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Dec 22, 2011 Features the Active Balance System: Simply engage the pin for traditional "machine style" bench press, or, pull the pin for "barbell style" bench press. In

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BEFORE YOU BEGIN Congratulations and thank you for selecting the BODYCRAFT GALENA strength training system. The BODYCRAFT GALENA offers an impressive array

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The BodyCraft Elite home gym provides stations and accessories to do over 100 exercises in one incredible machine that offers functional training.

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A: Hi Raymond, you would need to purchase the BodyCraft Xpress Leg Press Option, separate from BodyCraft Xpress Pro Strength Training System, for a leg press exercise.

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Apr 16, 2011 More info The Bodycraft Xpress Pro Home Gym features a bench press station with an adjustable starting point, and

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