

EQUIPMENT CATALOGUE

BODYKORE
www.bodykore.com

BODYKORE INC.
7466 ORANGEWOOD AVE.
GARDEN GROVE, CA 92841
PHONE: 949-325-3088
EMAIL: SALES@BODYKORE.COM



NOVEMBER

BODYKORE IS A LEADING INNOVATOR IN CREATING PRESTIGE COMMERCIAL FITNESS EQUIPMENT WORLDWIDE. FOUNDED IN LOS ANGELES, CALIFORNIA, IN 2005, BODYKORE HAS GROWN INTO A FULL SERVICE FITNESS PROVIDER, WHICH NOW HAS LOCATIONS IN THREE COUNTRIES AROUND THE WORLD.

BodyKore's mission is to remain at the forefront of the global fitness industry by continually providing state of the art commercial fitness equipment, innovative design, and excellent service. We focus our time and efforts on producing high quality products to help each individual achieve their fitness goals, while providing a great experience for our customers. With every move we make, our mission is to promote a healthy lifestyle that is dedicated to physical and mental well-being.

OUR VISION

**INNOVATE
ADVANCE
PROGRESS**

OUR MISSION

BodyKore's mission is to remain at the forefront of the global fitness industry by continually providing state of the art commercial fitness equipment, innovative design, and excellent service.

We focus our time and efforts on producing high quality products to help each individual achieve their fitness goals, while providing a great experience for our customers. With every move we make, our mission is to promote a healthy lifestyle that is dedicated to physical and mental well-being.

BodyKore innovation and design begins with an idea and does not end until it is brought to life. Through our team of experts and prestige production capabilities, we are able to produce equipment at the highest bio-mechanical caliber.

Customer value comes first and it is displayed through our one on one interaction and compelling problem solving. We do not limit our mission by solely delivering high quality equipment and great customer experience. We have taken it upon ourselves to go one step further by directly engaging with our users through our online community and social network.

Through these avenues we are able to interact with our users on a daily basis, share product knowledge, and get a better understanding of the industries wants and needs. We make sure to provide our customers with the best fitness experience by combining our knowledge for the industry, with hard work and love for fitness.

WE MAKE SURE TO PROVIDE OUR FITNESS EXPERIENCE BY COMBINING OUR KNOWLEDGE FOR THE INDUSTRY, WITH HARD WORK AND LOVE FOR FITNESS.

BODYKORE
Moving Fitness Forward

OUR COMMITMENT TO BEING A GLOBAL LEADER IN PREMIERE EQUIPMENT IS EXEMPLIFIED THROUGH TOP QUALITY PRODUCTS AND SUPERIOR TEAM OF EXPERTS.

OUR SERVICES

BodyKore is a turn-key solution to health and fitness. Our dynamic professional representatives and enthusiastic team members can provide you with everything you need for your health club or gym. We provide specialized Interior Designers, Fitness Consultants/Trainers and cutting-edge equipment to ensure your project's success. Our turn-key solution saves you time and money.

EXPERT CONSULTATION

Our team members have over 30 combined years of health club experience. We can help facilitate and help provide you with the tools for your business to succeed.

INTERIOR DESIGN

We've partnered with award winning design firm Interature Ltd, to create some of the industry's leading wellness facility designs. Our designs maximize space efficiency and create a stylish and energetic environment to enhance the user experience.

LAYOUT DESIGN

Our experienced designers can help provide you with a floor plan that maximizes space efficiency as well as providing your users with an enjoyable atmosphere.

TURN KEY SOLUTION

We have the expertise and knowledge to offer our clients a complete package from start to finish. Choosing the right mix of equipment for your wellness center ensures maximum utilization and member satisfaction.

BODYKORE INNOVATION AND DESIGN BEGINS WITH AN IDEA AND DOES NOT END UNTIL IT IS BROUGHT TO LIFE. THROUGH OUR TEAM OF EXPERTS AND PRESTIGE PRODUCTION CAPABILITIES, WE ARE ABLE TO PRODUCE EQUIPMENT AT THE HIGHEST BIO-MECHANICAL CALIBER.

TABLE OF CONTENTS

PERFORMANCE TECHNOLOGIES

4

ISOLATION SERIES

12

- SINGLE MOVEMENTS
- DUAL MOVEMENTS

16
36

SIGNATURE SERIES

44

- BENCHES
- DUMBBELL RACKS
- BENCH PRESSES
- SQUAT CAGES
- CALF RAISE/T-BAR ROW
- LEG PRESS

50
61
68
72
77
79

ELITE SERIES

80

- BENCHES
- CHIN/DIP
- BENCH PRESS
- PREACHER CURL/ROW

82
88
92
95

FOUNDATION SERIES

102

- SQUAT CAGES
- BENCHES/ACCESSORIES

106
109

ALLIANCE SERIES

110

- MULTI-STATION
CABLE CROSS

112
116

UNIVERSAL SERIES

124

- UNIVERSAL TRAINER
- DYNAMIC TRAINER
- UNIVERSAL BENCH

128
130
135

STACKED SERIES

136

- CHEST PRESS
- LAT PULLS
- SUPER SQUAT
- BELT SQUAT

140
145
151
154

INDEX

4



PERFORMANCE TECHNOLOGIES

PROPRIETARY METATECH



Easy Assembly

Up-to-date assembly and installation instructions included in every package. This ensures that furniture is assembled to the highest standard.



Precision Cut Selectorized Weights

Weights cut with precision to create an engineered look. Each cut is made with reason and purpose for optimum use.



Water Resistant Upholstery

Water Resistant Upholstery to prevent the ingress of water. Lengthens the lifetime of our machinery.



LB Guide Rod System

Provides advantages in load capacity, size, cost, minimal stiffness, and minimal friction.



CB Smith Machine

Exercises different muscle groups and allows you to execute comprehensive workouts



Streamlined Adjustable Pulley System

Allows for smoothest possible weight lifting experience.



Rolled Steel Oval Tubing

Corrosion resistant. and stainless material to ensure maximum lifespan.



Proprietary Attachment System

Allows for personal modifications to make each piece of equipment truly yours



Industrial Galvanized Steel Cables

Cost-effective, strong, durable, corrosion-resistant, and heat resistant cables so you can be confident in your safety when using any of our machines.



Ultra Stainless Steel Fastener

Sturdy, durable, and removable to set-up, adjust, and move without any issues.



SAN DIEGO PROBATION DEPARTMENT

COMMERCIAL GYM SETUP





PERFECTLY FIT STUDIO
INDIAN WELLS, CA.
CUSTOM LOGO AND COLOR



ISOLATION

SELECTORIZED STRENGTH

The *Isolation Series* accentuates elegant looks through precision and attention to detail. Modern designed is produced in accordance with the human body's mechanics and kinematics.

Unlike free weight exercises, Isolation establishes concrete mechanics when performing a given exercise. Fluid motion creates a guided path for smooth repetitions. Natural designed was intended so that its users can quickly and safely switch from various Isolation machines in a circuit fashion. Its easy to adjust weight system allows the user to quickly change weight, perfect for drop sets and pyramid training.





Start to finish diagram makes it easy for users of any experience level to learn and complete each machine's intended exercise



Isolation's sleek black weight stack has a maximum weight of 220lbs and can easily be facilitated by simple pin selection from a standing or seated position



Machines can be easily adjusted by using the chrome push pin, giving users the flexibility to change the settings according to their body type.



Isolation machines use elegantly designed enclosed shields to ensure safety and



Adjustable foam roller is made of durable, high strength density foam that helps keep users in place



Cushion seats create ultimate comfort by using wear impact resistant vinyl and high strength density foam



Various grips are designed with durable urethane composite and to reduce stress on contact points



Isolation machines contain convenient water bottle holders that can also be used to store phone, keys, wallet, and other belongings

CHEST PRESS GR601



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **60"x50"x65"**
Weight: **452lbs**

Weight stack standard:
Workout muscles:

220lbs
Pectoralis

LAT PULL DOWN GR602



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **63"x59"x75"**
Weight: **483lbs**

Weight stack standard:
Workout muscles:

220lbs
Latissimus dorsi, trapezius

SEATED ROW GR603



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **63"x43"x65"**
Weight:
434lbs

Weight stack standard:
Workout muscles:

220lbs
**Latissimus dorsi,
trapezius, biceps**

SHOULDER PRESS GR604



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **66"x59"x65"**
Weight:
474lbs

Weight stack standard:
Workout muscles:

220lbs
**Deltoid, pectoralis
major, trapezius**

LATERAL RAISE GR605



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **46"x47"x65"**
Weight: **463lbs**

Weight stack standard: **220lbs**
Workout muscles: **Deltoid, trapezius**

LEG EXTENSION GR606



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **62"x49"x65"**
Weight: **487lbs**

Weight stack standard: **220lbs**
Workout muscles: **Quadriceps**

SEATED LEG CURL GR607



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **69"x49"x65"**
Weight: **522lbs**

Weight stack standard:
Workout muscles: **220lbs**
Hamstrings

PRONE LEG CURL GR608



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **60"x46"x65"**
Weight: **463lbs**

Weight stack standard:
Workout muscles: **220lbs**
Hamstrings

BICEPS CURL GR609



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **45"x47"x65**
Weight: **423lbs**

Weight stack standard:
Workout muscles: **220lbs**
Biceps

TRICEPS EXTENSION GR610



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **60"x46"x65"**
Weight: **463lbs**

Weight stack standard:
Workout muscles: **220lbs**
Hamstrings

ABDOMINAL GR611



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **46"x45"x65**
Weight:
445lbs

Weight stack standard:
Workout muscles:
220lbs
**Rectus abdominis,
obliques**

BACK EXTENSION GR612



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **47"x45"x65"**
Weight:
445lbs

Weight stack standard:
Workout muscles:
220lbs
Triceps

CALF EXTENSION GR613



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **47"x43"x68"**
Weight:
414lbs

Weight stack standard:
Workout muscles:
220lbs
**Peroneus longus,
gastrocnemius**

SEATED LEG PRESS GR614



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **70"x43"x73"**
Weight:
604lbs

Weight stack standard:
Workout muscles:
220lbs
**Gluteus maximus,
Quadriceps, Hamstrings**

LOW PULL GR616



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **67"x43"x73"**
Weight: **425lbs**

Weight stack standard: **220lbs**
Workout muscles: **Latissimus dorsi, trapezius, biceps**

ROTORY TORSO GR617



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **46"x43"x65"**
Weight: **450lbs**
Workout muscles: **External oblique, internal oblique**

REAR KICK GR618



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **67"x43"x73"**
Weight: **465lbs**

Weight stack standard: **220lbs**
Workout muscles: **Gluteus maximus**

CABLE LAT PULLDOWN GR619



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **47"x47"x88"**
Weight: **403lbs**

Weight stack standard: **220lbs**
Workout muscles: **Latissimus dorsi**

PECTORAL FLY GR620



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **64"x46"x77"**
Weight: **478lbs**

Weight stack standard: **220lbs**
Workout muscles: **Pectoral**

LEG PRESS/CALF EXTENSION GR631



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **47"x47"x88"**
Weight: **527lbs**

Weight stack standard: **220lbs**
Workout muscles: **Quadriceps, Peroneuslongus, gastrocnemius**

HIP ABDUCTOR/ADDUCTOR GR632



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **70"x35"x65"**
Weight: **489lbs**

Weight stack standard: **220lbs**
Workout muscles:
**Quadriceps femoris,
Adductors**

PECTORAL FLY/BACK EXTENSION GR633



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **57"x56"x77"**
Weight: **465lbs**

Weight stack standard: **220lbs**
Workout muscles:
**Pectoralis major,
trapezius**

BICEPS CURL/TRICEPS EXTENSION GR634



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **47"x48"x65"**
Weight: **459lbs**

Weight stack standard: **220lbs**
Workout muscles: **Briceps, Triceps**

ROTARY HIP GR635



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **57"x56"x77"**
Weight: **465lbs**

Weight stack standard: **220lbs**
Workout muscles: **Adductors**

DIP/CHIN ASSIST GR636



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **55"x49"x94"** Workout muscles: **Pectoralis, Macrotriceps, Biceps, Trapezius, Latissimus dorsi**
 Weight: **540lbs**
 Weight stack standard: **220lbs**

ABDOMINAL/BACK EXTENSION GR637



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **49"x46"x65"** Weight stack standard: **220lbs**
 Weight: **440lbs**
 Workout muscles: **Erector spinae, Rectus abdominis, obliques**

LAT PULLDOWN/SEATED ROW GR638



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): 77"x47"x89"
Weight: 450lbs

Weight stack standard:
Workout muscles:
220lbs
**Pectoralis, Latissimus
dorsi**

LEG EXTENSION/LEG CURL GR639



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): 68"x50"x65"
Weight: 522lbs

Weight stack standard:
Workout muscles:
220lbs
**Quadriceps,
Hamstrings**

CHEST & SHOULDER PRESS GR640



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): **77"x51"x65"** Weight stack standard: **220lbs**
 Weight: **472lbs** Workout muscles: **Pectoralis, Deltoids, Trapezius**

LEG EXTENSION/LEG PRONE GR643



UTILIZED PERFORMANCE TECHNOLOGY:



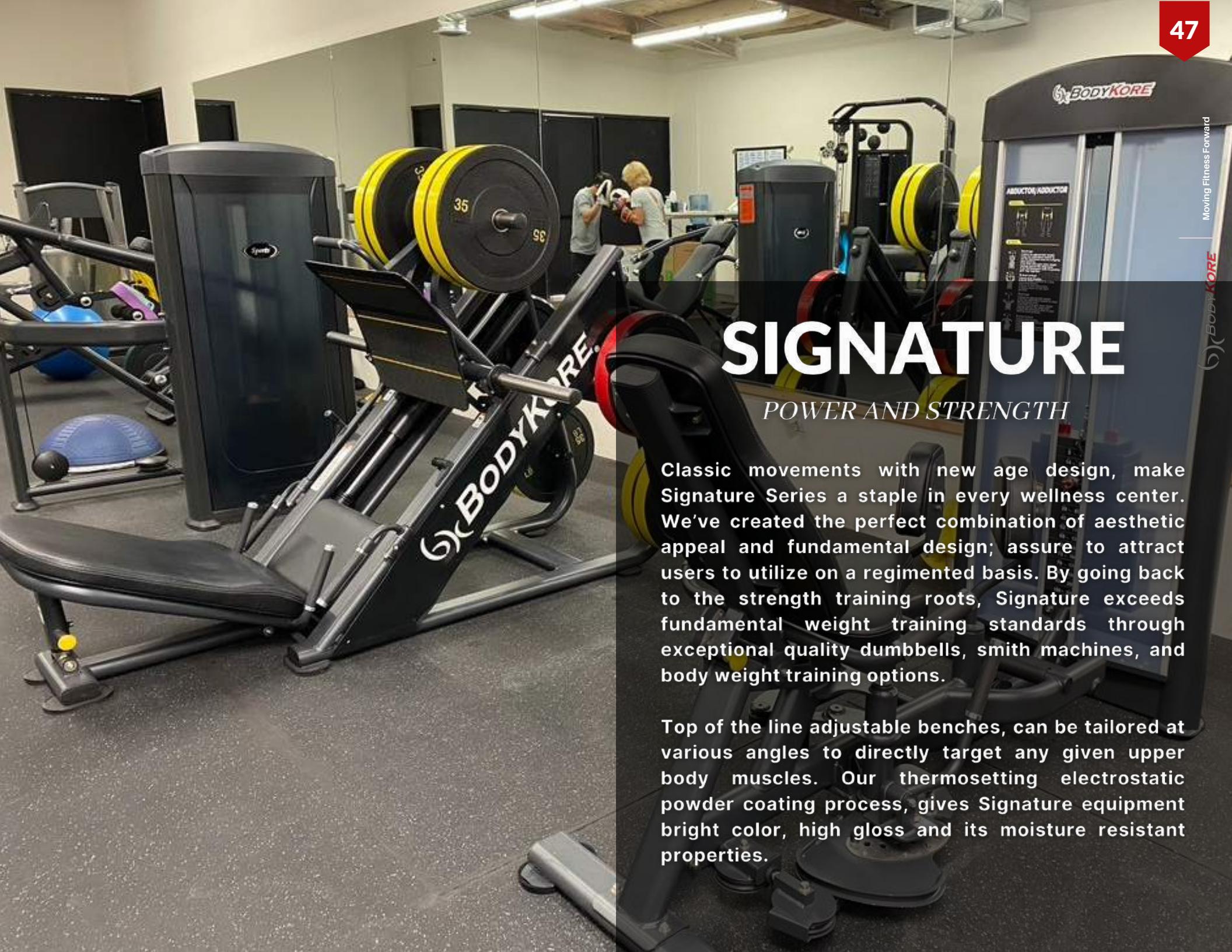
Dimension(LxWxH): **68"x50"x65"** Weight stack standard: **220lbs**
 Weight: **545lbs** Workout muscles: **Hamstrings, Quadriceps**

SIGNATURE

POWER AND STRENGTH

Classic movements with new age design, make Signature Series a staple in every wellness center. We've created the perfect combination of aesthetic appeal and fundamental design; assure to attract users to utilize on a regimented basis. By going back to the strength training roots, Signature exceeds fundamental weight training standards through exceptional quality dumbbells, smith machines, and body weight training options.

Top of the line adjustable benches, can be tailored at various angles to directly target any given upper body muscles. Our thermosetting electrostatic powder coating process, gives Signature equipment bright color, high gloss and its moisture resistant properties.





Cushion seats create ultimate comfort by using wear impact resistance leather and high strength density foam



Rubber footings and wheels give the Signature series stability and the option to move for easy storage.



Benches can easily be adjusted by a simply by pin lock system. Designed to save space by giving users options to go from 180 degrees to 90 degrees and everything in between.



Integrated handles create easy movement of benches throughout wellness center.

FLAT BENCH G201



UTILIZED PERFORMANCE TECHNOLOGY:

EASY
ASSEMBLYWATER RESISTANT
UPHOLSTERYROLLED STEEL
OVAL TUBINGULTRA STAINLESS STEEL
FASTENER

Dimension(LxWxH):
Weight:

54"x24"x17"
66lbs

UTILITY BENCH G202



UTILIZED PERFORMANCE TECHNOLOGY:

EASY
ASSEMBLYWATER RESISTANT
UPHOLSTERYROLLED STEEL
OVAL TUBINGULTRA STAINLESS STEEL
FASTENER

Dimension(LxWxH):
Weight:

54"x24"x43"
77lbs

ADJUSTABLE DECLINE BENCH G205



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

61"x23"x31"
95lbs

MULTI ADJUSTABLE BENCH G206



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

54"x24"x17"
106lbs

AB BENCH G208



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

61"x36"x37"
137lbs

STRETCH G209



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

52"x21"x39"
84lbs

PRONE BENCH G214



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

27"x48"x37"
70lbs

SISSY SQUAT FL1213



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

38"x24"x20"
58lbs

DUMBBELL RACK G231



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

90"x25"x33"
143lbs

WOMEN DUMBBELL RACK G233



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

32"x15"x45"
46lbs

OLYMPIC WEIGHT TREES G234



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

30"x26"x51"
62lbs

BPRO BARBELL RACK G236



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

35"x33"x49"
80lbs

BODYKORE DUMBBELL RACK FITS 5-50LBS G241



BODYKORE DUMBBELL RACK FITS 5-75LBS G242



BODYKORE DUMBBELL RACK FITS 5-100LBS G243



UTILIZED PERFORMANCE TECHNOLOGY:



BodyKore Dumbbell Rack Fits 5-50lb G241

Dimension(LxWxH): 52"x20"x35"
Weight: 95lbs

BodyKore Dumbbell Rack Fits 5-75lb G242

Dimension(LxWxH): 67"x21"x36"
Weight: 115lbs

BodyKore Dumbbell Rack Fits 5-100lb G243

Dimension(LxWxH): 95"x21"x36"
Weight: 135lbs

OLYMPIC BENCH PRESS G251



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

67"x71"x89"
179lbs

OLYMPIC INCLINE PRESS G252



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

72"x66"x61"
203lbs

OLYMPIC DECLINE PRESS G253



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

81"x67"x53"
200lbs

MILITARY PRESS G254



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

69"x65"x70"
278lbs

OLYMPIC SQUAT RACKS G255



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

67"x61"x74"
254lbs

POWER CAGE G256



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

69"x69"x90"
357lbs

PREACHER CURL G257



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

41"x34"x42"
99lbs

OLYMPIC SMITH MACHINE G271



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

94"x52"x94"
421lbs

T BAR ROW G273



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

61"x30"x25"
126lbs

45 DEGREE LEG PRESS G277



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Load:

83"x64"x52"
424lbs
882lbs



 **BODYKORE**
Moving Fitness Forward

ELITE

QUALITY AND ELEGANCE

Elite's state of the art design and aesthetic appeal makes it stand out in any setting. The sleek curves with high quality finish can change the look of any room its stationed in. The Elite Series consists of Signature's line with an added stylistic design and upgraded hardware.

Elite's frame is manufactured from the highest quality steel and is backed by our lifetime warranty. Added features like urathane mounting hooks, rubber step padding, stainless steel nuts and bolts and extended mounting plates make the Elite Series one of a kind.

FLAT BENCH CF2101



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

56"x26"x19"
64lbs

UTILITY BENCH CF2102



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

51"x33"x39"
86lbs

MUTLI-AB BENCH CF2103



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

53"x33"x44"
106lbs

HYPEREXTENSION CF2104



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

49"x33"x31"
121lbs

ADJUSTABLE DECLINE BENCH CF2105



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

61"x33"x20"
99lbs

MULTI ADJUSTABLE BENCH CF2106



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

54"x24"x17"
99lbs

VERTICAL KNEE RAISE CF2107



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

49"x31"x64"
187lbs

CHIN/DIP CF2110



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

49"x50"x88"
238lbs

WEIGHT PLATE TREE CF2134



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

51"x51"x50"
148lbs

BARBELL RACK CF2136



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

35"x35"x53"
165lbs

OLYMPIC BENCH PRESS CF2151



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

56"x51"x52"
130lbs

OLYMPIC INCLINE PRESS CF2152



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

72"x66"x61"
203lbs

OLYMPIC DECLINE PRESS CF2153



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

80"x67"x53"
201lbs

SEATED PREACHER CURL CF2157



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

50"x33"x39"
106lbs

LUNGE RACK CF2159



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

68"x67"x77"
289lbs

STANDING BICEPS CF2160



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

47"x33"x41"
132lbs

SMITH MACHINE CF2171



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

93"x32"x89"
448lbs

SEATED CALF RAISE CF2172



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

51"x33"x36"
112lbs

STANDING ROW CF2173



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

61"x35"x47"
112lbs

HACK SQUAT CF2175



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

81"x64"x55"
470lbs

FOUNDATION

ATHLETICS AND WEIGHTLIFTING

Raising the bar for functionality and dynamics, Foundation Series connects Olympic style weightlifting with modern design. With an assortment of heavy-duty racks, Foundation exemplifies the building blocks of power and strength.

Foundation offers variations of cages, enticing for any experienced lifter. Its industrial ergonomics and free range of motion create the ability to exert power in a safe environment. Brawn meets brain with Foundation's variety of highly versatile designs to maximize efficiency. Reinforcement connecting plates increases stability while Foundation's black powder texture coating finish and stainless steel bolts maintain its smooth appeal.





Laser cut spotter arms and J hook placements with numbered settings.



Plate and bar storage are designed for stability and proper form.



Multi-Grip Pull Up Bars: $\Phi 4.8\text{mm}$, 12000N breaking strength, passed fatigue test of 100 million times.



Heavy duty steel tubing for powerlifting and athletics programs of high quality steel, well processed and come equipped, with self-priming pin.

MILITARY HALF RACK G701



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

53"x64"x93"
440lbs

MILITARY FULL RACK G702



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

68"x64"x93"
580lbs

SQUAT CAGE G703



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

65"x57"x90"
506lbs

3"x3" Steel Tubing, Bar pegs, land mine, J hook, Band hooks. included.

MULTI ADJUSTABLE BENCH G705



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

64"x30"x32"
77lbs



ALLIANCE

MULTI-PURPOSE MACHINES, CABLESYSTEM

Ingenious design with cross-functional capabilities, the biomechanics of Alliance Series can suit any wellness facility. Alliance features the functions of a fully equipped fitness center without using the space of large, heavy equipment. By condensing the space required for equipment, Alliance has prioritized space efficiency and functionality.

Aesthetic appeal and modern design create an inviting and social environment for its users. Alliance encourages gym members to interact amongst each other in a class or paired setting, as they strive to reach independent training goals.



Multipurpose stack weight system is smooth and soundless as uses engage simultaneously.



Imported steel cable: $\Phi 4.8\text{mm}$, 12000N breaking strength, passed fatigue test of 100 million times.



Two large non-slip foot platforms designed for stability and proper form.



25.4mm thick weight plates of high quality steel, well processed and come equipped, with self-priming pin.

DUAL PULLEY MX1161



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): 67"x48"x89"
Weight:
448lbs

Weight stack standard: 170lbs*2, optional: 220lbs
Main Frame Uses:
4"x2"x0.12" oval pipes

FOUR POSITIONS GM5003



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Weight Stack Standard

136"x72"x87"
728lbs
187lbs, optional: 220lbs

CABLE CROSSOVER G502



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH): 167"x30"x92" Weight stack standard: 187*2, optional: 220lbs*2,
Weight: 529lbs Main Frame Uses High
Strength: 4"x2"x0.12" oval pipes

EIGHT POSITIONS GM5004



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Weight Stack Standard

233"x180"x92"
1517lbs
187lbs*2,
optional: 220lbs*2

FIVE POSITIONS CAGE GM5005



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Weight Stack Standard

204"x144"x92"
1023lbs
187lbs*2, optional: 220lbs*5

2 STATIONS MTI4001


VARIATIONS:

		DIMENSIONS(LxWxH):	WEIGHT:
MTI 4001A (IN PHOTO)	Chest/Back, Leg Extension	86"x77"x86"	430lbs
MTI 4001B	Leg Press, Leg Extension	94"x69"x86"	498lbs
MTI 4001C	Leg Press, Pec/Fly	94"x69"x86"	477lbs
MTI 4001D	Chest/Back, Pec/Fly	83"x83"x86"	415lbs
MTI 4001E	Chest/Back, Leg Press	94"x69"x86"	477lbs
MTI 4001F	Pec/Fly, Leg Extension	94"x69"x86"	430lbs

UTILIZED PERFORMANCE TECHNOLOGY:


Weight Stack Standard

220lbs*2

3 STATIONS MTI4005


VARIATIONS:

	DIMENSIONS(LxWxH):	WEIGHT:
MTI 4005 (IN PHOTO)	Chest/Back, Leg Extension, Leg Press	105"x105"x86"
MTI 4007	Chest/Back, Leg Extension, Pec/Fly	119"x83"x86"

UTILIZED PERFORMANCE TECHNOLOGY:


Weight Stack Standard

220lbs*3

4 STATIONS MTI4009


VARIATIONS:
DIMENSIONS(LxWxH):
WEIGHT:

MTI 4009 (IN PHOTO)	Chest, Leg Extension, Leg Press, Column Pulley	105"x94"x88"	667lbs
MTI 4010	Chest, Leg Extension, Leg Press, Pec/Fly	105"x118"x86"	694lbs

UTILIZED PERFORMANCE TECHNOLOGY:


Weight Stack Standard

220lbs*4

5 STATIONS MTI4016


UTILIZED PERFORMANCE TECHNOLOGY:


Dimension(LxWxH):

Weight:
Weight Stack Standard

105"x222"x90"
815lbs
220lbs*5



UNIVERSAL TRAINER

ALL IN ONE TRAINING SYSTEM

Like its name, The Universal Trainer is truly an all-in-one training system. This inviting apparatus reinvents a piece of equipment we have grown familiar with and adds a natural feeling that complements the body's movement.

The Universal Trainer's innovative space saving design takes multiple pieces of equipment and combines it into a single allinone unit. Whether its free weights, resistance training through cable resistance, body weight movements or heavy leg presses, this is a one of a kind machine that can be the sole piece of equipment for any facility.



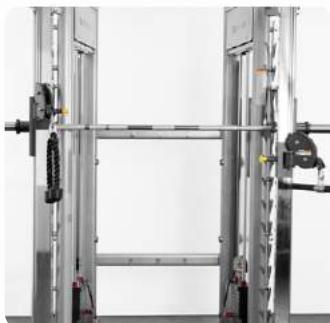
The versatility is endless on the Universal Trainer with a Lat Pull Down Seat attachment and Land Mine.



The Dual's Adjustable Pulley System comes with 2x 220lbs stack weights and storage hooks for the pulley attachments.



The inverted leg press add-on attachment allows the users to use the smith bar for inverted less presses.



The dual balanced smith machine spotters make the Universal trainer a safety first training system.



Premium Urethane Padded J Hooks and Spotter Arms Removable Attachments for Olympic Bars.



6 attachment hooks for storing cable attachments.



Multi-Grip pull up handles to target different areas of the back.



Laser cut holes and numbers made with precision.



**MULTI-FUNCTIONAL
ALL-IN-ONE VERSATILE UNIT**

Dual Adjustable Pulley System

Smith Machine

Multi-Grip Pull Up Bars

Half Squat Cage Function

Bar Hooks and Spotters

Lat Pull Down Seat Add-On

Inverted Leg Press Add-On

Accessories Storage

Weight Pegs and Bar Storage

Land Mine

Dimension(LxWxH):

Weight:

Weight Stack Standard

Frame Color:

64.5"x90.3"x90.4"

595lbs

220lbs*2, optional: 220lbs*5

Silver and Black optional

DYNAMIC TRAINER

DUAL ADJUSTABLE PULLEY SYSTEM

The Universal Trainer's little brother, the Dynamic Trainer, comes with almost all of the same features of the Universal Trainer without the counter balanced smith machine.

This unit is perfect for those that prefer free weights over the constraints of the smith machine. The removable J hooks and spotters allow this functional trainer to double up as a half rack and the additional accessories and attachments make it extremely versatile.

UTILIZED PERFORMANCE TECHNOLOGY:

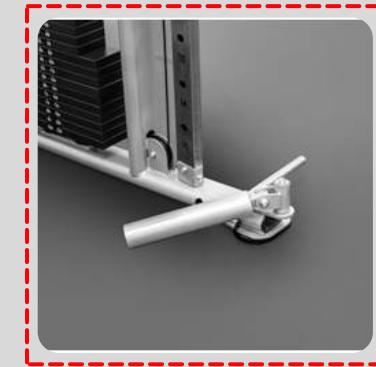


MX1161EX DYNAMIC TRAINER MULTI USE DUAL ADJUSTABLE CABLE SYSTEM

- Dual Adjustable Pulley System- 2x 220LB Weight Stacks
- Multi-Grip Pullup Bars
- Machine Accessories Included: J Hooks, Bar Spotters, Landmine, Dip Bar, Lat Pull Down Seat
- Cable Attachments included (Handles, Rope, Lat Bar, Tricep Bar, Ankle Attachment)
- Thermosetting Electrostatic Powder Coating ensensuates a bright color and glossy metallic shine.
- Frame made with 3.5" Oval Rolled Steel Tubing- Rated over 1000lbs
- Solid Guide Rails for smooth consistent movement
- Made with high quality steel plates

PRODUCT SPECS

- Assembled Dimensions: (LWH) 64.5"x90.3"x90.4"
- Product Weight: 595lbs
- Weight Stack: 220lbsx2
- Frame Color: Silver and Black optional



DYNAMIC TRAINER MX1161EX



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

67"x71"x89"
595lbs
220lbs

UNIVERSAL BENCH MX1169



**LEG EXTENSION,
PREACHER CURL
MX1169 ADD ONS**

UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

61"x26"x50"
80lbs



STACKED

PLATE LOADED MACHINES

Stacked Series combines the free weight feeling of Foundation, along with the safe range of motion that Isolation provides. This plate loaded system features independent movement, allowing users to press with one arm at a time for equilateral muscle development. By bridging the gap between power and mechanics, Stacked creates a safe and balanced strength improvement.

Its quality is shown through precise aluminum alloy end caps, aesthetically pleasing cushions, and neatly tailored glossy finish. Durable foundation, allows users to use heavy weight by using non-slip grip handles to prevent clenched hands from slipping under increased load.



Non-slip handles prevent clenched hands from side-slipping under increased load. Equipped with high precision aluminum alloy end caps to feature its high grade.



Quality is shown through precise aluminum alloy end caps, aesthetically pleasing bolts, and neatly tailored glossy finish.



Seat height adjustment find the suitable height on one machine and set the same height on other Stacked Series machines.



Cushions are made of high-density polymeric sponge and fit the shape of human body, providing maximum stability and comfort during workout.

CHESS PRESS GR801



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

51"x65"x67"
364lbs
220lbs

SEATED ROW GR802



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

53"x53"x51"
342lbs
220lbs

SHOULDER PRESS GR803

(c) BODYKORE

Moving Fitness Forward



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

55"x59"x58"
331lbs
220lbs

INCLINE CHEST PRESS GR804

Moving Fitness Forward

(c) BODYKORE



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

43"x74"x66"
342lbs
220lbs

WIDE CHEST PRESS GR805



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

54"x66"x70"
375lbs
220lbs

PULL DOWN GR806



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

70"x49"x77"
375lbs
220lbs

LOW ROW GR807



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

51"x51"x64"
364lbs
220lbs

LEG PRESS GR808



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

88"x69"x60"
441lbs
529lbs

CALF GR809



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

66"x40"x45"
287lbs
320lbs

REAR KICK GR810



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:
Max Weight Stack:

53"x50"x64"
287lbs
320lbs

ISOLATERAL LEG PRESS FL1801



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

87"x63"x72"
783lbs

SUPER SQUAT FL1806



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

80"x53"x49"
358lbs

ADJUSTABLE HACK SQUAT FL1811



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

78"x62"x52"
606lbs

ISOLATERAL CHEST/SHOULDER PRESS FL1862



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight
Workout Muscles:

64"x75"x76"
760lbs
Chest, Shoulders, Triceps

BELT SQUAT FL1834



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

66"x67"x86"
341lbs

HIP THRUSTER FL1844



UTILIZED PERFORMANCE TECHNOLOGY:



Dimension(LxWxH):
Weight:

54"x54"x33"
181lbs

ISOLATION SERIES

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK			
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH		
GR601	CHEST PRESS	152.4	127	165.1	60	50	65	205	452	99.8	220
GR602	LAT PULL DOWN	160	149.9	190.5	63	59	75	219.1	483	99.8	220
GR603	SEATED ROW	160	109.2	165.1	63	43	65	196.9	434	99.8	220
GR604	SHOULDER PRESS	167.6	149.9	165.1	66	59	65	215	474	99.8	220
GR605	LATERAL RAISE	116.8	119.4	165.1	46	47	65	210	463	99.8	220
GR606	LEG EXTENSION	157.5	124.5	165.1	62	49	65	220.9	487	99.8	220
GR607	SEATED LEG CURL	175.3	124.5	165.1	69	49	65	236.8	522	99.8	220
GR608	PRONE LEG CURL	152.4	116.8	165.1	60	46	65	210	463	99.8	220
GR609	BICEPS CURL	114.3	119.4	165.1	45	47	65	191.9	423	99.8	220
GR610	TRICEPS EXTENSION	152.4	116.8	165.1	60	46	65	210	463	99.8	220
GR611	ABDOMINAL	116.8	114.3	165.1	46	45	65	201.8	445	99.8	220
GR612	BACK EXTENSION	119.4	114.3	165.1	47	45	65	201.8	445	99.8	220
GR613	CALF EXTENSION	119.4	109.2	172.7	47	43	68	187.8	414	99.8	220
GR614	SEATED LEG PRESS	177.8	109.2	185.4	70	43	73	274	604	99.8	220
GR616	LOW PULL	170.2	109.2	185.4	67	43	73	192.8	425	99.8	220
GR617	ROTORY TORSO	116.8	109.2	165.1	46	43	65	204.1	450	99.8	220
GR618	REAR KICK	170.2	109.2	185.4	67	43	73	211	465	99.8	220
GR619	CABLE LAT PULLDOWN	119.4	119.4	223.5	47	47	88	182.8	403	99.8	220
GR620	PECTORAL FLY	162.6	116.8	195.6	64	46	77	216.8	478	99.8	220
GR631	LEG PRESS/ CALF EXTENSION	119.4	119.4	223.5	47	47	88	239	527	99.8	220
GR632	HIP ABDUCTOR/ ADDUCTOR	177.8	88.9	165.1	70	35	65	221.8	489	99.8	220
GR633	PECTORAL FLY/ BACK EXTENSION	144.8	142.2	195.6	57	56	77	210.9	465	99.8	220
GR634	BICEPS CURL/ TRICEPS EXTENSION	119.4	121.9	165.1	47	48	65	208.2	459	99.8	220
GR635	ROTARY HIP	144.8	142.2	195.6	57	56	77	210.9	465	99.8	220
GR636	DIP/CHIN ASSIST	139.7	124.5	238.8	55	49	94	244.9	540	99.8	220
GR637	ABDOMINAL/ BACK EXTENSION	124.5	116.8	165.1	49	46	65	199.6	440	99.8	220
GR638	LAT PULLDOWN/ SEATED ROW	195.6	119.4	226.1	77	47	89	204.1	450	99.8	220
GR639	LEG EXTENSION/ LEG CURL	172.7	127	165.1	68	50	65	236.8	522	99.8	220
GR640	CHEST & SHOULDER PRESS	195.6	129.5	165.1	77	51	65	214.1	472	99.8	220
GR643	LEG EXTENSION/ LEG PRONE	172.7	127	165.1	68	50	65	247	545	99.8	220

STRENGTH WARRANTY (NORTH AMERICA ONLY)

FRAME (NOT COATINGS)**	LIFETIME	OTHER ITEMS NOT SPECIFIED	3 YEARS
WEIGHT STACKS	5 YEARS	LABOR	3 YEARS
PULLEYS	5 YEARS	UPHOLSTERY / CABLES / SPRINGS / GRIPS	1 YEAR
PIVOT BEARINGS	5 YEARS	ACCESSORIES	6 MONTHS

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

SIGNATURE SERIES

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK	
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH
G201	FLAT BENCH	138	61	44	54	24	17	30	66
G202	UTILITY BENCH	138	61	110	54	24	43	35	77
G203	MULTI-AB BENCH	140	59	92	55	23	36	49	106
G204	MULTI HYPER EXTENSION BENCH	130	79	77	51	31	30	41	90
G205	ADJUSTABLE DECLINE BENCH	155	59	79	61	23	31	44	95
G206	MULTI ADJUSTABLE BENCH	138	61	44	54	24	17	49	106
G207	VERTICAL KNEE RAISE	148	77	158	48	30	62	56	123
G208	AB BENCH	155	92	94	61	36	37	63	137
G209	STRETCH	133	54	100	52	21	39	39	84
G214	PRONE BENCH	69	122	94	27	48	37	32	70
FL1213	SISSY SQUAT	97	61	51	38	24	20	27	58
G231	DUMBBELL RACK	230	64	84	90	25	33	65	143
G232	SMALL DUMBBELL RACK	155	64	84	61	25	33	51	112
G233	WOMEN DUMBBELL RACK	82	89	115	32	15	45	21	46
G234	OLYMPIC WEIGHT TREES	77	67	130	30	26	51	29	62
G241	DUMBBELL RACK FITS (5-50LBS)	133	51	89	52	20	35	43	95
G242	DUMBBELL RACK FITS (5-75LBS)	171	109.2	165.1	67	21	36	53	115
G243	DUMBBELL RACK FITS (5-100LBS)	241.3	109.2	165.1	95	21	36	62	135
G251	OLYMPIC BENCH PRESS	170.2	180.3	226	67	71	89	62	179
G252	OLYMPIC INCLINE PRESS	183	167	154	72	66	61	92	203
G253	OLYMPIC DECLINE PRESS	204	170	135	81	67	53	91	200
G254	MILITARY PRESS	175	166	177	69	65	70	126	278
G255	OLYMPIC SQUAT RACKS	168	170	188.5	67	61	74	116	254
G256	POWER CAGE	170	170	228	67	67	90	162	357
G257	PREACHER CURL	108	79	91	41	32	42	45	99
G259	SQUAT RACK	170	162	195	67	64	77	103	227

STRENGTH WARRANTY (NORTH AMERICA ONLY)

FRAME (NOT COATINGS)**	LIFETIME	OTHER ITEMS NOT SPECIFIED	3 YEARS
WEIGHT STACKS	5 YEARS	LABOR	3 YEARS
PULLEYS	5 YEARS	UPHOLSTERY / CABLES / SPRINGS / GRIPS	1 YEAR
PIVOT BEARINGS	5 YEARS	ACCESSORIES	6 MONTHS

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

SIGNATURE SERIES

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK	
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH
L	W	H	L	W	H	KG	LBS	KG	LBS
G271	OLYMPIC SMITH MACHINE	239	133	239	94	52	94	191	421
G272	SEATED CALF RAISE	132	74	89	52	29	35	53	117
G273	T BAR ROW	155	77	64	61	30	25	58	126
G277	45 DEGREE LEG PRESS	211	163	132	83	64	52	192	424
STRENGTH WARRANTY (NORTH AMERICA ONLY)		STRENGTH WARRANTY (NORTH AMERICA ONLY)							
FRAME (NOT COATINGS)**		LIFETIME		OTHER ITEMS NOT SPECIFIED				3 YEARS	
WEIGHT STACKS		5 YEARS		LABOR				3 YEARS	
PULLEYS		5 YEARS		UPHOLSTERY / CABLES / SPRINGS / GRIPS				1 YEAR	
PIVOT BEARINGS		5 YEARS		ACCESSORIES				6 MONTHS	

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

ELITE SERIES

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK			
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH		
L	W	H	L	W	H	KG	LBS	KG	LBS		
CF2171	SMITH MACHINE	237	82	227	93	32	89	204	448		
CF2172	SEATED CALF RAISE	130	84	92	51	33	36	51	112		
CF2173	STANDING ROW	155	89	120	61	35	47	51	112		
CF2175	HACK SQUAT	206	163	140	81	64	55	214	470		
STRENGTH WARRANTY (NORTH AMERICA ONLY)								STRENGTH WARRANTY (NORTH AMERICA ONLY)			
FRAME (NOT COATINGS)**				LIFETIME		OTHER ITEMS NOT SPECIFIED					
WEIGHT STACKS				5 YEARS		LABOR					
PULLEYS				5 YEARS		UPHOLSTERY / CABLES / SPRINGS / GRIPS					
PIVOT BEARINGS				5 YEARS		ACCESSORIES					

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

ELITE SERIES

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK	
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH
L	W	H	L	W	H	KG	LBS	KG	LBS
CF2101	FLAT BENCH	143	67	49	56	26	19	30	64
CF2102	UTILITY BENCH	133	130	84	52	51	33	39	86
CF2103	MULTI-AB BENCH	135	84	112	53	33	44	49	106
CF2104	HYPEREXTENSION	125	84	79	49	33	31	55	121
CF2105	ADJUSTABLE DECLINE BENCH	155	84	51	61	33	20	45	99
CF2106	MULTI ADJUSTABLE BENCH	138	61	138	54	24	17	45	99
CF2107	VERTICLE KNEE RAISE	125	79	163	49	31	64	85	187
CF2110	CHIN/DIP	125	127	224	49	50	88	108	238
CF2134	WEIGHT PLATE TREE	130	130	127	51	51	50	68	148
CF2136	BARBELL RACK	89	89	135	35	35	53	75	165
CF2151	OLYMPIC BENCH PRESS	143	130	133	56	51	52	59	130
CF2162	OLYMPIC INCLINE PRESS	183	168	155	72	66	61	93	203
CF2163	OLYMPIC DECLINE PRESS	204	171	135	80	67	53	92	201
CF2157	SEATED PREACHER CURL	127	84	100	50	33	39	49	106
CF2159	LUNGE RACK	173	171	196	68	67	77	86	289
CF2160	STANDING BICEPS	120	84	105	47	33	41	60	132
STRENGTH WARRANTY (NORTH AMERICA ONLY)				STRENGTH WARRANTY (NORTH AMERICA ONLY)					
FRAME (NOT COATINGS)**		LIFETIME		OTHER ITEMS NOT SPECIFIED				3 YEARS	
WEIGHT STACKS		5 YEARS		LABOR				3 YEARS	
PULLEYS		5 YEARS		UPHOLSTERY / CABLES / SPRINGS / GRIPS				1 YEAR	
PIVOT BEARINGS		5 YEARS		ACCESSORIES				6 MONTHS	

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

FOUNDATION SERIES

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK			
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH		
L	W	H	L	W	H	KG	LBS	KG	LBS		
G701	MILITARY HALF RACK	135	163	237	53	64	93	200	440		
G702	MILITARY FULL RACK	173	163	237	68	64	93	264	580		
G703	SQUAT CAGE	166	145	229	65	57	90	230	506		
G705	MULTI ADJUSTABLE BENCH	163	77	82	64	30	32	35	77		
STRENGTH WARRANTY (NORTH AMERICA ONLY)								STRENGTH WARRANTY (NORTH AMERICA ONLY)			
FRAME (NOT COATINGS)**				LIFETIME		OTHER ITEMS NOT SPECIFIED					
WEIGHT STACKS				5 YEARS		LABOR					
PULLEYS				5 YEARS		UPHOLSTERY / CABLES / SPRINGS / GRIPS					
PIVOT BEARINGS				5 YEARS		ACCESSORIES					

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

ALLIANCE SERIES

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK			
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH		
L	W	H	L	W	H	KG	LBS	KG	LBS		
MX1171	DUAL PULLEY	94	181	173	37	71	68	183	403		
DM5003	FOUR POSITIONS	346	183	221	136	72	87	331	728		
Q502	CABLE CROSSOVER	425	77	234	167	30	92	183	529		
STRENGTH WARRANTY (NORTH AMERICA ONLY)								STRENGTH WARRANTY (NORTH AMERICA ONLY)			
FRAME (NOT COATINGS)**				LIFETIME		OTHER ITEMS NOT SPECIFIED					
WEIGHT STACKS				5 YEARS		LABOR					
PULLEYS				5 YEARS		UPHOLSTERY / CABLES / SPRINGS / GRIPS					
PIVOT BEARINGS				5 YEARS		ACCESSORIES					

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

ALLIANCE SERIES

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK	
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH
		L	W	H	L	W	H	KG	LBS
GM5004	EIGHT POSITIONS	592	458	234	233	180	92	30	1517
GM5005	FIVE POSITIONS CAGE	519	366	234	204	144	92	35	1023
MTI4001	2 STATIONS								
MTI4001A	Chest/Back, Leg Extension	219	196	219	86	77	86	196	430
MTI4001B	Leg Press, Leg Extension	239	176	219	94	69	86	226	498
MTI4001C	Leg Press, Pec/Fly	239	176	219	94	69	86	217	477
MTI4001D	Chest/Back, Pec/Fly	211	211	219	83	83	86	189	415
MTI4001E	Chest/Back, Leg Press	239	176	219	94	69	86	217	477
MTI4001F	Pec/Fly, Leg Extension	239	176	219	94	69	86	196	430
MTI4005	3 STATIONS								
MTI4005	Chest/Back, Leg Extension, Leg Press	267	267	219	105	105	86	41	585
MTI4007	Chest/Back, Leg Extension, Pec/Fly	303	211	219	119	83	86	41	548
STRENGTH WARRANTY (NORTH AMERICA ONLY)		STRENGTH WARRANTY (NORTH AMERICA ONLY)							
FRAME (NOT COATINGS)**		LIFETIME		OTHER ITEMS NOT SPECIFIED				3 YEARS	
WEIGHT STACKS		5 YEARS		LABOR				3 YEARS	
PULLEYS		5 YEARS		UPHOLSTERY / CABLES / SPRINGS / GRIPS				1 YEAR	
PIVOT BEARINGS		5 YEARS		ACCESSORIES				6 MONTHS	

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

STACKED SERIES

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK	
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH
		L	W	H	L	W	H	KG	LBS
GR801	CHESS PRESS	130	166	171	51	65	67	166	364
GR802	SEATED ROW	138	135	130	54	53	51	156	342
GR803	SHOULDER PRESS	140	150	148	55	59	58	151	331
GR804	INCLINE CHEST PRESS	110	188	67	43	74	66	156	342
GR805	WIDE CHEST PRESS	138	168	178	54	66	70	171	375
GR806	PULL DOWN	178	125	196	70	49	77	171	375
GR807	LOW ROW	130	130	163	51	51	64	166	364
GR808	LEG PRESS	224	176	153	88	69	60	201	441
GR809	CALF	168	102	115	66	40	45	132	287
GR810	REAR KICK	135	127	163	53	50	64	132	287
GR804	ISOLATED LEG PRESS	221	161	183	87	63	72	356	783
GR1806	SUPER SQUAT	204	135	125	80	53	49	163	358
FL1811	ADJUSTABLE HACK SQUAT	199	158	133	78	62	52	275	606
FL1814	PULL OVER	153	133	145	60	52	57	221	486
FL1834	BELT SQUAT	168	171	219	66	67	86	155	341
FL1844	HIP THRUSTER	138	138	140	54	54	33	83	181
FL1862	BELT SQUAT	163	191	193	64	75	76	345	760
STRENGTH WARRANTY (NORTH AMERICA ONLY)		STRENGTH WARRANTY (NORTH AMERICA ONLY)							
FRAME (NOT COATINGS)**		LIFETIME		OTHER ITEMS NOT SPECIFIED				3 YEARS	
WEIGHT STACKS		5 YEARS		LABOR				3 YEARS	
PULLEYS		5 YEARS		UPHOLSTERY / CABLES / SPRINGS / GRIPS				1 YEAR	
PIVOT BEARINGS		5 YEARS		ACCESSORIES				6 MONTHS	

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

UNIVERSAL TRAINER

CODE	PRODUCT NAME	PRODUCT DIMENSIONS*				PRODUCT WEIGHT		WEIGHT STACK	
		METRIC (CM)		ENGLISH (IN)		METRIC	ENGLISH	METRIC	ENGLISH
		L	W	H	L	W	H	KG	LBS
MX1161	FUNCTIONAL TRAINER	170	122	227	67	48	89	203	448
MX1161EX	DYNAMIC TRAINER	178	122	127	70	48	50	270	595
MX1162	UNIVERSAL TRAINER	171	181	227	71	90	89	404	890
MX1169	UNIVERSAL BENCH	155	67	127	61	26	50	122	270
STRENGTH WARRANTY (NORTH AMERICA ONLY)		STRENGTH WARRANTY (NORTH AMERICA ONLY)							
FRAME (NOT COATINGS)**		LIFETIME		OTHER ITEMS NOT SPECIFIED				3 YEARS	
WEIGHT STACKS		5 YEARS		LABOR				3 YEARS	
PULLEYS		5 YEARS		UPHOLSTERY / CABLES / SPRINGS / GRIPS				1 YEAR	
PIVOT BEARINGS		5 YEARS		ACCESSORIES				6 MONTHS	

* DIMENSIONS LISTED ARE MAXIMUM IN-USE DIMENSIONS

** FRAME IS DEFINED AS THE WELDED-METAL BASE OF THE UNIT AND DOES NOT INCLUDE REMOVABLE PARTS

NOT: ALL SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE. ACTUAL PRODUCTS MAY DIFFER FROM THOSE PICTURED IN THIS CATALOG

