

## **Johannesburg Functional Multi Gym Home Equipment Force USA Power Cage Launched**

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Holistic Gym Systems, a South African company specialising in offering high quality gym equipment all around the country, has acquired the new Force USA multi gym set and launched it on its website. Force USA is a world renowned manufacturer of home and commercial gym equipment, and the latest product is expected to be highly popular.

More information can be found at: <http://holisticgym.co.za/shop/gym-equipment/racks-and-smith-machines/squat-racks-and-power-racks/multi-functional-trainer>.

The new functional trainer power rack multi gym includes a smith machine, a power cage, and functional trainer adjustable columns for cable crossovers, functional movements and sports specific exercises.

Functional training is a hot topic in the fitness world, and it has a range of different benefits for those making use of it. It is based on the idea of using workouts to shift the focus to a practical full body workout, exercising muscles in a way that would be similar to how the body is used in every day life. Using this form of exercise improves the overall function of the body, builds strength and muscle mass, and develops muscle and body stability. This improves muscle memory, flexibility and coordination, as well as helping to improve posture, among other benefits.

The new multi gym helps people to cut the cost of gym membership because there are a range of different activities they can do on one piece of equipment. Some of these features include a squat rack, cable crossover, Smith machine, extreme core trainer, dip handles, chin bar, and the ability to set up multiple stations and attachments.

The squat rack can help with deadlifts, barbell rows, and powerlifting movements like bench press, in addition to squats and front squats. The Smith machine allows people to do a number of different exercises, like bench press, calf raises, lunges, and tricep extensions.

Interested parties can discover the full range of benefits it offers by checking out the URL above.

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### **Contact Information**

For more information visit <http://> (<http://>)

### **Keywords**

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