The Bodycraft Elite is the only Strength Training System that incorporates the patent pending Active Balance System™. Activate the A.B.S. for true free-weight feel and benefits. Most people are naturally stronger on one side of their body. The A.B.S helps you eliminate this imbalance. The user is forced to balance the press arm in both push and pull exercises. This provides muscular symmetry and engages stabilizer muscles important for everyday activities and sports. Locking the A.B.S. provides the feel and benefits of a traditional exercise machine. Truly the best of both worlds!

Adjustable Functional Training Cable Arm

In 2001, Bodycraft was the first to add Functional Training Arms to a conventional home gym. We have continued to lead the way, always improving upon function and artistry. Our Functional Training Arms are independently adjustable with a total of 121 possible combinations. User Defined Motion: The Elite Training Arms utilize pulleys and cables for natural unrestricted biomechanically correct movements. You define the path and range of motion, incorporating the use of stabilization and core muscle groups - an advantage not typically found on home gym. They make a great alternative to dumbbells and a bench! A.B.S. provides the feel and benefits of a traditional exercise machine. Truly the best of both worlds!

ABS System

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Specifications

**Frame:** Heavy 2" x 4", 11-gauge oval steel tubing

**Finish:** Platinum Silver finish is electrostatically applied in powder form to evenly coat all surfaces, then baked on at high temperatures for a tough, long lasting finish.

**Upholstery:** Double-stitched heavy gauge vinyl surrounding two-stage contoured foam. The outer layer of soft foam provides extra comfort, while the lower stage of extra dense, contoured foam provides proper ergonomic support.

**Pulleys:** 4-1/2" diameter, fiberglass reinforced, nylon pulleys rotate around permanently lubricated, precision sealed ball bearings.

**Cable:** Highly flexible nylon coated 7 x 19 aircraft cable rated at 2000 lbs. tensile strength.

**Weight Stack:** Best quality steel composite weight plates are precision milled and powder coated. "Nylarin"™ bushings insure smooth, and quiet gliding. Unique design allows unencumbered weight selection.

**Guide Rods:** 1” diameter chrome finished solid steel guide rods

**Bearings:** All weight bearing pivot points and pulleys rotate on precision sealed and internally lubricated ball bearings.

**Accessories:** Standard items include Lat Pull Bar, Short Straight Bar, Ankle Strap, Ab Strap and two Multi-D Single Handles.

**Certifications:** Our manufacturing facility is ISO 9001 certified, ensuring the very best quality and techniques. Fasteners meet ANSI specifications. Steel meets ASTM requirements.

**Lifetime Warranty**
Since it is built to last a lifetime, every part of the Bodycraft Elite is guaranteed for as long as you own it. We will replace or repair any defect. Lifetime Warranty applies only to the original owner and for in-home use.

**Commercial Warranty**
The Bodycraft Elite is warranted for light institutional use; 10 years frame, 2 years parts, 90 days wear items.

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**Press Pull Station**
The Press / Pull Lever 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.

**Ab / Core Station**
The Middle Cable Station is perfect for performing exercises such as Ab Crunches, Core Twists, and High Cable Rows.

**Swivel Low Cable Station**
Perfect for performing exercises such as Low Rows, Arm Curls, Glute Kicks, Hip Adductor / Abductor, Upright Rows, etc. Large foot plate ensures proper form and a stable place to stand or place feet. Swivel allows exercise to be performed at any angle to the machine, depending on the available space.

**Optional Leg Press**
Want shapely legs, thighs, and buttocks? Or, maybe run faster, and jump higher? The compact, easily accessible Leg Press provides full lower body development. Adjustable to fit any body size. The clever cabling on this option sets a resistance ratio of 1:2, or up to 400 pounds.

**Swiveling Low Cable Station**
Perfect for performing exercises such as Low Rows, Arm Curls, Glute Kicks, Hip Adductor / Abductor, Upright Rows, etc. Large foot plate ensures proper form and a stable place to stand or place feet. Swivel allows exercise to be performed at any angle to the machine, depending on the available space.