

The background of the brochure cover is a grayscale photograph of a Matrix strength training machine, specifically a lat pulldown. The machine's frame, pulleys, and cables are visible, creating a sense of industrial strength. A digital display on the machine shows '206' and '23'. A red triangle is positioned in the bottom right corner of the cover.

MATRIX

STRENGTH

2017 BROCHURE



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DIVERSITY AND DURABILITY TO GET THE JOB DONE

GET MORE THAN THE WORLD'S FINEST FITNESS EQUIPMENT

When you choose Matrix, you're getting more than the world's finest fitness equipment. You're getting a partner that will be there, for your grand opening and every day after. Together, there's no detail of your business that we can't refine, reimagine or reinvent. And that includes your bottom line.

FACILITY PLANNING

Your space. Your goals. Your budget. We'll help bring your fitness center to life from your earliest ideas to the day you open your doors.

CERTIFIED INSTALLATION/SERVICE KIT

Maximize uptime. Optimize your investment. We provide all the tools you need to get up and running and stay that way.

INDUSTRY-LEADING WARRANTIES

Our promise of quality to you. We offer all of the protection you need to choose confidently, and know that you've chosen the products with the lowest cost of ownership in the industry.

DEDICATED SALES SUPPORT

Our internal teams will work with you to help you reach your unique goals. We'll help you choose the ideal mix of products for your needs and work with you to update and expand as your needs change.

FINANCING*

Whenever possible, we work with our customers to develop financial solutions that expand their options and maximize their investments.

UNMATCHED CUSTOMER SUPPORT

A 90% first-time fix rate. A 48-hour service response window. Revolutionary Asset Management. And with our amazing console technology, we can provide diagnostic services remotely or on site.

MATRIX LEARNING

Product training. Maintenance tips. Career building. On-demand educational videos. A whole new world of service and support. It's all at your fingertips with Matrix Learning. (matrixlearningcenter.com)

TOTAL MARKETING SUPPORT KIT

You want to let clients know about the exciting programs and products that make your facility different, and we want to help. Ask us about customized promotional materials to help you reach and retain clients like never before.

* Availability of financing options varies by market.





STRONG. SMART. BEAUTIFUL.

It's more than a tagline. It's our holistic promise to you that these three qualities will shine through every product that hits your floor and define our ongoing partnership.

STRONG

Our high-quality, ultra-durable products are just as strong as our commitment to be your partner, not just your supplier. This strength gives us a solid foundation for success, today and in the future, and has made us one of the world's fastest-growing commercial fitness brands.

SMART

We listen, and create products with a purpose in mind — to address your needs and resolve them in ingenious ways. Forward-thinking options redefine the exercise experience, for both you and your members.

BEAUTIFUL

Our products attract beginners and fitness enthusiasts alike. Every piece of equipment is approachable, unintimidating and a pleasure to use. We continue to set new industry standards through award-winning aesthetic distinction and incredible attention to detail.

STRENGTH OVERVIEW

ULTRA SERIES

ULTRA SERIES

Powerful yet comfortable. Advanced functionality with intuitive operation. The industry's most durable components wrapped in breathtaking industrial design. The Ultra Series goes beyond your expectations of strength training equipment to earn and retain members like nothing else.

VERSA SERIES

Bring your vision of fitness to life — our most versatile series gives you the options to build a strength training area that fits your space and the needs of your members in a beautifully precise way. The Versa Series incorporates advanced biomechanics for a natural, smooth, efficient workout experience.

AURA SERIES

Superior styling made the Aura Series an instant classic. Signature features made it one of the most-imitated product lines in the industry. Choose the Aura Series, and you'll discover that beginners and fitness enthusiasts alike will be drawn to something that the competition can't imitate — an unmistakable aura of greatness.



VERSA SERIES



AURA SERIES



STRENGTH OVERVIEW

MAGNUM SERIES

MAGNUM SERIES

Born from a long tradition of premium performance, there's no better choice for professional athletes than the unrivaled performance and durability of the Magnum Series. Advanced options like Breaker Benches and MEGA Racks help athletes reach their potential, and the impeccable designs stand up to the most demanding environments.

VARSITY SERIES

For a blend of performance and value perfect for heavy-use facilities, look no further than the Varsity Series. It offers the dynamic performance and superior ergonomics that the fitness world has come to expect from Matrix, plus the uncompromising durability you need to accommodate a steady stream of users.

G1 SERIES

The G1 Series provides an ideal blend of value and variety for cost-conscious facilities. It offers a range of durable options with a classic look. From space-saving multi-station units to ever-popular benches, this series will meet your members' needs for years to come.



VARSITY SERIES



G1 SERIES



ULTRA

THE ULTIMATE STRENGTH TRAINING EXPERIENCE

The powerful and comfortable Ultra Series gives you the most advanced functionality with an intuitive design that couldn't be easier to operate. All Ultra Series equipment is designed for smooth converging and diverging movements to encourage a natural path of motion and enhance user comfort. Ultra Series also includes Action Specific Grips to reduce stress on contact points and a uniformly low stack height (122 cm / 48") to improve the aesthetic of your fitness center. Both durable and beautiful, the Ultra Series will exceed your expectations when it comes to earning and retaining members.





ULTRA SERIES

User Amenities – 1

All single-station units offer a convenient accessory pad, bottle holder and towel bar.

Incremental Weights – 2

Easy to access and reference from the seated position.

Electronic Rep Counter – 3

Tracks reps, activity time and rest time for a streamlined workout experience.

Converging/Diverging Motion – 4

Encourages a natural path of motion to enhance comfort.

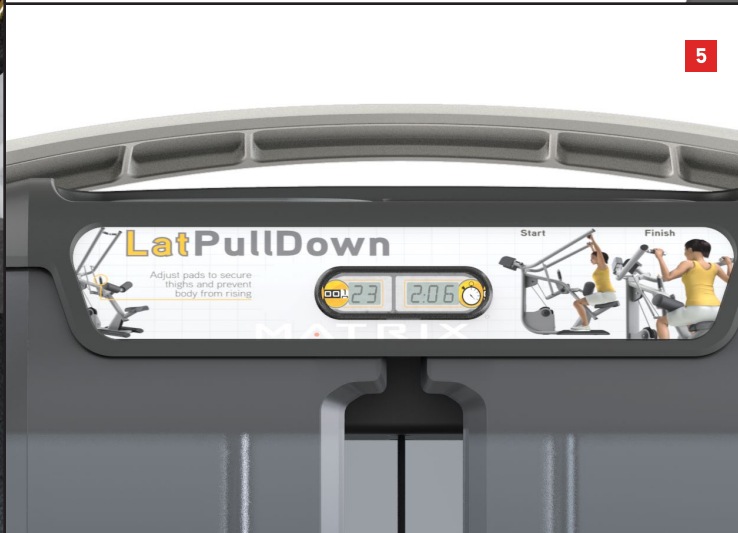
Exercise Placards – 5

Easy-to-read reference cards highlight targeted muscle groups and proper machine use.

Action Specific Grips – 6

Ergonomically designed to reduce stress on contact points while enhancing feel and form.

* Weight plates, Olympic bars and dumbbells are not included.





PECTORAL FLY G7-S12

- Rotating arms accommodate users of all sizes and improve range of motion
- Angled user position enhances comfort and stabilization
- Contoured elbow pads provide greater arm comfort



CONVERGING CHEST PRESS G7-S13

- Converging arm movement provides a natural path of motion
- Adjustable start position facilitates increased range of motion
- Action Specific Grips provide greater comfort and minimal point pressure
- Designed for easy entry and exit



LATERAL RAISE G7-S21

- Independent arms facilitate greater exercise variety
- Oversized arm pads enhance comfort and accommodate a variety of users
- Rotating handles provide natural motion



CONVERGING SHOULDER PRESS G7-S23

- Converging arm movement provides a natural path of motion
- Dual-position hand grips allow for greater training variety
- Action Specific Grips provide greater comfort and minimal point pressure
- Counterbalanced pressing arm provides optimal starting resistance
- Reclining seat position allows for better posture and support



DIVERGING LAT PULLDOWN G7-S33

- Diverging arm movement provides a natural path of motion
- Angled seat encourages proper user position
- Thigh pads easily adjust to provide stability and comfort
- Action Specific Grips provide greater comfort and minimal point pressure



DIVERGING SEATED ROW G7-S34

- Diverging arm movement provides a natural path of motion
- Dual-position hand grips allow for greater training variety
- Action Specific Grips provide greater comfort and minimal point pressure
- Adjustable chest pad accommodates a variety of users



INDEPENDENT BICEPS CURL G7-S40

- Independent motion for greater exercise variety
- Action Specific Grips provide greater comfort and minimal point pressure
- Pivoting handles accommodate a variety of users
- Designed for easy entry and exit



TRICEPS PRESS G7-S42

- Rotating handles adapt to a variety of users
- Action Specific Grips provide greater comfort and minimal point pressure
- Angled back pad reduces stress, improves stabilization and enhances comfort



ABDOMINAL CRUNCH G7-S51

- Curved back pads for full muscular contraction and comfort
- Self-aligning handles adjust to accommodate a variety of users
- Dual-pivot design for natural abdominal crunch motion
- Action Specific Grips provide greater comfort and minimal point pressure



BACK EXTENSION G7-S52

- Multi-position foot placement accommodates a variety of users
- Thumb-switch controls allow easy adjustments
- Contoured back pad enhances user comfort



ROTARY TORSO G7-S55

- Kneeling position minimizes low-back stress while stretching hip flexors
- Contoured knee pads enhance comfort and stability
- Range of motion feature with 8 different start positions add greater versatility
- Oversized handlebars accommodate a variety of users without an adjustment



LEG PRESS G7-S70

- Angled and adjustable seat carriage enhances comfort
- Guide rod and bearing-designed carriage improves user feel
- Thumb-switch controls allow easy adjustments



LEG EXTENSION G7-S71

- Angled seat and back pads encourage full quadriceps contraction
- Self-adjusting tibia pad for greater ease of use
- Pivot location clearly marked to encourage correct alignment
- Thumb-switch controls allow easy adjustments



SEATED LEG CURL G7-S72

- Back pad, tibia pad and range-of-motion adjustments are easily accessible from a seated position
- Angled seat and unique pivot location encourage full hamstring contraction
- Adjustable thigh pad provides stabilization during exercise
- Thumb-switch controls allow easy adjustments

PRONE LEG CURL G7-S73

- Contoured elbow pads enhance stabilization and comfort
- Divergent pad angle eliminates lower-back stress
- Thumb-switch controls allow easy adjustments





HIP ADDUCTOR G7-S74

- Adjustable start position facilitates increased range of motion
- Foot pegs and contoured knee pads provide user stabilization and support
- Reclined position offers greater lumbar comfort



HIP ABDUCTOR G7-S75

- Adjustable start position facilitates increased range of motion
- Foot pegs and contoured knee pads provide user stabilization and support
- Reclined position offers greater lumbar comfort



CALF EXTENSION G7-S77

- Angled seat position provides greater lumbar support
- Range-of-motion adjustment accommodates a variety of users and start positions
- Thumb-switch controls allow easy adjustments



GLUTE G7-S78

- 25-degree angle for optimal glute activation
- Adjustable chest pad accommodates a variety of users
- Oversized foot platform bolsters stability

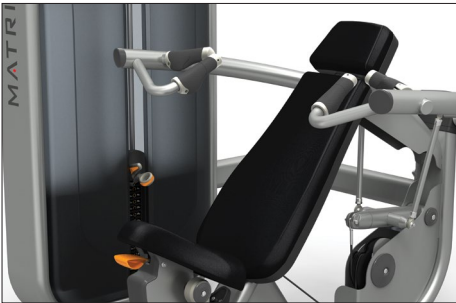


ULTRA SINGLE-STATION	PRODUCT DIMENSIONS*						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
G7-S12 Pectoral Fly	118.7	167.1	138.4	46.7	65.8	54.5	260	573	109	240
G7-S13 Converging Chest Press	149.9	146.2	129.6	59	57.6	51	297	656	109	240
G7-S21 Lateral Raise	106.5	145.2	129.6	41.9	57.2	51	277	610	91	200
G7-S23 Converging Shoulder Press	166.5	144.5	165.3	65.6	56.9	65.1	375	827	109	240
G7-S33 Diverging Lat Pulldown	154.9	151.9	196.8	61	59.8	77.5	398	878	109	240
G7-S34 Diverging Seated Row	158.1	142.8	129.6	62.3	56.2	51	311	685	109	240
G7-S40 Independent Biceps Curl	137.7	159.6	129.6	54.2	62.8	51	251	554	91	200
G7-S42 Triceps Press	155.4	106.8	129.6	61.2	42.1	51	307	675	109	240
G7-S51 Abdominal Crunch	132.4	119.6	147.7	52.1	47.1	58.1	259	571	109	240
G7-S52 Back Extension	145.2	119.7	129.6	57.2	47.1	51	283	623	109	240
G7-S55 Rotary Torso	114.1	122.1	139	44.9	48.1	54.7	243	537	91	200
G7-S70 Leg Press	206.4	110.5	152.1	81.2	43.5	59.9	404	891	181	400
G7-S71 Leg Extension	155	120.3	129.6	61	47.3	51	293	646	109	240
G7-S72 Seated Leg Curl	149.2	118.6	129.6	58.7	46.7	51	302	666	91	200
G7-S73 Prone Leg Curl	173.2	110.5	129.6	68.2	43.5	51	264	581	91	200
G7-S74 Hip Adductor	172.4	164.1	129.6	67.9	64.6	51	271	598	109	240
G7-S75 Hip Abductor	172.4	128.5	129.6	67.9	50.6	51	271	598	109	240
G7-S77 Calf Extension	149.2	113.7	149.6	58.7	44.8	58.9	261	575	181	400
G7-S78 Glute	203.6	96.5	136.9	80.2	38	53.9	227	501	63.5	140

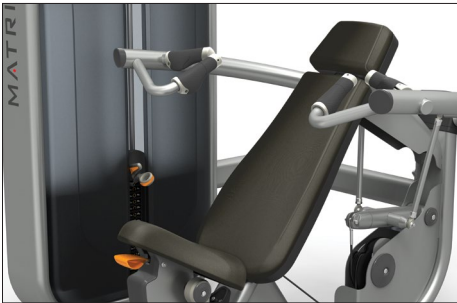
* Dimensions listed are maximum in-use dimensions.

ULTRA STANDARD FRAME AND UPHOLSTERY COLORS

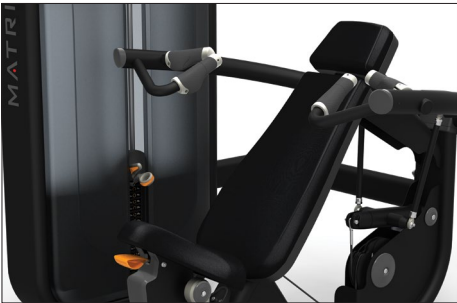
Iced Silver frames
Obsidian Black – Upholstery



Graphite Gray – Upholstery



Matte Black frames
Obsidian Black – Upholstery



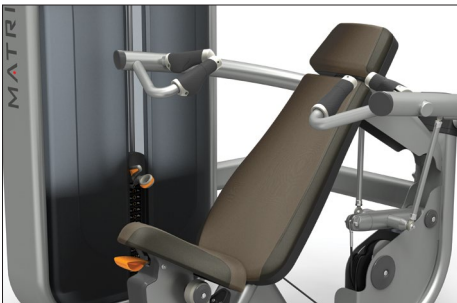
Graphite Gray – Upholstery



Clay Red – Upholstery



Alloy Gray / Graphite Gray – Upholstery



Clay Red – Upholstery



Alloy Gray / Graphite Gray – Upholstery



Slate Blue – Upholstery



Alloy Gray / Hazelnut – Upholstery



Slate Blue – Upholstery



Alloy Gray / Hazelnut – Upholstery



NOTE: All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog. Actual product colors may vary from what is shown here.

VERSA

THE POWER OF CHOICE IN STRENGTH TRAINING

The Versa Series offers a wide range of options — like standard or heavy weight stacks and optional foot support kits — so you can assemble a collection just right for your space, members and budget. Count on the Versa Series for a mix of advanced biomechanics and smart options that will bring your vision of fitness to life.





VERSA SERIES

Exercise Placards – 1

Easy-to-read reference cards highlight targeted muscle groups and proper machine use.

Converging/Diverging Motion – 2

Encourages a natural path of motion to enhance comfort.

Incremental Weights – 3

Easy to access and reference from the seated position.

Action Specific Grips – 4

Ergonomically designed to reduce stress on contact points while enhancing feel and form (Versa+ package).

Electronic Rep Counter – 5

Tracks reps, activity time and rest time for a streamlined workout experience (Versa+ package).

Gas-assisted Seat Adjustment – 6

Offers smooth, instant adjustment, with a 4-bar linkage for increased stability (Versa+ package).



VERSA OPTIONS

Versa+ (shown throughout brochure)

Comes standard with:

- Action Specific Grips
- Gas-assisted Seat Adjustment
- Electronic Rep Counter/Timer
- Decorative Top Wing
- Ergonomic Adjustment Handles
- Heavy Weight Stack
- Incremental Weight

Weight Stack

- Choose between Standard and Heavy Weight Stack

Optional Foot Support Kit

Available on:

- Converging Chest Press
- Converging Shoulder Press
- Biceps Curl
- Back Extension



CONVERGING CHEST PRESS VS-S13

- Independent converging movement provides a natural path of motion
- Designed for easy entry and exit
- Adjustable start position facilitates increased range of motion



CONVERGING SHOULDER PRESS VS-S23

- Independent converging movement provides a natural path of motion
- Dual-position hand grips allow for greater training variety
- Counterbalanced pressing arms provide optimal starting resistance



DIVERGING LAT PULLDOWN VS-S33

- Independent diverging movement provides a natural path of motion
- Angled seat encourages proper user position
- Thigh pad easily adjusts for stability and comfort



DIVERGING SEATED ROW VS-S34

- Independent cable movement provides a user-defined path of motion and exercise variety
- Adjustable chest pad accommodates users of all sizes
- Rotating grips provide maximum comfort and ergonomic hand positioning throughout the range of motion



BICEPS CURL VS-S40

- Arm pad is angled for stability and limits unwanted shoulder movement during exercise
- Optimized pivot location creates biomechanically correct range of motion



TRICEPS PRESS VS-S42

- Rotating handles adapt to users of all sizes
- Angled back pad reduces stress, improves stabilization and enhances comfort



BACK EXTENSION VS-S52

- Multi-position foot placement accommodates a variety of users
- Contoured back pad enhances comfort



ABDOMINAL VS-S53

- 3-position design trains abdominals and obliques for added exercise variety and core rotation
- Ergonomic back pad improves range of motion and enhances comfort



LEG PRESS / CALF PRESS VS-S70

- One-handed start adjustment for ease of use
- Gas-assisted foot platform provides smoother adjustments
- Assistance handle and low step-over height offer easy access
- Foot plate identifies user foot position with unique visual indicators



LEG EXTENSION VS-S71

- Angled seat and back pads encourage full quadriceps contraction
- Self-adjusting tibia pad enhances comfort
- Pivot location is clearly marked to encourage correct alignment
- Back pad ratchets forward for easy adjustment from seated position



SEATED LEG CURL VS-S72

- Angled seat and unique pivot location encourage full hamstring contraction
- Tibia pad and range-of-motion adjustments are easily accessible from seated position
- Back pad ratchets forward for easy adjustment from seated position
- Adjustable thigh pad provides stabilization during exercise



GLUTE VS-S78

- Adjustable chest pad accommodates users of all sizes
- Low step-height stabilization platform allows for ease of use
- Upright user position, contoured elbow pads and large foot pad enhance comfort

VERSA DUALS

MORE FUNCTION, LESS SPACE

The expanded versatility of our dual stations makes it easy to create a weight-training collection just right for your space, your budget and the people you serve. By mixing and matching a range of our two-in-one stations, you can make the most of your floor space while providing a complete strength training experience. Intuitive adjustment, incremental weight control and clearly illustrated placards make it easy for users of all ability levels to smoothly transition from one exercise to the next, while ergonomic design adds comfort to every workout. Choose from eight dual-station units, customize with weight stack options or our premium Versa+ package, and complete your offering with more Versa single-station units.





MULTI-PRESS VS-S131

- Designed for easy entry and exit
- Dual-position hand grips allow for greater training variety
- Elevated foot rests provide stability and comfort during heavy lifts
- Reclined position offers greater lumbar support
- Smoothly transition between exercises with one simple adjustment
- Clearly indicated adjustments for ease of use



PECTORAL FLY / REAR DELT VS-S22

- Comfortable, oversized grips accommodate users of all sizes
- Forward-facing user position enhances comfort and ease of use
- Wide motion for improved biomechanics and dual function



LAT PULLDOWN / SEATED ROW VS-S331

- Thigh pad easily adjusts to provide stability and comfort
- Elevated foot rests provide stability and comfort during heavy lifts
- Stainless-steel cable guides provide added protection for lasting durability
- Clearly indicated adjustments for ease of use



BICEP / TRICEP VS-S401

- Compact design minimizes floor space
- Stainless-steel cable guides provide added protection for lasting durability
- Foot platform provides stability



AB / LOW BACK VS-S531

- Angled seat and lumbar pad enhance user comfort
- Multi-position foot placement accommodates a variety of users
- Low handle positions offer easy entry and exit and provide stability
- Clearly indicated adjustments for ease of use



CHIN / DIP ASSIST VS-S601

- Multi-position pull-up handles for greater exercise variety
- Ideally angled dip grips encourage proper wrist placement and muscle variation
- Gas-assisted knee platform folds up for unassisted bodyweight exercises and training variety
- Large, textured foot platforms provide easy entry and exit
- Knee platform features a protective top pad for added training security
- Conveniently located adjustment point provides user with a hard stop to prevent disengagement
- Clearly indicated adjustments for ease of use



LEG EXTENSION / LEG CURL VS-S711

- Angled pads and ideal pivot location promote full muscle contraction and alignment for both exercises
- Dual-action CAM enables a smooth transition between exercises
- Adjustments are easily performed in the seated position
- Back pad ratchets forward for easy adjustment from the seated position
- Clearly indicated adjustments for ease of use



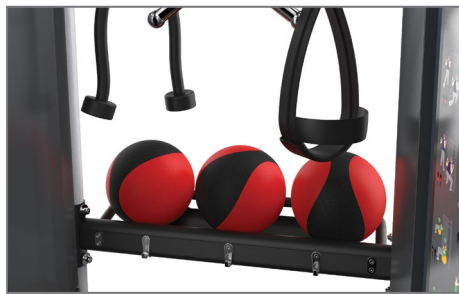
HIP ADDUCTOR / ABDUCTOR VS-S74

- Dual-function machine saves space and increases functionality
- Reclined position provides greater lumbar support
- Clearly indicated adjustments allow for ease of use

VERSA FUNCTIONAL TRAINER

SPACE- SAVING VERSATILITY

The smart design of our functional trainer provides a remarkable range of exercise options in a space-saving footprint. Incremental weight adjustment and a 1:2 pulley ratio make it easy to control exercise intensity and create progressions right for everyone from deconditioned users to elite athletes. Everything about our functional trainer — from the multi-grip pull-up bar to the color-coded adjustment points to the professionally illustrated exercise placards — offers intuitive operation for users and trainers alike. Optional storage makes it easy to organize and stow accessories for instant access, and the completely enclosed design protects the unit's moving parts while creating a solid, cohesive aesthetic on your floor.

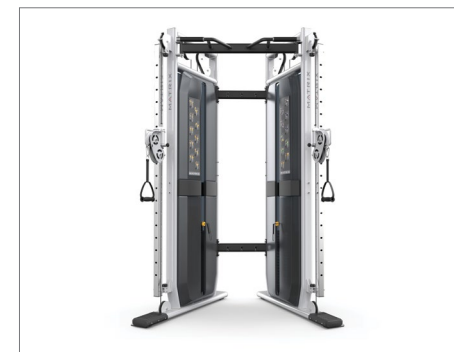


ACCESSORY STORAGE





VS-VFT-S18



FUNCTIONAL TRAINER VS-VFT-S30

- Multi-position pull-up handles for greater exercise variety
- Fully enclosed weight stacks protect the machine's internal components
- Enhanced placards highlight targeted muscle groups and proper user positioning for a wide range of exercises
- 1:2 pulley ratio provides smooth operation
- One-handed pulley adjustment offers easy operation
- Frame guards protect against chips and scratches

- Clearly indicated adjustments for ease of use
- Compact design accommodates placement in spaces with ceilings as low as 2.4 m / 8'
- 76 cm / 30" connection provides ample storage for functional training accessories
- Standard effective resistance 34 kg / 75 lbs. (per side)
- Also available: VS-VFT-S18 Functional Trainer with 46 cm / 18" connection to accommodate optional training handles

- Optional: VS-VFT60 heavy stack for added 13.6 kg / 30 lbs. of resistance per side for 47.6 kg / 105 lbs. effective resistance
- Optional accessory: VS-FTHP handle package includes four training handles (v-bar, curl bar, ropes, ankle strap)
- Optional: VS-FTIW 2.2 kg / 5 lb. increment weight

* Accessories not included.

VERSA PLUS SINGLE-STATION	PRODUCT DIMENSIONS*						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
VS-S13P Converging Chest Press	139.3	134.7	167.1	54.9	53	65.8	265	584	104	230
VS-S23P Converging Shoulder Press	171	143.7	203.6	67.3	56.6	80.1	269	591	104	230
VS-S33P Diverging Lat Pulldown	155.4	150.1	187.9	61.2	59.1	74	272	599	104	230
VS-S34P Diverging Seated Row	137.8	99.4	167.1	54.2	39.1	65.8	231	509	104	230
VS-S40P Biceps Curl	121.8	127	167.1	48	50	65.8	256	564	91	200
VS-S42P Triceps Press	157.7	107.5	167.1	62.1	42.3	65.8	262	577	104	230
VS-S52P Back Extension	133.5	126.4	167.1	52.6	49.8	65.8	244	537	104	230
VS-S53P Abdominal	136.6	141.4	167.1	53.8	55.7	65.8	216	476	104	230
VS-S70P Leg Press	232.4	102.4	167.1	91.5	40.3	65.8	301	662	188	415
VS-S71P Leg Extension	183.5	128.9	167.1	72.3	50.7	65.8	236	520	104	230
VS-S72P Seated Leg Curl	176.9	113.3	167.1	69.7	44.6	65.8	264	581	91	200
VS-S78P Glute	177.8	99.9	167.1	70	39.3	65.8	188	414	68	150
VS-S131P Multi-Press	154.3	157.2	199.9	60.7	61.9	78.7	268	590	104	230
VS-S22P Pectoral Fly / Rear Delt	150.5	169	167.1	59.2	66.5	65.8	216	475	91	200
VS-S331P Lat Pulldown / Seated Row	180.5	157.9	226.3	71.1	62.2	89.1	278	613	104	230
VS-S401P Bicep / Tricep	166.6	124.7	226.2	65.6	49.1	89.1	237	522	91	200
VS-S531P Abdominal / Back Extension	132.2	131.5	167.1	52.1	51.8	65.8	263	579	104	230
VS-S601P Chin / Dip Assist	142.8	152.8	219.7	56.2	60.2	86.5	307	676	93	205
VS-S711P Leg Extension / Leg Curl	177.6	118.3	167.1	69.9	46.6	65.8	283	624	104	230
VS-S74P Hip Adductor / Abductor	169.6	159.1	167.1	66.8	62.6	65.8	242	533	104	230

VERSA HEAVY SINGLE-STATION	PRODUCT DIMENSIONS*						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
VS-S13H Converging Chest Press	139.3	134.7	160.8	54.9	53	63.3	262	578	104	230
VS-S23H Converging Shoulder Press	171	143.7	203.6	67.3	56.6	80.1	266	585	104	230
VS-S33H Diverging Lat Pulldown	155.4	150.1	187.9	61.2	59.1	74	269	593	104	230
VS-S34H Diverging Seated Row	137.8	99.4	160.8	54.2	39.1	63.3	228	503	104	230
VS-S40H Biceps Curl	121.8	127	160.8	48	50	63.3	253	558	91	200
VS-S42H Triceps Press	157.7	107.5	160.8	62.1	42.3	63.3	259	571	104	230
VS-S52H Back Extension	133.5	126.4	167.1	52.6	49.8	65.8	241	531	104	230
VS-S53H Abdominal	136.6	141.4	167.1	53.8	55.7	65.8	213	470	104	230
VS-S70 Leg Press	232.4	102.4	160.8	91.5	40.3	63.3	298	656	188**	415**
VS-S71H Leg Extension	183.5	128.9	160.8	72.3	50.7	63.3	233	514	104	230
VS-S72H Seated Leg Curl	176.9	113.3	160.8	69.7	44.6	63.3	261	575	91	200
VS-S78 Glute	177.8	99.9	160.8	70	39.3	63.3	185	409	68**	150**
VS-S131H Multi-Press	154.3	157.2	199.9	60.7	61.9	78.7	265	584	72.6	160
VS-S22H Pectoral Fly / Rear Delt	150.5	169	160.8	59.2	66.5	63.3	213	469	91	200
VS-S331H Lat Pulldown / Seated Row	180.5	157.9	226.3	71.1	62.2	89.1	275	607	104	230
VS-S401H Bicep / Tricep	166.6	124.7	226.2	65.6	49.1	89.1	234	516	91	200
VS-S531H Abdominal / Back Extension	132.2	131.5	160.8	52.1	51.8	63.3	260	573	104	230
VS-S601 Chin / Dip Assist	142.8	152.8	219.7	56.2	60.2	86.5	304	670	93**	205**
VS-S711H Leg Extension / Leg Curl	177.6	118.3	160.8	69.9	46.6	63.3	280	618	104	230
VS-S74H Hip Adductor / Abductor	169.6	159.1	160.8	66.8	62.6	63.3	239	527	104	230

VERSA STANDARD SINGLE-STATION	PRODUCT DIMENSIONS*						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
VS-S13 Converging Chest Press	139.3	134.7	160.8	54.9	53	63.3	231	509	72.6	160
VS-S23 Converging Shoulder Press	171	143.7	203.6	67.3	56.6	80.1	234	516	72.6	160
VS-S33 Diverging Lat Pulldown	155.4	150.1	187.9	61.2	59.1	74	238	524	72.6	160
VS-S34 Diverging Seated Row	137.8	99.4	160.8	54.2	39.1	63.3	197	433	72.6	160
VS-S40 Biceps Curl	121.8	127	160.8	48	50	63.3	222	489	68	150
VS-S42 Triceps Press	157.7	107.5	160.8	62.1	42.3	63.3	228	502	72.6	160
VS-S52 Back Extension	133.5	126.4	167.1	52.6	49.8	65.8	241	531	72.6	160
VS-S53 Abdominal	136.6	141.4	167.1	53.8	55.7	65.8	213	470	72.6	160
VS-S70 Leg Press	232.4	102.4	160.8	91.5	40.3	63.3	298	656	188	415
VS-S71 Leg Extension	183.5	128.9	160.8	72.3	50.7	63.3	202	444	72.6	160
VS-S72 Seated Leg Curl	176.9	113.3	160.8	69.7	44.6	63.3	239	526	68	150
VS-S78 Glute	177.8	99.9	160.8	70	39.3	63.3	185	408	68	150
VS-S131 Multi-Press	154.3	157.2	199.9	60.7	61.9	78.7	233	514	72.6	160
VS-S22 Pectoral Fly / Rear Delt	150.5	169	160.8	59.2	66.5	63.3	190	419	68	150
VS-S331 Lat Pulldown / Seated Row	180.5	157.9	226.3	71.1	62.2	89.1	243	537	72.6	160
VS-S401 Bicep / Tricep	166.6	124.7	226.2	65.6	49.1	89.1	211	466	68.0	150
VS-S531 Abdominal / Back Extension	132.2	131.5	160.8	52.1	51.8	63.3	228	503	72.6	160
VS-S601 Chin / Dip Assist	142.8	152.8	219.7	56.2	60.2	86.5	304	670	93	205
VS-S711 Leg Extension / Leg Curl	177.6	118.3	160.8	69.9	46.6	63.3	248	548	72.6	160
VS-S74 Hip Adductor / Abductor	169.6	159.1	160.8	66.8	62.6	63.3	208	458	72.6	160

VERSA MULTI-STATION	PRODUCT DIMENSIONS*						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
VS-VFT-S18 Functional Trainer	111.8	160.0	237.6	44.0	63	93.5	355	782	68	150
VS-VFT-S30 Functional Trainer	122.7	145.8	237.6	48.3	57.4	93.5	369	814	68	150

VERSA HEAVY MULTI-STATION (VS-VFT60)	PRODUCT DIMENSIONS*						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
VS-VFT-S18 + VS-VFT60 Functional Trainer	111.8	160.0	237.6	44.0	63	93.5	409	902	95.5	210
VS-VFT-S30 + VS-VFT60 Functional Trainer	122.7	145.8	237.6	48.3	57.4	93.5	424	934	95.5	210

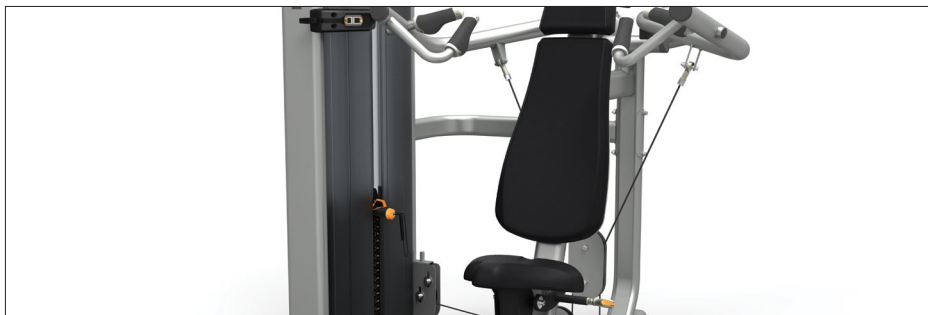
* Dimensions listed are maximum in-use dimensions.

** There are three models with only one standard weight stack option: – Glute (68 kg / 150 lbs.), Leg Press (188 kg / 415 lbs.), Chin / Dip Assist (93 kg / 205 lbs.)

VERSA STANDARD FRAME AND UPHOLSTERY COLORS

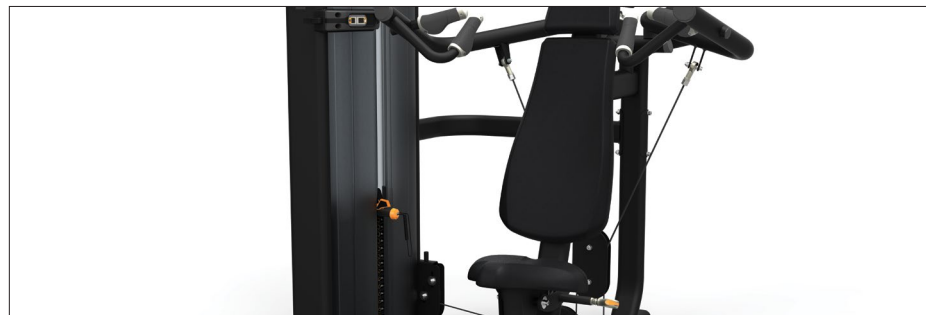
Iced Silver frames

Obsidian Black – Upholstery



Matte Black frames

Obsidian Black – Upholstery



Clay Red – Upholstery



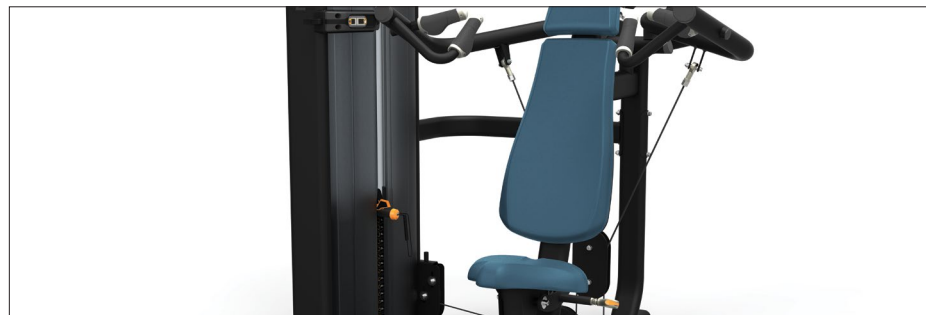
Clay Red – Upholstery



Slate Blue – Upholstery



Slate Blue – Upholstery



NOTE: All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog. Actual product colors may vary from what is shown here.

AURA

THE STANDARD IN PERFORMANCE AND DESIGN

A superior blend of features and sophistication, the Aura Series appeals to fitness enthusiasts of all kinds. Independent converging and diverging motions on select units provide a natural resistance movement that feels smooth and natural. Ergo Form cushions ensure proper body alignment and support while introducing an extra touch of style. In addition to offering a unique aesthetic distinction that attracts users, our round-tube construction with automotive-quality powder-coat finish provides lasting strength and durability.





AURA SERIES

Frame and Finish – 1

Attractive round-tube construction provides unmatched strength, and automotive-quality finish is highly resistant to chips and scratches.

Bottle and Towel Holder – 2

Conveniently positioned to prevent spills and clutter on your floor.

Exercise Placards – 3

Easy-to-read reference cards highlight targeted muscle groups and proper machine use.

Ergo Form Cushions – 4

Uniquely attractive design ensures proper body alignment and support.

Incremental Weights – 5

Easy to access and reference from the seated position.

Converging/Diverging Motion – 6

Encourages a natural path of motion to enhance comfort.

* Weight plates, Olympic bars and dumbbells are not included.





CHEST PRESS G3-S10

- Adjustable pressing arm allows users to determine their own range of motion
- Oversized, dual-position hand grips provide greater comfort and variety



PECTORAL FLY G3-S12

- Dual hand grips accommodate users of all sizes
- Independent arm action ensures more balanced exercise by not allowing the dominant side to control the exercise
- Adjustable starting position allows for greater range of motion



CONVERGING CHEST PRESS G3-S13

- Independent converging movement provides a natural path of motion
- Dual hand-grip positions provide greater training variety
- Designed for easy entry and exit



SHOULDER PRESS G3-S20

- Pressing arm includes both bar and neutral grips for user's individual preferences or anatomical limitations
- Oversized hand grips provide greater comfort and variety
- Counterbalanced pressing arm provides optimal starting resistance



LATERAL RAISE G3-S21

- Full back pad enhances user position, comfort and support
- Independent arm action ensures balanced exercise
- Handles pivot to accommodate users of all sizes



REAR DELT / FLY G3-S22

- User arms pivot to accommodate individual forearm lengths and varying paths of motion
- Optimized handle positions reduce the need to adjust the seat position between rear deltoid and fly exercises



CONVERGING SHOULDER PRESS G3-S23

- Independent converging movement provides a natural path of motion
- Pressing arm includes both standard and neutral grips for user preference
- Oversized hand grips provide greater comfort and variety
- Counterbalanced pressing arm provides optimal starting resistance



LAT PULLDOWN G3-S30

- Thigh pads easily adjust to provide both stability and comfort
- Straight bar with angled ends ensures correct arm and wrist position throughout the entire range of motion



SEATED ROW G3-S31

- Multiple grips offer greater exercise variety to train the mid- and upper-back muscles
- Optimized pivot location creates a biomechanically correct arc of motion



DIVERGING LAT PULLDOWN G3-S33

- Independent diverging movement provides a natural path of motion
- Angled seat cues optimal user position
- Thigh pads easily adjust to provide both stability and comfort



DIVERGING SEATED ROW G3-S34

- Independent diverging movement provides a natural path of motion
- Dual-position hand grips provide greater training variety



ARM CURL G3-S40

- Arm pad is angled for stability and limits unwanted shoulder movement during exercise
- Optimized pivot location creates a biomechanically correct range of motion
- Angled hand grips ensure optimal wrist position



TRICEPS PRESS G3-S42

- Rotating handles adapt to users of all sizes
- Over-molded grips ensure a secure, non-slip feel
- Angled back pad reduces stress, improves stabilization and enhances comfort



TRICEPS EXTENSION G3-S45

- Seat and upper-arm pads are angled to enhance user stability during exercise
- Handle pivots adjust for varying forearm lengths
- Optimized pivot location creates a biomechanically correct range of motion



ABDOMINAL G3-S50

- Hand grips and contoured-edge chest pad enhance comfort
- Adjustable resistance arm allows users to determine their own starting positions



ABDOMINAL CRUNCH G3-S51

- Dual axis of rotation enhances user feel for a natural crunch movement and muscle contraction
- Seat and handle positions enhance user stability



BACK EXTENSION G3-S52

- Adjustable nonskid footrests provide secure and proper positioning
- Pivot position coordinates the function of hip and lower-back muscles
- Lower-back reference pad encourages proper user alignment



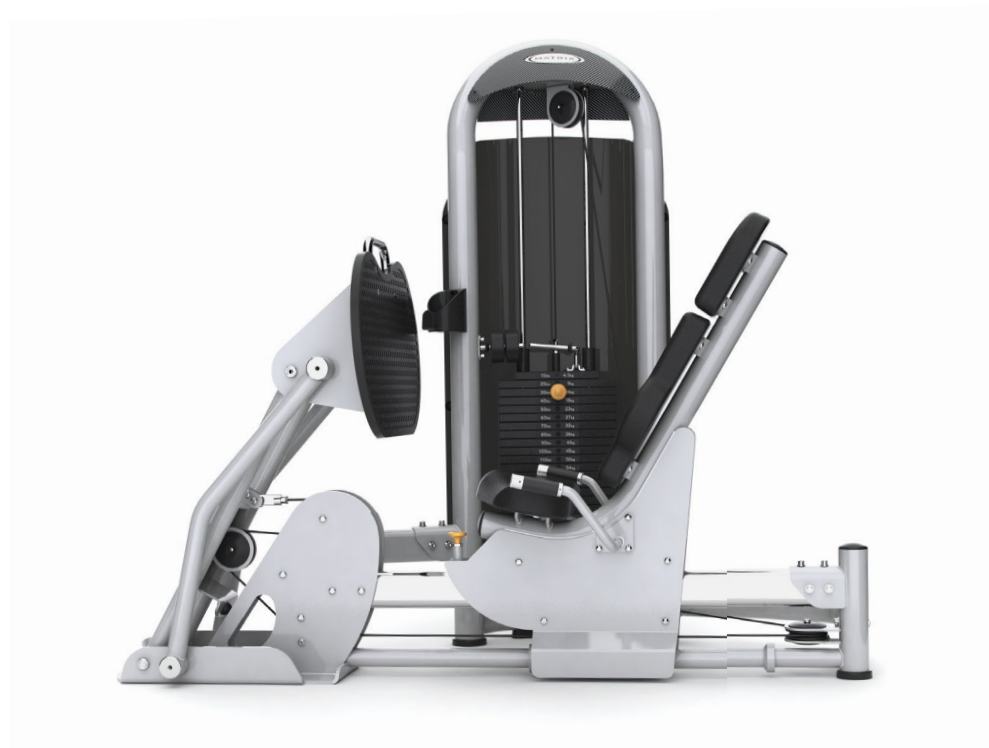
ROTARY TORSO G3-S55

- Unique design reinforces proper user positioning
- Range of motion is adjustable in 10-degree increments
- Foot bar helps users of all sizes achieve proper stabilization



DIP / CHIN ASSIST G3-S60

- Rotating dip handles adapt to users of all sizes
- Pull-up bar offers both standard and neutral grips for individual preference
- Steps allow easy entry and exit
- 2 sets of pull-up grips allow users of all heights a full range of motion



LEG PRESS G3-S70

- 4-bar linkage enhances alignment and provides variable resistance
- Large nonskid footplate accommodates users of all sizes



LEG EXTENSION G3-S71

- Angled seat and back pads encourage full quadriceps contraction
- Adjustable start position facilitates increased range of motion
- Self-adjusting tibia pad enhances comfort
- Pivot location is clearly marked to encourage correct alignment



SEATED LEG CURL G3-S72

- Seat, back and tibia pads adjust without affecting knee alignment or start-position angle
- Adjustable start position facilitates increased range of motion
- Pivot location is clearly marked to encourage correct alignment

PRONE LEG CURL G3-S73

- Divergent pad angle eliminates lower-back stress
- Standard range of motion adjusts for individual preference
- Pivot location is clearly marked to encourage correct alignment





HIP ADDUCTOR G3-S74

- Knee pads and dual footrests provide leg support and enhanced comfort
- Weight stack positioned in front of the user acts as a shield, providing some privacy



HIP ABDUCTOR G3-S75

- Knee pads and dual footrests provide leg support to eliminate unwanted torque around the knee
- Weight stack positioned in front of the user acts as a shield, providing some privacy



ROTARY HIP G3-S76

- Hip exercises performed from standing position enhance alignment and increase target muscle involvement
- Adjustable carriage allows users of varying heights to achieve optimal positioning
- Starting positions are incremental at 15-degree intervals through 270 degrees of rotation



CALF PRESS G3-S77

- Force is transmitted through hips to eliminate spinal compression
- Footplates are curved for comfortable positioning and a full range of motion
- Fully enclosed linear bearings provide smooth, quiet motion

FUNCTIONAL TRAINER G3-MSFT300 / G3-MSFT400

- 1:4 pulley ratio offers low starting resistance and high-speed movements
- Available with 132-kg / 290-lb. or 177-kg / 390-lb. stacks
- Standard swiveling accessory station includes 10 attachments
- Multi-grip-position pull-up handles with unique rock-climbing attachment
- Integrated fold-away step offers easy access
- G3-MSFT300 effective resistance: 32.9-kg / 72.5-lbs. (per side)
- G3-MSFT400 effective resistance: 44.2-kg / 97.5-lbs. (per side)





Flanged pulley housing

ADJUSTABLE CABLE CROSSOVER G3-MS20

- Widely spaced, dual-adjustable pulleys offer exercise variety
- Pull-up bar with both lat and neutral grips provide hand placement options
- One-handed adjustment makes operation easy
- Flanged pulley housing minimizes cable wear and increases durability
- 1:2 pulley ratio provides smooth operation





ADJUSTABLE PULLEY G3-MS24

- Single-handed height adjustment offers easy use
- 1:2 pulley ratio provides smooth movement and smaller incremental weight changes
- Balance bar adds support during exercise
- Includes water bottle holder and towel hook
- Modular design is easily customized to your space



LAT PULLDOWN G3-MS51

- Two independent cables add training variety
- Pivoting knee pad allows for quick and easy adjustments
- Wide contoured seat enhances comfort
- Includes water bottle holder and towel hook
- Modular design is easily customized to your space

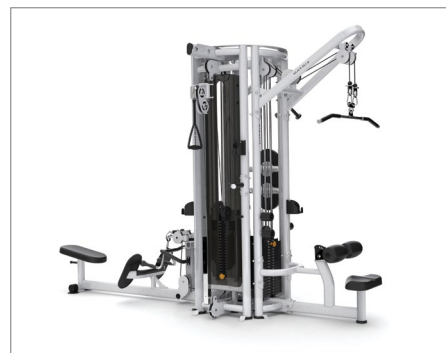


TRICEPS PRESSDOWN G3-MS52

- Swiveling top pulley enhances durability
- 1:1 pulley ratio allows for heavy training
- Additional stability pad enhances comfort
- Includes water bottle holder and towel hook
- Modular design is easily customized to your space

SAMPLE CONFIGURATIONS UTILIZING THE FOUR COMPONENT STATIONS

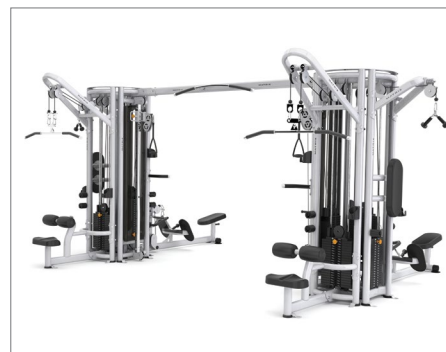
4-stack Multi-station



5-stack Multi-station



8-stack Multi-station

**LOW ROW** G3-MS53

- Two independent cables offer training variety
- 1:1 pulley ratio allows for heavy training
- Two large foot platforms and oversized seat accommodate users of all sizes
- Includes water bottle holder and towel hook
- Modular design is easily customized to your space





SQUAT RACK G3-FW72

- 6 racking positions accommodate all users
- Takeoffs are positioned 15 cm / 6" apart to allow easy removal and re-racking of the bar
- Fixed side frames are positioned at a height of 84 cm / 33"
- 6 standard weight horns hold multiple weight-plate sizes



POWER STATION G3-FW73

- 8 racking positions accommodate users for any type of lift
- Adjustable bar stop allows positioning from 78 cm to 122 cm / 30.5" to 48"
- Fixed side frame is positioned at 51 cm / 20" for Olympic lifts
- Integrated pull-up bar increases functionality
- 6 standard weight horns hold multiple weight-plate sizes



OLYMPIC FLAT BENCH G3-FW13

- Multiple weight takeoff points are spread 15 cm / 6" apart
- Standard weight storage keeps weight plates in close proximity and spaced to accommodate large plates



OLYMPIC INCLINE BENCH G3-FW14

- Bench is angled 30 degrees to emphasize upper pectorals
- Adjustable seat allows fine-tuning of the exercise position
- Standard weight storage keeps weight plates in close proximity and spaced to accommodate large plates



OLYMPIC DECLINE BENCH G3-FW15

- Bench is angled 15 degrees for effective muscle stimulation
- 2 takeoff positions provide adaptability for users with varying arm lengths
- Tibia adjuster allows for near-infinite adjustment positions and is spaced to accommodate large plates



PREACHER CURL G3-FW40

- Elbow pad is angled 55 degrees to vary resistance and improve user comfort
- Seat pad is angled 10 degrees to enhance stability and comfort



BACK EXTENSION BENCH G3-FW52

- Bench is angled 45 degrees for easy entry and exit, making it ideal for lower-back exercise
- 9 positions provide 24 cm / 9.5" of adjustment for users of most heights
- Footrests incorporate lower-leg pads for stability and comfort



MULTI-ADJUSTABLE BENCH G3-FW80

- Space-saving design allows a flat and an incline bench in one piece
- Seat pad adjusts from 0 to 30 degrees, while back pad adjusts from -5 to 85 degrees
- Integrated wheels and handle simplify movement around facility



FLAT BENCH G3-FW81

- Bench has 3-point contact for improved leveling
- Integrated foot supports enhance user stability
- Integrated wheels simplify movement around facility



ADJUSTABLE BENCH G3-FW82

- Space-saving design allows a flat and an incline bench in one piece
- Back pad adjusts from 0 to 70 degrees
- Integrated wheels and handle simplify movement around facility



ADJUSTABLE DECLINE BENCH G3-FW83

- Bench offers 8 positions of adjustment from 15 to 30 degrees
- Leg pads designed in fixed position allow for easy entry and exit
- Integrated wheels simplify movement around facility



UTILITY BENCH G3-FW84

- Back angle is 85 degrees, improving comfort and stability for overhead movements
- Integrated foot supports increase stability
- Integrated wheels simplify movement around facility



10-PAIR DUMBBELL RACK G3-FW91

- Offset angle prevents wrist strain when removing and replacing dumbbells
- Individual cradles improve racking of dumbbells
- Storage space for 10 pairs of dumbbells up to 45 kg / 100 lbs.
- Also available: 5-pair Dumbbell Rack, G3-FW90 (single tier, not shown)



OLYMPIC WEIGHT TREE G3-FW94

- 9 chrome-plated storage horns accommodate Olympic plates
- Rubber bumpers on horns protect frame finish
- Ergonomic design positions heavier plates further off the ground for easier removal and replacement



BARBELL RACK G3-FW96

- Upright design provides convenience for barbell accessories
- Rack holds 10 barbells, 5 per side
- Chromed pegs provide lasting commercial finish



ACCESSORY RACK G3-FW97

- Facilitates placement of all accessories in one spot for convenience and a clutter-free facility
- Top shelf holds additional accessories



AURA SINGLE-STATION	PRODUCT DIMENSIONS*						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
G3-S10 Chest Press	127	155.9	184.7	50	61.4	72.7	275	607	113	250
G3-S12 Pectoral Fly	113.3	156.8	150.6	44.6	61.7	59.3	246	542	91	200
G3-S13 Converging Chest Press	128.3	155.1	174.8	50.5	61.1	68.8	293	645	113	250
G3-S20 Shoulder Press	152	146.9	150.7	59.8	57.8	59.3	251	553	91	200
G3-S21 Lateral Raise	154.2	152.4	150.6	60.7	60	59.3	271	597	91	200
G3-S22 Rear Delt / Fly	136.8	191.6	204.3	53.9	75.4	80.4	294	648	134	295
G3-S23 Converging Shoulder Press	153.8	149.3	173.6	60.6	58.8	68.4	251	553	91	200
G3-S30 Lat Pulldown	146.4	119.6	221.7	57.6	47.1	87.3	250	551	134	295
G3-S31 Seated Row	151.4	92.1	210.6	59.6	36.3	82.9	273	601	113	250
G3-S33 Diverging Lat Pulldown	146.7	88.4	211.7	57.8	34.8	83.3	237	527	113	250
G3-S34 Diverging Seated Row	154.4	87.9	198.7	60.8	34.6	78.2	259	570	113	250
G3-S40 Arm Curl	122.2	108.6	150.6	48.1	42.8	59.3	228	502	91	200
G3-S42 Triceps Press	158.8	128	173.6	62.5	50.4	68.4	261	575	91	200
G3-S45 Triceps Extension	117.4	108.4	150.6	46.2	42.7	59.3	223	491	91	200
G3-S50 Abdominal	137.0	94.0	150.0	54.0	37.0	59.0	184	405	68	150
G3-S51 Abdominal Crunch	142.8	112.2	150.5	56.2	44.2	59.3	184	405	91	200
G3-S52 Back Extension	157.7	106.5	174.9	62.1	41.9	68.9	277	610	134	295
G3-S55 Rotary Torso	164.2	97	173.7	64.6	38.2	68.4	216	476	91	200
G3-S60 Dip / Chin Assist	117.6	121.8	230.7	46.3	47.9	90.8	229	505	91	200
G3-S70 Leg Press	210.1	124.6	184.6	82.7	49.1	72.7	433	954	175	385
G3-S71 Leg Extension	178.9	109.4	173.6	70.4	43.1	68.4	265	584	113	250
G3-S72 Seated Leg Curl	178.9	109.4	173.6	70.4	43.1	68.4	257	566	113	250
G3-S73 Prone Leg Curl	177.5	111.7	173.6	69.9	44	68.3	272	600	91	200
G3-S74 Hip Adductor	166.6	164.3	150.8	65.6	64.7	59.4	264	582	100	220
G3-S75 Hip Abductor	166.6	107.5	150.8	65.6	42.3	59.4	270	595	100	220
G3-S76 Rotary Hip	111.7	119.7	184.3	44	47.1	72.6	295	650	134	295
G3-S77 Calf Press	173	68.9	150.5	68.1	27.1	59.3	304	670	134	295

AURA MULTI-STATIONS	PRODUCT DIMENSIONS*						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
G3-MSFT300 Functional Trainer	169.2	130.2	234.4	66.6	51.2	92.3	601.0	1324.0	2 X 131	2 X 290
G3-MSFT400 Functional Trainer	169.2	130.2	234.4	66.6	51.2	92.3	697.0	1537.0	2 X 176	2 X 390
G3-MS20 Adjustable Cable Crossover	397.4	90	239.6	156.5	35.4	94.3	399.0	880.0	2 X 91	2 X 200
G3-MS24 Adjustable Pulley	68.0	70.0	240.0	27.0	28.0	94.5	90.0	198.5	91	200
G3-MS51 Lat Pulldown	126.0	120.0	252.0	50.0	47.5	99.5	118.0	261.0	134	295
G3-MS52 Triceps Pressdown	85.0	59.0	240.0	33.5	23.5	94.5	80.5	177.5	91	200
G3-MS53 Low Row	230.0	71.0	240.0	91.0	28.0	94.5	126.0	278.0	134	295
4-stack Multi-station Configuration**	167.8	369.8	252	66.1	145.6	99.2	998.0	2200.0	2 X 91, 2 X 134	2 X 200, 2 X 295
5-stack Multi-station Configuration**	481.5	369.8	251.7	189.6	145.6	99.1	1197.0	2640.0	3 X 91, 2 X 134	3 X 200, 2 X 295
8-stack Multi-station Configuration**	561.3	370.9	251.7	221.0	146.0	99.1	1996.0	4400.0	4 X 91, 4 X 134	4 X 134, 4 X 295

AURA FREE WEIGHTS	PRODUCT DIMENSIONS*						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
G3-FW72 Squat Rack	184.7	160.8	195.6	72.7	63.3	77.0	140	309
G3-FW73 Power Station	184.8	160.5	223.5	72.8	63.2	88.0	177	390
G3-FW13 Olympic Flat Bench	181.0	159.0	127.0	71.0	63.0	50.0	76	168
G3-FW14 Olympic Incline Bench	190.0	159.0	145.0	75.0	63.0	57.0	87	191
G3-FW15 Olympic Decline Bench	211.0	159.0	127.0	83.0	63.0	50.0	90	198
G3-FW40 Preacher Curl Bench	92.7	69.6	89.1	36.5	27.4	35.1	40	88
G3-FW52 Back Extension Bench	122.1	76.4	86.8	48.1	30.1	34.2	61	135
G3-FW80 Multi-adjustable Bench	160.5	68.9	137.2	63.2	27.1	54.0	51	113
G3-FW81 Flat Bench	156.2	68.7	43.0	61.5	27.0	16.9	26	57
G3-FW82 Adjustable Bench	145.0	62.7	63.8	57.1	24.7	25.1	55	120.5
G3-FW83 Adjustable Decline Bench	161.0	60.9	85.1	63.4	24.0	33.5	38	84
G3-FW84 Utility Bench	118.9	75.9	96.2	46.8	29.9	37.9	27	60
G3-FW91 10-pair Dumbbell Rack	281.7	70.7	82.3	110.9	27.8	32.4	130	287
G3-FW90 5-pair Dumbbell Rack	284.0	71.0	81.0	112.0	28.0	32.0	82	181
G3-FW94 Olympic Weight Tree	87.0	56.9	107.7	34.2	22.4	42.4	45	100
G3-FW96 Barbell Rack	138.5	76.9	155.2	54.5	30.3	61.1	83	184
G3-FW97 Accessory Rack	110.0	68.0	111.0	43.0	27.0	44.0	54	120

* Dimensions listed are maximum in-use dimensions.

** NOTE: For the 4-, 5- & 8-stack, the exact product weight and dimensions will depend on configuration

AURA STANDARD FRAME AND UPHOLSTERY COLORS

Iced Silver frames

Obsidian Black – Upholstery



Matte Black frames

Obsidian Black – Upholstery



Clay Red – Upholstery



Clay Red – Upholstery



Slate Blue – Upholstery



Slate Blue – Upholstery



NOTE: All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog. Actual product colors may vary from what is shown here.

MAGNUM

A LEGACY OF PERFORMANCE AND PROVEN DURABILITY

Ideal for helping professional athletes reach their ultimate potential, the Magnum Series provides an unparalleled blend of performance and durability. Simple, exclusive Breaker Benches allow users to get into the start position with less stress on their joints. Other products like Double MEGA Racks pack in the functionality to help you make the most of your floor space. Best of all, everything that carries the Magnum Series name will withstand the most intense training environments.





MAGNUM SERIES

Durable Construction – 1

Built to withstand the rigorous strength training of professional sports teams.

Converging/Diverging Motion – 2

Encourages a natural path of motion to enhance comfort.

Ergonomics and Biomechanics – 3

Designed for comfort while providing a natural, mechanically correct motion.

Color-coded Adjustment Points – 4

Conveniently located and clearly marked for easy use.

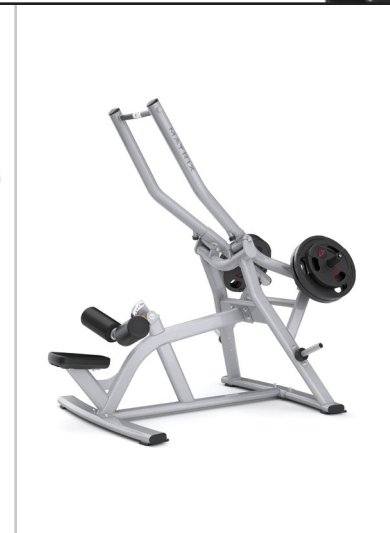
Frame Finish – 5

Automotive-quality finish is highly resistant to chips and scratches.

Variety – 6

A robust selection meets the training needs of virtually any facility.

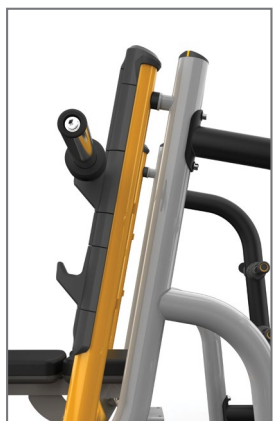
* Weight plates, Olympic bars and dumbbells are not included.



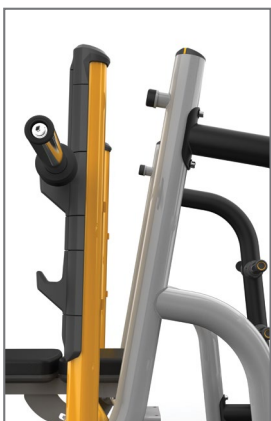
BREAKER BENCHES

EASIER TAKEOFFS

Incredibly beneficial for beginners and professional athletes alike, this exclusive system uses pivoting uprights to place the bar directly over the user. We call them Breaker Benches because they eliminate the need for assistance to break the bar, allowing users to get into the start position with less stress on their joints. Greater comfort, easier takeoffs and increased efficiency add up to a superior solution for all users in resistance training.



Uprights resting in the start position



Uprights pivoted to forward position





BREAKER OLYMPIC FLAT BENCH MG-A678

- Uprights pivot forward into ideal starting position, directly over the user for easy takeoff
- Molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- Wide back pad stabilizes users during heavy lifts
- 10 weight-storage horns (20-kg / 45-lb. plates store at waist height)
- Designed to meet EN957 and ASTM safety standards
- Shown with optional spotter platform (MG-AOSP)



OLYMPIC FLAT BENCH MG-A78

- Molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- Wide back pad stabilizes users during heavy lifts
- 10 weight-storage horns (20-kg / 45-lb. plates store at waist height)
- Designed to meet EN957 and ASTM safety standards
- Shown with optional spotter platform (MG-AOSP)



BREAKER OLYMPIC INCLINE BENCH MG-A679

- Uprights pivot forward into ideal starting position, directly over the user for easy takeoff
- Molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- Wide back pad stabilizes users during heavy lifts
- Ratcheting seat design for ease of use and adjustment
- 10 weight-storage horns (20-kg / 45-lb. plates store at waist height)
- Comes standard with built-in spotter platform
- Designed to meet EN957 and ASTM safety standards



OLYMPIC INCLINE BENCH MG-A79

- Molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- Wide back pad stabilizes users during heavy lifts
- Ratcheting seat design for ease of use and adjustment
- 10 weight-storage horns (20-kg / 45-lb. plates store at waist height)
- Comes standard with built-in spotter platform
- Designed to meet EN957 and ASTM safety standards



BREAKER OLYMPIC DECLINE BENCH MG-A680

- Uprights pivot forward into ideal starting position, directly over the user for easy takeoff
- Molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- 10 weight-storage horns (20-kg / 45-lb. plates store at waist height)
- Wide back pad stabilizes users during heavy lifts
- Designed to meet EN957 and ASTM safety standards
- Knee and ankle pads easily pivot to accommodate all user sizes



OLYMPIC DECLINE BENCH MG-A80

- Molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- 10 weight-storage horns (20-kg / 45-lb. plates store at waist height)
- Wide back pad stabilizes users during heavy lifts
- Designed to meet EN957 and ASTM safety standards
- Knee and ankle pads easily pivot to accommodate all user sizes



BREAKER OLYMPIC SHOULDER BENCH MG-A645

- Uprights pivot forward into ideal starting position, directly over the user for easy takeoff
- Molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- Comes standard with built-in spotter platform
- 10 weight-storage horns (20-kg / 45-lb. plates store at waist height)
- Designed to meet EN957 and ASTM safety standards



OLYMPIC SHOULDER BENCH MG-A45

- Front and rear takeoffs connected with bottom stop bar
- Molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- Comes standard with built-in spotter platform
- 10 weight-storage horns (20-kg / 45-lb. plates store at waist height)
- Designed to meet EN957 and ASTM safety standards

3-WAY OLYMPIC BENCH MG-C895

- Molded urethane guards protect Olympic bars from damage, reduce noise and provide a hand rest for spotters
- Flat bench press, incline press and shoulder press can all be performed with simple adjustments
- Easy-to-use seat automatically moves into proper position when back is adjusted
- 10 weight-storage horns hold over 454 kg / 1000 lbs. of Olympic plates
- Designed to meet EN957 and ASTM safety standards





MULTI-ADJUSTABLE BENCH MG-A85

- Seat automatically adjusts with the back pad for ease of use
- Adjustable back pad with 5 positions from 0 to 80 degrees
- Wide back pad stabilizes users during heavy lifts
- Molded guards protect high wear / scuff areas
- Drop-away handle and integrated wheels simplify movement within facility



MULTI-ADJUSTABLE BENCH MG-A82

- Seat automatically adjusts with the back pad for ease of use
- Adjustable back pad with 8 positions from 0 to 75 degrees
- Wide back pad stabilizes users during heavy lifts
- Molded guards protect high wear / scuff areas
- Transport handle and integrated wheels simplify movement within facility
- Low 17.8" floor-to-pad height minimizes lower back stress and prevents arching



FLAT BENCH MG-A59

- Single cross leg provides more freedom for users
- Wide back pad stabilizes users during heavy lifts
- Molded guards protect high wear / scuff areas
- Integrated wheels simplify movement within facility



MULTI-ADJUSTABLE BENCH W/ DECLINE MG-A86

- Backrest adjusts into 7 positions — decline: -10 and 2.5 degrees; incline: 17.5, 32, 48, 64.5 and 87.5 degrees
- Wide back pad stabilizes users during heavy lifts
- Molded guards protect high wear / scuff areas
- Leg pads provide added stability
- Integrated wheels simplify movement within facility



UTILITY BENCH MG-A87

- Oversized foot supports provide maximum stability
- Molded guards protect high wear / scuff areas
- Oversized rubber foot platforms provide added stability
- Integrated wheels simplify movement within facility



STANDING ARM CURL MG-A71

- Arm pad height adjusts to accommodate users of all sizes
- Durable extruded guards protect frame and bar
- Utilizing both sides of the machine increases functionality and saves space



PREACHER CURL MG-A62

- Angled, ratcheting seat encourages proper body positioning
- Durable extruded guards protect frame and bar



VKR W/ CHIN MG-A63C

- Oversized round handles enhance comfort on dip
- Angled back support, elbow pads and handles provide added stability and comfort
- Multiple chin grips and rock-climbing grips add exercise variety



ADJUSTABLE DECLINE BENCH MG-A61

- 9 adjustments from 10 to 30 degrees
- Gas-assist for easy adjustment
- Wide back pad stabilizes users during heavy lifts
- Molded guards protect high wear / scuff areas
- Integrated wheels for easy transport



ADJUSTABLE AB BENCH MG-A77

- Adjustable leg pad accommodates all users
- Molded guards protect high wear / scuff areas
- Back support pivots into 6 different positions from 0 to 25 degrees
- Elevated knee position reduces low-back stress



SQUAT RACK MG-A81

- Fixed-bottom stops provide added security
- Molded urethane guards protect Olympic bars from damage and reduce noise
- 4 racking positions and 10 weight-storage horns are standard
- Bottom stops can also be used to hold bar for various exercises



GLUTE HAM BENCH MG-A96

- Step-through design
- Leg pads and oversized footplate can be adjusted while in exercise position
- Gas-assisted leg pad offers easy vertical adjustment
- Handles to perform reverse hyperextensions
- Hooks to attach bands for reverse hyperextensions



BACK EXTENSION BENCH MG-A93

- Large thigh pads and skid-resistant foot platform for enhanced stability
- Handles offer easy entry and exit
- Molded guards protect high wear / scuff areas
- Gas-assist for easy adjustment



BARBELL RACK MG-A68

- Durable extruded guards protect frame and bar
- Horizontal storage for 10 straight or E-Z Curl bars



WEIGHT TREE MG-A67

- 8 chromed weight horns, 3 of which accommodate 20-kg / 45-lb. plates
- Maximum capacity: over 454 kg / 1000 lbs. of Olympic plates
- Rubber bumpers on horns protect frame finish



WEIGHT TREE W/ BAR HOLDERS MG-A67B

- 6 chromed storage horns, 2 of which accommodate 20-kg / 45-lb. plates
- 2 vertical bar holders for Olympic or curl bar storage
- Rubber bumpers on horns protect frame finish



2-TIER DUMBBELL RACK W/ SADDLES

MG-A84

- Storage space for 10 pairs of pro-style dumbbells of any size
- Offset angle prevents wrist strain when removing and replacing dumbbells



3-TIER DUMBBELL RACK W/ SADDLES

MG-A42

- Storage space for 15 pairs of pro-style dumbbells of any size
- Offset angle prevents wrist strain when removing and replacing dumbbells



3-TIER STUDIO DUMBBELL RACK W/ SADDLES

MG-A41

- Storage space for 10 pairs of pro-style dumbbells from 2–20 kg / 5–50 lbs.
- Space-saving design minimizes footprint and utilizes 35% less space than a traditional 2-tier rack
- Cradles hold dumbbells securely in place to prevent rolling pinch hazards
- Offset angle prevents wrist strain when removing and replacing dumbbells
- Evenly spaced shelves provide consistent user interaction and reduce risk of user error



2-TIER FLAT-TRAY DUMBBELL RACK

MG-A696

- 2.4 m / 8' rack holds rubber hex dumbbells weighing
a) 2–22.5 kg / 5–50 lbs. or b) 25–45 kg / 55–100 lbs.
- Also available: 1.8 m / 6', 2-tier flat-tray dumbbell rack (MG-A697)



3-TIER FLAT-TRAY DUMBBELL RACK

MG-A688

- 2.4 m / 8' rack holds rubber hex dumbbells weighing
2–45 kg / 3–100 lbs.
- Also available: 1.8 m / 6', 3-tier flat-tray dumbbell rack (MG-A689)



3-TIER BEAUTY BELL RACK

MG-A44

- Flat-tray beauty bell rack accommodates rubber or urethane dumbbells



STEP-UP PLATFORM W/ HANDLE MG-SUP

- 20 cm / 8" step-up height



SPOTTER PLATFORM MG-AOSP

- Wide-tapered rubber platform provides additional leverage for heavy lifting
- Available as an option on the MG-A78 and MG-A678 Olympic Flat Benches
- Comes standard on the Olympic Incline and Shoulder Press Benches





VERTICAL BENCH PRESS MG-PL12

- Independent converging movement provides a natural path of motion
- Back pad adjusts to alter range of motion and expand training options
- Dual-grip pressing positions offer greater training variety
- Ratcheting seat for easy adjustment
- 4 integrated weight-storage horns



SUPINE BENCH PRESS MG-PL13

- Converging independent arms provide a natural path of motion
- Dual-grip pressing positions offer greater training variety
- 2 integrated weight-storage horns



INCLINE BENCH PRESS MG-PL14

- Independent converging movement provides a natural path of motion
- Back pad adjusts to alter range of motion and expand training options
- Dual-grip pressing positions offer greater training variety
- Ratcheting seat for easy adjustment
- 4 integrated weight-storage horns



VERTICAL DECLINE BENCH PRESS MG-PL15

- Independent converging movement provides a natural path of motion
- Back pad adjusts to alter range of motion and expand training options
- Dual-grip pressing positions offer greater training variety
- Ratcheting seat for easy adjustment
- 4 integrated weight-storage horns



SHOULDER PRESS MG-PL23

- Independent converging movement provides a natural path of motion
- Slightly reclined position reduces lower back strain
- Dual-grip pressing positions offer greater training variety
- Ratcheting seat for easy adjustment
- 4 integrated weight-storage horns



LAT PULLDOWN MG-PL33

- Diverging independent arms provide a natural path of motion
- Easy-to-use thigh-pad adjustment for proper support
- Angled seat cues optimal user position
- 2 integrated weight-storage horns



SEATED ROW MG-PL34

- Diverging independent arms provide a natural path of motion
- Dual-grip positions offer greater training variety
- Two different foot positions accommodate a greater variety of user heights
- Ratcheting seat for easy adjustment
- Integrated weight-storage horn



AB CRUNCH BENCH MG-PL50

- Dual supported pivot for added strength and performance
- Lower step-through height for easy entry and exit
- Dual-action pivot for natural biomechanics
- Angled handles enhance shoulder comfort and feel
- Center tube supports heavier individuals
- Weight horn accommodates 12-kg / 25-lb. plates for advanced users



SMITH MACHINE MG-PL62

- Counter balanced 6.8-kg / 15-lb. bar takeoff for low starting resistance
- Features a 90-degree path of motion adapts to all exercises
- Linear bearings provide a smooth motion
- Non-removable bottom stops add training security
- 6 integrated weight-storage horns hold multiple weight-plate sizes



45-DEGREE LEG PRESS MG-PL70

- Easy-to-use and see racking mechanism
- Adjustable bottom stops provide long or short ranges of motion for all user heights
- Adjustable angle back pad enhances comfort, optimizes hip angles and accommodates a greater range of users
- Assistance handle on platform for easier entry and exit
- Linear bearings for smooth feel and function
- 6 integrated weight-storage horns hold multiple weight-plate sizes



HACK SQUAT MG-PL71

- Large footplate and back pad accommodate users of all sizes
- Spring-loaded take off handles for ease of use and engagement
- Adjustable bottom stops provide long or short ranges of motion for all user heights
- 4 integrated weight-storage horns



STANDING CALF MG-PL76

- Adjustable shoulder pads accommodate users of all sizes
- Angled footplate provides superior grip and improves calf recruitment
- Angled support handles enhance comfort



SEATED CALF MG-PL77

- Seat moves with input arm to maintain alignment
- Curved and angled foot pad improves comfort and calf recruitment
- Quick-release bar catch simplifies operation
- Knee pads adjust for tibia length and range of motion



SQUAT / LUNGE MG-PL79

- Independent lifting arms for balanced exercise and exercise variation
- Multiple hand-grip positions offer greater training variety
- 3 integrated weight-storage horns keep weight plates in close proximity
- 4 user weight horns provide maximal loading for strong users



4-WAY NECK MG-404

- Counterbalanced arm for optimal starting resistance
- Counterweighted pivoting head pads enhance comfort
- Adjustable seat and 4 handles provide comfortable user positioning
- 2 weight-storage horns



REVERSE BACK EXTENSION MG-405

- Adjustable starting point to select desired range of motion
- Leg pad can be locked in forward position to use without resistance
- Dual hand grips provide added variety and comfort
- 2 weight-storage horns





DOUBLE MEGA RACK CONFIGURATION

It doesn't get any bigger than this. Matrix Double MEGA Racks take your training to the max. A combination of two racks and custom connecting elements, the Double MEGA Rack allows you to tailor your equipment to your facility. This flexibility enables you to define your own priorities and get the most out of your investment each and every training day. Plus, the Matrix 7-gauge steel uprights and heavy-duty frames mean the Double MEGA Rack can simultaneously handle your toughest athletes and your most rigorous workouts. Maximize your space and your athletes at the same time with the Double MEGA Rack.

*Shown with optional accessories.



MEGA POWER RACK MG-MR47

- Fully enclosed style offers ideal spotting abilities
- Shown with adjustable safety bars, dual-grip chin bar, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect olympic bars from scratches
- Visual height indicator and colored locking pin make bar-level changes quick and easy
- 3 retractable lower-band pegs on each side (6 total)



MEGA HALF RACK MG-MR690

- Open-front design gives users freedom of movement
- Shown with adjustable safety bars, dual-grip chin bar, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect olympic bars from scratches
- Visual height indicator and colored locking pin make bar-level changes quick and easy
- 3 retractable lower-band pegs on each side (6 total)



MEGA OPEN RACK MG-MR694

- Designed for a variety of lifts — presses, squats, overhead lifts and more
- Shown with adjustable safety bars, dual-grip chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect olympic bars from scratches
- Visual height indicator and colored locking pin make bar-level changes quick and easy
- 3 retractable lower-band pegs on each side (6 total)



MEGA DOUBLE HALF RACK MG-MR691

- Designed for training efficiency
- Shown with 2 sets of adjustable safety bars, dual-grip chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect olympic bars from scratches
- Visual height indicator and colored locking pin make bar-level changes quick and easy
- 3 retractable lower-band pegs on each side per half rack (12 total)



POWER RACK MG-A47

- Fully enclosed style offers ideal spotting abilities
- Shown with adjustable safety bars, chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect olympic bars from scratches
- Visual height indicator and colored locking pin make bar-level changes quick and easy



HALF RACK MG-A690

- Open-front design gives users freedom of movement
- Shown with adjustable safety bars, chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect olympic bars from scratches
- Visual height indicator and colored locking pin make bar-level changes quick and easy



OPEN RACK MG-A694

- Designed for a variety of lifts — presses, squats, overhead lifts and more
- Shown with adjustable safety bars, chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect olympic bars from scratches
- Visual height indicator and colored locking pin make bar-level changes quick and easy



DOUBLE HALF RACK MG-A691

- Designed for training efficiency
- Shown with 2 sets of adjustable safety bars, chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect olympic bars from scratches
- Visual height indicator and colored locking pin make bar-level changes quick and easy



COMBO POWER HALF RACK MG-A47691

- Combined rack design allows for various open- and closed-training environments
- Shown with 2 sets of adjustable safety bars, chin bars, bar storage, band storage and weight storage
- J-hooks made of high-density polyethylene (HDPE) to protect olympic bars from scratches
- Visual height indicator and colored locking pin make bar-level changes quick and easy



RUBBER PLATFORM W/ HARDWOOD INSERT

- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts
- Hardwood center insert provides optimum foot grip and stability during explosive Olympic lifts
- Options available: MEGA Platform w/ Hardwood Insert (MR47P) for use with the MR47; MEGA Platform w/ Hardwood Insert (MR690P) for use with the MR690; MEGA Platform w/ Hardwood Insert (MR691P) for use with the MR691; MEGA Platform w/ Hardwood Insert (MR694P) for use with the MR694; Platform w/ Hardwood Insert (A47P) for use with the A47 and A47691; Platform w/ Hardwood Insert (A690P) for use with the A690; Platform w/ Hardwood Insert (A691P) for use with the A691 and A47691; Platform w/ Hardwood Insert (A694P) for use with the A694



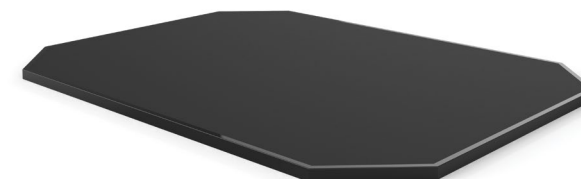
SOLID RUBBER SURFACE PLATFORM

- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts
- Options available: MEGA Solid Rubber Surface Platform (MRP4794) for use with the MR47 and MR694; MEGA Solid Rubber Surface Platform (MRP9091) for use with the MR690 and MR691; Solid Rubber Surface Platform (RP4794) for use with the A47, A694, A47691; Solid Rubber Surface Platform (RP9091) for use with the A690, A691, A47691



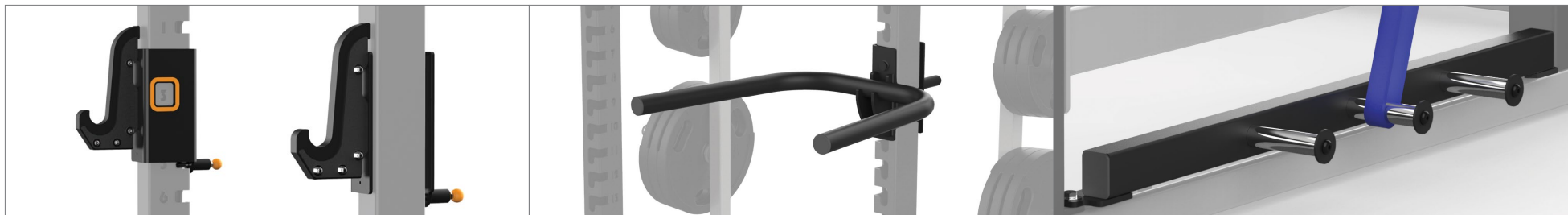
STAND-ALONE RUBBER PLATFORM W/ HARDWOOD INSERT PS86

- 183 x 244 cm / 6' x 8' durable rubber training surface to absorb impact, dampen noise and protect flooring during explosive Olympic lifts
- Hardwood center insert provides optimum foot grip and stability during explosive Olympic lifts
- Also available: 244 x 244 cm / 8' x 8' Stand-alone Platform w/ Hardwood Insert (PS88)



STAND-ALONE SOLID RUBBER SURFACE PLATFORM RP86

- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts



REVERSE J-HOOKS OPT1R

- Made of high-density polyethylene (HDPE) to protect bar knurling
- For use on the outside of the following Power or Open Racks: MR47, MR694, A47, A694, A47691
- Available in Ridge Black only

DIP BARS OPT3

- Attaches to rack uprights for body-weight dips
- For use on the following racks: MR690, MR691, A690, A691, A47691
- Also available: Reverse Dip Bars (OPT3R) for use on the following racks: MR47, MR694, A47, A694, A47691
- Available in Ridge Black only

3-PEG BAND PEGS OPT4

- Band pegs provide added training variety
- For use on the following racks: A47, A694, A47691
- Available in Ridge Black only



2-PEG BAND PEGS OPT5

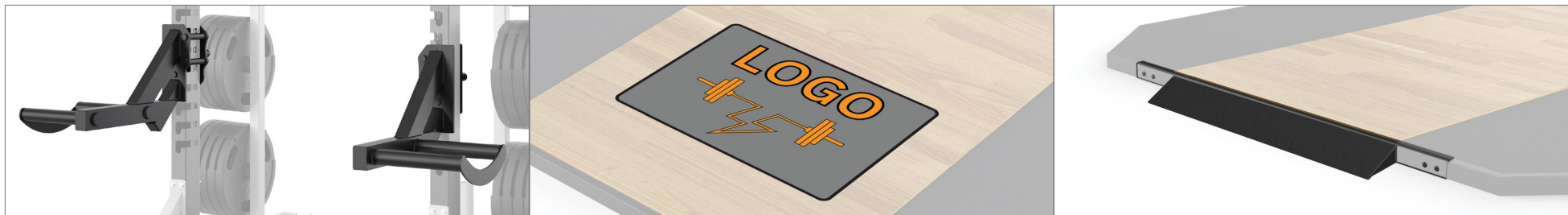
- Band pegs provide added training variety
- For use on the following racks: A690, A691, A47691
- Available in Ridge Black only

SQUAT HANDLES OPT6

- Squat handles can be set at any height on all rack uprights
- Available in Ridge Black only

STEP-UP PLATFORM OPT7

- Adjustable height platform provides additional body-weight exercises
- For use on the following racks: A690, A691, A47691
- Also available: Reverse Step-up Platform (OPT7R) for use on the following racks: MR47, A47, A694, A47691
- Available in Ridge Black only



TECHNIQUE SCOOPS OPT8

- Large cradles accept bumper plates to assist with Olympic lifts and customized takeoff heights
- For use on the following racks: MR690, MR691, A690, A691, A47691
- Also available: Reverse Technique Scoops (OPT8R) for use on the following racks: MR47, MR694, A47, A694, A47691
- Available in Ridge Black only

CUSTOM PLATFORM LOGO OPT10

- Proudly display your facility logo on the platform

PLATFORM RAMP OPT11

- Ramp allows for gradual incline to rack platforms
- Replaces standard platform framework
- Also available: MEGA Platform Ramp (MOPT11) for use on MEGA rack platforms
- Available in Ridge Black only



LAND MINE ATTACHMENT OPT13

- Attaches to any rack for rotational training (bar not included)
- Also available: MEGA Land Mine Attachment (MOPT13) for use on all MEGA racks
- Available in Ridge Black only

NAMEPLATE OPT14U

- Proudly display your logo above your rack

CORE HANDLE OPT16

- Used with an Olympic bar and Land Mine Attachment for added training variety
- Available in Ridge Black only



JAMMIN ARMS OPT17

- Angled pressing arms can be placed at 13 different heights for added training variety
- For use on the following racks: MR690, MR691, A690, A691, A47691
- Also available: Reverse Jammin Arms (OPT17R) for use on the following racks: MR47, MR694, A47, A694, A47691



JAMMIN ARMS W/ BAND ATTACHMENT OPT17B

- Angled pressing arms with band attachments for added training variety with speed and resistance
- For use on the following racks: MR690, MR691, A690, A691, A47691
- Also available: Reverse Jammin Arms w/ Band Attachment (OPT17RB) for use on the following racks: MR47, MR694, A47, A694, A47691



SAFETY ARM STORAGE OPT21

- Bolt-on storage for safety arms provides easy access to arms when not in use
- For use on the following racks: A690, A691, A47691
- Also available: MEGA Safety Arm Storage (Pair) (OPT22) for use on the following racks: MR690, MR691
- Available in Ridge Black only



FAT BAR J-HOOKS OPT26

- Made of high-density polyethylene (HDPE) to protect bar knurling
- Oversized hooks accommodate large-diameter Olympic bars
- Also available: Reverse Fat Bar J-hooks (OPT26R) for use on the following racks: MR47, MR694, A47, A694, A47691
- Available in Ridge Black only



DOCKING KIT W/ NO PLATFORM OPT29

- Connects MG-A695 Flat-to-incline Bench w/ Horizontal Adjustment directly to racks without a platform
- Also available: MEGA Docking Kit w/ No Platform (MOPT29) for use on all MEGA racks
- Available in Ridge Black only



DOCKING KIT W/ PLATFORM OPT29P

- Connects MG-A695 Flat-to-incline Bench w/ Horizontal Adjustment directly to racks when using a platform
- Also available: MEGA Docking Kit w/ Platform (MOPT29P) for use on all MEGA racks
- Available in Ridge Black only



BATTLE ROPE ATTACHMENT OPT31

- For rope training as an anchor point on any rack
- Also available: MEGA Battle Rope Attachment (MOPT31) for use on all MEGA racks
- Available in Chrome finish only



STRAIGHT LADDER OPT32

- Horizontal ladder connecting power racks together for bodyweight training
- For use on the following racks: MR47, A47, A47691
- Also available: Straight Ladder Connecting Bracket in both 244 cm / 8' (OPT32-8) and 297 cm / 9'9" (OPT32-10) lengths
- Available in Matte Black only



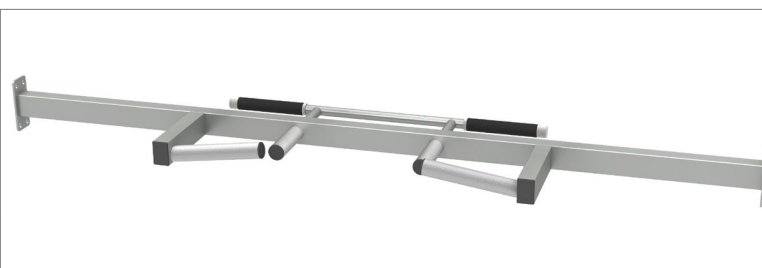
PYRAMID LADDER OPT33

- Elevated ladder connecting power racks together for bodyweight training
- For use on the following racks: MR47, A47, A47691
- Also available: Pyramid Ladder Connecting Bracket in 244 cm / 8' (OPT33-8) and 297 cm / 9'9" (OPT33-10) lengths
- Available in Matte Black only



STRAIGHT CHIN BAR OPT35

- Single-sided pull-up bar connects power racks together for added bodyweight training
- Also available: Straight Chin Bar Connecting Bracket in 183 cm / 6' (OPT35-6) and 244 cm / 8' (OPT35-8) lengths
- Also available: MEGA Straight Chin Bar Connecting Bracket (MOPT35) for use on all MEGA racks
- Also available: MEGA Straight Chin Bar Connecting Bracket in 183 cm / 6' (MOPT35-6) and 244 cm / 8' (MOPT35-8) lengths



DUAL-SIDED FAT/STRAIGHT CHIN BAR OPT36

- Multiple grip pull-up bar connects power racks together for added bodyweight training
- Also available: Dual-sided Fat/Straight Chin Bar Connecting Bracket in 183 cm / 6' (OPT36-6) and 244 cm / 8' (OPT36-8) lengths
- Also available: MEGA Dual-sided Fat/Straight Chin Bar Connecting Bracket (MOPT36) for use on all MEGA racks
- Also available: MEGA Dual-sided Fat/Straight Chin Bar Connecting Bracket in 183 cm / 6' (MOPT36-6) and 244 cm / 8' (MOPT36-8) lengths



DUAL OLYMPIC BAR STORAGE OPT41

- Vertical Olympic bar storage
- Also available: MEGA Dual Olympic Bar Storage (MOPT41) for use on all MEGA racks



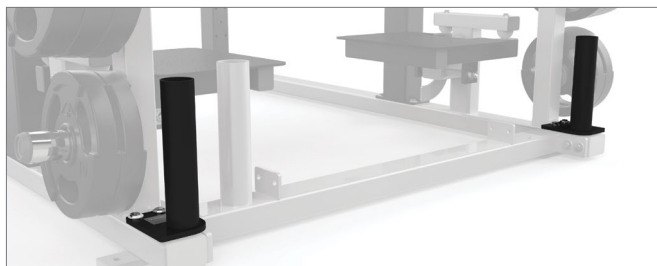
ROTATING CHIN HANDLES OPT42

- Handles rotate into multiple positions for added exercise variety
- For use on the following racks: A47, A690, A691, A694, A47691
- Also available: MOPT42 for use on the MR47
- Available in Ridge Black only



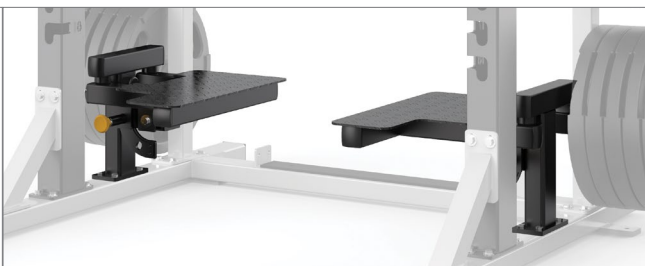
SIDE-MOUNTED PULL-UP BAR OPT43

- Mounts upward or downward for bodyweight exercises or additional suspension-device exercises
- For use on the A47 and A47691 racks
- Also available: MEGA Side-mounted Pull-up Bar (MOPT43) for use on the MR47
- Available in Matte Black only



OLYMPIC BAR HOLDERS OPT44

- Two bolt-on vertical Olympic bar holders
- For use on the following racks: A47, A690, A694, A47691
- Available in Ridge Black only



BOLT-ON SPOTTER STANDS OPT45

- Two bolt-on spotter stands
- Attaches to any rack
- Available in Ridge Black only



BOLT-ON FRONT BAND PEG OPT46

- Two bolt-on upper band pegs for added training variety
- For use on the following racks: MR47, A47, A690, A691, A694, A47691
- Available in Ridge Black only



HORIZONTAL PLATE RACK MG-A301

- Holds: (4) 45-lb. bumper plates, (2) 25-lb. bumper plates, (2) 10-lb. bumper plates, (4) 10-lb. rubber-coated Olympic plates, (4) 5-lb. rubber-coated Olympic plates, and (4) 2.5-lb. rubber-coated Olympic plates
- Includes 1 horn to hold collars
- Integrated wheels for easy transport
- Available in Ridge Black only



ATTACHMENT STORAGE RACK MG-A303

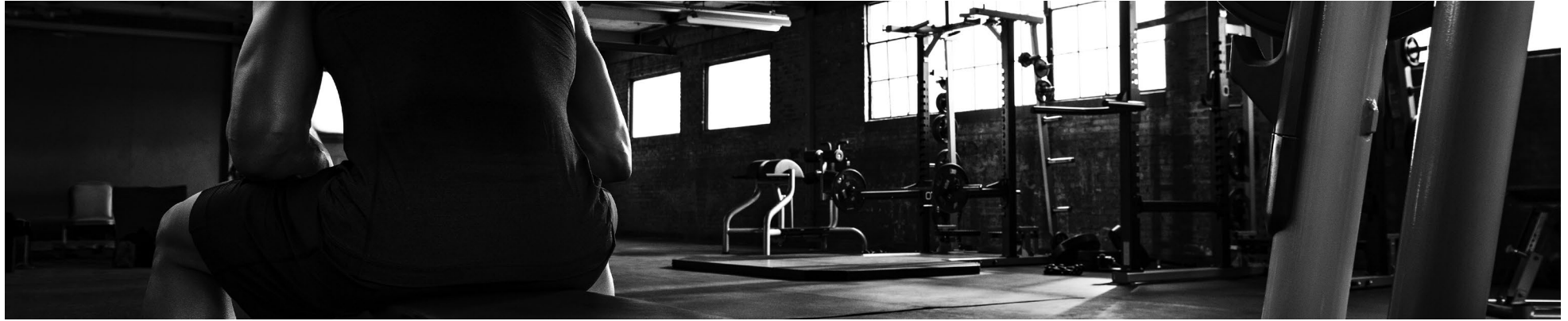
- Stores resistance chains and bands; also stores options for your Power Racks, such as dip bars, technique scoops, step-up platforms, etc.
- Accessories not included
- Available in Ridge Black only



FLAT-TO-INCLINE BENCH W/ HORIZONTAL ADJUSTMENT MG-A695

- Locking rods for attachment to power racks
- Lever allows user to adjust horizontal length of bench while seated
- Seat automatically adjusts to proper angle as the backrest is adjusted
- Drop-away handle and wheels provide easy movement

*Optional docking kit required to secure bench to racks



MAGNUM SERIES OPTIONS & COMPONENTS (P/N)

OPT1R	Reverse J-hooks	OPT13	Land Mine Attachment	MOPT29	Mega Rack Docking Kit w/ No Platform	OPT46	Bolt-On Front Band Peg
OPT3	Dip Bars	MOPT13	Mega Rack Land Mine Attachment	OPT29P	Docking Kit w/ Platform	A47P	Platform w/ Hardwood Insert
OPT3R	Reverse Dip Bars	OPT14U	Nameplate (Universal Mount)	MOPT29P	Mega Rack Docking Kit w/ Platform	A690P	Platform w/ Hardwood Insert
OPT4	3-peg Band Pegs	OPT16	Core Handle*	OPT31	Battle Rope Attachment	A691P	Platform w/ Hardwood Insert
OPT5	2-peg Band Pegs	OPT17	Jammin' Arms	MOPT31	Mega Rack Battle Rope Attachment	A694P	Platform w/ Hardwood Insert
OPT6	Squat Handles	OPT17B	Jammin' Arms w/ Band Attachment	OPT41	Dual Olympic Bar Storage	MR47P	Mega Platform w/ Hardwood Insert
OPT7	Step-up Platform	OPT17R	Reverse Jammin' Arms	MOPT41	Mega Rack Dual Olympic Bar Storage	MR690P	Mega Platform w/ Hardwood Insert
OPT7R	Reverse Step-up Platform	OPT17RB	Reverse Jammin' Arms w/ Band Attachment	OPT42	Rotating Chin Handles	MR691P	Mega Platform w/ Hardwood Insert
OPT8	Technique Scoops	OPT21	Safety Arm Storage	MOPT42	Mega Rack Rotating Chin Handles	MR694P	Mega Platform w/ Hardwood Insert
OPT8R	Reverse Technique Scoops	OPT22	Safety Arm Storage	OPT43	Side-mounted Pull-up Bar	RP4794	Solid Rubber Surface Platform
OPT10	Custom Platform Logo *	OPT26	Fat Bar J-hooks	MOPT43	Mega Rack Side-mounted Pull-up Bar	RP9091	Solid Rubber Surface Platform
OPT11	Platform Ramp	OPT26R	Reverse Fat Bar J-hooks	OPT44	Bolt-on Olympic Bar Holder (Pair)	MRP4794	Mega Solid Rubber Surface Platform
MOPT11	Mega Rack Platform Ramp	OPT29	Docking Kit w/ No Platform	OPT45	Bolt-On Spotter Stand (Pair)	MRP9091	Mega Solid Rubber Surface Platform

MR47		MR690		MR691		MR694		A47		A690		A691		A694		A47691	
OPT1R	OPT26	OPT3	OPT22	OPT3	OPT22	OPT1R	OPT17RB	OPT1R	OPT26	OPT3	OPT21	OPT3	OPT21	OPT1R	OPT26	OPT1R	OPT17RB
OPT3R	OPT26R	OPT6	OPT26	OPT6	OPT26	OPT3R	OPT26	OPT3R	OPT26R	OPT5	OPT26	OPT5	OPT26	OPT3R	OPT26R	OPT3	OPT21
OPT6	MOPT29	OPT8	MOPT29	OPT8	MOPT29	OPT6	OPT26R	OPT4	OPT29	OPT6	OPT29	OPT6	OPT29	OPT4	OPT29	OPT3R	OPT26
OPT7R	MOPT29P	OPT10	MOPT29P	OPT10	MOPT29P	OPT8R	MOPT29	OPT6	OPT29P	OPT7	OPT29P	OPT7	OPT29P	OPT6	OPT29P	OPT4	OPT26R
OPT8R	MOPT31	MOPT11	MOPT31	MOPT11	MOPT31	OPT10	MOPT29P	OPT7R	OPT31	OPT8	OPT31	OPT8	OPT31	OPT7R	OPT31	OPT5	OPT29
OPT10	MOPT41	MOPT13	MOPT41	MOPT13	MOPT41	MOPT11	MOPT31	OPT8R	OPT41	OPT10	OPT41	OPT10	OPT41	OPT8R	OPT41	OPT6	OPT29P
MOPT11	MOPT42	OPT14U	OPT45	OPT14U	OPT45	MOPT13	MOPT41	OPT10	OPT42	OPT11	OPT42	OPT11	OPT42	OPT10	OPT42	OPT7	OPT31
MOPT13	MOPT43	OPT16	MR690P	OPT16	MR691P	OPT14U	OPT45	OPT11	OPT43	OPT13	OPT44	OPT13	OPT45	OPT11	OPT44	OPT7R	OPT41
OPT14U	OPT45	OPT17	MRP9091	OPT17	MRP9091	OPT16	MR694P	OPT13	OPT44	OPT14U	OPT45	OPT14U	OPT46	OPT13	OPT45	OPT8	OPT42
OPT16	OPT46	OPT17B		OPT17B		OPT17R	MRP4794	OPT14U	OPT45	OPT16	OPT46	OPT16	A691P	OPT14U	OPT46	OPT8R	OPT43
OPT17R	MR47P							OPT16	OPT46	OPT17	A690P	OPT17	RP9091	OPT16	A694P	OPT10	OPT44
OPT17RB	MRP4794							OPT17R	A47P	OPT17B	RP9091	OPT17B		OPT17R	RP4794	OPT11	OPT45
								OPT17RB	RP4794					OPT17RB		OPT13	OPT46
																OPT14U	A47P
																OPT16	A691P
																OPT17	RP4794
																OPT17B	RP9091
																OPT17R	

Only one chin up option available per rack. All 691 models accept two (one per side).

MAGNUM FREE WEIGHTS	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
MG-A678 Breaker Olympic Flat Bench	173	168	130	68	66	51	94	207
MG-A78 Olympic Flat Bench	163	168	130	64	66	51	73	160
MG-A679 Breaker Olympic Incline Bench	170	168	160	67	66	63	126	277
MG-A79 Olympic Incline Bench	170	168	160	67	66	63	107	235
MG-A680 Breaker Olympic Decline Bench	206	168	135	81	66	53	107	235
MG-A80 Olympic Decline Bench	201	168	137	79	66	54	82	180
MG-A645 Breaker Olympic Shoulder Bench	135	138	183	53	66	72	118	260
MG-A45 Olympic Shoulder Bench	127	138	165	50	66	65	137	303
MG-C895 3-way Olympic Bench	167	180	173	71	66	68	155	342
MG-A82 Multi-adjustable Bench	152	78	46	59.7	30.6	17.8	55	121.5
MG-A85 Multi-adjustable Bench	135	58	51	53	23	20	43	95
MG-A59 Flat Bench	142	58	46	56	23	18	25	55
MG-A86 Multi-adjustable Bench w/ Decline	163	61	51	64	24	20	54	120
MG-A87 Utility Bench	142	66	89	56	26	35	31	68
MG-A71 Standing Arm Curl	119	79	104	47	31	41	61	135
MG-A62 Preacher Curl	119	76	99	47	30	39	57	125
MG-A63C VKR w/ Chin	135	109	245	53	43	96	120	265
MG-A61 Adjustable Decline Bench	163	64	81	64	25	32	45	99
MG-A77 Adjustable Ab Bench	155	69	145	61	27	57	59	131
MG-A81 Squat Rack	206	138	196	81	66	77	120	265
MG-A96 Glute Ham Bench	157	91	130	62	36	51	136	300
MG-A93 Back Extension Bench	124	79	97	49	31	38	39	87
MG-A68 Barbell Rack	112	66	168	44	26	66	70	154
MG-A67 Weight Tree	69	58	91	27	23	36	23	50
MG-A67B Weight Tree w/Bar Holders	51	52	112	20	21	44	23	50
MG-A84 2-tier Dumbbell Rack w/ Saddles	46	239	81	18	94	32	91	200
MG-A42 3-tier Dumbbell Rack w/ Saddles	76	244	114	30	96	45	113	250
MG-A41 3-tier Studio Dumbbell Rack w/ Saddles	183	74	117	72	29	46	115	254
MG-A696 2-tier Flat-tray Dumbbell Rack	61	257	89	24	101	35	120	265
MG-A688 3-tier Flat-tray Dumbbell Rack	71	257	114	28	101	45	186	410
MG-A44 3-tier Beauty Bell Rack	72	105	111	28	41	44	72	158
MG-SUP Step-up Platform w/ Handle	91	41	125	36	16	49	34	75
MG-AOSP Spotter Platform	66	84	29	26	33	12	28	61

MAGNUM PLATE-LOADED	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
MG-PL12 Vertical Bench Press	146.5	168.5	199.5	58.0	66.5	78.5	196	432
MG-PL13 Supine Bench Press	185.4	128.3	91.4	73.0	50.5	36.0	98	216
MG-PL14 Incline Bench Press	208.2	143.2	129.6	82.0	56.5	51.0	147.5	325
MG-PL15 Vertical Decline Bench Press	148.0	168.5	195.0	58.5	66.5	77.0	195.5	431
MG-PL23 Shoulder Press	161.3	160.0	118.1	63.5	63.0	46.5	118	260
MG-PL33 Lat Pulldown	182.9	123.2	190.5	72.0	48.5	75.0	128	282
MG-PL34 Seated Row	152.4	139.7	106.7	60.0	55.0	42.0	118	260
MG-PL50 Ab Crunch Bench	162.6	88.9	100.3	64.0	35.0	39.5	60	132.5
MG-PL62 Smith Machine	153.7	231.1	245.1	60.5	91.0	96.5	230	507
MG-PL70 45-Degree Leg Press	228.6	151.1	133.4	90.0	59.5	52.5	298	657
MG-PL71 Hack Squat	228.2	150.0	144.6	90.0	59.0	57.0	270	595
MG-PL76 Standing Calf	138.0	89.0	184.5	54.5	35.0	73.0	124	273.5
MG-PL77 Seated Calf	141.0	80.0	96.5	55.5	31.5	38.0	65	143.5
MG-PL79 Squat / Lunge	148.6	170.2	86.4	58.5	67.0	34.0	120	264.5
MG-404 4-way Neck	84.0	147.0	165.0	33.0	58.0	65.0	79	175.0
MG-405 Reverse Back Extension	150.0	109.0	145.0	59.0	43.0	57.0	134	295.0

MAGNUM RACKS	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
MG-MR47 MEGA Power Rack	206.0	207.0	246.5	81.0	81.5	97.0	347	765
MG-MR690 MEGA Half Rack	170.5	207.0	246.5	67.0	81.5	97.0	259	570
MG-MR694 MEGA Open Rack	206.0	207.0	246.5	81.0	81.5	97.0	250	550
MG-MR691 MEGA Double Half Rack	314.0	207.0	246.5	123.5	81.5	97.0	542	1195
MG-A47 Power Rack	204.5	187.0	256.5	80.5	73.5	101.0	268	590
MG-A690 Half Rack	166.5	187.0	256.5	65.5	73.5	101.0	195	430
MG-A694 Open Rack	204.5	187.0	256.5	80.5	73.5	101.0	234	515
MG-A691 Double Half Rack	306.0	204.5	256.5	120.5	80.5	101.0	420	925
MG-A47691 Combo Power Half Rack	345.5	204.5	256.5	136.0	80.5	101.0	499	1100

OPTIONS	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
OPT1R Reverse J-hooks	36	13	25	14	5	10	14	30
OPT3 Dip Bars	86	69	26	34	27	10	16	35
OPT3R Reverse Dip Bars	86	69	26	34	27	10	11	24
OPT4 3-peg Band Pegs	20	102	8	8	40	3	12	26
OPT5 2-peg Band Pegs	39	44	7	15	17	2.5	7	14
OPT6 Squat Handles	23	23	13	9	9	5	8	16
OPT7 Step-up Platform	81	61	36	32	24	14	19	41
OPT7R Reverse Step-up Platform	82	61	39	32	24	15	22	47
OPT8 Technique Scoops	66	41	38	26	16	15	39	86
OPT8R Reverse Technique Scoops	66	41	38	26	16	15	39	86
OPT10 Custom Platform Logo								
OPT11 Platform Ramp	15	107	8	6.0	42.0	3	10	22
MOPT11 Platform Ramp	22	204	9	8.5	80.0	3.5	23	50
OPT13 Land Mine Attachment	48	30	13	19	12	5	9	20
MOPT13 Land Mine Attachment	66	21	13	26	8	5	8	16
OPT14U Nameplate	102	1	20	40	0.25	8	2	5
OPT16 Core Handle	48	79	5	19	31	2	5	10
OPT17 Jammin Arms	94	53	94	37	21	37	49	108
OPT17B Jammin Arms w/ Band Attachment	107	56	97	42	22	38	52	114
OPT17R Reverse Jammin Arms	94	56	94	37	22	37	50	110
OPT17RB Reverse Jammin Arms w/ Band Attachment	107	56	96	42	22	37.5	64	140
OPT21 Safety Arm Storage (Pair)	20	20	8	8	8	3	3	6
OPT22 Safety Arm Storage (Pair)	23	21	9	9	8	3.5	2	4
OPT26 Fat Bar J-hooks	47	18	34	19	7	13	16	35
OPT26R Reverse Fat Bar J-hooks	45	11	33	17.5	4	13	15	32
OPT29 Docking Kit w/ No Platform	23	3	12	9	1	4.5	3	5
MOPT29 MEGA Rack Docking Kit w/ No Platform	26	3	14	10	1	5.5	3	5
OPT29P Docking Kit w/ Platform	23	3	7	9	1	2.5	2	3
MOPT29P MEGA Rack Docking Kit w/ Platform	26	3	6	10	1	2	2	3
OPT31 Battle Rope Attachment	18	23	17	7	9	7	4	7
MOPT31 MEGA Rack Battle Rope Attachment	18	23	17	7	9	7	4	7
OPT32-8 Straight Ladder	243.9	81.2	7.7	96	32	3	42.5	93.6
OPT32-10 Straight Ladder	297.2	81.2	7.7	117	32	3	51.5	113.2
OPT33-8 Pyramid Ladder	243.9	68.6	51.5	96	27	20.3	44.5	98
OPT33-10 Pyramid Ladder	297.2	68.6	53.1	117	27	20.9	53.3	117.2
OPT35-6 Straight Chin Bar	182.9	25.7	17.8	72	10.1	7	17.3	38.1
OPT35-8 Straight Chin Bar	243.9	25.7	17.8	96	10.1	7	20.8	45.7
MOPT35-6 MEGA Straight Chin Bar	182.9	30.4	7.7	72	12	3	16.8	37
MOPT35-8 MEGA Straight Chin Bar	243.9	30.4	7.7	96	12	3	20.3	44.6

OPTIONS cont.	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
OPT36-6 Dual-sided Fat/Straight Chin Bar	182.9	52.4	17.8	72	20.7	7	24.3	53.4
OPT36-8 Dual-sided Fat/Straight Chin Bar	243.9	52.4	17.8	96	20.7	7	27.7	61.1
MOPT36-6 MEGA Dual-sided Fat/Straight Chin Bar	182.9	52.4	9.2	72	20.62	3.59	23.75	52.25
MOPT36-8 MEGA Dual-sided Fat/Straight Chin Bar	243.9	52.4	9.2	96	20.62	3.59	27.2	59.9
OPT41 Olympic Bar Storage	16	110	31	6	43	12	12.7	28
MOPT41 MEGA Rack Dual Olympic Bar Storage	18	110	33	7	43	13	21.8	48
OPT42 Rotating Chin Handles	16.5	110.0	33	6.5	43.0	13	11	23
MOPT42 Rotating Chin Handles	16.1	110.0	46.4	6.4	43.0	18.3	15	33
OPT43 Side-mounted Pull-up Bar	120	22	19	47.25	8.7	7.5	7.25	16
MOPT43 MEGA Side-mounted Pull-up Bar	131	28	17	51.6	11	6.7	9	20
OPT44 Bolt-on Olympic Bar Holders (Pair)	23.2	10.2	27	9.25	4	10.6	5.7	12.5
OPT45 Bolt-On Spotter Stand (Pair)	38	81.5	30	15.00	32	11.5	31	68
OPT46 Bolt-On Front Band Peg	28	16	27	11	6.25	10.5	4	9
A47P Platform w/ Hardwood Insert	366	254	7	144	100	2.5	177	390
MR47P MEGA Platform w/ Hardwood Insert	366	254	8	144	100	3	236	520
A690P Platform w/ Hardwood Insert	331	254	7	130	100	2.5	193	425
MR690P MEGA Platform w/ Hardwood Insert	331	254	8	130	100	3	248	545
A691P Platform w/ Hardwood Insert	331	254	7	130	100	2.5	193	425
MR691P MEGA Platform w/ Hardwood Insert	331	254	8	130	100	3	248	545
A694P Platform w/ Hardwood Insert	366	254	7	144	100	2.5	177	390
MR694P MEGA Platform w/ Hardwood Insert	366	254	8	144	100	3	236	520
RP4794 Solid Rubber Surface Platform	366	254	7	144	100	2.5	209	460
MRP4794 MEGA Solid Rubber Surface Platform	366	254	8	144	100	3	279	615
RP9091 MEGA Solid Rubber Surface Platform	331	254	7	130	100	2.5	223	490
MRP9091 MEGA Solid Rubber Surface Platform	331	254	8	130	100	3	266	585
PS86 Stand-alone Rubber Platform w/ Hardwood Insert (183 x 244 cm / 6' x 8')	253	191	5	100	75	2	186	410
PS88 Stand-alone Rubber Platform w/ Hardwood Insert (244 x 244 cm / 8' x 8')	253	253	5	100	100	2	227	501
RP86 Stand-alone Solid Rubber Surface Platform (183 x 244 cm / 6' x 8')	253	191	5	100	75	2	177	390
MG-A301 Horizontal Plate Rack	183	33	46	72	13	18	34	75
MG-A303 Attachment Storage Rack	122	114	178	48	45	70	73	160
MG-A695 Flat-to-incline Bench w/ Horizontal Adjustment	137	76	51	54	30	20	64	140



MAGNUM STANDARD FRAME AND UPHOLSTERY COLORS

Iced Silver frames

Obsidian Black – Upholstery



Matte Black frames

Obsidian Black – Upholstery



Clay Red – Upholstery



Clay Red – Upholstery



Slate Blue – Upholstery



Slate Blue – Upholstery



NOTE: All specifications are subject to change without notice. Actual products may differ from those pictured in this catalog. Actual product colors may vary from what is shown here.

VARSITY

DESIGNED FOR SUPERIOR VALUE AND TRAINING VARIETY

The Varsity Series is the ideal choice for heavy-use facilities looking for a combination of performance and value. Smart design helps you make efficient use of your space and your budget, like our versatile functional trainers and plate-loaded equipment that provide conveniently contained personal training areas. If you're looking to accommodate a steady stream of users in a limited space, look no further than the Varsity Series.





VARSITY SERIES

Durable Construction – 1

Built to withstand the rigorous strength training of professional sports teams.

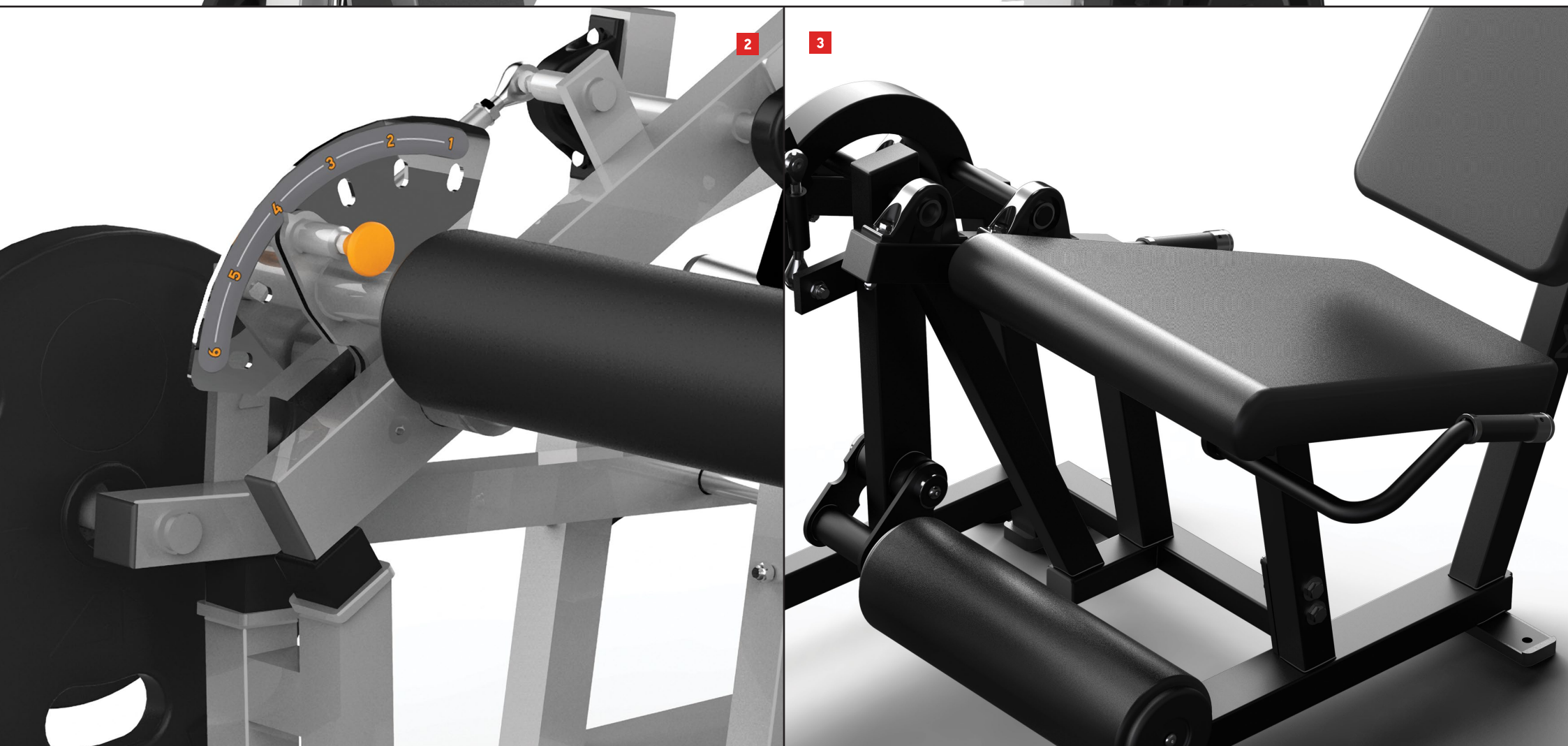
Color-coded Adjustment Points – 2

Conveniently located and clearly marked for easy use.

Value – 3

Designed to handle a steady stream of users for years to come.

* Weight plates, Olympic bars and dumbbells are not included.





FUNCTIONAL TRAINER 1:2 VY-6044

- Fully enclosed, angled weight stacks create a space-efficient personal training area
- Pulleys adjust into 17 positions to allow users to perform high-speed, low-inertia exercises
- Dual-grip chin bar for greater exercise variety
- Ample storage for additional optional handles
- 1:2 pulley ratio provides low incremental weight changes and moderate speed work
- Effective resistance: 35 kg / 78 lbs. (per side)



FUNCTIONAL TRAINER 1:4 VY-6047

- Fully enclosed, angled weight stacks create a space-efficient personal training area
- Pulleys adjust into 17 positions to allow users to perform high-speed, low-inertia exercises
- Dual-grip chin bar for greater exercise variety
- Ample storage for additional optional handles
- 1:4 pulley ratio provides lower incremental weight changes, high speed work and increased cable travel
- Effective resistance: 26 kg / 57 lbs. (per side)



ANGLED SMITH MACHINE VY-M49

- Olympic bar is counterbalanced to 11.8 kg / 26 lbs.
- Olympic bar is mounted on linear bearings and shaft at a 7-degree angle
- Open-ended frame design provides easy access
- Flip in and out adjustable stops
- 12 integrated weight-storage horns



PERFECT SQUAT VY-400

- Large, angled, heavy-duty footplate adds stability
- Adjustable starting position allows user to set pad height for squats or standing calf raises
- Shoulder pads maintain parallel position to floor throughout full range of motion
- 2 integrated weight-storage horns
- Ideal for squats, calf work and reverse lunges



LEG EXTENSION VY-401

- Self-adjusting tibia pad enhances comfort
- Back pad is adjustable from the seated position for proper alignment
- 2 integrated weight-storage horns



PRONE LEG CURL VY-402

- Divergent angle of lower-leg pad eliminates lower-back stress
- Neutral position handgrips enhance comfort and stability



BICEPS CURL VY-431

- Side arm pads encourage proper user positioning
- 1 integrated weight-storage horn
- Counterbalanced exercise arm offers optimal resistance



TRICEPS EXTENSION VY-432

- Adjustable knee pads help stabilize user during exercise
- Side arm pads encourage proper positioning
- 1 integrated weight-storage horn
- Counterbalanced exercise arm offers optimal resistance



Varsity Multi-Stations	Product Dimensions						Product Weight		Weight Stack	
	Metric (cm)			English (Inches)			Metric	English	Metric	English
	L	W	H	L	W	H	kg	Lbs.	kg	Lbs.
VY-6044 Functional Trainer 1:2	107	180	208	42	71	82	311	686	71	156
VY-6047 Functional Trainer 1:4	107	180	208	42	71	82	376	830	103	228

Varsity Plate-Loaded	Product Dimensions						Product Weight	
	Metric (cm)			English (Inches)			Metric	English
	L	W	H	L	W	H	kg	Lbs.
VY-M49 Angled Smith Machine	107	218	211	42	86	83	212	467
VY-400 Perfect Squat	157	84	168	62	33	66	147	325
VY-401 Leg Extension	102	157	117	40	62	46	91	200
VY-402 Prone Leg Curl	173	91	72	68	36	30	91	200
VY-431 Biceps Curl	97	107	112	38	42	44	68	150
VY-432 Triceps Extension	97	107	140	38	42	55	68	150



VARSITY STANDARD FRAME AND UPHOLSTERY COLORS

Iced Silver frames
Obsidian Black – Upholstery



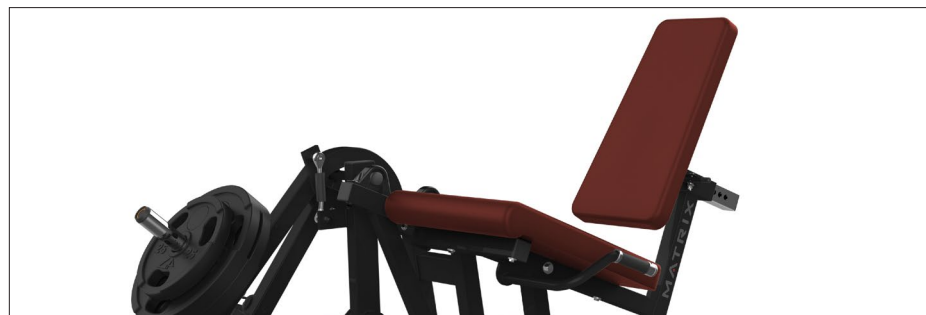
Matte Black frames
Obsidian Black – Upholstery



Clay Red – Upholstery



Clay Red – Upholstery



Slate Blue – Upholstery



Slate Blue – Upholstery



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G1

DIVERSITY AND DURABILITY TO GET THE JOB DONE

Ideal for cost-conscious fitness facilities, the G1 Series provides the value you need to outfit your space with the variety your members are seeking. The 3-stack multi-gym allows three users to simultaneously exercise key muscles while making efficient use of your space and your budget. The classic styling of our benches and racks are approachable and easily accessible for experienced and aspiring fitness enthusiasts alike, and every piece that hits your floor will stand up to heavy use, day in and day out for years.





G1 SERIES

Durable Construction – 1

Built to withstand the rigorous strength training of professional sports teams.

Ergonomic Design – 2

Designed to fit the body for comfortable, natural use.

Weight-storage Horns – 3

Conveniently positioned and designed to accommodate a variety of plate sizes.

Easy Access – 4

Designed for quick on/off, ideal for busy training environments.

* Weight plates, Olympic bars and dumbbells are not included.



ADJUSTABLE CABLE CROSSOVER G1-MS20

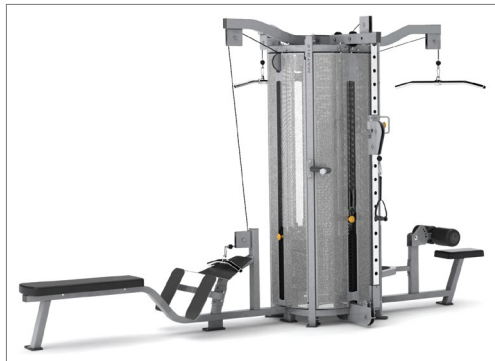
- Adjustable pulley provides 17 positions
- Each weight stack provides a 1:2 resistance ratio
- Integrated pull-up bar provides both lat bar and neutral grips
- Front weight-stack shields meet EN requirements



3-STACK MULTI-GYM G1-MG30

- 3 weight stacks allow multiple users to exercise simultaneously
- Stations include: multiple position chest / shoulder press, lat pulldown / low row, leg extension / prone leg curl





G1-MS40



G1-MS80

4-STACK MULTI-STATION G1-MS40

8-STACK MULTI-STATION G1-MS80

- Four weight stacks allow multiple users to exercise simultaneously
- Weight stack shields meet EN requirements
- Stations include lat pulldown, low row and triceps pulldown
- Conveniently located adjustment points are clearly marked for ease of use
- 8-stack includes additional lat pulldown, low row and triceps pulldown plus connecting tube for a complete cable crossover



5-STACK MULTI-STATION G1-MS50

- Includes all of the features listed with the 4-stack multi-station
- Additional adjustable cable column and connecting tube for a complete cable crossover



FLAT BENCH G1-FW151

- 3-point foot contact for stability
- Bench anchors for improved stability



ADJUSTABLE DECLINE BENCH G1-FW152

- Back pad easily adjusts to 4 positions from 0- to 30-degree decline
- Legs are supported and knees elevated to reduce lower-back strain
- Integrated wheels for easy transport within facility



ADJUSTABLE INCLINE BENCH G1-FW153

- Easily adjusts to 6 positions from 0 to 75 degrees
- Seat pad position is fixed at 15 degrees
- Integrated wheels for easy transport within facility



PREACHER CURL BENCH G1-FW155

- Elbow pad is angled at 55 degrees for varying resistance and improved user comfort
- Ratcheting seat pad is angled at 10 degrees for enhanced stability and comfort



UTILITY BENCH G1-FW156

- Back angle is 85 degrees, improving comfort and stability for overhead movements
- Integrated foot supports enhance stability



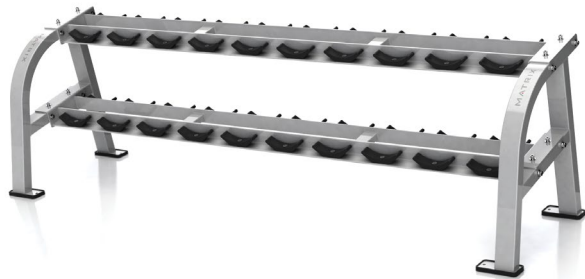
WEIGHT TREE G1-FW157

- 6 weight-storage horns positioned to fit all sizes of Olympic plates
- Rubber bumpers protect frame finish



BACK EXTENSION G1-FW162

- Bench is angled 45 degrees for easy entry and exit
- Twist-locking pull pin improves stability of pads



10-PAIR DUMBBELL RACK G1-FW159

- Offset angle prevents wrist strain when removing and replacing dumbbells
- Individual dumbbell cradles provide secure storage
- Storage space for 10 pairs of dumbbells
- Also available: 5-pair Dumbbell Rack, G1-FW158 (single tier, not shown)



BARBELL RACK G1-FW160

- Upright design provides easy access to barbells
- Rack holds 10 barbells, 5 per side



SMITH MACHINE G1-FW161

- 13.1 kg / 28.8 lb. takeoff for low starting resistance
- Bar travel limited to 72 cm / 28.5" from the floor
- 6 integrated weight-storage horns
- Flip in and out adjustable stops for easy access

Weight plates are not included.



OLYMPIC FLAT BENCH G1-FW163

- Easy spotter access
- Integrated weight-storage horns keep plates in close proximity
- Footrest enhances user stability

Weight plates and Olympic bar are not included.



OLYMPIC INCLINE BENCH G1-FW164

- Bench is angled at 30 degrees to emphasize upper pectoral activation
- Adjustable ratcheting seat accommodates a variety of users

Weight plates and Olympic bar are not included.



OLYMPIC DECLINE BENCH G1-FW165

- Bench is angled at 15 degrees for effective pectoral activation
- Adjustable knee support accommodates a variety of users
- 3 takeoff positions provide adaptability for users with varying arm lengths

Weight plates and Olympic bar are not included.



G1 MULTI-STATION	PRODUCT DIMENSIONS						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
G1-MS20 Adjustable Cable Crossover	377	110	230	148	43	91	395	870	2 X 91	2 X 200
G1-MG30 3-stack Multi-gym	282	323	218	111	127	86	592	1305	3 X 91	3 X 200
G1-MS40 4-stack Multi-station	387	180	230	152	71	91	645	1420	4 X 91	4 X 200
G1-MS50 5-stack Multi-station	482	386	230	190	152	91	857	1889	5 X 91	5 X 200
G1-MS80 8-stack Multi-station	586	479	230	230	189	91	1319	2907	8 X 91	8 X 200

G1 FREEWEIGHT	PRODUCT DIMENSIONS						PRODUCT WEIGHT		MAX. LOADING WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
G1-FW151 Flat Bench	155	56	46	61	22	18	35	77	159	350
G1-FW152 Adjustable Decline Bench	208	63	97	82.0	25	38	50	110	159	350
G1-FW153 Adjustable Incline Bench	155	61	48	61	24.0	19	41	90	159	350
G1-FW155 Preacher Curl Bench	119	72	95	47	28	37	37	82	159	350
G1-FW156 Utility Bench	113	56	102	45.0	22	40	22	48	159	350
G1-FW157 Weight Tree	67	54	127	26	21	50	15	33	245	540
G1-FW162 Back Extension Bench	128	74	86	50	29	34	45	99	159	350
G1-FW158 5-pair Dumbbell Rack	244	66	72	96	26	28	63	139	250	550
G1-FW159 10-pair Dumbbell Rack	244	66	73	96	26	29.0	101	223	500	1100
G1-FW160 Barbell Rack	99	84	150	39	33	59	55	121	245	540
G1-FW161 Smith Machine	205	141	229	80.5	55.5	90	135	297	245	540*
G1-FW163 Olympic Flat Bench	176	201	127	70	79.0	50	65	144	245	540*
G1-FW164 Olympic Incline Bench	176	156	137	70	61	54	68	150	245	540*
G1-FW165 Olympic Decline Bench	176	218	132	70	86	52	80	176	245	540*

* Max. loading weight indicates the weight-plate load only.



G1 STANDARD FRAME AND UPHOLSTERY COLORS

Iced Silver frames
Obsidian Black – Upholstery



Matte Black frames
Obsidian Black – Upholstery



Clay Red – Upholstery



Clay Red – Upholstery



Slate Blue – Upholstery



Slate Blue – Upholstery



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MATRIX

About Matrix Fitness

Matrix is a brand of Johnson Health Tech (JHT). JHT has been producing premium fitness equipment since 1975 and is among the fastest-growing manufacturers of fitness equipment in the world. It has earned both ISO 9002 and 9001 certifications. A truly global company with 26 subsidiaries worldwide, JHT has the intellectual resources necessary to produce the most technologically advanced equipment on the market and the economies of scale needed to deliver the best value possible.



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