



VANGUARD



two-stack
fitness system



Vanguard with Leg Press Option

The Vanguard Strength Training System by Inflight Fitness is a compact, versatile, and durable gym allowing two users to workout simultaneously.

Simplicity and reliability in design are hallmarks of the Vanguard Strength Training System, with minimal adjustments to manage and the heaviest duty commercial components for reliability.

Modern styling and rugged dependability are combined in a compact package that is destined to meet your budget and exceed any workout enthusiasts' expectations.

Inflight Fitness multi-stack gyms are in use around the world in gyms, hotels, apartment complexes, corporate fitness centers, police and fire training facilities and oil rig platforms.

The Vanguard Strength Training System IS the strength training system you have been searching for!!!



Vanguard with Cable Column Option



All machines are shown with optional shrouds



Commercial rated 1" shafts and pillow block bearings assure precise movement while providing ultimate durability.



Each exercise station features easy to understand instructional placards to demonstrate machine set-up, proper form, and targeted muscle groups.



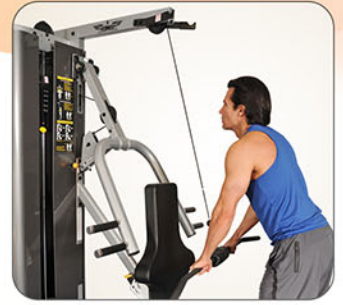
Our cables are twice as strong as most competitors' cables. We use Loos USA 4000lb rated military-spec cables with stainless steel swaged ball ends for maximum life expectancy and user safety. The cables are routed over extra large 4 1/2" and 6" pulleys.



All Hand Grips are made of non-absorbent UV resistant, closed cell foam and are finished with machined aluminum grip caps to prevent wear while looking great. Hand Grips are positioned to keep joints in a neutral position, reducing joint stress and maximizing a safe workout experience.

STATION 1

Works the upper body with multiple press positions, lat pull and triceps pushdown all clearly explained and easily adjusted for the non-supervised room.



STATION 2

Works out your lower body comfortably and correctly. There is even space for light dumbbell work. Adjustment is just one pop pin.



STATION 3

Provides a low pulley station for biceps and row exercises.



Optional Cable Column and Leg Press stations provide even more options for the exerciser.



Premium upholstered padding is full commercial, 40-50 durometer HR foam with sewn vinyl covers for maximum strength and a tailored look. Contoured seat and back pads provide lumbar support and maximum comfort.



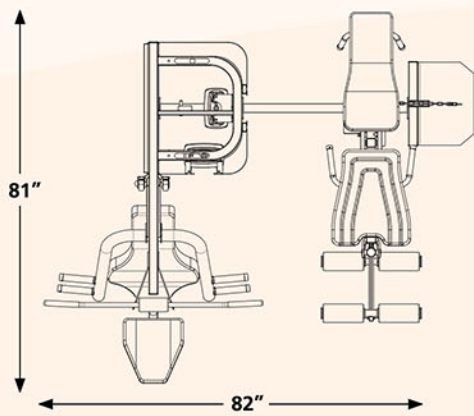
The comfortable lumbar pad incorporates thigh hold down pads for lat exercises.



Each station boasts a 150lb. tiered weight stack. Additional weight can be ordered in 50lb. increments up to 300lb per station! Steel weight stack selector pins are attached by a coiled lanyard to help prevent loss.

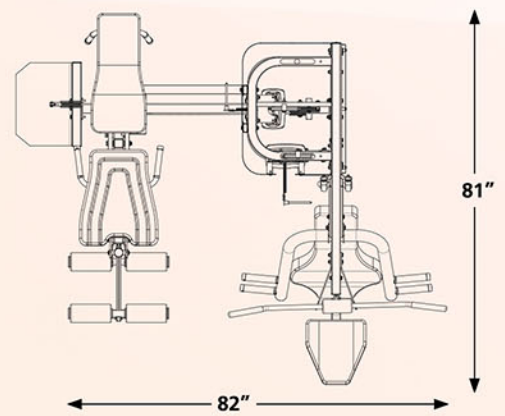


An oversize pad is provided on the lat bar for extra safety.

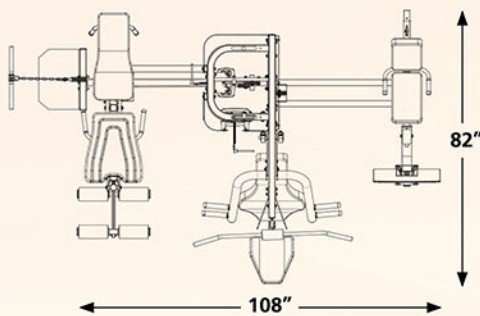


STANDARD CONFIGURATION A

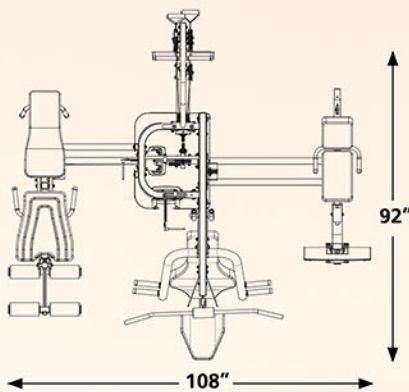
A unique feature of the standard Vanguard gym is that you can assemble your Vanguard to best fit your room.



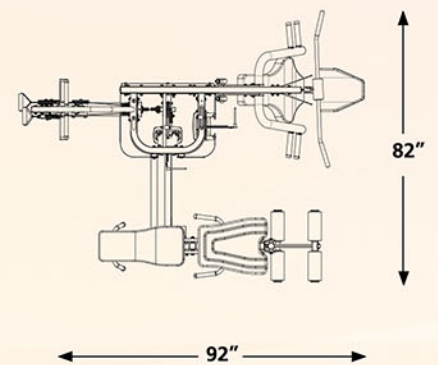
STANDARD CONFIGURATION B



WITH OPTIONAL LEG PRESS (LPO)



WITH OPTIONAL LPO AND CLM



WITH OPTIONAL CABLE COLUMN (CLM)

EXERCISE STATIONS

STATION 1: Lat Pull, Triceps Pushdown, Decline Press, Chest Press, Incline Press, Shoulder Press

STATION 2: Seated Leg Extension, Lying Leg Curl

STATION 3: Low Row, Biceps Curl (shares Station 2 weight stack)

OPTIONAL CABLE COLUMN: All Station 3 exercises plus a multitude of functional exercises (shares Station 2 weight stack)

OPTIONAL LEG PRESS: Leg Press, Calf Raise (shares Station 1 weight Stack)

All Inflight Fitness machines have a lifetime warranty on the frame and on the welds and one year on cables, pulleys, and moving parts. Additional terms and conditions apply. See warranty for details. Inflight Fitness reserves the right to make design changes at any time.



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See more at www.inflightfitness.com or on Facebook at Inflight Fitness Products