



# G4

## GYM SYSTEM

The G4 Gym System promotes a quick and efficient workout in a compact footprint. Its simple adjustments allow a quick transition from exercise to exercise and can be easily adjusted for a variety of users. Unique design elements include ergonomically-angled handles that encourage proper arm positioning and movement for a smooth workout.

### PERFORMANCE FEATURES

#### POWER PACKED

Traditional fixed motion system uses familiar strength training technology to target specific muscle groups

#### RAPID TRANSIT

Switching between exercises is quick and simple

#### PROPER FORM

Ergonomically-positioned handles provide comfortable wrist angles during pressing and pulling exercises

#### POSITIVE MOTION

Dual pivot pec/reverse fly arms are self-adjusting to maximize comfort and range of motion during fly exercises

#### GUIDE POSTS

Magnetic exercise cards guide you through exercise setup and posture and can be arranged to customize a workout

#### INCREASED OPTIONS

Mid pulley provides expanded abdominal, arm, shoulder, and chest exercises

### HIGHLIGHTED FEATURE

#### CHOOSE YOUR PRESS



Adjustable back pad allows for quick changes from flat bench press to a 30° incline to a 45° incline to a 70° shoulder press with ease

### G4 GYM SYSTEM DETAILS

- > Included accessories:
  - Revolving lat bar
  - Revolving low row bar
  - Ab / Triceps strap
  - Ankle strap
  - 160-lb (73 kg) weight stack
  - Instructional exercise cards
  - Weight stack shroud
- > Optional accessories:
  - 50-pound (23 kg) add-on weight stack
  - Leg Press / Calf Raise

## SAMPLE EXERCISE OPTIONS

| CHEST                         | G4 |
|-------------------------------|----|
| Chest press                   | ●  |
| Close-grip chest press        | ●  |
| Extended-arm pec fly          | ●  |
| SHOULDER / BACK               |    |
| Lat pulldown                  | ●  |
| Narrow grip pulldown          | ●  |
| Internal / External rotation  | ●  |
| Front raise                   | ●  |
| Shoulder press                | ●  |
| Low row                       | ●  |
| Lateral raise                 | ●  |
| Rear deltoid                  | ●  |
| One-arm cable row             | ●  |
| BICEPS                        |    |
| Standing biceps curl          | ●  |
| Reverse biceps curl           | ●  |
| One-arm biceps curl           | ●  |
| TRICEPS                       |    |
| Triceps extension             | ●  |
| Overhead triceps extension    | ●  |
| Standing triceps extension    | ●  |
| Triceps kickback              | ●  |
| ABDOMINAL                     |    |
| Abdominal crunch – mid pulley | ●  |
| Seated abdominal crunch       | ●  |
| LOWER BODY                    |    |
| Seated leg extension          | ●  |
| Standing leg curl             | ●  |
| Hip abduction / adduction     | ●  |
| Hip extension                 | ●  |
| Optional leg press            | ●  |
| Optional Calf raise           | ●  |

## SPECIFICATIONS

| DIMENSIONS   | G4            |
|--|---------------|
| Length   | 80"<br>203 cm |
| Width  | 50"<br>127 cm |
| Height   | 83"<br>210 cm |
| Length with optional Leg Press / Calf Raise  | 88"<br>224 cm |
| Width with optional Leg Press / Calf Raise   | 82"<br>208 cm |
| PRESS ARMS   |               |
| Adjustable angle fixed press arm   | ●             |
| PULLEYS  |               |
| V-groove mid pulley  | ●             |
| High and low pulley  | ●             |
| ADJUSTABILITY  |               |
| Self-adjusting pec fly arms  | ●             |
| Adjustable starting position for pressing movements  | ●             |
| Vertical adjustable seat   | ●             |
| ACCESSORIES  |               |
| 160-pound (73 kg) weight stack   | ●             |
| Optional 50-pound (23 kg) add-on weight stack  | ●             |
| Ab / Tricep strap  | ●             |
| Ankle strap  | ●             |
| Optional revolving lat bar   | ●             |
| Revolving low row bar  | ●             |
| Exercise cards / Wall chart  | ●             |
| Optional Leg Press / Calf Raise  | ●             |
| Weight stack shrouds   | ●             |
| WARRANTY   |               |
| Lifetime warranty on frame, welds, pulleys and parts; 3-year on upholstered pads and cables (warranties outside the U.S. may vary) | ●             |