



## Body Solid Multistation G10B - 2 Station Tower



The G10B training station allows 2 people to train at the same time. With the patented bi-angular technology with converging motion, the separate leg station for leg extensors and leg flexors sitting and the modern, attractive design, the G10B is the ideal station for the highest demands.

CHF 4'790.00

### Equipment:

- Station 1: Bench Press (converging motion) with angle of motion adjustment for horizontal bench press, incline bench press and shoulder press, shoulder press with inclinable back support - the patented Bi-Angular® Press Arm guides through the optimal range of motion while applying resistance from two directions. Uniform, multidirectional resistance increases muscle interaction by 25%. Now you can enjoy the benefits of Bi-Angular® technology during chest press, incline bench press and shoulder press. It's like training with free weights.
- Station 2: stretched butterfly - equipped with swing arms and designed for unilateral and bilateral movements, you get the maximum stretch for deep muscle toning and the most incredible upper body development possible
- Station 3: upper pulley for a variety of exercises (upper body pulling exercises, lat pulldown, triceps, ab crunch, crossover) - adjustable hold-down pads stabilize the body during elevators that exceed body weight. Unique versatility allows you to increase strength and endurance of back muscles
- Station 4: Medium pulley for a variety of exercises (abdominal crunches, traction exercises) - Biomechanically designed for smooth, comfortable crunch movements with full range of motion. Specifically designed for toning, flattening and isolating the entire abdominal area.
- Station 5: lower pulley for a variety of exercises (abductors, adductors, hip and gluteal muscles, calf raises, biceps curl, rowing), with hinged footrest - essential for a well-developed back, seated rowing exercises build depth in the mid-back and train 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 6: Leg extension and leg curl station seated for quadriceps and leg biceps training - build muscular legs and stronger knee joints- the leg curler helps achieve goals. The leg developer's



SmoothGlide bearing system combined with self-aligning leg cuffs guides through the most challenging leg curls and extensions. Features an independent weight stack so more than one user can train at a time

- Simultaneous workout for 2 users possible
- Space saving design
- ergonomic handles
- quality padding
- 2 weight stacks of 95kg

Use: home use, load capacity: approx. 160kg

Equipment dimensions without leg press: L180 x W302 x H212cm, equipment dimensions with leg press: L180 x W342 x H 212cm, Exercise mass without leg press: L250 x B270 x H212cm, training mass with leg press: L250 x W342 x H212cm, weight 426kg

Accessories: lat pull bar, tricep grip, foot strap, abdominal pull part, chain

Options: Leg press with resistance doubling from 95 to 190kg, cable pulley, adduction/abduction

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