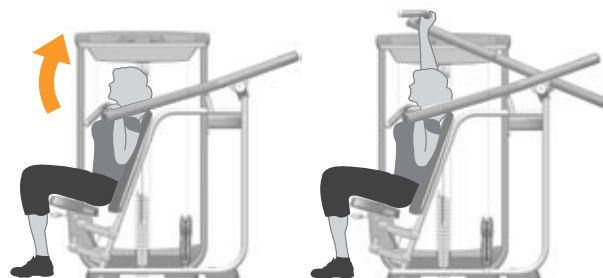




See. Feel. Trust.



## M Shoulder Press Model MSP

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment handles

### What Users Feel

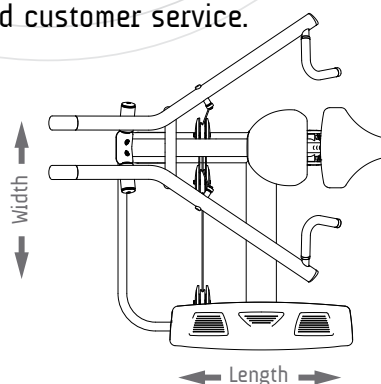
A natural path of motion from independent converging arm travel  
Direct smooth feel from Kevlar belts and internally lubricated cables  
Reduced starting resistance from counterbalanced arms  
Gradual resistance increases through drop down weight increment system  
Easy one-handed seat adjustments through gas-assisted 4-bar mechanism  
More exercise variety through multiple grip locations

### What Users Trust

Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

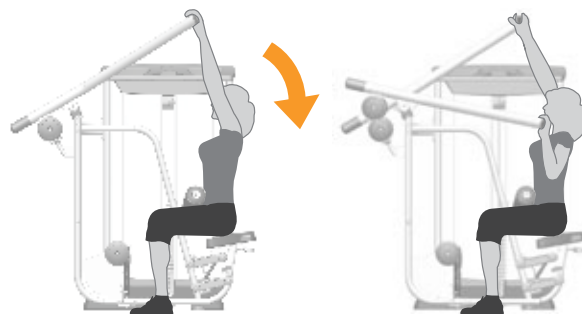
### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 576 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 60.2 inches |
| Width        | 60.6 inches |
| Height       | 60.0 inches |





See. Feel. Trust.



## M Lat Pull Down

Model MLPD

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height

Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.

Easily recognizable orange adjustment handles

### What Users Feel

A natural path of motion from independent diverging arm travel

Direct smooth feel from Kevlar belts and internally lubricated cables

Gradual resistance increases through drop down weight increment system

Easy one-handed seat adjustments through gas-assisted 4-bar mechanism

### What Users Trust

Maintenance free durability from sealed ball bearings over solid shafts at pivot points

Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods

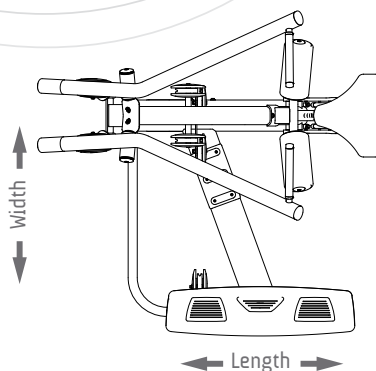
Durable grips from non-absorbing rubber compound secured with aluminum collars

Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage

A 30 year culture of long term durability and customer service.

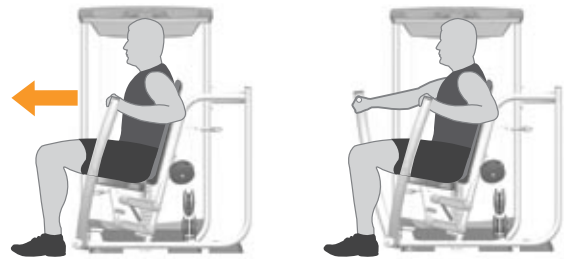
## Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 577 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 59.9 inches |
| Width        | 56.3 inches |
| Height       | 72.9 inches |





**M**  
See. Feel. Trust.



## M Chest Press Model MCP

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment handles

### What Users Feel

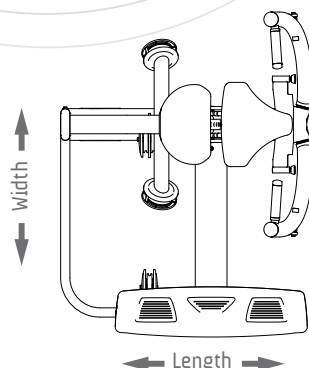
A natural path of motion from independent converging arm travel  
Direct smooth feel from Kevlar belts and internally lubricated cables  
Adjustable back pad adjustment for various ranges of motion  
Gradual resistance increases through drop down weight increment system  
Easy one-handed seat adjustments through gas-assisted 4-bar mechanism

### What Users Trust

Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

### Specifications

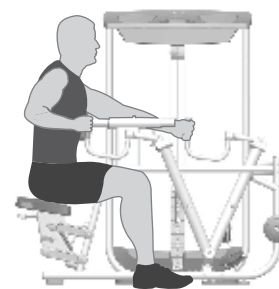
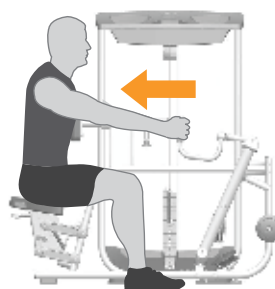
|              |             |
|--------------|-------------|
| Unit Weight  | 554 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 43.6 inches |
| Width        | 55.3 inches |
| Height       | 60.0 inches |



**TORQUE**  
FITNESS



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## M Seated Row Model MSR

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment handles

### What Users Feel

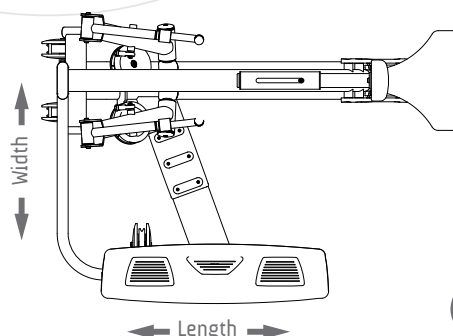
A natural path of motion from independent diverging arm travel  
Direct smooth feel from Kevlar belts and internally lubricated cables  
Gradual resistance increases through drop down weight increment system  
Easy one-handed seat adjustments through gas-assisted 4-bar mechanism  
More exercise variety through revolving handles

### What Users Trust

Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 543 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 60.4 inches |
| Width        | 41.9 inches |
| Height       | 60.0 inches |





**M**  
See. Feel. Trust.



## M Abdominal Model MAB

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment handles

### What Users Feel

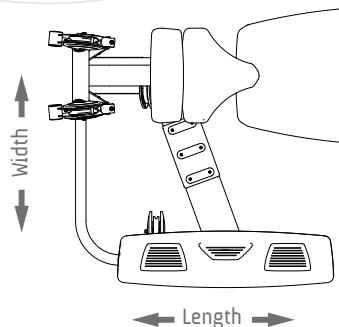
A natural abdominal crunch from an ergonomic kneeling position  
Direct smooth feel from Kevlar belts and internally lubricated cables  
Gradual resistance increases through drop down weight increment system  
No adjustments for simple get in and go operation  
More exercise variety through swiveling dual pulleys

### What Users Trust

Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 430 lbs     |
| Stack Weight | 165 lbs     |
| Length       | 42.1 inches |
| Width        | 45.0 inches |
| Height       | 61.9 inches |



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## M Back Extension Model MBE

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height

Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.

Easily recognizable orange adjustment handles

### What Users Feel

Direct smooth feel from Kevlar belt

Gradual resistance increases through drop down weight increment system

Easy one-handed starting position adjustment

Multiple foot supports to fit users of various sizes

### What Users Trust

Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points

Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods

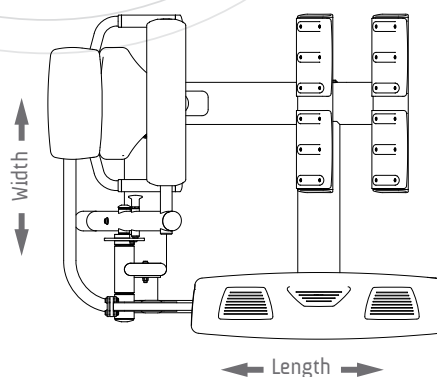
Durable grips from non-absorbing rubber compound secured with aluminum collars

Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage

A 30 year culture of long term durability and customer service.

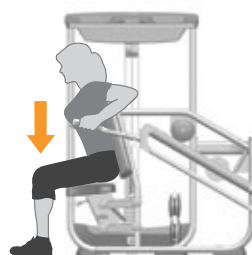
### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 544 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 41.6 inches |
| Width        | 51.1 inches |
| Height       | 60.0 inches |





See. Feel. Trust.



## M Triceps Press

Model MTP

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment handles

### What Users Feel

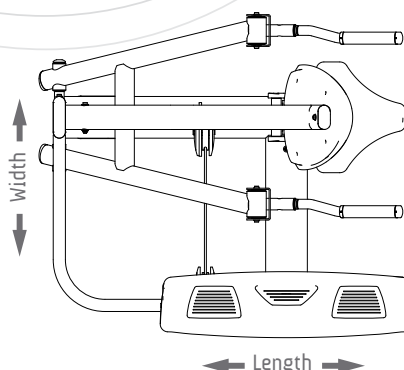
A natural path of motion from 4-bar linkage movement arms  
Direct smooth feel from Kevlar belts and internally lubricated cables  
Gradual resistance increases through drop down weight increment system  
Easy swiveling handle width adjustment for users of various sizes  
Secure seating from angled back pad

### What Users Trust

Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

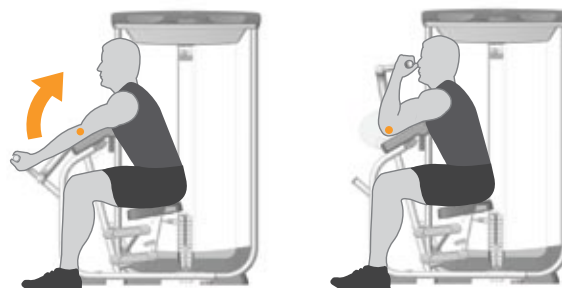
### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 557 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 48.3 inches |
| Width        | 42.0 inches |
| Height       | 60.0 inches |





**M**  
See. Feel. Trust.



## M Biceps Curl Model MBC

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment handles  
Compact inviting machine

### What Users Feel

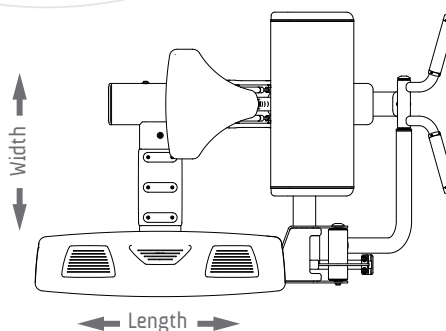
A natural path of motion from trailing arm handles  
Direct smooth feel from Kevlar belts  
Gradual resistance increases through drop down weight increment system  
Easy one-handed seat adjustments through gas-assisted 4-bar mechanism

### What Users Trust

Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 423 lbs     |
| Stack Weight | 165 lbs     |
| Length       | 37.2 inches |
| Width        | 55.0 inches |
| Height       | 60.0 inches |

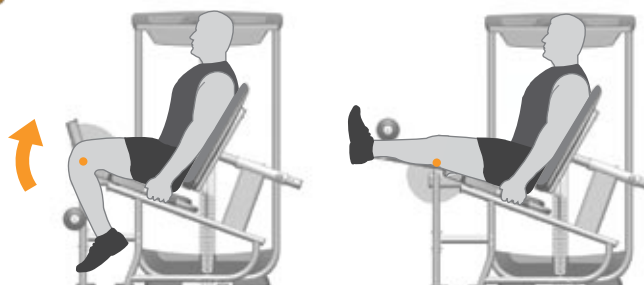


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FITNESS





See. Feel. Trust.



## M Leg Extension

Model MLE

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment handles

### What Users Feel

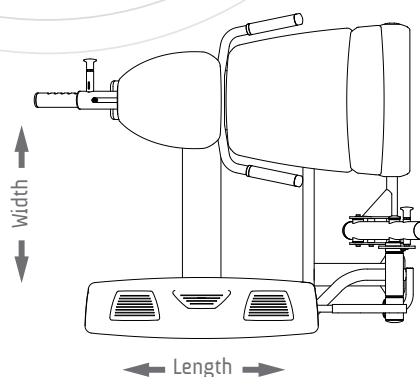
A natural path of motion from precise pivot point alignment  
Direct smooth feel from Kevlar belt  
Trailing arm floating tibia pad automatically adjustments for users of all sizes  
Gradual resistance increases through drop down weight increment system  
Easy ratcheting back pad adjustment

### What Users Trust

Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

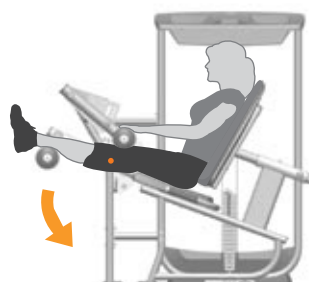
### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 552 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 45.5 inches |
| Width        | 55.4 inches |
| Height       | 60.0 inches |





See. Feel. Trust.



## M Seated Leg Curl Model MSLC

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment handles

### What Users Feel

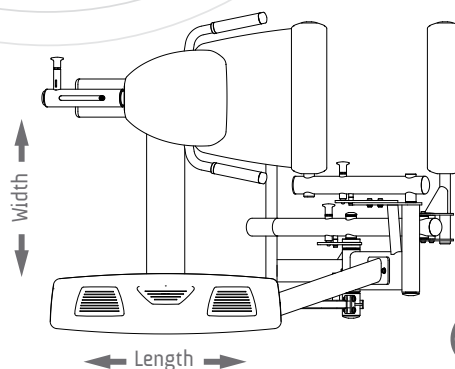
Direct smooth feel from Kevlar belt  
Trailing arm floating tibia pad automatically adjusts for users of all sizes  
Gradual resistance increases through drop down weight increment system  
Easy ratcheting back pad adjustment

### What Users Trust

Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

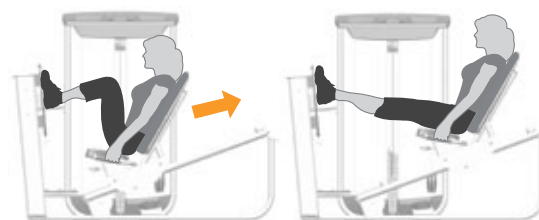
### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 592 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 59.5 inches |
| Width        | 45.5 inches |
| Height       | 60.0 inches |





See. Feel. Trust.



## M Leg Press

Model MLP

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height

Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.

Easily recognizable orange adjustment handles

### What Users Feel

Direct smooth feel from Kevlar belts and internally lubricated cables

Gradual resistance increases through drop down weight increment system

Easy one-handed range of motion adjustment

Knurled foot rest for secure non-slip calf raises

Large rubber coated foot platform to accommodate different foot placements

### What Users Trust

Maintenance free durability from sealed ball bearing nylon wheels over chrome plated rails

Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods

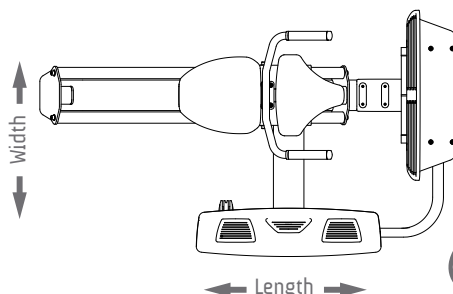
Durable grips from non-absorbing rubber compound secured with aluminum collars

Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage

A 30 year culture of long term durability and customer service.

## Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 796 lbs     |
| Stack Weight | 375 lbs     |
| Length       | 74.4 inches |
| Width        | 43.5 inches |
| Height       | 60.0 inches |





See. Feel. Trust.



## M Dual Adjustable Pulley Model MDAP

### What Users See

Durable construction with 1-1/2" x 5-1/2" 11 gauge flat oval tubing  
Convenient integrated storage for included straight bar, leg boot, and custom molded handles  
Easily recognizable orange adjustment handles  
Two 315lb weight stacks and 18 height positions per column

### What Users Feel

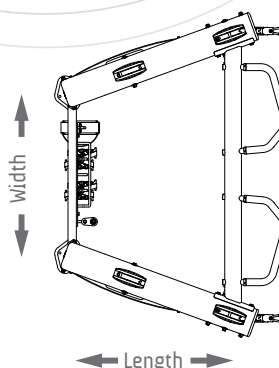
1/4 to 1 resistance ratio for low inertia high speed movements  
More exercise variety through multiple chin up handles  
Easy one-handed pulley adjustments through sealed ball carriage design

### What Users Trust

Maintenance free durability from sealed ball bearing carriage rollers over chrome plated columns  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

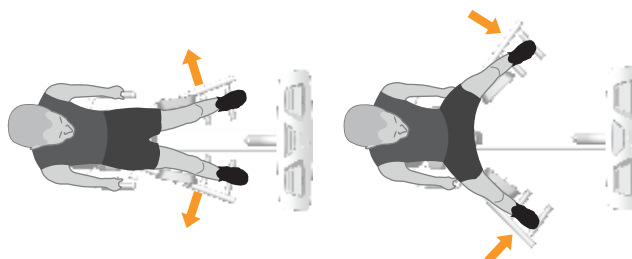
### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 1088 lbs    |
| Stack Weight | 630 lbs     |
| Length       | 44.0 inches |
| Width        | 61.1 inches |
| Height       | 92.0 inches |





See. Feel. Trust.



## M HIP Abduction/Adduction Model MAA

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height

Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.

A dual purpose machine that better utilizes floor space

A tower facing design that allows for privacy

### What Users Feel

A natural path of motion from precise pivot point alignment

Comfort and fit for all users from large thigh pads and dual rubber foot supports

Seated weight stack selection from the elevated stack

A comfortable reclined seated position with molded foam pads

Direct smooth feel from an internally lubricated cable

Lighter resistance increases through drop down weight increment system

Easy one-handed adjustment from seated position

### What Users Trust

Maintenance free durability from roller bearings over solid shafts at pivot points

Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods

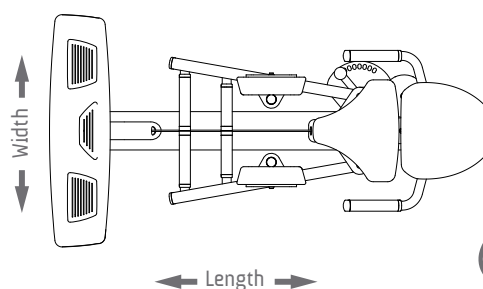
Durable grips from non-absorbing rubber compound secured with aluminum collars

Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage

A 30 year culture of long term durability and customer service.

### Specifications

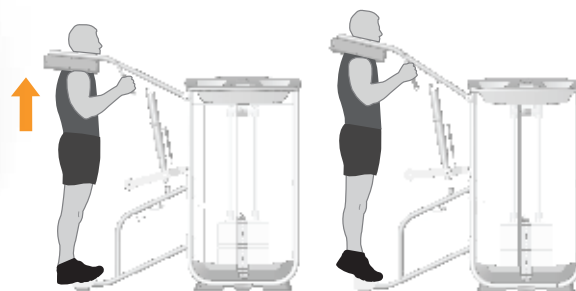
|              |             |
|--------------|-------------|
| Unit Weight  | 551 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 62.1 inches |
| Width        | 63.3 inches |
| Height       | 60.0 inches |







See. Feel. Trust.



## M Standing Calf

Model MSC

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment knobs

### What Users Feel

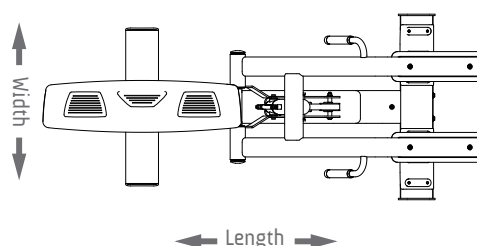
A traditional vertical calf movement from the 4-bar linkage design  
Direct smooth feel from a direct drive Kevlar belt  
Angled non-slip curved footplate for full range of motion  
Lighter resistance increases through drop down weight increment system  
One simple gas assisted range of motion adjustment

### What Users Trust

Maintenance free durability from roller bearings over solid shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

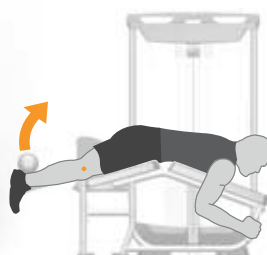
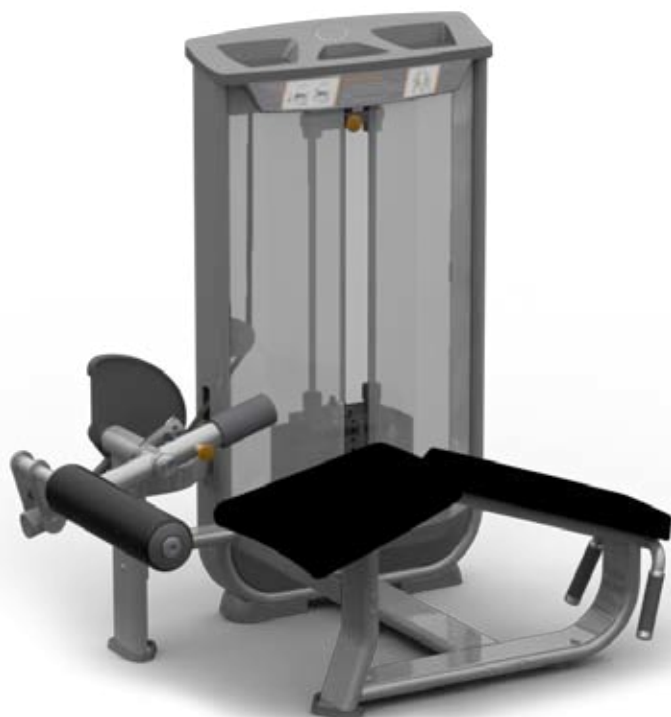
## Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 498 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 73.4 inches |
| Width        | 30.6 inches |
| Height       | 75.0 inches |





See. Feel. Trust.



## M Prone Leg Curl Model MLPC

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment knobs

### What Users Feel

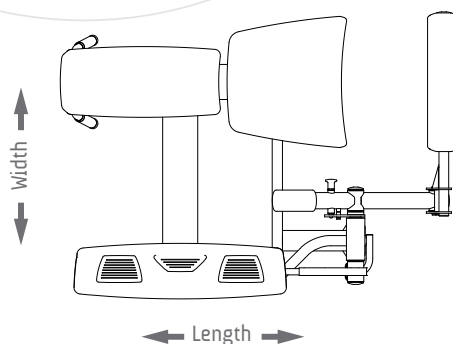
A natural path of motion from precise pivot point alignment  
Minimized back stress from divergent hip and chest pads  
A strength profile that replicates the users with the variable cam  
Direct smooth feel from a direct drive Kevlar belt  
Reduced starting resistance and effortless adjustability from counterbalanced arm  
Lighter resistance increases through drop down weight increment system

### What Users Trust

Maintenance free durability from roller bearings over solid shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

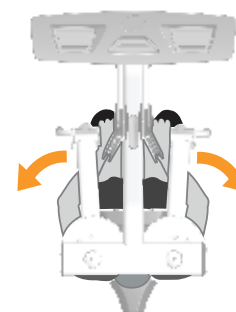
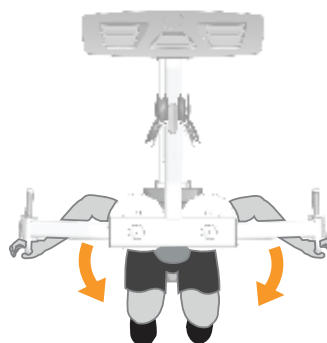
### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 513 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 62.9 inches |
| Width        | 44.2 inches |
| Height       | 60.0 inches |





See. Feel. Trust.



## M Pec Fly/Rear Deltoid

Model MPFRD

### What Users See

Clear exercise instructions and start-finish images for both exercise movements  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment knobs  
A dual purpose machine that better utilizes floor space

### What Users Feel

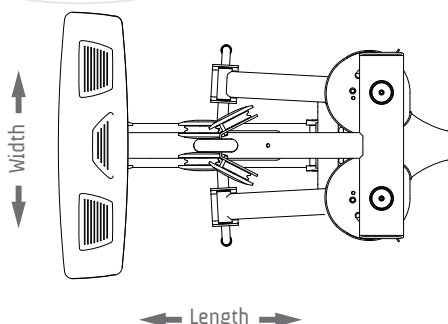
A strength profile that matches the users strength curve from the variable cams  
Articulating arms that accommodate users of all sizes  
A vertical back pad that ensures correct pivot alignment regardless of seat height or exercise  
Five pectoral fly start positions allowing for users of different flexibility and goals  
Easy one-handed seat adjustments through gas-assisted 4-bar mechanism

### What Users Trust

Maintenance free durability from roller bearings over solid shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
A 30 year culture of long term durability and customer service.

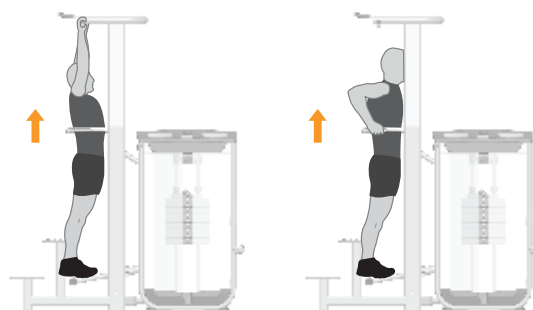
### Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 567 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 52.7 inches |
| Width        | 55.0 inches |
| Height       | 81.5 inches |





See. Feel. Trust.



## M Assisted Chin Dip

Model MACD

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Better utilization of floor space by combining two exercises in one

### What Users Feel

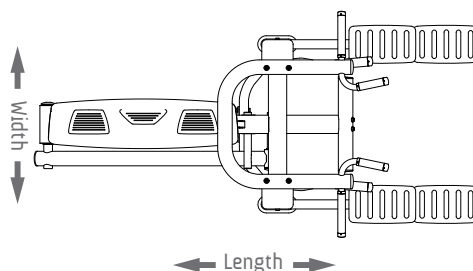
A standing design that allows for easier entry and exit and aligns body better throughout range of motion when compared to kneeling designs  
Direct smooth feel from a direct drive Kevlar belt  
Multiple grip positions for Chin-ups allowing for more exercise variety  
Dip handles that swivel in two positions to accommodate users of varying sizes

### What Users Trust

Maintenance free durability from roller bearings over solid shafts at pivot points  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

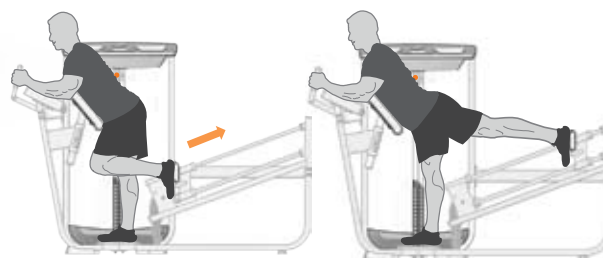
## Specifications

|              |             |
|--------------|-------------|
| Unit Weight  | 597 lbs     |
| Stack Weight | 240 lbs     |
| Length       | 76.7 inches |
| Width        | 38.1 inches |
| Height       | 98.1 inches |





See. Feel. Trust.



## M Glute

Model MG

### What Users See

Clean, pleasing sight lines through low profile, fully shrouded 5' towers, all of uniform height  
Convenient integrated rubber trays for storage of water bottle, keys, MP3, etc.  
Easily recognizable orange adjustment knobs

### What Users Feel

Maximum Glute activation from 20° linear carriage slide angle  
Direct smooth feel from Kevlar belts and internally lubricated cables  
Secure stability from rubber coated oversized foot platform  
Adjustable chest pad that accommodate users of all sizes

### What Users Trust

Maintenance free durability from linear bearings over solid shafts  
Indestructible solid steel weight plates riding on 3/4 inch solid steel chrome plated guide rods  
Durable grips from non-absorbing rubber compound secured with aluminum collars  
Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage  
A 30 year culture of long term durability and customer service.

### Specifications

|              |              |
|--------------|--------------|
| Unit Weight  | 606 lbs      |
| Stack Weight | 240 lbs      |
| Length       | 84.75 inches |
| Width        | 40.25 inches |
| Height       | 60.0 inches  |

