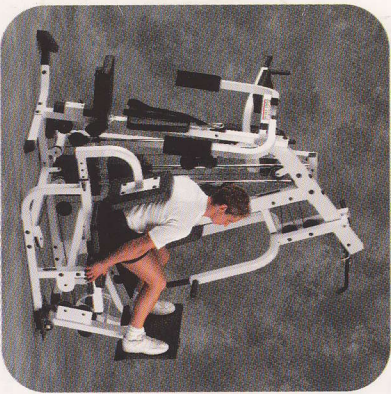


STRENGTH-TECH HOME GYM

E X M - 2 5 0 0 S

Strength and technology combined to deliver ultimate results for every user. It's a machine so easy to use that a novice or seasoned athlete can experience immediate success. Body-Solid has set a new standard of excellence for quality, durability and comfort with the Strength-Tech Gym. The strength is evident in the 2" x 4" high tensile steel mainframe construction. Strong and reliable 12 gauge steel is used throughout the design. Seats and benches are comfortably padded with high-density polyfoam and upholstered with top-grade, sewn and stitched vinyl fabric. Self lubricating oil-lite bronze bushings, fiberglass reinforced nylon pulleys with precision sealed ball bearings, 2200 Lb. test strength nylon coated aircraft cables and superior powder coat finish reflects our non-compromising approach to quality. The result is a superbly crafted, precision-built strength training machine that is the finest in its class.

Optional Stations



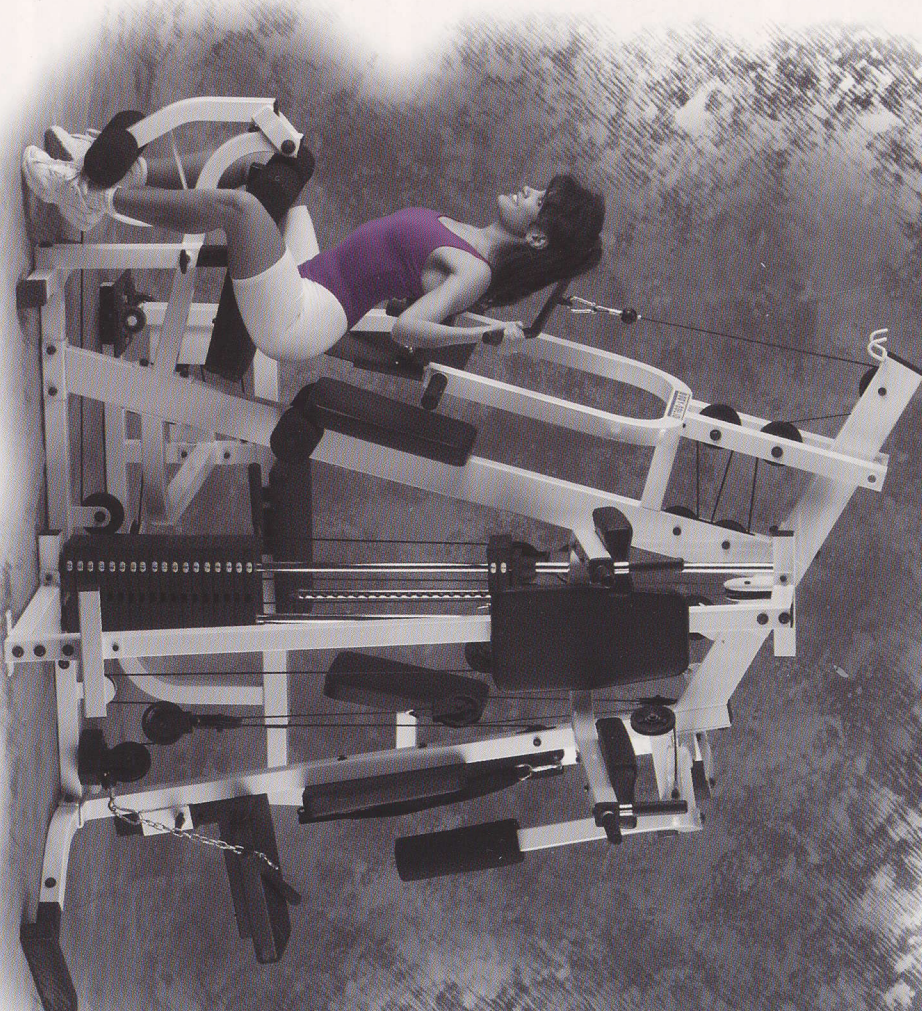
Leg Press / Calf Raise Station

Fully adjustable, stable, and always ready for an aggressive workout. Operates on a 2 to 1 ratio that turns your 210 Lb. weight stack into an awesome 420 Lbs. of maximum resistance. Pivots on sealed pillow block ball bearing system for ultimate strength, durability and friction-free performance. Ideal for working quads, hams, glutes and calves. #LP-25



Vertical Knee Raise / Dip Station

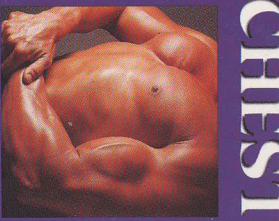
Trim, firm and strengthen your midsection on this Vertical Knee Raise without straining your back. Specially contoured, oversized backrest and arm pads support your body comfortably so your abdominal muscles are isolated and fully exercised. Attached Dip Station is great for developing the chest, shoulder and arm muscles. # VKR-25



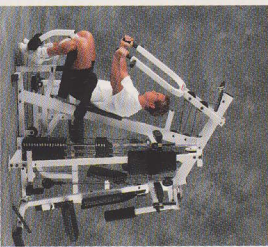
Dimensions: Basic Unit 83"H x 86"L x 38"W • Basic Unit with Optional Stations 83"H x 86"L x 90"W
Complete with A Powerful 210 Lb. Weight Stack

Ruggedly built, the Strength-Tech Gym features seven hardworking exercise stations including Chest Press, Ab Crunch, Leg Extension, Leg Curl, High Pulley, Low Pulley and Pectoral Flye. Over 50 strength training and body shaping exercises are available on the basic gym. Add the optional VKR station to do leg raises, knee raises, oblique bends and dips for a well rounded workout routine. For those who demand the ultimate gym package, the Leg Press station is available for working even more muscle mass in the legs, hams, glutes and calves. Built by Body-Solid's team of precision engineers to give you ergonomically accurate, biomechanically correct, full range-of-motion strength training service that feels terrific.

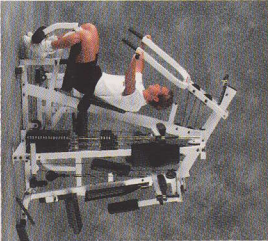
BODY-SOLID®
STRENGTH TRAINING EQUIPMENT



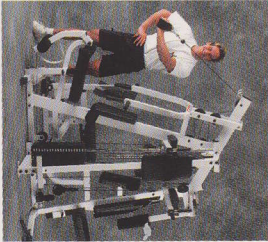
CHEST



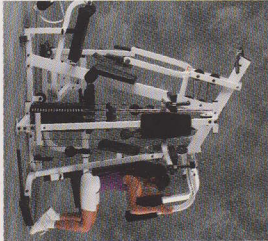
Vertical Grip Bench Press



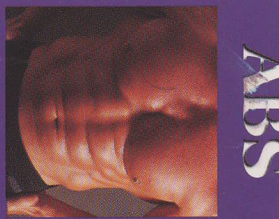
Horizontal Grip Bench Press



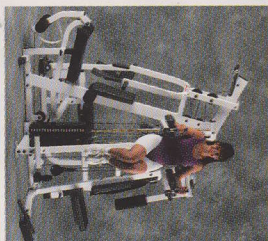
High Cable Crossover



Pectoral Fly



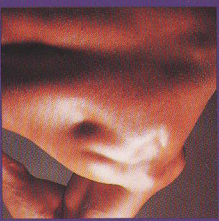
ABS



Knee Raise, Leg Raise & Oblique Bend*



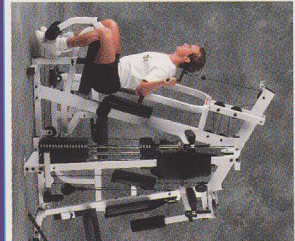
Ab Crunch



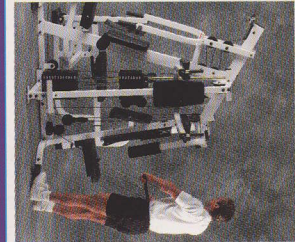
BACK



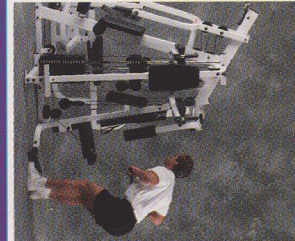
Seated Row & Low Pulley Station



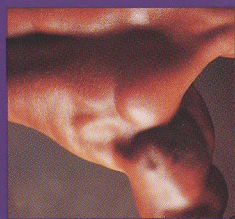
Front or Back Lat Pulldown



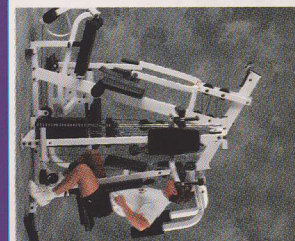
Shrugs



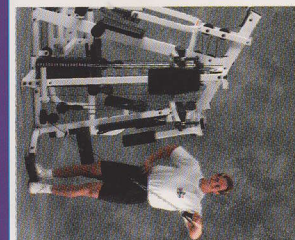
Bent Over Row



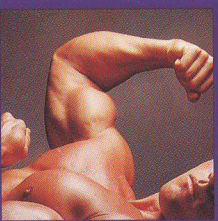
SHOULDERS



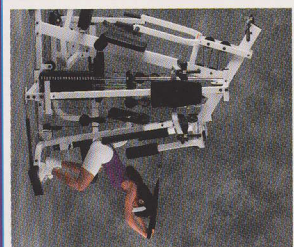
Rear Deltoid Fly



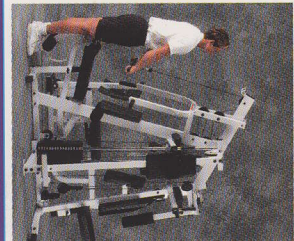
Front & Lateral Deltoid Raise



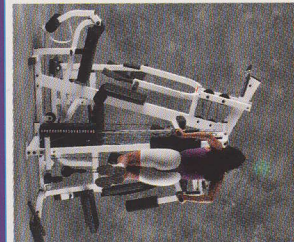
ARMS



Seated Tricep Extension



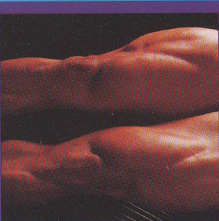
Tricep Pressdown



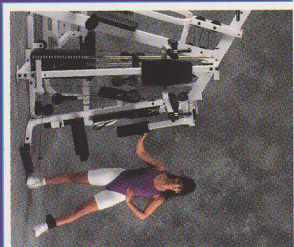
Dips *



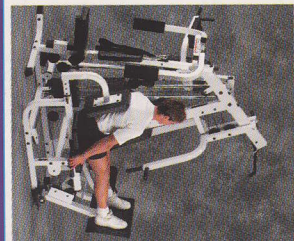
Arm Curl, Wrist Curl & Concentration Curl



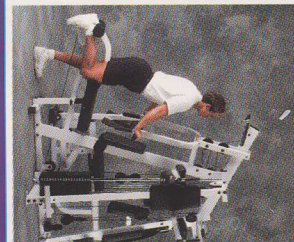
LEGS



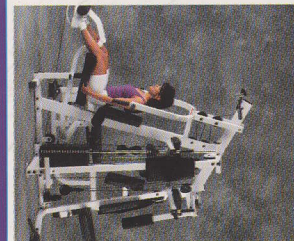
Leg Abduction, Adduction & Kickback



Leg Press* Calf Raise



Leg Curl



Leg Extension

Body-Solid Exclusive In-Home
LIFETIME WARRANTY
 On Pads, Pulleys, Cables, Frames . . . You Name it.
 It's All Covered. Forever. Period.

STRENGTH-TECH™ HOME GYM

EX M - 2500S

OVER 50 STRENGTH TRAINING EXERCISES!

BODY-SOLID®
STRENGTH TRAINING EQUIPMENT

* Leg Press and Vertical Knee Raise stations optional.
 Strength-Tech Gym includes: Lat Bar, Low Row Bar,
 Ankle Strap and Ab/Tricep Strap.
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