



**BODYCRAFT**

**Elite**

STRENGTH TRAINING SYSTEM

# 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"<sup>™</sup> 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.

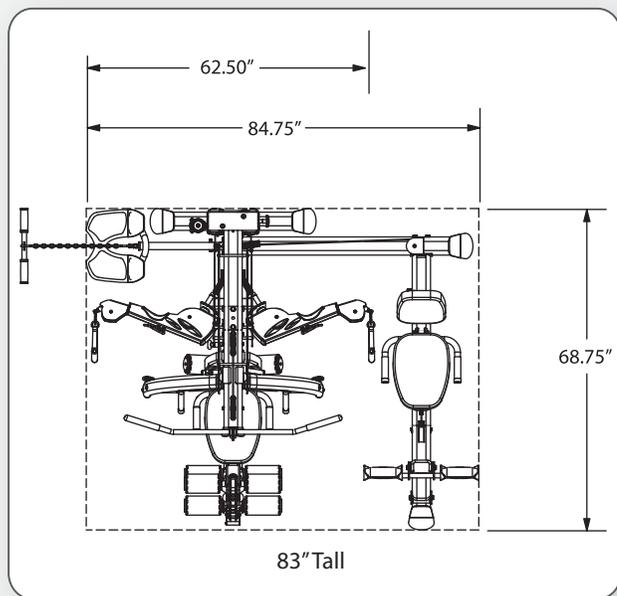
**Certifications:** Our manufacturing facility is ISO 9001 certified, ensuring the very best quality and techniques. Fasteners meet ANSI specifications. Steel meets ASTM requirements.

## 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.



## 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.



## Ab / Core Station

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



## 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.



## 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.

**Bodycraft** is a division of Recreation Supply, Inc.

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Notice: Bodycraft reserves the right to make improvements at any time. The product you receive may not exactly resemble the product portrayed in this brochure. If this occurs, you can rest assured we have made any changes with your best interest in mind.

## ABS System

The **Bodycraft Elite** is the only Strength Training System that incorporates the **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! The **Elite** is an effective way to build strength and balance for every day activities. Rotate the Cable Arms to the lowest position for exercises such as **Arm Curls, Lateral Raises, Front Raises, and Shrugs.** Rotate them upward for exercises such as **Pec Fly's, Bench Press, Incline Press, and Decline Press.** Adjust the Cable Arms to the top position for **Shoulder Press.** These versatile Cable Arms also provide for **Sports Specific** training. Movements mimicking your golf swing, tennis, hockey, baseball, bowling etc. can be performed. In addition, a wide range of specific exercises can be performed. An incredibly versatile station!



## Acrylic Panel Color Choices



## Leg Curl / Leg Extension

Want shapely, strong legs? Extensive modeling led to the unique, ergonomically designed Leg Curl & Leg Extension station. The **Bodycraft Elite** is the **Only** gym that provides Seated Leg Extensions, Seated Leg Curls, and Standing Leg Curls! Well placed comfortable pads and handles keep you in the proper position. Seated Leg Curls target and shape the back of your legs (hamstrings). Seated Leg Extensions target and shape the front of upper legs (quadriceps).



## From 5 to 400 Pounds Resistance

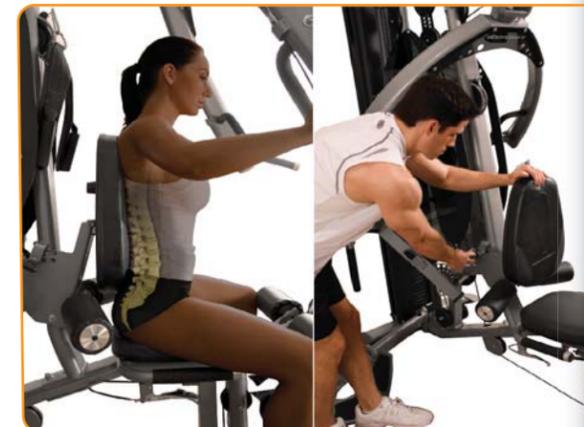
The **Bodycraft Elite** weight stack provides from 5 to 200 pounds of resistance. Not enough? No problem. Simply attach the Double-Up cables on the Press Arm to the Adjustable Cable Arms. The resistance to the Press Arm is then doubled, providing up to 400 pounds of resistance! Another unique feature found only on **Bodycraft Strength Training Systems!**



## Orthopedic Back Pad

The fully adjustable back pad was developed for true orthopedic foundation and injury prevention. Its unique design includes lateral supports to ensure you stay stationary, lumbar contours for proper support, and a middle cavity that reduces pressure on the spine and nerve columns.

Comfort is enhanced by the two-stage foam cushioning inside. The outer layer of pillow-top foam assures a high comfort level, while the under layer of high density foam assures proper orthopedic support.



## Easy Adjust Seat

The comfortable seat can be adjusted while sitting. Simply reach down and squeeze the adjustment lever to release. The spring loaded seat automatically rises. To lower, squeeze the lever and apply downward sitting pressure. Comfort is further enhanced by the two-stage foam cushioning inside. The outer layer of soft foam assures a high comfort level, while the under layer of high density foam assures proper orthopedic support.



## Innovative Weight Stack

We were able to find a unique way to tuck the weight stack into the rear of the machine, but still provide easy adjustment access. The weights are selected from the side of the stack. Much easier than trying to select the weights while trying to avoid the messy cables. Artistically designed weight stack shrouds further enhance the overall beauty and safety.

