

**EVOST**



**LET'S  
TALK  
TRAINING**

## WELCOME TO “EVOST FITNESS” BORN FROM EXPERIENCE

We are dedicated to providing our customers with top-of-the-line fitness equipment that is both durable and effective. Our commitment to quality is evident in every product we offer from our state-of-the-art accessories to our high technology Strength Training Machines.

We cater to commercial gym setup for corporates, hotels, health clubs, residential complexes and fitness centres so, if you're looking for a reliable partner to help you create a successful fitness facility look for none other but “**Evost Fitness.**”

### **Why choose Evost Fitness :**

- **Premium Quality:** We use only the best material and components to ensure that our fitness equipment is built to last . We test each product rigorously to ensure that it meet our high standards of quality.
- **Innovative Design :** Discover the forefront of fitness innovation with our team of engineers and designers who continuously push boundaries. We are dedicated to crafting products that are not only unique and effective but also enjoyable to use, all while exuding a class of modernity.
- **Expert craftsmanship:** Our manufacturing process is second to none. We employ skilled craftsmen who take great pride in their work , and who are committed to producing equipment of the highest quality.
- **Outstanding Customer Service:** We believe that our customer deserve the best possible experience when they choose **Evost fitness.**

In addition to equipment, we also provide gym design and layout services to help business optimise their space and create a safe and effective workout environment.

With more than 25 years of fitness research, Evost design has produced a coordinated and stylish family of products, covering all exercise spectrum & making strength training more enjoyable and effective for everyone.

**Browse our selection today and experience the difference that we give!**

The logo for Evost Fitness, featuring the word "EVOST" in a stylized, grey, sans-serif font. The letter "O" is replaced by a bright green circle.

**“OVER 25 YEARS STRONG”**

**WE CAN TAKE YOUR STRENGTH  
AND TRAINING TO THE NEXT LEVEL**

***If you can dream it,  
We can build it !!***

## 'i-Won PRO SERIES' INNOVATIVE •VERSATILE •DURABLE

'I-Won PRO SERIES' The EVOST NEW 'A 7000' classy series design is premium selectorised, technologically advanced strengthened by guidance from leading fitness industry professionals. Emotive colour, sinuous curving profiles and striking aesthetic brings together a coordinated elegant look across the entire range.

The i-Won Pro design makes EVOST the natural response to the demand of all clubs that require PREMIUM & DURABLE equipment.

### **Features Overview:**

- Strong & powerful 137 x 40 mm tubular oval steel tube with 3mm thickness for maximum structural integrity.
- Isolateral Technology : Each arm moves independently, providing a balanced workout and reducing the risk of muscle imbalances.
- Aluminium cover, wide housing with CRC sheet laser cut steel cover, installed with belt & cable drive to ensure ultra smooth operation.
- Chrome guide rods with composite steel weight plates processed with nano-ceramic finish & cathophora spray.
- Weight plates installed with heavy rubber suspension bumper to absorb & reduce shock which makes it endurable for long term use.
- Abrasive blasted, chemically treated & three-step electrostatically powder coated ensuring maximum adhesion and durability.
- Fully automatic laser cutting machine to process Q235B material.
- Robotic welding ensures weld accuracy for perfect bio mechanics.
- Alloy processed weight selector pin adapts 304 stainless steel, elegantly finished & corrosion free.
- Glass reinforced aluminium & nylon pulleys operating on precision steel ball bearings & high quality turning screw improves the efficiency of the product.
- High end quality of  $\phi$  5.8 mm with nylon coated and 3600 lbs tensile strength for extended cable life.
- Double stitched contoured seat pads with honeycomb foam technology with lumbar support for a comfortable and well supported workout.
- Hydraulic gear switch design ensure that the seat can be easily and precisely adjusted.

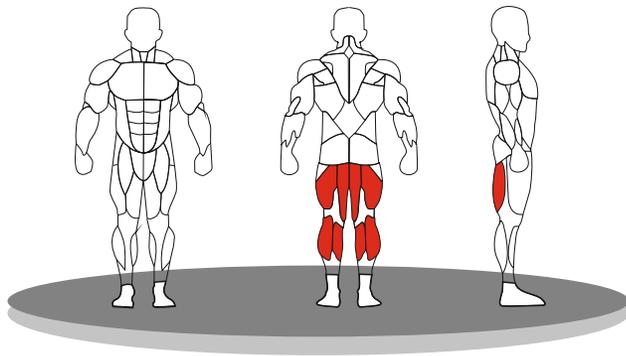
*“ Experience Excellence in Every Rep with Top-Tier i-Won PRO series”*

The logo for EVOST features the brand name in a bold, italicized, sans-serif font. The letter 'O' is a solid lime green circle, while the other letters are grey.



## PRONE LEG CURL A-7001

- Multiple and adjustable starting position allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable ankle roller pad for varying leg length.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.

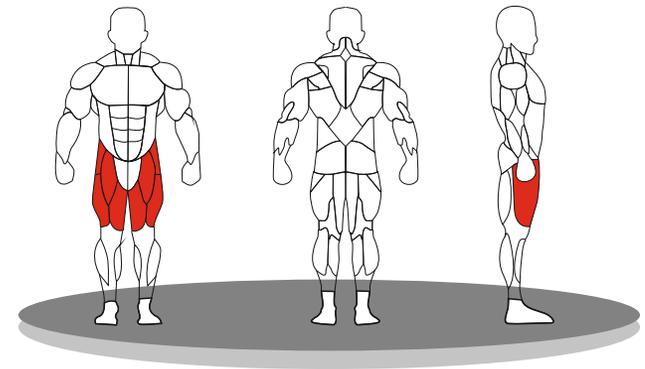


Length	:	1610 mm.
Width	:	1095 mm.
Height	:	1530 mm.
Machine Weight	:	255 kg.
Weight Stack	:	110 kg.

## LEG EXTENSION A-7002



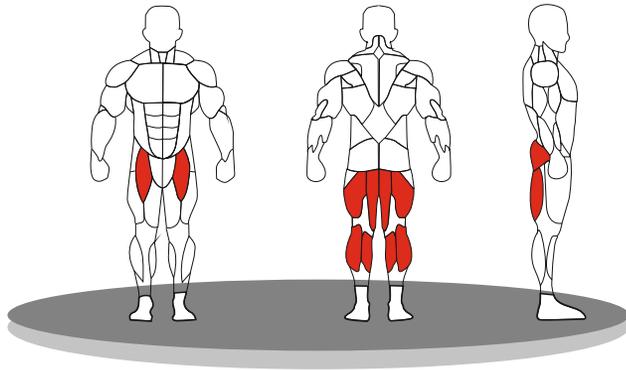
- Multiple and adjustable starting position for workout flexibility, self aligning ankle pad for comfort and convenience.
- Intelligent ergonomic design and adjustable back pad allows easy alignment of knee to pivot.
- Counter balanced weight and smooth running cam system provides resistance to ensure safe and smooth exercise.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1425 mm.
Width	:	1165 mm.
Height	:	1530 mm.
Machine Weight	:	250 kg.
Weight Stack	:	110 kg.

## LEG PRESS A-7003

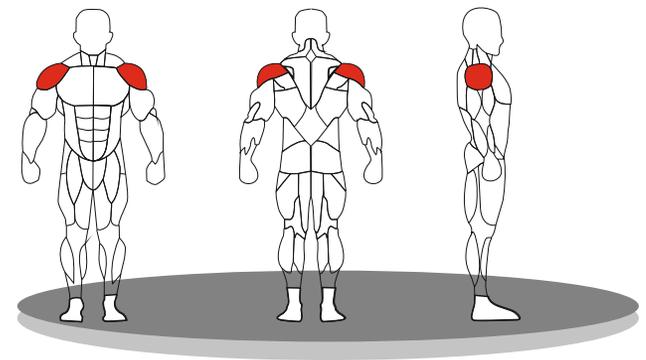
- Large sturdy foot plate and variable resistance cam design to regulate the load throughout the exercise, to ensure the correct muscle are targeted.
- Intelligent ergonomic design with adjustable back support pad.
- Smooth running cam system gives a safe, efficient workout.
- Power transmission via the hip relieves the spine and the seat can be adjusted to a starting position suitable for every user size.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1870 mm.
Width	:	1086 mm.
Height	:	1530 mm.
Machine Weight	:	357 kg.
Weight Stack	:	140 kg.

## LATERAL RAISE A-7005

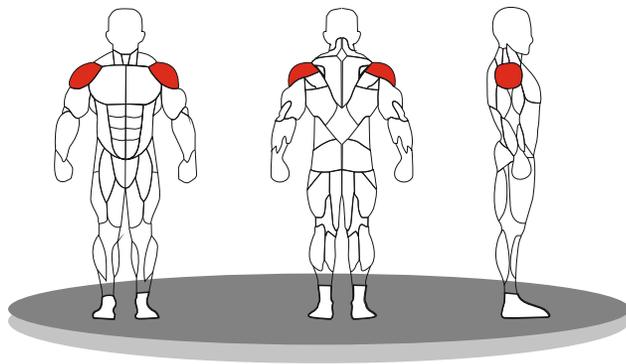
- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Construction for a natural overhead press with a lot training comfort.
- Each arm can be moved individually, resulting in a balanced tone muscle and also allows the separate training.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1300 mm.
Width	:	970 mm.
Height	:	1530 mm.
Machine Weight	:	213 kg.
Weight Stack	:	110 kg.

## SHOULDER PRESS A-7006

- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Construction for a natural overhead press with a lot training comfort.
- Each arm can be moved individually, resulting in a balanced tone muscle and also allows the individual training.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



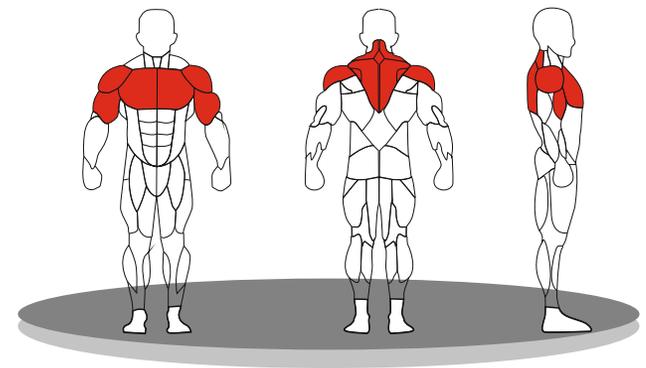
Length	:	1550 mm.
Width	:	1550 mm.
Height	:	1530 mm.
Machine Weight	:	260 kg.
Weight Stack	:	110 kg.



## REAR DELT / PEC FLY A-7007



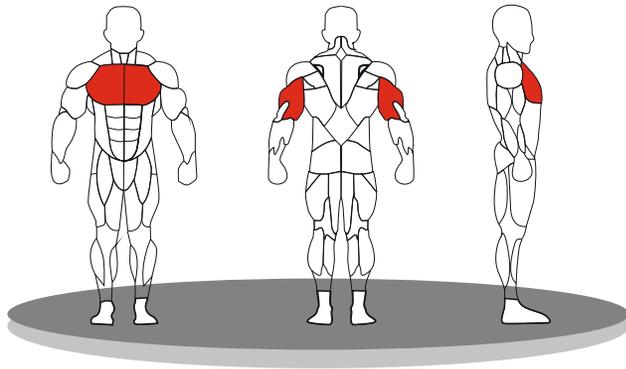
- Intelligent ergonomic design features pivoting arms movement that automatically adjust according to user's arm length.
- Converging axis design to replicate the body natural movement.
- Adjustable articulated arms adapt different arm lengths of the user & five starting positions for movement areas.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1280 mm.
Width	:	1430 mm.
Height	:	2075 mm.
Machine Weight	:	248 kg.
Weight Stack	:	95 kg.

## CHEST PRESS A-7008

- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement with adjustable backrest.
- Each arm can be moved individually, resulting in a balanced tone muscle and also allows the individual training.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



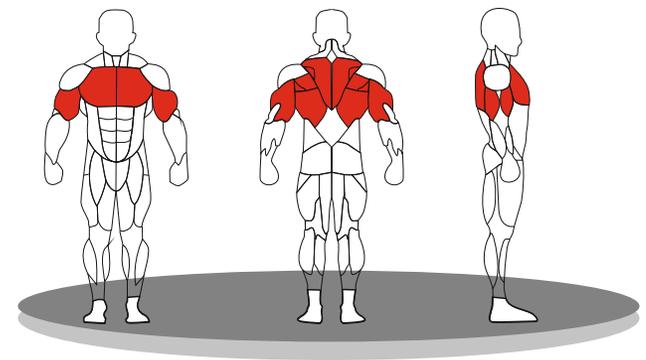
Length	:	1435 mm.
Width	:	1125 mm.
Height	:	1530 mm.
Machine Weight	:	281 kg.
Weight Stack	:	110 kg.



## DIP / CHIN ASSIST A-7009



- Intelligent ergonomic design features oversized steps, rotating dip handles and multiple positions pull up handle.
- Capable of adjusting weight resistance to gradually introduce exercises using the body's natural weight, thereby reducing the need for excessive traction during workouts.
- Multiple starting position to ensure correct posture and workout.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



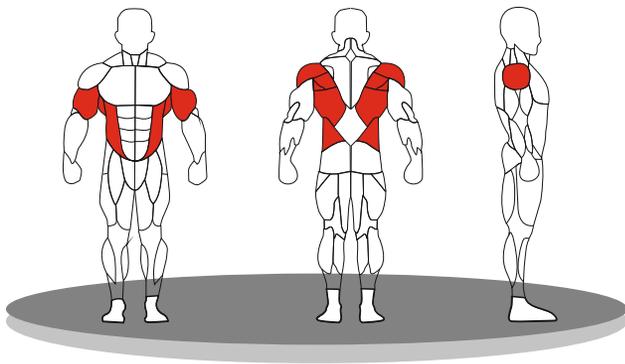
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Length	:	1930 mm.
Width	:	1000 mm.
Height	:	2495 mm.
Machine Weight	:	280 kg.
Weight Stack	:	110 kg.

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## LAT PULL DOWN A-7012

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Overhead pulley system and multi-grip pull bar allows users to customized their exercise in single axis motion.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.

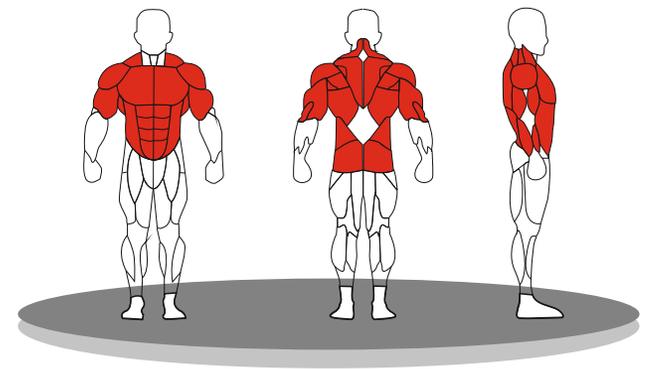


Length	:	1190 mm.
Width	:	1200 mm.
Height	:	2230 mm.
Machine Weight	:	275 kg.
Weight Stack	:	110 kg.



## CABLE CROSS OVER A-7016

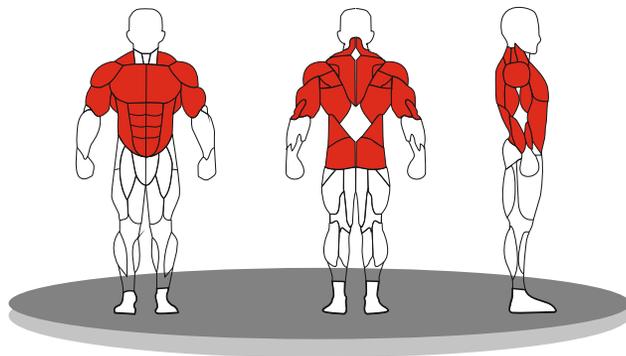
- Dual angled pulley system offers 22 easy to adjust positions for each column offering a total body workout for a variety of users.
- Adjustable hand grips and multi position chinning bar for a variety of exercises.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



Length	:	4400 mm.
Width	:	7500 mm.
Height	:	2280 mm.
Machine Weight	:	440 kg.
Weight Stack	:	220 kg.

## FUNCTIONAL TRAINER A-7017

- Dual angled pulley system offers easy to adjust positions for each column and independent body movement promoting a wider workout variety.
- Adjustable hand grips and multi position chinning bar for multiple exercise.
- The cable pulley can be fixed in various height positions.
- Various handles offer pull-up options on the upper link brace.
- Ergonomics neoprene handle designed for maximum control and efficiency.



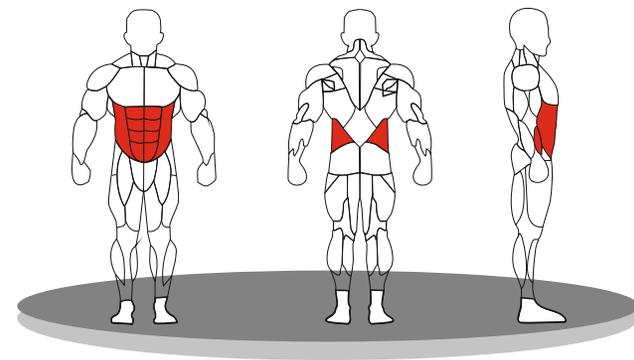
Length	:	1950 mm
Width	:	1040 mm
Height	:	2350 mm
Machine Weight	:	381 kg.
Weight Stack	:	190 kg.





## ROTARY TORSO A-7018

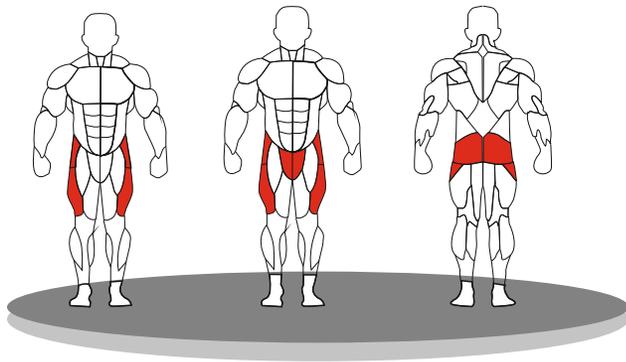
- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement. ergonomics neoprene handle designed for maximum control and efficiency.
- Counter balanced weight provides a low start resistance to ensure exercise is performed smoothly and safely.
- Placards placed in most visible position, provide step-by-step instruction, as well as pictures illustrating proper use and muscles targeted.
- Hand Grips secured in place with Aluminum Collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1150 mm.
Width	:	1130 mm.
Height	:	1530 mm.
Machine Weight	:	260 kg.
Weight Stack	:	65 kg.

## ABDUCTOR / ADDUCTOR A-7021

- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Combines two exercises as DUAL device.
- Knee pads and foot positioning variants reduce pressure on the knee joints.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.

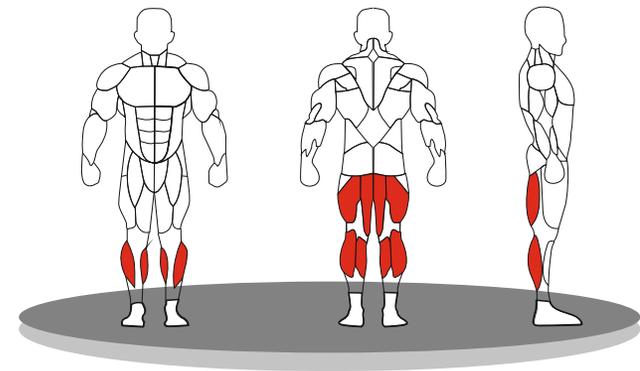


Length	:	1550 mm.
Width	:	860 mm.
Height	:	1530 mm.
Machine Weight	:	265 kg.
Weight Stack	:	110 kg..

## SEATED LEG CURL A-7023



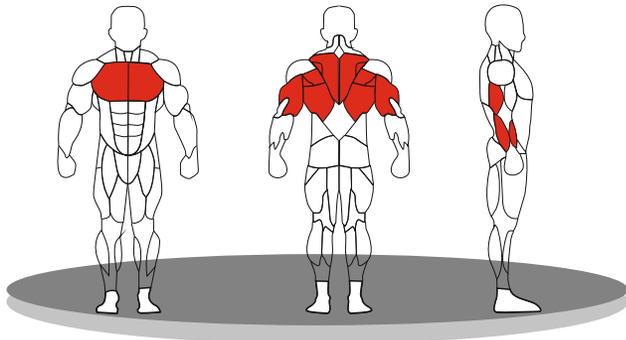
- Multiple and adjustable starting position allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable back pad allow easy alignment of knees to pivot.
- Radius limiters are easily adjustable.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1665 mm.
Width	:	1145 mm.
Height	:	1530 mm.
Machine Weight	:	270 kg.
Weight Stack	:	110 kg.

## TRICEP PRESS A-7026

- Intelligent ergonomic design with unique linear motion path for correct exercise movement and forward angled seat back gives a safe and efficient workout.
- The construction with four struts allows a smooth movement and relieves the wrists.
- Quick and easy entry for a comfortable workout Seat height adjustable for different user sizes.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



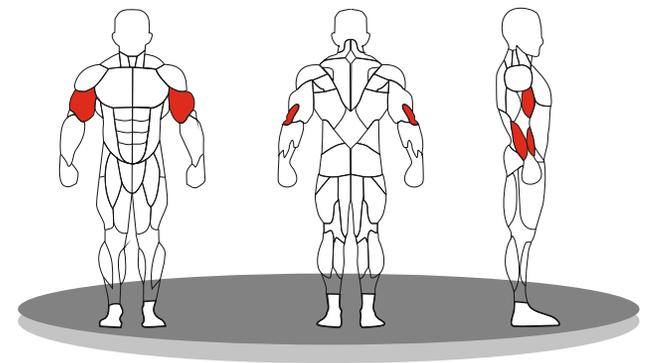
Length	:	1320 mm.
Width	:	1055 mm.
Height	:	1530 mm.
Machine Weight	:	260 kg.
Weight Stack	:	110 kg.



## BICEP CURL A-7030



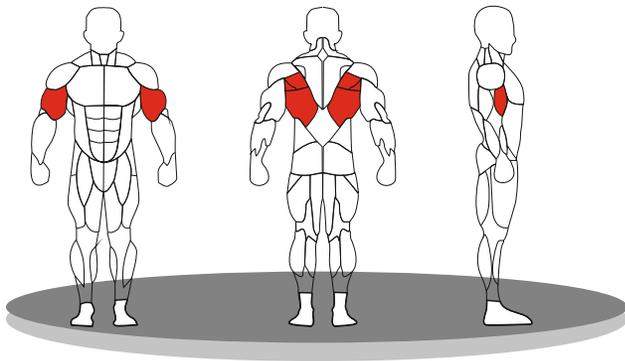
- Intelligent ergonomic design features a preacher curl position with comfortable auto-adjust hand grips to fit all users.
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1500 mm.
Width	:	930 mm.
Height	:	1530 mm.
Machine Weight	:	192 kg.
Weight Stack	:	80 kg.

## LONG PULL A-7033

- Variable resistance cam design to regulate the load throughout the exercise, to ensure the correct muscle are targeted.
- Ergonomic Pull bar offers an efficient workout position.
- Sturdy footrail provide maximum comfort and stability to the lower limbs.
- Placards placed in most visible position, provide step-by-step instruction, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



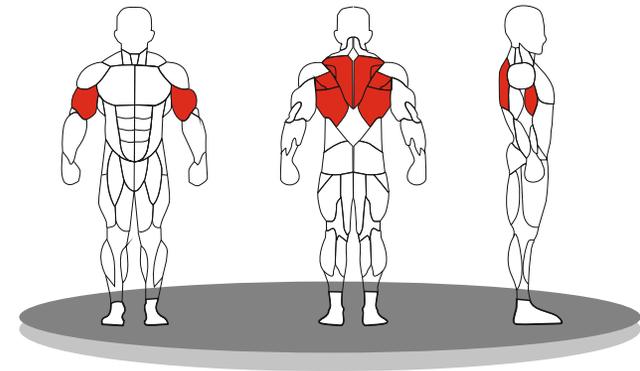
Length	:	1780 mm.
Width	:	1320 mm.
Height	:	1830 mm.
Machine Weight	:	226 kg.
Weight Stack	:	110 kg.



## SEATED ROW A-7034



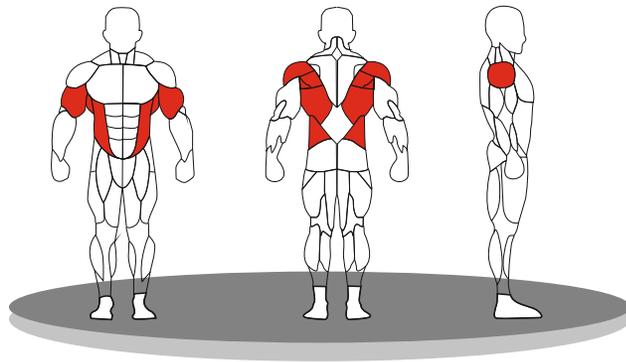
- Intelligent ergonomic design features adjustable chest pad and seat height position.
- Seated workout for upper body & back with adjustable chest pad ensure to a stable sitting position and correct posture.
- Each arm can be moved individually, resulting in a balanced tone muscle and also allows the individual training.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1505 mm.
Width	:	1005 mm.
Height	:	1530 mm.
Machine Weight	:	245 kg.
Weight Stack	:	110 kg.

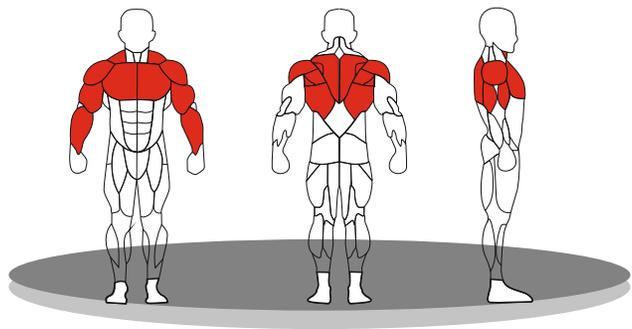
## PULL DOWN A-7035

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Each arm can be moved individually, resulting in a balanced tone muscle and also allows the individual training.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1520 mm.
Width	:	1445 mm.
Height	:	1795 mm.
Machine Weight	:	275 kg.
Weight Stack	:	110 kg.





**FLAT BENCH A-7036**

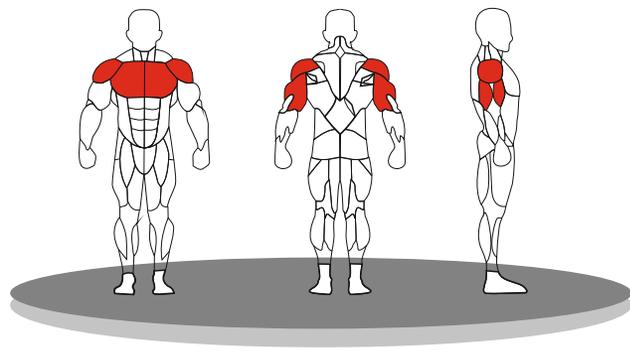



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Length	:	1270 mm.
Width	:	790 mm.
Height	:	460 mm.
Total Weight	:	27 kg.

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**ADJUSTABLE DECLINE BENCH A-7037**

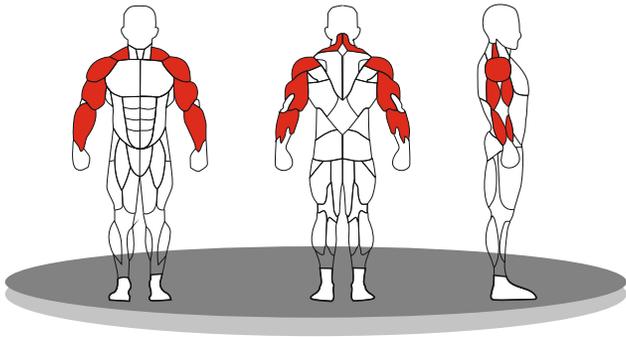



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Length	:	1690 mm.
Width	:	790 mm.
Height	:	860 mm.
Total Weight	:	56 kg.

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## SEATED BENCH A-7038



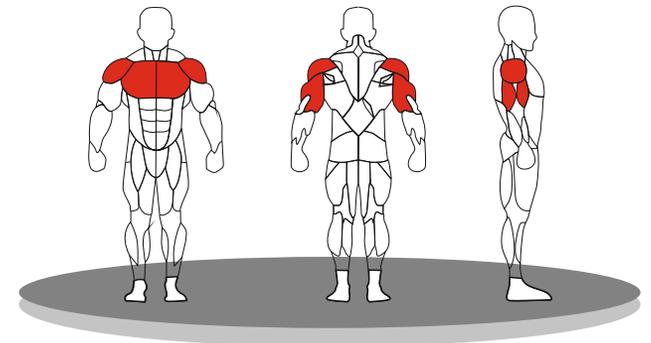
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Length	:	970 mm.
Width	:	740 mm.
Height	:	1040 mm.
Total Weight	:	29 kg.

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## MULTI ADJUSTABLE BENCH A-7039



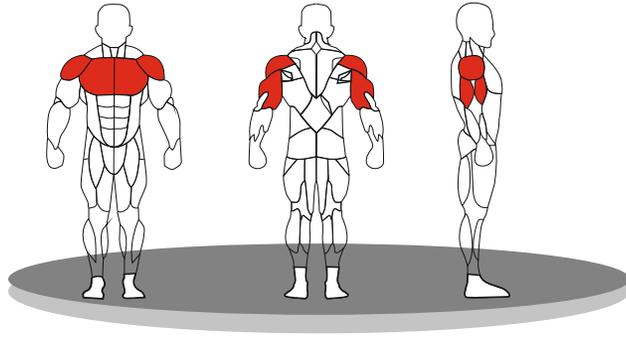
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Length	:	1360 mm.
Width	:	690 mm.
Height	:	510 mm.
Total Weight	:	43 kg.

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## MULTI FUNCTIONAL BENCH A-7040

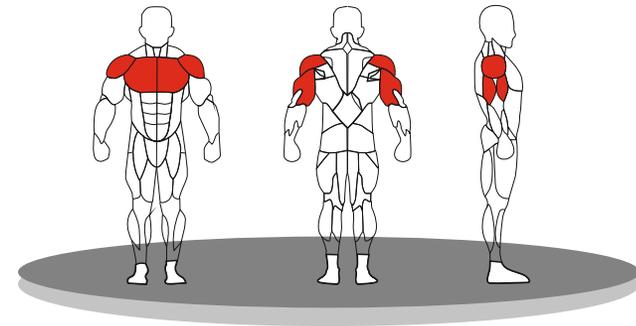


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Length	:	1415 mm.
Width	:	675 mm.
Height	:	465 mm.
Total Weight	:	36 kg.

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## MULTI ADJUSTABLE BENCH A-7040A

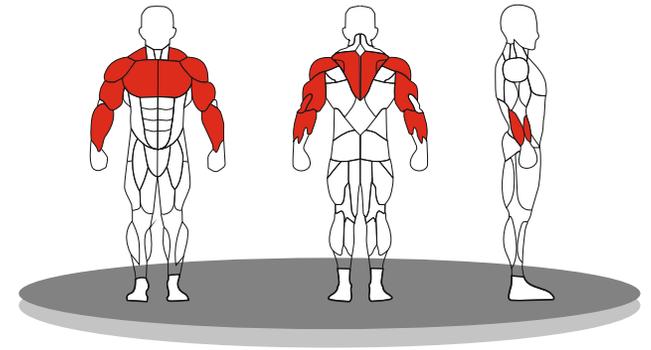


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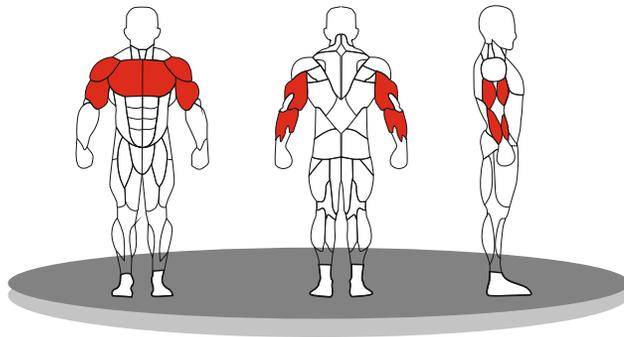
Length	:	1655 mm.
Width	:	565 mm.
Height	:	520 mm.
Total Weight	:	52 kg.

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## OLYMPIC DECLINE BENCH A-7041



Length	:	2150 mm.
Width	:	1820 mm.
Height	:	1310 mm.
Total Weight	:	98 kg.



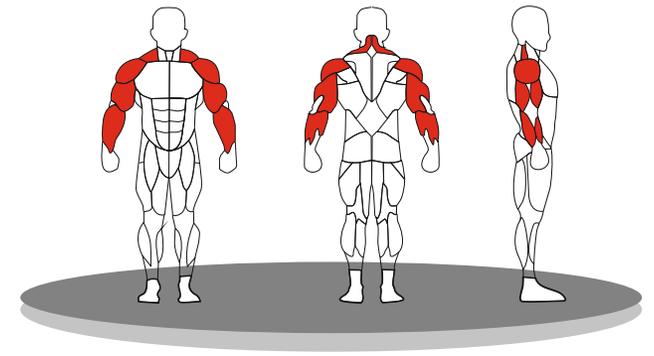
Length	:	2190 mm.
Width	:	1810 mm.
Height	:	1570 mm.
Total Weight	:	101 kg.

## OLYMPIC INCLINE BENCH A-7042



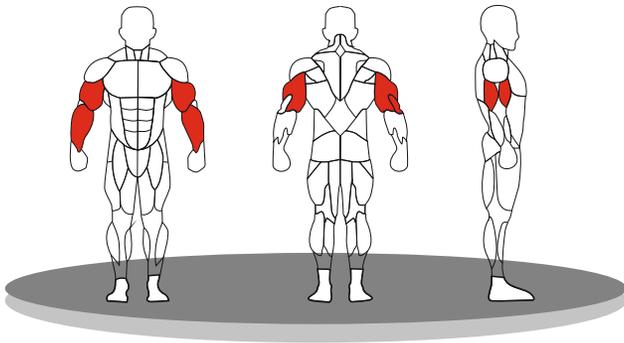


## OLYMPIC BENCH A-7043



Length	:	2020 mm.
Width	:	1820 mm.
Height	:	1310 mm.
Total Weight	:	80 kg.

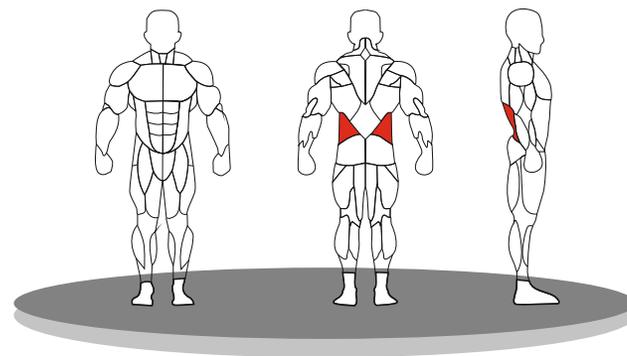
## PREACHER CURL A-7044



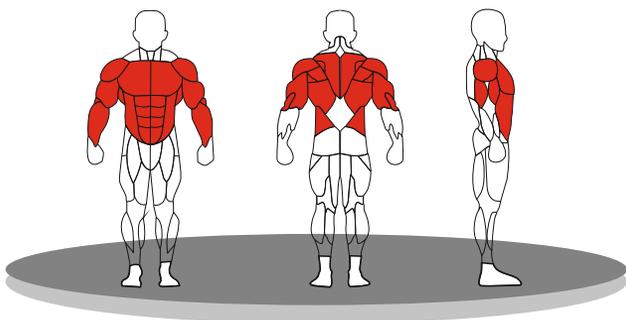
Length	:	1310 mm.
Width	:	820 mm.
Height	:	1010 mm.
Total Weight	:	66 kg.



## BACK EXTENSION A-7045



Length	:	1520 mm.
Width	:	790 mm.
Height	:	830 mm.
Total Weight	:	70 kg.



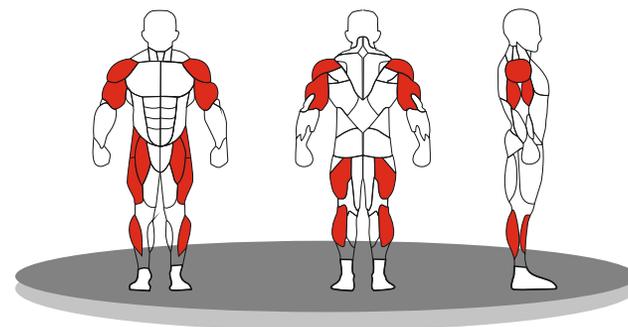
Length	:	1040 mm.
Width	:	720 mm.
Height	:	1650 mm.
Total Weight	:	82 kg.

## VERTICAL KNEES UP/DIP A-7047





## SQUAT RACK A-7050




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Length	:	1390 mm.
Width	:	1750 mm.
Height	:	1770 mm.
Total Weight	:	125 kg.

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## VERTICAL PLATE TREE A-7054




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Length	:	680 mm.
Width	:	690 mm.
Height	:	800 mm.
Total Weight	:	35 kg.

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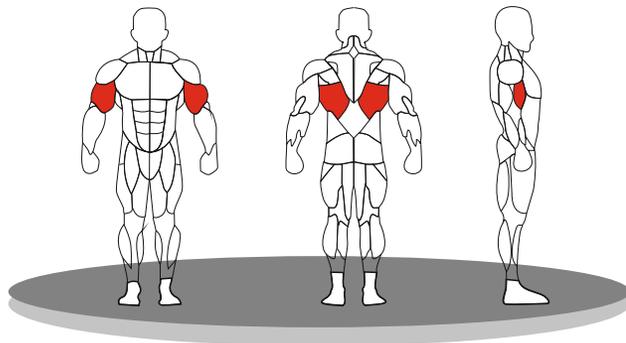
## BARBELL RACK A-7055



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Length	:	990 mm.
Width	:	850 mm.
Height	:	1320 mm.
Total Weight	:	82 kg.

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Length	:	1850 mm.
Width	:	790 mm.
Height	:	1190 mm.
Total Weight	:	72 kg.

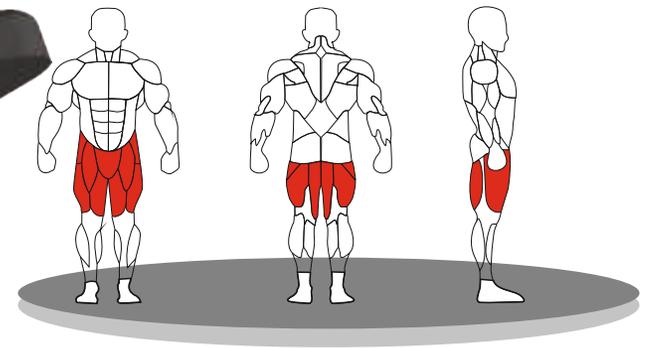
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## INCLINE LEVER ROW A-7061



## LEG PRESS A-7056

- Large Sturdy foot plate with durable linear bearing mechanism to regulate the load throughout the exercise and to ensure the correct muscle are targeted.
- Intelligent ergonomic design with adjustable back support pad.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.

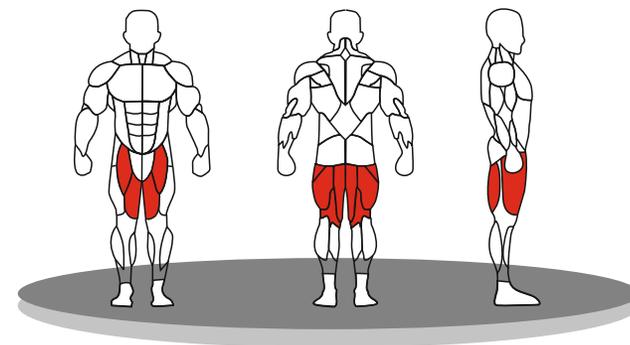


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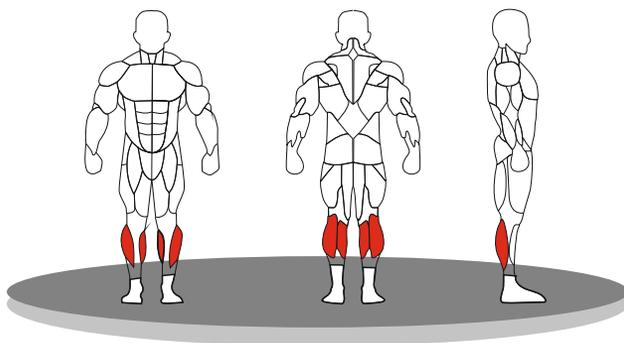
Length	:	2090 mm.
Width	:	1400 mm.
Height	:	1420 mm.
Machine Weight	:	197 kg.

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## HACK SLIDE A-7057



Length	:	2040 mm.
Width	:	1630 mm.
Height	:	1220 mm.
Total Weight	:	181 kg.

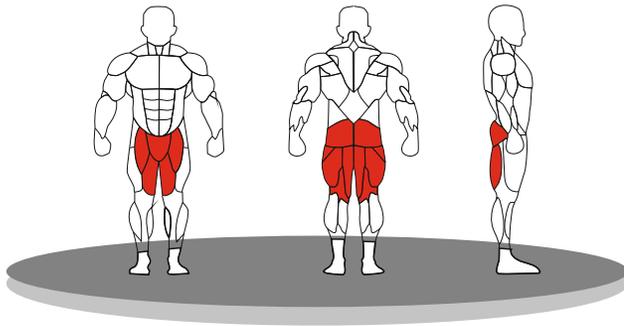


Length	:	1230 mm.
Width	:	660 mm.
Height	:	840 mm.
Total Weight	:	45 kg.

## SEATED CALF A-7062



## SUPER SQUAT A-7065



Length	:	1790 mm.
Width	:	1630 mm.
Height	:	1750 mm.
Total Weight	:	121 kg.

## DUMBBELL RACK A-7077

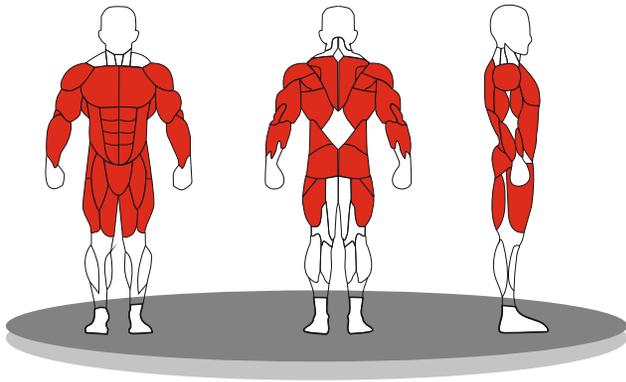


Length	:	2300 mm.
Width	:	600 mm.
Height	:	720 mm.
Total Weight	:	71 kg.



## SMITH MACHINE A-7063

- The Smith Machine is popular among users as an innovative, stylish and safe plate loaded machine.
- The vertical motion of the Smith bar provided stable path to assist exercisers in achieving the correct squat.
- Multiple locking positions allow users to stop training by rotating the Smith Bar at any point during process of the exercise.
- Integrated pull-up grips promotes a wider workout variety.

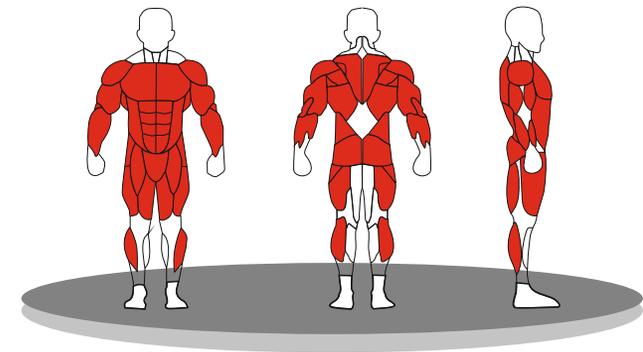


Length	:	1090 mm.
Width	:	2180 mm.
Height	:	2320 mm.
Machine Weight	:	218 kg.

## SMITH-SQUAT COMBO RACK E-7064



- The Smith Combo Rack offers strength trainers more options for weightlifting.
- The stable and reliable Smith system features fixed rails along with extra counterbalance loads to assist users in beginning with lower weights.
- The free weight area on the other side allows experienced lifters to perform more flexible and targeted training.
- The quick-release column provides convenience for switching between different exercises.



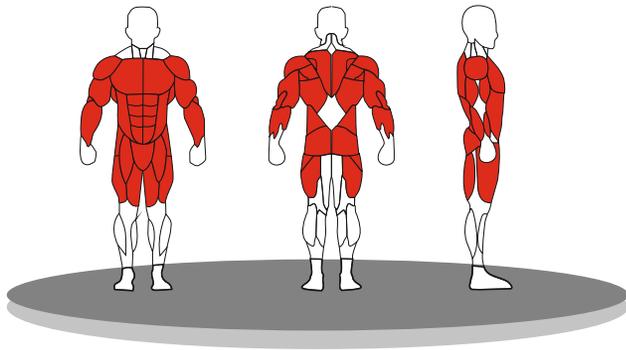
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Length	:	1835 mm.
Width	:	2210 mm.
Height	:	2190 mm.
Machine Weight	:	260 kg.

---

## FUNCTIONAL TRAINER WITH SMITH MACHINE E-7066

- Dual angled pulley system offers easy to adjust positions for each column and independent body movement promoting a wider workout variety.
- Adjustable hand grips and multi position chinning bar for multiple exercises.
- The cable pulley can be fixed in various height positions.
- Various handles offer pull-up options on the upper link brace.
- Ergonomics neoprene handle designed for maximum control and efficiency.

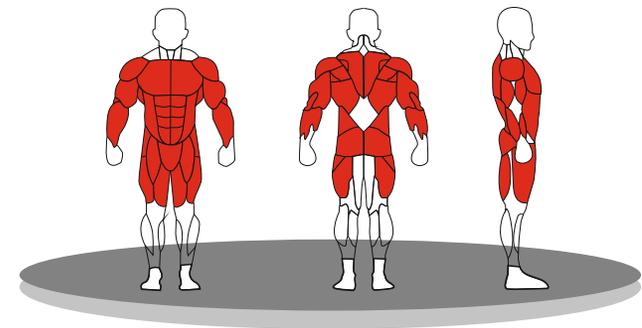


Length	:	1625 mm.
Width	:	2755 mm.
Height	:	2400 mm.
Machine Weight	:	384 kg.
Weight Stack	:	162 kg.



## FUNCTIONAL TRAINER WITH SMITH MACHINE E6250

- Dual angled pulley system offers easy to adjust positions for each column and independent body movement promoting a wider workout variety.
- Adjustable hand grips and multi position chinning bar for multiple exercises.
- The cable pulley can be fixed in various height positions.
- Various handles offer pull-up options on the upper link brace.
- Ergonomics neoprene handle designed for maximum control and efficiency.



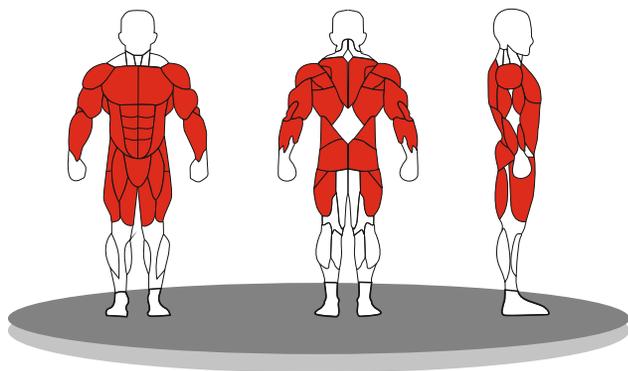
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Length	:	2580 mm.
Width	:	1020 mm.
Height	:	2480 mm.
Machine Weight	:	480 kg.
Weight Stack	:	184 kg.

---

## MULTI FUNCTIONAL SMITH MACHINE E6247

- Dual angled pulley system offers easy to adjust positions for each column and independent body movement promoting a wider workout variety.
- Adjustable hand grips and multi position chinning bar for multiple exercises.
- The cable pulley can be fixed in various height positions.
- Various handles offer pull-up options on the upper link brace.
- Ergonomics neoprene handle designed for maximum control and efficiency.

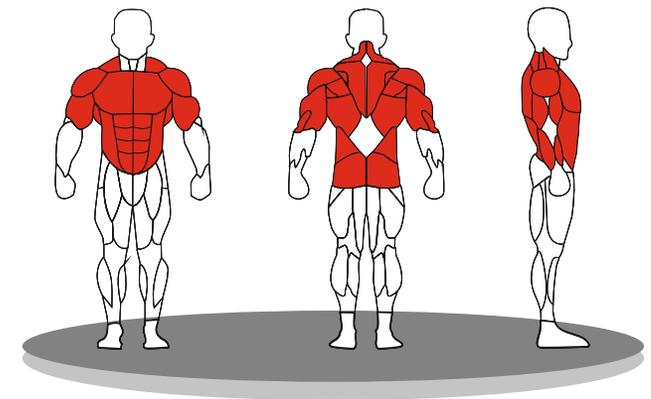


Length	:	2130 mm.
Width	:	1560 mm.
Height	:	2250 mm.
Machine Weight	:	336 kg.
Weight Stack	:	60x2 kg.



## CABLE CROSSOVER EMI-1100

- Dual angled pulley system offers 22 easy to adjust positions per column.
- Two independent weight stack movement of body promoting a wider workout variety.
- Adjustable hand grips and multi position exercise choice.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



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Length	:	1560 mm.
Width	:	1150 mm.
Height	:	2150 mm.
Machine Weight	:	452 kg.
Weight Stack	:	210 kg.

---

## “iWon” SERIES DRIVEN BY PERFORMANCE

“iWon” The EVOST latest 'U 2000' classy series designed is premium selectorised, technologically advanced, highly engineered which offers flawless movements, ergonomically design and durability to stand the most rigorous environment. Emotive colour, sinuous curving profiles and striking aesthetic brings together a coordinated elegant look across the entire range.

### **Features Overview :**

- Fully automatic laser cutting machine to process Q235B material.
- Robotic welding ensures weld accuracy for perfect bio mechanics.
- Abrasive blasted, chemically treated & electrostatically powder coated ensuring maximum adhesion and durability.
- Chrome guide rods with composite steel weight plates processed with nano-ceramic finish & cathophora spray.
- Weight plates installed with heavy rubber suspension bumper used to absorb & reduce shock to make it endurable for long term use.
- Alloy processed weight selector pin adapts 304 stainless steel material, elegantly finished & corrosion free.
- Glass reinforced pulley operating on precision steel ball bearings & high quality turning screw improves the efficiency of the product.
- High end quality of  $\phi$  5.8 mm with nylon coated and 3600 lb tensile strength for extended cable life.
- Double stitched contoured seat pads with honeycomb foam technology with lumbar support for a comfortable and well supported workout.
- Hydraulic gear switch design ensure that the seat can be easily and precisely adjusted.

***“ Step up to Success with unrivaled i-Won series”***

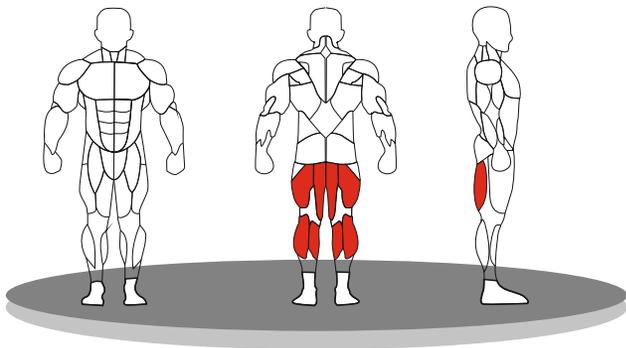
**EVOST**





## PRONE LEG CURL U-2001

- Multiple and adjustable starting position allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable ankle roller pad for varying leg length.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



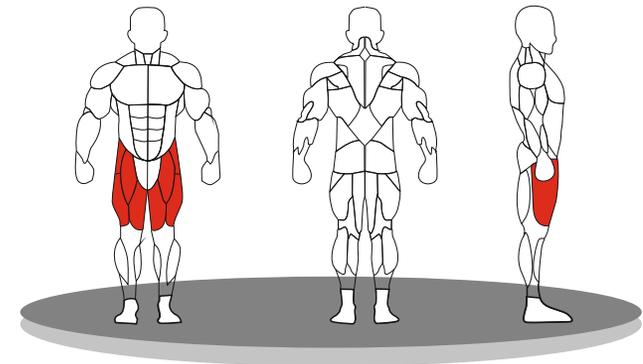
Length	:	1650 mm.
Width	:	960 mm.
Height	:	1535 mm.
Machine Weight	:	225 kg.
Weight Stack	:	95 kg.



## LEG EXTENSION U-2002



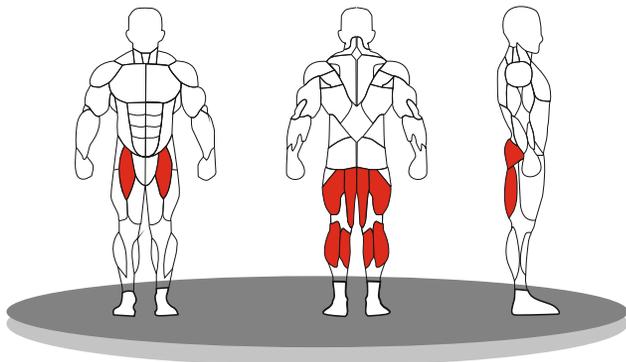
- Multiple and adjustable starting position for a flexible workout, self aligning ankle pad for comfort and convenience.
- Intelligent ergonomic design and adjustable back pad allow easy alignment of knee to pivot.
- Counter balanced weight and smooth running cam system provides resistance to ensure safe and smooth exercise.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1565 mm.
Width	:	1030 mm.
Height	:	1535 mm.
Machine Weight	:	230 kg.
Weight Stack	:	110 kg.

## SEATED LEG PRESS U-2003

- Large sturdy foot plate and variable resistance cam is designed to regulate the load throughout the exercise ensuring the correct muscle are targeted.
- Intelligent ergonomic design with adjustable back support pad.
- Smooth running cam system gives a safe, efficient workout.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



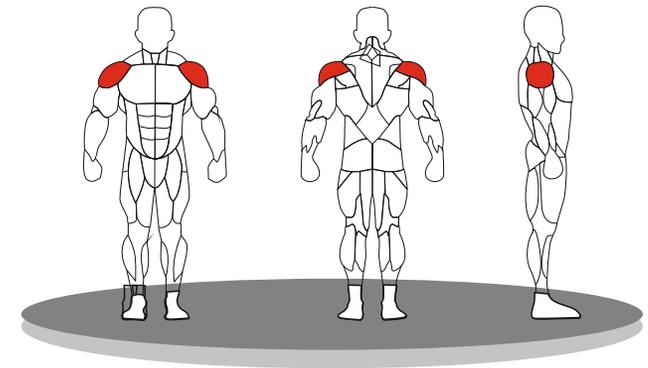
Length	:	2090 mm.
Width	:	1060 mm.
Height	:	1535 mm.
Machine Weight	:	240 kg.
Weight Stack	:	109 kg.



## LATERAL RAISE U-2005



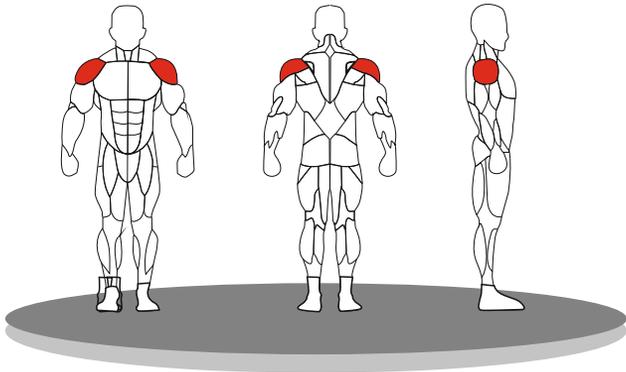
- Inward facing orientation helps user to align shoulder joint to pivot.
- Padded arm pads and fixed handles allow for easy user positioning.
- Counter balance weight provide resistance to ensure safe and smooth exercise.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	980 mm.
Width	:	1270 mm.
Height	:	1535 mm.
Machine Weight	:	180 kg.
Weight Stack	:	52 kg.

## SHOULDER PRESS U-2006

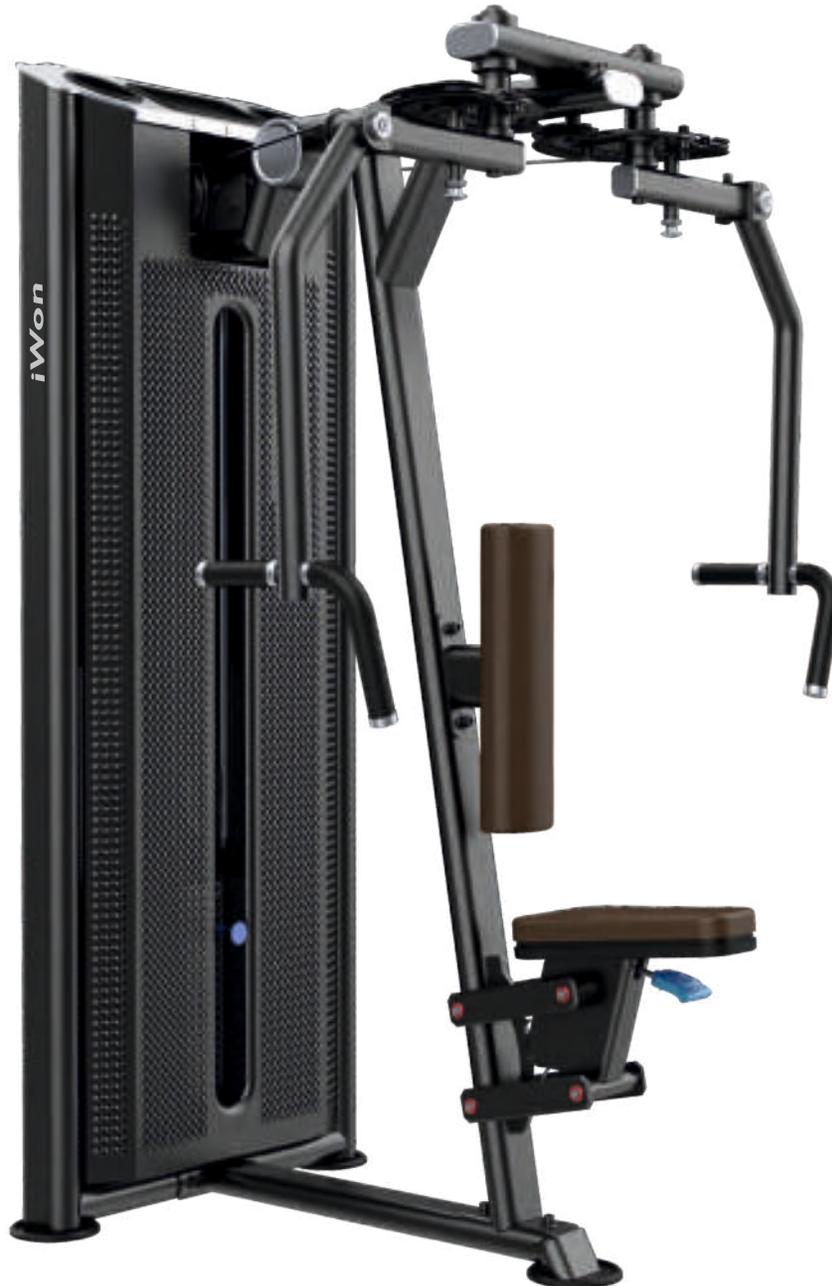
- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



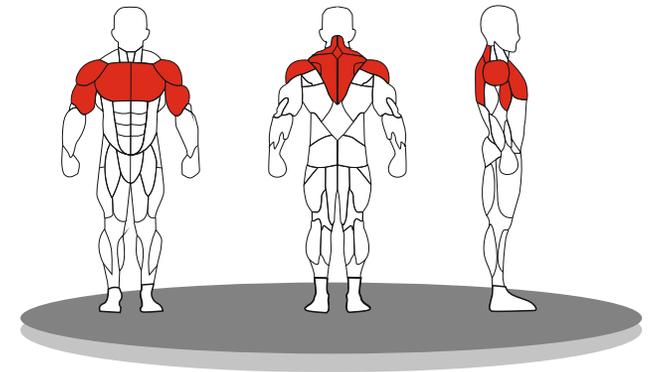
Length	:	1750 mm.
Width	:	1350 mm.
Height	:	1535 mm.
Machine Weight	:	237 kg.
Weight Stack	:	110 kg.



## REAR DELT / PEC FLY U-2007



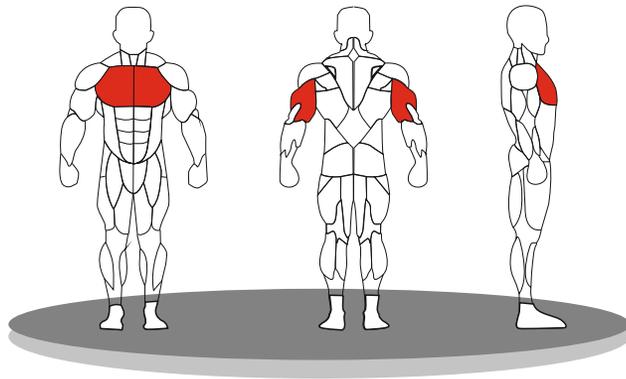
- Intelligent ergonomic design features pivoting arms movement that automatically adjust according to user's arm length.
- Converging axis design to replicate the body natural movement.
- Multiple grip positions with neoprene handle for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1860 mm.
Width	:	1310 mm.
Height	:	2020 mm.
Machine Weight	:	273 kg.
Weight Stack	:	110 kg.

## CHEST PRESS U-2008

- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Ergonomic neoprene handles designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



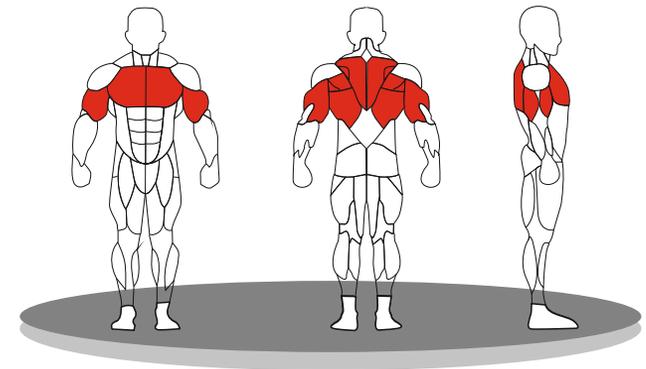
Length	:	1488 mm.
Width	:	1059 mm.
Height	:	1814 mm.
Machine Weight	:	246 kg.
Weight Stack	:	110 kg.



## DIP / CHIN ASSIST U-2009



- Intelligent ergonomic design features oversized steps, comfortable knee pad, rotating dip handles and multiple positions pull up handle.
- Swing away counter balanced knee pad for added comforts.
- Multiple start positions to ensure correct posture and workout.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



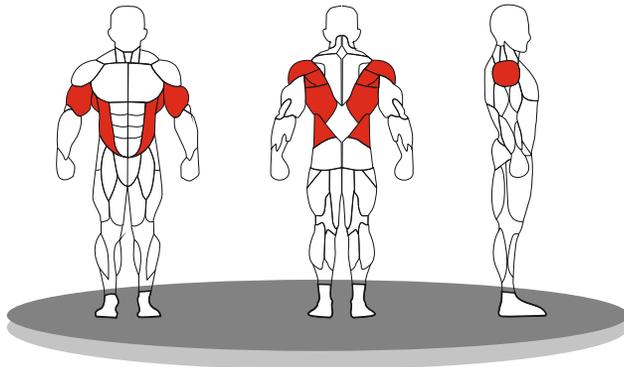
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Length	:	1550 mm
Width	:	1370 mm
Height	:	2360 mm
Machine Weight	:	220 kg.
Weight Stack	:	88 kg.

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## LAT PULL DOWN U-2012

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Overhead pulley system and multi-grip pull bar allows users to customized their exercise in single axis motion.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.

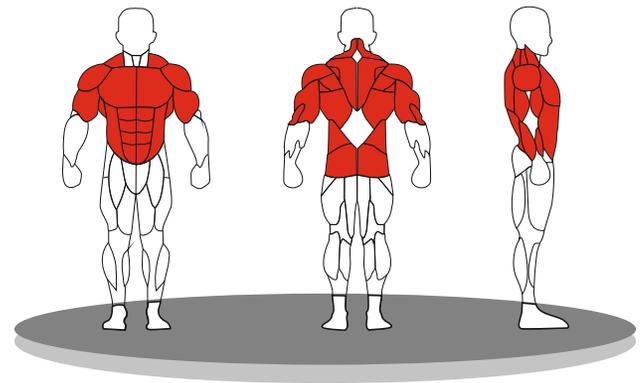


Length	:	1190 mm.
Width	:	1200 mm.
Height	:	2230 mm.
Machine Weight	:	249 kg.
Weight Stack	:	110 kg.



## CABLE CROSS OVER U-2016

- Dual angled pulley system offers 22 easy to adjust positions for each column offering a total body workout for a variety of users.
- Adjustable hand grips and multi position chinning bar for exercise choice.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



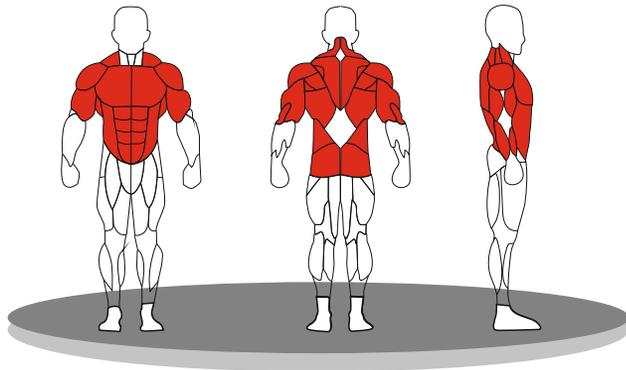
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Length	:	4440 mm
Width	:	1110 mm
Height	:	2310 mm
Machine Weight	:	353 kg.
Weight Stack	:	190 kg.

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## FUNCTIONAL TRAINER U-2017

- Dual angled pulley system offers 22 easy to adjust positions for each column offering a total body work out.
- Adjustable hand grips and multi position chinning bar for exercise choice.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



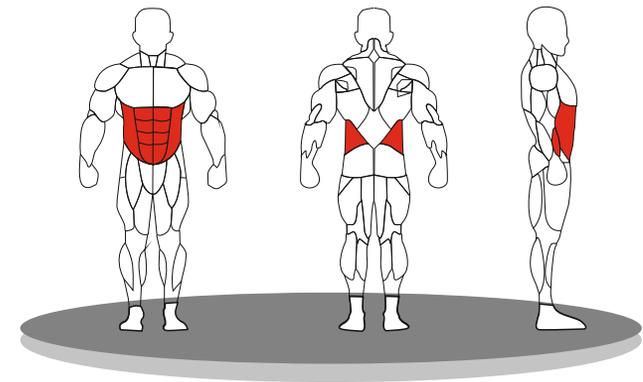
Length	:	1550 mm
Width	:	1060 mm
Height	:	2190 mm
Machine Weight	:	429 kg.
Weight Stack	:	190 kg.



## ROTARY TORSO U-2018



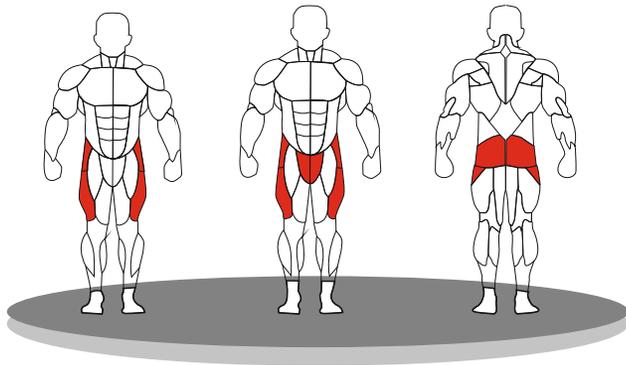
- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Counter balanced weight provides a low start resistance to ensure exercise is performed smoothly and safely.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1140 mm.
Width	:	1018 mm.
Height	:	1535 mm.
Machine Weight	:	166 kg.
Weight Stack	:	65 kg.

## ABDUCTOR / ADDUCTOR U-2021

- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Smooth central pivot action for a safe and efficient workout .
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



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Length	:	1610 mm
Width	:	859 mm
Height	:	1535 mm
Machine Weight	:	235 kg.
Weight Stack	:	92 kg.

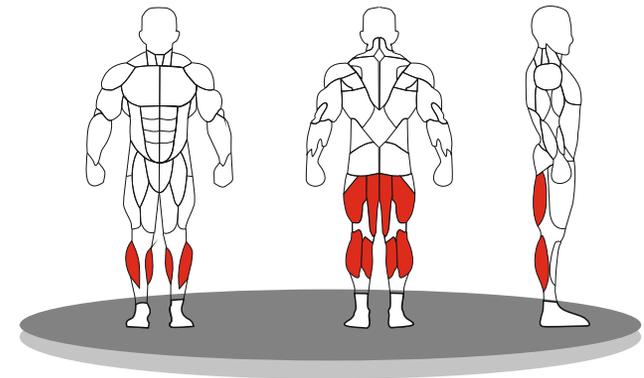
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## SEATED LEG CURL U-2023



- Multiple and adjustable start positions allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable back pad allows easy alignment of knees to pivot.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



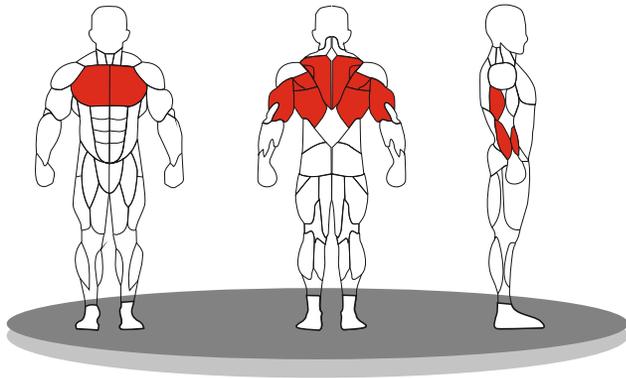
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Length	:	1475 mm.
Width	:	1080 mm.
Height	:	1535 mm.
Machine Weight	:	245 kg.
Weight Stack	:	110 kg.

---

## TRICEP PRESS U-2026

- Intelligent ergonomic design with unique linear motion path for correct exercise movement and forward angled seat back gives a safe, efficient workout.
- Converging axis design to replicate the body natural movement.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



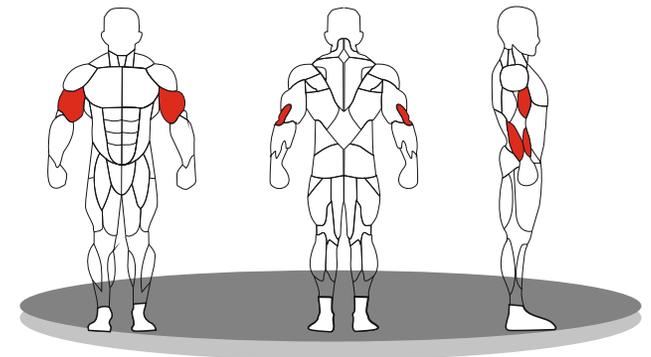
Length	:	1562 mm.
Width	:	1205 mm.
Height	:	1535 mm.
Machine Weight	:	232 kg.
Weight Stack	:	110 kg.



## BICEP CURL U-2030



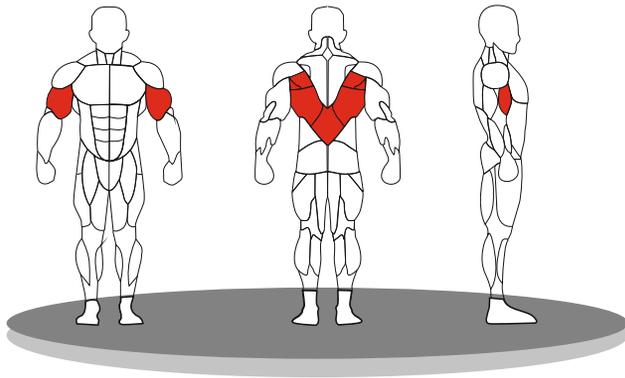
- Intelligent ergonomic design features a preacher curl position with comfortable, auto-adjust hand grips to fit all users.
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1200 mm.
Width	:	940 mm.
Height	:	1535 mm.
Machine Weight	:	160 kg.
Weight Stack	:	65 kg.

## LONG PULL / LOW ROW U-2033

- Variable resistance cam design to regulate the load throughout the exercise, to ensure the correct muscle are targeted.
- Ergonomic Pull bar offers an efficient workout position.
- Sturdy footrail provide maximum comfort and stability to the lower limbs.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



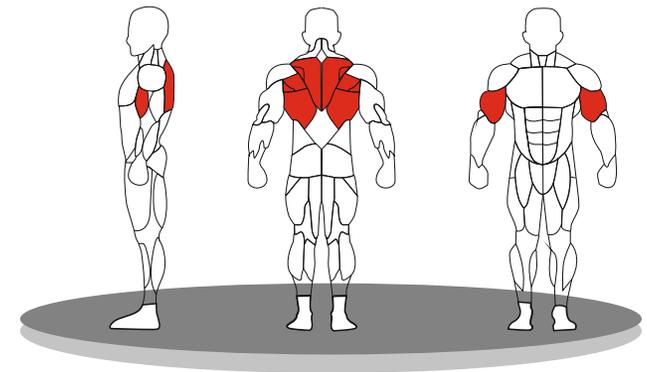
Length	:	1800 mm.
Width	:	1330 mm.
Height	:	1870 mm.
Machine Weight	:	215 kg.
Weight Stack	:	110 kg.



## SEATED ROW U-2034



- Intelligent ergonomic design features adjustable chest pad and seat height position.
- Extra long seat allows multiple height user to get a full stretch and full range of motion.
- Multiple grip positions with neoprene handle for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



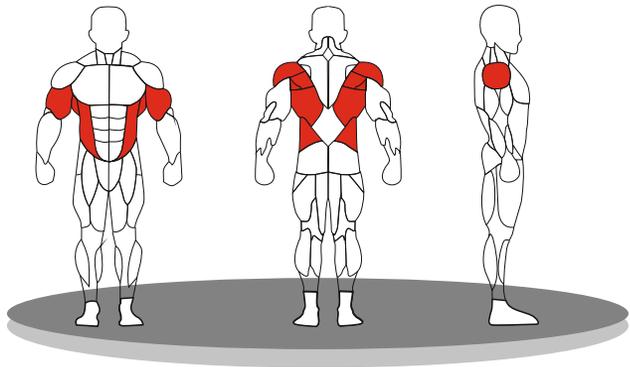
---

Length	:	1490 mm.
Width	:	1290 mm.
Height	:	1513 mm.
Machine Weight	:	231 kg.
Weight Stack	:	95 kg.

---

## PULL DOWN U-2035

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Overhead pulley system and multi-grip pull bar allows users to customised their exercise in single axis motion.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



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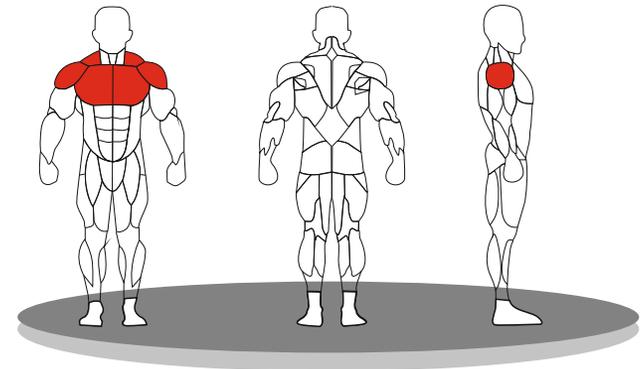
Length	:	1300 mm.
Width	:	1400 mm.
Height	:	1920 mm.
Machine Weight	:	267 kg.
Weight Stack	:	110 kg.

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## STANDING LATERAL RAISE U-2046

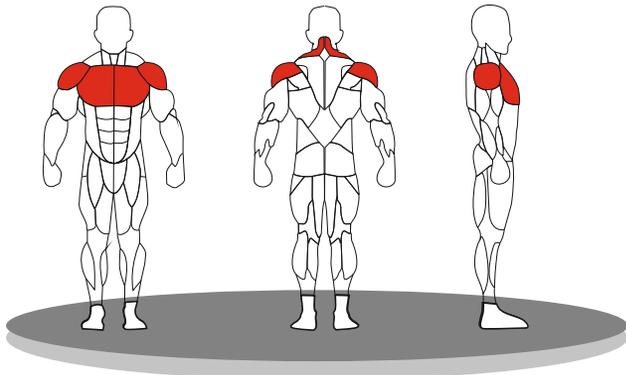
- Intelligent ergonomic design features comfortable, oversized grips with multiple positions for desired start position.
- The height adjustment of the rotation centres make for a comfortable and ergonomic training experience.
- The head rest and wide platform with removable frame add to the overall convenience and versatility of the machine.
- With counterbalanced arms, the Standing Multi Flight ensures smooth and controlled movements for effective and efficient training sessions



Length	:	1425 mm.
Width	:	886 mm.
Height	:	1990 mm.
Machine Weight	:	322 kg.
Weight Stack	:	80 kg.

## MULTI PRESS U-2084

- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



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Length	:	1810 mm
Width	:	1460 mm
Height	:	1535 mm
Machine Weight	:	256 kg.
Weight Stack	:	110 kg.

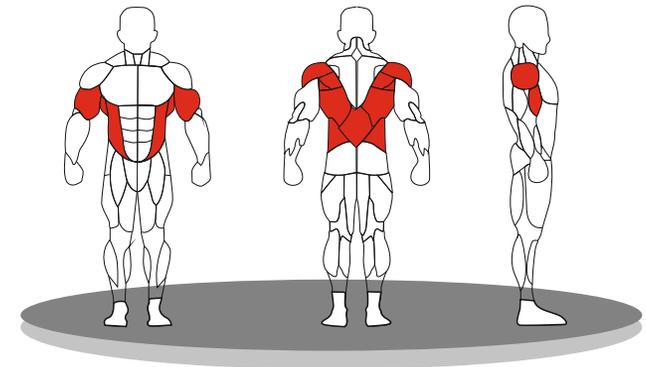
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## LATPULL DOWN / LOW ROW U-2085



- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Overhead pulley system and multi-grip pull bar allows users to customised their exercise in single axis motion.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



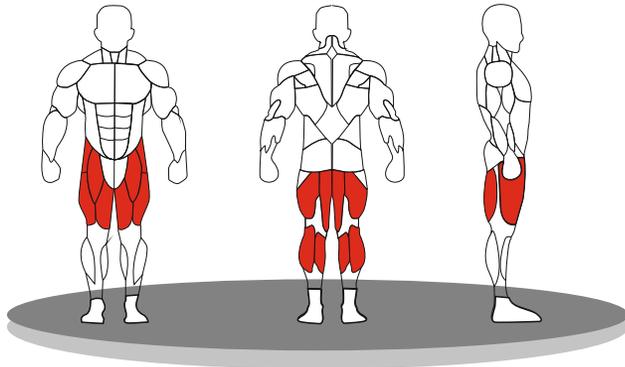
---

Length	:	1970 mm
Width	:	1145 mm
Height	:	2240 mm
Machine Weight	:	230 kg.
Weight Stack	:	110 kg.

---

## LEG EXTENSION / LEG CURL U-2086

- Multiple and adjustable starting position allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable ankle roller pad for varying leg length.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



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Length	:	1455 mm
Width	:	1020 mm
Height	:	1535 mm
Machine Weight	:	255 kg.
Weight Stack	:	110 kg.

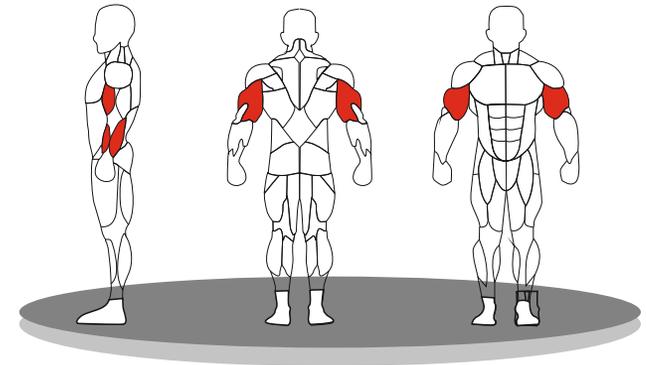
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## BICEP CURL & TRICEP EXT. U-2087

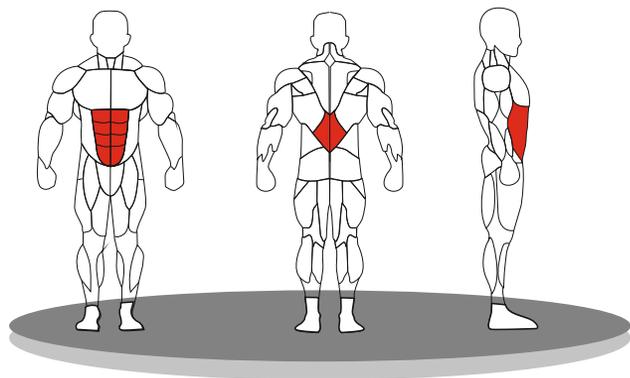
- Intelligent ergonomic design features a preacher curl position with comfortable, auto-adjust hand grips to fit all users.
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



1332 mm	:	Length
1062 mm	:	Width
1232 mm	:	Height
222 kg.	:	Machine Weight
110 kg.	:	Weight Stack

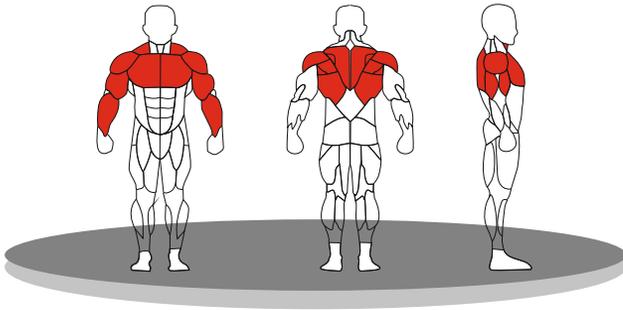
## ABDOMINAL & BACK EXTENSION U-2088

- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Counter balanced weight provides a low start resistance to ensure exercise is performed smoothly and safety.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1550 mm
Width	:	1090 mm
Height	:	1535 mm
Machine Weight	:	245 kg.
Weight Stack	:	110 kg.



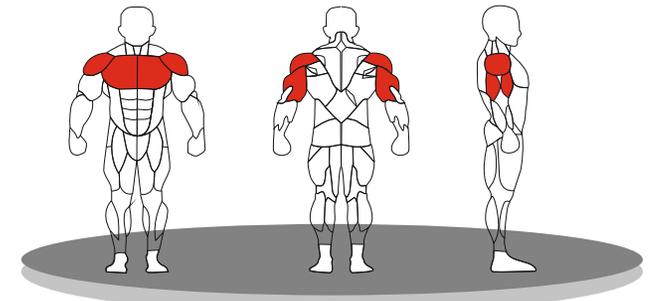


Length	:	1300 mm.
Width	:	760 mm.
Height	:	430 mm.
Total Weight	:	23 kg.

## FLAT BENCH U-2036

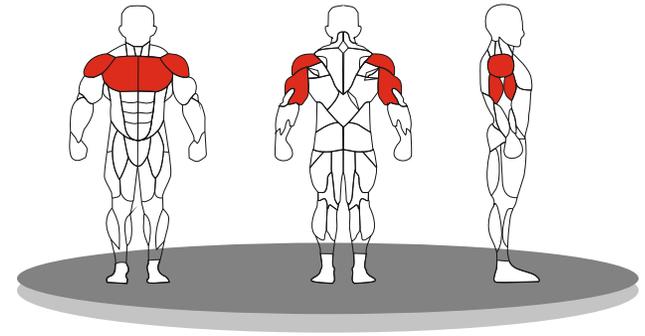


## ADJUSTABLE DECLINE BENCH U-2037



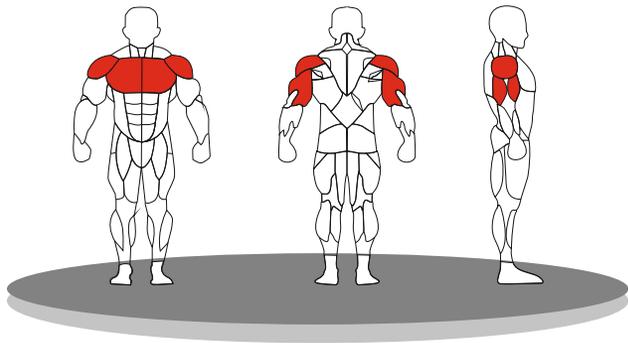
Length	:	1690 mm.
Width	:	760 mm.
Height	:	460 mm.
Total Weight	:	50 kg.

## SEATED BENCH U-2038

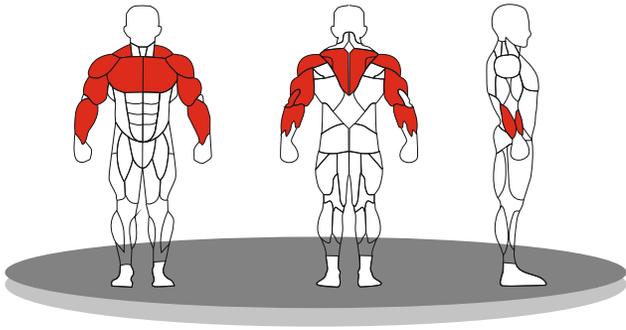


Length	:	1220 mm.
Width	:	760 mm.
Height	:	800 mm.
Total Weight	:	23 kg.

## MULTI ADJUSTABLE BENCH U-2039



Length	:	1410 mm.
Width	:	760 mm.
Height	:	470 mm.
Total Weight	:	39 kg.

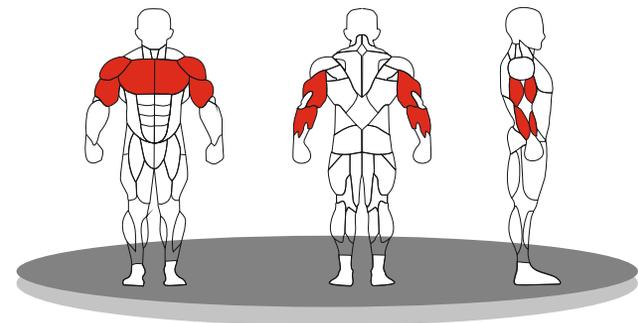


## OLYMPIC DECLINE BENCH U-2041



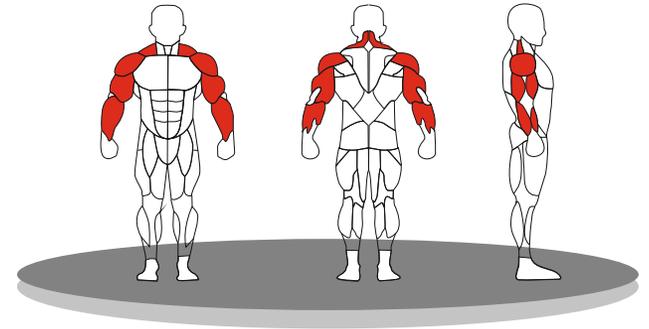
Length	:	2080 mm.
Width	:	1770 mm.
Height	:	1240 mm.
Total Weight	:	76 kg.

## OLYMPIC INCLINE BENCH U-2042

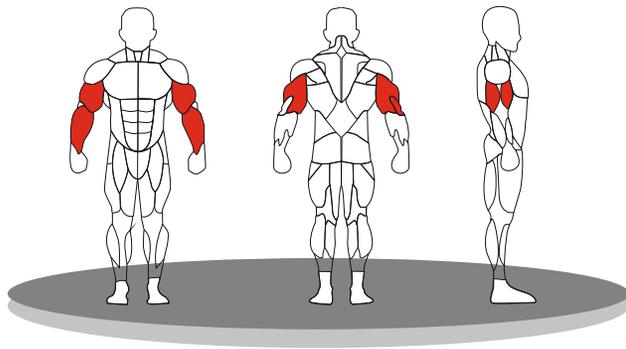


Length	:	2000 mm.
Width	:	1770 mm.
Height	:	1420 mm.
Total Weight	:	83 kg.

## OLYMPIC BENCH U-2043



Length	:	1740 mm.
Width	:	1770 mm.
Height	:	1240 mm.
Total Weight	:	59 kg.



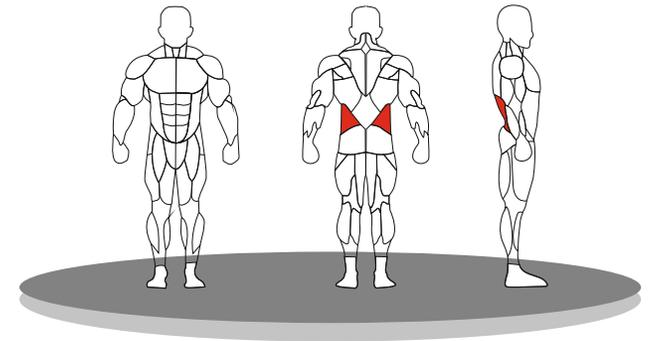
Length	:	1300 mm.
Width	:	800 mm.
Height	:	970 mm.
Total Weight	:	47 kg.

## SEATED PREACHER CURL U-2044



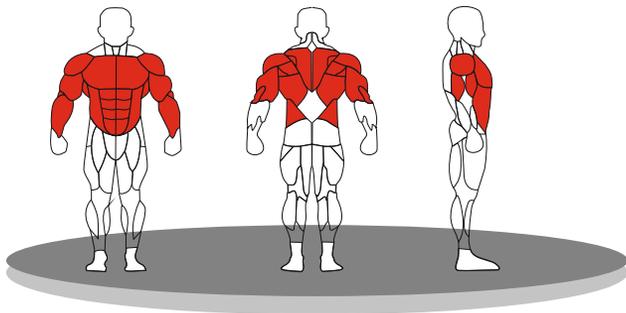


## BACK EXTENSION U-2045



Length	:	1200 mm.
Width	:	960 mm.
Height	:	660 mm.
Total Weight	:	55 kg.

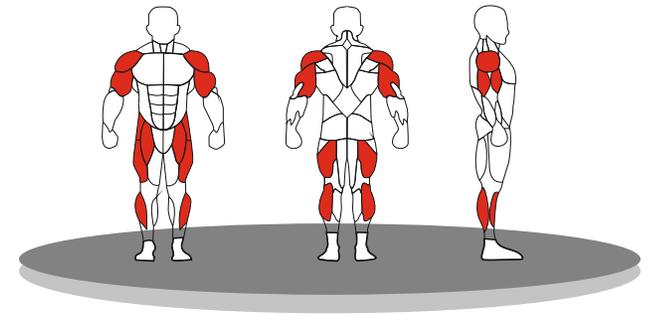
## VERTICAL KNEES UP/DIP U-2047



Length	:	1200 mm.
Width	:	820 mm.
Height	:	1600 mm.
Total Weight	:	65 kg.



## SQUAT RACK U-2050



Length	:	1370 mm.
Width	:	1600 mm.
Height	:	1770 mm.
Total Weight	:	82 kg.

## BARBELL RACK U-2055



Length	:	990 mm.
Width	:	900 mm.
Height	:	1420 mm.
Total Weight	:	52 kg.

## VERTICAL PLATE TREE U-2054

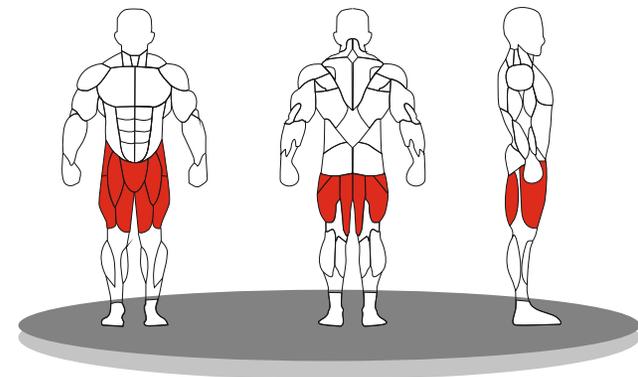


Length	:	760 mm.
Width	:	650 mm.
Height	:	1250 mm.
Total Weight	:	23 kg.

## LEG PRESS 45° U-2056 S



- Large Sturdy foot plate with durable linear roller mechanism to regulate the load throughout the exercise and to ensure the correct muscle are targeted.
- Intelligent ergonomic design with adjustable back support pad.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.

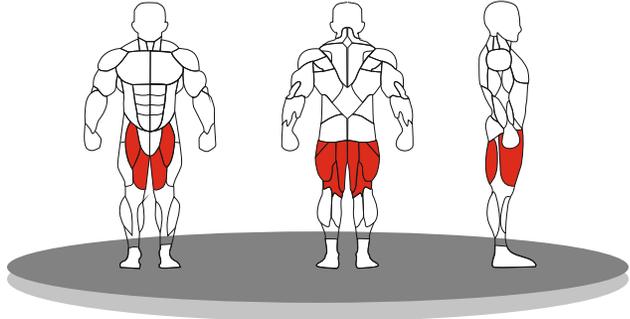


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Length	:	2170 mm.
Width	:	1610 mm.
Height	:	1260 mm.
Total Weight	:	239 kg.

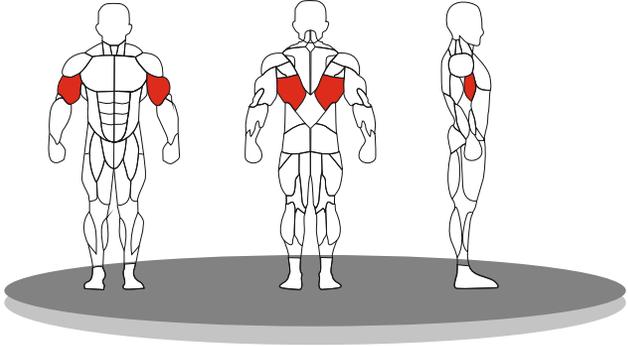
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# HACK SLIDE U-2057



Length	:	2230 mm.
Width	:	1630 mm.
Height	:	1270 mm.
Total Weight	:	176 kg.

# INCLINE LEVER ROW U-2061

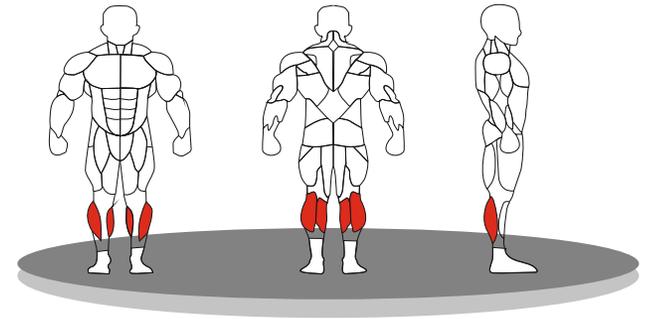


Length	:	1780 mm.
Width	:	1140 mm.
Height	:	1190 mm.
Total Weight	:	69 kg.



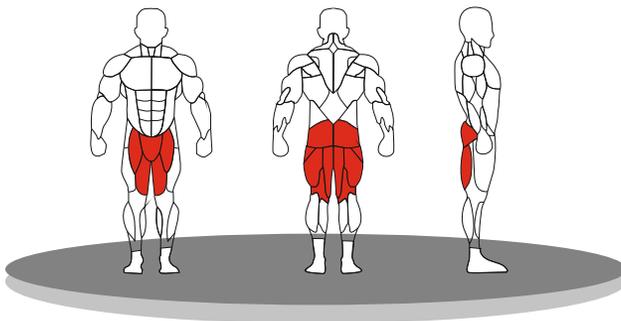


## SEATED CALF U-2062



Length	:	1500 mm.
Width	:	715 mm.
Height	:	1020 mm.
Total Weight	:	57 kg.

## SUPER SQUAT U-2065

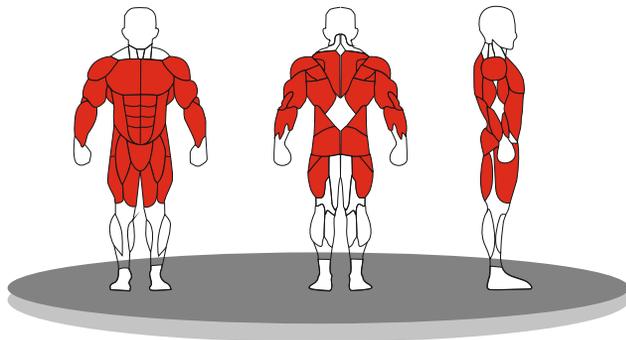


Length	:	1690 mm.
Width	:	1630 mm.
Height	:	1750 mm.
Total Weight	:	115 kg.



## SMITH MACHINE U-2063

- The vertical motion provides a stable path to assist user in achieving the correct squat.
- Multiple locking positions allow users to stop training by rotating the Smith bar at any point during process of the exercise, and integrated pull-up grips make training more variety.
- Low starting weight to stimulate a more realistic weightlifting experience.
- The fixed track can help beginners to better stabilize the body and can stop and quit training at any time.
- The ample exercise space and wider field of vision enhance the experience and freedom of training.
- Storage space for weight plates, which offers a range of options for different exercises training program.



Length	:	2215 mm.
Width	:	1530 mm.
Height	:	2190 mm.
Total Weight	:	215 kg.





## **“iWon” SERIES DRIVEN BY PERFORMANCE**

**“iWon” The EVOST latest 'U 1000' classy series** designed is premium selectorised, technologically advanced, highly engineered which offers flawless movements, ergonomically design and durability to stand the most rigorous environment. Emotive colour, sinuous curving profiles and striking aesthetic brings together a coordinated elegant look across the entire range.

### **Features Overview :**

- Fully automatic laser cutting machine to process Q235B material.
- Robotic welding ensures weld accuracy for perfect bio mechanics.
- Abrasive blasted, chemically treated & electrostatically powder coated ensuring maximum adhesion and durability.
- Chrome guide rods with composite steel weight plates processed with nano-ceramic finish & cathophora spray.
- Weight plates installed with heavy rubber suspension bumper used to absorb & reduce shock to make it endurable for long term use.
- Alloy processed weight selector pin adapts 304 stainless steel material, elegantly finished & corrosion free.
- Glass reinforced pulley operating on precision steel ball bearings & high quality turning screw improves the efficiency of the product.
- High end quality of  $\phi$  5.8 mm with nylon coated and 3600 lb tensile strength for extended cable life.
- Double stitched contoured seat pads with honeycomb foam technology with lumbar support for a comfortable and well supported workout.
- Hydraulic gear switch design ensure that the seat can be easily and precisely adjusted.

***“ Step up to Success with unrivaled i-Won series”***

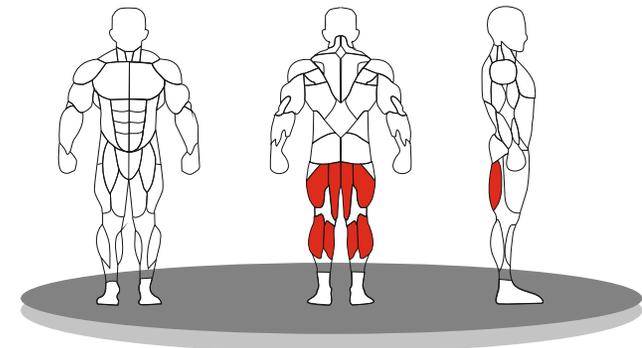
**EVOST**





## PRONE LEG CURL U-1001

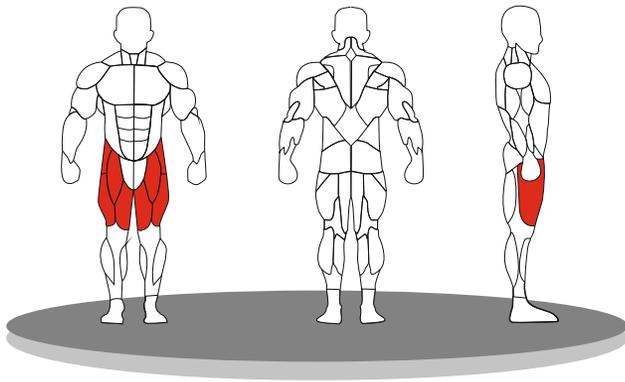
- Multiple and adjustable starting position allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable ankle roller pad for varying leg length.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1650 mm.
Width	:	960 mm.
Height	:	1535 mm.
Machine Weight	:	225 kg.
Weight Stack	:	95 kg.

## LEG EXTENSION U-1002

- Multiple and adjustable starting position for a flexible workout, self aligning ankle pad for comfort and convenience.
- Intelligent ergonomic design and adjustable back pad allow easy alignment of knee to pivot.
- Counter balanced weight and smooth running cam system provides resistance to ensure safe and smooth exercise.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



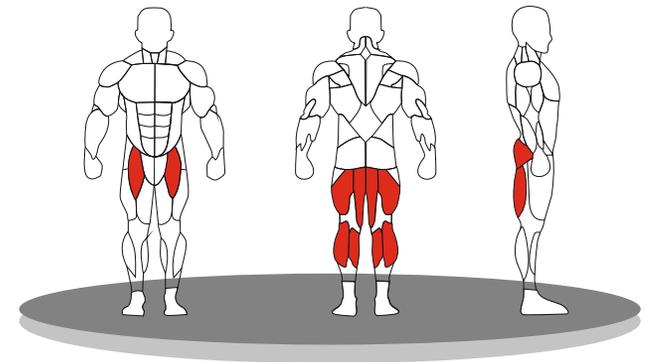
Length	:	1565 mm.
Width	:	1030 mm.
Height	:	1535 mm.
Machine Weight	:	230 kg.
Weight Stack	:	110 kg.



## SEATED LEG PRESS U-1003



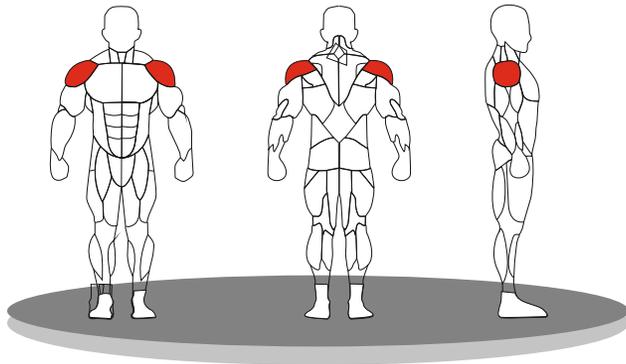
- Large sturdy foot plate and variable resistance cam is designed to regulate the load throughout the exercise ensuring the correct muscle are targeted.
- Intelligent ergonomic design with adjustable back support pad.
- Smooth running cam system gives a safe, efficient workout.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	2090 mm.
Width	:	1060 mm.
Height	:	1535 mm.
Machine Weight	:	240 kg.
Weight Stack	:	109 kg.

## LATERAL RAISE U-1005

- Inward facing orientation helps user to align shoulder joint to pivot.
- Padded arm pads and fixed handles allow for easy user positioning.
- Counter balance weight provide resistance to ensure safe and smooth exercise.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



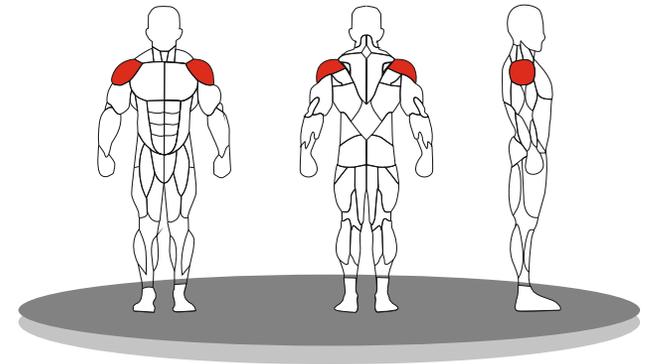
Length	:	980 mm.
Width	:	1270 mm.
Height	:	1535 mm.
Machine Weight	:	180 kg.
Weight Stack	:	52 kg.



## SHOULDER PRESS U-1006



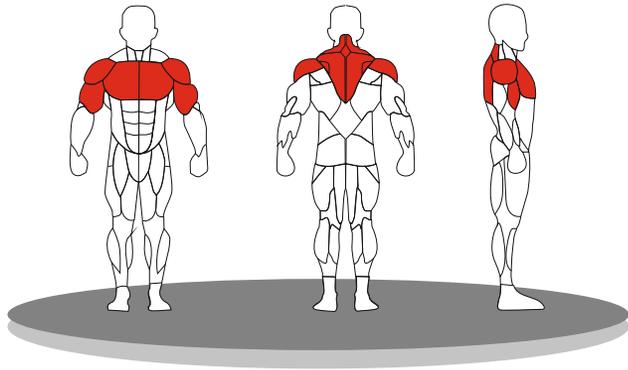
- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1750 mm.
Width	:	1350 mm.
Height	:	1535 mm.
Machine Weight	:	237 kg.
Weight Stack	:	110 kg.

## REAR DELT/PEC FLY U-1007

- Intelligent ergonomic design features pivoting arms movement that automatically adjust according to user's arm length.
- Converging axis design to replicate the body natural movement.
- Multiple grip positions with neoprene handle for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place to prevent injury.
- Placards placed in the face and includes a lanyard most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non-absorbing and wear-resistant.



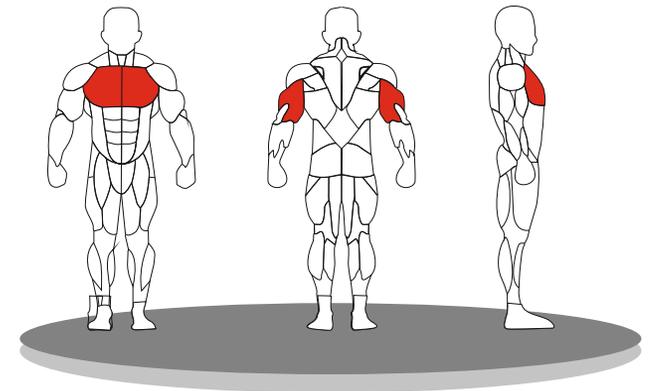
Length	:	1860 mm.
Width	:	1310 mm.
Height	:	2020 mm.
Machine Weight	:	273 kg.
Weight Stack	:	110 kg.



## CHEST PRESS U-1008



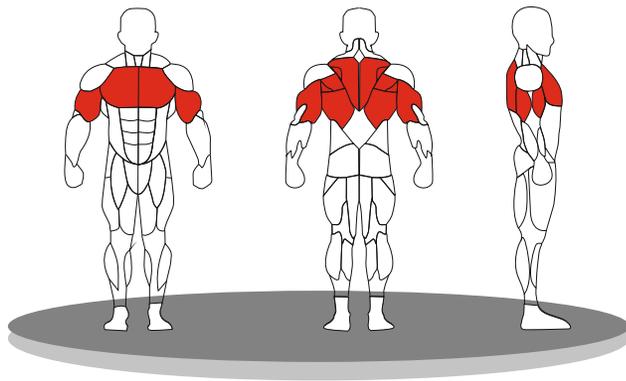
- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Ergonomic neoprene handles designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1488 mm.
Width	:	1059 mm.
Height	:	1814 mm.
Machine Weight	:	246 kg.
Weight Stack	:	110 kg.

## DIP / CHIN ASSIST U-1009

- Intelligent ergonomic design features oversized steps, comfortable knee pad, rotating dip handles and multiple positions pull up handle.
- Swing away counter balanced knee pad for added comforts.
- Multiple start positions to ensure correct posture and workout.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



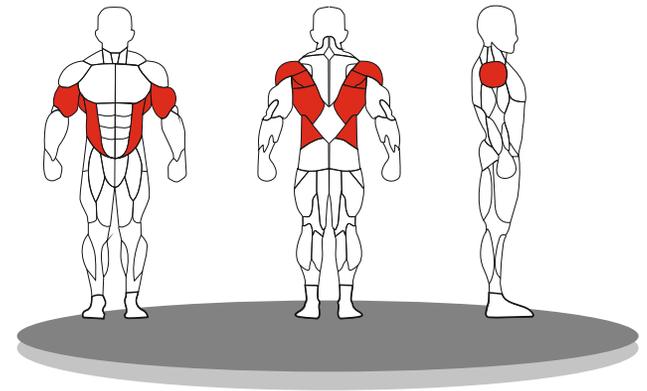
Length	:	1550 mm
Width	:	1370 mm
Height	:	2360 mm
Machine Weight	:	220 kg.
Weight Stack	:	88 kg.



## LAT PULL DOWN U-1012



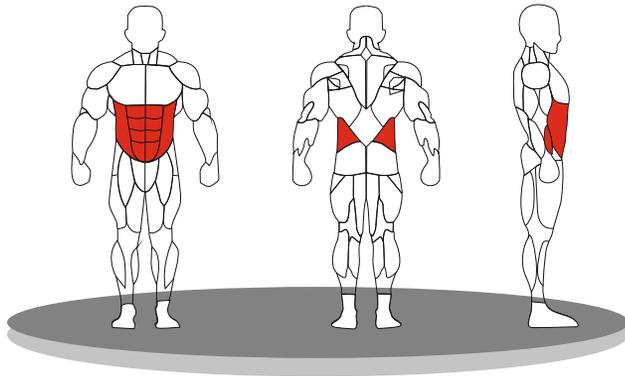
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Overhead pulley system and multi-grip pull bar allows users to customized their exercise in single axis motion.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1190 mm.
Width	:	1200 mm.
Height	:	2230 mm.
Machine Weight	:	249 kg.
Weight Stack	:	110 kg.

## ROTARY TORSO U-1018

- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Counter balanced weight provides a low start resistance to ensure exercise is performed smoothly and safely.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



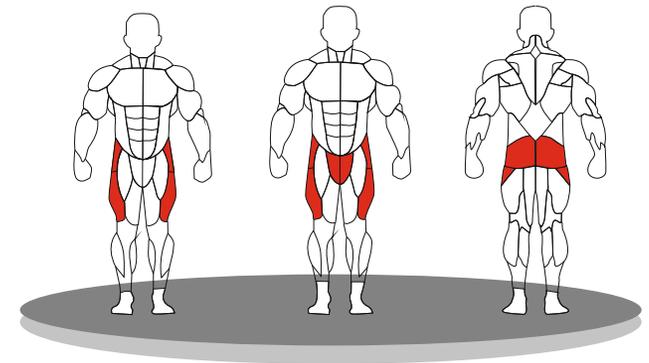
Length	:	1140 mm.
Width	:	1018 mm.
Height	:	1535 mm.
Machine Weight	:	166 kg.
Weight Stack	:	65 kg.



## ABDUCTOR / ADDUCTOR U-1021



- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Smooth central pivot action for a safe and efficient workout .
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



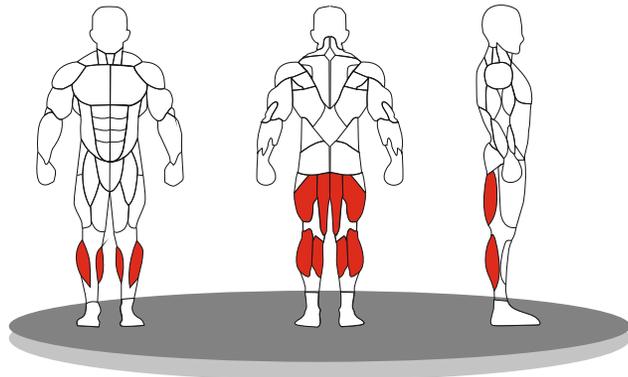
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Length	:	1610 mm.
Width	:	746 mm.
Height	:	1535 mm.
Machine Weight	:	235 kg.
Weight Stack	:	92 kg.

---

## SEATED LEG CURL U-1023

- Multiple and adjustable start positions allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable back pad allows easy alignment of knees to pivot.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



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Length	:	1475 mm.
Width	:	1080 mm.
Height	:	1535 mm.
Machine Weight	:	245 kg.
Weight Stack	:	110 kg.

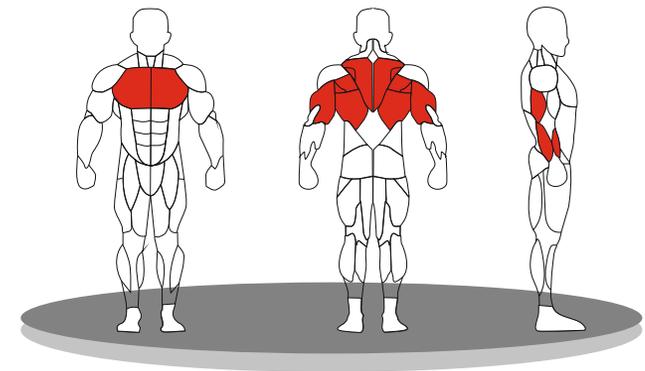
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## TRICEP PRESS U-1026



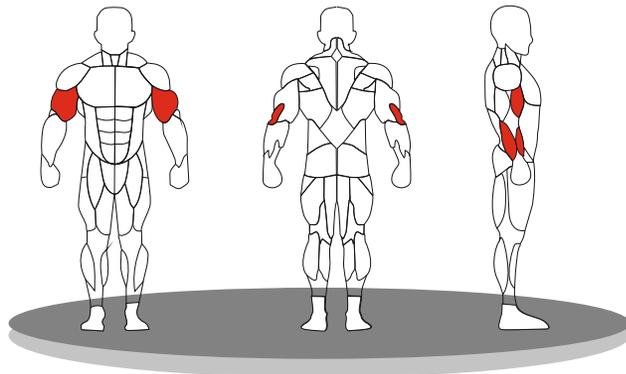
- Intelligent ergonomic design with unique linear motion path for correct exercise movement and forward angled seat back gives a safe, efficient workout.
- Converging axis design to replicate the body natural movement.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1562 mm.
Width	:	1205 mm.
Height	:	1535 mm.
Machine Weight	:	232 kg.
Weight Stack	:	110 kg.

## BICEPS CURL U-1030

- Intelligent ergonomic design features a preacher curl position with comfortable, auto-adjust hand grips to fit all users.
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



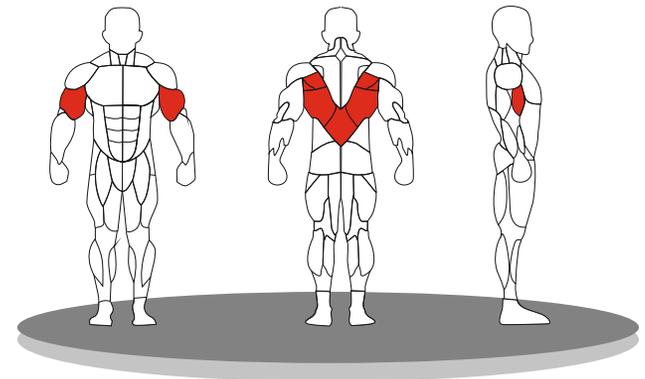
Length	:	1200 mm.
Width	:	940 mm.
Height	:	1535 mm.
Machine Weight	:	160 kg.
Weight Stack	:	65 kg.



## LONG PULL / LOW ROW U-1033



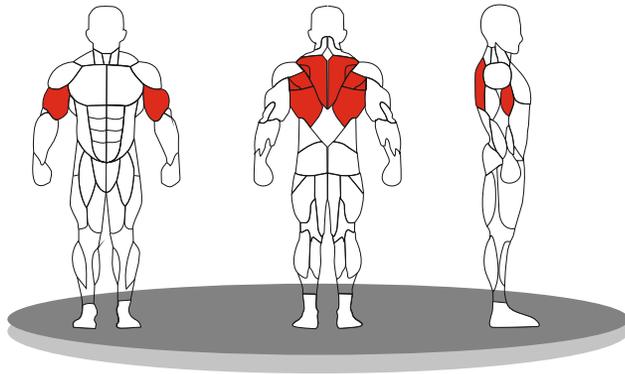
- Variable resistance cam design to regulate the load throughout the exercise, to ensure the correct muscle are targeted.
- Ergonomic Pull bar offers an efficient workout position.
- Sturdy footrail provide maximum comfort and stability to the lower limbs.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



Length	:	1800 mm.
Width	:	1330 mm.
Height	:	1870 mm.
Machine Weight	:	215 kg.
Weight Stack	:	110 kg.

## SEATED ROW U-1034

- Intelligent ergonomic design features adjustable chest pad and seat height position.
- Extra long seat allows multiple height user to get a full stretch and full range of motion.
- Multiple grip positions with neoprene handle for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



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Length	:	1490 mm.
Width	:	1290 mm.
Height	:	1513 mm.
Machine Weight	:	231 kg.
Weight Stack	:	95 kg.

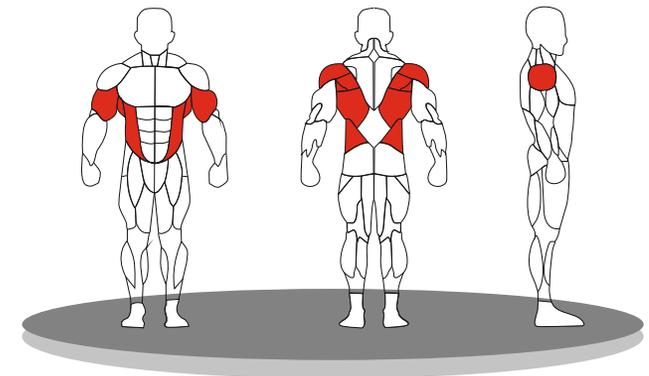
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## PULL DOWN U-1035

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Overhead pulley system and multi-grip pull bar allows users to customised their exercise in single axis motion.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



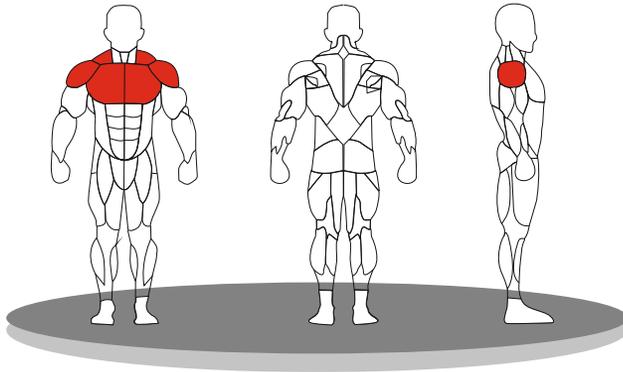
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Length	:	1300 mm.
Width	:	1400 mm.
Height	:	1920 mm.
Machine Weight	:	267 kg.
Weight Stack	:	110 kg.

---

## STANDING LATERAL RAISE U-1046

- Intelligent ergonomic design features comfortable, oversized grips with multiple positions for desired start position.
- The height adjustment of the rotation centres make for a comfortable and ergonomic training experience.
- The head rest and wide platform with removable frame add to the overall convenience and versatility of the machine.
- With counterbalanced arms, the Standing Multi Flight ensures smooth and controlled movements for effective and efficient training sessions



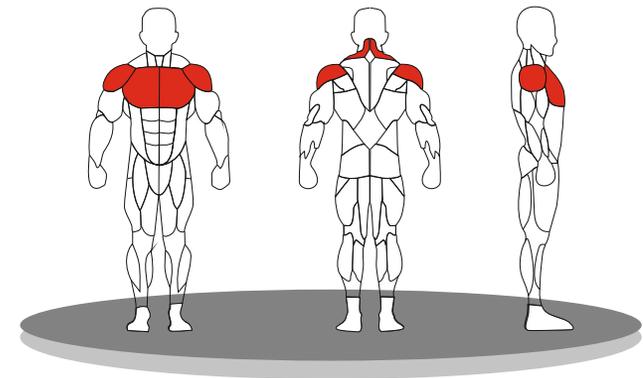
Length	:	1425 mm.
Width	:	886 mm.
Height	:	1990 mm.
Machine Weight	:	322 kg.
Weight Stack	:	80 kg.



## MULTI PRESS U-1084



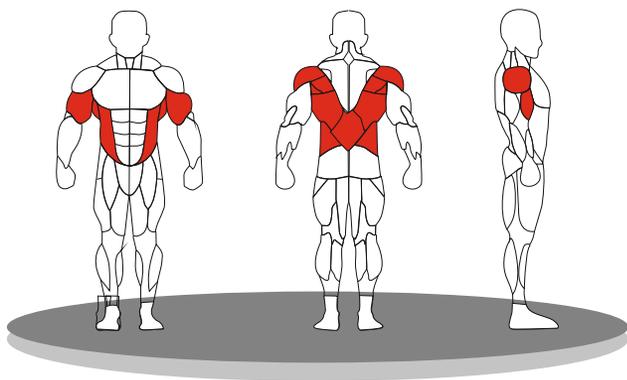
- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1810 mm
Width	:	1460 mm
Height	:	1535 mm
Machine Weight	:	256 kg.
Weight Stack	:	110 kg.

## LATPULL DOWN / LOW ROW U-1085

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Overhead pulley system and multi-grip pull bar allows users to customised their exercise in single axis motion.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



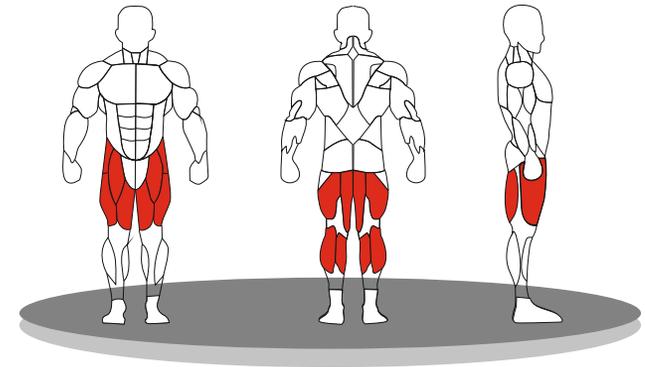
Length	:	1970 mm
Width	:	1145 mm
Height	:	2240 mm
Machine Weight	:	230 kg.
Weight Stack	:	110 kg.



## LEG EXTENSION / LEG CURL U-1086



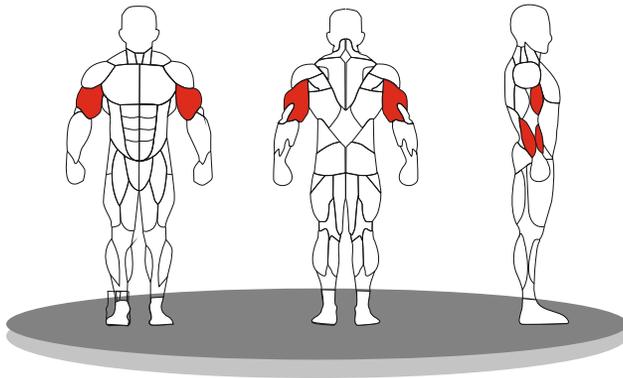
- Multiple and adjustable starting position allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable ankle roller pad for varying leg length.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1455 mm
Width	:	1020 mm
Height	:	1535 mm
Machine Weight	:	255 kg.
Weight Stack	:	110 kg.

## BICEP CURL & TRICEP EXT. U-1087

- Intelligent ergonomic design features a preacher curl position with comfortable, auto-adjust hand grips to fit all users.
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



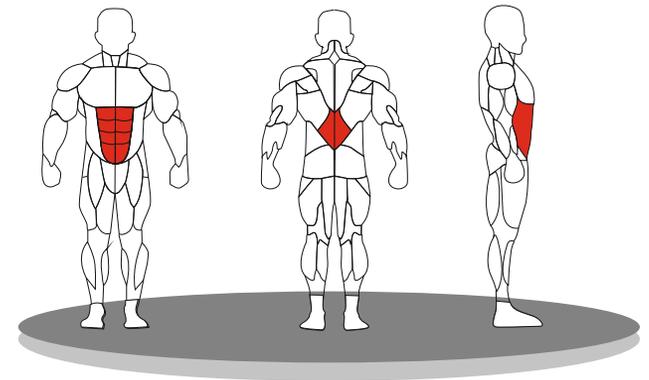
Length	:	1335 mm
Width	:	1065 mm
Height	:	1535 mm
Machine Weight	:	225 kg.
Weight Stack	:	110 kg.



## ABDOMINAL & BACK EXTENSION U-1088



- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Counter balanced weight provides a low start resistance to ensure exercise is performed smoothly and safety.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1550 mm
Width	:	1090 mm
Height	:	1535 mm
Machine Weight	:	245 kg.
Weight Stack	:	110 kg.

## 'GALAXY SERIES' ENDLESS EXERCISE POSSIBILITIES

"Galaxy Series" EVOST A 3000 the next generation of single station strength. A flawless combination of elegance and durability makes this series a natural response to the demand of all clubs that require exclusive equipment. Emotive colour, sinuous curving profiles and striking aesthetic brings together a coordinated elegant look across the entire range.

### **Features Overview :**

- Strong & powerful 110 x 50 mm rectangular steel tube with 3mm thickness for maximum structural integrity.
- Fully automatic laser cutting machine to process Q235B material.
- Robotic welding ensures weld accuracy for perfect bio mechanics.
- Abrasive blasted, chemically treated & electrostatically powder coated ensuring maximum adhesion and durability.
- Chrome guide rods with composite steel weight plates processed with nano-ceramic finish & cathophora spray.
- Weight plates installed with heavy rubber suspension bumper used to absorb & reduce shock to make it endurable for long term use.
- Alloy processed weight selector pin adapts 304 stainless steel material, elegantly finished & corrosion free.
- Glass reinforced pulley operating on precision steel ball bearings & high quality turning screw improves the efficiency of the product.
- High end quality of  $\phi$  5.8 mm with nylon coated and 3600 lb tensile strength for extended cable life.
- Double stitched contoured seat pads with honeycomb foam technology with lumbar support for a comfortable and well supported workout.
- Manual gear switch design ensure that the seat can be easily and precisely adjusted.

*" Empower your fitness journey with the Best-in-class GALAXY fitness series"*

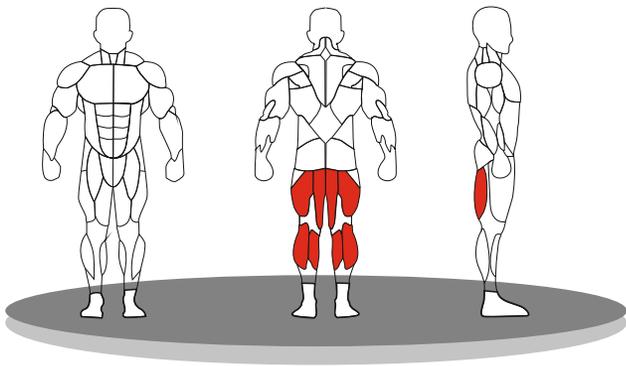
EVOST





## PRONE LEG CURL A-3001

- Multiple and adjustable starting positions allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable ankle roller pad for varying leg length.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



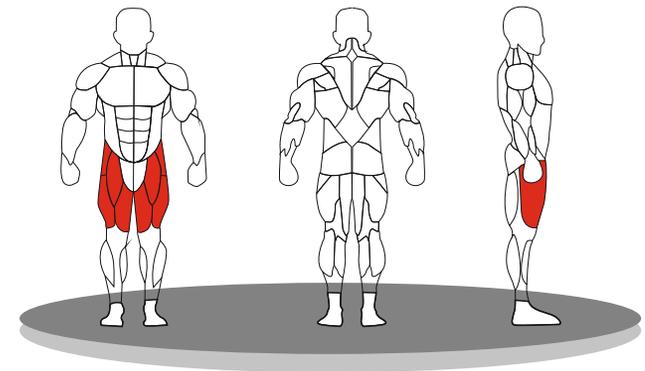
Length	:	1800 mm.
Width	:	970 mm.
Height	:	1500 mm.
Machine Weight	:	214 kg.
Weight Stack	:	95 kg.



## LEG EXTENSION A-3002



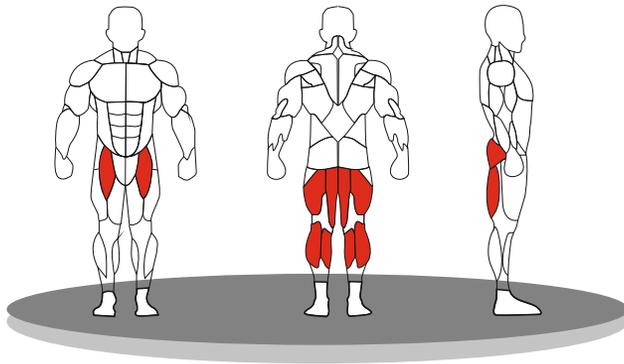
- Multiple and adjustable starting positions for a flexible workout, self-aligning ankle pad for comfort and convenience.
- Intelligent ergonomic design and adjustable back pad allows easy alignment of knee to pivot.
- Counter balanced weight and smooth running cam system provides resistance to ensure safe and smooth exercise.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non-absorbing and wear-resistant.



Length	:	1400 mm.
Width	:	1050 mm.
Height	:	1500 mm.
Machine Weight	:	245 kg.
Weight Stack	:	110 kg.

## SEATED LEG PRESS A-3003

- Large sturdy foot plate and variable resistance cam is designed to regulate the load throughout the exercise, ensuring the correct muscle are targeted.
- Intelligent ergonomic design with adjustable back support pad.
- Smooth running cam system gives a safe, efficient workout.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



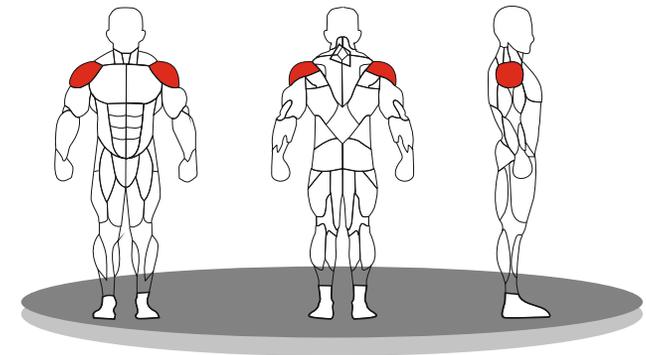
Length	:	1850 mm.
Width	:	1050 mm.
Height	:	1500 mm.
Machine Weight	:	265 kg.
Weight Stack	:	109 kg.



## LATERAL RAISE A-3005



- Inward facing orientation helps user easily align shoulder joint to pivot.
- Padded arm pads and fixed handles allow for easy user positioning.
- Counter balance weight provide resistance to ensure safe and smooth exercise.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



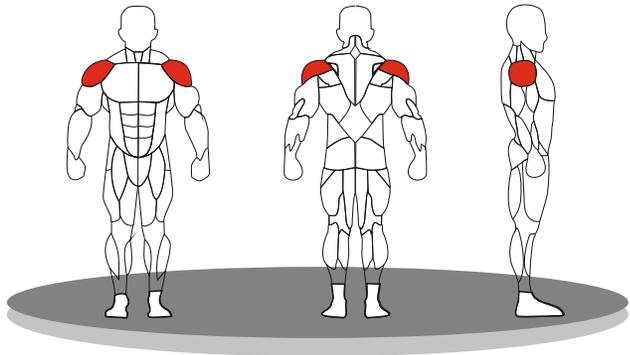
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Length	:	910 cm.
Width	:	1150 cm.
Height	:	1500 cm.
Machine Weight	:	174 kg.
Weight Stack	:	52 kg.

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## SHOULDER PRESS A-3006

- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



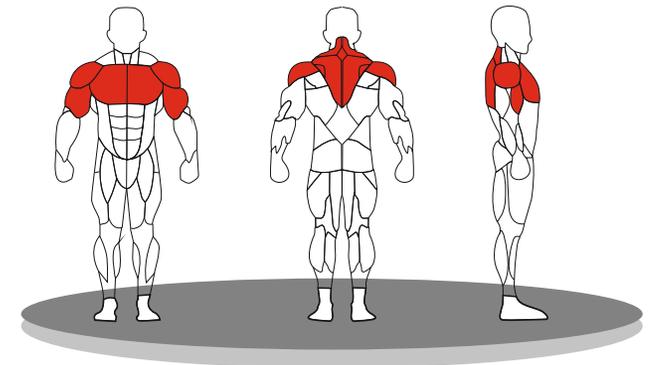
Length	:	1900 mm.
Width	:	1350 mm.
Height	:	1500 mm.
Machine Weight	:	255 kg.
Weight Stack	:	110 kg.



## REAR DELT / PEC FLY A-3007



- Intelligent ergonomic design features pivoting arms movement that automatically adjust according to user's arm length.
- Converging axis design to replicate the body natural movement.
- Multiple grip positions with neoprene handle for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.

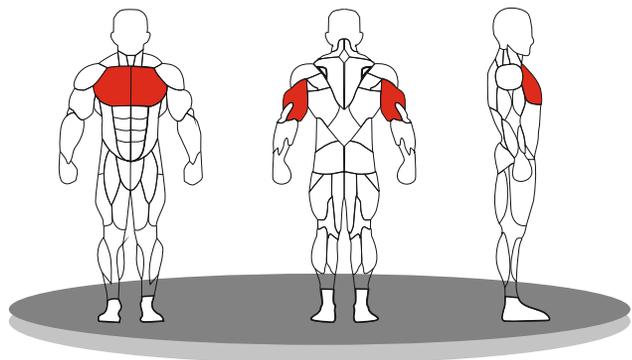


Length	:	1600 mm
Width	:	1300 mm
Height	:	2020 mm
Machine Weight	:	272 kg.
Weight Stack	:	110 kg.

## CHEST PRESS

## A-3008

- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Ergonomic neoprene handles designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



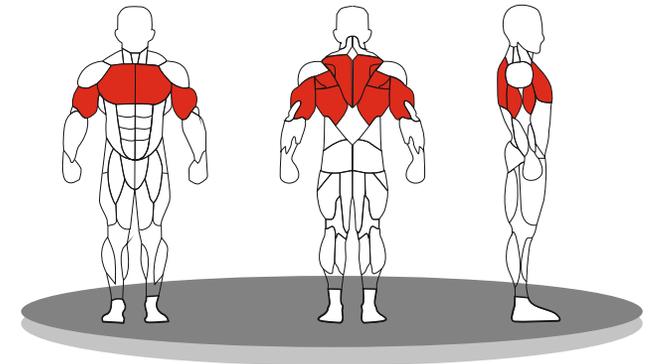
Length	:	1400 mm.
Width	:	1350 mm.
Height	:	1500 mm.
Machine Weight	:	245 kg.
Weight Stack	:	110 kg.



## DIP / CHIN ASSIST A-3009



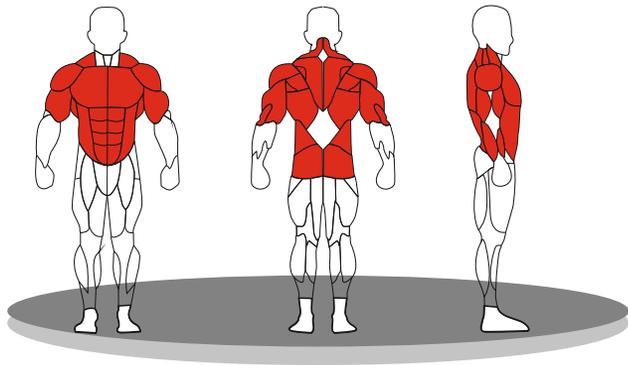
- Intelligent ergonomic design features oversized steps, comfortable knee pad, rotating dip handles and multiple positions pull up handle.
- Swing away counter balanced knee pad for added comforts.
- Multiple start positions to ensure correct posture and workout.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1635 mm
Width	:	1070 mm
Height	:	2240 mm
Machine Weight	:	324 kg.
Weight Stack	:	99 kg.

## CABLE CROSS OVER A-3016

- Dual angled pulley system offers easy to adjust positions for each column offering a total body workout for a variety of users.
- Adjustable hand grips and chinning bar for multiple exercise.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



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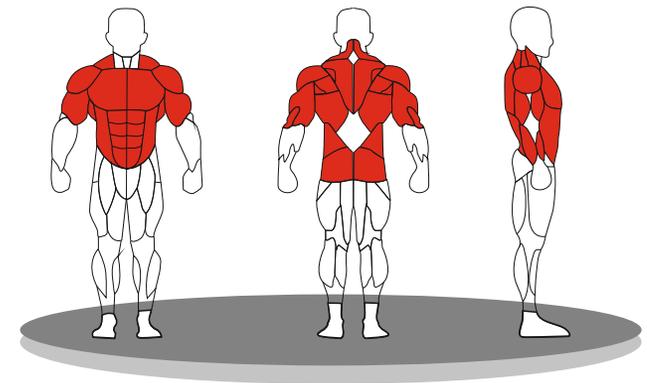
Length	:	4500 mm.
Width	:	1090 mm.
Height	:	2310 mm.
Machine Weight	:	411 kg.
Weight Stack	:	190 kg.

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## FUNCTIONAL TRAINER E-1017/A-3017



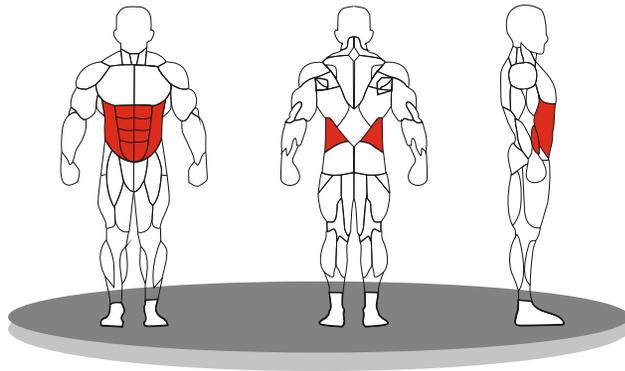
- Dual angled pulley system offers easy to adjust positions for each column offering a total body work out.
- Adjustable hand grips and multi position chinning bar for multiple exercises.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



Length	:	1565 mm
Width	:	1200 mm
Height	:	2165 mm
Machine Weight	:	365 kg.
Weight Stack	:	190 kg.

## ROTARY TORSO A-3018

- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Counter balanced weight provides a low start resistance to ensure exercise is performed smoothly and safely.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



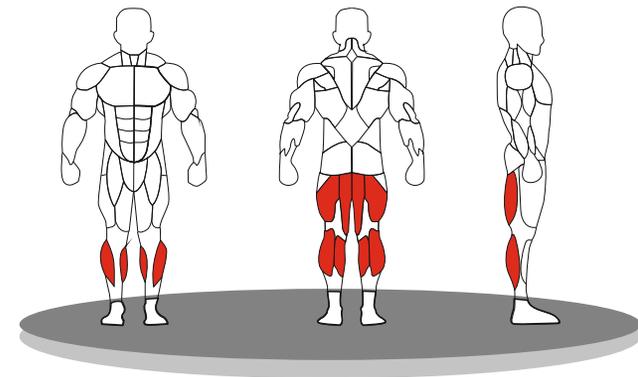
Length	:	1360 mm.
Width	:	1170 mm.
Height	:	1500 mm.
Machine Weight	:	185 kg.
Weight Stack	:	65 kg.



## SEATED LEG CURL A-3023



- Multiple and adjustable starting positions allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable back pad allows easy alignment of knees to pivot.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



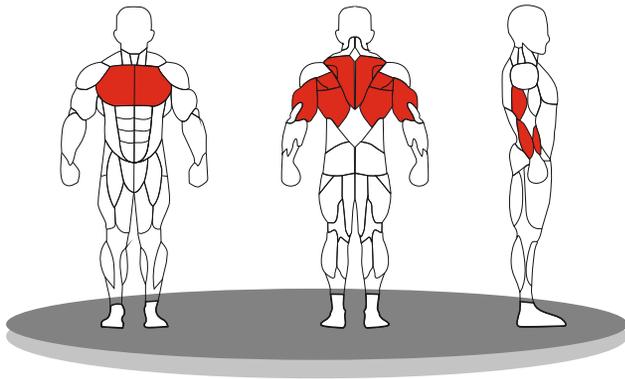
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Length	:	1580 mm.
Width	:	1050 mm.
Height	:	1500 mm.
Machine Weight	:	275 kg.
Weight Stack	:	110 kg.

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## TRICEP PRESS A-3026

- Intelligent ergonomic design with unique linear motion path for correct exercise movement and forward angled seat back gives a safe, efficient workout.
- Converging axis design to replicate the body natural movement.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



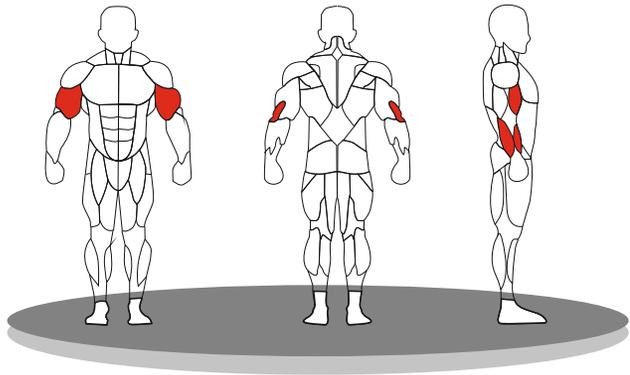
Length	:	1580 mm.
Width	:	1200 mm.
Height	:	1500 mm.
Machine Weight	:	247 kg.
Weight Stack	:	110 kg.





## BICEP CURL A-3030

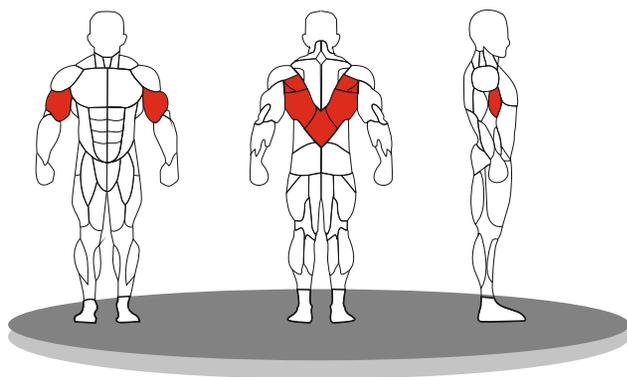
- Intelligent ergonomic design features a preacher curl position with comfortable, auto-adjust hand grips to fit all users.
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1200 mm.
Width	:	910 mm.
Height	:	1500 mm.
Machine Weight	:	183 kg.
Weight Stack	:	65 kg.

## LONG PULL / LOW ROW A-3033

- Variable resistance cam design to regulate the load throughout the exercise, to ensure the correct muscle are targeted.
- Ergonomic Pull bar offers an efficient workout position.
- Sturdy footrail provide maximum comfort and stability to the lower limbs.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



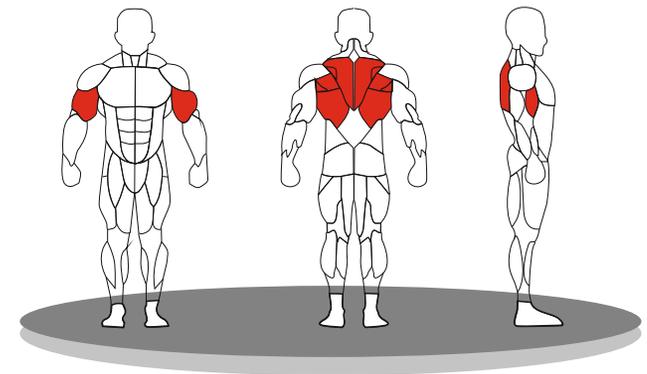
Length	:	1930 mm
Width	:	1310 mm
Height	:	1500 mm
Machine Weight	:	257 kg.
Weight Stack	:	140 kg.



## SEATED ROW A-3034



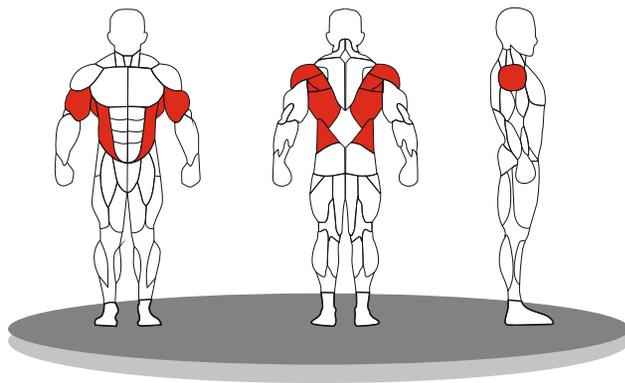
- Intelligent ergonomic design features adjustable chest pad and seat height position.
- Extra long seat allows multiple height user to get a full stretch and full range of motion.
- Multiple grip positions with neoprene handle for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1500 mm.
Width	:	1300 mm.
Height	:	1500 mm.
Machine Weight	:	235 kg.
Weight Stack	:	110 kg.

## PULL DOWN A-3035

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Overhead pulley system and multi-grip pull bar allows users to customised their exercise in single axis motion.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



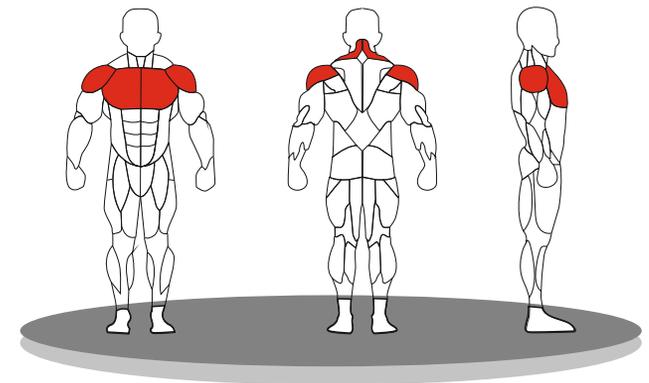
Length	:	1420 mm
Width	:	1285 mm
Height	:	1910 mm
Machine Weight	:	278 kg.
Weight Stack	:	110 kg.



## MULTI PRESS A-3084



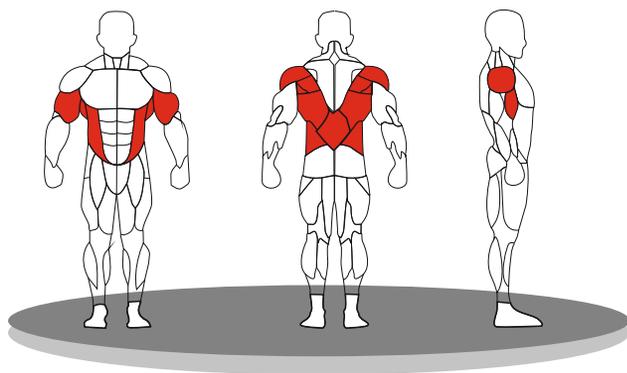
- Intelligent ergonomic design features comfortable, oversized grips with multiple positions, adjustable seat pad for desired start position.
- Converging axis design to replicate the body natural movement.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1755 mm
Width	:	1450 mm
Height	:	1502 mm
Machine Weight	:	297 kg.
Weight Stack	:	110 kg.

## LATPULL DOWN WITH ROW A-3085 / F-5085

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Overhead pulley system and multi-grip pull bar allows users to customised their exercise in single axis motion.
- Bio mechanically efficient user position and padded thigh rollers provides maximum comfort and safety.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.



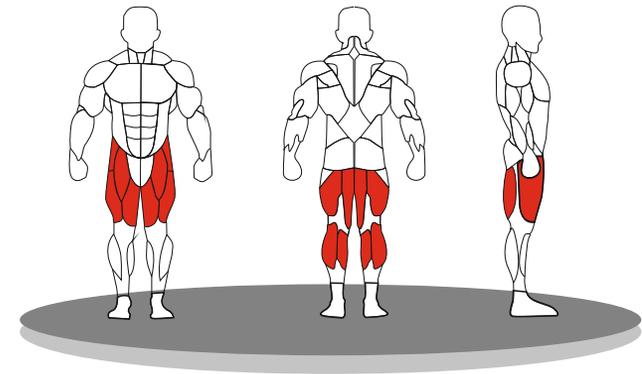
Length	:	1955 mm
Width	:	1140 mm
Height	:	2200 mm
Machine Weight	:	270 kg.
Weight Stack	:	110 kg.



## LEG EXTENSION / LEG CURL A-3086



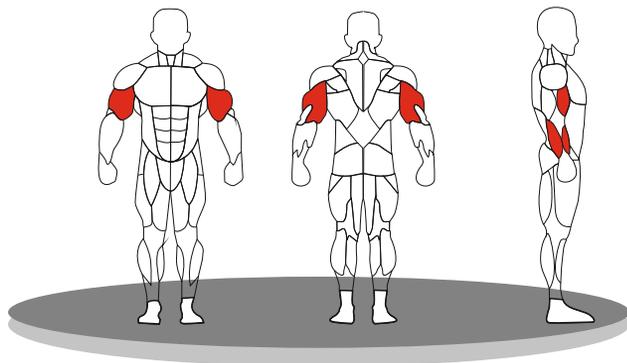
- Multiple and adjustable starting positions allows user to align knee joint with pivot to ensure the correct muscles are targeted.
- Smooth running cam system gives a safe, efficient workout.
- Intelligent ergonomic design and adjustable ankle roller pad for varying leg length.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1650 mm
Width	:	1100 mm
Height	:	1502 mm
Machine Weight	:	272 kg.
Weight Stack	:	110 kg.

## BICEP CURL / TRICEP EXTENSION A-3087

- Intelligent ergonomic design features a preacher curl position with comfortable, auto-adjust hand grips to fit all users.
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



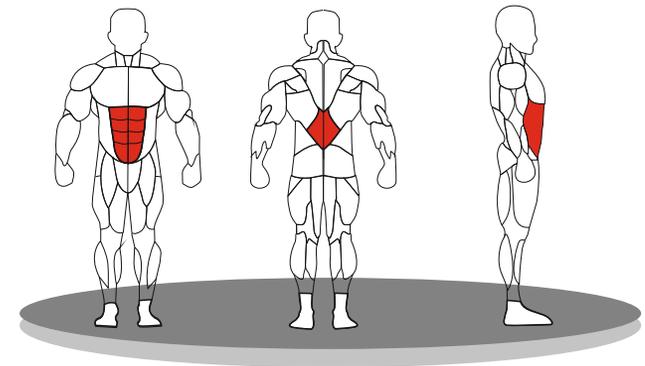
Length	:	1430 mm
Width	:	1070 mm
Height	:	1502 mm
Machine Weight	:	262 kg.
Weight Stack	:	110 kg.



## ABDOMINAL / BACK EXTENSION A-3088



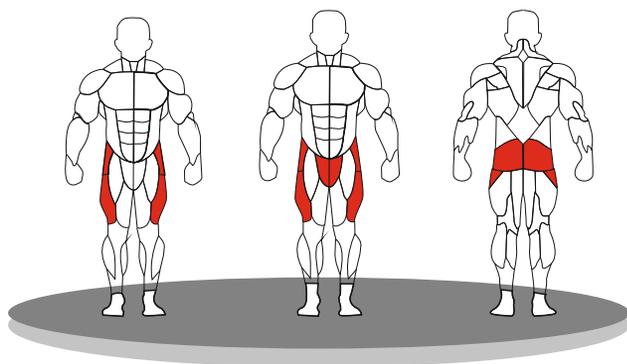
- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Counter balanced weight provides a low start resistance to ensure exercise is performed smoothly and safety.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1600 mm
Width	:	1060 mm
Height	:	1502 mm
Machine Weight	:	261 kg.
Weight Stack	:	110 kg.

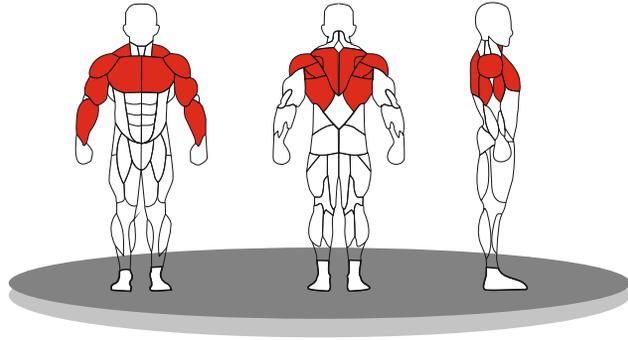
## ADDUCTOR / ABDUCTOR A-3089

- Intelligent ergonomic design features comfortable seat pad with multiple positions for desired start.
- Converging axis design to replicate the body natural movement.
- Smooth central pivot action for a safe and efficient workout.
- All adjustments are identified with yellow knobs for easy recognition.
- 5/16" diameter weight selector pin magnetically locks in place and includes a lanyard to prevent injury.
- Placards placed in the most visible position, provide step-by-step instructions, as well as pictures illustrating proper use and muscles targeted.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	1620 mm
Width	:	835 mm
Height	:	1502 mm
Machine Weight	:	250 kg.
Weight Stack	:	110 kg.

## FLAT BENCH A-3036



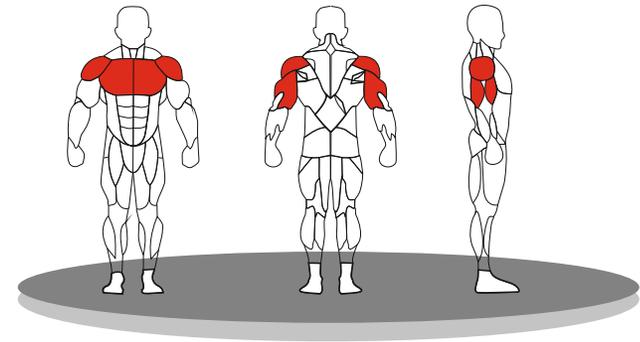
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Length	:	1350 mm.
Width	:	760 mm.
Height	:	430 mm.
Total Weight	:	26 kg.

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## ADJUSTABLE DECLINE BENCH A-3037

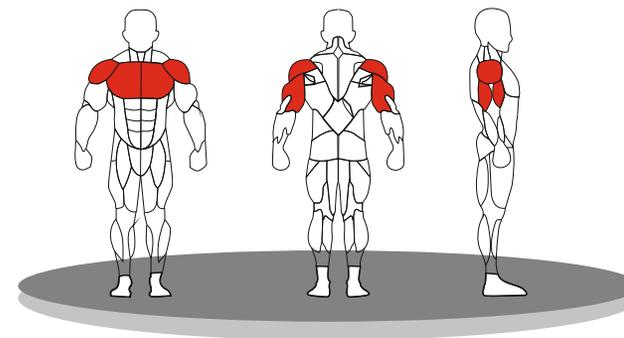


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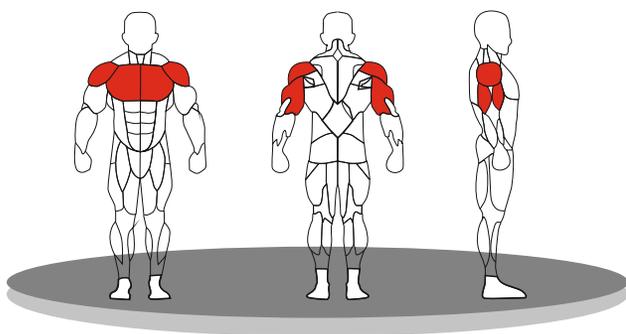
Length	:	1620 mm.
Width	:	760 mm.
Height	:	810 mm.
Total Weight	:	54 kg.

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## SEATED BENCH A-3038



Length	:	1170 mm.
Width	:	760 mm.
Height	:	820 mm.
Total Weight	:	27 kg.

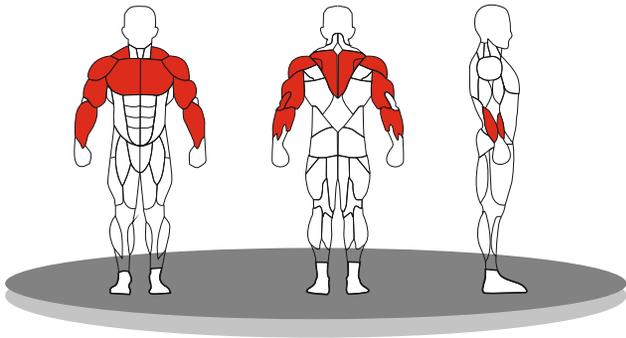


Length	:	1620 mm.
Width	:	760 mm.
Height	:	810 mm.
Total Weight	:	41 kg.

## MULTI ADJUSTABLE BENCH A-3039



## OLYMPIC DECLINE BENCH A-3041

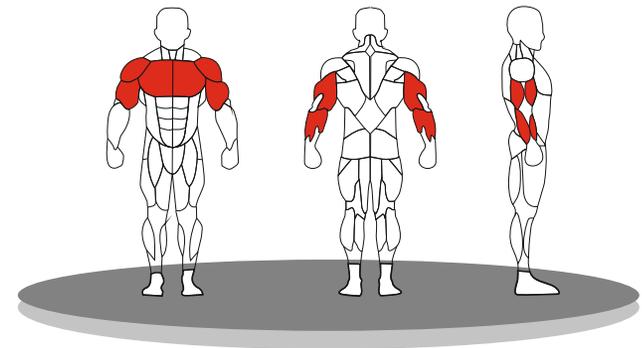


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Length	:	2060 mm.
Width	:	1780 mm.
Height	:	1090 mm.
Total Weight	:	83 kg.

---

## OLYMPIC INCLINE BENCH A-3042

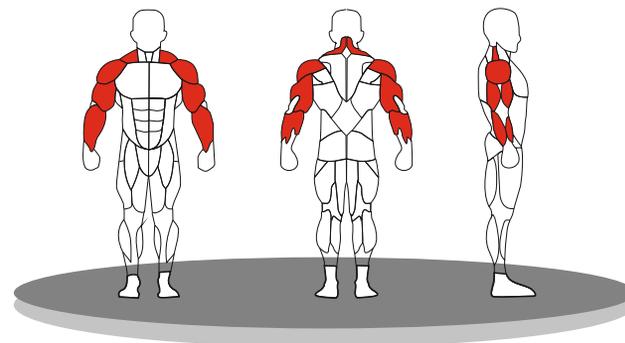


---

Length	:	2010 mm.
Width	:	1780 mm.
Height	:	1400 mm.
Total Weight	:	87 kg.

---

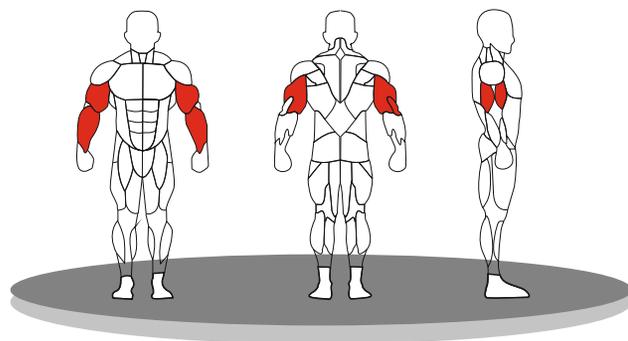
## OLYMPIC BENCH A-3043



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Length	:	1730 mm.
Width	:	1780 mm.
Height	:	1220 mm.
Total Weight	:	66 kg.

---



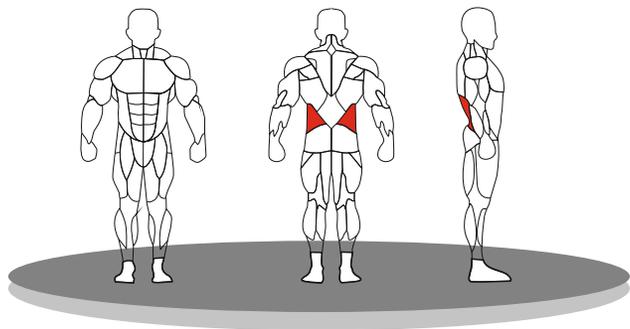
---

Length	:	1320 mm.
Width	:	840 mm.
Height	:	970 mm.
Total Weight	:	49 kg.

---

## SEATED PREACHER CURL A-3044



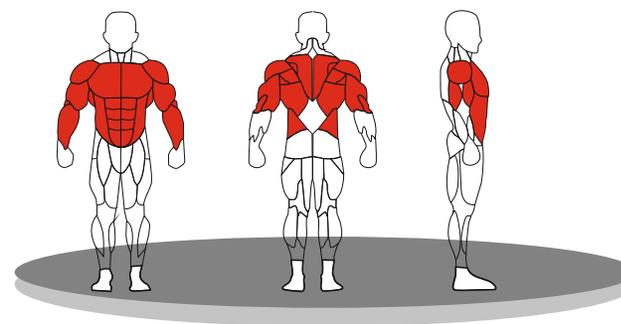


Length	:	1220 mm.
Width	:	860 mm.
Height	:	960 mm.
Total Weight	:	64 kg.

## BACK EXTENSION A-3045

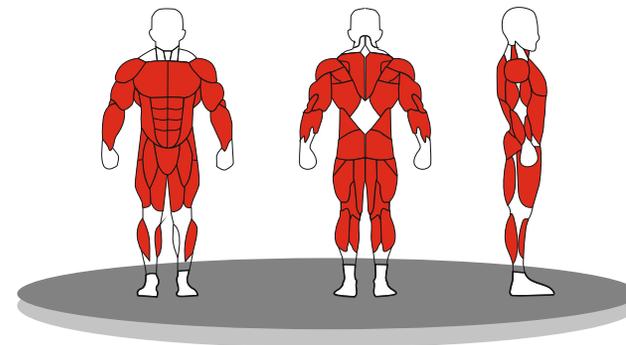


## VERTICAL KNEES UP/DIP A-3047



Length	:	1270 mm.
Width	:	710 mm.
Height	:	1600 mm.
Total Weight	:	77 kg.

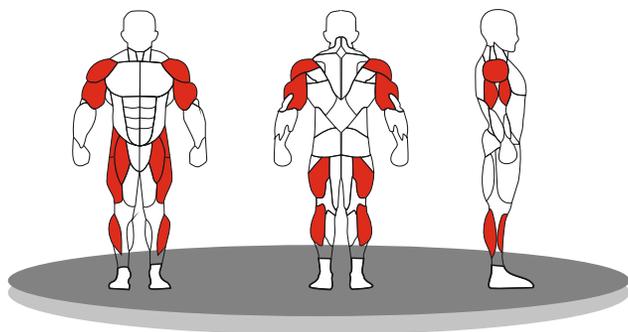
## POWER CAGE A-3048



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Length	:	1570 mm.
Width	:	1240 mm.
Height	:	2340 mm.
Total Weight	:	128 kg.

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Length	:	1850 mm.
Width	:	1730 mm.
Height	:	1800 mm.
Total Weight	:	122 kg.

---

## SQUAT RACK A-3050



**VERTICAL PLATE TREE A-3054**



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Length	:	610 mm.
Width	:	580 mm.
Height	:	1240 mm.
Total Weight	:	30 kg.

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**BARBELL RACK A-3055**



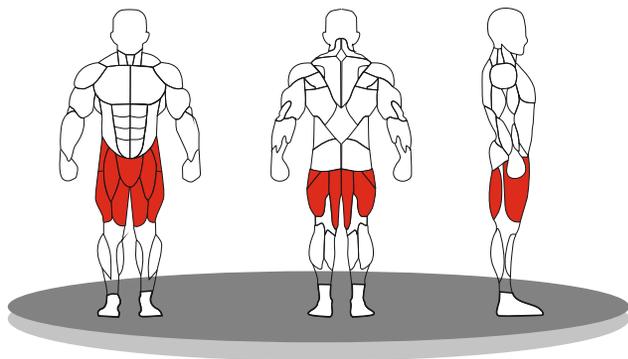
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Length	:	970 mm.
Width	:	760 mm.
Height	:	1450 mm.
Total Weight	:	76 kg.

---

## LEG PRESS A-3056

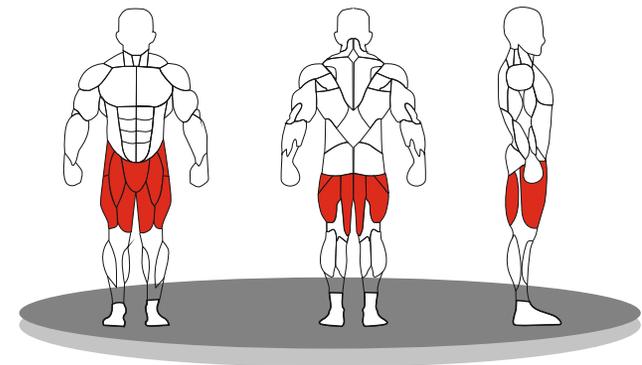
- Large Sturdy foot plate with durable linear roller mechanism to regulate the load throughout the exercise and to ensure the correct muscle are targeted.
- Intelligent ergonomic design with adjustable back support pad.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



Length	:	2170 mm.
Width	:	1610 mm.
Height	:	1260 mm.
Total Weight	:	243 kg.

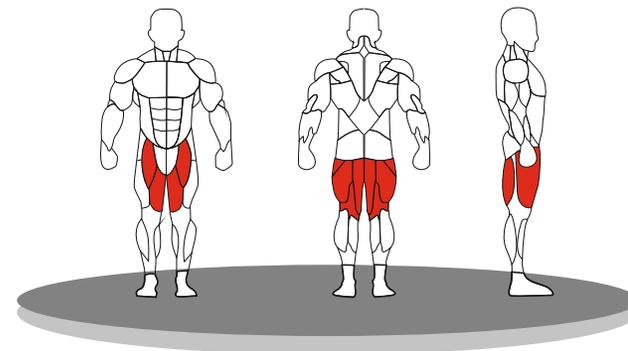
## LEG PRESS 45° A-3056 S

- Large Sturdy foot plate with durable linear roller mechanism to regulate the load throughout the exercise and to ensure the correct muscle are targeted.
- Intelligent ergonomic design with adjustable back support pad.
- Ergonomics neoprene handle designed for maximum control and efficiency.
- Hand grips secured in place with aluminum collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.

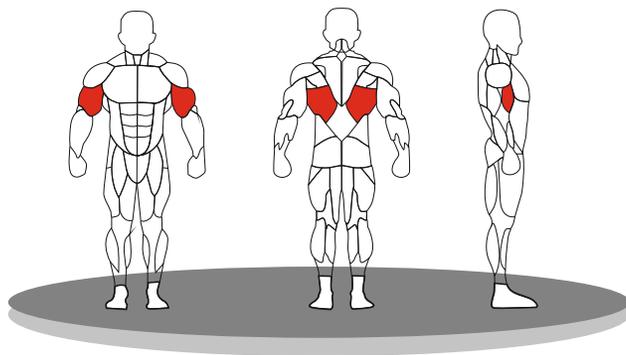


Length	:	2170 mm.
Width	:	1610 mm.
Height	:	1260 mm.
Total Weight	:	241 kg.

## HACK SLIDE A-3057



Length	:	2230 mm.
Width	:	1630 mm.
Height	:	1270 mm.
Total Weight	:	183 kg.

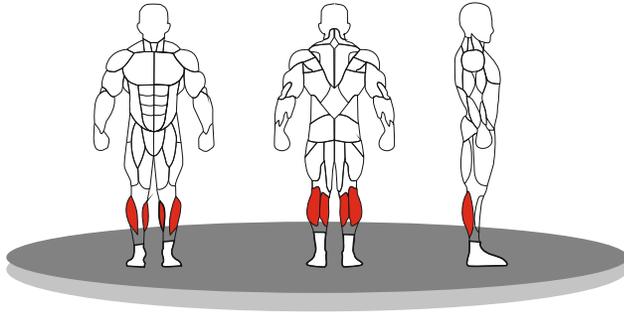


Length	:	1850 mm.
Width	:	790 mm.
Height	:	1190 mm.
Total Weight	:	74 kg.

## INCLINE LEVER ROW A-3061



## SEATED CALF A-3062



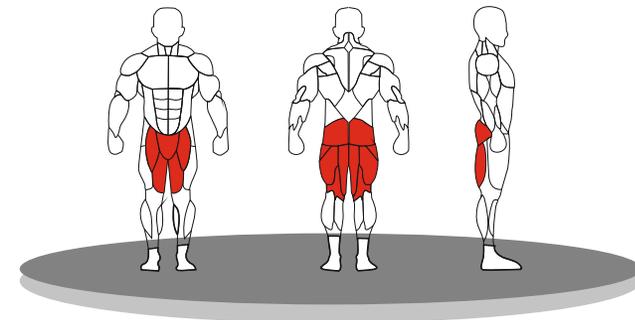
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Length	:	1500 mm.
Width	:	710 mm.
Height	:	990 mm.
Total Weight	:	57 kg.

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## SUPER SQUAT A-3065



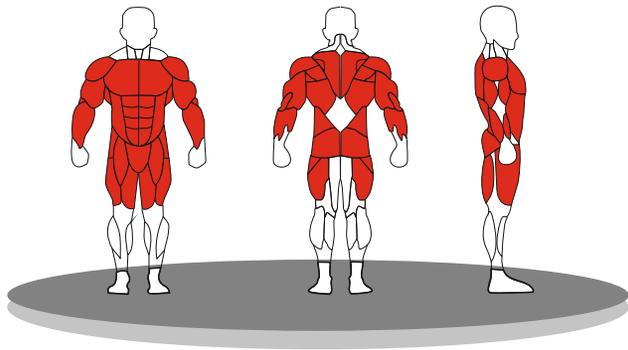
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Length	:	2310 mm.
Width	:	1070 mm.
Height	:	2040 mm.
Total Weight	:	165 kg.

---

## SMITH MACHINE A-3063

- The Smith Machine is popular among users as an innovative, stylish, and safe plate loaded machine.
- The vertical motion of the Smith bar provides a stable path to assist exercisers in achieving the correct squat.
- Multiple locking positions allow users to stop training by rotating the Smith bar at any point during process of the exercise.
- A cushioned base on the bottom protects the machine from damage caused by a sudden drop of the load bar.



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Length	:	1090 mm.
Width	:	2180 mm.
Height	:	2320 mm.
Total Weight	:	258 kg.

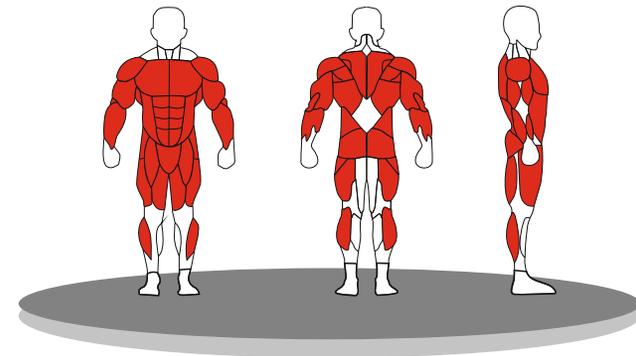
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## SMITH SQUAT COMBO RACK A-3064

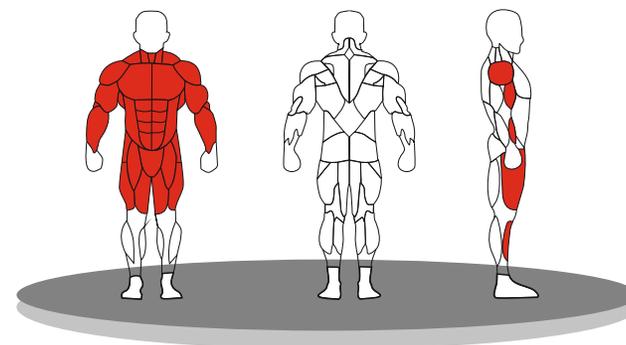


- The Smith Combo Rack offers strength trainers more options for weightlifting.
- The stable and reliable Smith system provides a fixed track to help exercisers pursue heavier weights while stabilizing their training posture.
- The free weight area on the other side allows experienced lifters to perform more flexible and targeted training.
- The quick-release column provides convenience for switching between different exercises.

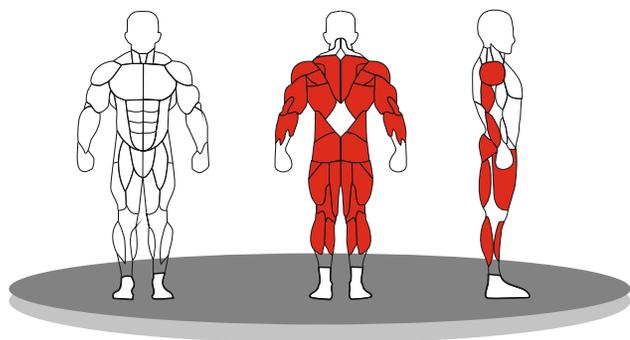


Length	:	1835 mm.
Width	:	2210 mm.
Height	:	2190 mm.
Machine Weight	:	260 kg.

## ABDOMINAL TRAINER A-3070



Length	:	1540 mm.
Width	:	920 mm.
Height	:	1030 mm.
Total Weight	:	68 kg.



Length	:	1430 mm.
Width	:	530 mm.
Height	:	1210 mm.
Total Weight	:	52 kg.

## STRETCH TRAINER A-3071

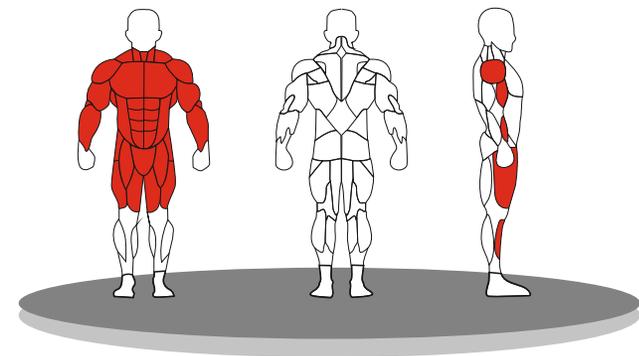


## DUMBBELL RACK A-3077



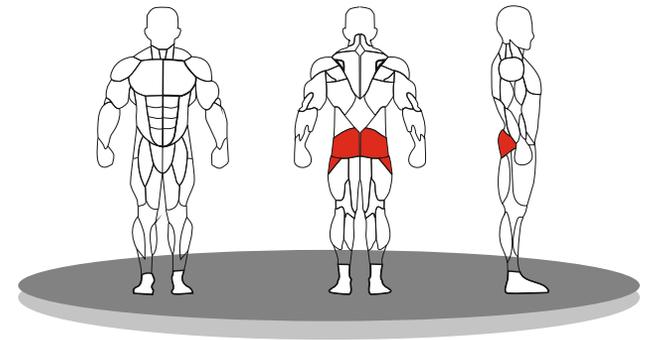
Length	:	720 mm.
Width	:	2480 mm.
Height	:	810 mm.
Total Weight	:	68 kg.

## GLIDE ABDOMINAL TRAINER A-3082



Length	:	1650 mm.
Width	:	1465 mm.
Height	:	785 mm.
Total Weight	:	80 kg.

## HIP THRUST A-3092



Length	:	1810 mm.
Width	:	1240 mm.
Height	:	1240 mm.
Total Weight	:	100 kg.

## BARBELL BAR RACK A-336



Length	:	2060 mm.
Width	:	670 mm.
Height	:	1260 mm.
Total Weight	:	66 kg.

## WEIGHT PLATE RACK A-335



Length	:	1810 mm.
Width	:	1240 mm.
Height	:	1240 mm.
Total Weight	:	45 kg.



OPEN 24 HOURS  
NO EXCUSES

## “PLATE LOADED SERIES” PURE STRENGTH FEELING

Welcome to our plate loaded gym machines, designed to provide a challenging and effective workout while maintaining safety and durability. Our machines stand out from the rest with its unique features that are sure to enhance your fitness journey.

### **Features Overview :**

- Plate-loaded design: Allows to adjust the weight and intensity of the workout and to target specific muscle groups.
- Isolateral Technology : Each arm moves independently, providing a balanced workout and reducing the risk of muscle imbalances.
- Adjustable range of motion: Allows users to customize the exercise to their specific needs and goals.
- Heavy-duty construction: To withstand heavy use in a commercial gym setting they are typically made from high-quality steel and have a durable powder-coated finish.
- Comfortable design: These machines are designed keeping comfort in mind. They have padded seats and backrests, adjustable footrests, and ergonomic handles to provide a comfortable and safe workout.
- Easy-to-use: Plate loaded machines are typically easy to use, with clear instructions and intuitive controls. This makes them accessible to users of all fitness levels.
- Fully automatic laser cutting machine to process Q235B material.
- Robotic welding with nano-ceramic technology on surface to generate a protect cover and ensures weld accuracy for perfect bio mechanics.

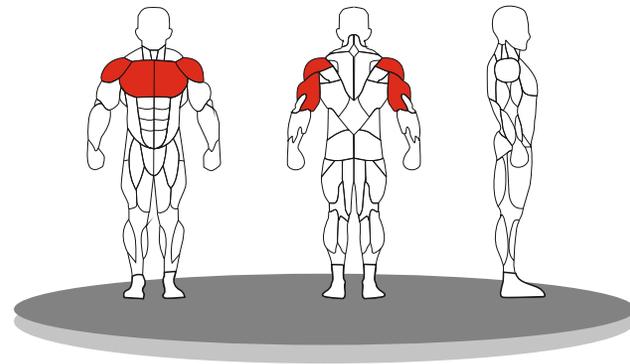
*“The Perfect Balance of Premium Style, Performance and Natural Training”*

**EVOST**



## CHEST PRESS Y-905

- Independent movement arms provide more balanced strength and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement provides a natural arc of motion and increased range.
- The warm up and stretch cord is integrated into the frame for a convenient stretch point for the muscles trained on the machine.



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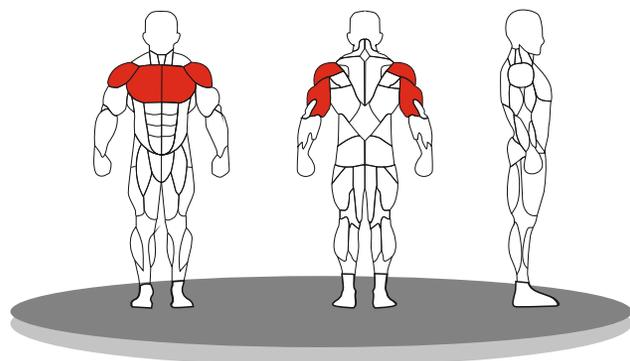
Length	:	1500 mm.
Width	:	1200 mm.
Height	:	1715 mm.
Machine Weight	:	162 kg.

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\* Weight Plates as shown in the picture are not included in the package.

## WIDE CHEST PRESS Y-910

- Independent movement arms provide more balanced strength and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement provides a natural arc of motion and increased range.
- The warm up and stretch cord is integrated into the frame for a convenient stretch point for the muscles trained on the machine.



Length	:	1450 mm.
Width	:	1182 mm.
Height	:	1715 mm.
Machine Weight	:	139 kg.

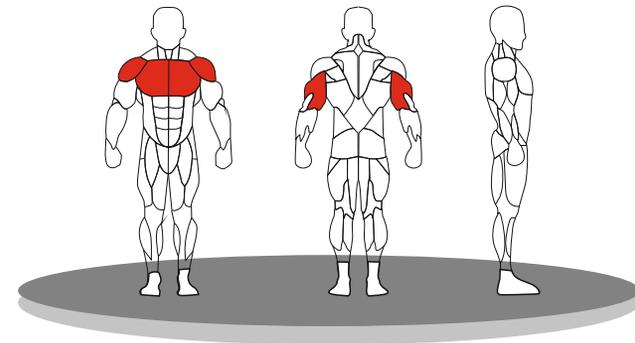


\* Weight Plates as shown in the picture are not included in the package.

## INCLINE CHEST PRESS Y-915



- Independent movement arms provide more balanced strength and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement provides a natural arc of motion and increased range.
- Warm up and stretch cord are integrated into the frame for convenient stretch point for the muscles trained on the machine.



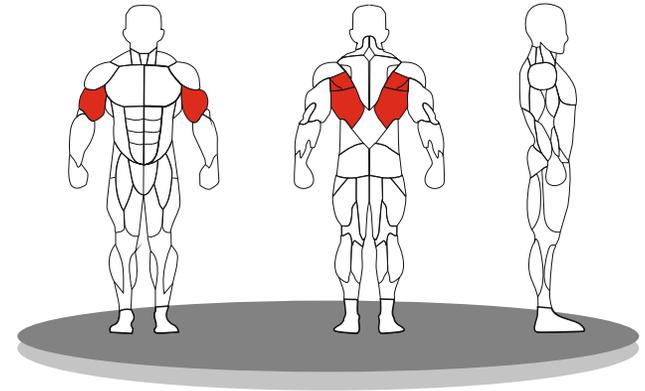
---

Length	:	1540 mm.
Width	:	1030 mm.
Height	:	1685 mm.
Machine Weight	:	197 kg.

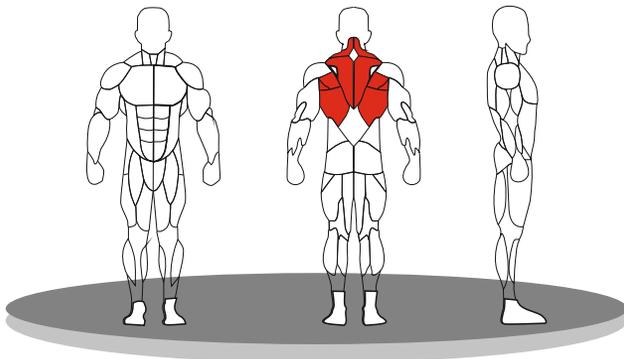
---

\* Weight Plates as shown in the picture are not included in the package.

## PULL DOWN Y-920



Length	:	1110 mm.
Width	:	1740 mm.
Height	:	1990 mm.
Machine Weight	:	198 kg.



Length	:	1570 mm.
Width	:	1290 mm.
Height	:	1630 mm.
Machine Weight	:	190 kg.

## LOW ROW Y-925

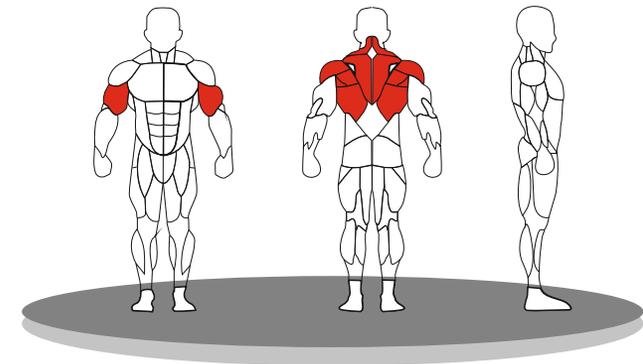


\* Weight Plates as shown in the picture are not included in the package.

## ROW Y-930



- Dual handgrip positions provide exercise variation and different muscle involvement.
- Independent movement arms provides more balanced strength and offer the choice of training & one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- Central fixed handle is provided to improve stability when performing unilateral exercises.
- Large foot plates offer maximum support and comfort for the user.



---

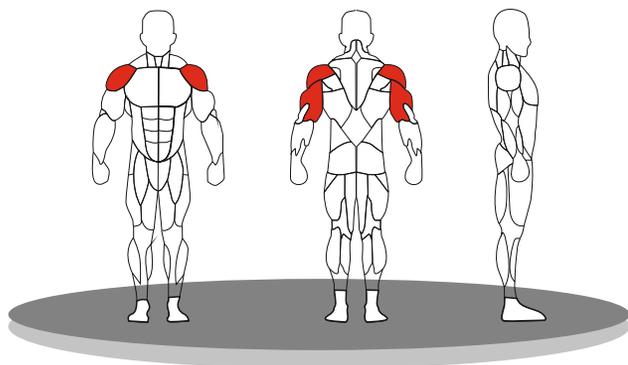
Length	:	1190 mm.
Width	:	1380 mm.
Height	:	1300 mm.
Machine Weight	:	137 kg.

---

\* Weight Plates as shown in the picture are not included in the package.

## SHOULDER PRESS Y-935

- Independent movement arms provide more balanced strength and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement provides a natural arc of motion and increased range.
- Warm up and stretch cord are integrated into the frame for convenient stretch point for the muscles trained on the machine.



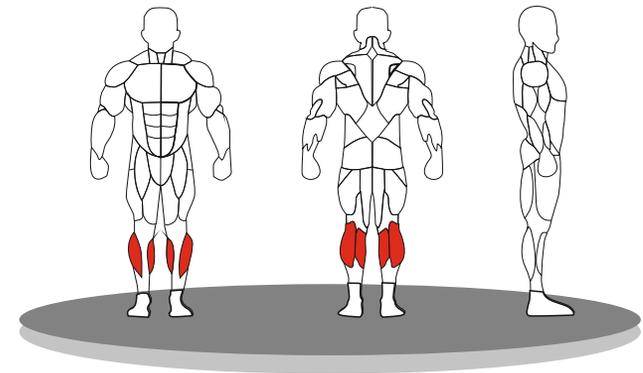
Length	:	1290 mm.
Width	:	1260 mm.
Height	:	1485 mm.
Machine Weight	:	146 kg.



\* Weight Plates as shown in the picture are not included in the package.

## CALF Y-945

- Intelligent ergonomically design allows activation of gastrocnemius and cellos calf muscles without stress in the spine.
- The elliptical shape of the platform ensures maximum articular excursion and muscular involvement even at the end of ankle range of motion.
- Secondary pre-start footplate enables taller users to avoid excessive knee flexion getting into exercise position.

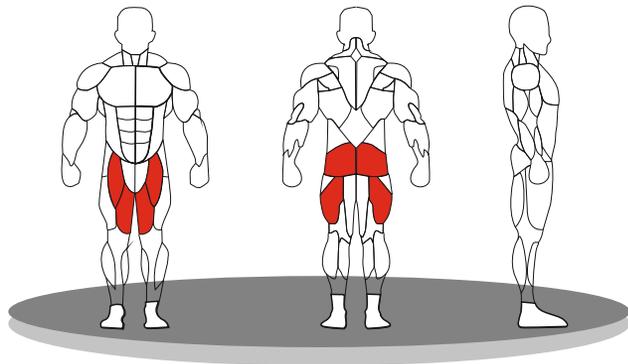


Length	:	1670 mm.
Width	:	1220 mm.
Height	:	1210 mm.
Machine Weight	:	145 kg.

\* Weight Plates as shown in the picture are not included in the package.

## LEG PRESS Y-950

- The large foot plate increases the variety of exercise possibilities and the linkage system optimizes the ankle angle through motion.
- The movement arm configuration and center footplate puts the resting leg in a comfortable positioning to facilitate unilateral training.
- The rotary path of the weight plates provides an optimal resistance profile, increases as legs move to full extension.



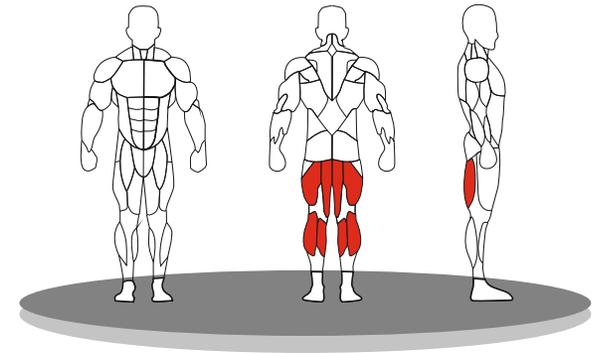
---

Length	:	1780 mm.
Width	:	2060 mm.
Height	:	1525 mm.
Machine Weight	:	261 kg.

---

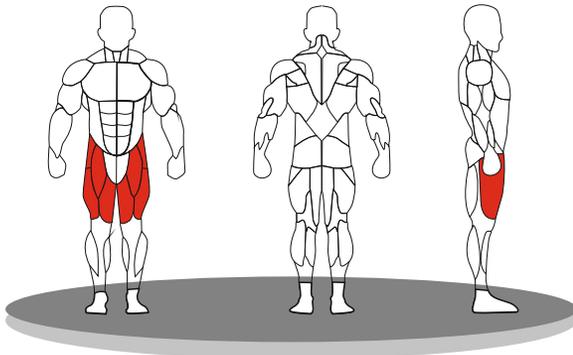


## LEG CURL Y-955



Length	:	1190 mm.
Width	:	1380 mm.
Height	:	1130 mm.
Machine Weight	:	135 kg.

## LEG EXTENSION Y-960

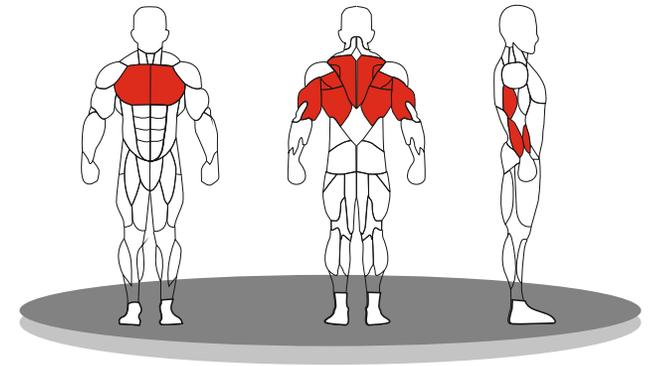


Length	:	1250 mm.
Width	:	1250 mm.
Height	:	1170 mm.
Machine Weight	:	135 kg.

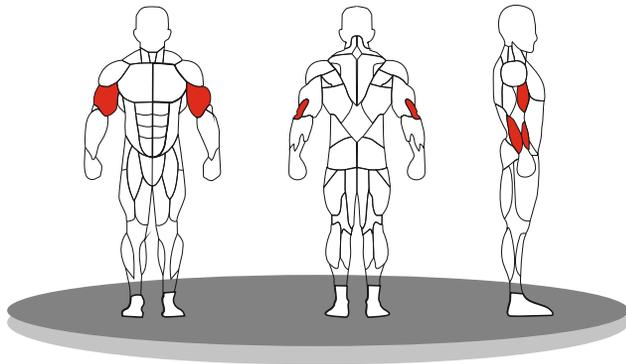


\* Weight Plates as shown in the picture are not included in the package.

## SEATED DIP Y-965



Length	:	1590 mm.
Width	:	1385 mm.
Height	:	970 mm.
Machine Weight	:	140 kg.



Length	:	1055mm.
Width	:	900 mm.
Height	:	1000 mm.
Machine Weight	:	140 kg.

## BICEPS CURL Y-970

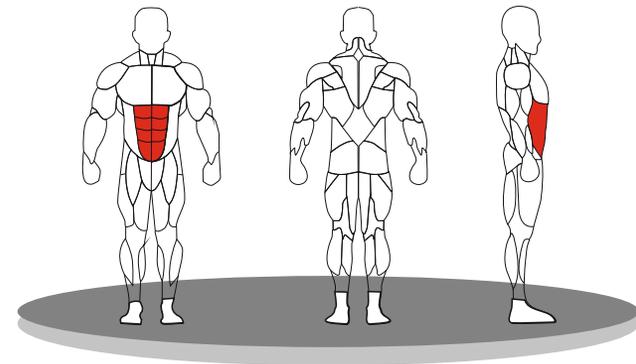


\* Weight Plates as shown in the picture are not included in the package.

## AB CRUNCH Y-972



- The special design allows natural movements to excellent abdominal muscle contraction.
- Converging axis design to replicate the body natural movement.
- Hand grips secured in place with aluminium collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.



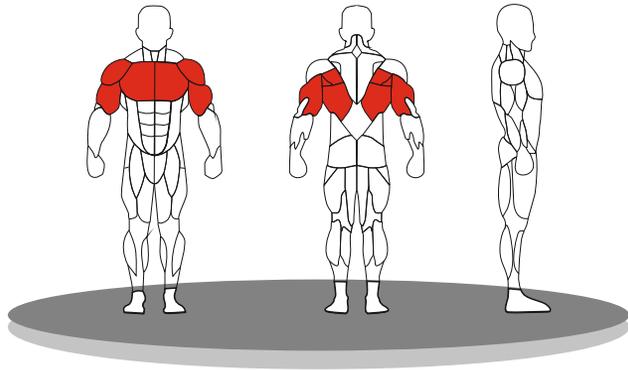
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Length	:	1310 mm.
Width	:	1170 mm.
Height	:	1710 mm.
Machine Weight	:	165 kg.

---

## ISO-LATERAL CHEST / BACK SM-2002

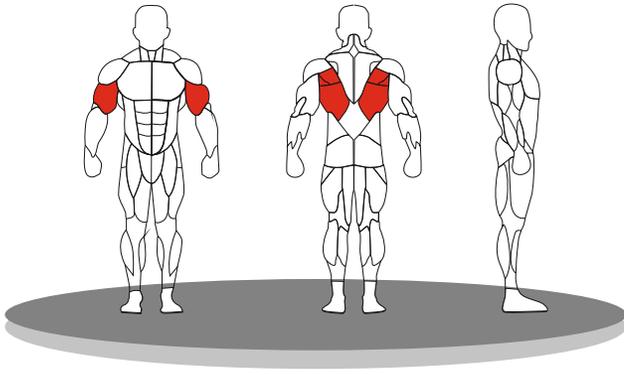
- Independent movement arms provide more balanced strength and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement provides a natural arc of motion and increased range.
- This combination machine offers a solution for both chest and back workouts.



Length	:	1980 mm.
Width	:	1370 mm.
Height	:	2290 mm.
Machine Weight	:	177 kg.

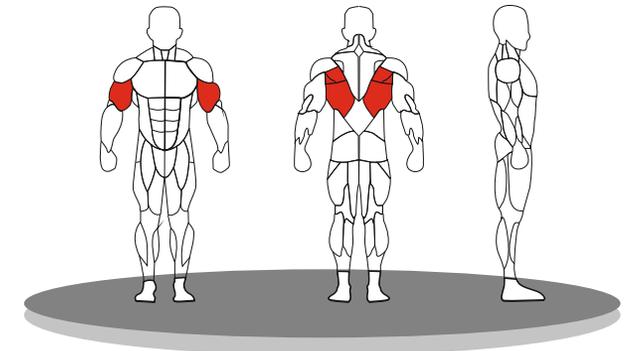


## ISO-LATERAL FRONT LAT PULLDOWN SM-2005



Length	:	1650 mm.
Width	:	1240 mm.
Height	:	2010 mm.
Machine Weight	:	143 kg.

## ISO-LATERAL HIGH ROW SM-2006



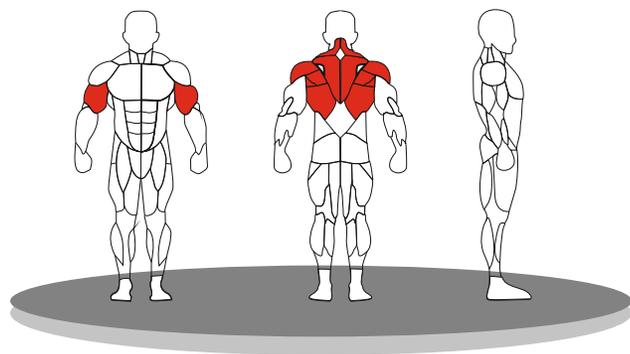
Length	:	1630 mm.
Width	:	1450 mm.
Height	:	2010 mm.
Machine Weight	:	150 kg.



\* Weight Plates as shown in the picture are not included in the package.

## ISO-LATERAL ROW SM-2011

- Dual handgrip positions provide exercise variation and different muscle involvement.
- Independent movement arms provides more balanced strength and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- It provides a compact, low-profile design and multiple grips for exercise variety.



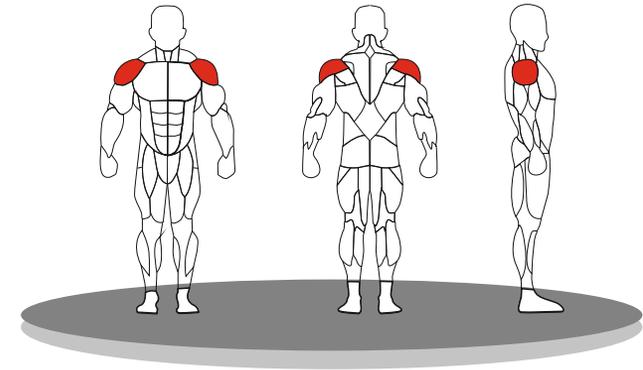
Length	:	1550 mm.
Width	:	1270 mm.
Height	:	1320 mm.
Machine Weight	:	127 kg.



\* Weight Plates as shown in the picture are not included in the package.

## ISO-LATERAL SHOULDER PRESS SM-2012

- Independent movement arms provide more balanced strength and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement provides a natural arc of motion and increased range.
- The back pad is angled 40 degrees for stabilization and to eliminate hyper extension of the spine.

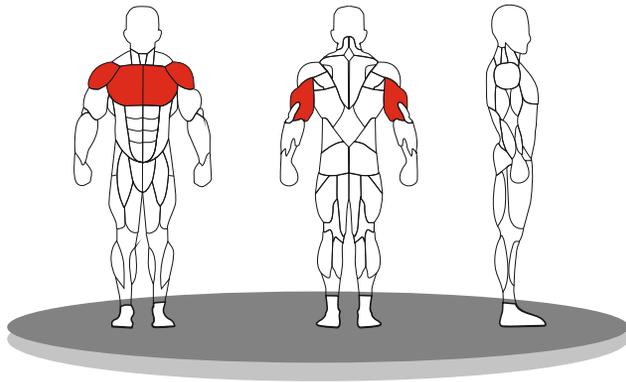


Length	:	1320 mm.
Width	:	1520 mm.
Height	:	1850 mm.
Machine Weight	:	159 kg.

\* Weight Plates as shown in the picture are not included in the package.

## ISO-LATERAL SUPER INCLINE PRESS SM-2013

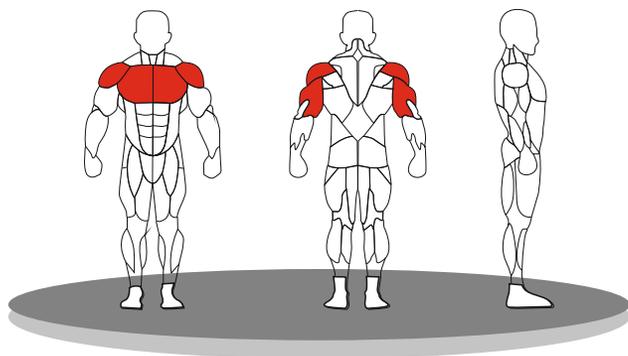
- Independent movement arms provides more balanced strength and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement provides a natural arc of motion and increased range.
- The unique path of motion fills in the gap between the shoulder press and incline press.



Length	:	1300 mm.
Width	:	1550 mm.
Height	:	1400 mm.
Machine Weight	:	163 kg.

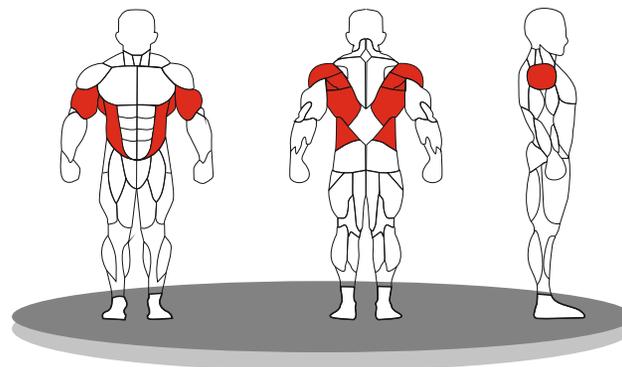


## ISO-LATERAL WIDE CHEST SM-2014



Length	:	1950 mm.
Width	:	1140 mm.
Height	:	1890 mm.
Machine Weight	:	138 kg.

## ISO-LATERAL WIDE PULLDOWN SM-2015



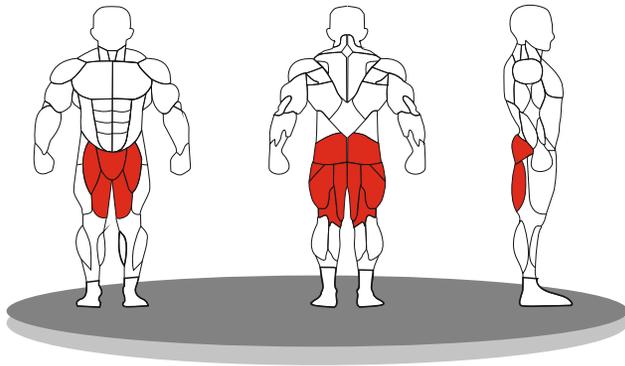
Length	:	1230 mm.
Width	:	1800 mm.
Height	:	2010 mm.
Machine Weight	:	145 kg.



\* Weight Plates as shown in the picture are not included in the package.

## V-SQUAT SM-2017

- The large foot plate increases the variety of exercise and the linkage system optimizes the ankle angle through motion.
- A good training position is ensured by the arrangement of the Pads.
- Converging Axis design to replicate the body natural movement and for varying leg length.



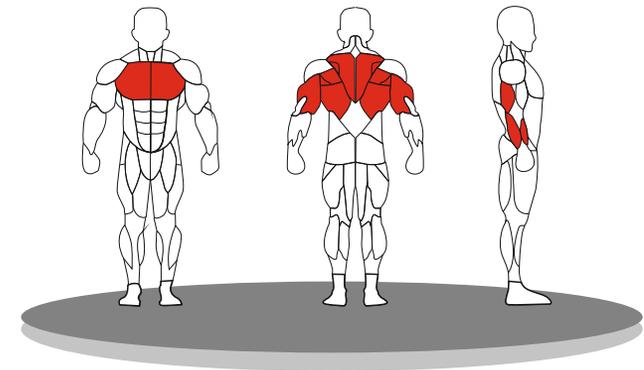
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Length	:	2470 mm.
Width	:	1070 mm.
Height	:	2050 mm.
Machine Weight	:	241 kg.

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## SEATED DIP SM-2018

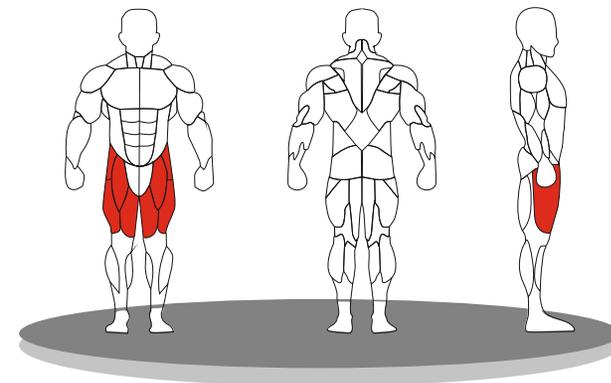
- Effective exercise position for training of triceps and pectoral muscles.
- Each arm can be moved individually, which ensures a balanced muscle structure and also allows for a separate training.
- Converging axis design to replicate the body natural movement.



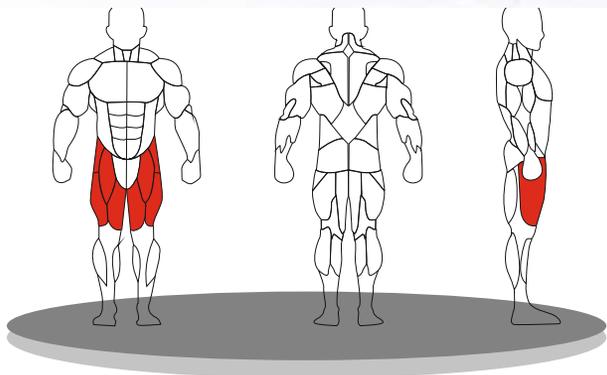
Length	:	1680 mm.
Width	:	1240 mm.
Height	:	1090 mm.
Machine Weight	:	129 kg.

\* Weight Plates as shown in the picture are not included in the package.

## ISO-LATERAL LEG EXTENSION SM-2022



Length	:	1530 mm.
Width	:	1860 mm.
Height	:	1370 mm.
Machine Weight	:	137 kg.



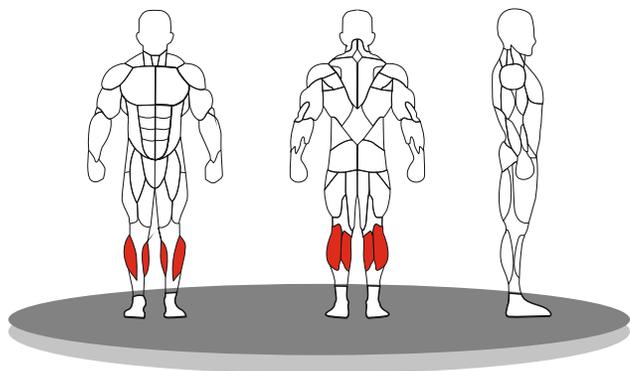
Length	:	1190 mm.
Width	:	1630 mm.
Height	:	1300 mm.
Machine Weight	:	136 kg.

## LEG EXTENSION SM-2024



\* Weight Plates as shown in the picture are not included in the package.

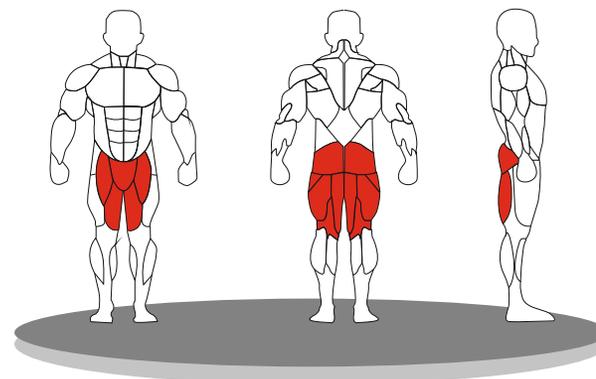
## SUPER HORIZONTAL CALF SM-2026



Length	:	1630 mm.
Width	:	1450 mm.
Height	:	1520 mm.
Machine Weight	:	173 kg.



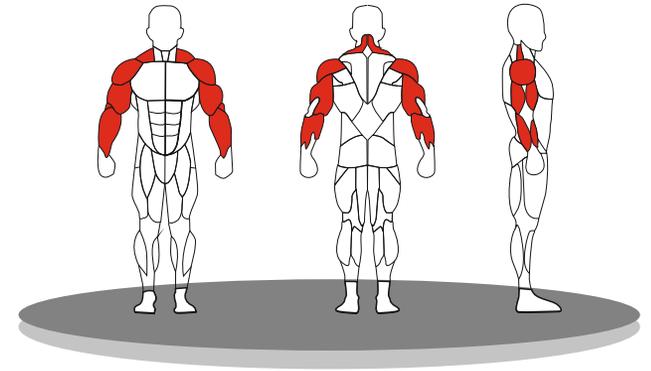
## SQUAT HIGH PULL SM-2029



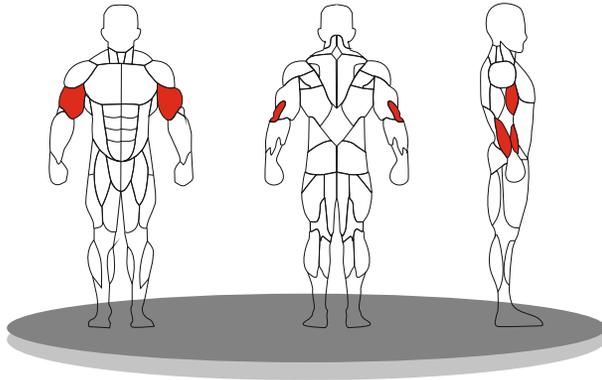
Length	:	1490 mm.
Width	:	1580 mm.
Height	:	870 mm.
Machine Weight	:	100 kg.

\* Weight Plates as shown in the picture are not included in the package.

## ISO-LATERAL BENCH PRESS SM-2032



Length	:	1220 mm.
Width	:	1700 mm.
Height	:	1830 mm.
Machine Weight	:	159 kg.



Length	:	1120 mm.
Width	:	1170 mm.
Height	:	1400 mm.
Machine Weight	:	100 kg.

## SEATED BICEPS SM-2033

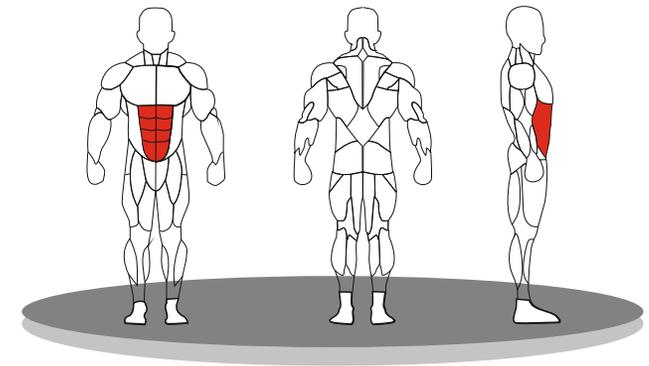


\* Weight Plates as shown in the picture are not included in the package.

## ABDOMINAL OBLIQUE CRUNCH SM-2035



- The special design allows natural movements to excellent abdominal muscle contraction.
- Converging axis design to replicate the body natural movement.
- Hand grips secured in place with aluminium collars, comprised of an extruded rubber compound that is non absorbing and wear resistant.

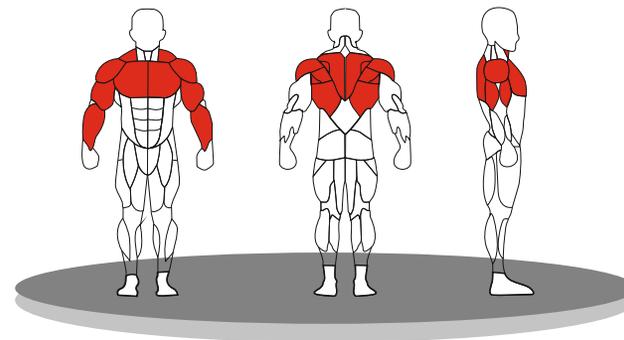


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Length	:	1480 mm.
Width	:	1440 mm
Height	:	1540 mm
Machine Weight	:	162 kg.

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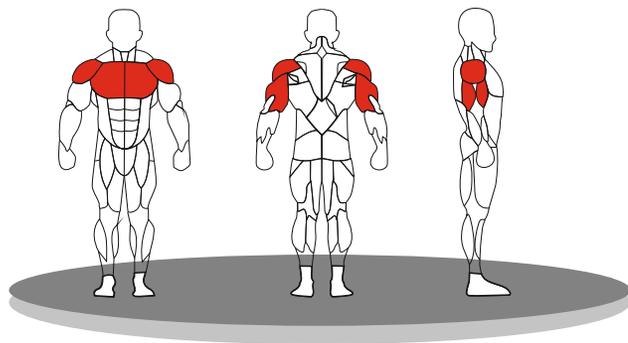
## FLAT BENCH SM-3001



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Length	:	1270 mm.
Width	:	480 mm
Height	:	410 mm
Total Weight	:	23 kg.

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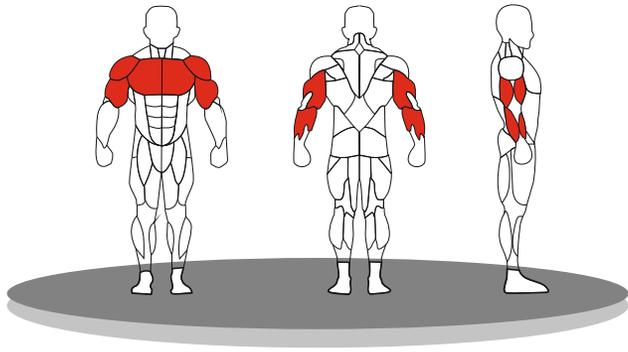
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Length	:	1700 mm.
Width	:	600 mm
Height	:	880 mm
Total Weight	:	38 kg.

---

## ABDOMINAL BOARD SM-3002



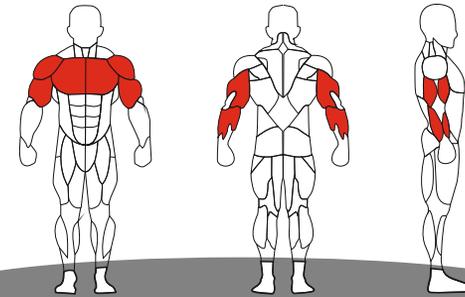



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Length	:	1090 mm.
Width	:	530 mm
Height	:	790 mm
Total Weight	:	30 kg.

---

## INCLINE BENCH 30° SM-3003




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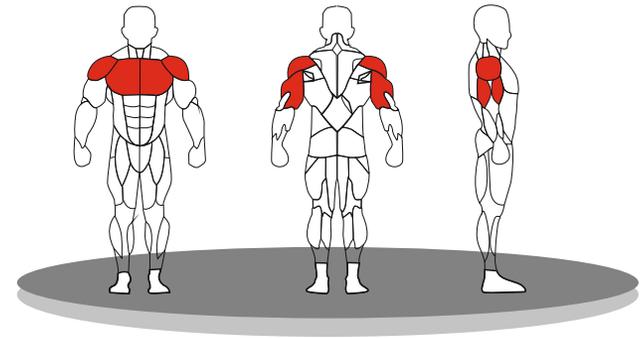
Length	:	860 mm.
Width	:	550 mm
Height	:	1250 mm
Total Weight	:	30 kg.

---

## INCLINE BENCH 55° SM-3004



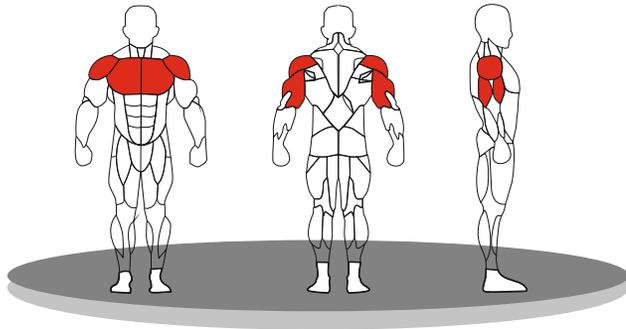
## UTILITY BENCH 75° SM-3005




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Length	:	1300 mm.
Width	:	660 mm
Height	:	970 mm
Total Weight	:	33 kg.

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Length	:	1330 mm.
Width	:	570 mm
Height	:	470 mm
Total Weight	:	39 kg.

---

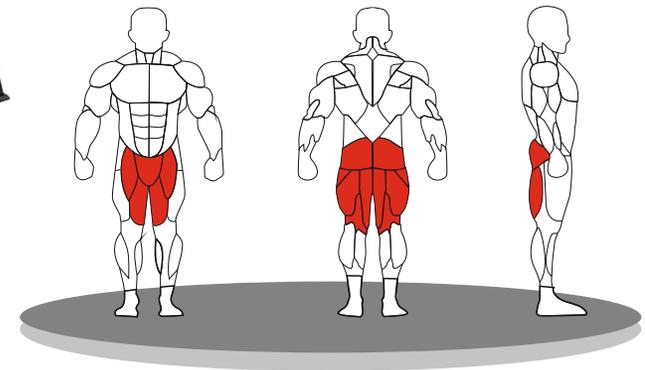
## MULTI-ADJUSTABLE BENCH SM-3007



## BELT SQUAT D-601



- Intelligent ergonomically design belt squat is a versatile machine that targets the entire thigh and gluteus muscles.
- Unlike traditional squats that put pressure on the spine, the Belt Squat relieves the spine and allows for more comfortable and effective training.
- With the ability to adjust your stance, you can target different muscle groups and optimize your workout.
- The machine also includes additional pins for elastic straps to add resistance.



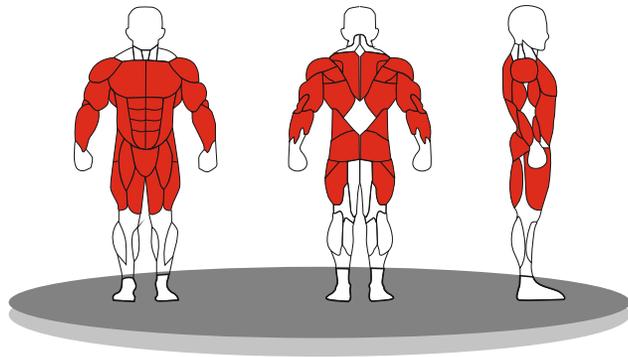
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Length	:	2055 mm.
Width	:	1690 mm.
Height	:	1460 mm.
Machine Weight	:	182 kg.

---

## POWER SMITH MACHINE DUAL SYSTEM D-602

- Intelligent ergonomically design Power Smith Dual System is an innovative machine designed to perform thrust movements of the upper limbs safely and efficiently.
- It features independent load and a convergent trajectory that amplifies the range of motion compared to traditional Smith Machines.
- The built-in storage pins allow for easy access to weight plates.

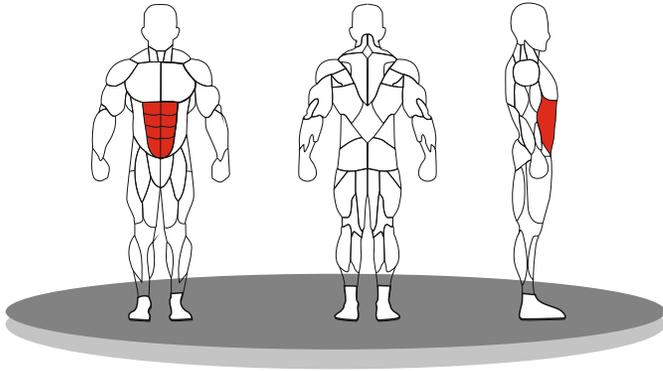


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Length	:	1880 mm.
Width	:	2010 mm.
Height	:	1750 mm.
Machine Weight	:	165 kg.

---

## ABDOMINAL CRUNCH D-604



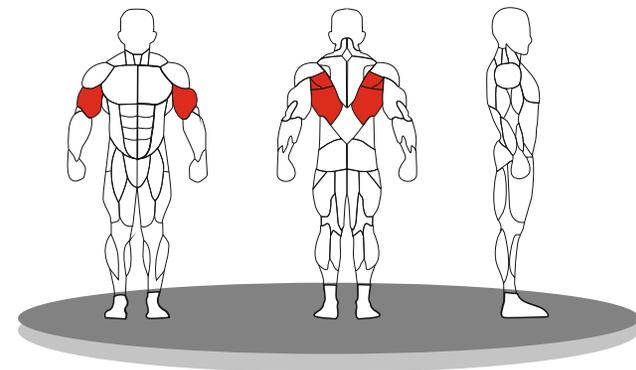
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Length	:	1380 mm.
Width	:	1776 mm.
Height	:	1720 mm.
Machine Weight	:	121 kg.

---



## HIGH ROW D-606

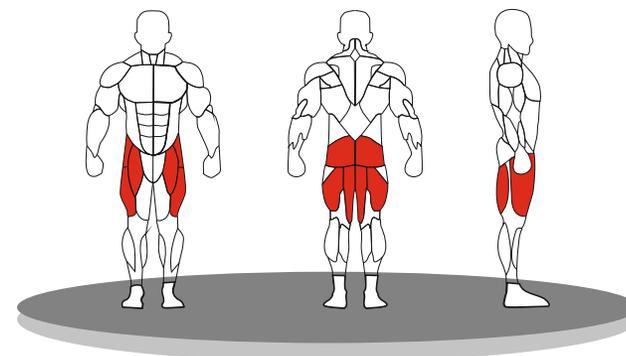


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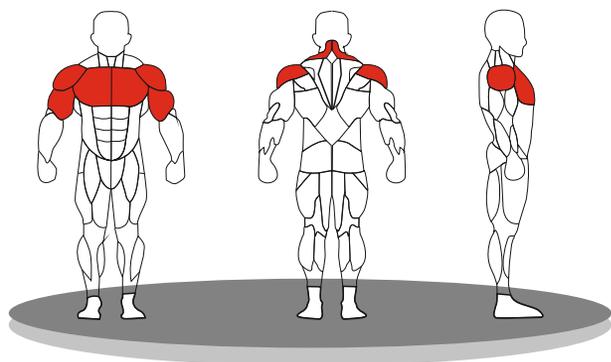
Length	:	1940 mm.
Width	:	1650 mm.
Height	:	1980 mm.
Machine Weight	:	157 kg.

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## DOUBLE DEADLIFT D-607



Length	:	1870 mm.
Width	:	2045 mm.
Height	:	500 mm.
Machine Weight	:	103 kg.



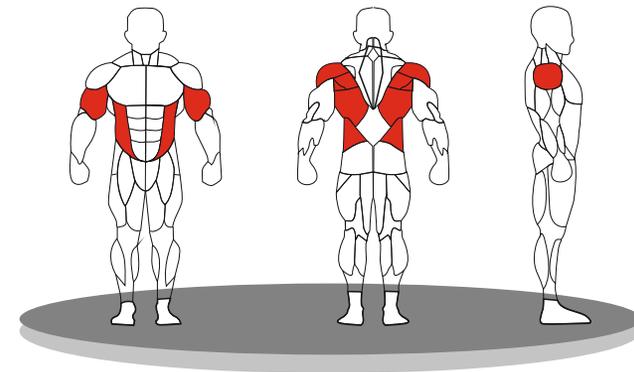
Length	:	1570 mm.
Width	:	1630 mm.
Height	:	970 mm.
Machine Weight	:	105 kg.

## INCLINE BUTTERFLY D-608



## PULL DOWN D-610

- Intelligent ergonomically design Pulldown allows for a comfortable and ergonomic seated position while performing an effective downward pulling motion that targets the dorsal and arm muscles.
- The scissor design provides a secure and stable workout, ensuring maximum results.
- The built-in storage pins allow for easy access to weight plates.

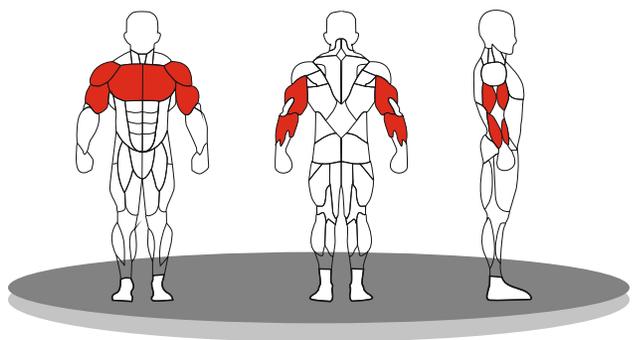


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Length	:	1930 mm.
Width	:	1860 mm.
Height	:	2060 mm.
Machine Weight	:	195 kg.

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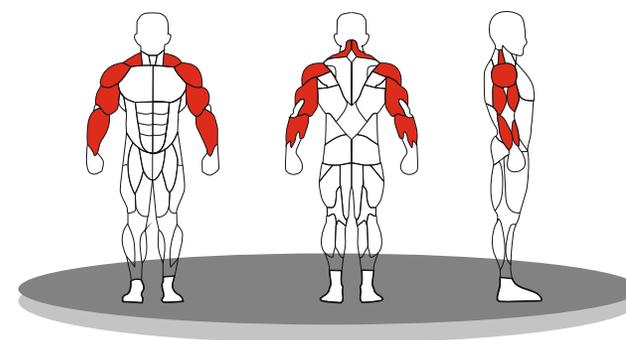
## OLYMPIC INCLINE BENCH D-971



Length	:	1250 mm.
Width	:	1880 mm
Height	:	1600 mm.
Total Weight	:	117 kg.



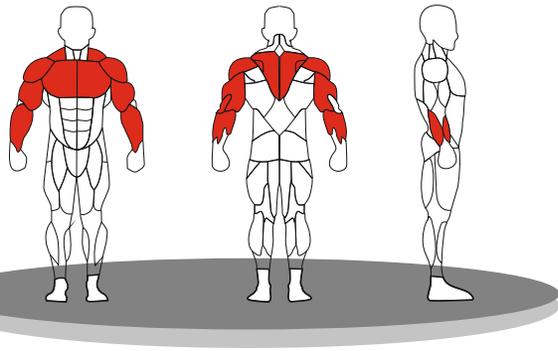
## OLYMPIC BENCH D-972



Length	:	1250 mm.
Width	:	1630 mm
Height	:	1350 mm.
Total Weight	:	130 kg.

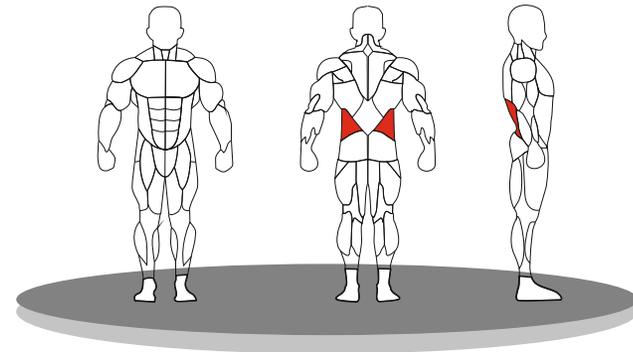


## OLYMPIC DECLINE BENCH D-973



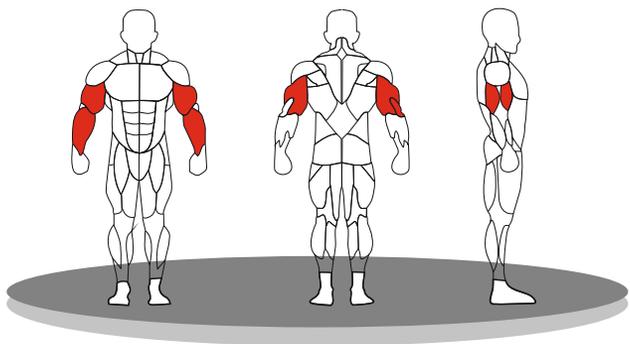
Length	:	1250 mm.
Width	:	1890 mm
Height	:	1320 mm.
Total Weight	:	108 kg.

## BACK EXTENSION D-975



Length	:	1200 mm.
Width	:	760 mm
Height	:	770 mm.
Total Weight	:	48 kg.

## PREACHER CURL D-976



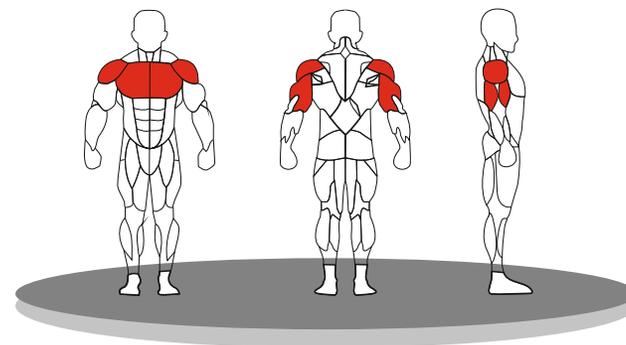
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Length	:	1060 mm.
Width	:	790 mm
Height	:	1100 mm.
Total Weight	:	63 kg.

---



## ADJUSTABLE DECLINE BENCH D-977

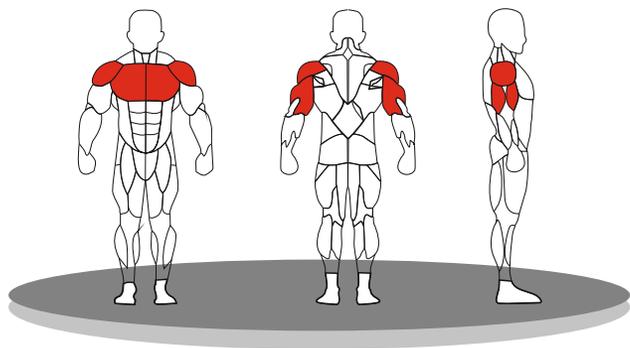


---

Length	:	1850 mm.
Width	:	550 mm
Height	:	930 mm.
Total Weight	:	65 kg.

---

## MULTI ADJUSTABLE BENCH D-978



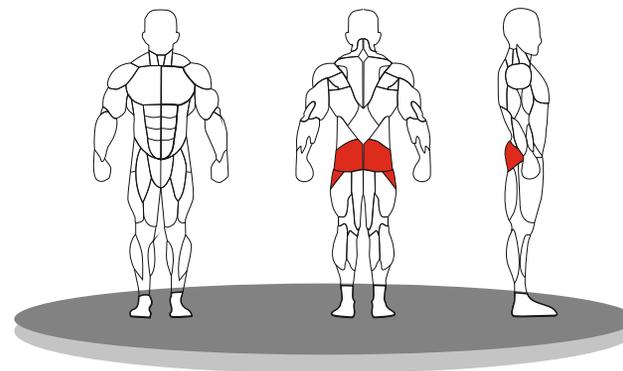
---

Length	:	1350 mm.
Width	:	520 mm
Height	:	460 mm.
Total Weight	:	46 kg.

---



## GLUTE BUILDER A606

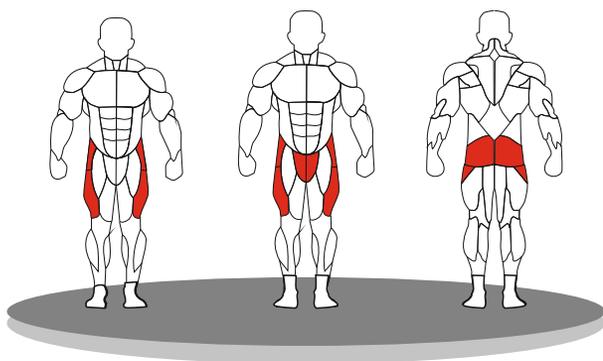


---

Length	:	1930 mm.
Width	:	1400 mm.
Height	:	515 mm.
Machine Weight	:	117 kg.

---

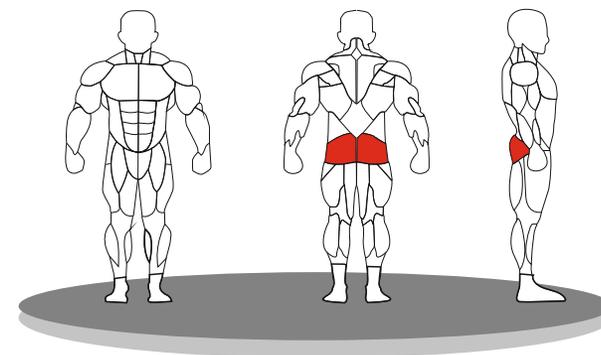
## STANDING ABDUCTOR D-982



Length	:	1628 mm.
Width	:	1000 mm.
Height	:	1441 mm.
Machine Weight	:	113 kg.



## STANDING HIP THRUST A605L



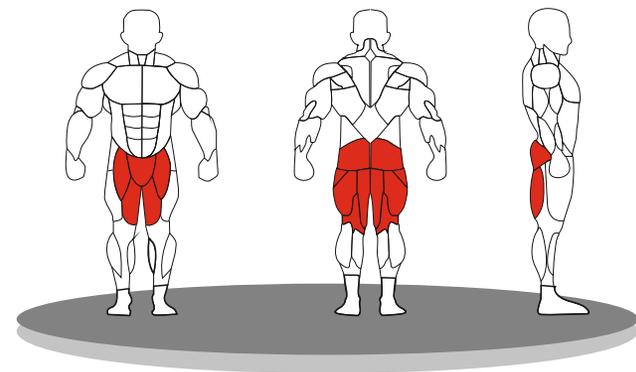
Length	:	1303 mm.
Width	:	1590 mm.
Height	:	1440 mm.
Machine Weight	:	95 kg.

\* Weight Plates as shown in the picture are not included in the package.



## POWER SQUAT A601L / 601

- The unique yoke design allows users of all sizes to position themselves in the most correct bio-mechanical position.
- During the squat the user's knees can be kept in normal position without excessive strain and the user can minimize the pressure on the lower back by adjusting their position freely.
- Top and bottom load positions for optimal strength training.
- Target hip/glutes when top loaded and quads when bottom loaded which fully stimulate all muscle groups during a free weight squat.
- Additional loading position increases the overall load limit and help exercise effectively & enhance the eccentric phase of the lift.



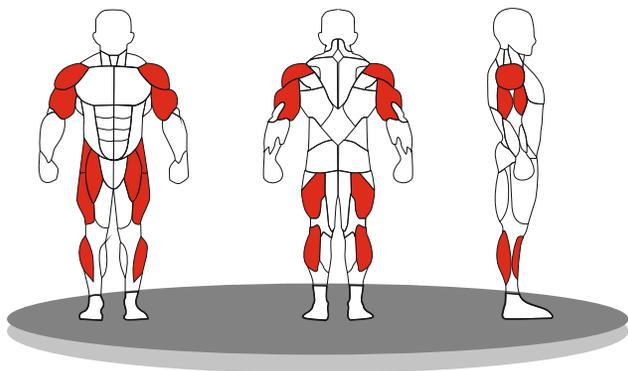
---

Length	:	1600 mm.
Width	:	1100 mm.
Height	:	400 mm.
Machine Weight	:	245 kg.

---

## HALF RACK E-1081

- Intelligent ergonomically design Half Rack provides an ideal platform for free weight training which is a very popular unit among strength training enthusiasts.
- The quick release column design makes it easier to switch between different workouts, and the storage space for fitness accessories at your fingertips also provides convenience of training.
- It not only ensures the safety of free weight training, but also provides an open training environment as much as possible.



Length	:	1735 mm.
Width	:	1800 mm.
Height	:	2465 mm.
Total Weight	:	260kg.

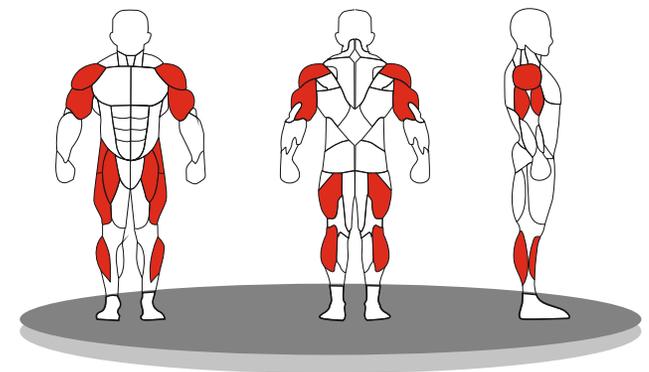


\* Weight Plates as shown in the picture are not included in the package.

## LEVER ARM RACK E-6212B



- Intelligent ergonomically design Lever Arm Rack provides a new training solution for those who are fond of traditional jammer press movements.
- The Lever arm rack can be quickly attached and detached from the power rack
- The modular design utilizes space-saving movements to replace cumbersome lever parts.



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Length	:	2470 mm.
Width	:	2100 mm.
Height	:	2500 mm.
Total Weight	:	460 kg.

---

## MULTI FUNCTIONAL TRAINER E-360 XC

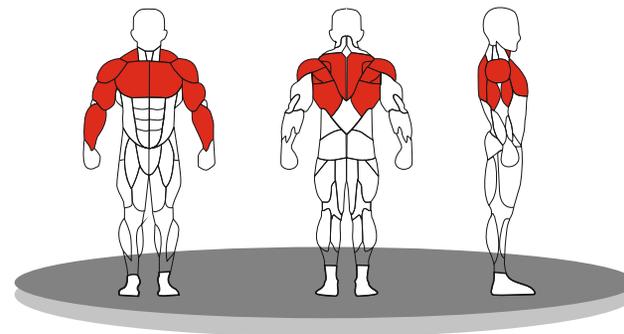


Length	:	4850 mm.
Width	:	4900 mm.
Height	:	2690 mm.
Machine Weight	:	1140 kg.
Weight Stack	:	184 kg.
Recommended Area	:	6700 x 6700 mm.

*(Accessories as shown in the picture are not the part of the package)*



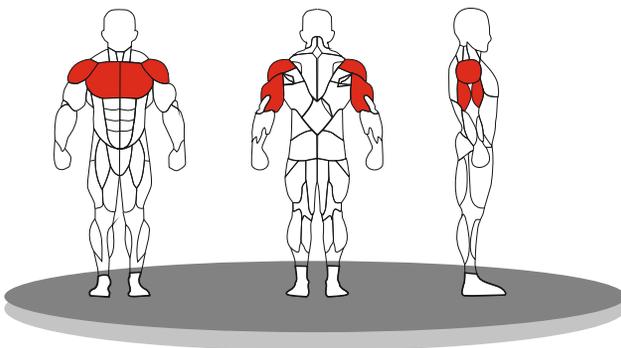
## FLAT BENCH B-2036



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Length	:	1400 mm.
Width	:	590 mm.
Height	:	410 mm.
Total Weight	:	17 kg.

---



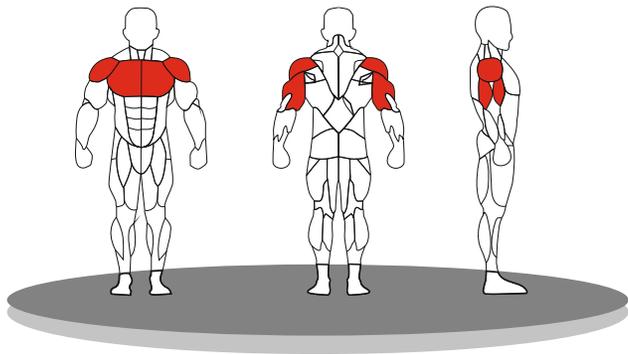
---

Length	:	1660 mm.
Width	:	760 mm.
Height	:	900 mm.
Total Weight	:	43 kg.

---

## ADJUSTABLE DECLINE BENCH B-2037



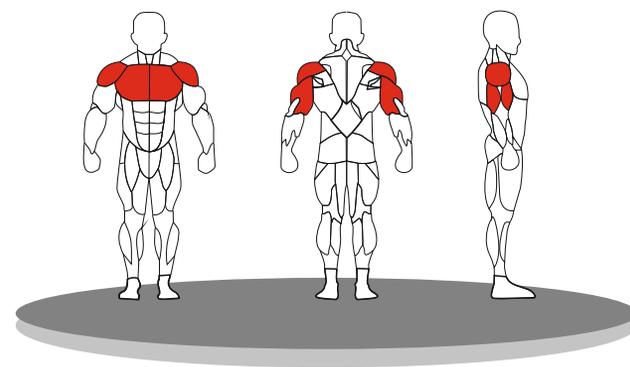


Length	:	1240 mm.
Width	:	770 mm.
Height	:	770 mm.
Total Weight	:	22 kg.

## SEATED BENCH B-2038

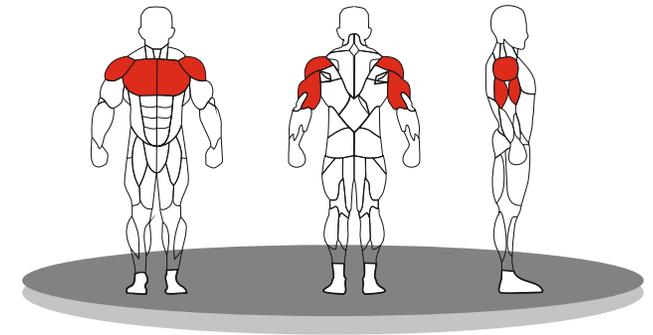


## MULTI ADJUSTABLE BENCH B-2039

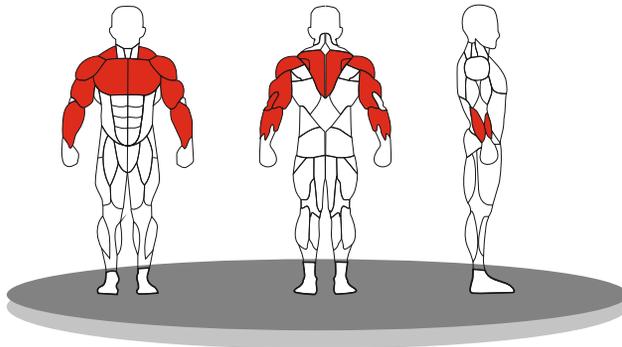


Length	:	1380 mm.
Width	:	590 mm.
Height	:	1220 mm.
Total Weight	:	43 kg.

## MULTI FUNCTIONAL BENCH B-2040A



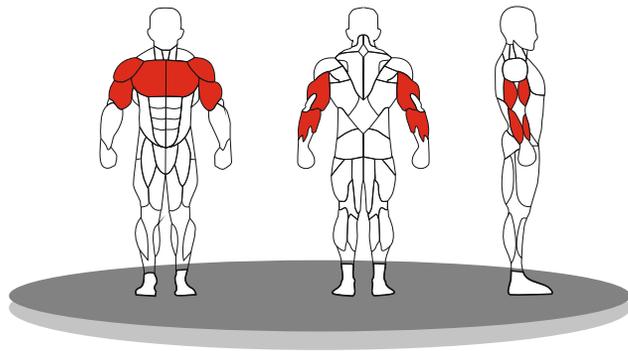
Length	:	1680 mm.
Width	:	580 mm.
Height	:	500 mm.
Total Weight	:	38 kg.



Length	:	2080 mm.
Width	:	1900 mm.
Height	:	1220 mm.
Total Weight	:	73 kg.

## OLYMPIC DECLINE BENCH B-2041





## OLYMPIC INCLINE BENCH B-2042

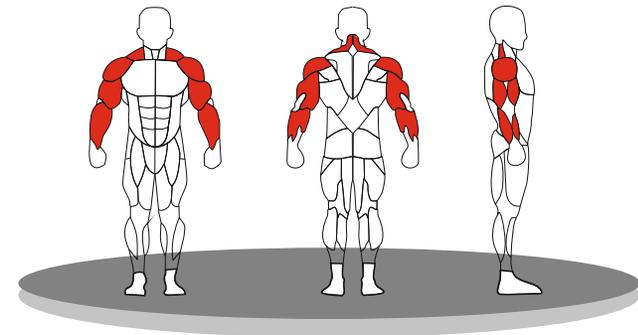



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Length	:	1970 mm.
Width	:	1900 mm.
Height	:	1400 mm.
Total Weight	:	83 kg.

---

## OLYMPIC BENCH B-2043

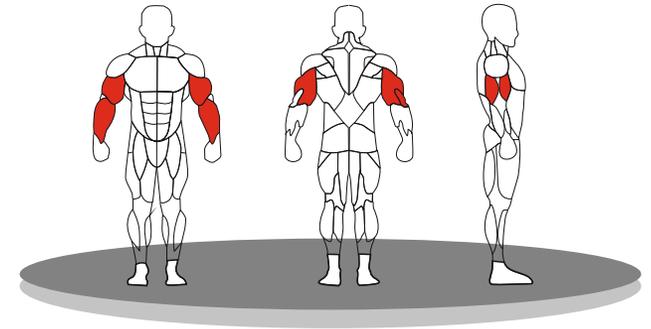



---

Length	:	1710 mm.
Width	:	1900 mm.
Height	:	1220 mm.
Total Weight	:	60 kg.

---

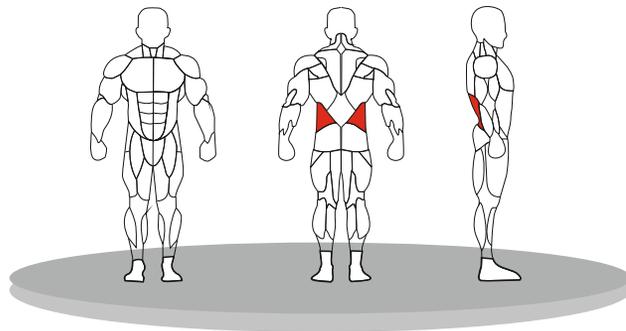
## SEATED PREACHER CURL B-2044



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Length	:	1350 mm.
Width	:	840 mm.
Height	:	940 mm.
Total Weight	:	42 kg.

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Length	:	1200 mm.
Width	:	880 mm.
Height	:	750 mm.
Total Weight	:	43 kg.

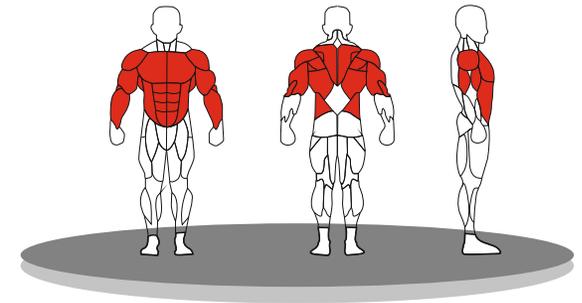
---

## BACK EXTENSION B-2045



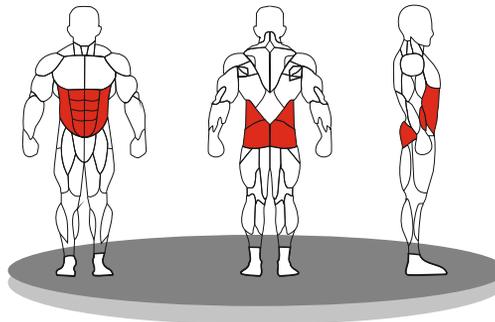


## VERTICAL KNEES UP/DIP B-2047



Length	:	1240 mm.
Width	:	720 mm.
Height	:	1590 mm.
Total Weight	:	72 kg.

## TWISTER B-2046

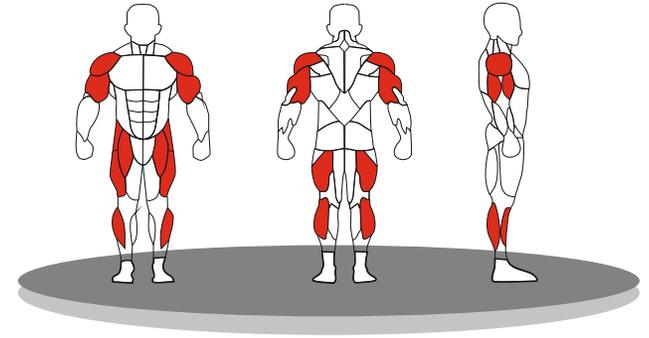
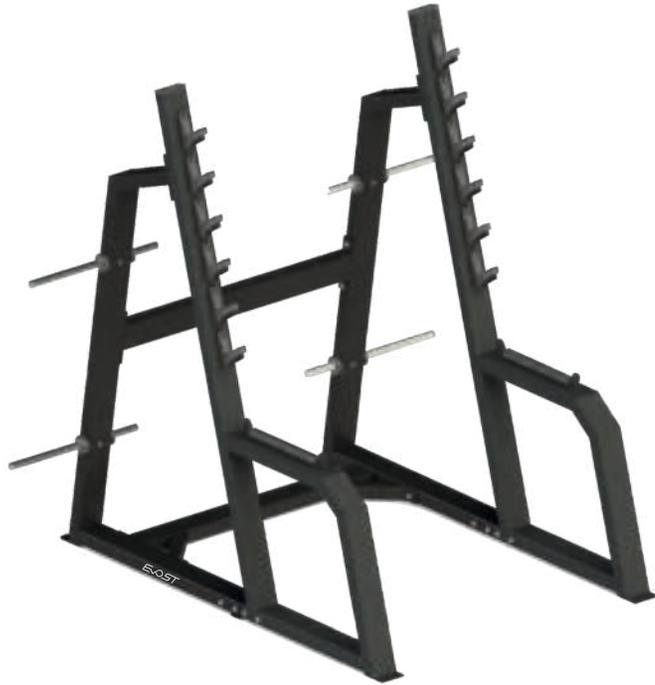


Length	:	650 / 1400 mm.
Width	:	600 / 650 mm.
Height	:	1250 mm.
Total Weight	:	13 kg. / 29 kg.

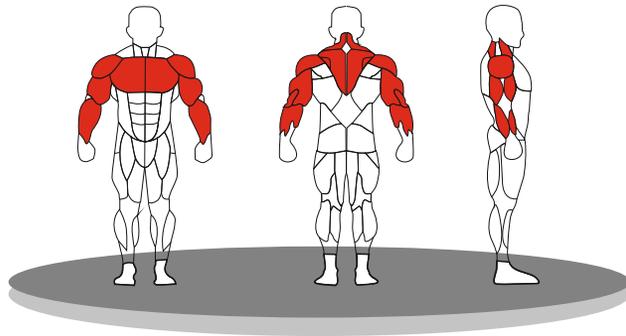
## DUAL TWISTER B-2049



## SQUAT RACK B-2050



Length	:	1650 mm.
Width	:	1200 mm.
Height	:	2100 mm.
Total Weight	:	111 kg.



Length	:	1830 mm.
Width	:	1240 mm.
Height	:	1370 mm.
Total Weight	:	52 kg.

## MULTI ADJUSTABLE BENCH B-2052



## VERTICAL PLATE TREE B-2054



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Length	:	650 mm.
Width	:	580 mm.
Height	:	1240 mm.
Total Weight	:	28 kg.

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## BARBELL RACK B-2055



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Length	:	1040 mm.
Width	:	880 mm.
Height	:	1360 mm.
Total Weight	:	63 kg.

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## BARBELL RACK B-2068



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Length	:	400 mm.
Width	:	400 mm.
Height	:	180 mm.
Total Weight	:	13 kg.

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## DUMBBELL RACK B-2077

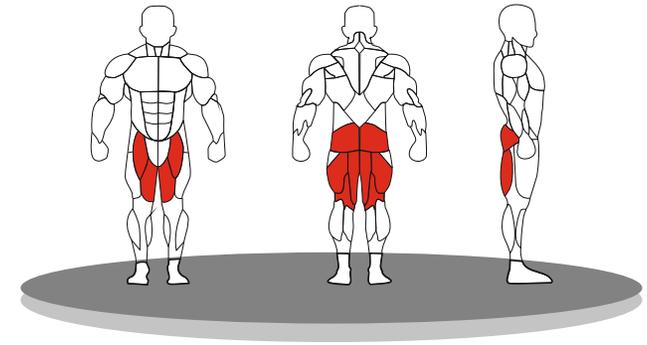


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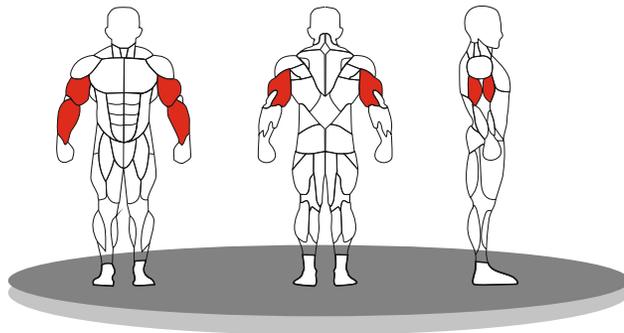
Length	:	2100 mm.
Width	:	670 mm.
Height	:	810 mm.
Total Weight	:	66 kg.

---

## SISSY SQUAT B-2058



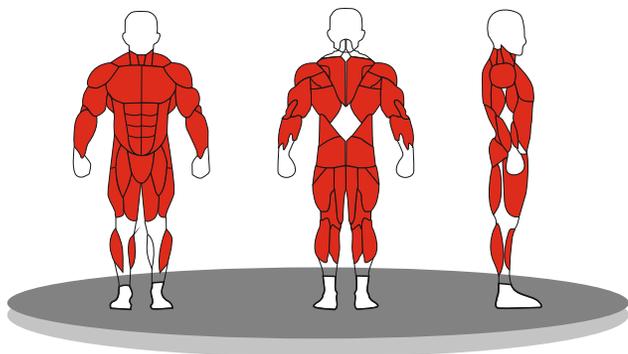
Length	:	1150 mm.
Width	:	870 mm.
Height	:	440 mm.
Total Weight	:	32 kg.



Length	:	560 mm.
Width	:	590 mm.
Height	:	950 mm.
Machine Weight	:	100.5 kg.
Weight Stack	:	67.5 kg.

## WRIST CURL B-2059






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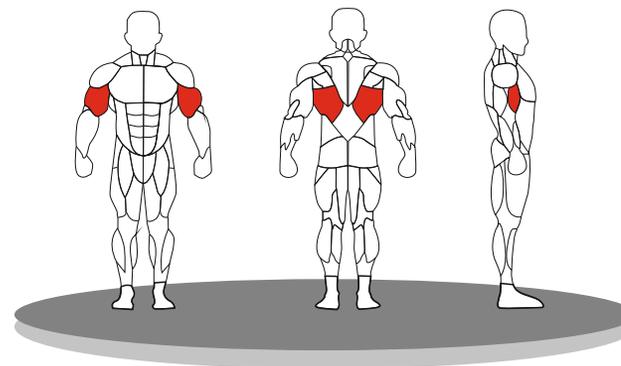
Length	:	1090 mm.
Width	:	700 mm.
Height	:	1050 mm.
Total Weight	:	35.5 kg.

---

## SLEDGE B-2060



## INCLINE LEVER ROW B-2061

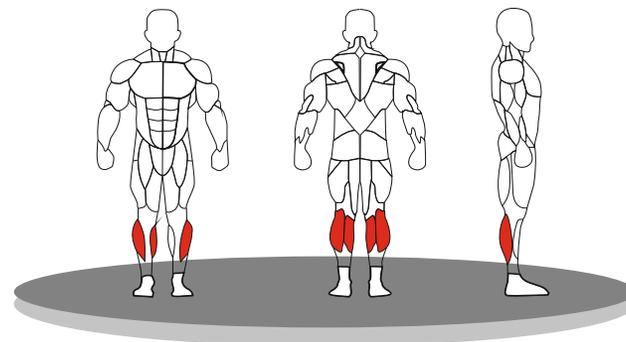



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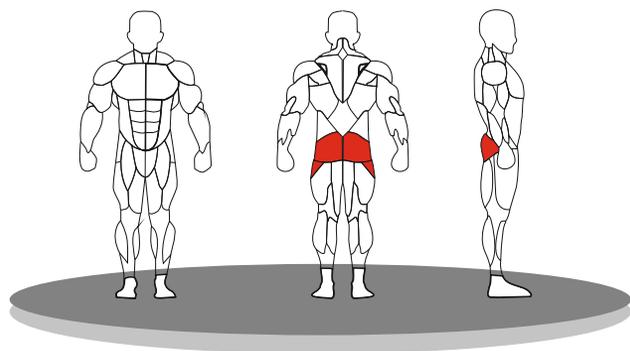
Length	:	1750 mm.
Width	:	1050 mm.
Height	:	1170 mm.
Total Weight	:	84 kg.

---

## SEATED CALF B-2062



Length	:	1410 mm.
Width	:	730 mm.
Height	:	1020 mm.
Total Weight	:	52 kg.



Length	:	1950 mm.
Width	:	1150 mm.
Height	:	1160 mm.
Total Weight	:	59 kg.

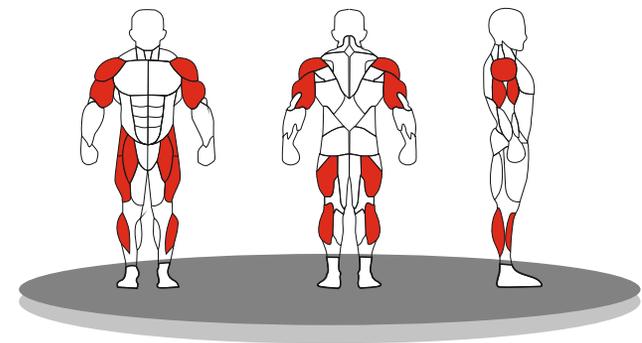
## HIP THRUST B-2092





## SQUAT RACK B-2069

- Intelligent ergonomically design Half Rack provides an ideal platform for free weight training which is a very popular unit among strength training enthusiasts.
- The quick release column design makes it easier to switch between different workouts, and the storage space for fitness accessories at your fingertips also provides convenience of training.
- It not only ensures the safety of free weight training, but also provides an open training environment as much as possible.



Length	:	1500 mm.
Width	:	1780 mm.
Height	:	2190 mm.
Total Weight	:	150 kg.

## KETTLE BELL TRAY B-6234



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Length	:	2160 mm.
Width	:	850 mm.
Height	:	840 mm.
Total Weight	:	107 kg.

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## BALL TRAY B-6237



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Length	:	2150 mm.
Width	:	850 mm.
Height	:	840 mm.
Total Weight	:	87 kg.

---

## FS-300 COMMERCIAL GYM FAN

- Commercial Gym Fan.
- 2.0 HPAC High Insulation Motor.
- Dimension : L-2142 mm x W-230.3 mm x H-615.7 mm
- Infinite Variable Speed Control Offers Maximum 220 Turns / min Adjustable Air Flow.
- Easy To Use, Easy to Move with Strong Wheels & Handles on Both Side.
- Creates airflow that spans one third the length of a football field (36.6 meters ) and could cover maximum area of 500 m<sup>2</sup>.



## TF-532 TIRE FLIP



- Commercial Tire Flip.
- Dimension : 1650\*1220\*510 mm.
- Workout Weight 100 Kg.
- Easy To Use, Less space and no noise.
- Training both for indoor and outdoor condition.

## CT-6600 POWER SLED TANK WITH BASKET

- Power Sled Tank.
- Easy to use less space and no noise.
- Adjustable resistance.
- Training Both for indoor and outdoor condition.



# OUR VALUABLE CLIENTS



# OUR VALUABLE CLIENTS



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Established 1927



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