

Body-Solid
Built for Life

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Body-Solid®

Built for Life

For over 20 years, Body-Solid has been building better bodies and improving the quality of life for people around the world. Over 5 million Body-Solid customers are enjoying the results of strength training in their everyday activities. If you want a slimmer waistline, a defined chest, a stronger back, well-muscled arms and powerful legs, strength training with Body-Solid is your quickest and most permanent solution.

Body-Solid is recognized worldwide as the leader in home gyms and commercial strength training equipment. We manufacture the widest selection of home gyms in the industry. That is our specialty. We are dedicated to home gyms that produce fast, effective results. Home gyms designed to fit a wide variety of lifestyles, space requirements, and user sizes. Home gyms that comfortable and supportive to your body. Home gyms that will last a lifetime...Guaranteed!



BUILT FOR YOU

Having a high quality home gym that best suits your needs is an incredibly important element in keeping you focused on your goals. Body-Solid home gyms are engineered to accommodate your size, your fitness level, your goals, and your environment.

Owning quality fitness equipment encourages a very important aspect in strength training... motivation. Motivation that will drive you to sculpt your body to its ultimate form. You will get rid of unwanted pounds and replace them with lean muscle mass. Fatigue will turn into a distant memory as you increase your endurance with each repetition.

From space saving gyms that fit in any room to home fitness centers with state-of-the-art designs that can handle multiple users, Body-Solid home gyms are packed with the features you want at a price you can afford. The following pages contain the most technologically advanced fitness machines available. Fitness machines designed to dramatically improve your quality of life and perform smoothly for years to come.



Do your homework. Shop and compare. Read the fine print. You will find that Body-Solid offers a Lifetime Warranty on everything; pads, pulleys, cables, frames. You name it. It's all covered. Forever. Period.



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DIMENSIONS

G1S

Multi-Station Home Gym

The Body-Solid G1S packs a lot of power, strength and durability into the smallest footprint available. Centered on a 160 lb. selectorized weight stack, this gym allows over 40 toning, trimming and strength training exercises. The entire gym is backed by the best warranty in the industry, the Body-Solid In-Home Lifetime Warranty that covers EVERYTHING. Forever. Period.

Key Features

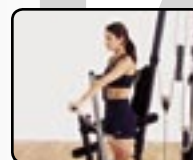
- Easy to use, space saving, no-cable-change design.
- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- All stations feature self-lubricating bronze bushings with biomechanically accurate pivot points for friction-free shaft rotation.
- Telescoping, chrome plated seat post for quick, smooth adjustments and proper body positioning.
- 2,200 lb. tension strength, military spec, steel aircraft cables with nylon sheath provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings for prolonged cable life, smooth movement and maximum durability.
- Heavy duty 12-gauge steel construction provides ultimate strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish ensures against scratching, chipping and peeling.
- Includes lat bar, straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.



Chest Press



Cable Fly



Front Deltoid Raise



Concentration Curl



Bent Over Row



Front Lat Pulldown



Triceps Extension



Leg Kickback



Oblique Crunch



Upright Row



Leg Curl



Seated Row

FREE
with gym!



OPTIONAL UPGRADE



Aluminum Pulley Upgrade

Enhance the look of the G1S Multi-Station Home Gym with the Aluminum Pulley Upgrade. #GAP1



G SERIES HOME GYM ATTACHMENTS

Cable Column #GCCA	Inner / Outer Thigh #GIOT	Vertical Knee Raise #GKR9	Leg Press Station #GLP / #GLP8	Stack Upgrade #SP50	Aluminum Pulleys #GAP

G1S					
G2B
G3S
G4I	
G5S
G6B
G8I				.	
G9S		.	.	INCLUDED	.
G10B

EXPAND YOUR HOME GYM

Body-Solid offers a wide selection of optional attachments to make your home gym the perfect match for you and your workouts. Whatever your fitness needs, Body-Solid has the perfect option for you. Body-Solid is BUILT FOR LIFE, YOUR LIFE.



BACK

* Shown with OPTIONAL Aluminum Pulleys (#GAP1)

NEXT

Floor Space Dimensions:	71"L x 63"W x 83½"H	(180cm x 160cm x 212cm)
With Leg Press Option:	71"L x 89"W x 83½"H	(180cm x 226cm x 212cm)
Live Working Area:	75"L x 81"W x 83½"H	(191cm x 206cm x 212cm)
With Leg Press Option:	79"L x 107"W x 83½"H	(200cm x 272cm x 212cm)

DIMENSIONS

G2B

Bi-Angular® Home Gym

The G2B's most unique feature is the patented Bi-Angular® converging press arm system. Bi-Angular® technology uses a converging axis during all pressing motions to provide 25% more muscle interaction. Included in this versatile gym is a Multi-Hip station to sculpt your hips, thighs and glutes. The G2B allows you to perform every exercise you need to sculpt your body to its ultimate form.

Key Features

- Patented Bi-Angular® converging press station replicates free weight dumbbell presses and provides 25% more muscle interaction.
- Includes commercial style multi-hip station with multiple start positions that provide resistance in either direction for emphasis on your hip, thigh and glute areas.
- 160 lb. (73kg) selectorized weight stack. Optional 210 lb. (95kg) weight stack available.
- Easy to use, space saving, no-cable-change design.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Upholstered rollers on leg extension, leg curl, multi-hip and lat hold down stations.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- Heavy duty 12-gauge steel construction provides ultimate strength, function and durability.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings for prolonged cable life, smooth movement and maximum durability.
- Tough, durable, electrostatically applied powder coat finish.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart, and convenient water bottle and towel holder.



Front Lat Pulldown



Chest Press



Cable Fly



Side Deltoid Raise



Biceps Curl



Bent Over Row



Ab Crunch



Shoulder Press



Triceps Extension



Leg Adduction



Leg Abduction



Leg Kickback

FREE
with gym!





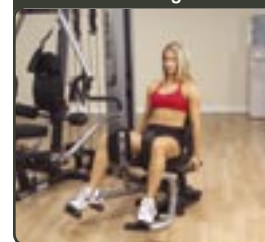
OPTIONAL ATTACHMENTS

Cable Column



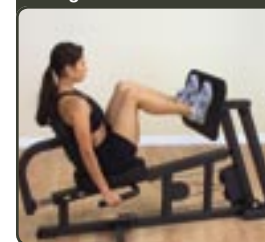
Add Versatility to your gym. 10 incremental adjustments and pivoting quad pulley design provide natural movements and allow users to fully customize their exercises. The dual handle design allows both unilateral and bilateral movements so you can concentrate on a single muscle or on a whole muscle group. A single pop pin adjustment keeps the transition between exercises smooth and simple. #GCCA

Inner / Outer Thigh Station



Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

Leg Press / Calf Press



2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP

OPTIONAL UPGRADES



Aluminum Pulley Upgrade

Enhance the look of the G2B Bi-Angular® Home Gym with the Aluminum Pulley Upgrade. #GAP2



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50



BACK

* Shown with OPTIONAL Cable Column Attachment (#GCCA) and Aluminum Pulley Upgrade (#GAP2)

NEXT

G3S

Multi-Station Home Gym

Advanced engineering with a traditional multi-grip press arm system delivers deep and effective muscle interaction for chest press, incline press, shoulder press and mid row movements. Simply face into the machine and grasp the mid row handles for a lower back workout. The Leg Extension / Leg Curl station is fully adjustable for maximum comfort. Add the optional Leg Press / Calf Press station for the ultimate lower body workout. It has everything you need for a lifetime of stimulating, efficient workouts... GUARANTEED.

DIMENSIONS

Floor Space Dimensions:	80"L x 47"W x 84"H	(203cm x 119cm x 213cm)
With Leg Press Option:	80"L x 72"W x 84"H	(203cm x 182cm x 213cm)
Live Working Area:	85"L x 47"W x 84"H	(215cm x 119cm x 213cm)
With Leg Press Option:	91"L x 72"W x 84"H	(231cm x 182cm x 213cm)

Key Features

- Traditional press bar with multi-position hand grips are biomechanically designed for maximum chest, back and triceps muscle development.
- Unique exercises include back hyperextension, standing shoulder press and chest supported mid row.
- 160 lb. (73kg) selectorized weight stack. Optional 210 lb. (95kg) weight stack available.
- Leg developer station features SmoothGlide Bearing System™ with biomechanically accurate pivot point.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Easy to use, space saving, no-cable-change design.
- Heavy duty 12-gauge steel construction provides ultimate strength, function and durability.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- Tough, durable, electrostatically applied powder coat finish.
- Includes lat bar, straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.



Chest Press



Back Hyperextension



Biceps Curl



Mid Row



Side Deltoid Raise



Front Lat Pulldown



Leg Kickback



Concentration Curl



Shoulder Press



Leg Curl



Triceps Extension



Oblique Crunch

FREE
with gym!



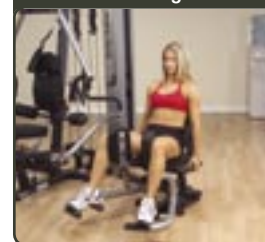
OPTIONAL ATTACHMENTS

Cable Column



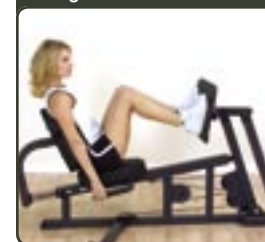
Add Versatility to your gym. 10 incremental adjustments and pivoting quad pulley design provide natural movements and allow users to fully customize their exercises. The dual handle design allows both unilateral and bilateral movements so you can concentrate on a single muscle or on a whole muscle group. A single pop pin adjustment keeps the transition between exercises smooth and simple. #GCCA

Inner / Outer Thigh Station



Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

Leg Press / Calf Press



2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP

OPTIONAL UPGRADES



Aluminum Pulley Upgrade

Enhance the look of the G3S Multi-Station Home Gym with the Aluminum Pulley Upgrade. #GAP3



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50



BACK

* Shown with OPTIONAL Leg Press Attachment (#GLP) and Aluminum Pulley Upgrade (#GAP3)

NEXT

G4I

Iso-Flex™ Home Gym

Key Features

- Patent pending Iso-Flex™ 3D press arms allow you to define all press and pec fly exercises with your own personal path of motion. This allows maximum development of both your primary (targeted) muscles as well as your secondary (stabilizer) muscles.
- Swiveling dual lat pulldown station allows unlimited, full range of motion through unilateral, bilateral, converging or diverging movement.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point and integrated CAM to prevent resistance drop-off at the end of the exercise movement. This provides consistent resistance throughout full range of motion.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- 160 lb. (73kg) selectorized weight stack. Optional 210 lb. (95kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Easy to use, space saving, no-cable-change design.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- Tough, durable, electrostatically applied powder coat finish.
- Includes two stirrup handles, lat bar, revolving straight bar, ankle strap ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.

This gym combines all the advantages of a free weight dumbbell workout with the safety and convenience of a selectorized machine. The freedom of the independent 3D Motion arms allow you to simultaneously work your primary (targeted) muscles as well as your secondary (stabilizer) muscles for more natural, more defined development. Other unique features on the G4I include the swiveling dual pulley Lat station, Chest Supported Mid Row station and a self-aligning, cuffed leg developer station that provides maximum comfort for quadriceps and hamstring development. It's the perfect blend of quality, function and convenience.

DIMENSIONS

Floor Space Dimensions:	83"L x 55"W x 83½"H	(210cm x 139cm x 212cm)
With Leg Press Option:	83"L x 86"W x 83½"H	(210cm x 218cm x 212cm)
Live Working Area:	104"L x 73"W x 83½"H	(264cm x 185cm x 212cm)
With Leg Press Option:	104"L x 95"W x 83½"H	(264cm x 241cm x 212cm)



Shoulder Press



Chest Press



Front Lat Pulldown



Side Deltoid Raise



Back Hyperextension



Pec Fly



Leg Curl



Ab Crunch



Concentration Curl



Oblique Bend



Mid Row



Upright Row

FREE
with gym!



OPTIONAL ATTACHMENTS

Cable Column



Add Versatility to your gym. 10 incremental adjustments and pivoting quad pulley design provide natural movements and allow users to fully customize their exercises. The dual handle design allows both unilateral and bilateral movements so you can concentrate on a single muscle or on a whole muscle group. A single pop pin adjustment keeps the transition between exercises smooth and simple. #GCCA

Inner / Outer Thigh Station



Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

Leg Press / Calf Press



2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP

OPTIONAL UPGRADES



Aluminum Pulley Upgrade

Enhance the look of the G4l Iso-Flex™ Home Gym with the Aluminum Pulley Upgrade. #GAP4



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50



BACK

* Shown with OPTIONAL Leg Press Attachment (#GLP) and Aluminum Pulley Upgrade (#GAP4)

NEXT

G5S

Multi-Station Home Gym

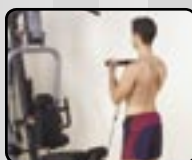
Key Features

- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- Chest, incline, shoulder press, mid row and leg developer stations incorporate the friction free SmoothGlide Bearing System™.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Easy to use, space saving, no-cable-change design.
- Includes lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.

Considered the best in overall design quality. The multi-grip traditional press arm features three pairs of hand grips to work muscle groups from various angles, creating more thorough muscular development. Completely adjustable press arm allows a perfect fit for all size users when doing chest, incline and shoulder presses. Work your lats on the chest supported mid row or reach up and grab the lat bar to really blast your lats. The G5S includes the Perfect Pec™ station for incredible upper body development. Press station and leg developer incorporate the SmoothGlide Bearing System™. Loaded with over 50 exercises, it's the perfect gym for maximum versatility in minimum space.

Floor Space Dimensions:	83"L x 46"W x 83½"H	(210cm x 116cm x 212cm)
With Leg Press Option:	83"L x 83"W x 83½"H	(210cm x 210cm x 212cm)
Live Working Area:	86"L x 84"W x 83½"H	(218cm x 213cm x 212cm)
With Leg Press Option:	86"L x 99"W x 83½"H	(218cm x 251cm x 212cm)

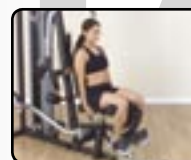
DIMENSIONS



Biceps Curl



Chest Press



Leg Extension



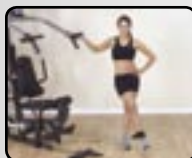
Pec Fly



Front Lat Pulldown



Oblique Bend



Leg Adduction



Upright Row



Ab Crunch



Leg Abduction



Triceps Extension



Mid Row

FREE
with gym!



OPTIONAL ATTACHMENTS

Inner / Outer Thigh Station



Leg Press / Calf Press



Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP

OPTIONAL UPGRADES



Aluminum Pulley Upgrade

Enhance the look of the G5S Multi-Station Home Gym with the Aluminum Pulley Upgrade. #GAP5



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50



BACK

* Shown with OPTIONAL Leg Press Attachment (#GLP) and Aluminum Pulley Upgrade (#GAP5)

NEXT

G6B

Bi-Angular® Home Gym

Key Features

- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Chest, incline, shoulder press and leg developer stations incorporate the friction free SmoothGlide Bearing System™.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Easy to use, space saving, no-cable-change design.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.

Rated a Consumer Guide® "Best Buy". Patented Bi-Ang system guides you through the optimal range of motion from two directions simultaneously. This increases muscle complete with the Perfect Pec™ station with adjustable range and leg developer station feature the SmoothGlide Bearing System accurate pivot points for friction free movement. The Body without compromise... it's a "Best Buy".

Floor Space Dimensions:	85"L x 50"W x 83½"H	(215cm x 127cm x 212cm)
With Leg Press Option:	85"L x 82"W x 83½"H	(215cm x 208cm x 212cm)
Live Working Area:	85"L x 84"W x 83½"H	(215cm x 213cm x 212cm)
With Leg Press Option:	85"L x 96"W x 83½"H	(215cm x 243cm x 212cm)

DIMENSIONS



Bent Over Row



Leg Adduction



Front Lat Pulldown



Incline Press



Oblique Crunch



Pec Fly



Leg Curl



Biceps Curl



Side Deltoid Raise



Seated Row



Leg Kickback



Concentration Curl



OPTIONAL ATTACHMENTS

Cable Column



Add Versatility to your gym. 10 incremental adjustments and pivoting quad pulley design provide natural movements and allow users to fully customize their exercises. The dual handle design allows both unilateral and bilateral movements so you can concentrate on a single muscle or on a whole muscle group. A single pop pin adjustment keeps the transition between exercises smooth and simple. #GCCA

Inner / Outer Thigh Station



Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

Leg Press / Calf Press



2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP

OPTIONAL UPGRADES



Aluminum Pulley Upgrade

Enhance the look of the G6B Bi-Angular® Home Gym with the Aluminum Pulley Upgrade. #GAP6



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50



BACK

* Shown with OPTIONAL Leg Press Attachment (#GLP) and Aluminum Pulley Upgrade (#GAP6)

NEXT

G8I

Iso-Flex™ Home Gym

Key Features

- Chest, incline, shoulder press and mid row stations incorporate friction free SmoothGlide Bearing System™ with biomechanically accurate pivot point.
- Independent Iso-Flex™ 3D press arms allow you to define each press or pec fly exercise with your own personal path of motion. This develops both your primary (targeted) muscles as well as your secondary (stabilizer) muscles.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot points and integrated CAM to prevent resistance drop-off at the end of the exercise movement. This provides consistent resistance throughout full range of motion.
- Self-aligning, contoured leg extension and leg curl cuffs automatically adjust throughout the exercise movement.
- Swiveling dual lat pulldown station allows unlimited, full range of motion through unilateral or bilateral, converging or diverging movement.
- Adjustable seated row foot brace plate stabilizes your body when using heavy resistance.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- Tough, durable, electrostatically applied powder coat finish.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Easy to use, space saving, no-cable-change design.
- Includes two stirrup handles, lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.

Floor Space Dimensions:	85"L x 73"W x 83½"H	(215cm x 185cm x 212cm)
With Leg Press Option:	85"L x 98"W x 83½"H	(215cm x 248cm x 212cm)
Live Working Area:	90"L x 90"W x 83½"H	(228cm x 228cm x 212cm)
With Leg Press Option:	90"L x 98"W x 83½"H	(228cm x 248cm x 212cm)

DIMENSIONS

It's Unique. It's Hi-Tech. It's State-of-the-Art. Patent pending Iso-Flex™ independent press arm system with 3D Motion™ allows you to replicate a freeweight dumbbell workout. You can do chest, incline and decline **presses and flys** with full range of motion. There is no better, more efficient way to work out. Swiveling dual lat pulldown station ensures maximum range of motion. Arched lying leg curl station provides proper low back support. Self-aligning, contoured shin pads provide lateral support and ultimate comfort. Chest supported mid row station assures maximum pre-stretch.



Ab Crunch



Back Hyperextension



Leg Kickback



Incline Press



Triceps Pressdown



Front Deltoid Raise



Shoulder Press



Chest Press



Upright Row



Biceps Curl



Mid Row



Pec Fly





OPTIONAL ATTACHMENT

Leg Press / Calf Press



2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP8

OPTIONAL UPGRADE



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50

FREE
with gym!



BACK

* Shown with OPTIONAL Leg Press Attachment (#GLP8)

NEXT

G9S

Multi-Station Home Gym

Key Features

- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point and integrated CAM to prevent resistance drop-off at the end of the exercise movement. This provides consistent resistance throughout full range of motion.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Perfect Pec™ station features range of motion adjustment that allows beginning stretch preference.
- Telescoping, chrome plated, gas-assist adjustable seat posts for quick, smooth adjustment and proper body positioning.
- Two 210 lb. (95kg) selectorized weight stacks.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- 2" x 4", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Includes Leg Press / Calf Press station with 2:1 ratio for maximum resistance of 420 lbs.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.

Floor Space Dimensions:	89"L x 76"W x 83½"H	(226cm x 193cm x 212cm)
With VKR Option:	89"L x 104"W x 83½"H	(226cm x 264cm x 212cm)
Live Working Area:	132"L x 87"W x 83½"H	(335cm x 220cm x 212cm)
With VKR Option:	132"L x 134"W x 83½"H	(335cm x 340cm x 212cm)

DIMENSIONS

This multi-station workhorse provides health club quality strength training for up to three people simultaneously. The G9S incorporates a multi-function press arm station for chest press, incline press, shoulder press and chest supported mid row exercises. Perfect Pec™ station has fully adjustable range of motion. Includes Leg Press / Calf Press station that operates on a 2 to 1 weight ratio giving it the awesome capacity of 420 lbs. If maximum strength and a weight room full of workout options is what you want in a minimum amount of space, then try the G9S on for size.



Back Hyperextension



Chest Press



Pec Fly



Front Deltoid Raise



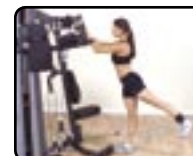
Standing Shoulder Press



Ab Crunch



Incline Press



Leg Kickback



Biceps Curl



Front Lat Pulldown



Leg Abduction



Leg Press



OPTIONAL ATTACHMENTS

Vertical Knee Raise



Inner / Outer Thigh Station



Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

OPTIONAL UPGRADE



Aluminum Pulley Upgrade

Enhance the look of the G9S Multi-Station Home Gym with the Aluminum Pulley Upgrade. #GAP9

FREE
with gym!



BACK

* Shown with OPTIONAL Vertical Knee Raise Station (#GKR9), and Aluminum Pulley Upgrade (#GAP9)

NEXT

G10B

Bi-Angular® Home Gym

Key Features

- Patented Bi-Angular® converging chest, incline and shoulder press station with friction free SmoothGlide Bearing System™ replicates a free weight dumbbell workout that produces 25% more muscle interaction.
- Seated leg extension / seated leg curl station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point and extra thick, comfortable rollers.
- Integrated leg developer CAM with self-aligning roller automatically adjusts throughout exercise movement to provide consistent resistance and full range of motion.
- Perfect Pec™ station features range of motion adjustment that allows you to quickly adjust to individual body size and stretch preference.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Two 210 lb. (95kg) selectorized weight stacks. Optional 260 lb. (118kg) weight stacks available.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.

Precision engineered for quality without compromise! Patented Bi-Angular® converging press arm system guides you through a free weight dumbbell style workout that applies resistance from two directions simultaneously. Perfect Pec™ station features adjustable range of motion for individual pre-stretch. Seated leg extension / seated leg curl provides quick, easy access and state-of-the-art exercise movement. Two 210 lb. weight stacks can be upgraded to 260 lbs. The G10B offers over 50 professional exercise.



Side Deltoid Raise



Ab Crunch



Biceps Curl



Front Lat Pulldown



Pec Fly



Shoulder Press



Chest Press



Upright Row



Leg Adduction



Oblique Crunch



Leg Extension



Leg Curl

DIMENSIONS

Floor Space Dimensions: 73"L x 108"W x 83½"H (186cm x 274cm x 212cm)

With Leg Press Option: 84"L x 135"W x 83½"H (213cm x 342cm x 212cm)

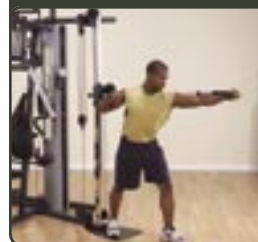
Live Working Area: 73"L x 119"W x 83½"H (186cm x 302cm x 212cm)

With Leg Press Option: 89"L x 139"W x 83½"H (226cm x 353cm x 212cm)



OPTIONAL ATTACHMENTS

Cable Column



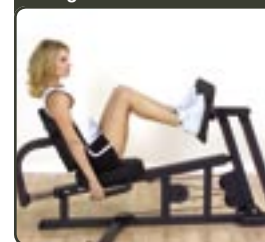
Add Versatility to your gym. 10 incremental adjustments and pivoting quad pulley design provide natural movements and allow users to fully customize their exercises. The dual handle design allows both unilateral and bilateral movements so you can concentrate on a single muscle or on a whole muscle group. A single pop pin adjustment keeps the transition between exercises smooth and simple. #GCCA

Inner / Outer Thigh Station



Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

Leg Press / Calf Press



2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP

**FREE
with gym!**



OPTIONAL UPGRADES



Aluminum Pulley Upgrade

Enhance the look of the G10B Bi-Angular® Home Gym with the Aluminum Pulley Upgrade. #GAP10



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50



BACK

* Shown with OPTIONAL Leg Press Attachment (#GLP) and Aluminum Pulley Upgrade (#GAP10)

NEXT

Floor Space Dimensions:	91"L x 133"W x 83"H	(231cm x 338cm x 211cm)
With Leg Press Option:	133"L x 133"W x 83"H	(338cm x 338cm x 211cm)
Live Working Area:	110"L x 144"W x 83"H	(280cm x 366cm x 211cm)
With Leg Press Option:	144"L x 144"W x 83"H	(366cm x 366cm x 211cm)

DIMENSIONS

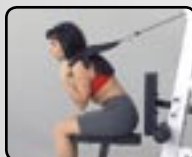
EXM4000S

Multi-Station Gym

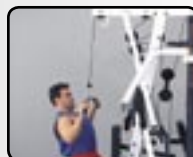
Key Features

- **Chest Press Station:** Kick-assist lever allows you to move the handgrips into comfortable start and finish positions for a complete pre-stretch and full range of motion without straining.
- **Triceps Press Down Station:** Includes center-balanced Triceps V-Bar that allows follow through movement at optimum resistance.
- **Shoulder Press Station:** Biomechanically designed to apply full resistance onto the deltoids so you work only the muscles not the joints.
- **Lat Pull Down Station:** Designed for optimum development of the lats, shoulders and upper arms.
- **Perfect Pec Station:** Dual overhead cams with six increment settings per arm provide variable starting positions and allow fine-tuning for accurate pre-stretch with optimal biomechanical movement.
- **Ab Crunch Station:** This station gets results fast! You can create a lean, muscular waist with absolute isolation of your abdominal and oblique muscles.
- **Chest Supported Row Station:** Ultra comfortable and adjustable chest pad helps create a substantial lat stretch which is key for maximum back development.
- **Three 210 lb. Alloy Steel Weight Stacks:** Advanced alloy weight stack plates employ oversized nylon bushings for super smooth operation and sound absorbing cushioning.
- **Low Pulley Station:** Low pulley swivels smoothly and fully to provide accurate resistance for cable curls, upright rows, shrugs, leg adduction, leg abduction and more.
- **DuraFirm™ Pads:** Durable, tear-resistant, fully supported DuraFirm™ pads and rollers provide a LIFETIME of support and comfort and will not bottom out or wear out... GUARANTEED!
- **Weight Stack Shrouds:** Full length shrouds encompass all weight stacks for enhanced appearance and improved safety.

Twelve hardworking exercise stations at one affordable price. The Body-Solid EXM4000S is designed for those who demand the ultimate gym package. It offers an enormous range of upper and lower body exercises for maximum muscular strength, total body conditioning, and superior endurance. Up to four people can work out simultaneously with the optional Leg Press / Calf Press Station. It fits comfortably against a wall or on display in the center of the room. The exercise stations are fed by three 210 Lb. steel alloy weight stacks and a fourth weight stack comes with the Leg Press Station. Unique features include a Bench Press with "kick-assist" lever for complete pre-stretch and full range of motion, seat pads with automatic hydraulic adjustments, easy-access pop pin adjustments from the seated positions, and DuraFirm™ pads with lower lumbar support. Comes complete with weight stack shrouds for safety, 2" x 4" mainframe to eliminate torsional flex, Perfect Pec™ Station with range limiters and an advanced articulating handle design for the feel of a true dumbbell workout and a tough, durable powder coat finish. Includes fully padded Lat Bar, Revolving Straight Bar, Balanced Triceps V-Bar, Utility Strap and comfortably padded Ab / Triceps Strap.



Ab Crunch



Front Lat Pulldown



Chest Press



Pec Fly



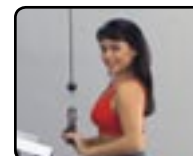
Seated Row



Mid Row



Shoulder Press



Triceps Pressdown



Leg Press



Leg Extension





OPTIONAL ATTACHMENT

Leg Press / Calf Press



2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #LP40S

FREE
with gym!



BACK

* Shown with OPTIONAL Leg Press Attachment (#LP40S)

NEXT

CABLE ATTACHMENTS & ACCESSORIES



Heavy-Duty Lat Bar
#MB148S



Pro-Style Lat Bar 38"
#MB438



Pro-Style Lat Bar 28"
#MB428



Triceps Pressdown Bar
#MB504



Revolving Triceps /
Biceps Bar
#MB505



Balanced V-Bar
#MB507



Dual Purpose Bar
#MB200



Stirrup Handle
#MB501



Horseshoe
Cable Handle
#MB540



Pro Cable Handle
#MB590



Seated Row
& Chinning Bar Combo
#MB502



Revolving Curl Bar
#MB229



Revolving Straight Bar
#MB022



Multi-Exercise Bar
#MB503



3-Way Lat Blaster Bar
#MB336

Pro-Grip
Revolving Curl Bar
#MB229RG



Pro-Grip
Pro-Style Lat Bar
#MB438RG



Pro-Grip
Multi-Grip Lat Bar
#MB148RG



Pro-Grip
Seated Row / Chinning
Bar Combo
#MB502RG



Pro-Grip
Stirrup Cable Handle
#MB501RG



Pro-Grip
V-Bar
#MB507RG



Pro-Grip
Triceps Pressdown Bar
#MB504RG



Pro-Grip
Multi-Exercise Bar
#MB503RG



Pro-Grip
Revolving Straight Bar
#MB022RG



Nylon Ankle Straps
#NAS3



Pro-Power Grips
#PG2



Combo Thigh
& Ankle Strap
#TS31



Power Lifting Straps
#NB52



Nylon Triceps Strap
#NTS10



Leather Triceps Strap
#MA325



Ab Crunch
Harness
#ACH18



Triceps Rope
#TR20

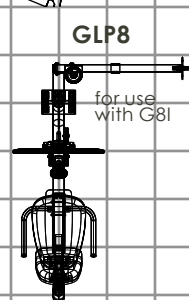
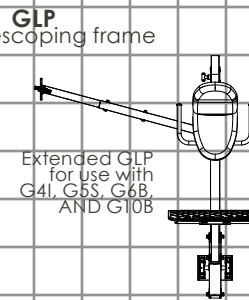
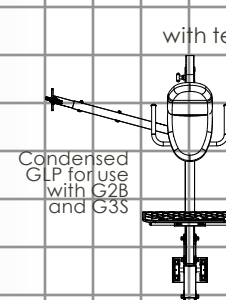
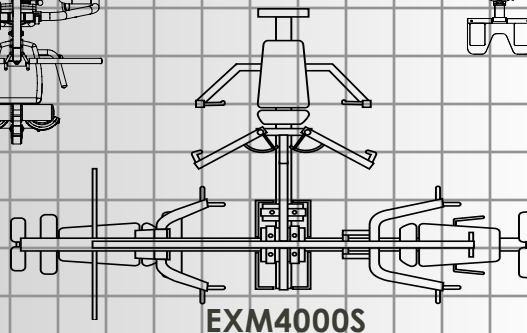
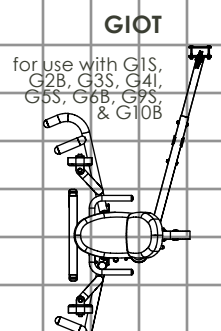
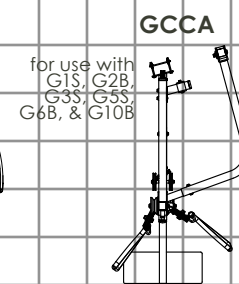
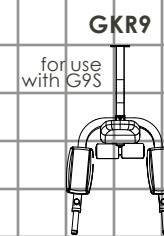
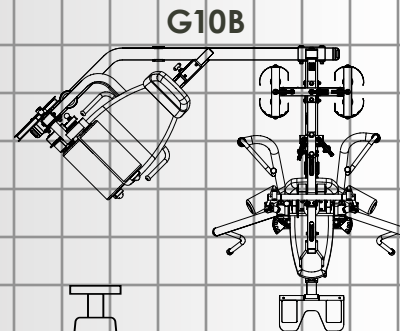
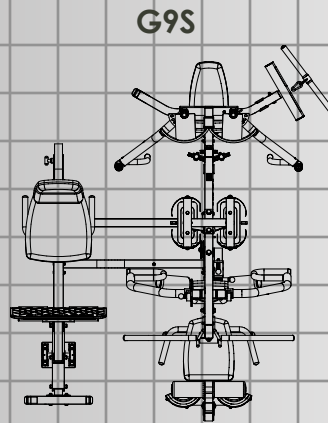
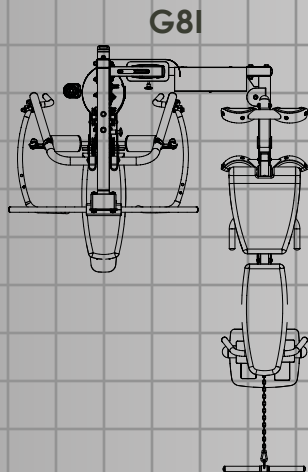
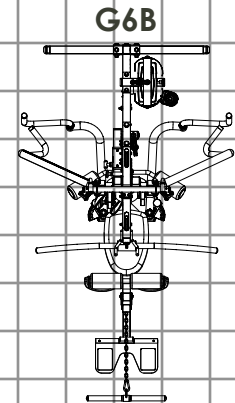
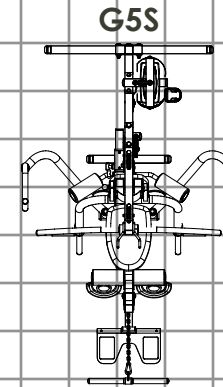
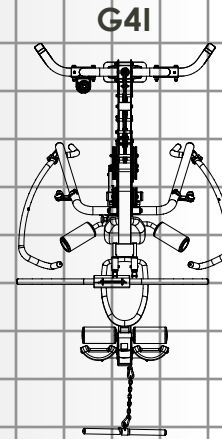
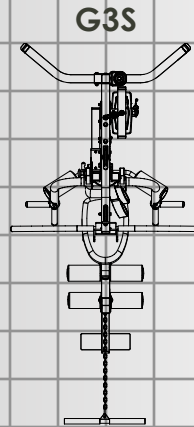
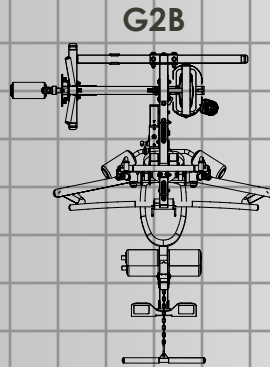
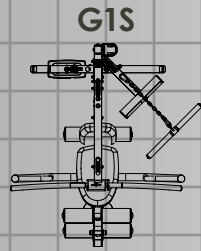


Ab Crunch
/ Triceps Straps
#NB54



ROOM PLANNER

Make a few copies of the chart of the page on the right to do different layouts as you plan your exercise room. Each square represents a 1 ft. x 1 ft. area. Each gym drawing is sized down to the chart's scale and ready for you to cut out. Remember to allow for doorways, couches, tables, and optional exercise stations that you may include in your room.



ANNER

	Body-Solid Gym Dimensions		Added Options Dimensions	
			NA	NA
G1S	56"L x 47"W x 84"H	142cm x 120cm x 213cm		
G2B	71"L x 63"W x 83½"H	180cm x 160cm x 212cm	71"L x 89"W x 83½"H	180cm x 226cm x 212cm
G3S	80"L x 47"W x 84"H	203cm x 119cm x 213cm	80"L x 72"W x 84"H	203cm x 182cm x 213cm
G4I	83"L x 55"W x 83½"H	210cm x 139cm x 212cm	83"L x 86"W x 83½"H	210cm x 218cm x 212cm
G5S	83"L x 46"W x 83½"H	210cm x 116cm x 212cm	83"L x 83"W x 83½"H	210cm x 116cm x 212cm
G6B	85"L x 50"W x 83½"H	215cm x 127cm x 212cm	85"L x 82"W x 83½"H	215cm x 208cm x 212cm
G8I	85"L x 73"W x 83½"H	215cm x 185cm x 212cm	85"L x 98"W x 83½"H	215cm x 248cm x 212cm
G9S	89"L x 76"W x 83½"H	226cm x 193cm x 212cm	89"L x 104"W x 83½"H	226cm x 264cm x 212cm
G10B	73"L x 108"W x 83½"H	186cm x 274cm x 212cm	84"L x 135"W x 83½"H	213cm x 342cm x 212cm
EXM4000S	91"L x 133"W x 83"H	231cm x 338cm x 211cm	133"L x 133"W x 83"H	338cm x 338cm x 211cm



TESTIMONIALS

Body-Solid Home Gyms and Freeweight Equipment have been praised in leading consumer reporting magazines and fitness enthusiast publications around the world. Here is what they had to say...



"Looking for a great deal on a high quality piece of exercise equipment? Buy a Body-Solid... Outstanding quality allows the company to offer the best warranty in the business."

*Consumer Digest
Brand Review*



"We like Body-Solid products because we couldn't find anything that could beat them. Plus they come with a Lifetime Warranty."

*Men's Health Magazine
Home Gym Buyer's Guide*

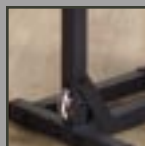


"On a budget, we wanted to replicate many of the movements we'd normally do at the gym, which required dumbbells, an Olympic barbell set, and an adjustable bench and rack... Mission impossible? Hardly. We looked to the Body-Solid catalog..."

*Muscle & Fitness Magazine
Home Improvement*

COMPARE FEATURES

Unwilling to compromise, Body-Solid fitness equipment features materials and component parts of only the highest quality and durability.



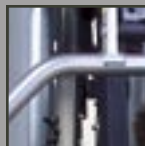
Frames

All Body-Solid frames features all-4-side welded construction instead of the typical 2-side welds that have become common in the industry. We use heavy-gauge 2"x 2", 2"x 3", and 2"x 4" high tensile strength steel in our mainframes.



DuraFirm™ Pads

Our exclusive DuraFirm™ Pads are tear-resistant, extra-thick and ultra comfortable. We use the highest density foam in the industry for a lifetime of support without bottoming out.



Finish

An electrostatically-applied powder coat finish protects all Body-Solid fitness equipment. This is the same process used on industrial machinery because of its durability. It resists cracking, chipping, and corrosion, and makes cleaning a breeze.



Pulleys & Cables

Fiberglass reinforced nylon pulleys are precision matched to our cable diameter and revolve on seated ball bearings that never need maintenance and provide a lifetime of friction-free performance.



**Setting the Standard
in Quality Management**

ISO 9000:2000 Certified

Body-Solid fitness equipment is produced in our state-of-the-art, ISO 9000:2000 certified manufacturing facility. The ISO 9000:2000 certification is only awarded to companies that live up to the most stringent quality, design, and customer support standards and is recognized world-wide as the sign of excellence.

Body-Solid®

Built for Life

Body-Solid, Inc.

1900 S. Des Plaines Avenue
Forest Park, IL 60130 USA

Toll Free: 1-800-833-1227

Phone: 1-708-427-3555

Fax: 1-708-427-3556

Web: www.bodysolid.com

BACK

AUTHORIZED DEALER

©Copyright 2005. Body-Solid, Inc. All rights reserved. Body-Solid reserves the right to change design specifications when we feel it will improve the product. Body-Solid maintains several patented and patent pending features and designs. All rights reserved on all design patents and utility patents.

NEXT