

MULTIGYM

GL GYM



GL STRENGTH

Training System

FEATURE

- Press and Row Station with adjustable starting point: allows for different size users and also provides a variety of exercises including Bench Press, Incline Press, Shoulder Press and Mid Row.
- Seat and seat back are adjustable: back pad tilts to ensure full support when performing incline and shoulder presses.
- Ab Crunch Station: for abdominal training.
- Low Pulley Station: with foot plate for Low Rows, Abductor and Adductor Leg Kicks, Arm Curls, Upright rows.
- High Pulley Station: for Lat pull Downs, and Triceps Push Downs.
- Leg Extension and Curl Station: provides Seated Leg Extension and Standing Leg Curl.
- Optional Leg Press attachment: for full leg development.

SPEC

- Weight Stack: 200 lbs. in 10 lb. increments.
- Accessories: Lat Pull Bar, Row/Curl Bar, Ankle Strap, Ab Strap, Workout DVD, Workout Book are all included.
- Dimensions: 44.5" L x 52.5" W x 82.5" H
With Optional Leg Press 64.5" L x 77" W x 82.5" H



BODYCRAFT

MULTI GYM



Adjustable Arms



Optional Shroud & Leg Press

Bench Press/ Row Station

- Bench Press, Incline Press, Shoulder Press and Mid Row.
- Seat and Back Pad are adjustable. Back pad tilts to ensure full support when performing incline and shoulder presses.

Leg Press Calf Raise

- Available for complete Leg and Calf development.
- 1:2 ratio
 - Up to 400 lbs. resistance

High Pulley Station

- Lat Pull Downs,
Triceps Push Downs

Ab Crunch Mid Pulley

- Core Training

Cable Arm Station

- 180 degree adjustment.
Allows for Functional Training,
Sports Specific, Core Training
and exercises that mimic
Dumbbell Training.

Low Pulley Station

- With foot plate for Low Rows,
Abductor and Adductor Leg
Kicks, Arm Curls, Upright
Rows.

Leg Extension & Curl

- Provides Seated Leg
Extension and Standing Leg
Curl.

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.