



# BODYCRAFT F711 Leg Extension/Curl Attachment Owner's Manual

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## BODYCRAFT F711 Leg Extension/Curl Attachment



## F711 Leg Extension/Curl Attachment

The F711 Leg Extension/Curl Attachment is an accessory designed for use with a BodyCraft machine. It is used to perform leg extension and curl exercises to strengthen the quadriceps and hamstrings. The attachment includes a leg weight holder, an adjust tube, foam roller holders, foam rollers, larger and smaller end caps, nut caps, spring clips, locking pin, L-type, and rubber cushion.

## **Product Assembly**

Before beginning assembly, make sure you have all the parts listed in the assembled parts list. 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. Read each step carefully before beginning.

### **Step 1a: Leg Weight Holder**

1. Attach the ADJUST TUBE (2) onto the LEG WEIGHT HOLDER Assembly (1-ASM) using:
2. One HEX BOLT, 1/2 x 3-1/4 (12)
3. Two FLAT WASHERS, 1/2 (11)
4. One NYLON NUT, THICK, 1/2 (14).
5. Once fully tightened with movement in parts, see TIP below, then install both NUT CAPS (7).
6. **TIP:** Fully tighten HEX BOLT (12) then loosen the locking NYLON NUT, THICK (14) approximately 1/4 turn so that the LEG WEIGHT HOLDER – Assembly (1-ASM) & ADJUST TUBE (2) pivot freely with little to no excessive movement

### **Step 1b: Foam Roller Holders**

1. Insert all three FOAM ROLLER HOLDERS (3) into the ADJUST TUBE
2. and the LEG WEIGHT HOLDER – Assembly (1-ASM).

### **Step 2a: Install Foam Rollers**

1. Slide END CAP, LARGER (5) then the FOAM ROLLER (4) onto each side of FOAM ROLLER HOLDER (3), one bar post at a time. NOTE: Confirm centered with equal distance on both Rt & Lt Sides.

### **Step 2b: Secure Foam Rollers**

1. Then slide a HEX RECESSED HEAD BOLT, 5/16 x 1-1/4 (10) through the END CAP, SMALLER (6) and the BIG WASHER, 8 (13). Then secure by tightening the HEX RECESSED HEAD BOLT, 5/16 x 1-1/4 (10) to the FOAM ROLLER HOLDER (3) per side. Repeat to the other FOAM ROLLER HOLDERS.

### **Step 2c: Accessories**

1. Attach RUBBER CUSHION (20), SPRING CLIP (8) and RING PIN (9).

### **Step 2d: Torque Time**

1. Tighten STEP 2a & 2b, HEX RECESSED HEAD BOLTS (10) at this time to the Recommended Torque Specs

of 4 ft-lbs (+/-1 lb).

2. Recommended Tools: TORQUE WRENCH 3/8 DRIVE w/ 7/32 Allen

### Recommended Tools

- 3/4 WRENCHES
- 3/4 SOCKET & 6 EXTENSION
- 7/32 Allen Wrenches x 2ea.

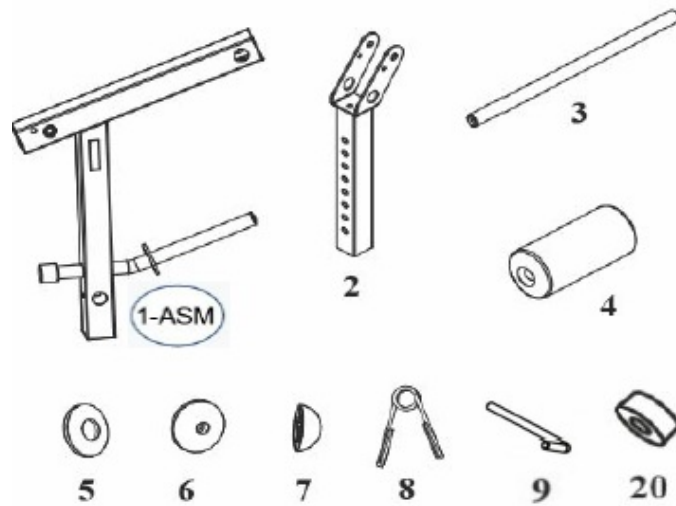
### Parts Exploded View & Detailed Parts List

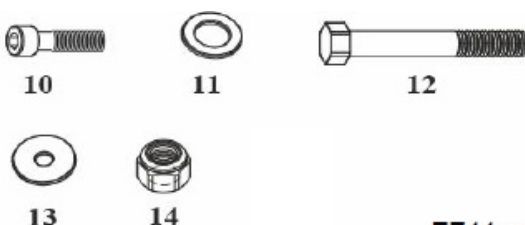
The following is a detailed parts list for the F711 Leg Extension/Curl Attachment

Part #	Detailed Parts List	QTY
F711-001	LEG WEIGHT HOLDER	1
F711-002	ADJUST TUBE	1
F711-003	FOAM ROLLER HOLDER	3
F711-004	FOAM ROLLER	6
F711-005	LARGER END CAP	6
F711-006	SMALLER END CAP	6
F711-007	NUT CAP	2
F711-008	SPRING CLIP	1

### Assembled Parts List

Part #	Assembly Parts List	QTY
F711-001-ASM	LEG WEIGHT HOLDER – Assembly	1
F711-002	ADJUST TUBE	1
F711-003	FOAM ROLLER HOLDER	3
F711-004	FOAM ROLLER	6
F711-005	LARGER END CAP	6
F711-006	SMALLER END CAP	6
F711-007	NUT CAP	2
F711-008	SPRING CLIP	1
F711-009	LOCKING PIN, L-TYPE	1
F711-020	RUBBER CUSHION	1



Part #	Assembly Hardware	QTY	 F711 v1.4
F711-010	HEX RECESSED HEAD BOLT, 5/16" x 1-1/4" BLK	6	
F711-011	FLAT WASHER, 1/2" – BLACK	2	
F711-012	HEX BOLT, 1/2" x 3-1/4" – BLACK	1	
F711-013	BIG WASHER, φ8 – BLACK	6	
F711-014	NYLON NUT, THICK, 1/2" – BLACK	1	

## Product Assembly

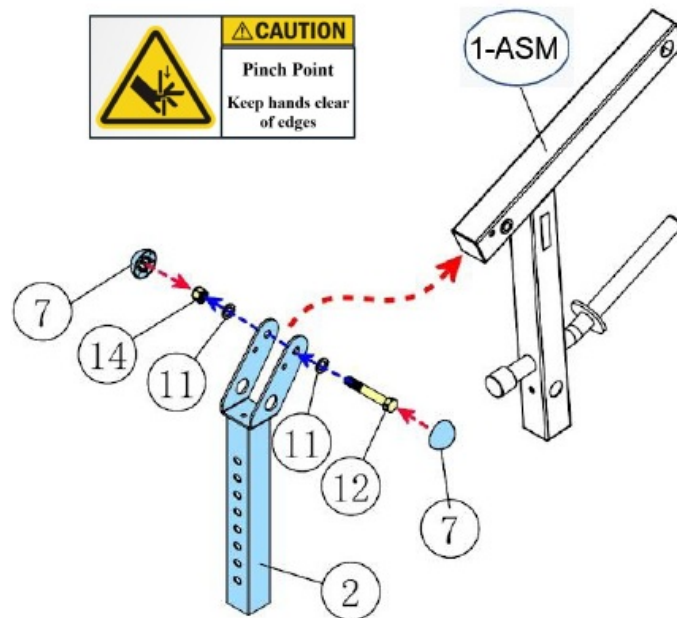
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

### STEP 1a: Leg Weight Holder

Attach the ADJUST TUBE (2) onto the LEG WEIGHT HOLDER – Assembly (1-ASM) using

- One HEX BOLT, 1/2" x 3-1/4" (12)
- Two FLAT WASHERS, 1/2" (11)
- One NYLON NUT, THICK, 1/2" (14).

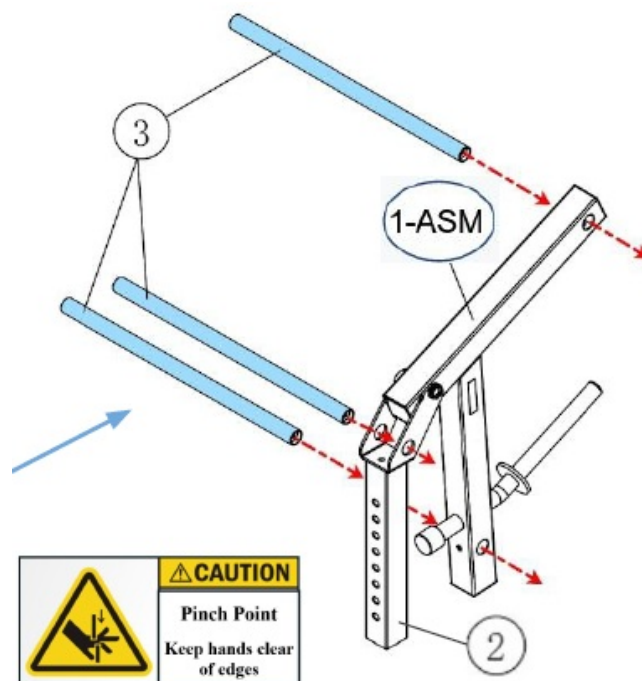
Once fully tightened with movement in parts, see TIP below, then install both NUT CAPS (7).



#### STEP 1b: Foam Roller Holders

Insert all three FOAM ROLLER HOLDERS (3) into the ADJUST TUBE (2) and the LEG WEIGHT HOLDER – Assembly (1-ASM).

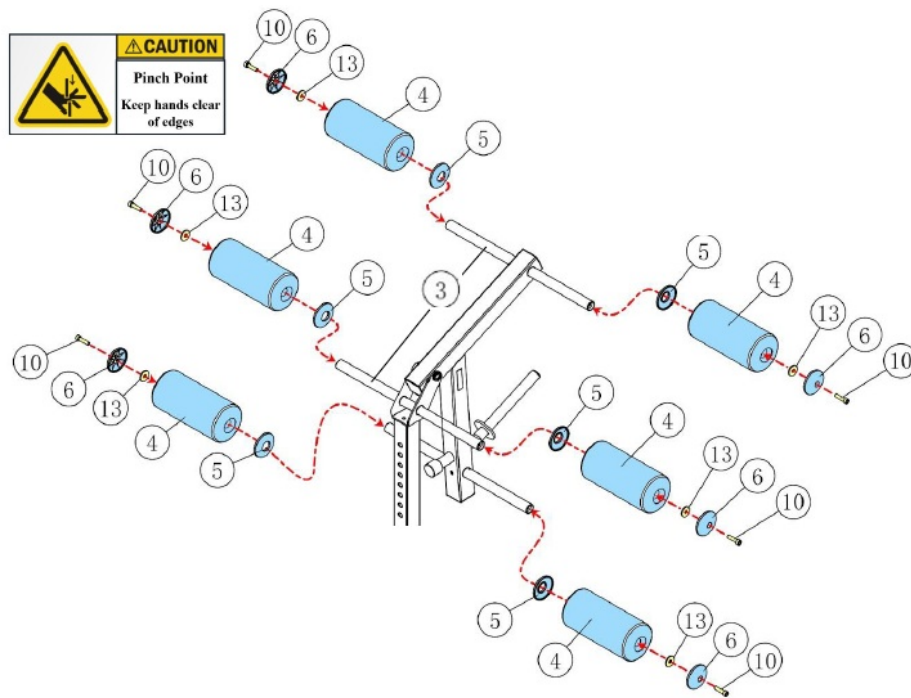
**TIP:** Fully tighten HEX BOLT (12) then loosen the locking NYLON NUT, THICK (14) approximately 1/4 turn so that the LEG WEIGHT HOLDER – Assembly (1-ASM) & ADJUST TUBE (2) pivot freely with little to no excessive movement



#### STEP 2a: Install Foam Rollers

Slide END CAP, LARGER (5) then the FOAM ROLLER (4) onto each side of FOAM ROLLER HOLDER (3), one bar post at a time.

**NOTE:** Confirm centered with equal distance on both Rt & Lt Sides.



### STEP 2b: Secure Foam Rollers

Then slide a HEX RECESSED HEAD BOLT, 5/16" x 1-1/4" (10) through the END CAP, SMALLER (6) and the BIG WASHER,  $\phi 8$  (13). Then secure by tightening the HEX RECESSED HEAD BOLT, 5/16" x 1-1/4" (10) to the FOAM ROLLER HOLDER (3) per side. Repeat to the other FOAM ROLLER HOLDERS.

#### TIP: Recommended Tools

7/32 Allen Wrenches x 2ea.

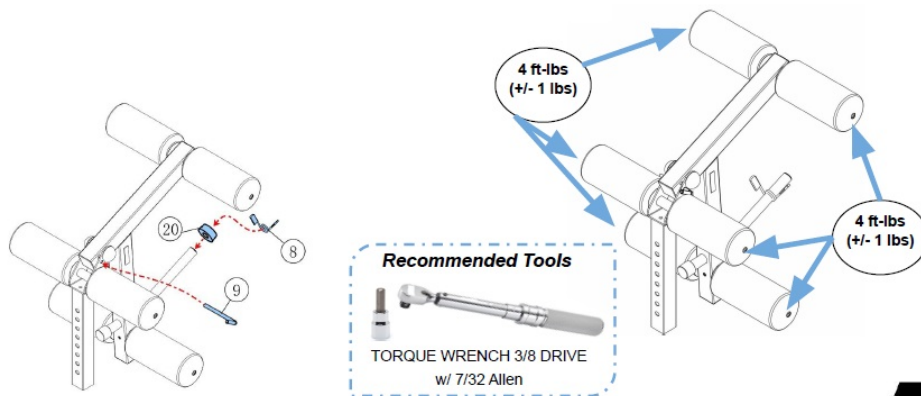


### STEP 2c: Accessories

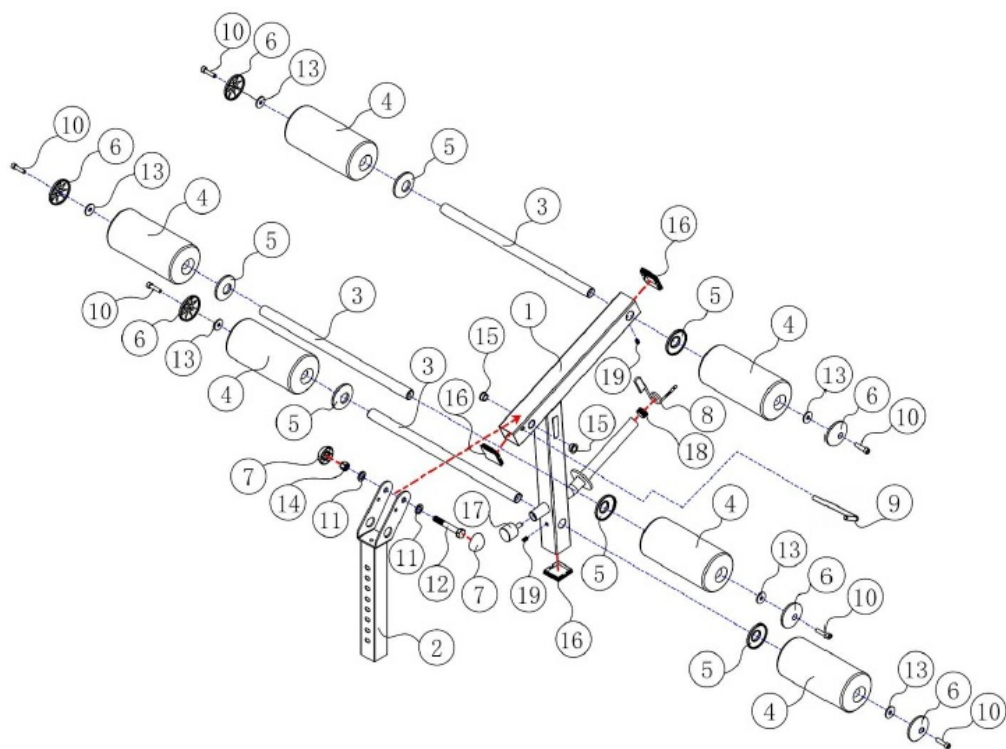
Attach RUBBER CUSHION (20), SPRING CLIP (8) and RING PIN (9).

### STEP 2d: "Torque Time"

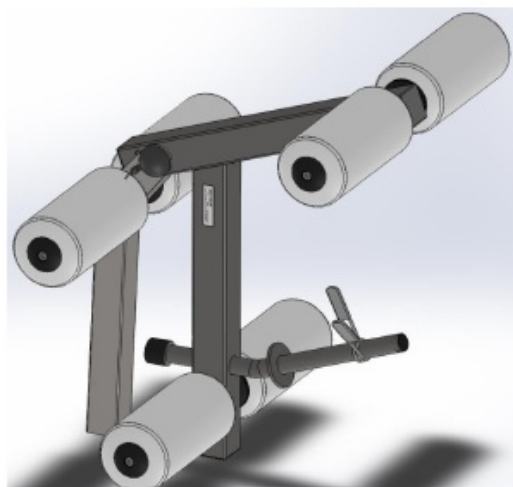
Tighten STEP 2a & 2b, HEX RECESSED HEAD BOLTS (10) at this time to the Recommended Torque Specs of 4 ft.-lbs (+/- 1 lb).



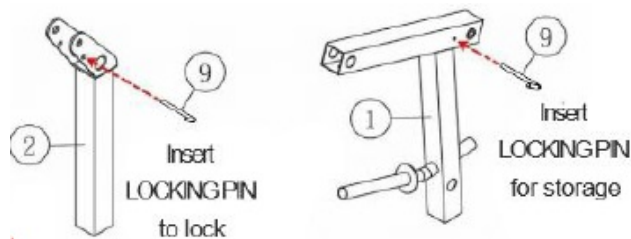
### Parts Exploded View & Detailed Parts List



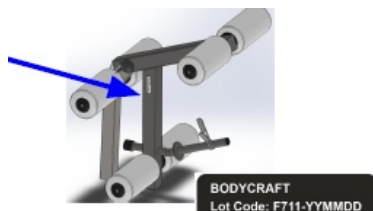
Part #	Detailed Parts List	QTY
F711-001	LEG WEIGHT HOLDER	1
F711-002	ADJUST TUBE	1
F711-003	FOAM ROLLER HOLDER	3
F711-004	FOAM ROLLER	6
F711-005	LARGER END CAP	6
F711-006	SMALLER END CAP	6
F711-007	NUT CAP	2
F711-008	SPRING CLIP	1
F711-009	LOCKING PIN, L-TYPE	1
F711-010	HEX RECESSED HEAD BOLT, 5/16" x 1-1/4" BLK	6
F711-011	FLAT WASHER, 1/2" – BLACK	2
F711-012	HEX BOLT, 1/2" x 3-1/4" – BLACK	1
F711-013	BIG WASHER, $\phi 8$ – BLACK	6
F711-014	NYLON NUT, THICK, 1/2" – BLACK	1
F711-015	BUSHING	2
F711-016	END PLUG, 50 x 50mm SQ.	3
F711-017	BUMPER	1
F711-018	ROUND CAP	1
F711-019	SET SCREW, 5/16" x 1/2"	2
F711-020	RUBBER CUSHION	1







INSERT LOCKING PIN WHEN NOT USING THE LEG EXTENSION/CURL.



- Base Lot Number: \_\_\_\_\_
- Purchased Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Dealer's Name: \_\_\_\_\_
- Please register your products at:
- <https://www.bodycraft.com/product-registration/>

[WWW.BODYGRAFT.COM](http://WWW.BODYGRAFT.COM)

800-990-5556

[SERVICE@BODYCRAFT.COM](mailto:SERVICE@BODYCRAFT.COM)

## Documents / Resources

	<p><a href="#">BODYCRAFT F711 Leg Extension/Curl Attachment</a> [pdf] Owner's Manual U1000-U1K1-qr.html, F711-OM-v1.4c, F711 Leg Extension Curl Attachment, F711, Leg Extension Attachment, Curl Attachment, Leg Attachment, Extension Attachment</p>
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## References

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