gym80

STANDARDS · BASIC · DUAL · INNOVATION · CABLE ART · CIRCULAR

KEY

Dimensions: *Height x Width x Length*

Weights: *Total weight of the weight plates*

Weight: *Total weight of the machine (variation of ± 10 kg possible)*

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The circular equipment for fast and effective whole-body workouts.

Standards
The basic equipment for every training zone.

Standards offers the ideal basic equipment for every gym. It offers training equipment for whole-body workouts and covers the training of all of the key muscle groups. There are various machines for each of these groups. Every muscle can be trained in a variety of ways as a result. Standards meets the needs of advanced users as well as beginners. The equipment represents the largest element in our product portfolio. There are a total of 55 machines in the Standards range to choose from. Highlights, depending on the machine, include the adjustable seat height and adjustable chest pads. Score with perfect Standards in your gym.

BICEPS CURL MACHINE 3010

Trains the biceps and thus the arm flexor muscles.

1570 x 1100 x 1000 mm **85 kg** **kg 280 kg**

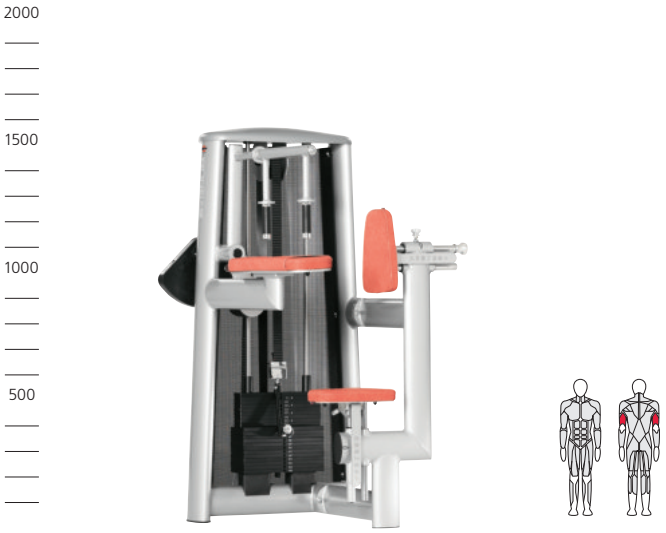
Electronic training planning, management and documentation: optional

PULL-OVER MACHINE 3012

Safe and efficient training of the chest muscles. The height-adjustable seat, as well as the rotating training handle, ensures the best biomechanics every time.

1570 x 1120 x 1720 mm **105 kg** **kg 320 kg**

Electronic training planning, management and documentation: optional



HORIZONTAL TRICEPS MACHINE 3011

Trains the triceps and thus the arm extensor muscles. The height-adjustable seat, as well as the adjustable back pad, ensure the best biomechanics every time.

1570 x 1100 x 1000 mm **85 kg** **kg 280 kg**

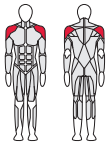
Electronic training planning, management and documentation: optional

CROSSOVER MACHINE 3014

Safe and efficient training of the chest muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1680 x 1100 x 1100 mm **85 kg** **kg 310 kg**

Electronic training planning, management and documentation: optional



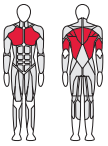
2000
1500
1000
500

DELTOID RAISE MACHINE 3015

Safe and efficient training of the shoulder muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1570 x 1200 x 1300 mm **70 kg** **kg 335 kg**

Electronic training planning, management and documentation: optional



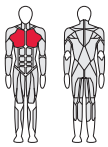
2000
1500
1000
500

KNEELING/CHINNING/DIPPING MACHINE 3017

Safe and efficient training of the arm extensor muscles and back muscles.

2280 x 1560 x 1450 mm **135 kg** **kg 400 kg**

Electronic training planning, management and documentation: optional



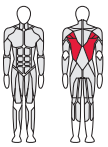
2000
1500
1000
500

SEATED CHEST PRESS MACHINE 3016

Trains the chest muscles. A height-adjustable seat and access aid ensure the best biomechanics every time.

1570 x 1510 x 1350 mm **105 kg** **kg 375 kg**

Electronic training planning, management and documentation: optional



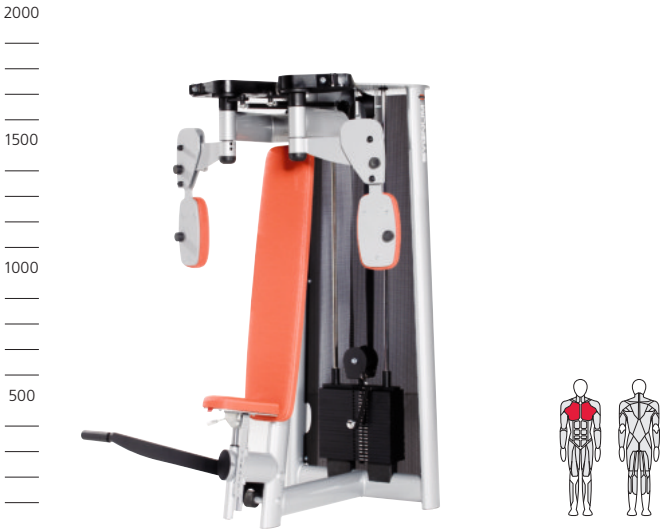
2000
1500
1000
500

LAT PULLEY MACHINE 3020

Safe and efficient training of the back muscles.

2100 x 1470 x 1650 mm **105 kg** **kg 365 kg**

Electronic training planning, management and documentation: optional



BUTTERFLY WITH PAD 3021

Safe and efficient training of the chest muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1790 x 1100 x 1770 mm **85 kg** **kg 380 kg**

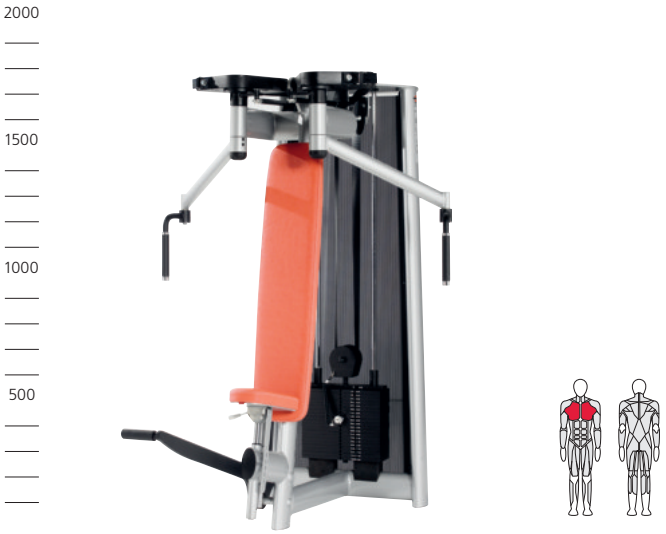
Electronic training planning, management and documentation: optional

INCLINE BENCH PRESS MACHINE 3023

Safe and efficient training of the chest muscles. The height-adjustable seat ensures the best biomechanics every time.

1570 x 1510 x 2050 mm **85 kg** **kg 375 kg**

Electronic training planning, management and documentation: optional

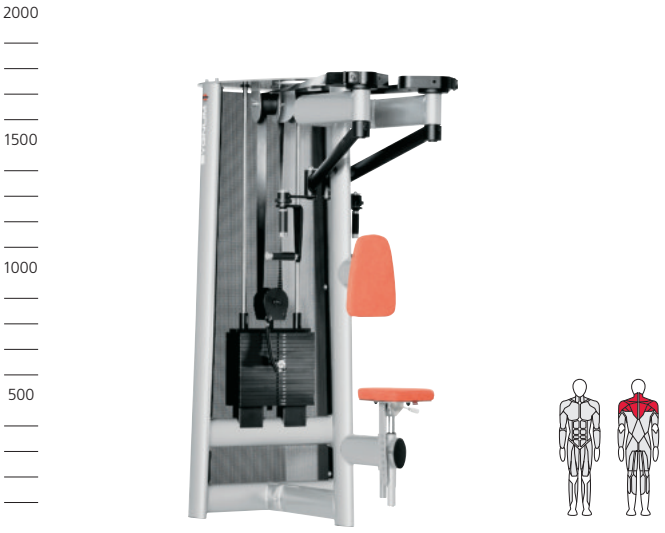


LADY BUTTERFLY 3022

Safe and efficient training of the chest muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1790 x 1460 x 1770 mm **85 kg** **kg 380 kg**

Electronic training planning, management and documentation: optional



UPPER BACK MACHINE 3025

Safe and efficient training of the shoulder and back muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1790 x 760 x 1300 mm **85 kg** **kg 380 kg**

Electronic training planning, management and documentation: optional

SHOULDER PRESS MACHINE 3032

Safe and efficient training of the lateral shoulder muscles.

1570 x 1500 x 2100 mm **85 kg** **375 kg**

Electronic training planning, management and documentation: optional

SEATED ROWING MACHINE WITHOUT CHEST UP 3039

Safe and efficient training of the back muscles.

1570 x 1160 x 1520 mm **105 kg** **360 kg**

Electronic training planning, management and documentation: optional

VERTICAL TRICEPS MACHINE 3036

Safe and efficient training of the arm extensor muscles.

1570 x 1630 x 1400 mm **105 kg** **350 kg**

Electronic training planning, management and documentation: optional

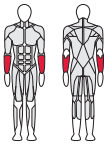
SEATED ROWING MACHINE WITH CHEST UP 3040

Safe and efficient training of the back muscles.

1620 x 1200 x 1300 mm **105 kg** **295 kg**

Electronic training planning, management and documentation: optional

2000
1500
1000
500



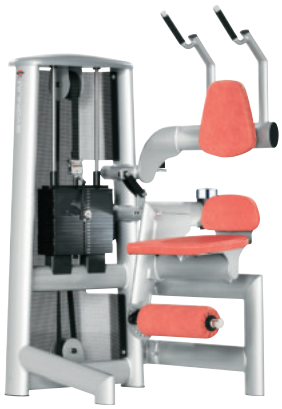
LOWER ARM MACHINE 3071

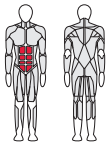
Safe and efficient training of the forearm muscles in a seated position.

1600 x 930 x 930 mm **55 kg** **120 kg**

Electronic training planning, management and documentation: optional

2000
1500
1000
500





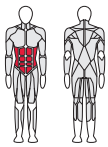
ABDOMINAL MACHINE 3008

Trains the abdominal and hip flexor muscles. Anatomically shaped seat pad for the best biomechanics every time.

1570 x 1080 x 1050 mm **105 kg** **330 kg**

Electronic training planning, management and documentation: optional

2000
1500
1000
500



TWISTER MACHINE 3024

Trains all of the trunk rotation muscles. Anatomically shaped back and pelvis pads for the best biomechanics every time.

1270 x 1480 x 850 mm **85 kg** **325 kg**

Electronic training planning, management and documentation: optional

LYING ABDOMINAL MACHINE 3034

Safe and efficient training of the abdominal muscles.

1570 x 1060 x 1570 mm **85 kg** **380 kg**

Electronic training planning, management and documentation: optional

LOWER BACK MACHINE WITH LEG LENGTH ADJUSTMENT 3038

Trains the back muscles. Large seat area and foot rest for the best biomechanics every time.

1600 x 1200 x 1700 mm **105 kg** **310 kg**

Electronic training planning, management and documentation: optional

SPECIAL ABDOMINAL MACHINE WITH LEG LENGTH ADJUSTMENT 3037

Trains all of the abdominal muscles. Anatomically shaped back and pelvis pads, as well as height-adjustable foot pads for the best biomechanics every time.

1570 x 1150 x 950 mm **105 kg** **290 kg**

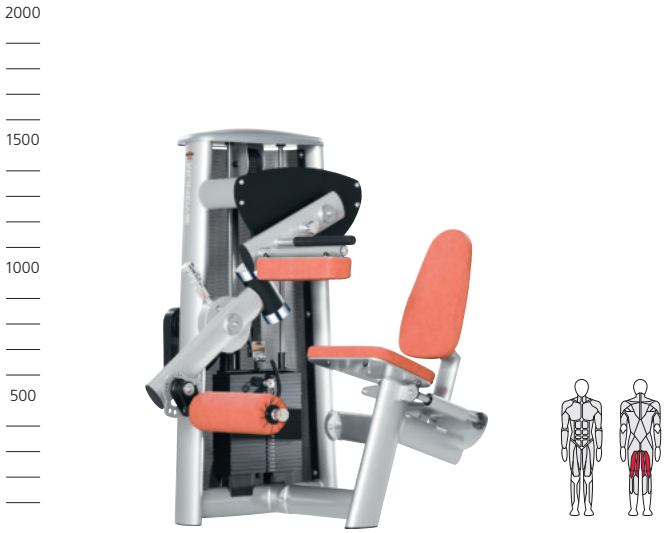
Electronic training planning, management and documentation: optional

LEG EXTENSION 3001

Trains the leg muscles. Adjustable training arm and leg pad for the best biomechanics every time.

1570 x 1100 x 1040 mm **105 kg** **380 kg**

Electronic training planning, management and documentation: optional



SEATED LEG CURL 3003

Trains the rear thigh muscles. Adjustable training arm, back rest and thigh fixation element for the best biomechanics every time.

1570 x 1160 x 1170 mm **105 kg** **405 kg**

Electronic training planning, management and documentation: optional

LYING LEG CURL 3002

Trains the hamstring muscles. Adjustable training arm and leg pad for the best biomechanics every time.

1570 x 1100 x 1750 mm **85 kg** **320 kg**

Electronic training planning, management and documentation: optional

GLUTAEUS KNEELING/LYING 3004

Safe and efficient training of the glutaeus muscles.

1570 x 1120 x 1550 mm **60 kg** **430 kg**

Electronic training planning, management and documentation: optional

RADIAL GLUTAEUS 3005

Trains the glutaeus muscles. Anatomically shaped, height-adjustable chest pads for the best biomechanics every time.

1570 x 1100 x 1100 mm **85 kg** **kg 305 kg**

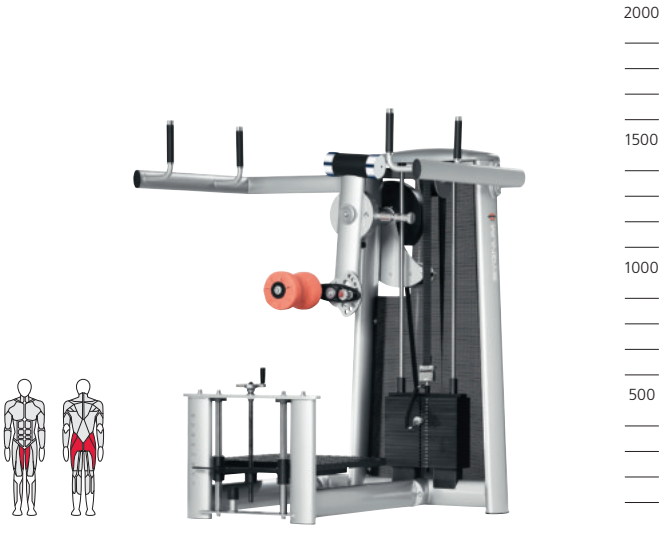
Electronic training planning, management and documentation: optional

STANDING LEG CURL 3013

Safe and efficient training of the hamstring muscles. Height-adjustable placement area, adjustable leg pads and adjustable training arm for the best biomechanics every time.

1570 x 1200 x 900 mm **85 kg** **kg 320 kg**

Electronic training planning, management and documentation: optional



TOTAL HIP MACHINE 3006

Trains the gluteal muscles, the hip flexor muscles, as well as the leg abductor and adductor muscles. Adjustable stand surface, leg pad and training arm for the best biomechanics every time.

1640 x 1060 x 1420 mm **85 kg** **kg 350 kg**

Electronic training planning, management and documentation: optional

STANDING CALF MACHINE 3018

Safe and efficient training of the calf muscles. Height-adjustable shoulder pads for the best biomechanics every time.

2000 x 1040 x 1120 mm **135 kg** **kg 315 kg**

Electronic training planning, management and documentation: optional

SEATED CALF MACHINE 3027

Safe and efficient training of the calf muscles. The adjustable seat ensures the best biomechanics every time.

1570 x 1180 x 1400 mm **105 kg** **300 kg**

Electronic training planning, management and documentation: optional

ADDUCTION MACHINE 3029

Safe and efficient training of the adductor muscles. The adjustable training arms ensure the best biomechanics every time.

1270 x 1580 x 1700 mm **85 kg** **385 kg**

Electronic training planning, management and documentation: optional

ABDUCTION MACHINE 3028

Trains the leg abductor muscles. Adjustable training arms for the best biomechanics every time.

1270 x 800 x 1700 mm **85 kg** **385 kg**

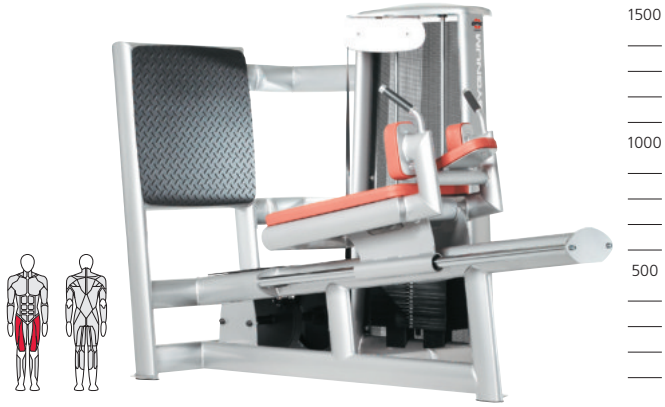
Electronic training planning, management and documentation: optional

SEATED LEG PRESS 3030

Safe and efficient training of the hamstring muscles.

1570 x 1250 x 2040 mm **245 kg** **560 kg**

Electronic training planning, management and documentation: optional

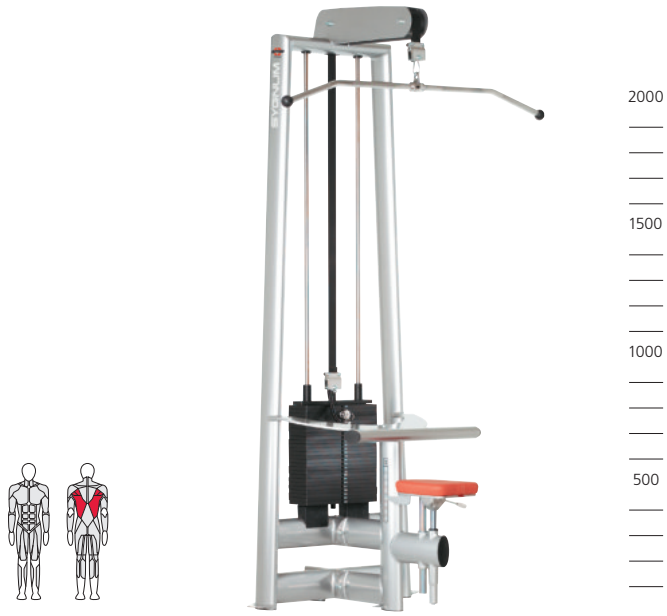


LYING LEG PRESS MACHINE 3031

Safe and efficient training of the hamstring muscles.

1570 x 1250 x 2040 mm **245 kg** **560 kg**

Electronic training planning, management and documentation: optional



LAT PULLEY 4015

Safe and efficient training of the back muscles.

995 x 1215 x 2375 mm **105 kg** **310 kg**

Electronic training planning, management and documentation: optional

CABLE CROSSOVER STATION 4004

Safe and efficient training of the chest, arm flexor and arm extensor muscles and enables other exercises in different variations.

2280 x 760 x 3460 mm **2 x 85 kg** **330 kg**

Electronic training planning, management and documentation: optional

LONG PULLEY 4016

Safe and efficient training of the back muscles. The large seat, interchangeable training grips and the large foot rest ensure the best biomechanics every time.

2370 x 750 x 2240 mm | **105 kg** | **kg 330 kg**

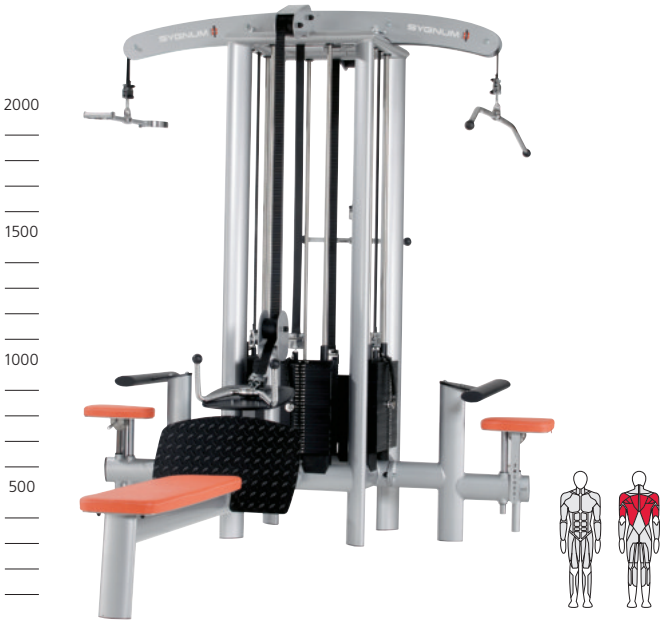
Electronic training planning, management and documentation: optional

DUPLEX STATION 4033

Thanks to multi-function implementation possibilities, safe and efficient training of a variety of muscle groups.
Weight plates: 1 x 105 kg, 1 x 85 kg

2100 x 760 x 1130 mm | **see text** | **kg 290 kg**

Electronic training planning, management and documentation: optional



4-STATION TOWER 4032

Safe and efficient training of the arm extensor and back muscles on 4 training stations (lat and front pulley as well as rowing and triceps station). Weight plates: 1 x 135 kg, 2 x 105 kg, 1 x 85 kg

3165 x 2350 x 2395 mm | **see text** | **kg 840 kg**

Electronic training planning, management and documentation: optional

FUNCTIONAL V-STATION 4034

Enables safe and efficient execution of a variety of exercises in different variants.

2250 x 910 x 1560 mm | **2 x 105 kg** | **kg 490 kg**

Electronic training planning, management and documentation: optional

MULTI-PRESS MACHINES WITH WEIGHT STACKS 4036

Safe and efficient training of the chest and shoulder muscles. The height-adjustable training bar ensures the best biomechanics every time.

2300 x 2150 x 900 mm **2 x 70 kg** **kg 430 kg**

Electronic training planning, management and documentation: optional

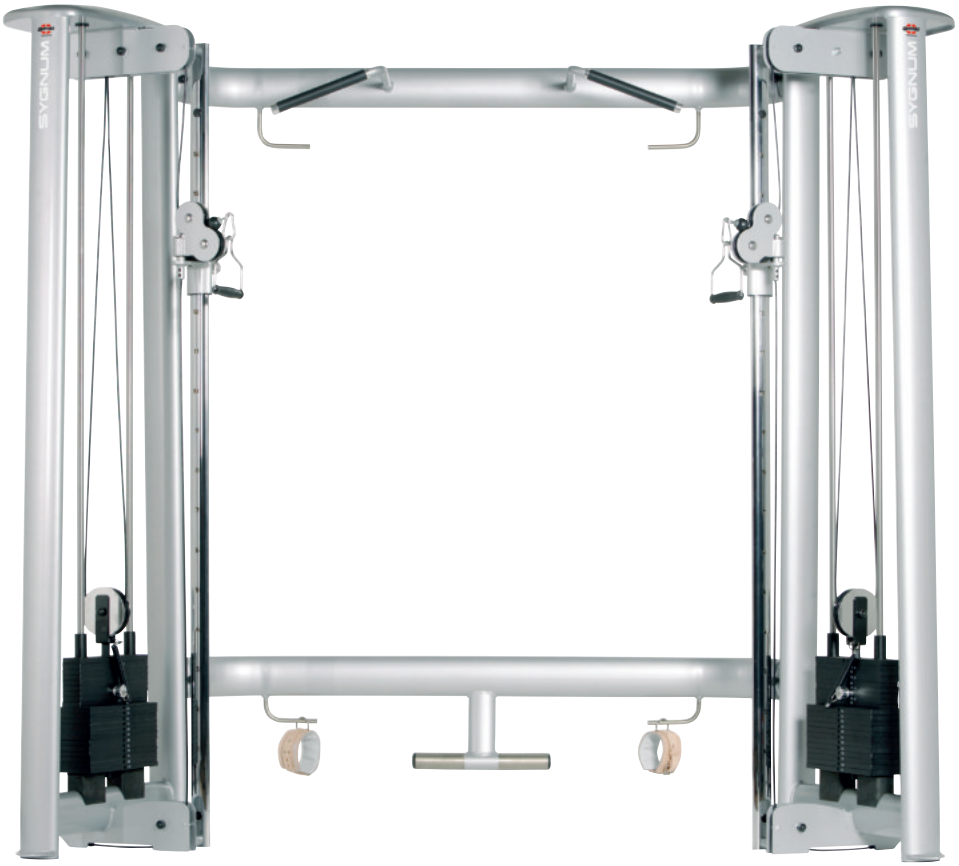
HEIGHT-ADJUSTABLE SINGLE STATION 4041

Enables safe and efficient execution of a variety of exercises in different variants. The height-adjustable pull rope ensures the best biomechanics every time.

2380 x 1050 x 1070 mm **85 kg** **kg 200 kg**

Electronic training planning, management and documentation: optional

4000
3500
3000
2500
2000
1500
1000
500



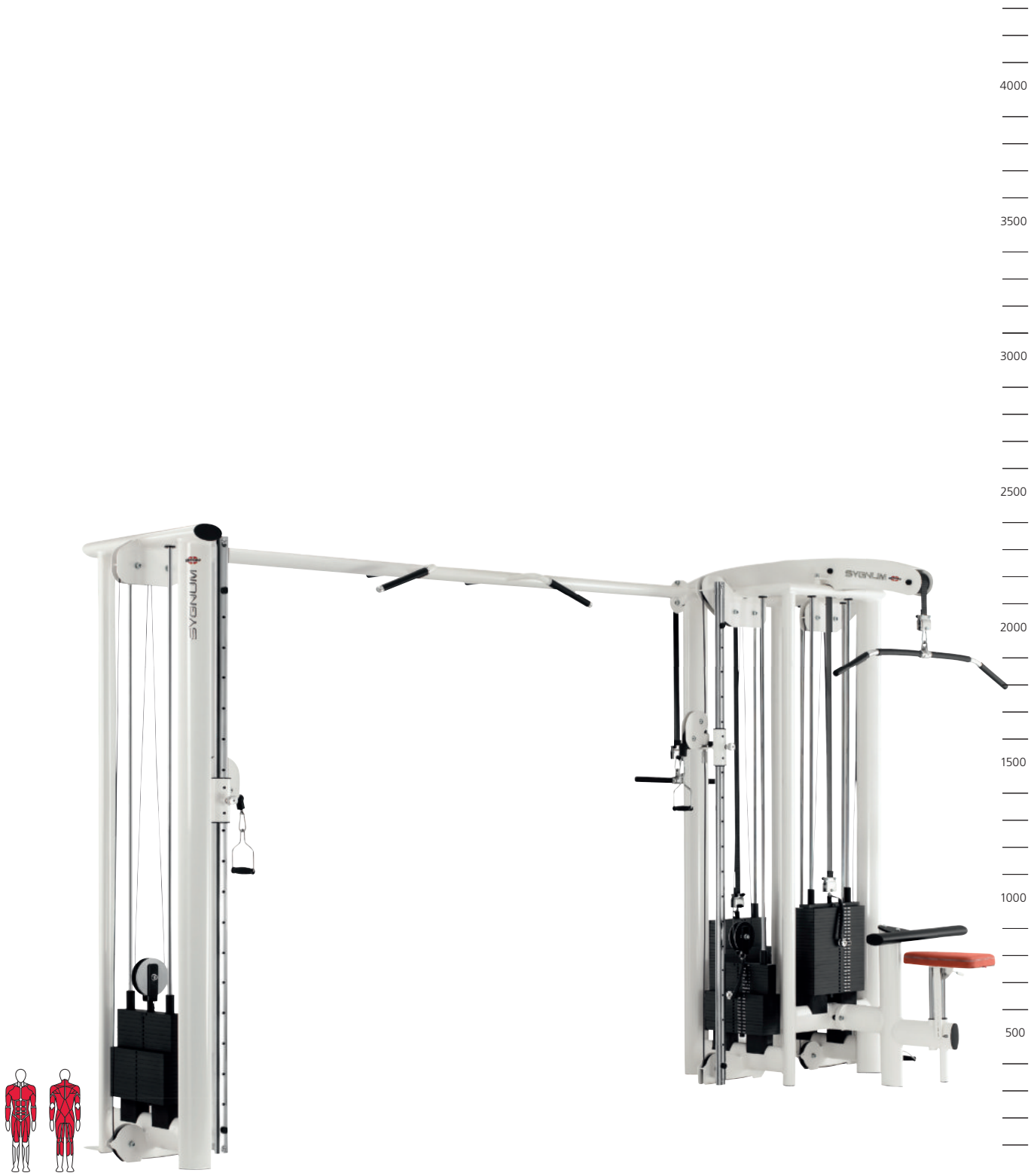
V-PULLEY, VARIABLE HEIGHT

4042

Enables safe and efficient execution of a variety of exercises in different variants. Thus on this machine, virtually every muscle group of the human body can be trained in quite different variations, for the best biomechanics every time. Moreover, the accessory supports and interchangeable training grips ensure comfortable as well as safe training.

2380 x 1000 x 2540 mm **2 x 85 kg** **350 kg**

Electronic training planning, management and documentation: optional



5-STATION TOWER 4044

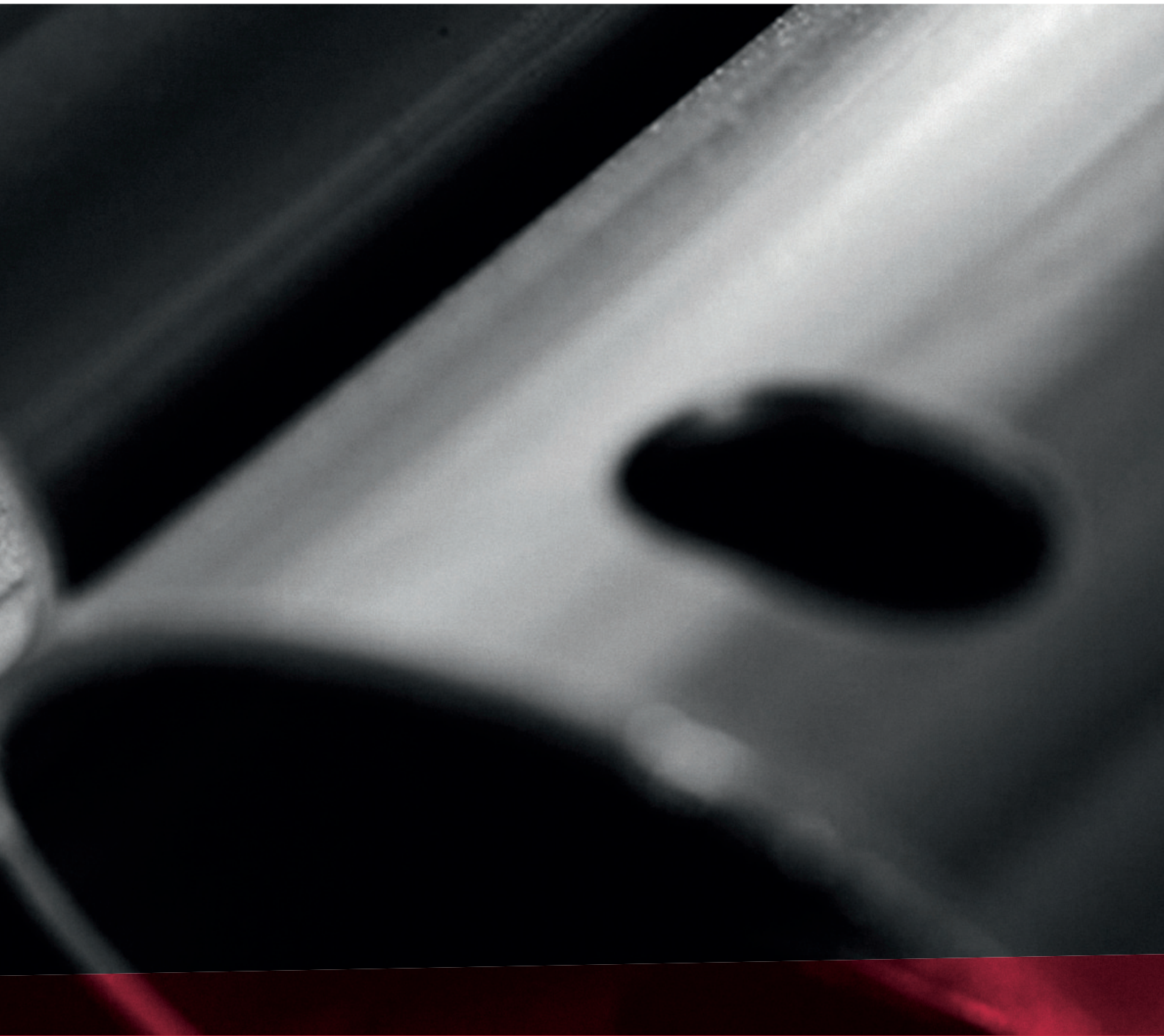
Trains the arm extensor, arm flexor, back and chest muscles and also enables other multi-functional exercises. The 5 training stations (3x rope pull, 1x lat pulley, as well as a triceps station) in conjunction with adjustable seat and integrated thigh fixation element, ensure the best biomechanics every time. Weight plates: 1x135 kg, 4x85 kg, 1x105 kg

2400 x 1600 x 4600 mm **see text** **625 kg**

Electronic training planning, management and documentation: optional

Basic
Basic equipment for every gym.

Basic allows targeted, isolated muscle training. It allows the muscles to be defined as effectively as possible. Basic meets the needs of beginners as well as advanced users. The classical equipment, such as benches, free dumbbells, squat racks, pull-up bars or abdominal seats, is the ideal addition to the Standards series. With Basic, you can offer your customers comprehensive strength training. During training, the equipment impresses with its perfect biomechanics and total stability thanks to tube-in-tube connections. Basic currently comprises 24 pieces of equipment for universal training and training of the upper extremities, trunk and lower extremities.



WIDE PRESS BENCH 4097

Enables safe and efficient execution of a variety of exercises in different variants for training the chest muscles. Bars and weights not included.

1160 x 1260 x 1210 mm **kg 80 kg**

SITTING SCOTT CURL 4093

Safe and efficient training of the arm flexor muscles. The height-adjustable seat in conjunction with the arm support ensure the best biomechanics every time.

1150 x 830 x 1050 mm **kg 65 kg**

WIDE INCLINE BENCH 4096

Enables different exercises for safe and efficient training of the chest muscles. Bars and weights not included.

1330 x 1260 x 1600 mm **kg 84 kg**

PULL-UP BAR FOR WALL INSTALLATION 4054

High quality and extremely stable pull-up bar for wall installation.

200 x 400 x 1280 mm **kg 20 kg**

DECLINE BENCH WITH ADJUSTABLE FOOT SECTION 4148

Enables different exercises for safe and efficient training of the chest muscles. Bars and weights not included.

1160 x 1230 x 1500 mm **86 kg**

SQUAT RACK 4094

Enables and supports a variety of exercises for safe and efficient training of the thigh and glutaeus muscles. Bars and weights not included.

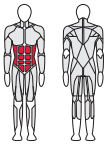
1780 x 1720 x 1440 mm **90 kg**

MEDICAL ABDOMINAL BENCH 4027

Safe and efficient training of the abdominal muscles. The large, adjustable reclining surface in conjunction with the height-adjustable lower leg fixation element ensures the best biomechanics.

1000 x 690 x 1400 mm **80 kg**

2000
1500
1000
500

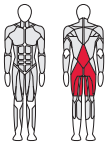


ROMAN CHAIR 4028

Safe and efficient training of the abdominal muscles. The large stabilising surface ensures the best biomechanics every time. All of this ensures comfortable and safe training.

610 x 810 x 1020 mm **kg 37 kg**

2000
1500
1000
500

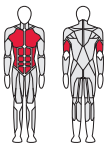


45° BACK MACHINE 4119

Safe and efficient training of the back extensor muscles.

890 x 700 x 1400 mm **kg 59 kg**

2000
1500
1000
500



ABDOMINAL FLEXOR WITH ARM LENGTH ADJUSTMENT 4046

Safe and efficient training of the abdominal muscles and hip flexor muscles, as well as the arm flexor muscles.

1540 x 780 x 980 mm **kg 86 kg**

MULTI-PRESS STATION 4002

A variety of exercises allows the safe and efficient training of different muscles and muscle groups.

2030 x 2200 x 1160 mm **133 kg**

MULTI-POSITION BENCH 4010

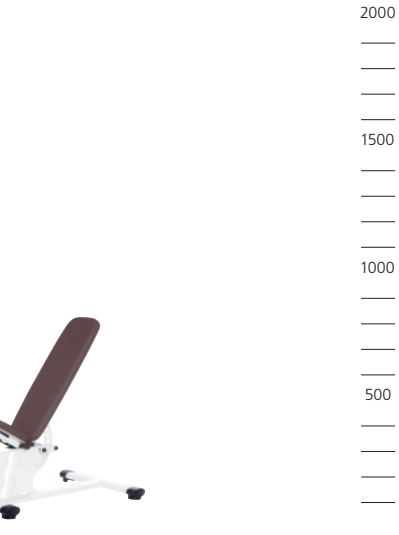
Enables safe and efficient execution of a range of exercises in different variants.

440 x 680 x 1280 mm **55 kg**

FLAT BENCH 4005

Enables safe and efficient execution of a range of exercises in different variants.

410 x 500 x 1110 mm **30 kg**



MULTI-POSITION BENCH WITH FOOT REST 4011

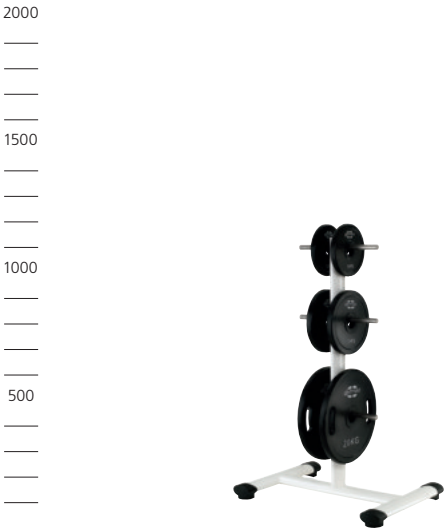
Enables safe and efficient execution of a range of exercises in different variants.

440 x 680 x 1280 mm **60 kg**

MAX RACK 4040

A variety of exercises allows the safe and efficient training of different muscles and muscle groups.

2190 x 2200 x 1850 mm **kg 300 kg**



DISC STAND SYGNUM 4052

This high-quality and extremely stable rack with 6 supports for weight plates combines a secure hold with sophisticated design. Weights not included.

1190 x 580 x 800 mm **kg 60 kg**

DUMBBELL RACK SYGNUM FOR 20 DUMBBELLS 4050

This high-quality and extremely stable dumbbell rack combines a secure hold with sophisticated design. Dumbbells not included.

720 x 440 x 2500 mm **kg 100 kg**

DISC STAND 45° SYGNUM 4169

This high-quality and extremely stable rack with 7 supports for weight plates combines a secure hold with sophisticated design. Weights not included.

1182 x 580 x 1056 mm **kg 37 kg**

BARBELL RACK SYGNUM 4053

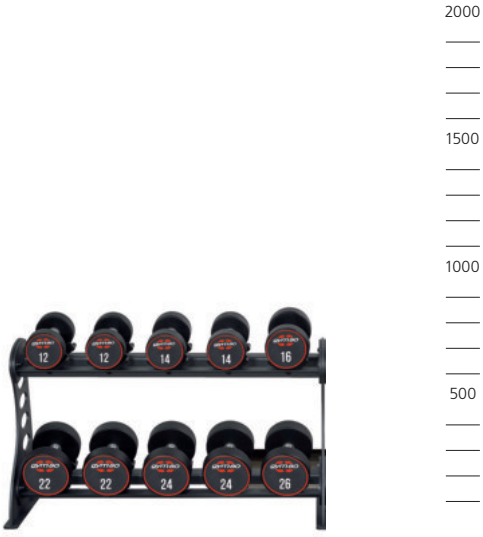
This high-quality and extremely stable barbell rack combines a secure hold with a sophisticated design. Accommodates 8 barbells. Barbells not included.

1330 x 910 x 800 mm **kg 75 kg**

CHROME DUMBBELLS SET FROM 1–10 KG, IN PAIRS, INCL. DUMBBELL RACK 4060

Through a variety of exercises, the dumbbells enable a range of muscles and muscle groups to be strengthened.

1200 x 600 x 400 mm **kg 120 kg**



DUMBBELL RACK SYGNUM FOR 10 DUMBBELLS 4056

This high-quality and extremely stable dumbbell rack offers a secure hold for up to 10 dumbbells. Dumbbells not included.

720 x 510 x 1350 mm **kg 55 kg**

HALF BARBELL RACK SYGNUM 4091

This high-quality and extremely stable barbell rack combines a secure hold with a sophisticated design.

1350 x 770 x 630 mm **kg 62 kg**

MULTI-RACK WITH CHIN-UP BAR 4156

With a variety of exercises, enables various muscles and muscle group to be strengthened. Bars and weights not included.

2310 x 1650 x 1650 mm **kg 220 kg**

MAT HOLDER 4908

Stable mat holder in timeless, high-quality design with minimal space requirements. Mats not included.

1970 x 800 x 600 mm **kg 30 kg**

STRETCHING STATION 4907

Versatile stretching station with minimal space requirements. Enables effective as well as safe stretching of a variety of muscle groups and body parts.

2010 x 1950 x 1245 mm **kg 95 kg**

Dual
The range offering separate training for both sides of the body.

Dual offers two independently pivoting load arms. This promotes the user's coordination skills. With Dual machines, you can train each side of the body separately, allowing muscular imbalances to be compensated. Thanks to optimised biomechanics, ideal movement is guaranteed at all times. Dual provides enormous motivation since it brings variety to the training area. The Dual series currently comprises 6 pieces of equipment that can be used to train the upper extremities. While training in the gym, the equipment - in addition to the dual system - impresses with features such as access aids and height-adjustable seats.

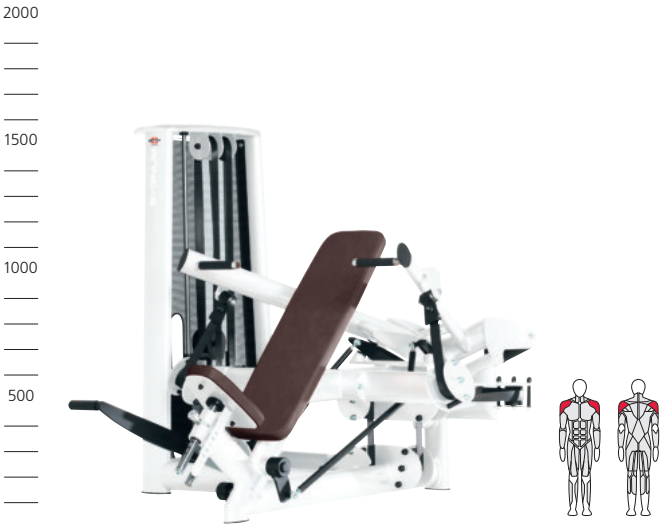
M. Celik

CHEST PRESS MACHINE DUAL 3041

Safe and efficient training of the chest muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1570 x 1850 x 1660 mm **105 kg** **480 kg**

Electronic training planning, management and documentation: optional



SHOULDER PRESS MACHINE DUAL 3043

Safe and efficient training of the shoulder muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1570 x 1800 x 2180 mm **85 kg** **480 kg**

Electronic training planning, management and documentation: optional

INCLINE BENCH PRESS MACHINE DUAL 3042

Safe and efficient training of the upper chest muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1570 x 1640 x 2100 mm **85 kg** **495 kg**

Electronic training planning, management and documentation: optional

LAT PULLEY MACHINE DUAL 3044

Safe and efficient training of the back flexor and arm flexor muscles in a seated position. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

2250 x 1400 x 1680 mm **135 kg** **420 kg**

Electronic training planning, management and documentation: optional

SEATED ROWING MACHINE DUAL 3045

Safe and efficient training of the back flexor and arm flexor muscles in a seated position. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1570 x 1220 x 1800 mm **135 kg** **415 kg**

Electronic training planning, management and documentation: optional

LEG PRESS WITH WEIGHT STACK DUAL 3046

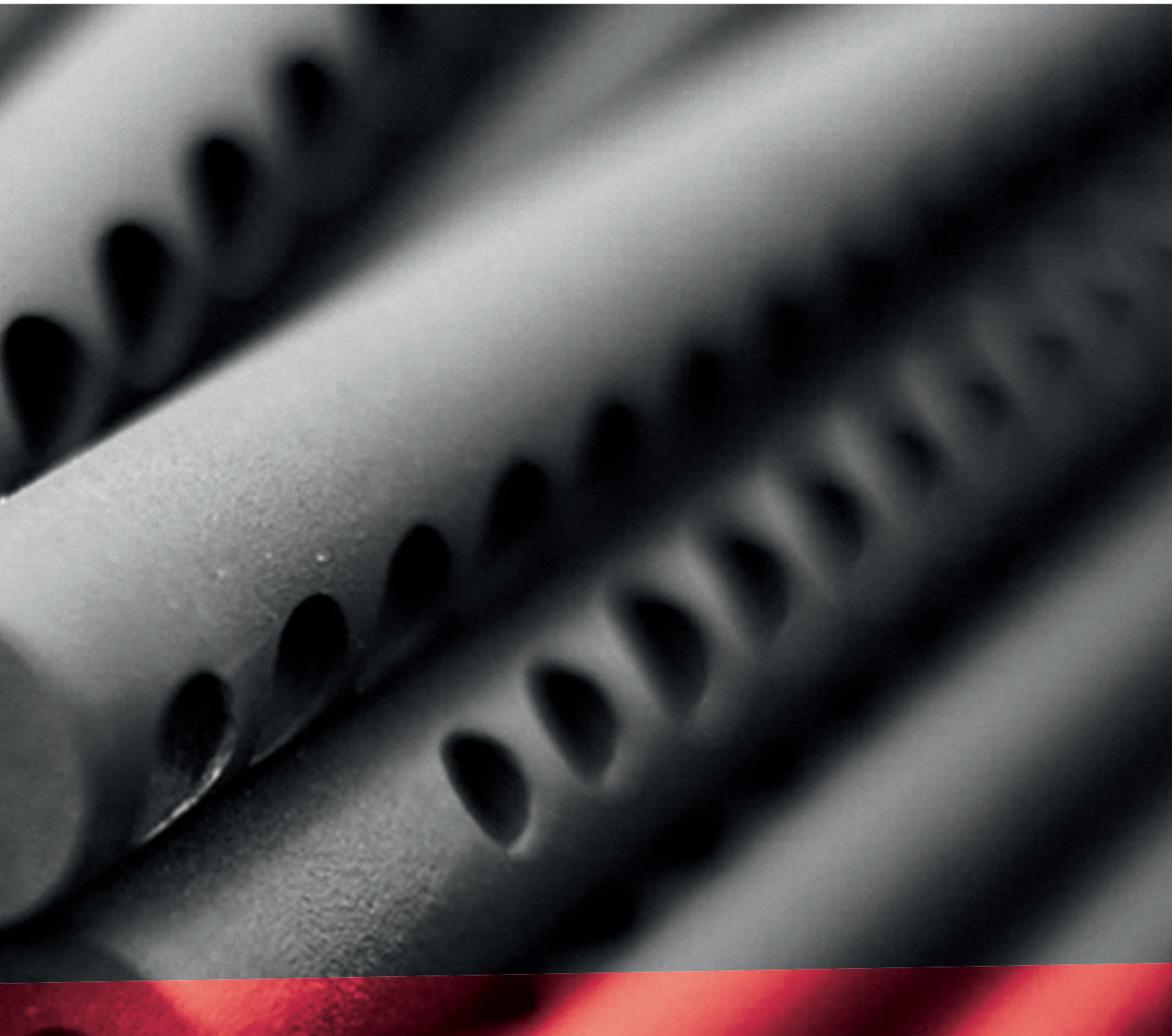
Safe and efficient training of the leg and glutaeus muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

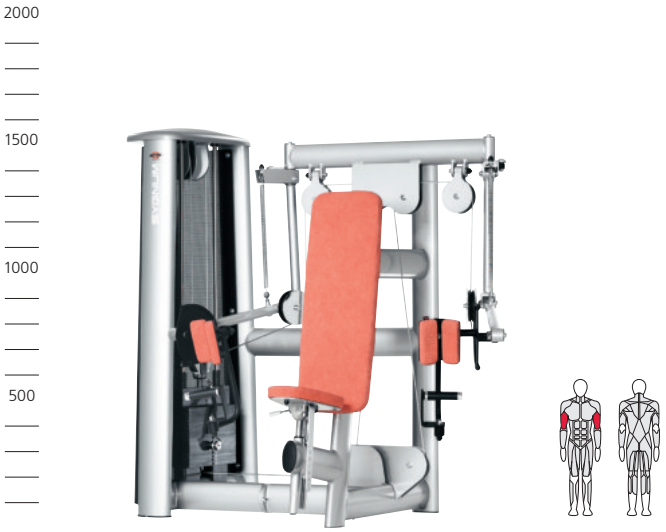
1850 x 1800 x 2200 mm **2 x 105 kg** **590 kg**

Electronic training planning, management and documentation: optional

Innovation
The range for effective muscle loop training.

Innovation is challenging strength training that defines more than just individual muscles. Innovation trains complex areas of muscle that work together in the natural context of movement. The interacting muscle chains are activated with this muscle loop training. They learn how to act as one unit. The equipment in the Innovation series delivers new stimulus for training. It increases motivation. Combined with the Standards range, it is the ideal equipment for any gym. Innovation is available for any part of the body and comprises 5 pieces of equipment. Customers can enjoy adjustable back rests, full body extension thanks to a raisable seat and adjustable footplates, which adapt to the training movement.





CURLER 5004

Safe and efficient training of the biceps as well as the front shoulder muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1570 x 1880 x 1270 mm **85 kg** **290 kg**

Electronic training planning, management and documentation: optional

ROWER 5003

Safe and efficient training of the back, arm, glutaeus and leg extensor muscles.

1570 x 1120 x 2210 mm **135 kg** **310 kg**

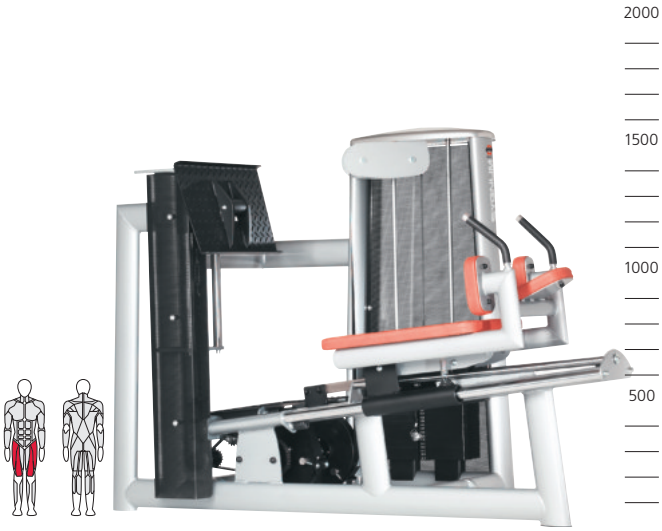
Electronic training planning, management and documentation: optional

BACK STRETCH MULTI-JOINT 5005

Safe and efficient training of the entire back extensor muscles, the front thigh muscles and the calf muscles as well as the hip extensor muscle in a single exercise.

1640 x 1160 x 1240 mm **165 kg** **440 kg**

Electronic training planning, management and documentation: optional



LEG PRESS 5001

Trains the thigh and hip extensor muscles. The adjustable reclining surface in conjunction with the footplate that is flexible in height and inclination always guarantees the best biomechanics.

1570 x 1250 x 2150 mm **213 kg** **kg 550 kg**

Electronic training planning, management and documentation: optional

GLUTAEUS 5002

Safe and efficient training of the glutaeus muscles. The anatomically-shaped, height-adjustable shoulder pad ensures the best biomechanics every time.

2050 x 1380 x 1300 mm **85 kg** **kg 320 kg**

Electronic training planning, management and documentation: optional

Cable Art
For coordination and strength training with free movement sequences.

Each of the six Cable Art machines gives the user the ability to carry out exercises entirely the way they want to. Movements are unguided, the pathways are clear, the radius can be custom-determined at any time. Both halves of the body can be trained independently of each other and with different weights. In addition to the two basic exercises, there are also numerous alternative exercises available for each machine. Whole-body training could not be more dynamic than it is with Cable Art. The equipment is the ideal addition to machines from our Standards series, for example. During training, Cable Art impresses customers through the infinitely adjustable seat height, the dual system, two weights packages and through interchangeable training grips.

CABLE ART 1 5101

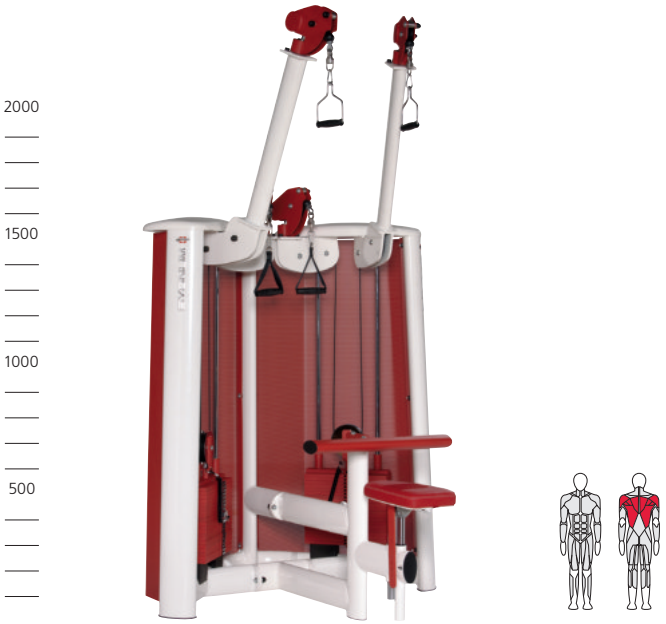
Safe and efficient training of the arm flexor, and extensor muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1820 x 1300 x 1500 mm **2 x 55 kg** **kg 350 kg**

CABLE ART 3 5103

Safe and efficient training of the chest and shoulder muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1820 x 1500 x 1760 mm **2 x 55 kg** **kg 350 kg**



CABLE ART 2 5102

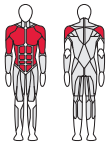
Safe and efficient training of the back muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

2420 x 1300 x 1400 mm **2 x 85 kg** **kg 410 kg**

CABLE ART 4 5104

Safe and efficient training of the arm extensor muscles, shoulder and back muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1950 x 1300 x 1600 mm **2 x 55 kg** **kg 350 kg**

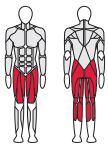


2000
1500
1000
500

CABLE ART 5 5105

Safe and efficient training of the abdominal and shoulder muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1860 x 1300 x 1300 mm **2 x 55 kg** **kg 350 kg**



2000
1500
1000
500

CABLE ART 6 5106

Safe and efficient training of the leg extensor and hamstring muscles. Two independently bearing-supported training arms enable the correction of muscular dysbalances.

1820 x 1300 x 1300 mm **2 x 55 kg** **kg 350 kg**

circular
The circular equipment for fast and effective whole-body workouts.

circular offers the perfect entry-level training for young people, older people and beginners. The circuit offers an ideal whole-body workout in only around 20 minutes. It strengthens muscles, the cardiovascular system, stamina and bone structure. circular is made up as standard from 10 coordinated pieces of equipment. As a result, the circuit offers a total of 17 different exercises. Each of the pieces of equipment can be perfectly customised to the user's performance level. To help them do this, circular has two cylinders, which can be adjusted six ways and which operate independently of each other in terms of tensile and compressive force.

BENCH PRESS AND ROWING MACHINE 3051

Trains the chest and back muscles safely and efficiently. The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

1000 x 815 x 1170 mm **kg 59 kg**

SHOULDER AND LAT PULLEY MACHINE 3053

Trains the shoulder and back muscles safely and efficiently. The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

1340 x 1045 x 935 mm **kg 59 kg**

CHEST AND BACK MACHINE 3052

Trains the chest and shoulder muscles safely and efficiently. The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

985 x 800 x 800 mm **kg 68 kg**

BICEPS AND TRICEPS MACHINE 3054

Trains the arm flexor and extensor muscles safely and efficiently. The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

970 x 700 x 915 mm **kg 32 kg**

ABDOMINAL MACHINE AND LOWER BACK MACHINE 3055

Trains the abdominal and back muscles as well as the back extensor muscles safely and efficiently. The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

1205 x 750 x 1110 mm **41 kg**

LEG CURL AND LEG EXTENSION MACHINE 3056

Trains the front and rear leg muscles safely and efficiently. The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

985 x 790 x 1040 mm **68 kg**

TWISTER 3059

Trains all of the abdominal muscles safely and efficiently. The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

1025 x 830 x 1110 mm **59 kg**

ABDUCTION AND ADDUCTION MACHINE 3057

Safely and efficiently trains the leg adductor and leg abductor muscles. The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

960 x 600 x 1090 mm **59 kg**

LEG PRESS 3058

Trains the thigh and gluteus muscles safely and efficiently.
The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

1125 x 700 x 1765 mm **kg 59 kg**

LEG PRESS MACHINE 3062

Trains the thigh and gluteus muscles safely and efficiently.
The training resistance can be individually adjusted via two separate hydraulic cylinders, each in six stages.

1540 x 850 x 1630 mm **kg 95 kg**

FRAME AND COVERS

Frame and cover colours can be combined at will with gym80. There are six standard colours (shiny) available to choose from. Please ask regarding special requests.

White
Silver
Anthracite
Black
Brown
Champagne

PADDING

Choose between 18 standard padding colours. And combine them with stitching colours that suit your style.

White
Silver
Slate
Beige
Lime
Terracotta
Fire
Light brown
Poppy
Ruby
Taupe
Avocado
Dark brown
Black
Lemon
Agave
Atoll
Granite

EMBROIDERY AND SPECIAL PRODUCTIONS

Choose special products. For padding and stitching. We can also embroider your gym's logo into the padding if you wish. Entirely in line with your specifications. Score with your personalised training area.

GYM80 SOFTWARE

Training with gym80 can be planned, delivered and documented electronically. We offer three editions to accommodate various gym requirements:

Standard:
Starting out with electronic training management. Create and print out personalised training plans.

Professional:
Manage training plans. Call up exercise programmes via the App or a terminal in the training area and update the results yourself.

Enterprise:
The fully automatic, all-in-one solution. Manage training plans, demonstrate exercises using multimedia on the machine, use bio-feedback, automatically document training results, and much more besides. Find out more at www.gym80.de/en/software

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gym80 International GmbH | Wiesmannstrasse 46 | 45881 Gelsenkirchen | Telephone +49 (0)209-970 640 | info@gym80.de | gym80.de