



# 2011 RANGE



# INTRODUCTION

- HANSIE IMPORTS AUST. P/L is an entirely owned and operated Australian company
- Steven Callanan, the Founder & Director, has been in the Fitness Industry for over 16 x years
- The latest range has been finalised after more than 24 x months of industry research
- The research has been conducted over / involved:
  - All major fitness equipment suppliers
  - The factories producing the biggest brands world-wide
  - The factories producing the best quality at the best pricing
  - The factories offering the best warranties and back-up service

# INTRODUCTION

- From our research the end result was simple:  
Current Fitness Equipment suppliers and distributors in Australia are too expensive for what products they are offering
- The suppliers we are dealing with are all Original Equipment Manufacturers (OEM) for many worldwide brands such as Precor, Tuff Stuff, Nautilus, Techno Gym, Hoist, Star Trac, True Fitness, Paramount, Brunswick, Alex and more
- We buy direct from these factories, therefore, we cut out agents and middle-men that put a mark-up on the products
- The end result for our customers is:
  - The highest quality products being supplied to you at the lowest possible price
  - Full warranties
  - Full after sales service and product support locally

## OUR BUSINESS MISSION

- To supply our customers with:
  - The highest quality product at the lowest price possible
  - A solid warranty that meets or exceeds industry standards
  - And to deliver what we promise in product, quality, service and after-sales support to all our customers
- To exceed all of our customers expectations
- To promote strong working business relationships

## SUMMARY

- We deal direct with overseas manufacturers
- We have our own full-time employee on the ground who is of Chinese origin and speaks fluent Chinese and English
- He has been in the industry for over 13 x years and has a strong relationship with all the factories we deal with. He bridges the gap between Australia and China allowing smoother and more successful negotiation on pricing and product supply for our customers. Most importantly, he coordinates all orders and ensures our high expectations are met every time
- We work on a low commission, but high turnover allowing us to deliver a far more cost effective product solution for all of our clients
- Our aim is simple:

***To deliver quality, value and a cost effective product solution to all of our customers***

# OUR SUPPLIER STANDARDS

## OUR SUPPLIERS ARE:

- ISO9001:2000 certified (the most stringent international quality standards)
- Ranked in the Top 3 Fitness Equipment Manufacturers in Asia
- Original Equipment Manufacturers (OEM) for many worldwide brands such as Precor, Tuff Stuff, Nautilus, Techno Gym, Hoist, Star Trac, True Fitness, Paramount, Brunswick and Alex
- Long-standing companies that have been in business for over 20 years that use the latest production technology

## OUR CARDIO & STRENGTH SUPPLIERS



- Factories cover over 33 acres
- Building area over 600,000 square feet
- 2,000+ employees
- On-site Production Department, Quality Control Department, Testing Center, Research and Development Center, Imports and Exports Departments, Finance Department and Administration Department

# OUR CARDIO & STRENGTH SUPPLIERS CON'T



These factories are capable of producing per day:

- Home Treadmills: 650
- Commercial Treadmills: 90
- Home Strength: 600
- Commercial Strength: 200
- Spinning Bike: 200
- Commercial Elliptical, Recumbent & Upright: 50
- Home Elliptical: 250
- Home Recumbent & Upright: 700-1000

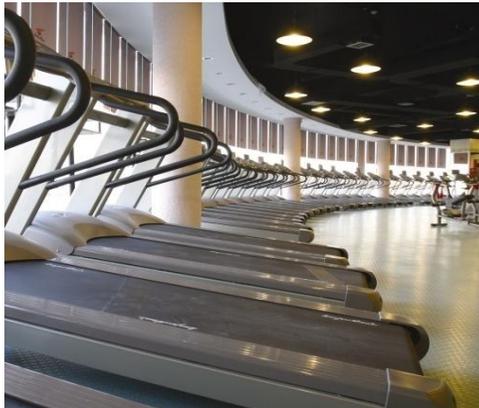
## KEY COMPETENCIES

- Own on-site tubing factory
- The first Fitness Equipment manufacturers in the world to implement TPS (Toyota Production System)
- Very strong and experienced R&D team (more than 60 mechanical and electrical engineers from one supplier alone!)
- Comprehensive quality management systems, which are highly valued by their customers; ensuring they deliver excellent quality products to all clients



## KEY COMPETANCIES CON'T

- Capable of producing nearly all kinds of Fitness Equipment ranging from Home Use Equipment, Vertical Market Equipment to high-end Commercial Equipment
- For over 16 years have been the OEM supplier to many U.S. Fitness Equipment Companies
- Most suppliers are located in non-frozen harbor cities that have shipments departing every few days to worldwide harbors; have no power outages and no natural disasters



# OUR WEIGHT & ACCESSORY SUPPLIERS



- Building area over 90,000 square feet
- 700+ employees
- On-site Production Department, Quality Control Department, Imports and Exports Departments, Finance Department and Administration Department.



# OUR WEIGHT & ACCESSORY SUPPLIERS CON'T



These factories are capable of producing per day:

- General Weight Plates: 30 tonnes
- General Dumbbells: 18 tonnes
- General Weight Bars: 2,000 units
- General Accessories: 5,000 pieces



**HOME GYMS**



**CS-1560**  
**1560 Home Gym**  
- LWH: 1905x1240x2121 mm  
75x48x83.5 in  
- N.W: 239.4 Kg  
- 40°: 68 sets

**CS-1860**  
**1860 Home Gym**  
- LWH: 1799x1207x2114 mm  
75x48x83.5 in  
- N.W: 251.4 Kg  
- 40°: 60 sets

**CS-2060**  
**2060 Home Gym**  
- LWH: 2298x1956x2120 mm  
90.5x77x83.5 in  
- N.W: 428 Kg  
- 40°: 40 sets

**CS-LP3**  
**Home Gym Attachment**  
- LWH: 1673x1039x367 mm  
65.9x40.9x38.1 in  
- N.W: 65 Kg  
- 40°: 220 sets

**BENCHES**



**CS-FB**  
**Flat Bench**  
- LWH: 1305x525x493 mm  
51.4x20.7x19.4 in  
- N.W: 23 Kg  
- 40°: 532 sets

**CS-FI**  
**Flat/Incline Bench**  
- LWH: 1603x654x488 mm  
63.1x25.7x19.6 in  
- N.W: 33 Kg  
- 40°: 432 sets

**CS-FID**  
**Multi-Purpose Bench**  
- LWH: 1581x654x515 mm  
62.2x25.8x20.3 in  
- N.W: 32 Kg  
- 40°: 420 sets

**CS-OB**  
**Olympic Bench**  
- LWH: 1438x1264x1468 mm  
56.6x49.8x57.8 in  
- N.W: 61 Kg  
- 40°: 252 sets

UPPER BODY



**CS-45**  
**45-Degree Hyperextension**  
- LWH: 1212x743x772 mm  
47.7x29.3x30.4 in  
- N.W: 25 Kg  
- 40: 340 sets



**CS-AH**  
**Adjustable Hyperextension Bench**  
- LWH: 1260x743x917 mm  
49.6x36.1x29.3 in  
- N.W: 37 Kg  
- 40: 396 sets



**CS-SPC**  
**Seated Preacher Curl**  
- LWH: 1021x712x824 mm  
40.2x28x32.4 in  
- N.W: 25 Kg  
- 40: 420 sets



**CS-ABM**  
**Ab/Back Machine**  
- LWH: 1520x1005x1060 mm  
61.6x39.5x43.5 in  
- N.W: 40 Kg  
- 40: 119 sets



**CS-AAB**  
**Adjustable Abdominal Bench**  
- LWH: 1683x568x1148 mm  
66.3x22.4x45.2 in  
- N.W: 32.4 Kg  
- 40: 500 sets



**CS-AC**  
**Abdominal Crunch**  
- LWH: 1103x476x578 mm  
43.4x18.7x22.8 in  
- N.W: 17.5 Kg  
- 40: 736 sets



**CS-PT**  
**Power Tower**  
- LWH: 1320x610x2105 mm  
52.8x24.8x82.8 in  
- N.W: 74 Kg  
- 40: 245 sets



**CS-LATM**  
**Lat Machine**  
- LWH: 1450x730x2050 mm  
56.7x48x82.7 in  
- N.W: 53 Kg  
- 40: 308 sets



**CS-RC**  
**Roman Chair**  
- LWH: 1361x743x1091 mm  
53.6x29.3x43 in  
- N.W: 25 Kg  
- 40: 504 sets

LOWER BODY



**CS-CR**  
*Calf Raise*  
- LWH: 1100x580x850 mm  
47.6x22.1x42.5 in  
- N.W.: 28 Kg  
- 40°: 520 sets



**CS-LEGM**  
*Leg Extension/Curl Machine*  
- LWH: 1215x1045x1047 mm  
47.8x41.1x41.2 in  
- N.W.: 49 Kg  
- 40°: 216 sets



**CS-LPHS**  
*Leg Press/Hack Squat Machine*  
- LWH: 2285x820x1285 mm  
90x32.3x51 in  
- N.W.: 158 Kg  
- 40°: 108 sets

CABLE COLUMNS



**CS-CC**  
*Cable Crossover*  
- LWH: 3660x1040x2120 mm  
141.7x40.9x83.3 in  
- N.W.: 265.1 Kg  
- 40°: 68 sets



**CS-FT**  
*Functional Trainer*  
- LWH: 1800x900x2130 mm  
65x31.9x83.5 in  
- N.W.: 345.6 Kg  
- 40°: 56 sets

WEIGHT STORAGE



**CS-DB3**  
*Dumbbell Rack - 3*  
- LWH: 1079x473x677 mm  
42.5x18.6x26.7 in  
- N.W.: 29 Kg  
- 40°: 600 sets



**CS-DB4**  
*Dumbbell Rack - 4*  
- LWH: 1372x473x869 mm  
54x18.6x34.2 in  
- N.W.: 41 Kg  
- 40°: 432 sets



**CS-PTO**  
*Plate Tree - Olympic*  
- LWH: 843x632x1108 mm  
33.2x24.8x43.5 in  
- N.W.: 19.5 Kg  
- 40°: 890 sets

**RACKS**



**CS-HC**

**Half Cage**

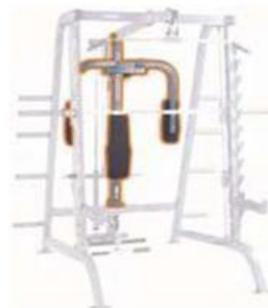
- LWH: 1175x1815x2090 mm  
67.7x71.5x83.7 in  
- N.W: 96 Kg  
- 40°: 150 sets



**CS-HCL**

**Half Cage Lat Attachment**

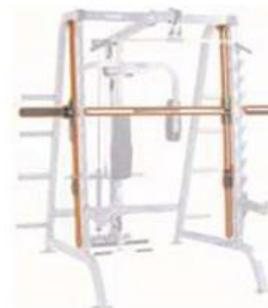
- LWH: 1800x400x2100 mm  
70.9x15.7x82.7 in  
- N.W: 39 Kg  
- 40°: 234 sets



**CS-HCP**

**Half Cage Pec Fly Attachment**

- LWH: 953x356x1538 mm  
37.5x14x60.6 in  
- N.W: 24 Kg  
- 40°: 508 sets



**CS-HCS**

**Half Cage Smith Attachment**

- LWH: 1946x300x1727 mm  
76.6x11.8x68 in  
- N.W: 42 Kg  
- 40°: 425 sets



**CS-PC**

**Power Cage**

- LWH: 1231x1231x2110 mm  
48.5x48.5x83.1 in  
- N.W: 91 Kg  
- 40°: 90 sets



**CS-PCL**

**Power Cage Lat Attachment**

- LWH: 2061x1213x958 mm  
81.1x47.6x37.7 in  
- N.W: 31 Kg  
- 40°: 420 sets



**CS-SS**

**Squat Stand**

- LWH: 1226x1575x1735 mm  
48.3x62x68.3 in  
- N.W: 56 Kg  
- 40°: 320 sets

**ATTACHMENT**



**CS-ARMA**

**Arm Curl Attachment**

- LWH: 584x434x761 mm  
23x17.1x30 in  
- N.W: 8.2 Kg  
- 40°: 840 sets



**CS-LEGA**

**Leg Extension/Curl Attachment**

- LWH: 485x426x470 mm  
19.1x16.8x18.5 in  
- N.W: 7 Kg  
- 40°: 1920 sets

## DUAL MOTION



**CPL 9002 – Lat Pulldown/Seated Row**

Length: 1764 mm  
Width: 1019 mm  
Height: 2192 mm



**CPL 9010 – Leg Press/Calf Raise**

Length: 1910 mm  
Width: 1130 mm  
Height: 1520 mm

## DUAL MOTION



**CPL 9016 – Inner/Outer Thigh**

Length: 1590 mm  
Width: 710 mm  
Height: 1520 mm



**CPL 9019 – Leg Extension/Leg Curl**

Length: 1230 mm  
Width: 1220 mm  
Height: 1520 mm

## DUAL MOTION



**CPL 9021 – Multi Press**

Length: 2033 mm  
Width: 1316 mm  
Height: 1520 mm



**CPL 9022 – Pec Deck/Rear Delt**

Length: 1365 mm  
Width: 1278 mm  
Height: 2060 mm

## DUAL MOTION



**CPL 9023 – Biceps/Triceps**

Length: 1080 mm  
Width: 1207 mm  
Height: 1520 mm



**CPL 9024 – Ab/Lower Back**

Length: 1010 mm  
Width: 1100 mm  
Height: 1520 mm



**CSL 01 - Chest Press**

Length: 1370 mm  
Width: 1983 mm  
Height: 1719 mm  
Machine Weight: 173 kg  
Max Load:



**CSL 02 – Pull Down**

Length: 1482 mm  
Width: 1489 mm  
Height: 1967 mm  
Machine Weight: 151 kg  
Max Load:



**CSL 03 - Shoulder Press**

Length: 1558 mm  
Width: 1818 mm  
Height: 1487 mm  
Machine Weight: 170 kg  
Max Load:



**CSL 04 – Low Row**

Length: 1761 mm  
Width: 1380 mm  
Height: 1652 mm  
Machine Weight: 173 kg  
Max Load:



**CSL 05 – Incline Chest Press**

Length: 1523 mm  
Width: 1901 mm  
Height: 1781 mm  
Machine Weight: 185 kg  
Max Load:



**CSL 06 – Leg Press**

Length: 2226 mm  
Width: 1421 mm  
Height: 1419 mm  
Machine Weight: 189 kg  
Max Load:



**CSL 07 - Row**

Length: 1815 mm  
Width: 1500 mm  
Height: 1335 mm  
Machine Weight: 162 kg  
Max Load:



**CSL 08 - Rear Kick**

Length: 1680 mm  
Width: 1229 mm  
Height: 1638 mm  
Machine Weight: 143 kg  
Max Load:



**CSL 09 – Power Rack**

Length: 2031 mm  
Width: 1499 mm  
Height: 2278 mm  
Machine Weight: 222 kg  
Max Load:



**CSL 09OPT – Power Rack Option**

Length: 717 mm  
Width: 1675 mm  
Height: 2199 mm  
Machine Weight: 68 kg  
Max Load:



**CSL 10 – Plate Rack**

Length: 900 mm  
Width: 638 mm  
Height: 1238 mm  
Machine Weight: 37 kg  
Max Load:



**CSL 11 – FID Bench**

Length: 1350 mm  
Width: 670 mm  
Height: 1350 mm  
Machine Weight: 39 kg  
Max Load:



**CSL 12 – FI Bench**

Length: 1550 mm  
Width: 670 mm  
Height: 1350 mm  
Machine Weight: 48 kg  
Max Load:



**CSL 13 – Glute/Hamstring Bench**

Length: 1562 mm  
Width: 914 mm  
Height: 1477 mm  
Machine Weight: 63 kg  
Max Load:



**CSL 14 – Half Power Rack**

Length: 1389.5 mm  
Width: 1747 mm  
Height: 2442.3 mm  
Machine Weight: 141 kg  
Max Load:



**CSL 15 – Full Power Rack**

Length: 1966 mm  
Width: 1747 mm  
Height: 2442 mm  
Machine Weight: 213 kg  
Max Load:

### Smith Machine **CIT7001**

7kg take-off weight allows users of all levels the ability to exercise  
90 degree path of motion for adaptability to all exercises  
Linear bearings for smooth motion  
**Length: 234cm**  
**Width: 127cm**  
**Height: 244cm**  
**Weight Capacity: 500kgs**  
**Machine Weight: 320kgs**



### Seated Preacher Curl **CIT7002**

Angled elbow pad at 55 degrees to vary resistance and improve user comfort  
Angled seat pad at 10 degrees to improve stability and comfort  
Dual take off pins for improved safety  
**Length: 94cm**  
**Width: 71cm**  
**Height: 244cm**  
**Weight Capacity: 250kgs**  
**Machine Weight: 40kgs**



### Abdominal Bench **CIT7003**

Ergonomic design ensures proper positioning for abdominal crunches and allows a slight degree of extension for targeted muscle stimulation  
Two foot bars for varied size users  
Weight loading horn for additional resistance if required  
**Length: 180cm**  
**Width: 76cm**  
**Height: 99cm**  
**Weight Capacity: 200kgs**  
**Machine Weight: 45kgs**



### Stretching Machine **CIT7004**

Strong oversized foot pedals with multiple stretching angles  
Designed to suit any user and target all muscle groups  
**Length: 129cm**  
**Width: 56cm**  
**Height: 90cm**  
**Weight Capacity: 200kgs**  
**Machine Weight: 40kgs**



### Seated Calf Raise **CIT7005**

Adjustable knee Pads for tibia length and range of motion  
Quick release support pivots upwards to engage  
Seat moves with the input arm to maintain alignment  
**Length: 145cm**  
**Width: 79cm**  
**Height: 91cm**  
**Weight Capacity: 250kgs**  
**Machine Weight: 70kgs**



### Leg Press Hack Squat **CIT7006**

Easy to operate racking mechanism for improved safety  
Linear bearings for smooth motion  
Polyethylene foot platform for impact, corrosion and abrasion resistance  
Moulded pads for comfort and durability  
**Length: 226cm**  
**Width: 124cm**  
**Height: 132cm**  
**Weight Capacity: 750kgs**  
**Machine Weight: 140kgs**



**Multi Hyper-extension CIT7007**

Comfortable oversized padding  
Adjustable height settings to suit all users  
Adjustable angle settings for varied range of motion

**Length: 121cm**  
**Width: 73cm**  
**Height: 93cm**  
**Weight Capacity: 200kgs**  
**Machine Weight: 61kgs**



**Flat Bench CIT7009**

Comfortable supportive padding  
3 point contact for greater floor support

**Length: 122cm**  
**Width: 74cm**  
**Height: 46cm**  
**Weight Capacity: 280kgs**  
**Machine Weight: 45kgs**



**Vertical Knee Raise CIT7010**

Offset angle for greater support  
Comfortable supportive padding  
Users can perform vertical knee raises or dips

**Length: 112cm**  
**Width: 78cm**  
**Height: 155cm**  
**Weight Capacity: 200kgs**  
**Machine Weight: 53kgs**



**FID Bench CIT7011**

Space saving design allows a flat and incline bench in one single machine  
Back pad adjusts from -5 degrees to 85 degrees  
Seat pad adjusts from 0 to 30 degrees

**Length: 140cm**  
**Width: 73cm**  
**Height: 130cm**  
**Weight Capacity: 280kgs**  
**Machine Weight: 61kgs**



**Dumbbell Rack CIT7012**

Holds 12 pairs of pro style dumbbells  
Angled to allow ease of unloading and reloading dumbbells

**Length: 159cm**  
**Width: 82cm**  
**Height: 99cm**  
**Weight Capacity: 1000kgs**  
**Machine Weight: 70kgs**



**Multi Abdominal Bench CIT7013**

Angled leg padding for comfort and support  
Adjusts from flat to decline to suit all users

**Length: 174cm**  
**Width: 73cm**  
**Height: 90cm**  
**Weight Capacity: 200kgs**  
**Machine Weight: 45kgs**



### Olympic Flat Bench **CIT7014**

Comfortable back support  
3 different points of racking with  
6" spacing  
4 weight plate holders at rear  
**Length: 170cm**  
**Width: 166cm**  
**Height: 137cm**  
**Weight Capacity: 350kgs**  
**Machine Weight: 110kgs**



### Olympic Incline Bench **CIT7015**

Comfortable back support with  
adjustable bottom support  
Spotters platform at rear  
3 different points of racking with  
6" spacing  
4 weight plate holders at rear  
**Length: 170cm**  
**Width: 174cm**  
**Height: 137cm**  
**Weight Capacity: 350kgs**  
**Machine Weight: 135kgs**



### Olympic Decline Bench **CIT7016**

Comfortable back support with  
adjustable front support  
15 degree seat angling provides effective  
muscle workout without shoulder stress  
3 different points of racking with  
6" spacing  
4 weight plate holders at rear  
**Length: 180cm**  
**Width: 174cm**  
**Height: 137cm**  
**Weight Capacity: 350kgs**  
**Machine Weight: 75kgs**



### Olympic Weight Tree **CIT7017**

Nine chrome plate storage horns for  
Olympic plates  
Rubber bumpers to protect finish  
Smart ergonomics with heavier plates  
higher from ground for easier removal  
and/or replacement  
**Length: 96cm**  
**Width: 63cm**  
**Height: 120cm**  
**Weight Capacity: 1000kgs**  
**Machine Weight: 42kgs**



### Chest Press **CIT9001**

Arms maximise the stimulation to the  
pectoral muscles through patented  
movement  
Counterbalanced pivot points for  
ease of use  
Oversized handgrips for greater comfort  
**Length: 148cm**  
**Width: 133cm**  
**Height: 149cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: 275lbs**  
**Machine Weight: 217kgs**



### Lat Pull Down **CIT9002**

Diverging arm movement provides  
natural path of motion  
Angled seat offers ergonomic positioning  
Adjustable pads provide stability  
and support  
Movement specific grips provide greater  
comfort and minimal joint pressure  
Counterbalanced pressing arms ensure  
correct starting resistance  
**Length: 145cm**  
**Width: 127cm**  
**Height: 198cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: 275lbs**  
**Machine Weight: 231kgs**



### Arm Curl **CIT9003**

Arm pad provides angular support to ensure biceps are properly targeted  
Counterbalanced pivot points for optimal starting position  
Over sized hand grips reduce strain on the wrists.

**Length: 137cm**

**Width: 117cm**

**Height: 149cm**

**Weight Stack Standard: 150lbs**

**Weight Stack Upgrade: 200lbs**

**Machine Weight: 168kgs**



### Pec Dec **CIT9004**

Independent arm action suitable for rehabilitation usage  
Multiple hand grip for varied height users  
Foot adjuster rod to start range of motion

**Length: 109cm**

**Width: 153cm**

**Height: 149cm**

**Weight Stack Standard: 150lbs**

**Weight Stack Upgrade: 200lbs**

**Machine Weight: 222kgs**



### Leg Extension **CIT9005**

Standard range of motion adjustment for individual range of motion/limitations  
Lower leg adjustment for individual height differences

Seat angle reduces hamstring flexion and maximizes usage of the quadriceps

**Length: 142cm**

**Width: 113cm**

**Height: 149cm**

**Weight Stack Standard: 200lbs**

**Weight Stack Upgrade: 275lbs**

**Machine Weight: 218kgs**



### Seated Leg Curl **CIT9006**

Standard range of motion adjustment for individual range of motion/limitations  
Seat back pad and tibia pad adjust without affecting knee alignment or start positioning angle

Axis of alignment fully adjustable

**Length: 180cm**

**Width: 113cm**

**Height: 149cm**

**Weight Stack Standard: 200lbs**

**Weight Stack Upgrade: N/A**

**Machine Weight: 222kgs**



### Seated Leg Curl **CIT9007**

Knee position pad adjusts to ensure correct starting position is achieved  
Seat back pad and tibia pad adjust without affecting knee alignment or start positioning angle  
CAMS (constant adaptive movement) to ensure hamstrings work according to strength curve

**Length: 180cm**

**Width: 113cm**

**Height: 149cm**

**Weight Stack Standard: 200lbs**

**Weight Stack Upgrade: N/A**

**Machine Weight: 222kg**



### Abductor/Adductor **CIT9008**

Dual footrests and knee pads provide ergonomic support with dual footrests eliminating unwanted torque around the knees

Weight stack positioned in front of the user providing privacy

Adjustable back support to accommodate different individuals

**Length: 81cm**

**Width: 173cm**

**Height: 149cm**

**Weight Stack Standard: 150lbs**

**Weight Stack Upgrade: N/A**

**Machine Weight: 196kg**



### Multi Hip **CIT9009**

Perform hip exercises from standing positions allowing correct alignment  
Adjustable rotating arm to suit all heights  
Starting position from 15 degrees to 270 degree intervals

**Length: 100cm**

**Width: 129cm**

**Height: 149cm**

**Weight Stack Standard: 200lbs**

**Weight Stack Upgrade: 275lbs**

**Machine Weight: 260kg**



### Leg Press **CIT9010**

Four-bar linkage enhances alignment and provides variable resistance  
Curved linear range of motion reduces force on the knee joint  
Large adjustable footplate accommodates different user sizes.

**Length: 206cm**

**Width: 112cm**

**Height: 149cm**

**Weight Stack Standard: 200lbs**

**Weight Stack Upgrade: 300lbs**

**Machine Weight: 284kg**



### Back Extension **CIT9011**

Adjustable non-skid footrests for stability  
Counterbalance starting position to ensure correct weight at start of range of motion  
CAMs (constant adaptive movement) to ensure the back works within the strength curve.

**Length: 114cm**

**Width: 103cm**

**Height: 149cm**

**Weight Stack Standard: 200lbs**

**Weight Stack Upgrade: 275lbs**

**Machine Weight: 223kg**



### Shoulder Press **CIT9012**

Oversized handgrips provide greater comfort and variety  
Range of motion is adjusted with the use of the seat position  
Dual seat adjusters allow correct positioning to accommodate various user sizes

**Length: 194cm**

**Width: 147cm**

**Height: 149cm**

**Weight Stack Standard: 200lbs**

**Weight Stack Upgrade: 275lbs**

**Machine Weight: 236kg**



### Cable Cross Over **CIT9013**

Completely adjustable cable columns on both sides for versatility in exercises  
Chin-up bar in centre with multi grips  
Large width to accommodate multi users and allow large range of motion

**Length: 386cm**

**Width: 100cm**

**Height: 236cm**

**Weight Stack Standard: 2 x 200lbs**

**Weight Stack Upgrade: N/A**

**Machine Weight: 384kg**



### Abdominal Crunch **CIT9014**

Seat angles have been designed to isolate abdominals and maximize work out  
Seat and handle position designed for greater user stability

**Length: 136cm**

**Width: 105cm**

**Height: 149cm**

**Weight Stack Standard: 200lbs**

**Weight Stack Upgrade: N/A**

**Machine Weight: 218kg**



### Pec Fly / Rear Delt **CIT9015**

Dual hand grips accommodate different sizes  
Multiple arm positioning for isolation of pectoral and deltoid muscles also allowing corrective and rehab work  
Adjustable starting position to suit all users including rehab programs  
**Length: 166cm**  
**Width: 129cm**  
**Height: 200cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: 275lbs**  
**Machine Weight: 257kg**



### Rotary Calf **CIT9016**

Adjustable non-skid footrests for stability  
Adjustable back pad for comfort and support  
**Length: 165cm**  
**Width: 113cm**  
**Height: 149cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: N/A**  
**Machine Weight: 246kg**



### Seated Dip **CIT9017**

Angled back rest provides perfect support  
Counterbalanced pivot points for optimal starting position  
Adjustable seat height to suit all users and allow different starting positions  
**Length: 164cm**  
**Width: 114cm**  
**Height: 149cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: N/A**  
**Machine Weight: 217kg**



### Torso Rotation **CIT9018**

Range of motion completely adjustable in 15 degree increments  
Comfortable padding for shoulder and leg support  
Rubber foot rests for improved grip and support  
**Length: 118cm**  
**Width: 121cm**  
**Height: 149cm**  
**Weight Stack Standard: 150lbs**  
**Weight Stack Upgrade: 200lbs**  
**Machine Weight: 247kg**



### Vertical Row **CIT9019**

Adjustable starting position to suit all users  
Multi grip handles to allow varied muscle isolation  
Adjustable seat height to suit different height users  
**Length: 158cm**  
**Width: 109cm**  
**Height: 149cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: 275lbs**  
**Machine Weight: 198kg**



### Weight Assist Chin / Dip **CIT9020**

Multi grip bar for wide grip and closed grip positions  
2 steps with low step up heights for ease of access  
Designed to suit all users with large range of motion  
**Length: 122cm**  
**Width: 136cm**  
**Height: 220cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: N/A**  
**Machine Weight: 210kg**



### Lying Leg Curl **CIT9021**

Adjustable leg padding allows user comfort and support  
Comfortable arm rests with hand grips for improved support  
Oversized padding to suit all users  
**Length: 179cm**  
**Width: 114cm**  
**Height: 149cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: N/A**  
**Machine Weight: 228kg**



### Lat Pull / Vertical Row **CIT9022**

Adjustable thigh pads to accommodate different heights  
Comfortable rubber foot grips for rowing function  
Large height to allow full range of motion to all users  
**Length: 122cm**  
**Width: 185cm**  
**Height: 220cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: 275lbs**  
**Machine Weight: 229kg**



### Arm Curl **CIT9023**

Comfortable oversized arm pad for comfort and support  
Adjustable seat to suit all users  
Counterbalanced arm for true starting weight  
**Length: 115cm**  
**Width: 114cm**  
**Height: 149cm**  
**Weight Stack Standard: 150lbs**  
**Weight Stack Upgrade: 200lbs**  
**Machine Weight: 214kg**



### Lateral Raise **CIT9024**

Large range of motion  
Adjustable seat height to suit all users  
Comfortable arm rollers for comfort during use  
**Length: 120cm**  
**Width: 94cm**  
**Height: 149cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: N/A**  
**Machine Weight: 214kg**



### Adjustable Hi/Lo Pulley **CIT9025**

Completely adjustable cable column for versatility in exercises  
Expandable Modules: Connect the E9025 to the E9027OPT and the E9027 to form a 5 stack multi gym  
**Length: 139cm**  
**Width: 89cm**  
**Height: 225cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: 275lbs**  
**Machine Weight: 188kg**



### Glute **CIT9026**

Comfortable support pad with large multi grip bars  
Large range of motion to suit all users  
**Length: 107cm**  
**Width: 105cm**  
**Height: 149cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: 275lbs**  
**Machine Weight: 217kg**



### Back Extension **CIT9032**

Adjustable non-skid footrests for stability  
Counterbalance starting position to ensure correct weight at start of range of motion  
CAMS (constant adaptive movement) to ensure the back works within the strength curve.

**Length: 119cm**  
**Width: 98cm**  
**Height: 149cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: 275lbs**  
**Machine Weight: 208kg**



### Abdominal **CIT9033**

Maximised support with arm rests and angled hand grips  
Targeted abdominal workout  
Adjustable seat height to suit all users

**Length: 156cm**  
**Width: 126cm**  
**Height: 149cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: N/A**  
**Machine Weight: 222kg**



### Multi Function Trainer **CIT9030**

Designed to suit single or multiple users  
Completely adjustable dual cable columns for versatility in exercises  
Reinforced bearings for even further strength and smoothness in feel

**Length: 150cm**  
**Width: 146cm**  
**Height: 218cm**  
**Weight Stack Standard: 2 x 200lbs**  
**Weight Stack Upgrade: 2 x 275lbs**  
**Machine Weight: 343kg**



### Chest Press **CIT9031**

Converging arm movement for improved chest development  
Counterbalanced pivot points for ease of use

Oversized handgrips for greater comfort  
**Length: 149cm**  
**Width: 136cm**  
**Height: 183cm**  
**Weight Stack Standard: 200lbs**  
**Weight Stack Upgrade: 275lbs**  
**Machine Weight: 215kg**



### 4 Way Multi Station **CIT9027**

Stations: Lat pulldown, tricep pushdown, seated row and cable column  
Adjustable lat seat for comfort and completely adjustable cable column for versatility in exercises

Expandable Modules: Connect the E9027 to the E9027OPT and another E9027 to form an 8 stack multi gym

**Length: 335cm**  
**Width: 209cm**  
**Height: 233cm**  
**Weight Stack Standard: 4 x 200lbs**  
**Weight Stack Upgrade: 4 x 275lbs**  
**Machine Weight: 689kg**



### Chin Bar Option **CIT9027OPT**

Chin-Up Bar Option suits E9027 or E9013  
Connects to E9027 or E9025 to form a 5 or 9 station multi gym



## CARDIO RANGE – FULL COMMERCIAL GRADE TREADMILL



PT-400

- LxWxH: 213.6 x 93.4x 143.2cm
- N.W.: 205kg
- Running Belt: 51 x 152 cm
- Drive Motor: 4HP (AC)
- Incline: 0 – 15%
- Speed: 1 – 25km/h
- Display: 7" LCD Blue Backlit
- Console Readouts: Speed, Time, Pulse, Incline, Calorie, Distance, Dot Matrix
- Max.User Weight: 180kg
- 20' / 40': 20 / 40sets
- Warranties ( if applicable):
 

7 years	Frame
3 years	Treadmill AC Motor
2 years	Display PCB, Motor Controller, Generator / EMS / ECB Brake
1 year	Key Pad, Durable Wear Parts, Treadmill DC Motor

CARDIO RANGE – ELLIPTICAL



IE500

- Brake System: Self - Generating
- Drive System: Ribbed Belt, Secondary Drive System
- Power Supply: Self - Generating
- LxWxH: 208.3 x 69 x 198 cm
- N.W.: 130kg
- Least / Largest Power (60RPM): 25 / 310 (W)
- Work Levels: 16
- Max. User Weight: 150kg
- 20' / 40' : 14 / 32sets
- Warranties ( if applicable):
 

7 years	Frame
3 years	Treadmill AC Motor
2 years	Display PCB, Motor Controller, Generator / EMS / ECB Brake
1 year	Key Pad, Durable Wear Parts, Treadmill DC Motor

## CARDIO RANGE – UPRIGHT BIKE



IB500

- Display Windows: 2
- Brake System: Self-Generating
- Drive System: Ribbed Belt, Secondary Drive
- Power Supply: Self - Generating
- LxWxH: 135 x 75 x 148 cm
- N.W.: 70kg
- Least / Largest Power (60RPM): 25 / 310 (W)
- Work Levels: 16
- Max. User Weight: 150kg
- 20' / 40': 81 / 164sets
- Warranties ( if applicable):
 

7 years	Frame
3 years	Treadmill AC Motor
2 years	Display PCB, Motor Controller, Generator / EMS / ECB Brake
1 year	Key Pad, Durable Wear Parts, Treadmill DC Motor

## CARDIO RANGE – RECUMBENT BIKE



IR500

- Display Windows: 2
- Brake System: Self-Generating
- Drive System: Ribbed Belt, Secondary Drive System
- Power Supply: Self - Generating
- LxWxH: 164 x 75 x 124 cm
- N.W.: 80kg
- Least / Largest Power (60RPM): 25 / 310 (W)
- Work Levels: 16
- Max. User Weight: 150kg
- 20' /40': 47 / 94sets
- Warranties ( if applicable):
 

7 years	Frame
3 years	Treadmill AC Motor
2 years	Display PCB, Motor Controller, Generator / EMS / ECB Brake
1 year	Key Pad, Durable Wear Parts, Treadmill DC Motor

## CARDIO RANGE – FULL COMMERCIAL GRADE SPINNING BIKE



CF-300

- Features: Front Transport Wheels  
Emergency Brake  
22kg Fly Wheel  
Water Bottle Holder
- Adjustable: Up/Down, Forward/Back
- Resistance: Turn Dial
- Footprint: 120.2 x 52.8 x 111 cm
- Carton Dimension: 111 x 29 x 96 cm
- N.W.: 65kg / G.W.: 72kg
- Max. User Weight: 150 kg
- 20' / 40': 88 / 180sets
- Warranties ( if applicable):

7 years	Frame
1 year	Durable Wear Parts

## CARDIO RANGE – FULL COMMERCIAL GRADE ROWER



IS-400

- LxWxH: 277.5 x 51.5 x 80 cm
- N.W.: 47.5kg
- Max. User Weight: 150kg
- 40' HC: 260 sets
- Warranties ( if applicable):

7 years	Frame
1 year	Durable Wear Parts,

## WEIGHTS AND BAR RANGE



HLDBC005



HLDBC017 (1 X PIECE BARBELL)



HLDB185



HLDB179



HLDB109



HLDB125



WEIGHTS AND BAR RANGE



HL2026 (16")



HL2008



HL2001



MB-08



MB-09



HL2012-14



MB-19



MB-13



HL2008



MB-07



HL2015



MB-27



MB-11



MB-10



MB-26



MB-21



MB-25



SC04



SC09, OC07

## WEIGHTS AND BAR RANGE



## WEIGHTS AND BAR RANGE



## FLOOR PLAN AREA 1



