



RMG30

Rock Series
Compact Multi-Gym

TRAIN SMARTER, STRONGER, SMALLER –
YOUR HOME GYM POWERHOUSE



Muscle Group Matching



FULL-BODY TRAINING FUNCTION

High and low pulley system for back, arms, shoulders, and core



ERGONOMIC PIVOTING ARM

Supports smoother, more natural motion



COMPACT FOOTPRINT

Measures just 158 x 101 x 210 cm, perfect for homes or studios



DURABLE CABLES & WEIGHTS

7x19 steel-cables paired with cement-filled weight plates



PADDED SEAT & SOFT GRIPS

CGPC dual-stitched cushioning or superior comfort



EASY WEIGHT & ATTACHMENT CHANGE

Quick-release design for fast adjustments

RECOMMENDED USES

✓ HOME GYMS

✓ PERSONAL STUDIOS

✓ SMALL FITNESS FACILITIES

✓ MEDICAL/PHYSICAL THERAPY SETTINGS

TECHNICAL SPECS

Training Type	Pulley based multi-gym
Weight Stack	45kg / 100 lbs single sock
Machine	138.5 x 101.3 x 210 cm
Materials & Finish	Steel frame: black powder coat
Seat Construction	2: high density foam + CGPC upholstery



user-friendly

