

## Gym Systems

### Ownership Advantages

When you buy a product of this caliber, expect the best. We pour more time and energy into the things other companies take for granted. Biomechanics, product integrity, quality, force analysis, field research, technical optimization. These areas of development are invisible to our customers, but ensure that our equipment delivers the best possible workout experience for a lifetime of use. It's part of the assurance that comes with owning a Gym System made by the manufacturer of the #1 brand of fitness equipment in health clubs worldwide.

Learn more about the advantages of ownership. Visit our website at [LIFEFITNESS.COM](http://LIFEFITNESS.COM).

*LifeFitness*

Life Fitness offers a full line of premier fitness equipment for the home.

GYM SYSTEMS | TREADMILLS | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | LIFECYCLE® EXERCISE BIKES

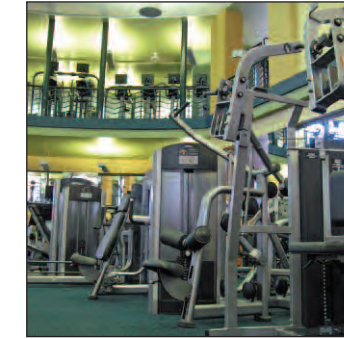
Where does your workout take you?

Gym Systems

[LIFEFITNESS.COM](http://LIFEFITNESS.COM)



*LifeFitness*



## Health club results are right at home

Whatever your fitness goals may be, you need the right tools to accomplish them. As the manufacturer of the #1 brand of fitness equipment in health clubs worldwide, Life Fitness understands what it takes to build fitness equipment that delivers results. From world champion athletes to military personnel, Olympic medalists to business travelers, Life Fitness equipment has improved the lives of countless individuals in its 30 year history. Design. Ergonomics. Research. Testing. We put more into our products so you can get more out of yourself.



## The ultimate experience

Life Fitness believes a workout isn't a chore, but a gateway into a higher level of wellness. Now you have the power to reach a new level of fitness satisfaction in the comfort and security of your own home. No matter what age, gender, or experience level, Life Fitness offers a strength solution to fit your needs. Whether your goal is to tone up, build strength, or train for a specific activity, we offer a home gym to assist you in reaching that goal. Try one today, it will not only change the way you exercise, but change the way you live.



*As my strength grows,  
so does my confidence.*

## Life Fitness Gym Systems

### Powerful technology to achieve your goals

Life Fitness gym systems empower your workouts with two types of strength-building technology—Cable Motion™ technology, and Fixed motion technology.

#### Cable Motion Gym Systems



G7 G5  
CM3

##### Freedom of Motion

Cable Motion technology gives you control of every exercise motion. You have the freedom to perform traditional exercises, the functional moves of specific activities, or total-body movements that strengthen your core.



- Train for function. Perform movements that strengthen the muscles used in activities or to achieve specific goals.



- User-defined paths of motion enable virtually unlimited exercise variety—similar to lifting free weights.



- Total-body exercises target multiple muscle groups producing greater results.

#### Fixed Motion Gym Systems



GS4  
GS2

##### Defined Motion

Fixed motion lets you focus on strengthening specific muscles using a traditional, machine-defined path of motion. This simplifies your movements and your workouts.



- Exercise motions are guided by the machine making exercising intuitive and straightforward.



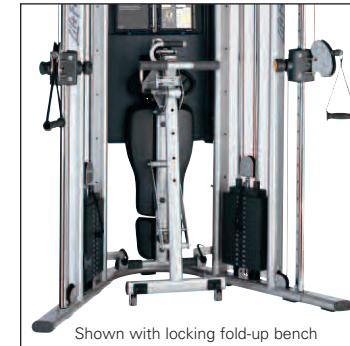
- Utilizes familiar, fixed motion technology typically found on health club equipment.



- Targets specific muscle groups by isolating muscles in a stabilized, controlled environment.

## The ultimate in exercise variety

The G7 Dual Adjustable Pulley Home Gym is the ultimate Cable Motion™ training experience. Sleek and modern industrial design combined with solid and rugged construction—you can perform a virtually endless amount of exercises on the G7 that engage stabilizing muscles while targeting major muscle groups—certain to deliver results.



Shown with locking fold-up bench

### SAMPLE EXERCISE OPTIONS

#### G7 EXCLUSIVE

Assisted pullup  
Assisted pushup  
Hanging leg raise  
Forward walking lunge  
Lateral walking lunge  
Body weight pullup

#### FUNCTIONAL

Golf swing  
Tennis swing  
Lift with rotation  
Baseball swing  
External rotation

#### CHEST

Chest press  
Decline chest press  
Converging incline chest press  
Close-grip chest press  
Extended-arm pec fly  
Unsupported chest press

#### SHOULDER/BACK

Lat pulldown  
Seated row  
Internal rotation  
Front raise  
Shoulder press  
Low row  
Lateral raise  
Rear deltoid  
One-arm fly  
One-arm cable row

#### BICEPS

Incline biceps curl  
Standing biceps curl  
Seated biceps curl  
Reverse biceps curl

#### TRICEPS

Triceps extension  
One-arm triceps extension  
Overhead triceps extension  
Seated triceps extension  
Triceps kickback

#### ABDOMINAL

Abdominal crunch-high pulley  
Seated abdominal crunch  
Kneeling abdominal crunch  
Oblique twist

#### LOWER BODY

Standing leg extension  
Standing leg curl  
Hip abduction  
Hip adduction  
Calf raise  
Lunge  
Squat

### G7 Special Features

- Cable Motion™ technology allows for virtually unlimited exercise variety, utilizes more muscle fibers, and works more muscle groups simultaneously than traditional fixed motion exercises
- Functional training enlists primary, secondary, and stabilizer muscles which enhances total-body coordination and improves performance in sport-specific and work-related tasks
- “G7 Training Center” houses a water bottle and G7 Exercise Book featuring 60 exercises
- Adjustable pulley columns allow for 20 different height positions and the dual weight stacks let you perform isolateral movements or enable two users to work out at the same time
- Training DVD features a personal trainer that guides you through 2 exercise routines: Total-Body and High-Energy
- Optional removable, multi-position bench folds and locks into place for convenient storage

### Accessories

#### Included

1 pair of medium length soft strap ergonomic handles  
Foot strap  
Thigh strap  
2 160-pound (73 kg) weight stacks  
Weight stack shrouds  
Traditional handle adapter clips  
Training DVD  
Exercise book  
Water bottle

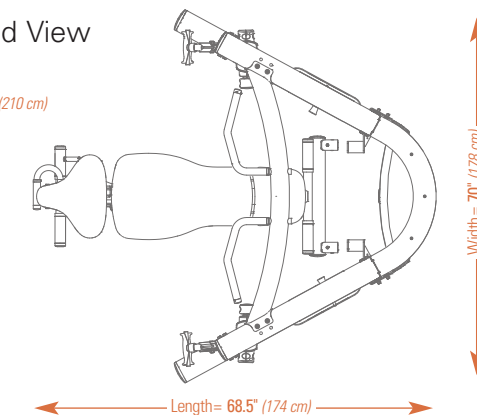
#### Optional

Removable, multi-position bench  
Exercise/Stability ball\*  
Balance board\*  
BOSU balance device\*  
Dumbbell set\*

\*See specialty fitness retailer for details

### Overhead View

Height = 83" (210 cm)



\*Shown with optional removable, multi-position bench

\*Shown with optional removable, multi-position bench



Shown with bench removed

**SAMPLE EXERCISE OPTIONS**

**FUNCTIONAL**

- Golf swing
- Tennis swing
- Lift with rotation
- Baseball swing
- External rotation

**CHEST**

- Chest press
- Converging chest press
- Decline chest press
- Converging incline chest press
- Close-grip chest press
- Extended-arm pec fly
- Unsupported chest press

**SHOULDER/BACK**

- Lat pulldown
- Narrow grip pulldown
- Seated row
- Internal rotation
- Front raise
- Shoulder press
- Low row
- Lateral raise
- Rear deltoid
- One-arm fly
- One-arm cable row

**BICEPS**

- Incline biceps curl
- Standing biceps curl
- Seated biceps curl
- Reverse biceps curl
- One-arm biceps curl

**TRICEPS**

- Triceps extension
- One-arm triceps extension
- Overhead triceps extension
- Seated triceps extension
- Standing triceps extension
- Triceps kickback

**ABDOMINAL**

- Abdominal crunch—mid pulley
- Abdominal crunch—high pulley
- Seated abdominal crunch
- Kneeling abdominal crunch
- Oblique twist

**LOWER BODY**

- Standing leg extension
- Standing leg curl
- Hip abduction
- Hip adduction
- Hip extension
- Calf raise
- Lunge
- Squat

G5

## Setting the standard

The G5 Cable Motion™ Gym System lets you do it all, from traditional strength training to movement-improvement exercises. Through its Cable Motion™ technology, optimized pulley zones and removable bench, the G5 allows for an endless range of innovative functional strength exercises in a compact design.



### G5 Special Features

- Cable Motion™ technology allows for virtually unlimited exercise variety, utilizes more muscle fibers, and works more muscle groups simultaneously than traditional fixed motion exercises
- Functional training transfers strength improvements to sport-specific and hobby-related strength training goals
- Removable bench allows for expanded exercise options
- 3 swivel pulley zones optimally positioned to allow for ultimate variety and ease of use for upper-body, lower-body, and core-strengthening movements
- Quick Connect cable end attachments make switching handles and moving between exercises quick and easy

### Accessories

**Included**

- 3 pairs of soft-strap ergonomic handles (short, medium, long)
- High strap
- Traditional handle adapter bar and clips
- Foot strap
- Instructional DVD and wall chart
- 160-pound (73 kg) weight stack

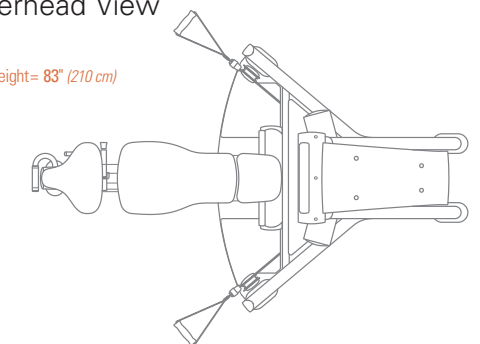
**Optional**

- Removable, multi-position bench
- Exercise/Stability ball\*
- Balance board\*
- BOSU balance device\*
- Dumbbell set\*

\*See specialty fitness retailer for details

### Overhead View

Height= 83" (210 cm)



Width= 54" (137 cm)

Length= 89" (226 cm)

\*Shown with optional removable, multi-position bench



Shown with optional Leg Press/Calf Raise

**SAMPLE EXERCISE OPTIONS**

**FUNCTIONAL**

- Golf swing
- Tennis swing

**CHEST**

- Chest press
- Converging chest press
- Decline chest press
- Converging incline chest press
- Close-grip chest press
- Extended-arm pec fly
- Unsupported chest press

**SHOULDER/BACK**

- Lat pulldown
- Narrow grip pulldown
- Seated row
- Internal rotation
- Front raise
- Shoulder press
- Low row
- Lateral raise
- Rear deltoid
- One-arm fly
- One-arm cable row

**BICEPS**

- Standing biceps curl
- Seated biceps curl
- Reverse biceps curl
- One-arm biceps curl

**TRICEPS**

- Triceps extension
- One-arm triceps extension
- Overhead triceps extension
- Standing triceps extension
- Triceps kickback

**ABDOMINAL**

- Abdominal crunch-high pulley
- Seated abdominal crunch
- Oblique twist

**LOWER BODY**

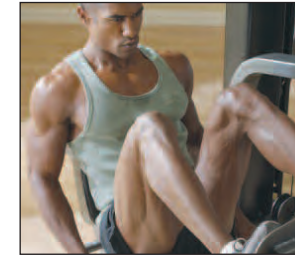
- Seated leg extension
- Standing leg curl
- Hip abduction
- Hip adduction
- Hip extension
- Leg press (optional)
- Calf raise (optional)

\* Shown with optional weight stack shroud



## A powerful combination

Core strength meets power moves. The **CM3** Cable Motion™ Gym System combines the variety of functional strength training with the simplicity of a traditional gym. The **CM3** uses upper-body Cable Motion™ technology and lower-body fixed paths of motion to strengthen core stabilizing muscles for everyday movements.



### CM3 Special Features

- Cable Motion™ technology allows for virtually unlimited variety with an ergonomic design that mimics the body's natural path of motion
- Functional training exercises increase strength in the muscles used in hobby and sport-related activities
- 2 swivel pulley zones remain in the optimal position for each upper-body and core exercise
- Traditional fixed motion leg extension and leg curl target specific muscles, while the ankle strap allows for free motion leg exercises
- Quick Connect cable end attachments make switching between exercises quick and easy
- Further challenge your lower-body muscles with the optional Leg Press/Calf Raise\*

\* See details on page 16

Accessories		Overhead View
<b>Included</b>	<b>Optional</b>	
<ul style="list-style-type: none"> <li>2 pairs of soft-strap handles (short, medium adjustable)</li> <li>Revolving low row bar</li> <li>Ankle strap</li> <li>160-pound (73 kg) weight stack</li> <li>Traditional handle adapter bar</li> <li>Instructional wall chart</li> </ul>	<ul style="list-style-type: none"> <li>50-pound (23 kg) add-on weight stack</li> <li>Revolving lat bar</li> <li>Leg Press/Calf Raise</li> <li>Weight stack shroud</li> </ul>	



**SAMPLE EXERCISE OPTIONS**

**CHEST**

- Chest press
- Close-grip chest press
- Extended-arm pec fly

**SHOULDER/BACK**

- Lat pulldown
- Seated row
- Internal rotation
- Front raise
- Shoulder press
- Low row
- Lateral raise
- Rear deltoid
- Reverse fly
- One-arm cable row

**BICEPS**

- Standing biceps curl
- Reverse biceps curl
- One-arm biceps curl

**TRICEPS**

- Triceps extension
- One-arm triceps extension
- Overhead triceps extension
- Standing triceps extension

**ABDOMINAL**

- Abdominal crunch—mid pulley
- Seated abdominal crunch

**LOWER BODY**

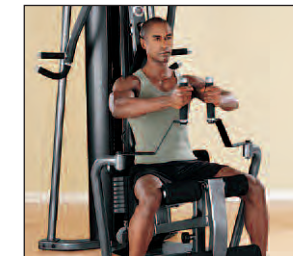
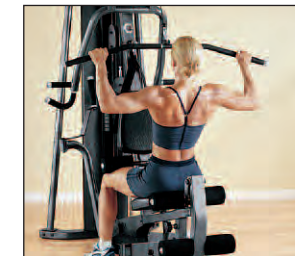
- Seated leg extension
- Standing leg curl
- Hip abduction
- Hip adduction
- Hip extension
- Leg press (optional)
- Calf raise (optional)

\* Shown with optional weight stack shroud

**GS4**

## A powerhouse of fundamentals

The **GS4** Gym System promotes a quick and efficient workout in a compact footprint. Its simple adjustments allow a quick transition from exercise to exercise and can be easily adjusted for a variety of users. Unique design elements include ergonomically-angled handles that encourage proper arm positioning and movement for a smooth workout.



### GS4 Special Features

- Traditional fixed motion system uses familiar strength training technology to target specific muscle groups
- Switching between exercises is quick and simple
- Ergonomically-positioned handles provide comfortable wrist angles during pressing and pulling exercises
- Dual pivot pec/reverse fly arms are self-adjusting to maximize comfort and range of motion during fly exercises
- Mid pulley provides expanded abdominal, arm, shoulder, and chest exercises
- Adjustable seat angles allow for quick changes from flat bench press to a 30° incline to a 45° incline to a 70° shoulder press with ease
- Seat angle promotes full range of motion on leg extension
- Further challenge your lower-body muscles with the optional Leg Press/Calf Raise\*

\* See details on page 16

### Accessories

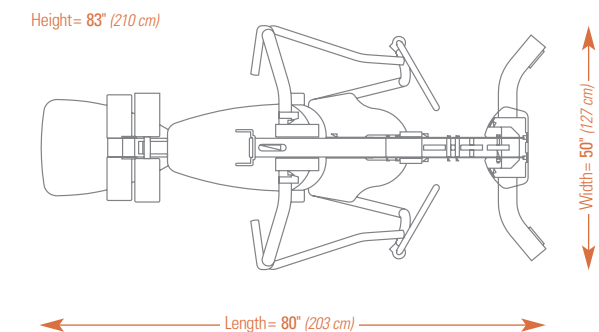
**Included**

- Revolving lat bar
- Revolving low row bar
- Ab/Tricep straps
- Ankle strap
- 160-pound (73 kg) weight stack
- Instructional wall chart

**Optional**

- 50-pound (23 kg) add-on weight stack
- Leg Press/Calf Raise
- Weight stack shroud

### Overhead View





**SAMPLE EXERCISE OPTIONS**

**CHEST**

- Chest press
- Converging chest press
- Close-grip chest press
- Extended-arm pec fly

**SHOULDER/BACK**

- Lat pulldown
- Seated row
- Front raise
- Low row
- Lateral raise
- Rear deltoid
- Extended arm pec fly

**BICEPS**

- Standing biceps curl
- Reverse biceps curl
- One-arm biceps curl

**TRICEPS**

- Triceps extension
- One-arm triceps extension
- Standing triceps extension

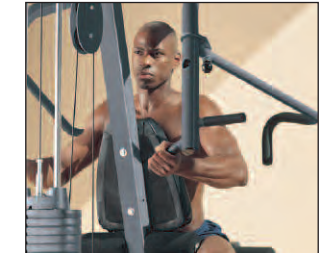
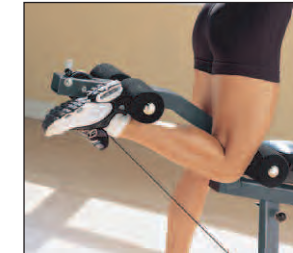
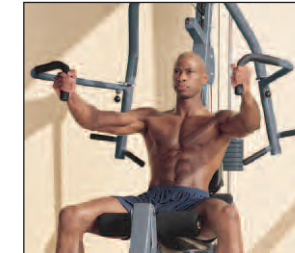
**LOWER BODY**

- Seated leg extension
- Standing leg curl
- Hip abduction
- Hip adduction
- Hip extension
- Leg press (optional)
- Calf raise (optional)

**GS2**

## Strength from simplicity

The **GS2** Gym System makes strength training accessible to every level of exerciser. With the Variable Arc™ pressing station, the **GS2** gives you the freedom to try a variety of movements for better results in less time. And the ergonomic design makes each motion feel smooth and comfortable. Get a great total-body workout in a small space.



### GS2 Special Features

- Variable Arc™ Press Arm allows for both traditional (chest press), converging (converging chest press), and extended arm (pec fly) paths of motion from the same seated position
- Ergonomically-positioned handles promote proper wrist angles during pressing and pulling exercises
- Pivot arcs are strategically-positioned to provide the most natural feel during full ranges of motion
- Pec fly path of motion mimics dumbbell fly movement
- Great exercise variety in a small package
- Further challenge your lower-body muscles with the optional Leg Press/Calf Raise\*

\* See details on page 16

### Accessories

**Included**

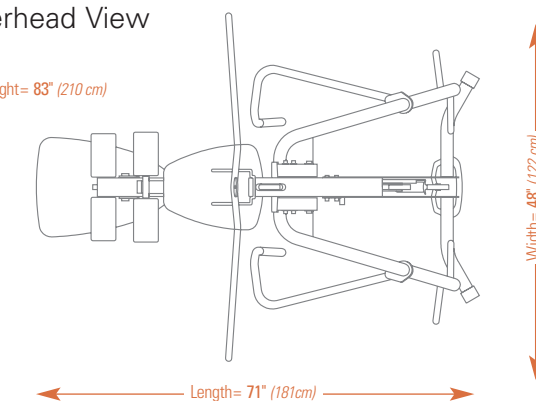
- Revolving lat bar
- Revolving low row bar
- Ankle strap
- 160-pound (73 kg) weight stack
- Instructional wall chart

**Optional**

- 50-pound (23 kg) add-on weight stack
- Leg Press/Calf Raise
- Weight stack shroud

### Overhead View

Height= 83" (210 cm)



Length= 71" (181cm)

Width= 48" (122 cm)

\* Shown with optional weight stack shroud.  
\* Leg Press/Calf Raise option available



## Sample exercise options

	● Standard ○ Optional – Unavailable				
	G7	G5	CM3	GS4	GS2
<b>G7 EXCLUSIVE</b>					
Assisted pullup	●	–	–	–	–
Assisted pushup	●	–	–	–	–
Hanging leg raise	●	–	–	–	–
Forward walking lunge	●	–	–	–	–
Lateral walking lunge	●	–	–	–	–
Body weight pullup	●	–	–	–	–
<b>FUNCTIONAL</b>					
Golf swing	●	●	●	–	–
Tennis swing	●	●	●	–	–
Lift with rotation	●	●	–	–	–
Baseball swing	●	●	–	–	–
<b>CHEST</b>					
Chest press	●	●	●	●	●
Converging chest press	●	●	●	–	●
Decline chest press	●	●	●	–	–
Converging incline chest press	●	●	●	–	–
Close-grip chest press	●	●	●	●	●
Extended-arm pec fly	●	●	●	●	●
Unsupported chest press	●	●	●	–	–
<b>SHOULDER/BACK</b>					
Lat pulldown	●	●	●	●	●
Narrow grip pulldown	●	●	●	●	●
Seated row	●	●	●	–	–
Internal rotation	●	●	●	●	●
External rotation	●	●	●	●	–
Front raise	●	●	●	●	●
Shoulder press	●	●	●	●	–
Low row	●	●	●	●	●
Lateral raise	●	●	●	●	●
Rear deltoid	●	●	●	●	●
Reverse fly	–	–	–	●	–
One-arm fly	●	●	●	–	–
One-arm cable row	●	●	●	●	–
<b>BICEPS</b>					
Incline biceps curl	●	●	–	–	–
Standing biceps curl	●	●	●	●	●
Seated biceps curl	●	●	●	–	–
Reverse biceps curl	●	●	●	●	●
One-arm biceps curl	●	●	●	●	●
<b>TRICEPS</b>					
Triceps extension	●	●	●	●	●
One-arm tricep extension	●	●	●	–	–
Overhead triceps extension	●	●	●	●	–
Seated triceps extension	●	●	–	–	–
Standing triceps extension	●	●	●	●	●
Triceps kickback	●	●	●	●	●
<b>ABDOMINAL</b>					
Abdominal crunch—mid pulley	●	●	–	●	–
Abdominal crunch—high pulley	●	●	●	–	–
Seated abdominal crunch	●	●	●	●	–
Kneeling abdominal crunch	●	●	–	–	–
Oblique twist	●	●	●	–	–
<b>LOWER BODY</b>					
Standing leg extension	●	●	–	–	–
Seated leg extension	–	–	●	●	●
Standing leg curl	●	●	●	●	●
Hip abduction	●	●	●	●	●
Hip adduction	●	●	●	●	●
Hip extension	●	●	●	●	●
Leg press	–	–	○	○	○
Calf raise	●	●	○	○	○
Lunge	●	●	–	–	–
Squat	●	●	–	–	–

## Optional Leg Press/Calf Raise attachment (Available on the CM3, GS4 and GS2)

Add more variety to your strength training routine, further challenge your lower-body muscles, and see greater results with the Life Fitness Leg Press/Calf Raise attachment.

### Leg Press/Calf Raise option highlights:

- Perform challenging leg press and calf raise exercises to strengthen quad, hamstring, glute and calve muscles
- Non-skid foot platform provides a stable, natural foot position
- Flat arc maintains proper angles and alignment throughout the lower-body to minimize stress on knee joints
- Stabilizing handles and cushioned pads provide a safe and comfortable workout
- Warranty: Limited lifetime warranty on frames, welds, and parts; 3-year warranty on upholstered pads and cables

## Specifications

	● Standard ○ Optional – Unavailable				
	G7	G5	CM3	GS4	GS2
<b>DIMENSIONS</b>					
Length	49" 124 cm	51" 130 cm	80" 203 cm	80" 203 cm	71" 181 cm
Length with optional bench	68.5" 174 cm	89" 226 cm	–	–	–
Width	70" 178 cm	54" 137 cm	53" 135 cm	50" 127 cm	48" 122 cm
Height	83" 210 cm	83" 210 cm	83" 210 cm	83" 210 cm	83" 210 cm
Length with optional Leg Press/Calf Raise	–	–	80" 203 cm	88" 224 cm	71" 181 cm
Width with optional Leg Press/Calf Raise	–	–	90" 229 cm	82" 208 cm	81" 206 cm
<b>PRESS ARMS</b>					
User-defined pressing (cables)	●	●	●	–	–
Adjustable angle fixed press arm	–	–	–	●	–
Variable Arc™ pressing	–	–	–	–	●
<b>PULLEYS</b>					
Dual Adjustable Swivel Pulleys	●	–	–	–	–
2 swivel high, mid and low pulleys	–	●	–	–	–
2 swivel high pulleys, 2 swivel mid pulleys, and 1 low pulley	–	–	●	–	–
V-groove mid pulley	–	–	–	●	–
High and low pulley	–	–	–	●	●
<b>ADJUSTABILITY</b>					
User-defined pec fly (cables)	●	●	●	–	–
Self-adjusting pec fly arms	–	–	–	●	–
Adjustable starting position for pressing movements	●	●	●	●	–
Removable, multi-position bench	○	○	–	–	–
Vertical adjustable seat	–	–	●	●	–
<b>ACCESSORIES</b>					
2 160-pound (73 kg) weight stacks	●	–	–	–	–
160-pound (73 kg) weight stack	–	●	●	●	●
50-pound (23 kg) add-on weight stack	–	–	○	○	○
3 pairs of soft-strap ergonomic handles (short, medium, long)	–	●	–	–	–
2 pairs of soft-strap handles (short, medium adjustable)	–	–	●	–	–
1 pair of soft-strap handles (medium)	●	–	–	–	–
Ab/tricep strap	–	–	–	●	–
Foot strap	●	●	–	–	–
Ankle strap	–	–	●	●	●
Thigh Strap	●	●	–	–	–
Revolving lat bar	–	–	○	●	●
Revolving low row bar	–	–	●	●	●
Traditional handle adapter bar	–	●	●	–	–
Traditional handle adapter clips	●	●	–	–	–
Instructional DVD	●	●	–	–	–
Wall chart	–	●	●	●	●
Exercise book	●	–	–	–	–
Water bottle	●	–	–	–	–
Leg Press/Calf Raise	–	–	○	○	○
Weight stack shrouds	●	●	○	○	○
Removable, multi-position bench	○	○	–	–	–
<b>WARRANTIES</b> (Warranties outside the U.S. may vary)					
Lifetime warranty on frame, welds, pulleys and parts; 3-year on upholstered pads and cables	●	●	●	●	●

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\* Exercise ball shown with the G7 and G5 is sold separately. It is strongly suggested that you only purchase a *burst-proof* exercise ball. CM3, GS4 and GS2 shown with optional 50-pound (23 kg) add-on weight stack. Specifications, product features, and accessories are subject to change.