



GGSY29013

Gold's Gym® XR 55 Home Gym System

Shelf Description

- 125 lb. Weight Stack
- Upper and Lower Body Stations (Chest Press/Fly, Leg, High Pulley, Low Pulley)
- Accessories Included (Lat Bar, Handled Strap, Preacher Pad, Row Plate)

Short Description

Get full-body strength training at home with the Gold's Gym XR 55 Home Gym System. The 125-pound weight stack offers up to 330 pounds of resistance for a variety of strength training exercises. Build strength in your upper body with the combination chest press/fly station and high pulley. Work your lower body with the 4 foam leg developer and low pulley. Precision pulleys and bearings make every movement smooth and fluid, while the padded, adjustable vinyl seat offers support and comfort. Change up your workout with the included multi-grip lat bar, handled strap, adjustable preacher pad and row plate.

Features

125 lb. Vinyl Weight Stack

Combination Chest Press/Fly Station

4 Foam Leg Developer

Upper and Lower Pulley

Padded, Adjustable Vinyl Seat

Workout Accessories Included: Lat Bar, Strap with Handle, Preacher Pad, Row Plate

300 lb. Weight Capacity

90-Day Warranty

Benefits

Smooth Movement

Premium components promote a better-feeling workout. Precision pulleys and bushings ensure fluid cable travel for smooth movement.

Full Body Strength Training

Build strength in your upper and lower body and target specific muscle groups with the combination chest press/fly station, 4 foam leg developer, and upper and lower pulleys.

Training Variety

Add variety to your training with included workout accessories. The exercise chart shows how to maximize training using the multi-grip lat bar, ankle strap with handle, adjustable preacher pad and row plate.

Comfort and Durability

From the vinyl weight stack and safety shroud to non-slip grips and padded, stitched vinyl seat, every component is built for lasting comfort.

Product Tour

125 lb. Vinyl Weight Stack:

- 125 lbs. of weight
- 280 lbs. maximum resistance
- Durable construction

Combination Chest Press/Fly Station:

- Target your chest and arms for more defined results
- Target your major and minor pectoral muscles
- Add definition to your shoulders and chest

4-Roll Leg Developer:

- Strengthen your quads, hamstrings, glutes and hip-flexors
- Comfortable foam covers leg developer

High Pulley:

- Sculpt lats and back muscles

Low Pulley:

- Tone glutes and leg muscles

Workout Accessories:

- Multi-grip lat bar
- Ankle strap with handle
- Adjustable preacher pad
- Row plate

Exercise Chart:

- Designed by a Certified Personal Trainer

User weight Capacity:

- This system accommodates up to 300 lbs.

Warranty:

- The Gold's Gym System is protected by a 90-Day Warranty