

G7 DUAL ADJUSTABLE PULLEY HOME GYM

SAMPLE EXERCISE OPTIONS

FUNCTIONAL	G7
Golf swing	●
Tennis swing	●
Lift with rotation	●
Baseball swing	●
CHEST	
Chest press	●
Converging chest press	●
Decline chest press	●
Converging incline chest press	●
Close-grip chest press	●
Extended-arm pec fly	●
Unsupported chest press	●
SHOULDER / BACK	
Lat pulldown	●
Narrow grip pulldown	●
Seated row	●
Internal / External rotation	●
Front raise	●
Shoulder press	●
Low row	●
Lateral raise	●
Rear deltoid	●
One-arm fly	●
One-arm cable row	●
BICEPS	
Incline biceps curl	●
Standing / Seated biceps curl	●
Reverse biceps curl	●
One-arm biceps curl	●
TRICEPS	
Triceps extension	●
Overhead triceps extension	●
Seated / Standing triceps extension	●
Triceps kickback	●
ABDOMINAL	
Abdominal crunch – mid and high pulley	●
Seated / Kneeling abdominal crunch	●
Oblique twist	●
LOWER BODY	
Standing leg extension	●
Standing leg curl	●
Hip abduction / adduction	●
Hip extension	●
Calf Raise	●
Lunge / Squat	●

SPECIFICATIONS

DIMENSIONS	G7
Length	49" 124 cm
Length with optional bench	68.5" 174 cm
Width	70" 178 cm
Height	83" 210 cm
PRESS ARMS	
User-defined pressing (cables)	●
PULLEYS	
Dual adjustable swivel pulleys	●
ADJUSTABILITY	
User-defined pec fly (cables)	●
Adjustable starting position for pressing movements	●
ACCESSORIES	
(2) 160-pound (73 kg) weight stacks	●
1 pair of soft-strap ergonomic handles	●
Foot strap	●
Thigh strap	●
Traditional handle adapter clips	●
Instructional DVD	●
Exercise Book	●
Water Bottle	●
Straight Bar	●
Weight stack shrouds	●
Removable, multi-position bench	OPTIONAL
WARRANTY	
Lifetime warranty on frame, welds, pulleys and parts; 3-year on upholstered pads and cables (<i>warranties outside the U.S. may vary</i>)	●



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