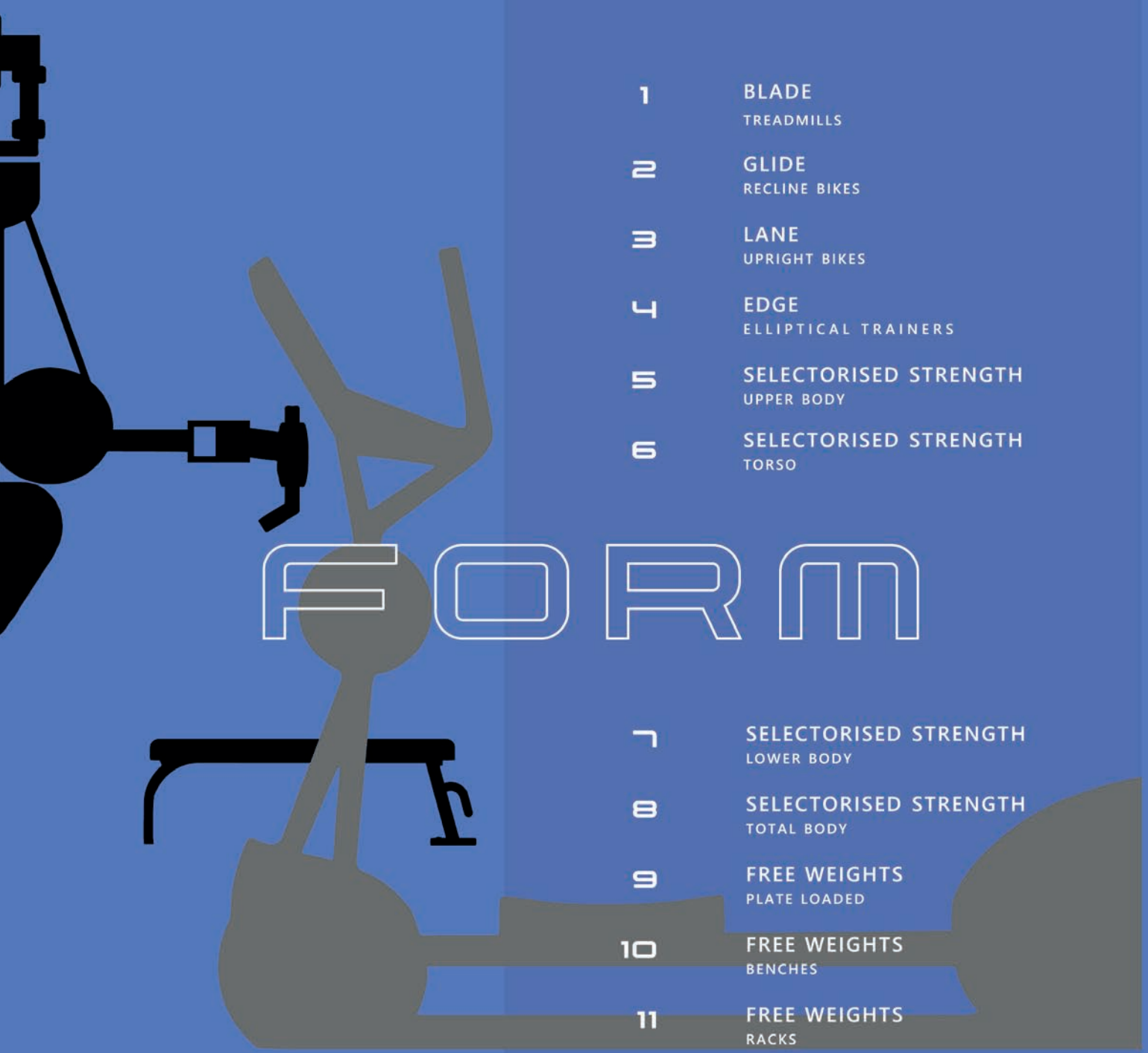

S4NTH
FORE


SYNTH



# FORM

1 BLADE
TREADMILLS

2 GLIDE
RECLINE BIKES

3 LANE
UPRIGHT BIKES

4 EDGE
ELLIPTICAL TRAINERS

5 SELECTORISED STRENGTH
UPPER BODY

6 SELECTORISED STRENGTH
TORSO

7 SELECTORISED STRENGTH
LOWER BODY

8 SELECTORISED STRENGTH
TOTAL BODY

9 FREE WEIGHTS
PLATE LOADED

10 FREE WEIGHTS
BENCHES

11 FREE WEIGHTS
RACKS

12 ACCESSORIES




SYNTH
EDIT

# CARDIO VASCULAR



# SYNTH FORM



## TREADMILL

- BLADE SF1050T
- BLADE SF1050TA
- BLADE SF1050
- BLADE COMPARE

1



## RECLINE

- GLIDE SF800RA
- GLIDE SF800R
- GLIDE SF800RM
- GLIDE COMPARE

2



## UPRIGHT

- LANE SF800UA
- LANE SF800U
- LANE SF800UM
- LANE COMPARE

3



## ELLIPTICAL

- EDGE SF800EA
- EDGE SF800E
- EDGE SF800EM
- EDGE COMPARE

4

# CARDIO VASCULAR



# TREADMILLS



BLADE



TOP



ANGLE



PROFILE



BACK

# BLADE



CONSOLE

## TECHNICAL INFORMATION

### BLADE SF1050T

| | |
|---|---|
| LENGTH (mm) | 2100 |
| WIDTH (mm) | 900 |
| HEIGHT (mm) | 1620 |
| WEIGHT (kg) | 172 |
| MOTOR (AC) | 3.0 |
| RUNNING SURFACE (mm) | 1630 x 570 |
| MAIN DISPLAY (inch) | 18.5 Touch Screen |
| INFO DISPLAY | 6 FND Display |
| SUB DISPLAY | Polycarbonate Label |
| CONTROL KEY | Electrostatic |
| INCLINE (%) | 0 ~16 |
| SPEED (km/h) | 1.0 ~ 20 |
| POWER | 220 - 230 VAC 50~ |
| POWER | 60 HZ 2200 W |
| HAND GRIP | Provide stability when required |
| RUNNING DECK | Textured efficient anti-slip surface |
| BELT SAFETY SYSTEM | Anti-static fabric to minimise noise |
| AUTO TENSION | Maintain consistent belt tension |
| FRAME | Strong durable & light structure |
| BUFFER SYSTEM | Anti-vibration rubber minimises impact & noise |
| FOOTFALL SYSTEM | Pedometer measures current flow |
| AUTO STOP SYSTEM | Safety for when treadmill left on & not used |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| NFC SENSOR | Near Field Communication |
| LED INFORMATION | Indicates treadmill is running & time left |
| INFORMATION DISPLAY | Workout parameters & program |
| ROAD VIEW | Various road views to make exercise fun |
| PRE-SET WORKOUT | Provide variety & optimise exercise |
| HRC PROGRAM | Detects the user heart rate |
| TARGET WORKOUT | Evaluates footfall, distance, calorie, time. |
| TV | Provides information & entertainment |
| INTERNET CONNECTIVITY | Wi-Fi connection |

BLADE



TOP



ANGLE



PROFILE



BACK

# BLADE



CONSOLE

## TECHNICAL INFORMATION

### BLADE SF1050TA

| | |
|---|---|
| LENGTH (mm) | 2100 |
| WIDTH (mm) | 900 |
| HEIGHT (mm) | 1620 |
| WEIGHT (kg) | 172 |
| MOTOR (AC) | 3.0 |
| RUNNING SURFACE (mm) | 1630 x 570 |
| MAIN DISPLAY (inch) | 18.5 LCD Screen |
| INFO DISPLAY | 6 FND Display |
| SUB DISPLAY | Polycarbonate Label |
| CONTROL KEY | Electrostatic |
| INCLINE (%) | 0 ~ 16 |
| SPEED km/h) | 1.0 ~ 20 |
| POWER | 220 - 230 VAC 50~ |
| POWER | 60 HZ 2200 W |
| HAND GRIP | Provide stability when required |
| RUNNING DECK | Textured efficient anti-slip surface |
| BELT SAFETY SYSTEM | Anti-static fabric to minimise noise |
| AUTO TENSION | Maintain consistent belt tension |
| FRAME | Strong durable & light structure |
| BUFFER SYSTEM | Anti-vibration rubber minimises impact |
| FOOTFALL SYSTEM | Pedometer measures current flow |
| AUTO STOP SYSTEM | Safety for when treadmill left on & not used |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| NFC SENSOR | Near Field Communication |
| LED INFORMATION | Indicates treadmill is running & time left |

BLADE



TOP



ANGLE



PROFILE



BACK

# BLADE



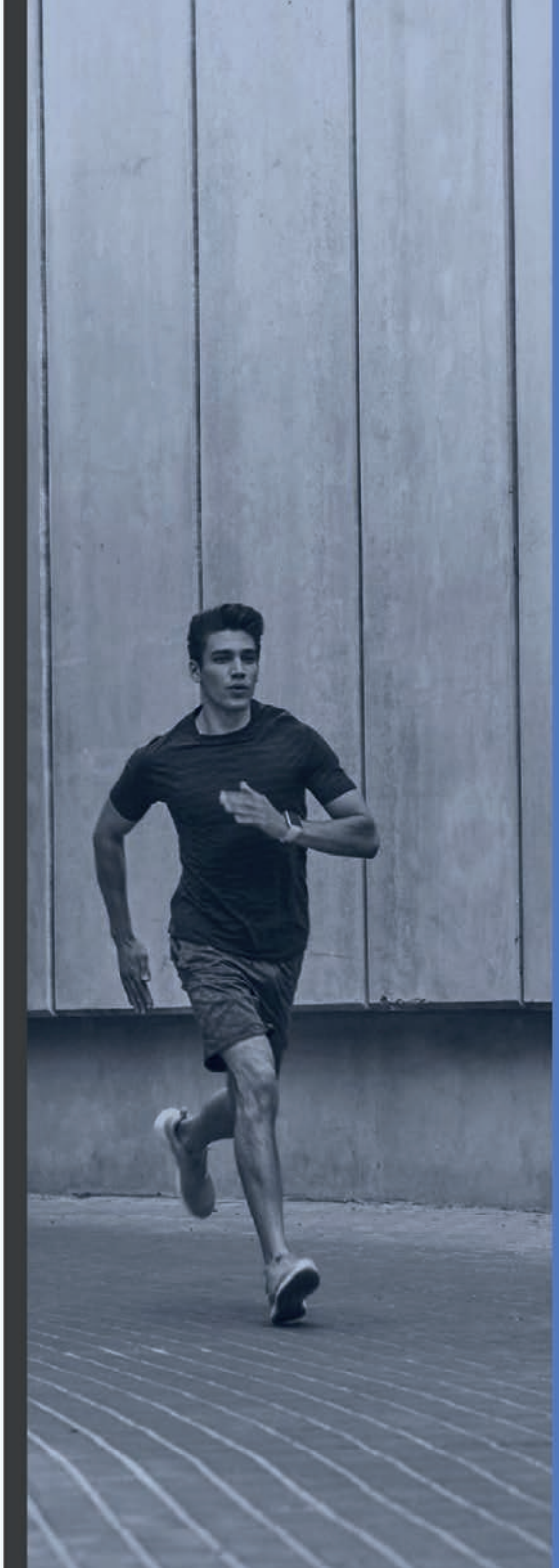
CONSOLE

## TECHNICAL INFORMATION

### BLADE SF1050

| | |
|---|---|
| LENGTH (mm) | 2100 |
| WIDTH (mm) | 900 |
| HEIGHT (mm) | 1620 |
| WEIGHT (kg) | 172 |
| MOTOR (AC) | 3.0 |
| RUNNING SURFACE (mm) | 1630 x 570 |
| MAIN DISPLAY | 6 FND & Dot-Matrix Display |
| INFO DISPLAY | - |
| SUB DISPLAY | Membrane |
| CONTROL KEY | Electrostatic |
| INCLINE (%) | 0 ~ 16 |
| SPEED (km/h) | 1.0 ~ 20 |
| POWER | 220 - 230 VAC 50~ |
| POWER | 60 HZ 2200 W |
| HAND GRIP | Provide stability when required |
| RUNNING DECK | Textured efficient anti-slip surface |
| BELT SAFETY SYSTEM | Anti-static fabric to minimise noise |
| AUTO TENSION | Maintain consistent belt tension |
| FRAME | Strong durable & light structure |
| BUFFER SYSTEM | Anti-vibration rubber minimises impact |
| FOOTFALL SYSTEM | Pedometer measures current flow |
| AUTO STOP SYSTEM | Safety for when treadmill left on & not used |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| LED INFORMATION | Indicates treadmill is running & time left |

BLADE





BLADE SF1050T



BLADE SF1050A

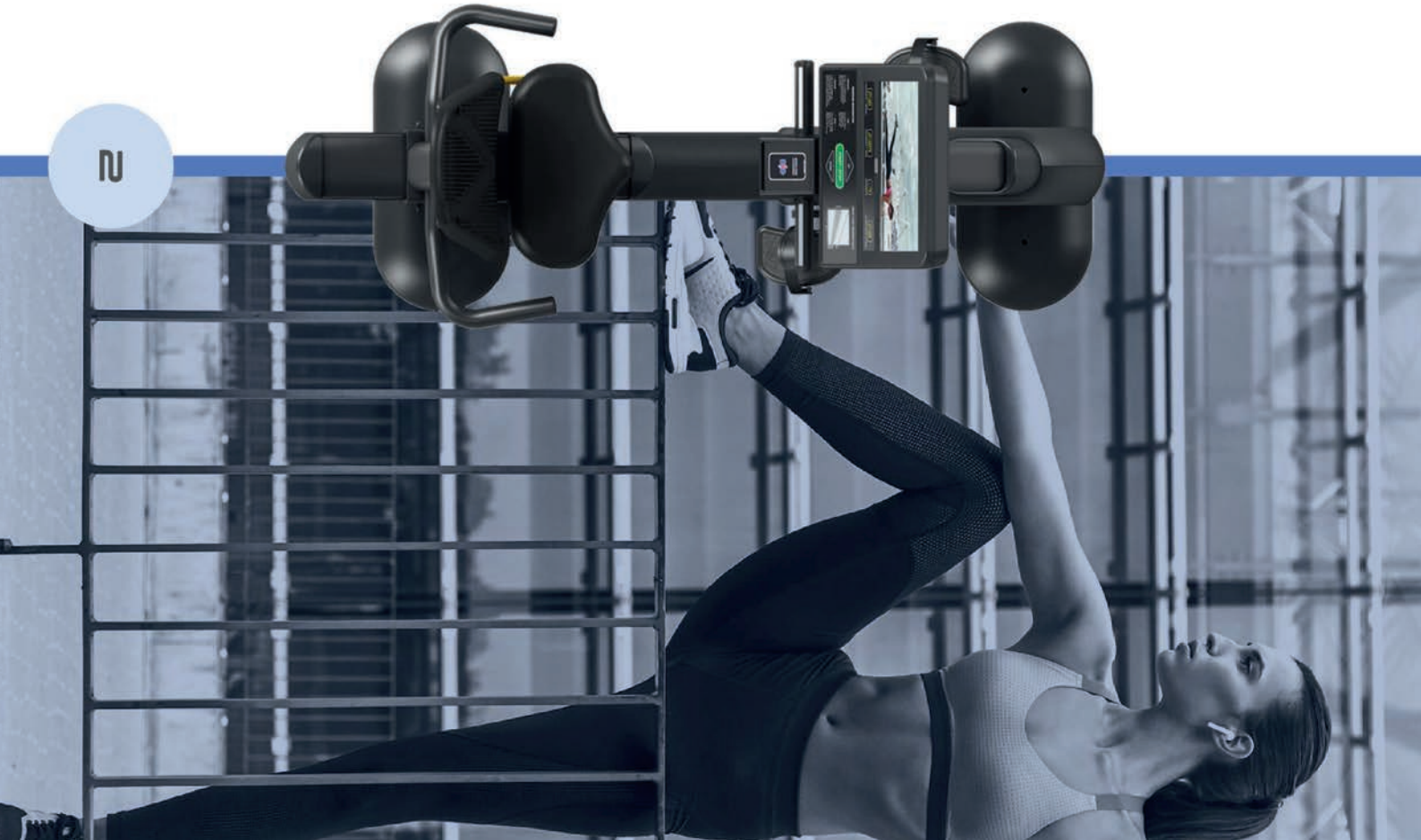


BLADE SF1050

# TREADMILL COMPARE

| DETAILS | BLADE SF1050TA | BLADE SF1050T | BLADE SFT1050 |
|---|---|---|---|
| LENGTH (mm) | 2100 | 2100 | 2100 |
| WIDTH (mm) | 900 | 900 | 900 |
| HEIGHT (mm) | 1620 | 1620 | 1620 |
| WEIGHT (kg) | 172 | 172 | 172 |
| MOTOR (AC) | 3.0 | 3.0 | 3.0 |
| RUNNING SURFACE (mm) | 1630 x 570 | 1630 x 570 | 1630 x 570 |
| MAIN DISPLAY | 18.5 Inch Touch Screen | 18.5 Inch LCD Screen | 6 FND & Dot-Matrix Display |
| INFO DISPLAY | FND Display | FND Display | - |
| SUB DISPLAY | Polycarbonate Label | Membrane | Membrane |
| CONTROL KEY | Electrostatic | Electrostatic | Electrostatic |
| INCLINE (%) | 0 ~16 | 0 ~16 | 0 ~16 |
| SPEED (km/h) | 1.0 ~ 20 | 1.0 ~20 | 1.0 ~20 |
| POWER REQUIREMENTS | 220 - 230 VAC 50~ | 220 - 230 VAC 50~ | 220 - 230 VAC 50~ |
| POWER REQUIREMENTS | 60 HZ 2200 W | 60 HZ 2200 W | 60 HZ 2200 W |
| HAND GRIP | ✓ | ✓ | ✓ |
| RUNNING SURFACE | ✓ | ✓ | ✓ |
| BELT SAFETY SYSTEM | ✓ | ✓ | ✓ |
| AUTO TENSION SYSTEM | ✓ | ✓ | ✓ |
| BUFFER SYSTEM | ✓ | ✓ | ✓ |
| FOOTFALL SYSTEM | ✓ | ✓ | ✓ |
| AUTO STOP SYSTEM | ✓ | ✓ | ✓ |
| HEART RATE SYSTEM | ✓ | ✓ | ✓ |
| LED INFORMATION | ✓ | ✓ | ✓ |
| NFC SENSOR | ✓ | - | - |
| PRE-SET WORKOUT | ✓ | - | - |
| HRC WORKOUT PROGRAM | ✓ | - | - |
| TARGET WORKOUT | ✓ | - | - |
| INTERNET CONNECTIVITY | ✓ | - | - |

# CARDIO VASCULAR






# RECLINE

GLIDE





TOP



ANGLE

# GLIDE



CONSOLE



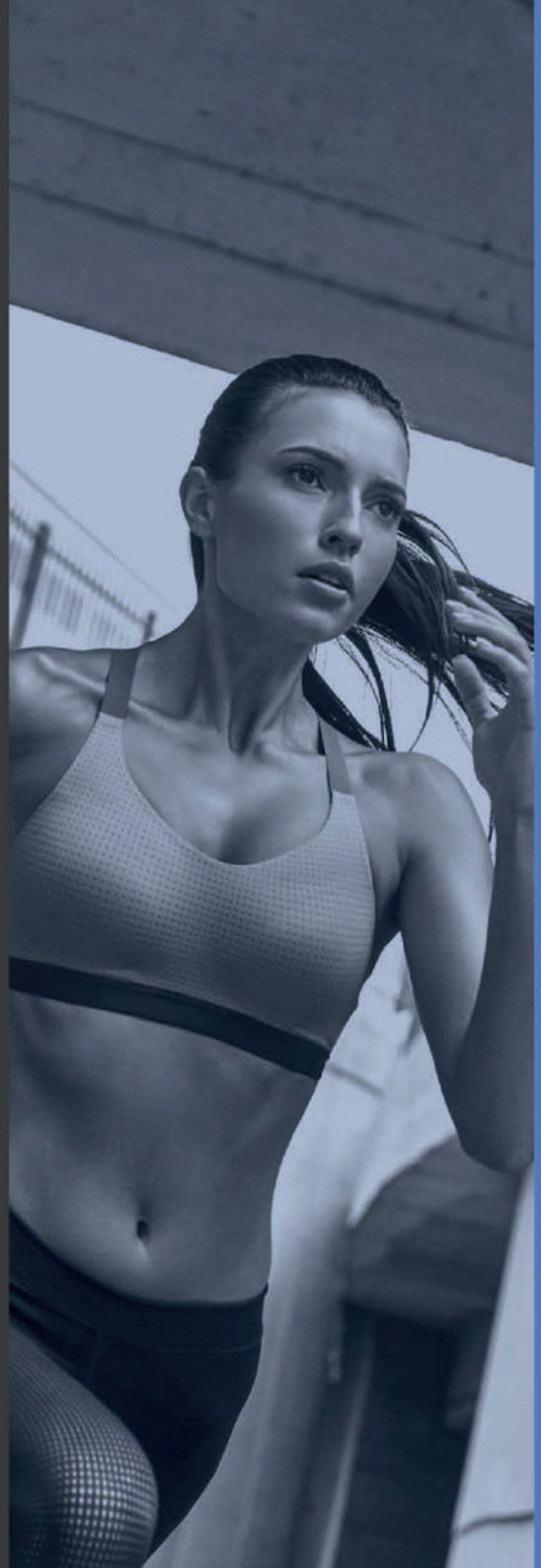

PROFILE

## TECHNICAL INFORMATION

### GLIDE SF800RA

| | |
|---|---|
| LENGTH (mm) | 1675 |
| WIDTH (mm) | 660 |
| HEIGHT (mm) | 1425 |
| WEIGHT (kg) | 83 |
| MOTOR | Self Generated |
| WIRELESS CHARGER | Available |
| MAIN DISPLAY (inch) | 15.6 Touch Screen |
| SUB DISPLAY | FND Type |
| CONTROL KEY | Membrane |
| INTENSITY LEVELS | 20 Levels |
| POWER | 220 - 230 VAC 50~ |
| POWER | 60 HZ 2200 W |
| HAND GRIP | Provide stability when required |
| FRAME | Strong durable & light structure |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| INFORMATION DISPLAY | Workout parameters & program |
| ROAD VIEW | Various road views to make exercise fun |
| PRE-SET WORKOUT | Provide variety & optimise exercise |
| HRC PROGRAM | Detects the user heart rate |
| TARGET WORKOUT | Evaluates footfall, distance, calorie, time |
| TV | Provides information & entertainment |
| INTERNET CONNECTIVITY | Wi-Fi connection |
| ADJUST SYSTEM | Provides adjustment for user need |
| BASE COVER | The bottom frame is covered |
| BOTTLE HOLDER | Easy to use bottles during exercise |

GLIDE





TOP



ANGLE

# GLIDE



CONSOLE




PROFILE

## TECHNICAL INFORMATION

### GLIDE SF800R

| | |
|---|---|
| LENGTH (mm) | 1675 |
| WIDTH (mm) | 660 |
| HEIGHT (mm) | 1425 |
| WEIGHT (kg) | 81 |
| MOTOR | Self Generated |
| INFO DISPLAY | LCD Back Lite |
| SUB DISPLAY | PC Sticker |
| CONTROL KEY | Membrane |
| INTENSITY LEVEL | 20 Levels |
| WIRELESS CHARGER | - |
| HAND GRIP | Provide stability when required |
| FRAME | Strong durable & light structure |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| INFORMATION DISPLAY | Workout parameters & program |
| PRE-SET WORKOUT | Provide variety & optimise exercise |
| ADJUST SYSTEM | Provides adjustment for user need |
| BASE COVER | The bottom frame is covered |
| BOTTLE HOLDER | Easy to use bottles during exercise |

GLIDE





TOP




ANGLE

# GLIDE




CONSOLE



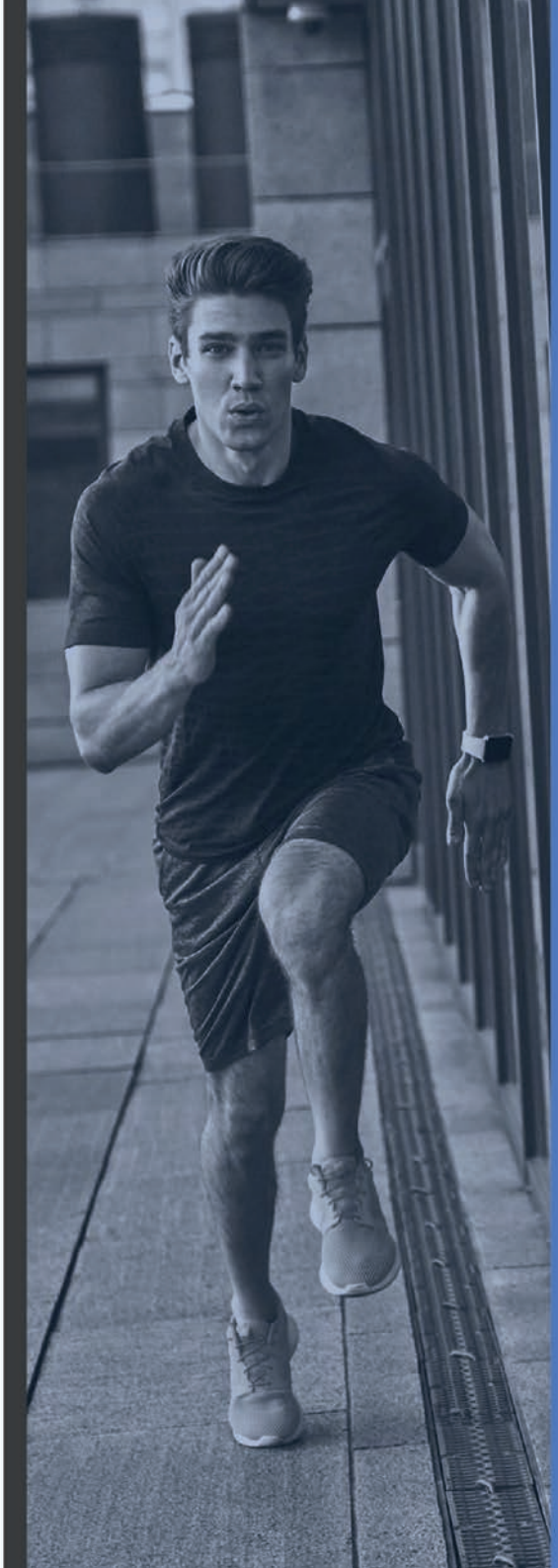

PROFILE

## TECHNICAL INFORMATION

### GLIDE SF800RM

| | |
|---|---|
| LENGTH (mm) | 1675 |
| WIDTH (mm) | 660 |
| HEIGHT (mm) | 1425 |
| WEIGHT (kg) | 73 |
| MOTOR | Magnetic |
| WIRELESS CHARGER | - |
| MAIN DISPLAY | LCD |
| SUB DISPLAY | PC Sticker |
| CONTROL KEY | Membrane |
| INTENSITY LEVEL | 8 Levels |
| POWER | - |
| HAND GRIP | Provide stability when required |
| FRAME | Strong durable & light structure |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| INTERNET CONNECTIVITY | Access the Internet via Wi-Fi connection |
| ADJUST SYSTEM | Provides adjustment for user need |
| BOTTLE HOLDER | Easy to use bottles during exercise |

GLIDE





GLIDE SF800R



GLIDE SF800RA



GLIDE SF800RM

# RECLINE COMPARE

| DETAILS | GLIDE SF800RA | GLIDE SF800R | GLIDE SF800RM |
|---|---|---|---|
| LENGTH (mm) | 1675 | 1675 | 1675 |
| WIDTH (mm) | 660 | 660 | 660 |
| HEIGHT (mm) | 1425 | 1425 | 1425 |
| WEIGHT (kg) | 83 | 81 | 73 |
| MOTOR | Self Generated | Self Generated | Magnetic |
| INTENSITY LEVEL | 20 Levels | 20 Levels | 8 Levels |
| HEART RATE | Yes | Yes | Yes |
| POWER | 220-230VAC 50~ | - | - |
| POWER | 60HZ | - | - |
| MAIN DISPLAY | 15.6 Inch | LCD Back Lite | LCD |
| MAIN DISPLAY | Touch Screen | - | - |
| SUB DISPLAY | FND Type | PC Sticker | PC Sticker |
| CONTROL KEY | Membrane | Membrane | Membrane |
| WIRELESS CHARGER | Applied | - | - |

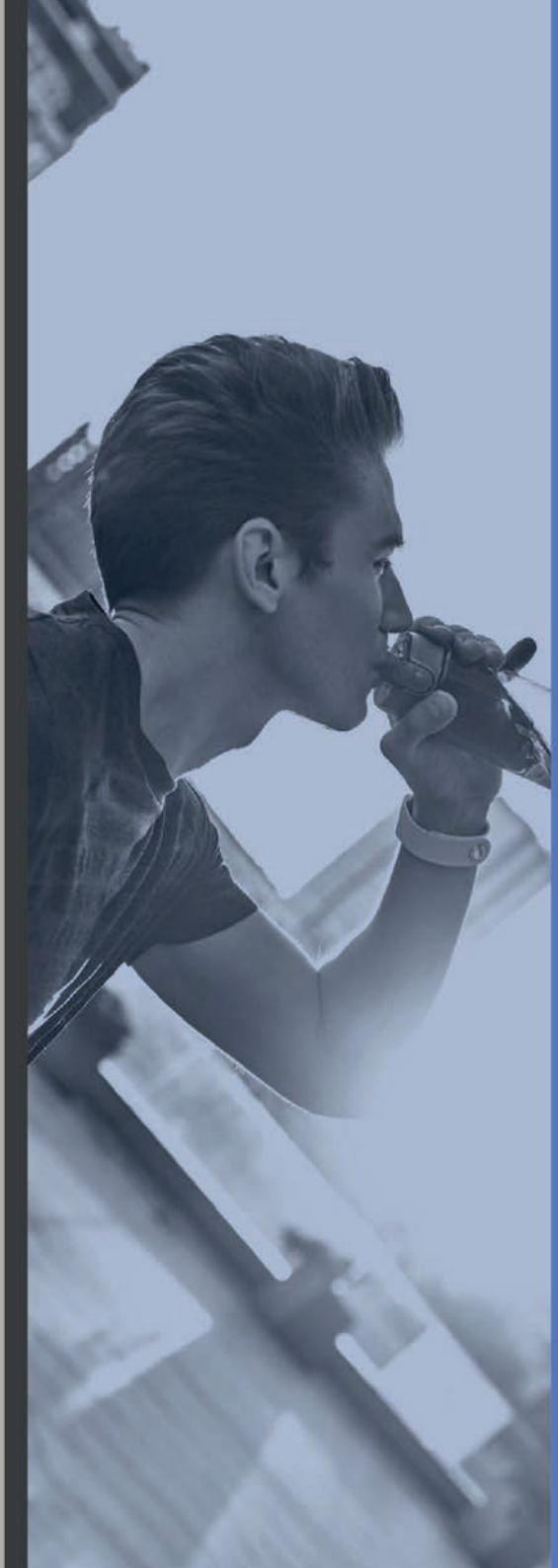
# CARDIO VASCULAR






# UPRIGHT BIKES

LANE





TOP



ANGLE

LANE



CONSOLE



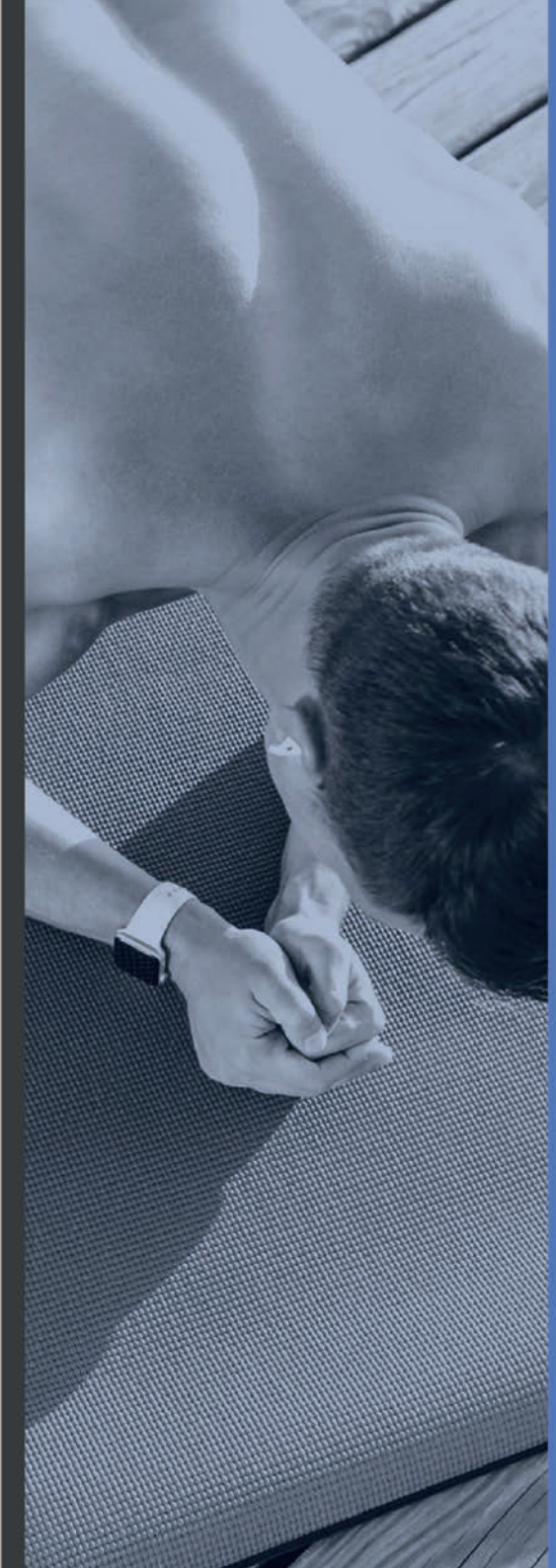

PROFILE

## TECHNICAL INFORMATION

### LANE SF800UA

| | |
|---|---|
| LENGTH (mm) | 1290 |
| WIDTH (mm) | 585 |
| HEIGHT (mm) | 1505 |
| WEIGHT (kg) | 56 |
| MOTOR | Self Generated |
| WIRELESS CHARGER | available |
| MAIN DISPLAY (inch) | 15.6 touch screen |
| SUB DISPLAY | FND Type |
| CONTROL KEY | Membrane |
| INTENSITY LEVEL | 20 Levels |
| POWER | 220 - 230 VAC 50~ |
| POWER | 60 HZ 2200 W |
| HAND GRIP | Provide stability when required |
| FRAME | Strong durable & light structure |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| INFORMATION DISPLAY | Workout parameters & program |
| ROAD VIEW | Various road views to make exercise fun |
| PRE-SET WORKOUT | Provide variety & optimise exercise |
| HRC PROGRAM | Detects the user heart rate |
| TARGET WORKOUT | Evaluates footfall, distance, calorie, time. |
| TV | Provides information & entertainment |
| INTERNET CONNECTIVITY | Wi-Fi connection |
| ADJUST SYSTEM | Provides adjustment for user need |
| BASE COVER | The bottom frame is covered |
| BOTTLE HOLDER | Easy to use bottles during exercise |
| WIRELESS CHARGER | Wireless charger on console |

LANE





TOP



ANGLE

LANE




CONSOLE




PROFILE

## TECHNICAL INFORMATION

### LANE SF800U

| | |
|---|---|
| LENGTH (mm) | 1290 |
| WIDTH (mm) | 585 |
| HEIGHT (mm) | 1505 |
| WEIGHT (kg) | 54 |
| INFO DISPLAY | LCD Back Lite |
| SUB DISPLAY | PC Sticker |
| CONTROL KEY | Membrane |
| INTENSITY LEVEL | 20 Levels |
| POWER | - |
| HAND GRIP | Provide stability when required |
| FRAME | Strong durable & light structure |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| INFORMATION DISPLAY | Workout parameters & program |
| PRE-SET WORKOUT | Provide variety & optimise exercise |
| ADJUST SYSTEM | Provides adjustment for user need |
| BASE COVER | The bottom frame is covered |
| BOTTLE HOLDER | Easy to use bottles during exercise |

LANE





TOP




ANGLE

LANE




CONSOLE



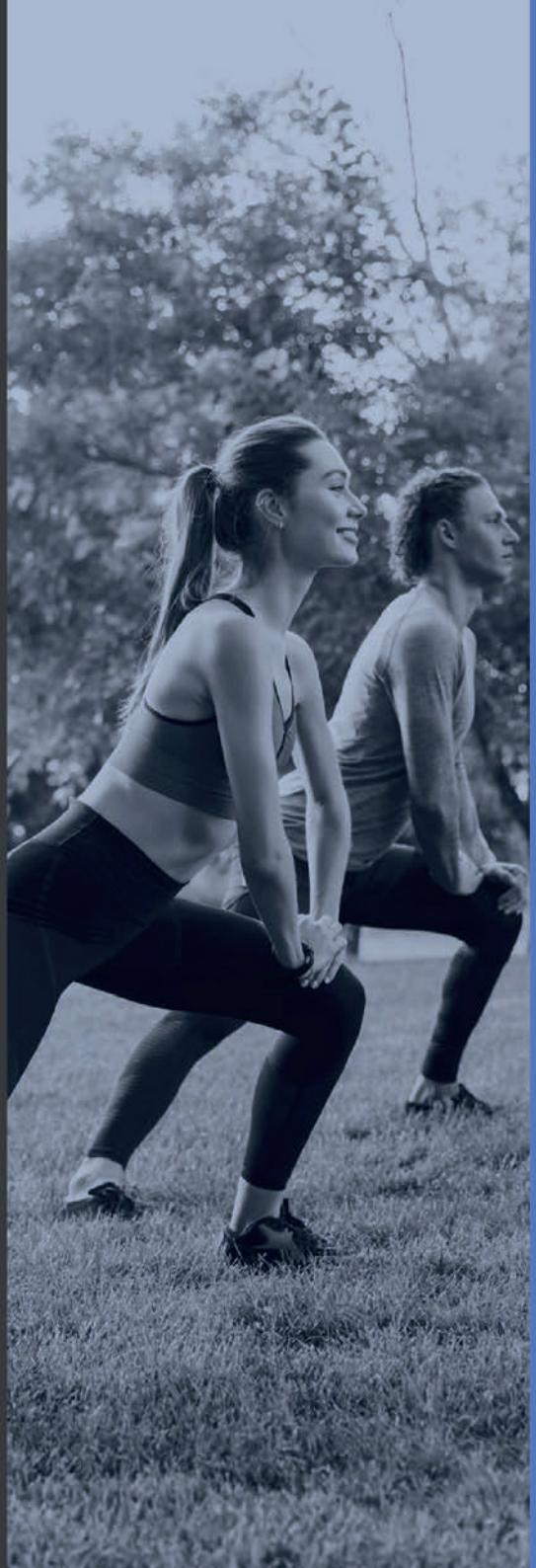

PROFILE

## TECHNICAL INFORMATION

### LANE SF800UM

| | |
|---|---|
| LENGTH (mm) | 1290 |
| WIDTH (mm) | 585 |
| HEIGHT (mm) | 1505 |
| WEIGHT (kg) | 47 |
| MOTOR | Magnetic |
| WIRELESS CHARGER | - |
| MAIN DISPLAY | LCD |
| SUB DISPLAY | PC Sticker |
| CONTROL KEY | Membrane |
| INTENSITY LEVEL | 8 Levels |
| POWER REQUIREMENTS | - |
| HAND GRIP | Provide stability when required |
| FRAME | Strong durable & light structure |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| INFORMATION DISPLAY | Workout parameters & program |
| ADJUST SYSTEM | Provides adjustment for user need. |
| BOTTLE HOLDER | Easy to use bottles during exercise. |

LANE





LANE SF800U



LANE SF800UA



LANE SF800UM

# UPRIGHT COMPARE

| DETAILS | LANE SF800UA | LANE SF800U | LANE SF800UM |
|---|---|---|---|
| LENGTH (mm) | 1290 | 1290 | 1290 |
| WIDTH (mm) | 585 | 585 | 585 |
| HEIGHT (mm) | 1505 | 1505 | 1505 |
| WEIGHT (kg) | 56 | 54 | 47 |
| MOTOR | Self Generated | Self Generated | Magnetic |
| INTENSITY LEVEL | 20 Levels | 20 Levels | 8 Levels |
| HEART RATE | Yes | Yes | Yes |
| POWER REQUIREMENTS | 220-230VAC 50~ | - | - |
| POWER | 60HZ | - | - |
| MAIN DISPLAY | 15.6 Inch | LCD Back Lite | LCD |
| MAIN DISPLAY | Touch Screen | - | - |
| SUB DISPLAY | FND Type | PC Sticker | PC Sticker |
| CONTROL KEY | Membrane | Membrane | Membrane |
| WIRELESS CHARGER | Applied | - | - |

# CARDIO VASCULAR




# ELLIPTICAL

EDGE





TOP




ANGLE

# EDGE



CONSOLE




PROFILE

## TECHNICAL INFORMATION

### EDGE SF800EA

| | |
|---|---|
| LENGTH (mm) | 1675 |
| WIDTH (mm) | 660 |
| HEIGHT (mm) | 1425 |
| WEIGHT (kg) | 105 |
| MOTOR | Self Generated |
| WIRELESS CHARGER | Available |
| MAIN DISPLAY (inch) | 15.6 touch screen |
| SUB DISPLAY | FND Type |
| CONTROL KEY | Membrane |
| INTENSITY LEVEL | 20 Levels |
| POWER | 220 - 230 VAC 50~ |
| POWER | 60 HZ 2200 W |
| HAND GRIP | Provide stability when required |
| FRAME | Strong durable & light structure |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| INFORMATION DISPLAY | Workout parameters & program |
| ROAD VIEW | Various road views to make exercise fun |
| PRE-SET WORKOUT | Provide variety & optimise exercise |
| HRC PROGRAM | Detects the user heart rate |
| TARGET WORKOUT | Evaluates footfall, distance, calorie, time |
| TV | Provides information & entertainment |
| INTERNET CONNECTIVITY | Wi-Fi connection |
| BASE COVER | The bottom frame is covered |
| ADJUST SYSTEM | Provides adjustment for user need |
| BOTTLE HOLDER | Easy to use bottles during exercise |
| WIRELESS CHARGER | Wireless charger on console |

EDGE





TOP




ANGLE

# EDGE




CONSOLE




PROFILE

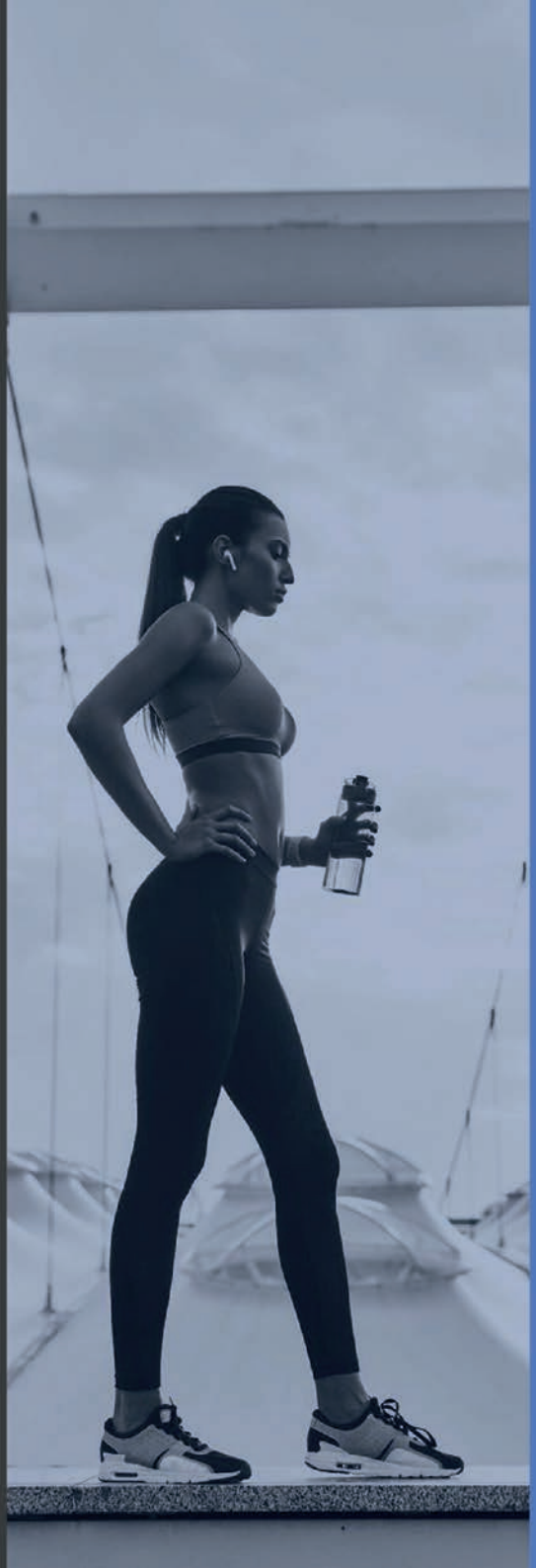
## TECHNICAL INFORMATION

### EDGE SF800E

| | |
|---|---|
| LENGTH (mm) | 1675 |
| WIDTH (mm) | 660 |
| HEIGHT (mm) | 1425 |
| WEIGHT (kg) | 103 |
| MOTOR | Self Generated |
| MAIN DISPLAY | LCD Back Lite |
| SUB DISPLAY | PC Sticker |
| CONTROL KEY | Membrane |
| INTENSITY LEVEL | 20 Levels |
| POWER REQUIREMENTS | - |
| HAND GRIP | Provide stability when required |
| FRAME | Strong durable & light structure |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| INFORMATION DISPLAY | Workout parameters & program |
| BASE COVER | The bottom frame is covered |
| ADJUST SYSTEM | Provides adjustment for user need |
| BOTTLE HOLDER | Easy to use bottles during exercise |



EDGE





TOP




ANGLE

# EDGE




CONSOLE



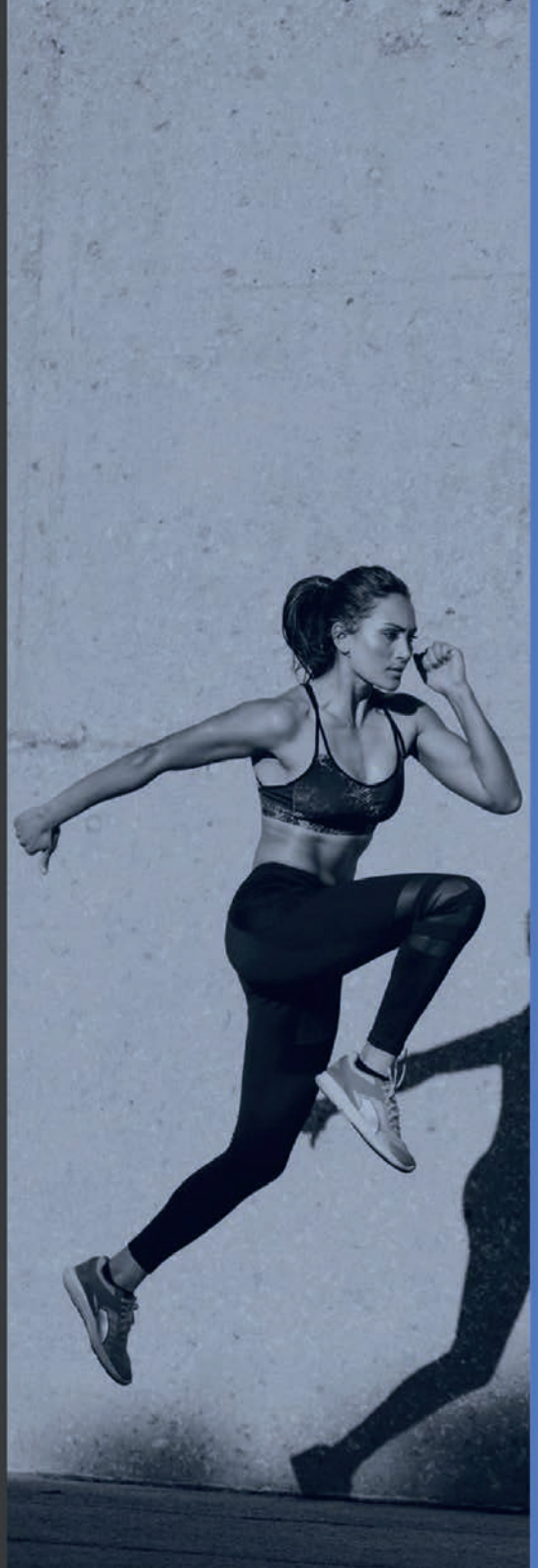

PROFILE

## TECHNICAL INFORMATION

### EDGE SF800EM

| | |
|---|---|
| LENGTH (mm) | 1675 |
| WIDTH (mm) | 660 |
| HEIGHT (mm) | 1425 |
| WEIGHT (kg) | 95 |
| MOTOR | Magnetic |
| MAIN DISPLAY | LCD |
| SUB DISPLAY | PC Sticker |
| CONTROL KEY | Membrane |
| INTENSITY LEVEL | 8 Levels |
| POWER REQUIREMENTS | - |
| HAND GRIP | Provide stability when required |
| FRAME | Strong durable & light structure |
| HEART RATE SYSTEM | Measures optimal exercise effect |
| INFORMATION DISPLAY | Workout parameters & program |
| ADJUST SYSTEM | Provides adjustment for user need |
| BOTTLE HOLDER | Easy to use bottles during exercise |

# EDGE





EDGE SF800E



EDGE SF800EA



EDGE SF800EM

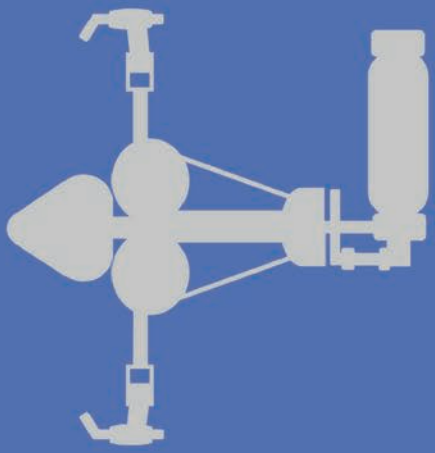
# ELLIPTICAL COMPARE

| DETAILS | EDGE SF800EA | EDGE SF800E | EDGE SF800EM |
|---|---|---|---|
| LENGTH (mm) | 1675 | 1675 | 1675 |
| WIDTH (mm) | 660 | 660 | 660 |
| HEIGHT (mm) | 1425 | 1425 | 1425 |
| WEIGHT (kg) | 105 | 103 | 95 |
| MOTOR | Self Generated | Self Generated | Magnetic |
| INTENSITY LEVEL | 20 Levels | 20 Levels | 8 Levels |
| HEART RATE | Yes | Yes | Yes |
| POWER REQUIREMENTS | 220-230VAC 50~ | - | - |
| POWER | 60HZ | - | - |
| MAIN DISPLAY | 15.6 Inch Touch Screen | Back Lite LCD | LCD |
| MAIN DISPLAY | Touch Screen | - | - |
| SUB DISPLAY | FND Type | PC Sticker | PC Sticker |
| CONTROL KEY | Membrane | Membrane | Membrane |
| WIRELESS CHARGER | Applied | - | - |


SYNTH



# NORM





SELECTORISED STRENGTH

# SELECTORISED STRENGTH



# S4NTH FORM



## UPPER

- PEC DECK & REAR DELTS FLY
- LAT PULL DOWN
- SEATED LAT ROW
- SEATED CHEST PRESS
- SHOULDER PRESS
- SEATED ARM CURL

5



## TORSO

- MULTI ANGLE CHEST PRESS
- PULL OVER
- LATERAL RAISE
- ASSIST CHIN & DIP
- ABDOMINAL CRUNCH
- ROTARY TORSO

6



## LOWER

- LEG EXTENSION
- LEG CURL
- LEG PRESS
- ADDUCTOR & ABDUCTOR
- TOTAL HIP
- CALF RAISE
- HAMSTRING GLUTE KICK BACK

7



## TOTAL

- COMPACT CABLE CROSS OVER
- CABLE CROSS OVER

8

# UPPER





PEC DECK & REAR DELTS FLY
SFS-001



LAT PULL DOWN
SFS-002

# SELECTORISED



SEATED LAT ROW
SFS-003



SEATED CHEST PRESS
SFS-004



SHOULDER PRESS
SFS-005



SEATED ARM CURL

# TORSO





MULTI ANGLE CHEST PRESS
SFS-007



PULL OVER
SFS-008

# SELECTORISED



LATERAL RAISE
SFS-009



ASSIST CHIN & DIP
SFS-010



ABDOMINAL CRUNCH
SFS-011



ROTARY TORSO
SFS-012

# LOWER





LEG EXTENSION
SFS-013



LEG CURL
SFS-014

# SELECTORISED



LEG PRESS
SFS-015



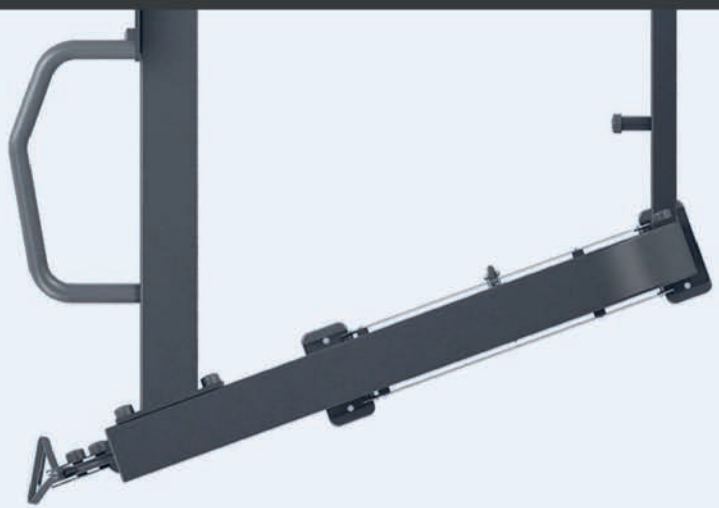
TOTAL HIP
SFS-017



ADDUCTOR & ABDUCTOR



CALF RAISE

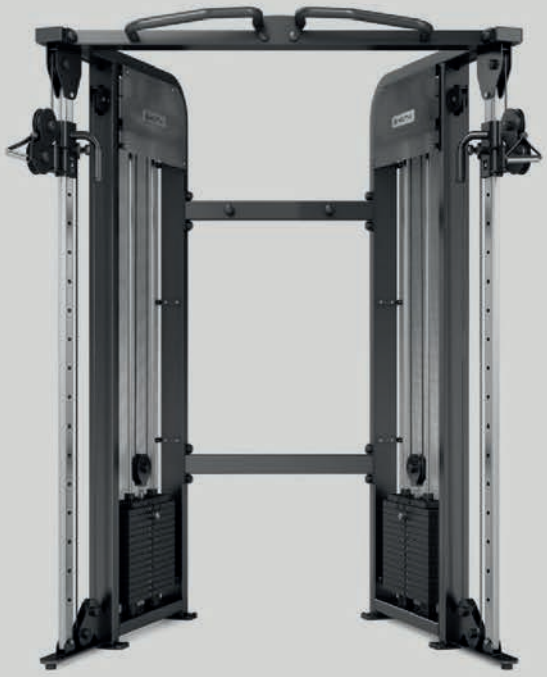






GLUTE PRESS
SFS-019

# SELECTORISED



COMPACT CABLE CROSS OVER
SFS-020



CABLE CROSS OVER
SFS-021

# SPECIFICATIONS



5 UPPER



6 TORSO



7 LOWER



8 TOTAL

# SELECTORISED

| STATION | LENGTH (mm) | WIDTH (mm) | HEIGHT (mm) | WEIGHT (kg) | WEIGHT STACK |
|---|---|---|---|---|---|
| PEC DECK & REAR DELTS FLY | 1450 | 1416 | 1810 | 190 | 75kg (5kg*15) |
| LAT PULL DOWN | 1339 | 1200 | 2236 | 187 | 75kg (5kg*15) |
| SEATED LAT ROW | 1586 | 971 | 1495 | 200 | 75kg (5kg*15) |
| SEATED CHEST PRESS | 1395 | 1272 | 1495 | 244 | 75kg (5kg*15) |
| SHOULDER PRESS | 1969 | 1452 | 1495 | 265 | 75kg (5kg*15) |
| SEATED ARM CURL | 1294 | 1109 | 1495 | 172 | 50kg (5kg*10) |
| MULTI ANGLE CHEST PRESS | 2100 | 1300 | 1495 | 195 | 75kg (5kg*15) |
| PULL OVER | 1395 | 973 | 1495 | 195 | 75kg (5kg*15) |
| LATERAL RAISE | 1239 | 768 | 1495 | 205 | 75kg (5kg*15) |
| ASSIST CHIN & DIP | 1383 | 1150 | 2285 | 238 | 72.5kg (5kg*1) (7.25kg*9) |
| ABDOMINAL CRUNCH | 1278 | 1194 | 1495 | 200 | 75kg (5kg*15) |
| ROTARY TORSO | 1037 | 1007 | 1495 | 205 | 50kg (5kg*15) |
| LEG EXTENSION | 1389 | 1079 | 1495 | 216 | 75kg (5kg*10) |
| LEG CURL | 1527 | 1034 | 1495 | 210 | 75kg (5kg*15) |
| LEG PRESS | 1753 | 1089 | 1695 | 335 | 110kg (5kg*1) (7.5kg*14) |
| INNER OUT THIGH | 1716 | 768 | 1495 | 230 | 75kg (5kg*15) |
| TOTAL HIP | 1518 | 1167 | 1511 | 240 | 75kg (5kg*15) |
| CALF RAISE | 1398 | 1044 | 1688 | 280 | 75kg (5kg*15) |
| HAMSTRING GLUTE KICK BACK | 1270 | 1161 | 1595 | 185 | 75kg (5kg*15) |
| COMPACT CABLE CROSS OVER | 1674 | 1227 | 2221 | 330 | 150kg (5kg*30) |
| CABLE CROSS OVER | 3829 | 1015 | 2256 | 330 | 150kg (5kg*30) |


SYNTH

# FORM



FREE WEIGHTS

# FREE WEIGHTS



# SYNTH FORM



## PLATE LOADED

PL FLAT CHEST PRESS
PL INCLINE CHEST PRESS
PL DECLINE CHEST PRESS
PL SHOULDER PRESS
PL T-BAR ROW
PL SHRUG
PL POWER LEG PRESS
PL V-SQUAT

9



## BENCHES

FLAT BENCH
LIGHT WEIGHT BENCH
INCLINE BENCH
DECLINE BENCH
FLAT EXERCISE BENCH
DECLINE BENCH
ADJUSTABLE BENCH
PREACHER CURL

HYPER EXTENSION BENCH
SIT UP BOARD A-TYPE
SIT UP BOARD B-TYPE
CHIN & DIP
CHIN & DIP
DOUBLE TWIST
SHOULDER PRESS BENCH
AB CRUNCH BENCH

10



## RACKS

DUMBBELL RACK A-TYPE
DUMBBELL RACK B-TYPE
DUMBBELL RACK C-TYPE
DUMBBELL RACK D-TYPE
WEIGHT TREE
BARBELL RACK
SQUAT RACK
SMITH MACHINE
HALF RACK
3D SMITH MACHINE
DUAL POWER RACK SMITH

11

LOADED





PL FLAT CHEST PRESS
SFF-001

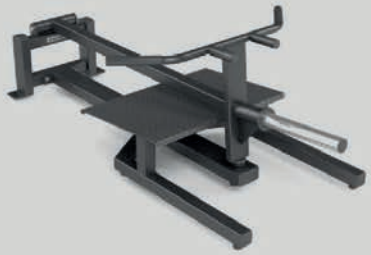


PL INCLINE CHEST PRESS

# FREE WEIGHTS



PL DECLINE CHEST PRESS
SFF-003



PL T-BAR ROW
SFF-022



PL POWER LEG PRESS
SFF-028



PL SHOULDER PRESS
SFF-004



PL SHRUG
SFF-023



PL V-SQUAT
SFF-029

# BENCHES





FLAT BENCH
SFF-005



LIGHT WEIGHT BENCH
SFF-006

# FREE WEIGHTS



INCLINE BENCH
SFF-007



FLAT EXERCISE BENCH
SFF-009



ADJUSTABLE BENCH
SFF-011



DECLINE BENCH
SFF-008

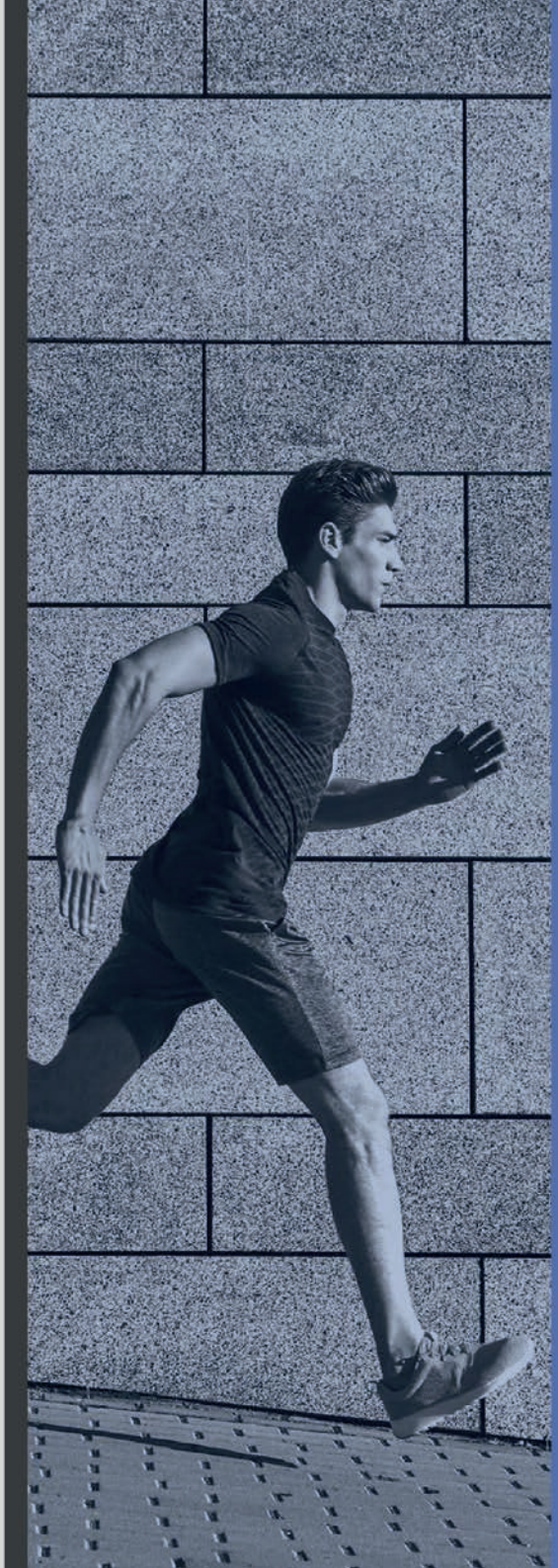


DUMBBELLS DECLINE BENCH
SFF-010



PREACHER CURL
SFF-012

# BENCHES





HYPER EXTENSION BENCH
SFF-013



SIT UP BOARD A-TYPE
SFF-014 A-TYPE

# FREE WEIGHTS



SIT UP BOARD B-TYPE
SFF-015 B-TYPE



CHIN & DIP
SFF-017 A-TYPE



SHOULDER PRESS BENCH
SFF-021



DOUBLE TWIST
SFF-020

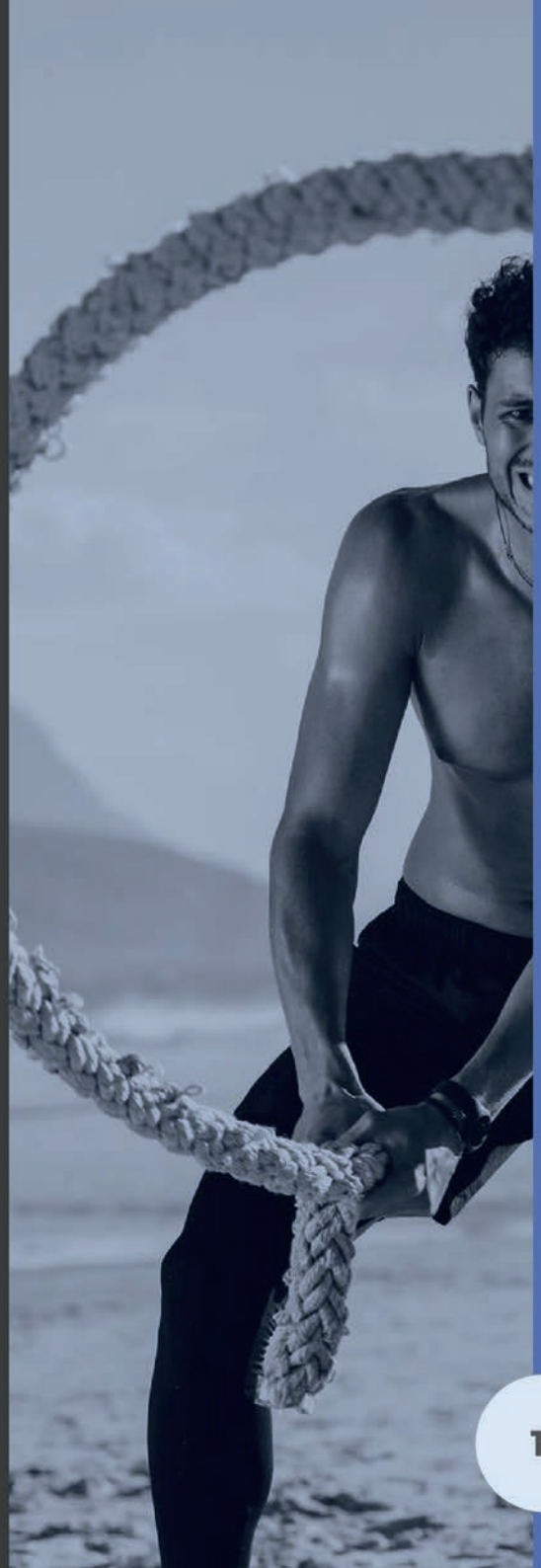


CHIN & DIP
SFF-017 B-TYPE



AB CRUNCH BENCH
SFF-026

# RACKS





WEIGHT TREE
SFF-019



BARBELL RACK
SFF-024

# FREE WEIGHTS



DUMBBELL RACK A-TYPE
SFF-018 A-TYPE



DUMBBELL RACK C-TYPE
SFF-018 C-TYPE



SQUAT RACK
SFF-016



DUMBBELL RACK B –TYPE
SFF-018 B-TYPE

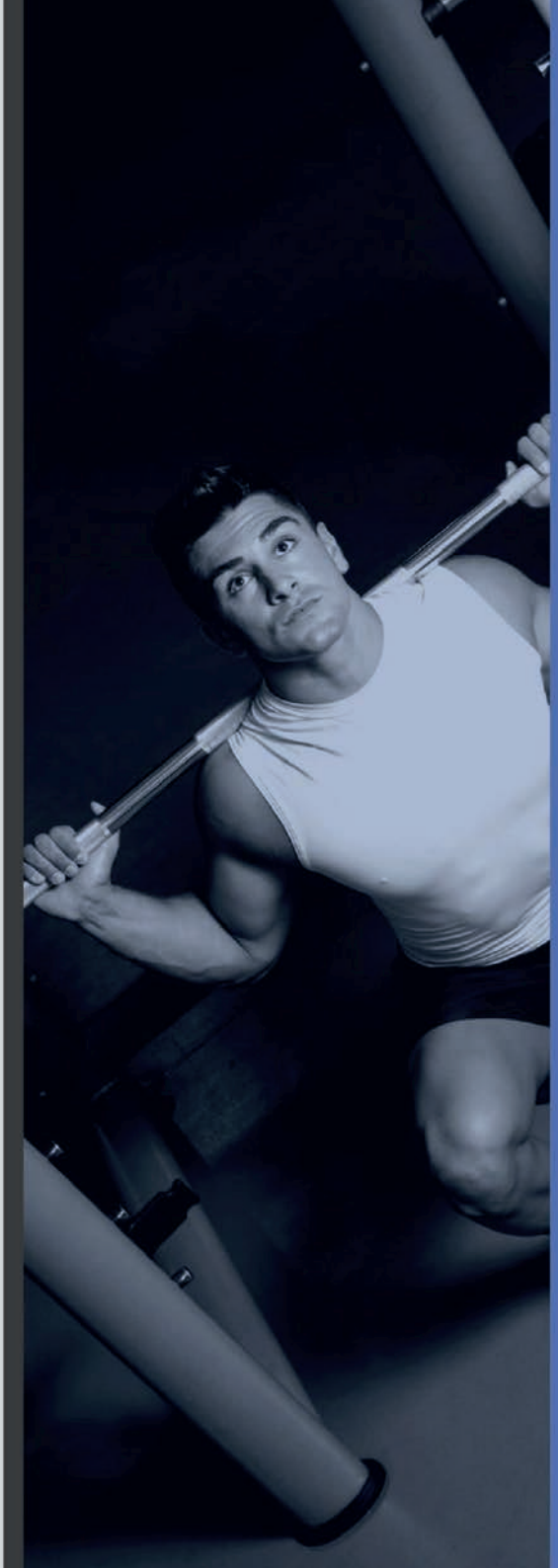


DUMBBELL RACK D –TYPE
SFF 018 D-TYPE



HALF RACK
SFF-031

# RACKS





SMITH MACHINE
SFF-030

# FREE WEIGHTS



3D SMITH MACHINE
SFF-032



DUAL POWER RACK SMITH
SFF-033

# SPECIFICATIONS



9 LOADED



10 BENCHES



11 RACKS

# FREE WEIGHTS DETAILS

| STATION | LENGTH (mm) | WIDTH (mm) | HEIGHT (mm) | WEIGHT (kg) |
|---|---|---|---|---|
| PL FLAT CHEST PRESS | 1670 | 1419 | 900 | 73 |
| PL INCLINE CHEST PRESS | 1867 | 1419 | 1073 | 86 |
| PL DECLINE CHEST PRESS | 2021 | 1419 | 900 | 85 |
| PL SHOULDER PRESS | 1385 | 1222 | 1302 | 90 |
| PL T-BAR ROW | 1704 | 838 | 569 | 56 |
| PL SHRUG | 1704 | 838 | 569 | 56 |
| PL POWER LEG PRESS | 2201 | 1773 | 1446 | 220 |
| PL V-SQUAT | 2315 | 1646 | 1944 | 206 |
| FLAT BENCH | 1665 | 1530 | 1067 | 57 |
| LIGHT WEIGHT BENCH | 1246 | 640 | 1076 | 30 |
| INCLINE BENCH | 1701 | 1628 | 1194 | 66 |
| DECLINE BENCH | 1848 | 1701 | 1049 | 70 |
| FLAT EXERCISE BENCH | 1372 | 610 | 415 | 19 |
| DECLINE BENCH | 1552 | 610 | 898 | 40 |
| ADJUSTABLE BENCH | 1377 | 610 | 899 | 44 |
| PREACHER CURL | 1064 | 720 | 961 | 44 |

| STATION | LENGTH (mm) | WIDTH (mm) | HEIGHT (mm) | WEIGHT (kg) |
|---|---|---|---|---|
| HYPER EXTENSION BENCH | 1359 | 710 | 776 | 43 |
| SIT UP BOARD A-TYPE | 1840 | 656 | 1199 | 53 |
| SIT UP BOARD B-TYPE | 1840 | 1316 | 1199 | 81 |
| CHIN & DIP A | 1360 | 1087 | 2254 | 92 |
| CHIN & DIP B | 1025 | 975 | 2070 | 39 |
| DOUBLE TWIST | 1770 | 610 | 1230 | 47 |
| SHOULDER PRESS BENCH | 1293 | 820 | 980 | 24 |
| AB CRUNCH BENCH | 1587 | 899 | 1013 | 75 |
| DUMBBELL RACK | 2430 | 685 | 950 | 50 |
| WEIGHT TREE | 825 | 610 | 1030 | 27 |
| BARBELL RACK | 960 | 740 | 1365 | 59 |
| SQUAT RACK | 1701 | 1360 | 1534 | 76 |
| SMITH MACHINE | 2200 | 1105 | 2183 | 291 |
| HALF RACK | 1570 | 1300 | 2206 | 150 |
| 3D SMITH MACHINE | 2227 | 1677 | 2209 | 150 |
| DUAL POWER RACK SMITH | 2235 | 2074 | 2339 | 343 |


S4NTH


FORM
ACCESSORIES

# ACCESSORIES







## ACCESSORIES





- URETHANE DUMBBELLS
- URETHANE BARBELL STRAIGHT & CURL
- URETHANE BUMPER PLATE
- BARS
- URETHANE HAND WEIGHTS
- MEDICINE BALL
- HAND GRIPPED MEDICINE BALL
- SHOULDER BAG
- BATTLE BAG
- WALL BALL & WALL BALL MINI
- SLAM BALL
- DUROBALL
- SOFT PLYO BOX
- BATTLE ROPE 15M
- BALANCE BOARD
- ANTI-BURST STABILITY BALL
- TPE YOGA MAT
- PREMIUM REVERSABLE RUBBER MAT
- AB MAT WITH BACK SUPPORT
- SLED

# ACCESSORIES

## URETHANE DUMBBELL SET

Set 2 - 20kg (10 Pairs), 220kg

Set 2 - 40kg (20 Pairs), 840kg

Set 2 - 50kg (25 Pairs), 1300kg

Set 12 - 30kg (10 Pairs), 420kg

Set 12 - 40kg (15 Pairs), 780kg

Set 22 - 30kg (5 Pairs), 260kg

Set 32 - 40kg (5 Pairs), 360kg

Set 42 - 50kg (5 Pairs), 460kg

Set 52 - 60kg (5 Pairs), 560kg

Set 62 - 70kg (5 Pairs), 660kg

Set 72 - 80kg (5 Pairs), 760kg

## URETHANE DUMBBELLS

2kg, 4kg, 6kg, 8kg, 10kg, 12kg,

14kg, 16kg, 18kg, 20kg, 22kg,

24kg, 26kg, 30kg, 32kg, 34kg,

36kg, 38kg, 40kg, 42kg, 44kg,

46kg, 48kg, 50kg, 52kg, 54kg,

56kg, 58kg, 60kg, 62kg, 64kg,

66kg, 68kg, 70kg, 72kg, 74k,

76kg, 78kg, 80kg

## URETHANE STRAIGHT BARBELL

7.5kg, 10kg, 12.5kg, 15kg, 17.5kg,

20kg, 22.5kg, 25kg, 27.5kg, 30kg,

35kg, 40kg, 45kg, 50kg, 55kg.

## URETHANE CURL BARBELL

7.5kg, 10kg, 12.5kg, 15kg, 17.5kg,

20kg, 22.5kg, 27.5kg, 25kg, 30kg

35kg, 40kg, 45kg, 50kg, 55kg.

## URETHANE WEIGHT PLATE

1.25kg, 2.5kg, 5kg, 10kg,

15kg, 20kg, 25kg

## URETHANE BUMPER PLATE COLOURED

5kg – Black,

10kg - Green

15kg – Yellow

20kg - Blue

25kg - Red

# ACCESSORIES



## OLYMPIC BARS

Premium Men's 2.20m

Premium Women's Olympic Bar 2.01m

Olympic Bar 1.8m

Olympic Bar 1.5m

Olympic Bar 1.2m

Olympic Bar Curl 1.2m

Olympic Spring Collars

Olympic Plastic Lockjaw

Professional Men's Olympic Bar 2.20m

Professional Women's Olympic Bar 2.01m

## URETHANE HAND WEIGHTS

Urethane Hand Weight Set (10 Pairs)

1kg, 2kg, 3kg, 4kg, 5kg,

6kg, 7kg, 8kg, 9kg, 10kg

## GRADE A VIRGIN RUBBER MEDICINE BALL

1kg to 10kg

## GRADE A VIRGIN RUBBER MEDICINE BALL

3kg to 10kg

## SLAM BALL

4kg, 5kg, 6kg, 7kg, 8kg, 9kg,

10kg, 12kg, 15kg, 18kg, 20kg,

25kg, 30kg

## BATTLE ROPE 15M

15m x Diameter 3.8cm

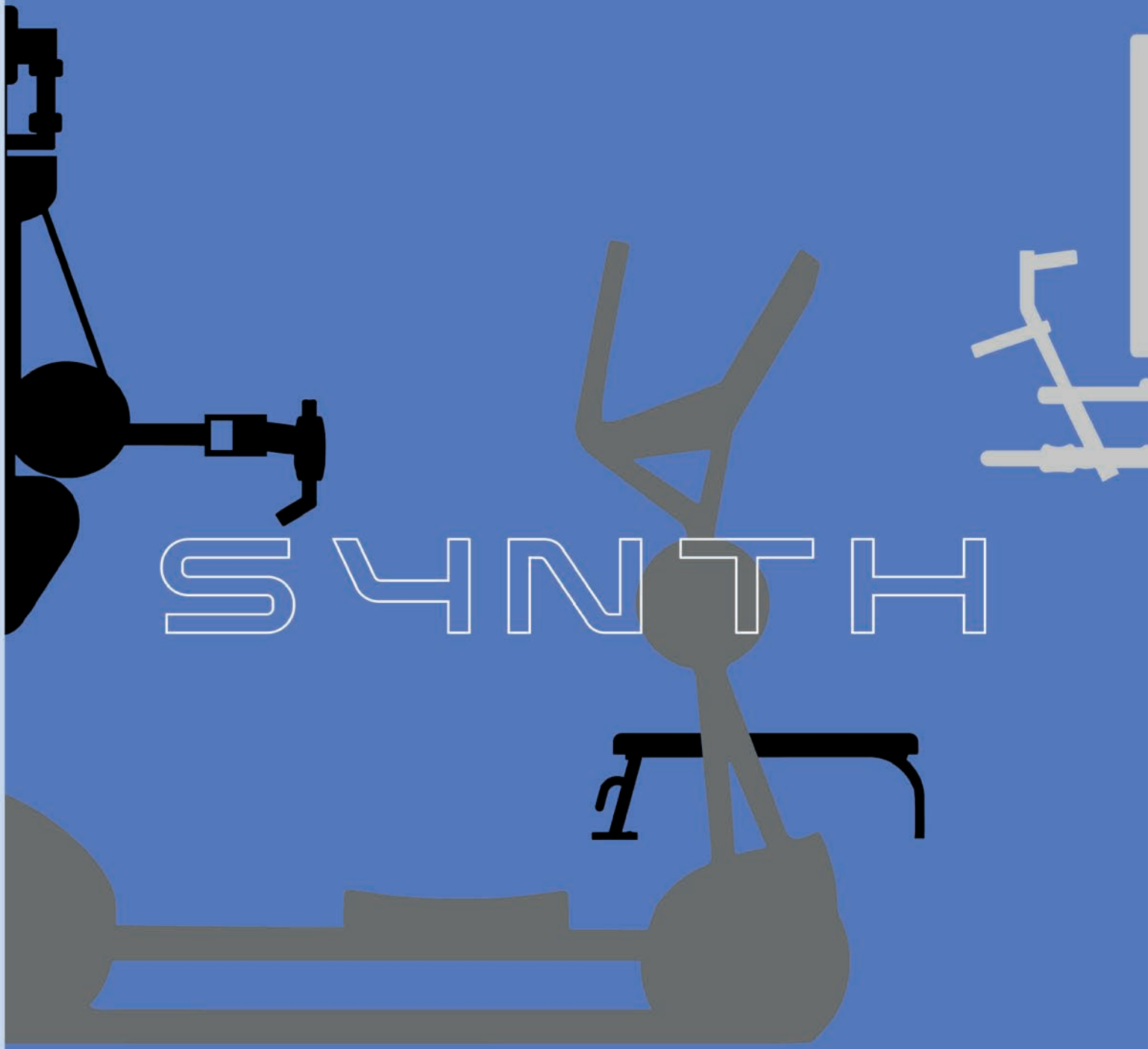
15m x Diameter 3.8cm with Sleeves

15m x Diameter 5.0cm

15m x Diameter 5.0cm with Sleeves

## TPE YOGA MAT

## PREMIUM REVERSABLE RUBBER MAT


SYNTH


FORM

CARDIOVASCULAR

SELECTORISED

FREEWEIGHTS

ACCESSORIES

GB

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