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Body-Solid G9S

Body-Solid G9S Two Stack Home Gym User Manual

Model: G9S

Brand: Body-Solid

INTRODUCTION

The Body-Solid G9S Two Stack Home Gym is a versatile multi-station strength training system designed for comprehensive full-body workouts. This robust machine allows up to two users to train simultaneously, making it ideal for both home and light commercial environments. With its dual 210-pound weight stacks (upgradable to 260 pounds), adjustable components, and multiple exercise stations, the G9S provides a wide range of exercises to target various muscle groups effectively.



Figure 1: Overview of the Body-Solid G9S Two Stack Home Gym.

SAFETY INFORMATION

Before operating the Body-Solid G9S Home Gym, please read and understand all safety instructions. Failure to do so may result in serious injury. Always consult with a healthcare professional before starting any new exercise program.

- **Adult Supervision:** Children should not be allowed on or near this equipment without adult supervision.
- **Proper Attire:** Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- **Inspect Equipment:** Before each use, inspect the machine for any loose, worn, or damaged parts.

Do not use if any components are compromised.

- **Clearance Area:** Ensure adequate clearance around the machine (at least 2 feet on all sides) to prevent obstructions during use.
- **Proper Form:** Always use proper exercise form. If you experience pain or discomfort, stop immediately.
- **Weight Limits:** Do not exceed the maximum recommended weight for any station.

SETUP AND ASSEMBLY

The Body-Solid G9S Home Gym requires assembly. Due to its size and complexity, professional assembly is recommended. If assembling yourself, ensure you have all necessary tools and follow the detailed assembly manual provided with the product. Lay out all parts and hardware according to the instructions before beginning. Assembly can take several hours and may require more than one person.

Key Assembly Tips:

- **Space Requirement:** Choose a level spot with ample room for assembly and operation. The assembled dimensions are approximately 90" L x 73" W x 84" H.
- **Tooling:** Have a complete set of quality tools, including various socket wrenches and large sockets.
- **Hardware Organization:** The hardware is typically packaged and labeled for each step. Follow the steps sequentially and do not skip ahead.
- **Cable Routing:** Pay close attention to cable routing diagrams to ensure smooth operation of all pulleys and weight stacks.
- **Final Placement:** Once the main frame is assembled, move the unit to its final desired location before installing the weight plates, as it becomes very heavy and difficult to move afterward.



Figure 2: Approximate dimensions of the G9S Home Gym.

OPERATING INSTRUCTIONS

The Body-Solid G9S offers multiple stations for a full-body workout. Adjustments should be made before starting an exercise to ensure proper fit and range of motion.

Multi-Function Press Arm Station

This station features Body-Solid's exclusive ErgoPress handles and is ideal for chest and shoulder exercises. The fully adjustable pressing station allows for various movements.

- **Bench Press:** Sit with your back firmly against the pad, grasp the handles, and press forward.
- **Incline Press:** Adjust the seat and back pad to an incline position, then perform the press.
- **Shoulder Press:** Adjust the seat and back pad to an upright position, grasp the handles, and press

upwards.

- **Chest Supported Mid-Row:** Face the machine, grasp the handles, and pull them towards your torso, engaging your back muscles.



Figure 3: Users performing exercises on the G9S, including the press arm station.

Perfect Pec Station

The fully adjustable Perfect Pec Station features pivoting handles that self-align to ensure a proper fit for all users, allowing for deep muscle penetration for faster results.

- **Pec Fly:** Sit with your back against the pad, place your forearms against the pads, and bring them together in front of your chest.

Leg Extension and Leg Curl Station

This station features a sealed bearing pivot point for smooth, consistent movement, ensuring effective hamstring and quadriceps workouts.

- **Leg Extension:** Sit with your shins under the pads, extend your legs forward, engaging your quadriceps.
- **Leg Curl:** Lie face down (or sit facing away, depending on configuration) with your Achilles tendon under the pads, and curl your legs towards your glutes.

Leg Press / Calf Press Station

Operating on its own separate weight stack, this station provides a 2-to-1 weight ratio, offering the capacity of a 420 lb. leg press for intense lower body training.

- **Leg Press:** Sit with your feet on the platform, push the platform away from you using your legs.
- **Calf Press:** From the leg press position, push through the balls of your feet to engage your calves.



Figure 4: A user demonstrating the leg press exercise.

High, Mid, and Low Pulley Stations

These versatile stations utilize military-spec cables and offer a multitude of exercises for various muscle groups, including back, arms, and core.

- **Lat Pulldown (High Pulley):** Use the lat bar to pull down towards your chest, targeting your lats.
- **Triceps Pushdown (High Pulley):** Use a straight bar or rope attachment to push down, working your triceps.
- **Seated Row (Low Pulley):** Use a V-bar or straight bar to pull towards your torso, engaging your back.
- **Bicep Curl (Low Pulley):** Use a straight bar or curl bar to perform bicep curls.
- **Ab Crunch (Mid Pulley):** Use an ab strap to perform crunches, targeting your core.



Figure 5: The G9S with various attachments for diverse exercises.

Official Product Video

For a visual demonstration of the Body-Solid G9S Multi-Station Selectorized Gym and its features, please watch the official product video below.



Video 1: Body-Solid G9S Multi-Station Selectorized Gym Overview. This video provides an overview of the Body-Solid G9S Multi-Station Selectorized Gym, highlighting its features and various exercise capabilities.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Body-Solid G9S Home Gym.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to prevent sweat buildup and maintain hygiene. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically inspect all cables for fraying, kinks, or wear. Replace damaged cables immediately.
- **Pulley Inspection:** Check pulleys for smooth rotation and ensure they are free of debris.

- **Lubrication:** Apply a silicone-based lubricant to guide rods and moving parts as recommended in the full product manual to ensure smooth weight stack movement.
- **Fastener Check:** Regularly check all nuts, bolts, and fasteners to ensure they are tight. Tighten as necessary.

TROUBLESHOOTING

If you encounter issues with your G9S Home Gym, refer to the following common troubleshooting tips:

- **Sticky Weight Stack:** Ensure guide rods are clean and lubricated. Check for any obstructions in the weight stack path.
- **Noisy Operation:** Lubricate moving parts and check for loose fasteners. Worn pulleys or cables may also cause noise and should be inspected.
- **Cable Slack:** If cables appear loose, check the tensioning system as per the assembly manual. Ensure all attachments are correctly installed.
- **Unstable Unit:** Verify that the unit is on a level surface and all frame bolts are securely tightened.

SPECIFICATIONS

| Feature | Detail |
|----------------------------|---|
| Model Name | G9S |
| Brand | Body-Solid |
| Product Dimensions (LxWxH) | 90" x 73" x 84" |
| Item Weight | 300 Kilograms (approx. 661 lbs) |
| Package Weight | 979 Pounds |
| Weight Stacks | Two 210 lb. selectorized stacks (upgradable to 260 lb.) |
| Leg Press Capacity | 420 lbs (2:1 ratio) |
| Frame Construction | 2" x 4" 11-gauge mainframe steel |
| Material | Iron, Plastic |
| Color | Grey, Black |
| Suggested Users | Unisex-adult |
| Included Components | Two-Stack Gym |

WARRANTY AND SUPPORT

Warranty Information

The Body-Solid G9S Home Gym comes with a **Limited Lifetime Warranty**. Please refer to the official Body-Solid warranty documentation included with your purchase for full details on coverage, terms, and conditions.

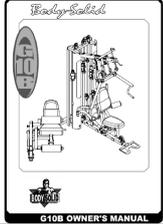
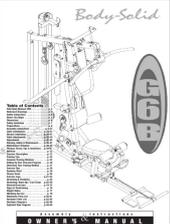
Customer Support

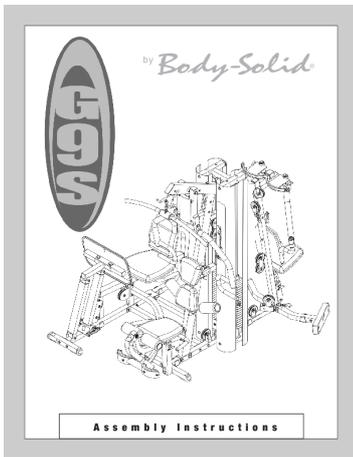
For technical assistance, parts replacement, or any inquiries regarding your Body-Solid G9S Home Gym, please contact Body-Solid customer support. Contact information can typically be found on the manufacturer's official website or in the product packaging.

You can also visit the official Body-Solid store on Amazon for more information: [Body-Solid Amazon Store](#).

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Related Documents - G9S

| | |
|---|---|
|  | <p>G9S True Wireless Headset User Manual</p> <p>Comprehensive user manual for the G9S True Wireless Headset, covering specifications, setup, operation, charging, and troubleshooting.</p> |
|  | <p>Body-Solid G10B Multi-Station Home Gym Owner's Manual and Assembly Guide</p> <p>This comprehensive guide provides detailed instructions for assembling and using the Body-Solid G10B multi-station home gym. It includes a complete list of hardware and parts with illustrations, and step-by-step assembly guidance.</p> |
|  | <p>Body-Solid G6B Home Gym Assembly and Owner's Manual</p> <p>Comprehensive assembly guide and owner's manual for the Body-Solid G6B home gym. Includes detailed instructions, safety guidelines, maintenance tips, and exercise routines for effective strength training.</p> |
|  | <p>Body-Solid GDIP-59 Dip Station: Assembly Manual and Owner's Guide</p> <p>Comprehensive assembly instructions, safety guidelines, parts lists, and diagrams for the Body-Solid GDIP-59 Dip Station. Learn how to safely set up and use your fitness equipment.</p> |
|  | <p>Best Fitness BFVK10B Vertical Knee Raise & Dip Station - Owner's Manual and Assembly Guide</p> <p>This is the owner's manual for the Best Fitness BFVK10B Vertical Knee Raise and Dip Station. It provides essential safety instructions, detailed step-by-step assembly guidance, a comprehensive hardware list, and product information for proper setup and use of the fitness equipment.</p> |

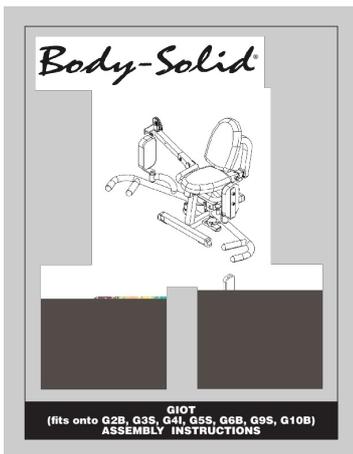


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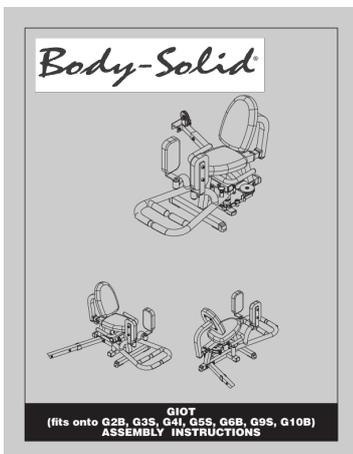


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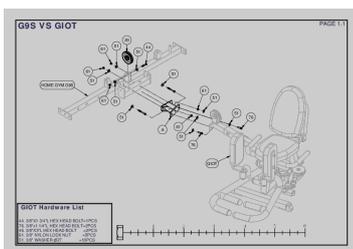


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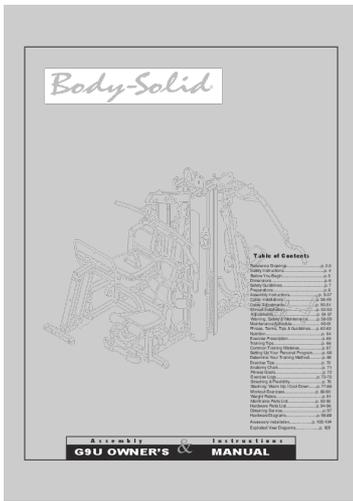


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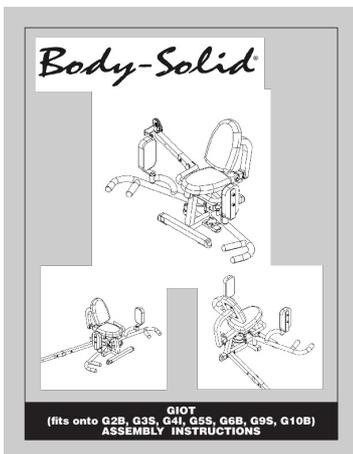
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[Body-Solid G9U Owner's Manual and Instructions](#)

Comprehensive owner's manual and assembly instructions for the Body-Solid G9U home gym. Includes safety guidelines, maintenance schedules, exercise tips, and parts lists.

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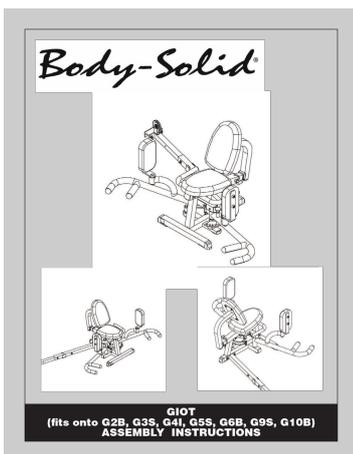


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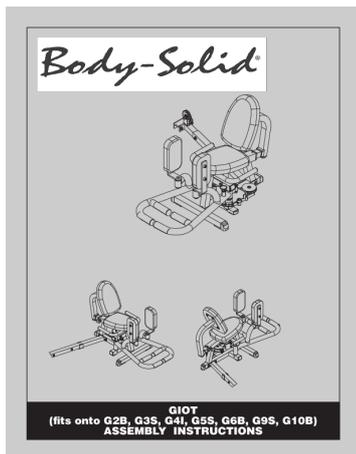
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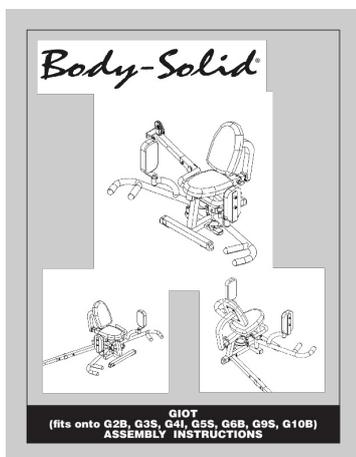
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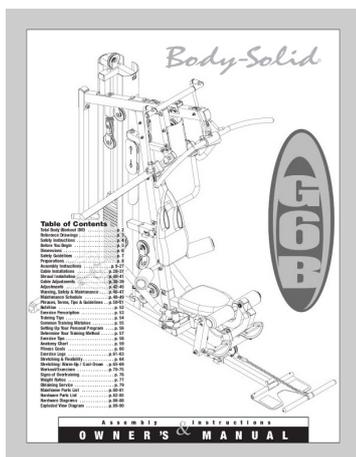
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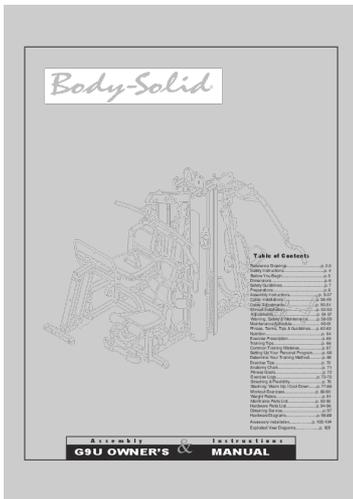


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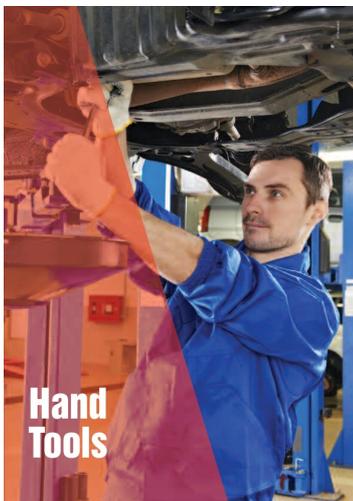


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Body Solid G9S bodysolid 80 BSSstrength gymsystems

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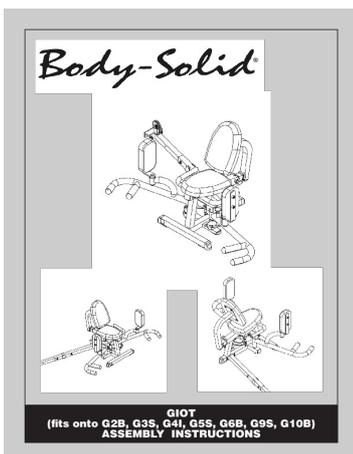
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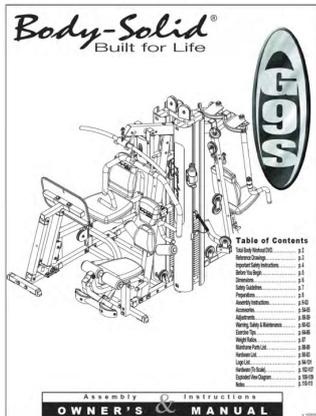
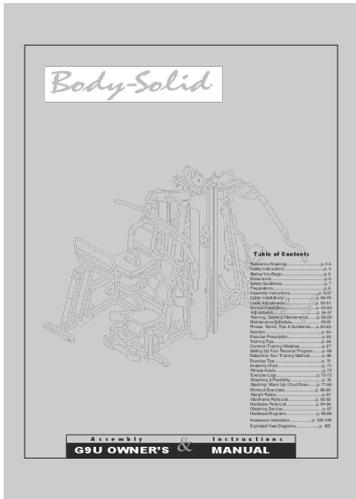
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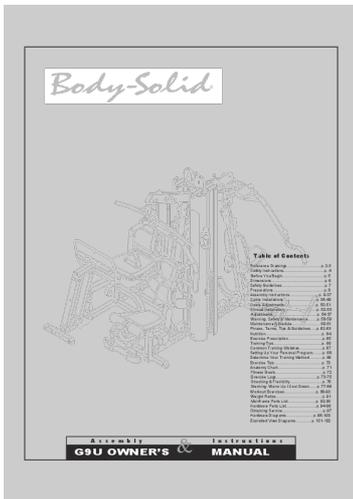
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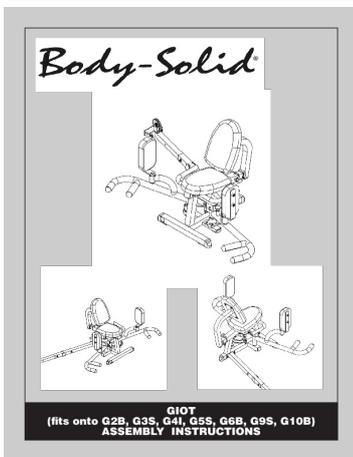


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G9S Body-Solid -Double Stack Gym with Leg Press **G9S** Double Stack Gym with Leg Press This multi-station workhorse provides health club quality strength training for two people simultaneously. The **G9S** features a multi-function Press Arm Station for bench press, incline press, shoulder press and chest...

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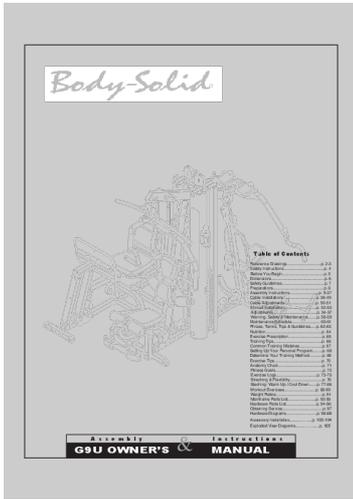
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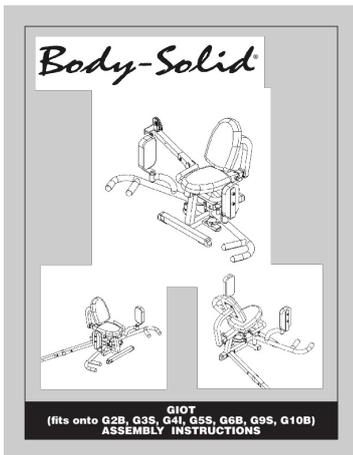
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G9U puskin OWNER S MANUAL Important Safety Instructions Before beginning any fitness program you should obtain a complete physical examination from your physician Il est conseillé de subir un examen medical complet avant d'entreprendre tout programme d'exercice original media s bol RklKqk4XAyDV |||

Assembly G9U OWNER S Table of Contents Reference

Drawings.....p. 2-3 S ... anel #Assemble onto the back shroud BACK WEIGHT STACK SHROUD WEIGHT STACK SHROUD *2 *1 *1 1700mm **G9S**-032007 100 BACK WEIGHT STACK SHROUD WEIGHT STACK SHROUD PINeatsee Addendum Instructions: Ple...

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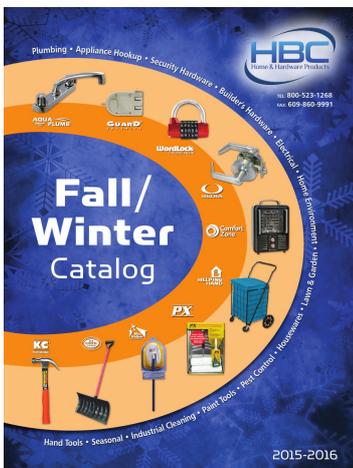
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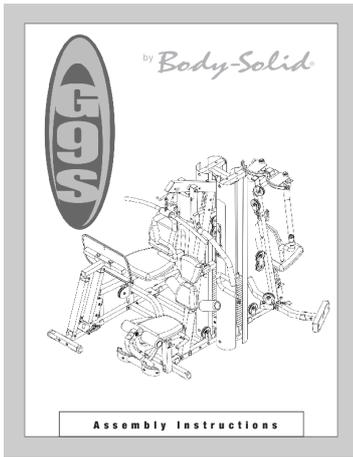
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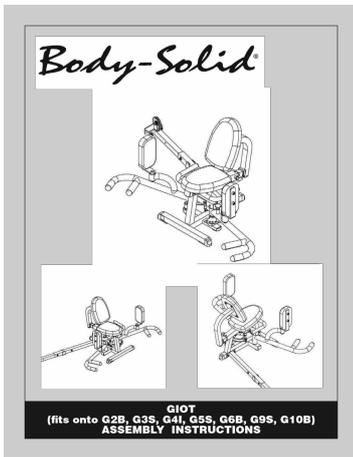
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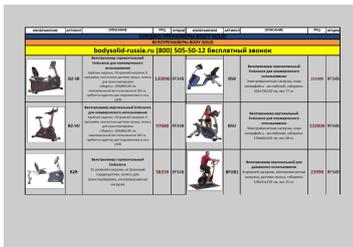
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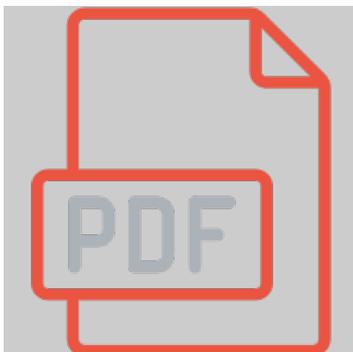
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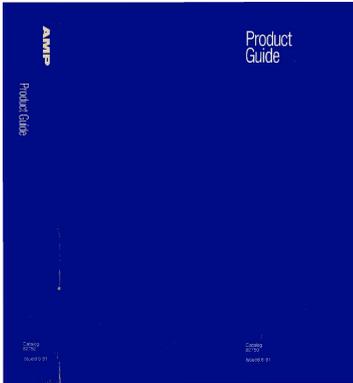
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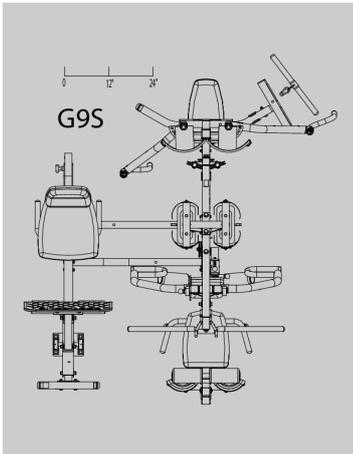


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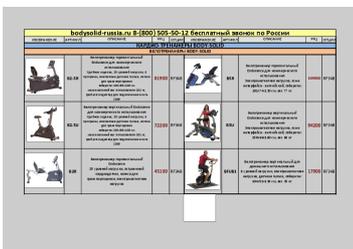


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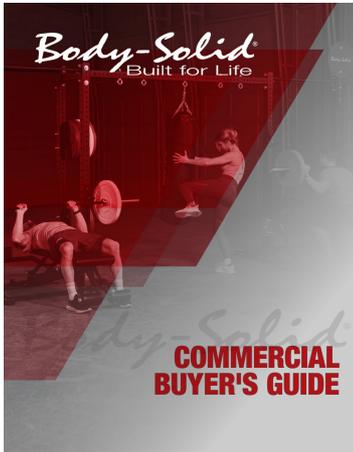
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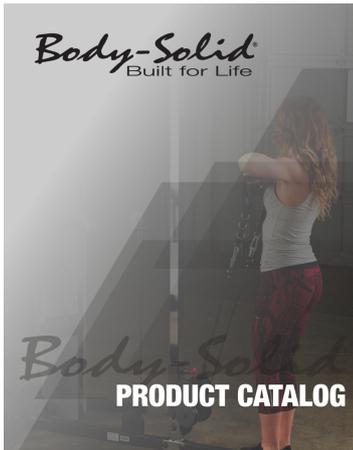


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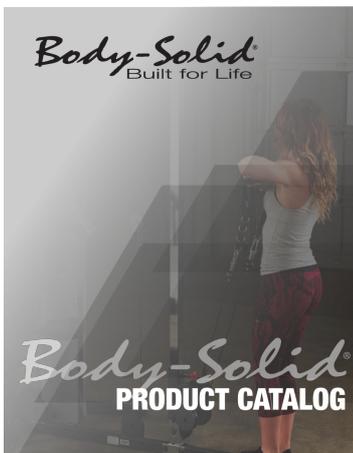


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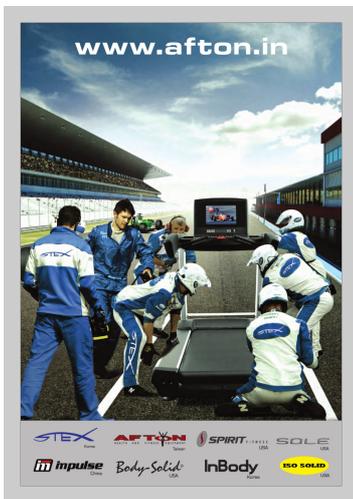
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