

BFMG20**Best Fitness Sportsman's Gym****BFMG20**
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Complete gym in one compact, affordable machine. The padded pressing arms follow the natural arc of a free weight bench press and pectoral dumbbell fly. Features 2200 lb. test nylon coated aircraft quality cables and fiberglass pulleys with ball bearing movement on solid axle rotation. Includes high pulley with wide grip lat bar and low pulley with narrow grip low row bar. No cable change design!

Dimensions: 78"H x 64"L x 47"W

Special Features

- 3-year Best Fitness in-home warranty
- Bench press, pectoral fly, front/back lat pull-down, tricep press-down, leg extension/leg curl, ab crunch, tricep extension
- Low Pulley Station: curls, seated row, shrugs, oblique bends, upright rows, bent over rows, adduction, abduction, front/side deltoid raises