

 **iSTRENGTH**



SPIRIT



From Iron to Intelligence

True premium wellness shouldn't feel like hard labor.
It should be silent and smooth. Because in a world of luxury,
the best technology is the one you don't have to fight with.

Why choose i-Strength



Precision



Low Volume

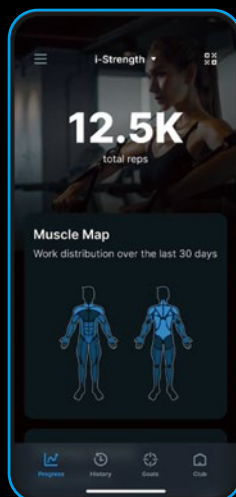
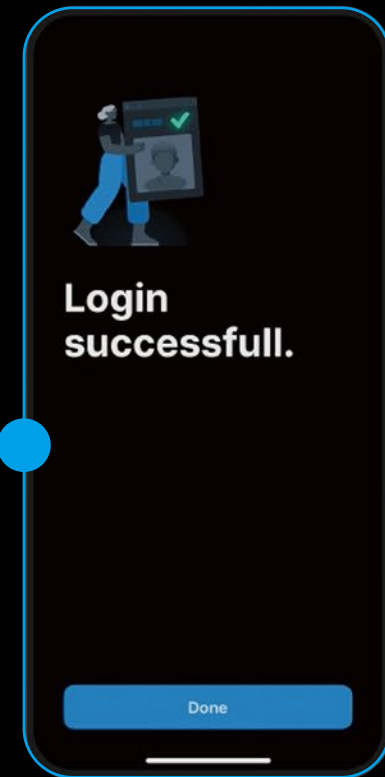
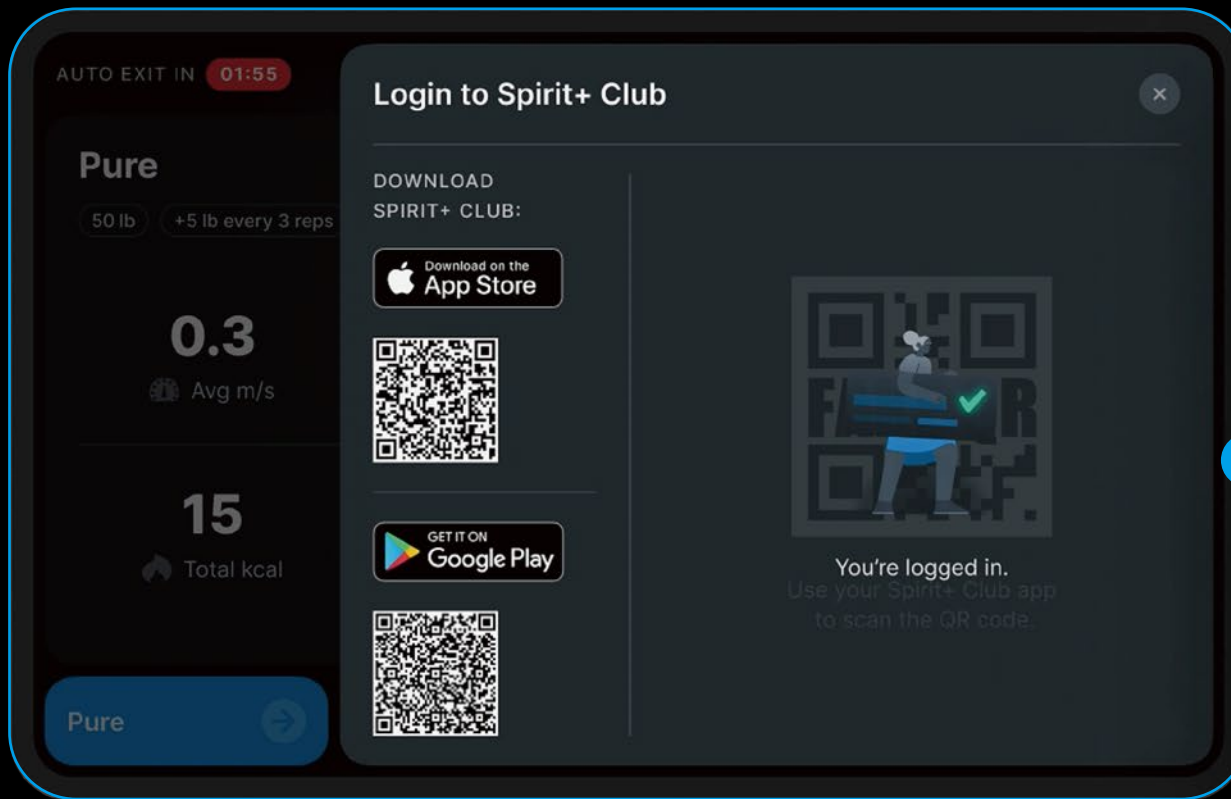


Safety



Training for Everyone

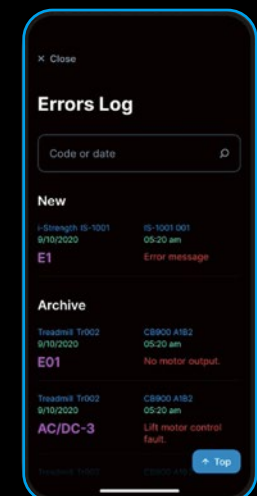
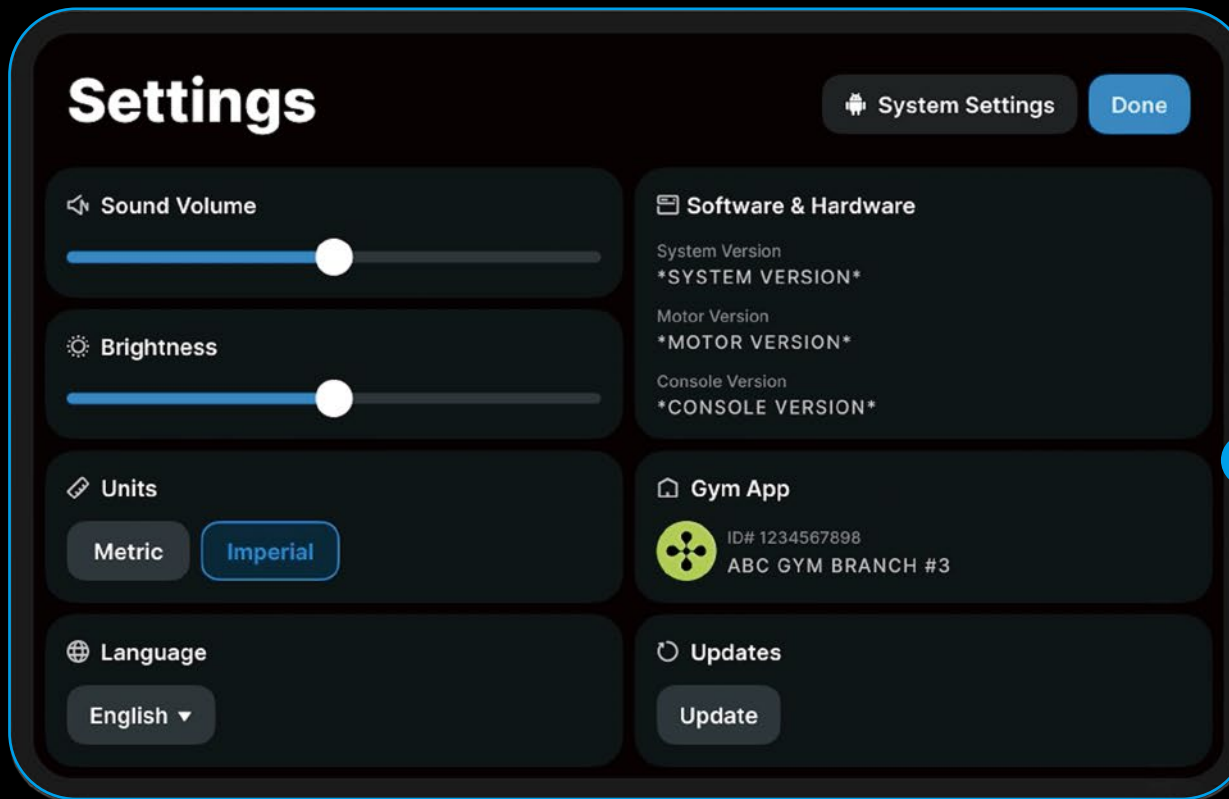




Connect APP

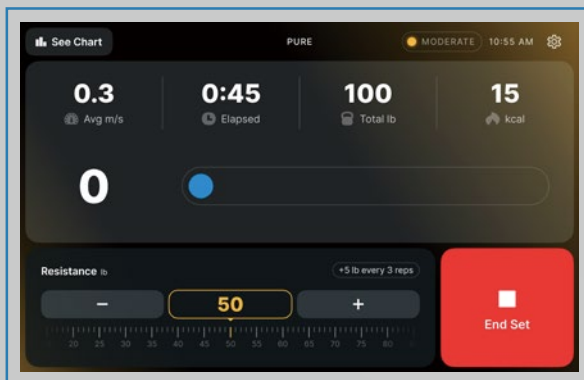
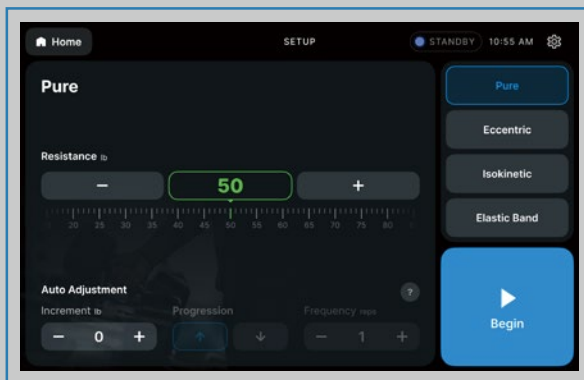
Update your training data

With a simple app login, your entire workout is automatically stored. This visual achievement does more than show progress, it builds a personal "Strength Resume," creating a deep, data-driven bond between the member and your facility.



Real-time Monitoring

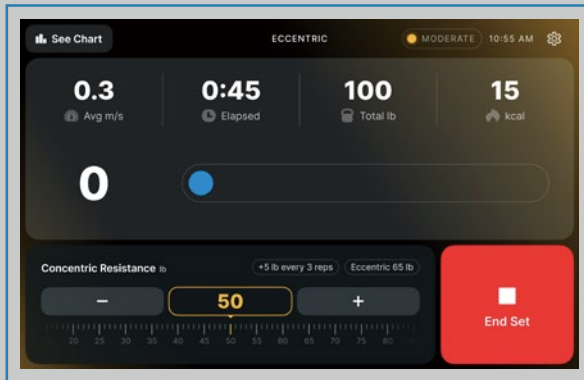
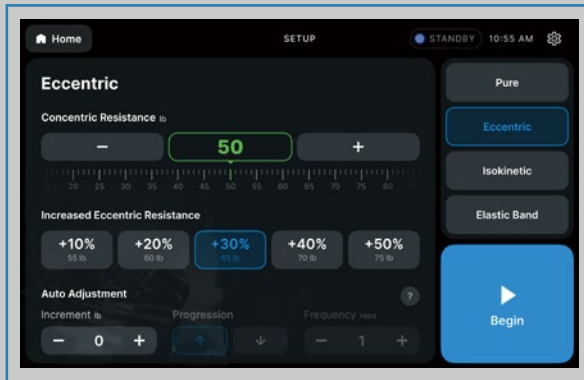
Through cloud-based management, facility owners can monitor machine status and usage loads in real-time, ensuring equipment remains safe and functional without manual inspections while significantly boosting operational efficiency through precise data analytics.



Pure Resistance for Hypertrophy

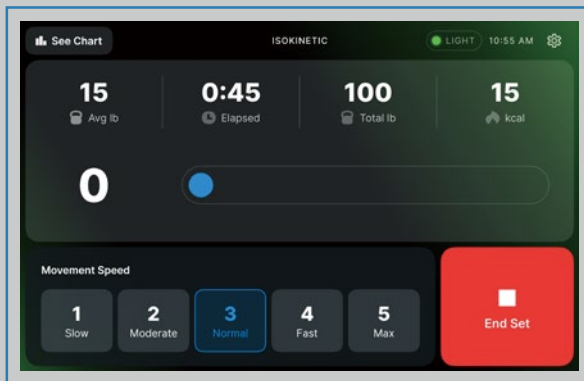
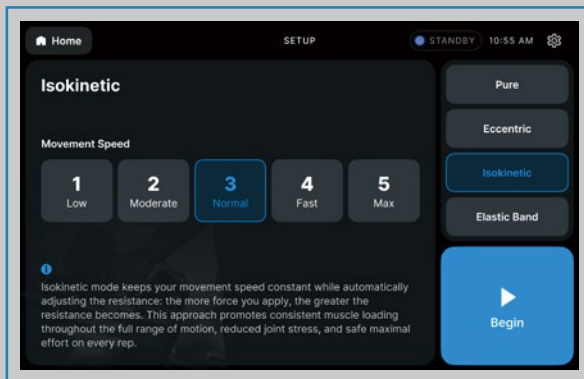
Building muscle success requires consistent repetitions. But now, i-Strength is your training partner, by your side, ready and able to adjust your weights, challenge and motivate you no matter what your goals.





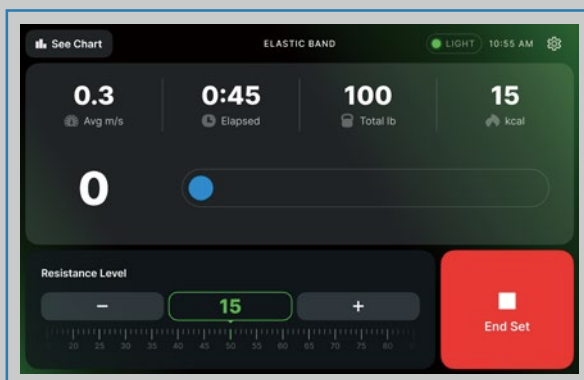
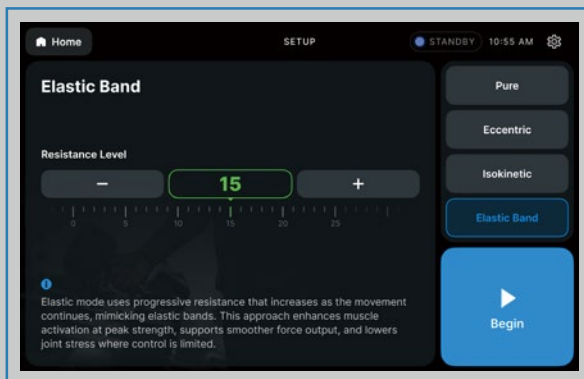
Eccentric Load For Strength

If you didn't know any better, you would think that eccentric strength training was a gym secret. But now meet i-Strength, your new training partner. Nobody will better challenge you and motivate you through those heavy negative drop-sets.



Isokinetic Control for Safety

It is no wonder that athletes turn toward Isokinetic training for rehabilitation. Create the joint integrity needed to quickly get back to performance. i-Strength is the tool and the leader that can create this environment, matching the bi-directional resistance and safety controls needed for success.



Elastic Tension for Explosive Power

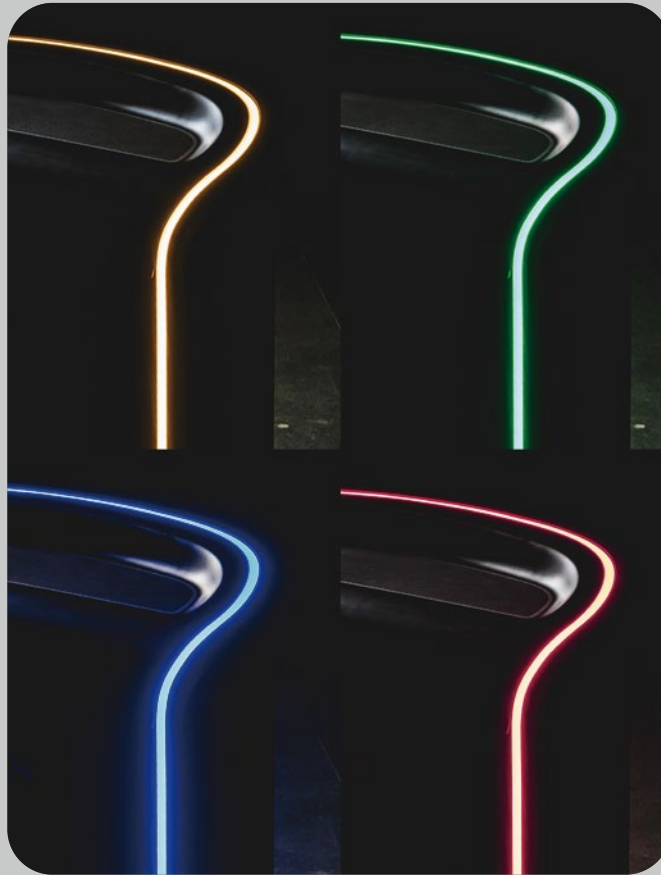
Like a smart rubber band. The further you pull, the greater the resistance gets. This "snappy" feeling wakes up your nervous system and your "fast twitch muscles." When you can press no-more you have created Isometrics, which are invaluable for the senior rehabilitation population.





Aesthetic Bent Tube Design

i-Strength isn't just a machine; it's a statement piece. Our bent tubing creates a fluid silhouette that blends seamlessly into the most premium environments.



Dynamic Color Feedback

The integrated LED light bar shifts colors dynamically as the load increases, allowing you to instantly identify your training zone.



Say goodbye to the clanking of iron plates

Our Smooth Servo Motor based system delivers a friction-free experience. With digital load calculation, it offers an ultimate tranquility that traditional weight training cannot achieve.

The Complete i-Strength Line



Low Row



Leg Press



Biceps Curl / Triceps Extension



Leg Extension / Leg Curl



Abdominal / Back Extension



Chest Press / Shoulder Press



Inner Thigh / Outer Thigh



Pec Fly / Rear Delt



Functional Trainer

Low Row

Low row challenges the entire body with stabilization while pulling with arms and upper back muscles

Dual foot bars allow users of all sizes a proper set-up and full range of motion

Low position of pulling handle helps keep elbows down, along the sides of body

i-Strength mechanical resistance system allows for a super smooth training

Electromechanical servo control mechanism offers Standard traditional, Eccentric, Isokinetic and Elastic training



IS-1001

PRODUCT WEIGHT	90kg / 198.6lb
PRODUCT DIMENSION	1516x 1210 x 1108mm / 59.7" x 47.6" x 43.6"
MIN. RESISTANCE	6kg / 13lb
MAX. RESISTANCE	120kg / 265lb

Leg Press

Footplate and back pad angle adjust for user preferred set-up

Footplate four-bar linkage helps maintain ideal ankle alignment throughout exercise

Footplate has an angled lower section to help with calf press positioning

i-Strength mechanical resistance system allows for a super smooth training

Electromechanical servo control mechanism offers Standard traditional, Eccentric, Isokinetic and Elastic training



IS-1002

PRODUCT WEIGHT	155kg / 341.7lb
PRODUCT DIMENSION	1890 x 1240 x 1280mm / 74.4" x 48.8" x 50.4"
MIN. RESISTANCE	40kg / 88lb
MAX. RESISTANCE	140kg / 309lb

Chest Press / Shoulder Press

Seat and back pad adjust for proper pressing angles

User can adjust for two chest press angles and a shoulder press

Multiple sets of grips for chest and shoulder pressing

Unilateral and bilateral pressing arm motions

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Electromechanical servo control mechanism offers Standard traditional, Eccentric, Isokinetic and Elastic training



IS-2001

PRODUCT WEIGHT	192kg / 423.3lb
PRODUCT DIMENSION	2042 x 1482 x 1632mm / 80.4" x 58.3" x 64.3"
MIN. RESISTANCE	15kg / 33lb
MAX. RESISTANCE	129kg / 284lb

Biceps Curl / Triceps Extension

Angled arm pad helps limit shoulder movement for focus on Biceps and Triceps

Easily adjust machine Cam to switch between these opposing muscle exercises

Machines axis of rotation and pivoting arm are optimized for proper feel

Small back pad helps increase stability for Triceps exercise

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Electromechanical servo control mechanism offers Standard traditional, Eccentric, Isokinetic and Elastic training



IS-2002

PRODUCT WEIGHT	129kg / 284.8lb
PRODUCT DIMENSION	1068 x 1469 x 1068mm / 42" x 57.8" x 42"
MIN. RESISTANCE	7kg / 15lb
MAX. RESISTANCE	86kg / 190lb

Leg Extension / Leg Curl

Challenges opposing muscle groups, Quadriceps and Hamstrings

Exercises can be switched and adjusted without leaving seated position

Machines axis of rotation is optimized for proper feel for both exercises

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Electromechanical servo control mechanism offers Standard traditional, Eccentric, Isokinetic and Elastic training



IS-2003

PRODUCT WEIGHT	158kg / 348.3lb
PRODUCT DIMENSION	1665 x 1410 x 1131mm / 65.6" x 55.5" x 44.5"
MIN. RESISTANCE	8kg / 18lb
MAX. RESISTANCE	93kg / 205lb

Abdominal / Back Extension

Entry and positioning for both Abdominal and lower back exercises is easy for users of all levels

Easily adjust machine Cam to switch between exercises

Adjustable roller pad helps with ideal positioning between these exercises

Dual foot bars for lower body stabilization during exercise

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IS-2004

PRODUCT WEIGHT	105kg / 231.5lb
PRODUCT DIMENSION	1160 x 1160 x 1170mm / 45.7" x 45.7" x 46.1"
MIN. RESISTANCE	9kg / 20lb
MAX. RESISTANCE	51kg / 112lb



Inner Thigh / Outer Thigh

Dual exercise hip machine saves floor space

Large thigh pads and foot supports provide comfort and stability

Bar across front of weight tower assists in entry and exit of machine

Integrated rep counter and built-in storage on top cap

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Electromechanical servo control mechanism offers Standard traditional, Eccentric, Isokinetic and Elastic training

IS-2006

PRODUCT WEIGHT	112kg / 246.9lb
PRODUCT DIMENSION	1599 x 1383 x 1138mm / 63.0" x 54.4" x 44.8"
MIN. RESISTANCE	5kg / 11lb
MAX. RESISTANCE	100kg / 220lb



Pec Fly / Rear Delt

Dual exercise machine efficiently focuses on Pectoralis and Posterior Deltoids

Multiple hand grips and range of motion adjustment aid positioning for these exercises

Seat adjusts to accommodate users of all sizes

Integrated rep counter and built-in storage on top cap

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Electromechanical servo control mechanism offers Standard traditional, Eccentric, Isokinetic and Elastic training



IS-2007

PRODUCT WEIGHT	124kg / 273.4lb
PRODUCT DIMENSION	1603 x 1844 x 2000mm / 63.1" x 72.6" x 78.7"
MIN. RESISTANCE	4kg / 9lb
MAX. RESISTANCE	58kg / 128lb

Functional Trainer

Functional trainers allow two exercisers or a trainer and client to train together

Unique servo controller system allows for the doubling of available resistance from 1:2 to 1:1, a great advantage for a functional trainer

Multiple accessory handles and integrated storage helps keep handles nearby

i-Strength mechanical resistance system allows for super smooth training

Electromechanical servo control mechanism offers Standard traditional, Eccentric, Isokinetic and Elastic training

IS-3001

PRODUCT WEIGHT	252kg / 555.6lb
PRODUCT DIMENSION	1100 x 1520 x 2120mm / 43.3" x 59.8" x 83.5"
MIN. RESISTANCE	3kg / 6lb
MAX. RESISTANCE	50kg / 110lb



Focus Segments

Hospitality



Ease of Use for Guests

Premium, Modern Experience

Safety & Reliability

Space Efficiency

Low Operational Burden

Versatility Across Guests

Provides Unique Guest Experience

Corporate



Ease of use for all employees

Time efficient workout

Safety & Low risk

Compact & Scalable setup

Professional Premium Image

Reliable & Cost effective

Supports Employee Wellness

Focus Segments

Rehab/Medical/Active aging



- Smooth and safe resistance, ideal for sensitive users
- Easy touch-console operation, no weight plates or pins
- Small, precise resistance increments for gradual progress
- Pre-set programs for guided, effective training
- Supports recovery, mobility, and healthy aging
- Scalable circuit concept, adaptable to any facility size

Fitness Club



- | | |
|------------------------|------------------|
| Differentiation | Low maintenance |
| Attract new members | Data & Tracking |
| Retention boost | Upsell potential |
| Efficient use of space | |

Focus Segments

Boutique Club



Unique Offering

Justify possible higher members costs

Retention boost

Efficient use of space

Complement interior design

Data & Tracking

Separate PT fee justification

Athletic Facility



Train differently – high performance

Fractional progress monitored

Affordable but still technical

Coach's dream tool

Spotter free workouts

Data & Tracking

Reliability vs other high performance systems
using air and oil compression

FOLLOW US TO STAY TUNED



Spirit Commercial Fitness



spiritcommercialfitness.com

MOVE WITH SPIRIT

SPIRIT

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