



EXM1500S

Body-Solid - Selectorized Home Gym



EXM1500S Selectorized Home Gym

This gym is centered on a selectorized 150 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, oversized 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. Spine around and reach for the Lat Bar and work your shoulders and upper back. Using the Straight Bar on the multi-purpose Lower Pulley you can perform seated rows, biceps curls, wrist curls, upright rows, shrugs and more.

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

Special Features

- Lifetime warranty
- Ab Crunch/Wind 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

Body Solid Exm1500s Exercise Manual

Peter Paulson



Body Solid Exm1500s Exercise Manual:

Weight Lifting and Weight Training Noah Daniels, 2013-10-16 Whether you call it weightlifting pumping iron or bodybuilding lifting weights both light and heavy has long been a great way to get in shape and stay in shape Weightlifting or weight training has many health benefits for both men and women There are weightlifting and weight training routines appropriate for men woman even children of any age any size and any body type If you want to build muscle mass increase stamina improve cardiac function even stave off the symptoms of osteoporosis you can accomplish all of that and so much more by adding a good weight training routine to your regular workout Lifting weights improves your strength and stamina Lifting weights builds muscle and confidence improves cardiovascular health and can actually help prevent other sports injuries And lifting weights can help you lose extra pounds and keep them off so what are you waiting for come on get pumping

Science of Strength Training Austin Current, 2021-05-04 Is it time to lose weight gain muscle and speed up your metabolism Discover the hard science needed to perfect each exercise and build your strongest body at home or in the gym Packed with research that supports the notion that body weight exercises help you reach your weight and fitness goals this simple to follow guide also gives you valuable insight into how nutrition and exercise can improve your health Inside the pages of this strength training book you ll discover The physiology and benefits of strength training Workout plans for beginners enthusiasts and personal trainers The hard dietary science that debunks common myths and important information to properly fuel your body Depictions of 33 exercises how to do them common mistakes and the benefits of each Work towards your strength goals In this book Author Austin Current takes readers through the science of strength training weight loss nutrition and overall health The book looks at why many people fear strength training why they shouldn t and how they can incorporate it into their daily lives Filled with CGI artwork and science backed information this exercise book will help you transform your body and improve your well being Not only that but this title also includes full workout plans and over 100 individual exercises You ll learn how your muscles engage at each stage how to do movements properly and without injury and it shows you different variations for home and gym This book is also packed with nutritional information and includes dietary advice for vegans and vegetarians Discover more in the series DK s Science of series dives into the science of various types of exercises such as weight training running and yoga Each book discusses the benefits of the specific type of workout and how you can transform your outlook about health and fitness

The Comprehensive Manual of Body Weight Exercises Stephen Robson, 2013-02-06 Contained within this manual are a myriad of bodyweight exercises along with numerous variations to make the exercises easier or more difficult Also included are detailed progressions on how to work up to some of the more difficult exercises illustrated in this book and with hundreds of photos it is easy to see how each exercise is performed The exercises contained within range from simple strength builders which even the most out of shape person could perform up to advanced bodyweight exercises that would keep any athlete busy Also included is a conditioning section

which illustrates exercises that will get you in the best shape of your life Finally there are also sections on isometrics basic nutrition program design sample workout routines and a suggested 6 week plan Now includes the bonus book 100 Body weight circuits for strength fitness and conditioning

How to Create a Great Body--A Complete Training System for Creating a Great-Looking Body and Improving All Aspects of Fitness Edward Lord, 2017 Divided into eight major parts

How to Create a Great Body includes everything you need to create your best possible body It contains everything necessary not only to completely transform the way your body looks but also to improve every single key component of physical fitness

Contents in Brief

- 8 professionally designed weight training programs for men designed for maximum muscle and strength
- 8 professionally designed weight training programs for women designed for maximum curves and functional strength
- 3 cardio training programs steady state training interval training and functional circuit training with progressable and interchangeable workouts
- Instructions on how to design your own functional circuit training workouts
- 2 power workouts 1 upper body and 1 lower body
- 1 plyometric workout whole body
- Bodyweight workouts for men and women 1 each
- Instructions on how to design your own bodyweight workouts
- 14 key static stretches for total body flexibility
- A comprehensive Weight Training Guide explaining everything you need to know about effective weight training
- A unique Target Muscle Guide revealing all of the main muscles that are activated by different types of exercise and listing all of the most effective exercises that target each major muscle
- A detailed Cardio Guide explaining everything you need to know about effective cardio training
- A lengthy Nutrition Guide covering everything you need to know about proper nutrition
- A short but useful Weight Loss Guide to give you extra help when if losing body fat is your priority
- A large glossary that includes many key terms concepts and principles related to muscle science weight training cardio fitness and nutrition

The 8 weight training programs include a beginner program 5 increasingly difficult programs that cater for different levels of experience a plateau buster program designed to ensure that you never stop making progress a minimalistic program for busy individuals

The weight training programs have been optimized for phones so you can take them to the gym if you have the ebook on your phone You can complete the weight training programs at any gym or at home if you have a bench dumbbells a pull up bar a barbell and a power rack for safety Clip resistance bands and ankle straps are also important for home training but not essential

How to Use the Ebook to Transform Your Body Just read the guides that are relevant to you and then start the training programs

If you want to develop a muscular and strong physique or a curvaceous and toned figure start a weight training program

The weight training programs will also help to improve your functional fitness and flexibility

If you want to develop cardiorespiratory fitness start a cardio program and mix and match the different types of workout

If you use the functional circuit training workouts you will also develop functional fitness

If you want to develop all key components of fitness start a weight training program and a cardio program

The minimalistic weight training program together with just two short cardio workouts per week should be enough to completely transform your body and dramatically improve your

weight body composition functional fitness athleticism and appearance And if you use the more advanced weight training and cardio programs they have the potential to give you a body similar to the one that you have always **Eighty Four Day**

Body Challenge Action Manual Matt Thom, Monica Wright, 2008 An easy to read step by step fitness exercise and nutrition program Provided by publisher *Weight Training For Dummies* Georgia Rickard, Liz Neporent, Suzanne

Schlosberg, 2011-07-15 Feel strong toned and terrific with the latest moves in strength training Whether you re a beginner who doesn t know a barbell from a chocolate bar a fitness junkie looking to expand your knowledge on weight training or you re recovering from an injury and need to rebuild strength this book is for you Find out how to use exercise machines and weights at the gym and design a workout to do at home Know your way around a gym learn all the weight lifting lingo equipment and etiquette Help control your weight raise your basal metabolism and burn fat not muscle while eating right Keep your bones healthy maintain bone density and reduce your risk of developing osteoporosis Track your progress use a daily workout log to track your journey from soft to strong Stay motivated try a blend of machines free weights balls bands and classes to keep your workout interesting Improve your heart health work your heart and lungs with aerobic exercise to complement your strength training Exercise safely follow step by step instructions on how to train without hurting yourself Mix up your weight training improve your balance and coordination with yoga and Pilates moves Open the book and find More than 150 weight training exercises with photos The latest in equipment including free weights and machines The best moves for working your core Information on toning and strengthening without bulking up How to find a fitness trainer The latest exercise DVDs to hire buy or download The lowdown on exercise deals and duds Current data on nutritional supplements Learn to Customise a safe and effective exercise program to suit your lifestyle Use free weights kettlebells and more to target specific areas Complement your workout with Pilates and yoga Balance your diet to fuel your workout

The Dumbbell Workout Handbook: Weight Loss Michael Volkmar, 2018-06-26 Over 100 of the absolute best results driven dumbbell workouts providing an intensive new way to burn fat improve conditioning and lose weight Developed by best selling fitness author and strength and conditioning expert Mike Volkmar this collection of dumbbell workouts will challenge you by promoting total body fitness while burning away unwanted fat These results oriented workouts target all muscle groups from chest and arms to core and legs and provide a powerful combination of exercises designed to help sculpt and tone your ideal body The Dumbbell Workout Handbook Weight Loss is a great way to change up your routine and break through plateaus Whether you train at home in your garage gym or at the local fitness club your workouts will never be boring again guaranteed So grab some iron and get fit now *Suspended Bodyweight Training* Kenneth Leung, Lily Chou, 2015-02-03 A STEP BY STEP GUIDE TO GETTING AT HOME OR IN THE GYM A TONED AND MUSCULAR BODY WITH THE POPULAR SUSPENSION TRAINING SYSTEM All you need to develop long strong muscles and a fit slender physique is this comprehensive guide and your suspended bodyweight trainer Forget bulky machines and heavy weights these functional

training workouts will unleash the full potential of any suspended bodyweight training system You will simultaneously tone and shape your entire body for Washboard AbsCarved BackSculpted ShouldersChiseled ChestRipped ArmsFirm GlutesPowerful Legs Packed with hundreds of step by step photos clearly explained exercises and progressive training programs for all levels of fitness this book will revolutionize your workout by teaching you how to maximize the benefits of this cutting edge approach to total body fitness You Are Your Own Gym Clark Joshua,Lauren Mark,2010-07-07 Providing the only exercise equipment anyone will ever need again this guide presents to the public for the first time the most elite Special Operations fitness exercises to fit their schedule and their wallet Providing the most effective efficient inexpensive and convenient routine for exercise available this simple program requires no gym or weights only the human body For thousands of yearsfrom Ancient Greece s Olympic athletes to tomorrow s U S Special Forces humanity s greatest physical specimens have not relied on fitness centers or dumbbells but have rather utilized their own bodies as the most advanced fitness machines ever created These 107 exercises are presented in a clear concise and complete manner for men and women of all athletic ability levels **Bodyweight Workouts for Men** Sean Bartram,2015-12-01 Try these bodyweight exercises and routines designed specifically for men Bodyweight Workouts for Men is a step by step guide to one of the hottest fitness trends that truly gets results Created specifically for men the workouts in this book can be done anywhere anytime gravity and body weight are all guys need With this convenient and free workout method you can say goodbye to unwanted pounds and hello to definition as you work through 75 bodyweight exercises and 40 routines that blast every muscle in the body Full color photos guide you step by step through all the favorites squats planks pull ups push ups leg raises dips and horizontal pulls Regressions and progressions are outlined allowing you to adjust the exercises to match your skill level and move on to the next level when you are ready Guidelines on stretching form rep frequency and holding time resting and structuring a program are all featured to ensure the exercises in Bodyweight Workouts for Men are done correctly and without risk of injury **Body Transformation Handbook** Sean Lerwill,2014-11-24 Body Transformations are the most sought after type of training in the fitness world at present It is now understood by the leading magazines gym chains and industry as a whole that training for a marathon getting into swimming or general exercise like squash will not give people the bikini body or rippling six pack they would like **Workout Manual** Jon Lipsey,Ian Jackson,2011 **Build Muscle Without Weights** David Nordmark,2013-05-05 Discover How To Create A New You With Dynamic Self Resistance Training Learn how to build muscle without weights fancy equipment or expensive gym memberships If you re like most people you know how much richer your life could be if you were in better shape You d feel better look better and life would just be easier But who has the time or money to go to a gym What can you do The solution is Build Muscle Without Weights The Complete Book Of Dynamic Self Resistance Isotonic Exercises This book shows you how to perform incredibly simple yet effective self resistance exercises using nothing but what god gave you Done properly self resistance exercises allow you to

pit muscle against muscle in order to build a beautiful yet powerful physique from the comfort of your own home These exercises can be done by anyone of any age safely and effectively If you dedicate yourself to these dynamic isotonic exercises you can expect the following Develop a perfectly muscled chest Washboard abs that will get noticed on any beach Well rounded shoulders Muscular arms Maintain a flexible and healthy spine Help you to look and feel young Effortlessly project health confidence and magnetism All this and more is possible when you possess a strong healthy body Order **Build Muscle Without Weights The Complete Book Of Dynamic Self Resistance Isotonic Exercises** and get started on creating a more dynamic and healthy you today

Fat Loss Activation Training Manual Ryan Faehnle, CSCS, 2021-11-30 The REAL problem to your stubborn fat loss is buried deep inside your muscles There s a PHYSICAL THERAPY SECRET used by professional athletes to improve blood circulation increase muscular strength and gets you visibly leaner almost overnight Now you too can torch stubborn fat for up to 72 hours using a simple 24 second muscle activation trick that burns away more belly flab than if you ran 33 hours per week

The Total Suspended Bodyweight Training Workout Steve Barrett, 2015-03-12 The ultimate one stop guide to training with suspended body weight training devices Practical and easily accessible The Total Suspended Body Weight Training Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern and logical way The Total Suspended Body Weight Training Workout is brimming with ideas for using this bestselling piece of fitness equipment not just in the gym but at home too Packed with clear and easy to use exercises this how to reference book also provides adaptations of basic and advanced exercises making it ideal for anyone who wants to get the most out of their fitness gear Each exercise idea is organised by fitness level and includes follow up and extension ideas Written in a jargon free and concise style this book is light on the science and background heavy on practicality

Your Body Is Your Gym Peter Paulson, 2014-06-11 Your Body is Your Gym How To Enjoy The Benefits Of Gym Membership Without The Cost Have you felt the pinch of high gym fees Do you spend hours in the gym without seeing the results you want Do you ever wonder if there is an easier way to build the physique you dream of without breaking the bank Then this book was written for you Your Body is Your Gym shows you how to get all the benefits of a gym with exercises that you can do anywhere and anytime You can lose fat build muscle and get in amazing shape using a piece of equipment that you already have your own body With this unique 8 week fitness program you will be able turn your fitness dreams into reality Lose fat and gain muscle Exercise when and where it s convenient for you Get the 6 pack abs you always dreamed of Increase your happiness Reduce your stress And much much more Your Body Is The Best Gym In The World It Doesn t Cost You A Penny There is nothing wrong with going to the gym but it s entirely possible to improve your health self esteem and physical appearance without ever stepping foot in one You can build your dream physique using just this book and your bodyweight Your Body is Your Gym teaches you easy to

implement bodyweight exercises that can be done anywhere This gives you the ultimate flexibility to exercise when and where it suits you Realizing that your body is the best gym you could ever have opens up a new universe of fitness possibilities You no longer have to pay gym fees wait in queues for equipment or waste time commuting to the gym A Unique Training Protocol That Contains Everything You Need To Know So what s included in the book An 8 week training program for all experience levels beginner intermediate and advanced Strategies on how to lose fat and build muscle with bodyweight exercises 40 instructional images of the exercises you ll be doing Nutritional advice as well as simple healthy recipes Unique bodyweight training techniques that you won t find anywhere else that will deliver incredible results Plus your free Your Body is Your Gym bonus pack Reading this book will not only save you time but will help you avoid the frustration of trial and error So grab the book and save yourself a small fortune on monthly gym fees by learning to use your bodyweight Don t try to reinvent the wheel when the path is already laid out for you in Your Body is Your Gym Are you ready to take control of your own body and finally get the physique you desire Buy a copy of Your Body is Your Gym now and start changing your body life and health today FREE GIFT Don t forget to grab the awesome free gift that you get for buying today *The Chest and Arms Workout Plan* Dale L. Roberts,2015-08-20 Exercise Discover How You Can Build A Solid Upper Body Fat Faster TODAY LIMITED TIME ONLY If you download this book TODAY you will get a FREE DOWNLOAD of Dale L Roberts The Ten Best Fitness Tools To Get More Results in the Least Time This Extra Content has POWERFUL Tips and Strategies for Weight Loss If you hate working out and having to exercise if you feel like your workouts and exercises are long and boring or if you feel like your workouts and exercises aren t doing anything for you THEN THE CHEST AND ARMS WORKOUT PLAN IS JUST FOR YOU This book shows you how to firm tone and tighten your upper body including how to Start losing weight without working out as hard Begin burning all that stubborn fat especially chest and arm fat Say goodbye to jiggle arms and other problematic areas in your upper body Say goodbye to long dull boring workouts and exercises Get excited about having to exercise and workout EVERY TIME The Chest and Arms Workout Plan is chock full of exercises instructions full color pictures and over 20 workout programs to keep your exercise routine fun exciting and successful SCROLL TO THE TOP AND CLICK THE BUY BUTTON TO GET YOUR COPY TODAY Isometric Exercise Manual Siddharth Edward,2021-08-21 The Men s Health Big Book of Exercises is the essential workout guide for anyone who wants a better body As the most comprehensive collection of exercises ever created this book is a body shaping power tool for both beginners and long time lifters alike This book contains hundreds of useful tips the latest findings in exercise science and cutting edge workouts from the world s top trainers Backed by the authority of Men s Health magazine this updated and revised edition features 100 new fat loss exercises in 20 workouts designed by BJ Gaddour Fitness Director of Men s Health and 1 350 photographs showing movements for every muscle and a training plan to match every fitness goal *Body Weight Basics* Ross Clifford,Ashley Kalym,2019-04-26 Have you ever wanted to exercise but not known where to start Are you new to resistance exercise and

have no clue how to proceed Body Weight Basics is for you We've taken the seven most essential body weight exercises and branded them as the 7 STANDARDS These work every muscle group and the most important movements so that you can build a complete physique Body Weight Basics has everything you need to get started Each exercise receives lots of focus including basic anatomy the correct way to perform them and clear pictures showing each in detail You will also learn why body weight exercise is so good useful exercise terminology the principles of exercise how the body responds to exercise how to eat for exercise and much more To finish we include seven complete programs to take you from complete beginner to proficient individual

Weight Training for Beginners John McDillon, 2020-05-12 Weight Training for Beginners The Ultimate Illustrated Guide with Tons of Effective Exercises for Strength Training at Home for Men and Women Do you want to lose weight and improve your cardio health so you can have more energy and accomplish your goals easier Are you looking for the best way to build strength endurance and a toned body even at your own home THEN THIS ILLUSTRATED GUIDE ON WEIGHT TRAINING MIGHT BE JUST WHAT YOU'RE LOOKING FOR Do you always have exercising on your to do list but never seem to make time for it Do you lack motivation and organization to start If you've never had any experience with exercise it might seem complicated to decide on the best program for you But the truth is even 15 minutes of the most basic exercises a day are still better than nothing You don't have to start with one hour of heavy training Start small and build up If you're looking for a guide to design your own exercise plan at home this book is a perfect choice It will help you choose the best exercises for your level and it even has some amazing schedule examples that you can use if you're short on time No more excuses Here's what this book can teach you Five psychological phases of fitness and how each one impacts your training schedule What muscle groups are there and what specific exercises you can do to tone each one How to choose bodybuilding exercises that are right for you and your level of fitness Over 80 strength building exercises clearly explained and illustrated AND SO MUCH MORE Even if you're a total beginner you will find this book easy to read and easy to follow Ready to Become Strong and Fit Scroll up Click on Buy Now with 1 Click and Get Your Copy

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