

# BODYCRAFT

MULTI GYM

## XPRESS PRO GYM



## XPRESS PRO STRENGTH

Training System

CODE: L7860G

### FEATURE

- Bench Press Station with adjustable starting point. This allows for different size users and also provides a variety of exercises including Bench Press, Incline Press, Shoulder Press and Mid Row.
- Cable Station with adjustable arms. Allows for a very wide array of exercises including Functional Training, Sports Specific, Core Training, and exercises that mimic Dumbbell Training.
- Ab Crunch Station for abdominal training.
- Low Pulley Station with foot plate for Low Rows. Fold the foot plate down for Abductor and Adductor Leg Kicks, Arm Curls, Upright Rows.
- High Pulley Station for Lat Pull Downs, and Triceps Push Downs.
- Self-aligning Leg Extension and Curl Station provides Seated Leg Extension and Standing Leg Curl. Automatically adjusts to fit all leg sizes.
- Optional Leg Press attachment for full leg development

### SPEC

- Weight Stack: 200 lbs. in 10 lb. increments.
- Accessories: Lat Pull Bar, Curl Bar, Ankle Strap and two Single Handles are included.
- Dimensions: 211cm (L) x 145cm (W) x 210cm (H)  
With Optional Leg Press: 231cm (L) x 217cm (W) x 210cm (H)



# BODYCRAFT

## MULTIPLYM



### Adjustable Arms

- 180 degree
- 11 position adjustments



### Adjustable Starting Point

- 1:2 ratio
- Up to 400 lbs. resistance
- Fully adjustable for all size users
- Full leg development including calves

### Optional Leg Press



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Notice: Bodycraft reserves the right to improve or change product specifications and designs at any time.