

No	Name	Picture	L×W×H	Weight
P01	ABDOMINAL CRUNCH		117L x 117W x 125H cm.	160lbs/73kgs
P02	ARM CURL		120L x 122W x 124H cm.	300lbs/136kgs
P03	CHEST PRESS		188L x 188W x 137H cm.	480lbs/218kgs
P04	INCLINE PRESS		188L x 178W x 149H cm.	430lbs/195kgs
P05	EXTREME ROW		199L x 163W x 138H cm.	450lbs/204kgs
P06	LAT PULLDOWN		209L x 82W x 234H cm.	370lbs/168kgs

P07	LEG EXTENSION		148L x 122W x 125H cm.	330lbs/150kgs
P08	LEG EXT/ LEG CURL COMBO		LEG EXT: 148L x 125W x 125H cm. LEG CURL: 194L x 117W x 125H cm.	335lbs/152kgs
P09	LOW BACK EXTENSION		143L x 115W x 125H cm	240lbs/109kgs
P10	PRONE LEG CURL		194L x 117W x 125H cm.	320lbs/145kgs
P11	SEATED ROW		150L x 142W x 125H cm.	350lbs/159kgs
P12	SHOULDER PRESS		155L x 161W x 138H cm.	430lbs/195kgs
P13	TRICEP EXTENSION		125L x 122W x 133H cm.	300lbs/136kgs

P14	PULLDOWN		211L x 112W x 216H cm.	430lbs/195kgs
P15	HACK SQUAT		257L x 153W x 150 H cm.	500 lbs / 227 Kgs
P16	LEG PRESS		257L x 193W x 151H cm.	500lbs/227kgs
P17	GHD			
P18	ADJUSTABLE BENCH			
P19	SEATED CALF			
P20	SINGLE LEG SQUAT			

P21	3D HIP THRUST			
P22	OLYMPIC FLAT BENCH			
P23	SQUAT RACK			

