



EXERCISE GUIDE

Thank you for investing in the BodyCraft Family XPress Strength Training System. We hope you enjoy many healthy years of use. Learning to use and maintain your strength training system is very important for your personal safety and the proper function of the machine. Be sure to read all of the information carefully before using. This information in this guide is general in nature; for detailed information about exercise, consult your physician and your local fitness dealer. Your local fitness dealer can provide reputable books and referrals to personal trainers. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35, or with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.**



CHEST **CABLE PRESS** Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhand grip and press arms away from chest, level with floor. **Variation:** Bring hands together while pressing forward. This is an advanced movement and will require significantly less weight. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps

CHEST **INCLINE CABLE PRESS** Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhand grip and press arms away from chest at an upward 45 degree angle. **Variation:** Bring hands together while pressing upward. This is an advanced movement and will require significantly less weight. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



CHEST **DECLINE CABLE PRESS** Adjust Seat Back to incline (red) position. Adjust Cable Arms to chest height. Sit forward on the seat and lean back, into the machine. Grab handles with overhand grip and press arms away from chest, level with floor. **Variation:** Bring hands together while pressing forward. This is an advanced movement and will require significantly less weight. **Muscles worked:** Pectorals Major and Minor,

SHLDRS **CABLE SHOULDER PRESS** Adjust seat back and Cable Arms to upright (green) position. Adjust seat so that Cable Handles are at shoulder level. Grab handles with overhand grip and press arms overhead. **Variation:** Bring hands together while pressing forward. This is an advanced movement and will require significantly less weight. **Muscles worked:** Deltoids, Triceps



CHEST **SELF STABILIZING CABLE PRESS** Adjust Cable Arms to chest height. Sit forward on the seat, without back support. Grab handles with overhand grip and press arms away from chest. **Variation:** Bring hands together while pressing forward. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps, Rectus Abdominus, Spinae Erectors

CHEST **CABLE FLY** Adjust seat back to incline position. Sit forward on seat and lean back, into machine. Adjust cable arms to widest position. Grab handles and bring arms together in a circular motion. **Variations:** Decline and Incline Flies. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Forearms



CHEST **CABLE LOW FLY** Adjust seat back to upright position. Adjust Cable Arms to widest position. Sit upright in machine. Grab handles and bring arms upward and together in a circular motion. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Forearms

CHEST **CABLE CROSSOVER** Adjust Cable Arm to highest position. Stand aside machine at arms length to handle. Grab handle and pull across in a sweeping arc motion. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids



BACK **FRONT PULL DOWN** Attach Lat Bar to high pulley. Sit facing machine, knees under roller pads. Grab Lat Bar with overhand grip and pull straight down to upper chest. **Variations:** Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. **Muscles worked:** Latissimus Dorsi, Trapezius, Rhomboids, Biceps.

ARMS **TRICEPS PUSH DOWN** Attach chain and Straight Bar to high pulley. Face machine and grab Straight Bar with overhand grip. Keep elbows and upper arms stationary. Extend arms at elbows. **Variations:** Grab bar with underhand grip. Use Ab Strap and spread arms at bottom of movement. **Muscles worked:** Triceps, Forearms

ABS **ABS**

ARMS **ARMS**

BACK **BACK**

CHEST **CHEST**

LEGS **LEGS**

SHOULDERS **SHLDRS**



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SHLDRS **REAR DELTOID FLY** Adjust Cable Arm to red position. Grab handle with outside hand. Extend arm across and away from body. *Muscles worked: Rear Deltoids, Forearm*

BACK **ONE ARM ROW** Adjust Cable Arm to lowest position. Stand aside machine with a slight bend at waist, and holding on to seat pad for support. Grasp Single Handle and pull to midsection. *Muscles worked: Latissimus Dorsi, Trapezius, Rhomboids, Deltoids, Biceps, Forearms.*



CHEST **SINGLE CABLE CURL** Adjust Cable Arms to lowest position. Sit on seat and grasp handles with an underhand grip. While trying to keep your elbows stationary, curl the handles upward, using biceps muscles. *Variations:* Can be performed using both arms simultaneously, or alternating. *Muscles worked: Biceps, forearms*

ARMS **TRICEPS KICKBACK** Adjust Cable Arm to blue position. Stand aside machine with a slight bend at waist, and holding on to seat pad for support. Keeping elbow stationary, extend arm backward. *Muscles worked: Triceps, Forearms*



SHLDRS **FRONT RAISE** Adjust Cable Arms to blue position. Grab handles with overhand grip. Keeping arms straight, raise arms toward front. *Variation:* Can be performed one arm at a time. *Muscles worked: Deltoids*

SHLDRS **LATERAL RAISE** Adjust Cable Arms to blue position. Grab handles with overhand grip. Keeping arms straight, raise arms out from side. *Variation:* Can be performed one arm at a time. *Muscles worked: Deltoids*



SHLDRS **INTERNAL & EXTERNAL ROTATOR** Adjust Cable Arm to elbow height. Place a towel between upper arm and torso. For Internal Rotator, grasp handle with inside arm, neutral grip. Rotate arm, bringing handle toward midsection. For External Rotator, Grasp handle with outside arm, neutral grip. Rotate arm, bringing handle away from midsection. *Muscles worked: Deltoids*

ABS **OBLIQUE TWIST** Adjust Cable Arm to green position and stand beside machine. Grab Single Handle with both hands. Twist away, pulling cable forward and across body. *Muscles worked: Obliques*



GOLF SWING Assume your golf stance next to the Cable Arm. Grip handle and swing as if you were swinging a golf club. Position the Cable Arms at different heights to emphasize different areas of the swing.

TENNIS FOREHAND Assume your tennis forehand stance next to the Cable Arm. Begin with handle in back swing position and swing forward as if you were swinging a tennis racket.