



### G1S Selectorized Home Gym

The Body-Solid G1S packs a lot of power, strength and durability into the smallest footprint available. Centered on a 160 lb. selectorized weight stack, this gym allows over 40 toning, trimming and strength training exercises. From the multi-grip press arm to the contoured, adjustable seat pad, the G1S gives you more for your money than any other home gym on the market. Body-Solid G series gyms use the highest manufacturing standards and the finest quality pulleys, cables, and upholstery.

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

### Special Features

- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development
- DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain
- All stations feature self-lubricating bronze bushings with biomechanically accurate pivot points for friction-free shaft rotation