

## 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

info@paradigmfitnessequipment.com

PARADIGMFITNESSEQUIPMENT.COM



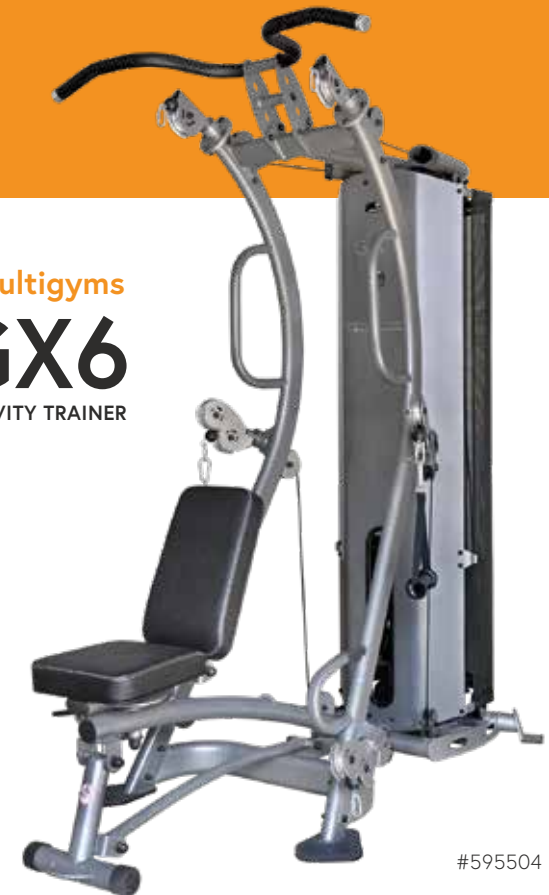
# PARADIGM™

## Strength products

/ Multigyms

# GX6

ACTIVITY TRAINER



Learn more at [paradigmfitnessequipment.com](https://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



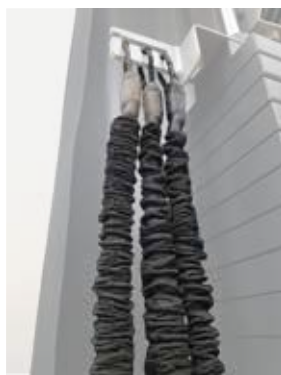
2x ankle straps



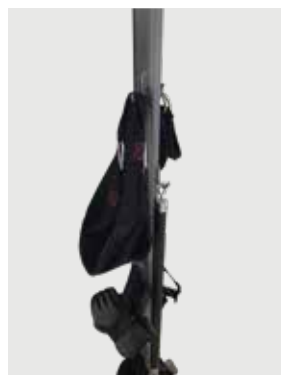
1x long strap



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.

