

# Classic Gym

## EXM2000S MULTI-STATION **C** SELECTORIZED GYM

EXM2000S

### Shrouds

Full length shrouds encompass the entire weight stack for enhanced appearance and improved safety.

### Perfect Pec™ Station

It's a dual function station with unrestricted range of motion employing the technologically advanced articulating handle design. Double overhead cams and two grip positions provide the motion desired for pectoral and rear deltoid development.

### Ab Crunch / Mid Pulley Station

Develop awesome abs and tremendous triceps quickly at this strength training station

### Adjustable Chest Press Station

Biomechanically designed for maximum chest concentration and outstanding muscle development. Adjustable back pad and press arms provide complete prestretch and full range of motion. Comfortable, multi-position handgrips concentrate distinct areas of the chest and triceps.

### 210 lb. Alloy Steel Weight Stack

Advanced alloy weight stack plates are machine drilled to exact specifications and employ state-of-the-art nylon bushings for super smooth and quiet operation.



### Lat Pull Down / High Pulley Station

Perform lat pull downs, triceps press downs, cable crossovers and many more high pulley exercises.



*Optional Attachment:  
Leg Press/Calf Press(LP20)*

### DuraFirm™ Pads

Durable, tear-resistant, fully supported duraFirm™ pads are double stitched and sewn. These high density, top grade pads provide a comfortable support and will not bottom out or wear out easily.

### Leg Extension / Leg Curl Station

This cam-driven leg developer will help you work your quads and your hamstrings while developing incredible knee strength in precise biomechanical form.

### Seated Row / Low Pulley Station

Essential for well-developed backs, seated row exercises build depth in the middle back and train the hard to reach lower lats. Extra wide, deep V-groove pulley provides accurate resistance for cable curls, upright rows, shrugs, leg abduction, leg adduction and much more.

# EXM2750S MULTI-STATION SELECTORIZED GYM EXM2750S

## Shrouds

Full length shrouds encompass the entire weight stack for enhanced appearance and improved safety.

## Ab Crunch / Mid Pulley Station

Develop awesome abs and tremendous triceps quickly at this strength training station. Biomechanically engineered for smooth, comfortable, full range of motion crunching movement. Specifically designed for firming, flattening and isolating the entire abdominal area.



## Chest Press Station Shoulder Press Station

Patented Bi-Angular press mechanism guides you through bench press, incline press and shoulder press movement while applying resistance from two directions simultaneously. This smooth, fluid, multi-directional resistance system produces 25% more muscle interaction and ensures ultimate muscle isolation for maximum chest and arm strength development.

## Pec Fly Station

Designed for bilateral or unilateral use, the hidden elliptical cams provide smooth, variable resistance throughout a full range of motion for optimum muscle development.

## 210 lb. Alloy Steel Weight Stack

Advanced alloy weight stack plates are machine drilled to exact specifications and employ state-of-the-art nylon bushings for super smooth and quiet operation.



## Lat Pull Down / High Pulley Station

Ideal for increasing size, strength and endurance of your back, shoulder and triceps muscles. Unique easy-access hold down rollers fit all size users with no need for adjustment.

## DuraFirm™ Pads

Durable, tear-resistant, fully supported duraFirm™ pads are double stitched and sewn. These high density, top grade pads provide a comfortable support and will not bottom out or wear out easily.



Optional Attachment:  
Leg Press/Calf Press(LP275)

## Seated Row / Low Pulley Station

Essential for well-developed backs, seated row exercises build depth in the middle back and train the hard to reach lower lats. Oversized foot brace allows maximum poundage to be pulled. Low pulley swivels smoothly and fully to provide accurate resistance for cable curls, upright rows, shrugs, leg abduction, leg adduction and much more.

## Leg Extension / Leg Curl Station

This cam-driven leg developer will help you work your quads and your hamstrings while developing incredible knee strength in precise biomechanical form.



See page 3 for more  
warranty information



# Classic Gym

## EXM4000S MULTI-STATION **C** SELECTORIZED GYM

### EXM4000S

Twelve hardworking exercise stations at one affordable price, the Body-Solid EXM4000S is designed for those who demand the ultimate gym package. It offers an enormous range of upper and lower body exercises for maximum muscular strength, total body conditioning, and superior endurance. Up to four people can work out simultaneously with the optional Leg Press/Calf Press Station. The exercise stations are fed by three 210 lb. steel alloy weight stacks. Unique features include a bench press with kick assist lever for complete pre-stretch and full range of motion, seat pads with automatic hydraulic adjustments, easy access pop pin adjustments from the seated positions, and DuraFirm™ pads with lower lumbar support. Comes complete with weight stack shrouds for safety, 2"x4" mainframe to eliminate torsional flex, Perfect Pec™ Station with range limiters and a durable powder coat finish. Includes fully padded Lat Bar, Revolving Straight Bar, Balanced Triceps V-Bar, Utility Strap and comfortably padded Ab/Triceps Strap.

Dimensions:  
91"L x 133"W x 83"H

*(Shown with optional  
Leg Press/Calf Press)*



Optional Attachment:  
Leg Press/Calf Press(LP40S)

## Perform Multiple Exercises



# EXM3000 MULTI-STATION SELECTORIZED GYM



EXM3000LPS

This multi-station selectorized gym provides health club quality strength training for up to three people simultaneously. The EXM3000LPS features a multi-function Press Arm Station for bench press, incline press, shoulder press and chest supported mid-row exercises. The fully-adjustable Perfect Pec™ Station with range limiters allows users to achieve deeper muscle penetration for faster, more defined results.

The Leg Press/Calf Press Station operates on a 2:1 weight ratio giving the EXM3000LPS the capacity of a 420 lb. leg press. The non-slip rubber encased foot plate is constructed of heavy gauge steel for safe operation during the most intense workouts. Thick DuraFirm™ pads are contoured for lumbar support. Both 210 lb. weight stacks are within easy reach for a quick weight selection.

Dimensions:  
83"H x 91"L x 73"W

(Shown with  
optional Knee  
Raise and Dip  
Station)



Optional Attachment:  
Knee Raise and Dip Station  
(VKR30)

## Multiple Combinations



See page 3 for more  
warranty information