



# FORCE USA MONSTER G6 POWER RACK, FUNCTIONAL TRAINER & SMITH MACHINE COMBO



SKU: F-G6-B

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## FORCE USA G6 ALL-IN-ONE TRAINER

### The Future of Elite Gym Training Equipment Has Arrived!

You want a versatile, convenient and safe piece of strength training equipment to help you or your clients reach their fitness goals?

Meet the Force USA G6 All-In-One Trainer.

Whether you're a bodybuilder, performance athlete, personal trainer or just working out at home, the G6 is a complete all-in-one strength training solution.



### The Force USA G6 All-In-One Trainer Is 9 Strength Training Machines in 1!

Our personal training studio customers said they wanted an all-in-one machine that combined all of the benefits of a Power Rack, Functional Trainer, Smith Machine, Leg Press, Chin Up Station, Dip Station, Core Trainer, Suspension Trainer, and Low Row.

That's why we created the Force USA G6 All-In-One Trainer.

#### 1. Power Rack

Perform squats, bench presses, overhead presses, deadlifts, and more. The Power Rack component includes commercial-grade J-Hooks and Safeties which can be adjusted to any height position you need. Removable rubber barbell protector sleeves protect your barbell knurling and extend the life of your barbell.

#### 2. Functional Trainer

The Functional Trainer component includes 2 x 100kg weight stacks with Commercial Grade aircraft cable, quick and easy pop-pin adjustments, and compatible with a huge range of attachments for almost any functional training exercise.

#### 3. Smith Machine

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. Fitted with safe lock and release mechanisms as well as a safety catch allowing you to max out your training without the need for a spotter.



#### **4. Leg Press**

The Force USA G6 Leg Press assembly attaches to the Smith Machine and targets your quadriceps while also placing emphasis on the inner thigh muscles or glutes; depending on your foot position.

#### **5. Chin Up Station**

Ergonomically designed Multi-Grip Chin Up and Pull Up station with a massive 350kg weight rating. Grip positions include wide-grip, close grip, underhand, overhand and a variety of other varied movements

#### **6. Dip Station**

Different grip positions target different upper body muscle groups. The Multi-Grip Dip Handle attachments provide different options for you to choose from. Adjustable height on the power rack gives added flexibility of using weight belts or resistance bands to augment your workout.

#### **7. Core Trainer**

Includes an attached 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).

#### **8. Suspension Trainer**

The Force G6 has a suspension trainer ring that is compatible with packages sold separately from Force USA, TRX®, and many others.

#### **9. Low Row**

The vertical leg press attachment quickly transforms into a low row station footpad that combines with the left cable pulley system and delivers a full-body workout that mimics rowing a boat in the water.

Rather than purchasing these all separately, save thousands of dollars and fit them all into a third of the floor space with the Force USA G6 All-In-One Trainer!



# FORCE USA MONSTER G6

## - FUNCTIONAL TRAINER

### -POWER RACK

### -COMMERCIAL SMITH MACHINE

### -CHIN UP STATION

### -LEG PRESS

### -ACCESSORIES & STORAGE

### -2X 99.5KG / 221LB WEIGHT STACKS

### -EXERCISE CHART

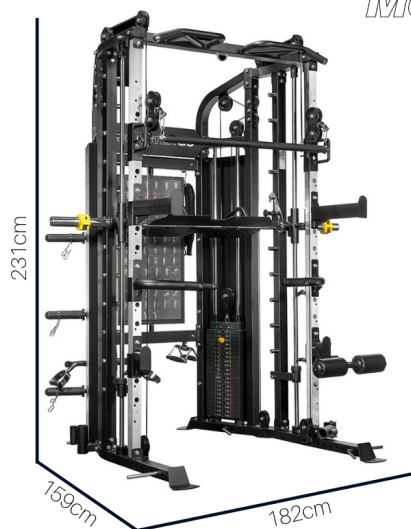
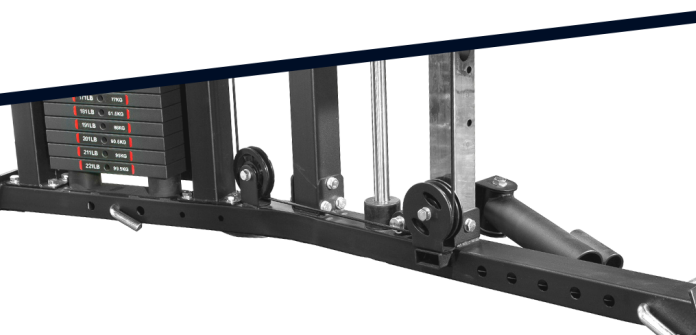
### -DESIGNED IN USA

## BAND PEG EXPANSION

Boost your 1rm and take your powerlifting to the next level by training with resistance bands.

## CORE TRAINER

The Monster G6 comes equipped with standard and olympic sized core trainer



## 2X 99.5KG / 221LB WEIGHT STACKS WITH MULTIPLIER EXPANSION

Only the Force USA Monster G6 has Tri-X-Expansion ports below the weight stack for optional band attachments to be fitted.

Adding optional multiplier expansion bands can dramatically increase weight stack resistance further.



## CHIN UP STATION

Ergonomically designed multi-Grip chin up / Pull Up station with a massive 350kg weight rating. Wide Grip, Close Grip, Underhand, Overhand & Varied positions useable with the multi-grip

## SUSPENSION TRAINER STIRRUP

the Monster G6 is compatible suspension trainers such as TRX and others. Great for mixing up your training plan.





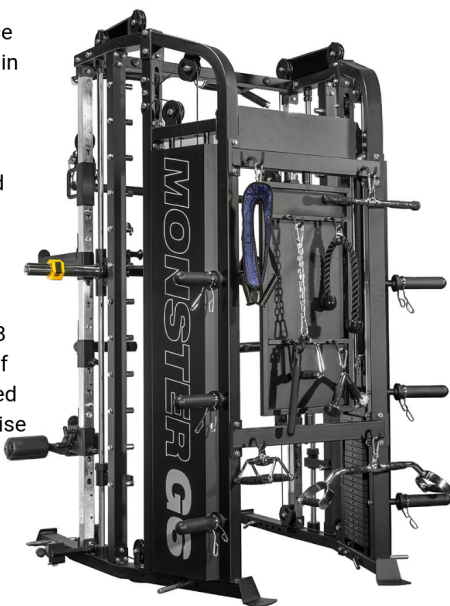


## STORAGE & ACCESSORIES

Keep your training space clean and tidy with built in storage.

The Force USA G6 Includes Olympic sized weight plate holders. Olympic & Standard Barbell Holders.

The G6 also Includes 8 Storage Hooks for all of your attachments located on the back of the Exercise chart, Simply spin the chart around for you convenience



## LEG PRESS

Convert the smith bar component of your Force USA Monster G6 into a vertical leg press in under 10 seconds

Slip-Prevention checker plate surface secures your footing to prevent slipping.

Convenient handles for attaching & removing

Thick Solid Steel with Commercial Powder Coating

Vary your leg training and focus with the G6 Leg Press. The oversized footplate allows you to train with a wide or narrow stance.

## ATTACHMENTS:

- J-Hooks
- Safety Spotter Arms
  - Landmine
- Dual Hook Straight Bar
  - Lat Pulldown Bar
  - Close Grip Handle
  - V-bar
  - Sport Handle
- Metal Stirrup Handles
  - Pulldown Rope
- Abdominal Crunch Handles
  - Leg Press Plate
- Lat Pulldown Knee Holder
  - Multigrip Dip Handles
  - Band Pegs (4)
- Olympic Lock Collars (2)
- Olympic Spring Clips (6)
  - Extension Chains (2)
  - Carabiners (6)

## TRAINING OPTIONS:

- Strength
  - Power
  - Bodybuilding
  - Muscular endurance
  - Glycolytic efficiency
- Concentric or eccentric (Negative)
  - Compound or isolation
  - Plyometric
- Slow-twitch or fast-twitch fiber



### DIMENSIONS:

- Assembled: 182.88cm (W) x 160.02cm (D) x 231.14cm (H)

### WEIGHT RATING:

- 450kg

### PULLEY RATIO:

- 2:1 - Meaning If you have 10kg loaded the resistance is actually 5kg

Read additional reviews: [King of The Gym Force USA G6 Review - All-in-One Home Gym](#)

#### ADDITIONAL INFORMATION

#### More Information

<b>Warranty</b>
<b>Max Load</b>
<b>Product Dimension</b>

Mainframe: Lifetime, Other parts: 2 years, Labour: 1 year
450kg
182.88cm (W) x 160.02cm (D) x 231.14cm (H)