BMW Series STRENGTH

Easy-to-use Thumb Switch
This feature provides a simple way for users to make full range-of-motion adjustments.

Contoured Elbow Pads
Designed for increased comfort and added stability.

Divergent Pad Angle
Pad orientation helps eliminate lower-back stress.

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)	175 x 111 x 150 cm
Weight	305 kg / 671 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