

# ***SPIRIT***

**STRENGTH RANGE**

**2020 EDITION**







# THE SPIRIT OF INNOVATION

It is rugged performance strength training equipment that takes what athletes dish out and helps exercisers get to where they strive to be. SPIRIT Strength moves the way the body is meant to move and rewards hard work with results.

It's our promise to you that every product from every series will offer fluid movement, ergonomically sound comfort and the durability to stand up to the most rigorous exercise environments.



[spiritcommercialfitness.com](http://spiritcommercialfitness.com)



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# SELECTORIZED







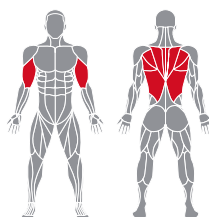
## Lat Pulldown

SP-3501

### FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Horizontal grips with natural diverging path of motion
- Seat is angled forward slightly to encourage proper user positioning
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1522 x 1430 x 1852mm / 60" x 56" x 73"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	262kg / 578lbs 282kg / 623lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"
CARTON C	1280 x 1200 x 410mm / 50" x 47" x 16"



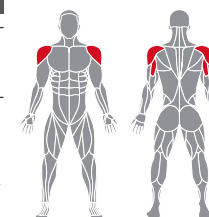
## Shoulder Press

SP-3502

### FEATURES

- Horizontal and parallel grip options for users with shoulder limitations
- Unilateral and bilateral converging path of motion
- Seat provides range of motion adjustment
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1530 x 1540 x 1592mm / 60" x 61" x 63"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	254kg / 560lbs 274kg / 605lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"
CARTON C	1280 x 1200 x 410mm / 50" x 47" x 16"







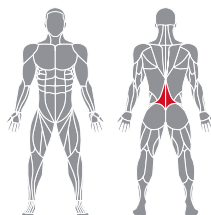
## Back Extension

SP-3503

### FEATURES

- Roller pad self-adjusts for ideal positioning across upper back
- Adjustable range of motion to fit users' capabilities and preferences
- Foot bar allows for lower body stabilization during exercise
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1057 x 1298 x 1592mm / 42" x 51" x 63"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	231kg / 509lbs 251kg / 554lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1500 x 745 x 180mm / 59" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"



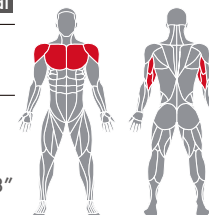
## Seated Chest Press

SP-3504

### FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Unilateral and bilateral converging path of motion
- Back pad adjusts for proper range of motion
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1107 x 1405 x 1592mm / 44" x 55" x 63"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	245kg / 540lbs 265kg / 585lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"
CARTON C	1080 x 1080 x 450mm / 43" x 43" x 18"







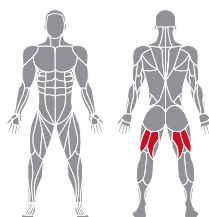
## Seated Leg Curl

SP-3505

### FEATURES

- Adjustable roller and back pads provide proper positioning with the machine's axis of rotation
- Angled user positioning helps with stabilization during exercise
- Seat pad is sized to allow full hamstrings muscle contraction
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1156 x 1407 x 1592mm / 46" x 55" x 63"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	257kg / 567lbs 277kg / 612lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1650 x 745 x 180mm / 65" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"
CARTON C	1220 x 980 x 280mm / 48" x 39" x 11"



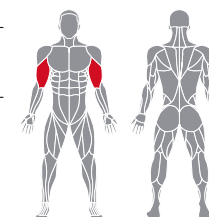
## Seated Biceps Curl

SP-3506

### FEATURES

- Angled arm pad helps to reduce shoulder involvement and maintain focus on Biceps
- Pivoting grip bar adjusts for varying forearm lengths and maintains alignment with axis of rotation
- Seat adjustment is used to align elbows with machines axis of rotation
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1379 x 894 x 1592mm / 54" x 35" x 63"
<b>WEIGHT STACK</b>	76kg / 167lbs (15lbs x 10 pcs) 90kg / 195lbs (15lbs x 12 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	195kg / 430lbs 209kg / 458lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"







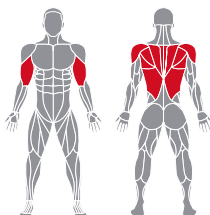
## Seated Row

SP-3507

### FEATURES

- Grips pivot and rotate to self-adjust and help maintain focus on back muscles
- Adjustable seat and chest pad provide ideal positioning and proper pulling technique
- Unilateral and bilateral motions for correcting muscle imbalances
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1534 x 1064 x 1592mm / 60" x 42" x 63"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	245kg / 540lbs 265kg / 585lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"
CARTON C	1500 x 980 x 455mm / 59" x 39" x 18"



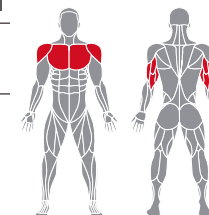
## Seated Triceps Press

SP-3508

### FEATURES

- Slight forward positioning allows for greater range of motion in shoulders
- Grips rotate in or out to allow for varying user shoulder widths
- Four bar linkage keeps grips level and wrist positioning neutral
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1227 x 1067 x 1592mm / 48" x 42" x 63"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	236kg / 520lbs 256kg / 565lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"
CARTON C	1150 x 1050 x 250mm / 45" x 42" x 10"







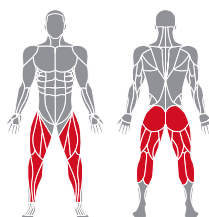
## Leg Press

SP-3509

### FEATURES

- Large foot platform increases movement variety including calf exercises
- Forward hand grip assists with entry and exit from machine
- Angled sled provides for a smooth pressing motion
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1890 x 1105 x 1592mm / 74" x 44" x 63"
<b>WEIGHT STACK</b>	140kg / 310lbs (20lbs x 15 pcs) 167kg / 370lbs (20lbs x 18 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	310kg / 683lbs 337kg / 743lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"
CARTON C	1880 x 1070 x 520mm / 74" x 42" x 20"



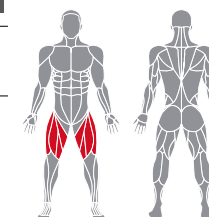
## Leg Extension

SP-3510

### FEATURES

- Back pad adjustments for proper alignment with machines axis of rotation
- Lower Tibia pad self-adjusts limiting the number of necessary adjustments
- Range of motion is adjustable for users with limited knee flexion
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1156 x 1407 x 1592mm / 46" x 55" x 63"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	244kg / 538lbs 264kg / 583lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1500 x 745 x 180mm / 59" x 29" x 7"
CARTON B	1510 x 820 x 150mm / 59" x 32" x 6"
CARTON C	1220 x 980 x 280mm / 48" x 39" x 11"







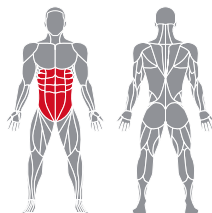
## Abdominal

SP-3511

### FEATURES

- Independently moving straps allow for oblique motions
- Multiple hand grip positions for adjustable range-of-motion
- Rounded back pad allows for some spinal extension during crunches
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1069 x 1143 x 1572mm / 42" x 45" x 62"
<b>WEIGHT STACK</b>	76kg / 167lbs (15lbs x 10 pcs) 90kg / 195lbs (15lbs x 12 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	207kg / 456lbs 221kg / 484lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 1010 x 395mm / 59" x 40" x 16"



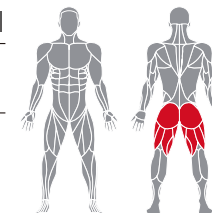
## Prone Leg Curl

SP-3514

### FEATURES

- Prone positioning allows for training hamstrings across both hip and knee joints
- Pad angles stabilize hips to prevent them from rising during exercise
- Adjustable range of motion to accommodate goals or knee limitations
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1561 x 1121 x 1592mm / 61" x 44" x 63"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	228kg / 503lbs 248kg / 548lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1500 x 745 x 180mm / 59" x 29" x 7"
CARTON B	1510 x 820 x 390mm / 59" x 32" x 15"







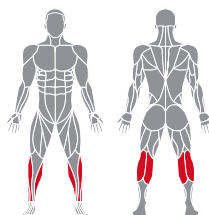
## Standing Calf

SP-3515

### FEATURES

- Upright positioning allows for training calf muscles across both knee and ankle joints
- Shoulder pads are adjustable to accommodate users of varying heights
- Non-slip foot plate provides stability and full range of motion in ankle joint
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1863 x 776 x 1622mm / 73" x 31" x 64"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	217kg / 478lbs 237kg / 523lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 850 x 300mm / 53" x 33" x 12"



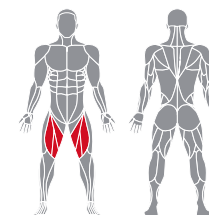
## Hip Abductor/Adductor

SP-3516

### FEATURES

- Dual exercise machine saves floor space
- Large thigh pads and foot supports provide comfort and stability
- Transitioning between exercises is easy to do without exiting machine
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1578 x 829 x 1592mm / 62" x 33" x 63"
<b>WEIGHT STACK</b>	110kg / 240lbs (15lbs x 15 pcs)
<b>PRODUCT WEIGHT</b>	250kg / 551lbs
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 180mm / 59" x 33" x 7"
CARTON C	1080 x 1080 x 450mm / 43" x 43" x 18"







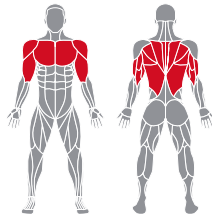
## Assisted Chin/Dip

SP-3517

### FEATURES

- Machine uses a weight stack to offset the users own body weight for pull up and dip exercises
- Multiple steps for safe entry and exit and dip handles rotate to accommodate shoulder widths
- Foot bar can be adjusted out of the way to perform full body weight exercises
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1948 x 990 x 2491mm / 77" x 39" x 98"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	273kg / 602lbs 293kg / 647lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 880 x 180mm / 59" x 35" x 7"
CARTON C	2410 x 1130 x 240mm / 95" x 44" x 9"



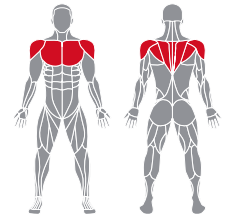
## Pec Fly/Rear Delt

SP-3519

### FEATURES

- Dual exercise machine saves floor space
- Multiple hand grips and range of motion adjustment for lots of exercise variety
- Seat adjustment and two sets of rear Deltoid handles accommodate users of all sizes
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1229 x 830 x 2069mm / 48" x 33" x 81"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	256kg / 564lbs 276kg / 609lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1700 x 820 x 500mm / 67" x 32" x 20"
CARTON C	1920 x 1120 x 190mm / 76" x 44" x 7"







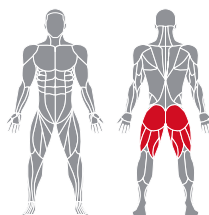
## Glute

SP-3520

### FEATURES

- Standing during Glute training is ideal compared to kneeling on floor
- Angled motion places emphasis on Glutes and Hamstrings
- Chest pad is adjustable for user to decide what position is best for support
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	2230 x 1025 x 1524mm / 88" x 40" x 60"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	272kg / 600lbs 292kg / 645lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 520mm / 59" x 32" x 20"
CARTON C	1390 x 1010 x 260mm / 55" x 40" x 10"



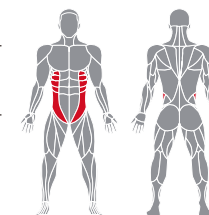
## Rotary Torso

SP-3521

### FEATURES

- Adjustable range of motion and chest pads for security of upper body while rotating
- Large thigh pads and foot supports provide stability of lower body
- Seat adjustment aligns user upper chest with machines chest pad
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1384 x 996 x 2010mm / 54" x 39" x 79"
<b>WEIGHT STACK</b>	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	261kg / 575lbs 281kg / 620lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	2050 x 950 x 400mm / 81" x 37" x 16"





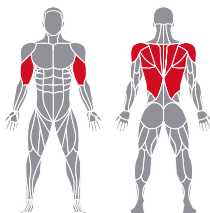
## Fixed Lat Pulldown

SP-3522

### FEATURES

- Traditional Lat Pulldown with adjustable chain-links for positioning of bar height
- Storage hooks for bar when not in use
- Angled thigh pads make it easy to grip bar while standing then sit and secure thighs
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1200 x 1410 x 2070mm / 47" x 56" x 81"
<b>WEIGHT STACK</b>	110kg / 240lbs (15lbs x 15 pcs)
<b>PRODUCT WEIGHT</b>	258kg / 569lbs
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	2100 x 1160 x 260mm / 83" x 46" x 10"
CARTON C	1520 x 840 x 240mm / 60" x 33" x 9"



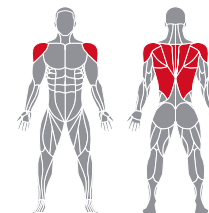
## Low Row

SP-3523

### FEATURES

- Traditional row exercise challenging stabilization ability and all muscles of the back
- Declined angle of pad helps with stabilization during heavy lifts
- Low position of pulling handle helps keep elbows down, along sides of body
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1810 x 1150 x 1592mm / 71" x 45" x 63"
<b>WEIGHT STACK</b>	110kg / 240lbs (15lbs x 15 pcs)
<b>PRODUCT WEIGHT</b>	263kg / 580lbs
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1770 x 820 x 330mm / 70" x 32" x 13"







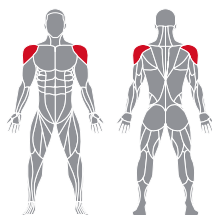
## Lateral Raise

SP-3525

### FEATURES

- Swiveling handles and counterbalanced arms to assist users of all levels
- Unilateral and bilateral motions for correcting muscle imbalances
- Full back pad provides support and comfort
- Built-in storage at top of tower for phone and water

<b>PRODUCT DIMENSION</b>	1172 x 1289 x 1518mm / 46" x 51" x 60"
<b>WEIGHT STACK</b>	76kg / 167lbs (15lbs x 10 pcs) 90kg / 195lbs (15lbs x 12 pcs) <b>Optional</b>
<b>PRODUCT WEIGHT</b>	257kg / 567lbs 271kg / 595lbs <b>Optional</b>
<b>CARTON DIMENSION</b>	
CARTON A	1350 x 745 x 180mm / 53" x 29" x 7"
CARTON B	1510 x 820 x 230mm / 59" x 32" x 9"
CARTON C	1080 x 1080 x 450mm / 43" x 43" x 18"



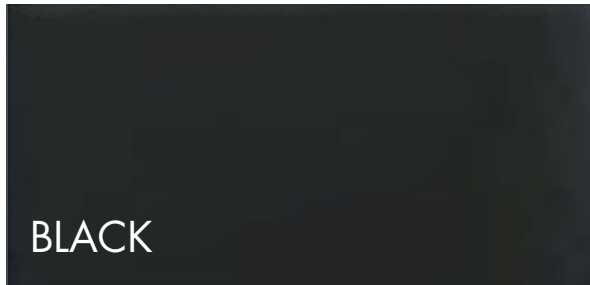
\*The weight of stacks includes increment weight



# SELECTORIZED - The Color Option

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## Structure Color



## Movable Structure Color



## Upholstery Color

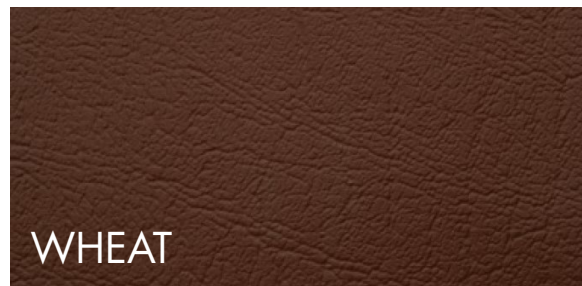






PLATE LOADED





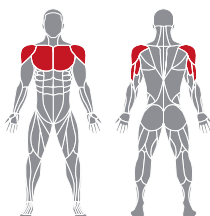
## Chest Press

SP-4501

### FEATURES

- Highly visibility marker on back pad to help with proper alignment of chest with handles
- Overhead pivot is biomechanically ideal for pressing motions
- Easy lift and lock seat adjustment
- Heavy duty construction using 4mm steel

<b>PRODUCT DIMENSION</b>	1425 x 1780 x 1720mm / 56" x 70" x 68"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	200kg / 441lbs
<b>CARTON DIMENSION</b>	2335 x 1470 x 640mm / 92" x 58" x 25"



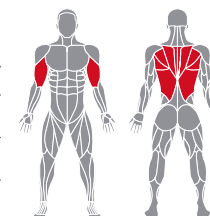
## Row

SP-4502

### FEATURES

- Horizontal and vertical hand grips for training emphasis and variety
- Stabilizing handle in the middle to help when performing unilateral rows
- Foot plate provides for lower body stability during heavy lifts
- Angled seat and chest pad help with proper body positioning

<b>PRODUCT DIMENSION</b>	1430 x 1490 x 1290mm / 56" x 59" x 51"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	166kg / 366lbs
<b>CARTON DIMENSION</b>	2280 x 1220 x 680mm / 90" x 48" x 27"







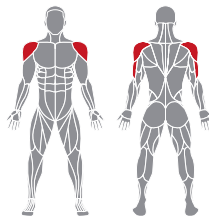
## Shoulder Press

SP-4503

### FEATURES

- Highly visibility marker on back pad to help with proper alignment of shoulders with handles
- Unilateral and bilateral converging path of motion
- Seat provides range of motion adjustment
- Heavy duty construction using 4mm steel

<b>PRODUCT DIMENSION</b>	1380 x 1540 x 1480mm / 54" x 61" x 58"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	150kg / 330lbs
<b>CARTON DIMENSION</b>	1720 x 770 x 1295mm / 68" x 30" x 51"



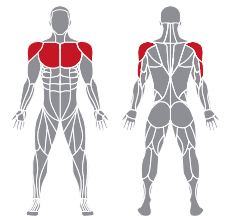
## Incline Chest Press

SP-4504

### FEATURES

- Highly visibility marker on back pad to help with proper alignment of shoulders on pad
- Horizontal handles simulate motion of a traditional bench press
- Overhead pivot is biomechanically ideal for pressing motions
- Easy lift and lock seat adjustment

<b>PRODUCT DIMENSION</b>	1125 x 2150 x 1675mm / 44" x 85" x 66"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	183kg / 403lbs
<b>CARTON DIMENSION</b>	1980 x 770 x 1250mm / 78" x 30" x 49"





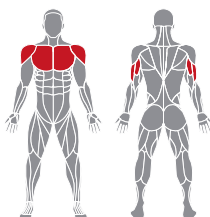
## Wide Chest Press

SP-4505

### FEATURES

- Wider separation of the handles accommodates larger exercisers
- Greater amount of converging motion than decline press
- Highly visibility marker on back pad to help with proper alignment of chest with handles
- Reclined user positioning provides lots of stabilization during heavy workouts

<b>PRODUCT DIMENSION</b>	1360 x 1800 x 1770mm / 54" x 71" x 70"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	209kg / 460lbs
<b>CARTON DIMENSION</b>	1990 x 1120 x 1295mm / 78" x 44" x 51"



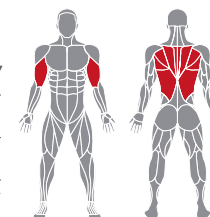
## Lat Pulldown

SP-4506

### FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Horizontal grips with natural diverging path of motion
- Stabilizing handle in the middle to help when performing unilateral pulldowns
- Easy lift and lock seat adjustment

<b>PRODUCT DIMENSION</b>	1790 x 1430 x 1990mm / 70" x 56" x 78"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	175kg / 385lbs
<b>CARTON DIMENSION</b>	1490 x 1000 x 1210mm / 59" x 39" x 48"







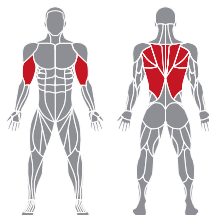
## Low Row

SP-4507

### FEATURES

- Unique path of motion that contrasts with the decline press
- Horizontal and vertical hand grips for training emphasis and variety
- Stabilizing handle in the middle to help when performing unilateral rows
- Heavy duty construction using 4mm steel

<b>PRODUCT DIMENSION</b>	1400 x 1560 x 1660mm / 55" x 61" x 65"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	176kg / 388lbs
<b>CARTON DIMENSION</b>	1520 x 1120 x 1100mm / 60" x 44" x 43"



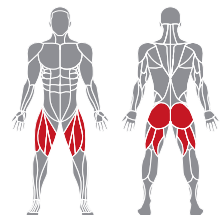
## Leg Press

SP-4508

### FEATURES

- Curvilinear path of motion matches the natural motion of a squat
- Extra large foot plate uses a 4-bar linkage to maintain correct ankle alignment
- Back pad adjusts into 3-positions for varying hip positions and users of all sizes
- Long weight loading horns to handle very heavy workouts

<b>PRODUCT DIMENSION</b>	2210 x 1740 x 1530mm / 87" x 69" x 60"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	230kg / 507lbs
<b>CARTON DIMENSION</b>	2280 x 770 x 960mm / 90" x 30" x 38"





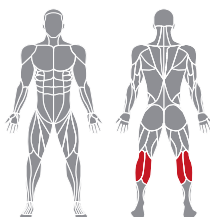
## Calf

SP-4509

### FEATURES

- Angled press allows effective training of calf's without loading the spine
- Seat and back pad positioning stabilizes user through hips while performing calf raises
- Solid hand grips provide support during the exercise
- Heavy duty construction using 4mm steel

<b>PRODUCT DIMENSION</b>	1805 x 1150 x 1200mm / 71" x 45" x 47"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	150kg / 330lbs
<b>CARTON DIMENSION</b>	1920 x 940 x 1300mm / 76" x 37" x 51"



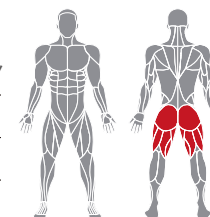
## Rear Kick

SP-4510

### FEATURES

- Standing during Glute training is ideal compared to kneeling on floor
- Curvilinear motion places emphasis on Glutes and Hamstrings
- Chest pad and handlebar provide support and stability during exercise
- Edge at bottom of foot plate keeps feet secure from slipping

<b>PRODUCT DIMENSION</b>	1280 x 1380 x 1620mm / 50" x 54" x 64"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	150kg / 330lbs
<b>CARTON DIMENSION</b>	1720 x 770 x 1210mm / 68" x 30" x 48"







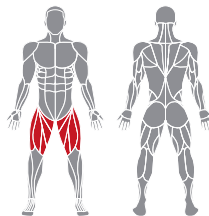
## Leg Extension

SP-4511

### FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Angled user positioning helps with stabilization during exercise
- Back pad adjustments for proper alignment with machines axis of rotation
- Lower Tibia pad self-adjusts limiting the number of necessary adjustments

<b>PRODUCT DIMENSION</b>	1665 x 1855 x 1135mm / 66" x 73" x 45"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	115kg / 253lbs
<b>CARTON DIMENSION</b>	1620 x 580 x 1220mm / 64" x 23" x 48"



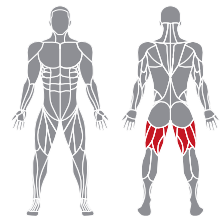
## Standing Leg Curl

SP-4512

### FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Upright positioning allows for training hamstrings across both hip and knee joints
- Knee and thigh pads stabilize the non-exercising leg
- Arm pad and handle grips provide for upper body stability

<b>PRODUCT DIMENSION</b>	1210 x 1830 x 1580mm / 48" x 72" x 62"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	134kg / 295lbs
<b>CARTON DIMENSION</b>	1500 x 770 x 950mm / 59" x 30" x 37"





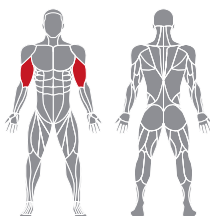
## Biceps Curl

SP-4513

### FEATURES

- Angled arm pad helps to reduce shoulder involvement and maintain focus on Biceps
- Pivoting grip bar adjusts for varying forearm lengths and maintains alignment with axis of rotation
- Seat adjustment is used to align elbows with machines axis of rotation
- Counterbalanced curling arm reduces starting resistance

<b>PRODUCT DIMENSION</b>	1085 x 1790 x 1200mm / 43" x 70" x 47"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	122kg / 269lbs
<b>CARTON DIMENSION</b>	1080 x 770 x 1100mm / 43" x 30" x 43"



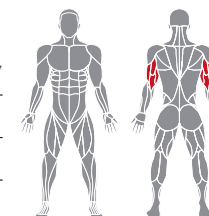
## Triceps Extension

SP-4514

### FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Adjustable seat pad provides lower body stabilization
- No-back pad design allows users to self-adjust of upper body position
- Easy lift and lock seat adjustment

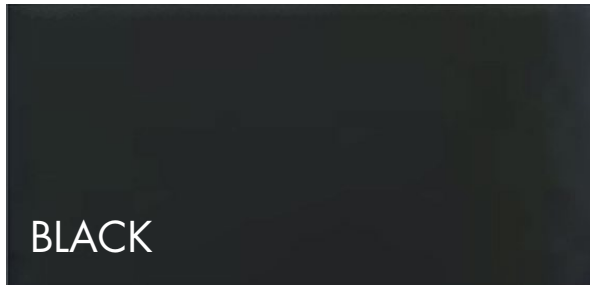
<b>PRODUCT DIMENSION</b>	1870 x 1660 x 1055mm / 74" x 65" x 42"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	213kg / 469lbs
<b>CARTON DIMENSION</b>	1680 x 1160 x 1120mm / 66" x 46" x 44"



# PLATE LOADED - The Color Option

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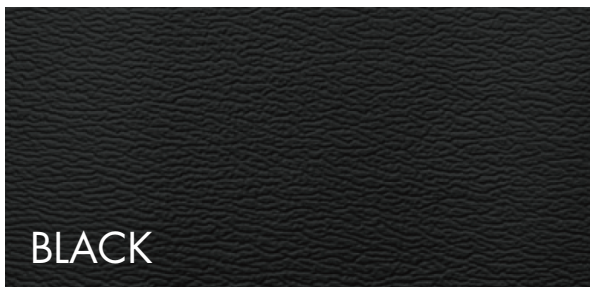
## Structure Color



## Movable Structure Color



## Upholstery Color







# FREE WEIGHTS





## Flat Bench

SP-4201

### FEATURES

- Three-point contact provides excellent stability
- Strong but lightweight design can be easily moved
- Non-slip rubber feet give security and protect floors

<b>PRODUCT DIMENSION</b>	1411 x 647 x 402mm / 56" x 25" x 16"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	25kg / 55lbs
<b>CARTON DIMENSION</b>	
CARTON A	1420 x 230 x 360mm / 56" x 9" x 14"
CARTON B	1230 x 100 x 330mm / 48" x 4" x 13"



## Adjustable Bench

SP-4204

### FEATURES

- Bench adjusts from flat to 80-degrees
- Seat pad adjusts in 3 positions to align with back pad angle
- Handle and integrated wheels for easy transport

<b>PRODUCT DIMENSION</b>	1362 x 447 x 415mm / 54" x 18" x 16"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	49kg / 108lbs
<b>CARTON DIMENSION</b>	
CARTON A	1310 x 485 x 360mm / 52" x 19" x 14"
CARTON B	1300 x 90 x 380mm / 51" x 4" x 15"



## Upright Bench

SP-4205

### FEATURES

- Foot bars help with stabilizing lower body during heavy lifts
- Strong but lightweight design can be easily moved
- Non-slip rubber feet give security and protect floors

<b>PRODUCT DIMENSION</b>	1202 x 767 x 1062mm / 47" x 30" x 42"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	37kg / 81lbs
<b>CARTON DIMENSION</b>	
CARTON A	1150 x 430 x 250mm / 45" x 17" x 10"
CARTON B	1000 x 90 x 330mm / 39" x 4" x 13"



## Preacher Curl

SP-4206

### FEATURES

- Elbow pad is angled at 55-degrees to vary resistance and improve user comfort
- Wear resistant guards protect frame powder coating
- Three-point contact provides excellent stability

<b>PRODUCT DIMENSION</b>	1220 x 860 x 940mm / 48" x 34" x 37"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	46kg / 101lbs
<b>CARTON DIMENSION</b>	
CARTON A	1050 x 900 x 245mm / 41" x 35" x 10"
CARTON B	660 x 180 x 420mm / 26" x 7" x 17"





## Squat Rack

SP-4207

### FEATURES

- Four racking positions accommodate all users
- Racks are positioned to allow easy removal and re-racking of the bar
- Wear resistant guards protect frame powder coating

<b>PRODUCT DIMENSION</b>	1855 x 1645 x 2010mm / 73" x 65" x 79"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	132kg / 291lbs
<b>CARTON DIMENSION</b>	
CARTON A	2060 x 1050 x 250mm / 26" x 7" x 17"
CARTON B	1030 x 815 x 250mm / 41" x 32" x 10"



## Olympic Military Bench

SP-4208

### FEATURES

- Front and rear takeoffs connected with bottom stop bar
- Integrated spotters' platform with non-slip coating
- Wear resistant guards protect frame powder coating

<b>PRODUCT DIMENSION</b>	1740 x 1380 x 1900mm / 69" x 54" x 75"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	114kg / 251lbs
<b>CARTON DIMENSION</b>	
CARTON A	1980 x 1420 x 260mm / 78" x 56" x 10"
CARTON B	1000 x 90 x 340mm / 39" x 4" x 13"
CARTON C	600 x 420 x 380mm / 24" x 17" x 15"



## Olympic Flat Bench

SP-4209

### FEATURES

- Multiple weight take-off points spaced for easy take-off and return
- Standard weight storage keeps weight plates close
- Wear resistant guards protect frame powder coating

<b>PRODUCT DIMENSION</b>	1745 x 1720 x 1355mm / 69" x 68" x 53"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	116kg / 256lbs
<b>CARTON DIMENSION</b>	
CARTON A	1400 x 660 x 500mm / 55" x 26" x 20"
CARTON B	1300 x 90 x 300mm / 51" x 4" x 12"
CARTON C	1260 x 470 x 220mm / 50" x 19" x 9"



## Olympic Incline Bench

SP-4210

### FEATURES

- Adjustable seat and multiple take-off points for confident positioning
- Integrated spotters' platform with non-slip coating
- Foot bar helps lower body stabilization during heavy lifts

<b>PRODUCT DIMENSION</b>	2065 x 1720 x 1355mm / 81" x 68" x 53"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	116kg / 255lbs
<b>CARTON DIMENSION</b>	
CARTON A	1260 x 470 x 220mm / 50" x 19" x 9"
CARTON B	1740 x 670 x 435mm / 69" x 26" x 17"
CARTON C	1430 x 95 x 350mm / 56" x 4" x 14"
CARTON D	600 x 500 x 435mm / 24" x 20" x 17"



## Olympic Decline Bench

SP-4211

### FEATURES

- Bench is angled at 15-degrees for effective muscle stimulation
- Multiple take-off positions provide adaptability for users with varying arm lengths
- Tibia adjuster allows for confident positioning

<b>PRODUCT DIMENSION</b>	2065 x 1720 x 1355mm / 81" x 68" x 53"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	96kg / 211lbs
<b>CARTON DIMENSION</b>	
CARTON A	1260 x 470 x 220mm / 50" x 19" x 9"
CARTON B	1520 x 820 x 435mm / 60" x 32" x 17"
CARTON C	1100 x 210 x 320mm / 43" x 8" x 13"



## Leg Raise / Dip

SP-4215

### FEATURES

- Back and arm pads are angled to help with user stabilization during leg raises
- Forward handles are positioned to perform dip exercises
- Non-slip footsteps help with easy entry and exit for all exercises

<b>PRODUCT DIMENSION</b>	1190 x 865 x 1665mm / 47" x 34" x 66"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	75kg / 165lbs
<b>CARTON DIMENSION</b>	
CARTON A	1590 x 890 x 425mm / 63" x 35" x 17"
CARTON B	780 x 90 x 485mm / 31" x 4" x 19"





## Adjustable Ab Bench

SP-4218

### FEATURES

- Multiple positions of adjustment to challenge every user
- Wide back pad and adjustable leg support provides stabilization
- Integrated wheels for easy transport

<b>PRODUCT DIMENSION</b>	1575 x 717 x 983mm / 62" x 28" x 39"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	51kg / 112lbs
<b>CARTON DIMENSION</b>	
CARTON A	1270 x 460 x 675mm / 50" x 18" x 27"
CARTON B	1500 x 175 x 410mm / 59" x 7" x 16"



## Chin / Dip / Leg Raise

SP-4219

### FEATURES

- Integrated pull-up bar with multiple grips for individual preference
- Back and arm pads are angled to help with user stabilization during leg raises
- Forward handles are positioned to perform dip exercises

<b>PRODUCT DIMENSION</b>	1190 x 1260 x 2300mm / 47" x 50" x 91"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	93kg / 204lbs
<b>CARTON DIMENSION</b>	
CARTON A	1590 x 890 x 425mm / 63" x 35" x 17"
CARTON B	780 x 90 x 485mm / 31" x 4" x 19"
CARTON C	1300 x 1180 x 295mm / 51" x 46" x 12"



## Back Extension

SP-4220

### FEATURES

- 45-degrees positioning is ideal for training posterior muscles
- Thigh pads are adjustable to fit all user sizes
- Lower leg pads support at the calf which eliminates knees discomfort

<b>PRODUCT DIMENSION</b>	1422 x 820 x 830mm / 56" x 32" x 33"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	69kg / 151lbs
<b>CARTON DIMENSION</b>	
CARTON A	1060 x 470 x 370mm / 42" x 19" x 15"
CARTON B	670 x 180 x 340mm / 26" x 7" x 13"



## Smith Machine

SP-4222

### FEATURES

- Bar is counter balanced to 2 kg for very low starting resistance
- Vertical design accommodates most exercise and provides easier set-up
- Adjustable bar stops are easy to identify and adjust in small increments for confidence

<b>PRODUCT DIMENSION</b>	2165 x 2028 x 2390mm / 85" x 80" x 94"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	198kg / 435lbs
<b>CARTON DIMENSION</b>	2420 x 565 x 1640mm / 95" x 22" x 65"



## Row

SP-4231

### FEATURES

- Angled design with chest pad provides firm support to isolate the back muscles
- Multiple hand grips give the user training variety for the lats or upper back
- Dual position foot bars help users of all sizes with ideal positioning

<b>PRODUCT DIMENSION</b>	1806 x 1133 x 1204mm / 71" x 45" x 47"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	76kg / 167lbs
<b>CARTON DIMENSION</b>	
CARTON A	1420 x 1170 x 255mm / 56" x 46" x 10"
CARTON B	450 x 100 x 320mm / 8" x 4" x 13"



## Seated Calf

SP-4232

### FEATURES

- Seated position helps focus on the Soleus muscles
- Seat moves with movement arm to maintain alignment
- Knee pads adjust for tibia length and range of motion

<b>PRODUCT DIMENSION</b>	1388 x 617 x 942mm / 55" x 24" x 37"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	54kg / 118lbs
<b>CARTON DIMENSION</b>	
CARTON A	1320 x 670 x 335mm / 52" x 26" x 13"
CARTON B	720 x 90 x 320mm / 28" x 4" x 13"





## Vertical Barbell Rack

SP-4251

### FEATURES

- Heavy duty vertical rack holds 10 barbells, 5 each side
- PU hook saddles reduces risk of barbell damage and noise
- Can stand against wall or in middle of room

<b>PRODUCT DIMENSION</b>	978 x 845 x 1395 mm / 39" x 33" x 55"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	55kg / 120lbs
<b>CARTON DIMENSION</b>	1600 x 1100 x 255 mm / 63" x 43" x 10"



## Two Tier Dumbbell Rack

SP-4265

### FEATURES

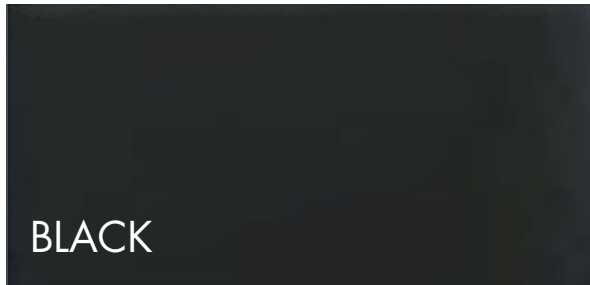
- Heavy duty dumbbell rack with PU cups
- Stores 10 pairs of dumbbells safely without risk of damaging them
- Ergonomically designed for easy retrieval and resetting of dumbbells

<b>PRODUCT DIMENSION</b>	2280 x 645 x 800 mm / 90" x 25" x 31"
<b>MAX. USER WEIGHT</b>	180kg / 396lbs
<b>PRODUCT WEIGHT</b>	62kg / 140lbs
<b>CARTON DIMENSION</b>	
CARTON A	800 x 680 x 260 mm / 31" x 27" x 10"
CARTON B	2350 x 260 x 135 mm / 93" x 10" x 5"

# FREE WEIGHTS - The Color Option

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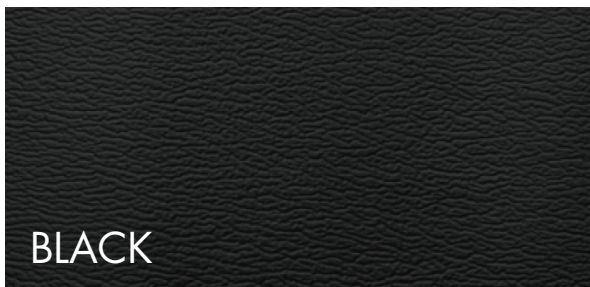
## Structure Color



## Movable Structure Color



## Upholstery Color





# CABLE SERIES







## Functional Trainer

SP-3526

PRODUCT DIMENSION	840 x 1520 x 2120mm / 33" x 60" x 83"
MAX. USER WEIGHT	180kg / 400lbs
PRODUCT WEIGHT	132kg / 290lbs
WEIGHT STACK	154kg / 340lbs(Dual)

# ***SPIRIT***



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