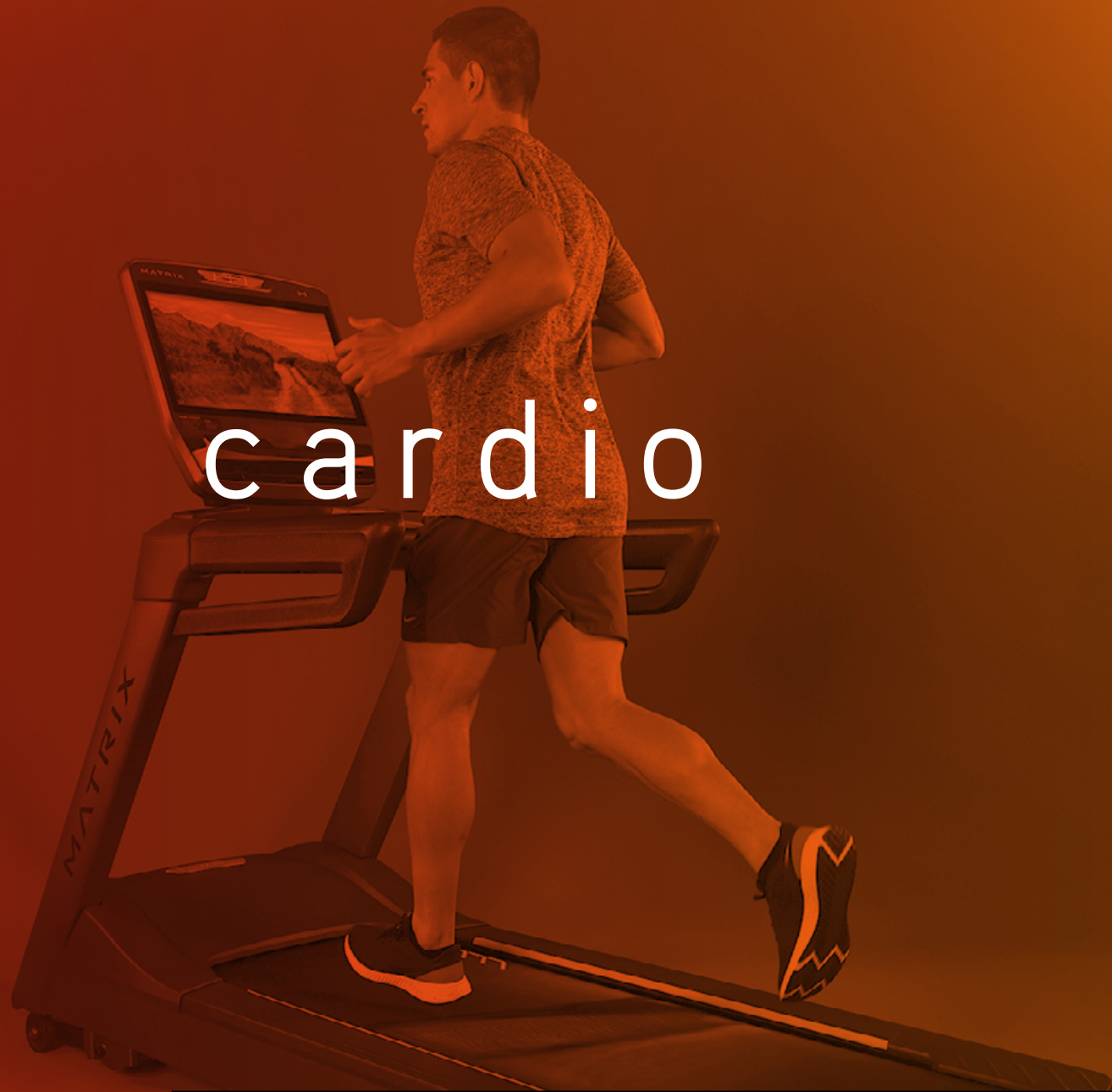




Nescot | fitness

POWERED BY

MATRIX



cardio



CLIMBMILL



ELLIPTICAL



TRADMILL



UPRIGHT CYCLE



Great for enthusiasts and beginners alike, our Endurance ClimbMill is ideal for maximizing your resources. Smart, heavy-duty design gives members a secure, stable workout and stands up to heavy use in tough environments. It's even easy to service, minimizing downtime for all your members who love a true stair-climbing workout.

CONSOLE	
DISPLAY	41 cm / 16" class capacitive touchscreen LCD
WORKOUTS	Go, manual, Sprint 8†, Landmarks†, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, goal training, fitness tests, custom †Some of these programs may not be available on this frame.
IFIT ON-DEMAND WORKOUTS	Optional
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
FAN	Yes
ANALOG TV	NTSC, PAL, SECAM
DIGITAL TV	ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
IPTV	Content: MPEG2/H262, AVC/H264 Protocols: UDP, RTSP, HTTP, HTTPS
WIFI	Yes
BLUETOOTH	Yes; smartphones, headphones, heart rate
RFID WIRELESS LOGIN	Yes
CONNECTS TO APPLE WATCH	Yes
MADE FOR IPHONE, IPAD, IPOD	Yes
CONNECTS TO SAMSUNG GALAXY WATCH	Yes

USB PORT	Yes
WIRELESS CHARGING (QI)	Yes
CSAFE READY	Yes
AUTO WAKE-UP	Yes
	Note: Products with Touch Console must be connected to a power source.
FRAME	
TOP-DOWN LEVELERS	Yes
STEP-ON HEIGHT	36 cm / 14"
STEP DIMENSIONS	25.4 x 46 x 20.3 cm / 10" x 18" x 8"
SERVICE CASTER	No
ASSEMBLED DIMENSIONS	161.2 x 102.4 x 218 cm / 63.5" x 40.3" x 85.8"
ASSEMBLED WEIGHT	177.4 kg / 391.1 lbs.
RESISTANCE LEVELS	25
SHIPPING WEIGHT	202.6 kg / 455.5 lbs.
CONTROL ZONE	No
CONTACT & TELEMETRIC HR	Yes
DRIVE SYSTEM	Clutched ECB with industrial-grade drive chain and belt
LOCKING STAIRCASE	Yes
MAXIMUM USER WEIGHT	182 kg / 400 lbs.
ETHERNET CONNECTIVITY	Yes
HANDLEBAR DESIGN	Perimeter
POWER REQUIREMENTS	100–240 V — 50/60Hz AC
RESISTANCE RANGE	24–162 SPM
MINIMUM USER WEIGHT	45 kg / 99 lbs.

The durable Endurance Elliptical is ideal for workouts of any intensity, offering low-impact exercise formembers of all kinds. A patented suspension design minimizes noise and friction, extending product life,while constant rate of acceleration and refined ergonomics makes every movement feel smooth andnatural.



WiFi-enabled Touch Console features an app-based interface thatmirrors familiar smartphone and tablet operating systems, making iteasy for members to connect to the content that keeps them moving.

Note: Products with Touch Console must be connected to a powersource.



CONSOLE	
DISPLAY	41 cm / 16" class capacitive touchscreen LCD
WORKOUTS	Go, manual, Sprint 8†, Landmarks†, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, goal training, fitness tests, custom †Some of these programs may not be available on this frame.
IFIT ON-DEMAND WORKOUTS	Optional
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
FAN	Yes
ANALOG TV	NTSC, PAL, SECAM
DIGITAL TV	ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
IPTV	Content: MPEG2/H262, AVC/H264 Protocols: UDP, RTSP, HTTP, HTTPS
WIFI	Yes
BLUETOOTH	Yes; smartphones, headphones, heart rate
RFID WIRELESS LOGIN	Yes
CONNECTS TO APPLE WATCH	Yes
MADE FOR IPHONE, IPAD, IPOD	Yes
CONNECTS TO SAMSUNG GALAXY WATCH	Yes

USB PORT	Yes
WIRELESS CHARGING (QI)	Yes
CSAFE READY	Yes
AUTO WAKE-UP	Yes
	Note: Products with Touch Console must be connected to a power source.
FRAME	
ASSEMBLED DIMENSIONS	174.5 x 74 x 179 cm / 68.7" x 29.1" x 70.5"
RESISTANCE SYSTEM	Brushless generator
POWER REQUIREMENTS	Self-powered or 100–240 V — 50/60 Hz AC
STRIDE LENGTH	53.3 cm / 21"
SHIPPING WEIGHT	183.5 kg / 404.5 lbs.
CONTACT & TELEMETRIC HR	Yes
ETHERNET CONNECTIVITY	Yes
MAX USER WEIGHT	182 kg / 400 lbs.
MINIMUM WATTS	5 W powered or 35 W self-powered
MINIMUM RPM	10 RPM powered or 30 RPM self-powered
PEDAL SPACING	6.4 cm / 2.5"
RESISTANCE RANGE	5–705 W
TOP-DOWN LEVELERS	Yes
STEP-ON HEIGHT	24 cm / 9.5"
WATT RANGE	5–650 W
RESISTANCE LEVELS	25
ASSEMBLED WEIGHT	148 kg / 326.3 lbs.

Maximize your resources with a treadmill that's simple for new users and powerful for enthusiasts. A precision-engineered drive system and deck stand up to heavy daily use, a variety of consoles let you customize the experience, and smart maintenance features make it easy to keep it up and running like new.



WiFi-enabled Touch Console features an app-based interface that mirrors familiar smartphone and tablet operating systems, making it easy for members to connect to the content that keeps them moving.

Note: Products with Touch Console must be connected to a power source.



CONSOLE	
DISPLAY	41 cm / 16" class capacitive touchscreen LCD
WORKOUTS	Go, manual, Sprint 8†, Landmarks†, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, goal training, fitness tests, custom †Some of these programs may not be available on this frame.
IFIT ON-DEMAND WORKOUTS	Optional
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
FAN	Yes
ANALOG TV	NTSC, PAL, SECAM
DIGITAL TV	ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
IPTV	Content: MPEG2/H262, AVC/H264 Protocols: UDP, RTSP, HTTP, HTTPS
WIFI	Yes
BLUETOOTH	Yes; smartphones, headphones, heart rate
RFID WIRELESS LOGIN	Yes
CONNECTS TO APPLE WATCH	Yes
MADE FOR IPHONE, IPAD, IPOD	Yes
CONNECTS TO SAMSUNG GALAXY WATCH	Yes
USB PORT	Yes

WIRELESS CHARGING (QI)	Yes
CSAFE READY	Yes
AUTO WAKE-UP	Yes
	Note: Products with Touch Console must be connected to a power source.
FRAME	
DRIVE SYSTEM	4.2 hp AC Dynamic Response Drive System
CUSHIONING SYSTEM	Ultimate Deck
HANDLEBAR DESIGN	Molded ergo-grip design
INCLINE RANGE	0–15% (700-lb. thrust-elevation motor)
MAX USER WEIGHT	182 kg / 400 lbs.
SPEED RANGE	0.8–20 km/h / 0.5–12 mph
STEP-ON HEIGHT	23 cm / 9"
TREAD SENSE	Yes
ASSEMBLED WEIGHT	173 kg / 381.4 lbs.
SHIPPING WEIGHT	202 kg / 445.3 lbs.
CONTACT & TELEMETRIC HR	Yes
CROSSBAR CONTROLS	Yes
CAST ALUMINUM END CAPS	No
ETHERNET CONNECTIVITY	Yes
ASSEMBLED DIMENSIONS	213 x 87 x 163 cm / 83.9" x 34.3" x 64.2"
POWER REQUIREMENTS	16 A dedicated circuit required, non-looped grounded
RUNNING SURFACE TYPE	Belt and deck
RUNNING SURFACE AREA	152 x 56 cm / 60" x 22"
SERVICE CASTER	No



Our Endurance Upright Cycle gives beginners and cycling enthusiasts alike the feel of a real outdoor ride. Accessible, race-inspired design makes even long rides more comfortable than expected, and a range of smart features make it easy to service and place the cycle wherever your facility has space.



WiFi-enabled Touch Console features an app-based interface that mirrors familiar smartphone and tablet operating systems, making it easy for members to connect to the content that keeps them moving.

Note: Products with Touch Console must be connected to a power source.

CONSOLE	
DISPLAY	41 cm / 16" class capacitive touchscreen LCD
WORKOUTS	Go, manual, Sprint 8†, Landmarks†, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, goal training, fitness tests, custom †Some of these programs may not be available on this frame.
IFIT ON-DEMAND WORKOUTS	Optional
LANGUAGES	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
FAN	Yes
ANALOG TV	NTSC, PAL, SECAM
DIGITAL TV	ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
IPTV	Content: MPEG2/H262, AVC/H264 Protocols: UDP, RTSP, HTTP, HTTPS
WIFI	Yes
BLUETOOTH	Yes; smartphones, headphones, heart rate
RFID WIRELESS LOGIN	Yes
CONNECTS TO APPLE WATCH	Yes
MADE FOR IPHONE, IPAD, IPOD	Yes
CONNECTS TO SAMSUNG GALAXY WATCH	Yes
USB PORT	Yes
WIRELESS CHARGING (Qi)	Yes

CSAFE READY	Yes
AUTO WAKE-UP	Yes
	Note: Products with Touch Console must be connected to a power source.
FRAME	
RESISTANCE SYSTEM	Brushless generator
POWER REQUIREMENTS	Self-powered or 100–240 V — 50/60 Hz AC
REAR-LIFT HANDLE	Yes
PEDAL SPACING	17.5 cm / 6.9"
MINIMUM WATTS	2 W powered or 13 W self-powered
HANDLEBAR DESIGN	Racing design with elbow support
RESISTANCE RANGE	2–750 W
ASSEMBLED WEIGHT	70 kg / 154.3 lbs.
SHIPPING WEIGHT	83 kg / 183 lbs.
SEAT ADJUSTMENT	Single-hand lever
TOP-DOWN LEVELERS	Yes
SEAT MATERIAL	Sewn vinyl over foam
MAXIMUM USER WEIGHT	182 kg / 400 lbs.
MINIMUM RPM	10 RPM powered or 25 RPM self-powered
ASSEMBLED DIMENSIONS	122 x 74.4 x 152.1 cm / 48" x 29.3" x 59.9"
CONTACT & TELEMETRIC HR	Yes
CRANK DESIGN	Three piece with forged arms and integrated puller
ETHERNET CONNECTIVITY	Yes
RESISTANCE LEVELS	30



strength



MAGNUM GLUTE TRAINER



VERSA FUNCTIONAL TRAINER
W/30" STORAGE



VERSA MULTI PRESS



VERSA PEC FLY / REAR DELT



VERSA LAT PULLDOWN /
SEATED ROW



VERSA CHIN / DIP ASSIST



VERSA LEG PRESS / CALF PRESS



VERSA LEG EXTENSION /
LEG CURL

Glute training is more popular than ever, and you can make your fitness facility stand out by offering a better way to tone muscles and build power while improving hip and core stability. Our smart biomechanics mimic bar hip thrusting without the difficulty and discomfort of using free weights, and a walk-through design makes it easy for anyone to get started. Refined ergonomic details accommodate users of all sizes and ability levels comfortably, while high maximum resistance and elastic band hooks provide options to challenge even elite athletes. Like everything from the Magnum Series, our glute trainer's welded design and professional-quality components are engineered and tested to stand up to heavy use in the toughest environments.

TECH SPECS

STARTING RESISTANCE	22.7 kg / 50 lbs
PRODUCT WEIGHT	154 kg / 340 lbs
MAX EFFECTIVE RESISTANCE	227 kg / 500 lbs

MAX TRAINING WEIGHT	102 kg / 225 lbs
MAX USER WEIGHT	159 kg / 350 lbs
OVERALL DIMENSIONS (L X W X H)	168 x 133 x 109 cm / 66.5" x 52.5" x 43"





The smart design of our functional trainer provides a remarkable range of exercise options in a space-saving footprint. Incremental weight adjustment and a 1:2 pulley ratio make it easy to control exercise intensity and create progressions right for everyone from deconditioned users to elite athletes. Everything about our functional trainer – from the multi-grip pull-up bar to the color-coded adjustment points to the professionally illustrated exercise placards – offers intuitive operation for users and trainers alike. Optional storage makes it easy to organize and stow accessories for instant access, and the completely enclosed design protects moving parts while creating a solid, cohesive aesthetic on your floor. A 76 cm / 30" connection provides ample storage for functional training accessories. Options include VS-VFT60 heavy stack for an additional 27.2 kg / 60 lbs. of resistance per side, VS-FTHP handle package with four training handles (v-bar, curl bar, ropes, ankle strap) and VS-FTIW 2.2-kg / 5-lb. incremental weight.

ADJUSTMENTS

USER ADJUSTMENT RANGE	18 user start options
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES

FRAME GUARDS	Bolt-on lower guards protect frame from damage
MACHINE ANCHORING	Machine anchoring locations
FRAME FINISH	Proprietary two-coat powder process
CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME COLOR	Iced Silver

TECH SPECS

OVERALL DIMENSIONS (L X W X H)	122.7 x 145.8 x 237.6 cm / 48.3" x 57.4" x 93.5"
PRODUCT WEIGHT (STANDARD STACK)	369 kg / 814 lbs.
PRODUCT WEIGHT (HEAVY STACK)	424 kg / 934 lbs.

USER AMENITIES

PLACARD COLOR CODING	Yellow (upper body), Blue (lower body), Green (core)
PERSONAL STORAGE	Bottle holder, storage area and towel holder (towel holder on rep counter only)
PLACARDS	Muscle call outs, color-coded, start & finish exercise illustrations
MULTI-GRIP PULL-UP BARS	Various grip angles for variety of exercise
ACCESSORY STORAGE	Integrated storage for attachments, incremental weights, and optional accessories

WARRANTY

ACCESSORIES	6 months
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WEIGHT STACK

INCREMENTAL WEIGHT	5 lbs (2.3 kg)
WEIGHT STACK GUARDING	Full front and rear shields
STANDARD STACK	68 kg / 150 lbs. (34 kg / 75 lbs. per side)
HEAVY STACK	95 kg / 210 lbs. (47.5 kg / 105 lbs. per side)



Our Versa Multi-Press station makes building and toning major upper-body muscles accessible, efficient and comfortable. It's specifically designed for easy entry and exit, and the dual-position grips provide excellent training variety. It includes clearly indicated adjustment points for easy use, a reclined position to maximize lumbar support and elevated footrests for superior stability and comfort during heavy lifts.

ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	3 user start options
FRAME & CABLES	
CABLE TRANSMISSION	Internally lubricated cables & fittings
MACHINE ANCHORING	Machine anchoring locations
FRAME FINISH	Proprietary two-coat powder process
FRAME COLOR	Iced Silver
TECH SPECS	
OVERALL DIMENSIONS (L X W X H)	154.3 x 157.2 x 199.9 cm / 60.7" x 61.9" x 78.7"
PRODUCT WEIGHT (HEAVY STACK)	268 kg / 590 lbs.
PRODUCT WEIGHT (STANDARD STACK)	236 kg / 520 lbs.

USER AMENITIES	
FOOT SUPPORT	Foot support accommodates users of all sizes for additional lower body support
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
PERSONAL STORAGE	Bottle holder, storage area and towel holder (towel holder on rep counter only)
CONTOURED SEAT	Yes
PLACARD COLOR CODING	Yellow (upper body)
REAR PLACARDS	Color-coded machine identification & machine specific stretching
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements

WEIGHT STACK	
HEAVY STACK	104 kg / 230 lbs.
STANDARD STACK	72 kg / 160 lbs.
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
WEIGHT STACK GUARDING	Full front and rear shields
CONSISTENT STACK HEIGHT	Yes



Make the most of your space with the smart design of our Versa Pec Fly / Rear Delt dual station. Designed to focus on major upper-body muscles, it features oversized grips to accommodate users of all sizes. Additionally, the forward-facing user position makes every rep more comfortable and natural.

ADJUSTMENTS

USER ADJUSTMENT RANGE	Adjustable Start Position from Front to Rear
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES

CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME COLOR	Iced Silver
FRAME FINISH	Proprietary two-coat powder process
MACHINE ANCHORING	Machine anchoring locations

TECH SPECS

OVERALL DIMENSIONS	150.5 x 169.0 x 167.1 cm / 59.2" x 66.5" x 65.8"
REP COUNTER POWER SUPPLY	2 AA batteries
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
REP COUNTER BATTERY LIFE	Approximately 3 years

USER AMENITIES

FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
PLACARD COLOR CODING	Yellow (upper body)
REAR PLACARDS	Color-coded machine identification & machine specific stretching
PERSONAL STORAGE	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
CONTOURED SEAT	Yes
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook

WEIGHT STACK

INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
CONSISTENT STACK HEIGHT	Yes
WEIGHT STACK GUARDING	Full front and rear shields
TOTAL STACK WEIGHT	Heavy: 200 lbs (90 kg), Standard: 150 lbs (68 kg)
WEIGHT PLATE INCREMENTS	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg), Standard: 10 lbs (4.5 kg)



Maximize the functionality of your space with the smart, versatile design of our the Versa Lat Pulldown /Seated Row dual station. The thigh pad easily adjusts to provide stability and comfort when building and toning major back muscles, and clearly indicated adjustment points make it easy for virtually anyone to get started. Elevated footrests provide added stability during heavy lifts, and stainless-steel cables offer lasting durability in hard-use environments.

ADJUSTMENTS

COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
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FRAME & CABLES

MACHINE ANCHORING	Machine anchoring locations
CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME COLOR	Iced Silver
FRAME FINISH	Proprietary two-coat powder process

TECH SPECS

OVERALL DIMENSIONS (L X W X H)	180.5 x 157.9 x 226.3 cm / 71.1" x 62.2" x 89.1"
PRODUCT WEIGHT (HEAVY STACK)	278 kg / 613 lbs.
PRODUCT WEIGHT (STANDARD STACK)	246 kg / 543 lbs.

USER AMENITIES

FOOT SUPPORT	Foot support accommodates users of all sizes for additional lower body support
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
CONTOURED SEAT	Yes
PERSONAL STORAGE	Bottle holder, storage area and towel holder (towel holder on rep counter only)
PLACARD COLOR CODING	Yellow (upper body)
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
REAR PLACARDS	Color-coded machine identification & machine specific stretching

WEIGHT STACK

HEAVY STACK	104 kg / 230 lbs.
STANDARD STACK	72 kg / 160 lbs.
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
WEIGHT STACK GUARDING	Full front and rear shields



Our Versa Chin / Dip Assist station packs a remarkable range of functionality into a space-efficient footprint. Multi-position pull-up handles offer exercise variety, and ideally angled dip grips encourage proper wrist placement and muscle variation. The gas-assisted knee platform even folds up for unassisted bodyweight exercises. Clearly indicated, conveniently located adjustment points make use intuitive and provide users with a hard stop to help prevent injury. The knee platform features a protective top pad for stability, while the large, textured foot platforms make it easy to get on and off.

ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	2 user start options
FRAME & CABLES	
MACHINE ANCHORING	Machine anchoring locations
CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME COLOR	Iced Silver
FRAME FINISH	Proprietary two-coat powder process
TECH SPECS	
OVERALL DIMENSIONS (L X W X H)	142.8 x 152.8 x 219.7 cm / 56.2" x 60.2" x 86.5"
PRODUCT WEIGHT	307 kg / 676 lbs.

USER AMENITIES	
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
PERSONAL STORAGE	Bottle holder, storage area and towel holder (towel holder on rep counter only)
PLACARD COLOR CODING	Yellow (upper body)
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
REAR PLACARDS	Color-coded machine identification & machine specific stretching
WEIGHT STACK	
WEIGHT STACK GUARDING	Full front and rear shields
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
WEIGHT STACK	68 kg / 150 lbs.
CONSISTENT STACK HEIGHT	Yes



The versatile design of our Versa Leg Press / Calf Press station makes building and toning major leg muscles more efficient and comfortable than ever. A low step-over height and an assistance handle offer easy access for virtually anyone. One-handed adjustments make getting started quick, while an air-shock assisted foot platform makes every adjustment smooth. Additionally, the footplate includes unique visual indicators to help optimize foot placement.

ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
RANGE OF MOTION ADJUSTMENT	Gas Assisted Foot Platform Adjustment
FRAME & CABLES	
MACHINE ANCHORING	Machine anchoring locations
FRAME FINISH	Proprietary two-coat powder process
CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME COLOR	Iced Silver
TECH SPECS	
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER POWER SUPPLY	2 AA batteries
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
OVERALL DIMENSIONS	232.4 x 102.4 x 167.1 cm / 91.5" x 40.3" x 65.8"

USER AMENITIES	
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
PLACARD COLOR CODING	Blue (lower body)
REAR PLACARDS	Color-coded machine identification & machine specific stretching
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
PERSONAL STORAGE	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
WEIGHT STACK	
WEIGHT STACK GUARDING	Full front and rear shields
CONSISTENT STACK HEIGHT	Yes
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
TOTAL STACK WEIGHT	415 lbs (188 kg)
WEIGHT PLATE INCREMENTS	25 lbs (11 kg)



Help your users tone and refine the muscles of their legs with the smart design of our Versa Leg Extension/Leg Curl dual station. Clearly indicated, conveniently located adjustment points make use intuitive and provide users with a hard stop to help prevent injury. Dual-action CAM enables a smooth transition between exercises. Back pad ratchets forward for easy adjustment from the seated position. Angled pads and ideal pivot location promote full muscle contraction and alignment.

ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	12 user start options

FRAME & CABLES	
MACHINE ANCHORING	Machine anchoring locations
CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME COLOR	Iced Silver
FRAME FINISH	Proprietary two-coat powder process

TECH SPECS	
PRODUCT WEIGHT (STANDARD STACK)	251 kg / 554 lbs.
PRODUCT WEIGHT (HEAVY STACK)	283 kg / 624 lbs.
OVERALL DIMENSIONS (L X W X H)	177.6 x 118.3 x 167.1 cm / 69.9" x 46.6" x 65.8"

USER AMENITIES	
CONTOURED SEAT	Yes
REAR PLACARDS	Color-coded machine identification & machine specific stretching
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
PLACARD COLOR CODING	Blue (lower body)
PERSONAL STORAGE	Bottle holder, storage area and towel holder (towel holder on rep counter only)
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook

WEIGHT STACK	
STANDARD STACK	72 kg / 160 lbs.
HEAVY STACK	104 kg / 230 lbs.
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
WEIGHT STACK GUARDING	Full front and rear shields
CONSISTENT STACK HEIGHT	Yes

A group of people in a gym celebrating with high-fives. The scene is bathed in a warm, orange-red light. In the foreground, a woman with long dark hair in a ponytail, wearing a black sports bra, is high-fiving a man. To her right, another woman with long dark hair is also high-fiving a man. In the background, other people are visible, some high-fiving each other. The overall mood is energetic and positive. The text "freeweights" is overlaid in the center in a white, lowercase, sans-serif font.

freeweights