



G3-S45

- Seat and upper-arm pads are angled to enhance user stability during exercise
- Handle pivots to automatically adjust for varying forearm lengths
- Optimized pivot location creates a biomechanically correct range of motion



EASE OF USE	
COLOR-CODED PIVOTS & ADJUSTS	Yes
INSTRUCTIONAL PLACARDS	Yes
ERGO FORM CUSHIONS	Yes
BOTTLE & TOWEL HOLDER	Yes

FRAME & BELT	
OVER-SIZED INTERNAL FRAME TUBING	Yes
FRAME FINISH	Proprietary two-coat powder process
FRAME COLOR	Iced Silver
BELT TRANSMISSION	Reinforced 15/16" flat Kevlar/urethane belt

TECH SPECS	
OVERALL DIMENSIONS (L X W X H)	117.4 x 108.4 x 150.6 cm / 46.2" x 42.7" x 59.3"
TOTAL WEIGHT	223 kg / 491 lbs.
WEIGHT STACK	91 kg / 200 lbs.
SHIPPING WEIGHT	281 kg / 620 lbs.

WEIGHT STACK	
SELF-LUBRICATING WEIGHT STACK BUSHINGS	Solid cold-rolled steel plate, with Teflon inner bushings.
GUARDS & PULLEYS COVERS	Yes
SUSPENSION	3-Point Design
WEIGHT PINS	Magnetic & tethered