



## LIFE FITNESS G7 MULTIGYM

Functional strength training simply means exercising the muscles used during the activities of everyday living. With the Life Fitness G7 Multigym, you actually improve strength, coordination, the range of motion, balance, and mobility. So there really is no limit to the number of exercise options with the Life Fitness G7 Multigym.



## MORE VIEWS



## SPECIFICATIONS

<b>Accessories Included</b>	1 pair of medium handles, 2 160lb (73 kg) dual weight stacks, Bench, Exercise ball, Exercise book, Thigh strap, Training DVD, Triangle strap, Water bottle, Weight stack shrouds
<b>Max User Weight</b>	200kg
<b>Warranty</b>	Home: Lifetime on frame, 3 years parts and labour, Light commercial: 1 year parts and labour (or 1000 hrs)
<b>With Adjustable Bench</b>	No, Yes
<b>Working Area Required</b>	300 x 549 x 210cm