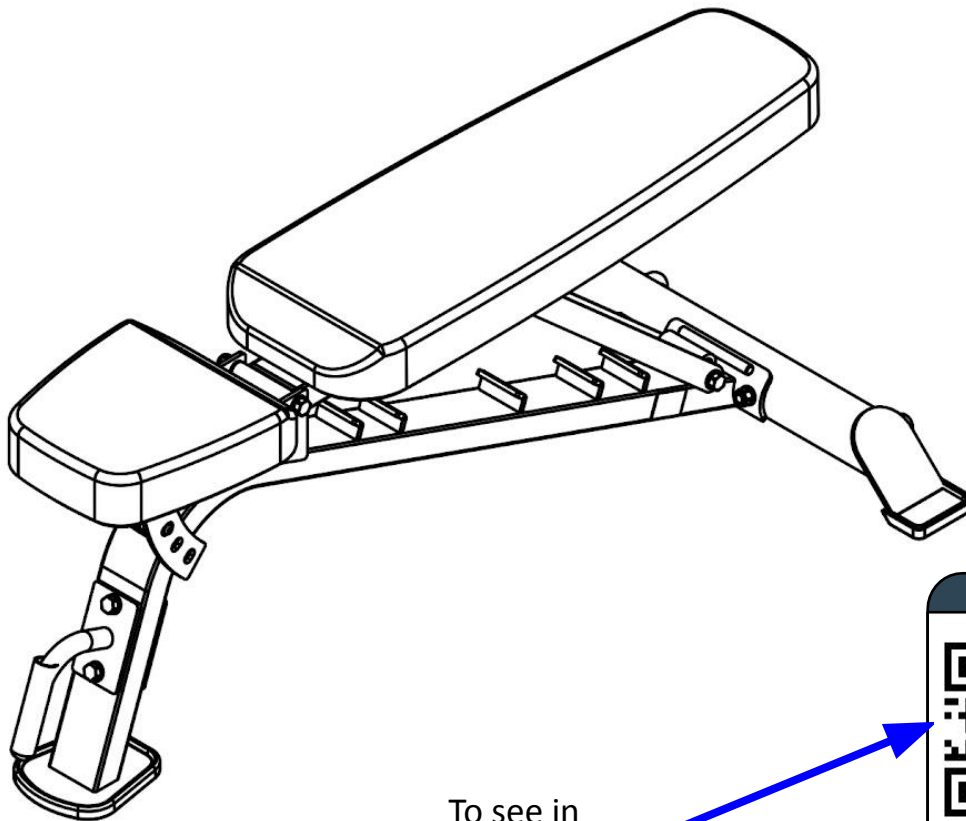


BODYCRAFT

Flat/Incline/Decline Bench F705



To see in
FULL COLOR
& addition information,
scan this QR code



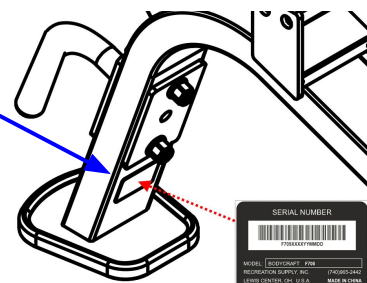
Base Serial Number: _____

Purchased Date: ____ / ____ / ____

Dealer's Name: _____

Please register your products at:

<https://www.bodycraft.com/product-registration/>



Owner's Manual

F705 v1.4



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM



Congratulations and Welcome to the BODYCRAFT Family

Thank you for selecting BODYCRAFT. Your choice reflects a wise investment in you and your facility. We hope you use it for many healthy years!

BODYCRAFT offers a complete array of high-quality fitness equipment. Please refer to our website at www.bodycraft.com to view more ways to enhance your lifestyle.

Your BODYCRAFT machine has all the quality and design elements to make your workout extremely efficient and comfortable. Your new unit is a serious cardio machine that will keep you motivated, challenged and within reach of your fitness goals. Strength & cardiovascular training is vital for all ages which will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted.

Spending 15 to 30 minutes a day, three times a week, is all you need to start seeing the benefits of a regular exercise program.

As a premium exercise equipment manufacturer, we are committed to your complete satisfaction. If you have questions, suggestions or find missing or damaged parts, we guarantee your complete satisfaction through our authorized dealer network or by contacting us directly. Please call your local dealer or BODYCRAFT.

BODYCRAFT (a division of Recreation Supply, Inc.)
7699 Green Meadows Dr.
Lewis Center, OH 43035

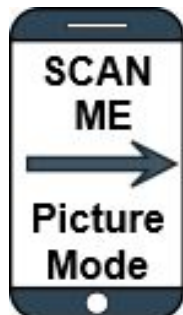
Phone: 800-990-5556 9 am - 5 pm EST **Email:** service@bodycraft.com

Proof of purchase must be supplied to validate warranty and the product must have been registered with BODYCRAFT via online at www.bodycraft.com or by calling 800-990-5556 or 740-965-2442 M-F 9 a.m. - 5 p.m. EST.

For parts orders, owner's manuals, software update files, exercise guides and contact information scan this QR code.

Or go to:

<https://www.bodycraft.com/customer-support>



Product Safety Information

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Product Safety - Benches & Racks



There is a risk assumed by individuals who use this type of equipment. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this BODYCRAFT product prior to use.

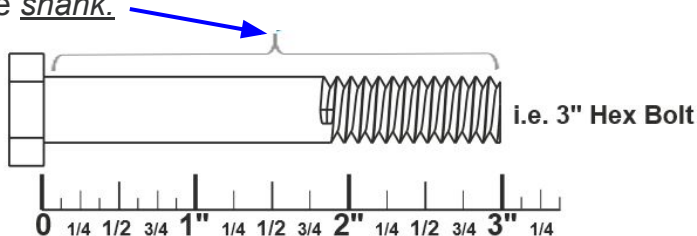
- Before beginning this or any other exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.
- Exercise with care to avoid injury. Do not attempt to lift more weight than you can control safely.
- This product must be assembled on a flat, level surface to assure its proper function.
- Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
- Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
- Keep children away from any BODYCRAFT strength machines at all times.
- Keep your hands away from cables and pulleys during operation, other than the designated handles.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Inspect the unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found, do not use or allow the machine to be used until the defective part is repaired or replaced.
- It is imperative that you retain this Assembly Instructions and be sure all warning labels are legible and intact. Replacement Assembly Instructions and labels are available from BODYCRAFT. If you are unsure about the proper use of the BODYCRAFT strength machine call your local BODYCRAFT dealer or our Customer Service Department. Contact BODYCRAFT at 800-990-5556 or support@bodycraft.com



Important Notes, Recommended Tools & Cleaners

Important Notes and Tips:

1. Before assembly, read all instructions thoroughly and preview diagrams to help make the installation easier.
2. Make sure all parts are accounted for and in proper condition before beginning assembly. See the parts list.
3. Be cautious not to damage the flooring when assembling. Place a protectant down such as a rubber mat or shipping blanket.
4. Let plastics and weight stacks acclimate to room temperature before you begin assembly.
5. Two people are recommended for the safe assembly of this equipment.
6. Insert all bolts in the same direction when possible. Do not tighten until instructed.
7. Carefully install plastic caps using a rubber mallet.
8. When measuring bolt lengths, only measure the shank.
9. When the installation is complete, be sure to regularly check for rust or damage, and perform preventative maintenance.



THE FOLLOWING TOOLS ARE RECOMMENDED FOR ASSEMBLY:



**SOCKET SET 3/8 DRIVE
WITH 6" EXT for 9/16 & 3/4 SAE**



**OPEN & CLOSED WRENCHES
for 9/16, 3/4 SAE & Adjustable**



**TORQUE WRENCH 3/8
DRIVE**

THE FOLLOWING IS RECOMMENDED FOR CLEANING:



**MILD CLEANING
SOLUTION**



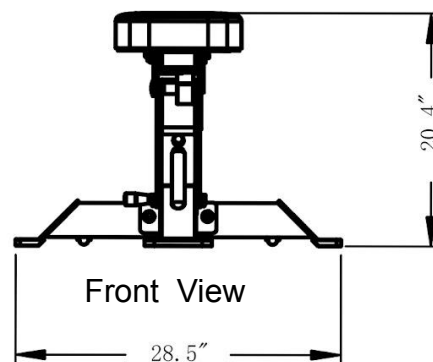
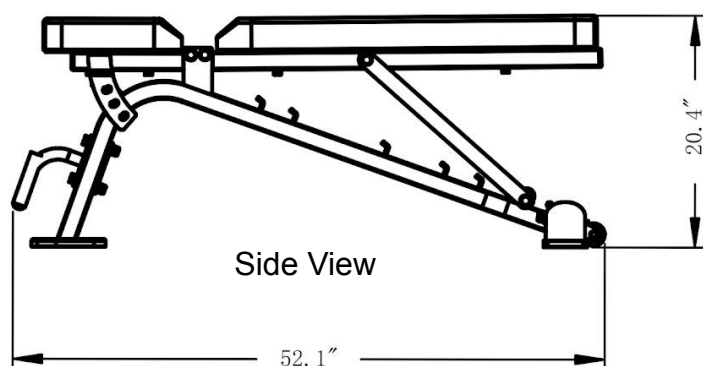
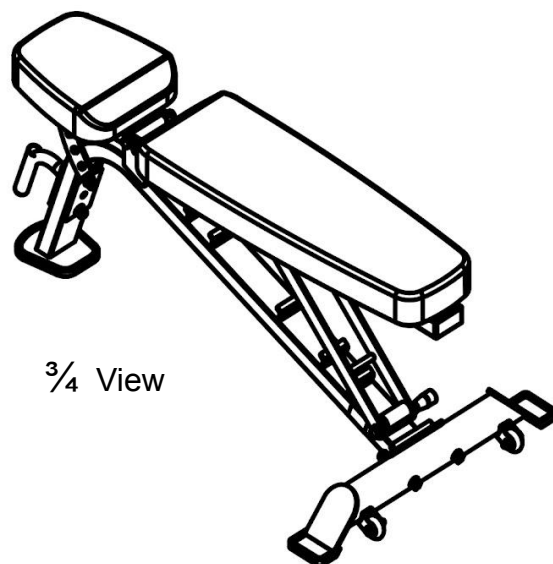
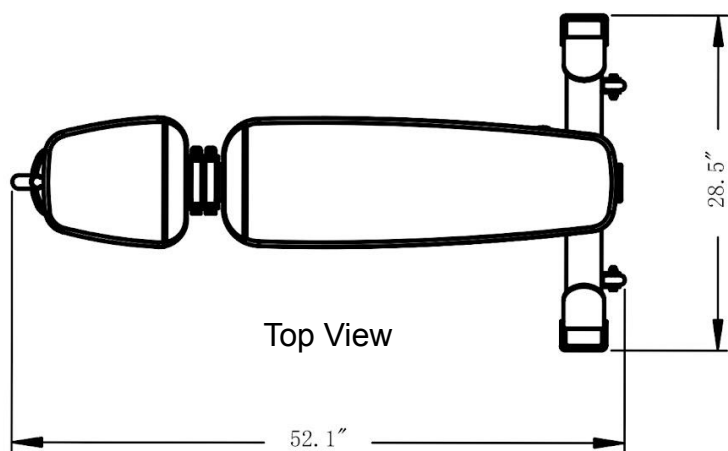
**100% COTTON
CLEANING CLOTHS**

TIP ON FRAME ONLY: For extra protection from fingerprints, sweat stains or just plain dirt, apply an automotive grade cleaner wax if desired. Also makes future cleaning easier.

(Do Not Use on the Upholstery)

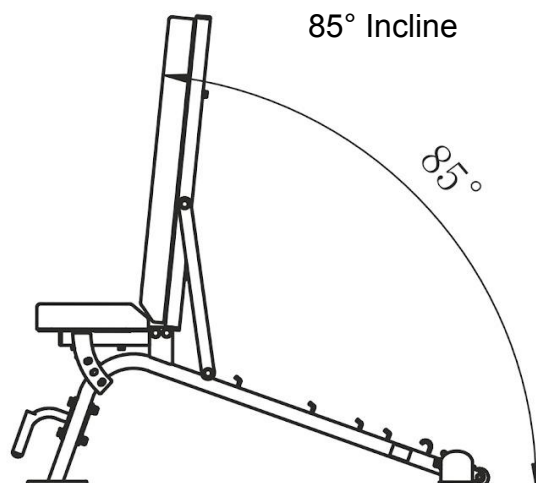
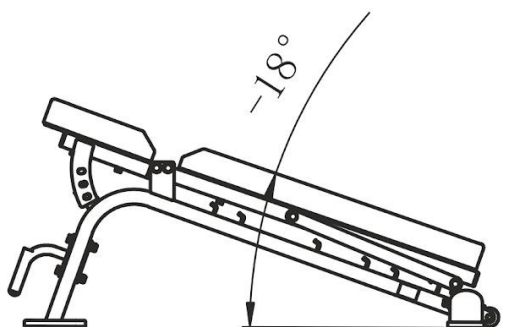
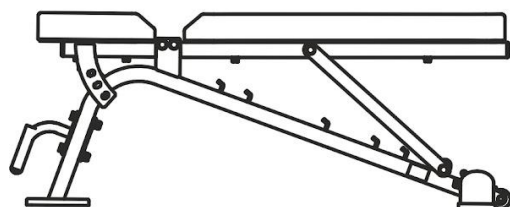


Machine Dimensions & Adjustments

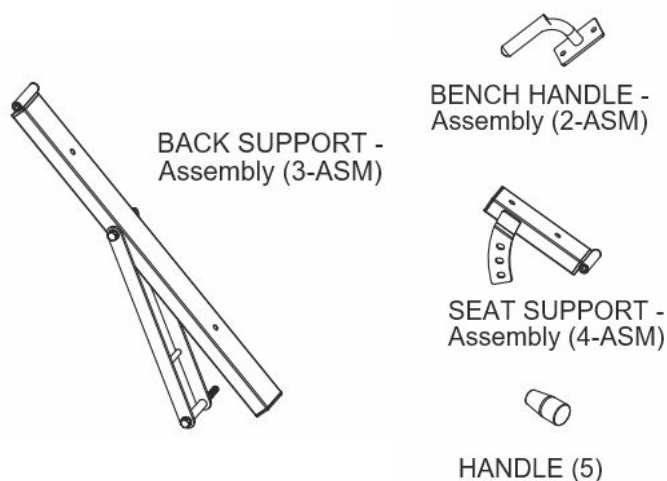
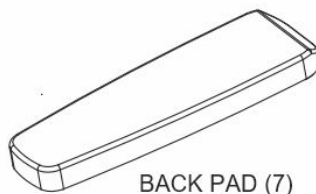
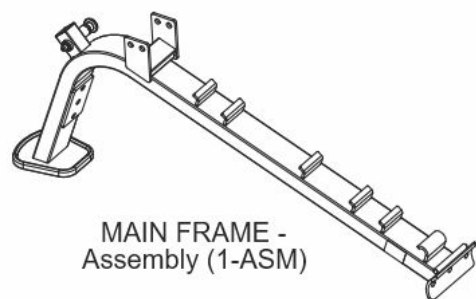


Overall Dimensions

28.5"W x 52.1"D x 20.4"H

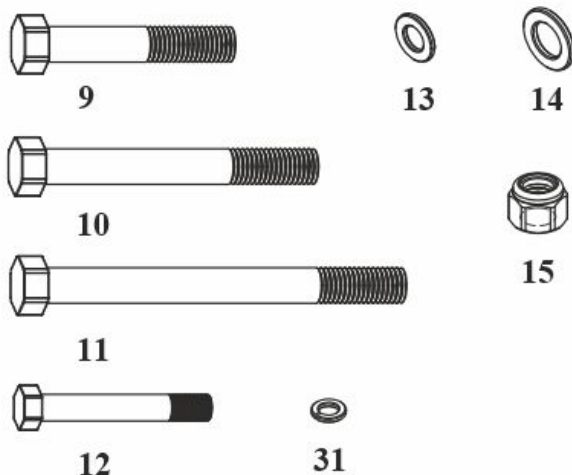


Assembly Parts List



Part #	Assembly Parts List	QTY
F705-001-ASM	MAIN FRAME - Assembly	1
F705-002-ASM	BENCH HANDLE - Assembly	1
F705-003-ASM	BACK SUPPORT - Assembly	1
F705-004-ASM	SEAT SUPPORT - Assembly	1
F705-005	HANDLE	1
F705-006	SEAT PAD	1
F705-007	BACK PAD	1
F705-008-ASM	REAR STABILIZER - Assembly	1

Part #	Assembly Hardware	QTY
F705-009	HEX BOLT, 1/2" x 2-3/4" - BLACK	2
F705-010	HEX BOLT, 1/2" x 4" - BLK	2
F705-011	HEX BOLT, 1/2" x 5" - BLK	2
F705-012	HEX BOLT, 3/8" x 2-1/2" - BLK	4
F705-013	FLAT WASHER, 3/8" - BLK	4
F705-014	FLAT WASHER, 1/2" - BLK	12
F705-015	NYLON NUT, THICK, 1/2" - BLK	6
F705-031	SPRING WASHER, 3/8" - BLK	4



Product Pre-Assembly

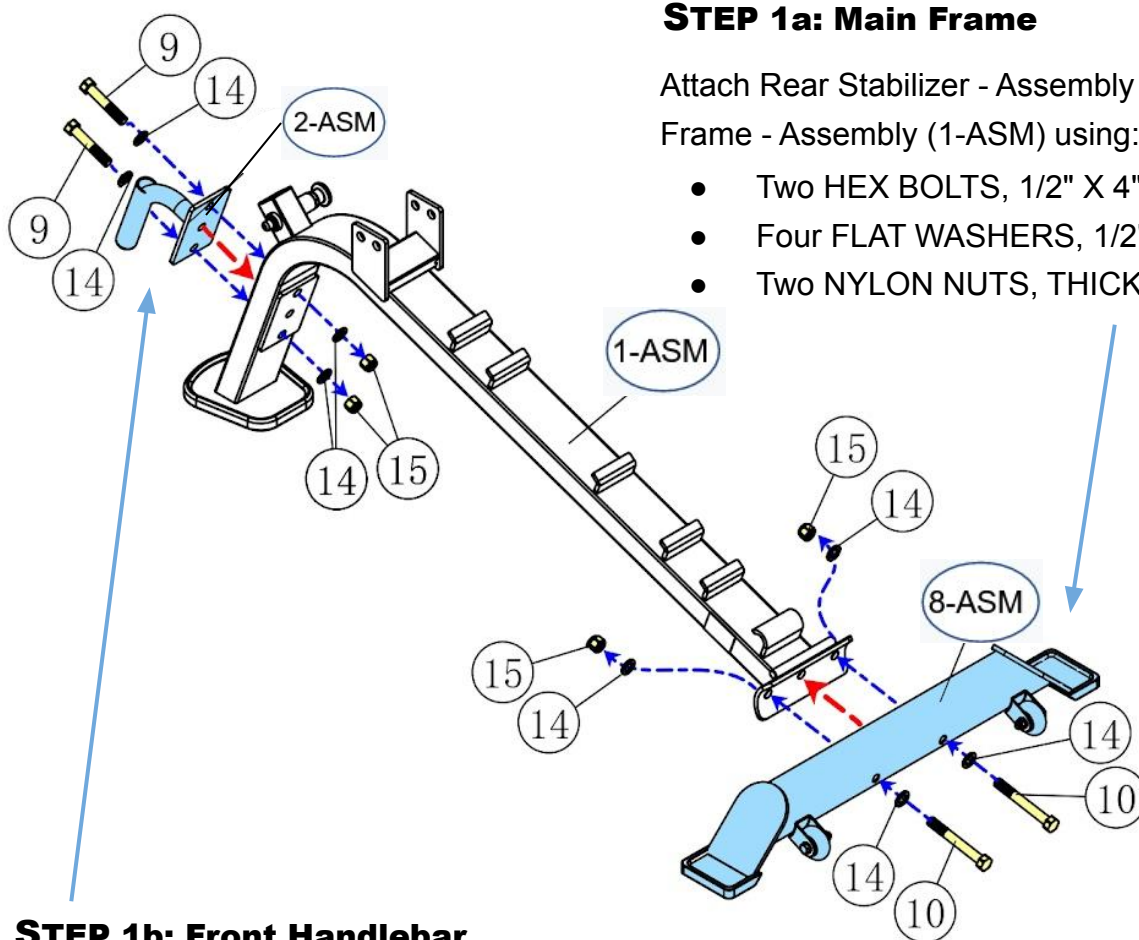
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.

Read each step carefully before beginning.

STEP 1a: Main Frame

Attach Rear Stabilizer - Assembly (8-ASM) to the Main Frame - Assembly (1-ASM) using:

- Two HEX BOLTS, 1/2" X 4" (10)
- Four FLAT WASHERS, 1/2" (14)
- Two NYLON NUTS, THICK, 1/2" (15)

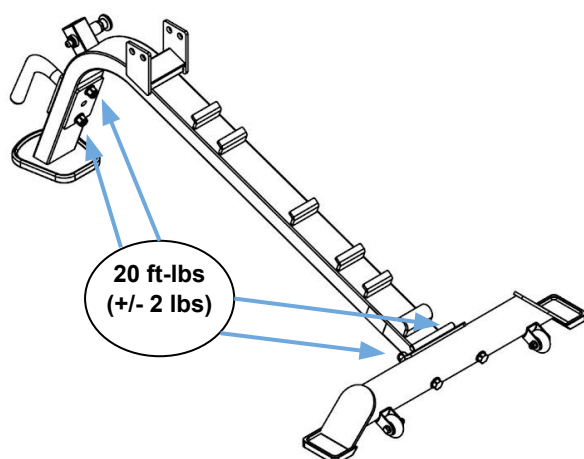


STEP 1b: Front Handlebar

Attach Bench Handle - Assembly (2-ASM) to the Main Frame - Assembly (1-ASM) using:

- Two HEX BOLTS, 1/2" X 2-3/4" (9)
- Four FLAT WASHERS, 1/2" (14)
- Two NYLON NUTS, THICK, 1/2" (15)

Recommended Tools



STEP 1c: "Torque Time"

Tighten all Step 1a & Step 1b Bolts & Nuts at this time to the Recommended Torque Specs of 20 ft-lbs.(+/- 2 lbs)

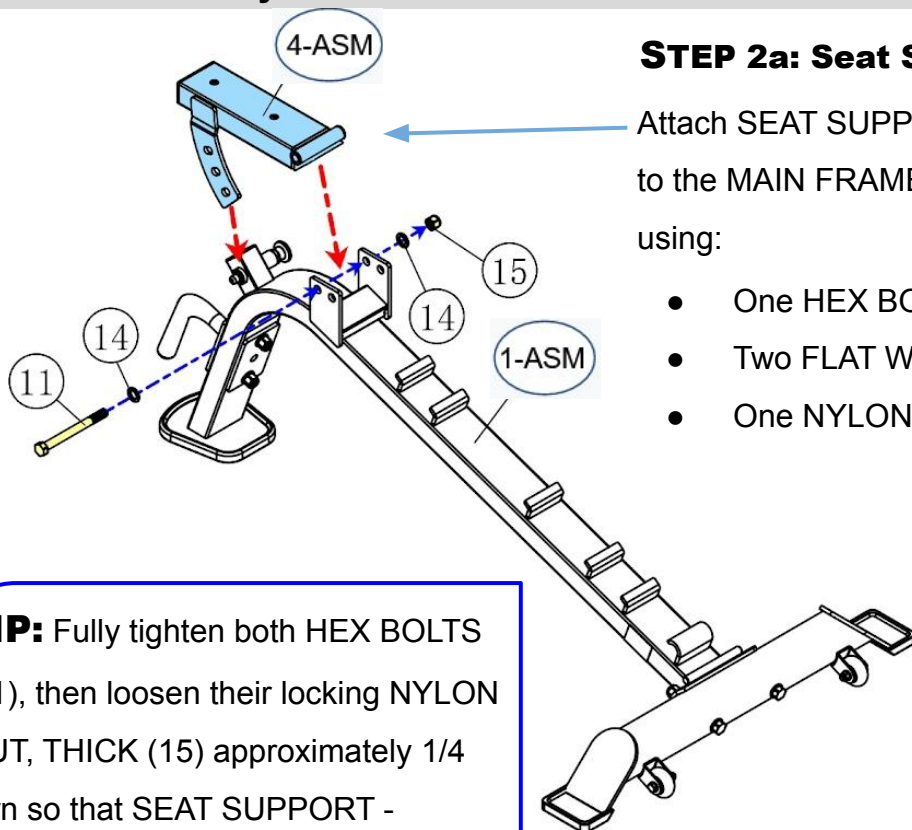


STEP 2a: Seat Support

Attach SEAT SUPPORT - Assembly (4-ASM) to the MAIN FRAME - Assembly (1-ASM)

using:

- One HEX BOLT, 1/2" x 5" (11)
- Two FLAT WASHERS, 1/2" (14)
- One NYLON NUT, THICK, 1/2" (15)



TIP: Fully tighten both HEX BOLTS (11), then loosen their locking NYLON NUT, THICK (15) approximately 1/4 turn so that SEAT SUPPORT - Assembly (4-ASM) & the BACK SUPPORT - Assembly (3-ASM) pivot freely, without excessive movement.

Recommended Tools

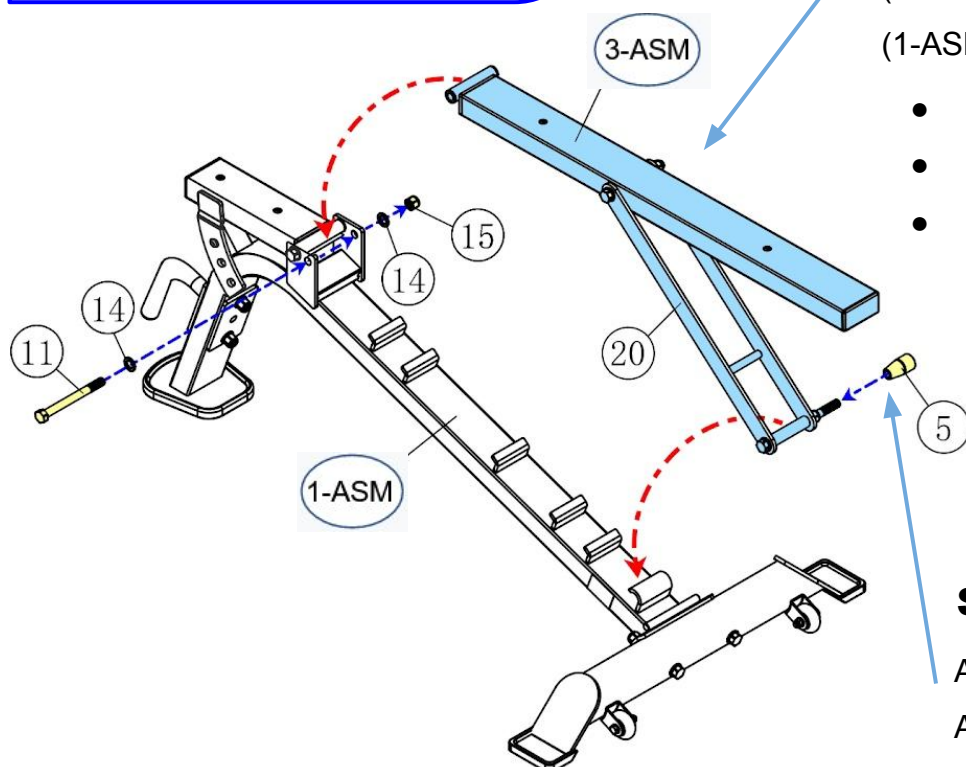


STEP 2b: Back Support

Attach BACK SUPPORT - Assembly (3-ASM) to the MAIN FRAME - Assembly (1-ASM) using:

- One HEX BOLT, 1/2" x 5" (11)
- Two FLAT WASHERS, 1/2" (14)
- One NYLON NUT, THICK, 1/2" (15)

Lock-In BACK ADJUSTER (20) lower brace onto a hook on the MAIN FRAME - Assembly (1-ASM).



STEP 2c: Handle

Attach HANDLE (5) to the BACK ADJUSTER (20) by turning clockwise until fully secure..

Product Assembly

STEP 3a: Seat Pad

Attach SEAT PAD (6) to the SEAT SUPPORT - Assembly (4-ASM) using:

- Two HEX BOLTS, 3/8" x 2-1/2" (12)
- Two SPRING WASHERS, 3/8" (31)
- Two FLAT WASHERS, 3/8" (13)

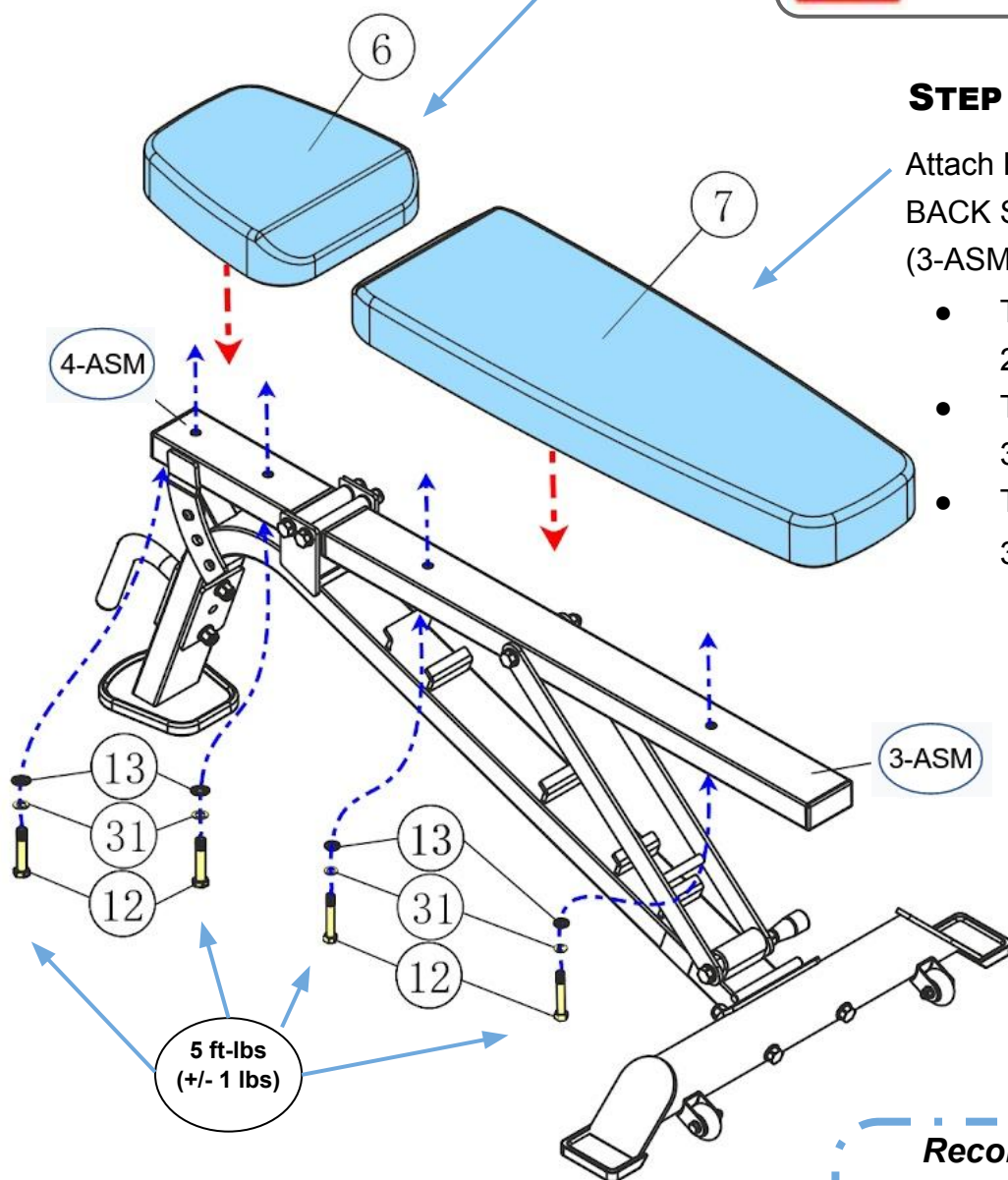


Please Hand Tighten All Bolts Until End of STEP 3

STEP 3b: Back Pad

Attach BACK PAD (7) to the BACK SUPPORT - Assembly (3-ASM) using:

- Two HEX BOLTS, 3/8" x 2-1/2" (12)
- Two SPRING WASHERS, 3/8" (31)
- Two FLAT WASHERS, 3/8" (13)



STEP 3c: "Torque Time"

Tighten all Step 3a & 3b Bolts at this time to the Recommended Torque Specs of 5 ft-lbs (+/- 1 lb)

Recommended Tools



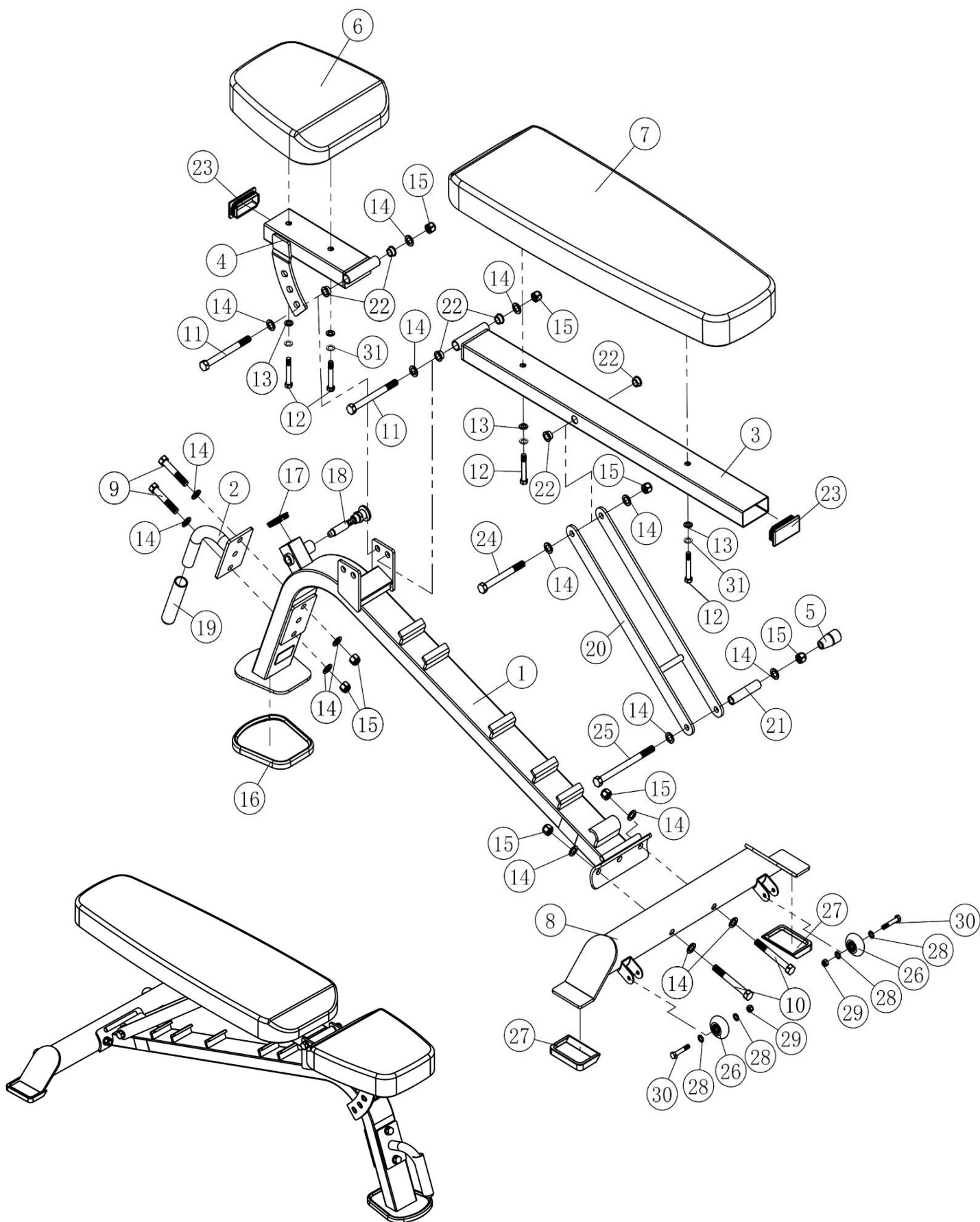
9/16 WRENCHES



9/16 SOCKET &
6" EXTENSION

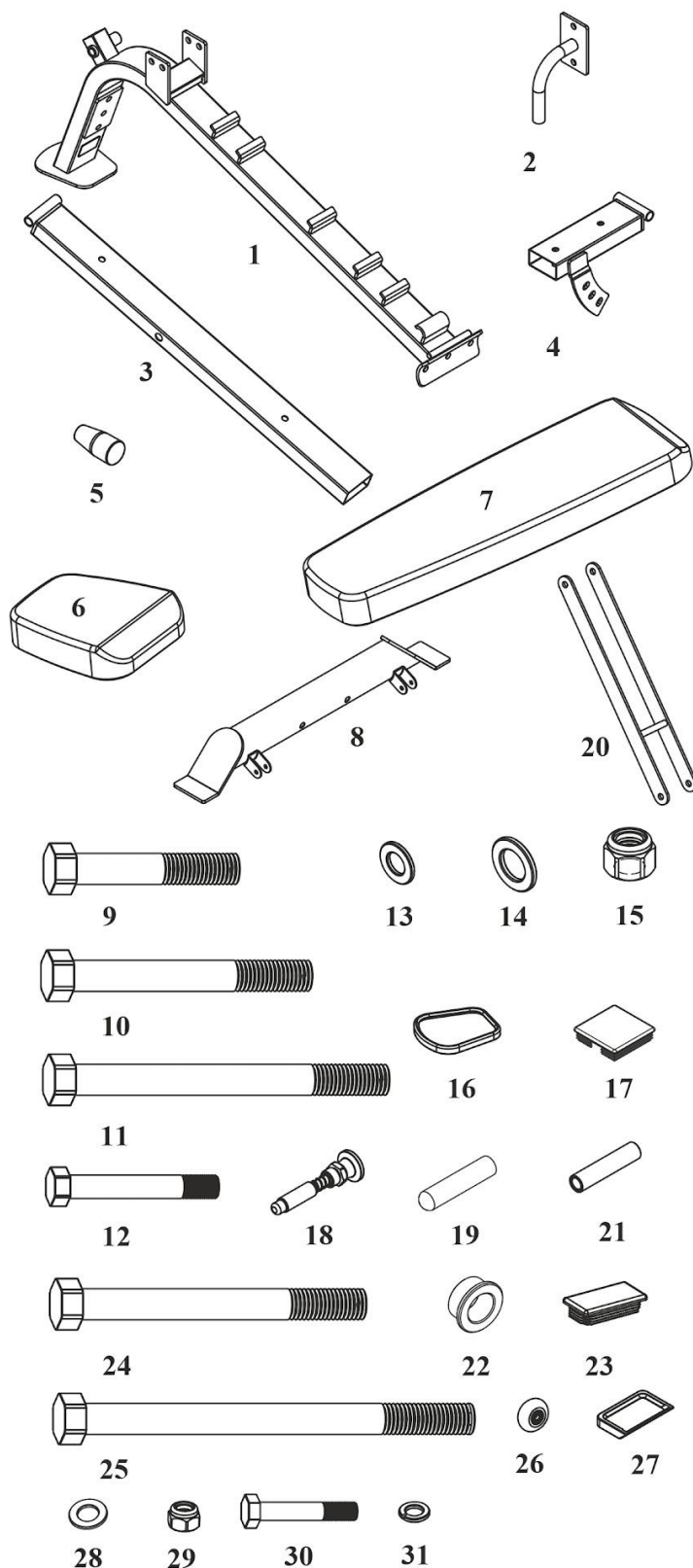


Parts Exploded View



Detailed Parts List

Part #	Detailed Parts list	QTY
F705-001	MAIN FRAME	1
F705-002	BENCH HANDLE	1
F705-003	BACK SUPPORT	1
F705-004	SEAT SUPPORT	1
F705-005	HANDLE	1
F705-006	SEAT PAD	1
F705-007	BACK PAD	1
F705-008	REAR STABILIZER	1
F705-009	HEX BOLT, 1/2" x 2-3/4" - BLACK	2
F705-010	HEX BOLT, 1/2" x 4" - BLK	2
F705-011	HEX BOLT, 1/2" x 5" - BLK	2
F705-012	HEX BOLT, 3/8" x 2-1/2" - BLK	4
F705-013	FLAT WASHER, 3/8" - BLK	4
F705-014	FLAT WASHER, 1/2" - BLK	16
F705-015	NYLON NUT, THICK, 1/2" - BLK	8
F705-016	BRACKET, LARGER RUBBER	1
F705-017	END PLUG, 38 x 38mm SQ.	1
F705-018	POP PIN	1
F705-019	HANDLE SLEEVE	1
F705-020	BACK ADJUSTER	1
F705-021	BRACE	1
F705-022	BUSHING	6
F705-023	END PLUG, RECT	2
F705-024	HEX BOLT, 1/2" x 4-3/4" - BLK	1
F705-025	HEX BOLT, 1/2" x 6-1/4" - BLK	1
F705-026	WHEEL	2
F705-027	BRACKET, SMALLER RUBBER	2
F705-028	FLAT WASHER, 5/16" - BLK	4
F705-029	NYLON NUT, 5/16" - BLK	2
F705-030	HEX BOLT, 5/16" x 1-3/4" - BLK	2
F705-031	SPRING WASHER, 3/8" - BLK	4



Required Info BEFORE Initiating a Service Case

The following information is needed to help expedite troubleshooting and to insure the correct part(s) to be sent if needed for a repair:

- 1) What product / model # do you have?
- 2) Unit serial number?
- 3) Installed by dealer or direct sale?
- 4) Date of installation?
- 5) Date of service issue?
- 6) Complaint or Problem, including any Error Codes?
- 7) Has the software been updated?
- 8) What part(s) are being requested?
- 9) Any picture or video to help with troubleshooting or exact part(s) needed.

Product Warranty - Strength

VALID FOR USA AND CANADA ONLY

(Please consult with your local distributor for warranty info specific to your region).

BODYCRAFT warrants its products to be free of defects in materials and workmanship for the time stated below to the original purchaser.

Register your product within 30 days of purchase at www.bodycraft.com or call 800-990-5556

This warranty is valid only in accordance with the following conditions:

The warranty begins on the original purchase date at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise. This warranty is not transferable and is only valid to the original purchaser.

This warranty is available only for purchases made within and the original purchaser currently residing in the USA and Canada. Please consult with your local distributor for warranty information specific to your region. The product must have been registered within 30 days of the original purchase date or supply proof of purchase to validate warranty (original sales invoice).

This warranty does not extend to any losses or damages due to accident, misuse, abuse, neglect, negligence, unauthorized modification or alteration, use beyond rated capacity, unsuitable power sources or environmental conditions, water, tampering, cosmetic damages, or improper installation, handling, repair, maintenance, or application, or lack of proper maintenance.

If the item exhibits such a defect, BODYCRAFT will, at its option, repair or replace it without cost for parts. Shipping and handling charges may apply. (BODYCRAFT may require return of the part(s) or photographic evidence of the damaged part(s) prior to replacement.) Serial number is required. Parts repaired or replaced will be warranted for the remainder of the original warranty period only.

Residential Warranty for Strength Equipment:

Frame: Lifetime, **Parts:** Lifetime

Commercial Warranty for Strength Equipment:

Frame: 10 years, **Parts:** 2 years

This warranty excludes the following:

1. The warranty does not cover normal maintenance or labor charges unless labor terms are listed above.
2. Normal cosmetic wear on parts such as paint, seat coverings, foot rails, labels and logos.
3. Any accessories not included in the original packaging.
4. Warranty does not cover normal wear and tear.

* This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part, and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of your BODYCRAFT product. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BODYCRAFT product.

Register your product's warranty at www.bodycraft.com/product-registration.html

Warranty Registration - Strength

Thank you for purchasing a BODYCRAFT product. To validate the product warranty the fast and easy way, please go on-line now to <https://www.bodycraft.com/product-registration.html> and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to BODYCRAFT within 30 days from the date of equipment installation.

Please Note: Failure to register this product will result in no servicing or authorization of parts to be shipped.

To mail your warranty information, please fill in the information below and mail to: Service Dept., BODYCRAFT, 7699 Green Meadows Dr. Lewis Center, Ohio 43035 (or save postage and register online at <https://www.bodycraft.com/product-registration.html>)

WARRANTY REGISTRATION

PLEASE PROVIDE BOTH SERIAL NUMBERS BELOW.
REQUIRED FOR WARRANTY REGISTRATION:

BASE UNIT SERIAL NUMBER:

OPTIONS SERIAL NUMBER:

Model Type: _____

Date of Purchase _____

Your Company Name _____

Contact First Name _____

Contact Last Name _____

Address _____

City _____ State _____ ZIP _____

Email Address _____ Website _____

Phone _____ Fax _____

1. Where did you first learn about BODYCRAFT?

- ☐ a. Dealer ☐ b. Website
☐ c. Advertisement ☐ d. Referral
☐ e. Current Customer ☐ f. Other _____

2. Why did you purchase a BODYCRAFT product?

- ☐ a. Design/Appearance ☐ b. Dealer Suggestion
☐ c. Price/Value ☐ d. Quality Construction
☐ e. Performance ☐ f. BODYCRAFT Reputation
☐ g. Other: _____

3. Please indicate your type of facility:

- ☐ a. Apartment/Condo ☐ b. Corporate Fitness Center
☐ c. Municipality ☐ d. Health Club/Gym/Spa
☐ e. Hotel/Resort ☐ f. Military Base
☐ g. Student Rec Center ☐ h. Home

4. What other types of equipment does your company or home currently own?

- ☐ a. Treadmill Brand _____
☐ b. Elliptical Brand _____
☐ c. Bike/Indoor Cycle Brand _____
☐ d. Free Weights/Gym Brand _____

5. How many people use your facility on a daily basis?

- ☐ a. <25 ☐ b. 25-75
☐ c. 76-150 ☐ d. 150+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?

- ☐ Yes ☐ No

7. If you answered "yes" to question 6, what type do you plan to purchase?

- ☐ a. Treadmill ☐ b. Elliptical
☐ c. Bike/Indoor Cycle ☐ d. Free Weights
☐ e. Gym ☐ f. Other _____

8. Would you recommend BODYCRAFT to other club or home owners?

- ☐ Yes ☐ No

9. You are a valued BODYCRAFT customer and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain:



800.990.5556
SERVICE@BODYCRAFT.COM
WWW.BODYCRAFT.COM



BODYCRAFT
7699 GREEN MEADOWS DR.
LEWIS CENTER, OHIO 43035