

Congratulations and Thank You!

Thank you for selecting the **BODYCRAFT WCR / WALL CABLE RACK**. The BODYCRAFT WCR / WALL CABLE RACK offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is fitness, a shapely, toned body or dramatic muscle size and strength, the BODYCRAFT WCR / WALL CABLE RACK will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT WCR / WALL CABLE RACK. Keep this manual for future reference. If you have additional questions, please call your local Dealer.

www.ibodycraft.com

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. We 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 WCR / WALL CABLE RACK 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 WCR / WALL CABLE RACK call your local dealer or our customer service department.**

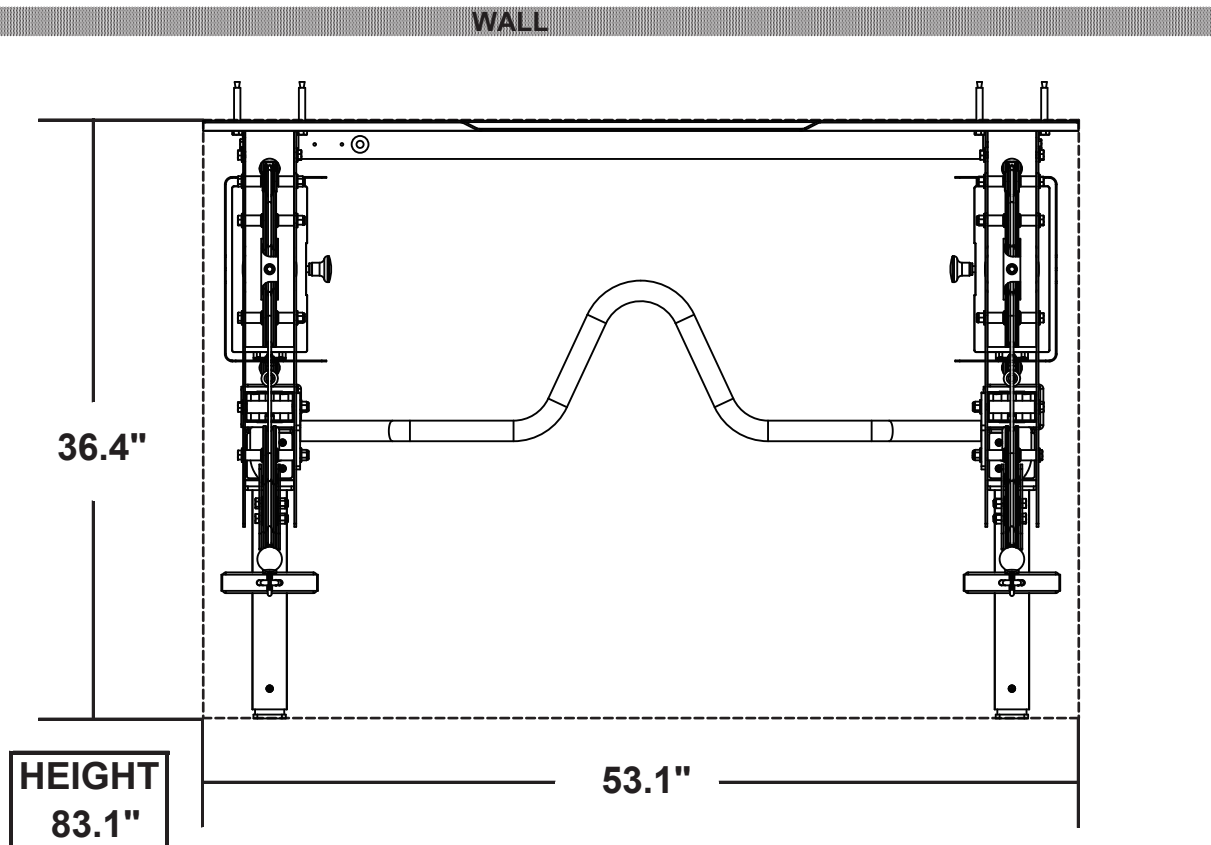
QUESTIONS?

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.

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Gym Placement Planner

If possible, please take advantage of the corner fit design.

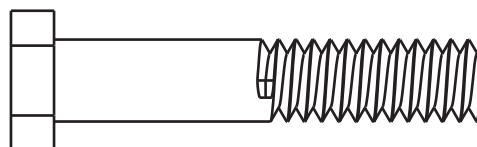


Recommended Tools for Assembly

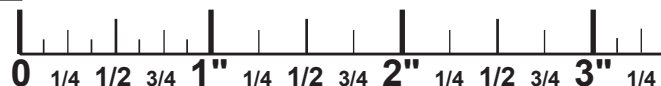
Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set
 Silicone Spray
 Window Cleaner or Water

Important Notes and Tips:

1. Do not tighten any bolts until instructed.
2. Two people are required for the safe assembly of the gym.
3. Use window cleaner or water to assist with roller pad installation.
4. Use silicone lubricant on guide rods prior to weight plate installation.
5. Carefully install plastic caps using a rubber mallet.
6. For your convenience, rulers are displayed throughout this manual.
7. When measuring bolt lengths, only measure the shank.



i.e. 2-1/4" Hex Bolt

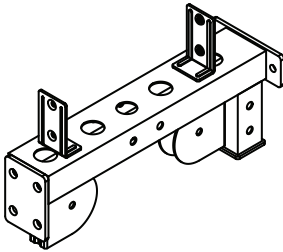


WCR PARTS LIST 1



NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

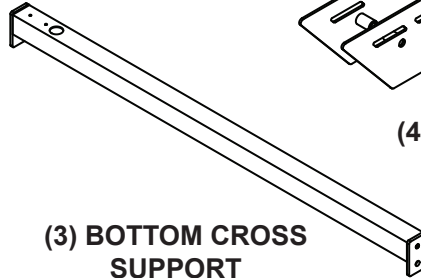
*Parts images are not to scale.



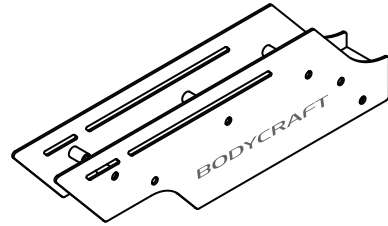
(1) BASE FRAME X 2pcs



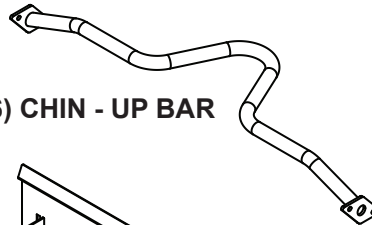
(2) UPRIGHT
FRAME X 2pcs



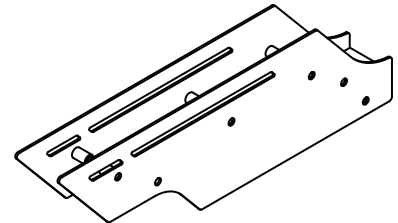
(3) BOTTOM CROSS
SUPPORT



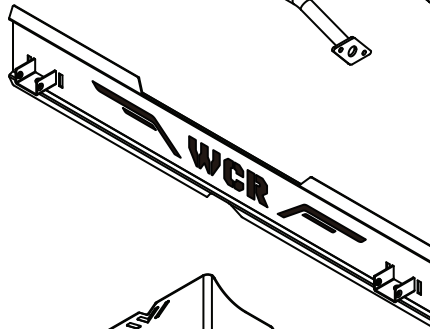
(4L) LEFT TOP FRAME



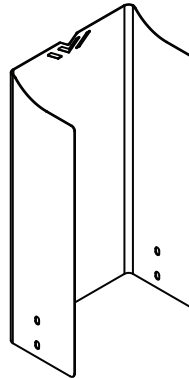
(6) CHIN - UP BAR



(4R) RIGHT
TOP FRAME



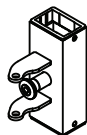
(7) TOP PANEL



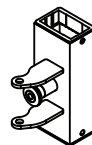
(8) STACK GUARDS
X 2pcs



(5) VERTICAL
GUIDE ROD
X 4pcs



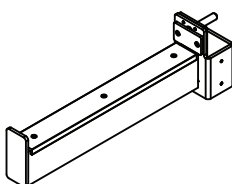
(9L) LEFT PULLEY
HEIGHT ADJUSTER



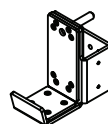
(10R) RIGHT PULLEY
HEIGHT ADJUSTER



(11) ROTATING PULLEY
HOLDER X 2pcs



(12) SAFETY ARM
X 2pcs



(13) BAR CATCH
X 2pcs

WCR PARTS LIST 2

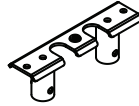


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

*Parts images are not to scale.



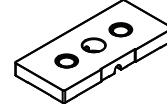
(14) STACK SPACER X 4pcs



(15) TOP GUIDE ROD HOLDER X 2pcs



(16) TOP PLATE X 2pcs



(17) 10 LB. WEIGHT PLATE X 38pcs



(18) SELECTOR ROD X 2pcs



(19) PULLEY BLOCK X 2pcs



(20) LARGER PULLEY X 12pcs



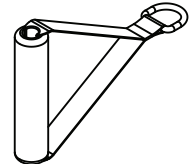
(21) SMALLER PULLEY X 2pcs



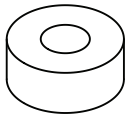
(22) SNAP HOOK X 2pcs



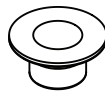
(23) CABLE X 2pcs



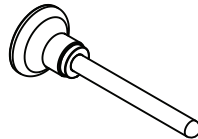
(30) SINGLE HANDLE X 2pcs



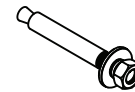
(32) RUBBER CUSHION X 4pcs



(34) PLASTIC GUIDE ROD HOLDER X 4pcs

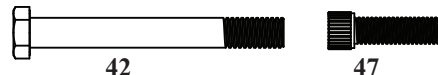


(36) SELECTOR PIN X 2pcs



(41) 5/16" X 2-1/2" BOLT SET X 8pcs

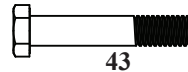
NO.	DESCRIPTION	QTY.
42	1/2" X 4-1/4" HEX BOLT	2
43	1/2" X 2-3/4" HEX BOLT	8
44	3/8" X 4" HEX BOLT	2
45	3/8" X 3-3/4" HEX BOLT	8
46	3/8" X 1-3/4" HEX BOLT	10
47	TOP PLATE BOLT	2
48	3/8" X 3/4" HEX THREADED BOLT	6
49	5/16" X 1/2" HEX THREADED BOLT	8
55	1/2" WASHER	16
56	3/8" WASHER	24
57	5/16" WASHER	8
59	1/2" NYLON NUT	6
60	3/8" NYLON NUT	18



42



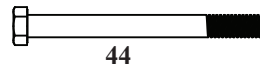
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43



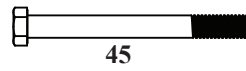
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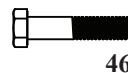
44



49



45



46



55



56



57



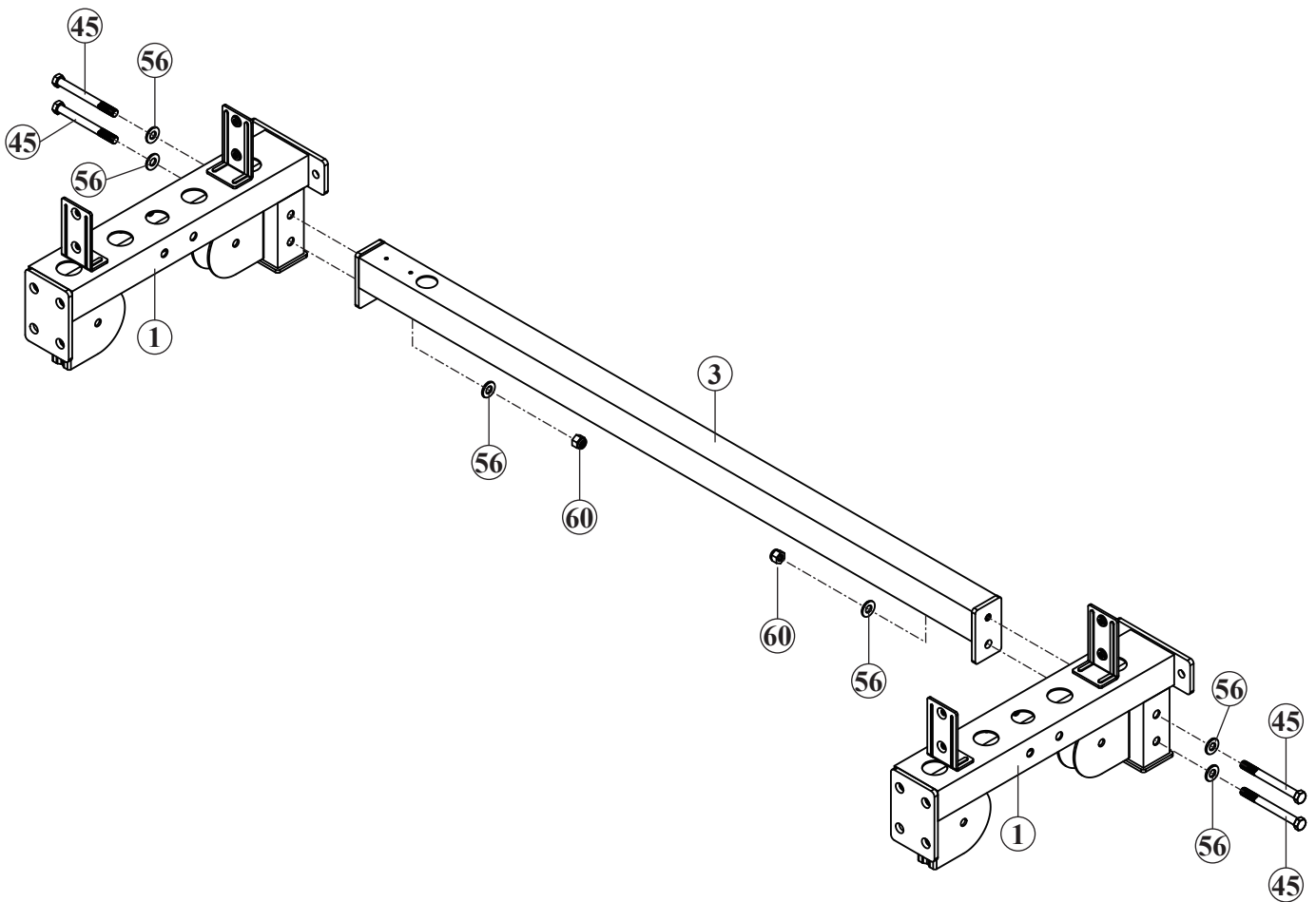
59



60

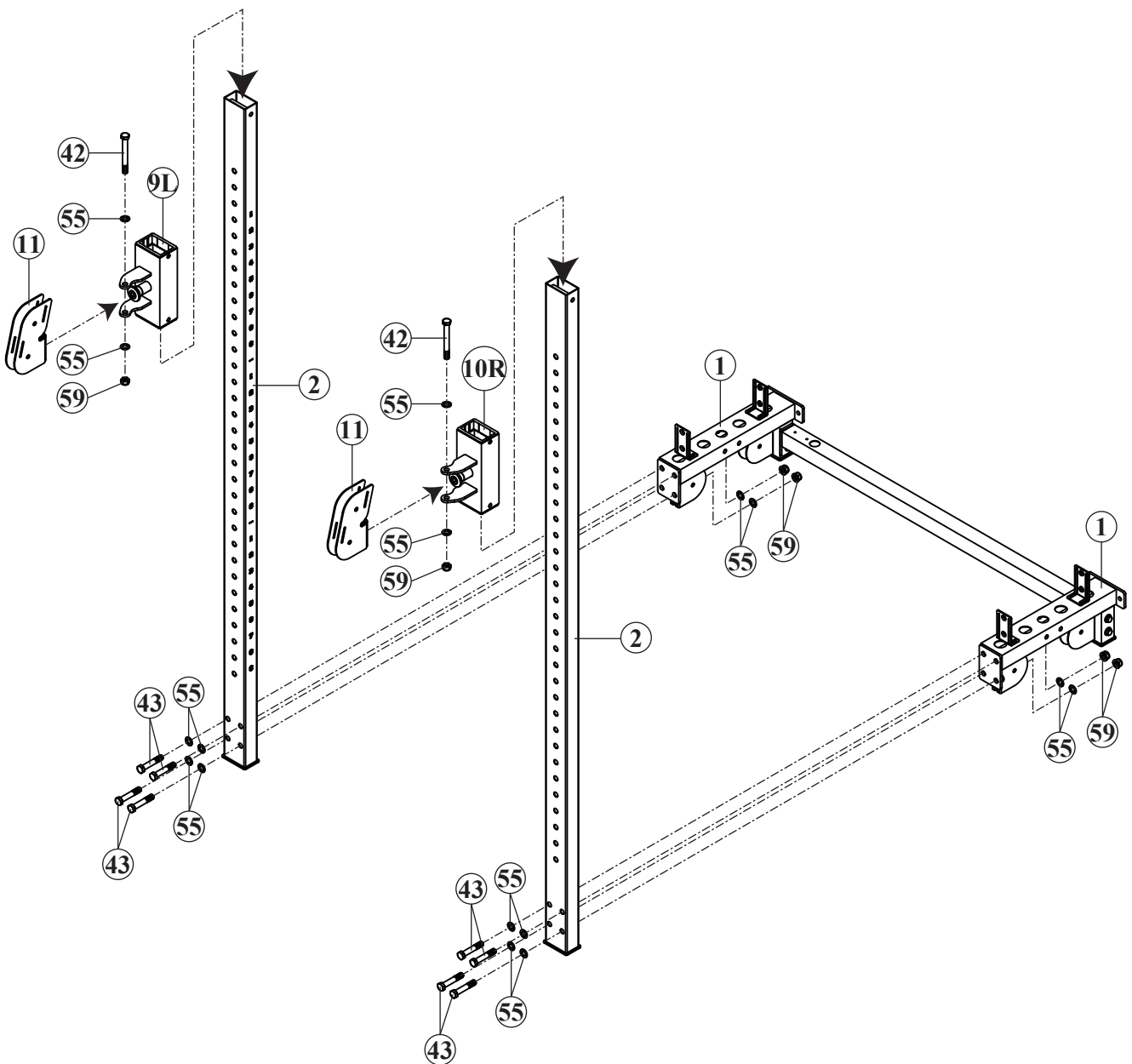
STEP 1 Assemble Base Frame

1. Attach two Base Frames (1) to Bottom Cross Support (3) using four 3/8" X 3-3/4" Hex Bolts (45), six 3/8" Washers (56) and two 3/8" Nylon Nuts (60).

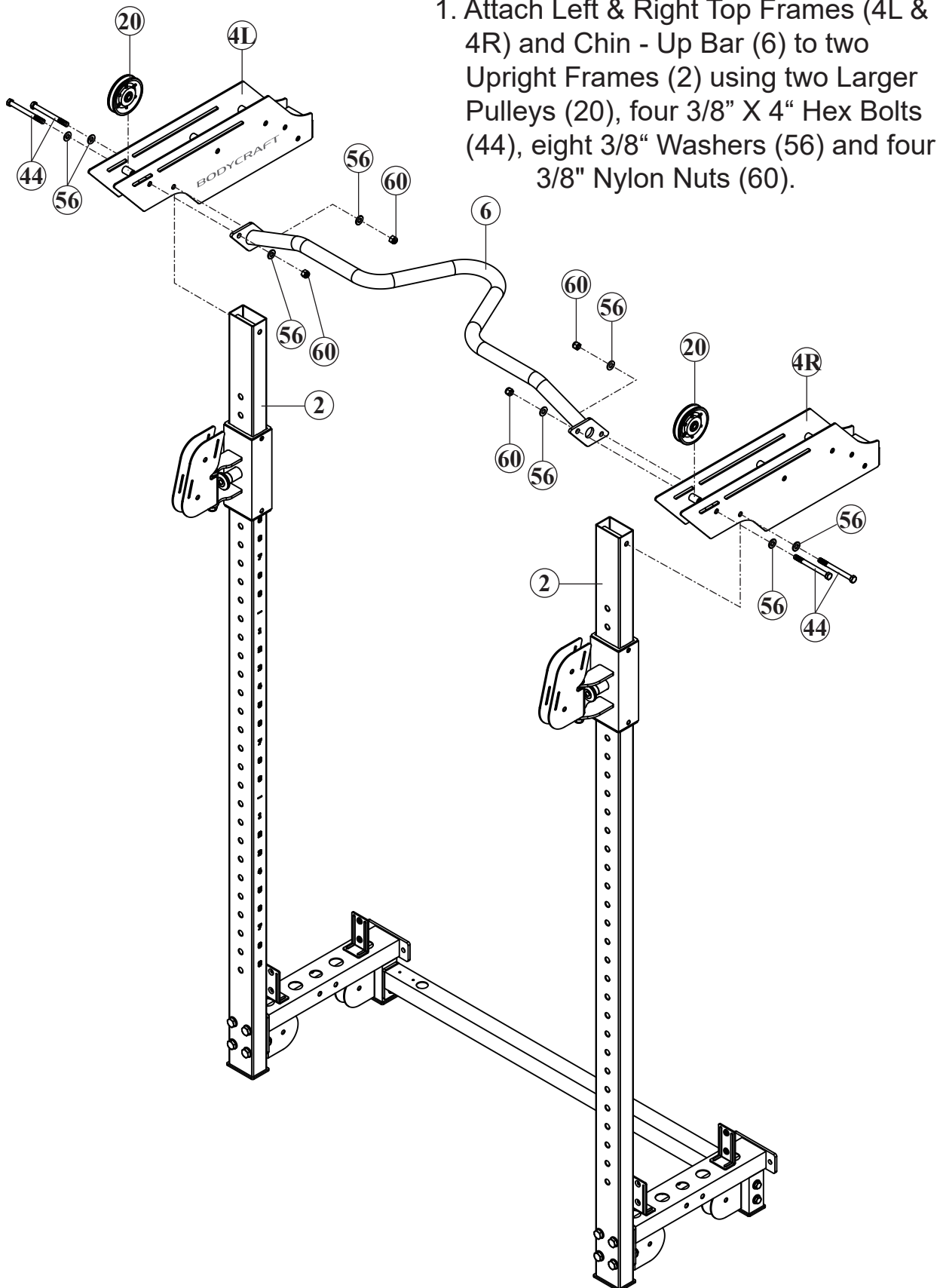


STEP 2 Assemble Upright Frame

1. Attach two Upright Frames (2) to Base Frame (1) using eight 1/2" X 2-3/4" Hex Bolts (43), twelve 1/2" Washers (55) and four 1/2" Nylon Nuts (59).
2. Slide Left & Right Pulley Height Adjusters (9L & 10R) onto the Upright Frames (2).
3. Attach two Rotating Pulley Holders (11) to the Right & Left Pulley Height Adjusters (9L & 10R) using two 1/2" X 4-1/4" Hex Bolts (42), four 1/2" Washers (55) and two 1/2" Nylon Nuts (59). (NOTE: Feed the Bolt from the bottom up.)



STEP 3 Assemble Top Frame



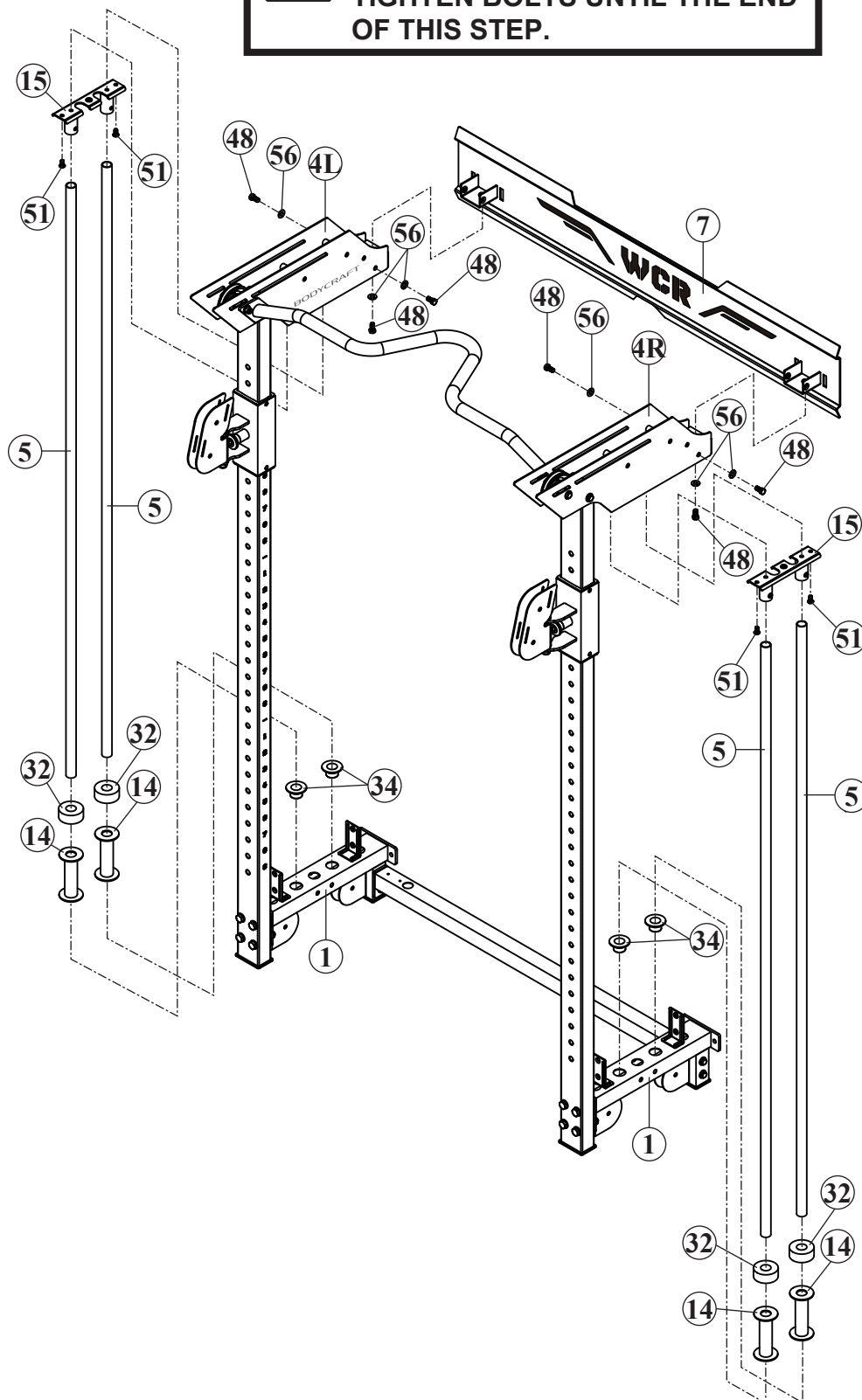
STEP 4 Assemble Guide Rod & Top Panel

1. Install each of the Plastic Guide Rod Holders (34), Rubber Cushions (32), Stack Spacers (14) {optional step} into the Base Frames (1), and insert the Guide Rods (5).
2. Attach Top Guide Rod Holder (15) onto the Guide Rods (5) and return the Guide Rods (5) to the upright position. Then attach Top Guide Rod Holder (15) to Right Top Frame (4R) using two 5/16" X 5/8" Hex Socken Dome Bolts (51). Perform the same procedure for the other side.
3. Attach Top Panel (7) to Left & Right Top Frames (4L & 4R) using six 3/8" X 3/4" Hex Threaded Bolts (48) and six 3/8" Washers (56).

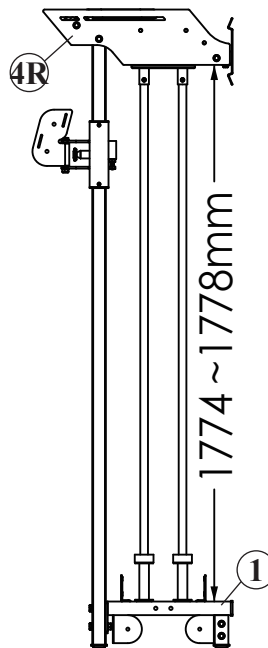
STEP 4 Assemble Guide Rod & Top Panel



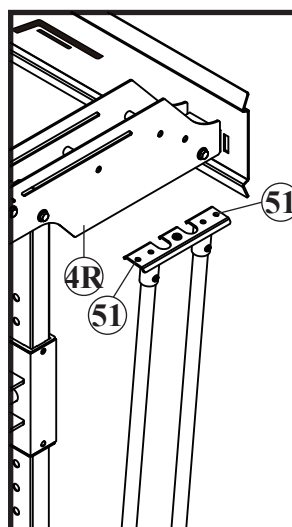
TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP. DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.



IMPORTANT



The height between the Right Top Frame (4R) and Base Frame (1) should be maintained between 1774-1778mm.

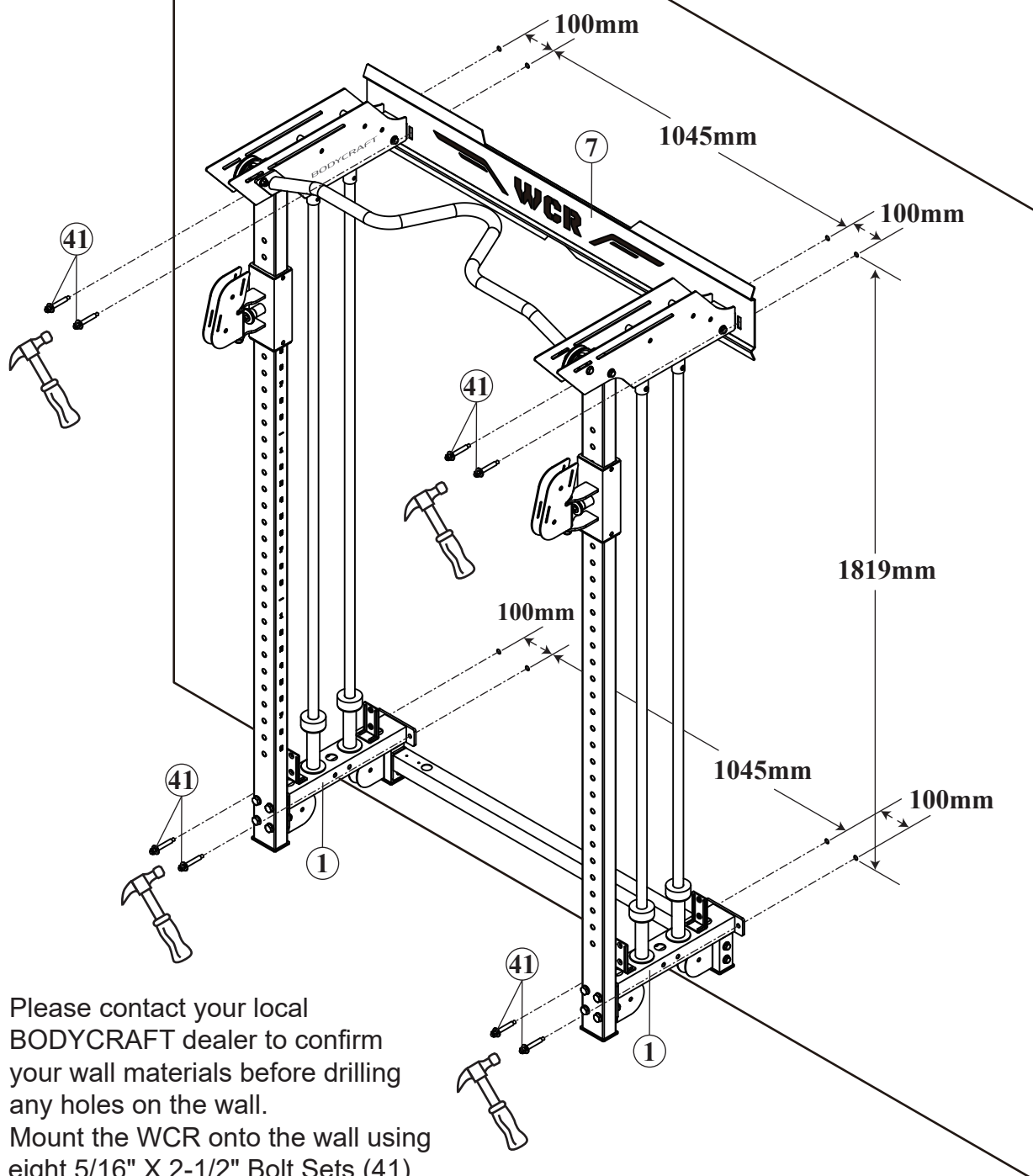


Keep the guide rod tilted and do not tighten bolts (51).

STEP 5 Preparation for Wall Mounting



The supplied assembly material for wall mounting is not suitable for every wall. Pay attention to the condition of your wall to determine which assembly material is suitable for your wall. The contractual partner accepts no liability for any damage to the wall. Ensure that the bolts are going into a solid material with proper hardware for the wall material, and there are no cables or wires running in the wall where you attach the training equipment.



STEP 6 Assemble Weight Plate



IMPORTANT

If you have 19 Weight Plates, DO NOT install the two Stack Spacers (14), See Figure 1 & 2 below.

Before beginning Step 6, please read the following and refer to Figures 1 and 2 on the next page.

150 lb Stacks

- If you have **14** Weight Plates (17) per stack, install the Stack Spacers (14) onto each of the Guide Rods (5). see Fig. 1
14 piece weight plates & top plate = TOTAL 150 lbs stack.

200 lb Stacks

- If you have **19** Weight Plates (17) per stack, DISCARD the Stack Spacers (14), see Fig. 2
19 piece weight plates & top plate = TOTAL 200 lbs stack.

1. Assembly the Top Plate (16) to the the Selector Rod (18) using one Top Plate Bolt (47). TIGHTEN the Top Plate Bolt (47) at this time as shown in Fig. A.

NOTE: When installing the Weight Plates (17), make certain that each plate is oriented with selector hole opening on the bottom and facing forward.

2. Make two Guide Rods (5) angled slightly forward. If you have 19 pieces of Weight Plates (17) discard the Stack Spacers (14), and refer to Figure 2. Slide two Rubber Cushions (32) and the Weight Plates (17) one at a time onto the Guide Rods (5).
3. Attach Top Guide Rod Holder (15) onto the Guide Rods (5) and return the Guide Rods (5) to the upright position. Then attach Top Guide Rod Holder (15) to Right Top Frame (4R) using two 5/16" X 5/8" Hex Socken Dome Bolts (51). Tighten the two 5/16" X 1/4" Inner Hex Screws (54) to the Guide Rods (5).
4. Perform the same procedure for the other side.

STEP 6 Assemble Weight Plate



TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP. DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.

Fig. A

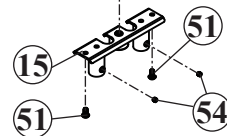
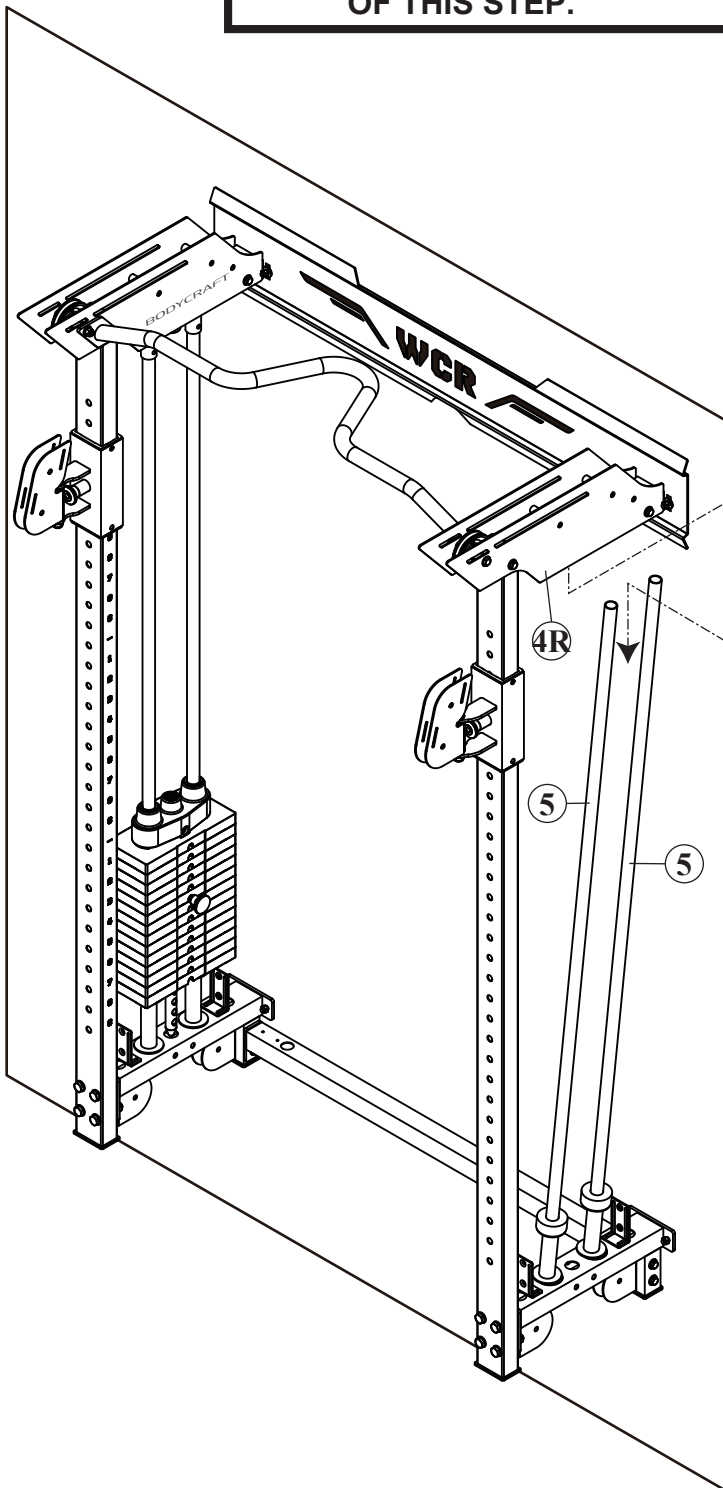
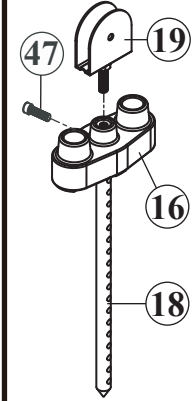


Fig 1.
14 Weight Plates

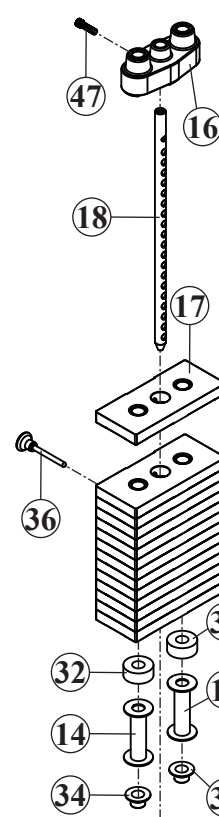
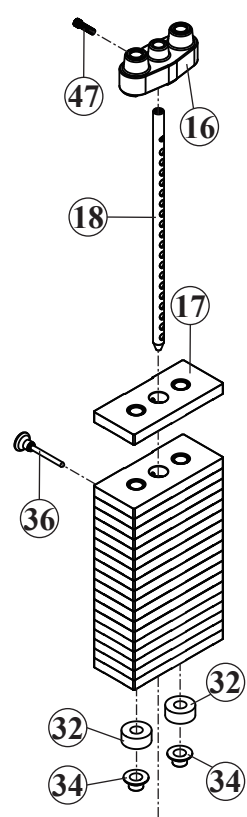


Fig 2.
19 Weight Plates



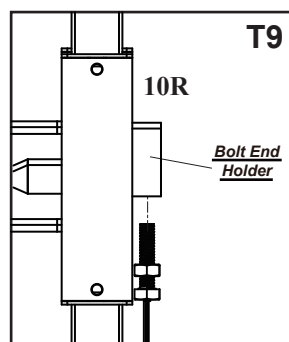
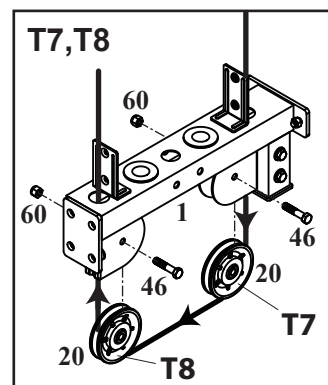
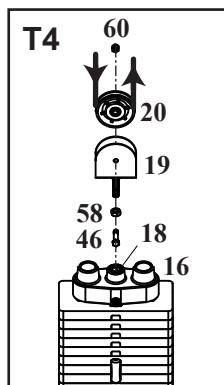
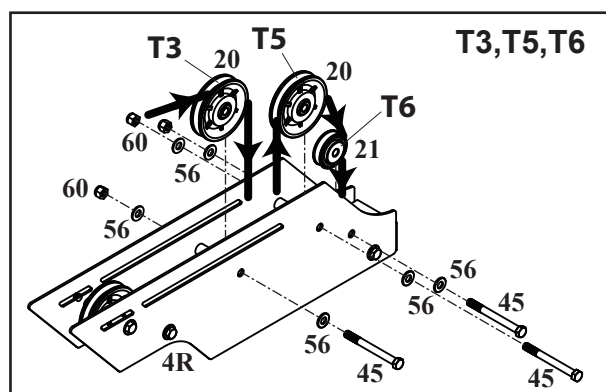
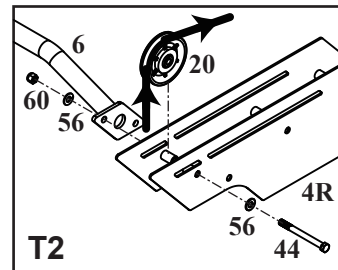
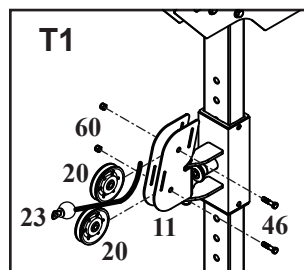
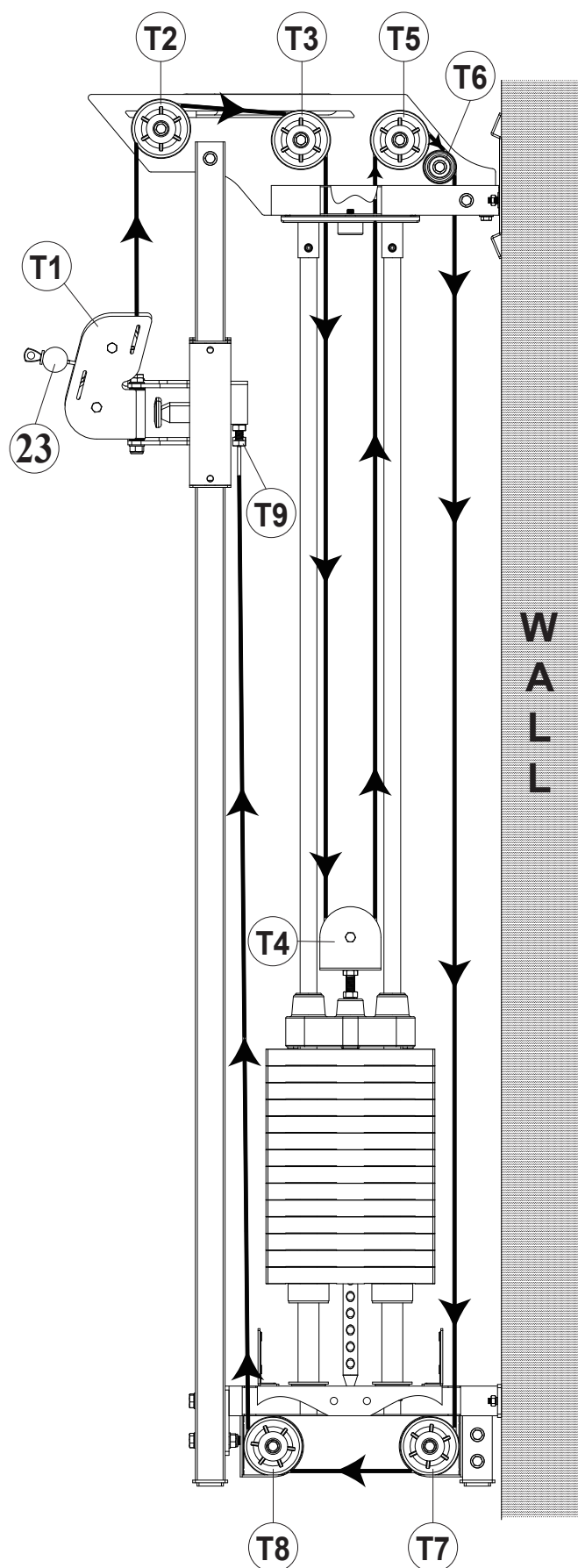
STEP 7 Assemble Cable



Simultaneously assemble cables and pulleys.

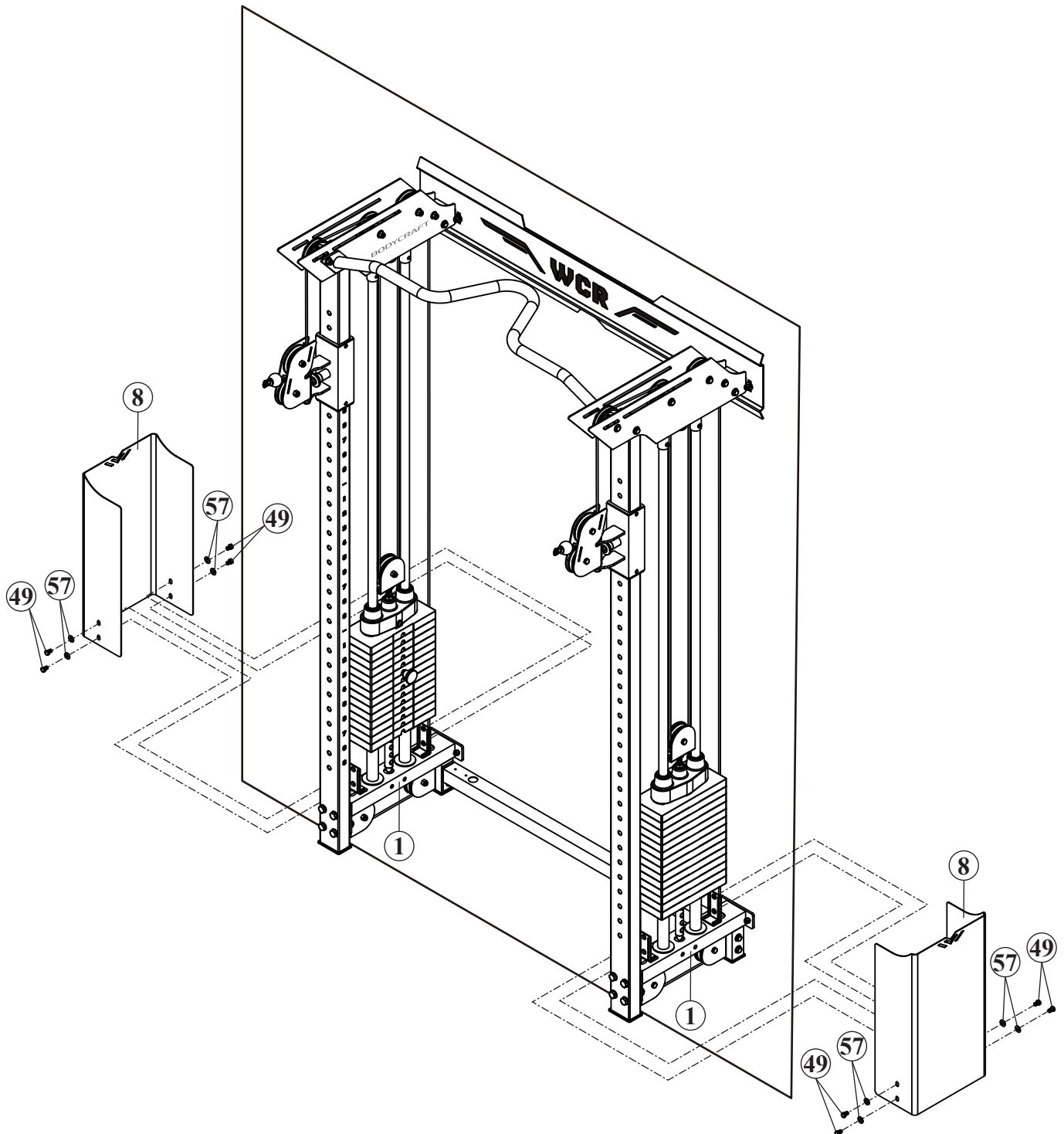
1. Refer to T1. Mount two Larger Pulleys (20) using two 3/8" X 1-3/4" Hex Bolts (46) and two 3/8" Nylon Nuts (60) to Rotating Pulley Holder (11). Insert the threaded bolt end of Cable (23) into Rotating Pulley Holder (11), and route Cable (23) upwards.
2. Refer to T2. Mount a Larger Pulley (20) to Right Top Frame (4R) and attach Chin - Up Bar (6) using 3/8" X 4" Hex Bolt (44), 3/8" Washer (56) and 3/8" Nylon Nut (60). Assembled in step 3. Routing Cable (23) through the pulley.
3. Refer to T3. Mount a Larger Pulley (20) using 3/8" X 3-3/4" Hex Bolt (45), 3/8" Washer (56) and 3/8" Nylon Nut (60) to Right Top Frame (4R), and route Cable (23) downwards.
4. Refer to T4. Place 1/2" Nut (58) onto Top Plate (16), thread Pulley Block (19) into Selector Rod (18) a minimum of 1/3 of the way and screw 1/2" Nut (56) down. Mount a Larger Pulley (20) using 3/8" X 1-3/4" Hex Bolt (46) and 3/8" Nylon Nut (60) to Pulley Block (19). Routing Cable (23) upwards.
5. Refer to T5. Mount a Larger Pulley (20) using 3/8" X 3-3/4" Hex Bolt (45), 3/8" Washer (56) and 3/8" Nylon Nut (60) to Right Top Frame (4R), and route Cable (23) through the pulley.
6. Before installing T6, please pull the cable down first. The cable line is above the T6. Refer to T6. Mount a Smaller Pulley (21) using 3/8" X 3-3/4" Hex Bolt (45), 3/8" Washer (56) and 3/8" Nylon Nut (60) to Right Top Frame (4R). Routing Cable (23) downwards.
7. Refer to T7 & T8. Mount a Larger Pulley (20) using 3/8" X 1-3/4" Hex Bolt (46) and 3/8" Nylon Nut (60) to Base Frame (1), and route Cable (23) along underneath the pulley then upwards.
8. Refer to T9. Thread the threaded bolt end of Cable (23) into Right Pulley Height Adjuster (10R).
9. Perform the same procedure for the other side.

STEP 7 Assemble Cable



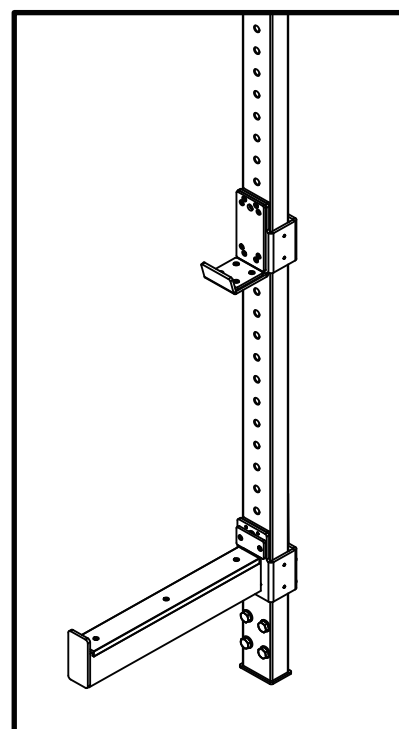
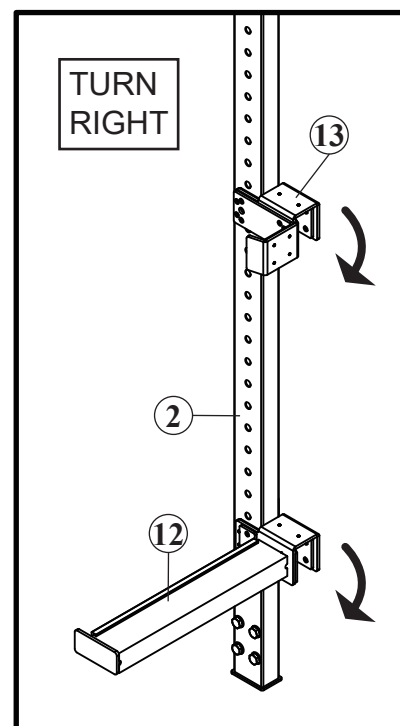
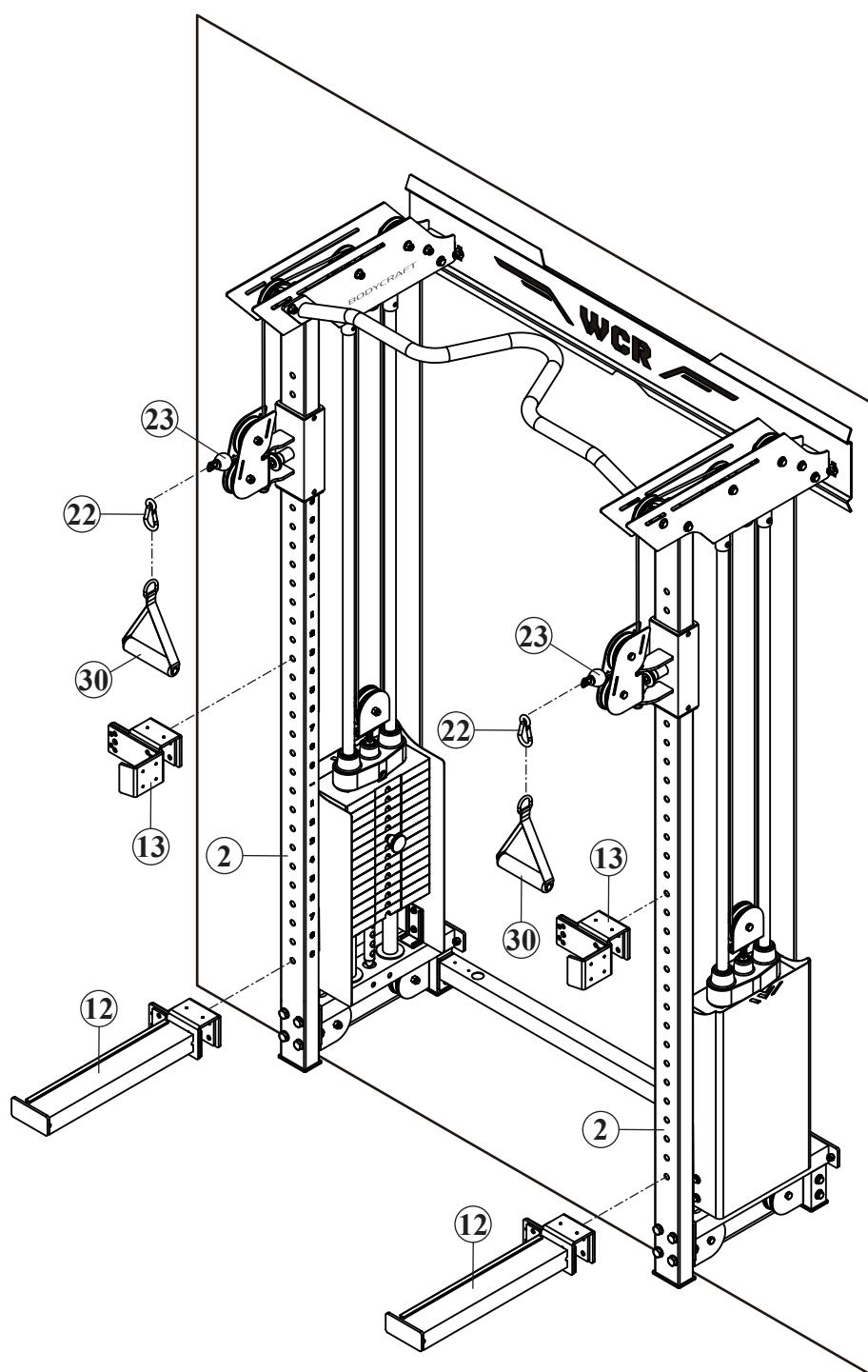
STEP 8 Assemble Stack Guard

1. Please attach two Stack Guards (8) to two Base Frames (1) using eight 5/16" X 1/2" Hex Threaded Bolts (49) and eight 5/16" Washers (57) as shown below.



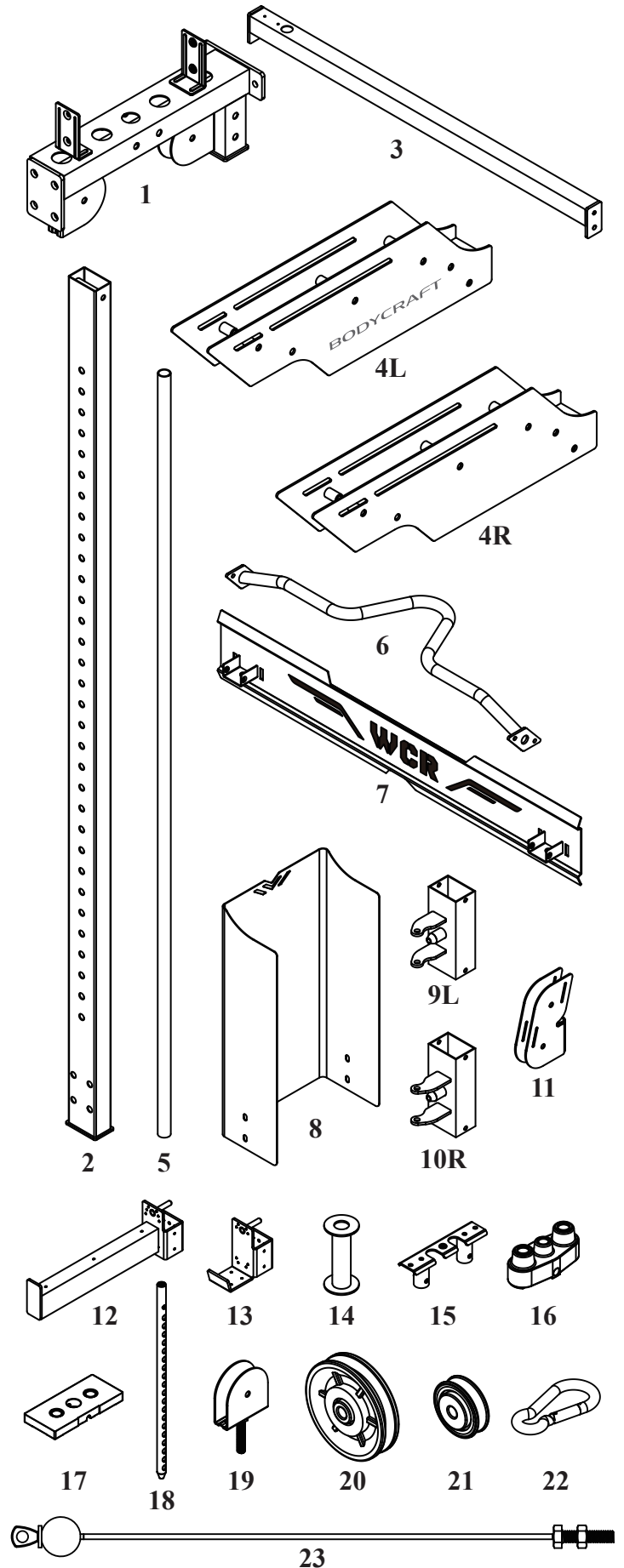
STEP 9 Assemble Safety Arm & Bar Catch

1. Please attach two Snap Hooks (22) and two Single Handles (30) to two Cables (23).
2. Attach two Safety Arms (12) & Bar Catches (13) to two Upright Frames (2).



COMPLETE PARTS CHART

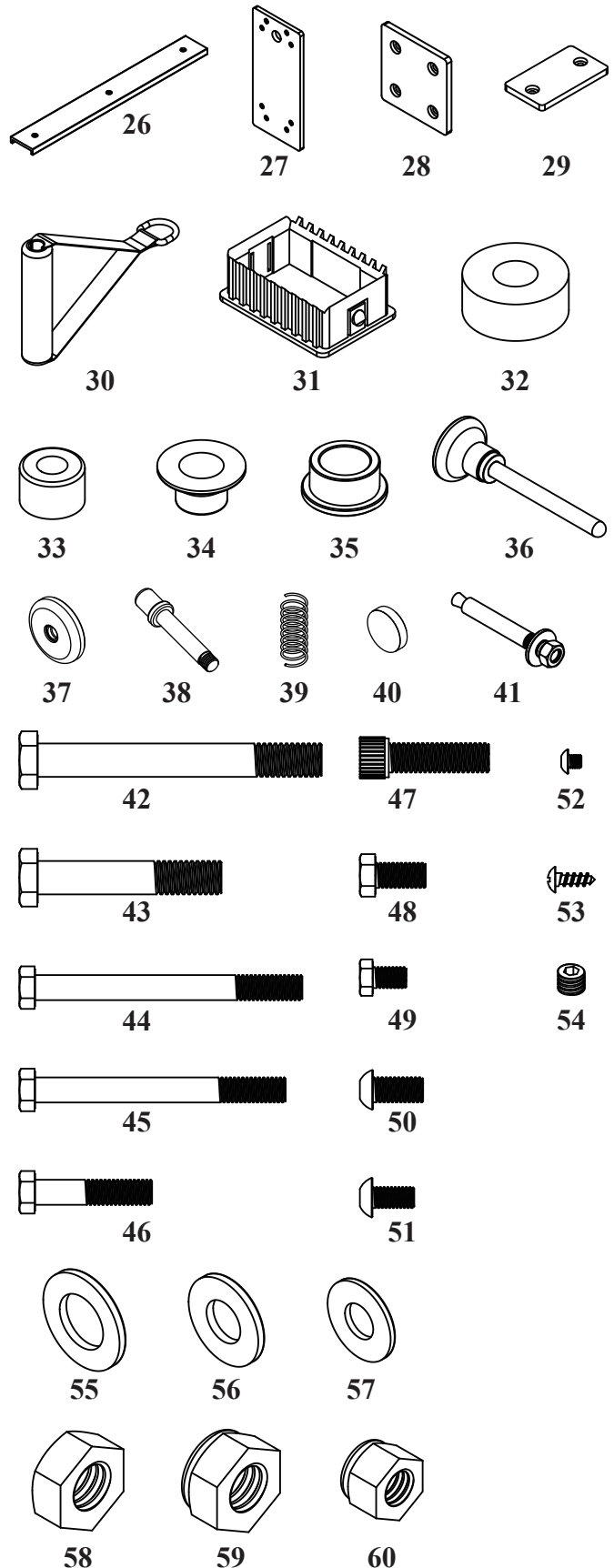
NO.	DESCRIPTION	QTY.
1	BASE FRAME	2
2	UPRIGHT FRAME	2
3	BOTTOM CROSS SUPPORT	1
4L	LEFT TOP FRAME	1
4R	RIGHT TOP FRAME	1
5	VERTICAL GUIDE ROD	4
6	CHIN - UP BAR	1
7	TOP PANEL	1
8	STACK GUARDS	2
9L	LEFT PULLEY HEIGHT ADJUSTER	1
10R	RIGHT PULLEY HEIGHT ADJUSTER	1
11	ROTATING PULLEY HOLDER	2
12	SAFETY ARM	2
13	BAR CATCH	2
14	STACK SPACER	4
15	TOP GUIDE ROD HOLDER	2
16	TOP PLATE	2
17	10 LB. WEIGHT PLATE	38
18	SELECTOR ROD	2
19	PULLEY BLOCK	2
20	LARGER PULLEY	16
21	SMALLER PULLEY	2
22	SNAP HOOK	2
23	CABLE	2



*Parts images are not to scale.

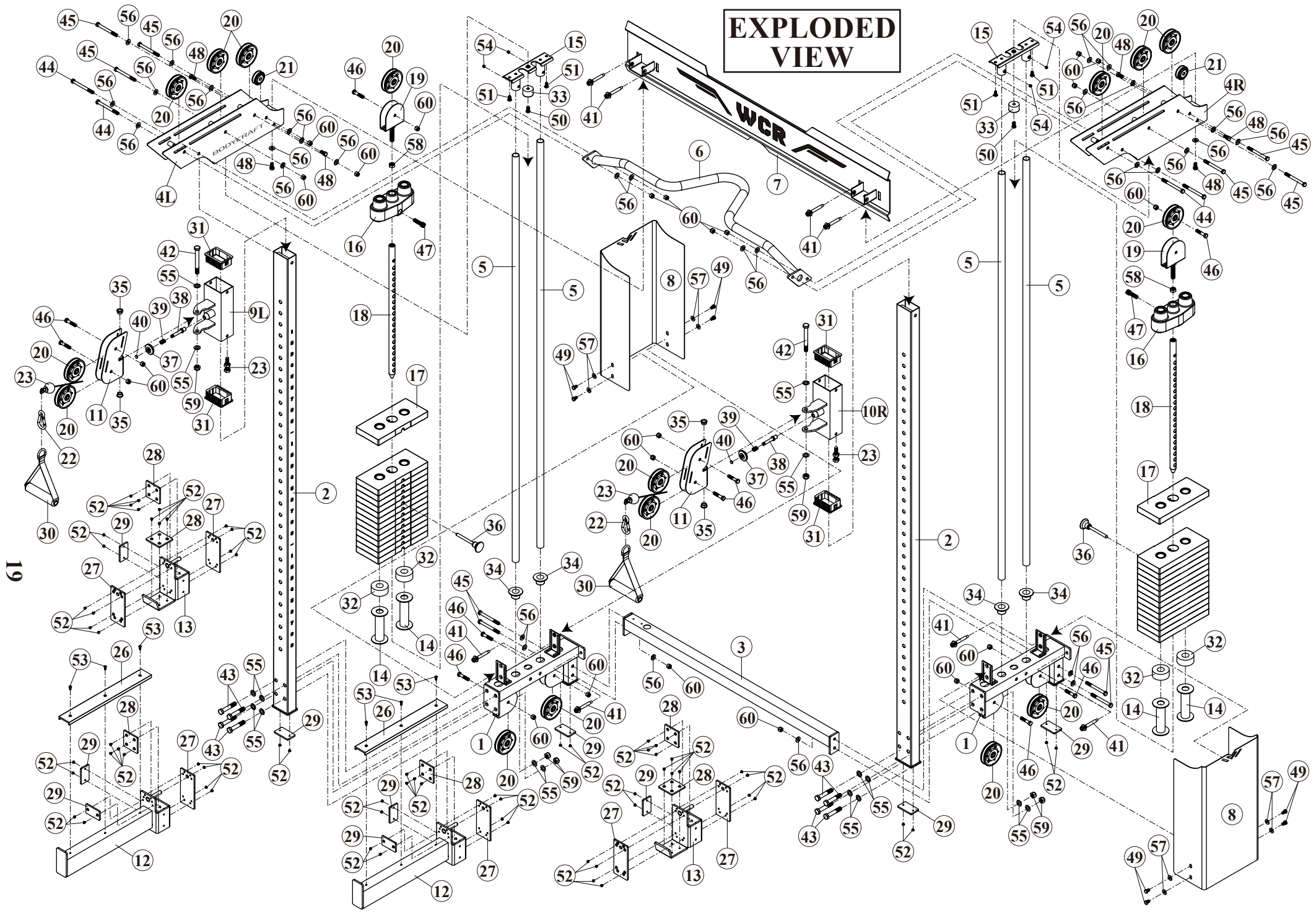
COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
26	424mm BUMPER	2
27	150mm BUMPER	6
28	70mm SQ. BUMPER	6
29	70mm BUMPER	10
30	SINGLE HANDLE	2
31	HOLLOW PLUG	4
32	RUBBER CUSHION	4
33	RUBBER DONUT	2
34	PLASTIC GUIDE ROD HOLDER	4
35	1/2" ID BUSHING	4
36	SELECTOR PIN	2
37	MAGNET	2
38	PIN BOLT	2
39	SPRING	2
40	BUTTON CAP	2
41	5/16" X 2-1/2" BOLT SET	8
42	1/2" X 4-1/4" HEX BOLT	2
43	1/2" X 2-3/4" HEX BOLT	8
44	3/8" X 4" HEX BOLT	4
45	3/8" X 3-3/4" HEX BOLT	10
46	3/8" X 1-3/4" HEX BOLT	10
47	TOP PLATE BOLT	2
48	3/8" X 3/4" HEX THREADED BOLT	6
49	5/16" X 1/2" HEX THREADED BOLT	8
50	3/8" X 3/4" BOTTOM HEAD BOLT	2
51	5/16" X 5/8" HEX SOCKEN	
	DOME BOLT	4
52	M5 X 6L SCREW	68
53	M5 X 15L SCREW	6
54	5/16" X 1/4" INNER HEX SCREW	4
55	1/2" WASHER	16
56	3/8" WASHER	32
57	5/16" WASHER	8
58	1/2" NUT	2
59	1/2" NYLON NUT	6
60	3/8" NYLON NUT	22



*Parts images are not to scale.

EXPLODED VIEW



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. Be aware the cables can loosen and slightly stretch upon initial use.
4. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods (5)**.
5. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the BODYCRAFT WCR /
WALL CABLE RACK! If you have questions or comments,
please contact your local BODYCRAFT dealer.
www.ibodycraft.com**