

X4



X4 STRENGTH Training System

CODE: LX4G

DESCRIPTION

OUR MOST VERSATILE GYM

A Four-Weight-Stack System which can accommodate up to four simultaneous users!

The X4 employs superior structure to incorporate all in one featured with multiple station for various exercises.

It's ideal for families who want to make their workouts more efficient, or for friends who want to keep their pulse rate high while circuit training.

- Four 200lbs weight stacks allow for multiple simultaneous users.
- 180 degree Adjustable Cable Column for Functional Training included.
- Leg Press included.
- Workout posters mounted right on the machine.

SPEC

- Frame: 2" x 3", and 2" x 2", Heavy gauge steel tubing.
- Pulleys: 4-1/2" diameter, fiberglass reinforced nylon and rotate on sealed ball bearing hub.
- Cables: Internally lubricated, 7x19 strand construction, rated at 2000 pound tensile strength.
- Weight Stack: Four 200lb weight stack allow for 4 simultaneous users.
- Dimensions: 280cm (L) x 221cm (W) x 211cm (H)



BODYCRAFT

MULTI6YM

Station 4

Leg Press for full leg development, providing a 1:2 ratio for up to 400 pounds of resistance.

Station 1

Adjustable Cable Arms. Great station for Sports Specific exercises, and Functional Training exercises. This station also includes a High Pulley for Lat Pull Downs, Triceps Push Down.

Station 2

Adjustable Dual Cable Column. Either standing, or on a Stability Ball. Static Handles are mounted to frame to help keep your balance when performing leg exercises.

Station 3

Press Arm for Bench Press, Incline Press, Shoulder Press, and Seated Rows. Provides seated Leg Extension and Standing Leg Curls. Mid Pulley for Ab Crunches, Triceps Extensions.

