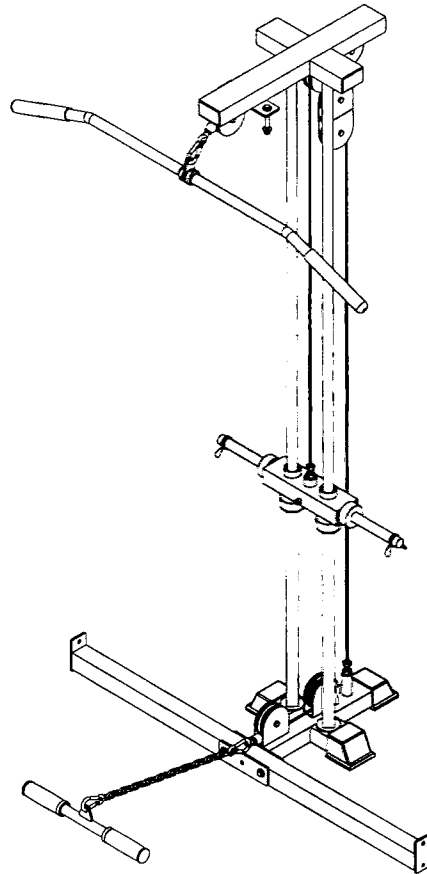


# BodyCraft®

## THE JONES STRENGTH TRAINING SYSTEM ASSEMBLY INSTRUCTION OPTIONAL: LAT & LOW PULL ATTACHMENT



### **QUESTION?**

*As a quality the Jones 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 or RSI at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.*

*We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.*

Bodycraft is a division of Recreation Supply Inc.  
P.O. BOX 181  
Sunbury, OH 43074

## BEFORE YOU BEGIN

Congratulations and thank you for selecting the **JONES MACHINE** strength training system. The **JONES MACHINE** 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 **JONES MACHINE** will help you achieve the specific results you want.

For your safety and benefit, read this manual and the accompanying literature before using the **JONES MACHINE**. Keep this manual for future reference.

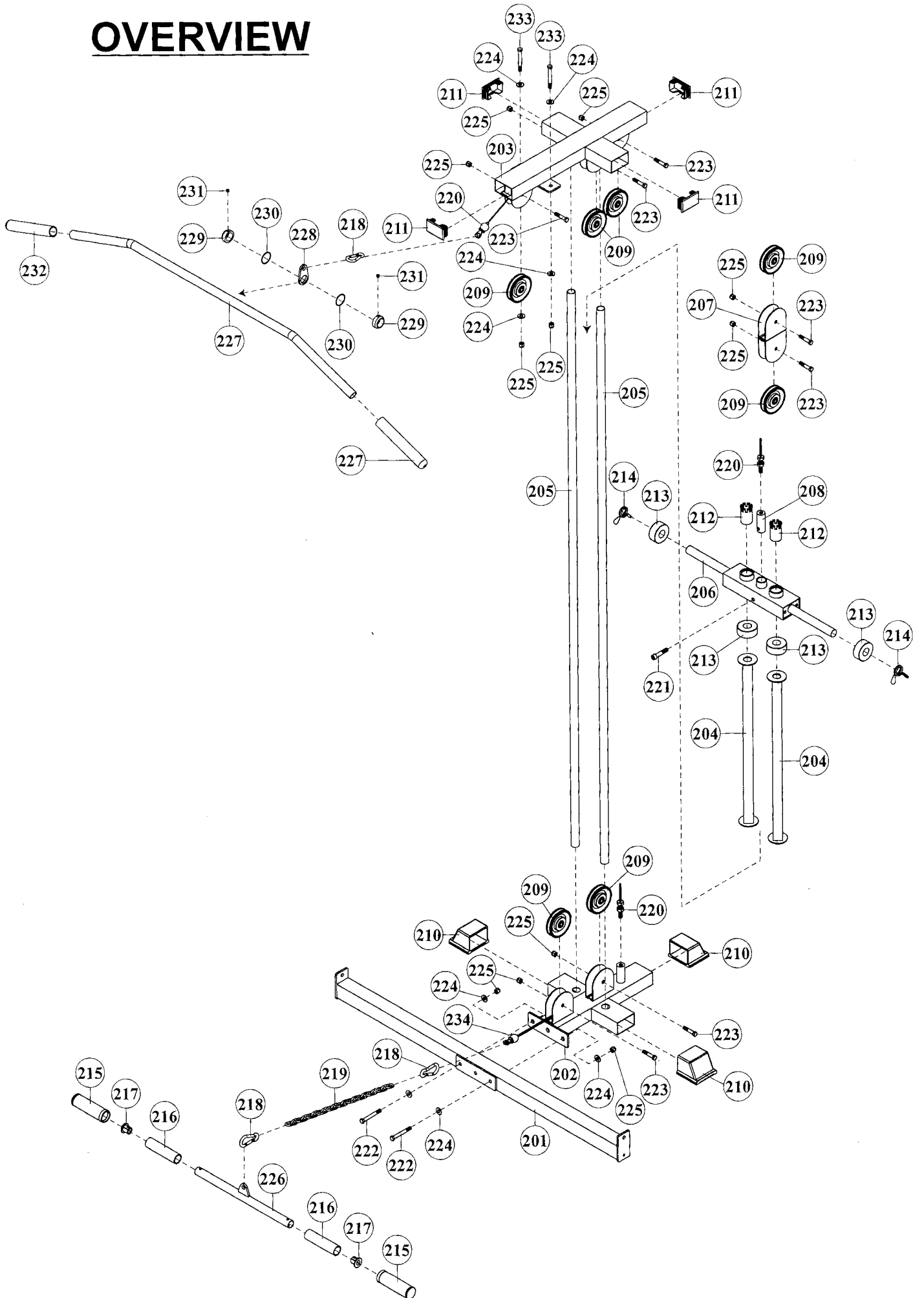
If you have additional questions, please call your local dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

## 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 pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.**

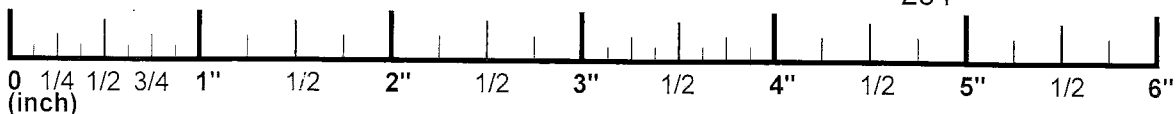
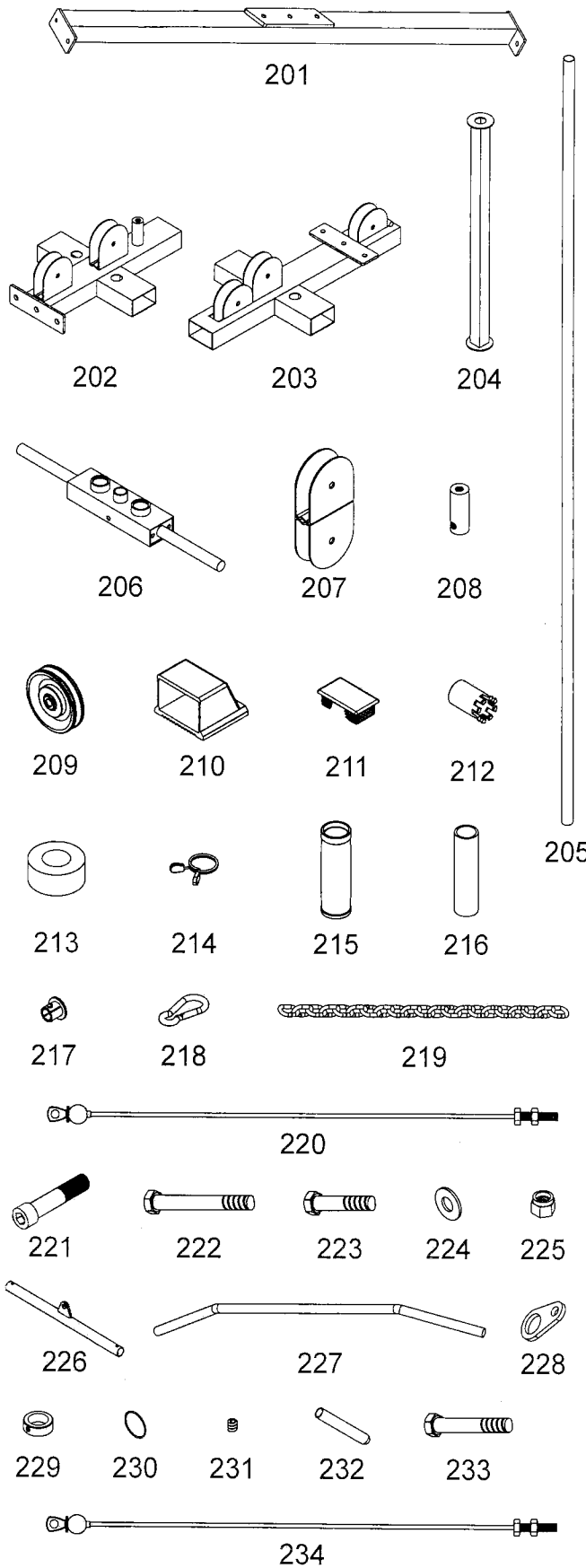
1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. **Inspect and tighten** all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **JONES MACHINE** at all times.
5. Keep your hands away from cables and pulleys during operation. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Make certain all cables are seated within the pulleys before every use.
8. Exercise with care to avoid injury.
9. If unsure about the proper use of the **JONES MACHINE** strength training system call your local dealer or our customer service department at 800-990-5556.

# OVERVIEW



# PARTS CHART

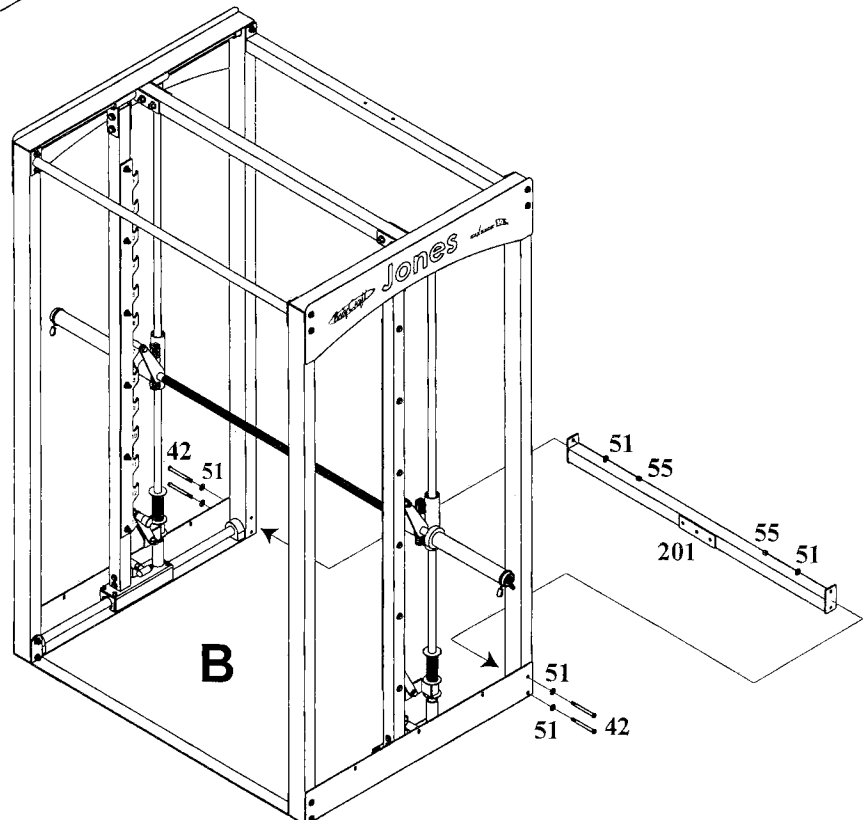
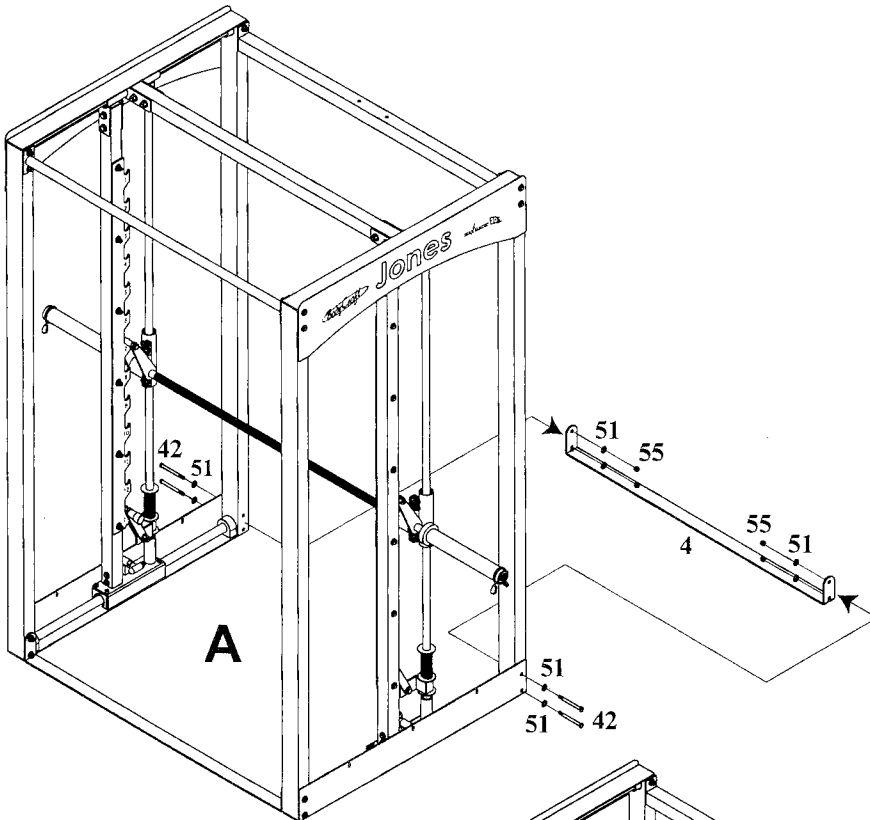
NO.	DESCRIPTION	QTY.
201	REAR STABILIZER	1
202	WEIGHT BASE	1
203	TOP FRAME	1
204	STACK SPACER	2
205	GUIDE ROD	2
206	TOP PLATE	1
207	DOUBLE PULLEY BLOCK	1
208	TOP CABLE LOCKER	1
209	90mm PULLEY	7
210	45 X 75mm CAP	3
211	45 X 75mm PLUG	4
212	1" BUSHING (pre-assembled on Top Plate)	2
213	RUBBER CUSHION	4
214	1" SPRING CLIP	2
215	1-1/4" HAND GRIP (pre-assembled on Curl Bar)	2
216	1-1/4" X 140mm ROUND HAND GRIP (pre-assembled on Curl Bar)	2
217	1" T SHAPE END PLUG (pre-assembled on Curl Bar)	2
218	SNAP HOOK	3
219	CHAIN LINKS	1
220	TOP CABLE	1
221	TOP PLATE BOLT	1
222	3/8" X 3" HEX BOLT	2
223	3/8" X 1-3/4" HEX BOLT	7
224	3/8" WASHER	8
225	3/8" NYLON NUT	11
226	CURL BAR	1
227	LAT BAR	1
228	HOOK PLATE ASSEMBLED ON LAT BAR	1
229	COLLAR ASSEMBLED ON LAT BAR	2
230	SEALING RING ASSEMBLED ON LAT BAR	2
231	M6 X 6mm SET SCREW ASSEMBLED ON LAT BAR	2
232	HAND GRIP ASSEMBLED ON LAT BAR	2
233	3/8" X 2-3/4" HEAD BOLT	2
234	LOW CABLE	1



# STEP 1

*To ease assemble , do NOT tighten any bolt until instructed.*

Remove the flat Base Connector (4) on your Jones Smith and replace it with your new square Rear Stabilizer (201). Reuse the hardware.

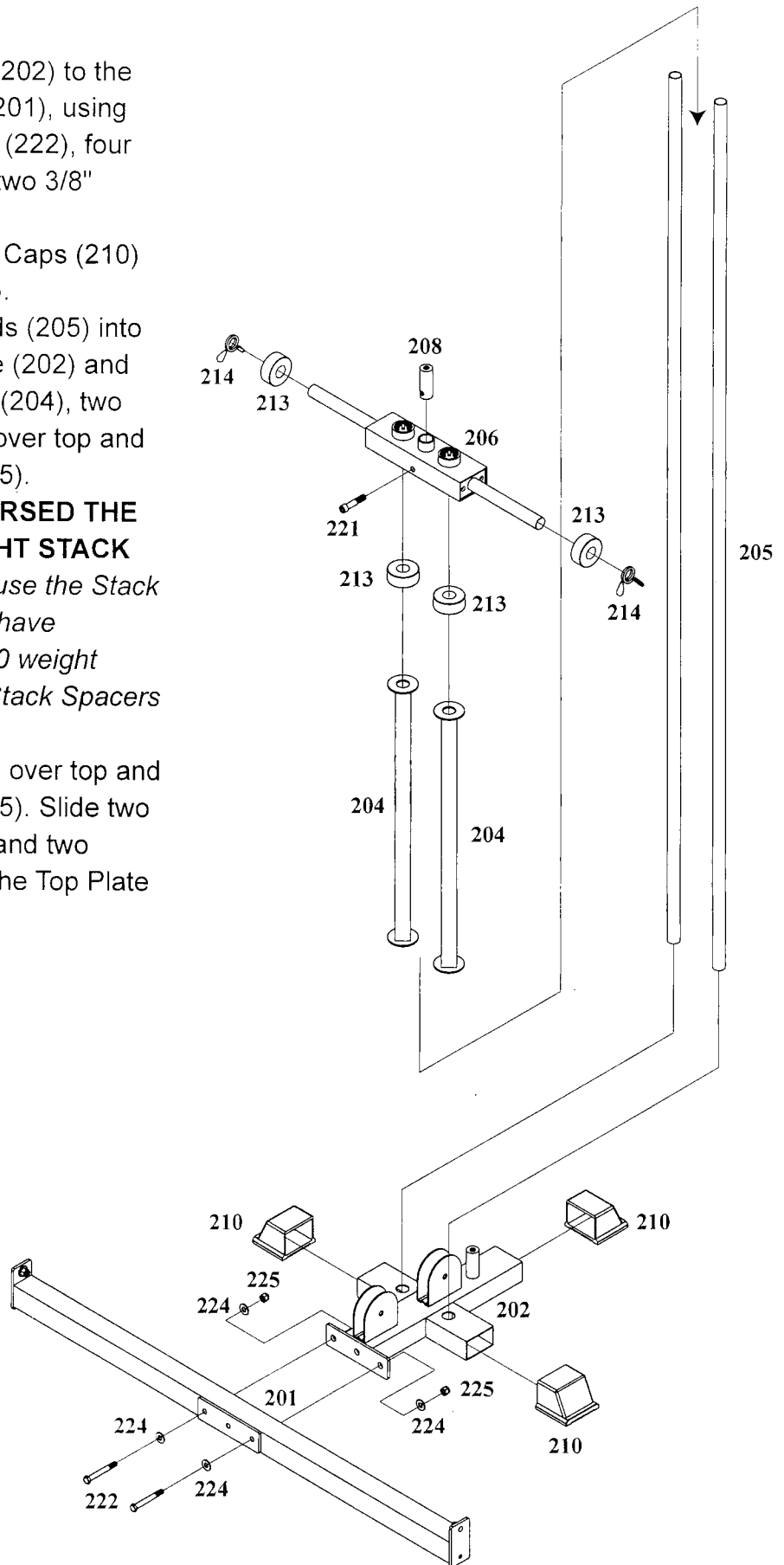


## STEP 2 Weight Base Assembly

1. Attach the Weight Base (202) to the Square Rear Stabilizer (201), using two 3/8" X 3" Head Bolts (222), four 3/8" Washers (224) and two 3/8" Nylon Nuts (225).
2. Attach three 45 X 75mm Caps (210) to the Weight Base (202).
3. Insert the two Guide Rods (205) into the holes in Weight Base (202) and slide two Stack Spacers (204), two Rubber Cushions (213) over top and down the Guide Rod (205).

**IF YOU HAVE PURCHASED THE OPTIONAL F200 WEIGHT STACK UPGRADE KIT:** Do not use the Stack Spacers provided if you have purchased Optional F200 weight stack. Instead, use the Stack Spacers provided in the F200 kit.

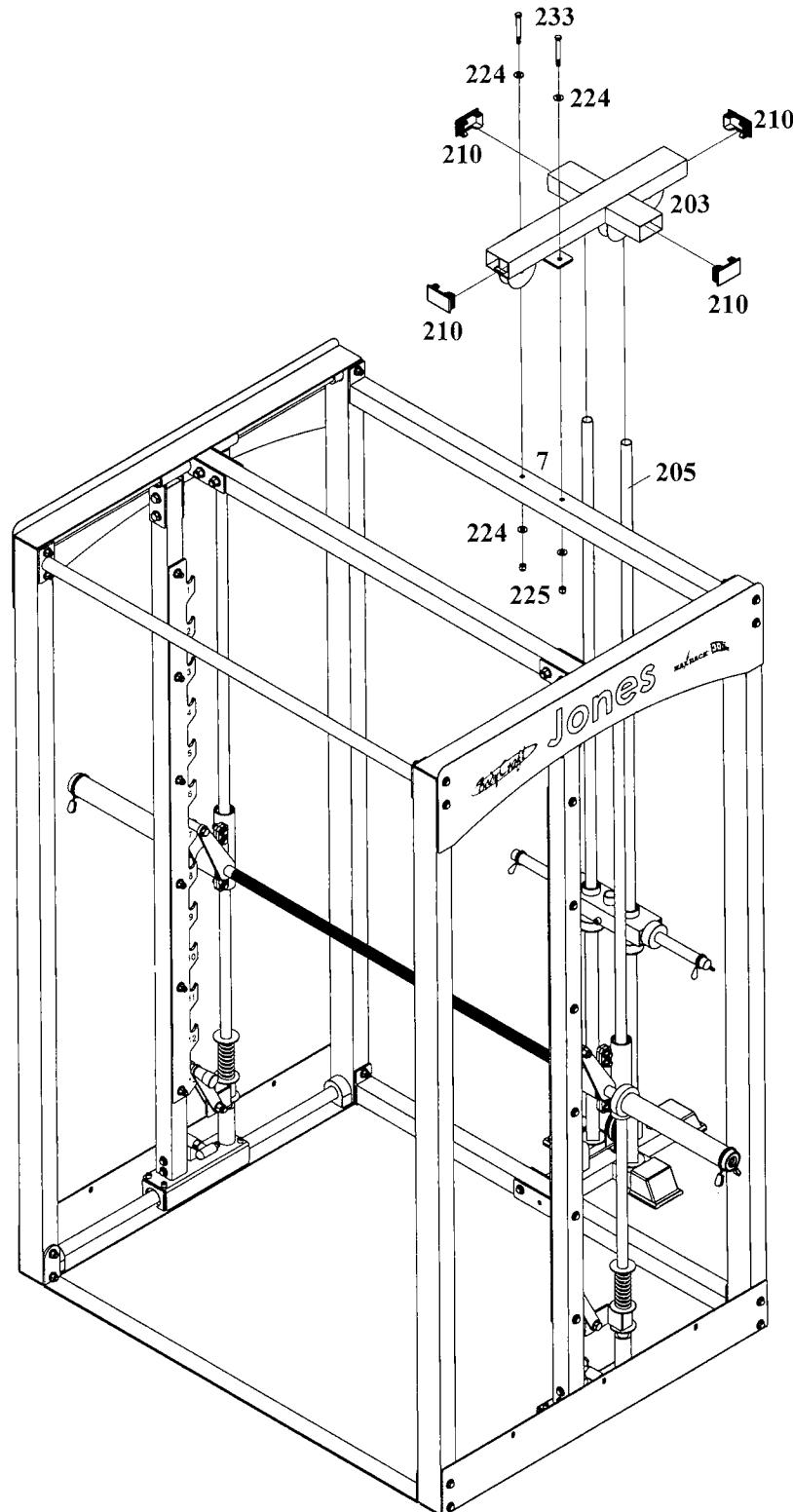
4. Slide the Top Plate (206) over top and down the Guide Rod (205). Slide two Rubber Cushions (213) and two Spring Clips (214) onto the Top Plate (206).



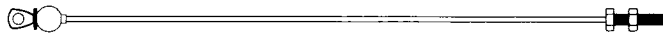
## STEP 3 Top Frame Assembly

1. Slide the Top Frame (203) over top of the Guide Rod (205) and attach it to the Rear Top Frame (7) of The Jones, using two 3/8" X 2-3/4" Hex Bolts (233), four 3/8" Washers (224) and two 3/8" Nylon Nuts (225).

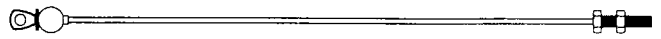
*Tighten all Bolts.*



# STEP 4 Top Cable & Low Cable Assembly



TOP CABLE (220)



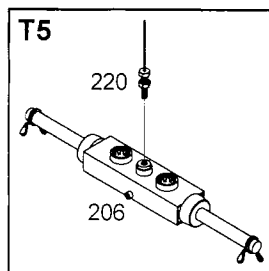
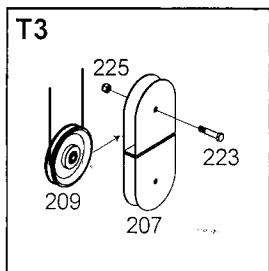
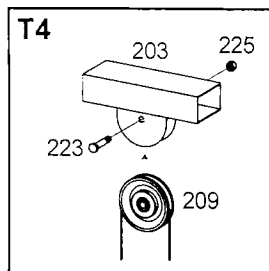
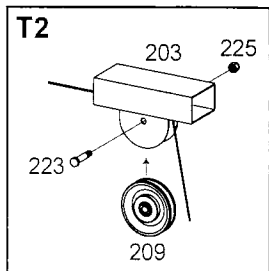
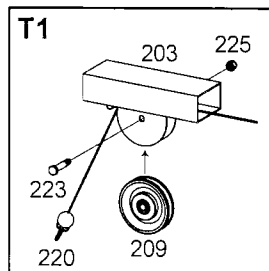
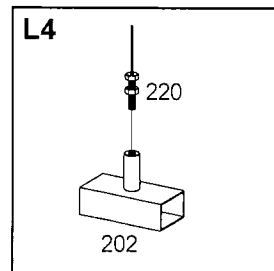
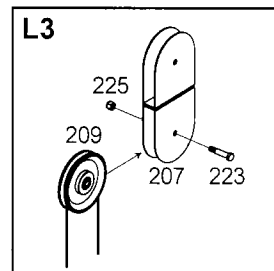
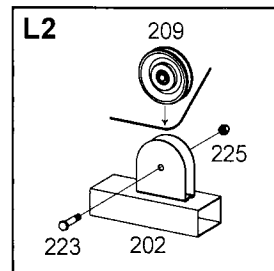
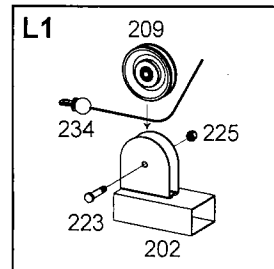
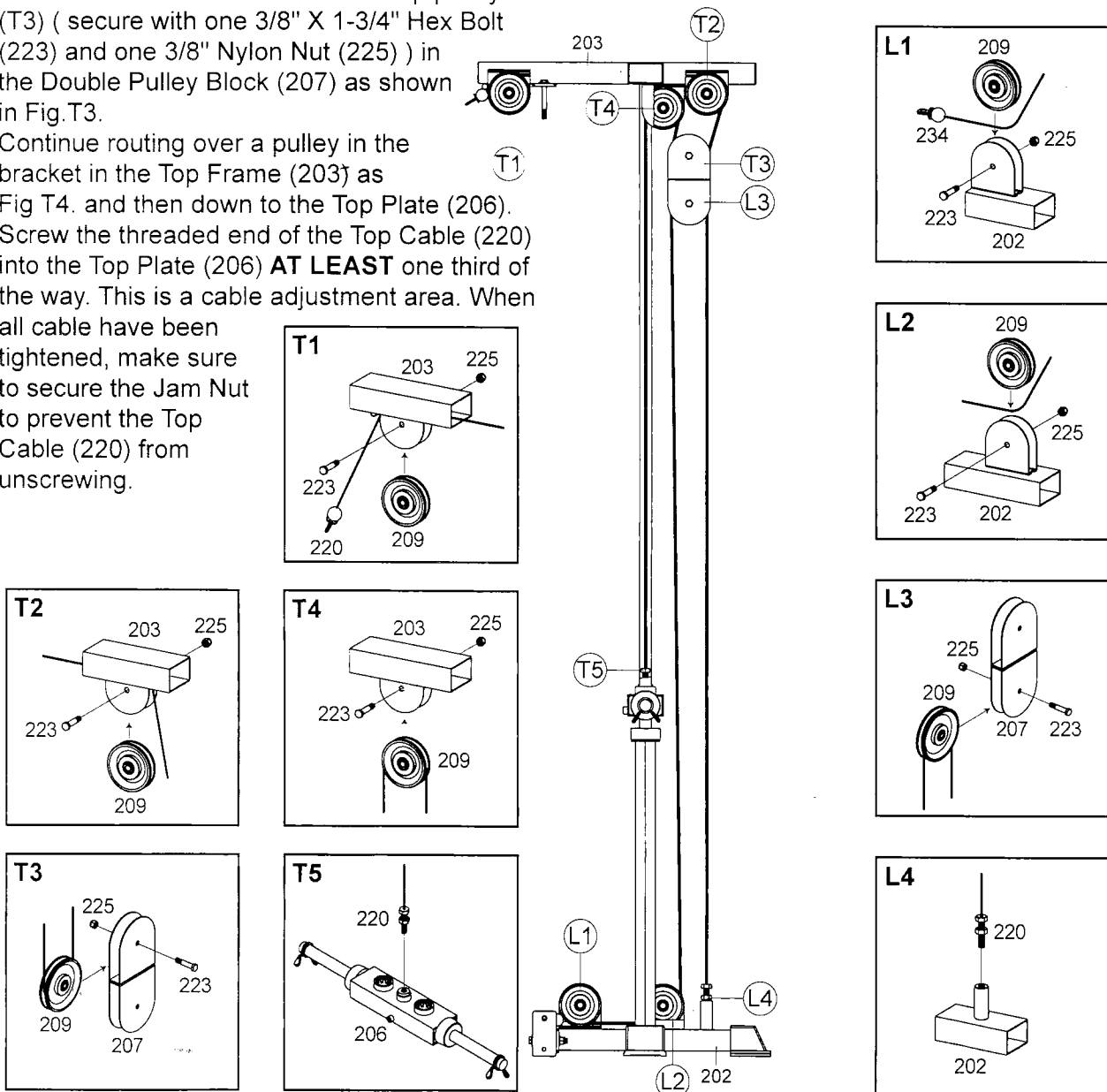
LOW CABLE (234)

## Assemble cables and pulleys simultaneously Top Cable.

1. Insert the screw end of the Top Cable (220) into the slot in the front of the Top Frame (203). Slide it through the inside of the Top Frame (203), and then out of the slot in the rear.
2. Insert Pulleys into the bracket at these slots with cable running above as shown in Figs T1 and T2. Secure the pulleys with one 3/8" X 1-3/4" Hex Bolt (223) and one 3/8" Nylon Nut (225) each.
3. Route the cable down and around top pulley (T3) ( secure with one 3/8" X 1-3/4" Hex Bolt (223) and one 3/8" Nylon Nut (225) ) in the Double Pulley Block (207) as shown in Fig.T3.
4. Continue routing over a pulley in the bracket in the Top Frame (203) as Fig T4. and then down to the Top Plate (206). Screw the threaded end of the Top Cable (220) into the Top Plate (206) **AT LEAST** one third of the way. This is a cable adjustment area. When all cable have been tightened, make sure to secure the Jam Nut to prevent the Top Cable (220) from unscrewing.

## Low Cable

Route the ball end of the Low Cable (234) under two pulleys on Weight Base (202) as shown Figs L1 and L2.. The route Low Cable up and over bottom pulley (L3) in Double Pulley Block (207) as Fig. L3. Continue down to the threaded frame extension welded in Weight Base (202) as Fig L4.. This is a cable adjustment area. When all cable have been tightened, make sure to secure the Jam Nut to prevent the Low Cable (234) from unscrewing.



**Assembly is complete! Please take the following steps before using the BODYCRAFT SMITH STRENGTH TRAINING SYSTEM:**

1. Make certain all bolts are tightened securely.
2. For better performance, apply a household lubricant (such as silicone) to **GUIDE RODS(205)**.
3. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the Jones Machine System. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556**