

G1S

Body-Solid - Selectorized Home Gym

Body-Solid[®]
Built for Life



G1S

Selectorized Home Gym

With the smallest footprint of any Body-Solid home gym, you can fit this gym almost anywhere. Ideal for someone without the luxury of having an entire basement or garage. Body-Solid quality is guaranteed for a lifetime of use on every part, with heavy gauge steel, thick DuraFirm pads, and plenty of adjustable positions. The G1S offers all the standard home gym exercises with a press arm, high, mid, and low pulleys, and leg developer. Centered on a 160 lb. selectorized weight stack, this gym packs a lot of power, strength and durability. Body-Solid G series gyms use the highest manufacturing standards and the finest quality pulleys, cables and upholstery.

Includes: Lat bar, Straight bar, Ankle Strap, Ab/Triceps Strap, Body-Solid Total Body Workout™ DVD, Full-size exercise chart.

Weight: 315 lbs

Dimensions: 56"L x 47"W x 84"H

Special Features

- 160lb. Selectorized Weight Stack
- Traditional press bar is biomechanically designed for maximum muscle development
- DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain
- 12-gauge steel construction provides ultimate strength, function and durability.

Warranty



Frame & Welds Lifetime
Bushings and Hardware Lifetime
Pads, Cables and Grips Lifetime