

## Body-Solid EXM2500S

# Body-Solid Multi-Station Home Gym Machine EXM2500S User Manual

Model: EXM2500S

## INTRODUCTION

Thank you for choosing the Body-Solid Multi-Station Home Gym Machine, Model EXM2500S. This comprehensive home gym system is designed to provide a full-body strength training workout, allowing for muscular growth and definition through its biomechanically designed stations. This manual provides essential information for the safe and effective setup, operation, and maintenance of your new fitness equipment.

## IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is imperative to read and understand all instructions and warnings in this manual before using the EXM2500S. Failure to do so may result in serious injury or equipment damage.

- Always inspect the equipment for worn or damaged parts before each use. Do not use if any components are compromised.
- Ensure all nuts and bolts are securely tightened before and after each workout session.
- Keep children and pets away from the equipment during operation.
- Use the equipment only for its intended purpose as described in this manual.
- Maintain a clear area of at least 2 feet around the equipment for safe operation.
- Do not attempt to modify the equipment. Any modifications may void the warranty and pose safety risks.

## SETUP AND ASSEMBLY

The Body-Solid EXM2500S requires assembly. It is highly recommended to have assistance during the assembly process due to the size and weight of the components. Freight delivery of this item requires careful planning; ensure you can accommodate the large boxes and weight (approximately 450 lbs package weight) upon arrival.

### Unpacking and Part Identification

- Carefully unpack all components and lay them out in an organized manner.
- Refer to the included parts list and diagrams to identify and count all pieces. Labeling parts can be helpful.
- Ensure you have all necessary tools, including various sized socket wrenches and a rubber mallet (or a regular hammer with padding).

## Assembly Tips

- Assemble the main frame in the exact location where the gym will be used, as it becomes very heavy and difficult to move once assembled.
- When installing the cables and pulleys, **do not tighten the pulleys until the cables are fully threaded and installed**. This will simplify the process.
- Follow the step-by-step instructions and diagrams provided in the separate assembly manual. Take your time to ensure correct installation of each component.



Figure 1: An assembled Body-Solid EXM2500S home gym in a home workout space, demonstrating its compact footprint.

## OPERATING INSTRUCTIONS

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The EXM2500S offers 14 unique workout stations and a 210 lbs steel weight stack, providing a versatile range of exercises for various muscle groups. The no-cable change design simplifies transitions between exercises.

### Workout Stations and Exercises

The following are the primary workout stations and examples of exercises that can be performed:

- **Multi-Press Station:** Pec fly, bench press, incline press, standing military press, decline press.
- **Lat Pulldown/High Pulley:** Lat pulldowns (wide and close grip), pull-ups, tricep press down, tricep kickback.
- **Ab Crunch/Mid Pulley:** Ab crunches, crossovers.
- **Leg Extension/Leg Curl:** Leg extensions, leg curls.
- **Seated Row/Low Pulley:** Seated rows, upright rows, bicep curls, glute kicks, leg adduction.

### Adjusting Weight Resistance

The EXM2500S features a 210 lbs steel weight stack with state-of-the-art nylon bushings for smooth and quiet operation. To adjust the resistance, simply insert the selector pin into the desired weight plate. Ensure the pin is fully inserted before beginning your exercise.

### Included Attachments

Your home gym comes with several attachments to enhance your workout versatility:

- Lat Pulldown Bar
- Low Row Bar
- Ab Harness
- Utility Strap
- Ab/Triceps Strap

These attachments can be easily interchanged at the various pulley stations to target specific muscle groups effectively.



Figure 2: A user demonstrating the chest press exercise on the Multi-Press Station.



Figure 3: A user demonstrating the lat pulldown exercise using the high pulley station.





Figure 4: A user demonstrating the pec fly exercise on the Multi-Press Station.



Figure 5: A user demonstrating the ab crunch exercise using the mid pulley and ab harness.





Figure 6: A user demonstrating the seated row exercise using the low pulley station.



Figure 7: A user demonstrating a standing cable exercise, utilizing the versatility of the low pulley.



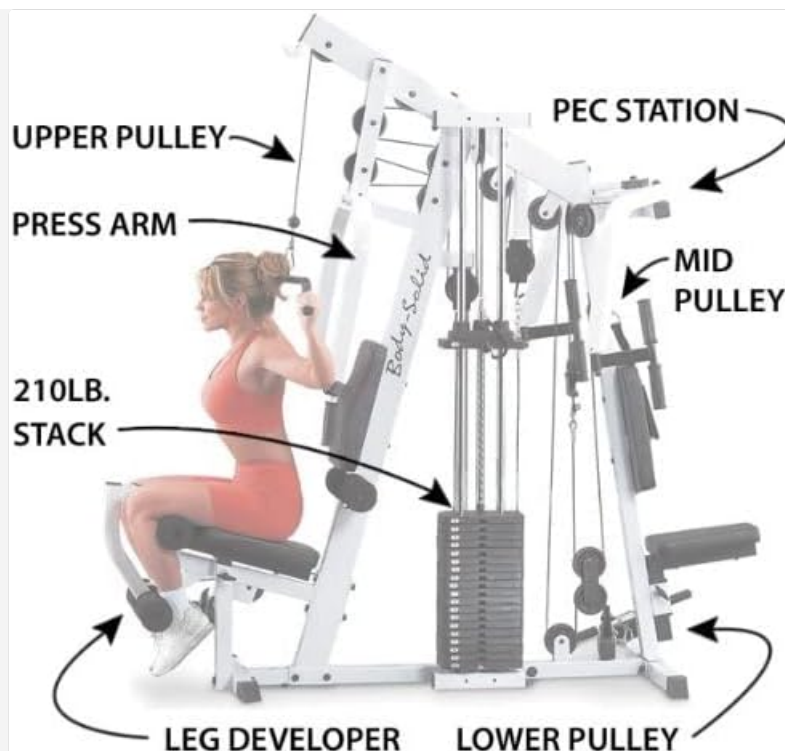


Figure 8: A diagram illustrating key components of the EXM2500S, including the Upper Pulley, Press Arm, Pec Station, Mid Pulley, 210lb. Stack, Leg Developer, and Lower Pulley.

## MAINTENANCE

Regular maintenance is crucial for the longevity and safe operation of your Body-Solid EXM2500S home gym.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant (such as WD-40) to the weight stack guide rods and between the cables and pulleys to ensure smooth movement and prevent friction.
- **Inspection:** Regularly check all cables, pulleys, and connection points for any signs of wear, fraying, or damage. Ensure all bolts and nuts remain tight.
- **Upholstery Care:** Keep the pads clean and dry. Avoid sharp objects that could puncture the upholstery.

## TROUBLESHOOTING

This section addresses common issues you might encounter with your EXM2500S home gym.

- **Weight Stack Not Moving Smoothly:** This can often be resolved by applying lubricant to the weight stack guide rods. Ensure no debris is obstructing the plates.
- **Cables Fraying or Sticking:** Inspect the cables for damage. If frayed, they must be replaced immediately. Lubricate pulleys and cable paths if sticking occurs.
- **Difficulty Inserting Weight Pin:** Ensure the weight plates are properly aligned. Sometimes, a slight jiggle of the stack can help align the holes. If a specific weight plate consistently prevents pin insertion, inspect it for deformities.
- **Noisy Operation:** Check for loose bolts or connections. Lubricate all moving parts, especially pulleys and guide rods.

If you encounter an issue not listed here or if troubleshooting steps do not resolve the problem, please contact Body-Solid customer support.

SPECIFICATIONS

Feature	Detail
Brand	Body-Solid
Model Name	EXM2500S
Tension Level	210 pounds (Weight Stack)
Handle Type	Fixed, Pulldown
Strap Type	Cable/Pulley straps
Item Package Dimensions (L x W x H)	83 x 83 x 51 inches
Package Weight	450 Pounds
Item Dimensions (L x W x H)	83 x 51 x 83 inches
Material	Alloy Steel
Color	White
UPC	638448004221

WARRANTY AND SUPPORT

**Warranty:** The Body-Solid EXM2500S comes with a Lifetime Manufacturer Warranty, covering everything for the lifetime of the product for in-home use.

**Customer Support:** For any questions, assistance with assembly, troubleshooting, or warranty claims, please contact Body-Solid customer support. You may also refer to the seller, Fitness Factory, for support related to your purchase.

**Seller:** Fitness Factory

**Returns:** 30-day easy returns

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Documents - Body-Solid – EXM2500S



[\[pdf\]](#) User Manual Owner's Manual Instructions Guide Warranty  
GLP2500 Assembly Instructions Owner s Manual Be careful to assemble all components in the sequence presented this guide If you do not and use Leg Press according these 1 day ago — Assemble operate on a solid level surface Locate unit few feet from walls or furniture provide easy access The GLP2500 glp2500 fitnessfactory images content |||  
GLP2500 Assembly Instructions / Owner s Manual Before You Begin Thank you for purchasing the Body-Solid GLP2500 Leg Press Attachment. This Leg Press is part of the Body-Solid line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and o...  
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