

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.

DOUBLE UP



To double up the weight on the GTX simply attach the functional cable arms to the cables on the backside of the press arm. This engages another set of pulleys and doubles the weight selected on the weight stack. Be sure to attach both cables.

CABLE ARMS



To adjust the functional cable arms simply squeeze the handle with one hand. With your other hand adjust the cable arm up or down until the cable arm is in the desired starting position. Then release the handle to secure the cable arm in place.

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

CORE

Oblique Twist



Adjust one Functional Training Arm to its highest position and stand aside of it. Grab the handle and pull it to your stomach. Hold the handle stationary. Lock your hips into place and twist your upper torso. Return slowly.

Side Bends



Adjust one Functional Training Arm to its lowest position and stand aside of it. Grab the handle and hold it stationary at your side. Lock your hips into place and bend your upper torso to the opposite side. Return slowly.

Ab Crunch



Adjust the seat to the lowest position and the seat back to the upright position. Attach the ab strap to the cable end located behind your head. Drape the ab strap over your shoulders and hold it in place. Use your abdominal muscles to crunch forward and downward. Return slowly.

ARMS

Cable Shoulder Press



Adjust the seat back to the most upright position. Adjust the Functional Training Arms to a vertical position. Adjust the seat so that the cable handles are at shoulder level. Grab the handles with an overhand grip and press your arms overhead. Do not lock out your elbows. Return slowly.

Triceps Kickback



Attach a single handle to a Functional Training Arm and adjust it to a high position. Stand beside the machine in front of the Functional Training Arm. Slightly bend at your waist. Grab the single handle with a neutral grip. Try to lock your upper arm at your side while extending your lower arm at the elbow. Return slowly.

Cable Arm Curl



Attach a single handle to a Functional Trainer Arm and adjust it to a low position. Stand in front of the Functional Training Arm and grab the single handle with an underhand grip. Keep your elbow stationary while curling your arm toward your shoulder. Return slowly.

ARMS

Internal Rotator



Stand beside your machine and adjust the Functional Training Arm to elbow height. Grasp the handle, using a neutral grip, with your inside arm. Rotate your arm, as if it were a closing door, toward your midsection. Return slowly.

External Rotator



Stand beside your machine and adjust the Functional Training Arm to elbow height. Grasp the handle, using a neutral grip, with your outside arm. Rotate your arm, as if it were an opening door, away from your midsection. Return slowly.

Cable Lateral Raise



Adjust one Functional Training Arm to a low position. Stand next to the Functional Training Arm and grab the handle with an overhand grip. While keeping your arm straight, raise your hand outward and upward. Lower slowly.

CHEST

Cable Pec Fly



Adjust the seat back to one of the holes in the incline position. Adjust the Functional Training Arms to their widest position. Sit forward on the seat and lean back into the machine. Grab the handles with a neutral grip and bring your arms together in a circular motion. Return slowly.

Cable Bench Press



Adjust the seat back to the upright position and the Functional Training Arms to chest height. Sit upright, grab the cable handles with an overhand grip, and press away from your chest. Return slowly.

Cable Incline Press



Attach a single handle to each Functional Training Arm. Adjust each Functional Training Arm to a middle position. Grab each single handle and press upward at a 45 degree angle. Return Slowly.

CHEST

Cable Incline Fly



Adjust the seat back to the upright position. Adjust the Functional Training Arms to their widest position. Sit upright on the seat and grab the handles with a neutral grip. Bring your arms together and upward in a circular motion. Return slowly.

Cable Decline Press



Adjust the seat back to one of the holes in the INCLINE position. Your comfort will determine which hole exactly. Adjust the Functional Training Arms to chest height. Sit back in the seat so that the seat back forces a forward lean. Grab the cable handles with an overhand grip and press away from your chest, parallel to the floor. Return slowly.

Cable Low Fly



Adjust the seat back to the vertical position. Adjust the Functional Training Arms to a low position, either holes 4, 5, or 6. Sit upright on your machine and grab the handles. Bring your arms up, and together, to chest height. Return slowly.

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 5-10 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.



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Face Pull



Attach both single handles to a Functional Training Arm. Adjust the Functional Training Arm to its highest position. Grab the single handles with each hand and pull upward toward your face. Return slowly.

Standing Mid Row



Attach both single handles to a Functional Training Arm. Adjust the Functional Training Arm to its highest position. Grab the single handles with each hand and pull toward your sternum. Return slowly.

Cable Reverse Fly



Attach a single handle to each Functional Training Arm. Adjust each Functional Training Arm to its highest position. Grab each single handle with the reverse arm. Keep your arms mostly straight and pull outwards and backwards. 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.

Glute Kick



Stand facing the machine and attach the ankle strap to one leg. Stand and grab the seat back, or press arm for support, pelvis tilted forward. Extend the hip and pull your leg backward.

Cable Dead Lifts



Attach both single handles to the inside Functional Cable Arm and adjust the arm to a low position. Stand facing away from the machine, handle at the ankles. While keeping your back flat and core strong, squat down to a comfortable position and grab the single handles. Stand upright. Return slowly.

Cable Reverse Lunge



Attach a single handle to the inside Functional Cable Arm and adjust the arm to a low position. Stand facing the machine, holding the single handle at your waist. Step back with one leg carefully while kneeling until your knee barely touches the ground. Return slowly. Repeat for the other leg.

Cable Squats



Attach both single handles to the inside Functional Cable Arm and adjust the arm to a low position. Stand facing toward the machine, handles at the ankles. While keeping your back flat and core strong, squat down to a comfortable position and grab the single handles. Stand upright. Return slowly.

Twist to Press



Adjust one Functional Training Arm to its highest position and stand aside of it. Grip the Handle with one hand using an overhead grip. Using your core twist your body away from the machine. While twisting, press the Handle forward extending through your elbow. Your arm should be extended and in front of your chest. Return slowly.

Squat Rows



Attach a single handle to the inside Functional Cable Arm and adjust the arm to about waist height. Stand facing the machine at a full arm's length away. Squat as low as comfortable. While rising from the squat position, pull the handle to your midsection. Extend arms as you lower into the squat position. Return slowly.

Curl to Press



Attach a single handle to the inside Functional Cable Arm and adjust the arm to a low position. Stand aside the machine and grab the handle with your inside arm. Curl the handle to shoulder level and then press the arm overhead. Return slowly. Repeat for the other arm.

Boxing



Attach a single handle to the inside Functional Cable Arm and adjust the arm to a high position. Grab the single handle with the inside arm and slowly pretend to throw a boxing punch. Return slowly. Repeat for the other arm.

Wood Chop



Adjust one cable arm to the high position and attach a single handle. Grasp the handle with both hands. Pull the handle across your body to the opposite side. Allow your hips and torso to rotate, and keep a slight bend in your knees. Slowly return.

Lawn Mowers



Attach a single handle to the inside Functional Cable Arm and adjust the arm to the lowest position. Grab the single handle with one hand and pull upward as if trying to start a lawn mower. Return slowly. Repeat for the other arm.

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