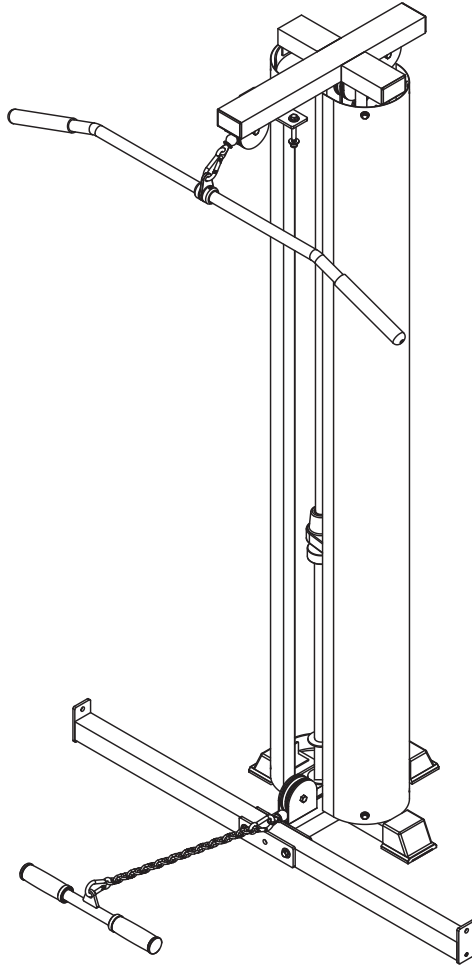


BODYCRAFT

THE JONES STRENGTH TRAINING SYSTEM ASSEMBLY INSTRUCTION OPTIONAL: LAT & LOW PULL ATTACHMENT WITH SHROUD



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 BodyCraft at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

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

5046

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **JONES MACHINE** strength training system. The **JONES MACHINE** 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** 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**. Keep this manual for future reference.

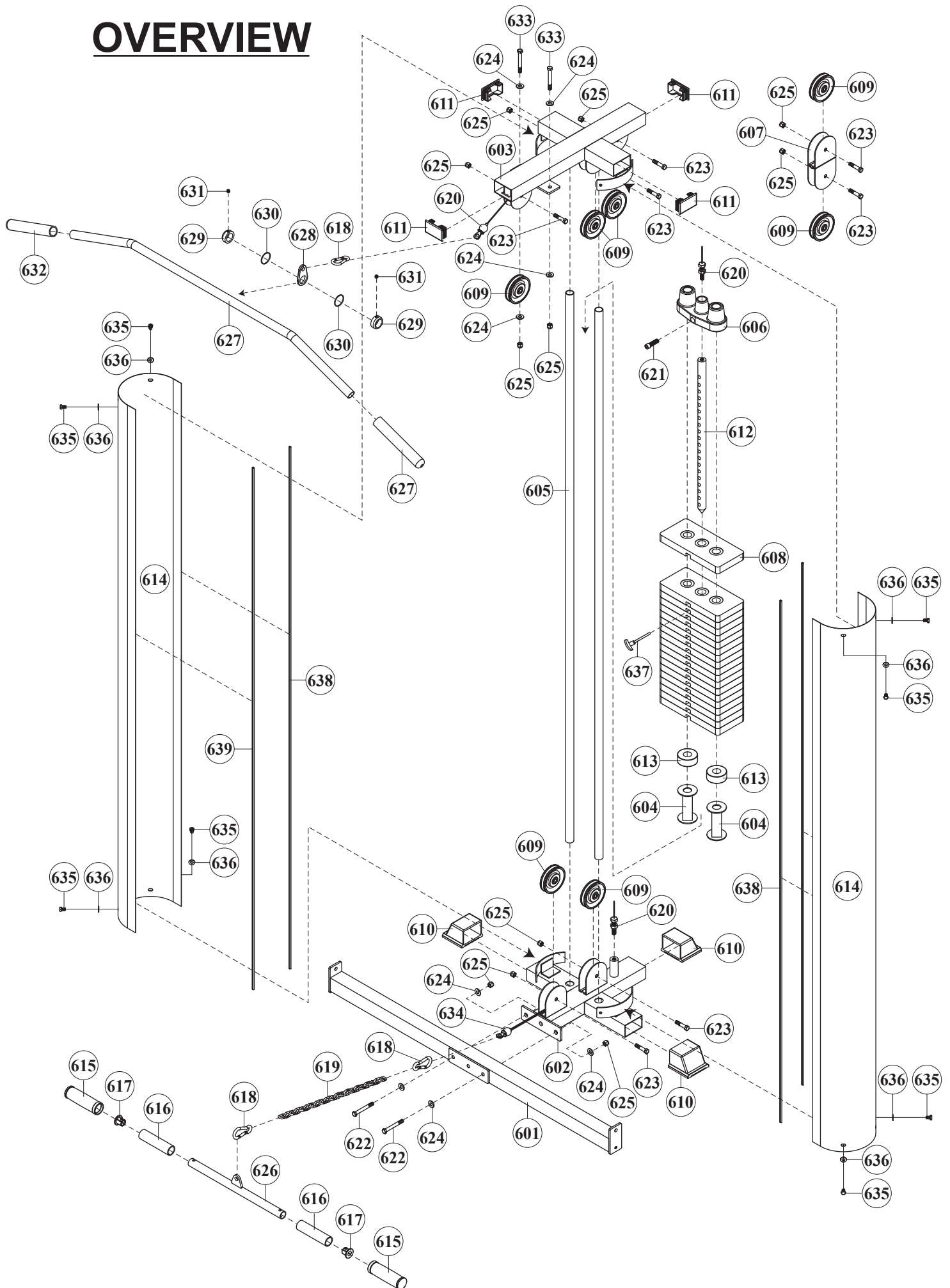
If you have additional questions, please call your local dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

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.

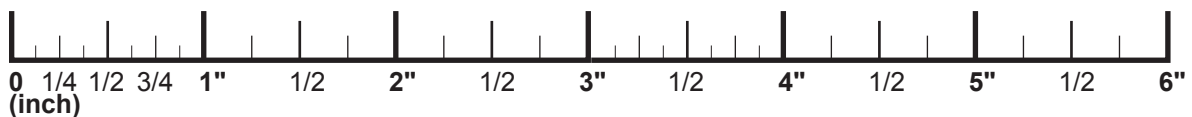
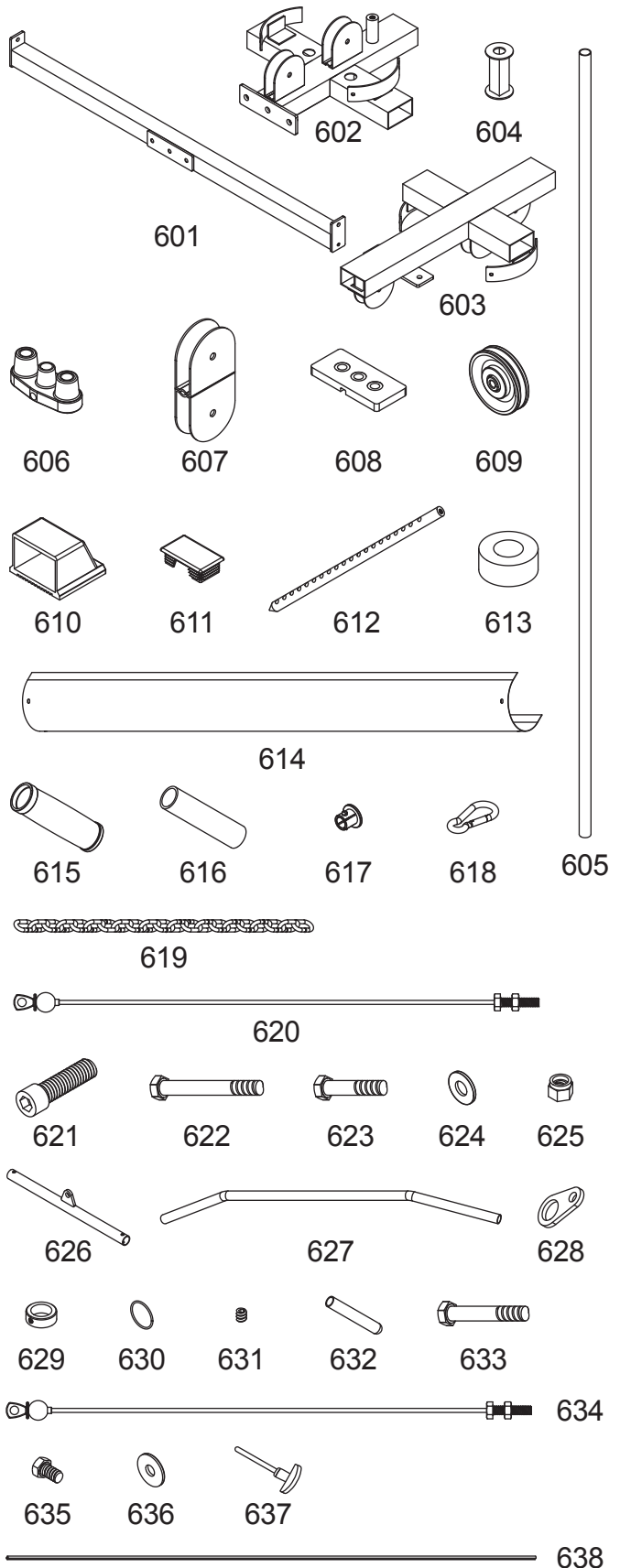
1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **JONES MACHINE** at all times.
5. Keep your hands away from cables and pulleys during operation. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Make certain all cables are seated within the pulleys before every use.
8. Exercise with care to avoid injury.
9. If unsure about the proper use of the **JONES MACHINE** strength training system call your local dealer or our customer service department at 800-990-5556.

OVERVIEW



PARTS CHART

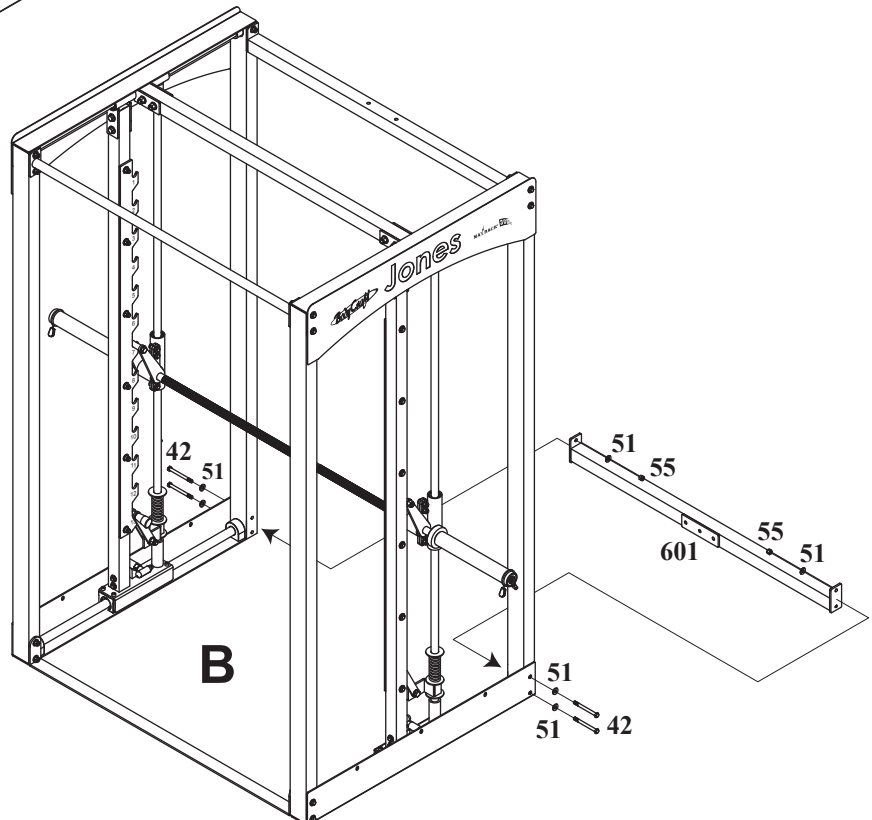
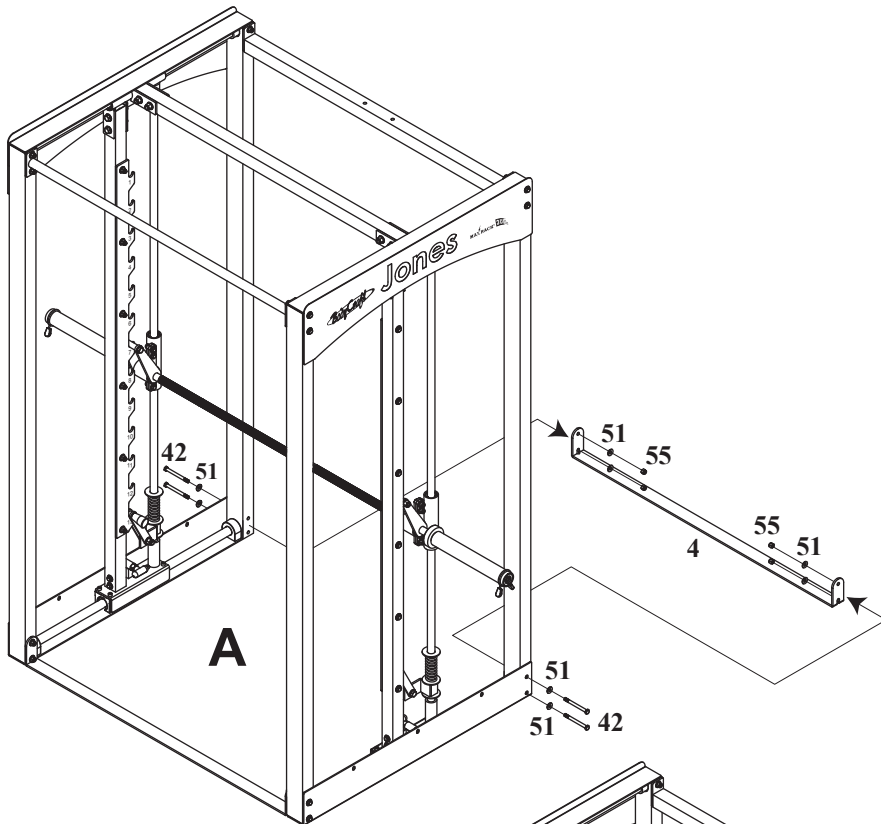
NO.	DESCRIPTION	QTY.
601	REAR STABILIZER	1
602	WEIGHT BASE	1
603	TOP FRAME	1
604	STACK SPACER	2
605	GUIDE ROD	2
606	TOP PLATE	1
607	DOUBLE PULLEY BLOCK	1
608	WEIGHT PLATE	19
609	90mm PULLEY	7
610	45 X 75mm CAP	3
611	45 X 75mm PLUG	4
612	SELECT ROD	1
613	RUBBER CUSHION	2
614	WEIGHT SHROUD	2
615	1-1/4" HAND GRIP	2
616	1-1/4" X 140mm ROUND HAND GRIP	2
617	1" T SHAPE END PLUG	2
618	SNAP HOOK	3
619	CHAIN LINKS	1
620	TOP CABLE	1
621	TOP PLATE BOLT	1
622	3/8" X 3" HEX BOLT	2
623	3/8" X 1-3/4" HEX BOLT	7
624	3/8" WASHER	8
625	3/8" NYLON NUT	11
626	CURL BAR	1
627	LAT BAR	1
628	HOOK PLATE ASSEMBLED ON LAT BAR	1
629	COLLAR ASSEMBLED ON LAT BAR	1
630	SEALING RING ASSEMBLED ON LAT BAR	2
631	M6 X 6mm SET SCREW ASSEMBLED ON LAT BAR	2
632	HAND GRIP ASSEMBLED ON LAT BAR	2
633	3/8" X 2-3/4" HEAD BOLT	2
634	LOW CABLE	1
635	5/16" X 1/2" HEX THREADED BOLT	8
636	5/16" WASHER	8
637	SELECTOR PIN	1
638	TRIM FOR WEIGHT SHROUD	4



STEP 1

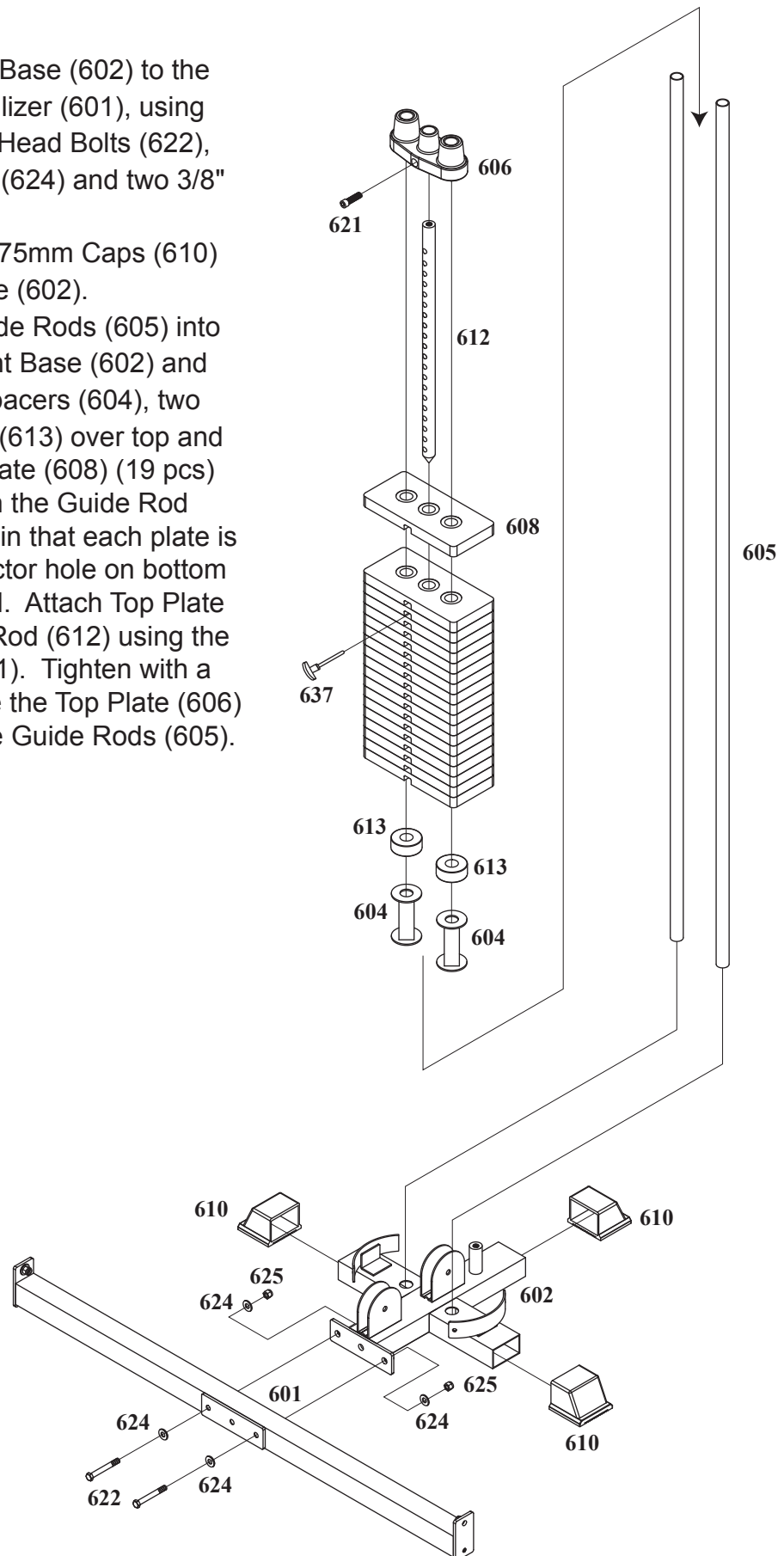
To ease assemble , do NOT tighten any bolt until instructed.

Remove the rear flat Base Connector (4) on your Jones Smith and replace it with your new square Rear Stabilizer (601). Reuse the hardware.



STEP 2 Weight Base Assembly

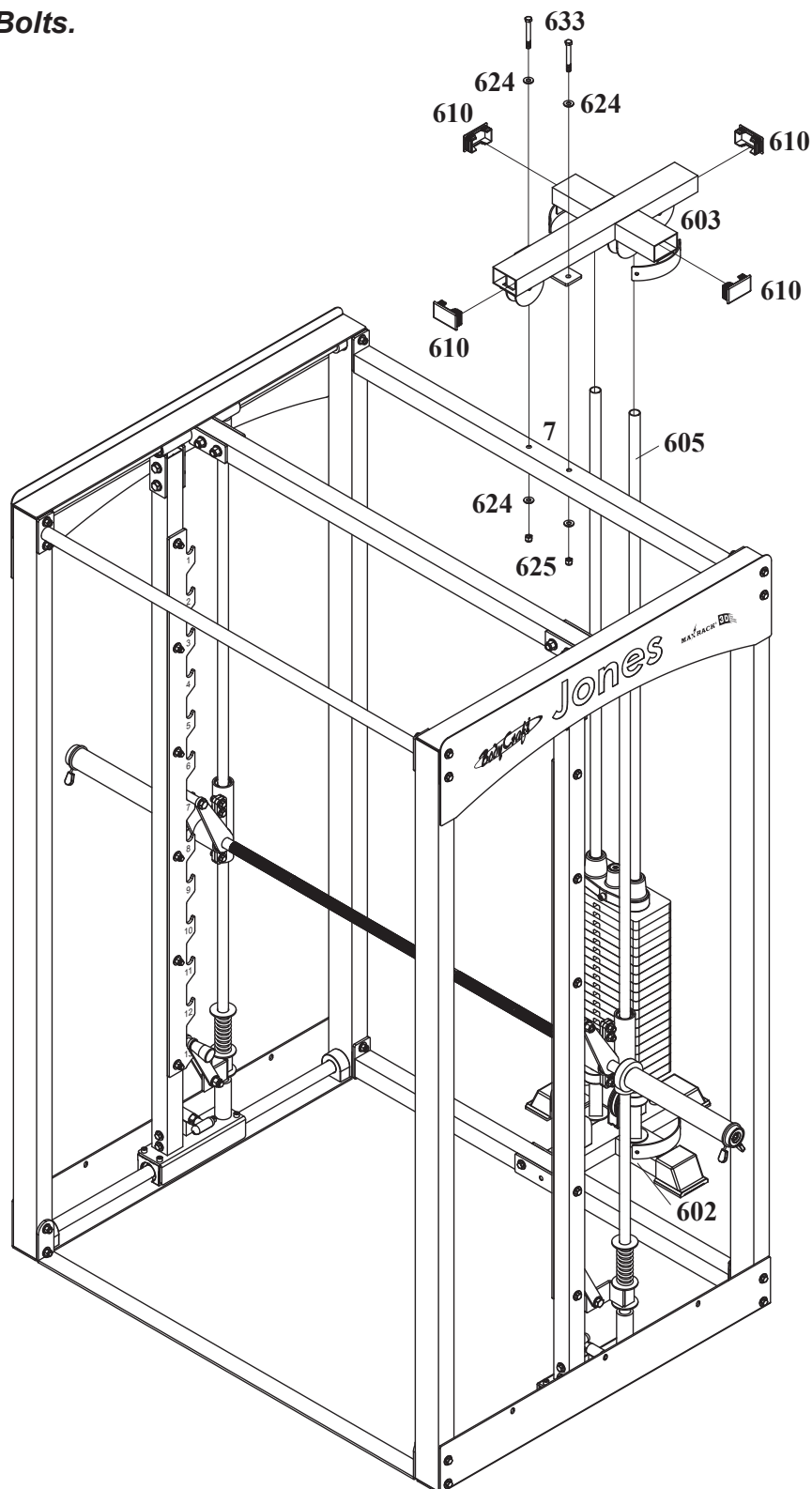
1. Attach the Weight Base (602) to the Square Rear Stabilizer (601), using two 3/8" X 3" Hex Head Bolts (622), four 3/8" Washers (624) and two 3/8" Nylon Nuts (625).
2. Attach three 45 X 75mm Caps (610) to the Weight Base (602).
3. Insert the two Guide Rods (605) into the holes in Weight Base (602) and slide two Stack Spacers (604), two Rubber Cushions (613) over top and
4. Slide the 10 lbs Plate (608) (19 pcs) over top and down the Guide Rod (605). Make certain that each plate is oriented with selector hole on bottom and facing forward. Attach Top Plate (606) to Selector Rod (612) using the Top Plate Bolt (621). Tighten with a hex wrench. Slide the Top Plate (606) over and down the Guide Rods (605).



STEP 3 Top Frame Assembly

1. Slide the Top Frame (603) over top of the Guide Rod (605) and attach it to the Rear Top Frame (7) of The Jones, using two 3/8" X 2-3/4" Hex Bolts (633), four 3/8" Washers (624) and two 3/8" Nylon Nuts (625).

Tighten all Bolts.



STEP 4 Top Cable & Low Cable Assembly



TOP CABLE (620)



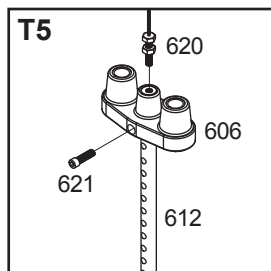
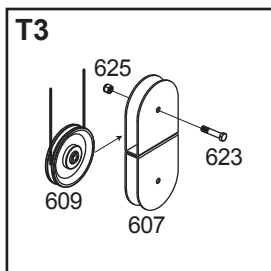
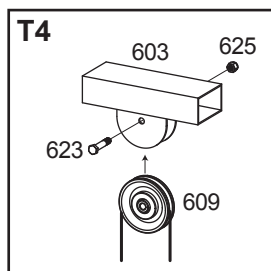
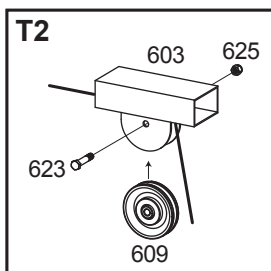
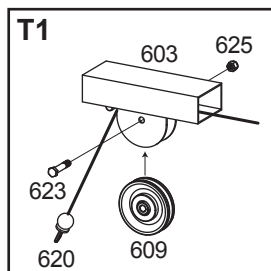
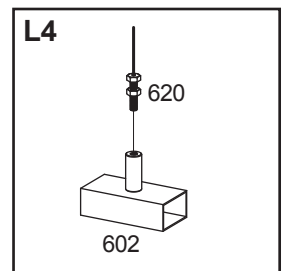
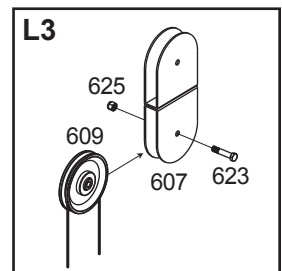
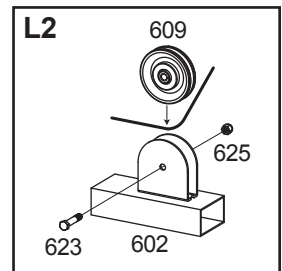
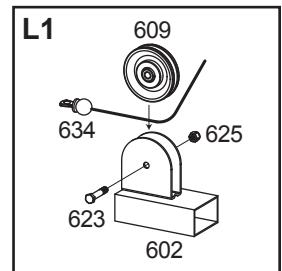
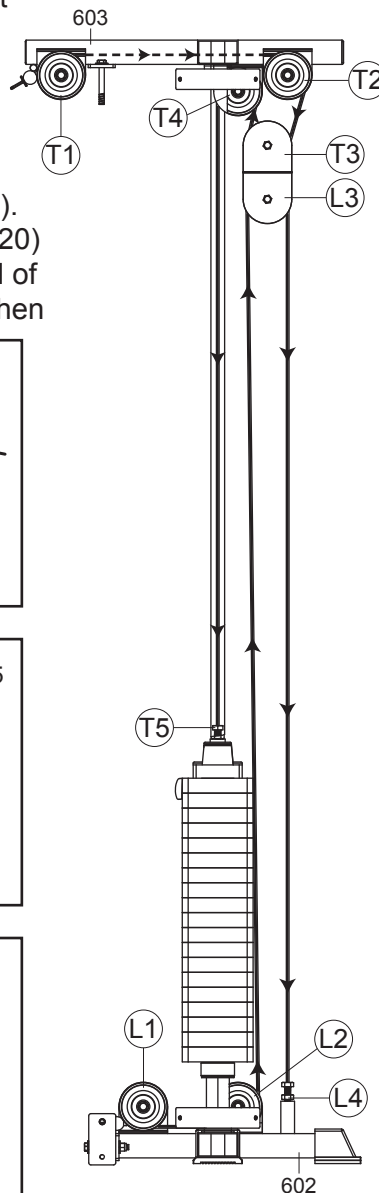
LOW CABLE (634)

Assemble cables and pulleys simultaneously Top Cable.

1. Insert the screw end of the Top Cable (620) into the slot in the front of the Top Frame (603). Slide it through the inside of the Top Frame (603), and then out of the slot in the rear.
2. Insert Pulleys into the bracket at these slots with cable running above as shown in Figs T1 and T2. Secure the pulleys with one 3/8" X 1-3/4" Hex Bolt (623) and one 3/8" Nylon Nut (625) each.
3. Route the cable down and around top pulley (T3) (secure with one 3/8" X 1-3/4" Hex Bolt (623) and one 3/8" Nylon Nut (625)) in the Double Pulley Block (607) as shown in Fig.T3.
4. Continue routing over a pulley in the bracket in the Top Frame (603) as Fig T4. and then down to the Top Plate (606). Screw the threaded end of the Top Cable (620) into the Top Plate (606) **AT LEAST** one third of the way. This is a cable adjustment area. When all cable have been tightened, make sure to secure the Jam Nut to prevent the Top Cable (620) from unscrewing.

Low Cable

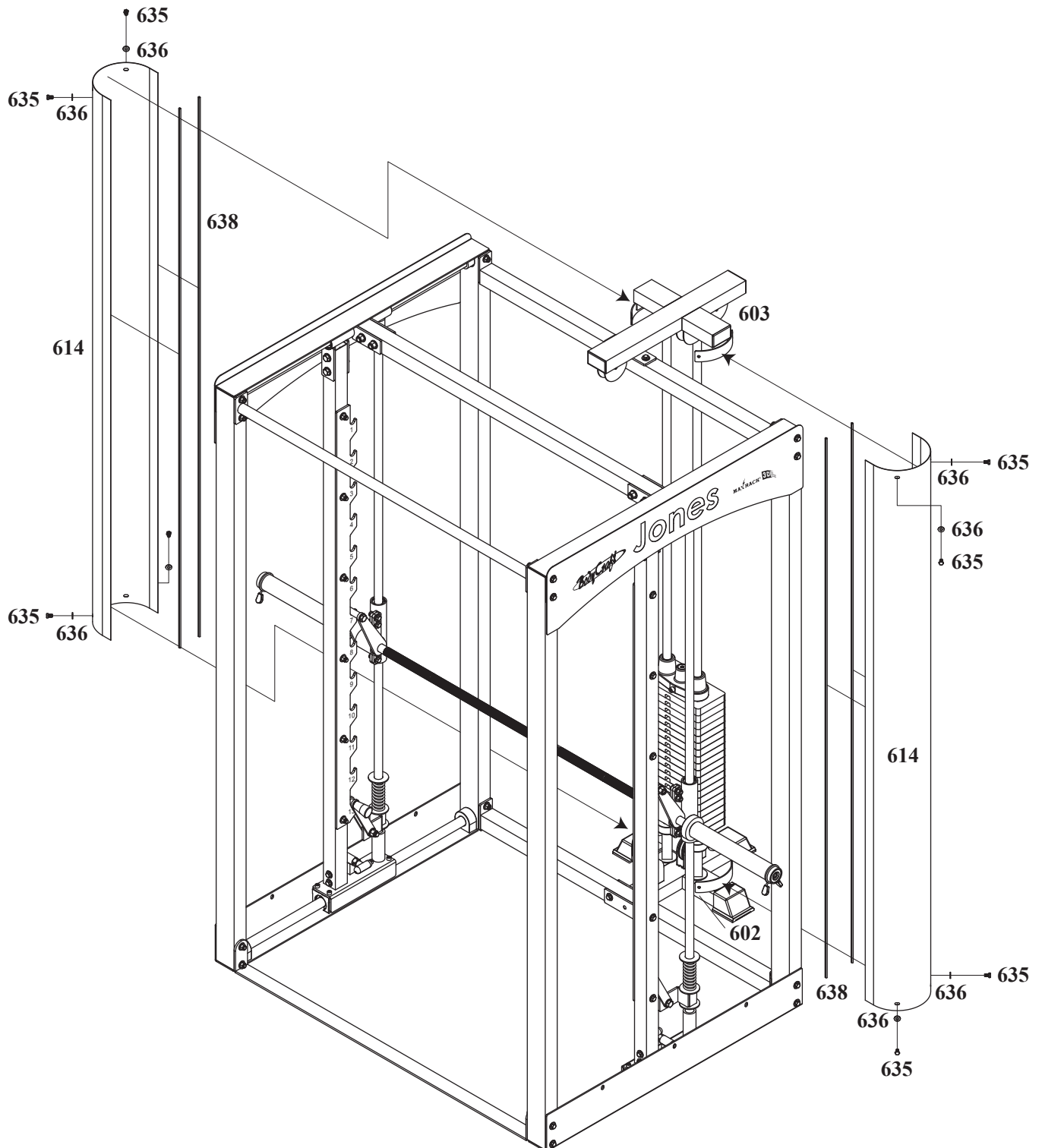
1. Insert the threaded end of the Low cable (634) under the two pulleys on the Weight Base as shown in Figs. L1 and L2. Then route Low Cable (634) up and over bottom pulley (L3) in Double Pulley Block (607) as Fig. L3.
2. Continue down to the threaded frame extension welded in Weight Base (602) as Fig L4.. This is a cable adjustment area. When all cable have been tightened, make sure to secure the Jam Nut to prevent the Low Cable (634) from unscrewing.



STEP 5 Attach Shrouds

1. Attach two Weight Shrouds (614) to Weight Base (602) and Top Frame (603), using eight 5/16" X 1/2" Hex Threaded Bolts (635) and eight 5/16" Washers (636). Attach the Trim (638) to the Right and Left Weight Shrouds (614).

Tighten all Bolts.



Assembly is complete! Please take the following steps before using the Lat & Low Pull Attachment with Shroud :

1. Make certain all bolts are tightened securely.
2. For better performance, apply a household lubricant (such as silicone) to **VERTICAL GUIDE RODS(605)**.
3. Enjoy many years of a Fit Lifestyle.

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