

# BodyCraft GL Home Gym



The New BodyCraft GL is based on the BodyCraft GX frame, with a lower overall gym height just under 83". The new press arms includes adjustable straps for a free motion movement. Removable guid rod top bracket allows the weight stack to be installed last, making installation easier and less time consuming.

## Exercise Stations:

**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. **New Feature:** New Press Arm Design includes Adjustable Straps for a Free Motion Movement.

## **Abdominal Training Station.**

**Low Pulley Station** with foot plate for Low Rows, Abductor and Adductor Leg Kicks, Arm Curls, Upright rows, etc.

**High Pulley Station** for Lat pull Downs, and Triceps Push Downs.

**Leg Extension and Curl Station** provides Seated Leg Extension and Standing Leg Curl.

\*Optional **Leg Press** for full leg development



## Features:

- **Frame:** Heavy 2"x2" and 2"x3", 11 and 12 gauge steel tubing.
- **Finish:** Platinum Gray finish is electro-magnetically applied in powder form to evenly coat all surfaces, the baked on at high temperatures for a tough, long lasting finish.
- **Upholstery:** Double stitched vinyl covering 2" thick, high density foam, contoured for comfortable Lumbar support.
- **Pulleys:** 3" diameter, fiberglass impregnated nylon pulleys with sealed ball bearings.
- **Cable:** The most flexible nylon coated, 7x 19 strand aircraft cable rated at over 2000 lbs. tensile strength.
- **Weight Stack:** 150 lbs. in 10 lb. increments. Precision milled cast iron plates with nylon bushings for smooth action. Upgrade to 200 pounds available. Weight stack enclosures: Steel weight stack guards provides safety and beauty.
- **Guide Rods:** Chrome plated 1" diameter tubular steel. Accessories: Lat Pull Bar, Curl Bar, Ankle Strap and two Single Handles are included.
- **Suggested User Space:** 71" x 64" x 83.5" - With Optional Leg Press: 75" x 73" x 82.5"
- **Lifetime Warranty:** Since it is built to last a lifetime, every part of the BodyCraft GX is guaranteed for as long as you own it. BodyCraft will replace or repair any defect. Warranty applies only to the original owner and for in-home use.