

Body-Solid®
Built for Life



Shown with optional Leg Press / Calf Press station and Aluminum Pulleys

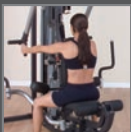


G5S Multi-Station Gym

Perform over 50 club quality exercises including:



Chest Press
Incline Press
Shoulder Press



Back Hyperextension
Chest Supported
Mid Row



Ab Crunch
Oblique Crunch



Lat Pulldown



Leg Extension
Leg Curl



Leg Abduction
Leg Adduction
Glute Kickback

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.





• Aluminum Pulleys



Smoother, stronger, sleeker, and guaranteed to add a touch of class to your gym.

Item # **GAP5**

• Weight Stack Add-On Kit



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

Item # **SP50**

• Leg Press / Calf Press Station



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.

Item # **GLP**

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.
- 4 ½" 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.

G5S Multi-Station Gym

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)

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