



901 PFC DFCK

Bilateral and unilateral.
Adjustable seat.
Aluminum footplate.
Fully welded frame.
2:1 pulleys reduce effort by half.
150 lb weight stack (upgrade available).

Dimensions: 63 x 43 x 76.25 ir Shipping Weight: 511 lbs.



900 CHEST PRESS

70° seat angle. Horizontal and neutral grip positions. Foot lever assist. Fully welded frame. 200 lb weight stack (upgrade available).

Dimensions: 57.75 x 54.5 x 74.25 in. Shipping Weight: 615 lbs.



972 LYING CHEST PRESS

45½ by 10½ inch pad.
Steel stack shrouds.
Aviation-grade cabling.
200 lb weight stack (upgrade available).

Dimensions: 71 x 53 x 74.25 in. Shipping Weight: 588 lbs.



991 UNILATERAL CHEST PRESS

Converging arm motion.
Steel stack shrouds.
Aviation-grade cabling.
2:1 pulleys reduce effort by half.
200 lb weight stack (upgrade available).

Dimensions: 44 x 29.75 x 74.25 in. Shipping Weight: 544 lbs.



902 SHOULDER PRESS

70° seat angle. Horizontal and neutral grip positions. 15 lb starting weight. Fully welded frame. 200 lb weight stack (upgrade available).

Dimensions: 58.5 x 53 x 74.25 in Shipping Weight: 610 lbs.



990 UNILATERAL SHOULDER PRESS

15 lb starting weight per arm. Converging arm motion. Neutral and barbell grips. 2:1 pulleys reduce effort by half. 200 lb weight stack (upgrade available).

Dimensions: 47 x 38.75 x 74.25 in. Shipping Weight: 544 lbs.



943 NECK MACHINE

Weight stack in 5 lb. increments. Works the neck in 4 directions. Adjustable seat and four hand grips. Fully welded frame. 75 lb weight stack (upgrade available).

Dimensions: $55.5 \times 30.5 \times 57.5$ in. Shipping Weight: 482 lbs.



962 LATERAL RAISE

70° seat angle.
Compact dimensions.
Adjustable seat height.
2:1 pulleys reduce effort by half.
150 lb weight stack (upgrade available).

Dimensions: 46 x 40 x 47.5 in. Shipping Weight: 562 lbs.



910 TRICEP EXTENSION

Self-aligning handle.
Adjustable seat & back pad.
10° seat angle.
Fully welded frame.
150 lb weight stack (upgrade available).

Dimensions: 50.5 x 28 x 74.25 in. Shipping Weight: 500 lbs.



967 STANDING TRICEP

Aviation-quality cable. High durometer pulleys. Steel stack shrouds. 150 lb weight stack (upgrade available).

Dimensions: 36.5 x 40.5 x 87.5 in. Shipping Weight: 417 lbs.



908 BICEP CURL

Handle angled for wrist comfort. Contoured 12½ x 24½ inch pad. Fully welded frame. 150 lb weight stack (upgrade available).

Dimensions: 50.75 x 38.5 x 74.25 in. Shipping Weight: 467 lbs.



966 STANDING BICEP

Biomechanically-friendly free cable movement. Rotating, rubber coated handles. 150 lb weight stack (upgrade available).



906 SFATED ROW

Only two frame bolts for rigidity and easy maintenance. Deep 381/4 inch bench. Supplied with V-grip handle. 200 lb weight stack (upgrade available).

Dimensions: 98 x 24 x 89 in. Shipping Weight: 630 lbs.



904 VERTICAL ROW

Adjustable seat and sternum pad. Horizontal and neutral grip positions. Fully welded frame. 200 lb weight stack (upgrade available).

Dimensions: $58.5 \times 49.75 \times 74.25$ in. Shipping Weight: 580 lbs.



903 LEVER LAT PULLDOWN

Adjustable knee pad. Horizontal and neutral grip positions. Steel stack shrouds. Fully welded frame. 200 lb weight stack (upgrade available).

Dimensions: 77.5 x 50 x 74.25 in. Shipping Weight: 605 lbs.



905 LAT PULLDOWN

Adjustable knee pad. Revolving lat bar. Steel stack shrouds. Fully welded frame. 200 lb weight stack (upgrade available).

Dimensions: 65.5 x 48 x 90 in. Shipping Weight: 460 lbs.



907 LOW BACK

Seat belt supplied for added stability. Steel stack shrouds. Aviation-grade cabling. 300 lb weight stack (upgrade available).

Dimensions: 46 x 38.5 x 74.25 in. Shipping Weight: 596 lbs.



916 TOTAL HIP COMBO

Full range training of the hip joint: flexion, extension, abduction and adduction.

Roller pad is adjustable for varying leg lengths. Nine starting positions over a 240-degree range. 24 by 24-inch checker footplate, 16" long rubber hand grips.
Fully welded frame.

150 lb weight stack (upgrade available).

Dimensions: 61 x 25 x 70.5 in.



941 AB CRUNCH

Adjustable seat and starting position. Smooth pillow block bearings. Aviation-grade cabling. 150 lb weight stack (upgrade available).

Dimensions: 60 x 38.5 x 74.25 in. Shipping Weight: 422 lbs.



947 GLUTE PRESS

Curvilinear glute activation. Steel stack shrouds. Adjustable belly pad. 150 lb weight stack (upgrade available).

Dimensions: 38.5 x 28 x 74.25 in. Shipping Weight: 434 lbs.



915 STANDING CALF

Narrow, angled footplate for sure footing and full range of movement.

Adjustable starting position.

2-inch thick, top-stitched shoulder pads.

300 lb weight stack (upgrade available).

Dimensions: 53 x 26.5 x 80.5 in Shipping Weight: 654 lbs.



914 SUPINE LEG PRESS

Safely perform squats with proper form and reduced back strain. Closed linear bearings on solid steel rods for uncommon smoothness and less long term maintenance.

18 by 30-inch footplate.
300 lb weight stack (upgrade available).

Dimensions: 75.75 x 48 x 74.25 in.



931 SEATED LEG PRESS

Adjustable back pad.

Places lifting pressure on low back instead of the shoulders. 300 lb weight stack (upgrade available).

Dimensions: 73.5 x 47 x 74.25 in. Shipping Weight: 1031 lbs.



911 LEG EXTENSION

Adjustable back support. Fully welded frame. Aviation-grade cabling. 200 lb weight stack (upgrade available).

Dimensions: 71.5 x 36 x 74.25 in Shipping Weight: 522 lbs.



912 LEG CURL

Two-piece, 42½-inch long pad. Steel stack shrouds. Aviation-grade cabling. 150 lb weight stack (upgrade available).

Dimensions: 65 x 35 x 74.25 in. Shipping Weight: 594 lbs.



970 STANDING LEG CURL

More constant resistance to hit the "peak" of the hamstrings.
Fully welded frame.
Aviation-grade cabling.
150 lb weight stack (upgrade available).

Dimensions: 54 x 30 x 74.25 in. Shipping Weight: 496 lbs.



956 SEATED LEG CURL

Upholstered rollers. Fully welded frame. Adjustable seat back. 150 lb weight stack (upgrade available).

Dimensions: 58.75 x 36.75 x 74.25 in. Shipping Weight: 510 lbs.



949 INNER THIGH

Adjustable starting position. Dual, chrome-plated foot pegs. Fully welded frame. 100 lb weight stack.

Dimensions: 50 x 60 x 74.25 in. Shipping Weight: 600 lbs.



950 OUTER THIGH

Adjustable seat and starting position. Dual, chrome-plated foot pegs. Easily accessible weight stack. 100 lb weight stack.

Dimensions: 50 x 60 x 74.25 in. Shipping Weight: 600 lbs.



951 HI/LOW PULLEY COMBO

Two roll grip handles placed at upper and lower extremities. Oscillating pulleys for freedom of motion. Vertical handle for stability. Fully welded frame.

2:1 pulleys reduce effort by half. 150 lb weight stack (upgrade available).

Dimensions: 52 x 36.5 x 90.5 in. Shipping Weight: 480 lbs.



952 ADJUSTABLE CABLE COLUMN

Chrome-plated column. Laser cut numbering. Swiveling pulleys. 2:1 pulleys reduce effort by half. 150 lb weight stack (upgrade available).

Dimensions: 40.75 x 36.5 x 90.5 in.



933 DIP/CHIN ASSIST

Wide and neutral chin bar grips. Solid guide rods. Linear bearings. 200 lb weight stack (upgrade available).



957 SEATED LOW BACK/AB COMBO

Weight stack accessible from the exercise position. Seat belt for stability. Upholstered rollers. Fully welded frame. Single pop pin switches between exercises. 300 lb weight stack.

Shipping Weight: 721 lbs.



946 STANDING BICEP/TRICEP COMBO

Seamless exchange between curls and pulldowns. Steel stack shrouds Aviation-grade cabling. Fully welded frame. 2:1 pulleys reduce effort by half. 150 lb weight stack (upgrade available).

Shipping Weight: 488 lbs.



942 REAR DELT/PEC FLY COMBO

Unilateral, pivoting arms adjust to arm length. Dual position hand grips. Starting position is adjustable over a 90° range. Two pop pins to switch between delts and pecs. 2:1 pulleys reduce effort by half. 150 lb weight stack (upgrade available).

Dimensions: 41 x 55 x 76.25 in.



3228 PRO SERIES SEATED LAT/FLOOR ROW

300 lb. weight stack in 10 lb. increments. Thigh rollers and footplates adjust for height

Exchange snap links to trade between exercises.

Dimensions: 73 x 69.5 x 96 in. Shipping Weight: 951 lbs.



971 PRO SERIES LAT PULLDOWN/LOW ROW COMBO

Simply swap the knee rollers for the foot plates to change exercises. 300 lb. weight stack in 10 lb. increments.

Extended seat accommodates users of all statures. Frame wearguards up top protect the finish. Only two frame bolts.

Dimensions: 93.25 x 48 x 96.5 in. Shipping Weight: 848 lbs.

945 SEATED LAT/LOW ROW **COMBO**

Like the 971, but without pulley reduction. Separate snap link and cable for the row. Long seat for short and tall users. 200 lb weight stack (upgrade available).

Dimensions: 91.25 x 29 x 91 in. Shipping Weight: 653 lbs.



918 LEG EXTENSION/LEG CURL

Seat back adjusts for leg length. Multiple starting positions and adjustable thigh roller. Single pop pin switches between exercises. 200 lb weight stack (upgrade available).

Dimensions: 50 x 37 x 74.25 in. Shipping Weight: 680 lbs.



964 INNER/OUTER THIGH

Seat back adjusts for leg length. Multiple starting positions. 2-position foot bars. Single pop pin switches between exercises. 2:1 pulleys reduce effort by half. 200 lb weight stack.

Dimensions: 41 x 59 x 63 in. Shipping Weight: 661 lbs.



963 MULTI PRESS

Flat bench press, two incline presses, and a military press in one. Backrest angles: 30°, 45° and 75°. Five arm positions and two sets of handles. 2:1 pulleys reduce effort by half. 200 lb weight stack (upgrade available).

Dimensions: 80.25 x 54.5 x 74.25 in. Shipping Weight: 726 lbs.



953 FUNCTIONAL TRAINER

Wide and neutral grip pull-up bar. Composite pulleys on high quality bearings. Chrome-plated adjustment columns with laser cut numbers. 20 floor-to-top pulley positions. Dual stacks allow single use or two simultaneous users. Supplied with 53.5-inch knurled long bar and two nylon grip web handles. Accessory hooks on the top rear crossmember keep attachments at the ready. Aviation-grade cabling. 2:1 pulleys reduce effort by half. 150 lb weight stacks (upgrade available).

Dimensions: 57.6 x 68.6 x 93.75 in.



965 COMBO JUNGLE

Unites four combo machines with a cable crossover.

Fully welded uprights. Offset multi grip pull-up bar.

Cable Crossover: Two 150 lb weight stacks with 2:1 reduction.

Multi Press Combo: 200 lb weight stack.

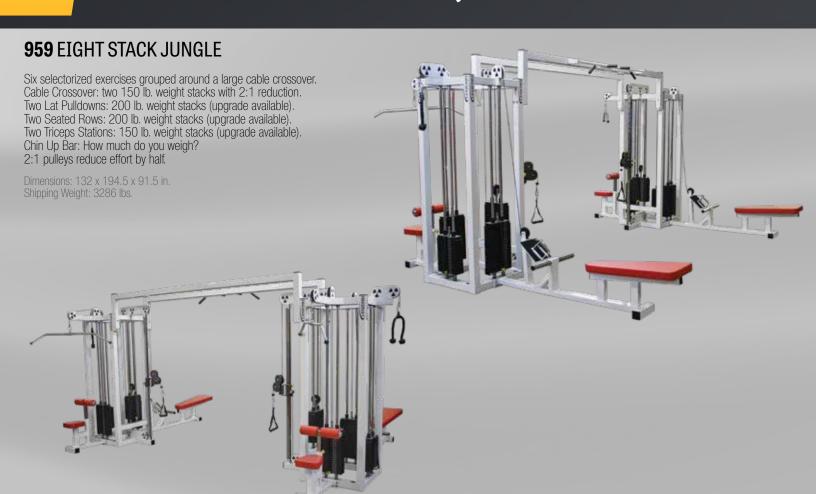
Leg Extension/Curl Combo: 200 lb weight stack.

Lat Pulldown/Row Combo: 200 lb weight stack. Bicep/Tricep Combo: 150 lb weight stack. Multi Grip Pull-Up Bar: How much do you weigh?

2:1 pulleys reduce effort by half. Upgrades available for all weight stacks.

Dimensions: 158 x 142.5 x 91.25 in. Shipping Weight: 2839 lbs.





958 FOUR STACK JUNGLE



960 CABLE CROSSOVER PLUS

Adjustable cable crossover w/seated row and lat pulldown.

Floating chin up bar.

Five users can train at once.

Adjustable Cable Crossover: 150 lb weight stack (upgrade available). Seated Row and Lat Pulldown: 200 lb weight stack (upgrade available).

2:1 pulleys reduce effort by half.

Dimensions: 119 x 146 x 93 in. Shipping Weight: 1826 lbs.



919 CABLE CROSSOVER

Two sets of upper and lower 180° swivel pulleys. Multi-grip pull-up station. Ballet bar on each column. 2:1 pulleys reduce effort by half. 150 lb weight stacks (upgrade available).

Dimensions: 139 x 40.5 x 93.5 in. Shipping Weight: 790 lbs.



Lower and upper handle





954 CABLE CROSSOVER W/ADJUSTABLE PULLEYS

Swiveling pulleys adjust to 23 positions in three-inch increments. Chrome-plated adjustment tube with laser etched numbers. Offset multi grip chin up bar. 2:1 pulleys reduce effort by half. 150 lb weight stacks (upgrade available).

Dimensions: 138 x 40.5 x 90.25 in. Shipping Weight: 1116 lbs.

