



Body Solid Multistation G3S



The Body Solid Multistation G3S in a space-saving design. Bench press, incline bench press, shoulder press, seated rowing, abdominal crunch, leg extension, leg curl, lower pulley for a variety of exercises (abductors, adductors, hip and gluteal muscles), upper pulley for a variety of exercises (various pulling exercises in the upper body area, lat pull), biceps curl, rowing - a workout without limits.

CHF 1'799.00

Equipment:

- **Lat Pulldown / High Pulley Station:** perform lat pulldowns, triceps pressdowns, cable exercises and many more exercises with the high pulley. Adjustable hold-down pads stabilize your body for lifts that exceed your body weight. Unique versatility allows you to increase the strength and endurance of your back muscles.
- **Ab Crunch / Mid Pulley Station:** quickly develop fantastic abs and great triceps on this strength training station. Biomechanically designed for smooth, comfortable and comprehensive movement. Specifically designed to tone, smooth and isolate the entire abdominal area.
- **Leg extension / leg curl station:** if you are ready to build muscular legs and stronger knee joints, this leg station will help you achieve your goals. The biomechanically accurate pivot ensures ergonomically correct body positioning for natural and complete hamstring and leg biceps development.
- **Chest Press / Rowing Station:** Biomechanically designed for maximum chest concentration and excellent muscle development. Comfortable multi-position handles focus on specific areas of the chest and triceps. Adjustable seat height ensures a perfect fit. Fold the handles back and turn them into a mid-row station to blast your back.
- **seated rowing / low cable pull station:** rowing on the cable pulley are essential for well-developed back muscles, building depth in the mid-back and exercising those hard-to-reach lower lats. Cable pull station swivels smoothly and completely to provide accurate resistance to cable rolls, upright rowing, shrugs, leg abduction, leg adduction and more.
- adjustable seat height
- space-saving design
- ergonomic handles



- no need to change cables
- 1 weight block 75kg
- optionally available aluminum casters (on request - not included)

use: home use, payload: approx. 160kg

machine dimensions: L203,2 x W119,4 x H213,3cm, training area: L290 x W200cm, weight 154kg

accessories: lat bar, triceps grip, foot strap, abdominal part, chain

options: Leg press with resistance doubling from 75 to 150kg, 20kg additional weight

Warranty: 2 years on labor and spare parts (excludes consumables).