



# PHG1000X

## Powerline Hardcore Gym



Chest Press



Pec Fly



Bicep Curls



One Arm Row



Leg Extension

### Optional Attachments:

#### SP150

150 lb. Selectorized  
Weight Stack Upgrade



### PHG1000X Powerline Hardcore Gym

Get a total body workout from one compact machine. The PHG1000X is designed to be versatile, durable, dependable and affordable. A standout feature on this machine is the patented press arm system that functions as a chest press station and replicates the pectoral dumbbell fly. Perform numerous high pulley, low pulley and leg extension/leg curl exercises in any room of your home or office.

Dimensions: 84"H x 61"L x 38"W

### Special Features

- Freeweight carriage or weight stack
- Lat bar, straight bar, utility strap, workout poster
- Chest press station
- Lat Pulldown/High Pulley, Seated Row/Low Pulley
- Leg Extension/Leg Curl
- Pectoral fly station