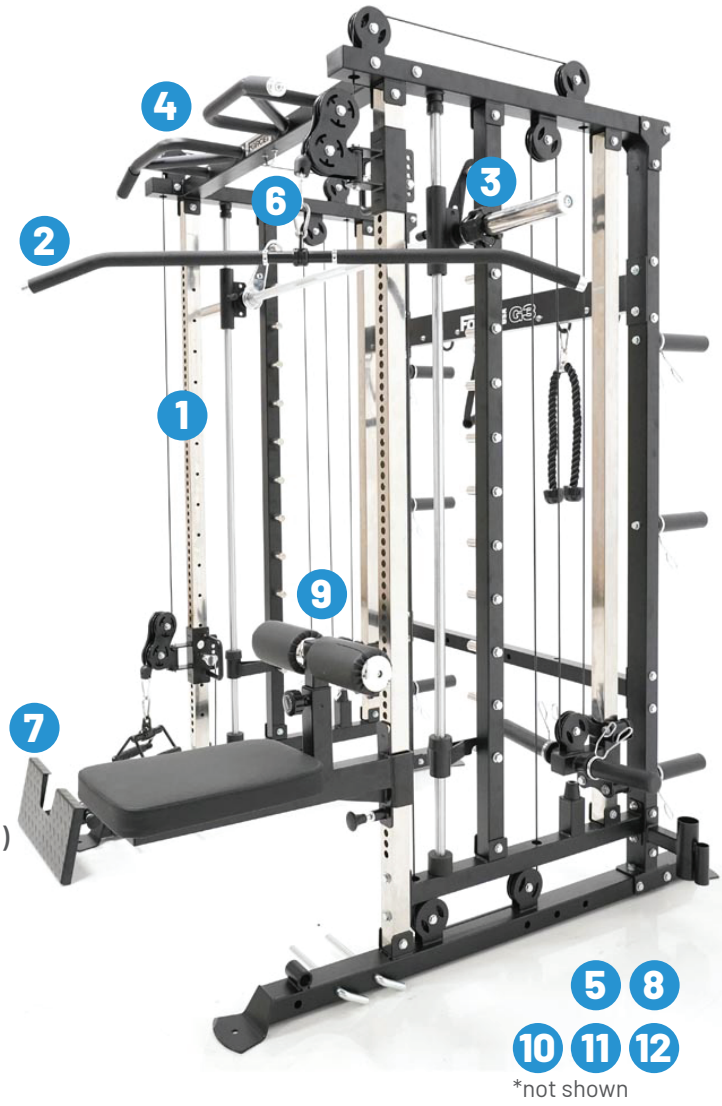
FORCE USA

SKU: F-G3-V2

G3 ALL-IN-ONE TRAINER

The Force USA G3 All-In-One Trainer combines up to twelve strength training systems into the space of a single power rack footprint.



*not shown

2:1 CABLE PULLEY RATIO

PLATE LOADED MACHINE

WESTSIDE SPACING (62 ADJUSTMENT POINTS)

BARBELL, WEIGHT PLATE AND ATTACHMENT STORAGE

UP TO 12 STRENGTH TRAINING SYSTEMS

1. Power Rack
2. Functional Trainer
3. Smith Machine
4. Chin-up Station
5. Core Trainer*
6. Suspension Trainer
7. Low Row (upgrade)
8. Vertical Leg Press* (upgrade)
9. Lat Pulldown (upgrade)
10. Dip Station* (upgrade)
11. Jammer Arms* (upgrade)
12. Leg Developer* (upgrade)

11 INCLUDED ATTACHMENTS

- J-Hooks
- Safety Spotter Arms
- Landmine
- Multigrip Landmine Handle
- Dual Hook Straight Bar
- Nylon Stirrup Handles
- Pulldown Rope
- Band Pegs (4)
- Olympic Lock Collars (2)
- Olympic Spring Collars (10)
- Carabiners (4)

Optional Add-ons

- G3 Leg Press Plate
- G3 Upgade Kit
  Includes: Lat Pulldown Bar, Lat Pulldown Knee Holder, Close Grip Handle, Low Row Footplate
- G20 Pro Upgade Kit
  Includes: Jammer Arms, Dip Bars, Leg Developer Attachment

Shipping Specifications

Box 1:	476 lb 216 kg	13 in (W) x 82 in (L) x 10 in (H) 33 cm (W) x 208 cm (L) x 20 cm (H)

Built Specifications

Exterior:	78 in (W) x 60.5 in (D) x 87 in (H) 198 cm (W) x 154 cm (D) x 221 cm (H)
Interior Working Space:	40.5 in (W) x 49.5 in (D) x 79 in (H) 103 cm (W) x 126 cm (D) x 201 cm (H)
Weight:	430 lb / 195 kg

Warranties

Frame: Limited Lifetime
Attachments: 1 Year
Cables & Pulleys: 10 Years

Weight Ratings

Half Rack: 992 lb / 450 kg
Smith Machine: 772 lb / 350 kg
Chin Up: 772 lb / 350 kg
Cables: 2,000 lb / 907 kg

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