

**Start with the basic, multi gym with multi-function.  
Get your whole body worked out!**

- Combining workout functions of chest press, lat pull-down, and leg extension as the base unit, machine MG100B also equips a station for chip-up and abdominal crunch.
- Dual press movement arms with a classic long pull bar as attachments increase workout options, accommodating the needs of different exercisers.
- The cable-driven system transmits expedient resistances that promote workout efficiency.

MG100B (Base)



MGLPB



MGCCB



**Optional upgrade 1 - leg press (MGLPB)**

**Optional upgrade 2 - cable column upgrade (MGCCB)**

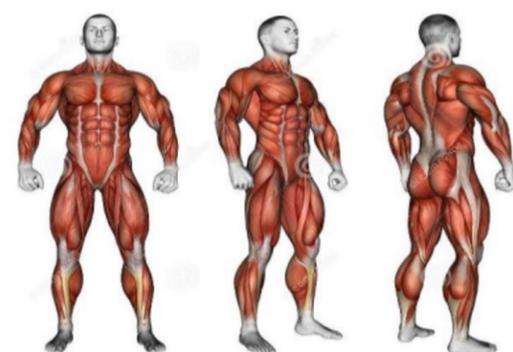
**Optional upgrade 3 - MB-100B+MGLPB+MGCCB**

**(Base + leg press + cable column)**



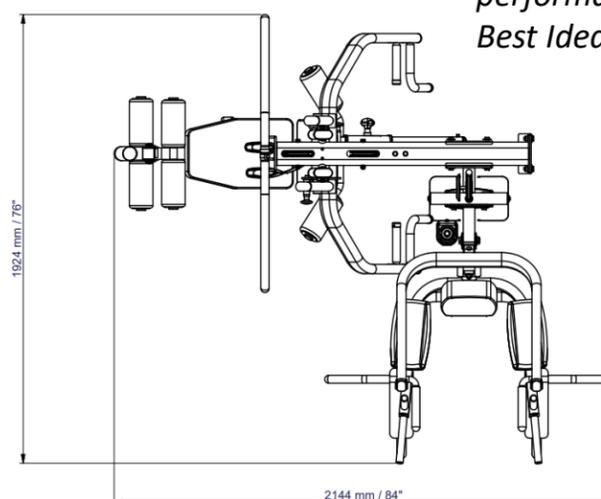
### SPECIFICATIONS

**MB-100B+MGLPB+MGCCB  
(front and back)**



*Built for a lifetime of performance... MG100B  
Best Idea of Muscle groups.*

<b>Frame Finish</b>	One-coat powder process, electrostatically applied powder coat finish, dark grey.
<b>Instructional Placard</b>	Included
<b>Upholstery</b>	2" Rebonded Scrap Foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	Dipped PVC Handle
<b>Driving System</b>	Cable
<b>Cable</b>	7 x 19 Carbon steel, tensile strength of more than 2090 lbs. (950 kg)
<b>Shroud</b>	1.2T delicate steel safety cover
<b>Weight Stack</b>	High-quality weight plates for smooth and durable operation
<b>Standard Weight Stack</b>	210 lbs. / 95 kg (SP-10/SP10A-10 lbs. x 20 pcs + 10 lbs. top plate)
<b>Dimensions</b>	214 x 192 x 241 cm / 84" x 76" x 95"



Floor Space Dimensions: L2144 x W1924 x H2409 mm  
Live Working Area : L2144 x W1924 mm



**Scan me!**

**INTERNATIONAL**  
3F28, No. 5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110  
Tel: +886-2-2720-9980  
Fax: +886-2-2722-9750  
E-mail: joong@ms13.hinet.net  
http://www.steelflexfitness.com