



Body Solid D-Gym - 4 Station Tower



Body Solid's modular concept. Choose 2 to 4 from 10 available dual training stations to attach to the dual base tower. Suitable from home use to commercial use in clubs, hotels, club sports, schools, company fitness or hotels, up to 4 people can train simultaneously and independently.

CHF 12'990.00

The heart of the DGym is the **DGym main tower with 4 weight towers of 95kg each**, to which you can add up to 4 dual training stations of your choice.

The base tower can be completed with up to 4 stations (10 stations to choose from).

The Dual Base Tower

DGym base tower (DGYM-S) with 4 x 95kg weight magazines (the weight equipment of each station is possible from 95 to 140kg).

The 4 dual training stations:

DGym cable pulley (DPCC) - for a variety of pulling exercises for training and rehabilitation - 18-position adjustable cable pulley with double pulleys for a variety of exercises (abdominal crunches, pulling exercises, abductors, adductors, hip and gluteal muscles, calf raises, biceps curl standing/sitting, rowing seated, neck pull standing).

DGym leg extension / leg curl (DLEC) for a thigh workout. Station for leg curl and leg extension seated, 12-position adjustable ergonomic backrest with telescopic adjustment, exercise change through simple adjustment unit.

DGym leg press / calf press (DCLP) for lower leg and calf training. Leg press with 12-position adjustable backrest for an optimal training position, ergonomic backrest, weight doubling at leg press station (2:1 ratio)



DGym press arm (DPLS) for a training of the chest, shoulder and back muscles. Bench press with different grip positions and 8-way movement angle adjustment for horizontal bench press, incline bench press, shoulder press, and seated rowing with upper body supported. Variably adjustable backrest for optimal exercise performance and lower back support. Upper pulley for a variety of upper body pulling exercises (lat pull, triceps, ab crunch, crossover).

Other dual training stations available:

DGym Butterfly / Back Deltoid (DPEC) for a workout of the chest, shoulder and back muscles, Mass (exercise execution)

DGym Biceps / Triceps (DBTC) for a workout of the lower and upper arms

DGym Abdominals / Back (DABB) for a workout of the abdominal and back muscles

DGym Multi Press (DPRS) for a chest and arm workout

DGym Adduction / Abduction (DIOT) for a workout of the hip and thigh muscles

DGym Lat Pulldown / Row Pulldown (DLAT) for an efficient upper body workout like arms, chest, shoulders and back

Equipment:

- electro-welded sturdy frame construction
- ball bearing guide rollers
- plastic-coated steel ropes from the aircraft industry
- ergonomically shaped and easily adjustable backrest for individual adjustment for chest and shoulder training
- high quality padding
- weight magazine cover
- 4 x 95kg weight magazines
- frame color: silver
- upholstery color: black

Use: home use to light institutional use, payload: approx. 250kg

Equipment dimensions: L335 x B280 x H211cm, weight approx. 900kg

Accessories: lat bar, 2 hand straps

Warranty: 1 year on labor, 2 years on spare parts (excludes consumables such as padding/cables)