



STRENGTH MACHINES AND EQUIPMENT

Product catalog

010 -series:

Plate Loaded machines



Iso Lateral Bench Press
Art.nr: 022

Length: 163 cm
Width: 133 cm
Height: 114 cm

Weight: 92,5 kg



Pec Deck, Individual arms
Art.nr: 023

Length: 155 cm
Width: 164 cm
Height: 93 cm

Weight: 100 kg



Chest Press, Standing
Art.nr: 028

Length: 152 cm
Width: 100 cm
Height: 163 cm

Weight: 135 kg



Shoulder Press
Art.nr: 030

Length: 130 cm
Width: 114 cm
Height: 149 cm

Weight: 111 kg



Shoulder Rotation
Art.nr: 031

Length: 105 cm
Width: 114 cm
Height: 135 cm

Weight: 95,5 kg



Upright Row
Art.nr: 032

Length: 120 cm
Width: 140 cm
Height: 94 cm

Weight: 79,2 kg



Seated Row
Art.nr: 010

Length: 150 cm
Width: 75 cm
Height: 115 cm

Weight: 68,5 kg



Iso Lateral Pulldown
Art.nr: 011

Length: 156 cm
Width: 104 cm
Height: 199 cm

Weight: 136 kg



Iso Lateral Low Row
Art.nr: 012

Length: 120 cm
Width: 112 cm
Height: 174 cm

Weight: 112 kg



Iso Lateral High Row
Art.nr: 013

Length: 160 cm
Width: 110 cm
Height: 198 cm

Weight: 152 kg



Lateral Incline Press
Art.nr: 020

Length: 110 cm
Width: 113 cm
Height: 177 cm

Weight: 115 kg



Lateral Wide Chest
Art.nr: 021

Length: 180 cm
Width: 104 cm
Height: 137 cm

Weight: 101 kg



Viking Press
Art.nr: 038

Length: 121 cm
Width: 98 cm
Height: 154 cm

Weight: 125 kg
Start weight in the handles: 21 kg



Leg Extension
Art.nr: 040

Length: 92 cm
Width: 120 cm
Height: 130 cm

Weight: 93 kg



Leg Curl Seated
Art.nr: 041

Length: 125 cm
Width: 100 cm
Height: 110 cm

Weight: 95,5 kg



Pendulum Squat
Art.nr: 045

Length: 191 cm
Width: 87-110 cm
Height: 163 cm

Weight: 150 kg



Donkey Raise
Art.nr: 046

Length: 146 cm
Width: 65 cm
Height: 156 cm

Weight: 80,5 kg



Tibia Dorsi Flexion
Art.nr: 047

Length: 102 cm
Width: 60 cm
Height: 51 cm

Weight: 35,5 kg



Leg Curl Standing
Art.nr: 042

Length: 96 cm
Width: 117 cm
Height: 123 cm

Weight: 83,5 kg



Leg Press
Art.nr: 043

Length: 226 cm
Width: 78 cm
Height: 180 cm

Weight: 130 kg



Squat / Hack Squat
Art.nr: 044

Length: 177 cm
Width: 85 cm
Height: 156 cm

Weight: 115 kg



Iso Lateral Biceps
Art.nr: 050

Length: 104 cm
Width: 120 cm
Height: 103 cm

Weight: 91 kg



Iso Lateral Triceps
Art.nr: 051

Length: 124 cm
Width: 102 cm
Height: 136 cm

Weight: 96 kg



Dip Press
Art.nr: 055

Length: 190 cm
Width: 70 cm
Height: 90 cm

Weight: 84 kg



Gluteus, One Leg kick
Art.nr: 060

Length: 126 cm
Width: 119 cm
Height: 133 cm

Weight: 112,5 kg



Reverse Hyper
Art.nr: 061

Length: 116 cm
Width: 140 cm
Height: 144 cm

Weight: 87,5 kg



Reverse Hyper Pendulum
Art.nr: 062

Length: 137 cm
Width: 133,5 cm
Height: 111 cm

Weight: 100 kg



Belt Squat machine
Art.nr: 082

Length: 170 cm
Width: 100 cm
Height: 115 cm

Weight: 100 kg



Deadlift / Squat machine
Art.nr: 083

Length: 140 cm
Width: 130 cm
Height: 82 cm

Weight: 96 kg
Start weight: 23 kg



Hip Thrust machine
Art.nr: 066

Length: 160 cm
Width: 96 cm
Height: 124 cm

Weight: 109 kg



Abdominal Seated
Art.nr: 070

Length: 83 cm
Width: 114 cm
Height: 168 cm

Weight: 72 kg



Ab Roll up
Art.nr: 072

Length: 100 cm
Width: 96 cm
Height: 140 cm

Weight: 72,5 kg



Leg Press
Art.nr: 243

Length: 218 cm
Width: 78 cm
Height: 142 cm

Weight: 161,5 kg



Hack Lift 45°
Art.nr: 244

Length: 195 cm
Width: 80 cm
Height: 145 cm

Weight: 137,5 kg



Leg Press/Hack Lift
Combination
Art.nr: 245

Length: 230 cm
Width: 81 cm
Height: 145 cm

Weight: 150 kg

100 -series:

Basic equipment



Chin Rack for Cable Cross
Art.nr: 110K

Length: 140 cm
Width: 18 cm

Weight: 6,5 kg



Chin Rack, Wall mounted
Art.nr: 110V

Length: 145 cm
Width: 61,5 cm
Height: 42 cm

Weight: 9,5 kg



Chins Rack, Standing
Art.nr: 111

Length: 126 cm
Width: 150 cm
Height: 240 cm

Weight: 73,5 kg



T-bar Row
Art.nr: 115

Length: 206 cm
Width: 86 cm
Height: 47 cm

Weight: 59,5 kg



Incline T-bar row with Breast Cushion
Art.nr: 116

Length: 219 cm
Width: 92 cm
Height: 109 cm

Weight: 74 kg



Seal Rowing Bench
Art.nr: 117

Length: 147 cm
Width: 122,5 cm
Height: 91 cm

Weight: 55 kg

The barbell is not included.



Incline Bench Press
Art.nr: 120

Length: 125 cm
Width: 150 cm
Height: 124 cm

Weight: 61 kg



Bench Press with Fixed Bar Holder
Art.nr: 122F

Length: 123 cm
Width: 123 cm
Height: 124 cm

Weight: 53 kg



Bench Press Stand with Adjustable Bar Holders
Art.nr: 122R

Length: 125 cm
Width: 123 cm
Height: 104 cm

Weight: 37 kg



Sissy Squat
Art.nr: 144

Length: 77 cm
Width: 64 cm
Height: 57 cm

Weight: 27,5 kg



Calf Press, Seated
Art.nr: 145

Length: 140 cm
Width: 60 cm
Height: 85 cm

Weight: 54,5 kg



Calf Raise Block
Art.nr: 146

Length: 51 cm
Width: 31 cm
Height: 13 cm

Weight: 5 kg



Bench Press with Safety Bar Support
Art.nr: 122RS

Length: 125 cm
Width: 124 cm
Height: 104 cm

Weight: 46 kg



Glute Ham Raise
Art.nr: 141

Length: 110 cm
Width: 60 cm
Height: 90 cm

Weight: 51 kg



Bench Press and Squat Rack
Art.nr: 142

Length: 128 cm
Width: 69 cm
Height: 75 - 163 cm

Weight: 31 kg



Squat Rack
Art.nr: 148

Length: 162 cm
Width: 100 cm
Height: 186 cm

Weight: 65 kg



Power Rack
Art.nr: 149

Length: 122 cm
Width: 90 cm
Height: 205 cm

Weight: 76,5 kg



Curl Bar Rack
Art.nr: 150

Length: 70 cm
Width: 95 cm
Height: 127 cm

Weight: 22 kg



Scott Curl Bench, seated
Art.nr: 151

Length: 101 cm
Width: 70 cm
Height: 95 cm

Weight: 35,5 kg



Scott Curl Bench, standing
Art.nr: 152

Length: 63 cm
Width: 53 cm
Height: 92 cm

Weight: 26 kg



Fixed Bench 70 degrees
Art.nr: 153

Length: 76 cm
Width: 40 cm
Height: 92 cm

Weight: 19 kg



Back Raise, 45 degrees
Art.nr: 162F45

Length: 102 cm
Width: 60 cm
Height: 117 cm

Weight: 38 kg



Back Raise, 90 degrees
Art.nr: 162F90

Length: 102 cm
Width: 60 cm
Height: 104 cm

Weight: 36,5 kg



Back Raise, Knee standing
Art.nr: 163

Length: 105 cm
Width: 59 cm
Height: 79 cm

Weight: 38 kg



Stand for Decline Bench
Art.nr: 154

Length: 125 cm
Width: 170 cm
Height: 110 cm

Weight: 52,5 kg



Dip Press stand
Art.nr: 155

Length: 80 cm
Width: 80 cm
Height: 140 cm

Weight: 37 kg



Back Raise, Adjustable
Art.nr: 162

Length: 102 cm
Width: 60 cm
Height: 117 cm

Weight: 41,5 kg



Hip Thrust bench
Art.nr: 166

Length: 150 cm
Width: 73 cm
Height: 50 cm

Weight: 43,5 kg



Abdominal Bench
(Romain Chair)
Art.nr: 170

Length: 102 cm
Width: 58 cm
Height: 57 cm

Weight: 21 kg



Abdominal Bench Plus
Art.nr: 171

Length: 102 cm
Width: 58 cm
Height: 105 cm

Weight: 22 kg



Leglift with dips
Art.nr: 173

Length: 70 cm
Width: 91 cm
Height: 143 cm

Weight: 68 kg



Brutal Bench
Art.nr: 174

Length: 75 cm
Width: 50 cm
Height: 160 cm

Weight: 24 kg



Dip for Brutal Bench
Art.nr: 174-1

Length: 101 cm
Width: 69 cm

Weight: 7,5 kg



Flat Bench Adjustable
Art.nr: 192

Length: 122 cm
Width: 35,5 cm
Height: 56 cm

Weight: 16 kg



Decline Bench, Adjustable
Art.nr: 193

Length: 133 cm
Width: 45 cm
Height: 42 - 115 cm

Weight: 31.5 kg



Decline Bench Curved, Adjustable -15+85 degree
Art.nr: 193S

Length: 133 cm
Width: 45 cm
Height: 42 - 115 cm

Weight: 33 kg



Leglift with chins and dips
Art.nr: 179

Length: 70 cm
Width: 91 cm
Height: 227 cm

Weight: 78 kg



Adjustable Bench
Art.nr: 190

Length: 125 cm
Width: 45 cm
Height: 43,5 cm

Weight: 25,5, kg



Flat Bench Fixed
Art.nr: 191

Length: 124 cm
Width: 45 cm
Height: 43,5 cm

Weight: 24,5 kg



Decline Bench Fixed
Art.nr: 194

Length: 148 cm
Width: 60 cm
Height: 60 cm

Weight: 27,5 kg



Decline Bench Adjustable
Art.nr: 194R

Length: 148 cm
Width: 60 cm
Height: 60 cm

Weight: 27,5 kg

200 -series:

Cable machines and multigym



Seated Row
Art.nr: 210

Length: 100 cm
Width: 55 cm
Height: 227 cm

Weight: 178,5 kg
Weight Plate: 100 kg



Lateral Pulldown
Art.nr: 211

Length: 124 cm
Width: 52 cm
Height: 227,5 cm

Weight: 168,5 kg
Weight Plate: 100 kg



Lateral Pulldown Rehab
Art.nr: 211R

Length: 124 cm
Width: 52 cm
Height: 227,5 cm

Weight: 168,5 kg
Weight Plate: 100 kg

Pulldown position



Row position



Lateral Pulldown/Seated Row
Art.nr: 214

Length: 112 cm
Width: 132 - 213 cm
Height: 225 cm

Weight: 168,5kg
Weight Plate: 100 kg



Four Station Multigym
Art.nr: 215

Length: 323 cm
Width: 58 cm
Height: 243 cm
Weight N.W: 545 kg

Cable Cross: 60 kg
Row: 100 kg
Pulldown: 100 kg
Triceps: 60 kg



Multigym 4 Station With Cable Cross
Art.nr: 215K

Length: 410 cm
Width: 323 cm
Height: 243 cm

Weight N.W: 682 kg

Cable Cross: 60 kg x 2
Row: 100 kg
Pulldown: 100 kg
Triceps: 60 kg



Multigym 8 Station With Cable Cross
Art.nr: 215DK

Length: 410 cm
Width: 323 cm
Height: 243 cm

Weight N.W: 1227 kg

Cable Cross: 60 kg x2
Row: 100 kg x2
Pulldown: 100 kg x2
Triceps: 60 kg x2



Lateral Triceps Pushdown
Art.nr: 251

Length: 110 cm
Width: 70 cm
Height: 223 cm

Weight: 126,5 kg
Weight Plate: 60 kg



Lateral Biceps/Triceps
Art.nr: 255

Length: 192 cm
Width: 60 cm
Height: 180 cm

Weight: 145 kg
Weight Plate: 60 kg



Cable Crossover Multigym
Art.nr: 225

Length: 308 cm
Width: 58 cm
Height: 225 cm

Weight: 258 kg
Weight Plate: 60 kg x 2



Half of a Cable Cross
Art.nr: 225B

Length: 48 cm
Width: 58 cm
Height: 225 cm

Weight: 122 kg
Weight Plate: 60 kg



Dual Pulley, Adjustable
Art.nr: 226

Length: 151 cm
Width: 77 cm
Height: 228 cm

Weight: 279 kg
Weight Plate: 80 kg x 2



Smith Machine
Art.nr: 280

Length: 207 cm
Width: 90 cm
Height: 208 cm

Weight: 113 kg



Smith Machine with counterweight
Art.nr: 281

Length: 207 cm
Width: 90 cm
Height: 208 cm

Weight: 115 kg



Multi Smith Machine
Art.nr: 285

Length: 207 cm
Width: 149 cm
Height: 220 cm

Weight: 145 kg

300 -series:

SelectORIZED machines



Row, Seated
Art.nr: 310

Length: 120 cm
Width: 60 cm
Height: 162 cm

Weight: 227 kg
Weight Plate: 100 kg



Lateral Pulldown
Art.nr: 311

Length: 126 cm
Width: 95 cm
Height: 186 cm

Weight: 211 kg
Weight Plate: 100 kg



Iso Lateral Low Row
Art.nr: 312

Length: 121 cm
Width: 81 cm
Height: 166 cm

Weight: 206 kg
Weight Plate: 100 kg



Chins and dips
Art.nr: 314

Length: 126 cm
Width: 120 cm
Height: 200 cm

Weight: 226 kg
Weight Plate: 100 kg



Chest Press, Incline
Art.nr: 320

Length: 156 cm
Width: 122 cm
Height: 173 cm

Weight: 218 kg
Weight Plate: 100 kg



Chest Press, Seated
Art.nr: 321

Length: 139 cm
Width: 137 cm
Height: 149 cm

Weight: 224 kg
Weight Plate: 100 kg



Pec Deck, Seated
Art.nr: 323

Length: 146 cm
Width: 171 cm
Height: 150 cm

Weight: 198,5 kg
Weight Plate: 100 kg



Pullover with handles
Art.nr: 324

Length: 143 cm
Width: 89 cm
Height: 172 cm

Weight: 190 kg
Weight Plate: 100 kg



Standing Wide Chest
Art.nr: 326

Length: 112 cm
Width: 135 cm
Height: 177 cm

Weight: 200 kg
Weight Plate: 100 kg



Standing Shoulder Rotation
Art.nr: 334

Length: 112 cm
Width: 82 cm
Height: 167 cm

Weight: 190 kg
Weight Plate: 80 kg



Rear Deltoid/Pec Deck
Art.nr: 335

Length: 147 cm
Width: 70 - 174 cm
Height: 149 cm

Weight: 224 kg
Weight Plate: 100 kg



Leg Extension
Art.nr: 340

Length: 95 cm
Width: 99 cm
Height: 162 cm

Weight: 202 kg
Weight Plate: 100 kg



Shoulder Press
Art.nr: 330

Length: 155 cm
Width: 125 cm
Height: 165 cm

Weight: 234 kg
Weight Plate: 100 kg



Shoulder Rotation, Seated
Art.nr: 331

Length: 87 cm
Width: 75 cm
Height: 135 cm

Weight: 168 kg
Weight Plate: 80 kg



Rear Deltoid Shoulder
Art.nr: 333

Length: 147 cm
Width: 70 - 174 cm
Height: 149 cm

Weight: 224 kg
Weight Plate: 100 kg



Leg Extension Rehab
Art.nr: 340R

Length: 95 cm
Width: 99 cm
Height: 162 cm

Weight: 213 kg
Weight Plate: 100 kg



Leg Curl Seated
Art.nr: 341

Length: 100 cm
Width: 136 cm
Height: 148 cm

Weight: 163,5 kg
Weight Plate: 80 kg



Leg Curl Lying
Art.nr: 342

Length: 170 cm
Width: 97 cm
Height: 149 cm

Weight: 173,5 kg
Weight Plate: 80 kg



Leg Curl Lying, Rehab
Art.nr: 342R

Length: 170 cm
Width: 97 cm
Height: 149 cm

Weight: 182,5 kg
Weight Plate: 80 kg



Leg Press, Seated
Art.nr: 343

Length: 221 cm
Width: 116 cm
Height: 162 cm

Weight: 316 kg
Weight Plate: 150 kg



Calf Press, Seated
Art.nr: 345

Length: 120 cm
Width: 60 cm
Height: 140 cm

Weight: 203 kg
Weight Plate: 120 kg



Biceps Curl
Art.nr: 350

Length: 100 cm
Width: 95 cm
Height: 153 cm

Weight: 153 kg
Weight Plate: 60 kg



Triceps Extension
Art.nr: 351

Length: 130 cm
Width: 60 cm
Height: 140 cm

Weight: 182 kg
Weight Plate: 100 kg



Dips press/Shoulder Pull
Art.nr: 354

Length: 174 cm
Width: 85 cm
Height: 136 cm

Weight: 235 kg
Weight Plate: 100 kg



Calf Press, Standing
Art.nr: 347

Length: 130 cm
Width: 60 cm
Height: 180 cm

Weight: 247 kg
Weight Plate: 150 kg



Calf Press, 45 Degree
Art.nr: 348

Length: 150 cm
Width: 86 cm
Height: 146 cm

Weight: 255 kg
Weight Plate: 150 kg



Leg Extension/Leg Curl
Art.nr: 349

Length: 115 cm
Width: 99 cm
Height: 163 cm

Weight: 224 kg
Weight Plate: 100 kg



Biceps/Triceps
Art.nr: 355

Length: 129 cm
Width: 84 cm
Height: 149 cm

Weight: 170 kg
Weight Plate: 60 kg



Forearm, 3 exercises
Art.nr: 356

Length: 61 cm
Width: 75 cm
Height: 136 cm

Weight: 147,5 kg
Weight Plate: 80 kg



Forearm Curl
Art.nr: 357

Length: 93 cm
Width: 78 cm
Height: 103 cm

Weight: 152 kg
Weight Plate: 80 kg



Gluteus, One Leg kick
Art.nr: 360

Length: 86 cm
Width: 75 cm
Height: 136 cm

Weight: 187 kg
Weight Plate: 100 kg



Lumbar/Abdominal
Art.nr: 365A

Length: 100 cm
Width: 90 cm
Height: 160 cm

Weight: 225 kg
Weight Plate: 100 kg



Lumbar/Abdominal
Art.nr: 365B

Length: 100 cm
Width: 90 cm
Height: 160 cm

Weight: 230 kg
Weight Plate: 100 kg



Multihip
Art.nr: 369

Length: 115 cm
Width: 110 cm
Height: 160 cm

Weight: 177 kg
Weight Plate: 80 kg



Standing Gluteus Abductor
Art.nr: 362

Length: 110 cm
Width: 65 cm
Height: 142 cm

Weight: 200 kg
Weight Plate: 100 kg



Abdominal, Seated
Art.nr: 370

Length: 170 cm
Width: 101 cm
Height: 104 cm

Weight: 176 kg
Weight Plate: 60 kg



Waist Rotation
Art.nr: 375

Length: 120 cm
Width: 75 cm
Height: 139 cm

Weight: 155 kg
Weight Plate: 60 kg



Abdominal, Kneestanding
Art.nr: 376

Length: 95 cm
Width: 65 cm
Height: 125 cm

Weight: 146,5 kg
Weight Plate: 60 kg



Adductor/Abductor
Art.nr: 364

Length: 130 cm
Width: 86 cm
Height: 137 cm

Weight: 192 kg
Weight Plate: 80 kg