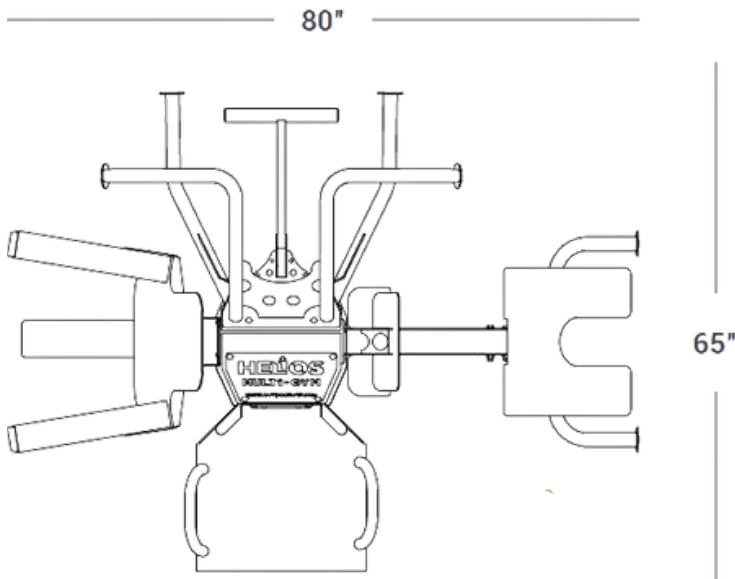


# Helios Multigym



## KEY FEATURES

- ✓ Four (4) users
- ✓ Four (4) stations
- ✓ 11+ full-body exercises
- ✓ Weatherproof and tamperproof
- ✓ 15-year warranty



**HELIOS**  
MULTIGYM

## TECHNICAL SPECIFICATIONS

<b>Height:</b> 85" (216 cm)	<b>Fall Height:</b> 84" (213 cm)	<b>Shipping Dimensions:</b> 44" (112 cm) W x 54" (137 cm) L x 85" (216 cm) H
<b>Width:</b> 80" (204 cm)	<b>Use Zone:</b> 13" x 12" (33 cm x 31 cm)	<b>Shipping Weight:</b> 748 lbs. (340 kg)
<b>Length:</b> 65" (166 cm)	<b>Weight:</b> 620 lbs. (282 kg)	

**Instructional Placards:** Reverse print with UV-stabilized ink on 1/4" thick Lexan. Bolted to the columns with a stainless steel trim ring using stainless steel carriage bolts.

**Frame:** Constructed of 3/16" and 1/4" thick heavy-duty steel. All fasteners are tamperproof stainless steel carriage bolts with a smooth, rounded head and square neck. The locking nuts are shielded behind a padlocked access hatch.

### Finish:

- All parts have surfaces prepped and cleaned of all mill scale, rust, oils, and dirt using shot blast and/or chemical wash
- Primer coat is applied with epoxy zinc-rich primer (3-4 mil thickness) and cured in oven
  - Primer designed for superior rust protection. Tested for 3000 hours of salt spray resistance
- Top finish coat is applied with TGIC-FREE weather-resistant polyester powder (3-4 mil thickness) and cured in oven
  - Tested for 1500 hours of salt spray resistance
- All parts inspected to be free of paint defects prior to shipping

**Accessibility:** It is the manufacturers' opinion that the Helios Multigym conforms to the A.D.A. accessibility standard, assuming an accessible protective surfacing is provided or within the entire use zone.

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### **16" Plyo Platform**

- Steel non-slip diamond treadplate
- Integrated horizontal and vertical support handles made of 1" thick tubing
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Plyo Step Ups
  - Elevated Knee Touches
  - Seated Crunches
  - Box Jumps
  - Bulgarian Squat
  - Incline Push-ups
  - + More

### **Vertical Abdominal Knee Raise**

- Back pad is angled properly and ergonomically
- Rubber forearm pads
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Straight Leg Raise
  - Bent Leg Raise

### **Adjustable Back Extension Bench**

- Adjusts at four different points for people of different heights
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Lower Back Extension

### **Calf Raise**

- Square aluminum non-slip treadplate
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Single-leg calf raises
  - Double-leg calf raises

### **Chin-up Bar & Dip Bars with Assist Mechanism**

- Solid steel assist lip to provide assistance
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Wide Grip Chin-up
  - Narrow Grip Chin-up
  - Hammer Grip Chin-up
  - Dips

End of comprehensive technical specifications.