

COMMERCIAL

MODEL #	MACHINE	DIMENSIONS	UNIT WEIGHT
TRAINING			
XFW-4400	Triceps Seat	29" w x 44" l x 34" h (72 x 111 x 86 cms)	45 lbs./20 kg
XFW-7500	Flat/Incline/Decline Bench	31" w x 50" l x 19" (flat) h (78 x 128 x 48 cms)	79 lbs./39 kg
XFW-7000	Flat Bench	29" w x 50" l x 19" h (72 x 127 x 48 cms)	57 lbs./26 kg
XFW-5000	Preacher Curl	33" w x 43" l x 38" h (82 x 108 x 97 cms)	92 lbs./42 kg
XFW-5300	Ab/Decline Bench	29" w x 68" l x 35" h (72 x 173 x 88 cms)	103 lbs./47 kg
XFW-5500	Lever Row	44" w x 73" l x 47" h (110 x 184 x 118 cms)	180 lbs./82 kg
XFW-5700	Seated Calf	25" w x 60" l x 44" h (62 x 152 x 112 cms)	120 lbs./54 kg
OLYMPIC			
XFW-6800	Smith Machine	86" w x 55" l x 88" h (218 x 140 x 224 cms)	370 lbs./174 kg
XFW-7100	Supine Press Bench	65" w x 66" l x 49" h (165 x 167 x 125 cms)	161 lbs./73 kg
XFW-7200	Incline Press Bench	65" w x 68" l x 56" h (165 x 173 x 142 cms)	185 lbs./84 kg
XFW-7900	Power Rack	66" w x 73" l x 92" h (167 x 185 x 233 cms)	368 lbs./167 kg
XFW-8100	Half Rack	66" w x 67" l x 92" h (170 x 167 x 233 cms)	345 lbs./157 kg
XFW-8200	3 Way Press Bench	65" w x 75" l x 56" h (165 x 190 x 142 cms)	239 lbs./108 kg
STORAGE			
XFW-4700-6	Dumbbell Rack	61" w x 30" l x 33" h (155 x 76 x 84 cms)	167 lbs./76 kg
XFW-4700-10	Dumbbell Rack	95" w x 30" l x 33" h (241 x 76 x 84 cms)	215 lbs./98 kg
XFW-4700-12	Dumbbell Rack	116" w x 30" l x 33" h (295 x 76 x 84 cms)	294 lbs./134 kg
XFW-4700-16	Dumbbell Rack	150" w x 30" l x 33" h (381 x 76 x 84 cms)	342 lbs./155 kg
XFW-4700-20	Dumbbell Rack	184" w x 30" l x 33" h (467 x 76 x 84 cms)	390 lbs./177 kg
XFW-4700-30	Dumbbell Rack	274" w x 30" l x 33" h (696 x 76 x 84 cms)	430 lbs./195 kg
XFW-6300	Weight Plate Tree	26" w x 41" l x 37" h (65 x 104 x 93 cms)	54 lbs./24 kg
BODY WEIGHT			
XFW-5300	Ab/Decline Bench	29" w x 68" l x 35" h (72 x 173 x 88 cms)	103 lbs./47 kg
XFW-5600	Roman Bench	35" w x 49" l x 33" h (89 x 124 x 83 cms)	97 lbs./44 kg
XFW-6400	Vertical Knee Raise/Dip	29" w x 42" l x 61" h (73 x 106 x 153 cms)	125 lbs./57 kg

FRAME PAINT COLORS:
 SILVER
 GLOSS WHITE TEXTURED



Superior grade BoltaSport, Boltaflex and Uniroyal Naugahyde® available in this wide range of standard upholstery colors

All measurements are without weight plates.

LIGHT COMMERCIAL

MODEL #	MACHINE	DIMENSIONS	UNIT WEIGHT
FS-20	Flat/Incline/Decline Bench	31" w x 49" l x 19" (flat) h (78 x 124 x 48 cm)	53 lbs./24 kg
FS-21	Ab Crunch Bench	24" w x 46" l x 23" h (61 x 117 x 58 cm)	49 lbs./22 kg
FS-22	Low Back/Abdominal	31" w x 51" l x 32" h (79 x 130 x 81 cm)	90 lbs./41 kg
FS-23	Knee Raise/Dip/Chin	37" w x 45" l x 86" h (94 x 115 x 219 cm)	156 lbs./71 kg
FS-24	Flat Tray DB Rack	42" w x 29" l x 39" h (107 x 74 x 98 cm)	113 lbs./51 kg
	FS-24 with 6 Med Ball Rings	63" w x 29" l x 39" h (160 x 74 x 98 cm)	131 lbs./60 kg
FS-30	Smith Machine	77" w x 54" l x 84" h (196 x 138 x 214 cm)	300 lbs./136 kg

FRAME PAINT COLORS:
 SILVER
 OPTIONAL COLORS NOT AVAILABLE

Standard upholstery color is Black. Optional colors are available.

All measurements are without weight plates.