

EXM1500S

Selectorized Home Gym



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This gym is centered on a selectorized 160 lb. weight stack, adjustable in 10 lb. increments, stacked neatly without plates and bars scattered about. Simply insert a pin and begin! While sitting on the firm, oversize adjustable seat pad you can start by grabbing the multi-grip press arm and work on your chest and shoulders, then wrap your legs over the comfortable foam rollers to rip through a set of thigh burning leg extensions. Now, take hold of the Ab Strap and crunch your way to a washboard stomach. Spin around and reach for the Lat Bar and work your shoulders and upper back. Using the Straight Bar on the multi-purpose Low Pulley you can perform seated rows, biceps curls, wrist curls, upright rows, shrugs and more.

Dimensions: 36"W x 49"L x 83"H

Special Features

- Lifetime warranty
- Ab Crunch/Mid Pulley station is biomechanically engineered for smooth, comfortable, full range of motion crunching movement
- The Leg Extension/Leg Curl Station is biomechanically accurate pivot point ensures ergonomically correct body positioning
- The Chest Press Station is biomechanically designed for maximum chest concentration and outstanding muscle development