



SPIRIT



S
SEATED
CHEST
PRESS

SPIRIT

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

COMMERCIAL STRENGTH



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

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SELECTORIZED

SP-15 SERIES



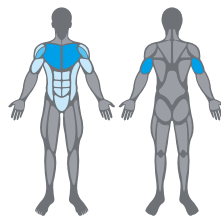
Chest Press

SP-1504



FEATURES

- Independent movement arms to help with improving strength balance
- Push-pin range of motion adjusters on each hand grip for in-hand convenience
- Overhead pivot follows body's natural movement for pressing motion
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



PRODUCT DIMENSION	1571 x 1062 x 1713mm
WEIGHT STACK	116kg/255lb (10lb x 6pcs + 15lb x 13pcs)
PRODUCT WEIGHT	283kg

- Primary Muscles ●
- Secondary Muscles ●
- Stabilizers ●

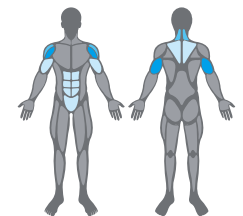
Shoulder Press

SP-1502



FEATURES

- Back pad is adjustable into 3-positions to let user determine desired pressing angle
- Both bar and neutral hand grips to allow user preference or shoulder limitations
- Neutral grip press is functional in life and mimics putting items up overhead
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



PRODUCT DIMENSION	1572 x 1536 x 1507mm
WEIGHT STACK	91kg/200lb (10lb x 5pcs + 15lb x 10pcs)
PRODUCT WEIGHT	278kg

- Primary Muscles ●
- Secondary Muscles ●
- Stabilizers ●

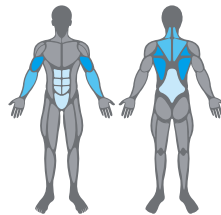
Lat Pulldown

SP-1501



FEATURES

- Independent movement arms to help with improving strength balance
- Hand grips swivel to let user determine their own comfortable hand wrist positioning
- Rotating to a neutral grip during a pulldown engages arm muscles advantageously
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1302 x 1644 x 2132mm
WEIGHT STACK	116kg/255lb (10lb x 6pcs + 15lb x 13pcs)
PRODUCT WEIGHT	304kg

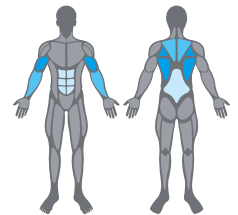
Traditional Lat Pulldown

SP-1522



FEATURES

- Traditional Lat Pulldown is one of the most popular and effective machines in a gym
- Resistance ration is 1:1 which is rare for a fitness machine
- Adjustable thigh pads for stabilization
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1352 x 1012 x 2157mm
WEIGHT STACK	113kg/250lb (10lb x 1pcs + 20lb x 12pcs)
PRODUCT WEIGHT	286kg

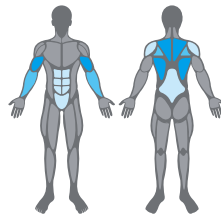
Seated Row

SP-1507



FEATURES

- Chest pad is attached to a 4-bar linkage for a smooth secure positioning
- Hand grips swivel to let user determine their own comfortable hand wrist positioning
- Accessory hand grip and foot plates allow lots of stabilization when using unilaterally
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1191 x 1515 x 1507mm
WEIGHT STACK	116kg/255lb (10lb x 6pcs + 15lb x 13pcs)
PRODUCT WEIGHT	276kg

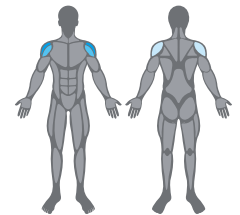
Lateral Raise

SP-1525



FEATURES

- User faces inward to better align pivot point of the machine with the shoulders
- Adjustable chest and seat to help with alignment of machines pivot point
- Roller pads help with misalignment or if user is a smaller individual
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1015 x 1181 x 1507mm
WEIGHT STACK	91kg/200lb (10lb x 5pcs + 15lb x 10pcs)
PRODUCT WEIGHT	259kg

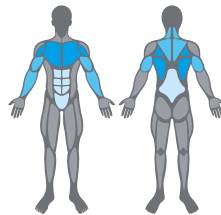
Dip Chin Assist

SP-1517



FEATURES

- Machine uses a weight stack to offset the users own body weight
- Using a reduced body weight provides an opportunity to incrementally build strength
- Kneeling platform for dips can be lowered and handles rotate to fit shoulder widths
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



- Primary Muscles ●
- Secondary Muscles ●
- Stabilizers ●

PRODUCT DIMENSION	1382 x 1500 x 2229mm
WEIGHT STACK	113kg/250lb (10lb x 7pcs + 15lb x 12pcs)
PRODUCT WEIGHT	297kg

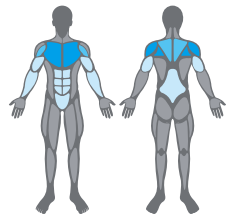
Pec Fly / Rear Delt

SP-1519



FEATURES

- Machine challenges both the Pectoralis muscles and the Rear Deltoids
- Sit facing-out to strengthen the chest with the vertical handles and front adjusters
- Sit facing-in to strengthen the back with the horizontal handles and rear adjustment
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



PRODUCT DIMENSION	1391 x 1287 x 2113mm
WEIGHT STACK	113kg/250lb (10lb x 9pcs + 20lb x 6pcs)
PRODUCT WEIGHT	282kg

- Primary Muscles ●
- Secondary Muscles ●
- Stabilizers ●

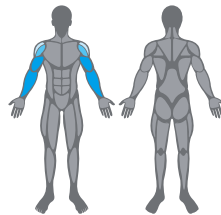
Biceps Curl

SP-1506



FEATURES

- Arm pad is angled downward to reduce shoulders lifting while curling
- Aligned elbow with machines axis of rotation provides for good Biceps isolation
- Curling bar is counterbalanced and pivots to adjust for forearm lengths
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



PRODUCT DIMENSION	1382 x 942 x 1507mm
WEIGHT STACK	91kg/200lb (10lb x 5pcs + 15lb x 10pcs)
PRODUCT WEIGHT	213kg

Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

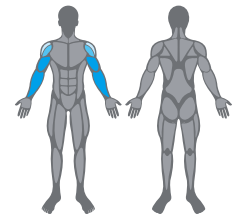
Biceps Curl - Independent

SP-1529



FEATURES

- Independent movement arms to help with improving strength balance
- Exercise occurs in the anatomical position and is focused on the Biceps
- Arm positioning is effective as it decreases involvement of other muscle groups
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



PRODUCT DIMENSION	1359 x 1134 x 1507mm
WEIGHT STACK	91kg/200lb (10lb x 5pcs + 15lb x 10pcs)
PRODUCT WEIGHT	263kg

Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

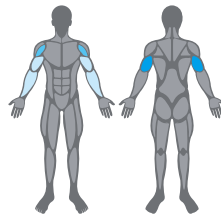
Triceps Extension

SP-1528



FEATURES

- Arm pad is angled downward to reduce shoulders lifting while extending arms
- Aligned elbow with machines axis of rotation provides for good Triceps isolation
- Triceps bar is counterbalanced and pivots to adjust for forearm lengths
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



PRODUCT DIMENSION	1203 x 942 x 1507mm
WEIGHT STACK	91kg/200lb (10lb x 5pcs + 15lb x 10pcs)
PRODUCT WEIGHT	223kg

Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

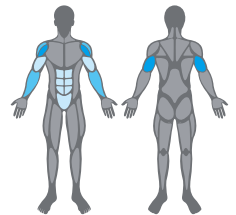
Triceps Press

SP-1508



FEATURES

- User faces inward with no chest pad to allow for individualized body positioning
- Pressing arms are independent for greater Triceps challenge and is very effective
- Seat and thigh pads adjust for user preference and secure positioning
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



PRODUCT DIMENSION	1108 x 1775 x 1507mm
WEIGHT STACK	113kg/250lb (10lb x 7pcs + 15lb x 12pcs)
PRODUCT WEIGHT	279kg

Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

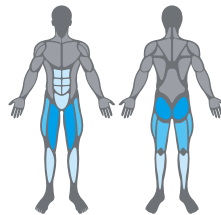
Seated Leg Press

SP-1509



FEATURES

- Seat pads and carriage are angled to allow for a comfortable squat motion
- Large footplate for a lot of variety and individualized positioning
- Lower Foot platform and handle to assist with entry and exit of machine
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1881 x 1095 x 1507mm
WEIGHT STACK	168kg/370lb (10lb x 1pcs + 20lb x 18pcs)
PRODUCT WEIGHT	360kg

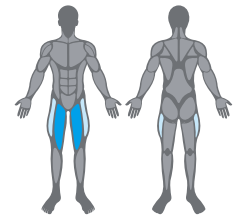
Leg Extension

SP-1510



FEATURES

- User is positioned reclined to help with stabilization and full Quadriceps extension
- Push-pin release handle at user's side makes adjusting lower roller pad convenient
- Range of motion adjuster and 4-bar linkage back pad for desired set-up
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1162 x 1562 x 1507mm
WEIGHT STACK	116kg/255lb (10lb x 6pcs + 15lb x 13pcs)
PRODUCT WEIGHT	296kg

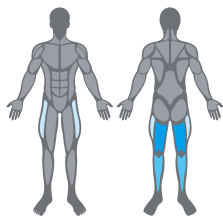
Seated Leg Curl

SP-1505



FEATURES

- User is positioned reclined to help with stabilization and full Hamstrings contraction
- Push-pin release handle at user’s side makes adjusting lower roller pad convenient
- Range of motion adjusters and thigh hold down pad for desired set-up
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



- Primary Muscles ●
- Secondary Muscles ●
- Stabilizers ●

PRODUCT DIMENSION	1119 x 1497 x 1507mm
WEIGHT STACK	116kg/255lb (10lb x 6pcs + 15lb x 13pcs)
PRODUCT WEIGHT	293kg

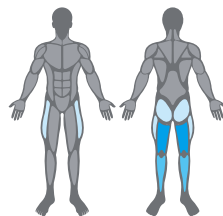
Prone Leg Curl

SP-1514



FEATURES

- Hip pads control motion of the upper thighs allowing for effective Hamstrings curls
- Angled pads disengage the Quadriceps muscles encouraging full Hamstrings contraction
- Push-pin release handle at user’s side makes adjusting lower roller pad convenient
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



- Primary Muscles ●
- Secondary Muscles ●
- Stabilizers ●

PRODUCT DIMENSION	1539 x 1110 x 1507mm
WEIGHT STACK	113kg/250lb (10lb x 7pcs + 15lb x 12pcs)
PRODUCT WEIGHT	256kg

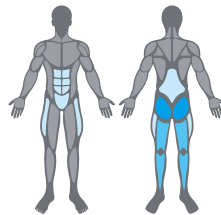
Standing Glute

SP-1520



FEATURES

- Positioning simulates a Glute kickback, keeping foot low to ground while extending back
- Vertical stabilization grips without a chest pad encourages greater core activation
- Foot bar swivels for use with each training leg
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



PRODUCT DIMENSION	1841 x 976 x 1510mm
WEIGHT STACK	113kg/250lb (10lb x 7pcs + 15lb x 12pcs)
PRODUCT WEIGHT	265kg

Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

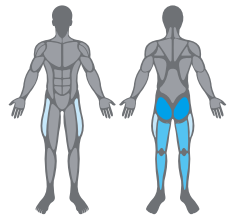
Hip Drive

SP-1527



FEATURES

- Machine is based on the popular barbell hip extension exercise for Glute training
- Seat pad pivots and adjusts linearly for comfortable foot placement
- With feet on footplate and hip strap on, press straight up for hip extension
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



PRODUCT DIMENSION	1846 x 840 x 1507mm
WEIGHT STACK	116kg/255lb (10lb x 6pcs + 15lb x 13pcs)
PRODUCT WEIGHT	278kg

Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

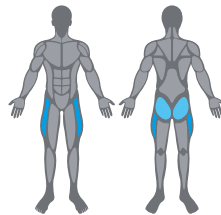
Hip Abduction / Adduction

SP-1526



FEATURES

- Dual hip machine is ideal where space is limited
- Thigh pads rotate while staying seated to adjust between exercises
- Tower positioned in front gives privacy and handles help with entry and exit
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1606 x 826 x 1507mm
WEIGHT STACK	113kg/250lb (10lb x 7pcs + 15lb x 12pcs)
PRODUCT WEIGHT	277kg

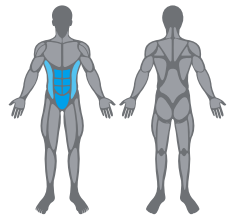
Abdominal Crunch

SP-1511



FEATURES

- User is positioned with hands gripping handles overhead and elbows on pads
- Movement is initiated by driving elbows down into pads creating rotation
- Range of motion begins from normal spinal extension and is effective for Abdominals
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1491 x 1159 x 1507mm
WEIGHT STACK	113kg/250lb (10lb x 7pcs + 15lb x 12pcs)
PRODUCT WEIGHT	245kg

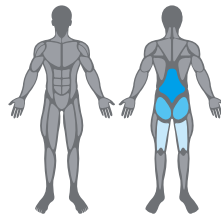
Back Extension

SP-1503



FEATURES

- Push-pin release handle at user's side makes adjusting roller pad convenient
- Range of motion adjustment knob for setting the desired starting angle
- Rubber coated foot plates help with lower body stabilization
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1374 x 1141 x 1507mm
WEIGHT STACK	113kg/250lb (10lb x 7pcs + 15lb x 12pcs)
PRODUCT WEIGHT	262kg

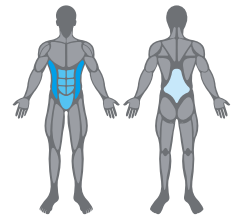
Torso Rotation

SP-1521



FEATURES

- Machine trains the Obliques with axial rotation while lower body is stabilized
- Large thigh pads and chest pads provide a reference point for rotation
- Seat adjustment helps to align chest and overhead adjusters for range of motion
- Two-stage increment weight system is integrated into the top weight plate
- Top of the weight stack tower holds personal belongings



Primary Muscles ●
Secondary Muscles ●
Stabilizers ●

PRODUCT DIMENSION	1002 x 1353 x 2010mm
WEIGHT STACK	91kg/200lb (10lb x 5pcs + 15lb x 10pcs)
PRODUCT WEIGHT	275kg

SELECTORIZED

SP-35 SERIES



Lat Pulldown

SP-3501



FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Horizontal grips with natural diverging path of motion
- Seat is angled forward slightly to encourage proper user positioning
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1522 x 1430 x 1852mm / 60" x 56" x 73"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	262kg / 578lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1300 x 1220 x 430mm
CARTON D	590 x 500 x 290mm

Shoulder Press

SP-3502



FEATURES

- Horizontal and parallel grip options for users with shoulder limitations
- Unilateral and bilateral converging path of motion
- Seat provides range of motion adjustment
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1530 x 1540 x 1592mm / 60" x 61" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	254kg / 560lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1300 x 1220 x 430mm
CARTON D	590 x 500 x 290mm

Back Extension

SP-3503



FEATURES

- Roller pad self-adjusts for ideal positioning across upper back
- Adjustable range of motion to fit users' capabilities and preferences
- Foot bar allows for lower body stabilization during exercise
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1057 x 1298 x 1592mm / 42" x 51" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	231kg / 509lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 310mm
CARTON C	590 x 500 x 290mm

Seated Chest Press

SP-3504



FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Unilateral and bilateral converging path of motion
- Back pad adjusts for proper range of motion
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1107 x 1405 x 1592mm / 44" x 55" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	245kg / 540lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1100 x 1100 x 470mm
CARTON D	590 x 500 x 290mm

Seated Leg Curl

SP-3505



FEATURES

- Adjustable roller and back pads provide proper positioning with the machine's axis of rotation
- Angled user positioning helps with stabilization during exercise
- Seat pad is sized to allow full hamstrings muscle contraction
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1156 x 1407 x 1592mm / 46" x 55" x 63"
WEIGHT STACK	110kg / 240lbs (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	257kg / 567lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 170mm
CARTON C	1240 x 1000 x 300mm
CARTON D	590 x 500 x 290mm

Seated Biceps Curl

SP-3506



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
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1379 x 894 x 1592mm / 54" x 35" x 63"
WEIGHT STACK	90kg / 195lb (15lb x 13 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	195kg / 430lb
CARTON DIMENSION	
CARTON A	1530x840x250mm
CARTON B	1530x840x310mm
CARTON C	590 x 500 x 290mm

Seated Row

SP-3507



FEATURES

- Grips pivot and rotate to self-adjust and help maintain focus on back muscles
- Adjustable seat and chest pad provide ideal positioning and proper pulling technique
- Unilateral and bilateral motions for correcting muscle imbalances
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1534 x 1064 x 1592mm / 60" x 42" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	245kg / 540lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1520 x 1000 x 475mm
CARTON D	590 x 500 x 290mm

Seated Triceps Press

SP-3508



FEATURES

- Slight forward positioning allows for greater range of motion in shoulders
- Grips rotate in or out to allow for varying user shoulder widths
- Four bar linkage keeps grips level and wrist positioning neutral
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1227 x 1067 x 1592mm / 48" x 42" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	236kg / 520lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1170 x 1070 x 270mm
CARTON D	590 x 500 x 290mm

Leg Press

SP-3509



FEATURES

- Large foot platform increases movement variety including calf exercises
- Forward hand grip assists with entry and exit from machine
- Angled sled provides for a smooth pressing motion
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1890 x 1105 x 1592mm / 74" x 44" x 63"
WEIGHT STACK	170kg / 375lb (15lb x 1pc + 20lb x 18pcs)
PRODUCT WEIGHT	340kg / 750lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1900 x 1090 x 540mm
CARTON D	590 x 500 x 290mm

This model does not have incremental weight

Leg Extension

SP-3510



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
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1156 x 1407 x 1592mm / 46" x 55" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	244kg / 538lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 170mm
CARTON C	1240 x 1000 x 300mm
CARTON D	590 x 500 x 290mm

Abdominal

SP-3511



FEATURES

- Independently moving straps allow for oblique motions
- Multiple hand grip positions for adjustable range-of-motion
- Rounded back pad allows for some spinal extension during crunches
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1069 x 1143 x 1572mm / 42" x 45" x 62"
WEIGHT STACK	90kg / 195lb (15lb x 13 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	207kg / 456lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 1030 x 415mm
CARTON C	590 x 500 x 290mm



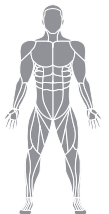
Prone Leg Curl

SP-3514



FEATURES

- Prone positioning allows for training hamstrings across both hip and knee joints
- Pad angles stabilize hips to prevent them from rising during exercise
- Adjustable range of motion to accommodate goals or knee limitations
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1561 x 1121 x 1592mm / 61" x 44" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	228kg / 503lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 410mm
CARTON C	590 x 500 x 290mm



Standing Calf

SP-3515



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
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1863 x 776 x 1622mm / 73" x 31" x 64"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	217kg / 478lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 870 x 320mm
CARTON C	590 x 500 x 290mm

Hip Abductor/Adductor

SP-3516



FEATUR

- Dual exercise machine saves floor space
- Large thigh pads and foot supports provide comfort and stability
- Transitioning between exercises is easy to do without exiting machine
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1578 x 829 x 1592mm / 62" x 33" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	250kg / 551lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 200mm
CARTON C	1450 x 595 x 480mm
CARTON D	590 x 500 x 290mm

Assisted Chin/Dip

SP-3517



FEATURES

- Machine uses a weight stack to offset the users own body weight for pull up and dip exercises
- Multiple steps for safe entry and exit and dip handles rotate to accommodate shoulder widths
- Foot bar can be adjusted out of the way to perform full body weight exercises
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1948 x 990 x 2491mm / 77" x 39" x 98"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	273kg / 602lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 900 x 200mm
CARTON C	2430 x 1170 x 280mm
CARTON D	590 x 500 x 290mm

Pec Fly/Rear Delt

SP-3519



FEATURES

- Dual exercise machine saves floor space
- Multiple hand grips and range of motion adjustment for lots of exercise variety
- Seat adjustment and two sets of rear Deltoid handles accommodate users of all sizes
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1229 x 830 x 2069mm / 48" x 33" x 81"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs)
PRODUCT WEIGHT	256kg / 564lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1720 x 840 x 520mm
CARTON C	1940 x 1140 x 210mm
CARTON D	590 x 500 x 290mm

This model does not have incremental weight

Glute

SP-3520



FEATURES

- Standing during Glute training is ideal compared to kneeling on floor
- Angled motion places emphasis on Glutes and Hamstrings
- Chest pad is adjustable for user to decide what position is best for support
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	2230 x 1025 x 1524mm / 88" x 40" x 60"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	272kg / 600lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 540mm
CARTON C	1410 x 1030 x 280mm
CARTON D	590 x 500 x 290mm



Rotary Torso

SP-3521

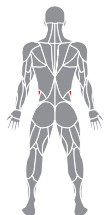


FEATURES

- Adjustable range of motion and chest pads for security of upper body while rotating
- Large thigh pads and foot supports provide stability of lower body
- Seat adjustment aligns user upper chest with machines chest pad
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1384 x 996 x 2010mm / 54" x 39" x 79"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	261kg / 575lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	2070 x 970 x 420mm
CARTON C	590 x 500 x 290mm



Fixed Lat Pulldown

SP-3522



FEATURES

- Traditional Lat Pulldown with adjustable chain-links for positioning of bar height
- Storage hooks for bar when not in use
- Angled thigh pads make it easy to grip bar while standing then sit and secure thighs
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1200 x 1410 x 2070mm / 47" x 56" x 81"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	258kg / 569lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	2120 x 1180 x 280mm
CARTON C	1540 x 860 x 260mm
CARTON D	590 x 500 x 290mm



Low Row

SP-3523



FEATURES

- Traditional row exercise challenging stabilization ability and all muscles of the back
- Declined angle of pad helps with stabilization during heavy lifts
- Low position of pulling handle helps keep elbows down, along sides of body
- Built-in storage at top of tower for phone and water



PRODUCT DIMENSION	1810 x 1150 x 1592mm / 71" x 45" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	263kg / 580lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1790 x 840 x 350mm
CARTON C	590 x 500 x 290mm



Lateral Raise

SP-3525



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
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1172 x 1289 x 1518mm / 46" x 51" x 60"
WEIGHT STACK	90kg / 195lb (15lb x 13 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	29kg / 505lb
CARTON DIMENSION	
CARTON A	1530 x 840 x 250mm
CARTON B	1530 x 840 x 250mm
CARTON C	1300 x 1220 x 425mm
CARTON D	590 x 500 x 290mm



PLATE LOADED



Chest Press

SP-6514



FEATURES

- Reclined positioning for a pressing motion naturally helps with stabilization during heavy lifts
- Angled handles allow pressing in an anatomically neutral position
- Lower leg roller pads help control and lift lower body
- Back pad is used to help stabilize body position while exercising



PRODUCT DIMENSION	1285 x 1780 x 1982mm / 51" x 70" x 78"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	194kg / 428lb
CARTON DIMENSION	2120 x 1320 x 480mm / 83" x 52" x 19"

Incline Chest Press

SP-6504



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
- 4-Bar linkage seat adjustment mechanism keeps seat in an ideal position



PRODUCT DIMENSION	1441 x 1421 x 1003mm / 56" x 56" x 39"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	125kg / 276lb
CARTON DIMENSION	1530 x 1190 x 400mm / 60" x 47" x 16"

Shoulder Press

SP-6505



FEATURES

- Backpad is angled backwards slightly to prevent shoulder impingement when pressing overhead
- Unilateral and bilateral converging path of motion
- Seat provides range of motion adjustment
- 4-Bar linkage seat adjustment mechanism keeps seat in an ideal position



PRODUCT DIMENSION	1874 x 1423 x 1900mm / 74" x 56" x 75"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	114kg / 251lb
CARTON DIMENSION	1400 x 1280 x 400mm / 55" x 50" x 16"

Lat Pulldown

SP-6506



FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Horizontal grips with natural diverging path of motion
- Angled thigh hold down pads to accommodate all different thighs girths
- No seat adjustment speeds-up the set up; only adjust hold down pad if needed



PRODUCT DIMENSION	1649 x 1618 x 1237mm / 65" x 64" x 49"
WEIGHT STACK	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	143kg / 315lb
CARTON DIMENSION	1820 x 1370 x 440mm / 72" x 54" x 17"

Leg Extension

SP-6507



FEATURES

- Lifting arm is counterbalanced to help reduce the initial starting resistance
- Back pad adjusts for proper alignment with machines axis of rotation
- Lower Tibia pad is adjustable for more comfortable positioning at ankles
- Integrated weight storage



PRODUCT DIMENSION	1685 x 1670 x 1100mm / 66" x 66" x 43"
WEIGHT STACK	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	139kg / 306lb
CARTON DIMENSION	1210 x 840 x 580mm / 48" x 33" x 23"



Abdominal

SP-6512



FEATURES

- Machine allows simultaneous upper and lower crunch motion
- Overhead hand grips provide a greater abdominal challenge
- Lower leg roller pads help control and lift lower body
- Back pad is used to help stabilize body position while exercising



PRODUCT DIMENSION	1032 x 1223 x 1596mm / 41" x 48" x 63"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	125kg / 276lb
PRODUCT WEIGHT	129kg / 284lb
CARTON DIMENSION	1120 x 1020 x 510mm / 44" x 40" x 20"



Biceps Curl

SP-6513



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
- 4-Bar linkage seat adjustment mechanism keeps seat in an ideal position



PRODUCT DIMENSION	1010 x 1335 x 946mm / 40" x 53" x 37"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	125kg / 276lb
PRODUCT WEIGHT	100kg / 220lb
CARTON DIMENSION	1040 x 920 x 560mm / 41" x 36" x 22"



Pendulum Squat

SP-6518



FEATURES

- Curvilinear deign and an angled footplate create a squat motion that follows the natural movement of the human body
- Adjustable stops to limit the depth of the squat and insure a safe range-of-motion
- Lock mechanism to help users safely enter, exit and initiate exercise from standing
- Includes band pegs and weight plate storage and a counterweight to lower start resistance



PRODUCT DIMENSION	1010 x 1335 x 946mm / 40" x 53" x 37"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	125kg / 276lb
PRODUCT WEIGHT	100kg / 220lb
CARTON DIMENSION	
CARTON A	2120 x 1320 x 490mm / 83" x 52" x 19"
CARTON B	1720 x 840 x 530mm / 68" x 33" x 21"



Glute

SP-6533



FEATURES

- The Glute takes a popular gym exercise and makes it easier to set up and perform
- User pivots hips and back while feet are stationary on the foot platform
- Padded hip strap for pressing upwards; simultaneously press feet into stationary foot platform and upper back into back pad



PRODUCT DIMENSION	1850 x 1260 x 885mm / 73" x 50" x 35"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	123kg / 271lb
CARTON DIMENSION	1530 x 1030 x 415mm

FREE WEIGHTS



Abdominal Bench

SP-7511



FEATURES

- Multiple positions of adjustment to challenge every user
- Back pad and adjustable leg support provides stabilization
- Integrated handle and roller pads help with setup positioning and exit

PRODUCT DIMENSION	1674 x 790 x 853mm / 66" x 31" x 34"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	62kg / 137lb
CARTON DIMENSION	1730 x 720 x 220mm / 68" x 28" x 9"

Flat-Incline Bench

SP-7512



FEATURES

- Bench adjusts from flat to 90-degrees
- Seat pad is fixed in a slight incline to align with the back pad adjustments
- Handle under seat pad and integrated wheels for easy transport

PRODUCT DIMENSION	1318 x 691 x 490mm / 52" x 27" x 19"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	56kg / 123lb
CARTON DIMENSION	1330 x 720 x 440mm / 52" x 28" x 17"

Arm Curl Bench

SP-7513



FEATURES

- Two sided use and two angles for lots of variety
- Large bar supports are configured in two heights to be used with or without pad
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1318 x 805 x 1064mm / 52" x 32" x 42"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	150kg / 330lb
PRODUCT WEIGHT	83kg / 183lb
CARTON DIMENSION	1470 x 920 x 310mm / 58" x 36" x 12"

Olympic Flat Bench

SP-7514



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	1995 x 1656 x 1261mm / 79" x 65" x 50"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	96kg / 212lb
CARTON DIMENSION	1720 x 840 x 520mm / 68" x 33" x 20"

Olympic Incline Bench

SP-7515



FEATURES

- Adjustable seat and multiple take-off points for confident positioning
- Standard weight storage keeps weight plates close
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1995 x 1656 x 1261mm / 79" x 65" x 50"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	100kg / 220lb
CARTON DIMENSION	1720 x 840 x 520mm / 68" x 33" x 20"

Olympic Decline Bench

SP-7516



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	1575 x 1255 x 1268mm / 62" x 49" x 50"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	114kg / 251lb
CARTON DIMENSION	1720 x 840 x 520mm / 68" x 33" x 20"

Olympic Military Bench

SP-7517



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	1100 x 1255 x 1753mm / 43" x 49" x 69"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	108kg / 238lb
CARTON DIMENSION	1920 x 1090 x 280mm / 76" x 43" x 11"

Olympic Squat Rack

SP-7518



FEATURES

- Four racking positions accommodate all users
- Fixed bar supports provide safety and sense of security when squatting
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1654 x 1384 x 1730mm / 65" x 54" x 68"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	110kg / 243lb
CARTON DIMENSION	1770 x 1420 x 360mm / 70" x 56" x 14"

Dual Flat-Incline Bench

SP-7519



FEATURES

- Seat pad provides three positions of adjustment
- Pads-ratchet up easily to simplify set-up
- Lifting handle and wheel make it easy to roll bench to a new location

PRODUCT DIMENSION	1350 x 700 x 460mm / 53" x 28" x 18"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	62kg / 137lb
CARTON DIMENSION	1460 x 720 x 450mm / 57" x 28" x 18"

Twin Tier Dumbbell Rack

SP-7521



FEATURES

- Heavy duty dumbbell rack with PU cups
- Stores 10 pairs of dumbbells safely without risk of damaging them
- Ergonomically designed for easy retrieval and resetting of dumbbells

PRODUCT DIMENSION	2121 x 592 x 721mm / 84" x 23" x 28"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	50kg / 110lb
MACHINE MAX. LOADING	1000kg / 2205lb
PRODUCT WEIGHT	92kg / 203lb
CARTON DIMENSION	
CARTON A	660 x 620 x 300mm / 26" x 24" x 12"
CARTON B	2320 x 260 x 295mm / 91" x 10" x 12"

Flat Bench

SP-7522



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	1265 x 790 x 462mm / 50" x 31" x 18"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	34kg / 75lb
CARTON DIMENSION	1260 x 430 x 280mm / 50" x 17" x 11"

Plate Tree

SP-7523



FEATURES

- PVC foot covers provide protection to your floor and to the weight tree
- Strong PU covered weight pegs protects your weight plates from damage
- Ergonomically designed for easy retrieval and resetting of dumbbells and provides the user with a smooth removal and replacement of the weights on the tree

PRODUCT DIMENSION	688 x 680 x 794mm / 27" x 27" x 31"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	750kg / 1653lb
PRODUCT WEIGHT	48kg / 106lb
CARTON DIMENSION	860 x 700 x 300mm / 34" x 28" x 12"

Barbell Rack

SP-7524



FEATURES

- Heavy duty vertical rack holds 10 barbells, 5 each side
- PU hook saddles reduces risk of barbell damage and noise
- Hooks are designed for secure storage and easy take-off and return

PRODUCT DIMENSION	991 x 846 x 1316mm / 39" x 33" x 52"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	65kg / 143lb
MACHINE MAX. LOADING	1000kg / 1653lb
PRODUCT WEIGHT	86kg / 75lb
CARTON DIMENSION	1370 x 1030 x 180mm / 54" x 41" x 7"

Vertical Knee Raise

SP-7531



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	1036 x 714 x 1656mm / 41" x 28" x 65"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	74kg / 163lb
CARTON DIMENSION	1720 x 1080 x 260mm / 68" x 43" x 10"

Plate Loaded Calf Raise

SP-7532



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	1224 x 600 x 813mm / 48" x 24" x 32"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	125kg / 276lb
MACHINE MAX. LOADING	400kg / 882lb
PRODUCT WEIGHT	57kg / 126lb
CARTON DIMENSION	1260 x 660 x 400mm / 50" x 26" x 16"

Back Extension

SP-7533



FEATURES

- 45-degrees positioning is ideal for training posterior chain muscles
- High pads are angled inwards to help with proper knee alignment
- Lower leg pads support at the calf which eliminates knees discomfort

PRODUCT DIMENSION	1532 x 790 x 826mm / 60" x 31" x 33"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	200kg / 441lb
PRODUCT WEIGHT	68kg / 150lb
CARTON DIMENSION	1350 x 730 x 290mm / 53" x 29" x 11"

Chin-Dip/Leg Raise

SP-7534



FEATURES

- Integrated pull-up bar with bar and neutral grips for individual preference
- Pads are angled for user stabilization during knee raises
- Forward handles are positioned to perform dip exercises

PRODUCT DIMENSION	1030 x 1060 x 2417mm / 41" x 42" x 95"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	150kg / 300lb
PRODUCT WEIGHT	119kg / 262lb
CARTON DIMENSION	2320 x 1090 x 370mm / 91" x 43" x 15"

Stretcher

SP-7535



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	1300 x 753 x 1030mm / 52" x 30" x 41"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	150kg / 300lb
PRODUCT WEIGHT	58kg / 128lb
CARTON DIMENSION	1120 x 1120 x 230mm / 44" x 44" x 9"

Vertical Dip/Chin

SP-7539



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	1580 x 1275 x 2405mm / 62" x 50" x 95"
MAX. USER WEIGHT	150kg / 330lb
MACHINE MAX. LOADING	150kg / 300lb
PRODUCT WEIGHT	130kg / 287lb
CARTON DIMENSION	2170 x 1220 x 306mm / 85" x 48" x 12"

Utility Bench

SP-7542



FEATURES

- Full-size back pad provides a lot of support during heavy lifts
- Strong but lightweight design can be easily moved
- Non-slip rubber feet give security and protect floors

PRODUCT DIMENSION	765 x 1656 x 1240mm / 30" x 65" x 49"
MAX. USER WEIGHT	150kg / 330lb
PLATE ARM MAX. LOADING	300kg / 662lb
PRODUCT WEIGHT	33kg / 73lb
CARTON DIMENSION	970 x 750 x 180mm / 38" x 30" x 7"

Half Rack

SP-7543



FEATURES

- Half Racks are multi-functional and essential additions to clubs
- 75-hole positions, 25mm separation for lots precise positioning
- J-Hook style bar holders and adjustable spotters
- Standard band pegs, pull-up bar, 4 weight storage horns per side
- Insert and Platform ready

PRODUCT DIMENSION	1790 x 1612 x 2371mm / 59" x 53" x 78"
MAX. USER WEIGHT	150kg / 330lb
PRODUCT WEIGHT	156kg / 344lb
CARTON DIMENSION	2430 x 590 x 380mm / 96" x 6" x 62"

Half Rack with Platform

SP-7544



FEATURES

- 3116 x 3570 x 43mm / 131.6" x 140.6" x 1.7" hardwood platform with full insert
- Platform aids in providing a good shoe grip for Olympic lifts
- Rubber impact zones to reduce noise, protect gym floors and plates
- Ramp to aid rolling a bench onto platform
- Sized to be used with SP-7543 Half Rack

PRODUCT DIMENSION	3157 x 3423 x 2371mm / 104" x 112" x 78"
MAX. USER WEIGHT	150kg / 330lb
PRODUCT WEIGHT	318kg / 701lb
CARTON DIMENSION	
Carton A	2430 x 590 x 380mm / 96" x 6" x 62"
Carton B	2100 x 1100 x 250mm / 83" x 13" x 19"

Power Rack

SP-7545



FEATURES

- Fully enclosed Rack for greater safety and spotting when performing Lifts
- 75-hole positions, 25mm separation for lots precise positioning
- J-Hook style bar holders, adjustable spotters and internal safety spotters
- Standard band pegs, 2 Pull-up bars, 4 weight storage horns per side
- Insert and Platform ready

PRODUCT DIMENSION	1790 x 2012 x 2371mm / 59" x 66" x 78"
MAX. USER WEIGHT	150kg / 330lb
PRODUCT WEIGHT	225kg / 496lb
CARTON DIMENSION	2530 x 590 x 410mm / 100" x 6" x 69"

Power Rack with Platform

SP-7546



FEATURES

- 3116 x 4234 x 43mm / 131.6" x 166.7" x 1.7" hardwood platform with full insert
- Platform aids in providing a good shoe grip for Olympic lifts
- Rubber impact zones to reduce noise, protect gym floors and plates
- Ramp to aid rolling a bench onto platform
- Sized to be used with SP-7545 Half Rack

PRODUCT DIMENSION	3157 x 3823 x 2371mm / 104" x 125" x 78"
MAX. USER WEIGHT	150kg / 330lb
PRODUCT WEIGHT	413kg / 911lb
CARTON DIMENSION	
Carton A	2530 x 590 x 410mm / 100" x 6" x 69"
Carton B	2100 x 1100 x 250mm / 83" x 13" x 19"



**PUSH WITH SPIRIT
ENTHUSIASTICALLY**

CABLE SERIES



Functional Trainer

SP-8512



FEATURES

- Functional trainers allow two exercisers or a trainer and client to train together
- 1:4 ratio provides the smallest changes in the resistance for rehabilitation and training at high speeds due to reduced momentum
- Multiple accessory handles and integrated storage helps keep handles nearby

PRODUCT DIMENSION	1557 x 1119 x 2336mm / 61" x 44" x 92"
WEIGHT STACK	(15lb x 6 + 20lb x 9) x 2
MAX. USER WEIGHT	150kg / 330lb
PRODUCT WEIGHT	441kg / 972lb
CARTON DIMENSION	
CARTON A	2380 x 1040 x 250mm / 94" x 41" x 10"
CARTON B	2380 x 1040 x 250mm / 94" x 41" x 10"
CARTON C	590 x 500 x 290mm / 23" x 20" x 11"
CARTON D	590 x 500 x 290mm / 23" x 20" x 11"

Functional Trainer PAD

SP-8512PAD



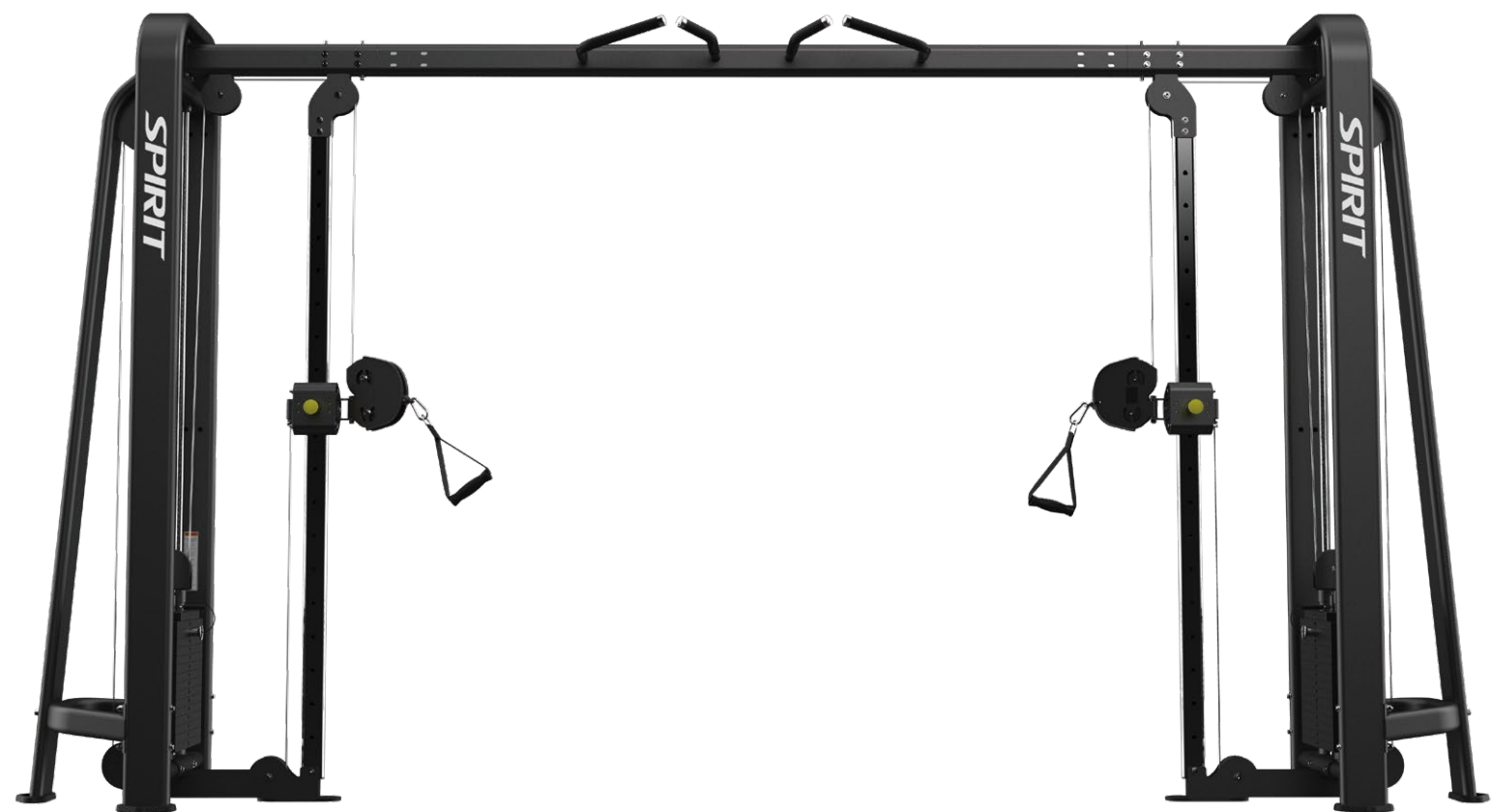
FEATURES

- Optional training pad can be attached to machine at anytime
- Pad is very versatile and provides a reference point and stabilization, which allows a greater amount of resistance to be used while standing
- Teloscoping pad provides a range of motion adjustment

PRODUCT DIMENSION	1180 x 260 x 170mm / 46" x 10" x 7"
MAX. USER WEIGHT	150kg / 330lb
PRODUCT WEIGHT	45kg / 99lb
CARTON DIMENSION	1260 x 430 x 265mm / 50" x 17" x 10"

Cable Crossover

SP-8513



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
- Multi-grip pull-up handles on overhead connecting tube

PRODUCT DIMENSION	2300 x 1080 x 4480mm / 91" x 43" x 176"
PRODUCT WEIGHT	302kg / 666lb
WEIGHT STACK	(15lb x 6pcs + 20 lb x 9pcs) x2
MAX. USER WEIGHT	150kg / 330lb
CARTON DIMENSION	
CARTON A	2430 x 750 x 290mm / 96" x 30" x 11"
CARTON B	2430 x 750 x 290mm / 96" x 30" x 11"
CARTON C	2760 x 390 x 200mm / 109" x 15" x 8"
CARTON D	590 x 500 x 290mm / 23" x 20" x 11"
CARTON E	590 x 500 x 290mm / 23" x 20" x 11"

Smith Machine

SP-8518



FEATURES

- Bar is counter balanced to 10kg / 22lb for very low starting resistance
- Vertical design accommodates most exercise and provides easier set-up
- Adjustable bar stops are easy to adjust in small increments for safety and confidence

PRODUCT DIMENSION	1351 x 2052 x 2342mm / 53" x 81" x 92"
MAX. USER WEIGHT	150kg / 330lb
PRODUCT WEIGHT	284kg / 626lb
CARTON DIMENSION	
Carton A	2310 x 1280 x 180mm / 91" x 50" x 7"
Carton B	2310 x 1280 x 180mm / 91" x 50" x 7"

Multi Functional Smith Trainer

SP-8519



FEATURES

- Smith Machine is available to be used either with or without a counterbalance
- Half Rack features adjustment holes spaced 25mm apart for lots of adjustment options.
J-Hook style take-off posts and adjustable safety spotters are standard for safety.
- Adjustable Cable crossover. With a dedicated weight stack, the pulleys can be used together by either one or two persons
- Adjustable height single-leg elevated reverse lunge
- Multi-grip pull up bar

PRODUCT DIMENSION	1945 x 1575 x 2350mm
WEIGHT STACK	86kg / 190lb (10lb x 1 + 15lb x 12pcs)
PRODUCT WEIGHT	572kg / 1162lb

MULTI STATION



4 Stack Multi-Jungle

SP-9564



FEATURES

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

PRODUCT DIMENSION	3472 x 2218 x 2352mm / 137" x 87" x 93"
WEIGHT STACK(Total)	408kg / 900lb
Adjustable Pulley Station	15lb + 10lb x 9pcs + 15lb x 5pcs
Tricep Station	15lb + 10lb x 9pcs + 15lb x 5pcs
Lat Pull Station	15lb + 15lb x 5pcs + 20lb x 9pcs
Low Row Station	15lb + 15lb x 5pcs + 20lb x 9pcs
MAX. USER WEIGHT	150kg / 330lb

PRODUCT WEIGHT	789kg / 1739lb
CARTON DIMENSION	
CARTON A	2470 x 1250 x 300mm / 97" x 49" x 12"
CARTON B	1050 x 460 x 400mm / 41" x 18" x 16"
CARTON C	1030 x 850 x 380mm / 44" x 35" x 13"
CARTON D	1620 x 810 x 340mm / 77" x 17" x 9"
CARTON E	1910 x 580 x 120mm / 75" x 23" x 5"
CARTON F ~ I	590 x 500 x 290mm / 23" x 20" x 11"

Optional The incremental weight 5lb on each tower.

5 Stack Multi-Jungle

SP-9565



FEATURES

- Adjustable Hi/Lo Pulley x 2
- Triceps Pressdown
- Low Row
- Lat Pulldown
- Pull Up Bar

PRODUCT DIMENSION	5557 x 3386 x 2352mm / 219" x 133" x 93"
WEIGHT STACK(Total)	490kg / 1080lb
Adjustable Pulley Station	15lb + 10lb x 9pcs + 15lb x 5pcs
Tricep Station	15lb + 10lb x 9pcs + 15lb x 5pcs
Lat Pull Station	15lb + 15lb x 5pcs + 20lb x 9pcs
Low Row Station	15lb + 15lb x 5pcs + 20lb x 9pcs
Cross Cable Pulley Station	15lb + 10lb x 9pcs + 15lb x 5pcs
MAX. USER WEIGHT	150kg / 330lb

PRODUCT WEIGHT	1015kg / 2238lb
CARTON DIMENSION	
CARTON A	2470 x 1250 x 300mm / 97" x 49" x 12"
CARTON B	1050 x 460 x 400mm / 41" x 18" x 16"
CARTON C	1030 x 850 x 380mm / 44" x 35" x 13"
CARTON D	1620 x 810 x 340mm / 77" x 17" x 9"
CARTON E	2740 x 170 x 370mm / 108" x 7" x 15"
CARTON F	2410 x 730 x 260mm / 77" x 17" x 9"
CARTON G	1910 x 580 x 120mm / 75" x 23" x 5"
CARTON H	2020 x 580 x 110mm / 80" x 23" x 4"
CARTON I ~ M	590 x 500 x 290mm / 23" x 20" x 11"

Optional The incremental weight 5lb on each tower.

8 Stack Multi-Jungle

SP-9568



FEATURES

- Adjustable Hi/Lo Pulley x 2
- Triceps Pressdown x 2
- Low Row x 2
- Lat Pulldown x 2
- Pull Up Bar

PRODUCT DIMENSION	6714 x 3386 x 2352mm / 264" x 133" x 93"
WEIGHT STACK(Total)	816kg / 1800lb
Adjustable Pulley Station	15lb + 10lb x 9pcs + 15lb x 5pcs x 2 sides
Tricep Station	15lb + 10lb x 9pcs + 15lb x 5pcs x 2 sides
Lat Pull Station	15lb + 15lb x 5pcs + 20lb x 9pcs x 2 sides
Low Row Station	15lb + 15lb x 5pcs + 20lb x 9pcs x 2 sides
MAX. USER WEIGHT	150kg / 330lb

PRODUCT WEIGHT	1609kg / 3547lb
CARTON DIMENSION	
CARTON A ~ B	2470 x 1250 x 300mm / 97" x 49" x 12"
CARTON C ~ D	1050 x 460 x 400mm / 41" x 18" x 16"
CARTON E ~ F	1030 x 850 x 380mm / 44" x 35" x 13"
CARTON G ~ H	1620 x 810 x 340mm / 77" x 17" x 9"
CARTON I	2410 x 730 x 260mm / 77" x 17" x 9"
CARTON J ~ K	1910 x 580 x 120mm / 75" x 23" x 5"
CARTON L ~ S	590 x 500 x 290mm / 23" x 20" x 11"

Optional The incremental weight 5lb on each tower.

2 Stack Multi-Jungle

SP-9569

- Shoulder Press
- Incline Chest
- Chest Press
- Rowing
- Lat Pull
- Abdominal
- Leg Extension
- Leg Curl
- Biceps Curl
- Triceps Press



FEATURES

- The 2-Stack Multi Jungle is a compact, yet comprehensive training device for condos, hotels, homes and other fitness facilities with limited space.
- The Chest and Back station have a multitude of exercises happening off of 1 weight stack: Chest Press, Incline and Shoulder Press, Lat Pulldown, Triceps Extension, and Standing Biceps Curl!
- The Leg Extension/Leg Curl are designed to feel smooth and effective with lots of adjustability for users of varying heights.
- Designed to fit into the corner of a room, the 2-Stack Multi Jungle fits in a space that is only 2260 x 1670mm.

PRODUCT DIMENSION	2260 x 1670 x 2135mm / 74" x 55" x 70"
MAX. USER WEIGHT	150kg / 330lb
PRODUCT WEIGHT	462kg / 1018lb
WEIGHT STACK	Top weight stack 15lb x 2 16 x 10lb=160lb x 2
CARTON DIMENSION	
CARTON A	930 x 590 x 590mm / 76" x 23" x 23"
CARTON B	2170 x 1060 x 290mm / 41" x 42" x 11"
CARTON C	1120 x 900 x 330mm / 44" x 35" x 13"
CARTON D	1960 x 420 x 240mm / 77" x 17" x 9"
CARTON E ~ F	590 x 500 x 290mm / 23" x 20" x 11"

4 Stack Multi-Jungle

SP-9570

- Shoulder Press
- Incline Chest
- Chest Press
- Rowing
- Lat Pull
- Abdominal
- Leg Extension
- Leg Curl
- Biceps Curl
- Triceps Press
- Leg Press
- Calf
- Cable



FEATURES

- Building on the compact design of the 2-stack Multi-Jungle, the 4-stack version offers a comprehensive full body workout and then some.
- Dual-Pulley, Adjustable Cable Column allows a lot more functionality since each arm has its own pulley and with the attached foot-bar, turns into a seated row when lowered to ground level.
- The combination Leg Press and Calf Press expand the training options for the lower body since there are both a Leg Extension / Seated Leg Curl and the Leg Press.
- With all of the exercises offered by this machine, one would think it takes up a lot of space, but the 4-Stack Multi Jungle fits in a space that is only 3000x2400mm.

PRODUCT DIMENSION	3000 x 2400 x 2150mm / 98" x 78" x 70"
MAX. USER WEIGHT	150kg / 330lb
PRODUCT WEIGHT	686kg / 1512lb
WEIGHT STACK	Top weight stack 15lb x 4 16 x 10lb=160lb x 4
CARTON DIMENSION	
CARTON A	1930 x 590 x 590mm / 76" x 23" x 23"
CARTON B	2170 x 1060 x 290mm / 41" x 42" x 11"
CARTON C	1120 x 900 x 330mm / 44" x 35" x 13"
Carton D ~ E	1960 x 420 x 240mm / 77" x 17" x 9"
CARTON F	1850 x 920 x 330 / 73" x 36" x 13"
Carton G ~ J	590 x 500 x 290mm / 23" x 20" x 11"

FOLLOW US TO STAY TUNED



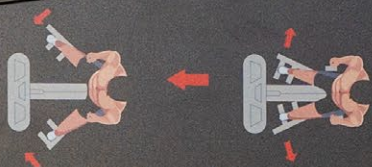
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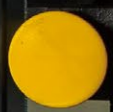
SPIRIT



Please read all warnings before your workout.



**HIP
ABDUCTOR /
ADDUCTOR**



MOVE WITH SPIRIT

SPIRIT

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