



G1S

Item Number
G1S

Assembled Dimensions
55" L x 47" W x 83½" H
Live Working Area
73" L x 47" W x 83½" H

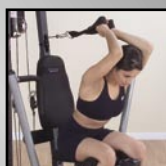


G1S Shown with
Aluminum Pulleys

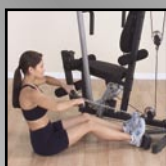
G1S Multi-Station Gym

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. From the multi-grip press arm to the contoured, adjustable seat pad, the G1S gives you more for your money than any other home gym on the market. Body-Solid G series gyms use the highest manufacturing standards and the finest quality pulleys, cables, and upholstery. The entire gym is backed by the best warranty in the industry, the Body-Solid In-Home Lifetime Warranty that covers **everything**. Forever. Period.

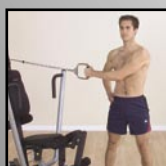
Perform over 40 club quality exercises including:



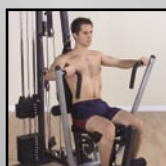
Triceps Extension



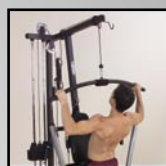
Seated Row



Reverse
Crossover



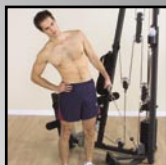
Chest Press



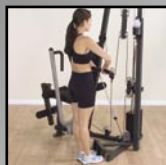
Lat Pulldown



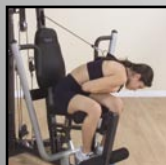
Leg Extension
Leg Curl



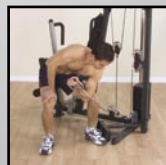
Oblique Bend



Upright Row



Ab Crunch
Oblique Crunch



Concentration
Curl

KEY FEATURES:

- 160 Lb. Selectorized Weight Stack
- Includes Lat Bar, Straight Bar, Ab / Tricep Strap, and Ankle Strap
- DuraFirm™ Padding with Lumbar Support
- Water Bottle and Towel Holder
- Instructional DVD and Full Size Exercise Chart

OPTIONS:

- Aluminum Pulleys



Item # GAP1