MATRIX

2019 STRENGTH BROCHURE

CONTENTS

4 MATRIX FITNESS

TOTAL SOLUTIONS PARTNER

STRONG. SMART. BEAUTIFUL.

STRENGTH OVERVIEW

12 MATRIX CONNECTED SOLUTIONS

18 ULTRA

THE ULTIMATE STRENGTH TRAINING EXPERIENCE

36 VERSA

THE POWER OF CHOICE IN STRENGTH TRAINING

58 AURA

THE STANDARD IN PERFORMANCE AND DESIGN

90 MAGNUM

A LEGACY OF PERFORMANCE AND PROVEN DURABILITY

136 VARSITY

DESIGNED FOR SUPERIOR VALUE AND TRAINING VARIETY

146 G1

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 like Asset Management and Virtual Active enhance and 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

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.

ULTRA SERIES

VERSA SERIES

AURA SERIES

STRENGTH OVERVIEW

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.

MAGNUM SERIES

VARSITY SERIES

G1 SERIES

MATRIX CONNECTED SOLUTIONS

GET CONNECTED TO A WORLD OF DIGITAL SOLUTIONS

You want to deliver an unmatched fitness experience, and Matrix Connected Solutions give you the flexible tools you need to do it your way, regardless of the size of your facility or budget.

With the power of our robust, open platform at your fingertips, service and maintenance become hassle-free. Your trainers can connect and engage with members in new ways for better results and more referrals. Everyone who comes through your doors can instantly enjoy their favorite music, entertainment and social networks on connected cardio platforms. By adding our Intelligent Training Console to Ultra Series equipment you can offer the very best guided strength training experience. It's easier than ever to expand your marketing efforts and make your brand the center of each member's fit lifestyle. And that's just a taste of what Matrix Connected Solutions can do.

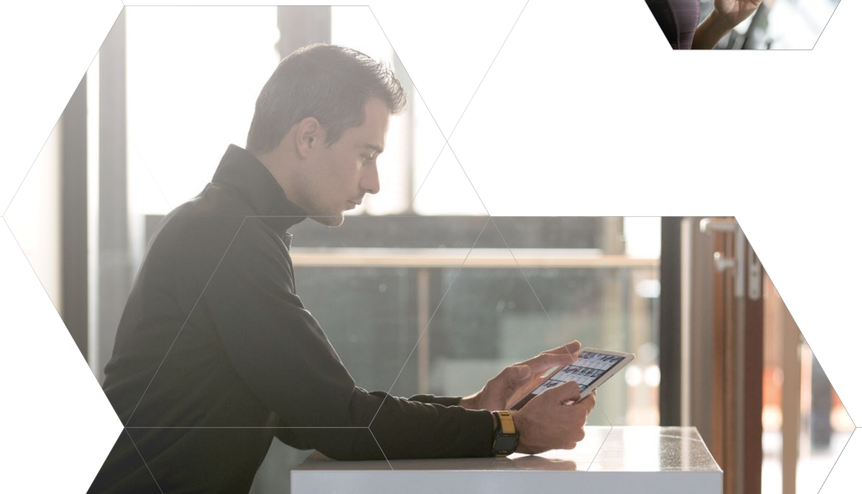
Discover how our complete selection of hardware and software solutions can help bring your vision of fitness to life in bigger, bolder, brighter ways than ever before.

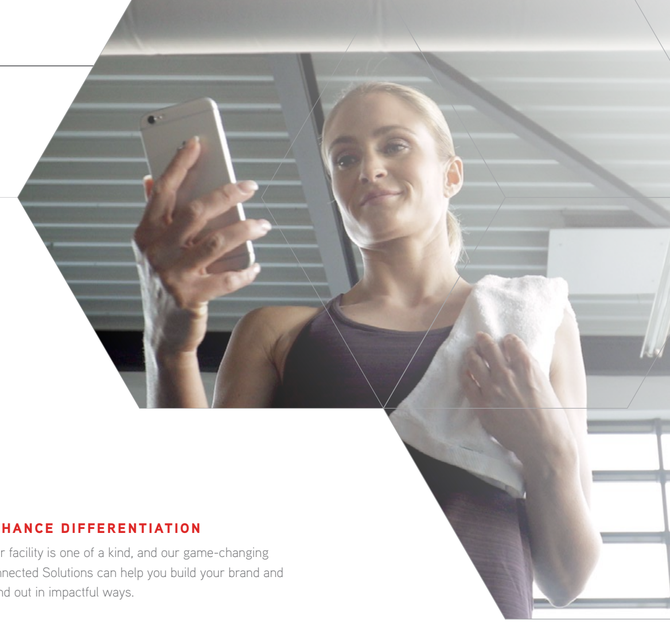
DISCOVER MORE AT MATRIXCONNECTEDSOLUTIONS.COM

MATRIX CONNECTED SOLUTIONS

YOUR GOALS

You have a vision of fitness that's all your own. By adding our Intelligent Training Console to your Ultra Series strength equipment, you can take advantage of some of the most powerful tools in our Connected Solutions portfolio. You'll discover that our flexible digital ecosystem lets you choose how you enhance your business, streamline your administrative tasks, impress the people you serve and much more.





INCREASE RETENTION

Bringing members back again is essential to the success of your business. With our smart digital options, they won't just come back — they'll bring friends.

BUILD ENGAGEMENT

Keep your members enthused, excited and eager for more with powerful tools that keep the exercise experience fresh.

BOOST REVENUE

Find out how to tap forward-thinking revenue streams that can redefine your bottom line in powerful new ways.

MAXIMIZE ROI

Count on us for smart tools that streamline the way you run your business while maximizing your investment and the value of every membership.

ENHANCE DIFFERENTIATION

Your facility is one of a kind, and our game-changing Connected Solutions can help you build your brand and stand out in impactful ways.

ENERGIZE ACQUISITION

You're always striving to bring in new members, and we can help extend your brand, reach untapped demographics and impress everyone who stops by.

MATRIX CONNECTED SOLUTIONS

INTELLIGENT TRAINING CONSOLE

Available exclusively on our new Ultra Series equipment, Intelligent Training Console sets your facility apart with a digitally connected, guided strength training experience that will attract both new and experienced strength training enthusiasts and keep them coming back for more.

Your members will discover an intuitive interface that makes it easy for anyone to get started, plus dual user sign-in that streamlines transitions between two alternating users and their specific strength training programs. Since our original progression-based programming was designed in collaboration with the National Strength and Conditioning Association (NSCA), your members can count on measurable results. You can even customize the interface to strongly represent your brand, providing a unified look and feel throughout your entire facility.

Best of all, when you choose our Intelligent Training Console, you can take advantage of some of our most powerful Connected Solutions. This means that while your members are busy transforming their physiques, you'll be transforming the way you do business.

PERSONAL TRAINER PORTAL

MAKE TRAINING MORE PERSONAL THAN EVER

Our flexible, customizable Personal Trainer Portal helps trainers engage with a wide range of clients, bringing personal training to a whole new demographic of members. Using virtually any tablet or personal computer, trainers can view member information, create signature strength programs, assign workouts and check progress, and members can provide instant feedback. Personal Trainer Portal works with a wide variety of popular third-party apps and wearables, and its customizable interface strongly represents your brand and your latest promotions.

WORKOUT TRACKING NETWORK

BRING IT ALL TOGETHER UNDER YOUR BRAND

Our ingenious Workout Tracking Network lets members capture data from all their favorite fitness apps and all the ways they work out in one place using a single customizable interface that puts your facility at the center of their fit lifestyle. Members can easily create personalized strength training goals, compete in challenges and applaud others through activity-based social feeds, and you can motivate members by offering reward points for check-ins, personal training, purchases and even personal bests.

ASSET MANAGEMENT

KEEPING AN EYE ON YOUR EQUIPMENT SO YOU DON'T HAVE TO

Our industry-leading Asset Management platform offers a 360-degree view of your strength training equipment on virtually any internet-connected device. Easy-to-read color-coding tells you whether a product is functioning properly, detects errors and alerts you if something is offline. Whether you manage one facility or many, the system can create customized reports to help maximize product life and identify the optimum product mix. It also improves communication with Matrix and your service provider, streamlining maintenance and repair while reducing paperwork and hassle. The customizable interface even provides an array of smart marketing tools to help you get more members into your facility.

RFID

STREAMLINE YOUR MEMBERS' EXERCISE EXPERIENCE

RFID is a smart way to streamline your members' strength training experience. Simple radio-frequency tags make check-in, program loading and workout tracking completely touch-free and virtually automatic. Members can even use RFID with your existing RFID-compatible vending machines, kiosks and in-facility sales centers for quick impulse buys of your branded merchandise, snacks, beverages and more.

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

1 USER AMENITIES

All single-station units offer a convenient accessory pad, personal device holder and towel hook.

2 INCREMENTAL WEIGHTS

Easy to access and reference from the seated position.

3 ELECTRONIC REP COUNTER

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

4 INDEPENDENT CONVERGING/DIVERGING MOTION

Encourages a natural path of motion to enhance comfort.

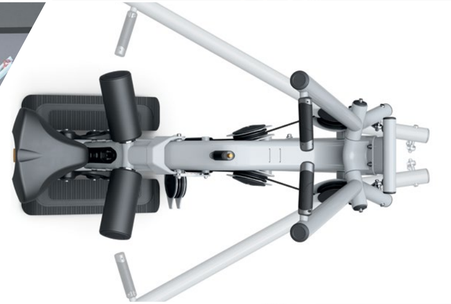
5 EXERCISE PLACARDS

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

6 ACTION SPECIFIC GRIPS

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

* Shown in Matte Black



ULTRA SERIES WITH INTELLIGENT TRAINING CONSOLE

ULTRA: THE SMART CHOICE

Our powerful Ultra Series just got better and smarter with the addition of our new Intelligent Training Console. When you choose Ultra Series with Intelligent Training Console, you'll get a digitally connected, guided experience that will give those new to strength training a reason to sign up with your facility and those who already love it a reason to return. Members begin by defining their physical transformation target and receiving step-by-step equipment instruction. The intuitive interface makes it easy to identify their benchmark weight and start a personalized progression program. They'll also be able to review previous workouts to chart their development, helping them maximize their results and reach their individual goals more efficiently than ever.

A GUIDED TRAINING EXPERIENCE

Ideal for those new to strength training or experienced members who are struggling to progress, Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals.

ORIGINAL PROGRESSIONS

Original progression-based programming designed in collaboration with the National Strength and Conditioning Association (NSCA) helps members find a benchmark weight and provides 8–12 weeks of workouts to maximize results.

EXPLOSIVE LIFTING

New explosive lifting program focuses on speed and power instead of just strength, helping members accelerate results while keeping the strength training experience fresh.

WORKOUT HISTORY

Workout history snapshot lets members quickly review past sessions and track overall progress.

DEMO VIDEOS

On-console demo videos provide guidance on maintaining proper form for each exercise.

INTUITIVE NAVIGATION

Intuitive touchscreen console navigation makes it easy for members of any ability or experience level to get started.

DUAL USER SIGN-IN

Dual user sign-in streamlines transitions between two alternating users and their specific strength training programs.

RECORDED SETTINGS

Stored seat settings make it easy for users to find the same ergonomically sound fit every time they work out.

TOUCH-FREE LOGIN

RFID compatibility gives users a quick, touch-free way to login, load their personal preferences and start their workout.

FULLY CONNECTED TECHNOLOGY

Internet connectivity via WiFi or Ethernet accommodates optional Personal Trainer Portal, Workout Tracking Network and Asset Management.

BRAND-BUILDING CUSTOMIZATION

Customizable interface strongly represents your brand to provide a unified look and feel throughout your entire facility.

INTELLIGENT TRAINING CONSOLE SPECIFICATIONS	
CONSOLE	
Display Type	25.7 cm / 10.1" class touchscreen LCD
Display Feedback	Reps, Sets, Rest Time, Heart Rate, Total Weight
Workouts	Manual, Endurance, Build, Strength*, Explosive Lifts*
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish
FitTouch Technology	Yes
Lift to Start	Yes
Ethernet Compatible	Yes
WiFi Enabled	Yes
Bluetooth Enabled	Heart rate only
Personal Trainer Portal Compatible	Yes
USB Port	Software updates only
Asset Management Compatible	Included
Workout Tracking Network Compatible	Yes
RFID Compatible	Yes
TECH SPECS	
Power Requirements	120v / 60Hz AC power
Assembled Dimensions	(As assembled on the Ultra weight stack) 153 cm / 60.2"
Shipping Dimensions	43.5 x 39.5 x 22 cm / 17.1" x 15.6" x 8.7"
Shipping Weight	7.8 kg / 17.2 lbs.

* Workout program only available on certain modalities

CONVERGING CHEST PRESS G7-S13

- Independent converging arm movements provide a natural path of motion and increased exercise variety
- Adjustable back pad with gas assist facilitates easy range of motion changes.
- Action Specific Grips provide greater comfort and minimal point pressure
- Integrated foot platform provides addition user stability and comfort during use.
- 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

PEC FLY / REAR DELT G7-S22

- Rotating grips provide comfort and smooth movement during use.
- Angled back pad and delt grips enhance user comfort and improve biomechanics.
- Oversized handles reduce the need to adjust the seat position between rear deltoid and fly exercises.
- Heavy weight stack accommodates advanced users.

CONVERGING SHOULDER PRESS G7-S23

- Independent converging arm movements provide a natural path of motion and increased exercise variety
- Dual-position hand grips allow for greater training variety
- Action Specific Grips provide greater comfort and minimal point pressure
- Counterbalanced pressing arms provide reduced starting resistance
- Reclining seat position allows for better posture and back support

DIVERGING LAT PULLDOWN G7-S33

- Independent diverging arm movements provide a natural path of motion and increased exercise variety
- Angled seat encourages proper user position
- Thigh pads and seat easily adjust to provide stability, comfort and improved ergonomics.
- Action Specific Grips provide greater comfort and improved grip strength

DIVERGING SEATED ROW G7-S34

- Independent diverging arm movements provide a natural path of motion and increased exercise variety
- Dual-position foot placement provide greater user comfort.
- Action Specific Grips provide greater comfort and improved grip strength
- Adjustable chest pad with gas shock accommodates a variety of users

INDEPENDENT BICEPS CURL G7-S40

- Unique pivoting elbow pads and rotating handles improve function, comfort and feel during use.
- Independent motion for greater exercise variety
- Action Specific Grips provide greater comfort and minimal point pressure
- Designed for easy entry and exit without chest compression from traditional machines
- Elbow pad wear covers improve upholstery performance in high contact areas

TRICEPS PRESS G7-S42

- Oversized rotating handles adapt to a wide variety of users and provide exercise variation
- 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-supported pivoting design fosters natural abdominal crunch motion
- Action Specific Grips provide greater comfort and minimal point pressure
- Elbow pad wear covers improve upholstery performance in high contact areas

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 and provides additional support

ROTARY TORSO G7-S55

- Kneeling position minimizes low-back stress while stretching hip flexors
- Contoured knee pads with wear covers enhance comfort, stability and durability
- Oversized handlebars accommodate a variety of users without adjustment
- Knee pad wear cover improves upholstery performance in high contact areas
- Range of motion feature with 8 different start positions adds greater versatility

LEG PRESS G7-S70

- Angled and adjustable seat carriage enhances comfort
- Ergonomic adjustment handle and gas shock enable simple changes in start position
- Oversized foot platform increases movement variety including calf exercises
- Integrated assistance handle enables easy exit and entry
- Guide rod and bearing-designed carriage improves long-term durability and smooth performance

LEG EXTENSION G7-S71

- Self-adjusting tibia pad for greater ease of use
- Soft contoured knee pad provides optimal comfort behind user's knee during use
- Thumb-switch controls and ergonomic adjustment handle allow easy user setup
- Angled seat and back pads encourage full quadriceps contraction
- Pivot location clearly marked to encourage correct knee alignment

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
- Gas-assisted adjustable thigh pad and thumb switch control allow easy user setup
- Soft contoured thigh pad provides optimal comfort during use

PRONE LEG CURL G7-S73

- Contoured elbow pads enhance stabilization and comfort
- Divergent pad angle eliminates lower-back stress
- Integrated sweat guard protects frame from damage
- Thumb-switch controls allow easy adjustments

HIP ADDUCTOR G7-S74

- Ergonomic adjustment handle enables simple changes in start position
- Foot pegs and contoured knee pads provide user stabilization and support
- Adjustable reclining position offers customized lumbar comfort
- Integrated foot platform allows easy exit and entry

HIP ABDUCTOR G7-S75

- Ergonomic adjustment handle enables simple changes in start position
- Foot pegs and contoured knee pads provide user stabilization and support
- Adjustable reclining position offers customized lumbar comfort
- Integrated foot platform allows easy exit and entry

CALF EXTENSION G7-S77

- Angled seat position provides greater lumbar support
- Ergonomic adjustment handle enables simple changes in start position
- Range-of-motion adjustment accommodates a variety of users and start positions
- Guide rod and bearing-designed carriage improves long-term durability and smooth performance

GLUTE G7-S78

- Upright user position increases comfort and machine approachability
- Rotating foot pad provides stable and smooth contact throughout the full range of motion
- Oversized foot platform bolsters stability
- Adjustable chest pad accommodates a variety of users

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-S13 Converging Chest Press	168.5	141	135	66.3	55.4	53	348	768	108	240
G7-S21 Lateral Raise	105.5	150	135	41.5	59	53	281	620	90	200
G7-S22 Pec Fly / Rear Delt	143.5	193.5	197	56.4	76.1	77.6	329	726	135	300
G7-S23 Converging Shoulder Press	168	146.5	174	66.1	57.6	68.4	359	792	90	200
G7-S33 Diverging Lat Pulldown	152	161	195	59.6	63.1	76.7	382	842	108	240
G7-S34 Diverging Seated Row	158	138.5	140.5	62.2	54.5	55.3	343	757	108	240
G7-S40 Independent Biceps Curl	135	168	135	53	66.2	53	266	587	90	200
G7-S42 Triceps Press	124	121	135	48.8	47.7	53	305	673	120	265
G7-S51 Abdominal Crunch	139	121	147	54.6	47.5	57.9	290	640	108	240
G7-S52 Back Extension	145	120	135	57.2	47.3	53	319	704	108	240
G7-S55 Rotary Torso	117	123	141	45.8	48.2	55.2	232	512	90	200
G7-S70 Leg Press	206	113	152	80.9	44.3	59.9	436	962	180	400
G7-S71 Leg Extension	152.4	125.9	135	60	49.6	53	304	671	108	240
G7-S72 Seated Leg Curl	148.5	117	135	58.4	46	53	320	706	90	200
G7-S73 Prone Leg Curl	173	112	135	68	44	53	280	618	90	200
G7-S74 Hip Adductor	182	173	135	71.6	67.8	53	272	600	90	200
G7-S75 Hip Abductor	182	173	135	71.6	68	53	277	611	90	200
G7-S77 Calf Extension	169	120	150	66.5	47.2	59	291	642	180	400
G7-S78 Glute	200.5	90	156	79	35.3	61.5	239	527	63	140

* Dimensions listed are maximum in-use dimensions.

ULTRA STANDARD FRAME AND UPHOLSTERY COLORS

Iced Silver frames

Obsidian Black – Upholstery

Graphite Gray – Upholstery

Clay Red – Upholstery

Alloy Gray / Graphite Gray – Upholstery

Slate Blue – Upholstery

Alloy Gray / Hazelnut – Upholstery

Matte Black frames

Obsidian Black – Upholstery

Graphite Gray – Upholstery

Clay Red – Upholstery

Alloy Gray / Graphite Gray – 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

1 EXERCISE PLACARDS

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

2 CONVERGING/DIVERGING MOTION

Encourages a natural path of motion to enhance comfort.

3 INCREMENTAL WEIGHTS

Easy to access and reference from the seated position.

4 ACTION SPECIFIC GRIPS

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

5 ELECTRONIC REP COUNTER

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

6 GAS-ASSISTED SEAT ADJUSTMENT

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

* Shown in Matte Black

VERSA OPTIONS

Versa+ (shown throughout brochure)

Comes 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

1

2

3

4

5

6

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 reduced 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
- Integrated foot pegs provide added support during heavy lifts

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
- Smoothly transition between exercises with one simple adjustment
- 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
- Clearly indicated adjustments for ease of use

REAR DELT / PEC FLY VS-S22

- Comfortable, oversized grips accommodate users of all sizes
- Always 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

BICEPS / TRICEPS VS-S401

- Compact design minimizes floor space
- Stainless-steel cable guides provide added protection for lasting durability
- Large 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
- Integrated hard stop prevents knee pad 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 and prevents cable slack
- 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 comfort
- Clearly indicated adjustments allow for ease of use

MEDICAL LEG PRESS MD-S70

- Class I Med CE certified for therapeutic, rehab and active-aging environments creating a wide range of progression programs, including isometric, loaded isometric, isotonic, plyometric, elastic and combined (elastic and weight stack) exercises
- Low starting weight of 2.63 kg / 5.8 lbs. offers gradual progression
- Adjustable shoulder pads and gas-assisted seat back provide flexible progressions and comfortable use for clients of all sizes
- Stack disconnect allows free movement of the carriage without additional resistance, ideal for deconditioned, rehabbing and injured clients
- Band hooks make it easy to add external resistance bands for elastic and plyometric training
- Carriage lockout and range-of-motion limiter restrict carriage movement for isometric contractions while protecting clients from overextending
- Also available: optional incremental weights, step stool, force plate holder and accessory package

MEDICAL LEG EXTENSION / LEG CURL MD-S711

- Class I Med CE certified for therapeutic, rehab and active-aging environments creating progression programs to build strength in the hamstrings and quads
- Unique seat pivot allows proper joint alignment creating optimal biomechanics in both directions
- Gas-assisted adjustments combined with a rotating thigh pad for open exit and entry provide an exceptional user experience
- The range-of-motion limiter and 12 starting positions allow complete control over stroke length and isometric contractions
- Low starting weight of 4.5 kg / 10 lbs. for the leg extension and 3.4 kg / 7.5 lbs. for the leg curl
- Also available: optional incremental weights and step stool

MEDICAL ADJUSTABLE PULLEY MD-AP

- Class I Med CE certified for therapeutic, rehab and active-aging environments creating a wide range progression programs including exercises that build upper body, lower body and core muscles that are essential to ADLs
- 35 clearly numbered adjustment points provide exercise variety
- Low starting weight of 2.3 kg / 5 lbs. offers gradual progression
- 1:2 pulley ratio provides smooth operation
- Also available: optional incremental weight, balance bar, medical handrail, wheel transport and Inclusive Fitness kit

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

* Accessories not included.

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
- One-handed pulley adjustment offers easy operation
- Frame guards protect against chips and scratches
- Clearly indicated adjustments for ease of use

* Accessories not included.

- 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
- 1:2 pulley ratio provides smooth operation
- 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 (effective resistance 1.1 kg / 5lb.)

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	160.8	52.6	49.8	63.3	241	531	104	230
VS-S53H Abdominal	136.6	141.4	160.8	53.8	55.7	63.3	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	268	590	104	230
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	160.8	52.6	49.8	63.3	241	531	72.6	160
VS-S53 Abdominal	136.6	141.4	160.8	53.8	55.7	63.3	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	236	520	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	246	543	72.6	160
VS-S401 Bicep / Tricep	166.6	124.7	226.2	65.6	49.1	89.1	214	472	68.0	150
VS-S531 Abdominal / Back Extension	132.2	131.5	160.8	52.1	51.8	63.3	231	509	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	251	554	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 MEDICAL 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.
MD-S70 Medical Leg Press	263.2	121.9	188.3	103.7	48	74.2	372	820	136	300
MD-S711 Medical Leg Extension / Leg Curl	165.4	125.4	162.5	65.2	49.4	64	340	750	91	200
MD-AP Medical Adjustable Pulley	107.2	125	228	42.2	49.3	89.8	174	384	68	150

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

2:1 Pulley Ratio. Effective resistance of Versa Functional Trainer standard stack is (34 kg / 75lbs.)

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	210
VS-VFT-S30 + VS-VFT60 Functional Trainer	122.7	145.8	237.6	48.3	57.4	93.5	424	934	95	210

2:1 Pulley Ratio. Effective resistance of Versa Functional Trainer heavy stack is (47.6 kg / 105lbs.)

* 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

Clay Red – Upholstery

Slate Blue – Upholstery

Matte Black frames

Obsidian Black – Upholstery

Clay Red – 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

1 FRAME AND FINISH

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

2 BOTTLE AND TOWEL HOLDER

Conveniently positioned to prevent spills and clutter on your floor.

3 EXERCISE PLACARDS

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

4 ERGO FORM CUSHIONS

Uniquely attractive design ensures proper body alignment and support.

5 INCREMENTAL WEIGHTS

Easy to access and reference from the seated position.

6 CONVERGING/DIVERGING MOTION

Encourages a natural path of motion to enhance comfort.

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

* Shown in Matte Black

1

2

3

4

5

6

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

- Dual-position hand grips allow for greater training variety
- Oversized hand grips provide improved function and comfort
- Counterbalanced pressing arm provides reduced 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 reduced 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

- Dual-position hand grips allow for greater training variety
- 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 rotating 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

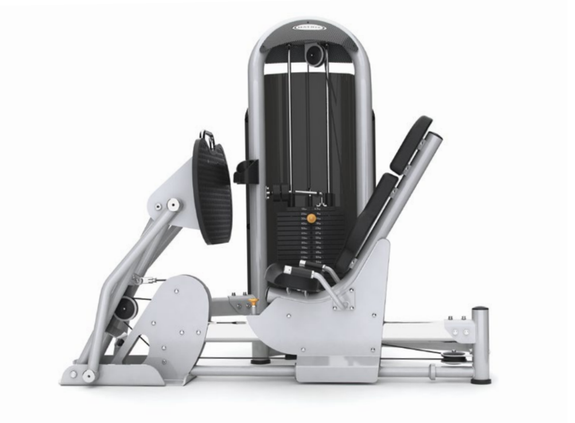
- Adjustable nonskid footrests provide secure and proper positioning
- Pivot position coordinates the function of hip and lower-back muscles
- Lower-back reference pad encourages proper user alignment

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 enhanced 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 enhanced 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
- Low step-up height 13.2 cm / 5.2" for easy entry and exit

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
- 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
- Stainless steel guards on pulleys protect against machine damage
- One large foot platform 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 accommodating users of all sizes
- 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 chest
- 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 at -15 degrees to emphasize lower chest
- 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

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 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

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	94	150	54	37	59	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	68	150
G3-S70 Leg Press	210.1	124.6	184.6	82.7	49	72.7	417	920	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	1324	2 X 131	2 X 290
G3-MSFT400 Functional Trainer	169.2	130.2	234.4	66.6	51.2	92.3	697	1537	2 X 176	2 X 390
G3-MS20 Adjustable Cable Crossover	397.4	90	239.6	156.5	35.4	94.3	399	880	2 X 91	2 X 200
G3-MS24 Adjustable Pulley	68	70	240	27	28	94.5	181	398.5	91	200
G3-MS51 Lat Pulldown	140	120	252	55	47.5	99.5	252	556	134	295
G3-MS52 Triceps Pressdown	85	59	240	33.5	23.5	94.5	171.5	377.5	91	200
G3-MS53 Low Row	230	71	240	91	28	94.5	260	573	134	295
4-stack Multi-station Configuration**	167.8	369.8	252	66.1	145.6	99.2	998	2200	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	2640	3 X 91, 2 X 134	3 X 200, 2 X 295
8-stack Multi-station Configuration**	561.3	370.9	251.7	221	146	99.1	1996	4400	4 X 91, 4 X 134	4 X 200, 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	140	309
G3-FW73 Power Station	184.8	160.5	223.5	72.8	63.2	88	177	390
G3-FW13 Olympic Flat Bench	181	159	127	71	63	50	76	168
G3-FW14 Olympic Incline Bench	190	159	145	75	63	57	87	191
G3-FW15 Olympic Decline Bench	211	159	127	83	63	50	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-FW81 Flat Bench	156.2	68.7	43	61.5	27	16.9	26	57
G3-FW83 Adjustable Decline Bench	161	60.9	85.1	63.4	24	33.5	38	84
G3-FW84 Utility Bench	118.9	75.9	96.2	46.8	29.9	37.9	27	60
G3-FW94 Olympic Weight Tree	87	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	68	111	43	27	44	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

Clay Red – Upholstery

Slate Blue – Upholstery

Matte Black frames

Obsidian Black – Upholstery

Clay Red – 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

1 DURABLE CONSTRUCTION

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

2 CONVERGING/DIVERGING MOTION

Encourages a natural path of motion to enhance comfort.

3 ERGONOMICS AND BIOMECHANICS

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

4 COLOR-CODED ADJUSTMENT POINTS

Conveniently located and clearly marked for easy use.

5 FRAME FINISH

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

6 VARIETY

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

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

* Shown in Matte Black

1

2

3

4

5

6

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 LP MG-A82

- Seat automatically adjusts with the back pad for ease of use
- Adjustable back pad with 8 positions from 0 to 75 degrees
- Tapered 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

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

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
- Safety Distance from Floor 71.75 cm / 28.25

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

MI BACK TRAINER MD-FW52

- Large thigh pads and skid-resistant foot platform for enhanced stability
- Handles offer easy entry and exit
- Hooks to attach bands for added resistance
- 3 different pad adjustment angles (55, 40, 25 degrees)

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

5-PAIR PRO-STYLE DUMBBELL RACK MG-A505

- Storage space for 5 pairs of pro-style dumbbells up to 68 kg / 150 lbs.
- 15-degree angled tray helps prevent wrist strain when removing and replacing dumbbells
- Cradles hold dumbbells securely in place to prevent rolling pinch hazards

10-PAIR PRO-STYLE DUMBBELL RACK MG-A510

- Storage space for 10 pairs of pro-style dumbbells up to 68 kg / 150 lbs.
- 15-degree angled trays help prevent wrist strain when removing and replacing dumbbells
- Cradles hold dumbbells securely in place to prevent rolling pinch hazards

15-PAIR PRO-STYLE DUMBBELL RACK MG-A515

- Storage space for 15 pairs of pro-style dumbbells up to 68 kg / 150 lbs.
- 15-degree angled trays help prevent wrist strain when removing and replacing dumbbells
- Cradles hold dumbbells securely in place to prevent rolling pinch hazards

2-TIER FLAT-TRAY DUMBBELL RACK MG-A528

- 231 cm / 91" rack holds hex head dumbbells weighing up to 52 kg / 115 lbs.
- Also available: 185 cm / 73", 2-tier Flat-tray Dumbbell Rack (MG-A526)

3-TIER FLAT-TRAY DUMBBELL RACK MG-A538

- 231 cm / 91" rack holds hex head dumbbells weighing up to 52 kg / 115 lbs.
- Also available: 185 cm / 73", 3-tier Flat-tray Dumbbell Rack (MG-A536)

STUDIO PRO-STYLE DUMBBELL RACK MG-A541

- Storage space for 10 pairs of pro-style dumbbells from 2-20 kg / 5-50 lbs.
- 15-degree angled trays help prevent wrist strain when removing and replacing dumbbells
- Space-saving design minimizes footprint and uses less space than traditional 10-pair 2-tier rack
- Cradles hold dumbbells securely in place to prevent rolling pinch hazards

STUDIO FLAT-TRAY DUMBBELL RACK MG-A544

- 122 cm / 48" rack holds 2-20 kg / 5-50 lb. hex head dumbbells

STEP-UP PLATFORM W/ HANDLE MG-SUP

- 20 cm / 8" step-up height
- Non-slip surface

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
- Standard on the Olympic Incline and Shoulder Press Benches

GLUTE TRAINER

SMART & STABLE

Help athletes tone muscle, build power, and improve hip and core stability with a smarter, more stable take on high-intensity glute training. Advanced biomechanics mimic bar hip thrusting without the difficulty and discomfort of free weights, and walk-through design makes it easy for anyone to get started. Refined ergonomics accommodate users of all sizes comfortably, while high maximum resistance and elastic band hooks challenge even elite

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 11.3-kg / 25-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 safety 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 height 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

GLUTE TRAINER MG-PL78

- Comfortable user positioning and efficient machine layout mimic bar hip thrusting without the hassle of unwieldy free weights
- Walk-through design with swiveling hip pad provides easy entry and exit
- Maximum resistance of 227 kg / 500 lbs.
- Integrated dual-sided band hooks provide elastic resistance for explosiveness training and movement variety
- Floating hip pad adjusts to fit users of all sizes and comfortable feel
- Large, angled foot platform with non-slip surface offers excellent stability to better engage glutes
- Oversized shoulder pad provides comfortable torso support

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)

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

SOLID RUBBER SURFACE PLATFORM

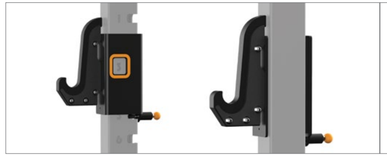
- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts
- Options available: MEGA Solid Rubber Surface Platform (MRP4794) for use with the MR47; MEGA Solid Rubber Surface Platform (MRP9091) for use with the MR690

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

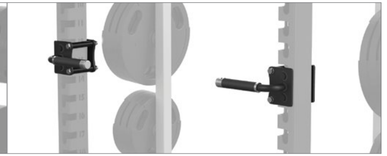


REVERSE J-HOOKS OPT1R

- Made of high-density polyethylene (HDPE) to protect bar knurling
- For use on the outside of the MR47 Mega Power Rack
- Available in Ridge Black only

DIP BARS OPT3

- Attaches to rack uprights for body-weight dips
- For use on the MR690 Mega Half Rack
- Also available: Reverse Dip Bars (OPT3R) for use on the MR47 Mega Power Rack
- Available in Ridge Black only

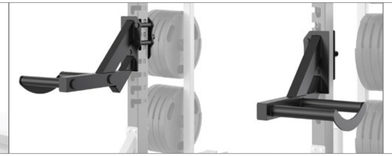


SQUAT HANDLES OPT6

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

REVERSE STEP-UP PLATFORM OPT7R

- Adjustable height platform provides additional body-weight exercises
- For use on the outside of the MR47 Mega Power Rack
- 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 MR690 Mega Half Rack
- Also available: Reverse Technique Scoops (OPT8R) for use on the outside of the MR47 Mega Power Rack
- Available in Ridge Black only

MEGA PLATFORM RAMP MOPT11

- Ramp allows for gradual incline to rack platforms
- Replaces standard platform framework
- Available in Ridge Black only

MEGA LAND MINE ATTACHMENT MOPT13

- Attaches to any rack for rotational training (bar not included)
- Available in Ridge Black only

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 MR690 Mega Half Rack
- Also available: Reverse Jammin Arms (OPT17R) for use on the outside of the MR47 Mega Power Rack

JAMMIN ARMS W/ BAND ATTACHMENT OPT17B

- Angled pressing arms with band attachments for added training variety with speed and resistance
- For use on the MR690 Mega Half Rack
- Also available: Reverse Jammin Arms w/ Band Attachment (OPT17RB) for use on the MR47 Mega Power Rack

SAFETY ARM STORAGE OPT22

- Bolt-on storage for safety arms provides easy access to arms when not in use
- For use on the MR690 Mega Half Rack
- 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 outside of the MR47 Mega Power Rack
- Available in Ridge Black only

MEGA DOCKING KIT W/ NO PLATFORM MOPT29

- Connects MG-A695 Flat-to-incline Bench w/ Horizontal Adjustment directly to racks without a platform
- Available in Ridge Black only

MEGA DOCKING KIT W/ PLATFORM MOPT29P

- Connects MG-A695 Flat-to-incline Bench w/ Horizontal Adjustment directly to racks when using a platform
- Available in Ridge Black only

MEGA BATTLE ROPE ATTACHMENT MOPT31

- For rope training as an anchor point on any rack
- Available in Chrome finish only

STRAIGHT LADDER OPT32

- Horizontal ladder connecting power racks together for bodyweight training
- For use on the MR47 Mega Power Rack
- 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 MR47 Mega Power Rack
- 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

MEGA STRAIGHT CHIN BAR MOPT35

- Pull-up bar connects power racks together for added bodyweight training
- Available in 183 cm / 6' (MOPT35-6), 244 cm / 8' (MOPT35-8) and 297 cm / 9'9" (MOPT35-10) lengths

MEGA DUAL-SIDED FAT/ STRAIGHT CHIN BAR MOPT36-6

- Multiple grip pull-up bar connects power racks together for added bodyweight training
- Available in 183 cm / 6' (MOPT36-6)

MEGA DUAL OLYMPIC BAR STORAGE MOPT41

- Vertical Olympic bar storage

MEGA ROTATING CHIN HANDLES MOPT42

- Handles rotate into multiple positions for added exercise variety
- For use on the MR47 Mega Power Rack
- Available in Ridge Black only

MEGA SIDE-MOUNTED PULL-UP BAR MOPT43

- Mounts upward or downward for bodyweight exercises or additional suspension-device exercises
- For use on the MR47 Mega Power Rack
- 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 MR47 Mega Power Rack
- 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	OPT26	Fat Bar J-hooks
OPT3	Dip Bars	OPT26R	Reverse Fat Bar J-hooks
OPT3R	Reverse Dip Bars	MOPT29	Mega Rack Docking Kit w/ No Platform
OPT6	Squat Handles	MOPT29P	Mega Rack Docking Kit w/ Platform
OPT7R	Reverse Step-up Platform	MOPT31	Mega Rack Battle Rope Attachment
OPT8	Technique Scoops	MOPT41	Mega Rack Dual Olympic Bar Storage
OPT8R	Reverse Technique Scoops	MOPT42	Mega Rack Rotating Chin Handles
MOPT11	Mega Rack Platform Ramp	MOPT43	Mega Rack Side-mounted Pull-up Bar
MOPT13	Mega Rack Land Mine Attachment	OPT45	Bolt-On Spotter Stand (Pair)
OPT16	Core Handle*	OPT46	Bolt-On Front Band Peg
OPT17	Jammin' Arms	MR47P	Mega Platform w/ Hardwood Insert
OPT17B	Jammin' Arms w/ Band Attachment	MR690P	Mega Platform w/ Hardwood Insert
OPT17R	Reverse Jammin' Arms	MRP4794	Mega Solid Rubber Surface Platform
OPT17RB	Reverse Jammin' Arms w/ Band Attachment	MRP9091	Mega Solid Rubber Surface Platform
OPT22	Safety Arm Storage		

MR47	
OPT1R	OPT26R
OPT3R	MOPT29
OPT6	MOPT29P
OPT7R	MOPT31
OPT8R	MOPT41
MOPT11	MOPT42
MOPT13	MOPT43
OPT16	OPT45
OPT17R	OPT46
OPT17RB	MR47P
OPT26	MRP4794

MR690	
OPT3	OPT26
OPT6	MOPT29
OPT8	MOPT29P
MOPT11	MOPT31
MOPT13	MOPT41
OPT16	OPT45
OPT17	MR690P
OPT17B	MRP9091
OPT22	

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 LP	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

MAGNUM FREE WEIGHTS cont.	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
MD-FW52 MI Back Trainer	135.5	73.1	100.1	53.4	28.8	39.4	40.4	89.1
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-A505 5-pair Pro-style Dumbbell Rack	232.6	61.3	79.8	91.6	24.2	31.5	63	138.6
MG-A510 10-pair Pro-style Dumbbell Rack	232.6	61.3	79.8	91.6	24.2	31.5	106	233.2
MG-A515 15-pair Pro-style Dumbbell Rack	232.6	67.3	102.1	91.6	26.5	40.2	156	343.2
MG-A526 2-tier Flat-tray Dumbbell Rack (not shown)	186.2	62.5	79.4	73.3	24.6	31.3	108	237.6
MG-A528 2-tier Flat-tray Dumbbell Rack	232.2	62.5	79.4	91.5	24.6	31.3	127	279.4
MG-A536 3-tier Flat-tray Dumbbell Rack (not shown)	186.2	72.4	101.8	73.3	28.5	40	160	352
MG-A538 3-tier Flat-tray Dumbbell Rack	232.2	72.4	101.8	91.5	28.5	40	193	424.6
MG-A541 Studio Pro-style Dumbbell Rack	186.2	67.3	102.1	73.3	26.5	40.2	123	270.6
MG-A544 Studio Flat-tray Dumbbell Rack	123.2	72.4	101.8	48.5	28.5	40	118	259.6
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-PL78 Glute Trainer	168	133	109	66.5	52.5	43	154	340
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

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
OPT6 Squat Handles	23	23	13	9	9	5	8	16
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	69	44	41	27	17	17	35	76

OPTIONS cont.	PRODUCT DIMENSIONS						PRODUCT WEIGHT	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.
MOPT11 Platform Ramp	22	204	9	8.5	80.0	3.5	23	50
MOPT13 Land Mine Attachment	66.6	211	191	26.2	8.3	7.5	8.6	19
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
OPT22 Safety Arm Storage (Pair)	23	21	9	9	8	3.5	2	4
OPT26 Fat Bar J-hooks	47	18	34	19	4	13	16	35
OPT26R Reverse Fat Bar J-hooks	45	11	33	17.5	4	13	15	32
MOPT29 MEGA Rack Docking Kit w/ No Platform	26	3	14	10	1	5.5	3	5
MOPT29P MEGA Rack Docking Kit w/ Platform	26	3	6	10	1	2	2	3
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
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
MOPT35-10 MEGA Straight Chin Bar	297.2	30.4	7.7	117	12	3	32.5	71.5
MOPT36-6 MEGA Dual-sided Fat/Straight Chin Bar	182.9	52.4	9.2	72	20.6	3.6	23.8	52.3
MOPT41 MEGA Rack Dual Olympic Bar Storage	18	110	33	7	43	13	21.8	48
MOPT42 Rotating Chin Handles	16.1	109.2	46.4	6.4	43.0	18.3	15	33
MOPT43 MEGA Side-mounted Pull-up Bar	131	28	17	51.6	11	6.7	9	20
OPT45 Bolt-On Spotter Stand (Pair)	38	81.5	29.5	15.00	32	11.5	31	68
OPT46 Bolt-On Front Band Peg	28	16	27	11	6.25	10.5	4	9
MR47P MEGA Platform w/ Hardwood Insert	366	254	8	144	100	3	236	520
MR690P MEGA Platform w/ Hardwood Insert	331	254	8	130	100	3	248	545
MRP4794 MEGA Solid Rubber Surface Platform	366	254	8	144	100	3	279	615
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

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.

VARSITY SERIES

1 DURABLE CONSTRUCTION

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

2 COLOR-CODED ADJUSTMENT POINTS

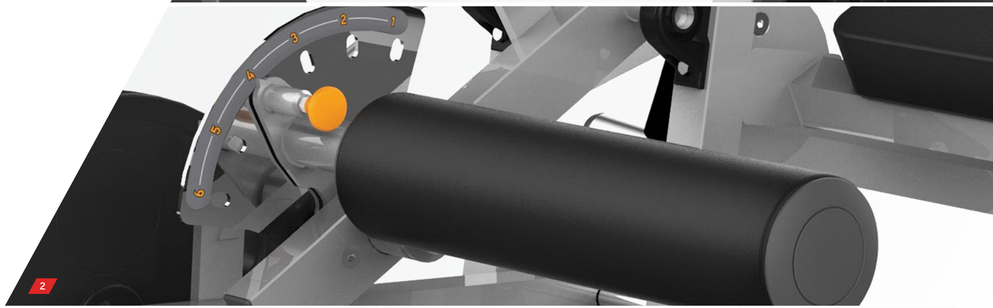
Conveniently located and clearly marked for easy use.

3 VALUE

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

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

* Shown in Matte Black



FUNCTIONAL TRAINER 1:2 VY-6044

- Compact design at only 208 cm / 80" tall fits comfortably in low ceiling facilities
- 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

- Compact design at only 208 cm / 80" tall fits comfortably in low ceiling facilities
- 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

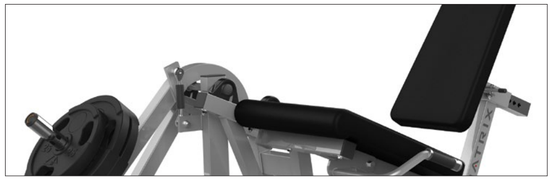
VARSITY MULTI-STATIONS	PRODUCT DIMENSIONS						PRODUCT WEIGHT		WEIGHT STACK	
	METRIC (CM)			ENGLISH (INCHES)			METRIC	ENGLISH	METRIC	ENGLISH
	L	W	H	L	W	H	KG	LBS.	KG	LBS.
VY-6044 Functional Trainer 1:2	107	180	208	42	71	82	311	686	71	156
VY-6047 Functional Trainer 1:4	107	180	208	42	71	82	376	830	103	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

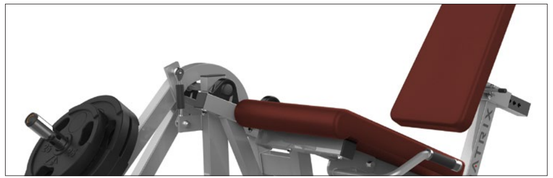
Obsidian Black – Upholstery



Matte Black frames

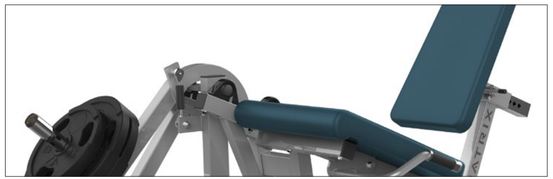
Obsidian Black – Upholstery

Clay Red – Upholstery



Clay Red – Upholstery

Slate Blue – Upholstery



Slate Blue – Upholstery

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.

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

1 DURABLE CONSTRUCTION

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

2 ERGONOMIC DESIGN

Designed to fit the body for comfortable, natural use.

3 WEIGHT-STORAGE HORNS

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

4 EASY ACCESS

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

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

* Shown in Matte Black

1

2

3

4

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

- 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	76	96	26	30	100	220	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

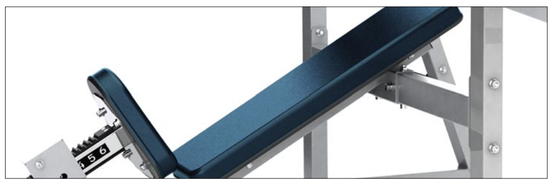
Matte Black frames

Obsidian Black – Upholstery

Clay Red – Upholstery

Clay Red – Upholstery

Slate Blue – Upholstery



Slate Blue – Upholstery

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.

A TRULY GLOBAL COMPANY

Australia / New Zealand
Johnson Health Tech Australia Pty. Ltd.

Brazil
Johnson Health Tech Brasil

Canada
Johnson Health Tech Canada/STAK Fitness

China
Johnson Health Tech (Shanghai) Co., Ltd.

Denmark
Johnson Health Tech Denmark ApS

France
Johnson Health Tech France

Germany / Austria
Johnson Health Tech GmbH

Greece
Johnson Health Tech Hellas SA

Hong Kong
Johnson Health Tech Hong Kong

Italy
Johnson Health Tech Italia Spa

Japan
Johnson Health Tech Japan

Korea
Johnson Health Tech Co., Ltd. Korea

Malaysia
Johnson Fitness (Malaysia) SDN. BHD.

Mexico
Johnson Health Tech Mexico

Netherlands / Belgium / Luxembourg
Matrix Fitness Benelux

Philippines
Johnson Health Tech Philippines Inc.

Poland
Johnson Health Tech Sp. Z. O. O.

Romania
Johnson Health Tech Romania

Spain / Portugal
Johnson Health Tech Ibérica SL

Switzerland
Johnson Health Tech (Schweiz) GmbH

Taiwan
Johnson Health Tech Taiwan

Thailand
Johnson Health Tech (Thailand) Co., Ltd.

United Arab Emirates / Jordan / Kuwait / Oman / Qatar
Johnson Health Tech Middle East

United Kingdom
Johnson Health Tech UK Ltd.

United States
Johnson Health Tech North America

Vietnam
Johnson Health Tech (Vietnam) Co. Ltd.

Visit matrixfitness.com for full contact information.

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.

MATRIX

Matrix Fitness

1600 Landmark Drive
Cottage Grove, WI 53527 USA

matrixfitness.com

©2019 Matrix Fitness. All Rights Reserved.

AUTHORIZED MATRIX FITNESS DISTRIBUTOR