

Bodyblade Selection



Activity	Pro	Classic	CXT
Rehabilitation	✓✓	✓	✓
Sports Performance	✓	✓	
Personal Strength	✓	✓	
Group Class			✓
Cardiovascular			✓
Pediatrics			✓
Geriatrics	✓	✓	✓

Recommendation Guide	
Strongly Recommended:	✓✓
Recommended:	✓
Not Recommended	

Male: Excellent to Good			
Body Weight	Pro	Classic	CXT
68+ kgs.	✓✓	✓	
56-68 kgs.	✓✓	✓	
Child-45 kgs.	✓	✓✓	✓

Male: Fair to Sedentary			
Body Weight	Pro	Classic	CXT
68+ kgs.	✓	✓✓	✓
56-68 kgs.	✓	✓✓	✓
Child-45 kgs.		✓	✓✓

Female: Excellent to Good			
Body Weight	Pro	Classic	CXT
68+ kgs.	✓✓	✓	
56-68 kgs.	✓	✓	
Child-45 kgs.		✓✓	✓

Female: Fair to Sedentary			
Body Weight	Pro	Classic	CXT
68+ kgs.	✓	✓✓	✓
56-68 kgs.	✓	✓✓	✓
Child-45 kgs.		✓	✓✓



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