

# G4 GYM SYSTEM

**1 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.

**3 RAPID TRANSIT**  
Switching between exercises is quick and simple.

**4 PROPER FORM**  
Ergonomically-positioned handles provide comfortable wrist angles during pressing and pulling exercises.

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

**6 GUIDE POSTS**  
Magnetic exercise cards guide you through exercise setup and posture and can be arranged to customize a workout.

**7 INCREASED OPTIONS**  
Mid pulley provides expanded abdominal, arm, shoulder, and chest exercises.

**2 POWER PACKED**  
Traditional fixed motion system uses familiar strength training technology to target specific muscle groups.

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.



## SPECIFICATIONS

DIMENSIONS	G4
Length	80 in 203 cm
Width	50 in 127 cm
Height	83 in 210 cm
Length with optional Leg Press / Calf Raise	88 in 224 cm
Width with optional Leg Press / Calf Raise	82 in 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)	●

## 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	
Zittende Leg Extension	●
Staande Leg Curl	●
Hip abduction / adduction	●
Hip extension	●
Optional leg press	●
Optional calf raise	●