

Body-Solid G3S

Body-Solid G3S Selectorized Home Gym User Manual

Model: G3S



1. INTRODUCTION AND OVERVIEW

The Body-Solid G3S Selectorized Home Gym is a versatile and robust fitness machine designed for comprehensive strength training in a home or commercial setting. Its advanced engineering provides an exceptional range of motion and full adjustability to accommodate various user sizes. This manual will guide you through the setup, operation, and maintenance of your G3S home gym to ensure safe and effective workouts.



Figure 1: The Body-Solid G3S Selectorized Home Gym, showcasing its compact and functional design.

Key features include a multi-grip press arm system for chest, incline, and shoulder presses, mid-row handles for back exercises, and a no-cable-change design for quick transitions between high, mid, and low pulley exercises. The Leg Extension / Leg Curl Station is fully adjustable for comfort and effectiveness.

2. SAFETY INFORMATION

WARNING: Before beginning any exercise program, consult your physician. It is also recommended to have a qualified professional assemble and inspect the equipment.

- Read all instructions in this manual before using the equipment.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not use the equipment if it is damaged or appears to be malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Perform exercises with controlled movements. Do not use momentum to lift weights.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- The maximum weight recommendation for the leg press/calf press station (optional) is 420 lbs.

3. COMPONENTS AND PARTS OVERVIEW

The Body-Solid G3S Home Gym consists of several main components designed for various exercises. Familiarize yourself with these parts before assembly and operation.

- **Main Frame:** The primary structural support of the gym.
- **Weight Stack:** Selectorized weights for resistance.
- **Multi-Grip Press Arm:** For chest, incline, and shoulder presses.
- **High Pulley System:** Used for lat pulldowns and triceps pushdowns.
- **Mid-Row Handles:** For seated rowing exercises.
- **Low Pulley System:** For bicep curls, upright rows, leg adductions/abductions, and cable rows.
- **Leg Extension / Leg Curl Station:** Adjustable station for quadriceps and hamstring exercises.
- **Adjustable Seat and Back Pad:** For proper body positioning and comfort.
- **Cables and Pulleys:** The system that transmits resistance from the weight stack to the exercise stations.

4. SETUP AND ASSEMBLY

Assembly of the Body-Solid G3S Home Gym requires careful attention to detail and may require two people. It is recommended to lay out all parts and hardware before beginning. Refer to the detailed assembly diagrams provided in the separate assembly guide for step-by-step instructions.

1. **Unpack and Verify:** Carefully unpack all components and verify against the parts list to ensure all pieces are present and undamaged.
2. **Prepare Workspace:** Choose a flat, stable surface with ample space around the gym for assembly and future use.
3. **Assemble Base Frame:** Begin by assembling the main base frame components, ensuring all connections are secure but not fully tightened until instructed.
4. **Install Uprights and Pulleys:** Attach the vertical uprights and begin installing the pulley systems and cables according to the diagrams. Pay close attention to cable routing.
5. **Attach Exercise Stations:** Mount the multi-grip press arm, leg station, and seat/back pads.
6. **Install Weight Stack:** Carefully install the weight stack plates and selector pin mechanism.

7. **Final Tightening and Inspection:** Once all components are in place, systematically tighten all nuts and bolts. Perform a thorough inspection of all connections, cables, and pulleys to ensure proper alignment and function.

For detailed visual instructions, please refer to the separate assembly manual included with your product or available on the Body-Solid website.

5. OPERATING INSTRUCTIONS

The G3S Home Gym offers a wide range of exercises targeting various muscle groups. Always adjust the seat and leg station to comfortably fit your body before starting an exercise.

5.1. Multi-Grip Press Arm (Chest, Incline, Shoulder Press)

The traditional press bar allows for maximum chest concentration and outstanding muscle development. Adjust the starting position as needed for different press variations.



Figure 2: A user demonstrating the scale of the Body-Solid G3S Home Gym, highlighting its robust construction.

5.2. Mid-Row Handles (Seated Rows)

Simply grasp the mid-row handles to perform an effective mid and lower back workout. This exercise helps increase flexibility, build strength, and relieve lower back stress.



Figure 3: A user performing seated rows, demonstrating the use of the mid-row handles for back development.

5.3. High Pulley (Lat Pulldowns, Triceps Pushdowns)

Utilize the high pulley for exercises like lat pulldowns to target your back muscles and triceps pushdowns for arm development. Attach the appropriate cable attachments.



Figure 4: A user performing a lat pulldown, illustrating the high pulley system's functionality.

5.4. Low Pulley (Bicep Curls, Cable Rows, Leg Exercises)

The low pulley allows for a variety of exercises including bicep curls, upright rows, and various leg exercises like adductions and abductions. The no-cable-change design makes transitions quick and easy.



Figure 5: A user performing bicep curls using the low pulley attachment, demonstrating arm isolation.



Figure 6: A user performing a bent-over cable row, showcasing the versatility of the low pulley for back exercises.

5.5. Leg Extension / Leg Curl Station

This station is fully adjustable to comfortably fit any user and features thick foam rollers for maximum comfort. It allows for effective quadriceps (leg extension) and hamstring (leg curl) workouts.



Figure 7: A user performing a leg curl, demonstrating the function of the adjustable leg station.



Figure 8: A user performing a standing leg kickback using the low pulley and ankle strap, targeting glutes and hamstrings.



Figure 9: A user adjusting the leg extension/curl station, highlighting its adaptability for different exercises and user heights.

6. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your Body-Solid G3S Home Gym.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically inspect all cables for fraying, kinks, or wear. Replace any damaged cables immediately.
- **Pulley Inspection:** Check pulleys for smooth operation and ensure they are free of debris.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and pivot points as needed to ensure smooth movement and prevent squeaking.
- **Hardware Check:** Regularly check all nuts, bolts, and fasteners to ensure they are tight. Re-tighten as necessary.

7. TROUBLESHOOTING

If you encounter any issues with your G3S Home Gym, refer to the following common troubleshooting tips:

- **Squeaking Noises:** Check for loose bolts or dry pivot points. Lubricate moving parts with a silicone-based spray.
- **Rough Cable Movement:** Inspect cables for damage or misalignment in pulleys. Ensure guide rods are clean and lubricated.
- **Weight Stack Sticking:** Clean and lubricate the weight stack guide rods. Ensure the selector pin is fully inserted and not bent.
- **Unstable Frame:** Verify that the gym is on a level surface. Check and tighten all frame bolts.

If problems persist, contact Body-Solid customer support for assistance.

8. SPECIFICATIONS

Feature	Specification
Model Name	G3S
Brand	Body-Solid
Dimensions (L x W x H)	80 in x 47 in x 84 in
Item Weight	348.33 Pounds
Maximum Weight Recommendation	420 Pounds (for optional leg press)
Material	Iron, Plastic
Frame Construction	12-gauge mainframe
Handle Type	Fixed Handle
Strap Type	Cable/Pulley straps
UPC	638448000667

9. WARRANTY AND SUPPORT

The Body-Solid G3S Home Gym comes with a Limited Lifetime Warranty. This warranty covers defects in materials and workmanship under normal use and service.


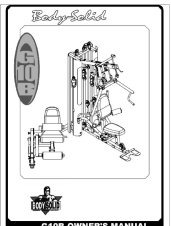
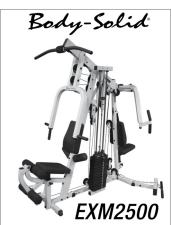



For warranty claims, technical support, or to order replacement parts, please contact Body-Solid customer service. Keep your proof of purchase and model number readily available when contacting support.

Return Policy: This product typically has a 30-day return policy from the date of purchase, subject to the retailer's terms and conditions.

For the most current warranty information and support contacts, please visit the official Body-Solid website or refer to the documentation included with your purchase.



Related Documents - G3S

	<p>Body-Solid G3S Owner's Manual and Assembly Instructions</p> <p>Detailed owner's manual and assembly instructions for the Body-Solid G3S multi-station home gym, including safety guidelines, exercise tips, parts lists, and maintenance information.</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 EXM2500 Assembly Instructions and Owner's Manual</p> <p>Comprehensive assembly instructions and owner's manual for the Body-Solid EXM2500 multi-station home gym, including safety, parts, and maintenance information.</p>
	<p>Body Solid GSCL360 Leverage Squat/Calf Machine User Manual</p> <p>Comprehensive user manual for the Body Solid GSCL360 Leverage Squat/Calf Machine (Model IN 18268). Includes safety instructions, technical specifications, parts list, assembly guide, exercise instructions, maintenance tips, and warranty information.</p>
	<p>PowerLIFT SBL460 Mainframe Owner's Manual & Assembly Guide</p> <p>Comprehensive owner's manual and assembly guide for the Body-Solid PowerLIFT SBL460 Mainframe freeweight leverage gym system. Includes safety instructions, setup, detailed assembly steps, training tips, and maintenance information.</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>

