EXERCISE

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EXM-2750S

MULTI-STATION GYM

Strong enough for the most serious workouts.

Versatile enough to provide a total body workout.

Comfortable pads, rollers and grips allow for low impact workouts.

Efficient face-forward design fits easily into any room.

Convenient Use it when you feel like it - No more crowded gyms!

Easy-to-use follow the step-by-step instructions in this Exercise Chart to work all major muscle groups.



Resistance is applied to the muscle groups in two directions simultaneously. This increases the intensity of the exercised muscles by 25%.

Featuring BIANGULAR™ Technology

Manufactured by Body-Solid, Inc. under U.S. Patent No. 5,810,701 licensed by Badger Fitness Equipment

Body-Solid's Biangular Technology delivers perfect biomechanical form throughout a full range of convergent motion providing a much more efficient workout. The Biangular mechanism guides you through the optimum natural range of motion while applying resistance from two directions simultaneously. This smooth, fluid, multi-directional resistance system automatically produces 25% more muscle interaction by eliminating the ability to rest the pecs. Thus, you increase the exercise intensity through a full range of safe, convergent, multi-joint, multi-plane movement patterns. The dual horizontal and vertical hand grips ensure superior muscle isolation and replicate a free weight dumbell workout in a much safer, more consistent full range of motion.

CHEST



Horizontal Grip Chest Press (Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Set Press Arms to the Chest Press position and set back pad to the Chest Press position.
3. Adjust seat pad height so that when seated the horizontal press handles bisect the chest (pectoral) muscles.
4. Sit comfortably on the seat pad with your back flat against the back pad.
5. Grasp horizontal bench handles with your arms bent and palms facing downward.
6. Keeping your elbows out and below your shoulders, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.



Incline Press (Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Set Press Arms to the Incline Press position and set back pad to the Incline Press position.
3. Adjust seat pad height so that when seated the horizontal press handles bisect the upper chest (pectoral) muscles.
4. Sit comfortably on the seat pad with your back flat against the back pad.
5. Grasp horizontal bench handles with your arms bent and palms facing downward.
6. Keeping your elbows out and below your shoulders, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.



Pectoral Fly (Pectorals)

1. Insert pin into weight stack at desired resistance level and adjust Press Arms to Storage position.
2. Adjust seat pad height so that when seated the pec arm handles are below your shoulder level and your arms are approximately parallel with the floor.
3. Sit comfortably on the seat pad facing away from the machine and your back flat against the back pad.
4. Reach back and grasp the pec arm handles on each side.
5. Use Chest muscle strength to bring your arms forward and inward until your hands meet in front of you.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

SHOULDERS



Shoulder Press (Deltoids)

1. Insert pin into weight stack at desired resistance level.
2. Set Press Arms to the Shoulder Press position and set back pad to the Shoulder Press position.
3. Adjust seat pad height so that when seated the horizontal press handles bisect the shoulder (deltoid) muscles.
4. Sit comfortably on the seat pad with your back flat against the back pad.
5. Grasp horizontal bench handles with your arms bent and palms facing downward.
6. Keeping your elbows out, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.



Upright Row (Deltoids & Trapezius)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Stand erect, facing machine, with your feet approximately shoulder width apart and grasp the Bar with your hands set approximately 6 inches apart and your palms facing down.
4. Straighten your arms and allow the weight to pull your arms straight down.
5. Keeping your elbows above your hands at all times, slowly pull the Bar upward until the back of your hands lightly touch your chin.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Side Deltoid Raise (Deltoids)

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap or the Tricep/Ab Strap to the low pulley cable.
3. Stand with your right side facing the machine.
4. Securely grasp the Strap with your left hand and your palm facing down.
5. Using shoulder muscle strength, slowly raise the Strap upward and outward in a semicircular arc until it is in a position slightly above shoulder level.
6. Pause for a moment, then slowly return the Strap along the same arc, back to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.
8. Change hands, turn around and repeat with opposite arm.

*** Stirrup Handle optional #MB-501**

BACK



Lat Pull Down (Latissimus Dorsi)

1. Insert pin into weight stack at desired resistance level.
2. Set Press Arms to the Storage position and attach Lat Bar to the high pulley cable.
3. Adjust seat pad so your legs lock-down comfortably under foam rollers. Sit on seat pad facing into machine.
4. Grasp Lat Bar 3 to 6 inches wider than your shoulders, on each side.
5. Keeping your elbows back during movement, slowly pull the Lat Bar down until it lightly touches the upper part of your chest.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Shrugs (Trapezius)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Stand facing the low pulley with your feet set shoulder width apart.
4. Grasp the Straight Bar and stand erect with your arms extended straight down and the Bar resting across your thighs. Allow the weight to pull your shoulders forward and downward.
5. Use Trapezius strength to "shrug" your shoulders upward and backward as far as possible.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Seated Row (Latissimus Dorsi)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Sit on the floor with your knees slightly bent and your feet placed firmly against the foot brace.
4. Grasp the Bar in both hands. Straighten your arms and lean toward the pulley to stretch your Lats.
5. Simultaneously Pull the Bar toward you and sit erect, being sure to keep your elbows close to your sides. Continue to pull the Bar until it touches your midsection.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Inhale on exertion, exhale on return motion.

ABS



Resistance Ab Crunch (Abdominals)

1. Insert pin into weight stack at desired resistance level and adjust Press Arms to Storage position.
2. Attach Tricep / Ab Strap to middle pulley cable and adjust back pad to Chest Press position.
3. Sit on seat pad with your back resting against back pad. Grasp the Strap and place it securely over your shoulders, keeping your hands planted firmly on your upper chest throughout the entire exercise movement.
4. Using Abdominal muscle strength, slowly bend forward at the waist as far as possible.
5. Pause for a moment, then slowly return back to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.



Oblique Crunch (Obliques & Abdominals)

1. Insert pin into weight stack at desired resistance level and adjust Press Arms to Storage position.
2. Attach Tricep / Ab Strap to middle pulley cable and adjust back pad to Chest Press position.
3. Sit on seat pad with your back resting against back pad. Grasp the Strap and place it securely over your shoulders, keeping your hands planted firmly on your upper chest throughout the entire exercise movement.
4. While holding the strap firmly over shoulders, simultaneously bend forward and rotate your upper body slowly to the left as far as possible while keeping your legs and hips stationary.
5. Pause for a moment, then slowly return to the starting position.
6. Alternate the movements from the left to the right and then repeat the movements.
7. Exhale on exertion, inhale on return motion.



Oblique Bend (Obliques)

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap or Tricep / Ab Strap to low pulley cable.
3. Take an overhand grasp of the Strap with your right hand and stand 1 to 2 feet away from the machine with your right side toward the machine.
4. Keeping your arm, legs and hips straight, bend your torso away from the machine.
5. Pause for a moment, then slowly return to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite hand.

ARMS



Standing Bicep Curl (Biceps)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Facing the machine take an underhand grasp on the Bar. Stand erect with your feet set at shoulder width and stand approximately 1 to 2 feet away from machine. Your arms should be down at your sides with the Bar resting on your thighs.
4. Keeping your upper arms locked against the sides of your torso, use Bicep strength to curl the Bar upward and forward in a semicircular arc to a position beneath your chin.
5. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.



Tricep Pressdown (Triceps)

1. Insert pin into weight stack at desired resistance level and adjust Press Arms to Storage position.
2. Attach Straight Bar to high pulley cable.
3. Facing the machine, stand erect with your feet set at approximately shoulder width. Grip the Bar securely with your palms facing down.
4. Pull the Bar down and lock your upper arms against the sides of your torso where they must remain throughout the exercise movement. Lean slightly forward at the waist.
5. Moving only your forearms, use Tricep strength to press the Bar downward in a semicircular arc to a position below your waist.
6. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Tricep Extension (Triceps)

1. Insert pin into weight stack at desired resistance level and adjust Press Arms to Storage position.
2. Attach Tricep / Ab Strap to middle pulley cable. Adjust back pad to Chest Press position.
3. Sit on seat pad, facing away from the machine. Reach behind your head and grasp the Strap.
4. Bend at the waist so that your torso is at an approximate 45º angle. Keep your hands behind your head and your arms bent with your elbows facing forward.
5. Keeping your upper arms motionless, use Tricep strength to move the Strap forward and downward in an arcing motion until your arms are extended.
6. Pause for a moment, then slowly return the Strap back along the same arc, to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

LEGS



Leg Press (Quadriceps, Hamstrings & Glutes)

1. Insert pin into weight stack at desired resistance level.
2. Adjust back pad to desired starting position.
3. Sit comfortably on seat pad with your back flat against the back pad and your feet securely against the press plate.
4. Grasp the handles at your sides for balance and stability.
5. Using leg muscles, slowly press the foot plate until your legs are extended. **Do not lock-out your knees.**
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

***Leg Press Station Optional #LP-275**



Standing Leg Curl (Hamstrings / Leg Biceps)

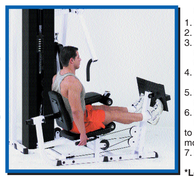
1. Insert pin into weight stack at desired resistance level.
2. Stand facing machine and hook your left heel under the bottom roller pad with left knee positioned slightly below the top roller pad. Grasp the Press Arms or back pad for stability.
3. Use hamstring strength to pull and curl your left foot upward, bending your knee as much as possible.
4. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
5. Exhale on exertion, inhale on return motion.
6. Change sides and repeat with opposite leg.



Leg Extension (Quadriceps)

1. Insert pin into weight stack at desired resistance level and adjust Press Arms to Storage position.
2. Sit comfortably on seat pad. Place knees over the top roller pads and hook your feet under the bottom roller pads.
3. Using Quadricep strength, extend your feet outward and upward until your legs are fully extended.
4. Pause for a moment, then slowly return your feet back along the same arc, to the starting position. Repeat movement.
5. Exhale on exertion, inhale on return motion.

CALVES



Calf Press (Gastrocnemius)

1. Insert pin into weight stack at desired resistance level.
2. Adjust back pad to desired position.
3. Sit comfortably on seat pad with your back flat against the back pad and the balls of your feet securely against the bottom portion of the press plate.
4. Grasp the handles at your sides for balance and stability.
5. Extend your legs and hold them in this position throughout the exercise.
6. Extend your feet forward as far as you comfortably can, hold that position for a moment and then return your feet to the furthest back position you comfortably can.Repeat movement.
7. Exhale on exertion, inhale on return motion.

***Leg Press Station Optional #LP-275**

HIPS



Leg Abduction (Outer Thigh)

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap to left ankle and low pulley cable. Stand 1 to 2 feet away from the pulley with your right side toward the machine.
3. Keeping your legs straight and your body balanced, allow the weight to pull your leg across your body and toward the machine. Be sure to keep hands away from all moving parts.
4. Using Outer Thigh strength, slowly pull your left leg across and away from your body as far as comfortably possible.
5. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite leg.



Leg Adduction (Inner Thigh)

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap to right ankle and low pulley cable. Stand 1 to 2 feet away from the pulley with your right side toward machine.
3. Keeping your legs straight and your body balanced, allow the weight to pull your leg away from your body and toward the machine. Be sure to keep hands away from all moving parts.
4. Using Inner Thigh strength, slowly pull your right leg across your body as far as comfortably possible.
5. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite leg.

ACCESSORIES INCLUDED

The EXM-2750S Multi-Station Gym comes complete with an assortment of attachments to increase the intensity of your workout for maximum results.



- **A** Lat Bar
- **B** Straight Bar
- **C** Utility Strap
- **D** Tricep / Ab Strap

Many more accessories are available. Go to www.bodysolid.com or visit your local Body-Solid fitness specialty dealer.

BODY-SOLID®

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THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES: 1. Inspect equipment daily. Check that all nuts, bolts and screws are fully tightened and replace worn parts immediately. 2. Before use, always check cables for signs of wear. Replace immediately. Never use machine if cable is damaged. Failure to do so may result in serious injury. 3. Keep clear of the cables and all moving parts when the machine is in use. 4. Always make sure all Snap Links are closed when doing any cable / pulley exercises. 5. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury. 6. It is recommended that you should workout with a training partner. 7. Do not allow children or minors to play on or around this equipment unsupervised. 8. Warning: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise without proper instruction.

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