



## Life Fitness G2 Strength Station



The Life Fitness G2 Variable Arc Strength Station gives you the freedom to try a variety of movements for better results in less time. Thanks to the ergonomic design, every movement is fluid and comfortable. With the G2 weight station you train your whole body in a small space.

CHF 2'090.00

### Equipment:

- Station 1: the variable arc arm press offers traditional (chest press) and converging (converging chest press) ranges of motion, as well as extended arm (pec fly) ranges of motion from the same seated position with ergonomically positioned handles for proper wrist position during the lifting and pressing exercises. Pivot bends are strategically positioned to ensure a natural feel throughout the movement sequence.
- Station 2: upper pulley for a variety of exercises (upper body pulling exercises, lat pulldown, triceps, ab crunch, crossover).
- Station 3: leg extension and leg curl station for quadriceps and leg biceps training
- Station 4: lower pulley for a variety of exercises (abductors, adductors, hip and gluteal muscles, calf raises, biceps curl, rowing), with hinged footrest
- 1 user
- space-saving, modern design
- adjustable seat cushion
- ergonomic handles
- quality padding
- weight block cover
- 1 weight block 73kg

Use: home use, payload: approx. 200kg

Equipment dimensions without leg press: L181 x W122 x H210cm, weight 190kg

Accessories: lat bar, rowing bar, footstrap, magnetic exercise cards (only available in English)

Options: Leg press, 23kg additional weight

Warranty: 2 years complete warranty (excludes consumables like pads/cables)

**The Shark  
Fitness Company**



**Shark Fitness AG**  
Stores in Wettingen (ZH)  
and Wil (SG)

056 427 02 25  
[info@sharkfitness.ch](mailto:info@sharkfitness.ch)  
[www.sharkfitness.ch](http://www.sharkfitness.ch)