



MONSTER G6 HYBRID FUNCTIONAL TRAINING SYSTEM

SKU: F-G6

MONSTER
FITNESS

COMMERCIAL
GRADE



* Bench Sold Separately



THE ULTIMATE IN GYM EQUIPMENT!

The **Monster Fitness G6** has everything you need in gym equipment. The G6 is one of a kind and the future of elite gym training. Never before has there been another piece of gym equipment which can be used in as many ways as the Monster Fitness G6 within the one piece of floor space.

When you own the **Monster Fitness G6** you will have all of the following pieces of gym equipment in one versatile unit using such a small amount of space:

- **COMMERCIAL FUNCTIONAL TRAINER**
 - **POWER RACK**
 - **SMITH MACHINE**
 - **CHIN UP BAR**
- **ATTACHMENT STORAGE HOLDERS**
- **WEIGHT PLATE STORAGE HOLDERS**
 - **BAR STORAGE HOLDERS**



functional trainer

2 x 100kg / 220lbs
weight stacks

includes attachments

- tricep press down bar
- padded handle straps
 - tricep rope
 - ankle cuff
 - row bar
- single stirrup handle
- bench / squat bar



smith machine

350kg / 770lbs
weight rating



power rack

Pair of Commercial Grade J-Hooks

1000kg / 2200lb Static Tested Weight Rating
Designed to protect your barbell

Pair of Commercial Grade Safeties

1000kg / 2200lb Static Tested Weight Rating

Westside Hole Spacing

Ideal positions to perform bench presses, squats or overhead presses

46 Height Positions

Set up J-Hook and Safeties positions to suit your height and exercise movement

Strength & Stability

Best-In-Class strength & stability for the safest workouts



2 x 100kg / 220lb
weight stacks
with
multiplier expansion

only the g6 has
tri-x-expansion ports below the
weight stacks for optional band
attachments to be fitted.
multiplying the resistance.
gym equipment that
grows with you.



chin up station



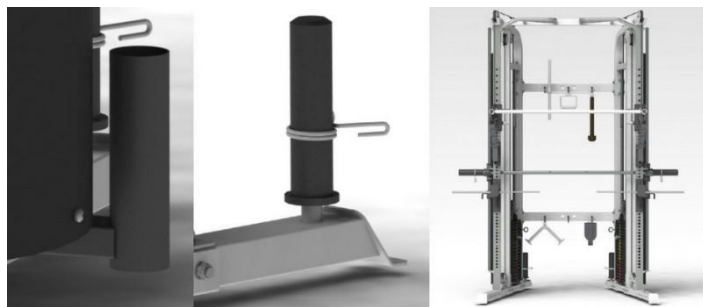
350kg / 770lbs rating
knurling grips
multi-grip ergonomic positions

- wide grip - close grip
- underhand - overhand
- varied

suspension trainer stirrup

compatible with suspension trainer packages such as trx® and others

great for functional training



accessories storage

keep your training space tidy
the force usa g6 includes built-in storage
2 x barbell handles 2 x weight plate holders
cable attachment rack

The Monster Fitness G6 also has **band pegs holes** to give you all the extra assistance or resistance to take your training to the next level.

The **Functional Trainer** component includes 2 x 100kg weight stacks with Commercial Grade aircraft cable, quick and easy pop pin positioning adjustment and compatible with a huge range of attachments for almost any exercise you require.

The **Power Rack** component includes commercial grade J-Hooks and Safeties which can be adjusted to any height position you need.

The **Smith Machine** component is angled for natural body movement to provide a STRONG and SAFE workout. Re-rack your Smith bar with ease into any height position you need.

The **Band Pegs** positions are available all along the bottom even in the most front of the unit so you can use bands with your Bench Press, Squats, Lunges, Deadlifts, Shoulder Press, Rows, Chin Ups, Press Ups, Rotator cuff exercises, Bicep curls, Tricep extensions AND MORE!...

No need to have a messy exercise area or purchase storage holders for your extra equipment. Store your Weight Plates, Bars and Attachments on the Monster Fitness G6.

Other features include:

- 25mm self-aligning linear bearing
 - 60 rockwell hardened shafts
- Laser etched number indicators for adjustments
- Commercial aircraft strength cables (1,000kg!!)
- Stainless Steel grade 304 smith machine safety pins
 - Hardened chrome finish on major sliding parts
- Commercial grade nylon weight holders should look the same even after years of wear unlike chromed holders that flake due to constant wear and tear of loading weights
 - 8mm super strong, Stainless Steel carabiners for attachments to cables
- Solid 30mm knurled smith machine bar with sealed bearings x 2 (each end for smooth movement)
 - 2 x 100kg weight stacks with indicators. Each = 5kg.
- Full commercial grade pulleys. 11.5cm with sealed bearings for a smooth and quiet motion
 - Nylon protection on J-Hooks and Safeties



Whether you are a body builder, sporting athlete, personal trainer or just working out at home, the Monster Fitness G6 is **the COMPLETE training solution.**

Bench and weights sold separately.

ADDITIONAL
INFORMATION

More Information

Warranty

Mainframe: Lifetime, Other parts: 1 year

Product Dimension

L= 1603 (mm) W= 2174 (mm) H= 2293 (mm)