



## G3S

### Body-Solid - Selectorized Home Gym

*Optional Attachments:*

**GLP**

Leg Press Station

**SP50**

50 lb. Selectorized Weight Stack Upgrade

**GAP3 (Shown in photo)**

Aluminum Pulley Upgrade Kit

**GCCA**

Cable Column Attachment

**GIOT**

Seated Inner/Outer Thigh Attachment

**GRACK**

Home Gym Accessory Rack

*Weight Stack Options:*

**160 lb. stack (standard)**

**210 lb. stack (Shown in photo)**



## G3S

### Selectorized Home 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. Switch between high, mid and low pulley exercises quickly and easily with the G3S no cable change design. Perform lat pull downs, triceps press downs, 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. Add the optional Leg Press/Calf Press station for the ultimate lower body workout with up to 420 lbs. of resistance.

Floor Space Dimensions: 83"L x 55"W x 83.5"H

### Special Features

- Lifetime warranty
- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development
- Lat pull-down station allows unlimited, full range of motion through unilateral, bilateral, converging or diverging movement
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point