PRODUCT SPECIFICATIONS

Essential Home Gym

Code: ADBE-10460

MRP : 48000.00

The Essential Home Gym's versatility delivers effective workouts in a compact footprint. Featuring a dual-leg developer, the Gym offers curl and extension functions whilst the torso station's push, pull and pivot mechanism creates challenging chest and back workouts. Operating from both high and low pulleys, the Gym's four attachments broaden your exercise potential further; pushing any exercise with its 44.5 kg stack. Developing total body conditioning, the Essential Home Gym targets your key muscle groups with effective workouts for any ability.

COSCO SPORTS | FITNESS



DESCRIPTION

Max. User Weight ：	120 Kgs.
Net Weight ：	71 Kgs.
Assembly (LxWxH)：	1425 x 980 x 2035 mm
Weight Stack ：	44.5 Kgs. Vinyl covered cement

ELECTRONICS

Functions：	Bench Press, Butterfly Press, Pec Dec, Chest Press, Lat Pull Down, Low Row, Arm Curl, Leg Extension, Back Leg Curl, Preacher curl
Features：	Cushioned seat and back pad, Dual function leg developer, Durable steel construction,High and low pulley stations,Includes handle, ankle, long bar and short bar attachments,Knee, ankle and elbow padding,Push, pull and pivot function