



## Body Solid Multistation G9S - 2 Station Tower



Body Solid's G9S multistation allows 2-3 people to train at the same time. The exercise variety and the robustness of the training station allows not only a use for home, but also in smaller fitness rooms such as hotels, company fitness, schools or clubs.

CHF 4'790.00

### Equipment:

- Station 1: bench press, shoulder press, leg extension, leg curl, upper pulley for a variety of exercises (various upper body pulling exercises, lat pulldown) - bench press with angle of motion adjustment for horizontal bench press, incline bench press and shoulder press - upper pulley for a variety of exercises (upper body pulling exercises, lat pulldown, triceps, abdominal crunch, crossover) - adjustable hold-down pads stabilize the body during elevators that exceed body weight. Unique versatility allows to increase strength and endurance of back muscles
- Station 2: Butterfly, reverse fly for shoulder, neck and trapezius muscles, ab crunch - the G9S includes a pec-dec station with computer-designed, dual overhead cams with variable resistance that allow each arm to work independently for unilateral and bilateral chest, back and shoulder conditioning. Adjustable pop-pin seat raises vertically to properly align hands and elbows with pivoting handles for proper alignment. Single arm back flips for back and shoulder development can be performed
- Station 3: lower pulley for a variety of exercises (abductors, adductors, hip and gluteal muscles, calf raises, biceps curl, rowing), with foot support - essential for a well-developed back, seated rowing exercises build depth in the mid-back and exercise the hard-to-reach lower latissimus. Low roller rotates smoothly and fully to provide accurate resistance for cable curls, upright rowing, shrugs, leg abduction, leg adduction and more
- Station 3: Leg Press - the G9S includes a powerful leg press and calf press that works in a 2:1 ratio, turning the 95kg weight stack into 190kg workouts that blast the legs. Advanced design reduces spinal compression while allowing full range of motion in a natural, biomechanical movement. Fully adjustable back pad and ergonomically designed pivoting footplate accommodate users of all sizes for a complete leg and calf workout
- Station 4: Leg Curl/Dip Station (available as an option)



- simultaneous training for 2 users possible
- ergonomic handles
- 2 weight blocks of 95kg
- leg press with resistance doubling from 95 to 190kg

use: home use, payload: approx. 160kg

machine dimensions: L226 x B260x H211cm, training dimensions: 360 x 340cm, weight 468kg

accessories: leg press with resistance doubling from 95 to 190kg, lat pull bar, triceps grip, chain, foot strap, abdominal pull part, leg press

options: Leg lift/dip station, adduction/abduction station

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