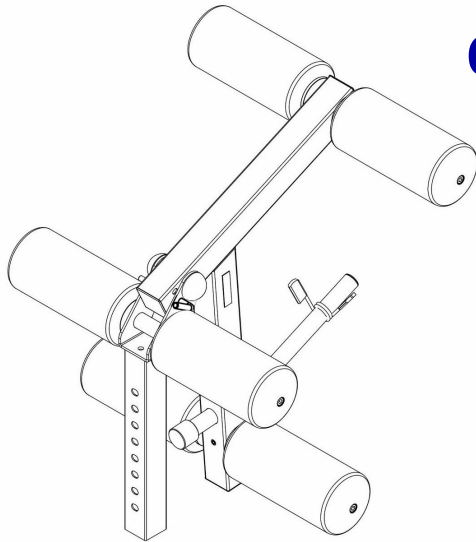


# BODYCRAFT

## F711 Leg Extension/Curl Attachment

### Owner's Manual



To see in  
**FULL COLOR**  
& additional information,  
scan this QR code.



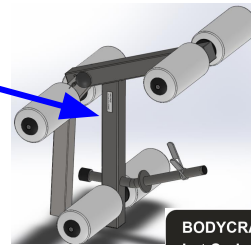
Base Lot Number: \_\_\_\_\_

Purchased Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Dealer's Name: \_\_\_\_\_

Please register your products at:

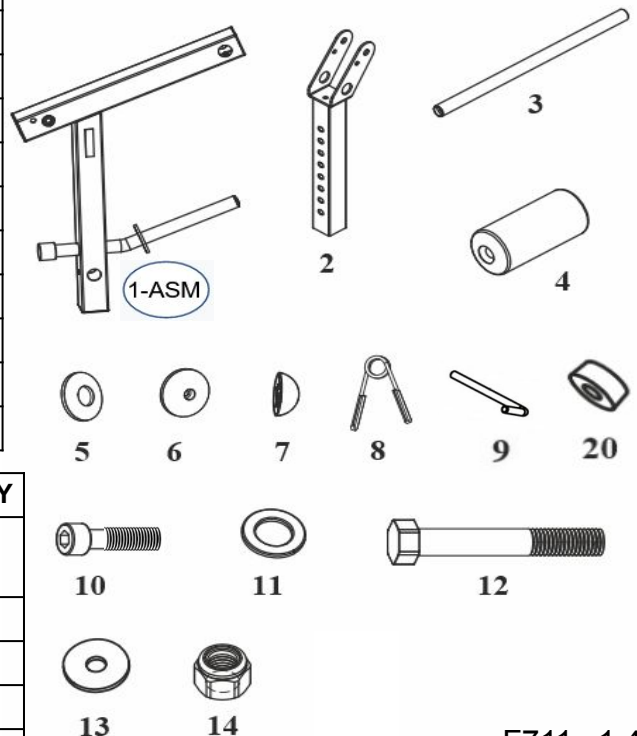
<https://www.bodycraft.com/product-registration/>



BODYCRAFT  
Lot Code: F711-YYMMDD

### 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
F711-010	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 v1.4



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## 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.

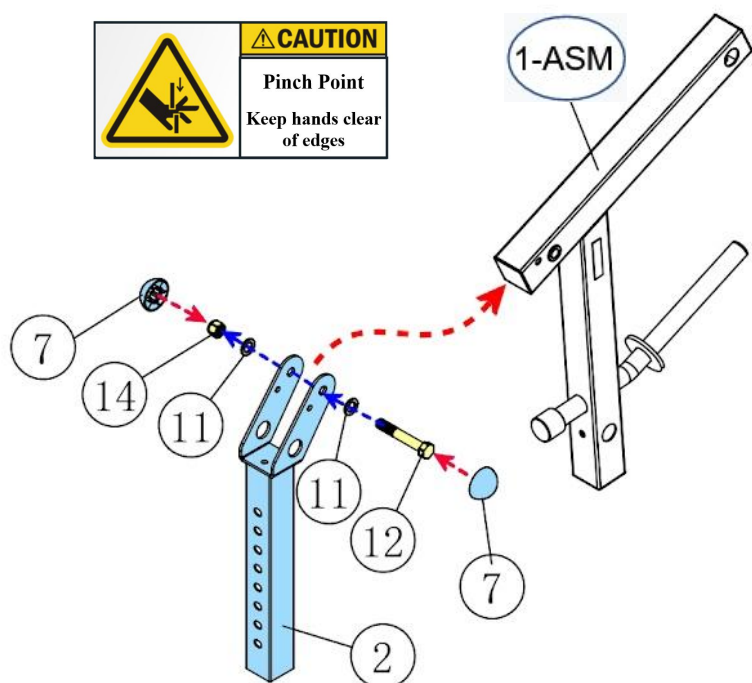
**Read each step carefully before beginning.**

### 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).



**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

#### Recommended Tools



### 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).



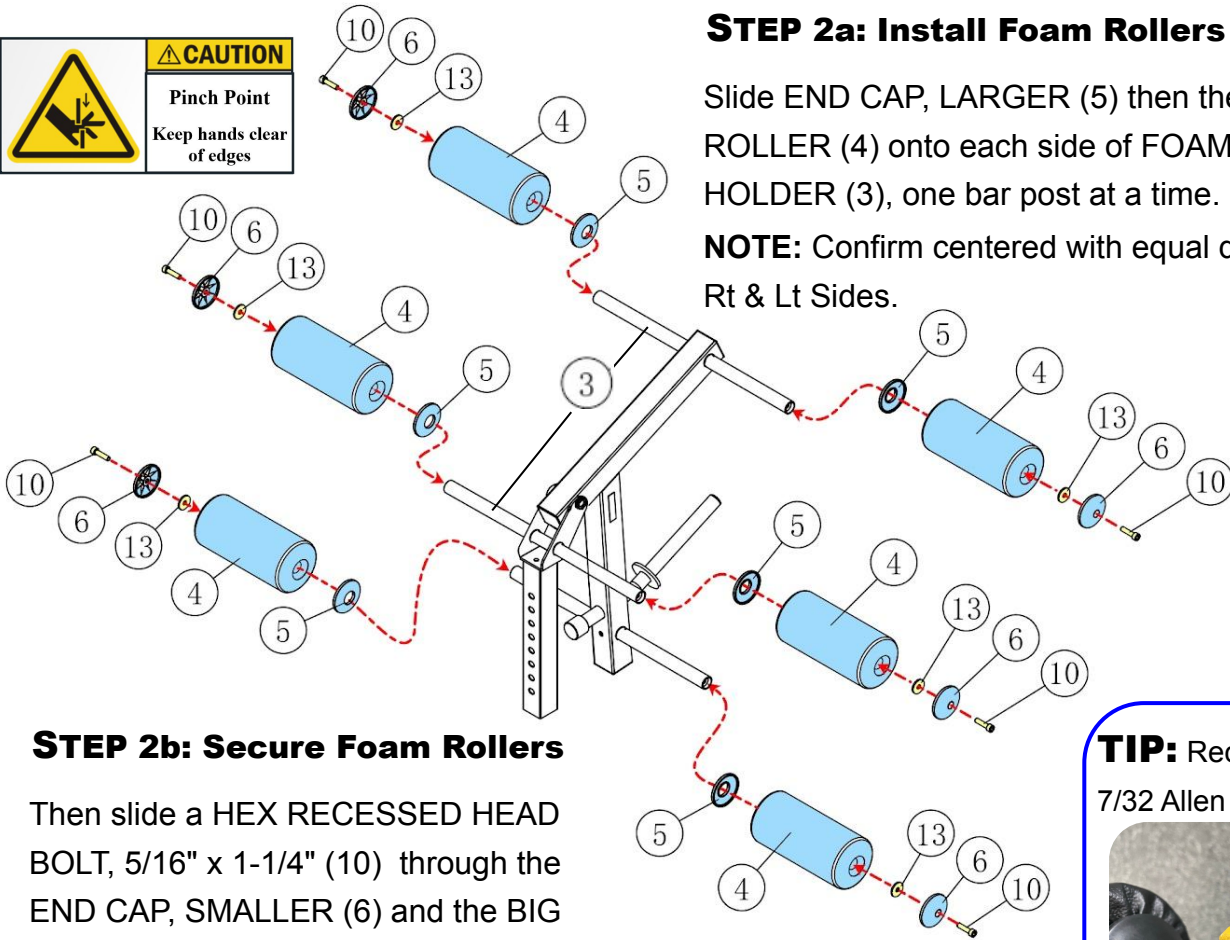
## Product Assembly



### 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.



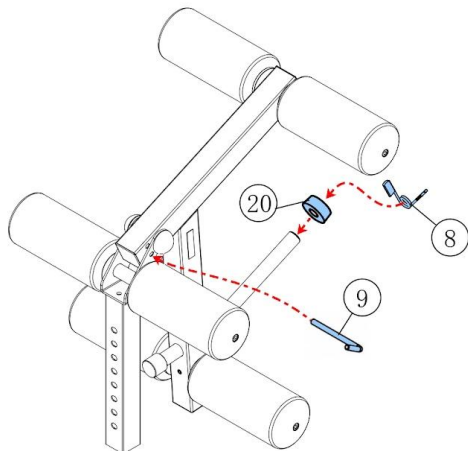
### STEP 2b: Secure Foam Rollers

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.

### STEP 2c: Accessories

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



### TIP: Recommended Tools

7/32 Allen Wrenches x 2ea.

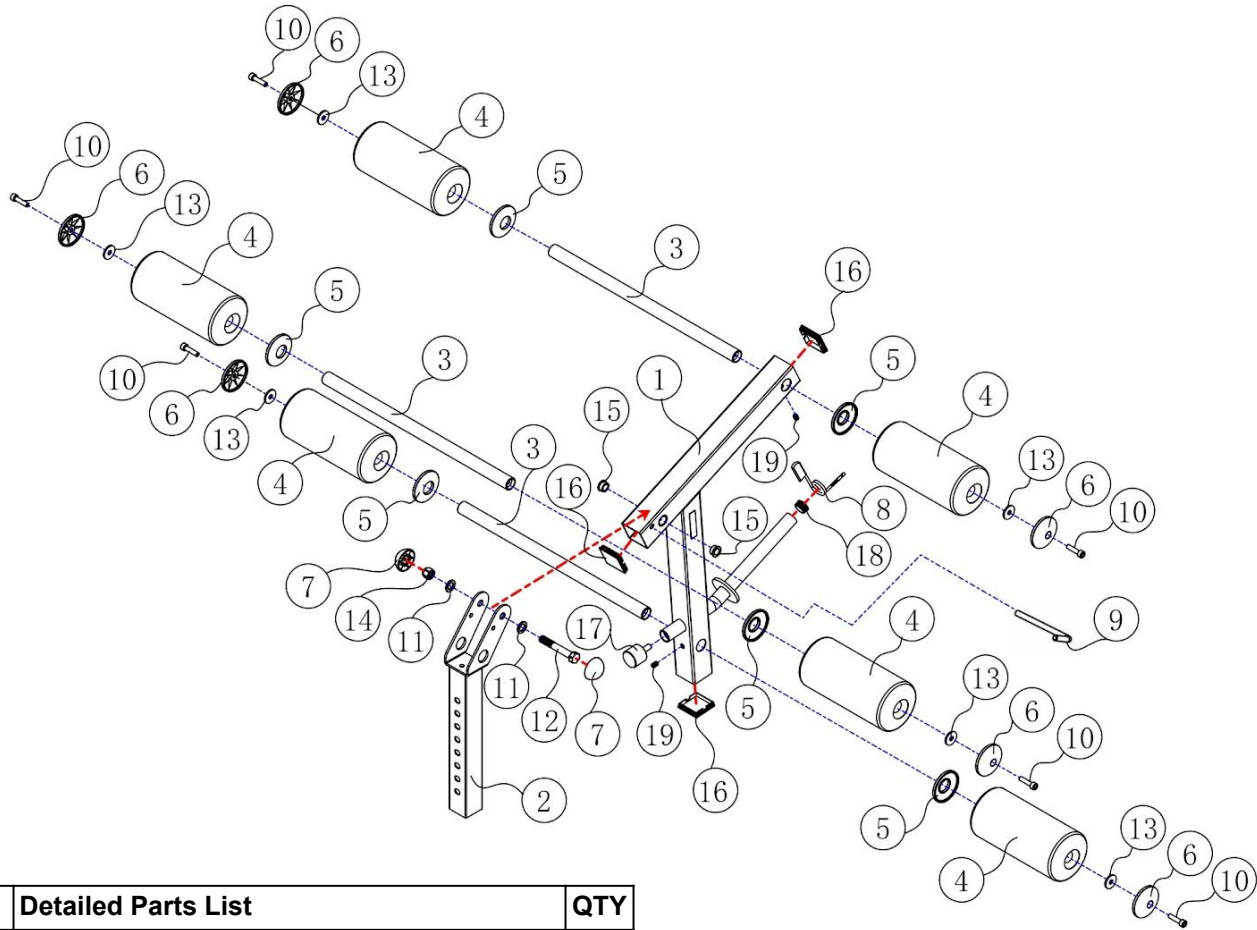


### STEP 2d: "Torque Time"

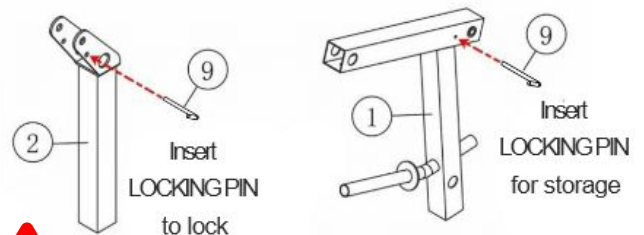
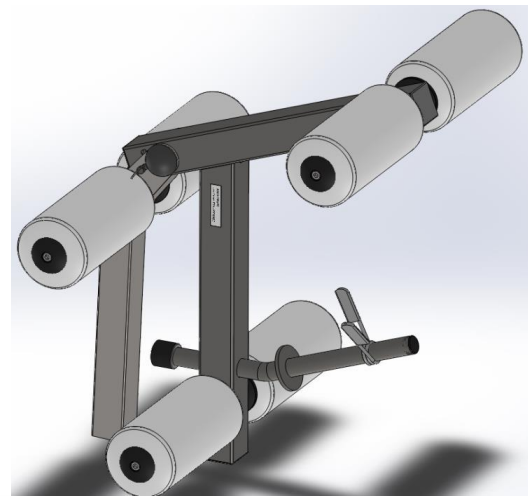
Tighten STEP 2a & 2b, HEX RECESSED HEAD BOLTS (10) at this time to the Recommended Torque Specs of 4 ft-lbs (+/- 1 lb).



## 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
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F711-007	NUT CAP	2
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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.**