



BODYX X505 HOME GYM SYSTEM

SKU: X505





PRODUCT DESCRIPTION

The X505 Is an advanced home gym system, for the novice to the expert. The innovative Adjustable Cable Arms feature opened up hundreds of new exercises available on home gyms, including Dumbbell Training, Functional Training, Core Training, Sports Specific and Rehabilitation exercises.

- Adjustable Arms Cable Station: with 6 position adjustments, allows for a very wide array of exercises including Functional Training, Sports Specific, Core Training and (cable) Dumbbell Training.
- Low Pulley Station: For low rows, and provides for Abductor and Adductor Leg Kicks, Arm Curls, Upright Rows, etc.
 - High Pulley Station for Lat pull Downs, and Triceps Push Downs.
- Leg Extension and Curl Station: provides Seated Leg Extension and Standing Leg Curl.
 - Fully Adjustable Seat: to fit any size user.
- Ergonomically designed back: adjusts front-to-back for full support. The dual-layered Back Pad is designed to provide full lumbar support while reducing stress on the spine.
- Sealed, internally lubricated bearings: at pivot points for exceptionally smooth performance.
- Press and Row Station: with adjustable starting point. This allows for different size users and also provides a variety of exercises including Bench Press, Incline Press, Shoulder Press and Mid Row. Seat and seat back are adjustable.
 - Weight stacks: 75KG

Unilateral arms

Isolation of each arm for better strength control. Adjustable to different positions for various exercises.

2 grips positon

Choose the most suitable height for various workouts



Adjustable twin arms

Different position target different muscles group for cable fly workout.



Adjustable low row

Cater to workout in tight space

Belt squat

With an elevation deck and dip belt, belt squat exercise can be performed to target legs



Accessories



Dimension



ADDITIONAL
INFORMATION

Product Weight
Product Dimension
Warranty

More Information

204kg
216 x 124 x 210cm (L x W x H)
1 Year