

## T600



## ADVANCED PERFORMANCE. EXCEPTIONAL STYLE.

Our advanced T600 treadmill combines performance, durability and contemporary style to elevate the exercise experience. A powerful motor and an extra-large running surface accommodate hard workouts, and heavy-duty components stand up to the toughest environments for years. Perhaps best of all, the refined styling of the frame and console will make the T600 an attention-grabbing highlight of your fitness offering.

### NON-FOLDING TREADMILL

Frame Type	Heavy gauge welded steel
Running Area	152 x 55.4 cm / 60" x 22"
Cushioning	UltraZone cushioning system
Running Belt	2-ply, 2.3 mm Forbo® belt
Deck Thickness	Waxed 25.4 mm / 1" reversible
Drive Motor	4.2 hp AC Dynamic Response Drive System
Speed Range	0.8-19.3 km/h / 0.5-12 mph
Incline Range	0-15%
Extras	Water bottle holder, reading rack
Assembled Dimensions	215 x 91 x 154 cm / 85" x 36" x 61"
Assembled Weight	178 kg / 392 lbs.
Max User Weight	182 kg / 400 lbs.
Electrical Requirements	120v AC power, 15A dedicated circuit
Power Supply	NEMA 5-15 (requirement may vary outside the USA)
Home Warranty	Lifetime frame, motor and cushioning, 7 years parts, 2 years labor
Commercial Warranty	Lifetime frame, 5 years motor, 5 years parts, 2 years labor
* For Light Commercial Use. Some Limitations Apply.	

### CONSOLE

Display Type	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, HR zone display
Workout Feedback	Time, Pace, Incline, Distance, Speed, Level, Calories, METs, Target HR, Actual HR, Profile
Programs	Manual, Interval, Time Goal, Distance, Goal, Calories Goal, Random, Target HR, Weight Loss, Fitness Test
Heart Rate	Contact grips, wireless receiver



## T600E



## PERFORMANCE, DURABILITY &amp; ENTERTAINMENT

The refined design of our T600E Treadmill combines performance and durability with advanced console technology for exercise that entertains. A powerful motor and an extra-large running surface accommodate hard workouts, and heavy-duty components stand up to hard use. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.



## NON-FOLDING TREADMILL

Frame	Heavy-gauge welded steel
Heart Rate	Contact, telemetric & Bluetooth HR
Running Area	152 × 55.4 cm / 60" × 22"
Cushioning	UltraZone cushioning system
Belt	Forbo belt
Deck	25.4 mm / 1" reversible
Drive System	4.2 hp AC dynamic response drive system
Speed Range	0.8-22 km/h / 0.5-13.8 mph (220v) or 0.8-19.3 km/h / 0.5-12 mph (100-120v)
Incline	0-15%
User Weight Capacity	182 kg / 400 lbs.
Assembled Dimensions (L × W × H)	215 × 91 × 165 cm / 85" × 36" × 65"
Assembled Weight	185 kg / 408 lbs.
Standard Features	Water bottle holder, reading rack
Power Requirements	NEMA 6-20 (220v) or NEMA 5-15 (100-120v) (requirement may vary outside US)
Home Warranty	Lifetime frame, motor and cushioning, 7 years parts, 2 years labor
Commercial Warranty * For Light Commercial Use. Some Limitations Apply.	Lifetime frame, 5 years motor, 5 years parts, 2 years labor

## CONSOLE

Display Type	22" class capacitive touchscreen LCD
Workouts	Go, manual, Sprint 8, Virtual Active, target heart rate, fat burn, rolling hills, time goal, distance goal, calorie goal, fitness tests, HIIT mode, custom
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
Analog TV	Optional; NTSC, PAL, SECAM
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
Pro:Idiom Compatibility	Optional; via coax
WiFi	Yes
USB Port	Yes; device charging, device media, software updates
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console
CSAFE Ready	Yes



## FOR SMOOTH, NATURAL WORKOUTS THAT FIT ANY BODY

In addition to the smooth, natural, low-impact exercise experience made possible by our near-silent suspension design, the S70 Ascent Trainer adds adjustable incline with variable stride length and multi-position handlebars. This unique combination lets users of all sizes hop on and get a workout that feels like it was made just for them.

### ELLIPTICAL

Frame Type	Ascent Trainer®
Variable Stride Length	51-58 cm / 20"-23"
Step-on Height	22 cm / 8.5"
Power Incline	15%-37%
Resistance System	2-stage generator
Resistance Range	1-20
Pedal Type	Oversized with rubber inserts
Handlebar Type	Multi-position dual action, stationary with resistance / incline toggles and contact heart rate grips
Extras	Water bottle holder, accessory tray, reading rack
Assembled Dimensions	191 x 89 x 173 cm / 75" x 35" x 68"
Assembled Weight	160 kg / 352 lbs.
User Weight Capacity	182 kg / 400 lbs.
Electrical Requirements	Self-powered or optional 120v
Power Supply	Optional NEMA 5-15 (requirement may vary outside the USA)
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty	Lifetime frame, 5 years generator, 5 years parts, 2 years labor
* For Light Commercial Use. Some Limitations Apply	

### CONSOLE

Display	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, CSAFE
Workout Feedback	Distance, Speed, HR, % Max HR, Watts, METs, RPM, Calories, Time, Resistance
Programs	Sprint 8®, Manual, Interval, Fat Burn, Random, Target HR, HR Weight Loss, HR Interval, HR Hill, Trail 2K, Trail 8K, Glute Burn, Summit Hike, Mountain Trek, Stair Climb, Fitness Test, Custom
Heart Rate	Contact grips, wireless receiver





## LOW-IMPACT INTENSITY & ENTERTAINMENT

Our S700E Ascent Trainer adds intensity and entertainment to smooth, low-impact exercise. In addition to the near-silent suspension design, it includes adjustable incline with variable stride length and multi-position handlebars, so users of all sizes can get a workout that fits their goals and their body. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.



### ASCENT TRAINER

Frame Type	Ascent Trainer®
Stride Length	51-58 cm / 20"-23"
Step-On Height	21.6 cm / 8.5"
Power Incline	15%-37%
Resistance System	2-stage generator
Resistance Range	1-20
Pedal Type	Oversized with rubber inserts
Pedal Spacing	5.1 cm / 2"
Handlebar Type	Multi-position dual action with resistance / incline toggles, stationary with contact heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions (L x W x H)	191 x 89 x 173 cm / 75" x 35" x 68"
Assembled Weight	163.5 kg / 360 lbs.
User Weight Capacity	182 kg / 400 lbs.
Power Requirements	100-240 V — 50/60 Hz AC
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty * For Light Commercial Use. Some Limitations Apply.	Lifetime frame, 5 years generator, 5 years parts, 2 years labor

### CONSOLE

Display Type	16" class capacitive touchscreen LCD
Workouts	Go, manual, Sprint 8, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts, glutes, time goal, distance goal, calorie goal, fitness tests, custom
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
Analog TV	Optional; NTSC, PAL, SECAM
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
Pro:Idiom Compatibility	Optional; via coax
WiFi	Yes
USB Port	Yes; device charging, device media, software updates
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console
CSAFE Ready	Yes



## A SMOOTH, NATURAL EXERCISE EXPERIENCE

The low-maintenance suspension design of the S60 provides a whisper-quiet, natural exercise experience that protects the user's joints while engaging the whole body. Refined ergonomic details and an easily accessible design make it easy for anyone to get started and have a comfortable workout.

### ELLIPTICAL

Frame Type	Suspension Elliptical Trainer
Stride Length	53.4 cm / 21"
Step-on Height	23 cm / 9"
Resistance System	2-stage generator
Resistance Range	1-25
Pedal Type	Oversized with rubber inserts
Pedal Spacing	5.1 cm / 2"
Handlebar Type	Standard foam grips and stationary with contact heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions	186 x 75 x 164 cm / 74" x 29.5" x 64.5"
Assembled Weight	140 kg / 308 lbs.
User Weight Capacity	182 kg / 400 lbs.
Electrical Requirements	Self-powered
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty * For Light Commercial Use. Some Limitations Apply.	Lifetime frame, 5 years generator, 5 years parts, 2 years labor

### CONSOLE

Display	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, dedicated HR zone display
Workout Feedback	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile
Programs	Manual, Interval, Fat Burn, Random, HR Weight Loss, HR Interval, Constant Watts, Interval Watts, Hill Watts, Time Goal, Distance Goal, Calories Goal
Heart Rate	Contact grips, wireless receiver





## S600E



## NATURAL MOVEMENT &amp; ENTERTAINMENT

Our low-maintenance S600E Elliptical offers whisper-quiet, low-impact movement that engages the whole body, plus exercise that entertains. It features a smooth-moving suspension design, refined ergonomic details and an accessible frame that makes it easy for virtually anyone to start a comfortable workout. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.



## SUSPENSION ELLIPTICAL

Frame Type	Suspension Elliptical Trainer
Stride Length	53.4 cm / 21"
Step-On Height	23 cm / 9"
Power Incline	No
Resistance System	2-stage generator
Resistance Range	1-25
Pedal Type	Oversized with rubber inserts
Pedal Spacing	5.1 cm / 2"
Handlebar Design	Dual action and stationary with heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions (L x W x H)	186 x 75 x 164 cm / 4' x 29.5" x 64.5"
Assembled Weight	146.5 kg / 323 lbs.
User Weight Capacity	182 kg / 400 lbs.
Power Requirements	By power adapter, output: 12 V DC, 5 A
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty * For Light Commercial Use. Some Limitations Apply.	Lifetime frame, 5 years generator, 5 years parts, 2 years labor

## CONSOLE

Display Type	16" class capacitive touchscreen LCD
Workouts	Go, manual, Sprint 8, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts, time goal, distance goal, calorie goal, fitness tests, custom
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
Analog TV	Optional; NTSC, PAL, SECAM
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
Pro:Idiom Compatibility	Optional; via coax
WiFi	Yes
USB Port	Yes; device charging, device media, software updates
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console
CSAFE Ready	Yes

## R60



## A LOW-IMPACT WAY TO RIDE

Discover an ideal mix of exercise comfort and convenience with the R60. A recumbent design with a walk-through frame makes low-impact workouts accessible to everyone — even older and deconditioned users — and a contoured seat and back pad provide excellent lumbar support and stability.

## RECUMBENT BIKE

Frame Type	Heavy gauge welded steel, step-through recumbent
Pedal Type	Self-balancing with adjustable straps
Seat Type	Pure Comfort seat
Seat Adjustment	28 positions
Resistance System	2-stage generator
Resistance Range	1-25
Handlebar Type	Console and seat-mounted with contact heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions	161.9 x 72.5 x 138.3 cm / 63.7" x 28.5" x 54.4"
Assembled Weight	70 kg / 154 lbs.
User Weight Capacity	182 kg / 400 lbs.
Electrical Requirements	Self-powered
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty	Lifetime frame, 5 years generator, 5 years parts, 2 years labor
* For Light Commercial Use. Some Limitations Apply.	

## CONSOLE

Display	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, dedicated HR zone display
Workout Feedback	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile
Programs	Manual, Interval, Fat Burn, Random, Constant Watts, Interval Watts, Hill Watts, Time Goal, Distance Goal, Calories Goal, HR Weight Loss, HR Interval
Heart Rate	Contact grips, wireless receiver





## COMFORT, CONVENIENCE & ENTERTAINMENT

Our R600E Recumbent Bike combines comfort and convenience with exercise that entertains. A recumbent design with a walk-through frame makes low-impact workouts accessible to everyone and a contoured seat and back pad provide excellent lumbar support and stability. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.



### RECUMBENT BIKE

Frame Type	Heavy gauge welded steel, step-through recumbent
Pedal Type	Self-balancing with adjustable straps
Seat Type	Pure Comfort seat
Seat Adjustment	28 positions
Resistance System	2-stage generator
Resistance Range	1-25
Handlebar Type	Console and seat-mounted with contact heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions (L x W x H)	161.9 x 72.5 x 138.3 cm / 63.7" x 28.5" x 54.4"
Assembled Weight	74.5 kg / 164 lbs.
User Weight Capacity	182 kg / 400 lbs.
Power Requirements	By power adapter, output: 12 V DC, 5 A
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty * For Light Commercial Use. Some Limitations Apply.	Lifetime frame, 5 years generator, 5 years parts, 2 years labor

### CONSOLE

Display Type	16" class capacitive touchscreen LCD
Workouts	Go, manual, Sprint 8, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts, time goal, distance goal, calorie goal, fitness tests, custom
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
Analog TV	Optional; NTSC, PAL, SECAM
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
Pro:Idiom Compatibility	Optional; via coax
WiFi	Yes
USB Port	Yes; device charging, device media, software updates
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console
CSAFE Ready	Yes





## DESIGNED FOR ALL THE WAYS THEY RIDE

The classic upright design of the U60 gives indoor cycling enthusiasts everything they need for a pulse-pounding ride. Multi-position handlebars make it easy to shift riding positions, and the comfortably contoured seat easily adjusts to give users of all sizes an ideal fit.

### UPRIGHT BIKE

Frame Type	Heavy gauge welded steel, upright
Pedal Type	Self-balancing with adjustable straps
Seat Type	Pure Comfort seat
Seat Adjustment	15 positions, up / down
Resistance System	Two-stage generator; 1-25
Heart Rate	Contact grips, wireless receiver
Handlebar Type	Multi-position handlebars with armrests and contact heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions	104 x 65 x 138.3 cm / 41" x 25.6" x 54.4"
Assembled Weight	52 kg / 115 lbs.
User Weight Capacity	182 kg / 400 lbs.
Electrical Requirements	Self-powered
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty	Lifetime frame, 5 years generator, 5 years parts, 2 years labor

\* For Light Commercial Use.  
Some Limitations Apply.

### CONSOLE

Display	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, dedicated HR zone display
Workout Feedback	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile
Programs	Manual, Interval, Fat Burn, Random, Constant Watts, Interval Watts, Hill Watts, Time Goal, Distance Goal, Calories Goal, HR Weight Loss, HR Interval
Heart Rate	Contact grips, wireless receiver





## CLASSIC DESIGN & ENTERTAINMENT

Our U600E Upright Bike features the classic design cycling enthusiasts need for a pulse-pounding ride, plus extensive entertainment options. Multi-position handlebars make it easy to shift riding positions, and the comfortably contoured seat easily adjusts to give users of all sizes an ideal fit. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.



### UPRIGHT BIKE

Frame Type	Heavy gauge welded steel, upright
Pedal Type	Self-balancing with adjustable straps
Seat Type	Pure Comfort seat
Seat Adjustment	15 positions, up / down
Resistance System	2-stage generator
Resistance Range	1-25
Handlebar Type	Multi-position handlebars with armrests and contact heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions (L x W x H)	104 x 65 x 144 cm / 41" x 25.6" x 56.7"
Assembled Weight	57 kg / 125 lbs.
User Weight Capacity	182 kg / 400 lbs.
Power Requirements	By power adapter, output: 12 V DC, 5 A
Home Warranty	Lifetime frame and generator, 7 years parts, 2 years labor
Commercial Warranty * For Light Commercial Use. Some Limitations Apply.	Lifetime frame, 5 years generator, 5 years parts, 2 years labor

### CONSOLE

Display Type	16" class capacitive touchscreen LCD
Workouts	Go, manual, Sprint 8, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts, time goal, distance goal, calorie goal, fitness tests, custom
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
Analog TV	Optional; NTSC, PAL, SECAM
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
Pro:Idiom Compatibility	Optional; via coax
WiFi	Yes
USB Port	Yes; device charging, device media, software updates
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console
CSAFE Ready	Yes

# SHOULDER PRESS

## VST600-S23



### MAKE A STRONG SELECTION

When it comes to toning and building deltoids in your fitness center, our selectorized shoulder press station is tougher than you can imagine and more comfortable than you'd expect. Independent converging motions encourage a natural path of movement for ultra-smooth performance. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start redefining their shoulders.



ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	5 user height positions	Frame color	Matte Black	Overall dimensions	150.9 x 142 x 170.5 cm / 59.4 x 55.9 x 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	194.2 kg / 427 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	68.2 kg / 150 lbs.	
Placard color coding	Yellow (upper body)		Weight plate increments	4.5 kg / 10 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

# ROTARY TORSO

## VST600-S55



### MAKE A STRONG SELECTION

If the people at your fitness center want to strengthen their core and back muscles, our selectorized rotary torso station is tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start improving their core and back.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	8 user start options	Frame color	Matte Black	Overall dimensions	133 × 130 × 170.5 cm / 52.4 × 51.2 × 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	197.3 kg / 435 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placards	Muscle call outs, start & finish exercise illustrations		Total stack weight	68.2 kg / 150 lbs.	
Placard color coding	Red (core)		Weight plate increments	4.5 kg / 10 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

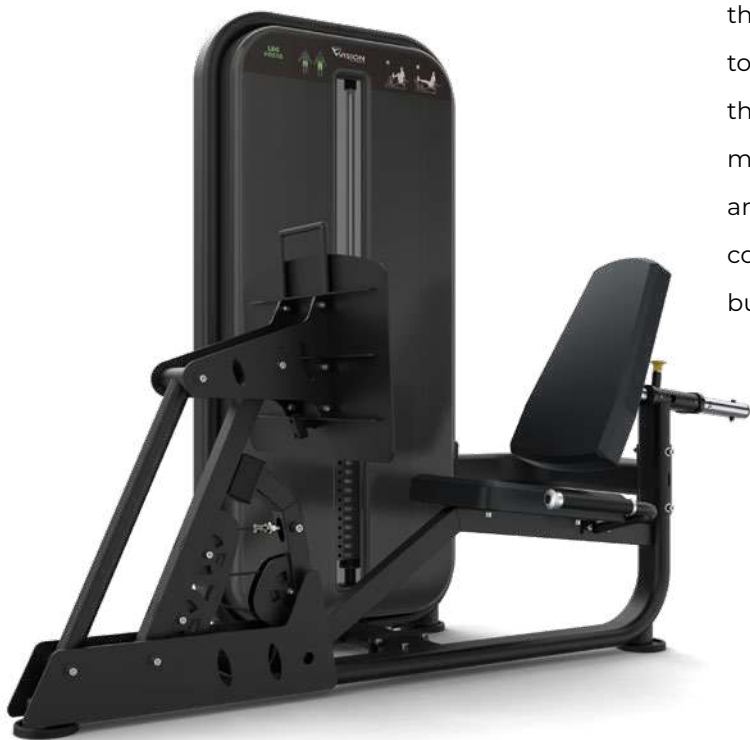
# LEG PRESS

## VST600-S70



### MAKE A STRONG SELECTION

Designed to help the people you serve strengthen their lower body, our selectorized leg press station is tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start building and toning their legs.



ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	10 seat positions	Frame color	Matte Black	Overall dimensions	207 × 96.5 × 170.5 cm / 81.5 × 38 × 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	311.8 kg / 686 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	177.3 kg / 390 lbs.	
Placard color coding	Green (lower body)		Weight plate increments	9.1 kg / 20 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	



# PRONE LEG CURL

## VST600-S73



### MAKE A STRONG SELECTION

Ideal for strengthening calf and hamstring muscles, our selectorized prone leg curl station is tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to start refining their hamstring and calf muscles.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	6 positions	Frame color	Matte Black	Overall dimensions	149.5 × 96.5 × 170.5 cm / 58.9 × 38 × 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	197.5 kg / 435 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placards	Muscle call outs, start & finish exercise illustrations		Total stack weight	100 kg / 220 lbs.	
Placard color coding	Green (lower body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

# ROTARY HIP

## VST600-S76



### MAKE A STRONG SELECTION

To help your people strengthen their hip joints and the surrounding muscles, choose a selectorized rotary hip station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to start strengthening their hips.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	5 user height positions	Frame color	Matte Black	Overall dimensions	116.5 × 135.5 × 172.5 cm / 45.9 × 53.3 × 67.9"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	226 kg / 498 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placards	Muscle call outs, start & finish exercise illustrations		Total stack weight	100 kg / 220 lbs.	
Placard color coding	Green (upper body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	N/A		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

# CHIN / DIP ASSIST

## VST600-S601



### MAKE A STRONG SELECTION

Now the people you serve can strengthen their triceps, shoulders and pecs with a space-efficient, selectorized chin / dip assist dual station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start enhancing their triceps, shoulders and pecs.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	N/A	Frame color	Matte Black	Overall dimensions	128 × 143.5 × 239.6 cm / 50.4 × 56.5 × 94.3"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	222 kg / 489 lbs.
		Machine anchoring	5 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	100 kg / 220 lbs.	
Placard color coding	Yellow (upper body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	N/A		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

# HIP ABDUCTOR / ADDUCTOR

## VST600-S74



### MAKE A STRONG SELECTION

If your people are striving to strengthen their hips, glutes and knees, our space-efficient, selectorized hip abductor / adductor dual station is tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start strengthening their hips, glutes and knees.



ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	8 user start options	Frame color	Matte Black	Overall dimensions	80 × 177.5 × 170.5 cm / 31.5 × 69.9 × 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	233.5 kg / 514 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	100 kg / 220 lbs.	
Placard color coding	Green (lower body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

# LAT PULLDOWN / SEATED ROW

## VST600-S331



### MAKE A STRONG SELECTION

Help your people focus on their lats and major back muscles with a space-efficient, selectorized lat pulldown / seated row dual station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start enhancing their lats and back.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	N/A	Frame color	Matte Black	Overall dimensions	120.5 x 201 x 215 cm / 47.4 x 79.1 x 84.6"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	219 kg / 482 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	100 kg / 220 lbs.	
Placard color coding	Yellow (upper body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	



# BICEPS / TRICEPS

## VST600-S401



### MAKE A STRONG SELECTION

Help your people tone and build the muscles of their arms with a space-efficient, selectorized biceps / triceps dual station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to start refining and enhancing their arms.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	N/A	Frame color	Matte Black	Overall dimensions	84 × 159 × 215 cm / 33.1 × 62.6 × 84.6"
Color coded pivots & points of adjustment	N/A	Frame finish	Proprietary two-coat powder process	Total weight	214 kg / 472 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	68.2 kg / 150 lbs.	
Placard color coding	Yellow (upper body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	N/A		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

# AB / LOW BACK

## VST600-S531



### MAKE A STRONG SELECTION

Give the people you serve a chance to get a great core workout with a space-efficient, selectorized ab / back dual station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start improving their core strength.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	5 user start options	Frame color	Matte Black	Overall dimensions	126.5 x 113 x 170.5 cm / 49.8 x 44.5 x 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	223 kg / 491 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	100 kg / 220 lbs.	
Placard color coding	Red (core)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

# LEG EXTENSION / LEG CURL

## VST600-S711



### MAKE A STRONG SELECTION

Designed specifically for toning and building major leg muscles, our space-efficient, selectorized leg extension / leg curl dual station is tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start strengthening their legs.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	8 user start options	Frame color	Matte Black	Overall dimensions	150 × 118 × 170.5 cm / 59.1 × 46.5 × 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	246 kg / 542 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	100 kg / 220 lbs.	
Placard color coding	Green (lower body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

# CHEST PRESS

## VST600-S13



### MAKE A STRONG SELECTION

Help your people tone and build major upper-body muscle groups with a selectorized chest press station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start strengthening their upper body.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	5 user height positions	Frame color	Matte Black	Overall dimensions	115.4 × 142.5 × 196 cm / 45.4 × 56.1 × 77.2"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Product weight	224 kg / 493 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	100 kg / 220 lbs.	
Placard color coding	Yellow (upper body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	

# LATERAL RAISE

## VST600-S21



### MAKE A STRONG SELECTION

Help the people you serve tone and build their mid-shoulder muscles with a selectorized lateral raise station that's tougher than you can imagine and more comfortable than you'd expect. Independent rotary arm motions encourage a natural path of movement for ultra-smooth performance. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start toning and building their shoulders.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	5 user height positions	Frame color	Matte Black	Overall dimensions	106 × 124.5 × 170.5 cm / 41.7 × 49 × 67.1"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	173.3 kg / 382 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		

USER AMENITIES		WEIGHT STACK	
Instructional placards	Muscle call outs, start & finish exercise illustrations	Total stack weight	68.2 kg / 150 lbs.
Placard color coding	Yellow (upper body)	Weight plate increments	4.5 kg / 10 lbs.
Contoured seat	Yes	Consistent stack height	Yes
		Weight stack guarding	Full front and rear shields



# PEC FLY / REAR DELT

## VST600-S22



### MAKE A STRONG SELECTION

Designed to focus on major upper-body muscles, our space-efficient, selectorized pec fly / rear delt dual station is tougher than you can imagine and more comfortable than you'd expect. Independent rotary arm motions encourage a natural path of movement for ultra-smooth performance. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start building and toning their upper body.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	Adjustable start position from front to rear	Frame color	Matte Black	Overall dimensions	80.0 x 134.0 x 211.8 cm / 31.5" x 52.8" x 83.4"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Total weight	263.3 kg / 580 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		

USER AMENITIES		WEIGHT STACK	
Instructional placard	Muscle call outs, start & finish exercise illustrations	Total stack weight	131.8 kg / 290 lbs.
Placard color coding	Yellow (upper body)	Weight plate increments	9.1 kg / 20 lbs.
Contoured seat	Yes	Consistent stack height	Yes
		Weight stack guarding	Full front and rear shields

# FUNCTIONAL TRAINER

VST600-FT



## EXTREME DURABILITY. REMARKABLE VERSATILITY.

Our functional trainer will help your people strengthen their whole body while standing up to tough environments. Intuitive design makes it easy to start training, and heavy-duty construction means it will be there when users come back for more. Make a strong choice — invest in versatile functional fitness that lasts.

### DESIGNED FOR SUPERIOR VERSATILITY

Multi-position pull-up handles provide greater exercise variety, 1:2 pulley ratio offers smooth operation when performing explosive exercises, and low starting weight makes it easy for users of any ability level to get started and build progressions.

### REFINED FOR EASY USE

Clearly indicated adjustment points make use intuitive, one-handed pulley adjustment offers easy operation, and placards highlight targeted muscle groups and proper user positioning for a wide range of exercises.

### BUILT FOR THE TOUGHEST ENVIRONMENTS

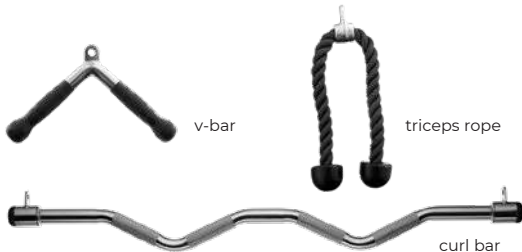
Laser-cut, robotic-welded design with metal shrouds, reinforced pulleys, aluminum end caps, cast-steel plates, one-piece aluminum selector pin and two-layer powder-coat finish provides lasting durability in busy fitness facilities.

### CREATED WITH CONVENIENCE IN MIND

Includes two D-handles, plus six storage pegs that offer easy access to extra training handles and accessories. Optional VST600-FTHP handle package includes a V-bar, triceps rope and curl bar.

#### OPTIONAL HANDLE PACKAGE

VST600-FTHP



## FUNCTIONAL TRAINER

### TECH SPECS

User Adjustment Range	18 user start options
Cable Transmission	Internally lubricated cables & fittings
Effective Resistance (1:2 Ratio)	47.5 kg / 104.7 lbs. per side
Weight Stack Guarding	Full front and rear metal shields
Placards	Muscle call outs, color-coded, start & finish exercise illustrations
Multi-grip Pull-up Bars	Various grip angles for variety of exercises
Stack Weight	190 kg / 418.8 lbs. (95 kg / 209.4 lbs. per side)
Product Weight	429 kg / 945 lbs.
Overall Dimensions (L x W x H)	155 x 106 x 219 cm / 66" x 41.7" x 86.2"
Light Commercial & Home Warranty	Lifetime frame, 5 years parts, 6 months accessories, 2 years labor

Specifications subject to change without notice.

# ADJUSTABLE WEIGHT BENCH

VST600-FW82



Serve a wide range of strength training needs focused on major upper-body muscle groups with our ultra-durable, six-position adjustable weight bench. It's easy to adjust, easy to transport and provides excellent stability for beginners and seasoned lifters alike. It's also built for the toughest environments, so you can be sure that it will look good and stay in use for years to come.

- Ideal for strength training in multi-family complexes, hotels, corporate buildings and municipal facilities that serve people with a wide range of ability levels
- Backrest easily adjusts to six secure positions for a range of exercises
- Wide back pad provides excellent stability during heavy lifts
- Heavy-duty construction and two-layer powder-coat finish provide lasting durability
- Molded guards protect against wear and scratches in busy environments
- Integrated wheels offer easy transport and storage

## ADJUSTABLE WEIGHT BENCH

### TECH SPECS

Backrest Adjustment Range	6 positions, 0–75 degrees
User Height Range	140–220 cm / 4'7"–7'3"
Product Weight	42 kg / 92.6 lbs.
Overall Dimensions (L x W x H)	135 x 70 x 51 cm / 53" x 27.5" x 20"
Light Commercial & Home Warranty	Lifetime frame, 5 years parts, 1 year upholstery, 2 years labor

# DUMBBELL RACK

VST600-FW510



Make sure your dumbbells are out of the way and easy to access with our stable, ultra-durable dumbbell rack. It stores up to 10 pairs of dumbbells in secure cradles that are angled to make picking up and putting back weights easy and comfortable. It also features the kind of heavy-duty construction and design details that will keep it looking like new for years, even in the busiest fitness facilities.

- Ideal for convenient dumbbell storage in multi-family complexes, hotels, corporate buildings and municipal facilities that serve people with a wide range of ability levels
- Holds 10 pairs of pro-style dumbbells (not included)
- 15-degree angle minimizes wrist strain when removing and replacing dumbbells
- Cradles hold dumbbells securely to prevent rolling
- Heavy-duty construction and two-layer powder-coat finish provide lasting durability

## DUMBBELL RACK

### TECH SPECS

Max. Storage Weight	750 kg / 1650 lbs.
Product Weight	57 kg / 125.7 lbs.
Overall Dimensions (L x W x H)	212 x 65 x 80 cm / 83.5" x 25.6" x 31.5"
Light Commercial & Home Warranty	Lifetime frame, 5 years parts, 2 years labor