

Build your workout center with any combination of three or four of the following ProDual stations:



ProDual DGYM
 Shown with:
 DPLS
 Vertical Press
 and Lat
 DPCC
 Adjustable Cable
 Column
 DLEC
 Leg Extension/
 Leg Curl
 DPEC
 Pec Dec/Rear Delt

PRO-DUAL DGYM
 Discover thousands of possibilities!

PRO-DUAL BASE FRAME C

DGYM

Body-Solid revolutionizes the commercial equipment market by providing a modular approach to designing your next training facility. ProDual offers ten dual-function stations that can be used in single or multiple stack arrangements. There are thousands of combinations, allowing you to customize the equipment to best suit your training needs.

The anchor of the multi-station system is the Four Stack Weight Tower. With positions for three or four stations, the space saving four stack tower provides a solid foundation for any of the ten different ProDual stations (shown at right).

- Four independent weight stations
- Four universal upper and lower station mounts
- Four universal upper and lower pulley stations
- Four easy mount chrome guide rods
- Optional 210 lb. or 310 lb. weight stack (weights not included with base frame)

Dimensions 63"H x 36"L x 38"W

See pages 16-17 for more information about customizing your DGYM.



DABB
 Ab Crunch/
 Back Extension



DBTC
 Bicep Curl/
 Tricep Extension



DCLP
 Leg Press/
 Calf Extension



DIOT
 Inner Thigh/Outer Thigh



DLAT
 Lat Pull-Down/Midrow



DLEC
 Leg Extension/Leg Curl



DPCC
 Adjustable Cable Column



DPEC
 Pec Dec/Rear Delt



DPLS
 Vertical Press and Lat



DPRS
 Multi-Press