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(Instructional Video) Dr  
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Bodycraft Bodycraft XFT  
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Body Craft Xpress Pro

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~~Routine: Lower Body~~

~~\u0026 Core, part1 Top 5~~

~~Recumbent Exercise Bike~~

~~Review | Recumbent Bike~~

~~for Indoor Exercise | Best~~

~~Recumbent Bike 2017~~

~~Double Up Bench Press~~

~~XFT Workout Bodycraft~~

~~Exercise Guide~~

This exercise targets the

chest muscles, but

because it is done

without back support,

the core stabilizing

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muscles are also engaged.

You will need to use a much lower weight than standard bench press exercises. Adjust the seat back to the upright position and the Functional Training Arms to chest height. Sit forward on the seat, without back support.

Exercise Guide -  
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ELLIPTICALS

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EXERCISE GUIDE

Adjust a front pulley to

your mid section. Hold

one handle with both

hands. Keeping arms



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straight, rotate torso to opposite side until cable makes contact with shoulder. Return to original position and repeat. Adjust a front pulley to a high position and grasp one handle with both hands. Pull the handle down and across

### EXERCISE GUIDE - BODYCRAFT

Adjust the Functional

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### Training Arms to their Exercise Guide

widest position. Sit upright on the seat and grab the handles with a neutral grip. Bring your arms together and upward in a circular motion. Return slowly. Variations: As with all cable oriented exercises, this exercise can be performed one arm at a time.

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BODYCRAFT Exercise Guide

STRENGTH

TRAINING SYSTEM

EXERCISE MANUAL

Pdf ...

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(5:00 PM).

## Exercise Guide

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- [store.fpftech.com](http://store.fpftech.com)

period of light exercise and stretching. During the routine, be sure to maintain proper form and move through the full range of motion. Be sure to breathe naturally; do not hold your breath. End each session with 5-10 minutes of light

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stretching. Stretching can help relieve soreness and increase flexibility.

**WARNING:** Before beginning this or any exercise ... -

### **BODYCRAFT**

As with all cable oriented exercises, this exercise can be performed one arm at a time. Primary muscles worked:

**Pectorals Major and**

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Minor (chest), Anterior  
Deltoids (shoulder),  
Triceps (back of the  
arm). 8 CHEST

Converging Incline Press

This exercise is very  
similar to the Cable  
Incline Bench Press, but  
your arms converge to  
the middle as you press.

BodyCraft Exercise  
Guide - Helisports -  
MAFIADOC.COM

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### For 2019+ T-Series Exercise Guide

Treadmills (Serial Number MUST begin with T401, T801, and T1K1). There are 3 Consoles available for each of the 3 Treadmill bases. Each Treadmill and Console has its own model and serial number, so the update is based on the model number of the console and **NOT** the Model number of the

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### treadmill base. Exercise Guide

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Rack Functional Trainer  
is built for the person  
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help you select the right



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equipment for your  
fitness journey to  
enhance your body and  
your life.

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**BODYCRAFT**

This machine is designed to fit comfortably into the home whilst being able to give as many exercise options as possible, you can perform the following

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basic exercises (but you are not limited to): Bench Press Incline Press Traditional Flys Dumbbell Style Flys Rear Delt Flys Shoulder Press Lateral ...

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Arora APPENDIX 5:

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BodyCraft has spent over 10 years of researching

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### Exercise Guide

and development to bring forth the best of ellipticals. They have carefully engineered and designed these to match the most natural arm swings and strides. The ellipticals from BodyCraft are all self-generating that will help their users to get a full and optimal body workout.

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The Best Bodycraft  
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Fitness Equipment

Review - LessConf

Bodycraft Galena User

Guide The

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GALENA offers an

impressive array of

strength training

exercises to develop

every major muscle

group of the body.

Whether your goal is

cardiovascular fitness, a

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shapely, toned body or dramatic muscle size and strength, the BODYCRAFT GALENA will help you achieve the specific results you want.

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### 446 Instruction Manual.

Galena strength training system instruction manual bcg 446 (19 pages) ... Exercise with care to avoid injury. 9. If unsure about the proper use of the BODYCRAFT X2 GYM strength training system call your local BODYCRAFT dealer or our ...

**BODYCRAFT X2**

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INSTRUCTION  
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M300 strength training  
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PRO INSTRUCTION

MANUAL Pdf

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Whether the motion is for Strength Training, Sport Specific, or maybe it's a motion you perform at work or during leisure activities, the

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### BODYCRAFT HFT

allows you to train the way you move. You define the path of motion, strengthening every part of your body, improving your core, balance and coordination. Mounted book describing over 70 exercises

Bodycraft HFT  
Functional Trainer -

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