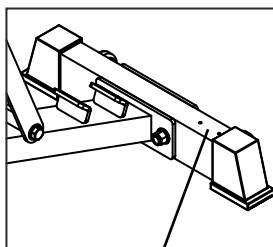


BODYCRAFT

F601 FLAT / INCLINE UTILITY BENCH OWNERS MANUAL

Serial Number Location

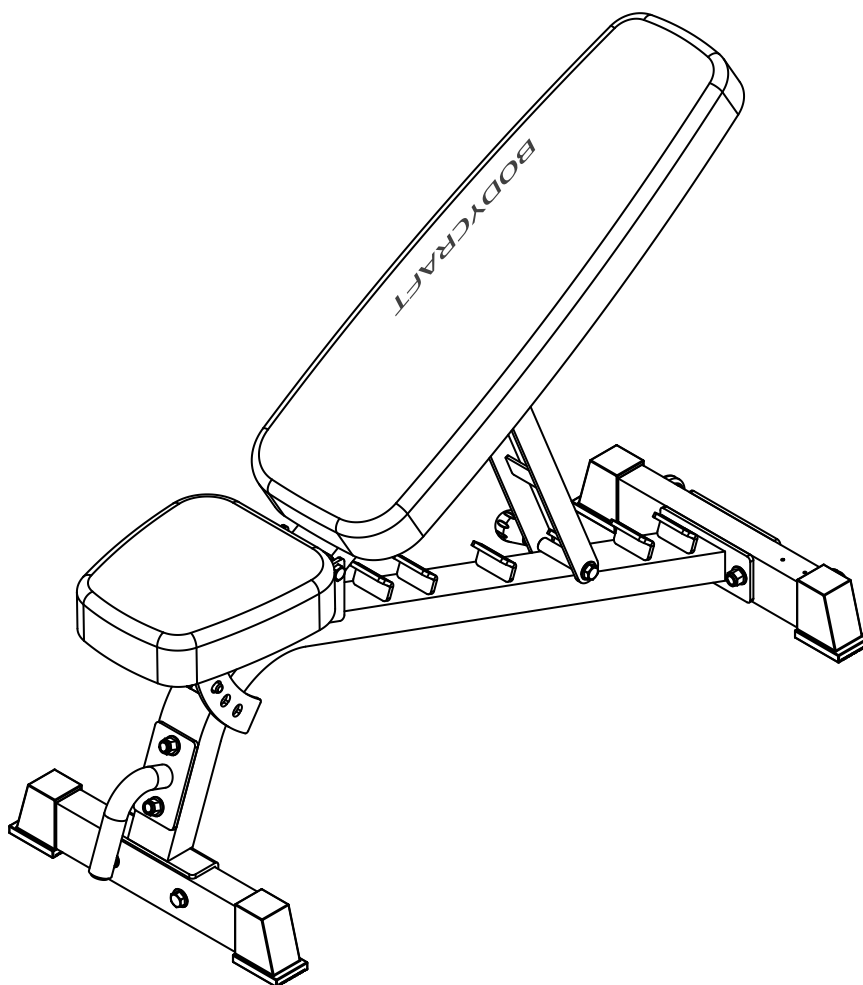


Record your Serial number
and purchase date here:

S/N _____

PURCH.DATE: _____

DEALER: _____



Model No. F601
BODYCRAFT
a division of Recreation Supply Inc.

Recreation Supply, Inc.
7699 Green Meadows Dr.
Lewis Center, OH 43035

Congratulations and Thank You!

Thank you for selecting the ***Bodycraft F601 Flat Incline Bench***.

The Bodycraft F601 offers an impressive array of strength training

exercises to develop every major muscle group of the body. Whether your

goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size

and strength, the Bodycraft F601 will help you achieve the results you want.

For your safety and benefit, read this manual and the accompanying literature

before using the Bodycraft F601. Keep this manual for future reference.

If you have additional questions, please call your local Bodycraft F601

Dealer or our **customer service department at 800-990-5556** Monday through

Friday, 9 am until 5 pm Eastern Standard Time.

Important Safety Notes

There is a risk assumed by individuals who use this type of equipment.

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.

- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the BODYCRAFT F601 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.**
- 8. Make certain all cables are seated within the pulleys before every use.**
- 9. Exercise with care to avoid injury.**
- 10. If you are unsure about the proper use of the BODYCRAFT F601 Bench call your local BODYCRAFT dealer or our customer service department.**

QUESTIONS?

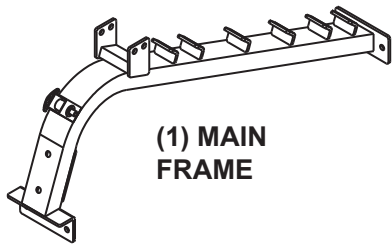
As a quality exercise equipment supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or **BODYCRAFT** at 800-990-5556 (9 AM - 5 PM) EST. Our trained technicians will provide immediate assistance to you, free of charge.

F601 Bench Assembly Parts List

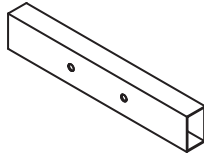


NOTE: IF A PART IS MISSING, IT LIKELY HAS BEEN PRE*INSTALLED FOR QUALITY CONTROL PURPOSES. PLEASE PROCEED WITH ASSEMBLY.

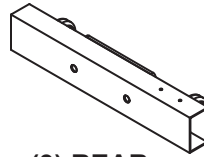
*Parts images are not to scale.



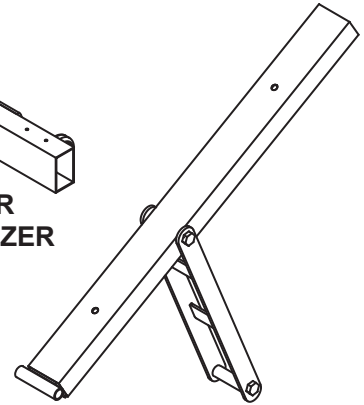
(1) MAIN FRAME



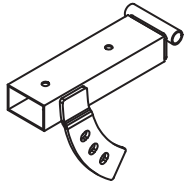
(2) FRONT STABILIZER



(3) REAR STABILIZER



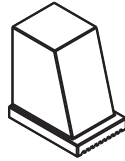
(4) BACK SUPPORT & (6) BACK ADJUSTER (Pre-Assembled)



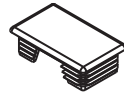
(5) SEAT ADJUSTER



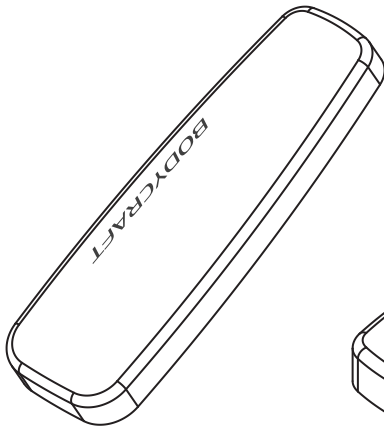
(7) HANDLE



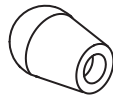
(10) 45 X 75mm RECT. END CAP (4pcs)



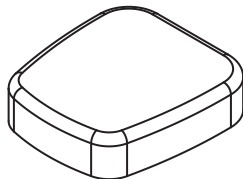
(11) 45 X 75mm RECT. END PLUG (2pcs)



(12) BACK PAD

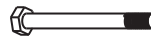


(15) KNOB



(13) SEAT PAD

NO.	DESCRIPTION	QTY.
18	1/2" X 5" HEX BOLT	2
21	1/2" X 2-3/4" HEX BOLT	6
22	3/8" X 2-3/4" HEX THREADED BOLT	4
24	1/2" WASHER	12
25	3/8" WASHER	4
26	1/2" NYLON NUT	8



(18)



(21)



(22)



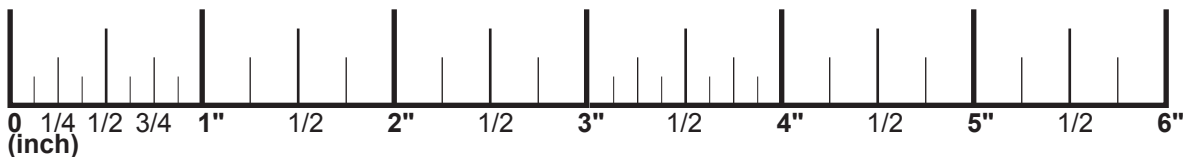
(24)



(25)



(26)



ASSEMBLY INSTRUCTION

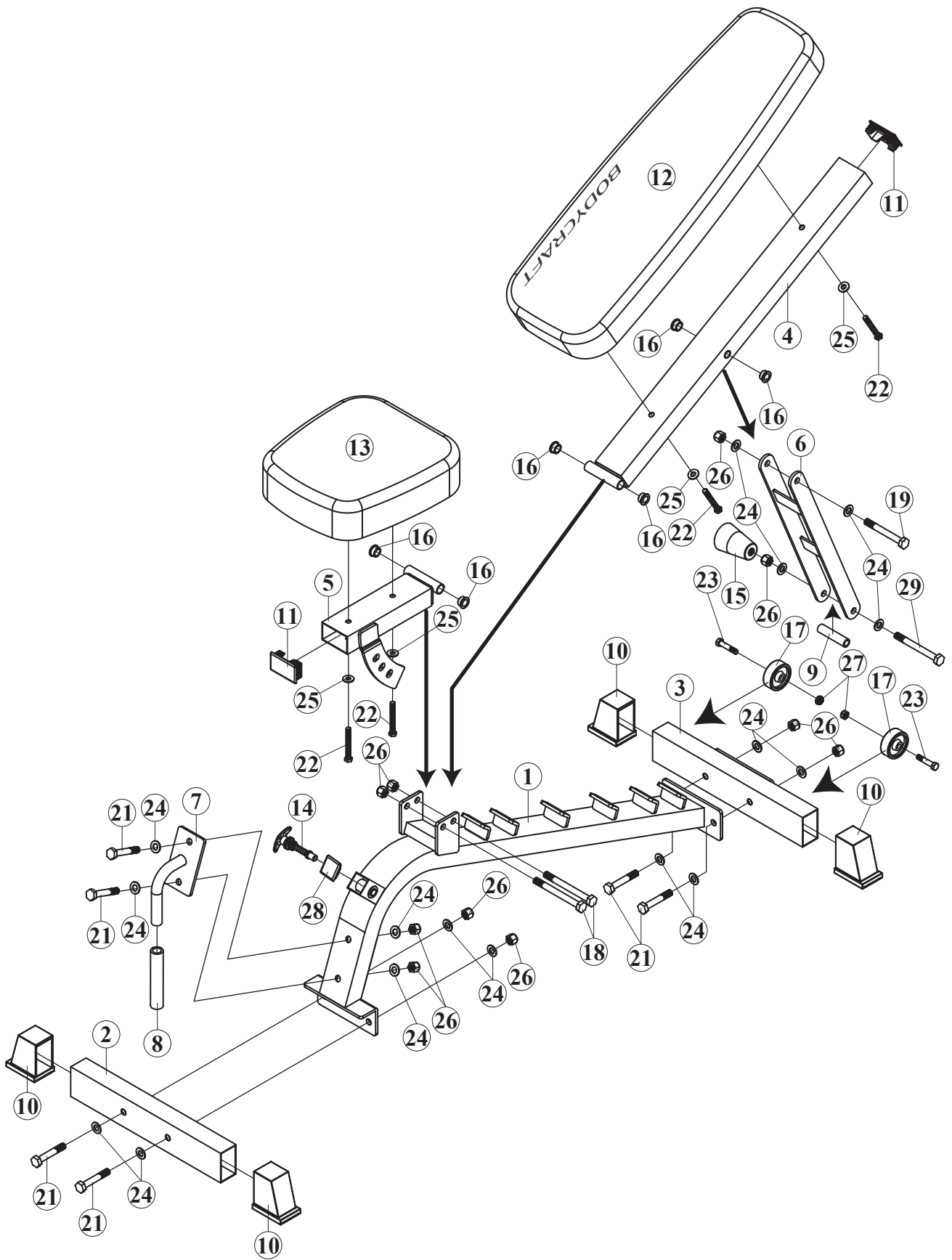
Do not tighten bolts until instructed.

1. Attach END CAP (10) to the FRONT STABILIZER (2) and REAR STABILIZER (3).
Attach FRONT STABILIZER (2) and REAR STABILIZER (3) to the MAIN FRAME (1) using four 1/2" X 2-3/4" HEX BOLTS (21), eight 1/2" WASHERS (24) and four 1/2" NYLON NUTS (26).
2. Attach HANDLE (7) to MAIN FRAME (1), using two 1/2" X 2-3/4" HEX BOLTS (21), four 1/2" WASHERS (24) and two 1/2" NYLON NUTS (26).
3. Attach SEAT ADJUSTER (5) and BACK SUPPORT (4) to the MAIN FRAME (1), using two 1/2" X 5" HEX BOLTS (18) and two 1/2" NYLON NUTS (26).
4. Attach pre-assembled BACK ADJUSTER (6) to BACK SUPPORT (4), using two BUSHINGS (16), one 1/2" X 4-1/4" HEX BOLT (19), two 1/2" WASHERS (24), and one 1/2" NYLON NUTS (26). Tighten 1/2" X 6" HEX BOLT (29) and loosen approximately 1/2 turn to allow the BACK ADJUSTER (6) to swing freely.
5. Attach SEAT PAD (13) to SEAT ADJUSTER (5) and BACK PAD (12) to BACK SUPPORT (4), using four 3/8" X 2-3/4" HEX BOLTS (22), four 3/8" WASHERS (25). Attach END PLUG (11) to the SEAT ADJUSTER (5) and BACK SUPPORT (4).

Please ensure all parts attached and tighten bolts.

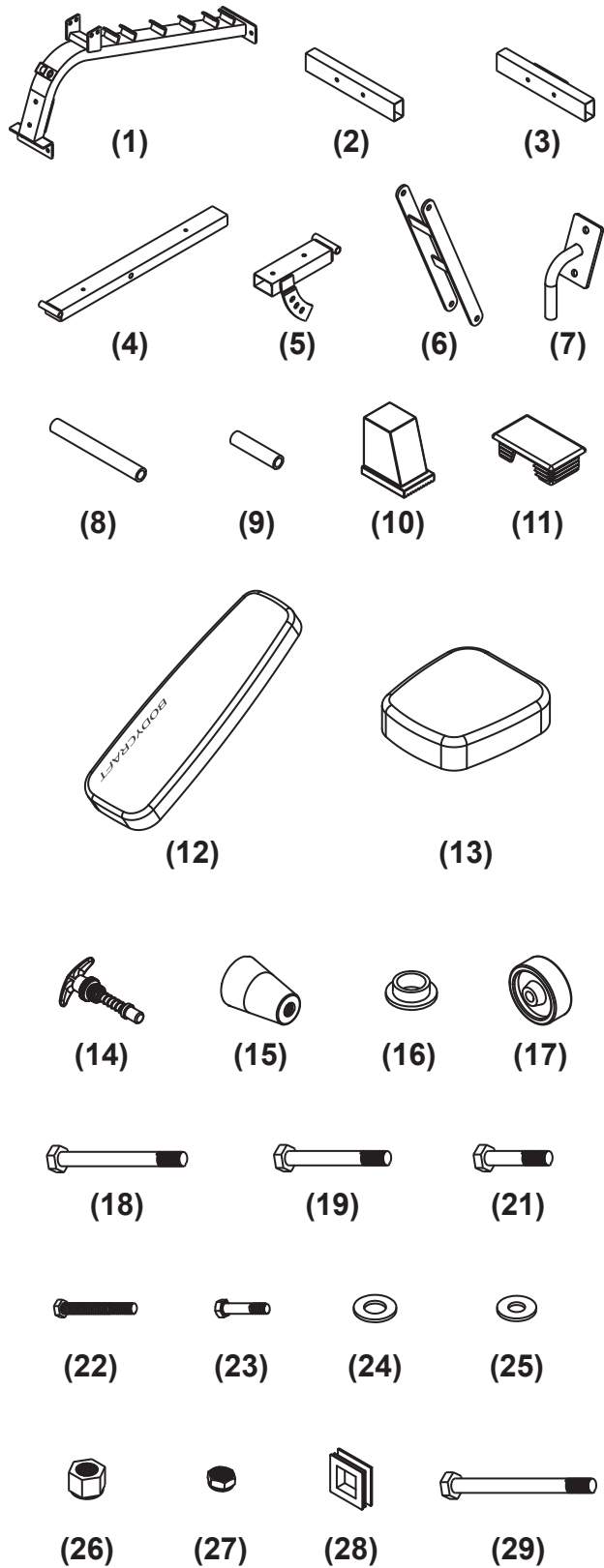
**Thank you for purchasing the Bodycraft Flat / incline Bench.
If You have any questions, please call your local BodyCraft dealer
or call our customer service department at 800-990-5556.**

EXPLODED VIEW



COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	FRONT STABILIZER	1
3	REAR STABILIZER	1
4	BACK SUPPORT	1
5	SEAT ADJUSTER	1
6	BACK ADJUSTER	1
7	HANDLE BAR FRAME	1
8	FOAM PAD HOLDER	1
9	BRACE	1
10	45 X 75mm RECT. END CAP	4
11	45 X 75mm RECT. END PLUG	2
12	BACK PAD	1
13	SEAT PAD	1
14	POP PIN	1
15	KNOB	1
16	BUSHING	6
17	WHEEL	2
18	1/2" X 5" HEX BOLT	2
19	1/2" X 4-1/4" HEX BOLT	1
21	1/2" X 2-3/4" HEX BOLT	6
22	3/8" X 2-3/4" HEX THREADED BOLT	4
23	5/16" X 1-1/2" HEX BOLT	2
24	1/2" WASHER	16
25	3/8" WASHER	4
26	1/2" NYLON NUT	10
27	5/16" NYLON NUT	2
28	38 X 38mm SQ. PLUG	1
29	1/2" X 6" HEX BOLT	1



*Parts images are not to scale.