

# PRODUCT SPECS

## Upper Body

STATION	PRODUCT CODE	TOTAL WEIGHT		WEIGHT STACK		DIMENSIONS (L x W x H)	
SHOULDER PRESS	CSSP	500 lbs	227 kgs	210 lbs	105 kgs	50"L x 51"W x 66"H	127 cmL x 130 cmW x 168 cmH
LAT PULLDOWN	CSLAT	463 lbs	210 kgs	210 lbs	105 kgs	67"L x 24"W x 87"H	169 cmL x 61 cmW x 221 cmH
PECTORAL FLY	CSFLY	470 lbs	214 kgs	160 lbs	80 kgs	43"L x 39"W x 75"H	109 cmL x 99 cmW x 191 cmH
CHEST PRESS	CSCP	430 lbs	195 kgs	210 lbs	105 kgs	49"L x 42"W x 86"H	124 cmL x 107 cmW x 218 cmH
SEATED ROW	CSSR	515 lbs	234 kgs	210 lbs	105 kgs	55"L x 36"W x 75"H	140 cmL x 91 cmW x 188 cmH
ARM CURL	CSAC	412 lbs	187 kgs	160 lbs	80 kgs	39"L x 39"W x 54"H	99 cmL x 99 cmW x 138 cmH
TRICEPS EXTENSION	CSTRI	415 lbs	189 kgs	160 lbs	80 kgs	39"L x 40"W x 54"H	99 cmL x 102 cmW x 137 cmH

## Multi-Use

STATION	PRODUCT CODE	TOTAL WEIGHT		WEIGHT STACK		DIMENSIONS (L x W x H)	
SMITH MACHINE	CSSM	305 lbs	139 kgs	—————		57"L x 70"W x 91"H	145 cmL x 178 cmW x 230 cmH
CABLE CROSSOVER	CSCCO	793 lbs	360 kgs	160 lbs x 2	73 kgs x 2	39"L x 97"W x 89"H	99 cmL x 246 cmW x 226 cmH

## Lower Body/Torso

STATION	PRODUCT CODE	TOTAL WEIGHT		WEIGHT STACK		DIMENSIONS (L x W x H)	
LEG EXTENSION	CSLE	510 lbs	232 kgs	210 lbs	105 kgs	45"L x 41"W x 66"H	114 cmL x 104 cmW x 168 cmH
SEATED LEG CURL	CSSLIC	525 lbs	239 kgs	210 lbs	105 kgs	69"L x 42"W x 66"H	175 cmL x 107 cmW x 168 cmH
LEG PRESS	CSLP	706 lbs	321 kgs	260 lbs	120 kgs	78"L x 48"W x 80"H	198 cmL x 122 cmW x 204 cmH
HIP ABDUCTION/ADDUCTION	CSHAA	365 lbs	166 kgs	160 lbs	80 kgs	60"L x 46"W x 54"H	152 cmL x 117 cmW x 137 cmH
LEG CURL	CSLC	465 lbs	211 kgs	210 lbs	105 kgs	69"L x 34"W x 54"H	175 cmL x 86 cmW x 137 cmH
HORIZONTAL CALF RAISE	CSHC	472 lbs	215 kgs	210 lbs	105 kgs	67"L x 36"W x 54"H	170 cmL x 107 cmW x 137 cmH
GLUTE MACHINE	CSGM	305 lbs	139 kgs	160 lbs	80 kgs	56"L x 35"W x 54"H	142 cmL x 89 cmW x 137 cmH
ABDOMINAL	CSABD	393 lbs	179 kgs	160 lbs	80 kgs	42"L x 36"W x 54"H	107 cmL x 91 cmW x 138 cmH
BACK EXTENSION	CSBE	360 lbs	163 kgs	210 lbs	105 kgs	39"L x 37"W x 54"H	99 cmL x 93 cmW x 137 cmH