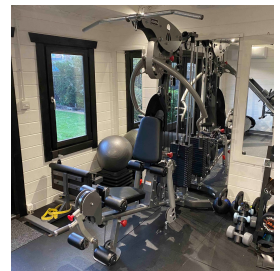




# Total Multi-Gym MG2

SKU: MG2

Product Images



## Short Description

Do you want to train your whole body only on one machine?

We present our new Titanium Strength Total Multi-Gym will offers you a safe, versatile and very effective workout.

If you are one of those who don't give up and want to overcome their limits, this is your machine.

With this multi-gym you don't need to have any spotter keeping an eye on you in case you fail. Thanks to its integrated security system, you can train alone and safely, without fear of getting stuck under the machine.

Equipped with 200 lbs of weight stack, you can do seated bench press, shoulder press, leg extensions, lat pulldown, front raises... and more.

It's time to train!

## Description

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Why you should buy the Titanium Strength MG2 Total Multi-Gym?

Because it offers a great variety of exercises, for the big stability and for the comfort of training.

Thanks to his sophisticated design, it adapts individually to different positions: you can safely any height and weight.

And that's not all!

To make the workout even freer and to really activate each muscle, it includes a Revolving Lat Pull Bar, an Abdominal Crunch Strap, Two Multiple Single Handles and an Ankle Strap

Some of the exercises you can do are:

- Abdominal crunch
- Leg extension
- Leg curl
- Chest press
- Shoulder press
- Upright row
- Triceps push down
- Lat pulley Flys (high, low etc.)
- Side raise (seated)
- Front raise (seated)
- Biceps curl

Where are you going to start?

Description:

- Bench Press / Rowing Station, press arm is easily adjustable for exercises such as Bench Press, Incline Press, Should Press and Seated Row.
- Functional Training Cable Station, Functional training arms are fully adjustable independently. Rotate the Cable Arms to the lowest position for exercises such as Arm Curls, Lateral Raises, Front Raises, and Shrugs. Rotate them upward for exercises such as Pec Fly's, Bench Press, Incline Press, and Decline Press. Adjust the Cable Arms to the top position for Shoulder Press. These versatile Cable Arms also provide for Sports Specific training.
- Ab / Core Station, The Middle Cable Station is perfect for performing exercises such as Ab Crunches, Core Twists, and High Cable Rows.
- Leg Curl / Leg Extension, provides Seated Leg Extensions, Seated Leg Curls, and Standing Leg Curls! Well placed comfortable pads and handles keep you in the proper position.

- 200LB precision full steel weight stack.
- Accessories: Revolving Lat Pull Bar, Abdominal Crunch Strap, Two Multiple Single Handles and Ankle Strap Fully adjustable back pad and seat. Leg Press Station optional.

About Titanium Strength:

Leading brand in the sale of equipment and machines for strength and cardio training

## Additional Information

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Use	Semi Pro
Color	Black
Brand	Titanium Strength
Width cms.	59" / 79"
Length cms.	77"
Height cms.	218
Max Load (kg)	95