



OPTIONAL

CODE: LMXLAT

LAT ATTACHMENT



OPTIONAL

CODE: LMXLEG

LEG EXTENSION / CURL ATTACHMENT



Complete with Lat Attachment and Leg Extension / Curl Attachment.

MINI XPRESS

CODE: LMXP

The **BODYCRAFT Mini Xpress** utilises Pulleys and Cables for unrestricted, completely natural, and biomechanical correct movements. You define the path, providing for a greater, more natural range of motion, which incorporates the use of a stabiliser and core muscle groups - an advantage not found on typical home gyms.

The Mini Xpress is an effective way to build strength and balance for every day activities, or for recreational sports!

It is a Dumbbell Style Modular Home Gym providing correct form for every Dumbbell exercise. Great alternative to a set of Dumbbells and Bench!

Seat is adjustable. Seat Back can adjust front-to-back and tilts up-and-down providing support at every angle!

Its base unit consists of the adjustable Cable Arms, and AB Crunch.

SPECIFICATIONS

- Lat Pull-Down attachment.
- Leg Extension / Curl Attachment, (cabled to the Weight Slide by attaching the cables to the adjustable Cable Arms).
- 150lbs (68kg) Weight Stack (Plate-Loaded Weight Slide Doubles as the Top Plate, so the user can always add Plates to the Stack).

Height: Base unit 163cm (64")

Dimensions: 211cm (83") x 211cm (83")

Optional Lat Attachment: 211cm (83")