



BodyCraft XFT Strength Training System



The BODYCRAFT XFT. Introducing the most comprehensive strength training system ever developed. Designed and developed by BODYCRAFT, the XFT is the latest in strength training technology. The patented XFT combines barbell training with functional training equipment in a compact 155 x 127cm footprint. With the XFT, you can safely perform virtually countless exercises in a natural way. Whether you're a competitive athlete or just beginning your journey to a happier and healthier lifestyle, the XFT gives you what you need to reach and exceed your goals.

CHF 3'990.00

Equipment:

- user-defined, isolateral movement sequences for unrestricted training exercises
- 32 positions for height adjustment of the traction parts with position indicator - adjustable in 5cm increments
- vertical travel of the traction parts 155,5cm
- quick adjustment of the pulling parts
- 200° rotation of the pull handles
- cable travel 236cm
- rotating blue anodized barbell
- counterweighted quick adjustment carriage with quick lock
- barbell with double lock
- barbell travel horizontal 50,8cm
- barbell travel vertical 152,4cm
- 64 barbell positions adjustable in 2,5cm increments
- barbell width 134,6cm
- Multi grip pull-up bar can be used for pull-ups, hanging abs, bands, inversion boots etc.
- space saving design
- weight block with 90kg
- pull-up parts with a resistance of 45kg - ratio 2:1 for the pull-up parts



- the ratio of 2:1 allows a very smooth workout, deeper weight increments and a larger range of motion
- Double Up feature on the barbell bar - 2 x stack weight - from 90kg to 180kg - the pulls are hooked on the side of the barbell bar
- hooking possibilities at the frame for Battle Ropes or exercise bands
- weight magazine with full-length protective covering
- Color: Diamond grey

Use: home use to light institutional use

Equipment dimensions: D155 x W127 x H211cm (minimum room height 225cm), weight 352kg

Accessories: long lat bar, sports racket, foot strap, 2 single handles, 2 chains

Option: training bench, battle ropes, exercise bands

Warranty: 2 years on labor and spare parts (excluding consumables)