

No	Name	Picture	L*W*H(MM)	WEIGHTSTACK	N.W(KG)
L38	PECTORAL FLY		1540x1790x1480	80kg	294kg
L39	LATERAL RAISE		1310x1340x1480	80kg	252kg
L40	CHEST PRESS		1440x1440x1480	80kg	286kg
L41	SEATED BICEPS CURL		1440x1440x1480	80kg	268kg
L42	ASSISTED CHIN DIP		1630x1490x2220	100kg	333kg
L43	PEC & REAR DELT		2030x1980x2040	80kg	299kg
L44	LAT PULL DOWN		1450x1420x1940	80kg	268kg
L45	SEATED ROW		1240x1400x1480	80kg	289kg

L46	SHOULDER PRESS		1640x1450x1850	80kg	280kg
L47	SEATED TRICEPS EXTENSION		1350x1110x1480	80kg	276kg
L48	SEATED CALF		1790x1060x1480	80kg	322kg
L49	HIP MULTI MACHINE		1860x980x1480	80kg	258kg
L50	ABDUCTOR		1600x1680x1480	80kg	296kg
L51	ADDUCTOR		1600x1680x1480	80kg	296kg
L51-1	ADDUCTOR/ABDUCTOR		1580*785*1480	80kg	
L52	PRONE LEG CURL		1590x1060x1480	80kg	258kg
L53	LEG EXTENSION		1670x1060x1480	80kg	285kg
L54	SEATED LEG CURL		1590x1060x1480	80kg	268kg

L55	SEATED LEG PRESS		1340x1180x1480	100kg	395kg
L56	ABDOMINAL CRUNCH		1340x1180x1480	80kg	256kg
L57	BACK EXTENSION		1490x1070x1480	80kg	285kg
L58	TOTARY TORSO		1270x1080x1580	80kg	265kg
L59	MULTI JUNGLE 4 STACKS		3390*1660*2400	100kg*2 80kg*2	
L60	MULTI JUNGLE 5 STACKS		5200*1660*2400	80kg*3 100*2	
L61	MULTI JUNGLE 8 STACKS		5680*3780*2400	80kg*4 100kg*4	
L13	45 DEGREE LEG PRESS		2490x1550x1550	//	322kg
L14	HACK SQUAT		2090*1660*1350		209
L14-A	HACK SQUAT		2150*1620*1770	//	

L15	SMITH MACHINE		1250*2210*2370	//	260kg
L16	LYING ABDOMINAL		1170x840x1630	//	64kg
L17	VERTICAL KNEE RAISE		1150x1270x2330	//	112kg
L18	FLAT BENCH		1300x1250x1300	//	69kg
L19	INCLINE BENCH		1300x1480x1450	//	84kg
L20	DECLINE BENCH		1300x1730x1300	//	96kg
L21	MILITRY BENCH		1300x1220x1680	//	148kg
L22	SQUAT RACK		1680x1970x1920	//	182kg
L23	OLYMPIC FLAT BENCH		440x720x1250	//	98kg
L24	ADJUSTABLE MULTI-FUNCTION BENCH		1320*640*450	//	57kg

L25	Adjustable Roman Chair		1270x940x970	//	73kg
L26	Bicep Preacher Bench		840x1200x1170	//	96kg
L27	Adjustable Abdominal Bench		1630x740x820	//	62kg
L28	Vertical Bench		910*730*1060	//	30kg
L29	Flat Bench		1170x790x420	//	30kg
L30	Vertical Knee Raise		1170x840x1630	//	64kg
L31	PLATE RACK		590x690x940	//	44kg
L32	DUMBBELL RACK		2290x640x840	//	125kg
L33	DUMBBELL RACK		2290x560x740		87
	3 TIRE DUMBBELL RACK		1380*770*980	//	

L34	BARABELL RACK		970x840x1530	//	98kg
L35	HANDLE RACK		770x770x970	//	64kg
L36	CABLE CROSSOVER		730x4250x2390	80kg*2	445kg
L37	MULTI-FUNCTION MACHINE		1120*1580*2420	80kg*2	408kg
L01	SEATED CHEST PRESS		1290X1560X1900		138
L02	INCLINE PRESS		1270x1580x1910		135
L03	KNEELING LEG CURL		1250x1500x1300		142
L04	SHOULDER PRESS		1550x1680x1350		159
L05	HIGH ROW		1860x1680x1940		186
L06	FRONT PULL DOWN		1660x1250x1990		147

L07	DECLINE PRESS		1300x1760x1940		155
L08	ROW		1400x1450x1380		134
L09	CALF RAISE		1550x740x1070		83
L10	LEG EXTENTION		1450x1550x1150		126
L11	BICEPS CURL		1100x1400x1200		125
L12	SEATED DIP		1760x1050x940		126

FITNESS