

SPIRIT



COMMERCIAL STRENGTH 2022



SPiRiT

SPiRiT Strength was designed to appeal to all levels, from the Athlete looking to take their performance to the next level, or the general fitness buff that just wants to be in better shape. Our machines move the way the body is meant to move and rewards hard work with results.



SELECTORIZED 01

PLATE LOADED 15

FREE WEIGHTS 25

CABLE SERIES 37

MULTI STATION 40

SPIRIT

SELECTORIZED



REP COUNTER

An integrated rep counter tracks the number of reps and the time of your exercise. Knowing how fast or slow you are moving, also called Time Under Tension, is key to improving muscular endurance and strength.



INDEPENDENT MOVEMENT ARMS

Independent movement arms are a game changer; allows for converging-handles with pressing motions and diverging-handles when pulling. This, combined with improving muscle imbalances and added core challenges, will take your exercise to the next level.



GAS-ASSISTED SEAT

A four-bar linkage design for a seat pad provides a lot of pad stability, improved alignment, and confidence. While the addition of a gas-assist allows a smooth adjustment, whether you are sitting in the seat already or standing.



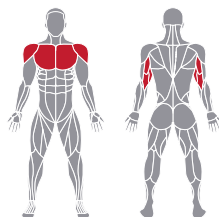
Seated Chest Press

SP-4301

FEATURES

- Overhead pivot follows body's natural movement for pressing motion
- Unilateral and bilateral motions for correcting muscle imbalances
- Vertical grips aid users with limited shoulder flexibility
- Back pad adjusts for proper range of motion
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1555 x 985 x 1815mm / 61" x 39" x 71"
WEIGHT STACK	110kg / 240lb (20lb x 12 pcs)
PRODUCT WEIGHT	237kg / 522lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1850 x 970 x 570mm / 73" x 38" x 22"
CARTON D	1000 x 110 x 380mm / 39" x 4" x 15"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



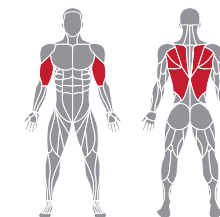
Seated Row

SP-4302

FEATURES

- Grip's pivot and rotate to self-adjust and help maintain focus on back muscles
- Adjustable seat and chest pad provide proper positioning during the exercise
- Unilateral and bilateral motions for correcting muscle imbalances
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1590 x 1115 x 1500mm / 63" x 44" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	233kg / 514lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1650 x 640 x 1300mm / 65" x 25" x 51"
CARTON D	470 x 90 x 440mm / 19" x 4" x 17"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



This model does not have incremental weight



Shoulder Press

SP-4303

FEATURES

- Horizontal and parallel grip options for users with shoulder limitations
- Unilateral and bilateral path of motion
- Seat provides range of motion adjustment
- Integrated rep counter and built-in storage on top cap

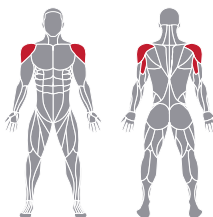
PRODUCT DIMENSION | 1707 x 1459 x 1500mm / 67" x 57" x 59"

WEIGHT STACK | 110kg / 240lb (20lb x 12 pcs)

PRODUCT WEIGHT | 233kg / 514lb

CARTON DIMENSION

CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1330 x 1200 x 465mm / 52" x 47" x 18"
CARTON D	1000 x 110 x 380mm / 39" x 4" x 15"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



Torso Rotation

SP-4304

FEATURES

- Wrap-around arm pads help to maintain upright posture
- Adjustable range of motion
- Large thigh pads provide stability of lower body
- Integrated rep counter and built-in storage on top cap

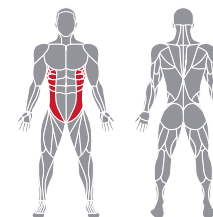
PRODUCT DIMENSION | 1314 x 930 x 1500mm / 52" x 37" x 59"

WEIGHT STACK | 110kg / 240lb (20lb x 12 pcs)

PRODUCT WEIGHT | 226kg / 498lb

CARTON DIMENSION

CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	840 x 720 x 620mm / 33" x 28" x 24"
CARTON D	500 x 190 x 450mm / 20" x 7" x 18"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"





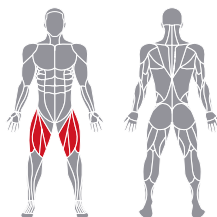
Leg Extension

SP-4305

FEATURES

- Back pad adjustments for proper alignment with machines axis of rotation
- Lower Tibia pad self-adjusts limiting the number of necessary adjustments
- Range of motion is adjustable for users with limited knee flexion
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1475 x 1260 x 1500mm / 58" x 50" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	241kg / 531lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1140 x 850 x 380mm / 45" x 33" x 15"
CARTON D	810 x 200 x 600mm / 32" x 8" x 24"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



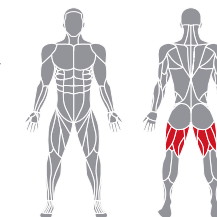
Seated Leg Curl

SP-4306

FEATURES

- Thigh pad adjusts to front of knees, keeping user in alignment with axis of rotation
- Lower Tibia pad self-adjusts limiting the number of necessary adjustments
- Range of motion is adjustable for users with limited Hamstring's flexibility
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1455 x 1265 x 1500mm / 57" x 50" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	240kg / 530lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1130 x 830 x 415mm / 44" x 33" x 16"
CARTON D	960 x 190 x 560mm / 38" x 7" x 22"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"





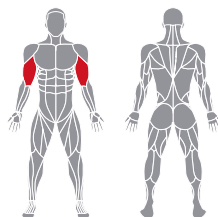
Biceps Curl

SP-4307

FEATURES

- Angled arm pad helps to limit shoulder movement for focus on Biceps
- Curling bar pivots to adjust for varying forearm lengths and axis of rotation alignment
- Seat adjustment is used to align elbows with machines axis of rotation
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1255 x 1085 x 1500mm / 49" x 43" x 59"
WEIGHT STACK	110kg / 240lb (20lb x 12 pcs)
PRODUCT WEIGHT	208kg / 458lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1170 x 830 x 240mm / 46" x 33" x 9"
CARTON D	630 x 130 x 580mm / 25" x 5" x 23"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



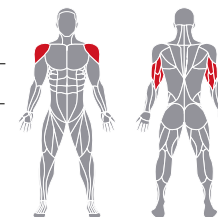
Triceps Extension

SP-4308

FEATURES

- Angled arm pad helps to limit shoulder movement for focus on Triceps
- Extension bar pivots to adjust for varying forearm lengths and axis of rotation alignment
- Seat adjustment is used to align elbows with machines axis of rotation
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1245 x 1020 x 1500mm / 49" x 40" x 59"
WEIGHT STACK	110kg / 240lb (20lb x 12 pcs)
PRODUCT WEIGHT	218kg / 480lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1170 x 870 x 240mm / 46" x 34" x 9"
CARTON D	630 x 130 x 580mm / 25" x 5" x 23"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"





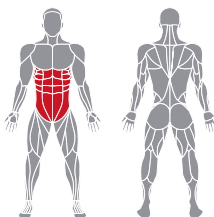
Abdominal

SP-4309

FEATURES

- Adjustable roller pad for ideal positioning across upper chest
- Adjustable range of motion to fit all sizes of users
- Lower back pad provides stability and allows for a full range of motion
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	900 x 1210 x 1500mm / 35" x 48" x 59"
WEIGHT STACK	123kg / 270lb (10lb x 3pcs + 20lb x 12pcs)
PRODUCT WEIGHT	237kg / 531lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	950 x 800 x 660mm / 37" x 31" x 26"
CARTON D	620 x 190 x 540mm / 24" x 8" x 21"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



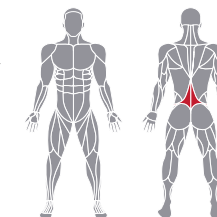
Back Extension

SP-4310

FEATURES

- Adjustable roller pad for ideal positioning across upper back
- Dual foot bars for lower body stabilization during exercise
- Lower back pad provides stability and allows for a full range of motion
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1223 x 1219 x 1500mm / 48" x 48" x 59"
WEIGHT STACK	128kg / 280lb (10lb x 2pcs + 20lb x 13pcs)
PRODUCT WEIGHT	248kg / 530lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1130 x 800 x 640mm / 44" x 31" x 25"
CARTON D	620 x 190 x 540mm / 24" x 8" x 21"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"





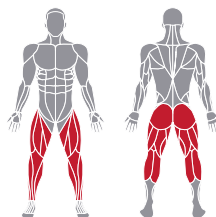
Seated Leg Press

SP-4311

FEATURES

- Large foot platform for foot placement variety and angled lower edge for calf exercises
- Angled sled provides support and simulates a squatting movement
- Linear bearings are durable and provide for a smooth pressing motion
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1864 x 1184 x 1500mm / 73" x 47" x 59"
WEIGHT STACK	150kg / 330lb (10lb x 1pc + 20lb x 16pcs)
PRODUCT WEIGHT	330kg / 727lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1960 x 650 x 1230mm / 77" x 26" x 48"
CARTON D	1260 x 100 x 450mm / 50" x 4" x 18"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



Deltoid Trainer

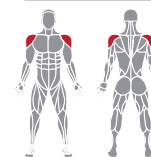
SP-4312

FEATURES

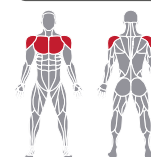
- Independent arms with multiple adjustments in a wide arc for Deltoid raise and fly's
- Chest pad is angle for a proper forward body positioning and stability
- Seat adjusts to align shoulders with chest pad and machines axis of rotation
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1530 x 710 x 1567mm / 60" x 28" x 62"
WEIGHT STACK	110kg / 240lb (20lb x 12 pcs)
PRODUCT WEIGHT	208kg / 458lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1590 x 1350 x 260mm / 63" x 53" x 10"
CARTON D	480 x 100 x 450mm / 19" x 4" x 18"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"

LATERAL RISE



CLIP CHEST





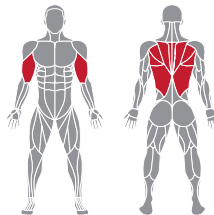
Lat Pulldown

SP-4313

FEATURES

- Traditional Lat Pulldown with adjustable chain-links for positioning of bar height
- Storage hooks for bar when not in use
- Adjustable thigh pads secure lower body for heavy weight pulls
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1475 x 1213 x 2303mm / 58" x 48" x 91"
WEIGHT STACK	115kg / 250lb (10lb x 9pcs + 20lb x 8pcs)
PRODUCT WEIGHT	230kg / 507lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1950 x 760 x 230mm / 77" x 30" x 9"
CARTON D	850 x 160 x 310mm / 33" x 6" x 12"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



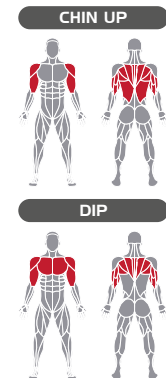
Dip / Chin Assist

SP-4314

FEATURES

- Machine uses a weight stack to reduce the users own body weight for pull up and dip exercises
- User platform positions user in kneeling position for greater sense of security
- Dip handles rotate to fit different shoulder widths
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1238 x 1187 x 2236mm / 49" x 47" x 88"
WEIGHT STACK	115kg / 250lb (10lb x 9pcs + 20lb x 8pcs)
PRODUCT WEIGHT	263kg / 580lb
CARTON DIMENSION	
CARTON A	1750 x 600 x 125mm / 69" x 24" x 5"
CARTON B	1880 x 730 x 260mm / 74" x 29" x 10"
CARTON C	2200 x 970 x 440mm / 87" x 38" x 17"
CARTON D	850 x 900 x 320mm / 33" x 35" x 13"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"





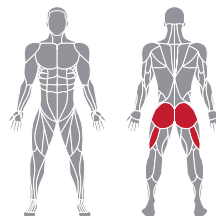
Hip Trainer

SP-4315

FEATURES

- Seated positioning helps focus on the Glute muscles during a hip extension
- Hip pad and foot plate are adjustable for stability and ideal positioning
- Back pad pivots with user during hip extension providing maximum support
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1725 x 1278 x 1500mm / 68" x 50" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	254kg / 560lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1670 x 770 x 720mm / 66" x 30" x 28"
CARTON D	650 x 200 x 500mm / 26" x 8" x 20"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



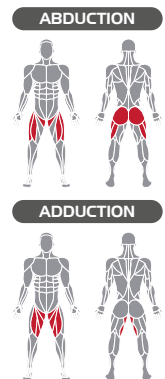
Hip Abduction / Adduction

SP-4316

FEATURES

- Dual exercise hip machine saves floor space
- Large thigh pads and foot supports provide comfort and stability
- Bar across front of weight tower assists in entry and exit of machine
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1617 x 677 x 1500mm / 64" x 27" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	235kg / 518lb
CARTON DIMENSION	
CARTON A	1750 x 600 x 125mm / 69" x 24" x 5"
CARTON B	1880 x 730 x 260mm / 74" x 29" x 10"
CARTON C	1570 x 550 x 1140mm / 62" x 22" x 45"
CARTON D	640 x 220 x 370mm / 25" x 9" x 15"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"





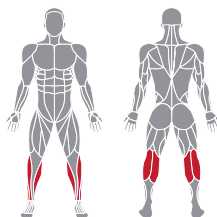
Standing Calf Extension

SP-4317

FEATURES

- Upright positioning allows for training calf muscles across both knee and ankle joints
- Shoulder pads are adjustable to accommodate users of varying heights
- Non-slip foot plate provides stability and full range of motion in ankle joint
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1054 x 955 x 1656mm / 41" x 38" x 65"
WEIGHT STACK	115kg / 250lb (10lb x 9pcs + 20lb x 8pcs)
PRODUCT WEIGHT	242kg / 533lb
CARTON DIMENSION	
CARTON A	1750 x 600 x 125mm / 69" x 24" x 5"
CARTON B	1880 x 730 x 260mm / 74" x 29" x 10"
CARTON C	1590 x 1070 x 480mm / 63" x 42" x 19"
CARTON D	260 x 120 x 230mm / 10" x 5" x 9"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



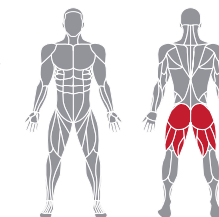
Prone Leg Curl

SP-4318

FEATURES

- Prone positioning allows full range of motion training of hamstrings across both hip and knee joints
- Pad angles stabilize hips to prevent them from rising during exercise
- Adjustable lower leg pad and range of motion to accommodate users of all sizes
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1725 x 1278 x 1500mm / 68" x 50" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	239kg / 527lb
CARTON DIMENSION	
CARTON A	1750 x 600 x 125mm / 69" x 24" x 5"
CARTON B	1880 x 730 x 260mm / 74" x 29" x 10"
CARTON C	1260 x 850 x 400mm / 50" x 33" x 16"
CARTON D	900 x 190 x 540mm / 35" x 7" x 21"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"





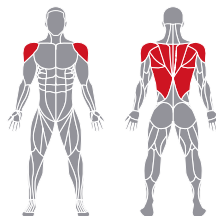
Low Row

SP-4319

FEATURES

- Low row challenges the entire body with stabilization while pulling with arms and upper back muscles
- Dual foot bars allow users of all sizes a proper set-up and full range motion
- Low position of pulling handle helps keep elbows down, along sides of body
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1480 x 1020 x 1853mm / 58" x 40" x 73"
WEIGHT STACK	123kg / 270lb (10lb x 3pcs + 20lb x 12pcs)
PRODUCT WEIGHT	236kg / 518lb
CARTON DIMENSION	
CARTON A	1750 x 600 x 125mm / 69" x 24" x 5"
CARTON B	1880 x 730 x 260mm / 74" x 29" x 10"
CARTON C	1520 x 580 x 585mm / 60" x 23" x 23"
CARTON D	760 x 90 x 340mm / 30" x 4" x 13"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



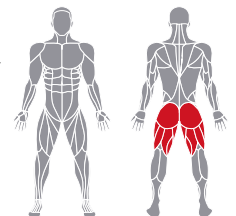
Glute

SP-4320

FEATURES

- Positioning simulates a Glute kickback, keeping foot low to ground while extending back
- Chest pad positions the user leaning forward slightly for proper alignment and is adjustable
- Foot bar swivels for use with each training leg
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	2160 x 1000 x 1500mm / 85" x 39" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 9pcs + 20lb x 8pcs)
PRODUCT WEIGHT	220kg / 485lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1820 x 700 x 350mm / 72" x 28" x 14"
CARTON D	350 x 90 x 190mm / 14" x 4" x 7"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"





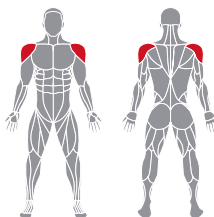
Lateral Raise

SP-4322

FEATURES

- Swiveling handles and counterbalanced arms to assist users of all levels
- Unilateral and bilateral motions for correcting muscle imbalances
- Full back pad provides support and comfort
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1315 x 944 x 1500mm / 52" x 37" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	235kg / 518lb
CARTON DIMENSION	
CARTON A	1750 x 600 x 125mm / 69" x 24" x 5"
CARTON B	1880 x 730 x 260mm / 74" x 29" x 10"
CARTON C	1570 x 550 x 1140mm / 62" x 22" x 45"
CARTON D	640 x 220 x 370mm / 25" x 9" x 15"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



Fly / Rear Delt

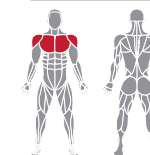
SP-4331

FEATURES

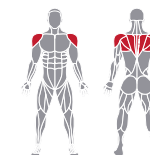
- Dual exercise machine efficiently focuses on Pectoralis and Posterior Deltoids
- Multiple hand grips and range of motion adjustment aid positioning for these exercises
- Seat adjusts to accommodate users of all sizes
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1451 x 1463 x 1985mm / 57" x 58" x 78"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	239kg / 527lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1850 x 1200 x 260mm / 73" x 47" x 10"
CARTON D	1200 x 90 x 400mm / 47" x 4" x 16"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"

FLY



REAR DELT



This model does not have incremental weight



Pull-down / Seated Row

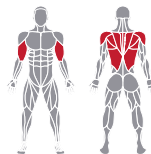
SP-4332

FEATURES

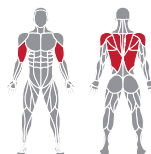
- Dual machine combines the two most popular back exercises
- Traditional Lat Pull-down with adjustable bar height and storage hooks
- Foot bars aid Low Row stabilization and storage hooks secure handle when not in use
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1808 x 1213 x 2270mm / 71" x 48" x 89"
WEIGHT STACK	115kg / 250lb (10lb x 9pcs + 20lb x 8pcs)
PRODUCT WEIGHT	270kg / 595lb
CARTON DIMENSION	
CARTON A	1750 x 600 x 125mm / 69" x 24" x 5"
CARTON B	1880 x 730 x 260mm / 74" x 29" x 10"
CARTON C	1950 x 1000 x 210mm / 77" x 39" x 8"
CARTON D	1050 x 150 x 330mm / 41" x 6" x 13"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"

PULLDOWN



SEATED ROW



Standing Biceps / Triceps

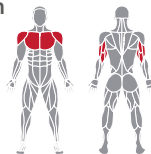
SP-4333

FEATURES

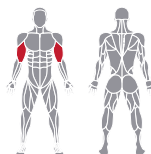
- Dual machine combines the two most popular arm exercises
- Standing user positioning during Biceps and Triceps exercises stabilizes machine for smaller footprint
- Angled curling bar for Biceps and traditional rope for Triceps extension
- Storage hooks for each attachment when not in use
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	709 x 1492 x 2104mm / 28" x 59" x 83"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	210kg / 463lb
CARTON DIMENSION	
CARTON A	1390 x 600 x 125mm / 54" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	2030 x 610 x 220mm / 80" x 24" x 9"
CARTON D	530 x 500 x 290mm / 21" x 20" x 11"

TRICEPS



BICEPS



SPIRIT

PLATE LOADED

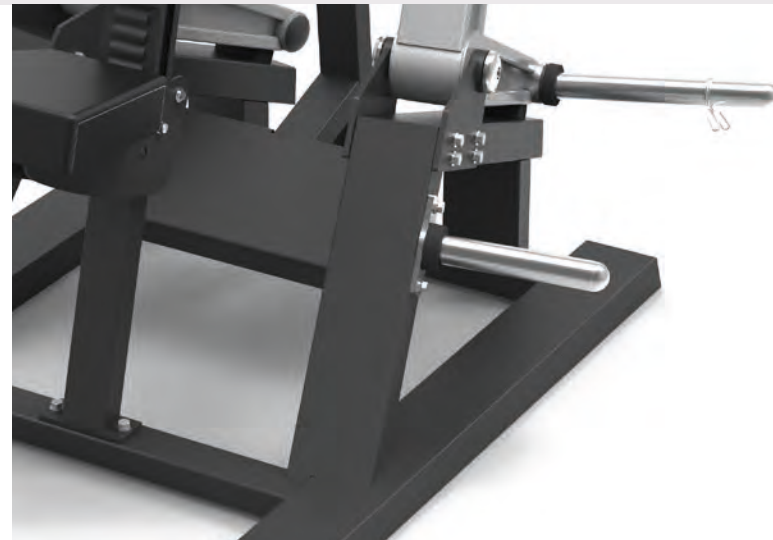


MODERN ROBUST AESTHETICS

A modern trend for machine design is to convey strength-in-design. In other words, just looking at the larger tubing used, provides greater confidence that it can handle whatever is thrown at it.

WEIGHT STORAGE HORNS

Wherever possible, weight storage horns are integrated to keep additional weights on-hand. Weight storage on the benches or racks also helps to reduce clutter in a busy gym and eliminate the need for accessory weight trees.



THICK GAUGE STEEL

With features such as thick 4mm gauge steel and a support structure designed to withstand the most demanding training environments, our plate loaded machines are not just the benchmark standard, but significantly raise the bar in the commercial club market.



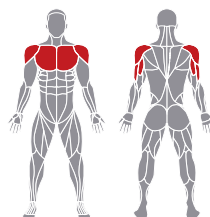
Chest Press

SP-4501

FEATURES

- Highly visibility marker on back pad to help with proper alignment of chest with handles
- Overhead pivot is biomechanically ideal for pressing motions
- Easy lift and lock seat adjustment
- Heavy duty construction using 4mm steel

PRODUCT DIMENSION	1425 x 1780 x 1720mm / 56" x 70" x 68"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	200kg / 441lb
CARTON DIMENSION	2335 x 1470 x 550mm / 92" x 58" x 22"



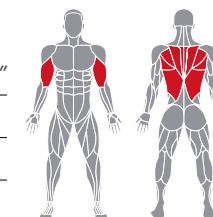
Row

SP-4502

FEATURES

- Horizontal and vertical hand grips for training emphasis and variety
- Stabilizing handle in the middle to help when performing unilateral rows
- Foot plate provides for lower body stability during heavy lifts
- Angled seat and chest pad help with proper body positioning

PRODUCT DIMENSION	1430 x 1490 x 1290mm / 56" x 59" x 51"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	166kg / 366lb
CARTON DIMENSION	2280 x 1220 x 680mm / 90" x 48" x 27"





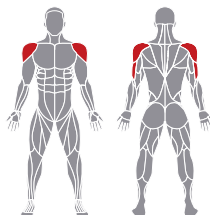
Shoulder Press

SP-4503

FEATURES

- Highly visibility marker on back pad to help with proper alignment of shoulders with handles
- Unilateral and bilateral converging path of motion
- Seat provides range of motion adjustment
- Heavy duty construction using 4mm steel

PRODUCT DIMENSION	1380 x 1540 x 1480mm / 54" x 61" x 58"
MAX TRAINING CAPACITY	400kg / 881lb
PRODUCT WEIGHT	150kg / 330lb
CARTON DIMENSION	1720 x 770 x 1295mm / 68" x 30" x 51"



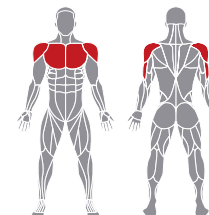
Incline Chest Press

SP-4504

FEATURES

- Highly visibility marker on back pad to help with proper alignment of shoulders on pad
- Horizontal handles simulate motion of a traditional bench press
- Overhead pivot is biomechanically ideal for pressing motions
- Easy lift and lock seat adjustment

PRODUCT DIMENSION	1125 x 2150 x 1675mm / 44" x 85" x 66"
MAX TRAINING CAPACITY	350kg / 771lb
PRODUCT WEIGHT	183kg / 403lb
CARTON DIMENSION	1980 x 770 x 1250mm / 78" x 30" x 49"



*Loading capacity of each storage pin is 200kg / 440lb.



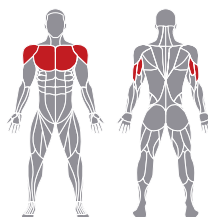
Wide Chest Press

SP-4505

FEATURES

- Wider separation of the handles accommodates larger exercisers
- Greater amount of converging motion than decline press
- Highly visibility marker on back pad to help with proper alignment of chest with handles
- Reclined user positioning provides lots of stabilization during heavy workouts

PRODUCT DIMENSION	1360 x 1800 x 1770mm / 54" x 71" x 70"
MAX TRAINING CAPACITY	350kg / 771lb
PRODUCT WEIGHT	209kg / 460lb
CARTON DIMENSION	1990 x 1120 x 1295mm / 78" x 44" x 51"



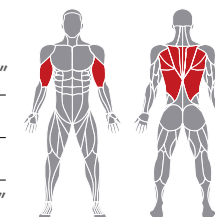
Lat Pulldown

SP-4506

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Horizontal grips with natural diverging path of motion
- Stabilizing handle in the middle to help when performing unilateral pulldowns
- Easy lift and lock seat adjustment

PRODUCT DIMENSION	1790 x 1430 x 1990mm / 70" x 56" x 78"
MAX TRAINING CAPACITY	400kg / 881lb
PRODUCT WEIGHT	175kg / 385lb
CARTON DIMENSION	1490 x 1000 x 1210mm / 59" x 39" x 48"





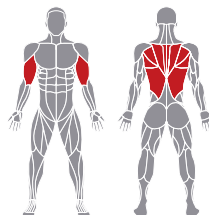
Low Row

SP-4507

FEATURES

- Unique path of motion that contrasts with the decline press
- Horizontal and vertical hand grips for training emphasis and variety
- Stabilizing handle in the middle to help when performing unilateral rows
- Heavy duty construction using 4mm steel

PRODUCT DIMENSION	1400 x 1560 x 1660mm / 55" x 61" x 65"
MAX TRAINING CAPACITY	350kg / 771lb
PRODUCT WEIGHT	176kg / 388lb
CARTON DIMENSION	1520 x 1120 x 1100mm / 60" x 44" x 43"



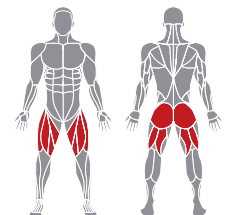
Leg Press

SP-4508

FEATURES

- Curvilinear path of motion matches the natural motion of a squat
- Extra large foot plate uses a 4-bar linkage to maintain correct ankle alignment
- Back pad adjusts into 3-positions for varying hip positions and users of all sizes
- Long weight loading horns to handle very heavy workouts

PRODUCT DIMENSION	2210 x 1740 x 1530mm / 87" x 69" x 60"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	230kg / 507lb
CARTON DIMENSION	2280 x 770 x 960mm / 90" x 30" x 38"



*Loading capacity of each storage pin is 200kg / 440lb.



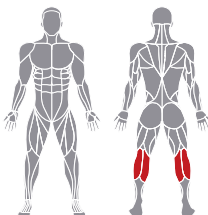
Calf

SP-4509

FEATURES

- Angled press allows effective training of calf's without loading the spine
- Seat and back pad positioning stabilizes user through hips while performing calf raises
- Solid hand grips provide support during the exercise
- Heavy duty construction using 4mm steel

PRODUCT DIMENSION	1805 x 1150 x 1200mm / 71" x 45" x 47"
MAX TRAINING CAPACITY	950kg / 2094lb
PRODUCT WEIGHT	150kg / 330lb
CARTON DIMENSION	1790 x 940 x 657mm / 70" x 37" x 26"



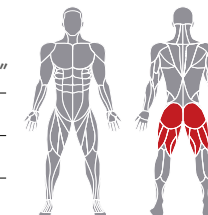
Rear Kick

SP-4510

FEATURES

- Standing during Glute training is ideal compared to kneeling on floor
- Curvilinear motion places emphasis on Glutes and Hamstrings
- Chest pad and handlebar provide support and stability during exercise
- Edge at bottom of foot plate keeps feet secure from slipping

PRODUCT DIMENSION	1280 x 1380 x 1620mm / 50" x 54" x 64"
MAX TRAINING CAPACITY	300kg / 661lb
PRODUCT WEIGHT	150kg / 330lb
CARTON DIMENSION	1720 x 770 x 1210mm / 68" x 30" x 48"





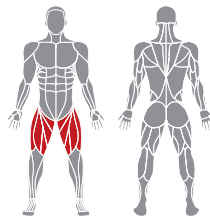
Leg Extension

SP-4511

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Angled user positioning helps with stabilization during exercise
- Back pad adjustments for proper alignment with machines axis of rotation
- Lower Tibia pad self-adjusts limiting the number of necessary adjustments

PRODUCT DIMENSION	1665 x 1855 x 1135mm / 66" x 73" x 45"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	115kg / 253lb
CARTON DIMENSION	1620 x 580 x 1040mm / 64" x 23" x 41"



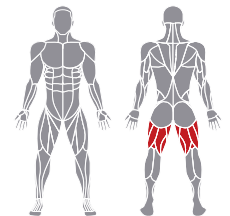
Standing Leg Curl

SP-4512

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Upright positioning allows for training hamstrings across both hip and knee joints
- Knee and thigh pads stabilize the non-exercising leg
- Arm pad and handle grips provide for upper body stability

PRODUCT DIMENSION	1210 x 1830 x 1580mm / 48" x 72" x 62"
MAX TRAINING CAPACITY	500kg / 1102lb
PRODUCT WEIGHT	134kg / 295lb
CARTON DIMENSION	1500 x 770 x 980mm / 59" x 30" x 39"





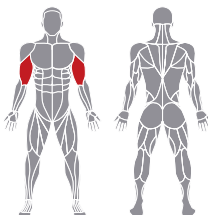
Biceps Curl

SP-4513

FEATURES

- Angled arm pad helps to reduce shoulder involvement and maintain focus on Biceps
- Pivoting grip bar adjusts for varying forearm lengths and maintains alignment with axis of rotation
- Seat adjustment is used to align elbows with machines axis of rotation
- Counterbalanced curling arm reduces starting resistance

PRODUCT DIMENSION	1085 x 1790 x 1200mm / 43" x 70" x 47"
MAX TRAINING CAPACITY	275kg / 606lb
PRODUCT WEIGHT	122kg / 269lb
CARTON DIMENSION	1100 x 770 x 1080mm / 43" x 30" x 43"



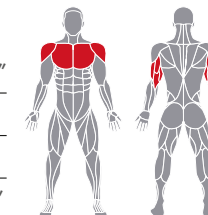
Triceps Extension

SP-4514

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Adjustable seat pad provides lower body stabilization
- No-back pad design allows users to self-adjust of upper body position
- Easy lift and lock seat adjustment

PRODUCT DIMENSION	1870 x 1660 x 1055mm / 74" x 65" x 42"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	213kg / 469lb
CARTON DIMENSION	1680 x 1160 x 1120mm / 66" x 46" x 44"





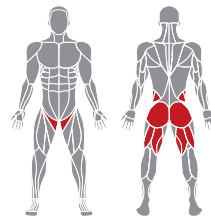
Glute Drive

SP-4515

FEATURES

- Gas Adjustable, oversized, foot platform
- Multi-angle ergonomic cushion pad to accommodate users of all sizes
- Seat pad for user safety

PRODUCT DIMENSION	1572 x 1207 x 797mm / 61" x 47" x 31"
MAX TRAINING CAPACITY	400kg / 881lb
PRODUCT WEIGHT	110kg / 242lb
CARTON DIMENSION	1680 x 770 x 685mm / 66" x 30" x 27"



SPIRIT

FREE WEIGHTS



MODERN ROBUST AESTHETICS

A modern trend for machine design is to convey strength-in-design. In other words, just looking at the larger tubing used, provides greater confidence that it can handle whatever is thrown at it.

WEIGHT STORAGE HORNS

Wherever possible, weight storage horns are integrated to keep additional weights on-hand. Weight storage on the benches or racks also helps to reduce clutter in a busy gym and eliminate the need for accessory weight trees.



THICK GAUGE STEEL

With features such as thick 3mm gauge steel and a support structure designed to withstand the most demanding training environments, our free weight benches and racks are not just the benchmark standard, but significantly raise the bar in the commercial club market.



Flat Bench

SP-4201

FEATURES

- Three-point contact provides excellent stability
- Strong but lightweight design can be easily moved
- Non-slip rubber feet give security and protect floors

PRODUCT DIMENSION	1411 x 647 x 402mm / 56" x 25" x 16"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	25kg / 55lb
CARTON DIMENSION	
CARTON A	1420 x 230 x 360mm / 56" x 9" x 14"
CARTON B	1230 x 100 x 330mm / 48" x 4" x 13"



Adjustable Bench

SP-4204

FEATURES

- Bench adjusts from flat to 90-degrees
- Seat pad adjusts in 4 positions to align with back pad angle
- Handle and integrated wheels for easy transport

PRODUCT DIMENSION	1362 x 447 x 415mm / 54" x 18" x 16"
MAX. LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	49kg / 108lb
CARTON DIMENSION	
CARTON A	1310 x 485 x 360mm / 52" x 19" x 14"
CARTON B	1300 x 90 x 380mm / 51" x 4" x 15"



Upright Bench

SP-4205

FEATURES

- Foot bars help with stabilizing lower body during heavy lifts
- Strong but lightweight design can be easily moved
- Non-slip rubber feet give security and protect floors

PRODUCT DIMENSION	1202 x 767 x 1062mm / 47" x 30" x 42"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	37kg / 81lb
CARTON DIMENSION	
CARTON A	1150 x 430 x 250mm / 45" x 17" x 10"
CARTON B	1000 x 90 x 330mm / 39" x 4" x 13"



Preacher Curl

SP-4206

FEATURES

- Elbow pad is angled at 55-degrees to vary resistance and improve user comfort
- Wear resistant guards protect frame powder coating
- Three-point contact provides excellent stability

PRODUCT DIMENSION	1220 x 860 x 940mm / 48" x 34" x 37"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	46kg / 101lb
CARTON DIMENSION	
CARTON A	1050 x 900 x 245mm / 41" x 35" x 10"
CARTON B	660 x 180 x 420mm / 26" x 7" x 17"



Squat Rack

SP-4207

FEATURES

- Four racking positions accommodate all users
- Racks are positioned to allow easy removal and re-racking of the bar
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1855 x 1645 x 2010mm / 73" x 65" x 79"
PRODUCT WEIGHT	132kg / 291lb
CARTON DIMENSION	
CARTON A	2060 x 1050 x 250mm / 26" x 7" x 17"
CARTON B	1030 x 815 x 250mm / 41" x 32" x 10"



Olympic Military Bench

SP-4208

FEATURES

- Front and rear takeoffs connected with bottom stop bar
- Integrated spotters' platform with non-slip coating
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1740 x 1380 x 1900mm / 69" x 54" x 75"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	110kg / 243lb
CARTON DIMENSION	
CARTON A	1950 x 1420 x 270mm / 77" x 56" x 11"
CARTON B	1000 x 90 x 340mm / 39" x 4" x 13"
CARTON C	600 x 420 x 380mm / 24" x 17" x 15"



Olympic Flat Bench

SP-4209

FEATURES

- Multiple weight take-off points spaced for easy take-off and return
- Standard weight storage keeps weight plates close
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1745 x 1720 x 1355mm / 69" x 68" x 53"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	116kg / 256lb
CARTON DIMENSION	
CARTON A	1400 x 660 x 500mm / 55" x 26" x 20"
CARTON B	1300 x 90 x 320mm / 51" x 4" x 13"
CARTON C	1260 x 470 x 220mm / 50" x 19" x 9"



Olympic Incline Bench

SP-4210

FEATURES

- Adjustable seat and multiple take-off points for confident positioning
- Integrated spotters' platform with non-slip coating
- Foot bar helps lower body stabilization during heavy lifts

PRODUCT DIMENSION	2065 x 1720 x 1355mm / 81" x 68" x 53"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	126kg / 278lb
CARTON DIMENSION	
CARTON A	1260 x 470 x 220mm / 50" x 19" x 9"
CARTON B	1740 x 670 x 435mm / 69" x 26" x 17"
CARTON C	1430 x 95 x 350mm / 56" x 4" x 14"
CARTON D	600 x 500 x 435mm / 24" x 20" x 17"



Olympic Decline Bench

SP-4211

FEATURES

- Bench is angled at 15-degrees for effective muscle stimulation
- Multiple take-off positions provide adaptability for users with varying arm lengths
- Tibia adjuster allows for confident positioning

PRODUCT DIMENSION	2065 x 1720 x 1355mm / 81" x 68" x 53"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	109kg / 240lb
CARTON DIMENSION	
CARTON A	1260 x 470 x 220mm / 50" x 19" x 9"
CARTON B	1520 x 820 x 435mm / 60" x 32" x 17"
CARTON C	1100 x 210 x 320mm / 43" x 8" x 13"



Leg Raise / Dip

SP-4215

FEATURES

- Back and arm pads are angled to help with user stabilization during leg raises
- Forward handles are positioned to perform dip exercises
- Non-slip footsteps help with easy entry and exit for all exercises

PRODUCT DIMENSION	1190 x 865 x 1665mm / 47" x 34" x 66"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	85kg / 187lb
CARTON DIMENSION	
CARTON A	1590 x 890 x 425mm / 63" x 35" x 17"
CARTON B	780 x 90 x 485mm / 31" x 4" x 19"



Adjustable Ab Bench

SP-4218

FEATURES

- Multiple positions of adjustment to challenge every user
- Wide back pad and adjustable leg support provides stabilization
- Integrated wheels for easy transport

PRODUCT DIMENSION	1575 x 717 x 983mm / 62" x 28" x 39"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	54kg / 119lb
CARTON DIMENSION	
CARTON A	1270 x 460 x 675mm / 50" x 18" x 27"
CARTON B	1500 x 175 x 410mm / 59" x 7" x 16"



Chin / Dip / Leg Raise

SP-4219

FEATURES

- Integrated pull-up bar with multiple grips for individual preference
- Back and arm pads are angled to help with user stabilization during leg raises
- Forward handles are positioned to perform dip exercises

PRODUCT DIMENSION	1190 x 1260 x 2300mm / 47" x 50" x 91"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	130kg / 287lb
CARTON DIMENSION	
CARTON A	1590 x 890 x 425mm / 63" x 35" x 17"
CARTON B	780 x 90 x 485mm / 31" x 4" x 19"
CARTON C	1300 x 1180 x 295mm / 51" x 46" x 12"



Back Extension

SP-4220

FEATURES

- 45-degree positioning is ideal for training posterior muscles
- High pads are adjustable to fit all user sizes
- Lower leg pads support at the calf which eliminates knees discomfort

PRODUCT DIMENSION	1422 x 820 x 830mm / 56" x 32" x 33"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	51kg / 112lb
CARTON DIMENSION	
CARTON A	1060 x 470 x 370mm / 42" x 19" x 15"
CARTON B	670 x 180 x 340mm / 26" x 7" x 13"



Smith Machine

SP-4222

FEATURES

- Bar is counter balanced to 5lb for very low starting resistance
- Vertical design accommodates most exercise and provides easier set-up
- Adjustable bar stops are easy to identify and adjust in small increments for confidence

PRODUCT DIMENSION	2165 x 1575 x 2390mm / 85" x 62" x 94"
PRODUCT WEIGHT	210kg / 463lb
CARTON DIMENSION	2420 x 565 x 1640mm / 95" x 22" x 65"



Stretch Trainer

SP-4227

FEATURES

- Multi position handle grips for optimal use
- Ergonomically designed for easy starting position
- For all levels of ability
- Easy to follow instructional placard

PRODUCT DIMENSION	1505 x 790 x 1095mm / 59" x 31" x 43"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	40kg / 83lb
CARTON DIMENSION	
CARTON A	1050 x 825 x 465mm / 41" x 32" x 18"
CARTON B	450 x 110 x 450mm / 17" x 4" x 17"



Row

SP-4231

FEATURES

- Angled design with chest pad provides firm support to isolate the back muscles
- Multiple hand grips give the user training variety for the lats or upper back
- Dual position foot bars help users of all sizes with ideal positioning

PRODUCT DIMENSION	1806 x 1133 x 1204mm / 71" x 45" x 47"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	76kg / 167lb
CARTON DIMENSION	
CARTON A	1420 x 1170 x 255mm / 56" x 46" x 10"
CARTON B	450 x 100 x 320mm / 8" x 4" x 13"



Seated Calf

SP-4232

FEATURES

- Seated position helps focus on the Soleus muscles
- Seat moves with movement arm to maintain alignment
- Knee pads adjust for tibia length and range of motion

PRODUCT DIMENSION	1388 x 617 x 942mm / 55" x 24" x 37"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	50kg / 110lb
CARTON DIMENSION	
CARTON A	1320 x 670 x 335mm / 52" x 26" x 13"
CARTON B	720 x 90 x 320mm / 28" x 4" x 13"



Vertical Barbell Rack

SP-4251

FEATURES

- Heavy duty vertical rack holds 10 barbells, 5 each side
- PU hook saddles reduces risk of barbell damage and noise
- Can stand against wall or in middle of room

PRODUCT DIMENSION	978 x 845 x 1395 mm / 39" x 33" x 55"
MAX LOADING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	55kg / 120lb
CARTON DIMENSION	1600 x 1100 x 255 mm / 63" x 43" x 10"



Two Tier Dumbbell Rack

SP-4265

FEATURES

- Heavy duty dumbbell rack with PU cups
- Stores 10 pairs of dumbbells safely without risk of damaging them
- Ergonomically designed for easy retrieval and resetting of dumbbells

PRODUCT DIMENSION	2280 x 645 x 800mm / 90" x 25" x 31"
MAX LOADING CAPACITY	1000kg / 2205lb
PRODUCT WEIGHT	62kg / 140lb
CARTON DIMENSION	
CARTON A	800 x 680 x 260mm / 31" x 27" x 10"
CARTON B	2350 x 260 x 135mm / 93" x 10" x 5"



Weight Tree

SP-4266

FEATURES

- PVC foot covers provide protection to your floor and to the weight tree
- Strong PU covered weight pegs protects your weight plates from damage and provides the user with a smooth removal and replacement of the weights on the tree

PRODUCT DIMENSION	810 x 666 x 1320mm / 31" x 26" x 51"
MAX LOADING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	30kg / 66lb
CARTON DIMENSION	1280 x 715 x 210 / 50" x 28" x 8"

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CABLE SERIES





Functional Trainer

SP-3526

FEATURES

- Functional trainers allow two exercisers or a trainer and client to train together
- 1:2 ratio provides smaller changes in the resistance and extended cable travel for movement exercises
- Multiple accessory handles and integrated storage helps keep handles nearby

PRODUCT DIMENSION	1520 x 840 x 2120mm / 60" x 33" x 83"
PRODUCT WEIGHT	302kg / 660lb
WEIGHT STACK	77kg x 2 / 170lb x 2
CABLE TRAVEL	2100mm / 83"
CARTON DIMENSION	
CARTON A	2160 x 565 x 1050mm / 85" x 22" x 41"
CARTON B	305 x 115 x 125mm (8pcs) / 12" x 4" x 5"

*Optional training pad



Cable Crossover

SP-3527

FEATURES

- Cable Crossovers are very versatile and can allow multiple users simultaneously
- 1:2 ratio provides smaller changes in the resistance and extended cable travel for movement exercises
- Column adjusts into 20-positions for lots of variety

PRODUCT DIMENSION	4091 x 1065 x 2344mm / 161" x 41" x 92"
PRODUCT WEIGHT	313kg / 690lb
WEIGHT STACK	68kg x 2 / 150lb x 2
CABLE TRAVEL	2100mm / 83"
CARTON DIMENSION	
CARTON A	2300 x 565 x 830mm / 90" x 22" x 2"
CARTON B	2680 x 470 x 405mm / 105" x 18" x 15"
CARTON C	1950 x 380 x 170mm / 76" x 14" x 6"

MULTI STATION





4 Stack Multi Station

SP-3604

FEATURES

- Adjustable Hi/Lo Pulley
- Triceps Pressdown
- Low Row
- Lat Pulldown

PRODUCT DIMENSION	3418 x 1920 x 2290mm / 134" x 75" x 90"
PRODUCT WEIGHT	841kg / 1854lb
WEIGHT STACK	122kg x 4 / 270lb x 4
CARTON DIMENSION	
CARTON A	2280 x 1120 x 830mm / 89" x 44" x 32"
CARTON B	500 x 470 x 420mm / 19" x 18" x 16"
CARTON C	500 x 470 x 420mm / 19" x 18" x 16"



8 Stack Multi Station

SP-3608

FEATURES

- Adjustable Hi/Lo Pulley x 2
- Triceps Pressdown x 2
- Low Row x 2
- Lat Pulldown x 2
- Pull Up Bar

PRODUCT DIMENSION	5900 x 4100 x 2300mm / 232" x 161" x 90"
PRODUCT WEIGHT	1705kg / 3758lb
WEIGHT STACK	122kg x 8 / 270lb x 8
CARTON DIMENSION	
CARTON A	2280 x 1120 x 830mm / 89" x 44" x 32"
CARTON B	500 x 470 x 420mm / 19" x 18" x 16"
CARTON C	500 x 470 x 420mm / 19" x 18" x 16"
CARTON D	2280 x 1120 x 830mm / 89" x 44" x 32"
CARTON E	500 x 470 x 420mm / 19" x 18" x 16"
CARTON F	500 x 470 x 420mm / 19" x 18" x 16"
CARTON G	2330 x 570 x 100mm / 91" x 22" x 3"

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