EFLAT BENCH REE VVEIGHT

MODEL # F201



STRENGTH **EPIC FREE WEIGHT**

Every solid workout has a solid foundation. The EPIC Flat Bench was built for comfort and durability using heavy-duty 11-gauge steel. The bench padding adds a level of comfort you can only get from a commercial bench and the eye-catching vinyl is stretched and sewn for a stronger, more durable seat. Electrostatically powder-coated for a sleek finish, other features of the bench include 3-inch (7.6 cm) transport wheels, an easy-grip handle and bolt-down holes.



EPIC FREE WEIGHT FLAT BENCH

PRODUCT FEATURES

A MORE COMFORTABLE WORKOUT

Designed with high-quality vinyl and high-density foam, this seat is built for comfort and durability. The foam padding adds a level of comfort only commercial equipment can provide while the vinyl is stretched and sewn onto the seat pad for a stronger, more durable seat.

EASY PORTABILITY

To increase the portability of this flat bench, it was designed with 3 in (7.6 cm) transport wheels and an easy-grip handle. Simply lift the bench and roll to your desired fitness area.

BOLT-DOWN HOLES

For added safety, this Flat Bench can be bolted to the floor through 3 pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The flat bench is built with heavy-duty 11-gauge steel. It's also electrostatically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS

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Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick foam
Max User Weight	350 lbs (159 kg)
Max Total Weight	600 lbs (272.1 kg)
Workout Area	11.08 ft² (1.03 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	55 x 29 x 17 in (139.7 x 73.6 x 43.18 cm)
Shipping Dimensions (LxWxH)	Box 1: 57.4 x 29.9 x 15.5 in (145.7 x 75.9 x 39.3 cm) Box 2: 48.6 x 12.5 x 2.6 in (123.4 x 31.7 x 6.6 cm)
Product Weight	57 lbs (25.9 kg)
Shipping Weight	Box 1: 50 lbs (22.6 kg) Box 2: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE



The unique Y-shaped frame of the EPIC Olympic Flat Bench gets the spotter closer to the lifter. Six plate holders positioned near the bar make loading and unloading weight easier and more efficient. For maximum bar clearance, the wide, Olympic bench was designed with two rack heights and molded covers for added durability. The extended bar racks create wider than usual hand positions while the high-quality vinyl, 1.5 in (3.8 cm) foam padded seat and bolt-down holes keep the machine comfortable and safely secured to the floor. Bar sold separately.



EPIC FREE WEIGHT OLYMPIC FLAT BENCH

PRODUCT FEATURES

Y-SHAPED FRAME

The unique shape of this frame gets the spotter closer to the lifter for increased safety.

RACK IT UP

For maximum bar clearance, the Olympic flat bench was designed with 2 rack heights. The bar racks feature molded covers for added durability and reduced wear. They were built and placed at an extended width to accommodate wide hand positions.

A MORE COMFORTABLE WORKOUT

Designed with high-quality vinyl and 1.5 in (3.8 cm) foam, the seat is built for comfort and durability. The foam padding adds a level of comfort only commercial equipment can provide while the vinyl is stretched and sewn onto the pad for a stronger, more durable seat.

BOLT-DOWN HOLES

For added safety, this Olympic Flat Bench can be bolted to the floor through 3 pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Olympic Flat Bench is built with heavy-duty 11-gauge steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

CDECIFICATIONS

SPECIFICATIONS	
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick high density foam
Max User Weight	350 lbs (159 kg)
Max Total Weight	950 lbs (430.9 kg)
Workout Area	28.89 ft² (2.68 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	64 × 65 × 51 in (162.5 × 165.1 × 129.5 cm)
Shipping Dimensions (LxWxH)	Box 1: 54.7 × 29 × 11.2 in (138.9 × 73.6 × 28.4 cm) Box 2: 49 × 12.9 × 2.9 in (124.4 × 32.7 × 7.3 cm)
Shipping Weight	Box 1: 280 lbs (127 kg) Box 2: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE

-ADJUSTABLE BENCH - VIEW TO THE STABLE BENCH - V

MODEL # F203



STRENGTH **EPIC FREE WEIGHT**

The EPIC Adjustable Bench can be customized to fit every person in your club. The padded, adjustable backrest tilts from -5 to 80 degrees and the seat can move to a 30-degree incline. Built-in transport wheels make it easy to move from place to place while six plate holders near the bar create a convenient loading and weight storage area.



EPIC FREE WEIGHT ADJUSTABLE BENCH

PRODUCT FEATURES

MULTIPLE POSITION SEATS

Quickly adjust the seat with the pop-pin adjustment on this Freemotion machine. The backrest tilts from -5 to 80 degrees, and the seat adjusts to a 30-degree incline.

EASY PORTABILITY

To increase the portability of this flat bench, it was designed with 3 in (7.6 cm) transport wheels and an easy-grip handle. Simply lift the bench and roll to your desired fitness area.

BOLT-DOWN HOLES

For added safety, this Flat Bench can be bolted to the floor through 3 pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Adjustable Bench is built with heavy-duty 11-gauge steel. It's also electrostatically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

PECIFICATIONS

SPECIFICATIONS	
Adjustments	Backrest tilts 5 to 80-degrees / Seat tilts to a 30-degree incline
Max User Weight	350 lbs (159 kg)
Max Total Weight	795 lbs (360.6 kg)
Workout Area	11.28 ft² (1.05 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	58 x 28 x 51 in (147.3 x 71.1 x 129.5 cm)
Shipping Dimensions (LxWxH)	Box 1: 59.3 × 30.5 × 15.2 in (150.6 × 77.4 × 38.6 cm) Box 2: 53.7 × 12.7 × 3.3 in (136.3 × 32.2 × 8.3 cm)
Machine Weight	68.5 lbs (31.1 kg)
Shipping Weight	Box 1: 90 lbs (40.8 kg) Box 2: 20 lbs (9 kg)
Regulatory Approval	EN957, CE



This short back, military bench makes it easy to do overhead presses - without the bench itself getting in the way. Built for comfort, safety and durability, the EPIC Utility Bench has wear-resistant vinyl and high-density foam on the seat and contoured backrest. Vinyl stretched and sewn makes a stronger, more durable seat combined with 11-gauge steel that's been electrostatically powder-coated for a sleek finish. Convenient 3 in (7.6 cm) transport wheels make it mobile and the easy answer to creating a circuit cycle with any Freemotion machine. The easy-grip handle and bolt-down holes make this bench a catalyst for getting stronger.



EPIC FREE WEIGHT UTILITY BENCH

PRODUCT FEATURES

MADE TO STAND THE TEST OF TIME

Designed with high-quality vinyl and 1.5 in foam, this seat and backrest are designed for your ultimate comfort. Extra thick padding and stretched, sewn vinyl make this seat long-lasting for even the busiest gym.

WORK, REST, REPEAT

Get the support and durability needed for an effective workout with this solid steel, nickel plated footrest.

EASY PORTABILITY

To increase the portability of the Utility Bench, it was designed with 3 in (7.6 cm) transport wheels and an easy-grip handle. Simply lift the bench and roll to your desired fitness area.

BOLT-DOWN HOLES

For added safety, this Utility Bench can be bolted to the floor through 3 pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Utility Bench is built with heavy-duty 11-gauge steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS	
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick high density foam
Max User Weight	350 lbs (159 kg)
Max Total Weight	795 lbs (360.6 kg)
Workout Area	11.28 ft² (1.05 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	56 x 29 x 41 in (142.2 x 73.6 x 104.1 cm)
Shipping Dimensions (LxWxH)	Box 1: 45.6 × 30.5 × 12.9 in (115.8 × 77.4 × 32.7 cm) Box 2: 43.3 × 14.1 × 3.1 in (109.9 × 35.8 × 7.8 cm)
Shipping Weight	Box 1: 64 lbs (29 kg) Box 2: 29 lbs (13.1 kg)
Regulatory Approval	EN957, CE

MODEL # F205



STRENGTH **EPIC FREE WEIGHT**

The biggest difference in the EPIC Preacher Curl is the slight slant to the arm padding, contoured to fit where the body sits. The tripod design creates the ultimate in stability and coated hooks dampen the noise level in your gym. The kick plate up front makes the curl look clean and sleek, while the easy to wipe wide tubing makes maintaining a high level of cleanliness in your gym easier. The intensely padded, adjustable seat features 10 pop-pin height adjustments and two bar racks to fit every body type.

FREE/MOTION



EPIC FREE WEIGHT PREACHER CURL

PRODUCT FEATURES

STURDY, TRIPOD-BASE DESIGN

Designed to give easy access to the machine, the Preacher Curl base has a tripod configuration for added stability.

SUPPORT WHEN YOU NEED IT

The contoured design of these arm pads help the member fit proper positioning for a more effective (and more comfortable) workout.

MULTIPLE BAR RACKS

The Preacher Curl was designed with two bar racks to work for people of all heights. Molded covers add to this machine's durability, making it able to stand up to constant use from members.

ADJUSTABLE SEAT

Choose from 10 pop-pin height settings to accommodate different users or workout preferences. Seat is made with high-quality vinyl and 1.5 in (3.8 cm) foam for comfort and durability.

KICK PLATES

For added protection and durability, the kick plates are made with stainless steel.

BOLT-DOWN HOLES

For added safety, this Preacher Curl can be bolted to the floor through 3 pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Preacher Curl is built with heavy-duty 11-gauge steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS

JF LCII ICATION 3	
Adjustments	Pop-pin adjustable seat
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick foam
Max User Weight	350 lbs (159 kg)
Max Total Weight	550 lbs (249.4 kg)
Workout Area	9.17 ft² (0.85 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	44 x 30 40 in (111.7 x 76.2 x 101.6 cm)
Shipping Dimensions (LxWxH)	Box 1: 46.3 × 31.5 × 10.8 in (118.8 × 80 × 27.4 cm) Box 2: 26.7 × 5.9 × 17.7 in (67.8 × 14.9 × 44.9 cm)
Shipping Weight	Box 1: 144 lbs (65.3 kg) Box 2: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE



A 'bedliner'-type grip coating, dual super thick pads and rugged handlebars add to user-friendly functionality of the EPIC 45-Degree Back Extension. Targeting one of the most crucial parts of the body—the back- the split-angle, foam thigh pads create proper positioning to lessen the chance of injury. Pop-pin height adjustments and secure plate placement make the workout as safe and beneficial as possible.



EPIC FREE WEIGHT 45° BACK EXTENSION

PRODUCT FEATURES

POSITION FIRST

Designed to help keep members in the proper position, this EPIC 45° Back Extension machine features high-quality split-angle thigh pads made with vinyl and 1.5 in (3.8 cm) foam.

BOLT-DOWN HOLES

For added safety, this 45° Back Extension can be bolted to the floor through pre-drilled holes.

STEADY FOOTING

To provide secure foot placement, the foot plate on this Freemotion machine has been coated with Line- X° .

INDUSTRIAL CONSTRUCTION

The 45° Back Extension is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

CDECIFICATIONS

SPELIFICATIONS	
Adjustments	Adjustable thigh pads
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick foam
Max User Weight	350 lbs (159 kg)
Workout Area	7.50 ft² (0.70 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	40 x 27 x 53 in (101.6 x 68.5 x 134.6 cm)
Shipping Dimensions (LxWxH)	Box 1: 51.1 × 30.3 × 20.8 in (129.7 × 76.9 × 52.8 cm) Box 2: 17.7 × 3.5 × 12.2 in (44.9 × 8.8 × 30.9 cm)
Shipping Weight	Box 1: 131 lbs (59.4 kg) Box 2: 11.1 lbs (5 kg)
Regulatory Approval	EN957, CE

EDIP CHIN-ABREE VVEIGHT

MODEL # F207



STRENGTH **EPIC FREE WEIGHT**

With three workout stations in one convenient machine, the EPIC Dip-Chin-Ab targets the back, biceps, triceps, and abs. Curved handles create multiple grips for chin-up exercises while comfortable, big padded elbow rests are angled to guide proper form. Line-X® textured foot platforms keep feet locked in place and pre-drilled holes can be bolted to the floor for safety and stability. Built with heavy-duty steel and electrostatically powder-coated, the EPIC Dip-Chin-Ab is a safe, versatile addition to your workout circuit.

FREEMOTION



EPIC FREE WEIGHT DIP CHIN-AB

PRODUCT FEATURES

SMART CURVED HANDLES

The design of these curved handles creates multiple grips to help with chin-up exercises.

STAY FOCUSED ON THE WORKOUT

To guide the member to use proper form, these high-quality vinyl padded armrests are angled and made with thick 1.5 in (3.8 cm) foam.

STAND TALL

Platforms are coated with Line- X^{\otimes} to secure foot placement.

BOLT-DOWN HOLES

For added safety, this Dip Chin-Ab can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Dip Chin-Ab is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

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SPECIFICATIONS	
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick foam
Max User Weight	350 lbs (159 kg)
Max Total Weight	600 lbs (272.1 kg)
Workout Area	15.67 ft² (1.46 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	47 x 48 x 93 in (119.3 x 121.9 x 236.2 cm)
Shipping Dimensions (LxWxH)	Box 1: 71.3 × 31.3 × 14.8 in (181.1 × 79.5 × 37.5 cm) Box 2: 42.1 × 11 × 5.7 in (106.9 × 27.9 × 14.4 cm)
Product Weight	268.9 lbs (122 kg)
Shipping Weight	Box 1: 300 lbs (136 kg) Box 2: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE

TWIN TIER DUBBELL RACK



STRENGTH **EPIC FREE WEIGHT**

Give members a safe, reliable organized workout with the EPIC Twin Tier Dumbbell Rack. This Freemotion rack holds up to 20 standard dumbbells (up to 2,500 lbs / 1,133 kg) with molded dumbbell holders to protect the weights and prevent rolling. Bolt-down holes can be fastened to the floor for added stability; heavy-duty steel and electrostatically powder-coated give it a sleek finish.



EPIC FREE WEIGHT TWIN TIER DUMBBELL RACK

PRODUCT FEATURES

EXPANDED CONVENIENCE

Safely holds up to 20 standard dumbbells to help keep your facility neat and organized.

STAY ORGANIZE

Molded dumbbell holders protect the weights' finish and stop dumbbells from rolling along the rack.

SOLID FOUNDATION

This dumbbell rack can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Twin Tier Dumbbell Rack is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

CDFCIFICATIONS

SPECIFICATIONS	
Workout Area	18.96 ft² (1.76 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Product Dimensions (LxWxH)	30 x 91 x 31 in (76.2 x 231.1 x 78.7 cm)
Shipping Dimensions (LxWxH)	92.5 x 32.8 x 9.4 in (234.9 x 83.3 x 23.8 cm)
Product Weight	205.4 lbs (93.2 kg)
Shipping Weight	280 lbs (127 kg)



The A-frame design of the EPIC Barbell Rack takes up less space than other racks. This Freemotion piece holds up to 10 standard barbells, 1,250 lb and can be bolted-down for added durability. Heavy-duty, 11-gauge steel construction and an electrostatically powder-coated finish gives it that sleek finish you want.

FREE/MOTION



EPIC FREE WEIGHT BARBELL RACK

PRODUCT FEATURES

EVERYTHING IN ITS PLACE

Conveniently holds 10 standard barbells so members can spend more time working out and less time searching for the right weights.

MAXIMUM STORAGE

Get the most storage out of this rack's small footprint with the nickel-plated A-Frame design.

PEACE OF MIND

For safety and security, this barbell rack can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Barbell Rack is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS

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Max Total Weight	1,250 lbs (566.9 kg)
Workout Area	6.67 ft² (0.62 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Product Dimensions (LxWxH)	32 × 30 × 52 in (81.2 × 76.2 × 132 cm)
Shipping Dimensions (LxWxH)	53.3 × 30 × 5.3 in (135.3 × 76.2 × 13.4 cm)
Shipping Weight	165 lbs (74.8 kg)

Regulatory Approval EN957, CE

<u>-smith machine</u> — E // E / F

MODEL # F211

STRENGTH **EPIC FREE WEIGHT**

By eliminating the crossbar, Freemotion has created an easy walk-in/workout tool that helps members get results. The EPIC Smith Machine has a 82.5 in (209.5 cm) bar height and 51 in (129 cm) squatting and pressing range to fit people of all sizes. Built-in safety stops ratchet the barbell into place before and after each lift while plate holders near the bar racks make loading and unloading easy and also create convenient storage space.

FREE/MOTION



EPIC FREE WEIGHT SMITH MACHINE

PRODUCT FEATURES

WALK-THROUGH DESIGN

By eliminating the crossbar, members can easily walk-into the machine. And the open design creates a convenient area for a bench under the bar.

SAFETY FIRST

Quick positioning is easy with ratchets and pop-pin functionality.

SHIELDED CONSTRUCTION

Cables, linear shafting and safety stop are shielded for safer usability.

EXTENDED TRAVEL

With a maximum of 82.5 in (209.5 cm) of bar height, the Smith Machine exceeds 51 in (129 cm) of squatting and pressing range of motion to accommodate users of various heights.

PLATE LOAD DESIGN

Plate holders are positioned near the bar racks for easy loading and unloading.

BOLT-DOWN HOLES

For added safety, this Smith Machine can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Smith Machine is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

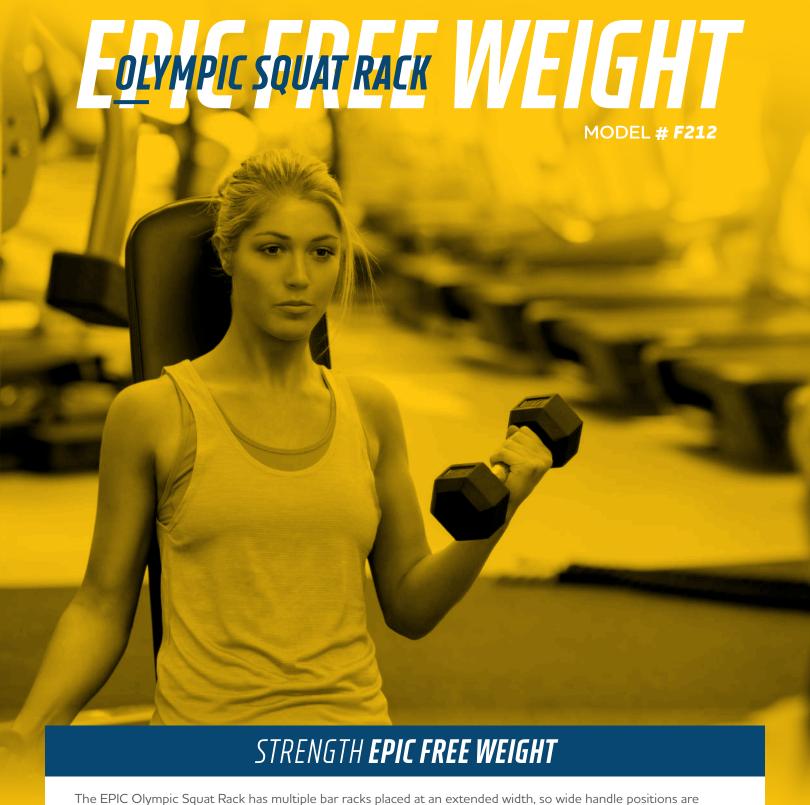
10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS

Box 1: 22.6 × 92.5 × 5.9 in (57.4 × 234.9 × 14.9 cm)
Box 2: 57 × 96 × 5.3 in (144.7 × 243.8 × 13.4 cm)
Box 3: 57 × 96 × 5.3 in (144.7 × 243.8 × 13.4 cm) Shipping Dimensions (LxWxH)

Shipping Weight



The EPIC Olympic Squat Rack has multiple bar racks placed at an extended width, so wide handle positions are easy to perform. To reduce wear and tear, this rack has molded covers and strategically placed kick plates to keep it looking sharp. The solid steel, nickel plated catch bars adjust in height to create a full range of motion and can safely contain a dropped bar. Bolt-down holes, heavy-duty steel construction and an electrostatically powder-coated finish, make this rack strong as it is eye-catching.



EPIC FREE WEIGHT OLYMPIC SQUAT RACK

PRODUCT FEATURES

YOUR SPOTTER IS HERE

Solid steel, nickel plated catch bars can be customized for each person to create a full range of motion and can safely contain a dropped bar.

AMPLE BAR RACKS

The Olympic Squat Rack has multiple rack heights for maximum bar clearance. Wide set racks work well for wide hand positions while molded covers add durability and reduce wear.

PROTECT YOUR INVESTMENT

For added protection and durability, the kick plates are made with stainless steel.

BOLT-DOWN HOLES

For added safety, this squat rack can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Olympic Squat Rack is built with heavy-duty steel. It's also electrostatically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS

Workout Area 27.79 ft² (2.58 m²)	Adjustments	Multi-position bar holders
	Workout Area	27.79 ft² (2.58 m²)

tandard Frame	Platinum Sparkle
	(Black River - Optional)

Product Dimensions	58 x 69 x 73 in
(LxWxH)	(147 3 x 175 2 x 185 4 cm)

Shipping Dimensions	$74.4 \times 60 \times 9.1$ in
(LxWxH)	(188.9 x 152.4 x 23.1 cm)

Shipping Weight	420 lbs (190.5 kg)
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ABDOMINAL BENCH - VV - T

MODEL # F213

STRENGTH **EPIC FREE WEIGHT**

The first things you may notice about the EPIC Abdominal Bench are the wider-than-normal bench pad and how it positions feet up. The flat and decline positions turn up the intensity; add a kettlebell and this strength training workout instantly transforms into an aerobic one. Pads are made with high-quality vinyl and long-lasting 1.5 in (3.8 cm) foam. Bolt-down holes add to the bench's stability. Made with heavy-duty 11-gauge steel construction, the Freemotion Ab Bench is also electrostatically powder-coated for a professional finish.



EPIC FREE WEIGHT ABDOMINAL BENCH

PRODUCT FEATURES

PERFECT POSITIONING

With six backrest settings and pop-pin adjustment, this machine works for everyone.

EVERYBODY IN

Vinyl covered, 1.5 in (3.8 cm) foam leg pads are contoured – and have multiple settings – to accommodate a variety of users and exercise preferences.

SAFETY FIRST

For added security, this bench can be bolted to the floor through pre-drilled holes.

BOLT-DOWN HOLES

For added safety, this squat rack can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Abdominal Bench is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

DECIEICATIONS

SPECIFICATIONS	
Adjustments	Leg pads to fit many users Backrest - 6 settings
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick high density foam
Max User Weight	350 lbs (159 kg)
Workout Area	13.93 ft² (1.29 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	59 x 34 x 41 in (149.8 x 86.3 x 104.1 cm)
Shipping Dimensions (LxWxH)	Box 1: 49.6 × 35.4 × 25.7 in (125.9 × 89.9 × 65.2 cm) Box 2: 19 × 6.3 × 25.7 in (48.2 × 16 × 127 cm)
Shipping Weight	Box 1: 109 lbs (49.4 kg) Box 2: 40 lbs (18.1 kg)
Regulatory Approval	EN957, CE



The EPIC Olympic Incline Bench has a y-shaped frame that gets the spotter closer to the lifter for increased safety. The adjustable seat has several height settings, 1.5 in (3.8 cm) of foam and durable vinyl to keep it comfortable, and looking great, for years. An inclined backrest creates a supported foundation for overhead presses while multiple bar racks, easy plate load design and bolt-down holes make this a versatile and smart training tool. Built with heavy-duty steel and electrostatically powder-coated, this multi-purpose bench has the sleek finish and huge functionality to make the most of your floor space.



EPIC FREE WEIGHT OLYMPIC INCLINE BENCH

PRODUCT FEATURES

Y-SHAPED FRAME

The unique shape of this frame gets the spotter as close as possible to the lifted, to assist with each rep.

DURABLE, ADJUSTABLE

Multiple height settings will fit a variety of members. With high-quality vinyl and 1.5 in (3.8 cm) foam, you'll give members comfort and durability that can last for years.

INCLINED TO DO MORE

To target the muscles of the upper chest, the backrest is set at a 35-degree angle.

MULTIPLE BAR RACKS

For maximum bar clearance, the Olympic Incline Bench was designed with 2 rack heights. The bar racks feature molded covers for added durability and reduced wear. They were built and placed at an extended width to accommodate wide hand positions.

PLATE LOAD DESIGN

Plate holders are positioned near the bar racks for easy loading and unloading.

BOLT-DOWN HOLES

For added safety, this bench can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Olympic Incline Bench is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

CDECIFICATIONS

SPELIFICATIONS	
Adjustments	Adjustable seat bottom
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick high density foam
Max User Weight	350 lbs (159 kg)
Workout Area	28.44 ft² (2.64 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	63 x 65 x 51 in (160 x 165.1 x 129.5 cm)
Shipping Dimensions (LxWxH)	Box 1: 57 × 30.3 × 8.6 in (144.7 × 76.9 × 21.8 cm) Box 2: 51.1 × 13 × 3.1 in (129.7 × 33 × 7.8 cm)
Shipping Weight	Box 1: 232.5 lbs (105.4 kg) Box 2: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE

OLYMPIC DECLINE BENCH

MODEL # F215

STRENGTH **EPIC FREE WEIGHT**

It's all about getting the most out of your workout, on the EPIC Olympic Decline Bench. The smart y-shaped frame gets the spotter closer to the lifter and the backrest is set at a 15-degree angle to target lower chest muscles. Supportive leg pads adjust to 10 settings and have contoured, sliding shin pads to customize the fit. Multiple bar racks, plate load design, bolt-down holes and a sleek finish make the heavy duty Olympic Decline Bench a versatile solution.



EPIC FREE WEIGHT OLYMPIC DECLINE BENCH

PRODUCT FEATURES

CLOSER, SAFER

The unique shape of this frame gets the spotter closer to the lifter for increased safety.

TRIPOD BASE DESIGN

Designed to provide easier access to the machine, the base features a tripod configuration for added stability.

ULTIMATE ADJUSTMENT

To accommodate a wide variety of users, the leg pads feature 10 settings. They are also made with high-quality vinyl and 1.5 in (3.8 cm) foam for comfort and durability.

SHIN PADS

Contoured shin pads slide to fit a wide variety of users and roll for additional comfort.

DECLINED BACKREST

To target the muscles of the lower chest, this backrest is set at a 15-degree angle.

MULTIPLE BAR RACKS

For maximum bar clearance, the Olympic Decline Bench was designed with 2 rack heights. The bar racks feature molded covers for added durability and reduced wear. They are built and placed at an extended width to accommodate wide hand positions.

PLATE LOAD DESIGN

Plate holders are positioned near the bar racks for easy loading and unloading.

BOLT-DOWN HOLES

For added safety, this bench can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Olympic Decline Bench is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish...

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS	
Adjustments	Adjustable leg pads
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick high density foam
Max User Weight	350 lbs (159 kg)
Workout Area	19.38 ft² (1.80 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	45 x 62 x 89 in (114.3 x 157.4 x 226 cm)
Shipping Dimensions (LxWxH)	Box 1: 51.8 × 33.4 × 9.6 in (131.5 × 84.8 × 24.3 cm) Box 2: 43.3 × 17.3 × 9.8 in (109.9 × 43.9 × 24.8 cm)
Shipping Weight	Box 1: 234 lbs (106.1 kg) Box 2: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE



The open design, convenient catch ramp and spotter stand are just three reasons why a EPIC Military Press can add functionality to your gym. The 1.5 in (3.8 cm) foam seat covered with wear-resistant vinyl can be adjusted to fit people of all sizes. Convenient catch bars are protected with a polyurethane coating to quiet noise and protect the press. Stainless steel kick plates, plate load design, multiple bar racks and bolt-down holes all add to the versatility of this one machine. Heavy-duty steel construction and an electrostatically powder-coating gives it superior polish and amazing durability.

FREEMOTION



EPIC FREE WEIGHT MILITARY PRESS

PRODUCT FEATURES

RAMP UP

Getting a front bar rack onto the machine is easier with this built-in ramp.

OPEN DESIGN

Users can exit the machine from the rear when a bar is on the front rack.

SPOTTER STAND

Textured, non-slip platform with thigh rest is built behind the seat to offer a safer, easier location for spotting.

ADJUSTABLE SEAT

Choose from several height settings to accommodate different users or workout preferences. Seat is made with high-quality vinyl and 1.5 (3.8 cm) foam for comfort and durability.

SAFETY CATCH BARS

Durable catch bars are protected by polyurethane and can safely contain a dropped bar.

KICK PLATES

For added protection and durability, the kick plates are made with stainless steel.

PLATE LOAD DESIGN

Plate holders are positioned near the bar racks for easy loading and unloading.

MULTIPLE BAR RACKS

For maximum bar clearance, the Military Press was designed with 1 front rack and 2 rear racks. The bar racks feature molded covers for added durability and reduced wear. They were built and placed at an extended width to accommodate wide hand positions.

BOLT-DOWN HOLES

For added safety, this bench can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Military Press is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS

Adjustments	Adjustable seat bottom
Upholstery	Stretched/Sewn vinyl 1.5 in thick high density foam
Max User Weight	350 lbs (159 kg)
Workout Area	26.36 ft² (2.45 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	52 x 73 x 70 in (132 x 185.4 x 177.8 cm)
Shipping Dimensions (LxWxH)	Box 1: 71.6 × 54.7 × 6.1 in (181.6 × 138.9 × 15.4 cm) Box 2: 48.8 × 36 × 16.4 in (123.9 × 91.4 × 41.6 cm) Box 3: 25.9 × 6.5 × 14.5 in (65.7 × 16.5 × 36.8 cm)
Shipping Weight	Box 1: 176 lbs (79.8 kg) Box 2: 303 lbs (137.4 kg) Box 3: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE

PLATE LOADED SQUAT

MODEL # F217

STRENGTH **EPIC FREE WEIGHT**

The EPIC Plate Loaded Squat features a unique contoured platform which enables users to maintain correct ankle alignment. It's also textured with Line- X^{\otimes} to ensure stable foot placement. Contoured shoulder pads swivel and slide to comfortably fit a wide variety of people. And, low plate load design allows for easy loading and unloading, no higher than waist level. Other features include a weight-locking lever, safety stop, bolt-down holes and heavy-duty steel construction. The Plate Loaded Squat is also electrostatically powder-coated for an eye-catching finish.



EPIC FREE WEIGHT PLATE LOADED SQUATE

PRODUCT FEATURES

STEADY AND READY

Unique contoured design of this platform helps maintain correct ankle alignment. It's also textured with Line- X^{\otimes} to ensure stable foot placement.

EASIER ON SHOULDERS

Contoured shoulder pads swivel and slide to comfortably fit a wide variety of users.

WEIGHT-LOCKING LEVER

Simply lift the weight carriage to begin exercising. To finish the workout, push down on the weight-locking lever and lower the carriage into one of three locking positions.

LOW PLATE LOAD DESIGN

Plate storage bars are positioned near the load arms for easy loading and unloading, no higher than waist level.

SAFETY STOP

Users set the lowest point in squat motion by placing a solid steel locking bar in 1 of 7 positions.

BOLT-DOWN HOLES

For added safety, this bench can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Plate Loaded Squat is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS

Upholstery	Stretched/Sewn vinyl 1.5 in thick high density foam
Max User Weight	350 lbs (159 kg)
Workout Area	29.69 ft² (2.76 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	75 × 57 × 68 in (190 × 144.7 × 172.7 cm)
Shipping Dimensions (LxWxH)	Box 1: 76.3 × 31.8 × 32 in (193.8 × 80.7 × 81.2 cm) Box 2: 38.5 × 13.3 × 5.1 in (97.7 × 33.7 × 12.9 cm)
Product Weight	137 lbs (62 kg)
Shipping Weight	Box 1: 553 lbs (250.8 kg) Box 2: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE



This heavy-duty piece of equipment has a starting resistance of 90 lbs (40.8 kg) and a maximum load weight of 900 lbs (408 kg). The four-bar linkage on the EPIC Plate Loaded Leg Press allows the lower body to move in a more natural pattern and helps reduce stress on the knees. Tough grip Line-X® coating ensures stable foot placement while a sophisticated weight-locking lever ensures safe and easy use. Each load bar is positioned for easy entry and exit and pre-drilled holes can be bolted to the floor for added stability.



EPIC FREE WEIGHT PLATE LOADED LEG PRESS

PRODUCT FEATURES

PLUSH AND TOUGH

Choose from four convenient seat positions to accommodate workout preferences. Plush 1.5 in (3.8 cm) foam and high-quality vinyl add to the seat's comfort and durability.

GOING UP

Getting on and off the machine is easier thanks to the seat and platform adjustment.

OPEN DESIGN

Each load bar holds up to 450 lbs (204.1 kg) per side and is positioned to facilitate easy entry/exit of the machine

DUAL-SIDE WEIGHT LOCKING LEVER

To begin exercising, simply place feet on platform, extend to start position and pull the locking lever up. To exit the machine, return to start position, push the lever down and release the platform.

TEXTURED PLATFORM

To help ensure secure foot placement, the platform is coated with Line-X°.

BOLT-DOWN HOLES

For added safety, this bench can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Plate Loaded Leg Press is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS

JF ECH ICAHONS	
Adjustments	Adjustable seat
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick high density foam
Max User Weight	350 lbs (159 kg)
Workout Area	39.29 ft² (3.65 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	82 x 69 x 58 in (208.2 x 175.2 x 147.3 cm)
Shipping Dimensions (LxWxH)	Box 1: 61.8 × 29.5 × 37.8 in (156.9 × 74.9 × 96 cm) Box 2: 13 × 5.5 × 37 in (33 × 13.9 × 93.9 cm)
Shipping Weight	Box 1: 475 lbs (215.4 kg) Box 2: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE

OLYMPIC WEIGHT & BAR RACK

MODEL # F219

STRENGTH **EPIC FREE WEIGHT**

The EPIC Olympic Weight and Bar Rack holds up to two Olympic-sized straight and/or curl bars and has flared edges to help with bar placement. Able to handle up to 1,270 lbs (576 kg) of Olympic weight storage, this hard working rack keeps everything organized. Plated storage bars made of solid steel run the length of the entire rack. Built with strong 11-gauge steel tubing, the bolt down frame has been electrostatically powder-coated for a professional finish.

FREE/MOTION



EPIC FREE WEIGHT OLYMPIC WEIGHT & BAR RACK

PRODUCT FEATURES

BIG TIME BAR STORAGE

With flared edges to help with bar placement, this Freemotion rack holds two Olympic-sized straight and/or curl bars.

STACK IT UP

Stores up to 1,270 lbs (576 kg) of Olympic weight plates. Storage bars are plated and made of solid steel for durability.

BOLT-DOWN HOLES

For added safety, the Olympic Weight and Bar Rack can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Olympic Weight & Bar Rack is built with heavy-duty 11-gauge steel tubing. The frame is electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

CDECIFICATIONS

SPECIFICATIONS	
Max Total Weight	350 lbs (159 kg)
Workout Area	4.74 ft² (0.44 m²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Product Dimensions (LxWxH)	22 × 31 50 in (55.8 × 78.7 × 127 cm)
Shipping Dimensions (LxWxH)	45.6 × 23.8 × 8.2 in (115.8 × 60.4 × 20.8 cm)
Shipping Weight	104 lbs (47.1 kg)
Regulatory Approval	EN957, CE





EPIC FREE WEIGHT PLATE-LOADED CALF

PRODUCT FEATURES

SMOOTH WORKOUT

The seat and backrest glide smoothly, quietly, and without resistance up and down the guide rods. Users don't feel machine-like resistance, only the natural resistance of the weights.

SECURE FOOT PLACEMENT

The large platform is coated with textured Line- X° coating for exceptional durability and stable foot positioning that ensures a safe and efficient workout.

LONG-LASTING COMFORT

Covered with high-quality double-stitched vinyl, the newly redesigned polyurethane seat and backrest provide 4X the durability and enhanced comfort.

PLATE STORAGE BARS

Durable nickel-plated weight holders are positioned near the bar racks for easy loading and unloading, providing convenient storage for plates while withstanding corrosion, rust, and heavy use.

INDUSTRIAL CONSTRUCTION

The Plate Loaded Calf is built with heavy-duty 11-gauge steel. It's also electrostatically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

DECIFICATIONS

SPECIFICATIONS	
Frame and Finish	Heavy-duty 11-gauge steel construction
Upholstery	Double-Stitched Vinyl, Polyurethane Cushion
Max User Weight	400 lbs (182 kg)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	50 × 45 × 71 in (127 × 114 × 180 cm)
Shipping Dimensions (LxWxH)	Box 1: 70.5 × 37 × 25.9 in (179 × 94 × 65.7 cm) Box 2: 30.7 × 18.9 × 4.3 in (78 × 48 × 11 cm)
Shipping Weight	Box 1 : 385 lbs (175 kg) Box 2 : 11 lbs (5 kg)
Regulatory Approval	CE, Class S. ISO 20957-1, -2, -4