



Body Solid Multistation G1S



The Body-Solid G1S offers a lot of power, strength and durability in a small space. Relying on a selective weight stack of 72.5kg, this gym allows for more than 40 toning, trimming and strength training exercises. From the multi-grip pressing arm to the contoured, adjustable seat pad, the G1S offers more bang for your buck than any other home gym on the market. Body-Solid G-Series fitness equipment is built to the highest manufacturing standards using the highest quality pulleys, cables and padding. The entire equipment is backed by the best warranty in the industry, the Body-Solid In-Home Lifetime Warranty, which covers everything. Forever. Period.

CHF 1'399.00

- **Lat Pulldown / High Pulley Station:** Perform **lat** pulldown exercises, tricep presses, cable crossovers and many more **high pulley** exercises. The adjustable support pads stabilize your body during exercises that exceed your body weight. The unique versatility allows you to improve the strength and endurance of your back muscles.
- **Ab Crunch / Mid Pulley Station:** Develop impressive abs and fantastic triceps in no time at this strength training station. The biomechanical design allows for a smooth, comfortable crunch movement through the entire range of motion. Specifically designed to tone, flatten and isolate the entire abdominal area.
- **Leg Extension and Leg Curl Station:** If you're ready to build muscular legs and stronger knee joints, this leg developer is ready to help you achieve your goals. The biomechanically accurate pivot point provides ergonomically correct body positioning that allows for a natural and complete hamstring and leg biceps workout.
- **Chest Press Station:** Biomechanical design for maximum chest concentration and excellent muscle development. Comfortable, multi-level grips focus on specific areas of the chest and triceps. Adjustable seat height provides a perfect fit.
- **Seated Rowing / Low Pulley Station:** Seated rowing exercises are essential for a well-developed back, training the depth of the mid-back and those hard-to-reach lower lumbar muscles. The low pulley rotates smoothly and fully to provide precise resistance for cable curls, upright rowing, shrugs, leg abduction, leg adduction and more.



- **72.5kg AlloyWeight Stack:** The advanced alloy weight stack plates are drilled to exact specifications and feature state-of-the-art nylon bushings for smooth and quiet operation.
- easy to use, space saving, no need to change cables.
- traditional presser bar is biomechanically designed for maximum chest concentration and excellent muscle development.
- DuraFirm™ padding with lumbar support provides ultimate comfort and prevents lower back strain.
- all stations feature self-lubricating bronze bushings with biomechanically precise pivot points for friction-free shaft rotation.
- telescoping, chrome seat post for quick, smooth adjustments and proper body positioning.
- 1000 kg tensile strength, military-specified steel aircraft cables with nylon sheathing provide durability and low maintenance.
- 11.5-cm, impact-resistant, fiberglass-reinforced nylon pulleys with precision-machined steel ball bearings for long cable life, smooth movement and maximum durability.
- rugged 12-gauge steel construction provides ultimate strength, function and durability.
- durable, long-lasting electrostatically applied powder coat finish protects against scratching, chipping and peeling.
- 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: L140,2 x W120 x H210,8cm, weight 149,2kg

Accessories: lat pull bar, triceps grip, foot strap, abdominal pull 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)