

FitnessBreakthru

Personalised Fitness Equipment Specialists

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Specs – Body Solid G6B Multi Gym



OVERVIEW

The Body-Solid G6B was rated a Consumer Guide® Best Buy over all the competition. Body-Solid has advanced gym technology beyond simple pressing motions. Our patented Bi-Angular® Press Arm guides you through the optimal range of motion while applying resistance from two directions. The smooth, multi-directional resistance increases muscle interaction by 25%. Now you can enjoy the benefits of Bi-Angular® Technology when doing chest presses, incline presses and shoulder presses. It's like working out with free weights. The G6B also comes with the Perfect Pec™ Station.

Equipped with swivel arms, adjustable range of motion, and designed for both unilateral and bilateral movements, you get the maximum stretch for deep muscle toning and the most incredible upper body development possible. The leg developer's SmoothGlide Bearing System™ combined with the self-aligning leg cuffs guide you through the most demanding leg curls and leg extensions. The G6B is jam packed with exercises. Lat pull downs, triceps presses, concentrated curls, leg adduction, leg abduction, and abdominal crunches. If you're looking for a home gym and love the feel of free weights, then you'll want the consumer's choice, Body-Solid's G6B.

FEATURES

- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Chest, incline, shoulder press and leg developer stations incorporate the friction-free SmoothGlide Bearing System™.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorised weight stack. Optional 260 lb. (118kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Telescoping, chrome plated gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Easy to use, space saving, no-cable-change design.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.
- Full-size exercise chart.
- Floor Space Dimensions: 85"L x 50"W x 83½"H (215cm x 127cm x 212cm)
- With Leg Press Option: 85"L x 82"W x 83½"H (215cm x 208cm x 212cm)
- Live Working Area: 85"L x 84"W x 83½"H (215cm x 213cm x 212cm)
- With Leg Press Option: 85"L x 96"W x 83½"H (215cm x 243cm x 212cm)

LEG PRESS – OPTIONAL EXTRA

