

bench press (bench' pres'), 1. A weightlifting exercise in which one lies supine on a bench and with both hands pushes a barbell or fixed weight upward from chest level to arm's length and then lowers it back to chest level; usually repeated in sets. (Webster's Unabridged Dictionary)

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Back To Basics

BodyCraft 

Recreation Supply, Inc. • P.O. Box 181, Sunbury, OH 43074 • Phone 800-990-5556 • Fax 740-965-2449

Life is complicated enough. Why make a strength training system complicated? It should be easy to understand, easy to use, and provide exercises for every part of the body. The STRATA Strength Training System does all this and more. Our competitors will tell you to flip handles, insert pins, and do a bench press sitting up, or lying at an angle. *You tell them to consult their dictionary!*



SUPINE BENCH PRESS



INCLINE BENCH PRESS



SHOULDER PRESS



TRADITIONAL PEC FLYE



DUMBBELL STYLE FLYE

Time. Time is especially important when it comes to your exercise routine. The straightforward design and easy transitions minimize overall workout time.

Quality. The overall quality of construction and design assures you years of highly effective home exercise. **Every piece, every part of the STRATA Strength Training System is guaranteed for life.** We will replace or repair anything that goes wrong for as long as you own it.

Space efficient. The STRATA can be placed in any corner of the room. The rest of your room can be dedicated to other equipment such as a cardiovascular piece or a set of dumbbells. Most other "home gyms" must be placed in the middle of the room, requiring significant space on all sides.



Variety. A key element in a successful exercise program. The traditional bench style doubles as an excellent dumbbell bench. No home gym can claim more variety of exercises.



BodyCraft

SPECIFICATIONS

Dimensions: 104" L x 44" W x 82" H

Heavy Duty Frame: 2" x 3" and 2" x 2" x .120" wall steel tubing and a combination of heavy structural steel sizes.

Durable Cables: 7 x 19 strand, internally lubricated steel aircraft cable, nylon coated to 3/16" and rated at 2000 lb. tensile strength.

Finish: Durable, low maintenance multi-stage electrostatic powdercoat paint.

Pulleys: Fiberglass reinforced nylon with deep V-groove and double wall sealed bearings.

Weight Plates: 1-1/4" thick cast iron plates are milled on both sides for uniform thickness. Each plate has two free-floating bushings ensuring smooth travel on chrome guide rods.

Upholstery: Double-stitched heavy gauge vinyl, covering high-density foam.

Press Arm Adjustment: Easy to use. Provides for flat, incline and shoulder presses.

Optional Leg Press:

Weight ratio is 1.5:1.

Warranty: Lifetime on everything. We will repair or replace anything that goes wrong, under normal conditions, for as long as you own the STRATA Strength Training System.



Lat Pull Down



Leveraged Row



Seated Row



Arm Curl



Abdominal Crunch



Leg Curl



In / Out Thigh



Optional Leg Press

These are only a few of the more than 50 exercises available on the BodyCraft STRATA.