

G7 HOME GYM AVEC BANC HOME GYM

1 CABLE MOTION MOVES
Cable Motion™ technology allows for maximum exercise variety, utilizes more muscle fibers and works more muscle groups simultaneously than traditional fixed motion exercises.

2 REAL WORLD WORKOUTS
Functional training enlists primary, secondary and stabilizer muscles, which enhances total-body coordination and improves performance in sport-specific and work-related tasks.

3 INCREASED OPTIONS
Adjustable pulley columns allow for 20 different height positions and the dual weight stacks let exercisers work each side of the body separately.

4 RESULTS START HERE
Training DVD features a personal trainer who guides exercisers through 2 exercise routines: Total-Body and High-Energy.

5 ADD-ON SUCCESS
A wide range of accessories including foot straps, a stability ball and a straight bar allow the exerciser to progress to increasingly challenging workouts.

6 BENCH MARKED
Optional removable, multi-position bench folds and locks into place for convenient storage.

Sleek and modern industrial design combined with solid construction is based on the best-selling health club strength machine in the world. Owners will enjoy the nearly endless variety of exercises and the exceptional results that Cable Motion technology brings them.



SPECIFICATIONS

DIMENSIONS	G7
Length	49 in 124 cm
Length with optional bench	68.5 in 174 cm
Width	70 in 178 cm
Height	83 in 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 (warranties outside the U.S. may vary)	●

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	
Standing biceps curl	●
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	
Seated leg extension	●
Standing leg curl	●
Hip abduction / adduction	●
Hip extension	●
Calf Raise	●
Lunge / Squat	●