

**AVAILABLE
NOVEMBER '02**

EXMI950S ISO-FLEX™ HOME GYM

ISO-FLEX™ PRESS ARMS WITH 3D MOTION™

For maximum strength development in both limbs when doing chest press, incline press, decline press, shoulder press, triceps press and pec fly exercises. This independent press arm system gives you unilateral or bilateral three dimensional movement exactly like a dumbbell workout. The patent pending arms allow a natural pattern of movement with full range of motion for ultimate speed, strength and rehabilitation of weak limbs. One more thing — it's a great ab crunch station.

CHEST SUPPORTED MD-ROW STATION

No more sitting on the floor! With your chest fully supported, you can use maximum poundages and build a wider back and a more defined V-Shape fast! Nine-way adjustable back pad is guaranteed to allow optimum pre-stretch for all size users. Work through your full range of motion with the Iso-Flex™ separate lifting arms for unilateral conditioning and maximum strength development on both sides of your body.

FULLY ADJUSTABLE DURAFIRM™ BACK PAD AND SEAT PAD

Nine-way adjustable back pad with lumbar support. Four-way adjustable seat pad. These high-density, top grade pads provide a Lifetime of support and comfort and will not bottom out or wear out... GUARANTEED!

160 LB. ALLOY STEEL WEIGHT STACK

Advanced alloy weight stack plates are machine drilled to exact specifications and employ state-of-the-art nylon bushings for super smooth and quiet operation.

Also Available #SP50:
Optional 50 LB. Add-on Weight Kit
Turn the Iso-Flex's™ standard 160 Lb. weight stack into an awesome 210 pounds of muscle building resistance.



**MORE FEATURES
MORE EXERCISES &
OUR LIFETIME WARRANTY
RETAIL PRICE \$1199**

Body-Solid
BUILT FOR LIFE



DUAL LAT PULL DOWN / HIGH PULLEY STATION

Extra wide, deep V-groove pulleys allow complete freedom of movement for all lat work and high pulley exercises. You can even do crossover lat pull downs for deeper muscle fiber penetration. Using it unilaterally or bilaterally, you will get equal resistance from both pulleys. Unique easy-access hold down rollers fit all size users with no need for adjustment.

LEG EXTENSION / LEG CURL STATION

This cam-driven leg developer will help you work your quads and your hamstrings while developing incredible knee strength in precise biomechanical form.

SEATED ROW / LOW PULLEY STATION

Essential for well-developed backs, seated row exercises build depth in the middle back and train the hard to reach lower lats. Extra wide, deep V-groove pulley provides accurate resistance for cable curls, upright rows, shrugs, leg abduction, leg adduction and much more.

HEAVY DUTY STEEL PLATFORM

Extra heavy gauge diamond plate stabilizer platform securely anchors the Iso-Flex™ Gym for the heaviest low pulley exercises.