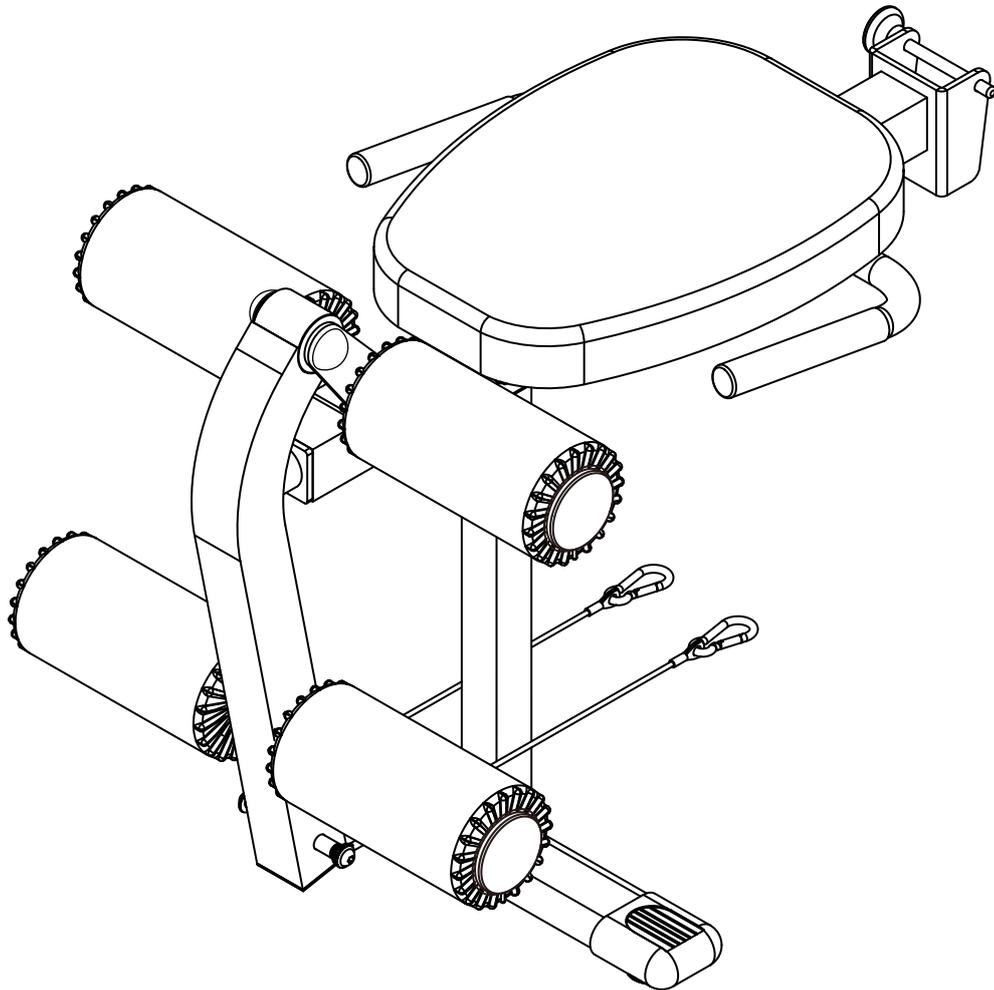


# ***BODYCRAFT***

## **LEG EXTENSION / CURL ATTACHMENT OWNER'S MANUAL**



**Model No. Leg Extension / Curl Attachment Fitness Authority Industrial Co., LTD.  
MB1602-2  
BODYCRAFT**

**No. 15, Xiangxue Rd., Dali Dist.,  
Taichung City 41275, Taiwan.**

## **Congratulations and Thank You!**

Thank you for selecting the *BODYCRAFT Leg Extension / Curl Attachment*. The *BODYCRAFT Leg Extension / Curl Attachment* offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the *BODYCRAFT Leg Extension / Curl Attachment* will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the *BODYCRAFT Leg Extension / Curl Attachment*. Keep this manual for future reference.

[www.ibodycraft.com](http://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 assume 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 Leg Extension / Curl Attachment 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. Please use place indoor.**
- 11. If you are unsure about the proper use of the BODYCRAFT Leg Extension / Curl Attachment call your local BODYCRAFT dealer.**

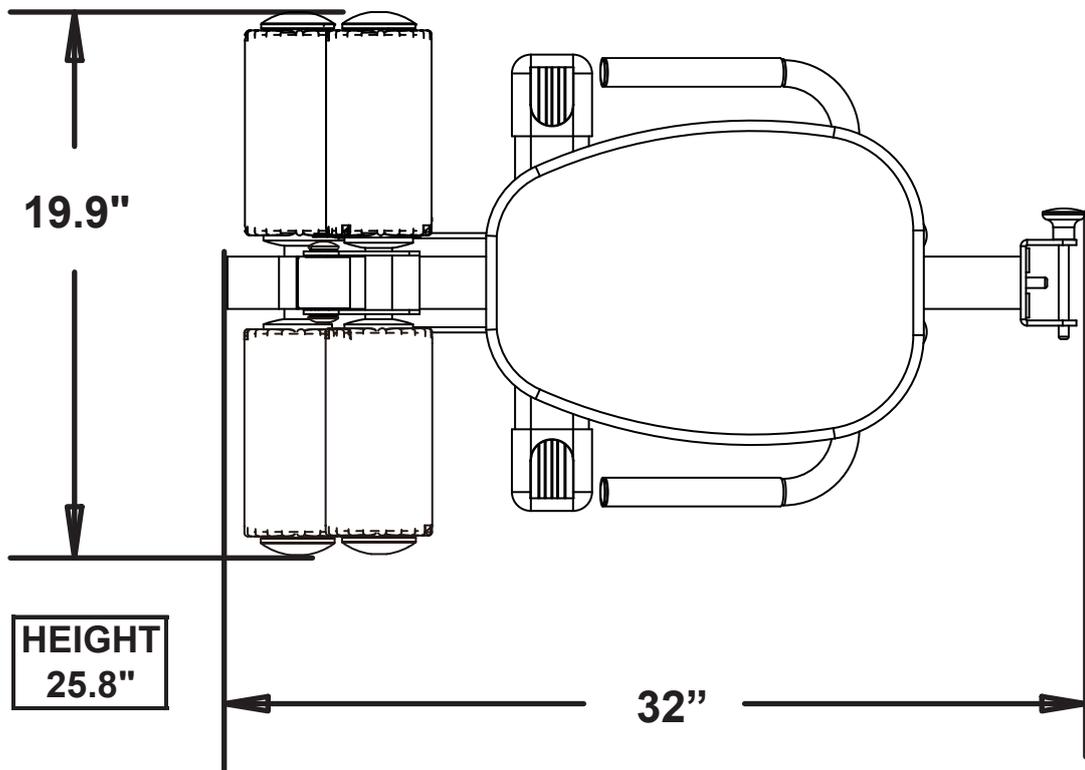
## **QUESTIONS?**

As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance. Our trained technicians will provide immediate assistance to you, free of charge.

[www.ibodycraft.com](http://www.ibodycraft.com)

## Gym Placement Planner

WALL

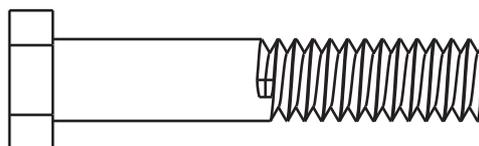


### Recommended Tools for Assembly

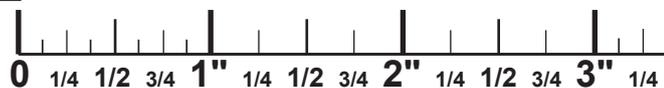
Ratchet  
 9/16" Socket  
 3/4" Socket  
 9/16" Combination Wrench  
 3/4" Combination Wrench  
 Adjustable Wrench  
 Rubber Mallet  
 Metric Allen Key Set

### 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 silicone lubricant on guide rods prior to weight plate installation.
4. Carefully install plastic caps using a rubber mallet.
5. For your convenience, rulers are displayed throughout this manual.
6. When measuring bolt lengths, only measure the shank.



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

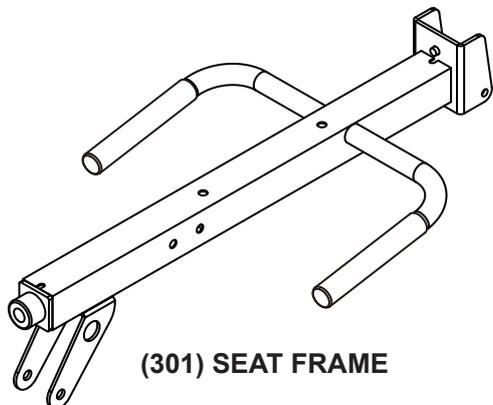


# Leg Extension / Curl Attachment Parts List

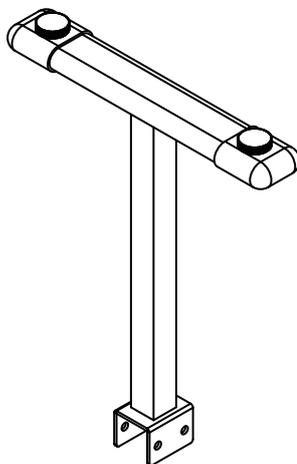


NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES.

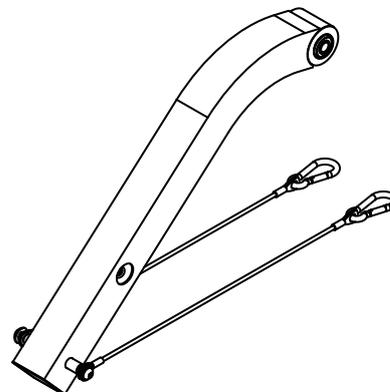
\*Parts images are not to scale.



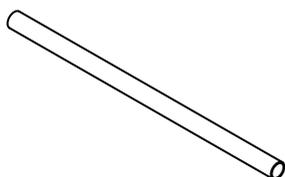
(301) SEAT FRAME



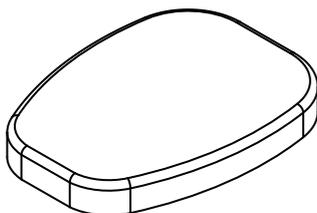
(302) SUPPORT FRAME



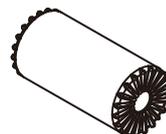
(303) LEG EXTENSION



(304) FOAM ROLLER HOLDER X 2pcs



(305) SEAT PAD



(306) FOAM PAD & (307) FOAM PAD COVER X 4pcs



(310) SELECTOR PIN



(315) CAP FOR NUT X 2pcs



(317) PLASTIC COVER X 4pcs

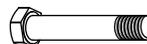


(313) END PLUG



(314) PLUG X 4pcs

NO.	DESCRIPTION	QTY.
320	1/2" X 3-1/8" HEX BOLT	1
321	3/8" X 3" HEX BOLT	2
322	3/8" X 2-3/4" HEX THREADED BOLT	2
326	1/2" WASHER	2
327	3/8" WASHER	6
328	1/2" NYLON NUT	1
329	3/8" NYLON NUT	2



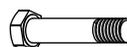
320



326



328



321



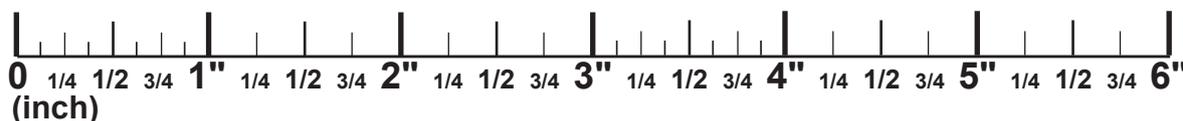
327



329

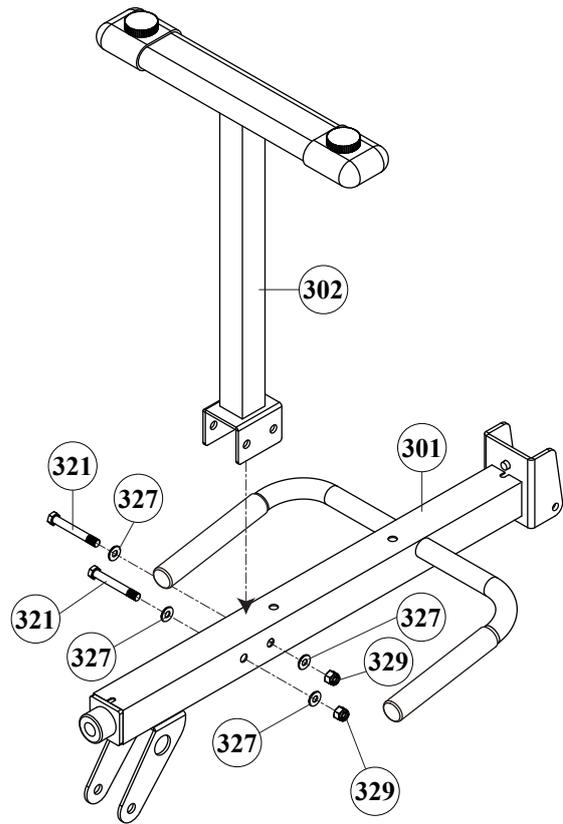


322



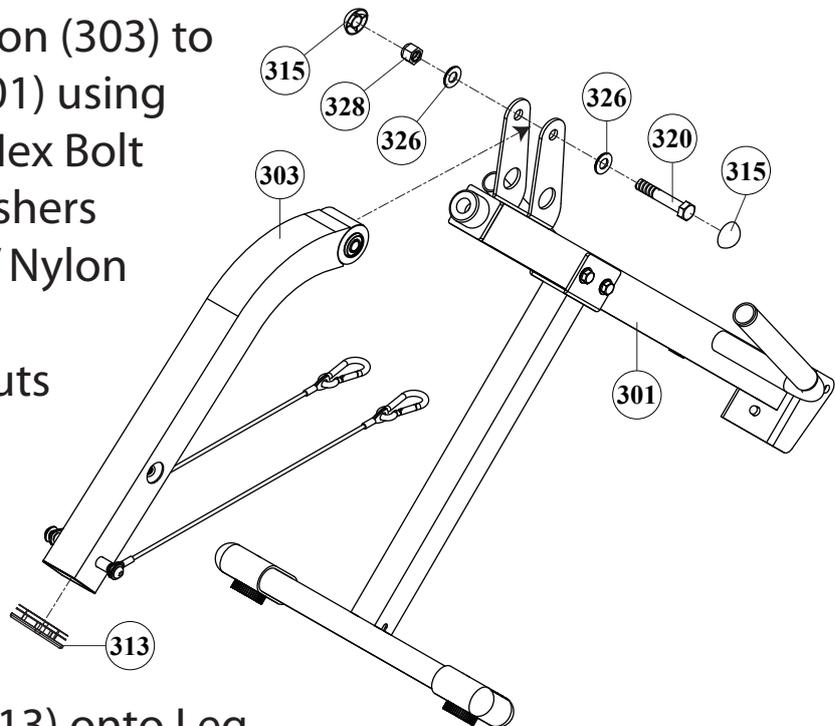
# STEP 1 Assemble Seat Frame

1. Attach Support Frame (302) to the Seat Frame (301) using two 3/8" X 3" Hex Bolts (321), four 3/8" Washers (327) and two 3/8" Nylon Nuts (329).



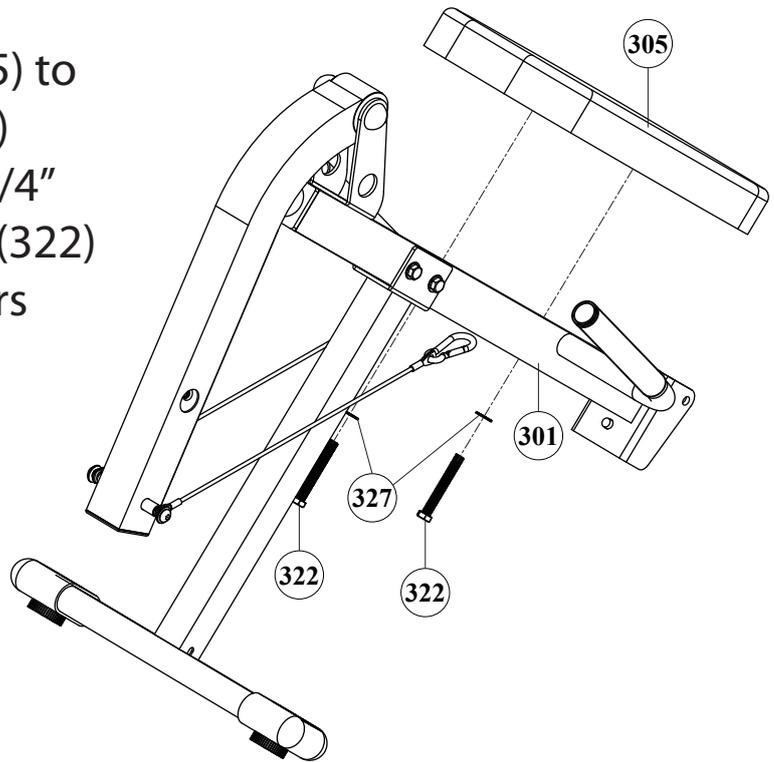
# STEP 2 Assemble Leg Extension

1. Attach Leg Extension (303) to the Seat Frame (301) using one 1/2" X 3-1/8" Hex Bolt (320), two 1/2" Washers (326) and one 1/2" Nylon Nut (328).
2. Cap two Cap for Nuts (315) with 1/2" X 3-1/8" Hex Bolt (320) and 1/2" Nylon Nut (328).
3. Attach End Plug (313) onto Leg Extension (303).



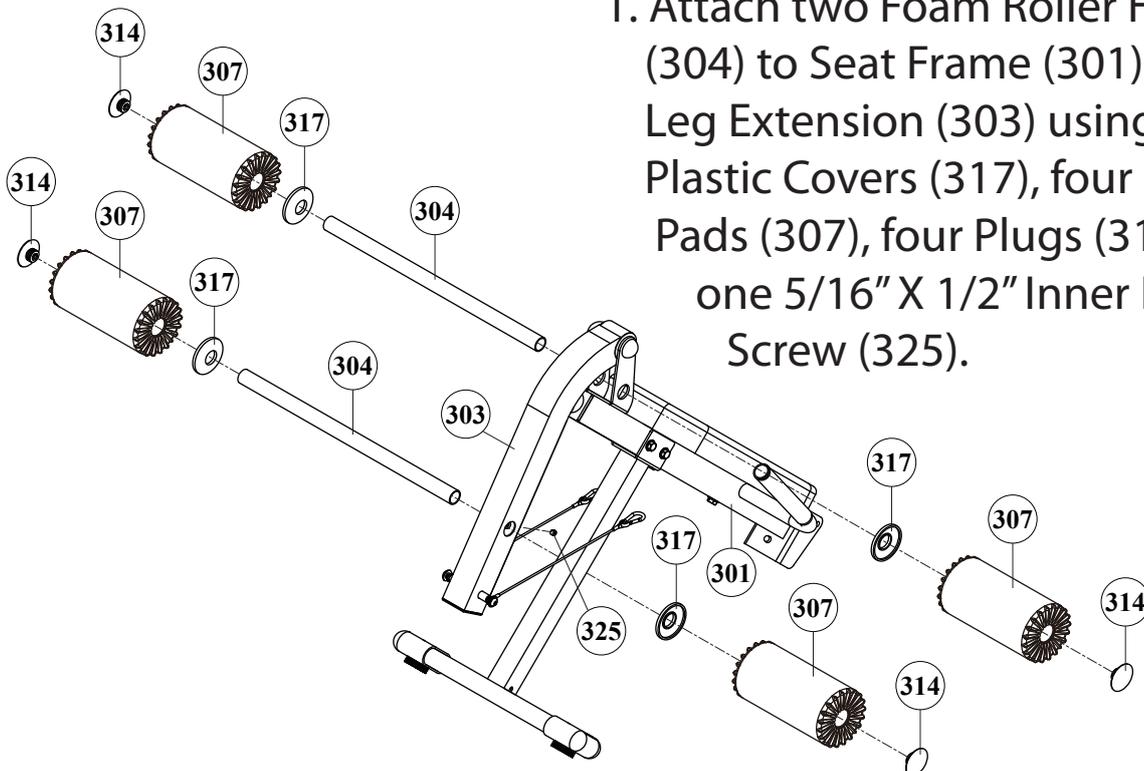
## STEP 3 Assemble Seat Pad

1. Attach Seat Pad (305) to the Seat Frame (301) using two 3/8" X 2-3/4" Hex Threaded Bolts (322) and two 3/8" Washers (327).



## STEP 4 Assemble Foam Pad

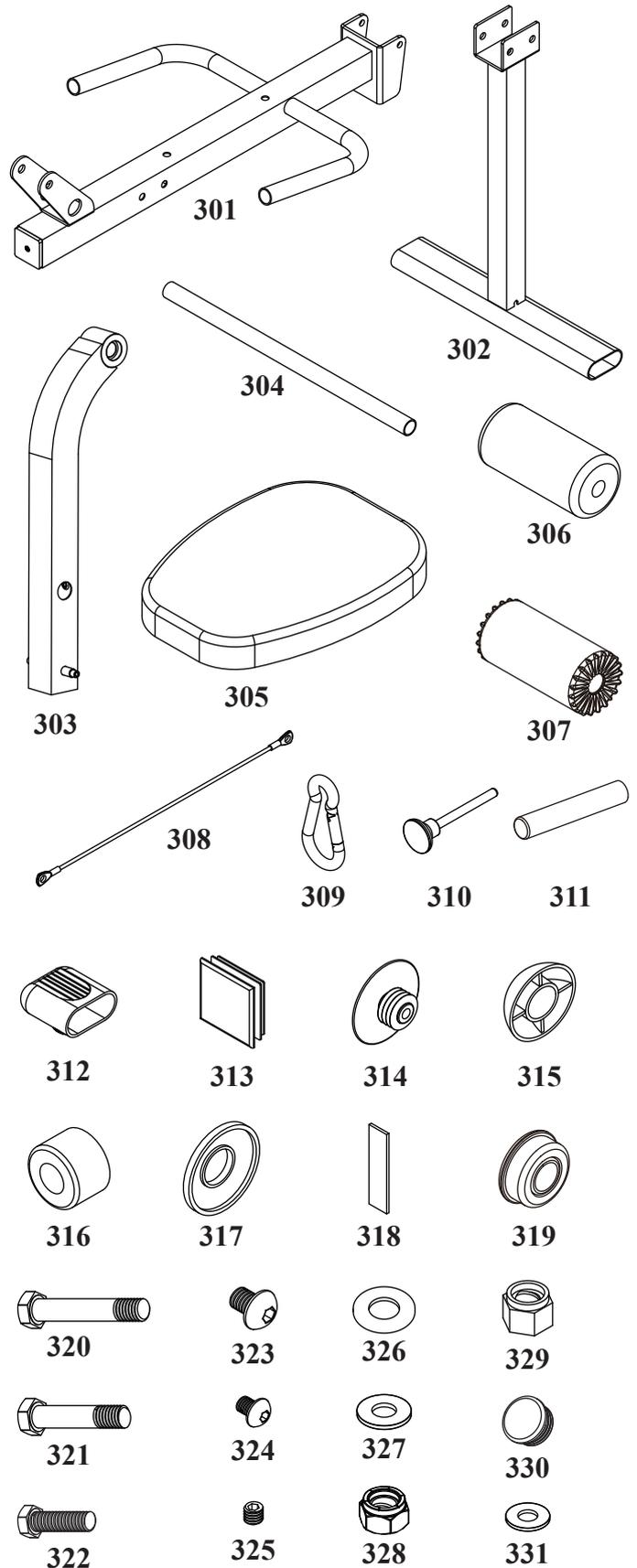
1. Attach two Foam Roller Holders (304) to Seat Frame (301) and Leg Extension (303) using four Plastic Covers (317), four Foam Pads (307), four Plugs (314) and one 5/16" X 1/2" Inner Hex Screw (325).





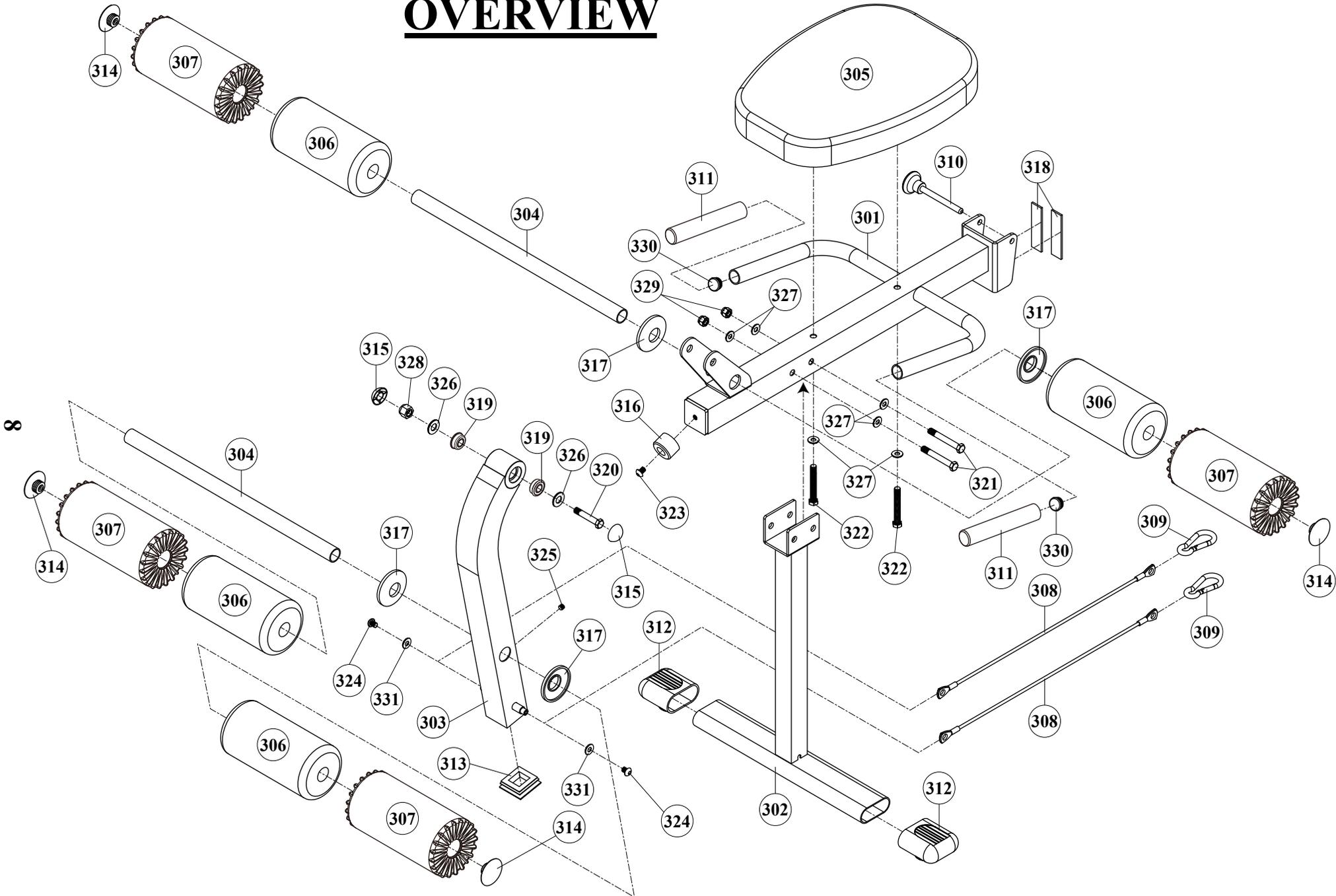
# COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
301	SEAT FRAME	1
302	SUPPORT FRAME	1
303	LEG EXTENSION	1
304	FOAM ROLLER HOLDER	2
305	SEAT PAD	1
306	FOAM PAD	4
307	FOAM PAD COVER	4
308	CABLE	2
309	CLIP	2
310	SELECTOR PIN	1
311	HANDLE GRIP	2
312	OVAL END CAP	2
313	END PLUG	1
314	PLUG	4
315	CAP FOR NUT	2
316	STOPPER	1
317	PLASTIC COVER	4
318	NON SLIP	2
319	BEARING	2
320	1/2" X 3-1/8" HEX BOLT	1
321	3/8" X 3" HEX BOLT	2
322	3/8" X 2-3/4" HEX THREADED BOLT	2
323	3/8" X 1" INNER HEX SCREW	1
324	M6 X 12L SCREW	2
325	5/16" X 1/2" INNER HEX SCREW	1
326	1/2" WASHER	2
327	3/8" WASHER	6
328	1/2" NYLON NUT	1
329	3/8" NYLON NUT	2
330	1" ROUND PLUG	2
331	M6 WASHER	2



\*Parts images are not to scale.

# OVERVIEW



**Assembly is complete! Please take the following steps before using the Leg Extension / Curl Attachment:**

1. Make certain all bolts are tightened securely.
2. Be aware the cables can loosen and slightly stretch upon initial use.
3. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the BODYCRAFT Leg Extension / Curl Attachment!**

**If you have any questions or comments, please contact your local BODYCRAFT dealer.**

**[www.ibodycraft.com](http://www.ibodycraft.com)**