



BODYCRAFT

GLX

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.

Cable Station with adjustable arms, allows for a very wide array of exercises including **Functional Training, Sports Specific, Core Training**, and exercises that mimic **Dumbbell Training**.

Ab Crunch Station for **Core Training**.

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 83.5"
With Optional Leg press: 75" x 73" x 83.5"

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