

MULTIGYM

X2



X2 STRENGTH

Training System

CODE: LX2G

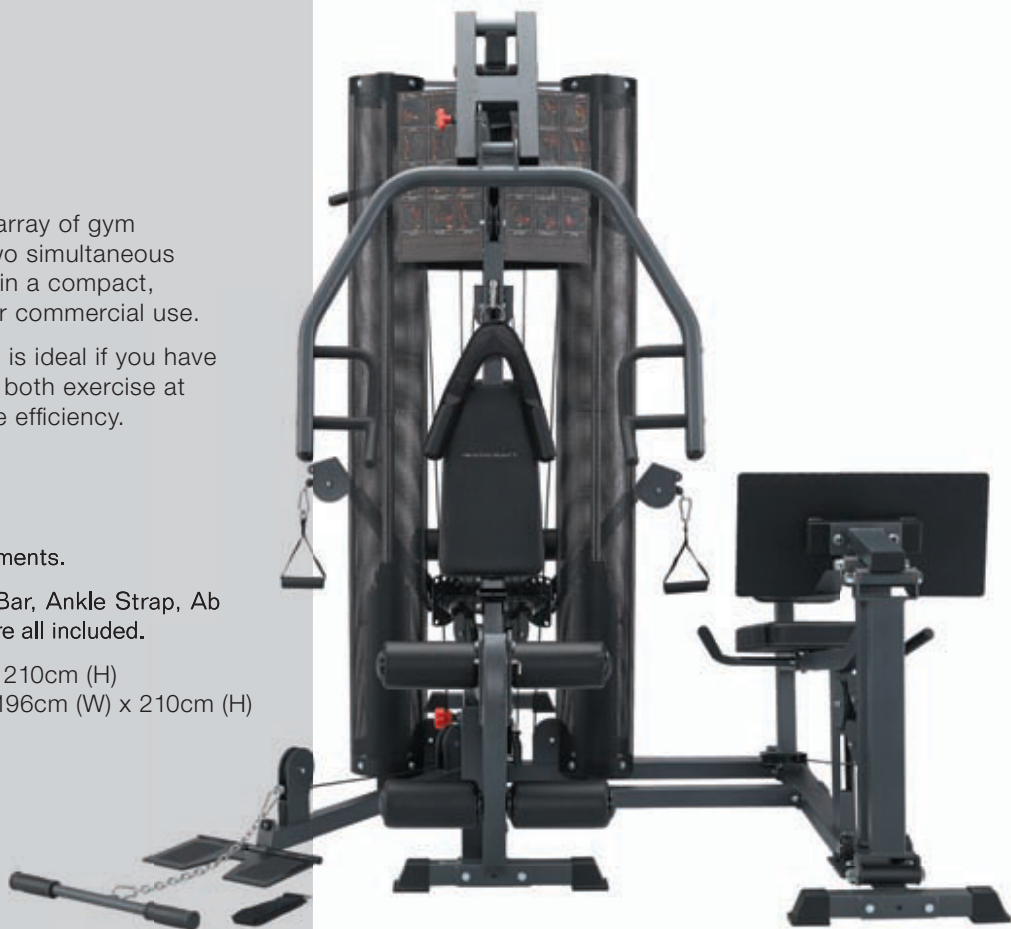
DESCRIPTION

BODYCRAFT X2 offers an impressive array of gym strength training exercises for up to two simultaneous users or by one for quicker transition, in a compact, space-saving design for home gyms or commercial use.

This multiple machines in one concept is ideal if you have a training partner, which allows you to both exercise at the same time and hence leads to time efficiency.

SPEC

- Weight Stack: 2 x 200lbs in 10lbs increments.
- Accessories: Lat Pull Bar, Row/Curl Bar, Ankle Strap, Ab Strap, Workout DVD, Workout Book are all included.
- Dimensions: 113cm (L) x 134cm (W) x 210cm (H)
With Optional Leg Press: 164cm (L) x 196cm (W) x 210cm (H)



BODYCRAFT

MULTIGYM



X2 Optional Vertical Knee Raise Station

- Completely control your abs, chest, back and arms sculpture.



Press Row

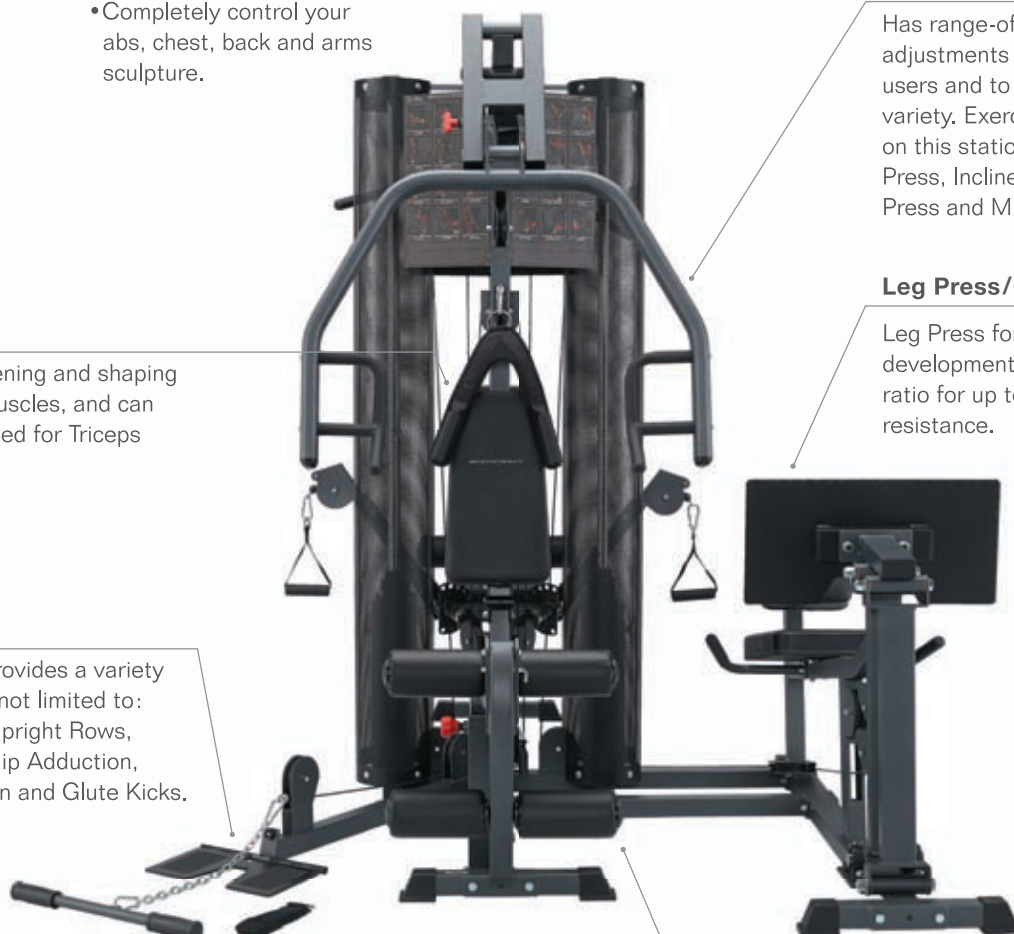
Has range-of motion adjustments to fit all size users and to provide more variety. Exercises available on this station include Bench Press, Incline Press, Shoulder Press and Mid Row.

Ab Crunch

For strengthening and shaping abdominal muscles, and can be also be used for Triceps Extension.

Low Pulley

Low Pulley provides a variety of exercises not limited to: Low Rows, Upright Rows, Arm Curls, Hip Adduction, Hip Abduction and Glute Kicks.



Leg Press/Calf Raise

Leg Press for full leg development, providing a 1:2 ratio for up to 400 pounds of resistance.

Leg Extension/ Curl

For targeted leg development. Provides seated leg extensions, Standing Leg Curls.

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Notice: Bodycraft reserves the right to improve or change product specifications and designs at any time.