



FORCE USA G20 ALL-IN-ONE TRAINER

SKU: F-G20-BASE





KEY FEATURES



THE ULTIMATE ALL-IN-ONE TRAINER

What do you get when you combine a commercial-grade Functional Trainer, Smith Machine, Power Rack & Leg Press?

Introducing the Force USA G20™ All-In-One Trainer.



NEVER MAX OUT WITH 2X 289LBS/130KG WEIGHT STACKS

The G20™ All-In-One Trainer features 2x massive 289lbs/130kg weight stacks at a 1:1 cable ratio, so you can continue to take your workouts to the next level, day after day.



29 INCLUDED ATTACHMENTS

The G20™ All-In-One Trainer is loaded with the most diverse range of attachments ever released with an all-in-one trainer to keep your workouts varied and maximise your floor space.

- Lat Pull Down Bar
- Single Handle (Metal) (Pair)
- Single Handle (Nylon) (Pair)
 - Triceps Rope
 - Triceps V-Bar
 - Short Bar
- Shiver Bar (Tricep Push)
- More details below...



A PULL-UP STATION FOR EVERY OCCASION

The G20™ All-In-One Trainer features 3x separate pull-up stations giving you the diversity of a multi-grip pull-up station AND a globe-grip chin-up station for grip training. For those looking to take their training to the next level, there is even a built-in suspension trainer ring.



NEVER MISS LEG DAY

With the oversized vertical leg press plate attachment, this all-in-one trainer will have you looking forward to your next leg day. Designed with a slip prevention surface and a black powder-coated finish, the leg press attachment makes use of the smith machine's 14 starting heights and built-in safety stoppers for a safe workout.



BUILT-IN EXERCISE CHART

Ideal for commercial environments or those looking to shake up their work out, the G20™ All-In-One Trainer comes equipped with an exercise chart for easy reference.



G20™ LAT ROW STATION UPGRADE

Level-up your G20 base unit with an additional lat row and lat pulldown station complete with a third 289 lb weight stack and adjustable dip station.

- Dedicated Lat Row Station with Slip Resistant Footplate
- Dedicated Lat Pulldown Station with Adjustable Knee Lock
 - Foldable Dip Bar Handle
 - Additional 289 lb Weight Stack
 - Barbell Holder for Storage
- High Tensile Aircraft Grade Cable (2,000 lb weight rating)
- Commercially Sealed Bearing Pulleys (1:1 pulley ratio)

WHAT'S INCLUDED?

G20™ Base Model Included Attachments:

- Lat Pull Down Bar
- Single Handle (Metal) (Pair)
- Single Handle (Nylon) (Pair)
 - Triceps Rope
 - Triceps V-Bar
 - Short Bar



- Shiver Bar (Tricep Push)
 - Straight Bar (Long)
- Close Grip Row Handle
- Extension Chain (Pair)
 - Plate Holder
- Spring Collar (50mm)
 - Oly-Lock Collar
- Core Trainer (Rotating Holder)
 - Leg Press Plate
 - Multi-Grip Chin Bar
 - Globe Grip Chin Bar
 - Exercise Chart
 - J-Hook (Short) (Pair)
- J-Hook/Safety (Long) (Pair)
 - Barbell Row Handle
 - Band Pegs
 - Attachment Storage
 - 15-Link Chain
 - Booty Builder Pad
 - Monolift
- Saw Tooth Adjustable Bar
 - Roller J-Hook
- Lat Pull Down Attachment
 - Hammer Grip Bar
 - Exercise Chart
- Calf Block Attachment

G20™ Lat Row Station Upgrade:

- Additional Lat Row + Lat Pull Down Station
- Additional 289lbs/ 130kg weight stack (1:1 cable ratio)
 - Lat Pull Down Knee Lock
- Oversized Slip Resistant Low Row Footplate
 - Dip Bar (Pair)

SPECIFICATIONS

- Dual 289lbs/130kg Weight stack
 - Magnetic Selector Pins
- 11 Gauge/ 3mm Structured Rolled SteelForce Tubing with 50 Adjustment Points
 - Westside Style Front Rack Spacing
 - 14 Racking Positions
- Built-in commercial grade roller J-Hooks with Nylon Coated, Removable Barbell Protection Sleeves
 - High Tensile Aircraft-grade Cable 2000lbs (rating)
 - Commercially Sealed Bearing Pulleys (for natural and smooth movement)
 - Cable Ratio = 1:1
- **Dimensions G20™ Base Stand Alone:** 169cm (L) x 190cm (W) x 230cm (H)
- **Dimensions G20™ Base and LatRow option:** 240cm (L) x 190cm (W) x 230cm (H)
 - Max User Weight: 450kg
 - Weight Stacks: 2x 289lb/130kg

**Parts cannot be sold individually.*

Why Choose the Force USA G20



Super Duty Construction

Constructed of 11 gauge structured rolled SteelForce Tubing that is built to take just about any punishment you can send its way. A true commercial unit, it can withstand the rigors of a professional gym environment.

Most Attachments Ever Released

Loaded with 29 of the most diverse range of attachments we've ever released with an All-In-One trainer. Each one helps keep your workouts varied while maximizing your workout space. Includes training bars, handles, chains, spring collars, leg plate, core trainer rotating holder, J-Hooks, band pegs, and more.

Level Up Your Base System

The Force USA G20 is the only All-In-One Trainer that offers an optional Lat Row Station Upgrade that combines three stations in one attachment. Bolt on a dedicated lat pulldown, lat row, and dip station complete with an additional 289 lb weight stack featuring 1:1 cable ratio and magnetic weight selector pins.

Convenient Walkthrough Design

Set up, workout transitions, plate changes, and even cleanup is easier with our convenient walkthrough design. This convenient feature also makes it easy for a spotter to assist your lifts unencumbered because they can enter and exit the center of the rack from the rear of the machine.

51 Adjustment Points on the Rack

The front facing uprights have Westside spacing with 51 adjustment points with laser etched numbering allowing you to fasten your J-Hooks, Safeties or Monolift attachments at the precise height level you desire while making sure they're always even. Adjusts to fit any size user for bench press, shoulder press, squats, front squats, and more.

Never Max Out the Functional Trainer Again

Dual integrated 289 lb weight stacks attach to 2,000 lb rated cables with 1:1 cable ratios for natural and frictionless motion. Add even more resistance using optional Force USA Super Bands (not included) via the integrated weight stack band peg holders so you never max out the stack weight.

Three isn't a Crowd

Workout with your spouse at home or train multiple clients at once at your training studio. With so many different station options, up to three people or more can use the Force USA G20 All-In-One Trainer at the same time without getting in each other's way.

Force USA G20 All-In-One Trainer also includes:

- Built-in dual exercise chart with 42 different exercise options so you never run out of workout ideas.
- Three chin-up bars with knurling including 1x front-mounted Multi-Grip and 2x side mounted Globe Grip/Wide Grip.
 - Band peg compatibility with all weight stacks as well as the front rack.
- 6x Olympic and standard weight plate storage sleeves mounted on the rear of the structure.
 - Convenient Heavy Duty Storage Hooks help keep your attachments within reach when you need them and up and off the floor when you don't.
- Magnetic selector pins for each weight stack make it easy to lock in the precise weight you



need.

- Built-in commercial grade roller J-Hooks make centering your bar effortless while protecting it from damage for years to come.
- Commercially sealed Smith Machine bearing pulleys provide smooth and natural operation.
 - Dynabolt holes are located at the base of each corner of the rack for added safety and stability should you want to bolt it to the floor.

Combines Eleven Strength Machines into One!

Power Rack

Commercial grade roller J-Hooks, Monolift, and Safeties can be adjusted using Westside hole spacing to any height position you need. Features 51 different numbered adjustment points to perfectly position any size user for bench press, squats, and more. Constructed of commercial-grade 11-gauge steel.

Functional Trainer

Smooth and natural motion comes from our dual cable pulley system featuring a 1:1 pulley ratio that connects to 289 lb weight stacks using high tensile aircraft grade cables (2,000 lb rating). Pulleys are easily adjusted vertically into 21 height positions with just one hand and providing you with over 100 different exercise possibilities.

Smith Machine

992 lb weight capacity Smith Machine with commercial-grade guide rails provide ultra-smooth movement. Fitted with safe lock and release and a safety catch along 14 racking positions so you can max out your training without needing a spotter. High storage lock-off point to put the Smith Bar out of the way when using the internal area of the rack.

Leg Press

With the oversized vertical leg press plate attachment, you'll be looking forward to your next leg day. Designed with a slip prevention surface and a black powder-coated finish, the leg press attachment makes use of the Smith Machine's 14 starting heights and built-in safety stoppers for a safe workout.

Chin-up / Pull-up

Three chin-up bars allow for multiple users at the same time. The Multi-Grip Chin Up Station attaches to the front of the rack providing different width and grip options for you to choose from. Both sides of the rack feature Globe Multi-Grip chin-up bars. These ergonomically designed bars allow you to perform pull-ups, chin-ups, wide grip pull-ups, neutral grip pull-ups, and angled pull-ups.

Suspension Trainer

Includes a suspension trainer stirrup which is compatible with a heavy bag or resistance band packages sold separately from Force USA, TRX®, and others.

Core Trainer

Includes a landmine station that is suited for all types of rotational torso training and allows for a



wide range of upper body training when using an optional barbell (Not included). Attaches on either side of the rack to accommodate your workout space.

Lat Pulldown

Includes three different lat pulldown attachments including a straight bar, multi-grip, and sawtooth bar option. When connected to the functional trainer, the lat pulldown attachments target and strengthens your back muscles for better posture and spinal stability.

Low Row

The vertical leg press attachment quickly transforms into a low row station footpad that combines with either cable pulley system and delivers a full-body workout that strengthens your back, upper arm muscles, and forearms.

Calf Raise

Our new calf block attachment strengthens the muscles in your calves, builds muscle, helps prevent injuries, improves strength and stability in your ankles as well as athletic performance, balance, and more.

VersaPad

Padded plank attachment allows you to perform dozens of hip, core, and lower body exercises. Attaches to the power rack so you can do bench squats, split squats, bent rows, tricep dips, single-leg lunges, step-ups, hip thrusts, plyo pushes, and more. DuraCore™ high-density foam padding wrapped in sewn rip-stop VorTex™ Upholstery.

ADDITIONAL INFORMATION

More Information

Packaging	-Main- Box 1: 227 x 86 x 35cm (247kg) Box 2: 209 x 59 x 29cm (175kg) Box 3: 89 x 31 x 19cm (135kg) Box 4: 89 x 31 x 19cm (135kg) -Lat Addon- Box 5: 208 x 59 x 31cm (105kg) Box 6: 86 x 30 x 19cm (142kg)
Warranty	Mainframe: Lifetime, Other parts: 1 year
Max Load	450kg
Product Dimension	240 x 190 x 230cm (L x W x H)