

XPRESS PRO HOME GYM

BODYCRAFT

STRENGTH TRAINING SYSTEM

This Innovative System Created a Whole New Category of Gyms as it was the Very First Ever to Incorporate Our Adjustable Cable Arms. This Revolutionary Feature Opened up Hundreds of New Exercises Available on Home Gyms, Including Dumbbell Training, Functional Training, Core Training, and Sports Specific and Rehabilitation Exercises. This Feature has been Copied by Virtually every Home Gym Supplier in the Business and has come to be Recognized as a Sub-Category. The XPress Pro is the Standard; Copied, but not Duplicated!



NEVER SKIP LEG DAY

Designed for Overall Leg Development and Maximum Comfort, Our OPTIONAL Leg Press Provides a 1:2 ratio for Up to 400 pounds of Resistance. Adjustable to Fit Any Size User. Great for Calf Exercises, too.



BEAST MODE

The Unique Double Up Feature Increases the Resistance to a 1:2 ratio, Providing up to 300 lbs. of Resistance on Press Arm (400lbs if Equipped w/200lb Stack).



SUPER FLY

Similar to Dumbbells, our Cable Arms Offer Dozens of User Defined Exercises, but Can Do it Safer and Better. When Performing the Pec Fly with Dumbbells, the Start of the Exercise Isolates the Outer Pecs, but because of Gravity, as you Bring Your Arms Together You are Now Pressing. With Our Cable Arms, the Cable Always Pulls from the Outside Isolating the Outer Pec from Start to Finish.



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FEATURES AND SPECS

FEATURES

- Unique Double-Up Feature: Increases the Resistance to a 1:2 ratio, Providing up to 300 lbs. of Resistance on Press Arm (400lbs if Equipped w/200lb stack).
- Adjustable Arms Cable Station: with 11 position Adjustments, Allows for a Very Wide Array of Exercises Including Functional Training, Sports Specific, Core Training and (Cable) Dumbbell Training like Pec Flies.
- Ab Crunch/Mid Pulley Station: for Abdominal Training, Standing Rows, etc.
- Low Pulley Station: For Low Rows, and Provides for Abductor and Adductor Leg Kicks, Arm Curls, Upright Rows, etc.
- High Pulley Station for Lat Pull Downs, and Triceps Push Downs.
- Leg Extension and Curl Station: Provides Seated Leg Extension and Standing Leg Curl.
- Fully Adjustable Seat: to Fit any Size User. The Seat is Easily Adjusted while Sitting. Simply Squeeze the Remote Handle Conveniently Placed Under the Seat and the Spring-Assisted Seat Easily Moves to Your Desired Height.
- Ergonomically Designed Back: Adjusts Front-to-Back then Automatically "Cradles" the User for Full Support. The Contoured Back Pad is Designed to Provide Full Lumbar Support while Reducing Stress on the Spine.
- Sealed, Internally Lubricated Bearings: at Major Pivot Points for Exceptionally Smooth Performance.
- Optional Leg Press: for Full Leg Development Including Calves
- Space Saving Design: Allows Placement Against the Wall.
- Press and Row Station: The Range of Motion Feature Allows for Different Size Users and Also Provides a Variety of Exercises Including Chest Supported Seated Rows

SPECS

- FRAME: 2" X 3", and 2" X 2", Heavy Gauge Steel Tubing.
- FINISH: Diamond Gray Multi-Stage Electrostatic Powder Coat 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 2000lbs Tensile Strength.
- UPHOLSTERY: Double-Stitched Heavy Gauge Vinyl Covering Contoured, Commercial Grade Foam.
- WEIGHT PLATES: 1" Thick Precision Milled with EZ Glide Nylon Bushings.
- PIVOT POINTS: Rotate around Sealed Roller Bearings.
- DIMENSIONS: 85" L x 57" W x 82.75" H (91"L x 85.5" W with Optional Leg Press Station)

WARRANTY

- RESIDENTIAL: Lifetime- Frame / Lifetime - Parts
- COMMERCIAL: 10 year- Frame / 2 year- Parts / 6 Month- Wear Items



USER DEFINED MOTION

The BodyCraft XPress Cable Arms Utilize Pulleys and Cables for Unrestricted, Completely Natural, and Mechanically 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!



SHOWN W/ OPTIONAL LEG / CALF PRESS



OPTIONAL 50LB STACK UPGRADE



OPTIONAL SPORTS STICK



OPTIONAL TRICEPS ROPE



OPTIONAL 5LB ADD ON WEIGHT