

05001186AA-UK

PLURIMA

THE SMART MULTISTATION



 **innovative**
FITNESS

TECHNOGYM
The Wellness Company

Toll Free: 877.720.4004 Local: 770.218.9390 Web: innovativeFIT.com

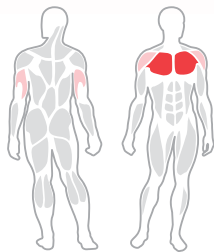
Press
Overhead Press



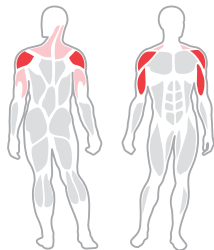
High Pull
Low Pull



Press



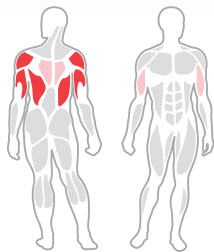
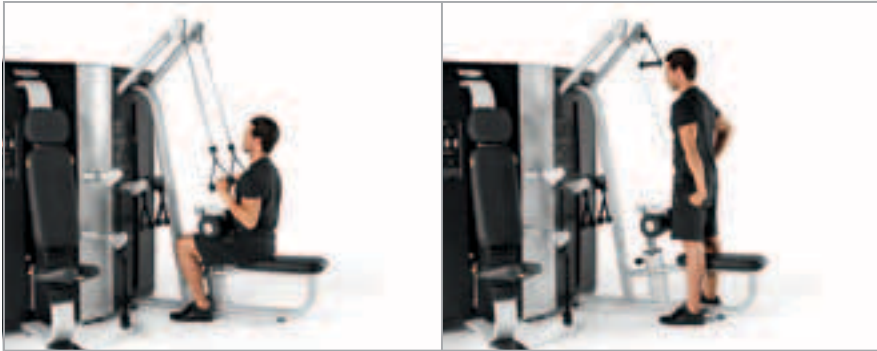
Overhead Press



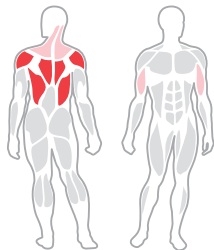
Weight stack	kg	lbs
Standard weight stack	60	120



High Pull



Low Pull



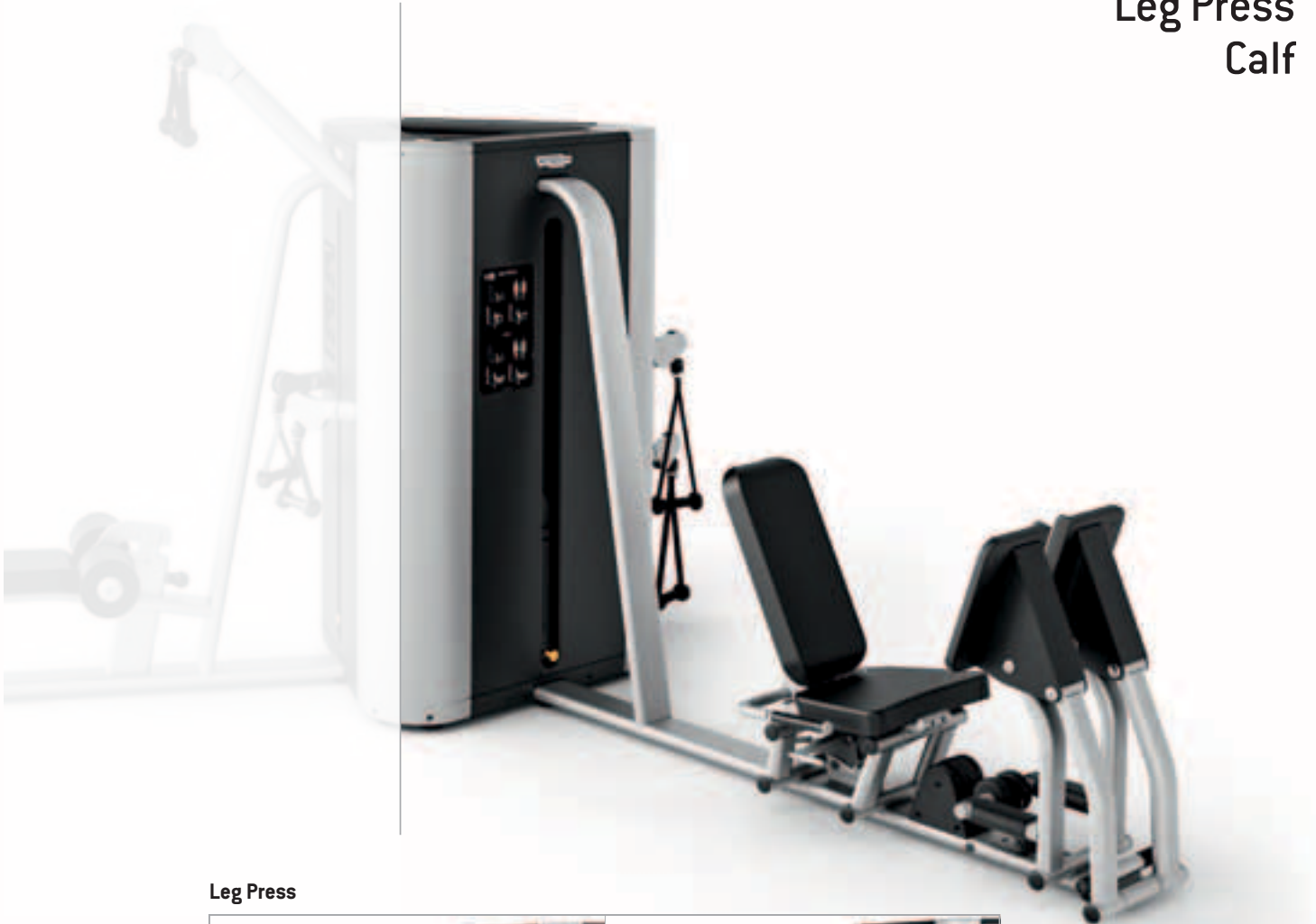
Weight stack	kg	lbs
Standard weight stack	70	140



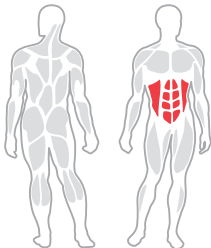
Core
Leg Extension/Curl



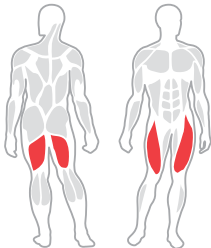
Leg Press
Calf



Core



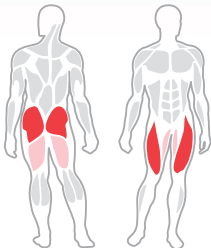
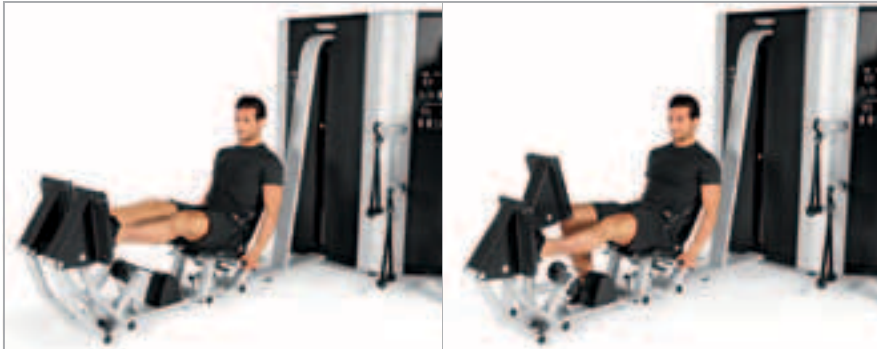
Leg Extension/Curl



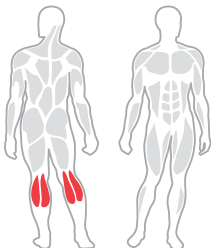
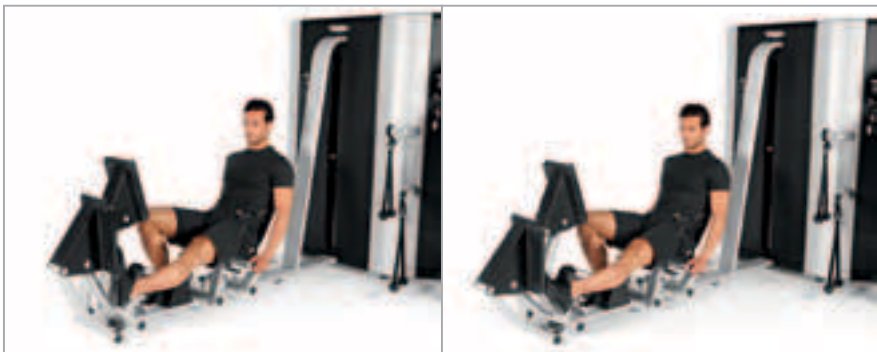
Weight stack	kg	lbs
Standard weight stack	60	120



Leg Press



Calf



Weight stack	kg	lbs
Standard weight stack	80	160

