



Bodycraft Jones FBT-HILO

Overview

The Bodycraft Jones is already a great home gym by itself, but with the Full Body Trainer and high-low lat attachments, it provides even more workout and movement options. This exercise machine allows you to use your muscles the way they were originally designed to function, in simple, multi-plane movements.

Key Features

Made from 11 gauge steel, this home gym is as sturdy and strong as you will be after regular use.

Key features of the Bodycraft Jones FBT-HILO include:

- >Full Body Trainer: This free weight training system is the main attraction here, giving you a variety of arm, chest, back, and leg free weight exercises for strength training.
- >Bar Hooks: These serve as an added safety feature to keep the bar from slipping.
- >11 Gauge Steel Frame: This sturdy frame supports over a 1000 pounds.
- >High-Low Lateral Attachment: Adjust the attachment (used primarily for arm exercises) higher or lower to suit your needs.
- >Pop Pin Locks: Also known as handle lock pins or spring pins, these can be easily removed to adjust different parts of the home gym, then popped securely back in place to lock the machine into different positions.

The Bodycraft Jones FBT-HILO is for those who want full-body strengthening and trainer, all while never stepping foot outside. Now you can:

- >Have most of the strengthening options of a full gym all in one machine.
- >Work out your muscles in vertical and horizontal motions that feel fluid and natural.
- >Not have to worry about exercising alone since self-spotting design makes it safe to work out solo.
- >Put on additional weights to increase challenge and enhance strengthening conditions.

Bodycraft Jones JB7AB

Overview

The traditional design of the Smith machine only allows users to lift up and down in vertical movements, but the Bodycraft Jones JB7AB is not so limited. Bodycraft's patented 3-D barbell mechanism makes it possible for users to move horizontally as well. However, it is still self-spotting and safe for solo users. You can do everything from hip extensions to chest flies in a safe, effective environment.

Key Features

The Bodycraft Jones is perfect for anyone interested in strength training or working out with the benefits of a full gym without actually being in a gym.

Key features of the Bodycraft Jones JB7AB include:

- >3-D Barbell Mechanism: This is what makes it possible to get full range of movement during your training sessions. The mechanism moves with you to allow fluid, natural motion.
- >11 Gauge Steel Frame: Though the frame itself is light enough to be transported, it stays put when being used. All movable parts of the machine safely glide on industrial grade linear bearings and steel guide rods.
- >Active Bar: Bar can support up to 1000 pounds and can withstand constant adjustments and movement.
- >Pop Pin Locks: Also known as handle lock pins, these can be used to put the Jones into a traditional Smith machine position, albeit with added safety features.

Optional Accessories

- >Crossover Cable & Hi/Low Pulley: This attachment creates options for even more free weight exercises.

The Bodycraft Jones JB7AB provides both vertical and horizontal strengthening options. Now you can:

- >Get fluid, full range of movement on machine whose predecessors only went up and down.
- >Work out safely by yourself thanks to the Jones' self-spotting safety features.
- >Not have to worry about exercising alone since self-spotting design makes it safe to work out solo.
- >Enhance your strength training with attachments, like the crossover cable.