



**Steelflex**

**CARDIO & STRENGTH**

**2019 PRODUCT CATALOG**  
**Designed for enjoying your life**



## Steel Mind, Flex Body

Simple is the best. It is not a slogan. It is our top principle. Listen to yourself, and your body, they will tell you the correct way to build up your physical health. Exercise equipment can produce unnecessary limitations, but at Joong Chenn, we insist the user is the key: thus all exercise equipment should be ease of simple use for the users' action on the equipment and not restrict the user.

Simple is best, therefore we adopt the correct technology for the user in every piece of Steelflex equipment that we design. Because we believe that people's natural function of movement is the best method for their body, Steelflex products do not interfere with this function during the use of our equipment. We provide equipment that is comfortable, safe, and a great exercise experience. Our products not only have an outstanding design, but we are sure once you use them they will bring you an enjoyable experience. Welcome to the Steelflex World!

# Steelflex

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## **STEELFLEX Product Specifications**

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## Outstanding Manufacture

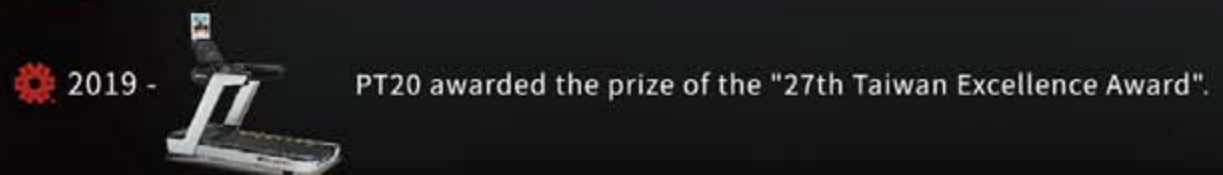
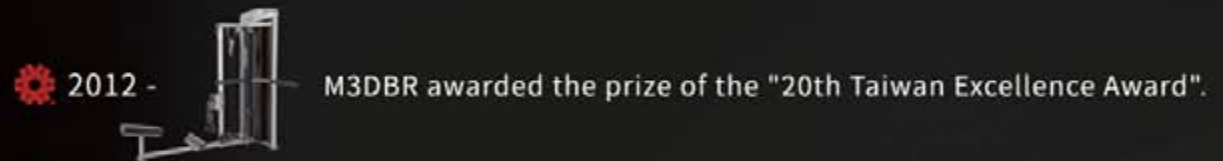
Joong Chenn Industry was established in 1983 and has been manufacturing high quality strength and cardio equipment for many years. Joong Chenn also has state-of-the-art R&D department with highly qualified engineers that contribute to a continued progress in innovation and development of top quality products. Our products are sold over 100 countries with over 130 distributors worldwide. We continue as a company to move into the future.

# Steelflex

# Our Company History

- 1980 - Renda Enterprise was found, producing free weight products based on OEM/ODM
- 1983 - Joong Chenn Industry Co., Ltd. was established. Main products are Dumbbells and weight products.
- 1985 - 1985 Started our own brand of weight products "WECK".
- 1991 - Joint venture with BODY SOLID and developing Home Gym and Bench Selling products worldwide via "BODY SOLID" brand.
- 1993 - New factory built in Nantou; main products are Home Gym and Bench.
- 1998 - To supply the complete series of products, developing the cardio products such as treadmill and bicycle. The National Athletic Sports in Taiwan selected JCI as their free weight training equipment.
- 2000 - Body Solid G1S received the award "BEST BUY" from American's consumer reporting magazines.
- 2001 - Second new factory built in Nantou, main production are Home Gym, Treadmill and Bicycle. China factory built in April and mainly produces Home Gym products.
- 2002 - ISO certified and created own brand "STEELFLEX".
- 2003 - Created own brand "Fitnex" and received the award of "It's very well made in Taiwan" and "TSMa award".

- 2004 - Established the new sales department "SBU" in Shanghai.

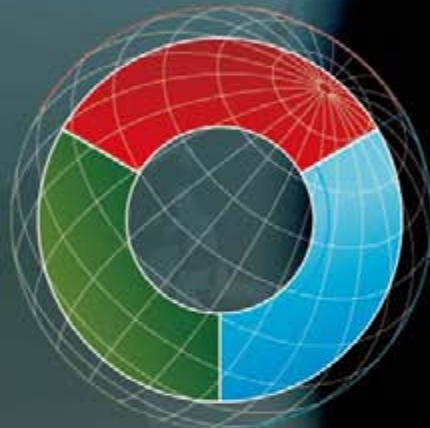


## **. Smart -**

High technology and humanity design

## **. Safety -**

Strong structure for safety use



## **. Simplicity -**

Aesthetically pleasing with ease of use.

# About Steelflex Fitness

People have high expectations for health and mental happiness from exercise. To achieve this goal Joong Chenn established in 1983 with intention to design innovative fitness products for all users. Our products have passed ISO9001, CE and ETL certification. We work towards designing our fitness products with 3 concepts (Simplicity, Safety and Smart) as our main object. We are continuously improving the quality of life for all of our users and this is our motivation.

# Markets We Serve

## Steelflex Service Assurance

Joong Chenn is dedicated to manufacturing the highest quality equipment and will continue to develop innovative and patent-protected products. Steelflex products are sold in more than 100 countries worldwide. Our commitment to our customers is achieved with a confidence in knowing that we will provide the highest satisfaction of service while producing the highest quality of products. The end result is a product designed to improve your health and everyday quality of life.



STEELFLEX

**STEELEX  
FITNESS CARDIO**

**08** - Treadmill

**16** - Exercise Bike

**19** - Elliptical

**21** - Stepper

**23** - Indoor Cycling Bike







Steelflex

→ **TREADMILL** 08  
STEELFLEX FITNESS CARDIO

**Steelflex**  
Flextech

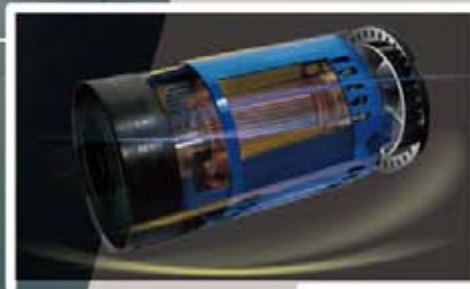
# P Series - Features



● Heavy Gauge Steel Frame



● Large Running Surface



● Powerful 5HP Motor System



● INCLINE -3% ~15%



● Easy Access User Controls

27th Taiwan  
Excellence Award



- Console -

## PT 30

Console Type: 15.6" TFT Display  
Elevation: -3%~15%  
Speed Range: 0.8~25 KPH (0.5~15.5 MPH)  
Motor: 5 HP AC Motor  
TV Rack : **Optional**



- Console -

## PT 20

Console Type: 3-window LED Display  
Elevation: -3%~15%  
Speed Range: 0.8~25 KPH (0.5~15.5 MPH)  
Motor: 5 HP AC Motor  
TV Rack : **Optional**

## P Series - Features



### Unique Button Design

Using the one-touch keys of speed and elevation provide users to easily operation and highly recognition.



### High Efficient Motor System

Energy saving motor system saves 30% power effectively for better performance.



### Large Running Surface

P Series feature a 2-Ply high density 22" wide belt offer users free and non-slip surface.



### Non End Cap Design

Non-end cap and half-round edge design not only have sleek look but also decrease the chance for injury.



### One-piece Bottom Structure

Integrated bottom frame structure increase product's durability also brings you a different aesthetic experience.



### Low Step-up Height

Low step-up design helps users for easily accessible.



- Console -

## PT 10

Console Type: 7-window LED Display  
Elevation: 0%~15%  
Speed Range:  
Exercise Mode: 0.3~24KPH (0.2~15.0 MPH)  
Safety Mode: 0.3~12 KPH (0.2~7.5 MPH)  
Reverse Mode: 0.3~4.8 KPH (0.2~3 MPH)  
Motor: 4 HP ECO-AC Servo Motor  
TV Rack : Optional



- Console -

## PT 7

Console Type: 7-window LED Display  
Elevation: 0%~15%  
Speed Range:  
Exercise Mode: 0.8~22 KPH (0.5~13.8 MPH)  
Safety Mode: 0.8~11 KPH (0.5~6.9 MPH)  
Motor: 5 HP AC Motor  
TV Rack : Optional

## C Series - Features

### Heavy Gauge Steel Frame

Our treadmills feature heavy gauge steel welded frames. The heavy frame construction provides a durable and stable walking or running exercises.

Anti-rust frames for whole frames of the treadmill in order to extend products usage life



### Aluminum Side Rail

The C Series aluminum side rail combined with non-slip design to increases the durability and safety of products.



### Large Running Surface

C Series feature a 2-Ply high density 22" wide belt offer users free and non-slip surface.



### Elastic Deck System

Our shock absorption system reduces knee and joint stress, added comfort and lower impact during a workout.



### Powerful Motor System

5.0 HP AC motor provides smooth, consistent power for a total body workout.



- Console -

## CT 1

Console Type: 3-window LED Display  
Elevation: 0%~15%  
Speed Range: 0.8~20 KPH (0.5~12.5 MPH)  
Motor: 5 HP AC Motor

## X Series - Features



### ● Heavy Gauge Steel Frame

Our treadmills feature heavy gauge steel welded frames. The heavy frame construction provides a durable and stable walking or running exercises. Anti-rust frames for whole frames of the treadmill in order to extend products usage life.



### ● Elastic Deck System

Our shock absorption system reduces knee and joint stress, added comfort and lower impact during workout.



### ● High Efficient Motor System

High efficient motor System provides smooth, consistent power for a total body workout.



### ● Large Running Surface

X Series treadmills feature a 2-Ply high density 22" wide belt offer users free and non-slip surface.



### ● Aluminum Side Rail

The X Series aluminum side rail combined with non-slip design to increases product's durability and safety.



- Console -

## XT 8000A

Console Type : 4-window LED Display  
Elevation : 0%~15%  
Speed Range : 0.8~20 KPH (0.5~12.5 MPH)  
Motor : 5 HP AC Motor



- Console -

## XT 8000D

Console Type : 4-window LED Display  
Elevation : 0%~15%  
Speed Range : 0.8~20 KPH (0.5~12.5 MPH)  
Motor : 4.0HP DC Motor



A woman with blonde hair in a ponytail, wearing a pink athletic top and leggings, is sitting on a black and silver SteelFlex exercise bike. She is looking to the right. The bike has a digital display on the handlebars. The background is a concrete wall.

**16** → **EXERCISE BIKE**  
STEELFLEX FITNESS CARDIO

26th Taiwan  
Excellence Award



## PB 10



- Console -

Upright Bike

Console Type: 3-window LED Display

Resistance Levels: 30

Power Requirement: Self-generated

TV Rack : Optional

## XB 7300



- Console -

Upright Bike

Console Type: 1-window LED Display

Resistance Levels: 16

Power Requirement: Self-generated

TV Rack : Optional

## CBSG



- Console -

Upright Bike

Console Type: 3-window LED Display

Resistance Levels: 24

Power Requirement: Self-generated



**PR 10**

- Console -

**Recumbent Bike**

Console Type: 3-window LED Display

Resistance Levels: 30

Power Requirement: Self-generated

**TV Rack : Optional**



**XB 7500S**

- Console -

**Recumbent Bike**

Console Type: 1-window with Dot Matrix LED

Resistance Levels: 16

Power Requirement: Self-generated

**TV Rack : Optional**



**CR SG**

- Console -

**Recumbent Bike**

Console Type : 3-window LED Display

Resistance Levels : 24

Power Requirement : Self-generated

# 19 → ELLIPTICAL

STEELFLEX FITNESS CARDIO



### Multi-Grip Handlebars

Multi-angle moving handlebars provide comfort and variety training for users.



### Integrated Water Bottle Holder

The water bottle holder large space design can let the users store anything they need during workout.

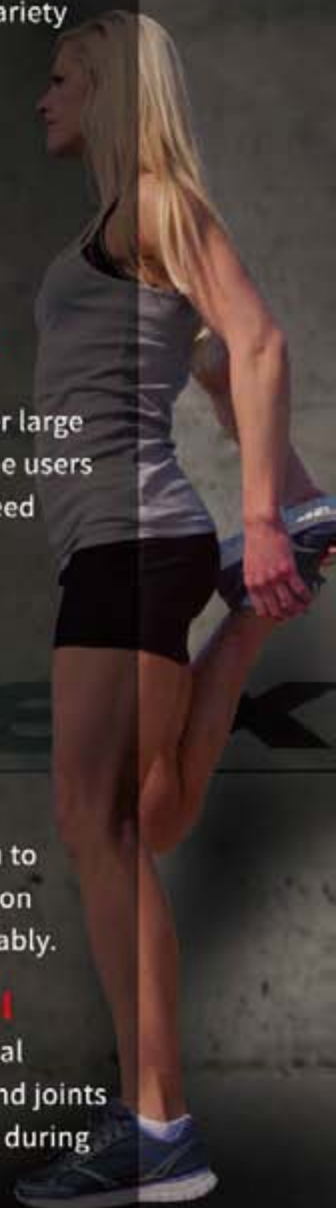


### Oversized Pedal

Large pedal allows you to adjust your foot position naturally and comfortably.

### Low-Impact Pedal

Added low-impact pedal design reduces knee and joints stress and more safety during a workout.





## PESG

- Console -

Console Type: 3-window LED Display  
Resistance Levels: 30  
Power Requirement: Self-generated  
Stride Length: 58 cm / 23"  
TV Rack : Optional



## CESG

- Console -

Console Type: 3-window LED Display  
Resistance Levels: 24  
Power Requirement: Self-generated  
Stride Length: 58 cm / 23"



## XE 7400

- Console -

Console Type: 1-window LED Display  
Resistance Levels : 16  
Power Requirement: Self-generated  
Stride Length : 48 cm / 19"  
TV Rack : Optional



**21** → **STEPPER**  
STEELFLEX FITNESS CARDIO



## PST 10

Console Type: 5.5" blue backlit LCD display  
Resistance Levels: 16  
Power Requirement: Self-generated  
Step Range: 30 cm / 12"  
TV Rack : Optional





**23** → **INDOOR CYCLING BIKE**  
STEELFLEX FITNESS CARDIO

**Creative Elastic Frame Design**

We deform the main frame of steelflex CS series to enhance flexible model type and make it more coherent of curved shape also bring the new innovation to customers.



18th Taiwan  
Excellence Award



## CS1

Flywheel: 46 lbs. / 21 kg  
Dimensions(L×W×H): 126 × 60 × 127 cm /  
49" × 24" × 50"



## CS 2W

Flywheel : 46 lbs. / 21 kg  
Dimensions(L×W×H) : 115 × 60 × 121 cm /  
45" × 24" × 47"



- Console -

### **X VELOCITY**

Heavy duty 1050 / 7 coil spring shock suspension

Flywheel : 44 lbs. / 20kg

Dimensions(L×W×H) : 119 × 55 × 109 cm / 47" × 22" × 43"





## STEELEX STRENGTH

- 27** - Mega Power Series
- 39** - M3d Series
- 42** - Hope Series
- 53** - Club Line Series
- 62** - Plate Load Series
- 71** - Plate Load 2 Series
- 73** - Neo Series
- 87** - Functional Training System 360
- 94** - Jungle Gym
- 102** - Multi Gym
- 106** - Hydraulic Series

26

# 27

## MEGA POWER Series

STEELFLEX STRENGTH



### High-capacity Driving Belt

Our high-capacity driving belt system offers tensile strength over 5,000 lbs performance to increase durability of belt.



### Personal Training Console

The MEGA POWER console will customize your training mode, the programs will auto-counting your reps, burned calories and exercise time for you



### Ergonomic Design

The Steelflex MEGA POWER series is the development of human design product. All machine movement match muscles exercise direction and angle in order to achieve exercise purpose but avoid any possible injury.



### High Quality Powder Coating

All MEGA POWER series provides two-coat finish for whole frames of the products which is increase durability. Anti-rust frames protect our equipment from cracking and chipping in order to extend products usage life.



**MBP 100** Chest Press

Driving System: Belt  
Product Weight: 551 lbs. / 250 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 140 × 126 × 166.5 cm / 55" × 50" × 65.5"



**MIP 1400** Incline Chest Press

Driving System: Belt  
Product Weight: 554 lbs. / 252 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 147 × 143 × 166.5 cm / 58" × 56" × 65.5"

**MPD 700** Fly

Driving System: Belt  
Product Weight: 552 lbs. / 251 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 149 × 140 × 166.5 cm / 59" × 55" × 65.5"

**MPD 700B** Fly/ Rear Deltoid

Driving System: Belt  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 138 × 135 × 201 cm / 54" × 45" × 79"



**MLM 300** Lat Pulldown

Driving System: Belt  
Product Weight: 618 lbs. / 281 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 160 × 111 × 218 cm /  
63" × 44" × 86"



**MRM 1700** Seated Row

Driving System: Belt  
Product Weight: 597 lbs. / 271 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 170 × 107 × 166 cm /  
67" × 42" × 65"



**MLM 300B** High / Low Pulley

Driving System: Belt  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 196 × 134 × 215 cm /  
77" × 53" × 85"

**MSP 800** Shoulder Press

Driving System: Belt  
Product Weight: 561.5 lbs. / 255 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 148 × 147 × 168 cm / 58" × 58" × 66"

**MDR 1300** Lateral Raise

Driving System: Belt  
Product Weight: 562 lbs. / 255 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 116.5 × 110 × 167 cm / 46" × 43" × 66"





**MBC 600** Biceps Curl

Driving System: Belt  
Product Weight: 482 lbs. / 219 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 134 × 102 × 166 cm /  
53" × 40" × 65"



**MTM 1000** Triceps Press

Driving System: Belt  
Product Weight: 534 lbs. / 243 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 126 × 120 × 167 cm /  
50" × 47" × 66"



**MTE 1200** Triceps Extension

Driving System: Belt  
Product Weight: 512 lbs. / 233 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 120 × 104 × 166 cm /  
47" × 41" × 65"

**MAM 900** Abdominus Curl

Driving System: Belt  
Product Weight: 575 lbs. / 261 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 133 × 116 × 166.5 cm /  
52" × 46" × 65.5"

**MBK 1600** Back Extension

Driving System: Belt  
Product Weight: 563.5 lbs. / 256 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 138 × 99 × 166.5 cm /  
54" × 39" × 65.5"

**MOT 1800** Rotary Torso

Driving System: Belt  
Product Weight: 573 lbs. / 260 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 133 × 112 × 167 cm /  
52" × 44" × 66"



**MLE 200** Leg Extension

Driving System: Belt  
Product Weight: 532 lbs. / 242 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 140.5 × 100 × 166.5 cm /  
55" × 39" × 65.5"



**MLC 400B** Prone Leg Curl

Driving System: Belt  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 176 × 95 × 166.5 cm /  
69" × 37" × 66"



**MLC 400** Leg Curl

Driving System: Belt  
Product Weight: 556 lbs. / 253 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 158 × 99 × 166.5 cm /  
62" × 39" × 65.5"

**MMH 1500** Multi-Hip

Driving System: Belt  
Product Weight: 587 lbs. / 267 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 128 × 103 × 166 cm /  
50" × 40.5" × 65"

**MTH 1100** Outer / Inner Thigh

Driving System: Belt  
Product Weight: 574 lbs. / 261 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 171 × 113 × 166.5 cm /  
67" × 44" × 65.5"

**MHE 1900** Gluteals

Driving System: Belt  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 124 × 93 × 166.5 cm /  
49" × 37" × 65.5"



**MLP 500** Leg Press

Driving System: Belt  
Product Weight: 803 lbs. / 365 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 204 × 107 × 211 cm / 80" × 42" × 83"



**MCP 2200** Lunge / Calf Press

Driving System: Belt  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 192 × 102 × 208 cm / 75" × 40" × 82"

**MSM** Smith Machine

Product Weight : 478.5 lbs / 217.5 kg  
Dimensions(L×W×H) : 219 × 131 × 226 cm / 86" × 52" × 89"

**MCD 2100** Chin Up / Dip

Driving System: Cable  
Product Weight: 678 lbs. / 308 kg  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 187 × 121 × 257 cm / 74" × 48" × 101"



**MDC 2000** Dual Cable Column and Chin Up/Dip

Driving System: Cable

Product Weight: 850.5 lbs. / 387 kg

Weight Stack: Dual Towers for Total 330 lbs. / 150 kg

Dimensions: 318 × 152 × 227 cm / 125" × 60" × 89" (With Chin-up Rack)

318 × 147 × 166.5 cm / 125" × 58" × 65.5" (Without Chin-up Rack)

**39** → **M3D Functional Series**  
STEELFLEX STRENGTH



Steelflex





20th Taiwan Excellence Award



### **M3DHL** 3D High / Low Pulley

Driving System: Cable  
Product Weight: 626 lbs. / 285 kg  
Weight Stack: 240 lbs. / 109 kg  
Dimensions: 205 × 140 × 244.5 cm /  
81" × 55" × 96"

### **M3DBR** 3D Back Row / Multi Hip

Driving System: Cable  
Product Weight: 481 lbs. / 219 kg  
Weight Stack: 165 lbs. / 75 kg  
Dimensions: 227 × 146 × 208 cm /  
89" × 57" × 82"

### **M3DFC** 3D Chest Press / Fly

Driving System: Cable  
Product Weight: 518 lbs. / 235 kg  
Weight Stack: 240 lbs. / 109 kg  
Dimensions: 130 × 97 × 167 cm /  
51" × 38" × 66"



### **M3DSM** 3D Smith Machine

Product Weight: 711 lbs. / 323 kg

Dimensions: 219 × 197 × 240 cm / 86" × 77.5" × 94"



### **M3DLM** 3D Multi Hip

Product Weight: 583 lbs. / 265 kg

Dimensions: 259 × 132 × 235 cm / 102" × 52" × 93"

# 42 → HOPE Series

## STEELFLEX STRENGTH

### Hope Series

Hope series especially focus on "modeling innovation and zero-load work" design; this perfect fitness equipment combined of power and beauty and improves comfort and safe use. All the motion is based on ergonomic design which is fully adapted to any kind of exercises. The appearance of curved shield is made of metal material and utilizing LASER cutting technology that shows attractive shape and the sense of beauty.



#### Ergonomic Non-slip Grips

Ergonomic and slip-resistant grip handle enhance durability and comfortable feel for users.



#### Low-profile Tower

Entire HOPE series strength line has a low-profile; 137.5 cm / 54" stack height.



#### Exercise Charts

Large, easy-to-read exercise charts and muscle groups offers users a quick look .QR codes also provide the details of products links.



#### Towel Rack

Towel rack easy reaches to keep users convenient during exercise.



#### Ergonomic Adjustment Handlebars

Special-designed handle can adjust sitting position properly.



#### Drink-and-Accessory Holders

Water bottle holder integrated convenient storage slot for music player or personal items.



#### Upholstery

High density foam (ergonomically designed) seat makes exercisers comfortable and durability.



## **HBP 100** Chest Press

Driving System: Cable  
Product Weight: 482.5 lbs. / 219 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 146 × 100 × 138 cm /  
57" × 39" × 54"



## **HIP 1400** Incline Chest Press

Driving System: Cable  
Product Weight: 479.5 lbs. / 218 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 181 × 110 × 155 cm /  
71" × 43" × 61"



## **HPD 700** Fly / Rear Deltoid

Driving System: Cable  
Product Weight: 499 lbs. / 227 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 156 × 131 × 197.5 cm /  
61" × 51.5" × 78"



### **HLM 300** Lat Pulldown

Driving System: Cable  
Product Weight: 518 lbs. / 235.5 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 169 × 75 × 217 cm /  
67" × 30" × 85"



### **HRM 1700** Seated Row

Driving System: Cable  
Product Weight: 501 lbs. / 228 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 190 × 73 × 137.5 cm /  
75" × 29" × 54"



### **HLM 300B** High / Low Pulley

Driving System: Cable  
Product Weight: 521.5 lbs. / 237 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 207 × 119 × 221 cm /  
82" × 47" × 87"

**HSP 800** Shoulder Press

Driving System: Cable  
Product Weight: 445 lbs. / 202 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 126 × 113 × 142.5 cm / 50" × 45" × 56"

**HDR 1300** Lateral Raise

Driving System: Cable  
Product Weight: 488 lbs. / 222 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 147 × 90 × 137.5 cm / 58" × 35" × 54"



### **HLE 200** Leg Extension

Driving System: Cable  
Product Weight: 473 lbs. / 215 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 141 × 118 × 137.5 cm /  
55" × 46" × 54"



### **HLP 500** Leg Press

Driving System: Cable  
Product Weight: 595 lbs. / 270 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 168 × 123 × 137.5 cm /  
66" × 48" × 54"



### **HLE 200B** Leg Extension

Driving System: Cable  
Product Weight: 520 lbs. / 236 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 138.5 × 119 × 137.5 cm /  
54.5" × 47" × 54"



## HBC 600 Biceps Curl

Driving System: Cable  
Product Weight: 318 lbs. / 145 kg  
Weight Stack: 110 lbs. / 50 kg  
Dimensions: 147 × 75 × 137.5 cm /  
58" × 30" × 54"



## HTM 1000 Triceps Press

Driving System: Cable  
Product Weight: 451 lbs. / 205 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 130 × 111 × 137.5 cm /  
51" × 44" × 54"



## HTE 1200 Triceps Extension

Driving System: Cable  
Product Weight: 360 lbs. / 164 kg  
Weight Stack: 110 lbs. / 50 kg  
Dimensions: 117 × 103 × 137.5 cm /  
46" × 41" × 54"





**HAM 900** Abdominus Curl

Driving System: Cable  
Product Weight: 440 lbs. / 200 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 157 × 73 × 140 cm /  
62" × 29" × 55"



**HBK 1600** Back Extension

Driving System: Cable  
Product Weight: 536 lbs. / 244 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 157 × 73 × 137.5 cm /  
62" × 29" × 54"



**HOT 1800** Rotary Torso

Driving System: Cable  
Product Weight: 541 lbs. / 246 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 143 × 102 × 137.5 cm /  
56" × 40" × 54"

**HLC 400** Leg Curl

Driving System: Cable  
Product Weight: 544.5 lbs. / 247.5 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 140 × 118 × 137 cm /  
55" × 46" × 54"

**HCP 2200** Calf Press / Lunge

Driving System: Cable  
Product Weight: 612 lbs. / 278 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 203 × 124 × 177 cm /  
80" × 49" × 70"

**HLC 400B** Kneeling Leg Curl

Driving System: Cable  
Product Weight: 483 lbs. / 219 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 120 × 119 × 137.5 cm /  
47" × 47" × 54"



**HAB 1100** Hip Abductor

Driving System: Cable  
Product Weight: 494 lbs. / 224 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 185 × 75 × 137.5 cm /  
73" × 29.5" × 54"



**HAD 1100** Hip Adductor

Driving System: Cable  
Product Weight: 496.5 lbs. / 226 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 185 × 75 × 138 cm /  
73" × 29.5" × 54"



**HHE 1900** Gluteals

Driving System: Cable  
Product Weight: 423.5 lbs. / 192.5 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 180 × 121 × 167.5 cm /  
71" × 48" × 66"



## **HCD 2100** Chin Up / Dip

Drive System: Cable  
Product Weight: 615 lbs. / 279 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 192 × 119 × 220 cm / 76" × 47" × 87"



## **HCC 2300** Cable Column

Driving System: Cable  
Product Weight: 492 lbs. / 223.5 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 129 × 150 × 208 cm / 51" × 59" × 82"



**HDC 2000** Dual Cable / Chin Up

Driving System: Cable  
Product Weight: 977 lbs. / 444 kg  
Weight Stack: Dual Towers for Total 420 lbs. / 191 kg  
Dimensions: 188 × 115 × 219 cm / 74" × 45" × 86"



**HSM** Smith Machine

Product Weight : 462 lbs. / 210 kg  
Dimensions : 219 × 123 × 219 cm / 86" × 48" × 86"

**53** → **CLUB LINE Series**  
STEELFLEX STRENGTH

**SteelFlex**





**CL2FR** Fly / Rear Deltoid

Driving System: Cable  
Product Weight: 459 lbs. / 208.5 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 167 × 114 × 161 cm / 66" × 45" × 63"



**CL2CS** Chest Press / Shoulder Press

Driving System: Cable  
Product Weight: 509 lbs. / 231 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 207 × 131 × 201 cm / 81" × 52" × 79"

**CL2CR** Chest Press / Back Row

Driving System: Cable  
Product Weight: 505 lbs. / 230 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 160 × 104 × 207 cm / 63" × 41" × 81"

**CL2HL** High Pulley / Low Pulley

Driving System: Cable  
Product Weight: 446 lbs. / 203 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 185 × 120 × 215 cm / 73" × 47" × 85"





**CL2EC** Leg Extension / Leg Curl

Driving System: Cable  
Product Weight: 443.5 lbs. / 202 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 169 × 141 × 161 cm / 66" × 55" × 63"



**CL2SL** Squat / Lunge

Driving System: Cable  
Product Weight: 547 lbs. / 249 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 221 × 108.5 × 201 cm / 87" × 43" × 79"

**CL2AB** Abs Curl / Back Extension

Driving System: Cable  
Product Weight: 484 lbs. / 220 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 112 × 134 × 161 cm / 44" × 53" × 63"

**CL2BT** Biceps Curl / Triceps Extension

Driving System: Cable  
Product Weight: 484 lbs. / 220 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 128 × 148 × 161 cm / 50" × 58" × 63"



**CL2TH** Outer / Inner Thigh

Driving System: Cable  
Product Weight: 385 lbs. / 175 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 162.5 × 96 × 161 cm / 64" × 38" × 63"



**CL2PC** Leg Press / Calf Press

Driving System: Cable  
Product Weight: 559 lbs. / 254 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 232 × 132 × 201 cm / 91" × 52" × 79"

**CLDCC** Dual Cable Column

Driving System: Cable  
Product Weight: 616 lbs. / 280 kg  
Weight Stack: 320 lbs. / 145 kg  
Dimensions: 173 × 163 × 212 cm / 68" × 64" × 83"

**CLDCC2** Dual Cable Column / Multi Bar

Product Weight: 35 lbs. / 16 kg



**CLSCC** Single Cable Column

Driving System: Cable  
Product Weight: 427 lbs. / 194 kg  
Weight Stack: 210 lbs. / 95 kg  
Dimensions: 162 × 168 × 212 cm / 64" × 66" × 83.5"



**CLFCB** Core Bench

Product Weight: 40 lbs. / 18 kg  
Dimensions: 149 × 69 × 54 cm / 59" × 27" × 21"



**CLPR78** Power Rack 78

Product Weight: 209 lbs. / 95 kg  
Dimensions: 119 × 114.5 × 209 cm / 47" × 45" × 82"



**CLPR380** Power Rack 380

Product Weight: 282 lbs. / 128 kg  
Dimensions: 121 × 138 × 209 cm / 48" × 54" × 82"



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→ PLATE LOAD Series

STEEFLEX STRENGTH



## PLTR T-bar Row

Product Weight :126.5 lbs. / 57.5 kg

Dimensions: 194 × 81 × 106 cm /  
76" × 32" × 42"



## PLSR Seated Row

Product Weight :155 lbs. / 70.5 kg

Dimensions: 118 × 107 × 107.5 cm /  
46" × 42" × 42"



## PLLA Lat Pulldown

Product Weight :185 lbs. / 84 kg

Dimensions: 182 × 159.5 × 195 cm /  
72" × 63" × 77"





**PLIP** Incline Chest Press

Product Weight :165 lbs. / 75 kg

Dimensions: 154 × 150 × 126.5 cm / 61" × 59" × 50"



**PLBP** Bench Press

Product Weight :165 lbs. / 75 kg

Dimensions: 156 × 139 × 88 cm / 62" × 55" × 34.5"

**PLSP** Shoulder Press

Product Weight :194 lbs. / 88 kg  
Dimensions: 154 × 107 × 138 cm /  
61" × 42" × 54"

**PLBC** Biceps Curl

Product Weight :147 lbs. / 67 kg  
Dimensions: 168 × 97 × 128 cm /  
66" × 38" × 50"

**PLTE** Triceps Extension

Product Weight :145 lbs. / 66 kg  
Dimensions: 160 × 97 × 130 cm /  
63" × 38" × 51"



**PLL** Leg Press

Product Weight :216 lbs. / 98 kg  
Dimensions: 214 × 134 × 142 cm / 84" × 53" × 56"



**PLSC** Seated Calf Press

Product Weight : 97 lbs. / 44 kg  
Dimensions: 150 × 97 × 100 cm / 59" × 38" × 39"



**PLLE** Leg Extension

Product Weight :164 lbs. / 74.5 kg  
Dimensions: 131 × 126 × 103 cm / 52" × 50" × 40.5"



**PLLC** Leg Curl

Product Weight :156 lbs. / 71 kg  
Dimensions: 175 × 131 × 71 cm / 69" × 52" × 28"



**PLDP** Supine Leg Press

Product Weight : 373 lbs. / 169.5 kg  
Dimensions: 283 × 142 × 149 cm / 111.5" × 56" × 59"



**PLHP** Hack Press

Product Weight : 436 lbs. / 198 kg  
Dimensions: 242 × 146 × 134 cm / 95" × 57" × 53"



**PLSS** Standing Squat

Product Weight :348 lbs. / 158 kg  
Dimensions: 207 × 136 × 168 cm / 81" × 52" × 28"



**PLAC** Abdominus Crunch

Product Weight :189 lbs. / 86 kg  
Dimensions: 106 × 103 × 157 cm / 42" × 40.5" × 62"



**PSBP** Bench Press

Product Weight : 238 lbs. / 108 kg  
Dimensions: 202.5 × 123 × 171 cm /  
80" × 49" × 67"



**PSIP** Incline Chest Press

Product Weight : 222 lbs. / 101 kg  
Dimensions: 181 × 97 × 169 cm /  
71" × 38" × 66"



**PSDP** Decline Chest Press

Product Weight : 238 lbs. / 108 kg  
Dimensions: 202.5 × 123 × 171 cm /  
80" × 49" × 67"



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**→ PLATE LOAD 2 Series**

**STEEFLEX STRENGTH**





**PL2100** Chest Press / Shoulder Press

Product Weight : 235 lbs. / 107 kg  
Dimensions: 175 × 131 × 160.5 cm /  
69" × 51.5" × 63"



**PL2200** Lat Pulldown / Back Row

Product Weight : 387 lbs. / 176 kg  
Dimensions: 190 × 165 × 211 cm /  
75" × 65" × 83"



**PL2300** Squat / Dead Lift

Product Weight : 301 lbs. / 137 kg  
Dimensions: 205.5 × 175 × 165 cm /  
81" × 69" × 65"

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→ **NEO Series**  
STEELFLEX STRENGTH





**NOFB** Olympic Flat Bench

Product Weight : 161.5 lbs / 73 kg  
Dimensions : 171 × 150 × 125 cm / 67" × 59" × 49"



**NOIB** Olympic Incline Bench

Product Weight : 198 lbs. / 90 kg  
Dimensions: 171 × 164 × 155.5 cm / 67" × 65" × 61"



## **NODB** Olympic Decline Bench

Product Weight : 174 lbs. / 79 kg

Dimensions : 185 × 171 × 111 cm / 73" × 67" × 44"



## **NOMB** Olympic Military Bench

Product Weight : 185 lbs / 84 kg

Dimensions: 171 × 115 × 185 cm / 67" × 45" × 73"



**NOPR** Olympic Power Rack

Product Weight : 414 lbs. / 188 kg

Dimensions: 211 × 174 × 232 cm / 83" × 68" × 91.5"



## **NTR** Weight Tree Rack

Product Weight : 78 lbs. / 35.5 kg  
Dimensions: 112 × 77 × 117 cm / 44" × 30" × 46"



## **NTR2** Functional Tree Rack

Product Weight : 77 lbs. / 35 kg  
Dimensions: 132 × 146.5 × 135 cm /  
52" × 58" × 53"





### **NDR2** 2-Tier Dumbbell Rack

Product Weight : 174 lbs. / 79 kg  
Dimensions: 242 × 83 × 75 cm /  
95" × 33" × 29"

### **NDR3** 3-Tier Dumbbell Rack

Product Weight : 188.5 lbs. / 86 kg  
Dimensions: 151 × 90 × 96 cm /  
59.5" × 35.5" × 38"

### **NMDR2** Mechanics Dumbbell Rack

Product Weight : 161 lbs. / 73 kg  
Dimensions: 236 × 76.5 × 80 cm /  
93" × 30" × 31.5"

**NAB** Abdominus Bench

Product Weight : 112 lbs. / 51 kg  
Dimensions: 186 × 84 × 105 cm /  
73" × 33" × 41"

**NAAB** Adjustable Abdominus Bench

Product Weight : 88 lbs. / 40 kg  
Dimensions: 160 × 59 × 151 cm /  
63" × 23" × 59.5"

**NAC** Abdominus Crunch

Product Weight : 118 lbs. / 54 kg  
Dimensions: 97 × 74 × 154 cm /  
38" × 29" × 61"





**NSS** Sissy Squat

Product Weight : 61 lbs. / 28 kg  
Dimensions: 101 × 78 × 48 cm /  
40" × 31" × 19"



**NBR** Barbell Rack

Product Weight : 60.5 lbs. / 27.5 kg  
Dimensions: 84 × 65 × 136 cm /  
33" × 26" × 53"



**NPCB** Preacher Curl Bench

Product Weight : 91 lbs. / 41 kg  
Dimensions: 108 × 81 × 87 cm /  
42.5" × 32" × 34"



## **NBE** Back Extension

Product Weight : 75 lbs. / 34 kg  
Dimensions: 151 × 79 × 96 cm / 59" × 31" × 38"



## **NRCH** Roman Chair

Product Weight : 111 lbs. / 50 kg  
Dimensions: 149 × 94 × 104 cm / 59" × 37" × 41"



**NGHB** Gluteus Ham Bench

Product Weight : 174 lbs. / 79 kg

Dimensions: 162 × 85 × 117 cm / 64" × 33.5" × 46"



**NVKR** Vertical Knee Raise

Product Weight : 172 lbs. / 78 kg

Dimensions: 142 × 116 × 230 cm / 56" × 46" × 91"

**NDB** Adjustable Decline Bench

Product Weight : 74 lbs. / 34 kg  
Dimensions: 163 × 61 × 125 cm /  
64" × 24" × 49"

**NIB** Adjustable Incline Bench

Product Weight : 69 lbs. / 31 kg  
Dimensions: 150 × 53 × 90 cm /  
59" × 21" × 35"

**NFB** Flat Bench

Product Weight : 40 lbs. / 18 kg  
Dimensions: 116.5 × 54 × 46 cm /  
46" × 21" × 18"



**NST** Utility Stool

Product Weight : 37 lbs. / 17 kg  
Dimensions: 75 × 53 × 79 cm /  
29.5" × 21" × 31"



**NFID** Multi Bench

Product Weight : 99 lbs. / 45 kg  
Dimensions: 177 × 104 × 75 cm /  
70" × 41" × 29"



**NBS** Stretch Chair

Product Weight : 70 lbs. / 32 kg  
Dimensions: 140 × 50 × 113 cm /  
55" × 20" × 44.5"



## NPF1 Platform

Product Weight : 48 lbs. / 22 kg  
Dimensions: 307 × 118 × 29 cm / 121" × 46" × 11.5"



## NPF2 Platform

Product Weight : 51 lbs. / 23 kg  
Dimensions: 307 × 165 × 32 cm / 121" × 65" × 12.5"



## NPF3 Platform

Product Weight : 57 lbs. / 26 kg  
Dimensions: 307 × 216 × 32 cm / 121" × 85" × 12.5"





**NKTR1** Kettle Bell Rack 1

Product Weight : 77 lbs. / 35 kg

Dimensions: 70 × 61 × 61 cm / 27.5" × 24" × 24"



**NKTR2** Kettle Bell Rack 2

Product Weight : 97 lbs. / 44 kg

Dimensions: 165 × 66 × 67 cm / 65" × 26" × 26"



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→ **Functional Training System 360**

STEEFLEX STRENGTH





## **Functional Training System 360**

Product Weight: 509 lbs. / 231.5kg

Dimensions(Mainframe): 775 × 142 × 278 cm / 305" × 56" × 110"

Dimensions(With Package): 1077 × 263 × 329 cm / 424" × 103.5" × 130"



... FTS360

**RENEGADE SYSTEM** Package Options



**FRG1**



**FWH1**



**FWH2**



**FWB1**



**FWB2**



**FRS1**



**FDB1**



**FDB1-2**



**FDB1-3**

**PULLEY SYSTEM** Package Options



**FPU1**



**FCA1**



**FRP1-30**



**FRP2-15**



**FPU2**



**FLO1**



**FPU3**



**FCO2-3**

**ROPE SYSTEM** Package Options



**FR01**



**FRP1-50**



**FR02**



**FRP1-50**

**CORE SYSTEM** Package Options



**FC01**



**FCO2-2**



**FC02**



**FCO2-1**

## CLIMB SYSTEM Package Options



FIB1



FHB1

## BOXING SYSTEM Package Options



FBO1

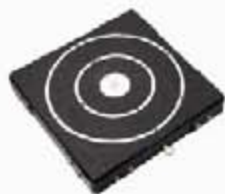


FCO2-3

## HAMMER SYSTEM Package Options



FHM1



FHM1-2

## MONKEY BAR SYSTEM Package Options



FMK1



FMK2



FPB1

**POWER RACK SYSTEM** Package Options



FSQ1



FSQ2



FSR1



FSB1



FSB1-2

**ROTATION SYSTEM** Package Options



FSR1



FSR1-2



FSR1-3

**PLATELOAD SYSTEM** Package Options



FBP1



FBR1



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## → JUNGLE GYM Series

### STEEFLEX STRENGTH

The Steelflex Jungle Gym can perform all of your favorite exercises for all the body work out and designed what you need by choose the different stations you want. This commercial grade stations offer users the complete line of high performance in your club. Just add the customize stations that will help you achieve your fitness goals.



## **JGBP100** Chest Press

Driving System: Cable

Weight Stack: 215 lbs. / 98 kg

Dimensions: 149 × 123 × 168 cm / 59" × 48" × 66"



## **JGPD700** Fly / Rear Deltoid

Driving System: Cable

Weight Stack: 215 lbs. / 98 kg

Dimensions: 152 × 134 × 174 cm / 60" × 53" × 68"





**JGLE200** Leg Extension

Driving System: Cable  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 130 × 105 × 168 cm /  
51" × 41" × 66"



**JGLC400** Prone Leg Curl

Driving System: Cable  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 175 × 103 × 168 cm /  
69" × 41" × 66"



**JGLP500** Leg Press

Driving System: Cable  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 168 × 123 × 198 cm /  
66" × 48" × 78"



## **JGLM300** Lat Pulldown

Driving System: Cable  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 168 × 117.5 × 230 cm / 66" × 46" × 90"



## **JGRM1700** Seated Row

Driving System: Cable  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 426 × 98 × 221 cm / 168" × 38.5" × 87"



**JBC600** Biceps Curl

Driving System: Cable  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 125 × 107 × 168 cm / 49" × 42" × 66"



**JGSP800** Shoulder Press

Driving System: Cable  
Weight Stack: 215 lbs. / 98 kg  
Dimensions: 156 × 123.5 × 168 cm / 61" × 49" × 66"



## **JGAB900** Abdominus Crunch / Back Extension

Driving System: Cable

Weight Stack: 215 lbs. / 98 kg

Dimensions: 133 × 113 × 168 cm / 52" × 44" × 66"



## **JGMH1100** Outer / Inner Thigh

Driving System: Cable

Weight Stack: 215 lbs. / 98 kg

Dimensions: 148 × 140 × 168 cm / 58" × 55" × 66"



**JG2000** Two-Stack Jungle Gym

Driving System: Cable

Product Weight: 1058 lbs. / 481 kg

Weight Stack: 430 lbs. / 196 kg

Dimensions: 426 × 98 × 221 cm / 168" × 38.5" × 87"



**JG4000S** Four-Stack Jungle Gym

Driving System: Cable

Product Weight: 1627 lbs. / 740 kg

Weight Stack: 860 lbs. / 391 kg

Dimensions: 358 × 234 × 221 cm / 141" × 92" × 87"



## **JG5000S** Five-Stack Jungle Gym

Driving System: Cable  
Product Weight: 2177 lbs. / 989.5 kg  
Weight Stack: 1075 lbs. / 488 kg  
Dimensions: 524 × 358 × 224 cm / 206" × 141" × 88"



## **JG8000S** Eight-Stack Jungle Gym

Driving System: Cable  
Product Weight: 3296 lbs. / 1498 kg  
Weight Stack: 1720 lbs. / 780 kg  
Dimensions: 622 × 352.5 × 221 cm / 245" × 139" × 87"

A photograph of a very muscular man performing a pull-up on a gym machine. He is shirtless, showing his chest, shoulders, and abdominal muscles. He is holding a horizontal bar with both hands, and his body is suspended in the air. The background is a grey gym machine with various components like cables and handles. The lighting is dramatic, highlighting the man's physique.

# 102

## → **MULTI GYM Series**

### **STEELFLEX STRENGTH**

This state-of-the-art multi-function training system provides ergonomics, efficient movements for effective results thus creating a superior workout experience.

Perfect Pec training arms has fully adjustable range of motion. Includes Leg Press / Calf Press / Cable Column stations can perform pull ups, dips, leg press and knee raises that allow the users to build their way to a stronger body.

**MG100B** Multi Gym 100B

Driving System: Cable  
Product Weight: 617 lbs. / 280 kg  
Standard Weight Stack: 210 lbs. / 95 kg  
Dimensions: 212 × 191 × 241 cm /  
83" × 75" × 95"

**MG200B** Multi Gym 200B

Driving System: Cable  
Product Weight: 1107 lbs. / 503 kg  
Standard Weight Stack: 420 lbs. / 191 kg  
Dimensions: 264 × 241 × 241 cm /  
104" × 95" × 95"

**MG300B** Multi Gym 300B

Driving System: Cable  
Product Weight: 1430 lbs. / 650 kg  
Standard Weight Stack: 630 lbs. / 286 kg  
Dimensions: 264 × 263 × 241 cm /  
104" × 103" × 95"





**MTSG** Multi Stand Training

Driving System: Cable

Product Weight: 1603 lbs. / 729 kg

Standard Weight Stack: 840 lbs. / 381 kg

Dimensions: 288 × 207 × 197 cm / 113" × 82" × 77.5"





## **MG3000** Multi Gym 3000

Driving System: Cable

Product Weight: 1204 lbs. / 547 kg

Standard Weight Stack: 630 lbs. / 286 kg

Dimensions: 345 × 219 × 212 cm / 136" × 86" × 83.5"

**106** → **HYDRAULIC Series**  
STEELFLEX STRENGTH

*Steelflex*





### **CBP 300** Chest Press Machine

Product Weight : 68 lbs. / 31 kg  
Dimensions: 93 × 91 × 110 cm /  
37" × 36" × 43"



### **CPD 800** Fly Machine

Product Weight : 101 lbs. / 46 kg  
Dimensions: 90 × 90 × 124 cm /  
35" × 35" × 49"



### **CLE 500** Leg Extension Machine

Product Weight : 88 lbs. / 40 kg  
Dimensions: 112.5 × 65 × 119 cm /  
44" × 26" × 47"



**CLP 600** Leg Press Machine

Product Weight : 121 lbs. / 55 kg

Dimensions: 181.5 × 71 × 98 cm / 71.5" × 28" × 38.5"



**CTH 1100** Outer/Inner Thigh Machine

Product Weight : 89 lbs. / 40.5 kg

Dimensions: 116 × 65 × 103 cm / 46" × 26" × 41"



### **CSP 900** Shoulder Press Machine

Product Weight : 77 lbs. / 35 kg  
Dimensions: 102.5 × 76 × 114.5 cm /  
40" × 30" × 45"



### **CBC 400** Biceps Curl Machine

Product Weight : 64 lbs. / 29 kg  
Dimensions: 101 × 65 × 87 cm /  
40" × 26" × 34"



### **CAC 700** Dip Machine

Product Weight : 70 lbs. / 32 kg  
Dimensions: 102 × 70 × 111 cm /  
40" × 28" × 44"



**CEO 200** Side Bending Machine

Product Weight : 84 lbs. / 38 kg  
Dimensions: 88 × 72 × 96 cm /  
35" × 28" × 38"



**CAB 1000** Abdominal Crunch Machine

Product Weight : 66 lbs. / 30 kg  
Dimensions: 112 × 79 × 126 cm /  
44" × 31" × 50"



**CSQ1200** Squat Machine

Product Weight : 79 lbs. / 36 kg  
Dimensions: 140 × 65 × 160 cm /  
55" × 25.5" × 63"



## **CCP1300** Calf Press Machine

Product Weight : 66 lbs. / 30 kg  
Dimensions: 123 × 65 × 67 cm /  
48" × 26" × 26"



## **CMH1400** Multi Hip Machine

Product Weight : 110 lbs. / 50 kg  
Dimensions: 81 × 83 × 108 cm /  
32" × 33" × 42.5"



## **CRT1500** Rotary Torso Machine

Product Weight : 80 lbs. / 36.5 kg  
Dimensions: 94 × 75 × 109 cm /  
37" × 29.5" × 43"





## STEELFLEX Specifications

**113** - CARDIO Specifications

**119** - STRENGTH Specifications

**112**

## Treadmill Specifications

PT 30

PT 20

PT 10

PT 7





Product Name	PT 30	PT 20	PT 10	PT 7
Features	Dual Water Bottle Holder, Personal Workout App, USB Port, Multimedia	Dual Water Bottle Holder, Personal Workout App, USB Port	Dual Water Bottle Holder, Cooling Fan, USB Port	Dual Water Bottle Holder, Cooling Fan, USB Port
Console	15.6" TFT Display With Capacitive Touch Screen	Dot-matrix LED With Profile Display And 3-window LED Display	Dot-matrix LED With Profile Display And 7-window LED Display	Dot-matrix LED With Profile Display And 7-window LED Display
Display Feedback	Pulse, METs, Incline, Time Elapsed, Time Remaining, Speed, Calories, Distance-KM, Distance-Mile, Pace	Pulse, METs, Incline, Time Elapsed, Time Remaining, Speed, Calories, Distance-KM, Distance-Mile, Pace	Time, Distance, Speed, Heart Rate, Incline, Calories, Pace	Time, Distance, Speed, Heart Rate, Incline, Calories, Pace
Programs	Total Programs (15) Manual, Goal(3), Rolling Hill, Fat Burn, 5K, H.R.C, Interval, Gerkin, Custom, Weight Loss, Cardio, Walking, Running	Total Programs (22) Manual(2), Rolling Hill(2), Fat Burn(2), 5K(4), H.R.C, Training(11)	Total Programs (16) Manual (1), Classic (3), H.R.C (3), Training (GERKIN\USB\C1\2\3), Goal (3), Reverse	Total Programs (15) Manual(1), Classic(3), H.R.C(3), Training (GERKIN\USB\C1\2\3), Goal (3)
Quick Keys	Speed 3/5/8 Elevation 0/6/12%	Speed 3/5/8 Elevation 0/6/12%	Speed: WALK, JOG, RUN Elevation: LEVEL, RISE, ASCEND	Speed: WALK, JOG, RUN Elevation: LEVEL, RISE, ASCEND
Speed	0.8~25 KPH / 0.5~15.5 MPH	0.8~25 KPH / 0.5~15.5 MPH	Exercise Mode:0.3~24KPH (0.2~15.0MPH) Safety Mode:0.3~12KPH (0.2~7.5MPH) Reverse Mode:0.3~4.8KPH (0.2~3MPH)	Exercise Mode: 0.8~22 KPH / 0.5~13.8 MPH Safety Mode: 0.8~11 KPH / 0.5~6.9 MPH
Incline	-3 ~15%	-3~15%	0%~15%	0%~15%
Wireless & Contact Grips	Yes	Yes	Yes	Yes
Motor	5.0 HP AC Motor with AC Frequency Conversion	5.0 HP AC Motor with AC Frequency Conversion	4 HP ECO-AC Servo Motor with Space Vector PMSM Control	5 HP AC Motor with AC Frequency Conversion
Cushioning System	Yes	Yes	Yes	Yes
Rollers	3.5" / 90 mm	3.5" / 90 mm	3" / 76 mm	3" / 76 mm
Deck	25 mm thick reversible deck	25 mm thick reversible deck	25 mm thick reversible deck	25 mm thick reversible deck
Step Up Height	26 cm / 10"	26 cm / 10"	19 cm / 7.5"	19 cm / 7.5"
Belt Type	2-Ply Urethane High Density Conductive / 2.5 mm	2-Ply Urethane High Density Conductive / 2.5 mm	2-Ply Urethane High Density Conductive / 1.6 mm	2-Ply Urethane High Density Conductive / 1.6 mm
Power Requirements	110V / 220V	110V / 220V	110V / 220V	110V / 220V
Running Area	156 × 56 cm / 61" × 22"	156 × 56 cm / 61" × 22"	160 × 56 cm / 63" × 22"	160 × 56 cm / 63" × 22"
Dimensions	214 × 94 × 152 cm / 84" × 37" × 60"	214 × 94 × 152 cm / 84" × 37" × 60"	211 × 102 × 154 cm / 83" × 40" × 61"	211 × 102 × 154 cm / 83" × 40" × 61"
Max User Weight	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs. / 180 kg
Product Weight	431 lbs. / 196 kg	431 lbs. / 196 kg	418 lbs. / 190 kg	418 lbs. / 190 kg


## MULTI GYM SERIES

Mainframe	12 Heavy Gauge 1.968" × 2.952" (50 × 75 × 2.5T) Steel Tubing for MTSG / MG3000 / MG100B 13 Heavy Gauge 1.968" × 3.937" (50 × 100 × 2T) Steel Oval Tubing for MTSG / MG100 / MG200B 13 Heavy Gauge 1.574" × 3.149" (40 × 80 × 2T) Steel Oval Tubing for MG3000 / MG300B 11 Heavy Gauge 1.574" × 3.149" (40 × 80 × 3T) Steel Oval Tubing for MTSG / MG3000 / MG100B
Frame Finish	One-coat powder process, electrostatically applied powder coat finish, dark gray. Two-coat powder process, electrostatically applied powder coat finish, gray silver(MTSG / MG3000)
Instructional Placard	Included (MG100B / 200B / 300B)
Upholstery	2" Rebonded Scrap Foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Driving System	Cable
Cables	7 × 19 Carbon steel ,tensile strength of more than 2090 lbs. (950 kg)
Shroud	1.2T delicate steel safety cover (MG100B / 200B / 300B) 1T delicate steel safety cover (MG3000 / MTSG)
Weight Stack	High-quality weight plates for smooth and durable operation
Standard Weight Stack	210 lbs. / 95 kg (SP-10 lbs. × 20 pcs + 10 lbs. top plate) for MG100B 420 lbs. / 190 kg (SP-10 lbs. × 40 pcs + 10 lbs. × 2 top plates) for MG200B 630 lbs. / 286 kg (SP-10 lbs. × 60 pcs + 10 lbs. × 3 top plates) for MG300B / MG3000 840 lbs. / 381 kg (SP-10 lbs. × 80 pcs + 10 lbs. × 4 top plates) for MTSG

## Upholstery Colors

Colors			
	Black (Standard)	Red (Optional)	Orange (Optional)
Mega Power Series	✓	✓	
M3d Series	✓	✓	
Hope Series	✓		
Club Line Series	✓		
Multi Gym	✓		
Jungle Gym	✓		
Plate Load Series	✓	✓	
Plate Load 2 Series	✓		
Neo Series	✓	✓	
Hydraulic Series	✓		✓

## Standard Finish Color

Colors			
	Gray Silver	Black Hammer	Power Red and Black
Mega Power Series	✓		
M3d Series	✓		
Hope Series	✓		
Club Line Series		✓	
Plate Load Series			✓
Plate Load 2 Series			✓
Multi Gym	✓		
Jungle Gym	✓		
Functional Training System 360		✓	
Neo Series	✓		
Hydraulic Series	✓		

Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Strength Specifications

### NEO SERIES

Mainframe	12 Heavy Gauge 50 × 100 × 2.5T Oval Tubing 13 Heavy Gauge 50 × 100 × 2T Oval Tubing for NRCH / NSS 13 Heavy Gauge 40 × 80 × 2T Oval Tubing for NAC / NBR 11 Heavy Gauge 40 × 3T Square Tubing for NPF1 / NPF2 / NPF3 11 Heavy Gauge 75 × 3T Square Tubing for NKTR1 11 Heavy Gauge 40 × 80 × 3T Oval Tubing for NKTR2
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, metallic silver One-coat powder process, electrostatically applied powder coat finish, gloss black for NPF1 / NPF2 / NPF3
Upholstery	2" Rebonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Welding	Continuous welds at all joints.
Bearings	Commercial rated, sealed bearings at all pivot points
End Cap	High density molded plastic end caps
Max User Weight	264 lbs. / 120 kg

### CLUB LINE SERIES

Mainframe	12 Heavy Gauge 58 × 116 × 2.5T Steel Oval Tubing 13 Heavy Gauge 50 × 100 × 2T Steel Oval Tubing for CLDCC / CLSCC 12 Heavy Gauge 50 × 75 × 2.5T Steel Square Tubing for CLPR380 12 Heavy Gauge 50 × 75 × 2.5T Steel Square Tubing for CLPR78 13 Heavy Gauge 40 × 80 × 2T Steel Square Tubing for CLFCB
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, bright black One-coat powder process, electrostatically applied powder coat finish, black hammer (CLPR78 / CLPR380)
Instructional Placard	Included
Upholstery	2" Rebonded Scrap Foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Driving System	Cable
Cables	7 × 19 Carbon steel ,tensile strength of more than 2090 lbs. (950 kg)
Shroud	1T delicate steel safety cover 1.5T delicate steel safety cover (CLDCC)
Weight Stack	One piece steel weight plates for antirust, lower noise and durable operation
Standard Weight Stack	210 lbs. / 95 kg ( SP-10 lbs. × 20 pcs + 10 lbs. top plate ) 320 lbs. / 145 kg ( SP-10 lbs. × 30 pcs + 10 lbs. × 2 top plates ) for CLDCC

### JUNGLE GYM SERIES

Mainframe	11 Gauge Ø101.2 × 3T Low Carbon Steel Round Tubing. 13 Gauge 50 × 100 × 2T Steel Oval Tubing
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, gray silver Two-coat powder process, electrostatically applied powder coat finish, gray for JGBP100 / JGLE200 / JGLM300 / JGLC400 / JGLP500 / JGBC600 / JGPD700 / JGSP800 / JGAB900 / JGMH1100 / JGRM1700
Upholstery	2" Rebonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Driving System	Cable
Cables	7 × 19 Carbon steel ,tensile strength of more than 2090 lbs. (950 kg)
Shroud	1T delicate steel safety cover 3T acrylic delicate safety cover
Weight Stack	Low carbon steel weight plates for antirust, lower noise and durable operation
Standard Weight Stack	430 lbs. / 195 kg (SWS-10 lbs. × 40 pcs + 15 lbs. × 2 top plates (Two Stacks)) for JG 2000 860 lbs. / 390 kg (SWS-10 lbs. × 80 pcs + 15 lbs. × 4 top plates (For Stacks)) for JG 4000S 1075 lbs. / 488 kg (SWS-10 lbs. × 100 pcs + 15 lbs. × 5 top plates (Five Stacks)) for JG 5000S 1720 lbs. / 780 kg (SWS-10 lbs. × 160 pcs + 15 lbs. × 8 top plates (Eight Stacks)) for JG 8000S 215 lbs. / 97.5 kg SWS-10 lbs. × 20 pcs + 15 lbs. top plates for JGBP100 / JGLE200 / JGLM300 / JGLC400 / JGLP500 / JGBC600 / JGPD700 / JGSP800 / JGAB900 / JGMH1100 / JGRM1700

### HYDRAULIC SERIES

Mainframe	13 Heavy Gauge 1.574" × 3.149" (40 × 80 × 2T) Oval Tubing
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, gray silver
Resistance	6 levels
Hydraulic	Two-way operation hydraulic cylinder One-way operation hydraulic cylinder for CLP600
Upholstery	2" Rebonded Scrap Foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	High density foam grip
Bearings	Commercial rated, sealed bearings at all pivot points
End Cap	High density molded plastic end caps

## Strength Specifications

### M3D SERIES

Mainframe	11 Heavy Gauge 1.968" × 5.905" (50 × 150 × 3T) Oval Tubing 12 Heavy Gauge 2.283" × 4.566" (58 × 116 × 3T) Oval Tubing for M3DSM 11 Heavy Gauge Ø3.976" (Ø101 × 3T) Round Tubing for M3DLM
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, gray silver
Instructional Placard	Included
Upholstery	2" Rebonded Scrap Foam + 15mm High Resilience Foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Driving System	Cable
Cables	7 × 19 Carbon steel ,tensile strength of more than 2090 lbs (950kg)
Shroud	4T acrylic delicate safety cover
Weight Stack	High-quality weight plates for smooth and durable operation
Standard Weight Stack	240 lbs. / 109 kg (SWS-15 lbs. × 15 pcs + 15 lbs. top plate) for M3DFC / M3DHL 165 lbs. / 75 kg (SWS-10 lbs. × 15 pcs + 15 lbs. top plate) for M3DBR
Optional Weights	315 lbs. for M3DFC / M3DHL 240 / 315 lbs. for M3DBR
Max User Weight	264 lbs. / 120 kg

### PLATE LOAD 2 SERIES

Mainframe	12 Heavy Gauge 50 × 100 × 2.5T Square Tubing for PL2100 11 Heavy Gauge 60 × 120 × 3T Square Tubing
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, metallic silver
Upholstery	2" Rebonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Welding	Continuous welds at all joints.
Bearings	Commercial rated, sealed bearings at all pivot points.
Max User Weight	264 lbs. / 120 kg

### HOPE SERIES

Mainframe	11 Heavy Gauge 1.968" × 3.937" (50 × 100 × 3T) Low Carbon Steel Oval Tubing. 13 Heavy Gauge 1.968" × 3.937" (50 × 100 × 2T) Steel Oval Tubing for HSM
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, gray silver
Instructional Placard	Included
Upholstery	2" Rebonded Scrap Foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Driving System	Cable
Cables	7 × 19 Carbon steel ,tensile strength of more than 2090 lbs. (950 kg)
Shroud	1T delicate carbon steel safety cover
Weight Stack	Low carbon steel weight plates for antirust, lower noise and durable operation
Standard Weight Stack	210 lbs. / 95 kg ( SSP-10 lbs. × 20 pcs + 10 lbs. top plate ) 110 lbs. / 50 kg ( SSP-10 lbs. × 10 pcs + 10 lbs. top plate ) for HBC 600 / HTE1200 / HHE1900 210 lbs. / 95 kg ( SSP-20 lbs. × 10 pcs + 10 lbs. top plate ) for HCD 2100 420 lbs. / 190 kg ( SSP-10 lbs. × 40 pcs + 10 lbs. × 2 top plates ) Dual Towers for HDC2000

### PLATE LOAD SERIES

Mainframe	12 Heavy Gauge 50 × 100 × 2.5T Oval Tubing 11 Heavy Gauge 60 × 120 × 3T Square Tubing for PSBP / PSIP / PSDP 11 Heavy Gauge 50 × 100 × 3T Oval Tubing for PLAC
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, metallic silver
Upholstery	2" Rebonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Welding	Continuous welds at all joints.
Bearings	Commercial rated, sealed bearings at all pivot points.
Max User Weight	264 lbs. / 120 kg

## Indoor Cycling Bike Specifications

### X VELOCITY



Product Name

Mainframe

Heavy gauge frame 50 × 100 × 2T spindle-shaped tube

Console

N/A

Display Feedback

N/A

Flywheel

44 lbs. / 20 kg one piece steel flywheel

Post

Chrome

Drive System

Durable V-belt

Resistance & Brake

Unlimited tension adjustment knob with direct-contact system

Transport Wheels

Yes

Crank

3 pieces professional cranks. Unique Star-shape crank design

Seat Adjustment

Horizontal and vertical

Handlebars adjustment

Horizontal and vertical

Saddle

Professional pressure-relieving hollow seat pad.

Max User Weight

265 lbs. / 120 kg

Product Weight

136 lbs. / 62 kg

Dimensions

119 × 55 × 109 cm / 47" × 22" × 43"

## Strength Specifications

### MEGA POWER SERIES

Mainframe

11 Heavy Gauge 1.968" × 5.905" (50 × 150 × 3T) Oval Tubing.  
11 Heavy Gauge 2.283" × 4.567" (58 × 116 × 3T) Oval Tubing for MSM

Frame Finish

Two-coat powder process, electrostatically applied powder coat finish, gray silver

Console

Automatic Electronic Coach (auto detecting, auto counting, calories, etc.)

Instructional Placard

Included

Upholstery

2" Rebonded Scrap Foam + 15mm High Resilience Foam with CGPC PVC cold latex leather and durable double stitched upholstery

Handgrips

Dipped PVC Handle

Driving System

Flat belt

Flat Belt

Tensile strength of more than 5027 lbs. (2280 kg)

Shroud

4T acrylic delicate safety cover

Weight Stack

High-quality weight plates for smooth and durable operation

Standard Weight Stack

215 lbs. / 97.5 kg ( SWS-10 lbs. × 20 pcs + 15 lbs. top plate)  
215 lbs. / 97.5 kg ( SWS-20 lbs. × 10 pcs + 15 lbs. top plate) for MCD 2100  
330 lbs. / 150 kg (SWS-10 lbs. × 30 pcs + 15 lbs. × 2 top plates) Dual Towers for MDC 2000

Optional Weights

315 / 415 lbs.  
165 / 240 / 315 lbs. for MDC2000

Max User Weight

264 lbs. / 120 kg

### FTS360 SERIES

Mainframe

11 Heavy Gauge □3.937" (□100 × 3T) Square Tubing (FTS360)  
11 Heavy Gauge Ø2" (Ø50 × 3T) Round Tubing (Frame)  
11 Heavy Gauge Ø2" (Ø31.8 × 3T) Round Tubing (Hammer)  
11 Heavy Gauge 2.953" (75 × 3T) Square Tubing (Bar Holder)

Frame Finish

One-coat powder process, electrostatically applied powder coat finish, black vertical lines

## Stepper Specifications

### PST 10



Product Name

Features

Water Bottle Holder, Towel Rack, One-Button Start

Console

5.5" blue backlit LCD display

Display Feedback

Level, Program, Pulse, Calories, Watt, Distance, SPM, Speed, Time, Step

Programs

Total Programs (9)  
Manual, Time, Distance, Calories, Step, Heart Rate Control, Cardio, Fat Burn, Interval

Tension Control

Program Control

Resistance Levels

16

Resistance System

Non-wear Magnetic Resistance

Power Requirements

Self-generating

Watt

20-400 Watts (30-90 RPM)

Drive System

Strap

Transport Wheels

Yes

Fore/Aft Levelers

Yes

Pedal Size

29 × 18 cm / 11" × 7"

Step Up Height

42.5 cm / 17"(Footplate at highest position)

Distance Between Pedals

8cm / 3"

Step Range

30 cm / 12"

Wireless & Contact Grips

Yes

Max User Weight

400 lbs. / 180 kg

Dimensions

121 × 83 × 161 cm / 47" × 33" × 63"

Product Weight

158 lbs. / 72 kg

## Indoor Cycling Bike Specifications

### CS1



Product Name

Mainframe

Heavy gauge frame 38 × 89 × 2T oval tubing

Console

N/A

Display Feedback

N/A

Flywheel

46 lbs. / 21 kg one piece steel flywheel

Post

Aluminum

Drive System

Durable V-belt

Resistance & Brake

Unlimited tension adjustment knob with direct-contact brake system

Transport Wheels

Yes

Crank

3 pieces professional cranks.Unique star-shape crank design

Seat Adjustment

Horizontal and vertical

Handlebars adjustment

Horizontal and vertical

Saddle

Professional pressure-relieving seat pad.

Max User Weight

330 lbs. / 150 kg

Product Weight

130 lbs. / 59 kg

Dimensions

126 × 60 × 127 cm / 49" × 24" × 50"

### CS2W



Heavy gauge frame 38 × 89 × 2T oval tubing

Battery-powered LCD display with integrated power (watts) system utilizing strain gauge technology.

RPM, Time, Distance, Speed, Heart Rate, Level, Calories, WATT

46 lbs. / 21 kg one piece steel flywheel

Aluminum

Durable V-belt

Unlimited tension adjustment knob with direct-contact brake system

Yes

3 pieces professional cranks.Unique star-shape crank design

Horizontal and vertical

Horizontal and vertical

Professional pressure-relieving seat pad.

330 lbs. / 150 kg

134 lbs. / 61 kg

115 × 60 × 121 cm / 45" × 24" × 47"

## Elliptical Specifications

### PE SG

### CE SG

### XE 7400



Product Name

Features

Water Bottle Holder, Multigrip Handlebars, Personal Workout App, USB Port

Water Bottle Holder, Multigrip Handlebars

Water Bottle Rack

Console

Dot-matrix LED With Profile Display and 3-window LED Display

Dot-matrix LED With Profile Display and 3-window LED Display

Dot-matrix LED With Profile Display and 1-window LED Display

Display Feedback

Time, Distance, Calories, Pulse, Level, Speed, Watt, RPM.

Time, Work Level, Distance, Watt, Speed, RPM, Pulse, METs, Calories

Time, Distance, Speed, Heart Rate, Work Level, Watt, METs, Calories

Programs

8 programs  
Manual, Cardio, Interval, Fat Burn, Training, HRC, Custom 1 & Custom 2

8 programs  
Manual, Weight Loss, Constant Load, Interval, CV Workout, Fat Burn, Heart Rate Control, Rolling Hills

8 programs  
Manual, Weight Loss, Fat Burn, Interval, Random, Heart Rate Control, Rolling, CV Workout

Tension Control

Program Control

Program Control

Program Control

Resistance Levels

30

24

16

Resistance System

ECB Resistance

ECB Resistance

ECB Resistance

Power Requirements

Self-generated

Self-generated

Self-generated

Watt

10~400 Watts (30~90 RPM)

20~350 Watts (30~90 RPM)

20~450 Watts (30~90 RPM)

Stride Length

58 cm / 23"

58 cm / 23"

48 cm / 19"

Transport Wheels

Yes

Yes

Yes

Wireless & Contact Grips

Yes

Yes

Yes

Max User Weight

400 lbs. / 180 kg

400 lbs. / 180 kg

400 lbs. / 180 kg

Dimensions

194 × 75 × 166 cm / 76" × 30" × 65"

194 × 75 × 168 cm / 76" × 30" × 66"

222 × 75 × 164 cm / 87" × 30" × 65"

Product Weight

255 lbs. / 116 kg

253 lbs. / 115 kg

220 lbs. / 100 kg



## Exercise Bike Specifications

### PR 10

### XB 7500S

### CR SG



Product Name

Features

Integrated Water Bottle Holder with Accessory Storage, Personal Workout App, USB Port

Integrated Water Bottle Holder with Accessory Storage

Integrated Water Bottle Holder with Accessory Storage

Console

Dot-matrix LED With Profile Display And 3-window LED Display

Dot-matrix LED With Profile Display And 1-window LED Display

Dot-matrix LED With Profile Display And 3-window LED Display

Display Feedback

Time, Distance, Calories, Pulse, Level, Speed, Watt, RPM.

Time, Work Level, Distance, Watt, Speed, Heart Rate, Calories, METs

Time, Work Level, Distance, Watt, Speed, RPM, Pulse, METs, Calories

Programs

8 programs  
Manual, Cardio, Interval, Fat Burn, Training, HRC, Custom 1&2

8 programs  
Manual, Random, Interval, Heart Rate Control, CV Workout, Fat Burn, Weight Loss, Rolling

8 Programs  
Manual, Hills, Random, Interval, Heart Rate Control, CV Workout, Fat Burn, Rolling

Tension Control

Program Control

Program Control

Program Control

Resistance Levels

30

16

24

Resistance System

ECB Resistance

ECB Resistance

ECB Resistance

Power Requirements

Self-generated

Self-generated

Self-generated

Watt

10~400 Watts (30~90 RPM)

20~450 Watts (30~90 RPM)

20~350 Watts (30~90 RPM)

Pedals

Self-balancing with easy adjust straps

Self-balancing with easy adjust straps

Self-balancing with easy adjust straps

Fore / Aft Seat Adjustments

Yes

Yes

Yes

Vertical Seat Adjustments

N/A

N/A

N/A

Transport Wheels

Yes

Yes

Yes

Wireless & Contact Grips

Yes

Yes

Yes

Max User Weight

400 lbs. / 180 kg

400 lbs. / 180 kg

400 lbs. / 180 kg

Dimensions(L×W×H)

178 × 76 × 142 cm / 70" × 30" × 56"

144 × 82 × 129 cm / 57" × 32" × 51"

174 × 89 × 134 cm / 69" × 35" × 53"

Product Weight

205 lbs. / 93 kg

143 lbs. / 65 kg

194 lbs. / 88 kg

## Exercise Bike Specifications

### PB 10

### XB 7300

### CB SG



Product Name

Features

Water bottle holder,  
Personal Workout App, USB Port

Integrated Water Bottle Holder with  
Accessory Storage, Towel Rack

Integrated water bottle holder with accessory  
storage, Towel Rack

Console

Dot-matrix LED With Profile Display And  
3-window LED Display

Dot-matrix LED With Profile Display And  
1-window LED Display

Dot-matrix LED With Profile Display And  
3-window LED Display

Display Feedback

Time, Distance, Calories, Pulse, Level,  
Speed, Watt, RPM.

Time, Distance, Speed, Heart Rate,  
Work Level, Watt, METs, Calories

Time, Work Level, Distance, Watt, Speed,  
RPM, Pulse, METs, Calories

Programs

8 programs  
Manual, Cardio, Interval, Fat Burn, Training,  
HRC, Custom 1&2

8 Programs  
Manual, Random, Interval, Heart Rate Control,  
CV Workout, Fat Burn, Weight Loss, Rolling

8 programs  
Manual, Weight Loss, Constant Load, Interval,  
CV Workout, Fat Burn, Heart Rate Control,  
Rolling Hills

Tension Control

Program Control

Program Control

Program Control

Resistance Levels

30

16

24

Resistance System

ECB Resistance

ECB Resistance

ECB Resistance

Power Requirements

Self-generated

Self-generated

Self-generated

Watt

10~400 Watts (30~90 RPM)

20~450 Watts (30~90 RPM)

20~350 Watts (30~90 RPM)

Pedals

Self-balancing with easy adjust straps

Self-balancing with easy adjust straps

Self-balancing with easy adjust straps

Fore / Aft Seat Adjustments

N/A

N/A

Yes

Vertical Seat Adjustments

Yes

Yes

Yes

Transport Wheels

Yes

Yes

Yes

Wireless & Contact Grips

Yes

Yes

Yes

Max User Weight

400 lbs. / 180 kg

400 lbs. / 180 kg

400 lbs. / 180 kg

Dimensions(L×W×H)

124 × 65 × 152 cm / 49" × 26" × 60"

106 × 60 × 132 cm / 42" × 24" × 52"

129 × 69 × 150 cm / 51" × 27" × 59"

Product Weight

140 lbs. / 63.5 kg

125 lbs. / 57 kg

139 lbs. / 63 kg

## Treadmill Specifications

### CT 1

### XT 8000A

### XT 8000D



Product Name	CT 1	XT 8000A	XT 8000D
Features	Dual Water Bottle Holder with Accessory Storage	Dual Water Bottle Holder,USB Port, Personal Workout App	Dual Water Bottle Holder,USB Port, Personal Workout App
Console	Dot-matrix LED With Profile Display And 3-window LED Display	Dot-matrix LED With Profile Display And 4-window LED Display	Dot-matrix LED With Profile Display And 4-window LED Display
Display Feedback	Heart Rate, Laps, Elevation,Time, Speed, Calories, Distance, Pace, Avg Speed	Time, Distance, Speed, Incline, Calories, Pulse, Pace, Level	Time, Distance, Speed, Incline, Calories, Pulse, Pace, Level
Programs	Total Programs (13) Manual, Time, Calories, Distance, Walking, Running, Cardio, Interval, Fat Burn, Endurance, Heart Rate Control, Custom 1&2	Total Programs(11) Manual, Heart Rate Control, Custom Learn 1&2, Walking, Running, Weight Loss, Interval, Cardio, Long Slow Distance, Set Calories	Total Programs(11) Manual, Heart Rate Control, Custom Learn 1&2, Walking, Running, Weight Loss, Interval, Cardio, Long Slow Distance, Set Calories
Quick Keys	Speed 2/3/4/5/6/7/8/9/10 / Elevation 2/3/4/5/6/7/8/9/10%	Speed 2/4/6/8/10 / Elevation 0/3/6/9/12	Speed 2/4/6/8/10 / Elevation 0/3/6/9/12
Speed	0.8~20 KPH / 0.5~12.5 MPH	0.8~20 KPH / 0.5~12.5 MPH	0.8~20 KPH / 0.5~12.5 MPH
Incline	0~15%	0%~15%	0%~15%
Wireless & Contact Grips	Yes	Yes	Yes
Motor	5.0 HP AC Motor with AC Frequency Conversion	5 HP AC Motor with AC Frequency Conversion	4.0 HP DC Motor with PWM System
Cushioning System	Yes	Yes	Yes
Rollers	3.5" / 90 mm	3" / 76 mm	3" / 76 mm
Deck	26 mm thick reversible deck	25 mm thick reversible deck	25 mm thick reversible deck
Step Up Height	30 cm / 12"	23 cm / 9"	23 cm / 9"
Belt Type	2-Ply Urethane High Density Conductive / 1.6 mm	2-Ply Urethane High Density Conductive / 3 mm	2-Ply Urethane High Density Conductive / 3 mm
Power Requirements	110V / 220V	110V / 220V	110V / 220V
Running Area	156 × 56 cm / 61" × 22"	156 × 56 cm / 61" × 22"	156 × 56 cm / 61" × 22"
Dimensions	212 × 92 × 149 cm / 83" × 36" × 59"	221 × 90 × 160 cm / 87" × 35" × 63"	221 × 90 × 160 cm / 87" × 35" × 63"
Max User Weight	400 lbs. / 180 kg	400 lbs. / 180 kg	400 lbs / 180 kg
Product Weight	400 lbs. / 182 kg	378 lbs. / 172 kg	378 lbs / 172 kg

Note: All specifications are subject to change without notice. Actual products may different from pictures in this catalog.



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