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STRENGTH
SERIES

Wellness Collection

PROFESSIONAL EDITION

www.impulsefitness.com
impulsefitness.en.alibaba.com

STRENGTH
SERIES

INTRODUCTION

The Way to Wellness

Since our beginning in 1975, Impulse Health Tech has specialized in design, production and marketing of fitness equipment. In our 38 years of business, we adhere to our commitment to product innovation, superior value, and unmatched customer service which has successfully made Impulse a leading manufacturer and developer of fitness equipment. Impulse brand has been sold across almost 100 countries and are marketed to the commercial, light commercial and home-use markets, and our company is ISO9001:2000, ISO14001, ISO10015 and OHSAS 18001 certified.

Impulse also has more than 20 years OEM business experience, manufacturing fitness equipment for world leading fitness brands.

In May 2012, Impulse finished recapitalization dramatically and enter partnership with Beijing Olympic Games exclusive equipment supplier, and both sides will work together in investment, manufacture, technological innovation and marketing development. We believe that this cooperation is going to invent a new era in fitness world.

To learn more information about our company, please visit our global corporate site <http://eng.impulsefitness.com/>.

Why Impulse:

- 38 years of experience manufacturing fitness equipment has established Impulse as the largest fitness equipment brand in China!
- OEM manufacture for world leading brands.
- Offering complete packages with a commercial grade focus at a competitive price.
- Critical components are selected from reputable and reliable international sources.
- Strong R&D department with over 60 electrical and mechanical engineers.
- Utilize industrial designers from the USA and European to participate in our product development.
- Impulse branded equipment is currently being used in over thousands of gyms worldwide.
- Located in a world class harbor city that has convenient transportation and daily ocean freights to worldwide ports.

IT SERIES



IT9 SERIES

TUBING: RT50×100×2.5, J50×70×2.5,
J50×70×2.5, Φ50×2.5, USA LOOS Cable

WEIGHT STACK 1: 68 Kg / 150 Lbs

WEIGHT STACK 2: 91 Kg / 200 Lbs

WEIGHT STACK 3: 125 Kg / 275 Lbs

WEIGHT STACK 4: 136 Kg / 300 Lbs

Impulse's flagship strength line is a high quality commercial series consisting of 50 modes that accommodate everyone's workout needs from beginning exercisers to seasoned athletes. Redefined ergonomics and improved performance make this line simple, intuitive and different.

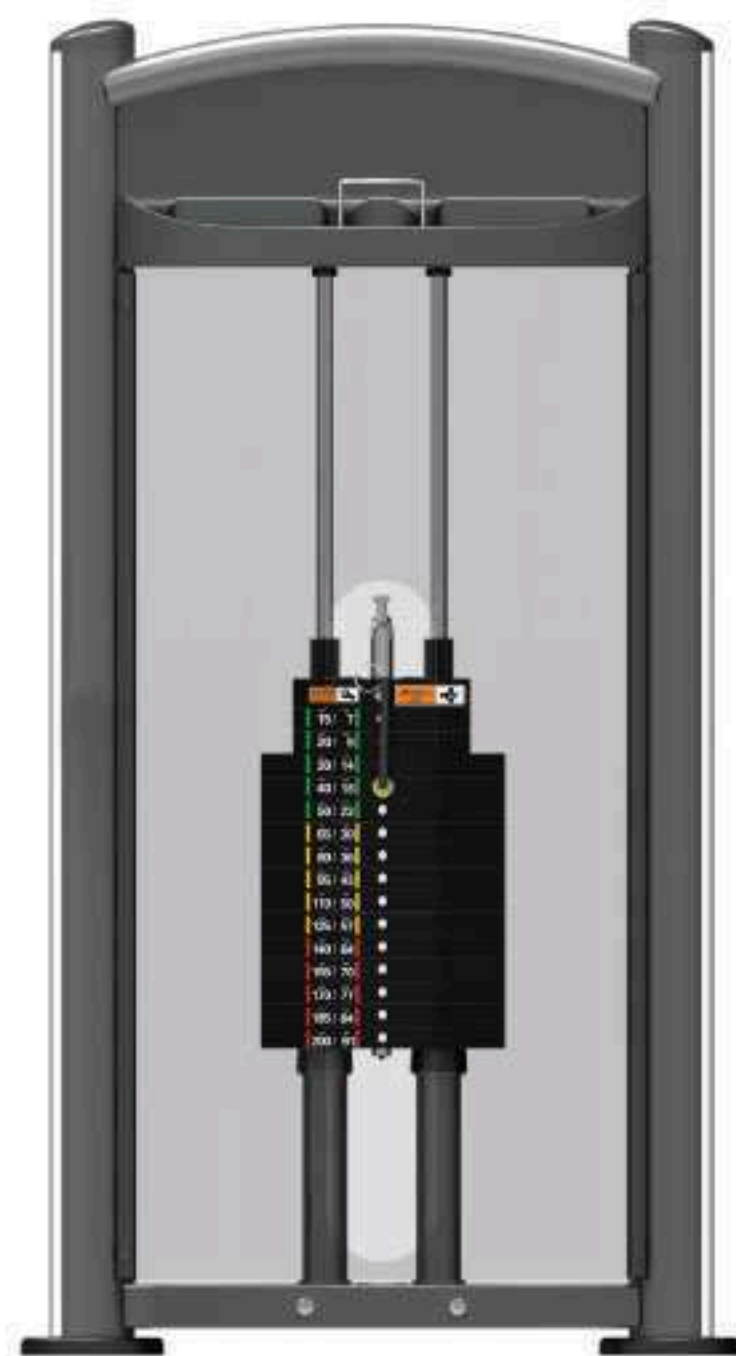
Fitness club owners find that out IT line just fits the needs of their members, and it's the solution to attract new members and keep the current ones.

IT SERIES

CONSOLE



CONSOLE FIT IT9301, IT9302, IT9303, IT9304, IT9305, IT9306, IT9307, IT9308, IT9312, IT9314, IT9316, IT9317, IT9318, IT9319, IT9310, IT9311, IT9321, IT9323, IT9324, IT9326, IT9331, IT9332, IT9333.



LONG SHROUD



SHORT SHROUD

(L) stands for Long Shroud Products
(S) stands for Short Shroud products



CHEST PRESS

IT9301

PRODUCT DIMENSION (LxWxH)	1536x1413x1491 (mm) 60.5x55.6x58.7 (in)
PRODUCT WEIGHT (L)	128 Kg / 282 Lbs
PRODUCT WEIGHT (S)	123.7 Kg / 273 Lbs
40' (L) / 40' (S)	65 Sets / 68 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs



LAT PULL

IT9302

PRODUCT DIMENSION (LxWxH)	1451x1374x1900 (mm) 57.1x54.1x74.8 (in)
PRODUCT WEIGHT (L)	146.8 Kg / 324 Lbs
PRODUCT WEIGHT (S)	140.8 Kg / 310 Lbs
40' (L) / 40' (S)	84 Sets / 88 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs



ARM CURL

IT9303

PRODUCT DIMENSION (LxWxH)	1300x1190x1500 (mm) 51.2x46.9x59.1 (in)
PRODUCT WEIGHT (L)	117.7 Kg / 260 Lbs
PRODUCT WEIGHT (S)	112.2 Kg / 247 Lbs
40' (L) / 40' (S)	94 Sets / 100 Sets
WEIGHT STACK	68 Kg / 150 Lbs
WEIGHT STACK OPT	91 Kg / 200 Lbs



PECTORAL

IT9304

PRODUCT DIMENSION (LxWxH)	1458x1100x1491 (mm) 57.4x43.3x58.7 (in)
PRODUCT WEIGHT (L)	136 Kg / 300 Lbs
PRODUCT WEIGHT (S)	131 Kg / 289 Lbs
40' (L) / 40' (S)	64 Sets / 67 Sets
WEIGHT STACK	91 Kg / 200 Lbs



LEG EXTENSION

IT9305

PRODUCT DIMENSION (LxWxH)	1339x1181x1490 (mm) 52.7x46.5x58.7 (in)
PRODUCT WEIGHT (L)	133.8 Kg / 295 Lbs
PRODUCT WEIGHT (S)	128.9 Kg / 284 Lbs
40' (L) / 40' (S)	84 Sets / 89 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs



SEATED LEG CURL

IT9306

PRODUCT DIMENSION (LxWxH)	1630x1162x1491 (mm) 64.2x45.7x58.7 (in)
PRODUCT WEIGHT (L)	146.5 Kg / 323 Lbs
PRODUCT WEIGHT (S)	141.5 Kg / 312 Lbs
40' (L) / 40' (S)	72 Sets / 72 Sets
WEIGHT STACK	91 Kg / 200 Lbs



SEATED LEG CURL

IT9307

PRODUCT DIMENSION (LxWxH)	1579x1175x1490 (mm) 62.2x46.3x58.7 (in)
PRODUCT WEIGHT (L)	141 Kg / 311 Lbs
PRODUCT WEIGHT (S)	133.8 Kg / 295 Lbs
40' (L) / 40' (S)	82 Sets / 82 Sets
WEIGHT STACK	91 Kg / 200 Lbs



TOTAL HIP

IT9309

PRODUCT DIMENSION (LxWxH)	1325x974x1491 (mm) 52.2x38.3x58.7 (in)
PRODUCT WEIGHT (L)	150.7 Kg / 332 Lbs
PRODUCT WEIGHT (S)	147.7 Kg / 326 Lbs
40' (L) / 40' (S)	60 Sets / 60 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs



LEG PRESS

IT9310

PRODUCT DIMENSION (LxWxH)	1870x1143x1491 (mm) 73.6x45.0x58.7 (in)
PRODUCT WEIGHT (L)	151.9 Kg / 335 Lbs
PRODUCT WEIGHT (S)	146.2 Kg / 322 Lbs
40' (L) / 40' (S)	78 Sets / 84 Sets
WEIGHT STACK	136 Kg / 300 Lbs
WEIGHT STACK OPT	91 Kg / 200 Lbs



SHOULDER PRESS

IT9312

PRODUCT DIMENSION (LxWxH)	1990x1430x1500 (mm) 78.3x56.3x59.1 (in)
PRODUCT WEIGHT (L)	157.4 Kg / 347 Lbs
PRODUCT WEIGHT (S)	151.2 Kg / 333 Lbs
40' (L) / 40' (S)	72 Sets / 72 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs



ABDOMINAL

IT9314

PRODUCT DIMENSION (LxWxH)	1530x1170x1560 (mm) 60.2x46.1x61.4 (in)
PRODUCT WEIGHT (L)	135.5 Kg / 299 Lbs
PRODUCT WEIGHT (S)	129.5 Kg / 286 Lbs
40' (L) / 40' (S)	91 Sets / 97 Sets
WEIGHT STACK	91 Kg / 200 Lbs



ROTARY CALF

IT9316

PRODUCT DIMENSION (LxWxH)	1679x1212x1491 (mm) 66.1x47.7x58.7 (in)
PRODUCT WEIGHT (L)	130.9 Kg / 289 Lbs
PRODUCT WEIGHT (S)	124.2 Kg / 274 Lbs
40' (L) / 40' (S)	83 Sets / 87 Sets
WEIGHT STACK	91 Kg / 200 Lbs



SEATED DIP

IT9317

PRODUCT DIMENSION (LxWxH)	1720x1250x1500 (mm) 67.7x49.2x59.1 (in)
PRODUCT WEIGHT (L)	133.5 Kg / 294 Lbs
PRODUCT WEIGHT (S)	127.4 Kg / 281 Lbs
40' (L) / 40' (S)	70 Sets / 70 Sets
WEIGHT STACK	91 Kg / 200 Lbs



TORSO ROTATION

IT9318

PRODUCT DIMENSION (LxWxH)	1241x1263x1491 (mm) 48.9x49.7x58.7 (in)
PRODUCT WEIGHT (L)	143.5 Kg / 316 Lbs
PRODUCT WEIGHT (S)	138.5 Kg / 305 Lbs
40' (L) / 40' (S)	60 Sets / 63 Sets
WEIGHT STACK	68 Kg / 150 Lbs
WEIGHT STACK OPT	91 Kg / 200 Lbs



VERTICAL ROW

IT9319

PRODUCT DIMENSION (LxWxH)	1607x1196x1491 (mm) 63.3x47.1x58.7 (in)
PRODUCT WEIGHT (L)	122.2 Kg / 269 Lbs
PRODUCT WEIGHT (S)	116 Kg / 256 Lbs
40' (L) / 40' (S)	49 Sets / 50 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs



V BENCH LEG CURL

IT9321

PRODUCT DIMENSION (LxWxH)	1787x1139x1491 (mm) 70.4x44.8x58.7 (in)
PRODUCT WEIGHT (L)	132.8 Kg / 293 Lbs
PRODUCT WEIGHT (S)	127.5 Kg / 281 Lbs
40' (L) / 40' (S)	88 Sets / 88 Sets
WEIGHT STACK	91 Kg / 200 Lbs



ARM EXTENSION

IT9323

PRODUCT DIMENSION (LxWxH)	1267x1157x1491 (mm) 49.9x45.6x58.7 (in)
PRODUCT WEIGHT (L)	118.5 Kg / 261 Lbs
PRODUCT WEIGHT (S)	112.1 Kg / 247 Lbs
40' (L) / 40' (S)	85 Sets / 91 Sets
WEIGHT STACK	68 Kg / 150 Lbs
WEIGHT STACK OPT	91 Kg / 200 Lbs



LATERAL RAISE

IT9324

PRODUCT DIMENSION (LxWxH)	1027x1197x1491 (mm) 40.4x47.1x58.7 (in)
PRODUCT WEIGHT (L)	111 Kg / 245 Lbs
PRODUCT WEIGHT (S)	105.7 Kg / 233 Lbs
40' (L) / 40' (S)	77 Sets / 80 Sets
WEIGHT STACK	91 Kg / 200 Lbs



GLUTE

IT9326

PRODUCT DIMENSION (LxWxH)	1168x1103x1491 (mm) 46.0x43.4x58.7 (in)
PRODUCT WEIGHT (L)	105.5 Kg / 233 Lbs
PRODUCT WEIGHT (S)	100 Kg / 221 Lbs
40' (L) / 40' (S)	70 Sets / 72 Sets
WEIGHT STACK	91 Kg / 200 Lbs



CHEST PRESS

IT9331

PRODUCT DIMENSION (LxWxH)	1494x1443x1831 (mm) 58.8x56.8x72.1 (in)
PRODUCT WEIGHT (L)	150.5 Kg / 332 Lbs
PRODUCT WEIGHT (S)	144.1 Kg / 318 Lbs
40' (L) / 40' (S)	54 Sets / 58 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs



BACK EXTENSION

IT9332

PRODUCT DIMENSION (LxWxH)	1242x1276x1490 (mm) 48.9x50.2x58.7 (in)
PRODUCT WEIGHT (L)	124.8 Kg / 275 Lbs
PRODUCT WEIGHT (S)	118.8 Kg / 262 Lbs
40' (L) / 40' (S)	90 Sets / 90 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs



ABDUCTOR AND ADDUCTOR

IT9308

PRODUCT DIMENSION (LxWxH)	1707x806x1491 (mm) 67.2x31.7x58.7 (in)
PRODUCT WEIGHT (L)	128.3 Kg / 283 Lbs
PRODUCT WEIGHT (S)	123.8 Kg / 273 Lbs
40' (L) / 40' (S)	98 Sets / 98 Sets
WEIGHT STACK	68 Kg / 150 Lbs



PEC FLY / REAR DELT

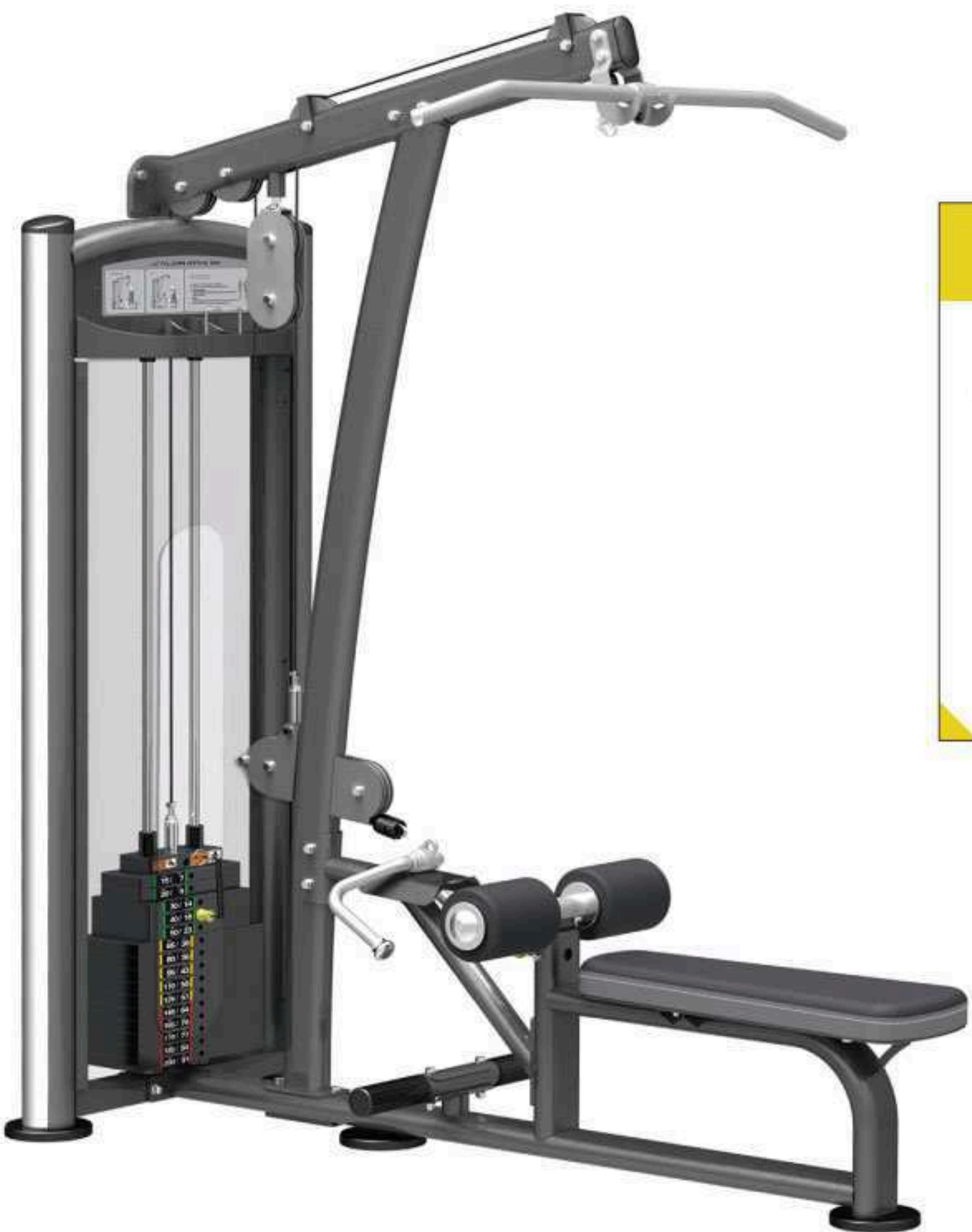
IT9315

PRODUCT DIMENSION (LxWxH)	1788x1310x2011 (mm) 70.4x51.6x79.2 (in)
PRODUCT WEIGHT (L)	125.7 Kg / 277 Lbs
PRODUCT WEIGHT (S)	116.8 Kg / 258 Lbs
40' (L) / 40' (S)	72 Sets / 80 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs

WEIGHT ASSISTED CHIN / DIP COMBO

IT9320

PRODUCT DIMENSION (LxWxH)	1332x1178x2287 (mm) 52.4x46.4x90.0 (in)
PRODUCT WEIGHT (L)	155.7 Kg / 343 Lbs
PRODUCT WEIGHT (S)	150.9 Kg / 333 Lbs
40' (L) / 40' (S)	68 Sets / 72 Sets
WEIGHT STACK	91 Kg / 200 Lbs



LAT PULLDOWN / VERTICAL ROW

IT9322

PRODUCT DIMENSION (LxWxH)	1937x805x2201 (mm) 76.3x31.7x86.7 (in)
PRODUCT WEIGHT (L)	114.9 Kg / 253 Lbs
PRODUCT WEIGHT (S)	110.7 Kg / 244 Lbs
40' (L) / 40' (S)	90 Sets / 98 Sets
WEIGHT STACK	125 Kg / 275 Lbs
WEIGHT STACK OPT	91 Kg / 200 Lbs



LEG EXTENSION / LEG CURL

IT9328

PRODUCT DIMENSION (LxWxH)	1480x1205x1491 (mm) 58.3x47.4x58.7 (in)
PRODUCT WEIGHT (L)	148.8 Kg / 328 Lbs
PRODUCT WEIGHT (S)	144.4 Kg / 318 Lbs
40' (L) / 40' (S)	79 Sets / 79 Sets
WEIGHT STACK	91 Kg / 200 Lbs



CABLE CROSSOVER

IT9313

PRODUCT DIMENSION (L×W×H)	3863×1000×2361 (mm) 152.1×39.4×93 (in)
PRODUCT WEIGHT	176 Kg / 388 Lbs
40'	64 Sets
WEIGHT STACK	2×91 Kg / 200 Lbs



DUAL ADJUSTABLE PULLEY

IT9330

PRODUCT DIMENSION (L×W×H)	1040×1500×2170 (mm) 40.9×59.1×85.4 (in)
PRODUCT WEIGHT	165 Kg / 364 Lbs
40'	55 Sets
WEIGHT STACK	2×91 Kg / 200 Lbs



MULTI-SELECT STABILIZER

IT9330OPT

PRODUCT DIMENSION (L×W×H)	1300×260×610 (mm) 51.1×10.2×24 (in)
PRODUCT WEIGHT	17.3 Kg / 38 Lbs
	IT9330+IT9330OPT



ADJUSTABLE HI / LO PULLEY

IT9325

PRODUCT DIMENSION (LxWxH)	1385x891x2247 (mm) 54.5x35.1x88.5 (in)
PRODUCT WEIGHT (L)	101 Kg / 223 Lbs
PRODUCT WEIGHT (S)	93.9 Kg / 207 Lbs
40' (L) / 40' (S)	140 Sets / 140 Sets
WEIGHT STACK	91 Kg / 200 Lbs
WEIGHT STACK OPT	125 Kg / 275 Lbs

CABLE CROSSOVER-TRADITIONAL

IT9327OPT

PRODUCT DIMENSION (LxWxH)	2940x270x370 (mm) 115.7x10.6x14.6 (in)
PRODUCT WEIGHT	29 Kg / 64 Lbs
40'	112 Sets
CABLE CROSSOVER	IT9325+IT9325+IT9327OPT
5 STACK MULTI-STATION	IT9325+IT9327+IT9327OPT
8 STACK MULTI-STATION	IT9327+IT9327+IT9327OPT



4 STACK MULTI-STATION

IT9327

PRODUCT DIMENSION (LxWxH)	3350x2090x2329 (mm) 131.9x82.3x91.7 (in)
PRODUCT WEIGHT (L)	312.5 Kg / 689 Lbs
PRODUCT WEIGHT (N/A)	295 Kg / 650 Lbs
40' (L) / 40' (S)	36 Sets
WEIGHT STACK	4x91 Kg / 200 Lbs
WEIGHT STACK OPT	4x125 Kg / 275 Lbs



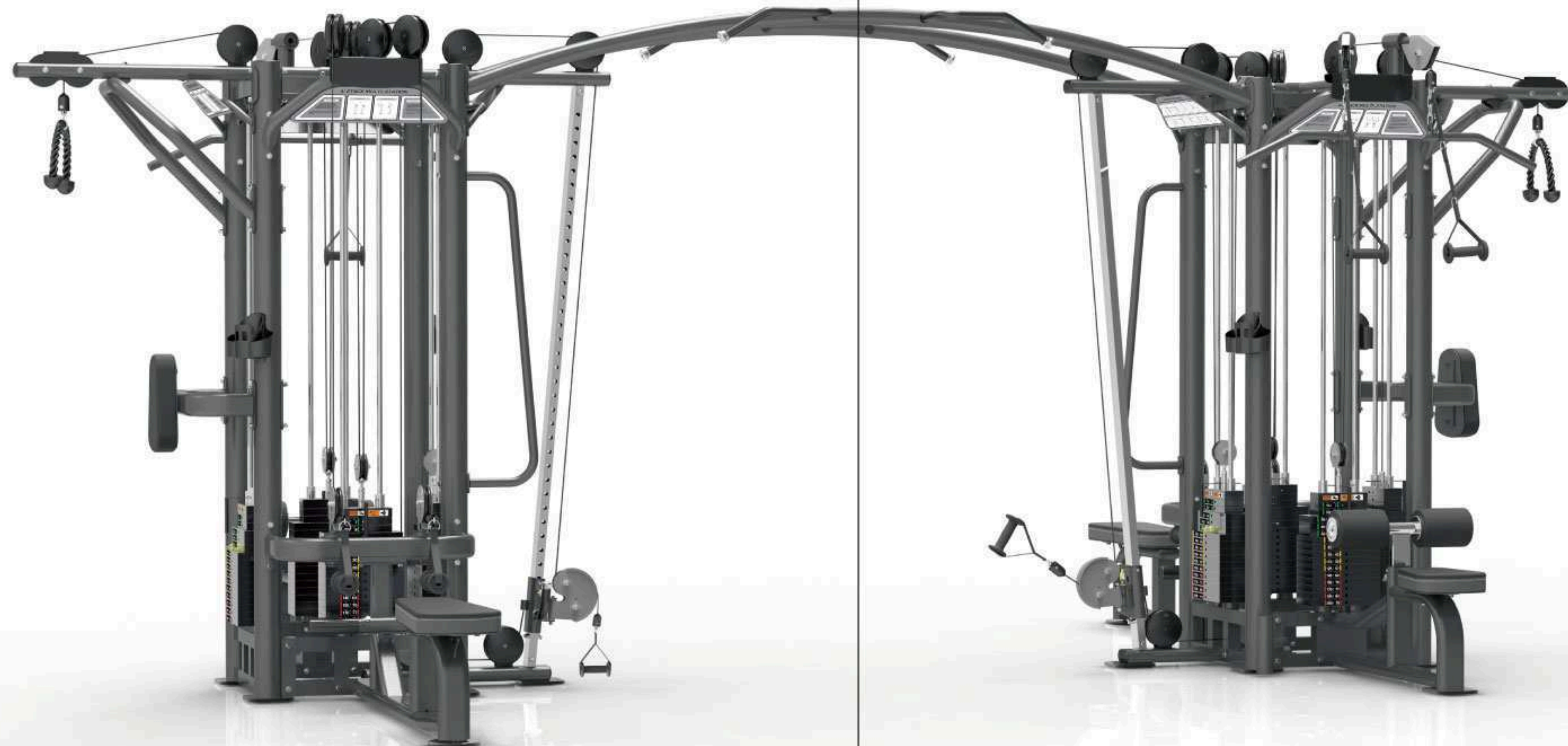
CABLE CROSSOVER

IT9325+IT9325+IT9327OPT



5 STACK MULTI-STATION

IT9325+IT9327+IT9327OPT



8 STACK MULTI-STATION

IT9327+IT9327+IT9327OPT

IT SERIES





SMITH

IT7001

PRODUCT DIMENSION (LxWxH)	2241x1326x2370 (mm) 88.2x52.2x93.3 (in)
PRODUCT WEIGHT	178 Kg / 392 Lbs
40'	58 Sets

Thomson linear bearing is optional.
Light Version without counter weight is available.



SEATED PREACHER CURL

IT7002

PRODUCT DIMENSION (LxWxH)	919x803x882 (mm) 36.2x31.6x34.7 (in)
PRODUCT WEIGHT	41 Kg / 90 Lbs
40'	260 Sets



STRETCH

IT7004

PRODUCT DIMENSION (LxWxH)	1274x552x997 (mm) 50.2x21.7x39.3 (in)
PRODUCT WEIGHT	35 Kg / 77 Lbs
40'	280 Sets



SEATED CALF RAISE

IT7005

PRODUCT DIMENSION (LxWxH)	1356x751x831 (mm) 53.4x29.6x32.7 (in)
PRODUCT WEIGHT	50 Kg / 110 Lbs
40'	297 Sets



AB BENCH

IT7003

PRODUCT DIMENSION (LxWxH)	1745x936x997 (mm) 68.7x36.9x39.3 (in)
PRODUCT WEIGHT	57 Kg / 126 Lbs
40'	110 Sets



LEG PRESS / HACK SQUAT

IT7006

PRODUCT DIMENSION (LxWxH)	2253x975x1475 (mm) 88.7x38.4x58.1 (in)
PRODUCT WEIGHT	166.3 Kg / 367 Lbs
40'	66 Sets



MULTI HYPEREXTENSION

IT7007

PRODUCT DIMENSION (LxWxH)	1312x749x814 (mm) 51.7x29.5x32 (in)
PRODUCT WEIGHT	43.5 Kg / 96 Lbs
40'	231 Sets



VERTICAL KNEE RAISE

IT7010

PRODUCT DIMENSION (LxWxH)	1131x781x1515 (mm) 44.5x30.7x59.6 (in)
PRODUCT WEIGHT	53 Kg / 117 Lbs
40'	160 Sets



INCLINE ROW

IT7019

PRODUCT DIMENSION (LxWxH)	1965x1009x1262 (mm) 77.4x39.7x49.7 (in)
PRODUCT WEIGHT	77.5 Kg / 171 Lbs
40'	140 Sets



45 LEG PRESS

IT7020

PRODUCT DIMENSION (LxWxH)	2199x1016x1494 (mm) 86.6x40x58.8 (in)
PRODUCT WEIGHT	140.5 Kg / 310 Lbs
40'	71 Sets



FLAT BENCH

IT7009

PRODUCT DIMENSION (LxWxH)	1107x749x426 (mm) 43.6x29.5x16.8 (in)
PRODUCT WEIGHT	27.5 Kg / 61 Lbs
40'	220 Sets



MULTI - ADJUSTABLE BENCH

IT7011

PRODUCT DIMENSION (LxWxH)	1212x750x465 (mm) 47.7x29.5x18.3 (in)
PRODUCT WEIGHT	40 Kg / 88 Lbs
40'	207 Sets



MULTI AB BENCH

IT7013

PRODUCT DIMENSION (LxWxH)	1738x725x899 (mm) 68.4x28.5x35.4 (in)
PRODUCT WEIGHT	42.5 Kg / 94 Lbs
40'	140 Sets



UTILITY BENCH

IT7022

PRODUCT DIMENSION (LxWxH)	1165x603x818 (mm) 45.9x23.7x32.2 (in)
PRODUCT WEIGHT	21.3 Kg / 47 Lbs
40'	308 Sets



FLAT BENCH

IT7014

PRODUCT DIMENSION (LxWxH)	1657x1658x1373 (mm) 65.2x65.3x54.1 (in)
PRODUCT WEIGHT	82 Kg / 181 Lbs
40'	126 Sets



INCLINE BENCH

IT7015

PRODUCT DIMENSION (LxWxH)	1632x1658x1373 (mm) 64.3x65.3x54.1 (in)
PRODUCT WEIGHT	106.5 Kg / 235 Lbs
40'	112 Sets



DECLINE BENCH

IT7016

PRODUCT DIMENSION (LxWxH)	2103x1658x1370 (mm) 82.8x65.3x53.9 (in)
PRODUCT WEIGHT	87 Kg / 192 Lbs
40'	126 Sets



DUMBBELL RACK

IT7012

PRODUCT DIMENSION (LxWxH)	1580x814x982 (mm) 62.2x32x38.7 (in)
PRODUCT WEIGHT	71 Kg / 157 Lbs
40'	140 Sets



WEIGHT PLATE TREE

IT7017

PRODUCT DIMENSION (LxWxH)	950x610x1220 (mm) 37.4x24x48 (in)
PRODUCT WEIGHT	26 Kg / 57 Lbs
40'	264 Sets



BARBELL RACK

IT7027

PRODUCT DIMENSION (LxWxH)	919x907x1612 (mm) 36.2x35.7x63.5 (in)
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SL SERIES



TUBING: F50*100*2.5, J50.8*76.2*2.5

The Impulse SL line epitomizes robust, effectiveness and aesthetics with industry standard design that will redefine the concept of plate loaded strength training system. Unique isolateral movement matches mechanics of human body to help keep user free from injury, and also reduce the feeling of using machine.

Other features like smaller foot print, proper load points, minimum maintenance, and less complex use will appeal to athlete and gym owner. User friendly training program will help user understand our machine better.

SL SERIES



CHEST PRESS

SL7001

PRODUCT DIMENSION (LxWxH)	1937×1370×1717 (mm) 76.3×53.9×67.6 (in)
PRODUCT WEIGHT	163 Kg / 359 Lbs
40'	70 Sets



PULLDOWN

SL7002

PRODUCT DIMENSION (LxWxH)	1482×1489×1967 (mm) 58.3×58.6×77.4 (in)
PRODUCT WEIGHT	164 Kg / 362 Lbs
40'	81 Sets



SHOULDER PRESS

SL7003

PRODUCT DIMENSION (LxWxH)	1558×1818×1487 (mm) 61.3×71.6×58.5 (in)
PRODUCT WEIGHT	171 Kg / 377 Lbs
40'	89 Sets



LOW ROW

SL7004

PRODUCT DIMENSION (LxWxH)	1761×1457×1652 (mm) 69.3×57.4×65 (in)
PRODUCT WEIGHT	167.5 Kg / 369 Lbs
40'	69 Sets



INCLINE CHEST PRESS

SL7005

PRODUCT DIMENSION (LxWxH)	1900×1523×1779 (mm) 74.8×60×70 (in)
PRODUCT WEIGHT	183.5 Kg / 405 Lbs
40'	72 Sets



LEG PRESS

SL7006

PRODUCT DIMENSION (LxWxH)	2226×1421×1419 (mm) 87.6×55.9×55.9 (in)
PRODUCT WEIGHT	192.5 Kg / 424 Lbs
40'	65 Sets



ROW

SL7007

PRODUCT DIMENSION (LxWxH)	1815×1500×1334 (mm) 71.5×59.1×52.5 (in)
PRODUCT WEIGHT	157 Kg / 346 Lbs
40'	87 Sets



REAR KICK

SL7008

PRODUCT DIMENSION (LxWxH)	1680×1229×1636 (mm) 66.1×48.4×64.4 (in)
PRODUCT WEIGHT	142 Kg / 313 Lbs
40'	82 Sets



BICEP CURL

SL7023

PRODUCT DIMENSION (LxWxH) 1524x1088x1169 (mm)
60x42.8x46 (in)



TRICEP DIP

SL7024

PRODUCT DIMENSION (LxWxH) 2090x1242x942 (mm)
82.3x48.9x37.1 (in)



LEG EXTENSION

SL7025

PRODUCT DIMENSION (LxWxH) 1280x1755x1050 (mm)
50.4x69.1x43.3 (in)



LEG CURL

SL7026

PRODUCT DIMENSION (LxWxH) 1379x1110x1436 (mm)
54.3x43.7x56.5 (in)



GLUTE HAM BENCH

SL7013

PRODUCT DIMENSION (LxWxH)	1562x914x1477 (mm) 61.5x36x58.1 (in)
PRODUCT WEIGHT	70 Kg / 154 Lbs
40'	105 Sets



SEATED CALF RAISE

SL7017

PRODUCT DIMENSION (LxWxH)	1475x765x845 (mm) 58x30.1x33.3 (in)
PRODUCT WEIGHT	56 Kg / 123 Lbs
40'	174 Sets



FI BENCH

SL7012

PRODUCT DIMENSION (LxWxH)	1550x670x1350 (mm) 61x26.4x53.1 (in)
PRODUCT WEIGHT	47 Kg / 104 Lbs
40'	252 Sets



UTILITY BENCH

SL7022

PRODUCT DIMENSION (LxWxH)	1191x630x822 (mm) 46.9x24.8x32.4 (in)
PRODUCT WEIGHT	26.8 Kg / 59 Lbs
40'	251 Sets



INCLINE ROW

SL7019

PRODUCT DIMENSION (LxWxH)	1960x1020x1253 (mm) 77.2x40.2x49.3 (in)
PRODUCT WEIGHT	89 Kg / 196 Lbs
40'	97 Sets



FID BENCH

SL7011

PRODUCT DIMENSION (LxWxH)	1350x670x1350 (mm) 53.1x26.4x53.1 (in)
PRODUCT WEIGHT	44 Kg / 97 Lbs
40'	252 Sets



PLATE RACK

SL7010

PRODUCT DIMENSION (LxWxH)	891x628x1228 (mm) 35.1x24.7x48.3 (in)
PRODUCT WEIGHT	44 Kg / 97 Lbs
40'	242 Sets



BARBELL RACK

SL7027

PRODUCT DIMENSION (LxWxH)	908x903x1585 (mm) 35.7x35.6x62.4 (in)
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POWER RACK	
SL7009	
PRODUCT DIMENSION (LxWxH)	2031x1499x2278 (mm) 80x59x89.7 (in)
PRODUCT WEIGHT	200 Kg / 441 Lbs
40'	82 Sets

WEIGHT PLATE RACK OPTION	
SL7009OPT	
PRODUCT DIMENSION (LxWxH)	1674x717x2199 (mm) 65.9x28.2x86.6 (in)
PRODUCT WEIGHT	63.5 Kg / 140 Lbs
40'	144 Sets



HALF POWER RACK	
SL7014	
PRODUCT DIMENSION (LxWxH)	1390x1747x2442 (mm) 54.7x68.8x96.1 (in)
PRODUCT WEIGHT	153 Kg / 337 Lbs
40'	108 Sets

FULL POWER RACK	
SL7015	
PRODUCT DIMENSION (LxWxH)	1966x1747x2442 (mm) 77.4x68.8x96.1 (in)
PRODUCT WEIGHT	216 Kg / 476 Lbs
40'	83 Sets

PL SERIES

DUAL MOTION



TUBING: RT40x80x2.5, USA LOOS Cable

WEIGHT STACK 1: 77 Kg / 170 Lbs

WEIGHT STACK 2: 113 Kg / 250 Lbs

PAD COLOR:

Black 
Gray 
Brown 

This dual-function line offer the most popular exercises delivered in an 8-model package. It's the perfect choice for light commercial applications where floor space is limited.

PL line is so simple and natural that it feels like custom-built for every user. 8 dual-function machines act as 16 different workout stations to provide a wide range of total body training options, and completely reflect human body mechanics. It's the standard of "Stylish" and "Concise".

PL SERIES



LAT PULLDOWN / SEATED ROW

PL9002

PRODUCT DIMENSION (LxWxH)	1764×1019×2182 (mm) 69.4×40.1×85.9 (in)
PRODUCT WEIGHT	90.5 Kg / 200 Lbs
40'	136 Sets



LEG PRESS / CALF RAISE

PL9010

PRODUCT DIMENSION (LxWxH)	1938×1148×1520 (mm) 76.3×45.2×59.8 (in)
PRODUCT WEIGHT	111 Kg / 245 Lbs
40'	88 Sets



OUTER / INNER THIGH

PL9016

PRODUCT DIMENSION (LxWxH)	1609×722×1515 (mm) 63.3×28.4×59.6 (in)
PRODUCT WEIGHT	99 Kg / 218 Lbs
40'	130 Sets



LEG EXTENSION / LEG CURL

PL9019

PRODUCT DIMENSION (LxWxH)	1465×1245×1520 (mm) 57.7×49×59.8 (in)
PRODUCT WEIGHT	115.5 Kg / 255 Lbs
40'	75 Sets



MULTI PRESS

PL9021

PRODUCT DIMENSION (LxWxH)	1924x1325x1518 (mm) 75.7x52.2x59.8 (in)
PRODUCT WEIGHT	111.5 Kg / 246 Lbs
40'	120 Sets

REAR DELTOID / PECTORAL FLY

PL9022

PRODUCT DIMENSION (LxWxH)	1362x1219x2061 (mm) 53.6x48.0x81.1 (in)
PRODUCT WEIGHT	107 Kg / 236 Lbs
40'	124 Sets



BICEPS / TRICEPS

PL9023

PRODUCT DIMENSION (LxWxH)	1207x1164x1513 (mm) 47.5x45.8x59.6 (in)
PRODUCT WEIGHT	106 Kg / 234 Lbs
40'	115 Sets

AB / LOW BACK

PL9024

PRODUCT DIMENSION (LxWxH)	1044x1094x1520 (mm) 41.1x43.1x59.8 (in)
PRODUCT WEIGHT	99.5 Kg / 219 Lbs
40'	135 Sets



IF SERIES



IF8 (8 SERIES)

TUBING: J50.8×76.2×2.5, J50.8×2.5, J38×2.5,
USA LOOS Cable

WEIGHT STACK 1: 77 Kg / 170 Lbs

WEIGHT STACK 2: 91 Kg / 200 Lbs

WEIGHT STACK 3: 113 Kg / 250 Lbs

SHROUD OPTIONAL 1: Short Shroud

SHROUD OPTIONAL 2: Long Shroud

This simple, clean-line, selectorized series consist of single-function, dual-function, multi-station, and home gym machines specially designed for entry level fitness clubs and institutional applications. Either you're an experienced athlete or beginning exerciser, you will be capable to get a quick, easy and complete workout.

Designed quick easy adjustment will make your workout more effective, and more important is that they are inexpensive to own and easy to maintain.

IF SERIES



CHEST PRESS

IF8101

PRODUCT DIMENSION (LxWxH)	913x1265x1400 (mm) 35.9x49.8x55.1 (in)
PRODUCT WEIGHT	84 Kg / 185 Lbs
40'	77 Sets



SHOULDER PRESS

IF8112

PRODUCT DIMENSION (LxWxH)	1392x1191x1400 (mm) 54.8x46.9x55.1 (in)
PRODUCT WEIGHT	87 Kg / 192 Lbs
40'	80 Sets



ARM CURL

IF8103

PRODUCT DIMENSION (LxWxH)	1118x896x1400 (mm) 44.0x35.3x55.1 (in)
PRODUCT WEIGHT	87.5 Kg / 193 Lbs
40'	84 Sets



LEG EXTENSION

IF8105

PRODUCT DIMENSION (LxWxH)	1192x1167x1400 (mm) 46.9x45.9x55.1 (in)
PRODUCT WEIGHT	100.5 Kg / 222 Lbs
40'	69 Sets



SEATED LEG CURL

IF8106

PRODUCT DIMENSION (LxWxH)	1436x1170x1400 (mm) 56.5x46.1x55.1 (in)
PRODUCT WEIGHT	103.5 Kg / 228 Lbs
40'	69 Sets



MULTI PRESS

IF8121

PRODUCT DIMENSION (LxWxH)	1818x1337x1400 (mm) 71.6x52.6x55.1 (in)
PRODUCT WEIGHT	110.5 Kg / 244 Lbs
40'	72 Sets



TOTAL HIP

IF8109

PRODUCT DIMENSION (LxWxH)	1208x1005x1480 (mm) 47.6x39.6x58.3 (in)
PRODUCT WEIGHT	88.5 Kg / 195 Lbs
40'	100 Sets



LAT PULLDOWN / LOW ROW

IF8102

PRODUCT DIMENSION (LxWxH)	1972x913x2177 (mm) 77.6x35.9x85.7 (in)
PRODUCT WEIGHT	96.5 Kg / 213 Lbs
40'	70 Sets

LEG PRESS / CALF RAISE

IF8110

PRODUCT DIMENSION (LxWxH)	1541x1220x1701 (mm) 60.7x48x67 (in)
PRODUCT WEIGHT	147.5 Kg / 325 Lbs
40'	54 Sets



INNER / OUTER THIGH

IF8116

PRODUCT DIMENSION (LxWxH)	1643x697x1506 (mm) 64.7x27.4x59.3 (in)
PRODUCT WEIGHT	96.5 Kg / 213 Lbs
40'	85 Sets

AB / BACK

IF8124

PRODUCT DIMENSION (LxWxH)	1217x1057x1400 (mm) 47.9x41.6x55.1 (in)
PRODUCT WEIGHT	79.5 Kg / 175 Lbs
40'	94 Sets



PEC FLY / REAR DELT

IF8122

PRODUCT DIMENSION (LxWxH)	1310x1450x1810 (mm) 51.6x57.1x71.3 (in)
PRODUCT WEIGHT	100.5 Kg / 222 Lbs
40'	81 Sets

BICEP / TRICEP

IF8123

PRODUCT DIMENSION (LxWxH)	1260x849x2115 (mm) 49.6x33.4x83.3 (in)
PRODUCT WEIGHT	76 Kg / 168 Lbs
40'	91 Sets



WEIGHT ASSISTED CHIN / DIP COMBO

IF8120

PRODUCT DIMENSION (LxWxH)	1466x1225x2139 (mm) 57.7x48.2x84.2 (in)
PRODUCT WEIGHT	121.5 Kg / 268 Lbs
40'	90 Sets



ADJUSTABLE HI / LO PULLEY

IF8125

PRODUCT DIMENSION (LxWxH)	1304x979x2494 (mm) 51.3x38.5x98.2 (in)
PRODUCT WEIGHT	96 Kg / 212 Lbs
40'	108 Sets



CABLE CROSSOVER-TRADITIONAL

IF8127OPT

PRODUCT DIMENSION (LxWxH)	2538x498x200 (mm) 99.9x19.6x7.9 (in)
PRODUCT WEIGHT	21.5 Kg / 47 Lbs
40'	526 Sets
CABLE CROSSOVER	IF8125+IF8125+IF8127OPT
5 STACK MULTI-STATION	IF8125+IF8127+IF8127OPT
8 STACK MULTI-STATION	IF8127+IF8127+IF8127OPT

4 STACK MULTI-STATION

IF8127

PRODUCT DIMENSION (LxWxH)	3688x1988x2501 (mm) 145.2x78.3x98.5 (in)
PRODUCT WEIGHT	258.6 Kg / 570 Lbs
40'	48 Sets



CABLE CROSSOVER

IF8125+IF8125+IF8127OPT



5 STACK MULTI-STATION

IF8125+IF8127+IF8127OPT



8 STACK MULTI-STATION

IF8127+IF8127+IF8127OPT

IF SERIES



IF SERIES

TUBING: J50.8×76.2×2.5, J50.8×2.5, J38×2.5

IF SERIES



CABLE MOTION GYM

HG5

PRODUCT DIMENSION (LxWxH)	1451x1339x2132 (mm) 57.1x52.7x83.9 (in)
PRODUCT WEIGHT	202 Kg / 445.4 Lbs
40'	82 Sets
WEIGHT STACK	73 Kg / 160 Lbs



1560 HOME GYM

IF1560

PRODUCT DIMENSION (LxWxH)	1905x1240x2121 (mm) 75x48.8x83.5 (in)
PRODUCT WEIGHT	223 Kg / 492 Lbs
40'	68 Sets
WEIGHT STACK	91 Kg / 200 Lbs



1860 HOME GYM

IF1860

PRODUCT DIMENSION (LxWxH)	1799x1207x2114 (mm) 70.8x47.5x83.2 (in)
PRODUCT WEIGHT	253.7 Kg / 559 Lbs
40'	60 Sets
WEIGHT STACK	91 Kg / 200 Lbs



HOME GYM ATTACHMENT

IFLP3

PRODUCT DIMENSION (LxWxH)	1673x1039x967 (mm) 65.9x40.9x38.1 (in)
PRODUCT WEIGHT	65 Kg / 143 Lbs
40'	220 Sets

2060 HOME GYM

IF2060

PRODUCT DIMENSION (LxWxH)	2298x1956x2120 (mm) 90.5x77x83.5 (in)
PRODUCT WEIGHT	442.8 Kg / 976 Lbs
40'	40 Sets
WEIGHT STACK	2x91 Kg / 200 Lbs



45 - DEGREE HYPEREXTENSION

IF45

PRODUCT DIMENSION (LxWxH)	1212x743x772 (mm) 47.7x29.3x30.4 (in)
PRODUCT WEIGHT	23.5 Kg / 52 Lbs
40'	340 Sets



ADJUSTABLE ABDOMINAL BENCH

IFAAB

PRODUCT DIMENSION (LxWxH)	1683x568x1148 (mm) 66.3x22.4x45.2 (in)
PRODUCT WEIGHT	24 Kg / 53 Lbs
40'	450 Sets



AB / BACK MACHINE

IFABM

PRODUCT DIMENSION (LxWxH)	1520x1005x1060 (mm) 59.8x39.6x41.7 (in)
PRODUCT WEIGHT	38.5 Kg / 85 Lbs
40'	119 Sets



ABDOMINAL CRUNCH

IFAC

PRODUCT DIMENSION (LxWxH)	1103x476x578 (mm) 43.4x18.7x22.8 (in)
PRODUCT WEIGHT	17 Kg / 37 Lbs
40'	697 Sets



ADJUSTABLE HYPEREXTENSION BENCH

IFAH

PRODUCT DIMENSION (LxWxH)	1260x743x917 (mm) 49.6x29.3x36.1 (in)
PRODUCT WEIGHT	36 Kg / 79 Lbs
40'	360 Sets



ROMAN CHAIR

IFRC

PRODUCT DIMENSION (LxWxH)	1361x743x1091 (mm) 53.6x29.3x43 (in)
PRODUCT WEIGHT	30.5 Kg / 67 Lbs
40'	504 Sets



LAT MACHINE

IFLATM

PRODUCT DIMENSION (LxWxH)	1452x1224x2129 (mm) 57.2x48.2x83.8 (in)
PRODUCT WEIGHT	55.5 Kg / 122 Lbs
40'	302 Sets



POWER TOWER

IFPT

PRODUCT DIMENSION (LxWxH)	1320x610x2105 (mm) 52x24x82.9 (in)
PRODUCT WEIGHT	76.5 Kg / 169 Lbs
40'	245 Sets



SEATED PREACHER CURL

IFSPC

PRODUCT DIMENSION (LxWxH)	1021x712x824 (mm) 40.2x28x32.4 (in)
PRODUCT WEIGHT	24.7 Kg / 54 Lbs
40'	420 Sets



DUMBBELL RACK - 3'

IFDB3

PRODUCT DIMENSION (LxWxH)	1079x473x677 (mm) 42.5x18.6x26.7 (in)
PRODUCT WEIGHT	29 Kg / 64 Lbs
40'	600 Sets



DUMBBELL RACK - 4'

IFDB4

PRODUCT DIMENSION (LxWxH)	1372x473x869 (mm) 54x18.6x34.2 (in)
PRODUCT WEIGHT	35.3 Kg / 78 Lbs
40'	430 Sets



DUMBBELL RACK - 4' ATTACHMENT

IFDB4A

PRODUCT DIMENSION (LxWxH)	1242x244x74 (mm) 48.9x9.6x2.9 (in)
PRODUCT WEIGHT	12 Kg / 26 Lbs
40'	1400 Sets



FLAT BENCH

IFFB

PRODUCT DIMENSION (LxWxH)	1305x525x493 (mm) 51.4x20.7x19.4 (in)
PRODUCT WEIGHT	19.5 Kg / 43 Lbs
40'	532 Sets



UTILITY BENCH

IFUB

PRODUCT DIMENSION (LxWxH)	862x596x874 (mm) 33.9x23.5x34.4 (in)
PRODUCT WEIGHT	12.7 Kg / 28 Lbs
40'	375 Sets



FLAT / INCLINE BENCH

IFFI

PRODUCT DIMENSION (LxWxH)	1603x654x498 (mm) 63.1x25.7x19.6 (in)
PRODUCT WEIGHT	30 Kg / 66 Lbs
40'	396 Sets



MULTI - PURPOSE BENCH

IFFID

PRODUCT DIMENSION (LxWxH)	1581x654x515 (mm) 62.2x25.7x20.3 (in)
PRODUCT WEIGHT	33 Kg / 73 Lbs
40'	417 Sets



OLYMPIC BENCH

IFOB

PRODUCT DIMENSION (LxWxH)	1438x1264x1468 (mm) 56.6x49.8x57.8 (in)
PRODUCT WEIGHT	62.5 Kg / 138 Lbs
40'	252 Sets



ARM CURL ATTACHMENT

IFARMA

PRODUCT DIMENSION (LxWxH)	584x434x761 (mm) 23x17.1x30 (in)
PRODUCT WEIGHT	6.6 Kg / 15 Lbs
40'	840 Sets



LEG EXTENSION / CURL ATTACHMENT

IFLEGA

PRODUCT DIMENSION (LxWxH)	485x426x470 (mm) 19.1x16.8x18.5 (in)
PRODUCT WEIGHT	7.3 Kg / 16 Lbs
40'	1728 Sets



HALF CAGE

IFHC

PRODUCT DIMENSION (LxWxH)	1175x1815x2090 (mm) 46.3x71.5x82.3 (in)
PRODUCT WEIGHT	100 Kg / 221 Lbs
40'	150 Sets



HALF CAGE LAT ATTACHMENT

IFHCL

PRODUCT DIMENSION (LxWxH)	1800x400x2100 (mm) 70.9x15.7x82.7 (in)
PRODUCT WEIGHT	41 Kg / 90 Lbs
40'	234 Sets



HALF CAGE PEC FLY ATTACHMENT

IFHCP

PRODUCT DIMENSION (LxWxH)	953x356x1538 (mm) 37.5x14x60.6 (in)
PRODUCT WEIGHT	24.3 Kg / 54 Lbs
40'	508 Sets



HALF CAGE SMITH ATTACHMENT

IFHCS

PRODUCT DIMENSION (LxWxH)	1946x300x1727 (mm) 76.6x11.8x68 (in)
PRODUCT WEIGHT	33 Kg / 73 Lbs
40'	425 Sets



POWER CAGE

IFPC

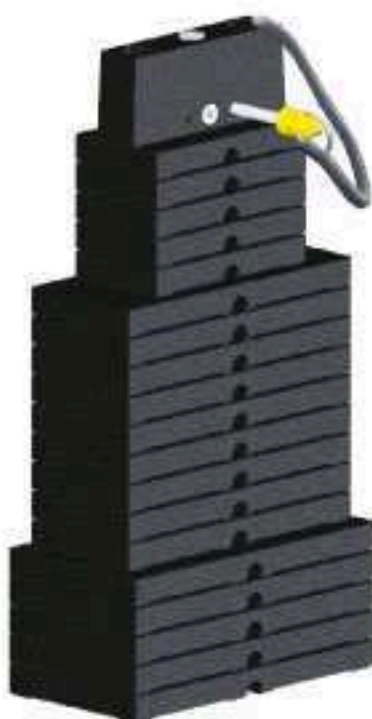
PRODUCT DIMENSION (LxWxH)	1231x1231x2110 (mm) 48.5x48.5x83.1 (in)
PRODUCT WEIGHT	114 Kg / 251 Lbs
40'	90 Sets



POWER CAGE LAT ATTACHMENT

IFPCL

PRODUCT DIMENSION (LxWxH)	2061x1213x958 (mm) 81.1x47.8x37.7 (in)
PRODUCT WEIGHT	31.8 Kg / 70 Lbs
40'	420 Sets



WEIGHT STACK ATTACHMENT

IFWS-200

PRODUCT WEIGHT	91 Kg / 200 Lbs
5x5 Lbs + 9x10 Lbs + 5x15 Lbs	



SQUAT STAND

IFSS

PRODUCT DIMENSION (LxWxH)	1226x1575x1735 (mm) 48.3x62x68.3 (in)
PRODUCT WEIGHT	56.5 Kg / 125 Lbs
40'	320 Sets



PLATE TREE - OLYMPIC

IFPTO

PRODUCT DIMENSION (LxWxH)	843x632x1108 (mm) 33.2x24.9x43.6 (in)
PRODUCT WEIGHT	19.5 Kg / 43 Lbs
40'	890 Sets



BARBELL RACK

IFBR

PRODUCT DIMENSION (LxWxH)	792x844x1380 (mm) 31.2x33.2x54.3 (in)
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CALF RAISE

IFCR

PRODUCT DIMENSION (LxWxH)	1100x560x850 (mm) 43.3x22x33.5 (in)
PRODUCT WEIGHT	35.5 Kg / 78 Lbs
40'	520 Sets



LEG EXTENSION / CURL MACHINE

IFLEGM

PRODUCT DIMENSION (LxWxH)	1215x1045x1047 (mm) 47.8x41.1x41.2 (in)
PRODUCT WEIGHT	51 Kg / 112 Lbs
40'	192 Sets



LEG PRESS / HACK SQUAT MACHINE

IFLPHS

PRODUCT DIMENSION (LxWxH)	2285x820x1295 (mm) 90x32.3x51 (in)
PRODUCT WEIGHT	162.5 Kg / 358 Lbs
40'	108 Sets



STRETCH

IFSTF

PRODUCT DIMENSION (LxWxH)	1866x1730x2150 (mm) 73.5x68.1x84.6 (in)
PRODUCT WEIGHT	90 Kg / 198 Lbs
40'	112 Sets



DECLINE BENCH

IFODB

PRODUCT DIMENSION (LxWxH)	1900x1310x1156 (mm) 74.8x51.6x45.5 (in)
PRODUCT WEIGHT	70 Kg / 154 Lbs
40'	154 Sets



FLAT BENCH

IFOFB

PRODUCT DIMENSION (LxWxH)	1525x1310x1265 (mm) 60x51.6x49.8 (in)
PRODUCT WEIGHT	60.5 Kg / 133 Lbs
40'	154 Sets



INCLINE BENCH

IFOIB

PRODUCT DIMENSION (LxWxH)	1560x1310x1192 (mm) 61.4x51.6x46.9 (in)
PRODUCT WEIGHT	68.5 Kg / 151 Lbs
40'	147 Sets



FUNCTIONAL TRAINER

IFFT

PRODUCT DIMENSION (LxWxH)	900x1800x2130 (mm) 35.4x70.9x83.9 (in)
PRODUCT WEIGHT	336 Kg / 741 Lbs
40'	56 Sets
WEIGHT STACK	2x91 Kg / 200 Lbs



MULTI-SELECT STABILIZER

IFFTOPT

PRODUCT DIMENSION (LxWxH)	1075x260x1120 (mm) 42.3x10.2x44 (in)
PRODUCT WEIGHT	17.3 Kg / 38 Lbs
	IFFT+IFFTOPT



CABLE CROSSOVER

IFCC

PRODUCT DIMENSION (LxWxH)	3660x1040x2120 (mm) 144.1x40.9x83.5 (in)
PRODUCT WEIGHT	291 Kg / 642 Lbs
40'	68 Sets
WEIGHT STACK	2x68 Kg / 150 Lbs

CARDIO SERIES



CARDIO SERIES



Impulse Strength Training Equipment Limited Warranty

Description	Warranty
Structural Steel Frame	Lifetime
Rotary Bearings, Weight Stacks, Pulleys, Guide Rods, Structural Moving Parts	2 Years
Cable, Linear Bearings, Springs	1 Year
Upholstery, Handgrips, All Other Items Not Listed	6 Months

Impulse Cardiovascular Equipment Limited Warranty

Description	Warranty
Frame	7 Years
Treadmill AC Motor	3 Years
Treadmill DC Motor	2 Years
Display PCB, Motor Controller, Generator, EMS, ECB Brake	2 Years
Key Pad, Durable Wear Parts	1 Year

* Conditions and Restrictions Applied.

