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Home gym equipment is especially useful when the gym is not easily available, or when someone wants to achieve a workout from the comfort of their home. Not all pieces of home gym equipment are created equal, and it can be frightening looking for the perfect piece for your training goals. In this article we will review the popular Gold's Gym XRS 50, which is a versatile piece of home gym equipment. We will break down and analyse this equipment's specs how it will justify for various levels of gym goers. Gold's Gym XRS 50 Key Specs and Features When It Comes to Key Features, the Gold's Gym XRS 50 is a pretty standard piece of home gym equipment. This allows someone to perform various upper and lower body movements with its attachments and a high/low caterpillar system. It is great for everyone who wants to perform both full body and body part specific workouts. [Read our best home gyms and reviews. Check out our full run-off of the top equipment for your needs!] Gold's Gym XRS 50One cooling feature this machine offers is the amount of resistance. It comes with an 112 lb vinyl weight stack, which can create up to 280 lbs of resistance. This is a good amount for most gym goers, and newer illuminators will certainly not be easy out of the machine. In addition, these machines come with an exercise guide to running a gym-goer through various exercises, which is a nice touch for someone new to work out. Possibly the best feature of this machine is its price. The prices for this piece of equipment sit around \$250.00, and it's a good price for the comfortable or serious gym-goer. In addition, this machine comes with a 90-day guarantee, and insurance plans are available to ensure that it lasts. ProsVersatile for upper & lower body movementsFair price starts around \$250.00Up to 280 lbs resistanceConsInstallation can be a little tricky with this machine's manual Not the most versatile piece of home gym equipment for full-body workoutsIs the Gold's Gym XRS 50 Versatile? The best way to answer this question is with: Yes and no. It is versatile enough to provide someone with a quality upper or lower body workout. For example, there is a rod deduction, chest, and breast flying, so there is versatility to what this machine offers. Yet, if you're someone who wants to be super creative with a full-body workout, then you can feel a little limited. This is your standard piece of home gym equipment that hits the basics. Below are some examples of the major muscle groups and exercises you can perform on the Gold's Gym XRS 50.Legs: Bone Extension, Curl, and Kickback Breast: Sedentary Pressure Back Lat Subtract Arms: Bicep Curls and Tricep PushdownCore: Ab crunchThe Last of this machine's versatility is the amount of space it takes. In terms of space needed, I would say this machine is about the middle of the road for home-gym pieces. It assists 6' 6 tall, has a width of approximately 3' 1, and a length of 5' 3. The only knock that comes with this machine's dimensions is that there is no way to reduce its size. Some pieces of equipment can be folded up and saved, but this machine doesn't have it. Gold's Gym XRS 50Gold's Gym XRS 50 Ease of UseAs mentioned above, this machine is versatile, but basically in terms of the exercises it offers. In terms of ease of use, then I think most gym goers will be satisfied with how easy it is to pick up on exercises to perform. There are no running options, so it's relatively easy to learn how to deduct the attachments like the rod and use bone extension. In addition, this machine comes with an exercise tutorial, which runs someone through various movements they can perform on the piece. This can give someone who is completely new to give a good idea of which movements will benefit different muscles. For this reason, I like the ease of use for this machine. Gold's Gym XRS 50 PricePossibly the best feature of the Gold's Gym XRS 50 is the price. It starts around \$250.00, which is a good price for home gym equipment. For how versatile the machine is, and the 280 lbs of resistance, this price is pretty on point. It is not the best machine in terms of full body workout versatility, but it is enough to provide someone with a quality workout. Gold's Gym XRS 50 Warranty This machine does not have the best guarantee of home gym products we have reviewed, but it offers some. In terms of manufacture of errors, it comes with a 90-day recovery and replacement guarantee. You can also buy extensive insurance plans that come with three or five years of options, which are priced off the piece of equipment's initial price. It's not a must, but if you have someone who wants insurance, then you can buy it. Final WordThe Gold's Gym XRS 50 is your standard piece of home gym equipment. It provides some versatility that covers the basic exercises you need to target the upper and lower body. While this is not the best machine for full body workouts, it does a decent job when providing someone with the basics. Probably the best quality of this home gym is the price, starting around \$250.00. If you need a basic affordable piece of equipment, the Gold's Gym XRS 50 can be a good bet. Feature image courtesy amazon.com. Other Great House Gymnasium Reviews Look for Some Other Equipment? 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