

G5S

Body-Solid - Perfect Pec Home Gym

Body-Solid[®]
Built for Life



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Perfect Pec Home Gym

The Ergo-Press press arm features hand grips to work muscle groups from various angles, creating more thorough muscular development. Adjust the cam at the top of the press arm to perform flawless, chest, shoulder and back exercises. Turn around and blast your lats with a chest supported mid row or reach up and grab the lat bar. The G5S comes with the Perfect Pec™ Station. Which features swivel arms 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 has self-aligning and contoured leg cuffs they automatically adjust throughout the exercise movement, and with the Smooth-Glide Bearing System™ glides you through the most demanding leg curls and leg extensions.

Includes: Lat bar, Straight bar, Ankle Strap, Ab/Triceps Strap, Body-Solid Total Body Workout™ DVD, Full-size exercise chart

Weight: 582 lbs

Dimensions: 83”L x 46”W x 84” H

Special Features

- Perfect Pec Station is equipped with swivel arms and designed for both unilateral and bilateral movements
- The multi-grip press arm features 3 pair of handgrips to work muscle groups from various angles
- Leg developer station features the Smooth-Glide Bearing System™ with biomechanically accurate pivot point

Warranty



Frame & Welds Lifetime
Bushings and Hardware 3 Years
Pads, Cables and Grips 1 Year



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