



muscles:
Upper body and lower body



Specifications

Length	138.5 cm / 54.6"
Width	89.1 cm / 35"
Height	224.7 cm / 88.5"
Weight	184 kg / 405 lbs
Weight stack	91 kg / 200 lbs
Optional weight	125 kg / 275 lbs

Structure raised 50 mm above floor level with rubber tipped feet.



This provides access for cleaning and vacuuming without scratching the paint. With adjustable stabilizers to fit each point of support to the irregularities of the floor.

Different training heights

That enables the performance of a wide variety of exercises, both for the upper body and the lower body.



Photovoltaic technology in strength equipment: *Optional Photovoltaic Monitor*



Our monitors provide useful information for the user:

Didactic aim:

Help the users to check whether the rep was

Causes motivation:

It encourages the users to improve the exercise

Helps to user loyalty:

The desire of self-improvement in repetitions, lifted weight or burned calories, promotes motivation and user loyalty to the center.

Information provided:

- Right repetitions completed
- Percentage completed
- Range of exercises in each repetition
- Calories
- Total weight lifted
- Rest time between sessions