RFT (Rack Functional Trainer). Your choice reflects a wise investment in you and your facility. We hope you use it for many healthy years!

BODYCRAFT offers a complete array of high-quality fitness equipment. Please refer to our website at www.bodycraft.com to view more ways to enhance your lifestyle.

Your BODYCRAFT machine has all the quality and design elements to make your workout extremely efficient and comfortable. Your new RFT is a serious strength machine that will keep you motivated, challenged and within reach of your fitness goals. Strength & cardiovascular training is vital for all ages which will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted. ***Spending 15 to 30 minutes a day, three times a week, is all you need to start seeing the benefits of a regular exercise program.***

As a premium exercise equipment manufacturer, we are committed to your complete satisfaction. If you have questions, suggestions or find missing or damaged parts, we guarantee your complete satisfaction through our authorized dealer network or by contacting us directly. Please call your local dealer or BODYCRAFT.

BODYCRAFT (a division of Recreation Supply, Inc.)

7699 Green Meadows Dr.

Lewis Center, OH 43035

Phone: 800-990-5556 9 am - 5 pm EST

Email: service@bodycraft.com

Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via online at www.bodycraft.com or by calling 800-990-5556 or 740-965-2442 M-F 9 a.m. - 5 p.m. EST.

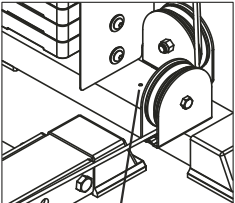

Serial Number Location	Record your serial number and purchase date here:
	S/N _____
	Purchase Date : _____
	Dealer Info: _____

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Product Safety 3

 **IF YOU PURCHASED THE F430 POWER RACK TOGETHER WITH THE THE F438 RFT, PLEASE BEGIN WITH ASSEMBLY ON PAGE 4**

F438 RFT Rack Functional Trainer Pages 4 - 21

- Specs & Tools Needed 4
- Parts List & Torque Specs 5
- Product Assembly 8
- Exploded View 20
- Detailed Parts List 21

 **IF YOU ALREADY OWN AN ASSEMBLED F430 POWER RACK, PLEASE START ON PAGE 24.**

Assembly of F438 RFT onto existing F430 Pages 24 - 25


Maintenance Pages 26 - 28

- Inspection & Maintenance 26
- Maintenance & Lubrication 27

Warranty Pages 28 - 30

- Product Warranty 28
- Product Warranty Registration 30

For easy to read complete assembly step-by-step in full color go directly to www.bodycraft.com/F438-qr.html



PRODUCT SAFETY



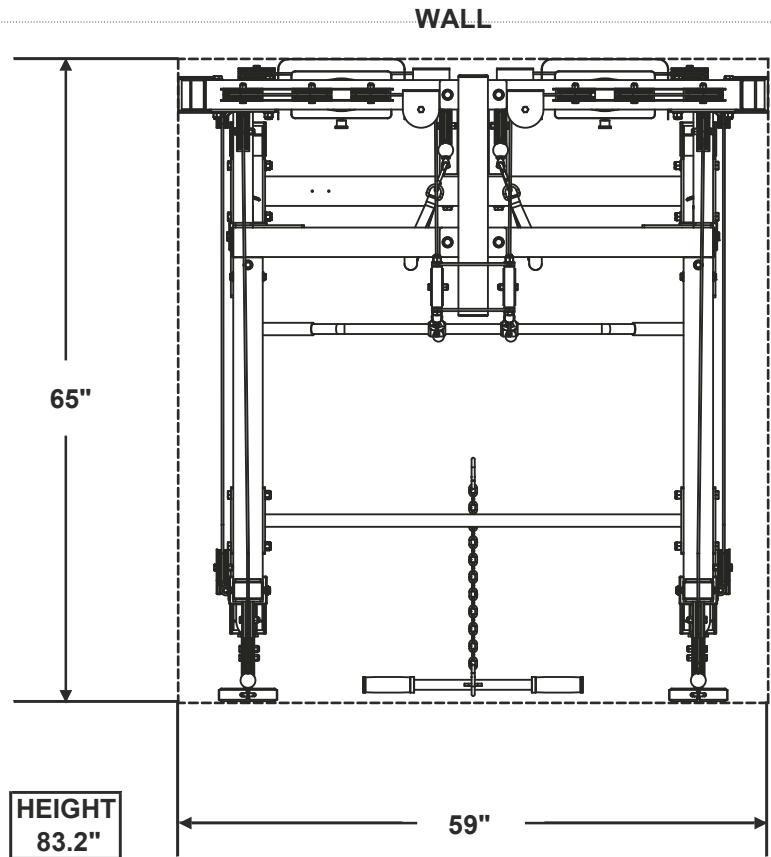
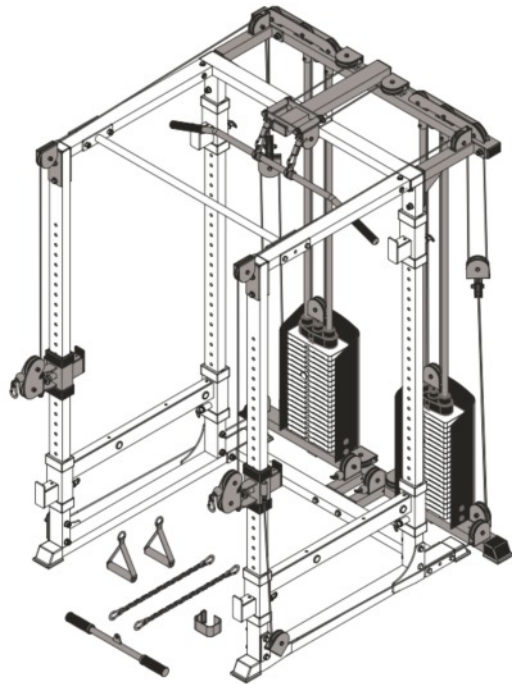
There is a risk assumed by individuals who use this type of equipment. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this BODYCRAFT product prior to use.

- 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 preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.
- Exercise with care to avoid injury. Do not attempt to lift more weight than you can control safely.
- This product must be assembled on a flat, level surface to assure its proper function.
- Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
- Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
- Keep children away from any BODYCRAFT strength machines at all times.
- Keep your hands away from cables and pulleys during operation, other than the designated handles.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Make certain all cables are seated within the pulleys before every use. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
- Inspect the unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found, do not use or allow the machine to be used until the defective part is repaired or replaced.
- It is imperative that you retain this Assembly Instructions and be sure all warning labels are legible and intact. Replacement Assembly Instructions and labels are available from BODYCRAFT. If you are unsure about the proper use of the BODYCRAFT strength machine call your local BODYCRAFT dealer or our Customer Service Department. Contact BODYCRAFT at 800-990-5556 or support@bodycraft.com



SPECS & TOOLS NEEDED - F438



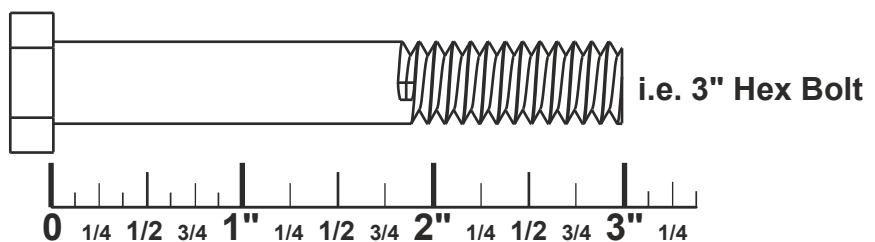
Recommended Tools for Assembly

Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set



Important Notes and Tips:

1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of this Rack Functional Trainer.
3. Use silicone lubricant on guide rods prior to weight plate installation.
4. Carefully install plastic caps using a rubber mallet.
5. For your convenience, rulers are displayed throughout this manual.
6. When measuring bolt lengths, only measure the shank.
7. Let plastics acclimate to room temperature before you begin assembly.

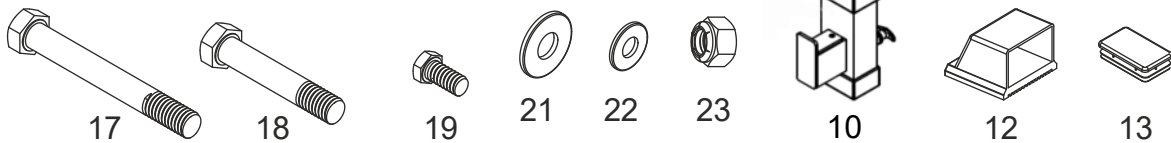
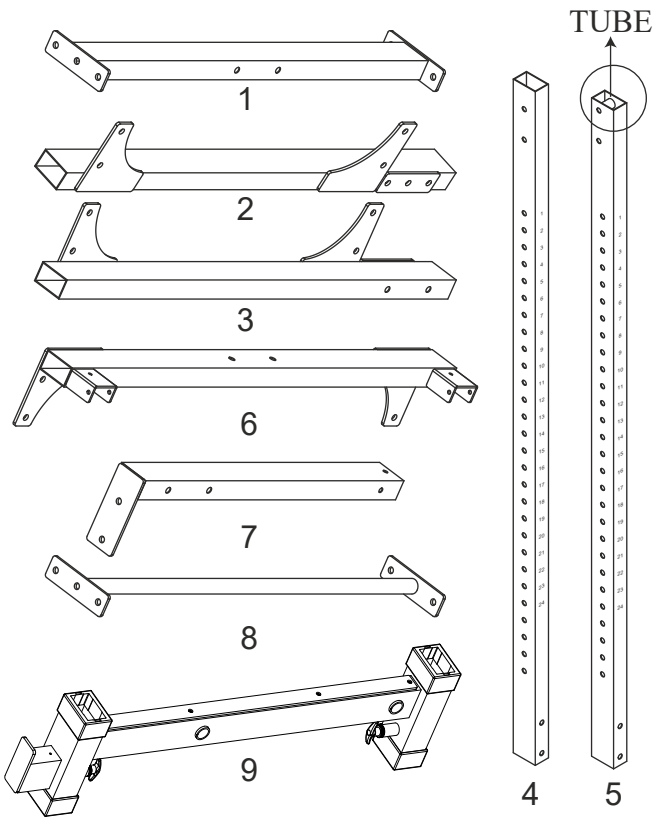


F430 PARTS LIST & TORQUE SPECS



NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL

NO.	DESCRIPTION	QTY.
1	REAR STABILIZER	1
2	RIGHT BASE FRAME	1
3	LEFT BASE FRAME	1
4	FRONT UPRIGHT 78.2"(1987mm)	2
5	REAR UPRIGHT 76.5"(1942mm) (Short upright with tube at top end)	2
6	REAR TOP FRAME	1
7	TOP FRAME	2
8	CHIN UP BAR	1
9	SLIDE SAFETY ARM	2
10	BAR CATCH	2
12	45mm X 75mm CAP	4
13	45mm X 75mm PLUG	4
17	1/2" X 4" HEX HEAD BOLT	16
18	1/2" X 2-3/4" HEX HEAD BOLT	8
19	3/8" X 3/4" HEX HEAD BOLT	6
21	1/2" WASHER	32
22	3/8" WASHER	6
23	1/2" NYLON NUT	24



TORQUE SPECS



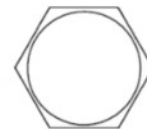
5/16" SHCS
RECOMMENDED
TORQUE RANGE:
23-29 ft-lbs



3/8" SHCS
RECOMMENDED
TORQUE RANGE:
39-49 ft-lbs



3/8" HHB
RECOMMENDED
TORQUE RANGE:
24-30 ft-lbs



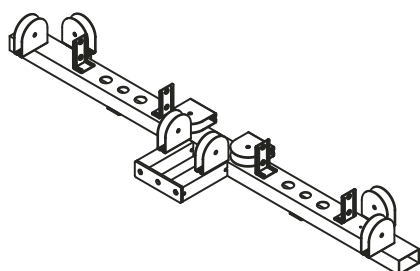
1/2" HHB
RECOMMENDED
TORQUE RANGE:
60-75 ft-lbs



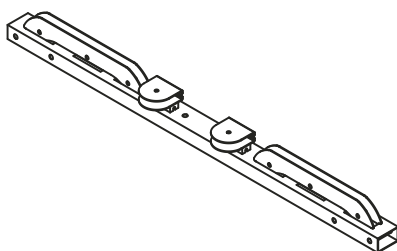
F438 PARTS LIST 1/2



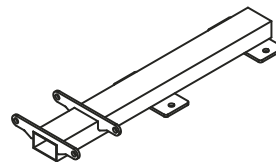
NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL



(201) CONNECTOR REAR STABILIZER



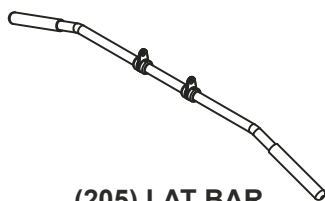
(202) CONNECTOR REAR TOP FRAME



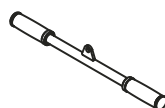
(203) CONNECTOR TOP FRAME



(204) GUIDE ROD X 4pcs



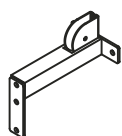
(205) LAT BAR



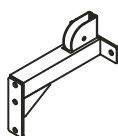
(206) CURL BAR



(207) LINK PLATE



(208L) LEFT TOP CABLE CONNECTOR



(209R) RIGHT TOP CABLE CONNECTOR



(210) TOP GUIDE ROD HOLDER X 2pcs



(211L) LEFT PULLEY HEIGHT ADJUSTER



(212R) RIGHT PULLEY HEIGHT ADJUSTER



(213) PULLEY BLOCK X 2pcs



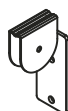
(214) DOUBLE PULLEY BLOCK X 2ps



(215L) LEFT PULLEY CONNECTOR PLATE



(216R) RIGHT PULLEY CONNECTOR PLATE



(217) PULLEY CONNECTOR PLATE X 2pcs



(218) ROTATING PULLEY HOLDER X 2pcs



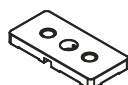
(219) TOP FRAME PULLEY BRACKET X 2pcs



(220) STACK SPACER X 4pcs



(221) TOP PLATE X 2pcs



(222) WEIGHT PLATE X 28pcs or 38pcs

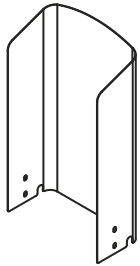


(223) SELECTOR ROD X 2pcs

F438 PARTS LIST 2/2



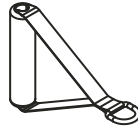
NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL



(224) STACK GUARDS X 2pcs



(225) CHAIN X 2pcs



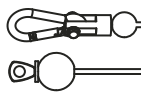
(226) SINGLE HANDLE X 2pcs



(227) ANKLE STRAP



(233) PULLEY X 34pcs



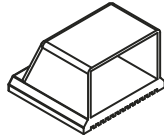
(228) TOP CABLE X 2pcs



(229) LOW CABLE X 2pcs



(234) 45 X 75mm PLUG X 4pcs



(235) 45 X 75mm END CAP X 2pcs



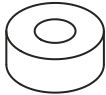
(240) SNAP HOOK X 6pcs



(241) SELECTOR PIN X 2pcs



(246) STOPPER X 2pcs

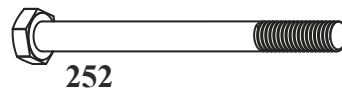


(247) RUBBER CUSHION X 4pcs

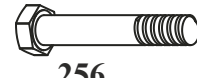


(248) PLASTIC GUIDE ROD HOLDER X 4pcs

NO.	DESCRIPTION	QTY.
252	1/2" X 6" HEX BOLT	2
253	1/2" X 4-1/2" HEX BOLT	2
254	1/2" X 4" HEX BOLT	8
255	1/2" X 3-3/4" HEX BOLT	2
256	1/2" X 3" HEX BOLT	12
257	3/8" X 1-3/4" HEX BOLT	34
258	TOP PLATE BOLT	2
259	3/8" X 5/8" HEX SOCKET DOME BOLT	2
260	5/16" X 5/8" HEX SOCKET DOME BOLT	4
261	5/16" X 1/4" HEX SOCKET DOME BOLT	8
262	M5 X 15mm TAPPING SCREW	4
263	5/16" X 1/4" INNER HEX SCREW	4
265	1/2" SMALLER WASHER	8
266	1/2" LARGER WASHER	42
267	5/16" WASHER	8
268	1/2" NYLON NUT	24
269	3/8" NYLON NUT	32



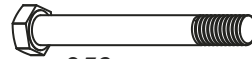
252



256



260



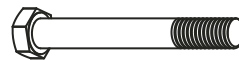
253



257



261



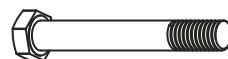
254



258



262



255



259



263



265



266



267



268



269

! IMPORTANT!

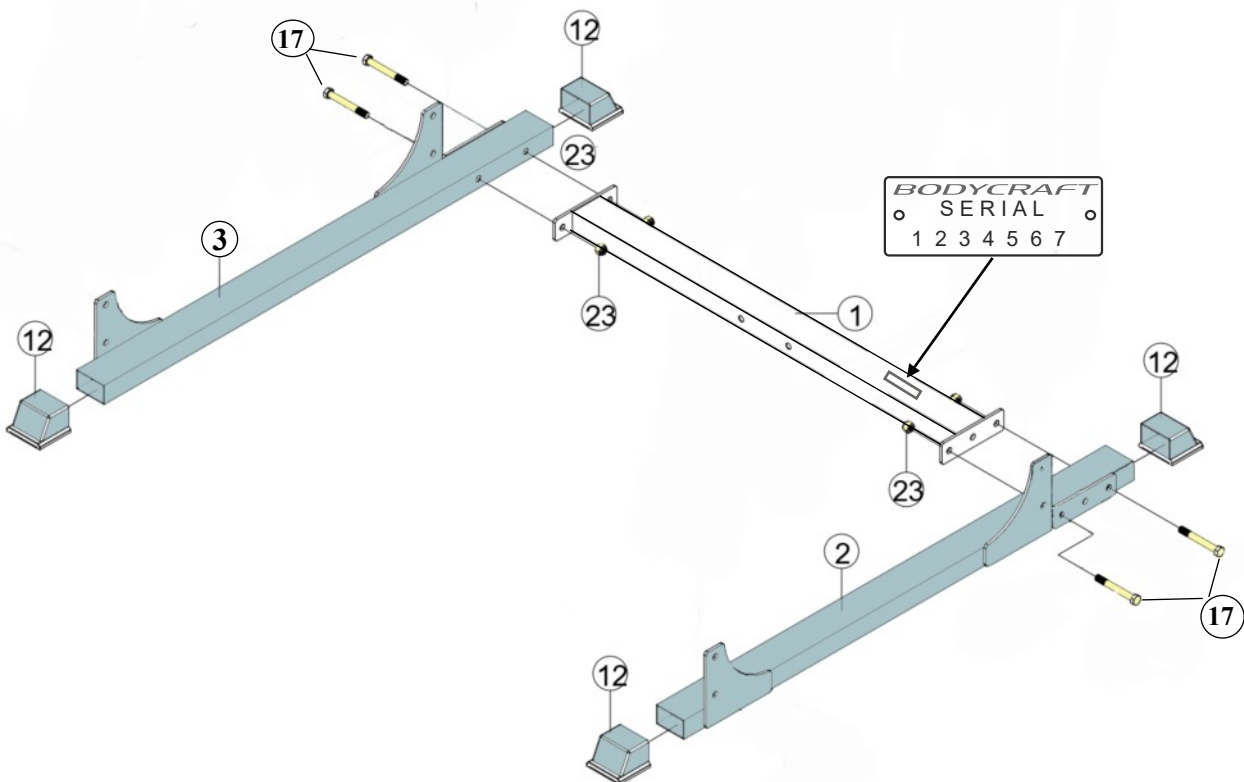
If you are installing the F438 RFT on an already assembled F430 Power Rack, please skip this portion and go to page 24.



NOTE: DO NOT tighten bolts until Step # 5

1. Slide four 45mm X 75mm Cap (12) onto Base Frame.
2. Attach Rear Stabilizer (1) (with the serial number as shown) to the Right Base Frame (3) and Left Base Frame (2) using four 1/2" X 4" Hex Bolts (17), and four 1/2" Nylon Nut (23). **NOTE: Backing plates that are welded to the Base Frames should be on the outside of machine.**

IMPORTANT: The back four 1/2" X 4" Hex Bolts (17) DO NOT get Washers (21).

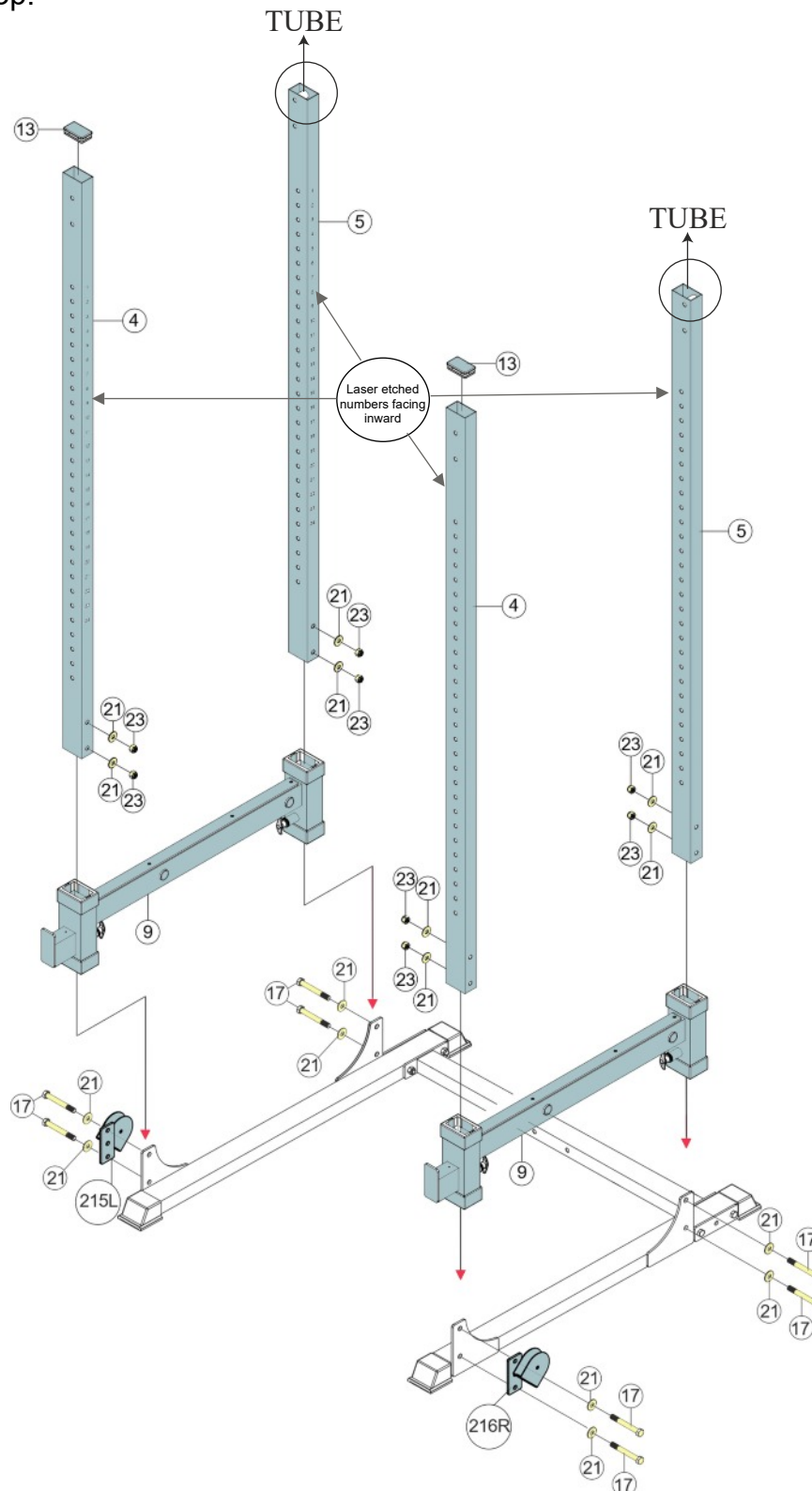


PRODUCT ASSEMBLY- F438 - STEP # 2



NOTE: DO NOT tighten bolts until Step # 5

1. Attach Rear Uprights (5) (shorter) to Base Frame using four 1/2" X 4" Hex Bolts (17), eight washers (21) and four Nylon Nuts (23). Make sure the inside welded tube is on top.



2. Simultaneously attach the Left & Right Pulley Connector Plate (215L & 216R) with the Front Uprights (4) with the laser etched numbers facing inward, using four 1/2" X 4" Hex Bolts (17), eight 1/2" Larger Washers (21) and four 1/2" Nylon Nuts (23).

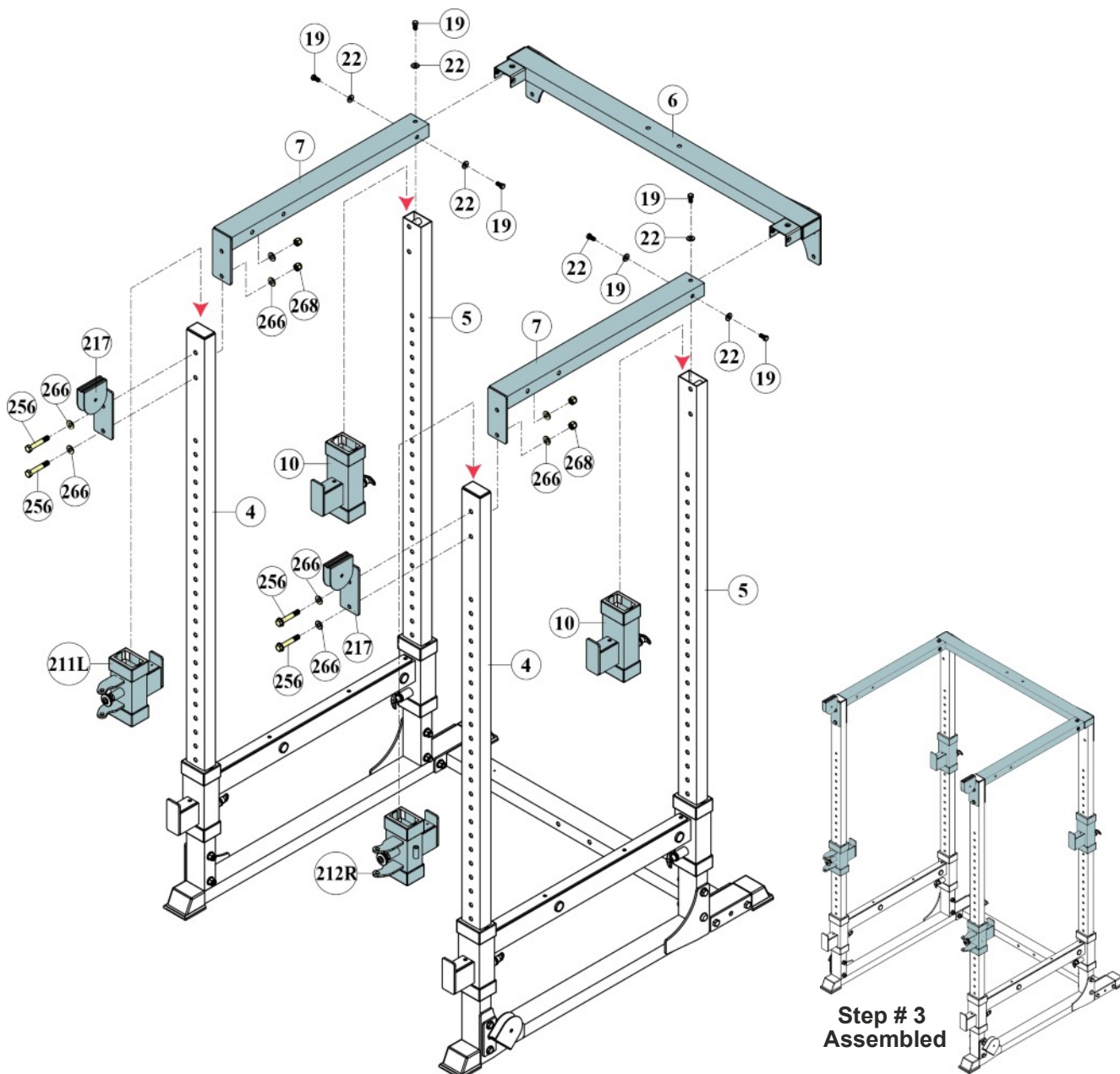
3. Slide Safety Arms (9) over top of uprights with spring pins toward bottom and the bar catches facing forward.

PRODUCT ASSEMBLY- F438 - STEP # 3



NOTE: DO NOT tighten bolts until Step # 5

1. Slide both Bar Catches (10) onto each of the Rear Uprights (5) as shown.
2. Slide the Left & Right Pulley Height Adjusters (211L & 212R) onto Front Uprights (4) as shown.
3. Attach both Top Frames (7) to Rear Top Frame (6), using six 3/8" X 3/4" Hex Bolts (19) and six 3/8" Washers (22).
4. Simultaneously attach the Top Frames (7) and two Pulley Connector Plates (217) to the Front Uprights (4) using four 1/2" X 3" Hex Bolts (256), eight 1/2" Larger Washers (266) and four 1/2" Nylon Nut (268).



PRODUCT ASSEMBLY- F438 - STEP # 4

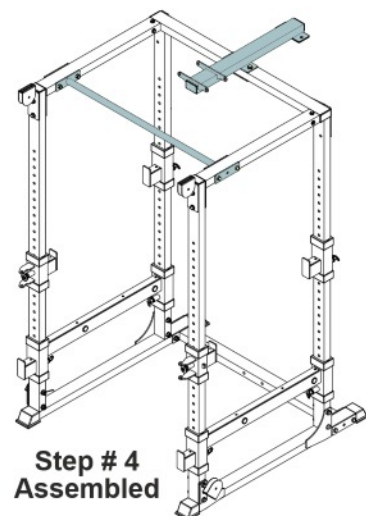
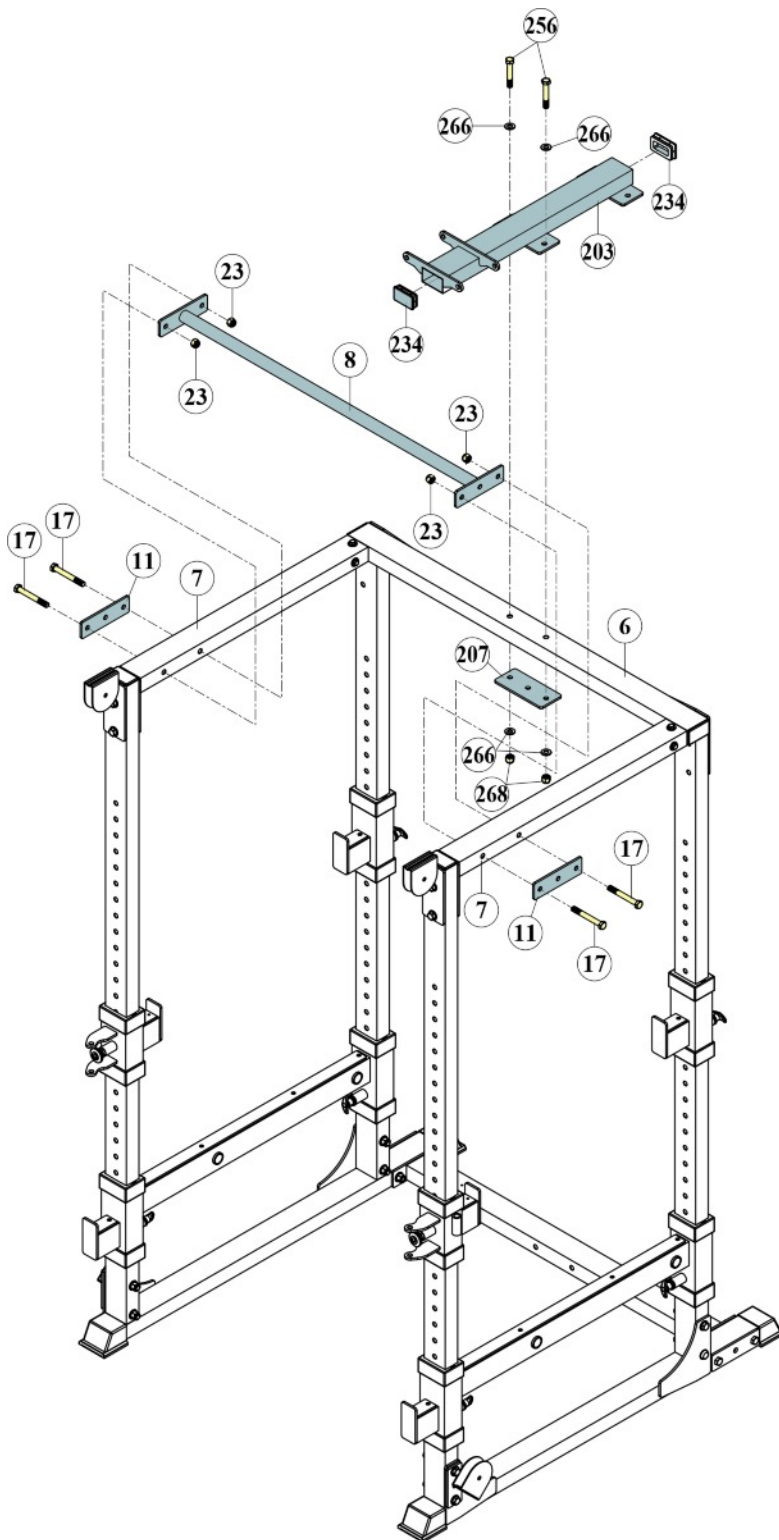


NOTE: DO NOT tighten bolts until Step # 5

1. Attach Chin Up Bar (8) to the Top Frames (7) using Backing Plates (11) as shown, using four 1/2" X 4" Hex Bolts (17) and four 1/2" Nylon Nuts (23).

2. Install two 45mm X 75mm Plugs (234) to Connector Top Frame (203).

3. Attach the Connector Top Frame (203) to Rear Top Frame (6) using one Link Plate (207) and two 3/8" X 2-3/4" Hex Bolts (256), four 1/2" Larger Washers (266) and two 1/2" Nylon Nuts (268).





IMPORTANT

If you have 19 Weight Plates, DO NOT install the two Stack Spacers (24), See figure 2 & 3.

1. Insert the four Plastic Guide Rod Holders (248) and four Rubber Cushions (247) to the Connector Rear Stabilizer (201), and slide the Guide Rod (204) into it.

Before beginning Step 2, please read the following and refer to Figures 2 and 3 on the next page.

150 lb Stacks

- If you have **14** Weight Plates (222) per stack, install the Stack Spacers (220) onto each of the Guide Rods (205). Fig. 2
14 piece weight plates & top plate = TOTAL 150 lbs stack.

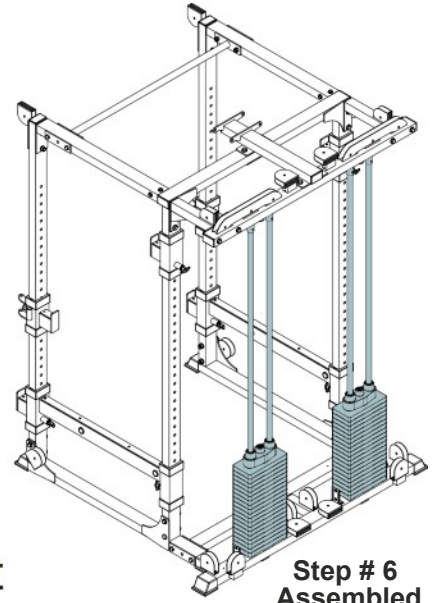
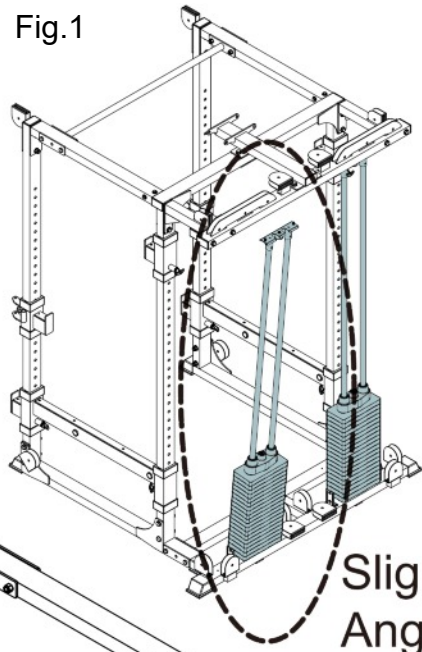
200 lb Stacks

- If you have **19** Weight Plates (222) per stack, DISCARD the Stack Spacers (220), see Fig. 3.
19 piece weight plates & top plate = TOTAL 200 lbs stack.

2. **TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.** With the guide rods angled slightly (as shown in fig. 1), slide the Weight Plates (222) one at a time onto the Guide Rods (204), making sure to orient the selector holes toward the front. Attach the Top Plate (221) to the Selector Rod (223) using the Top Plate Bolt (258). Tighten the Top Plate Bolt (258) using a hex key. Slide the Top Plate into the guide Rods. Make sure the Selector Rod (223) goes through the center holes of the Weight Plates (222).
3. Attach Top Plate Guide Rod Holder (210) to the Guide Rods (204) and secure with two 5/16" X 5/8" Hex Socket Dome Bolts (260). Tighten the two 5/16" X 1/4" Inner Hex Screws (263) to the Guide Rods (204). Use 3/8" X 5/8" Hex Socket Dome Bolt (259) to tight Stopper (246) and the Top Plate Guide Rod Holder (210).

PRODUCT ASSEMBLY- F438 - STEP # 6

Fig.1



Slight Angle

Step # 6 Assembled

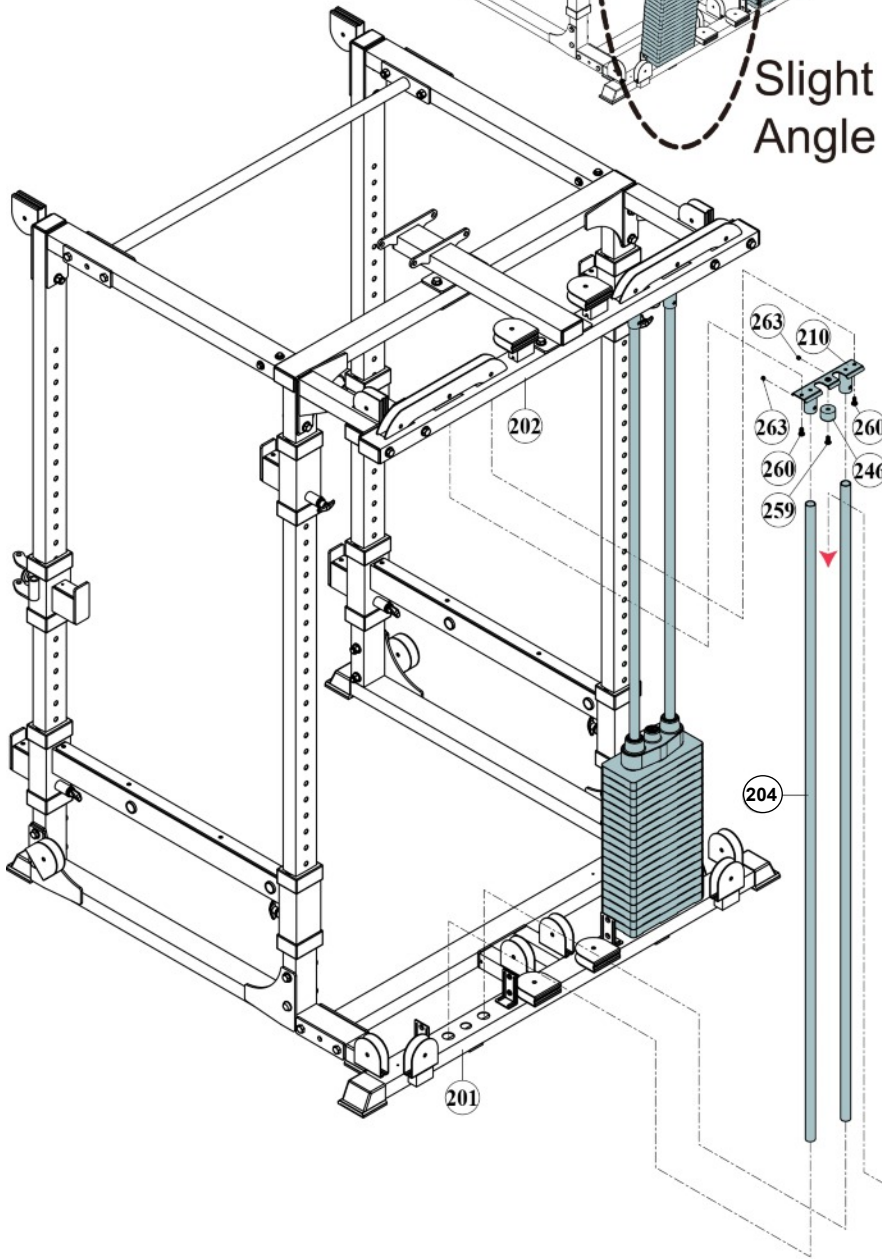
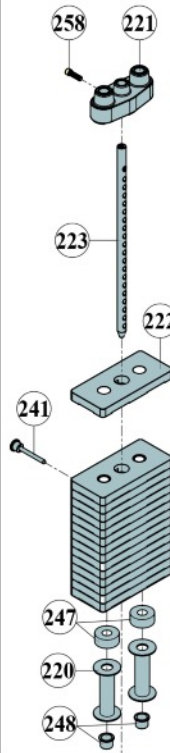


Fig.2

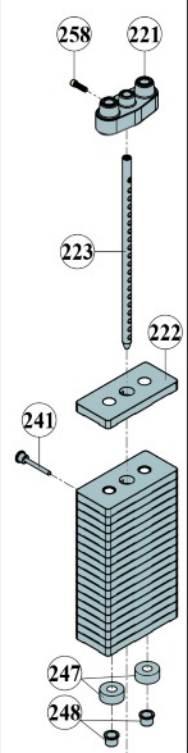
14 Weight Plates



150 lbs stack

Fig.3

19 Weight Plates

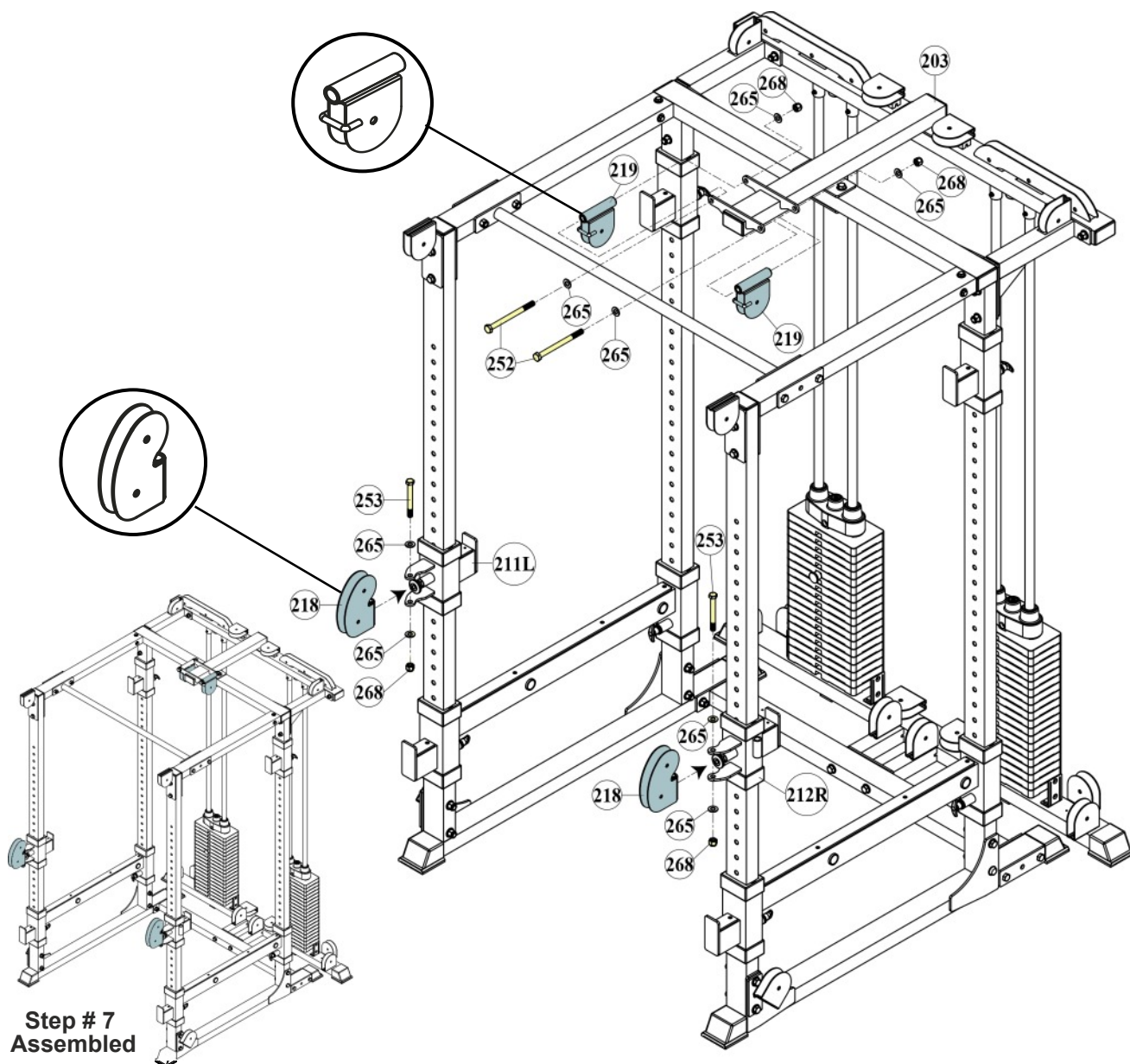


200 lbs stack

PRODUCT ASSEMBLY- F438 - STEP # 7

1. Attach Top Frame Pulley Bracket (219) to the Top Frame (203) as shown, using two 1/2" X 6" Hex Bolts (252), four 1/2" Smaller Washers (265) and two 1/2" Nylon Nuts (268).
 2. Attach two Rotating Pulley Holders (218) to Left & Right Pulley Height Adjuster (211L & 212R) as shown, using two 1/2" X 4-1/2" Hex Bolts (253), four 1/2" Smaller Washers (265) and two 1/2" Nylon Nuts (268).
- NOTE: Confirm Bolts (253) are facing down with Nuts (268) from bottom up assembled.**

 **Tighten all Bolts
at this time!**

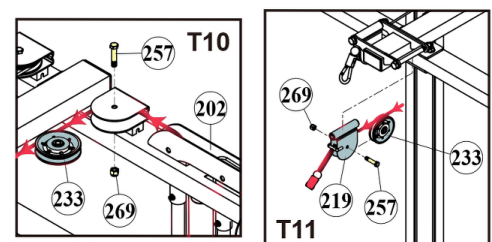
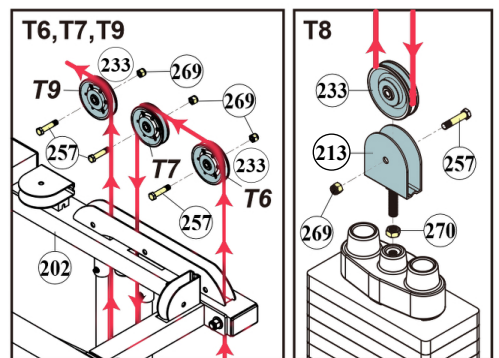
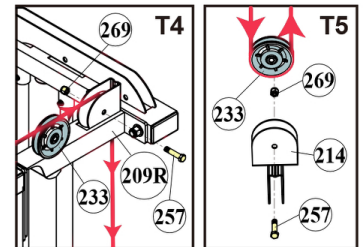
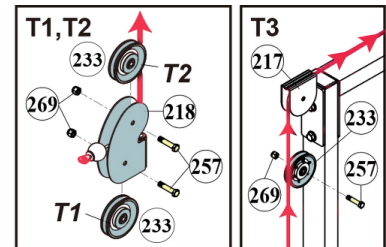
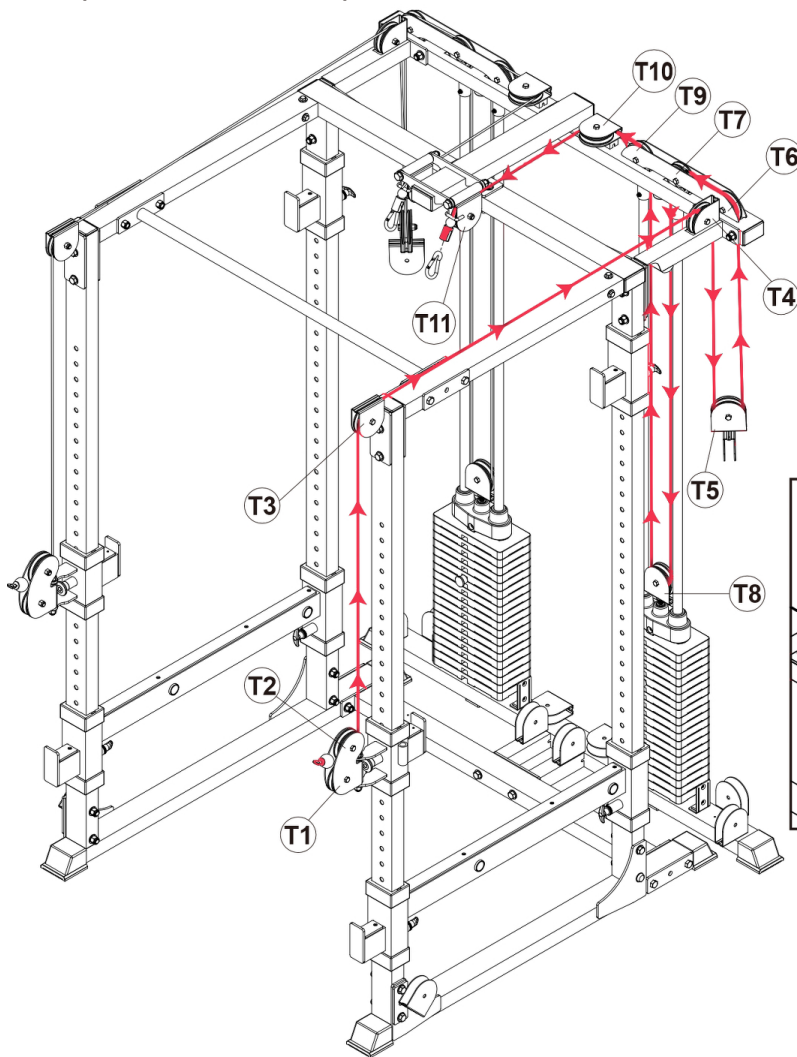


PRODUCT ASSEMBLY- F438 - STEP # 8

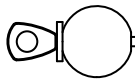


Simultaneously assemble the cables and pulleys.

1. Perform the follow procedures 2 - 4 for the Right side first.
2. Insert the Hook End of the Top Cable (228) between 2 Pulleys (233) in the Rotating Pulley Holder (218) as shown in Figure T1,T2. Then route the cable up and over the Pulley Connector Plate (217), see Figure T3. Route over and down through the Pulley (233) in the Right Top Cable Connector (209R), see Figure T4. Route through the upper Pulley (233) in the floating Double Pulley Block (214), see Figure T5.
3. Thread the Pulley Block (213) at least 1/3 of the way into the Top Plate Assembly as shown in Fig. T8. Tighten the Jam Nut downward.
4. Continue routing the cable up and over the two pulleys (233) on the Connector Rear Top Frame (202), see Figures T6 & T7, then down to the Pulley Block (213) as shown in Figure T8. Then route up to the Connector Rear Top Frame (202), see Figure T10. Then route over the Top Frame Pulley Bracket (219) as Figure T11.
5. Now perform the same procedures 2 - 4 for the Left side.



PRODUCT ASSEMBLY- F438 - STEP # 9



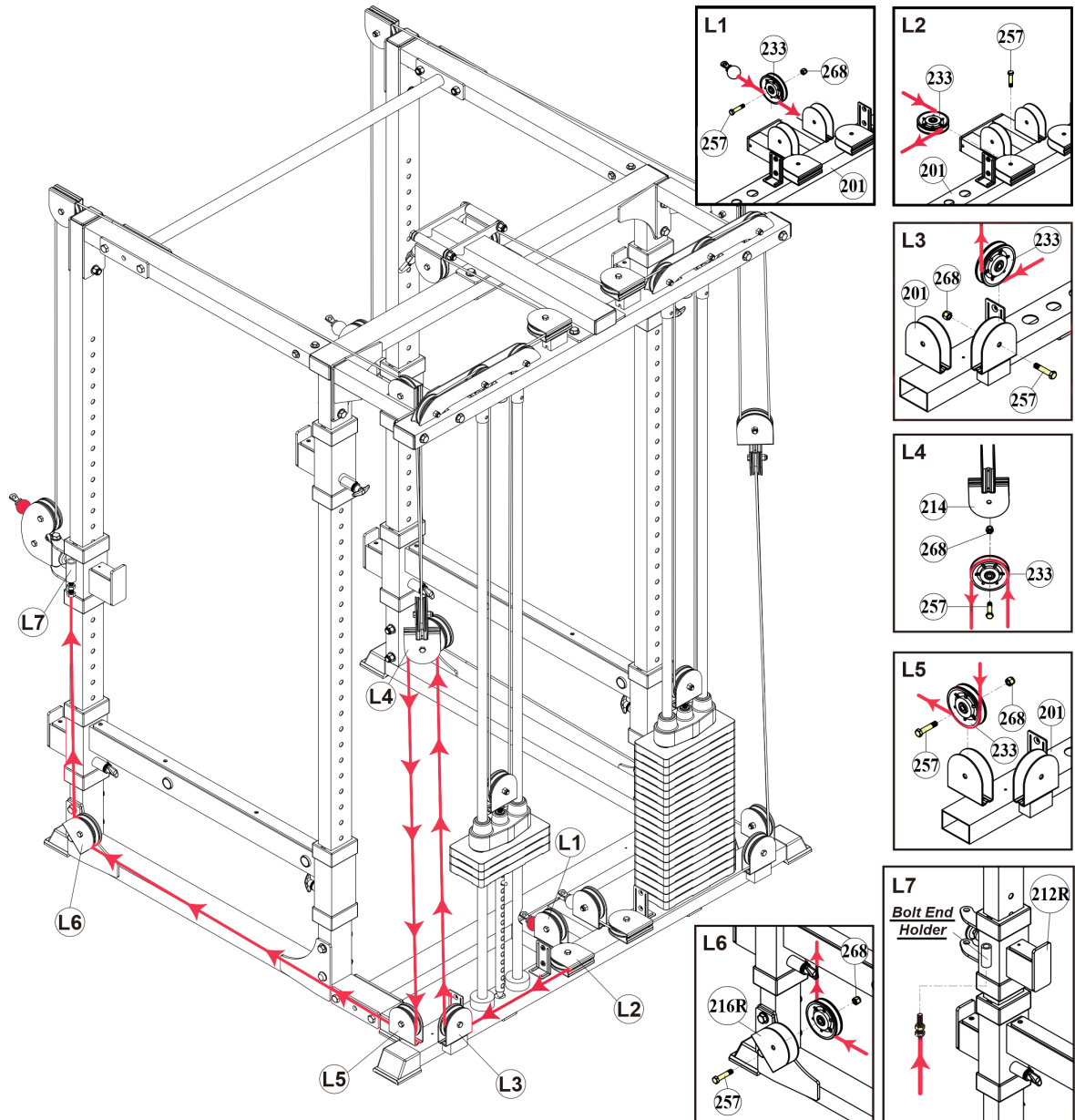
Ball End

Low Cable (229)



Bolt End

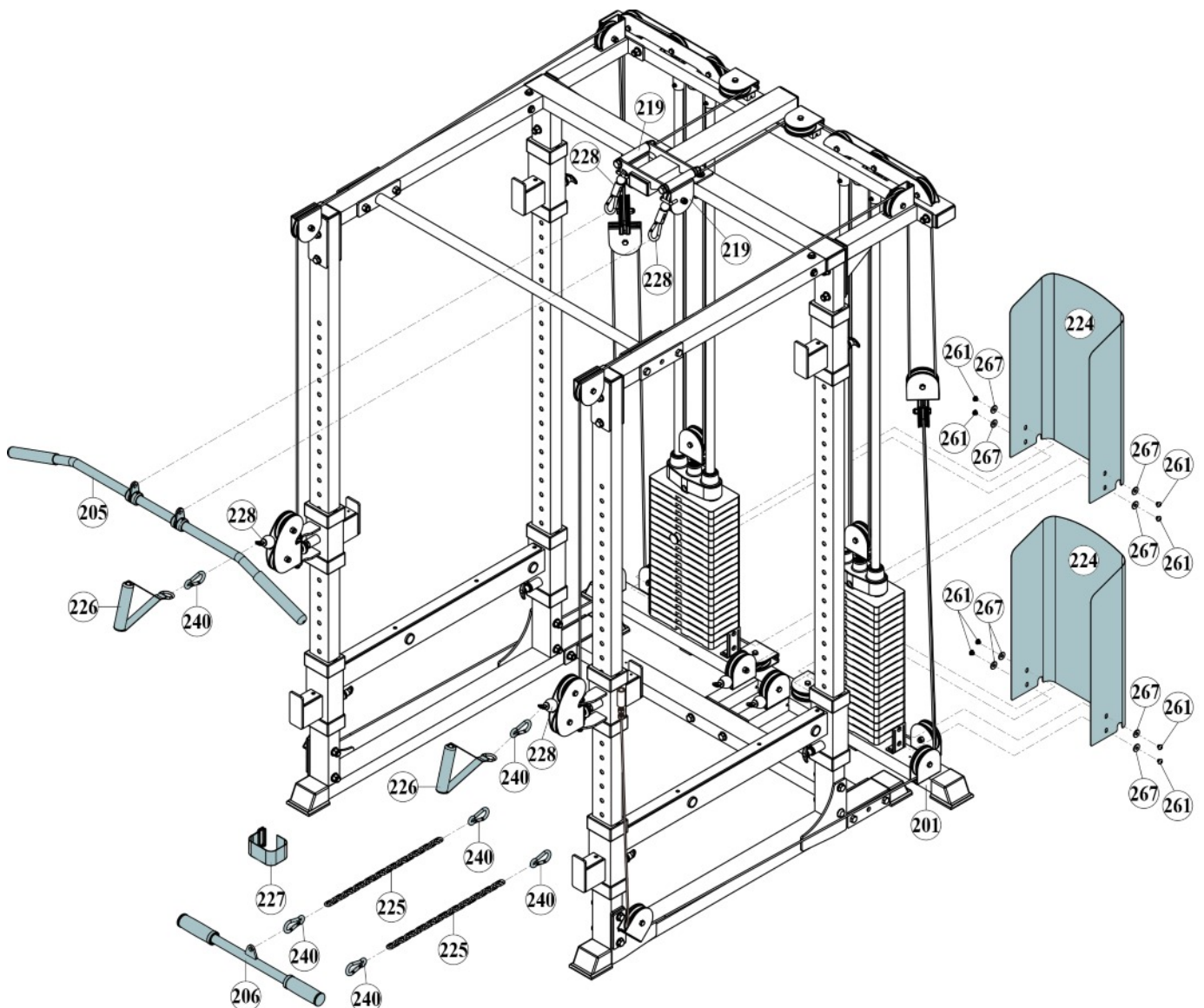
1. Perform the follow procedures 2 - 4 for the Right side first.
 2. Insert the Bolt End of the Low Cable (229) into the vertical pulley holder of the Rear Stabilizer (201), see Figure L1, then route the cable 90 degrees through the horizontal pulley holder as shown in Figure L2 and then the vertical pulley holder as shown in the Figure L3. Route the cable up and around the Double Pulley Block (214), see Figure L4.
 3. Continue routing the cable downward to the vertical pulley holder on the Connector Rear Stabilizer (201), see Figure L5, then route through the pulley holder on the Right Pulley Connector Plate (216R), see Figure L6.
 4. Screw the Bolt End to the Holder located on the Right Pulley Height Adjuster (212R), see Figure L7.
4. Now perform the same procedures 2 - 4 for the Left side.



PRODUCT ASSEMBLY- F438 - STEP # 10

1. Attach two Stack Guards (224) to Connector Rear Stabilizer (201) using eight 5/16" X 1/4" Hex Socket Dome Bolts (261) and eight 5/16" Washers (267).
2. Remove all slack in the cables by adjusting the Cable Bolts on the Pulley Height Adjusters (211L, 212R), and the Pulleys Blocks (213) located on the Top Plates of the stack. Tighten all Jam-Nuts when finished. The Cable Bolts and Pulley Block should not be able to rotate when tightened.
3. Attach Lat Bar (205) to Snap Hooks on Top Cable (228) and two Single Handles (226) as shown.
4. Make sure that all cables are properly seated in all of the pulleys and tighten all bolts.
5. **BEFORE FIRST USE** refer to the checklist on the next page.

 **Tighten all Bolts at this time!**



PRODUCT ASSEMBLY- F438 - COMPLETE

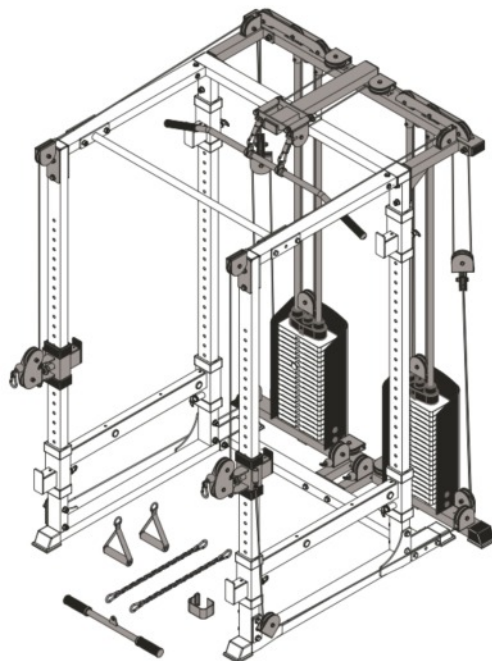


NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL

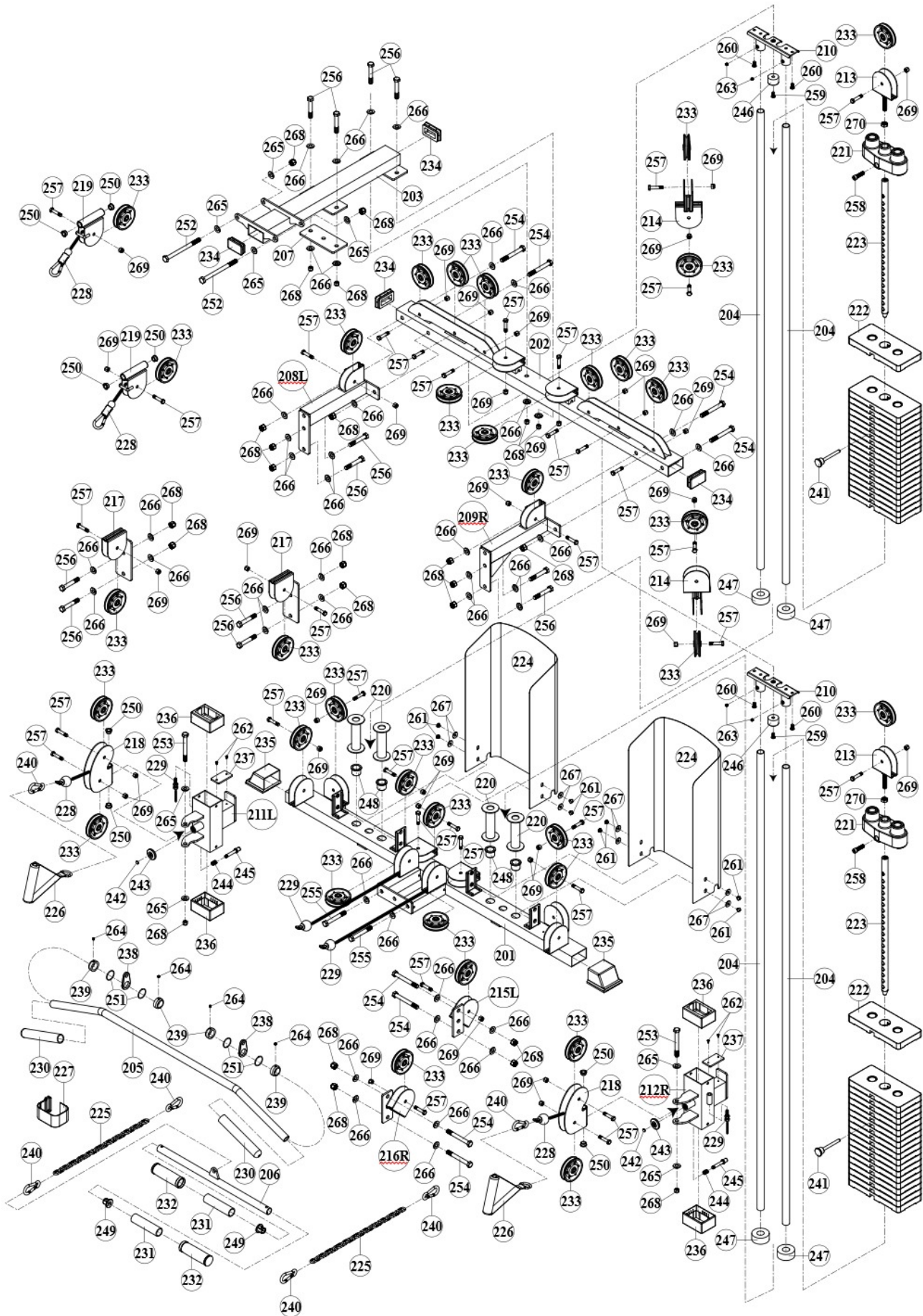
Assembly is complete!

Please take the following steps before using the RFT Rack Functional Trainer:

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 Selector Pin (246) 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 (222) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply silicone spray or liquid to the **Guide Rods (204)**.
7. Enjoy many years of a happy & healthy lifestyle.



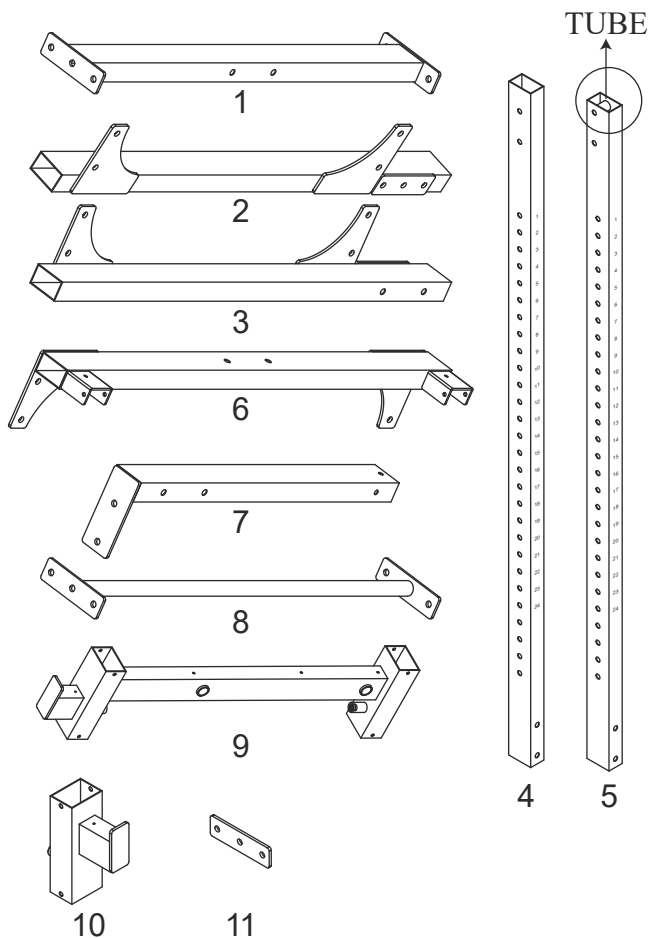
EXPLODED VIEW - F438



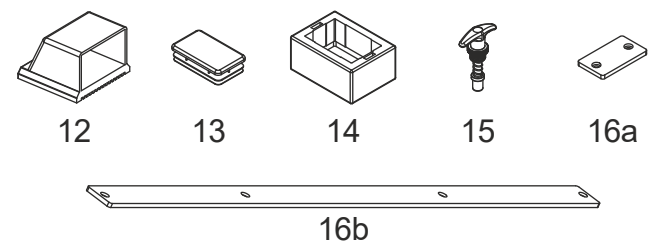
DETAILED PARTS LIST - F430 POWER RACK 1/1

NO.	DESCRIPTION	QTY.
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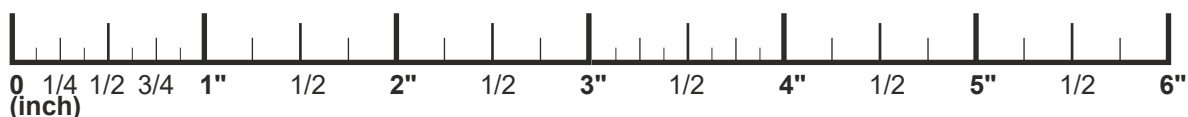
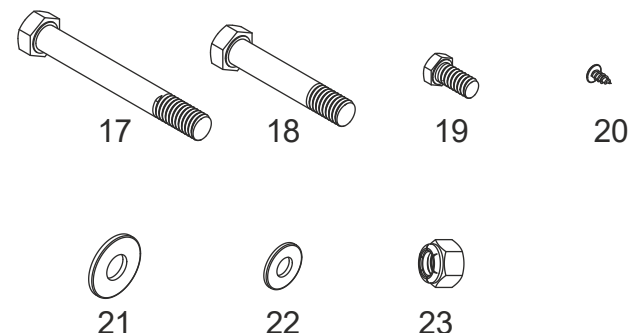
1	REAR STABILIZER	1
2	RIGHT BASE FRAME	1
3	LEFT BASE FRAME	1
4	FRONT UPRIGHT 78.2"(1987mm)	2
5	REAR UPRIGHT 76.5"(1942mm) ----- -- welded tube on top end	2
6	REAR TOP FRAME	1
7	TOP FRAME	2
8	CHIN UP BAR	1
9	SAFETY ARM	2
10	BAR CATCH	2
11	BACKING PLATE	2



12	45mm X 75mm CAP	4
13	45mm X 75mm PLUG	4
14	45mm X 75mm SLIDER	12
15	POP PIN	6
16a	BUMPER ON BAR CATCH	4
16b	BUMPER ON SAFETY ARM	2

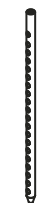
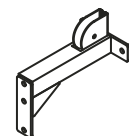
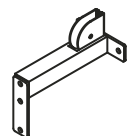
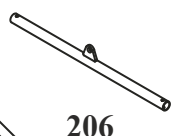
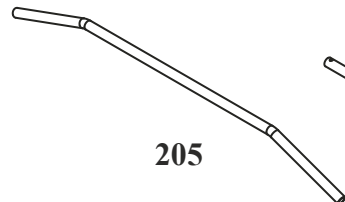
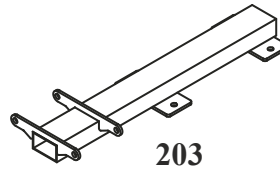
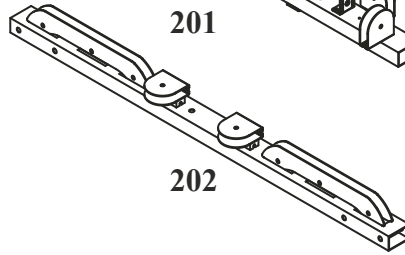
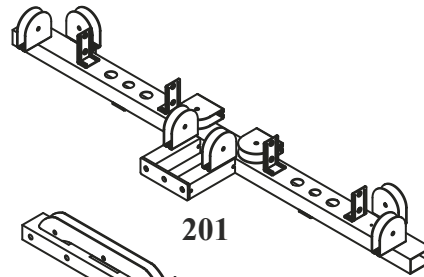


17	1/2" X 4" HEX HEAD BOLT	16
18	1/2" X 2-3/4" HEX HEAD BOLT	8
19	3/8" X 3/4" HEX HEAD BOLT	6
20	5mm X 15mm SCREW	16
21	1/2" WASHER	32
22	3/8" WASHER	6
23	1/2" NYLON NUT	24



DETAILED PARTS LIST - F438 RFT 1/2

NO.	DESCRIPTION	QTY.
201	CONNECTOR REAR STABILIZER	1
202	CONNECTOR REAR TOP FRAME	1
203	CONNECTOR TOP FRAME	1
204	GUIDE ROD	4
205	LAT BAR	1
206	CURL BAR	1
207	LINK PLATE	1
208L	LEFT TOP CABLE CONNECTOR	1
209R	RIGHT TOP CABLE CONNECTOR	1
210	TOP GUIDE ROD HOLDER	2
211L	LEFT PULLEY HEIGHT ADJUSTER	1
212R	RIGHT PULLEY HEIGHT ADJUSTER	1
213	PULLEY BLOCK	2
214	DOUBLE PULLEY BLOCK	2
215L	LEFT PULLEY CONNECTOR PLATE	1
216R	RIGHT PULLEY CONNECTOR PLATE	1
217	PULLEY CONNECTOR PLATE	2
218	ROTATING PULLEY HOLDER	2
219	TOP FRAME PULLEY BRACKET	2
220	STACK SPACER	4
221	TOP PLATE	2
222	WEIGHT PLATE	38
223	SELECTOR ROD	2

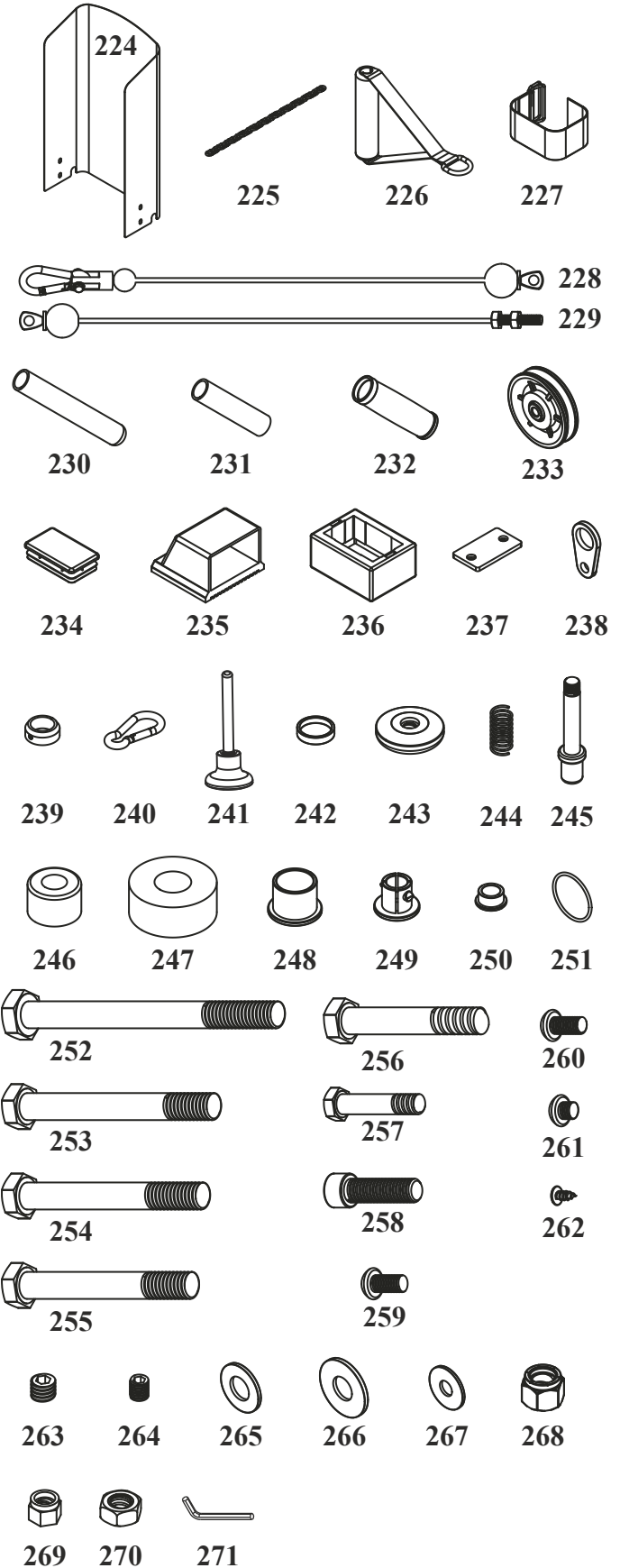


*Parts images are not to scale.

DETAILED PARTS LIST - F438 RFT 2/2

NO.	DESCRIPTION	QTY.
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224	STACK GUARDS	2
225	CHAIN	2
226	SINGLE HANDLE	2
227	ANKLE STRAP	1
228	TOP CABLE	2
229	LOW CABLE	2
230	1" X 200mm L HAND GRIP	2
231	SLEEVE	2
232	1-1/4 X 130" HAND GRIP	2
233	PULLEY	34
234	45 X 75mm PLUG	4
235	45 X 75mm END CAP	2
236	45 X 75mm HOLLOW BUSHING	4
237	CONNECTOR PLATE	2
238	HOOK PLATE	2
239	COLLAR	4
240	SNAP HOOK	6
241	SELECTOR PIN	2
242	RUBBER COLLAR	2
243	PLASTIC WASHER	2
244	SPRING	2
245	PIN BOLT	2
246	STOPPER	2
247	RUBBER CUSHION	4
248	PLASTIC GUIDE ROD HOLDER	4
249	1" T SHAPE END PLUG	2
250	BUSHING	8
251	SEALING RING	4
252	1/2" X 6" HEX BOLT	2
253	1/2" X 4-1/2" HEX BOLT	2
254	1/2" X 4" HEX BOLT	8
255	1/2" X 3-3/4" HEX BOLT	2
256	1/2" X 3" HEX BOLT	12
257	3/8" X 1-3/4" HEX BOLT	34
258	TOP PLATE BOLT	2
259	3/8" X 5/8" HEX SOCKET DOME BOLT	2
260	5/16" X 5/8" HEX SOCKET DOME BOLT	4
261	5/16" X 1/4" HEX SOCKET DOME BOLT	8
262	M5 X 15mm TAPPING SCREW	4
263	5/16" X 1/4" INNER HEX SCREW	4
264	M6 X 6mm L INNER HEX SCREW	4
265	1/2" SMALLER WASHER	8
266	1/2" LARGER WASHER	42
267	5/16" WASHER	8
268	1/2" NYLON NUT	24
269	3/8" NYLON NUT	32
270	1/2" NUT	2
271	HEX WRENCH	1



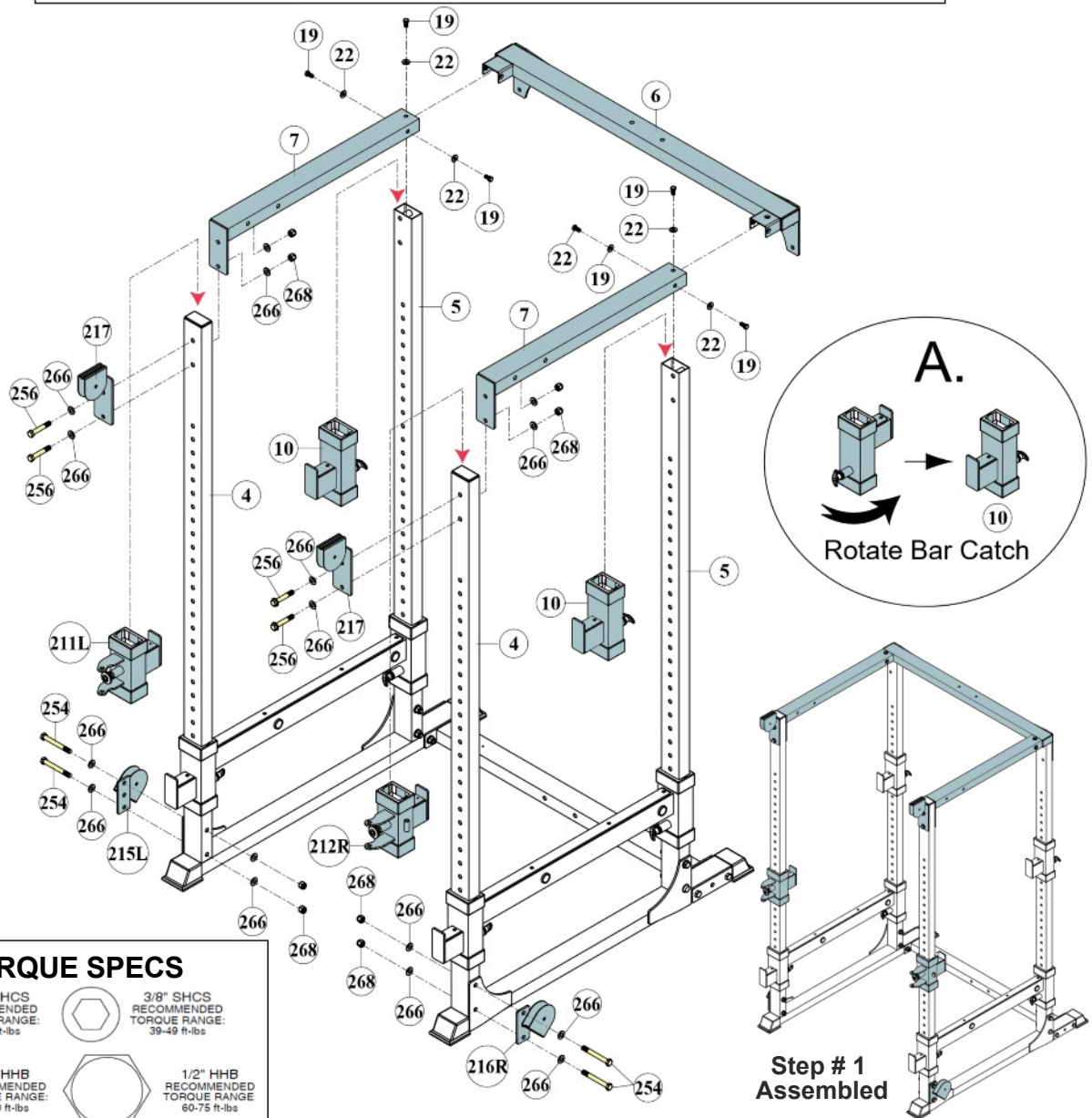
*Parts images are not to scale.

ADD F438 TO ASSEMBLED F430 - STEP # 1

1. Remove the Chin Up Bar (8), the Left and Right Top Frames (7) and Rear Top Frame (6) of your assembled F430 Power Rack.
2. If the Bar Catch (10) is installed on the Front uprights, then rotate Bar Catch (10) as shown in FIG A. Slide Bar Catches (10) onto Rear Uprights (5), then slide Left & Right Pulley Height Adjusters (211L & 212R) onto the Front Uprights (4).
3. Re-attach the Left and Right Top Frames (7) to Rear Top Frame (6), using three 3/8" X 3/4" Hex Bolts (19) and three 3/8" Washers (22). Simultaneously attach Top Frames (7) and the two Pulley Connector Plates (217) to Front Uprights (4) using four 1/2" X 3" Hex Bolts (256), eight 1/2" Larger Washers (266) and four 1/2" Nylon Nut (268).
4. Attach Left & Right Pulley Connector Plates (215L & 216R) to the Front Upright (4) by removing the original bolts and installing four 1/2" X 4" Hex Bolts (254), eight 1/2" Larger Washers (266) and four 1/2" Nylon Nuts (268).



NOTE: DO NOT tighten bolts until Step # 5



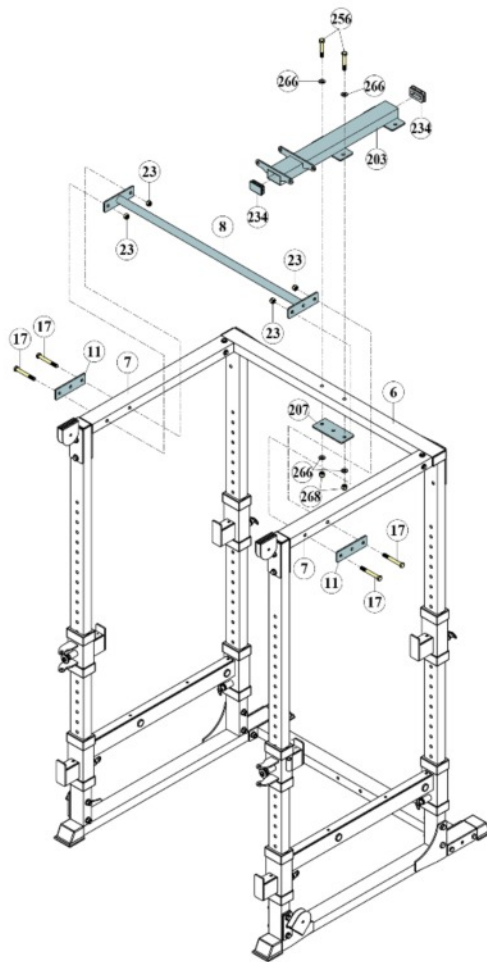
ADD F438 TO ASSEMBLED F430 - STEP # 2

Go to Page 11, Step # 4 of this manual to finish upgrade from F430 to F438 RFT

PRODUCT ASSEMBLY- F438 - STEP # 4



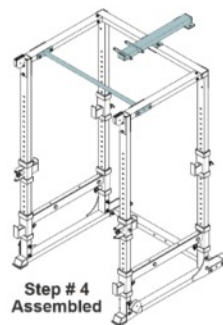
NOTE: DO NOT tighten bolts until Step # 5



1. Attach Chin Up Bar (8) to the Top Frames (7) using Backing Plates (11) as shown, using four 1/2" X 4" Hex Bolts (17) and four 1/2" Nylon Nuts (23).

2. Install two 45mm X 75mm Plugs (234) to Connector Top Frame (203).

3. Attach the Connector Top Frame (203) to Rear Top Frame (6) using one Link Plate (207) and two 3/8" X 2-3/4" Hex Bolts (256), four 1/2" Larger Washers (266) and two 1/2" Nylon Nuts (268).



11

BODYCRAFT
The Art and Science of Movement

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INSPECTION & MAINTENANCE

General Inspection and Cleaning

The Frame should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a yearly basis. For Vinyl Upholstery use Lanolin hand cleaner to dissolve sweat and lubricate the vinyl, maintaining its natural flexibility. DO NOT use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

1. Check equipment to ensure it is operating properly.
2. Check the cables for loose fittings or frayed cable(s) and to ensure seating is properly on the pulleys and cams (if equipped).
3. Make sure that the proper weight stack selector pin is with each machine and that the pin functions properly.
4. If something appears loose, be sure to have it tightened immediately.
5. If a piece of equipment appears damaged or not operating properly, place the piece out-of-service immediately.

Maintenance

It is important to inspect the cables frequently, replace any worn-out cable to prevent a sudden failure that can result in an injury. Cables are moving parts, meaning cable-wear will occur regardless of the type or size used.

1. Inspect cable ends and perform any cable tension adjustments, loosen the jam nut and thread the cable bolt in or out to give cable the proper tension. Re-tightened all jam nuts when adjustment is complete and make sure the cable bolt is threaded 1/3 into the socket of the selector stem in the top plate.
2. Check the cables as it passes over all pulley wheels. Visually inspect the cables and pulleys. A cable that is wearing will exhibit a ballooned surface that passes over the pulleys. This is an early warning sign to replace the cable(s).

MAINTENANCE & LUBRICATION

Lubrication

Bearing and linear bearing systems have advanced over the years, but they must be maintained on a regular basis if you expect them to last and perform efficiently. BODYCRAFT uses only the highest quality bearings and linear motion components that are virtually trouble-free but requires the regular preventive maintenance to ensure long-lasting performance.

- 1. Bronze bushings:** Recommend on a yearly basis to spray a Teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
- 2. Weight stack guide rods:** Use Silicone Spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. DO NOT use WD-40 or other lubricants as they attract dirt and will create a mess between the weight plates and bushings.
- 3. Sealed bearings pivot points:** As the name implies, they are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dry to prevent the build up of dust and sweat.
- 4. Linear bearing systems (if equipped):** Precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down monthly and lubricated with a light layer of Teflon grease. We recommend a Teflon-based (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to become clogged and jammed.

If you perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.



BODYCRAFT
7699 GREEN MEADOWS DR.
LEWIS CENTER, OHIO 43035



800.990.5556
SERVICE@BODYCRAFT.COM
WWW.BODYCRAFT.COM

PRODUCT WARRANTY

VALID FOR USA AND CANADA ONLY

(Please consult with your local distributor for warranty info specific to your region).

BODYCRAFT warrants its products to be free of defects in materials and workmanship for the time stated below to the original purchaser.

This warranty is valid only in accordance with the following conditions:

The warranty begins on the original purchase date at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise. This warranty is not transferable and is only valid to the original purchaser.

This warranty is available only for purchases made within and the original purchaser currently residing in the USA and Canada. Please consult with your local distributor for warranty information specific to your region. The product must have been registered within 30 days of the original purchase date or supply proof of purchase to validate warranty (original sales invoice).

This warranty does not cover damage resulting from accident, misuse, water, tampering, unreasonable use, unauthorized repairs, improper repairs, alterations or normal wear and tear.

If the item exhibits such a defect, BODYCRAFT will, at its option, repair or replace it without cost for parts. Shipping and handling charges may apply. (BODYCRAFT may require return of the part(s) or photographic evidence of the damaged part(s) prior to replacement.) Serial number is required. Parts repaired or replaced will be warranted for the remainder of the original warranty period only.

Residential Warranty for Strength Equipment:

Frame: Lifetime, Parts: Lifetime

Commercial Warranty for Strength Equipment:

Frame: 10 years, Parts: 2 years

This warranty excludes the following:

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed above.
2. Normal cosmetic wear on parts such as paint, seat coverings, foot rails, labels and logos.
3. Any accessories not included in the original packaging.

* This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your BODYCRAFT product. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BODYCRAFT product.

REGISTER your product at www.bodycraft.com Or call 800-990-5556.

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PRODUCT WARRANTY REGISTRATION

Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go on-line now to <https://www.bodycraft.com/product-registration.html> and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to BODYCRAFT within 30 days from the date of equipment installation.

Please Note: Failure to register this product will result in no servicing or authorization of parts to be shipped.

To mail your warranty information, please fill in the information below and mail to: Service Dept., BODYCRAFT, 7699 Green Meadows Dr., Lewis Center, Ohio 43035 (or save postage and register online at <https://www.bodycraft.com/product-registration.html>)

WARRANTY REGISTRATION

PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW.
REQUIRED FOR WARRANTY REGISTRATION:

BASE UNIT SERIAL NUMBER:

OPTIONS SERIAL NUMBER:

Model Type: _____

Date of Purchase _____

Your Company Name _____

Contact First Name _____

Contact Last Name _____

Address _____

City _____ State _____ ZIP _____

Email Address _____ Website _____

Phone _____ Fax _____

1. Where did you first learn about BODYCRAFT?

- a. Dealer b. Website
 c. Advertisement d. Referral
 e. Current Customer f. Other _____

2. Why did you purchase a BODYCRAFT product?

- a. Design/Appearance b. Dealer Suggestion
 c. Price/Value d. Quality Construction
 e. Performance f. BODYCRAFT Reputation
 g. Other: _____

3. Please indicate your type of facility:

- a. Apartment/Condo b. Corporate Fitness Center
 c. Municipality d. Health Club/Gym/Spa
 e. Hotel/Resort f. Military Base
 g. Student Rec Center h. Home

4. What other types of equipment does your company or home currently own?

- a. Treadmill Brand _____
 b. Elliptical Brand _____
 c. Bike/Indoor Cycle Brand _____
 d. Free Weights/Gym Brand _____

5. How many people use your facility on a daily basis?

- a. <25 b. 25-75
 c. 76-150 d. 150+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?

- Yes No

7. If you answered "yes" to question 6, what type do you plan to purchase?

- a. Treadmill b. Elliptical
 c. Bike/Indoor Cycle d. Free Weights
 e. Gym f. Other _____

8. Would you recommend BODYCRAFT to other club or home owners?

- Yes No

9. You are a valued BODYCRAFT customer and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain:



800.990.5556
SERVICE@BODYCRAFT.COM
WWW.BODYCRAFT.COM



BODYCRAFT
7699 GREEN MEADOWS DR.
LEWIS CENTER, OHIO 43035