



***SPIRIT***

**P U S H W I T H S P I R I T**

COMMERCIAL STRENGTH 2025



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.

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# 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



PRODUCT DIMENSION	1555 x 985 x 1815mm / 61" x 39" x 71"
WEIGHT STACK	109kg / 240lb (20lb x 12pcs) The incremental weight : 5lb
PRODUCT WEIGHT	237.7kg / 524lb
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	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
- Back pad adjusts for proper range of motion
- Integrated rep counter and built-in storage on top cap



PRODUCT DIMENSION	1590 x 1115 x 1500mm / 63" x 44" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	237.9kg / 524.5lb
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	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

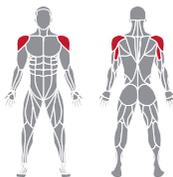


## FEATURES

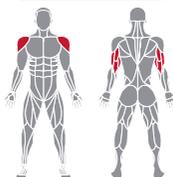
- Horizontal and parallel grip options for users with shoulder limitations
- Unilateral and bilateral path of motion
- Seat provides range of motion adjustment
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1707 x 1459 x 1500mm / 67" x 57" x 59"
WEIGHT STACK	54kg / 120lb (10lb x 12pcs) The incremental weight : 5lb
PRODUCT WEIGHT	191.5kg / 422.lb
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	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"

Standard



Neutral



This model has MAX weight stack configuration version with total weight 109kg / 240lb (20lbx12pcs)

# 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

PRODUCT DIMENSION	1314 x 930 x 1500mm / 52" x 37" x 59"
WEIGHT STACK	110kg / 240lb (20lb x 12pcs) The incremental weight : 5lb
PRODUCT WEIGHT	212.5kg / 468.5lb
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	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



PRODUCT DIMENSION	1475 x 1260 x 1500mm / 58" x 50" x 59"
WEIGHT STACK	109kg / 240lb (10lb x 4pcs + 20lb x 10pcs) The incremental weight : 5lb
PRODUCT WEIGHT	243.6kg / 537lb
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	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



PRODUCT DIMENSION	1455 x 1265 x 1500mm / 57" x 50" x 59"
WEIGHT STACK	109kg / 240lb (10lb x 4pcs + 20lb x 10pcs) The incremental weight : 5lb
PRODUCT WEIGHT	242.5kg / 534.6lb
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	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



PRODUCT DIMENSION	1255 x 1085 x 1500mm / 49" x 43" x 59"
WEIGHT STACK	86kg / 190lb (10lb x 5pcs+20lbs x 7pcs) The incremental weight : 5lb
PRODUCT WEIGHT	212.4kg / 468.3lb
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	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



PRODUCT DIMENSION	1245 x 1020 x 1500mm / 49" x 40" x 59"
WEIGHT STACK	82kg / 180lb (10lb x 4pcs+20lbs x 7pcs) The incremental weight : 5lb
PRODUCT WEIGHT	213.2kg / 470lb
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	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



PRODUCT DIMENSION	900 x 1210 x 1500mm / 35" x 48" x 59"
WEIGHT STACK	115kg / 250lb(10lb x 1pcs + 20lb x 12pcs) The incremental weight : 5lb
PRODUCT WEIGHT	236.1kg / 520.5lb
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	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



PRODUCT DIMENSION	1223 x 1219 x 1500mm / 48" x 48" x 59"
WEIGHT STACK	123kg / 270lb(10lb x 1pcs + 20lb x 13pcs) The incremental weight : 5lb
PRODUCT WEIGHT	250.7kg / 552.6lb
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	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

PRODUCT DIMENSION	1864 x 1184 x 1500mm / 73" x 47" x 59"
WEIGHT STACK	150kg / 330lb(10lb x 1pc + 20lb x 16pcs) The incremental weight : 5lb
PRODUCT WEIGHT	345.9kg / 762.7lb
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	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

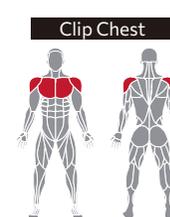
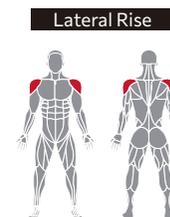
SP-4312



## 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

PRODUCT DIMENSION	1530 x 710 x 1567mm / 60" x 28" x 62"
WEIGHT STACK	109kg / 240lb (20lb x 12pcs)
PRODUCT WEIGHT	227.5kg / 501.5lb
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	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"



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

PRODUCT DIMENSION	1475 x 1213 x 2303mm / 58" x 48" x 91"
WEIGHT STACK	115kg / 250lb(10lb x 9pcs + 20lb x 8pcs) The incremental weight : 5lb
PRODUCT WEIGHT	233.1kg / 513.9lb
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	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"



# Pull Up / Dip Assist

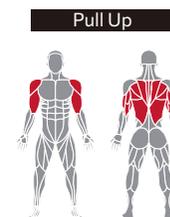
SP-4314



## 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

PRODUCT DIMENSION	1238 x 1187 x 2236mm / 49" x 47" x 88"
WEIGHT STACK	110kg / 220lb(10lb x 6pcs + 20lb x 8pcs) The incremental weight : 5lb
PRODUCT WEIGHT	273.4kg / 602.8lb
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	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"



# Inner Thigh / Outer Thigh

SP-4316

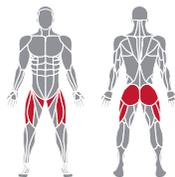


## FEATURES

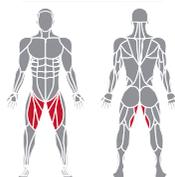
- Dual exercise hip machine saves floor space
- Large thigh pads and foot supports provide comfort and stability
- Bar across front of weight tower assists in entry and exit of machine
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1617 x 677 x 1500mm / 64" x 27" x 59"
WEIGHT STACK	115kg / 250lb(10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
PRODUCT WEIGHT	234.3kg / 516.5lb
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"

Inner Thigh



Outer Thigh



# 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

PRODUCT DIMENSION	1054 x 955 x 1656mm / 41" x 38" x 65"
WEIGHT STACK	115kg / 250lb(10lb x 9pcs + 20lb x 8pcs) The incremental weight : 5lb
PRODUCT WEIGHT	244.1kg / 538.1lb
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	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



PRODUCT DIMENSION	1725 x 1278 x 1500mm / 68" x 50" x 59"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
PRODUCT WEIGHT	243.6kg / 537.0lb
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	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



PRODUCT DIMENSION	1480 x 1020 x 1853mm / 58" x 40" x 73"
WEIGHT STACK	123kg / 270lb (10lb x 3pcs + 20lb x 12pcs) The incremental weight : 5lb
PRODUCT WEIGHT	226.7kg / 499.8lb
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	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	222.1kg / 489.6lb
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	68kg / 150lb (10lb x 15pcs) The incremental weight : 5lb
PRODUCT WEIGHT	192.2kg / 423.7lb
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"

This model has MAX weight stack configuration version with total weight 115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)

# Squat / Standing Calf

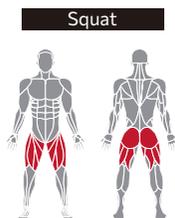
SP-4330



## FEATURES

- Machine is designed for facing inward when squatting, eliminating complexity of turning around
- Angle of foot plate encourages a proper squat technique, lead with hips shifting back then down
- Angled shoulder pads provide ample support when performing squats and calf raises
- ROM release handle helps with selecting desired starting depth and exit height

PRODUCT DIMENSION	1332 x 1170 x 1513mm / 52" x 46" x 60"
WEIGHT STACK	270lb / 595lb (10lb+20lb x 13pcs=270lbs) The incremental weight : 5lb
PRODUCT WEIGHT	290.3kg / 640lb
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	1220 x 940 x 270mm / 48" x 37" x 11"
CARTON D	190 x 190 x 280mm / 8" x 8" x 11"
CARTON E	530 x 500 x 290mm / 21" x 20" x 11"



# Pec Fly / Rear Delt

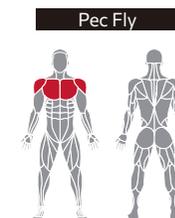
SP-4331



## 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

PRODUCT DIMENSION	1451 x 1463 x 1985mm / 57" x 58" x 78"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	246.2kg / 542.7lb
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	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"



This model does not have incremental weight

## Lat Pulldown / Seated Row

SP-4332

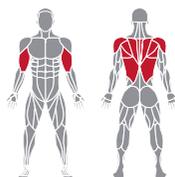


### FEATURES

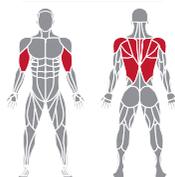
- Dual machine combines the two most popular back exercises
- Traditional Lat Pulldown with adjustable bar height and storage hooks
- Foot bars aid Low Row stabilization and storage hooks secure handle when not in use
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1808 x 1213 x 2270mm / 71" x 48" x 89"
WEIGHT STACK	115kg / 250lb (10lb x 9pcs + 20lb x 8pcs) The incremental weight : 5lb
PRODUCT WEIGHT	272.6kg / 600.9lb
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	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"

Lat Pulldown



Seated Row



## Standing Biceps / Triceps

SP-4333

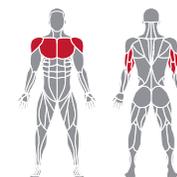


### FEATURES

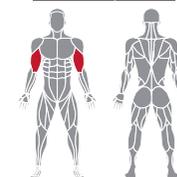
- Dual machine combines the two most popular arm exercises
- Standing user positioning during Biceps and Triceps exercises stabilizes machine for smaller footprint
- Angled curling bar for Biceps and traditional rope for Triceps extension
- Storage hooks for each attachment when not in use
- Integrated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

PRODUCT DIMENSION	709 x 1492 x 2104mm / 28" x 59" x 83"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
PRODUCT WEIGHT	215.6kg / 475.3lb
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	2030 x 610 x 220mm / 80" x 24" x 9"
CARTON D	530 x 500 x 290mm / 21" x 20" x 11"

Triceps



Biceps



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.

## Chest Press / Shoulder Press

SP-4601

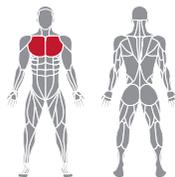


### FEATURES

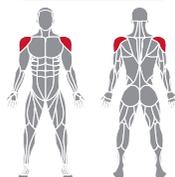
- Seat and back pad adjust for proper pressing angles
- User can adjust for two chest press angles and a shoulder press
- Multiple sets of grips for chest and shoulder pressing
- Bilateral pressing arm motion
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1350 x 1984 x 1676mm / 53" x 78" x 66"
WEIGHT STACK	123kg / 270lb (10lb x 3pcs + 20lb x 12pcs) The incremental weight : 5lb
PRODUCT WEIGHT	308.0kg / 679lb
CARTON DIMENSION	
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

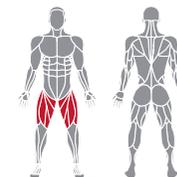


### FEATURES

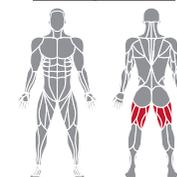
- Challenges opposing muscle groups, Quadriceps and Hamstrings
- Exercises can be switched and adjusted without leaving seated position
- Machines axis of rotation is optimized for proper feel for both exercise
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1407 x 1373 x 1580mm / 55" x 54" x 62"
WEIGHT STACK	128kg / 280lb (20lb x 14pcs) The incremental weight : 5lb
PRODUCT WEIGHT	327.0kg / 702.9lb
CARTON DIMENSION	
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

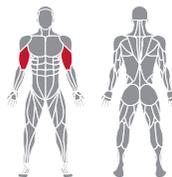


### FEATURES

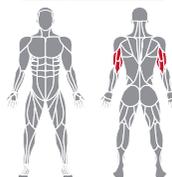
- Angled arm pad helps limit shoulder movement for focus on Biceps and Triceps
- Easily adjust machine Cam to switch between these opposing muscle exercises
- Machines axis of rotation and pivoting arm are optimized for proper feel
- Small back pad helps increase stability for Triceps exercise
- Integrated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

PRODUCT DIMENSION	1115 x 1310 x 1580mm / 44" x 52" x 62"
WEIGHT STACK	100kg / 220lb (10lb x 2pcs + 20lb x 10pcs) The incremental weight : 5lb
PRODUCT WEIGHT	236.9kg / 522.3lb
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	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

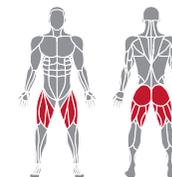


### FEATURES

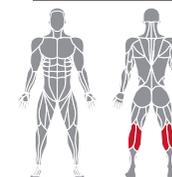
- Footplate and back pad angle adjust for ideal setup for both leg and calf pressing
- Footplate four-bar linkage helps maintain ideal ankle alignment throughout exercise
- Footplate has an angled lower section to help with calf press positioning
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1940 x 1135 x 1580mm / 76" x 45" x 62"
WEIGHT STACK	132kg / 290lb (10lb x 1pc + 20lb x 14pcs) The incremental weight : 5lb
PRODUCT WEIGHT	302.0kg / 665.8lb
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	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



# Ab Crunch / Back Extension

SP-4609

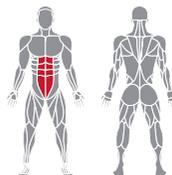


## FEATURES

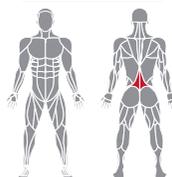
- Entry and positioning for both Abdominal and lower back exercises is easy for users of all levels
- Easily adjust machine Cam to switch between exercises
- Adjustable roller pad helps with ideal positioning between these exercises
- Dual foot bars for lower body stabilization during exercise
- Integrated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

PRODUCT DIMENSION	1314 x 1119 x 1580mm / 52" x 44" x 62"
WEIGHT STACK	115kg / 250lb (10lb x 7pcs + 20lb x 9pcs) The incremental weight : 5lb
PRODUCT WEIGHT	235.1kg / 518.3lb
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"

Ab Crunch



Back Extension





**PUSH WITH SPIRIT  
ENTHUSIASTICALLY**

PLATE LOADED

## 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

PRODUCT DIMENSION	1522 x 970 x 1442mm / 60" x 38" x 57"
MAX TRAINING CAPACITY	150kg / 330lb
PRODUCT WEIGHT	110.6kg / 324.8lb
CARTON DIMENSION	
CARTON A	1500 x 990 x 1100mm / 59" x 39" x 43"
CARTON B	340 x 110 x 210mm / 13" x 4" x 8"



# Pendulum Squat

SP-4521



## FEATURES

- A pendulum squat is a unique variation of the classic squat
- Adjustable starting depth with 5 positions of adjustment
- Footplate position is adjustable for preferred ankle alignment
- Two horns for resistance and another as a counterbalance, when help is needed in the depths of a squat
- Includes band pegs and weight plate storage

PRODUCT DIMENSION	2131 x 962 x 1627mm / 84" x 38" x 64"
MAX TRAINING CAPACITY	350kg / 771lb
PRODUCT WEIGHT	161.5kg / 356lb
CARTON DIMENSION	
CARTON A	1480 x 900 x 565mm / 58" x 35" x 22"
CARTON B	1520 x 820 x 365mm / 60" x 32" x 14"
CARTON C	850 x 350 x 140mm / 33" x 14" x 6"



# Belt Squat

SP-4522



## FEATURES

- Hip belt distributes the resistance through the hips and not the spine for a safe and effective exercise
- Chain can attach in 3 positions for the desired range of motion
- Large handlebar offers a lot of grip options for when unlocking and locking the weight movement arm
- Two Band pegs on either side of the frame help keep the exercise smooth, especially when fatigue

PRODUCT DIMENSION	1749 x 1716 x 1433 mm / 68.9" x 67.6" x 56.4"
MAX TRAINING CAPACITY	350kg / 771.6lb
PRODUCT WEIGHT	120.0kg / 264.6lb
CARTON DIMENSION	1790 x 1100 x 750mm / 70.5" x 43.3" x 29.5"



# FREE WEIGHTS





## 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

PRODUCT DIMENSION	1411 x 647 x 402mm / 56" x 25" x 16"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	23.7kg / 52.2lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	1508 x 1690 x 2500mm / 59" x 67" x 98"
MAX LOADING CAPACITY	420kg / 926lb
PRODUCT WEIGHT	249.0kg / 548.9lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	3226 x 3154 x 2500mm / 127" x 124" x 98"
MAX LOADING CAPACITY	420kg / 926lb
PRODUCT WEIGHT	567.0kg / 1250lb

#### 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

PRODUCT DIMENSION	2213 x 1690 x 2500mm / 87" x 67" x 98"
MAX LOADING CAPACITY	420kg / 926lb
PRODUCT WEIGHT	383.0kg / 844.4lb

#### 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"
		CARTON K	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

PRODUCT DIMENSION	3843 x 3154 x 2500mm / 151" x 124" x 98"
MAX LOADING CAPACITY	420kg / 926lb
PRODUCT WEIGHT	720.0kg / 1587.3lb

#### 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 K	1280 x 620 x 335mm / 50" x 24" x 13"
CARTON E	975 x 280 x 160mm / 38" x 11" x 6"	CARTON 1	2150 x 1050 x 120mm / 85" x 41" x 5"
CARTON F	1030 x 85 x 320mm / 41" x 3" x 13"	CARTON 2	2150 x 1050 x 75mm / 85" x 41" x 3"
CARTON G	510 x 115 x 400mm / 20" x 5" x 16"	CARTON 3	1570 x 1060 x 125mm / 62" x 42" x 5"
		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

PRODUCT DIMENSION	1362 x 447 x 415mm / 54" x 18" x 16"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	36.3kg / 80lb

#### 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

PRODUCT DIMENSION	1202 x 767 x 1062mm / 47" x 30" x 42"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	22.8kg / 50.3lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	1220 x 860 x 940mm / 48" x 34" x 37"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	45.1kg / 99.4lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	1855 x 1645 x 2010mm / 73" x 65" x 79"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	129.5kg / 285.5lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	1740 x 1380 x 1900mm / 69" x 54" x 75"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	131.3kg / 289.5lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	1745 x 1720 x 1355mm / 69" x 68" x 53"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	80.1kg / 176.6lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	2065 x 1720 x 1355mm / 81" x 68" x 53"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	108.3kg / 238.8lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	2065 x 1720 x 1355mm / 81" x 68" x 53"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	101.3kg / 223.3lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	1190 x 865 x 1665mm / 47" x 34" x 66"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	76.4kg / 168.4lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	2147 x 1616 x 1272mm / 85" x 64" x 50"
MAX LOADING CAPACITY	400kg / 882lb
PRODUCT WEIGHT	180kg / 396.8lb
CARTON DIMENSION	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

PRODUCT DIMENSION	1575 x 717 x 983mm / 62" x 28" x 39"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	44kg / 97lb
CARTON DIMENSION	1270 x 460 x 675mm / 50" x 18" x 27"
CARTON A	1500 x 175 x 410mm / 59" x 7" x 16"
CARTON B	

## 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

PRODUCT DIMENSION	1190 x 1260 x 2300mm / 47" x 50" x 91"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	95.7kg / 211lb
CARTON DIMENSION	
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-degrees positioning is ideal for training posterior muscles
- High pads are adjustable to fit all user sizes
- Lower leg pads support at the calf which eliminates knees discomfort

PRODUCT DIMENSION	1422 x 820 x 830mm / 56" x 32" x 33"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	48.1kg / 106lb
CARTON DIMENSION	
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 6.6lb 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

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

PRODUCT DIMENSION	1505 x 790 x 1095mm / 59" x 31" x 43"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	41kg / 90.4lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	1806 x 1133 x 1204mm / 71" x 45" x 47"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	66.4kg / 146.4lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	1388 x 617 x 942mm / 55" x 24" x 37"
MAX LOADING CAPACITY	280kg / 617lb
PRODUCT WEIGHT	43kg / 94.8lb
CARTON DIMENSION	
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

PRODUCT DIMENSION	978 x 845 x 1395 mm / 39" x 33" x 55"
MAX LOADING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	47.9kg / 165.1lb
CARTON DIMENSION	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

PRODUCT DIMENSION	2280 x 645 x 800mm / 90" x 25" x 31"
MAX LOADING CAPACITY	1000kg / 2205lb
PRODUCT WEIGHT	66.8kg / 174.3lb
CARTON DIMENSION	
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 protects your weight plates from damage and provides the user with a smooth removal and replacement of the weights on the tree

PRODUCT DIMENSION	810 x 666 x 1320mm / 31" x 26" x 51"
MAX LOADING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	23.4kg / 51.6lb
CARTON DIMENSION	1280 x 715 x 210 / 50" x 28" x 8"





# 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

PRODUCT DIMENSION	1520 x 840 x 2120mm / 60" x 33" x 83"
PRODUCT WEIGHT	302.3kg / 666.5lb
WEIGHT STACK	77kg x 2 / 170lb x 2
CABLE TRAVEL	2100mm / 83"
CARTON DIMENSION	
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

PRODUCT DIMENSION	4091 x 1065 x 2344mm / 161" x 41" x 92"
PRODUCT WEIGHT	305kg / 672.4lb
WEIGHT STACK	68kg x 2 / 150lb x 2
CABLE TRAVEL	2100mm / 83"
CARTON DIMENSION	
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"



## Ultra Trainer

SP-3601

### FEATURES

- Versatile trainer integrates a Smith Machine and a Dual-Pulley DAP into one functional Multi-Gym
- Smith machine is oriented vertically to allow for all types of bench presses, pulls and squats
- Dual-Pulley DAP combines 2-pulleys on each side to enhance the exercise possibilities
- Ideal for small group training, includes a variety of accessories and pull-up bar

PRODUCT DIMENSION	2351 x 1367 x 2159mm / 93" x 52" x 85"
PRODUCT WEIGHT	398kg / 877.4lb
WEIGHT STACK	77kg x 2 / 170lb x2
PULLEY RATIO	0.5
CARTON DIMENSION	
Carton 1	2290 x 620 x 235mm / 90" x 24" x 9"
Carton 2	2290 x 620 x 235mm / 90" x 24" x 9"
Carton 3	2280 x 480 x 230mm / 90" x 19" x 9"
Carton 4	500 x 470 x 420mm / 20" x 19" x 17"

# MULTI STATION



# 4 Stack Multi Station

SP-3604



## FEATURES

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

PRODUCT DIMENSION	3418 x 1920 x 2290mm / 134" x 75" x 90"
PRODUCT WEIGHT	816.8kg / 1800.7lb
WEIGHT STACK	122kg x 4 / 270lb x 4
CARTON DIMENSION	
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

PRODUCT DIMENSION	5100 x 3450 x 2300mm / 201" x 136" x 91"
PRODUCT WEIGHT	1267.5kg / 2794.3lb
WEIGHT STACK	122kg x 5 / 270lb x 5
CARTON DIMENSION	
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

PRODUCT DIMENSION	5900 x 4100 x 2300mm / 232" x 161" x 90"
PRODUCT WEIGHT	1658.6kg / 3656.5lb
WEIGHT STACK	122kg x 8 / 270lb x 8
CARTON DIMENSION	
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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***SPIRIT***

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