

# **BMW Series STRENGTH**

Curved Back Pads Ergonomically designed for full muscular contraction.

Self-aligning Handles They adjust to accommodate users of all sizes.

Dual-pivot Design It provides a natural abdominal crunch motion.



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

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	

Product Dimensions (L x W x H)	140 x 119 x 150 cm
Weight	192 kg / 422 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 seate 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.

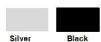
#### Exercise Placards

Conveniently located and easy-to-read exercise placard 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**



