

EXPRESS GYM

EXPRESS WORKOUT. EXPRESS RESULTS.

It's not that often something so simple does so much, especially with such an outstanding outcome. The V Express Gym lives up to its name with a versatile all in one gym that allows for multiple strength training exercises within its compact, yet powerful design. From legs to arms, chest to back, every inch is sure to see express results from the V Express Gym.

FEATURES & BENEFITS

- Articulating press arm features a 3-dimensional exercise movement that allows you to perform flat, incline, decline press or fly exercises
- Adjustable pivoting back pad provides enhanced upper body support during exercises
- Adjustable seat provides quick and easy exercise positioning to accommodate varying body sizes
- Multi-function roller pad ensures correct exercise alignment during both leg extension and standing leg curl exercises
- Standing leg curl allows the user to exercise each side of the body independently
- Wide groove pulleys on the high, mid and low cable stations provide greater exercise range of motion and longer cable life
- Split Weight Cabling increases cable travel and delivers 50% resistance to mid and low pulley exercises
- Patented Radial Loc® weight system reduces shifting between weight plates for smoother, quieter exercise movements*
- Compact, exercise forward design requires minimal floor space
- Integrated accessory rack provides convenient storage for all V Express Gym accessories

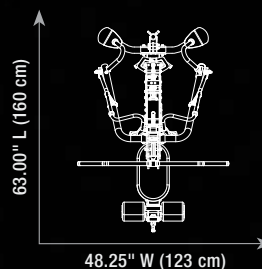


SPECIFICATIONS:

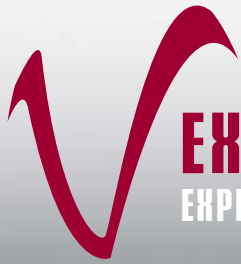
US / METRIC

Length:	63.00" / 160 cm
Width:	48.25" / 123 cm
Height:	83.50" / 212 cm
Machine Weight:	398 lbs. / 180 kg

(Specifications do not include options)



* V Express Gym is shown with optional 50 lbs. Weight Stack Upgrade and Weight Stack Shield



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ACCESSORIES

- ◆ Adjustable strap handles (1 pair) for varying user heights and arm lengths
- ◆ Padded ankle strap for comfortable leg exercises
- ◆ Commercial quality ultra light aluminum curl bar and lat bar with revolving attachment points
- ◆ 14-link chain ensures proper range of motion for varying user heights
- ◆ Exercise poster is included as a quick reference guide showing proper form and exercise examples

OPTIONS

- ◆ **V Ride Leg Press (VR-LP)**
Provides an exhilarating leg workout that mimics natural, comfortable and functional movements of free weight training
- ◆ **V Stationary Leg Press (VS-LP)**
Offers an easy to enter, step through design and swiveling foot plate that automatically self-aligns during the exercise
- ◆ **Weight Stack Shield (HV-SHLD)**
Fully enclosed and designed with vented shrouds for noise reduction
- ◆ **50 lbs. Weight Stack Upgrade (W-C050-CH)**
(V Express Gym standard weight stack: 150 lbs.)



* Shown with optional V Ride Leg Press, 50 lbs. Weight Stack Upgrade and Weight Stack Shield



* Shown with optional V Stationary Leg Press, 50 lbs. Weight Stack Upgrade and Weight Stack Shield

STANDARD ACCESSORIES



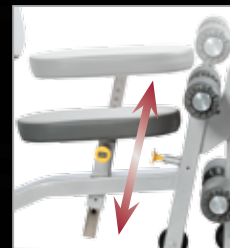
LAT BAR SHOWN ATTACHED TO HIGH PULLEY



ADJUSTABLE PIVOTING BACK PAD



ADJUSTABLE SEAT AND MULTI-FUNCTION ROLLER PADS



50 LBS. WEIGHT STACK UPGRADE



LIFETIME FRAME* • 10 YEARS MOVING PARTS* • 10 YEAR PAINT, CABLES & UPHOLSTERY*

* Warranty applies to defects from the manufacturer only and is valid only to the original purchaser of the product. Proof of purchase required. Visit our website for complete product warranty information.

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