

Body-Solid®
Built for Life



EXERCISE CHART

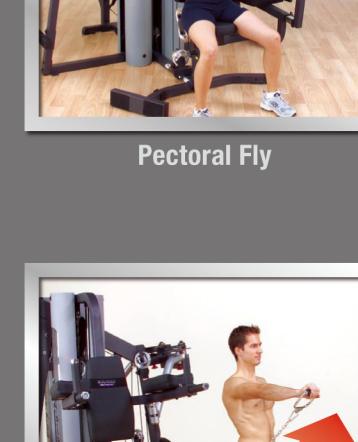
CHEST



Horizontal Grip Chest Press

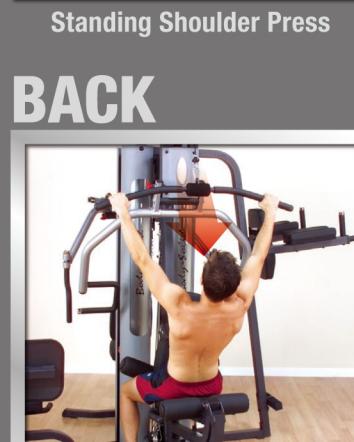


Incline Press

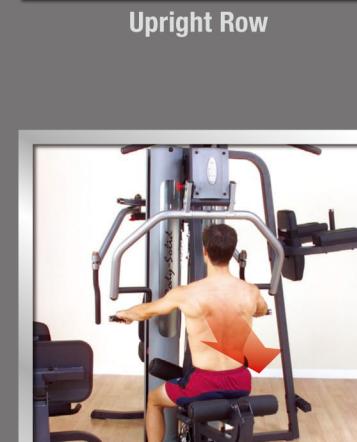


Pectoral Fly

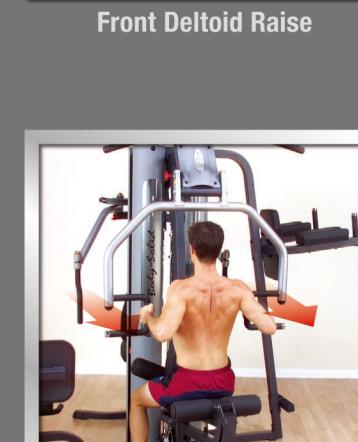
SHOULDERS



Standing Shoulder Press

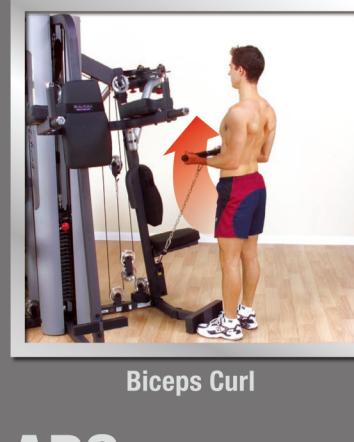


Upright Row

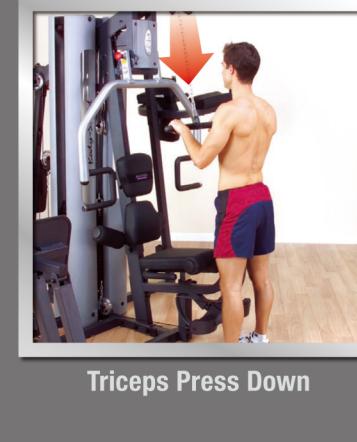


Front Deltoid Raise

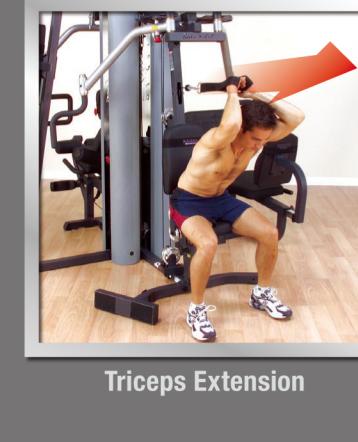
BACK



Lat Pull Down



Back Hyperextension

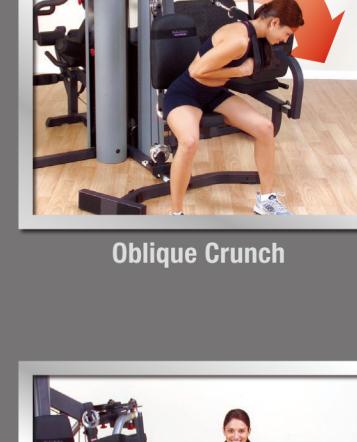


Chest Supported Mid Row

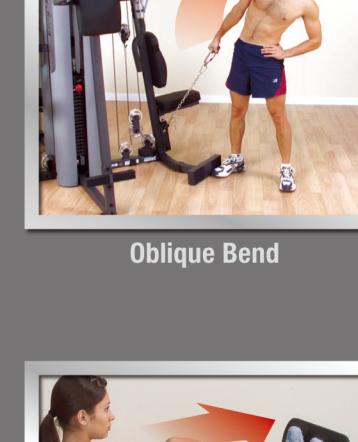
ARMS



Biceps Curl

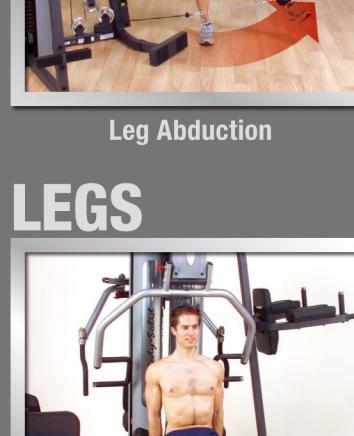


Triceps Press Down

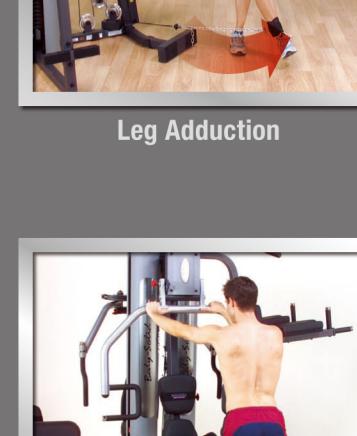


Triceps Extension

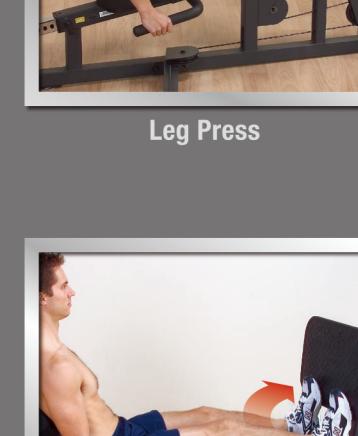
ABS



Resistance Ab Crunch



Oblique Crunch



Oblique Bend

HIPS/THIGHS



Leg Abduction



Leg Adduction



Leg Press

Perform over 40 exercises on the Body Solid® G9B Selectorized Home Gym. For more information on exercises see your owners manual, the Total Body Workout DVD, or visit our website.



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