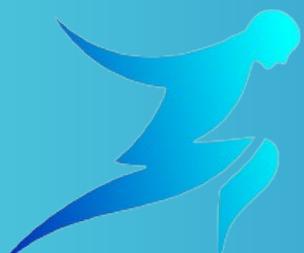




FITNESS



CATÁLOGO DE PRODUTOS



FITNESS

ISO-LATERAL CHEST / BACK

GF-2002



- Dimensions (L x W x H) : 78 in x 54 in x 90 in (198 cm x 137 cm x 229 cm)
- Recommended Live Area (L x W x H) : 126 in x 102 in x 96 in (320 cm x 259 cm x 244 cm)
- Weight : 390 lb (176.9 kg)
- Max User Weight : 350 lb (158.8 kg)
- Starting Resistance : 7 lb (3.2 kg) per work-arm
- Max Weight Capacity : 4 - 45 lb (3 - 25 kg) plates/rod
- Number of Weight Horns (Optional) : 6
- Weight Horn Plate Capacity (Optional) : 4 - 45 lb (3 - 25 kg) plates/horn

• The Plate-Loaded Iso-Lateral Chest/Back was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. This combination machine offers a solution for both chest and back workouts.

ISO-LATERAL FRONT LAT PULLDOWN

GF-2005

- Standard Weight Horns : 6
- Starting Resistance : 1 lb (0.5 kg)
- Frame Description Rectangular tube : 38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) : 65 in x 49 in x 79 in (165 cm x 124 cm x 201 cm)
- Recommended Live Area (L x W x H) : 77 in x 97 in x 96 in (196 cm x 246 cm x 244 cm)
- Weight : 315 lb (142.9 kg)

• The Plate-Loaded Iso-Lateral Front Lat Pulldown was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It uses a unique arc of motion and underhand grip positions to deliver variation and natural movement path.



ISO-LATERAL HIGH ROW

GF-2006



- Standard Weight Horns : 4
- Starting Resistance : 2 lbs (0.9 kg)
- Frame Description Rectangular tube : 38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) : 64 in x 57 in x 79 in (163 cm x 145 cm x 201 cm)
- Recommended Live Area (L x W x H) : 106 in x 105 in x 96 in (269 cm x 267 cm x 257 cm)
- Weight : 330 lb (149.7 kg)

• The Plate-Loaded Iso-Lateral High Row was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It provides a unique path of motion that contrasts the incline press for a workout that's not easily replicated by other machines.

ISO-LATERAL ROW

GF-2011

- Starting Resistance : 12 lbs (5 kg) per workarm
- Frame Description Rectangular tube : 38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) : 61 in x 50 in x 52 in (155 cm x 127 cm x 132 cm)
- Weight : 280 lb (127 kg)

• The Plate-Loaded Iso-Lateral Row was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It provides a compact, low-profile design and multiple grips for exercise variety.



ISO-LATERAL SHOULDER PRESS

GF-2012



- Standard Weight Horns : 8
- Starting Resistance : 10 lbs (4.5 kg) per workarm
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
52 in x 60 in x 73 in (132 cm x 152 cm x 185 cm)
- Weight : 350 lb (158.8 kg)

• The Plate-Loaded Iso-Lateral Shoulder Press was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. The back pad is angled 40 degrees for stabilization and to eliminate hyperextension of the spine.

ISO-LATERAL WIDE CHEST

GF-2014



- Standard Weight Horns : 6
- Starting Resistance : 2 lbs (0.9 kg)
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
77 in x 45 in x 75 in (195 cm x 114 cm x 189 cm)
- Weight : 305 lb (138.3 kg)

• The Plate-Loaded Iso-Lateral Wide Chest was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. This machine offers a higher degree of converging motion than the decline press and accommodates larger exercisers.

ISO-LATERAL SUPER INCLINE PRESS

GF-2013

- Standard Weight Horns : 6
- Starting Resistance : 11 lbs (5 kg)
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
51 in x 61 in x 55 in (130 cm x 155 cm x 140 cm)
- Weight : 360 lb (163.3 kg)

• The Plate-Loaded Iso-Lateral Super Incline Press was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. The unique path of motion fills in the gap between the shoulder press and incline press.



- Standard Weight Horns : 6
- Starting Resistance : 2 lbs (0.9 kg)
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
49" x 71" x 79" (123 cm x 180 cm x 201 cm)
- Weight : 320 lb (145.1 kg)
- Product Code : IL-WPD

• The Plate-Loaded Iso-Lateral Wide Pulldown was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. This machine offers double Iso-Lateral training with pivots angled in two different planes.

ISO-LATERAL WIDE PULLDOWN

GF-2015



SEATED DIP

GF-2018



- Standard Weight Horns : 4
- Starting Resistance : 4 lbs (1.8 kg) per workarm
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
66 in x 49 in x 43 in (168 cm x 124 cm x 109 cm)
- Weight : 285 lb (129.3 kg)

- The Plate-Loaded Seated Dip allows exercisers to perform the exercise facing in or out for added variety.

LEG EXTENSION

GF-2024



- Dimensions (D x W x H) :
47 in x 64 in x 51 in (119 cm x 163 cm x 130 cm)
- Recommended Live Area (D x W) :
71 in x 112 in (180 cm x 284 cm)
- Weight : 300 lb (136 kg)
- Max User Weight : 350 lb (158.8 kg)
- Starting Resistance : 4 lb (1.8 kg) per work-arm
- Max Weight Capacity : 5 - 45 lb (4 - 25 kg) plates/rod
- Number of Weight Horns (Optional) : 2
- Weight Horn Plate Capacity (Optional) :
4 - 45 lb (3 - 25 kg) plates/horn

- The Plate-Loaded Iso-Lateral Leg Extension was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. Two resistance loading positions provide dual strength curves depending on exercise goals.

ISO-LATERAL LEG EXTENSION

GF-2022

- Starting Resistance : 4 lbs (1.8 kg)
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
60 in x 73 in x 54 in (153 cm x 186 cm x 137 cm)
- Weight : 300 lb (137 kg)



- The Plate-Loaded Iso-Lateral Leg Extension was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety.

- Standard Weight Horns : 2
- Starting Resistance : 20 lbs (9.1 kg)
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
64" x 57" x 60" (163 cm x 145 cm x 152 cm)
- Weight : 380 lb (173 kg)

- The Plate-Loaded Super Horizontal Calf is designed to move resistance to the hips instead of the spine, and train both the gastrocnemius and soleus muscle motions.

SUPER HORIZONTAL CALF

GF-2026



SQUAT HIGH PULL

GF-2029



- Standard Weight Horns : 4
- Starting Resistance : 12 lbs (5 kg) per workarm
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
59 in x 62 in x 34 in (149 cm x 158 cm x 87 cm)
- Weight : 220 lb (100 kg)

• The Plate-Loaded Ground Base Squat High Pull introduces balance to the squat exercise while providing biomechanics that keep exercisers' bodies in suitable positions for performance training. Ground Base equipment is designed to keep the exerciser firmly planted on the ground while maximizing power and explosiveness from the feet up.

ISO-LATERAL BENCH PRESS

GF-2032



- Dimensions (L x W x H) :
48 in x 67 in x 72 in (122 cm x 170 cm x 183 cm)
- Recommended Live Area (L x W x H) :
84 in x 115 in x 96 in (213 cm x 292 cm x 244 cm)
- Weight : 350 lb (158.8 kg)
- Max User Weight : 350 lb (158.8 kg)
- Starting Resistance : 7 lb (3.2 kg) per work-arm
- Max Weight Capacity : 5 - 45 lb (4 - 25 kg) plates/rod
- Number of Weight Horns (Optional) : 6
- Weight Horn Plate Capacity (Optional) :
5 - 45 lb (3 - 25 kg) plates/horn

• The Plate-Loaded Iso-Lateral Bench Press features separate weight horns that provide independent diverging and converging motions for equal strength development. Features Horizontal and Vertical grip options to replicate traditional bench presses or athletic movements. The Horizontal option is the most popular machine with a horizontal grip position. The Vertical option has a vertical grip for in-season athletes battling wrist, elbow, and shoulder soreness or injury.

V-SQUAT

GF-3017



- Standard Weight Horns : 2
- Starting Resistance : 54 lbs (24.5 kg)
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
97 in x 42 in x 81 in (247 cm x 107 cm x 205 cm)
- Weight : 530 lb (241 kg)

• The Plate-Loaded V-Squat is designed to have a natural squatting motion, while reducing back and knee strain through a curved arc of motion. It also employs a standard counter balance for lower starting resistance.

- Starting Resistance : 4 lbs (1.8 kg) per workarm
- Frame Description Rectangular tube :
38.1*76.2*T3, 38.1*50.8*T3, double-coated and double-baked electrostatic spraying, all series of foam seats, all series come standard with Swedish SKF bearings with a 10-year warranty, and the frame with a 10-year warranty
- Dimensions (L x W x H) :
44 in x 46 in x 55 in (112 cm x 117 cm x 140 cm)
- Weight : 225 lb (100 kg)

• The Plate-Loaded Seated Biceps is designed to give exercisers improved resistance over free weights in a preacher curl position. Handles rotate to accommodate differences in user forearm length.

SEATED BICEPS

GF-2033



COLOR OPTIONS

Pearl Black



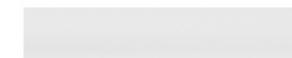
Frame



Upholstery



Pearl Silver



Frame



Upholstery



Pearl White



Frame



Upholstery



UPHOLSTERY
COLOR OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

MOCHA

