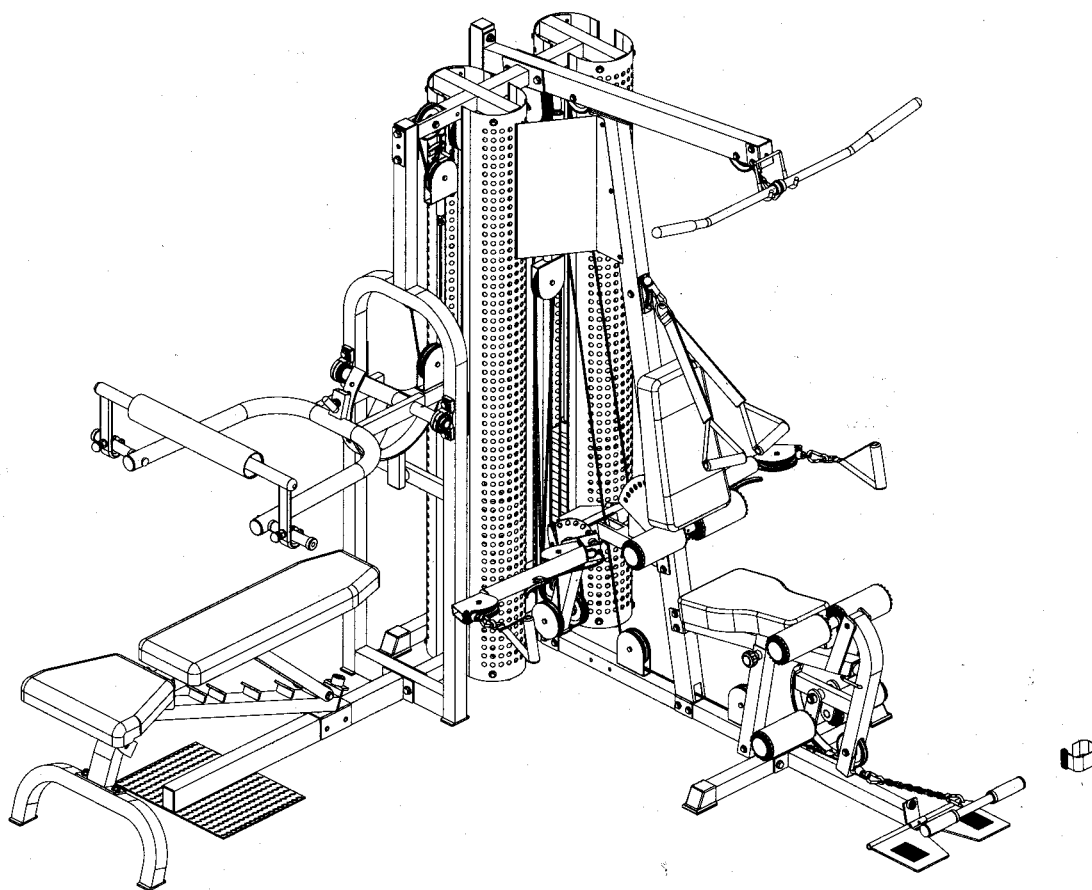


BodyCraft

K2 GYM STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL



QUESTION?

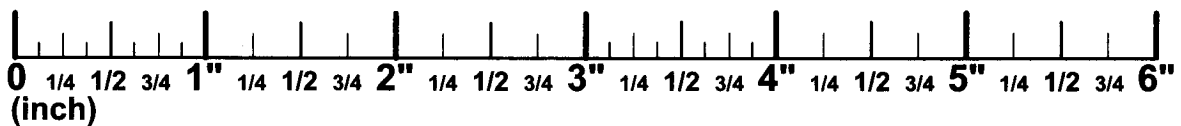
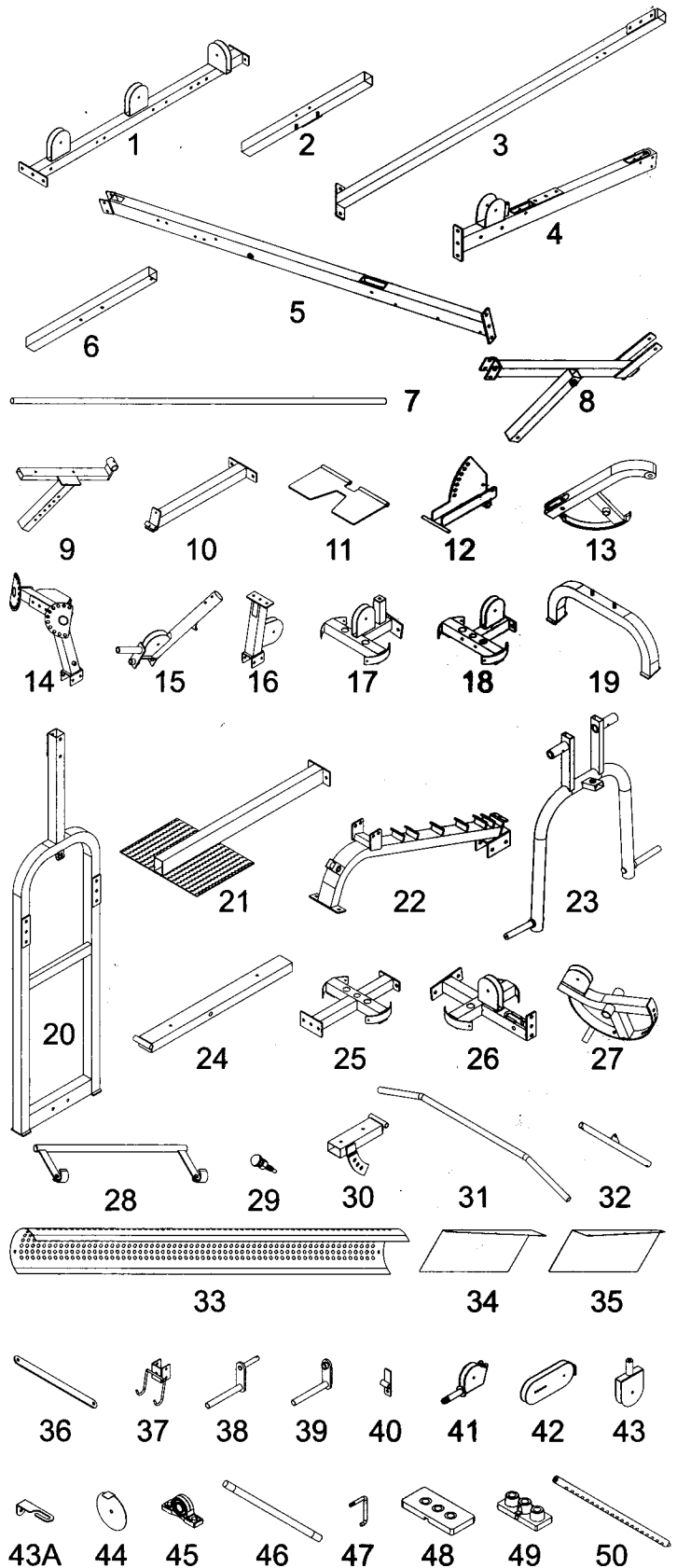
As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or RSI at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

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PARTS LIST

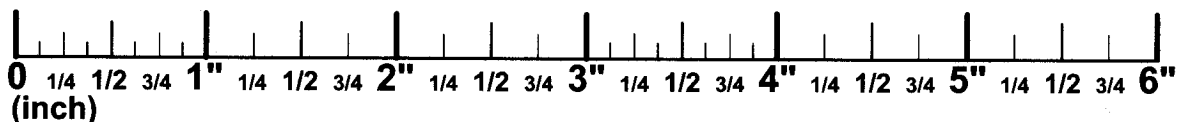
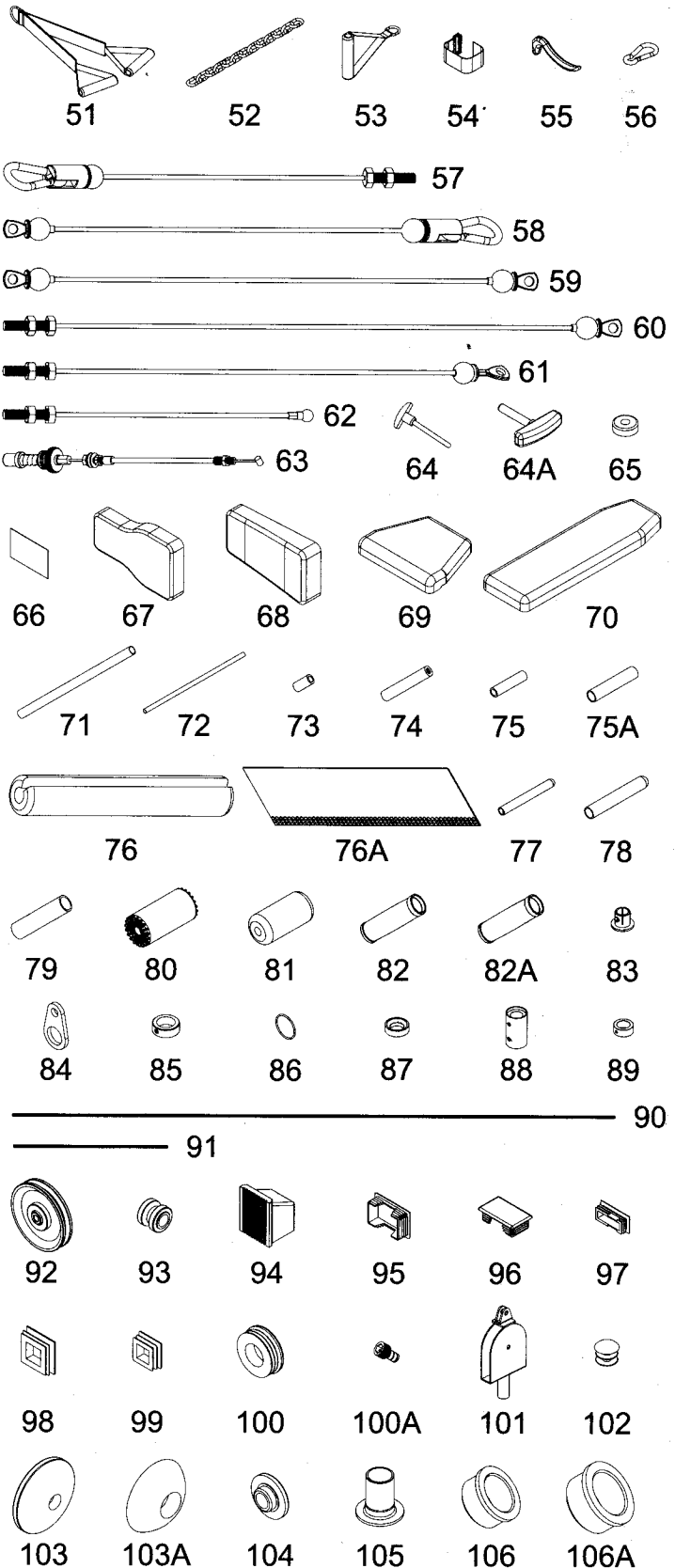
NO.	DESCRIPTION	QTY.
1	BASE FRAME	1
2	REAR STABILIZER	1
3	REAR UPRIGHT	1
4	TOP FRAME	1
5	FRONT UPRIGHT	1
6	FRONT STABILIZER	1
7	GUIDE ROD	4
8	SEAT FRAME	1
9	CHROMED SEAT ADJUSTER	1
10	FRONT EXTENDED FRAME	1
11	FOOT PLATE	1
12	BACK PAD ADJUSTER	1
13	LEG EXTENSION ARM	1
14	CABLE ARM ASSEMBLY	1
15	CABLE ARM	2
16	CABLE ARM CONNECTOR	1
17	GYM TOP GUIDE ROD RETAINER	1
18	GYM WEIGHT BASE	1
19	BENCH BASE FRAME	1
20	BENCH PRESS UPRIGHT	1
21	SQUAT FOOT PLATE	1
22	BENCH MAIN FRAME	1
23	BENCH PRESS ARM	1
24	BENCH BACK SUPPORT	1
25	BENCH PRESS WEIGHT BASE	1
26	BENCH TOP GUIDE ROD RETAINER	1
27	CHROMED PRESS ADJUSTER	1
28	SQUAT HANDLE	1
29	POP PIN	2
30	BENCH SEAT ADJUSTER	1
31	LAT BAR	1
32	LOW ROWER	1
33	SHROUD	4
34	RIGHT POSTER PLATE	1
35	LEFT POSTER PLATE	1
36	BACK PAD ADJUSTER	2
37	BAR HOOK	2
38	LEFT LEG EXTENSION ARM	1
39	RIGHT LEG EXTENSION ARM	1
40	METAL HINGE	2
41	SWIVEL CABLE TOP	2
42	FLOATING PULLEY BLOCK	2
43	SINGLE PULLEY BLOCK	1
43A	CABLE GUIDE PLATE	1
44	PULLEY GUARD	4
45	PILLOW BLOCK BEARING	2
46	AXLE OF BENCH PRESS ARM	1
47	LEG EXTENSION LOCK PIN	1
48	WEIGHT PLATE	38
49	TOP PLATE	2
50	SELECTOR ROD	2




















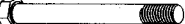
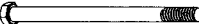











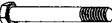






















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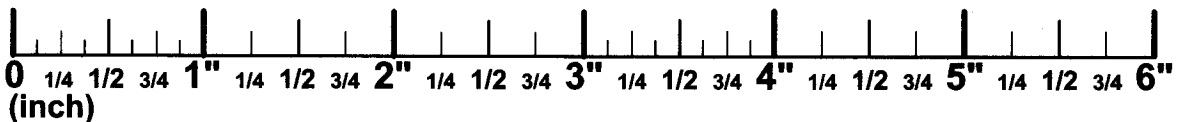
NO. DESCRIPTION QTY.

51	AB CRUNCH	1
52	LINK CHAIN	1
53	SINGLE HANDLE	2
54	ANKLE STRAP	1
55	CLUTCH LEVER OF CABLE ARM	2
56	SNAP HOOK	6
57	TOP CABLE	1
58	AB CABLE	1
59	CABLE ARM CABLE	1
60	CONNECTING CABLE	1
61	BENCH PRESS CABLE I	1
62	BENCH PRESS CABLE II	1
63	CLUTCH CABLE	2
64	SELECTOR PIN	2
64A	MAGNETIC PIN	1
65	METAL CAP	2
66	NON SLIP	4
67	SEAT PAD	1
68	BACK PAD	1
69	BENCH SEAT PAD	1
70	BENCH BACK PAD	1
71	FOAM ROLLER HOLDER	2
72	1/2" DIAMETER TUBE	1
73	SLEEVE	2
74	LEG EXTENSION AXLE	1
75	CONNECT SLEEVE	1
75A	METAL ROLLER	2
76	FOAM OF SQUAT HANDLE	1
76A	COVER OF FOAM OF SQUAT HANDLE	1
77	8mm FOAM TUBE	4
78	1" HAND GRIP	2
79	1" PLASTIC SLEEVE	2
80	COVER OF FOAM PAD	6
81	FOAM PAD	6
82	1-1/4" HAND GRIP	2
82A	1-1/4" HAND GRIP (HDR)	2
83	1" T SHAPE END PLUG	2
84	HOOK PLATE	1
85	COLLAR	2
86	SEALING RING	2
87	STEEL SPACER	2
88	CABLE ARM COLLAR	2
89	CABLE ARM AXLE COLLAR	2
90	TRIM OF SHROUD	8
91	TRIM OF POSTER PLATE	2
92	PULLEY	29
93	SMALL PULLEY	2
94	50 SQ. END CAP	4
95	50 X 75mm END PLUG	1
96	45 X 75mm END PLUG	2
97	25 X 50mm END PLUG	5
98	50mm SQ. PLUG	3
99	38mm SQ. PLUG	1
100	50mm ROUND PLUG	2
100A	5/16" X 3/4" SET SCREW	2
101	SINGLE PULLEY WITH CONNECTOR	1
102	1/2" ROUND PLUG	2
103	PLASTIC WASHER	6
103A	PLASTIC COVER	6
104	SLIDE SPACER	6
105	PLASTIC GUIDE ROD HOLDER	8
106	1" STEEL BUSHING	2
106A	1-1/8" STEEL BUSHING	4



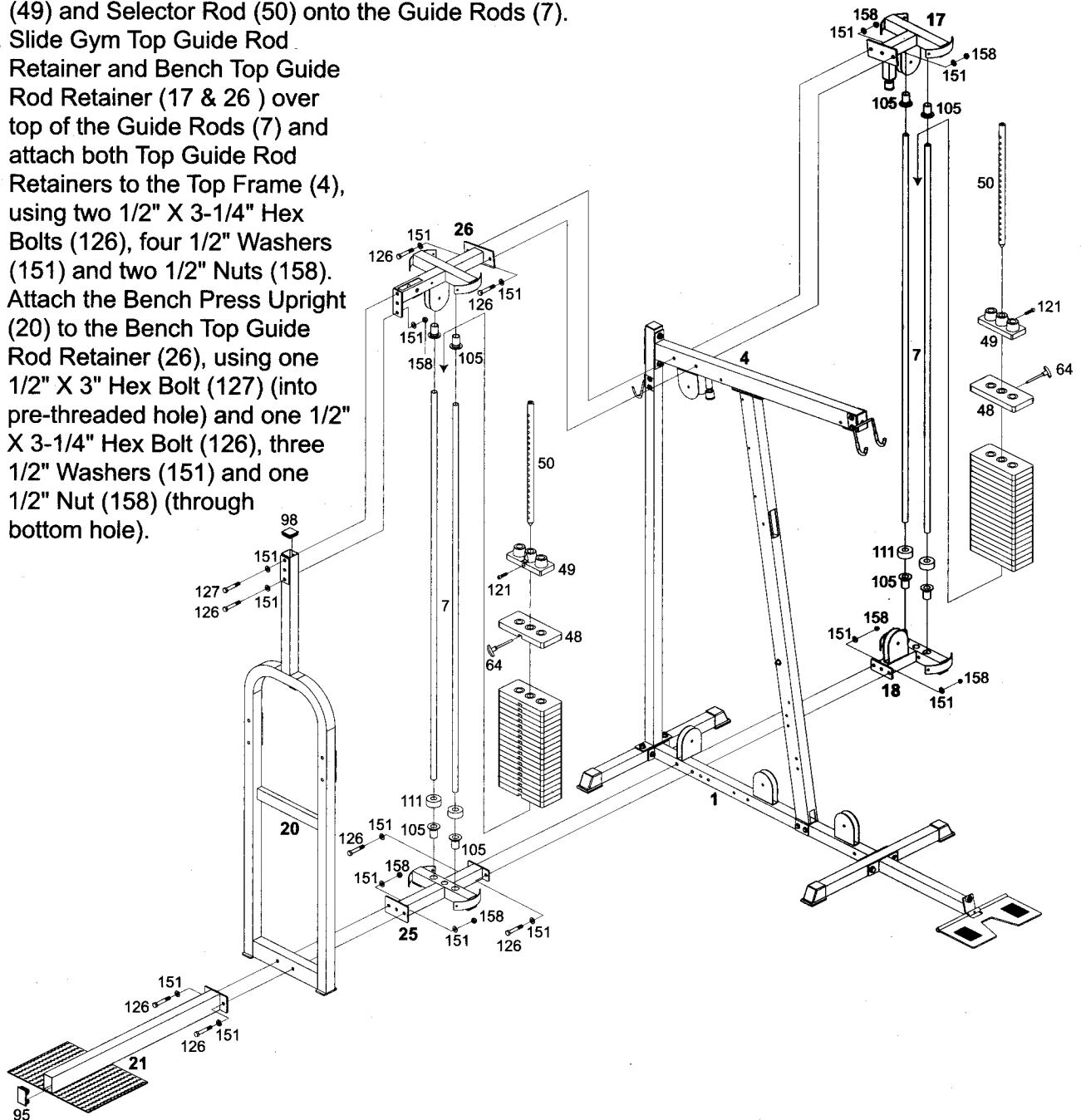
PARTS LIST

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107	3/4" STEEL BUSHING	2							
107A	1/2" STEEL BUSHING	8							
108	3/8" BUSHING	4	107	107A	108	109	110	111	
109	1/2" STOPPER	1							
110	1" STOPPER	4							
111	RUBBER DONUT	4							
112	SPRING KNOB	1	112	113	114	115	116		
113	POP PIN (LONGER)	2							
114	POP PIN (SHORTER)	1							
115	ADJ. STOPPER	2							
116	PLASTIC KNOB	1							
117	5/16" NUT	6	117	118	119	120	121	122	
118	BEARING	4							
119	BEARING BASIN	4							
120	BEARING COVER	4							
121	TOP PLATE BOLT	2	123	129	135	143			
122	SPRING	1							
123	1/2" X 5" HEX BOLT	3							
124	1/2" X 4-1/4" HEX BOLT	1							
125	1/2" X 3-1/2" HEX BOLT	4	124	130	136	144			
126	1/2" X 3-1/4" HEX BOLT	11							
127	1/2" X 2-3/4" HEX BOLT	1							
128A	1/2" X 1" HEX BOLT	2							
129	3/8" X 5-3/4" HEX BOLT	1	125	130A	137	145			
130	3/8" X 4-1/2" HEX BOLT	1							
130A	3/8" x 3-1/8" HEX BOLT	3							
131	3/8" X 3" HEX BOLT	14							
132	3/8" X 2-3/4" HEX BOLT	5	126	131	138	146			
133	3/8" X 2-1/2" HEX BOLT	3							
134	3/8" X 1-3/4" HEX BOLT	20							
135	3/8" X 1-3/4" HEX BOLT (ALL)	2							
136	3/8" X 1" HEX BOLT (ALL)	4	127	132	139	148			
137	5/16" X 1/2" HEX BOLT (ALL)	16							
138	FEMALE SCREW FOR POSTER	3							
139	5/16" X 1-1/2" HEX BOLT	2							
141	5/16" X 5/8" INNER HEX SCREW	3	128A	133	141	148A			
142	5/16" X 1-1/4" SUNKEN HEAD SCREW	6							
143	3/8" X 1/2" INNER HEX SCREW	4							
144	3/8" X 3/4" INNER HEX SCREW	4							
145	6 X 12mm MALE NUT FOR POSTER	3							
146	M5 X 18mm ROUND HEAD SCREW	2							
148	5/16" X 1/4" SET SCREW	7							
148A	5/16" X 1/2" SET SCREW	1	151	152	154	155	156	157	
149	M6 SET SCREW	2							
151	1/2" WASHER	45							
152	3/8" WASHER	54							
154	5/16" WASHER	18	158	159	160	161	162		
155	5/16" SPRING WASHER	2							
156	3/8" SPRING WASHER	4							
157	24mm NYLON NUT	2							
158	1/2" NYLON NUT	23							
159	3/8" NYLON NUT	43							
160	5/16" NYLON NUT	3							
161	M6 NYLON NUT	1							
162	M5 NYLON NUT	2							



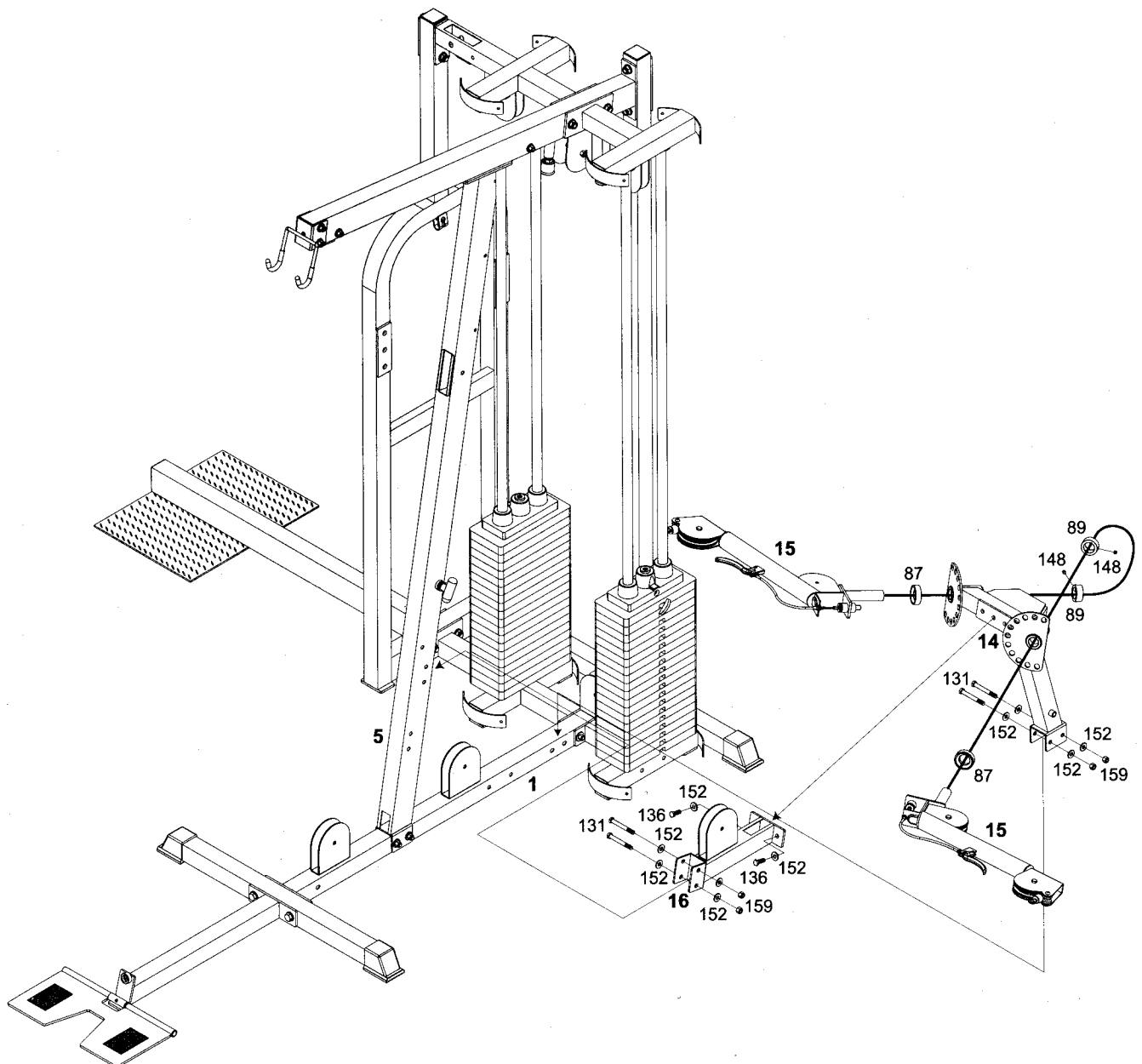
STEP 2 Weight Stack Assembly

1. Attach the Gym Weight Base (18) and the Bench Press Weight Base (25) to the Base Frame (1) using two 1/2" X 3-1/4" Hex Bolts (126), four 1/2" Washers (151) and two 1/2" Nuts (158). Insert four plastic Guide Rod Holders (105) into the holes in each Weight Base (18 & 25). Also insert four plastic Guide Rod Holders (105) into the holes in each Top Guide Rod Retainer (17 & 26) as shown. Slide a Rubber Donut (111) onto one end of each Guide Rod (7). Insert the Guide Rods (7) into the Plastic Guide Rod Holders (105) in each Weight Base (18&25) as shown.
2. Attach the Squat Foot Plate (21) and the Bench Press Upright (20) to the Bench Press Weight Base (25) using two 1/2" X 3-1/4" Hex Bolts (126), four 1/2" Washers (151) and two 1/2" Nuts (158). Cap the Squat Foot Plate (21) with one 50 X 75mm Plug (95) and the Bench Press Upright (20) with one 50mm SQ Plug (98).
3. Slide each Weight Plate (48) over the Guide Rods (7). Make certain that each plate is oriented with the selector hole on the bottom and facing forward. Attach the Top Plate (49) to the Selector Rod (50) using the Top Plate Bolt (121). Tighten the Top Plate Bolt (121). Slide the Top Plate (49) and Selector Rod (50) onto the Guide Rods (7).
4. Slide Gym Top Guide Rod Retainer and Bench Top Guide Rod Retainer (17 & 26) over top of the Guide Rods (7) and attach both Top Guide Rod Retainers to the Top Frame (4), using two 1/2" X 3-1/4" Hex Bolts (126), four 1/2" Washers (151) and two 1/2" Nuts (158).
5. Attach the Bench Press Upright (20) to the Bench Top Guide Rod Retainer (26), using one 1/2" X 3" Hex Bolt (127) (into pre-threaded hole) and one 1/2" X 3-1/4" Hex Bolt (126), three 1/2" Washers (151) and one 1/2" Nut (158) (through bottom hole).



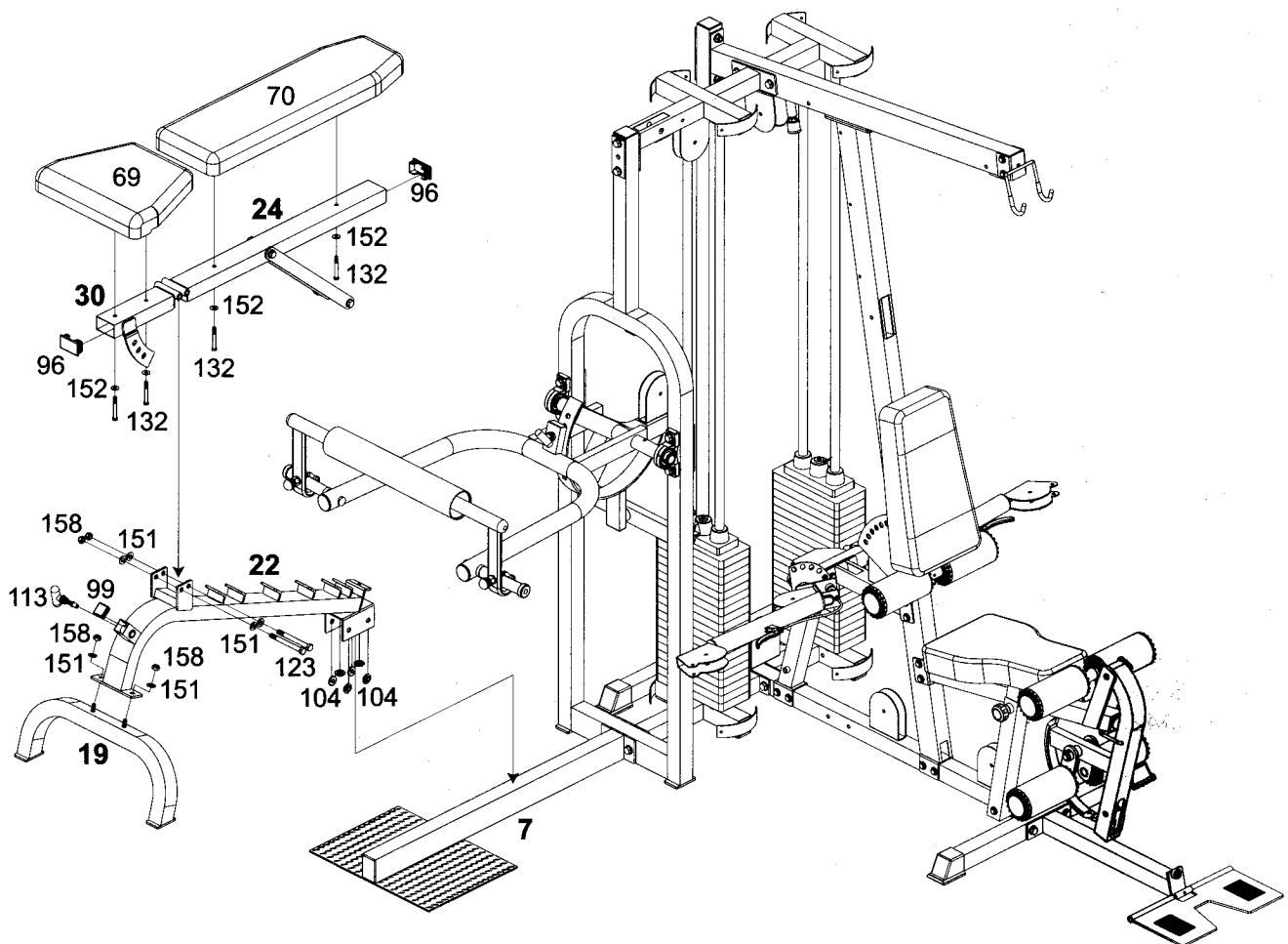
STEP 3 Cable Arm Assembly

1. Attach the Cable Arm Connector (16) to the Front Upright (5) using two 3/8" X 3" Hex Bolts (131), four 3/8" Washers (152) and two 3/8" Nuts (159). Attach the Cable Arm Connector (16) to the pre-threaded holes in the Cable Arm Assembly (14), using two 3/8" X 1" Hex Bolts (136) and two 3/8" Washers (152). Remember to keep all bolts loose to ensure holes will align easily. Attach the Cable Arm Assembly (14) to the Base Frame (1) using two 3/8" X 3" Hex Bolts (131), four 3/8" Washers (152) and two 3/8" Nuts (159).
2. Slide the axle of each Cable Arm (15) through the holes in the selector plates in the Cable Arm Assembly (14) and fasten using the Axle Collars (89) and tightening by each 5/16" X 1/4" Set Screw (148). Check to ensure that each Cable Arm pivots freely and any cables are not twisted.



STEP 6 Bench Assembly

1. Attach the Bench Main Frame (22) to Bench Base Frame (19), using two 1/2" Washers (151) and two 1/2" Nuts (158).
2. Attach the Bench Back Support (24) and Bench Seat Adjuster (30) to the Bench Main Frame (22), using two 1/2" X 5" Hex Bolts (123), four 1/2" Washers (151) and two 1/2" Nuts (158). Tighten these bolts and then loosen just enough for the Seat and Back to pivot freely. Attach the Bench Seat Pad (69) to Bench Seat Adjuster (30) using two 3/8" X 2-3/4" Hex Bolts (132) and 3/8" Washers (152). Attach the Bench Back Pad (70) to the Bench Back Support (24) using two 3/8" X 2-3/4" Hex Bolts (132) and 3/8" Washers (152).
3. Insert a 45 X 75mm Plug (96) into the Bench Back Support (24) and a 45 X 75mm Plug (96) into the Bench Seat Arm (30).

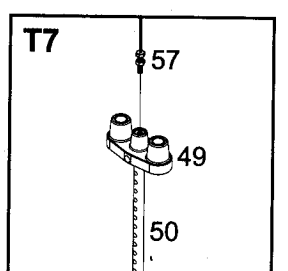
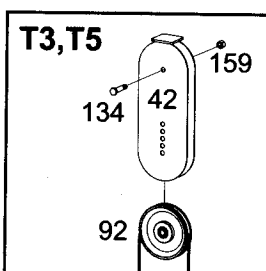
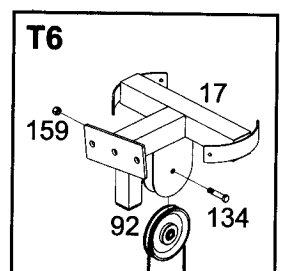
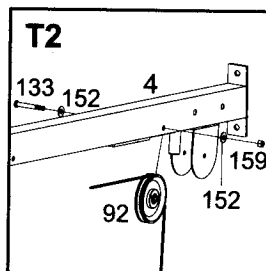
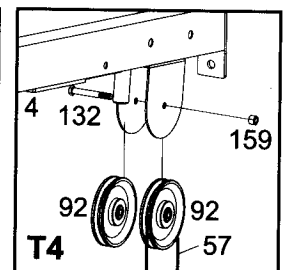
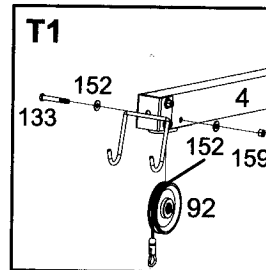
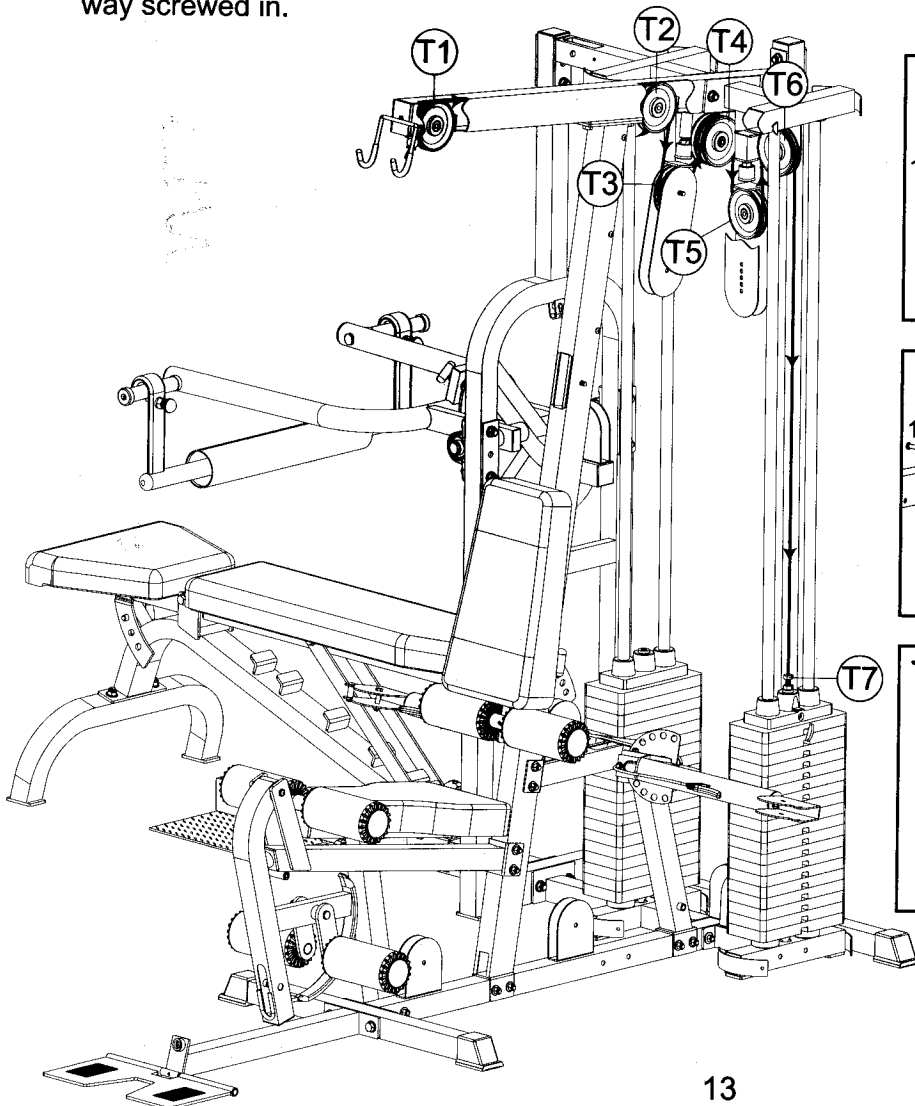


STEP 7 Top Cable



Assemble cables and pulleys simultaneously.

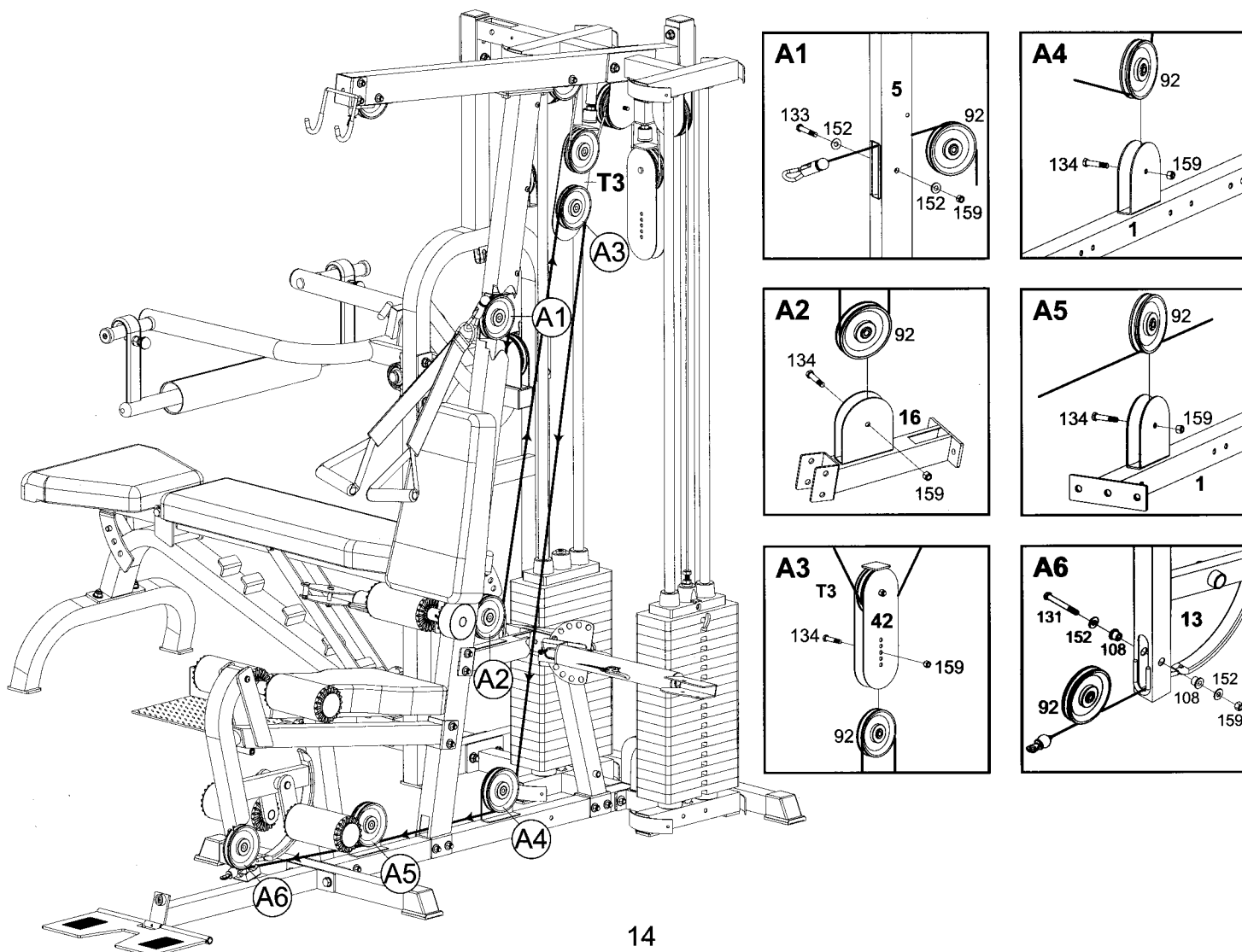
1. Insert the threaded end of the Top Cable (57) into the slot in the front of the Top Frame (4) as shown in inset T1, and insert a pulley into the slot using one 3/8" X 2-1/2" Hex Bolt (133), two 3/8" Washers (152) and one 3/8" Nut (159). Route the cable over this pulley, through the Top Frame (4) and over the pulley mounted (using one 3/8" X 2-1/2" Hex Bolt (133), two 3/8" Washers (152) and one 3/8" Nut (159) in the rear of the Top Frame as shown in inset T2.
2. Mount a pulley in the top hole of one Floating Pulley Block (42) using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159). Continue cable routing down and around the top pulley in the Floating Pulley Block (42) as shown in inset T3, T5.
3. Continue cable routing up and over the left side (as if sitting on seat) pulley mounted on Top Frame (4) as shown in inset T4. Use one 3/8" X 2-3/4" Hex Bolt (132) and one 3/8" Nut (159) to mount the pulley.
4. Mount a pulley in the top hole of the other Floating Pulley Block (42) using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159). Continue cable routing down and around the top pulley in the Floating Pulley Block (42) as shown in inset T3, T5.
5. Continue cable routing up and over the pulley mounted on the Top Guide Rod Retainer as shown in T6. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159). Screw the threaded end of the Top Cable (57) into the Top Plate (49). The bolt should be at least one-third of the way screwed in.



STEP 8 AB Cable



1. Route the AB cable (58) through the slot and over the pulley mounted in **Front Upright (5)** as shown in inset A1. Mount pulley using one 3/8" X 2-1/2" Hex Bolt (133), two 3/8" Washers (152) and one 3/8" Nut (159).
2. Continue cable routing down to the pulley mounted on Cable Arm Connector (**16**) as shown in inset A2. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159).
3. Continue cable routing up and over the pulley mounted in lower half of the **Floating Pulley Block (42)** as shown in inset A3. Mount the pulley in one of the bottom holes of the **Floating Pulley Block (42)** using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159). The multiple holes are for cable adjustment. When cabling is complete, this pulley can be moved upward to take up slack, or downward to gain length.
4. Continue cable routing down to the pulley mounted on Base Frame (**1**) as shown in inset A4. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159).
5. Continue cable forward, toward the front of the machine, under pulley A5. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159).
6. End the routing of the AB cable under the pulley on the Leg Extension Arm (**13**). Mount the pulley using one 3/8" X 3" Hex Bolt (131), two 3/8" Washers (152), two 3/8" Bushings (108) and one 3/8" Nut (159) as shown in inset A6.

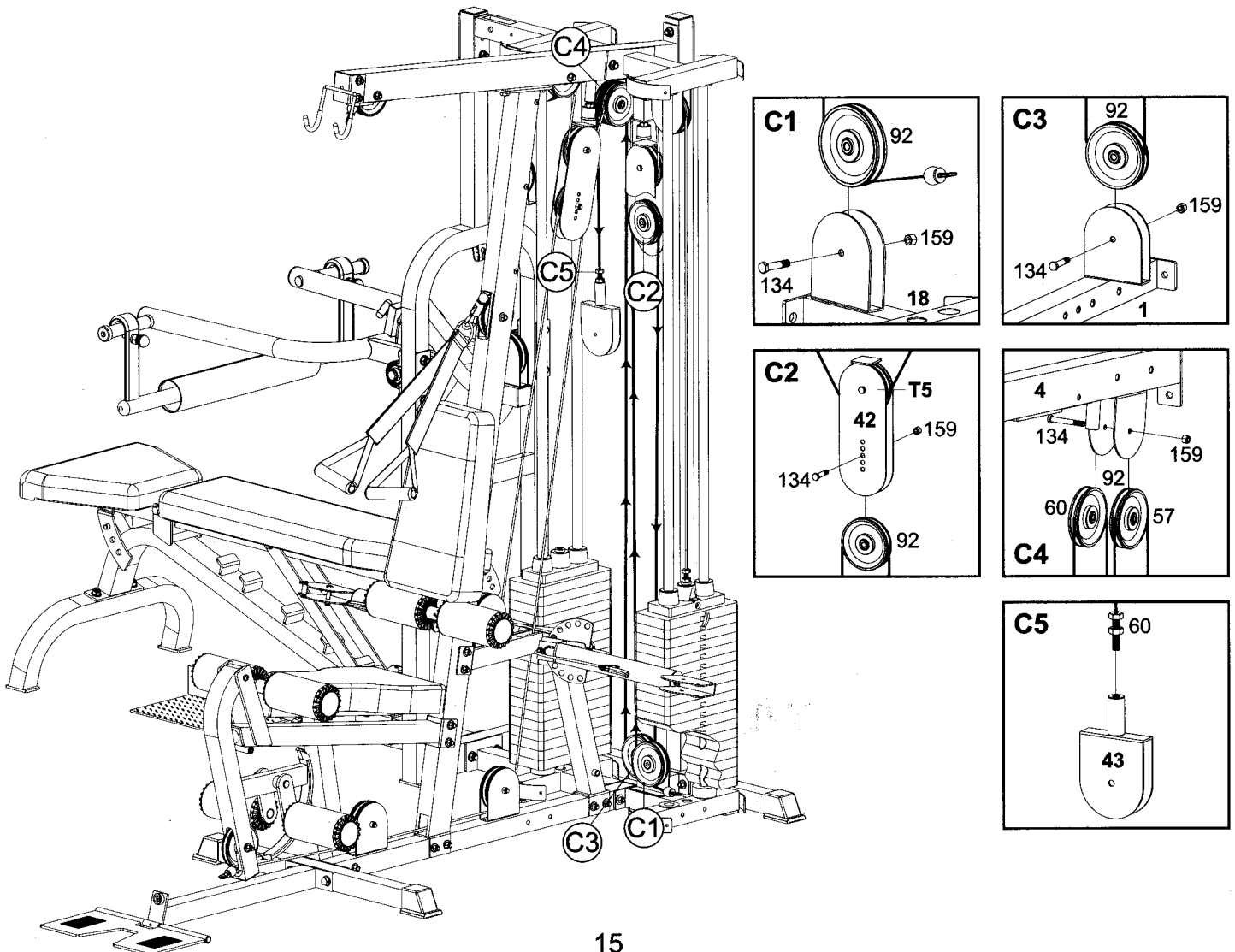


STEP 9 Connecting Cable



"Please do not use this Connecting Cable if you own the optional leg press. Use the Leg Press Cable found in the Leg Press box."

1. Route the Connecting Cable (60) under the pulley mounted on the Base Frame (1) just behind the weight stack. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159) as shown in inset C1 with the ball end of the cable toward the weight stack.
2. Continue cable routing up and over the pulley mounted in lower half of the Floating Pulley Block (42) as shown in inset C2. Mount the pulley in one of the bottom holes of the Floating Pulley Block (42) using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159). The multiple holes are for cable adjustment. When cabling is complete, this pulley can be moved upward to take up slack, or downward to gain length.
3. Continue cable routing down to the pulley on the Base Frame (1) as shown in inset C3. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159).
4. Continue cable routing up to the right side pulley in the Top Frame (4) as shown in inset C4, then down to the threaded receptor on the Single Pulley Block (43) as shown in inset C5. The bolt should be at least one-third of the way screwed in.

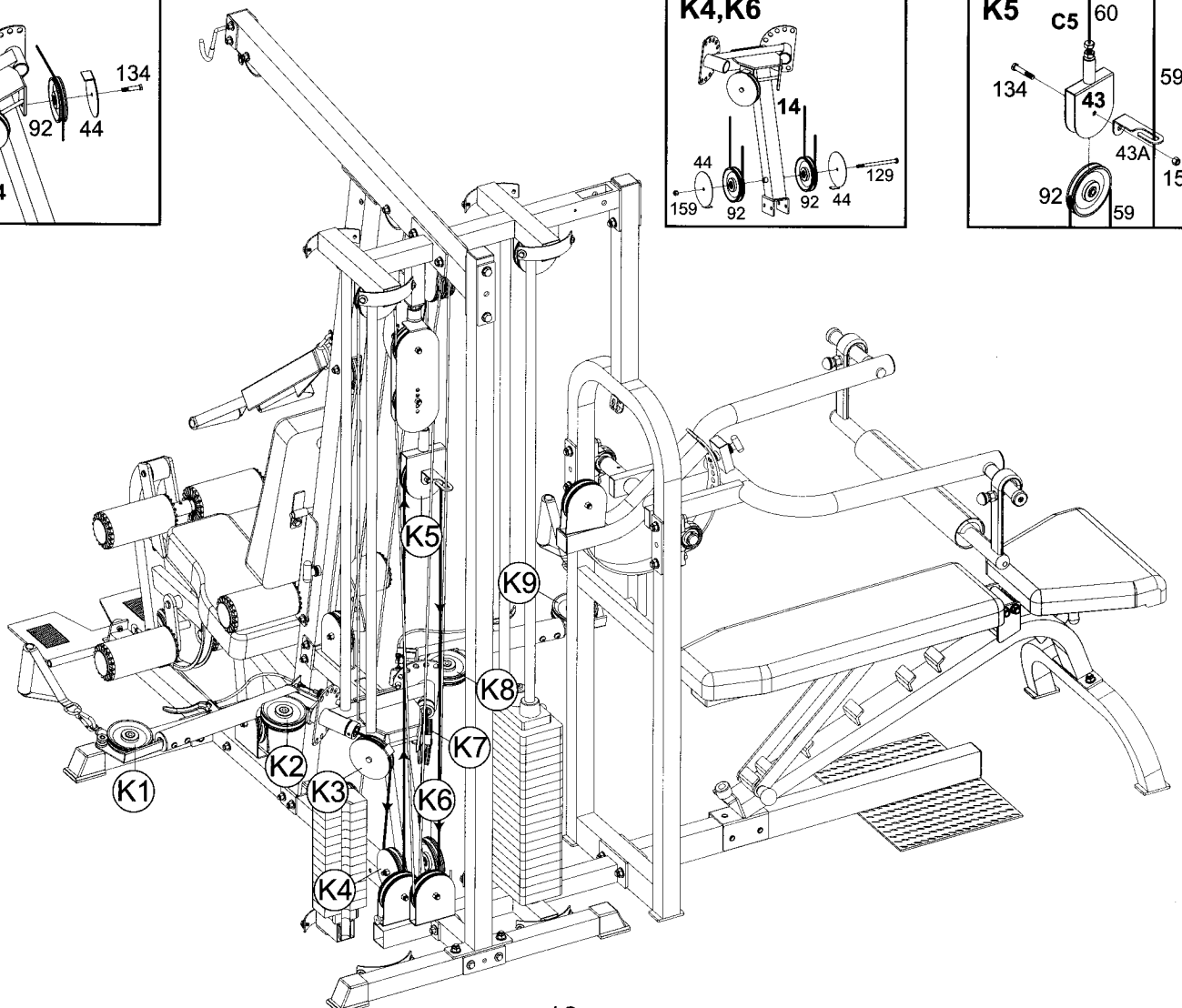
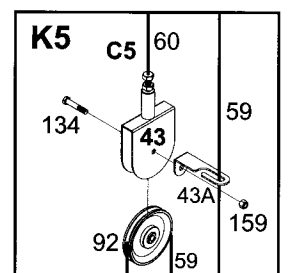
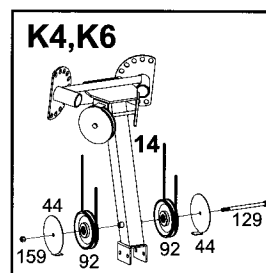
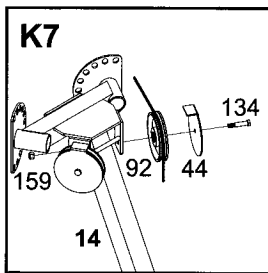
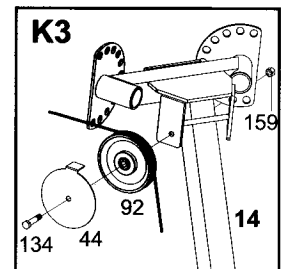
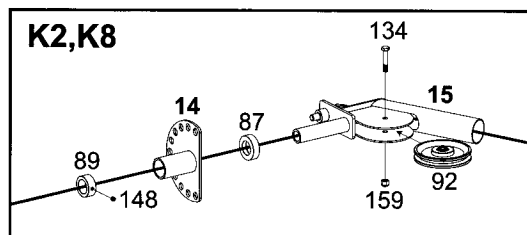
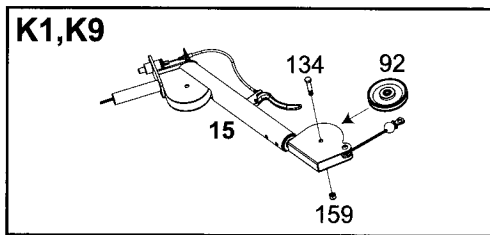


STEP 10 Cable Arm Cable

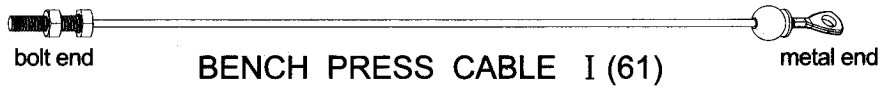


Attach pulleys and Pulley Guards (44) to the Cable Arm Assembly (14) as shown in insets K3, K4, and K6. Be certain that, when tightened, the Pulley Guards do not interfere with the cable movement. Route the Cable Arm Cable (59) around these pulleys as shown and around the pulley in the Single Pulley Block (43).

Mount a pulley into the Single Pulley Block (43) and attach the Cable Guide Plate (43A) (facing upward) to the Single Pulley Block (43) using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut as shown in inset K5. Insert the rear side of the Connecting Cable into the slot of the Cable Guide Plate (43A). This cable guide is included to ensure that the Cable Arms Cable does not twist.



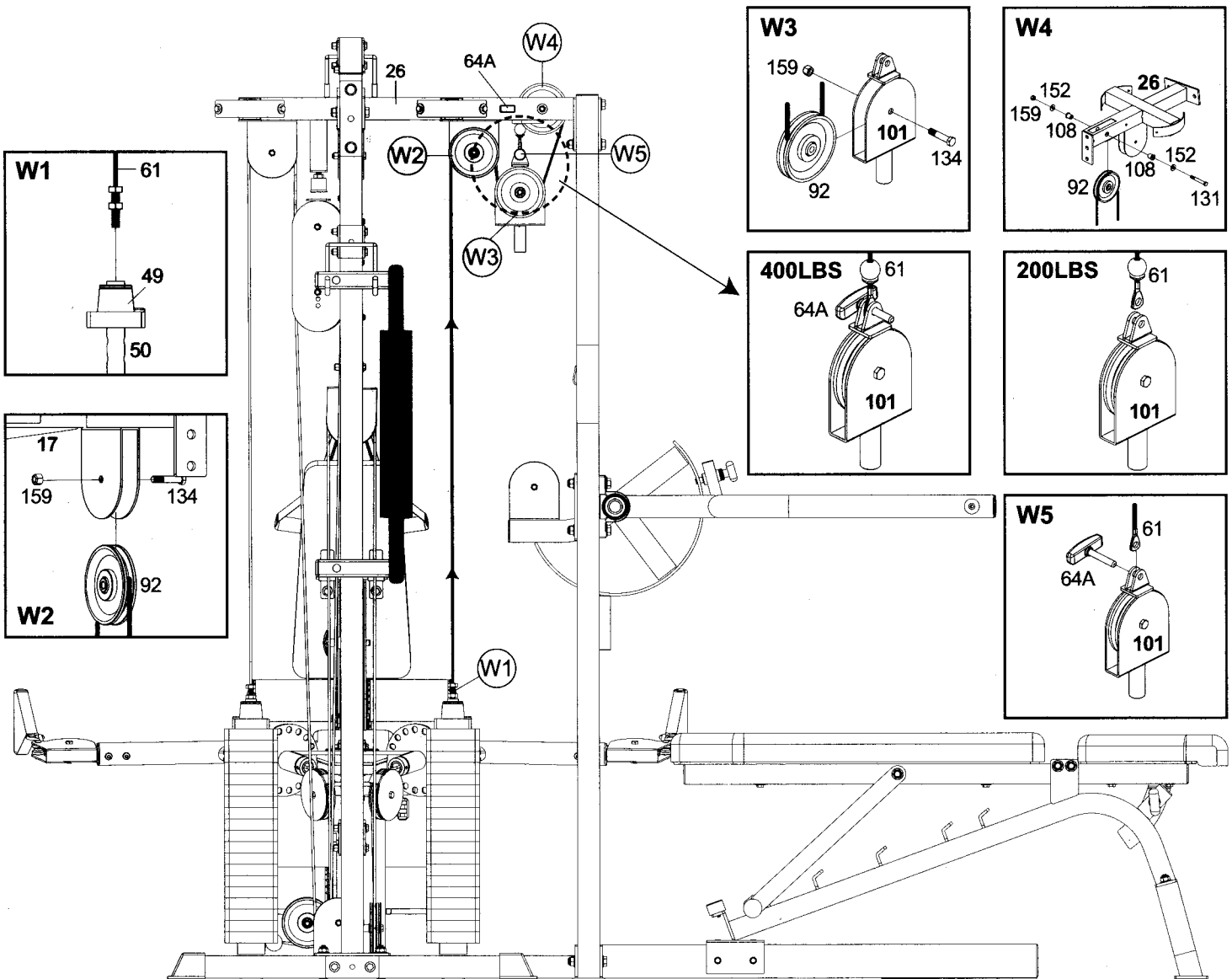
STEP 11 Bench Press Cable I



1. Insert the threaded end of the Bench Press cable (62) into the Top Plate (49) as shown in inset W1. Route the cable up and over the pulley mounted on the Bench Top Guide Rod Retainer (26). Mount the pulley using one 3/8" X 1-3/4" Bolt (134) and one 3/8" Nut (159).
2. Continue cable routing down to the pulley in the Single Pulley Block (43) as show in inset W3. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159).
3. Continue cable routing up to the pulley mounted in the Bench Top Guide Retainer (26). Route the cable to the front of the pulley, over top, then let the metal end of the cable rest against the underside of the Bench Top Guide Retainer (26) and the pulley. This cable does end there. Mount the pulley using one 3/8" X 3" Bolt (131), two 3/8" Washers (152), and one 3/8" Nylon Nut (159) as shown in W4.

If you connect the end of the Bench Press Cable (62) to the Single Pulley Block (101) as shown in inset W5, the weight ratio for the Bench / Squat station is doubled, for a total available resistance of 400 pounds. You may need to loosen the threaded end of the cable attached to the Single Pulley Block to gain the needed length.

Store the Magnetic Pin (64A) in the hole in the Bench Top Guide (26) when not in use.



STEP 12 Bench Press Cable II



1. Screw the threaded end of the Bench Press Cable II into the Single Pulley Block (43) (at least one-third of the threads) as shown in inset S1, then route down and under the pulley mounted on the Adj. Press Cam (27) as shown in inset S2. Mount the pulley using one 3/8" X 1-3/4" Hex Bolt (134) and one 3/8" Nut (159).
2. Continue routing the cable up to the receptor on the bracket welded on the Bench Press Upright (20) as shown in inset S3.

