



The Body-Solid G9B is a multi-station home gym designed to provide a comprehensive, club-quality strength training experience for multiple users simultaneously.



Recommended Options:

**GIOT9**  
Inner Outer Thigh Attachment



**GKR9**  
Knee Raise Attachment



- **Multi-Grip Press Arm:** Enables bench, incline, and shoulder presses plus seated mid-rows from one station for efficient upper-body and back training.
- **Perfect Pec™ Station:** Adjustable swivel arms allow unilateral or bilateral pec flies, rear-delt exercises, and ab crunches for precise muscle targeting.
- **Leg Press Station:** A dedicated 2:1 weight-ratio stack delivers up to 420 lb of smooth resistance for powerful leg presses, calf raises, and kick-backs.
- **Optional Vertical Knee Raise/Dip Station (GKR9):** Adds core, dip, and knee-raise exercises while allowing multiple users to train simultaneously.
- **Optional Inner Outer Thigh Attachment (GIOT9)**