

Overhead Press

- The 20° converging pattern provides an exceptional range of motion with consistent torque at the joint
- Independent arm motion for balanced strength development
- Barbell and neutral grips
- “Extra-sized” grips reduce pressure on the hands for greater comfort when pressing



Dip/Chin/Leg Raise

- Slightly reclined position and angled elbow rests provide secure position
- Dual grip positions accommodate user size and provide for greater variety of movements
- The pull-up bar offers both bar and neutral grips for individual preference
- Step-up for easy entry and exit



Incline Press

- The 25° converging pattern provides an exceptional range of motion with consistent torque at the joint
- Independent arm motion for balanced strength development
- Two-position selectable starting position for a broad range of user size and flexibility
- Overhead pivot provides a natural path of motion
- “Extra-sized” grips reduce pressure on the hands for greater comfort when pressing



Military Press

- Seat is adjustable fore or aft to accommodate for a wide range of user sizes
- Two-position plated bar catches, protect frame from contact with bar
- Footrest enhances user stability



Smith Press

- Open, walk-through design for easy roll through access for benches
- Fifteen-pound take-off weight allows users of all levels the ability to exercise
- 90° path of motion for adaptability to all exercises
- 18 bar and catch hooks in 4" (10 cm) increments



Olympic Bench Press

- Frame is contoured for easy spotter access
- Two-position plated bar catches, protect frame from contact with bar



Olympic Incline Press

- Frame is contoured for easy spotter access
- Six seat-height positions allow for fine-tuning of user position
- Two-position plated bar catches, protect frame from contact with bar
- 30° Incline



Scott Curl

- Elbow pad is angled 55° to vary resistance and improve comfort
- Seat is angled 10° for comfort



Olympic Decline Press

- Frame is contoured for easy spotter access
- Two-position plated bar catches, protect frame from contact with bar
- The adjustable six-position leg support provides stabilization and user fit
- -15° Decline



Squat Rack

- Eight racking positions spaced 4" (10 cm) apart
- Five zinc-coated plate storage pegs per side with polymer bumpers on storage pegs protect frame finish from plates



Olympic Bench Weight Storage Attachment

For Use With Olympic Bench, Olympic Incline Bench and Olympic Decline Bench

- Frame is contoured for easy spotter access
- Two-position plated bar catches, protect frame from contact with bar
- Four weight storage pegs per side
- Bolt-on design for installation at any time



45° Back Extension

- Unique pivoting thigh pad provides relief for the knee joint enhancing both comfort and safety
- The 45° angle provides close alignment of strength curve for the low back and hamstrings
- Adjustment range of 13.5" (34 cm) accommodates users of all sizes



Bent Leg Abdominal Board

- Back pad adjusts in five increments from -30° to 10°
- Elevated knee reduces lower back strain
- Leg pads adjust to accommodate femur length
- Roller pads allow for easier access and greater comfort
- Assist handle to help user off and on



Three Tier Dumbbell Rack

- Offset angle prevents wrist strain while removing and replacing dumbbells
- Individual dumbbell cradles improves rack safety profile
- Dumbbell saddles made of wear resistant high-density polyethylene plastic
- Full shelf prevents dumbbells from falling through
- Storage space for 15-pairs of dumbbells



Leg Raise Chair

- Slightly reclined position and angled elbow rests provide secure position
- Step-up for easy entry/exit



Flat Bench

- Three-point contact provides excellent stability
- Strong but lightweight design can be easily moved



Twin-Tier Dumbbell Rack

- Offset angle prevents wrist strain while removing and replacing dumbbells
- Individual dumbbell cradles improves rack safety profile
- Dumbbell saddles made of wear resistant high-density polyethylene plastic
- Full shelf prevents dumbbells from falling through
- Storage space for 10-pairs of any size dumbbell



Adjustable -10° to 80° Bench

- Back pad has eight positions from -10° to 80°
- Seat pad provides three positions from 0° to 20°
- Features include wheels and a handle for easy moving that doubles as a footrest



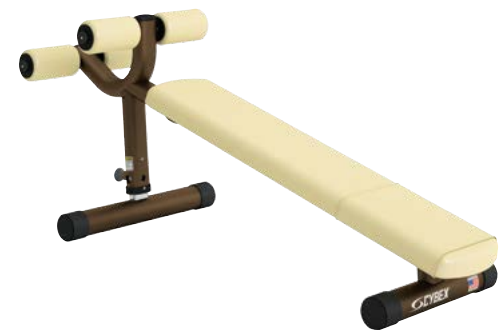
Utility Bench

- Back angle is 85° for improved comfort and stability without interfering with overhead movements
- Footrest provides for improved user stability



Adjustable Decline Bench

- Back pad adjusts from 15° to 30° in eight settings
- Legs are supported and knees elevated to reduce lower back strain



Weight Tree

- Six plate storage pegs
- Polymer bumpers on storage pegs protect frame finish from plates



Barbell Rack

- Holds 10 barbells
- Upright design provides more ergonomically correct racking of barbells



Weight Tree with Bar Storage

- Six zinc-coated plate storage pegs
- Polymer bumpers on storage pegs protect frame finish from plates
- Stores two olympic bars vertically for maximum space efficiency



Power Cage

- Twenty racking positions spaced 4" (10 cm) apart
- Laser engraved position indicators
- Adjustable bar stops with UHMW frame protectors
- Five zinc-coated plate storage pegs per side with polymer bumpers on storage pegs protect frame finish from plates
- Standard pull-up bar

