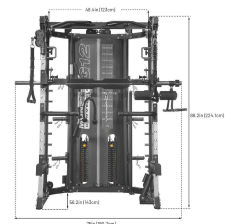


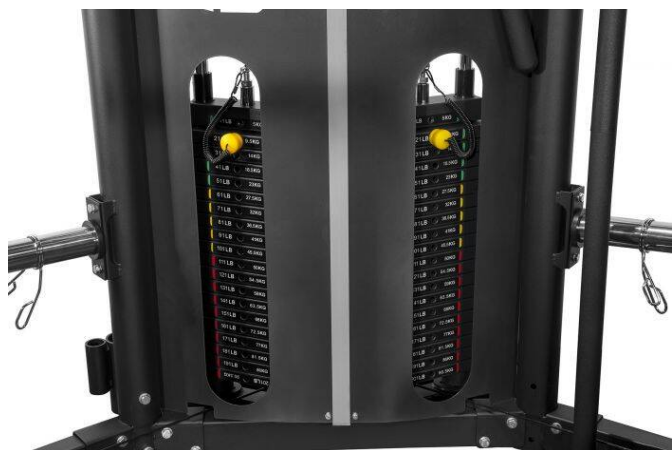


G12™ All-In-One Trainer - Functional Trainer (2 x 90.5 kg), Smith Machine, Power Rack and Leg Press

SKU: G12

Product Images







Short Description

Delivering a truly incredible workout experience, **Force USA's® G12™ All-In-One Trainer** is designed for home or studio users ready to step up their training. Never before have so many strength and training options been available in one compact footprint - your multi-functional gym **includes** a Power Rack, Functional Trainer, Smith Machine, Dip Station, Chin Up Station, Suspension Trainer Station, and Leg Press. Made with heavy-duty high tensile steel and a precision laser cut robotically welded frame, you can go hard every single session knowing the G12™ has your back.

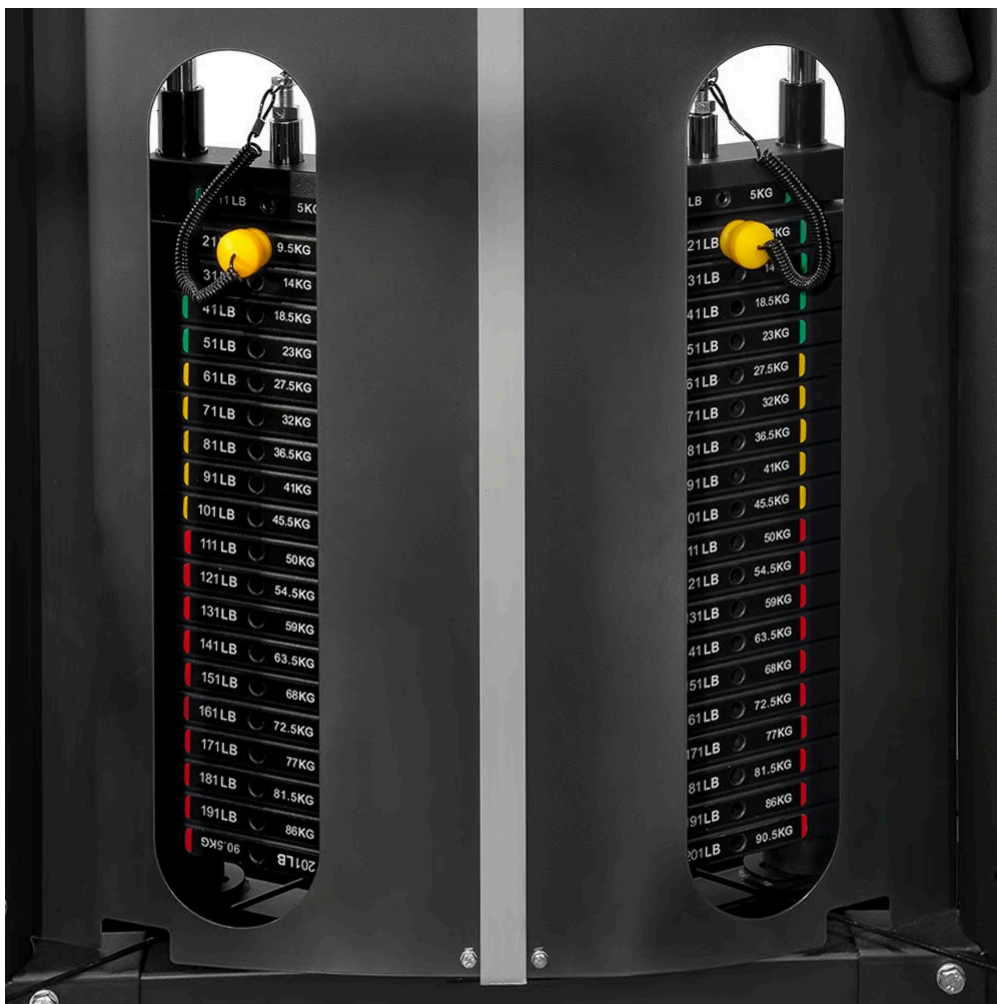
Description

Why should you buy the G12™ All-In-One Trainer - Functional Trainer (2 x 90.5 kg), Smith Machine, Power Rack and Leg Press from Force USA?

300+ EXERCISES IN ONE COMPACT UNIT

The team at **Force USA®** has once again delivered a complete training solution that ticks all the boxes. You can unlock your inner beast and enjoy a wide range of training types to build strength, power, muscle mass and stamina. Your **G12™ All-In-One Trainer** lets you perform:

- Strength and Split Training
- Bodybuilding and Powerlifting
- High-Intensity Interval Training
- Plyometric and Explosive Training



PERFECT RESISTANCE CONTROL

The **Force USA® G12™ All-In-One Trainer** is equipped with **2x 90.5 kg (201lb) weight stacks (1:1 ratio)** located at the back of your unit for complete resistance control on over 75 unique exercises.

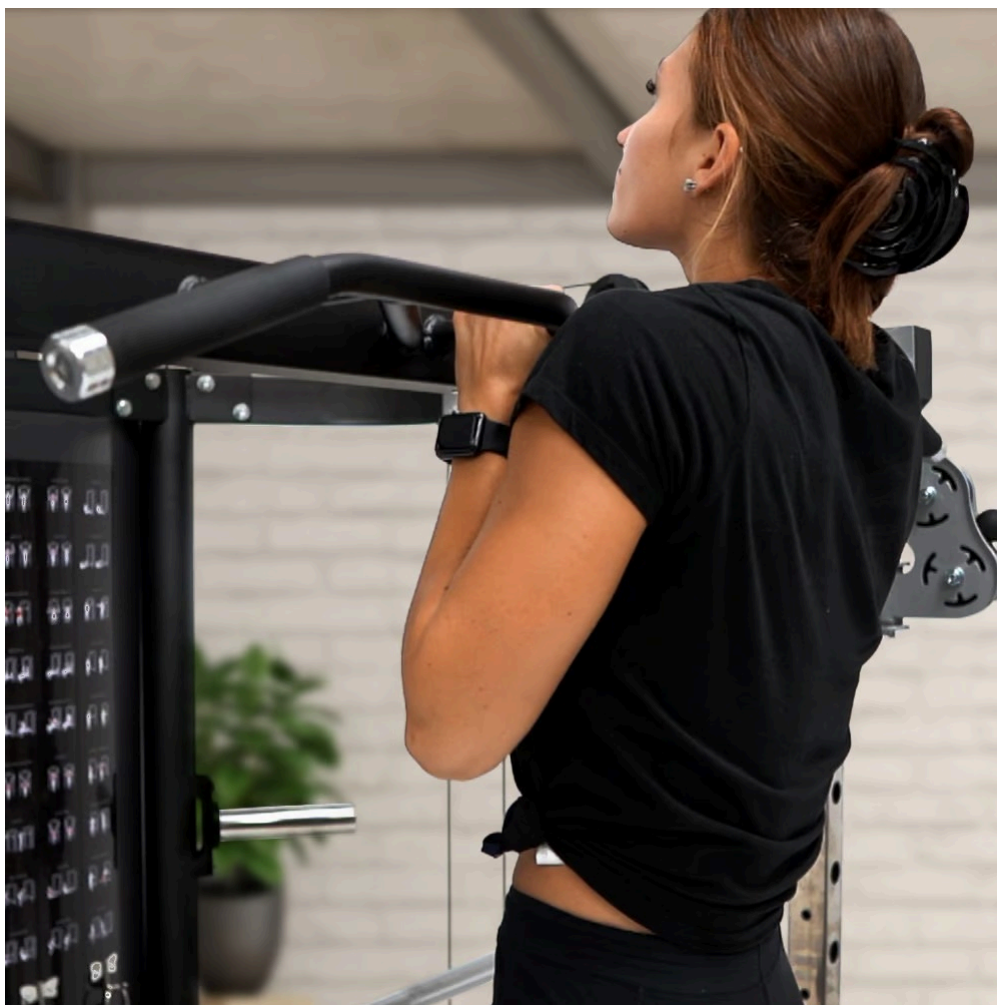
This machine is unbeaten in its ability to target and isolate all areas of the body, including shoulders, arms, chest, back, core and legs.



WORLD CLASS WEIGHTLESS SMITH MACHINE

Backed by some serious R&D, **Force USA** has delivered a weightless (counterbalanced) Smith Bar with the smoothest movement on the market. This allows entry-level users to learn the correct movement of any exercise before they start loading on weight.

The **G12's™** Smith Bar also includes state-of-the-art knurling for an unrivalled feel during those heavy squat and deadlift sessions, while easily converting into an awesome Leg Press machine.



MASSIVE 450 KG CHIN-UP BAR WEIGHT RATING

Your ergonomically designed multi-grip Chin-Up and Pull-Up station comes with a huge **450 kg** weight rating. With an ultra-comfortable grip, you can perform wide-grip, close-grip, underhand, overhand and many other positions to build strength and muscle mass.

You can also hook up your resistance bands to the conveniently placed anchor point to perform favourite explosive exercises.



BUILT TOUGH WITH SUPERIOR QUALITY MATERIALS

Don't settle for anything less - your **G12™ All-In-One Trainer** was precision built and manufactured using commercial grade materials. It includes:

- Precision laser cut, robotically welded frame
- Heavy gauge structured steel tubing throughout
- Tough PVC and rubber in heavy use areas to increase durability
- Long-lasting clear coating with anti-rust protection
- Eco-friendly premium commercial grade powder coating



OUTSTANDING BARBELL PROTECTION

The **G12™** has been engineered to handle the heaviest of loads while protecting your barbell with Commercial grade J-Hooks and Safety Spotting Arms with safety locking, Every J-Hook and Safety Spotting arm is covered with a removable nylon barbell protector sleeve to protect your barbell knurling and extend the life of your barbell.



5 STAR SAFETY FOR 100% WORKOUT CONFIDENCE

Train with zero risk knowing every safety mechanism has been carefully designed in the **G12™**. This includes smart safe lock and releases mechanics and high-quality safety catches so you'll never need a spotter on those big squat and bench days.



SMOOTH PIN LOADED CABLES

The quality of the sliders on your **G12™ All-In-One Trainer** are second-to-none, delivering a smooth, reliable and satisfying experience when moving between exercises and positions.



HEAVY-DUTY LOW ROW FOOT PLATE

Change up your workout routine with the low row foot plate for your **G12™**. The angled foot plate allows for optimum foot positioning and stability during exercises, while the textured tear pattern finish ensures feet are secure, minimising the risk of slipping.



CONVENIENT INSTALLATION AND ASSEMBLY

Force USA® provides detailed and easy-to-follow instructions to help you assemble your new **G12™ All-In-One Trainer**. Most customers are able to assemble the full machine over the course of two days with the help of one person.

WHAT'S INCLUDED?

- Multi-Grip Chin-Up Bar
- Multi-Grip Dip Handles (Pair)
- Suspension Trainer
- J-Hooks (Pair)
- Front Safeties (Pair)
- Core Trainer with Rotating Holder
- Lat Pulldown Bar (Straight)
- Small Straight Bar
- Nylon Stirrup Handles (Pair)
- Triceps Rope
- Adjustable Leg Press Footplate
- Low Row Foot Plate
- Lat Pulldown Knee Anchor
- 2 x Olympic Lock Collars
- 6 x Spring Collars (50mm)
- 6 x Weight Plate Holders
- 2 x Extension Chain
- 4 x Carabiners
- Barbell Storage

- Attachment Storage
- Exercise Chart

SPECIFICATIONS

- **Usage:** Domestic and Light Commercial
- **Dimensions:** 135 cm (L) x 200 cm (W) x 223 cm (H)
 - **Compact Version Available:** For spaces with lower ceilings, take a look at the [G12 compact edition](#).
- **Cable Ratio:** 1:1
- **Weight Rating:** 450 kg
- **Cable Rating:** 907 kg
- **Smith Rating:** 350 kg
- **Chin Up Rating:** 450 kg
- **Max Cable Stretch:** 1.5 m

About Force USA®:

One of the **leading brands** in the distribution and sale of **cardio** and **weight training gym equipment**.

Additional Information

Use	Commercial
Colour	Black
Manufacturer	Force USA
Width cms.	200
Large cms.	125
Height cms.	226
Max Load (kg)	450
Conectividad Apps	Force USA APP