



Body Solid Corner Leverage Gym Included Bench GLGS100P4



The Body Solid Multistation GLGS100P4 for Olympic discs. The station comes with a training bench included. With its space-saving design, the GLGS100P4 fits comfortably in most home gyms. With an all new high tech/high gloss red anodized finish, the multistation stands not only for its performance but also for its design.

CHF 1'790.00

- **Lat pulley station** - training of back, arm and shoulder muscles. Integrated, adjustable leg roller for optimal fixation. The lat pull-down bar is included in the scope of delivery.
- **Press/Squat Arm** - Training chest and arm muscles with the bench press lever. This can also be used for squats to train leg muscles. In the top position, the bench press lever can be used as a pull-up station. The bench press lever has a large range of motion to simulate a straight up and down movement.
- **Low Pulley** - From standing biceps exercises to upright rowing, the low pulley allows for a wide variety of exercises.
- **Pull/Chin Up** - multiple grip options for pull-up exercises (wide, tight, side-to-side)
- **Flat / Incline / Decline Bench** - integrated transport wheels allow easy repositioning of the training bench. Backrest with 8-way adjustment. Integrated leg roller with oversized padded rollers provides extra comfort and stability for lower and upper abdominal exercises as well as oblique and negative strength training.

Machine dimensions: L145 (L241cm with bench) x B170 x H211cm, max. weight support 200kg, weight 120kg

Accessories: Universal bench GFID100, lat pull bar, stirrup pull handle, 2 disc supports for storage of Olympic weight plates

Option: 51mm discs

Warranty: 2 years on labor and spare parts (excluding consumables such as pads/cables)

**The Shark
Fitness Company**



Shark Fitness AG
Stores in Wettingen (ZH)
and Wil (SG)

056 427 02 25
info@sharkfitness.ch
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