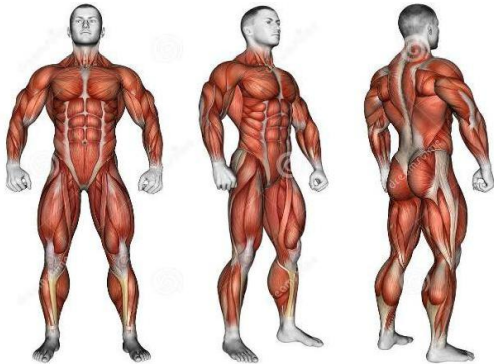




## Multi Gym Series

This state-of-the-art multi-function training system provides ergonomics, efficient movements for effective results thus creating a superior workout experience. Perfect Pec training arms has fully adjustable range of motion. Includes Leg Press / Calf Press / Cable Column stations can perform pull ups, dips, leg press and knee raises that allow the users to build their way to a stronger body.

Built for a lifetime of performance... MG100  
Best Idea of Muscle groups.



### Key Features:

- Cable Column Station
- Lat Pulldown / High Pulley
- Seated Row / Low Pulley
- Leg Extension / Leg Curl
- Ab Crunch / Mid Pulley
- Vertical Knee Raise and Dip Station
- Weight Stack Shrouds
- Lumbar Support Pads
- DuraFirm™ Upholstery

### Specifications:

- Mainframe: 12 Gauge 1.968 x 2.952 steel tubing(50 x 75 x 2.5T)
- Frame Finish: One-coat powder process, electrostatically applied powder coat finish
- Instructional Placard: Included
- Handgrips: Dipped PVC Handle
- Driving System: Cable
- Cables: 7×19 stainless steel tensile strength
- Standard Weight Stack: 210 Lb (95 kg) (made up as follows: SP10 10 Lb x 20 pcs + Top Plate



**Available to order direct from your UK Distributor:**

**Body-Solid  
Bassett Business Centre  
Hurricane Way  
NORTH WEALD  
CM16 6AA  
Sales: 0871 2002477  
Online: [bodysolid.co.uk](http://bodysolid.co.uk)**