

Designed for enjoying your life

**Steelflex**

● SIIMPLICITY ● SMART ● SAFETY



2018 STEELFLEX CATALOG

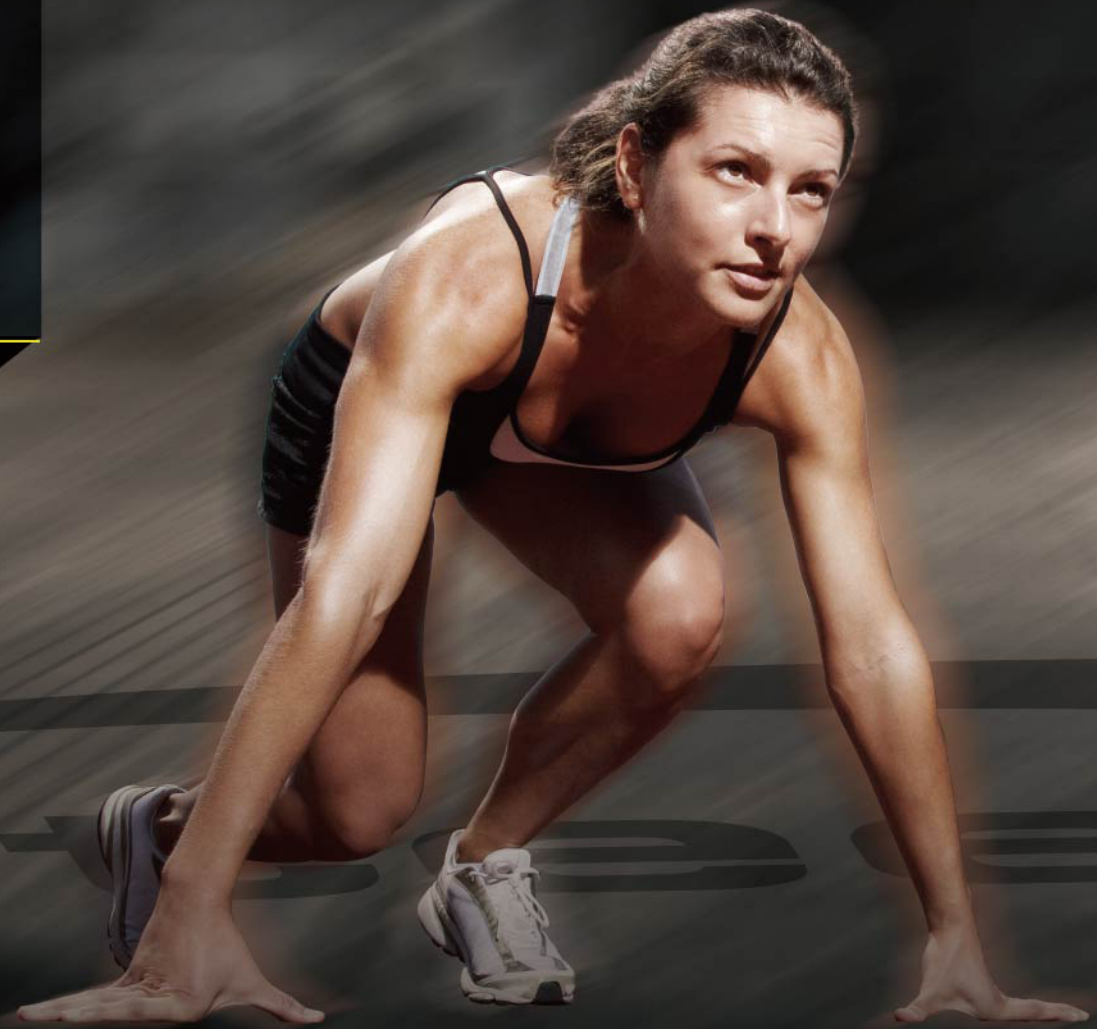
**CARDIO & STRENGTH**  
2018 PRODUCT CATALOG

## Steel Mind, Flex Body

### *Steelflex*

Simple is the best. It is not a slogan. It is our top principle. Listen to yourself, and your body, they will tell you the correct way to build up your physical health. Exercise equipment can produce unnecessary limitations, but at Joong Chenn, we insist the user is the key: thus all exercise equipment should be ease of simple use for the users' action on the equipment and not restrict the user.

Simple is best, therefore we adopt the correct technology for the user in every piece of Steelflex equipment that we design. Because we believe that people's natural function of movement is the best method for their body, Steelflex products do not interfere with this function during the use of our equipment. We provide equipment that is comfortable, safe, and a great exercise experience. Our products not only have an outstanding design, but we are sure once you use them they will bring you an enjoyable experience. Welcome to the Steelflex World!



# C O N T E N T S

## Steel mind, flex body

# 01

03-Company History  
05-About Steelflex Fitness  
06-Markets We Serve

## CARDIO

# 07

08-Treadmill  
16-Exercise Bike  
21-Elliptical  
25-Stepper  
27-Indoor Cycling Bike

## STRENGTH

# 30

31-Mega Power Series  
41-M3d Series  
44-Hope Series  
55-Club Line Series  
62-Plate Load Series  
70-Plate Load 2 Series  
72-Neo Series  
85-Functional Training System 360  
88-Jungle Gym Series  
91-Multi Gym Series  
95-Hydraulic Series

## STEELFLEX Product Specifications

# 101

101-Cardio  
107-Strength  
110-Upholstery



## Outstanding Manufacture

Joong Chenn Industry was established in 1983 and has been manufacturing high quality strength and cardio equipment for many years. Joong Chenn also has state-of-the-art R&D department with highly qualified engineers that contribute to a continued progress in innovation and development of top quality products. Our products are sold over 100 countries with over 130 distributors worldwide. We continue as a company to move into the future.

# Our Company History


- 1980 - Renda Enterprise was found, producing free weight products based on OEM/ODM
- 1983 - Joong Chenn Industry Co., Ltd. was established. Main products are Dumbbells and weight products.
- 1985 - 1985 Started our own brand of weight products "WECK".
- 1991 - Joint venture with BODY SOLID and developing Home Gym and Bench Selling products worldwide via "BODY SOLID" brand.
- 1993 - New factory built in Nantou; main products are Home Gym and Bench.
- 1998 - To supply the complete series of products, developing the cardio products such as treadmill and bicycle. The National Athletic Sports in Taiwan selected JCI as their free weight training equipment.
- 2000 - Body Solid G1S received the award "BEST BUY" from American's consumer reporting magazines.
- 2001 - Second new factory built in Nantou, main production are Home Gym, Treadmill and Bicycle. China factory built in April and mainly produces Home Gym products.

- 2002 - ISO certified and created own brand "STEELFLEX".

- 2003 - Created own brand "Fitnex" and received the award of "It's very well made in Taiwan" and "TSMa award".

- 2004 - Established the new sales department "SBU" in Shanghai.

- 2011 -  PT10、 MDC2000 awarded the prize of the "19th Taiwan Excellence Award".

- 2012 -  M3DBR awarded the prize of the "20th Taiwan Excellence Award".

- 2013 -  T70、 CF SG、 HRM1700 awarded the prize of the "21th Taiwan Excellence Award" and CF SG won the "TaiSPO Innovation's Stage of Excellence Competition".

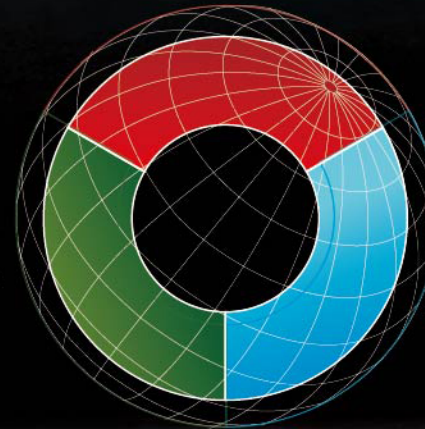
- 2018 -  PB10、 PR10 awarded the prize of the "26th Taiwan Excellence Award".

# About Steelflex Fitness

People have high expectations for health and mental happiness from exercise. To achieve this goal Joong Chenn established in 1983 with intention to design innovative fitness products for all users. Our products have passed ISO9001, CE and ETL certification. We work towards designing our fitness products with 3 concepts (Simplicity, Safety and Smart) as our main object. We are continuously improving the quality of life for all of our users and this is our motivation.

## - Smart -

High technology and humanity design



## - Safety -

Strong structure for safety use

## - Simplicity -

Aesthetically pleasing with ease of use.

A dark, stylized world map is centered in the background of the slide. The map is rendered in a light gray color against a dark, textured background. The continents are clearly visible, and the map is slightly tilted. The overall aesthetic is professional and global.

## Markets We Serve

### Steelflex Service Assurance

Joong Chenn is dedicated to manufacturing the highest quality equipment and will continue to develop innovative and patent-protected products. Steelflex products are sold in more than 100 countries worldwide. Our commitment to our customers is achieved with a confidence in knowing that we will provide the highest satisfaction of service while producing the highest quality of products. The end result is a product designed to improve your health and everyday quality of life.

steelflex

**07**

**STEELFLEX  
FITNESS CARDIO**

**08** - Treadmill

**16** - Exercise Bike

**21** - Elliptical

**25** - Stepper

**27** - Indoor Cycling Bike





08

**TREADMILL** →

STEELFLEX FITNESS CARDIO

**Steelflex**  
Flextech

## P Series - Features

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### Unique Button Design

Using the one-touch keys of speed and elevation provide users to easily operation and highly recognition.



### High Efficient Motor System

Energy saving motor system saves 30% power effectively for better performance.



### Large Running Surface

P Series feature a 2-Ply high density 22" wide belt offer users free and non-slip surface.



### Non End Cap Design

Non-end cap and half-round edge design not only have sleek look but also decrease the chance for injury.



### One-piece Bottom Structure

Integrated bottom frame structure increase product's durability also brings you a different aesthetic experience.



### Low Step-up Height

Low step-up design helps users for easily accessible.

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Treadmill -P Series



- Console -

### PT 20

Console Type: 7-window LED Display  
Elevation: -3%~15%  
Speed Range: 0.8~25 KPH (0.5~15.5 MPH)  
Motor: 5 HP AC Motor  
**TV Rack : Optional**

## Treadmill - P Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



- Console -

### PT 10



Console Type: 8-window LED Display  
 Elevation: 0%~15%  
 Speed Range:  
 Exercise Mode: 0.3~24KPH (0.2~15.0 MPH)  
 Safety Mode: 0.3~12 KPH (0.2~7.5 MPH)  
 Reverse Mode: 0.3~4.8 KPH (0.2~3 MPH)  
 Motor: 4 HP ECO-AC Servo Motor

**TV Rack : Optional**



- Console -

### PT 7

Console Type: 8-window LED Display  
 Elevation: 0%~15%  
 Speed Range:  
 Exercise Mode: 0.8~22 KPH (0.5~13.8 MPH)  
 Safety Mode: 0.8~11 KPH (0.5~6.9 MPH)  
 Motor: 5 HP AC Motor

**TV Rack : Optional**

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## C Series - Features



### ● Heavy Gauge Steel Frame

Our treadmills feature heavy gauge steel welded frames. The heavy frame construction provides a durable and stable walking or running exercises. Anti-rust frames for whole frames of the treadmill in order to extend products usage life



### ● Aluminum Side Rail

The C Series aluminum side rail combined with non-slip design to increases the durability and safety of products.



### ● Powerful Motor System

5.0 HP AC motor provides smooth, consistent power for a total body workout.



### ● Elastic Deck System

Our shock absorption system reduces knee and joint stress, added comfort and lower impact during a workout.



### ● Large Running Surface

C Series feature a 2-Ply high density 22" wide belt offer users free and non-slip surface.

## Treadmill - C Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



- Console -

### CT 2

Console Type : 15.4" TFT-LCD Display  
Elevation : 0%~15%  
Speed Range : 0.8~20 KPH (0.5~12.5 MPH)  
Motor : 5 HP AC Motor



- Console -

### CT 1

Console Type : 4-window LED Display  
Elevation : 0%~15%  
Speed Range : 0.8~20 KPH (0.5~12.5 MPH)  
Motor : 5 HP AC Motor

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## X Series - Features



### ● Heavy Gauge Steel Frame

Our treadmills feature heavy gauge steel welded frames. The heavy frame construction provides a durable and stable walking or running exercises. Anti-rust frames for whole frames of the treadmill in order to extend products usage life.



### ● Elastic Deck System

Our shock absorption system reduces knee and joint stress, added comfort and lower impact during workout.



### ● High Efficient Motor System

High efficient motor System provides smooth, consistent power for a total body workout.



### ● Large Running Surface

X Series treadmills feature a 2-Ply high density 22" wide belt offer users free and non-slip surface.



### ● Aluminum Side Rail

The X Series aluminum side rail combined with non-slip design to increases product's durability and safety.

## Treadmill - X Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### XT 8000A

Console Type : 3-window LED Display  
Elevation : 0%~15%  
Speed Range : 0.8~20 KPH (0.5~12.5 MPH)  
Motor : 5 HP AC Motor

- Console -



### XT 8000D

Console Type : 3-window LED Display  
Elevation : 0%~15%  
Speed Range : 0.8~20 KPH (0.5~12.5 MPH)  
Motor : 4.0HP DC Motor

- Console -





16

**EXERCISE BIKE** →

STEELFLEX FITNESS CARDIO

## Exercise Bike

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



26th Taiwan  
Excellence Award



**PB 10**

Upright Bike

Console Type: 7-window LED Display  
Resistance Levels: 30  
Power Requirement: Self-generated  
**TV Rack : Optional**



**XB 7300**

Upright Bike

Console Type: 2-window LED Display  
Resistance Levels: 16  
Power Requirement: Self-generated  
**TV Rack : Optional**



17

- Console -



- Console -

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Exercise Bike



- Console -

### CB 2

Upright Bike

Console Type : 15.4" TFT-LCD Display  
Resistance Levels : 24  
Power Requirement : 110V / 220V



- Console -

### CBSG

Upright Bike

Console Type : 4-window LED Display  
Resistance Levels : 24  
Power Requirement : Self-generated

# Exercise Bike

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



26th Taiwan  
Excellence Award



## PR 10

Recumbent Bike

Console Type : 7-window LED Display  
Resistance Levels: 30  
Power Requirement: Self-generated  
**TV Rack : Optional**

19

- Console -



## XB 7500S

Recumbent Bike

Console Type : 2-window with Dot Matrix LED  
Resistance Levels : 16  
Power Requirement : Self-generated  
**TV Rack : Optional**

- Console -

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Exercise Bike



- Console -

### CR 2

Recumbent Bike

Console Type : 15.4" TFT-LCD Display  
Resistance Levels : 24  
Power Requirement : 110V / 220V



- Console -

### CR SG

Recumbent Bike

Console Type : 4-window LED Display  
Resistance Levels : 24  
Power Requirement : Self-generated

# 21

## ELLIPTICAL →

### STEELFLEX FITNESS CARDIO



#### **Multi-Grip Handlebars**

Multi-angle moving handlebars provide comfort and variety training for users.



#### **Integrated Water Bottle Holder**

The water bottle holder large space design can let the users store anything they need during workout.



#### **Oversized Pedal**

Large pedal allows you to adjust your foot position naturally and comfortably.

#### **Low-impact Pedal**

Added low-impact pedal design reduces knee and joints stress and more safety during a workout.

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Elliptical



- Console -

### PESG

Console Type: 7-window LED Display  
Resistance Levels: 30  
Power Requirement: Self-generated  
Stride Length: 58 cm / 23"  
**TV Rack : Optional**

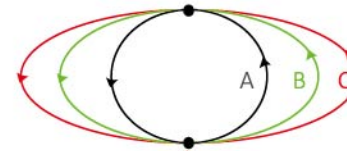


# Elliptical

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



By changing stride, cross trainer can move at your own will and train in different movement (A/B/C).  
 A. Stepper Stride Width: 25cm  
 B. Elliptical Stride Width: 50cm  
 C. Treadmill Stride Width: 75cm



## CE SG

Console Type: 4-window LED Display  
 Resistance Levels: 24  
 Power Requirement: Self-generated  
 Stride Length: 58 cm / 23"

- Console -



## CF SG

### Changeable Stride Elliptical

Console Type: 4-window LED Display  
 Resistance Levels: 24  
 Power Requirement: Self-generated  
 Stride Length: 26~76 cm / 10"~30" (Adjustable)

- Console -



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

Elliptical



- Console -

## XE 7400

Console Type: 2-window LED Display

Resistance Levels : 16

Power Requirement: Self-generated

Stride Length : 48 cm / 19"

**TV Rack : Optional**





25

**STEPPER** →

STEEFLEX FITNESS CARDIO

Steelflex

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Stepper



- Console -

### PST 10

Console Type: 5.5" blue backlit LCD display

Resistance Levels: 16

Power Requirement: Self-generated

Step Range: 30 cm / 12"

**TV Rack : Optional**





27

## INDOOR CYCLING BIKE →

STEEFLEX FITNESS CARDIO

### Creative Elastic Frame Design

We deform the main frame of steelflex CS series to enhance flexible model type and make it more coherent of curved shape also bring the new innovation to customers.

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Indoor Cycling Bike



### CS1

Flywheel: 46 lbs. / 21 kg  
Dimensions(L×W×H): 126 × 60 × 127 cm /  
49" × 24" × 50"



### CS 2W

Flywheel : 46 lbs. / 21 kg  
Dimensions(L×W×H) : 115 × 60 × 121 cm /  
45" × 24" × 47"



- Console -

Integrated power (watts)  
system utilizing strain  
gauge technology.



**X VELOCITY**

Heavy duty 1050 / 7 coil spring shock suspension  
Flywheel : 44 lbs. / 20kg  
Dimensions(L×W×H) : 119 × 55 × 109 cm / 47" × 22" × 43"

**30**

**STEELFLEX STRENGTH**

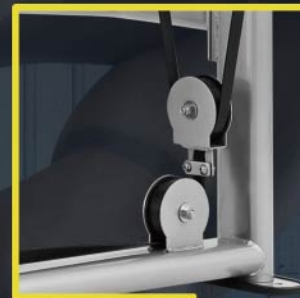
- 31** - Mega Power Series
- 41** - M3d Series
- 44** - Hope Series
- 55** - Club Line Series
- 62** - Plate Load Series
- 70** - Plate Load 2 Series
- 72** - Neo Series
- 85** - Functional Training System 360
- 88** - Jungle Gym
- 91** - Multi Gym
- 95** - Hydraulic Series



# 31

## MEGA POWER Series →

STEELEX STRENGTH



### High-capacity Driving Belt

Our high-capacity driving belt system offers tensile strength over 5,000 lbs performance to increase durability of belt.



### Personal Training Console

The MEGA POWER console will customize your training mode, the programs will auto-counting your reps, burned calories and exercise time for you



### Ergonomic Design

The Steelflex MEGA POWER series is the development of human design product. All machine movement match muscles exercise direction and angle in order to achieve exercise purpose but avoid any possible injury.



### High Quality Powder Coating

All MEGA POWER series provides two-coat finish for whole frames of the products which is increase durability. Anti-rust frames protect our equipment from cracking and chipping in order to extend products usage life.



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## MEGA POWER Series



### MBP 100

Chest Press  
Machine

Driving System: Belt  
Product Weight: 552 lbs. / 251 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 140 × 126 × 166.5 cm /  
55" × 50" × 65.5"



### MIP 1400

Incline Chest  
Press Machine

Driving System: Belt  
Product Weight: 554 lbs. / 252 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 147 × 143 × 166.5 cm /  
58" × 56" × 65.5"



### MPD 700

Pec Fly  
Machine

Driving System: Belt  
Product Weight: 564 lbs. / 256 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 149 × 140 × 166.5 cm /  
59" × 55" × 65.5"

## MEGA POWER Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### MLM 300

Lat Pulldown  
Machine

Driving System: Belt  
Product Weight: 601 lbs. / 273 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 160 × 111 × 218 cm / 63" × 44" × 86"



### MRM 1700

Seated Row  
Machine

Driving System: Belt  
Product Weight: 597 lbs. / 271 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 170 × 107 × 166 cm / 67" × 42" × 65"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## MEGA POWER Series



### MSP 800

Shoulder Press  
Machine

Driving System: Belt  
Product Weight: 566 lbs. / 257 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 148 × 147 × 168 cm / 58" × 58" × 66"



### MDR 1300

Lateral Raise  
Machine

Driving System: Belt  
Product Weight: 542 lbs. / 246 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 116.5 × 110 × 167 cm / 46" × 43" × 66"

## MEGA POWER Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### MBC 600

Biceps Curl  
Machine

Driving System: Belt  
Product Weight: 482 lbs. / 219 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 134 × 102 × 166 cm /  
53" × 40" × 65"



### MTE 1200

Triceps Extension  
Machine

Driving System: Belt  
Product Weight: 518 lbs. / 235 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 120 × 104 × 166 cm /  
47" × 41" × 65"



### MTM 1000

Triceps Press  
Machine

Driving System: Belt  
Product Weight: 534 lbs. / 243 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 126 × 120 × 167 cm /  
50" × 47" × 66"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## MEGA POWER Series



### MAM 900

Abdominus Curl  
Machine

Driving System: Belt  
Product Weight: 575 lbs. / 261 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 133 × 116 × 166.5 cm /  
52" × 46" × 65.5"



### MBK 1600

Back Extension  
Machine

Driving System: Belt  
Product Weight: 545 lbs. / 247.5 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 138 × 99 × 166.5 cm /  
54" × 39" × 65.5"



### MOT 1800

Rotary Torso  
Machine

Driving System: Belt  
Product Weight: 573 lbs. / 260 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 133 × 112 × 167 cm /  
52" × 44" × 66"

## MEGA POWER Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### MLE 200

Leg Extension  
Machine

Driving System: Belt  
Product Weight: 530 lbs. / 241 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 140.5 × 100 × 166.5 cm /  
55" × 39" × 65.5"



### MLC 400

Leg Curl  
Machine

Driving System: Belt  
Product Weight: 584 lbs. / 265.5 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 158 × 99 × 166.5 cm /  
62" × 39" × 65.5"



### MMH 1500

Multi-Hip  
Machine

Driving System: Belt  
Product Weight: 587 lbs. / 267 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 128 × 103 × 166 cm /  
50" × 40.5" × 65"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## MEGA POWER Series



### MLP 500

Leg Press  
Machine

Driving System: Belt  
Product Weight: 803 lbs. / 365 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 204 × 107 × 211 cm / 80" × 42" × 83"



### MTH 1100

Outer/Inner Thigh  
Machine

Driving System: Belt  
Product Weight: 574 lbs. / 261 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 171 × 113 × 166.5 cm / 67" × 44" × 65.5"



**MSM**

Smith Machine

Product Weight : 434 lbs / 197 kg  
Dimensions(L×W×H) : 219 × 131 × 226 cm / 86" × 52" × 89"



**MCD 2100**

Chin Up / Dip Machine

Driving System: Cable  
Product Weight: 678 lbs. / 308 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 187 × 121 × 257 cm / 74" × 48" × 101"



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

**MEGA POWER Series**



## **MDC 2000**

Dual Cable Column and  
Chin Up/Dip Machine

Driving System: Cable

Product Weight: 850.5 lbs. / 387 kg

Weight Stack: Dual Towers for Total 330 lbs. / 150 kg

Dimensions:

318 × 152 × 227 cm / 125" × 60" × 89" (With Chin-up Rack)

318 × 147 × 166.5 cm / 125" × 58" × 65.5" (Without Chin-up Rack)



41

**M3D Series** →

STEELFLEX STRENGTH

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## M3D Series



### M3DHL

3D High/Low  
Pulley Machine

Driving System: Cable  
Product Weight: 626 lbs. / 284.5 kg  
Weight Stack: 240 lbs. / 109 kg  
Dimensions: 205 × 140 × 244.5 cm /  
81" × 55" × 96"



20th Taiwan Excellence Award



### M3DBR

3D Back  
Machine

Driving System: Cable  
Product Weight: 481 lbs. / 219 kg  
Weight Stack: 165 lbs. / 75 kg  
Dimensions: 227 × 146 × 208 cm /  
89" × 57" × 82"



### M3DFC

3D Chest  
Machine

Driving System: Cable  
Product Weight: 530 lbs. / 241 kg  
Weight Stack: 240 lbs. / 109 kg  
Dimensions: 130 × 97 × 167 cm /  
51" × 38" × 66"

## M3D Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### M3DSM

3D Smith  
Machine

Product Weight: 711 lbs. / 323 kg

Dimensions: 219 × 197 × 240 cm / 86" × 77.5" × 94"



### M3DLM

3D Hip  
Machine

Product Weight: 583 lbs. / 265 kg

Dimensions: 259 × 132 × 235 cm / 102" × 52" × 93"

# 44

## HOPE Series →

STEELFLEX STRENGTH

### Hope Series

Hope series especially focus on “modeling innovation and zero-load work” design; this perfect fitness equipment combined of power and beauty and improves comfort and safe use. All the motion is based on ergonomic design which is fully adapted to any kind of exercises. The appearance of curved shield is made of metal material and utilizing LASER cutting technology that shows attractive shape and the sense of beauty.



### Ergonomic Non-slip Grips

Ergonomic and slip-resistant grip handle enhance durability and comfortable feel for users.



### Low-profile Tower

Entire HOPE series strength line has a low-profile; 137.5 cm / 54” stack height.



### Exercise Charts

Large, easy-to-read exercise charts and muscle groups offers users a quick look .QR codes also provide the details of products links.



### Towel Rack

Towel rack easy reaches to keep users convenient during exercise.



### Ergonomic Adjustment Handlebars

Special-designed handle can adjust sitting position properly.



### Drink-and-Accessory Holders

Water bottle holder integrated convenient storage slot for music player or personal items.



### Upholstery

High density foam (ergonomically designed) seat makes exercisers comfortable and durability.

## HOPE Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### HBP 100

Chest Press  
Machine

Driving System: Cable  
Product Weight: 482.5 lbs. / 219 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 146 × 100 × 138 cm /  
57" × 39" × 54"



### HIP 1400

Incline Chest  
Press Machine

Driving System: Cable  
Product Weight: 479.5 lbs. / 218 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 181 × 110 × 155 cm /  
71" × 43" × 61"



### HPD 700

Pec / Rear Deltoid  
Machine

Driving System: Cable  
Product Weight: 499 lbs. / 227 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 156 × 131 × 197.5 cm /  
61" × 51.5" × 78"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## HOPE Series



### HLM 300

Lat Pulldown  
Machine

Driving System: Cable  
Product Weight: 518 lbs. / 236 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 169 × 75 × 217 cm /  
67" × 30" × 85"



### HLM 300B

High / Low  
Pulley Machine

Driving System: Cable  
Product Weight: 521.5 lbs. / 237 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 207 × 119 × 221 cm /  
82" × 47" × 87"



### HRM 1700

Seated Row  
Machine

Driving System: Cable  
Product Weight: 501 lbs. / 228 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 190 × 73 × 137.5 cm /  
75" × 29" × 54"



21<sup>st</sup> Taiwan Excellence Award

## HOPE Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### HSP 800

Shoulder Press  
Machine

Driving System: Cable  
Product Weight: 445 lbs. / 202 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 126 × 113 × 142.5 cm /  
50" × 45" × 56"



### HDR 1300

Lateral Raise  
Machine

Driving System: Cable  
Product Weight: 488 lbs. / 222 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 147 × 90 × 137.5 cm /  
58" × 35" × 54"



### HLE 200

Leg Extension  
Machine

Driving System: Cable  
Product Weight: 469.5 lbs. / 213 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 141 × 118 × 137.5 cm /  
55" × 46" × 54"



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## HOPE Series



### HLE 200B

Leg Extension  
Machine

Driving System: Cable  
Product Weight: 520 lbs. / 236 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 138.5 × 119 × 137.5 cm / 54.5" × 47" × 54"



### HLP 500

Leg Press  
Machine

Driving System: Cable  
Product Weight: 589 lbs. / 268 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 168 × 123 × 137.5 cm / 66" × 48" × 54"

## HOPE Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### HBC 600

Biceps Curl  
Machine

Driving System: Cable  
Product Weight: 318 lbs. / 145 kg  
Weight Stack: 110 lbs. / 50 kg  
Dimensions: 147 × 75 × 137.5 cm /  
58" × 30" × 54"



### HTM 1000

Triceps Press  
Machine

Driving System: Cable  
Product Weight: 451 lbs. / 205 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 130 × 111 × 137.5 cm /  
51" × 44" × 54"



### HTE 1200

Triceps Extension  
Machine

Driving System: Cable  
Product Weight: 360 lbs. / 164 kg  
Weight Stack: 110 lbs. / 50 kg  
Dimensions: 117 × 103 × 137.5 cm /  
46" × 41" × 54"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## HOPE Series



### HAM 900

Abdominus Curl  
Machine

Driving System: Cable  
Product Weight: 440 lbs. / 200 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 157 × 73 × 140 cm /  
62" × 29" × 55"



### HBK 1600

Back Extension  
Machine

Driving System: Cable  
Product Weight: 536 lbs. / 244 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 157 × 73 × 137.5 cm /  
62" × 29" × 54"



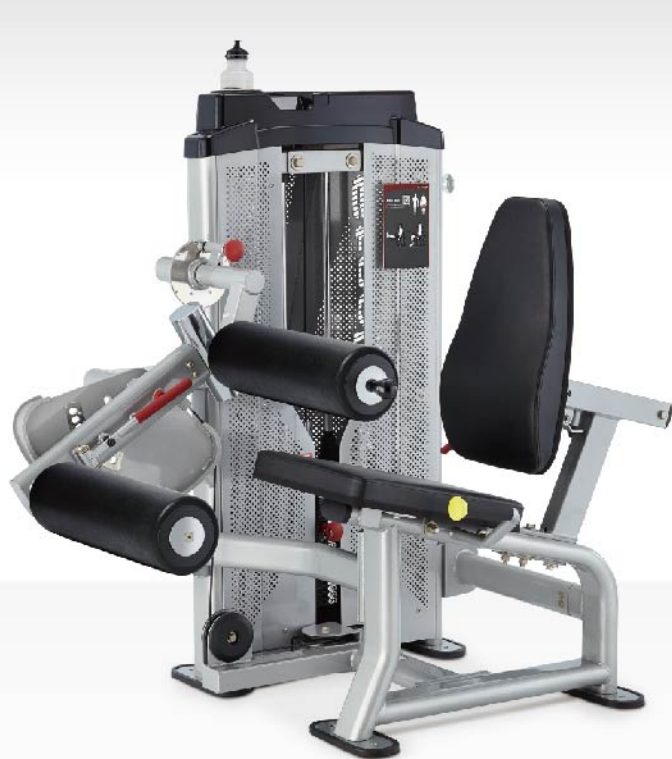
### HOT 1800

Rotary Torso  
Machine

Driving System: Cable  
Product Weight: 541 lbs. / 246 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 143 × 102 × 137.5 cm /  
56" × 40" × 54"

## HOPE Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### HLC 400

Leg Curl  
Machine

Driving System: Cable  
Product Weight: 545 lbs. / 248 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 140 × 118 × 137 cm /  
55" × 46" × 54"



### HLC 400B

Leg Curl  
Machine

Driving System: Cable  
Product Weight: 483 lbs. / 219.5 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 120 × 119 × 137.5 cm /  
47" × 47" × 54"



### HCP 2200

Lunge / Calf Press  
Machine

Driving System: Cable  
Product Weight: 612 lbs. / 278 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 203 × 124 × 177 cm /  
80" × 49" × 70"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## HOPE Series



### HAB 1100

Hip Abductor  
Machine

Driving System: Cable  
Product Weight: 494 lbs. / 224 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 185 × 75 × 137.5 cm /  
73" × 29.5" × 54"



### HAD 1100

Hip Adductor  
Machine

Driving System: Cable  
Product Weight: 496.5 lbs. / 226 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 185 × 75 × 138 cm /  
73" × 29.5" × 54"



### HHE 1900

Hip Extension  
Machine

Driving System: Cable  
Product Weight: 423.5 lbs. / 192.5 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 180 × 121 × 167.5 cm /  
71" × 48" × 66"

## HOPE Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### HCD 2100

Chin Up / Dip  
Machine

Drive System: Cable

Product Weight: 615 lbs. / 279.5 kg

Weight Stack: 210 lbs. / 95 kg

Dimensions: 192 × 119 × 220 cm / 76" × 47" × 87"



### HCC 2300

Cable Column  
Machine

Drive System: Cable

Product Weight: 492 lbs. / 224 kg

Weight Stack: 210 lbs. / 95 kg

Dimensions: 129 × 150 × 208 cm / 51" × 59" × 82"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## HOPE Series



### HDC 2000

Dual Cable / Chin Up  
Machine

Driving System: Cable

Product Weight: 977 lbs. / 444 kg

Weight Stack: Dual Towers for Total 420 lbs. / 191 kg

Dimensions: 188 × 115 × 219 cm / 74" × 45" × 86"



### HSM

Smith  
Machine

Product Weight : 462 lbs. / 210 kg

Dimensions : 219 × 123 × 219 cm / 86" × 48" × 86"



55

**CLUB LINE Series** →

STEEFLEX STRENGTH

STEEFLEX



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## CLUB LINE Series



### CL2FR

Fly / Rear Deltoid

Driving System: Cable  
Product Weight: 459 lbs. / 209 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 167 × 114 × 161 cm / 66" × 45" × 63"



### CL2PC

Leg Press / Calf Press

Driving System: Cable  
Product Weight: 559 lbs. / 254 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 232 × 132 × 201 cm / 91" × 52" × 79"

## CLUB LINE Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### CL2AB

Abs Curl /  
Back Extension

Driving System: Cable  
Product Weight: 484 lbs. / 220 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 112 × 134 × 161 cm /  
44" × 53" × 63"



### CL2HL

High Pulley /  
Low Pulley

Driving System: Cable  
Product Weight: 446 lbs. / 203 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 185 × 120 × 215 cm /  
73" × 47" × 85"



### CL2CR

Chest Press /  
Back Row

Driving System: Cable  
Product Weight: 505 lbs. / 230 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 160 × 104 × 207 cm /  
63" × 41" × 81"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## CLUB LINE Series



### CL2EC

Leg Curl / Leg Extension

Driving System: Cable  
Product Weight: 480 lbs. / 218 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 169 × 141 × 161 cm / 66" × 55" × 63"



### CL2SL

Squat / Lunge

Driving System: Cable  
Product Weight: 597 lbs. / 271.5 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 221 × 108.5 × 201 cm / 87" × 43" × 79"

## CLUB LINE Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### CL2CS

Chest Press /  
Shoulder Press

Driving System: Cable  
Product Weight: 509 lbs. / 231 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 207 × 131 × 201 cm /  
81" × 52" × 79"



### CL2BT

Biceps Curl /  
Triceps Extension

Driving System: Cable  
Product Weight: 484 lbs. / 220 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 128 × 148 × 161 cm /  
50" × 58" × 63"



### CL2TH

Outer / Inner Thigh

Driving System: Cable  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 162.5 × 96 × 161 cm /  
64" × 38" × 63"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## CLUB LINE Series



### CLDCC

Dual Cable / Chin Up

Driving System: Cable

Product Weight: 616 lbs. / 280 kg

Weight Stack: 320 lbs. / 145 kg

Dimensions: 173 × 163 × 212 cm / 68" × 64" × 83"



### CLDCC2

Dual Cable / Chin Up

Driving System: Cable

Weight Stack: 320 lbs. / 145 kg

Dimensions: 173 × 163 × 212 cm / 68" × 64" × 83"

#### Optional Attachments



## CLUB LINE Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

### CLSCC

Cable Column / Chin Up

Driving System: Cable

Product Weight: 427 lbs. / 194 kg

Weight Stack: 210 lbs. / 95 kg

Dimensions: 162 × 168 × 212 cm / 64" × 66" × 83.5"





62

**PLATE LOAD Series** →

STEELFLEX STRENGTH

## PLATE LOAD Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### PLTR

T-bar Row Machine

Product Weight :126.5 lbs. / 57.5 kg  
Dimensions: 194 × 81 × 106 cm /  
76" × 32" × 42"



### PLSR

Seated Row Machine

Product Weight :155 lbs. / 70.5 kg  
Dimensions: 118 × 107 × 107.5 cm /  
46" × 42" × 42"



### PLAC

Abdominus Crunch Machine

Dimensions: 106 × 103 × 157 cm /  
42" × 40.5" × 62"



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## PLATE LOAD Series



### PLLA

Lat Pulldown  
Machine

Product Weight :185 lbs. / 84 kg  
Dimensions: 182 × 159.5 × 195 cm /  
72" × 63" × 77"



### PLIP

Incline Chest Press  
Machine

Product Weight :165 lbs. / 75 kg  
Dimensions: 155 × 149 × 125 cm /  
61" × 59" × 49"



### PLBP

Bench Press  
Machine

Product Weight :165 lbs. / 75 kg  
Dimensions: 154 × 135 × 87 cm /  
61" × 53" × 34"

## PLATE LOAD Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### PLSP

Shoulder Press  
Machine

Product Weight :194 lbs. / 88 kg  
Dimensions: 154 × 107 × 138 cm /  
61" × 42" × 54"



### PLBC

Biceps Curl  
Machine

Product Weight :147 lbs. / 67 kg  
Dimensions: 168 × 97 × 128 cm /  
66" × 38" × 50"



### PLTE

Triceps Extension  
Machine

Product Weight :145 lbs. / 66 kg  
Dimensions: 160 × 97 × 130 cm /  
63" × 38" × 51"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## PLATE LOAD Series



### PLLP

Leg Press  
Machine

Product Weight : 216 lbs. / 98 kg  
Dimensions: 214 × 134 × 142 cm / 84" × 53" × 56"



### PLSC

Seated Calf Press  
Machine

Product Weight : 97 lbs. / 44 kg  
Dimensions: 150 × 97 × 100 cm / 59" × 38" × 39"

## PLATE LOAD Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### PLLE

Leg Extension  
Machine

Product Weight :164 lbs. / 74.5 kg  
Dimensions: 131 × 126 × 103 cm /  
52" × 50" × 40.5"



### PLLC

Leg Curl  
Machine

Product Weight :156 lbs. / 71 kg  
Dimensions: 175 × 131 × 71 cm /  
69" × 52" × 28"



### PLSS

Standing Squat  
Machine

Product Weight :334 lbs. / 152 kg  
Dimensions: 207 × 136 × 168 cm /  
81" × 28" × 52"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## PLATE LOAD Series



### PLDP

Decline Press  
Machine

Product Weight : 373 lbs. / 169.5 kg  
Dimensions: 283 × 142 × 149 cm / 111.5" × 56" × 59"



### PLHP

Hack Press  
Machine

Product Weight : 376 lbs. / 171 kg  
Dimensions: 242 × 146 × 134 cm / 95" × 57" × 53"

## PLATE LOAD Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### PSBP

Bench Press  
Machine

Product Weight : 238 lbs. / 108 kg  
Dimensions: 202.5 × 123 × 171 cm /  
80" × 49" × 67"



### PSIP

Incline Chest  
Press Machine

Product Weight : 222 lbs. / 101 kg  
Dimensions: 181 × 97 × 169 cm /  
71" × 38" × 66"



### PSDP

Decline Chest  
Press Machine

Product Weight : 238 lbs. / 108 kg  
Dimensions: 202.5 × 123 × 171 cm /  
80" × 49" × 67"



70

**PLATE LOAD 2 Series** →

STEEFLEX STRENGTH

## PLATE LOAD 2 Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### PL2100

Chest Press /  
Shoulder Press  
Machine

Product Weight : 235 lbs. / 107 kg  
Dimensions: 175 × 131 × 160.5 cm /  
69" × 51.5" × 63"



### PL2200

Lat Pulldown /  
Back Row  
Machine

Product Weight : 387 lbs. / 176 kg  
Dimensions: 190 × 165 × 211 cm /  
75" × 65" × 83"



### PL2300

Squat /  
Dead Lift  
Machine

Product Weight : 315 lbs. / 143 kg  
Dimensions: 205.5 × 175 × 165 cm /  
81" × 69" × 65"





72

**NEO Series →**

**STEELFLEX STRENGTH**

## NEO Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### NOFB

Olympic  
Flat Bench

Product Weight : 115.5 lbs / 52.5 kg  
Dimensions : 171 × 150 × 125 cm /  
67" × 59" × 49"



### NOIB

Olympic  
Incline Bench

Product Weight : 167 lbs. / 76 kg  
Dimensions: 171 × 164 × 155.5 cm /  
67" × 65" × 61"



### NODB

Olympic  
Decline Bench

Product Weight : 154 lbs. / 70 kg  
Dimensions : 185 × 171 × 111 cm /  
73" × 67" × 44"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

NEO Series



**NOMB**

Olympic  
Military Bench

Product Weight : 247.5 lbs / 112.5 kg  
Dimensions: 171 × 115 × 185 cm / 67" × 45" × 73"



**NOSB**

Olympic  
Shoulder Press Bench

Product Weight : 186 lbs. / 84.5 kg  
Dimensions: 170 × 127 × 185 cm / 67" × 50" × 73"

## NEO Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### NOPR

Olympic  
Power Rack

Product Weight : 385 lbs. / 175 kg

Dimensions: 211 × 174 × 232 cm / 83" × 68" × 91.5"



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## NEO Series



### NTR

Weight Tree Rack

Product Weight : 68 lbs. / 31 kg  
Dimensions: 112 × 77 × 117 cm / 44" × 30" × 46"



### NTR2

Functional  
Tree Rack

Product Weight : 77 lbs. / 35 kg  
Dimensions: 132 × 146.5 × 135 cm /  
52" × 58" × 53"



## NEO Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### NDR2

2-Tier Dumbbell Rack

Product Weight : 167 lbs. / 76 kg  
Dimensions: 242 × 83 × 75 cm /  
95" × 33" × 29"



### NDR3

3-Tier Dumbbell Rack

Product Weight : 147 lbs. / 67 kg  
Dimensions: 151 × 90 × 96 cm /  
59.5" × 35.5" × 38"



### NMDR2

Neo Mechanics Dumbbell Rack2

Product Weight : 161 lbs. / 73 kg  
Dimensions: 236 × 76.5 × 80 cm /  
93" × 30" × 31.5"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## NEO Series



### NAB

Abdominus Curl  
Bench

Product Weight : 112 lbs. / 51 kg  
Dimensions: 186 × 84 × 105 cm /  
73" × 33" × 41"



### NAAB

Adjustable  
Abdominus  
Bench

Product Weight : 79 lbs. / 36 kg  
Dimensions: 160 × 59 × 151 cm /  
63" × 23" × 59.5"



### NAC

Abdominus  
Crunch

Dimensions: 97 × 74 × 154 cm /  
38" × 29" × 61"

## NEO Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



**NSS**

Sissy Squat

Product Weight : 61 lbs. / 28 kg  
Dimensions: 101 × 78 × 48 cm /  
40" × 31" × 19"



**NBR**

Barbell Rack

Product Weight : 64 lbs. / 29 kg  
Dimensions: 84 × 62 × 128 cm /  
33" × 24" × 50"



**NPCB**

Preacher Curl  
Bench

Product Weight : 73 lbs. / 33 kg  
Dimensions: 108 × 81 × 87 cm /  
42.5" × 32" × 34"



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## NEO Series



### NBE

Back Extension

Product Weight : 75 lbs. / 34 kg

Dimensions: 151 × 79 × 96 cm / 59" × 31" × 38"



### NRCH

Roman Chair

Product Weight : 97 lbs. / 44 kg

Dimensions: 149 × 94 × 104 cm / 59" × 37" × 41"

## NEO Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### NGHB

Gluteus Ham Bench

Product Weight : 174 lbs. / 79 kg  
Dimensions: 162 × 85 × 117 cm / 64" × 33.5" × 46"



### NDB

Adjustable Decline  
Bench

Product Weight : 68 lbs. / 31 kg  
Dimensions: 163 × 61 × 125 cm / 64" × 24" × 49"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## NEO Series



### NVKR

Vertical Knee  
Raise

Product Weight : 144 lbs. / 65.5 kg  
Dimensions: 142 × 116 × 230 cm /  
56" × 46" × 91"



### NIB

Adjustable Incline  
Bench

Product Weight : 66 lbs. / 30 kg  
Dimensions: 150 × 53 × 90 cm /  
59" × 21" × 35"



### NFB

Flat Bench

Product Weight : 35 lbs. / 16 kg  
Dimensions: 116.5 × 54 × 46 cm /  
46" × 21" × 18"

## NEO Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### NST

Utility Stool

Product Weight : 37 lbs. / 17 kg  
Dimensions: 75 × 53 × 79 cm /  
29.5" × 21" × 31"



### NFID

Flat/Incline/Decline  
Bench

Product Weight : 92 lbs. / 42 kg  
Dimensions: 177 × 104 × 75 cm /  
70" × 41" × 29"



### NBS

Body Stretch

Product Weight : 70 lbs. / 32 kg  
Dimensions: 140 × 50 × 113 cm /  
55" × 20" × 44.5"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## NEO Series



### NPF1

Platform

Product Weight : 48 lbs. / 22 kg  
Dimensions: 307 × 118 × 29 cm / 121" × 46" × 11.5"



### NPF2

Platform

Product Weight : 51 lbs. / 23 kg  
Dimensions: 307 × 165 × 32 cm / 121" × 65" × 12.5"



### NPF3

Platform

Product Weight : 57 lbs. / 26 kg  
Dimensions: 307 × 216 × 32 cm / 121" × 85" × 12.5"



85

**Functional Training System 360** →

STEELFLEX STRENGTH

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Functional Training System 360



### Functional Training System 360

Dimensions(Mainframe): 775 × 142 × 278 cm / 305" × 56" × 110"

Dimensions(With Package): 1077 × 263 × 329 cm / 424" × 103.5" × 130"



... FTS360

# Functional Training System 360

Package Options

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## RENEGADE SYSTEM



FRG1 FWH1 FWH2 FWB1 FWB2 FRS1 FDB1 FDB1-2 FDB1-3

## CLIMB SYSTEM



FIB1 FHB1

## PULLEY SYSTEM



FPU1 FCA1 FRP1-30 FRP2-15 FPU2 FLO1 FPU3 FC02-3

## BOXING SYSTEM



FBO1 FC02-3

## ROTATION SYSTEM



FSB1 FSB1-2 FSR1 FSR1-2 FSR1-3

## CORE SYSTEM



FC01 FC02 FC02-1 FC02-2

## ROPE SYSTEM



FRO1 FRO2 FRP1-50

## MONKEY BAR SYSTEM



FPB1 FMK1 FMK2

## PLATELOAD SYSTEM



FBP1 FBR1

## POWER RACK SYSTEM



FSQ1 FSQ2

## HAMMER SYSTEM



FHM1 FHM1-2





88

## JUNGLE GYM Series →

### STEEFLEX STRENGTH

The Steelflex Jungle Gym can perform all of your favorite exercises for all the body work out and designed what you need by choose the different stations you want. This commercial grade stations offer users the complete line of high performance in your club. Just add the customize stations that will help you achieve your fitness goals.

## JUNGLE GYM Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### JG2000

Two-Stack  
Jungle Gym

Driving System: Cable  
Product Weight: 1058 lbs. / 481 kg  
Weight Stack: 430 lbs. / 196 kg  
Dimensions: 426 × 98 × 221 cm / 168" × 38.5" × 87"



### JG4000S

Four-Stack  
Jungle Gym

Driving System: Cable  
Product Weight: 1627 lbs. / 740 kg  
Weight Stack: 860 lbs. / 391 kg  
Dimensions: 358 × 234 × 221 cm / 141" × 92" × 87"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## JUNGLE GYM Series



### JG5000S

Five-Stack  
Jungle Gym

Driving System: Cable  
Product Weight: 2177 lbs. / 989.5 kg  
Weight Stack: 1075 lbs. / 488 kg  
Dimensions: 524 × 358 × 224 cm / 206" × 141" × 88"



### JG8000S

Eight-Stack  
Jungle Gym

Driving System: Cable  
Product Weight: 3296 lbs. / 1498 kg  
Weight Stack: 1720 lbs. / 780 kg  
Dimensions: 622 × 352.5 × 221 cm / 245" × 139" × 87"



# 91

## MULTI GYM Series →

### STEELEX STRENGTH

This state-of-the-art multi-function training system provides ergonomics, efficient movements for effective results thus creating a superior workout experience. Perfect Pec training arms has fully adjustable range of motion. Includes Leg Press / Calf Press / Cable Column stations can perform pull ups, dips, leg press and knee raises that allow the users to build their way to a stronger body.

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## MULTI GYM Series



### MG100B

Multi Gym  
100B

Driving System: Cable  
Product Weight: 613 lbs. / 278.5 kg  
Standard Weight Stack: 210 lbs. / 95 kg  
Dimensions: 214 × 192 × 241 cm /  
84" × 76" × 95"



### MG200B

Multi Gym  
200B

Driving System: Cable  
Product Weight: 1085 lbs. / 493 kg  
Standard Weight Stack: 420 lbs. / 191 kg  
Dimensions: 241 × 254 × 241 cm /  
95" × 100" × 95"



### MG300B

Multi Gym  
300B

Driving System: Cable  
Product Weight: 1410 lbs. / 641 kg  
Standard Weight Stack: 630 lbs. / 286 kg  
Dimensions: 265 × 254 × 241 cm /  
104" × 100" × 95"

## MULTI GYM Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### MTSG

Stand Training

Driving System: Cable  
Product Weight: 1603 lbs. / 729 kg  
Standard Weight Stack: 840 lbs. / 381 kg  
Dimensions: 288 × 207 × 197 cm / 113" × 82" × 77.5"



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## MULTI GYM Series



### MG3000

Multi Gym 3000

Driving System: Cable

Product Weight: 1204 lbs. / 547 kg

Standard Weight Stack: 630 lbs. / 286 kg

Dimensions: 345 × 219 × 212 cm / 136" × 86" × 83.5"



95

**HYDRAULIC Series** →

STEELFLEX STRENGTH





Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## HYDRAULIC Series



### CBP 300

Chest Press  
Machine

Product Weight : 68 lbs. / 31 kg  
Dimensions: 93 × 91 × 110 cm /  
37" × 36" × 43"



### CPD 800

Pec Fly  
Machine

Product Weight : 101 lbs. / 46 kg  
Dimensions: 90 × 90 × 124 cm /  
35" × 35" × 49"



### CLE 500

Leg Extension  
Machine

Product Weight : 88 lbs. / 40 kg  
Dimensions: 112.5 × 65 × 119 cm /  
44" × 26" × 47"

## HYDRAULIC Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### CLP 600

Leg Press Machine

Product Weight : 121 lbs. / 55 kg

Dimensions: 181.5 × 71 × 98 cm / 71.5" × 28" × 38.5"



### CTH 1100

Outer/Inner Thigh Machine

Product Weight : 89 lbs. / 40.5 kg

Dimensions: 116 × 65 × 103 cm / 46" × 26" × 41"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## HYDRAULIC Series



### CSP 900

Shoulder Press  
Machine

Product Weight : 77 lbs. / 35 kg  
Dimensions: 102.5 × 76 × 114.5 cm /  
40" × 30" × 45"



### CBC 400

Biceps Curl  
Machine

Product Weight : 64 lbs. / 29 kg  
Dimensions: 101 × 65 × 87 cm /  
40" × 26" × 34"



### CAC 700

Dip Machine

Product Weight : 70 lbs. / 32 kg  
Dimensions: 102 × 70 × 111 cm /  
40" × 28" × 44"

## HYDRAULIC Series

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



### CEO 200

Side Bending  
Machine

Product Weight : 84 lbs. / 38 kg  
Dimensions: 88 × 72 × 96 cm /  
35" × 28" × 38"



### CAB 1000

Abdominal Crunch  
Machine

Product Weight : 66 lbs. / 30 kg  
Dimensions: 112 × 79 × 126 cm /  
44" × 31" × 50"



### CSQ1200

Squat  
Machine

Product Weight : 79 lbs. / 36 kg  
Dimensions: 140 × 65 × 160 cm /  
55" × 25.5" × 63"

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## HYDRAULIC Series



### CCP1300

Calf Press  
Machine

Product Weight : 66 lbs. / 30 kg  
Dimensions: 123 × 65 × 67 cm /  
48" × 26" × 26"



### CMH1400

Multi Hip  
Machine

Product Weight : 110 lbs. / 50 kg  
Dimensions: 81 × 83 × 108 cm /  
32" × 33" × 42.5"










### CRT1500

Rotary Torso  
Machine

Product Weight : 80 lbs. / 36.5 kg  
Dimensions: 94 × 75 × 109 cm /  
37" × 29.5" × 43"





## Treadmill Specifications

	PT 20	PT 10	PT 7	CT 2
Product Name				
Features	Dual Water Bottle Holder, Personal Workout App, USB Port	Dual Water Bottle Holder, Cooling Fan, USB Port	Dual Water Bottle Holder, Cooling Fan, USB Port	Dual Water Bottle Holder with Accessory Storage, Wifi Enabled
Console	7-window LED Display	8-window LED Display	8-window LED Display	15.4" TFT-LCD Display
Display Feedback	Pulse, METs, Incline, Time Elapsed, Time Remaining, Speed, Calories, Distance-KM, Distance-Mile, Pace	Time, Distance, Speed, Heart Rate, Incline, Calories, Pace	Time, Distance, Speed, Heart Rate, Incline, Calories, Pace	Time, Distance, Speed, Heart Rate, Incline, Calories, Pace
Programs	Total Programs (22) Manual(2), Rolling Hill(2), Fat Burn(2), 5K(4), H.R.C, Training(11)	Total Programs (16) Manual (1), Classic (3), H.R.C (3), Training (GERKIN·USB·C1·2·3), Goal (3), Reverse	Total Programs (15) Manual(1), Classic(3), H.R.C(3), Training (GERKIN·USB·C1·2·3), Goal (3)	Total Programs (8) Manual, Calories, Cardio, Interval, Fat Burn, Long Slow Distance, Heart Rate Control, Custom
Quick Keys	Speed 3/5/8 Elevation 0/6/12%	Speed: WALK, JOG, RUN Elevation: LEVEL, RISE, ASCEND	Speed: WALK, JOG, RUN Elevation: LEVEL, RISE, ASCEND	Speed 2/3/4/5/6/7/8/9/10 Elevation 2/3/4/5/6/7/8/9/10%
Speed	0.8~25 KPH / 0.5~15.5 MPH	Exercise Mode:0.3~24KPH (0.2~15.0MPH) Safety Mode:0.3~12KPH (0.2~7.5MPH) Reverse Mode:0.3~4.8KPH (0.2~3MPH)	Exercise Mode: 0.8~22 KPH / 0.5~13.8 MPH Safety Mode: 0.8~11 KPH / 0.5~6.9 MPH	0.8~20 KPH / 0.5~12.5 MPH
Incline	-3~15%	0%~15%	0%~15%	0%~15%
Wireless & Contact Grips	Yes	Yes	Yes	Yes
Motor	5.0 HP AC Motor with AC Frequency Conversion	4 HP ECO-AC Servo Motor with Space Vector PMSM Control	5 HP AC Motor with AC Frequency Conversion	5.0 HP AC Motor with AC Frequency Conversion
Cushioning System	Yes	Yes	Yes	Yes
Rollers	3.5" / 90 mm	3" / 75 mm	3" / 75 mm	3.5" / 90 mm
Deck	25 mm thick reversible deck	25 mm thick reversible deck	25 mm thick reversible deck	26 mm thick reversible deck
Step Up Height	26 cm / 10"	19 cm / 7.5"	19 cm / 7.5"	30 cm / 12"
Belt Type	2-Ply Urethane High Density Conductive / 2.5 mm	2-Ply Urethane High Density Conductive / 1.6 mm	2-Ply Urethane High Density Conductive / 1.6 mm	2-Ply Urethane High Density Conductive / 1.6 mm
Power Requirements	110V / 220V	110V / 220V	110V / 220V	220V
Running Area	156 × 56 cm / 61" × 22"	160 × 56 cm / 63" × 22"	160 × 56 cm / 63" × 22"	156 × 56 cm / 61" × 22"
Dimensions	214 × 94 × 152 cm / 84" × 37" × 60"	211 × 102 × 154 cm / 83" × 40" × 61"	211 × 102 × 154 cm / 83" × 40" × 61"	212 × 92 × 149 cm / 83" × 36" × 59"
Max User Weight	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg
Product Weight	431 lbs. / 196 kg	418 lbs. / 190 kg	418 lbs. / 190 kg	400 lbs. / 182 kg




	CT 1	XT 8000A	XT 8000D
Product Name			
Features	Dual Water Bottle Holder with Accessory Storage	Dual Water Bottle Holder,USB Port, Personal Workout App	Dual Water Bottle Holder,USB Port, Personal Workout App
Console	4-window LED Display	5-window LED Display	5-window LED Display
Display Feedback	Heart Rate, Laps, Elevation,Time, Speed, Calories, Distance, Pace, Avg Speed	Time, Distance, Speed, Incline, Calories, Pulse, Pace, Level	Time, Distance, Speed, Incline, Calories, Pulse, Pace, Level
Programs	Total Programs (13) Manual, Time, Calories, Distance, Walking, Running, Cardio, Interval, Fat Burn, Endurance, Heart Rate Control, Custom 1&2	Total Programs(11) Manual, Heart Rate Control, Custom Learn 1&2, Walking, Running, Weight Loss, Interval, Cardio, Long Slow Distance, Set Calories	Total Programs(11) Manual, Heart Rate Control, Custom Learn 1&2, Walking, Running, Weight Loss, Interval, Cardio, Long Slow Distance, Set Calories
Quick Keys	Speed 2/3/4/5/6/7/8/9/10 / Elevation 2/3/4/5/6/7/8/9/10%	Speed 2/4/6/8/10 / Elevation 0/3/6/9/12	Speed 2/4/6/8/10 , / Elevation 0/3/6/9/12
Speed	0.8~20 KPH / 0.5~12.5 MPH	0.8~20 KPH / 0.5~12.5 MPH	0.8~20 KPH / 0.5~12.5 MPH
Incline	0~15%	0%~15%	0%~15%
Wireless & Contact Grips	Yes	Yes	Yes
Motor	5.0 HP AC Motor with AC Frequency Conversion	5 HP AC Motor with AC Frequency Conversion	4.0 HP DC Motor with PWM System
Cushioning System	Yes	Yes	Yes
Rollers	3.5" / 90 mm	3" / 76 mm	3" / 76 mm
Deck	26 mm thick reversible deck	25 mm thick reversible deck	25 mm thick reversible deck
Step Up Height	30 cm / 12"	23 cm / 9"	23 cm / 9"
Belt Type	2-Ply Urethane High Density Conductive / 1.6 mm	2-Ply Urethane High Density Conductive / 3 mm	2-Ply Urethane High Density Conductive / 3 mm
Power Requirements	110V / 220V	220V	220V
Running Area	156 × 56 cm / 61" × 22"	156 × 56 cm / 61" × 22"	156 × 56 cm / 61" × 22"
Dimensions	212 × 92 × 149 cm / 83" × 36" × 59"	221 × 90 × 160 cm / 87" × 35" × 63"	221 × 90 × 160 cm / 87" × 35" × 63"
Max User Weight	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs / 180 kg
Product Weight	400 lbs. / 182 kg	378 lbs. / 172 kg	378 lbs / 172 kg

Note: All specifications are subject to change without notice. Actual products may different from pictures in this catalog.

## Exercise Bike Specifications





	PB 10	XB 7300	CB 2	CB SG
Product Name				
Features	Water bottle holder, Personal Workout App, USB Port	Integrated Water Bottle Holder with Accessory Storage, Towel Rack	Integrated water bottle holder with accessory storage, Towel Rack, Multimedia Device, USB Port, Wifi Enabled	Integrated water bottle holder with accessory storage, Towel Rack
Console	7-window LED Display	2-window LED Display	15.6" TFT-LCD Display	4-window LED Display
Display Feedback	Time, Distance, Calories, Pulse, Level, Speed, Watt, RPM.	Time, Distance, Speed, Heart Rate, Work Level, Watt, METs, Calories	Time, Distance, Watt, Speed, RPM, Pulse, Calories, Level	Time, Work Level, Distance, Watt, Speed, RPM, Pulse, METs, Calories
Programs	8 programs Manual, Cardio, Interval, Fat Burn, Training, HRC, Custom 1&2	8 Programs Manual, Random, Interval, Heart Rate Control, CV Workout, Fat Burn, Weight Loss, Rolling	8 programs Manual, Cardio, Interval, Fat Burn, Heart Rate Control, Endurance, User 1, User 2	8 programs Manual, Weight Loss, Constant Load, Interval, CV Workout, Fat Burn, Heart Rate Control, Rolling Hills
Tension Control	Program Control	Program Control	Program Control	Program Control
Resistance Levels	30	16	24	24
Resistance System	ECB Resistance	ECB Resistance	ECB Resistance	ECB Resistance
Power Requirements	Self-generated	Self-generated	110V / 220V	Self-generated
Watt	10-400 Watts	20-450 Watts	20-400 Watts	20-350 Watts
Pedals	Self-balancing with easy adjust straps	Self-balancing with easy adjust straps	Self-balancing with easy adjust straps	Self-balancing with easy adjust straps
Fore / Aft Seat Adjustments	N/A	N/A	Yes	Yes
Vertical Seat Adjustments	Yes	Yes	Yes	Yes
Transport Wheels	Yes	Yes	Yes	Yes
Wireless & Contact Grips	Yes	Yes	Yes	Yes
Max User Weight	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg
Dimensions(L×W×H)	124 × 65 × 152 cm / 49" × 26" × 60"	106 × 60 × 132 cm / 42" × 24" × 52"	129 × 69 × 150 cm / 51" × 27" × 59"	129 × 69 × 150 cm / 51" × 27" × 59"
Product Weight	140 lbs. / 63.5 kg	125 lbs. / 57 kg	139 lbs. / 63 kg	139 lbs. / 63 kg



	PR 10	XB 7500S	CR 2	CR SG
Product Name				
Features	Integrated Water Bottle Holder with Accessory Storage, Personal Workout App, USB Port	Integrated Water Bottle Holder with Accessory Storage	Integrated Water Bottle Holder with Accessory Storage, Multimedia Device, USB Port, Wifi Enabled	Integrated Water Bottle Holder with Accessory Storage
Console	7-window LED Display	2-window LED Display	15.6" TFT-LCD Display	4-window LED Display
Display Feedback	Time, Distance, Calories, Pulse, Level, Speed, Watt, RPM.	Time, Work Level, Distance, Watt, Speed, Heart Rate, Calories, METs	Time, Distance, Watt, Speed, RPM, Pulse, Calories, Level	Time, Work Level, Distance, Watt, Speed, RPM, Pulse, METs, Calories
Programs	8 programs Manual, Cardio, Interval, Fat Burn, Training, HRC, Custom 1&2	8 programs Manual, Random, Interval, Heart Rate Control, CV Workout, Fat Burn, Weight Loss, Rolling	8 programs Manual, Cardio, Interval, Fat Burn, Heart Rate Control, Endurance, User 1, User 2	8 Programs Manual, Hills, Random, Interval, Heart Rate Control, CV Workout, Fat Burn, Rolling
Tension Control	Program Control	Program Control	Program Control	Program Control
Resistance Levels	30	16	24	24
Resistance System	ECB Resistance	ECB Resistance	ECB Resistance	ECB Resistance
Power Requirements	Self-generated	Self-generated	110V / 220V	Self-generated
Watt	10-400 Watts	20-450 Watts	20-170 Watts	20-350 Watts
Pedals	Self-balancing with easy adjust straps	Self-balancing with easy adjust straps	Self-balancing with easy adjust straps	Self-balancing with easy adjust straps
Fore / Aft Seat Adjustments	Yes	Yes	Yes	Yes
Vertical Seat Adjustments	N/A	N/A	N/A	N/A
Transport Wheels	Yes	Yes	Yes	Yes
Wireless & Contact Grips	Yes	Yes	Yes	Yes
Max User Weight	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg
Dimensions(L×W×H)	178 × 76 × 142 cm / 70" × 30" × 56"	144 × 82 × 129 cm / 57" × 32" × 51"	174 × 89 × 134 cm / 69" × 35" × 53"	174 × 89 × 134 cm / 69" × 35" × 53"
Product Weight	205 lbs. / 93 kg	143 lbs. / 65 kg	194 lbs. / 88 kg	194 lbs. / 88 kg

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Elliptical Specifications

	PE SG	CE SG	CF SG	XE 7400
Product Name				
Features	Water Bottle Holder, Multigrip Handlebars, Personal Workout App, USB Port	Water Bottle Holder, Multigrip Handlebars	Water Bottle Holder, Towel Rack	Water Bottle Rack
Console	7-window LED Display	4-window LED Display	4-window LED Display	2-window LED Display
Display Feedback	Time, Distance, Calories, Pulse, Level, Speed, Watt, RPM.	Time, Work Level, Distance, Watt, Speed, RPM, Pulse, METs, Calories	Time, Heart Rate, Watts, Calories, Distance, METs, Level, Speed, RPM	Time, Distance, Speed, Heart Rate, Work Level, Watt, METs, Calories
Programs	8 programs Manual, Cardio, Interval, Fat Burn, Training, HRC, Custom 1 & Custom 2	8 programs Manual, Weight Loss, Constant Load, Interval, CV Workout, Fat Burn, Heart Rate Control, Rolling Hills	8 programs Manual, Weight Loss, Constant Load, Interval, CV Workout, Fat Burn, Heart Rate Control, Rolling Hills	8 programs Manual, Weight Loss, Fat Burn, Interval, Random, Heart Rate Control, Rolling, CV Workout
Tension Control	Program Control	Program Control	Program Control	Program Control
Resistance Levels	30	24	24	16
Resistance System	ECB Resistance	ECB Resistance	ECB Resistance	ECB Resistance
Power Requirements	Self-generated	Self-generated	Self-generated	Self-generated
Watt	10-400 Watts	20-350 Watts	20-350 Watts	20-450 Watts
Stride Length	58 cm / 23"	58 cm / 23"	26-76 cm / 10"-30" (Adjustable Stride)	48 cm / 19"
Transport Wheels	Yes	Yes	Yes	Yes
Wireless & Contact Grips	Yes	Yes	Yes	Yes
Max User Weight	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg
Dimensions	194 × 75 × 166 cm / 76" × 30" × 65"	194 × 75 × 168 cm / 76" × 30" × 66"	186 × 64 × 168 cm / 73" × 25" × 66"	222 × 75 × 164 cm / 87" × 30" × 65"
Product Weight	255 lbs. / 116 kg	N/A	260 lbs. / 118 kg	220 lbs. / 100 kg

## Stepper Specifications

### PST 10



Product Name	
Features	Water Bottle Holder, Towel Rack, One-Button Start
Console	5.5" blue backlit LCD display
Display Feedback	Level, Program, Pulse, Calories, Watt, Distance, SPM, Speed, Time, Step
Programs	Total Programs (9) Manual, Time, Distance, Calories, Step, Heart Rate Control, Cardio, Fat Burn, Interval
Tension Control	Program Control
Resistance Levels	16
Resistance System	Non-wear Magnetic Resistance
Power Requirements	Self-generating
Watt	20-400 Watts
Drive System	Strap
Transport Wheels	Yes
Fore/Aft Levelers	Yes
Pedal Size	29 × 18 cm / 11" × 7"
Step Up Height	42.5 cm / 17" (Footplate at highest position)
Distance Between Pedals	8cm / 3"
Step Range	30 cm / 12"
Wireless & Contact Grips	Yes
Max User Weight	400 lbs. / 180 kg
Dimensions	121 × 83 × 161 cm / 47" × 33" × 63"
Product Weight	158 lbs. / 72 kg

## Indoor Cycling Bike Specifications

### CS1



Product Name		
Mainframe	Heavy gauge frame 38 × 89 × 2T oval tubing	Heavy gauge frame 38 × 89 × 2T oval tubing
Console	N/A	Battery-powered LCD display with integrated power (watts) system utilizing strain gauge technology.
Display Feedback	N/A	RPM, Time, Distance, Speed, Heart Rate, Level, Calories, WATT
Flywheel	46 lbs. / 21 kg one piece steel flywheel	46 lbs. / 21 kg one piece steel flywheel
Post	Aluminum	Aluminum
Drive System	Durable V-belt	Durable V-belt
Resistance & Brake	Unlimited tension adjustment knob with direct-contact brake system	Unlimited tension adjustment knob with direct-contact brake system
Transport Wheels	Yes	Yes
Crank	3 pieces professional cranks. Unique star-shape crank design	3 pieces professional cranks. Unique star-shape crank design
Seat Adjustment	Horizontal and vertical	Horizontal and vertical
Handlebars adjustment	Horizontal and vertical	Horizontal and vertical
Saddle	Professional pressure-relieving seat pad.	Professional pressure-relieving seat pad.
Max User Weight	330 lbs. / 150 kg	330 lbs. / 150 kg
Product Weight	130 lbs. / 59 kg	134 lbs. / 61 kg
Dimensions	126 × 60 × 127 cm / 49" × 24" × 50"	115 × 60 × 121 cm / 45" × 24" × 47"

### CS2W



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Indoor Cycling Bike Specifications

### X VELOCITY



Product Name	
Mainframe	Heavy gauge frame 50 × 100 × 2T spindle-shaped tube
Console	N/A
Display Feedback	N/A
Flywheel	44 lbs. / 20 kg one piece steel flywheel
Post	Chrome
Drive System	Durable V-belt
Resistance & Brake	Unlimited tension adjustment knob with direct-contact system
Transport Wheels	Yes
Crank	3 pieces professional cranks. Unique Star-shape crank design
Seat Adjustment	Horizontal and vertical
Handlebars adjustment	Horizontal and vertical
Saddle	Professional pressure-relieving hollow seat pad.
Max User Weight	265 lbs. / 120 kg
Product Weight	136 lbs. / 62 kg
Dimensions	119 × 55 × 109 cm / 47" × 22" × 43"

## Strength Specifications

### MEGA POWER SERIES

Mainframe	11 Heavy Gauge 1.968" × 5.905" (50 × 150 × 3T) Oval Tubing. 11 Heavy Gauge 2.283" × 4.567" (58 × 116 × 3T) Oval Tubing for MSM
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, gray silver
Console	Automatic Electronic Coach (auto detecting, auto counting, calories, etc.)
Instructional Placard	Included
Upholstery	2" Rebonded Scrap Foam + 15mm High Resilience Foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Driving System	Flat belt
Flat Belt	Tensile strength of more than 5027 lbs. (2280 kg)
Shroud	4T acrylic delicate safety cover
Weight Stack	High-quality weight plates for smooth and durable operation
Standard Weight Stack	215 lbs. / 97.5 kg ( SWS-10 lbs. × 20 pcs + 15 lbs. top plate) 215 lbs. / 97.5 kg ( SWS-20 lbs. × 10 pcs + 15 lbs. top plate) for MCD 2100 330 lbs. / 150 kg (SWS-10 lbs. × 30 pcs + 15 lbs. × 2 top plates) Dual Towers for MDC 2000
Optional Weights	315 / 415 lbs. 165 / 240 / 315 lbs. for MDC2000
Max User Weight	264 lbs. / 120 kg

### FTS360 SERIES

Mainframe	11 Heavy Gauge 3.937" (100 × 3T) Square Tubing (FTS360) 11 Heavy Gauge Ø2" (Ø50 × 3T) Round Tubing (Frame) 11 Heavy Gauge Ø2" (Ø31.8 × 3T) Round Tubing (Hammer) 11 Heavy Gauge 2.953" (75 × 3T) Square Tubing (Bar Holder)
Frame Finish	One-coat powder process, electrostatically applied powder coat finish, black vertical lines

## Strength Specifications

### M3D SERIES

<b>Mainframe</b>	11 Heavy Gauge 1.968" × 5.905" (50 × 150 × 3T) Oval Tubing 12 Heavy Gauge 2.283" × 4.566" (58 × 116 × 3T) Oval Tubing for M3DSM 11 Heavy Gauge Ø3.976" (Ø101 × 3T) Round Tubing for M3DLM
<b>Frame Finish</b>	Two-coat powder process, electrostatically applied powder coat finish, gray silver
<b>Instructional Placard</b>	Included
<b>Upholstery</b>	2" Rebonded Scrap Foam + 15mm High Resilience Foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	Dipped PVC Handle
<b>Driving System</b>	Cable
<b>Cables</b>	7 × 19 Carbon steel, tensile strength of more than 2090 lbs (950kg)
<b>Shroud</b>	4T acrylic delicate safety cover
<b>Weight Stack</b>	High-quality weight plates for smooth and durable operation
<b>Standard Weight Stack</b>	240 lbs. / 109 kg (SWS-15 lbs. × 15 pcs + 15 lbs. top plate) for M3DFC / M3DHL 165 lbs. / 75 kg (SWS-10 lbs. × 15 pcs + 15 lbs. top plate) for M3DBR
<b>Optional Weights</b>	315 lbs. for M3DFC / M3DHL 240 / 315 lbs. for M3DBR
<b>Max User Weight</b>	264 lbs. / 120 kg

### PLATE LOAD 2 SERIES

<b>Mainframe</b>	12 Heavy Gauge 50 × 100 × 2.5T Square Tubing for PL2100 11 Heavy Gauge 60 × 120 × 3T Square Tubing
<b>Frame Finish</b>	Two-coat powder process, electrostatically applied powder coat finish, metallic silver
<b>Upholstery</b>	2" Rebonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	Dipped PVC Handle
<b>Welding</b>	Continuous welds at all joints.
<b>Bearings</b>	Commercial rated, sealed bearings at all pivot points.
<b>Max User Weight</b>	264 lbs. / 120 kg

### HOPE SERIES

<b>Mainframe</b>	11 Heavy Gauge 1.968" × 3.937" (50 × 100 × 3T) Low Carbon Steel Oval Tubing. 13 Heavy Gauge 1.968" × 3.937" (50 × 100 × 2T) Steel Oval Tubing for HSM
<b>Frame Finish</b>	Two-coat powder process, electrostatically applied powder coat finish, gray silver
<b>Instructional Placard</b>	Included
<b>Upholstery</b>	2" Rebonded Scrap Foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	Dipped PVC Handle
<b>Driving System</b>	Cable
<b>Cables</b>	7 × 19 Carbon steel, tensile strength of more than 2090 lbs. (950 kg)
<b>Shroud</b>	1T delicate carbon steel safety cover
<b>Weight Stack</b>	Low carbon steel weight plates for antirust, lower noise and durable operation
<b>Standard Weight Stack</b>	210 lbs. / 95 kg ( SSP-10 lbs. × 20 pcs + 10 lbs. top plate ) 110 lbs. / 50 kg ( SSP-10 lbs. × 10 pcs + 10 lbs. top plate ) for HBC 600 / HTE1200 / HHE1900 210 lbs. / 95 kg ( SSP-20 lbs. × 10 pcs + 10 lbs. top plate ) for HCD 2100 420 lbs. / 190 kg ( SSP-10 lbs. × 40 pcs + 10 lbs. × 2 top plates ) Dual Towers for HDC2000

### PLATE LOAD SERIES

<b>Mainframe</b>	12 Heavy Gauge 50 × 100 × 2.5T Oval Tubing 11 Heavy Gauge 60 × 120 × 3T Square Tubing for PSBP / PSIP / PSDP 11 Heavy Gauge 50 × 100 × 3T Oval Tubing for PLAC
<b>Frame Finish</b>	Two-coat powder process, electrostatically applied powder coat finish, metallic silver
<b>Upholstery</b>	2" Rebonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	Dipped PVC Handle
<b>Welding</b>	Continuous welds at all joints.
<b>Bearings</b>	Commercial rated, sealed bearings at all pivot points.
<b>Max User Weight</b>	264 lbs. / 120 kg

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Strength Specifications

### NEO SERIES

<b>Mainframe</b>	12 Heavy Gauge 1.968" × 3.937" (50 × 100 × 2.5T) Oval Tubing 13 Heavy Gauge 1.968" × 3.937" (50 × 100 × 2T) Oval Tubing for NRCH / NSS 13 Heavy Gauge 1.574" × 3.149" (40 × 80 × 2T) Oval Tubing for NAC / NBR 11 Heavy Gauge 1.575" × 1.575" (40 × 3T) Square Tubing for NPF1 / NPF2 / NPF3
<b>Frame Finish</b>	Two-coat powder process, electrostatically applied powder coat finish, metallic silver One-coat powder process, electrostatically applied powder coat finish, gloss black for NPF1 / NPF2 / NPF3
<b>Upholstery</b>	2" Rebonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	Dipped PVC Handle
<b>Welding</b>	Continuous welds at all joints.
<b>Bearings</b>	Commercial rated, sealed bearings at all pivot points
<b>End Cap</b>	High density molded plastic end caps
<b>Max User Weight</b>	264 lbs. / 120 kg

### CLUB LINE SERIES

<b>Mainframe</b>	12 Heavy Gauge 2.283" × 4.566" (58 × 116 × 2.5T) Steel Oval Tubing 13 Heavy Gauge 1.968" × 3.937" (50 × 100 × 2T) Steel Oval Tubing for CLDCC / CLSCC
<b>Frame Finish</b>	Two-coat powder process, electrostatically applied powder coat finish, black hammer
<b>Instructional Placard</b>	Included
<b>Upholstery</b>	2" Rebonded Scrap Foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	Dipped PVC Handle
<b>Driving System</b>	Cable
<b>Cables</b>	7 × 19 Carbon steel, tensile strength of more than 2090 lbs. (950 kg)
<b>Shroud</b>	1T delicate steel safety cover 1.5T delicate steel safety cover (CLDCC)
<b>Weight Stack</b>	One piece steel weight plates for antirust, lower noise and durable operation
<b>Standard Weight Stack</b>	210 lbs. / 95 kg ( SP-10 lbs. × 20 pcs + 10 lbs. top plate ) 320 lbs. / 145 kg ( SP-10 lbs. × 30 pcs + 10 lbs. × 2 top plates ) for CLDCC

### JUNGLE GYM SERIES

<b>Mainframe</b>	11 Gauge Ø3.984"(Ø101.2 × 3T) Low Carbon Steel Round Tubing.
<b>Frame Finish</b>	Two-coat powder process, electrostatically applied powder coat finish, gray silver
<b>Upholstery</b>	2" Rebonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	Dipped PVC Handle
<b>Driving System</b>	Cable
<b>Cables</b>	7 × 19 Carbon steel, tensile strength of more than 2090 lbs. (950 kg)
<b>Shroud</b>	1T delicate steel safety cover
<b>Weight Stack</b>	Low carbon steel weight plates for antirust, lower noise and durable operation
<b>Standard Weight Stack</b>	430 lbs. / 195 kg (SWS-10 lbs. × 40 pcs + 15 lbs. × 2 top plates (Two Stacks)) for JG 2000 860 lbs. / 390 kg (SWS-10 lbs. × 80 pcs + 15 lbs. × 4 top plates (For Stacks)) for JG 4000S 1075 lbs. / 488 kg (SWS-10 lbs. × 100 pcs + 15 lbs. × 5 top plates (Five Stacks)) for JG 5000S 1720 lbs. / 780 kg (SWS-10 lbs. × 160 pcs + 15 lbs. × 8 top plates (Eight Stacks)) for JG 8000S

### HYDRAULIC SERIES




<b>Mainframe</b>	13 Heavy Gauge 1.574" × 3.149" (40 × 80 × 2T) Oval Tubing
<b>Frame Finish</b>	Two-coat powder process, electrostatically applied powder coat finish, gray silver
<b>Resistance</b>	6 levels
<b>Hydraulic</b>	Two-way operation hydraulic cylinder One-way operation hydraulic cylinder for CLP600
<b>Upholstery</b>	2" Rebonded Scrap Foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	High density foam grip
<b>Bearings</b>	Commercial rated, sealed bearings at all pivot points
<b>End Cap</b>	High density molded plastic end caps

**MULTI GYM SERIES**

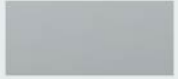


<b>Mainframe</b>	12 Heavy Gauge 1.968" × 2.952" (50 × 75 × 2.5T) Steel Tubing for MTSG / MG3000 / MG100B 13 Heavy Gauge 1.968" × 3.937" (50 × 100 × 2T) Steel Oval Tubing for MTSG / MG100 / MG200B 13 Heavy Gauge 1.574" × 3.149" (40 × 80 × 2T) Steel Oval Tubing for MG3000 / MG300B 11 Heavy Gauge 1.574" × 3.149" (40 × 80 × 3T) Steel Oval Tubing for MTSG / MG3000 / MG100B
<b>Frame Finish</b>	One-coat powder process, electrostatically applied powder coat finish, dark gray. Two-coat powder process, electrostatically applied powder coat finish, gray silver(MTSG /MG3000)
<b>Instructional Placard</b>	Included (MG100B / 200B / 300B)
<b>Upholstery</b>	2" Rebonded Scrap Foam with CGPC PVC cold latex leather and durable double stitched upholster
<b>Handgrips</b>	Dipped PVC Handle
<b>Driving System</b>	Cable
<b>Cables</b>	7 × 19 Carbon steel ,tensile strength of more than 2090 lbs. (950 kg)
<b>Shroud</b>	1.2T delicate steel safety cover (MG100B / 200B / 300B) 1T delicate steel safety cover (MG3000 / MTSG))
<b>Weight Stack</b>	High-quality weight plates for smooth and durable operation
<b>Standard Weight Stack</b>	210 lbs. / 95 kg (SP-10 lbs. × 20 pcs + 10 lbs. top plate) for MG100B 420 lbs. / 190 kg (SP-10 lbs. × 40 pcs + 10 lbs. × 2 top plates) for MG200B 630 lbs. / 286 kg (SP-10 lbs. × 60 pcs + 10 lbs. × 3 top plates) for MG300B / MG3000 840 lbs. / 381 kg (SP-10 lbs. × 80 pcs + 10 lbs. × 4 top plates) for MTSG

**Upholstery Colors**

**Strength Upholstery Colors**

Colors			
	Black (Standard)	Red (Optional)	Orange (Optional)
Mega Power Series	✓	✓	
M3d Series	✓	✓	
Hope Series	✓		
Club Line Series	✓		
Multi Gym	✓		
Jungle Gym	✓		
Plate Load Series	✓	✓	
Plate Load 2 Series	✓		
Neo Series	✓	✓	
Hydraulic Series	✓		✓

**Standard Finish Color**

Colors			
	Gray Silver	Black Hammer	Power Red and Black
Mega Power Series	✓		
M3d Series	✓		
Hope Series	✓		
Club Line Series		✓	
Plate Load Series			✓
Plate Load 2 Series			✓
Multi Gym	✓		
Jungle Gym	✓		
Functional Training System 360		✓	
Neo Series	✓		
Hydraulic Series	✓		

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.



[www.steelflexfitness.com](http://www.steelflexfitness.com)



#### INTERNATIONAL

3F28, No. 5, Shin-Yi Rd., Sec. 5, Taipei ,Taiwan110  
Tel:+886-2-2720-9980  
Fax:+886-2-2722-9750  
E-mail:joong@ms13.hinet.net  
<http://www.steelflexfitness.com>

#### USA: Fitness Master Inc

11419 Mathis Avenue #200  
Farmers Branch, Texas 75234  
Office & Fax: 214-350-8884  
Toll Free: 855-846-0087  
Email: [info@fmiamerica.com](mailto:info@fmiamerica.com)  
Website: [www.fmiamerica.com](http://www.fmiamerica.com)

#### CHINA:

Steelflex Fitness Equipment Trade Co.,Ltd (Shanghai)  
Room 1208 No.500 Chengdu North Rd, Shanghai,China  
Tel:+0086-021-63514782 / +0086-021-63514785  
<http://www.steelflex.com.cn>

© 2018 Steelflex Fitness. All Rights Reserved.