

FUNCTIONAL TRAINERS

SINGLE STACK MULTI-FUNCTIONAL TRAINER™

MDM-SSMFT

- Compact version of the very popular, larger Multi-Functional Trainer.
- A huge variety of exercises with a 180-degree adjustable arms & pulleys.
- 140 lbs of true resistance on solid steel weight stack.
- Using one pulley at a time halves the weight stack.
- Pulley carriage adjusts up and down on chromed steel slide tubing.
- Foot plates for additional seated or standing exercises like rows.
- Instruction Placard illustrates 15 different exercises.
- A Flat/Incline/Decline bench doubles the exercises (additional charge).
- Can be used with stirrup dumbbell handles or barbell with hooks on ends.
- Perfect machines for Personal Training facilities, hotels, apartments, and even homes.

45" x 45" x 80", L x W x H, 550 lbs



DAP/SMITH MACHINE COMBO™

MDM-DPSM

- Unique combination of 2 highly versatile machines is a huge space saver.
- Dual 180 lbs. weight stacks.
- Counterbalanced Olympic bar allows low starting weights on Smith machine.
- Lower safety stops for safe training on Smith machine.
- 4 Olympic chromed plate holders...2 on each side.
- Unique cable pattern on Dual Adjustable Pulley side allows true 1:1 weight resistance or 1:2 weight resistance.
- 11 Adjustable height positions of Pulleys with easy trigger Pull pin for just the right angle.
- A variety of overhead chin handles and climbing wall grips.
- Instruction placard pictures 5 major exercises but there are many more.
- Perfect configuration for personal studios, apartment complexes, hotels, and even homes.

106"L x 63"W x 95"H, 1280 lbs



88" DUAL ADJUSTABLE PULLEY

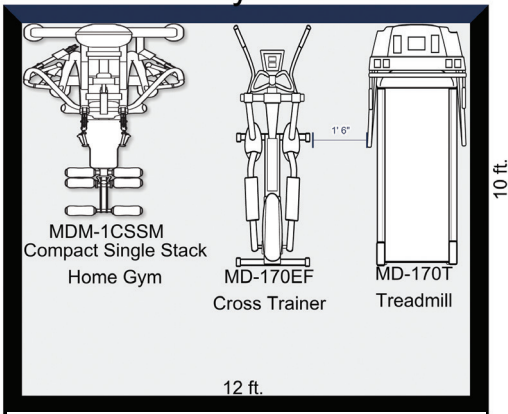
MDM-D88

- Adjustable Hi/Low pulley columns on each side for a variety of exercises.
- Easy trigger pull handle makes for adjustments on each sliding pulley housing.
- Great for low ceilings
- Multiple grip chin bars.
- 2 – 200 lb weight stacks (200 lb steel weight stack delivers 100 lbs of effective resistance)

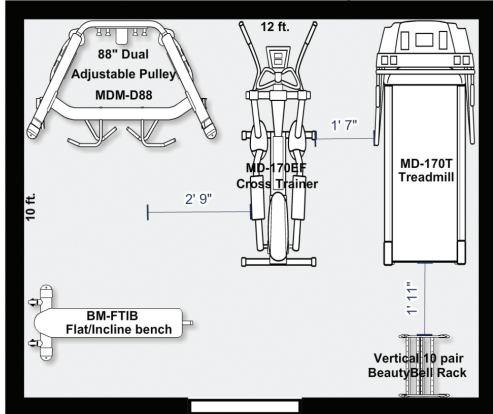
60" L x 40" W x 88" H, 850 lbs
152cm x 102cm x 222cm, 386 kg



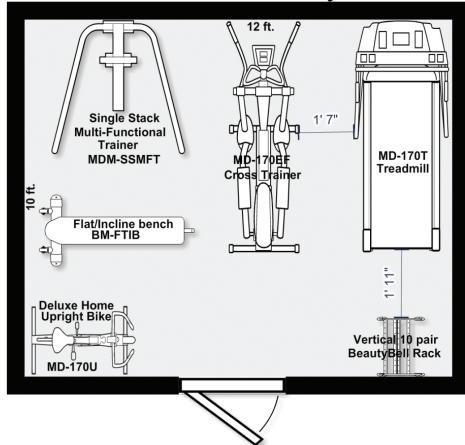
Home Gym Plan A



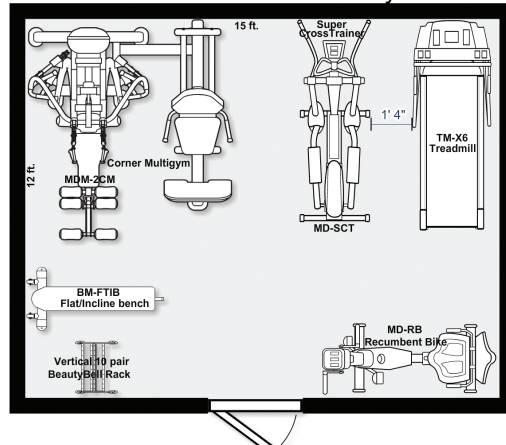
Muscle D Elite Home Gym Plan B



Muscle D Elite Home Gym Plan C



Muscle D Elite Deluxe Home Gym Plan D



Muscle D Fitness has many selections of Cardio and Strength Equipment. Call for pricing if you want to substitute or delete any items from the list and layout. Package pricing is available. Full commercial machines may be used in the event you want the models that you see in a health club. See our website for more selection. We can do layouts and suggestions to fit your space!

HOME FITNESS PRODUCTS WARRANTY

All installation and freight charges are the responsibility of our customers

ON ALL WARRANTY ISSUES, PLEASE CONTACT THE MUSCLE D FITNESS DEALER FROM WHOM YOU PURCHASED THE EQUIPMENT. Muscle D Fitness warrants its products against defects in material and workmanship. This warranty is extended only to the original purchaser. During the warranty period, this product will be repaired or replaced, at Muscle D Fitness's option, at no charge under the following conditions.

STRENGTH EQUIPMENT:

MOVING PARTS: Pulleys, bushings, ball bearings, and cables are guaranteed against defects in materials and workmanship for a period of ONE year from date of purchase.

FRAMES & WELDS: 10 years from date of purchase.

UPHOLSTERY: 90 days from the date of purchase.

LABOR: 12 months from the date of purchase.

CARDIO EQUIPMENT:

FRAME: 2 Years

ELECTRICAL COMPONENTS, MECHANICAL COMPONENTS, MOTORS: 2 years

SURFACE TREATMENTS (cover panel, chassis, overlay, end caps, battery, seat, grips, pedal straps, handles): 6 months

LABOR: 1 year

This warranty only covers failures due to defects in material or workmanship that occur during normal use. It does not cover shipping damage or failures that result from misuse, abuse, modification, or improper assembly of the product. All shipments are FOB the facilities of Muscle D Fitness in Paramount, CA and Long Beach, CA. Repair or replacement as provided under this warranty is the exclusive remedy of the user. Muscle D Fitness shall not be liable for any incidental or consequential damages for breach of any express or implied warranty on this product(s). Except to the extent prohibited by applicable law, any implied warranty or merchantability or fitness of a particular purpose on this product is limited to the duration of this warranty. Some states don't allow the exclusion of limitation or incidental or consequential damages or allow limitations of how long the implied warranty lasts...so the above limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

NOTICE: MUSCLE D FITNESS RESERVES THE RIGHT TO MAKE DESIGN CHANGES WITHOUT PRIOR NOTIFICATION.

All home strength equipment uses commercial quality components for long lasting use for years.



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MUSCLE D ELITE HOME FITNESS PRODUCTS

Commercial Quality home Gym Equipment...
It's not a Home Gym... it's a Gym at Home!

CORNER MULTIGYM™

MDM-2CM



THREE INDIVIDUAL STATIONS

- Commercial quality, compact multi-station gym saves space by tucking into a corner.
- Dual 200 lbs. weight stacks.
- Smooth, friction-free exercise isolating all the muscle groups.
- Pneumatic, adjustable seat height on Pressing station.
- Accessory handles included.
- Outstanding, complete exercise machine for homes, hotels, condos, & apartment complexes... very space efficient and great for the budget challenged facilities.

1. One station features Chest Press, Seated Row, Lat Pulldown, Crossover Pulley, Ab Crunches, and much more.
2. Hi/Low Pulley stations allows many exercises like Tricep Press, One Arm Shoulder Presses, Upright Rows, Inner/Outer Thigh and Glute Kicks, Single Arm Cable Cross Chest Pulls, and more.
3. Third station has an anatomically correct, cam driven Leg Extension/Seated Leg Curl combo with an adjustable length leg roller and pneumatic adjustable back pad.

100"L x 86"W x 84"H, 1100 lbs

COMPACT SINGLE STACK GYM™

MDM-1CSSM

- Leg Extension/Standing Leg Curl attachment for front thigh and hamstring development.
- Seated Chest Press with 2 position handle grips and pre-stretch adjustment.
- Seated Rows by facing into the machine and adjusting press/row arms.
- Lat Pulldown bar with adjustable length chain and thigh hold down roller pads.
- Adjustable height Crossover Chest Pulley arms and dumbbell handles as well as rear extensions, tricep extensions, bicep curls, upright rows, and more.
- Seated Ab Crunch with comfortable canvass shoulder harness with handles.
- EZ Adjustable seat height.
- No cable changes required!



65"L x 52"W x 82"H, 550 lbs

DELUXE HOME TREADMILLS

X6 LIGHT COMMERCIAL TREADMILL™

TM-X6

- Frame: Matte Black with Powder Coated Steel
- Rollers: 2.75" Crowned
- Step-On Height: 8"
- Speed Range: 0.5 to 12.5mph
- Incline Range: 0° to 15°
- Dimensions: 80" x 36" x 60.25"
- 3.0hp Continuous, 5.0hp Peak AC Motor
- Running Belt: 57" x 20.5" Seigling
- Deck: 1" Reversible Phenolic Deck
- Net Weight: 311lbs
- Maximum User Weight: 400lbs
- LED display console (Glass Touchscreen)
- USB Charging Port
- Bluetooth Connection to Apple and Android Devices
- Contact and Wireless Heart Rate Monitoring
- Adjustable Tablet and Smart Phone Holder
- Reading Rack
- Water-proof /Sweat-Proof Console
- Built-In Hi-Fidelity Bluetooth Speakers
- 8 Built-In Programs plus 3 Custom
- 120v, 15amp Dedicated Circuit



DELUXE HOME TREADMILL™

MD-170T

- 2.0hp Continuous, 4.0hp Peak DC Motor
- Console: 7" Blue Backlit LCD
- Speed: 0.5-12 mph/Incline: 0-15 degrees
- Displays: Time, Speed, Distance, Pulse, Calorie Burn and Programs.
- Programs: 1 Manual + 18 Preset + 3 User setting + Pulse Control.
- Tablet and Phone bracket holder and USB Charger built-in.
- Built-in speakers for wired connection to cell phone or tablet.
- Excellent FITSHOW app connects to smartphone or tablet to control the treadmill and see results OR use it outdoors for running, walking, biking, and climbing...with GPS tracking.
- Durable Aluminum Side Rails.



DELUXE CROSSTRAINERS

SUPER CROSSTRAINER™

MD-SCT

- The ultimate GREEN machine...self generating powered elliptical with arms
- Elevation set at 17.5 degrees
- LED Display Functions show:
 - Distance, Time, Calories burned, Heart Rate, Intensity
- Goal Display:
 - Total Calories, Distance, or Time
- Programs Display:
 - Fat Burning, Climbing, Intervals, Strength
- Handle toggle lever adjust intensity easily while exercising...no buttons to depress while moving!
- 20 levels of Resistance Adjustment

79"L x 26"W x 69"H, 425 lbs



DELUXE HOME CROSSTRAINER™

MD-170EF

- Console displays Time, Speed, Distance, Calorie, Pulse, RPM's, Watts.
- Use Manual, Quick Start Mode or Choose 12 Hill profile Programs.
- Built-in Pulse monitor
- Dual Color backlight LCD display.
- Tablet and Phone bracket holder & USB Charger built-in.
- EZ seat height adjustment that locks into place.
- Built-in speakers for wired connection to cell phone or tablet.
- 19" Stride length & 5 manual elevation settings.
- Net Weight: 137 lbs & Gross Shipping Weight: 148 lbs.

Assembled Size: 79" x 25" x 71"

Carton Size: 57" x 17" x 35"

Net Weight: 137 lbs & Gross Shipping Weight: 148 lbs.



DELUXE HOME BIKES

DELUXE HOME RECUMBENT BIKE™

MD-170R

- Console displays Time, Speed, Distance, Calorie, Pulse, RPM's, Watts.
- Use Manual, Quick Start Mode or Choose 12 Hill profile Programs.
- Built-in Pulse monitor
- Dual Color backlight LCD display.
- Tablet and Phone bracket holder and USB Charger built-in.
- EZ slide seat adjustment for different leg lengths with mesh backrest.
- Built-in speakers for wired connection to cell phone or tablet.

Assembled Size: 52" x 25" x 46"

Carton Size: 51" x 15" x 26"

Net Weight: 124 lbs & Gross Shipping Weight: 139 lbs.



DELUXE HOME UPRIGHT BIKE™

MD-170U

- Console displays Time, Speed, Distance, Calorie, Pulse, RPM's, Watts.
- Use Manual, Quick Start Mode or Choose 12 Hill profile Programs.
- Built-in Pulse monitor
- Dual Color backlight LCD display.
- Tablet and Phone bracket holder & USB Charger built-in.
- EZ seat height adjustment that locks into place.
- Built-in speakers for wired connection to cellphone or tablet.

Assembled Size: 38" x 20" x 59"

Carton Size: 39" x 11" x 29"

Net Weight: 86 lbs & Gross Shipping Weight: 97 lbs.

