

## Body Solid G3S Multi Gym

Advanced engineering has resulted in exceptional range of motion and full adjustability for any size user. The multi-grip press arm system delivers deep and effective muscle interaction for chest, incline and shoulder press movements. No need to sit on the floor to perform rowing exercises with the G3S, simply grasp the mid rowhandles for an exhilarating mid and lower back work out that will increase flexibility, build strengt hand relieve lower back stress.

Switch betweenhigh, midandlow pulley exercises quickly and easily with the G3S no cablechange design. Perform lat pull downs, triceps pressdowns, biceps curls, resistance abdominal crunches and dozens more exercises with the included cable attachments. The Leg Extension/ Leg Curl Station is fully adjustable to comfortably fit any size user and features thick foam rollers for maximum comfort.



### Specifications

SizeBuild up size (LxWxH)

Weight:

Weight Training possibilities:

Weight stack

### Details

200 x 118 x 210 cm

198 KG

lat pulldowns, triceps press  
downs, biceps curls, ab  
crunches

75Kg (can be expanded)