

BodyCraft

EXERCISE GUIDE

Thank you for investing in the BodyCraft XPress Strength Training System. We hope you enjoy many healthy years of use. Learning to use and maintain your strength training system 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. This 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 personal injury or property damage sustained by or through 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 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 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. Seek further information regarding different exercises. Remain committed and your exercise time will soon become a time you anticipate.

LEGS



LEG EXTENSION Adjust seat and seat back so that knees are level with and slightly beyond pivot point. Sit and hook ankles behind lower roller pads. Extend legs forward and upward. *Muscles worked: Quadriceps*



LEG CURL Stand facing machine. Adjust Press Seat so that roller pads rest on front of legs above knees. Grab Press Arm for stability. Wrap ankles behind lower roller pads. Using one leg at a time, pull and curl upward as far as possible. *Muscles*



MID ROW Adjust Press Arm to furthest rear position. Adjust seat to align handles with shoulders. Adjust seat back so that handles are at arm length. Grab handles with overhand grip and pull as far back as possible. *Legations: Grab handles with neutral grip. Muscles*



ONE ARM ROW Adjust Cable Arm to lowest position. Stand side machine with a slight bend at waist, and holding on to back pad for support. Grasp Single Handle and



BENCH PRESS Adjust seat back to upright position. Adjust Seat height so that Press handles are chest height. Press Arm should be in the red zone. Grab handles with overhand grip and press arms away from chest. *Legations: Grab handles with prone grip.*



CABLE PRESS Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhand grip and press arms away from chest level with floor. *Legations: Bring hands together while pressing forward. This is an advanced movement and will require*



LEG PRESS (Optional attachment) Adjust seat back so that knees are as close to chest as possible, yet still comfortable. Place feet squarely and evenly on foot plate. Press forward. Avoid locking knees at full extension. Feet can be placed in varying positions. *Muscles worked: Quadriceps*



SQUAT Attach Single Handles to low pulley and grab from a squatting position. Be sure to keep back in flat position and slowly rise to a standing position. Proper form and slow controlled movements are very important. *Muscles worked: Quadriceps*



SEATED LOW ROW Attach Straight Bar to front low pulley and flip foot plate up to vertical position. Sit on floor, bracing feet against foot plate. While keeping upper torso upright and stationary, pull bar to midsection. *Legations: Grab bar with underhand grip. Use Ab Strap*



FRONT PULL DOWN Attach Lat Bar to high pulley. Sit facing machine, knees under roller pads. Grab Lat Bar with overhand grip and pull straight down to upper chest. *Legations: Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. Muscles worked: Latissimus Dorsi, Triceps, Rhomboids, Biceps.*



INCLINE BENCH PRESS Adjust seat back to incline (red) position. Adjust seat height so that Press handles are chest height. Press Arm should be in the red zone. Sit back in seat so that seat back forces a forward lean. Grab handles with overhand grip and press arms away from chest. *Legations: Grab handles with neutral grip.*



INCLINE CABLE PRESS Adjust seat back to upright position. Adjust Cable Arms to chest height. Grab handles with overhand grip and press arms away from chest at an upward 45 degree angle. *Legations: Bring hands together while pressing upward. This is an advanced movement and will require*



CALF RAISE Place balls of feet on center of foot plate and press to full extension, knees slightly bent. Flex foot at ankle joint, raising up on toes. Feet can be placed in varying positions to emphasize different parts



SIDE SQUAT Attach Single Handle to low pulley. Stand inside low pulley, feet shoulder width. Grasp Handle and squat. Keep back flat, never rounded. *Routine sides. Muscles worked: Gluteus Maximus, Quadriceps, Hamstrings, Abductor, Oblique.*



GLUTE KICKBACK Stand next to machine, facing to machine. Using toe. Adjust Cable Arm to lowest position and attach chain with Ankle Strap. Attach Ankle Strap to inside ankle. Using a full range of motion, extend leg backward. *Muscles worked: Gluteus Maximus*



CALF FLY Adjust seat back to incline position. Sit forward on seat and lean back into machine. Adjust cable arms to widest position. Grab handles and bring arms together in a circular motion. *Legations: Decline and Incline Flys. Muscles worked: Pectorals*



CABLE FLY LOW FLY Adjust seat back to incline position. Adjust Cable Arms to widest position. Sit upright in machine.



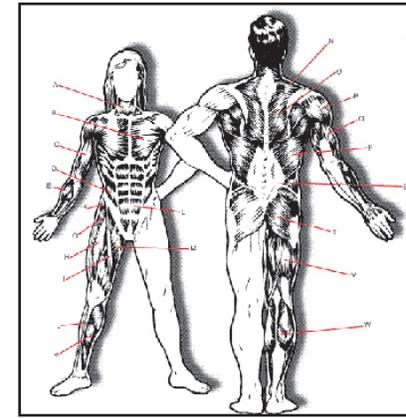
SELF STABILIZING CABLE PRESS Adjust Cable Arms to chest height. Sit forward on the seat, without back support. Grab handles with overhand grip and press arms away from chest. *Legations: Bring hands together while pressing forward. This is an advanced movement and will require significantly less weight. Muscles worked:*



HIP ABDUCTION Stand next to machine, grabbing Press Arm for support. Adjust Cable Arm to lowest position and attach chain with Ankle Strap. Attach Ankle Strap to forward ankle. Using a full range of motion, extend leg outward, away from body. *Muscles worked: Abductor, Gluteus Medius*



HIP ADDUCTION Adjust Cable Arm to lowest position and attach chain with ankle strap. Attach ankle strap to back ankle. Stand next to machine, grabbing Press Arm for support. Using a full range of motion, extend leg across and away from body. *Muscles worked: Adductor, Gluteus Medius*



- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboids (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spina Erector (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)

ABS



OBLIQUE TWIST Adjust Cable Arm to green position and stand beside machine. Grab Single Handle with both hands. Twist away pull cable forward and



AB CRUNCH Attach Ab Strap to cable located behind head. Hold Ab Strap handles in place at shoulder level. Use abdominal muscles to crunch forward and downward. *Muscles worked: Rectus Abdominus, Up-*



SIDE BENDS Stand sideways to low pulley and Attach Single Handle. Holding handle in place at arm length,



BICEPS CURL WITH STRAIGHT BAR Attach Straight Bar to chain and grab Straight Bar with overhand grip. While trying to keep your elbows stationary, curl the bar upward, using biceps muscles. *Legations: Grab bar with overhand grip*



SINGLE CABLE CURL Adjust Cable Arm to lowest position. Sit on seat and grab handles with an underhand grip. While trying to keep your elbows stationary, curl the handles upward, using biceps muscles. *Legations: Can be performed using both*



SHOULDER PRESS Adjust Seat Back and Press Arm to shoulder (blue) position. Adjust Seat height so that Press handles are shoulder height. Sit back in seat so that seat back forces a forward lean. Grab handles with overhand grip and press arms away from shoulders.



CABLE SHOULDER PRESS Adjust seat back and Cable Arms to upright (green) position. Adjust seat so that Cable Handles are at shoulder level. Grab handles with overhand grip and press arms forward. *Legations: Bring hands together while pressing forward. This is an advanced*

SPORTS SPECIFIC



TENNIS FOREHAND Assume your tennis forehand stance next to the Cable Arm. Begin with handle in



GOLF SWING Assume your golf stance next to the Cable Arm. Grip handle and swing as if you were swinging a golf club. Position the Cable

MORE SPORTS MOVEMENTS:

Baseball throw

Baseball bat swing

Football throw

Hockey slap shot

use your imagination!



TRICEPS PUSH DOWN Attach chain and Straight Bar to high pulley. Face machine and grab Straight Bar with overhand grip. Keep elbows and upper arms stationary. Extend arms at elbows. *Legations: Grab bar with underhand grip. Use Ab Strap and spread arms*



TRICEPS KICKBACK Adjust Cable Arm to blue position. Stand side front of machine,



TRICEPS EXTENSION (FRENCH CURL) Attach Ab Strap (or two single handles) to mid-pulley. Adjust seat back to red position. Grab handles with overhand grip and extend arms at elbow joint. Keep elbows at



SHOULDER PRESS Adjust Seat Back and Press Arm to shoulder (blue) position. Adjust Seat height so that Press handles are shoulder height. Sit back in seat so that seat back forces a forward lean. Grab handles with overhand grip and press arms away from shoulders.



LATERAL RAISE Adjust Cable Arms to blue position. Grab handles with overhand grip. Keeping arms straight,



TENNIS BACKHAND Assume your tennis backhand stance next to the Cable Arm. Begin with handle in back swing position and swing forward as if you were swinging a tennis racket.



ACCESSORIES SHOWN: Lat Bar, Straight Bar, Chain, Ankle Strap, Single Handles



PRESS ARM ADJUSTMENT



CABLE ARM ADJUSTMENT

FRONT PULL DOWN Attach Lat Bar to high pulley. Sit facing machine, knees under roller pads. Grab Lat Bar with overhand grip and pull straight down to upper chest. *Legations: Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. Muscles worked: Latissimus Dorsi, Triceps, Rhomboids, Biceps.*



SHRUGS Attach Curl Bar to front low pulley. Stand on foot plate and hold bar at arm length. Shrug shoulders upward and backward. *Muscles*

UPRIGHT ROW Attach Straight Bar to front low pulley. Stand on foot plate and hold bar at arm length. Grasp handles with inside arms and pull upward to shoulder height. *Muscles*



INTERNAL ROTATOR Adjust Cable Arm to elbow height. Place a towel between upper arm and torso. Grasp handles with inside arms, neutral grip. Rotate arm, bringing handle toward

EXTERNAL ROTATOR Adjust Cable Arm to elbow height. Place a towel between upper arm and torso. Grasp handle with outside arm, neutral grip. Rotate arm, bringing handle away from

MACHINE MAINTENANCE TIPS
 1) Inspect all moving parts, cables, and pulleys before every use. Do not use the machine if a defect is suspected.
 2) Periodically apply silicone to guide rods for smoother weight travel.
 3) Wipe sweat off upholstery immediately. Periodically clean vinyl with mild soap solution.
 4) Periodically relieve tension on cables and check for any twisted cables. Untwist cables, check to make sure cables are still on all pulleys.

REAR DELTOID FLY Adjust Cable Arm to red position. Grab handle with outside hand. Extend arm across and away from body. *Muscles worked: Rear Deltoids, Forearm*