

## **210 LB GYM**

**Product Code: LC20**

Features:

- **Exercise Stations** - Bench Press, High Pulley, Low Pulley, Leg Extension / Leg Curl, Abdominal Crunch, Pectoral Fly
- Ergo Arms provide Multiple Grip Positions. Big Foot Iron Plate
- **Frame** - Heavy Duty Steel Tubing Construction with High Quality Metallic Powder Coating
- **Upholstery** - Double Stitched Vinyl Covered with Thick, Strong Chipboard & High Density Foam Inside
- **Weight Stack** - 210 lbs Precision milled steel plates with nylon bushing for smooth action
- **Cable** - 900 KG (2000 lb) tested, the most flexible nylon coated high tensile air craft cable
- **Pulley** - Fibreglass strengthened nylon pulleys with sealed ball bearing
- **Accessories** - Revolving Lat Pull Bar, Revolving Straight Curl Bar, Abdominal Crunch Strap, Single Handle & Ankle Strap.

**Assembly Size** - 2030 mm (L) x 1100 mm (W) x 2120 mm (H)

### **Optional Attachment**

Accepts Optional **Leg Press Attachment (LC20LP)** and **Cable Attachment (LC20CA)**

## **OPTIONAL ATTACHMENT**

### **CABLE ATTACHMENT FOR LC20 GYM**

**Product Code: LC20CA**

Features:

- **Frame** - Heavy Duty Steel Tubing Construction with High Quality Metallic Powder Coating
- **Upholstery** - Double Stitched Vinyl Covered with Thick Strong Chipboard and dense foam inside
- **Cable** - 900 KG (2000 LB) tested, the most flexible nylon coated high tensile air craft cable
- **Pulley** - Fibreglass strengthened nylon pulleys with sealed ball bearing

### **Assembly Size:**

380 mm (L) x 880 mm (W) x 2100 mm (H)

## **OPTIONAL ATTACHMENT**

### **LEG PRESS ATTACHMENT FOR LC20 GYM**

**Product Code: LC20LP**

Features:

- **Frame** - Heavy Duty Steel Tubing Construction with High Quality Metallic Powder Coating
- **Upholstery** - Double Stitched Vinyl Covered with Thick Strong Chipboard and dense foam inside
- **Cable** - 900 KG (2000 LB) tested, the most flexible nylon coated high tensile air craft cable
- **Pulley** - Fibreglass strengthened nylon pulleys with sealed ball bearing

### **Assembly Size:**

1320 mm (L) x 1300 mm (W) x 860 mm (H)

