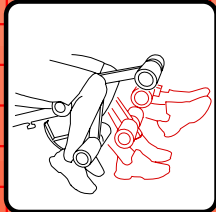
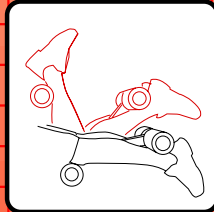


BodyCraft

PL1000 Lever Gym



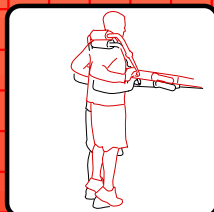
LEG EXTENSION



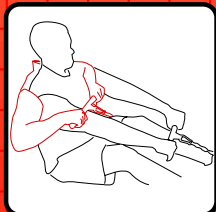
LEG CURL



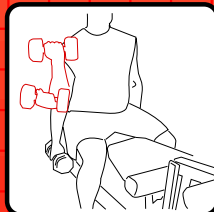
SQUAT



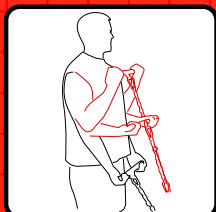
CALF RAISE



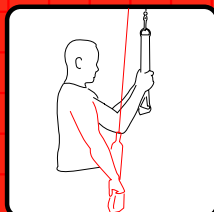
SEATED LOW ROW



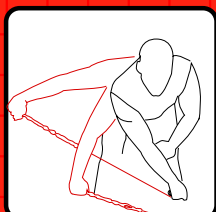
DUMBBELL CURL



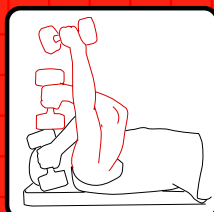
CABLE ARM CURL



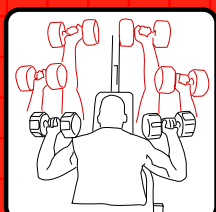
TRICEPS PUSHDOWN



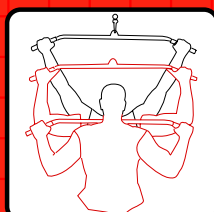
CABLE LATERAL RAISE



DUMBBELL TRICEP EXTENSION



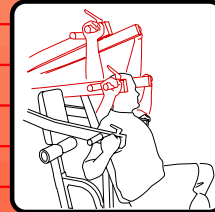
INCLINE DUMBBELL PRESS



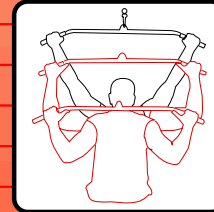
FRONT PULLDOWN

Thank you for investing in the BodyCraft Strata Strength Training System. We hope you enjoy many fit years of use. Learning to use and maintain your strength training system is very important for your personal safety and the proper function of the machine. Be sure to read all of the information carefully before using. This information in this guide is general in nature; for detailed information about exercise, consult your physician or your local fitness dealer. Your local fitness dealer can provide you with reputable books or a certified personal trainer. **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

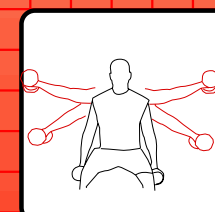
GENERAL EXERCISE GUIDELINES There are many theories as to the proper number of repetitions and sets of repetitions of any specific exercise. In fact, we are all unique individuals and what may be effective for one person may not be as effective for the next. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer. For general guidelines, we recommend 5-10 repetitions per set and 2-3 sets per any given exercise. Intensity is more important than the number of reps and sets. The amount a muscle group is stressed (to failure), is directly proportionate to the amount of increased strength/growth. Please remember to start easy and increase both the total time and the number of repetitions gradually. Overdoing it in the beginning can cause unnecessary soreness. If at any time you feel excessive pain, stop immediately. Determine what is wrong before continuing. Rest is a very important part of the process. Begin each session with a 5-15 minute warm up 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 breath. End each session with 5-10 minutes of stretching. Stretching will help prevent soreness and increase flexibility. Plan to spend the first two weeks getting familiar with the machine and accustomed to your routines. Do not quit! Variety of exercises can be a motivating factor. Seek further information regarding different exercises. Remain committed and your exercise time will soon become a time you eagerly anticipate.



SHOULDER PRESS



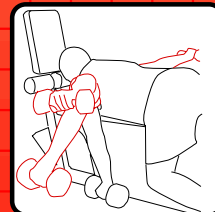
LAT PULLDOWN



DUMBBELL LATERAL RAISE



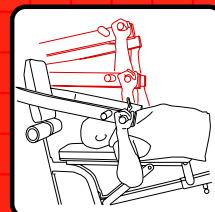
UPRIGHT ROW



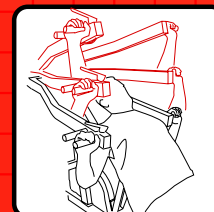
DUMBBELL REAR RAISE



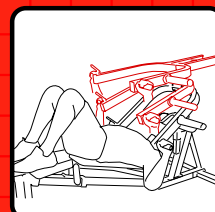
LEVERAGED ROW



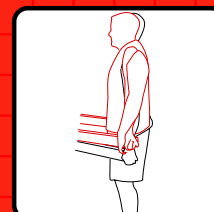
BENCH PRESS



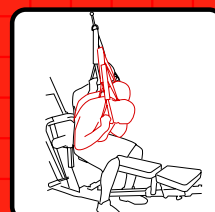
INCLINE PRESS



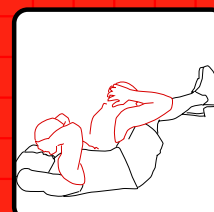
DECLINE BENCH PRESS



SHRUG



AB CRUNCH



OFF BENCH SIT-UP