

G1-FW162 Back Extension

MATRIX

45 Degree Start Position

Provides closer alignment of strength curve for lower back and hamstrings

Twist-locking Pull Pin

Improves stability of pads

G1 Back Extension

Dimensions	50" x 29" x 34"
Net Weight	99 lbs.

WARRANTY (Valid in the USA only, outside may vary)

Frame (not coatings)	10 years
Structural parts	10 years
Labor	1 year
Upholstery/grips/springs & any item not specified	90 days



G1-FW163 Olympic Flat Bench

MATRIX

Angled Frame

For easy spotter access

Integrated Weight Storage Horns

Keep plates in close proximity

Footrest

Provides smaller users enhanced stability

G1 Olympic Flat Bench

Dimensions	70" x 50" x 80"
Net Weight	174 lbs.

WARRANTY (Valid in the USA only, outside may vary)

Frame (not coatings)	10 years
Structural parts	10 years
Labor	1 year
Upholstery/grips/springs & any item not specified	90 days

