Your Total Body

Chest


Vertical Bench Press


Horizontal Bench Press


Pectoral Fly


High & Low Cable

Arms


Bicep Curl


Concentration Curl


Tricep Extension


Tricep Pressdown

Back


Front Lat Pull Down


Rear Deltoid Fly


Seated Row


Mid Row


Shrugs


Upright Row


Shoulder Press


Ab Crunch


Oblique Bend

Legs /


Leg Abduction


Leg Adduction


Leg Extension


Leg Curl


Leg Kick-Back

These pictures display the basic exercises that can be done on the Body-Solid EXM-4000S Multi-Station Gym.

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EXM-4000S

Unwilling to compromise, Body-Solid uses materials and component

- Weight stack plates are machine drilled to exact specifications and employ oversized nylon bushings for super smooth operation and sound-absorbing cushioning.
- Highly polished, chrome plated solid steel guide rods and selector rods for smooth movement and maximum durability.
- Fiberglass reinforced nylon pulleys with V-grooved channels and precision ground, sealed ball bearings.
- Durable, powder coat finish ensures against scratching, chipping and peeling.
- Extra tough, tear-resistant, fully supported upholstery is double stitched and sewn. High-density, top grade foam provides ultimate support and comfort.
- Lubricated steel aircraft cables in 7 x 19 pattern, 3/16" diameter nylon coated to 1/4".

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TWNMSG-0699-EXM4000



Body-Solid

EXM-4000S



Mechanical Integrity and Advanced Technology

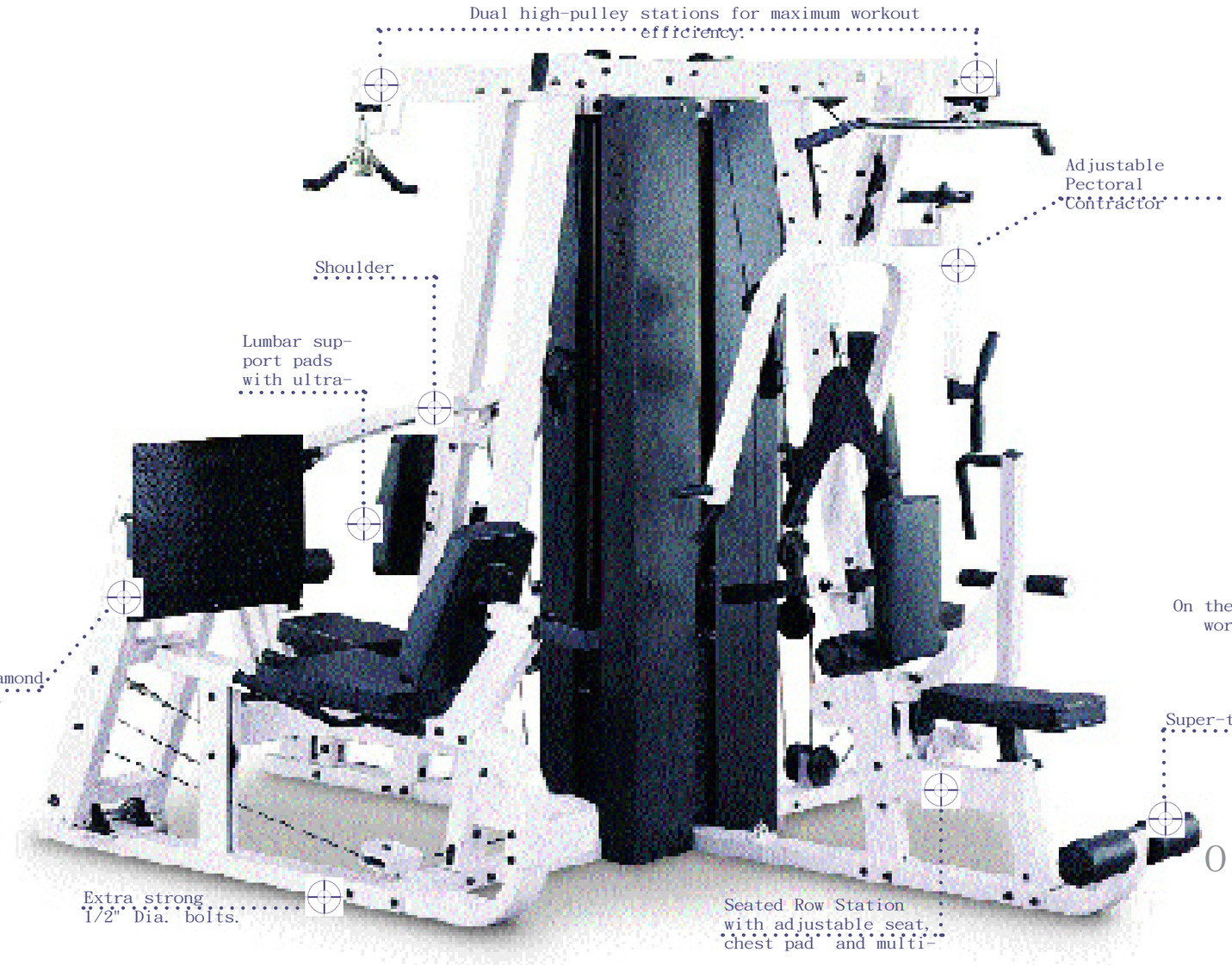
EXM-4000S Body-Multi- 1999

It's a State-Of-The-Art Health Club

Twelve hardworking exercise stations at one affordabl
4000S is designed for those who demand the ultimate gy
mous range of upper and lower body exercises f
total body conditioning, and superior endurance. Up
simultaneously with optional Leg Press / Calf Raise
against a wall, or on display in the center of the
are fed by four 210 Lb. steel alloy weight stacks. Un
Press with "kick start" for full stretch and range-of-
matic hydraulic adjustments, easy-access pop pin adju
and lower lumbar support pads at all stations. Come
shrouds for safety, 2" x 4" mainframe to eliminat
Armstrong Pec Arms for the feel of a true dumbell w



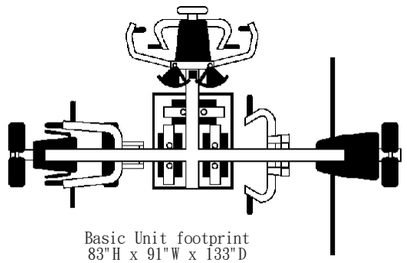
OPTIONAL
Leg Press / Calf Raise Station
Operates on a 2 to 1 r
turns your 210 Lb. wei
into an awesome
of maximum resistance.
Frame pivots on a seal
block ball bearing syste
ultimate in strength,
bility and friction-fre
mance. Ideal for worki





On the EXM-4000S, three people can work out simultaneously, The

Twelve Machines. One Compact



Basic Unit footprint
83"H x 91"W x 133"D



Gas-assisted seat adjustments with spring loaded pop pins ensure quick, easy



Oversized 4" impact resistant fiberglass reinforced nylon pulleys with sealed



Durable, tear-resistant upholstered pads feature high-density, top grade foam for safety



Weight Stack Shrouds for enhanced appearance and improved safety.



Heavy-duty 2"x 4", 2" x 3" and 2" x 2" machined steel construction for maximum strength and



Articulating Pec Arms for optimal Pectoral and Rear Deltoid



A Workout Poster is included with each gym with step-by-step instructions and full-color pictures