

ELITE GYM



ELITE STRENGTH Training System



ACTIVE BALANCE SYSTEM

Bodycraft Active Balance System :

Active Balance System™ Simply engage the pin for traditional "machine style" bench press, or, pull the pin for "barbell style" bench press. In other words, when the overhead pin is engaged, the press arm is rigid like all other home gyms.

When the pin is pulled, the press arm is allowed to swivel just enough that the user must balance the press arm, just like a barbell.

The Active Balance System provides for symmetry and all the benefits of a barbell, yet the safety of a machine!

SPEC

- Weight Stack: 200 lbs, with 10 lb. plates.
- Accessories: Two Multi-position D-ring Handles, Lat Pull Bar, Row / Curl Bar, Ankle Strap, Ab Strap, Water Bottle, Workout DVD, Workout Book are all included.
- Dimensions: 68.75" L x 62.5" W x 82.4" H
With Optional Leg Press: 68.75" L x 84.75" W x 82.4" H

BODYCRAFT

MULTI GYM

Active Balance System

Exclusive design allows for a true free-weight experience. You're allowed to swivel left-and-right of the press arm, exercising like barbell to train your muscular symmetry and engage stabilizer muscles.

Ab / Core Station

- The Middle Cable Station is perfect for performing exercises
- Ab Crunches, Core Twists, and High Cable Rows.

Leg Press

- The compact, easily accessible Leg Press provides full lower body development.
- 1:2 resistance ratio, up to 400 pounds

Press Pull Station

- The Press 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

Swiveling Low Cable Station

- Perfect for performing exercises such as Low Rows, Arm Curls, Glute Kicks, Hip Adductor Abductor, Upright Rows.
- Large foot plate ensures proper form and a stable place to stand or place feet.

Adjustable Functional Training Cable Arm

- With 11 adjustment position (180 degree) : Allows for a very wide array of exercises including Functional Training, Sports Specific, Core Training, and exercises that mimic Dumbbell Training.
- Lowest position for Arm Curls, Lateral Raises, Front Raises, and Shrugs.
 - Upward for exercises Pec Fly's ,Bench Press , Incline Press ,Decline Press.
 - Top position for Shoulder Press.
 - These versatile Cable Arms also provide for Sports Specific training.

Innovative Weight Stack

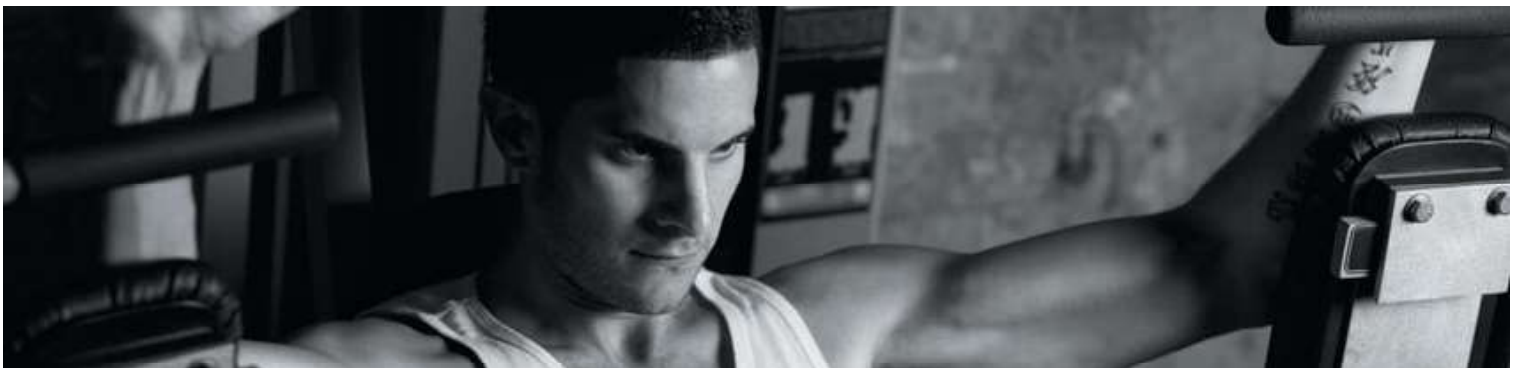
- Weights selected from the side of the stack. Much easier than trying to select the weights while trying to avoid the messy cables.
- Designed weight stack shrouds for further enhance the overall beauty and safety.

Leg Curl Leg Extension

- Seated Leg Extensions,
- Seated Leg Curls
- Standing Leg Curls

Double-up Resistance

- Simply attach the Double-Up cables on the Press Arm to the Adjustable Cable Arms, providing up to 400 pounds of resistance.



Fitness Authority Co., Ltd.

Tel : +886-424923098 | Email : contact@ibodycraft.com | Web : www.ibodycraft.com

Notice : Bodycraft reserves the right to improve or change product specifications and designs at any time.