

Body-Solid

EXM-2000S Multi-



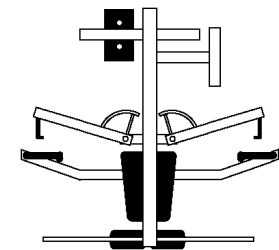
Strength training sure and simple.

igh-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 Flies, 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. weight 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



Tear-resistant upholstered Pads for safety and comfort.



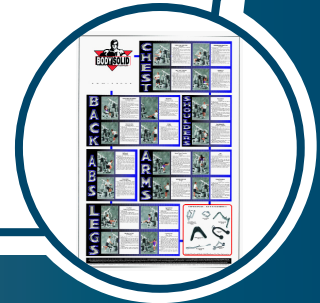
Weight Stack Shrouds for enhanced appearance and improved safety.



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



Articulating Pec Arms for optimal Pectoral and Rear Deltoid development.



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



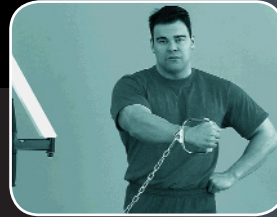
Vertical Bench Press



Horizontal Bench Press



Pectoral Fly

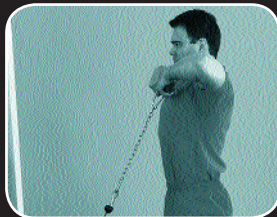


High & Low Cable Crossover

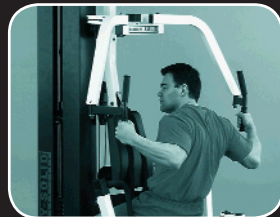
Back



Front Lat Pull Down



Upright Row



Rear Deltoid Fly



Seated Row

Shoulders



Shrugs



Reverse Cable Crossover

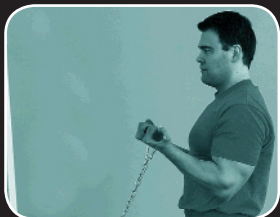


Ab Crunch



Oblique Bend

Arms



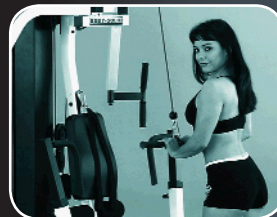
Bicep Curl



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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