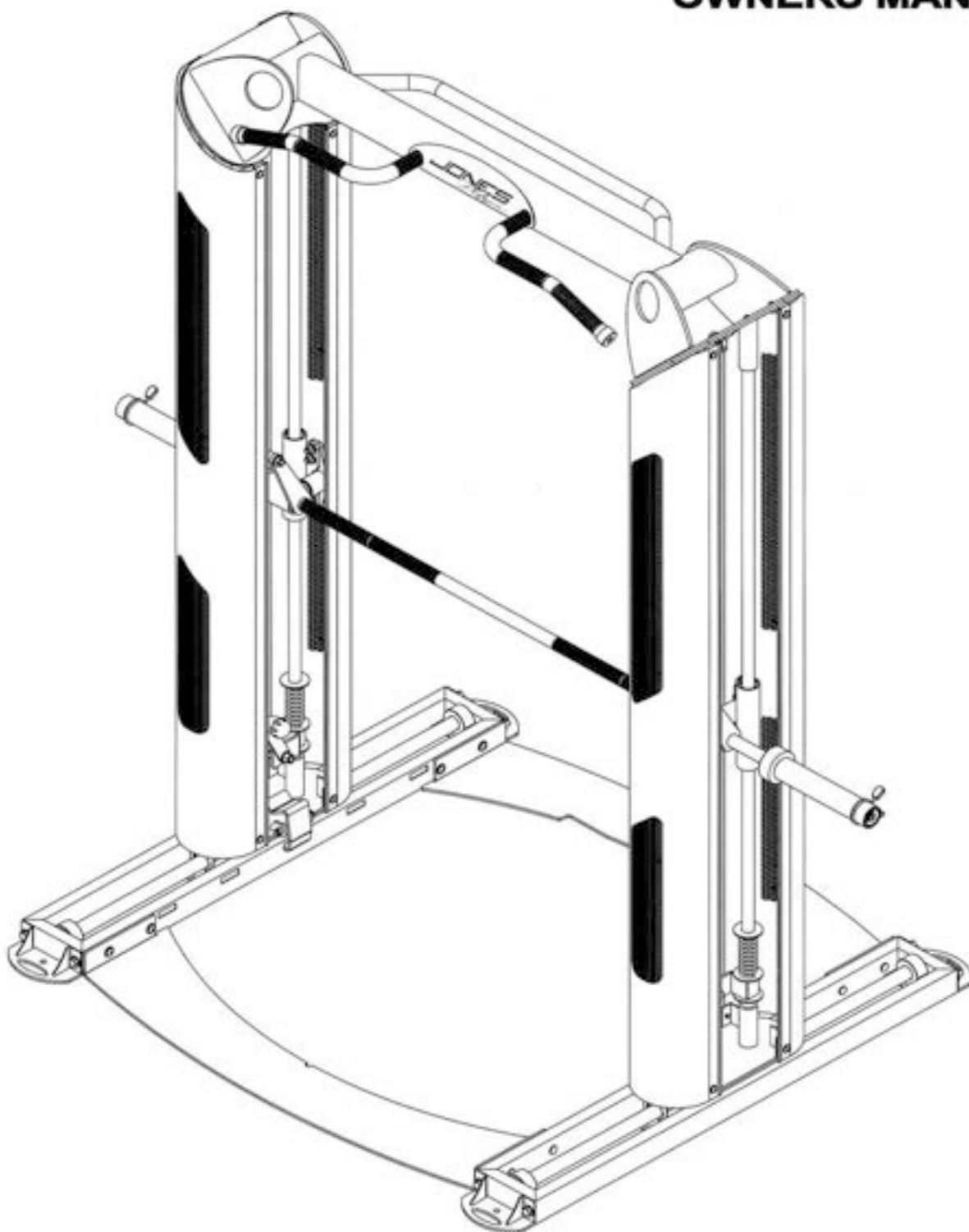


BODYCRAFT

Jones Platinum Strength Training System OWNERS MANUAL



MA9051A

Model No. JP1000.1

BODYCRAFT is a division of Recreation Supply

Recreation Supply Inc.

P.O. BOX 181

Sunbury, OH 43074

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **JONES PLATINUM** strength training system. The **JONES PLATINUM** 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 PLATINUM** 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 PLATINUM**. 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.

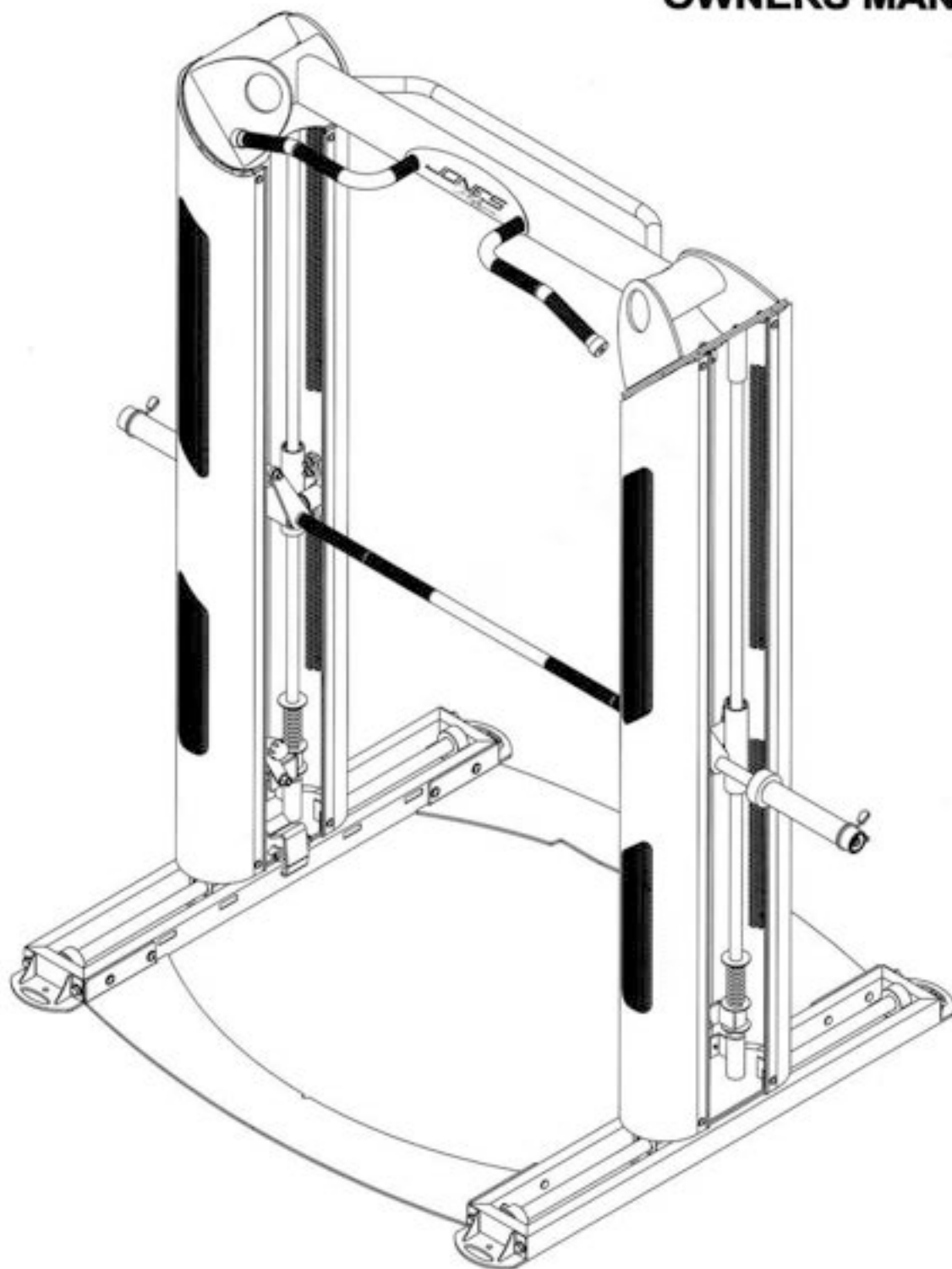
IMPORTANT SAFETY NOTES

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 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 PLATINUM** at all times.
5. **Always use the safety spotters!** Failure to do so could result in serious injury, or death.
6. **Be certain bar hooks are fully engaged before releasing your grip!** Failure to do so could result in serious injury, or death.
7. **Always use in a controlled manner.** Failure to do so could result in serious injury, or death.
8. Exercise with care to avoid injury.
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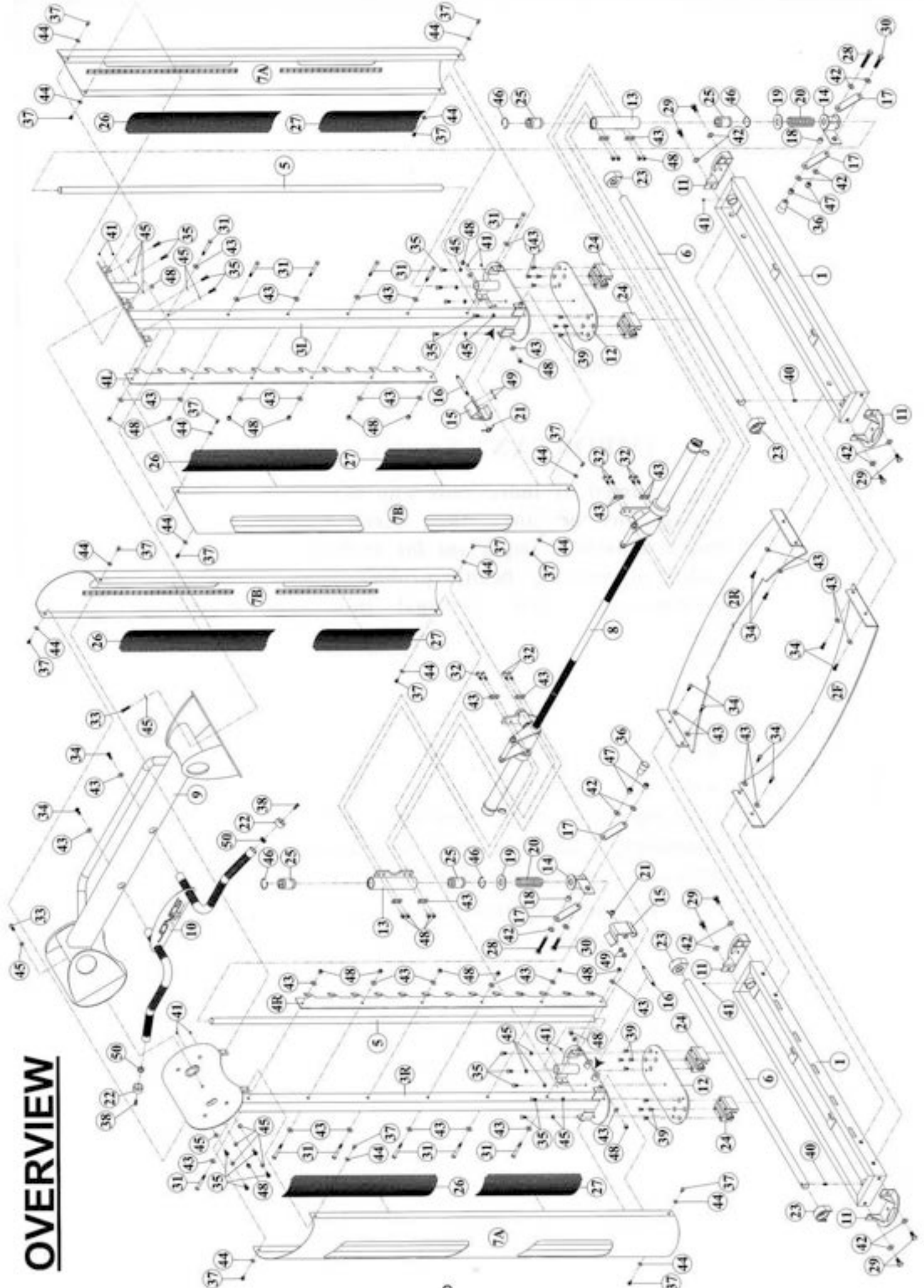
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OVERVIEW



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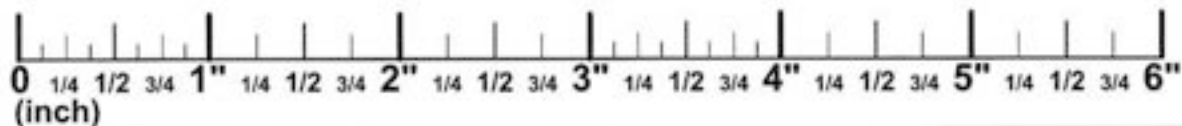
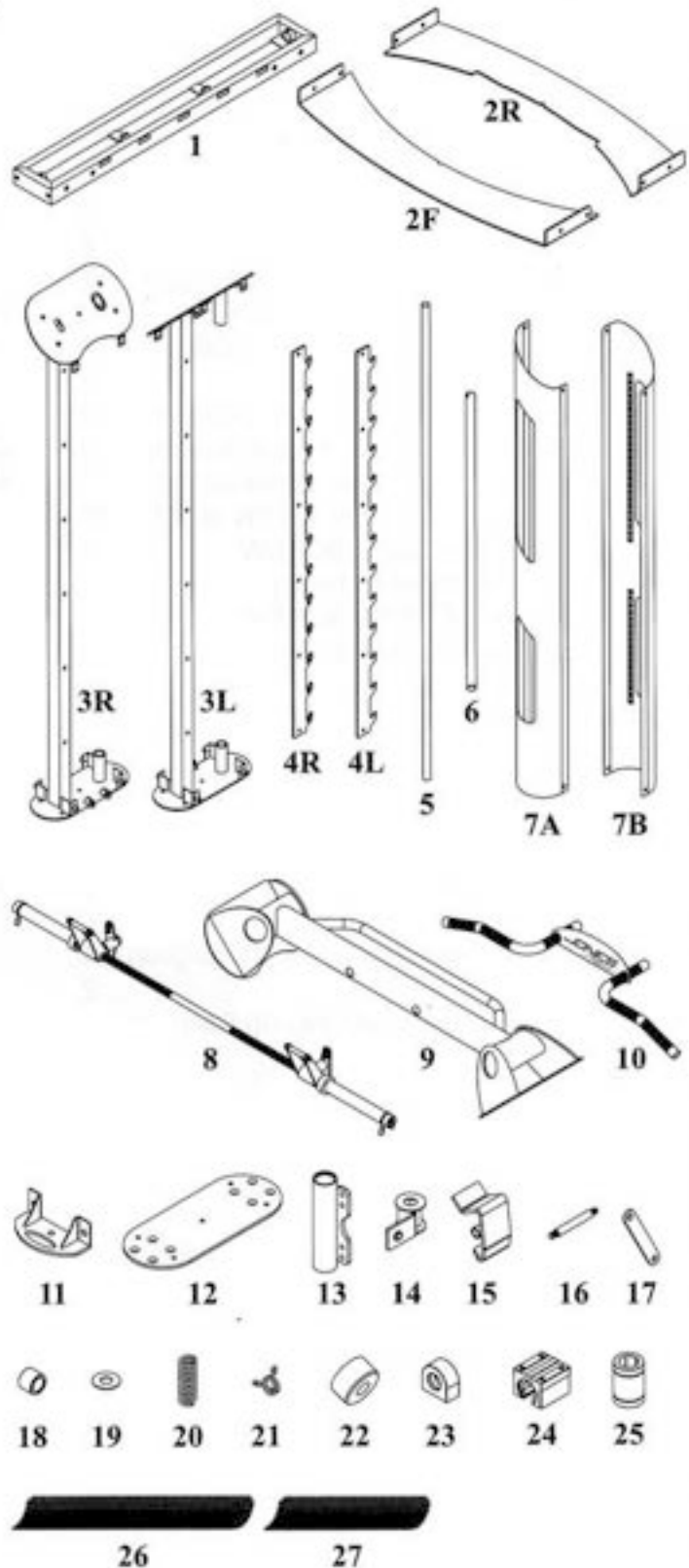
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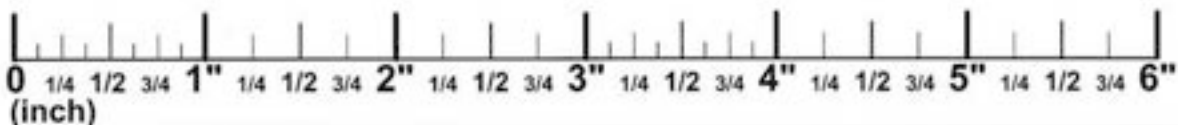
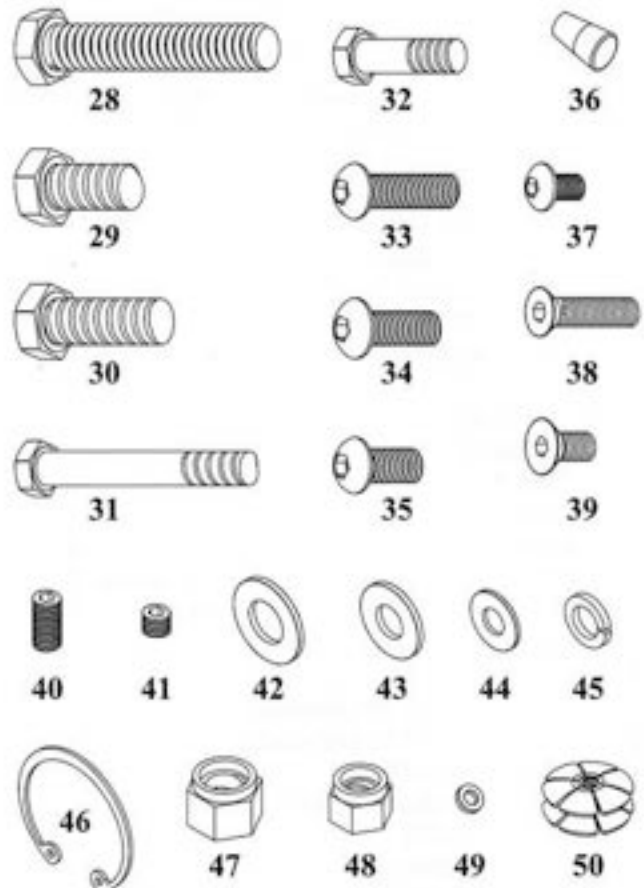
PARTS LIST

NO.	DESCRIPTION	QTY.
1	BASE FRAME	2
2F	FRONT BASE FRAME CONNECTOR	1
2R	REAR BASE FRAME CONNECTOR	1
3R	RIGHT UPRIGHT FRAME	1
3L	LEFT UPRIGHT FRAME	1
4R	RIGHT BAR RACK	1
4L	LEFT BAR RACK	1
5	VERTICAL GUIDE ROD (preassembled on Uprights)	2
6	HORIZONTAL GUIDE ROD (pre-assembled in Base Frame)	2
7A	SHROUD	2
7B	SHROUD	2
8	OLYMPIC BAR	1
9	TOP FRAME	1
10	CHROMED CHIN UP BAR	1
11	BASE FRAME END PLATE	4
12	STEEL PLATE (preassembled on Base)	2
13	VERTICAL BEARING HOUSING (preassembled on Uprights)	2
14	SAFETY SPOTTER (preassembled on Uprights)	2
15	FOOT LATCH (preassembled on Base)	2
16	1/2" AXLE (w/3/8") (preassembled on Base)	2
17	HOOK PLATE (preassembled with Safety Spotter)	4
18	19 X 13 X 15L SHORT CONNECT ROD (preassembled on Safety Spotter)	2
19	1" ID BIG WASHER (preassembled on Uprights)	2
20	1" SPRING (preassembled on Uprights)	2
21	1/2" SPRING (preassembled on Uprights)	2
22	END CAP FOR CHIN UP BAR (preassembled on chin up bar)	2
23	RUBBER STOPPER (preassembled in Base Frame)	4
24	30mm BEARING (preassembled in Base Frame)	4
25	25mm BEARING (preassembled in Olympic Bar)	4
26	METAL MESH (preassembled to Shrouds)	2
27	METAL MESH (preassembled to Shrouds)	2



PARTS LIST

NO.	DESCRIPTION	QTY.
28	1/2" X 3" HEX THREADED BOLT (preassembled on Safety Spotter)	2
29	1/2" X 1" HEX THREADED BOLT	8
30	1/2" X 1-3/4" HEX THREADED BOLT (preassembled on Safety Spotter)	2
31	3/8" X 2-3/4" HEX BOLT	12
32	3/8" X 1-1/4" HEX BOLT	8
33	3/8" X 1-1/4" INNER HEX SCREW	2
34	3/8" X 1" INNER HEX SCREW	10
35	3/8" X 5/8" INNER HEX SCREW	18
36	PLASTIC KNOB	2
37	5/16" X 1/2" INNER HEX SCREW	16
38	5/16" X 1-1/4" COUNTER ALLEN BOLT (preassembled to chin up bar)	2
39	M8 X 16 COUNTER ALLEN BOLT	16
40	5/16" X 5/8" SET SCREW (preassembled on Base)	2
41	5/16" X 1/4" SET SCREW (preassembled on Base)	10
42	1/2" WASHER	16
43	3/8" WASHER	54
44	5/16" WASHER	16
45	3/8" SPRING WASHER	22
46	R52 RETAINING RING (pre-assembled in Bar)	6
47	1/2" NYLON NUT	4
48	3/8" NYLON NUT	26
49	MAGNET (preassembled on Uprights)	4
50	3/8" NUT (preassembled on Chin Up Bar)	2

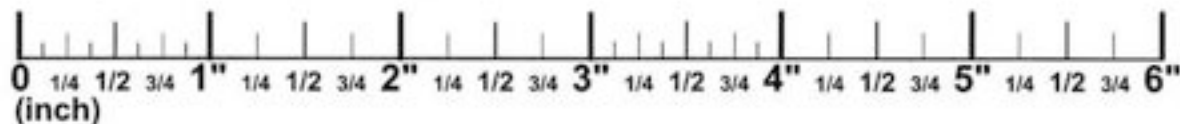
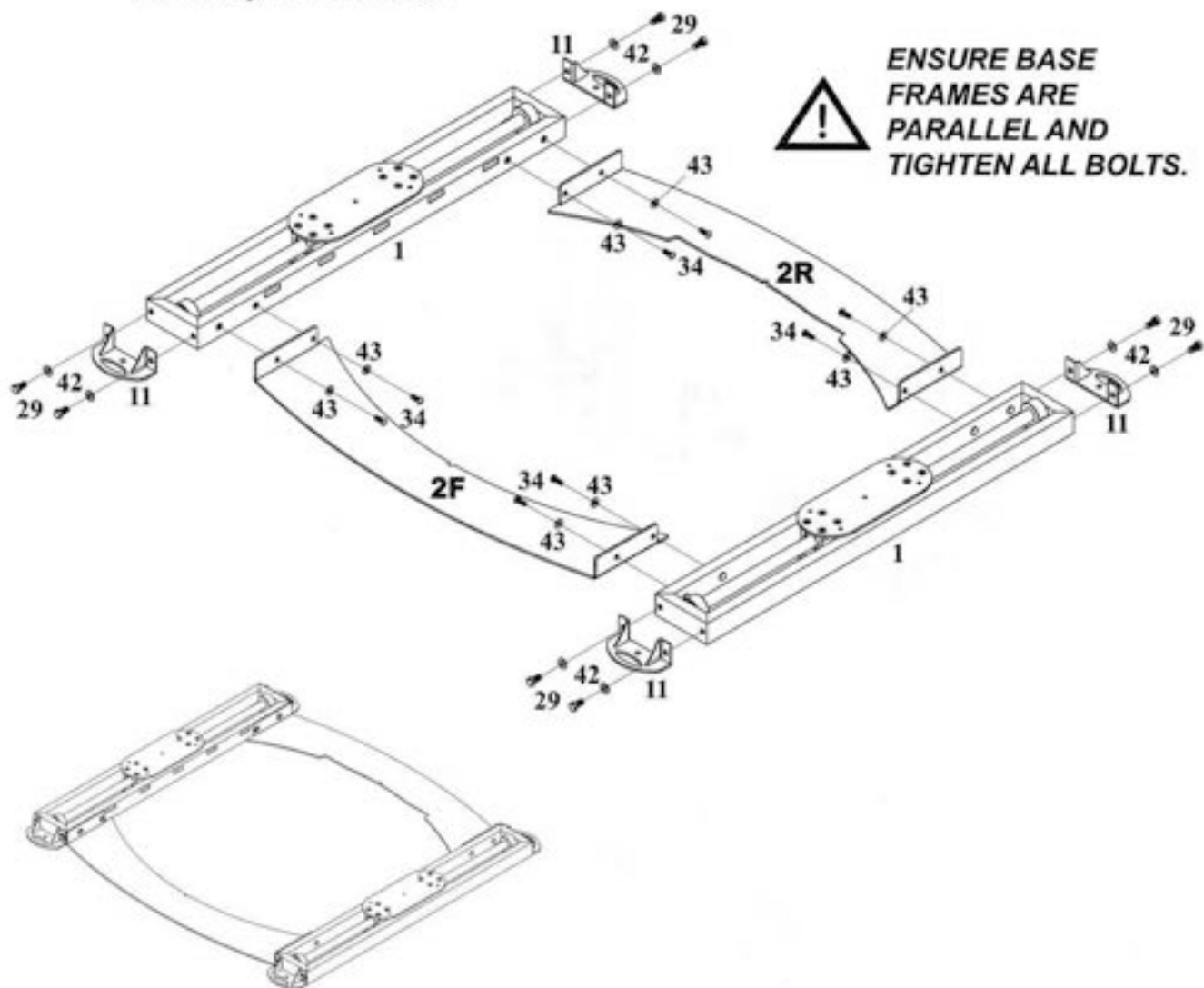


STEP 1 Base Frame Assembly

IMPORTANT:

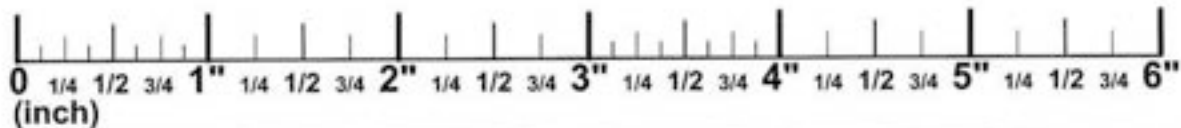
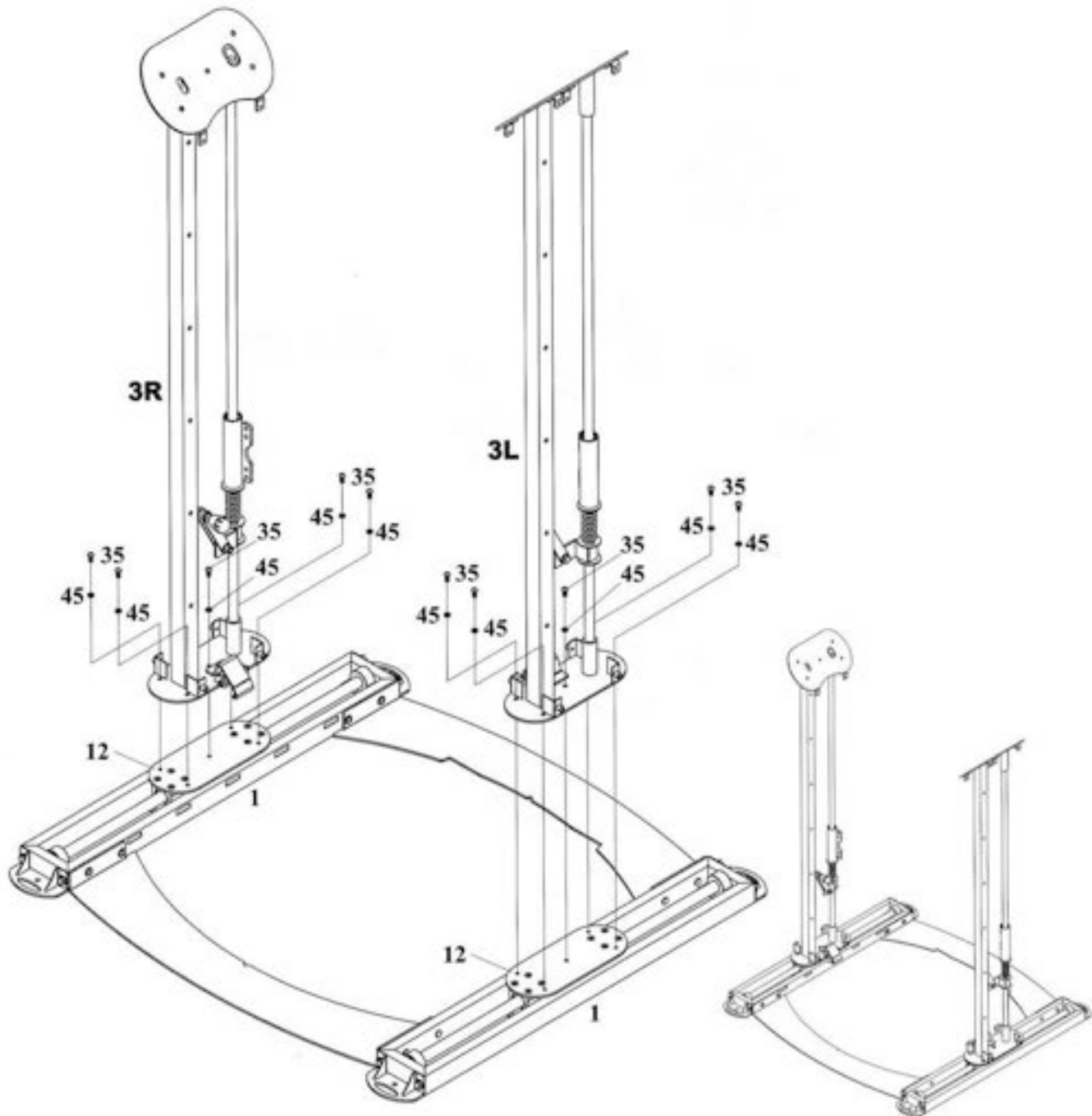
- To ease the assembly process, **DO NOT** tighten bolts until instructed.
- Please assemble on a flat level floor.
- Assembly requires three people during installation of the **TOP FRAME**.

1. Attach **FRONT** and **REAR BASE FRAME CONNECTORS (2F, 2R)** to the **BASE FRAME (1)**, using eight **3/8" X 1 INNER HEX SCREWS (34)** and eight **3/8" WASHERS (43)**.
2. Attach four **BASE FRAME END PLATES (11)** to the front and rear of the **BASE FRAME (1)**, using eight **1/2" X 1" HEX BOLTS (29)** and eight **1/2" WASHERS (42)**. **NOTE:** If you have purchased the optional Full Body Trainer attachment, do not install the two **END PLATES (11)** at the rear. Instead, you will attach the **Full Body Trainer** there.



STEP 2 Right & Left Upright Frame Assembly

1. Attach the **RIGHT UPRIGHT (3R)** to the **STEEL PLATE (12)** on the **BASE FRAME (1)** using five **3/8" WASHERS (45)** and five **3/8" X 5/8" INNER HEX SCREWS (35)**.
2. Repeat above step for left side.

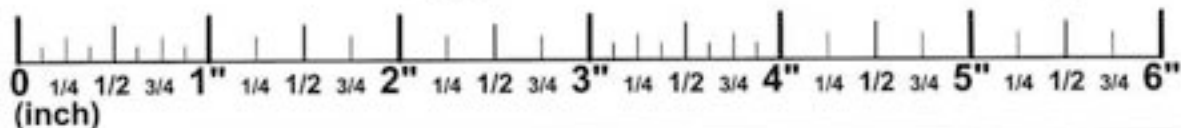
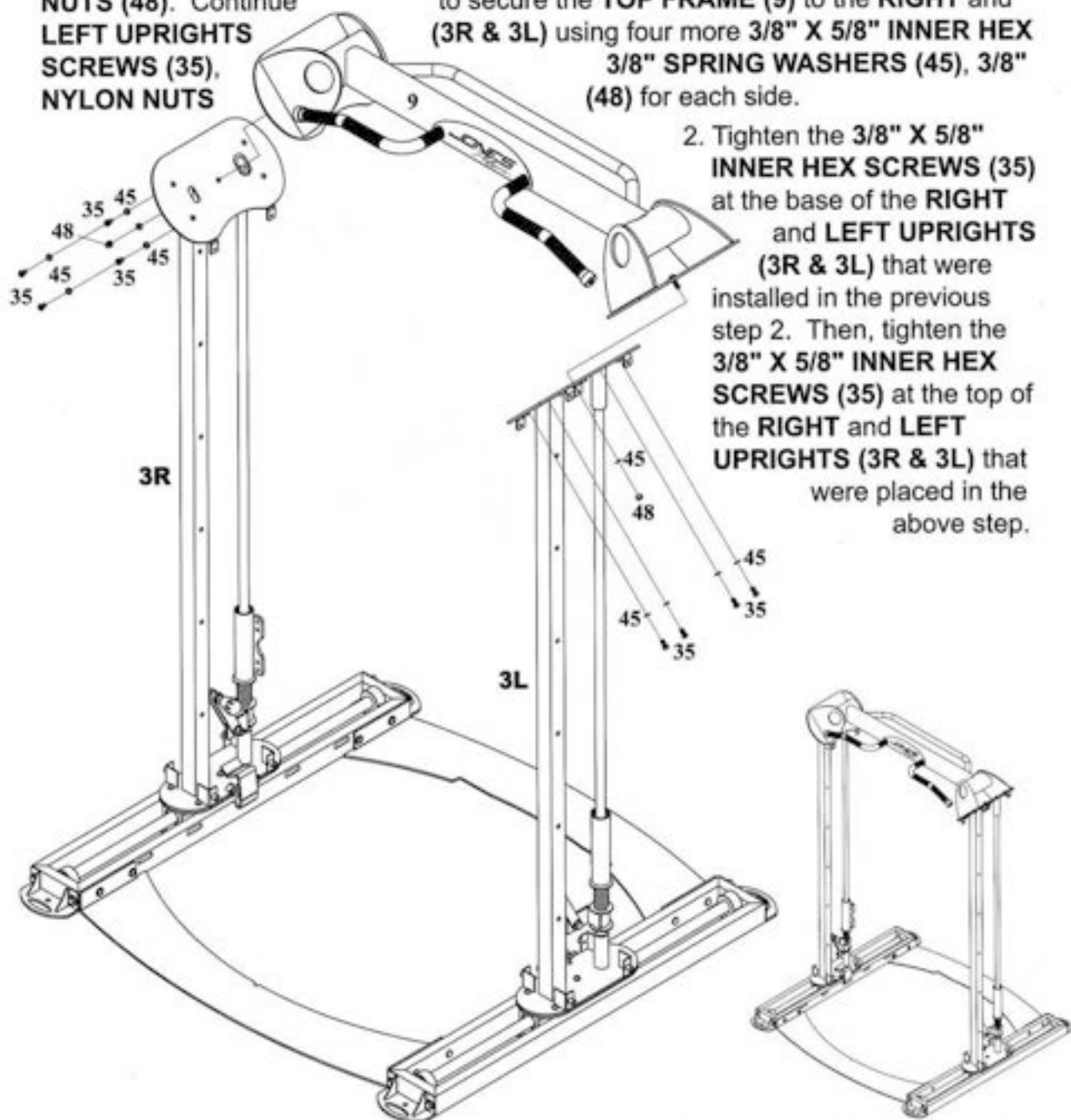


STEP 3 Top Frame Assembly

 ***This step requires three people!*** 

1. Place one **3/8" X 5/8" INNER HEX SCREW (35)** into each of the center holes in the angled plates on the **TOP FRAME (9)**. Using three people, lift the **TOP FRAME (9)** into place, using the bolts to help align the **TOP FRAME (9)** with the **RIGHT** and **LEFT UPRIGHTS (3R & 3L)**. Once in place, attach the **TOP FRAME (9)** to the **RIGHT** and **LEFT UPRIGHTS (3R & 3L)** by securing the two **3/8" X 5/8" INNER HEX SCREWS (35)** with two **3/8" SPRING WASHERS (45)** and two **3/8" NYLON NUTS (48)**. Continue to secure the **TOP FRAME (9)** to the **RIGHT** and **LEFT UPRIGHTS (3R & 3L)** using four more **3/8" X 5/8" INNER HEX SCREWS (35)**, **3/8" SPRING WASHERS (45)**, **3/8" NYLON NUTS (48)** for each side.

2. Tighten the **3/8" X 5/8" INNER HEX SCREWS (35)** at the base of the **RIGHT** and **LEFT UPRIGHTS (3R & 3L)** that were installed in the previous step 2. Then, tighten the **3/8" X 5/8" INNER HEX SCREWS (35)** at the top of the **RIGHT** and **LEFT UPRIGHTS (3R & 3L)** that were placed in the above step.



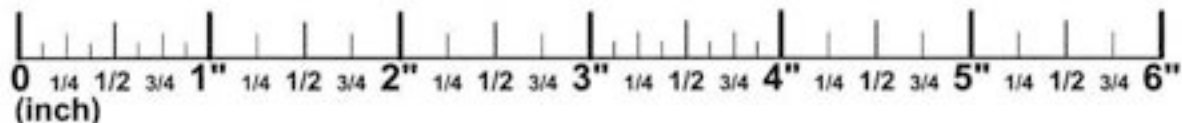
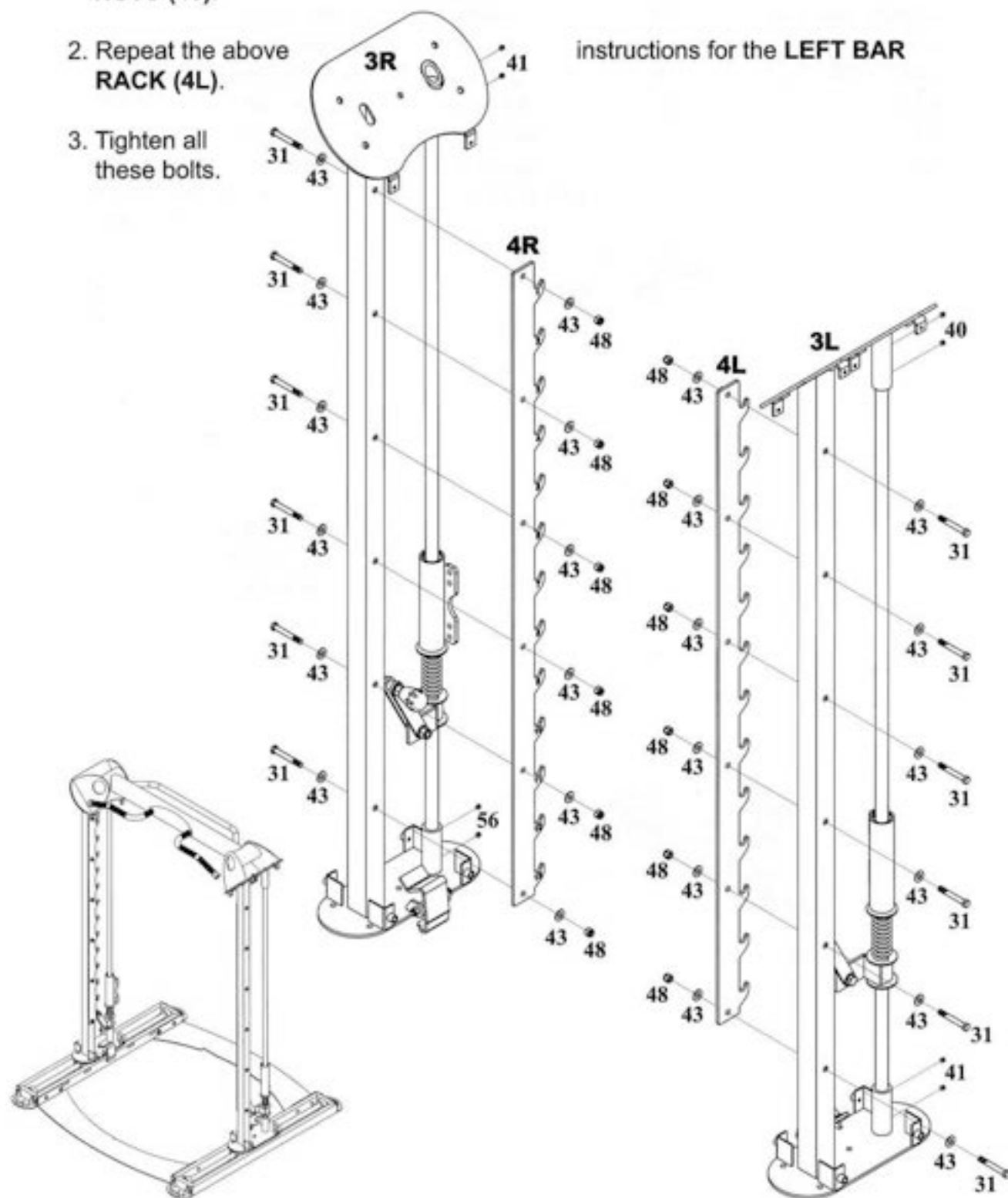
STEP 4 Right & Left Bar Rack Assembly

1. Attach **RIGHT BAR RACK (4R)** to the **RIGHT UPRIGHT (3R)**, using six $\frac{3}{8}$ " X $2\frac{3}{4}$ " **HEX BOLTS (31)**, twelve $\frac{3}{8}$ " **WASHERS (43)** and six $\frac{3}{8}$ " **NYLON NUTS (48)**.

2. Repeat the above **RACK (4L)**.

instructions for the **LEFT BAR**

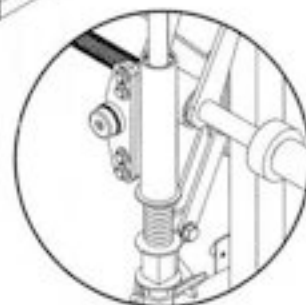
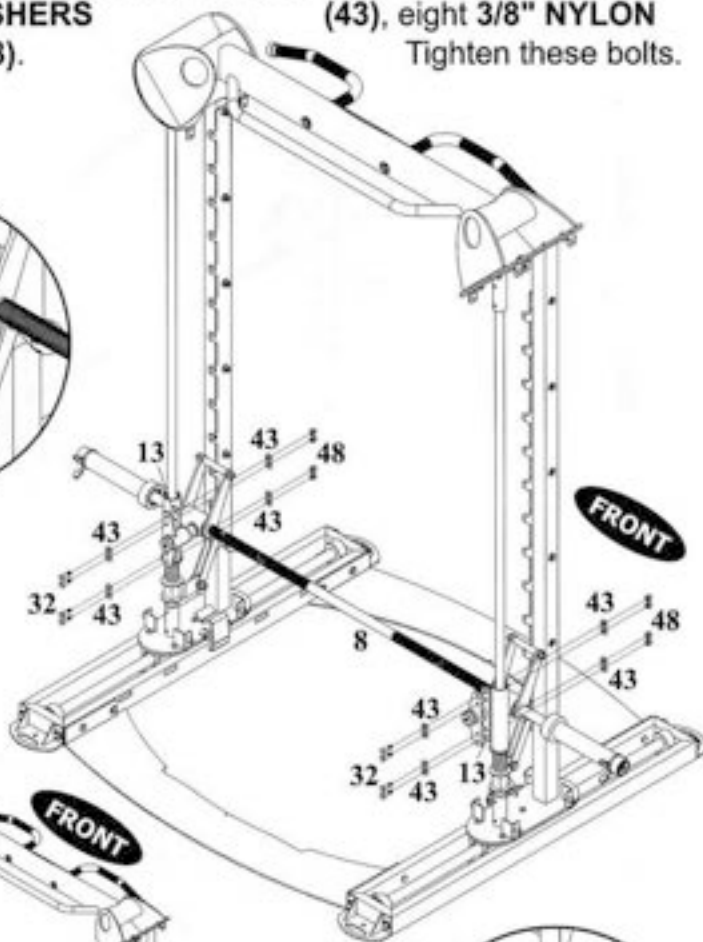
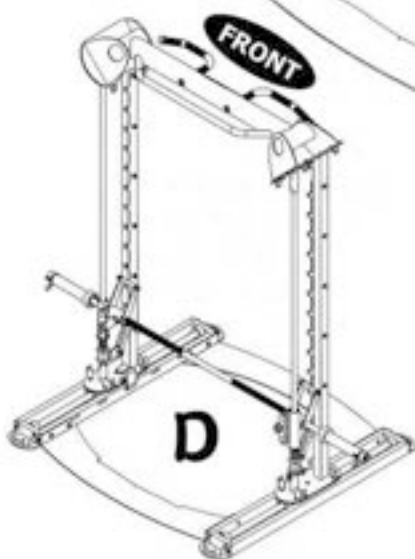
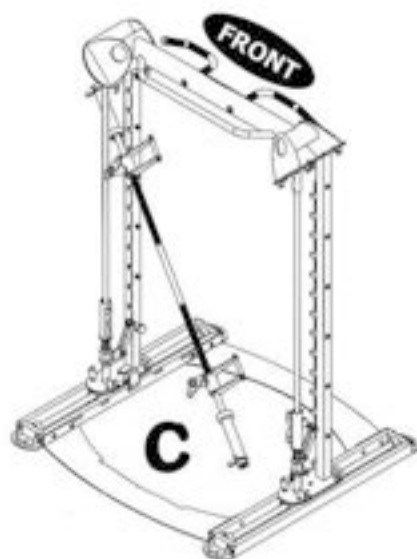
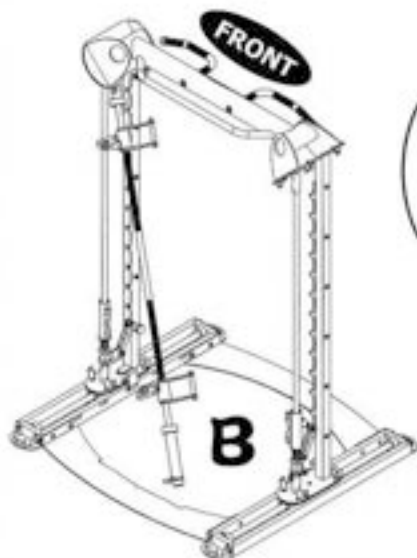
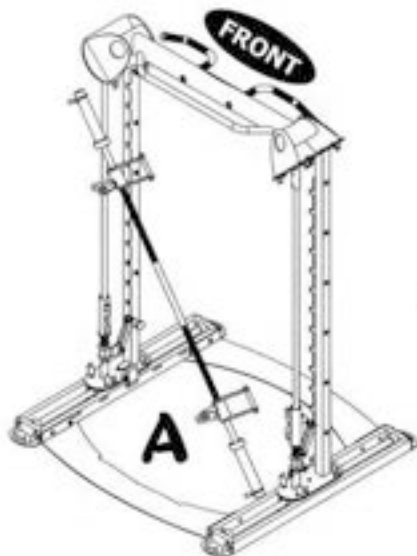
3. Tighten all these bolts.



STEP 5 Olympic Bar Assembly

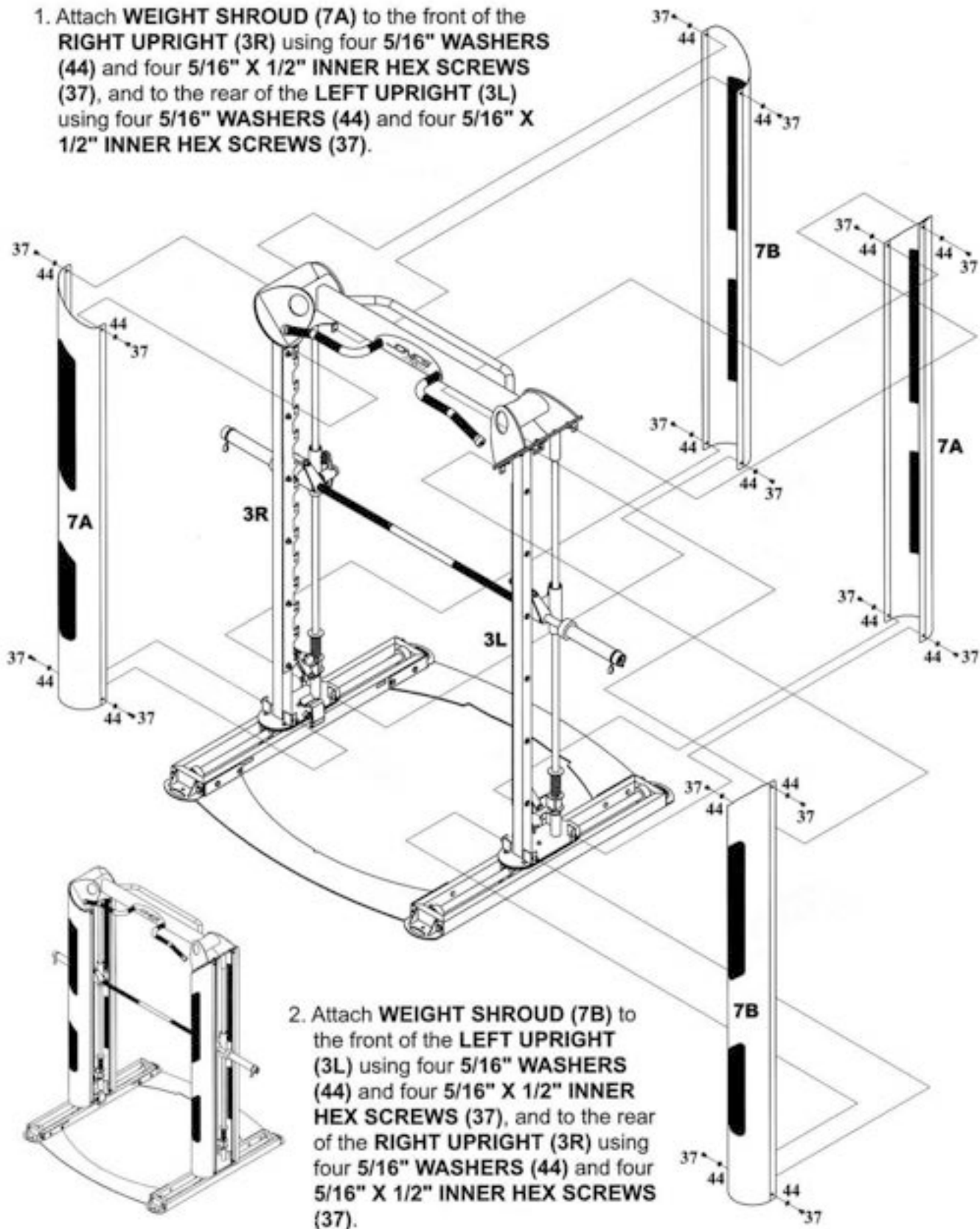
1. As shown in Figs. A,B,C,D; slide one end of the **OLYMPIC BAR (8)** in between the **VERTICAL GUIDE ROD (5)** and the **BAR RACK (4R)** on the **RIGHT UPRIGHT (3R)** and the other end of the **OLYMPIC BAR (8)** in between the **VERTICAL GUIDE ROD (5)** and the **LEFT BAR RACK (4L)** on the **LEFT UPRIGHT (3L)**. Then hook the **OLYMPIC BAR (8)** level on each side.

2. Slide a **VERICAL BEARING HOUSING (13)** up to match up with the connector plate on the **OLYMPIC BAR (8)** and attach using eight **3/8" X 1-1/4" HEX BOLTS (32)**, eight **3/8" WASHERS (43)**, eight **3/8" NYLON NUTS (48)**. Tighten these bolts.

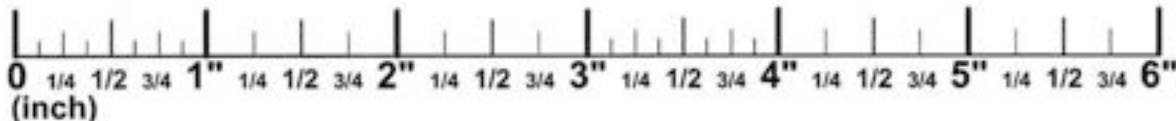


STEP 6 Shroud Assembly

1. Attach **WEIGHT SHROUD (7A)** to the front of the **RIGHT UPRIGHT (3R)** using four **5/16" WASHERS (44)** and four **5/16" X 1/2" INNER HEX SCREWS (37)**, and to the rear of the **LEFT UPRIGHT (3L)** using four **5/16" WASHERS (44)** and four **5/16" X 1/2" INNER HEX SCREWS (37)**.



2. Attach **WEIGHT SHROUD (7B)** to the front of the **LEFT UPRIGHT (3L)** using four **5/16" WASHERS (44)** and four **5/16" X 1/2" INNER HEX SCREWS (37)**, and to the rear of the **RIGHT UPRIGHT (3R)** using four **5/16" WASHERS (44)** and four **5/16" X 1/2" INNER HEX SCREWS (37)**.



Assembly is complete! Please take the following steps before, and while using the JONES PLATINUM Strength Training System:

1. Be certain all bolts are tightened securely. Check and tighten all bolts before every use.
2. **To best avoid injury**, we always recommend training with a partner.
3. **Always use the safety spotters!** Failure to do so could result in serious injury, or death. If you are unsure about the use of the safety spotters, please call your local dealer, or us at 800-990-5556.
4. **Be certain bar hooks are fully engaged before releasing your grip!** Failure to do so could result in serious injury, or death.
5. **Always use collars to hold the weights on the Olympic Bar!** Check to make sure the collars will adequately hold in the event of maximum failure of the user.
6. **Always use in a controlled manner.** Failure to do so could result in serious injury, or death.
7. **Exercise with care to avoid injury.**
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9. Keep children away from the Jones Platinum.
10. Enjoy many years of a Fit Lifestyle!

Please call us, or email us to let us know your thoughts! We love, and strive to provide the world's best fitness equipment!

www.bodycraft.com

info@bodycraft.com

800-990-5556