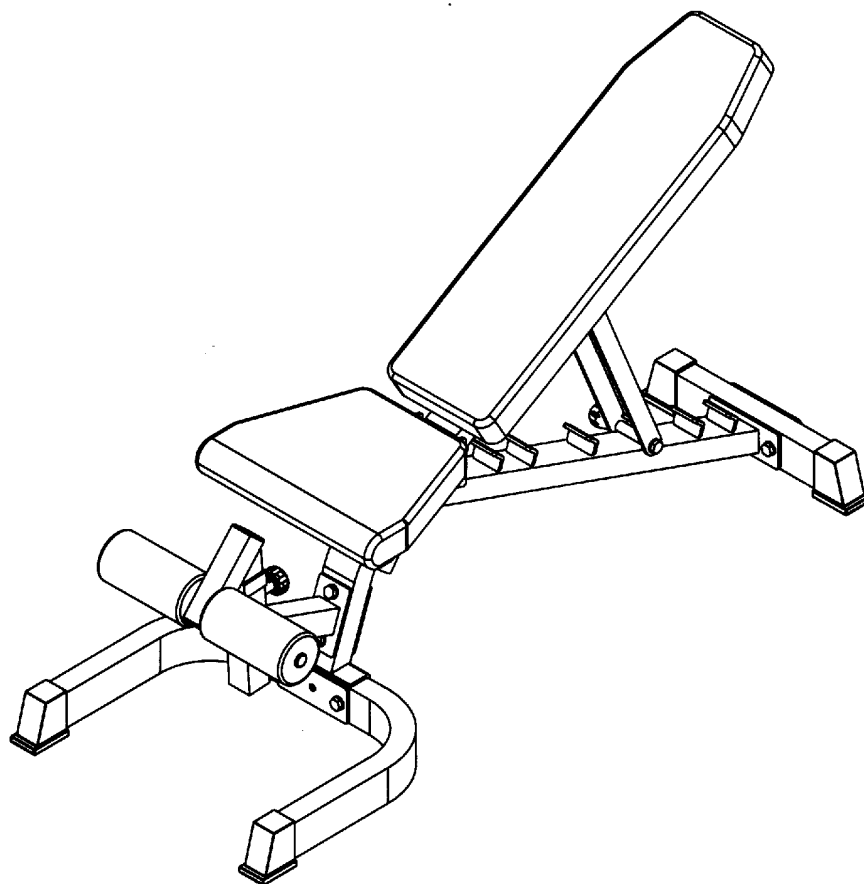


BodyCraft

INSTRUCTION MANUAL FLAT / INCLINE / DECLINE BENCH MODEL: F602



Questions?

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*

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **BODYCRAFT FLAT / INCLINE / DECLINE BENCH** strength training system. The **BODYCRAFT FLAT / INCLINE / DECLINE BENCH** 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 FLAT / INCLINE / DECLINE BENCH** will help you achieve the specific results you want.

For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT FLAT / INCLINE / DECLINE BENCH. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

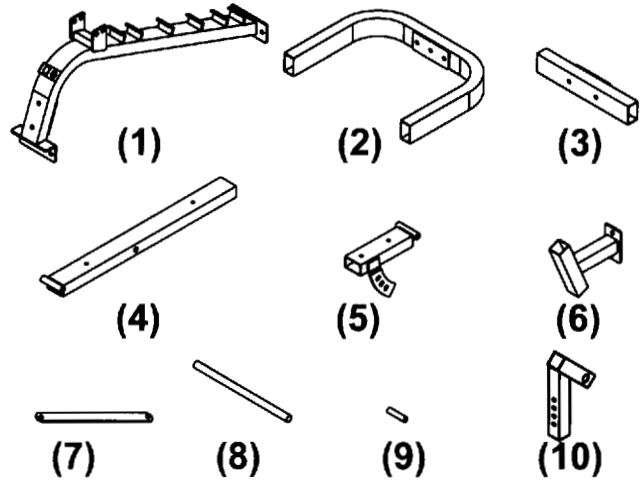
IMPORTANT SAFETY NOTES

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 pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

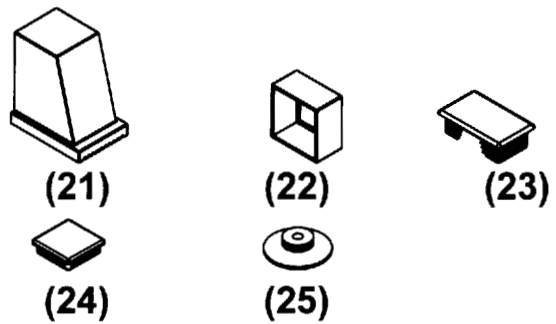
1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **BODYCRAFT FLAT / INCLINE / DECLINE BENCH** at all times.
5. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Exercise with care to avoid injury.
8. If unsure about the proper use of the **BODYCRAFT FLAT / INCLINE / DECLINE BENCH** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

PARTS CHART

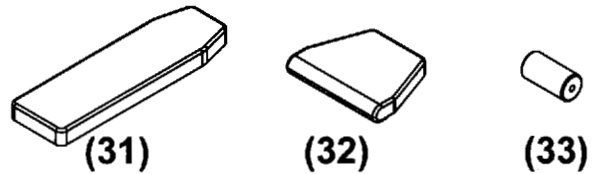
NO.	DESCRIPTION	QTY.
1	MAIN FRAME	1
2	FRONT STABILIZER	1
3	REAR STABILIZER	1
4	BACK SUPPORT	1
5	SEAT ADJUSTER	1
6	KNEE HOLDER	1
7	BACK ADJUSTER	2
8	FOAM PAD HOLDER	1
9	BRACE	1
10	KNEE HOLDER DOWN	1



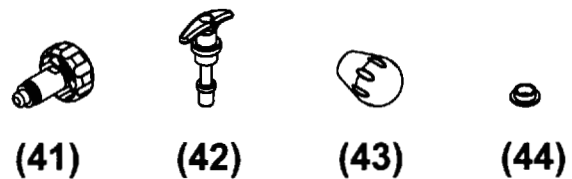
NO.	DESCRIPTION	QTY.
21	75 X 45 RECT. END CAP	4
22	50 SQ. SPACER	1
23	45 X 75 RECT. END PLUG	2
24	45 SQ. END PLUG	2
25	1" ROUND PLUG	2



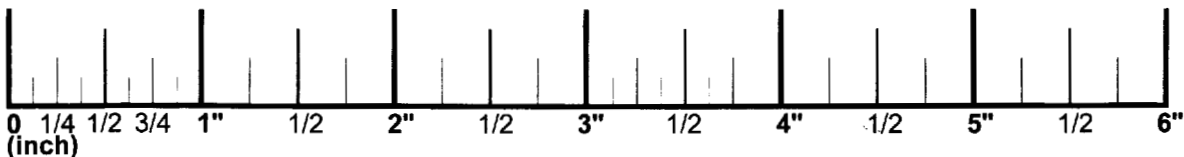
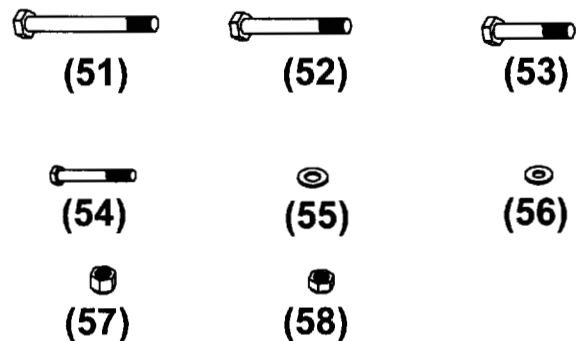
NO.	DESCRIPTION	QTY.
31	BACK PAD	1
32	SEAT PAD	1
33	FOAM PAD	2



NO.	DESCRIPTION	QTY.
41	QUICK RELEASE	1
42	POP PIN	1
43	KNOB	1
44	BUSHING	6



NO.	DESCRIPTION	QTY.
51	1/2" X 5" HEX HEAD BOLT	3
52	1/2" X 4" HEX HEAD BOLT	1
53	1/2" X 3" HEX HEAD BOLT	6
54	3/8" X 2-3/4" HEX HEAD BOLT	4
55	1/2" FLAT WASHER	12
56	3/8" FLAT WASHER	4
57	1/2" NYLON NUT	9
58	1/2" NYLON NUT(THINNER)	1



ASSEMBLY INSTRUCTION

Do not tighten bolts until instructed.

1. Attach END CAP(21) on FRONT STABILIZER(2) and REAR STABILIZER(3), connect the MAIN FRAME(1) to FRONT STABILIZER(2) and REAR STABILIZER(3) using four BOLTS(53), eight WASHERS(55) and four NUTS(57).
2. Attach KNEE HOLDER(6) to MAIN FRAME(1), using two BOLTS(53), four WASHERS(55) and two NUTS(57).
3. Attach SEAT ADJUSTER(5) and BACK SUPPORT(4) to MAIN FRAME(1), using BOLT(51) and NUT(57).
4. Attach pre-assembled BACK ADJUSTER(7) to BACK SUPPORT(4), using BOLT(52), and NUT(58). Tighten BOLT(52) and loosen approximately 1/2 turn to allow the BACK ADJUSTER(7) to swing freely.
5. Attach SEAT PAD(32) to SEAT ADJUSTER(5) and BACK PAD(31) to BACK SUPPORT(4), using BOLT(54), WASHER(56). Attach END PLUG(23) onto SEAT ADJUSTER(5) and BACK SUPPORT(4).
6. Slide 50 SQ SPACER(22) onto KNEE HOLDER(6), then insert KNEE HOLDER DOWN(10) into KNEE HOLDER(6). Attach END PLUG(24) onto KNEE HOLDER DOWN(10).
7. Insert FOAM PAD HOLDER(8) into the KNEE HOLDER DOWN(10) and slide FOAM PAD(33) into the FOAM PAD HOLDER(8) and attach 1" ROUND PLUG to each end.

Please ensure all parts attached and tighten bolts.

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

EXPLODE VIEW

