



Biceps Curl **SRPC-2130**

Muscles Worked	Muscles Worked
Length:1350mm Width:1070mm Height:1498mm	Machine Weight:244KG Weight Stack:91KG



Triceps Extension **SRPC-2131**

Muscles Worked	Muscles Worked
Length:1350mm Width:1023mm Height:1498mm	Machine Weight:261KG Weight Stack:91KG



Back Extension **SRPC-2135**

Muscles Worked	Muscles Worked
Length:1453mm Width:1049mm Height:1498mm	Machine Weight:278KG Weight Stack:118KG



Ould Press **SRPC-2136**

Muscles Worked	Muscles Worked
Length:1265mm Width:1049mm Height:1498mm	Machine Weight:207KG Weight Stack:91KG



Abdominal **SRPC-2139**

Muscles Worked	Muscles Worked
Length:1319mm Width:1084mm Height:1498mm	Machine Weight:221KG Weight Stack:68KG



Standing Hip **SRPC-2140**

Muscles Worked	Muscles Worked
Length:899mm Width:1877mm Height:1498mm	Machine Weight:212KG Weight Stack:86KG



Calf Extension **SRPC-2133**

Muscles Worked	Muscles Worked
Length:1167mm Width:1794mm Height:1498mm	Machine Weight:310KG Weight Stack:168KG



Prone Leg Curl **SRPC-2134**

Muscles Worked	Muscles Worked
Length:1351mm Width:1776mm Height:1498mm	Machine Weight:242KG Weight Stack:86KG



Seated Row **SRPC-2137**

Muscles Worked	Muscles Worked
Length:1172mm Width:1776mm Height:1498mm	Machine Weight:267KG Weight Stack:114KG



Seated Waist Twist **SRPC-2138**

Muscles Worked	Muscles Worked
Length:1278mm Width:1546mm Height:2013mm	Machine Weight:274KG Weight Stack:77KG

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Chest Press/Shoulder Press **SRPC-2101**

Muscles Worked		Muscles Worked	
			
Length:1983mm	Machine Weight:262KG	Width:1358mm	Weight Stack:68KG
Height:168mm			



Pulldown/Seated Row **SRPC-2102**

Muscles Worked		Muscles Worked	
			
Length:1978mm	Machine Weight:248KG	Width:1214mm	Weight Stack:86KG
Height:2258mm			



Leg Extension/Leg Curl **SRPC-2105**

Muscles Worked		Muscles Worked	
			
Length:1327mm	Machine Weight:299KG	Width:1370mm	Weight Stack:132KG
Height:1498mm			



Inner/Outer Thigh **SRPC-2106**

Muscles Worked		Muscles Worked	
			
Length:1676mm	Machine Weight:222KG	Width:1204mm	Weight Stack:68KG
Height:1498mm			



Abdominal/Back Extension **SRPC-2109**

Muscles Worked		Muscles Worked	
			
Length:1314mm	Machine Weight:264KG	Width:1204mm	Weight Stack:118KG
Height:1580mm			



Deep Squat/Standing Calf Extension **SRPC-2110**

Muscles Worked		Muscles Worked	
			
Length:1332mm	Machine Weight:327KG	Width:1154mm	Weight Stack:123KG
Height:1580mm			



Leg Extension **SRPC-2121**

Muscles Worked		Muscles Worked	
			
Length:1377mm	Machine Weight:284KG	Width:1503mm	Weight Stack:127KG
Height:1498mm			







Lat Pulldown **SRPC-2122**

Muscles Worked		Muscles Worked	
			
Length:1449mm	Machine Weight:228KG	Width:1677mm	Weight Stack:136KG
Height:2023mm			







Pec Fly/Rear Delt **SRPC-2103**

Muscles Worked		Muscles Worked	
			
Length:1367mm	Machine Weight:270KG	Width:1460mm	Weight Stack:86KG
Height:1953mm			







Dip/Chin Assist **SRPC-2104**

Muscles Worked		Muscles Worked	
			
Length:1531mm	Machine Weight:263KG	Width:1197mm	Weight Stack:77KG
Height:2325mm			







Biceps Curl/Triceps Extension **SRPC-2107**

Muscles Worked		Muscles Worked	
			
Length:1130mm	Machine Weight:216KG	Width:1974mm	Weight Stack:55KG
Height:1498mm			






Leg Press/Calf Extension **SRPC-2108**

Muscles Worked		Muscles Worked	
			
Length:1136mm	Machine Weight:344KG	Width:990mm	Weight Stack:132KG
Height:1498mm			







Rotary Hip **SRPC-2111**

Muscles Worked		Muscles Worked	
			
Length:1398mm	Machine Weight:271KG	Width:990mm	Weight Stack:68KG
Height:1580mm			





Seated Chest Press **SRPC-2120**

Muscles Worked		Muscles Worked	
			
Length:1648mm	Machine Weight:309KG	Width:1047mm	Weight Stack:132KG
Height:1830mm			







Seated Leg Curl **SRPC-2123**

Muscles Worked		Muscles Worked	
			
Length:1329mm	Machine Weight:262KG	Width:1555mm	Weight Stack:68KG
Height:1685mm			



Seated Should Press **SRPC-2127**

Muscles Worked		Muscles Worked	
			
Length:1639mm	Machine Weight:242KG	Width:1623mm	Weight Stack:91KG
Height:1498mm			