



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" 203 cm
Width	50" 127 cm
Height	83" 210 cm
Length with optional Leg Press / Calf Raise	88" 224 cm
Width with optional Leg Press / Calf Raise	82" 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 (<i>warranties outside the U.S. may vary</i>)	●