

# LifeGear

GET ACTIVE FOR LIFE



ALWAYS



ITEM# 76216

# L7 Multi POWER RACK/CAGE

## Product Size:

- Set Up Dimension: L x W x H (cm): 128 x 118.5 x 212

## Features:

- The Power Cage Is Designed With A Large Walk In Space Providing Easy Side To Side Movement
- The Maximum Weight Capacity For The Upright Frame Is 360 kg
- The Power Cage Comes With Two Spotter Arms And Two Long Chrome Dual Mounted Safety Bars
- Each Pair Of Spotter Arms Can Handle A Weight Capacity Of 453 kg
- Each Pair Of Long Chrome Dual Mounted Safety Bars Can Handle A Weight Capacity Of 907 kg
- 19 Adjustable Height Levels For The Spotter Arms, And The Long Chrome Dual Mounted Safety Bars
- Spotter Arms And Safety Bars Are Compatible With 213 cm Olympic Bars (Olympic Bar And Weight Plates Not Included)
- Multi-Position Over Head Chin Up/Pull Up Grip Bars For Building Your Arm, Shoulder And Back Muscle Groups With Variety Of Exercises
- The Rear Stability Bar And Pull Up Grip Bar Of This Power Cage Is Suitable For Installing The Lat Pulldown / Low Row Cable Attachment (Not Included) That Allows You To Workouts Such As Lat Pulldowns, Tricep Pushdowns, Low Rows, And Overhead Cable Curls
- The Power Cage Can Be Combined With Weight Bench (Not Included) & Barbell (Not Included) To Including The Big 6 Exercise In Your Routine Training With Extra Safety, Such As: Bench Press, Deadlift, Barbell Row, Barbell Squat, Shoulder Press And Etc

## Construction:

- 5 cm x 5 cm Square Tubular Steel Frame Construction
- 2 Rear Stability Bars

## Shipping:

- 40' Q'ty: 295 Units
- FOB Port: Klang, Malaysia
- Net Weight: 55 kgs



The Rear Stability Bar And Pull Up Grip Bar Of This Power Cage Is Suitable For Installing The Lat Pulldown And Low Row Cable Attachment (#71004, Not Included) That Allows You To Workouts Such As Lat Pulldowns, Tricep Pushdowns, Low Rows, Overhead Cable Curls.





## Lat Pulldown / Low Row Attachment

ITEM# 71004 (71004-1~71004-3)

### Product Size:

- Product Size: L x W x H (cm): 105 x 42 x 215.5

### Features:

- Includes High Tensile Strength Nylon Cable For The High Lat And Low Row Pulley Systems
- Equipped With One Lat Pulldown Bar And One Low Row Bar Attachments With Foam Grips
- Pulley Systems Allow User To Feel Smooth Operation During Workouts
- The Leg Hold-Down Bar To Hold User Securely In Position For Lat Pulldown Exercises
- Two Foam Rollers Included With The Leg Hold-Down Bar
- The Leg Hold-Down Bar Can Shift Along The Safety Bars For Your Comfortable Position
- The Height Of The Leg Hold-Down Bar Can Be Adjusted By Shifting The Safety Bars Up Or Down Along The Cage Height
- Each Long Weight Plate Storage Post Can Handle A Weight Capacity Of 60 kg
- Weight Plates Not Included
- Two Spring Clip Collars included With The Long Weight Plate Storage Post
- Designed To Be Used With Power Cage (#76216, Not Included)

### Construction:

- 5 cm x 5 cm Square Tubular Guide Rail Frame Construction

### Shipping:

- 40' Q'TY: 380 Units
- FOB Port: Klang, Malaysia
- Net Weight: 24.5 kgs

- 1 71004-1 Leg Hold-Down Bar With Foam Rollers
- 2 71004-2 Lat Pulldown Bar
- 3 71004-3 Low Row Bar



Designed To Be Used With Power Cage (#76216, Not Included)



# E6 SIT-UP BENCH

## Product Size:

- Set Up Dimension: L x W x H (cm): 141 x 59 x 125
- Folded Size: L x W x H (cm): 126 x 59 x 24.5

## Features:

- Tubular Steel Frame Construction
- The 1.4 mm Thick Front And Rear Stabilizers Enhance The Bench's Stability And Durability
- The 2.0 mm Thick Main Frame And Backrest Adjustment Tube Allow This Bench To Handle Heavy Weight Loads
- 3 Position Adjustable Front Leg
- Foam Roller Leg Hold Down Bar Can Be Adjusted To 4 Positions
- Adjustable Backrest Can Be Adjusted To Incline, Flat And Decline Positions
- Extended Foam Backrest And Large Foam Seat Cushion
- Can Be Folded For Storage
- Built-In Transport Wheels For Easy Transport
- 360 kg User Weight Capacity

## Shipping:

- 40' Q'TY: 387 Units
- FOB Port: Klang, Malaysia
- Net Weight: 17.7 kg



The Sit-Up Bench Can Be Combined With Power Cage (#76216, Not Included), Lat Pulldown/Low Row Cable Attachment (#71004, Not Included), And Barbell (Not Included) To Including The Big 6 Exercise In Your Routine Training With Extra Safety, Such As: Bench Press, Deadlift, Barbell Row, Barbell Squat, Shoulder Press And Etc.



Leg Hold Down Bar Can Be Adjusted To 4 Positions.



Adjustable Backrest Can Be Adjusted to Incline, Flat And Decline Positions.



# AB Hyper Bench

## Product Size:

- Set Up Dimension: L x W x H (cm): 161.5 x 71 x 89

## Features:

- Tubular Steel Frame Construction
- The 1.8 mm Thick Front And Rear Stabilizers Enhance The Bench's Stability And Durability
- The 2.0 mm Thick Backrest Support And Handle Grip Tubes Allow This Bench To Handle Heavy Weight Loads
- The Hyper Bench Offers A Convenient All-In-One Way To Target The Lower Back, Hips, And Abdominal Muscles
- The Padded Bench Can Be Adjusted To 4 Levels From Flat To Decline Positions
- The Adjustable Thigh Support Tube Can Be Adjusted To Up And Down Positions To Accommodate The Height Of Most Users
- Both Extended Hand Grips Allow User To Feel Secure During Workouts
- The 2-Position Adjustable Foam Rollers Hold Your Ankles Securely With Comfort And Stability
- Large Non-Slip Footrest For Great Stability
- Built-in Transport Wheels For Easy Transport
- 290 kg User Weight Capacity

## Shipping:

- 40'Q'TY: 330 units
- FOB Port: Klang, Malaysia
- Net Weight: 25.5 kg



Sit-Ups



Hyperextension



Push Up With Hands On Both Extended Hand Grips.



Reverse Crunches

