

MATRIX

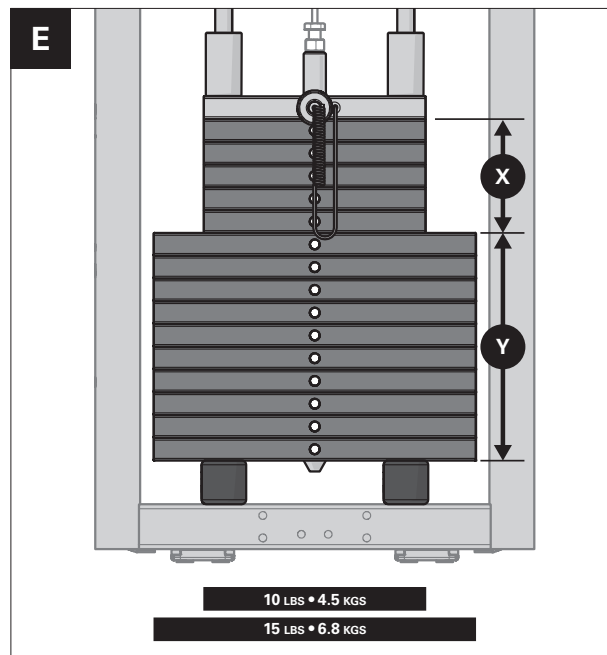
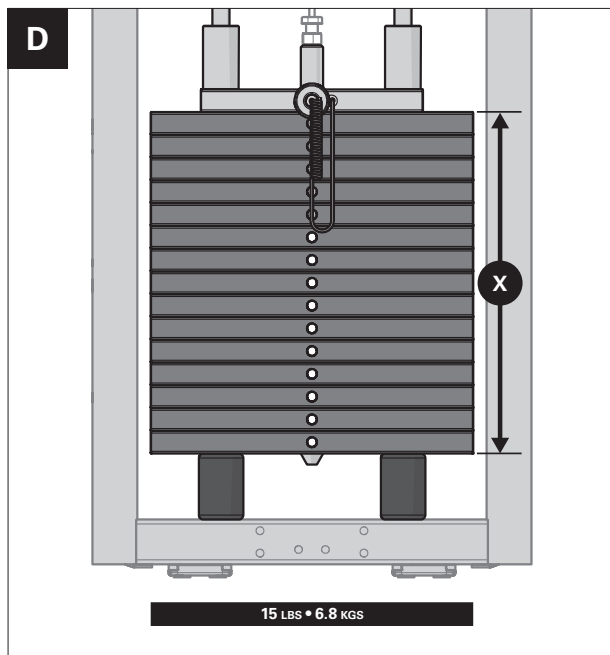
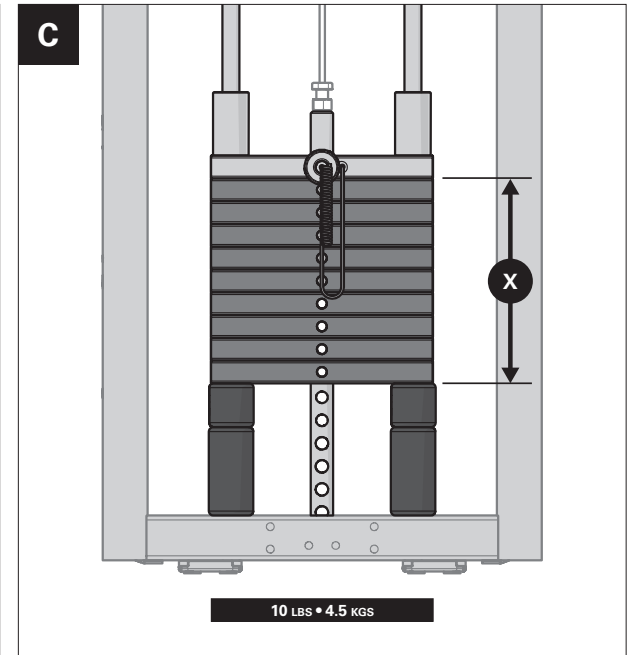
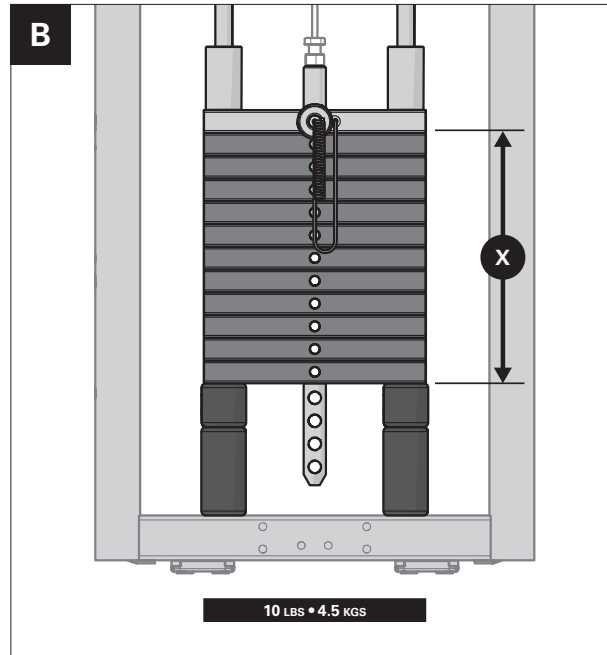
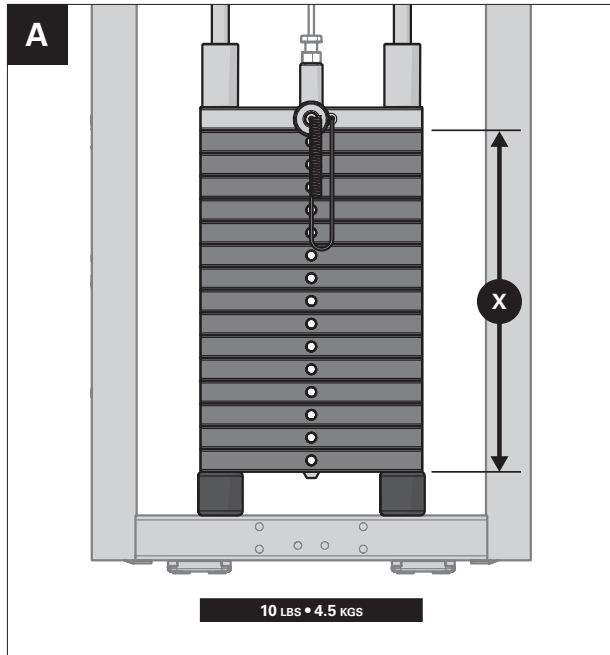
GO SERIES

WEIGHT STACK

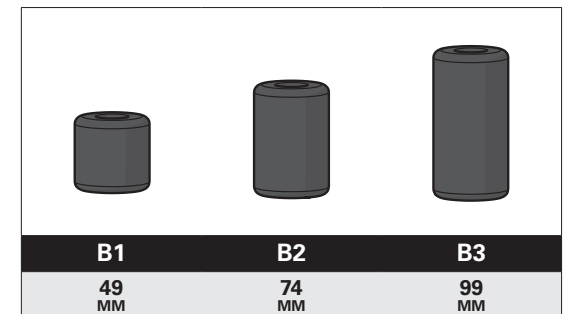




CONFIGURATIONS



BUMPERS





STACK DECALS

D1		D2		D3	
LBS 10 KG 4.5		LBS 20 KG 9.0		LBS 10 KG 4.5	
LBS 20 KG 9				LBS 20 KG 9	
LBS 30 KG 13.5		LBS 30 KG 13.5		LBS 30 KG 13.5	
LBS 40 KG 18		LBS 40 KG 18		LBS 40 KG 18	
LBS 50 KG 22.5		LBS 50 KG 22.5		LBS 50 KG 22.5	
LBS 60 KG 27		LBS 60 KG 27		LBS 60 KG 27	
LBS 70 KG 31.5		LBS 70 KG 31.5		LBS 75 KG 34	
LBS 80 KG 36		LBS 80 KG 36		LBS 90 KG 41	
LBS 90 KG 40.5		LBS 90 KG 40.5		LBS 105 KG 48	
LBS 100 KG 45		LBS 100 KG 45		LBS 120 KG 54	
LBS 110 KG 49.5		LBS 110 KG 49.5		LBS 135 KG 61	
LBS 120 KG 54		LBS 120 KG 54		LBS 150 KG 68	
LBS 130 KG 58.5		LBS 130 KG 58.5		LBS 165 KG 75	
LBS 140 KG 63		LBS 140 KG 63		LBS 180 KG 82	
LBS 150 KG 67.5				LBS 195 KG 88	
LBS 160 KG 72				LBS 210 KG 95	

CONFIGURATIONS

MACHINE	MODEL	BUMPER	CONFIG	DECAL	WEIGHT PLATES	TOTAL LABELED WEIGHT	
						LBS	KG
Chest Press	GO-S13	B1 x 2	A	D1	X = 15 x 10 lbs + headplate	160	72
Seated Row	GO-S34	B1 x 2	A	D1	X = 15 x 10 lbs + headplate	160	72
Triceps Pushdown	GO-S42	B1 x 2	A	D1	X = 15 x 10 lbs + headplate	160	72
Abdominal Crunch	GO-S53	B3 x 2	A	D2	X = 13 x 10 lbs + headplate	140	64
Leg Extension	GO-S71	B1 x 2	A	D1	X = 15 x 10 lbs + headplate	160	72
Biceps Curl	GO-S40	B1 x 2 B3 x 2	B	D1	X = 11 x 10 lbs + headplate	120	54
Seated Leg Curl	GO-S72	B1 x 2 B3 x 2	B	D1	X = 11 x 10 lbs + headplate	120	54
Shoulder Press	GO-S23	B1 x 2 B3 x 2	C	D1	X = 9 x 10 lbs + headplate	100	45
Lat Pulldown	GO-S33	B2 x 2	D	D1	X = 15 x 15 lbs + headplate	160	72
Leg Press	GO-S70	B1 x 2	E	D3	X = 5 x 10 lbs + headplate Y = 10 x 15 lbs	210	95

MATRIX



GO WEIGHT STACK

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Rev 1.0 A