



MONSTER G6 POWER RACK, FUNCTIONAL TRAINER & SMITH MACHINE COMBO

FORCE
USA

SKU: F-G6-B





PRODUCT
DESCRIPTION

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!



IN THE BOX:

- 2 x 100kg Weight Stacks
 - J-hooks
 - Spotter Safety Arms
 - Multi-Grip Dip Handles
 - Multi-Grip Chin Up Bar
 - Leg Press Attachment
 - Olympic Lock Collar
- Knee Support for Lat Pull Downs



- Lat Pull Down Bar
- Functional Training Bar (Short)
- Handles for Cable Crossovers
 - Shiver Bar
- Tricep Press Down Bar
 - Core Trainer
- 35+ Exercise Chart
- Suspension Trainer Stirrup
 - Abdominal Belt
 - Small Grip Frame
 - Push Bar
- Tricep Pulldown rope
 - 4 x Band Pegs
- 6 x Weight Plate Holders with Olympic Collars
 - Bar Storage
- 8 x Storage Hooks

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

ADDITIONAL INFORMATION

More Information

Warranty	Mainframe: Lifetime, Other parts: 1 year
Max Load	450kg
Product Dimension	182.88cm (W) x 160.02cm (D) x 231.14cm (H)