



Shown with Optional Cable Crossover and Optional Lat/Row Attachments.

### Completely Safe for the Solo Lifter!

At any point during the exercise movement, with a simple twist of the wrist, the weight bar is "racked" into place. Adjustable Safety spotters are included to add that last extra measure of security.

### Easy Transitions!

Setting up for the next exercise has never been easier! Simply raise or lower the bar to the desired starting position, add the desired weight, and lift!

### A Power Rack where the Bar Hooks and Safety Spotters move along with you!

The Jones provides the extreme versatility of a Power Rack with the Safety of a Smith Machine!

## The Next Generation of Smith is the Jones!

### 3-D Technology

Patented\* 3-D barbell motion provides for an almost unlimited array of exercises. Smith Machines move vertically only. The Jones moves both **vertically** and **horizontally**, allowing for **natural, unlimited, user-defined** motion. Because the body's natural movements can be utilized within the Jones, all free weight exercise can be performed.

### Optional High / Low Pulley Attachment

This attachment comes standard with a 200-pound weight stack, full length stack shrouds, Lat Pull Bar, and Curl / Row Bar.

### Optional Functional Training Cable Columns

This attachment comes standard with independent 200-pound weight stacks, ankle strap, and two single-handles. The Cables can be adjusted to 18 different positions on the columns providing literally hundreds of different exercises!

### Lifetime In-Home Warranty

Since it is built to last a lifetime, every part of the BodyCraft Jones is guaranteed for as long as you own it. We will replace or repair any defect. Warranty applies only to the original owner and for in-home use.

### Light Commercial Warranty:

2 years parts, 10 years frame

\* U.S. Patent No. 5,215,510, 5,669,859, 7,374,516 and 7,549,950 Other patents pending



Jones Base Model Shown

The Jones offers complete natural movement forward, backwards, up and down.



**BODYCRAFT**

### Backwards Compatible to a Smith Machine!

By engaging the spring pins along the bottom, the Jones can be locked into place at three different positions; front, middle, or rear. This allows for traditional Smith Machine exercises, eliminating the need for a Smith! Also a great feature for the beginning lifter!

**The Versatile Jones** is perfect for the novice or competitive lifter, males and females, excellent for trainers and coaches, a must for schools and clubs!

**Also Available in a Full Commercial Version.**

## Your choice of Olympic style bars:

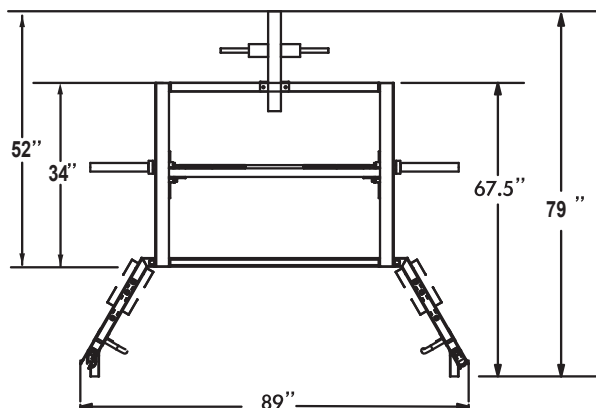
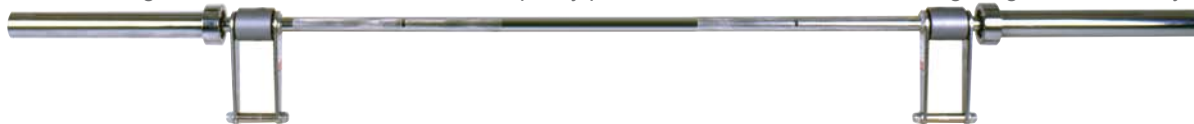
**Active Balance Bar:** 7' Long. Olympic size weight holders rotate on SKF bearings. 28mm Diameter, 55 lb. starting weight, 1000 lb. capacity.



**Economy Olympic Bar:** 7' long, 35 lb. Olympic Bar with 500 lb. capacity and rotating nylon sleeves is out lowest price bar!



**Power Bar:** 7' long, 45 lb. Power Bar with 1000 lb. capacity provides the most common starting weight for the heavy lifter!



#### Dimensions:

Base Unit: 54.5" W x 34" L x 83" H

(actual width with bar is either 72" or 84")

Cable Crossover: 89" W x 61" L x 83" H

Lat/Row: 55" W x 52" L x 83" H

All: 89" W x 85.5" L x 83" H



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