

SPIRIT



COMMERCIAL STRENGTH 2023



SPIRIT

SCATED CHEST PRESS

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





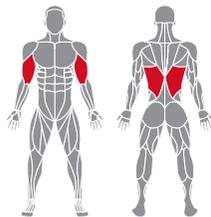
Lat Pulldown

SP-3501

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Horizontal grips with natural diverging path of motion
- Seat is angled forward slightly to encourage proper user positioning
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1522 x 1430 x 1852mm / 60" x 56" x 73"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	262kg / 578lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1300 x 1220 x 430mm



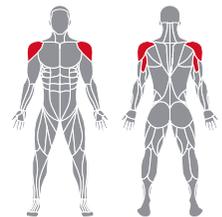
Shoulder Press

SP-3502

FEATURES

- Horizontal and parallel grip options for users with shoulder limitations
- Unilateral and bilateral converging path of motion
- Seat provides range of motion adjustment
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1530 x 1540 x 1592mm / 60" x 61" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	254kg / 560lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1300 x 1220 x 430mm





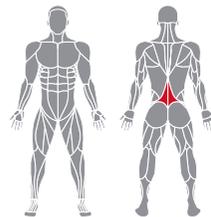
Back Extension

SP-3503

FEATURES

- Roller pad self-adjusts for ideal positioning across upper back
- Adjustable range of motion to fit users' capabilities and preferences
- Foot bar allows for lower body stabilization during exercise
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1057 x 1298 x 1592mm / 42" x 51" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	231kg / 509lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 310mm



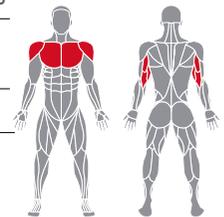
Seated Chest Press

SP-3504

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Unilateral and bilateral converging path of motion
- Back pad adjusts for proper range of motion
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1107 x 1405 x 1592mm / 44" x 55" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	245kg / 540lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1100 x 1100 x 470mm





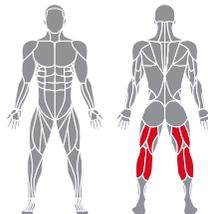
Seated Leg Curl

SP-3505

FEATURES

- Adjustable roller and back pads provide proper positioning with the machine's axis of rotation
- Angled user positioning helps with stabilization during exercise
- Seat pad is sized to allow full hamstrings muscle contraction
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1156 x 1407 x 1592mm / 46" x 55" x 63"
WEIGHT STACK	110kg / 240lbs (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	257kg / 567lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 170mm
CARTON C	1240 x 1000 x 300mm



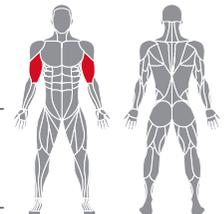
Seated Biceps Curl

SP-3506

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
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1379 x 894 x 1592mm / 54" x 35" x 63"
WEIGHT STACK	90kg / 195lb (15lb x 13 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	195kg / 430lb
CARTON DIMENSION	
CARTON A	1530x840x250mm
CARTON B	1530x840x310mm





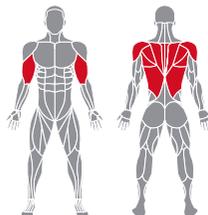
Seated Row

SP-3507

FEATURES

- Grips pivot and rotate to self-adjust and help maintain focus on back muscles
- Adjustable seat and chest pad provide ideal positioning and proper pulling technique
- Unilateral and bilateral motions for correcting muscle imbalances
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1534 x 1064 x 1592mm / 60" x 42" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	245kg / 540lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1520 x 1000 x 475mm



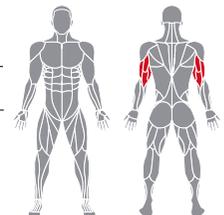
Seated Triceps Press

SP-3508

FEATURES

- Slight forward positioning allows for greater range of motion in shoulders
- Grips rotate in or out to allow for varying user shoulder widths
- Four bar linkage keeps grips level and wrist positioning neutral
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1227 x 1067 x 1592mm / 48" x 42" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	236kg / 520lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1170 x 1070 x 270mm





Leg Press

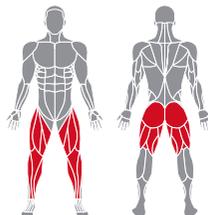
SP-3509

FEATURES

- Large foot platform increases movement variety including calf exercises
- Forward hand grip assists with entry and exit from machine
- Angled sled provides for a smooth pressing motion
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1890 x 1105 x 1592mm / 74" x 44" x 63"
WEIGHT STACK	170kg / 375lb (15lb x 1pc + 20lb x 18pcs)
PRODUCT WEIGHT	340kg / 750lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1900 x 1090 x 540mm

This model does not have incremental weight



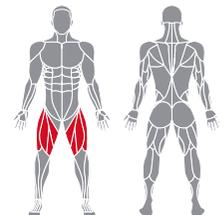
Leg Extension

SP-3510

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
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1156 x 1407 x 1592mm / 46" x 55" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	244kg / 538lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 170mm
CARTON C	1240 x 1000 x 300mm





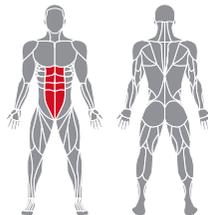
Abdominal

SP-3511

FEATURES

- Independently moving straps allow for oblique motions
- Multiple hand grip positions for adjustable range-of-motion
- Rounded back pad allows for some spinal extension during crunches
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1069 x 1143 x 1572mm / 42" x 45" x 62"
WEIGHT STACK	90kg / 195lb (15lb x 13 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	207kg / 456lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 1030 x 415mm



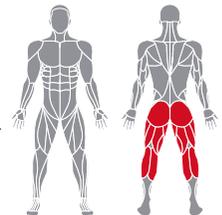
Prone Leg Curl

SP-3514

FEATURES

- Prone positioning allows for training hamstrings across both hip and knee joints
- Pad angles stabilize hips to prevent them from rising during exercise
- Adjustable range of motion to accommodate goals or knee limitations
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1561 x 1121 x 1592mm / 61" x 44" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	228kg / 503lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 410mm





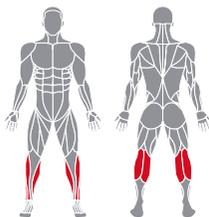
Standing Calf

SP-3515

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
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1863 x 776 x 1622mm / 73" x 31" x 64"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	217kg / 478lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 870 x 320mm



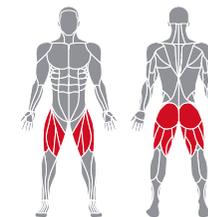
Hip Abductor/Adductor

SP-3516

FEATURES

- Dual exercise machine saves floor space
- Large thigh pads and foot supports provide comfort and stability
- Transitioning between exercises is easy to do without exiting machine
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1578 x 829 x 1592mm / 62" x 33" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	250kg / 551lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 200mm
CARTON C	1450 x 595 x 480mm





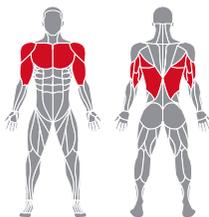
Assisted Chin/Dip

SP-3517

FEATURES

- Machine uses a weight stack to offset the users own body weight for pull up and dip exercises
- Multiple steps for safe entry and exit and dip handles rotate to accommodate shoulder widths
- Foot bar can be adjusted out of the way to perform full body weight exercises
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1948 x 990 x 2491mm / 77" x 39" x 98"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	273kg / 602lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 900 x 200mm
CARTON C	2430 x 1170 x 280mm



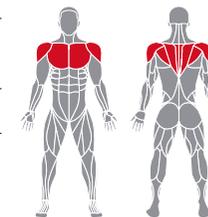
Pec Fly/Rear Delt

SP-3519

FEATURES

- Dual exercise machine saves floor space
- Multiple hand grips and range of motion adjustment for lots of exercise variety
- Seat adjustment and two sets of rear Deltoid handles accommodate users of all sizes
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1229 x 830 x 2069mm / 48" x 33" x 81"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs)
PRODUCT WEIGHT	256kg / 564lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1720 x 840 x 520mm
CARTON C	1940 x 1140 x 210mm



This model does not have incremental weight



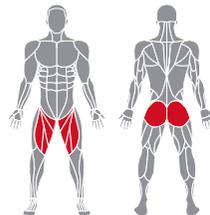
Glute

SP-3520

FEATURES

- Standing during Glute training is ideal compared to kneeling on floor
- Angled motion places emphasis on Glutes and Hamstrings
- Chest pad is adjustable for user to decide what position is best for support
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	2230 x 1025 x 1524mm / 88" x 40" x 60"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	272kg / 600lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 540mm
CARTON C	1410 x 1030 x 280mm



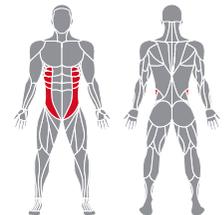
Rotary Torso

SP-3521

FEATURES

- Adjustable range of motion and chest pads for security of upper body while rotating
- Large thigh pads and foot supports provide stability of lower body
- Seat adjustment aligns user upper chest with machines chest pad
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1384 x 996 x 2010mm / 54" x 39" x 79"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	261kg / 575lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	2070 x 970 x 420mm





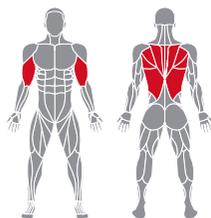
Fixed Lat Pulldown

SP-3522

FEATURES

- Traditional Lat Pulldown with adjustable chain-links for positioning of bar height
- Storage hooks for bar when not in use
- Angled thigh pads make it easy to grip bar while standing then sit and secure thighs
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1200 x 1410 x 2070mm / 47" x 56" x 81"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	258kg / 569lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	2120 x 1180 x 280mm
CARTON C	1540 x 860 x 260mm



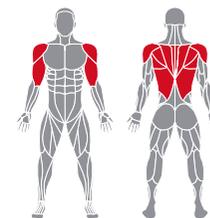
Low Row

SP-3523

FEATURES

- Traditional row exercise challenging stabilization ability and all muscles of the back
- Declined angle of pad helps with stabilization during heavy lifts
- Low position of pulling handle helps keep elbows down, along sides of body
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1810 x 1150 x 1592mm / 71" x 45" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	263kg / 580lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1790 x 840 x 350mm





Lateral Raise

SP-3525

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
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1172 x 1289 x 1518mm / 46" x 51" x 60"
WEIGHT STACK	90kg / 195lb (15lb x 13 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	229kg / 505lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1300 x 1220 x 425mm

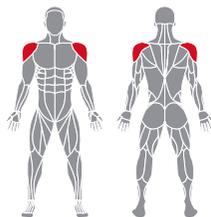


PLATE LOADED





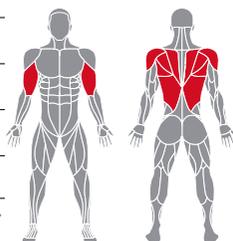
Seated Row

SP-6503

FEATURES

- Horizontal and vertical hand grips for training emphasis and variety
- Stabilizing handle in the middle to help when performing unilateral rows
- Chest pad is adjustable for user defined range of motion
- Angled seat and chest pad help with proper body positioning

PRODUCT DIMENSION	1576 x 1471 x 1195mm / 62" x 58" x 47"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	133kg / 293lb
CARTON DIMENSION	1260 x 1090 x 640mm / 50" x 43" x 25"



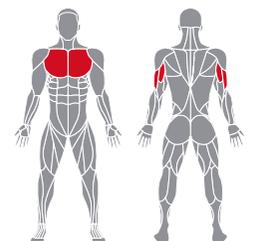
Chest Press

SP-6504

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
- 4-Bar linkage seat adjustment mechanism keeps seat in an ideal position

PRODUCT DIMENSION	1441 x 1421 x 1003mm / 56" x 56" x 39"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	125kg / 276lb
CARTON DIMENSION	1530 x 1190 x 400mm / 60" x 47" x 16"





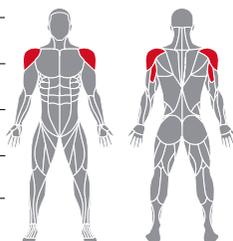
Shoulder Press

SP-6505

FEATURES

- Backpad is angled backwards slightly to prevent shoulder impingement when pressing overhead
- Unilateral and bilateral converging path of motion
- Seat provides range of motion adjustment
- 4-Bar linkage seat adjustment mechanism keeps seat in an ideal position

PRODUCT DIMENSION	1874 x 1423 x 1900mm / 74" x 56" x 75"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	114kg / 251lb
CARTON DIMENSION	1400 x 1280 x 400mm / 55" x 50" x 16"



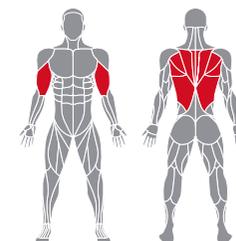
Lat Machine

SP-6506

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Horizontal grips with natural diverging path of motion
- Angled thigh hold down pads to accommodate all different thighs girths
- No seat adjustment speeds-up the set up; only adjust hold down pad if needed

PRODUCT DIMENSION	1649 x 1618 x 1237mm / 65" x 64" x 49"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	143kg / 315lb
CARTON DIMENSION	1820 x 1370 x 440mm / 72" x 54" x 17"





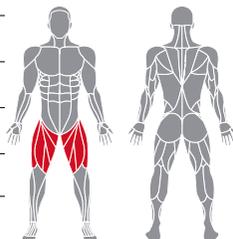
Leg Extension

SP-6507

FEATURES

- Lifting arm is counterbalanced to help reduce the initial starting resistance
- Back pad adjusts for proper alignment with machines axis of rotation
- Lower Tibia pad is adjustable for more comfortable positioning at ankles
- Integrated weight storage

PRODUCT DIMENSION	1685 x 1670 x 1100mm / 66" x 66" x 43"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	139kg / 306lb
CARTON DIMENSION	1210 x 840 x 580mm / 48" x 33" x 23"



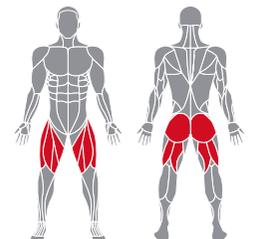
Leg Press

SP-6509

FEATURES

- Traditional 45-degree leg press with linear bearings sliding mechanism
- Extra large foot plate for lots of feet placement options
- Adjustable back pad for varying hip positions and users of all sizes
- Four weight loading horns to handle very heavy workouts

PRODUCT DIMENSION	2297 x 821 x 1480mm / 90" x 32" x 58"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	650kg / 1433lb
PRODUCT WEIGHT	260kg / 573lb
CARTON DIMENSION	
CARTON A	1720 x 1470 x 460mm / 68" x 58" x 18"
CARTON B	860 x 750 x 800mm / 34" x 30" x 31"





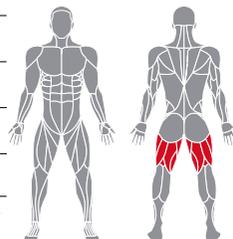
Prone Leg Curl

SP-6511

FEATURES

- Prone positioning allows for training hamstrings across both hip and knee joints
- Pad angles stabilize hips to prevent them from rising during exercise
- Lifting arm is counterbalanced to help reduce the initial starting resistance
- Lower Tibia pad self-adjusts eliminating pad adjustments

PRODUCT DIMENSION	1662 x 1336 x 1156mm / 65" x 53" x 46"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	148kg / 326lb
CARTON DIMENSION	1230 x 1170 x 580mm / 48" x 46" x 23"



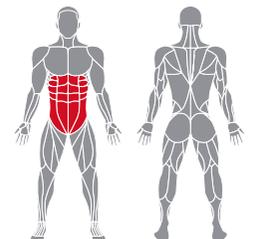
Abdominal

SP-6512

FEATURES

- Machine allows simultaneous upper and lower crunch motion
- Overhead hand grips provide a greater abdominal challenge
- Lower leg roller pads help control and lift lower body
- Back pad is used to help stabilize body position while exercising

PRODUCT DIMENSION	1032 x 1223 x 1596mm / 41" x 48" x 63"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	125kg / 276lb
PRODUCT WEIGHT	129kg / 284lb
CARTON DIMENSION	1120 x 1020 x 510mm / 44" x 40" x 20"





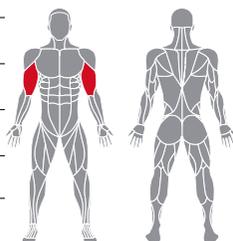
Bicep

SP-6513

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
- 4-Bar linkage seat adjustment mechanism keeps seat in an ideal position

PRODUCT DIMENSION	1010 x 1335 x 946mm / 40" x 53" x 37"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	125kg / 276lb
PRODUCT WEIGHT	100kg / 220lb
CARTON DIMENSION	1040 x 920 x 560mm / 41" x 36" x 22"



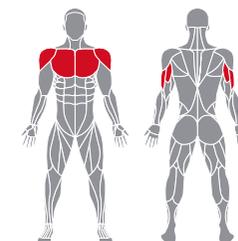
Chest

SP-6514

FEATURES

- Reclined positioning for a pressing motion naturally helps with stabilization during heavy lifts
- Angled handles allow pressing in an anatomically neutral position
- Overhead pivot is biomechanically ideal for pressing motions
- Adjustable seat pad to align user with the handles

PRODUCT DIMENSION	1285 x 1780 x 1982mm / 51" x 70" x 78"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	194kg / 428lb
CARTON DIMENSION	2120 x 1320 x 480mm / 83" x 52" x 19"





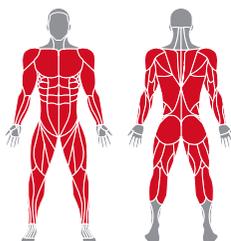
Half Rack

SP-6515

FEATURES

- One of the most versatile racks in a gym; the Half Rack can be configured to safely facilitate numerous exercises and lifts
- J-hook design for both Bar Catches and Safety Spotter Arms ensure secure placement
- Open frame in front allows a bench to easily roll in or out
- Includes band pegs, landmine, Bumper Plate storage and pull-up bar

PRODUCT DIMENSION	1838 x 1630 x 2344mm / 72" x 64" x 92"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	Barbell Arm: 125kg / 276lb Short Holder: 200kg / 441lb Long Holder: 450kg / 992lb
MACHINE MAX. LOADING	Short Holder: 400kg, Long Holder: 900kg
PRODUCT WEIGHT	272kg / 600lb
CARTON DIMENSION	2545 x 720 x 480mm / 100" x 28" x 19"



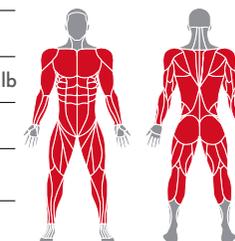
3D Smith Machine

SP-6516

FEATURES

- Bar moves vertically and horizontally at the same time to follow the movement of user
- Bar is not counterbalanced and rotates to allow user to perform many Olympic Lifts
- Open frame design allows a bench to easily roll through machine
- Pull-up bar and safety catches in the front and back of uses

PRODUCT DIMENSION	2053 x 2072 x 2318mm / 81" x 82" x 91"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	Barbell Arm: 125kg / 276lb, Bar: 350kg / 772lb
MACHINE MAX. LOADING	Bar: 350kg
PRODUCT WEIGHT	375kg / 827lb
CARTON DIMENSION	2310 x 1280 x 410mm / 91" x 50" x 16"





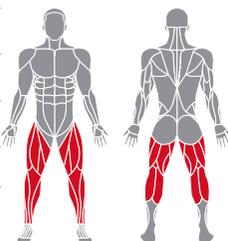
Pendulum Squat

SP-6518

FEATURES

- Curvilinear design and an angled footplate create a squat motion that follows the natural movement of the human body
- Adjustable stops to limit the depth of the squat and insure a safe range-of-motion
- Lock mechanism to help users safely enter, exit and initiate exercise from standing
- Includes band pegs and weight plate storage and a counterweight to lower start resistance

PRODUCT DIMENSION	2300 x 1900 x 2000mm / 91" x 75" x 79"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	336kg / 741lb
CARTON DIMENSION	
CARTON A	2120 x 1320 x 490mm / 83" x 52" x 19"
CARTON B	1720 x 840 x 530mm / 68" x 33" x 21"



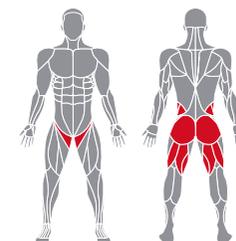
Glute

SP-6533

FEATURES

- The Glute takes a popular gym exercise and makes it easier to set up and perform
- User pivots hips and back while feet are stationary on the foot platform
- Padded hip strap for pressing upwards; simultaneously press feet into stationary foot platform and upper back into back pad

PRODUCT DIMENSION	1850 x 1260 x 885mm / 73" x 50" x 35"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	123kg / 271lb
CARTON DIMENSION	1530 x 1030 x 415mm



FREE WEIGHTS





Abdominal Bench

SP-7511

FEATURES

- Multiple positions of adjustment to challenge every user
- Back pad and adjustable leg support provides stabilization
- Integrated handle and roller pads help with setup positioning and exit

PRODUCT DIMENSION	1674 x 790 x 853mm / 66" x 31" x 34"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	62kg / 137lb
CARTON DIMENSION	1730 x 720 x 220mm / 68" x 28" x 9"



Flat-Incline Bench

SP-7512

FEATURES

- Bench adjusts from flat to 90-degrees
- Seat pad is fixed in a slight incline to align with the back pad adjustments
- Handle under seat pad and integrated wheels for easy transport

PRODUCT DIMENSION	1318 x 691 x 490mm / 52" x 27" x 19"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	56kg / 123lb
CARTON DIMENSION	1330 x 720 x 440mm / 52" x 28" x 17"



Arm Curl Bench

SP-7513

FEATURES

- Two sided use and two angles for lots of variety
- Large bar supports are configured in two heights to be used with or without pad
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1318 x 805 x 1064mm / 52" x 32" x 42"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	150kg / 330lb
PRODUCT WEIGHT	83kg / 183lb
CARTON DIMENSION	1470 x 920 x 310mm / 58" x 36" x 12"



Olympic Flat Bench

SP-7514

FEATURES

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

PRODUCT DIMENSION	1995 x 1656 x 1261mm / 79" x 65" x 50"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	96kg / 212lb
CARTON DIMENSION	1720 x 840 x 520mm / 68" x 33" x 20"



Olympic Incline Bench

SP-7515

FEATURES

- Adjustable seat and multiple take-off points for confident positioning
- Standard weight storage keeps weight plates close
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1547 x 1255 x 1527mm / 61" x 49" x 60"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	100kg / 220lb
CARTON DIMENSION	1720 x 840 x 520mm / 68" x 33" x 20"



Olympic Decline Bench

SP-7516

FEATURES

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

PRODUCT DIMENSION	1575 x 1255 x 1268mm / 62" x 49" x 50"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	114kg / 251lb
CARTON DIMENSION	1720 x 840 x 520mm / 68" x 33" x 20"



Olympic Military Bench

SP-7517

FEATURES

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

PRODUCT DIMENSION	1100 x 1255 x 1753mm / 43" x 49" x 69"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	108kg / 238lb
CARTON DIMENSION	1920 x 1090 x 280mm / 76" x 43" x 11"



Olympic Squat Rack

SP-7518

FEATURES

- Four racking positions accommodate all users
- Fixed bar supports provide safety and sense of security when squatting
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1654 x 1384 x 1730mm / 65" x 54" x 68"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	110kg / 243lb
CARTON DIMENSION	1770 x 1420 x 360mm / 70" x 56" x 14"



Dual Flat-Incline Bench

SP-7519

FEATURES

- Back pad and seat pad both adjust in multiple positions to help secure user for heavy lifts
- Seat pad provides three positions of adjustment
- Pads-ratchet up easily to simplify set-up
- Lifting handle and wheel make it easy to roll bench to a new location

PRODUCT DIMENSION	1350 x 700 x 460mm / 53" x 28" x 18"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	62kg / 137lb
CARTON DIMENSION	1460 x 720 x 450mm / 57" x 28" x 18"



Twin Tier Dumbbell Rack

SP-7521

FEATURES

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

PRODUCT DIMENSION	2121 x 592 x 721mm / 84" x 23" x 28"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	50kg / 110lb
MACHINE MAX. LOADING	1000kg / 2205lb
PRODUCT WEIGHT	92kg / 203lb
CARTON DIMENSION	660 x 620 x 300mm / 26" x 24" x 12"
CARTON A	2320 x 260 x 295mm / 91" x 10" x 12"
CARTON B	



Flat Bench

SP-7522

FEATURES

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

PRODUCT DIMENSION	1265 x 790 x 462mm / 50" x 31" x 18"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	34kg / 75lb
CARTON DIMENSION	1260 x 430 x 280mm / 50" x 17" x 11"



Plate Tree

SP-7523

FEATURES

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

PRODUCT DIMENSION	688 x 680 x 794mm / 27" x 27" x 31"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	750kg / 1653lb
PRODUCT WEIGHT	48kg / 106lb
CARTON DIMENSION	860 x 700 x 300mm / 34" x 28" x 12"



Barbell Rack

SP-7524

FEATURES

- Heavy duty vertical rack holds 10 barbells, 5 each side
- PU hook saddles reduces risk of barbell damage and noise
- Hooks are designed for secure storage and easy take-off and return

PRODUCT DIMENSION	991 x 846 x 1316mm / 39" x 33" x 52"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	65kg / 143lb
MACHINE MAX. LOADING	1000kg / 1653lb
PRODUCT WEIGHT	86kg / 75lb
CARTON DIMENSION	1370 x 1030 x 180mm / 54" x 41" x 7"



Vertical Knee Raise

SP-7531

FEATURES

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

PRODUCT DIMENSION	1036 x 714 x 1656mm / 41" x 28" x 65"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	74kg / 163lb
CARTON DIMENSION	1720 x 1080 x 260mm / 68" x 43" x 10"



Plate Loaded Calf Raise

SP-7532

FEATURES

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

PRODUCT DIMENSION	1224 x 600 x 813mm / 48" x 24" x 32"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	57kg / 126lb
CARTON DIMENSION	1260 x 660 x 400mm / 50" x 26" x 16"



Back Extension Bench

SP-7533

FEATURES

- 45-degrees positioning is ideal for training posterior chain muscles
- Thigh pads are angled inwards to help with proper knee alignment
- Lower leg pads support at the calf which eliminates knees discomfort

PRODUCT DIMENSION	1532 x 790 x 826mm / 60" x 31" x 33"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	200kg / 441lb
PRODUCT WEIGHT	68kg / 150lb
CARTON DIMENSION	1350 x 730 x 290mm / 53" x 29" x 11"



Chin-Dip/Leg Raise

SP-7534

FEATURES

- Integrated pull-up bar with bar and neutral grips for individual preference
- Pads are angled for user stabilization during knee raises
- Forward handles are positioned to perform dip exercises

PRODUCT DIMENSION | 1030 x 1060 x 2417mm / 41" x 42" x 95"

MAX. USER WEIGHT | 150kg / 330lb

PLATE ARM MAX. LOADING | 150kg / 300lb

PRODUCT WEIGHT | 119kg / 262lb

CARTON DIMENSION | 2320 x 1090 x 370mm / 91" x 43" x 15"



Stretcher

SP-7535

FEATURES

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

PRODUCT DIMENSION | 1300 x 753 x 1030mm / 52" x 30" x 41"

MAX. USER WEIGHT | 150kg / 330lb

PLATE ARM MAX. LOADING | 150kg / 300lb

PRODUCT WEIGHT | 58kg / 128lb

CARTON DIMENSION | 1120 x 1120 x 230mm / 44" x 44" x 9"



Vertical Dip/Chin

SP-7539

FEATURES

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

PRODUCT DIMENSION	1580 x 1275 x 2405mm / 62" x 50" x 95"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	150kg / 300lb
PRODUCT WEIGHT	130kg / 287lb
CARTON DIMENSION	2170 x 1220 x 306mm / 85" x 48" x 12"



Utility Bench

SP-7542

FEATURES

- Full-size back pad provides a lot of support during heavy lifts
- Strong but lightweight design can be easily moved
- Non-slip rubber feet give security and protect floors

PRODUCT DIMENSION	765 x 1656 x 1240mm / 30" x 65" x 49"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	33kg / 73lb
CARTON DIMENSION	970 x 750 x 180mm / 38" x 30" x 7"

CABLE SERIES





Functional Trainer

SP-8512

FEATURES

- Functional trainers allow two exercisers or a trainer and client to train together
- 1:4 ratio provides the smallest changes in the resistance for rehabilitation and training at high speeds due to reduced momentum
- Multiple accessory handles and integrated storage helps keep handles nearby

PRODUCT DIMENSION | 1557 x 1119 x 2336mm / 61" x 44" x 92"

WEIGHT STACK | (15lbs x 13 pcs) x 2

MAX. USER WEIGHT | 150kg / 330lb

PRODUCT WEIGHT | 441kg / 972lb

CARTON DIMENSION

CARTON A | 2380 x 1040 x 250mm / 94" x 41" x 10"
 CARTON B | 2380 x 1040 x 250mm / 94" x 41" x 10"



Functional Trainer PAD

SP-8512PAD

FEATURES

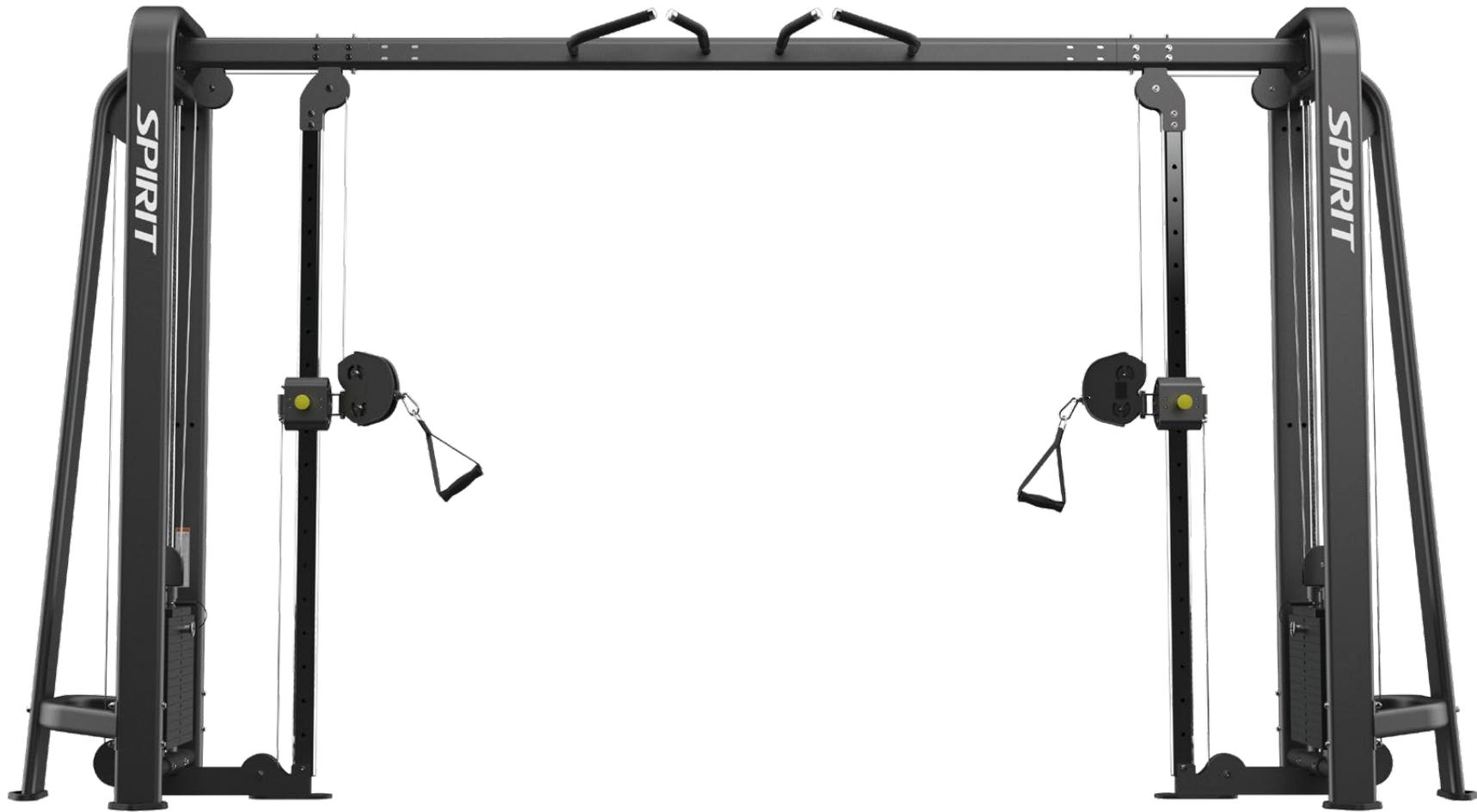
- Optional training pad can be attached to machine at anytime
- Pad is very versatile and provides a reference point and stabilization, which allows a greater amount of resistance to be used while standing
- Telescoping pad provides a range of motion adjustment

PRODUCT DIMENSION | 1180 x 260 x 170mm / 46" x 10" x 7"

MAX. USER WEIGHT | 150kg / 330lb

PRODUCT WEIGHT | 45kg / 99lb

CARTON DIMENSION | 1260 x 430 x 265mm / 50" x 17" x 10"



Cable Crossover

SP-8513

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
- Multi-grip pull-up handles on overhead connecting tube

PRODUCT DIMENSION | 2300 x 1080 x 4480mm / 91" x 43" x 176"

WEIGHT STACK | (15lbs x 13 pcs) x 2

MAX. USER WEIGHT | 150kg / 330lb

PRODUCT WEIGHT | 302kg / 666lb

CARTON DIMENSION

CARTON A | 2430 x 750 x 290mm / 96" x 30" x 11"

CARTON B | 2430 x 750 x 290mm / 96" x 30" x 11"

CARTON C | 2760 x 390 x 200mm / 109" x 15" x 8"



Smith Machine

SP-8518

FEATURES

- Bar is counter balanced to 10kg / 22lb for very low starting resistance
- Vertical design accommodates most exercise and provides easier set-up
- Adjustable bar stops are easy to adjust in small increments for safety and confidence

PRODUCT DIMENSION | 1351 x 2052 x 2342mm / 53" x 81" x 92"

MAX. USER WEIGHT | 150kg / 330lb

PRODUCT WEIGHT | 284kg / 626lb

CARTON DIMENSION

CARTON A | 2310 x 1280 x 180mm / 91" x 50" x 7"

CARTON B | 2310 x 1280 x 180mm / 91" x 50" x 7"

MULTI STATION





4 Stack Multi-Jungle

SP-9564

FEATURES

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

PRODUCT DIMENSION | 3472 x 2218 x 2352mm / 137" x 87" x 93"

WEIGHT STACK(Total)	408kg / 900lb
Adjustable Pulley Station	15lb + 10lb x 9pcs + 15lb x 5pcs
Tricep Station	15lb + 10lb x 9pcs + 15lb x 5pcs
Lat Pull Station	15lb + 15lb x 5pcs + 20lb x 9pcs
Low Row Station	15lb + 15lb x 5pcs + 20lb x 9pcs

MAX. USER WEIGHT | 150kg / 330lb

PRODUCT WEIGHT | 789kg / 1739lb

CARTON DIMENSION	
CARTON A	2540 x 1420 x 320mm / 100" x 56" x 13"
CARTON B	940 x 490 x 200mm / 37" x 19" x 8"
CARTON C	1220 x 840 x 240mm / 48" x 33" x 9"
CARTON D	1620 x 1120 x 240mm / 64" x 44" x 9"
CARTON E	1910 x 580 x 120mm / 75" x 23" x 5"

Optional The incremental weight 5lb on each tower.



5 Stack Multi-Jungle

SP-9565

FEATURES

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

PRODUCT DIMENSION	5557 x 3386 x 2352mm / 219" x 133" x 93"
WEIGHT STACK(Total)	490kg / 1080lb
Adjustable Pulley Station	15lb + 10lb x 9pcs + 15lb x 5pcs
Tricep Station	15lb + 10lb x 9pcs + 15lb x 5pcs
Lat Pull Station	15lb + 15lb x 5pcs + 20lb x 9pcs
Low Row Station	15lb + 15lb x 5pcs + 20lb x 9pcs
Cross Cable Pulley Station	15lb + 10lb x 9pcs + 15lb x 5pcs

MAX. USER WEIGHT	150kg / 330lb
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PRODUCT WEIGHT	1015kg / 2238lb
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CARTON DIMENSION

CARTON A	2540 x 1420 x 320mm / 100" x 56" x 13"
CARTON B	940 x 490 x 200mm / 37" x 19" x 8"
CARTON C	1220 x 840 x 240mm / 48" x 33" x 9"
CARTON D	1620 x 1120 x 240mm / 64" x 44" x 9"
CARTON E	2740 x 170 x 370mm / 108" x 7" x 15"
CARTON F	2410 x 1020 x 220mm / 95" x 40" x 7"
CARTON G	1910 x 580 x 120mm / 75" x 23" x 5"
CARTON H	2020 x 580 x 110mm / 80" x 23" x 4"

Optional The incremental weight 5lb on each tower.



8 Stack Multi-Jungle

SP-9568

FEATURES

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

PRODUCT DIMENSION | 6714 x 3386 x 2352mm / 264" x 133" x 93"

WEIGHT STACK(Total)	816kg / 1800lb
Adjustable Pulley Station	15lb + 10lb x 9pcs + 15lb x 5pcs x 2 sides
Tricep Station	15lb + 10lb x 9pcs + 15lb x 5pcs x 2 sides
Lat Pull Station	15lb + 15lb x 5pcs + 20lb x 9pcs x 2 sides
Low Row Station	15lb + 15lb x 5pcs + 20lb x 9pcs x 2 sides

MAX. USER WEIGHT | 150kg / 330lb

PRODUCT WEIGHT | 1609kg / 3547lb

CARTON DIMENSION

CARTON A	(2540 x 1420 x 320mm) x 2 / (100" x 56" x 13") x 2
CARTON B	(940 x 490 x 200mm) x 2 / (37" x 19" x 8") x 2
CARTON C	(1220 x 840 x 240mm) x 2 / (48" x 33" x 9") x 2
CARTON D	(1620 x 1120 x 240mm) x 2 / (63" x 44" x 9") x 2
CARTON E	2740 x 170 x 370mm / 108" x 7" x 15"
CARTON G	(1910 x 580 x 120mm) x 2 / (75" x 23" x 5")x2

Optional The incremental weight 5lb on each tower.



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