

MG 10

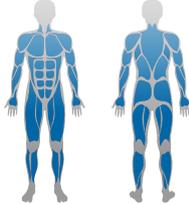
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POWER



Training intensity
regular



-  **Main Frame**
45 mm square steel tube, 50 x 40 mm square steel tube
-  **Pad**
30 mm high density / logo printed
-  **Color**
black/blue
-  **Number of Exercises**
18
-  **Main Exercises**
Biceps, Chest Press, Pec Fly, Pulldown, Shoulder Shrug
-  **Time to Assemble**
120 min.
-  **Max. User Weight**
115 kg
-  **Max. Leg Developer Load**
45 kg
-  **Max. Preacher Curl Load**
60 kg
-  **Stack Weight**
70 kg
-  **Stack Material**
Vinyl
-  **Printed Docs Included**
Assembly Instructions
-  **Set Up Weight**
117.4 kg
-  **Set Up Dimensions**
149.5 x 111 x 203 cm
-  **Box Dimensions**
1)187x52.5x13cm 2)110x49.5x17cm
3)33.5x29.5x19cm 4)33.5x29.5x19cm
5)33.5x24.5x19cm
-  **Box Weight**
128.9 kg

ENERGETICS' MG 10 is a fully equipped workout station designed to take your home training to the next level. This sturdy multi-functional gym takes only 2 hours to assemble from the box. Exercise options include biceps training, chest press, pec flies, pull downs, and shoulder shrugs. The seating pads and the preacher curl station are comfortably padded with 30 mm high-density foam. The MG 10 is designed for users up to 115kg.