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## TRANSFORMATION FOR FACILITIES AND EXERCISERS

Our calling is to encourage people around the world to reach their full potential, by providing the tools needed to create transformational workout experiences.

For more than 50 years, Life Fitness has been dedicated to creating exciting and invigorating fitness solutions that allow fitness facilities to succeed and let exercisers reach their goals.





## YOUR FACILITY FIRST

Life Fitness puts your brand first. We offer extensive consultation to guide you through the limitless possibilities and choices available for your facility.

We're here to help you take the steps needed to transform your business.

#### **BUILD YOUR**

## EXPERIENCE

Create the best cardio combinations for your facility with the most variety and versatility Life Fitness has ever offered. Simply choose your console, your base and your color.

### SELECTYOUR



#### **Discover SE3 HD**

Premium entertainment on a 21.5" touch screen (16" on cardio besides treadmills). Includes Life Fitness™ On Demand, HD TV, internet, apps like Netflix™, interactive courses and more.



#### **Discover ST**

Integrated HD TV, Performance Run view, interactive courses and an intuitive touch screen offer a straight-forward experience. 21.5" touch screen (16" on other cardio).



#### **Integrity SL**

An intuitive exerciser experience combined with the level of digital connection that users expect.



#### **Elevation**

Premium cardio that combines appealing and sturdy design with innovative features.



#### **Integrity Deluxe**

Sleek design with added aesthetic touches to enhance any facility.



#### **Integrity Simple\***

Simplified, inviting design for when customization isn't necessary.

### COLOR



**Black Onyx** 



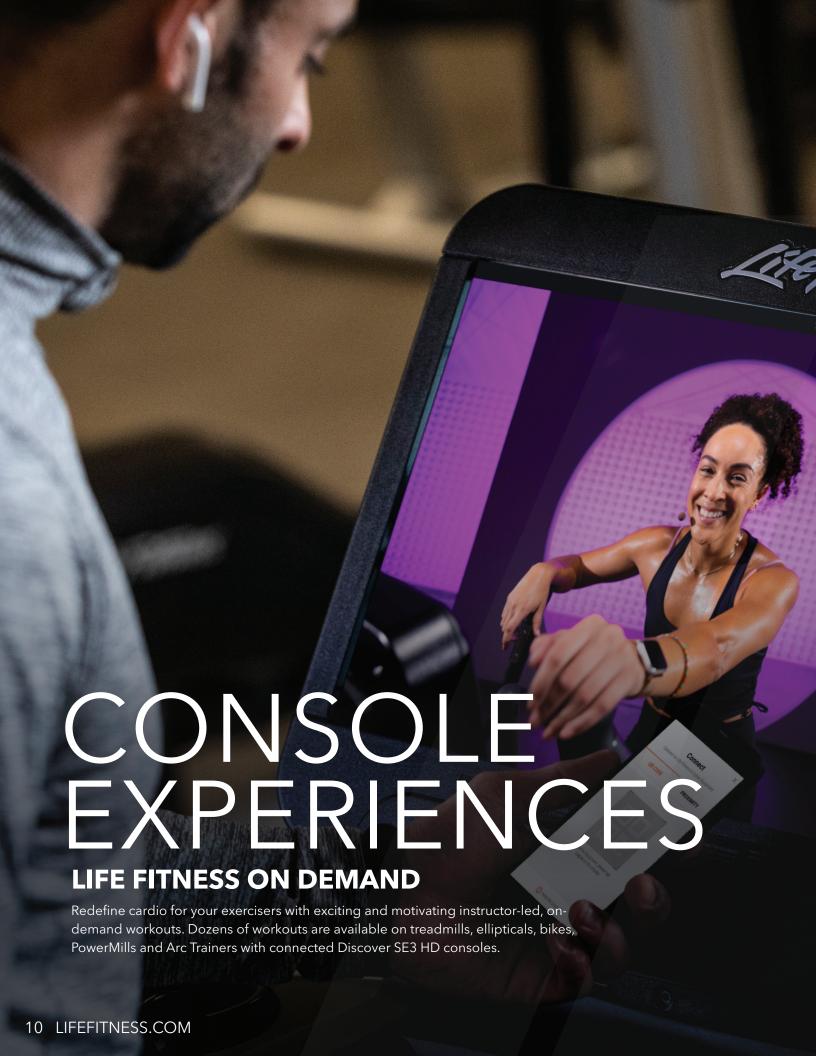


**Titanium Storm** 



**Arctic Silver** 





#### **DISCOVER SE3 HD CONSOLE**

A consistently captivating experience. With engaging layouts, simple discoverability and a host of other digital advances including integrated streaming video services and exciting on-demand classes.



#### **Connection**

Apple(R) and Android(TM) devices connect through proximity Bluetooth(R) and NFC. Apps such as Life Fitness Connect complement your investment, allowing for free seamless tracking and makes premium coaching and content available to keep exercisers coming back for more.



#### **Customizable Home Screen**

Customize home screen messaging to promote events and classes, communicate through trainers, open new revenue streams, and build your brand. Requires Halo Fitness Cloud.



#### **Entertainment Hub**

Internet connectivity lets exercisers use media like Netflix™, Spotify® and Pandora® during their workouts.



#### **Smart Watch Compatibility**

Connect your Apple Watch® or Samsung Galaxy Watch® automatically to Life Fitness equipment and track important metrics like heart rate, speed and calories



#### **Engaging Courses**

Lifescape™ interactive courses let exercisers run through scenic terrains, enhanced by incline or resistance that changes with the terrain.



#### **Performance Run**

Provides exercisers with a unique interval training workout experience. Offers intuitive interaction and large on-screen buttons to easily change the speed and incline, allowing quick and easy interval changes. For treadmill only.



#### **DISCOVER ST CONSOLE**

Integrated HD TV and an intuitive touch screen offer a straightforward entertainment experience for exercisers. Includes Performance Run, Lifescape courses, up to 21 workouts and is NFC and Bluetooth® compatible.



#### **INTEGRITY SL CONSOLE**

Rethink LED with a console that is smart yet simple. The advanced console offers NFC, ANT+, Bluetooth® and Apple Watch® connection.



#### **CONSOLES**







	DISCOVER SE3 HD	DISCOVER ST	INTEGRITY SL
Key Features	High-definition (1080p) touch screen with integrated TV, internet (wired and wireless), Life Fitness On Demand classes, Polar® and app compatibility, Lifescape interactive courses, Performance Run View	High-definition (1080p) touch screen with integrated TV, internet (wired and wireless), Bluetooth® (login and heart-rate strap only), Lifescape interactive courses and Performance Run View	Touch screen, Bluetooth® and NFC connection, easily accessible speed and incline adjustments, downloadable workouts
Screen Size	<ul> <li>Treadmills 21.5" (55 cm)</li> <li>Bikes/Cross-Trainers/PowerMill Climber/Arc Trainer 16" (41 cm)</li> </ul>	<ul> <li>Treadmills 21.5" (55 cm)</li> <li>Bikes/Cross-Trainers/PowerMill Climber/Arc Trainer 16" (41 cm)</li> </ul>	
Halo Fitness Cloud Compatibility	Standard	Standard	Standard
Device Compatibility	Android™, iPhone®, iPad®, Apple Watch®, Samsung Galaxy Watch®	Android™, iPhone®, iPad®	Android™, iPhone®, Apple Watch®
Entertainment	Integrated TV, Internet Browsing, Bluetooth*, Interactive Courses, Integrated Apps (Netflix™, Spotify*, Pandora*, ESPN*, BBC News*, Newsy*, Flipboard*, YouTube™, The Economist™, Sudoku, Chess, Solitare)	Integrated TV, Interactive Courses	Attachable TV is optional
Languages Available		ese, Italian, French, German, Dutch, Tur an, Finnish, Hungarian, Basque, Traditio	the state of the s
Number of Workouts	Up to 25 + Quick Start	Up to 25 + Quick Start	22
Compatible Products	Elevation Series, Integrity Series, PowerMill Climber, Arc Trainer	Elevation Series, Integrity Series, PowerMill Climber, Arc Trainer	Integrity Series D and S Bases, PowerMill Climber, Arc Trainer





#### **WHAT IT IS**

The Halo Fitness Cloud is the platform that connects fitness facilities to their exercisers and equipment. Halo empowers facilities and their staff to optimize equipment usage and more easily keep cardio equipment up-to-date with the newest features.

#### **GET CONNECTED**

- View service notifications regarding preventative maintenance and equipment rotation
- Understand traffic patterns and popular equipment by analyzing usage insights
- Offer exciting new features on compatible cardio equipment with streamlined software updates
- Customize your solution to fit your facility brand, exercisers, environment and experience

Visit Halo.Fitness for more information.



## ELEVATION SERIES

Premium cardio equipment that includes treadmills, upright and recumbent exercise bikes, and cross-trainers.

The series combines superior biomechanics, thoughtful, user-friendly design, and a high level of connection and engagement for both the facility and the exerciser. The result is a truly memorable experience for the exerciser that sets your facility apart.



#### **ELEVATION SERIES PRODUCTS**



**TREADMILL**WITH DISCOVER SE3 HD CONSOLE



ELLIPTICAL CROSS-TRAINER
WITH DISCOVER SE3 HD
CONSOLE



**EXERCISE BIKE**WITH DISCOVER SE3 HD
CONSOLE

**RECUMBENT LIFECYCLE** 

#### **COLOR OPTIONS**



**Diamond White** 



**Arctic Silver** 



**Titanium Storm** 



**Black Onyx** 

ELEVATION SERIES	DISCOVER ST	DISCOVER SE3 HD
Treadmill	95TST	95TSE
Cross-Trainer	95XST	95XSE
Upright	95CST	95CSE
Upright XXL	97CST	97CSE
Recumbent	95RST	95RSE

#### **AVAILABLE WITH THESE CONSOLES**



#### **DISCOVER SE3 HD CONSOLE**

Premium entertainment includes HD TV, internet, apps like Netflix ™, instructor-led Life Fitness On Demand workouts, interactive courses and more.



#### DISCOVER ST CONSOLE

Integrated HD TV and an intuitive touch screen offer a straight-forward entertainment experience.



**UPRIGHT LIFECYCLE EXERCISE BIKE** 

WITH DISCOVER SE3 HD **CONSOLE** 





The Life Fitness PowerMill Climber and Arc Trainer are exciting additions to the Elevation Series.







#### **INTEGRITY SERIES PRODUCTS**



**TREADMILL** 

**DELUXE BASE WITH DISCOVER SE3 HD CONSOLE** 



**ELLIPTICAL CROSS-TRAINER** 

**DELUXE BASE WITH DISCOVER SE3 HD CONSOLE** 



RECUMBENT LIFECYCLE **EXERCISE BIKE** 

**DELUXE BASE WITH DISCOVER SE3 HD CONSOLE** 

#### **AVAILABLE WITH THESE CONSOLES**



#### **DISCOVER SE3 HD CONSOLE**

Premium entertainment includes HD TV, internet, apps like Netflix™, instructor-led Life Fitness On Demand workouts, interactive courses and more.



#### **INTEGRITY SL CONSOLE**

An intuitive exerciser experience combined with the level of digital connection that users expect in an advanced LED console.



#### **DISCOVER ST CONSOLE**

Integrated HD TV and an intuitive touch screen offer a straight-forward entertainment experience.



#### **ATTACHABLE TV**

Enhance entertainment with attachable TVs available on Integrity Series with SL Consoles.





UPRIGHT LIFECYCLE EXERCISE BIKE

DELUXE BASE WITH DISCOVER SE3 HD CONSOLE





The Life Fitness PowerMill Climber and Arc Trainer are exciting additions to the Integrity Series.

## SELECT FROM TWO BASE OPTIONS

#### **DELUXE BASE**

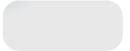
Deluxe Base has added aesthetic touches like stainless steel venting and four color options. Exercisers benefit from slight enhancements to user touchpoints.

#### **SIMPLE BASE**

Simple Base has a sleek and inviting design. It is available in Arctic Silver.

See page 28 and 29 for more information.

#### **COLOR OPTIONS**









**Diamond White** 

**Arctic Silver** 

**Titanium Storm** 

**Black Onyx** 

INTEGRITY SERIES S BASE/D BASE	INTEGRITY C CONSOLE*	INTEGRITY X CONSOLE	DISCOVER ST	DISCOVER SE3 HD
Treadmill	INTSC	INTSX/INTDX	INTSST/INTST	INTSSE/INTDSE
Cross-Trainer	INXCS	INXSX/INXDX	INXSST/INXST	INXSSE/INXDSE
Upright	INCSC	INCSX/INCDX	INCSST/INCST	INCSSE/INCDSE
Recumbent	INRSC	INRSX/INRDX	INRSST/INRST	INRSSE/INRDSE

## POWERMILL CLIMBER

The PowerMill™ Climber provides a challenging workout for anyone from older adults to seasoned athletes. Exercisers can always rise to the occasion with 25 different levels, one of the largest step spaces among similar products and an anti-toe-pinch design. Stepping on the PowerMill offers everything from low/moderate to high-intensity workouts.

#### **COLOR OPTIONS**









**Diamond White** 

**Arctic Silver** 

**Titanium Storm** 

**INTEGRITY C CONSOLE INTEGRITY X CONSOLE DISCOVER ST** DISCOVER SE3 HD **INPMSC INPMDX INPMDST INPMHD** 







## ARC TRAINER

A 3-in-1 alternative-motion cross-trainer that offers cardio versatility to a wide range of exercisers. The 21 incline adjustments result in motions that mimic gliding, striding and climbing, and exert less stress on the knees than walking.

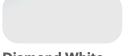
It's effective for everyone from rehabilitation clients and deconditioned members, up to professional athletes.

#### Features:

- 21 levels of incline adjustment allowing workouts to target glutes, quads and hamstrings. Different motions can be incorporated into long cardio sessions, short bursts of interval training, or anything in between.
- 100 levels delivering more than 1,000 Watts of resistance.
- Back-entry keeps the footprint small.
- Available with Discover SE3 HD and ST consoles, and Integrity SL console.
- Two base versions to choose from: Total-body and lower-body.



#### **COLOR OPTIONS**









**Diamond White** 

**Arctic Silver** 

**Titanium Storm** 

**Black Onyx** 

	INTEGRITY C	INTEGRITY X	DISCOVER ST	DISCOVER SE3 HD
LOWER BODY	INATLSC-ALLXX-01	INATLSX-ALLXX-01	INATLSS-ALLXX-01	INATLSH-ALLXX-01
TOTAL BODY	INATTSC-ALLXX-01	INATTSX-ALLXX-01	INATTSS-ALLXX-01	INATTSH-ALLXX-01









#### **ACTIVATE SERIES**



TREADMILL / OST



ELLIPTICAL CROSS-TRAINER / OSX



UPRIGHT LIFECYCLE EXERCISE BIKE / OSC



RECUMBENT LIFECYCLE
EXERCISE BIKE WITH
ATTACHABLE TV / OSR

#### **BASE COMPARISON**

INTEGRITY TREADMILL	Simple	Deluxe
FEATURES		
Speed range	0.5 - 14 mph (0.8 - 23 kph)	
Incline	0-1	15%
Side handrails	16" (41 cm)	24" (61 cm)
Remote speed and incline controls	N	Υ
Motor System: 4-HP AC Continuous Duty (8-HP Peak Duty) Motor. Motor efficiency rated IE2 at 2-HP	Y	
FRAME		
Brushed stainless steel vent detail	N	Υ
Cast aluminum lower side rails and end caps	N	Υ
Plastic lower side rails and end caps	Υ	N
Arctic Silver frame	Υ	Υ
Titanium Storm frame	N	Υ
Diamond White frame	N	Υ
Black Onyx frame	N	Υ
TECHNICAL SPECIFICATIONS		
Running surface	22 x 60" (56 x 152 cm)	
Step-up height	8" (20 cm)	
Max user weight	400 lbs (181 kg)	
Length 82" (208 cm)		08 cm)
Dynamic Length	-	
Width	36" (91 cm)	
Height	56" (142 cm)	
Unit weight	425 lbs (193 kg)	434 lbs (197 kg)

INTEGRITY CROSS-TRAINER	Simple	Deluxe
FEATURES		
Ergonomic Fixed Stride	20" (5	51 cm)
Resistance levels	0 -	25
Multi-grip handles with remote resistance controls	N	Υ
Oversized 15" (38 cm) pedals	Standard	FlexForm™
Generator Drive System		Y
FRAME		
Brushed stainless steel vent detail	N	Υ
Arctic Silver frame	Υ	Υ
Titanium Storm frame	N	Υ
Diamond White frame	N	Υ
Black Onyx frame	N	Υ
TECHNICAL SPECIFICATIONS		
Step-up height	9.5" (	24 cm)
Max user weight	400 lbs	(181 kg)
Length	86" (2	18 cm)
Dynamic Length	87" (221 cm)	
Width	29" (74 cm)	
Height	63.5" (161 cm)	64" (163 cm)
Unit weight	298 lbs (135 kg)	301 lbs (137 kg)

ELEVATION SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	83" x 37" x 63.5" (211 cm x 94 cm x 161 cm)	444 lb (202 kg)
Elliptical Cross-Trainer	88.1"x 30.7" x 65" (224 x 78 x 165 cm)	459 lbs (208 kg
Upright Lifecycle Exercise Bike	43.5" x 21" x 59.5" (111 cm x 54 cm x 151 cm)	176 lb (80 kg)
Recumbent Lifecycle Exercise Bike	65" x 27" x 53" (165 cm x 69 cm x 135 cm)	214 lb (97 kg)

ACTIVATE SERIES	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	81" x 32" x 57" (206 cm x 81 cm x 145 cm)	325 lb (148 kg)
Elliptical Cross-Trainer	83.5" x 28" x 60" (212 cm x 71 cm x 153 cm)	240 lb (109 kg)
Upright Lifecycle Exercise Bike	44" x 23" x 54" (112 cm x 58 cm x 137 cm)	130 lb (59 kg)
Recumbent Lifecycle Exercise Bike	64" x 27" x 45" (163 cm x 69 cm x 114 cm)	200 lb (91 kg)

INTEGRITY UPRIGHT BIKE	Simple	Deluxe
Deluxe racing handlebars with elbow support	Ν	Y
Standard racing handlebars	Υ	N
Remote resistance controls	Ν	Υ
Self-leveling Wide Ride™ pedals	Ν	Υ
Standard Wide Ride™ pedals	Υ	N
Seat with lumbar support	-	
Fine-tuned seat adjustment positions	3	8
Resistance levels	0 - 25	
Maximum resistance (Watts)	900+	
FRAME		
Brushed stainless steel vent detail	N	Y
Arctic Silver frame	Υ	Υ
Titanium Storm frame	N	Υ
Diamond White frame	N	Υ
Black Onyx frame	N	Υ
TECHNICAL SPECIFICATIONS		
Max user weight	400 lbs (181 kg)	
Length	41.5" (105 cm)	
Width	24.5" (62 cm)	
Height	54.5" (138 cm)	
Unit weight	169 lbs	(77 kg)

INTEGRITY RECUMBENT BIKE	Simple	Deluxe
Front assist handle for easy entry and exit	N	Y
Self-leveling Wide Ride™ pedals	N	Υ
Standard Wide Ride <sup>™</sup> pedals	Υ	N
Remote resistance controls	N	Υ
Improved Comfort Curve Plus™ Seat with lumbar support"	N	Y
Seat with lumbar support	Υ	N
Fine-tuned seat adjustment positions	40	
Resistance levels	25	
Maximum resistance (Watts)	900+	
FRAME		
Brushed stainless steel vent detail	N	Y
Arctic Silver frame	Υ	Υ
Titanium Storm frame	N	Υ
Diamond White frame	N	Y
Black Onyx frame	N	Υ
TECHNICAL SPECIFICATIONS	5	
Max user weight	400 lbs (181 kg)	
Length	_ength 67" (170 cm)	
Width	26" (66 cm)	
Height	51.5" (131 cm)	
Unit weight	211 lbs (96 kg)	215 lbs (98 kg)

OTHER CARDIO	DIMENSIONS (L X W X H)	WEIGHT
PowerMill Climber	55.92" x 32.81" x 82.3" (142 cm x 84 cm x 209 cm)	473 lb (215 kg)
Total-Body Arc Trainer	76.5" x 36.5" x 62.5" (194 cm x 93 cm x 159 cm)	412 lbs (187 kg)
Lower-Body Arc Trainer	76.5" x 33" x 62.5" (194 cm x 84 cm x 159 cm)	412 lbs (187 kg)



When done right, small group training adds energy and excitement to any fitness center. Create memorable experiences for exercisers with a well-planned and well-executed group training offering.

Successful small group training is a perfect mix of space, products and application.



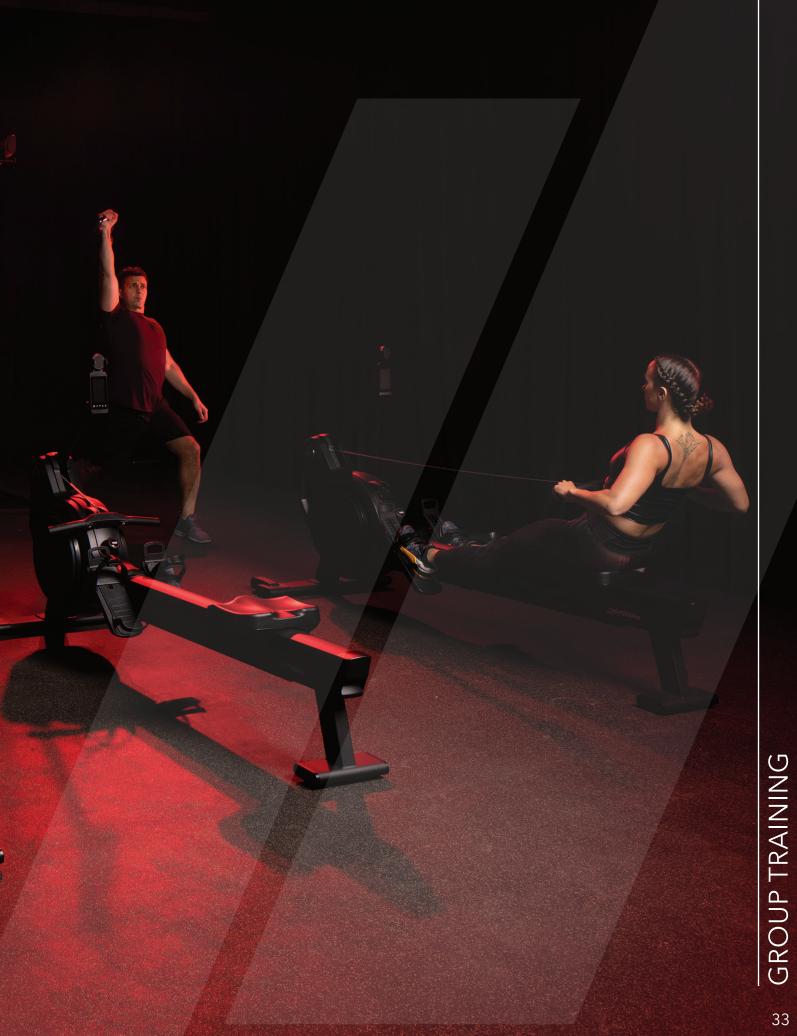




## HEAT ROWERS

Rooted in the innovative and inviting fitness equipment that Life Fitness is known for. Intended for workouts that amp up the intensity.

A pair of rowers, both modern and powerful in design, challenge exercisers to push past their limits.



#### **HEAT ROWERS**



#### **HEAT PERFORMANCE ROW / PRF-ROW-TFT-01**

Powerful, modern design with a TFT 2.0 console that offers digital feedback and motivational programs to enhance the rowing experience and challenge exercisers.



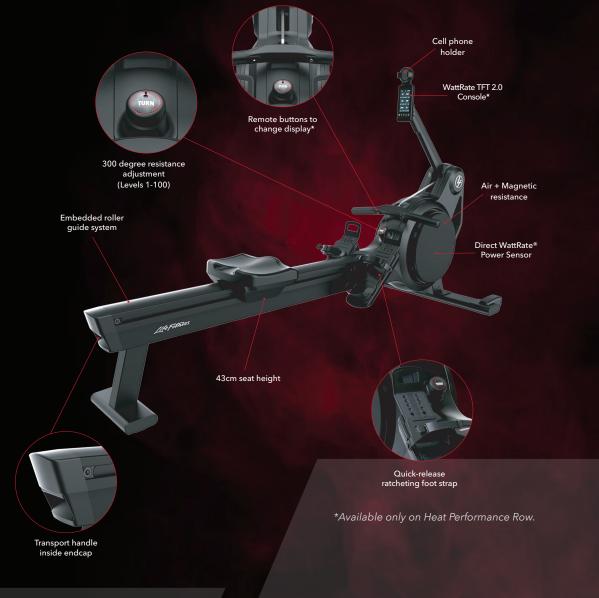
#### **HEAT ROW / PRF-ROW-LCD-01**

An intuitive LCD console allows instructors to optimize small group training and enables exercisers to easily train on their own.



#### **SMART DESIGN TOUCHES**

The right product design enhances the exerciser experience. Features like easy-access ratchet foot straps and smooth air/magnetic resistance contribute to a performance workout that's inviting and rewarding.



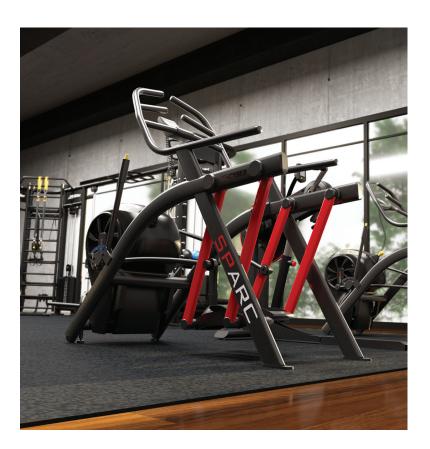
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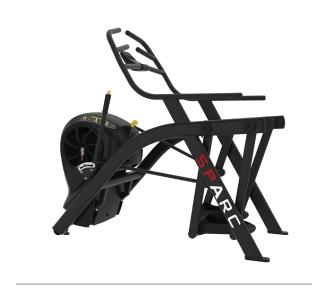
#### **TFT 2.0 CONSOLE**

State-of-the-art technology lets users choose between engaging console displays that focus on training, technique, improvement and gamification.









**SPARC TRAINER** 50A1-12



The energy created around a SYNRGY360 system makes it the exciting focal point of any facility.





#### SYNRGY360 T

Contribute to exercisers' success with the variety afforded by two available training spaces in this streamlined configuration.\*



#### **MAX. FOOTPRINT:**

5.8' x 9.2'  $(1.76 \text{ m} \times 2.8 \text{ m})$ 

**LIVE AREA:** 

11' x 22'  $(3.4 \text{ m} \times 6.7 \text{ m})$ 





#### SYNRGY360 XS

This space-efficient training hub consolidates the variety of four distinctive training spaces with ample accessory storage.\*

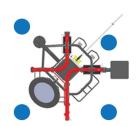


#### MAX. FOOTPRINT:

9.2' x 9.2'  $(2.8 \text{ m} \times 2.8 \text{ m})$ 

**LIVE AREA:** 

22' x 22'  $(6.7 \text{ m} \times 6.7 \text{ m})$ 



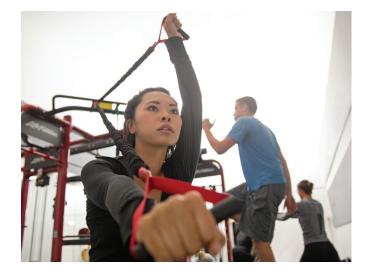
#### **OPTIONAL CABLE CROSSOVER CONNECTOR**



Connect SYNRGY360 units and/or Multi-Jungle unit with the Cable Crossover Connector to create exciting and unique training spaces.\*

- Supports multiple suspension trainers
- Additional chin handles
- Available in four lengths: 6' (1.82 m), 7' (2.13 m), 8' (2.44 m), 8' 3" (2.51m)









#### SYNRGY360 XM

Make a bold statement about your facility's commitment to fitness with six available training spaces including a seven-handle monkey bar zone.\*



#### **MAX. FOOTPRINT:**

10.6' x 16.0' (3.23 m x 4.87 m)

#### **LIVE AREA:**

22' x 27' (6.7 m x 8.2 m)



#### SYNRGY360 XL

Our premier training destination has eight unique training spaces, including a 10-handle monkey bar zone and two dedicated areas for suspension training.

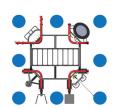


#### MAX. FOOTPRINT:

16.0' x 16.0' (4.87 m x 4.87 m)

LIVE AREA:

27' x 27' (8.2 x 8.2 m)



### COMPLETE THE PACKAGE





#### **ACCESSORIES**

Amp up workout variety with recommended accessory packages for each space. SYNRGY360 units are equipped with integrated storage to keep the accessories organized and make workouts more productive.

#### **FLOORING**

As part of the complete SYNRGY360 system, flooring is available for each model. This high-performance flooring is marked to provide visual cues for your personal trainers and their clients, guiding them through their workouts

#### **EDUCATION**

Life Fitness Academy on-site workshops, training videos and exercise videos help you discover the infinite training potential of the SYNRGY360 concept.

#### LifeFitness.com/Synrgy360/Training



42 LIFEFITNESS.COM



#### **EFFICIENCY**

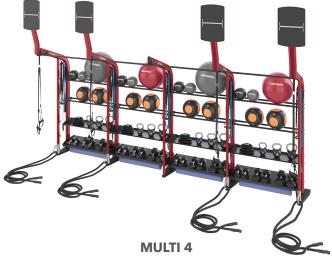
A full functional training system that doesn't take up valuable square footage.

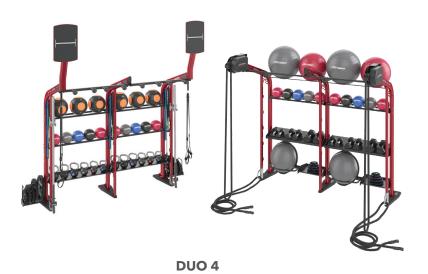
#### **FLEXIBILITY**

Scalable size and the ability to add the training modalities your exercisers want.

#### **GREAT DESIGN**

Premium and inviting design improves the aesthetics of any facility.







MIX 3

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**CABLE CABLE**/ SYN90-CC



**CABLE VERSA**/ SYN90-CV



**VERSA CABLE**/ SYN90-VC



**VERSA VERSA**/ SYN90-VV







Studio Collection accessories are designed following color theories and common user preferences. The simple, organizational benefits and accessibility make the Studio Collection perfect for exercisers and club owners alike. These accessories—along with our other products—are the finishing touch for a complete facility, saving time and effort for customers.

#### Features:

- Each rack is the same height and each type of weight utilizes the same color strategy. This gives your studio a collection of products that fit and work together as a family.
- Organizational efficiency allows this collection to fit in any space.
- Colors and design aesthetics make group studio classes more inviting.



DUMBBELL PACK / LF-GDBLB



KETTLEBELL PACK\* / LF-STKBR



BARBELL PACK / LF-GBBLB



STEP / LF-STP-1001



RISER / LF-STP-1002



**DECK** / LF-DK-1000



STEP & RISER SET / LF-STP-1000

\* Kettlebells sold separately. 47





#### **MED BALLS**

Heavy-duty med balls designed to meet all your weighted movement needs.



#### **SOFT PLYO BOX**

Build power with jumps, or strength with high stepping.



#### **HEAVY BAG**

Heavy bag has a 45" length for both punching and kicking. Hanging chain is included.



#### **FOAM ROLLERS**

Improve blood flow and speed up recovery after a workout with a Life Fitness roller.



#### **MATS**

Premium design in both look and feel.



#### **BAG GLOVES**

A pro-curved molded design with shock absorbing padding for a comfortable, cushioned palm grip.



#### **JUMP ROPES**

Heavy-duty and perfect for group training and cardio exercises.



#### **STABILITY BALLS**

A core necessity for every facility.



#### STUDIO DUMBBELLS

Designed with user function in mind and made with highquality urethane that protects the dumbbells, racks and floors from any nicks, scuffs or streaks.





#### **KETTLEBELLS**

Protective rubber coating, stainless steel handles, and a wide weight range means we have the ideal product for all of your specific kettlebell exercises.



#### **POWERBANDS**

Versatile and durable enough for bodyweight, weightlifting, resistance and assistance exercises.



#### **COVERED RESISTANCE TUBES**

The gray nylon sleeve protects the tubing from nicks, cuts, overstretching. The ergonomic plastic handles feature a textured rubber grip.



#### **TIRES**

Functional design and highquality durability for grabbing, lifting, carrying and flipping.



#### **YOGA BLOCK**

Provide support and aid in proper form during yoga.



#### **CORE BAGS**

Commonly used for front squats, upright rows, clean and press, tricep extensions, Russian twists, as well as lunges, squats, and presses.



#### **WEIGHTED SLED**

The handles are reversible, providing many grip options. Ideal for high push, low push and pull training. Thick skis offer maximum durability, while the extra tall pin lets you pile on the plates.



#### **SPEED CONES**

Six wide base, stable cones to assist in agility and speed training. Cones easily stack onto each other for storage.



#### **SPEED LADDER**

10' ladder easily connects to a secondary ladder to increase length. Quickly folds and stores in drawstring bag.



#### **HURDLE**

Build agility using hurdles at two heights. Simply rotate the lengths to achieve 6" or 12".

## INSIGNIA SERIES

Thoughtfully designed. Distinctively crafted.





#### **INSIGNIA SERIES**



**ASSIST DIP CHIN** / SS-ADC



**BICEPS CURL** / SS-BC



**CHEST PRESS** / SS-CP



LATERAL RAISE / SS-LR



**SHOULDER PRESS** / SS-SP



TRICEPS PRESS / SS-TP



**CALF EXTENSION** / SS-CE



**GLUTE** / SS-GL



**SEATED LEG CURL** /

SS-SLC



**SEATED LEG PRESS** / SS-SLP



ABDOMINAL /

SS-AB



**BACK EXTENSION** /

SS-BE



PECTORAL FLY / SS-PEC



PECTORAL FLY / REAR DELTOID / SS-FLY



PULLDOWN / SS-PD



ROW / SS-RW



HIP ABDUCTION/ ADDUCTION / SS-HAA



**GLUTE BRIDGE** / SS-GLD



HIP ABDUCTION / SS-HAB



HIP ADDUCTION / SS-HAD



LEG CURL / SS-LC



LEG EXTENSION / SS-LE



TORSO ROTATION / SS-TR



BICEPS CURL -DEPENDENT / SS-BCD



TRICEPS EXTENSION / SS-TE

#### INSIGNIA CUSTOMIZATION OPTIONS

#### **TRIM OPTIONS** -



#### **L TRIM**

- A Ergonomic grips
- **B** Aluminum painted tower cap
- © Integrated rep counter/timer



#### **S TRIM**

- A Standard grips
- **B** Charcoal gray plastic tower cap

#### **WEIGHT STACK OPTIONS**



X: Heavy weight stack\* with two, 5-lb (2.5 kg) dial weight increments

\*15% more than standard



C: Standard weight stack with two, 5-lb (2.5 kg) dial weight increments



P: Standard weight stack with one, 7.5-lb (3.75 kg) push/pull weight increments

#### **SHROUD OPTIONS**



Full shroud



Rear shroud only







#### **SIGNATURE SERIES: PLATE-LOADED**



LINEAR LEG PRESS / SPLLLP



KNEELING LEG CURL
/ SPLKLC



LEG EXTENSION / SPLLE



**CALF RAISE / SPLCALF** 





## TWO-TONE FRAME AND WORK ARM FEATURE

- Signature Series standard/premium color options
- See color chart for all available color options
- Only available on Signature Plate-Loaded

#### **SIGNATURE SERIES: PLATE-LOADED**



**BICEPS CURL / SPLBC** 



**DECLINE CHEST PRESS**/ SPLDCP



FRONT PULLDOWN
/ SPLPD



HIGH ROW / SPLHR



INCLINE PRESS
/ SPLIP



**ROW** / SPLROW



**SEATED DIP / SPLDIP** 



SHOULDER PRESS / SPLSP

#### **SIGNATURE SERIES: BENCHES AND RACKS**



**OLYMPIC FLAT BENCH** / SOFB



**OLYMPIC INCLINE BENCH / SOIB** 



**OLYMPIC DECLINE** BENCH / SODB



**OLYMPIC MILITARY BENCH / SOMB** 



**MULTI-ADJUSTABLE BENCH / SMAB** 



**FLAT BENCH / SFB** 



**AB CRUNCH BENCH** / SABC



**UTILITY BENCH / SUB** 



**SINGLE-TIER DUMBBELL RACK / SDR1** 



**TWO-TIER DUMBBELL** RACK / SDR2



**BARBELL RACK / SBBR** 



**HANDLE RACK / SHR** 



OLYMPIC BENCH WEIGHT STORAGE / SOBWS



OLYMPIC SQUAT RACK
/ SOSR



ARM CURL BENCH / SAC



**BACK EXTENSION / SBE** 



ADJUSTABLE DECLINE / ABDOMINAL BENCH / SADB



CHIN / DIP / LEG RAISE / SCDLR



LEG RAISE / SLR



**SMITH MACHINE / SSM** 



OLYMPIC WEIGHT TREE / SOWT



SIGNATURE ACCESSORY STORAGE RACK / SAR

#### **SIGNATURE SERIES: CABLE MOTION**



**DUAL ADJUSTABLE PULLEY** / CMDAP



CABLE COLUMN / CMCC



ADJUSTABLE CABLE CROSSOVER / CMACO



**CHEST PRESS / CMCP** 



PULLDOWN / CMPD



**ROW** / CMRW



**SHOULDER PRESS** / **CMSP** 



**DUAL ADJUSTABLE PULLEY CONSOLE** / **DAPCONSOLE** 

#### **SIGNATURE SERIES: MULTI-JUNGLE**



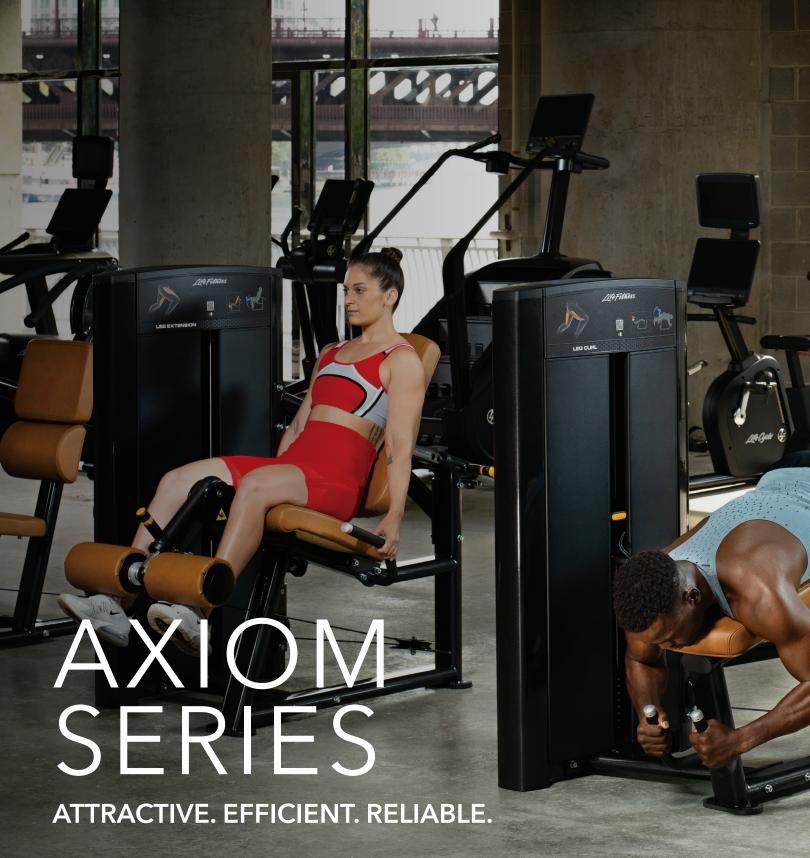
MULTI-JUNGLE PLATFORM (SAMPLE 4-STACK) / MJ4



MULTI-JUNGLE PLATFORM (SAMPLE 5-STACK) / MJ5



MULTI-JUNGLE PLATFORM (SAMPLE 8-STACK) / MJ8



Axiom Series is a comprehensive line of strength equipment that includes single and dual-exercise selectorized units, a dual adjustable pulley, and benches and racks.

Inviting design and inviting exerciser functionality combine to create a strength line ideal for any facility.



#### **AXIOM SERIES**

#### **SINGLE-EXERCISE MACHINES**



**CHEST PRESS** / OP-CP



**SEATED ROW** / OP-RW



**SHOULDER PRESS** / OP-SP



**LAT PULLDOWN** / OP-PD



**BICEPS CURL** / OP-BC



TRICEPS EXTENSION / OP-TE



**LEG EXTENSION** / OP-LE



**LEG CURL** / OP-LC

#### **DUAL-EXERCISE MACHINES**



**LEG PRESS** / OP-LP



**ABDOMINAL** / OP-AB



**LEG CURL / EXTENSION** / OP-LCE



**SEATED LEG CURL/ EXTENSION / OP-SLCE** 



**MULTI PRESS** / OP-MP



PECTORAL FLY / **REAR DELTOID / OP-FLY** 



**PULLDOWN / ROW** / OP-LR



**BICEPS CURL / TRICEPS EXTENSION / OP-BT** 

#### **MULTI-EXERCISE MACHINE**



HIP ABDUCTOR / ADDUCTOR / OP-HAA



ABDOMINAL / BACK EXTENSION / OP-ABBA



**DUAL ADJUSTABLE PULLEY / OP-DAP** 

#### **BENCHES AND RACKS**



3-TIER LONG SADDLE DUMBBELL RACK (5-75LB) / OP-DB3LS



3-TIER ACCESSORY RACK / OP-AR3



VERTICAL DUMBBELL RACK / OP-DBV



SMITH RACK / OP-SM



OP-ADJ



3-TIER DUMBBELL RACK (5-50LB HEX) / OP-DB3HX



3-TIER DUMBBELL RACK (5-50LB SADDLE)



ABDOMINAL BENCH / OP-ABB



VERTICAL MEDICINE BALL STORAGE / OP-MBS



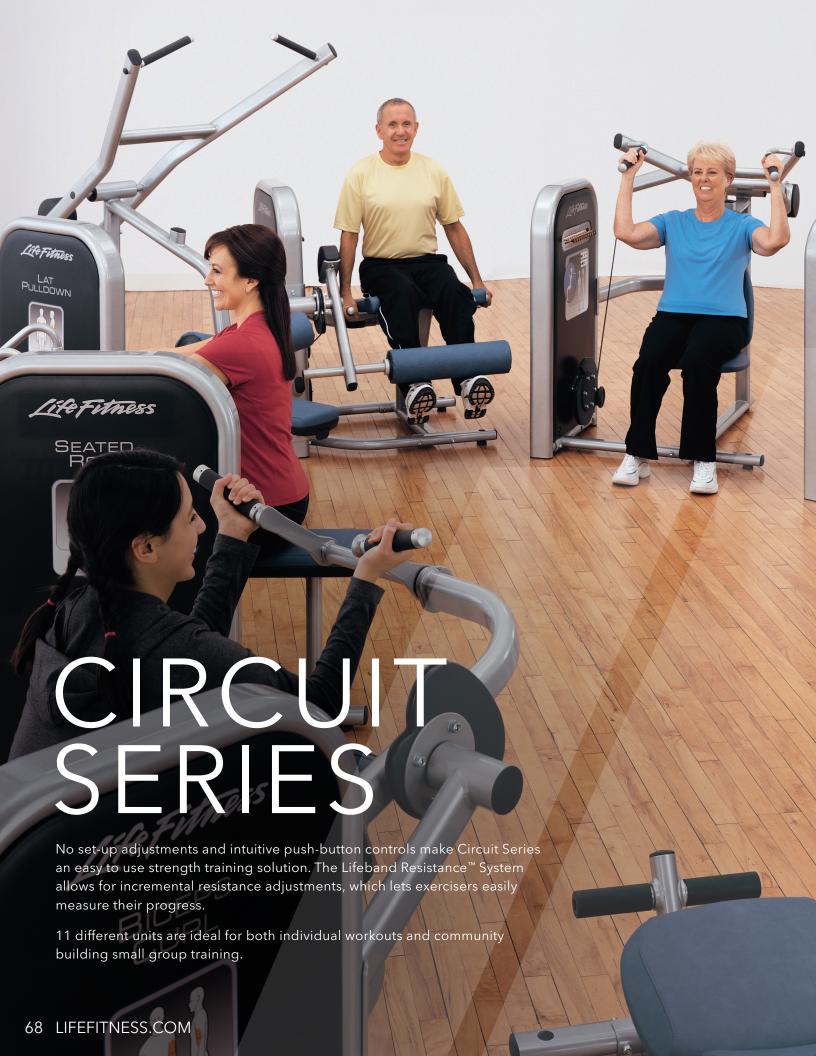
**DIP/LEG RAISE**/ OP-DLR



FLEXIBILITY TRAINER
/ OP-FS



**BARBELL RACK**/ OP-BBR



# STRENGTH

#### **CIRCUIT SERIES**



**AB CRUNCH / TCAB** 



AB CURL BENCH / TCABB



BICEPS CURL / TCBC



**CHEST PRESS** / TCCP



LAT PULLDOWN / TCPD



**LEG EXTENSION / TCLE** 



SEATED LEG CURL / TCLC



**SEATED ROW / TCRW** 



SHOULDER PRESS / TCSP



**SQUAT** / TCSL



TRICEPS PRESS / TCTP

## TAILOR YOUR STRENGTH EXPERIENCE

STRENGTH FRAME COLORS		LIFE FITNESS STRENGTH	AXIOM SERIES
Black		Standard	Optional
Blue	F YOUR BUILDING	Optional	Optional
Candy Apple Red		Optional	Premium
Charcoal		Standard	Optional
Diamond White Clear		Optional	Optional
Electric Blue		Optional	Premium
Midnight Metallic Clear		Optional	Optional
Mocha Sand		Optional	Optional
Platinum Clear		Standard	Standard
Red		Optional	Optional
Titanium Clear		Standard	Optional
White		Standard	Optional
Yellow	<b>2011</b>	Optional	Optional
Custom		Custom*	Not available

STRENGTH SHROUD INLAYS		INSIGNIA SERIES	SIGNATURE CABLE MOTION	SYNRGY 360 / SYNRGY 90
Bamboo		Optional	Optional	Optional
Bronze		Optional	Optional	Optional
Rosewood	A DELY	Optional	Optional	Optional
Sky		Optional	Optional	Optional
Stainless Steel		Optional	Optional	Optional
Stem		Optional	Optional	Optional
Premium Black Carbon Fiber		Premium	Not available	Not available
Premium Stainless Steel		Premium	Not available	Not available

<sup>\*</sup>Available at an additional cost.

STRENGTH UPHOLSTERY COLORS		LIFE FITNESS STRENGTH	AXIOM SERIES
American Beauty Red		Optional	Optional
Andes		Custom	Not available
Azure		Standard	Optional
Black		Standard	Standard
Black Carbon Fiber		Optional	Optional
Burgundy		Optional	Optional
Candy Apple Red		Standard	Optional
Chestnut		Optional	Optional
Concord		Standard	Optional
Cranberry		Standard	Optional
Dark Walnut		Standard	Optional
Dove Gray		Optional	Optional
Emerald Green		Optional	Optional
Gaucho		Custom	Not available
Graphite		Optional	Optional
Grotto		Standard	Optional
Gaucho - Kona (Two-tone)		Custom	Not available
Hunter Green		Standard	Optional
Imperial Blue		Optional	Optional
Kona		Custom	Not available
Lava Rock		Custom	Not available
Lost Coast		Custom	Not available
Navy		Optional	Optional
Regimental Blue		Optional	Optional
Royal Blue		Standard	Optional
Sequoia		Custom	Not available
Slate		Standard	Optional
Suede		Optional	Optional
Terra Cotta		Optional	Optional
Wheat		Standard	Optional
Custom		Custom*	Not available

<sup>\*</sup>Available at an additional cost.

#### **STRENGTH PRODUCTS**

INSIGNIA SERIES	CODE	WEIGHT STACK	DIMENSIONS (L X W X H)	WEIGHT
Abdominal	SS-AB	200 lb (100 kg)	52.4" x 46.3" x 58.1" (134 cm x 118 cm x 148 cm)	527 lb (240 kg)
Assist Dip Chin	SS-ADC	200 lb (100 kg)	63.9" x 58.5" x 87.4" (163 cm x 149 cm x 222 cm)	732 lb (333 kg)
Biceps Curl	SS-BC	200 lb (100 kg)	47.9" x 62.7" x 58.1" (122 cm x 160 cm x 148 cm)	550 lb (250 kg)
Back Extension	SS-BE	305 lb (152.5 kg)	58.5" x 41.8" x 58.1" (149 cm x 107 cm x 148 cm)	627 lb (285 kg)
Chest Press	SS-CP	305 lb (152.5 kg)	56.3" x 56.6" x 58.1" (144 cm x 144 cm x 148 cm)	725 lb (329 kg)
Pectoral Fly/Rear Deltoid	SS-FLY	305 lb (152.5 kg)	79.9" x 77.6" x 80.1" (203 cm x 198 cm x 204 cm)	657 lb (299 kg)
Glute	SS-GL	200 lb (100 kg)	73" x 38.4" x 58.1" (186 cm x 98 cm x 148 cm)	541 lb (246 kg)
Hip Abduction	SS-HAB	305 lb (152.5 kg)	62.6" x 65.8" x 58.1" (160 cm x 168 cm x 148 cm)	652 lb (296 kg)
Hip Adduction	SS-HAD	305 lb (152.5 kg)	62.6" x 65.8" x 58.1" (160 cm x 168 cm x 148 cm)	652 lb (296 kg)
Leg Curl	SS-LC	200 lb (100 kg)	62.4" x 41.7" x 58.1" (159 cm x 106 cm x 148 cm)	493 lb (224 kg)
Leg Extension	SS-LE	305 lb (152.5 kg)	65.7" x 41.5" x 58.1" (167 cm x 106 cm x 148 cm)	628 lb (285 kg)
Lateral Raise	SS-LR	200 lb (100 kg)	51.4" x 52.5" x 58.1" (131 cm x 134 cm x 148 cm)	555 lb (252 kg)
Pulldown	SS-PD	305 lb (152.5 kg)	56.9" x 55.6" x 76.2" (145 cm x 142 cm x 194 cm)	689 lb (313 kg)
Pectoral Fly	SS-PEC	305 lb (152.5 kg)	60.5" x 70.4" x 58.1" (154 cm x 179 cm x 148 cm)	648 lb (294 kg)
Row	SS-RW	305 lb (152.5 kg)	48.6" x 55.1" x 58.1" (124 cm x 140 cm x 148 cm)	635 lb (289 kg)
Seated Leg Curl	SS-SLC	305 lb (152.5 kg)	61.3" x 39.8" x 58.1" (156 cm x 102 cm x 148 cm)	741 lb (337 kg)
Shoulder Press	SS-SP	200 lb (100 kg)	64.4" x 56.9" x 72.8" (164 cm x 145 cm x 185 cm)	616 lb (280 kg)
Triceps Press	SS-TP	305 lb (152.5 kg)	53.1" x 43.7" x 58.1" (135 cm x 111 cm x 148 cm)	607 lb (276 kg)
Torso Rotation	SS-TR	200 lb (100 kg)	50" x 42.4" x 61.9" (127 cm x 108 cm x 158 cm)	546 lb (248 kg)
Calf Extension	SS-CE	395 lb (197.5 kg)	70.3" x 41.5" x 58.1" (179 cm x 106 cm x 148 cm)	770 lb (350 kg)
Seated Leg Press	SS-SLP	395 lb (197.5 kg)	61.3" x 39.8" x 58.1" (156 cm x 102 cm x 148 cm)	990 lb (450 kg)
Biceps Curl - Dependent	SS-BCD	200 lb (100 kg)	55" x 39.6" x 58.2" (139.8 cm x 100.6 cm x 147.8 cm)	541 lb (245 kg)
Triceps Extension	SS-TE	200 lb (100 kg)	53.9" x 39.6" x 58.2" (136.6 cm x 100.6 cm x 147.8 cm)	535 lb (242 kg)
AXIOM SERIES	cc	DDE	DIMENSIONS (L X W X H)	WEIGHT
Hip Abductor/Adductor	OP-	HAA	68" x 67" x 53" (173 cm x 170 cm x 135 cm)	432 lb (196 kg)
Abdominal/Back Extension	OP-	ABBA	58" x 45" x 53" (147 cm x 114 cm x 135 cm)	519 lb (235 kg)
Pectoral Fly/Rear Deltoid	OP	-FLY	61" x 75" x 81" (155 cm x 191 cm x 206 cm)	543 lb (246 kg)
Lat Pulldown/Low Row	OF	P-PD	63" x 41" x 73" (152 cm x 104 cm x 185 cm)	459 lb (208 kg)
Leg Curl/Extension	OP	-LCE	63" x 40" x 53" (160 cm x 102 cm x 135 cm)	450 lb (204 kg)
Seated Leg Curl/Extension	OP-	SLCE	70" x 46" x 53" (178 cm x 117 cm x 135 cm)	601 lb (273 kg)
Multi-Press	OF	P-MP	68" x 54" x 62" (173 cm x 137 cm x 157 cm)	539 lb (245 kg)
Biceps Curl/Triceps Extension	n OF	P-BT	49" x 43" x 53" (124 cm x 109 cm x 135 cm)	463 lb (211 kg)
Dual Adjustable Pulley	OP-	-DAP	55" x 56" x 84" (140 cm x 142 cm x 213 cm)	718 lb (326 kg)
Chest Press	OF	P-CP	44" x 41" x 53" (112 cm x 104 cm x 135 cm)	462 lb (210 kg)
Seated Row	ОР	-RW	65" x 40" x 53" (165 cm x 102 cm x 135 cm)	459 lb (208 kg)
Shoulder Press	O	P-SP	61" x 55" x 53" (155 cm x 140 cm x 135 cm)	484 lb (220 kg)
Pulldown/Row	Ol	P-LR	91" x 50" x 85" (231 cm x 127 cm x 216 cm)	452 lb (205 kg)
Biceps Curl	OF	P-BC	55" x 41" x 53" (139 cm x 104 cm x 135 cm)	403 lb (183 kg)
Triceps Extension	Ol	P-TE	55" x 41" x 53" (139 cm x 104 cm x 135 cm)	379 lb (172 kg)
Leg Extension	Ol	P-LE	55" x 41" x 53" (139 cm x 104 cm x 135 cm)	435 lb (197 kg)
Leg Curl	OF	P-LC	65" x 43" x 53" (165 cm x 109 cm x 135 cm)	405 lb (184 kg)
Leg Press	Ol	P-LP	86" x 40" x 53" (218 cm x 102 cm x 135 cm)	594 lb (269 kg)
Abdominal	OF	P-AB	50" x 41" x 53" (127 cm x 104 cm x 135 cm)	384 lb (174 kg)

CIRCUIT SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Ab Crunch	TCAB	47" x 34" x 54" (120 cm x 87 cm x 138 cm)	233 lb (106 kg)
Biceps Curl	TCBC	54" x 35" x 45" (138 cm x 89 cm x 115 cm)	251 lb (114 kg)
Triceps Press	TCTP	62" x 37" x 45" (158 cm x 94 cm x 115 cm)	328 lb (149 kg)
Seated Leg Curl	TCLC	45" x 36" x 45" (115 cm x 92 cm x 115 cm)	290 lb (132 kg)
Lat Pulldown	TCPD	63" x 43" x 71" (161 cm x 110 cm x 181 cm)	279 lb (127 kg)
Shoulder Press	TCSP	53" x 43" x 45" (135 cm x 110 cm x 115 cm)	264 lb (120 kg)
Squat	TCSL	53" x $42$ " x $45$ " ( $135$ cm x $107$ cm x $115$ cm)	251 lb (114 kg)
Seated Row	TCRW	48" x 36" x 45" (122 cm x 92 cm x 115 cm)	282 lb (128 kg)
Chest Press	TCCP	$47" \times 39" \times 45"$ (120 cm x 100 cm x 115 cm)	260 lb (118 kg)
Leg Extension	TCLE	46" x 37" x 45" (117 cm x 94 cm x 115 cm)	279 lb (127 kg)
Ab Curl Bench	TCABB	62" x 23" x 30" (158 cm x 59 cm x 77 cm)	75 lb (35 kg)
Wheel Kit	TCWHL	37" x 6" x 4" (94 cm x 16 cm x 11 cm)	16 lb (8 kg)
Placard Stand	TCPST	14" x 13" x 44" (36 cm x 34 cm x 112 cm)	7 lb (4 kg)

#### **STRENGTH PRODUCTS**

SIGNATURE SERIES CABLE MOTION	CODE	DIMENSIONS (L X W X H)	WEIGHT
Chest Press	CMCP	49" x 46" x 64" (125 cm x 117 cm x 163 cm)	680 lb (309 kg)
Shoulder Press	CMSP	46" x 46" x 64" (117 cm x 117 cm x 163 cm)	680 lb (273 kg)
Row	CMRW	73" x 54" x 67" (186 cm x 138 cm x 171 cm)	770 lb (350 kg)
Pulldown	CMPD	45" x 54" x 95" (115 cm x 138 cm x 242 cm)	810 lb (368 kg)
Dual Adjustable Pulley (without pull-up handles)	CMDAP	44" x 62" x 93" (112 cm x 158 cm x 237 cm)	1,265 lb (574 kg)
Dual Adjustable Pulley (with pull-up handles)	CMDAP	44" x 62" x 95" (112 cm x 158 cm x 242 cm)	1,265 lb (574 kg)
Dual Adjustable Pulley Console	DAPCONSOLE	1.6" x 15" x 12" (5 cm x 39 cm x 31 cm)	11 lb (5 kg)
Cable Column	CMCC	55" x 57" x 92" (140 cm x 145 cm x 234 cm)	685 lb (311 kg)
Fixed Cable Crossover	CMFCO	28.5" x $142$ " x $94$ " (73 cm x $361$ cm x $239$ cm)	895 lb (406 kg)
Adjustable Cable Crossover	CMACO	28.5" x 167" x 94" (73 cm x 425 cm x 239 cm)	980 lb (445 kg)
Multi-Jungle Core Tower	MJ-CORE	32.5" x 32.5" x 94" (83 cm x 83 cm x 239 cm)	225 lb (103 kg)
Adjustable Crossover - Connects Core	MJAXO	23" x 116" x 94" (59 cm x 295 cm x 239 cm)	600 lb (273 kg)
Fixed Crossover - Connects Core	MJFXO	23" x 91.5" x 94" (59 cm x 233 cm x 239 cm)	530 lb (241 kg)
MJ Adjustable Crossover	MJACO	28.5" x 142" x 94" (73 cm x 361 cm x 239 cm)	720 lb (327 kg)
MJ Fixed Crossover	MJFCO	28.5" x 117" x 94" (73 cm x 298 cm x 239 cm)	650 lb (295 kg)
MJ Adjustable Pulley	MJAP	14.5" x 18.5" x 92" (37 cm x 47 cm x 234 cm)	260 lb (118 kg)
MJ Lat Pulldown	MJLP	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	340 lb (155 kg)
MJ Dual Adjustable Pulley	MJLPD	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	340 lb (155 kg)
MJ Low Row	MJRW	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	360 lb (164 kg)
MJ Dual Pulley Row	MJRWD	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	360 lb (164 kg)
MJ Triceps Pushdown	MJTP	4.5" x 21.25" x 92" (12 cm x 54 cm x 234 cm)	225 lb (103 kg)
Accessory Rack	MJHAR	27" x 8.5" x 28" (69 cm x 22 cm x 72 cm)	31 lb (15 kg)

SIGNATURE SERIES PLATE-LOADED	CODE	DIMENSIONS (L X W X H)	WEIGHT
Incline Press	SPLIP	50" x 62" x 75" (127 cm x 158 cm x 191 cm)	297 lb (135 kg)
Decline Chest Press	SPLDCP	51" x 69" x 76" (130 cm x 176 cm x 194 cm)	340 lb (155 kg)
Shoulder Press	SPLSP	61" x 66" x 53" (155 cm x 168 cm x 135 cm)	350 lb (159 kg)
Front Pulldown	SPLPD	65" x 49" x 78" (166 cm x 125 cm x 199 cm)	323 lb (147 kg)
High Row	SPLHR	73" x 66" x 76" (186 cm x 168 cm x 194 cm)	409 lb (186 kg)
Row	SPLROW	55" x 57" x 54" (140 cm x 145 cm x 138 cm)	294 lb (134 kg)
Seated Dip	SPLDIP	69" x 41" x 37" (176 cm x 105 cm x 94 cm)	276 lb (126 kg)
Biceps Curl	SPLBC	43" x 55" x 47" (110 cm x 140 cm x 120 cm)	274 lb (125 kg)
Linear Leg Press	SPLLLP	98" x 61" x 61" (249 cm x 155 cm x 155 cm)	709 lb (322 kg)
Kneeling Leg Curl	SPLKLC	49" x 59" x 51" (125 cm x 150 cm x 130 cm)	311 lb (142 kg)
Leg Extension	SPLLE	57" x 61" x 45" (145 cm x 155 cm x 115 cm)	277 lb (126 kg)
Calf Raise	SPLCALF	61" x 29" x 42" (155 cm x 74 cm x 107 cm)	182 lb (83 kg)

SIGNATURE SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Olympic Flat Bench	SOFB	51" x 49" x 51" (130 cm x 125 cm x 130 cm)	150 lb (69 kg)
Olympic Incline Bench	SOIB	51" x 58" x 57" (130 cm x 148 cm x 145 cm)	185 lb (84 kg)
Olympic Decline Bench	SODB	$51" \times 68" \times 51"$ (130 cm x 173 cm x 130 cm)	210 lb (96 kg)
Olympic Military Bench	SOMB	51" x 48" x 66" (130 cm x 122 cm x 168 cm)	325 lb (148 kg)
Olympic Bench Weight Storage	SOBWS	17" x 28" x 49" (44 cm x 72 cm x 125 cm)	85 lb (39 kg)
Olympic Squat Rack	SOSR	66" x 77.5" x 75.5" (168 cm x 197 cm x 192 cm)	400 lb (182 kg)
Smith Machine	SSM	49" x 87" x 93" (125 cm x 221 cm x 237 cm)	580 lb (264 kg)
Multi-Adjustable Bench	SMAB	53" x 32" x 17.5" (135 cm x 82 cm x 45 cm)	125 lb (57 kg)
Leg Raise	SLR	46" x 33" x 64" (117 cm x 84 cm x 163 cm)	140 lb (64 kg)
Chin/Dip/Leg Raise	SCDLR	45" x 50" x 91.5" (115 cm x 127 cm x 233 cm)	245 lb (112 kg)
Ab Crunch Bench	SABB	62" x 32" x 38" (158 cm x 82 cm x 97 cm)	141 lb (64 kg)
Decline/Abdominal Bench	SADB	64" x 44" x 32" (163 cm x 112 cm x 82 cm)	135 lb (62 kg)
Arm Curl Bench	SAC	33"x 47" x 46" (84 cm x 120 cm x 117 cm)	210 lb (96 kg)
Utility Bench	SUB	28" x 36" x 36" (72 cm x 92 cm x 92 cm)	50 lb (23 kg)
Flat Bench	SFB	46" x 31" x 16.5" (117 cm x 79 cm x 42 cm)	65 lb (30 kg)
Olympic Weight Tree	SOWT	23" x 27" x 37" (59 cm x 69 cm x 94 cm)	95 lb (44 kg)
Single-Tier Dumbbell Rack	SDR1	90" x 22" x 29" (229 cm x 56 cm x 74 cm)	190 lb (87 kg)
Two-Tier Dumbbell Rack	SDR2	90" x 25" x 33" (229 cm x 64 cm x 84 cm)	275 lb (125 kg)
Barbell Rack	SBBR	38" x 33" x 60" (97 cm x 84 cm x 153 cm)	170 lb (77 kg)
Handle Rack	SHR	30" x 30" x 38" (77 cm x 77 cm x 97 cm)	140 lb (64 kg)
Back Extension	SBE	50" x 37" x 38" (127 cm x 94 cm x 97 cm)	160 lb (73 kg)
Accessory Storage Rack (Base Unit)	SAR	36 x 25 x 67 in. (94 x 66 x 171 cm)	190 lbs (86 kg)
Accessory Storage Rack (with Storage Options)	SAR	up to 60 x 25 x 67 in. (155 x 66 x 171 cm)	217 lbs (98 kg)

AXIOM SERIES BENCHES AND RACKS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Adjustable Bench	OP-ADJ	55" x 25" x 45" (140 cm x 64 cm x 115 cm)	72 lb (33 kg)
Vertical Dumbbell Rack	OP-DBV	20" x 20" x 45" (51 cm x 51 cm x 115 cm)	31 lb (15 kg)
Three-Tier Dumbbell Rack (5-50 Hex)	OP-DB3HX	54" x 29" x 38" (137 cm x 73 cm 96 cm)	167 lb (76 kg)
Three-Tier Dumbbell Rack (5-50 Saddle)	OP-DB3SS	61" x 29" x 38" (155 cm x 74 cm x 97 cm)	200 lb (91 kg)
Three-Tier Dumbell Rack (5-75 Saddle)	OP-DB3LS	96" x 29" x 38" (244 cm x 74 cm x 97 cm)	286 lb (130 kg)
Three-Tier Accessory Rack	OP-AR3	54" x 29" x 38" (138 cm x 74 cm x 97 cm)	167 lb (76 kg)
Smith Machine	OP-SM	56" x 73" x 88" (142 cm x 185 cm x 223 cm)	398 lb (180 kg)
Flexibility Trainer	OP-FS	54" x 23" x 43" (137 cm x 58 cm x 109 cm)	78 lb (35 kg)
Dip/Leg Raise	OP-DLR	41.5" x 29" x 61" (105 cm x 74 cm x 155 cm)	137 lb (62 kg)
Abdominal Bench	OP-ABB	50" x 25" x 21" (127 cm x 64 cm x 53 cm)	45 lb (20 kg)
Barbell Rack	OP-BBR	36" x 24" x 57" (92 cm x 60 cm x 144 cm)	92 lb (42 kg)
Vertical Medicine Ball Storage	OP-MBS	26" x 25" x 56" (65 cm x 64 cm x 142 cm)	37 lb (17 kg)



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