

# 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 300 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 up for exercises such as **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!



#### OPTIONAL LEG PRESS ATTACHMENT

Designed for overall leg development and maximum comfort. Provides a 2:1 ratio for up to 300 pounds of resistance. Seat back adjusts to fit any size user. Great for calf exercises, too.

#### JUST SOME OF THE MORE THAN 50 EXERCISES!

##### 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

60" deep X 60" wide X 60" Tall  
60" wide with optional leg press

**BodyCraft**