

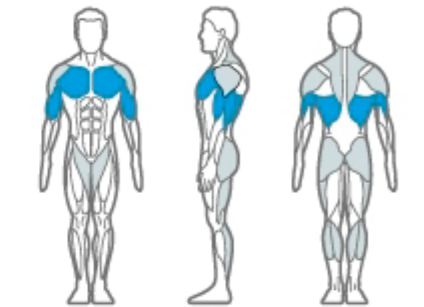
FEATURES

- Unwilling to compromise, impact fitness equipment features materials and component parts of only the highest quality and durability.
- **FRAMES:** heavy-gauge 2"×4.75", 2"×4" high tensile strength oval sharpd steel tube on the mainframe.
- **FRONT WEIGHT STACK ENCLOSURE:** Heavy-duty integrated PMMA panel provides optimum tensile and flexural strength.
- **REAR WEIGHT STACK ENCLOSURE:** 16-Gauge steel panel with durable powder coat finish
- **PAINT COLORS:** Electrostatically applied powder coat finish enhances appearance and durability. Standard color is metallic grey.
- **CAM AND COUNTER WEIGHT:** Variable-resistance cam and counterweight ensures a proper strength curve for safer, more comfortable workouts.
- **Handgrips:** Oversized handles with bulbed ends provide a more comfortable and secure grip.
- **Pulleys & Cables:** Fiberglass reinforced nylon pulleys are precision matched to out cable diameter and revolve on seated ball bearings that never need maintenance and provide a lifetime of friction-free performance.
- **Detailed instruction placard:** Easy-to-understand, detailed instruction placards minimize staff supervision and help members "get it right" the first time

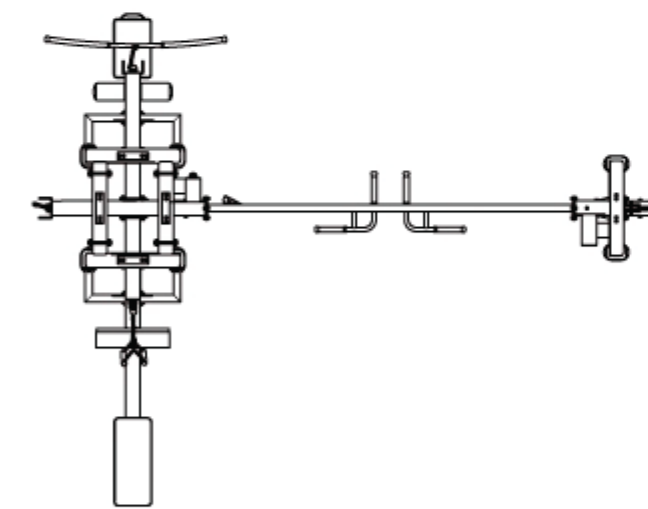


TH9900 5-Stack Jungle Gym

Muscles Used

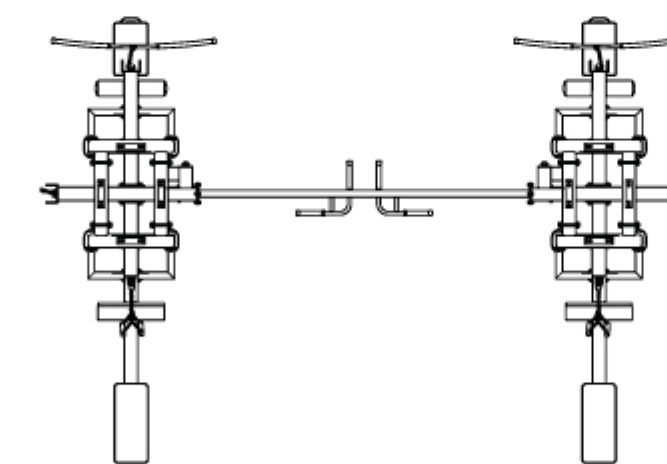


Chest/Arms/Shoulders /
Back/Buttocks/Legs



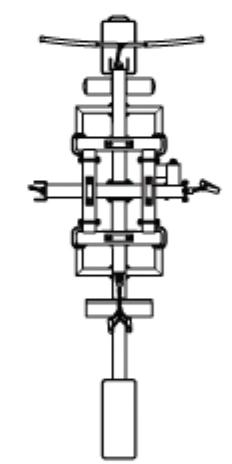
TH9900 5-Stack Jungle Gym ▲

- 17-position cable-crossover.
- Lat pulldown stations with thigh hold-down pads.
- Seated low row station with foot plate.
- Two end stations with high/low pulley system.
- Triceps pushdown station.
- Multi-grip chin-up bar



TH9901 8-Stack Jungle Gym ▲

- 17-position cable-crossover.
- 2 Lat pulldown stations with thigh hold-down pads.
- 2 Seated low row stations with foot plate.
- 2 Triceps pushdown stations.
- Multi-grip chin-up bar



TH9903 4-Stack Jungle Gym ▲

- 17-position single column pulley system
- Lat pulldown stations with thigh hold-down pads.
- Seated low row stations with foot plate.
- Triceps pushdown stations.



TH9923 CHEST PRESS

- The dual pivot provides a natural path of motion.
- Dual grips provide a barbell grip to emphasize the chest, or a vertical grip to emphasize the anterior deltoid.
- Pneumatically assisted seat height adjustment.

Muscles Used

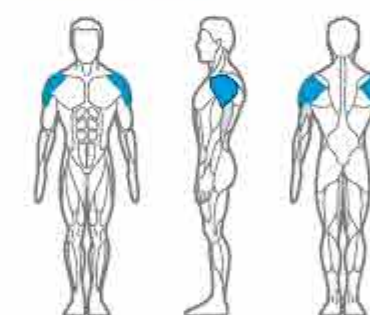


Chest/Shoulders/Arms

TH9913 SHOULDER PRESS

- Independent converging movement provides a natural path of motion.
- Counterbalanced pressing arm for optimized starting resistance.
- Dual grips provide a barbell grip as well as neutral grip favorable for individuals with compromised shoulders.
- Oversized handgrips provide greater comfort and variety.
- Pneumatically assisted seat height adjustment.

Muscles Used



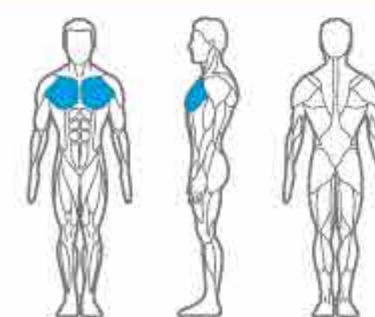
Deltoids, Triceps



TH9910D LOW PEC FLY

- Pre stretch range of motion adjustment.
- Angled user position for enhanced comfort and stabilization
- Pneumatically assisted seat height adjustment

Muscles Used



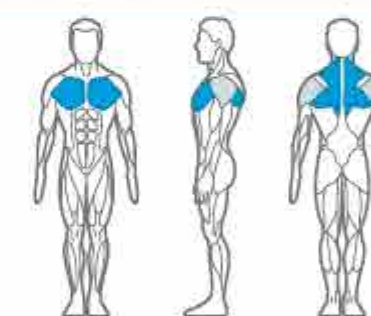
Chest



TH9910G PEC FLY/ REAR DELT

- Floating inputs adjust for varied arm lengths.
- Multiple start positions adjustment.
- Pneumatically assisted seat height adjustment.

Muscles Used



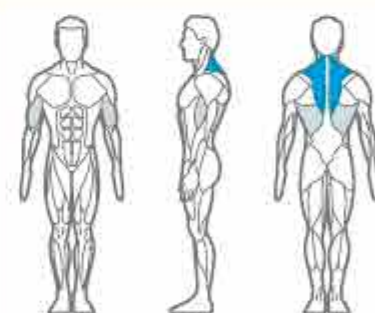
Chest/Back



TH9924 MID -ROW

- Independent diverging movement provides a natural path of motion.
- Dual-position hand grips provide greater training variety.
- Pneumatically assisted seat height adjustment.

Muscles Used

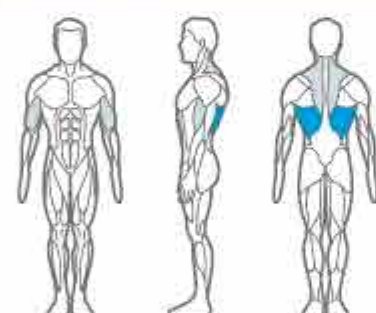


Back/Arms

TH9925 LOW ROW

- Large footplate permits a variety of foot positions.
- Oversize seat pad

Muscles Used



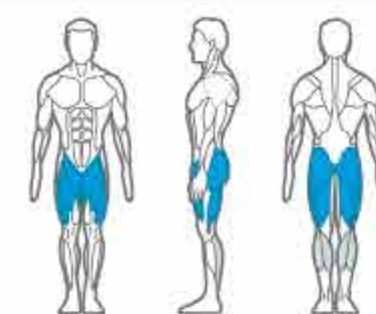
Back/Arms



TH9919 LEG PRESS

- Adjustable to either seated or horizontal leg presses.
- Large rubber footplate permits a variety of foot positions for different exercises including calf training.
- Convenient control pin easily adjusts trolley for various starting positions.

Muscles Used



Quadriceps/ Hamstrings/ Gluteals

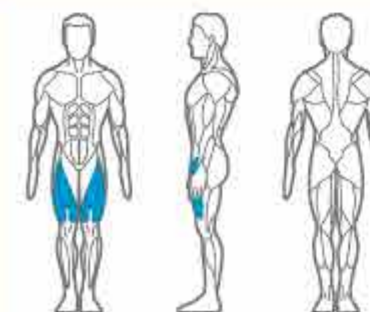




TH9917 LEG EXTENSION

- 5 position back pad with gas spring assist angled 65° and seat pad angled 20° for proper ergonomic function and user comfort. Easily adjustable from the seated position.
- 5 position start range limiter allows users to choose range of motion best suited to their individual needs.
- Self-adjusting ankle pad eliminates the need for an adjustment while providing proper support throughout the entire range of motion.
- Ergonomically located handles for proper user alignment during exercise.

Muscles Used



Quadriceps



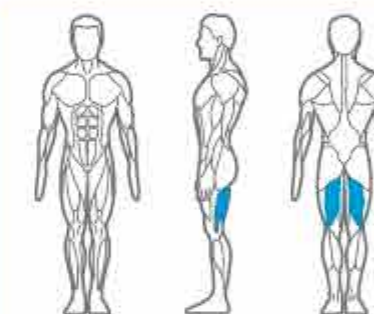
TH9921A PRONE LEG CURL

- Angled bench between hip and chest pads helps reduce low back stress and unwanted knee forces.
- Dual hand-grips add stability and balance.
- Adjustable foot roll design to accommodate various leg lengths.

TH9921 SEATED LEG CURL

- 5 position back pad with spring assist angled 65° and seat pad angled 20° for proper ergonomic function and user comfort. Easily adjustable from the seated position.
- 5 position start range limiter allows users to choose range of motion best suited to their individual needs.
- 6 position thigh pad adjustment for proper ergonomics and comfort.
- Ergonomically located handles for proper user alignment during exercise.

Muscles Used

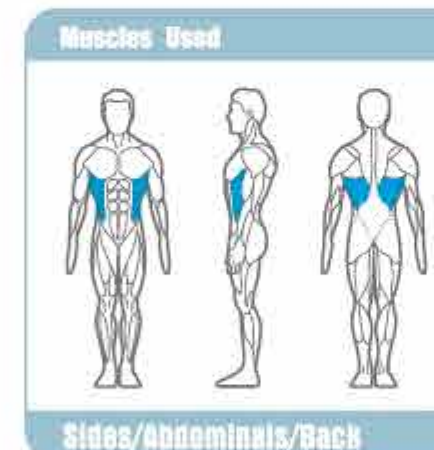
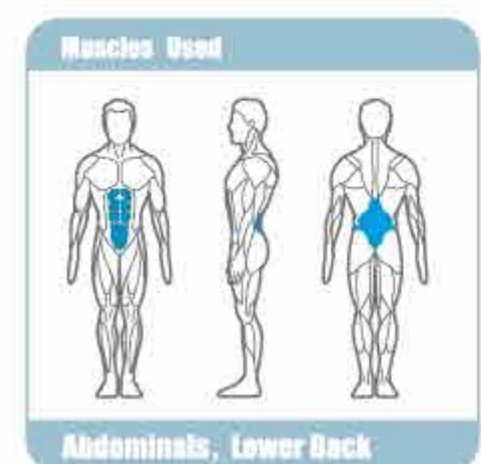


Rear Thigh (Hamstrings)



TH9918 LOW BACK/ABDOMINAL

- Dual function adjustable roller pad for comfort in use and proper alignment for both ab and back exercises.
- Counter balanced resistance arm with 5 adjustable starting points.



TH9929 ROTARY TORSO

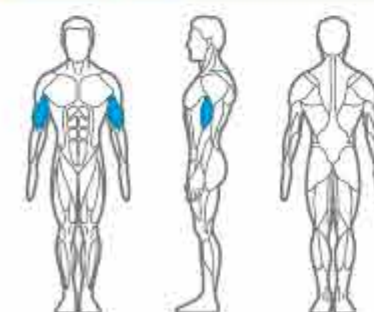
- Hip flexed position provides optimal stabilization and spinal alignment
- Foot platforms provide excellent stabilization for all users
- 12 starting positions provided every 18° in each direction



TH9911 ARM CURL

- Angled pad fully supports the upper arm to eliminate unwanted shoulder movement.
- Cambered handle provides multiple grip positions.
- Pneumatically assisted seat height adjustment.

Muscles Used



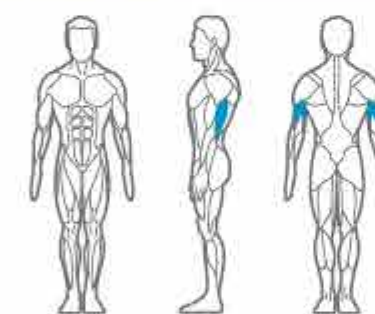
Biceps



TH9930 TRICEPS EXTENSION

- Gas spring assisted seat for easy adjustment
- Input arm adjusts automatically to accommodate different forearm lengths
- Angled back pad allows for torso stability

Muscles Used



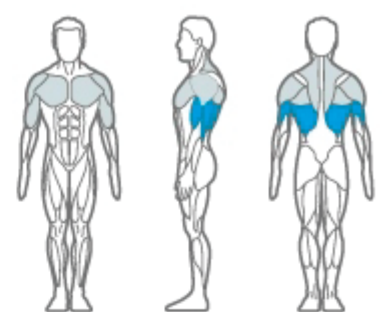
Triceps



TH9928 ASSISTED CHIN / DIP

- Multi position handles facilitate a variety of users.
- Fold-away upholstered knee platform for assisted or unassisted exercise.
- Platform travels on linear bearings system for smoother, quieter operation and longer life.

Muscles Used

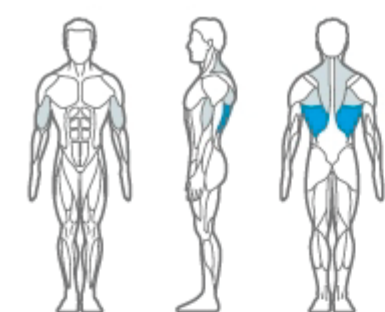


Back / Arms/Shoulders/Chest

TH9920 LAT PULLDOWN

- Forward aligned pulley encourages correct form.
- Adjustable thigh pads accommodate users of all sizes.

Muscles Used



Back/Arms

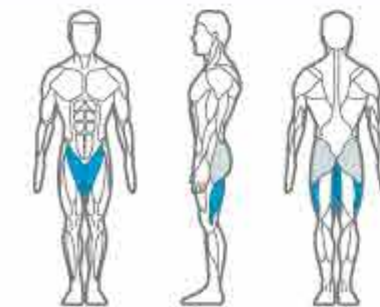




TH9927 INNER /OUTER THIGH

- Dual functionality of hip abduction and hip adduction in one machine saves valuable floor space.
- Forward weight stack serves as privacy shield.
- Dual foot bars accommodate a broad range of user heights.
- Conveniently located lever adjustment for the range of motion and start positions for both exercises.

Muscles Used



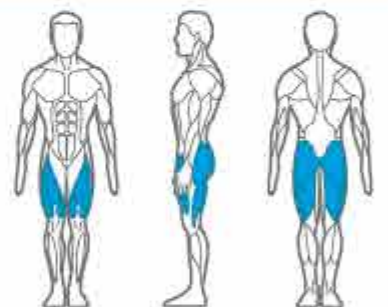
Inner Thighs, outer Thighs



TH9926 MULTI-HIP

- Large rubber plate platform with dual gas spring assist elevation mechanism.
- Multiple start positions and counter-balanced movement arm with fully adjustable roller pad to accommodate various user heights.
- Dual handrails provide balance and support.

Muscles Used



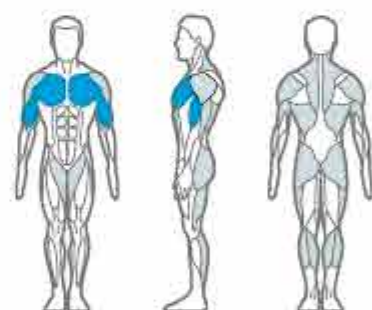
Legs/Gluteals



TH9934 Single Column Pulley System

- "Dual-action" swivel handles pulley system.
- Fully adjustable from high, mid and to low positions.

Muscles Used

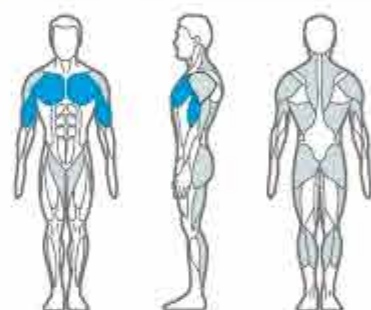


Chest/Arms/Shoulders /
Back/Buttocks/Legs

TH9915 CABLE CROSSOVER

- Fully adjustable high/low cable pulley system with a pivot range of 180°.
- Independent, designed for unilateral or bilateral movement.
- Built-in wide and narrow grip chin-up bar.

Muscles Used



Chest/Arms/Shoulders /
Back/Buttocks/Legs





TH9947 SMITH MACHINE

- 7-degree bar angle follows the natural free weight path of movement for pressing or squatting.
- Fully enclosed linear bearings with unsupported guide rods.
- Counter weight inside eliminates shrouds.
- Heavy duty adjustable safeties.

TH9942 OLYMPIC FLAT BENCH

- High resistant wear surfaces on the bar holder protect frame finish.





TH9943 OLYMPIC INCLINE BENCH

- Adjustable seat pad to facilitate foot support for maximum performance and stability.
- Built-in spotter platform.

TH9944 OLYMPIC DECLINE BENCH

- High resistant wear surfaces on the bar holder protect frame finish.





TH9972 45° HYPER EXTENSION

- Low foot position provide safe entry/exit.
- The support pads and stabilization handles adjust to individual flexibility.



TH9940 FLAT BENCH

- Designed for dumbbell workout and general exercise usage.
- Compact and light weight.



TH9941 SEATED ARM CURL

- Enhanced angle for maximum biceps extension as preferred by professional body builders.



TH9945 SEATED CALF

- Adjustable thigh support device accommodate most users of all sizes.
- Conveniently located vertical holder/release bar





TH9952 ADJUSTABLE SIT-UP BENCH

- Variable angle height adjustment.
- Built-in handle for proper body alignment at start position.



TH9943M 2 TIERS DUMBBELL RACK

- Offset angle prevent wrist strain.
- Individual dumbbell cradles improve safety.
- Holds 10 pairs of dumbbells.



TH9953 MULTI-PURPOSE BENCH

- Designed for many bench exercises-high level of adjustability from decline to full upright position.
- Built-in handle and wheels for easy roll-away.



TH9971 OLYMPIC PLATE TREE

- Six chrome-coated storage pegs for Olympic plate with a 1000-lb. Capacity.



TH9943M TH9971