

BODYCRAFT®

JONES

Platinum



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The Best Exercises Use Your Muscles the Way They Are Designed To Function.

The Flexibility of the Human Body is simply amazing. Many of the motions it can perform; twisting, throwing, and climbing can be difficult to duplicate with a single machine.

While traditional exercise machines provide safety and ease-of-use, they restrict movements to a single plain of motion, which is unnatural.

Functional Training is exercise which involves training the body for activities you perform in everyday life.

The Jones Platinum offers simple, natural, multi-plain movements that train and protect the body for everyday living.



Up - Down



Side - Side



Forward - Backward



The Jones Platinum with Full Body Trainer (FBT) is the Most Comprehensive

The Full Body Trainer (FBT) dual cable columns provide for the very best Functional Training, Sports Specific Training and Body Building exercises. The FBT combined with the Jones Platinum offers an almost infinite number of adjustments and exercises.

The FBT can be used as a traditional Functional trainer, or can be used in concert with the Jones Platinum to offer a multitude of Stretch Training exercises, Body Weight exercises or Progressive Functional Training exercises™.

Progressive Functional Training allows for adjustable degrees of muscular involvement, from engaging the entire body, to isolating specific muscle groups.



Jones Platinum with optional Full Body Trainer (FBT)



Optional Full Body Trainer (FBT)

FBT Accessories



Long Bar



Multi-Position Handles



Progressive Functional Pad (OPTIONAL)



Add-On weights

The workout possibilities are endless!

Your Choice of Two Different Barbells



Body Weight Training

Two different chin bars (multi-angle in the front and straight bar in the rear) provide every possible grip for chin-ups and pull-ups. Fix the Olympic Bar into various positions for angled push-ups, pull-ups, leg exercises and more. The Jones Platinum will accept your own Hanging Ab Straps, or Adjustable Training Straps.

Stretch Training

The Bars and handles can be fixed into dozens of positions for a myriad of stretches.



Functional Training

The FBT is a Full Body Training machine providing Strength training for the way humans are designed to move! Dual weight stacks provide up to 200 pounds of combined resistance and 80 inches of travel.

Progressive Functional Training

Combining the Jones Platinum and the FBT further enhances the variety of exercises that can be performed.



Barbell Training

All Barbell Exercises can be performed with the safety of the bar hooks and safety spotters moving along with you!



Sports Specific Training

The FBT also provides Sports Specific training so you can excel at your favorite activity.

Smith Machine Training

The Jones Platinum can be locked into place to become a Smith Machine.

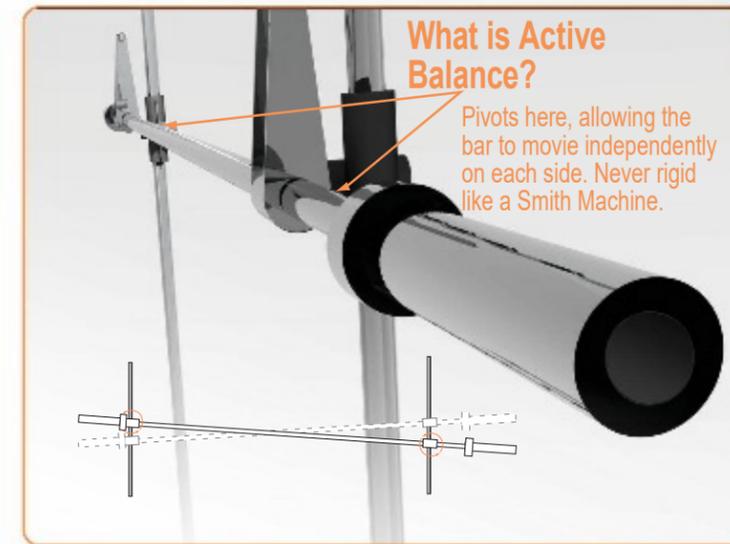


The Power Bar is rated for 1000 pound capacity. Starting weight is 50 pounds. Olympic Sleeves rotate on precision bearings.



The Active Balance Bar is rated for 1000 pounds capacity. Starting weight is 55 pounds. Olympic Sleeves rotate on precision bearings.

The Active Balance Bar (ABB) must be balanced by the user, providing the benefits of Barbell Training by incorporating stabilizing muscles. The ABB is attached to the bearing housings via a limited-range coupler which allows tilting side-to-side, but never too far to go beyond the bar hooks and safety spotters. The #1 choice!



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Warranty:

Residential:

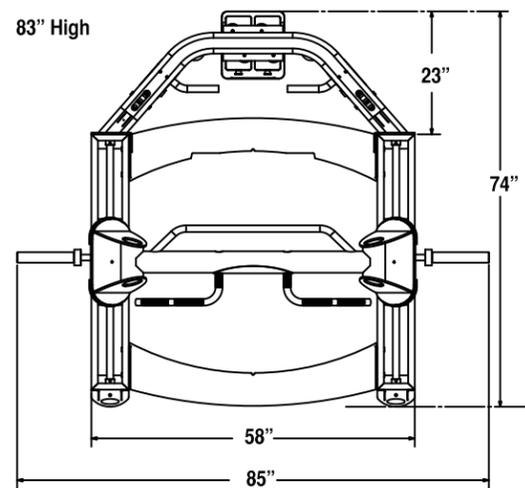
Lifetime Frame
Lifetime Parts*

Light Commercial:

10 Years Frame
2 Years Parts*

*Manufacturers defects.

BodyCraft Authorized Dealer



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