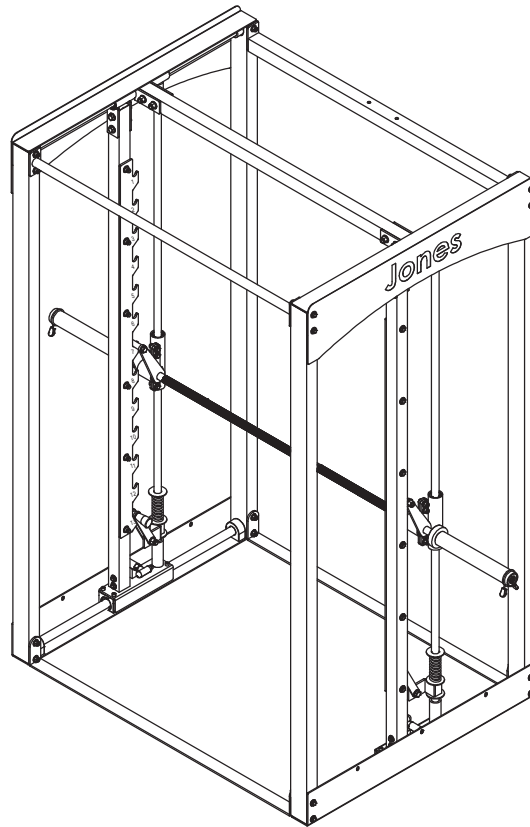


BODYCRAFT

Jones Light Commercial (LC) Machine Owners Manual



Record your Product Registration Info here:

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BEFORE YOU BEGIN

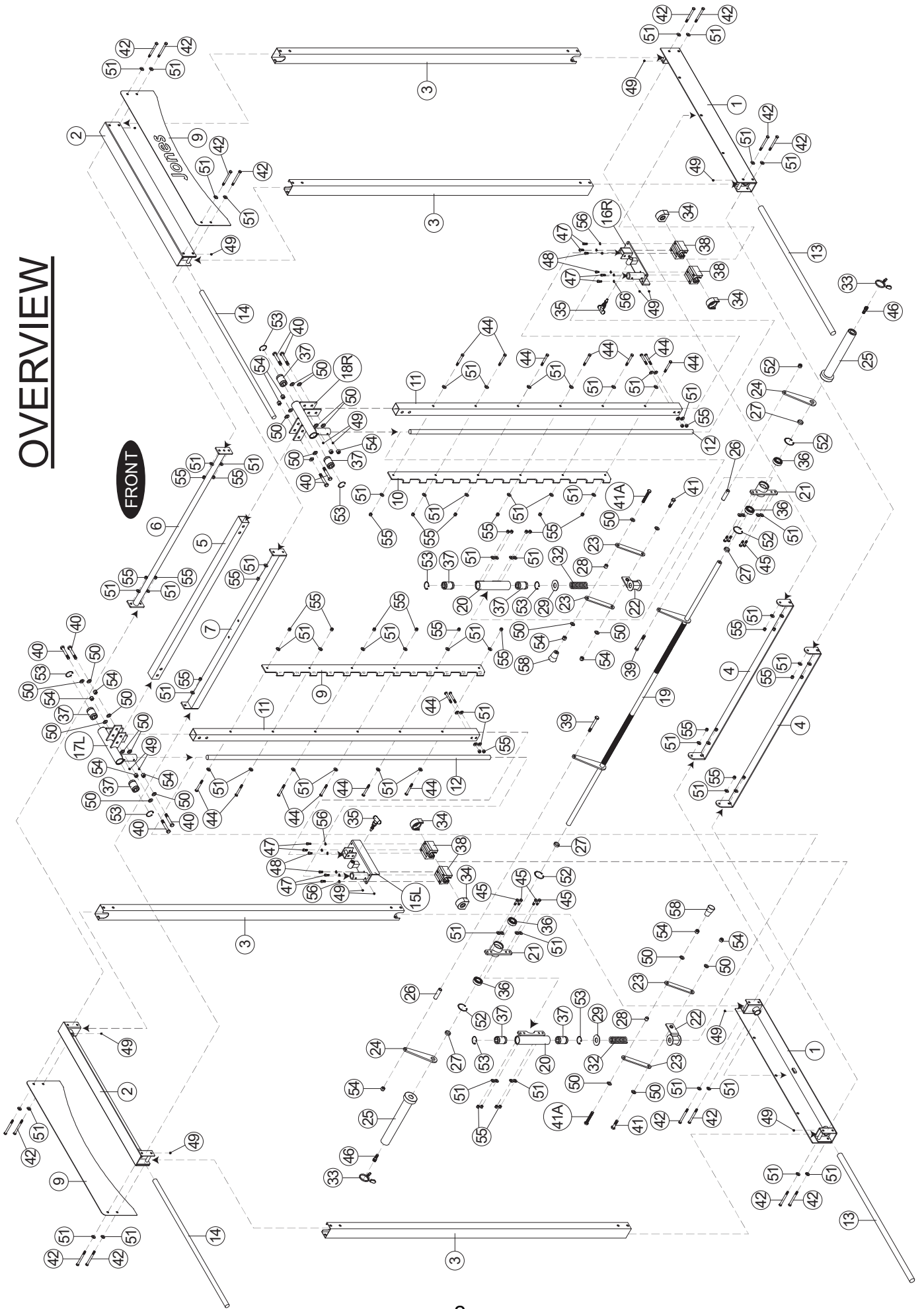
Congratulations and thank you for selecting the Jones Light Commercial Machine. The Jones Light Commercial offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the Jones Light Commercial 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 Light Commercial. 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 COMMERCIAL at all times.
5. Keep your hands away from moving parts other than the designated handles.
6. Exercise with care to avoid injury.
7. If lubrication is needed, apply MP NO 2.5 Lithium Grease to Vertical Guide Rod (12), Base Bearing Rod (13) and Top Bearing Rod (14).
8. If unsure about the proper use of the JONES MACHINE COMMERCIAL strength training system call your local dealer or our customer service department at 800-990-5556.

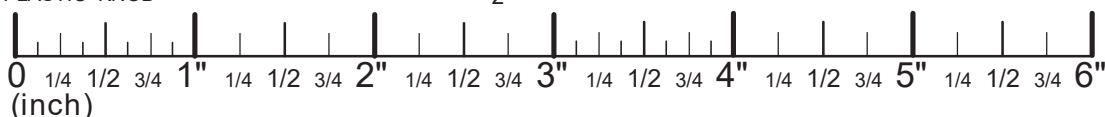
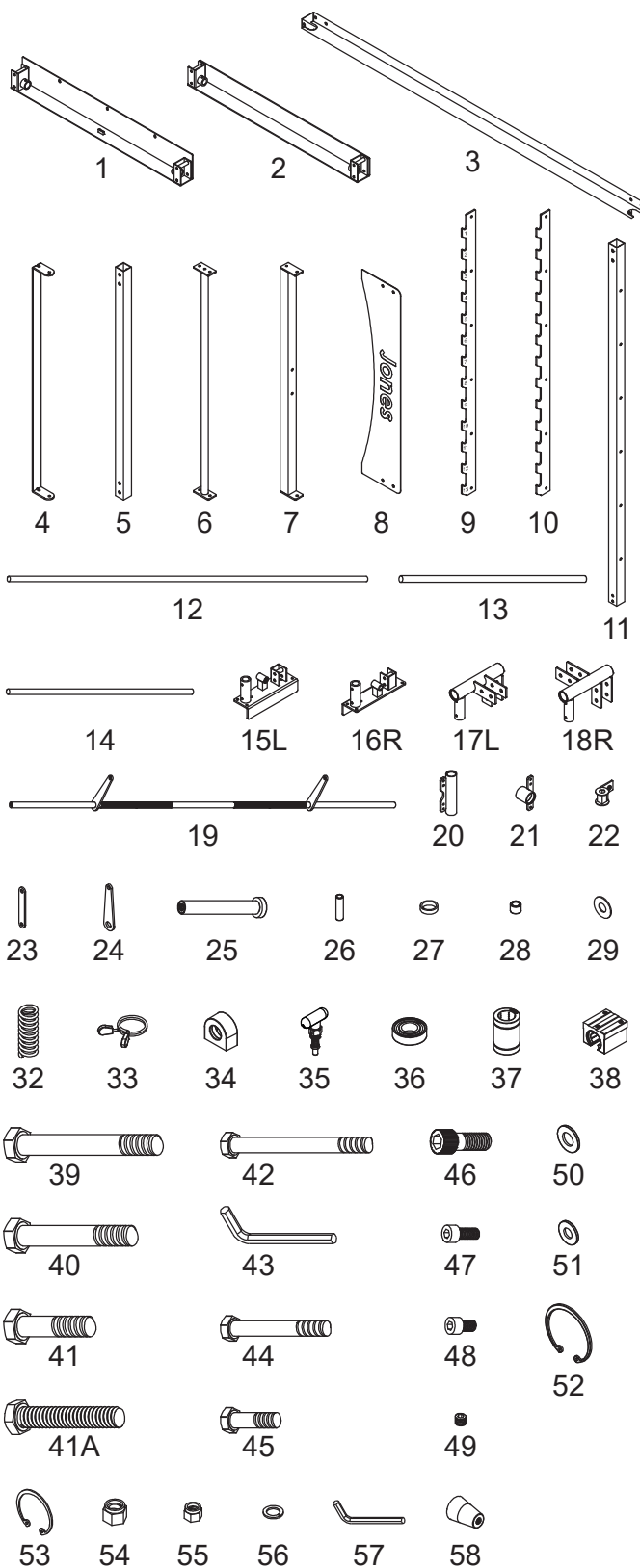
OVERVIEW



PARTS LIST

NO. DESCRIPTION QTY.

1	BASE FRAME L & R	2
2	TOP FRAME L & R	2
3	UPRIGHT FRAME	4
4	BASE CONNECTOR	2
5	TOP BEARING HOUSING CONNECT	1
6	CHIN UP BAR	1
7	REAR TOP FRAME	1
8	LOGO PANEL	2
9	RIGHT BAR RACK	1
10	LEFT BAR RACK	1
11	RACK HOLDER	2
12	VERTICAL GUIDE ROD	2
13	BASE GUIDE ROD (pre-assembled in Base Frame)	2
14	TOP GUIDE ROD (pre-assembled in Base Frame)	2
15L	LEFT BASE BEARING HOUSING (pre-assembled in Base Frame)	1
16R	RIGHT BASE BEARING HOUSING (pre-assembled in Base Frame)	1
17L	LEFT TOP BEARING HOUSING (pre-assembled in Top Frame)	1
18R	RIGHT TOP BEARING HOUSING (pre-assembled in Top Frame)	1
19	WEIGHT BAR	1
20	VERTICAL BEARING HOUSING	2
21	SAFETY CATCH (pre-assembled at factory)	2
22	SAFETY SPOTTER	2
23	LINK PLATE (pre-assembled with Safety Spotter)	4
24	HOOK PLATE (pre-assembled on Weight Bar)	2
25	OLYMPIC WEIGHT SLEEVE	2
26	19 X 13 X 70L CONNECT ROD (pre-assembled on Weight Bar)	2
27	34 X 29 X 8L SPACER (pre-assembled on Weight Bar)	4
28	19 X 13 X 15L SHORT CONNECT ROD (pre-assembled on Safety Spotter)	2
29	1" ID BIG WASHER	2
32	1" SPRING	2
33	2" OLYMPIC SPRING CLIP	2
34	RUBBER STOPPER (pre-assembled in Base Frame)	4
35	POP PIN (pre-assembled in Base Frame)	2
36	25mm BEARING (pre-assembled in Base Frame)	4
37	25mm BEARING (pre-assembled in Vert., Top Bearing Housings)	8
38	30mm BEARING (pre-assembled in Base Frame)	4
39	1/2" X 4" HEX BOLT	2
40	1/2" X 3-1/4" HEX BOLT	8
41	1/2" X 1-3/4" HEX BOLT	2
41A	1/2" X 3" HEX BOLT	2
42	3/8" X 4" HEX BOLT	16
43	14mm HEX WRENCH	1
44	3/8" X 2-3/4" HEX BOLT	16
45	3/8" X 1-1/4" HEX BOLT	8
46	1/2" X 1-1/4" ALLEN BOLT	2
47	M8 X 20mm ALLEN BOLT	8
48	M8 X 15mm ALLEN BOLT	4
49	5/16" X 1/4" SET SCREW	16
50	1/2" WASHER	24
51	3/8" WASHER	78
52	LARGER RETAINING RING (pre-assembled in Weight Bar)	4
53	SMALL RETAINING RING (pre-assembled in Vert Bearing Housings)	8
54	1/2" NYLON NUT	14
55	3/8" NYLON NUT	38
56	5/16" SPRING WASHER	12
57	3mm HEX WRENCH	1
58	PLASTIC KNOB	2

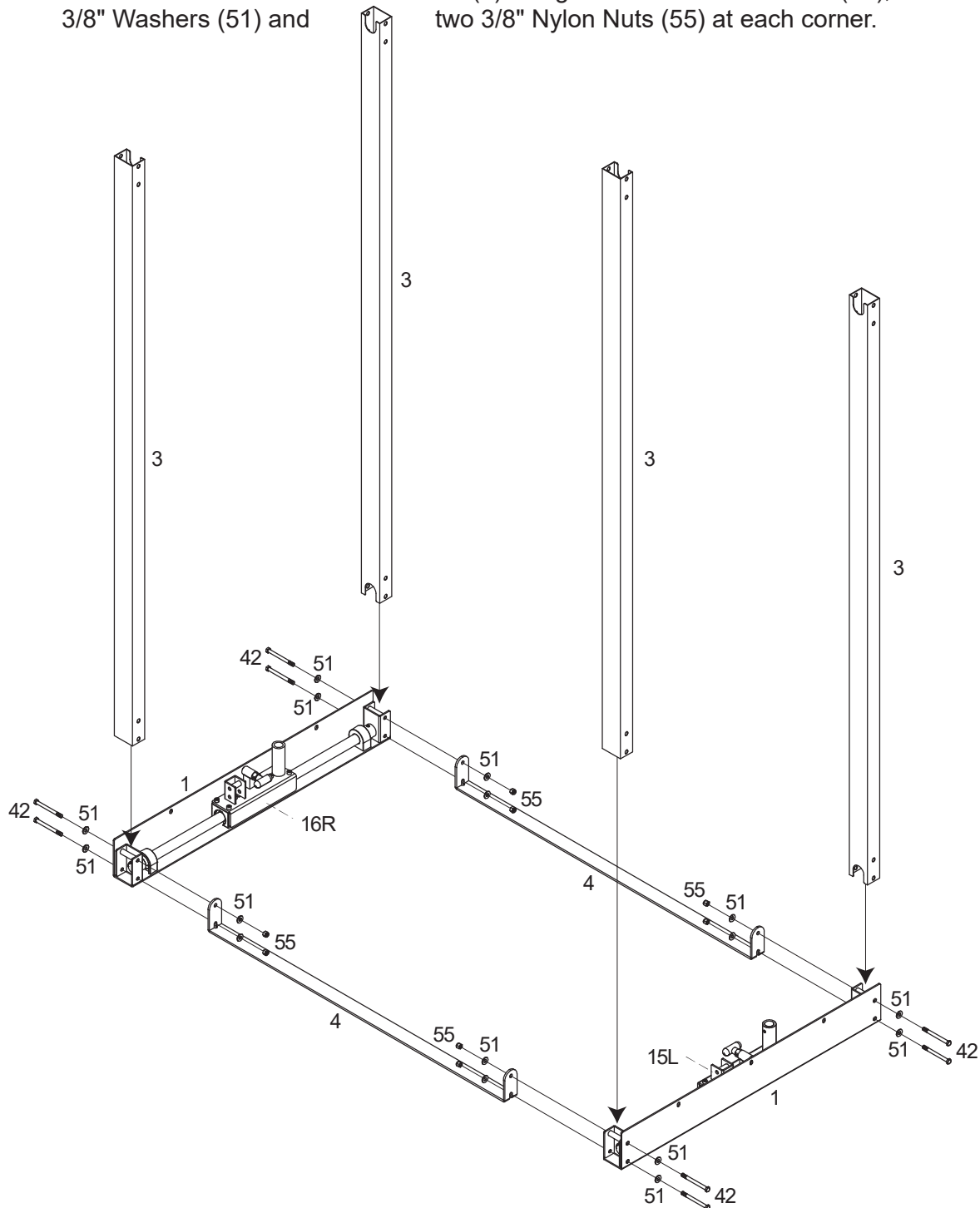


STEP 1 Base Frame Assembly

IMPORTANT:

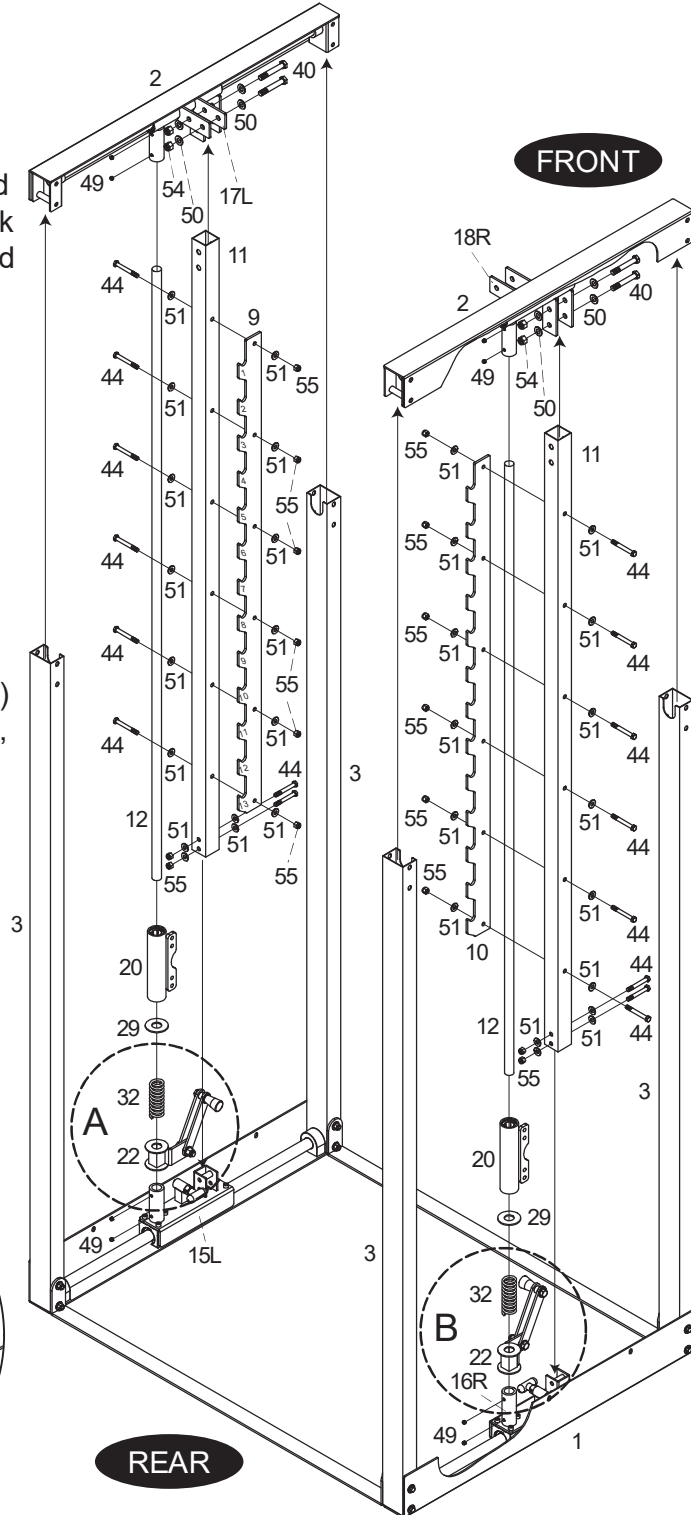
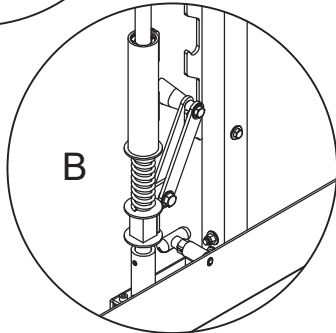
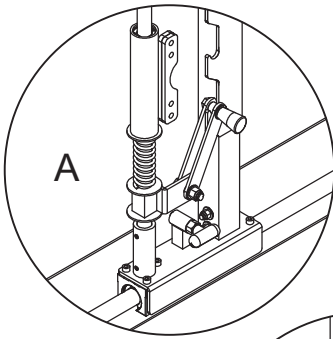
- Assembly requires two people.
- To ease the assembly process, do not tighten bolts until instructed.
- Assemble on a flat, level floor.

1. Slide an Upright Frame (3) onto each end of the Left and Right Base Frame (1) and attach the two Base Connectors (4) using two 3/8" X 4" Hex Bolts (42), four 3/8" Washers (51) and two 3/8" Nylon Nuts (55) at each corner.



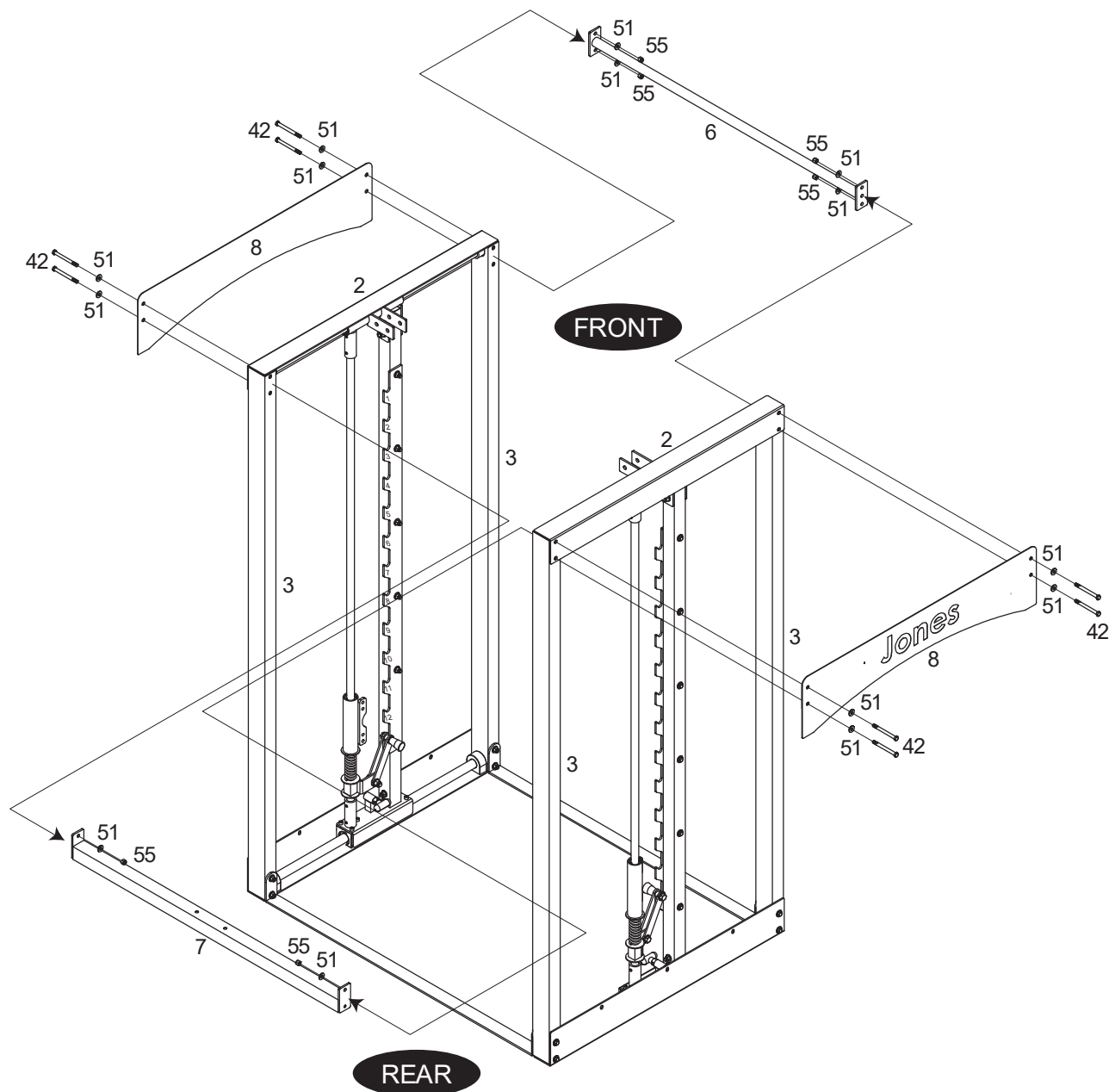
STEP 2 Rack and Top Frame Assembly

- Loosen the 5/16" X 1/4" Set Screws (49) on the ringlet welded to the Base Bearing Housings (15L, 16R) and insert the two Vertical Guide Rods (12). Slide the Safety Spotter (22), then the 1" Spring (32), then the 1" ID Big Washer (29), and finally, the Vertical Bearing Housing (20) over the top of Vertical Guide Rod (12) as shown. Make sure the Handle of the Safety Spotter (22) is oriented toward the inside of the machine (as shown in A and B).
 - Slide the Rack Holders (11) onto the square receptacles on the Base Bearing Housings (15L, 16R) and secure using two 3/8" X 2-3/4" Hex Bolts (44), four 3/8" Washers (51), and two 3/8" Nylon Nuts (55) on each Rack Holder (11). Then attach the Right and Left Bar Rack (9,10) to the inner side of each Rack Holder (11), using six 3/8" X 3" Hex Bolts (43), twelve 3/8" Washers (51) and six 3/8" Nylon Nuts (55).
 - Loosen the 5/16" X 1/4" Set Screws (49) on the ringlet welded to the Top Bearing Housings (17L, 18R). Slide one Top Frame (2) over top of the Vertical Guide Rod (12), and Upright Frame (3). Secure the Top Frame (2) to the Top Bearing Housing (17L, 18R) using two 1/2" X 3-1/4" Hex Bolts (40), four 1/2" Washers (50) and two 1/2" Nylon Nuts (54). Repeat for the other side.
-



STEP 3 Chin Up Bar and Rear Top Frame Assembly

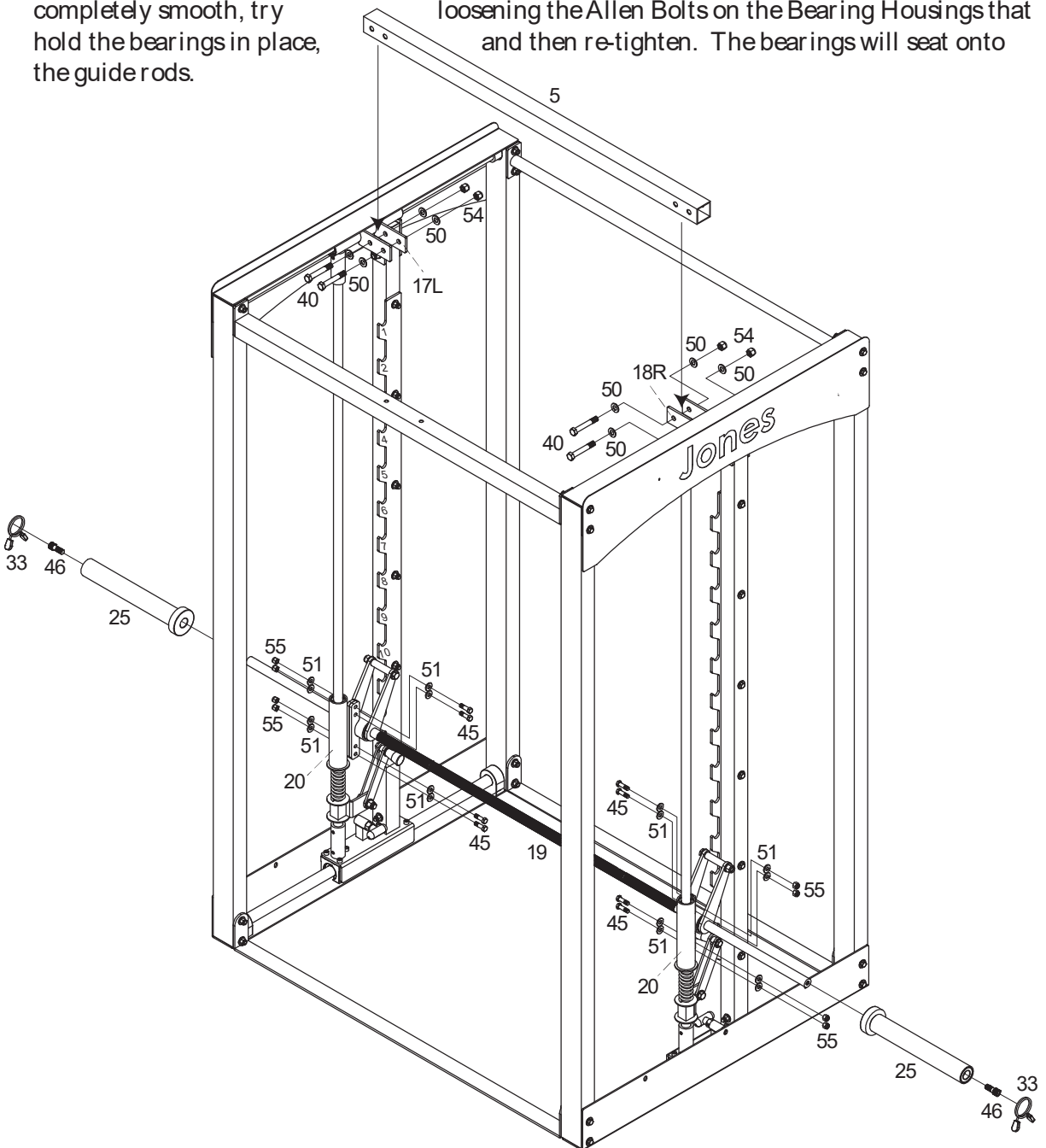
1. Attach the Chin Up Bar (6), Rear Top Frame (7), and the two Logo Panels (8) to the Top Frames (2) using four 3/8" X 4" Hex Bolts (42), eight 3/8" Washers (51) and four 3/8" Nylon Nuts (55).



STEP 4 Weight Bar Assembly

1. Attach the Weight Bar (19) to the Vertical Bearing Housing (20) using two 3/8" X 1-1/4" Hex Bolts (45), four 3/8" Washers (51) and two 3/8" Nylon Nuts (55).
2. Slide the Olympic Weight Sleeve (25) onto each side of Weight Bar (19) and secure with a 1/2" X 1-1/4" Allen Bolt (46). Use the 2" Olympic Spring Clip (33) to hold weights in place during use.
3. Attach the Top Bearing Housing Connector (5) to the Right and Left Top Bearing Housings (17L & 18R) using two 1/2" X 3-1/4" Hex Bolts (40), four 1/2" Washers (50), and two 1/2" Nylon Nuts (54).

Tighten all bolts. Start at Base and work toward top. If horizontal movement is not completely smooth, try loosening the Allen Bolts on the Bearing Housings that hold the bearings in place, then re-tighten. The bearings will seat onto the guide rods.



Assembly is complete! Please take the following steps before using the BODYCRAFT JONES MACHINE:

IMPORTANT

TIPS FOR PROPER AND SAFE USE

- ALWAYS utilize the Safety Spotters. Failure to do so can result in serious injury.
- Remember that the lifting bar is hooked into place by rotating the bar toward the chromed hooks.
- Be certain that both hooks are fully engaged before removing your hands from the lifting bar.
- Inspect the machine before every use. Do NOT use the machine if you find any irregularities.
- Be sure to register your warranty by submitting a completed warranty registration form.
- This product must be assembled on a flat, level surface to assure its proper function.
- If unsure about the proper use of the BodyCraft Jones Machine, call your local BodyCraft dealer or our customer service department at 800-990-5556.

WEIGHT LIMITATIONS FOR THE LIFTING BARS

JB7N 7' Long, 35 lb. Steel with Nylon Ends, 500 lbs Capacity

JB7PB 7' Long, 50 lb. Steel Power Bar, 1000 lb. Capacity.

JB7ABB 7' Long, 55 lb. Steel Power Bar, 1000 lb. Capacity.

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



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