

Quick release pin converts chest press to pec dec station

High pulley operates for lat pulldowns, tricep pushdowns and ab crunches

Multiple chest press handles for perfect grip position

High density foam padding provides lumbar support for your back

45kg weight stack generates up to 75kg genuine resistance

Leg Developer to be used for leg extensions for your quadriceps

Low pulley operates for seated rows, bicep curls, lat raises and upright rows

Heavy duty steel framework enhances durability and stability

Straight bar and lat bar included - can be used on either high or low pulley stations



Everlast Multi Gym Guide

**Fodor's Travel Publications, Inc.
Staff, Fodor's, Linda Coffman**



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