

STRENGTH EQUIPMENT



*shown with optional
weight stack shrouds*

MULTI-FUNCTIONAL GYM BOC-GL

- Press and row station with adjustable starting point. This allows for different size users and also provides a variety of exercises including bench press, incline press, shoulder press and mid row
- Seat and seat back are adjustable. Back pad tilts to ensure full support when performing incline and shoulder presses
- Adjustable nylon straps attached to the press arm provide for converging and free motion exercises
- Ab crunch station for abdominal training
- Low pulley station with foot plate for low rows, abductor and adductor leg kicks, arm curls, upright rows, etc.
- High pulley station for lat pull downs, and triceps push downs
- Leg extension and curl station provides seated leg extension and standing leg curl
- Space saving design allows placement against a wall
- **Optional:** Leg press attachment for full leg development, and/or optional weight stack shrouds

Overall Weight	Weight Stack	Width	Length	Height
386 lbs.	1 - 150 lb.	54.5"	52.5"	83"
FEATURES AND SPECIFICATIONS				
<p>Frame: 2" X 2" and 2" X 3", 11 and 12 gauge steel tubing</p> <p>Finish: Platinum gray finish is electro-magnetically applied in powder form to evenly coat all surfaces</p> <p>Upholstery: Double stitched vinyl covering 2" thick, high density foam, contoured for comfortable lumbar support</p> <p>Pulleys: 3" diameter, fiberglass impregnated nylon pulleys with sealed ball bearings</p> <p>Cable: The most flexible nylon coated, 7 X 19 strand aircraft cable rated at over 2000 lbs. tensile strength</p>		<p>Weight Stack: 150 lbs. in 10 lb. increments. Precision milled cast iron plates with nylon bushings for smooth action. Upgrade to 200 pounds available</p> <p>Weight Stack Enclosures: Steel weight stack guards provide safety and beauty</p> <p>Guide Rods: Chrome plated 1" diameter tubular steel</p> <p>Accessories: Lat pull bar, curl bar, ankle strap and two single handles are included</p> <p>Warranty: 10 years frame, 2 year parts and 6 months upholstery</p>		