

**Equipment ID: PhTher-21**  
**Life Fitness G7 Gym**

- Two dual weight stacks allow you to exercise one side of the body at a time or both sides at the same time
- 20 ultra-smooth pulley adjustments per column enable users to perform a virtually endless number of exercises
- Quick Connect cable end attachments make switching out attachments quick and easy
- Chin-up/pull-up bars are correctly angled for biomechanically-correct upper-body and core exercises
- Mounted Exercise Book shows you how to perform over 60 exercises, allows you to build your own workouts and track your progress
- Training DVD allows you to follow along with a certified personal trainer as she guides you through 2 workout routines
- Space-efficient design fits nicely in a corner
- Included accessories: 2 160-lb. (73 kg) dual weight stacks, 1 pair of medium handles, triangle strap, thigh strap, straight bar, exercise ball, Exercise Book, Training DVD, water bottle, weight stack shrouds

