

EXM-2000S Multi -

Body-Solid



Tear-resistant
upholstered Pads for
safety and comfort.



Weight Stack Shrouds for
enhanced appearance
and improved safety.



Heavy-duty 2" x 4" and
2" x 3" machined steel
mainframe construction.



Articulating Pec Arms for
optimal Pectoral and Rear
Deltoid development.

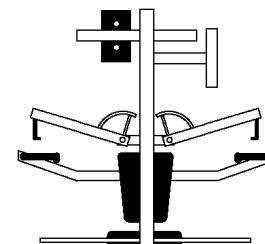
Strength training sure and simple.

High-Tech features, full range-of-motion, and affordable price...it's all here. What's more, the compact EXM-2000S fits almost anywhere. Precision engineered for strength and smooth operation, it assures the user the most vigorous total-body workout available. Bench Presses, Pectoral Flys, Lat Pull Downs, Leg Extensions, Leg Curls, High and Low Pulley exercises... these are just a few of the many movements that can be performed on this versatile machine. Features include shrouds that surround the 210 lb. eight stack, fiberglass reinforced nylon pulleys, lubricated steel aircraft cables and a tough, durable powder coat finish. Includes Lat Bar, Low Row Bar, Ankle Strap and Ab Crunch / Tricep Strap. EXM-2000S



OPTIONAL Leg Press / Calf Raise Station

Operates on a 2 to 1 ratio that turns your 210 Lb. weight stack into an awesome 420 Lbs. of maximum resistance. Pivots on a sealed pillow block ball bearing system for the ultimate in strength, durability and friction-free performance. Ideal for working quads, hams, glutes and calves. LP-20



Basic Unit footprint
83"H x 43"W x 63"D



A Workout Poster is included
with each gym with step-by-step
instructions and full-color pictures
showing proper use and positioning.

Body-Solid

Quality Without

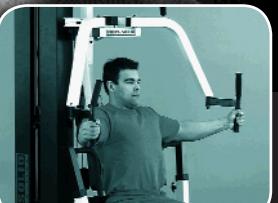
Chest



Vertical Bench Press



Horizontal Bench Press

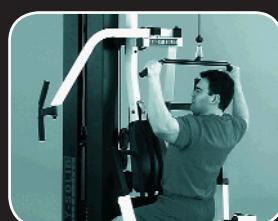


Pectoral Fly

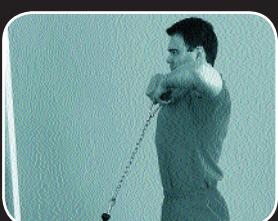


High & Low Cable Crossover

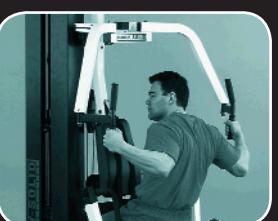
Back



Front Lat Pull Down



Upright Row



Rear Deltoid Fly

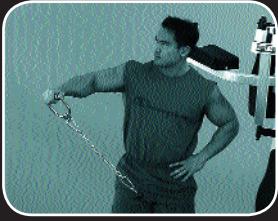


Seated Row

Shoulders



Shrugs



Reverse Cable Crossover



Ab Crunch

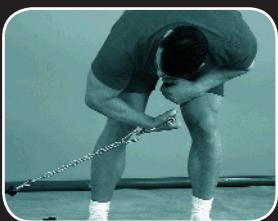


Oblique Bend

Arms



Bicep Curl



Concentration Curl



Tricep Extension

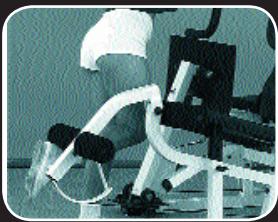


Tricep Pressdown

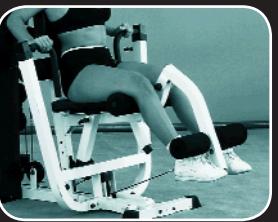
Legs /



Leg Abduction / Adduction



Leg Curl



Leg Extension



Leg Kick-Back

EXM-2000S Multi-Station Gym

Designed for extreme workouts, its
been
engineered for safety and durability.

These pictures display the basic exercises that can be
done on the Body-Solid EXM-2000S Multi-Station Gym.



Authorized

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