




# BODYCRAFT F710 Arm Curl Attachment Owner's Manual

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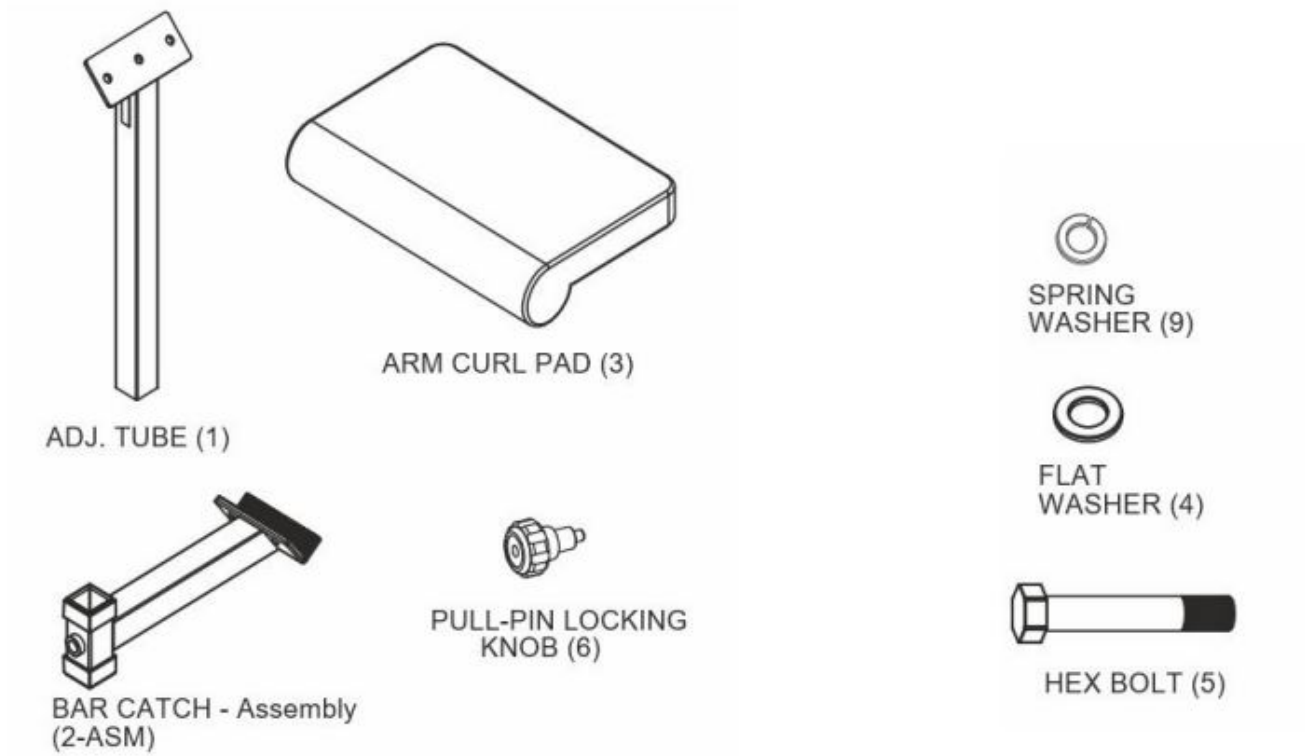
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## BODYCRAFT F710 Arm Curl Attachment

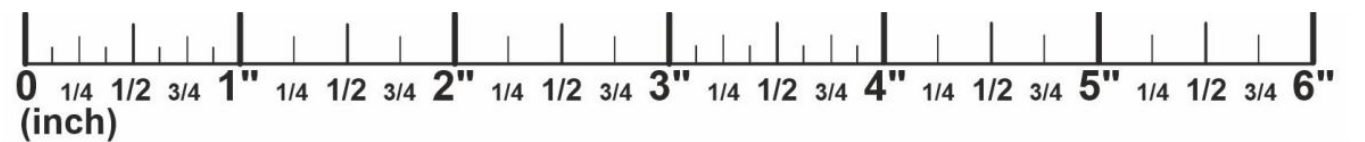


Assembly Parts List



Part #	Assembly Parts List	QTY
F710-001	ADJ.TUBE	1
F710-002-ASM	BAR CATCH – Assembly	1
F710-003	ARM CURL PAD	1
F710-006	PULL-PIN LOCKING KNOB	1

Part #	Assembly Hardware	QTY
F710-004	FLAT WASHER, 3/8" – BLK	2
F710-005	HEX BOLT, 3/8" x 1-1/4" – BLK	2
F710-009	SPRING WASHER, 3/8" – BLK	2



## THE FOLLOWING TOOLS ARE RECOMMENDED FOR ASSEMBLY:



**SOCKET SET 3/8 DRIVE  
for 9/16 SAE**



**OPEN & CLOSED WRENCH  
for 9/16 SAE**



**TORQUE WRENCH 3/8  
DRIVE**

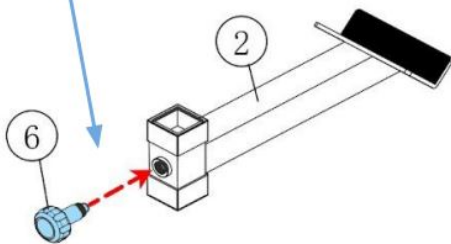
### Product Assembly

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.

#### STEP 1a: Pull-Pin Locking Knob

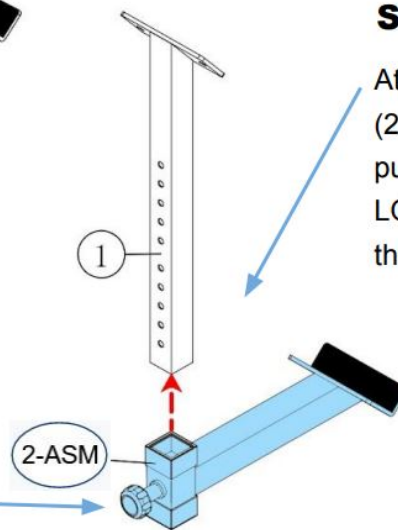
Screw in the PULL-PIN LOCKING KNOB (6) on to the BAR CATCH - Assembly (2-ASM) about 2 full turns.

**NOTE: DO NOT FULLY TIGHTEN**



#### STEP 1b: Bar Catch

Attach the BAR CATCH - Assembly (2-ASM) into the ADJ. TUBE (1) by pulling out on the PULL-PIN LOCKING KNOB (6) and sliding up the tube.



#### STEP 1c: Bar Catch

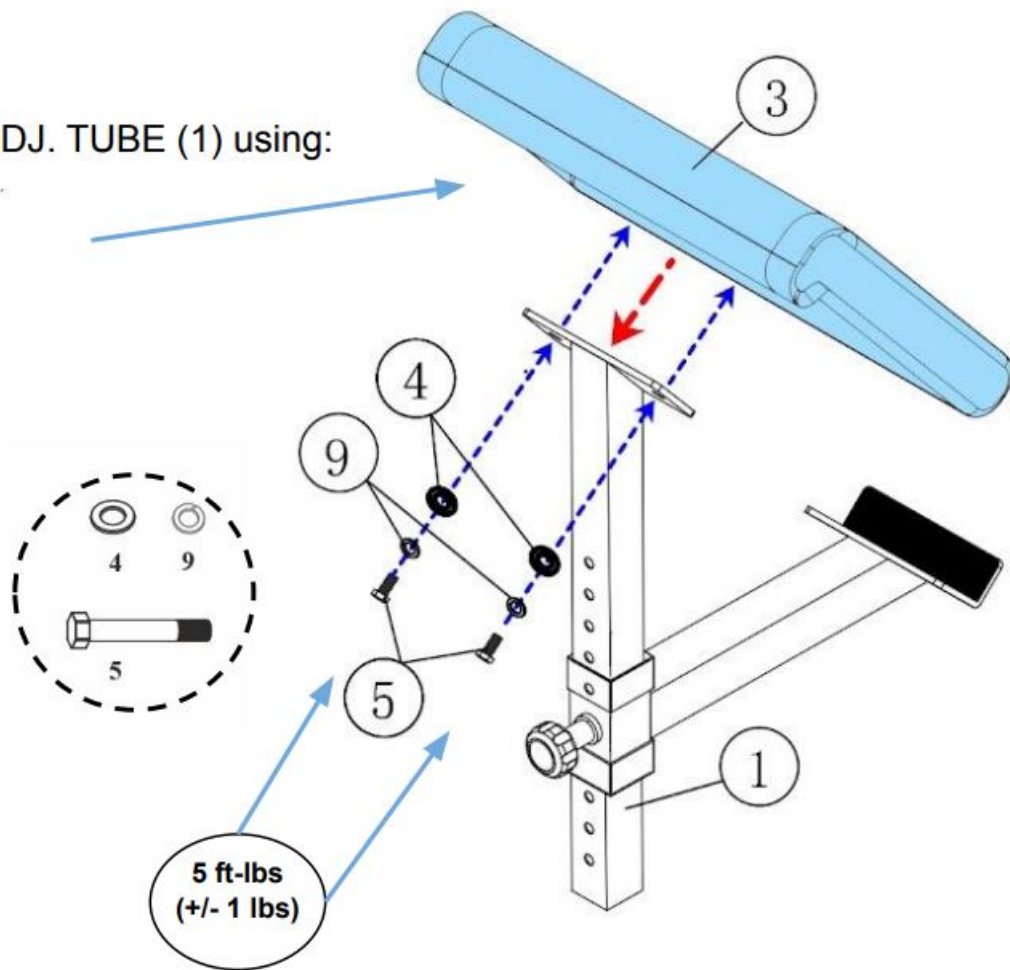
Attach the ARM CURL PAD (3) to the ADJ. TUBE (1) using:

- Two HEX BOLTS, 3/8" x 1-1/4" (5)
- Two SPRING WASHERS, 3/8" (9)
- Two FLAT WASHERS, 3/8" (4)

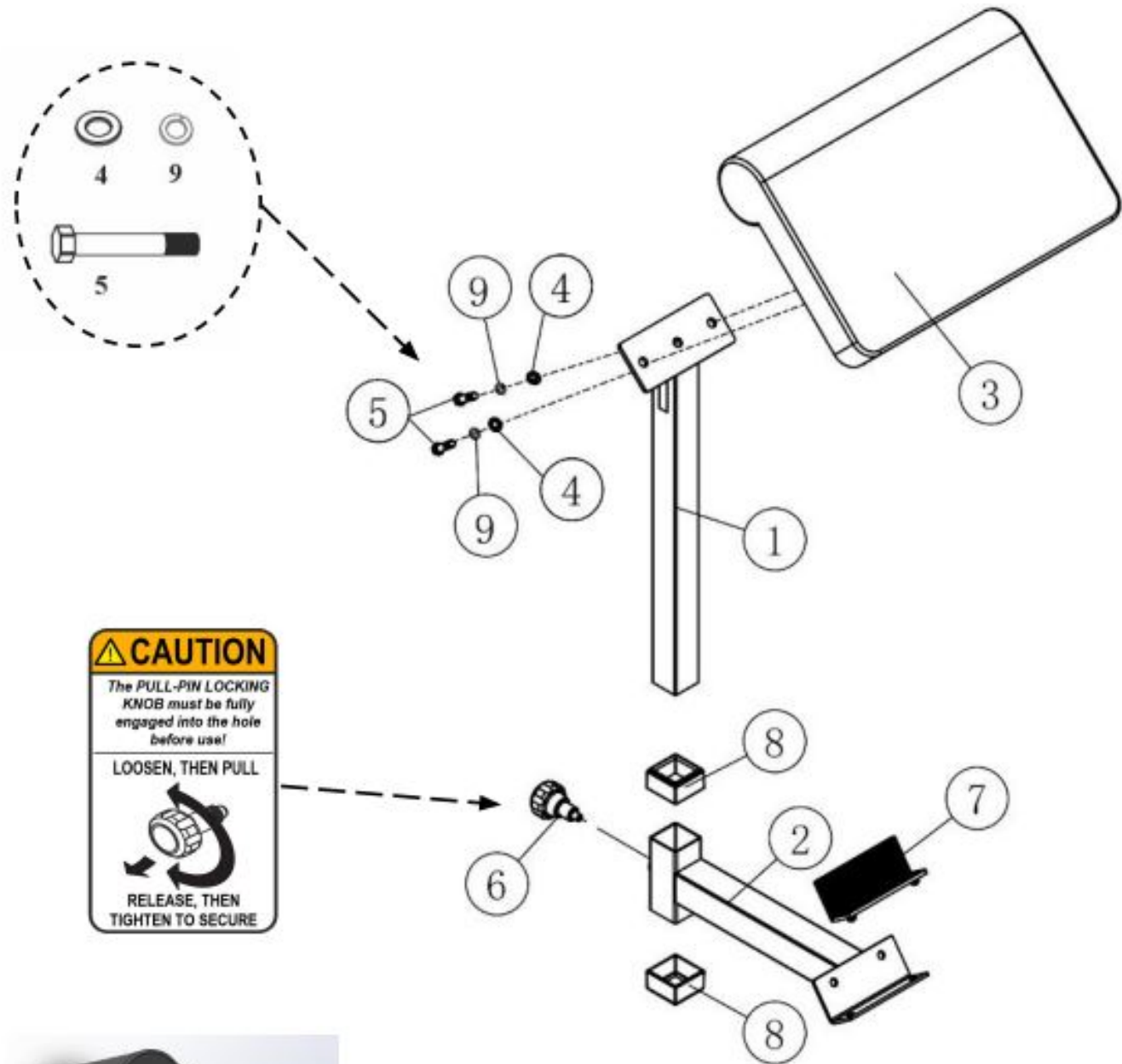
#### STEP 1d: "Torque Time"

Tighten all Step 1c Bolts at this time to the Recommended Torque Specs of 5 ft-lbs (+/- 1lb).



DJ. TUBE (1) using:



Parts Exploded View & Detailed Parts List



Part #	Detailed Parts list	QTY
F710-001	ADJ.TUBE	1
F710-002	BAR CATCH	1
F710-003	ARM CURL PAD	1
F710-004	FLAT WASHER, 3/8" - BLK	2
F710-005	HEX BOLT, 3/8" x 1-1/4" - BLK	2
F710-006	PULL-PIN LOCKING KNOB	1
F710-007	RUBBER PAD	1
F710-008	SPACER CAP	2
F710-009	SPRING WASHER, 3/8" - BLK	2

	<p><a href="#">BODYCRAFT F710 Arm Curl Attachment</a> [pdf] Owner's Manual F710 Arm Curl Attachment, F710, Arm Curl Attachment</p>
	<p><a href="#">BODYCRAFT F710 Arm Curl Attachment</a> [pdf] Owner's Manual F710 Arm Curl Attachment, F710, Arm Curl Attachment</p>

References

- [B Home page - BODYCRAFT](#)
- [B Product Registration - BODYCRAFT](#)