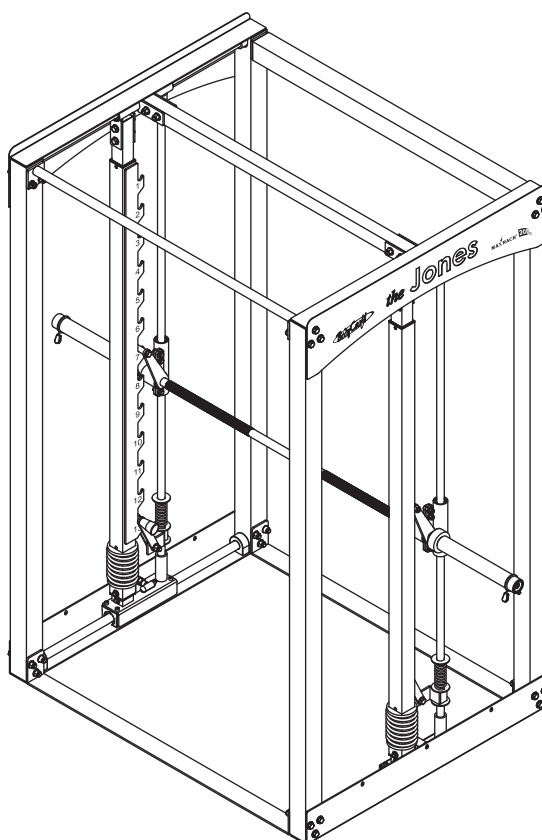




JONES MACHINE COMMERCIAL STRENGTH TRAINING SYSTEM ASSEMBLY MANUAL



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

BEFORE YOU BEGIN

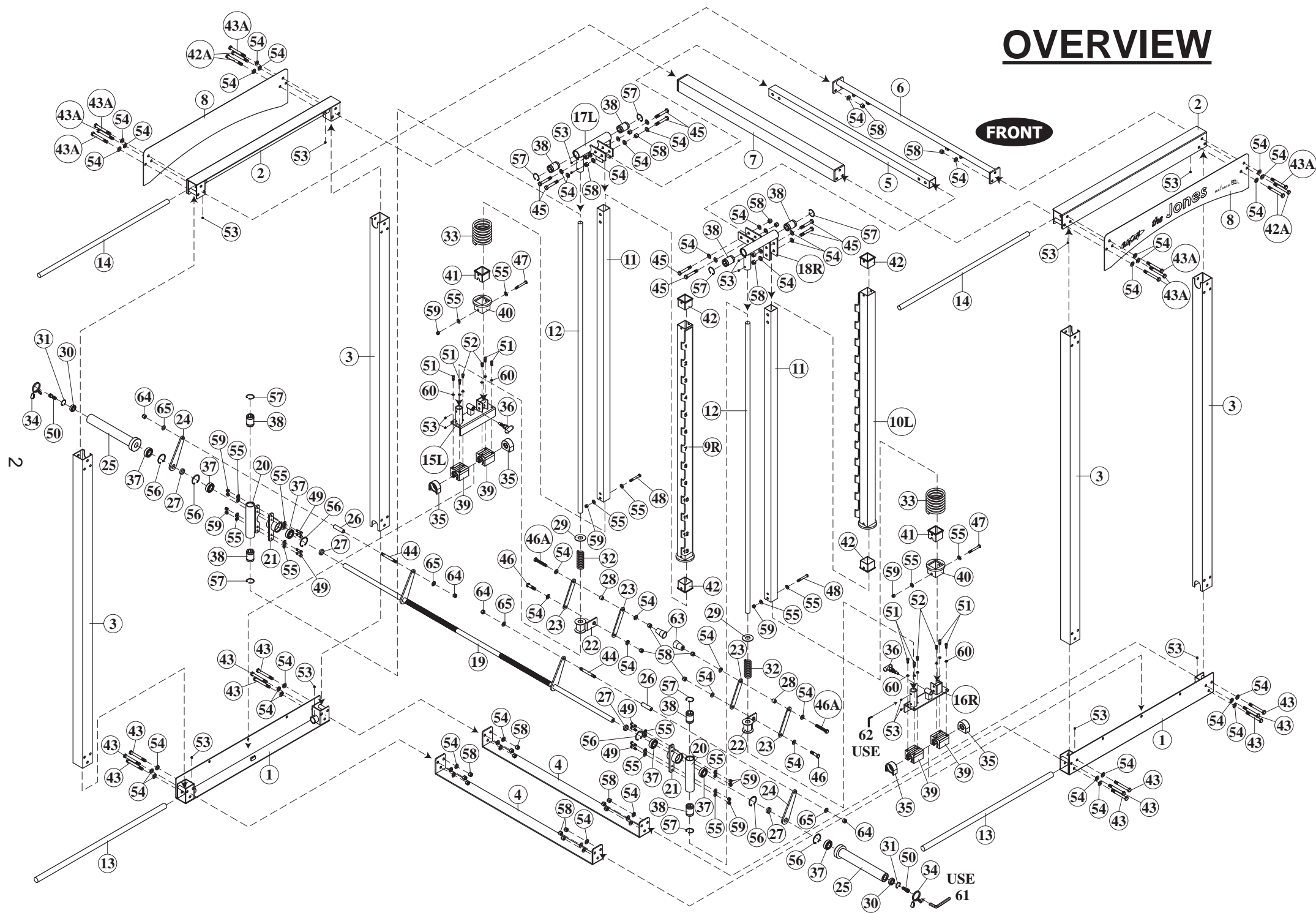
Congratulations and thank you for selecting the **JONES MACHINE COMMERCIAL** strength training system. The **JONES MACHINE COMMERCIAL** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **JONES MACHINE COMMERCIAL** 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 MACHINE COMMERCIAL**. 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 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 **JONES MACHINE COMMERCIAL** at all times.
5. Keep your hands away from moving parts other than the designated handles.
6. Exercise with care to avoid injury.
7. If lubrication is needed, apply MP NO 2.5 Lithium Grease to Vertical Guide Rod (12), Base Bearing Rod (13) and Top Bearin Rod (14).
8. If unsure about the proper use of the **JONES MACHINE COMMERCIAL** strength training system call your local dealer or our customer service department at 800-990-5556.

OVERVIEW

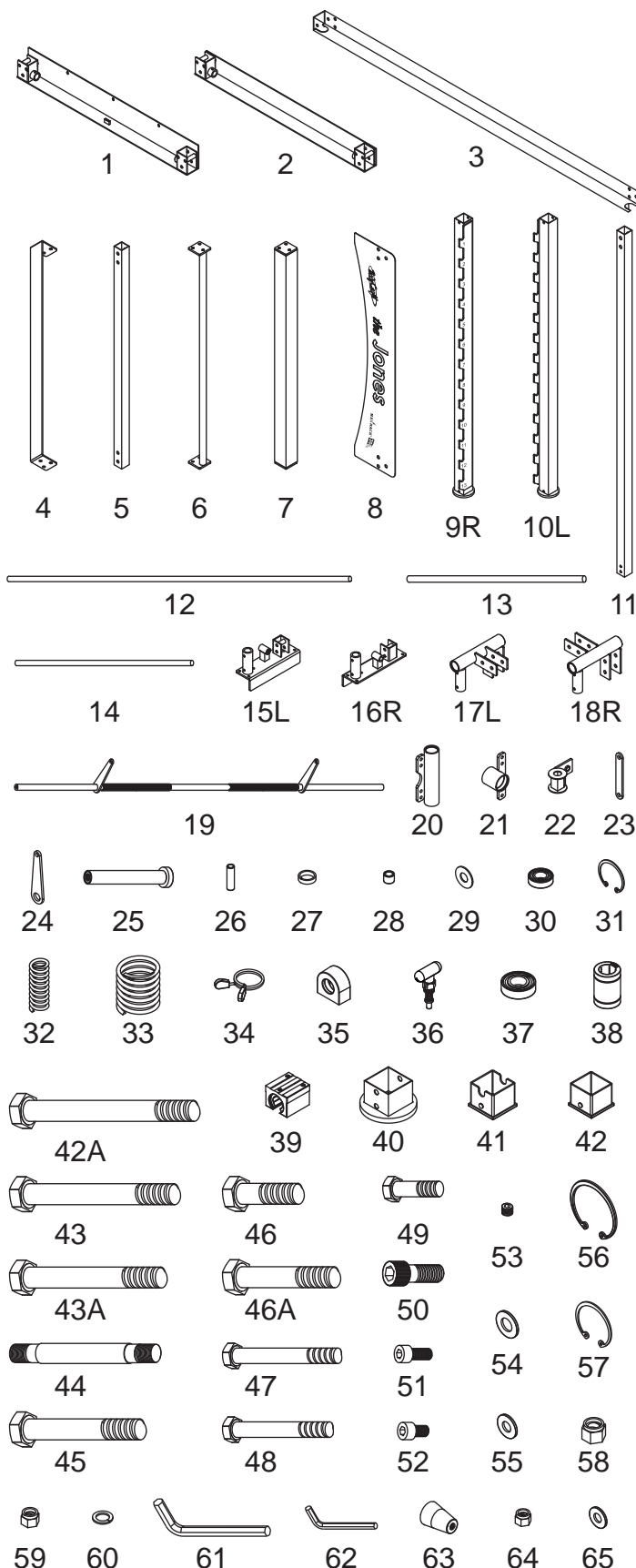


PARTS LIST

NO. DESCRIPTION

QTY.

1	BASE FRAME L & R	2
2	TOP FRAME L & R	2
3	UPRIGHT FRAME	4
4	BASE CONNECTOR	2
5	TOP BEARING HOUSING CONNECTOR	1
6	CHIN UP BAR	1
7	REAR TOP FRAME	1
8	LOGO PANEL	2
9R	RIGHT BAR RACK	1
10L	LEFT BAR RACK	1
11	BAR RACK SUPPORT	2
12	VERTICAL GUIDE ROD	2
13	30mm BASE BEARING ROD (pre-assembled at factory)	2
14	25mm TOP BEARING ROD (pre-assembled at factory)	2
15L	LEFT BASE BEARING HOUSING (pre-assembled at factory)	1
16R	RIGHT BASE BEARING HOUSING (pre-assembled at factory)	1
17L	LEFT TOP GUIDE ROD HOLDER (pre-assembled at factory)	1
18R	RIGHT TOP GUIDE ROD HOLDER (pre-assembled at factory)	1
19	WEIGHT BAR	1
20	VERTICAL BEARING HOUSING	2
21	SAFETY CATCH (pre-assembled at factory)	2
22	SAFETY SPOTTER	2
23	LINK PLATE (pre-assembled at Safety Spotter)	4
24	HOOK PLATE (pre-assembled at Lifting Bar)	2
25	OLYMPIC WEIGHT SLEEVE	2
26	19 X 13 X 70L CONNECT ROD (pre-assembled in Lifting Bar)	2
27	34 X 29 X 11L SPACER (pre-assembled in Lifting Bar)	4
28	19 X 13 X 15L CONNECT ROD (pre-assembled in Safety Spotter)	2
29	1" ID WASHER	2
30	R10 BEARING	2
31	38mm FOAM COVER BINDER (pre-assembled in Foam Pad)	2
32	1" SPRING	2
33	2" SPRING	2
34	2" OLYMPIC SPRING CLIP	2
35	RUBBER STOPPER (pre-assembled at Base Housing)	4
36	POP PIN (pre-assembled at Base Housing)	2
37	28mm BEARING (pre-assembled at factory)	6
38	25mm BEARING (pre-assembled at factory)	8
39	30mm BEARING (pre-assembled at Base Housing)	4
40	SQUARE BASE FOR BAR RACK	2
41	SQUARE PLASTIC BUSHING (pre-assembled to Part 40)	2
42	SQUARE PLASTIC BUSHING (pre-assembled to 9R 10L)	2
42A	1/2" X 4-1/4" HEX BOLT	4
43	1/2" X 4" HEX BOLT	12
43A	1/2" X 3-3/4" HEX BOLT	8
44	M12 AXLE	2
45	1/2" X 3-1/4" HEX BOLT	8
46	1/2" X 1-3/4" HEX BOLT	2
46A	1/2" X 3" HEX BOLT	2
47	3/8" X 3" HEX BOLT	2
48	3/8" X 2-3/4" HEX BOLT	2
49	3/8" X 1-1/4" HEX BOLT	8
50	5/8" X 1-1/2" INNER HEX BOLT	2
51	M8 X 20mm INNER HEX BOLT	8
52	M8 X 15mm INNER HEX BOLT	4
53	5/16" X 1/4" SET SCREW	16
54	1/2" WASHER	64
55	3/8" WASHER	24
56	52mm RETAINING RING (pre-assembled to Part 19)	6
57	40mm RETAINING RING (pre-assembled to Part 20)	8
58	1/2" NYLON NUT	28
59	3/8" NYLON NUT	12
60	5/16" SPRING WASHER	12
61	14mm HEX WRENCH	1
62	4mm HEX WRENCH	1
63	PLASTIC KNOB	2
64	M12 NYLON NUT	4
65	M12 WASHER	4

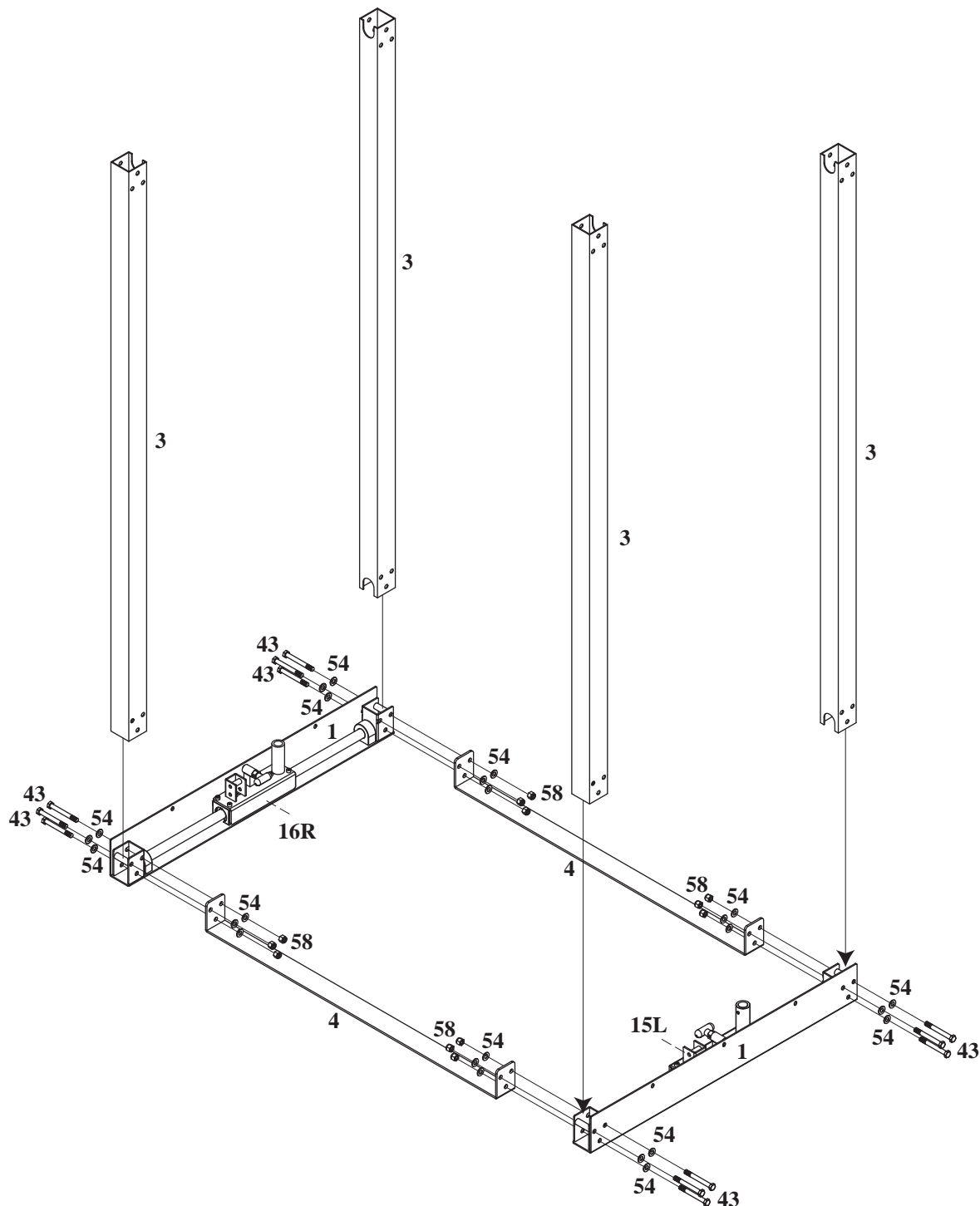


STEP 1 Base Frame Assembly

IMPORTANT:

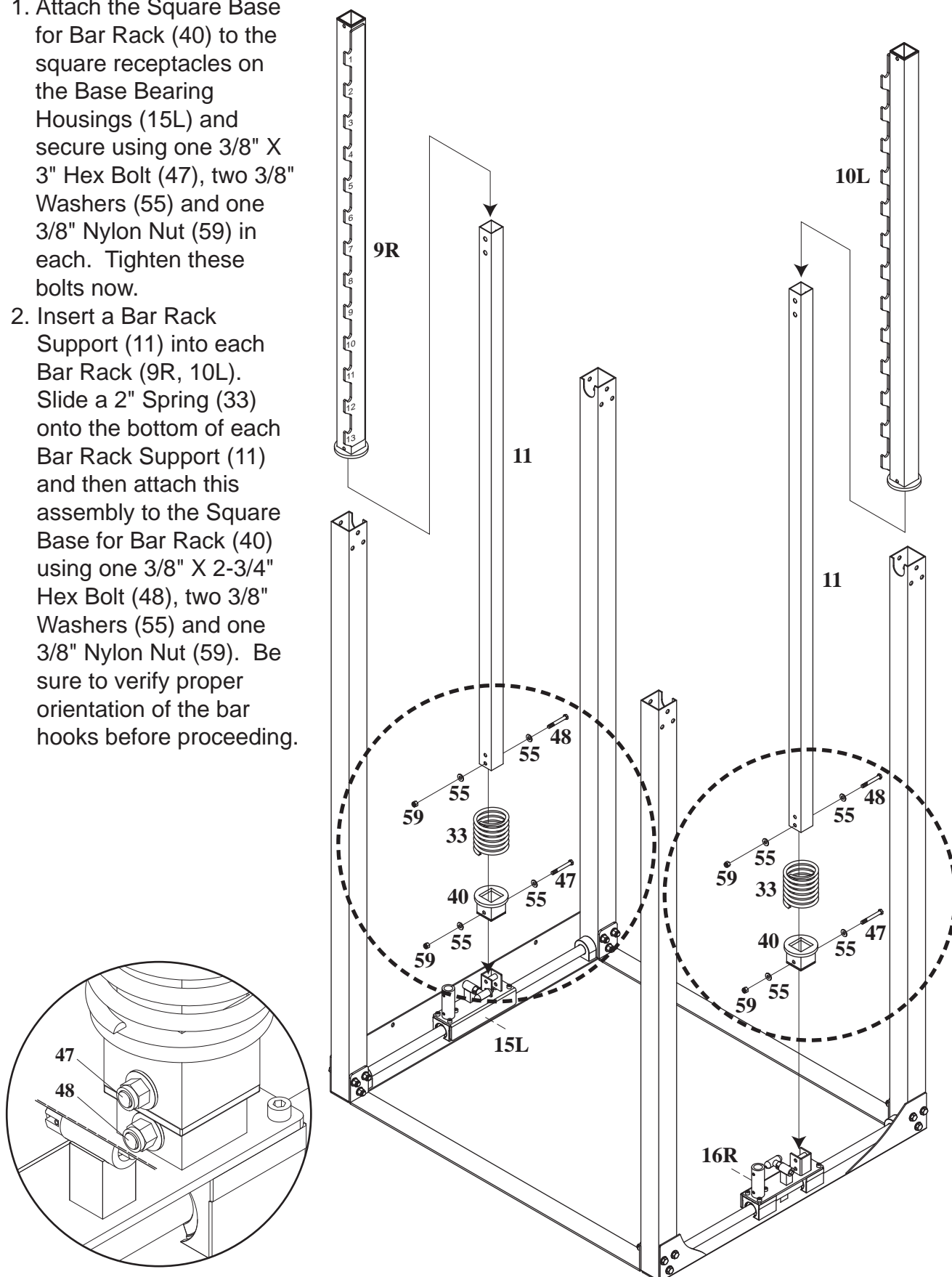
- Assembly requires two people.
- To ease the assembly process, do not tighten bolts until instructed.
- Assemble on a flat, level floor.

1. Slide an Upright Frame (3) onto each end of the Left and Right Base Frame (1) and attach the two Base Connectors (4) using three 1/2" X 4" Hex Bolts (43), six 1/2" Washers (54) and three 1/2" Nylon Nuts (58) at each corner.



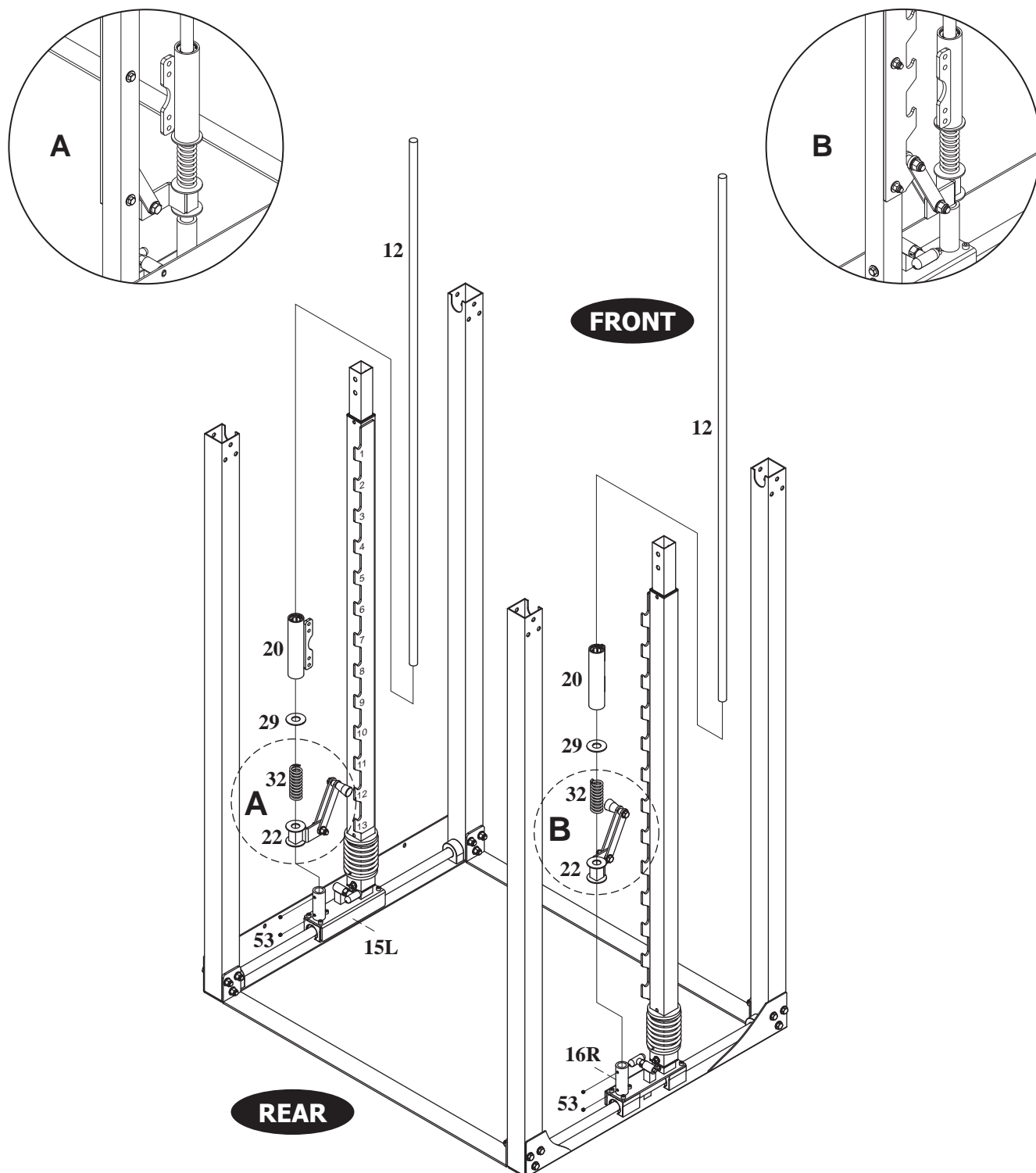
STEP 2 Bar Rack Assembly

1. Attach the Square Base for Bar Rack (40) to the square receptacles on the Base Bearing Housings (15L) and secure using one 3/8" X 3" Hex Bolt (47), two 3/8" Washers (55) and one 3/8" Nylon Nut (59) in each. Tighten these bolts now.
2. Insert a Bar Rack Support (11) into each Bar Rack (9R, 10L). Slide a 2" Spring (33) onto the bottom of each Bar Rack Support (11) and then attach this assembly to the Square Base for Bar Rack (40) using one 3/8" X 2-3/4" Hex Bolt (48), two 3/8" Washers (55) and one 3/8" Nylon Nut (59). Be sure to verify proper orientation of the bar hooks before proceeding.



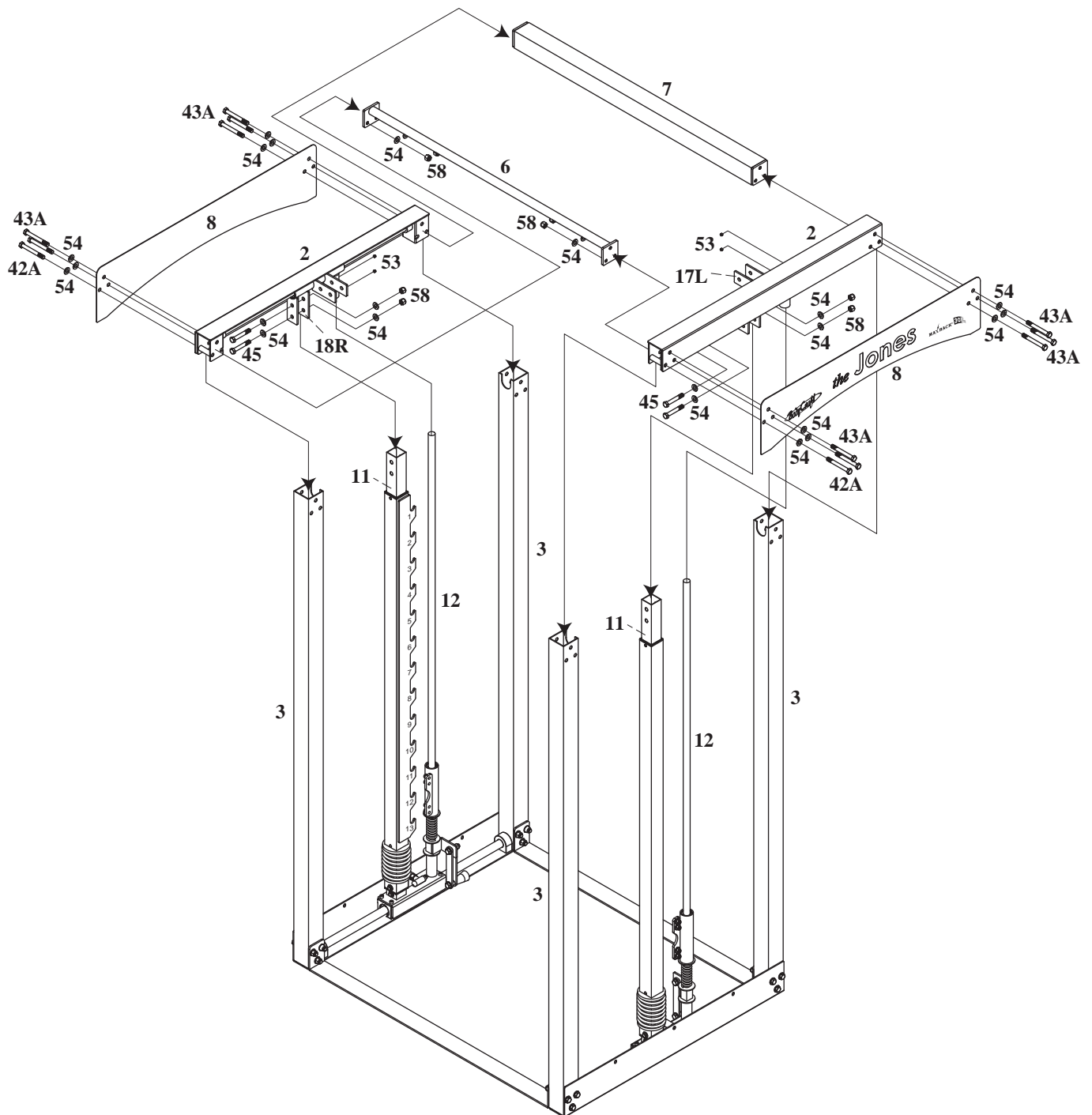
STEP 3 Guide Rod Assembly

1. Loosen the 5/16" X 1/4" Set Screws (53) on the ringlet welded to the Base Bearing Housings (15L, 16R) and insert the two Vertical Guide Rods (12). Slide the Safety Spotter (22), then the 1" Spring (32), then the 1" ID Big Washer (29) and finally, the Vertical Bearing Housing (20) over the top of Vertical Guide Rod (12) as shown. Make sure the Handle of the Safety Spotter (22) is oriented toward the inside of the machine (as shown in A and B).



STEP 4 Chin Up Bar and Rear Top Frame Assembly

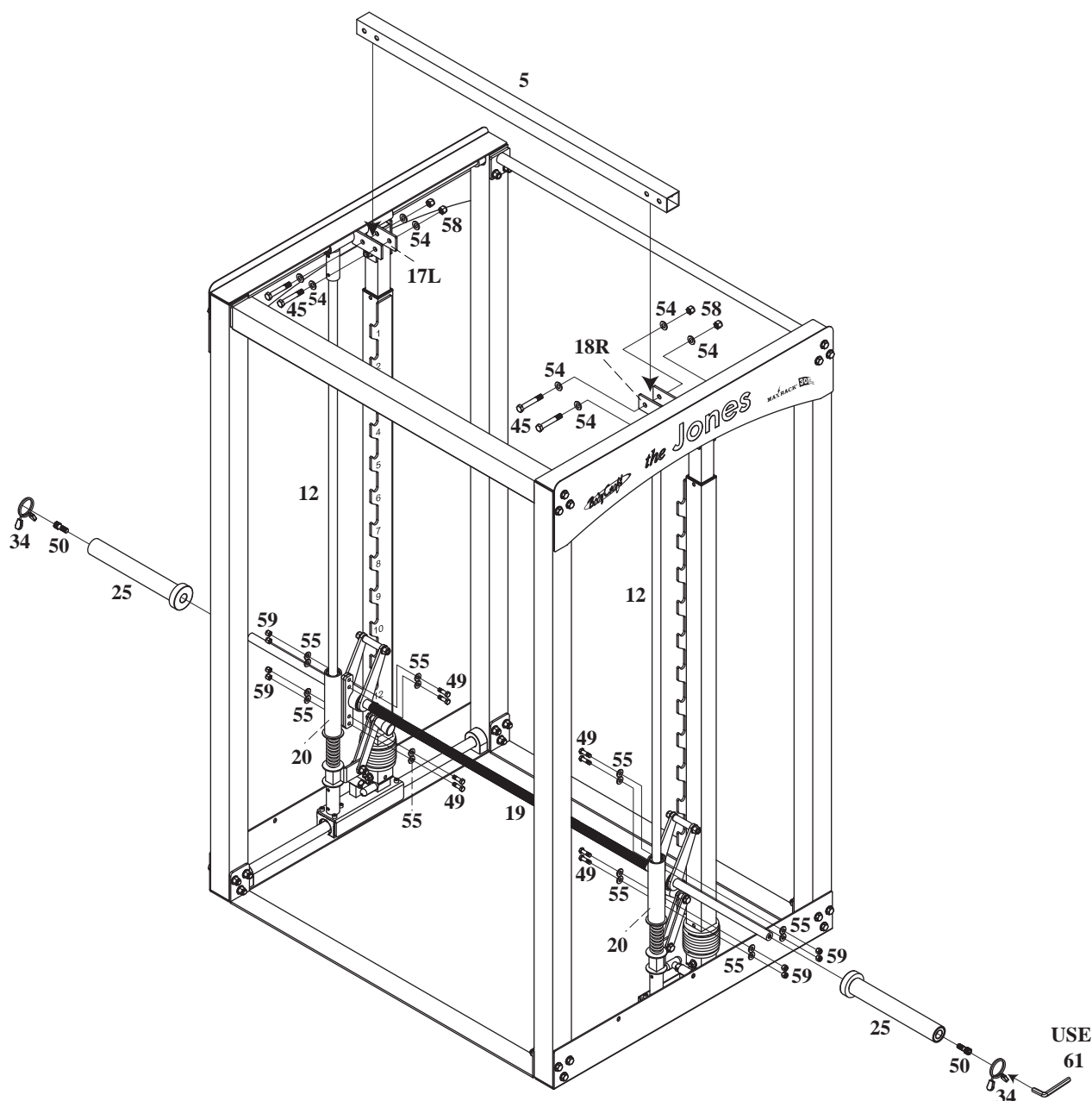
1. Loosen the 5/16" X 1/4" Set Screws (53) on the ringlet welded to the Top Guide Rod Holders (17L, 18R). Slide one Top Frame (2) over the top of the Vertical Guide Rod (12), and Upright Frame (3). Secure the Top Frame (2) to the Top Bearing Housing (17L, 18R) using two 1/2" X 3-1/4" Hex Bolts (45), four 1/2" Washers (54) and two 1/2" Nylon Nuts (58). Repeat for the other side.
2. Attach the Chin Up Bar (6), Rear Top Frame (7) and the two Logo Panels (8) to the Top Frames (2), using four 1/2" X 4-1/4" Hex Bolts (42A), eight 1/2" X 3-3/4" Hex Bolt (43A), sixteen 1/2" Washers (54) and four 1/2" Nylon Nuts (58).



STEP 5 Weight Bar Assembly

1. Attach the Weight Bar (19) to the Vertical Bearing Housing (20), using two 3/8" X 1-1/4" Hex Bolts (49), four 3/8" Washers (55) and two 3/8" Nylon Nuts (59).
2. Slide the Olympic Weight Sleeve (25) onto each side of the Weight Bar (19) and secure with a 5/8" X 1-1/2" Inner Hex Bolt (50). Use the 2" Olympic Spring Clip (34) to hold weights in place during use.
3. Attach the Top Bearing Housing Connector (5) to the Right and Left Top Guide Rod Holders (17L & 18R) using two 1/2" X 3-1/4" Hex Bolts (45), four 1/2" Washers (54) and two 1/2" Nylon Nuts (58).

Tighten all bolts. Start at Base and work toward top. If horizontal movement is not completely smooth, try loosening the Allen Bolts on the Bearing Housing that hold the bearings in place, and then re-tighten. The bearings will seat onto the guide rods.



Assembly is complete! Please take the following steps before using the BODYCRAFT JONES MACHINE COMMERCIAL STRENGTH TRAINING SYSTEM:

IMPORTANT

TIPS FOR PROPER AND SAFE USE

- ALWAYS utilize the Safety Spotters. Failure to do so can result in serious injury.
- Remember that the lifting bar is hooked into place by rotating the bar toward the chromed hooks.
- Be certain that both hooks are fully engaged before removing your hands from the lifting bar.
- Inspect the machine before every use. Do NOT use the machine if you find any irregularities.
- Be sure to register your warranty by submitting a completed warranty registration form.
- This product must be assembled on a flat, level surface to assure its proper function.
- If unsure about the proper use of the BodyCraft Jones Machine, call your local BodyCraft dealer or our customer service department at 800-990-5556.

WEIGHT LIMITATIONS FOR THE LIFTING BARS

- JB7N 7' Long, 35 lb. Steel Bar w/ Nylon Olympic Ends, 500 lb. Capacity.
- JB6S 6' Long, 35 lb. Steel Bar w/ Steel Olympic Ends, 700 lb. Capacity.
- JB6A 6' Long, 25 lb. Aluminum Bar w/ Aluminum Olympic Ends, 400 lb. Capacity.
- JB7S 7' Long, 45 lb. Steel Power Bar, 1000 lb. Capacity.

Thank you for purchasing the Jones Machine Commercial System. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556.