

BFMG20 Sportsman's Gym



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Get all the basic home gym exercises while lifting real weight. Includes a 145 lb. weight stack and uses 2200lb. test nylon coated aircraft quality cables and fiberglass pulleys. The padded press arm follows the natural arc of a freeweight bench press and pectoral dumbbell fly. The high and low pulleys offer an almost unlimited amount of exercises, use changable handles, harnesses, and grips for the exercise you need. Includes pulley attachments wide grip lat bar and narrow grip low row bar.

Special Features

- **Press Arm:** Chest Press, Chest Mid-Row, Back Hyperextension, Incline Press
- **High Pulley:** Lat Pulldown, Triceps Pressdown
- **Low Pulley:** Biceps Curl, Seated Row, Oblique Bend, Leg Adduction & Abduction, Upright Row, Lateral Deltoid Raise
- **Leg Developer:** Leg Extension, Leg Curl

Warranty

Frame & Welds	3 Years
Motor (if applicable)	1 Year
Parts	1 Year
Electronics (if applicable)	3 Months
Wear Parts	30 Days

Weight: 263 lbs
Dimensions: 64" L x 48" W x 78" H