

SPIRIT

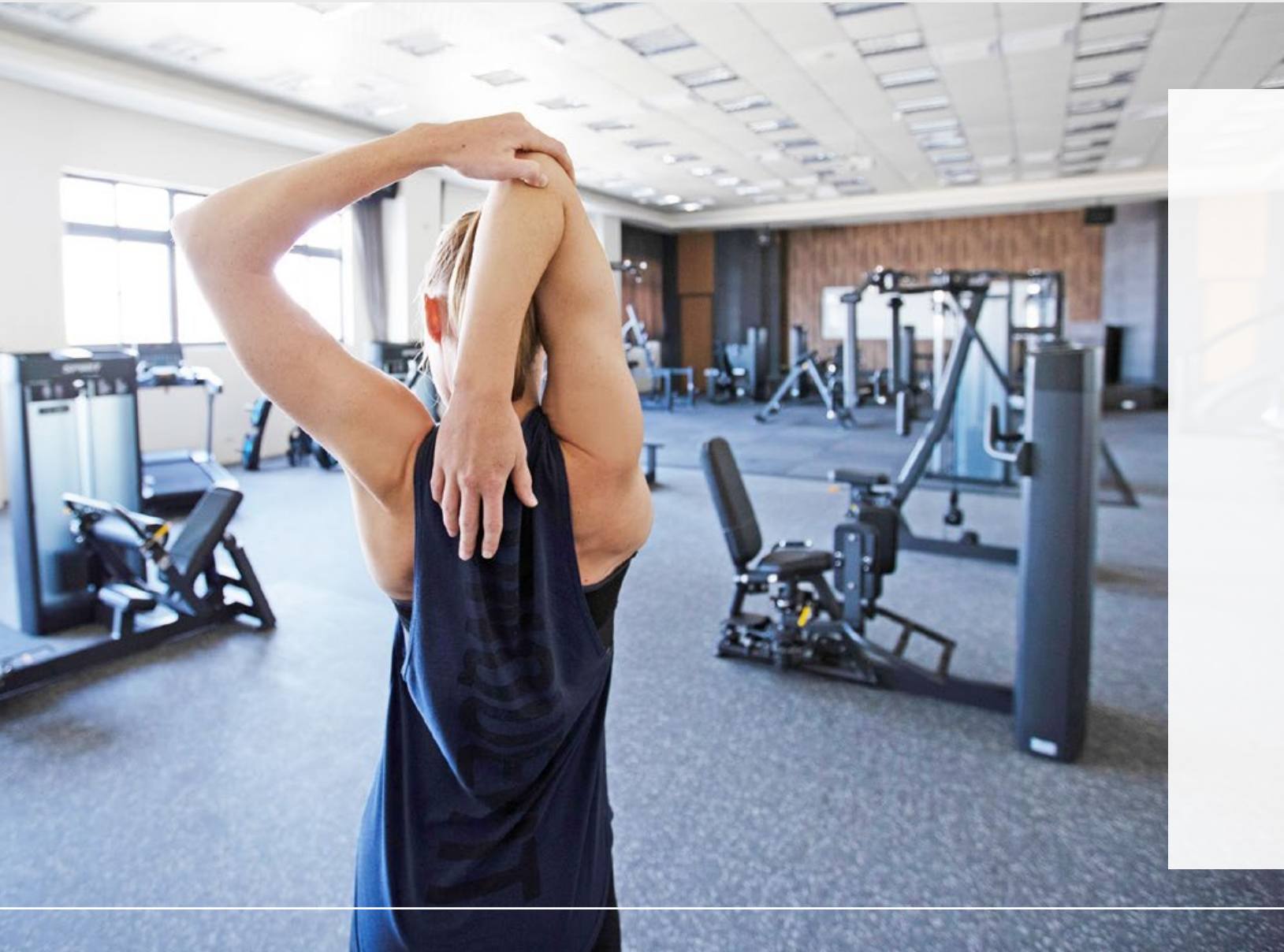


COMMERCIAL STRENGTH 2024

SPIRIT

A full-page photograph of a muscular man with a beard and short dark hair, shirtless, performing a cable exercise. He is holding a handle with both hands, pulling it towards his chest. The background shows a gym setting with large windows and other exercise equipment. The word 'SPIRIT' is visible on a machine in the background.

SPIRIT Strength was designed to appeal to all levels, from the Athlete looking to take their performance to the next level, or the general fitness buff that just wants to be in better shape. Our machines move the way the body is meant to move and rewards hard work with results.



SELECTORIZED

SINGLE STATION 01

DUALS 15

PLATE LOADED 21

FREE WEIGHTS 31

CABLE SERIES 47

MULTI STATION 51

SPIRIT

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.



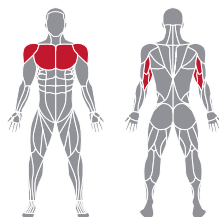
Seated Chest Press

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	217kg / 478lb
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"



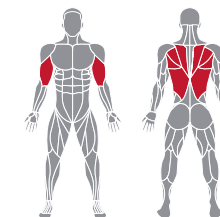
Seated Row

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
- 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	233kg / 514lb
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



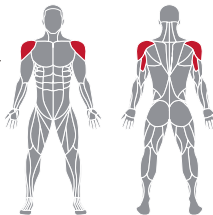
Shoulder Press

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	109kg / 240lb (20lb x 12pcs) The incremental weight : 5lb
PRODUCT WEIGHT	228kg / 503lb
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"



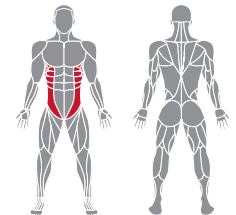
Torso Rotation

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	226kg / 498lb
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"





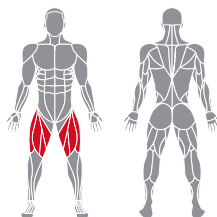
Leg Extension

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	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
PRODUCT WEIGHT	241kg / 531lb
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"



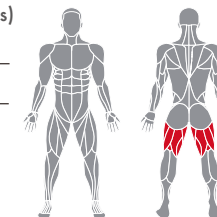
Seated Leg Curl

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	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs) The incremental weight : 5lb
PRODUCT WEIGHT	240kg / 530lb
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"





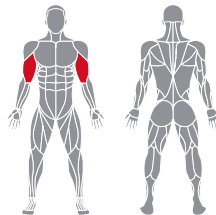
Biceps Curl

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	197kg / 434lb
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"



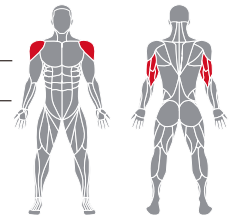
Triceps Extension

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	86kg / 190lb (10lb x 5pcs+20lbs x 7pcs) The incremental weight : 5lb
PRODUCT WEIGHT	203kg / 448lb
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"





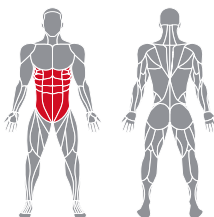
Abdominal

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	123kg / 270lb(10lb x 3pcs + 20lb x 12pcs) The incremental weight : 5lb
PRODUCT WEIGHT	237kg / 531lb
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"



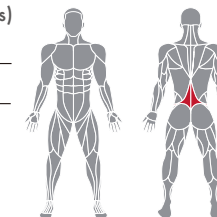
Back Extension

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	128kg / 280lb(10lb x 2pcs + 20lb x 13pcs) The incremental weight : 5lb
PRODUCT WEIGHT	248kg / 530lb
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"





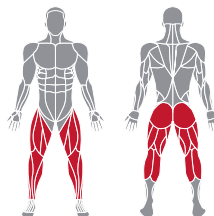
Seated Leg Press

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	330kg / 727lb
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

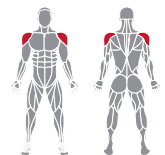
SP-4312

FEATURES

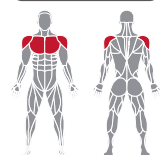
- Independent arms with multiple adjustments in a wide arc for Deltoid raise and fly's
- Chest pad is angle for a proper forward body positioning and stability
- Seat adjusts to align shoulders with chest pad and machines axis of rotation
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1530 x 710 x 1567mm / 60" x 28" x 62"
WEIGHT STACK	109kg / 240lb (20lb x 12pcs)
PRODUCT WEIGHT	211kg / 465lb
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"

LATERAL RISE



CLIP CHEST



This model does not have incremental weight



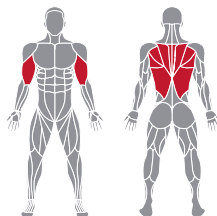
Lat Pulldown

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	230kg / 507lb
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	115kg / 250lb(10lb x 9pcs + 20lb x 8pcs) The incremental weight : 5lb
PRODUCT WEIGHT	263kg / 580lb
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	235kg / 518lb
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"



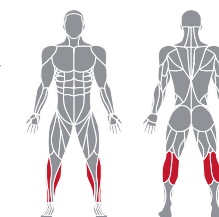
Standing Calf Extension

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	242kg / 533lb
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"





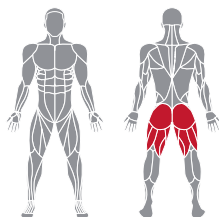
Prone Leg Curl

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	239kg / 527lb
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"



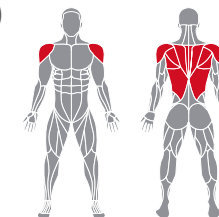
Low Row

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	236kg / 518lb
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

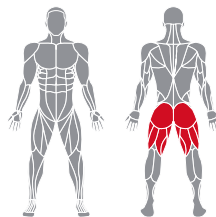
PRODUCT DIMENSION | 2160 x 1000 x 1500mm / 85" x 39" x 59"

WEIGHT STACK | 115kg / 250lb(10lb x 9pcs + 20lb x 8pcs)
The incremental weight : 5lb

PRODUCT WEIGHT | 220kg / 485lb

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

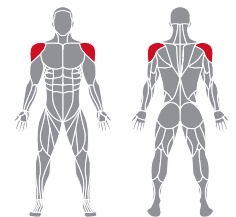
PRODUCT DIMENSION | 1315 x 944 x 1500mm / 52" x 37" x 59"

WEIGHT STACK | 115kg / 250lb(10lb x 5pcs + 20lb x 10pcs)
The incremental weight : 5lb

PRODUCT WEIGHT | 235kg / 518lb

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"





Squat / Standing Calf

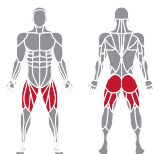
SP-4330

FEATURES

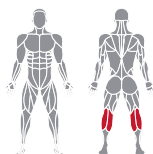
- Machine is designed for facing inward when squatting, eliminating complexity of turning around
- Angle of foot plate encourages a proper squat technique, lead with hips shifting back then down
- Angled shoulder pads provide ample support when performing squats and calf raises
- ROM release handle helps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

SQUAT



STANDING CALF



Pec Fly / Rear Delt

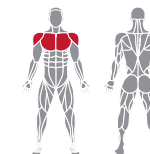
SP-4331

FEATURES

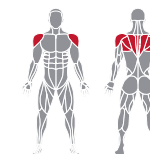
- Dual exercise machine efficiently focuses on Pectoralis and Posterior Deltoids
- Multiple hand grips and range of motion adjustment aid positioning for these exercises
- Seat adjusts to accommodate users of all sizes
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1451 x 1463 x 1985mm / 57" x 58" x 78"
WEIGHT STACK	115kg / 250lb (10lb x 5pcs + 20lb x 10pcs)
PRODUCT WEIGHT	239kg / 527lb
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"

PEC FLY



REAR DELT



This model does not have incremental weight



Lat Pulldown / Seated Row

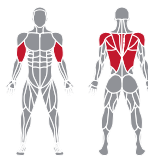
SP-4332

FEATURES

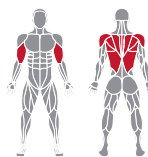
- Dual machine combines the two most popular back exercises
- Traditional Lat Pulldown with adjustable bar height and storage hooks
- Foot bars aid Low Row stabilization and storage hooks secure handle when not in use
- Integrated rep counter and built-in storage on top cap

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	270kg / 595lb
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

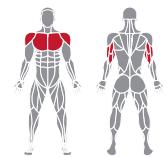
SP-4333

FEATURES

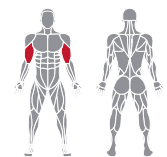
- Dual machine combines the two most popular arm exercises
- Standing user positioning during Biceps and Triceps exercises stabilizes machine for smaller footprint
- Angled curling bar for Biceps and traditional rope for Triceps extension
- Storage hooks for each attachment when not in use
- Integrated 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	210kg / 463lb
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



SPIRIT

SELECTORIZED

DUALS



SPIRIT

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

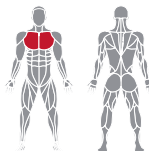
SP-4601

FEATURES

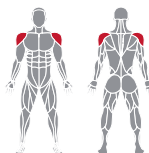
- Seat and back pad adjust for proper pressing angles
- User can adjust for two chest press angles and a shoulder press
- Multiple sets of grips for chest and shoulder pressing
- Bilateral pressing arm motion
- Integrated rep counter and built-in storage on top cap

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	250kg / 551lb
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

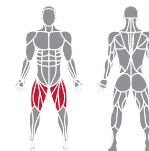
SP-4605

FEATURES

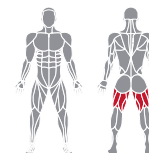
- Challenges opposing muscle groups, Quadriceps and Hamstrings
- Exercises can be switched and adjusted without leaving seated position
- Machines axis of rotation is optimized for proper feel for both exercise
- Integrated rep counter and built-in storage on top cap

PRODUCT DIMENSION	1407 x 1373 x 1580mm / 55" x 54" x 62"
WEIGHT STACK	132kg / 290lb (10lb x 1pc + 20lb x 14pcs) The incremental weight : 5lb
PRODUCT WEIGHT	271kg / 597lb
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

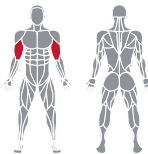
SP-4607

FEATURES

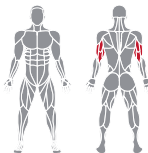
- Angled arm pad helps limit shoulder movement for focus on Biceps and Triceps
- Easily adjust machine Cam to switch between these opposing muscle exercises
- Machines axis of rotation and pivoting arm are optimized for proper feel
- Small back pad helps increase stability for Triceps exercise
- Integrated 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	182kg / 401lb
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

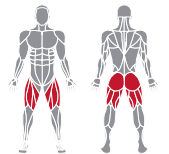
SP-4608

FEATURES

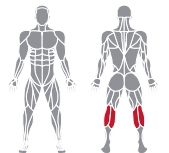
- Footplate and back pad angle adjust for ideal setup for both leg and calf pressing
- Footplate four-bar linkage helps maintain ideal ankle alignment throughout exercise
- Footplate has an angled lower section to help with calf press positioning
- Integrated rep counter and built-in storage on top cap

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	298kg / 657lb
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"

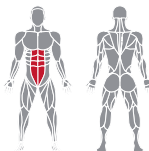
WEIGHT STACK | 118kg / 260lb (10lb x 8pcs + 20lb x 9pcs)
The incremental weight : 5lb

PRODUCT WEIGHT | 227kg / 500lb

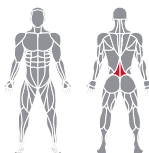
CARTON DIMENSION

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**

SPIRIT

PLATE LOADED

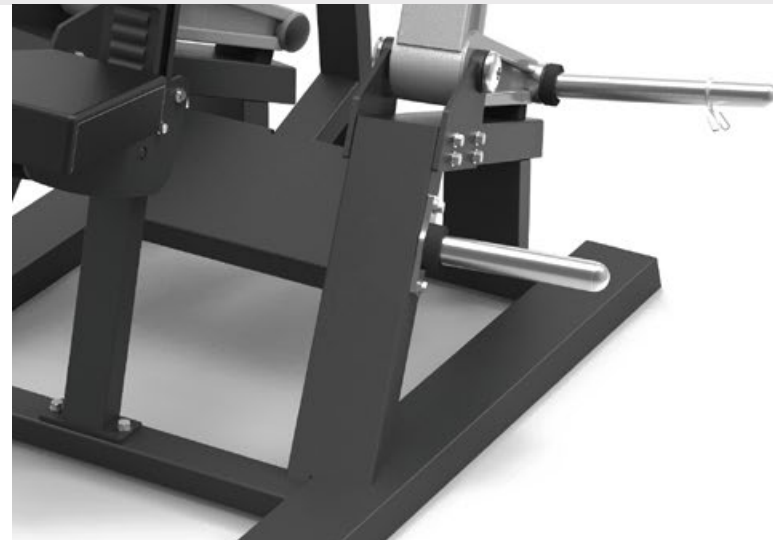


MODERN ROBUST AESTHETICS

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 4mm gauge steel and a support structure designed to withstand the most demanding training environments, our plate loaded machines are not just the benchmark standard, but significantly raise the bar in the commercial club market.



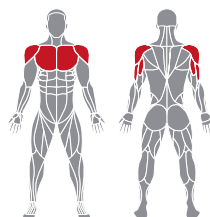
Chest Press

SP-4501

FEATURES

- Highly visibility marker on back pad to help with proper alignment of chest with handles
- Overhead pivot is biomechanically ideal for pressing motions
- Easy lift and lock seat adjustment
- Heavy duty construction using 4mm steel

PRODUCT DIMENSION	1425 x 1780 x 1720mm / 56" x 70" x 68"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	200kg / 441lb
CARTON DIMENSION	2335 x 1470 x 550mm / 92" x 58" x 22"



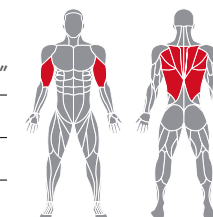
Row

SP-4502

FEATURES

- Horizontal and vertical hand grips for training emphasis and variety
- Stabilizing handle in the middle to help when performing unilateral rows
- Foot plate provides for lower body stability during heavy lifts
- Angled seat and chest pad help with proper body positioning

PRODUCT DIMENSION	1430 x 1490 x 1290mm / 56" x 59" x 51"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	166kg / 366lb
CARTON DIMENSION	2280 x 1220 x 680mm / 90" x 48" x 27"





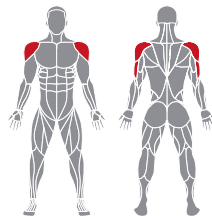
Shoulder Press

SP-4503

FEATURES

- Highly visibility marker on back pad to help with proper alignment of shoulders with handles
- Unilateral and bilateral converging path of motion
- Seat provides range of motion adjustment
- Heavy duty construction using 4mm steel

PRODUCT DIMENSION	1380 x 1540 x 1480mm / 54" x 61" x 58"
MAX TRAINING CAPACITY	400kg / 881lb
PRODUCT WEIGHT	150kg / 330lb
CARTON DIMENSION	1720 x 770 x 1295mm / 68" x 30" x 51"



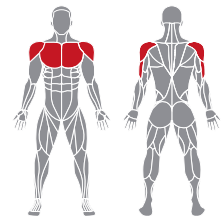
Incline Chest Press

SP-4504

FEATURES

- Highly visibility marker on back pad to help with proper alignment of shoulders on pad
- Horizontal handles simulate motion of a traditional bench press
- Overhead pivot is biomechanically ideal for pressing motions
- Easy lift and lock seat adjustment

PRODUCT DIMENSION	1125 x 2150 x 1675mm / 44" x 85" x 66"
MAX TRAINING CAPACITY	350kg / 771lb
PRODUCT WEIGHT	183kg / 403lb
CARTON DIMENSION	1980 x 770 x 1250mm / 78" x 30" x 49"





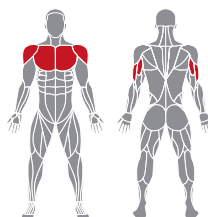
Wide Chest Press

SP-4505

FEATURES

- Wider separation of the handles accommodates larger exercisers
- Greater amount of converging motion than decline press
- Highly visibility marker on back pad to help with proper alignment of chest with handles
- Reclined user positioning provides lots of stabilization during heavy workouts

PRODUCT DIMENSION	1360 x 1800 x 1770mm / 54" x 71" x 70"
MAX TRAINING CAPACITY	350kg / 771lb
PRODUCT WEIGHT	209kg / 460lb
CARTON DIMENSION	1990 x 1120 x 1295mm / 78" x 44" x 51"



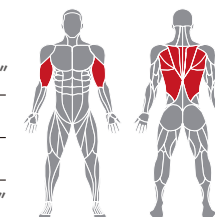
Lat Pulldown

SP-4506

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Horizontal grips with natural diverging path of motion
- Stabilizing handle in the middle to help when performing unilateral pulldowns
- Easy lift and lock seat adjustment

PRODUCT DIMENSION	1790 x 1430 x 1990mm / 70" x 56" x 78"
MAX TRAINING CAPACITY	400kg / 881lb
PRODUCT WEIGHT	175kg / 385lb
CARTON DIMENSION	1490 x 1000 x 1210mm / 59" x 39" x 48"





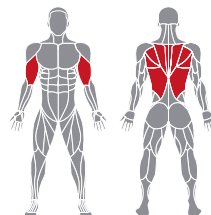
Low Row

SP-4507

FEATURES

- Unique path of motion that contrasts with the decline press
- Horizontal and vertical hand grips for training emphasis and variety
- Stabilizing handle in the middle to help when performing unilateral rows
- Heavy duty construction using 4mm steel

PRODUCT DIMENSION	1400 x 1560 x 1660mm / 55" x 61" x 65"
MAX TRAINING CAPACITY	350kg / 771lb
PRODUCT WEIGHT	176kg / 388lb
CARTON DIMENSION	1520 x 1120 x 1100mm / 60" x 44" x 43"



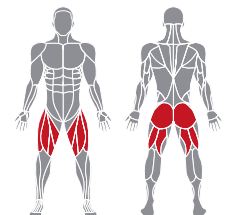
Leg Press

SP-4508

FEATURES

- Curvilinear path of motion matches the natural motion of a squat
- Extra large foot plate uses a 4-bar linkage to maintain correct ankle alignment
- Back pad adjusts into 3-positions for varying hip positions and users of all sizes
- Long weight loading horns to handle very heavy workouts

PRODUCT DIMENSION	2210 x 1740 x 1530mm / 87" x 69" x 60"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	230kg / 507lb
CARTON DIMENSION	2280 x 770 x 960mm / 90" x 30" x 38"



*Loading capacity of each storage pin is 200kg / 440lb.



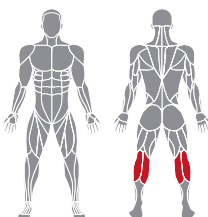
Calf

SP-4509

FEATURES

- Angled press allows effective training of calf's without loading the spine
- Seat and back pad positioning stabilizes user through hips while performing calf raises
- Solid hand grips provide support during the exercise
- Heavy duty construction using 4mm steel

PRODUCT DIMENSION	1805 x 1150 x 1200mm / 71" x 45" x 47"
MAX TRAINING CAPACITY	950kg / 2094lb
PRODUCT WEIGHT	150kg / 330lb
CARTON DIMENSION	1790 x 940 x 657mm / 70" x 37" x 26"



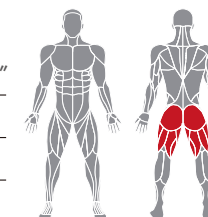
Rear Kick

SP-4510

FEATURES

- Standing during Glute training is ideal compared to kneeling on floor
- Curvilinear motion places emphasis on Glutes and Hamstrings
- Chest pad and handlebar provide support and stability during exercise
- Edge at bottom of foot plate keeps feet secure from slipping

PRODUCT DIMENSION	1280 x 1380 x 1620mm / 50" x 54" x 64"
MAX TRAINING CAPACITY	300kg / 661lb
PRODUCT WEIGHT	150kg / 330lb
CARTON DIMENSION	1720 x 770 x 1210mm / 68" x 30" x 48"





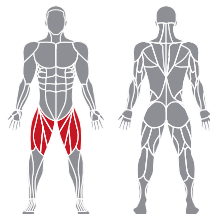
Leg Extension

SP-4511

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Angled user positioning helps with stabilization during exercise
- Back pad adjustments for proper alignment with machines axis of rotation
- Lower Tibia pad self-adjusts limiting the number of necessary adjustments

PRODUCT DIMENSION	1665 x 1855 x 1135mm / 66" x 73" x 45"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	115kg / 253lb
CARTON DIMENSION	1620 x 580 x 1040mm / 64" x 23" x 41"



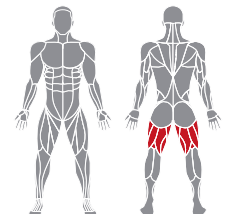
Standing Leg Curl

SP-4512

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Upright positioning allows for training hamstrings across both hip and knee joints
- Knee and thigh pads stabilize the non-exercising leg
- Arm pad and handle grips provide for upper body stability

PRODUCT DIMENSION	1210 x 1830 x 1580mm / 48" x 72" x 62"
MAX TRAINING CAPACITY	500kg / 1102lb
PRODUCT WEIGHT	134kg / 295lb
CARTON DIMENSION	1500 x 770 x 980mm / 59" x 30" x 39"





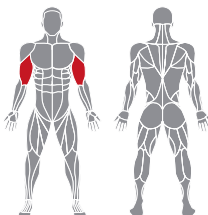
Biceps Curl

SP-4513

FEATURES

- Angled arm pad helps to reduce shoulder involvement and maintain focus on Biceps
- Pivoting grip bar adjusts for varying forearm lengths and maintains alignment with axis of rotation
- Seat adjustment is used to align elbows with machines axis of rotation
- Counterbalanced curling arm reduces starting resistance

PRODUCT DIMENSION	1085 x 1790 x 1200mm / 43" x 70" x 47"
MAX TRAINING CAPACITY	275kg / 606lb
PRODUCT WEIGHT	122kg / 269lb
CARTON DIMENSION	1100 x 770 x 1080mm / 43" x 30" x 43"



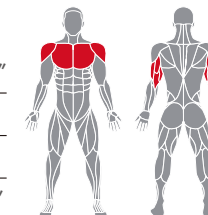
Triceps Extension

SP-4514

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Adjustable seat pad provides lower body stabilization
- No-back pad design allows users to self-adjust of upper body position
- Easy lift and lock seat adjustment

PRODUCT DIMENSION	1870 x 1660 x 1055mm / 74" x 65" x 42"
MAX TRAINING CAPACITY	600kg / 1322lb
PRODUCT WEIGHT	213kg / 469lb
CARTON DIMENSION	1680 x 1160 x 1120mm / 66" x 46" x 44"





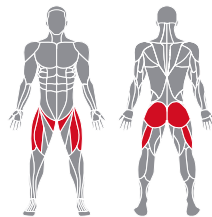
Hip Abduction

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	108.6kg / 240lb
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"



SPIRIT

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	25kg / 55lb
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"



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	49kg / 108lb
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	37kg / 81lb
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	46kg / 101lb
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"
PRODUCT WEIGHT	132kg / 291lb
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	110kg / 243lb
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	116kg / 256lb
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	126kg / 278lb
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	109kg / 240lb
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	85kg / 187lb
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 / 397lb
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	54kg / 119lb
CARTON DIMENSION	
CARTON A	1270 x 460 x 675mm / 50" x 18" x 27"
CARTON B	1500 x 175 x 410mm / 59" x 7" x 16"



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	130kg / 287lb
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-degree positioning is ideal for training posterior muscles
- Thigh 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	51kg / 112lb
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 5lb 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	40kg / 83lb
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	76kg / 167lb
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	50kg / 110lb
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"

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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	302kg / 660lb
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	313kg / 690lb
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"

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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	817kg / 1801lb
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	1169kg / 2577lb
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	1705kg / 3758lb
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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