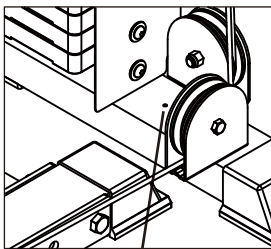


# BODYCRAFT

## RFT RACK FUNCTIONAL TRAINER FOR F430 OWNER'S MANUAL

### Serial Number Location



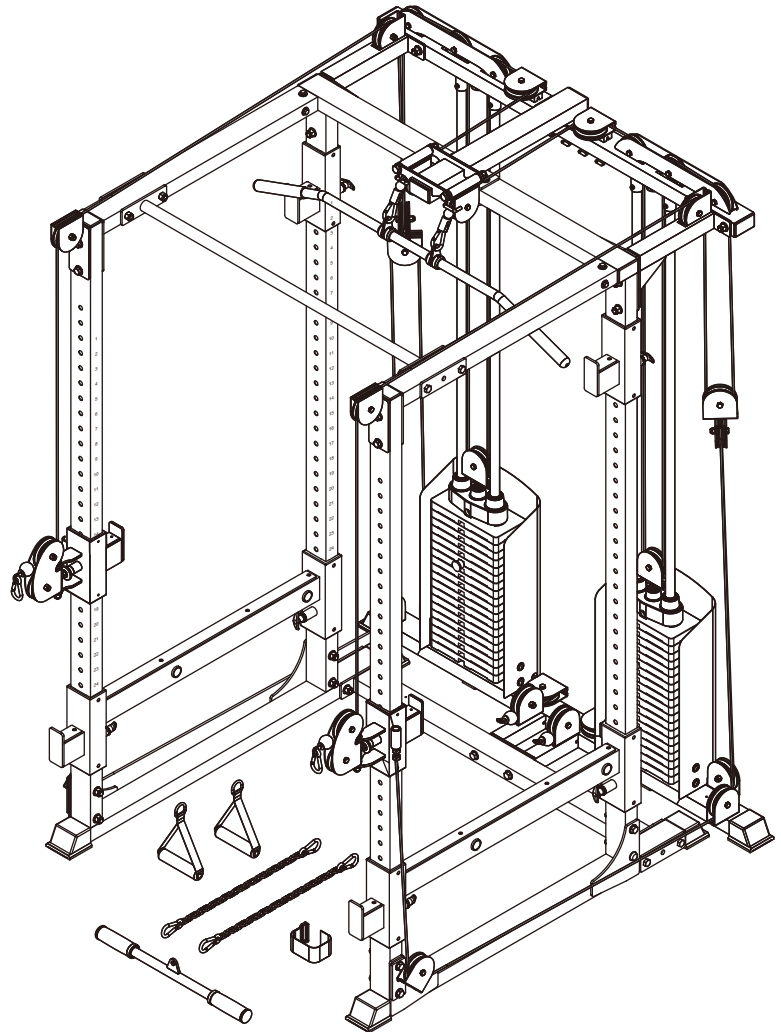
Record your Serial number  
and purchase date here:

S/N \_\_\_\_\_

PURCH.DATE: \_\_\_\_\_

DEALER: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



Model No. RFT  
MB1821  
BODYCRAFT

Fitness Authority Industrial Co., LTD.  
No. 15, Xiangxue Rd., Dali Dist.,  
Taichung City 41275, Taiwan.

## **Congratulations and Thank You!**

Thank you for selecting the **BODYCRAFT RFT Rack Functional Trainer For F430**. The **BODYCRAFT RFT Rack Functional Trainer For F430** 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 **BODYCRAFT RFT Rack Functional Trainer For F430** will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the **BODYCRAFT RFT Rack Functional Trainer For F430**. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT Dealer**.

[www.ibodycraft.com](http://www.ibodycraft.com)

## **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 preexisting 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 pads and 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 BODYCRAFT RFT Rack Functional Trainer For F430 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. Make certain all cables are seated within the pulleys before every use.**
- 8. Exercise with care to avoid injury.**
- 9. If you are unsure about the proper use of the BODYCRAFT RFT Rack Functional Trainer For F430 call your local BODYCRAFT dealer or our customer service department.**

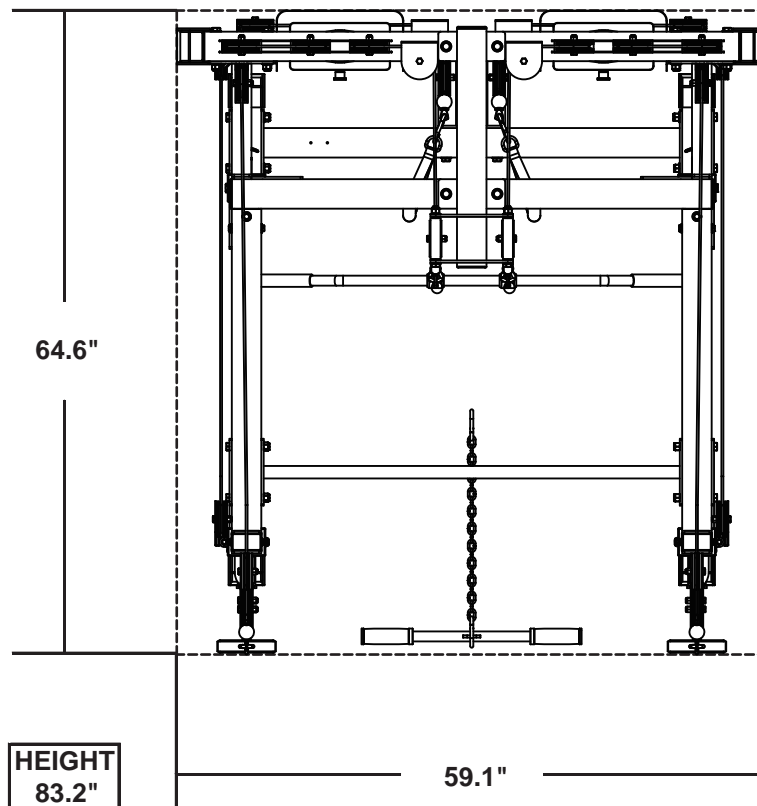
## **QUESTIONS?**

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 **BODYCRAFT**.

[www.ibodycraft.com](http://www.ibodycraft.com)

# Gym Placement Planner

WALL

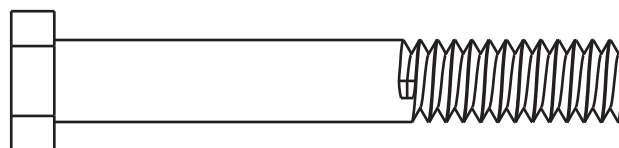


## Recommended Tools for Assembly

Ratchet  
9/16" Socket  
3/4" Socket  
9/16" Combination Wrench  
3/4" Combination Wrench  
Adjustable Wrench  
Rubber Mallet  
Metric Allen Key Set

## Important Notes and Tips:

1. Do not tighten any bolts until instructed.
2. Two people are required for the safe assembly of the gym.
3. Use silicone lubricant on guide rods prior to weight plate installation.
4. Carefully install plastic caps using a rubber mallet.
5. For your convenience, rulers are displayed throughout this manual.
6. When measuring bolt lengths, only measure the shank.



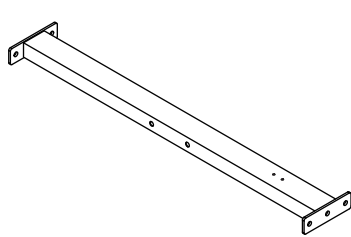
0 1/4 1/2 3/4 1" 1/4 1/2 3/4 2" 1/4 1/2 3/4 3" 1/4

# F430 PARTS LIST 1

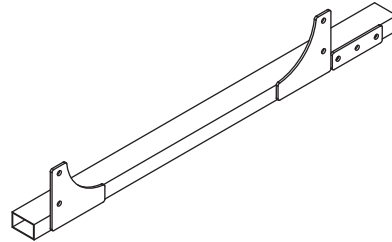


**NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES.**

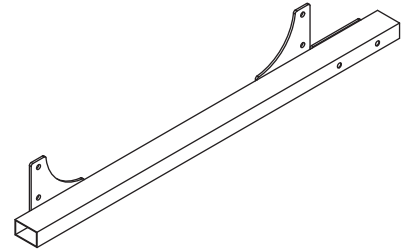
\*Parts images are not to scale.



**(1) REAR STABILIZER**



**(2) RIGHT BASE FRAME**



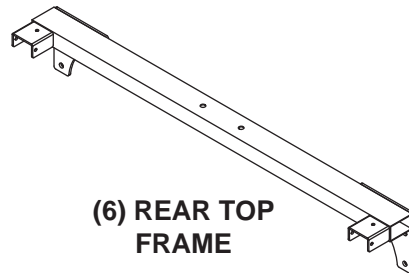
**(3) LEFT BASE FRAME**



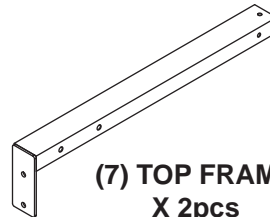
**(4) FRONT UPRIGHT  
78.2" (1986mm) X 2pcs**



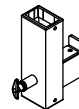
**(5) REAR UPRIGHT  
76.5"(1940mm) X 2pcs**



**(6) REAR TOP  
FRAME**



**(7) TOP FRAME  
X 2pcs**



**(10) BAR CATCH  
X 2pcs**



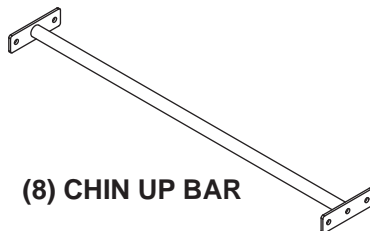
**(11) BACKING PLATE  
X 2pcs**



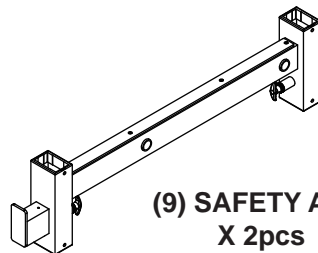
**(12) 45mm X 75mm  
CAP X 4pcs**



**(13) 45mm X 75mm  
PLUG X 4pcs**

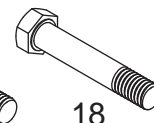
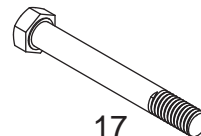


**(8) CHIN UP BAR**




**(9) SAFETY ARM  
X 2pcs**

NO.	DESCRIPTION	QTY.
17	1/2" X 4" HEX HEAD BOLT	16
18	1/2" X 2-3/4" HEX HEAD BOLT	8
19	3/8" X 3/4" HEX HEAD BOLT	6
21	1/2" WASHER	32
22	3/8" WASHER	6
23	1/2" NYLON NUT	24



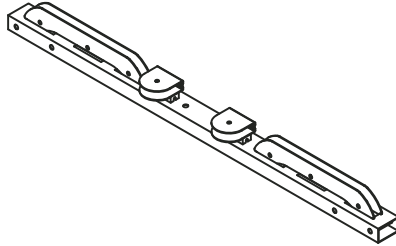
# F438 PARTS LIST 1

 **NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES.**

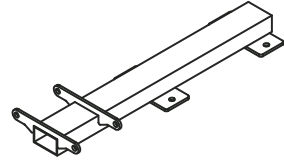
\*Parts images are not to scale.



**(201) CONNECTOR REAR STABILIZER**



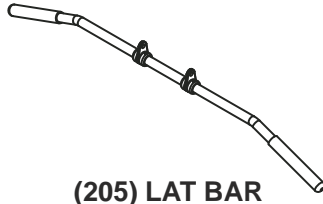
**(202) CONNECTOR REAR TOP FRAME**



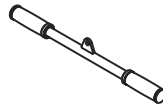
**(203) CONNECTOR TOP FRAME**



**(204) GUIDE ROD X 4pcs**



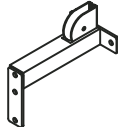
**(205) LAT BAR**



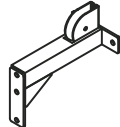
**(206) CURL BAR**



**(207) LINK PLATE**



**(208L) LEFT TOP CABLE CONNECTOR**



**(209R) RIGHT TOP CABLE CONNECTOR**



**(210) TOP GUIDE ROD HOLDER X 2pcs**



**(211L) LEFT PULLEY HEIGHT ADJUSTER**



**(212R) RIGHT PULLEY HEIGHT ADJUSTER**



**(213) PULLEY BLOCK X 2pcs**



**(214) DOUBLE PULLEY BLOCK X 2ps**



**(215L) LEFT PULLEY CONNECTOR PLATE**



**(216R) RIGHT PULLEY CONNECTOR PLATE**



**(217) PULLEY CONNECTOR PLATE X 2pcs**



**(218) ROTATING PULLEY HOLDER X 2pcs**



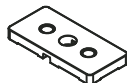
**(219) TOP FRAME PULLEY BRACKET X 2pcs**



**(220) STACK SPACER X 4pcs**



**(221) TOP PLATE X 2pcs**



**(222) WEIGHT PLATE (150lbs QTY:28 200lbs QTY:38)**



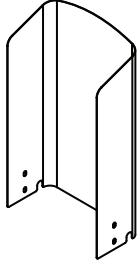
**(223) SELECTOR ROD X 2pcs**

# F438 PARTS LIST 2



**NOTE: IF YOU SEEM TO BE MISSING A PART, DO NOT WORRY, IT LIKELY HAS BEEN PRE-INSTALLED FOR QUALITY CONTROL PURPOSES.**

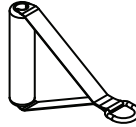
\*Parts images are not to scale.



(224) STACK GUARDS  
X 2pcs



(225) CHAIN  
X 2pcs



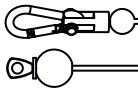
(226) SINGLE  
HANDLE X 2pcs



(227) ANKLE STRAP



(233) PULLY  
X 34pcs



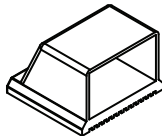
(228) TOP CABLE X 2pcs



(229) LOW CABLE X 2pcs



(234) 45 X 75mm  
PLUG X 4pcs



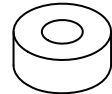
(235) 45 X 75mm  
END CAP X 2pcs



(240) SNAP  
HOOK X 6pcs



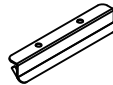
(241) SELECTOR  
PIN X 2pcs



(247) RUBBER  
CUSHION X 4pcs

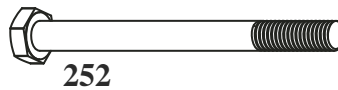


(248) PLASTIC GUIDE  
ROD HOLDER X 4pcs



(272) HOOK PLATE

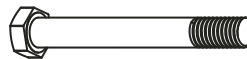
NO.	DESCRIPTION	QTY.
252	1/2" X 6" HEX BOLT	2
253	1/2" X 4-1/2" HEX BOLT	2
254	1/2" X 4-1/4" HEX BOLT	8
255	1/2" X 3-3/4" HEX BOLT	2
256	1/2" X 3" HEX BOLT	12
257	3/8" X 1-3/4" HEX BOLT	34
258	TOP PLATE BOLT	2
261	5/16" X 1/2" HEX THREADED BOLT	8
265	1/2" SMALLER WASHER	8
266	1/2" LARGER WASHER	42
267	5/16" WASHER	8
268	1/2" NYLON NUT	24
269	3/8" NYLON NUT	32
271	M5 HEX WRENCH	1



252



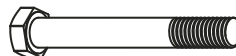
256



253



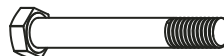
257



254



258



255



261



265



266



267



268



269



271



## IMPORTANT

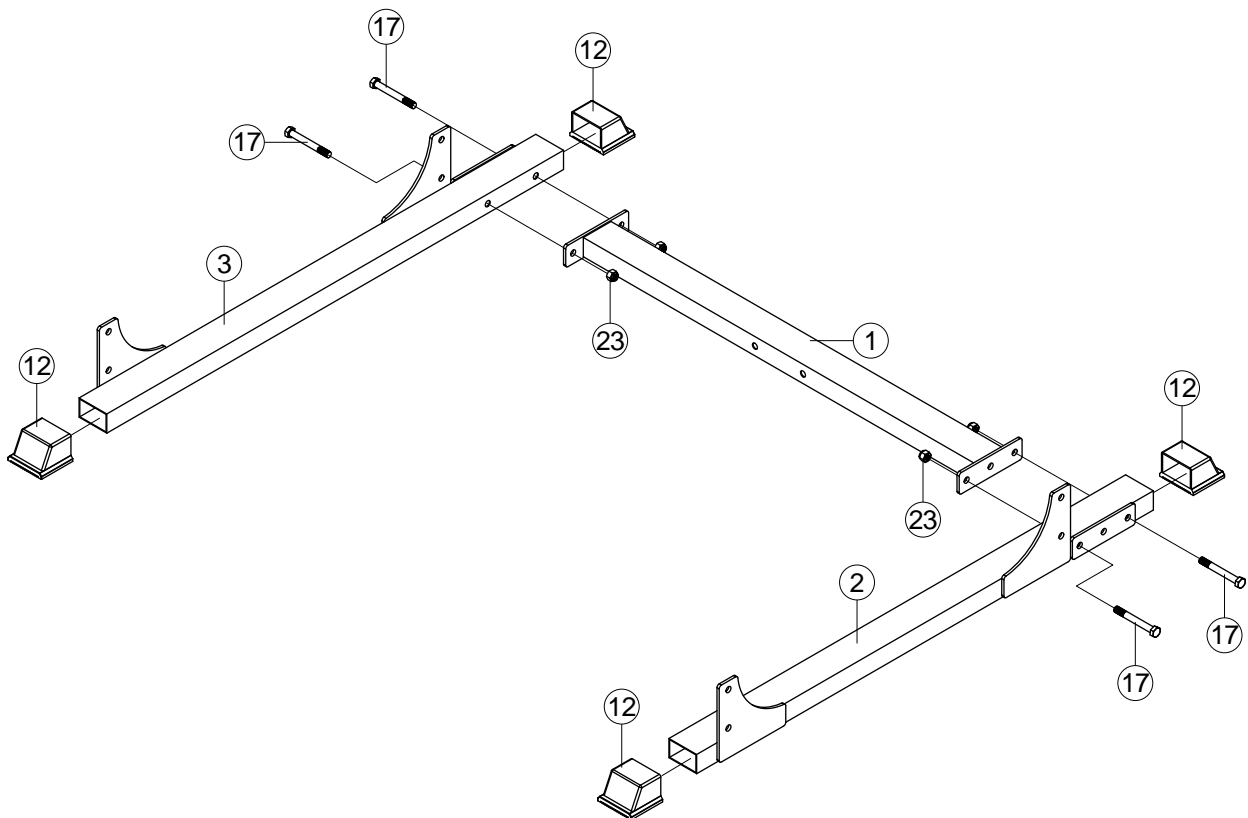
IF YOU ALREADY OWN AN ASSEMBLED F430 POWER RACK, PLEASE START ON PAGE 18.

# PRODUCT ASSEMBLY- F438 - STEP # 1

1. Slide four 45mm X 75mm Cap (12) onto Base Frame.
2. Attach Rear Stabilizer (1) (with the serial number as shown) to the Right Base Frame (2) and Left Base Frame (3) using four 1/2" X 4" Hex Bolts (17), and four 1/2" Nylon Nut (23). NOTE: Backing plates that are welded to the Base Frames should be on the outside of machine.

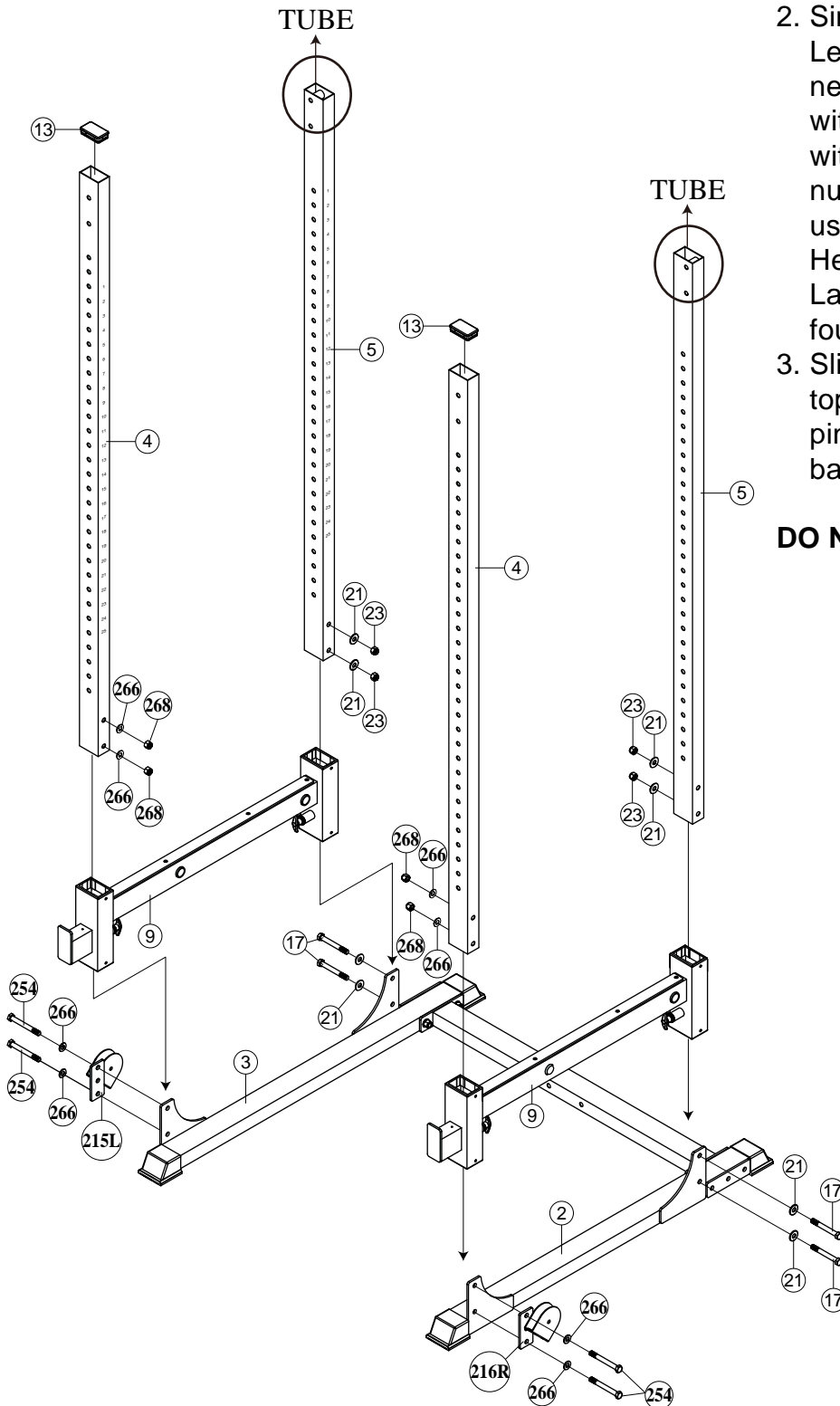
IMPORTANT: The back four 1/2" X 4" Hex Bolts (17) DO NOT get Washers (21).

**DO NOT tighten bolts.**



# PRODUCT ASSEMBLY- F438 - STEP # 2

1. Attach Rear Uprights (5) (shorter) to Base Frame using four 1/2" X 4" Hex Bolts (17), four washers (21) and four Nylon Nuts (23). Make sure the inside welded tube is on top.



2. Simultaneously attach the Left & Right Pulley Connector Plate (215L & 216R) with the Front Uprights (4) with the laser etched numbers facing inward, using four 1/2" X 4-1/4" Hex Bolts (254), eight 1/2" Larger Washers (266) and four 1/2" Nylon Nuts (268).

3. Slide Safety Arms (9) over top of uprights with spring pins toward bottom and the bar catches facing forward.

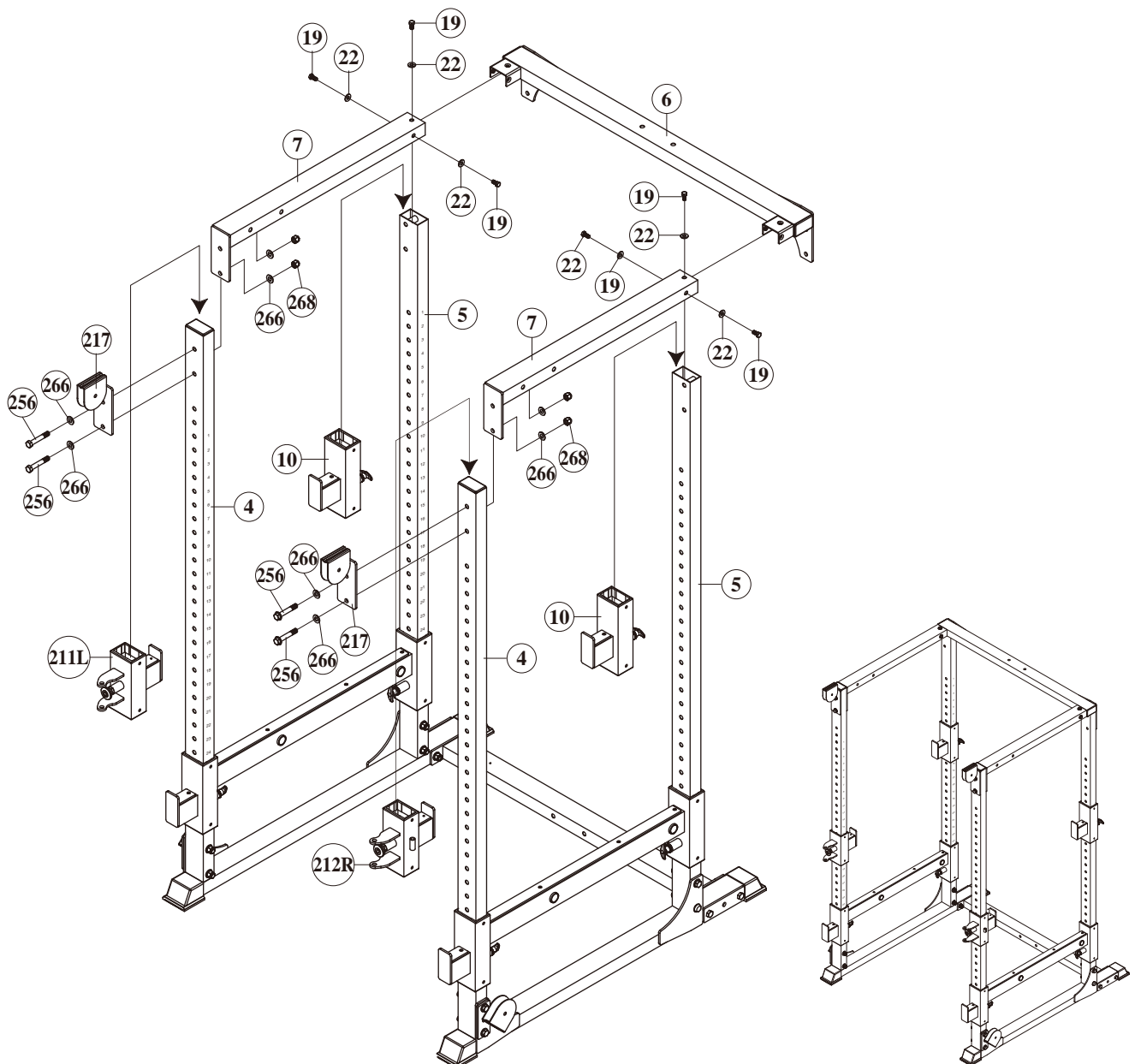
**DO NOT** tighten bolts.



# PRODUCT ASSEMBLY- F438 - STEP # 3

1. Slide both Bar Catches (10) onto each of the Rear Uprights (5) as shown.
2. Slide the Left & Right Pulley Height Adjusters (211L & 212R) onto Front Uprights (4) as shown.
3. Attach both Top Frames (7) to Rear Top Frame (6), using six 3/8" X 3/4" Hex Bolts (19) and six 3/8" Washers (22).

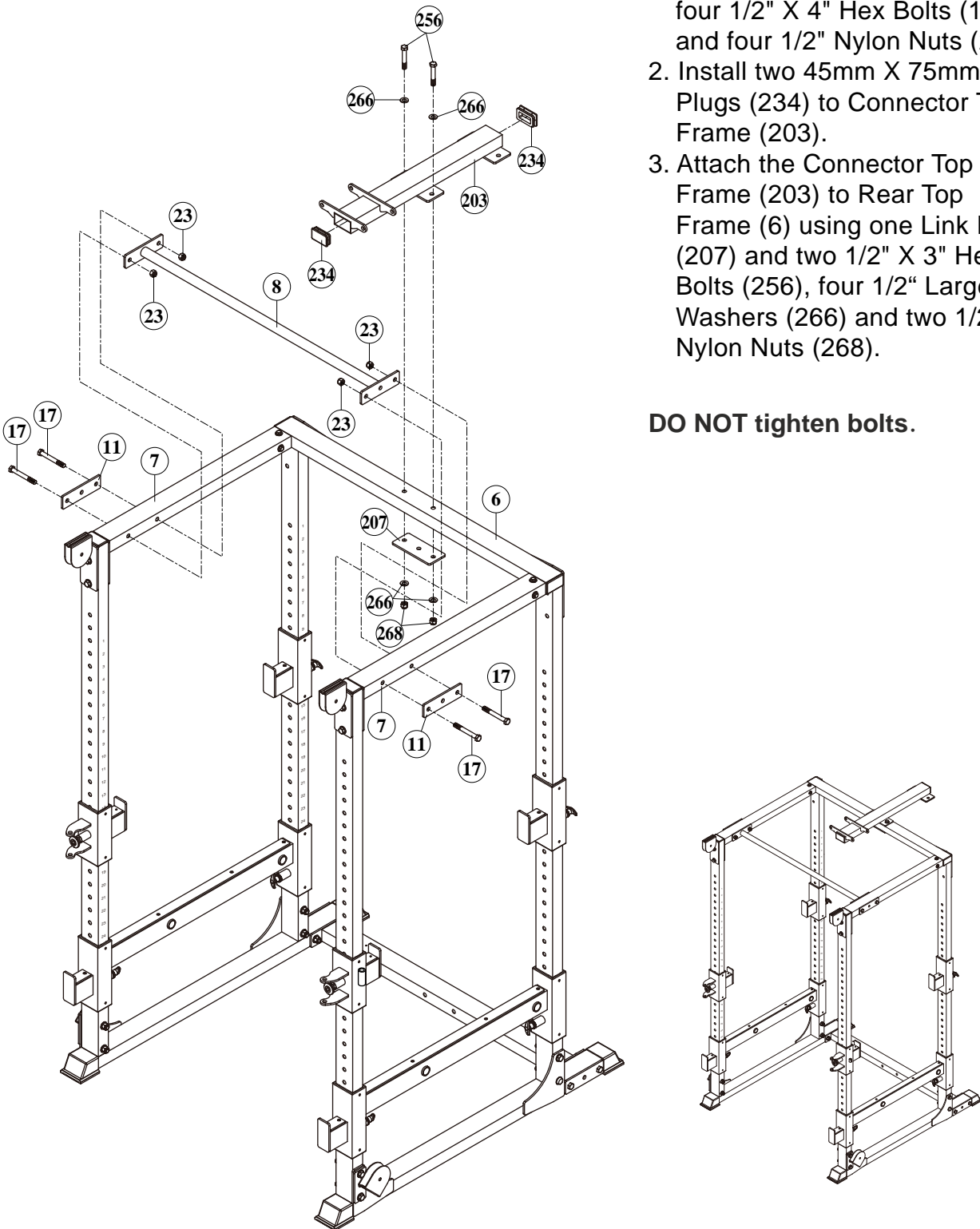
**DO NOT** tighten bolts.



# PRODUCT ASSEMBLY- F438 - STEP # 4

1. Attach Chin Up Bar (8) to the Top Frames (7) using Backing Plates (11) as shown, using four 1/2" X 4" Hex Bolts (17) and four 1/2" Nylon Nuts (23).
2. Install two 45mm X 75mm Plugs (234) to Connector Top Frame (203).
3. Attach the Connector Top Frame (203) to Rear Top Frame (6) using one Link Plate (207) and two 1/2" X 3" Hex Bolts (256), four 1/2" Larger Washers (266) and two 1/2" Nylon Nuts (268).

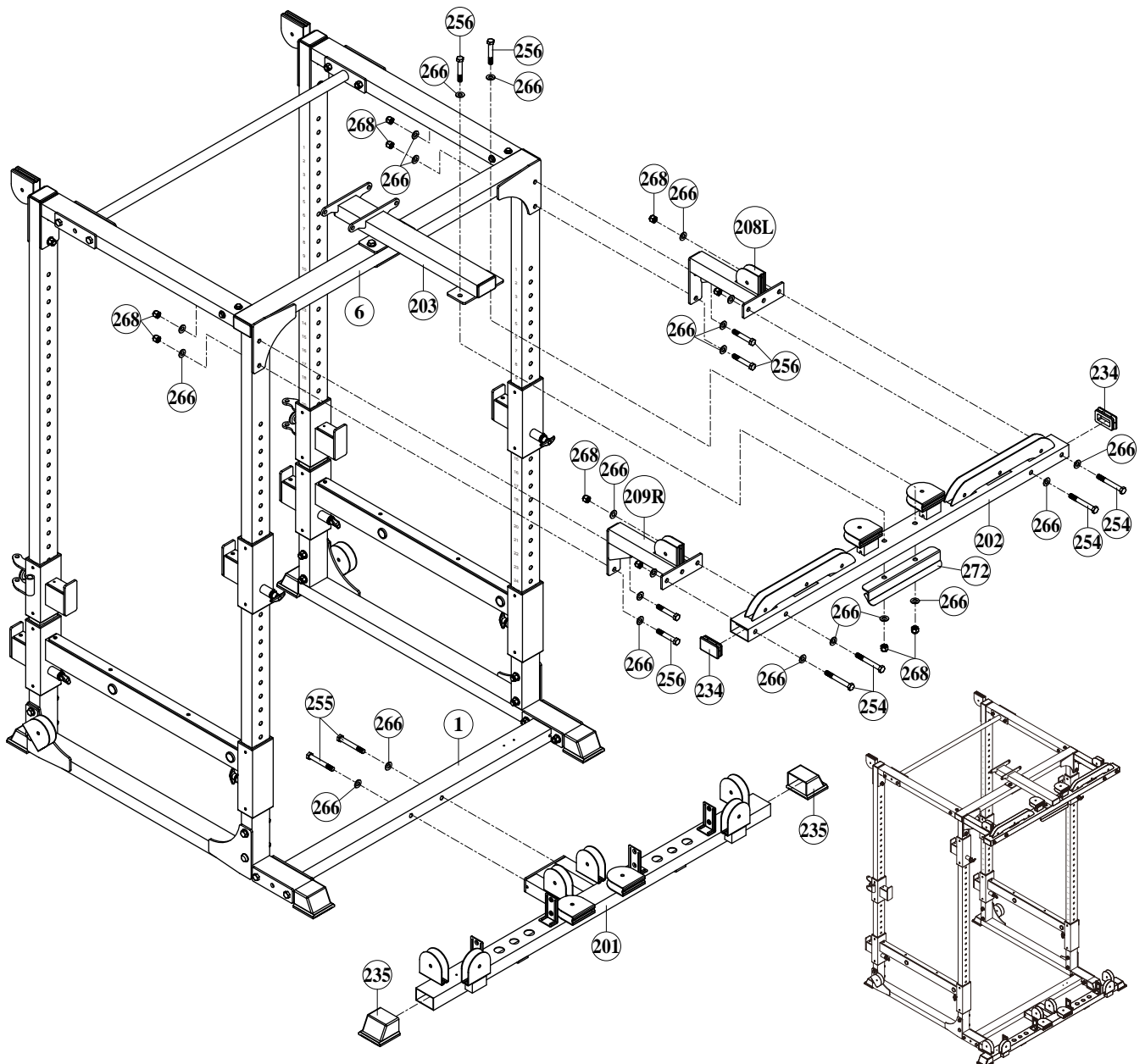
**DO NOT** tighten bolts.



# PRODUCT ASSEMBLY- F438 - STEP # 5

1. Attach Left & Right Top Cable Connectors (208L & 209R) to Connector Rear Top Frame (202) using four 1/2" X 4-1/4" Hex Bolts (254), eight 1/2" Larger Washers (266) and four 1/2" Nylon Nuts (268).
2. Attach Connector Rear Top Frame (202) to Rear Top Frame (6) using four 1/2" x 3" Hex Bolts (256), eight 1/2" Larger Washers (266) and four 1/2" Nylon Nuts (268). Attach Connector Rear Top Frame (202) to Connector Top Frame (203) and Hook Plate (272) using two 1/2" X 3" Hex Bolts (256), four 1/2" Larger Washers (266) and two 1/2" Nylon Nuts (268).
3. Install two 45 X 75mm End Caps (235) to Connector Rear Stabilizer (201). Then attach the Connector Rear Stabilizer (201) to Rear Stabilizer (1) using two 1/2" X 3-3/4" Hex Bolts (255) and two 1/2" Larger Washers (266).

**Tighten all bolts at this time. Starting from the bottom up.**



# PRODUCT ASSEMBLY- F438 - STEP # 6



## IMPORTANT

*If you have 19 Weight Plates, DO NOT install the two Stack Spacers (220), See figure 1 & 2 below.*

1. Insert the four Plastic Guide Rod Holders (248) and four Rubber Cushions (247) to the Connector Rear Stabilizer (201), and slide the Guide Rod (204) into it.

**Before beginning Step 6, please read the following and refer to Figures 2 and 3 on the next page.**

### **150 lb Stacks**

- If you have **14** Weight Plates (222) per stack, install the Stack Spacers (220) onto each of the Guide Rods (204). Fig. 2  
14 piece weight plates & top plate = TOTAL 150 lbs stack.

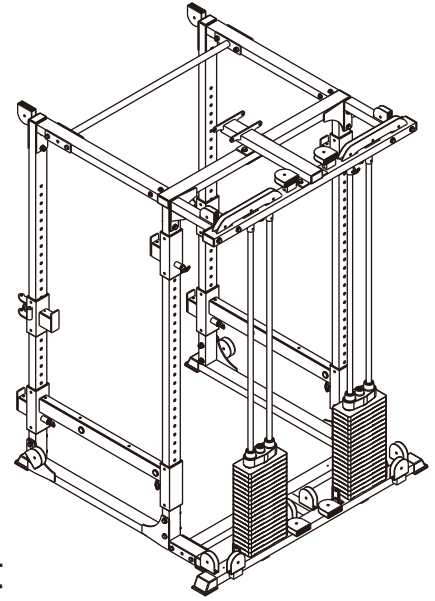
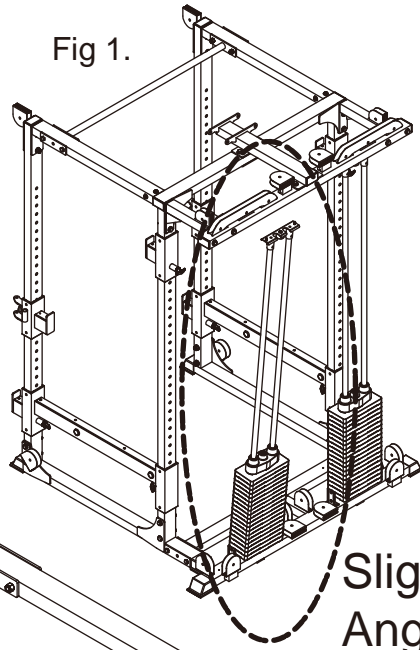
### **200 lb Stacks**

- If you have **19** Weight Plates (222) per stack, DISCARD the Stack Spacers (220), see Fig. 3.  
19 piece weight plates & top plate = TOTAL 200 lbs stack.

2. TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP. With the guide rods angled slightly (as shown in fig. 1), slide the Weight Plates (222) one at a time onto the Guide Rods (204), making sure to orient the selector holes toward the front. Attach the Top Plate (221) to the Selector Rod (223) using the Top Plate Bolt (258). Tighten the Top Plate Bolt (258) using a hex key. Slide the Top Plate into the guide Rods. Make sure the Selector Rod (223) goes through the center holes of the Weight Plates (222).
3. Attach Top Guide Rod Holder (210) to the Guide Rods (204) and secure with two 5/16" X 5/8" Hex Socket Dome Bolts (260). Tighten the two 5/16" X 1/4" Inner Hex Screws (263) to the Guide Rods (204). Use 3/8" X 1/2" Hex Socket Dome Bolt (259) to tight Stopper (246) and the Top Guide Rod Holder (210).

# PRODUCT ASSEMBLY- F438 - STEP # 6

Fig 1.



Slight Angle

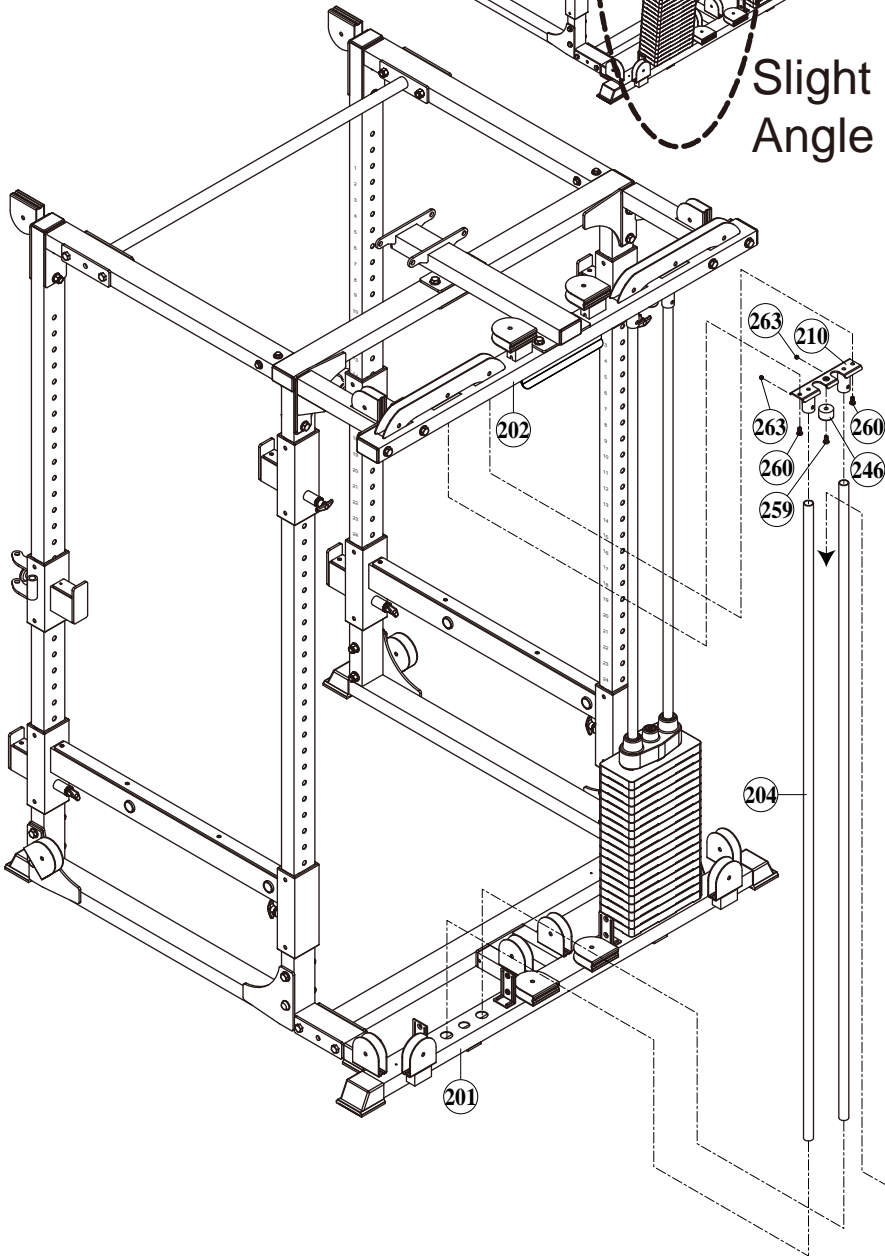
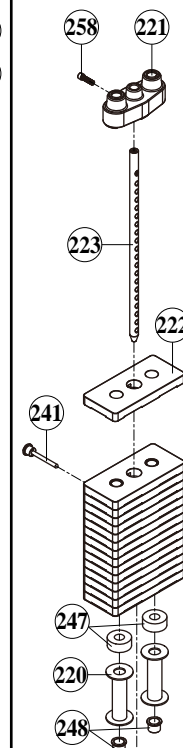


Fig 2.

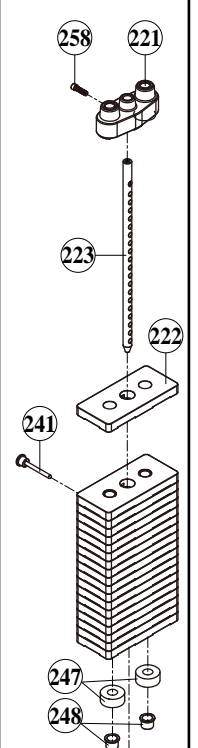
14 Weight Plates



150 lbs stack

Fig 3.

19 Weight Plates



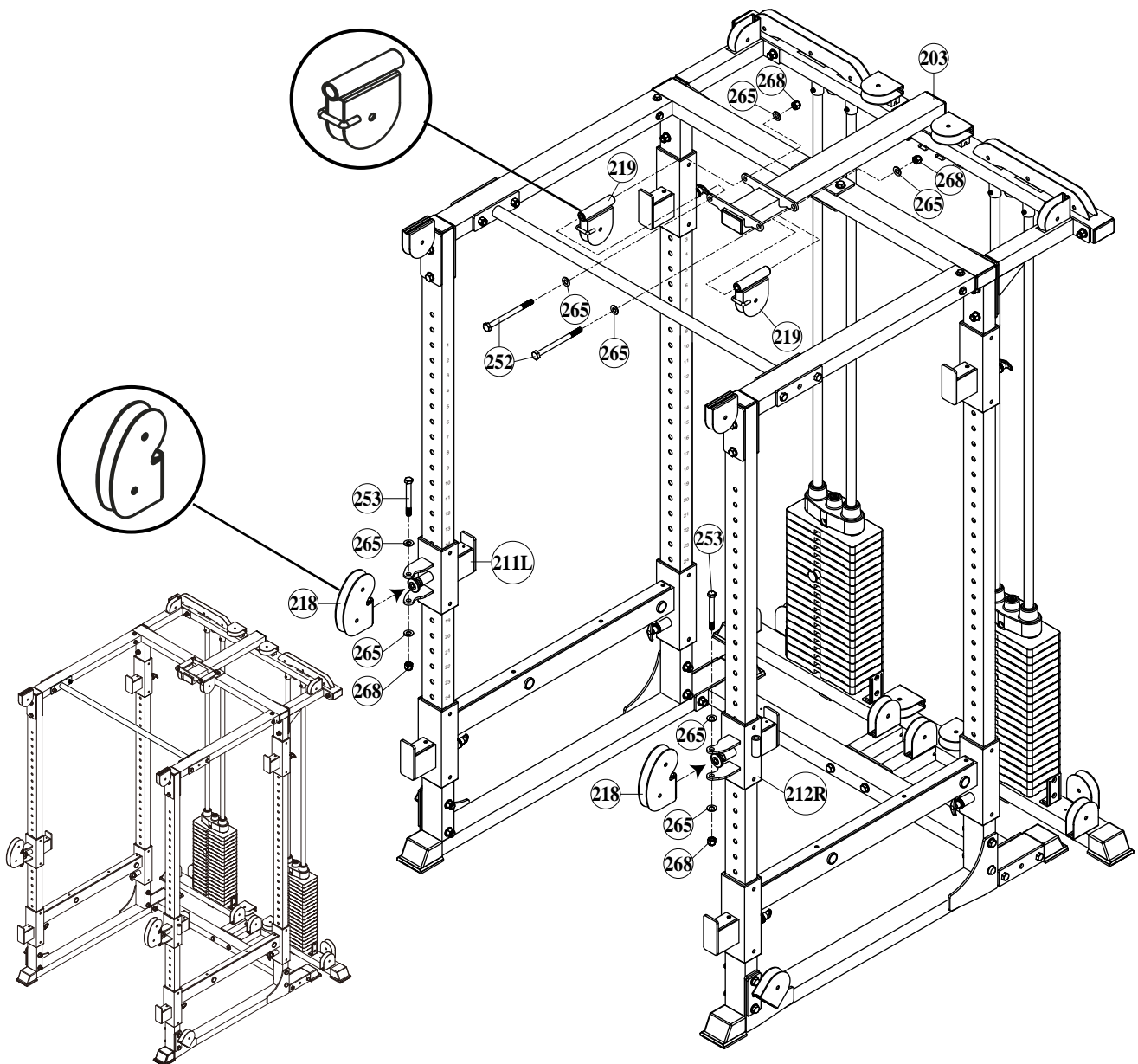
200 lbs stack

# PRODUCT ASSEMBLY- F438 - STEP # 7

1. Attach Top Frame Pulley Bracket (219) to the Top Frame (203) as shown, using two 1/2" X 6" Hex Bolts (252), four 1/2" Smaller Washers (265) and two 1/2" Nylon Nuts (268).
2. Attach two Rotating Pulley Holders (218) to Left & Right Pulley Height Adjuster (211L & 212R) as shown, using two 1/2" X 4-1/2" Hex Bolts (253), four 1/2" Smaller Washers (265) and two 1/2" Nylon Nuts (268).

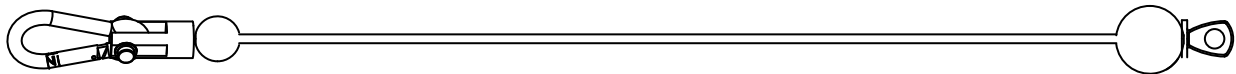
NOTE: Confirm Bolts (253) are facing down with Nuts (268) from bottom up assembled.

**Tighten all bolts.**





# PRODUCT ASSEMBLY- F438 - STEP # 8



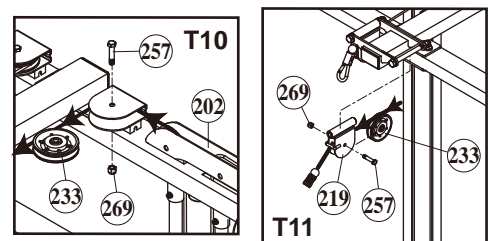
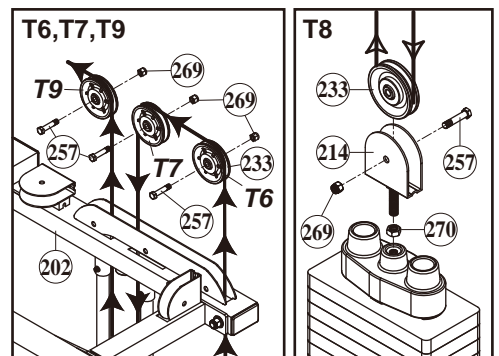
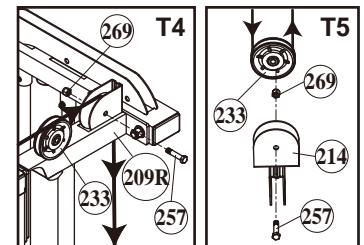
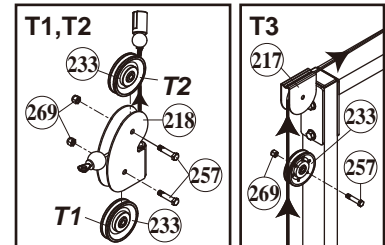
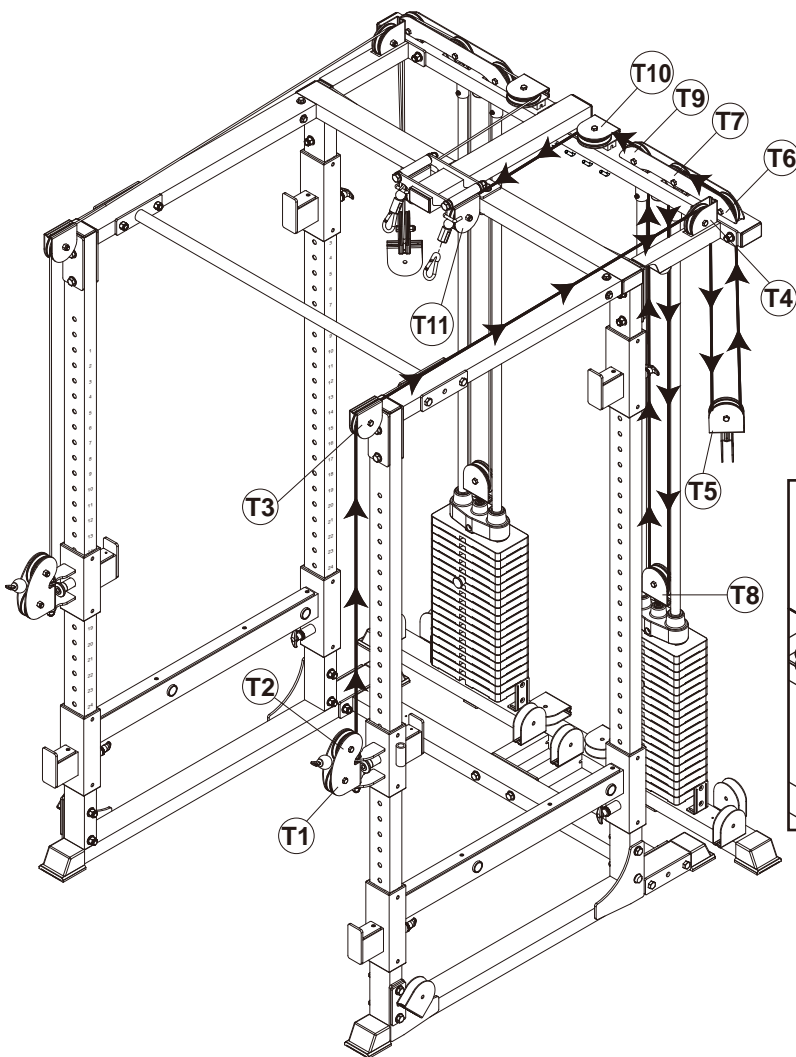
Hook End

Top Cable (228)

Ball End

Simultaneously assemble the cables and pulleys.

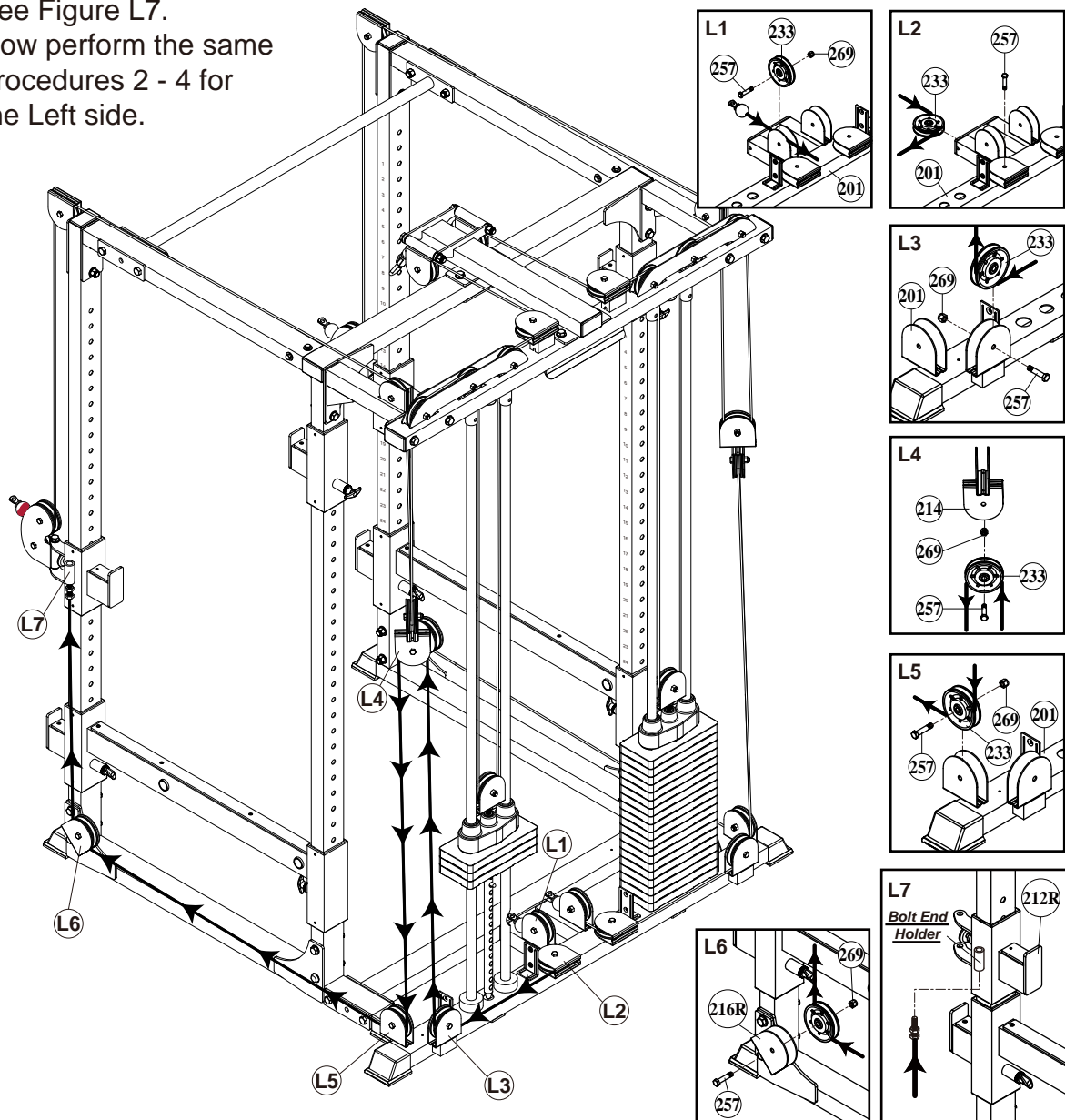
1. Perform the follow procedures 2 - 4 for the Right side first.
2. Insert the Hook End of the Top Cable (228) between 2 Pulleys (233) in the Rotating Pulley Holder (218) as shown in Figure T1,T2. Then route the cable up and over the Pulley Connector Plate (217), see Figure T3. Route over and down through the Pulley (233) in the Right Top Cable Connector (209R), see Figure T4. Route through the upper Pulley (233) in the floating Double Pulley Block (214), see Figure T5.
3. Thread the Pulley Block (213) at least 1/3 of the way into the Top Plate Assembly as shown in Fig. T8. Tighten the Jam Nut downward.
4. Continue routing the cable up and over the two pulleys (233) on the Connector Rear Top Frame (202), see Figures T6 & T7, then down to the Pulley Block (213) as shown in Figure T8. Then route up to the Connector Rear Top Frame (202), see Figure T10. Then route over the Top Frame Pulley Bracket (219) as Figure T11.
5. Now perform the same procedures 2 - 4 for the Left side.



# PRODUCT ASSEMBLY- F438 - STEP # 9



1. Perform the follow procedures 2 - 4 for the Right side first.
2. Insert the Bolt End of the Low Cable (229) into the vertical pulley holder of the Rear Stabilizer (201), see Figure L1, then route the cable 90 degrees through the horizontal pulley holder as shown in Figure L2 and then the vertical pulley holder as shown in the Figure L3. Route the cable up and around the Double Pulley Block (214), see Figure L4.
3. Continue routing the cable downward to the vertical pulley holder on the Connector Rear Stabilizer (201), see Figure L5, then route through the pulley holder on the Right Pulley Connector Plate (216R), see Figure L6.
4. Screw the Bolt End to the Holder located on the Right Pulley Height Adjuster (212R), see Figure L7.
5. Now perform the same procedures 2 - 4 for the Left side.

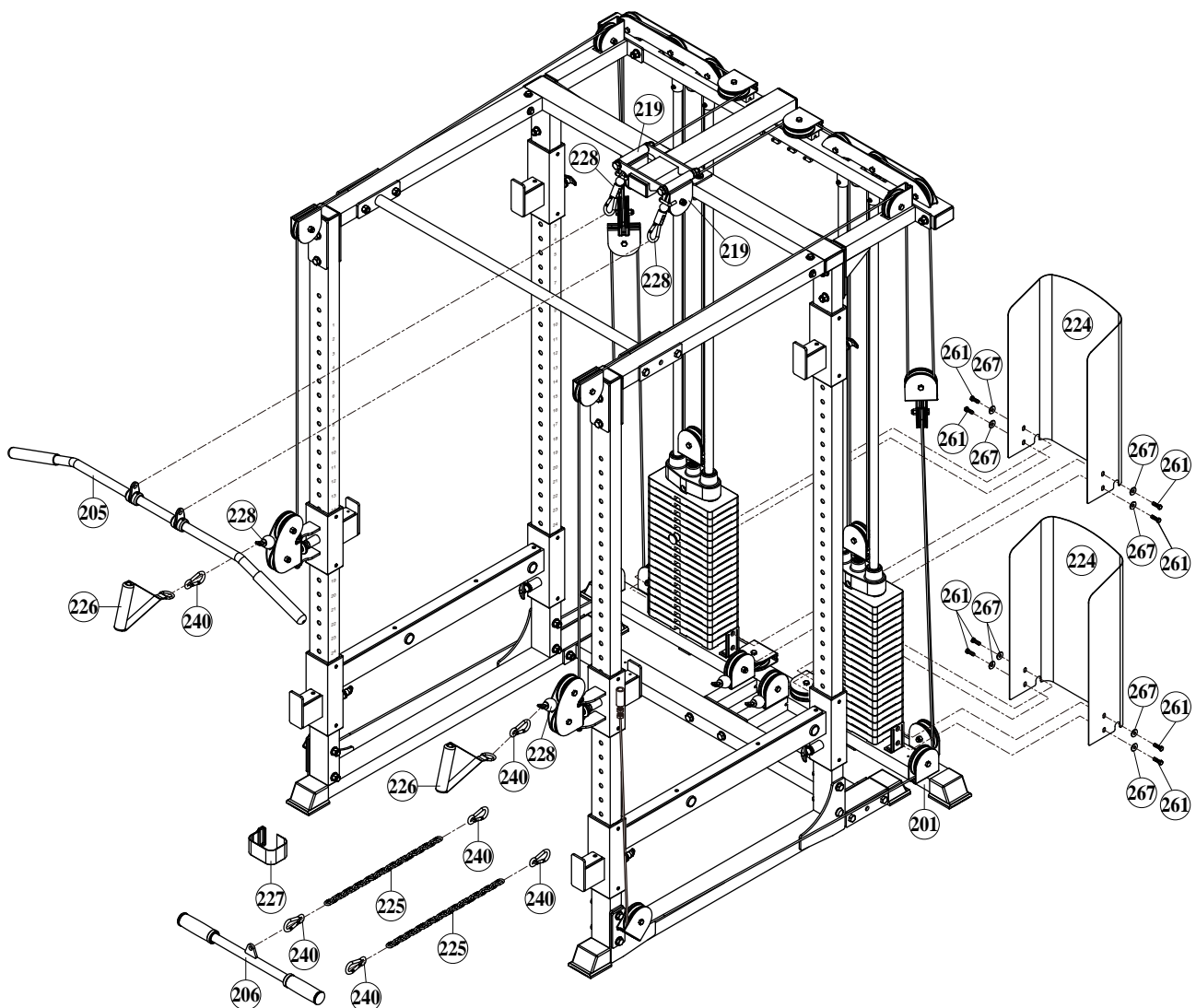




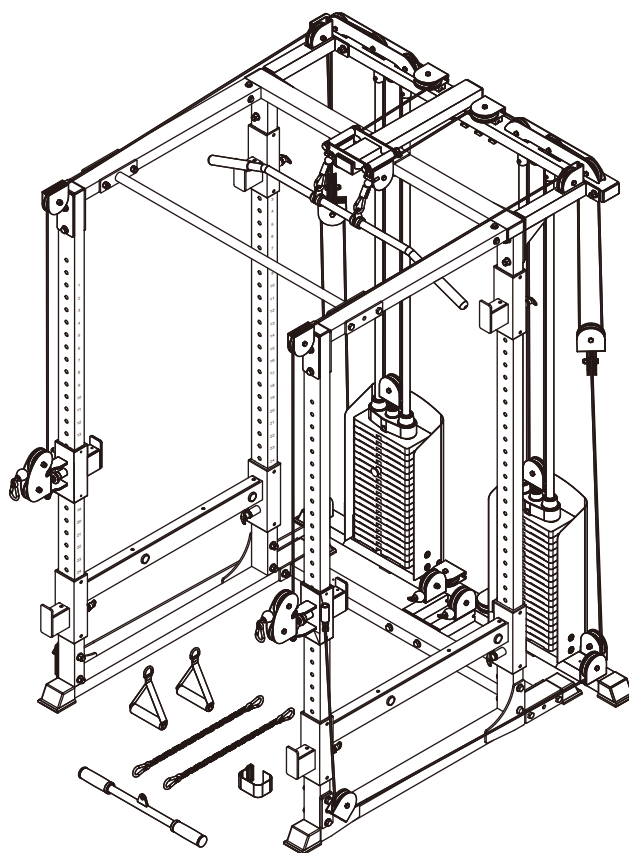
# PRODUCT ASSEMBLY- F438 - STEP # 10

1. Attach two Stack Guards (224) to Connector Rear Stabilizer (201) using eight 5/16" X 1/2" Hex Threaded Bolts (261) and eight 5/16" Washers (267).
2. Remove all slack in the cables by adjusting the Cable Bolts on the Pulley Height Adjusters (211L, 212R), and the Pulleys Blocks (213) located on the Top Plates of the stack. Tighten all Jam-Nuts when finished. The Cable Bolts and Pulley Block should not be able to rotate when tightened.
3. Attach Lat Bar (205) to Snap Hooks (240) on Top Cable (228) and two Single Handles (226) as shown.
4. Make sure that all cables are properly seated in all of the pulleys and tighten all bolts.
5. BEFORE FIRST USE refer to the checklist on the next page.

**Tighten all Bolts.**



# PRODUCT ASSEMBLY- F438 - COMPLETE



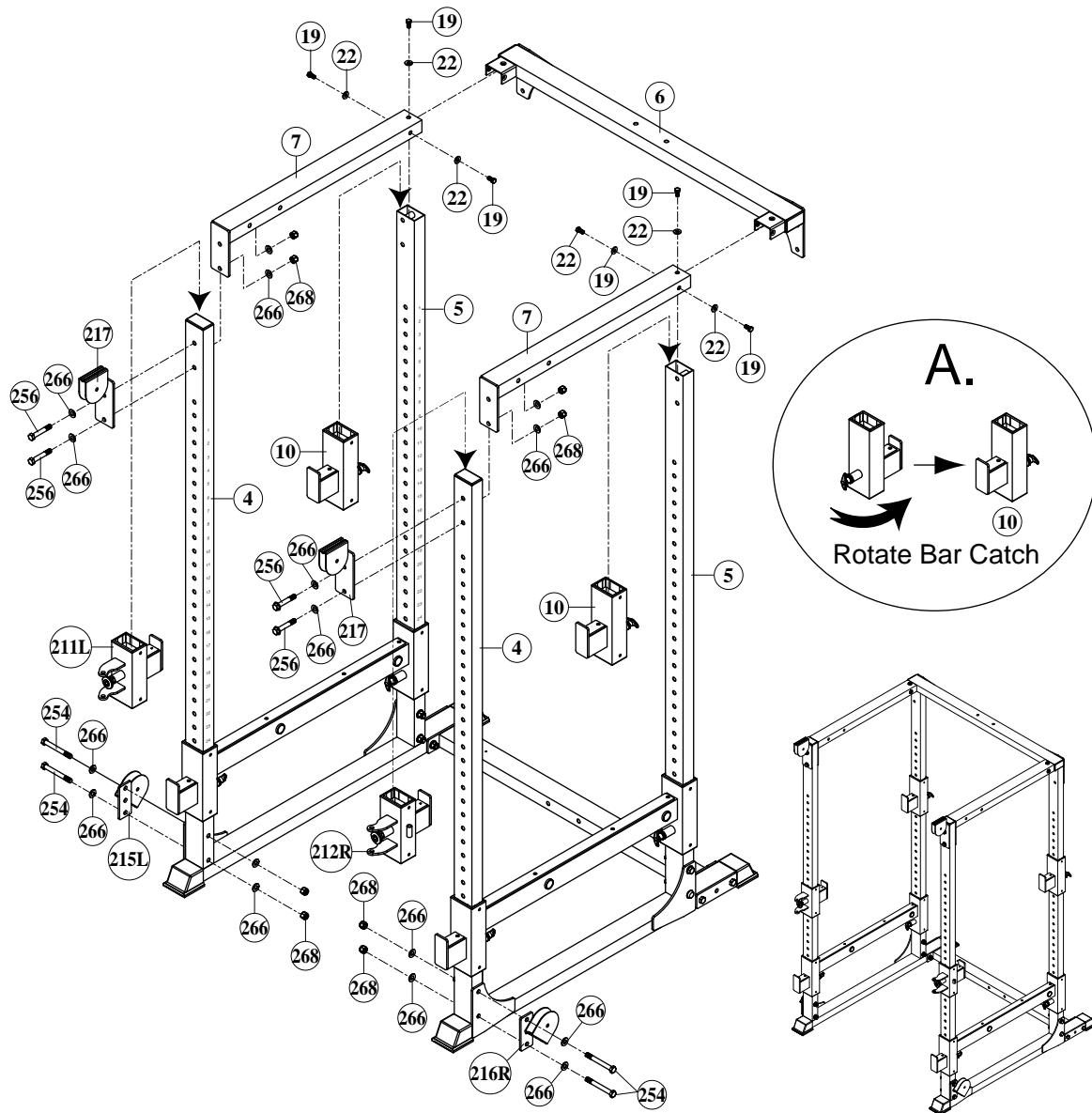
**Assembly is complete!**

**Please take the following steps before using the RFT  
Rack Functional Trainer:**

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Pre-stretch the cables. Put the Selector Pin (241) in the bottom hole on the weight stack. Pull on the cables with great force, helping remove any kinks and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. The cables should be adjusted as tight as possible, but not so tight as to lift the Top Plate (221) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply silicone spray or liquid to the Guide Rods (204).
7. Enjoy many years of a happy & healthy lifestyle.

# ADD F438 TO ASSEMBLED F430 - STEP # 1

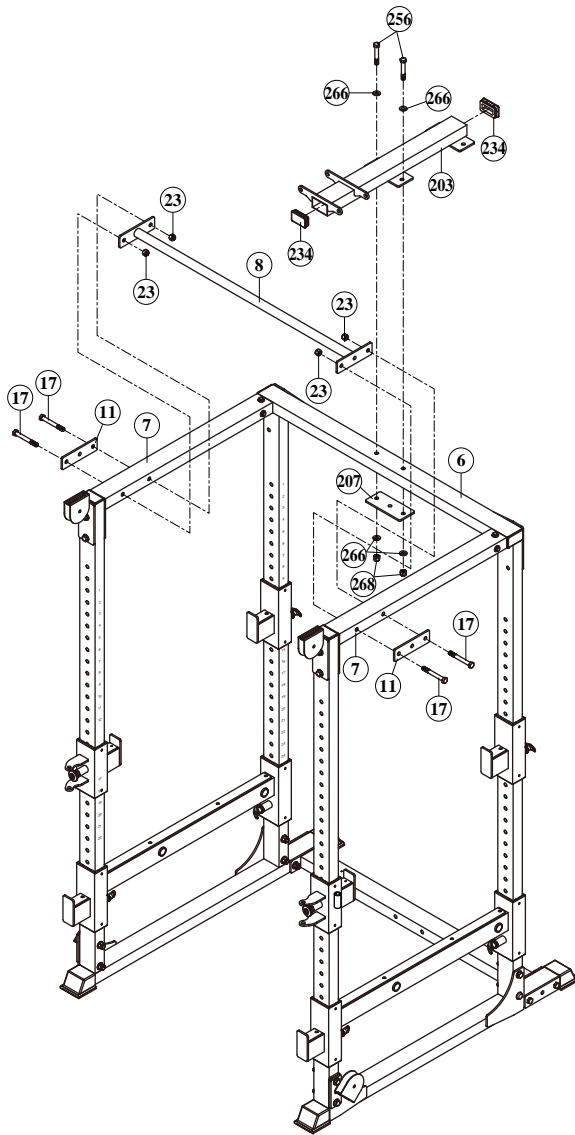
1. Remove the Chin Up Bar (8), the Left and Right Top Frames (7) and Rear Top Frame (6) of your assembled F430 Power Rack.
2. If the Bar Catch (10) is installed on the Front uprights, then rotate Bar Catch (10) as shown in FIG A. Slide Bar Catches (10) onto Rear Uprights (5), then slide Left & Right Pulley Height Adjusters (211L & 212R) onto the Front Uprights (4).
3. Re-attach the Left and Right Top Frames (7) to Rear Top Frame (6), using three 3/8" X 3/4" Hex Bolts (19) and three 3/8" Washers (22). Simultaneously attach Top Frames (7) and the two Pulley Connector Plates (217) to Front Uprights (4) using four 1/2" X 3" Hex Bolts (256), eight 1/2" Larger Washers (266) and four 1/2" Nylon Nut (268).
4. Attach Left & Right Pulley Connector Plates (215L & 216R) to the Front Upright (4) by removing the original bolts and installing four 1/2" X 4-1/4" Hex Bolts (254), eight 1/2" Larger Washers (266) and four 1/2" Nylon Nuts (268).



# ADD F438 TO ASSEMBLED F430 - Step #2

Go to Page 9, Step #4 of this manual to finish upgrade from F430 to RFT F438

## PRODUCT ASSEMBLY- F438 - STEP # 4



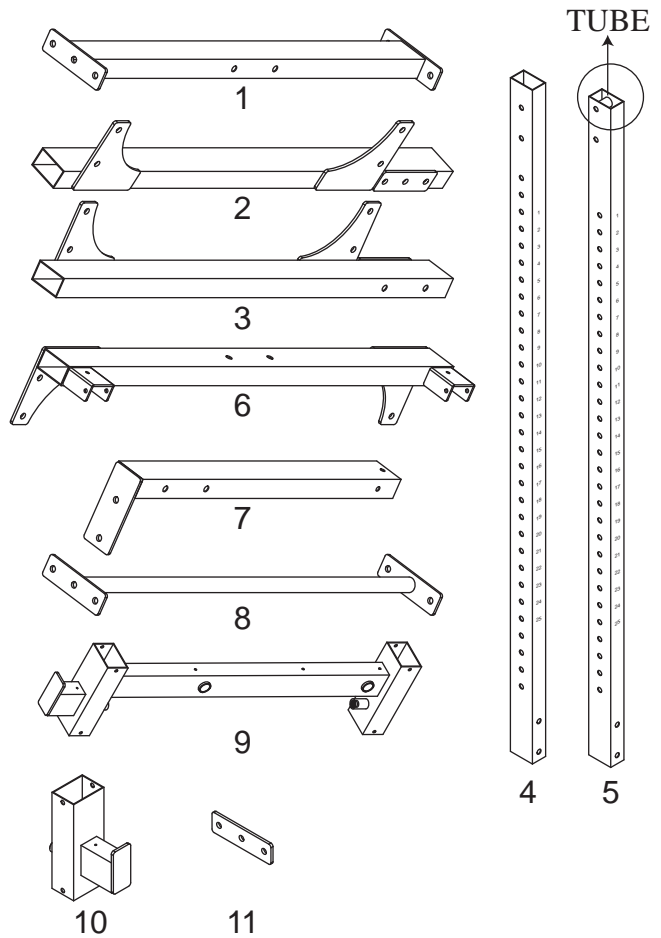
1. Attach Chin Up Bar (8) to the Top Frames (7) using Backing Plates (11) as shown, using four 1/2" X 4" Hex Bolts (17) and four 1/2" Nylon Nuts (23).
2. Install two 45mm X 75mm Plugs (234) to Connector Top Frame (203).
3. Attach the Connector Top Frame (203) to Rear Top Frame (6) using one Link Plate (207) and two 1/2" X 3" Hex Bolts (256), four 1/2" Larger Washers (266) and two 1/2" Nylon Nuts (268).

**DO NOT tighten bolts.**

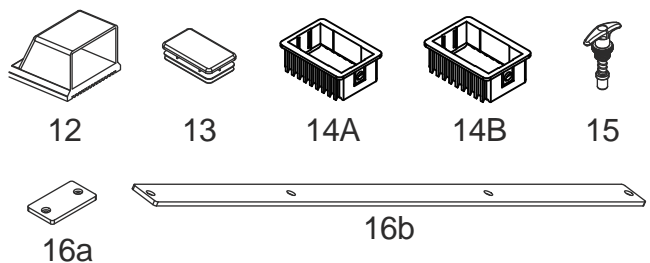


# F430 DETAILED PARTS LIST

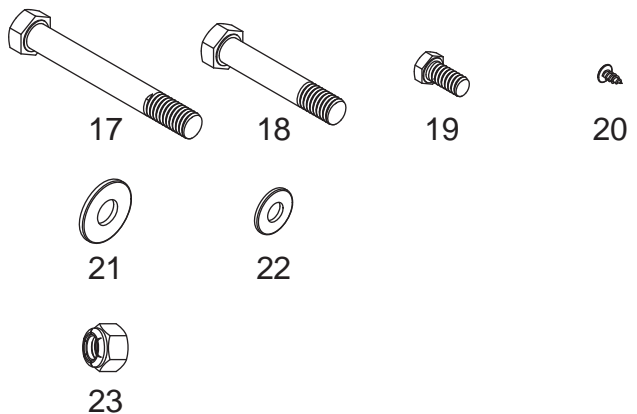
NO.	DESCRIPTION	QTY.
1	REAR STABILIZER	1
2	RIGHT BASE FRAME	1
3	LEFT BASE FRAME	1
4	FRONT UPRIGHT 78.2"(1986mm)	2
5	REAR UPRIGHT 76.5"(1940mm) ----- -- welded tube on top end	2
6	REAR TOP FRAME	1
7	TOP FRAME	2
8	CHIN UP BAR	1
9	SAFETY ARM	2
10	BAR CATCH	2
11	BACKING PLATE	2



12	45mm X 75mm CAP	4
13	45mm X 75mm PLUG	4
14A	45mm X 75mm SLIDER	4
14B	45mm X 76mm SLIDER	8
15	POP PIN	6
16a	BUMPER ON BAR CATCH	4
16b	BUMPER ON SAFETY ARM	2



17	1/2" X 4" HEX HEAD BOLT	16
18	1/2" X 2-3/4" HEX HEAD BOLT	8
19	3/8" X 3/4" HEX HEAD BOLT	6
20	5mm X 15mm SCREW	16
21	1/2" WASHER	32
22	3/8" WASHER	6
23	1/2" NYLON NUT	24

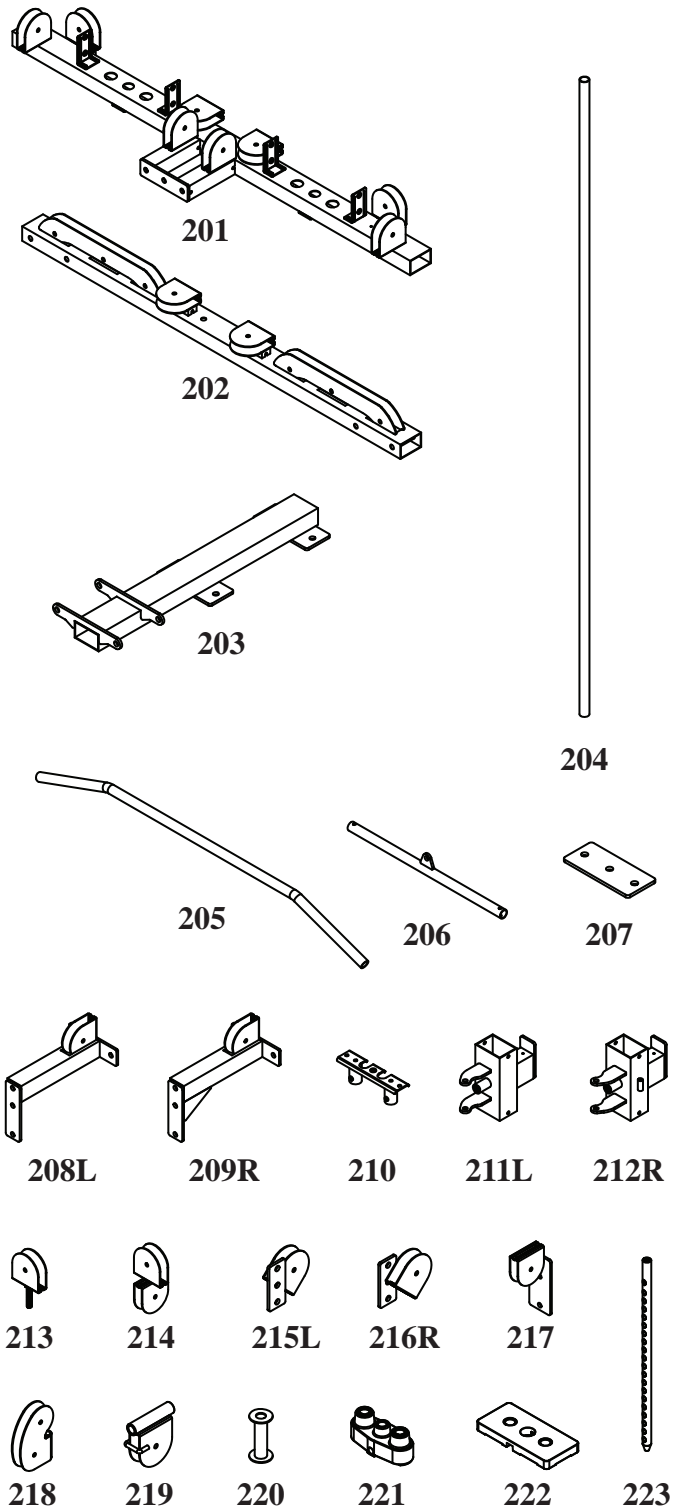


\*Parts images are not to scale.



# F438 DETAILED PARTS LIST

NO.	DESCRIPTION	QTY.
201	CONNECTOR REAR STABILIZER	1
202	CONNECTOR REAR TOP FRAME	1
203	CONNECTOR TOP FRAME	1
204	GUIDE ROD	4
205	LAT BAR	1
206	CURL BAR	1
207	LINK PLATE	1
208L	LEFT TOP CABLE CONNECTOR	1
209R	RIGHT TOP CABLE CONNECTOR	1
210	TOP GUIDE ROD HOLDER	2
211L	LEFT PULLEY HEIGHT ADJUSTER	1
212R	RIGHT PULLEY HEIGHT ADJUSTER	1
213	PULLEY BLOCK	2
214	DOUBLE PULLEY BLOCK	2
215L	LEFT PULLEY CONNECTOR PLATE	1
216R	RIGHT PULLEY CONNECTOR PLATE	1
217	PULLEY CONNECTOR PLATE	2
218	ROTATING PULLEY HOLDER	2
219	TOP FRAME PULLEY BRACKET	2
220	STACK SPACER	4
221	TOP PLATE	2
222	WEIGHT PLATE (150lbs)	28
222	WEIGHT PLATE (200lbs)	38
223	SELECTOR ROD	2

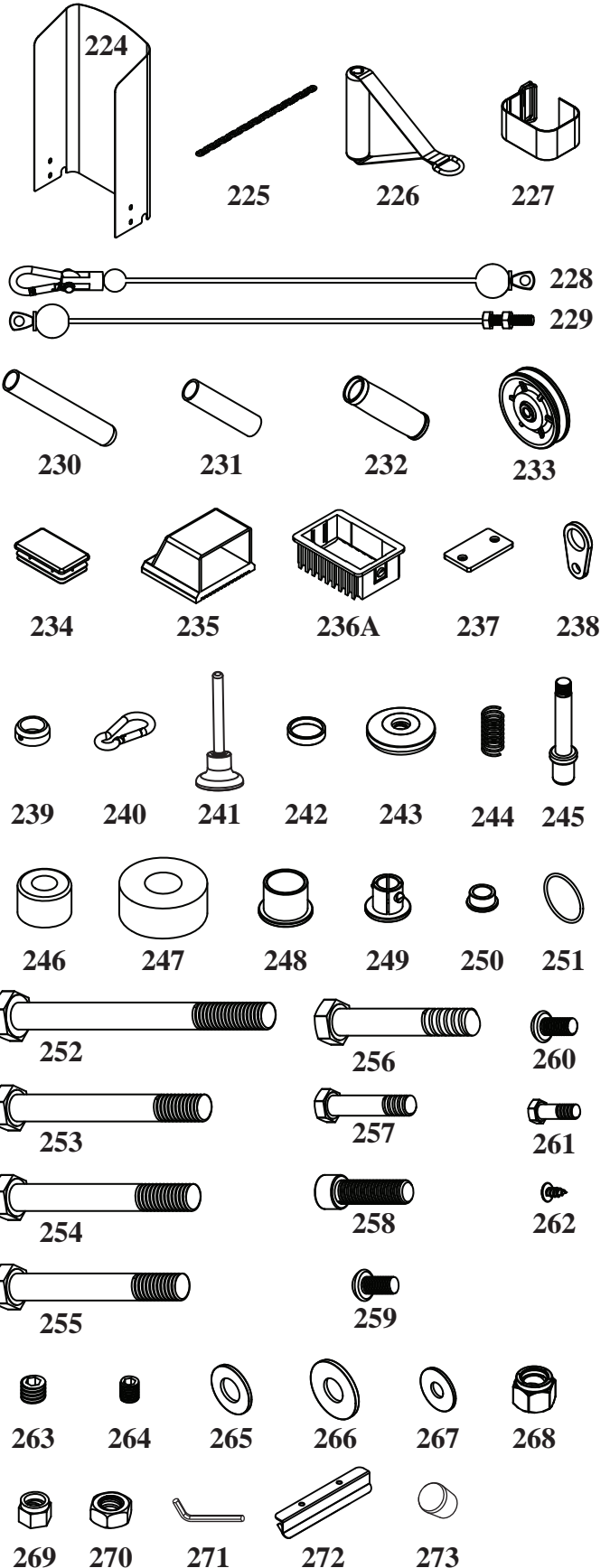


\*Parts images are not to scale.

# F438 DETAILED PARTS LIST

**NO. DESCRIPTION QTY.**

224	STACK GUARDS	2
225	CHAIN	2
226	SINGLE HANDLE	2
227	ANKLE STRAP	1
228	TOP CABLE	2
229	LOW CABLE	2
230	1" X 200mm L HAND GRIP	2
231	SLEEVE	2
232	1-1/4 X 130" HAND GRIP	2
233	PULLEY	34
234	45 X 75mm PLUG	4
235	45 X 75mm END CAP	2
236A	45 X 75mm SILDER	4
237	CONNECTOR PLATE	2
238	HOOK PLATE	2
239	COLLAR	4
240	SNAP HOOK	6
241	SELECTOR PIN	2
242	RUBBER COLLAR	2
243	PLASTIC WASHER	2
244	SPRING	2
245	PIN BOLT	2
246	STOPPER	2
247	RUBBER CUSHION	4
248	PLASTIC GUIDE ROD HOLDER	4
249	1" T SHAPE END PLUG	2
250	BUSHING	8
251	SEALING RING	4
252	1/2" X 6" HEX BOLT	2
253	1/2" X 4-1/2" HEX BOLT	2
254	1/2" X 4-1/4" HEX BOLT	8
255	1/2" X 3-3/4" HEX BOLT	2
256	1/2" X 3" HEX BOLT	12
257	3/8" X 1-3/4" HEX BOLT	34
258	TOP PLATE BOLT	2
259	3/8" X 1/2" HEX SOCKET DOME BOLT	2
260	5/16" X 5/8" HEX SOCKET DOME BOLT	4
261	5/16" X 1/2" HEX THREADED BOLT	8
262	M5 X 15mm TAPPING SCREW	4
263	5/16" X 1/4" INNER HEX SCREW	4
264	M6 X 6mm L INNER HEX SCREW	4
265	1/2" SMALLER WASHER	8
266	1/2" LARGER WASHER	42
267	5/16" WASHER	8
268	1/2" NYLON NUT	24
269	3/8" NYLON NUT	32
270	1/2" NUT	2
271	M5 HEX WRENCH	1
272	HOOK PLATE	1
273	RUBBER COVER	5



\*Parts images are not to scale.



**Assembly is complete! Please take the following steps before using the gym:**

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Pre-stretch the cables. Put the Selector Pin (241) in the bottom hole on the weight stack. Pull on the cables with great force, helping remove any kinks and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. The cables should be adjusted as tight as possible, but not so tight as to lift the Top Plate (221) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods (204)**.
7. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the BODYCRAFT RFT Rack Functional Trainer For F430! If You have any questions or comments, please contact your local BODYCRAFT dealer.**

**[www.ibodycraft.com](http://www.ibodycraft.com)**