

**BMW Series STRENGTH**

**Easy-to-use Thumb Switch**  
This feature provides a simple way for users to make adjustments during workouts.

**Foot Position Identifiers**  
These marks on the footplate are visual cues for proper foot positioning.



**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 back pad

**TECH SPECS**

Product Dimensions (L x W x H)	187 x 110 x 150 cm
Weight	386 kg / 850 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