

Helios-NA Multigym

KEY FEATURES

- ✓ Four (4) users
- ✓ Four (4) stations
- ✓ 11+ different full-body exercises
- ✓ Weatherproof and tamperproof
- ✓ 15-year warranty
- ✓ No moving parts

**HELIOS^{NA}**
MULTIGYM

TECHNICAL SPECIFICATIONS

Height: 85" (216 cm)
Width: 80" (204 cm)
Length: 65" (166 cm)

Fall Height: 84" (213 cm)
Use Zone: 13" x 12" (33 cm x 31 cm)
Weight: 450 lbs. (204 kg)

Shipping Dimensions: 44" (112 cm) W x 45" (122 cm) L x 85" (216 cm) H
Shipping Weight: 585 lbs. (265 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-NA Multigym conforms to the A.D.A. accessibility standard, assuming an accessible protective surfacing is provided or within the entire use zone.

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

- 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.