



## GLGS100

### Body-Solid - Corner Leverage Gym



Bench Press



Lat Pull Downs



Low Rows



Cross Body Chop



Bicep Curls



Standing Shoulder Press



Squats



Chin Ups



Recommended Bench:



**GFID100**  
Heavy Duty Flat Incline Decline Bench



**GLGS100 with GFID100 and Bumper Plates**  
Bench, Plates and Collars sold separately

## GLGS100

### Body-Solid - Corner Leverage Gym

The GLGS100 allows you to perform shrugs, squats, deadlifts, biceps curls and everything in-between more easily and effectively. A revolutionary, space-saving design ensures the GLGS100 fits comfortably into most home and commercial settings. With an all-new, high-tech/high-gloss red finish, this gym not only stands out for its performance but also its looks.

The swing arm/press arm station has a large radius to greater simulate a straight up and down motion. The press arm bar can also be raised to its highest position allowing the GLGS100 to be used as a pull-up/chin-up station.

An adjustable knee lock-down makes lat pulldowns easier than ever while the low pulley station is perfect for curls and multiple row exercises. Attached weight horns make weight storage easy.

Convenient hook on rings enable you to add lifting bands, resistance tubes and more to the bar — this allows both the concentric and eccentric portion of your exercises to have resistance, resulting in better range of motion and more complete muscle stimulation. Save time and space with the all-new Body-Solid GLGS100 Corner Leverage Gym!

GLGS100: -57" L x 67" W x 82" H

GFID100 Bench: 67" L x 28" W x 21" H (sold separately)

GLGS100 with working space - 130" L x 85" W x 82" H