

Body-Solid**DEALER CORNER**

DECEMBER 2008

**The Sportsman's Gym**

Body Solid introduces the newest member of the Best Fitness Family of Products, the [BFMG20](#). This innovative gym offers many of the benefits of traditional gyms but without the added cost.

The Sportsman's Gym offers the entry level user the home gym workout at an attractive price point. Features include a 150 lb weight stack, high and low pulleys with bars, leg developer, and dual chest press / pec fly work arm. In addition, at 79" tall this gym can easily fit in most homes and basements.

The traditional iron weight stack has been replaced by cement filled weight plates that are both attractive and functional while still coming in at 150lbs. For those new or returning to Fitness there's no better deal.

F400 Personal Trainer

Body-Solid's Fusion Personal Trainers are the next evolution in home gym design. Functional and traditional training fuse together creating fluid movements and unsurpassed versatility. This truly represents the best of both worlds in classic and modern strength training. New for 2008 is the [Fusion 400 Personal Trainer](#). Like the [F500](#) and [F600](#), the F400 is a true hybrid of traditional and functional training. The F400 incorporates a unique patent pending press arm and pulley system with isolateral 250 degree pivots for unmatched versatility and function. The press arms have the ability to adjust from a mid-row position all the way up to a lat pull down position. These arms also have two swiveling pulleys which allow for unique isolateral mid row exercises, functional pressing motions, pectoral flys and several high pulley exercises. The Fusion 400, like the Fusion 500 and 600, have the most unique and desirable attachments available in the home gym market. Add any one of the [FLP leg press](#), [FMH multi-hip](#), or the [FCDWA weight assisted vertical knee raise chin/dip](#) to your F400 to complement your training routine.

**SCB1000-CounterBalanced Smith**

Body Solid offers some of the best equipment available for multiple commercial, light commercial and vertical market applications. Pro Dual, Pro Clubline, Body Solid Strength and Endurance Cardio are just some of Body Solid's quality offerings for just about any facility. The newest member of Body Solid's Pro Club Line is the [SCB1000 counter balanced smith machine](#). Counter balanced to a comfortable 10 pounds, any user can start with an appropriate amount of resistance. Oval 11 gauge steel gives the SCB1000 a modern look and fantastic stability. Case hardened guide rods and sealed bearing movement provide an impressive 1200lb capacity. Also do not forget about the Pro Clubline leverage line, fixed benches, single stations and Pro Dual units for all your commercial and vertical market needs.



**Happy Holidays
From All Of Us
at Body-Solid**

Body-Solid

Body-Solid, Inc. | 1900 S. Des Plaines Ave. | Forest Park, IL | 60130 | 1-800-833-1227