

## GX Gym Strength Training System BODYCRAFT

### **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.



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.

### **High Pulley Station**

Lat Pull Downs, Triceps
Push Downs



### **Cable Arm Station**

180 degree adjustment.

Allows for Functional Training, Sports Specific,

Core Training and exercises that mimic Dumbbell Training.

MODEL 6881C + 6880LP SHOWN WITH OPTIONAL LEG PRESS

# GX Gym Strength Training System BODYCRAFT



Frame Heavy 2" X 2" and 2" X 3", gauge steel tubing.

Finish Platinum Gray powder coated finish

Upholstery double stitched vinyl covering 2" thick, high density foam, contoured for

comfortable Lumbar support

Pulleys 3.5" and 4.5" diameter, fiberglass impregnated nylon pulleys with sealed ball

bearings.

Cable flexible nylon coated, 7 X 19 strand aircraft cable rated at over 2000 lbs. tensile

strength.

Weight Stack 150 lbs. with 10 lb. plates. Precision milled cast steel plates with nylon bushings

for smooth action. Upgrade to 200 pounds available.

Weight Stack

Enclosures

steel weight stack guards provide safety and beauty.

Guide Rods chrome plated 1" diameter tubular steel.

Accessories two single handles, Lat Pull Bar, Row / Curl Bar, Ankle Strap, Ab Strap, Workout

DVD, Workout Book are all included.

Dimensions: 54.5" L x 55" W x 83" H

With Optional Leg Press 74.5"L x 75" W x 83" H





### **GX LEG PRESS OPTION**

- A complete lower body station
- Attractively designed to shape your hips, thighs, glutes, hamstrings, and calves. A complete lower body station
- Resistance is automatically doubled on the Leg Press, providing up to 400 pounds of resistance.

(MODEL 6881C)

BODYCRAFT