

G5



Life Fitness

G5 CABLE MOTION™
GYM SYSTEM



Redefine yourself one workout at a time.

Life Fitness wants you to know there is more to strength training than leather weight belts and power lifting. We have extended our philosophy of 'intuitive training through technology' to provide you with a more functional approach to building strength. Introducing the new G5 Cable Motion™ Gym System, the quintessential strength-training machine for everyday living. It goes beyond traditional exercise and into training for function, offering unlimited opportunities to improve and strengthen the movements performed in everyday work, sport, and life. The G5 is so impressive, it will not only change the way you exercise, but it will also change the way you live.

Where does your workout take you?



Obstacles...
I only see opportunities.

The cutting edge just got sharper

When you see a machine like this one, you understand what a home gym should be. Solid, engaging, and full of possibilities. The G5 Cable Motion™ Gym System is the one machine that lets you do it all. It's as bold and commanding as it is subtle and refined. If you're into the latest and greatest, then you'll be pleasantly surprised by all that this single piece of equipment has to offer.



Highlighted Features

Cable Motion™ technology, two V-groove fixed pulley zones, one V-groove swivel pulley zone, and a removable bench combine to offer the most exercise variety within 20-square feet of space.* One foot strap and three ergonomic handle attachments all with Quick Lock mechanism, Dock 'n Lock™ bench locking system, 160-pound weight stack with magnetic selector pin, and an engaging design that never fails to inspire, all make the G5 just as easy to use as it is to look at. It's a product so universally appealing that it comes with a light institutional warranty for use by personal trainers. The quality is flawless. The possibilities are endless.

*Measurement without bench

G5

- Cable Motion™ technology
- 3 V-groove pulley zones
- 3 ergonomic handle attachments; 1 foot strap
- Quick Lock cable end attachments
- 160-pound weight stack (50-pound add-on kit available)
- Sound-dampening bushings between weight plates
- Removable, adjustable bench with 6 angles
- Dock 'n Lock™ bench locking system

Training for function

Functional strength training simply means structuring your workouts around the types of movements used for sport-specific, task-specific, or work-related activities.

By exercising the muscles used during the activities of everyday living with the G5, you actually improve strength, coordination, range of motion, balance, and mobility.

Best of all, with its Cable Motion™ technology, which allows for unrestricted, user-defined paths of motion, the G5 is designed to move the way your body moves.

So there really is no limit to the amount of exercise options with the G5.



WORK-RELATED

- Carrying
- Lifting
- Balancing
- Reaching
- Pushing
- Dragging
- Pulling
- Bending
- Throwing...

SQUAT



HOBBY-RELATED

- Boating
- Hiking
- Gardening
- Fishing
- Walking
- Camping
- Dancing
- Billiards...

SEATED ROW



SPORT-SPECIFIC

- Golf
- Tennis
- Cycling
- Baseball
- Boxing
- Running
- Swimming
- Football
- Basketball...

ABDOMINAL CRUNCH



GOAL-SPECIFIC

- Tone
- Power
- Endurance
- Flexibility
- Weight
- Rehabilitation
- Mobility
- Speed...

HIP EXTENSION

AN INSTRUCTIONAL WALL CHART AND DVD ARE PROVIDED TO SHOW YOU THE MANY DIFFERENT EXERCISE OPTIONS YOU CAN PERFORM WITH THE G5.

SAMPLE EXERCISE OPTIONS

This list is a small sample of exercises you can do with the G5.

CHEST

- Chest press
- Converging press
- Extended-arm pec fly
- Incline chest press
- One-arm pec fly

BACK

- Bent-over row
- Lat pulldown
- Low row
- One-arm cable row
- Seated row
- Standing row

SHOULDERS

- External rotation
- Front raise
- Internal rotation
- Lateral raise
- Rear deltoid
- Shoulder press
- Shoulder shrug
- Standing one-arm rear deltoid

BICEPS

- Incline biceps curl
- One-arm biceps curl
- Overhead biceps curl
- Reverse biceps curl
- Seated biceps curl
- Standing biceps curl

TRICEPS

- One-arm triceps extension
- Overhead triceps extension
- Seated triceps extension
- Standing triceps extension
- Triceps kickback

LEGS

- Hip abduction
- Hip adduction
- Hip extension
- Lunge
- Standing leg curl
- Standing leg extension
- Squat

ABDOMINAL

- Abdominal crunch
- Kneeling abdominal crunch
- Oblique twist
- Seated abdominal crunch





Ownership Advantages

When you buy a product of this caliber, expect the best. We pour more time and energy into the things other companies take for granted. Biomechanics, product integrity, quality, force analysis, field research, technical optimization. These areas of development are invisible to our customers, but ensure that our equipment delivers the best possible workout experience for a lifetime of use. It's part of the assurance that comes with owning a G5 Cable Motion™ Gym System made by the manufacturer of the #1 brand of fitness equipment in health clubs worldwide.

Learn more about the advantages of ownership. Visit our website at LIFEFITNESS.COM.

ACCESSORIES

160 lbs (95 kg) weight stack	●
50 lbs (23 kg) add-on weight stack	○
3 pairs of ergonomic handle attachments (short, medium, long adjustable)	●
1 foot strap	●
Instructional wall chart	●
Instructional DVD	●
Exercise/stability ball*	○
Balance board*	○
Balance pad*	○
BOSU balance device*	○
Dumbbell set*	○

*See specialty fitness retailer for details

RESISTANCE RATIOS

Dual V-groove high pulleys	1:2 when using one handle; 1:1 when using both handles
Dual V-groove mid pulleys	1:2 when using one handle; 1:1 when using both handles
Dual V-groove self-adjusting and swiveling low pulleys	1:2 when using one handle; 1:1 when using both handles

PERTINENT ANGLES

Bench back pad adjustments	0°, 15°, 30°, 45°, 60°, 75°
Bench seat adjustments	0°, 15°
Range of V-groove high and mid pulleys	50°
Range of V-groove swiveling low pulleys	115°

WEIGHT CAPACITIES

Tower	210 lbs (95 kg), includes optional 50 lbs (23 kg) add-on weight stack
Bench	Accommodates user weighing up to 250 lbs (114 kg)

PRODUCT DIMENSIONS (L x W x H)

Tower	51.5" x 54" x 83"	(131 cm x 137 cm x 211 cm)
Bench, flat position	54" x 21.25" x 18.5"	(137 cm x 54 cm x 47 cm)
Bench, upright position	54" x 21.25" x 41.5"	(137 cm x 54 cm x 106 cm)
Tower and bench	89" x 54" x 83"	(226 cm x 137 cm x 211 cm)
Live area	100" x 77" x 83"	(254 cm x 196 cm x 211 cm)

WARRANTIES (Warranties outside the U.S. may vary)

Home warranties: Lifetime warranty on frame, welds, pulleys and parts; 3-year on upholstered pads and cables
Light institutional warranties: 10-year warranty on frame and welds; 1-year pulleys and parts; 90-days on upholstered pads and cables

Specifications, product features, and accessories are subject to change. All product images shown with optional 50 lbs (23 kg) add-on weight stack. Exercise ball shown with the G5 is sold separately. It is strongly suggested that you only purchase a *burst-proof* exercise ball.

Get started. Stay motivated.

When you purchase a G5, you will receive an instructional DVD and an exercise wall chart. Both of these tools will serve as your virtual trainer, providing guidance and valuable insight into the many exercise options available to you. If that isn't enough, we've even added a new section to our website where you can submit questions to a Life Fitness Academy trainer and access fitness, as well as health-related, articles.

Life Fitness

Life Fitness offers a full line of premier fitness equipment for the home.

GYM SYSTEMS | TREADMILLS | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | LIFECYCLE EXERCISE BIKES | STAIRCLIMBERS

Where does your workout take you?

G5

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