



Best Fitness Home Gym BFMG30



This home gym is a fully adjustable single stack gym with a no cable change design and rugged construction with 38 x 82 mm oval tubing, welded frame components and sealed bearings. The highlight of the Best Fitness BFMG30 Multi-Station Home Gym is its five unique workout stations: Multi-Press, Lat Pulldown/High Pulley, Ab Crunch/Mid Pulley, Leg Extension/Leg Curl and Seated Row/Low Pulley. The BFMG30's Multi-Press station features ergonomically correct press arms for natural and efficient arm movements. In addition, this station features comfortable multi-position hand grips that allow users to target muscles across the chest and upper body.

CHF 1'299.00

Lat pulldown station is specifically designed for lat pulldowns, tricep presses, cable crossovers and more. Adjustable hold-down pads stabilize the user during movements. The Abdominal/Mid-Pulley Station allows users a smooth, comfortable and complete range of motion when performing ab crunches or other mid-pulley based movements. The leg extension/leg curl station allows users to exercise with biomechanically accurate pivots for smooth and efficient leg exercises. The seated rowing/low pull station provides users with a perfect platform for biceps curls, seated rowing, upright rowing, shrugs, leg abduction, leg adduction and more. In addition, the BFMG30 Home Gym features a 65kg weight stack with state-of-the-art nylon bushings for smooth and quiet operation.

Equipment:

- Press arm for bench press, incline bench press, shoulder press, multi-press and seated rowing.
- middle pull section for a variety of exercises such as abdominal crunches
- leg extension and leg curl standing
- upper pulley for a variety of upper body exercises like lat pulldown or triceps
- lower pulley for a variety of exercises for abduction, adduction, hips, glutes, calves, biceps, back (rowing)
- 1 user
- horizontal and inclination adjustable back cushion



- height adjustable seat cushion
- space saving design
- weight magazine 65kg

Use: home use, payload: approx. 150kg

Machine dimensions: L182 x W118,4 x H201,8cm, weight 153kg

Accessories: lat bar, rowing handle

Warranty: 2 years on labor and spare parts (excludes consumables such as pads/cables)