

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

CONTENT

SELECTORIZED	01
PLATE LOADED	13
FREE WEIGHTS	21
CABLE SERIES	32





SELECTORIZED





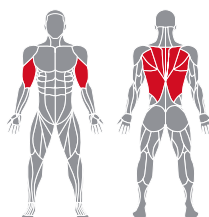
Lat Pulldown

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

PRODUCT DIMENSION	1522 x 1430 x 1852mm / 60" x 56" x 73"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	262kg / 578lbs 282kg / 623lbs Optional
CARTON DIMENSION	
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"



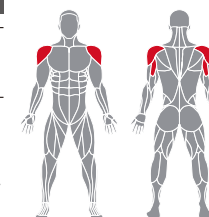
Shoulder Press

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

PRODUCT DIMENSION	1530 x 1540 x 1592mm / 60" x 61" x 63"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	254kg / 560lbs 274kg / 605lbs Optional
CARTON DIMENSION	
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"





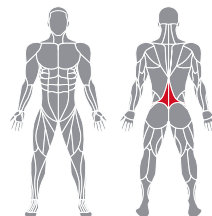
Back Extension

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

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



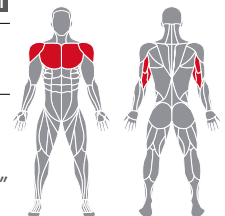
Seated Chest Press

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

PRODUCT DIMENSION	1107 x 1405 x 1592mm / 44" x 55" x 63"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	245kg / 540lbs 265kg / 585lbs Optional
CARTON DIMENSION	
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"





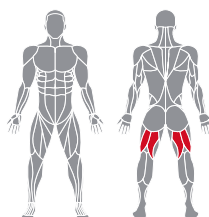
Seated Leg Curl

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

PRODUCT DIMENSION	1156 x 1407 x 1592mm / 46" x 55" x 63"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	257kg / 567lbs 277kg / 612lbs Optional
CARTON DIMENSION	
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"



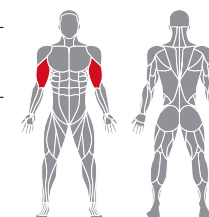
Seated Biceps Curl

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

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





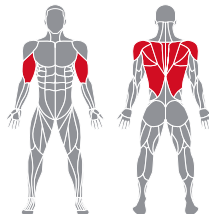
Seated Row

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

PRODUCT DIMENSION	1534 x 1064 x 1592mm / 60" x 42" x 63"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	245kg / 540lbs 265kg / 585lbs Optional
CARTON DIMENSION	
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"



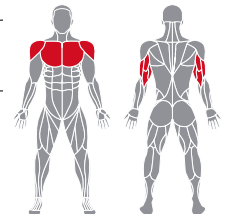
Seated Triceps Press

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

PRODUCT DIMENSION	1227 x 1067 x 1592mm / 48" x 42" x 63"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	236kg / 520lbs 256kg / 565lbs Optional
CARTON DIMENSION	
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"





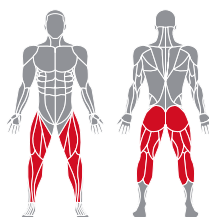
Leg Press

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

PRODUCT DIMENSION	1890 x 1105 x 1592mm / 74" x 44" x 63"
WEIGHT STACK	140kg / 310lbs (20lbs x 15 pcs) 167kg / 370lbs (20lbs x 18 pcs) Optional
PRODUCT WEIGHT	310kg / 683lbs 337kg / 743lbs Optional
CARTON DIMENSION	
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"



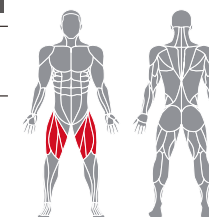
Leg Extension

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

PRODUCT DIMENSION	1156 x 1407 x 1592mm / 46" x 55" x 63"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	244kg / 538lbs 264kg / 583lbs Optional
CARTON DIMENSION	
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"





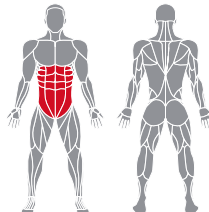
Abdominal

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

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



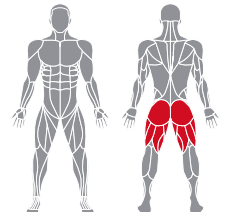
Prone Leg Curl

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

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





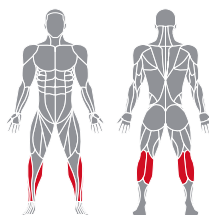
Standing Calf

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

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



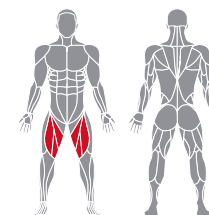
Hip Abductor/Adductor

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

PRODUCT DIMENSION	1578 x 829 x 1592mm / 62" x 33" x 63"
WEIGHT STACK	110kg / 240lbs (15lbs x 15 pcs)
PRODUCT WEIGHT	250kg / 551lbs
CARTON DIMENSION	
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"





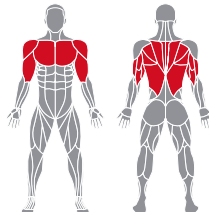
Assisted Chin/Dip

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

PRODUCT DIMENSION	1948 x 990 x 2491mm / 77" x 39" x 98"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	273kg / 602lbs 293kg / 647lbs Optional
CARTON DIMENSION	
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"



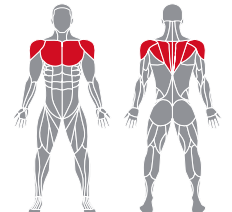
Pec Fly/Rear Delt

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

PRODUCT DIMENSION	1229 x 830 x 2069mm / 48" x 33" x 81"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	256kg / 564lbs 276kg / 609lbs Optional
CARTON DIMENSION	
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"





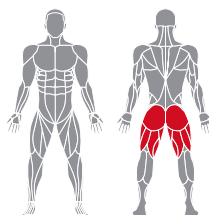
Glute

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

PRODUCT DIMENSION	2230 x 1025 x 1524mm / 88" x 40" x 60"
WEIGHT STACK	90kg / 195lbs (15lbs x 12 pcs) 110kg / 240lbs (15lbs x 15 pcs) Optional
PRODUCT WEIGHT	272kg / 600lbs 292kg / 645lbs Optional
CARTON DIMENSION	
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"



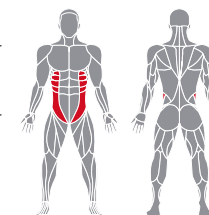
Rotary Torso

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

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





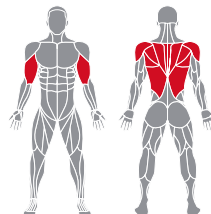
Fixed Lat Pulldown

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

PRODUCT DIMENSION	1200 x 1410 x 2070mm / 47" x 56" x 81"
WEIGHT STACK	110kg / 240lbs (15lbs x 15 pcs)
PRODUCT WEIGHT	258kg / 569lbs
CARTON DIMENSION	
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"



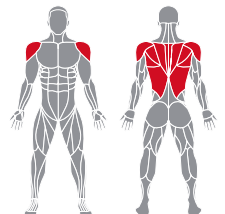
Low Row

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

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





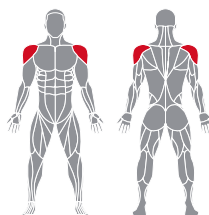
Lateral Raise

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

PRODUCT DIMENSION	1172 x 1289 x 1518mm / 46" x 51" x 60"
WEIGHT STACK	76kg / 167lbs (15lbs x 10 pcs) 90kg / 195lbs (15lbs x 12 pcs) Optional
PRODUCT WEIGHT	257kg / 567lbs 271kg / 595lbs Optional
CARTON DIMENSION	
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





PLATE LOADED





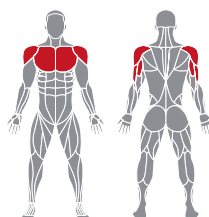
Chest Press

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

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



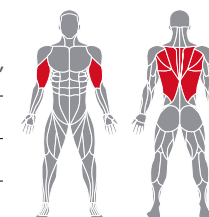
Row

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

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





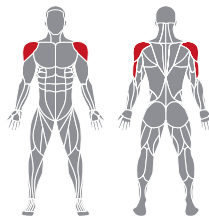
Shoulder Press

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

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



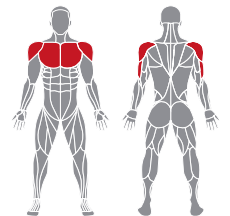
Incline Chest Press

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

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





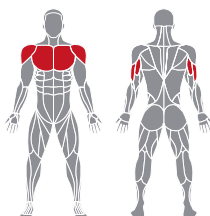
Wide Chest Press

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

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



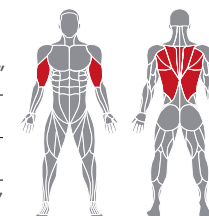
Lat Pulldown

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

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





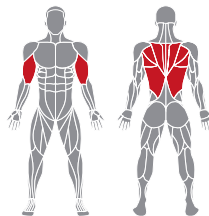
Low Row

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

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



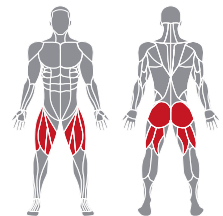
Leg Press

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

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





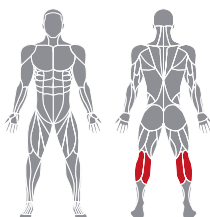
Calf

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

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



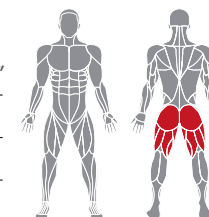
Rear Kick

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

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





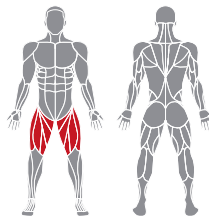
Leg Extension

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

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



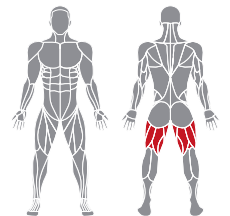
Standing Leg Curl

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

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





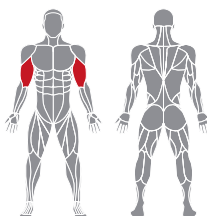
Biceps Curl

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

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



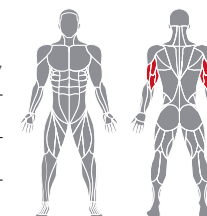
Triceps Extension

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

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





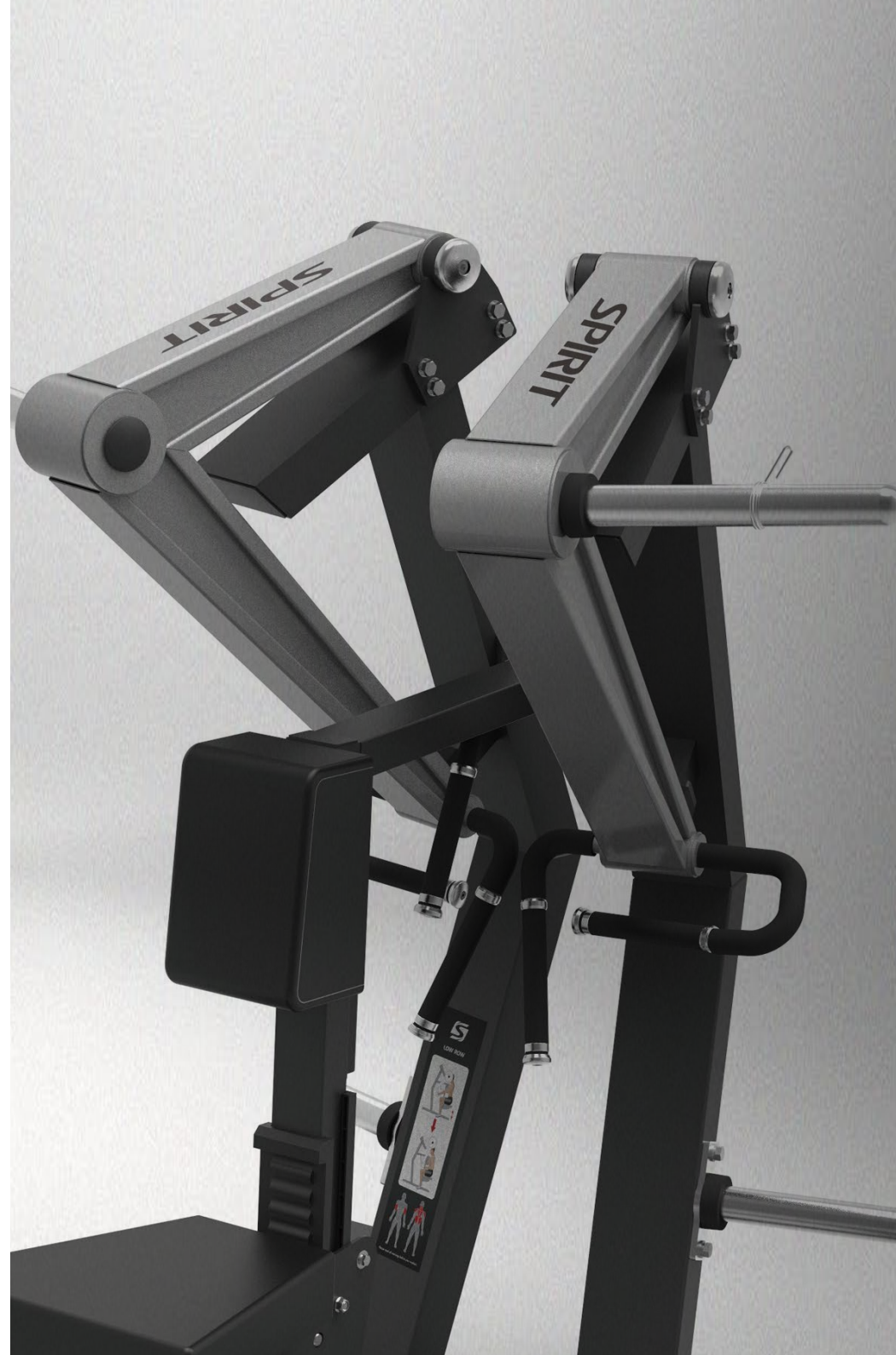
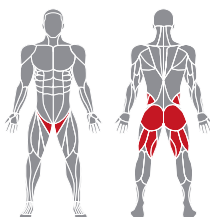
Glute Drive

SP-4515

FEATURES

- Gas Adjustable, oversized, foot platform
- Multi-angle ergonomic cushion pad to accommodate users of all sizes
- Seat pad for user safety

PRODUCT DIMENSION	1572 x 1207 x 797mm / 61" x 47" x 31"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	110kg / 242lbs
CARTON DIMENSION	1680 x 770 x 685mm / 66" x 30" x 27"





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

PRODUCT DIMENSION	1411 x 647 x 402mm / 56" x 25" x 16"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	25kg / 55lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1362 x 447 x 415mm / 54" x 18" x 16"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	49kg / 108lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1202 x 767 x 1062mm / 47" x 30" x 42"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	37kg / 81lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1220 x 860 x 940mm / 48" x 34" x 37"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	46kg / 101lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1855 x 1645 x 2010mm / 73" x 65" x 79"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	132kg / 291lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1740 x 1380 x 1900mm / 69" x 54" x 75"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	114kg / 251lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1745 x 1720 x 1355mm / 69" x 68" x 53"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	116kg / 256lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	2065 x 1720 x 1355mm / 81" x 68" x 53"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	116kg / 255lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	2065 x 1720 x 1355mm / 81" x 68" x 53"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	96kg / 211lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1190 x 865 x 1665mm / 47" x 34" x 66"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	75kg / 165lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1575 x 717 x 983mm / 62" x 28" x 39"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	51kg / 112lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1190 x 1260 x 2300mm / 47" x 50" x 91"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	93kg / 204lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1422 x 820 x 830mm / 56" x 32" x 33"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	69kg / 151lbs
CARTON DIMENSION	
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

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



Stretch Trainer

SP-4227

FEATURES

- Multi position handle grips for optimal use
- Ergonomically designed for easy starting position
- For all levels of ability
- Easy to follow instructional placard

PRODUCT DIMENSION	1505 x 790 x 1095mm / 59" x 31" x 43"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	40kg / 83lbs
CARTON DIMENSION	
CARTON A	1050 x 825 x 465mm / 41" x 32" x 18"
CARTON B	450 x 110 x 450mm / 17" x 4" x 17"



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

PRODUCT DIMENSION	1806 x 1133 x 1204mm / 71" x 45" x 47"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	76kg / 167lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	1388 x 617 x 942mm / 55" x 24" x 37"
MAX. USER WEIGHT	180kg / 396lbs
PRODUCT WEIGHT	54kg / 118lbs
CARTON DIMENSION	
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

PRODUCT DIMENSION	978 x 845 x 1395 mm / 39" x 33" x 55"
PRODUCT WEIGHT	55kg / 120lbs
CARTON DIMENSION	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

PRODUCT DIMENSION	2280 x 645 x 800mm / 90" x 25" x 31"
PRODUCT WEIGHT	62kg / 140lbs
CARTON DIMENSION	
CARTON A	800 x 680 x 260mm / 31" x 27" x 10"
CARTON B	2350 x 260 x 135mm / 93" x 10" x 5"



Weight Tree

SP-4266

FEATURES

- PVC foot covers provide protection to your floor and to the weight tree
- Strong PU covered weight pegs protect your weight plates from damage and provides the user with a smooth removal and replacement of the weights on the tree

PRODUCT DIMENSION	810 x 666 x 1320mm / 31" x 26" x 51"
MAX. USER WEIGHT	600kg / 1323lbs
PRODUCT WEIGHT	30kg / 66lbs
CARTON DIMENSION	1280 x 715 x 210/50" x 28" x 8"



CABLE SERIES





Functional Trainer

SP-3526

FEATURES

- 1:2 ratio for easy starting and rapid work out
- Multi accessories gives the user training variety
- Ergonomically design in grips for trainer persistence

PRODUCT DIMENSION	840 x 1520 x 2120mm / 33" x 60" x 83"
PRODUCT WEIGHT	132kg / 290lbs
WEIGHT STACK	154kg / 340lbs
TRAINING LENGTH	2100mm / 83"



Cable Crossover

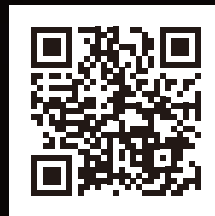
SP-3527

FEATURES

- With a 1:1 Direct Drive ratio for a solid and “Real Feel” intense workout
- Multi accessory pack gives your members the variety they need
- Ergonomically designed hand grips and touch points, designed to provide your members with the best experience

PRODUCT DIMENSION	4091 x 1065 x 2344mm / 161" x 41" x 92"
PRODUCT WEIGHT	313kg / 690lbs
WEIGHT STACK	150lbs x 2
TRAINING LENGTH	2100mm / 83"
CARTON DIMENSION	
CARTON A	2300 x 565 x 830mm / 90" x 22" x 2"
CARTON B	2680 x 470 x 405mm / 105" x 18" x 15"
CARTON C	1950 x 380 x 170mm / 76" x 14" x 6"

SPIRIT



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