



Keeping South Florida Healthy
& Fit for over 25 Years!

BODYCRAFT

EXP SERIES™

MULTI-PRESS



Experience the exceptional versatility of the BODYCRAFT EXP Series Multi Press, an unparalleled selectorized machine designed for a wide range of press exercises. Effortlessly switch between shoulder, incline, and flat presses, enjoying seamless transitions with convenience.

The multi-grip design accommodates various hand positions to target specific muscles.

The three-piece ergonomic seat pad, offers superior comfort & support.

The adjustable press bar offers a wide range of movement, allowing for safer start positions

The sleek roller-style seat assembly allows for effortless switching between flat, incline, and shoulder press exercises.



561-712-0381



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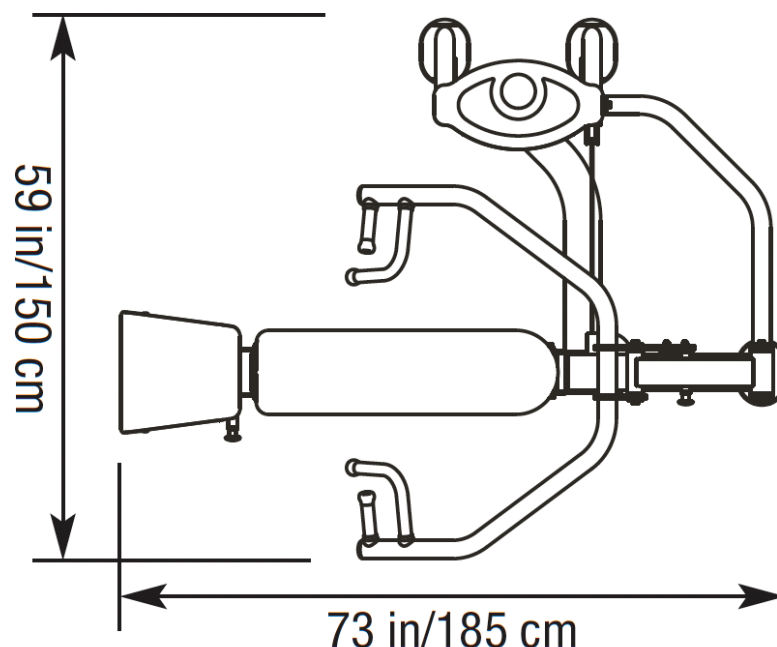
MULTI-PRESS

FEATURES AND SPECIFICATIONS

FRAME	Heavy duty 11-gauge 2" x 4" oval steel frames and 2" round tubing
PIVOT POINTS	1" diameter solid steel axle encased in machined housing on all primary pivot points
ROLLER BEARINGS	Sealed 2" precision ABEC bearings
PULLEYS	4-1/2" and 3-1/2" diameter fiberglass reinforced nylon pulleys with precision sealed bearings enclosed in protective steel covers.
PADS/UPHOLSTERY	High-density molded PU foam padding with double-stitched upholstery secured to 3/4" plywood backing.
CABLES	1/4" 4,200lb test 7x19 PU coated cable
GUIDE RODS	3/4" solid steel precision ground, hard chrome finish, guide rods
WEIGHT STACK	200lb Steel weight stack w/built-in storage compartment cover (upgradeable to 250lbs)
HAND GRIPS	Thermoplastic rubber hand grips secured w/ aluminum end caps for durability & improved feel
SHROUDS	Steel weight stack shrouds with decorative built-in storage compartment cover
SELECTOR PINS	Magnetic selector pins and steel weight stacks are easily accessible from seated position
STABILIZER FEET	Protective rubber stabilizer feet with anchoring holes
FINISH/AESTHETICS	Electro-statically applied powder coat finish baked at 400F Diamond Gray and Textured Black Powder Coated Heavy Gauge Steel Tubing Blue Anodized Aluminum Selector Pins and Pop-Pins and Blue Single Handle Accents
DIMENSIONS	73" L x 59" W x 59" H
WEIGHT	540 lb

WARRANTY

10 YEARS	Structural main frames & welds.
5 YEARS	Parts: bearings, pulleys, bushings, guide rods, & weight plates.
1 YEAR	Upholstery & cables.
90 DAYS	Labor





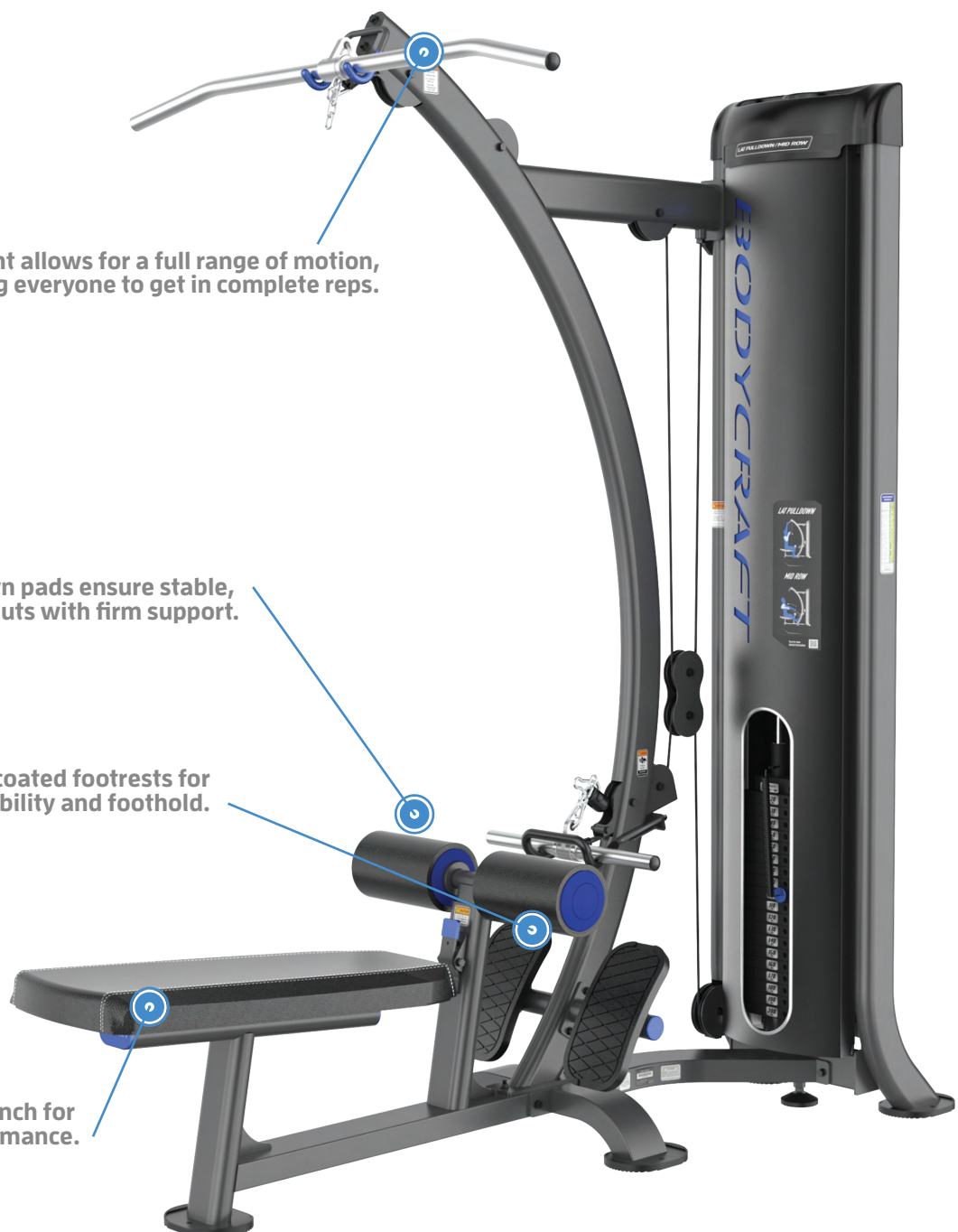
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LAT PULLDOWN/MID ROW

Experience the perfect fusion of commercial-grade quality and versatility with the BODYCRAFT EXP Series Lat Pulldown/Mid Row machine. This exceptional equipment combines dual-function lat and mid-row exercises, ensuring a comprehensive workout. Designed with an oversized bench and adjustable thigh hold down pads, the EXP Series Lat/Mid Row delivers exceptional stability and support, accommodating users of all sizes with utmost comfort.



The tall height allows for a full range of motion,
enabling everyone to get in complete reps.

Adjustable thigh hold down pads ensure stable,
comfortable workouts with firm support.

Durable rubber-coated footrests for
reliable stability and foothold.

Spacious ergonomic bench for
optimal performance.



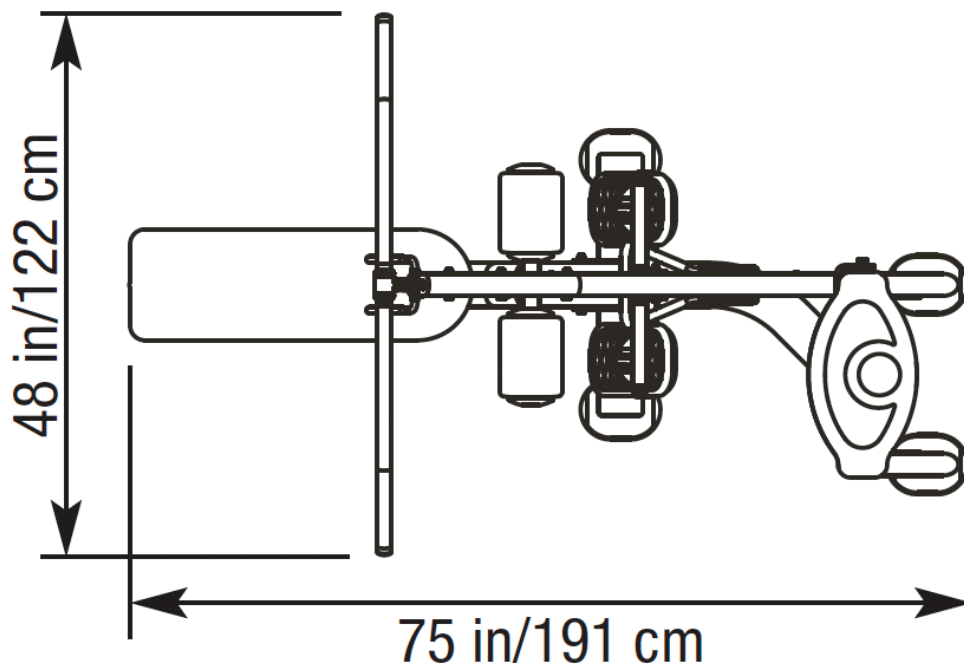
LAT PULLDOWN/MID ROW

FEATURES AND SPECIFICATIONS

FRAME	Heavy duty II-gauge 2" x 4" oval steel frames and 2" round tubing
PIVOT POINTS	1" diameter solid steel axle encased in machined housing on all primary pivot points
ROLLER BEARINGS	Sealed 2" precision ABEC bearings
PULLEYS	4-1/2" and 3-1/2" diameter fiberglass reinforced nylon pulleys with precision sealed bearings enclosed in protective steel covers.
PADS/UPHOLSTERY	High-density molded PU foam padding with double-stitched upholstery secured to 3/4" plywood backing.
CABLES	1/4" 4,200lb test 7x19 PU coated cable
GUIDE RODS	3/4" solid steel precision ground, hard chrome finish, guide rods
WEIGHT STACK	200lb Steel weight stack w/built-in storage compartment cover (upgradeable to 250lbs)
LAT/ROW BAR	48" aluminum lat bar, 19" aluminum seated row bar (both w/swivel, knurling, & chain)
SHROUDS	Steel weight stack shrouds with decorative built-in storage compartment cover
SELECTOR PINS	Magnetic selector pins and steel weight stacks are easily accessible from seated position
STABILIZER FEET	Protective rubber stabilizer feet with anchoring holes
FINISH/AESTHETICS	Electro-statically applied powder coat finish baked at 400F Diamond Gray and Textured Black Powder Coated Heavy Gauge Steel Tubing Blue Anodized Aluminum Selector Pins and Pop-Pins and Blue Single Handle Accents
DIMENSIONS	75" L x 48" W x 88" H
WEIGHT	550 lb

WARRANTY

10 YEARS	Structural main frames & welds.
5 YEARS	Parts: bearings, pulleys, bushings, guide rods, & weight plates.
1 YEAR	Upholstery & cables.
90 DAYS	Labor



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DFT FUNCTIONAL TRAINER

The BODYCRAFT EXP Series DFT Functional Trainer features a smart design, providing a wide range of exercises in a compact space. It offers adjustable weight increments and a 2:1 pulley ratio for easy intensity control and progression. From the multi-grip pull-up bar to color-coded adjustment points and illustrated exercise placards, it ensures intuitive use for all users and trainers.



Choose from various versatile grips: wide for overall engagement, close for precision, or rock climbing grips to boost grip strength and forearm development. Alternatively, use the loop hook for suspension training.

HIGHLIGHTS

DUAL ADJUSTABLE
ROTATING PULLEYS
W/EASY HEIGHT
ADJUSTMENTS



32 PRECISION LASERED
HEIGHT POSITIONS



OPTIONAL
5LB ADD-ON
WEIGHT



Contoured D-Handles, Triceps Rope,
Ankle Cuff, Sports Stick, Long Bar, Long Strap,
Chains, & Optional 5lb add-on weights.



250 LB UPGRADEABLE WEIGHT STACKS



CONNECT 22 TOUCHSCREEN TABLET



F703 BENCH

Featuring an instructive
placard for exercises and
offers the choice to attach a
Connect 22 Touchscreen
Tablet, enabling workout
videos, and personalized
fitness resources.

*SHOW WITH OPTIONAL CONNECT 22



Built-in accessory tray.

**OPTIONAL
ADD-ONS**



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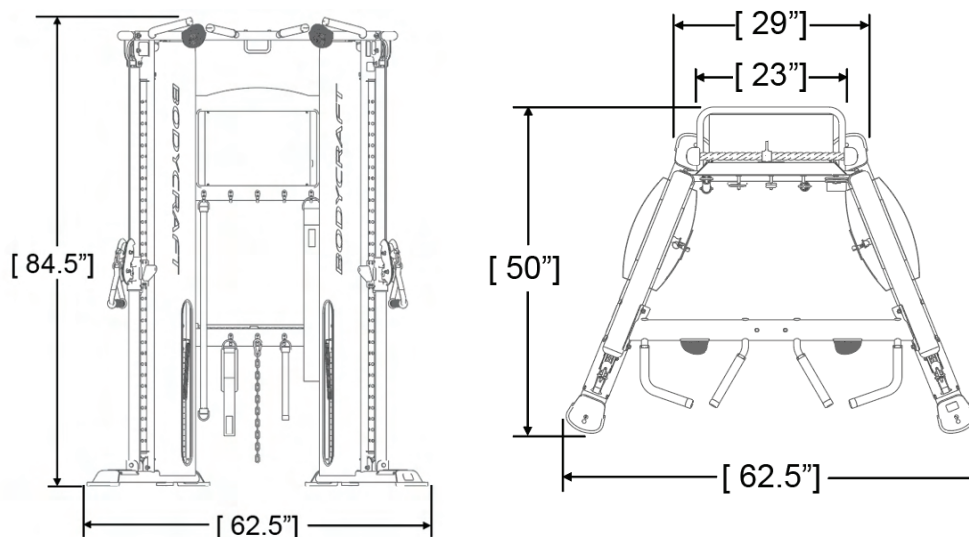
DFT FUNCTIONAL TRAINER

FEATURES AND SPECIFICATIONS

FRAME	Heavy-Gauge Oval Tubing W/ Laser Cut Steel Plates
CABLE COLUMNS	Independent, Adjustable Cable Columns Pulleys w/ 32 Height Positions. Rotate 200 Degrees
ACCESSORIES	Dual Contoured Single Handles, Sports Stick, Long Bar, Triceps Rope, Ankle Cuff, Long Strap, Dual Heavy-Duty 21 Link Chains, Storage Tray, Exercise Placard, Optional Dual 5lb Add-On Weight
PULLEY TRAVEL	61" Vertical Travel with 32 Height Positions
CABLE TRAVEL	77" (Using One Side)
AESTHETICS	Blue Aluminum Pulleys & Selector Pins. All Black Hardware, Blue Adjustment Knob, Single Handle Accents & Braided Triceps Rope. Chrome Hooks.
STABILITY	Non Skid Extra Wide Stabilizer Rubber Feet w/ Scratch Plate for Protection.
PAINT FINISH	Diamond Gray and Textured Black Electrostatic Powder-Coated Finish
PULLEYS	3.5" Pulleys with Sealed Maintenance-Free Precision Ball Bearings
CABLES	Flexible PU Coated, 7 X 19 Strand Aircraft Cable Rated at Over 2000 lbs. Tensile Strength.
CHIN BAR	(Wide – Classic – Narrow) Uses Include: Pull-Ups, Loop for Suspension Training, Bands, Rock Grips
WEIGHT STACKS	Dual 200 LBS Weight Stacks with Magnetic Selector Pins W/ Lanyard. 2:1 Ratio. Optional Upgrade to 250 LBS Each.
GUIDE RODS	Heavy Duty Solid 3/4" Chrome Plated
FINISH	Diamond Gray and Textured Black electrostatic powder-coated finish
SHROUD	Noise Dampening & Laser Cut w/ Blue Logo
DIMENSIONS	62.5"W x 50"D x 84.5"H
WEIGHT	(Assembled) 800 LBS (900 LBS W/ Upgraded 250 LB Stacks)

WARRANTY

10 YEARS	Structural main frames & welds.
5 YEARS	Parts: bearings, pulleys, bushings, guide rods, & weight plates.
1 YEAR	Upholstery & cables.
90 DAYS	Labor



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INNER & OUTER THIGH

Achieve toned, shaped, and strengthened leg and hip muscles with the BODYCRAFT EXP Series Inner/Outer Thigh machine. This versatile equipment offers various thigh exercise variations. The thigh pads swivel in or out depending on the exercise being performed, moving freely with the body to eliminate pinch points and ensure a comfortable and safe workout experience.

Elevate your workout comfort with our ergonomic seat pad. It promotes proper posture, minimizes discomfort, and maximizes exercise efficiency.



Wide range of adjustable start positions for inner and outer thigh exercises. Target specific muscles and customize training for optimized strength and toning.

The integrated handles ensure a secure grip and aid balance. These handles enhance equipment safety and usability.



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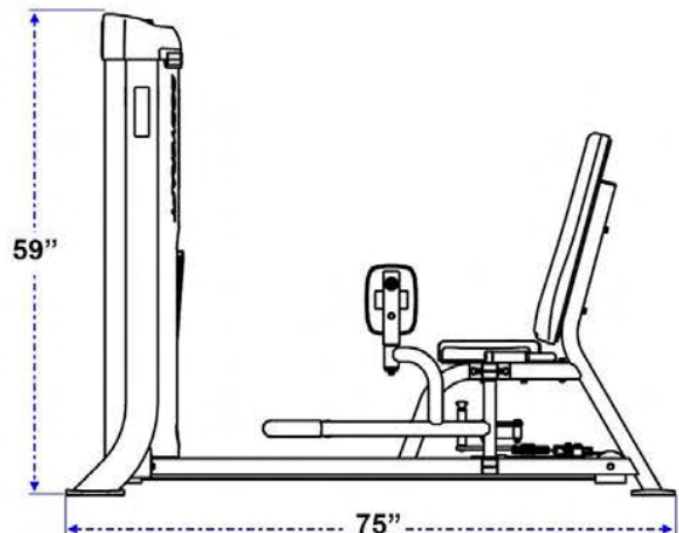
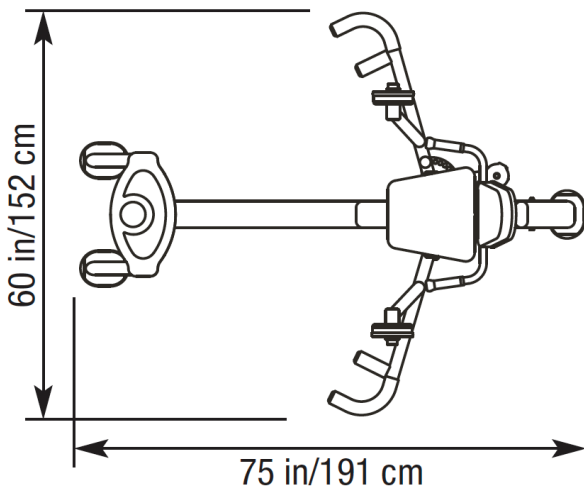
INNER & OUTER THIGH

FEATURES AND SPECIFICATIONS

FRAME	Heavy duty 11-gauge 2" x 4" oval steel frames and 2" round tubing
PIVOT POINTS	1" diameter solid steel axle encased in machined housing on all primary pivot points
ROLLER BEARINGS	Sealed 2" precision ABEC bearings
PULLEYS	4-1/2" and 3-1/2" diameter fiberglass reinforced nylon pulleys with precision sealed bearings enclosed in protective steel covers.
PADS/UPHOLSTERY	High-density molded PU foam padding with double-stitched upholstery secured to 3/4" plywood backing.
CABLES	3/16" 2,000lb test 7x19 PU coated cable
GUIDE RODS	3/4" solid steel precision ground, hard chrome finish, guide rods
WEIGHT STACK	150lb Steel weight stack w/built-in storage compartment cover
HAND GRIPS	Thermoplastic rubber hand grips secured w/ aluminum end caps for durability & improved feel
SHROUDS	Steel weight stack shrouds with decorative built-in storage compartment cover
SELECTOR PINS	Magnetic selector pins and steel weight stacks are easily accessible from seated position
STABILIZER FEET	Protective rubber stabilizer feet with anchoring holes
FINISH/AESTHETICS	Electro-statically applied powder coat finish baked at 400F Diamond Gray and Textured Black Powder Coated Heavy Gauge Steel Tubing Blue Anodized Aluminum Selector Pins and Pop-Pins and Blue Single Handle Accents
DIMENSIONS	75" L x 60" W x 59" H
WEIGHT	415 lb

WARRANTY

10 YEARS	Structural main frames & welds.
5 YEARS	Parts: bearings, pulleys, bushings, guide rods, & weight plates.
1 YEAR	Upholstery & cables.
90 DAYS	Labor



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LEG EXTENSION | CURL

Experience the versatility of the BODYCRAFT EXP Series Leg Extension/Leg Curl, a two-in-one commercial leg machine that combines leg extensions and seated leg curls into a single, compact unit. Seamlessly transition between these exercises, maximizing your workout efficiency. With its space-saving design, the Leg Extension/Leg Curl optimizes floor space utilization, enabling your facility to reach its full potential.

Switch between extensions & curls easily with the adjustment handle.

Use the ratchet-style telescoping back pad for precise positioning.

The counterbalanced pivot arm and self-aligning leg roller ensure a comfortable workout for varied body types.



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EXP SERIES™

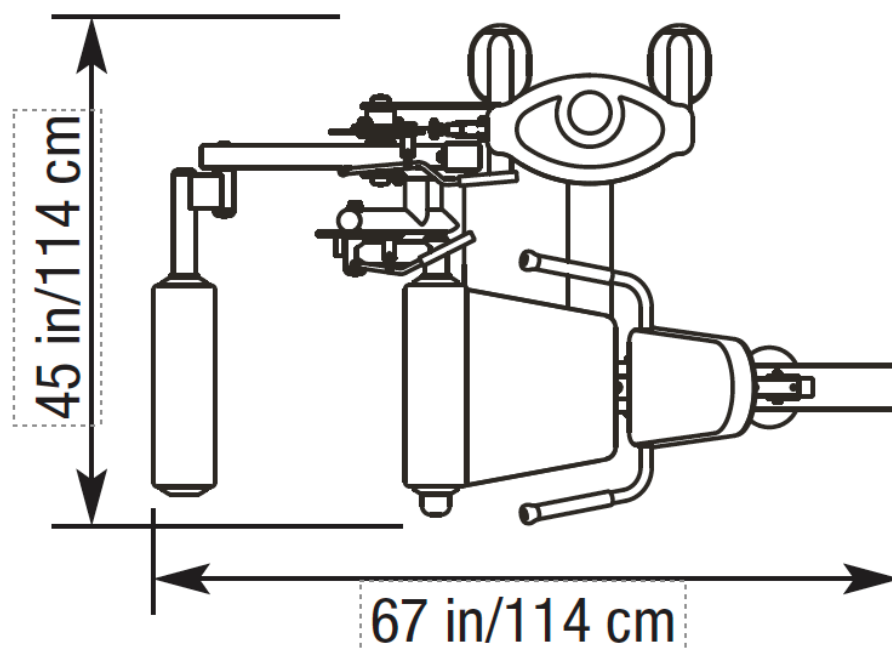
LEG EXTENSION | CURL

FEATURES AND SPECIFICATIONS

FRAME	Heavy duty 11-gauge 2" x 4" oval steel frames and 2" round tubing
PIVOT POINTS	1" diameter solid steel axle encased in machined housing on all primary pivot points
ROLLER BEARINGS	Sealed 2" precision ABEC bearings
PULLEYS	4-1/2" and 3-1/2" diameter fiberglass reinforced nylon pulleys with precision sealed bearings enclosed in protective steel covers.
PADS/UPHOLSTERY	High-density molded PU foam padding with double-stitched upholstery secured to 3/4" plywood backing.
CABLES	1/4" 4,200lb test 7x19 PU coated cable
GUIDE RODS	3/4" solid steel precision ground, hard chrome finish, guide rods
WEIGHT STACK	200lb Steel weight stack w/built-in storage compartment cover (upgradeable to 250lbs)
HAND GRIPS	Thermoplastic rubber hand grips secured w/ aluminum end caps for durability & improved feel
SHROUDS	Steel weight stack shrouds with decorative built-in storage compartment cover
SELECTOR PINS	Magnetic selector pins and steel weight stacks are easily accessible from seated position
STABILIZER FEET	Protective rubber stabilizer feet with anchoring holes
FINISH/AESTHETICS	Electro-statically applied powder coat finish baked at 400F Diamond Gray and Textured Black Powder Coated Heavy Gauge Steel Tubing Blue Anodized Aluminum Selector Pins and Pop-Pins and Blue Single Handle Accents
DIMENSIONS	61" L x 50" W x 83" H
WEIGHT	515 lb

WARRANTY

10 YEARS	Structural main frames & welds.
5 YEARS	Parts: bearings, pulleys, bushings, guide rods, & weight plates.
1 YEAR	Upholstery & cables.
90 DAYS	Labor



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LEG PRESS/CALF RAISE

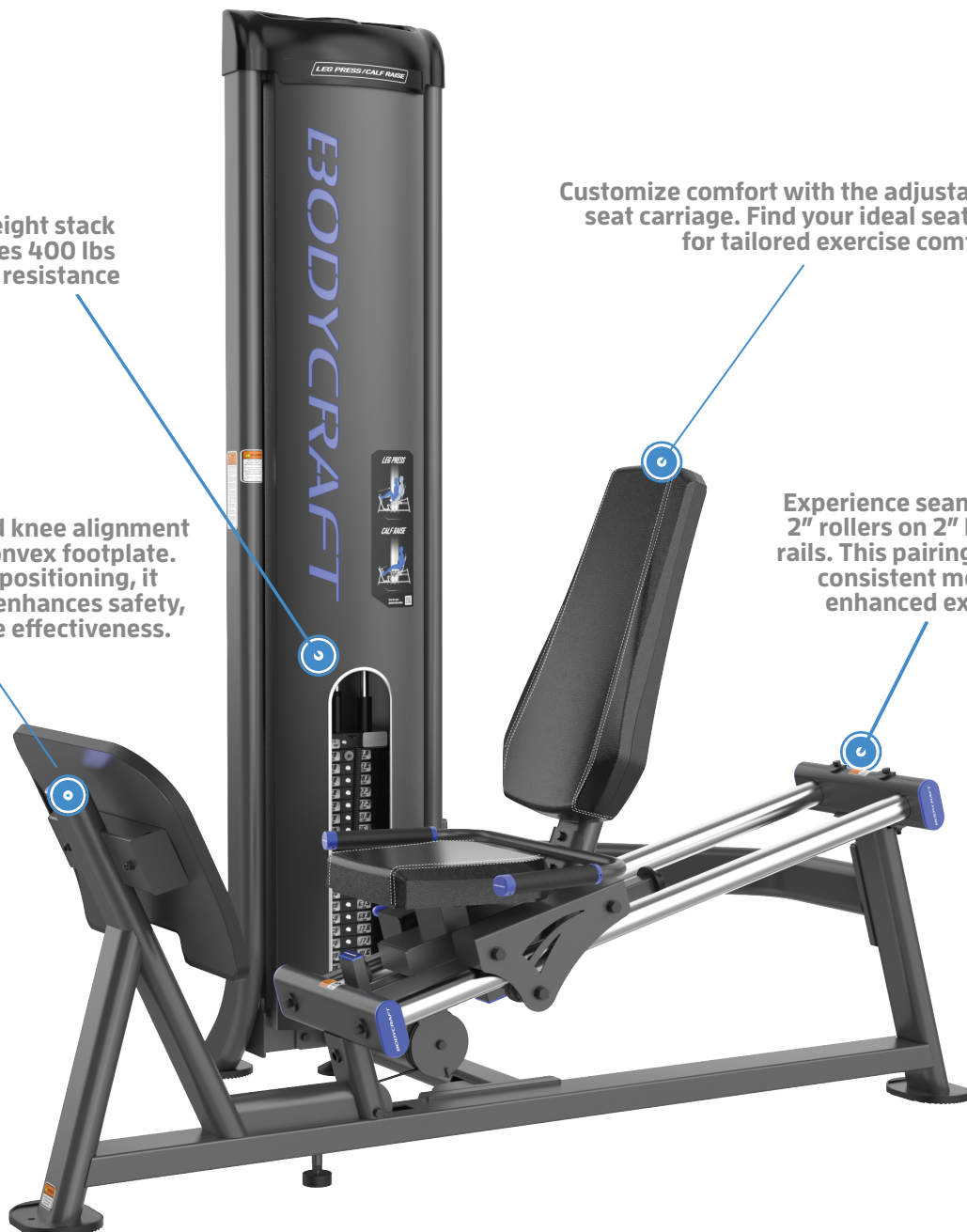
Sculpt, shape, and strengthen your leg muscles, including quadriceps, hamstrings, glutes, and calves, with the BODYCRAFT EXP Series Seated Leg Press/Calf Raise. This exceptional machine is designed to target and tone your lower body effectively. The heavy-duty 2" hard chrome seat rails ensure a smooth and precise motion, allowing for a seamless workout experience.

200 lb steel weight stack
with 1:2 ratio provides 400 lbs
of weight resistance

Customize comfort with the adjustable 5-position
seat carriage. Find your ideal seating position
for tailored exercise comfort.

Ensure proper ankle and knee alignment
with the specialized convex footplate.
Designed for neutral positioning, it
minimizes joint strain, enhances safety,
and improves exercise effectiveness.

Experience seamless motion with
2" rollers on 2" hard chrome seat
rails. This pairing guarantees fluid,
consistent movement for an
enhanced exercise session.



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LEG PRESS/CALF RAISE

FEATURES AND SPECIFICATIONS

FRAME	Heavy duty 11-gauge 2" x 4" oval steel frames and 2" round tubing
PIVOT POINTS	1" diameter solid steel axle encased in machined housing on all primary pivot points
ROLLER BEARINGS	Sealed 2" precision ABEC bearings
PULLEYS	4-1/2" and 3-1/2" diameter fiberglass reinforced nylon pulleys with precision sealed bearings enclosed in protective steel covers.
PADS/UPHOLSTERY	High-density molded PU foam padding with double-stitched upholstery secured to 3/4" plywood backing.
CABLES	1/4" 4,200lb test 7x19 Nylon coated cable
GUIDE RODS	3/4" solid steel precision ground, hard chrome finish, guide rods
WEIGHT STACK	200lb Steel weight stack w/built-in storage compartment cover (upgradeable to 250lbs)
HAND GRIPS	Thermoplastic rubber hand grips secured w/ aluminum end caps for durability & improved feel
SHROUDS	Steel weight stack shrouds with decorative built-in storage compartment cover
SELECTOR PINS	Magnetic selector pins and steel weight stacks are easily accessible from seated position
STABILIZER FEET	Protective rubber stabilizer feet with anchoring holes
FINISH/AESTHETICS	Electro-statically applied powder coat finish baked at 400F Diamond Gray and Textured Black Powder Coated Heavy Gauge Steel Tubing Blue Anodized Aluminum Selector Pins and Pop-Pins and Blue Single Handle Accents
DIMENSIONS	77" L x 52" W x 85" H
WEIGHT	610 lb

WARRANTY

10 YEARS	Structural main frames, welds, cams and weight plates.
5 YEARS	Pivot bearings, pulleys, bushings, and guide rods.
3 YEARS	Pull-pin components and rail wheels.
3 YEARS	Upholstery, cables, finish, and rubber grips.
ALL OTHER PARTS	Not mentioned, one year from the date of delivery to the original purchaser
90 DAYS	Labor

