



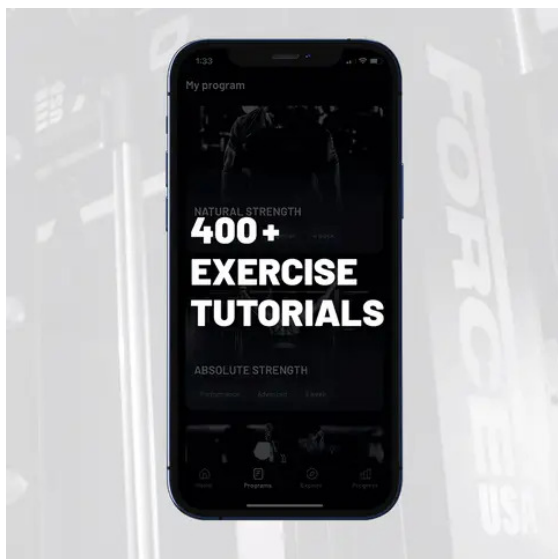
# FORCE USA G12™ ALL-IN-ONE TRAINER

SKU: F-G12



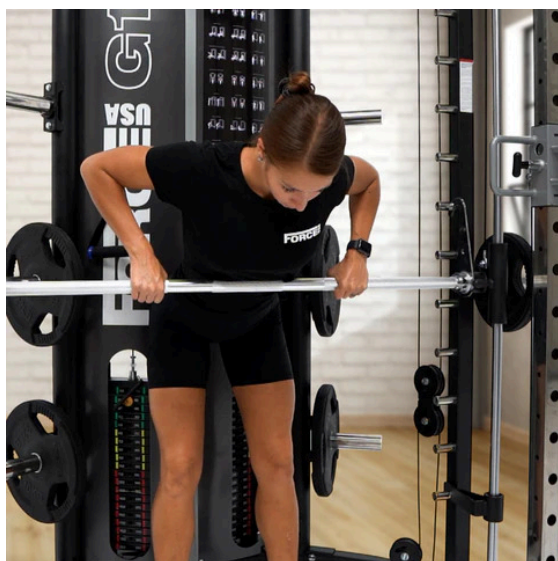


## KEY FEATURES



### UNLEASH YOUR INNER ATHLETE WITH THE FORCE USA TRAINING APP

Unlock the secret to a seamless workout experience with the new Force USA Training app! Say goodbye to the overwhelm of planning your training sessions and hello to a streamlined approach that allows you to flow through your workouts. Force USA's expert strength coaches have recorded and organised hundreds of tutorial videos, giving you access to the knowledge and guidance needed to create an effective strength training program. Or simply browse through the videos and cherry-pick your favourite exercises to create your own workout routine. It's never been this easy to train at home.



### MANY 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 90.5kg (201lb) weight stacks (1:1 ratio) located at the back of your unit for complete resistance control on over 75 unique exercises.

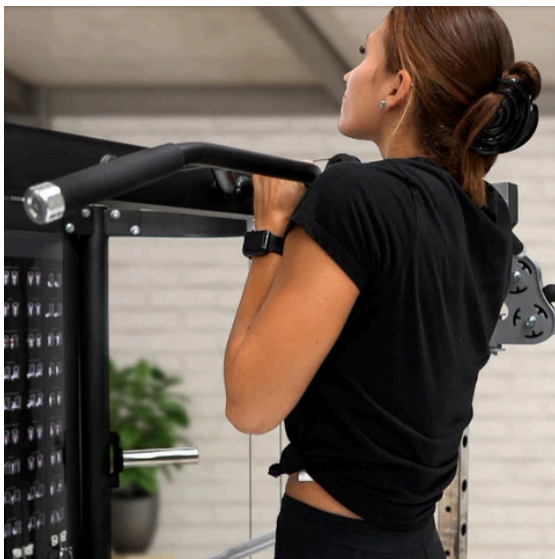
This machine is unbeaten in its ability to target and isolate all areas of the body, including shoulders, arms, chest, back, core and legs.



## 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 450KG CHIN-UP BAR WEIGHT RATING

Your ergonomically designed multi-grip Chin-Up and Pull-Up station comes with a huge 450kg 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, helping you power through the toughest sessions.



## BUILT TOUGH WITH SUPERIOR QUALITY MATERIALS

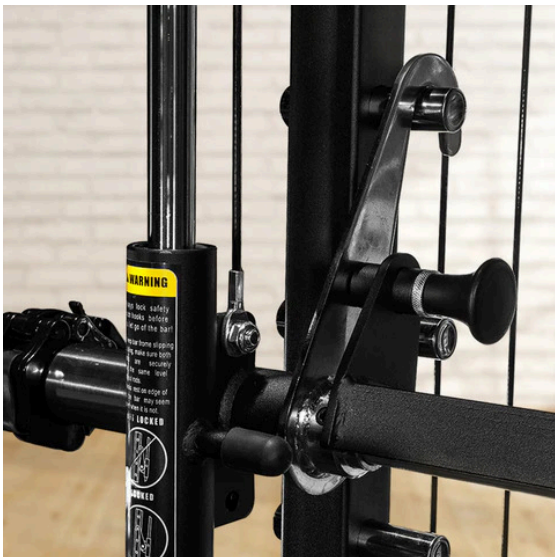
Don't settle for anything less - your G12™ All-In-One Trainer was precision built and manufactured using commercial grade materials. With a Lifetime Warranty and 2-year warranty on parts and attachments, the trainer includes:

- 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 COMPLETE 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 FOOTPLATE

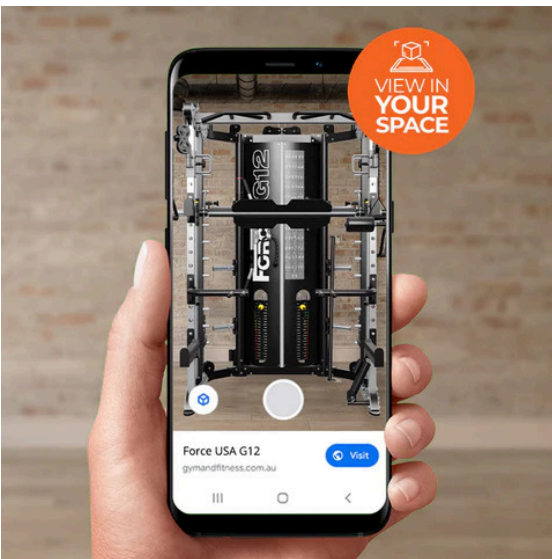
Change up your workout routine with the low row footplate for your G12™. The angled footplate allows for optimum foot positioning and stability during exercises, while the textured tear pattern finish ensures feet are secure, minimising the risk of slipping.



## WHY CHOOSE FORCE USA®?

The Force USA research and development team continues to push the boundaries with every All-In-One Trainer. Athletes, trainers, and serious weightlifters rigorously test each piece of equipment and provide constant feedback on performance, comfort and safety.

Force USA is proud to give people across the globe the most innovative training tools to live stronger, happier and healthier lives. Live the lifestyle you deserve and add the G12™ All-In-One Trainer to your gym today!  
View in your space.





## WHAT'S INCLUDED WITH YOUR G12™ ALL-IN-ONE TRAINER

- Multi-Grip Chin-Up Bar
- Multi-Grip Dip Handles (Pair)
- Suspension Trainer Hook
  - J-Hooks (Pair)
  - Front Safeties (Pair)
- Core Trainer with Rotating Holder
  - Lat Pulldown Bar (Straight)
  - Small Straight Bar
- Metal Cable 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 Carabiner
  - Barbell Storage
- Attachment Storage
  - Exercise Chart

## SPECIFICATIONS

### • Weight Ratings:

- J Hook: 400kg (static test)
  - Safety Bars: 450kg
  - Chin Up Bar: 450kg
  - Cable Rating: 907kg
- TRX Anchor Rating: 120kg
  - Plate Holders: 150kg

### • Assembled Dimensions:

- 200cm (W) x 135cm (D) x 223cm (H)

### ADDITIONAL INFORMATION

#### More Information

<b>Warranty</b>	Mainframe: Lifetime, Other parts: 2 years, Labour: 1 year
<b>Max Load</b>	450kg
<b>Product Dimension</b>	200cm (W) x 135cm (D) x 223cm (H)