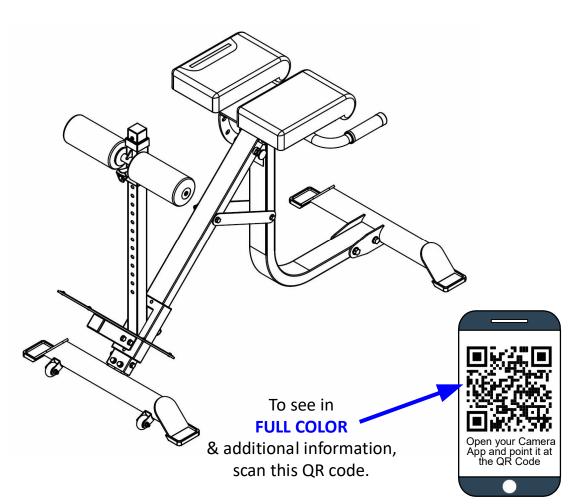
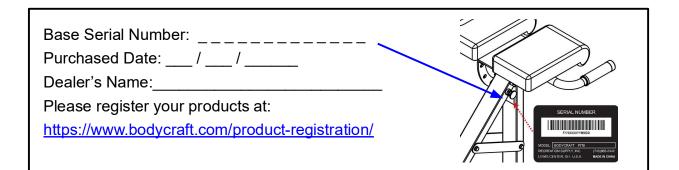


Hyper Extension/Roman Chair F770





Owner's Manual

F770 v1.2





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Congratulations and Welcome to the BODYCRAFT Family

Thank you for selecting BODYCRAFT. 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 <u>www.bodycraft.com</u> 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 unit is a serious strength training 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:** <u>service@bodycraft.com</u> Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via online at <u>www.bodycraft.com</u> or by calling 800-990-5556 or 740-965-2442 M-F 9 a.m. - 5 p.m. EST.

> For parts orders, owner's manuals, software update files, exercise guides and contact information scan this QR code. Or go to: https://www.bodycraft.com/customer-support





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Product Safety - Benches & Racks



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.

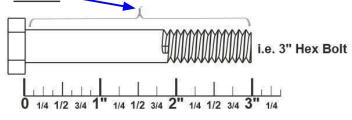


- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Inspect the unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found, do not use or allow the machine to be used until the defective part is repaired or replaced.
- It is imperative that you retain these 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 <u>support@bodycraft.com</u>

Important Notes, Recommended Tools & Cleaners - F770

Important Notes and Tips:

- 1. Before assembly, read all instructions thoroughly and preview diagrams to help make the installation easier.
- 2. Make sure all parts are accounted for and in proper condition before beginning assembly. See the parts list.
- 3. Be cautious not to damage the flooring when assembling. Place a protectant down such as a rubber mat or shipping blanket.
- 4. Let plastics and weight stacks acclimate to room temperature before you begin assembly.
- 5. Two people are recommended for the safe assembly of this equipment.
- 6. Insert all bolts in the same direction when possible. Do not tighten until instructed.
- 7. Carefully install plastic caps using a rubber mallet.
- 8. When measuring bolt lengths, only measure the shank. -
- When the installation is complete, be sure to regularly check for rust or damage, and perform preventative maintenance.



THE FOLLOWING TOOLS ARE <u>RECOMMENDED</u> FOR ASSEMBLY:



SOCKET SET 3/8 DRIVE & 6" EXT (Only 9/16 & 3/4 Sockets are needed)



OPEN, CLOSED & ADJUSTABLE WRENCHES (Only 9/16 & 3/4 are needed)

TORQUE WRENCH 3/8 DRIVE (w/ 1/4 Allen Hex Bit Socket)



ALLEN WRENCH SET (Only 1/4 is needed)

THE FOLLOWING IS <u>RECOMMENDED</u> FOR CLEANING:



MILD CLEANING SOLUTION



100% COTTON CLEANING CLOTHS

TIP ON FRAME ONLY: For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax if desired. Also makes future cleaning easier.

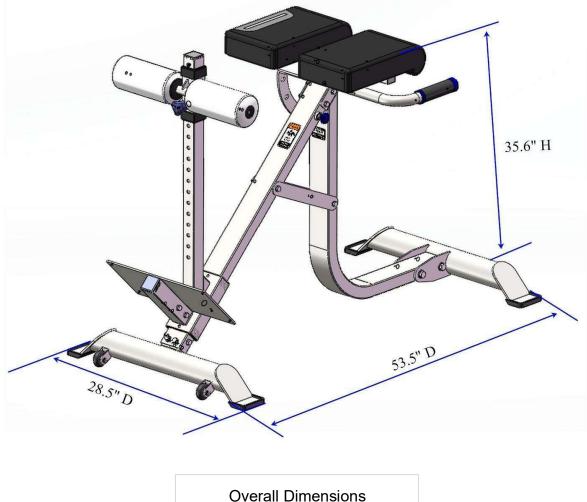


(Do Not Use on the Upholstery)



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Machine Dimensions & Hip Pads Placement Options



Overall Dimensions

28.5" W x 53.5" D x 35.6" H

Hip pads assembled at Narrow Gap with a total of 2.4" between pads

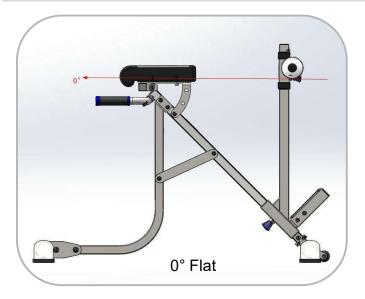


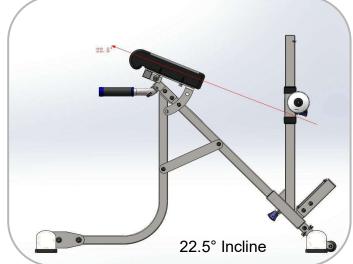
Hip pads assembled at Wide Gap with a total of 3.5" between hip pads.

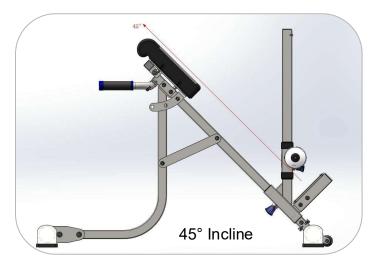


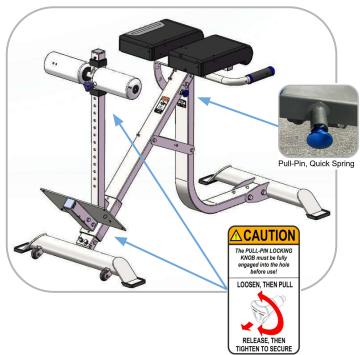


Machine Adjustments & Transportation Wheels









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Dual transportation wheels in back of machine make the moving process very EASY!

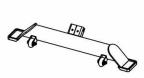
Simply, step over the Front Stabilizer Frame, lift up on the handlebars and roll machine to desired location.

Shown above by our Senior Engineer, Jon Wolf.

Assembly Parts List

Part #	Assembly Parts List	QTY
F770-001-ASM	Frame, Back Stabilizer - Assembly	1
F770-002-ASM	Frame, Front Support - Assembly	1
F770-003-ASM	Frame, Main - Assembly	1
F770-004-ASM	Frame, Upright Adjusting for Leg Rollers - Assembly	1
F770-005-ASM	Frame, Adjusting for Leg Rollers - Assembly	1
F770-006-ASM	Frame, Foot Platform - Assembly	1
F770-007-ASM	Frame, Hip Pads Support - Assembly	1
F770-008-ASM	Frame, Handlebar - Assembly	1
F770-009	Support Brace	2
F770-010-ASM	Frame, Front Stabilizer - Assembly	1
F770-011	Pad, Hip, Right	1
F770-014	Pad, Hip, Left	1
F770-017	Roller, Upholstered Foam - BLACK	2
F770-018	Cap, Inner w/ Large Hole, Plastic for Leg Rollers	2
F770-019	Cap, Outer End w/ Small Hole, Plastic for Leg Rollers	2



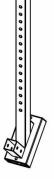


(1-ASM)





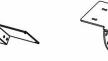
(3-ASM)



(4-ASM)



(5-ASM)



(6-ASM)

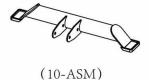






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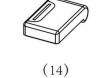


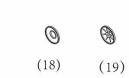




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(7-ASM)

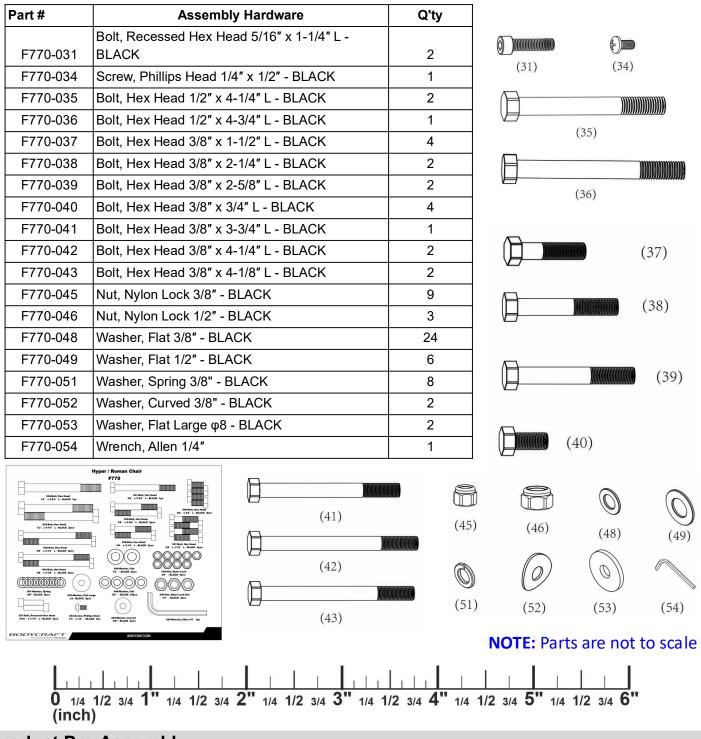








Assembly Hardware



Product Pre-Assembly

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.

Read each step carefully before beginning.

10



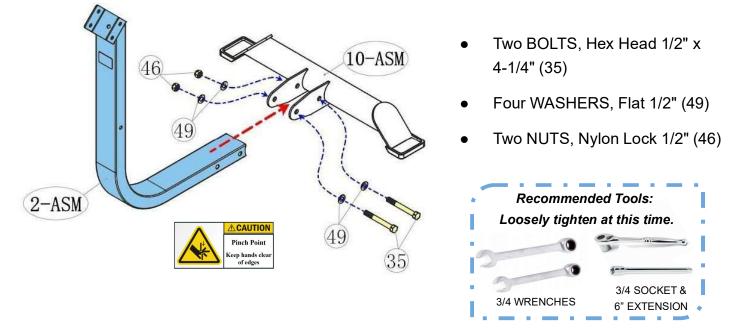
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Please DO NOT Fully Tighten Bolts until STEP 2d

STEP 1a: Front Stabilizer

Attach the Frame, Front Support - Assembly (2-ASM) to the Frame, Front Stabilizer - Assembly (10-ASM) using:

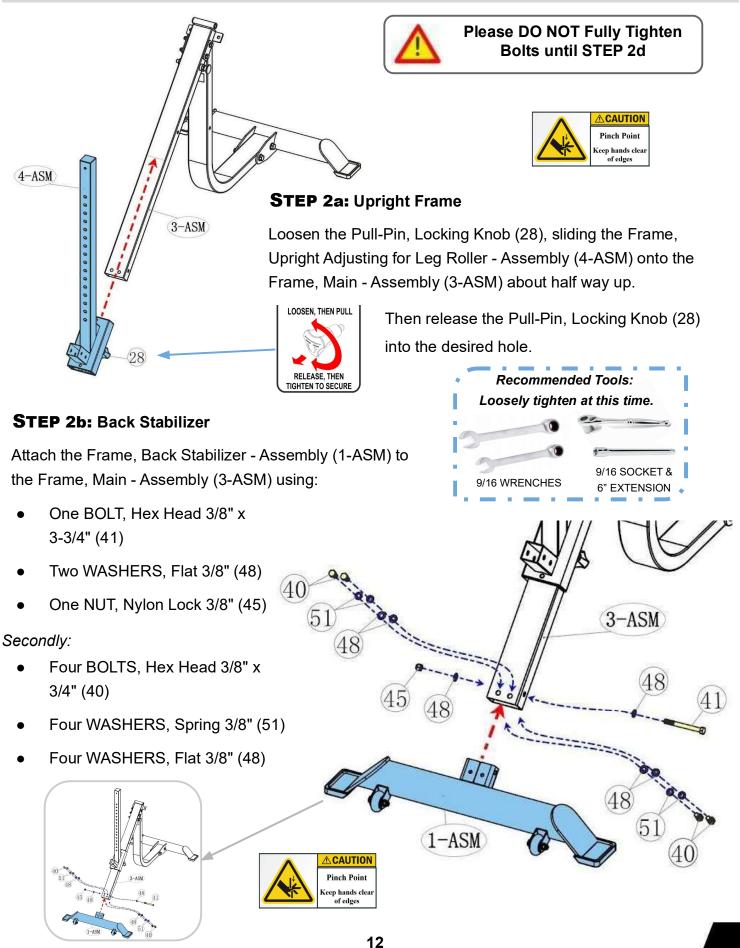


STEP 1b: Main Frame

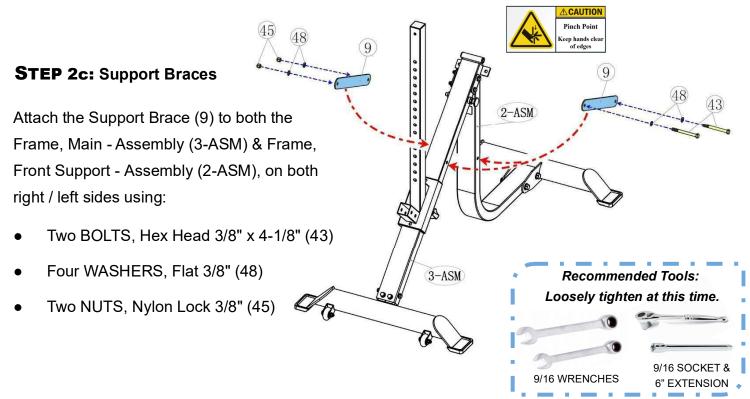
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Attach the Frame, Main - Assembly (3-ASM) to the Frame, Front Support - Assembly (2-ASM) using:

48 CAUTION Pinch Point Two BOLTS, Hex Head 3/8" x 4-1/4" (42) 48(42)Four WASHERS, Flat 3/8" (48) Two NUTS, Nylon Lock 3/8" (45) 3-ASM **Recommended Tools:** Loosely tighten at this time. (10-ASM) 9/16 SOCKET & WRENCHES 2-ASM 6" EXTENSION 11 BODYCRA **BODYCRAFT.COM**

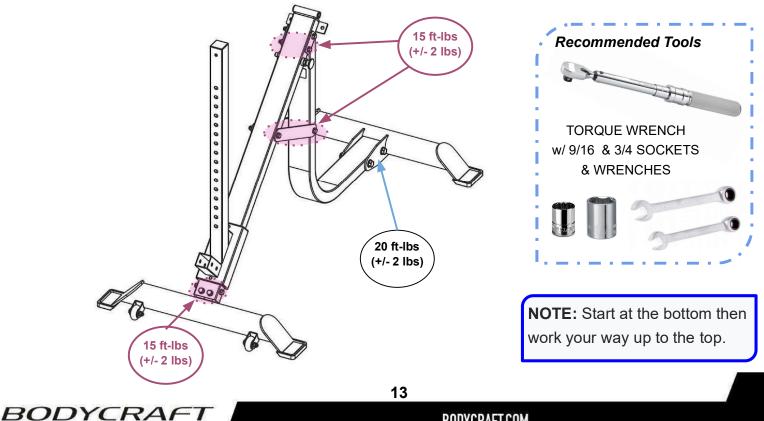


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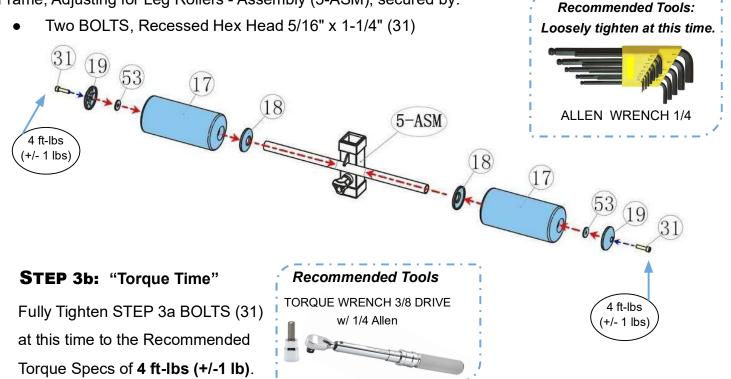
STEP 2d: "Torque Time"

- Fully tighten all 1/2" Bolts going through the frame to locking nuts, starting at the bottom and working your way up, to the Recommended Torque Specs of 20 ft-lbs (+/- 2 lbs).
- Fully tighten all 3/8" Bolts that go directly into a tapped frame and/or with locking nuts, to the Recommended Torque Specs of 15 ft-lbs (+/- 2 lbs).



STEP 3a: Upholstered Foam Rollers

Slide the Cap, Inner w/ Large Hole (18) then the Roller, Upholstered Foam (17), with the Washer, Flat Large (53), followed by the Cap, Outer End w/ Small Hole (19) for both the right & left sides onto the Frame, Adjusting for Leg Rollers - Assembly (5-ASM), secured by:



STEP 3c: Frame for Leg Rollers

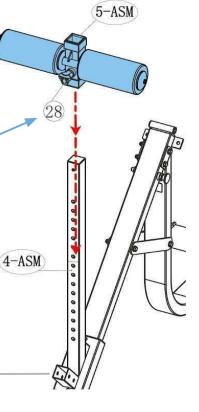
Loosen the Pull-Pin, Locking Knob (28), sliding the Frame, Adjusting for Leg Rollers - Assembly (5-ASM) onto the Frame, Upright Adjusting for Leg Roller - Assembly (4-ASM) about half way down.

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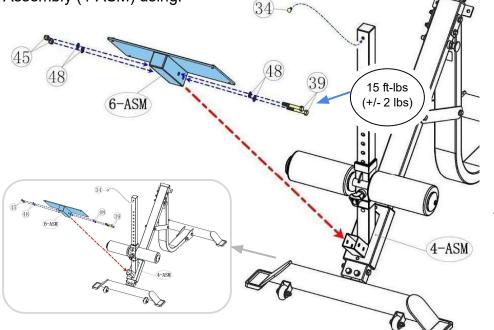
Then release the Pull-Pin, Locking Knob (28) into the desired hole.





STEP 3d: Foot Platform Frame

Attach the Frame, Foot Platform - Assembly (6-ASM) to the Frame, Upright Adjusting for Leg Roller - Assembly (4-ASM) using:



- Two BOLTS, Hex Head
 3/8" x 2-5/8" (39)
- Four WASHERS, Flat 3/8"
 (48)
- Two NUTS, Nylon Lock
 3/8" (45)

Secondly:

 One SCREW, Phillips Head 1/4" x 1/2" (34)

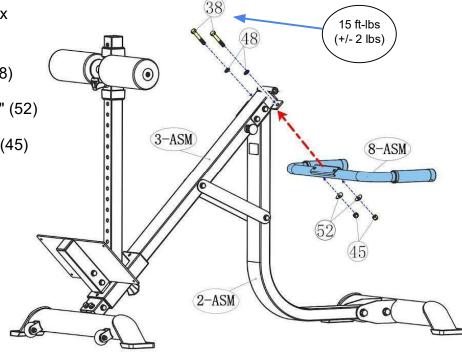


STEP 4a: Handlebar Frame

Attach the Frame, Handlebar - Assembly (8-ASM) to the Frame, Main - Assembly (3-ASM) using:

- Two BOLTS, Hex Head 3/8" x 2-1/4" (38)
- Two WASHERS, Flat 3/8" (48)
- Two WASHERS, Curved 3/8" (52)
- Two NUTS, Nylon Lock 3/8" (45)



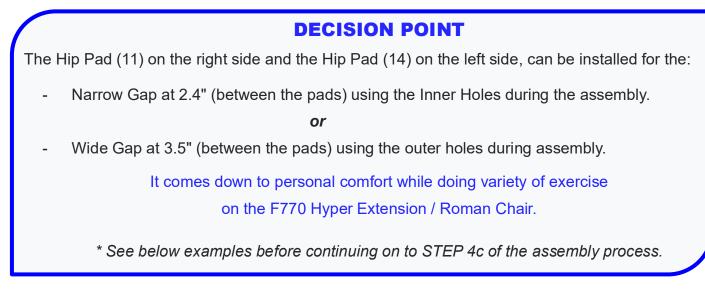


STEP 4b: "Torque Time"

Fully tighten STEP 3d & 4a BOLTS (39) & (38) at this time to the Recommended Torque Specs

of 15 ft-lbs (+/-2 lb).



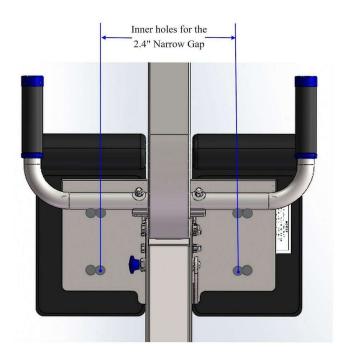


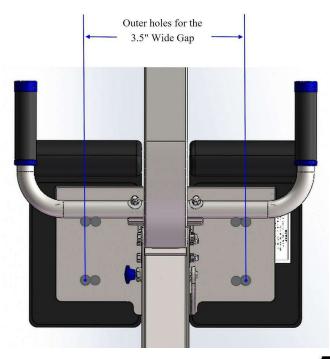
Hip pads assembled at Narrow Gap with a total of 2.4" between pads



Hip pads assembled at Wide Gap with a total of 3.5" between hip pads.



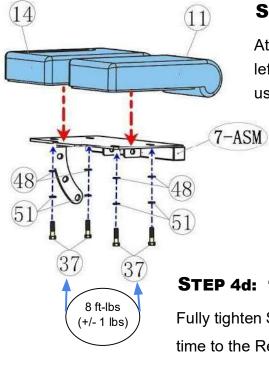






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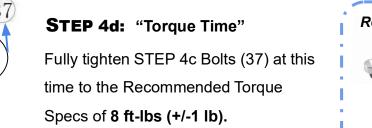


STEP 4c: Hip Pads

Attach Hip Pad (11) on the right side & Hip Pad (14) on the left side to the Frame, Hip Pads Support - Assembly (7-ASM) using:

- Four BOLTS, Hex Head 3/8" x 1-1/2" (37)
- Four WASHERS, Spring 3/8" (51)
- Four WASHERS, Flat 3/8" (48)

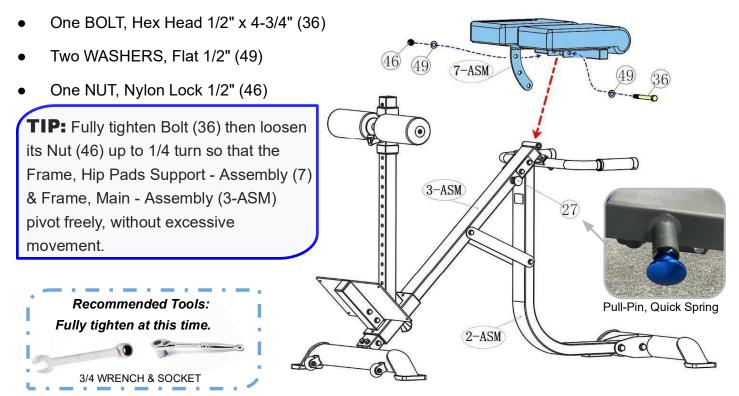
NOTE: Confirm the Bolts (37) line up to the holes chosen during the Decision Point for the desired hip pads spacing.





STEP 4e: Hip Pad Support Frame Assembly

Attach the Frame, Hip Pads Support - Assembly (7) to the Frame, Main - Assembly (3-ASM), then lock in with the Pull-Pin, Quick Spring (27), using:

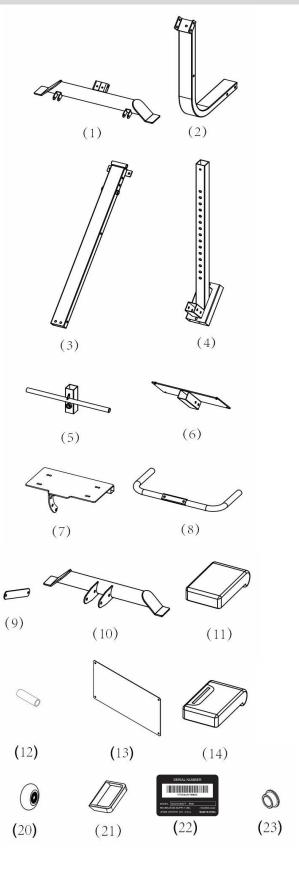


Detailed Parts List - F770

Part #	Detailed Parts list	QTY
F770-001	Frame, Back Stabilizer	1
F770-002	Frame, Front Support	1
F770-003	Frame, Main	1
	Frame, Upright Adjusting for Leg	
F770-004	Rollers	1
F770-005	Frame, Adjusting for Leg Rollers	1
F770-006	Frame, Foot Platform	1
F770-007	Frame, Hip Pads Support	1
F770-008	Frame, Handlebar	1
F770-009	Support Brace	2
F770-010	Frame, Front Stabilizer	1
F770-011	Pad, Hip, Right	1
F770-012	Grips, Handle Bar	2
F770 012	Foot Platform, Diamond Plate -	1
F770-013		-
F770-014	Pad, Hip, Left	1
F770-015	Cap, Aluminum End for Handlebar	2
F770-016	Ring, Aluminum Inner for Handlebar	2
F770-017	Roller, Upholstered Foam for Leg Support - BLACK	2
F770-018	Cap, Inner w/ Large Hole, Plastic for Leg Rollers	2
F770-019	Cap, Outer End w/ Small Hole, Plastic for Leg Rollers	2
F770-020	Roller Wheel for Front Stabilizer	2
	Foot Pad, Rubber under Frame	
F770-021	Stabilizers	4
F770-022	Label, Serial Number	1
F770-023	Bushing, Brass, φ12.7 * φ16 * φ22, (1/2" ID)	2
F770-023	Plug, Square 44.5mm x 44.5mm	1
	0 . 1	
F770-025	Plug, Square 35mm x 35mm	2
F770-026 F770-027	0 , 1	
	Pull-Pin, Quick Spring	1
F770-028	Pull-Pin, Locking Knob	2
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NOTE: Parts are not to scale

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Detailed Parts List - F770

Part #	Detailed Parts list	QTY
F770-029	Sleeve, Inner Sliding	2
F770-030	Sleeve, Outer Sliding	2
F770-031	Bolt, Recessed Hex Head 5/16" x 1-1/4" L - BLACK	2
F770-032	Bolt, Hex Button Head M6 x 8mm L - SILVER	4
F770-033	Screw, Hex Inner Set with Flat Point M5 x 4mm L - BLK	8
F770-034	Screw, Phillips Head 1/4" x 1/2" - BLACK	1
F770-035	Bolt, Hex Head 1/2" x 4-1/4" L - BLACK	2
F770-036	Bolt, Hex Head 1/2" x 4-3/4" L - BLACK	1
F770-037	Bolt, Hex Head 3/8" x 1-1/2" L - BLACK	4
F770-038	Bolt, Hex Head 3/8" x 2-1/4" L - BLACK	2
F770-039	Bolt, Hex Head 3/8" x 2-5/8" L - BLACK	2
F770-040	Bolt, Hex Head 3/8" x 3/4" L - BLACK	4
F770-041	Bolt, Hex Head 3/8" x 3-3/4" L - BLACK	1
F770-042	Bolt, Hex Head 3/8" x 4-1/4" L - BLACK	2
F770-043	Bolt, Hex Head 3/8" x 4-1/8" L - BLACK	2
F770-044	Bolt, Hex Head 5/16" x 1-3/4" L - BLACK	2
F770-045	Nut, Nylon Lock 3/8" - BLACK	9
F770-046	Nut, Nylon Lock 1/2" - BLACK	3
F770-047	Nut, Nylon Lock 5/16" - BLACK	2
F770-048	Washer, Flat 3/8" - BLACK	24
F770-049	Washer, Flat 1/2" - BLACK	6
F770-050	Washer, Flat 5/16" - BLACK	4
F770-051	Washer, Spring 3/8" - BLACK	8
F770-052	Washer, Curved 3/8" - BLACK	2
F770-053	Washer, Flat Large φ8 - BLACK	2
F770-054	Wrench, Allen 1/4"	1
F770-055	Warning Label - Pinch Point, Horizontal	1
F770-056	Warning Label - Pull-Pin Locking Knob	1
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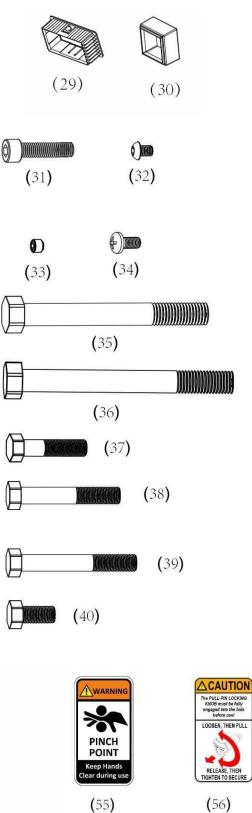
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NOTE: Parts are not to scale

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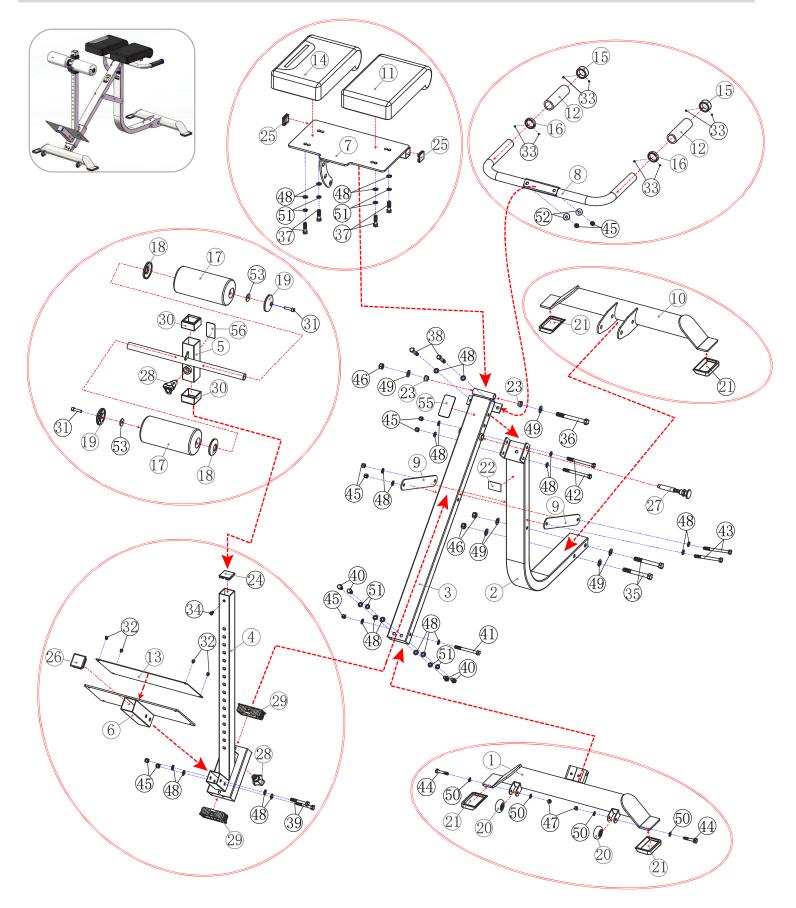
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Parts Exploded View



Required Information BEFORE Initiating a Service Case

The following information is needed to help expedite troubleshooting and to ensure the correct part(s) are sent if needed for a repair:

- 1) What product / model # do you have?
- 2) Unit serial number?
- 3) Installed by a dealer or direct sale?
- 4) Date of installation?
- 5) Date of service issue?
- 6) Complaint or problem, including any Error Codes?
- 7) Has the software been updated?
- 8) What part(s) are being requested?
- 9) Any picture or video will help with troubleshooting or exact part(s) needed.



Product Warranty - Strength

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.

Register your product within 30 days of purchase at www.bodycraft.com or call 800-990-5556

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 extend to any losses or damages due to accident, misuse, abuse, neglect, negligence, unauthorized modification or alteration, use beyond rated capacity, unsuitable power sources or environmental conditions, water, tampering, cosmetic damages, or improper installation, handling, repair, maintenance, or application, or lack of proper maintenance.

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

<u>Commercial Warranty for Strength Equipment</u>: 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.
- 4. Warranty does not cover normal wear and tear.

* 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's warranty at www.bodycraft.com/product-registration.html



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Warranty Registration - Strength

Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go on-line now to <u>https://www.bodycraft.com/product-registration.html</u> 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 <u>https://www.bodycraft.com/product-registration.html</u>)

3. Please indicate your type of facility:

WARRANTY REGISTRATION

PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW. REQUIRED FOR WARRANTY REGISTRATION:	a. Apartment/Condob. Corporate Fitness Center c. Municipalityd. Health Club/Gym/Spa e. Hotel/Resortf. Military Base
BASE UNIT SERIAL NUMBER:	g. Student Rec Centerh. Home
OPTIONS SERIAL NUMBER:	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
Model Type:	
Date of Purchase	6. Do you plan to purchase more fitness equipment in the next 6-12 months?
Your Company Name	YesNo
Contact First Name	7. If you answered "yes" to question 6, what type do you plan to purchase?
Contact Last Name	a. Treadmillb. Elliptical c. Bike/Indoor Cycled. Free Weights
Address	c. Bike/Indoor Cycled. Free Weights e. Gymf. Other
CityStateZIP	
Email AddressWebsite	YesNo
Phone Fax 1. Where did you first learn about BODYCRAFT? a. Dealer b. Website c. Advertisement d. Referral e. Current Customer f. Other	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:
2. Why did you purchase a BODYCRAFT product? a. Design/Appearance b. Dealer Suggestion c. Price/Value c. Performance g. Other	



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