

BodyCraft

PL1000 Lever Gym

The unique design of the BodyCraft PL1000 Lever Gym combines the benefits of barbell training with the safety of a weight machine.

Versatile! Multiple exercises are provided for every body part. Using either standard, or Olympic sized weight plates, you have the freedom of controlling the weights precisely.

Safe! Simply squeeze the unique self-spotting handle to easily set the beginning and ending points of the range of motion for each exercise performed. No need for worry of failure - you have activated the self-spotting feature! Also allows the user to begin and end at the top of the movement, just like a free-weight bar!

Efficient! Extremely easy to adjust Weight Bench and Press Arm. By utilizing one simple spring-loaded pin, the bench easily slides into position for decline, flat, incline and vertical (shoulder) presses. The Press Arm starting point adjusts easily by squeezing the self-spotting handle, moving the Press Arm to desired height, then releasing handle.

No cable changes! Overhead and Mid-Pulley Stations are both tied to the smooth-sliding plate holder. Switch from Pull Downs to Mid Rows by simply grabbing a different handle!

Heavy Duty! Made with a combination of 8-gauge, 11-gauge, and 12-gauge steel tubing, the PL1000 Lever Gym is made to last a lifetime! Other top grade components include 4-1/2" diameter, fiberglass impregnated nylon pulleys with sealed ball bearings, the most flexible 7 X 19 strand aircraft cables rated at over 2000 pounds tensile strength, and double-stitched virgin vinyl upholstery, covering 2" thick, high density foam.

Just some of the more than 20 exercises available!

ARMS

Dumbbell Curls
Triceps Push Down
Dumbbell Triceps Extension

BACK

Mid Row with Press Arm
Low Row with Cable
Lat Pull Down
One Arm Dumbbell Row

ABDOMINALS

Ab Crunch from High Pulley
Off-Bench Crunch

CHEST

Decline Bench Press
Flat Bench Press
Incline Bench Press

LEGS

Leg Extension
Leg Curl
Squat
Calf Raise

SHOULDERS

Shoulder Press
Lateral Raise
Upright Row
Shrugs

