

## **Taurus Multi – Gym WS7**

The Taurus multi-gym WS7 is the ideal strength training equipment for ambitious starting as well as leisure sportsmen. The multi-gym with 90 kg weight block offers varied and ambitious strength training at home.

Taurus multi-gym WS7: effective strength training at home

The Taurus multi-gym WS7 offers many exercises for chest, arms, shoulders, as well as abdomen, legs, and back. Almost all muscle groups are exercised on different parts of the Taurus multi-gym WS7. Do leg extension and leg curl on the leg station, there are multiple adjustable free cable pull arms for sports specific exercises. The sturdy press allows rowing, exercises chest and shoulders.

### **Delivery with complete strength training accessory**

The Taurus multi-gym WS7 provides a lot of accessory for immediately starting exercising with strength training at home. The multi-gym has a lat station incl. high-quality lat bar for effective back training. It provides a neck trainer and a strap for abdominal workouts on the multi-gym as well. Strength handles and a thickly padded foot strap complete the equipment. The Taurus multi-gym WS7 can be extended by a separately available leg press.

### **Safe and comfortable strength training at home**

The multi-gym has a comfortable upholstery, backrest is 8 times adjustable. Pulleys on the cable pulls have ball bearings for perfectly smooth "run" while exercising on the multi-gym. The Taurus multi-gym WS7 is of sturdy construction, all parts are neatly welded and perfectly arranged. This increases durability and safety for strength training at home.

## Product details: Taurus multi-gym WS7

- **Weight stack:** 90kg (20 x 4,5)
- **Excellent multi-gym for strength training at home**
- Several, effective exercises for fitness and muscle building
- Multi-gym, among others with lat-pull, butterfly, leg station, several cable pulls
- Therapeutical and sports specific training at home
- Optimal training possibilities for: shoulder, chest, arms, back, legs, abdomen
- Easy and safe adjustment of press, leg station, and cable pulls
- Plastics encased cable: smooth run, greater stability
- Ball bearing cable pulleys: comfortable strength transmission
- Thick upholstery, backrest is 8 times adjustable
- Powder varnish
- Available as separate accessory for multi-gym: **Taurus leg press**
- Delivery of the **Taurus multi-gym WS7** includes: lat pull bar, strength handles, strap for abdominal workouts, foot strap, neck trainer
- Max. user-weight - Taurus multi-gym WS7: 130 kg
- Dimensions set-up - Taurus multi-gym WS7: (L) 200 cm x (B) 137 cm x (H) 205 cm