

Specifications

- 2.5 mm steel frame - silver
- Weight Stack : 150 lbs. / 68 kg
- Optional 50 lbs. / 22.5 kg add-on
- 1000 lbs. certified fitness cable
- Cable Resistance Ratio 4:1 (2:1 when linked)
- Padded feet to protect flooring
- Integrated tablet / device holder

DIMENSIONS



Warranty



Applies to defects in materials & workmanship.
Accessory wear & tear excluded.

* 5 years commercial parts warranty covers structural moving parts, guide rods, bearings, bushings & pulleys

1 YEAR: Finish / paint, cables & upholstery

ALL OTHER PARTS not mentioned elsewhere in the commercial warranty will expire one (1) year from the date of purchase to the original purchaser.



Exercise solutions for every **body**

Natural experience · Ergonomics
Results · Peace of mind · Innovations

Strength

Make your body
strong and powerful

Accessories

Useful add-ons that
offer clever solutions

(800) 910-6194

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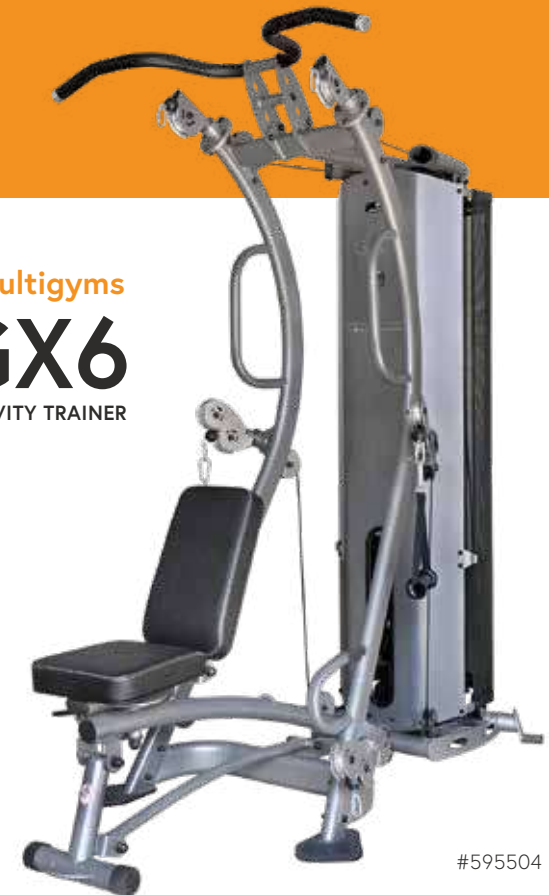


PARADIGM™

Strength products

/ Multigyms

GX6
ACTIVITY TRAINER



Learn more at paradigmfitnessequipment.com



#595504

Easy, efficient, effective training for every **body**

quick & easy to use

Designed with simplicity in mind to give you the most **enjoyable exercise experience**. With minimal accessory and seat position changes, see how efficient even complex cross-training programs can become.

premium quality

Manufactured with the **highest quality components** to achieve **smooth operation**, even when under heavy loads and during **high-speed movements**. Tremendous durability backed by a Lifetime Warranty.

fixed resistance training

Strength training has never been easier and safer. **Build muscle and gain strength** through unilateral & bilateral functional cable training.

variable resistance training

Select from three variable resistance levels to maximize muscular involvement throughout the exercise range. Employ the lowest level for rehabilitation & youth training and the highest level for power development.

bodyweight training

Strengthen your core by performing assisted or non-assisted **bodyweight** exercises using the designated bars and included accessories.

cardio / circuit training

Use the accessories for pure cardio exercises or **easily combine strength and cardio** to create dynamic circuit training programs.

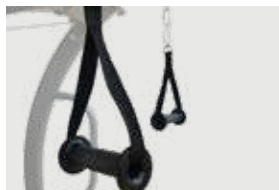
sport specific actions

Any Movement, Any Speed. No Limitations. Improve your competitive performance by recreating athletic movements at your desired power.

high speed ballistic training

The hybrid weight system with patented recoil resistance tubes allows users to **complete explosive cross-training exercises**.

Included accessories



6x ergonomic handles



2x gloves



2x hanging straps



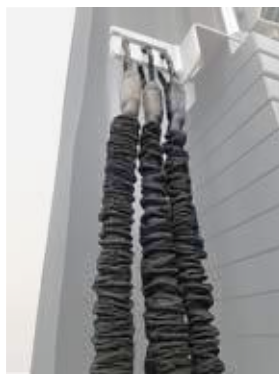
2x ankle straps



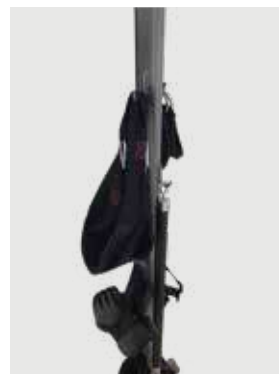
1x long strap



1x exercise bar



6x recoil resistance tubes



Accessory storage

Optional add-ons

Folding bench

Space saver

Significantly **reduce your required workout area** by folding the bench when completing standing exercises.

Keep it folded to **save space when not in use**.



360° free-floating seat

Improve agility, balance, coordination and core strength by **recreating rotational movements** that you use in your daily life.

F.I.D. bench

Maximum versatility

The perfect solution where the accessibility to perform standing functional exercises is a priority and the flexibility of an independent free-weight bench is a necessity.



200 lbs. / 90 kg weight stack

50 lbs. / 22.5 kg extra

Need heavier resistance? Increase the upgradeable solid steel weight stack to 200 lbs. Each individual plate includes industrial grade bushings, guaranteeing smooth operation while eliminating any awful metal on metal sounds.

