

BODYCRAFT



Exercise Stations and Features

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. Seat and seat back are adjustable. Back pad tilts to ensure full support when performing incline and shoulder presses.

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, 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. Sealed internally lubricated bearings for exceptionally smooth performance.

Optional Leg Press attachment for full leg development.

Space saving design allows placement against a wall.

Standard Weight
Stack to 90lbs.
Optional 120lb.
Upgrade shown
As Light Gray



Optional Leg Press

Floor Space: 54" X 48" X 83.5"
Suggested User Space: 71" X 64" 83.5"
With Optional Leg press: 75" x 73" x 83.5"

Bodycraft Galena User Guide

Léo Pomar



Bodycraft Galena User Guide:

Whispering the Strategies of Language: An Mental Journey through **Bodycraft Galena User Guide**

In a digitally-driven world where displays reign supreme and quick conversation drowns out the subtleties of language, the profound strategies and mental subtleties concealed within words frequently go unheard. However, located within the pages of **Bodycraft Galena User Guide** a captivating fictional treasure blinking with fresh thoughts, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, this enchanting opus attracts visitors on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the fabric of each and every word. Within the psychological depths with this emotional review, we can embark upon a genuine exploration of the book is core themes, dissect its fascinating publishing style, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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