

BODYCRAFT WORKOUTS

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The BodyCraft home gym is a versatile, multi-station strength-training system, which features a space-saving design ideal for a corner or against a wall. This home gym features a pulley system and weighted plates. Workouts include upper- and lower-body strengthening exercises as well as specific moves for your abs and back. For sports enthusiasts, the BodyCraft workout chart includes sports-specific exercises for golfers and tennis players.

CHEST AND SHOULDERS

The BodyCraft machine allows you to work your chest, arms and shoulders from a seated position. For the chest, you have 10 options, each isolating a different area of your pectoralis muscles. For a basic bench press, adjust your seat so you can fully both arms straight to achieve full range of motion. Adjust the cable arms to chest height and grasp the handles with an overhand grip. Exhale and press the arms away from your chest; inhale on the return movement.

Work your deltoids, or shoulder muscles with moves that isolate the anterior, medial and posterior delts. For the shoulder press, adjust the seat and cable arms to the upright position. Line up the cable arms with your shoulders. Grasp the handles with an overhand grip. Exhale and extend both arms straight overhead. Pause at the peak of the contraction and inhale on the return movement.

BICEPS AND TRICEPS

Strengthen your arms with biceps curls and triceps extensions. To perform biceps curls, lower the seat to the lowest position. Grasp the handles with an underhand grip. Keep your elbows stationary, tucked in close to your body. Exhale and slowly curl both handles up to your shoulders by bending the elbows and contracting your biceps. Inhale on the return movement.

To set up for french curls or overhead tricep extensions, attach the straight bar to the mid-pulley. Adjust the seat to incline position. Grasp the handles with an overhand grip. Keep your elbows at head height. Exhale as you and slowly extend your arms out straight from your elbow joint. Inhale on the return movement.

LEGS

To strengthen and tone your quadriceps, adjust the seat so that your knees line up with the pivot joint of the leg extension apparatus. Sit up tall and tuck your ankles behind the lower roller pads. Exhale as you

slowly extend your legs out forward and upward. Pause for a moment at the peak of the extension and inhale on the return movement.

For the back of your thighs, perform hamstring curls. Stand up and face the machine with the top roller pads resting on your thighs just above your knees. Hold on to the back of the seat for support and place the lower roller pad behind one ankle. Exhale as you slowly curl your heel up and back as far as possible. Inhale on the return movement. Complete your reps on one leg and repeat the exercise on the other leg.

ABS

Target your abdominal muscles with a special ab strap attachment that allows you to perform seated forward crunches. Attach the strap to the cable attachment located behind your head. Hold the strap handles with your hands held at shoulder level. Exhale as you contract your abdominal muscles, pulling your navel toward your spine and crunching forward and downward. Inhale on the return. To include your obliques, slightly twist to the left and the right as you crunch forward.

REFERENCES

- [BodyCraft: XPress Workout Chart](#)
- [Home Gym Adviser: BodyCraft Xpress Pro Home Gym](#)

Read more: <http://www.livestrong.com/article/259674-bodycraft-workouts/#ixzz2KEDB8P5j>