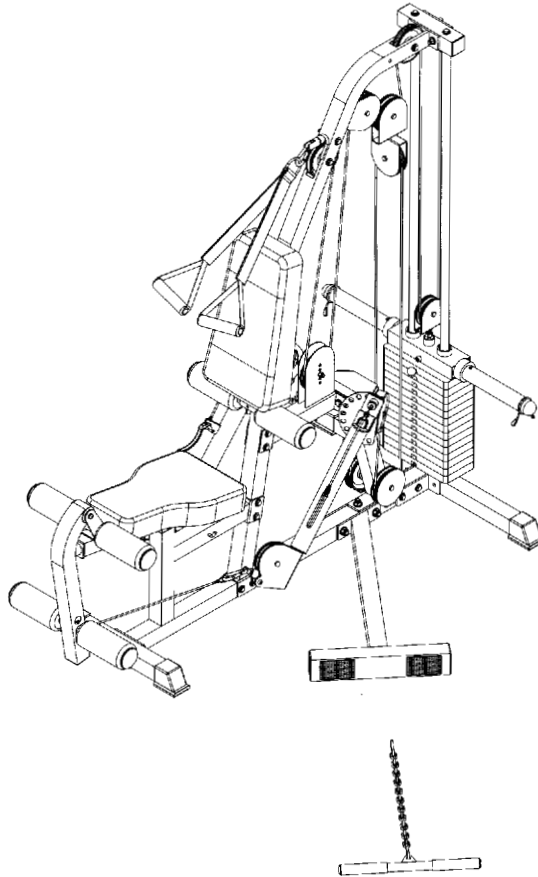


# BodyCraft

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



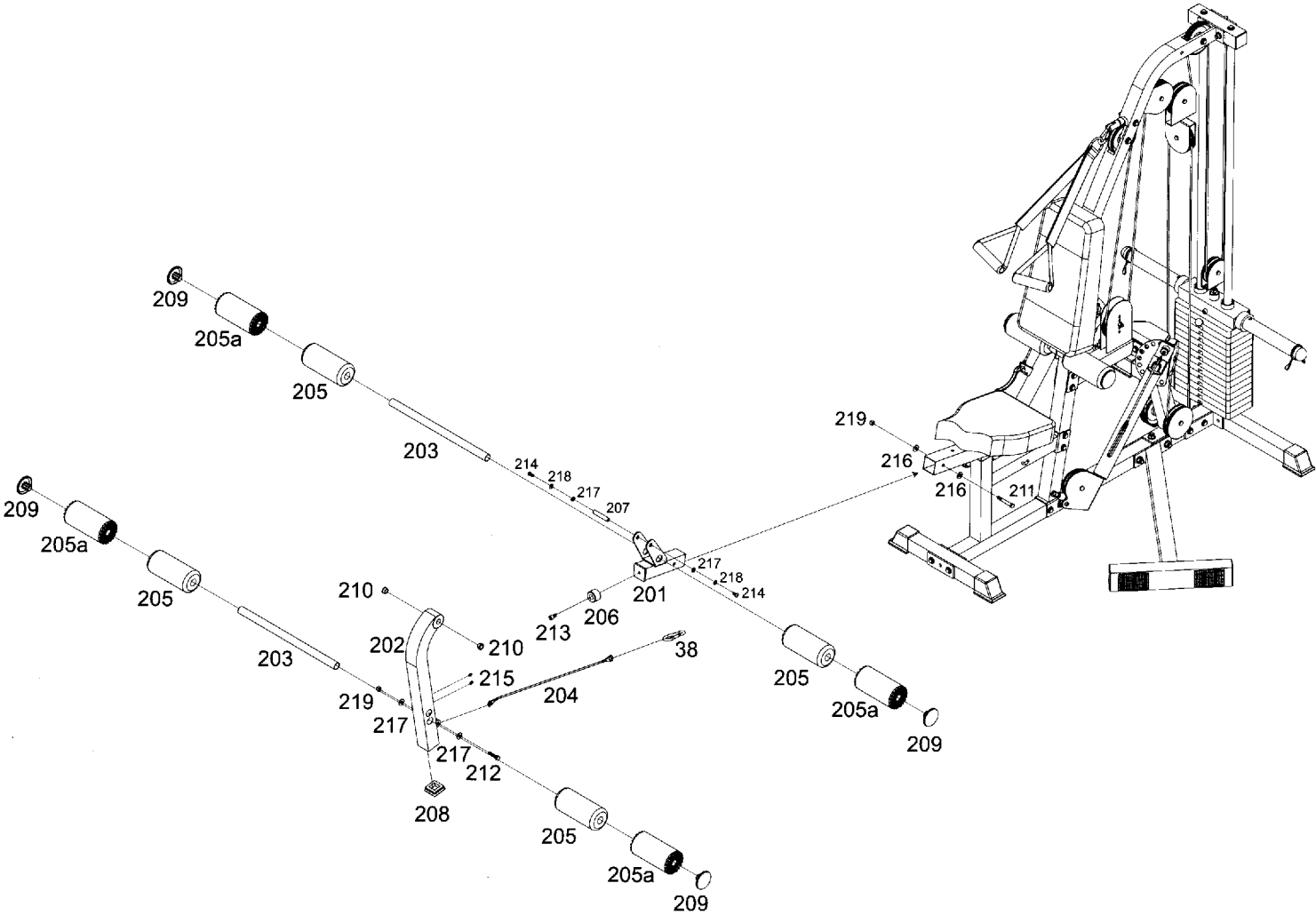
### **QUESTION?**

*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 RSI at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.*

*We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is **guaranteed for as long as you own it**. We will repair or replace anything that goes wrong.*

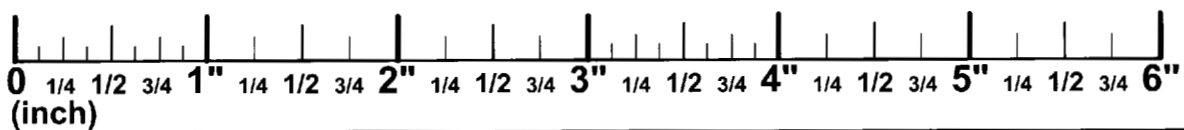
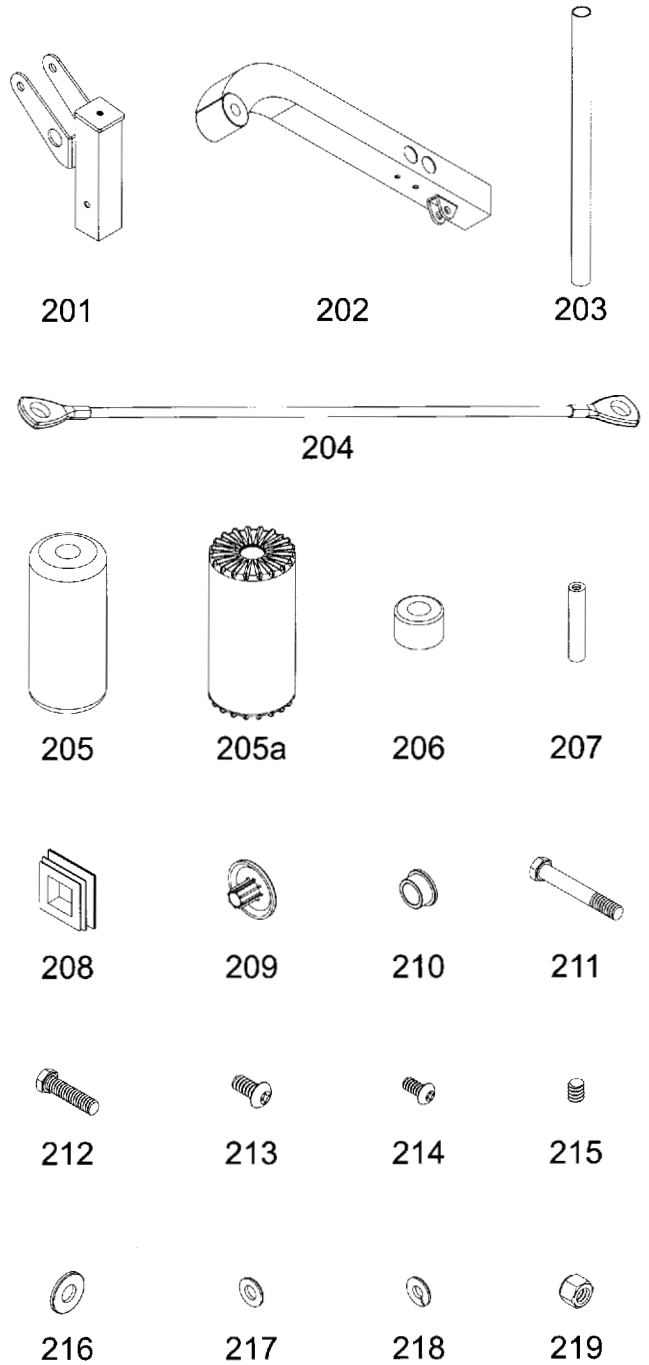
Bodycraft is a division of Recreation Supply Inc.  
P.O. BOX 181  
Sunbury, OH 43074

# OVERVIEW



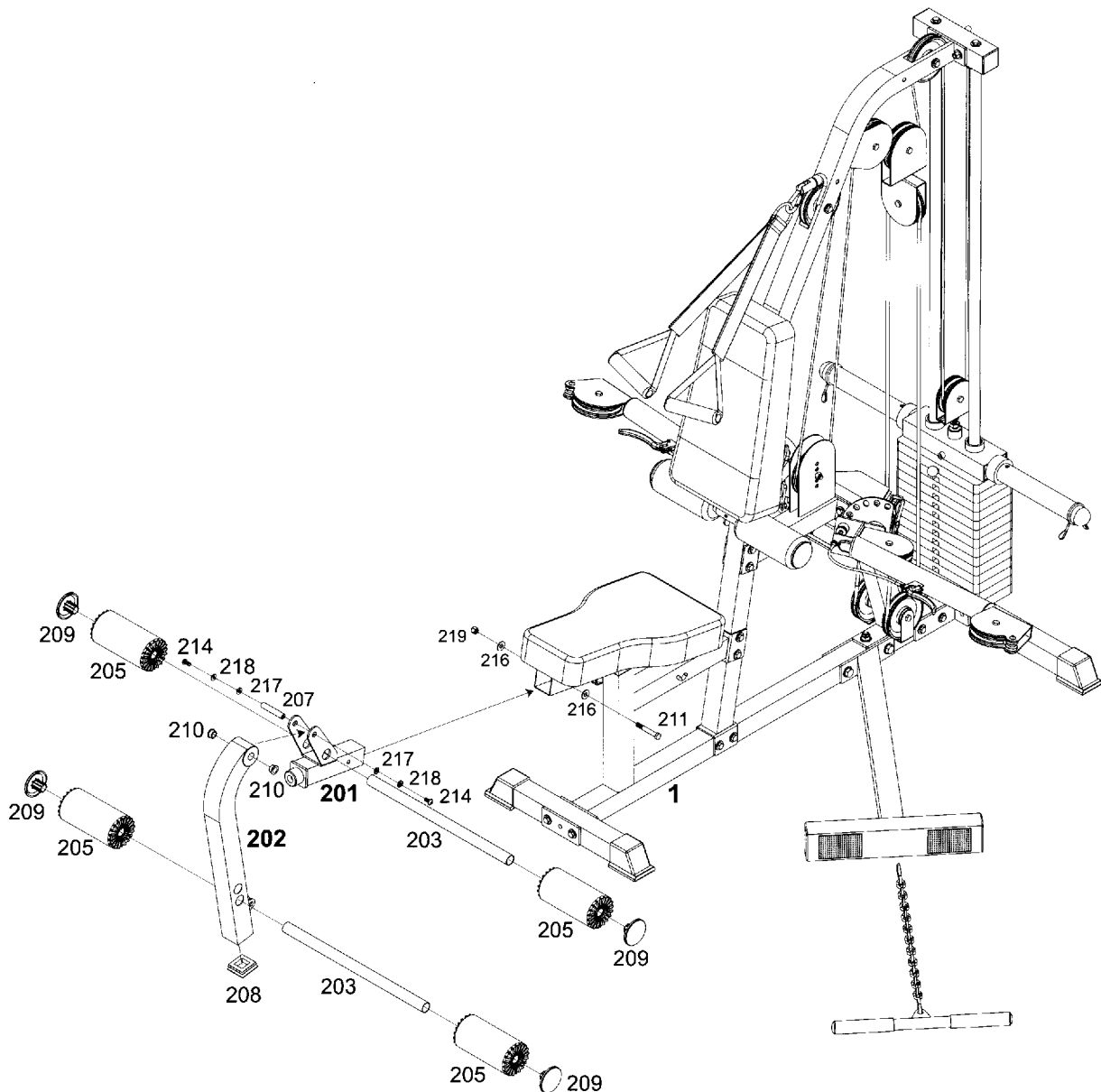
# PARTS LIST

NO.	DESCRIPTION	QTY.
201	LEG EXTENSION CONNECTOR	1
202	LEG EXTENSION ARM	1
203	FOAM ROLLER HOLDER	2
204	CONNECTING CABLE	1
205	FOAM PAD	4
205a	FOAM PAD COVER	4
206	STOPPER	1
207	AXLE	1
208	50mm SQ. PLUG	1
209	1" ID FOAM ROLLER PLUG	4
210	3/8" BUSHING	2
211	3/8" X 2-1/2" HEX BOLT	1
212	3/8" X 1-1/2" HEX BOLT (ALL)	1
213	3/8" X 5/8" INNER HEX SCREW	1
214	5/16" X 5/8" INNER HEX SCREW	2
215	5/16" X 1/2" INNER SCREW	2
216	3/8" WASHER	4
217	5/16" WASHER	2
218	5/16" SPRING WASHER	2
219	3/8" NYLON NUT	2



# STEP 1

1. Attach the Leg Extension Connector (201) to the Seat Frame using one 3/8" X 2-1/2" Hex Bolt (211), two 3/8" Washers (216), and one 3/8" Nut (219).
2. Insert two 3/8" Bushings (210) into the Leg Extension Arm (202) and attach to the Leg Extension Connector (201) by inserting the Axle (207). Fasten Axle (207) using two 5/16" Washers (217), two 5/16" Spring Washers (218) and two 5/16" X 5/8" Inner Hex Screws. Check to ensure the Leg Extension Arm pivots freely.
3. Insert the chromed Foam Roller Holder (203) into the hole of Leg Extension Connector (201). Moisten the inside holes of the two Foam Pads (205) with water and then slide them onto each end of the Foam Roller Holder (203). Cap the Foam Roller Holders with 1" ID Foam Roller Plugs (209).
4. Insert the chromed Foam Roller Holder (203) into holes in Leg Extension Arm (202). Moisten two Foam Pads (205) with water and slide onto each end of the Foam Roller Holder. Cap the Foam Roller Holder with 1" ID Foam Roller Plugs (209). Attach one 50mm SQ. Plug (208) to the Leg Extension Arm.



# STEP 2



CONNECTING CABLE (204)

To perform leg extensions, or leg curls, set both Cable Arms to lowest level, then attach Connecting Cables (204), welded on Leg extension Arm to each Snap Hook on Cable Arm.

Hook Connecting Cable (204) on clip welded on Seat Frame as shown C2 while not use.

