

BodyCraft Elite Home Gym

Elegant, innovative, multifunctional and durable - this is how the top-of-the-range model from the **BodyCraft Platinum Series** presents itself: the **BodyCraft Elite home gym!**

When it comes to the **Elite, BodyCraft** have succeeded in designing a home gym which will make you strive for top-performance. It facilitates a strength training with an edge: Featuring the innovative **Active Balance System (ABS)**(patent pending), the chest press can be adjusted to a virtually free movement. As a result, the user has to perform small compensating motions. The muscle fibres are addressed and exercised in a more precise way. The **BodyCraft Elite** is the only (**BodyCraft-**) home gym featuring such a system and allowing the user to do free bench presses, inclined bench presses, shoulder presses and rowing exercises!

The different pulleys and multifunctional grip options complete the unique **BodyCraft Elite** home gym and allow for a wide range of exercises. Do a sports specific training session, e.g. tennis forearm, golf swing, as well as one focusing on everyday movements, e.g. lifting. There is no limit to your creativity! Unlike the **BodyCraft X-Press Pro home gym**, the **Elite home gym** has the lower pulley station on the side. The use of a shorter cable to the weight stack leads to an even better execution of the exercise! The **BodyCraft Elite's** leg curl attachment can be adjusted easily and comfortably. As a result, you can change from leg curl to leg extension quickly; both types of exercise can be done sitting! The **Elite home gym** can be upgraded with a leg press! The seat of the **BodyCraft Elite** is hydraulically operated in a very convenient while sitting, so that you can find the ideal sitting position and perform the exercise correctly. The orthopedic, well padded backrest with mesh material supports the back during the exercise.

A very attractive special when it comes to the **BodyCraft Elite home gym** is that you get to choose the color. Four colors are available, choose between satin ice, bronze, graphite and sea green!

The Elite home gym is the ideal piece of strength training equipment for beginners and leisure sportspeople. It facilitates for a varied and challenging upper and lower body workout!

Product details: BodyCraft Elite Home Gym

- Weight stack: 90kg (20 x 4,5)
- Absolutely unique: Choose from 4 colours!
- Multifunctional, durable and versatile precision multi gym
- Active Balance System for free and guided bench presses, inclined bench presses, shoulder presses and rowing exercises
- Optimum exercises for: shoulders, chest, arms, legs, abs
- Different pulleys and grip positions
- Quick and easy adjustment mechanism
- Innovative leg curl attachment (leg curl and leg extension exercises can be done sitting)
- High-quality, rubberised grips with aluminium ends
- Sturdy steel frame for more safety and stability
- Large guide rollers for the cable pulley stations
- Base plate on the side of the lower pulley station for an even better execution of pulling exercises
- Comfortable adjustment of the seat even while sitting
- Orthopedic backrest
- Padded leg rolls with aluminium ends
- The free cable pulleys can be attached to the chest press easily; tis increases the set resistance by 1,5; therefore the maximum resistance for bench presses for example is 135kg!
- Incl. drinking bottle and drinking bottle holder
- Optional accessory, sold separately: leg press
- Set-up dimensions incl. leg press: (L) 176.7 cm x (W) 215 cm x (H) 210 cm
- Max. user-weight - BodyCraft Elite Home Gym: 150 kg
- Dimensions set-up - BodyCraft Elite Home Gym: (L) 176.7 cm x (B) 158 cm x (H) 210 cm