

GIOT

Body-Solid - Seated Inner/Outer Thigh Attachment

Optional Attachments:

GAPIOT

Pulley Upgrade Kit

GIOT-STK

GIOT w/ Free Standing 210 lb. Weight Stack

GSTCK

Free Standing 210 lb. Weight Stack



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Seated Inner/Outer Thigh Attachment

Trim and tone those trouble spots with the inner and outer thigh attachment. Do both abductor and 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.

Only for use with the Body-Solid Home Gyms G2B, G3S, G4I, G5S, G6B, G9S, G10B.

Dimensions: 33"H x 59"L x 50"W