

BodyCraft

XPress PRO

Shape your body, get strong, lose weight, even improve your golf swing with the BodyCraft XPress Strength Training System. Dramatic results in only 30 minutes per day!

Rated a Best Buy by Consumer Guide®!

Exercise Stations and Features

Bench Press Station with adjustable starting point. This allows for different size users and also provides a variety of exercises including **Bench Press**, **Incline Press**, **Shoulder Press** and **Mid Row**. Seat and seat back are adjustable. Back pad tilts to ensure full support when performing incline and shoulder presses.

Cable Station with adjustable arms, allows for a very wide array of exercises including **Sports Specific**, **Core Training**, and exercises that mimic **Dumbbell Training**.

Ab Crunch Station for abdominal training.

Low Pulley Station with foot plate for **Low Rows**. Fold the foot plate down for **Abductor** and **Adductor Leg Kicks**, **Arm Curls**, **Upright rows**, etc.

High Pulley Station for **Lat pull Downs**, and **Triceps Push Downs**.

Self-aligning Leg Extension and Curl Station provides **Seated Leg Extension** and **Standing Leg Curl**. Automatically adjusts to fit all leg sizes.

Sealed, internally lubricated bearings at all pivot points.

Optional **Leg Press** attachment for full leg development.

Space saving design allows placement against a wall.



SPECIFICATIONS

FRAME: Heavy 2" X 2" and 2" X 3", 11 and 12 gauge steel tubing.

FINISH: Silver Vein finish is electro-magnetically applied in powder form to evenly coat all surfaces, then baked on at high temperatures for a tough, long lasting finish.

UPHOLSTERY: Double stitched vinyl covering 2" thick, high density foam, contoured for comfortable Lumbar support.

PULLEYS: 4-1/2" diameter, fiberglass impregnated nylon pulleys with sealed ball bearings.

CABLE: The most flexible nylon coated, 7X 19 strand aircraft cable rated at over 2000 lbs. tensile strength.

WEIGHT STACK: 200 lbs. in 10 lb. increments. Precision milled steel plates with nylon bushings for smooth action.

WEIGHT STACK ENCLOSURES: Noise dampening, perforated steel weight stack guards provide safety and beauty.

GUIDE RODS: Chrome plated 1" diameter tubular steel.

BEARINGS: All pivot points rotate on internally lubricated bearings.

ACCESSORIES: Lat Pull Bar, Curl Bar, Ankle Strap and two Single Handles are included.

The XPress is unequalled in value, versatility and efficient design.

LIFETIME WARRANTY

Since it is built to last a lifetime, every part of the BodyCraft Xpress is guaranteed for as long as you own it. We will replace or repair any defect. Warranty applies only to the original owner and for in-home use.



Unique doubling cable increases the resistance to a 2:1 ratio, providing for up to a 400 pound bench press!



INNOVATIVE CABLE STATION

A great alternative to a set of dumbbells and bench!

USER DEFINED MOTION. The BodyCraft XPress Cable Arms utilize pulleys and cables for unrestricted, completely natural, and biomechanically correct movements. You define the path, providing for a greater, more natural range of motion, which incorporates the use of stabilizer and core muscle groups - an advantage not found on typical home gyms. The XPress Pro is an effective way to build strength and balance for every day activities, or for recreational sports!

Rotate the Cable Arms to the lowest position for exercises such as **ARM CURLS**, **LATERAL RAISES**, **FRONT RAISES**, and **SHRUGS**.

Rotate them upward for exercises such as **PEC FLY S**, **BENCH PRESS**, **INCLINE PRESS**, and **DECLINE PRESS**.

Adjust the Cable Arms to the top position for **SHOULDER PRESS**.

These versatile Cable Arms also provide for **SPORTS SPECIFIC** training. Movements mimicking your **golf swing**, **tennis**, **hockey**, **baseball**, etc. can be performed.

In addition, a wide range of specific **rehabilitation exercises** can be performed. *Truly a versatile station!*

JUST SOME OF THE MORE THAN 50 EXERCISES!



OPTIONAL LEG PRESS ATTACHMENT

Designed for overall leg development and maximum comfort. Provides a 2:1 ratio for up to 400 pounds of resistance. Seat back adjusts to fit any size user. Great for calf exercises, too.

LEGS

Leg extension
Leg curl
Inner thigh
Outer thigh
Calf raise (optional leg press)
Leg press (optional)

ARMS

Barbell style curl
Dumbbell style curl
Triceps extension
Forearm curls
CHEST
Barbell style bench press
Dumbbell style bench press
Barbell style incline press
Dumbbell style incline press
Dumbbell style decline press
Cable fly

BACK

Mid row
Low row
Lat pull down
ABDOMINALS
Ab crunch
SHOULDERS
Barbell style shoulder press
Dumbbell style shoulder press
Lateral raises
Front raises
Shrugs
Upright row
SPORTS SPECIFIC
Golf
Baseball
Tennis
Hockey

FLOOR SPACE REQUIRED

72" deep X 37" Wide X 83 " Tall
84" wide with optional leg press

