

BODYCRAFT



Exercise Stations and Features

Press/Row Station with adjustable starting point. This 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.

Adjustable Nylon Straps attached to the Press Arm provide for converging and free motion exercises.

Low Pulley Station with foot plate for **Low Rows, Abductor** and **Adductor Leg Kicks, Arm Curls, Upright Rows**, etc.

High Pulley Station for **Lat Pull Downs**, and **Triceps Push Downs**.

Leg Extension and Curl Station provides **Seated Leg Extension** and **Standing Leg Curl**.

Weight Stack provides up to **150 pounds** of resistance.

Optional extra 50 pounds for up to **200 pounds** of resistance.

Optional Leg Press attachment for full leg development.

Space saving design allows placement against a wall, or in a corner.

Floor Space: 54.5" X 52.5" X 83"
With Optional Leg press: 75" x 73" x 83.5"

A detailed view of the Bodycraft GL exercise machine, showing the weight stack, pulley system, and various exercise stations. The machine is primarily black and silver with grey padding on the seat and backrest. A weight stack with shrouds is visible on the left side. A leg press attachment is shown at the bottom left.

**Shown With
Optional Weight
Stack Shrouds.**

Bodycraft™ is a division of Recreation Supply, Inc.

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