

G5



Life Fitness

G5 CABLE MOTION™
GYM SYSTEM



For Immediate Release

Editorial Contacts: Tracey M. Budz
Life Fitness
847.288.3456
tracey.budz@lifefitness.com

Glynis Gibson
Gibson Communications
773.278.7700
glynis@gibsoncommunications.com

Life Fitness sets new precedent in exercise variety and functionality with G5 Cable Motion Gym System

Cable Motion technology lets users exercise for movements used in work, sports and everyday life

SCHILLER PARK, III. – Sept. 27, 2004 – Life Fitness, the leading manufacturer of a full line of cardiovascular and strength-training equipment, today introduced the Life Fitness G5 Cable Motion Gym System. With its unique design and removable bench, this first-ever Life Fitness-branded home strength product sets a new precedent in exercise variety and functionality, enabling beginning to advanced users to conduct hundreds of bench-stabilized and self-stabilized exercises. The G5 also uses Cable Motion technology, which allows for unrestricted, user-defined paths of motion, offering exceptional variety for training for work- or sport-specific motions and everyday activities.

“The G5 is a cutting-edge home gym that combines a sophisticated design with a level of functionality never before seen in the consumer fitness equipment market,” said Greg Highsmith, Life Fitness’ senior director, strength product management. “With its Cable Motion technology and removable bench, the G5 takes home strength-training equipment to a new level, providing limitless exercise options from basic strength training movements to advanced, functional training exercises.”

Cable Motion technology and removable bench bring new level of functionality

Life Fitness’ Cable Motion technology combines the simplicity of traditional, selectorized home gyms – users only have to set weight pins – with the freedom of movement offered by free weights, and it allows exercisers to work muscle groups together rather than in isolation. High-, mid- and low-positioned pulleys offer a tremendous amount of versatility and a wide range of movement options. Users can perform a variety of exercises with minimal equipment adjustments and easily change over from one exercise to another.

- more -

Another feature of the G5 is its removable, adjustable bench. Users can perform exercises with or without the bench, with free weights and with other core stabilization apparatus, such as a stability ball or balance board – no other gym lets users do this – to help strengthen critical core muscles. This provides for both variety and progression in their strength training. The unique Dock 'n Lock bench-locking system ensures the bench locks quickly and securely into place and is always properly aligned. The bench has six positions, from flat to incline to shoulder, and its contoured pads provide optimal support and comfort.

“Life Fitness’ new G5 is the Mercedes-Benz of home gyms and the future in home fitness training,” said Jason Shaw, district manager, Busy Body Home Fitness, Tukwila, Wash. “With this one piece of equipment, consumers get it all – unlimited exercises, an advanced design and the craftsmanship they would expect from the leading brand of fitness equipment in health clubs – all in an easy-to-use gym.”

Training for function

Functional strength training means performing exercises to improve movements specific to work, tasks, sports or everyday activities. With the G5, exercisers can train for the carrying, lifting and pushing movements they use during work, and for hobby-related activities, such as gardening, hiking or rowing. Athletes at every level can train for the repeated motions they use for baseball, golf, tennis or other sports. Additional exercises help with flexibility, rehabilitation, toning and more.

Endless variety leads to results

With the G5, exercisers can perform numerous primary movements for each of the eight major muscle groups for a total of literally hundreds of exercises. This helps prevent muscles from adapting to a specific movement and eliminates the boredom of repeating the same exercise, both of which can diminish exercise results.

“The exercise possibilities on the G5 are virtually endless, making it an ideal tool for personal trainers,” said Christine “CC” Cunningham MS, ATC/L, CSCS, fitness education manager, Life Fitness. “With the G5, users can progress from traditional to more advanced movements all on one unit, so personal trainers can instruct clients with a wide range of fitness levels. Being able to accommodate routines for novice and advanced exercisers is a great feature.”

Even more distinctions

Taking design cues from Life Fitness’ successful high-end health club strength lines, the G5 boasts

a cutting-edge industrial design and many of the same durable, high-quality components. Rounded tubing, contoured cushions and a mix of metallic silver and gray tones give the unit a contemporary look. Its single-station design allows the G5 to be positioned in a corner of a room. The gym requires about 34 square feet of floor space with the bench, or about 20 square feet without the bench.

The standard weight stack is 160 pounds. The unit also comes with three lengths of soft, ergonomically shaped handles, a multi-use foot strap, a wall chart that illustrates exercise positions and a professionally produced, interactive instructional DVD developed by the Life Fitness Academy, the education department at Life Fitness.

Availability, Warranty and Price

Widely available in October at authorized specialty fitness equipment dealers nationwide, the G5 has a manufacturer's suggested retail price of \$2,999. For in-home use, the unit includes a lifetime warranty on the frame, welds and all other parts except for the cables and upholstery pads, which have a three-year warranty. For light commercial applications (hotels, multi-unit residences and personal training studios) the gym has a warranty of 10 years on the frame and welds, one year on parts and pulleys and 90 days on the cables and upholstered pads. For the nearest dealer, call toll-free 1-888-348-4543 or visit www.lifefitness.com.

About Life Fitness

Life Fitness, a division of Brunswick Corporation (NYSE: BC), is the global leader in designing and manufacturing a full line of reliable, high-quality fitness equipment for commercial and consumer use. It is the largest commercial fitness equipment provider in the world and the only fitness equipment manufacturer that has been providing premium equipment for more than 27 years. Its cardiovascular and strength-training products, including the renowned Lifecycle exercise bike, are used in health, fitness and wellness facilities, as well as in homes, worldwide. The company is headquartered near Chicago and distributes its equipment in more than 120 countries.

###

*The G5 Cable Motion Gym System media kit, including photography, is available at:
<http://us.corporate.lifefitness.com/content.cfm/newsreleasesevents>*

Life Fitness, Lifecycle, Dock 'n Lock, and Cable Motion are trademarks and/or registered trademarks of Brunswick Corporation.

Life Fitness, 5100 River Road, Schiller Park, Ill. 60176. Phone: 847.288.3300, www.lifefitness.com




G5 Cable Motion™ Gym System Reference Guide



The Life Fitness G5 Cable Motion Gym System sets a new precedent in exercise variety and functionality. With its unique design, including a removable bench, this first-ever Life Fitness-branded home strength product enables beginning to advanced users to conduct hundreds of bench-stabilized and self-stabilized exercises. The G5 also uses Cable Motion technology, which allows for unrestricted, user-defined paths of motion, offering exceptional variety for training for work- or sport-specific motions and everyday activities.

Life Fitness

FEATURES	BENEFITS
 <p>Cable Motion™ Technology</p>	<ul style="list-style-type: none"> • User-defined paths of motion which utilize more muscle fibers and work more muscle groups simultaneously, producing greater results • Exercising in different planes of motion helps eliminate repetitive-movement injury and reduces wear and tear to joints • Enables progression to more advanced, self-stabilizing exercise movements as user gets stronger and more coordinated
 <p>Removable Adjustable Bench</p>	<ul style="list-style-type: none"> • Low bench height accommodates any size user and helps prevent arching of lower back, which occurs with benches that are too tall • Ergonomically-shaped bench pads provide optimal support and comfort during exercises • Tapered bench seat allows for both feet to be firmly planted on the ground when performing bench exercises • Convenient handle and non-scratch wheels allow for easy transport • Smooth adjustment to 6 different bench positions for optimal upper-body exercise variety
 <p>Three pulley zones</p>	<ul style="list-style-type: none"> • Optimally positioned to allow for ultimate variety of upper-body, lower-body and core strengthening movements in a way that is easy to understand and easy to use • Pulleys allow for exceptional range of cable movement, which feels more natural • Each V-groove pulley allows for 50° of lateral cable movement • Low swivel pulleys allows for 115° lateral cable movement
 <p>Three sets of ergonomically-shaped, color-coded handles</p>	<ul style="list-style-type: none"> • Three handle lengths accommodate any exercise—short, medium and long adjustable • Handles are molded to be comfortable • Soft strap material moves with your body • Long adjustable handles are color-coded to help users with exercise setup, resulting in more efficient workouts

FEATURES		BENEFITS
	Exercise variety	<ul style="list-style-type: none"> • An exceptional variety of exercise movements can be performed, which prevents muscles from adapting to the exercise (adaptation leads to diminished results) • Variety prevents boredom and yields results • Removable bench lets user workout with a ball, balance boards, and other core stabilization apparatuses to help strengthen critical core muscles • Bench can be used to perform exercises with free weights
	Dock 'n Lock™ bench locking system	<ul style="list-style-type: none"> • Bench is securely locked into tower to prevent movement of bench when exercising • User can quickly and easily lock the bench into place, ensuring proper alignment with the tower
	Frame and Cables	<ul style="list-style-type: none"> • Commercial-grade oval tubing is pre-treated against rust • Robotic welding provides a strong, clean weld, which ensures the frame's stability • Electrostatically-applied powder coat paint, the most durable finish available, maintains color for years • Clear-coat finish seals and protects the painted surface • Quick Lock cable ends make changing attachments fast, easy, and secure

Specifications

ACCESSORIES (STANDARD)

160 lbs (95 kg) weight stack
3 pairs of ergonomic handle attachments (short, medium, long adjustable)
1 foot strap
Instructional wall chart
Instructional DVD

(OPTIONAL)

50 lbs (23 kg) add-on weight stack
Exercise/stability ball*
Balance board*
Balance pad*
BOSU balance device*
Dumbbell set*

*See specialty fitness retailer for details

RESISTANCE RATIOS

Dual V-groove high pulleys	1:2 when using one handle; 1:1 when using both handles
Dual V-groove mid pulleys	1:2 when using one handle; 1:1 when using both handles
Dual V-groove self-adjusting and swiveling low pulleys	1:2 when using one handle; 1:1 when using both handles

PERTINENT ANGLES

Bench back pad adjustments	0°, 15°, 30°, 45°, 60°, 75°
Bench seat adjustments	0°, 15°
Range of V-groove high and mid pulleys	50°
Range of V-groove swiveling low pulleys	115°

WEIGHT CAPACITIES

Tower	210 lbs (95 kg), includes optional 50 lbs (23 kg) add-on weight stack
Bench	Accommodates user weighing up to 250 lbs (114 kg)

PRODUCT DIMENSIONS (L x W x H)

Tower	51.5" x 54" x 83"	(131 cm x 137 cm x 211 cm)
Bench, flat position	54" x 21.25" x 18.5"	(137 cm x 54 cm x 47 cm)
Bench, upright position	54" x 21.25" x 41.5"	(137 cm x 54 cm x 106 cm)
Tower and bench	89" x 54" x 83"	(226 cm x 137 cm x 211 cm)
Live area	100" x 77" x 83"	(254 cm x 196 cm x 211 cm)

WARRANTIES (Warranties outside the U.S. may vary)

Home warranties: Lifetime warranty on frame, welds, pulleys and parts; 3-year on upholstered pads and cables

Light institutional warranties: 10-year warranty on frame and welds; 1-year pulleys and parts; 90-days on upholstered pads and cables

Specifications, product features, and accessories are subject to change. All product images shown with optional 50 lbs (23 kg) add-on weight stack. Exercise ball shown with the G5 is sold separately. It is strongly suggested that you only purchase a *burst-proof* exercise ball.

Training for function

Functional strength training simply means structuring your workouts around the types of movements used for sport-specific, task-specific, or work-related activities.

By exercising the muscles used during the activities of everyday living with the G5, you actually improve strength, coordination, range of motion, balance, and mobility.

Best of all, with its Cable Motion™ technology, which allows for unrestricted, user-defined paths of motion, the G5 is designed to move the way your body moves.

So there really is no limit to the amount of exercise options with the G5.



WORK-RELATED

- Carrying
- Lifting
- Balancing
- Reaching
- Pushing
- Dragging
- Pulling
- Bending
- Throwing...

SQUAT



HOBBY-RELATED

- Boating
- Hiking
- Gardening
- Fishing
- Walking
- Camping
- Dancing
- Billiards...

SEATED ROW



SPORT-SPECIFIC

- Golf
- Tennis
- Cycling
- Baseball
- Boxing
- Running
- Swimming
- Football
- Basketball...

ABDOMINAL CRUNCH



GOAL-SPECIFIC

- Tone
- Power
- Endurance
- Flexibility
- Weight
- Rehabilitation
- Mobility
- Speed...

HIP EXTENSION