

**5-STATION MULTI GYM**  
**J5MG**

◆ Offers five distinct workout stations targeting various muscle groups, including chest, back, arms, legs, and abs. Featuring adjustable weight stacks, ergonomic handles, and padded seats, users can customize their workouts for optimal muscle engagement and growth. The sturdy frame and reinforced cables ensure durability and stability during intense training sessions.

◆ **DIMENSION:**

Length : 218 inches / 554 cms

Width : 115 inches / 292 cms

Height : 92 inches / 234 cms

Weight Stack : 220lbs / 100kg

X 5 Stacks

◆ **MUSCLE WORKED:**

Erector Spine, Trapezius,

Latissimus Dorsi,

Rear Deltoids & Biceps

