THE ULTIMATE HOMEGYM

Extensive thought went into this one – our goal was to include benefits traditionally only provided from free weight training combined with the simplicity and safety of a home gym. And, we succeeded! Hundreds of available exercises from Traditional Strength Training, to Functional Training, Core Training, Sports Specific and Rehabilitation exercises – the Elite does it all!

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!

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).

Acrylic Panel Color Choices

- Graphite
- Satin Ice
- Crystal Red
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.

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!

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.