

BMW Series STRENGTH

Kneeling Position

It minimizes low-back stress while stretching hip flexors.

Contoured Knee Pads

Specially designed for enhanced comfort and stabilization.

Range-of-motion Adjustment

A total of 8 different user positions are available.



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)	108 x 115 x 150 cm
Weight	210 kg / 462 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



Silver

Black

Cushion Color



ZD 02

ZD 03

ZD 15