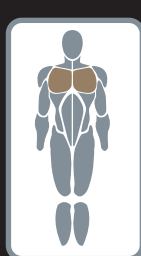


Body-Solid®  
Built for Life

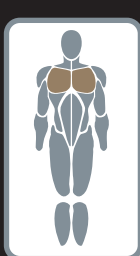
# FUSION 500

PERSONAL TRAINER

## EXERCISE CHART



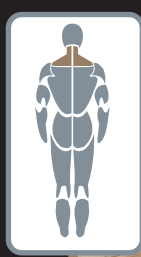
Chest Press



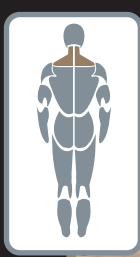
Incline Chest Press



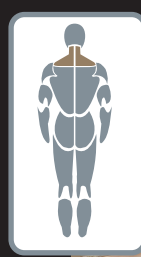
Pectoral Cable Fly



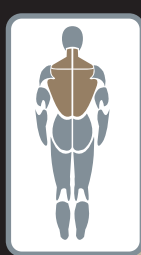
Shoulder Press



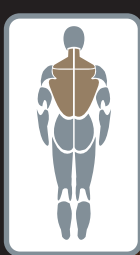
Upright Row



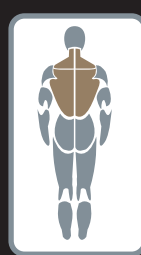
Standing Shoulder Press



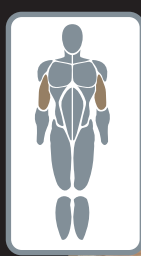
Lat Pull Down



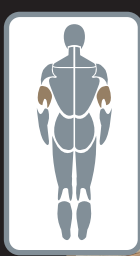
Seated Row



Bent Over Row



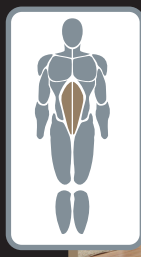
Biceps Curl



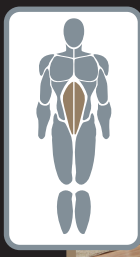
Triceps Extension



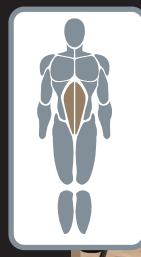
Seated Bicep Curl



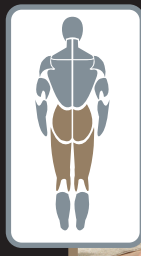
Ab Crunch



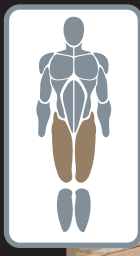
Oblique Crunch



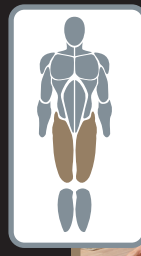
Oblique Twist



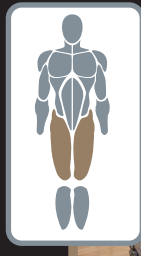
Glute Kickback



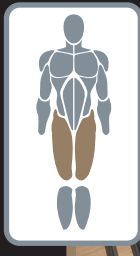
Leg Adduction



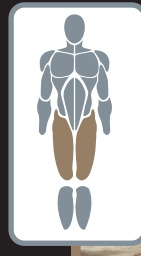
Leg Abduction



Leg Extension



Calf Press



Leg Curl



Perform over 60 exercises on the Body Solid® Fusion 500 Selectorized Home Gym.  
For more information on exercises see your owners manual, the Total Body Workout DVD, or  
visit our website.

[www.bodysolid.com](http://www.bodysolid.com)

© Copyright 2008. Body-Solid, Inc. All rights reserved. Body-Solid reserves the right to change design and specifications when we feel it will improve the product.  
Body-Solid machines maintain several patented and patent pending features and designs. All rights reserved on all design patents and utility patents.  
For further information, contact Body-Solid, Inc. 1900 South Des Plaines Avenue, Forest Park, IL 60130 USA  
Phone: 1-708-427-3555 • Fax: 1-708-427-3556 • Web: [www.bodysolid.com](http://www.bodysolid.com)