

Body-Solid**DEALER CORNER****AUGUST 2008****Health & Fitness Show Successful**

The annual Denver Health and Fitness show was slower this year but it was still a great way to see our customers and show off our upcoming new products. Many dealers opted not to come but it was great to see those of you who did.

If you missed the show, and have not already done so, make sure you get a copy of our annual [Body Solid Times](#) that was handed out at the show. It is full of information about our new products most of which will be available for shipping by early October. Also, don't forget to take advantage of the show specials that are listed. Finally, if you missed the show (and even if you didn't) you have an open invitation to come see us in Chicago.

Don't Forget About Our Show Specials!**The GSTACK**

The classic solution to the over accessorized home gym just got better. Body Solid introduces the addition of the Fusion Weight Assisted Chin Dip to the classic GStack weight station (GSTCK). The GSTCK allows three of Body Solid's most popular gym accessory options to be used on a stand-alone basis with the 210lb weight stack of the GSTCK. The new Fusion FCD/GSTCK combo (FCD-STK) features both assisted pull ups and dips and is commercial rated. The classic GIOT Inner-Outer Thigh/GSTCK combo (GIOT-STK) features swiveling knee pads along with a no cable change design. The GLP Leg Press/GSTCK combo (GLP-STK) features a 2:1 Ratio making the 210lb stack feel like 420lbs. Ask your account representative for more information on these exciting options: [FCD-STK](#), [GIOT-STK](#), and [GLP-STK](#).

**Kettlebells Rise**

The US Market for [Kettlebells](#) exploded a few years ago and so far there is no sign of demand falling off. The benefits of kettlebells have been known for years, particularly in Eastern Europe where they are widely recognized by fitness trainers and enthusiasts. This popularity is mainly due to the benefits and versatility of this type of training. These workouts can perform many traditional exercises, however these workouts really excel at multi-joint compound movements which use not only primary muscles, but core muscles and secondary muscles as well. Controlling the weight as you go through particular movements coordinates overall strength and balance in ways most machines and weights cannot. Bring in kettlebells today to capitalize on this strong trend, and don't forget about our reversible storage rack, the [GDKR100](#) - a perfect solution for storing kettlebells or dumbbells.

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