

SIGNATURE SERIES

CUSTOMIZABLE DESIGN CREATES A UNIQUE FACILITY

The perfect combination of form, function and durability creates a total strength solution. Equipment includes Single Stations, Plate Loaded, Cable Motion, Benches and Racks. Natural machine motions provide a comfortably consistent workout. Each piece is easily customized with frame and upholstery choices. Designer StackWrap™ shrouds for Single Stations and Cable Motion machines are also available.

**SIGNATURE
SERIES**



SIGNATURE SERIES



SIGNATURE SERIES
SINGLE STATIONS

Every one of these popular and easy-to-use machines is designed to place individuals of all fitness levels in the ideal exercise position to optimize results. Single Stations form the baseline for strength exercise regardless of experience level or goal type.



CHEST PRESS /FZCP

- Overhead pivot creates natural arc of movement
- Adjustable start lever located on press arm allows user to control range of motion from a seated position
- Converging press arms produce a natural forward pressing movement for a superior feel



PECTORAL FLY /FZPEC

- Range of motion adjusts in 10-degree increments
- Handles automatically adjust to fit all user arm lengths
- Independent arms optimize exercise variety and feel



PECTORAL FLY/REAR DELTOID /FZFRD

- Five Pectoral Fly start positions
- Articulating Arms: Accommodate the varying arm lengths of different size users
- Variable Cam: Replicates the body's natural strength curve throughout the entire range of motion

A CUSTOMIZED ENVIRONMENT

Going beyond frame and upholstery colors, StackWraps take our Single Station and Cable Motion™ machines to a new level of expression. Using technology developed for the automotive industry to withstand harsh conditions, our wraps add an eye-catching look for years to come.



SIGNATURE SERIES
SINGLE STATIONS



ROW/REAR DELT /FZRW

- Diverging pattern follows the natural path of movement for a superior feel
- Multiple grips for exercise variety on lats and rear deltoids
- Adjustable chest pad to accommodate users of all sizes



PULLDOWN /FZPD

- Easy-to-use defined path of motion
- Diverging movement creates a natural downward pulling exercise pattern for a superior feel
- Angled thigh pad is fixed for simple operation and thigh stabilization



SHOULDER PRESS /FZSP

- Converging press arms create a natural overhead pressing movement for superior feel
- Neutral and pronated hand grips for exercise variety



ASSIST DIP CHIN /FZADC

- Knee pads fold out of the way for unassisted training
- Multiple Hand Positions: Allow for more exercise variety and accommodates different size users
- Additional steps allow for easy entry/exit



SEATED LEG PRESS /FZSLP

- Upright exercise position is especially applicable for novice or deconditioned users
- Adjustable seat carriage and large foot plate accommodates a variety of user sizes and desired range of motion
- Force is transmitted through hips, minimizing spinal compression



LEG EXTENSION /FZLE

- 100-degree angle between seat and back pad increases comfort and encourages full quadricep contraction without hamstring flexibility limitations
- Handles positioned at side to provide stability
- Back pad, tibia pad, and range-of-motion adjustments are easily accessible from a seated position



LATERAL RAISE /FZLR

- Pad positions are optimized for middle deltoid muscle stimulation
- Pivoting handles accommodate users of all sizes



BICEPS CURL /FZBC

- Upper arm pads are configured to align elbow with the axis of rotation
- Independent arms allow for exercise variety
- Handles pivot automatically to fit all forearm lengths



TRICEPS PRESS /FZTP

- Angled back pad provides stabilization without need for seat belt
- Easy access allows users to comfortably perform exercise
- Oversized pressing handles and traditional dip-style handles rotate in two positions, to provide exercise variety and adapt to different size users



LEG CURL /FZLC

- Variable Cam: Replicates the body's natural strength curve throughout the entire range of motion
- S-M-L-XL Roller Pad Adjustment Positions: Accommodate different size users
- Diverging Hip and Chest Pad Angle: Minimizes lower-back stress and helps to maintain proper body alignment



SEATED LEG CURL /FZSLC

- Back pad, tibia pad, and range-of-motion adjustments are easily accessible from a seated position
- Handles are positioned on top of the adjustable thigh pad to provide stabilization during exercise



GLUTE /FZGL

- Upright body position is comfortable and non-intimidating
- Adjustable torso pad accommodates users of all sizes
- Linear design maximizes full range of motion for muscle stimulation

SIGNATURE SERIES
SINGLE STATIONS



HIP ADDUCTION / FZHAD

- Ratchet mechanism allows users to adjust start position in 10-degree increments
- Knee pads and dual foot positions provide leg support and reduce torque around the knees
- Elevated weight stack is easily accessible from seated position



HIP ADDUCTION / FZHAB

- Adjustable start position facilitates easy entry and exit
- Knee pads and dual foot positions provide leg support and reduce torque around the knees
- Elevated weight stack is easily accessible from seated position



CALF EXTENSION / FZCE

- Foot plate rotates through a natural arc of motion
- Convenient seat height aids in easy entry and exit from machine
- Molded rubber foot plate ensures balanced foot position without foot slippage



ABDOMINAL / FZAB

- Combination of elbow and back pads with hand grips provides upper body stabilization
- Unique AbCam™ System allows natural crunch-style movement for maximum abdominal contraction



BACK EXTENSION / FZBE

- Adjustable foot plate accommodates users of all sizes and is adjustable from a seated position
- Lumbar pad helps users easily find correct position relative to the axis of rotation
- 5-position adjustable start mechanism for individual range of motion



TORSO ROTATION / FZTR

- Adjustable chest pad accommodates users of all sizes
- Handles and knee supports provide stabilization
- Kneeling position allows easy entry and exit and minimizes lower back stress



SIGNATURE SERIES
PLATE-LOADED

These machines bring the independent, converging and diverging movements of the world's original and best Plate-Loaded equipment—Hammer Strength—to Signature Series. Great for slightly more experienced users, Plate-Loaded provides a logical next step in strength training.



INCLINE PRESS /SPLIP

- Converging movement produces a natural forward pressing motion
- Starting Resistance: 11 lbs (5 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod
- Standard Weight Horns: 6



DECLINE PRESS /SPLDCP

- Upright body position is comfortable and non-intimidating
- Starting Resistance: 6 lbs (3 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod
- Standard Weight Horns: 6



SHOULDER PRESS /SPLSP

- Converging press arms create a natural overhead pressing movement
- Starting Resistance: 10 lbs (5 kg) per workarm
- Plate Capacity: 4/45 lb (3/25 kg) plates per weight rod
- Standard Weight Horns: 2



FRONT PULLDOWN /SPLPD

- Intuitive pull-pin thigh pad adjustment
- Starting Resistance: 1 lb (0.5 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod
- Standard Weight Horns: 4



HIGH ROW /SPLHR

- Diverging movement creates a natural downward pulling exercise pattern
- Starting Resistance: 3 lbs (1 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod
- Standard Weight Horns: 4



ROW /SPLROW

- Diverging movement pattern follows the natural path of motion
- Upright design puts seat height lower to the ground, allowing for easier entry and exit
- Starting Resistance: 12 lbs (5 kg) per workarm
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod

Images not to scale.

SIGNATURE SERIES
PLATE-LOADED



SEATED DIP / SPLDIP

- Front and rear facing seat positions
- Easy access allows users to comfortably perform exercise
- Starting Resistance: 3 lbs (1 kg)
- Plate Capacity: 5/45 lb (4/25 kg) plates per weight rod



BICEPS CURL / SPLBC

- Handles pivot to fit all forearm lengths and reduce wrist strain
- Arm pad is angled for stability and limits unwanted shoulder movement
- Starting Resistance: 11 lbs (5 kg)
- Plate Capacity: 5/45 lb (4/25 kg) plates



LINEAR LEG PRESS / SPLLLP

- Back support adjusts to three different positions
- Starting Resistance: 103 lbs (47 kg)
- Plate Capacity: 8/45 lb (7/25 kg) plates per weight rod
- Standard Weight Horns: 4



KNEELING LEG CURL / SPLKLC

- Handles and elbow pads positioned for user comfort throughout exercise
- Starting Resistance: 6 lbs (3 kg) per workarm
- Plate Capacity: 5/25 lb (5/10 kg) plates per weight rod



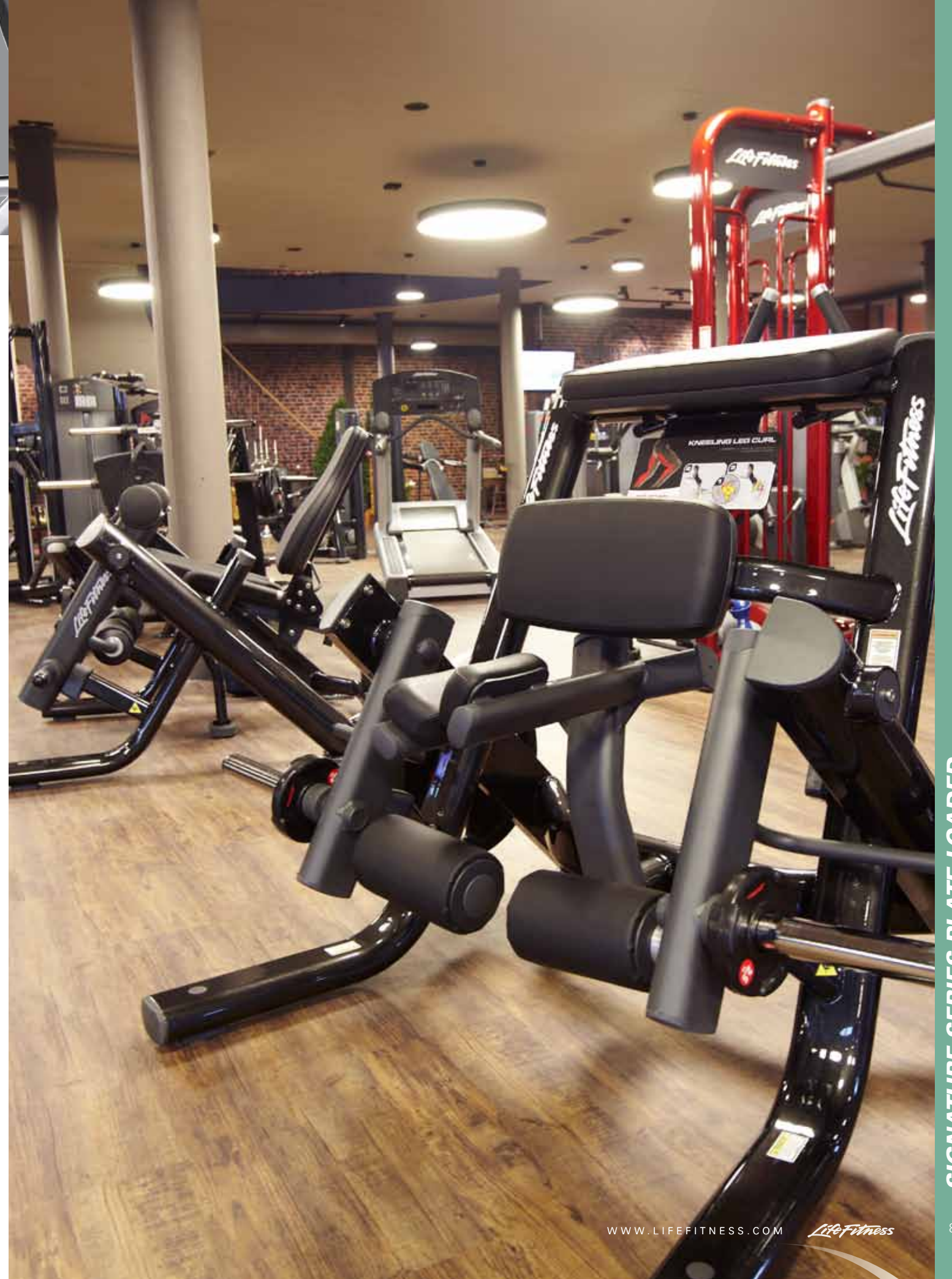
LEG EXTENSION / SPLLE

- Back support adjusts from seated position to get users properly aligned with pivots
- Handles positioned at side to provide stability
- Starting Resistance: 4 lbs (2 kg) per workarm
- Plate Capacity: 4/45 lb (3/25 kg) plates per weight rod



CALF RAISE / SPLCALF

- Angled handles for user comfort during exercise
- Intuitive pull-pin thigh pad adjustment
- Starting Resistance: 95 lbs (43 kg)
- Plate Capacity: 3/45 lb (2/25 kg) plates per weight rod





SIGNATURE SERIES
CABLE MOTION™

With its focus on user-defined paths of motion and stabilization, plus the addition of independent movements, these machines challenge even expert exercisers. Cable Motion™ routines translate well into sports-specific activities and everyday life.



CHEST PRESS / CMCP

- 1:2 resistance (2 x 190 lbs/2 x 95 kg weight stacks)
- Smooth, easy gas-assisted seat adjustment
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles included



SHOULDER PRESS / CMSP

- 1:2 resistance (2 x 150 lbs/2 x 75 kg weight stacks)
- Smooth, easy gas-assisted seat adjustment
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles included



ROW / CMRW

- 1:2 resistance (2 x 220 lbs/2 x 107 kg weight stacks)
- Independent pulleys allow user-defined paths of motion and exercise variety
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles and V-Bar handle included



DUAL ADJUSTABLE PULLEY / CMDAP

- 22 adjustment positions per column allow users to perform over 225 exercises for the ultimate in strength training variety
- 1:4 resistance level for low starting resistance and high-speed movements suitable for sport-specific functional training
- Dual-roller mechanism provides smooth and easy adjustment
- Includes accessory kit with 2 long strap handles, 2 short strap handles, 1 leg extension/curl strap, 1 short bar, 1 ankle strap, 1 triceps rope, 1 belt, 1 long bar
- Instructional poster and CD-ROM included



DUAL ADJUSTABLE PULLEY CONSOLE / DAP-CONSOLE-01

- Compatible with Signature Series Cable Motion Dual Adjustable Pulley and Optima Series Dual Adjustable Pulley machines
- Decreases potential intimidation by offering instruction on using the machine
- Offers confidence that the exercises are being performed correctly

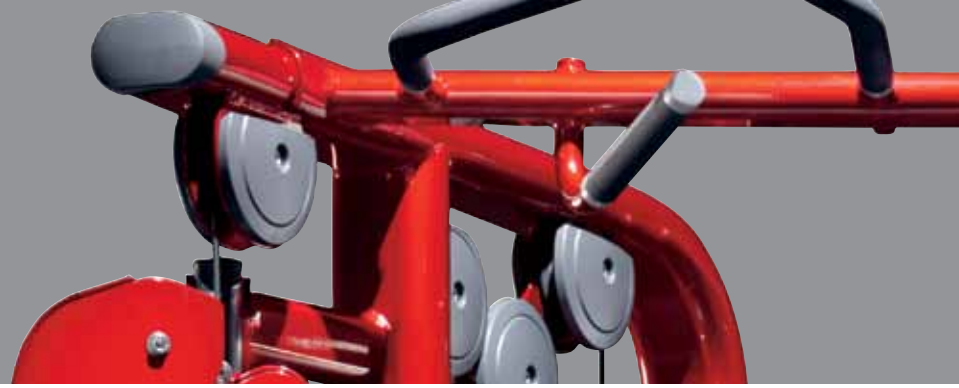


PULLDOWN / CMPD

- 1:2 resistance (2 x 220 lbs/2 x 107 kg weight stacks)
- Adjustable roller pads for lower-body stabilization
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles and traditional lat pulldown bar included

Images not to scale.

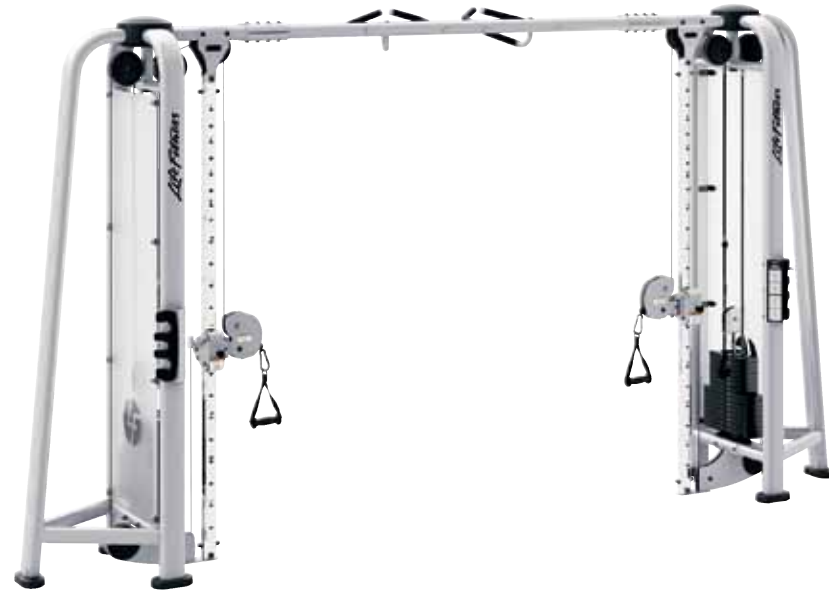
SIGNATURE SERIES
CABLE MOTION™



SIGNATURE SERIES
CABLE MOTION™ MULTI-JUNGLE

SIGNATURE
SERIES

Multi-Jungles allow you to custom configure the placement of four modular tower platforms and up to ten different training stations in a way that meets specific space requirements, facility image and exerciser needs.



CABLE CROSSOVER /CMACO

- Each weight stack provides a 1:2 resistance ratio
- Multiple position chin-up handles offer a choice of exercises
- Two molded handles included
- Unit shown is configured with adjustable pulleys
Also available with fixed pulleys, CMFCO.



CABLE COLUMN /CMCC

- Dual pulleys and nine different handles create extensive training options
- Resistance ratio, 1:4 for each handle and 1:2 when used together, allows less-experienced users to start with lower resistance
- 20 adjustment positions create a wide variety of exercises. Dual-roller mechanism provides smooth and easy adjustment
- Includes accessory kit with 2 long strap handles, 2 short strap handles, 1 leg extension/curl strap, 1 short bar, 1 ankle strap, 1 triceps rope



HAMMER STRENGTH TRAINING VEST /HSTV

- Allows for added workout variety when used with the Cable Motion Dual Adjustable Pulley
- Attach color-coded rings to pulleys to add resistance or assistance to workouts
- Constructed of high-grade Neoprene and breathable mesh fabric
- Sizes XS to XXXL (chest size 29" to 52")



SIGNATURE SERIES
CABLE MOTION™ MULTI-JUNGLE



MULTI-JUNGLE (SAMPLE 4-STACK)

• 143.5" L x 74" W x 94" H (364 cm x 188 cm x 239 cm)

• Stations Shown On MJ4 Platform

- Adjustable Pulley (Includes molded grip handle).....MJAP-STA
- Dual Pulley Row (Includes fixed molded handles).....MJRW-STA
- Triceps Pushdown (Includes triceps rope).....MJTP-STA
- Dual Pulley Pulldown (Includes fixed molded handles) ...MJLPD-STA
- Handle/Accessory RackMJHAR-STA
- Multi-Jungle Core (Quantity: 1).....MJCORE



MULTI-JUNGLE (SAMPLE 5-STACK)

• 196" L x 143.5" W x 94" H (498 cm x 364 cm x 239 cm)

• Stations shown on MJ4 Platform

- Dual Pulley Pulldown (Includes fixed molded handles)MJLPD-STA
- Triceps Pushdown (Includes triceps rope).....MJTP-STA
- Dual Pulley Row (Includes fixed molded handles).....MJRW-STA
- Adjustable Crossover (Includes 2 molded grip handles).....MJACO-STA
- Multi-Jungle Core (Quantity: 1)MJCORE



MULTI-JUNGLE (SAMPLE 12-STACK)

• 370" L x 181" W x 94" H (939 cm x 459 cm x 239 cm)

• Stations shown on MJ12S Platform

- Triceps Pushdown (Includes triceps rope).....MJTP-STA
- Adjustable Pulley (Includes molded grip handle).....MJAP-STA
- Adjustable Crossover (Includes 2 molded grip handles) (Qty: 2)MJACO-STA
- Lat Pulldown (Includes pulldown bar).....MJLP-STA
- Dual Pulley Pulldown (Includes fixed molded handles)MJLPD-STA
- Low Row (Includes V-bar handle).....MJRW-STA
- Dual Pulley Row (Includes fixed molded handles).....MJRW-STA
- Multi-Jungle Core (Quantity: 3).....MJCORE



HANDLE ACCESSORY RACK /MJHAR

• Provides convenient storage for accessories used with Cable Motion Multi-Jungles

• Mounts to the corner of any Multi-Jungle adjustable pulley station

• Includes six chrome hooks and two storage tubes to hold accessories

Accessories not included.



MULTI-JUNGLE (SAMPLE 8-STACK)

• 221" L x 143.5" W x 94" H (561 cm x 364 cm x 239 cm)

• Stations shown on MJ8 Platform

- Lat Pulldown (Includes pulldown bar)MJLP-STA
- Adjustable Crossover (Includes 2 molded grip handles).....MJACO-STA
- Low Row (Includes V-bar handle).....MJRW-STA
- Triceps Pushdown (Includes triceps rope).....MJTP-STA
- Dual Pulley Pulldown (Includes fixed molded handles)MJLPD-STA
- Dual Pulley Row (Includes fixed molded handles).....MJRW-STA
- Multi-Jungle Core (Quantity: 2).....MJCORE



MULTI-JUNGLE (SAMPLE 12-STACK V-SHAPE)

• 291" L x 224" W x 94" H (739 cm x 569 cm x 239 cm)

• Stations shown on MJ12V Platform

- Triceps Pushdown (Includes triceps rope).....MJTP-STA
- Dual Pulley Row (Includes fixed molded handles).....MJRW-STA
- Low Row (Includes V-bar handle).....MJRW-STA
- Adjustable Crossover (Includes 2 molded grip handles) (Qty: 2)MJACO-STA
- Dual Pulley Pulldown (Includes fixed molded handles)MJLPD-STA
- Adjustable Pulley (Includes molded grip handle).....MJAP-STA
- Lat Pulldown (Includes pulldown bar)MJLP-STA
- Multi-Jungle Core (Quantity: 3).....MJCORE

SIGNATURE SERIES
BENCHES AND RACKS

Elevated aesthetics extend to this extensive selection of well-thought-out benches and hardworking racks. Signature Series allows you to create a cohesive environment that is equipped to challenge even the most advanced exercisers.



OLYMPIC FLAT BENCH / SOFB

- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise



OLYMPIC INCLINE BENCH / SOIB

- 30-degree back pad angle
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise



OLYMPIC DECLINE BENCH / SODB

- 15-degree back pad angle
- Adjustable knee pad accommodates users of all sizes
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise



OLYMPIC MILITARY BENCH / SOMB

- Forward and rear racking system offers lifting variety
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise; molded urethane guards protect frame from paint chips and scratches



OLYMPIC BENCH WEIGHT STORAGE / SOBWS

- Eight weight horns: four large external horns and four small internal horns
- Integrated weight horn labels identify plate storage positions

Note: Shown here on the Olympic Flat Bench (SOFB). Also can be attached to SOIB, SODB and SOMB.



OLYMPIC SQUAT RACK / SOSR

- Five racking positions and eight weight horns
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise; molded urethane guards protect frame from paint chips and scratches

SIGNATURE SERIES
BENCHES AND RACKS



ARM CURL BENCH /SAC

- Two arm curl exercises in one machine: standing 45-degree preacher curl and standing 85-degree biceps curl
- Accommodates users of all sizes with no adjustments
- Molded urethane guards protect frame from paint chips and scratches



BACK EXTENSION /SBE

- Angled pad for comfort and support
- Lower roller support provides stabilization and comfort throughout exercise



MULTI-ADJUSTABLE BENCH /SMAB

- Patent-pending single-pin mechanism allows users to simultaneously adjust seat and back pad
- Wheels allow easy mobility
- Bench adjusts in seven different positions (flat to 70°)



LEG RAISE /SLR

- Unique back support provides optimal support throughout range of motion
- Handles and foot platforms ensure easy start position for users of all sizes



SMITH MACHINE /SSM

- 7-degree bar angle follows the natural free-weight path of movement for pressing or squatting
- Fully enclosed linear bearings with unsupported guide rods
- Counterweighted bar allows a low 20 lb (9 kg) start resistance



TWO TIER DUMBBELL RACK /SDR2

- Accommodates 10 pairs of dumbbells
- Integrated labeling system for dumbbell placement



FLAT BENCH /SFB

- Vertical front leg reduces trip hazards
- 16.5" bench height is optimal for dumbbell training



AB CRUNCH BENCH /SABB

- Integrated weight horn allows users to add resistance for a more challenging workout



CHIN/DIP/LEG RAISE /SCDLR

- Three body weight exercises in one space-efficient unit
- Multiple pull-up grip angles offer variety and comfort
- Contoured elbow pads and oversized dip handles provide added comfort
- Molded urethane guards protect frame from paint chips and scratches



UTILITY BENCH /SUB

- Seat positioned low to the ground for maximum stability and comfort
- 80-degree back pad angle



**ADJUSTABLE DECLINE/
ABDOMINAL BENCH /SADB**

- Bench adjusts in four different positions (-10° to -25°)
- Wheels allow easy mobility



HANDLE RACK /SHR

- Six hooks store hanging accessories
- Three bar supports provide small barbell or lat pull storage
- Accessory tray offers storage for other items
- Molded urethane guards protect frame from paint chips and scratches

Accessories not included.



BARBELL RACK /SBBR

- Accommodates 10 barbells
- Molded urethane guards protect frame from paint chips and scratches



**SINGLE TIER
DUMBBELL RACK /SDR1**

- Accommodates five pairs of dumbbells
- Integrated labeling system for dumbbell placement



OLYMPIC WEIGHT TREE /SOWT

- Six weight horns accommodate up to twenty 45 lb weight plates
- Integrated weight horn labels identify plate storage positions



PRO2 SERIES

This is strength equipment that stands up to pretty much anything while always delivering great results. Pro2 Series, with its traditional paths of motion, supports exercisers as they push themselves to achieve their goals.



CHEST PRESS /PSCPSE

- Pressing arm adjusts in five positions for multiple range-of-motion preferences
- Built-in foot bar enhances user stabilization



PECTORAL FLY /PSPECSE

- Machine arms pivot to accommodate different size users
- Built-in foot bar enhances user stabilization
- 5-position adjustable start mechanism for individual range-of-motion preferences



**PECTORAL FLY/
REAR DELTOID /PSFLYSE**

- Incorporates two different exercise choices in one machine
- Machine arms pivot to accommodate individual forearm length and natural path of motion
- Handle positions are optimized to eliminate readjusting the seat between exercises



SEATED ROW /PSRWSE

- Overhead pivot creates natural arc of motion
- Multiple hand positions provide variety for mid- or upper-back exercises



LAT PULLDOWN /PSPDSE

- Thigh pads easily adjust to provide stability and comfort
- Straight-bar with angled ends ensures correct arm and wrist position throughout motion



FIXED PULLDOWN /PSFPDSE

- Defined path of motion ideal for circuit training
- Angled seat and hand grips encourage proper exercise position

Images not to scale. SE version shown in image.

PRO2 SERIES



SHOULDER PRESS / PSSPSE

- Choice of grips includes a neutral position for individual preference and anatomical limitations
- Seat position provides range-of-motion adjustment



LATERAL RAISE / PSLRSE

- Pad positions are optimized for middle deltoid muscle stimulation
- Pivoting handles accommodate users of all sizes



BICEPS CURL / PSBCSE

- Arm pad is angled for stability and limits unwanted shoulder movement
- Pivot is positioned for ideal alignment and angled hand grips reduce wrist strain



LEG EXTENSION / PSLESE

- All adjustments are accessible from the seated position
- Standard adjustable start position on Pro2 SE model provides five positions for individual preferences



LEG CURL / PSLCSE

- Divergent angle between hip and chest pads minimizes lower-back stress
- Standard adjustable start position on Pro2 SE model provides five positions for individual preferences



SEATED LEG CURL / PSSLCSE

- Back pad adjusts from seated position for correct alignment with clearly marked axis of rotation
- Adjustable thigh pad with handles enhances stabilization
- Standard adjustable start position on Pro2 SE model provides five positions for individual preferences



TRICEPS EXTENSION / PSTESE

- Angled seat and arm pads enhance stability during exercise
- Handle pivots automatically to accommodate varying forearm lengths



ASSIST DIP CHIN / PSADCSE

- Incorporates two different exercises in one machine
- Knee pad folds down and away from user for unassisted training
- Multi-position handles allow for exercise variety and accommodate different size users



SEATED LEG PRESS / PSSLPSE

- Maintenance-free, chrome steel rails offer an exceptionally smooth motion
- User positioning and pressing angles are biomechanically optimized



HIP & GLUTE / PSHGSE

- Trains glutes, hip flexors, hip abductors and adductors
- Bidirectional cam system has immediate resistance pick-up
- Platform height adjusts to accommodate users of all sizes



HIP ADDUCTION / PSHADSE

- Ratchet mechanism allows users to adjust start position in 10-degree increments
- Knee pads and dual foot positions provide leg support and reduce torque around the knees



HIP ABDUCTION / PSHABSE

- Adjustable start position facilitates easy entry and exit
- Front-mounted stack acts as privacy screen

PRO2 SERIES



STANDING CALF / PSSCSE

- Nine Pad Height Positions: Accommodates different size users
- Contoured Non-Slip Foot Plate: Allows users' ankles a full range of motion



HORIZONTAL CALF / PSHCSE

- Force is transmitted through the hips to minimize spinal compression
- Adjustable back pad accommodates users of all sizes

WHAT'S YOUR PRO2 CHOICE?



PRO2*

- 1 Lift-and-lock seat mechanism adjusts in 1/2" increments for precise alignment
- 2 Half-plate (7.5 lbs/3.4 kg) increment weight system
- 3 Powder-coat frame finish, white and platinum standard (SE or custom colors available)
- 4 Molded foam cushions covered with black upholstery standard (SE or custom colors available)
- 5 Easy-to-adjust rotary tibia adjustment
- 6 Optional rear shroud available

**Not available in European countries.*

PRO2 SE

- 1 Easy-to-adjust spring-assisted roller seat adjustment
- 2 Integrated increment weight system provides convenient method to increase resistance in 5-lb (2.5 kg) increments, plus 25-lb (11.3 kg) increment weights
- 3 Powder-coat frame finish. Nine colors standard (premium and custom colors available)
- 4 Molded foam cushions covered with your choice of 30 standard upholstery colors (custom colors available)
- 5 Remote actuated tibia adjustment mechanism allows adjustment to be easily made from the seated position
- 6 Full rear weight stack shroud creates a clean and streamlined look throughout your facility (optional full front shroud available)
- 7 Start position is adjustable in five 10-degree increments



ABDOMINAL CRUNCH / PSABCSE

- Unique AbCam™ System designed with dual pivot motion replicates natural abdominal-crunch movement
- Counterbalanced workarm provides low start resistance
- Two foot pegs ensure comfort with no adjustments for users of all sizes



BACK EXTENSION / PSBESE

- 5-position adjustable start mechanism caters to individual range of motion or physical limitations
- Two non-slip foot positions appeal to different user sizes
- Lumbar pad helps users easily find correct position relative to axis of rotation



OPTIMA SERIES

This line blends reliability and high style into a wide range of compact strength equipment. This versatile equipment, which now also includes multi-exercise machines, delivers more challenges in less space and simplifies strength training so people can meet their goals.



CHEST PRESS /OSCP

- Handle design allows for overhand and neutral hand position targeting specific muscle groups
- Adjustable seat accommodates varying user heights



SEATED ROW /OSRW

- Handle design allows for underhand and neutral hand position targeting specific muscle groups



LAT PULLDOWN /OSPD

- Angled knee pad accommodates varying tibia lengths without the need for an adjustment
- Counterbalanced workarm ensures a low start resistance
- Adjustable seat accommodates varying user heights



SHOULDER PRESS /OSSP

- Counterbalanced workarm ensures a low start resistance
- Adjustable seat accommodates varying user heights



BICEPS CURL /OSBC

- Handle pivots automatically to accommodate varying forearms lengths
- Adjustable seat accommodates varying user heights and ensures correct shoulder and arm position



TRICEPS EXTENSION /OSTE

- Handle pivots automatically to accommodate varying forearms lengths
- Adjustable seat accommodates varying user heights and ensures correct shoulder and arm position
- Built-in foot hold stabilizes body

OPTIMA SERIES



LEG PRESS /OSLP

- Large anti-slip foot platform ensures correct foot position
- Back pad adjusts to 11 positions to accommodate various user sizes



LEG EXTENSION /OSLE

- Adjustable pad accommodates varying tibia lengths
- Adjustable back pad that accommodates various user sizes



LEG CURL /OSLC

- Adjustable pad accommodates varying tibia lengths
- Divergent angle between hip and chest pads minimizes lower back stress



MULTI PRESS /OSMP

- Adjustable press arm keeps the user in a favorable vertical position for all exercises
- Press arm adjusts easily with a single gas-assisted adjustment
- Adjustable seat accommodates varying user heights



PEC FLY/REAR DELT /OSFLY

- Handles rotate to accommodate different user arm lengths
- Accommodates different size users without the need for adjustments between exercises
- Independent arms optimize variety and feel



LAT PULLDOWN/LOW ROW /OSLR

- Provides two traditional back exercise movements, targeting the entire back and rear shoulder muscle groups
- Angled roller pads comfortably accommodate differently sized users without the need for additional adjustments



ABDOMINAL /OSAB

- Built-in foot hold enhances user stabilization
- Flexible handles accommodate varying user sizes



DUAL ADJUSTABLE PULLEY /OSDAP

- User-friendly single-hand carriage adjustment
- Full front and rear transparent shrouds (standard) for safety and a clean design



SMITH/RACK /OSSM

- Rack in front allows for training with an Olympic Bar
- Smith bar travels at 7° angle to replicate the body's natural motion
- Convenient walk-through design



BICEPS/TRICEPS /OSBT

- Easy entry and exit, with no adjustments between exercises
- Cabled at a 1:1 ratio for an effective user resistance that is equal to the weight stack



LEG EXTENSION/CURL /OSLEC

- User can quickly transition between exercises with one easy spring assisted adjustment
- Back and tibia pad adjustment easily adjust for a custom fit for users of all sizes



HIP ABDUCTOR/ADDUCTOR /OSHAA

- Durable dual-resistance mechanism and swivel pads allow user to work both inner and outer thighs
- Simple single adjustment for 10-degree increments allows users a comfortable range-of-motion start position
- Tower is positioned in front to provide privacy for the user

OPTIMA SERIES



ADJUSTABLE BENCH /OSADJ

- Adjust to six different angles from 0–80 degrees
- Wheels allow easy mobility
- Fixed lumbar support adds extra comfort and stability



VERTICAL DUMBBELL RACK /OSDBV

- Vertical space-saving design holds six pairs* of dumbbells (5-30 lb/2-14 kg DBs)



3 TIER DUMBBELL RACK /OSDB3

- Space efficient design holds up to 10 pairs* of dumbbells, (5-50 lbs/2-23 kg DBs)
- Angled for easy loading

*Images not to scale.
Total amount dependent on product brand and dumbbell diameter.



FIT SERIES



FIT SERIES

Make the most of what you got.

Fit Series is affordable, attractive strength training equipment that accommodates full-body workouts. For small spaces and tight budgets, choose this durable equipment from the biggest name in fitness.



FIT 1.0 CM /FSFCM1

- Cable Motion™ technology offers virtually unlimited, user-defined exercise variety
- Three integrated pulley zones provide total-body exercise
- Adjustable bench accommodates seated exercises and can be removed for stability ball or standing exercises



FIT 3 MULTI-GYM /FSF3

- Three weight stacks enable use by up to three users at the same time
- Users can efficiently perform a total-body workout with easy adjustments between exercises
- Corner unit design for maximum space optimization

Images not to scale.