



LEVERAGE GYM - GEN 2

SKU: VL-181





PRODUCT DESCRIPTION

Turn up the intensity of your workouts and achieve maximum gains in strength and size in a minimum amount of time. Feel free to max out and train to muscular exhaustion for accelerated gains. The Leverage Gym's versatility and advanced safety features ensure a complete heavy-duty workout without the need for a spotter. Load up the plates and go to work!

Perform bench / incline / decline and shoulder presses, pec flies, lat pull downs, preacher curls, squats, calf raises and much, much more! Over 40 exercises are available on this versatile leverage free weight gym. Each station adjusts to fit your size for proper positioning, beneficial pre-stretch and full range of motion. Every repetition on this rock-solid training center feels just right.

Standard Accessories:

- Lat Pulldown Bar
- Low Row Bar
- Squat Bar

Improvements in 2nd generation models:

- Quality improvement across all parts (handles, weight holders, smoothness, frame)
 - Additional chin up position

*Weight plates, bench and other attachments sold separately.



ISO LATERAL ARMS LEVERAGE COMBO RACK



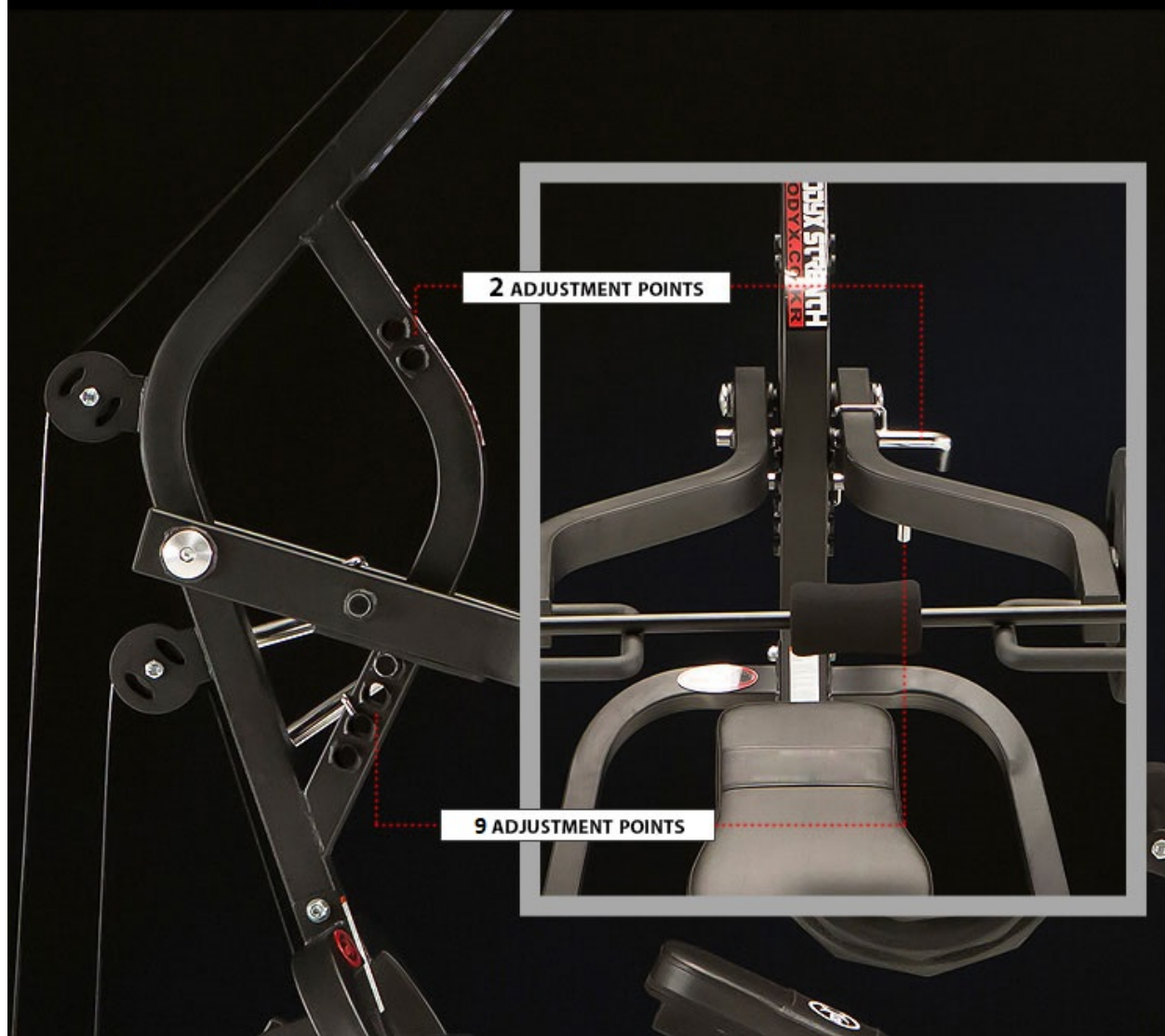


STORAGE / CHIN UP POSITION AVAILABLE IN GEN 2 MODEL

You can fix it in various position according to exercise method.

For first generation model, there is only 1 storage position on top.

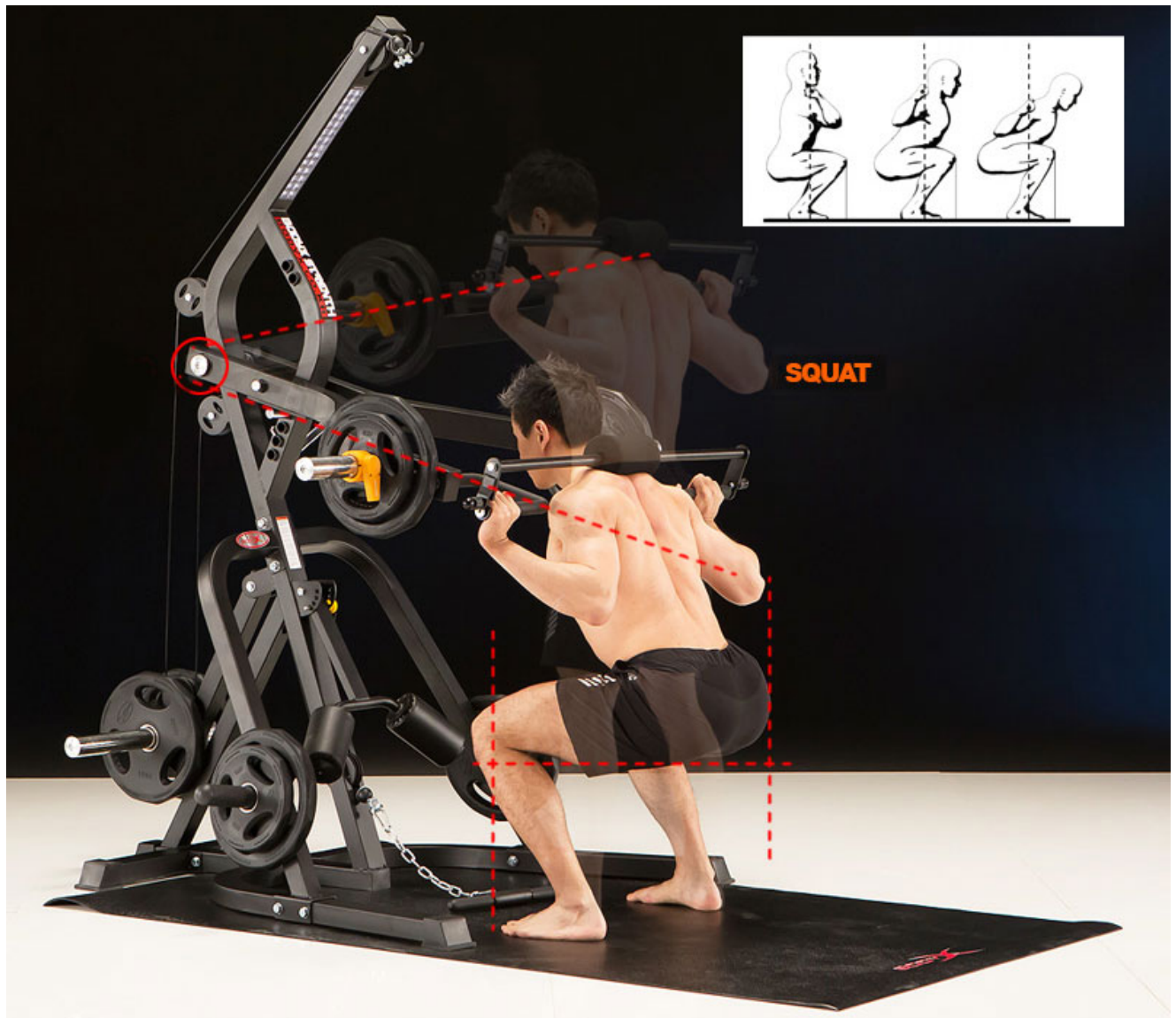
For second generation model, it can be used for chin up in the additional chin up position.





AXIS BALL BEARING
(ONLY AVAILABLE IN 2ND GENERATION MODEL)





SQUAT



DEAD LIFT

ONE ARM BARBELL ROW





DIPS



LOW ROW



Leverage Machine Workouts

Total-Body Routine

Take at least three days rest between workouts.

- Leverage squats (thighs, hamstrings, buttocks)
- Leverage leg extensions or leg curls (thighs, hamstrings)
- Leverage calf raises (calves)
- Leverage chest presses or flyes (pectorals)
- Leverage dips (triceps, pectorals)
- Leverage shoulder presses (deltoids)
- Leverage shrugs (traps, deltoids, back)
- Leverage lat pulldowns, rows (back)
- Leverage arm curls (biceps, forearms)
- Leverage crunches (abdominals)



SHOULDER BENCH PRESS



INCLINE BENCH PRESS

FLAT BENCH PRESS







ADDITIONAL
INFORMATION

More Information

Packaging

Box 1: 85 x 78 x 13CM, 32KG
Box 2: 148 x 61 x 11CM, 26KG
Box 3: 132 x 59 x 21CM, 32KG

Warranty

Mainframe: Lifetime, Other parts: 1 year

Max Load

Press arm: 200kg, Cable: 130kg

Product Dimension

146 x 140 x 210cm