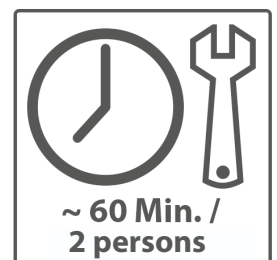
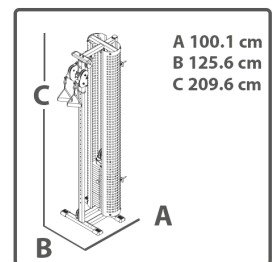


# BODYCRAFT

## Assembly and operating instructions



SWCFT.01.01

**Cable Pull Station**



**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.

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## 1.1 Technical data

### Weight and dimensions:

Item weight (gross, incl. packaging):

Parcel 1 of 2: 49.7 kg

Parcel 2 of 2: 28.6 kg

Weight stack: 67.5 Kg (15 weight plates à 4.5 kg)

Item weight (net, without packaging): 156.3 kg

Packaging dimensions boxes (L x W x H):

Parcel 1 of 2: 111.8 cm x 61.6 cm x 21.6 cm

Parcel 2 of 2: 212.8 cm x 18.5 cm x 12.7 cm

Set-up dimensions (length x width x height): approx. 125.6 cm x 100.1 cm x 209.6 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.

## 2.1 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.

Problem	Cause	Solution
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

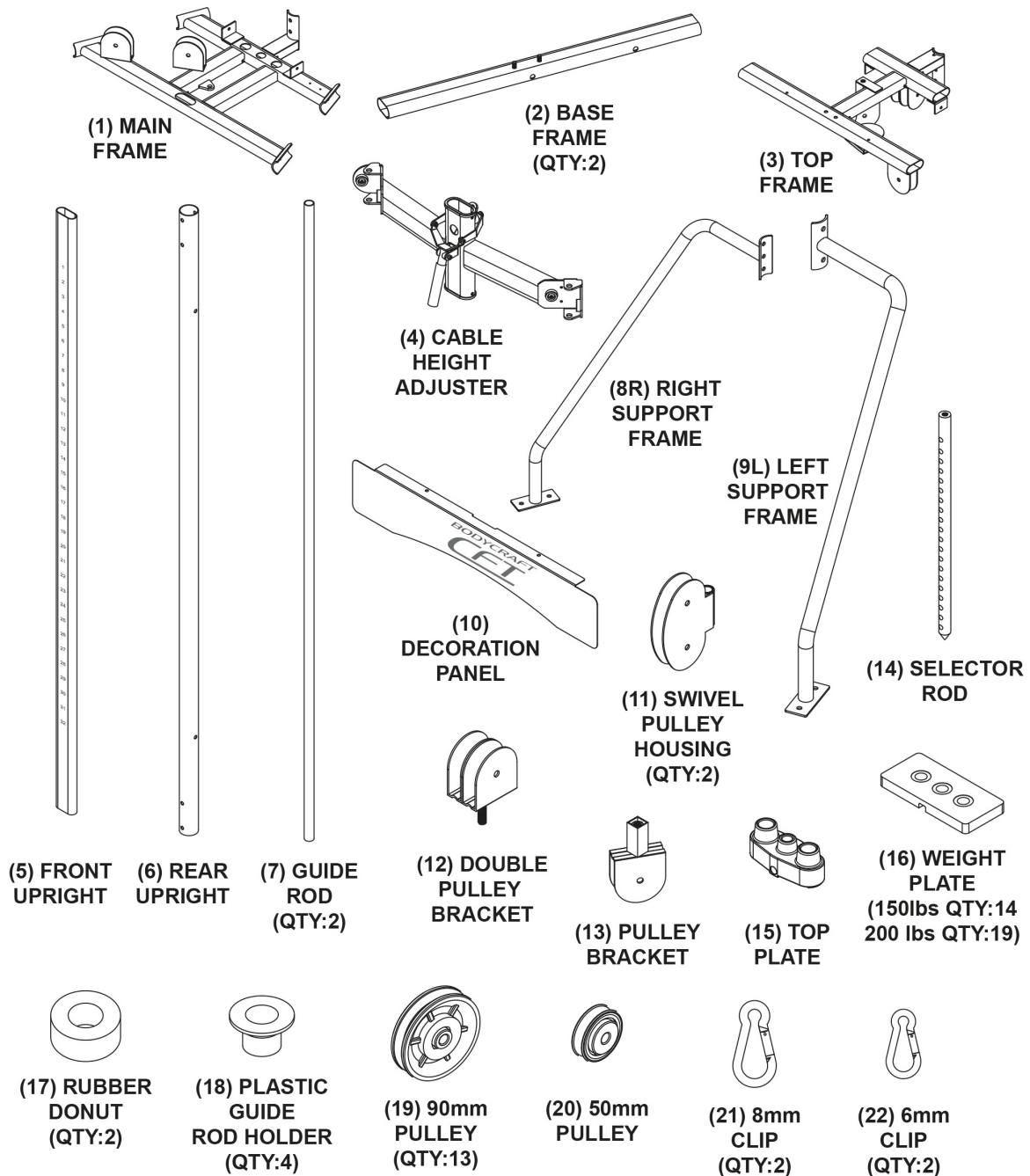
The multi-gym needs to be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat.

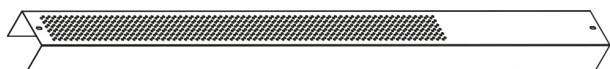
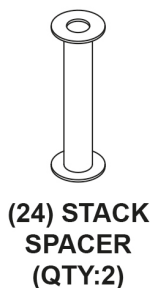
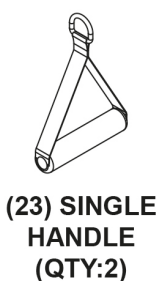
The following routine work must be done in the specified time intervals:

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

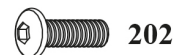
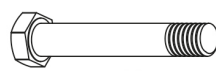
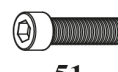
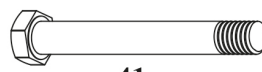
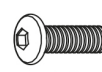
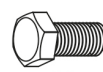
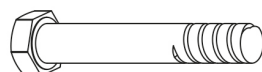
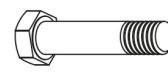
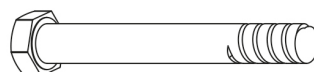
### 3.1 Package contents

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





NO.	DESCRIPTION	QTY.
38	1/2" X 4-1/4" HEX BOLT	2
39	1/2" X 3-3/4" HEX BOLT	4
41	3/8" X 3" HEX BOLT	4
42	3/8" X 2-3/4" HEX BOLT	4
43	3/8" X 1-3/4" HEX BOLT	10
44	3/8" X 1" HEX THREADED BOLT	4
46	5/16" X 1/2" INNER HEX SCREW	2
47	M8 X 10mm INNER HEX SCREW	2
51	TOP PLATE BOLT	1
52	1/2" WASHER	4
53	3/8" WASHER	4
54	1/2" SPRING WASHER	4
55	3/8" SPRING WASHER	4
56	5/16" SPRING WASHER	2
57	3/8" CURVED WASHER	10
58	1/2" NYLON NUT	2
59	3/8" NYLON NUT	4
202	5/16" X 1/2" INNER HEX SCREW	4
203	5/16" WASHER	4



## 3.2 Assembly instructions

### 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

### STEP 1 Assemble Main Frame

TO EASE THE ASSEMBLY PROCESS  
DO NOT TIGHTEN BOLTS UNTIL INSTRUCTED.

1. Install two oval end caps (26) onto both ends of each of the base frames (2) as shown.

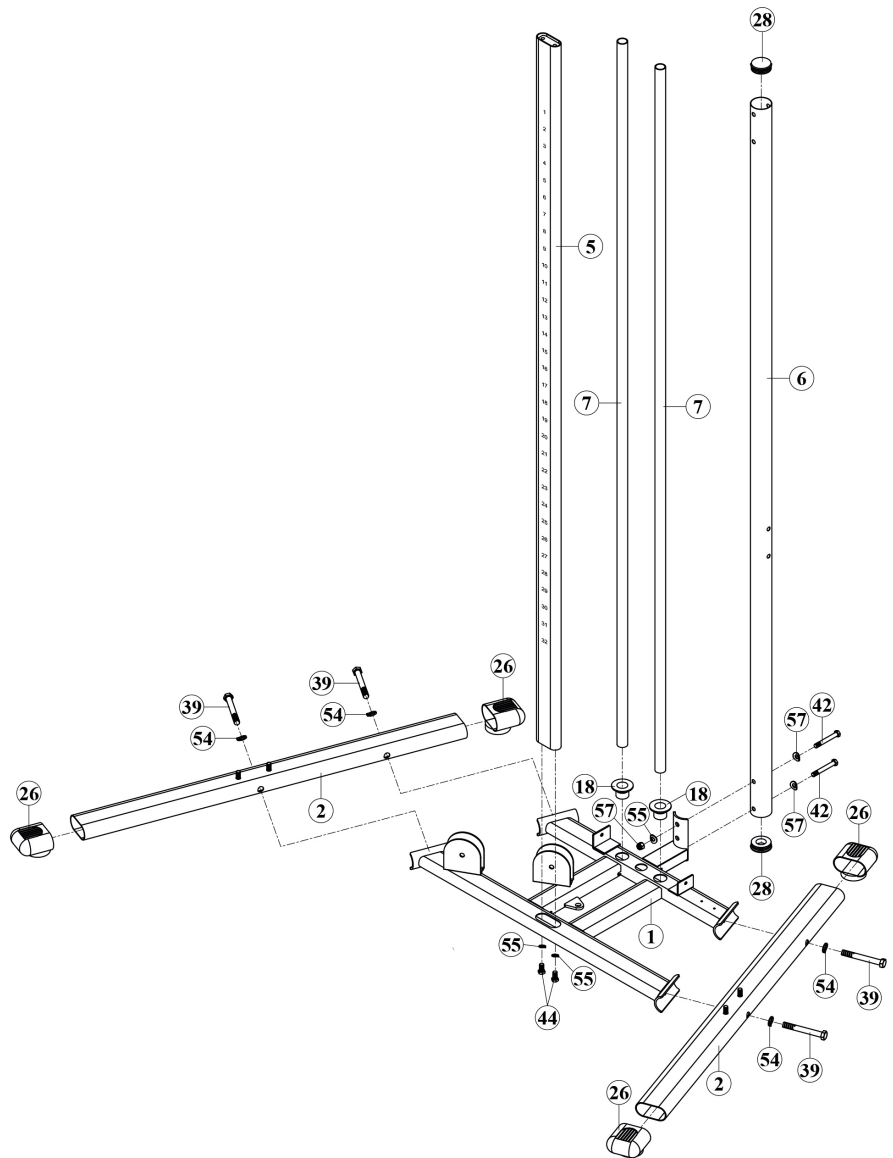
2. Install two round caps (28) on the top and bottom ends of the rear upright (6) as shown.

3. Attach the two base frames (2) to the main frame (1) using four 1/2" X 3-3/4" hex bolts (39) and four 1/2" washers (54) as shown. Do NOT tighten.

4. Attach the front upright (5) with the numbers facing forward to the main frame (1) using two 3/8" X 1" hex threaded bolts (44) and two 3/8" spring washers (55). TIGHTEN the two 3/8" X 1" hex threaded bolts (44).

5. Attach the rear upright (6) to the main frame (1) using two 3/8" X 2-5/8" hex bolts (42), three 3/8" curved washers (57) and one 3/8" nylon nut (59).

6. Insert two plastic guide rod holders (18) completely into the main frame (1) as shown. Insert both guide rods (7) into the plastic guide rod holders (18).

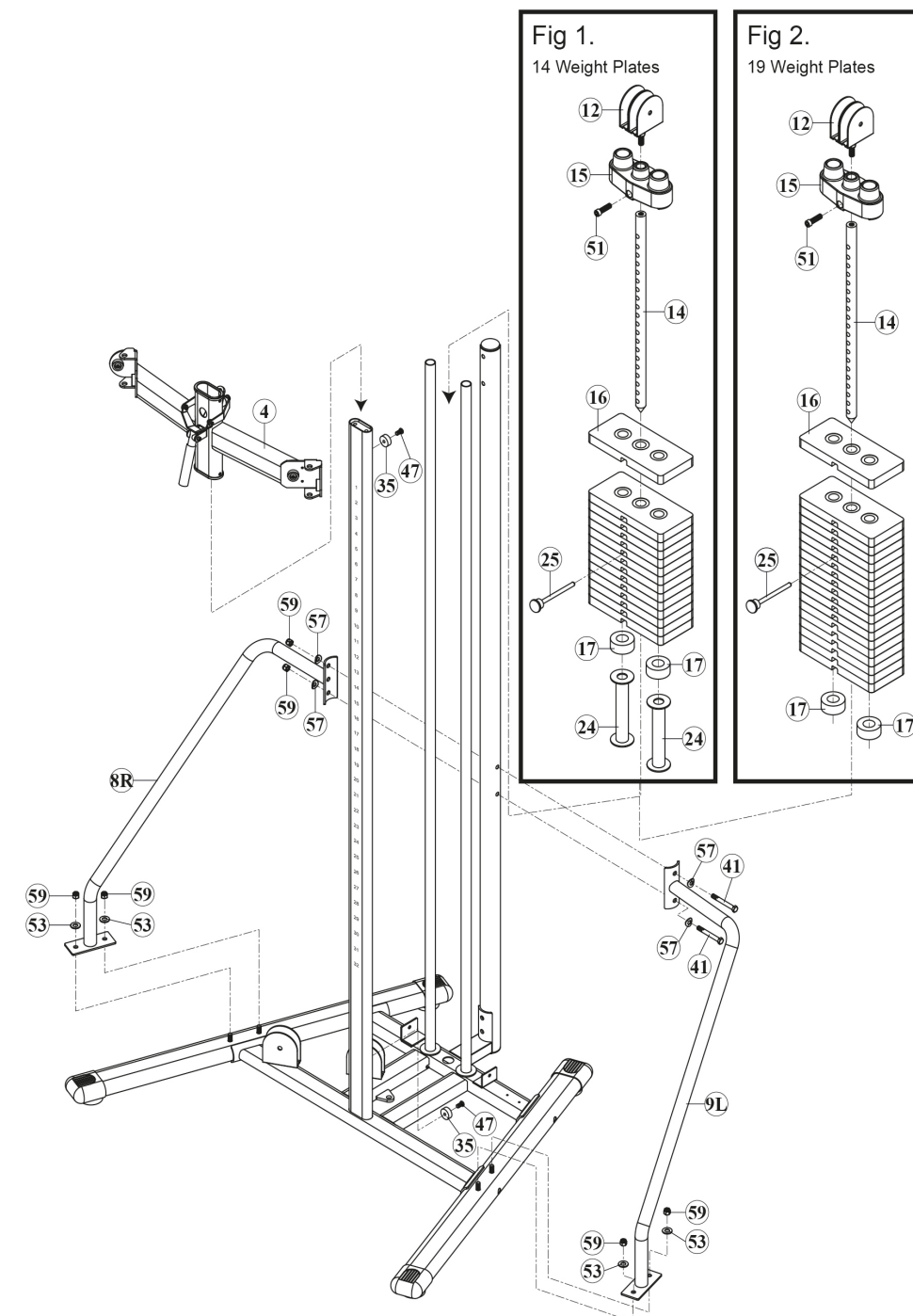


## STEP 2 Assemble Main Frame

**IMPORTANT** If you have 19 weight plates, DO NOT install the two stack spacers (24). See figure 1 & 2 below.

1. Refer to figure 1 and 2. If you have 14 weight stack plates (16), install the weight stack spacers (24) onto each guide rod.

2. Slide two rubber donuts (17) onto one end of each guide rod (7). Slide each weight plate (16) over the guide rods (7). Make sure that each plate is oriented with the selector hole opening on the bottom and facing forward.



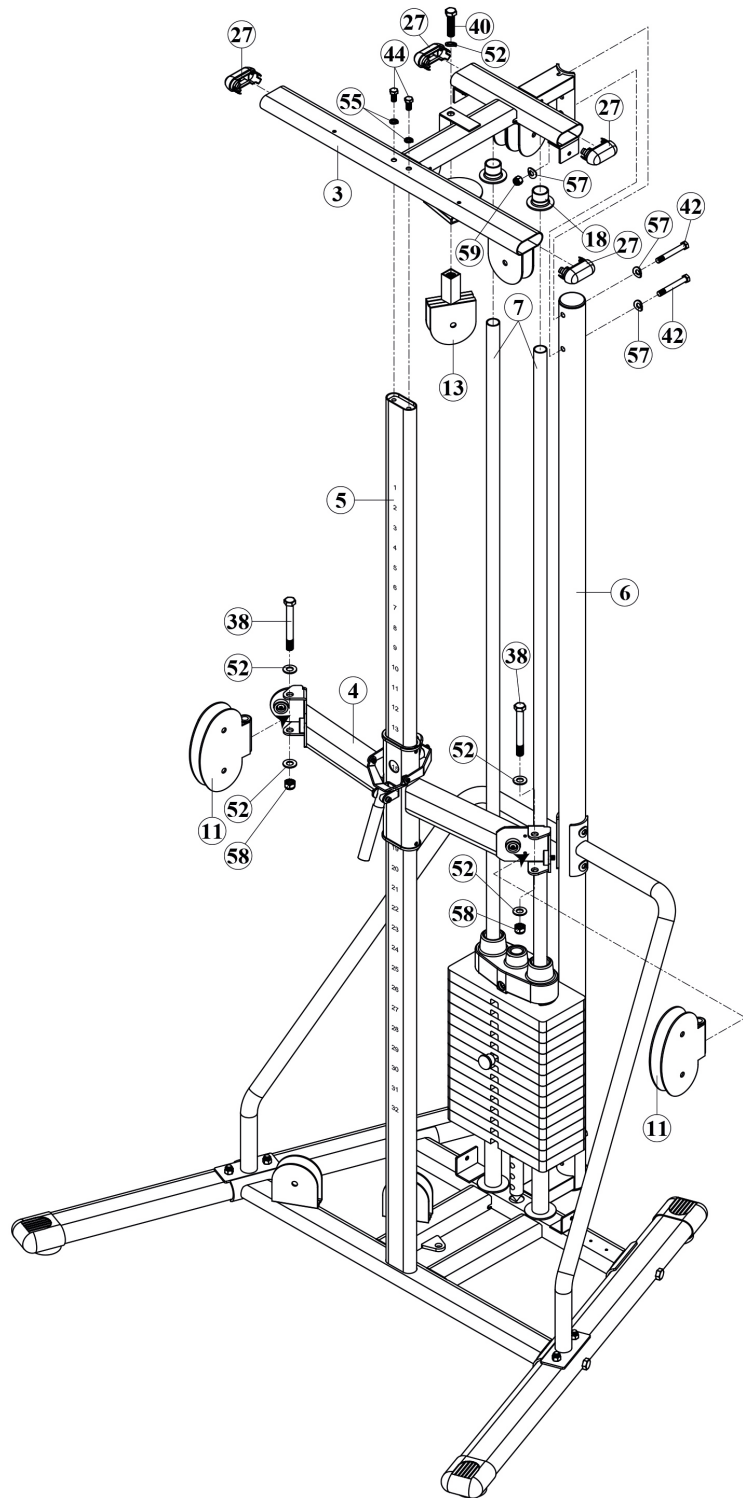
3. Attach the top plate (15) to the selector rod (14) using the top plate bolt (51), TIGHTEN. Thread the double pulley holder (12) into the selector rod (14) with 10 full turns. Slide the top Plate (16) and the selector rod (14) over the guide rods (7) as shown.

4. Remove the four pre-installed 3/8" nylon nuts (59) and 3/8" washers (53) from the two base frames (2). Attach the right support frame (8R) and the left support frame (9L) to the main frame (1) and two curved washers (57), four 3/8" washers (53), and six 3/8" nylon nuts (59) as shown.

5. Install the cable height adjuster (4) onto the top of the front upright (5). Install each stopper (35) with a M8 X 5/8" Inner Hex Screw (47) at the top and bottom of the front upright (5) as shown. Tighten the M8 X 5/8" Inner hex screws (47).

### STEP 3 Assemble Top Frame

1. Cap four oval caps (27) to the top frame (3). Insert two plastic guide rod holders (18) into the top frame (3).
2. Attach the pulley bracket (13) to the top frame (3) using one 1/2" X 1-3/4" hex threaded bolt (40) and one 1/2" washer (52).
3. Attach the top frame (3) to the front upright (5) using two 3/8" X 1" hex threaded bolts (44) and two 3/8" spring washers (55).
4. Attach the top frame (3) to the rear upright (6) using two 3/8" X 2-3/4" hex bolts (42), three 3/8" curved washers (57), and one 3/8" nylon nuts (59).
5. Attach two swivel pulley housings (11) to the cable height adjuster (4) using two 1/2" X 4-1/4" hex bolts (38), four 1/2" washers (52), and two 1/2" nylon nuts (58).
6. Tighten all bolts.

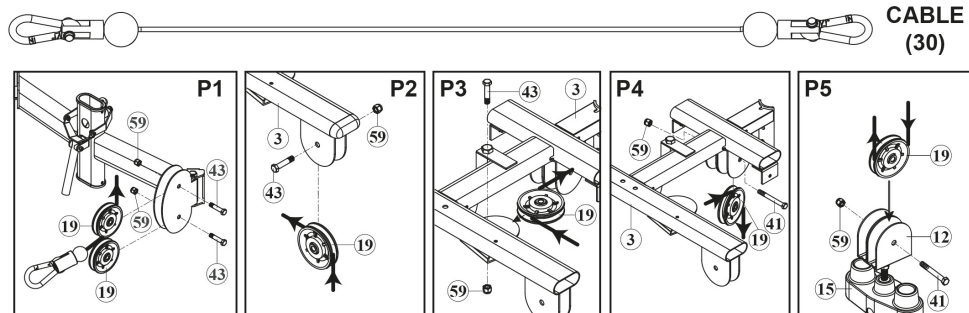


## STEP 4 Install Cable 1/2

**IMPORTANT!** Read this page and the next pages in their entirety before completing the cable installation steps

1. Do not tighten the bolts until you are told to do so.
2. The cable installation process involves a single cable but the steps in this manual are divided for clarity.
3. Install pulleys simultaneously with the cables.
4. Refer to the figure boxes and the cable overview drawing shown to the right for the steps below.

The entire cable will not be shown in all steps to allow a clear view of the pulleys and cables.



### P1

Install two pulleys (19) using two 3/8" X 1-3/4" hex bolts (43) and two 3/8" nylon nuts (59) with the cable (30) routed upward as shown.

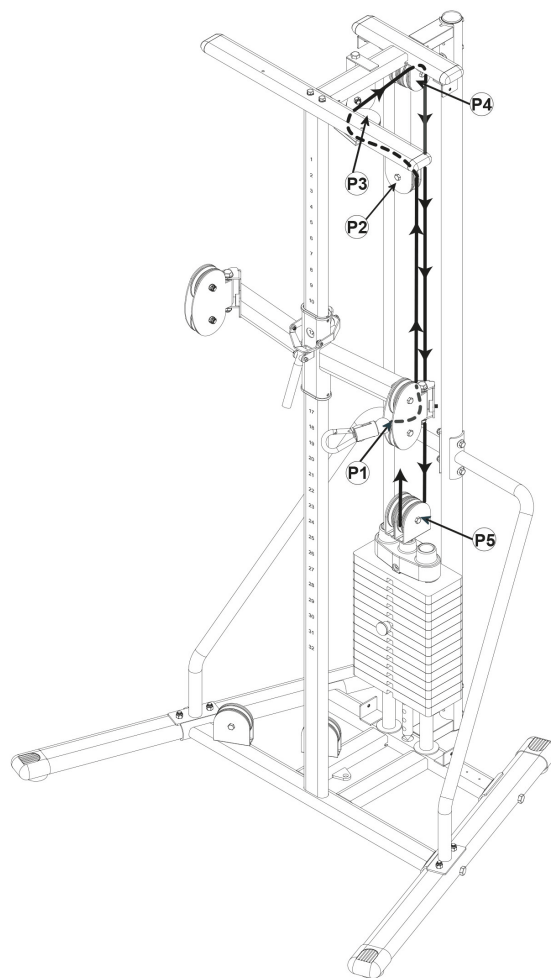
### P2 & P3

Install one pulley (19) each using one 3/8" X 1-3/4" hex bolt (43) and one 3/8" nylon nut (59) routed as shown.

### P4 & P5

Install one pulley (19) each using one 3/8" X 3" hex bolt (41) and one 3/8" nylon nut (59) routed as shown.

**NOTE:** The second Pulley will be installed in a future step



## STEP 4 Install Cable 2/2

P6

Continuing from Step P5, install pulley (19) by halfway removing 3/8" X 3" hex bolt (41). Be careful to keep the pulley and the cable located next to it in place. Secure with one 3/8" nylon nut (59) as shown in block P6.

P7

Install the pulley (19) by halfway removing 3/8" X 3" the hex bolt (41) being careful to keep the pulley and the cable located next to it in place. Secure with one 3/8" nylon nut (59) as shown in block P7.

P8

Install one pulley (19) each using one 3/8" X 1-3/4" hex bolt (43) and one 3/8" nylon nut (59) as shown.

P9, P10

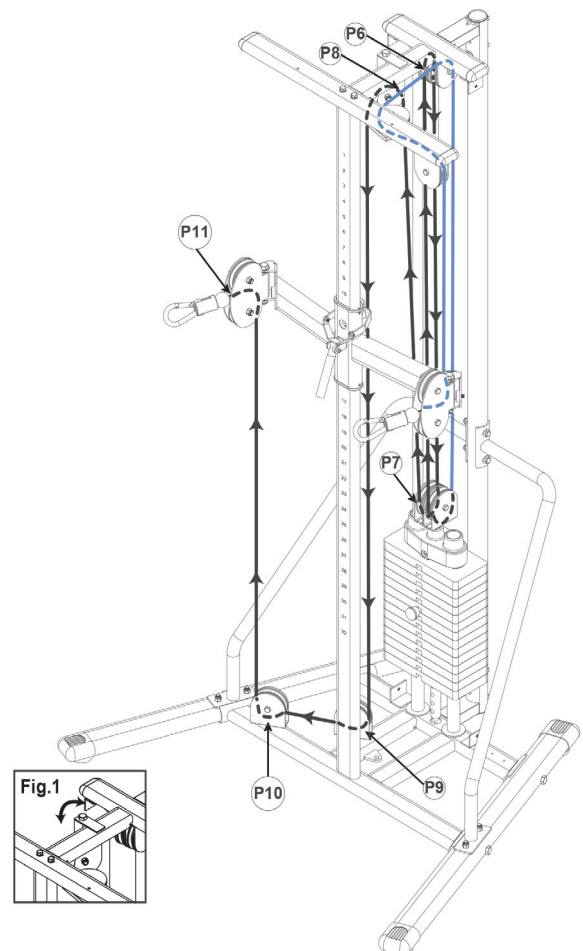
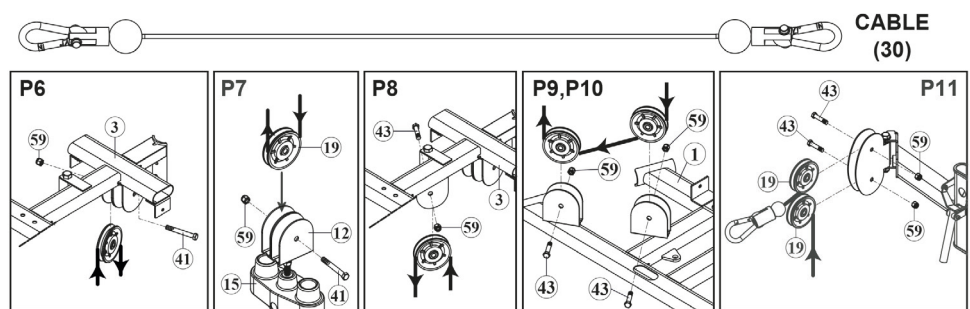
Install two pulleys (19) using one 3/8" X 1-3/4" hex bolt (43) and one 3/8" nylon nut (59) as shown.

P11 Install two pulleys (19) using two 3/8" X 1-3/4" hex bolts (43) and two 3/8" nylon nuts (59) as shown.

**IMPORTANT:** Adjust the cable tension. Refer to (Fig.1). The cable (30) length can be adjusted by turning the 1/2" X 1-3/4" hex threaded bolt (40) at the top of the machine clockwise to remove slack. Adjust counterclockwise to add slack.

The cable Installation is complete!

TIGHTEN ALL FRAME AND PULLEY BOLTS NOW.





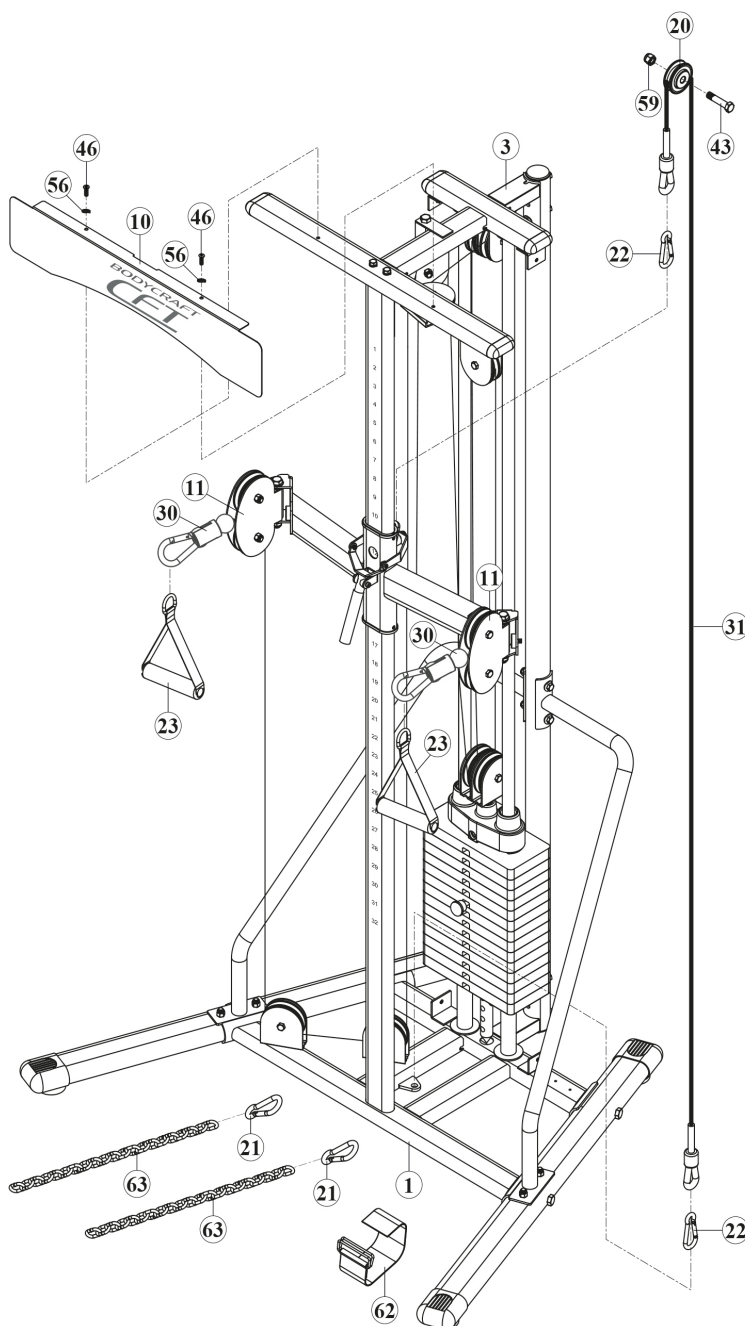
## STEP 5 Assemble Panel & Single Handle & Counter Balance Cord

1. Attach decorative panel (10) to the top frame (3) using two 5/16" X 1/2" inner hex screws (46), and two 5/16" spring washers (46).

2. Route the counter balance cord (31) with the 50mm pulley (20). Attach it to the top frame (3) using one 3/8" X 1-3/4" hex bolt (43) and one 3/8" nylon nut (59). Attach the top end of the counter balance cord (31) with one 6mm Clip (22) on the back of the cable height adjuster (4). Attach the other end of the counter balance cord (31) with one 6mm Clip (22) on the main frame (1).

3. Attach two single handles (23) to the cable (30).

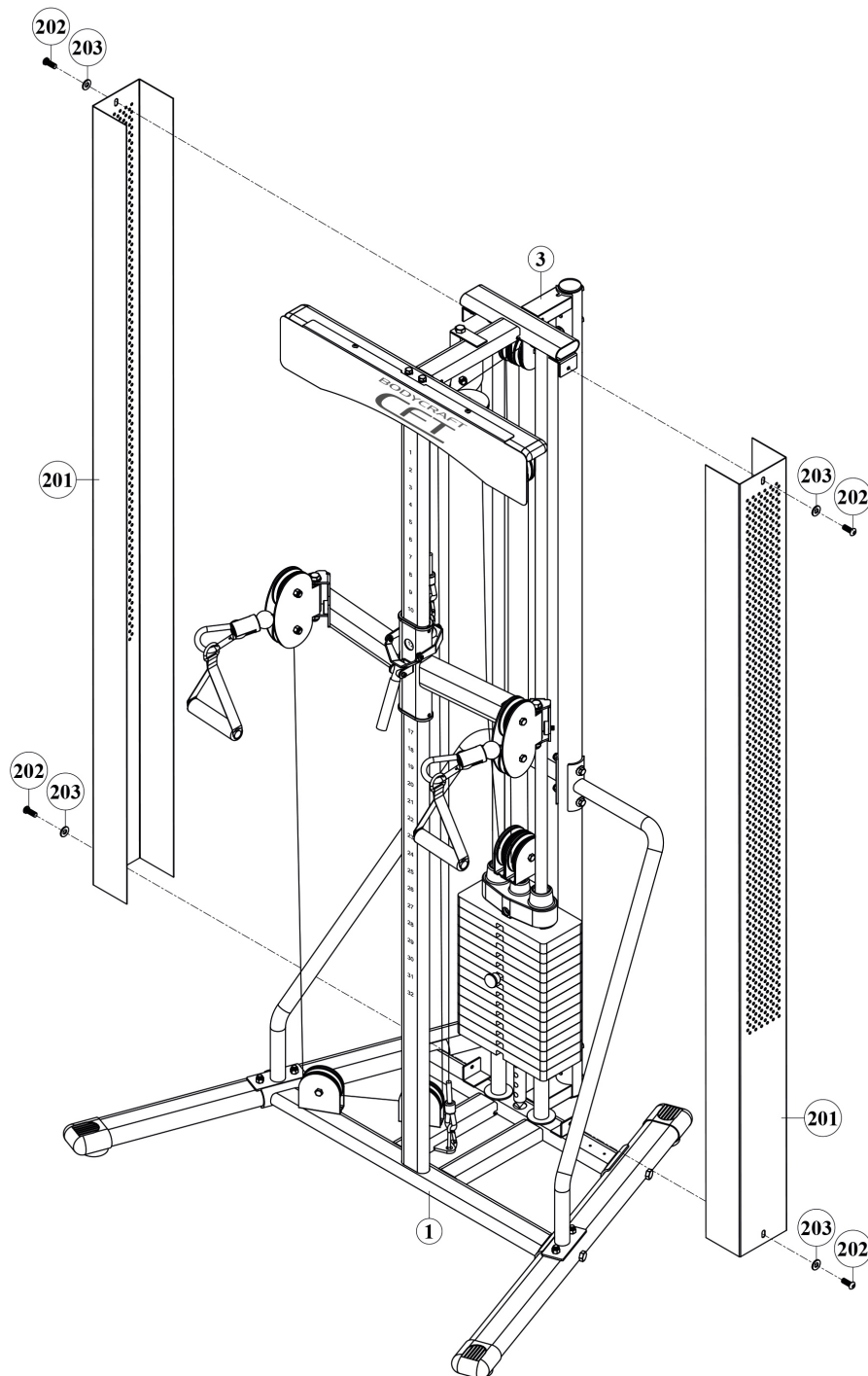
4. Tighten all bolts.



## STEP 6 Assemble Weight Shroud

1. Attach weight shrouds (201) to the top frame (3) and main frame (1) using four 5/16" X 1/2" inner hex screws (202) and four 5/16" washers (203).

Remember to keep all bolts loose in the frame to ensure that the holes line up easily. Tighten all bolts.



## 4 WARRANTY INFORMATION

---

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>
Cable Pull Station	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 personally 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.

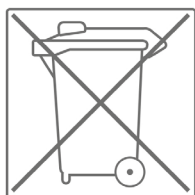
### **Service outside the warranty period**

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.

## 5 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.

## 6 ORDERING ACCESSORIES

	<p>Floor mat set Art. No. TF-FMS-B</p>
	<p>Silicone spray Art. No. ST-1003</p>

## 8.1 Service hotline

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

### SERVICE-HOTLINE

DE	DK	FR
<p>☎ +49 4621 4210-0</p> <p>☎ +49 4621 4210-699</p> <p>✉ service@sport-tiedje.de</p> <p>Mo. - Fr. 8:00 - 18:00</p> <p>Sa. 9:00 - 18:00</p>	<p>☎ 80 90 16 50</p> <p>☎ +49 4621 4210-945</p> <p>✉ info@t-fitness.dk</p> <p>Ma. - Fr. 8:00 - 18:00</p> <p>Lø. 9:00 - 18:00</p>	<p>☎ +33 (0) 172 770033</p> <p>☎ +49 4621 4210-933</p> <p>✉ service-france@sport-tiedje.fr</p> <p>Lun. - Ven. 8:00 - 18:00</p> <p>Sam. 9:00 - 18:00</p>
NL	UK	INT
<p>☎ +31 172 619961</p> <p>✉ info@fitshop.nl</p> <p>Ma. - Do. 9:00 - 17:00</p> <p>Vr. 9:00 - 21:00</p> <p>Za. 10:00 - 17:00</p>	<p>☎ +44 141 876 3972</p> <p>✉ orders@powerhousefitness.co.uk</p> <p>Mon. - Fri. 9:00 - 17:00</p>	<p>☎ +49 4621 4210-0</p> <p>✉ service-int@sport-tiedje.de</p> <p>Mon - Fri 8:00 - 18:00</p> <p>Sat 9:00 - 18:00</p>

## 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:

Model name:

Article number

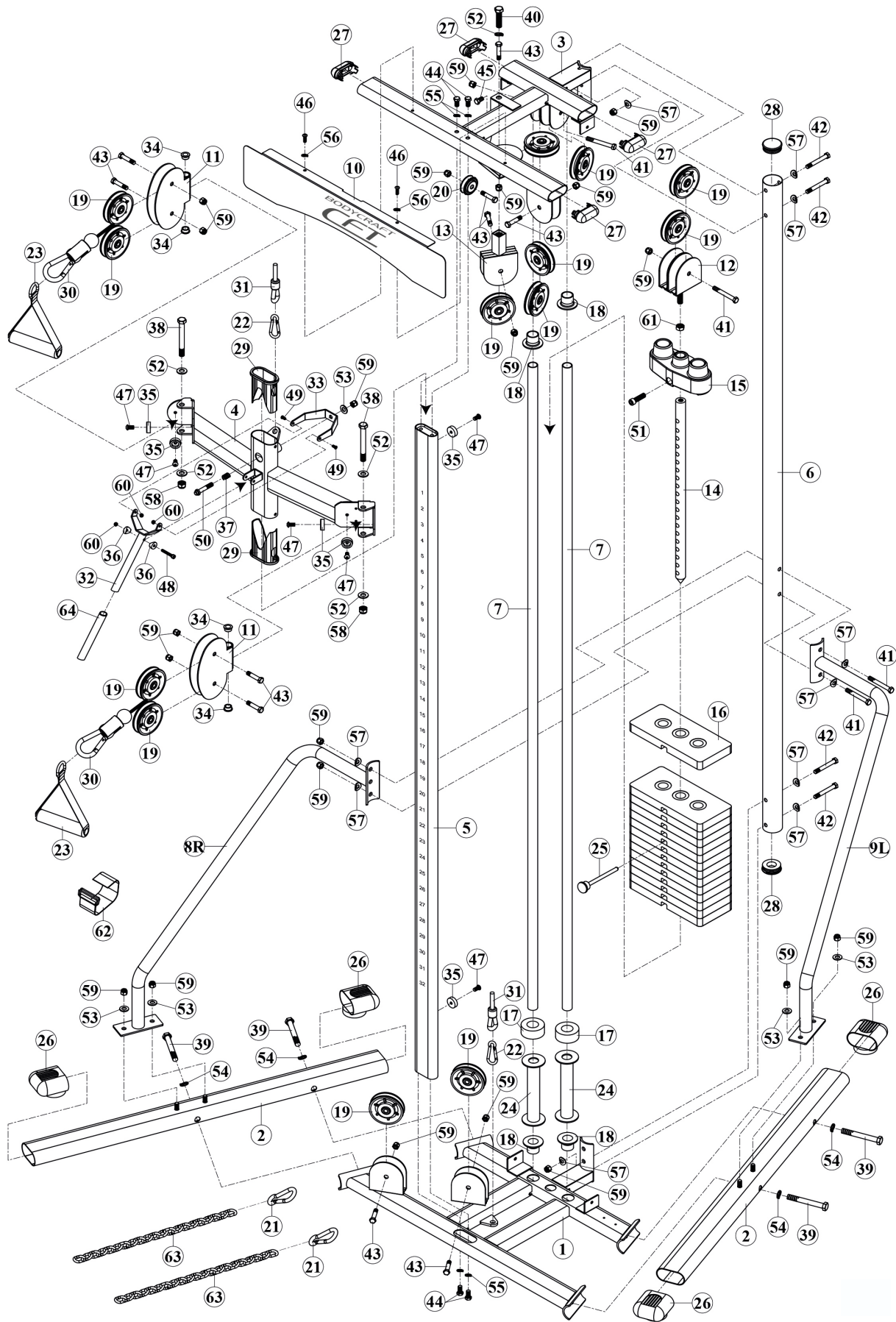
## 7.3 Parts list

No.	Description	Qty.	No.	Description	Qty.
1	MAIN FRAME	1	28	50mm ROUND CAP	2
2	BASE FRAME	2	29	30mm X 70mm HOLLOW	2
3	TOP FRAME	1	30	CABLE	1
4	CABLE HEIGHT ADJUSTER	1	31	COUNTER BALANCE CORD	1
5	FRONT UPRIGHT	1	32	HANDLE BAR	1
6	REAR UPRIGHT	1	33	HANDLE BAR BRACKET	1
7	GUIDE ROD	2	34	BUSHING	4
8R	RIGHT SUPPORT FRAME	1	35	STOPPER	6
9L	LEFT SUPPORT FRAME	1	36	PLASTIC WASHER	2
10	DECORATION PANEL	1	37	SPRING	1
11	SWIVEL PULLEY HOUSING	2	38	1/2" X 4-1/4" HEX BOLT	2
12	DOUBLE PULLEY BRACKET	1	39	1/2" X 3-3/4" HEX BOLT	4
13	PULLEY BRACKET	1	40	1/2" X 1-3/4" HEX THREADED BOLT	1
14	SELECTOR ROD	1	41	3/8" X 3" HEX BOLT	4
15	TOP PLATE	1	42	3/8" X 2-3/4" HEX BOLT	4
16	WEIGHT PLATE	14	43	3/8" X 1-3/4" HEX BOLT	10
17	RUBBER DONUT	2	44	3/8" X 1" HEX THREADED BOLT	4
18	PLASIC GUIDE ROD HOLDER	4	45	3/8" X 3/4" HEX THREADED BOLT	1
19	90mm PULLEY	13	46	5/16" X 1/2" INNER HEX SCREW	2
20	50mm PULLEY	1	47	M8 X 10mm INNER HEX SCREW	6
21	8mm CLIP	2	48	M6 X 40mm SET SCREW	1
22	6mm CLIP	2	49	M6 X 20mm SET SCREW	2
23	SINGLE HANDLE	2	50	PIN BOLT	1
24	STACK SPACER	2	51	TOP PLATE BOLT	1
25	SELECTOR PIN	1	52	1/2" WASHER	5
26	40mm X 80mm OVAL END CAP	4	53	3/8" WASHER	5
27	30mm X 70mm OVAL CAP	4	54	1/2" SPRING WASHER	4

No.	Description	Qty.
55	3/8" SPRING WASHER	4
56	5/16" SPRING WASHER	2
57	3/8" CURVED WASHER	10
58	1/2" NYLON NUT	2
59	3/8" NYLON NUT	21
60	M6 NYLON NUT	3
61	1/2" NUT	1
62	ANKLE STRAP	1
63	CHAIN	2
64	3/4" X 120L HANDLE GRIP	1
201	WEIGHT SHROUD	2
202	5/16" X 1/2" INNER HEX SCREW	4
203	5/16" WASHER	4



# 7.4 Exploded drawings



## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig  
Germany

### Hotline for Technical Information

<b>DE</b> ☎ +49 4621 4210-0 📠 +49 4621 4210-698 ✉ technik@sport-tiedje.de	<b>DK</b> ☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@t-fitness.dk	<b>FR</b> ☎ +33 (0) 172 770033 ☎ +49 4621 4210-933 ✉ service-france@sport-tiedje.fr
<b>NL</b> ☎ +31 172 619961 ✉ info@fitshop.nl	<b>UK</b> ☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk	<b>INT</b> ☎ +49 4621 4210-0 ✉ service-int@sport-tiedje.de

[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.

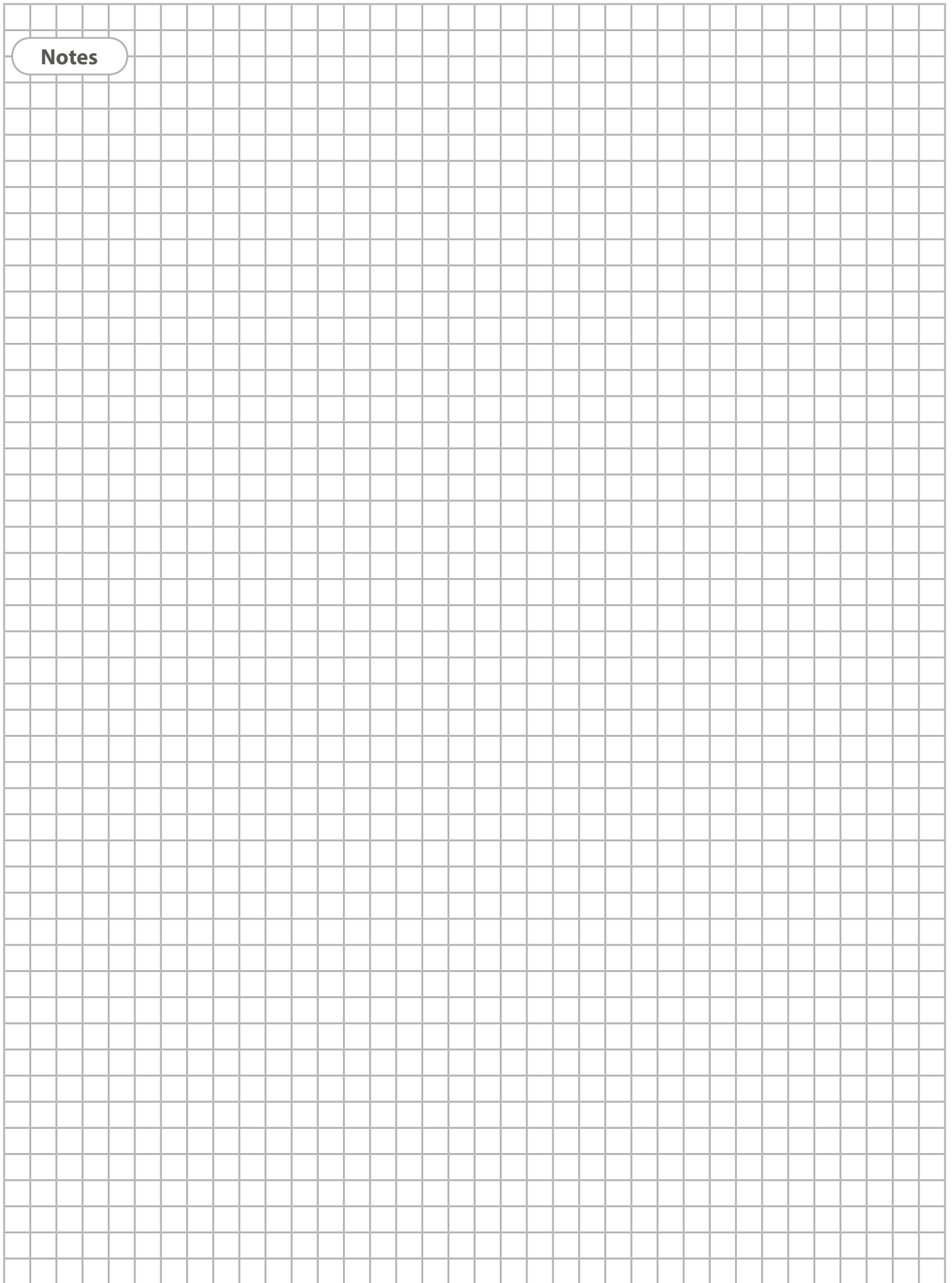
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Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

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

Notes

Notes





# ***BODYCRAFT***

**Cable Pull Station**