



5-STATION HOME GYM

Full-body training in a compact footprint



The Force USA HG100 Home Gym is the perfect workout station for anyone seeking gym-quality exercises in the comfort of their own home, enabling a wide range of upper- and lower-body training in a compact design. Built with heavy-gauge structured rolled steel tubing and a 50kg pin-loaded weight stack that expands to 110lb of extra plate-loaded resistance, it pairs durability with a smooth, simple pin-selection system.

FEATURES

- ✓ 5 stations: lat pulldown, pec deck, ab core, leg & low pulley
- ✓ Heavy-gauge structured rolled steel tubing
- ✓ 50kg pin-loaded weight stack, expandable with weight horns
- ✓ Tear-resistant seat with deluxe upholstered cushioning

EQUIPMENT SPECIFICATIONS

Pulley Ratio	4:1 (Leg extension, Arm Press), 2:1 (Low, Middle pulley) & 1:1 (Lat pull)
Weight Stack	1 x 50kg (110lb)
Handlebar Adjustment	No
Seat Adjustment	Height adjustable. Pop pin adjusted.
Seat Height	Lowest adjustment : 60 - 55 cm (Angled seat)
Mainframe	Heavy gauge structured rolled steel tubing
Cushion Thickness	5cm
Extra Features	2 x weight horn for additional 50kg weight plates. Attachment included. Pulleys with bearings.
Dimensions	145 (L) x 110 (W) x 203 (H) cm
Dimensions (Backrest)	55 - 50 (L) x 30 - 23 (W) cm (Cross-shaped backrest)
Dimensions (Seat)	35(L) x 20-25(W) tapered cm
Product Weight	100.5kg (221.6lb)
Max Load	Weight Horn: 50kg total (110lb)
Max User Weight	135kg (297lb)
Surface Coat	Eco-friendly premium commercial grade powder
Material	Steel frame. Vinyl weight stack.