

A close-up photograph of a Bodycraft XFT machine. The central focus is a silver, brushed-metal plate with the 'XFT' logo in blue. Above the plate is a black, padded handle. Below the plate, a blue barbell with a textured grip is visible. The background is dark, highlighting the machine's components.

XFT

C & G Fitness
EQUIPMENT

LiveFit.com

BODYCRAFT

BODYCRAFT

STRENGTH TRAINING REVOLUTION



STRENGTH TRAINING REVOLUTION

Introducing the BODYCRAFT XFT, the most comprehensive Strength Training System ever created. Designed and engineered by BODYCRAFT, the XFT is the latest in strength training technology. The patented XFT fuses Free Weight Barbell Training with a Functional Training Machine all within a compact 61"X 50" floor space. The XFT was designed to allow you to safely perform virtually countless exercises all in natural and safe fashion. Whether you're a performance athlete or just beginning your journey to a happier and healthier lifestyle, the XFT offers you what it takes to meet and exceed your goals.



BARBELL TRAINING

The patented XFT Barbell feature was designed to replicate free weight barbell training while prioritizing safety, ease of use, and to provide the most natural range of motion when performing exercises.

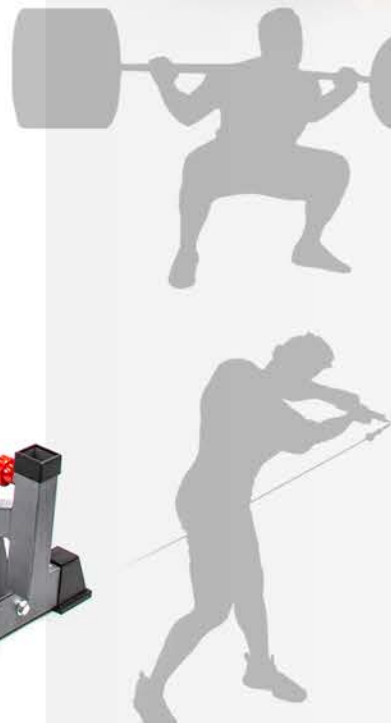
Go from one exercise to the next in seconds. Switching from one exercise to the next has never been quicker or easier. The XFT barbell is attached to our patented (almost weightless) counter-weighted carriage system with Quick-Set handle.

Providing resistance when lifting both up and while pulling/pushing down, with a freely rotating bar, the XFT Barbell smoothly travels in a natural motion both horizontally and vertically through industrial grade linear bearings in a full free range of movement with 20" of free horizontal travel and 60" of vertical travel.

FUNCTIONAL TRAINING

Featuring Adjustable Dual Swiveling Pulleys on chrome cable columns with 32 different height positions, 61" of Vertical Travel, Laser Etched Position #'s, and Laser Cut Position Windows, the XFT provides you with the best Functional Training available.

We loaded this machine with all the functional accessories you will ever need including a Long Bar, Sports Stick, Ankle Cuff, Dual Chains, and Dual Single Handles allowing you to perform limitless exercises. Whether you want to power up your golf swing with the sports stick or are preparing for your kayak trip with the long bar, we have you covered.



NATURAL MOVEMENTS



FULL RANGE OF MOTION

The patented XFT BARBELL was designed to give you a full range of motion when performing exercises. Unlike a Smith machine the XFT BARBELL freely travels both vertically and horizontally through industrial grade linear bearings. Coupled with a blue anodized rotating bar, you can safely perform barbell exercises such as Power Cleans (shown), Bicep Curls, Squats, Bench Press, and many more all while the XFT BARBELL reacts to your natural movements, never forcing an unnatural path of motion like a Smith machine.



A SUPER HEROES SIDEKICK

The optional F320 Flat / Incline / Decline System Bench was specifically designed to work with the XFT. Although you can use almost any bench with the XFT, the F320 features our sliding adjustment frame for instant incline and decline position changes. The F320 automatically inclines and lowers the center of gravity as you slide the adjustment down the frame. The lower seat height allows for full extension when performing exercises such as incline bench-press and shoulder-press. The F320 Features 2" thick high density foam covered in industrial grade vinyl and upholstered back covers and 8 different positions including (-20°, 0°, 15°, 30°, 38°, 45°, 60°, 70°).



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XFT BARBELL FEATURES

COMPLETE BARBELL TRAINING

The XFT Barbell smoothly travels in a full free range both horizontally and vertically via industrial grade linear bearings with 20" of horizontal travel and 60" of vertical travel offering you a complete barbell motion.



DUAL ACTION BARBELL

The patented XFT Barbell provides weight resistance when lifting the bar up and when pulling / pushing the bar down. Simply set the position of the bar for your intended exercise and the weight engages immediately whether you lift, push or pull. When performing Lat Pull Downs, set your bar height and pull down. When performing biceps curls, set the bar height and lift up.



QUICK TRANSITIONS

Switching free-weight barbell exercises has never been easier and quicker. The XFT Barbell is attached to our patented (almost weightless) counter-weighted carriage system with Quick-Set Handle. Simply release the Quick-Set Handle, raise or lower the XFT Barbell to your desired starting position and lock the Quick-Set Handle. Go from one exercise to the next in seconds.



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XFT BARBELL FEATURES

DOUBLE THE WEIGHT

Need more weight? Our unique DOUBLE-UP feature provides the XFT Barbell with 2X the weight. Your 150lb weight stack is now 300lbs! Your optional 200lb weight stack is now 400lbs! This feature ensures that you will never outgrow the XFT



LOCKING XFT BARBELL

The XFT Barbell features 2 locking levers that allow you to lock the bar at any horizontal position creating a Smith machine single vertical path. Use this feature when performing assisted chin-ups or when first performing new exercises.



LAT PULL DOWNS

Set your bar height, select your weight, and use the included heavy duty nylon strap to keep your lower body glued to the bench. Simply attach each strap loop to the functional pulleys, lower the pulleys and go!

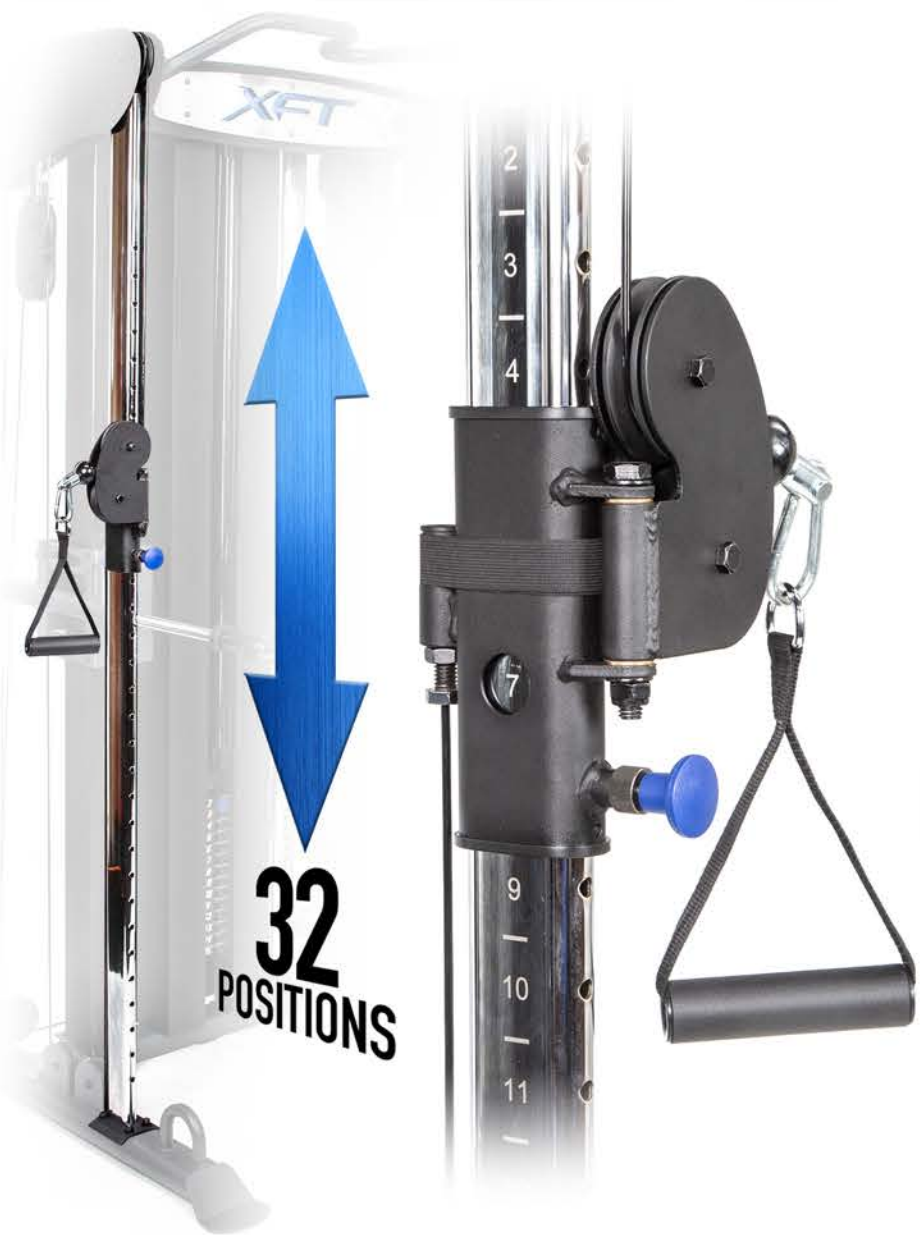


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XFT FUNCTIONAL FEATURES

FUNCTIONAL TRAINING AT ITS FINEST

The XFT's Dual Chrome Cable Columns feature Dual Swiveling Pulleys with 32 different positions. 61" of Vertical Travel, Laser Etched Position #'s, and Laser Cut Position Window.



DUAL ADJUSTABLE SWIVELING PULLEYS

The front facing Dual Swiveling Pulleys provide a 2:1 weight ratio and have effective width of 53" allowing you to perform 100's of functional exercises. In addition both pulleys are spring loaded, automatically positioning them as shown, to ensure they are not in the path of the Barbell.



ALL THE ACCESSORIES

The XFT comes with all the functional accessories you will ever need. We loaded this machine with a Long Bar, Sports Stick, Ankle Cuff, Dual Chains, and Dual Single Handles allowing you to perform limitless exercises.



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XFT EXTRAS

ASSISTED CHIN UPS

The XFT offers a way for almost anyone to now perform chin-ups and pull-ups with ease. Simply select as much weight as you need for assistance and work your way up to performing chin-ups and pull-ups without assistance by using the Assisted Chin/Pull-Up feature.



MULTI-GRIP CHIN BAR

Offering 3 different grip positions (Wide - Classic - Narrow) the XFT Chin/Pull-Up Bar allows you to perform many types of upper body and core exercises.



UPGRADES AND EXTRAS

Upgrade your XFT with an optional 50lbs of weight, or add our tablet holder to watch our exercise videos online. The XFT also features lower loops for battle ropes or exercise bands.



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FEATURES

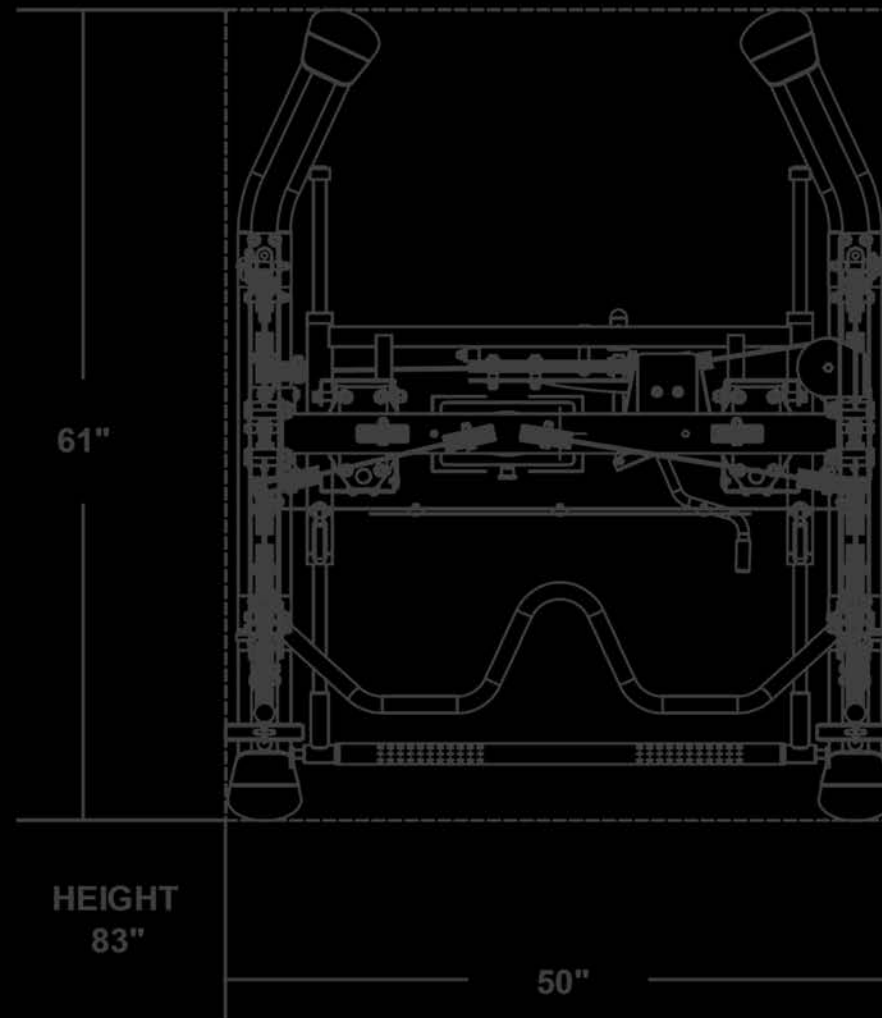
- Rotating Blue Anodized Barbell
- Counter-Weighted Quick-Adjust Carriage W/ Quick-Set Handle
- Dual Locking Barbell Levers
- Dual Front Adjustable Swiveling, Functional Pulleys W/32 Height Positions and Laser Cut Position Window
- Laser Etched #'s on Chrome Cable Columns
- Multi Grip Chin Up Bar: Uses Include, Pull Ups, Hanging Ab Straps, Bands, Inversion Boots, Etc.
- 150LB Weight Stack (Upgradeable to 200LBS)
- Centerline Bench Alignment
- Assisted Chin Up Strap
- Double-Up Weight Resistance - 2X Stack Weight
- Lower Loops for Battle Ropes and Exercise Bands
- Accessories: Long Lat Bar, Sports Stick, Ankle Strap, 2 Single Handles, 2 Chains

SPECS

- Barbell Travel - 20" Horizontal Travel - 60" Vertical Travel
- Barbell Positions - 64 W/ 1" Increments
- Barbell Width - 53"
- Functional Swiveling Pulley Vertical Travel - 61.25"
- Functional Swiveling Pulley Positions - 32 W/ 2" Increments
- Functional Swiveling Pulley Cable Length - 93" (When using one cable) 46" (When using both cables)
- Hardened Steel Bolts at All Connection Points
- Industrial Linear Bearings
- Powder Coated Heavy Gauge Steel Tubing
- Dimensions: 61" L x 50" W x 83" H

WARRANTY

- RESIDENTIAL: Frame: Life / Parts: Life
- LIGHT COMMERCIAL: Frame: 10 year / Parts: 2 year / Wear Items: 6 Months



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VIDEOS, GUIDES, AND INFORMATION

