

Body-Solid®



THE MACHINE FOR YOUR WORKOUT



Build your workout center with any combination of three or four of the following Pro•Dual stations.



Pro•Dual DGYM
Shown with:
DPLS
Vertical Press
and Lat
DPCC
Adjustable Cable
Column
DLEC
Leg Extension/
Leg Curl
DPEC
Pec Dec/Rear Delt

PRO-DUAL DGYM
Discover thousands of possibilities!

PRO-DUAL BASE FRAME [C]

DGYM

Body-Solid revolutionizes the commercial equipment market by providing a modular approach to designing your next training facility. Pro•Dual offers ten dual-function stations that can be used in single or multiple stack arrangements. There are thousands of combinations, allowing you to customize the equipment to best suit your training needs.

The anchor of the multi-station system is the Four Stack Weight Tower. With positions for three or four stations, the space saving four stack tower provides a solid foundation for any of the ten different Pro•Dual stations (shown at right).

- Four independent weight stations
- Four universal upper and lower station mounts
- Four universal upper and lower pulley stations
- Four easy mount chrome guide rods
- Optional 210 lb. or 310 lb. weight stack (weights not included with base frame)

Dimensions 83"H x 38"L x 38"W

See pages 16-17 for more information about customizing your DGYM.



DABB
Ab Crunch/
Back Extension



DBTC
Bicep Curl/
Tricep Extension



DCLP
Leg Press/
Calf Extension



DIOT
Inner Thigh/Outer Thigh



DLAT
Lat Pull-Down/Midrow



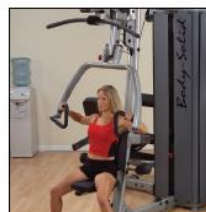
DLEC
Leg Extension/Leg Curl



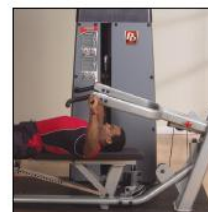
DPCC
Adjustable Cable Column



DPEC
Pec Dec/Rear Delt



DPLS
Vertical Press and Lat



DPRS
Multi-Press

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