



## BodyCraft Elite V5 Multistation



The design of the BodyCraft Elite multistation has been carefully thought out - the aim was to combine the benefits traditionally only offered by training with free weights with the simplicity and safety of a home gym. It has succeeded! Hundreds of exercises are available on the BodyCraft Multistation Elite, from traditional strength training to functional training, core training, sport-specific and rehabilitation exercises. The optional leg press/calf press adds an intensive lower body workout to the weight station. With the exclusive A.B.S. Active Balance System™, the BodyCraft Multistation Elite also offers the feeling of free weight training combined with the safety of a training station and impresses with its quality and design - with the Active Balance System™ you simply activate the pin for traditional bench presses in guided style or pull the pin for bench presses in free weight style. When the overhead pin is engaged, the press arm is fixed like all other Multistations. When the pin is pulled, the press arm is allowed to rotate just enough for the user to balance the press arm, just like a barbell. The Active Balance System offers symmetry and all the advantages of a barbell, but with the safety of a machine!

**CHF 3'490.00**

### **Equipment:**

- Bench press lever with adjustment of the movement angle for pushing and pulling exercises (bench press, incline bench press, shoulder press or rowing)



- seated leg extension and leg curl
- upper and middle pulley for a variety of upper body exercises such as lat pulldowns, triceps or abdominal crunches
- patented, 11-way adjustable butterfly arms turn the BodyCraft Elite into an innovative cable pull station that enables sport-specific exercises or exercises for rehabilitation training
- lower cable pulley with adjustable footplate for a variety of exercises for abduction, adduction, hips, glutes, calves, biceps, back (rowing)
- Bench press lever with switchable A.B.S. - Active Balance System offers a training feeling similar to free weight training combined with the safety of a training station. The user must balance the bench press lever during pushing and pulling exercises. This leads to muscular symmetry and involves the stabilization muscles, which are important for everyday activities and sports.
- Doubling of resistance for bench press levers with up to 180 kg resistance through simple re-coupling using the quick-hook system (1:2 ratio)
- Ergonomically shaped and easily adjustable backrest for individual adjustment for chest and shoulder training
- Easy seat height adjustment using the Easy-Grip system with hydraulic support
- Acrylic castor cover(**color: satin ice**)
- 1 user
- space-saving design
- 90 kg weight block
- Protective cover for weight magazine
- Assembly instructions in English
- Option: leg press
- Target price CHF 4'099.--

Application: home to light institutional use, payload: approx. 160kg

Equipment dimensions: L175 (with leg press L175) x W159 (with leg press B215) x H210cm, training dimensions: L230 x B220 (with leg press 230 x 250cm), weight 180kg

Accessories: lat pull-down bar, triceps handle, abdominal pull-down section, 2 hand straps, foot strap, training DVD

Options: Leg press with up to 180kg resistance (ratio 2:1)

Warranty: 3 years on labor and spare parts (excluding consumables, transport and installation)