

# BodyCraft

## F620 Back and Arm Machine

Although it has been called a work of art, the **BodyCraft Back & Arm Machine** is really a serious Strength Training System. The unique design combines the features of a Lat Machine with an Arm Curl Machine.

**Space Efficient!** Low rows and arm curls are performed sitting on the seat. Most other lat machines require the user to sit on the floor to perform rows, requiring much more dedicated space.

**Fully Adjustable!** Seat and knee hold-down / arm curl pad adjust to fit any size user.

**Rugged!** Built to last a lifetime!

The **BodyCraft Back & Arm Machine** is made using heavy 12 gauge 2" X 3" and 2" X 2" steel tubing, 7 X 19 strand aircraft cable, and fiberglass reinforced nylon pulleys with sealed bearings.



Dimensions: 58" deep X 32" wide X 83" tall

### LIFETIME WARRANTY\*

Since it is built to last a lifetime, every part of the BodyCraft F620 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.

\* Warranty is one year on all parts in a commercial setting.