

*GYM SYSTEMS*



**PARABODY.**

G S 1

G S 2

G S 4

G S 6

C M 3

A woman with a very muscular physique is shown from the waist up, using a gym machine. She is wearing a light blue sports bra and dark shorts. Her right hand is on the handle of the machine, and her left hand is on her hip. The background is a gym setting with other equipment visible.

YOU CAN ALWAYS TELL  
WHO USES PAR



**PARABODY**

## HOME SWEET HOME GYM.

Working 12-hour days. Running errands. Spending time with family. There are days when you just can't make it to the health club. But with a ParaBody Gym System, there's always time for a quick, club-quality workout. It's equipment made by Life Fitness, the manufacturer of the #1 brand of fitness equipment in health clubs worldwide. Each model offers the right balance of exercises, variety and expandability, smooth transitions between exercises, and an ergonomically-enhanced feel. It's strength-training equipment that makes the best use of your time, and it's what makes ParaBody Gym Systems different from all the rest. Think about it. Better equipment means better results.

# GSI



Shown with optional weight shroud

◆ Leg Press/Calf Raise option available.

# GS1 GYM SYSTEM

## NO SPACE. NO TIME. NO PROBLEM.

You work hard. Expect the same from the GS1. A well-built, space-efficient, strength-training machine that will stand up to years of use. This machine delivers total-body workouts anytime. Less is more and more never felt so good.



- Press arm's fixed arc follows your body's natural path of motion
- Back support angled to isolate lower-body muscles while performing leg exercises
- Angled handles minimize stress on wrists
- Seat's pivot point system keeps knees in proper joint alignment for lower-body exercises
- Only two adjustments to make

### EXERCISES

#### CHEST EXERCISES

Chest press  
Close-grip chest press

#### BACK EXERCISES

Low row  
Lat pulldown

#### ABDOMINAL EXERCISES

Abdominal crunch

#### SHOULDER EXERCISES

Lateral raise  
Shoulder shrug  
Front raise

#### BICEPS EXERCISES

Standing biceps curl  
Reverse biceps curl  
One-arm biceps curl

#### TRICEPS EXERCISES

Triceps extension  
One-arm triceps extension

#### LEG EXERCISES

Leg extension  
Standing leg curl  
Leg press (optional)  
Leg press calf raise (optional)  
Hip abduction  
Hip adduction  
Hip extension

### ACCESSORIES

#### INCLUDED ACCESSORIES

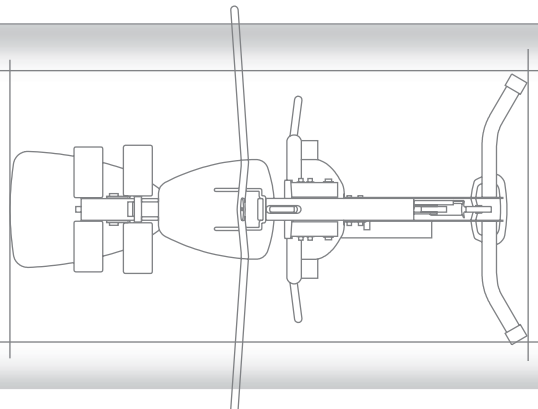
Lat bar  
Revolving low row bar  
Ankle strap  
160-lb. (73 kg) weight stack  
Wall chart

#### OPTIONAL ACCESSORIES

Leg press/calf raise  
50-lb. (23 kg) add-on kit  
Weight stack shroud

## SPECIFICATIONS

Assembled Dimensions:	71"L x 48"W x 83"H	181 cm x 122 cm x 211 cm
Assembled with Leg Press Option:	71"L x 81"W x 83"H	181 cm x 206 cm x 211 cm
Live Working Area:	107"L x 55"W x 83"H	272 cm x 140 cm x 211 cm
Live Working Area with Leg Press Option:	107"L x 108"W x 83"H	272 cm x 275 cm x 211 cm
Warranty:	Limited lifetime warranty on frames, welds, and parts; 3-year warranty on upholstered pads and cables *Warranties outside the U.S. may vary	



Product features and accessories are subject to change.

# GS2



Shown with optional weight shroud

◆ Leg Press/Calf Raise option available.

## BLAZE NEW TRAILS.

You've been there, done that. Now it's time to try something new. With the ergonomically-designed Variable Arc™ pressing station, the GS2 gives you the freedom to try a variety of movements for better results in less time. Not only will you notice the difference, but everyone else will, too.



- > Variable Arc™ allows both traditional and converging paths of motion
- > Seat pads with enhanced shape and cushioning provide support
- > Angled handles minimize stress on wrists
- > Dual chest-supported seated rowing handles promote muscular balance
- > Pec fly path of motion mimics dumbbell fly movement

### EXERCISES

#### CHEST EXERCISES

Chest press  
Close-grip chest press  
Converging chest press  
Extended-arm pec fly

#### BACK EXERCISES

Chest-supported seated row  
Lat pulldown  
Low row

#### ABDOMINAL EXERCISES

Abdominal crunch

#### SHOULDER EXERCISES

Lateral raise  
Rear deltoid  
Shoulder shrug  
Front raise

#### BICEPS EXERCISES

Standing biceps curl  
Reverse biceps curl  
One-arm biceps curl

#### TRICEPS EXERCISES

Triceps extension  
One-arm triceps extension

#### LEG EXERCISES

Leg extension  
Standing leg curl  
Leg press (optional)  
Leg press calf raise (optional)  
Hip abduction  
Hip adduction  
Hip extension

### ACCESSORIES

#### INCLUDED ACCESSORIES

Lat bar  
Revolving low row bar  
Ankle strap  
160-lb. (73 kg) weight stack  
Wall chart

#### OPTIONAL ACCESSORIES

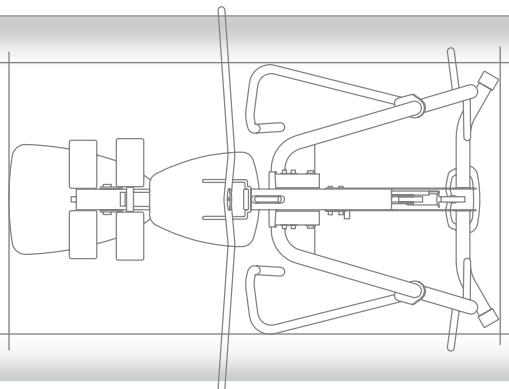
Leg press/calf raise  
50-lb. (23 kg) add-on kit  
Weight stack shroud

## SPECIFICATIONS

Assembled Dimensions:	71"L x 48"W x 83"H	181 cm x 122 cm x 211 cm
Assembled with Leg Press Option:	71"L x 81"W x 83"H	181 cm x 206 cm x 211 cm
Live Working Area:	82"L x 71"W x 83"H	209 cm x 206 cm x 211 cm
Live Working Area with Leg Press Option:	82"L x 108"W x 83"H	209 cm x 275 cm x 211 cm

Warranty: Limited lifetime warranty on frames, welds, and parts;  
3-year warranty on upholstered pads and cables

\*Warranties outside the U.S. may vary



Product features and accessories are subject to change.

# GS4

Shown with optional  
weight shroud



◆ Leg Press/Calf Raise option available.

# GS4 GYM SYSTEM

## TAKE WORKOUTS TO NEW LEVELS.

The GS4 offers an efficient, total-body workout with even more exercises to prevent workout boredom. Enjoy the benefits of fundamental strength training, plus extra exercises to challenge you in new ways. Avoid the dreaded rut by adding more variety to your training regimen with the GS4.



- > Seven unique pressing angles
- > Back and chest support for a comfortable workout
- > Press pivot point alignment and sealed pillow block bearings allow smooth, natural motion
- > Seat angle promotes full range of motion on leg extension
- > Pec fly path of motion mimics dumbbell fly movement
- > Chest-supported seated row with three different hand positions

### EXERCISES

#### CHEST EXERCISES

Chest press  
Close-grip chest press  
Incline press  
One-arm pec fly  
Extended-arm pec fly

#### BACK EXERCISES

Chest-supported seated row  
Low row  
Lat pulldown  
One-arm cable row

#### ABDOMINAL EXERCISES

Abdominal crunch

#### SHOULDER EXERCISES

Lateral raise  
Rear deltoid  
Reverse fly  
Shoulder press  
Shoulder shrug  
Front raise  
Internal rotation  
External rotation

#### BICEPS EXERCISES

Standing biceps curl  
Reverse biceps curl  
One-arm biceps curl

#### TRICEPS EXERCISES

Overhead triceps extension  
Triceps extension  
One-arm triceps extension

#### LEG EXERCISES

Leg extension  
Standing leg curl  
Leg press (optional)  
Leg press calf raise (optional)  
Hip abduction  
Hip adduction  
Hip extension

### ACCESSORIES

#### INCLUDED ACCESSORIES

Revolving lat bar  
Revolving low row bar  
Ab/triceps strap  
Ankle strap  
160-lb. (73 kg) weight stack  
Wall chart

#### OPTIONAL ACCESSORIES

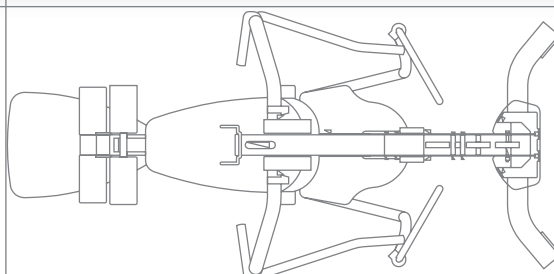
Leg press/calf raise  
50-lb. (23 kg) add-on kit  
Weight stack shroud

## SPECIFICATIONS

Assembled Dimensions:	80"L x 50"W x 83"H	(203cm x 127cm x 211cm)
Assembled with Leg Press Option:	88"L x 82"W x 83"H	(224cm x 208cm x 211cm)
Live Working Area:	86"L x 70"W x 83"H	(218cm x 179cm x 211cm)
Live Working Area with Leg Press Option:	107"L x 101"W x 83"H	(272cm x 259cm x 211cm)

**Warranty:** Limited lifetime warranty on frames, welds, and parts;  
3-year warranty on upholstered pads and cables

\*Warranties outside the U.S. may vary



Product features and accessories are subject to change.

# G56



Shown with optional weight shroud

◆ Leg Press/Calf Raise option available.

# GS6 GYM SYSTEM

## IT'S NOT A ROUTINE. IT'S A RITUAL.

The GS6 is perfect for the serious exerciser. It delivers a full circuit of strength-training equipment in a single unit. Even in the corner of your room, the GS6 will be at the center of attention with its Variable Arc™ pressing station and over 30 different exercises.



- Variable Arc™ allows both traditional and converging pressing motion
- Handles fold under bench for dumbbell exercises
- Pressing and fly arcs reduce joint stress
- Quick Flip™ feature for fast and easy seat adjustments
- Multi-adjustable horizontal bench for variety of presses
- Prone leg curl design incorporates more muscle fibers
- Pec fly path of motion mimics dumbbell fly movement

### EXERCISES

#### CHEST EXERCISES

Chest press  
Close-grip chest press  
Converging presses  
(all angles)  
Decline press  
Dumbbell exercises  
Incline press  
Extended-arm pec fly  
One-arm pec fly

#### BACK EXERCISES

Dumbbell exercises  
Low row  
Lat pulldown  
Reverse fly  
One-arm cable row

#### ABDOMINAL EXERCISES

Abdominal crunch

#### SHOULDER EXERCISES

Dumbbell exercises  
Lateral raise  
Rear deltoid  
Shoulder press  
Shoulder shrug  
Front raise  
Internal rotation  
External rotation

#### BICEPS EXERCISES

Dumbbell exercises  
Standing biceps curl  
One-arm biceps curl  
Reverse biceps curl

#### TRICEPS EXERCISES

Dumbbell exercises  
Overhead triceps extension  
Triceps extension  
One-arm triceps extension

#### LEG EXERCISES

Leg extension  
Prone leg curl  
Leg press (optional)  
Leg press calf raise (optional)  
Standing calf raise  
Hip abduction  
Hip adduction  
Hip extension

### ACCESSORIES

#### INCLUDED ACCESSORIES

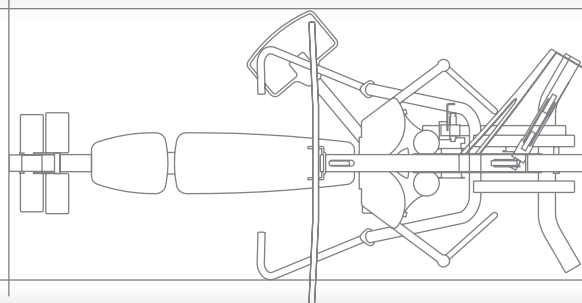
Revolving lat bar  
Revolving low row bar  
Ab/triceps strap  
Ankle strap  
160-lb. (73 kg) weight stack  
Wall chart

#### OPTIONAL ACCESSORIES

Leg press/calf raise  
50-lb. (23 kg) add-on kit  
Weight stack shroud

## SPECIFICATIONS

Assembled Dimensions:	102"L x 51"W x 83"H	259 cm x 130 cm x 211 cm
Assembled with Leg Press Option:	114"L x 82"W x 83"H	290 cm x 208 cm x 211 cm
Live Working Area:	136"L x 70"W x 83"H	345 cm x 178 cm x 211 cm
Live Working Area with Leg Press Option:	136"L x 102"W x 83"H	345 cm x 259 cm x 211 cm
Warranty:	Limited lifetime warranty on frames, welds, and parts; 3-year warranty on upholstered pads and cables *Warranties outside the U.S. may vary	



Product features and accessories are subject to change.



Shown with optional weight shroud



Shown with optional Leg Press / Calf Raise



# CABLE MOTION™ GYM SYSTEM

## EXERCISE YOUR OPTIONS.

When you have cable motion, you have unlimited ways to workout. A multi-dimensional training tool for improving nearly every aspect of your daily life. It's an out-of-this-world workout with real-world results. Improve everyday activities, on-the-job performance, athletic ability—you name it, the CM3 can help you achieve it.



- > Strengthens core stabilizing muscles used in sports and daily activities
- > Ergonomically-designed to mimic your body's natural path of motion
- > Easy to adjust from exercise to exercise
- > Virtually unlimited cable motion exercise variety
- > Space-efficient design ideal for small places in your home

### EXERCISES

#### CHEST EXERCISES

Chest press  
 Converging presses  
 (all angles)  
 One-arm pec fly  
 Decline press  
 Extended-arm pec fly  
 Incline press

#### BACK EXERCISES

Low row  
 One-arm cable row  
 Narrow-grip pulldown  
 Lat pulldown

#### ABDOMINAL EXERCISES

Abdominal crunch  
 Oblique twist

#### SHOULDER EXERCISES

Front raise  
 Lateral raise  
 Rear deltoid  
 Shoulder shrug  
 External rotation  
 Internal rotation

#### ADD'L CM3 EXERCISES

Golf swing  
 Tennis backhand  
 Tennis forehand

#### BICEPS EXERCISES

Standing biceps curl  
 Reverse biceps curl  
 One-arm biceps curl  
 Overhead biceps curl

#### TRICEPS EXERCISES

Overhead triceps extension  
 Triceps extension  
 One-arm triceps extension

#### LEG EXERCISES

Leg extension  
 Standing leg curl  
 Leg press (optional)  
 Leg press calf raise (optional)  
 Hip abduction  
 Hip adduction  
 Hip extension

### ACCESSORIES

#### INCLUDED ACCESSORIES

Revolving low row bar  
 Ankle strap  
 160-lb. (73 kg) weight stack  
 2 pairs of hand straps  
 Wall chart  
 Instructional video tape

#### OPTIONAL ACCESSORIES

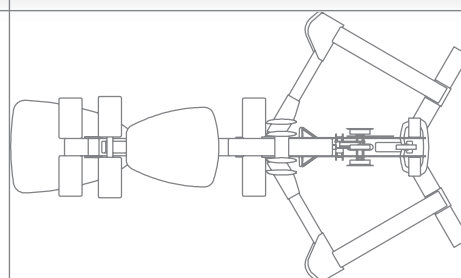
Leg press/calf raise  
 Lat bar  
 50-lb. (23 kg) add-on kit  
 Weight stack shroud

## SPECIFICATIONS

Assembled Dimensions:	80"L x 53"W x 84"H	203 cm x 135 cm x 214 cm
Assembled with Leg Press Option:	80"L x 90"W x 84"H	203 cm x 229 cm x 214 cm
Live Working Area:	90"L x 103"W x 84"H	229 cm x 262 cm x 214 cm
Live Working Area with Leg Press Option:	90"L x 130"W x 84"H	229 cm x 331 cm x 214 cm

Warranty: Limited lifetime warranty on frames, welds, and parts; 3-year warranty on upholstered pads and cables

\*Warranties outside the U.S. may vary



Product features and accessories are subject to change.



# SPECIFICATIONS

	GSI	GS2	GS4	GS6	CM3
<b>CHEST</b>					
Chest Press	◇	◇	◇	◇	◇
Converging Chest Press		◇		◇	◇
Decline Chest Press				◇	◇
Converging Decline Press				◇	◇
Incline Chest Press			◇	◇	◇
Converging Incline Chest Press				◇	◇
Close-Grip Chest Press	◇	◇	◇	◇	◇
Dumbbell Pressing Exercises				◇	
Extended-Arm Pec Fly		◇	◇	◇	◇
One-Arm Pec Fly			◇	◇	◇
Dumbbell Pec Fly				◇	
Unsupported Chest Press					◇
<b>SHOULDER/BACK</b>					
Lat Pulldown	◇	◇	◇	◇	◇
Narrow Grip Pulldown					◇
Seated Row		◇	◇		
Internal Rotation			◇	◇	◇
External Rotation			◇	◇	◇
Front Raise	◇	◇	◇	◇	◇
Shoulder Press			◇	◇	
Low Row	◇	◇	◇	◇	◇
Lateral Raise	◇	◇	◇	◇	◇
Rear Deltoid		◇	◇	◇	◇
Reverse Fly			◇	◇	
Shoulder Shrug	◇	◇	◇	◇	◇
Dumbbell Shoulder Press				◇	
Dumbbell Lateral Raises				◇	
One-Arm Dumbbell Row				◇	
One-Arm Cable Row			◇	◇	◇
<b>BICEPS</b>					
Standing Biceps Curl	◇	◇	◇	◇	◇
Reverse Biceps Curl	◇	◇	◇	◇	◇
One-Arm Biceps Curl	◇	◇	◇	◇	◇
Overhead Biceps Curl					◇
Dumbbell Biceps Exercises				◇	
<b>TRICEPS</b>					
Triceps Extension	◇	◇	◇	◇	◇
One-Arm Triceps Extension	◇	◇	◇	◇	◇
Overhead Triceps Extension			◇	◇	◇
Dumbbell Triceps Exercises				◇	
<b>TORSO</b>					
Abdominal Crunch - mid pulley			◇	◇	
Abdominal Crunch - high pulley <i>(optional)</i>	◇	◇			◇
Oblique Twist					◇
<b>LOWER BODY</b>					
Leg Extension	◇	◇	◇	◇	◇
Standing Leg Curl	◇	◇	◇		◇
Hip Abduction	◇	◇	◇	◇	◇
Hip Adduction	◇	◇	◇	◇	◇
Hip Extension	◇	◇	◇	◇	◇
Leg Press <i>(optional)</i>	◇	◇	◇	◇	◇
Leg Press Calf Raise <i>(optional)</i>	◇	◇	◇	◇	◇
Standing Calf Raise				◇	
Prone Leg Curl				◇	

Note: This list includes the primary exercises that are possible on each machine.  
Additional secondary exercises can be performed for even more variety.

	GSI	GS2	GS4	GS6	CM3
<b>SPECIFICATIONS</b>					
Footprint (Fits in ___ ft x ___ ft area)	6 x 4	6 x 4	6.5 x 4.5	8.5 x 4.5	7 x 5
<b>PRESS ARMS</b>					
Variable Arc Pressing		◇		◇	
Standard Fixed Press Arm	◇				
Adjustable Angle Fixed Press Arm			◇		
User-Defined Pressing (Cables)					◇
<b>PULLEYS</b>					
High and Low Pulley	◇	◇	◇	◇	
V-Groove Mid Pulley			◇	◇	
2 V-Groove High Pulleys , 2 V-Groove Mid-Pulleys, and 1 Low Pulley					◇
<b>ADJUSTABILITY</b>					
Self-Adjusting Pec Fly Arms			◇	◇	
User-Defined Pec Fly (Cables)					◇
Adjustable Starting Position for Pressing Movements			◇		
Remote Press Handle - On-the-Fly Adjustable Starting Position for Pressing Movements				◇	
Vertical Adjustable Bench			◇		
Attached Horizontal Adjustable Bench				◇	
<b>INCLUDED ACCESSORIES</b>					
Lat Bar	◇	◇			
160-lb. (73kg) Weight Stack	◇	◇		◇	◇
Revolving Lat Bar			◇	◇	
2 Pairs of Soft-Strap Handles					◇
Ab/Triceps Straps			◇	◇	
Ankle Strap	◇	◇	◇	◇	◇
Revolving Low Row Bar	◇	◇	◇	◇	◇
Wall Chart	◇	◇	◇	◇	◇
Instructional Video Tape					◇
<b>OPTIONAL ACCESSORIES</b>					
Leg Press / Calf Raise	◇	◇	◇	◇	◇
50-lb Add On Weight Stack	◇	◇	◇	◇	◇
Weight Stack Shrouds	◇	◇	◇	◇	◇
Lat Bar <i>(optional with CM3)</i>					◇





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