

BODY TRAINER

EXM - 1800

by **BODY-SOLID**
Strength Training Equipment

Over 30 Strength Building Exercises!

Exclusive Features:

Weight-Assisted Dip / Chin Station

Now anybody can build ultimate upper body strength and endurance! Patented Weight-Assisted Dip/Chin Station allows users of all ages and sizes to build a strong upper body through full range of motion on these previously tough exercises.

320 Lb. Bench Press

Innovative design allows up to 320 Lbs. of strength building resistance at the Bench Press Station and 160 Lbs. at all other stations.

Flatten Your Stomach

Unique Ab Crunch Station eliminates strain on the lower back while delivering maximum contraction of Abdominal muscles.

Dual Steel Weight Stack Guards

For full coverage against accidental contact and to assure safety.

Complete With Full-Length Solid Steel Pulley and Cable Guard

To protect against dirt, dust and accidental contact.

Low Pulley Station With Oversized Foot Brace

For maximum comfort and support when doing Seated Rows and Calf Raises.

Develop Your Chest and Shoulders

Full range of motion adjustments on Pec Dec allow maximum Pectoral and rear Deltoid development.

Body-Solid Is The Only Fitness Equipment Company
In The World That Features An Exclusive In-Home

LIFETIME WARRANTY

On Pads, Pulleys, Cables, Frames.... You Name It.
It's All Covered. Forever!

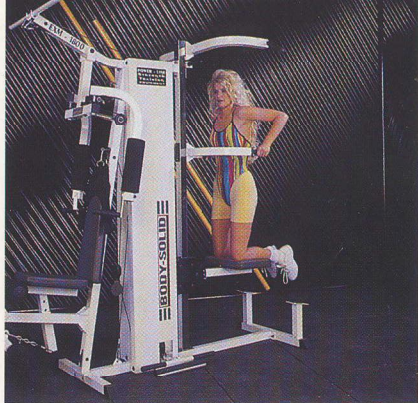
Body Trainer Includes: Lat Bar and Low Row Bar. See Your Fitness Specialty Dealer For: Optional Ab Cr

BODY-SOLID reserves the right to change design and specifications when we feel it will improv

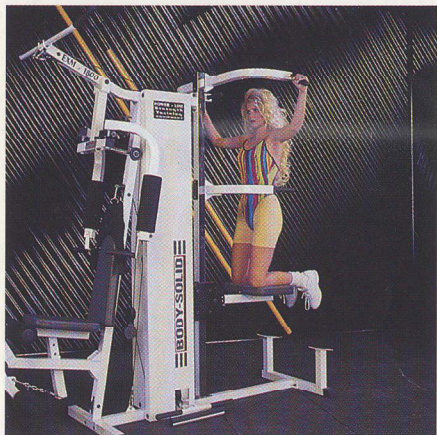


Dimensions
83 3/4" H x 83" L x 37" W

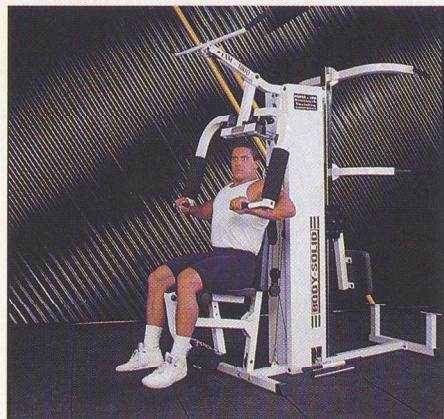
Compact and free standing, the Body Trainer fits almost anywhere. Precision engineered for strength and smooth operation, it assures the user the most vigorous total-body workout available. Bench Presses, Pectoral Flyes, Lat Pulldowns, Leg Extensions, Leg Curls, High and Low Pulley exercises, Weight assisted Dips and Chins — these are just a few of the many movements that can be performed on this versatile machine. Features include Guards that surround the weight stack, pulleys and cables for worry free workouts. High-tech features, full range of motion, affordable price . . . it's all here for the Body-Solid BODY TRAINER #EXM-1800.



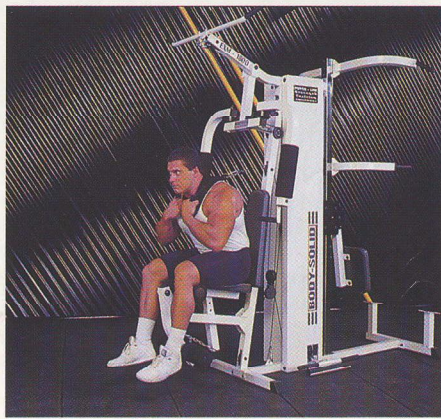
Weight assisted Dip Station allows everyone to build greater strength and endurance in their upper body.



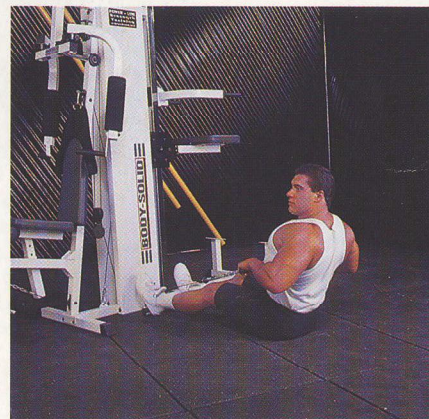
Weight assisted Pull-Up / Chin-Up Station is ideal for users of all types and sizes.



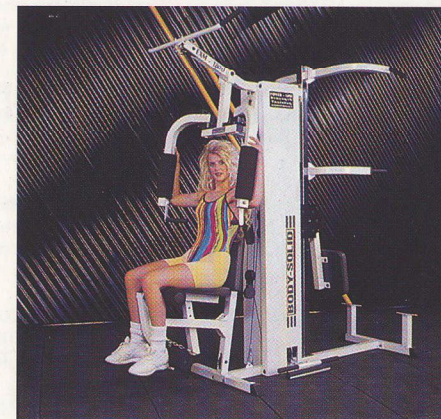
Bench Press Station allows up to 320 Lbs. of strength building resistance.



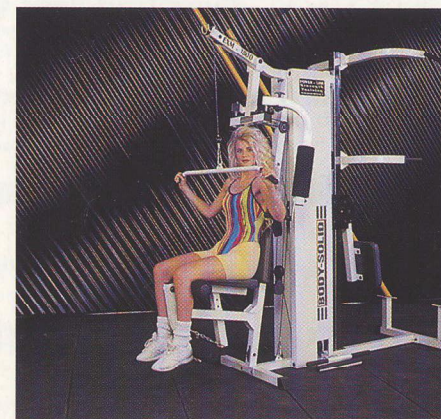
Unique Ab Crunch Station for maximum contraction of Abdominal muscles.



Seated Row / Calf Raise / Low Pulley Station with oversized tubular foot brace for comfort.



Pec Dec Station with full range of motion adjustment for maximum Pectoral and rear Deltoid development.



Lat Station with full range of motion for front and rear Lat Pull Downs.

BODY TRAINER

E X M - 1 8 0 0

by **BODY-SOLID**
Strength Training Equipment

Strong

Durable

Advanced

Affordable

Guaranteed!

Body-Solid Is The Only Fitness Equipment Company
In The World That Features An Exclusive In-Home

LIFETIME WARRANTY

On Pads, Pulleys, Cables, Frames . . . You Name It.
It's All Covered. Forever!

Additional Features Include:

- Heavy gauge steel mainframe • Pop pin adjustments assure maximum range of motion for all size users • 2200 Lb. nylon coated steel aircraft cable for years of heavy use
- Extra tough, high-grade rubber grips throughout • Indestructible, high density foam with double stitched super durable vinyl upholstery • Powerful 160 Lb. Weight Stack •

All the finishing touches of a gym costing 2 to 3 times more!