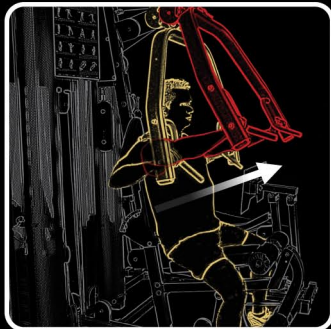
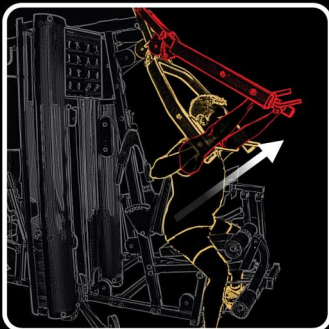


- ABS
- ARMS
- BACK
- CHEST
- LEGS
- SHOULDERS
- SPORTS SPECIFIC

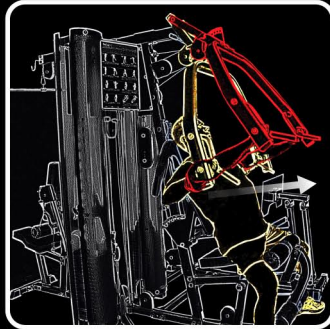
# BODYCRAFT X2



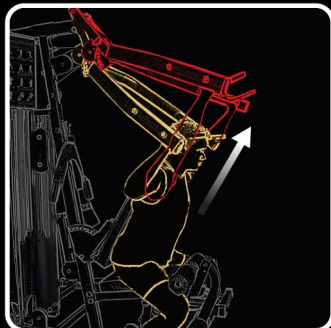
Chest Press



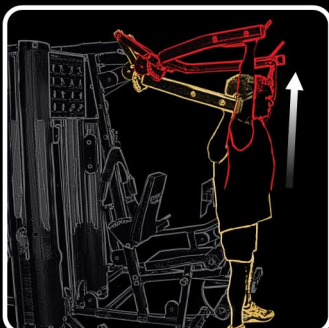
Incline Chest Press



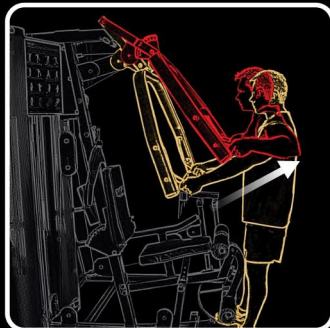
Decline Chest Press



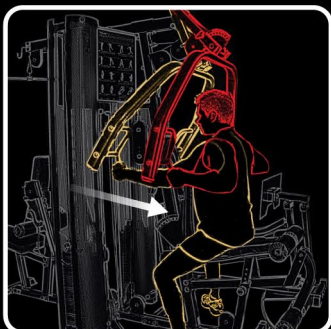
Shoulder Press



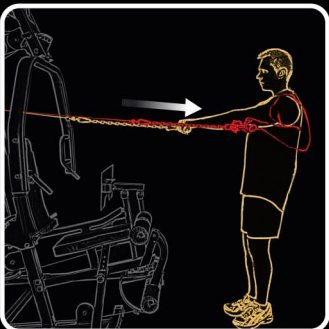
Standing Shoulder Press



Standing Mid Row



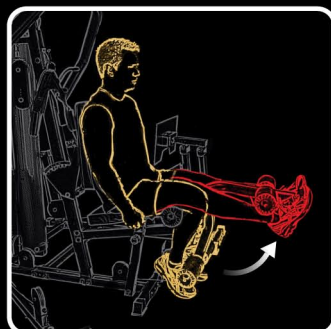
Mid Row



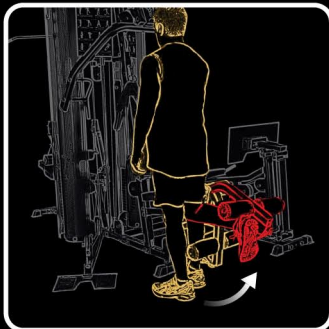
Standing Cable Row



Leg Press



Leg Extension



Standing Leg Curl



Calf Raise

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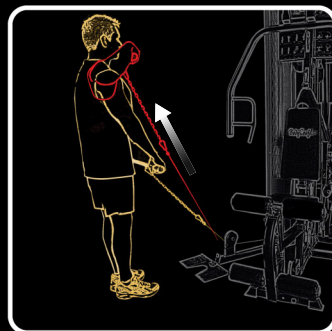
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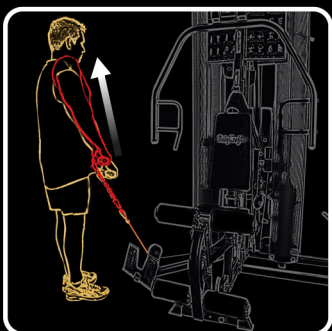
Low Row



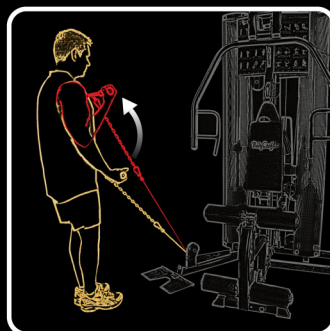
One Arm Row



Upright Row



Shrugs



Arm Curl



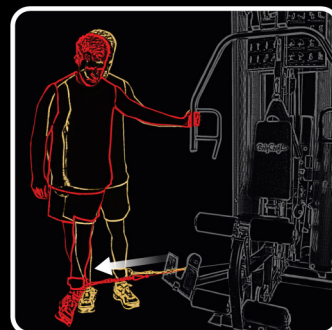
Triceps Kickback



Glute Kick



Hip Abduction



Hip Adduction



Ab Crunch



Knee Raise



Side Bends

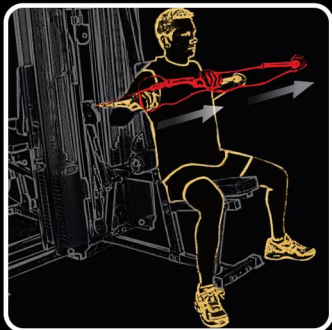
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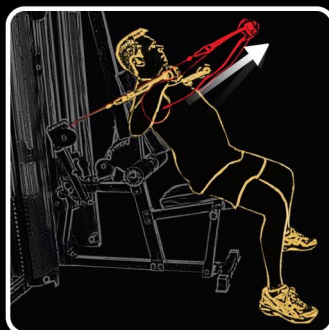
# BODYCRAFT X2



● Cable Chest Press



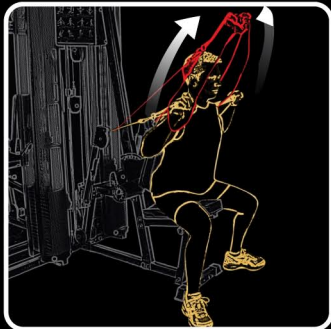
● Converging Cable Press



● Cable Incline Press



● Cable Shoulder Press



● Conv. Cable Shoulder Press



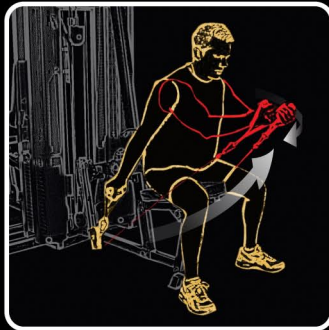
● Converging Incline Press



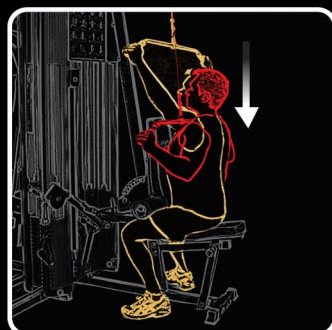
● Cable Pec Fly



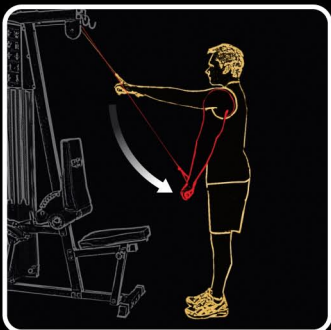
● Incline Pec Fly



● Cable Low Fly



● Lat Pull Down



● Straight Arm Lat Pull



● Dips

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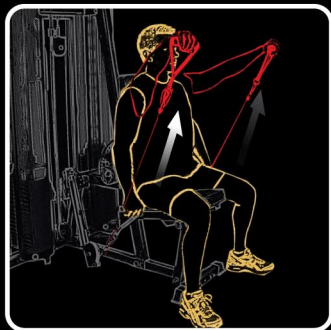
# BODYCRAFT X2



Arm Curl



Alternating Arm Curl



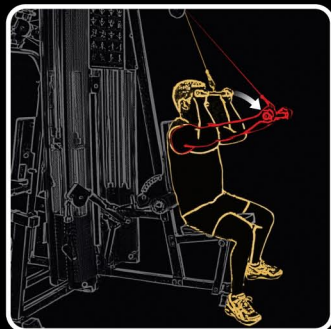
Front Raise



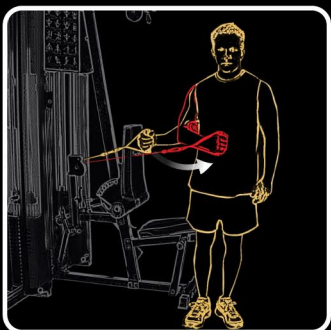
Triceps Push Down



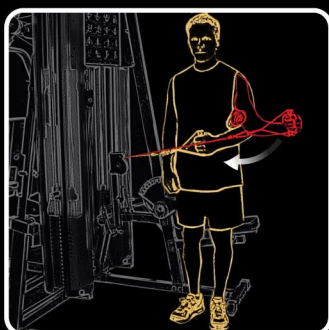
Reverse Curl



Triceps Extension



Internal Rotator



External Rotator



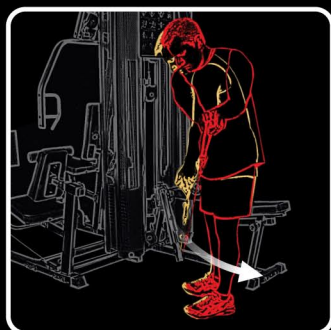
Oblique Twist



Overhand Throw



Bowling



Golf Swing

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