

G3S

Body-Solid - Multi-Grip Home Gym

Body-Solid[®]
Built for Life



G3S

Multi-Grip Home Gym

Advanced engineering has resulted in exceptional range of motion and full adjustability for any size user. The multi-grip press arm system delivers deep and effective muscle interaction for chest, incline and shoulder press movements. No need to sit on the floor to perform rowing exercises with the G3S, simply grasp the mid row handles for an exhilarating mid and lower back workout that will increase flexibility, build strength and relieve lower back stress.

The Leg Extension/Leg Curl Station is fully adjustable to comfortably fit any size user and features thick foam rollers for maximum comfort. Add the optional Leg Press/Calf Press station for the ultimate lower body workout with up to 420 lbs. of resistance.

Includes: Lat bar, Straight bar, Ankle Strap, Ab/Triceps Strap, Body-Solid Total Body Workout™ DVD, Full-size exercise chart.

Weight: 340 lbs

Dimensions: 80"L x 47"W x 84"H

Special Features

- Lat pulldown station allows unlimited, full range of motion through unilateral, bilateral, converging or diverging movement
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point
- 160 lb. (73kg) selectorized weight stack. Optional 210 lb. (95kg) weight stack available

Warranty



Frame & Welds Lifetime
Bushings and Hardware Lifetime
Pads, Cables and Grips Lifetime