

OHG3067B FITCLUB HOME GYM



50KG WEIGHT STACK
Virtually noiseless operation, featuring quality pulleys, PVC coated high tensile steel cable, and a 50kg PVC coated weight stack.



LAT PULL DOWN
Build bigger and stronger arms and back with the Lat Pull Down station. Featuring rubber hand grips, use low row chain with carabiners to adjust to lower starting position.



PIN ADJUSTMENT
Fitted with screw knob and pins to convert from shoulder press to pec fly safely and easily. Multigrip handles and foam padding for forearms.



SIDE LOW PULLEY
Save space and stay close to the weight stack. Choose which angle to row at with the rotating pivot point. Ankle strap also included.



PULLEYS AND CABLES
Perform exercises confidently with the security of high strength cables and pulleys.



HIGH GRADE STEEL
Long lasting safe usage. High tensile steel with gloss black powder coat. Max user weight 110kg.



SEATED LEG EXTENSION
Leg extension connects to the weight stack. Adjust Foam Height.



COMMERCIAL GRADE UPHOLSTERY
Outstanding comfort and durability with high quality PVC covered foam.

STATIONS	Seated Leg Extension, Standing Leg Curl, Multigrip Chest/Shoulder Press, Pec Deck, Lat Pull Down, Tricep Extension, Ab Crunch, Bicep Curls, Upright Row, Bent Over Row and Supported Row. Attach Ankle Strap for Cable Lateral Lunges, Cable Kickbacks, Cable Pull Through, Cable Abduction
WEIGHT STACK	50kg, 10 x 5kg Coated Steel Weight Plates
DIMENSIONS	L 142cm x W 120cm x H 212cm