

ELITE

STRENGTH TRAINING SYSTEM

BODYCRAFT

THE ULTIMATE HOME GYM

Extensive thought went into this one – our goal was to include benefits traditionally only provided from free weight training combined with the simplicity and safety of a home gym. And, we succeeded! Hundreds of available exercises from Traditional Strength Training, to Functional Training, Core Training, Sports Specific and Rehabilitation exercises – the Elite does it all!

ABS System

The **Bodycraft Elite** is the only Strength Training System that incorporates the **Active Balance System™**. Activate the **A.B.S.** for true free-weight feel and benefits. Most people are naturally stronger on one side of their body. The **A.B.S.** helps you eliminate this imbalance. The user is forced to balance the press arm in both push and pull exercises. This provides muscular symmetry and engages stabilizer muscles important for everyday activities and sports. Locking the **A.B.S.** provides the feel and benefits of a traditional exercise machine. Truly the best of both worlds!



Press Arm Locked

ABS Enabled

Leg Curl / Leg Extension

Want shapely, strong legs? Extensive modeling led to the unique, ergonomically designed Leg Curl & Leg Extension station. The **Bodycraft Elite** is the **Only** gym that provides Seated Leg Extensions, Seated Leg Curls, and Standing Leg Curls! Well placed comfortable pads and handles keep you in the proper position. Seated Leg Curls target and shape the back of your legs (hamstrings). Seated Leg Extensions target and shape the front of upper legs (quadriceps).



Graphite



Satin Ice



Crystal Red

Acrylic Panel Color Choices



FEATURES **AND** SPECS

Frame: Heavy 2" x 4", 11-gauge oval steel tubing

Finish: Platinum Silver finish is electrostatically applied in powder form to evenly coat all surfaces, then baked on at high temperatures for a tough, long lasting finish.

Upholstery: Double-stitched heavy gauge vinyl surrounding two-stage contoured foam. The outer layer of soft foam provides extra comfort, while the lower stage of extra dense, contoured foam provides proper ergonomic support.

Pulleys: 4-1/2" diameter, fiberglass reinforced, nylon pulleys rotate around permanently lubricated, precision sealed ball bearings.

Cable: Highly flexible nylon coated 7 x 19 aircraft cable rated at 2000 lbs. tensile strength.

Weight Stack: Best quality steel composite weight plates are precision milled and powder coated. "Nylarin"™ bushings insure smooth, and quiet gliding. Unique design allows unencumbered weight selection.

Guide Rods: 1" diameter chrome finished solid steel guide rods

Bearings: All weight bearing pivot points and pulleys rotate on precision sealed and internally lubricated ball bearings.

Accessories: Standard items include Lat Pull Bar, Short Straight Bar, Ankle Strap, Ab Strap and two Multi-D Single Handles.

Certifications: Our manufacturing facility is ISO 9001 certified, ensuring the very best quality and techniques. Fasteners meet ANSI specifications. Steel meets ASTM requirements.

Lifetime Warranty

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

Commercial Warranty

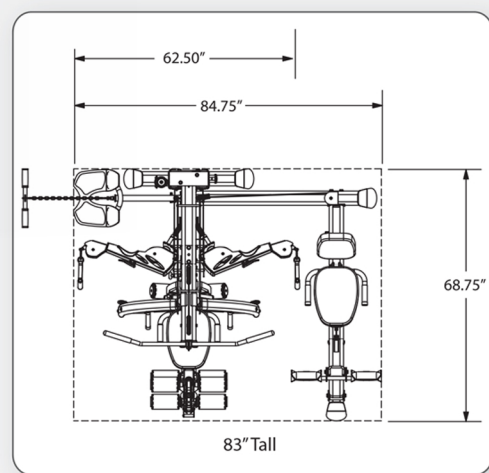
The **Bodycraft Elite** is warranted for light institutional use; 10 years frame, 2 years parts, 90 days wear items.

Adjustable Functional Training Cable Arm



In 2001, **Bodycraft** was the first to add **Functional Training Arms** to a conventional home gym. We have continued to lead the way, always improving upon function and artistry. Our Functional Training Arms are independently adjustable with a total of 121 possible combinations. **User Defined Motion.** The **Elite** Training Arms utilize

pulleys and cables for natural unrestricted biomechanically correct movements. You define the path and range of motion, incorporating the use of stabilization and core muscle groups - an advantage not typically found on home gym. They make a great alternative to dumbbells and a bench! The **Elite** is an effective way to build strength and balance for every day activities. 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, bowling etc. can be performed. In addition, a wide range of specific exercises can be performed. An incredibly versatile station!



Press Pull Station

The Press / Pull Lever Arm is easily adjusted for exercises such as Seated Row, Bench Press, Incline Press, and Shoulder Press. The unique ABS System provides the ultimate muscle symmetry.