

M3 Multi Gym



Total Body Machine

Try more than 100 different types of exercises, with 1 efficient tool



Built-in Crunch Bench

The patented seated crunch station is a one of a kind integration



Independent Press Arms

Work both arms at once, or individually with the unique press arm design



Frame - Heavy-duty steel, matte black

Weight Stack - 215 lbs (98 kgs)

Press Arm Pivot Points - 1½" precision steel ball bearings

Included Accessories - EZ Curl Bar, Ankle Strap, Extension Chain, & 4 x D Handles

Available Add-Ons - Leg Press, Tricep Rope, Abdominal Bar, Multi-Ring D Handles, Double D Low Row Handle, Sport Handle

Resistance Ratio - High, Mid & Lower pulleys 1:2, Leg Ext 1:1, Leg Curl 3:4, Leg Press 2:1, Press Arm 1.2:2

Weight

523 lbs / 238 kgs

Dimensions

W - 40 in (74 in with optional leg press)

L - 73 in

H - 84 in (Max)

W - 102 cm (188 cm with optional leg press)

H - 186 cm

L - 214 cm

Light Commercial Warranty

Limited lifetime on frame & 10y parts

