

# BodyCraft

## mini-XPress

Modular Style Home Gym  
Utilizes BodyCraft's patented  
Adjustable Cable Arms



Patented **Adjustable Cable Arms** provide for a complete array of dumbbell exercises, sports specific exercises, and rehab exercises.

**Optional Leg Extension**  
Attach to adjustable cable arms for virtually unlimited weight resistance.

**LIFETIME WARRANTY**  
Since it is built to last a lifetime, every part of the BodyCraft Mpress is guaranteed for as long as you own it. We will replace or repair any defect. Warranty applies only to the original owner and for in-home use.



Space required 7' x 7' Height: Base unit 64", with Optional Lat Attachment 83".

Provides correct form for every dumbbell exercise. A great alternative to a set of dumbbells and bench! Seat is adjustable. Seat Back adjusts front-to back and tilts up-and down providing support at every angle!

**User defined motion.** The BodyCraft mini-XPress utilizes pulleys and cables for unrestricted, completely natural, and biomechanical correct movements. You define the path, providing for a greater, more natural range of motion, which incorporates the use of stabilizer and core muscle groups - an advantage not found on typical home gyms. The mini-XPress is an effective way to build strength and balance for every day activities, or for recreational sports!

## mini-*X*Press

Shown without optional Lat Attachment  
and optional Leg Extension / Curl Attachment.  
Shown with optional weight stack.

The benefit of a complete dumbbell set... Without the clutter.