



G3-S30

- Straight bar with angled ends ensures correct arm and wrist position throughout the entire range of motion
- Thigh pads easily adjust to provide both stability and comfort



EASE OF USE	
COLOR-CODED PIVOTS & ADJUSTMENTS	Yes
BOTTLE & TOWEL HOLDER	Yes
INSTRUCTIONAL PLACARDS	Yes

FRAME	
FRAME FINISH	Proprietary two-coat powder process

TECH SPECS	
WEIGHT STACK	134 kg / 295 lbs.
PRODUCT WEIGHT	245 kg / 540 lbs.
INCREMENTAL WEIGHTS	Yes, 2 x 2.3 kg / 5 lbs. Sliding Weights
OVERALL DIMENSIONS (L X W X H)	139.5 x 120 x 221.5 cm / 55" x 47" x 87"