

1 VARIABLE ARC PRESS
Variable arc press arm allows for both traditional (chest press), converging (converging chest press), and extended arm (pec fly) paths of motion from the same seated position.

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

5 SEATED ROW HANDLES
Standard and angled for multiple hand positions.

6 ADDED STRENGTH
Further challenge your lower-body muscles with the optional Leg Press/Calf Raise.



Optional Leg Press available

2 PROPER FORM
Ergonomically-positioned handles promote proper wrist angles during pressing and pulling exercises.

4 EFFECTIVE VERSATILITY
Great exercise variety in a small package.



The G2 Gym System makes strength training accessible to every level of exerciser. With the variable arc pressing station, the G2 gives you the freedom to try a variety of movements for better results in less time. And the ergonomic design makes each motion feel smooth and comfortable. Get a great total-body workout in a small space.

SPECIFICATIONS

DIMENSIONS	G2
Length	71 in 181 cm
Width	48 in 122 cm
Height	83 in 210 cm
Length with optional Leg Press / Calf Raise	71 in 181 cm
Width with optional Leg Press / Calf Raise	81 in 206 cm
PRESS ARMS	
Variable Arc pressing	•
PULLEYS	
High and low pulley	•
ACCESSORIES	
160-pound (73 kg) weight stack	•
Optional 50-pound (23 kg) add-on weight stack	•
Ankle strap	•
Revolving lat bar	•
Revolving low row bar	•
Optional Leg Press / Calf Raise	•
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	G2
Chest press	•
Converging chest press	•
Close-grip chest press	•
Extended-arm pec fly	•
SHOULDER / BACK	
Lat pulldown	•
Narrow grip pulldown	•
Internal / external rotation	•
Front raise	•
Low row / Seated row	•
Lateral raise	•
Rear deltoid	•
BICEPS	
Standing biceps curl	•
Reverse biceps curl	•
One-arm biceps curl	•
TRICEPS	
Triceps extension	•
Standing triceps extension	•
Triceps kickback	•
LOWER BODY	
Seated leg extension	•
Standing leg curl	•
Hip abduction / adduction	•
Hip extension	•
Optional leg press	•