

BodyCraft

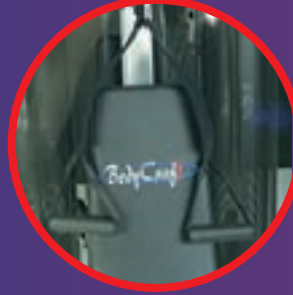
Family
X
Press
STRENGTH TRAINING SYSTEM



*For those who realize the best investment
is made in your health*



Press Station has range-of-motion adjustments to fit all size users and to provide more variety. Exercises available on this station include Bench Press, Incline Press, Shoulder Press, and Mid Row.



Ab Crunch / French Curl Station for strengthening and shaping abdominal muscles. Can also be used for Triceps Extension (French Curls).



Leg Extension / Curl for targeted leg development. Provides Seated Leg Extensions, Standing Leg Curls.

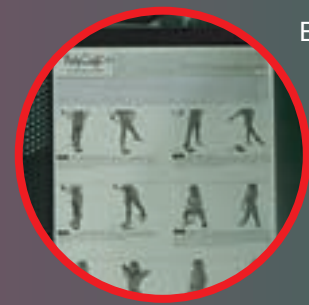


Precision milled, steel alloy weight plates with factory installed EZ Glide nylon bushings, travel quietly over chrome plated guide rods. Both weight stacks provide 200 pounds of plates in 10 pound increments. Perforated steel enclosures provide safety, noise dampening, and a beautiful appearance.



Leg Press / Calf Raise Station has an adjustable, contoured back to accommodate all sizes. The fixed foot plate pivots on industrial sealed pillow block bearings for long lasting, smooth operation. Selected weight ratio is 2:1 for up to 400 pounds of resistance.

Family XPress shown here with optional Multi-Hip attachment. Can also be purchased with Vertical Knee Raise / Dip attachment, or without any attachments.



Easy reference exercise charts are permanently mounted to steel plates on all four sides. Pictures and descriptions of 40 different exercises show proper positioning and form and the muscles worked.



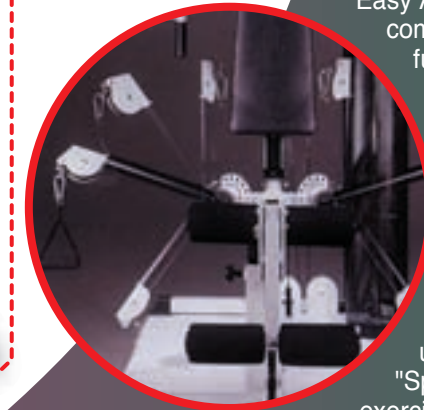
Low Pulley Station with foot plate provides a variety of exercises not limited to: Low Row, Upright Row, Arm Curls, Hip Adduction, Hip Abduction, and Glute Kicks.



Seats and Seat Backs are fully adjustable. Seat Backs adjust forward and tilt to fit any size user and for proper support over a wider range of exercises. Adjustments are color coded and labeled with specific settings to minimize transition time and confusion.



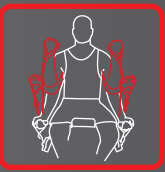
Heavy-gauge Vinyl is double stitched on all seams for durability. The BodyCraft logo is embroidered into the vinyl. We use only the highest density foam underneath, and contour it for Lumbar support and maximum comfort.



Easy Adjusting Cable Station Arms provide a complete range of exercises equivalent to a full set of dumbbells, and are color coordinated and numbered for quick transitions. Adjust the Cable Arms to the lowest position for Arm Curl, Lateral Raise, Front Raise, and Shrugs. Rotate the Arms to a middle position for Pec Flies, Incline Press, and all Dumbbell Style (converging) Presses. Adjust the Cable Arms to the top position for Shoulder Press. These unique Cable Arms also provide for "Sports Specific" and Rehabilitation type exercises. Over two dozen different exercises on this station alone!

Family XPress
STRENGTH TRAINING SYSTEM





SINGLE-ARM CURLS



ARM CURLS



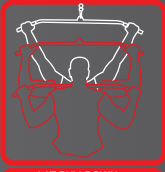
TRICEPS KICK BACKS



TRICEPS PUSHDOWN

ARMS

"These are just a few of the more than 40 available exercises."



LAT PULLDOWN



LOW ROW



MID ROW

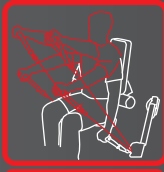


ONE ARM ROW

BACK



UPRIGHT ROW



FRONT RAISE



LATERAL RAISE



SHOULDER PRESS



SINGLE ARM SHOULDER PRESS



INTERNAL/EXTERNAL ROTATOR

SHOULDERS



HIP ABDUCTION



HIP ADDUCTION



GLUTE KICK



LEG CURL



LEG EXTENSION



LEG PRESS

LEGS



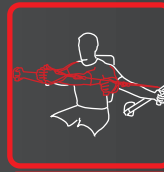
INCLINE PRESS



CABLE CROSSOVER



BENCH PRESS



CABLE FLY



LOW CABLE FLY

CHEST

ABS



AB CRUNCH



OBLIQUE TWIST

SPORTS SPECIFIC



GOLF SWING



TENNIS SWING

SPECIFICATIONS

Frame: 2" X 3", and 2" X 2", 11-gauge and 12-gauge steel tubing. **Finish:** Silver Vein multi-stage electrostatic powdercoat paint.

Pulleys: 4-1/2" diameter, fiberglass reinforced nylon and rotate on sealed ball bearing hub.

Cables: Internally lubricated, 7 X 19 strand construction, rated at 2000 pound tensile strength.

Upholstery: Double-stitched heavy gauge vinyl covering contoured, extremely-dense foam.

Weight Plates: 1-1/4" thick precision milled with EZ Glide nylon bushings.

Accessories: Comes with Lat Bar, Curl Bar, 2 Single Handles, and 4 Exercise Charts.

In-Home Warranty: Lifetime on everything. We will replace or repair any defect.

Commercial Warranty: Lifetime welds and frame, 2 years remaining parts.

In home Lifetime Warranty: Every part of the Family 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. Light Commercial Warranty: The Family XPress is warranted for light commercial use for a period of 2 years. This warranty applies to all parts. The framework is warranted for as long as the original owner owns it.

