



Life Fitness G4 Strength Station



The compact G4 strength training station from Life Fitness offers a fast and efficient workout. It is easy to adjust, allowing you to quickly change exercises and easily adapt to different users. The unique design includes ergonomically shaped handles for correct arm position and movement sequences that ensure a consistent workout.

CHF 3'390.00

Equipment:

- Station 1: bench press with angle of motion adjustment for horizontal bench press, incline bench press and shoulder press, shoulder press with inclinable back support.
- Station 2: stretched butterfly with 2 axes of rotation align themselves for maximum comfort and range of motion during fly exercises
- Station 3: upper pulley for a variety of exercises (upper body pulling exercises, lat pull, triceps, ab crunch, crossover)
- Station 4: middle pulley for a variety of exercises (abdominal crunch, pulling exercises)
- Station 5: leg extension and leg curl station for quadriceps and leg biceps training
- Station 6: 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 and back cushions
- ergonomic handles
- quality padding
- weight block cover
- 1 weight block 73kg

Use: home use to light institutional use, payload: approx. 200kg

Equipment dimensions without leg press: L203 x W127 x H210cm, weight 220kg

Accessories: lat bar, rowing bar, foot strap, ab/triceps straps, magnetic exercise cards (available in English only)

Options: Leg press, 23kg additional weight

**The Shark
Fitness Company**



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Warranty: Home use: 2 years full warranty: Light institutional use: 1 year full warranty (max. 1000 hours per year) (CH Service)