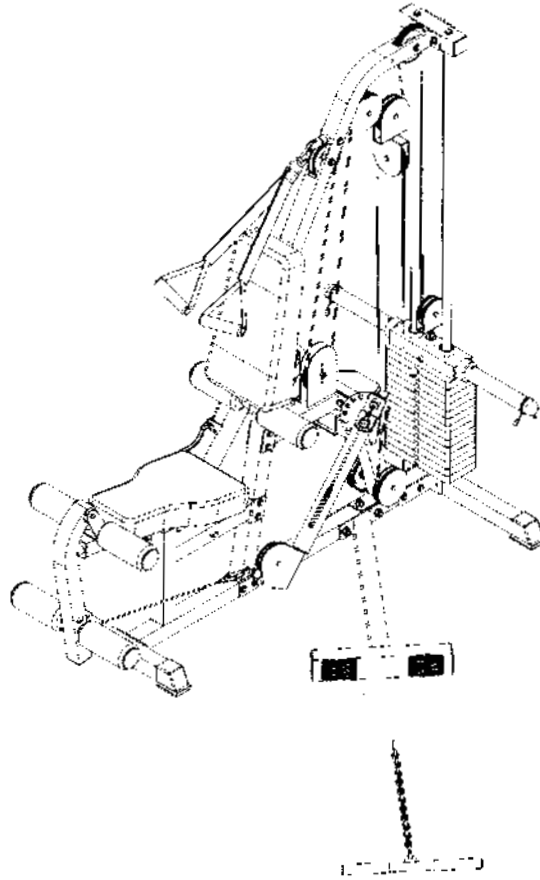


BodyCraft

MINI-Xpress STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL



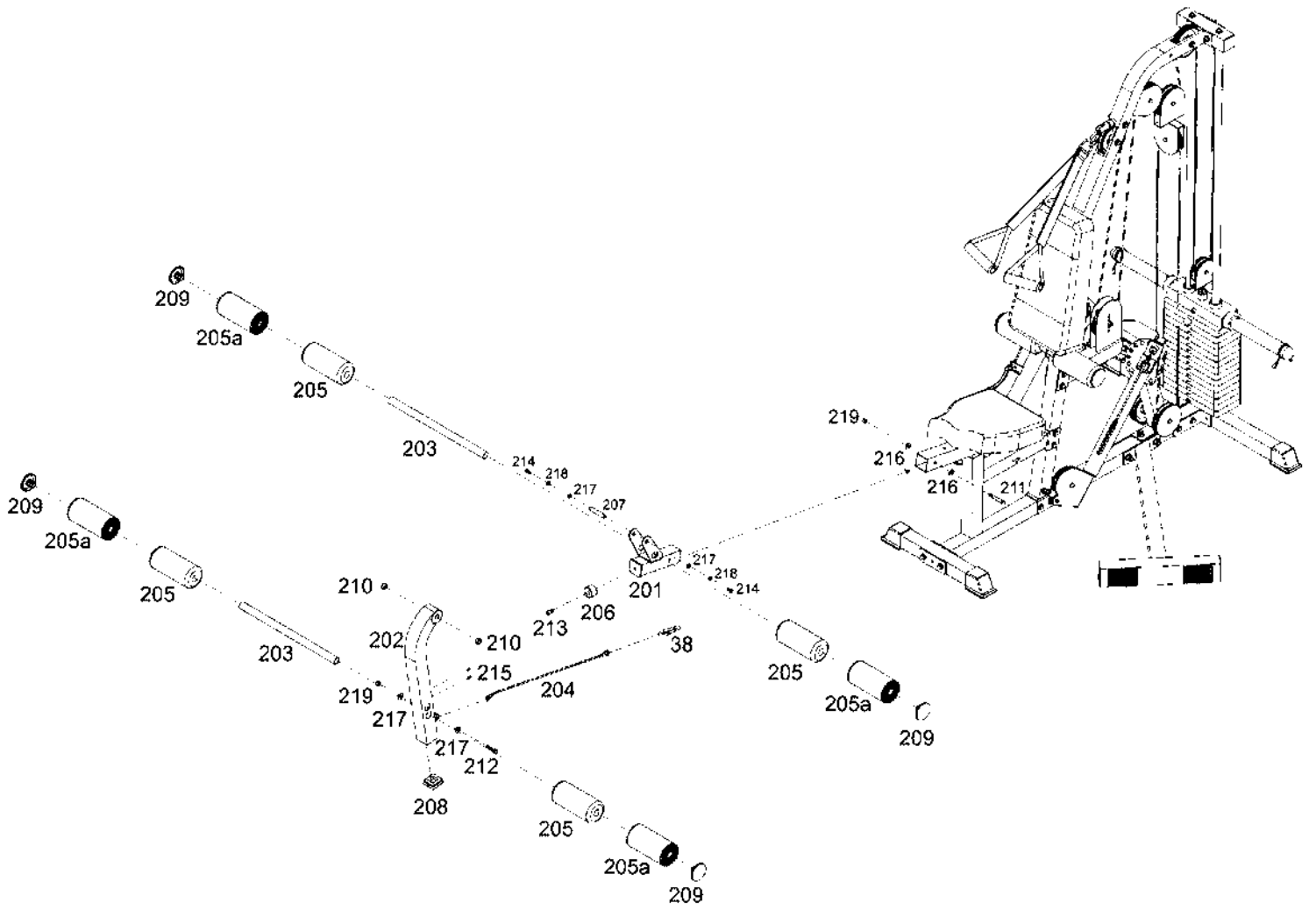
QUESTION?

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.

*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.*

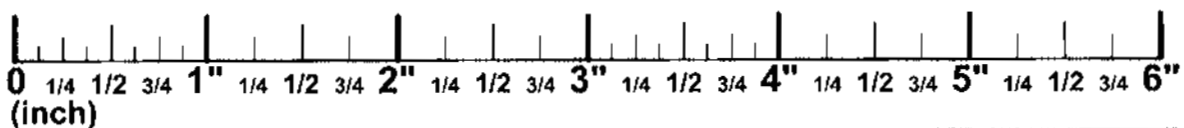
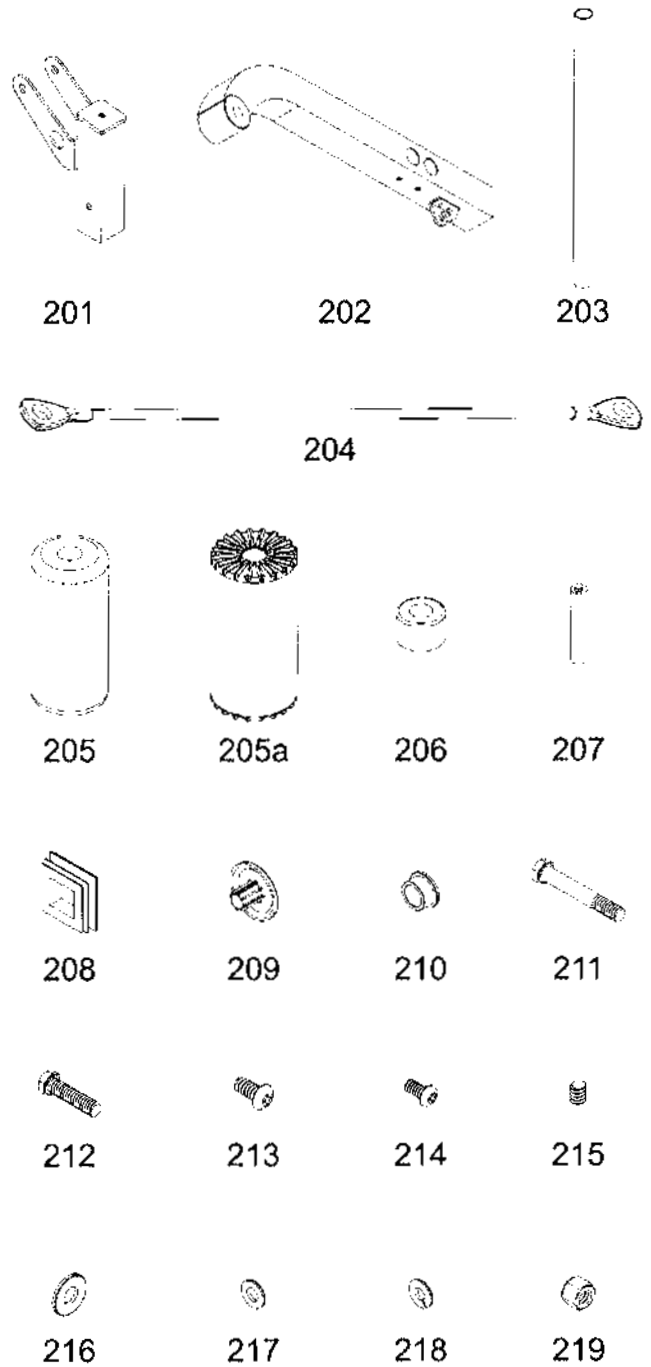
Bodycraft is a division of Recreation Supply Inc.
P.O. BOX 181
Sunbury, OH 43074

OVERVIEW



PARTS LIST

NO.	DESCRIPTION	QTY.
201	LEG EXTENSION CONNECTOR	1
202	LEG EXTENSION ARM	1
203	FOAM ROLLER HOLDER	2
204	CONNECTING CABLE	1
205	FOAM PAD	4
205a	FOAM PAD COVER	4
206	STOPPER	1
207	AXLE	1
208	50mm SQ. PLUG	1
209	1" ID FOAM ROLLER PLUG	4
210	3/8" BUSHING	2
211	3/8" X 2-1/2" HEX BOLT	1
212	3/8" X 1-1/2" HEX BOLT (ALL)	1
213	3/8" X 5/8" INNER HEX SCREW	1
214	5/16" X 5/8" INNER HEX SCREW	2
215	5/16" X 1/2" INNER SCREW	2
216	3/8" WASHER	4
217	5/16" WASHER	2
218	5/16" SPRING WASHER	2
219	3/8" NYLON NUT	2



STEP 2



CONNECTING CABLE (204)

To perform leg extensions, or leg curls, set both Cable Arms to lowest level, then attach Connecting Cables (204), welded on Leg extension Arm to each Snap Hook on Cable Arm.

Hook Connecting Cable (204) on clip welded on Seat Frame as shown C2 while not use.

