



LifeFitness

CATALOGUE



OUR MISSION

INSPIRE HEALTHIER LIVES

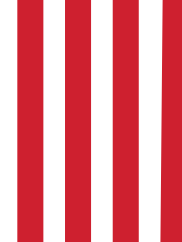


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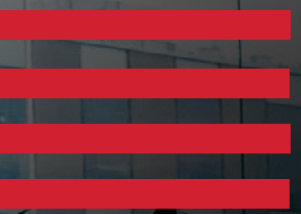
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TRANSFORMATION FOR FACILITIES AND EXERCISERS

Our calling is to encourage people around the world to reach their full potential, by providing the tools needed to create transformational workout experiences.

For 50 years, Life Fitness has been dedicated to creating exciting and invigorating fitness solutions that allow fitness facilities to succeed and let exercisers reach their goals.

>> KAYA HEALTH CLUB, AUSTRALIA



YOUR FACILITY FIRST

Life Fitness puts your brand first by offering a wide breadth of products and customisation choices.

Transform your facility with cutting-edge digital experiences to keep exercisers entertained and engaged, or small group training solutions to excite, and energise members. Aesthetic details like colour options, weight stack shrouds and other customisation choices set a facility apart.

Both facilities and exercisers benefit from innovation and product development. We understand that every facility has unique goals and we provide the tools and choices needed to reach them.

We offer extensive consultation to guide you through the limitless possibilities and choices available for your facility.

>> IHF, CHRISTCHURCH NZ

THE LIFE FITNESS EXPERIENCE



INDEPTH CONSULTATIONS

We offer in-depth consultations and each design we create is 100% bespoke and tailored to the individual space and customer requirements.



SERVICE

We back up our world leading fitness equipment with solid service. Our highly experienced team is based throughout NZ supported by a dedicated head office team.

Our team conduct preventative maintenance services and should a machine go down, we have a robust process to minimise machine downtime with our nationwide network of Service Technicians.



INSTALLATION

Our specialised team of Installers travel throughout New Zealand.

They install and commission equipment to the highest possible standards -with minimal intrusion. Because we use our own experienced team, your project installation is seamless with every contingency expected, accounted for and mitigated.



REFURBISHED EQUIPMENT

We have a purpose-built refurbishment department. Our certified technicians disassemble and strip machines, followed by a quality checklist to clean, detail, inspect, fill, paint, replace all wearable parts and then rebuild. All products are refurbished with Life Fitness certified parts.

BUILD YOUR EXPERIENCE

Create the best cardio combinations for your facility with the most variety and versatility Life Fitness has ever offered. Simply choose your console, your base and your colour.

SELECT YOUR CONSOLE



Discover SE4

State of the art technology on a 24" or 16" touch screen. Includes Life Fitness On-Demand+, HD TV, internet, apps like Netflix, interactive courses and much more.



Integrity SL

An easy-to-use interface with LED screen and workouts for those who just want to get on and go.

SELECT YOUR BASE



Integrity+

Sleek design with added aesthetic touches to enhance any facility.



Aspire

Simplified, inviting design for when customisation isn't necessary.



>> CAMILLE BUSCOMB, NZ OLYMPIC TRACK ATHLETE

BUILD YOUR EXPERIENCE



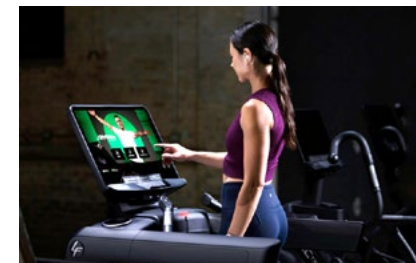
CONSOLE EXPERIENCES

LIFE FITNESS ON DEMAND

Redefine cardio for your exercisers with exciting and motivating instructor-led, on-demand workouts and interactive terrains. Over 500 workouts are available on treadmills, cross-trainers, bikes, PowerMills and Arc Trainers with connected Discover SE4 consoles.

DISCOVER MORE, DISCOVER SE4

Inspire your exercisers with cutting-edge technology including a more intuitive UI, seamless wearable connectivity, personalised app integrations and sleek console design packed full of Life Fitness On Demand+ content. Stylish edge-to-edge glass screens with 500+ workouts deliver a more immersive experience.



MORE STATE-OF-THE-ART

With the Life Fitness Discover SE4 Console, you are not just investing in a piece of equipment; you are embracing a new era of fitness technology. With AI technology and strategically positioned touchscreen sensor, this console offers unmatched responsiveness.

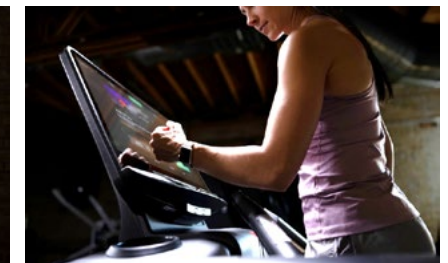
Exercisers enjoy vivid imagery, regardless of ambient light, and a slim profile thanks to the embedded LCD sensor. In addition, SE4 supports wireless charging, allowing users to conveniently power up their devices while they work out.



MORE EXPERIENCES

Over 500 On-Demand workouts with Life Fitness On Demand+. The vivid, cinematic-quality of Discover SE4 is ideal for the immersive cardio experiences offered by Life Fitness On Demand+, which provides engaging cardio content that keeps exercisers coming back.

Life Fitness On Demand+ allows exercisers access to over 500 on-demand fitness experiences, including instructor-led workouts and interactive terrains, and gives facilities the tools to create customised video content.



MORE CUSTOMISATION

The Discover SE4 Console puts your brand and staff in the spotlight, with Life Fitness On Demand+ empowering you to showcase your own videos on your facility's Life Fitness cardio equipment. Create workout videos, exercise and wellness tips, highlight amenities within your facility, you can create content to display on SE4 that speaks directly to your customers.

Create that customised and immersive experience that is unique to your facility and has that personalised touch.



More Connectivity: Discover SE4 console comes packed with connectivity options for a more user-friendly experience. Fast wireless phone charger. Apple and Samsung watch connectivity. Supports Bluetooth headphones and other bluetooth devices. ANT+ for heart rate training. Connects to MyZone.

Run the World With Interactive Terrains: More than 100 runs and rides through stunning scenery around the world. Incline and resistance adjust to the terrain for an exciting immersive experience.

Single Sign On: Log in to your console and securely connect to all your favorite apps like Netflix, Spotify and other video streaming apps without having to re-enter your credentials. Sign in to save workout data and enable your favorite apps.

More Control: Get the most from your console. Motivational messaging, a variety of Life Fitness On Demand+ workouts, insights into machine usage and preventative maintenance reminders - all enabled via Halo Facility. We empower you and your staff with data, keep you connected to exercisers and make it easier for you to manage your facility in one platform.



INTEGRITY SL CONSOLE

The Integrity SL console has get on and go functionality on a large LED display. Includes 17 to 22 workouts, Bluetooth® connection to heart rate straps, headphones and mobile devices. Wi-Fi, ANT+ and NFC compatibility.

CONSOLES SUMMARY



CONSOLE FEATURES	DISCOVER SE4
Key Features	
Display	24" (61 cm) and 16" (40.6 cm) 1080p AIT (Advanced In-Cell Touch) Screen
Connectivity	Internet (wired or wireless), proximity login via Bluetooth®, NFC
Entertainment	Life Fitness On Demand+, video streaming apps, TV, integration with popular fitness apps
Streaming Entertainment Apps	Netflix™, YouTube™, Prime, Disney+, The Economist™, ESPN®, Newsy®, Flipboard®, Spotify, Internet Browser
Wearable Compatibility	Apple Watch®, Samsung Galaxy Watch®
Mobile Device Charging	Standard
Device Compatibility	Standard: NFC, Bluetooth® 5.0, ANT+, and Polar
22 Languages	English, English UK, Spanish, Portuguese, Italian, French, German, Dutch, Turkish, Simplified Chinese, Japanese, Korean, Russian, Arabic, Polish, Catalan, Finnish, Hungarian, Basque, Traditional Chinese, Welsh, Hebrew
Number of Workouts	12-25. Goal Based: Time, Distance, Climb, Interval, Aerobics, Watts, METs, Starter Interval, Reverse, 2 Speed Interval, 3 Speed Interval (4 terrains per), Constant Power, Adaptive Power. Heart Rate Based: Moderate, Vigorous, Fixed Time, Variable Time. Fitness Tests: LF Fitness Test, U.S. Navy PRT, U.S. Army, U.S. Marines, U.S. Air Force, WFI Submax Protocol, Physical Efficiency Battery, CPAT
Custom Workouts1	Up to 8
User Profiles	Limitless
Compatible Products	Integrity+ Series, PowerMill Climber, Arc Trainer



CONSOLE	SL
Key Features	Get on and go functionality, large LED display, Bluetooth connections and Apple Watch
Display	LED with membrane buttons
Halo Fitness Cloud	Standard
Device Compatibility	Android™, iPhone®
Entertainment	Attachable TV is optional
Languages Available	English, English UK, Spanish, Portuguese, Italian, French, German, Dutch, Turkish, Simplified Chinese, Japanese, Korean, Russian, Arabic, Polish, Catalan, Finnish, Hungarian, Basque, Traditional Chinese, Welsh, Hebrew, Danish, Swedish
Number of Workouts	17 - 22+ Quick Start
Compatible Products	Integrity+ Series, Aspire Series,



Easy and efficient facility management.
Meaningful interactions with members.

HALO FITNESS CLOUD



HALO

WHAT IT IS

The Halo Fitness Cloud is the platform that connects fitness facilities to their staff, exercisers and equipment. Halo empowers facilities and their staff to optimize equipment usage, better communicate between themselves and their exercisers, and more easily keep cardio equipment up-to-date with the newest features.

GET CONNECTED

- View service notifications regarding preventative maintenance and equipment rotation
- Understand traffic patterns and popular equipment by analyzing usage insights
- Offer exciting new features on compatible cardio equipment with streamlined software updates
- Customize your solution to fit your facility brand, exercisers, environment and experience

Visit **Halo.Fitness** for more information.



INTEGRITY⁺ SERIES

Continuous innovation and improvement ensures that this cardio series is an inviting option for exercisers in the best fitness facilities around the world.

>> KAYA HEALTH CLUB, AUSTRALIA

INTEGRITY+ SERIES PRODUCTS



TREADMILL
WITH DISCOVER SE4 CONSOLE



ELLIPTICAL CROSS-TRAINER
WITH DISCOVER SE4 CONSOLE



RECUMBENT LIFECYCLE
EXERCISE BIKE
WITH DISCOVER SE4 CONSOLE



UPRIGHT LIFECYCLE
EXERCISE BIKE
WITH DISCOVER SE4 CONSOLE

AVAILABLE WITH THESE CONSOLES



DISCOVER SE4 CONSOLE
Premium entertainment includes HD TV, internet, apps like Netflix™, instructor-led Life Fitness On Demand workouts, interactive courses and more.



SL CONSOLE
Simple to use console that gives you the ability to get on and go. 17 - 22 workouts. Bluetooth® and Apple Watch connectivity.

COLOUR OPTIONS



DIAMOND WHITE



ARTIC SILVER



TITANIUM



BLACK ONYX



MATTE BLACK



>> KAYA HEALTH CLUB, AUSTRALIA



ASR SERIES

Simplicity Refined. Stylishly Intuitive.

Combines modern design with intuitive functionality. The sleek look allows gyms to enhance their aesthetic with equipment that appeals to workout novices and exercise veterans.

ASPIRE SERIES PRODUCTS



TREADMILL
WITH SL CONSOLE



ELLIPTICAL CROSS-TRAINER
WITH SL CONSOLE



UPRIGHT LIFECYCLE
EXERCISE BIKE
WITH SL CONSOLE



RECUMBENT LIFECYCLE
EXERCISE BIKE
WITH SL CONSOLE

AVAILABLE WITH THESE CONSOLES



DISCOVER SE4 CONSOLE
Premium entertainment includes HD TV, internet, apps like Netflix™, instructor-led Life Fitness On Demand workouts, interactive courses and more.
*24" only available on Treadmills.



SL CONSOLE
Simple to use console that gives you the ability to get on and go. 17 - 22 workouts. Bluetooth® and Apple Watch connectivity.

COLOUR OPTIONS



ARTIC SILVER



SMOOTH CHARCOAL



>> QE HEALTH, ROTORUA, NZ

CARDIO

POWERMILL CLIMBER

A smooth stepping motion and 26 different speeds make the PowerMill ideal for exercisers who prefer slow climbs or those looking for one of the most challenging and intense cardio workouts at the gym. The large step space and anti toe-pinch design ensure secure footing during everything from high-intensity to moderate workouts. A reliable AC motor ensures consistent motion during all of them. Fitness facilities have several console options, ranging from simple and intuitive to entertainment rich and engaging.

COLOUR OPTIONS



DIAMOND WHITE



ARTIC SILVER



TITANIUM STORM



BLACK ONYX



MATTE BLACK

SL CONSOLE

DISCOVER SE4



>> OXYGEN FITNESS, AUCKLAND NZ

CARDIO

ARC TRAINER

A 3-in-1 alternative-motion cross-trainer that offers cardio versatility to a wide range of exercisers. The 21 incline adjustments result in motions that mimic gliding, striding and climbing, and exert less stress on the knees than walking.

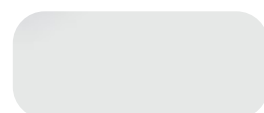
It's effective for everyone from rehabilitation clients and deconditioned members, to professional athletes.

Features:

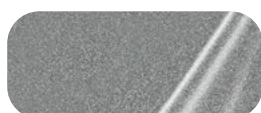
- 21 levels of incline adjustment allowing workouts to target glutes, quads and hamstrings. Different motions can be incorporated into long cardio sessions, short bursts of interval training, or anything in between.
- 100 levels delivering more than 1,000 Watts of resistance.
- Back-entry keeps the footprint small.
- Available with Discover SE4 and SL consoles.
- Two base versions to choose from: Total-body and lower-body.



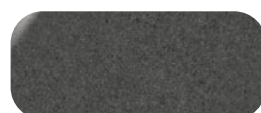
COLOUR OPTIONS



Diamond White



Arctic Silver



Titanium Storm



Matte Black

CONSOLE OPTIONS

SL CONSOLE

DISCOVER SE4



>> PRIVATE STUDIO, USA

CARDIO

ACTIVATE SERIES

A great introduction to sleek and durable cardio equipment. Easy console navigation and lasting value make this series a staple for any facility.



>> PRIVATE HOME STUDIO, HAMILTON, NZ

ACTIVATE SERIES



TREADMILL



ELLIPTICAL
CROSS-TRAINER



UPRIGHT LIFECYCLE
EXERCISE BIKE



RECUMBENT LIFECYCLE
EXERCISE BIKE WITH OPTIONAL
ATTACHABLE TV



INTEGRITY+ SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	209 cm x 92 cm x 142 cm	197 kg
Elliptical Cross-Trainer	218 cm x 73 cm x 163 cm	137 kg
Upright Lifecycle Exercise Bike	105 cm x 62 cm x 138 cm	76.5 kg
Recumbent Lifecycle Exercise Bike	179 cm x 66 cm x 131 cm	97 kg

ASPIRE SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	212 cm x 92 cm x 147 cm	170 kg
Elliptical Cross-Trainer	217 cm x 75 cm x 222 cm	113 kg
Upright Lifecycle Exercise Bike	105 cm x 62 cm x 138 cm	76.5 kg
Recumbent Lifecycle Exercise Bike	170 cm x 66 cm x 131 cm	135 kg

ACTIVATE SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	206 cm x 81 cm x 145 cm	148 kg
Elliptical Cross-Trainer	206 cm x 69 cm x 153 cm	109 kg
Upright Lifecycle Exercise Bike	112 cm x 58 cm x 137 cm	59 kg
Recumbent Lifecycle Exercise Bike	163 cm x 69 cm x 114 cm	91 kg

OTHER CARDIO	DIMENSIONS (L X W X H)	WEIGHT
PowerMill Climber	142 cm x 84 cm x 209 cm	215 kg
Total-Body Arc Trainer	194 cm x 93 cm x 159 cm	232 kg
Lower-Body Arc Trainer	194 cm x 84 cm x 159 cm	222 kg



GROUP TRAINING

When done right, small group training adds energy and excitement to any fitness center. Create memorable experiences for exercisers with a well-planned and well-executed group training offering.

Successful small group training is a perfect mix of space, products and application.



Turn up the intensity in your facility with the Heat Performance Row. The powerful, modern design is tailored to match elite exercisers in any setting. We pushed the envelope to create a streamlined performance rower that helps exercisers push past their limits. The TFT2.0 console offers high-tech digital feedback and motivational programs to enhance the rowing experience.



Console Displays: Time, Distance, Strokes/Minute, 500-Meter Split Time, Calories/Hour, Watts



HEAT ROW

An intuitive LCD console allows instructors to optimise small group training and enables exercisers to easily train on their own.



HEAT PERFORMANCE ROW

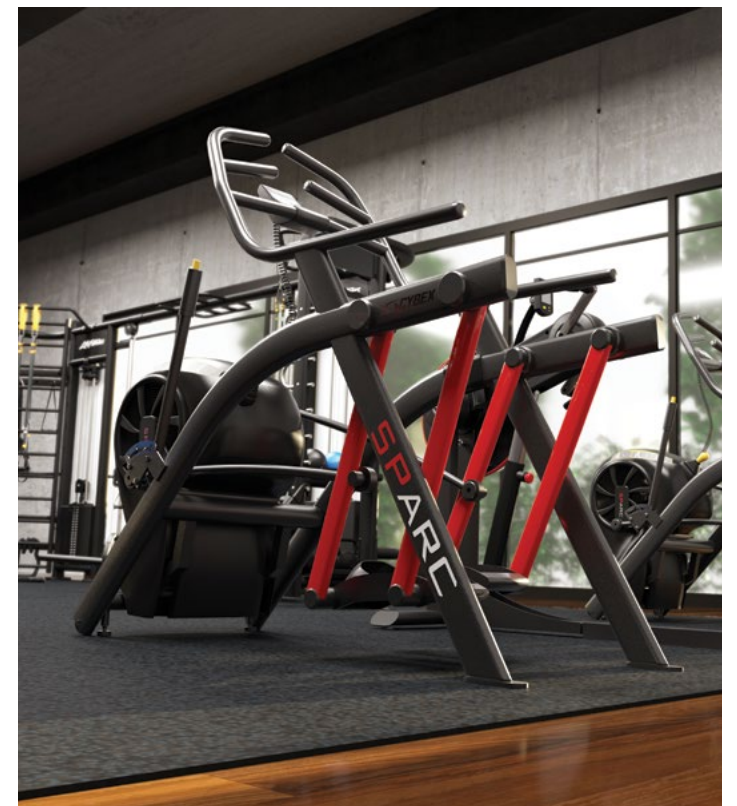
Powerful, modern design with a TFT 2.0 console that offers digital feedback and motivational programs to enhance the rowing experience and challenge exercisers.



SPARC TRAINER

Run further. Train harder. Achieve more goals. SPARC does it all because it's biomechanically refined, providing exceptional results with low impact. SPARC's intuitive "get on and go" design invites all users to simply choose incline and intensity levels, then reach their fitness goals in record time.

>> PRIVATE STUDIO, USA



SPARC TRAINER



Hammer Strength ARC Trainer also available.



LIFE FITNESS INDOOR CYCLES

POWERED BY ICG

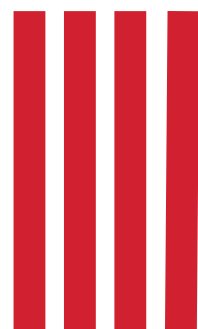
>> UNIVERSITY OF AUCKLAND REC CENTRE, NZ

Indoor Cycling Group (ICG) has been motivating, mentoring, and measuring positive change in the lives and rides of the global fitness and sporting community since 1995.

Striving for excellence in indoor cycling has made ICG a global leader specialising in the design, manufacture and programming of premium indoor cycling equipment.



IC7 INDOOR CYCLE



Robust Digital Experience

Connection available on IC5, IC6 and IC7 bikes allows exercisers and instructors to benefit from the combination of state-of-the-art bikes and cutting edge digital experiences.



Optimal Q Factor

Q Factor is the distance between an exerciser's feet when they sit on a bike and pedal. The industry standard Q Factor of 155mm on most ICG bikes results in a ride that feels comfortable and natural.



Advanced Power Metrics

The WattRate® Direct Power Meter on IC7 bikes offers the market's most accurate sensor technology with a direct measuring tolerance of +/- 1%.



Inviting Design

A sleek and modern aesthetic combines with rugged features like a steel frame to create durable bikes that exercisers want to use.



Poly-V Belt Drive

The Poly-V belt drive that powers each ICG bike transfers extreme levels of torque smoothly, requires limited maintenance, and is quieter than other drive systems.



Attention to Comfort

Padded sport saddle, PVC multi-position handlebars and multiple adjustment possibilities ensures that riders are comfortable from the start of the workout to the end.

STATE-OF-THE-ART INDOOR CYCLES

This fleet of bikes combine striking, award-winning design with an enhanced digital experience.



IC7

The IC7 comes with a new, sleek design, as well as a two-stage drivetrain and a premium digital experience. A WattRate Direct Power Meter, Coach By Colour® intensity guide for user and instructor, data exchange with devices, and outstanding comfort make the IC7 a one-of-a-kind indoor cycle.



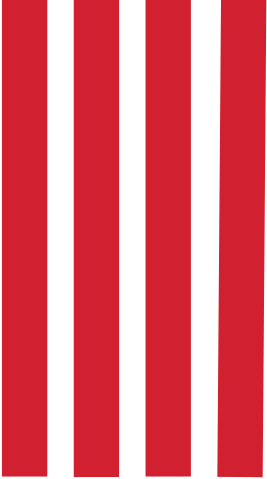
IC6

The WattRate TFT computer features performance indication in watts, data exchange with external devices, as well as a Coach By Colour® intensity guide for both the user and instructor.



IC5

Innovative design and high-quality components. The WattRate LCD computer displays performance and the IC5 allows for data exchange with devices and the Coach By Colour® intensity guide for users.



INDOOR CYCLING ACCESSORIES



INDOOR CYCLING STUDIO RACK

The uniquely designed storage systems match the colours of the ICG® Indoor Cycles, creating a polished and organised studio environment that allows the class to concentrate on their workout.



INDOOR CYCLING DUMBBELL HOLDER

The dumbbell holder enables exercisers to transition between cycling and weight training seamlessly. A lightweight steel wire-frame construction easily attaches to the seat-post stem behind the rider without interfering with the exercisers pedaling.



INDOOR CYCLING IC4-IC7 SMARTPHONE & TABLET MOUNT

Compatible with the IC5, IC6, IC7 Indoor Cycles, this mount includes an elastic drawstring which ensures safe housing for tablets and smartphones up to 12 inches long and 11mm thick. The bracket can be quickly and easily mounted on the front of the handlebar.

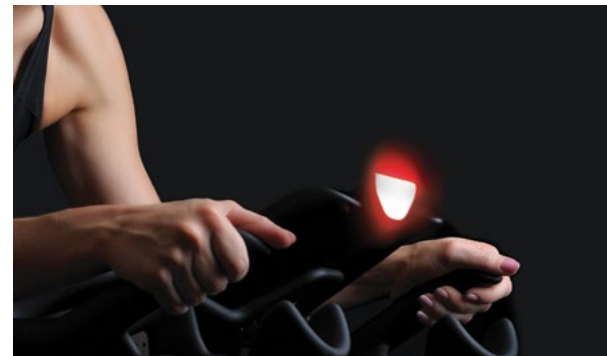
THE ICG DIGITAL EXPERIENCE

The state-of-the-art engineering of ICG indoor cycles combines with engaging digital technology to create extremely memorable exerciser experiences.



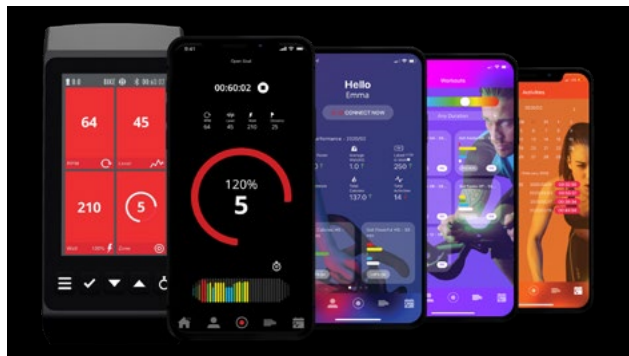
ICG CONNECT

A digital platform that creates exciting and immersive group exercise experiences through competition, vivid data visualisation and instructor encouragement.



COACH BY COLOUR®

Colour-coded biofeedback for exercisers and a universal method for coaching intensity for instructors.



ICG APP

The Apple® and Android™ app pairs with IC5, IC6, and IC7 bikes to give exercisers the power to view, save and track workouts.



MYRIDE® VX

Virtual training through scenic settings and with the guidance of both live and virtual instructors.

>> FLEX FITNESS PAPAMOA, NZ

COACH BY COLOUR® TRAINING ZONES

THE SCIENCE BEHIND COACH BY COLOUR®

Life is not black and white. We live in colour. Colour is powerful. It can spur action and compel reaction. Colour is evocative. It can influence thoughts and emotions. Colour is universal. Red means "hot" and blue means "cool" in just about every culture.

To Coach By Colour® is to use one of the world's most intuitive and effective forms of communication to improve the exerciser experience. The Coach By Colour® power program relies on colour's natural stimulating properties to accurately coach a user's effort during a workout. It elicits the right psychological and physiological responses to encourage greater effort. It fosters connections among members and enhances instructor communication, and therefore increases social interaction while maximising results. Those are the kinds of benefits that boost new member acquisition and retention.

TRAINING ZONES

Coach By Colour® has five coloured training zones: white, blue, green, yellow and red. These zones can be linked to WattRate® (power), Functional Threshold Power (FTP), or heart rate and percentage of Heart Rate Max (HRM). FTP represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTP is known, users are assigned the five coloured zones to accurately coach their effort for the best customised results.





SYNRGY90

A nearly limitless variety of exercise options in one space. Rooted in the success of SYNRGY360 small group training, the SYNRGY90 system is a shift in contemporary one-on-one training—it provides the structural space trainers need, offers nearly limitless configurability and fits seamlessly in dedicated spaces.

>> WAIDE CONSTRUCTION, AUCKLAND, NZ

SYNRGY90



CABLE CABLE



CABLE VERSA



VERSA CABLE



VERSA VERSA

SYNRGY180

The SYNRGY180 training system has a space-saving design that serves as a functional training rig and efficient wall-adjacent accessory storage unit.

The modular system can be custom-configured as a simple single-bay training rig or expanded to be a full room multi-bay training rig with a variety of HIIT elements.



>> PRIVATE STUDIO, USA

EFFICIENCY

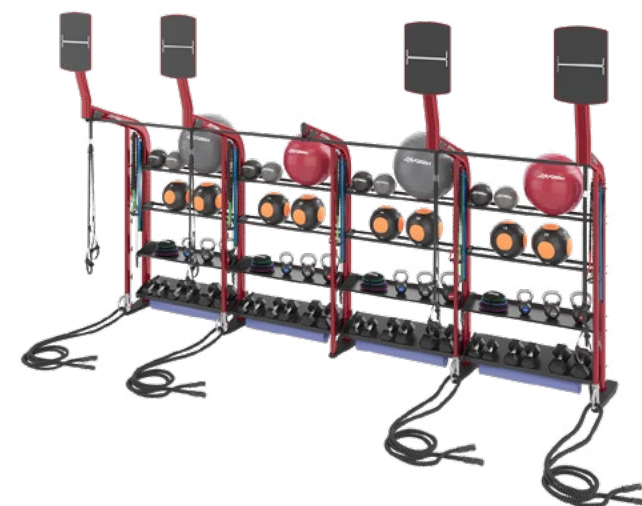
A full functional training system that doesn't take up valuable square footage.

FLEXIBILITY

Scalable size and the ability to add the training modalities your exercisers want.

GREAT DESIGN

Premium and inviting design improves the aesthetics of any facility.



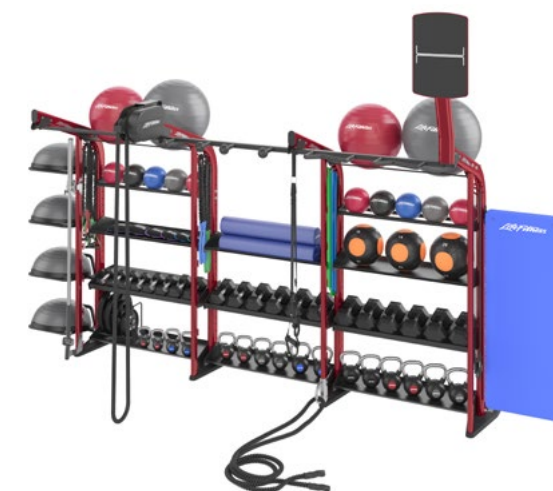
MULTI 4



DUO 4



MIX 3





SYNRGY360

The groundbreaking SYNRGY360™ system creates a fun, inviting and meaningful workout experience for exercisers of all abilities and fitness levels.

The unit is available in several sizes and different customisable configurations.

The energy created around a SYNRGY360 system makes it the exciting focal point of any facility.

>> BODYHUB, QUEENSTOWN, NZ



SYNRGY360 XS

This space-efficient training hub consolidates the variety of four distinctive training spaces with ample accessory storage.*

4

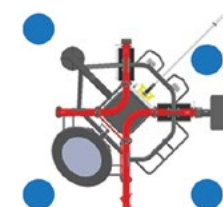
PLACES TO
TRAIN

MAX. FOOTPRINT:

9.2' x 9.2'
(2.8 m x 2.8 m)

LIVE AREA:

22' x 22'
(6.7 m x 6.7 m)



SYNRGY360 XM

Make a bold statement about your facility's commitment to fitness with six available training spaces including a seven-handle monkey bar zone.*

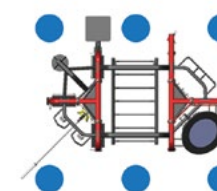
6

PLACES TO
TRAIN

MAX. FOOTPRINT:
10.6' x 16.0'
(3.23 m x 4.87 m)

LIVE AREA:

22' x 27'
(6.7 m x 8.2 m)





STUDIO COLLECTION

>> PRIVATE STUDIO, USA



Features:

Studio Collection accessories are designed following colour theories and common user preferences. The simple, organisational benefits and accessibility make the Studio Collection perfect for exercisers and club owners alike. These accessories—along with our other products—are the finishing touch for a complete facility, saving time and effort for customers.

- Each rack is the same height and each type of weight utilises the same colour strategy. This gives your studio a collection of products that fit and work together as a family.
- Organisational efficiency allows this collection to fit in any space
- Colours and design aesthetics make group studio classes more inviting



DUMBBELL PACK



KETTLEBELL PACK



BARBELL PACK



STEP



RISER



DECK



STEP & RISER SET

Accessories sold separately

INSIGNIA SERIES

Thoughtfully designed. Distinctively crafted.

The Insignia Series features intelligent and subtle design elements that result in a natural feel and a truly memorable experience. Hundreds of individual parts work together to create a selectorised line that is aesthetically appealing and inviting to exercisers of all fitness levels.

>> ANYTIME FITNESS, THE LAKES, TAURANGA, NZ

STRENGTH - INSIGNIA SERIES



NEW PRODUCT
DUAL AXIS CHEST PRESS

This cutting-edge product gives you the freedom to define your own converging path of motion, providing the ultimate chest workout. The unique design combines the Chest Press and Pectoral Fly movements into one exercise for maximum pectoral contraction.



NEW PRODUCT
DUAL AXIS PULLDOWN

The Insignia Dual Axis Pulldown utilises Dual Axis Technology® to provide a best-in-class experience by mimicking the natural way that human arms move, downward and away from the center, that the user defines and not the machine.



NEW PRODUCT
ARC LEG PRESS

The Insignia Arc Leg Press is a unique new movement that provides greater hip range of motion and more complete training of the glutes by pressing along a natural arcing path of motion.



NEW PRODUCT
ABDOMINAL ADVANCED

The Insignia Series Abdominal Advanced has an innovative design that provides numerous core exercises and variations, resulting in the most comprehensive abdominal workout of any selectorised machine.



ASSIST DIP CHIN
/ SS-ADC



BICEPS CURL
/ SS-BC



CHEST PRESS
/ SS-CP



LATERAL RAISE
/ SS-LR



SHOULDER PRESS
/ SS-SP



TRICEPS PRESS
/ SS-TP



CALF EXTENSION
/ SS-CE



GLUTE
/ SS-GL



GLUTE BRIDGE
/ SS-GLD



SEATED LEG CURL
/ SS-SLC



ABDOMINAL
/ SS-AB



BACK EXTENSION
/ SS-BE

INSIGNIA CUSTOMISATION OPTIONS

TRIM OPTIONS



- L TRIM**
- A** Ergonomic grips
 - B** Aluminum painted tower cap
 - C** Integrated rep counter/timer



- S TRIM**
- A** Standard grips
 - B** Charcoal gray plastic tower cap

WEIGHT STACK OPTIONS



X: Heavy weight stack* with two, 2.5 kg dial weight increments



C: Standard weight stack with two, 2.5 kg dial weight increments



P: Standard weight stack with one, 3.75 kg push/pull weight increments

*15% more than standard

SHROUD OPTIONS



Full shroud



Rear shroud only



PECTORAL FLY / REAR DELTOID
/ SS-FLY



PULLDOWN
/ SS-PD



ROW
/ SS-RW



HIP ABDUCTION
/ SS-HAB



HIP ADDUCTION
/ SS-HAD



HIP ADDUCTION / ABDUCTION
/ SS-HAA



LEG CURL
/ SS-LC



LEG EXTENSION
/ SS-LE



TORSO ROTATION
/ SS-TR



BICEPS CURL /DEPENDENT
/ SS-BCD



TRICEPS EXTENSION
/ SS-TE



SIGNATURE SERIES

Premium options for exercisers looking to expand their strength training progression beyond selectorised machines. The Signature Series includes plate-loaded machines, benches and racks, and versatile Cable Motion™ machines.

Each unit combines outstanding performance with a striking design aesthetic.

>> FLEX FITNESS, CAMBRIDGE, NZ

SIGNATURE SERIES: PLATE-LOADED




LINEAR LEG PRESS
/ SPLLLP

KNEELING LEG CURL
/ SPLKLC

LEG EXTENSION
/ SPLLE

CALF RAISE
/ SPLCALF



TWO-TONE FRAME AND WORK ARM FEATURE

- Signature Series standard/premium colour options
- See colour chart for all available colour options
- Only available on Signature Plate-Loaded

SIGNATURE SERIES: PLATE-LOADED



BICEPS CURL
/ SPLBC

DECLINE CHEST PRESS
/ SPLDCP

FRONT PULLDOWN
/ SPLPD

HIGH ROW
/ SPLHR



INCLINE PRESS
/ SPLIP

ROW
/ SPLROW

SEATED DIP
/ SPLDIP

SHOULDER PRESS
/ SPLSP



SIGNATURE SERIES: BENCHES AND RACKS



OLYMPIC FLAT BENCH
/ SOFB

OLYMPIC INCLINE BENCH
/ SOIB

OLYMPIC DECLINE BENCH
/ SODB

OLYMPIC MILITARY BENCH
/ SOMB



OLYMPIC BENCH
WEIGHT STORAGE
/ SOBWS

OLYMPIC SQUAT RACK
/ SOSR

ARM CURL BENCH
/ SAC

BACK EXTENSION
/ SBE



MULTI-ADJUSTABLE BENCH
/ SMAB

FLAT BENCH
/ SFB

AB CRUNCH BENCH
/ SABC

UTILITY BENCH
/ SUB



ADJUSTABLE DECLINE /
ABDOMINAL BENCH
/ SADB

CHIN / DIP / LEG RAISE
/ SCDLR

LEG RAISE
/ SLR

SMITH MACHINE
/ SSM



TWO-TIER DUMBBELL
RACK
/ SDR2

BARBELL RACK
/ SBBR



OLYMPIC WEIGHT TREE
/ SOWT

SIGNATURE ACCESSORY
STORAGE RACK
/ SAR

SIGNATURE SERIES: **CABLE MOTION**



DUAL ADJUSTABLE PULLEY
/ CMDAP



DUAL ADJUSTABLE PULLEY CONSOLE
/ DAPCONSOLE



ADJUSTABLE CABLE CROSSOVER
/ CMACO

SIGNATURE SERIES: **MULTI-JUNGLE**



MULTI-JUNGLE PLATFORM
(SAMPLE 4-STACK) / MJ4



MULTI-JUNGLE PLATFORM
(SAMPLE 5-STACK) / MJ5



MULTI-JUNGLE PLATFORM
(SAMPLE 8-STACK) / MJ8



>> ANYTIME FITNESS, THE LAKES, TAURANGA, NZ

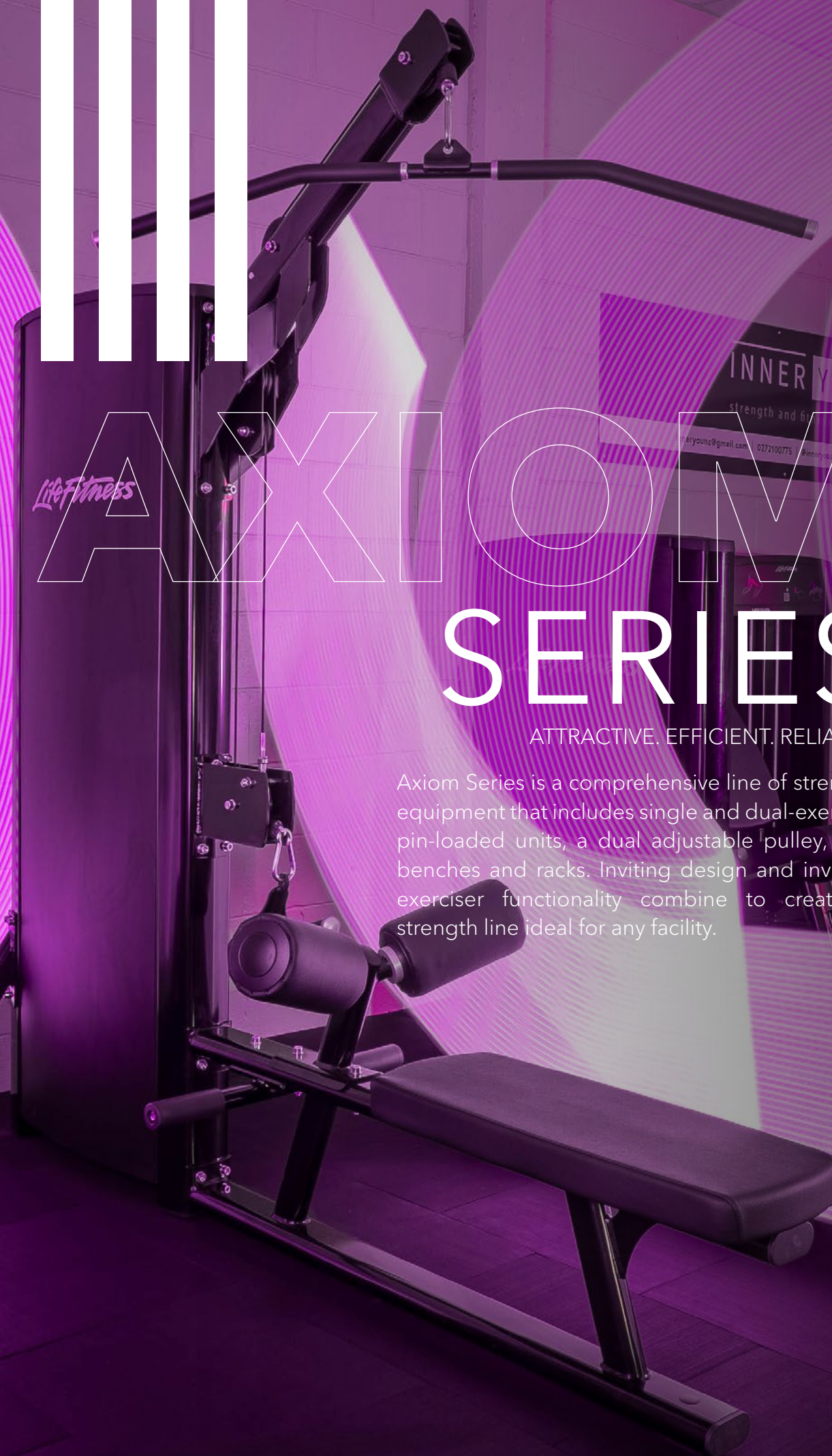
STRENGTH - SIGNATURE SERIES



AXIOM SERIES

ATTRACTIVE. EFFICIENT. RELIABLE

Axiom Series is a comprehensive line of strength equipment that includes single and dual-exercise pin-loaded units, a dual adjustable pulley, and benches and racks. Inviting design and inviting exerciser functionality combine to create a strength line ideal for any facility.



AXIOM SERIES

SINGLE-EXERCISE MACHINES



CHEST PRESS
/ OP-CP



SEATED ROW
/ OP-RW



SHOULDER PRESS
/ OP-SP



LAT PULLDOWN
/ OP-PD



BICEPS / TRICEPS
/ OP-BT



HIP ABDUCTOR /
ADDUCTOR
/ OP-HAA



LAT PULLDOWN /
LOW ROW
/ OP-LR



DUAL ADJUSTABLE
PULLEY
/ OP-DAP



BICEPS CURL
/ OP-BC



TRICEPS EXTENSION
/ OP-TE



LEG EXTENSION
/ OP-LE



LEG CURL
/ OP-LC



LEG PRESS
/ OP-LP



ABDOMINAL
/ OP-AB

DUAL-EXERCISE MACHINES



LEG CURL / EXTENSION
/ OP-LEC



LEG EXTENSION / CURL
/ OP-SLCE



MULTI PRESS
/ OP-MP



PECTORAL FLY /
REAR DELTOID
/ OP-FLY

BENCHES AND RACKS



THREE-TIER SHORT SADDLE
DUMBBELL RACK
/ OP-DB3LS



THREE-TIER ACCESSORY
RACK
/ OP-AR3



VERTICAL DUMBBELL RACK
/ OP-DBV



SMITH MACHINE
/ OP-SM



ADJUSTABLE BENCH
/ OP-ADJ



3-TIER DUMBBELL RACK (5-
50 HEX)
/ OP-DB3HX



3-TIER DUMBBELL RACK (5-
50 SADDLE)
/ OP-DB3SS



ABDOMINAL BENCH
/ OP-ABB



VERTICAL MEDICINE BALL
STORAGE
/ OP-MBS



DIP/LEG RAISE
/ OP-DLR



FLEXIBILITY TRAINER
/ OP-FS



BARBELL RACK
/ OP-BBR

MULTI-EXERCISE
MACHINE



CIRCUIT SERIES

No set-up adjustments and intuitive push-button controls make Circuit Series an easy to use strength training solution. The Lifeband Resistance™ System allows for incremental resistance adjustments, which lets exercisers easily measure their progress.

11 different units are ideal for both individual workouts and community building small group training.

>> AUCKLAND COUNCIL, ALLAN BREWSTER REC CENTRE, NZ

CIRCUIT SERIES



AB CRUNCH / TCAB



AB CURL BENCH / TCABB



BICEPS CURL / TCBC



CHEST PRESS / TCCP



LAT PULLDOWN / TCPD



LEG EXTENSION / TCLE



SEATED LEG CURL / TCLC



SEATED ROW / TCRW



SHOULDER PRESS / TCSP



SQUAT / TCSL



TRICEPS PRESS / TCTP

TAILOR YOUR STRENGTH EXPERIENCE

STRENGTH FRAME COLORS		LIFE FITNESS	HAMMER STRENGTH	HD RACKS	
				NX & ID	HD ATHLETIC PRO BRIDGE AND RIG
				NX Xmember are HW Charcoal Only	Upright & Xmember
Platinum*		S	S	S	N/A
Black		S	s	N/A	N/A
Charcoal		S	S	s	N/A
Titanium**		S	S	s	N/A
White		S	S	s	N/A
Blue		O	S	s	N/A
Red		O	S	s	N/A
Yellow		O	S	s	N/A
Midnight Metallic*		O	O	C	N/A
Mocha Sand		O	O	C	N/A
Candy Apple Red		O	N/A	N/A	N/A
Diamond White Clear		O	N/A	N/A	N/A
Electric Blue		O	N/A	N/A	N/A
High Wear Charcoal		C**	C	s	S
High Wear Platinum		C**	C	s	S
Matte High Wear Titanium		C**	C	s	S
Matte High Wear White		C**	C	s	S
Matte High Wear Yellow		C**	C	s	S
Matte High Wear Red^		C**	C	s	S
Matte High Wear Blue^		C**	C	S	S
Custom		C**	C	C	C

Key:
S = Standard
O = Optional
C = Custom
N/A = Not Available

Notes:
* Life Fitness colors have a second clear coat of paint
** Custom frame colors not available on Life Fitness Benches and Racks, Axiom or Circuit Series
Hammer Strength Select and MTS have a second clear coat of paint
^ Colors do not match original High-Wear Red and High-Wear Blue
New custom frame colors require a one-time Custom Formulation Set-Up fee

STRENGTH SHROUD INLAYS	INSIGNIA SERIES	SIGNATURE CABLE MOTION	SYNRGY 360 / SYNRGY 90
Premium Black Carbon Fiber	Premium	Not available	Not available

STRENGTH UPHOLSTERY COLORS	LIFE FITNESS / HAMMER STRENGTH	AXIOM SERIES
Black	Standard	Standard
Azure	Standard	Optional
Candy Apple Red	Standard	Optional
Cranberry	Standard	Optional
Titanium	Standard	Optional
Royal Blue	Standard	Optional
Slate	Standard	Optional
Wheat	Standard	Optional
American Beauty Red	Optional	Optional
Black Carbon Fiber	Optional	Optional
Burgundy	Optional	Optional
Chestnut	Optional	Optional
Dove Gray	Optional	Optional
Emerald Green	Optional	Optional
Graphite	Optional	Optional
Imperial Blue	Optional	Optional
Navy	Optional	Optional
Regimental Blue	Optional	Optional
Suede	Optional	Optional
Terra Cotta	Optional	Optional
Custom	Custom*	Not available

*Available at an additional cost.



STRENGTH PRODUCTS

INSIGNIA SERIES	CODE	WEIGHT STACK	DIMENSIONS (L X W X H)	WEIGHT
Abdominal Advanced	SS-ABD	100 kg	207 cm x 152 cm x 210 cm	221kg
Assist Dip Chin	SS-ADC	100 kg	163 cm x 149 cm x 222 cm	333 kg
Biceps Curl	SS-BC	100 kg	122 cm x 160 cm x 148 cm	250 kg
Back Extension	SS-BE	152.5 kg	149 cm x 107 cm x 148 cm	285 kg
Chest Press	SS-CP	152.5 kg	144 cm x 144 cm x 148 cm	329 kg
Dual Axis Chest Press	SS-CPX	152.5 kg	171 cm x 182 cm x 210 cm	285 kg
Glute	SS-GL	100 kg	186 cm x 98 cm x 148 cm	246 kg
Hip Abduction	SS-HAB	152.5 kg	160 cm x 168 cm x 148 cm	296 kg
Hip Adduction	SS-HAD	152.5 kg	160 cm x 168 cm x 148 cm	296 kg
Leg Curl	SS-LC	100 kg	159 cm x 106 cm x 148 cm	224 kg
Leg Extension	SS-LE	152.5 kg	167 cm x 106 cm x 148 cm	285 kg
Lateral Raise	SS-LR	100 kg	131 cm x 134 cm x 148 cm	252 kg
Pulldown	SS-PD	152.5 kg	145 cm x 142 cm x 194 cm	313 kg
Pectoral Fly	SS-PEC	152.5 kg	154 cm x 179 cm x 148 cm	294 kg
Row	SS-RW	152.5 kg	124 cm x 140 cm x 148 cm	289 kg
Seated Leg Curl	SS-SLC	152.5 kg	156 cm x 102 cm x 148 cm	337 kg
Shoulder Press	SS-SP	100 kg	164 cm x 145 cm x 185 cm	280 kg
Triceps Press	SS-TP	152.5 kg	135 cm x 111 cm x 148 cm	276 kg
Torso Rotation	SS-TR	100 kg	127 cm x 108 cm x 158 cm	248 kg
Calf Extension	SS-CE	197.5 kg	179 cm x 106 cm x 148 cm	350 kg
Seated Leg Press	SS-SLP	197.5 kg	156 cm x 102 cm x 148 cm	450 kg
Biceps Curl - Dependent	SS-BCD	100 kg	139.8 cm x 100.6 cm x 147.8 cm	245 kg
Triceps Extension	SS-TE	100 kg	136.6 cm x 100.6 cm x 147.8 cm	242 kg
Dual Axis Pulldown	SS-PDX	152.5 kg	198 cm x 180 cm x 210 cm	324 kg
Hip Adductor / Abductor	SS-HAA	152.5 kg	170.2 cm x 227 cm x 211 cm	283 kg
Arc Leg Press	SS-LP	152.5 kg	247 cm x 175 cm x 210 cm	424 kg

AXIOM SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Hip Abductor/Adductor	OPHAA	168 cm x 168 cm x 145 cm	193 kg
Pec Fly/Rear Delt	OPFLY	155 cm x 153 cm x 145 cm	193 kg
Lat Pulldown/Low Row	OPLR	201 cm x 127 cm x 221 cm	200 kg
Leg Extension/Curl	OPLEC	163 cm x 102 cm x 145 cm	199 kg
Multi-Press	OPMP	140 cm x 173 cm x 181 cm	234 kg
Biceps/Triceps	OPBT	153 cm x 87 cm x 206 cm	153 kg
Dual Adjustable Pulley	OP-DAP	143 cm x 139 cm x 213 cm	318 kg
Chest Press	OPCP	97 cm x 127 cm x 145 cm	200 kg
Seated Row	OPRW	166 cm x 100 cm x 145 cm	200 kg
Shoulder Press	OPSP	155 cm x 140 cm x 145 cm	224 kg
Lat Pulldown	OPPD	161 cm x 138 cm x 186 cm	222 kg
Biceps Curl	OPBC	107 cm x 92 cm x 145 cm	168 kg
Triceps Extension	OPTE	107 cm x 92 cm x 145 cm	168 kg
Leg Extension	OPLE	150 cm x 102 cm x 145 cm	191 kg
Leg Curl	OPLC	166 cm x 100 cm x 145 cm	175 kg
Leg Press	OPLP	206 cm x 102 cm x 176 cm	257 kg
Abdominal	OPAB	127 cm x 100 cm x 145 cm	159 kg
Seated Leg Curl / Extension	OP-SLCE	254 cm x 178 cm x 196 cm	273 kg

CIRCUIT SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Ab Crunch	TCAB	120 cm x 87 cm x 138 cm	106 kg
Biceps Curl	TCBC	138 cm x 89 cm x 115 cm	114 kg
Triceps Press	TCTP	158 cm x 94 cm x 115 cm	149 kg
Seated Leg Curl	TCLC	115 cm x 92 cm x 115 cm	132 kg
Lat Pulldown	TCPD	161 cm x 110 cm x 181 cm	127 kg
Shoulder Press	TCSP	135 cm x 110 cm x 115 cm	120 kg
Squat	TCSL	135 cm x 107 cm x 115 cm	114 kg
Seated Row	TCRW	122 cm x 92 cm x 115 cm	128 kg
Chest Press	TCCP	120 cm x 100 cm x 115 cm	118 kg
Leg Extension	TCLE	117 cm x 94 cm x 115 cm	127 kg
Ab Curl Bench	TCABB	158 cm x 59 cm x 77 cm	35 kg
Wheel Kit	TCWHL	94 cm x 16 cm x 11 cm	8 kg
Placard Stand	TCPST	36 cm x 34 cm x 112 cm	4 kg

ACCESSORIES

ACCESSORIES	CODE	SIZE	ACCESSORIES	CODE	SIZE
Kettlebells	LF-KB10-72047	4.5 kg	Covered Resistance Tubes	LF-RTB-1000-01	Extra Light
	LF-KB12-72049	5.4 kg		LF-RTB-1001-01	Light
	LF-KB15-72051	6.8 kg		LF-RTB-1002-01	Medium
	LF-KB18-72053	8.2 kg		LF-RTB-1003-01	Heavy
	LF-KB20-72055	9.1 kg		LF-RTB-1004-01	Extra Heavy
	LF-KB25-72057	11.3 kg	Tires	LF-TR-1000-01	40 kg
	LF-KB30-72059	13.6 kg		LF-TR-1001-01	60 kg
	LF-KB35-72061	15.9 kg		LF-TR-1002-01	80 kg
	LF-KB40-72063	18.1 kg		LF-TR-1003-01	100 kg
	LF-KB45-72065	20.4 kg	Soft Plyo Box	HS-PB-2000-01	20.4 kg
Med Balls	LF-MB4-71005	1.8 kg	Jump Ropes	LF-JR8-72145	2.4 m
	LF-MB6-71007	2.7 kg		LF-JR9-72147	2.7 m
	LF-MB8-71009	3.6 kg		LF-JR10-72149	3 m
	LF-MB10-71011	4.5 kg	Foam Roller	LF-JR11-72151	3.4 m
	LF-MB12-71013	5.4 kg		LF-FR-1000-01	15 x 91 cm
Fitness Mats	LF-FMB-72215	182 x 61 x 1.27 cm	Powerbands	ACC-BD-1000-01	0.6 cm wide
Stretching Mats	LF-SMB-72175	142 x 61 x 0.95 cm		ACC-BD-1001-01	1.8 cm wide
Yoga Mats	LF-YMB-72195	173 x 61 x 0.63 cm		ACC-BD-1002-01	1.8 cm wide
Yoga Block	LF-YB-1000-01	23 x 15 x 10 cm		ACC-BD-1003-01	3.2 cm wide
Stability Balls	LF-SB55-71053	55 cm		ACC-BD-1004-01	4.4 cm wide
	LF-SB65-71055	65 cm		ACC-BD-1005-01	6.3 cm wide
	LF-SB75-71057	75 cm		ACC-BD-1006-01	10.2 cm wide
ACCESSORIES	CODE	WEIGHT	ACCESSORIES	CODE	WEIGHT
Studio Dumbbells	LF-CB-1000-01	5 kg	Core Bags	LF-CB-1001-01	10 kg
	LF-GDB-SIN-2001-01	1kg		LF-CB-1002-01	15 kg
	LF-GDB-SIN-2002-01	2kg		LF-CB-1003-01	20 kg
	LF-GDB-SIN-2003-01	3kg		LF-CB-1004-01	25 kg
	LF-GDB-SIN-2004-01	4kg			

STRENGTH PRODUCTS

SIGNATURE SERIES CABLE MOTION	CODE	DIMENSIONS (L X W X H)	WEIGHT
Dual Adjustable Pulley (without pull-up handles)	CMDAP	112 cm x 158 cm x 237 cm	574 kg
Dual Adjustable Pulley (with pull-up handles)	CMDAP	112 cm x 158 cm x 242 cm	574 kg
Dual Adjustable Pulley Console	DAPCONSOLE	5 cm x 39 cm x 31 cm	5 kg
Adjustable Cable Crossover	CMACO	73 cm x 425 cm x 239 cm	445 kg
Multi-Jungle Core Tower	MJ-CORE	83 cm x 83 cm x 239 cm	103 kg
Adjustable Crossover - Connects Core	MJAXO	59 cm x 295 cm x 239 cm	273 kg
MJ Adjustable Crossover	MJACO	73 cm x 361 cm x 239 cm	327 kg
MJ Adjustable Pulley	MJAP	37 cm x 47 cm x 234 cm	118 kg
MJ Lat Pulldown	MJLP	68 cm x 95 cm x 234 cm	155 kg
MJ Dual Adjustable Pulley	MJLPD	68 cm x 95 cm x 234 cm	155 kg
MJ Low Row	MJRW	68 cm x 95 cm x 234 cm	164 kg
MJ Dual Pulley Row	MJRWD	68 cm x 95 cm x 234 cm	164 kg
MJ Triceps Pushdown	MJTP	12 cm x 54 cm x 234 cm	103 kg
Accessory Rack	MJHAR	69 cm x 22 cm x 72 cm	15 kg

SIGNATURE SERIES PLATE-LOADED	CODE	DIMENSIONS (L X W X H)	WEIGHT
Incline Press	SPLIP	127 cm x 158 cm x 191 cm	135 kg
Decline Chest Press	SPLDCP	130 cm x 176 cm x 194 cm	155 kg
Shoulder Press	SPLSP	155 cm x 168 cm x 135 cm	159 kg
Front Pulldown	SPLPD	166 cm x 125 cm x 199 cm	147 kg
High Row	SPLHR	186 cm x 168 cm x 194 cm	186 kg
Row	SPLROW	140 cm x 145 cm x 138 cm	134 kg
Seated Dip	SPLDIP	176 cm x 105 cm x 94 cm	126 kg
Biceps Curl	SPLBC	110 cm x 140 cm x 120 cm	125 kg
Linear Leg Press	SPLLLP	249 cm x 155 cm x 155 cm	322 kg
Kneeling Leg Curl	SPLKLC	125 cm x 150 cm x 130 cm	142 kg
Leg Extension	SPLLE	145 cm x 155 cm x 115 cm	126 kg
Calf Raise	SPLCALF	155 cm x 74 cm x 107 cm	83 kg

SIGNATURE SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Olympic Flat Bench	SOFB	130 cm x 125 cm x 130 cm	69 kg
Olympic Incline Bench	SOIB	130 cm x 148 cm x 145 cm	84 kg
Olympic Decline Bench	SODB	130 cm x 173 cm x 130 cm	96 kg
Olympic Military Bench	SOMB	130 cm x 122 cm x 168 cm	148 kg
Olympic Bench Weight Storage	SOBWS	44 cm x 72 cm x 125 cm	39 kg
Olympic Squat Rack	SOSR	168 cm x 197 cm x 192 cm	182 kg
Smith Machine	SSM	125 cm x 221 cm x 237 cm	264 kg
Multi-Adjustable Bench	SMAB	135 cm x 82 cm x 45 cm	57 kg
Leg Raise	SLR	117 cm x 84 cm x 163 cm	64 kg
Chin/Dip/Leg Raise	SCDLR	115 cm x 127 cm x 233 cm	112 kg
Ab Crunch Bench	SABB	158 cm x 82 cm x 97 cm	64 kg
Decline/Abdominal Bench	SADB	163 cm x 112 cm x 82 cm	62 kg
Arm Curl Bench	SAC	84 cm x 120 cm x 117 cm	96 kg
Utility Bench	SUB	72 cm x 92 cm x 92 cm	23 kg
Flat Bench	SFB	117 cm x 79 cm x 42 cm	30 kg
Olympic Weight Tree	SOWT	59 cm x 69 cm x 94 cm	44 kg
Barbell Rack	SBBR	97 cm x 84 cm x 153 cm	77 kg
Two-Tier Dumbbell Rack	SDR2	229 cm x 64 cm x 84 cm	125 kg
Back Extension	SBE	127 cm x 94 cm x 97 cm	73 kg
Accessory Storage Rack (Base Unit)	SAR	94 x 66 x 171 cm	86 kg
Accessory Storage Rack (with Storage Options)	SAR	155 x 66 x 171 cm	98 kg

OPTIMA SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Adjustable Bench	OP-ADJ	140 cm x 64 cm x 115 cm	3 kg
Vertical Dumbbell Rack	OP-DBV	51 cm x 51 cm x 115 cm	15 kg
Three-Tier Dumbbell Rack (5-50 Hex)	OP-DB3HX	137 cm x 73 cm 96 cm	76 kg
Three-Tier Dumbbell Rack (5-50 Saddle)	OP-DB3SS	155 cm x 74 cm x 97 cm	91 kg
Three-Tier Dumbell Rack (5-75 Saddle)	OP-DB3LS	244 cm x 74 cm x 97 cm	130 kg
Three-Tier Accessory Rack	OP-AR3	138 cm x 74 cm x 97 cm	76 kg
Smith Machine	OP-SM	142 cm x 185 cm x 223 cm	180 kg
Flexibility Trainer	OP-FS	137 cm x 58 cm x 109 cm	35 kg
Dip/Leg Raise	OP-DLR	105 cm x 74 cm x 155 cm	62 kg
Abdominal Bench	OP-ABB	127 cm x 64 cm x 53 cm	20 kg
Barbell Rack	OP-BBR	92 cm x 60 cm x 144 cm	42 kg
Vertical Medicine Ball Storage	OP-MBS	65 cm x 64 cm x 142 cm	17 kg



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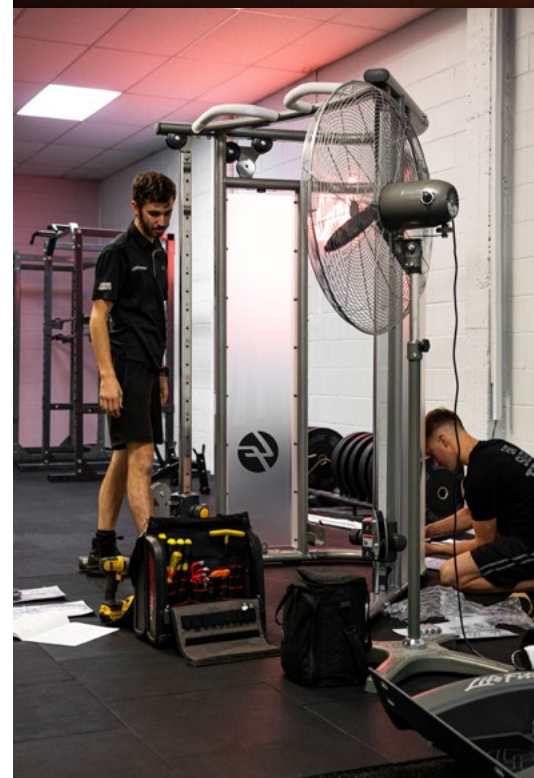
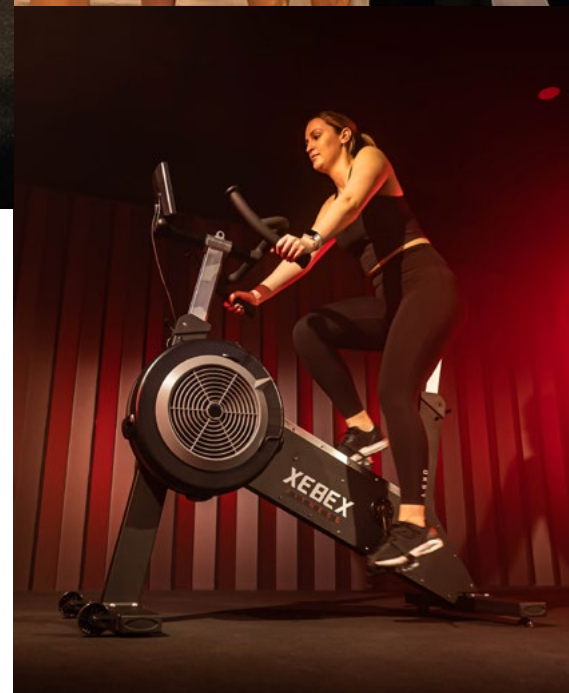
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