

## **BODY-SOLID® EXERCISE EQUIPMENT HIGHLIGHTS**

Leading exercise equipment manufacturer Body-Solid® is expanding its full line of home gym and strength-training products to meet core dealers' requests and changing consumer needs. With a focus on versatility and innovative design, Body-Solid is introducing several standard-setting machines and offering optional stand-alone stations for customized home workouts.

Body-Solid equipment line highlights include:

### **GIOT & GLP Stations**

To meet the demand from consumers for stand-alone machines, Body-Solid is introducing the GIOT (Inner/Outer thigh) & GLP (Leg Press/Calf Press) stations. With an innovative space-saving design, the new GIOT and GLP allow for focused toning and strength-building in an optional single station format.

**GIOT Station** combines abductor and adductor exercises to effectively isolate and tone the inner and outer thigh muscles. Key features and benefits include:

- Five simple adjustments to maximize the range-of-motion;
- An ultra-cushioned seat that has a lumbar-supported back pad and adjusts to accommodate users of all sizes;
- Swiveling thigh pads and a pop-pin adjustment that allow the user to switch smoothly between exercises while still seated;
- A 210-pound selectorized weight stack addresses a range of strength levels.

**GLP Station** delivers consistent resistance to effectively target thighs, hamstrings and glutes. Key features and benefits include:

- A double beam design eliminates ankle stress and provides consistent resistance at a 2:1 Ratio throughout full range of motion;
- Pivoting press plate that rotates both forward and downward to maximize workout of target muscle groups;
- Extra large, extra wide, non-slip rubber covered press plate to accommodate users of all sizes;
- Side stability handles to lock the user in place, offering safety, comfort and exercise variation;
- Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances.

### **GAB 300 Semi-Recumbent Abdominal Bench**

The new GAB 300 isolates both upper and lower abs in three unique movements and offers superior biomechanics and quality. The bench is weight assisted for the beginner or plate loaded for the professional. Key features and benefits include:

- A unique semi-recumbent design that effectively isolates the entire abdominal region and provides easy entry and exit;
- The lower abdominal mechanism adjusts to four positions with a lock-out and a counter balance;
- A five-position adjustable seat and upper arm bar to fit any size user;
- Ultra-thick DuraFirm™ back pads and arm supports provide optimal comfort and help reduce fatigue;
- A commercial 2"x3" heavy-gauge steel frame features an electro-statically applied powder coat finish.
- Commercial Rated

continued

## **BODY-SOLID®** **EXERCISE EQUIPMENT HIGHLIGHTS**

continued

### **GDCC 200/250 Functional Training Centers**

Body-Solid's new series of functional trainers are the ultimate strength training and endurance-building machines. Offering limitless range-of-motion and full adjustability, these commercially rated trainers feature an angled cable set-up for an array of functional training options. An innovative and compact design includes independent weight stacks, enabling the user to target more than one muscle and/or joint at a time. To accommodate workout environments from home gym to health club, the series includes several configurations: a multi-functional trainer, a traditional cable crossover and a stand-alone single cable column. Key features and benefits include:

- Twenty independent height adjustments and 180 degree cable positioning offer frictionless resistance in all directions;
- A dual-position pull-up bar has infinite variable width spacing for full extension and contraction;
- The 4.8mm diameter spun steel aircraft cables are rated to over 2,500 pounds;
- Impact resistant fiberglass reinforced nylon pulleys with sealed bearings;
- A commercial-grade 11 gauge 2"x 4" oval tube main frame with electro-statically applied powder coat finish;
- Ergonomic handles with multiple adjustment rings included with each unit;

### **Product Upgrades**

Beginning in fall '06, all Body-Solid® home gyms feature a range of functional upgrades and aesthetic improvements, including a new ergonomically correct, multi-grip press arm system, handle caps, thicker handles and new graphic panel.

The new equipment line are available in fitness specialty retailers, sporting goods stores and commercial outlets. All products in the Body-Solid equipment line are supported by the company's unique In-Home Lifetime Warranty—the strongest in the industry. More product information and resources are available on the company's website: [www.bodysolid.com](http://www.bodysolid.com).

###

Body-Solid® is a registered trademark of Body-Solid®, Inc.