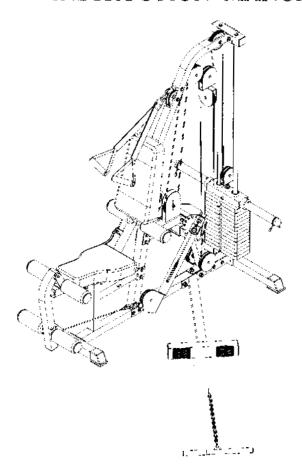


# MINI-Yress STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL



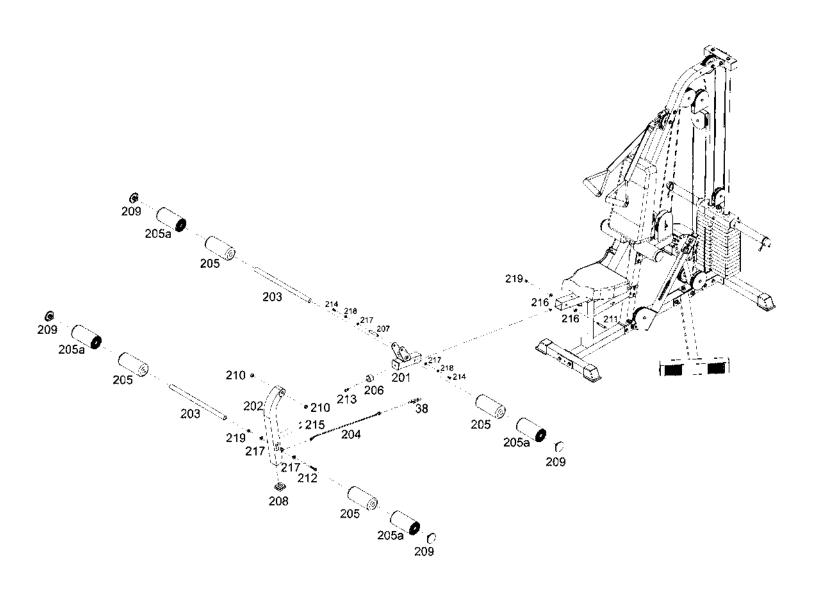
#### **QUESTION?**

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

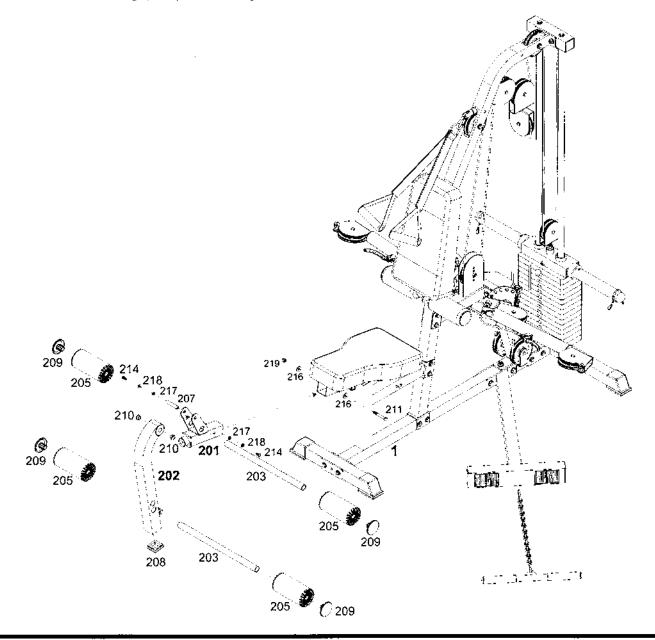
## **OVERVIEW**



PARTS LIST				
NO. DESCRIPTION QTY	<b>,</b>			
201 LEG EXTENSION CONNECTOR 202 LEG EXTENSION ARM 203 FOAM ROLLER HOLDER 204 CONNECTING CABLE 205 FOAM PAD 205a FOAM PAD COVER 206 STOPPER 207 AXLE 208 50mm SQ. PLUG 209 1" ID FOAM ROLLER PLUG 210 3/8" BUSHING 211 3/8" X 2-1/2" HEX BOLT 212 3/8" X 1-1/2" HEX BOLT 213 3/8" X 5/8" INNER HEX SCREW 214 5/16" X 5/8" INNER HEX SCREW 215 5/16" X 1/2" INNER SCREW 216 3/8" WASHER 217 5/16" WASHER 218 5/16" SPRING WASHER			190	0
	201	202 203		
	<u></u>	<u>:</u>	4	_ ``
			0	(\$\hat{\text{s}}\dagger \)
218       5/16" SPRING WASHER       2         219       3/8" NYLON NUT       2	205	205a	206	207
	208	209	⑤ 210	211
	Carrie Carrier		M.	
	212	213	214	215
	<i>©</i> 216	୍ତି 217	⊚ 218	<i>(</i> ∌ 219
0 1/4 1/2 3/4 1" 1/4 1/2 3/4 2" 1/4 1/2 3/4 3 (inch)	I I <b>. I</b>	_ 1 _ <b>1</b>	. 1 .	

#### STEP 1

- 1.Attach the Leg Extension Connector (201) to the Seat Frame using one 3/8" X 2-1/2" Hex Bolt (211), two 3/8" Washers (216), and one 3/8" Nut (219).
- 2.Insert two 3/8" Bushings (210) into the Leg Extension Arm (202) and attach to the Leg Extension Connector (201) by inserting the Axle (207). Fasten Axle (207) using two 5/16" Washers (217), two 5/16" Spring Washers (218) and two 5/16" X 5/8" Inner Hex Screws. Check to ensure the Leg Extension Arm pivots freely.
- 3.Insert the chromed Foam Roller Holder (203) into the hole of Leg Extension Connector (201). Moisten the inside holes of the two Foam Pads (205) with water and then slide them onto each end of the Foam Roller Holder (203). Cap the Foam Roller Holders with 1" ID Foam Roller Plugs (209).
- 4.Insert the chromed Foam Roller Holder (203) into holes in Leg Extension Arm (202). Moisten two Foam Pads (205) with water and slide onto each end of the Foam Roller Holder. Cap the Foam Roller Holder with 1" ID Foam Roller Plugs (209). Attach one 50mm SQ. Plug (208) to the Leg Extension Arm.



### STEP 2



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

