

# IRONFIT®

# IRONFIT®

Leading Fitness Equipment Provider in the Middle East



[www.ironfit-co.com](http://www.ironfit-co.com)



**STRENGTH  
STARTS  
HERE**

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# IRONFIT®

# HAMMER SELECT

DESIGNED WITH THE PHILOSOPHY OF INNOVATION AND PERFORMANCE, IRONFIT CABLE MACHINES DELIVER SMOOTH MOTION, PRECISE BIOMECHANICS, AND DURABILITY FOR PROFESSIONAL TRAINING. WITH A MODERN AESTHETIC AND RUGGED ENGINEERING, THEY ELEVATE EVERY WORKOUT EXPERIENCE.

مصممة بفلسفة الابتكار والأداء، توفر أجهزة الكابلات من IronFit حركة سلسة، ودقة في الميكانيكا الحيوية، ومتانة عالية للتدريب الاحترافي. بفضل تصميم عصري وهندسة قوية، ترفع من مستوى تجربة التمرين

# HAMMER SELECT



## VERSATILE PERFORMANCE

IRONFIT Select equipment offers a wide range of exercises to target every muscle group. Designed for versatility, these machines provide a comprehensive workout experience for users of all fitness levels.

## USER-CENTRIC DESIGN

Each piece in the IRONFIT Select line features intuitive adjustments and ergonomic handles, ensuring a comfortable and effective workout. Clear instructional placards guide users through each exercise, making it easy to get started.

## RELIABLE ENGINEERING

Built with the same commitment to quality as all IRONFIT equipment, the Select line is engineered for durability and performance. Precision-crafted components ensure smooth operation and consistent resistance, meeting the highest industry standards.



ASSIST DIP CHIN



PECTORAL FLYREAR DELTOID



BICEPS CURL



TRICEPS EXTENSION



TRICEPS PRESS



WRIST CURL



ROW



LAT PULL DOWN



PULL DOWN



SEATED ROW



CHEST PRESS



SHOULDER PRESS



LATERAL RAISE



STANDING MULTI LATERAL RAISE

# HAMMER SELECT



LEG EXTENSION



LEG CURL



GLUTE



INNER-OUTERTHIG



LEG EXTENSION-LEG CUREL



BACK EXTENSION



ABDOMINAL CRUNCH



SEATED LEG CURL



SEATED LEG PRESS



HORIZONTAL CALF



HIP-GLUTE

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# HAMMER CABLE MOTION

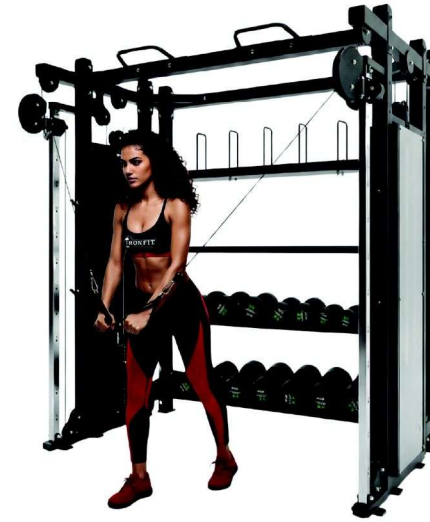
DESIGNED TO MAXIMIZE FUNCTIONAL TRAINING, THE CABLE MOTION SERIES OFFERS LIMITLESS EXERCISE VARIETY. SMOOTH AND NATURAL MOTION, FULLY ADJUSTABLE SETTINGS, AND A DURABLE STRUCTURE PROVIDE ATHLETES WITH FREEDOM AND PRECISION IN EVERY WORKOUT. WITH A FOCUS ON PERFORMANCE AND VERSATILITY, THIS SERIES TRANSFORMS STRENGTH TRAINING INTO A CREATIVE EXPERIENCE.

تم تصميم سلسلة Cable Motion لتوفير أقصى درجات التنوع في التدريب الوظيفي. تقدم حركة سلسلة وطبيعية، وإعدادات قابلة للتعديل بالكامل، وبنية متينة تمنح الرياضيين الحرية والدقة في كل تمرين. ومع التركيز على الأداء والتعدّد، تحوّل هذه السلسلة التدريب بالقوة إلى تجربة إبداعية.

# HAMMER CABLE MOTION



DUAL ADJUSTABLE PULLY



MULTI CROSS



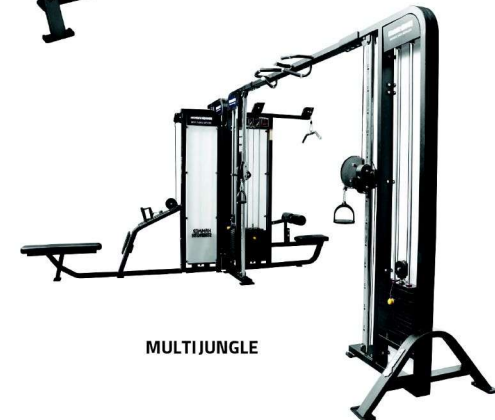
DUAL ADJ PULLY WITH RACK



CABLE CORE



ADJUSTABLE CABLE CROSSOVER



MULTI JUNGLE

# HAMMER

# MTS

MTS EMBODIES THE FEEL OF IRONFIT PLATE LOADED MACHINES WITH THE CONVENIENCE OF SELECTORIZED WEIGHT STACKS. THE DEDICATED WEIGHT STACKS FOR EACH ARM OR LEG CREATES A UNIQUE ISO-LATERAL EXPERIENCE NOT FOUND ON ANY OTHER SELECTORIZED MACHINES.

تجسد أجهزة MTS الإحساس بأجهزة IRONFIT ذات الأوزان الحرة (Plate Loaded)، مع سهولة استخدام أنظمة الأوزان المُختارة (Selectorized). تُوفّر مجموعات الأوزان المخصصة لكل ذراع أو ساق تجربة أيزو-لاتيرال فريدة لا تتوفر في أي أجهزة أخرى من فئة الأوزان المُختارة.



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## IRONFIT MOTION TECHNOLOGY SELECTORISED (MTS)

Ironfit MTS is the natural motion of the revered ironfit Plate Loaded products put into a selectorized body. MTS is often used as an auxiliary product line to complement traditional selectorized products with a unique, bold look and independent weight stacks for each limb

## INDEPENDENT WEIGHT STACKS

Truly isolate training each arm or leg with direct resistance to each limb. This allows for off-set resistance, single limb training, and alternating movements without limitations from the machine.

## ISO-LATERAL TECHNOLOGY

Iso-lateral technology is the foundation of Ironfit. Built to move the way the body moves with natural arcs and smooth, onverging and diverging motion.

## SUPERIOR BELT-DRIVE SYSTEM

Short, direct transmission of resistance through a belt-drive system ensures smooth performance and premium durability.

# HAMMER MTS



ISO-LATERAL BICEPS CURL



ISO-LATERAL TRICEPS EXTENSION



ISO-LATERAL LEG EXTENSION



ISO-LATERAL KNEELING LEG CURL



ISO-LATERAL CHEST PRESS



ISO-LATERAL INCLINE PRESS



ISO-LATERAL DECLINE PRESS



ISO-LATERAL HIGH ROW



ISO-LATERAL FRONT PULLDOWN



ISO-LATERAL ROW



ISO-LATERAL SHOULDER PRESS



ABDOMINAL CRUNCH

**IRONFIT**

# PLATE LOADED

WITH MORE THAN 50 UNIQUE MACHINES, IRONFIT FREE WEIGHTS DELIVER UNMATCHED VARIETY FOR EVERY TRAINING GOAL. EACH PIECE IS ENGINEERED WITH EXCLUSIVE ANGLES AND RANGES OF MOTION TO MAXIMIZE PERFORMANCE.

BUILT WITH THICK, REINFORCED STEEL PROFILES, THEY ENSURE OUTSTANDING DURABILITY AND STRENGTH FOR THE MOST DEMANDING ATHLETES.

مع أكثر من 50 جهازاً متنوعاً، تقدّم الأوزان الحرة من IronFit تنوعاً لا مثيل له يناسب جميع أهداف التدريب. تم تصميم كل جهاز بزوايا ونطاقات حركة فريدة لتعزيز الأداء. وبفضل استخدام المقاطع الفولاذية السمكية والمتينة، تضمن هذه الأجهزة قوة ومثانة استثنائية حتى في أصعب التدريبات.

# PLATE LOADED



## UNMATCHED DURABILITY

IRONFIT Plate Loaded equipment is built to withstand the toughest workouts. With robust construction and high-quality materials, these machines are designed for longevity and reliability in any fitness facility.

## USER-FRIENDLY DESIGN

Each piece features intuitive biomechanics and easy-to-use adjustments, ensuring that exercisers of all levels can achieve their fitness goals with confidence. Clear instructional placards and ergonomic handles enhance the user experience.

## ENGINEERED FOR PERFORMANCE

IRONFIT Plate Loaded machines are meticulously crafted to deliver smooth and consistent resistance. Precision-engineered components, including weight plates and guide rods, are rigorously tested to meet and exceed industry standards.



ISO LATERAL DECLINE PRESS



ISO-LATERAL CHEST-BACK



SUPER FLY



ISO-LATERAL LOW ROW



ISO-LATERAL HIGH ROW



ISO-LATERAL ROW



SUPER INCLINE PRESS



ISO-LATERAL INCLINE PRESS



ISO-LATERAL HORIZONTAL BENCH PRESS



ISO LATERAL BENCH PRESS



ISO-LATERAL FRONT PULLDOWN



ISO-LATERAL WIDE PULLDOWN



ISO-LATERAL D.Y ROW



ISO-LATERAL LATERAL RAISE



SEATED SHOULDER PRESS



SHOULDER PRESS



ISO-LATERAL WIDE CHES



T-BARROW



PULLOVER

# PLATE LOADED

PLATE



SEATED BICEPS



SEATED DIP



ABDOMINAL OBLIQUE  
CRUNCH



SEATED-STANDING SHRUG



4WAY NECK



GRIPPER

LOADED

# PLATE LOADED



## LEGENDARY STRENGTH

IRONFIT equipment is renowned for its durability and performance. Built to handle the most intense workouts, these machines are crafted with the highest quality materials to ensure they stand the test of time in any fitness environment.

## INNOVATIVE DESIGN

Each piece of IRONFIT equipment is designed with the user in mind. Ergonomic handles, easy-to-adjust settings, and clear instructional placards make these machines accessible and effective for exercisers of all levels.

## PRECISION ENGINEERING

IRONFIT machines are engineered to deliver smooth and consistent resistance. With meticulously tested components, including weight stacks and guide rods, these machines provide a superior workout experience that meets and exceeds industry standards.



VERTICAL SQUAT



PANDULUM X SQUAT



SUPER SQUAT PRESS



ISO-LATERAL KNEELING LEG CURL



ISO-LATERAL LEG CURL



HACK SQUAT



GLUTE DRIVE



BELT SQUAT WITH DIP ATTACHMENT



ISO-LATERAL SEATED LEG CURL



ASSISTED NORDIC HAMSTRING



ISO-LATERAL LEG EXTENSION



VERTICAL LEG PRESS



LINEAR LEG PRESS



SEATED HACK SQUAT



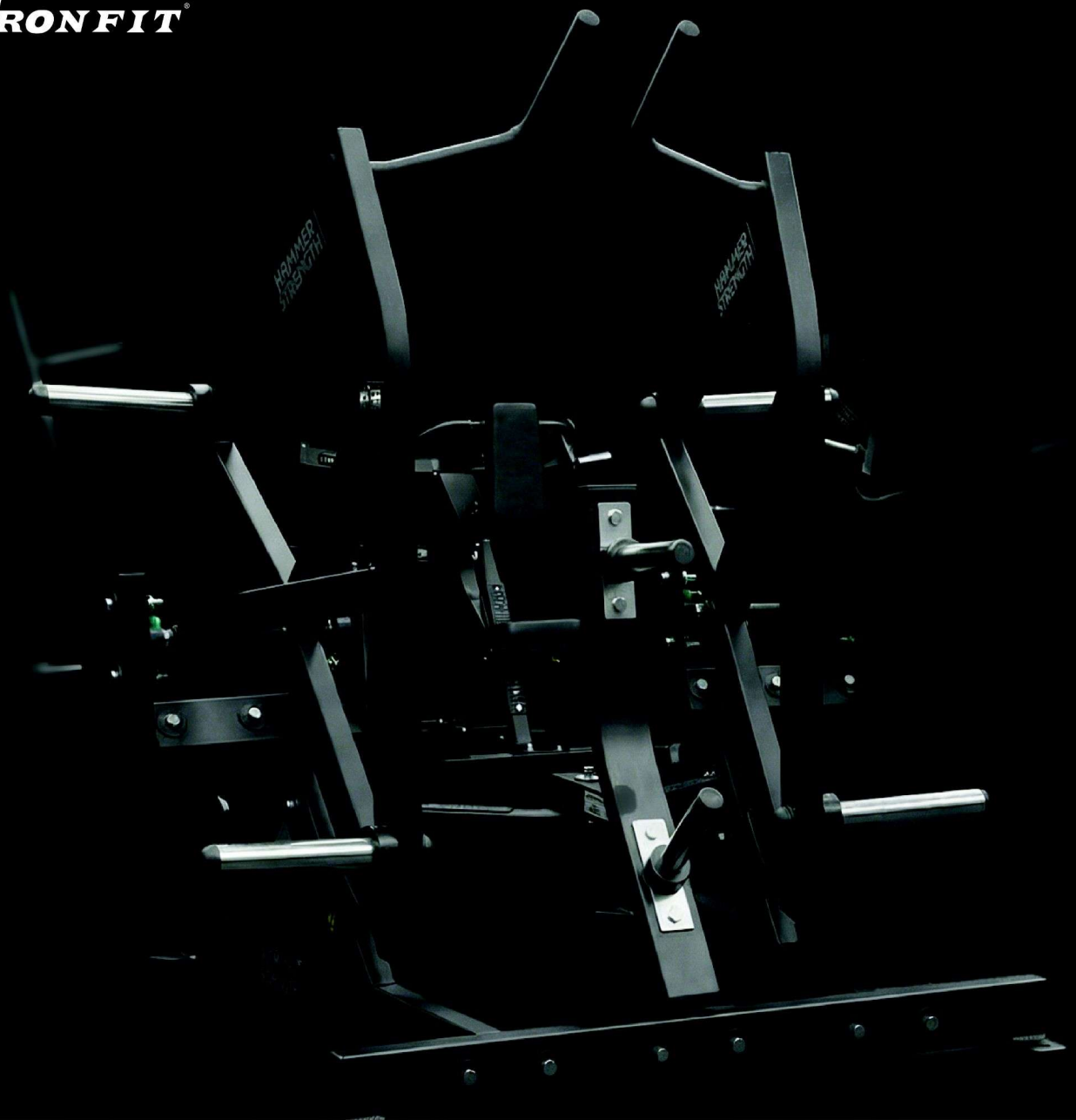
SEATED CALF RAISE



GLUTE HAM-REVERSE HYPER COMBO



TIABA DORSI FELEXION



# GROUND BASE

THE GROUND BASE SERIES IS BUILT TO BRING REAL ATHLETIC POWER INTO STRENGTH TRAINING. WITH MOVEMENTS THAT MIMIC NATURAL SPORT ACTIONS, THESE MACHINES DELIVER FUNCTIONAL STRENGTH, STABILITY, AND EXPLOSIVE PERFORMANCE.

HEAVY-DUTY CONSTRUCTION ENSURES SAFETY AND DURABILITY, MAKING THEM THE ULTIMATE CHOICE FOR ATHLETES WHO DEMAND MORE FROM EVERY WORKOUT.

تم تصميم سلسلة Ground Base لنقل القوة الرياضية الحقيقية إلى تدريبات القوة. تحاكي هذه الأجهزة الحركات الطبيعية للرياضة، فتوفّر قوة وظيفية وثباتاً وأداءً انفجارياً. وبفضل البنية القوية والأمانة، تُعد الخيار الأمثل للرياضيين الذين يطلبون المزيد من كل تمرين.

# GROUND BASE



SQUAT HIGH PULL



SMITH MACHINE



JAMMER



COMBOTWIST

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# BENCHES & RACKS

HEAVY-DUTY FRAMES BUILT FROM THICK-GAUGE STEEL PROVIDE THE RUGGED DURABILITY TO HANDLE THE MOST DEMANDING STRENGTH AND BODYWEIGHT WORKOUTS. THE WIDE RANGE OF DESIGNS INCLUDES OLYMPIC STATIONS, TRAINING BENCHES, BODYWEIGHT UNITS, AND STORAGE SOLUTIONS ALL ENGINEERED TO DELIVER SAFETY, STABILITY, AND LONG-LASTING PERFORMANCE.

المقاعد والرفوف من IronFit توفر الإطارات الثقيلة المصنوعة من فولاذ سميك المتانة والقوة الكافية لتحمل أصعب تدريبات القوة ووزن الجسم. وتشمل التشكيلة الواسعة محطات أولمبية، مقاعد تدريب، محطات وزن الجسم، وخيارات تخزين، وجميعها مصممة لتوفير السلامة والثبات والأداء المستدام.



# BENCHES & STORAGE



DECLINE-ABDOMINAL BENCH



ADJUSTABLE BENCH



UTILITY BENCH



SEATED ARM CURL



FLAT BENCH



CHIN-DIP-LEGRaise



BACK EXTENSION



CCSQUAT



PUSH UP EQUIPMENT



ROTARY TORSO

# BENCHES & STORAGE



OLYMPIC INCLINE BENCH



OLYMPIC FLAT BENCH



OLYMPIC DECLINE BENCH



TWO-TIRE DUMBBLE RACK



THREE-TIRE DUMBBLE RACK



OLYMPIC SQUAT RACK



OLYMPIC MILITARY BENCH



OLYMPIC BAR STAND



OLYMPIC BAR RACK



VERTICAL DUMBBLE RACK



DELUXE WEIGHT TREE



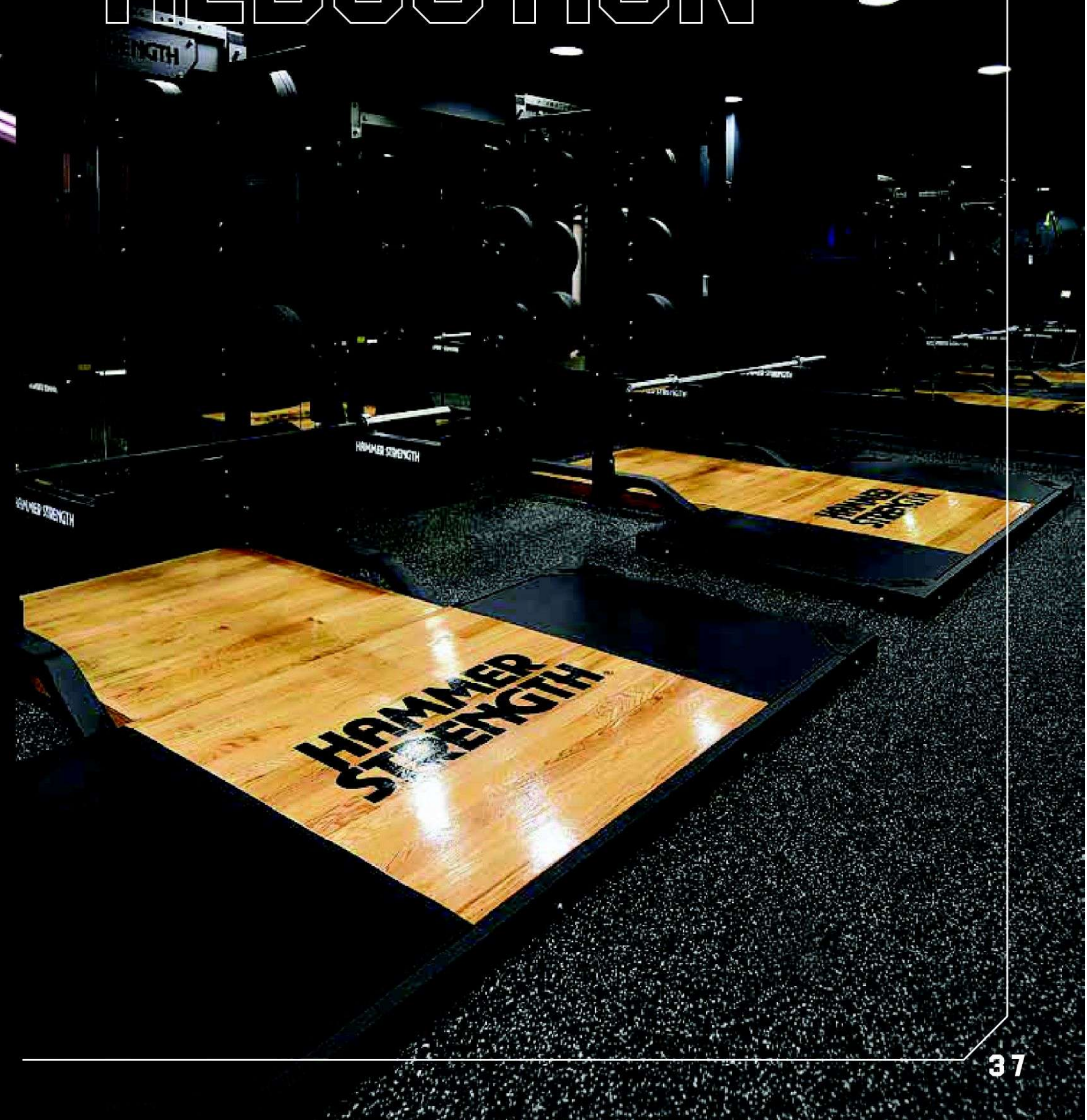
BARBELL RACK



# IMPACT REDUCTION

IRONFIT IMPACT REDUCTION PLATFORMS ARE DESIGNED TO ABSORB THE FORCE OF DROPPED WEIGHTS, HELPING PROTECT YOUR FLOORS, BARS, AND PLATES FROM DAMAGE. ENGINEERED WITH HIGH-STRENGTH MATERIALS, THESE PLATFORMS PROVIDE OUTSTANDING DURABILITY AND STABILITY, MAKING THEM AN IDEAL CHOICE FOR HEAVY LIFTING AND PERFORMANCE TRAINING ZONES.

منصات تقليل الصدمات من IronFit مصممة لامتصاص قوة سقوط الأوزان، مما يحمي الأرضيات والقضبان والأقراص من التلف. وبفضل المواد عالية المتانة المستخدمة في تصنيعها، توفر هذه المنصات ثباتاً وقوة استثنائية، مما يجعلها الخيار الأمثل لتمارين الرفع الثقيلة ومناطق التدريب الاحترافية.



Impact Suppression Platform model 2



Impact Suppression Platform model 1

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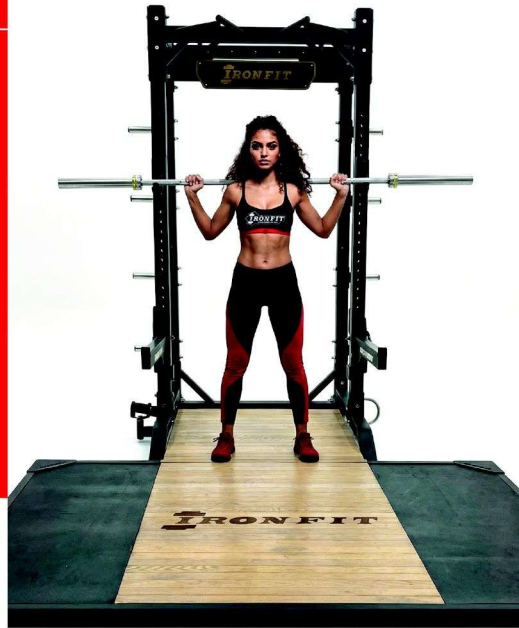
# IF SERIES

THE IRONFIT IF SERIES RACKS ARE BUILT FOR ATHLETES WHO DEMAND UNCOMPROMISING PERFORMANCE. WITH RUGGED STEEL CONSTRUCTION, PRECISION ENGINEERING, AND CUSTOMIZABLE OPTIONS SUCH AS INTEGRATED PLATFORMS AND INSERTS, THE IF SERIES DELIVERS UNMATCHED DURABILITY, SAFETY, AND VERSATILITY. PERFECT FOR ELITE TRAINING FACILITIES THAT SEEK BOTH STRENGTH AND SOPHISTICATION.

تم تصميم رفوف سلسلة IF من IronFit للرياضيين الذين يبحثون عن أداء مثالي. بفضل الهيكل الفولاذي القوي والهندسة الدقيقة، وخيارات التخصيص مثل المنصات والإينزرت، تقدم هذه السلسلة متانة وأماناً ومرونة لا مثيل لها. مثالية لمراكز التدريب الاحترافية التي تجمع بين القوة والأناقة.



IF RACKS ARE FOUND AS PROFESSIONAL ATHLETIC TRAINING FACILITIES. IF RACKS OFFER A WIDE RANGE OF CONFIGURATIONS AND ADD-ONS TO FIT THE TRAINING NEEDS OF EXERSISERS AT ANY LEVEL.



# IF RACKS PERFORMANCE FEATURE

## CUSTOM SIGNS

The ability to add custom signs has been a staple of IF racks.



## CREATE YOUR OWN RACK

IF is a modular line of Racks that can be right sized to fit your space and your budget.



## 3MM THICKNESS

Thicker walls ensure that your rack has the mass to feel rigid and holes won't deform over time.



Half Rack  
CF-5101 143x165x236 cm



Power Rack  
CF-5102 182x165x236 cm



Half/Half Combo Rack  
CF-5103 257x165x236 cm



Half/Power Combo Rack  
CF-5104 280x165x236 cm



Power/Power Combo Rack  
CF-5105 338x165x236 cm



Power/Power Combo Rack 2  
CF-5106 394x165x236 cm



CF-5203  
cm 267x254x430



CF-5204  
cm 267x239x430

## IF RIGS (CROSSFIT)

BUILD A RIG SYSTEM DESIGNED SPECIFICALLY FOR YOUR FITNESS FACILITY. IF SERIES RIGS CAN BE CONFIGURED TO CATER TO YOUR TRAINING PROGRAMS.



CF-5205  
cm 267x239x430



CF-5206  
cm 236x239x430



CF-5201  
cm 236x185x285



CF-5202  
cm 273x163x427



CF-5207  
cm 268x368x430



CF-5208  
cm 236x420x430

# IF RIGS (CROSSFIT)



CF-5214  
cm 324x197x846



CF-5215  
cm 267x320x1350



CF-5216  
cm 236x315x736



CF-5209  
cm 236x196x430



CF-5210  
cm 267x254x476



CF-5211  
cm 236x239x736



CF-5212  
cm 267x255x825



CF-5213  
cm 267x192x1066

# ADD-ONS



power pivot (t-bar)  
CF-5338



dip  
CF-5339



battle rope  
CF-5340



top ball-storage  
CF-5341



utility band peg  
CF-5342



utility pad  
CF-5343



lightning arm  
CF-5344



nordic ham  
CF-5345



wall ball target  
CF-5346



adjustable bench  
(with dock n lock)  
CF-5347



dock n lock  
CF-5347  
uses with bench adjustable bench

# UNIVERSAL ADD-ONS

Build the training system that challenges anyone with nearly limitless configuration options. Choose from a wide range of add-ons, crossmembers and storage possibilities. Nearly all are compatible with IF rack and IF rigs (Crossfit).



# MULLET STATIONS



dual pulldown  
CF-5348



cable column  
CF-5349



accessory tower  
CF-5350

# UNIVERSAL ADD-ONS

## CROSSFIT & SQUAD RACK SERIES



Straight bar  
CF-5301  
Squad rack series



Square  
CF-5302  
Squad rack series



handle 3  
CF-5303  
Squad rack series



Straight bar  
L:107CM CF-5305  
L:182CM CF-5306



Square  
L:107CM CF-5307  
L:182CM CF-5308



handle 3  
CF-5309



offset bar  
L:107CM CF-5311  
L:182CM CF-5312



thick skinny  
L:107CM CF-5313  
L:182CM CF-5314



arc bar  
CF-5315



neutral grips  
CF-5316

## WINGS



wing  
CF-5304  
Squad rack series



wing  
CF-5310



ballistic wings  
CF-5317

# UNIVERSAL ADD-ONS

## REAR CROSSMEMBER



super duty crossmember  
CF-5318  
Without sign



super duty  
CF-5319  
sided sign-1



super duty  
CF-5320  
sided sign-2

## BAR CATCHES AND SUPPORT



bar support  
CF-5321



hr bar catch  
CF-5322



pr bar catch  
CF-5323

8mm thick bent plates with paint guards and a 3-sided u guard to protect the rack and dampen sound and absorbed shocked.  
PR BAR CATCH have two shock absorption pads and vertical displacement brackets prevent rack damage.

## STORAGE



bar hanger 1  
CF-5324



bar hanger 2  
CF-5325



low bar storage  
CF-5326



20cm weight horn  
CF-5327



30cm weight horn  
CF-5328



sided weight horn 2  
CF-5329

## TRAY



pipe tray 2  
L:107cm CF-5330  
L:182cm CF-5331



dumbbell tray  
L:107cm CF-5332  
L:182cm CF-5333



plate tray  
L:107cm CF-5334  
L:182cm CF-5335



kettle bell tray  
L:107cm CF-5336  
L:182cm CF-5337

# IF ALL IN ONE

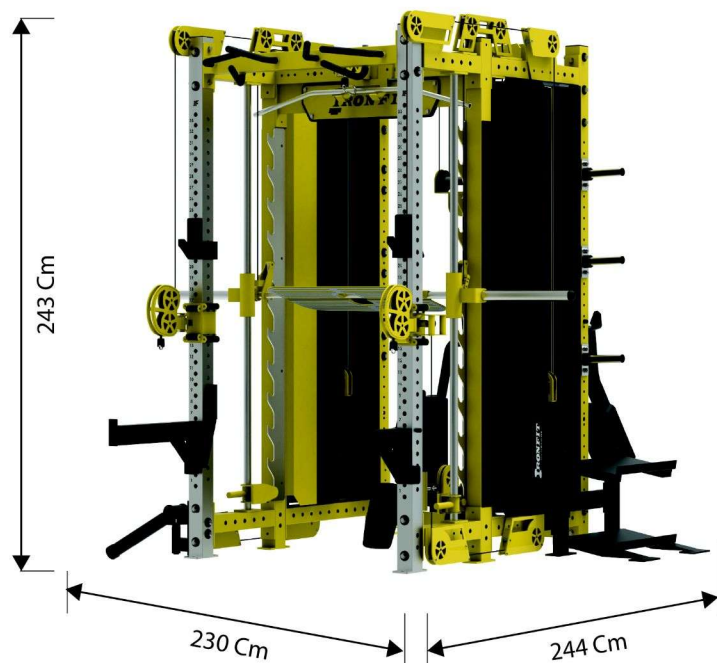
## IronFit All-In-One Functional Trainer

Redefine versatility, strength, and intelligent engineering with the IronFit All-In-One Functional Trainer—a complete training ecosystem designed for commercial gyms, premium studios, and serious athletes.

Built on a heavy-duty 3x3" 11-gauge steel frame, this system integrates multiple training stations into one compact yet powerful footprint. From functional training to strength work, every detail is engineered for performance, durability, and seamless user experience.

All-In-One. No Compromise.

The IronFit system combines a full power rack, dual adjustable cable system, lat pulldown, low row, Vertical Leg Press and a counterbalanced Smith machine into a single, space-efficient unit. Whether you're performing compound lifts or isolated movements, everything you need is within reach. Advanced Cable System



Equipped with a multi-directional pulley system, allowing complete freedom of movement. The system operates on optimized resistance ratios (2:1 and 1:1 options), delivering smooth, consistent tension for both functional and strength-based exercises.

Independent weight stacks provide flexibility for simultaneous users or unilateral training, enhancing workout efficiency in high-traffic environments.

Counterbalanced Smith Machine

The integrated counterbalanced Smith system ensures controlled, safe, and fluid bar movement. Ideal for both beginners and advanced lifters, it reduces starting resistance while maintaining stability and precision throughout the full range of motion.

Engineered for Performance

High-grade pulleys and reinforced cables ensure ultra-smooth operation and long-term durability. Every component is designed to withstand intensive daily use while maintaining peak performance.

Maximum Functionality, Minimal Footprint

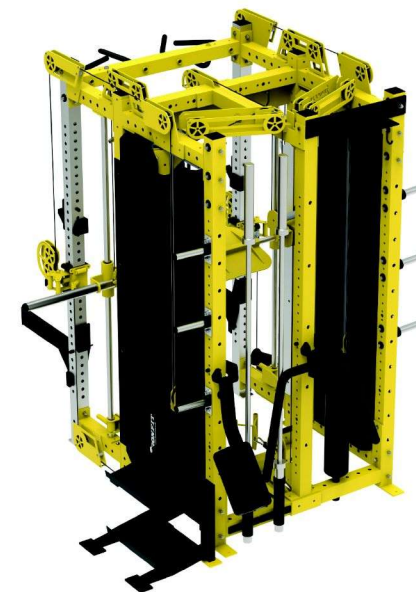
Despite its wide range of features, the IronFit trainer is engineered with space optimization in mind, making it ideal for gyms looking to maximize utility without sacrificing floor space.

Expandable & Customizable

The system supports a wide range of attachments and upgrades, allowing facilities to tailor the equipment to their training style and clientele needs.

### Key Features:

- Heavy-duty 3x3" 11-gauge steel construction
- Multi-station design (rack + functional trainer + Smith machine + Leg Press)
- Counterbalanced Smith bar system
- Adjustable dual pulley arms (multi-directional movement)
- Multiple resistance ratios (1:1, 2:1)
- Dual weight stacks for independent training
- Smooth cable operation with premium pulleys
- Space-efficient commercial design
- Compatible with a wide range of attachments



NO.	HAMMER SELECT	CODE	DIMANSION(L X W X H)	STACK
1	PECTORAL FLY/REAR DELTOID	SMH-3110	125CM X 143CM X 181CM	104KG
2	ASSIST DIP CHIN	SMH-3250	148CM X 140CM X 186CM	104KG
3	LAT PULLDOWN	SMH-3220	148CM X 140CM X 186CM	104KG
4	ROW	SMH-3230	134CM X 144CM X 226CM	104KG
5	SEATED ROW	SMH-3210	133CM X 87CM X 181CM	80KG
6	PULLDOWN	SMH-3240	148CM X 140CM X 186CM	104KG
7	BICEPS CURL	SMH-3910	115CM X 105CM X 140CM	80KG
8	TRICEPS EXTENSION	SMH-3920	115CM X 112CM X 140CM	80KG
9	TRICEPS PRESS	SMH-3930	125CM X 100CM X 163CM	104KG
10	WRIST CURL	SMH-3820	81CM X 62CM X 100CM	56KG
11	CHEST PRESS	SMH-3510	105CM X 145CM X 163CM	104KG
12	SHOULDER PRESS	SMH-3710	153CM X 143CM X 163CM	80KG
13	LATERAL RAISE	SMH-3730	107CM X 94CM X 140CM	80KG
14	STANDING MULTI LATERAL RAISE	SMH-3720	153CM X 143CM X 163CM	80KG
15	LEG EXTENSION	SMH-3410	120CM X 105CM X 163CM	104KG
16	LEG CURL	SMH-3420	166CM X 100CM X 163CM	80KG
17	SEATED LEG CURL	SMH-3460	140CM X 87CM X 163CM	104KG
18	LEG EXTENSION / LEG CURL	SMH-3440	127CM X 95CM X 163CM	104KG
19	BACK EXTENSION	SMH-3610	117CM X 102CM X 140CM	104KG
20	ABDOMINAL CRUNCH	SMH-3620	158CM X 89CM X 143CM	80KG
21	GLUTE	SMH-3480	213CM X 137CM X 163CM	80KG
22	INNER / OUTER THIGH	SMH-3450	155CM X 66CM X 163CM	80KG
23	SEATED LEG PRESS	SMH-3490	201CM X 102CM X 181CM	104KG
24	HORIZONTAL CALF	SMH-3470	155CM X 82CM X 163CM	104KG
25	HIP/GLUTE	SMH-3481	166CM X 100CM X 183CM	104KG

NO.	HAMMER CABLE MOTION	CODE	DIMANSION(L X W X H)	STACK
01	DUAL ADJUSTABLE PULLY	SM-3330	112CM X 158CM X 237CM	2x80 KG
02	MULTI CROSS	SM-3340	220CM X 120CM X 220CM	2x80 KG
03	CABLE CORE	SM-3310	112CM X 158CM X 237CM	80 KG
04	DUAL ADJ PULLY WITH RACK	SM-3360	127CM X 220CM X 237CM	2x80 KG
05	ADJUSTABLE CABLE CROSSOVER	SM-3320	410CM X 100CM X 237CM	2x80 KG
06	MULTI JUNGLE	SM-3350	550CM X 375CM X 237CM	3x80 & 2x104 KG

NO.	HAMMER MTS	CODE	DIMANSION(L X W X H)	STACK
01	ISO-LATERAL LEG EXTENSION	MTS-4110	122CM X 145CM X 140CM	2x65 KG
02	ISO-LATERAL KNEELING LEG CURL	MTS-4120	115CM X 158CM X 138CM	2x65 KG
03	ISO-LATERAL CHEST PRESS	MTS-4210	102CM X 173CM X 196CM	2x65 KG
04	ISO-LATERAL INCLINE PRESS	MTS-4220	102CM X 173CM X 196CM	2x65 KG
05	ISO-LATERAL DECLINE PRESS	MTS-4230	100CM X 163CM X 168CM	2x65 KG
06	ISO-LATERAL SHOULDER PRESS	MTS-4310	155CM X 158CM X 138CM	2x65 KG
07	ABDOMINAL CRUNCH	MTS-4410	112CM X 100CM X 143CM	2x65 KG
08	ISO-LATERAL ROW	MTS-4510	130CM X 158CM X 209CM	2x65 KG
09	ISO-LATERAL HIGH ROW	MTS-4520	130CM X 158CM X 209CM	2x65 KG
10	ISO-LATERAL FRONT PULLDOWN	MTS-4530	122CM X 148CM X 204CM	2x65 KG
11	ISO-LATERAL BICEPS CURL	MTS-4610	97CM X 148CM X 150CM	2x45 KG
12	ISO-LATERAL TRICEPS EXTENSION	MTS-4620	92CM X 133CM X 153CM	2x45 KG

NO.	HAMMER STRENGTH BENCHES & STORAGE	CODE	DIMANSION(L X W X H)
01	ADJUSTABLE BENCH	FWH-1230	140CM X 66CM X 44CM
02	DECLINE/ABDOMINAL BENCH	FWH-1420	161CM X 61CM X 87CM
03	FLAT BENCH	FWH-1210	127CM X 56CM X 41CM
04	SEATED ARM CURL	FWH-1610	100CM X 92CM X 110CM
05	UTILITY BENCH	FWH-1220	130CM X 64CM X 94CM
06	BACK EXTENSION	FWH-1430	150CM X 72CM X 110CM
07	CC SQUAT	FWH-1510	80CM X 80CM X 35CM
08	CHIN/DIP/LEGRAISE	FWH-1620	122CM X 107CM X 234CM
09	EQUIPMENT	FWH-1630	190CM X 91CM X 134CM
10	ROTARY TORSO	FWH-1410	150CM X 71CM X 122CM
11	OLYMPIC FLAT BENCH	FWH-1110	133CM X 127CM X 127CM
12	OLYMPIC INCLINE BENCH	FWH-1120	130CM X 133CM X 148CM
13	OLYMPIC DECLINE BENCH	FWH-1130	153CM X 135CM X 127CM
14	OLYMPIC SQUAT RACK	FWH-1140	150CM X 176CM X 186CM
15	OLYMPIC MILITARY BENCH	FWH-1150	143CM X 122CM X 166CM
16	OLYMPIC BAR STAND	FWH-1160	70CM X 70CM X 90CM
17	THRETIRE DUMMBLE RACK	FWH-1710	229CM X 69CM X 99CM
18	TWO TIRE DUMMBLE RACK	FWH-1720	229CM X 61CM X 81CM
19	BARBELL RACK	FWH-1730	79CM X 72CM X 153CM
20	DELUXE WEIGHT TREE	FWH-1740	51CM X 69CM X 100CM
21	VERTICAL DUMMBLE RACK	FWH-1750	49CM X 55CM X 118CM
22	OLYMPIC BAR RACK	FWH-1760	44CM X 40CM X 22CM

NO.	HAMMER STRENGTH PLATE-LOADED	CODE	DIMANSION(L X W X H)
1	SUPER FLY	PLH-4070	209CM X 218CM X 105CM
2	ISO-LATERAL CHEST/BACK	PLH-4090	183CM X 133CM X 209CM
3	ISO LATERAL DECLINE PRESS	PLH-4040	130CM X 138CM X 173CM
4	ISO LATERAL BENCH PRESS	PLH-4010	125CM X 133CM X 176CM
5	ISO-LATERAL WIDE CHEST	PLH-4060	115CM X 150CM X 176CM
6	ISO-LATERAL HORIZONTAL BENCH PRESS	PLH-4050	168CM X 155CM X 107CM
7	ISO-LATERAL INCLINE PRESS	PLH-4020	100CM X 133CM X 191CM
8	SUPER INCLINE PRESS	PLH-4030	127CM X 150CM X 153CM
9	SHOULDER PRESS	PLH-4110	130CM X 148CM X 188CM
10	SEATED SHOULDER PRESS	PLH-4120	134CM X 130CM X 185CM
11	ISO-LATERAL LATERAL RAISE	PLH-4130	105CM X 140CM X 122CM
12	ISO-LATERAL ROW	PLH-4260	150CM X 127CM X 130CM
13	ISO-LATERAL D.Y ROW	PLH-4250	130CM X 143CM X 209CM
14	ISO-LATERAL HIGH ROW	PLH-4220	155CM X 105CM X 201CM
15	ISO-LATERAL LOW ROW	PLH-4230	122CM X 120CM X 171CM
16	ISO-LATERAL WIDE PULLDOWN	PLH-4280	181CM X 107CM X 201CM
17	ISO-LATERAL FRONT PULLDOWN	PLH-4290	166CM X 105CM X 204CM
18	PULLOVER	PLH-4240	138CM X 130CM X 150CM
19	T-BAR ROW	PLH-4270	210CM X 82CM X 53CM
20	SEATED DIP	PLH-4320	182CM X 124CM X 109CM
21	SEATED BICEPS	PLH-4310	127CM X 117CM X 135CM
22	SEATED/STANDING SHRUG	PLH-4810	107CM X 153CM X 125CM
23	ABDOMINAL OBLIQUE CRUNCH	PLH-4840	120CM X 148CM X 168CM
24	4-WAY NECK	PLH-4820	84CM X 138CM X 158CM
25	GRIPPER	PLH-4830	127CM X 71CM X 119CM

NO.	HAMMER STRENGTH PLATE-LOADED	CODE	DIMANSION(L X W X H)
26	SUPER SQUAT PRESS	PLH-4680	224CM X 175CM X 157CM
27	PANDULUM X SQUAT	PLH-4660	247CM X 114CM X 206CM
28	VERTICAL SQUAT	PLH-4650	247CM X 107CM X 205CM
29	BELT SQUAT WITH DIP ATTACHMENT	PLH-4670	198CM X 160CM X 132CM
30	GLUTE DRIVE	PLH-4640	173CM X 149CM X 102CM
31	HACK SQUAT	PLH-4580	216CM X 155CM X 153CM
32	SEATED HACK SQUAT	PLH-4570	213CM X 155CM X 137CM
33	LINEAR LEG PRESS	PLH-4560	242CM X 166CM X 145CM
34	VERTICAL LEG PRESS	PLH-4590	175CM X 130CM X 201CM
35	ISO-LATERAL KNEELING LEG CURL	PLH-4510	110CM X 127CM X 120CM
36	ISO-LATERAL LEG CURL	PLH-4520	181CM X 135CM X 100CM
37	ISO-LATERAL SEATED LEG CURL	PLH-4530	153CM X 141CM X 142CM
38	ASSISTED NORDIC HAMSTRING	PLH-4540	196CM X 135CM X 147CM
39	ISO-LATERAL LEG EXTENSION	PLH-4550	138CM X 145CM X 145CM
40	SEATED CALF RAISE	PLH-4610	124CM X 87CM X 137CM
41	GLUTE HAM-REVERSE HYPER COMBO	PLH-4690	224CM X 102CM X 135CM
42	TIABA DORSI FELEXION	PLH-4620	39CM X 61CM X 31CM
NO.	HAMMER STRENGTH GROUND BASE	CODE	DIMANSION(L X W X H)
01	SMITH MACHINE	PLH-4410	127CM X 220CM X 237CM
02	SQUAT HIGH PULL	PLH-4420	158CM X 145CM X 87CM
03	COMBO TWIST	PLH-4430	148CM X 148CM X 140CM
04	JAMMER	PLH-4440	150CM X 168CM X 229CM