



# FORCE USA G20 PRO ALL-IN-ONE TRAINER WITH G20 UPGRADE KIT



SKU: F-G20-V2



## KEY FEATURES



### THE ULTIMATE ALL-IN-ONE TRAINER

No matter what type of training or exercise you have in mind, this powerhouse has got you covered. Effortlessly target every muscle group and seamlessly transition between upper and lower body workouts to customise your program.

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



### BETTER PERSONALISATION FOR IMPROVED SESSION FLOW

The G20 Pro™ is packed with new features that help you customise every workout to your unique needs and improve session flow. This includes:

- Additional holes at the rear every 100mm, allowing you to utilise the 10 weight plate holders at your preferred height for faster and easier loading and unloading.
- Westside hole spacing is now fitted the entire length of the upright compared to the previous G20™, allowing more granular weight adjustments.
- An adjustable, heavy-duty Low Row Foot Plate, giving you a greater range of motion and secure positioning for your Seated Rows.



### 2:1 CABLE RATIO DOES IT ALL

The Dual Weight Stacks (130kg/289lbs) now have a 2:1 cable ratio, delivering more explosive exercises, more varied weight increments (2.5kg) and a longer cable reach. The high tensile aircraft grade cables also come with a massive 2000lb (907kg) weight rating. You can perform an endless variety of full-body exercises at the front of your unit, including:

- Chest Press
- Tricep Extensions



- Bicep Curls
- Leg Kickbacks
- Cable Flys
- Lat Pulldowns



## EXPANDED TRAINING OPTIONS WITH ADDED SWING ARM

Take your training to new heights with the G20 Pro™ and its versatile 5-foot Swing Arm. With six lock-in positions ranging from 0 to 90 degrees, this feature opens up a world of possibilities for your workouts.

- Attach a 3-5ft Punching Bag (up to 60kg/133lbs) to engage in boxing and add an exciting element to your training program. Experience the benefits of building heat, toning your upper body, and pushing your limits.
- For a comprehensive upper body workout, incorporate the Endless Rope Trainer. Strengthen your core, biceps, upper back, and lats while improving endurance and agility.

The Swing Arm can be easily mounted on either side of your trainer, allowing for flexibility in your setup.



## 30 INCLUDED ATTACHMENTS

Loaded with 30 of the most diverse attachments Force USA have ever released with an All-In-One Trainer. Each one helps keep your workouts varied while maximising your workout space. Includes training bars, handles, chains, spring collars, leg plate, core trainer rotating holder, J-Hooks, band pegs, and much more.



## EFFICIENT WALKTHROUGH DESIGN FOR SEAMLESS WORKOUTS

The Force USA G20 Pro™ innovative walkthrough design allows for seamless movement within the machine, enabling you to navigate through your workouts with ease. Whether you're adjusting weights, transitioning between exercises, or repositioning yourself for optimal performance, this feature streamlines the process for maximum efficiency.



## ENGINEERED FOR SUPERIOR PERFORMANCE

You'll quickly realise why Force USA continues to push the bar with strength equipment. The Force USA® G20 Pro™ All-In-One Trainer includes:

- Commercially sealed Bearing Pulleys for a natural smooth movement on your cable exercises.
- 50 adjustment points on the front uprights for your J-Hooks, Spotter Arms and Jammer Arms.
- Roller J-Hooks to protect your barbell and correctly position your bar before lifting.
- Laser etching numbers make it simple to place attachments on the same height every time.



## SMALL FOOTPRINT, ENDLESS VARIETY

Designed for garages, basements, spare rooms and studio set-ups, the space-saving G20 Pro™ All-In-One Trainer packs an incredible amount of training options into a small footprint.

The dimensions are 190cm (W) x 169cm (L) x 230 (H) cm, with an additional 152.4cm width for the Swing Arm Attachment that can be placed on either side of the unit.



## DESIGNED TO OUTLAST EVERY OTHER HOME GYM

The G20 Pro™ All-In-One Trainer was precision built and manufactured using the highest quality materials. With a Lifetime Frame Warranty and 2-year warranty on parts and attachments, the trainer includes:

- Thick heavy gauge 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



## CONVENIENT STORAGE SOLUTIONS

Keep everything within reach and your workout space tidy with room for 2 Barbell and 10 Weight Plate Holders (Standard and Olympic) at the back of the unit.

The G20 Pro™ also has a built-in Storage Rack for all of your attachments, with room for Barbells, Handles, Chains and Ropes.



## ADD THE G20™ UPGRADE KIT

Expand your strength training with G20™ All-In-One Trainer Upgrade Kit.

- 2 x Jammer Arms that can be attached to the upright for Bench Press, Shoulder Press and explosive work.
- Leg Extension / Leg Curl Attachment is made with durable high-density sweat-resistant foam to help you isolate the Quads, Glutes and Hamstrings..
- Convenient Dip Bars for the front of the unit will help to build strength in your Chest, Shoulders and Triceps.

## WHAT'S INCLUDED?

- Multi-Grip Chin-Up Bar & Globe Chin-Up Bar
  - Swing Arm (Boxing & Rope Training)
    - Suspension Trainer Anchor
      - Roller J-Hooks (Pair)
      - Monolift Hooks (Pair)
      - Front Safeties (Pair)
  - Core Trainer with Rotating Holder
    - Long Straight Bar
    - Lat Pulldown Bar
    - Small Straight Bar
      - Tricep V Bar
      - A Bar Row
  - Multi-Grip Lat Pulldown Bar
    - Close Grip Handle
    - Metal Handles (Pair)
- Adjustable Nylon Cable Handles (Pair)
  - Single Nylon Handles (Pair)
    - Tricep Rope
    - Ankle Strap
- Adjustable Leg Press Footplate
  - Low Row Foot Plate



- Lat Pulldown Knee Anchor
  - Calf Block Attachment
    - 4x Band Pegs
- 2 x Olympic Lock Collars
- 10 x Spring Collars (50mm)
- 10 x Weight Plate Holders
  - 4 x Extension Chains
    - 7 x Carabiners
  - 2 x Barbell Storage
- Attachment Storage
  - Exercise Chart
  - 2 x Jammer Arms
- Leg Extension/Curl
  - 2 x Dip Bars

## SPECIFICATIONS

- **Usage:** Light Commercial
  - **Materials:**
    - Heavy gauge steel throughout
    - PVC and rubber in heavy use areas
    - Clear coating with anti-rust protection
    - Commercial grade powder coating
  - **Cable Ratio:** 2:1
  - **Weight Stack:** 2 x 130kg
  - **Product Weight:** 620 kgs / 1368 lbs
- **Dimensions:** 190 (W) x 169 (D) x 230 (H) cm (Add 152.4cm with the Swing Arm attachment)
  - **Interior Working Space:** 101 (W) x 152 (D) x 213 (H) cm
    - **Weight Rating:** 450kg / 992lbs
  - **Chin Up Bar Weight Rating:** 450kg / 992lbs
    - **Cable Rating:** 2000lbs/907kg

*\*Parts cannot be sold individually.*

Read additional reviews: [King of The Gym Force USA G20 Review - The Ultimate All-In-One Gym](#)

### ADDITIONAL INFORMATION

#### More Information

#### Warranty

Mainframe: Lifetime, Other parts: 2 years, Labour: 1 year

#### Max Load

450kg

#### Product Dimension

240 x 190 x 230cm (L x W x H)