

HOW TO USE

THE PRESS ARM



To adjust the press arm simply squeeze the Quick-Set Handle with one hand. With your other hand adjust the press arm forwards or backwards until the press arm is in the desired starting position. Then release the Quick-Set Handle to secure the press arm in place.

Note: Some workouts will require different starting positions. Use the scale on the press arm for reference.

THE SEAT



Adjust the seat height by loosening the pop pin, then pull the pop pin out with one hand and raise or lower the seat with your other hand. Release the pop pin and tighten.

The seat back needs to be adjusted depending on the chosen workout. Use the scale on the seat back for reference. Adjust the seat back by loosening the pop pin, then pull the pop pin out with one hand and adjust the seat with your other hand. Release the pop pin and tighten.

SPEED TRAINER



The Speed Trainer is an optional attachment that allows you to perform fast movements without experiencing cable slack.

Each band provides progressive resistance up to 25lbs. Simply clip the resistance band onto the top plate attachment to engage the speed trainer.

ARMS

Standing Biceps Curl



Attach the chain to the low pulley station, and then attach the Curl Bar to the end of the chain. Stand in front of the low pulley with the straight bar at arms length. Keep your elbows and upper arm stationary while you curl the bar upward, using your biceps muscles. Lower slowly.

Triceps Pushdown



Attach the ab crunch strap to the high pulley. Stand in front of the high pulley and grab the ab attachment with an overhand grip. Pull the bar downward to a point where you can lock your elbows at your sides. Push downward on the bar, flexing at the elbow. Return slowly.

Single Arm Biceps Curl



Attach one single handle to the mid pulley. Stand in front of the machine facing sideways. Grab the single handle with an extended arm. Keep elbow stationary while pulling the handle toward your shoulder. Return slowly.

Triceps Extension



Attach the ab crunch strap to the mid pulley. Sit upright in the seat and grab the ab attachment with an overhand grip. Try to hold your upper arm locked into a horizontal position while extending your lower arm at the elbow. Return slowly.

ABS & BACK

Lat Pull Down



Attach the lat bar to the high pulley. Sit facing the machine and lock your knees under the knee hold-down pads. Grab the lat bar with a wide, overhand grip. Keep your upper body stationary and pull straight down to your upper chest. Return slowly.

Low Cable Row



Attach the curl bar to the low pulley. Sit on the floor facing the low pulley, feet on foot plate. Keep your upper torso stationary and pull the straight bar to your midsection. Squeeze your shoulder blades together. Return slowly.

Ab Crunch



Adjust the seat to the lowest position and the seat back to the upright position. Attach the ab crunch strap to mid pulley. Drape the ab crunch strap over your shoulders and hold it in place. Crunch forward and downward. Return slowly.

Seated Row



Adjust the press arm to its furthest rear position. Adjust the seat so that the press handles align with your shoulders. Adjust the seat back outward as far as possible, so that the handles are at arms length. Grab the handles with a neutral grip and pull back as far as possible. Squeeze your shoulder blades together. Return slowly.

CHEST

Bench Press



Adjust the seat back to the upright position. The bench press handles should be adjusted for a comfortable stretch, about even with the front of your chest. Grab the handles with an overhand grip and press away from your chest. Do not lock out your elbows. Return slowly.

Incline Bench Press



Adjust the seat back to an INCLINE position. Sit back in the seat so that the seat back forces a forward lean. The bench press handles should be adjusted for a comfortable stretch, about even with the front of your chest. Grab the handles with an overhand grip and press away from your chest. Return slowly.

Decline Bench Press



Adjust the seat back to the SHOULDER position. Sit on the front of the seat and lean back. The bench press handles should be adjusted for a comfortable stretch, about even with the front of your chest. Grab the handles with an overhand grip and press away from your chest. Return slowly.

Low Chest Fly



Attach one single handle to the low pulley. Stand sideways to the low pulley and grab the single handle with the inside arm. Contract your chest to bring your arm outward and upward to mid-chest height. Return slowly.

SHOULDERS

Shoulder Press



Adjust the seat back to a SHOULDER position. Adjust the Press Arm to a SHOULDER position. Sit back in the seat so that the seat back forces a forward lean. Grab the handles with an overhand grip and press away from your shoulders. Do not lock out your elbows. Return slowly.

Shoulder Shrug



Attach the curl bar to the low pulley. Stand on the foot plate and hold the bar at arms length. "Shrug" your shoulders upward and rearward. Lower slowly.

Lateral Raise



Attach the chain to the low pulley. Attach one single handle to the end of the chain. Stand next to the low pulley and grab the handle with an overhand grip. While keeping your arm straight, raise your hand outward and upward. Lower slowly.

Upright Row



Attach the chain to the low pulley station, and then attach the curl bar to the end of the chain. Stand facing the machine, close to the low pulley. In the starting position, the curl bar should be at arms length. Pull the bar upward to shoulder level. Lower slowly.

LEGS

Leg Extension



Adjust the seat and the seat back so that your knees are aligned with the pivot point on the leg extension lever arm. Sit and hook your ankles behind the lower roller pads. Grasp the handles, or the sides of the seat, and extend your legs to horizontal. Return slowly.

Leg Curl



Stand facing the machine. Adjust the seat so that the connected roller pads are above your knee. Position your ankles behind the lower set of roller pads. Using one leg at a time, bend your knee backward and upward as far as possible. Return slowly.

Hip Adduction



Stand next to the machine and attach the ankle strap to your back leg. Stand and grab the seat back, or press arm for support. Using a full range of motion, pull your leg toward and across your support leg. Return slowly.

Hip Abduction



Stand next to the machine and attach the ankle strap to your front leg. Stand and grab the seat back, or press arm for support. Using a full range of motion, pull your leg outward, away from your body.

The BODYCRAFT GT/GTX has been designed to provide exercises for your entire body. This poster illustrates only a sample of available exercises. We hope you enjoy many healthy years of use. Learning to use and maintain your GT/GTX is very important for your personal safety and the proper function of the machine. Be sure to read all of the information carefully before using. The information in this guide is general in nature; for detailed information about exercise, consult your physician and your local fitness dealer. Your local fitness dealer can provide reputable books and referrals to personal trainers. **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35, or with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for injury or property damage sustained by or through the use of this product. **GENERAL EXERCISE GUIDELINES:** There are many theories as to the proper number of repetitions and sets of repetitions of any specific exercise. In fact, we are all unique individuals and what may be effective for one person may not be for the next. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer. For general guidelines, we recommend 6-12 repetitions per set and 2-3 sets per any given exercise. Intensity is more important than the number of reps and sets. The amount a muscle group is stressed (to failure) is directly proportional to the amount of increased strength/growth. Please remember to start easy and increase the total time and the number of repetitions gradually. Overdoing it in the beginning can cause unnecessary muscle soreness. If at any time you feel excessive pain, stop immediately. Determine what is wrong before continuing. Rest is a very important part of the process. Begin each session with a 5-15 minute warm up period of light exercise and stretching. During the routine, be sure to maintain proper form and move through the full range of motion. Be sure to breathe naturally; do not hold your breath. End each session with a 5-10 minutes of light stretching. Stretching can help relieve soreness and increase flexibility. Plan to spend the first two weeks getting familiar with the machine and accustomed to the routines. Do not quit! Variety of exercises can be a motivating factor. Remain committed and your exercise time will soon become a time you anticipate.

For videos, guides, and information scan the QR code below.

