

Body-Solid**DEALER CORNER****NOVEMBER 2008****P2X Gym**

Powerline by Body Solid has always been known for providing quality exercise equipment at great values. New for 2008 the [P2X](#) home gym blends functional pulleys with a traditional home gym platform. The fixed pulleys allows users to perform a variety of exercises which recruit stabilizer muscles to exercise movements such as pectoral flies and converging presses. The fixed pulleys swivel to adjust to a variety of exercises with smooth consistent resistance. The P2X also shares many of the quality features of the popular P1X gym. The traditional press arm allows users to perform chest press, incline press, shoulder press and mid row exercises. The optional 50lb (SP50) stack upgrade and the optional leg press (PLPX) fit both the P1X and the P2X gyms.

Powerline PGM200X - Glute Max

The Powerline ([PGM200X](#)) Glute Max is a great lower body exercise designed to tighten and tone your lower body muscles. Many times the lower body muscle groups are left neglected due to the ineffectiveness and difficulty of traditional leg exercises. With the PGM200X users can directly target the glutes, hamstrings, and quadriceps with a controlled movement for total isolation. The PGM200X is plate loaded to offer resistance to users of all fitness levels. Quality sealed bearing rollers, comfortable padding, and simple adjustments make this machine easy and comfortable for any user. With the PGM200X you no longer need a personal trainer to achieve that long desired fit lower body with a price that won't break the bank.

**Multifunction VKR Debuts for Best Fitness**

With consumers looking for value this holiday season, the Best Fitness ([BFVK10](#)) Vertical Knee Raise / Lat Chin Combo is an excellent choice for fitness enthusiasts looking to define their abs and upper body muscles. This single station, multi function workhorse is intelligently designed to combine ab blasting vertical knee raise and oblique routines with muscle defining dip, pushup and chin stations. The small footprint (43.3"Lx 28"W) and lightweight design allows users to easily move the machine from an out of the way corner to the middle of the room. Like other Best Fitness pieces, the BFVK10 uses innovative one box packaging (box dims 44"x26"x7") for easy shipping and inviting "cash and carry" displays. Contact your Body Solid rep for more information.

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