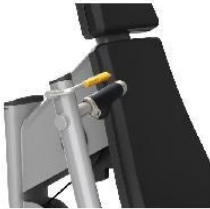


BMW Series STRENGTH



Adjustable Start-position Handle
Placed in a convenient location to make beginning the exercise quick and easy.



| FRAME AND CABLES | |
|--------------------|---|
| Frame Finish | Proprietary two-coat powder process |
| Cable Transmission | Internally lubricated cables and fittings |
| Machine Anchoring | Independent machine hold-down bracket |

| WEIGHT STACK | |
|-------------------------|-----------------------------|
| Weight-stack Guarding | Full front and rear shields |
| Total Stack Weight | 80 kg / 176 lbs. |
| Weight-plate Increments | 4.5 kg / 10 lbs. |

| USER AMENITIES | |
|-----------------------|--|
| Front Placards | Muscle call-outs, machine-specific stretching, start and finish exercise illustrations, proper machine adjustment and adjustment point call-outs |
| Rear Placards | Color-coded machine identification |
| Action Specific Grips | Yes |
| Personal Storage | Dual-size bottle holder, tactile storage mat and towel holder |
| Contoured Seating | Yes |
| Rep Counter | Electronic counter displays reps, exercise time and rest time |

| ADJUSTMENTS | |
|---|----------------------|
| Color-coded Pivots and Points of Adjustment | Yes |
| Machine-assisted User Adjustment | Spring-assisted seat |

| TECH SPECS | |
|--------------------------------|---|
| Product Dimensions (L x W x H) | 126 x 141 x 150 cm |
| Weight | 228 kg / 501 lbs. |
| Usage Tracking | Monitors total repetitions and hours of use |
| Rep Counter Power Supply | 2 AA batteries |
| Rep Counter Battery Life | Approximately 3 years |

Incremental Weights

Incremental weights are easily accessible from the seated position. Numeric selection allows users easy reference for future use.

Electronic Rep Counter

Integrated system tracks repetitions, activity time and rest time for a simplified workout experience.

Exercise Placards

Conveniently located and easy-to-read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards offer color references to easily identify muscle-group categories.

Action Specific Grips

Ergonomically designed, function-specific handles reduce stress on contact points to enhance user comfort.

Frame Color



Cushion Color

