

# STRENGTH PINS-SELECTED

 **HARCO**



# ZEN SERIES



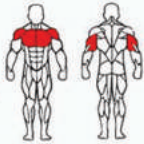
45

20



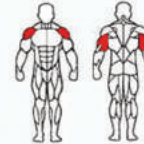
**SRTY01**  
CHEST PRESS

Weight: 252kg  
 Size: 1550×1500×1630mm  
 Packing Size: 1720×1120×700mm  
 Weight Stack: 100kg



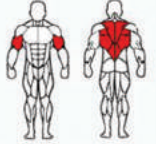
**SRTY02**  
SHOULDER PRESS

Weight: 267kg  
 Size: 1980×1450×1630mm  
 Packing Size: 1620×1120×530mm  
 Weight Stack: 100kg



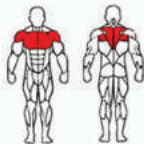
**SRTY03**  
ROWING MACHINE

Weight: 240kg  
 Size: 1330×1340×1630mm  
 Packing Size: 1620×1120×530mm  
 Weight Stack: 100kg



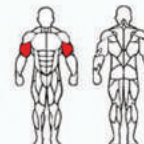
**SRTY04**  
PEC FLY / REAR DELT

Weight: 274kg  
 Size: 1490×1340×2080mm  
 Packing Size: 2120×1120×570mm  
 Weight Stack: 80kg



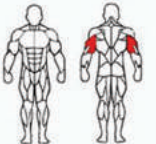
**SRTY05**  
BICEPS CURL

Weight: 220kg  
 Size: 1360×1160×1630mm  
 Packing Size: 1620×1120×530mm  
 Weight Stack: 80kg



**SRTY06**  
TRICEPS PRESS

Weight: 223kg  
 Size: 1400×1160×1630mm  
 Packing Size: 1620×1120×530mm  
 Weight Stack: 80kg





**SRTY07**  
LATERAL RAISE

Weight: 237kg  
Size: 1340 × 1320 × 1630mm  
Packing Size: 1820 × 1120 × 700mm  
Weight Stack: 80kg



**SRTY08**  
LAT PULLDOWN

Weight: 286kg  
Size: 1720 × 1580 × 1830mm  
Packing Size: 1620 × 1170 × 510mm  
Weight Stack: 100kg



**SRTY09**  
LOW ROW

Weight: 230kg  
Size: 1760 × 1080 × 1630mm  
Packing Size: 1820 × 1120 × 700mm  
Weight Stack: 100kg



**SRTY10**  
ABDOMINAL CRUNCH

Weight: 227kg  
Size: 1420 × 1130 × 1630mm  
Packing Size: 1620 × 920 × 470mm  
Weight Stack: 80kg



**SRTY11**  
BACK EXTENSION

Weight: 232kg  
Size: 1430 × 1170 × 1630mm  
Packing Size: 1620 × 920 × 510mm  
Weight Stack: 100kg



**SRTY12**  
ROTARY TORSO

Weight: 252kg  
Size: 1120 × 1390 × 1630mm  
Packing Size: 1620 × 1120 × 510mm  
Weight Stack: 80kg



**SRTY13**  
LEG EXTENSION

- Weight: 279kg
- Size: 1320 × 1270 × 1630mm
- Packing Size: 1620 × 1120 × 510mm
- Weight Stack: 100kg



**SRTY14**  
SEATED LEG CURL

- Weight: 298kg
- Size: 1660 × 1280 × 1630mm
- Packing Size: 1620 × 1120 × 510mm
- Weight Stack: 100kg



**SRTY15**  
PRONE LEG CURL

- Weight: 257kg
- Size: 1630 × 1120 × 1630mm
- Packing Size: 1620 × 1120 × 510mm
- Weight Stack: 100kg



**SRTY16**  
LEG PRESS

- Weight: 357kg
- Size: 1980 × 1220 × 1630mm
- Packing Size: 1820 × 1120 × 700mm
- Weight Stack: 100kg



**SRTY17**  
SEATED CALF

- Weight: 252kg
- Size: 1340 × 1120 × 1630mm
- Packing Size: 1620 × 920 × 450mm
- Weight Stack: 100kg



**SRTY18**  
REAR KICK

- Weight: 222kg
- Size: 1350 × 1000 × 1630mm
- Packing Size: 1620 × 1120 × 530mm
- Weight Stack: 100kg



**SRTY19**  
INNER THIGH

- Weight: 234kg
- Size: 1320×1500×1630mm
- Packing Size: 1620×1120×570mm
- Weight Stack: 80kg




**SRTY20**  
OUTER THIGH

- Weight: 229kg
- Size: 1320×1400×1630mm
- Packing Size: 1620×1120×570mm
- Weight Stack: 80kg



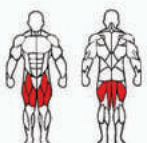

**SRTY24**  
DIP/CHIN ASSIST

- Weight: 332kg
- Size: 1570×1230×2250mm
- Packing Size: 2350×1170×580mm
- Weight Stack: 100kg




**SRTY25**  
SEATED LEG CURL / EXTENSION

- Weight: 294kg
- Size: 1720×1250×1630mm
- Packing Size: 1620×1120×720mm
- Weight Stack: 100kg




**SRTY26**  
BICEP/TRICEP

- Weight: 232kg
- Size: 1520×1190×1630mm
- Packing Size: 1620×1120×530mm
- Weight Stack: 80kg




**SRTY27**  
ABDUCTOR/ADDUCTOR

- Weight: 244kg
- Size: 1450×1330×1630mm
- Packing Size: 1620×1120×570mm
- Weight Stack: 80kg





**SRTY28**  
**PRONE LEG CURL/LEG EXTENSION**

Weight: 264kg  
 Size:1260×1860×1630mm  
 Packing Size:1620×1120×570mm  
 Weight Stack:100kg




**SRTY29**  
**SHOULDER PRESS/SEATED CHEST PRESS**

Weight: 277kg  
 Size:1500×1970×1630mm  
 Packing Size:2120×1120×570mm  
 Weight Stack:100kg




**SRTY30**  
**LAT PULLDOWN/LOW ROW**

Weight: 286kg  
 Size:1860×1660×2080mm  
 Packing Size:2220×1120×470mm  
 Weight Stack:100kg





**SRTY31**  
**ABDOMINAL CRUNCH/LOW BACK**

Weight: 227kg  
 Size:1420×1200×1630mm  
 Packing Size:1620×1120×530mm  
 Weight Stack:80kg




**SRTY32**  
**MULTI HIP**

Weight:227kg  
 Size:1200×1060×1630mm  
 PackingSize:1620×1120×730mm  
 Weight Stack:80kg




**SRTY33**  
**LAT PULLDOWN**

Weight:261kg  
 Size:1600×1660×2080mm  
 PackingSize:2220×1120×470mm  
 Weight Stack:100kg





**SRTY35**  
ABDOMINAL

Weight: 245kg  
Size: 1420 × 1350 × 1630mm  
Packing Size: 1720 × 1120 × 1020mm  
Weight Stack: 100kg



**SRTY36**  
SEATED DIP

Weight: 240kg  
Size: 1430 × 1200 × 1630mm  
Packing Size: 1720 × 1120 × 570mm  
Weight Stack: 80kg



**SRTY37**  
CHEST PRESS

Weight: 230kg  
Size: 1445 × 1445 × 1630mm  
Packing Size: 1720 × 1120 × 680mm  
Weight Stack: 100kg



**SRTY38**  
PEC FLY / REAR DELT

Weight: 250kg  
Size: 1915 × 1160 × 2045mm  
Packing Size: 2120 × 1120 × 570mm  
Weight Stack: 100kg



**SRTY39**  
HIP GLUTE

Weight: 243kg  
Size: 1560 × 1535 × 1630mm  
Packing Size: 1820 × 870 × 600mm  
Weight Stack: 100kg

**ZEN SERIES**

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WEBSITE



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