

# BODYCRAFT XPRESS PRO

## EXERCISES

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With an MSRP of \$2,499 as of November 2010, the Bodycraft Xpress Pro represents a sizable investment. In return for your money, you get a machine that combines the best aspects of fixed strength training equipment, like what you'd typically find in a gym, with functional training -- all in a compact, single station design. You can use the Xpress Pro to perform conventional gym exercises and, if you're creative in your use of the pulleys, an almost unlimited number of cable exercises.

### **CHEST PRESS**

The chest press is a staple exercise for almost all home gyms. It works your chest, triceps and anterior deltoid. Sit down on the bench and grasp the press arm handles with a palms-down or palms-in grip. Straighten your arms, pushing the press arm away from you. Return to the starting position and repeat.

### **PEC FLYES**

Pec flyes isolate your pectoral muscles. If your triceps and deltoids tire out while doing chest presses, but your chest muscles haven't yet hit the point of fatigue, you can continue working your chest with flyes. Adjust the pulley swing arms to your seated shoulder height. Grasp one handle in each hand and sit down on the bench. Bring both palms together in front of your chest, arms straight but not locked, elbows pointing out. Spread your arms apart like the pages of a book, then repeat.

### **SEATED ROW**

You can use the Xpress Pro's press arm to work your pulling muscles, too. Sit with your chest against the bench backrest. Grasp the press arm handles with an overhand or neutral grip. Pull both handles back toward you, allowing your elbows to flare out naturally. Return to the starting position and repeat.

### **SHOULDER PRESS**

The movable swing arms offer almost unlimited exercise options. Just change the pulley position, or your angle of pull, or both. To do a shoulder press, which works your shoulders and triceps, position the pulley arms low, about shoulder-width apart. Sit and press the handles straight up.

### **LEG EXTENSION**

The leg extension isolates your quads -- one of the few exercises that's almost impossible to perform without gym equipment. Sit with your knees across the leg developer's top bar. Tuck your shins behind the lower bar. Extend both legs against the Xpress Pro's resistance.

### **LEG CURL**

The leg curl, another hard-to-perform-without-gym-equipment movement, isolates your hamstrings. Stand facing the bench. Place one knee against the top roll on the leg developer. Tuck your ankle in front of the bottom roll. Bend your knee against the machine's resistance. Lower and repeat before switching to the other side.

### **UPRIGHT ROW**

You can use the low pulley fixed to the leg developer as a base for exercises like the upright row. Attach a small crossbar handle to the pulley. Stand above the leg developer and pull the handle up along the front of your body, letting your elbows flare naturally up and out to either side of your head. Lower and repeat.

### **REFERENCES**

- [Bodycraft: Xpress Pro](#)
- [Bodycraft: Xpress Pro Demo Movie](#)

Read more: <http://www.livestrong.com/article/303835-bodycraft-xpress-pro-exercises/#ixzz2KEDfcO9O>