

# G4 HOME GYM

**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.

**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.

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

The G4 Home Gym 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.



Optional Leg Press available



*LifeFitness*

## 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-lb (73 kg) weight stack		•
Optional 50-pound (23 kg) add-on weight stack		•
Ab / Tricep strap		•
Ankle strap		•
Revolving lat bar		•
Revolving low row bar		•
Optional Leg Press / Calf Raise		•
Weight stack shrouds		•
Magnetic workout placards		•
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		
Seated Leg Extension		•
Standing Leg Curl		•
Hip abduction / adduction		•
Hip extension		•
Optional leg press		•