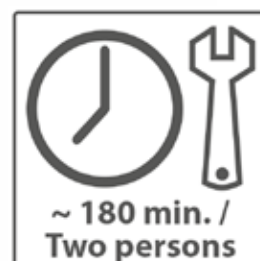
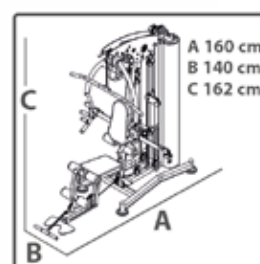


# BODYCRAFT

## Assembly and operating instructions



BC-735

Multi-gym Mini XPress



## Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand BodyCraft. BodyCraft equipment convinces by multi-functionality and a perfect workmanship and is one of the fitness equipment of highest quality for home use as regards innovation and technology. BodyCraft multi-gyms offer, i. e., a wide range of exercises: from traditional strength training like bench press to rehab exercises and even workouts for complex types of sports like golf, tennis or badminton. For further information about the brand BodyCraft, please visit [www.sport-tiedje.de/bodycraft](http://www.sport-tiedje.de/bodycraft).



### SAFETY NOTICE

Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is only suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

# CONTENTS

<b>1</b>	<b>GENERAL INFORMATION</b>	<b>6</b>
1.1	Technical data	6
1.2	Personal safety	7
1.3	Set-up place	8
<b>2</b>	<b>ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE</b>	<b>8</b>
2.1	General instructions	8
2.2	Faults and Troubleshooting	10
2.3	Maintenance and service calendar	10
<b>3</b>	<b>ASSEMBLY</b>	<b>11</b>
3.1	Package contents	11
3.2	Assembly instructions	14
<b>4</b>	<b>OPERATING INSTRUCTIONS</b>	<b>21</b>
4.1	Workout exercises	21
4.2	Stretching exercises for leg and chest muscles	25
4.3	Workout journal	27
<b>5</b>	<b>WARRANTY INFORMATION</b>	<b>28</b>
<b>6</b>	<b>DISPOSAL</b>	<b>31</b>
<b>7</b>	<b>ORDERING ACCESSORIES</b>	<b>31</b>
<b>8</b>	<b>ORDERING SPARE PARTS</b>	<b>32</b>
8.1	Service hotline	32
8.2	Serial number and model name	32
8.3	Parts list	33
8.4	Exploded drawing	35

## Lat pull (optional)

<b>9</b>	<b>ASSEMBLY</b>	<b>39</b>
9.1	Package contents	39
9.2	Assembly instructions	40
9.3	Exploded drawing and parts list	42

## Leg curl (optional)

<b>10</b>	<b>ASSEMBLY</b>	<b>45</b>
10.1	Package contents	45
10.2	Assembly instructions	46
10.3	Parts list	48
10.4	Exploded drawing	49

## 1.1 Technical data

### Weight and dimensions:

Item weight (gross, incl. packaging):

Main frame 1 parcel of 2: 43.5 kg

2 parcel of 2: 34.6 kg

Lat pull 1 parcel of 1: 15.3 kg (optional)

Leg curl 1 parcel of 1: 6.8 kg (optional)

Item weight (net, without packaging):

Main frame 1 parcel of 2: 38.5 kg

2 parcel of 2: 30.5 kg

Lat pull 1 parcel of 1: 12.4 kg (optional)

Leg curl 1 parcel of 1: 5.5 kg (optional)

Weight stack in kg: 63 kg

Packed dimensions boxes (length x width x height):

Main frame 1 parcel of 2: 192.2 cm x 49.5 cm x 16.8 cm

2 parcel of 2: 79 cm x 65.4 cm x 23 cm

Lat pull 1 parcel of 1: 125 cm x 50.8 cm x 14 cm (optional)

Leg curl 1 parcel of 1: 59 cm x 43.5 cm x 12.7 cm (optional)

Set-up dimensions (length x width x height): approx. 160 cm x 140 x 162 cm

Set-up dimensions with optional modules (length x width x height): approx. 190 cm x 170 cm x 210 cm

Maximum user weight: 150 kg/330 lbs

## 1.2 Personal safety

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
- + Please note that working out excessively can seriously damage your health.
- + The equipment may only be used for its intended purpose; this means for strength training for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment may not be used by several persons at the same time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Before each training session, check all cables for any possible damage. Immediately replace defective cables and do not use the equipment until it has been repaired. Also pay attention to any material fatigue.
- + Never let go of the handlebars or grips as long as there is resistance in order to avoid crushing and similar injuries.
- + Make sure that the cables are always in the wheel guide. If the cables are stuck while you are training, stop training immediately and check the cable run.
- + If you adjust the seat, make sure that it fully locks in its new position, because otherwise it may slide and lead to injuries.

## 1.3 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

## 2 ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE

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### 2.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.



- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original BodyCraft spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment.

## 2.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the four most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
Scraping noises	Cable or pulleys not running smoothly or are damaged	Perform a visual check of the route of the cable or of the pulley or of the pulley guide
Weight is suspended in the air	Cable is too tightly stretched	Readjust cable tension
Cable is not taut	Cable is too slack	Readjust cable tension
Squeaking & cracking noises	Screws are either too loose or too tight	Check that screws are correctly tightened or lubricate

## 2.3 Maintenance and service calendar

The multi-gym needs to be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat.

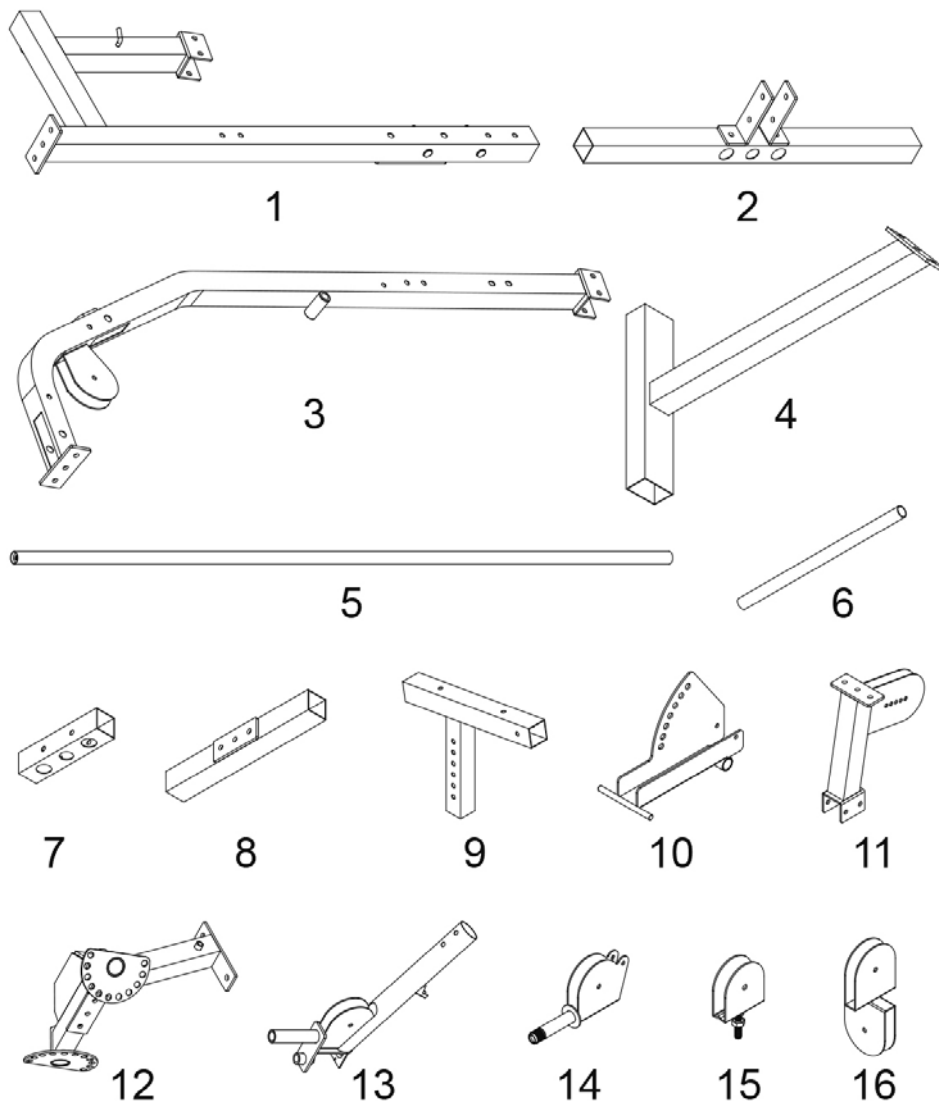
The following routine work must be done in the specified time intervals:

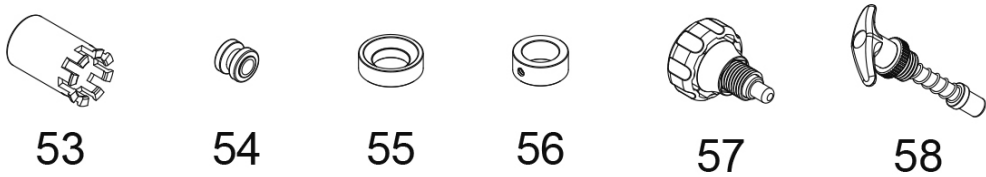
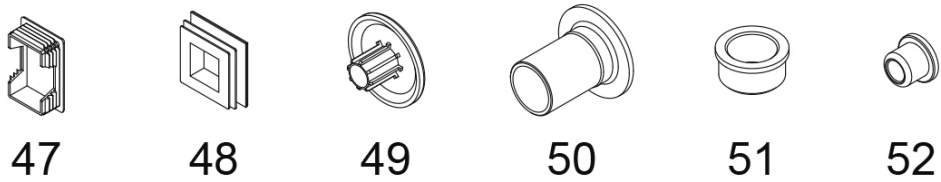
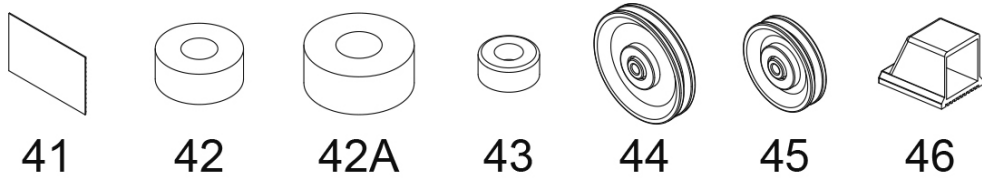
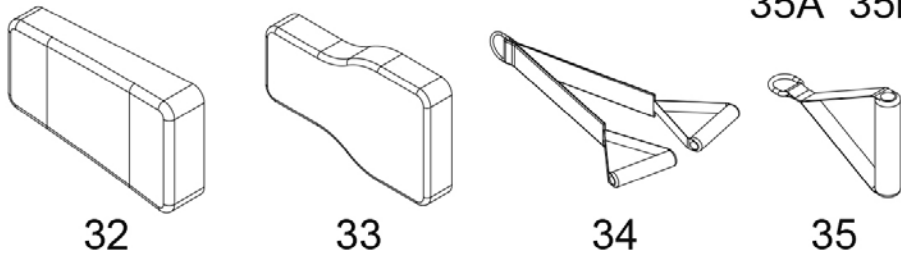
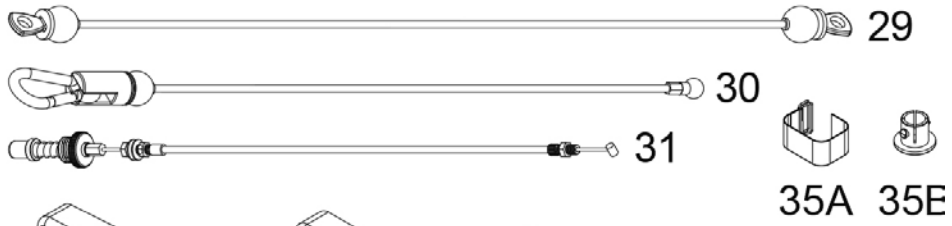
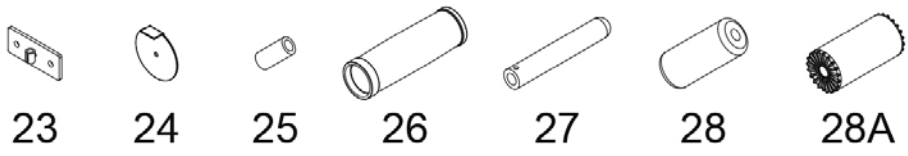
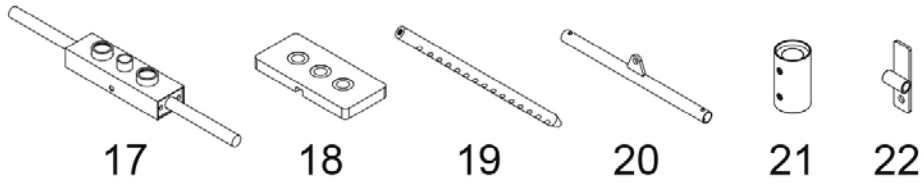
<b>Part</b>	<b>Weekly</b>	<b>Weekly</b>	<b>Annually</b>
Pulling ropes and rollers	C / I		
Bolts		I	
Pulleys and cable guide	I		
Legends: C = cleaning; I = inspect			

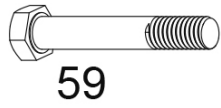
In order to make the assembly of the equipment easier, we recommend that you do not initially fully tighten the screws and bolts. However, you should make sure that all screws and bolts are firmly tightened after assembly.

### 3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.







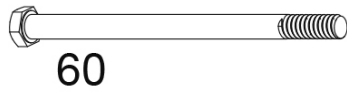
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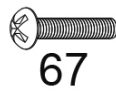
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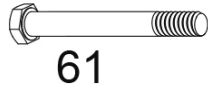
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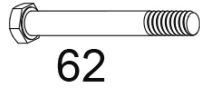
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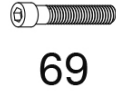
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74A



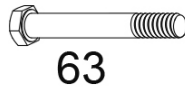
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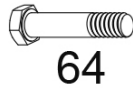
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80



79



81



80



82



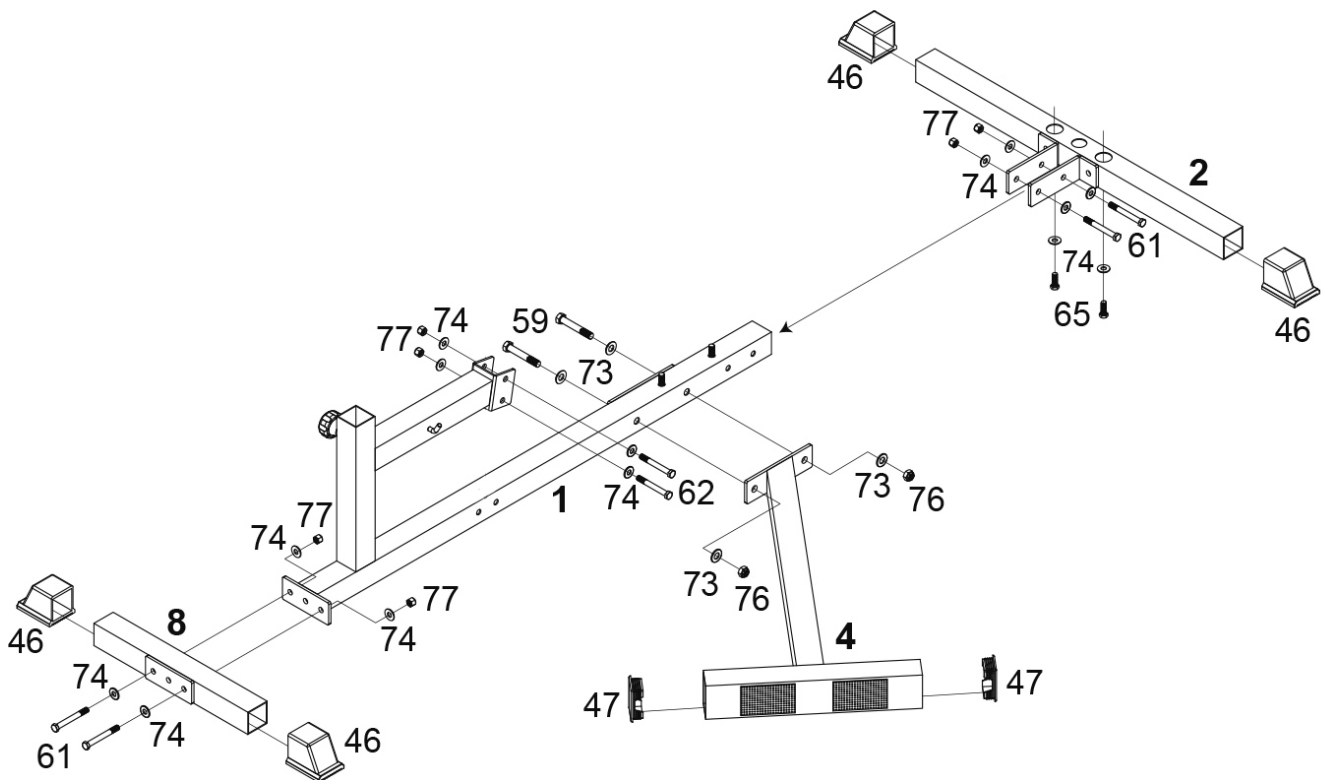
## 3.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

### Step 1: Assembly main frame

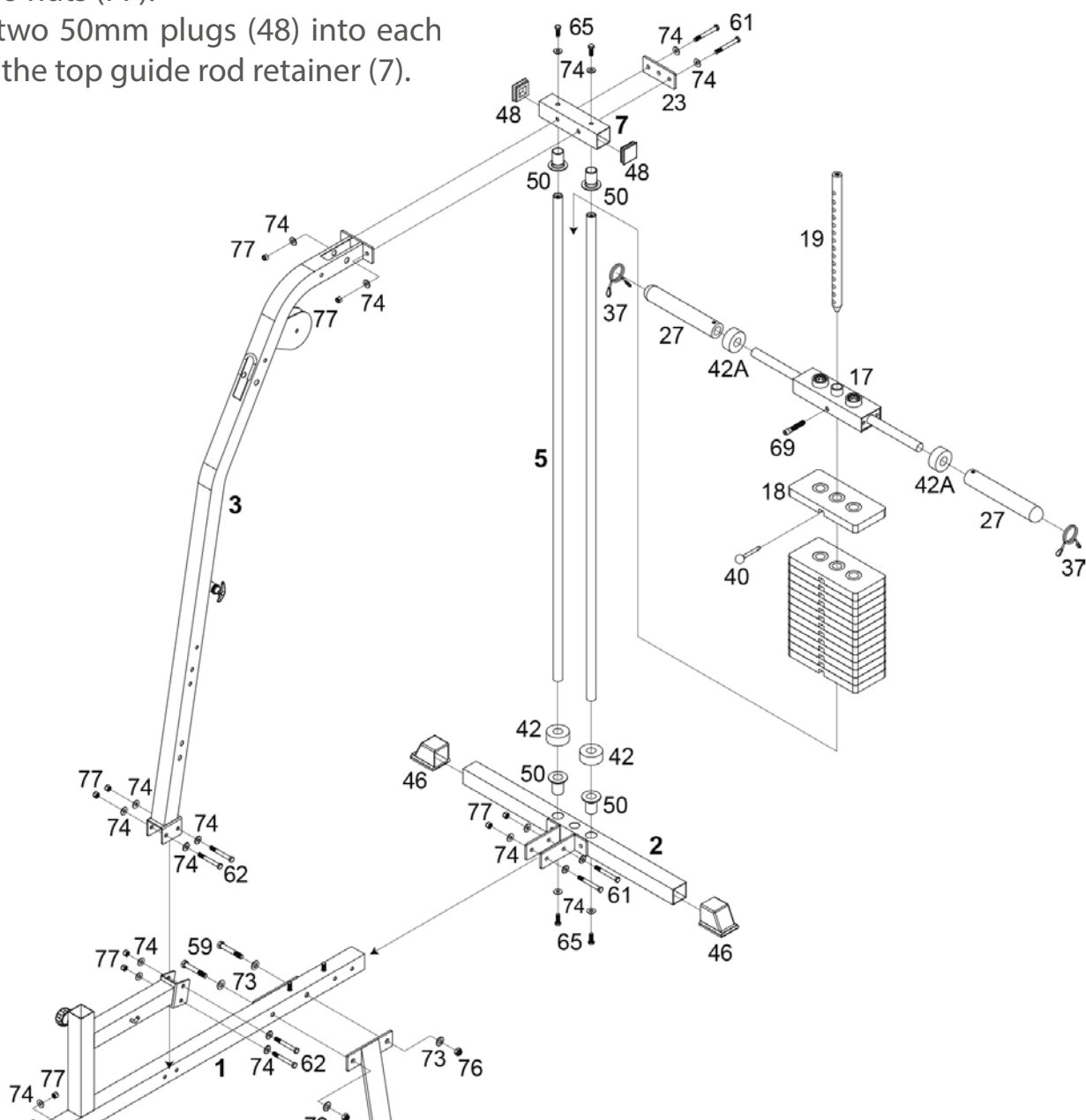
To ease the assembly process, do not tighten bolts until it is assembled.

1. Attach the rear stabilizer (2) to the base frame (1) using two screws (61), four washers (74) and two nuts (77).
2. Attach the front stabilizer (8) to the base frame (1) using two screws (61), four washers (74) and two nuts (77). Slide four end caps (46) onto the rear stabilizer (2) and the front stabilizer (8).
3. Attach the low row foot plate (4) to the base frame (1) using two screws (59), four washers (73) and two nuts (76). Insert two end caps (47) into each end of the lower foot rest (4).



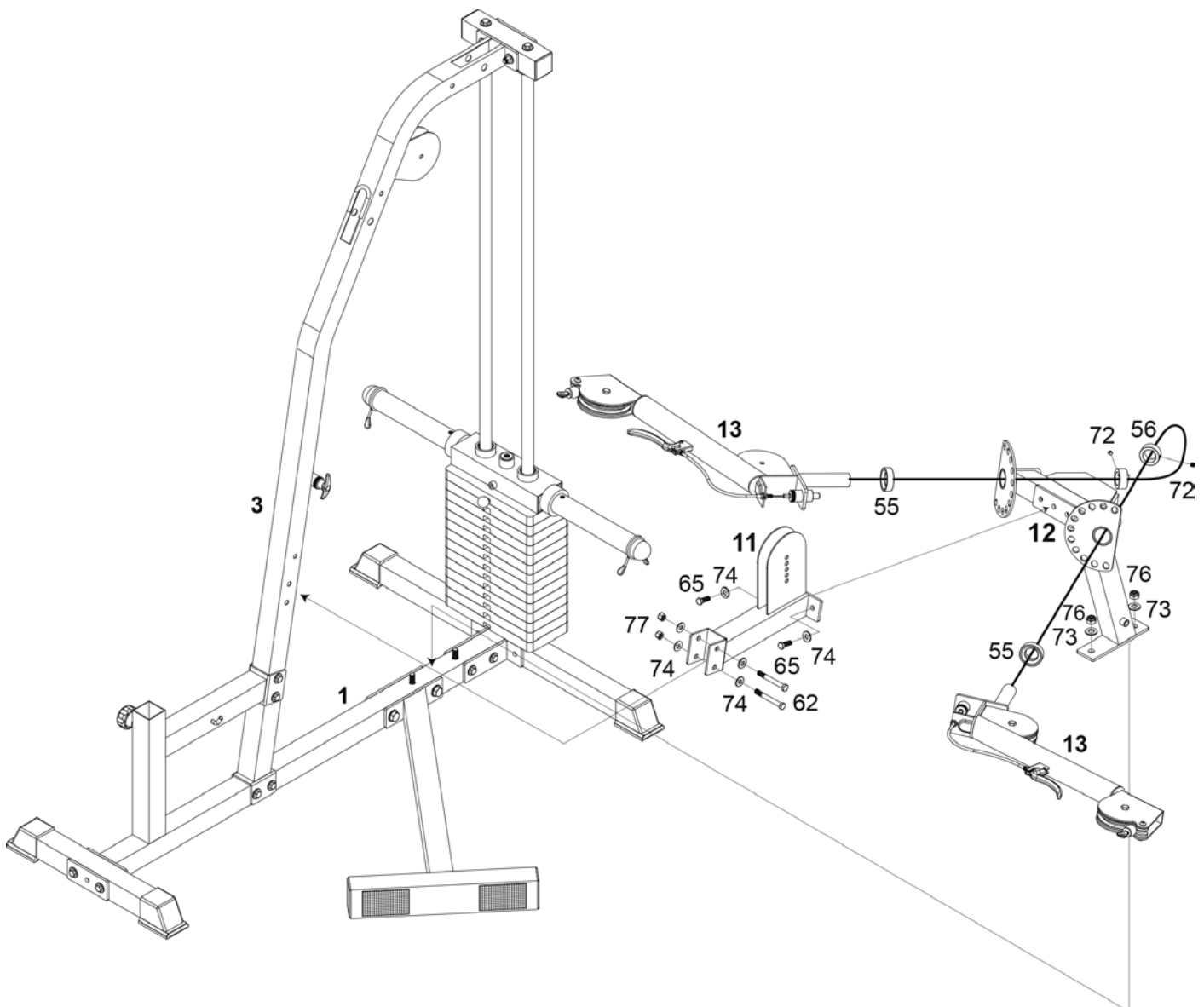
4. Attach the upright (3) to the base frame (1) using four screws (62), eight washers (74), and four nuts (77).
5. Insert two guide rod holders (50) into the rear stabilizer (2). Slide a rubber donut (42) onto the end of each guide rod (5). Insert the guide rods (5) with rubber donuts (42) into the guide rod holders (50) in the rear stabilizer (2).
6. If you did not purchase optional weight stack, please skip this step. Slide each 10 lb. Plate (18) over the guide rods (5). Make certain that each plate is oriented with the selector hole on bottom and facing forward. Attach two way top plate (17) to the selector rod (19) using the top plate bolt (69).
7. Slide two way top plate (17) onto the guide rods (5).
8. Insert two guide rod holders (50) into the top guide rod retainer (7) slide top guide rod retainer (7) onto the top of the guide rods (5). Attach the top guide rod retainer (7) and the connect plate (23) (do not attach connect plate (23) if you purchased the optional lat attachment) to the upright (3) using two screws (61), four washers (74), and two nuts (77).

Insert two 50mm plugs (48) into each end of the top guide rod retainer (7).



## Step 2: Assembly cable arms

1. Attach the cable arm connector (11) to the upright (3) using two screws (62), four washers (74), and two nuts (77).
2. Attach the cable arm assembly (12) to the cable arm connector using two screws (65), and two washers (74). Remember to keep all bolts loose to ensure holes will align easily. Attach the cable arm assembly (12) to the prewelded bolts on the base frame (1), using two washers (73) and two nuts (76).
3. Slide the axle of each cable arm (13) through the hole in selector plate of the cable arm assembly (12) and secure with the axle collar (56) by tightening the pre-installed set screw (72).

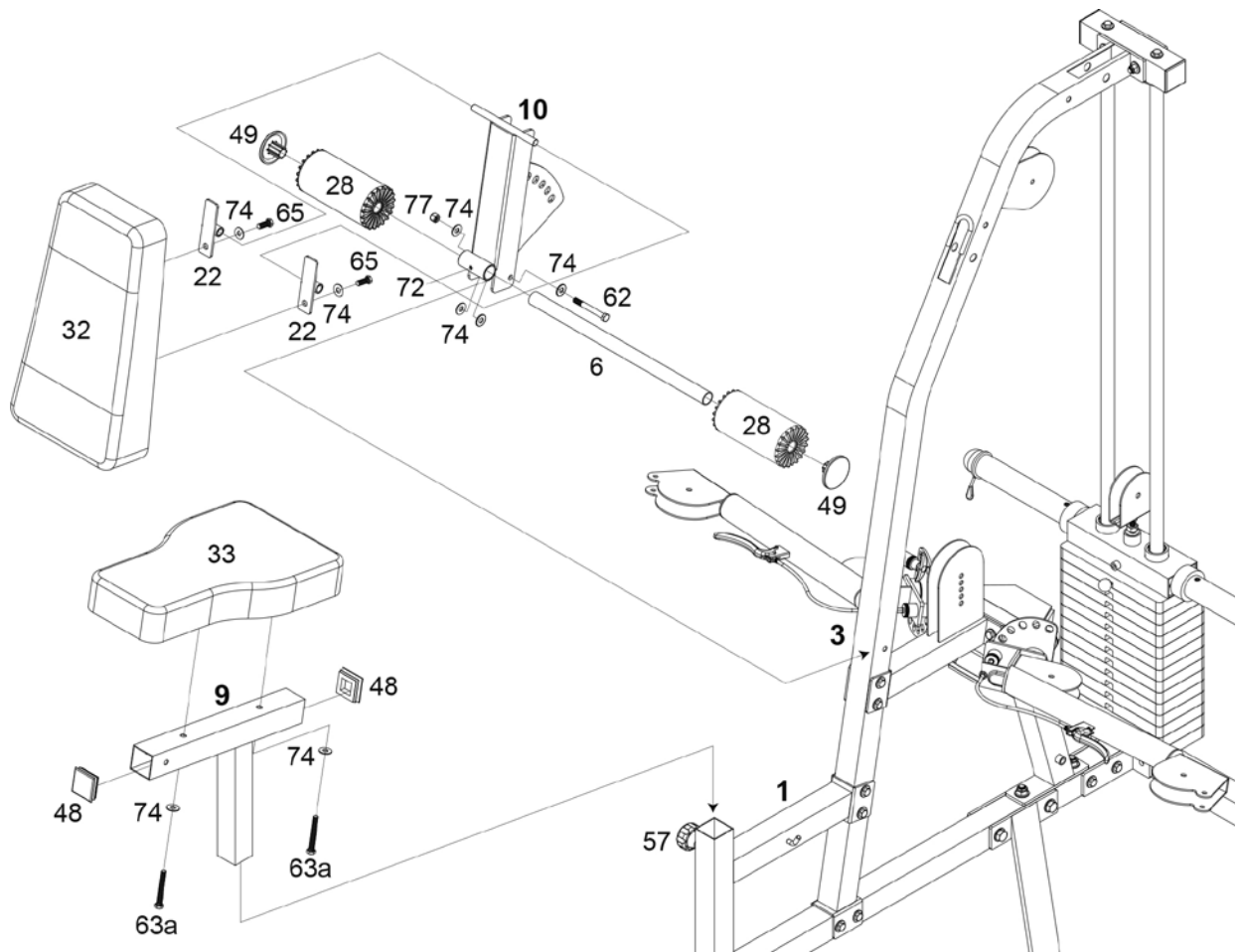




### Step 3: Assembly

1. Attach the seat back adjuster (10) to the upright (3) using one screws (62), two washers (74) and one nut (77). Do not tighten completely, leave the bolt loose, just enough to let the seat back adjuster (10) pivot freely.
2. Attach the pop pin (58) for the seat back adjuster (10) to the upright (3). Slide two metal hinges (22) onto each end of the round top of seat back adjuster (10), then attach the back pad (32) to the metal hinges (22) using four screws (65), and two washers (74). Insert the foam roller holder (6) into the hole in the seat back adjuster (10). Moisten the inside holes of two foam pads (28) with water and slide onto each end of the foam roller holder (6). Cap the foam roller holder (6) with two plastic washers (49). Lock the foam roller holder (6) into place with the pre-installed set screw (72) on the seat back adjuster (10).
3. Attach the seat pad (33) to the seat adjuster (9) using two screws (63a) and two washers (74). Cap the front and rear of the seat adjuster (9) with two 50mm. Plugs (48). Pull the pre-installed pop pin (57) to let the seat adjuster into the seat frame of base.

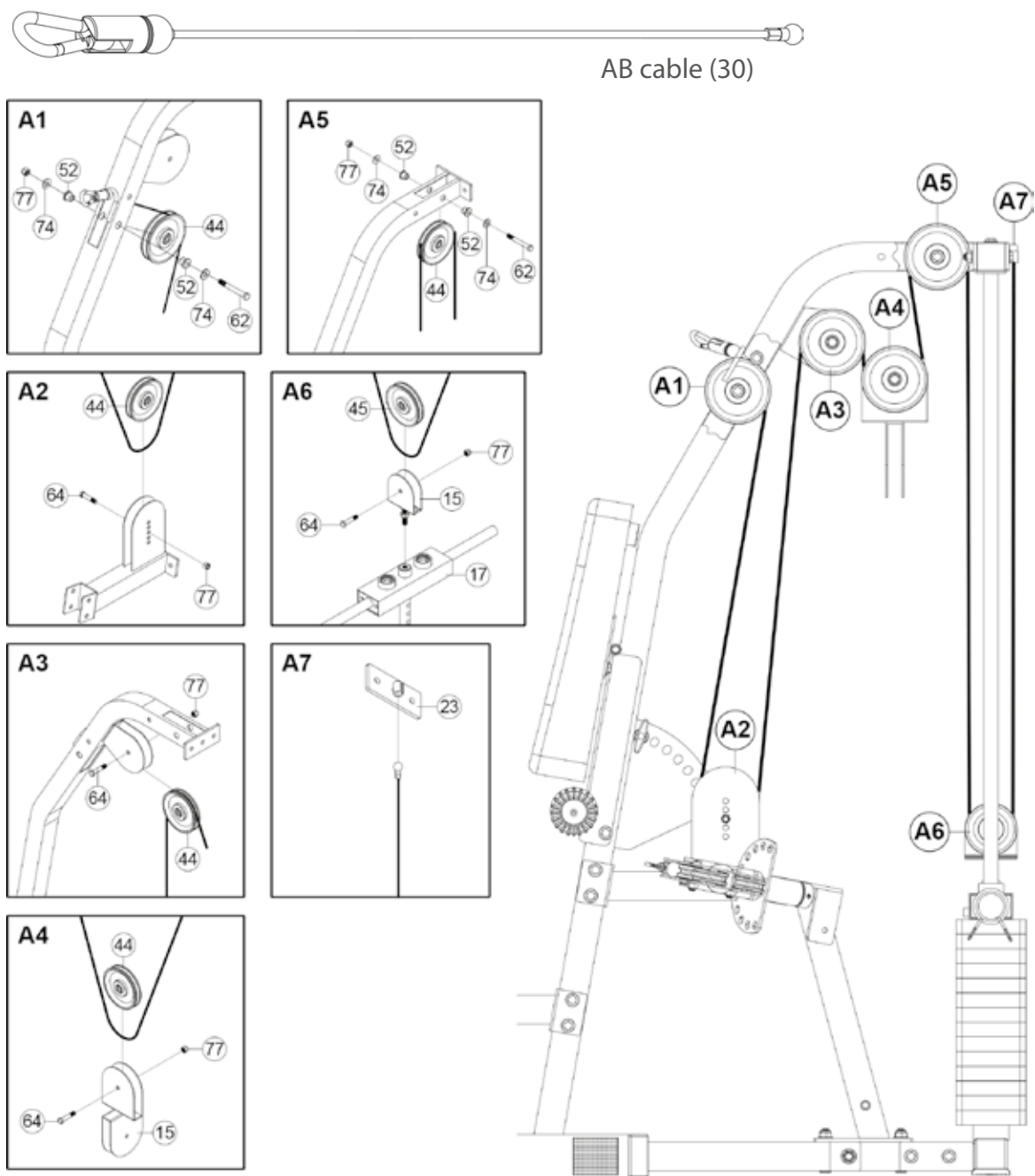
**Tighten all bolts and nuts.**



## Step 4: Assembly cables and pulleys simultaneously

Route steel ball end of ab cable (30) through the slot and over the pulley in upright (3), down to the pulley on top of the cable arm connector (11) (A2), then up and over to the pulley on the upright (A3) down and under the top pulley in the cross pulley block (A4), then up and over the pulley on the upright (A5), then down and under the pulley (smaller, 90 mm diameter) on the two way top plate (A6), then up to the receptor on top connect plate (as shown A7).

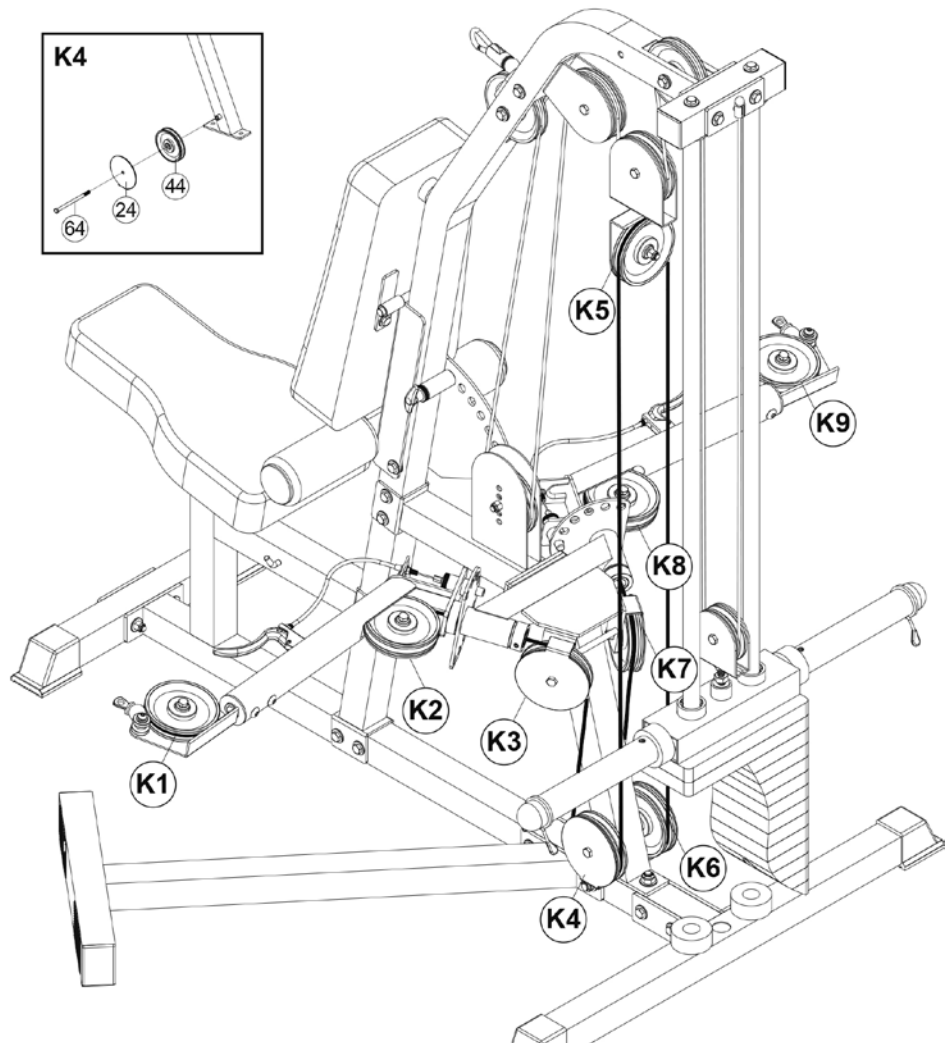
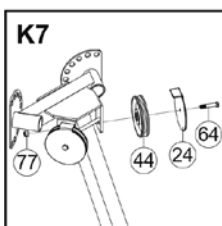
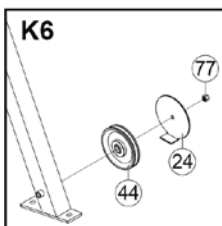
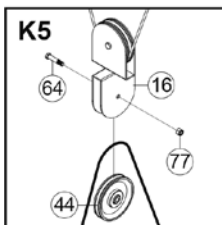
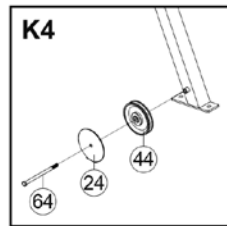
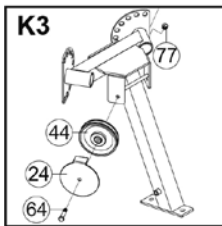
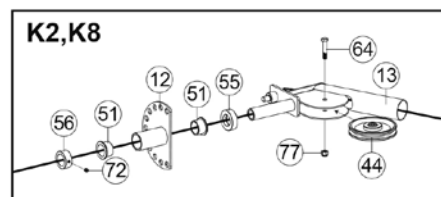
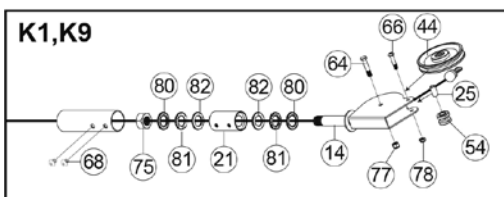
Do not use this ab cable (30) if you own the option lat pull, please use the top cable (105) found in the lat pull box instead.



## Step 5: Assembly cable and guide rollers

Attach pulleys (44) and pulley guides (24) to the cable arm assembly (12) as shown in K3. Attach pulleys (44) and pulley guides (24) to the bottom of the cable arm assembly (12) as shown in K4.

Route the pre-assembled cable arm cable (29) over the pulleys (44) at the top of the cable arm assembly (K3), then down and around both bottom pulleys (K3), then up and around the bottom pulley in the cross pulley block (K5). Be certain that, when tightened, the pulley guides do not interfere with cable movement and all cables are running within the groove of pulleys.



**Assembly is complete! Please take the following steps before using the gym:**

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 weight selector pin (42) 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 no so tight as to lift the top plate (17) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the guide rods (5).
7. Enjoy many years of a fit lifestyle.

## 4.1 Workout exercises

Some exercises can only be done with the separately available modules „lat pull“ or the leg extension/leg curl.

### 1. Seated crunches, start and finish position:

The lower back maintains contact with the backrest. Bend your body forward (in the abdominal muscles) and then return to the starting position.



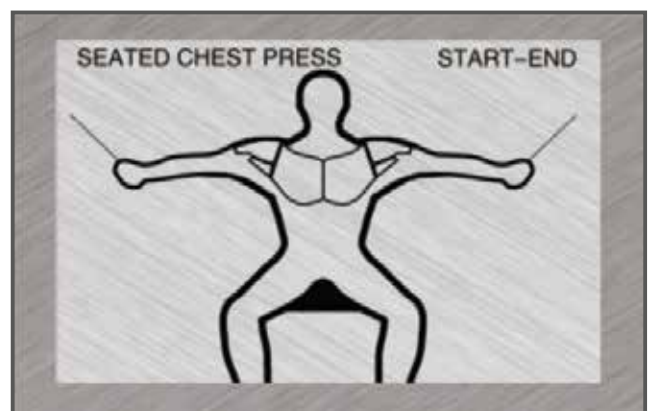
### 2. Seated crunches, reversal point:

When the body is fully bent (in the abdominal muscles), return to the starting position. Carry out the exercise in a slow, controlled manner.



### 3. Seated butterfly, start and finish position:

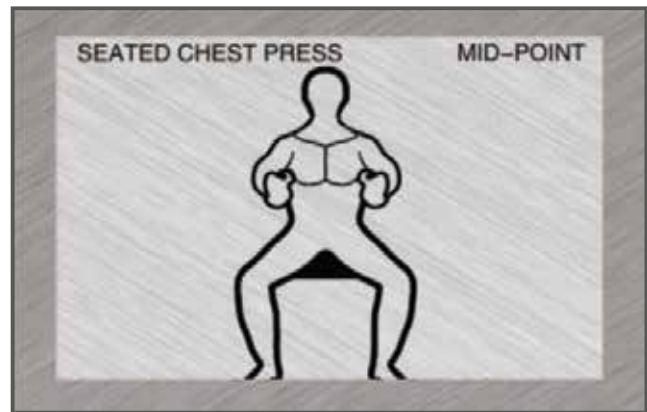
Your whole back keeps contact with the backrest during the exercise. Your arms should be held almost straight, the elbow joint is slightly bent. Now bring your hands together in front of your chest.





#### 4. Seated butterfly, reversal point:

Just before your hands touch, return to the starting position. Carry out the exercise in a slow, controlled manner.



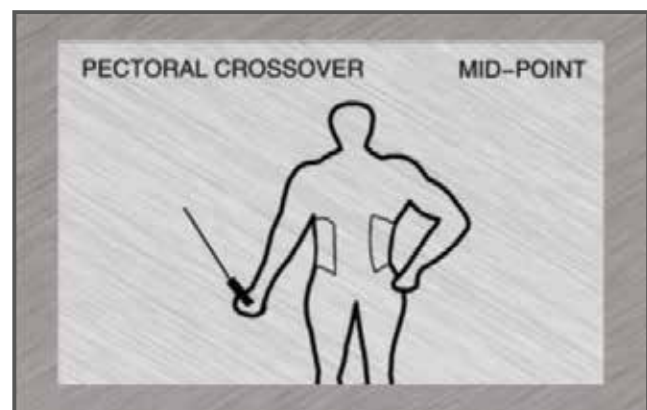
#### 5. Standing one-armed fly, start and finish position:

Take up a steady, relaxed stance. Keep the tension in your abdominal muscles. Keep your upper body straight. Keep your arm almost straight during the exercise. Now move your hand diagonally in front of your upper body.



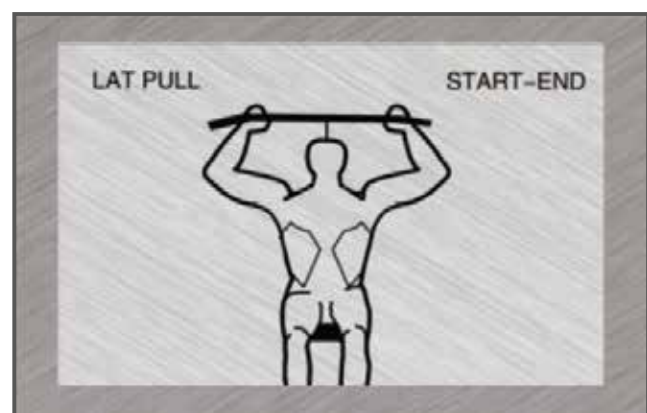
#### 6. Standing one-armed fly, reversal point:

When your hand is at the centre in front of your body, return to the starting position in a controlled movement.



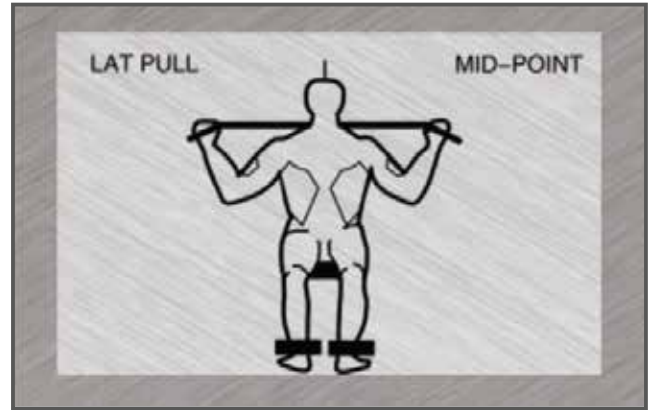
#### 7. Lat pull to the neck, start and finish position:

You can vary the grip width in this exercise. Always keep your arms slightly bent. Your upper body should be, and should stay, bent slightly forward. Now pull the pull-up bar down to your neck. Do not bend your upper body!



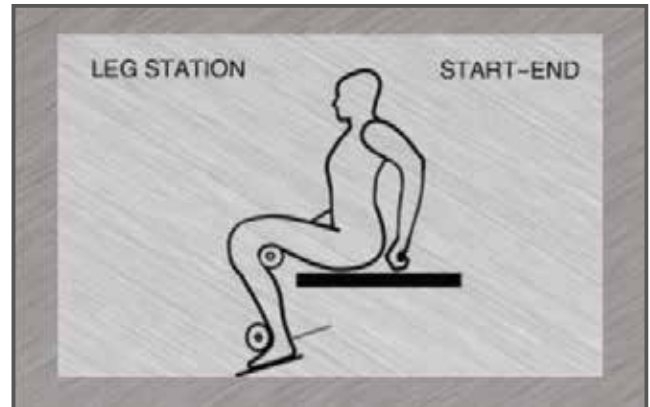
### 8. Lat pull to the neck, reversal point:

Just before the pull-up bar reaches your neck, stretch your arms back out again. Carry out the exercise in a slow, controlled manner.



### 9. Leg extension, start and finish position

The upholstery roll should be slightly above your feet. Now, stretch your legs in a slow, controlled manner.



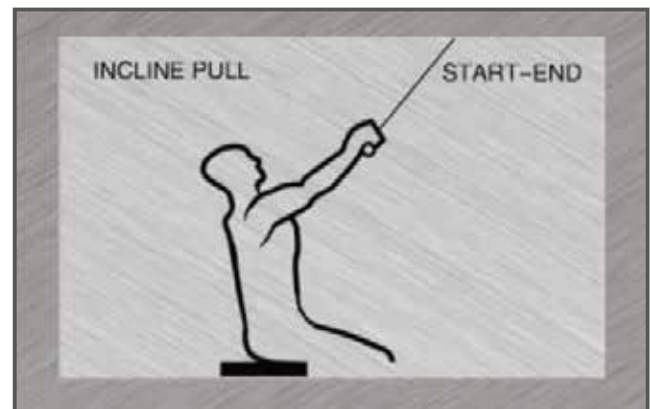
### 10. Leg extension, reversal point:

Never fully straighten your legs to the point where you lock your knees. As you return to the start position, do not drop the weight.



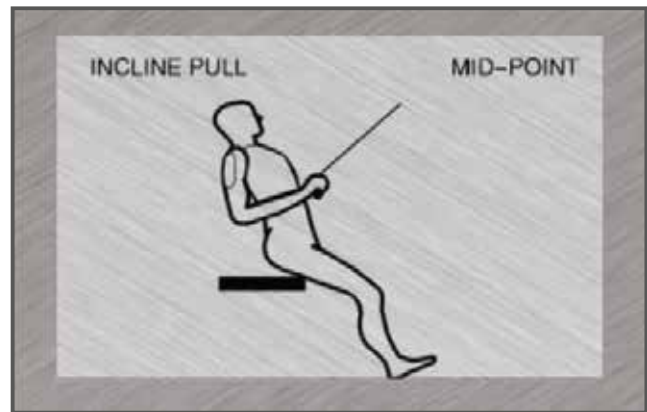
### 11. Upright cable row, start and finish position:

Your upper body should be and should stay, bent slightly backwards. Your arms should be held almost straight. Pull the pull-up bar towards your navel in a slow, controlled movement. Pull your elbows in closely passing your body.



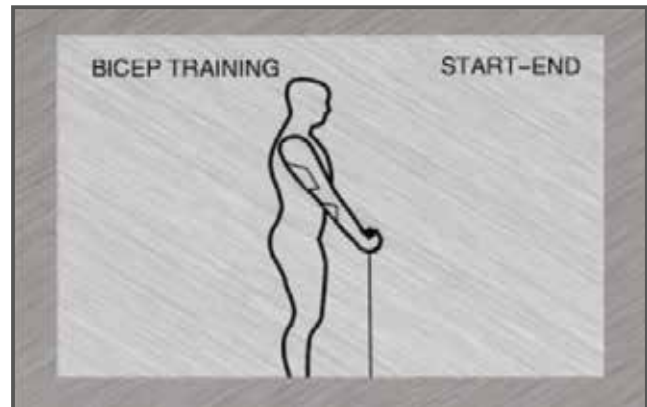
## 12. Upright cable row, reversal point:

Just before the pull-up bar touches your trunk, stretch your arms back out again. Your upper body should still stay straight.



## 13. Biceps curl, start and finish position:

Place your hands in the upper or lower grip. Your upper body should stay straight during the exercise. Never fully straighten your arms to the point where you lock your elbows. Bend your arms at the elbow. Keep your elbows fixed. Perform the exercise slowly and controlled.



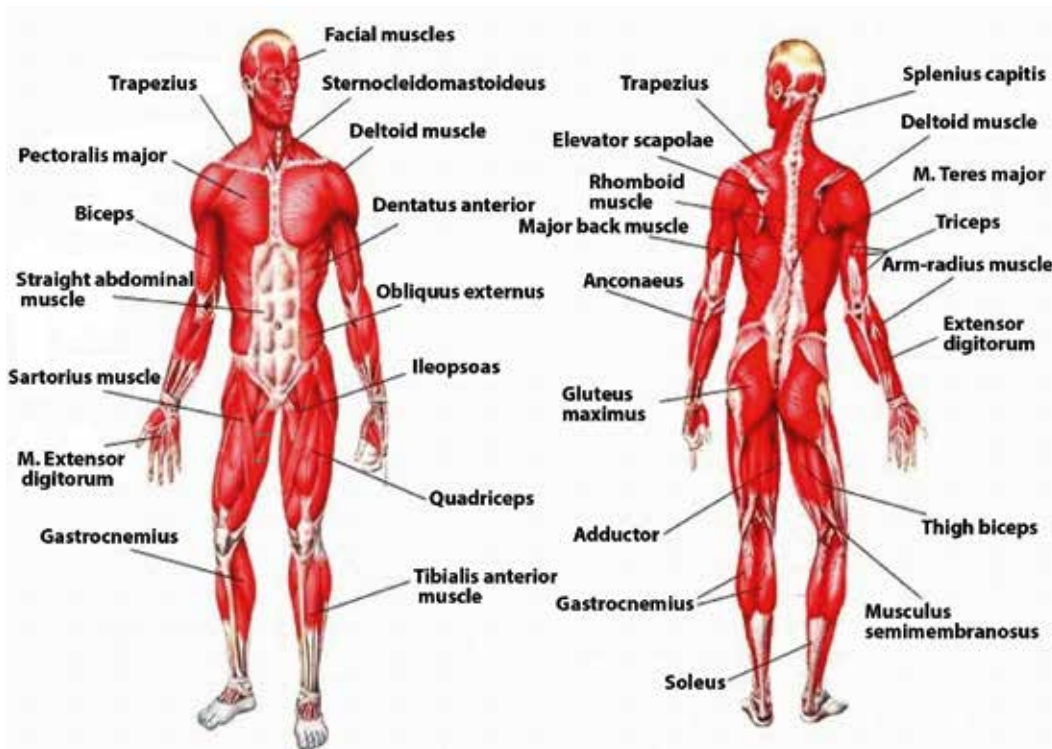
## 14. Biceps curl, reversal point:

In a controlled movement, stretch your arms back out to the starting position. Do not drop the weight.





## 4.2 Stretching exercises for leg & chest muscles



### 1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



### 2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



### 3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



### 4. Exercise: Stretching the chest muscles (pectoralis major)

- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



**All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.**

**We hope you enjoy your workout and have a lot of success!**



BodyCraft fitness equipment is subject to strict quality controls. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### **Error descriptions**

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

### **Your statutory rights are not affected.**

### **Warranty**

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

### **Warranty periods**

The following warranty periods begin on delivery of the fitness equipment.

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>
Mini X-Press	Home use	24 months

### **Repair costs**

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty person and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

## **The terms of use are defined as follows:**

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, hotels, clubs, company gyms)
- Professional use: more than 6 hours per day (e. g. commercial gyms)

## **Warranty service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

## **Warranty conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- environmental influences (moisture, heat, electrical surge, dust, etc.)
- failure to follow the current safety measures for the equipment
- failure to follow the operating instructions
- use of force (e. g. hitting, kicking, falling)
- interventions which were not carried out by one of our authorized service centers
- unauthorized repair attempts

## **Proof of purchase and serial number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you have trouble finding the serial number on your fitness equipment, our service team is at your disposal to offer further information.

### **Service outside the warranty period**

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

### **Communication**

Many problems can be solved just by speaking to us as your contract partner. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.





## 6 DISPOSAL



At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

## 7 ORDERING ACCESSORIES

	<p>Sport-Tiedje hand grip for strength training</p> <p>Art. No. ST-HG-020</p>
	<p>Sport-Tiedje floor mat set</p> <p>Art. No. TF-FMS-B</p>
	<p>GYMWATCH sensor</p> <p>Art. No. GW-SENSOR</p>
	<p>Sport-Tiedje silicone spray</p> <p>Art. No. ST-1003</p>

### 8.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

#### SERVICE-HOTLINE

<b>DE</b> ☎ +49 4621 4210-0 📠 +49 4621 4210-699 ✉ service@sport-tiedje.de Mon - Fri 8:00 am - 6:00 pm Sat 9:00 am - 6:00 pm	<b>NL</b> ☎ +31 172 619961 ✉ info@fitshop.nl Mon - Thu 9 am - 5 pm Fri 9 am - 9 pm Sat 10 am - 5 pm	<b>UK</b> ☎ +44 141 876 3972 ✉ orders@powerhousefitness.co.uk Mon - Fri 9 am - 5 pm
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### 8.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand/category:

BodyCraft Multi-gym

Model name:

Mini X-Press

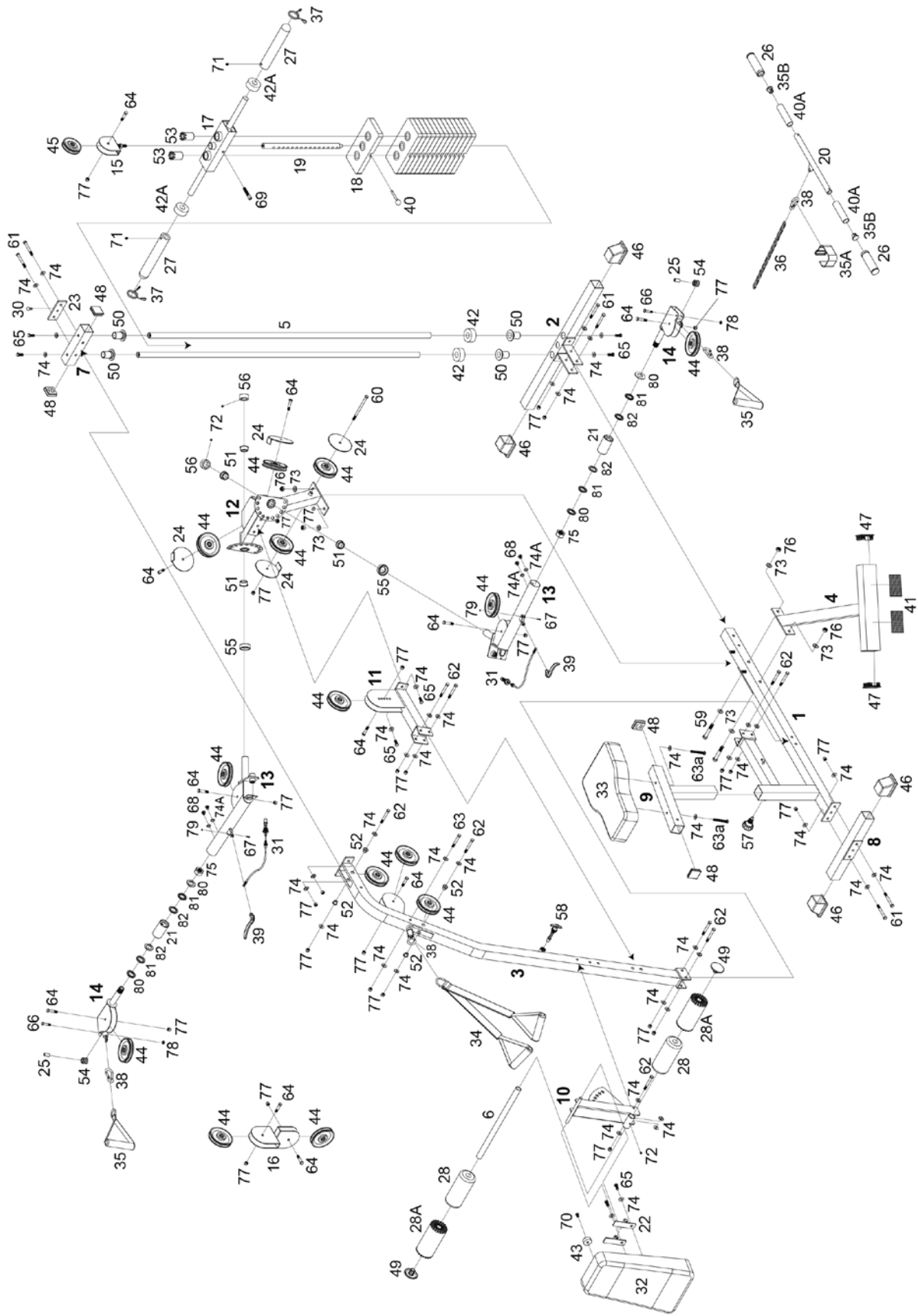


## 8.3 Parts list

No.	Description	Qty.	No.	Description	Qty.
1	BASE FRAME	1	27	OLYMPIC SLEEVE	2
2	REAR STABILIZER	1	28	FOAM PAD	2
3	UPRIGHT	1	28A	FOAM PAD COVER	2
4	LOW ROW FOOT PLATE	1	29	CABLE ARM CABLE	1
5	GUIDE ROD	2	30	AB CABLE	1
6	FOAM ROLLER HOLDER	1	31	CLUTCH CABLE	2
7	TOP GUIDE ROD RETAINER	1	32	BACK PAD	1
8	FRONT STABILIZER	1	33	SEAT PAD	1
9	SEAT ADJUSTER	1	34	AB CRUNCH	1
10	SEAT BACK ADJUSTERD	1	35	SINGLE CURL	2
11	CABLE ARM CONNECTOR	1	35A	ANKLE STRAP	1
12	CABLE ARM ASSEMBLYD	1	35B	1" "T" SHAPE END PLUG	2
13	CABLE ARMD	2	36	CHAIN LINK	1
14	SWIVEL CABLE TOPD	2	37	SPRING CLIP	2
15	SINGLE PULLEY BLOCKD	1	38	SNAP HOOK	4
16	CROSS PULLEY BLOCK	1	39	CLUTCH LEVER	2
17	TWO WAY TOP PLATE	1	40	SELECTOR PIN	1
18	WEIGHT PLATE	14	40A	SLEEVE	2
19	1" DIAMETER SELECTOR ROD	1	41	NONSLIP	2
20	LOW ROW BAR	1	42	2" RUBBER DOUGHNUT	2
21	CABLE ARM COLLAR	2	42A	3" RUBBER DOUGHNUT	2
22	METAL HINGES	2	43	PEC DEC STOPPER	1
23	CONNECT PLATE	1	44	114mm PULLEY	14
24	PULLEY GUARD	4	45	90mm PULLEY	1
25	SLEEVE	2	46	50mm SQ. END CAP	4
26	1-1/4" HAND GRIP	2	47	50mm X 75mm END CAP	2

No.	Description	Qty.	No.	Description	Qty.
48	50mm SQ. PLUG	4	66	5/16" X 1-1/2" HEX HEAD BOLT	2
49	1" ID FOAM ROLLER PLUG	2	67	M5 ROUND HEAD SCREW	2
50	PLASTIC GUIDE ROD HOLDER	4	68	3/8" X 1/2" SET SCREW	4
51	1" STEEL BUSHING	4	69	TOP PLATE BOLT	1
52	3/8" BUSHING	4	70	3/8" X 5/8" INNER HEX HEAD SCREW	1
53	BUSHING	2	71	5/16" X 3/8" SET SCREW	2
54	SMALL PULLEY OF SWIVEL ARM	2	72	5/16" X 1/4" SET SCREW	3
55	STEEL SPACER	2	73	1/2" WASHER	6
56	AXLE COLLAR	2	74	3/8" WASHER	44
57	SPRING KNOB	1	74A	3/8" SPRING WASHER	4
58	POP PIN	1	75	24mm NUT	2
59	1/2" X 3-1/8" HEX HEAD BOLT	2	76	1/2" NYLON NUT	4
60	3/8" X 5-3/4" HEX HEAD BOLT	1	77	3/8" NYLON NUT	28
61	3/8" X 3-1/8" HEX HEAD BOLT	6	78	5/16" NUT	2
62	3/8" X 3" HEX HEAD BOLT	9	79	M5 NYLON NUT	2
63	3/8" X 2-3/4" HEX HEAD BOLT	1	80	BEARING BASIN	4
63A	3/8" X 2-3/4" HEX HEAD BOLT (ALL)	2	81	BEARING	4
64	3/8" X 1-3/4" HEX HEAD BOLT	11	82	BEARING COVER	4
65	3/8" X 1" HEX HEAD BOLT (ALL)	8			

# 8.4 Exploded drawing



## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig  
Germany

### GENERAL INFORMATION:

DE ☎ +49 4621 4210-0  
✉ info@sport-tiedje.com

NL ☎ +31 172 619961  
✉ info@fitshop.nl

UK ☎ +44 141 876 3972  
✉ orders@powerhousefitness.co.uk

### Hotline for Technical Information

DE ☎ +49 4621 4210-0  
☎ +49 4621 4210-699  
✉ service@sport-tiedje.de

NL ☎ +31 172 619961  
✉ info@fitshop.nl

UK ☎ +44 141 876 3986  
✉ support@powerhousefitness.co.uk

[www.sport-tiedje.com](http://www.sport-tiedje.com)

## DISCLAIMER

### *BODYCRAFT*

Bodycraft is a division of Recreation Supply Inc.  
7699 Green Meadows Drive  
Lewis Center, OH 43035

Product and manual are subject to change. Technical data can be changed without advance notice.

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Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)



# *BODYCRAFT*

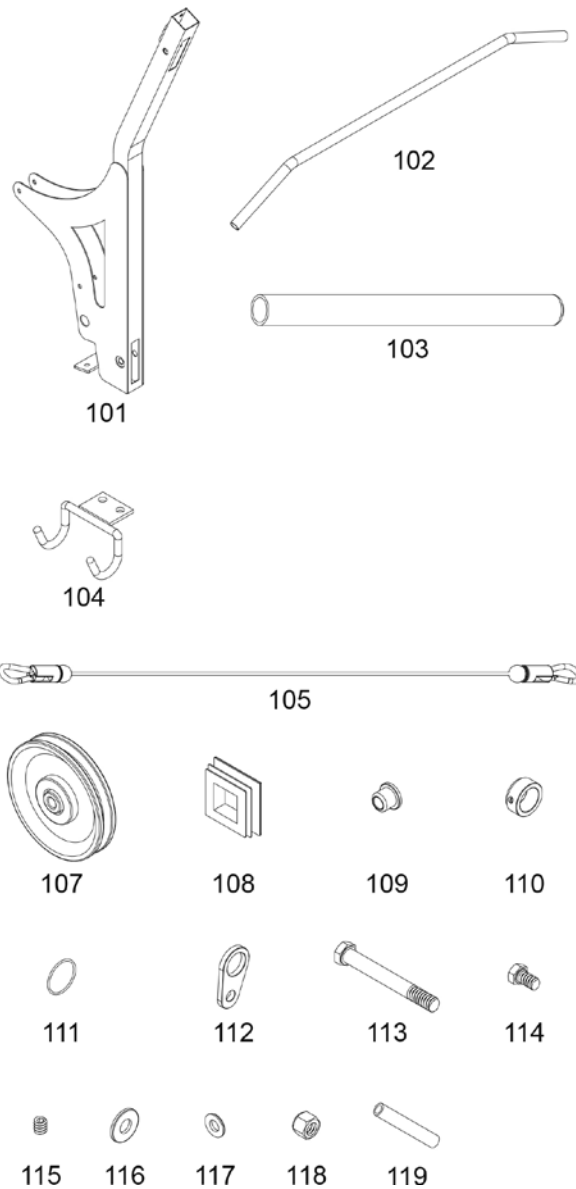


**Lat pull** optional

In order to make the assembly of the equipment easier, we recommend that you do not initially fully tighten the screws and bolts. However, you should make sure that all screws and bolts are firmly tightened after assembly.

### 3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

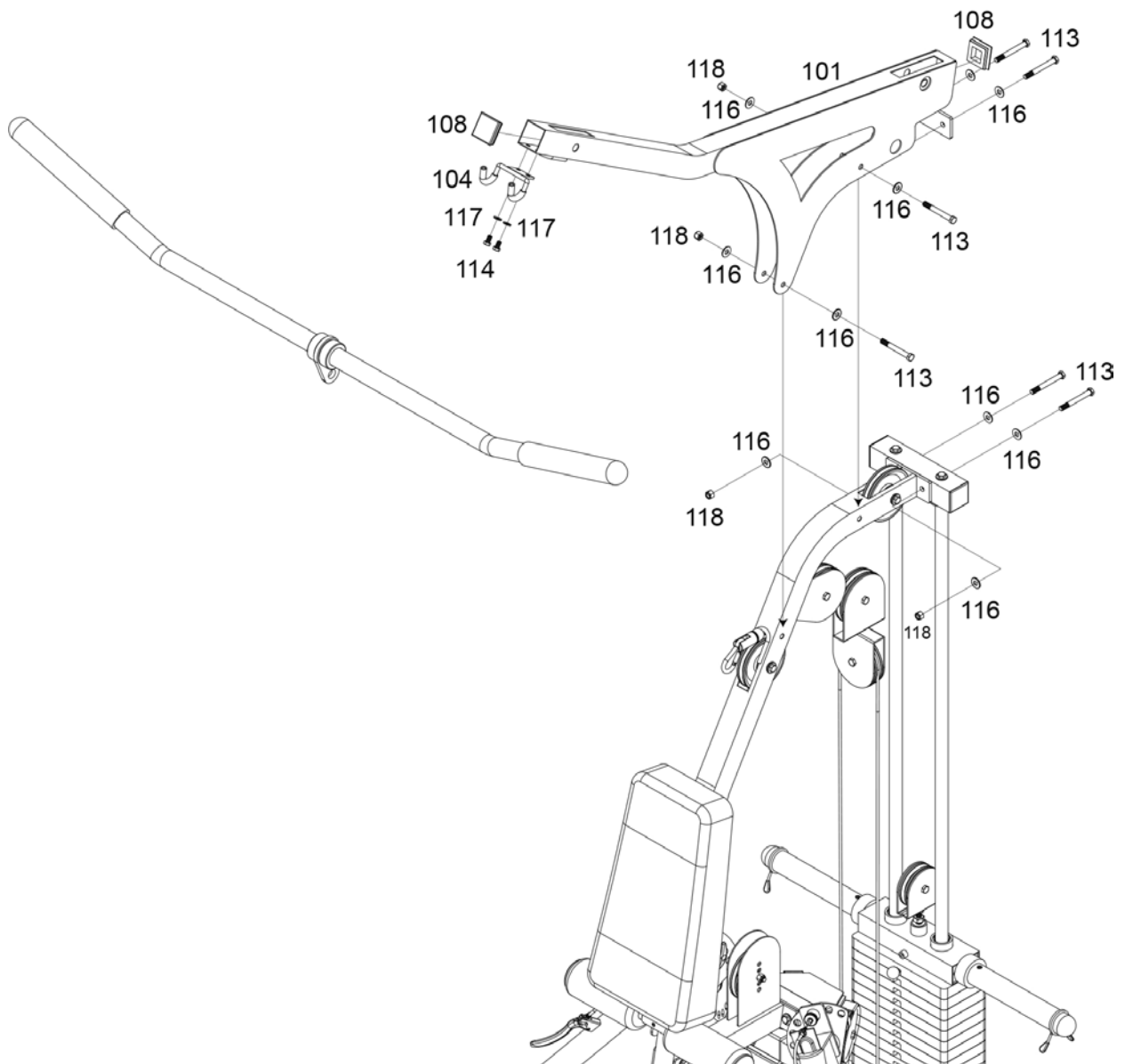


## 9.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps how and assemble the equipment in the order indicated.

### Step 1:

1. Slide the top frame (101) over top of the upright (3) and align holes. Attach the top frame (101) using two screws (61), four washers (116) and two nuts (118).
2. Attach the lat bar holder (104) to the top frame (101) using two screws (114) and two washers (117). Cap the front and back of the top frame with two 50mm. Plugs (108).

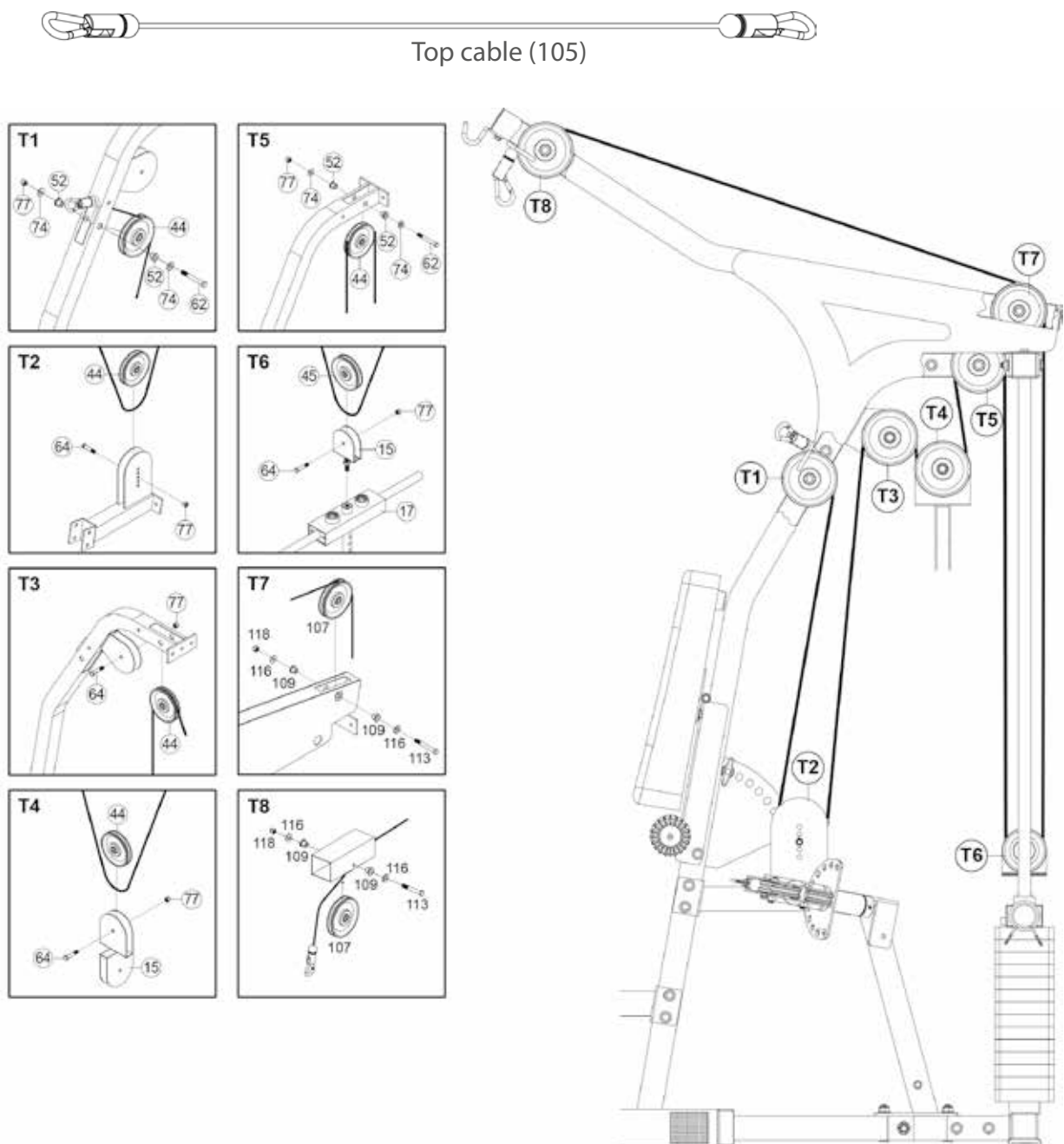




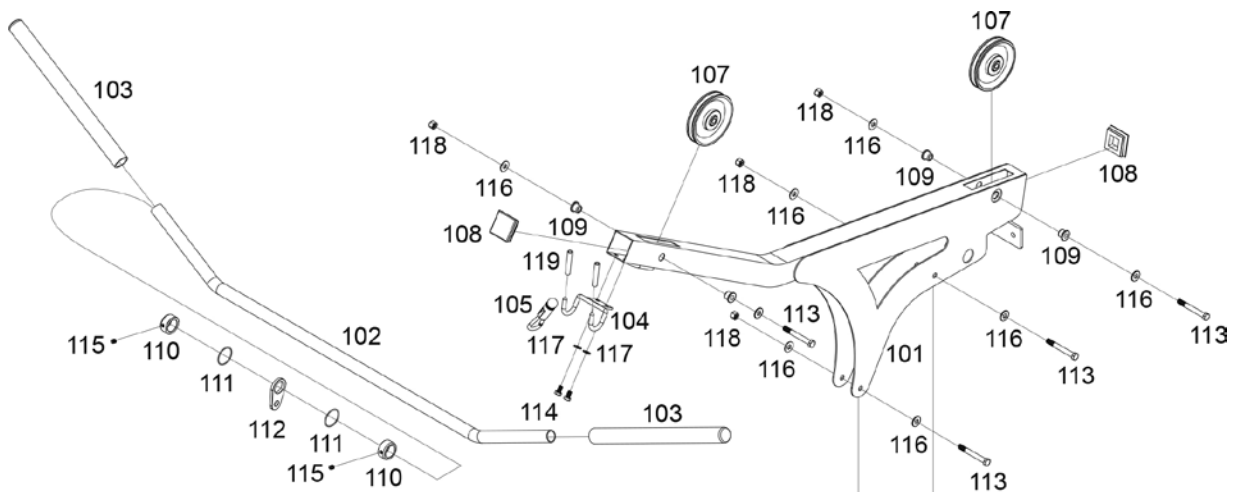
## Step 2:

### Top Cable 105 replaces Ab Cable (30) from base unit.

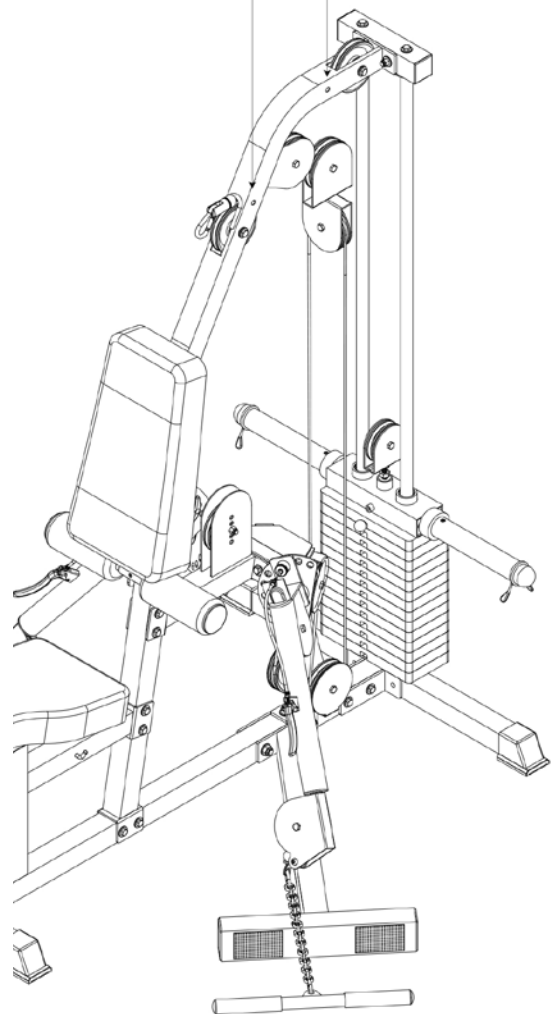
Route one end of the top cable (105) through the slot and over the pulley in upright (3) as shown in T1, down and under the pulley on cable arm assembly as shown in T2, then up and over the pulley on upright as shown in T3, down and under the top pulley on cross pulley block as shown in T4, up and over the pulley on upright as shown in T5, down and under the pulley on the top plate as shown in T6, then up and over the pulley on the top frame as shown in T7 and ending over front of the pulley on top frame as in T8.



## 9.3 Exploded drawing and part list



No.	Description	Qty.
101	EXD TOP FRAME	1
102	LAT BAR	1
103	LAT FAOM PAD	2
104	LAT BAR HOLDER	1
105	TOP CABLE	1
107	PULLEY	2
108	50mm SQ. PLUG	2
109	3/8" BUSHING	4
110	AXLE COLLAR	2
111	SEALING RING	2
112	HOOK PLATE	1
113	3/8" X 3" HEX HEAD BOLT	4
114	5/16" X 1/2" HEX HEAD BOLT (ALL)	2
115	6mm X 6mm SET SCREW	2
116	3/8" WASHER	8
117	5/16" WASHER	2
118	3/8" NYLON NUT	4
119	FOAM TUBE	2





# *BODYCRAFT*

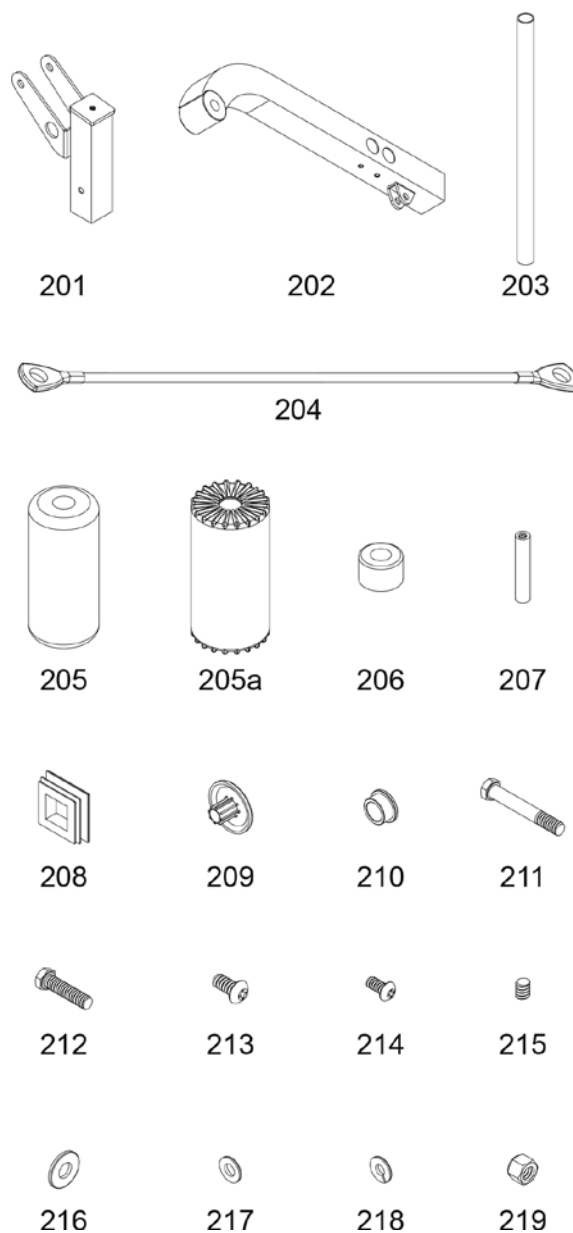


**Leg curl** optional

In order to make the assembly of the equipment easier, we recommend that you do not initially fully tighten the screws and bolts. However, you should make sure that all screws and bolts are firmly tightened after assembly.

### 3.1 Package contents

The package contains the parts represented in the illustration, including a power cable with mains plug. If one of the illustrated parts is missing, please contact your contract partner.

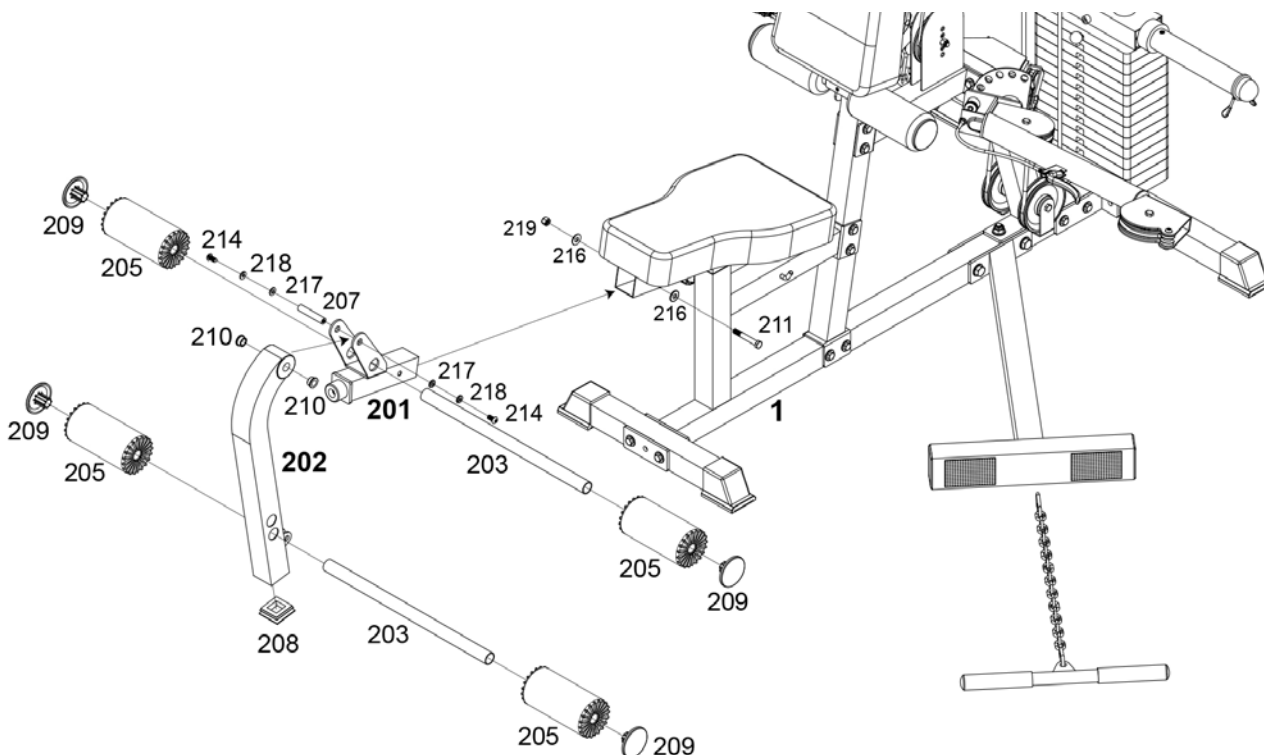


## 10.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps how and assemble the equipment in the order indicated.

### Step 1:

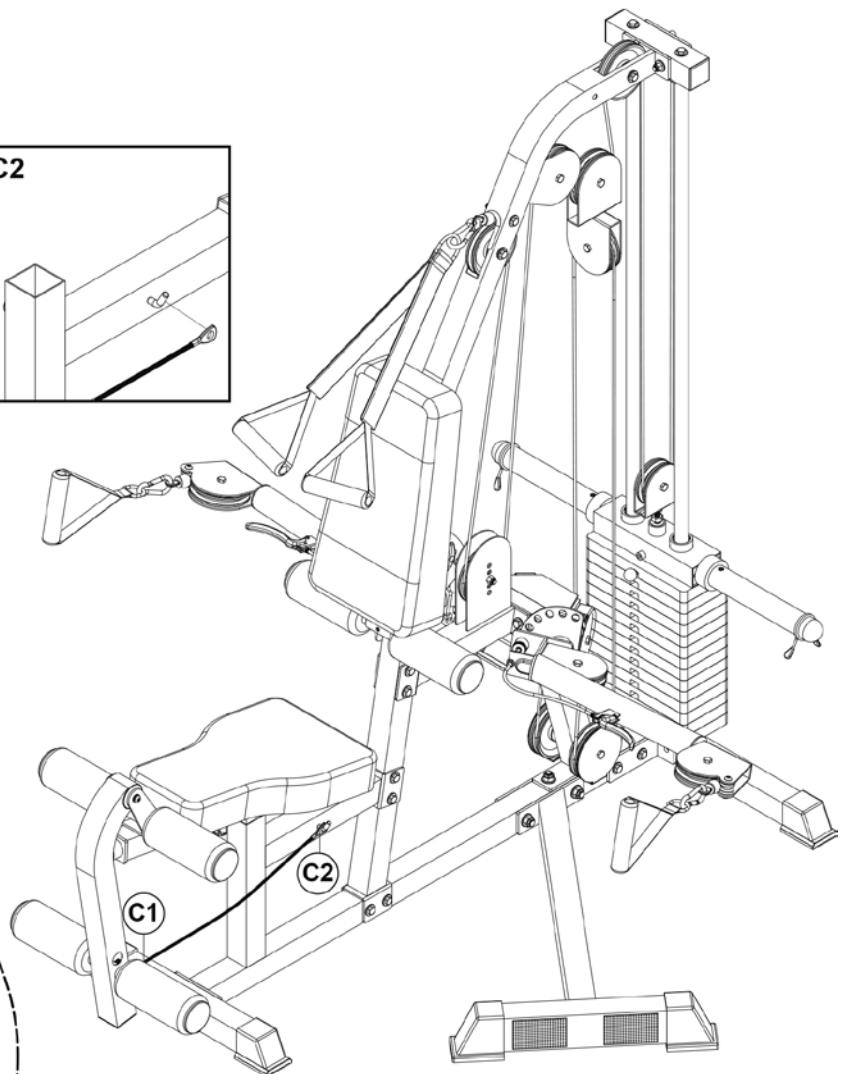
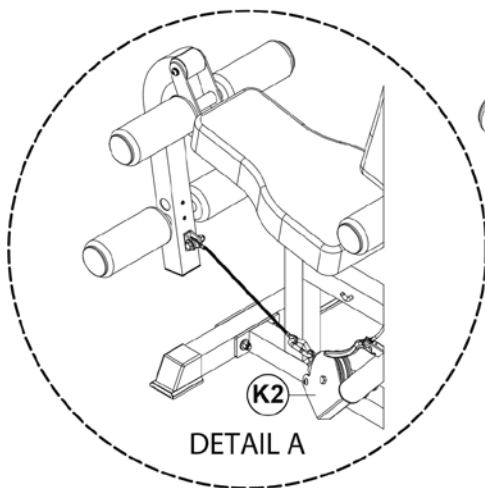
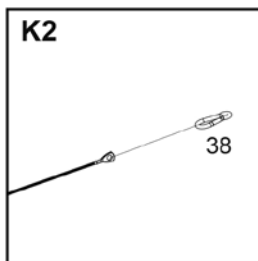
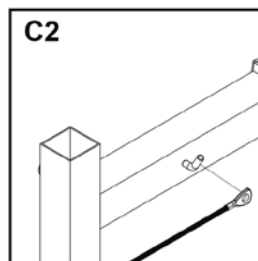
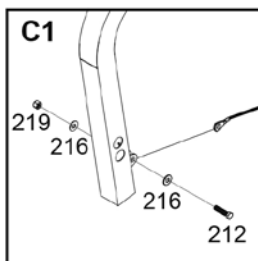
1. Attach the leg extension connector (201) to the seat frame using one screws (211), two washers (216), and one nut (219).
2. Insert two bushings (210) into the leg extension arm (202) and attach to the leg extension connector (201) by inserting the axle (207). Fasten axle (207) using two washers (217), two spring washers (218) and two 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. Plug (208) to the leg extension arm.



## Step 2:

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.**

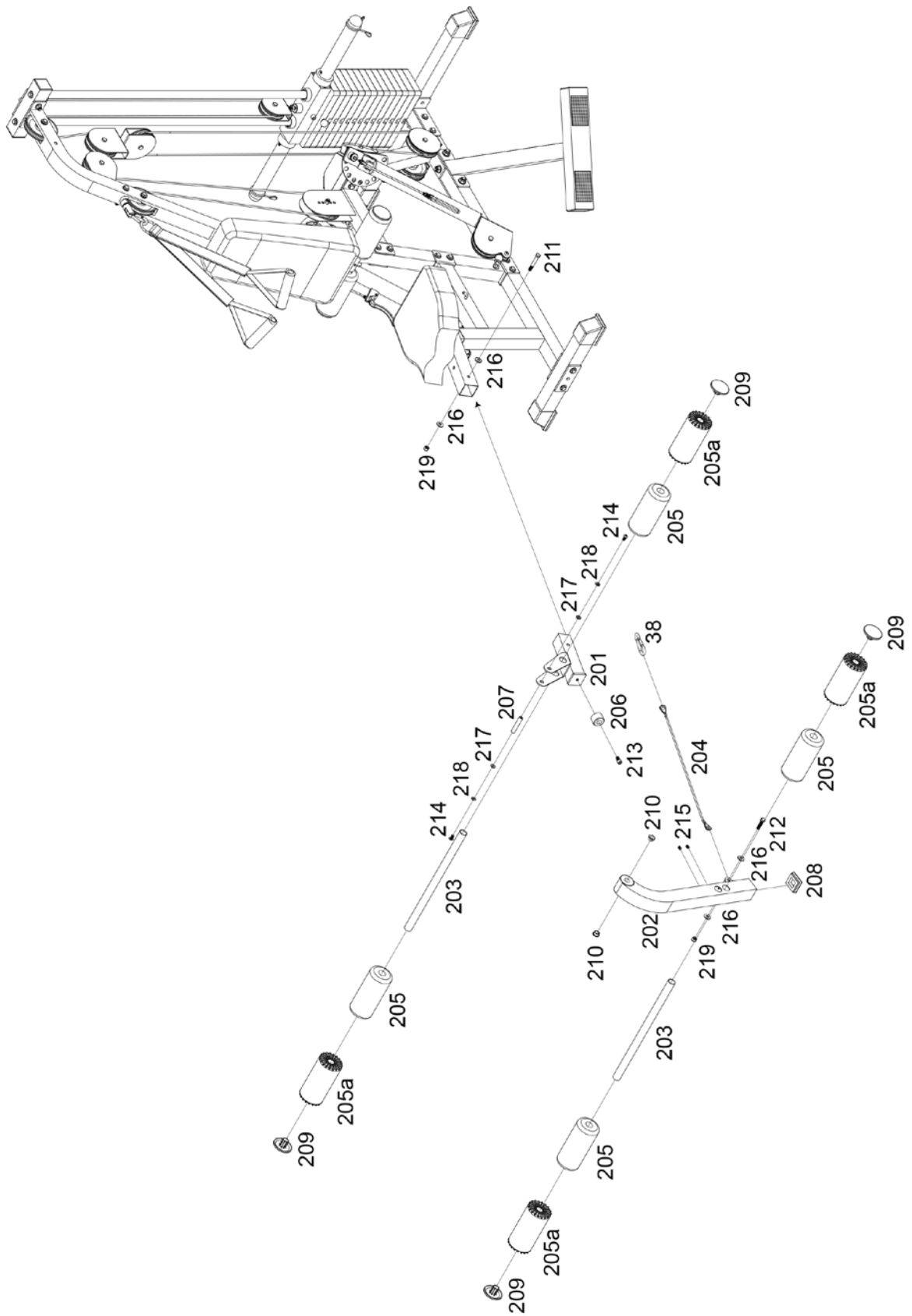


## 10.3 Parts list

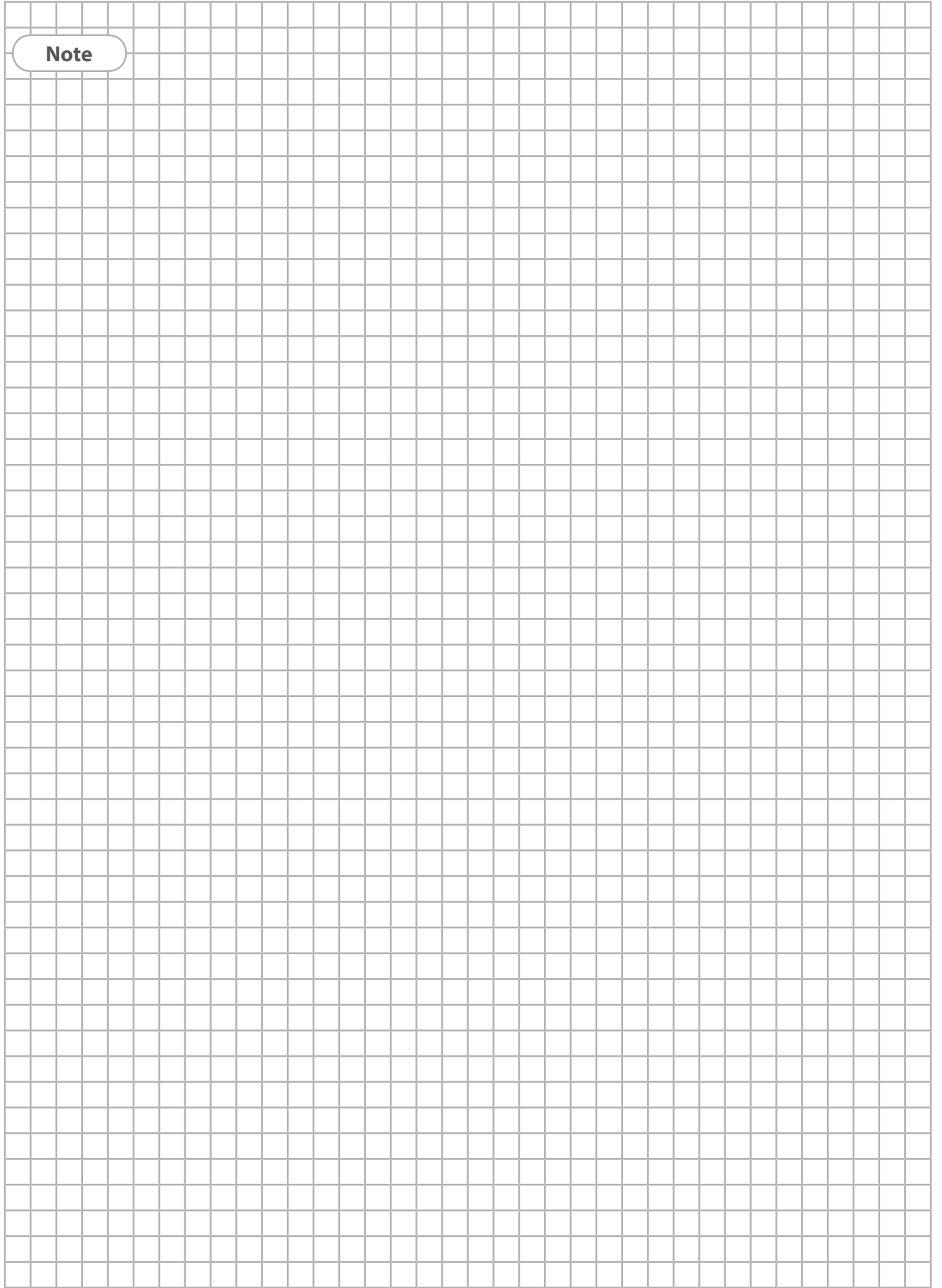
No.	Description	Qty.
201	LEG EXTENSION CONNECTOR	1
202	LEG EXTENSION ARM	1
203	FOAM ROLLER HOLDER	2
204	CONNECTING CABLE	1
205	FOAM PAD	4
205a	FOAM PAD COVER	4
206	STOPPER	1
207	AXLE	1
208	50mm SQ. PLUG	1
209	1" ID FOAM ROLLER PLUG	4
210	3/8" BUSHING	2
211	3/8" X 2-1/2" HEX BOLT	1
212	3/8" X 1-1/2" HEX 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



## 10.4 Exploded drawing



**Note**





# ***BODYCRAFT***

**Multi-gym Mini XPress**