



BODYX XPRESS PRO HOME GYM (DISPLAY SET)

SKU: VM-179





PRODUCT DESCRIPTION

The Xpress Pro 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.
 - Space saving design: allows placement against wall.
- 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: 90KG



ONE MACHINE, **MULTIPLE EXERCISES!!**

Chest Press, Seated Row, Cable Fly, Lat Pulldown, Bicep Curl, Leg Extension
with many adjustable positions



INTRODUCTION OF MAIN FUNCTIONS!

1. 6 ADJUSTABLE PRESS ARM POSITION

Train various parts of upper body with different press/pull and grip positions

2. 6 ADJUSTABLE DUAL CABLE ARM POSITION

Train different parts of the chest by performing chest fly at various angles

3. LAT PULLDOWN

It is not only restricted to lat pulldown, but also many other exercises with the help of other attachments

4. LOW ROW CABLE

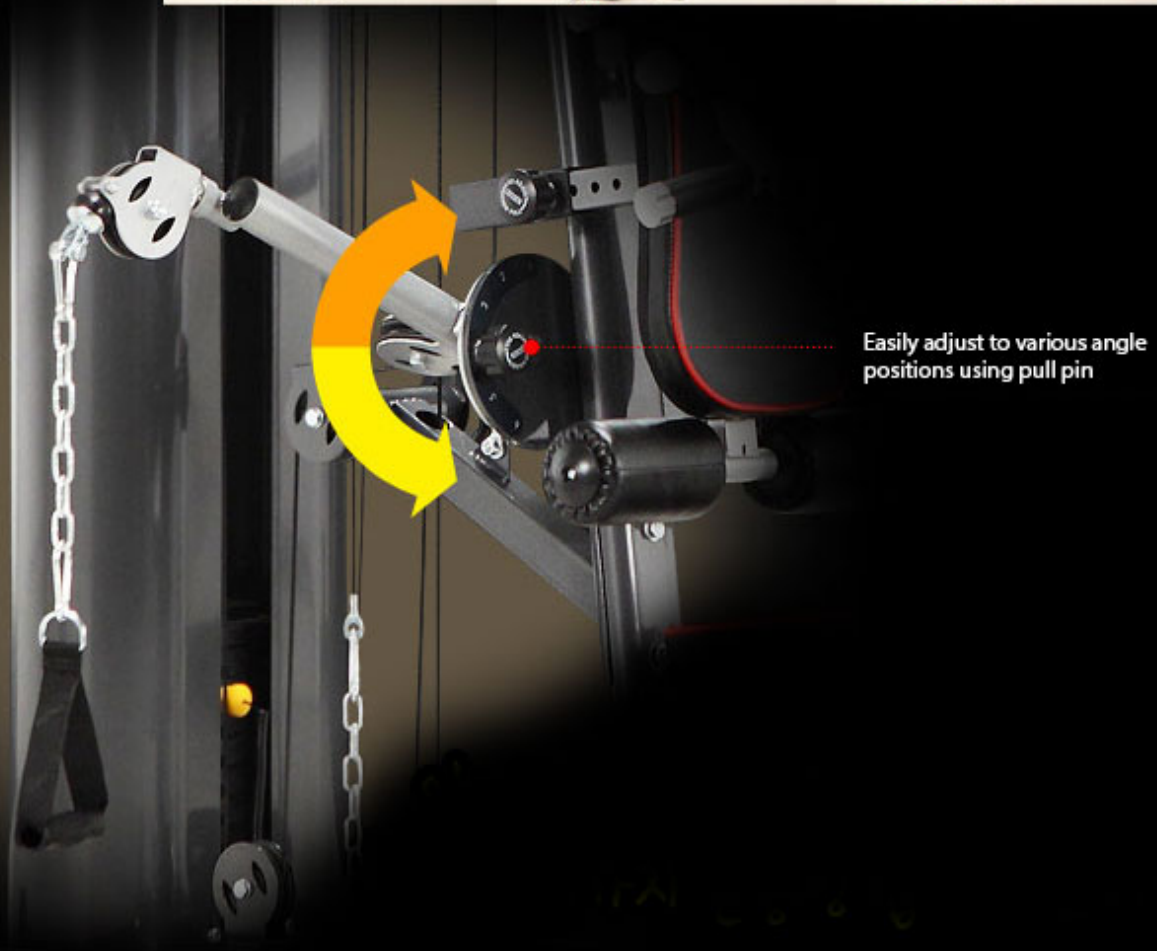
Many possibilities like Seated leg extension, standing leg curl, standing bicep curl, seated row.

Product Explanation

TOP

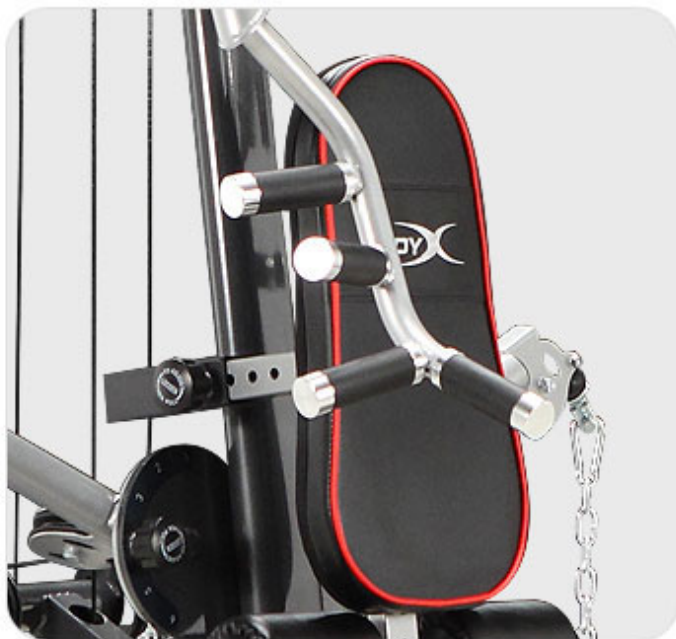
MID

BOTTOM



6 adjustable positions
using pull pin





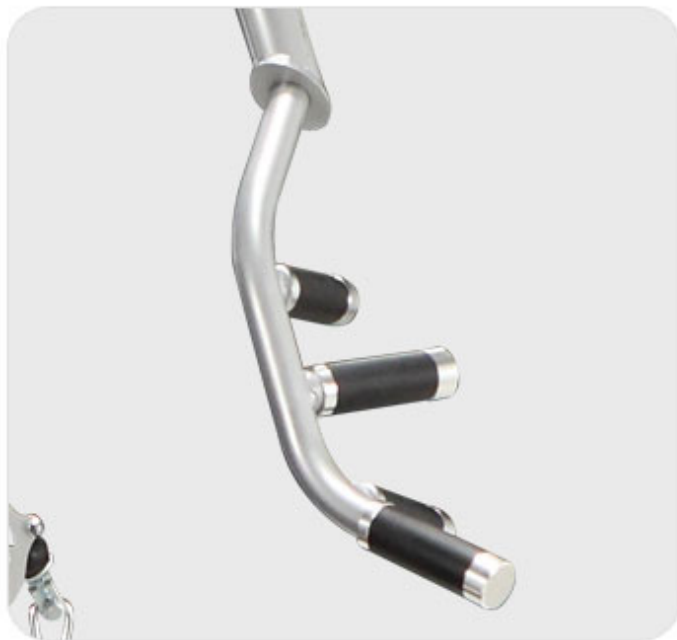
5 adjustable positions for back padding (0 - 12cm)



5 adjustable height for seat (0 - 8cm)



Leg system for leg curl and leg extension



4 position commercial grade handles

Exercise





Bicep Curl



Seated Row



Lat Pulldown



Leg Extension



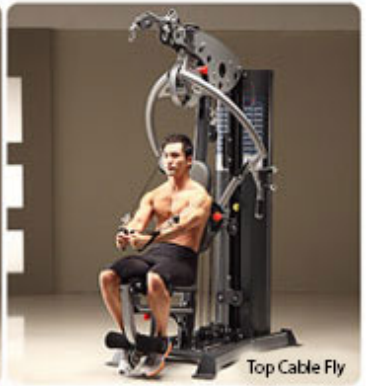
Lat Pulldown



Lat Pulldown



Top Cable Fly



Top Cable Fly



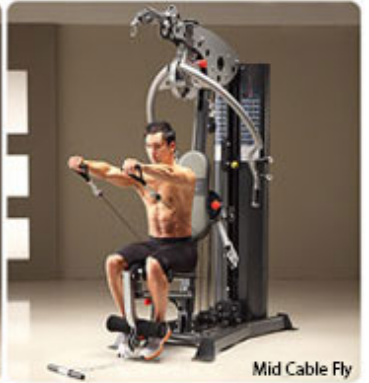
Chest Press



Chest Press



Mid Cable Fly



Mid Cable Fly



Chest Press



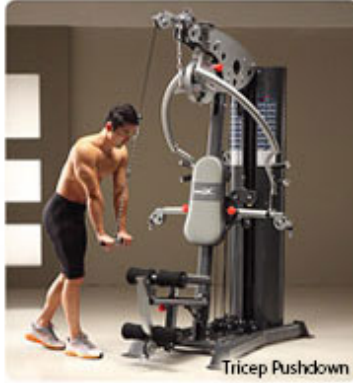
Seated Row



Bicep Curl



Ab Crunch



Tricep Pushdown



Tricep Extension



Single Cable Row



Obliques

엑스프로 홈짐 BK-179 - 운동가이드 -

1 가슴 근육



플랫 프레스
Flat press



인클라인 프레스
Incline press



디클라인 프레스
Decline press



백 로우
Back row



딥스
DIPS



제스트 디클라인 플라이
Chest decline fly



플랫 플라이
Flat fly



인클라인 플라이
Incline fly



스탠딩 플라이
Standing fly



스탠딩 플랫 플라이
Standing Flat fly



2 다리 근육



레그익스텐션
Leg extension



레그컬
Leg curl



3 등 근육



시티드 로우
Seated row



케이블 로우
Cable row



랫풀 다운
Lat pull down



풀업
Pull up



백 로우
Back row



케이블 로우
Cable row



4 코어 근육



AB크런치
AB crunch



사이드 크런치
Side crunch



5 어깨 근육



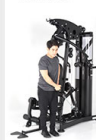
숄더프레스
Shoulder press



프론트 레이즈
Front raise



레터럴레이즈
Lateral raise



케이블 숄더프레스
Cable shoulder press



원암 케이블 로우
One-arm cable row



6

팔 근육



암컬
Arm curl



트라이셉 프레스다운
Tricept press down



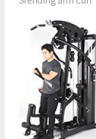
오버헤드 프레스
Overhead press



원암 트라이셉 프레스다운
One tricept press down



스탠딩 암컬
Sreuding arm curl





Leg Press Add On



Dimension with Leg Press Addon: 242 x 226 x 213cm (L x B x H)

ADDITIONAL
INFORMATION

[More Information](#)



Packaging	195 x 47 x 22cm, 139 x 93 x 28.5cm, 181.5 x 30 x 20.5cm, 28.5 x 14.5 x 14.5cm, 28.5 x 17 x 14.5cm, 28.5 x 17 x 14.5cm, Leg Press: 194 x 84 x 22cm
Warranty	Mainframe: Lifetime, Other parts: 1 year
More Information	90kg Weight Stacks
Product Weight	235kg
Product Dimension	213 x 150 x 213cm (L x B x H)