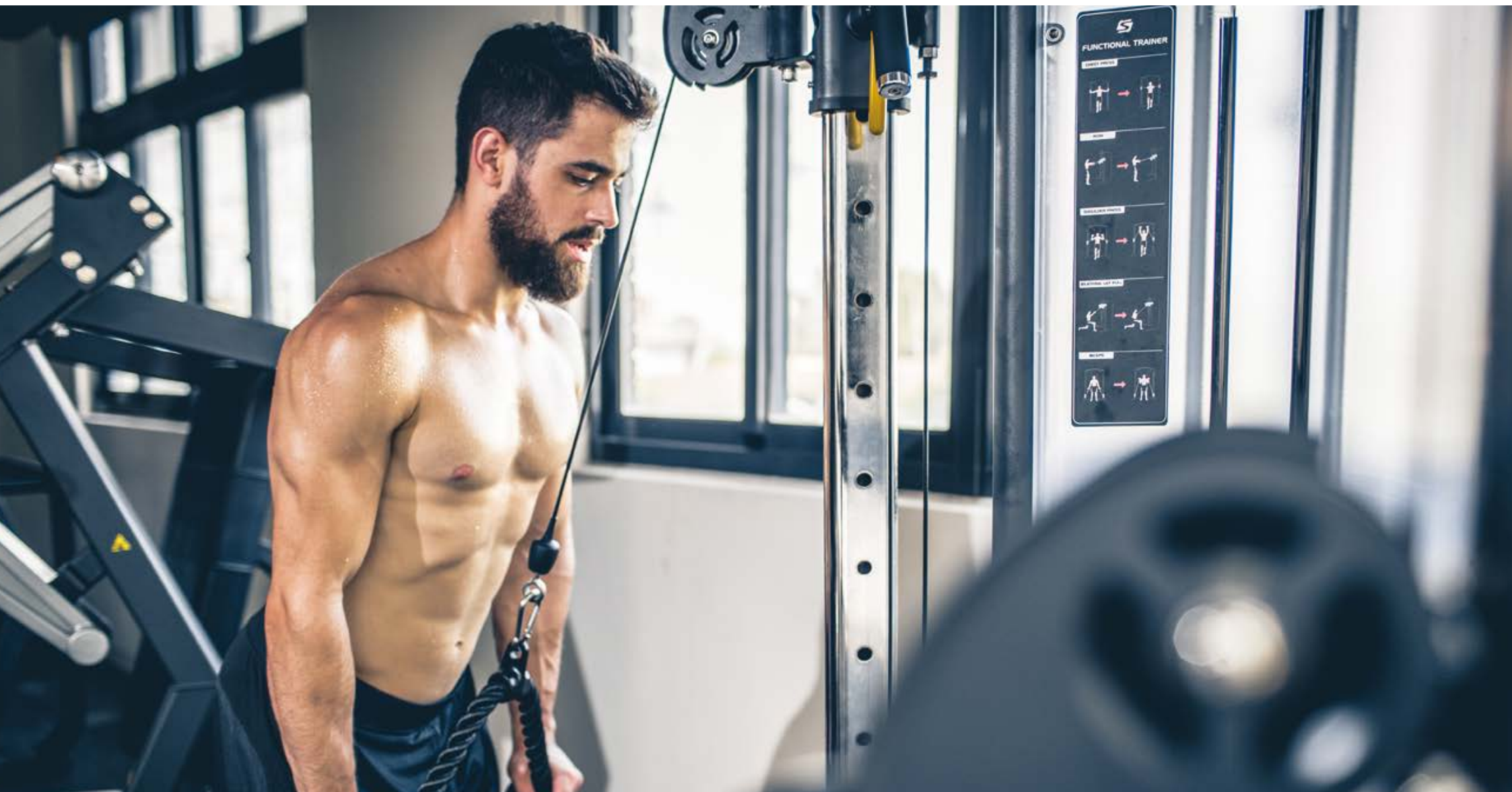


***SPIRIT***



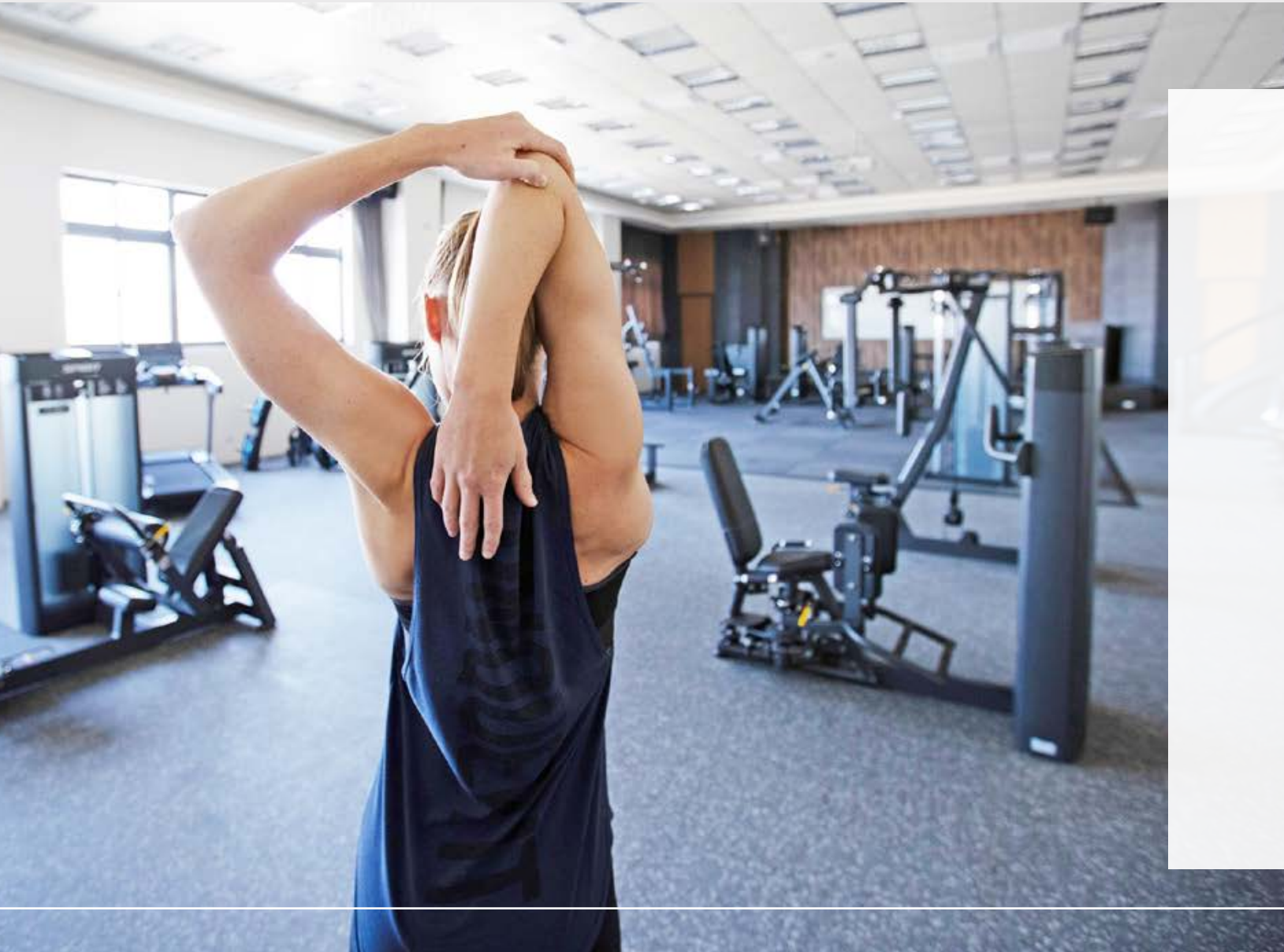
**COMMERCIAL STRENGTH 2023**



***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**

SINGLE STATION 01

DUALS 15

**PLATE LOADED 21**

**FREE WEIGHTS 31**

**CABLE SERIES 47**

**MULTI STATION 50**

***SPIRIT***

# SELECTORIZED

SINGLE STATION





## 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.



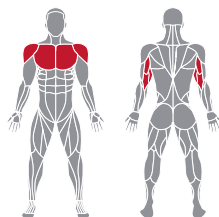
## Seated Chest Press

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

<b>PRODUCT DIMENSION</b>	1555 x 985 x 1815mm / 61" x 39" x 71"
<b>WEIGHT STACK</b>	109kg / 240lb (20lb x 12pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	217kg / 478lb
<b>CARTON DIMENSION</b>	
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"



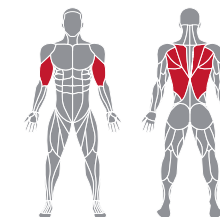
## Seated Row

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

<b>PRODUCT DIMENSION</b>	1590 x 1115 x 1500mm / 63" x 44" x 59"
<b>WEIGHT STACK</b>	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
<b>PRODUCT WEIGHT</b>	233kg / 514lb
<b>CARTON DIMENSION</b>	
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



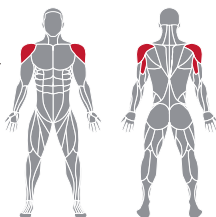
## Shoulder Press

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

<b>PRODUCT DIMENSION</b>	1707 x 1459 x 1500mm / 67" x 57" x 59"
<b>WEIGHT STACK</b>	109kg / 240lb (20lb x 12pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	228kg / 503lb
<b>CARTON DIMENSION</b>	
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"



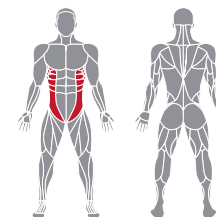
## Torso Rotation

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

<b>PRODUCT DIMENSION</b>	1314 x 930 x 1500mm / 52" x 37" x 59"
<b>WEIGHT STACK</b>	110kg / 240lb (20lb x 12pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	226kg / 498lb
<b>CARTON DIMENSION</b>	
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"





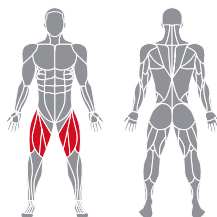
## Leg Extension

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

<b>PRODUCT DIMENSION</b>	1475 x 1260 x 1500mm / 58" x 50" x 59"
<b>WEIGHT STACK</b>	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	241kg / 531lb
<b>CARTON DIMENSION</b>	
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"



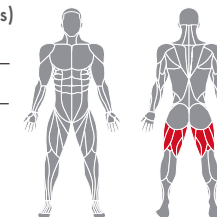
## Seated Leg Curl

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

<b>PRODUCT DIMENSION</b>	1455 x 1265 x 1500mm / 57" x 50" x 59"
<b>WEIGHT STACK</b>	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	240kg / 530lb
<b>CARTON DIMENSION</b>	
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"







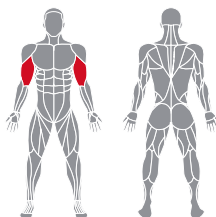
## Biceps Curl

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

<b>PRODUCT DIMENSION</b>	1255 x 1085 x 1500mm / 49" x 43" x 59"
<b>WEIGHT STACK</b>	86kg / 190lb (10lb x 5pcs+20lbs x 7pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	197kg / 434lb
<b>CARTON DIMENSION</b>	
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"



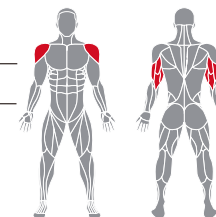
## Triceps Extension

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

<b>PRODUCT DIMENSION</b>	1245 x 1020 x 1500mm / 49" x 40" x 59"
<b>WEIGHT STACK</b>	86kg / 190lb (10lb x 5pcs+20lbs x 7pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	203kg / 448lb
<b>CARTON DIMENSION</b>	
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"





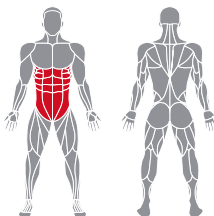
## Abdominal

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

<b>PRODUCT DIMENSION</b>	900 x 1210 x 1500mm / 35" x 48" x 59"
<b>WEIGHT STACK</b>	123kg / 270lb(10lb x 3pcs + 20lb x 12pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	237kg / 531lb
<b>CARTON DIMENSION</b>	
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"



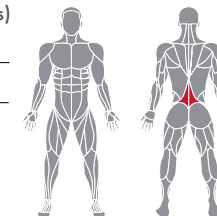
## Back Extension

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

<b>PRODUCT DIMENSION</b>	1223 x 1219 x 1500mm / 48" x 48" x 59"
<b>WEIGHT STACK</b>	128kg / 280lb(10lb x 2pcs + 20lb x 13pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	248kg / 530lb
<b>CARTON DIMENSION</b>	
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"





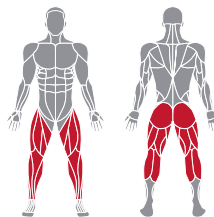
## Seated Leg Press

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

<b>PRODUCT DIMENSION</b>	1864 x 1184 x 1500mm / 73" x 47" x 59"
<b>WEIGHT STACK</b>	150kg / 330lb (10lb x 1pc + 20lb x 16pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	330kg / 727lb
<b>CARTON DIMENSION</b>	
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

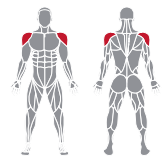
SP-4312

### FEATURES

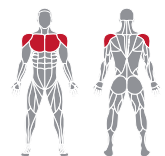
- Independent arms with multiple adjustments in a wide arc for Deltoid raise and fly's
- Chest pad is angle for a proper forward body positioning and stability
- Seat adjusts to align shoulders with chest pad and machines axis of rotation
- Integrated rep counter and built-in storage on top cap

<b>PRODUCT DIMENSION</b>	1530 x 710 x 1567mm / 60" x 28" x 62"
<b>WEIGHT STACK</b>	109kg / 240lb (20lb x 12pcs)
<b>PRODUCT WEIGHT</b>	211kg / 465lb
<b>CARTON DIMENSION</b>	
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



This model does not have incremental weight





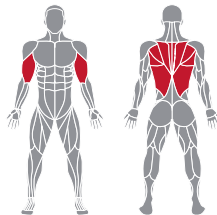
## Lat Pulldown

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

<b>PRODUCT DIMENSION</b>	1475 x 1213 x 2303mm / 58" x 48" x 91"
<b>WEIGHT STACK</b>	115kg / 250lb(10lb x 9pcs + 20lb x 8pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	230kg / 507lb
<b>CARTON DIMENSION</b>	
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"



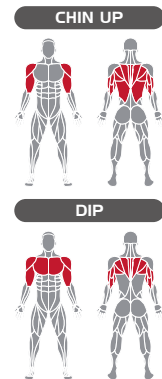
## Dip / Chin Assist

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

<b>PRODUCT DIMENSION</b>	1238 x 1187 x 2236mm / 49" x 47" x 88"
<b>WEIGHT STACK</b>	115kg / 250lb(10lb x 9pcs + 20lb x 8pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	263kg / 580lb
<b>CARTON DIMENSION</b>	
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"





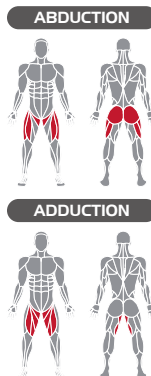
## Hip Abduction / Adduction

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

<b>PRODUCT DIMENSION</b>	1617 x 677 x 1500mm / 64" x 27" x 59"
<b>WEIGHT STACK</b>	115kg / 250lb(10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	235kg / 518lb
<b>CARTON DIMENSION</b>	
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"



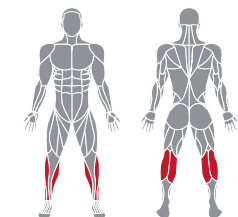
## Standing Calf Extension

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

<b>PRODUCT DIMENSION</b>	1054 x 955 x 1656mm / 41" x 38" x 65"
<b>WEIGHT STACK</b>	115kg / 250lb(10lb x 9pcs + 20lb x 8pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	242kg / 533lb
<b>CARTON DIMENSION</b>	
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"





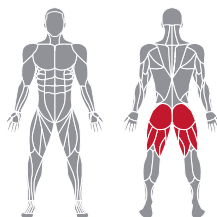
## Prone Leg Curl

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

<b>PRODUCT DIMENSION</b>	1725 x 1278 x 1500mm / 68" x 50" x 59"
<b>WEIGHT STACK</b>	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	239kg / 527lb
<b>CARTON DIMENSION</b>	
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"



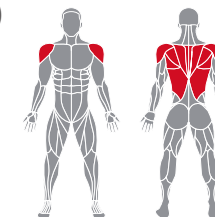
## Low Row

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

<b>PRODUCT DIMENSION</b>	1480 x 1020 x 1853mm / 58" x 40" x 73"
<b>WEIGHT STACK</b>	123kg / 270lb (10lb x 3pcs + 20lb x 12pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	236kg / 518lb
<b>CARTON DIMENSION</b>	
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

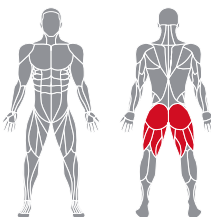
**PRODUCT DIMENSION** | 2160 x 1000 x 1500mm / 85" x 39" x 59"

**WEIGHT STACK** | 115kg / 250lb(10lb x 9pcs + 20lb x 8pcs)  
The incremental weight : 5lb

**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

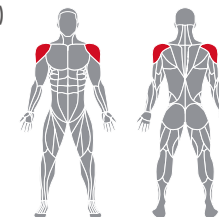
**PRODUCT DIMENSION** | 1315 x 944 x 1500mm / 52" x 37" x 59"

**WEIGHT STACK** | 115kg / 250lb(10lb x 5pcs + 20lb x 10pcs)  
The incremental weight : 5lb

**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"



# SPIRIT



## Fly / Rear Delt

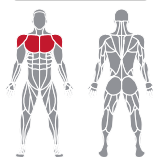
SP-4331

### FEATURES

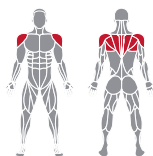
- Dual exercise machine efficiently focuses on Pectoralis and Posterior Deltoids
- Multiple hand grips and range of motion adjustment aid positioning for these exercises
- Seat adjusts to accommodate users of all sizes
- Integrated rep counter and built-in storage on top cap

<b>PRODUCT DIMENSION</b>	1451 x 1463 x 1985mm / 57" x 58" x 78"
<b>WEIGHT STACK</b>	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
<b>PRODUCT WEIGHT</b>	239kg / 527lb
<b>CARTON DIMENSION</b>	
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



## Pulldown / Seated Row

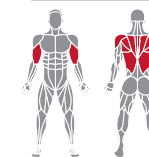
SP-4332

### FEATURES

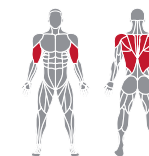
- Dual machine combines the two most popular back exercises
- Traditional Lat Pulldown with adjustable bar height and storage hooks
- Foot bars aid Low Row stabilization and storage hooks secure handle when not in use
- Integrated rep counter and built-in storage on top cap

<b>PRODUCT DIMENSION</b>	1808 x 1213 x 2270mm / 71" x 48" x 89"
<b>WEIGHT STACK</b>	115kg / 250lb (10lb x 9pcs + 20lb x 8pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	270kg / 595lb
<b>CARTON DIMENSION</b>	
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

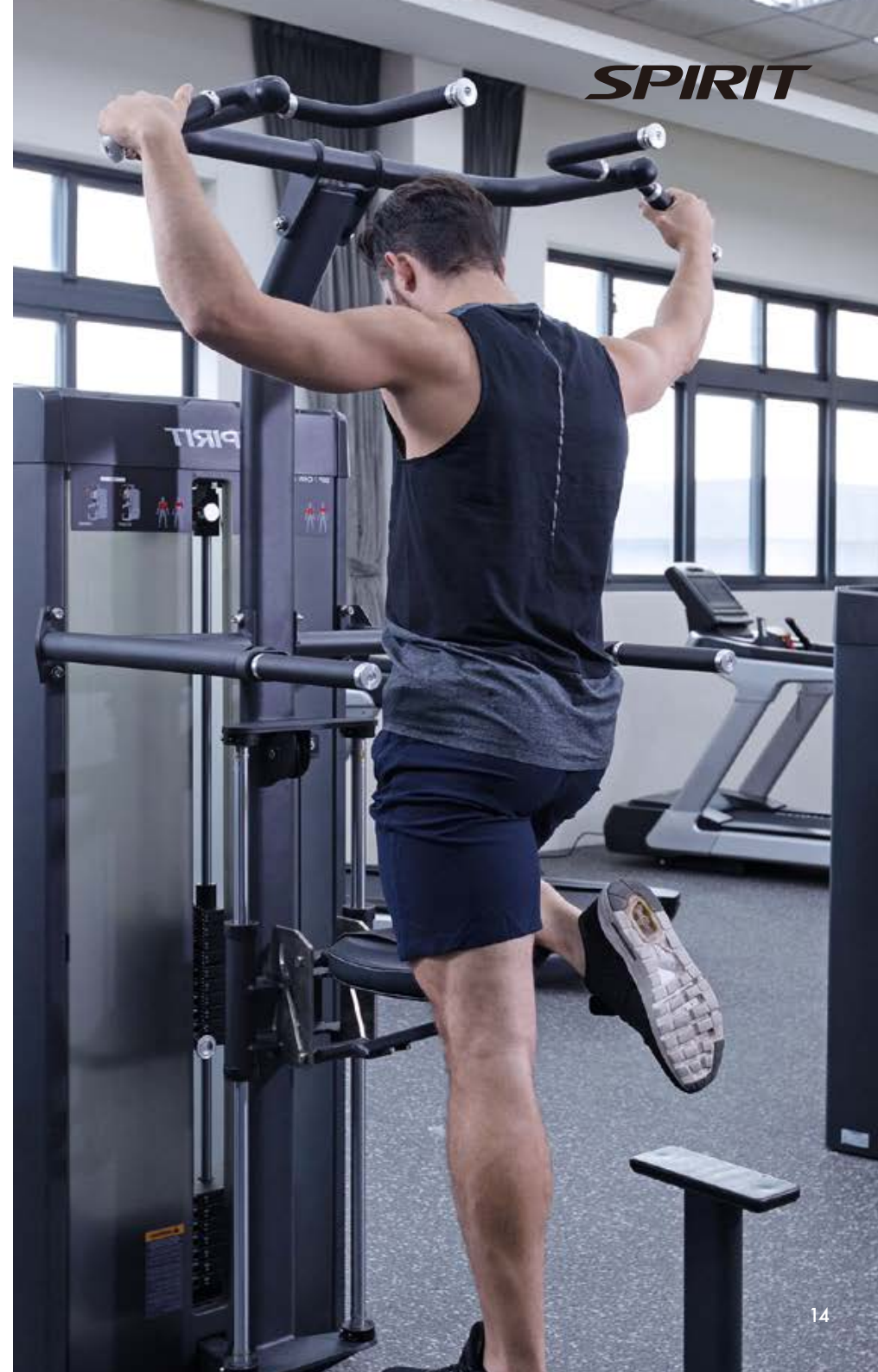


#### SEATED ROW





**SPIRIT**



## Standing Biceps / Triceps

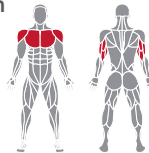
SP-4333

### FEATURES

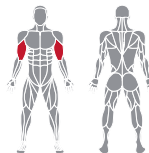
- Dual machine combines the two most popular arm exercises
- Standing user positioning during Biceps and Triceps exercises stabilizes machine for smaller footprint
- Angled curling bar for Biceps and traditional rope for Triceps extension
- Storage hooks for each attachment when not in use
- Integrated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

<b>PRODUCT DIMENSION</b>	709 x 1492 x 2104mm / 28" x 59" x 83"
<b>WEIGHT STACK</b>	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	210kg / 463lb
<b>CARTON DIMENSION</b>	
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***

# SELECTORIZED

DUALS



## DUALS

Duals selectorized machines combine two exercises into one machine. Duals are ideal for vertical market facilities or any place where space is limited. A full-body workout can be achieved using half the normal number of machines found in full-size gyms.

## COMPLEMENTARY EXERCISES

Duals machines combine exercises that are complementary to the muscle groups of the human body. These can be similar pushing or pulling exercises but at different angles, or even opposing muscle groups.



## COLORED ADJUSTMENT KNOBS

Every machine requires a few adjustments to best fit varying sized users. To make it visibly clear what and where adjustments need to be made, they are colored. Whether it is a seat or movement arm, look for the yellow.





## Chest Press / Shoulder Press

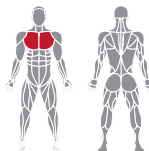
SP-4601

### FEATURES

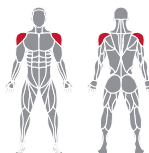
- Seat and back pad adjust for proper pressing angles
- User can adjust for two chest press angles and a shoulder press
- Multiple sets of grips for chest and shoulder pressing
- Bilateral pressing arm motion
- Integrated rep counter and built-in storage on top cap

<b>PRODUCT DIMENSION</b>	1350 x 1984 x 1676mm / 53" x 78" x 66"
<b>WEIGHT STACK</b>	123kg / 270lb (10lb x 3pcs + 20lb x 12pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	250kg / 551lb
<b>CARTON DIMENSION</b>	
CARTON A	1390 x 600 x 125mm / 55" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1600 x 1020 x 465mm / 63" x 40" x 18"
CARTON D	1200 x 90 x 350mm / 47" x 4" x 14"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"

#### CHEST PRESS



#### SHOULDER PRESS



## Leg Extension / Leg Curl

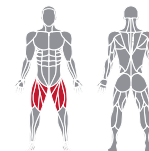
SP-4605

### FEATURES

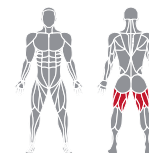
- Challenges opposing muscle groups, Quadriceps and Hamstrings
- Exercises can be switched and adjusted without leaving seated position
- Machines axis of rotation is optimized for proper feel for both exercise
- Integrated rep counter and built-in storage on top cap

<b>PRODUCT DIMENSION</b>	1407 x 1373 x 1580mm / 55" x 54" x 62"
<b>WEIGHT STACK</b>	132kg / 290lb (10lb x 1pc + 20lb x 14pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	271kg / 597lb
<b>CARTON DIMENSION</b>	
CARTON A	1390 x 600 x 125mm / 55" x 24" x 5"
CARTON B	1520 x 580 x 260mm / 60" x 23" x 10"
CARTON C	1190 x 1010 x 335mm / 47" x 40" x 13"
CARTON D	1000 x 180 x 550mm / 39" x 7" x 22"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"

#### LEG EXTENSION



#### LEG CURL







## Biceps Curl / Triceps Extension

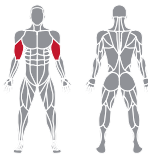
SP-4607

### FEATURES

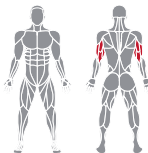
- Angled arm pad helps limit shoulder movement for focus on Biceps and Triceps
- Easily adjust machine Cam to switch between these opposing muscle exercises
- Machines axis of rotation and pivoting arm are optimized for proper feel
- Small back pad helps increase stability for Triceps exercise
- Integrated rep counter and built-in storage on top cap

<b>PRODUCT DIMENSION</b>	1115 x 1310 x 1580mm / 44" x 52" x 62"
<b>WEIGHT STACK</b>	100kg / 220lb (10lb x 2pcs + 20lb x 10pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	182kg / 401lb
<b>CARTON DIMENSION</b>	
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	1220 x 950 x 510mm / 48" x 37" x 20"
CARTON D	630 x 210 x 340mm / 25" x 8" x 13"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"

#### BICEP CURL



#### TRICEPS EXTENSION



## Leg Press / Calf Extension

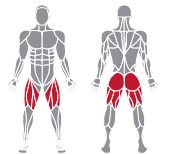
SP-4608

### FEATURES

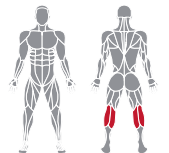
- Footplate and back pad angle adjust for ideal setup for both leg and calf pressing
- Footplate four-bar linkage helps maintain ideal ankle alignment throughout exercise
- Footplate has an angled lower section to help with calf press positioning
- Integrated rep counter and built-in storage on top cap

<b>PRODUCT DIMENSION</b>	1940 x 1135 x 1580mm / 76" x 45" x 62"
<b>WEIGHT STACK</b>	132kg / 290lb (10lb x 1pc + 20lb x 14pcs) The incremental weight : 5lb
<b>PRODUCT WEIGHT</b>	298kg / 657lb
<b>CARTON DIMENSION</b>	
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	1890 x 830 x 510mm / 74" x 33" x 20"
CARTON D	1200 x 90 x 400mm / 47" x 4" x 16"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"

#### LEG PRESS



#### CALF EXTENSION





## Abdominal / Back Extension

SP-4609

### FEATURES

- Entry and positioning for both Abdominal and lower back exercises is easy for users of all levels
- Easily adjust machine Cam to switch between exercises
- Adjustable roller pad helps with ideal positioning between these exercises
- Dual foot bars for lower body stabilization during exercise
- Integrated rep counter and built-in storage on top cap

**PRODUCT DIMENSION** | 1314 x 1119 x 1580mm / 52" x 44" x 62"

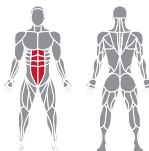
**WEIGHT STACK** | 118kg / 260lb (10lb x 8pcs + 20lb x 9pcs)  
The incremental weight : 5lb

**PRODUCT WEIGHT** | 227kg / 500lb

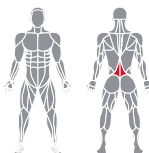
#### CARTON DIMENSION

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 | 1090 x 730 x 495mm / 43" x 29" x 19"  
 CARTON D | 500 x 180 x 550mm / 20" x 7" x 22"  
 CARTON E | 530 x 500 x 290mm / 21" x 20" x 11"

#### ABDOMINAL



#### BACK EXTENSION



**PUSH WITH SPIRIT  
ENTHUSIASTICALLY**



***SPIRIT***

**PLATE LOADED**





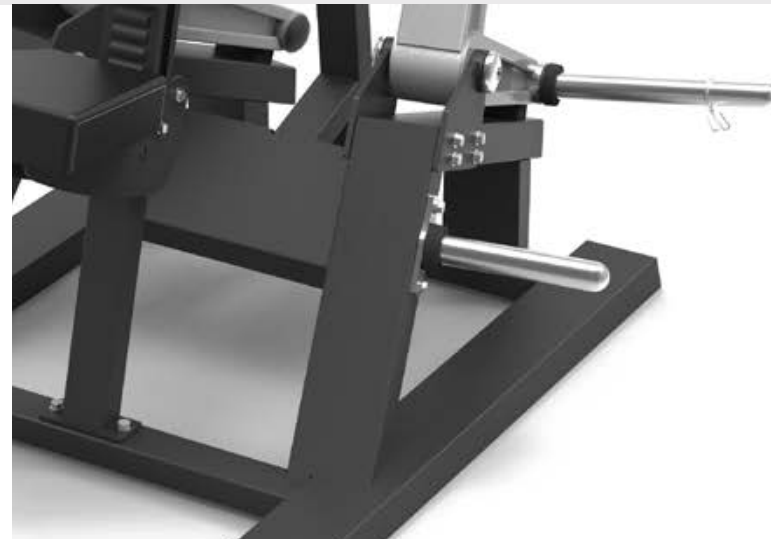
## MODERN ROBUST AESTHETICS

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.





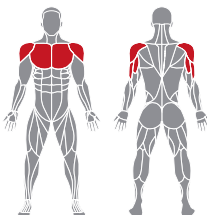
## Chest Press

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

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



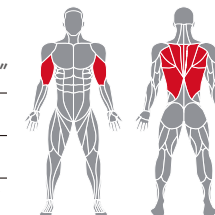
## Row

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

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





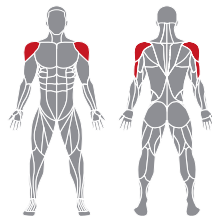
## Shoulder Press

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

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



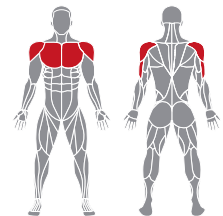
## Incline Chest Press

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

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





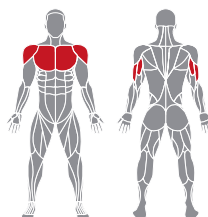
## Wide Chest Press

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

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



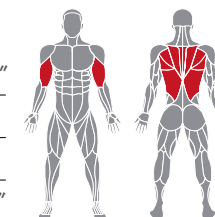
## Lat Pulldown

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

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







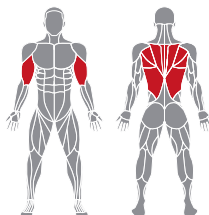
**Low Row**

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

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



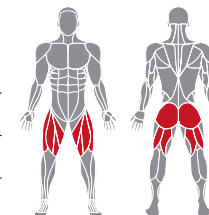
**Leg Press**

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

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



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



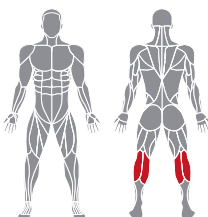
## Calf

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

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



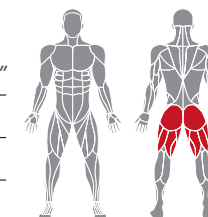
## Rear Kick

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

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





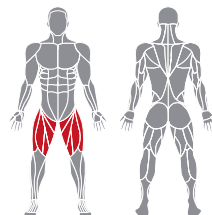
## Leg Extension

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

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



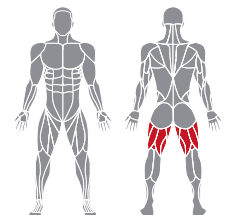
## Standing Leg Curl

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

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





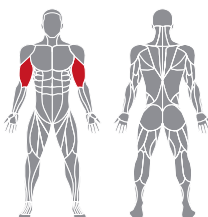
## Biceps Curl

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

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



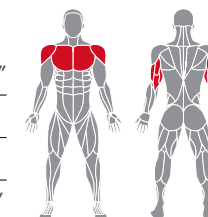
## Triceps Extension

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

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







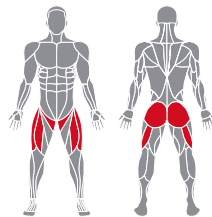
## Hip Abduction

SP-4516

### FEATURES

- Unique Hip Abduction machine: user performs exercise standing
- Upright alignment is more effective for hip muscle activation
- Plate loading horn is adjustable in 3-positions
- Adjusting horn position changes the resistance felt by user
- Extra long hand grips for users of all heights

<b>PRODUCT DIMENSION</b>	1522 x 970 x 1442mm / 60" x 38" x 57"
<b>MAX TRAINING CAPACITY</b>	150kg / 330lb
<b>PRODUCT WEIGHT</b>	108.6kg / 240lb
<b>CARTON DIMENSION</b>	
CARTON A	1500 x 990 x 1100mm / 59" x 39" x 43"
CARTON B	340 x 110 x 210mm / 13" x 4" x 8"



***SPIRIT***

# FREE WEIGHTS





***SPIRIT***

## 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

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



## Half Rack

SP-4202

### FEATURES

- Half Racks have become essential additions to many clubs
- Half Racks are multi-functional for all types of lifts
- J-Hook style bar holders and adjustable safety stops
- Standard band pegs, multiple pull up grips, storage horns and hooks
- Insert and Platform ready

<b>PRODUCT DIMENSION</b>	1508 x 1690 x 2500mm / 59" x 67" x 98"
<b>MAX LOADING CAPACITY</b>	150kg / 330lb
<b>PRODUCT WEIGHT</b>	235kg / 518lb
<b>CARTON DIMENSION</b>	
CARTON A	510 x 115 x 400mm / 20" x 5" x 16"
CARTON B	1030 x 85 x 320mm / 41" x 3" x 13"
CARTON C	2300 x 450 x 155mm / 91" x 18" x 6"
CARTON D	1600 x 450 x 340mm / 63" x 18" x 13"
CARTON E	880 x 480 x 110mm / 35" x 19" x 4"
CARTON F	2240 x 670 x 210mm / 88" x 26" x 8"
CARTON G	1280 x 620 x 335mm / 50" x 24" x 13"





## Half Rack with Platform

SP-4202-P

### FEATURES

- 1524mm / 5' x 3048mm / 10' Hardwood platform with full insert
- Platform aids in providing a good shoe grip for Olympic lifts
- Rubber impact zones to reduce noise, protect gym floors and plates
- Ramp to aid rolling a bench onto platform
- Sized to be used with SP-4202 Half Rack

<b>PRODUCT DIMENSION</b>	3226 x 3154 x 2500mm / 127" x 124" x 98"
<b>MAX LOADING CAPACITY</b>	150kg / 330lb
<b>PRODUCT WEIGHT</b>	553kg / 1219lb

### CARTON DIMENSION

Carton A 510 x 115 x 400mm / 20" x 5" x 16"	Carton 1 1570 x 1060 x 125mm / 62" x 42" x 5"
Carton B 1030 x 85 x 320mm / 41" x 3" x 13"	Carton 2 1570 x 1060 x 125mm / 62" x 42" x 5"
Carton C 2300 x 450 x 155mm / 91" x 18" x 6"	Carton 3 1570 x 1060 x 75mm / 62" x 42" x 3"
Carton D 1600 x 450 x 340mm / 63" x 18" x 13"	Carton 4 2720 x 300 x 150mm / 107" x 12" x 6"
Carton E 880 x 480 x 110mm / 35" x 19" x 4"	
Carton F 2240 x 670 x 210mm / 88" x 26" x 8"	
Carton G 1280 x 620 x 335mm / 50" x 24" x 13"	



## Power Rack

SP-4203

### FEATURES

- Fully enclosed Rack for greater safety and spotting when performing Lifts
- Three-sets of J-Hooks for a lot of variety; fully enclosed bar stops
- Two stations for pull ups and hanging accessories
- Standard band pegs, multiple pull up grips, storage horns and hooks
- Insert and Platform ready

<b>PRODUCT DIMENSION</b>	2213 x 1690 x 2500mm / 87" x 67" x 98"
<b>MAX LOADING CAPACITY</b>	150kg / 330lb
<b>PRODUCT WEIGHT</b>	351kg / 773lb

### CARTON DIMENSION

Carton A 1280 x 540 x 270mm / 50" x 21" x 11"	Carton F 1030 x 85 x 320mm / 41" x 3" x 13"
Carton B 510 x 115 x 400mm / 20" x 5" x 16"	Carton G 510 x 115 x 400mm / 20" x 5" x 16"
Carton C 1000 x 320 x 210mm / 39" x 13" x 8"	Carton H 2300 x 450 x 155mm / 91" x 18" x 6"
Carton D 2210 x 450 x 340mm / 87" x 18" x 13"	Carton I 2240 x 670 x 210mm / 88" x 26" x 8"
Carton E 975 x 280 x 160mm / 38" x 11" x 6"	Carton J 1280 x 620 x 335mm / 50" x 24" x 13"



## Power Rack with Platform

SP-4203-P

### FEATURES

- 1524mm / 5' x 3048mm / 10' Hardwood platform with full insert
- Platform aids in providing a good shoe grip for Olympic lifts
- Rubber impact zones to reduce noise, protect gym floors and plates
- Ramp to aid rolling a bench onto platform
- Insert are sized to be used with SP-4203 Power Rack

<b>PRODUCT DIMENSION</b>	3843 x 3154 x 2500mm / 151" x 124" x 98"
<b>MAX LOADING CAPACITY</b>	150kg / 330lb
<b>PRODUCT WEIGHT</b>	688kg / 1517lb

### CARTON DIMENSION

Carton A	1280 x 540 x 270mm / 50" x 21" x 11"	Carton H	2300 x 450 x 155mm / 91" x 18" x 6"
Carton B	510 x 115 x 400mm / 20" x 5" x 16"	Carton I	2240 x 670 x 210mm / 88" x 26" x 8"
Carton C	1000 x 320 x 210mm / 39" x 13" x 8"	Carton J	1280 x 620 x 335mm / 50" x 24" x 13"
Carton D	2210 x 450 x 340mm / 87" x 18" x 13"	Carton 1	2150 x 1050 x 120mm / 85" x 41" x 5"
Carton E	975 x 280 x 160mm / 38" x 11" x 6"	Carton 2	2150 x 1050 x 75mm / 85" x 41" x 3"
Carton F	1030 x 85 x 320mm / 41" x 3" x 13"	Carton 3	1570 x 1060 x 125mm / 62" x 42" x 5"
Carton G	510 x 115 x 400mm / 20" x 5" x 16"	Carton 4	2720 x 300 x 150mm / 107" x 12" x 6"



## 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

<b>PRODUCT DIMENSION</b>	1362 x 447 x 415mm / 54" x 18" x 16"
<b>MAX. LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	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

<b>PRODUCT DIMENSION</b>	1202 x 767 x 1062mm / 47" x 30" x 42"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	37kg / 81lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	1220 x 860 x 940mm / 48" x 34" x 37"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	46kg / 101lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	1855 x 1645 x 2010mm / 73" x 65" x 79"
<b>PRODUCT WEIGHT</b>	132kg / 291lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	1740 x 1380 x 1900mm / 69" x 54" x 75"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	110kg / 243lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	1745 x 1720 x 1355mm / 69" x 68" x 53"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	116kg / 256lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	2065 x 1720 x 1355mm / 81" x 68" x 53"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	126kg / 278lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	2065 x 1720 x 1355mm / 81" x 68" x 53"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	109kg / 240lb
<b>CARTON DIMENSION</b>	
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

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



**45° - Deg Leg Press**

SP-4216

**FEATURES**

- 45-degrees is the most popular angle for a plate loaded leg press
- Back pad is adjustable in 7-positions to open or close hip angle
- Two takeoff heights for comfort and safety; linear bearings for smoothness
- Handle on top of foot plate to aid entry and exit

<b>PRODUCT DIMENSION</b>	2147 x 1616 x 1272mm / 85" x 64" x 50"
<b>MAX LOADING CAPACITY</b>	150kg / 330lb
<b>PRODUCT WEIGHT</b>	180kg / 397lb
<b>CARTON DIMENSION</b>	1600 x 900 x 1370mm / 63" x 35" x 54"



**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

<b>PRODUCT DIMENSION</b>	1575 x 717 x 983mm / 62" x 28" x 39"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	54kg / 119lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	1190 x 1260 x 2300mm / 47" x 50" x 91"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	130kg / 287lb
<b>CARTON DIMENSION</b>	
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
- Thigh pads are adjustable to fit all user sizes
- Lower leg pads support at the calf which eliminates knees discomfort

<b>PRODUCT DIMENSION</b>	1422 x 820 x 830mm / 56" x 32" x 33"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	51kg / 112lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	2165 x 1575 x 2390mm / 85" x 62" x 94"
<b>PRODUCT WEIGHT</b>	210kg / 463lb
<b>CARTON DIMENSION</b>	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

<b>PRODUCT DIMENSION</b>	1505 x 790 x 1095mm / 59" x 31" x 43"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	40kg / 83lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	1806 x 1133 x 1204mm / 71" x 45" x 47"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	76kg / 167lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	1388 x 617 x 942mm / 55" x 24" x 37"
<b>MAX LOADING CAPACITY</b>	280kg / 617lb
<b>PRODUCT WEIGHT</b>	50kg / 110lb
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	978 x 845 x 1395 mm / 39" x 33" x 55"
<b>MAX LOADING CAPACITY</b>	600kg / 1322lb
<b>PRODUCT WEIGHT</b>	55kg / 120lb
<b>CARTON DIMENSION</b>	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

<b>PRODUCT DIMENSION</b>	2280 x 645 x 800mm / 90" x 25" x 31"
<b>MAX LOADING CAPACITY</b>	1000kg / 2205lb
<b>PRODUCT WEIGHT</b>	62kg / 140lb
<b>CARTON DIMENSION</b>	
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 protect your weight plates from damage and provides the user with a smooth removal and replacement of the weights on the tree

<b>PRODUCT DIMENSION</b>	810 x 666 x 1320mm / 31" x 26" x 51"
<b>MAX LOADING CAPACITY</b>	600kg / 1322lb
<b>PRODUCT WEIGHT</b>	30kg / 66lb
<b>CARTON DIMENSION</b>	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

<b>PRODUCT DIMENSION</b>	1520 x 840 x 2120mm / 60" x 33" x 83"
<b>PRODUCT WEIGHT</b>	302kg / 660lb
<b>WEIGHT STACK</b>	77kg x 2 / 170lb x 2
<b>CABLE TRAVEL</b>	2100mm / 83"
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	4091 x 1065 x 2344mm / 161" x 41" x 92"
<b>PRODUCT WEIGHT</b>	313kg / 690lb
<b>WEIGHT STACK</b>	68kg x 2 / 150lb x 2
<b>CABLE TRAVEL</b>	2100mm / 83"
<b>CARTON DIMENSION</b>	
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

<b>PRODUCT DIMENSION</b>	3418 x 1920 x 2290mm / 134" x 75" x 90"
<b>PRODUCT WEIGHT</b>	817kg / 1801lb
<b>WEIGHT STACK</b>	122kg x 4 / 270lb x 4
<b>CARTON DIMENSION</b>	
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"



**5 Stack Multi Station**

SP-3605

**FEATURES**

- Adjustable Hi/Lo Pulley
- Triceps pressdown
- Low Row
- Lat Pulldown
- Functional trainer

<b>PRODUCT DIMENSION</b>	5100 x 3450 x 2300mm / 201" x 136" x 91"
<b>PRODUCT WEIGHT</b>	1169kg / 2577lb
<b>WEIGHT STACK</b>	122kg x 5 / 270lb x 5
<b>CARTON DIMENSION</b>	
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	2335 x 520 x 1020mm / 92" x 20" x 40"
CARTON E	2330 x 570 x 100mm / 91" x 22" x 3"



## 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

<b>PRODUCT DIMENSION</b>	5900 x 4100 x 2300mm / 232" x 161" x 90"
<b>PRODUCT WEIGHT</b>	1705kg / 3758lb
<b>WEIGHT STACK</b>	122kg x 8 / 270lb x 8
<b>CARTON DIMENSION</b>	
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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