

# WORKOUT ROUTINES FOR A SOLID BODY HOME GYM

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Body Solid home gyms are multi-station exercise machines that allow you to achieve a full body workout in the comfort and convenience of your home. The Body Solid home gyms utilize a pulley system attached to a stack of weights that allows you to perform upper body, lower body and core strengthening movements. These machines are convenient, but can be costly. According to BodySolid.com, the Body-Solid G4I Iso-Flex Home Gym model retailed for \$2,035 in 2011.

## **CHEST PRESS**

Body Solid home gyms allow you to perform a chest press, which targets the shoulders, chest and triceps. Start by sitting tall on the bench and grasping the chest press bars with both hands. Contract your chest and press outward while inhaling. Then, return the bar to the starting position. Maintain a slight bend in the arms throughout the movement to avoid locking out your arms. Repeat for your desired repetitions.

## **BACK ROWS**

According to HomeGymReview.com, the Body Solid EXM-1900S model is heavy on cable exercise opportunities, including back rows. A back row will target your upper back, lats, biceps and shoulders. Start by sitting on the bench facing toward the machine. Sit tall and grasp a cable handle bar in each hand. Contract the upper back muscles and draw the elbows back until you can pinch the shoulder blades together. Slowly return to the starting position and repeat for desired repetitions.

## **WEIGHTED CRUNCH**

The weighted crunch will target your upper abs and can be performed by attaching a rope or bar to a top pulley. Sit tall on the bench and grasp the bar overhead with an overhand grip. Pull the rope or bar down behind your head and hold it there throughout the exercise. Contract the abs and lower your head down toward the knees. Slowly return to the starting position and repeat for your desired repetitions.

## **LEG EXTENSIONS**

The leg extension attachment is a standard exercise on most Body Solid machines. Leg extensions will target the quadriceps, or the top of the thighs. Start by sitting tall on the bench and placing the legs

behind the leg extension pad. Contract the quads and lift the pad up until your legs are straight in front of you. Then, slowly return to the starting position. Repeat the exercise for your desired repetitions.

## **REFERENCES**

- [Body Solid: G4I Iso-Flex Home Gym](#)
- [Home Gym Review: Body Solid EXM-1900S](#)

Read more: <http://www.livestrong.com/article/425860-workout-routines-for-a-solid-body-home-gym/#ixzz2KEBtIHfW>