

strength



**OPTIONAL**

**CODE: LGXLP**

### LEG PRESS ATTACHMENT

Space saving design allows placement against a wall.

**Dimensions:** 193cm (76") W x 188cm (74") L



## LGX EXERCISE STATION

**CODE: LGX**

**Bench Press Station and Row Station** with adjustable starting point. This allows for different size users and also provides a variety of exercises including Bench Press, Incline Press, Shoulder Press and Mid Row. Seat and Seat Back are adjustable. Back Pad tilts to ensure full support when performing Incline and Shoulder Presses.

**Cable Station** with Adjustable Arms, allows for a very wide array of exercises including Functional Training, Sports Specific, Core Training, and exercises that mimic Dumbbell Training.

**AB Crunch Station** for Abdominal Training.

**Low Pulley Station** with Foot Plate for Low Rows, Abductor and Adductor Leg Kicks, Arm Curls, Upright Rows, etc.

**High Pulley Station** for Lat Pull Downs, and Tricep Push Downs.

**Leg Extension and Curl Station** provides Seated Leg Extension and Standing Leg Curl. Sealed, internally Lubricated Bearings for exceptionally smooth performance.

**Space saving** design allows placement against a wall.

**Optional Leg Press attachment for Full Leg Development.**

## SPECIFICATIONS

**Pulleys:** 3" diameter Fiberglass impregnated Nylon Pulleys with Sealed Ball Bearings.

**Cable:** Flexible Nylon Coated, 7 x 19 Strand Aircraft Cable rated at over 2000lbs (907kg) Tensile Strength.

**Accessories:** Lat / Pull Bar Curl Bar, Ankle Strap and 2 Single Handles included.

**Weight Stack:** Provides up to 200lbs (91kg) of resistance.

**Dimensions:**  
140cm (55") W x 135cm (53") L x 213cm (84") H