



STRENGTH TRAINING SYSTEMS

BODYCRAFT 09

PLATINUM SERIES

BODYCRAFT



Functional Training Arms
 >sports specific/core training<
 >mimics free-weight feel<
 >11 adjustable positions<
 >dual arms<



Color Options
 >beautiful semi transparent acrylic<
 >your choice of 5 colors<
 >the new look of fitness<



Leg Shaping System
 >customizable positions<
 >seated leg extension<
 >seated leg curl<



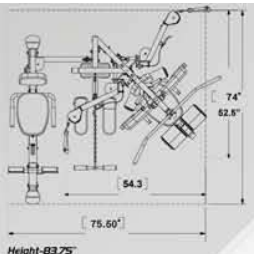
Active Balance System
 >engages stabilizer muscles<
 >lock down option<
 >free weight feel<
 >patent-pending<



Seated Assist
 >no hassle range adjustment<
 >multi exercise adjustment<
 >easy grip enabled<



Double-Up
 >turns weight stack into 400lbs<
 >quick hook engagement<
 >never obsolete<



Height-83.75"

SPACE SAVING DESIGN! FOLDS PLACEMENT IN A CORNER



Standard Weight Stack is 50lbs.
Optional Upgrade of 80lbs. Stacks Shown (Included)

1 High Pulley
Lat Pull Downs
Tricep Push Downs
Knee Hold Down
Adjustable Starting Point
Accommodates All Size Users
Adjustable Seat and Back-Pad
Provides Many Chest and Back Exercises
Ergonomically Designed for Specific Exercises

2 Press - Row
Advanced Abdominal Training
Trains - Transverse Abdominals, Internal Obliques, External Obliques, Rectus Abdominis

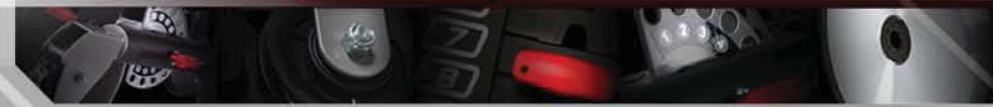
3 Abs
The Originator of the Cable Arm Gym
Mimics the Freeweight Feel of Dumbbells
4 Cable Arms
Dual Arms
11 Adjustable Positions Provides Unlimited Exercise Possibilities
Functional, Sports Specific, and Core Training

5 Low Pulley
Foot Plate for Low Rows
Abductor, Adductor Leg Kicks, Arm Curls, Upright Rows
6 Leg - Curl
Simulates Freeweight Exercises
Seated Leg Ext. Standing Leg Curl
Exceptionally Smooth Unmatched Performance
Sealed, Internally Lubricated Bearings

GX shown with Optional 2:1 ratio Leg Press/Curl



GX
BODYCRAFT



1 High Pulley
 Lat Pull Downs
 Tricep Push Downs
 Adjustable Starting Point
 Accommodates All Size Users
 Adjustable Contoured Ergonomic Back-Pad
 Provides Many Chest and Back Exercises
 Ergonomically Designed for Specific Exercises

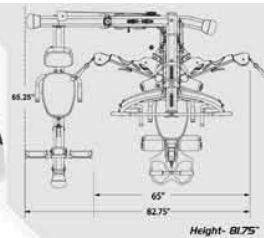
2 Press - Row
 Advanced Abdominal Training
 Trains - Transverse Abdominals, Internal Obliques, External Obliques, Rectus Abdominis

3 Abs

4 Cable Arms
 The Originator of the Cable Arms
 Mimics the Freeweight Feel of Dumbbells
 Updated Laser Cut Dual Arms
 11 Adjustable Positions Provides Unlimited Exercise Possibilities
 Functional, Sports Specific and Core Training

5 Low Pulley
 Foot Plate for Upright Rows
 Abductor, Adductor Leg Kicks, Arm Curls, Upright Rows
 1:1 Ratio

6 Self-Aligning Leg Pro
 Sealed Internally Lubricated Bearings
 Exceptionally Smooth Unmatched Performance
 Seated Leg Ext. Standing Leg Curl
 Laser Cut Functional Training Arms
 4 Standard Color Options w/ Custom Colors Available
 Seated Spring Assist
 Unique Double-Up Feature for a 400lb Bench Press
 Contoured Ergonomic Back-Pad

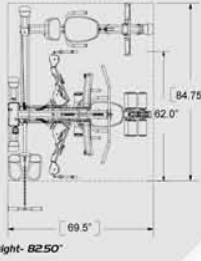


GXP

BODYCRAFT

GXP shown in Satin Ice w/ Optional 2:1 ratio Leg Press/Calf

SPACE SAVING DESIGN ALLOWS PLACEMENT AGAINST A WALL



SPACE SAVING DESIGN - LOWS PLACEMENT AGAINST A WALL

Elite shown in Graphite w/ Optional 2:1 ratio Leg Press/Cal



1 High Pulley Lat Pull Downs
Tricep Push Downs
Adjustable Starting Point
Accommodates All Size Users

2 Press - Row Adjustable Contoured Ergonomic Back-Pad
Provides a Simulated FreeWeight Experience for Unmatched Results
Patent-Pending Active Balance System

3 Abs Advanced Abdominal Training
Trains - Transverse Abdominals, Internal Obliques, External Obliques, Rectus Abdominis

4 Cable Arms The Originator of the Cable Arms
Dual Arms
Mimics the FreeWeight Feel of Dumbbells
11 Adjustable Positions Provides Unlimited Exercise Possibilities

5 Low Pulley Functional Sports Specific and Core Training
Foot Plate for Low Rows
Abductor, Adductor Leg Kicks, Arm Curls, Upright Rows

6 Leg - Curl Simulates FreeWeight Exercises
Seated Leg Ext. Seated Leg Curl
Exceptionally Smooth Unmatched Performance
Sealed Internally Lubricated Bearings

Pro Laser Cut Functional Training Arms
4 Standard Color Options w/ Custom Colors Available
Seated Spring Assist
Unique Double-Up Feature for a 400lb Bench Press
Active Balance System
Contoured Ergonomic Back-Pad
Leg Shaping System

Elite
BODYCRAFT

Comparisons



						✓
	✓	✓	✓	✓	✓	✓
	✓	✓	✓	✓	✓	✓

In-Home Warranty : Lifetime on Everything- We Will Replace or Repair any Defect
Commercial Warranty : 10 Years Frame and Welds, 2 years Remaining Parts

Breakthrough - Patent Pending Active Balance System



The BODYCRAFT Elite is the only Strength Training System that incorporates the Active Balance System. Activate the A.B.S. for a true free-weight feel within the safety of a machine. The user is forced to balance the press arm in both push and pull exercises, which provides muscular symmetry and engages the stabilizer muscles, important for every day activities and sports.



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