

G7-S12 Pectoral Fly

MATRIX



Incremental Weights

Incremental weights are easily accessible from the seated position. Numeric selection allows users easy reference for future use.



Electronic Rep Counter

Integrated system tracks repetitions, activity time, and rest time for a simplified workout experience.



Exercise Placards

Conveniently located and easy to read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards offer color references to easily identify muscle-group categories.



Action Specific Grips™

Ergonomically designed, function specific handles reduce stress on contact points to enhance user comfort.



FRAME AND CABLES

Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables and fittings
Machine anchoring	Independent machine hold down bracket

WEIGHT STACK

Consistent 52" stack height	Yes
Weight stack guarding	Full front and rear shields
Total stack weight	109 kg / 200 lbs
Weight plate increments	4.5 kg / 10 lbs
Incremental weight system	1.1 kg / 2.5 lbs, 2.2 kg / 5 lbs, 3.4 kg / 7.5 lbs

USER AMENITIES

Front placards	Muscle call outs, machine specific stretching, start and finish exercise illustrations, proper machine adjustment and adjustment point call outs
Rear placards	Color coded machine identification
Placard color coding	Yellow (upper body)
Personal storage	Dual size bottle holder, tactile storage mat and towel holder
Contoured seating	Yes
Rep counter	Electronic counter displays reps, exercise time and rest time
Action Specific Grips™	Yes

ADJUSTMENTS

Color coded pivots and points of adjustment	Yes
Machine assisted user adjustment	Spring assisted seat
User adjustment range	7 position seat, 5 user arm start positions

TECH SPECS

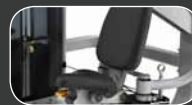
Overall dimensions (L x W x H)	160 x 120 x 140 cm / 63" x 47" x 55"
Product Weight	260 kg / 573 lbs
Usage tracking	Monitors total repetitions and hours of use
Rep counter power supply	2 AA batteries
Rep counter battery life	Approximately 3 years

Pectoral Fly Features



Rotating Arms

accommodate users of all sizes



Angled User Position

for enhanced comfort and stabilization



Contoured Elbow Pads

provide greater stabilization

*All product specifications are subject to change without notice

G7-S78 Glute

MATRIX



Incremental Weights

Incremental weights are easily accessible from the seated position. Numeric selection allows users easy reference for future use.



Electronic Rep Counter

Integrated system tracks repetitions, activity time, and rest time for a simplified workout experience.



Exercise Placards

Conveniently located and easy to read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards offer color references to easily identify muscle-group categories.



Action Specific Grips™

Ergonomically designed, function specific handles reduce stress on contact points to enhance user comfort.



FRAME AND CABLES

Frame Finish	Proprietary two-coat powder process
Cable Transmission	Internally lubricated cables and fittings
Machine Anchoring	Independent machine hold down bracket

WEIGHT STACK

Consistent 52" stack height	Yes
Weight Stack Guarding	Full front and rear shields
Total Stack Weight	64 kg / 140 lbs
Weight Plate Increments	4.5 kg / 10 lbs
Incremental Weight System	1.1 kg / 2.5 lbs, 2.2 kg / 5 lbs, 3.4kg / 7.5 lbs

USER AMENITIES

Front Placards	Muscle call outs, machine specific stretching, start and finish exercise illustrations, proper machine adjustment and adjustment point call outs
Rear Placards	Color coded machine identification
Placard Color Coding	Blue (lower body)
Personal Storage	Dual size bottle holder, tactile storage mat and towel holder
Contoured Seating	Yes
Rep Counter	Electronic counter displays reps, exercise time and rest time
Action Specific Grips™	Yes

ADJUSTMENTS

Color Coded Pivots and Points of Adjustment	Yes
User Adjustment Range	6 position chest pad

TECH SPECS

Overall dimensions (L x W x H)	204 x 96.5 x 139 cm / 80" X 38" x 54"
Product Weight	232 kg / 561 lbs
Usage tracking	Monitors total repetitions and hours of use
Rep counter power supply	2 AA batteries
Rep counter battery life	Approximately 3 years

Glute Features



25° Sled Angle
for optimal glute activation



Ratcheting Chest Pad
for ease of adjustment



Oversized Foot Platform
for greater stability

*All product specifications are subject to change without notice

G7-S55 Rotary Torso

MATRIX



Incremental Weights

Incremental weights are easily accessible from the seated position. Numeric selection allows users easy reference for future use.



Electronic Rep Counter

Integrated system tracks repetitions, activity time, and rest time for a simplified workout experience.



Exercise Placards

Conveniently located and easy to read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards offer color references to easily identify muscle-group categories.



Action Specific Grips™

Ergonomically designed, function specific handles reduce stress on contact points to enhance user comfort.



FRAME AND CABLES

Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables and fittings
Machine anchoring	Independent machine hold down bracket

WEIGHT STACK

Consistent 52" stack height	Yes
Weight stack guarding	Full front and rear shields
Total stack weight	91 kg / 200 lbs
Weight plate increments	4.5 kg / 10 lbs
Incremental weight system	1.1 kg / 2.5 lbs, 2.2 kg / 5 lbs, 3.4kg / 7.5 lbs

USER AMENITIES

Front placards	Muscle call outs, machine specific stretching, start and finish exercise illustrations, proper machine adjustment and adjustment point call outs
Rear placards	Color coded machine identification
Placard color coding	Green (core)
Personal storage	Dual size bottle holder, tactile storage mat and towel holder
Contoured seating	Yes
Rep counter	Electronic counter displays reps, exercise time and rest time
Action Specific Grips™	Yes

ADJUSTMENTS

Color coded pivots and points of adjustment	Yes
User adjustment range	4 knee pad start positions each side

TECH SPECS

Overall dimensions (L x W x H)	115 x 114 x 139 cm / 45" X 45" x 55"
Product Weight	243 kg / 536 lbs
Usage tracking	Monitors total repetitions and hours of use
Rep counter power supply	2 AA batteries
Rep counter battery life	Approximately 3 years

Rotary Torso Features



Kneeling Position
minimizes low back stress



Contoured Knee Pads
for enhanced comfort and stabilization



Range of Motion Adjusts
with 8 different user positions

*All product specifications are subject to change without notice

G7-S21 Lat Raise

MATRIX



Incremental Weights

Incremental weights are easily accessible from the seated position. Numeric selection allows users easy reference for future use.



Electronic Rep Counter

Integrated system tracks repetitions, activity time, and rest time for a simplified workout experience.



Exercise Placards

Conveniently located and easy to read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards offer color references to easily identify muscle-group categories.



Action Specific Grips™

Ergonomically designed, function specific handles reduce stress on contact points to enhance user comfort.



FRAME AND CABLES

Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables and fittings
Machine anchoring	Independent machine hold down bracket

WEIGHT STACK

Consistent 52" stack height	Yes
Weight stack guarding	Full front and rear shields
Total stack weight	91 kg / 200 lbs
Weight plate increments	4.5 kg / 10 lbs
Incremental weight system	1.1 kg / 2.5 lbs, 2.2 kg / 5 lbs, 3.4kg / 7.5 lbs

USER AMENITIES

Front placards	Muscle call outs, machine specific stretching, start and finish exercise illustrations, proper machine adjustment and adjustment point call outs
Rear placards	Color coded machine identification
Placard color coding	Yellow (upper body)
Personal storage	Dual size bottle holder, tactile storage mat and towel holder
Contoured seating	Yes
Rep counter	Electronic counter displays reps, exercise time and rest time
Action Specific Grips™	Yes

ADJUSTMENTS

Color coded pivots and points of adjustment	Yes
User adjustment range	8 User start options

TECH SPECS

Overall dimensions (L x W x H)	130 x 108 x 132 cm / 51" X 42.5" x 52"
Product Weight	277 kg / 610 lbs
Usage tracking	Monitors total repetitions and hours of use
Rep counter power supply	2 AA batteries
Rep counter battery life	Approximately 3 years

Lat Raise Features



Independent Arms
provide natural motion



Oversized Arm Pads
accommodates a variety of users



Rotating Handles
provide user stabilization

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