

Pec Fly / Rear Delt

G7-S22



- Rotating grips provide comfort and smooth movement during use
- Angled back pad and delt grips enhance user comfort and improve biomechanics
- Oversized handles reduce the need to adjust the seat position between rear deltoid and fly exercises
- Heavy weight stack accommodates advanced users
- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals

ADJUSTMENTS

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|---|---|
| User adjustment range | 7 position seat, 8 user arm start positions (4 for Pec Fly and 4 for Rear Delt) |
| Machine assisted user adjustments | Spring assisted seat |
| Color coded pivots & points of adjustment | Yes |

FRAME & CABLES

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|----------------------------|---|
| Available frame colors | Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium |
| Frame finish | Proprietary two-coat powder process |
| Cable transmission | Internally lubricated cables & fittings |
| Machine anchoring | Independent machine hold down brackets |
| Integrated leveling system | Yes, top-down leveler |

TECH SPECS

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| Overall "static" dimensions (L x W x H) | 143.5 x 173.5 x 197 cm / 56.4" x 54.1" x 77.6" |
| Overall "in-use" dimensions (L x W x H) | 143.5 x 193.5 x 197 cm / 56.4" x 76.1" x 77.6" |
| Product weight | 329 kg / 726 lbs |
| Shipping weight | 390 kg / 860 lbs |
| Rep counter machine usage tracking | Service mode tracks total machine reps and hours of use |
| Rep counter battery life | Approximately 3 years |
| Rep counter power supply | 2 AA batteries |

USER AMENITIES

| | |
|-----------------------|---|
| Front placards | Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification |
| Rear placards | Color-coded machine identification, exercise specific stretching |
| Placard color coding | Yellow (upper body) |
| Rep counter | Electronic counter displays reps, exercise time and rest time |
| Personal storage | Two tactile storage mats, personal device cradle and towel hook |
| Action Specific Grips | Exercise specific grips improving feel, function and form during use |
| Contoured seat | Yes; angled back pad for added comfort |

WEIGHT STACK

| | |
|-----------------------------|------------------------------------|
| Total stack weight | 135 kg / 300 lbs |
| Weight plate increments | 4.5 kg / 10 lbs |
| Incremental weight system | 1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs |
| Max Training Weight | 138.4 kg / 307.5 lbs |
| Consistent 53" stack height | Yes |
| Weight stack guarding | Full front and rear shields |
