

BodyCraft X4

BodyCraft X4 Multigym Instruction Manual

Model: X4

PRODUCT OVERVIEW

The BodyCraft X4 Multigym is a comprehensive strength training machine designed for multiple users simultaneously. It integrates traditional machine exercises with the versatility of adjustable cable training, offering a wide range of workout possibilities.

This system features a quadruple weight stack design, allowing up to four individuals to train concurrently at different stations. It is engineered for durability and performance, utilizing heavy-gauge steel tubing, fiberglass-reinforced nylon pulleys, and high-tensile strength cables.



Image: Front view of the BodyCraft X4 Multigym, showcasing its multi-station design with various pulleys, benches, and weight stacks.

SETUP AND ASSEMBLY

Prior to assembly, ensure all components are present and undamaged. Refer to the detailed assembly instructions provided in the packaging for step-by-step guidance. It is recommended to have at least two people for assembly due to the size and weight of the components.

- **Unpacking:** Carefully unpack all boxes and lay out components in an organized manner. Verify against the parts list.
- **Foundation:** Assemble the main frame components first, ensuring all bolts are finger-tight before final tightening.
- **Cable Routing:** Follow the cable routing diagrams precisely to ensure smooth operation and prevent premature wear.
- **Weight Stacks:** Install weight plates and selector pins according to instructions.
- **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts. Do not overtighten.
- **Stability Check:** After assembly, gently shake the machine to ensure stability. Adjust leveling feet if necessary.



Image: Side view of the BodyCraft X4 Multigym, highlighting the various stations and the robust frame construction.

OPERATING INSTRUCTIONS

The BodyCraft X4 offers four distinct training stations:

1. Station One: Functional Training / Cable Arms & High Pulley

This station features fully adjustable training/cable arms, capable of replicating over 100 dumbbell exercises. The high pulley is suitable for lat pulldowns, tricep pushdowns, and various cable exercises. Adjust the arm height and angle using the designated pins.

2. Station Two: Adjustable Dual Cable Column

Provides resistance at any angle and height. Static handles are integrated into the frame for balance during leg exercises. Adjust the pulley height by pulling the pin and sliding the carriage to the desired position.

3. Station Three: Press Arm & Leg Extension/Curl

Designed for machine-style bench presses, incline presses, shoulder presses, and seated rows. Includes a self-aligning leg extension/leg curl option and a mid pulley for abdominal crunches and triceps extensions. Adjust the press arm starting position and leg attachment as needed.

4. Station Four: Leg Press & Calf Raise

Supports full leg development with a dedicated leg press and calf raise station. Creative cabling doubles the resistance ratio, providing up to 400 pounds of resistance. Ensure proper foot placement and controlled movement during exercises.

Weight Selection: Insert the selector pin fully into the desired weight plate. Ensure the pin is securely seated before beginning any exercise.

Safety: Always perform exercises with controlled movements. Do not drop weights. Consult a fitness professional for proper form and exercise routines.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your BodyCraft X4 Multigym.

- **Cleaning:** Wipe down upholstery and frame with a damp cloth after each use to prevent sweat buildup and maintain hygiene. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically inspect all cables for fraying, kinks, or wear. Replace damaged cables immediately.
- **Pulley Inspection:** Check pulleys for smooth rotation and ensure they are free of debris.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and pivot points as needed to ensure smooth movement of weight stacks and moving parts. Do not use oil-based lubricants.
- **Bolt Tightness:** Annually check all nuts and bolts for tightness. Retighten as necessary, but do not overtighten.
- **Upholstery:** Inspect upholstery for tears or excessive wear. Repair or replace as needed to maintain comfort and safety.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Rough or sticky weight stack movement	Guide rods are dirty or dry; bent guide rod; misaligned weight plates.	Clean and lubricate guide rods with silicone spray. Check for bent rods and alignment of plates.
Cables fraying or showing wear	Improper cable routing; worn pulleys; sharp edges on frame.	Inspect cable routing for correct path. Check pulleys for damage. Smooth any sharp edges. Replace cable if severely damaged.
Excessive noise during operation	Loose bolts; dry pivot points; worn bushings.	Check and tighten all bolts. Lubricate pivot points. Inspect and replace worn bushings.
Leg extension/curl not smooth	Pivot points need lubrication; worn bearings.	Lubricate pivot points. Check and replace bearings if necessary.

SPECIFICATIONS

Brand	Body Craft (ironcompany)
Model	X4
Type	Strength Training Machine (Multigym)
Material	Steel, Nylon

Maximum Weight Recommendation	907.19 kg
Item Weight	726 kg
Item Dimensions (LxWxH)	2.81 x 2.22 x 2.12 Meters
Tension Level (Leg Press)	Up to 400 pounds
Strap Type	Cable/Pulley straps
Handle Type	Fixed Handle
UPC	700580621175
ASIN	B000OY4BSO

WARRANTY AND SUPPORT

Specific warranty details for the BodyCraft X4 Multigym are typically provided with the product documentation at the time of purchase. Please refer to your purchase receipt and the warranty card included in the original packaging for information regarding coverage period, terms, and conditions.

For technical support, parts replacement, or service inquiries, please contact the manufacturer, Body Craft, or your authorized dealer. Contact information can usually be found on the manufacturer's official website or in the product's original documentation.

Note: This manual provides general information. Always refer to the specific documentation included with your product for the most accurate and up-to-date details.

