

# PERFORMANCE TRAINER™

EXM-1500

*Amazing Performance.  
Amazing Price.  
Amazing Guarantee!*

## PERFORMANCE

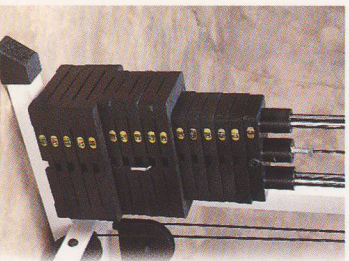
Strengthen, condition and tone all your major muscle groups with the Performance Trainer home gym. It assures you the most vigorous total body workout available. Designed for the home, it's compact and freestanding with precision engineered strength and full range-of-motion exercise movement. You can lose weight, gain strength, reduce stress and improve cardiovascular conditioning. All at your own pace, in your own home, on your own schedule. It's the fastest way to tone up, trim down and feel great!

## PRICE

The Body-Solid philosophy is simple: Give consumers exceptional quality, durability and function at an extremely affordable price. As you can see, the Performance Trainer sets a new standard in affordable excellence. The style is sleek, the features list is long and the quality impressive. Now you can have the professional quality of institutional gym equipment in a machine that was designed and priced for your home.

## GUARANTEE

With over 15 years experience manufacturing some of the finest fitness equipment available, we know how to build it strong! Body-Solid is the only fitness equipment manufacturer in the world that features an exclusive in-home Lifetime Warranty on Everything. That's right — pads, pulleys, cables, frames . . . you name it. It's all covered. Forever. Period.

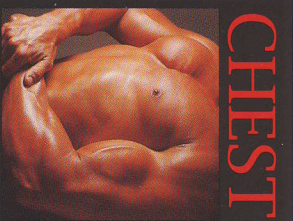


Fine-tune your workout routine with our exclusive graduated weight stack. This unique stack provides a number of smaller, lighter weight plates at the top of the stack to allow you the option of increasing the weight in even smaller increments. Designed for young and old, male and female, strength training and cross-training, rehabilitation and therapy.

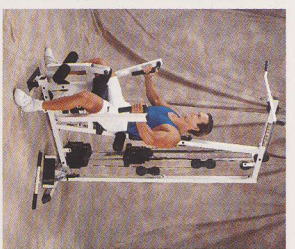


footprint: 84" H x 49" L x 36" W

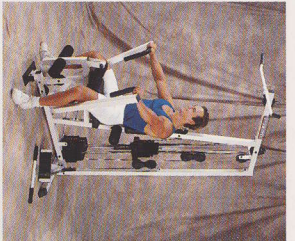
**BODY-SOLID®**



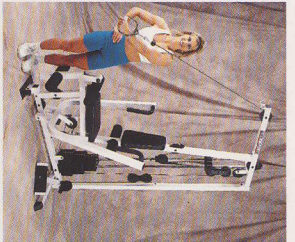
# CHEST



Vertical Grip Bench Press



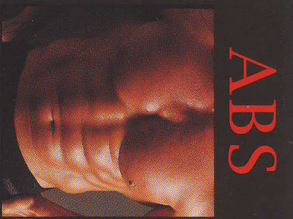
Horizontal Grip Bench Press



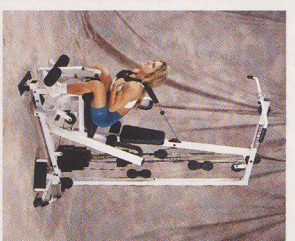
High Cable Crossover



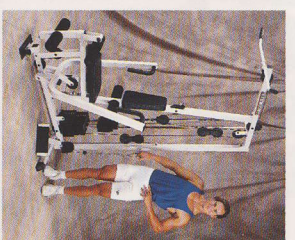
Low Cable Reverse Crossover



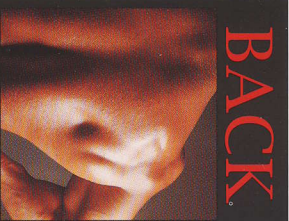
# ABS



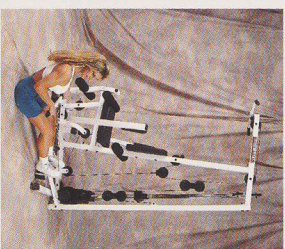
Ab Crunch



Oblique Bend



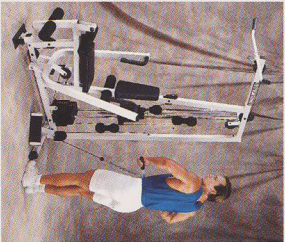
# BACK



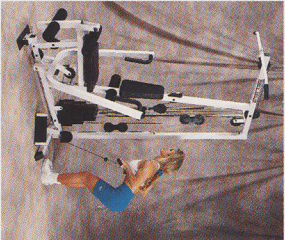
Seated Row & Low Pulley Station



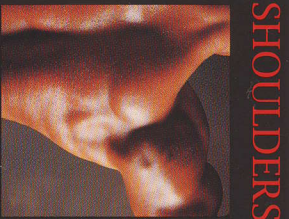
Front or Back Lat Pulldown



Shrugs



Bent Over Row



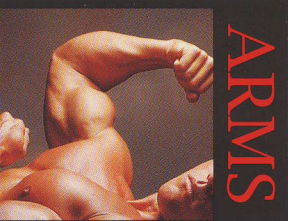
# SHOULDERS



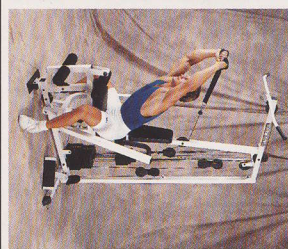
Upright Row



Front & Side Deltoid Raise



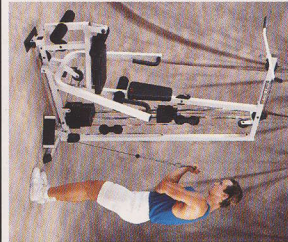
# ARMS



Seated Tricep Extension



Tricep Pressdown



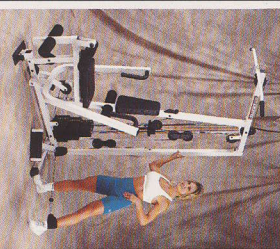
Concentration Curl



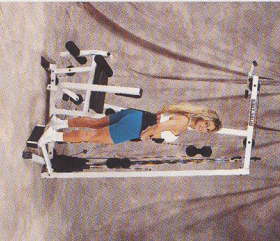
Arm Curl



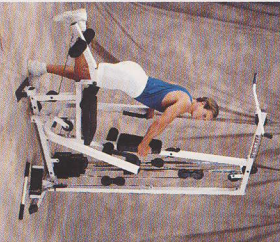
# LEGS



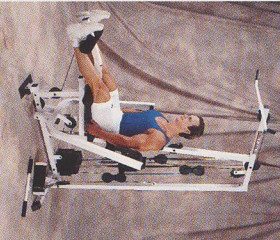
Leg Abduction, Adduction & Kickback



Calf Raise



Leg Curl



Leg Extension

# PERFORMANCE TRAINER™

EXM-1500

OVER 30 STRENGTH TRAINING EXERCISES!

### Additional Features Include:

- Heavy-duty 12 gauge carbon steel mainframe
- 2200 Lb. nylon coated steel aircraft cable • Extra tough, high-grade rubber grips • Indestructible, high density foam with double stitched vinyl upholstery
- Powerful 155 Lb. Weight Stack

# BODY-SOLID®

## BODY-SOLID

Fitness Equipment Centre

216 Ryegate Street

Cruden Town

LONDON NW1 1BE

TEL: 0171-383 2822

FAX: 0171-383 2822