

PURE MOTIVATION.



PRODUCT CATALOG



DRIVEN TO SUCCEED.

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Innovation has always pushed us, but now there's even more driving us.

From the very beginning, we've been driven by innovation and doing things differently. Our first treadmill was the result of us looking at existing technology and finding a better way. And every step since then has been toward finding solutions to people's needs, instead of just another product. The result has been many of our innovations becoming industry standards with more than a dozen unique patents.

2002 Star Trac teams with Spinning® to launch the all-new line of Spinner® bikes.



2002 Launched the Pro Series treadmills with new user-focused features such as personal fans and weight scale.



1997 TR3500 treadmill launched with the first integrated water bottle holder, personal stereo, towel and reading material holder.



2003 Pro Series upright and recumbent bikes introduced with user-friendly features such as a fan and reading station with armrests.

2007 New E Series launch, complete cardio entertainment line that offers integrated iPod® connectivity.



2008 Launched new embedded touch screens providing the most intuitive, motivational and relevant interface ever.

2004 Star Trac acquired Flex Fitness and their extensive strength lines to complete a full-line product offering.



2006 Star Trac introduced Lock N Load® patented pin less weight stack technology.



2005 New Total Body Trainers launched with Pro Steppers, completing the family look cardio line.



1987 Unisen Inc. launched the Star Trac 2000, the first DC-powered commercial treadmill exclusively for health clubs.



2006 Launched three new strength lines: Impact Strength®, Instinct® and HumanSport®.

Since 2000, we've utilized a design platform, a result from a past relationship with BMW Group Designworks USA. This relationship helped us elevate not only the function of our designs, but also the style of our product. You could say that we've never taken the easy, cheap or expected road when designing a new product. It's this kind of passion that has taken us from humble beginnings to an international company with global manufacturing in Xaimen, China and offices in the United States, UK, Germany, Spain and Asia.



2008 The eSpinner®, a breakthrough new Spinner® bike with Mad Dogg Athletics, brings the experience out of the group cycling room and onto the cardio floor.



2009 Launched Inspiration Strength®, the most exceptional strength offering ever with aesthetic sophistication and superior function.

2010 Introduction of the Star Trac Coach®, a personalized treadmill workout led by a professional coach.



2013 Launched the TreadClimber® by Star Trac, has the benefits of a treadmill, the low impact of an elliptical and the knee and hip flexion of a stepper.



2014 Launched the Turbo Trainer™. Commercial quality, ideal for rehab fitness and performance.

2014 Watch what we do next!



2013 Star Trac and Mad Dogg Athletics introduced the Spinner® Blade ION™, with accurate strain gauge power meter technology.



2011 Star Trac and Mad Dogg Athletics introduced the Spinner® Blade, a new design, superior durability and enhanced biomechanics.



2012 Launched BoxMaster®, a new form of boxing style conditioning that will wow your clients.

2011 Launched Leverage®, embodying design and features that redefined the plate loaded strength training category.



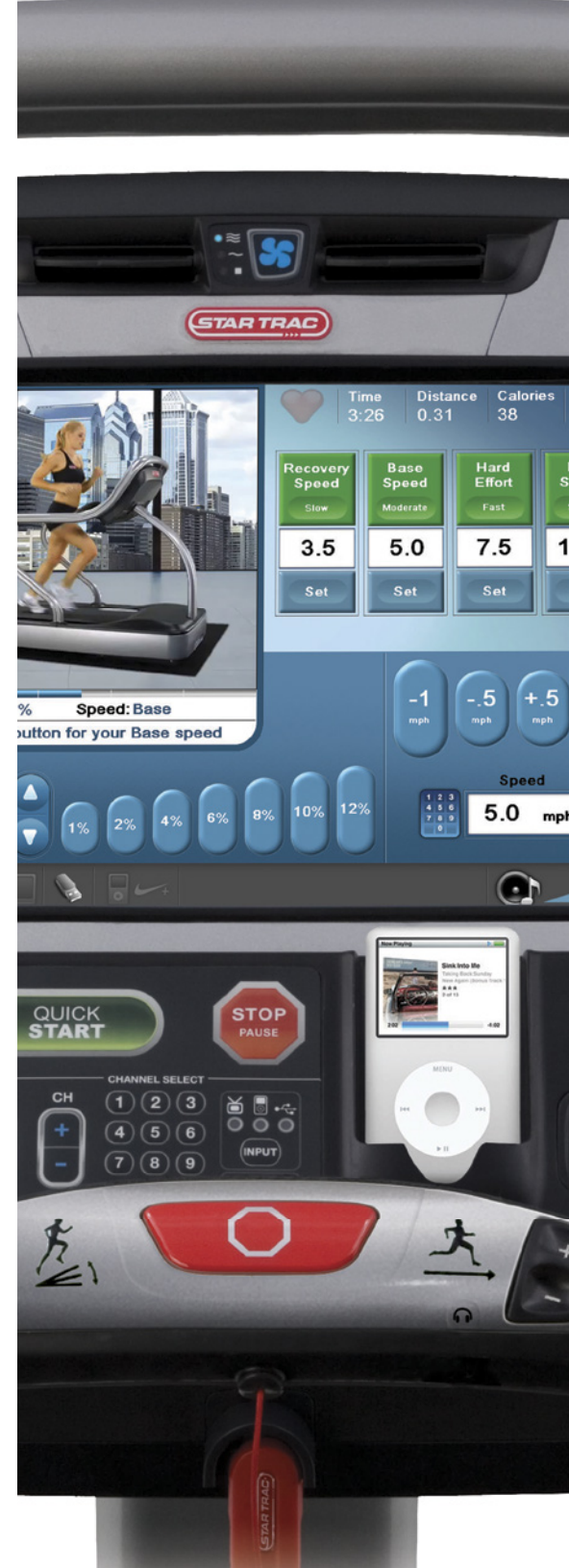
2012 Launched the StairMill™, a never-ending staircase that goes as far as you can imagine or endure for the ultimate cardio workout experience.



Cardio

Cardio is the heart of any facility. Nothing sets the pulse, or raises it quite like cardio. No other machines draw more people in, creates more energy or gets more use, which is why the choices you make in this section of your facility are perhaps the most important you'll make.

Star Trac's family of cardio equipment continues to set industry benchmarks in both form and function. From our trademark innovations like personal fans and a motivational track, to stylish, consistent and intuitive interfaces across the entire line, no other cardio equipment has brought more satisfaction to your floor year after year.





E Series Cardio

Innovation has led us into entertaining territory and nowhere is it more evident than in our E Series Cardio and eSpinner®. Designed to entertain as much as it makes you sweat, the E Series cardio line offers the most complete entertainment options on the market.

E Series Cardio and the eSpinner are wired in every way for complete personal entertainment with options like Netpulse on demand entertainment, integrated iPod® connectivity, 15" (38 cm) high definition screens and a device-charging USB port. The entertainment system is fully integrated with built-in fans, heart rate monitor and the ability to pick, play and enjoy the entertainment solution of your choice. And with a sleek, modern design, the E Series Cardio line looks as good as it entertains.

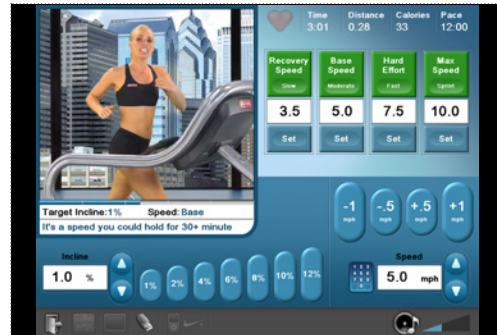
Star Trac Coach®

The Star Trac Coach® is a personalized treadmill workout led by a professional coach. Whether you're a competitive runner or a daily walker, the Star Trac Coach helps you maximize your treadmill workout.

Over 1 million possible workouts ensure a different training experience every time. With the push of a few simple buttons, runners and walkers can create a treadmill workout with varying intensity, terrain and endurance levels sure to provide an efficient, effective and encouraging workout. To further enhance the user experience, the Star Trac Coach allows users to select their own background music from their iPod®, a USB stick or the built-in sound track. This revolutionary technology is exclusively available on Star Trac's E Series embedded screen treadmills. The Star Trac Coach takes the ordinary treadmill experience to a new level of engagement never seen before!

Embedded Touch Screen

From the intuitive interface of its revolutionary embedded touch screen, to the most entertainment options we've ever offered. The E Series truly exemplifies relevance, elegance and simplicity. For those ready to move beyond individual features and specs, to truly experience a treadmill on an entirely different level, your time has come.



Star Trac Coach® over 1 million possible workouts ensures a different workout every time, taking the ordinary treadmill experience to a new level of engagement never seen before.



iPod® Connectivity integrated with music, video, a USB device-charging station and on-screen iPod® controls; users can display personal content while charging their iPod®.



TV View our 15" (38 cm) embedded High Definition Personal Viewing Screen with intuitively placed dedicated channel and volume controls provide a personal viewing experience.



Dynamic Workout Views with progress, heart rate, track and simple views, information is always intuitive and relevant to the user.

Entertainment



E Series PVS Kit

Integrated 15.6" (39.6 cm) HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience for the E Series cardio products.

S Series PVS Kit

Integrated 15.6" (39.6 cm) HD Personal Viewing Screen with channel and volume controls provides a personalized viewing experience for the S Series cardio products.

Netpulse

Netpulse's entertainment and workout tracking platform delivers a unique media experience for exercisers and is a powerful business tool for facility operators.

Features:

- On Demand Entertainment
- Personalized Music Video Playlists
- Automatic Workout Tracking
- Easy to Navigate User Interface
- Virtual Active first-person videos
- Asset Management Tracking



Netpulse is not available in all global regions.

E Series products



Wireless Audio Receiver

Integrated 800/900MHz wireless receivers have Worldwide system compatibility and provide audio from any ceiling or wall mounted TV. (Optional. Requires wireless audio transmitter.)



PVS Controller

Integrated with music, video, a USB device-charging station and on-screen iPod® controls; users can display personal content while charging their iPod®. (Optional. Included with PVS Kit and Wireless Audio Receiver Kit).



E-TRx Treadmills

When designing the new E-TRx, we started with the most solid foundation you could have – more than 20 years of treadmill superiority. And while most would have been content in making subtle improvements to an already proven design, we set out to create the ultimate marriage of user experience, benefits, desires and features ever put under foot. The result is nothing short of impressive.

With conveniently close Hot Bar® controls, patented deck suspension system and increased incline specs, the E-TRx has all the features and design elements users have longed for.

● standard ○ optional

Treadmill Features													
	Star Trac Coach®	15" (38 cm) Embedded HD Touchscreen	15.6" (39.6 cm) Integrated HD PVS	Made for iPod® and Nike+ (Nike+ on embedded models only)	USB Charging Station	Integrated Wireless 800/900 MHz Receiver	Hot Bar® Controls	Personal Cooling Fans	Aluminum Frame	Waxless Belt & Deck System	5 HP AC Motor	20% Max Incline	Intel® Inside™
E-TRxe	●	●		●	●		●	●	●	●	●	●	●
E-TRxi			●	●	●		●	●	●	●	●	●	
E-TRx			○	○		○	●	●	●	●	●	●	



E-TRxe Treadmill

Model E-TRxe

- **Overall Weight** - 477 lbs (216 kg)
- **Running Surface** - 60" x 21.5" (152 x 55 cm)
- **Width** - 36" (91 cm)
- **Length** - 85" (215 cm)
- **Height** - 63" (160 cm)
- 15" (38 cm) embedded HD touch screen aligns users work out with their entry goals and expectations with sophisticated and intuitive programs and features
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Easily accessible Hot Bar® is located closer to the user with one-finger speed and elevation controls, integrated stop button and contact heart rate grips
- Star Trac Coach® Over 1 million possible workouts ensure a different workout every time taking the ordinary treadmill experience to a new level of engagement never seen before
- Star Trac's popular adjustable personal fans create a more rewarding workout
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 20% max incline | 21.5" (54.6 cm) wide belt
- 10" (25.4 cm) step-up height
- User weight capacity of 500 lbs (227 kg)



E-TRxi Treadmill

Model E-TRxi

- **Overall Weight** - 490 lbs (222 kg)
- **Running Surface** - 60" x 21.5" (152 x 55 cm)
- **Width** - 36" (91 cm)
- **Length** - 85" (215 cm)
- **Height** - 79" (200 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively-placed channel and volume controls provides a personalized viewing experience
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Easily accessible Hot Bar® is located closer to the user with one-finger speed and elevation controls, integrated stop button and contact heart rate grips
- Star Trac's popular adjustable personal fans create a more rewarding workout
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 20% max incline
- 21.5" (54.6 cm) wide belt
- 10" (25.4 cm) step-up height
- User weight capacity of 500 lbs (227 kg)



E-TRx Treadmill

Model E-TRx

- **Overall Weight** - 471 lbs (214 kg)
- **Running Surface** - 60" x 21.5" (152 x 55 cm)
- **Width** - 36" (91 cm)
- **Length** - 85" (215 cm)
- **Height** - 63" (160 cm)
- Pre-wired for E Series Personal Viewing Screen entertainment system
- Easily accessible Hot Bar® is located closer to the user with one-finger speed and elevation controls, integrated stop button and contact heart rate grips
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 20% max incline
- 21.5" (54.6 cm) wide belt
- 10" (25.4 cm) step-up height
- User weight capacity of 500 lbs (227 kg)




E-TR Treadmills

Two decades of treadmill design leadership has positioned us for success with multiple models to meet the needs of every market segment. When you're looking for a full commercial treadmill experience with a budget in mind, the E-TR is a great place to start.

We've simplified the display but kept all the features that matter most to the end user. From the patented deck suspension system, to the popular adjustable personal fans, to the intuitive user interface, all the commercial features are on board. Combine these features with the safety elements designed into all Star Trac products and you have a winning design that meets the needs of the value treadmill user.

● standard ○ optional

Treadmill Features

	15.6" (39.6 cm) Integrated HD PVS	Made for iPod® and Nike+ (Nike+ on embedded models only)	Hot Bar® Controls	Personal Cooling Fans	Integrated Wireless 800/900 MHz Receiver	USB Charging Station	Aluminum Frame	Steel Frame	Waxless Belt & Deck System	5 HP AC Motor	3 HP DC Motor	15% Max Incline
E-TRi	●	●	●	●		●	●		●	●		●
E-TR	○	○	●	●	○	○	●		●	●		●
S-TRc	○	○		●	○	○		●	●	●		●
S-TRx	○	○		●	○	○		●	●		●	●



E-TRi Treadmill

Model E-TRi

- Overall Weight - 595 lbs (270 kg)
- Running Surface - 60" x 21.5" (152 x 54.6 cm)
- Width - 32" (81 cm)
- Length - 81" (206 cm)
- Height - 75" (190 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs, a dedicated heart rate display, Polar® telemetry and multiple cup and accessory holder
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 5 HP AC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 21.5" (54.6 cm) wide belt
- 9" (22.8 cm) step-up height
- User weight capacity 500 lbs (227 kg)



E-TR Treadmill

Model E-TR

- Overall Weight - 576 lbs (261 kg)
- Running Surface - 60" x 21.5" (152 x 54.6 cm)
- Width - 32" (81 cm)
- Length - 81" (206 cm)
- Height - 60" (152 cm)
- Pre-wired for E Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs, a dedicated heart rate display, Polar® telemetry and multiple cup and accessory holder
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 5 HP AC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 21.5" (54.6 cm) wide belt
- 9" (22.8 cm) step-up height
- User weight capacity 500 lbs (227 kg)




TreadClimber® by Star Trac

Imagine the best features of a treadmill, elliptical and stepper combined into one machine. The TreadClimber® by Star Trac is just that, with the benefits of a treadmill, the low impact of an elliptical and the knee and hip flexion of a stepper targeting the glutes and thighs. The TreadClimber by Star Trac is a new category for your cardio floor.

Whether you are a beginner or an athlete the TreadClimber by Star Trac will give you a great workout. With 5 levels of ramp intensity and multiple speeds this product will give you the right position and treadle drop rate to get a tremendous workout while burning more calories. The TreadClimber by Star Trac offers an unparalleled improvement in lower body and coordination.

● standard ○ optional

TreadClimber® by Star Trac Features									
	15.6" (39.6 cm) Integrated HD PVS	Made for iPod®	Integrated Wireless 800/900 MHz Receiver	Hot Bar® Controls	Personal Cooling Fans	Aluminum Frame	Waxless Belt & Deck System	5 HP AC Motor	5 Levels of Intensity
E-TCi	●	○	○	●	●	●	●	●	●
E-TC	○	○	○	●	●	●	●	●	●



E-TCi TreadClimber® by Star Trac

Model E-TCi

- **Step-Up Height** - 12" (31 cm)
- **Overall Weight** - 719 lbs (326 kg)
- **Width** - 36" (91 cm)
- **Length** - 83" (211 cm)
- **Height** - 83" (211 cm)
- Patented design and movement pattern maximize caloric burn and motivate users to work harder burning up to 2 times more calories than traditional cardio equipment
- User defined dual ramping decks provide an incline to flat step pattern capturing all the benefits of a treadmill, elliptical and stepper
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs, a dedicated heart rate display, Polar® telemetry and multiple cup and accessory holder
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- Easily accessible Hot Bar® with one-finger speed and elevation controls, integrated stop button and contact heart rate grips
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Treadle belt width 52" x 9" (132 x 23 cm) x 2
- 5 HP AC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- User weight capacity 350 lbs (159 kg)



E-TC TreadClimber® by Star Trac

Model E-TC

- **Step-Up Height** - 12" (31 cm)
- **Overall Weight** - 700 lbs (318 kg)
- **Width** - 36" (91 cm)
- **Length** - 83" (211 cm)
- **Height** - 69" (175 cm)
- Patented design and movement pattern maximize caloric burn and motivate users to work harder burning up to 2 times more calories than traditional cardio equipment
- User defined dual ramping decks provide an incline to flat step pattern capturing all the benefits of a treadmill, elliptical and stepper
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs, a dedicated heart rate display, Polar® telemetry and multiple cup and accessory holder
- Easily accessible Hot Bar® with one-finger speed and ramping controls, integrated stop button and contact heart rate grips
- Treadle belt width 52" x 9" (132 x 23 cm) x 2
- 5 HP AC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- Pre-wired for E Series Personal Viewing Screen entertainment system
- User weight capacity 350 lbs (159 kg)




Cross Trainers

We like to think of it as one machine that actually does everything well. Elliptical training has become second only to treadmill training in facilities across the globe and it has become one of the most important cardio categories in the eyes of many clients. Finding the right motion, creating user-centric safety features and offering the industry's best entertainment solutions was paramount in our Cross Trainer design.

The breakthrough begins with an ingenious rear approach open-step design that gives you the safest possible entry and exit on and off the product. The pedal placement design offers a best in class Q factor for enhanced biomechanics and our Soft Trac[®] pedal insures maximum comfort throughout the training session. The result is a better, more effective and more efficient workout.

● standard ○ optional

Cross Trainer Features							
	15" (38 cm) Embedded HD Touchscreen	15.6" (39.6 cm) Integrated HD PVS	Made for iPod [®] and Nike+ (Nike+ on embedded models only)	USB Charging Station	Integrated Wireless 800/900 MHz Receiver	Personal Cooling Fans	SoftTrac [®] Pedals
E-CTe	●		●	●		●	●
E-CTi		●	●			●	●
E-CT		○	○		○	●	●
S-CTx		○	○			●	●



E-CTe Cross Trainer

Model E-CTe

- **Step-Up Height** - 7" (18 cm)
- **Overall Weight** - 456 lbs (207 kg)
- **Width** - 30" (76 cm)
- **Length** - 76" (193 cm)
- **Height** - 72" (182 cm)
- 15" (38 cm) embedded HD touch screen aligns each users workout with their entry goals and intuitive programs
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- Star Trac's popular adjustable personal fans create a more rewarding workout
- User weight capacity of 350 lbs (159 kg)



E-CTi Cross Trainer

Model E-CTi

- **Step-Up Height** - 7" (18 cm)
- **Overall Weight** - 469 lbs (213 kg)
- **Width** - 30" (76 cm)
- **Length** - 76" (193 cm)
- **Height** - 89" (226 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- User-friendly console features a large message window, motivational track, 8 user-specific workout programs, personal fans, and multiple cup and accessory holders
- Star Trac's popular adjustable personal fans create a more rewarding workout
- User weight capacity of 350 lbs (159 kg)



E-CT Cross Trainer

Model E-CT

- **Step-Up Height** - 7" (18 cm)
- **Overall Weight** - 447 lbs (203 kg)
- **Width** - 30" (76 cm)
- **Length** - 76" (193 cm)
- **Height** - 72" (182 cm)
- Pre-wired for E Series Personal Viewing Screen entertainment system
- User-friendly console features a large message window, motivational track, 8 user-specific workout programs, personal fans, and multiple cup and accessory holders
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- Star Trac's popular adjustable personal fans create a more rewarding workout
- User weight capacity of 350 lbs (159 kg)




● standard ○ optional

Upright Bikes

A gym standard that looks, feels and rides like anything but one. Take a classic, reliable standby category and give it a healthy dose of reliability, style and energy – that’s what you’ll find with each and every one of our upright bikes. From the ultra reliable, patented pedal and bottom bracket assembly, to the eye-catching modern design, this upright delivers numerous intuitive, user-friendly and comfortable features. One word you’ll never hear used to describe our bikes is “ordinary.”

Upright Bike Features

	15" (38 cm) Embedded HD Touchscreen	15.6" (39.6 cm) Integrated HD PVS	Made for iPod® and Nike+ (Nike+ on embedded models only)	USB Charging Station	Integrated Wireless 900/800 MHz Receiver	Personal Cooling Fan	Dual-Platform Pedals	Comfort Race Position	Aluminum Frame	Cordless; 14 Watt/40 RPM Start-Up	Cordless; 14 Watt/25 RPM Start-Up
E-UBe	●		●	●		●	●	●	●		
E-UBi		●	●			●	●	●	●		
E-UB		○	○		○	●	●	●	●	●	
S-UBx		○	○			●	●	●			●



E-UBe Upright Bike

Model E-UBe

- Overall Weight - 152 lbs (69 kg)
- Width - 25" (64 cm)
- Length - 51" (130 cm)
- Height - 58" (147 cm)
- 15" (38 cm) embedded HD touch screen aligns each users workout with their entry goals and intuitive programs
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Dual platform pedals with inline skate-style straps provide user with option for secure hold or strap-free platform workout
- Dynamic Heart Rate Control® adjusts intensity level based on the user's heart rate for interval training
- Easy-up seat adjust for simple seat position changes
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 3-piece patent pending bottom bracket and pedal system
- Aluminum frame for maximum corrosion protection
- User weight capacity of 350 lbs (159 kg)

E-UBi Upright Bike

Model E-UBi

- Overall Weight - 163 lbs (74 kg)
- Width - 25" (64 cm)
- Length - 51" (130 cm)
- Height - 72" (183 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Dual platform pedals with inline skate-style straps provide user with option for secure hold or strap-free platform workout
- Dynamic Heart Rate Control® adjusts intensity level based on the user's heart rate for interval training
- Easy-up seat adjust for simple seat position changes
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 3-piece patent pending bottom bracket and pedal system
- Aluminum frame for maximum corrosion protection
- User weight capacity of 350 lbs (159 kg)

E-UB Upright Bike

Model E-UB

- Overall Weight - 143 lbs (65 kg)
- Width - 25" (64 cm)
- Length - 51" (130 cm)
- Height - 58" (147 cm)
- Pre-wired for E Series Personal Viewing Screen entertainment system
- Dual platform pedals with inline skate-style straps provide user with option for secure hold or strap-free platform workout
- Dynamic Heart Rate Control® adjusts intensity level based on the user's heart rate for interval training
- Easy-up seat adjust for simple seat position changes
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 3-piece patent pending bottom bracket and pedal system
- Aluminum frame for maximum corrosion protection
- User weight capacity of 350 lbs (159 kg)




Recumbent Bikes

Easy and comfortable. How do you improve on an already great recumbent bike experience? You make it as comfortable as a great chair. You start by making sure it features the same patented bottom bracket and pedal system that is unique to Star Trac bikes. Then, we keep going with a modern iconic design offering the industry's most comfortable back rest, a walk-through frame design, heart rate bar and adjustable reading station, dual-platform pedals and Star Trac's signature personal fans. The result. A recumbent bike that's the coolest looking and feeling ride on the floor.

● standard ○ optional

Recumbent Bike Features

	15" (38 cm) Embedded HD Touchscreen	15.6" (39.6 cm) Integrated HD PVS	Made for iPod® and Nike+ (Nike+ on embedded models only)	USB Charging Station	Integrated Wireless 800/900 MHz Receiver	Personal Cooling Fan	Dual-Platform Pedals	Reading Station with Armrests	Aluminum Frame	Cordless; 14 Watt/40 RPM Start-Up	Cordless; 14 Watt/25 RPM Start-Up
E-RBe	●		●	●		●	●	●	●		
E-RBi		●	●			●	●	●	●		
E-RB		○	○		○	●	●	●	●	●	
S-RBx		○	○			●	●	●			●



E-RBe Recumbent Bike

Model E-RBe

- Overall Weight - 189 lbs (86 kg)
- Width - 28" (71 cm)
- Length - 66" (167 cm)
- Height - 52" (132 cm)
- 15" (38 cm) embedded HD touch screen aligns each users workout with their entry goals and intuitive programs
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Dual platform pedals with inline skate-style straps provide users with the option for a secure hold or a strap-free platform workout
- Star Trac's popular adjustable personal fans create a more rewarding workout
- Contoured backrest for increased airflow and comfort
- Improved shroud design to ease service
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- 3-piece patent pending bottom bracket and pedal system
- User weight capacity of 350 lbs (159 kg)



E-RBi Recumbent Bike

Model E-RBi

- Overall Weight - 197 lbs (89 kg)
- Width - 28" (71 cm)
- Length - 66" (167 cm)
- Height - 68" (173 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Dual platform pedals with inline skate-style straps provide users with the option for a secure hold or a strap-free platform workout
- Star Trac's popular adjustable personal fans create a more rewarding workout
- Contoured backrest for increased airflow and comfort
- Improved shroud design to ease service
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- 3-piece patent pending bottom bracket and pedal system
- User weight capacity of 350 lbs (159 kg)



E-RB Recumbent Bike

Model E-RB

- Overall Weight - 178 lbs (80 kg)
- Width - 28" (71 cm)
- Length - 66" (167 cm)
- Height - 52" (132 cm)
- Pre-wired for E Series Personal Viewing Screen entertainment system
- Dual platform pedals with inline skate-style straps provide users with the option for a secure hold or a strap-free platform workout
- Star Trac's popular adjustable personal fans create a more rewarding workout
- Contoured backrest for increased airflow and comfort
- Improved shroud design to ease service
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- 3-piece patent pending bottom bracket and pedal system
- User weight capacity of 350 lbs (159 kg)



StairMill™

Imagine a never-ending staircase that goes as far as you can imagine or endure for the ultimate cardio workout experience. Take an iconic industry product that has been a mainstay in facilities for decades and give it the intuitive and entertainment packed display that Star Trac has become famous for and you have the Star Trac StairMill™, a new player in a category that's been a facility favorite for many years. Step on for a "quick start" or interval program and then work towards conquering some of the greatest landmarks in the world with our Famous Steps® program. The ascent up the Great Pyramid, the Space Needle and the Eiffel Tower are only a step away.

● standard ○ optional

StairMill™ Features

	15.6" (39.6 cm) Integrated HD PVS	Made for iPod®	Integrated Wireless 800/900 MHz Receiver	Personal Cooling Fan	8" step height with a 9" foot platform	Famous Steps® Program	20 Levels of Intensity
E-SMi	●	●		●	●	●	●
E-SM	○	○	○	●	●	●	●



E-SMi StairMill™

Model E-SMi

- **Overall Weight** - 376 lbs (171 kg)
- **Width** - 34" (86 cm)
- **Length** - 58" (147 cm)
- **Height** - 104" (264 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Multiple motivational and muscle-specific workout programs allow users to energize their workout, whether it's climbing the Empire State Building, with Famous Steps® or toning with the Glute Sculptor program
- Supportive handrails to allow comfortable hand placement at every angle
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 8" (20 cm) step height with a 9" (22.8 cm) foot platform for a realistic stair climbing experience
- User weight capacity of 350 lbs (159 kg)



E-SM StairMill™

Model E-SM

- **Overall Weight** - 355 lbs (161 kg)
- **Width** - 34" (86 cm)
- **Length** - 58" (147 cm)
- **Height** - 90" (229 cm)
- Pre-wired for E Series Personal Viewing Screen entertainment system
- Multiple motivational and muscle-specific workout programs allow users to energize their workout, whether it's climbing the Empire State Building, with Famous Steps® or toning with the Glute Sculptor program
- Supportive handrails to allow comfortable hand placement at every angle
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 8" (20 cm) step height with a 9" (22.8 cm) foot platform for a realistic stair climbing experience
- User weight capacity of 350 lbs (159 kg)




Steppers

A true step up and ahead of the rest, our steppers have been a study in refinement and innovation for years. By analyzing the hand and body positions of users, we continually fine tune performance across a broader range of body types and incorporate features previously unavailable on other machines.

Glute Sculptor and Thigh Toner programs deliver muscle specific workouts that answer the requests for more focused and motivational challenges. Our exclusive Famous Steps® program invites you to scale world famous landmarks, including the Eiffel Tower, the Great Pyramid and the Empire State Building. Add in our intuitive displays and sleek look, and it's easy to see why we're continuing to make steps in the right direction.

● standard ○ optional

Stepper Features											
	15" (38 cm) Embedded HD Touchscreen	15.6" (39.6 cm) Integrated HD PVS	Made for iPod® and Nike+ (Nike+ on embedded models only)	USB Charging Station	Integrated Wireless 800/900 MHz Receiver	Personal Cooling Fan	Soft Trac® Pedals	Aero Bar Handrail System	Famous Steps® Program	20 Levels of Intensity	Cordless; 14 Watt/25RPM Start-up
E-STe	●		●	●		●	●	●	●	●	
E-STi		●	●			●	●	●	●	●	
E-ST		○	○		○	●	●	●	●	●	●



E-STe Stepper

Model E-STe

- **Overall Weight** - 271 lbs (123 kg)
- **Width** - 27" (69 cm)
- **Length** - 43" (109 cm)
- **Height** - 70" (178 cm)
- 15" (38 cm) embedded HD touch screen aligns each users workout with their entry goals and intuitive programs
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- Multiple motivational and muscle specific workout programs allow users to energize their workout, whether it's climbing the Empire State Building, with Famous Steps® or toning with the Glute Sculptor program
- Supportive handrails including an Aero Bar that runs over the display allow comfortable hand placement at every angle
- Star Trac's popular adjustable personal fans create a more rewarding workout
- User weight capacity of 350 lbs (159 kg)



E-STi Stepper

Model E-STi

- **Overall Weight** - 283 lbs (128 kg)
- **Width** - 27" (69 cm)
- **Length** - 43" (109 cm)
- **Height** - 87" (221 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- Multiple motivational and muscle-specific workout programs allow users to energize their workout, whether it's climbing the Empire State Building, with Famous Steps® or toning with the Glute Sculptor program
- Supportive handrails including an Aero Bar that runs over the display allow comfortable hand placement at every angle
- Star Trac's popular adjustable personal fans create a more rewarding workout
- User weight capacity of 350 lbs (159 kg)



E-ST Stepper

Model E-ST

- **Overall Weight** - 262 lbs (119 kg)
- **Width** - 27" (69 cm)
- **Length** - 43" (109 cm)
- **Height** - 70" (178 cm)
- Pre-wired for E Series Personal Viewing Screen entertainment system
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- Multiple motivational and muscle-specific workout programs allow users to energize their workout, whether it's climbing the Empire State Building, with Famous Steps® or toning with the Glute Sculptor program
- Supportive handrails including an Aero Bar that runs over the display allow comfortable hand placement at every angle
- Star Trac's popular adjustable personal fans create a more rewarding workout
- User weight capacity of 350 lbs (159 kg)



Coaching



Create your own workout



TV tuner/iPod®

eSpinner®

Model 7200

- Patent pending “coaching” video system with over 1 million ride variations led by a Master Spinning® Instructor
- Create your own program with customized Spinning based protocols
- Full rider data dashboard featuring cadence, heart rate, riding position, hand position, time, distance and calories
- Cable and satellite ready for entertainment
- Made for iPod® docking station with touch screen navigation of entertainment. USB docking station for media, music and charging of USB based devices
- Handlebars and seat settings provide vertical and fore/aft user adjustment for optimal bike fit
- Dual oversized easy access water bottle holders integrated into the display design
- Patent pending taper fit bottom bracket and pedal system for increased strength and reliability
- Superior biomechanics with best-in-class bottom bracket Q factor
- Smart Release™ flywheel safety system ideal for new riders and unsupervised areas
- Powerful chain drive system delivers an authentic riding feel
- Custom dual-sided SPD® pedals featuring a larger pedal body and both SPD and toe cage design
- Non-rusting urethane/over-molded leveling feet for easy leveling adjustment
- High impact urethane rear stretch guard and step guards to prevent damage to frame from cleated cycling shoes
- Accommodates riders 4’ 10” (147 cm) to 6’ 10” (208 cm) with a maximum recommended weight capacity of 350 lbs (159 kg)
- Star Trac’s popular adjustable personal fans create a more rewarding workout

OVERALL WEIGHT	FLYWHEEL WEIGHT	WIDTH	LENGTH	HEIGHT
207 lbs (94 kg)	46 lbs (21 kg)	21” (53 cm)	54” (137 cm)	40” (102 cm)



Turbo Trainer™

Model 9-4550

- The Turbo Trainer™ by Star Trac is a commercially designed isokinetic air-resistance bike that delivers simultaneous upper and lower body exercise options
- A classic exercise modality with a full commercial design and warranty ready to accommodate rehabilitation, fitness and sports performance
- Patent pending bottom bracket and pedal system provides unparalleled strength and durability in a robust drive train design
- Isokinetic flywheel provides a powerful isokinetic tool for all types of training situations from low RPM low load rehab to high performance high Watt output interval training
- Air is displaced at a rate that matches the users effort level, the faster the flywheel is turned (higher RPM), the greater the isokinetic resistance
- Compact and self-powered, it can easily be placed in any part of a facility where space is limited and electricity is absent
- Console measures workout metrics include: elapsed time, distance, kilocalories, RPM's and telemetric heart rate when combined with a compatible chest strap
- Dual platform pedals with inline skate-style straps provide user with option for secure hold or strap-free platform workout
- Seat hight, fore and aft adjustments for ideal fit
- User weight capacity 350 lbs (159 kg)



Turbo Trainer™

OVERALL WEIGHT	WIDTH	LENGTH	HEIGHT
155 lbs (70.5 kg)	29" (73.7 cm)	51" (129.5 cm)	58" (147.3 cm)

S Series Cardio

S is for simple, solution, or smart, but one thing S will never stand for is sacrifice. Designed specifically for those looking for solid, commercial-quality operation at an exceptional value, our S Series doesn't cut corners – it actually sets new standards for what a cardio line should be.

Featuring all of Star Trac's popular user-focused features like adjustable personal fans, easy-up and wrap-around seat adjusts and dual-platform pedals, the S Series gives you many of the features you'd never expect to find for the price. And then it goes beyond with components like our large LED display with oversized buttons and text, providing the easiest and most intuitive operation available.





S-TRc Treadmill

Model S-TRc

- Overall Weight - 533 lbs (242 kg)

- Running Surface - 60" x 21.5" (152 x 54.6 cm)

- Width - 32" (81 cm)

- Length - 81" (206 cm)

- Height - 58" (147 cm)

- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 5 HP AC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 20" (50.8 cm) wide belt
- 7" (17.7 cm) step-up height
- User weight capacity of 500 lbs (227 kg)



S-TRc Treadmill with Personal Viewing Screen

Model S-TRc with PVS

- Overall Weight - 552 lbs (250 kg)

- Running Surface - 60" x 21.5" (152 x 54.6 cm)

- Width - 32" (81 cm)

- Length - 81" (206 cm)

- Height - 73" (185 cm)

- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 5 HP AC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 20" (50.8 cm) wide belt | 7" (17.7 cm) step-up height
- User weight capacity of 500 lbs (227 kg)



S-TRx Treadmill

Model S-TRx

- Overall Weight - 514 lbs (233 kg)
- Running Surface - 60" x 20" (152 x 51 cm)
- Width - 32" (81 cm)
- Length - 81" (206 cm)
- Height - 58" (147 cm)
- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 3 HP DC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 20" (50.8 cm) wide belt
- 7" (17.7 cm) step-up height
- User weight capacity of 500 lbs (227 kg)



S-TRx Treadmill with Personal Viewing Screen

Model S-TRx with PVS

- Overall Weight - 533 lbs (242 kg)
- Running Surface - 60" x 20" (152 x 51 cm)
- Width - 32" (81 cm)
- Length - 81" (206 cm)
- Height - 73" (185 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Integrated iPod® connectivity with music, video and USB charging station allows users to display personal content while charging smartphones
- Soft Trac® triple cell cushioning system provides maximum shock absorption
- 3 HP DC Motor
- Star Trac's popular adjustable personal fans create a more rewarding workout
- 20" (50.8 cm) wide belt | 7" (17.7 cm) step-up height
- User weight capacity of 500 lbs (227 kg)



S-CTx Cross Trainer

Model S-CTx

- Overall Weight - 483 lbs (219 kg)
- Step-Up Height - 7" (18 cm)
- Width - 30" (76 cm)
- Length - 76" (193 cm)
- Height - 72" (183 cm)
- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- Star Trac's popular adjustable personal fans create a more rewarding workout
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- User weight capacity of 350 lbs (159 kg)



S-CTx Cross Trainer with Personal Viewing Screen

Model S-CTx with PVS

- Overall Weight - 502 lbs (228 kg)
- Step-Up Height - 7" (18 cm)
- Width - 30" (76 cm)
- Length - 76" (193 cm)
- Height - 89" (226 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Integrated iPod® connectivity allows users to display personal music and video content
- Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- Star Trac's popular adjustable personal fans create a more rewarding workout
- Soft Trac® pedals provide ultimate shock-absorbing comfort throughout the entire workout
- User weight capacity of 350 lbs (159 kg)



S-UBx Upright Bike

Model S-UBx

- **Overall Weight** - 157 lbs (71 kg)
- **Width** - 23" (58 cm)
- **Length** - 46" (117 cm)
- **Height** - 57" (145 cm)
- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Dual sided platform pedals with inline skate-style straps provides user with option for secure hold or strap-free platform workout
- Easy-up seat adjust for simple seat position changes
- Star Trac's popular personal fan creates a more rewarding workout
- 3-piece patent pending bottom bracket and pedal system
- User weight capacity of 350 lbs (159 kg)



S-UBx Upright Bike with Personal Viewing Screen

Model S-UBx with PVS

- **Overall Weight** - 176 lbs (80 kg)
- **Width** - 23" (58 cm)
- **Length** - 46" (117 cm)
- **Height** - 71" (180 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- Integrated iPod® connectivity allows users to display personal music and video content
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Dual sided platform pedals with inline skate-style straps provides user with option for secure hold or strap-free platform workout
- Easy-up seat adjust for simple seat position changes
- Star Trac's popular personal fan creates a more rewarding workout
- 3-piece patent pending bottom bracket and pedal system
- User weight capacity of 350 lbs (159 kg)



S-RBx Recumbent Bike

Model S-RBx

- Overall Weight - 212 lbs (96 kg)
- Width - 26" (66 cm)
- Length - 66" (168 cm)
- Height - 53" (135 cm)
- Pre-wired for S Series Personal Viewing Screen entertainment system
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Walk-through design and intuitive wrap-around seat adjust allow users to access and change seat position with ease
- Dual sided platform pedals with inline skate-style straps provides user with option for secure hold or strap-free platform workout
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- Improved shroud design for ease of service access
- Wrap-around seat adjust provides an intuitive handle for simple seat position changes
- Star Trac's popular personal fan creates a more rewarding workout
- 3-piece patent pending bottom bracket and pedal system
- User weight capacity of 350 lbs (159 kg)



S-RBx Recumbent Bike with Personal Viewing Screen

Model S-RBx with PVS

- Overall Weight - 231 lbs (105 kg)
- Width - 26" (66 cm)
- Length - 66" (168 cm)
- Height - 67" (170 cm)
- 15.6" (39.6 cm) integrated HD Personal Viewing Screen with dedicated intuitively placed channel and volume controls provides a personalized viewing experience
- Integrated iPod® connectivity allows users to display personal music and video content
- User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs including a motivational track, a dedicated heart rate display, Polar® telemetry, and multiple cup and accessory holder
- Walk-through design and intuitive wrap-around seat adjust allow users to access and change seat position with ease
- Dual sided platform pedals with inline skate-style straps provides user with option for secure hold or strap-free platform workout
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- Wrap-around seat adjust provides an intuitive handle for simple seat position changes
- Star Trac's popular personal fan creates a more rewarding workout
- 3-piece patent pending bottom bracket and pedal system
- User weight capacity of 350 lbs (159 kg)



Crunch: Burbank, CA Crunch boasts the newest, luxurious equipment available to promote healthy living. The equipment mix includes: Impact Strength®, Inspiration Strength®, Leverage®, E-TRxe Treadmill, upright and recumbent bikes.



University Of Kent: Canterbury, UK University of Kent in Canterbury is a facility that promotes health and fitness with this state of the art facility. The equipment mix includes: upright bikes, cross trainers, Inspiration® Strength, treadmills, steppers, a Spinning® Studio and HumanSport®.



UFC Gym: Torrance, CA This facility was designed with everyone in mind. The family with kids, women looking to stay in shape, competitive athletes, and the guy who just wants to get chiseled. Every hour of every day, our members at UFC Gym Torrance put their bodies to work on Star Trac's ultra-modern equipment.



Ministry of Sport Center: Beijing, China The Ministry of Sport Center is accessible only to China's elite athletes and is the first of its kind in China. Professional athletes train on Star Trac equipment, including HumanSport®, eSpinner®, and the Max Rack®.



University of Missouri Recreation: Columbia, MO The recreation center's purpose is to develop strength, speed, and agility for all the University of Missouri students. The equipment mix includes: embedded cross trainers, recumbent bikes, and treadmills.



Hive Lifespan Center, East Amherst NY Hive Lifespan Center promotes health and fitness with this state of the art location. The equipment mix includes: Treadmills, cross trainers, StairMill™, recumbent bikes, Max Rack®, Inspiration Strength® and HumanSport®.



Marriott: Long Beach, CA At Marriott of Long Beach, guests are able to exercise 24 hours a day, 7 days a week as its facility is designed to fit the busy schedule and on-the-go lifestyle. The equipment mix includes: E Series Cardio, eSpinner® and Impact Strength®.



California State University Northridge Recreation Center: Northridge, CA The Student Recreation Center is a 138,000 square foot facility for exercise and leisure activity that promotes lifelong health and wellness. The eco-friendly facility is jam packed with the most up-to-date equipment.

Spinning®

Just one more instance where we chose to lead instead of follow. Fads come and go, but since 1994 the Spinning® program has packed classes and helped people of all ages and abilities to reach their fitness goals. The Spinning program involves expert coaching, sound training principles and invigorating music. And with more than 200,000 instructors, 35,000 clubs and millions of members in 80 countries worldwide, there's never been a better time to bring the world's original and most popular indoor cycling program to your members.

Nothing sets your business up for success like the unparalleled partnership between Star Trac and Mad Dogg Athletics, the creators of the Spinning program.



BREAK BOUNDARIES.



To help make your facility successful and profitable over time, we are committed to providing you with the tools and support you need to get the most out of the Spinning program. Below are just a few of the benefits of being an Official Spinning Facility:

Spinning® Brand Name and Logo: You know the Spinning brand—and so do your members. Only Official Spinning Facilities have the ability to use the widely-recognized and highly-regarded Spinning name and logo.

Marketing Support: From referral programs and event support to promotional materials and an extensive collection of online resources, we offer a wide range of marketing support to help you create a buzz around your Spinning program.

The Facility Finder: The Facility Finder provides enthusiasts with an easy way to find Official Spinning Facilities. A club listing on our Facility Finder gives you exposure to thousands of unique website visitors every month.

Lead Generation Program: An added feature to the Facility Finder is the downloadable Class Pass. Users can download a pass to take a free Spinning® class at participating facilities.

Job Board: The job board is an incredible resource for facilities and instructors. Facilities can post job openings for Certified Spinning Instructors at no cost, and instructors can research available positions.

Flyers and Forms Templates: The Flyers and Forms Templates area gives you access to professional Spinning-branded images where you can personalize posters and flyers to promote your program.

Hosting Instructor Trainings and Workshops: The Spinning Instructor Training is the first step in the Spinning education program. To keep your instructors sharp, motivated and on top of the industry, we also offer many continuing education workshops. Hosting a Spinning workshop

is a convenient way to get your instructors certified, keep them up to date with continuing education and recruit new instructors from your community. Hosting is simple—your facility provides the space and the Spinner® bikes, and Spinning will take care of the rest.

Facility Listing: Official Spinning Facilities receive an online profile which features a description, listing of operational hours, display of studio images, instructor roster and details about special events.

Value-Added Programs: Our 8-Week Programs are all-inclusive, turn-key packages that provide all of the materials, resources and instructions you need to help your members meet their weight loss goals or power through performance plateaus.

Events: Spinning is committed to supporting charitable events, fundraisers and specialty rides in your community.

Public Relations Tips: As an Official Spinning Facility, you'll benefit from one of the most recognized and respected brand names in the industry. But having a great program in place is just the first step—the second is promoting it! Public relations is an integral part of any marketing plan, and we will provide you with tips and tools for all aspects of public relations, from interview dos and don'ts to how to create a press release, giving you everything you need to craft intriguing stories that will generate press coverage, attract new members and keep satisfaction levels high among your existing base.

For up-to-date course listings and locations please visit www.spinning.com.

Contact the creators of the Spinning program:

Mad Dogg Athletics

2111 Narcissus Ct.
Venice, CA 90291, USA
Phone: 800.847.SPIN (7746)
Fax: 310.823.7408

Mad Dogg Athletics Europe

Industrieweg 20A
3144 CH Maassluis,
The Netherlands
Phone: +31.0.10.590.45.08
Fax: +31.0.10.590.00.54




Spinner® Bikes

Being the category leader means developing equipment that goes above and beyond on every level in order to keep up with the demands of the sport – so we rose to the challenge. Our Spinner® bikes set the standard for indoor cycling equipment and nearly 1 out of every 2 bikes sold globally is a Spinner bike.

Each model combines user-focused features, best-in-class biomechanics and a high degree of adjustability to deliver the optimal bike fit for riders of all shapes, sizes and abilities. To maintain uncompromising quality ride after ride, Spinner bikes also feature a patent-pending bottom bracket and pedal system that exceeds industry standards, rust-defying materials and rock solid construction. Combine the Spinning® program and Spinner bikes with Star Trac’s unsurpassed customer service and support, and you’ll have all the tools necessary to kick your facility into high gear.

● standard ○ optional

Spinner® Bike Features

	Integrated Water Bottle Holder	Adjustable Handle Bar Positioning	Protective Flywheel Cover	Poly-V Groove Belt	Dual-Sided SPD®	Power (watts) system utilizing strain gauge	Spinning® Computer	Patent Pending Drivetrain and Pedal System	Self powering flywheel generator	Aluminum Frame Design	Steel Frame Design	Rear Calf Stretch Guards	Transport Wheels
Spinner® Blade ION™	●	●	●		●	●		●	●	●		●	●
Spinner® Blade	●	●	●		●		○	●		●		●	●
Spinner® NXT	●	●	●		●		○	●			●	●	●
Spinner® NXT Black Belt™	●	●	●	●	●		○	●			●	●	●
Spinner® PRO+	●		●		●		○	●			●	●	●



Spinner® Blade ION™

Model 7220

- Overall Weight - 130 lbs (59.1 kg)
- Flywheel Weight - 50 lbs (22.7 kg)
- Width - 21" (53 cm)
- Length - 56.5" (143.5 cm)
- Height - 42" (106.6 cm)
- Integrated power (watts) system utilizing strain gauge technology that accurately measures the riders actual power output
- Green, environmentally friendly self powering flywheel generator reduces consumption and replacement of batteries and allows "always on" backlighting for computer display
- Operational display with power, time, cadence, heart rate, distance and kilocalories
- Summary display with peak power, average power, time, average heart rate, average cadence, total distance and total calories
- Patent pending taper fit bottom bracket and pedal system for increased strength and reliability
- Custom dual-sided SPD® pedals featuring a larger pedal body and both SPD and toe cage design
- Non-rusting urethane/over-molded leveling feet for easy leveling adjustment
- Accommodates riders 4' 10" (147 cm) to 6' 10" (208 cm) with a maximum recommended weight capacity of 350 lbs (159 kg)



Spinner® Blade

Model 7190

- Overall Weight - 118 lbs (53.6 kg)
- Flywheel Weight - 41 lbs (18.6 kg)
- Width - 21" (53 cm)
- Length - 56.5" (143.5 cm)
- Height - 40" (102 cm)
- Iconic aluminum frame design offers lower overall weight and superior rust resistance
- Handlebars and seat settings provide vertical and fore/aft user adjustment for optimal bike fit
- Dual oversized easy access water bottle holders integrated into the handlebar design
- Patent pending taper fit bottom bracket and pedal system for increased strength and reliability
- Superior biomechanics with best-in-class bottom bracket Q factor
- Powerful chain drive system delivers an authentic riding feel
- Custom dual-sided SPD® pedals featuring a larger pedal body and both SPD and toe cage design
- Non-rusting urethane/over-molded leveling feet for easy leveling adjustment
- Accommodates riders 4' 10" (147 cm) to 6' 10" (208 cm) with a maximum recommended weight capacity of 350 lbs (159 kg)



Spinner® NXT Black Belt™

Model 7320

- Overall Weight - 137 lbs (62.3 kg)
- Flywheel Weight - 41 lbs (18.6 kg)
- Width - 21" (53 cm)
- Length - 54" (137.2 cm)
- Height - 40" (101.6 cm)
- Long lasting Poly-V Groove belt for an exceptionally smooth ride
- Handlebars and seat settings provide vertical and fore/aft user adjustment for optimal bike fit
- Dual oversized easy access water bottle holders integrated into the handlebar design
- Patent pending taper fit bottom bracket and pedal system for increased strength and reliability
- Superior biomechanics with a bottom bracket Q factor of 158 mm
- Custom dual-sided SPD® pedals featuring a larger pedal body and both SPD and toe cage design
- Smooth control resistance knob with direct pressure emergency stop
- Non-rusting urethane/over-molded leveling feet for easy leveling adjustment
- Accommodates riders 4' 10" (147.3 cm) to 6' 10" (208.3cm) with a maximum recommended weight capacity of 350 lbs (158.8 kg)



Spinner® NXT

Model 7170

- Overall Weight - 133 lbs (60.5 kg)
- Flywheel Weight - 41 lbs (18.6 kg)
- Width - 21" (53 cm)
- Length - 54" (137 cm)
- Height - 40" (102 cm)
- Sleek steel frame design with zinc coating for superior rust prevention
- Handlebars and seat settings provide vertical and fore/aft user adjustment for optimal bike fit
- Dual oversized easy access water bottle holders integrated into the handlebar design
- Patent pending taper fit bottom bracket and pedal system for increased strength and reliability
- Superior biomechanics with best-in-class bottom bracket Q factor
- Powerful chain drive system delivers an authentic riding feel
- Custom dual-sided SPD® pedals featuring a larger pedal body and both SPD and toe cage design
- Non-rusting urethane/over-molded leveling feet for easy leveling adjustment
- Accommodates riders 4' 10" (147 cm) to 6' 10" (208 cm) with a maximum recommended weight capacity of 350 lbs (159 kg)



Spinner® Pro+

Model 7160

- Overall Weight - 124 lbs (56.4 kg)
- Flywheel Weight - 41 lbs (18.6 kg)
- Width - 21" (53 cm)
- Length - 54" (137 cm)
- Height - 40" (102 cm)
- Classic steel frame design with zinc coating for superior rust prevention
- Traditional Spinner® handlebar configuration with non slip grip coating
- Dual oversized easy access water bottle holders integrated into the handlebar design
- Front mounted wheels for easy transport and movement
- Powerful chain drive system delivers an authentic riding feel
- Custom dual-sided SPD® pedals featuring a larger pedal body and both SPD and toe cage design
- Smooth control resistance knob with direct pressure emergency stop
- Accommodates riders 5' 0" (152 cm) to 6' 6" (201 cm) with a maximum recommended weight capacity of 350 lbs (159 kg)



Strength

We began with a profound focus on delivering a fully integrated line for everyone from beginning exercisers to seasoned athletes. After all, we understand that selecting the right strength training solution is not only about weight stacks and upholstery, but also about how your solution helps you attract new members and keep your current ones.

Our strength lines feature biomechanically advanced designs with outstanding functionality and an emphasis on user safety and intuitive function. Each piece delivers the high level of user-focused performance Star Trac customers have come to expect. The quality of the Inspiration Strength®, Impact Strength®, Instinct® and HumanSport® lines are immediately apparent with features like our revolutionary Lock N Load® weight selection system that has become an industry standard. And with a full complement of multi-stations, Leverage®, plate loaded equipment, free weight benches and racks. It's a comprehensive package more than 120 pieces strong.

Lock N Load®

Anyone who works out has been there. You're ready to begin training and you walk over to a machine only to find the weight selection pin missing, broken, damaged or the lanyard is a tangled mess. Well, now you can say goodbye to the frustration and maintenance issues thanks to our revolutionary, patented Lock N Load® weight selection system.

Now weight selection is as easy as flipping a switch. The intuitive Lock N Load design is easily recognizable. If you've ever flicked a light switch on and off, you'll immediately understand how it works. Universally color coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance free operation.

Simple and innovative you'll find it to be a welcome relief from the headaches and maintenance costs often associated with traditional strength equipment weight stacks. With very few moving parts and an internal case hardened steel engagement pin, there's virtually nothing to break or maintain.



CHEST PRESS



- CHEST PRESS**
- ▶ READ ALL SAFETY WARNINGS PRIOR TO USE
 - ▶ ADJUST SEAT HEIGHT POSITION BY GRASPING RED ADJUSTMENT BAR LOCATED AT THE SEAT BASE TO ALLOW THE UPPER ARM TO BE HORIZONTAL WITH THE FLOOR AND IN THE CORRECT PRESSING POSITION WHEN GRASPING HANDLES
 - ▶ TO ADJUST STARTING POSITION GRASP THE RED KNOBS LOCATED ON THE R AND L MOVEMENT ARMS TO POSITION BOTH HANDLES IN THE DESIRED PRE STRETCH START POSITION
 - ▶ TO INITIATE THE MOTION, PRESS FORWARD IN A SLOW CONTROLLED MOTION EXTENDING THE ARMS



MUSCLES WORKED
 PRIMARY
 PECTORALS
 SECONDARY
 TRICEPS, DELTOIDS

LOCKNLOAD™ TECHNOLOGY

THIS MACHINE IS EQUIPPED WITH LOCKNLOAD TECHNOLOGY. FOR WEIGHT SELECTION, SWITCH DESIRED PLATE TO THE ON POSITION. ALL OTHER PLATES SHOULD BE IN THE OFF POSITION. TOP SWITCH CONTROLS INCREMENTAL WEIGHT SELECTION.

INSPIRATION STRENGTH™

WARNING

ATTENTION

ACHTUNG

Inspiration Strength®

Intuition is intelligence. We researched the best in selectorized strength machine industrial design, biomechanics and user features and set out to capture the most important elements into one iconic, innovative line of luxury strength. The Inspiration Strength® line embodies our design platform with distinctive aesthetics, an approachable open form design, intuitive adjustments and biomechanics that deliver on user motivation and workout reward.

With unilateral independent function, assisted seat adjusts, Lenticular image placards and our patented Lock N Load® weight selection system Inspiration Strength embodies what an elite user focused strength line should be.

Available Colors

Options for upholstery and frame

Harmony



Black / Charcoal
 Upholstery



Star Trac Silver
 Frame

Legacy



Brown/Tan
 Upholstery



White
 Frame

REALIZE STRENGTH.





Leg Press

Model IP-S1313

- Ship Weight - 1,227 lbs (557 kg)
- Stack Weight - 441 lbs (200 kg)
- Width - 54" (137 cm)
- Length - 74" (187 cm)
- Height - 66" (168 cm)
- Extra large non-slip platform
- Foot platform features beveled lower edge for calf training
- Urethane seat rollers for smooth, quiet operation
- Wrap around seat adjust
- Contoured upholstery with lumbar support
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Leg Extension

Model IP-S1314

- Ship Weight - 749 lbs (340 kg)
- Stack Weight - 287 lbs (130 kg)
- Width - 49" (124 cm)
- Length - 49" (124 cm)
- Height - 61" (155 cm)
- Right/left assisted seat adjust
- Push button joint range of motion control
- Lower leg pad adjustment for perfect fit
- Contoured upholstery with lumbar support
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard
- Axis of rotation highlighted for precise user positioning



Leg Curl

Model IP-S1315

- Ship Weight - 837 lbs (380 kg)
- Stack Weight - 287 lbs (130 kg)
- Width - 49" (124 cm)
- Length - 56" (142 cm)
- Height - 61" (155 cm)
- Right/left assisted seat adjust
- Push button joint range of motion control
- Lower leg pad adjustment for perfect fit
- Thigh support pad for comfortable stabilization
- Contoured upholstery with lumbar support
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard
- Axis of rotation highlighted for precise user positioning



Abduction/Adduction

Model IP-S1319

- Ship Weight - 835 lbs (379 kg)
- Stack Weight - 220 lbs (100 kg)
- Width - 54" (137 cm)
- Length - 60" (152 cm)
- Height - 61" (155 cm)
- Right/left range of motion adjustment handle beneath seat
- Rotating thigh pads for inner/outer thigh positioning
- Vanity shield with user stabilization entry/exit handle
- Contoured upholstery with lumbar support
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Glute Press

Model IP-S1317

- Ship Weight - 500 lbs (227 kg)
- Stack Weight - 287 lbs (130 kg)
- Width - 43" (109 cm)
- Length - 69" (175 cm)
- Height - 61" (155 cm)
- Triple extension movement: hip extension, knee extension and ankle plantar flexion
- Adjustable ramping feature to accommodate all users
- Torso stabilization bars
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Chest Press

Model IP-S2304

- Ship Weight - 726 lbs (329 kg)
- Stack Weight - 287 lbs (130 kg)
- Width - 59" (150 cm)
- Length - 43" (109 cm)
- Height - 76" (193 cm)
- Wrap around assisted seat adjust
- Unilateral motion
- Converging axis
- Right and left pre-stretch positioning
- Contoured upholstery with lumbar support
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Lat Pull Down

Model IP-S3341

- Ship Weight - 852 lbs (387 kg)
- Stack Weight - 287 lbs (130 kg)
- Width - 53" (134 cm)
- Length - 54" (137 cm)
- Height - 75" (191 cm)
- Wrap around assisted seat adjust
- Unilateral motion
- Diverging axis
- Horizontal and vertical grip options
- Adjustable thigh stabilization pad
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Row

Model IP-S3342

- Ship Weight - 804 lbs (365 kg)
- Stack Weight - 287 lbs (130 kg)
- Width - 53" (134 cm)
- Length - 46" (117 cm)
- Height - 78" (198 cm)
- Wrap around assisted seat adjust
- Unilateral motion
- Diverging axis
- 3 hand grip position options
- Adjustable torso stabilization pad
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Pec Fly / Rear Deltoid

Model IP-S2305

- Ship Weight - 749 lbs (340 kg)
- Stack Weight - 287 lbs (130 kg)
- Width - 57" (145 cm)
- Length - 46" (117 cm)
- Height - 80" (203 cm)
- Dual exercise option for Pectoral Fly and Rear Deltoids
- Horizontal and vertical grip options
- Unilateral or Bilateral movement
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Shoulder Press

Model IP-S4305

- Ship Weight - 775 lbs (352 kg)
- Stack Weight - 220 lbs (100 kg)
- Width - 59" (150 cm)
- Length - 58" (147 cm)
- Height - 61" (155 cm)
- Wrap around assisted seat adjust
- Unilateral motion
- Converging axis
- Horizontal and vertical grip options
- Seat position controls user pre-stretch
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard

Deltoid Raise

Model IP-S4306

- Ship Weight - 610 lbs (277 kg)
- Stack Weight - 132 lbs (60 kg)
- Width - 50" (127 cm)
- Length - 48" (121 cm)
- Height - 61" (155 cm)
- Wrap around assisted seat adjust
- Unilateral motion
- Comfortable arm roller pads
- Floating arm positioning support handles
- Adjustable torso stabilization pad
- Axis of rotation highlighted for precise user positioning
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard

Biceps Curl

Model IP-S5307

- Ship Weight - 682 lbs (309 kg)
- Stack Weight - 220 lbs (100 kg)
- Width - 58" (147 cm)
- Length - 40" (101.6 cm)
- Height - 61" (155 cm)
- Wrap around assisted seat adjust
- Unilateral motion
- Comfortable arm support pads
- Axis of rotation highlighted for precise user positioning
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Bilateral Arm Curl

Model IP-S5309

- Ship Weight - 690 lbs (313 kg)
- Stack Weight - 220 lbs (100 kg)
- Width - 50" (127 cm)
- Length - 56" (142 cm)
- Height - 61" (155 cm)
- Wrap around assisted seat adjust
- Bilateral stabilized motion
- Comfortable arm support pads
- Self adjusting multi-grip handles
- Axis of rotation highlighted for precise user positioning
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Triceps Extension

Model IP-S5310

- Ship Weight - 690 lbs (313 kg)
- Stack Weight - 220 lbs (100 kg)
- Width - 50" (127 cm)
- Length - 56" (142 cm)
- Height - 61" (155 cm)
- Wrap around assisted seat adjust
- Bilateral stabilized motion
- Comfortable arm support pads
- Self adjusting multi-grip handles
- Axis of rotation highlighted for precise user positioning
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Triceps Press

Model IP-S5308

- Ship Weight - 926 lbs (420 kg)
- Stack Weight - 287 lbs (130 kg)
- Width - 53" (135 cm)
- Length - 55" (139 cm)
- Height - 61" (155 cm)
- Wrap around assisted seat adjust
- Unilateral motion
- Converging arm support handles to accommodate a wide or narrow grip
- Four bar linkage pressing arm ensures neutral wrist through motion
- Adjustable thigh stabilization pad
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Abdominal Machine

Model IP-S6331

- **Ship Weight** - 552 lbs (250 kg)
- **Stack Weight** - 132 lbs (60 kg)
- **Width** - 53" (134.6 cm)
- **Length** - 42" (106 cm)
- **Height** - 61" (155 cm)
- Wrap around assisted seat adjust
- Contoured back pad provides spinal extension for full resisted range of motion
- Comfortable elbow support pads
- Axis of rotation highlighted for precise user positioning
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Back Extension

Model IP-S3343

- **Ship Weight** - 560 lbs (254 kg)
- **Stack Weight** - 220 lbs (100 kg)
- **Width** - 48" (122 cm)
- **Length** - 47" (119 cm)
- **Height** - 61" (155 cm)
- Adjustable back roller pad to accommodate all users
- Range of motion adjustment for exercise variation
- Two position foot stabilization bar
- Axis of rotation highlighted for precise user positioning
- Contoured back pad for comfortable extension motion
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system
- Moving image Lenticular instruction placard



Dual Adjustable Pulley

Model IP-D9302

- **Ship Weight** - 1439 lbs (653 kg)
- **Stack Weight** - 2 x 440 lbs (2 x 181 kg)
- **Width** - 62" (157 cm)
- **Length** - 46" (117 cm)
- **Height** - 91" (231 cm)
- Unlimited high-low cable positioning combinations
- All steel adjustable pulleys with single hand adjustment design
- Lock N Load® weight selection system
- Integrated pull up bar with multi-grip hand positioning
- 4 to 1 lifting ratio for smooth, low inertia operation
- Extended cable travel for a variety of exercises
- Fixed footprint for optimal floor planning and placement
- 5 lb (2 kg) (user) increments. (actual) stack weight 440 lbs (181 kg) / increments 20 lb (9 kg)
- Intuitive exercise placard featuring 12 targeted movements

HumanSport®

Available Colors

Options for upholstery and frame

Option 1



Rich Brown
Upholstery



Hardwood
Trim



Star Trac Silver
Frame

Option 2



Black
Upholstery



Charcoal
Trim

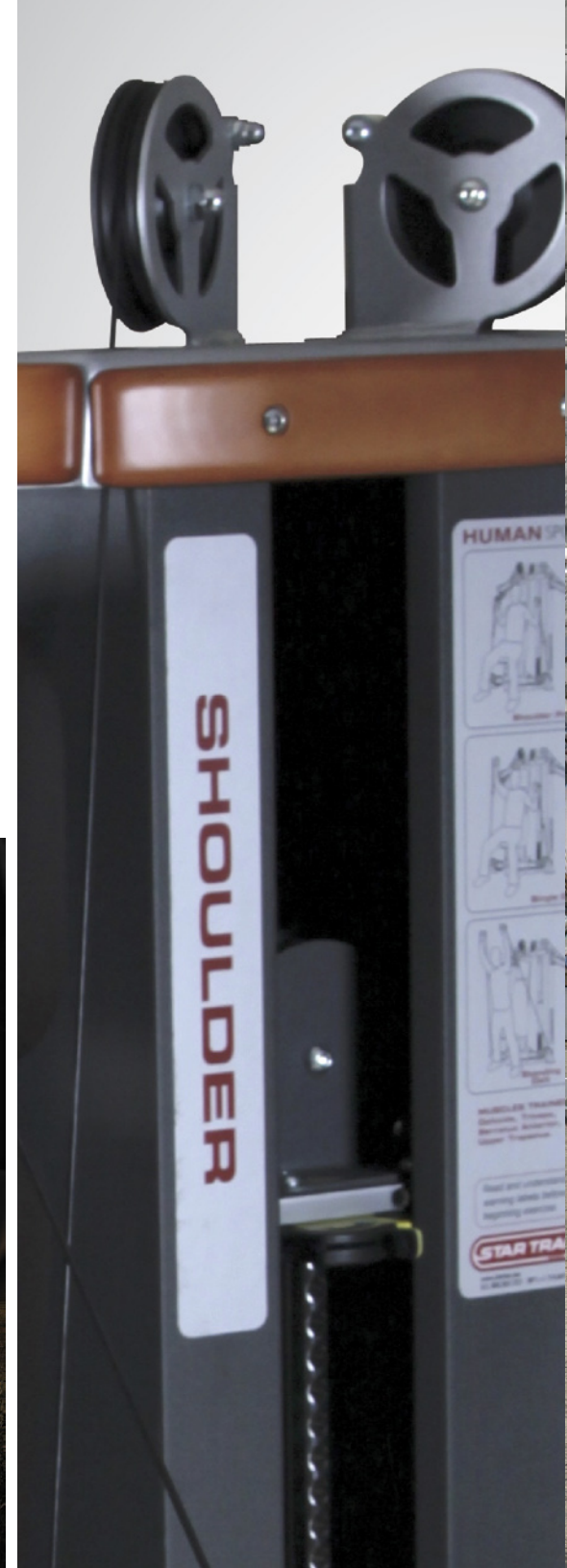


Star Trac Silver
Frame

HumanSport® is a truly unique and human way of conditioning. Designed to reflect human body mechanics, HumanSport is so simple, so intuitive and so natural that it feels as if it were custom-built for each and every user. 6 dual-function, cable-based machines act as 12 workout stations by utilizing dual weight stacks to provide a wide range of total body training options, including Base Strength, Core Stabilization and Dynamic Movement training. Never before has the beauty of natural movement been translated so well into an exercise environment.



DISCOVER A **PASSION.**





It's not often that something so simple does so much.

Base Strength Benefits

HumanSport® strengthens individual muscle groups with outside stabilization, helping prepare and build the muscles you'll use in training, while developing your flexibility and stability. This will ensure you're ready for the harder work to come.

Core Stabilization Benefits

HumanSport's integration of core stabilization and multi-planar movements helps strengthen core muscles in your body, so you'll achieve overall strength and balance – enabling you to perform better and get more out of individual muscle group workouts.

Dynamic Movement Benefits

HumanSport doesn't allow you to depend on linear, machine-like movement for proper form. Instead, its dynamic movement trains your muscles from an infinite number of angles for a broader range of movement, strength, flexibility and balance.



Base Strength

Strengthens individual muscle groups with outside stabilization.



Core Stabilization

Integrates core stabilization and introduces multi-planar movement.



Dynamic Movement

Total body integration develops overall strength, balance and coordination.



Shoulder Chest

Model HL-M9204

- Ship Weight - 655 lbs (297 kg)
- Stack Weight - 2 x 176 lbs (2 x 80 kg)
- Width - 37" (94 cm)
- Length - 60" (152 cm)
- Height - 64" (163 cm)
- Multiple chest pressing motions including: horizontal press, incline press, decline press, chest fly and rotational press
- Numerous shoulder pressing motions including: frontal plane press, sagittal plane press and rotational press
- Seated stable, seated unstable and standing positions can be utilized
- Primary or secondary D-ring selection setting for more or less pre-stretch
- Unilateral or bilateral use
- Seat adjustment accommodates users of different heights
- Lock N Load® weight selection



Lat Pulley

Model HL-M9205

- Ship Weight - 655 lbs (297 kg)
- Stack Weight - 2 x 176 lbs (2 x 80 kg)
- Width - 29" (74 cm)
- Length - 74" (188 cm)
- Height - 64" (163 cm)
- Multiple pulling motions including: frontal plane pull, sagittal plane pull, rotational pull and unilateral pull
- Seated stable, seated unstable and standing positions can be utilized
- Unilateral or bilateral use
- Knee pad adjustment stabilizes users lifting heavy loads
- Lock N Load® weight selection



Arm Crunch

Model HL-M9206

- Ship Weight - 655 lbs (297 kg)
- Stack Weight - 2 x 176 lbs (2 x 80 kg)
- Width - 37" (94 cm)
- Length - 60" (152 cm)
- Height - 64" (163 cm)
- Multiple arm curling motions including: pronated, supinated and hammer curls
- Numerous abdominal motions including basic crunch, oblique crunch and core rotation
- Seated stable, seated unstable and standing positions can be utilized
- Abdominal crunch straps can be used for overhead triceps extension
- Unilateral or bilateral use
- Seat adjustment accommodates users of different heights
- Lock N Load® weight selection



Pull Lift

Model HL-M9202

- **Ship Weight** - 750 lbs (340 kg)
- **Stack Weight** - 2 x 176 lbs (2 x 80 kg)
- **Width** - 39" (99 cm)
- **Length** - 75" (190.5 cm)
- **Height** - 94" (239 cm)
- Multiple high pulley motions including pulling, press downs, core rotation, assisted squatting and lunging
- Numerous lower body movements including squats, lunges, dead lifts and calf raises
- High pulling and rotational movements can be combined with stepping and lunging to incorporate total body 3-Dimensional movements
- Various upper body motions including: biceps curls, shrugs, rows and presses
- Low pulling and rotational movements can be combined with stepping and lunging to incorporate total body 3-Dimensional motions
- Unilateral or bilateral use
- Exercises can be performed on or off the platform
- Lock N Load® weight selection



Total Delts

Model HL-M9203

- **Ship Weight** - 600 lbs (272 kg)
- **Stack Weight** - 2 x 176 lbs (2 x 80 kg)
- **Width** - 29" (74 cm)
- **Length** - 74" (188 cm)
- **Height** - 64" (163 cm)
- Multiple mid pulley shoulder options including: row rear delts, straight arm shoulder flexion, internal and external shoulder rotation
- Numerous low pulley shoulder options including: sagittal and frontal plane lateral raises, frontal raises and shoulder flexion
- Seated supported, seated unstable and standing positions can be utilized
- Unilateral or bilateral use
- Knee pad adjustment stabilizes users lifting heavy loads
- Lock N Load® weight selection



Total Legs

Model HL-M9201

- **Ship Weight** - 691 lbs (313 kg)
- **Stack Weight** - 2 x 176 lbs (2 x 80 kg)
- **Width** - 37" (94 cm)
- **Length** - 60" (152 cm)
- **Height** - 64" (163 cm)
- Multiple lower extremity anterior training including: hip stabilization and flexion, knee extension and resisted dorsiflexion of the ankle
- Numerous lower extremity posterior training including: hip stabilization, hip extension, knee flexion and knee extension
- Single leg motions can be combined and performed with high, moderate or no outside stabilization to facilitate balance and core training
- Unique anterior foot harness accommodates users of all sizes
- Unique posterior foot harness allows users to turn the body sideways and perform hip abduction and adduction
- Raised platform and stabilization handles provide ideal positioning for hip, knee and ankle exercises
- Lock N Load® weight selection

Available Colors

Options for upholstery and frame

Harmony



Black
Upholstery



Star Trac Silver
Frame

Legacy



Brown
Upholstery



White
Frame

Leverage®

The Star Trac Leverage® line embodies the features and design that will redefine the plate loaded strength training category. With functionality that outshine the competition from stainless steel knurled grips to assisted seat adjustments and user pre-stretch settings. Leverage offers a one of a kind plate loaded experience by utilizing multiple levers and cams to create a unique lifting profile for each movement that maximizes and matches the mechanics of the human body.

Other design elements like smaller foot print, integrated plate storage and lower load points for safe use will appeal to the facility operator or manager. At the end of the day in the plate loaded category it's all about the feel and once you've worked out on Leverage pushing and pulling weight plates will never be the same again.



BE VICTORIOUS.



Chest Press

Model IP-L2002

- Overall Weight - 600 lbs (272 kg)
- Width - 59" (150 cm)
- Length - 71" (180 cm)
- Height - 58" (147 cm)
- Stainless steel knurled grip
- Max capacity 270 lbs (123 kg) per arm
- Starting resistance 18 lbs (8 kg) per arm
- Unilateral independent arm motion
- Converging motion with user pre-stretch adjustment for optimal start position
- Intuitive touch points and user-friendly assisted seat adjust
- One of a kind lever and cam system for optimum biomechanics
- Low load points for safe and simple use
- Integrated plate storage
- Weight plates sold separately



Incline Press

Model IP-L2003

- Overall Weight - 530 lbs (240 kg)
- Width - 51" (130 cm)
- Length - 76" (193 cm)
- Height - 51" (130 cm)
- Stainless steel knurled grip
- Max capacity 270 lbs (123 kg) per arm
- Starting resistance 15 lbs (7 kg) per arm
- Unilateral independent arm motion
- Converging motion with user pre-stretch adjustment for optimal start position
- Intuitive touch points and user-friendly assisted seat adjust
- One of a kind lever and cam system for optimum biomechanics
- Low load points for safe and simple use
- Integrated plate storage
- Weight plates sold separately



Decline Press

Model IP-L2004

- Overall Weight - 615 lbs (279 kg)
- Width - 58" (147 cm)
- Length - 81" (206 cm)
- Height - 49" (124 cm)
- Stainless steel knurled grip
- Max capacity 270 lbs (123 kg) per arm
- Starting resistance 12 lbs (5 kg) per arm
- Unilateral independent arm motion
- Converging motion with user pre-stretch adjustment for optimal start position
- Intuitive touch points and user-friendly assisted seat adjust
- One of a kind lever and cam system for optimum biomechanics
- Low load points for safe and simple use
- Integrated plate storage
- Weight plates sold separately



Lat Pull Down

Model IP-L3003

- Overall Weight - 550 lbs (249 kg)
- Width - 51" (130 cm)
- Length - 81" (206 cm)
- Height - 80" (203 cm)
- Stainless steel knurled grip
- Max capacity 270 lbs (123 kg) per arm
- Starting resistance 5 lbs (2kg) per arm
- Unilateral independent arm motion
- Diverging motion with close grip start position
- Intuitive touch points and user-friendly assisted seat adjust
- One of a kind lever and cam system for optimum biomechanics
- Low load points for safe and simple use
- Integrated plate storage
- Weight plates sold separately



High Row

Model IP-L3005

- Overall Weight - 575 lbs (261 kg)
- Width - 51" (130 cm)
- Length - 86" (21 cm)
- Height - 73" (185 cm)
- Stainless steel knurled grip
- Max capacity 270 lbs (123 kg) per arm
- Starting resistance 6.6 lbs (3 kg) per arm
- Unilateral diverging independent arm motion
- Intuitive touch points and user-friendly assisted seat adjust
- One of a kind lever and cam system for optimum biomechanics
- Low load points for safe and simple use
- Integrated plate storage
- Adjustable chest pad for optimal pre-stretch
- Weight plates sold separately



Low Row

Model IP-L3004

- Overall Weight - 550 lbs (249 kg)
- Width - 51" (130 cm)
- Length - 79" (201 cm)
- Height - 46" (117 cm)
- Stainless steel knurled grip
- Max capacity 270 lbs (123 kg) per arm
- Starting resistance 18 lbs (8 kg) per arm
- Unilateral independent arm motion
- Diverging motion with close grip start position
- Intuitive touch points and user-friendly assisted seat adjust
- One of a kind lever and cam system for optimum biomechanics
- Low load points for safe and simple use
- Integrated plate storage
- Adjustable chest pad for optimal pre-stretch
- Weight plates sold separately



Shoulder Press

Model IP-L4002

- Overall Weight - 540 lbs (245 kg)
- Width - 51" (130 cm)
- Length - 71" (180 cm)
- Height - 58" (147 cm)
- Stainless steel knurled grip
- Max capacity 270 lbs (123 kg) per arm
- Starting resistance 15 lbs (7 kg) per arm
- Unilateral independent arm motion
- Converging motion
- Intuitive touch points and user-friendly assisted seat adjust
- One of a kind lever and cam system for optimum biomechanics
- Low load points for safe and simple use
- Integrated plate storage
- Weight plates sold separately



Biceps Curl

Model IP-L5002

- Overall Weight - 575 lbs (261 kg)
- Width - 62" (157 cm)
- Length - 61" (155 cm)
- Height - 41" (104 cm)
- Stainless steel knurled grip
- Max capacity 180 lbs (82 kg) per arm
- Starting resistance 12 lbs (5 kg) per arm
- Unilateral independent arm motion
- Intuitive touch points and user-friendly assisted seat adjust
- Elbow pad wear guard
- Low load points for safe and simple use
- Integrated plate storage
- Weight plates sold separately



Impact Strength®

Proven. Smart. Effective. It's what you look for in any piece of equipment that will make up the core of your facility. Impact Strength® is all of those and then some; with a wide variety of options and pieces suited for everyone from hardcore athletes to new users. From top to bottom, its been built and designed with one goal in mind — to be a powerful choice for primary selectorized strength equipment.

Based on the legacy of the Flex Fitness strength line and supported by a 30-year history of proven biomechanics, Impact Strength provides multiple options for focusing on each body part. Impact Strength also offers the revolutionary Lock N Load® patented weight selection system that affords users the most streamlined and efficient workout possible, while reducing common maintenance hassles associated with traditional weight stacks and pins. With all of the traditional and required user features, such as range of motion control and pre stretch adjustment, Impact Strength offers a solid and reliable strength solution for any facility.

Available Colors

Options for upholstery and frame

Harmony



Black
Upholstery



Star Trac Silver
Frame

Legacy



Brown
Upholstery



White
Frame





Seated Leg Press

Model LA-S1305

- Ship Weight - 825 lbs (374 kg)
- Stack Weight - 400 lbs (181 kg)
- Width - 47" (119 cm)
- Length - 74" (188 cm)
- Height - 65" (165 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Oversized foot plate for variety in foot placement
- User handles for stabilization
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Leg Extension

Model LA-S1312

- Ship Weight - 530 lbs (240 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 38" (97 cm)
- Length - 57" (145 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting back rest adjustment
- Center mount lower leg adjustment for easy access
- Knee extension range of motion adjustment
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Leg Curl

Model LA-S1301

- Ship Weight - 440 lbs (200 kg)
- Stack Weight - 200 lbs (91 kg)
- Width - 38" (97 cm)
- Length - 71" (180 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Adjustable ankle pad for ideal fit
- Knee flexion range of motion adjustment
- Ergonomic elbow and hand placement for upper body support
- Angled torso pad for enhanced lumbar stabilization
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Kneeling Leg Curl

Model LA-S1311

- Ship Weight - 360 lbs (163 kg)
- Stack Weight - 150 lbs (68 kg)
- Width - 44" (112 cm)
- Length - 51" (130 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Unique single leg isolation positioning
- Adjustable carousel and knee pad for opposite leg training
- Ergonomic elbow and hand placement for upper body support
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Adductor

Model LA-S1308

- Ship Weight - 430 lbs (195 kg)
- Stack Weight - 200 lbs (91 kg)
- Width - 48" (122 cm)
- Length - 58" (147 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Two positions for user foot rest
- User handles for stabilization
- Contoured lumbar support backrest
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Abductor

Model LA-S1307

- Ship Weight - 430 lbs (195 kg)
- Stack Weight - 200 lbs (91 kg)
- Width - 48" (122 cm)
- Length - 58" (147 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Two positions for user foot rest
- User handles for stabilization
- Contoured lumbar support backrest
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Standing Calf

Model LA-S1309

- Ship Weight - 485 lbs (220 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 49" (124 cm)
- Length - 41" (104 cm)
- Height - 62" (151 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Beveled non-slip foot platform
- User handles for stabilization
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Chest Press

Model LA-S4301

- Ship Weight - 545 lbs (247 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 52" (132 cm)
- Length - 50" (127 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Horizontal and vertical grip options
- Pre-stretch range of motion adjustment
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Incline Press

Model LA-S2301

- Ship Weight - 570 lbs (259 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 51" (130 cm)
- Length - 75" (191 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Pre-stretch range of motion adjustment
- Gravity assisted positioning
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Deltoid Fly

Model LA-S4304

- **Ship Weight** - 450 lbs (204 kg)
- **Stack Weight** - 245 lbs (111 kg)
- **Width** - 30" (76 cm)
- **Length** - 50" (127 cm)
- **Height** - 79" (200 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Horizontal and vertical grip options
- Unilateral or bilateral movement
- Dual exercise options for range of motion control: Pectoral Fly and Rear Deltoids
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system

Fixed Lat Pull Down

Model LA-S3303

- **Ship Weight** - 700 lbs (318 kg)
- **Stack Weight** - 280 lbs (127 kg)
- **Width** - 43" (109 cm)
- **Length** - 64" (163 cm)
- **Height** - 80" (203 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Adjustable knee stabilization pad
- Diverging axis movement for enhanced biomechanics
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system

Lat Pull Down

Model LA-S3305

- **Ship Weight** - 435 lbs (197 kg)
- **Stack Weight** - 280 lbs (127 kg)
- **Width** - 55" (140 cm)
- **Length** - 47" (119 cm)
- **Height** - 98" (249 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Adjustable knee stabilization pad
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Vertical Row

Model LA-S3301

- Ship Weight - 575 lbs (261 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 45" (114 cm)
- Length - 62" (157 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Horizontal and vertical grip options
- Pre-stretch range of motion adjustment
- Angled foot support pads
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system

Low Row

Model LA-S3306

- Ship Weight - 585 lbs (265 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 29" (74 cm)
- Length - 90" (229 cm)
- Height - 86" (218 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Angled foot support pads
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system

Shoulder Press

Model LA-S4307

- Ship Weight - 530 lbs (240 kg)
- Stack Weight - 275 lbs (125 kg)
- Width - 53" (135 cm)
- Length - 64" (163 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Horizontal and vertical grip options
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Deltoid Raise

Model LA-S4302

- Ship Weight - 430 lbs (195 kg)
- Stack Weight - 155 lbs (70 kg)
- Width - 46" (117 cm)
- Length - 51" (130 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Unilateral or bilateral motion
- Rotating handles for arm stabilization
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Biceps Curl

Model LA-S5301

- Ship Weight - 460 lbs (209 kg)
- Stack Weight - 200 lbs (91 kg)
- Width - 46" (117 cm)
- Length - 58" (147 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Rotating handles for horizontal and vertical grip options
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Triceps Extension

Model LA-S5302

- Ship Weight - 460 lbs (209 kg)
- Stack Weight - 200 lbs (91 kg)
- Width - 46" (117 cm)
- Length - 47" (119 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Ergonomic grip for user comfort
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Dip Machine

Model LA-S5303

- Ship Weight - 655 lbs (297 kg)
- Stack Weight - 295 lbs (134 kg)
- Width - 42" (107 cm)
- Length - 55" (140 cm)
- Height - 65" (165 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Flip over handles to accommodate user size and preference
- Padded foot stabilization pad
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Chin Dip Assist

Model LA-S6302

- Ship Weight - 650 lbs (295 kg)
- Stack Weight - 300 lbs (136 kg)
- Width - 60" (152 cm)
- Length - 50" (127 cm)
- Height - 91" (231 cm)
- Kneeling weight assist system provides user with progressive assist for pull up and dip exercises
- Integrated pull up bar with multi-grip hand positioning
- Flip over dip handles for optimal user fit
- Drop away knee support for body weight training
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Low Back

Model LA-S3302

- Ship Weight - 680 lbs (308 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 46" (117 cm)
- Length - 53" (135 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Comfortable low back roller pad
- Adjustable leg length foot rest
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



Abdominal

Model LA-S6301

- Ship Weight - 365 lbs (166 kg)
- Stack Weight - 155 lbs (70 kg)
- Width - 43" (109 cm)
- Length - 59" (150 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Rounded lumbar extension pad
- Gravity assisted positioning
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system

Available Colors

Options for upholstery and frame

Harmony



Black
Upholstery



Star Trac Silver
Frame

Legacy



Brown
Upholstery

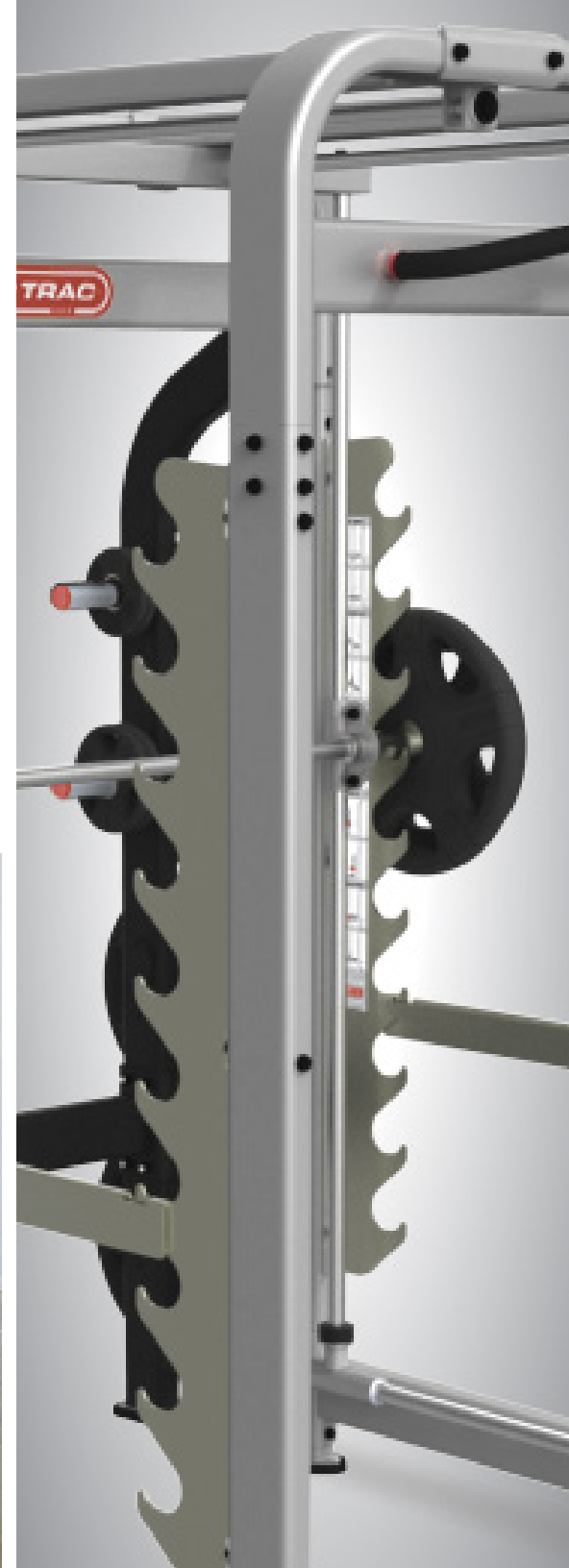


White
Frame

Plate Loaded

It's no secret that working out with plates is one of the most effective ways to train and condition, but it's what you do with those weights that makes all the difference. That's why our plate loaded line occupies its own unique place in training and on your facility floor. With industry standard designs like our Leg Press and Hack Squat we helped set the benchmark for traditional plate loaded machines. When it comes to innovation we've lead the way with our 7 degree angled Smith Machine and the patented Max Rack®, which delivers the safety of a Smith Machine with the versatility of a Power Rack in a one-of-a-kind experience.

Designed to make working out with plates as effective, rewarding and safe as possible, our plate loaded line captures the features users want and need. When it comes to having a high-performance strength program, we give you all the options that will engage and maintain your client base.





Max Rack®

Model IP-L8505

- **Ship Weight** - 957 lbs (434 kg)
- **Width** - 75" (191 cm)
- **Length** - 83" (211 cm)
- **Height** - 90" (228 cm)
- Patented technology provides simultaneous bar movement both vertically and horizontally
- Unique design provides the safety of a Smith Machine with the exercise diversity of a Power Rack
- Multiple bar and rack safety catches offer forward, rear and lower racking for enhanced safety
- Custom rotating 44 lb (20 kg) Olympic bar
- Intuitive user placards featuring 20 detailed exercise explanations are conveniently located within the unit
- Walk-through front design allows for the use of multiple benches
- Complete Olympic plate storage
- Integrated multi-grip pull up station
- 500 lb (227 kg) max load capacity
- Rubber feet for floor protection
- Weight plates sold separately



Smith Machine

Model IP-L8500

- **Ship Weight** - 680 lbs (308 kg)
- **Width** - 89" (226 cm)
- **Length** - 67" (170 cm)
- **Height** - 82" (208 cm)
- Rotating Olympic handle insures easy release and reset of bar with each set
- Enhanced biomechanics with a 7 degree angle for squatting and pressing motions
- Counter-balanced Olympic bar with 15 lb (7 kg) take off weight for all user levels
- Adjustable red safety catches to insure proper execution of all exercises
- Open front design allows for use of any portable benches
- Six marked weight storage pegs per side to accommodate all plate increments
- Rubber feet for floor protection



Angled Leg Press

Model IP-L1140

- **Ship Weight** - 566 lbs (257 kg)
- **Width** - 72" (183 cm)
- **Length** - 90" (229 cm)
- **Height** - 58" (147 cm)
- Adjustable angle for back support
- Integrated plate storage
- Two start options for range of motion
- Easy to reach and operate safety stops
- Integrated user handle for safe entry and exit
- Integrated Olympic plate storage
- Rubber feet for floor protection



Hack Squat

Model IP-L1130

- Ship Weight - 449 lbs (204 kg)
- Width - 72" (183 cm)
- Length - 93" (236 cm)
- Height - 47" (119 cm)
- Integrated plate storage
- Two positions for safety catch start options
- Oversized foot plate for workout variation
- Easy to reach and operate safety stops
- Integrated Olympic plate storage
- Rubber feet for floor protection



Tilt Seat Calf

Model IP-L1110

- Ship Weight - 183 lbs (83 kg)
- Width - 27" (69 cm)
- Length - 58" (147 cm)
- Height - 37" (94 cm)
- Adjustable thigh support to accommodate all users
- Easy to reach and operate safety stop
- Low load points for safe and simple use
- Wear guards on step up legs to protect finish
- Rubber feet for floor protection



Incline Lever Row

Model IP-L3140

- Ship Weight - 214 lbs (97 kg)
- Width - 34" (86 cm)
- Length - 72" (183 cm)
- Height - 49" (124 cm)
- Low load points for safe and simple use
- Two hand grip positions for workout variation
- Wear guards on step up legs to protect finish
- Rubber feet for floor protection



Multi-Stations

Sometimes you have space for multiple pieces of equipment and sometimes you don't. That is exactly why our multi-stations can be such a great option when you're still looking for the total workout experience and commercial feel while needing to maximize space.

Each of our multi-stations has the smallest footprint possible while combining the most essential and core elements from our strength lines. Add in great features like swiveling pulleys on the Lat Pull Down, Low Row and Triceps Press and fully adjustable pulleys on the cable cross over system and you have an economical, space saving equipment solution that doesn't look, feel or train like one.

Available Colors

Options for upholstery and frame

Harmony



Black
Upholstery



Star Trac Silver
Frame

Legacy



Brown
Upholstery



White
Frame





Cable Cross Over

Model IP-M9201

- **Ship Weight** - 1,010 lbs (458 kg)
- **Stack Weight** - 2 x 220 lbs (100 kg)
- **Width** - 31" (78 cm)
- **Length** - 158" (401 cm)
- **Height** - 90" (228 cm)
- Fully adjustable cable cross over system
- Stabilization handles for balance and control
- Lock N Load® weight selection system
- Rubber feet for floor protection
- 5 lb incremental add on plates
- Integrated pull up station

5 Station

Model IP-M9605

- **Ship Weight** - 2,350 lbs (1,066 kg)
- **Stack Weight** - 290 lb (131 kg) Lat Pull Down
2 x 220 lb (100 kg) Triceps Press/Cross Over
- **Width** - 146" (371 cm)
- **Length** - 200" (508 cm)
- **Height** - 94" (239 cm)
- Lat Pull Down with swivel pulley
- Triceps Press with swivel pulley
- Low Row with swivel pulley
- Fully adjustable cable cross over system
- Stabilization handles for balance and control
- Lock N Load® weight selection system
- Rubber feet for floor protection
- 5 lb incremental add on plates
- Integrated pull up station

9 Station

Model IP-M9619

- **Ship Weight** - 3,690 lbs (1,673 kg)
- **Stack Weight** - 2 x 290 lb (131 kg) Lat Pull Down
2 x 220 lb (100 kg) Triceps Press/Cross Over
- **Width** - 146" (371 cm)
- **Length** - 240" (609 cm)
- **Height** - 94" (239 cm)
- 2 Lat Pull Down with swivel pulleys
- 2 Triceps Press with swivel pulleys
- 2 Low Row with swivel pulleys
- Fully adjustable cable cross over system
- Stabilization handles for balance and control
- Lock N Load® weight selection system
- Rubber feet for floor protection
- 5 lb incremental add on plates
- Integrated pull up stations



14 Station

Model IP-M9620

- **Ship Weight** - 5,565 lbs (2,524 kg)
- **Stack Weight** - 3 x 290 lbs (131 kg) Lat Pull Down/ 3 x Low Row 220 lbs (100 kg) 2 x Triceps Press/Crossover
- **Width** - 146" (370 cm)
- **Length** - 395" (1,003 cm)
- **Height** - 94" (239 cm)
- 3 Lat Pull Down with swivel pulleys
- 2 Triceps Press with swivel pulleys
- 3 Low Row with swivel pulleys
- 2 Fully adjustable cable cross over systems
- 2 Integrated pull up stations
- Stabilization handles for balance and control
- Lock N Load® weight selection system
- Rubber feet for floor protection
- 5 lb incremental add on plates

Benches and Racks

Available Colors

Options for upholstery and frame

Harmony



Black
Upholstery



Star Trac Silver
Frame

Legacy



Brown
Upholstery



White
Frame

You might think it's pretty hard to set yourself apart when it comes to free weight benches and racks. After all, most on the market look and perform the same way. But we think differently – in fact, you wouldn't be far off in saying that our designers have been doing some heavy lifting lately.

From Olympic benches which can be customized with or without weight storage to our one of a kind abdominal and back extension benches we've raised the bar for both aesthetics and function. Our benches and racks designs flow seamlessly with our other strength products so you will notice a family look and feel as you position your free weights along side our Inspiration Strength®, Impact Strength®, HumanSport®, Leverage®, multi-stations and plate loaded lines. Our benches and racks don't just look strong, they exceed industry requirements in all respects. If you're looking for standards that are anything but standard, our benches and racks will never disappoint.



DRIVEN TO SUCCEED.





Multi-Adjustable Bench

Model IP-B7506

- Ship Weight - 128 lbs (58 kg)
- Width - 27" (69 cm)
- Length - 55" (140 cm)
- Height - 20" (51 cm)
- 10 degree decline with adjustments every 10 degrees to an 80 degree upright position
- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for transport
- Rubber feet for floor protection



Flat Bench

Model IP-B7507

- Ship Weight - 121 lbs (55 kg)
- Width - 27" (69 cm)
- Length - 55" (140 cm)
- Height - 20" (51 cm)
- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for transport
- Rubber feet for floor protection



Adjustable Incline Bench

Model IP-B7519

- Ship Weight - 126 lbs (57 kg)
- Width - 27" (69 cm)
- Length - 56" (142 cm)
- Height - 39" (99 cm)
- 30 degree incline to an 80 degree upright position
- Wear guards on the crossbar leg to protect finish
- Integrated grip and wheels for transport
- Rubber feet for floor protection



Adjustable Decline Bench

Model IP-B7508

- Ship Weight - 167 lbs (76 kg)
- Width - 27" (69 cm)
- Length - 63" (160 cm)
- Height - 20" (50 cm)
- 7 different positions for exercise variation ranging from 0 to -30 degrees of decline
- Integrated grip and wheels for transport
- Wear guards on the crossbar leg to protect finish
- Rubber feet for floor protection



Utility Bench

Model IP-B7516

- Ship Weight - 79 lbs (36 kg)
- Width - 27" (69 cm)
- Length - 34" (86 cm)
- Height - 38" (97 cm)
- Integrated grip and wheels for transport
- Wear guards on crossbar leg to protect finish
- Rubber feet for floor protection



Adjustable Back Extension

Model IP-B7514

- Ship Weight - 182 lbs (83 kg)
- Width - 34" (86 cm)
- Length - 53" (135 cm)
- Height - 31" (79 cm)
- 5 different positions for exercise variation ranging from 35 to 55 degrees
- Telescoping pad adjustment to accommodate users of all sizes
- Oversized thigh stabilization pads for enhanced user comfort
- Stabilization grips for user safety
- Weight plate pegs for storage of small plates for added resistance
- Integrated grip and wheels for transport
- Wear guards on crossbar leg to protect finish
- Rubber feet for floor protection



Adjustable Abdominal Bench

Model IP-B7510

- **Ship Weight** - 169 lbs (77 kg)
- **Width** - 35" (89 cm)
- **Length** - 55" (140 cm)
- **Height** - 45" (114 cm)
- Telescoping lower leg pad adjustment to accommodate users of all sizes
- Multiple positioning for exercise variation 0 to -30 degrees of decline
- Weight plate pegs for storage of small plates for added resistance
- Integrated grip and wheels for transport
- Wear guards on crossbar leg to protect finish
- Rubber feet for floor protection



Seated Preacher Curl

Model IP-B7509

- **Ship Weight** - 187 lbs (85 kg)
- **Width** - 30" (76 cm)
- **Length** - 43" (109 cm)
- **Height** - 40" (102 cm)
- Molded urethane bar holders for quiet and safe barbell placement
- Dual bar holders for users of all sizes
- Assisted adjustable seat to accommodate all user heights
- Pad wear cover for easy upholstery replacement
- Wear guards on front crossbar to protect finish
- Rubber feet for floor protection



Standing Preacher Curl

Model IP-B7515

- **Ship Weight** - 190 lbs (86 kg)
- **Width** - 30" (76 cm)
- **Length** - 39" (99 cm)
- **Height** - 45" (114 cm)
- Two sided use and two angles for exercise variation
- Pad height adjustment for ease of use and safety
- Pad wear cover for easy replacement
- Rubber feet for floor protection



Dip Station

Model IP-B7518

- Ship Weight - 168 lbs (76 kg)
- Width - 29" (74 cm)
- Length - 45" (114 cm)
- Height - 48" (122 cm)

- Diverging dip bars for various grip width options
- Wear guards on step up legs to protect finish
- Rubber feet for floor protection



Pull-Up/Dip/Leg Raise

Model IP-B7511

- Ship Weight - 368 lbs (167 kg)
- Width - 48" (122 cm)
- Length - 61" (155 cm)
- Height - 90" (229 cm)

- Multiple pull-up grip positions for exercise variation
- Diverging dip bars for various grip width options
- Wear guards on step up legs to protect finish
- Elbow and back pad for abdominal training
- Rubber feet for floor protection



Leg Raise/Dip

Model IP-B7517

- Ship Weight - 300 lbs (136 kg)
- Width - 28" (71 cm)
- Length - 61" (155 cm)
- Height - 66" (168 cm)

- Diverging dip bars for various grip width options
- Wear guards on step up legs to protect finish
- Elbow and back pad for abdominal training
- Rubber feet for floor protection



Bench Press

Model IP-B7202

- **Ship Weight** - 241 lbs (109 kg)
- **Width** - 65" (165 cm)
- **Length** - 73" (185 cm)
- **Height** - 49" (124 cm)
- Molded urethane bar holders for quiet and safe Olympic bar placement
- Dual bar holders for users of all sizes
- Open frame design for effective and safe spotting
- Optional Olympic plate storage add on, features six pegs per side to accommodate all weight plate configurations (Model 400-0407 sold separately)
- Rubber feet for floor protection
- Olympic bar sold separately



Incline Bench Press

Model IP-B7203

- **Ship Weight** - 305 lbs (138 kg)
- **Width** - 65" (165 cm)
- **Length** - 70" (178 cm)
- **Height** - 59" (150 cm)
- Molded urethane bar holders for quiet and safe Olympic bar placement
- Dual bar holders for users of all sizes
- Assisted adjustable seat to accommodate all user heights
- Open frame design with elevated platform for effective and safe spotting
- Optional Olympic plate storage add on, features six pegs per side to accommodate all weight plate configurations (Model 400-0407 sold separately)
- Rubber feet for floor protection
- Olympic bar sold separately



Decline Bench Press

Model IP-B7204

- **Ship Weight** - 284 lbs (129 kg)
- **Width** - 65" (165 cm)
- **Length** - 49" (124 cm)
- **Height** - 49" (124 cm)
- Molded urethane bar holders for quiet and safe Olympic bar placement
- Dual bar holders for users of all sizes
- Adjustable leg stabilization for users of all sizes
- Open frame design for effective and safe spotting
- Optional Olympic plate storage add on, features six pegs per side to accommodate all weight plate configurations (Model 400-0407 sold separately)
- Rubber feet for floor protection
- Olympic bar sold separately



Military Press

Model IP-B7205

- Ship Weight - 304 lbs (138 kg)
- Width - 74" (188 cm)
- Length - 65" (165 cm)
- Height - 60" (152 cm)
- Molded urethane bar holders for quiet and safe Olympic bar placement
- Dual bar holders for users of all sizes
- Optional front bar catch and drop crossbar for user safety
- Open frame design with elevated platform for effective and safe spotting
- Optional Olympic plate storage add on, features six pegs per side to accommodate all weight plate configurations (Model 400-0407 sold separately)
- Rubber feet for floor protection
- Olympic bar sold separately



Squat Rack

Model IP-R8008

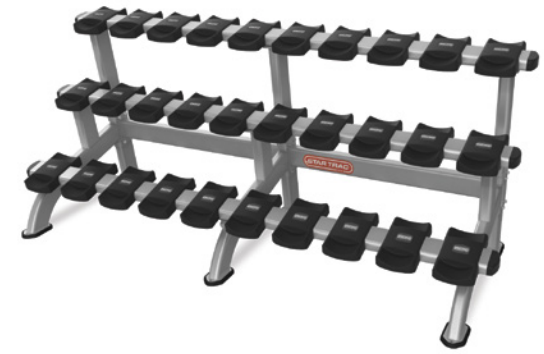
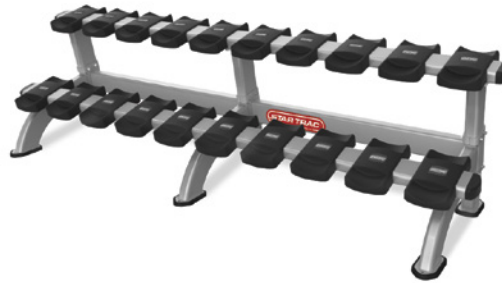
- Ship Weight - 456 lbs (207 kg)
- Width - 80" (203 cm)
- Length - 71" (180 cm)
- Height - 79" (201 cm)
- Molded urethane bar holders for quiet and safe Olympic bar placement
- Multiple bar placement options for users of all sizes and exercise variation
- Adjustable safety catch system for exercise variation and user safety
- Standard Olympic plate storage, features six pegs per side to accommodate all weight plate configurations
- Rubber feet for floor protection
- Olympic bar sold separately



Power Cage

Model IP-R8005

- Ship Weight - 957 lbs (434 kg)
- Width - 63" (160 cm)
- Length - 74" (188 cm)
- Height - 89" (226 cm)
- Adjustable bar catches
- Adjustable safety bar supports
- Walk-through front design allows for use of multiple benches
- Standard Olympic plate storage, features six pegs per side to accommodate all weight plate configurations
- Integrated multi-grip pull up station
- 900 lb max load capacity
- Rubber feet for floor protection



Single Dumbbell Rack

Model IP-R8009

- Ship Weight - 218 lbs (99 kg)
- Width - 90" (229 cm)
- Length - 28" (71 cm)
- Height - 26" (66 cm)
- Molded urethane cradles for quiet and safe dumbbell placement
- Rubber feet for floor protection
- 5 pair rack

Double Dumbbell Rack

Model IP-R8010

- Ship Weight - 312 lbs (142 kg)
- Width - 90" (229 cm)
- Length - 28" (71 cm)
- Height - 26" (66 cm)
- Molded urethane cradles for quiet and safe dumbbell placement
- Rubber feet for floor protection
- 10 pair rack

Triple Dumbbell Rack

Model IP-R8011

- Ship Weight - 455 lbs (206 kg)
- Width - 90" (229 cm)
- Length - 38" (97 cm)
- Height - 39" (99 cm)
- Molded urethane cradles for quiet and safe dumbbell placement
- Rubber feet for floor protection
- 15 pair rack



Beauty Bell Rack

Model IP-R8014

- Ship Weight - 141 lbs (64 kg)
- Width - 40" (102 cm)
- Length - 32" (81 cm)
- Height - 40" (102 cm)
- Molded urethane cradles for quiet and safe dumbbell placement
- Rubber feet for floor protection
- 12 pair rack



Barbell Rack

Model IP-R8012

- Ship Weight - 142 lbs (64 kg)
- Width - 36" (91 cm)
- Length - 38" (97 cm)
- Height - 53" (135 cm)
- Urethane protected surfaces
- Accommodates standard and EZ Curl barbell systems
- Rubber feet for floor protection



Accessory Rack

Model IP-R8013

- Ship Weight - 163 lbs (74 kg)
- Width - 28" (71 cm)
- Length - 35" (89 cm)
- Height - 51" (129 cm)
- Urethane protected surfaces
- Accommodates multiple handles and accessory bars
- Top tray with rubber base for storage of smaller items
- Rubber feet for floor protection



2-Sided Olympic Weight Tree

Model IP-R7512

- **Ship Weight** - 107 lbs (49 kg)
- **Width** - 27" (67 cm)
- **Length** - 35" (89 cm)
- **Height** - 40" (102 cm)
- Numeric markers for correct replacement of stored plates
- Wear guards on cross bar legs to protect finish
- Rubber feet for floor protection



4-Sided Olympic Weight Tree

Model IP-R7513

- **Ship Weight** - 151 lbs (68 kg)
- **Width** - 28" (71 cm)
- **Length** - 28" (71 cm)
- **Height** - 46" (117 cm)
- Numeric markers for correct replacement of stored plates
- Two storage sleeves to accommodate 5 foot Olympic bars
- Rubber feet for floor protection

Available Colors

Options for upholstery and frame

Instinct®



Grey
Upholstery



Star Trac Silver
Frame

Instinct®

Easy to use. Easy on space. But when it comes to a complete workout, it's all business. Whether you're an experienced athlete or a beginner, everyone wants the ability to get a quick, easy and complete workout. And that's exactly what Instinct® is all about. Each piece welcomes users of all levels with quick and easy adjustments for efficient workouts.

Perfectly suited to be a basic strength line or circuit system, Instinct effectively complements more specialized lines. Exercisers can complete a circuit on their own or with the assistance of an instructor in just 30 minutes. Instinct offers both single and dual function units to meet the needs of any space or facility. Instinct also offers the revolutionary Lock N Load® patented weight selection system. The versatility of Instinct's small footprint also lets you get the most from minimal space, while blending seamlessly with our cardio line for a cohesive facility look.



ENERGY TO LIVE.





Leg Extension

Model IL-S1010

- **Ship Weight** - 436 lbs (198 kg)
- **Stack Weight** - 190 lbs (86 kg)
- **Width** - 37" (94 cm)
- **Length** - 41" (104 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat back with "easy up" ratcheting adjustment
- Adjustable lower leg/ankle pad for precise fit
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Leg Curl

Model IL-S1011

- **Ship Weight** - 469 lbs (213 kg)
- **Stack Weight** - 190 lbs (86 kg)
- **Width** - 37" (94 cm)
- **Length** - 56" (142 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat back with "easy up" ratcheting adjustment
- Adjustable lower leg/ankle pad for precise fit
- Adjustable thigh support stabilization pad
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Dual Leg Extension / Leg Curl

Model IL-D1014

- **Ship Weight** - 484 lbs (220 kg)
- **Stack Weight** - 190 lbs (86 kg)
- **Width** - 37" (94 cm)
- **Length** - 56" (142 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat back with "easy up" ratcheting adjustment
- Adjustable lower leg/ankle pad for precise fit
- Dual exercise option for range of motion control: Leg Extension and Seated Leg Curl
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Dual Leg Press / Calf Raise

Model IL-D1013

- Ship Weight - 689 lbs (313 kg)
- Stack Weight - 235 lbs (107 kg)
- Width - 39" (99 cm)
- Length - 74" (188 cm)
- Height - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Walk-through entry design
- Multi-position foot plate design allows for dual use: Leg Press and Calf Raise
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Dual Inner / Outer Thigh

Model IL-D1015

- Ship Weight - 498 lbs (226 kg)
- Stack Weight - 150 lbs (68 kg)
- Width - 27" (69 cm)
- Length - 57" (145 cm)
- Height - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Walk-through entry design
- Modesty weight stack in front of user
- Swiveling thigh pads and range of motion control allow for dual exercises: Abductor and Adductor
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Glute Press

Model IL-S1012

- Ship Weight - 354 lbs (161 kg)
- Stack Weight - 120 lbs (55 kg)
- Width - 37" (94 cm)
- Length - 67" (170 cm)
- Height - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable "flip over" foot platform
- Standing modality
- Linear glute pressing motion
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Chest Press

Model IL-S2100

- **Ship Weight** - 477 lbs (216 kg)
- **Stack Weight** - 235 lbs (107 kg)
- **Width** - 28" (71 cm)
- **Length** - 49" (124 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat with "easy up" ratcheting adjustment
- Multi-position hand grips
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system

Dual Multi-Press

Model IL-D2120

- **Ship Weight** - 539 lbs (244 kg)
- **Stack Weight** - 235 lbs (107 kg)
- **Width** - 55" (140 cm)
- **Length** - 74" (188 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Multi-position seat and back pads adjust together for multiple pressing positions
- Exercises: Flat Chest Press, Incline Chest Press and Shoulder Press
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system

Dual Lat Pull Down / Vertical Row

Model IL-D3340

- **Ship Weight** - 513 lbs (233 kg)
- **Stack Weight** - 235 lbs (107 kg)
- **Width** - 47" (119 cm)
- **Length** - 50" (127 cm)
- **Height** - 84" (213 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Multi-position Row and Lat Pull Down grips
- Adjustable seat back with "easy up" ratcheting adjustment
- Adjustable chest pad with "easy out" ratcheting adjustment
- Rubber feet for floor protection
- Exercises: Lat Pull Down and Vertical Row
- Featuring the patented Lock N Load® weight selection system



Lat Pull Down

Model IL-S3310

- **Ship Weight** - 554 lbs (251 kg)
- **Stack Weight** - 235 lbs (107 kg)
- **Width** - 47" (119 cm)
- **Length** - 60" (152 cm)
- **Height** - 73" (185 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat back with "easy up" ratcheting adjustment
- Adjustable thigh support stabilization pad
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Multi-position hand grips
- Featuring the patented Lock N Load® weight selection system



Vertical Row

Model IL-S3320

- **Ship Weight** - 460 lbs (209 kg)
- **Stack Weight** - 235 lbs (107 kg)
- **Width** - 46" (117 cm)
- **Length** - 48" (122 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat with "easy up" ratcheting adjustment
- Adjustable chest pad with "easy out" ratcheting adjustment
- Multi-position hand grips
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Shoulder Press

Model IL-S4100

- **Ship Weight** - 460 lbs (209 kg)
- **Stack Weight** - 190 lbs (86 kg)
- **Width** - 53" (135 cm)
- **Length** - 58" (147 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat back with "easy up" ratcheting adjustment
- Multi-position hand grips
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Dual Pectoral Fly / Rear Deltoid

Model IL-D2110

- **Ship Weight** - 473 lbs (215 kg)
- **Stack Weight** - 190 lbs (86 kg)
- **Width** - 50" (127 cm)
- **Length** - 54" (137 cm)
- **Height** - 79" (201 cm)
- Simple, intuitive placard
- Removable wear sleeve for extended upholstery life
- Adjustable seat with "easy up" ratcheting adjustment
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Dual exercise options for range of motion control: Pectoral Fly and Rear Deltoid
- Featuring the patented Lock N Load® weight selection system

Biceps Curl

Model IL-S5100

- **Ship Weight** - 416 lbs (189 kg)
- **Stack Weight** - 190 lbs (86 kg)
- **Width** - 39" (99 cm)
- **Length** - 52" (132 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Multi-position hand grips
- Walk-through entry design
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system

Triceps Extension

Model IL-S5110

- **Ship Weight** - 416 lbs (189 kg)
- **Stack Weight** - 190 lbs (86 kg)
- **Width** - 39" (99 cm)
- **Length** - 40" (102 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Adjustable seat with "easy up" ratcheting adjustment
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Dual Biceps Curl / Triceps Extension

Model IL-D5120

- Ship Weight - 425 lbs (193 kg)
- Stack Weight - 190 lbs (86 kg)
- Width - 39" (99 cm)
- Length - 52" (132 cm)
- Height - 55" (140 cm)
- Simple, intuitive placard
- Multi-position hand grips
- Dual exercises options for range of motion control: Biceps Curl and Triceps Extension
- Adjustable seat with "easy up" ratcheting adjustment
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Rotary Torso

Model IL-S6300

- Ship Weight - 423 lbs (192 kg)
- Stack Weight - 190 lbs (86 kg)
- Width - 38" (97 cm)
- Length - 39" (99 cm)
- Height - 55" (140 cm)
- Simple, intuitive placard
- Adjustable shoulder stabilization pads
- Kneeling modality for lower back safety
- Contoured shin pads for comfort
- Multi-position hand grips
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Dual Abdominal / Lower Back

Model IL-D6330

- **Ship Weight** - 369 lbs (167kg)
- **Stack Weight** - 120 lbs (54 kg)
- **Width** - 40" (102 cm)
- **Length** - 45" (114 cm)
- **Height** - 55" (140 cm)
- Simple, intuitive placard
- Walk-through entry design
- Adjustable seat with "easy up" ratcheting adjustment
- Adjustable chest and back pad
- Dual exercise options for range of motion control: Abdominal Crunch and Back Extension
- Rubber feet for floor protection
- Kevlar transmission belt for extended life and easy replacement
- Featuring the patented Lock N Load® weight selection system



Dual Adjustable Pulley

Model IL-D2002

- **Ship Weight** - 894 lbs (406 kg)
- **Stack Weight** - 2 x 200 lbs (2 x 90.7 kg)
- **Width** - 36" (91 cm)
- **Length** - 66" (168 cm)
- **Height** - 88" (224 cm)
- Simple, intuitive placard
- Multi-position pull-up bars
- Accessory rack for multiple pulley attachments:
 - Stirrup grips (2)
 - Ankle strap
 - Long bar
 - Triceps/Biceps curl bar
- Rubber feet for floor protection
- Featuring the patented Lock N Load® weight selection system



Multi-Adjustable Bench

Model IN-B7501

- Ship Weight - 88 lbs (40 kg)
- Width - 27" (69 cm)
- Length - 55" (140 cm)
- Height - 18" (46 cm)
- Removable wear sleeve for extended upholstery life
- Adjustable seat and back pads for precise positioning
- Dual rollers and hand grip for transport
- Rubber feet for floor protection



Adjustable Abdominal Decline Bench

Model IN-B7200

- Ship Weight - 79 lbs (36 kg)
- Width - 25" (64 cm)
- Length - 53" (135 cm)
- Height - 34" (86 cm)
- Removable wear sleeve for extended upholstery life
- Fixed shin stabilization pads
- Rubber feet for floor protection



45° Back Extension

Model IN-B7502

- Ship Weight - 101 lbs (46 kg)
- Width - 32" (81 cm)
- Length - 54" (137 cm)
- Height - 39" (99 cm)
- 45 degree user angle
- Hand grips for stabilization
- Adjustable hip pads
- Fixed calf pads
- Rubber feet for floor protection



Dumbbell Rack 10-Pair / 2-Tier

Model IN-R8001

- **Ship Weight** - 266 lbs (121 kg)
- **Width** - 29" (74 cm)
- **Length** - 105" (267 cm)
- **Height** - 37" (94 cm)
- Rubber dumbbell saddles
- Rubber feet for floor protection

Dumbbell Rack 10-Pair / 3-Tier

Model IN-R8002

- **Ship Weight** - 272 lbs (123 kg)
- **Width** - 29" (74 cm)
- **Length** - 69" (175 cm)
- **Height** - 50" (127 cm)
- Compact footprint
- Rubber dumbbell saddles
- Rubber feet for floor protection



Olympic Flat Bench

Model IN-B7503

- Overall Weight - 213 lbs (97 kg)
- Width - 61" (155 cm)
- Length - 63" (160 cm)
- Height - 54" (137 cm)
- Removable wear sleeve for extended upholstery life
- Dual bar catches
- Integrated plate storage with rubber end caps (6)
- Rubber feet for floor protection
- Olympic bar sold separately



Olympic Incline Bench

Model IN-B7201

- Overall Weight - 348 lbs (158 kg)
- Width - 61" (155 cm)
- Length - 63" (160 cm)
- Height - 69" (175 cm)
- Removable wear sleeve for extended upholstery life
- Adjustable seat pad
- Dual bar catches
- Integrated plate storage with rubber end caps (6)
- Rubber coated spotter platform
- Rubber feet for floor protection
- Olympic bar sold separately



BoxMaster®

The BoxMaster® is a new form of boxing style conditioning that will wow your clients. With the ability to cater to all types of members, the BoxMaster will excite and encourage greater participation in boxing style fitness training.

For the first time ever, the BoxMaster creates the ultimate boxing training station. The key to its design is the spring system attached to each pad. These springs have been designed to replicate punching a focus mitt, by offering a slight “give” in the pads on impact. Each pad has been positioned specifically to replicate different styles of punching, allowing the participant to throw any punch, or any combination of punches. The result is a significant reduction in the risk of injury to both the members and the instructor while delivering an unparalleled boxing experience.

This truly unique product combined with this effective program will change the face of fitness boxing. In roughly 30 minutes you will experience a workout like no other. A 5-minute warm up followed by 7 active punching rounds and 7 active recovery rounds each 90 seconds long. Through the course of this workout you will hit every aspect of conditioning training both aerobically and anaerobically in an interval format like no other.

Available Colors BoxMaster®



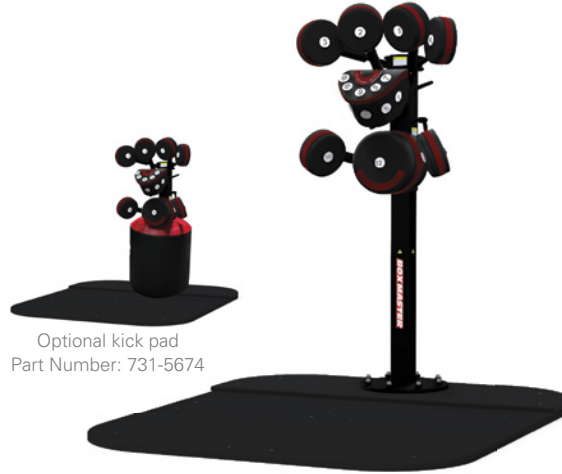
BLACK/RED TRIM
Upholstery



BLACK
Frame

Rounds Poster





Optional kick pad
Part Number: 731-5674



Tower Without Base

Model K9401

- Ship Weight - 246 lbs (112 kg)
- Width - 33" (84 cm)
- Length - 30" (76 cm)
- Height - 79" (200 cm)
- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster® a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients

Tower With Base

Model K9403

- Ship Weight - 530 lbs (240 kg)
- Width - 71" (180 cm)
- Length - 83" (211 cm)
- Height - 82" (208 cm)
- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster® a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients
- Shown with optional base
- Shown with optional kick pad. Part Number: 731-5674

Quad

Model K9404

- Ship Weight - 1,305 lbs (593 kg)
- Width - 73" (185 cm)
- Length - 73" (185 cm)
- Height - 82" (208 cm)
- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- 4 towers for an effective small group exercise environment
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster® a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients



Support

More than just something we offer, it's something we are passionate about. A company and its products are only as good as the people behind them – and we have the best in the business. After all, we realize that no matter how good our equipment and products are, it means nothing the minute you have a question or a problem that goes unanswered or unresolved. That's why along with providing best-in-class fitness equipment, Star Trac offers a team that is focused on your needs.

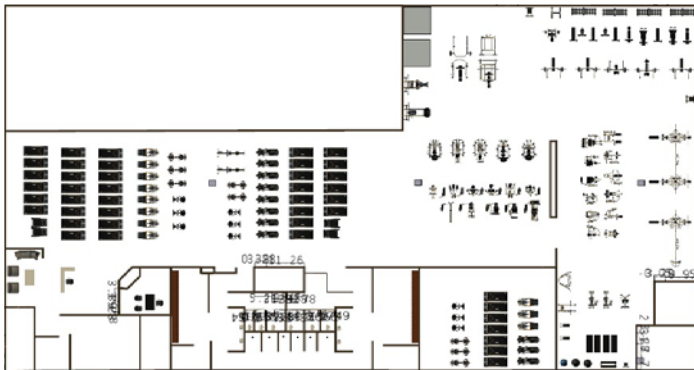
We proudly offer world-class services to more than 70 countries around the globe. With a team that truly partners with you to help grow your business and is there for all of your consulting and service needs, both pre and post-sale. In the end, our goal is to always keep your facility operating at maximum efficiency.



Making the most of your space, from how it looks to the workouts that happen in it.

Unlike most companies who prefer to just sell you equipment, Star Trac is proud to offer a wide variety of layout services to help open up possibilities and turn your space into everything it can be.

It begins with our basic gym designer, which is our free, web-based layout program and is ideal for planning smaller spaces. For some, it's all you might need, but that's just scratching the surface of our capabilities. From there, we begin implementing our proprietary 2D and 3D design software that helps you visualize your new space, the variety of equipment choices you have and the layout options available. And if you really want to fully experience your space before construction, we also offer the latest in fly-through video technology for a true, virtual tour (additional fee subject to length and complexity).

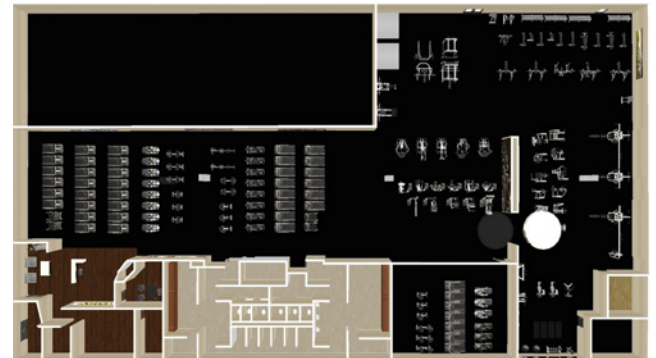


2D Layouts

Traditional architectural drawings show the final fitness room and equipment with precise details, such as electrical outlets, doorways and window placement.

3D Layouts

Professionally scaled layouts reflect artistic views of equipment, wall and carpet colors, as well as window and door textures - see the true vision of your facility before it's complete.



Customer service is more than just something we offer, it's what we do best.

Here are just a few services you'll find behind every Star Trac product:

- A factory-certified provider network of more than 160 companies
- A live, technical support hotline for troubleshooting
- In-service seminars for your staff to help provide solutions for any problems
- Website with detailed product diagrams, tech manuals and a user-friendly parts ordering system
- Extended call center service hours (USA 6:00am-5:00pm PST and Asia and Europe Regional Call Centers with Asia Pacific and GMT Hours)
- Over 500+ certified technicians globally
- Monthly factory certification training
- Market-leading preventive maintenance

Benefits of the Star Trac customer services department



Live technical support
hotline 800.503.1221
from 6am-5pm PST



Network of 500+
factory-trained,
annually-certified
service providers



Visit support.startrac.com for
preventative maintenance
schedules, owner's manuals,
and other online support



A factory-certified
provider network
of more than 160
companies



In-service seminars
for staff

E Series E-TRx Treadmill

Model	E-TRxe	E-TRxi	E-TRx
Overall Dimensions	85" l x 36" w x 63" h (215 x 91 x 160 cm)	85" l x 36" w x 79" h (215 x 91 x 199 cm)	85" l x 36" w x 63" h (216 x 91 x 160 cm)
Overall Weight	477 lbs (216 kg)	490 lbs (222 kg)	471 lbs (214 kg)
User Weight Capacity	500 lbs (227 kg)		
Running Surface Length	60" l x 21.5" w (152 x 55 cm)		
Step-up Height	10" (25.5 cm)		
Frame	Custom aluminum uniframe		
Motor	Drive: 5 HP AC		
Electrical	110 volt, dedicated NEMA 5-20 cord (20 amp); 220 volt, dedicated NEMA 6-15 cord (15 amp) (optional)		
Certification	UL/CSA, CE, FCC, or CISPR		
Suspension	Soft Trac® triple cell neoprene rubber, Deck System: Reversible 1" (2.5 cm) composite fiberboard, waxing not required		
Rollers	3.5" (9 cm) sealed bearings		
Colors	Frame: Star Trac Silver, Shrouds: Slate Gray, Accents: Black		
Incline	Range: 0 to 20% in 0.5% increments		
Speed Range	0.5 to 15mph (0.8 to 24 km/h) in 0.1 mph (0.1 km/h) increments		
HR Monitoring	Polar® Telemetry and Contact Heart Rate System		
Display	15" embedded touch screen with high definition TV and four workout views, including Progress View, Track View, Heart Rate View, and Simple View	Intuitive, tactile response keypad with LED technology	
Programs	18 workouts including Dynamic Heart Rate Control®, Constant Heart Control, Fitness Test (Modified Balke Ware), Firefighter Test (Modified Gerkin Protocol), ARMY Protocol, USMC Protocol, USAF Protocol, NAVY Protocol, Star Trac Coach® and three custom workouts	12 programs including Dynamic Heart Rate Control®, Constant Heart Control, Fitness Test (Modified Balke Ware), Firefighter Test (Modified Gerkin Protocol), ARMY Protocol, USMC Protocol, USAF Protocol and NAVY Protocol	
Readouts	Dedicated: Speed and incline, time elapsed, calories, calories/hour, pace (min/mile or km), distance, course profile, heart rate, heart rate tracking, 1/4-mile motivational track, laps completed	20-character message window; Dedicated: Speed and incline, time elapsed, calories, distance, course profile, heart rate; Scrolling: Time remaining, vertical distance traveled, laps completed, pace (min/mile or km), calories/hour, 1/4-mile motivational track	
Standard Features	Hot Bar® controls, personal entertainment system, Nike+, Intel, personal cooling fans, CSAFE data port, dedicated heart rate display, safety lockout control, Netpulse ready and FitLinxx® certified	Hot Bar® controls, personal entertainment system, personal cooling fans, CSAFE data port, dedicated heart rate display, safety lockout control, FitLinxx® certified	
Entertainment	E Series touch screen entertainment system which includes 15" high definition LCD with touch screen technology, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, USB power port, coaxial cable connector at base	E Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base	Pre-wired for E Series PVS entertainment system or 900 MHz wireless audio receiver
Warranty	Structural frame welds 10 years, motor and MCB 5 years parts and labor, all other components warranted for 2 years parts and 1 year labor, wear items 1 year parts and labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail		

E Series E-TR Treadmill

Model	E-TRi	E-TR
Overall Dimensions	81" l x 32" w x 75" h (206 x 81 cm x 191 cm)	81" l x 32" w x 60" h (206 x 81 cm x 152 cm)
Overall Weight	595 lbs (270 kg)	576 lbs (261 kg)
User Weight Capacity	500 lbs (227 kg)	
Running Surface Length	60" l x 21.5" w (152 x 55 cm)	
Step-up Height	9" (22.86 cm)	
Frame	Custom powder-coated steel uniframe	
Motor	5 HP AC	
Electrical	110 volt, dedicated NEMA 5-20 cord (20 amp); 220 volt, dedicated NEMA 6-15 cord (15 amp) (optional)	
Certification	UL/CSA, CE, FCC, or CISPR	
Suspension	Soft Trac® triple cell neoprene rubber, Deck System: Reversible 1" (2.5 cm) composite fiberboard, waxing not required	
Rollers	3.5" (9 cm) sealed bearings	
Colors	Frame: Star Trac Silver, Shrouds: Slate Gray, Accents: Black	
Incline	0 to 15% in 0.5% increments	
Speed Range	0.5 to 12.5mph (0.8 to 20 km/h) in 0.1 mph (0.1 km/h) increments	
HR Monitoring	Polar® Telemetry and Contact Heart Rate System	
Display	Intuitive, tactile response keypad with LED technology	
Programs	12 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Burn Calories, Manual, Increase Endurance, Fitness Test (Modified Balke Ware), Firefighter Test (Modified Gerkin Protocol)	
Readouts	Large 8-character message window; Dedicated: Time, distance, incline, speed, heart rate, 1/4-mile motivational track, profile; Scrolling: calories, METs, course profile	
Standard Features	Personal cooling fans, wraparound Aero Bar, dedicated heart rate display, Entertainment Solutions Ready, Safety Lanyard and CSAFE data port	
Entertainment	E Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base	Pre-wired for E Series PVS entertainment system or 900 MHz wireless audio receiver
Warranty	Structural frame welds 10 years, motor and MCB 5 years parts and labor, all other components warranted for 2 years parts and 1 year labor, wear items 1 year parts and labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail	

E Series TreadClimber® By Star Trac

Model	E-TCi	E-TC
Overall Dimensions	83" l x 36" w x 83" h (211 x 91 cm x 211 cm)	83" l x 36" w x 69" h (211 x 91 cm x 175 cm)
Overall Weight	719 lbs (270 kg)	700 lbs (261 kg)
User Weight Capacity	350 lbs (159 kg)	
Walking Surface Length	9" (22.86 cm) belt width x2	
Step-up Height	12" (30.5 cm)	
Frame	Custom powder-coated steel uniframe	
Motor	5 HP AC	
Electrical	110 volt, dedicated NEMA 5-20 cord; 220 volt, dedicated NEMA 6-15 cord (optional)*	
Certification	UL/CSA, CE, FCC, or CISPR	
Rollers	3.5" (9 cm) sealed bearings	
Colors	Frame: Star Trac Silver, Shrouds: Slate Gray, Accents: Black	
Resistance	5 levels of intensity	
Speed Range	0.5 to 4.5mph (0.8 to 7.2 km/h) in 0.1 mph (0.1 km/h) increments	
HR Monitoring	Polar® Telemetry and Contact Heart Rate System	
Display	Intuitive, tactile response keypad with LED technology	
Programs	9 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Burn Calories, Manual, Increase Endurance, Fitness Test (Modified Balke Ware)	
Readouts	Large 8-character message window; Dedicated: Time, distance, incline, speed, heart rate, 1/4-mile motivational track, profile; Scrolling: calories, METs, course profile	
Standard Features	Personal cooling fans, dedicated heart rate display, Entertainment Solutions Ready, Safety Lanyard and CSAFE data port	
Entertainment	E Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base	Pre-wired for E Series PVS entertainment system or 900 MHz wireless audio receiver
Warranty	Structural frame welds 10 years, motor and MCB 5 years parts and labor, all other components warranted for 2 years parts and 1 year labor, wear items 1 year parts and labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail	

E Series Cross Trainer

Model	E-CTe	E-CTi	E-CT
Overall Dimensions	76" l x 30" w x 72" h (193 x 76 x 183 cm)	90" l x 30" w x 89" h (228 x 76.2 x 226 cm)	76" l x 30" w x 72" h (193 x 76x 183 cm)
Overall Weight	456 lbs (207 kg)	469 lbs (213 kg)	447 lbs (203 kg)
User Weight Capacity	350 lbs (159 kg)		
Distance Between Pedals	2.25" (5.72 cm)		
Step-up Height	7" (17.8 cm)		
Pedal Size	17.5" l x 8" w (45 x 20 cm), open ended		
Stride Length	18" (45.7 cm)		
Electrical	110 volt NEMA 5-15 cord; 220 volt NEMA 6-15 cord (optional)	Self-contained power supply for base unit. External power supply provided for entertainment system	
Certification	UL/CSA, CE, FCC, or CISPR		
Colors	Star Trac Silver, Shrouds: Slate Gray, Accents: Black		
HR Monitoring	Polar® Telemetry and Contact Heart Rate System		
Resistance	20 levels of intensity		
Display	15" embedded touch screen with high definition TV and four workout views, including Progress View, Track View, Heart Rate View, and Simple View	Intuitive, tactile response keypad with LED technology	
Programs	16 workouts including Quick Start, Dynamic Heart Rate Control®, Constant Heart Rate Control, Total Body Workout, and three custom workouts	8 programs including Quick Start, Dynamic Heart Rate Control®, Constant Heart Rate Control, Total Body Workout	
Readouts	Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track, calories, calories/hour, watts, distance, speed	16-character message window; Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track; Scrolling: Calories, calories/hour, watts, distance, speed, METs	
Standard Features	Personal entertainment system, Nike+, personal cooling fans, Soft Trac® pedals, dedicated heart rate display, CSAFE data port FitLinxx® certified	Personal entertainment system, personal cooling fans, Soft Trac® pedals, dedicated heart rate display, FitLinxx® certified and CSAFE data port	
Entertainment	E Series touch screen entertainment system which includes 15" high definition LCD with touch screen technology, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, USB power port, coaxial cable connector at base	E Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base	Pre-wired for E Series PVS entertainment system or 900 MHz wireless audio receiver
Warranty	Limited 10 year warranty on structural frame not including coatings, all other components warranted for 2 years parts and 1 year labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail		

E Series Upright Bike

Model	E-UBe		E-UBi	E-UB
Overall Dimensions	48" l x 25" w x 58" h (122 x 64x 147 cm)		48" l x 25" w x 72" h (122 x 64 x 183 cm)	48" l x 25" w x 58" h (122 x 64 x 147cm)
Overall Weight	152 lbs (69 kg)		163 lbs (74 kg)	143 lbs (65 kg)
User Weight Capacity	350 lbs (159 kg)			
Pedals/Crank	Morse Taper bottom bracket, dual-sided pedal, extra long 14" pedal straps with inline skate-style clip			
Frame	Custom aluminum frame			
Electrical	110 volt NEMA 5-15 cord; 220 volt NEMA 6-15 cord (optional)	Self-contained power supply for base unit. External power supply provided for entertainment system		
Certification	UL/CSA, CE, FCC, or CISPR			
Colors	Star Trac Silver, Shrouds: Slate Gray, Accents: Black			
HR Monitoring	Polar® Telemetry and Contact Heart Rate System			
Resistance	20 levels of intensity			
Display	15" embedded touch screen with high definition TV and four workout views, including Progress View, Track View, Heart Rate View, and Simple View		Intuitive, tactile response keypad with LED technology	
Programs	15 workouts including Dynamic Heart Rate Control® and constant heart rate control, Auto Pilot®, Warm Up, two watts control programs, Fitness Test (Modified Astrand-Rhyming Test), and three custom workouts		10 programs including Dynamic Heart Rate Control® and constant heart rate control, Auto Pilot®, Warm Up, two watts control programs and Fitness Test (Modified Astrand-Rhyming Test)	
Readouts	Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track, calories, calories/hour, watts, distance, speed		16-character message window; Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track; Scrolling: Calories, calories/hour, watts, distance, speed, METs	
Standard Features	Personal entertainment system, Nike+, personal cooling fans, dedicated heart rate display, FitLinxx® certified and CSAFE data port		Personal cooling fans, easy ratchet seat adjust, rubber comfort racing position, FitLinxx® certified and CSAFE data port	
Entertainment	E Series touch screen entertainment system which includes 15" high definition LCD with touch screen technology, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, USB power port, coaxial cable connector at base		E Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base	Pre-wired for E Series PVS entertainment system or 900 MHz wireless audio receiver
Warranty:	Limited 10 year warranty on structural frame not including coatings, all other components warranted for 2 years parts and 1 year labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail			

E Series Recumbent Bike

Model	E-RBe	E-RBi	E-RB
Overall Dimensions	66" l x 28" w x 52" h (167 x 71 x 132 cm)	66" l x 28" w x 68" h (167 x 71 x 173 cm)	66" l x 28" w x 52" h (167 x 71 x 132 cm)
Overall Weight	189 lbs (86 kg)	197 lbs (89 kg)	178 lbs (80 kg)
User Weight Capacity	350 lbs (159 kg)		
Pedals/Crank	Morse Taper bottom bracket, dual-sided pedal, extra long 14" pedal straps with inline skate-style clip		
Frame	Custom aluminum frame		
Electrical	110 volt NEMA 5-15 cord; 220 volt NEMA 6-15 cord (optional)	Self-contained power supply for base unit. External power supply provided for entertainment system	
Certification	UL/CSA, CE, FCC, or CISPR		
Colors	Star Trac Silver, Shrouds: Slate Gray, Accents: Black		
HR Monitoring	Polar® Telemetry and Contact Heart Rate System		
Resistance	20 levels of intensity		
Display	15" embedded touch screen with high definition TV and four workout views, including Progress View, Track View, Heart Rate View, and Simple View	Intuitive, tactile response keypad with LED technology	
Programs	15 workouts including Dynamic Heart Rate Control® and constant heart rate control, Auto Pilot®, Warm Up, two watts control programs, Fitness Test (Modified Astrand-Rhyming Test), and three custom workouts	10 programs including Dynamic Heart Rate Control® and constant heart rate control, Auto Pilot®, Warm Up, two watts control programs and Fitness Test (Modified Astrand-Rhyming Test)	
Readouts	Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track, calories, calories/hour, watts, distance, speed	16-character message window; Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track; Scrolling: Calories, calories/hour, watts, distance, speed, METs	
Standard Features	Personal entertainment system, Nike+, personal cooling fans, dedicated heart rate display, FitLinxx® certified and CSAFE data port	Personal cooling fans, easy ratchet seat adjust, rubber comfort racing position, FitLinxx® certified and CSAFE data port	
Entertainment	E Series touch screen entertainment system which includes 15" high definition LCD with touch screen technology, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, USB power port, coaxial cable connector at base	E Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base	Pre-wired for E Series PVS entertainment system or 900 MHz wireless audio receiver
Warranty:	Limited 10 year warranty on structural frame not including coatings, all other components warranted for 2 years parts and 1 year labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail		

E Series StairMill™

Model	E-SMi	E-SM
Overall Dimensions	34" l x 58" w x 104" h (85 x 147 x 264 cm)	34" l x 58" w x 90" h (85 x 147 x 229 cm)
Overall Weight	376 lbs (171 kg)	355 lbs (161 kg)
User Weight Capacity	350 lbs (136 kg)	
Step Range Of Motion	8" step height with a 9" foot platform for a realistic stair climbing experience	
Electrical	12V DC/5AMP adaptor and a 110V line cord will be provided with product. Unit needs to be plugged into a 110V outlet	
Certification	UL/CSA, CE, FCC, or CISPR	
Colors	Star Trac Silver, Shrouds: Slate Gray, Accents: Black	
HR Monitoring	Polar® Telemetry and Contact Heart Rate System	
Resistance	20 levels of intensity	
Display	Intuitive, tactile response keypad with LED technology	
Programs	11 workouts including Famous Steps®, Quick Start, Glute Sculptor, Thigh Toner, Fat Burner, Multi-Stage Fitness Test, Dynamic Heart Rate Control® Constant Heart Rate Control and three custom workouts	
Readouts	16-character message window; Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track; Scrolling: Calories, calories/hour, watts, distance, speed, METs	
Standard Features	Personal cooling fans, Soft Trac® pedals, dedicated heart rate display, FitLinxx® certified and CSAFE data port	
Entertainment	E Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base	Pre-wired for E Series PVS entertainment system or 900 MHz wireless audio receiver
Warranty	Limited 10 year warranty on structural frame not including coatings, all other components warranted for 2 years parts and 1 year labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail	

E Series Stepper

Model	E-STe		E-STi	E-ST
Overall Dimensions	43" l x 27" w x 70" h (110 x 69 x 177 cm)		43" l x 27" w x 87" h (110 x 69 x 221 cm)	43" l x 27" w x 70" h (110 x 69 x 177 cm)
Overall Weight	271 lbs (123 kg)		283 lbs (128 kg)	262 lbs (119 kg)
User Weight Capacity			350 lbs (159 kg)	
Distance Between Pedals			3.5" (8.9 cm)	
Step Range of Motion	16" (41 cm), independent stepping action			
Pedal Size	11.5" l x 6.5" w (29.21 x 16.51 cm), open ended			
Electrical	110 volt NEMA 5-15 cord; 220 volt NEMA 6-15 cord (optional)		Self-contained power supply for base unit. External power supply provided for entertainment system	
Certification	UL/CSA, CE, FCC, or CISPR			
Colors	Frame: Star Trac Silver, Shrouds: Slate Gray, Accents: Black			
HR Monitoring	Polar® Telemetry and Contact Heart Rate System			
Resistance	20 levels of intensity			
Display	15" embedded touch screen with high definition TV and four workout views, including Progress View, Track View, Heart Rate View, and Simple View		Intuitive, tactile response keypad with LED technology	
Programs	11 workouts including Famous Steps®, Quick Start, Glute Sculptor, Thigh Toner, Fat Burner, Multi-Stage Fitness Test, Dynamic Heart Rate Control® Constant Heart Rate Control and three custom workouts		8 programs including Famous Steps, Quick Start, Glute Sculptor, Thigh Toner, Fat Burner, Multi-Stage Fitness Test, Dynamic Heart Rate Control®, Constant Heart Rate Control	
Readouts	Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track, calories, calories/hour, watts, distance, speed		16-character message window; Dedicated: Time, strides per minute, heart rate, course profile, resistance level, 1/4-mile motivational track; Scrolling: Calories, calories/hour, watts, distance, speed, METs	
Standard Features	Personal entertainment system, Nike+, personal cooling fans, Soft Trac® pedals, Aero Bar over display, dedicated heart rate display, FitLinxx® certified and CSAFE data port		Personal cooling fans, Soft Trac® pedals, Aero Bar over display, dedicated heart rate display, FitLinxx® certified and CSAFE data port	
Entertainment	E Series touch screen entertainment system which includes 15" high definition LCD with touch screen technology, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, USB power port, coaxial cable connector at base		E Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base	Pre-wired for E Series PVS entertainment system or 900 MHz wireless audio receiver
Warranty	Limited 10 year warranty on structural frame not including coatings, all other components warranted for 2 years parts and 1 year labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail			

Spinner® Bikes

Model	eSpinner®	Spinner® Blade ION™	Spinner® Blade	Spinner® NXT	Spinner® NXT Black Belt™	Spinner® Pro+
Model Number	7200	7220	7190	7170	7230	7160
Overall Dimensions	21" w x 54" l x 40" h (53 x 137x 102 cm)	21" w x 57" l x 42" h (53 x 145 x 107 cm)	21" w x 57" l x 40" h (53 x 145 x 102 cm)	21" w x 57" l x 40" h (53 x 145 x 102 cm)	21" w x 54" l x 40" h (53 x 137 x 102 cm)	21" w x 54" l x 40" h (53 x 137 x 102 cm)
Flywheel Weight	46 lbs (21 kg)	50 lbs (23 kg)	41 lbs (19 kg)	41 lbs (19 kg)	41 lbs (19 kg)	41 lbs (19 kg)
Overall Weight	207 lbs (94 kg)	130 lbs (60 kg)	118 lbs (54 kg)	133 lbs (61 kg)	137 lbs (62 kg)	124 lbs (57 kg)
Accommodates riders	4' 10" (147 cm) to 6' 10" (208 cm)					4' 10" (147 cm) to 6' 6" (201 cm)
Weight Capacity	350 lbs (158.8 kg)					
Frame Color	Star Trac Silver, Shroud: Black, Flywheel: Red	Metallic Charcoal, Shroud: Black, Flywheel: Silver	Metallic Charcoal, Shroud: Black, Flywheel: Black	Star Trac Silver, Shroud: Black, Flywheel: Black	Star Trac Black, Shroud: Black, Flywheel: Black	Star Trac Silver, Shroud: Black, Flywheel: Black
Standard Features	Steel frame, no-slip grip handlebars with dual water bottle holders, adjustable handle bar positioning, micro-adjustable fore and aft seat slider, dual-sided SPD®-compatible platform pedals, one motion emergency stop feature	Aluminum frame, no-slip grip handlebars with dual water bottle holders, adjustable handle bar positioning, micro-adjustable fore and aft seat slider, dual-sided SPD®-compatible platform pedals, one motion emergency stop feature. Performance measured watts from riders self generated power (no wall power required)	Aluminum frame, no-slip grip handlebars with dual water bottle holders, adjustable handle bar positioning, micro-adjustable fore and aft seat slider, dual-sided SPD®-compatible platform pedals, one motion emergency stop feature	Steel frame, no-slip grip handlebars with dual water bottle holders, adjustable handle bar positioning, micro-adjustable fore and aft seat slider, dual-sided SPD®-compatible platform pedals, one motion emergency stop feature	Steel frame, no-slip grip handlebars with dual water bottle holders, adjustable handle bar positioning, micro-adjustable fore and aft seat slider, dual-sided SPD®-compatible platform pedals, one motion emergency stop feature	No-slip grip handlebars with dual water bottle holders, chrome plated pop-pin adjustable fore and aft seat slider, dual-sided SPD-compatible platform pedals, one motion emergency stop feature
Warranty	Limited 10 year warranty on structural frame not including coatings, all other components warranted for 2 years parts and 1 year labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail					

S Series Treadmill

Model	S-TRc	S-TRc with PVS	S-TRx	S-TRx with PVS
Overall Dimensions	81" l x 32" w x 58" h (206 x 81 x 147 cm)	81" l x 32" w x 73" h (206 x 81 x 185 cm)	81" l x 32" w x 58" h (206 x 81 x 147 cm)	81" l x 32" w x 73" h (206 x 81 x 185 cm)
Overall Weight	533 lbs (242 kg)	550 lbs (250 kg)	514 lbs (233 kg)	533 lbs (242 kg)
User Weight Capacity	500 lbs (227 kg)			
Running Surface Length	60" x 21.5" (152 x 55 cm)			
Step-up Height	7" (17.8 cm)			
Frame	Custom powder-coated steel uniframe			
Motor	5 HP AC		3 HP DC	
Electrical	110 volt, dedicated NEMA 5-20 cord; 220 volt (20 amp), dedicated NEMA 6-15 cord (15 amp) (optional)			
Certification	UL/CSA, CE, FCC, or CISPR			
Suspension	Soft Trac® triple cell neoprene rubber, Deck System: Reversible 1" (2.5 cm) composite fiberboard, waxing not required			
Rollers	3.5" (9 cm) sealed bearings			
Colors	Frame: Star Trac Silver, Shrouds: Slate Gray, Accents: Black			
Incline	0 to 15% in 0.5% increments			
Speed Range	0.5 to 12.5mph (0.8 to 20 km/h) in 0.1 mph (0.1 km/h) increments			
HR Monitoring	Polar® Telemetry and Contact Heart Rate System			
Display	Intuitive, tactile response keypad with LED technology			
Programs	13 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Burn Calories, Manual, Increase Endurance, Fitness Test (Modified Balke Ware)			
Readouts	Large 8-character message window; Dedicated: Time, distance, incline, speed, heart rate, 1/4-mile motivational track, profile; Scrolling: calories, METs, course profile		Large 4-character message window; Dedicated: Time, distance, incline, speed, heart rate, 1/4-mile motivational track, profile; Scrolling: calories, METs, course profile	
Standard Features	Personal cooling fan, dedicated heart rate display, Entertainment Solutions Ready, Safety Lanyard, and CSAFE data port.			
Entertainment	Pre-wired for S Series entertainment system	S Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base	Pre-wired for S Series entertainment system	S Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base
Warranty	Commercial Warranty - Limited 10 year warranty on structural frame not including coatings, motor and MCB 5 years parts and labor, all other components warranted for 2 years parts and 1 year labor, wear items 1 year parts and labor Light Commercial Warranty - Limited 10 year warranty on structural frame not including coatings, motor and MCB 5 years parts and labor, all other components warranted for 3 years parts and 3 years labor, wear items 1 year parts and labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail		Light Commercial Warranty only (not intended for full commercial use) - Limited 10 year warranty on structural frame not including coatings, motor and MCB 5 years parts and labor, all other components warranted for 3 years parts and 3 years labor, wear items 1 year parts and labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for light commercial and consumer warranty detail	

S Series Cross Trainer

Model	S-CTx	S-CTx with PVS
Overall Dimensions	76" l x 30" w x 70" h (193 x 76 x 178 cm)	89.5" l x 30" w x 72" h (227 x 76 x 183 cm)
Overall Weight	483 lbs (219 kg)	505 lbs (229 kg)
User Weight Capacity	350 lbs (159 kg)	
Distance Between Pedals	2.25" (5.72 cm)	
Step-up Height	7" (17.8 cm)	
Pedal Size	17.5" l x 8" w (45 x 20 cm), open ended	
Electrical	Self-contained power supply, no external power needed. AC adapter is available for an upgrade	
Certification	UL/CSA, CE, FCC, or CISPR	
Colors	Star Trac Silver, Shrouds: Slate Gray, Accents: Black	
HR Monitoring	Polar® Telemetry and Contact Heart Rate System	
Resistance	20 levels of intensity	
Display	Intuitive, tactile response keypad with LED technology	
Programs	10 programs including Quick Start, Dynamic Heart Rate Control®, Constant Heart Rate Control	
Readouts	4-character message window; Dedicated: Time, Heart Rate, Motivational Track, Profile Scrolling: Calories, Watts, Distance, Speed, METs	
Standard Features	Personal cooling fan, dedicated heart rate display, pre-wired for Star Trac entertainment solution, Soft Trac® pedals, and CSAFE data port.	
Entertainment	Pre-wired for S Series entertainment system	S Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base
Warranty	Commercial Warranty - Limited 10 year warranty on structural frame not including coatings, all other components warranted for 2 years parts and 1 year labor Light Commercial Warranty - Limited 10 year warranty on structural frame not including coatings, all other components warranted for 3 years parts and 3 years labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail	

S Series Upright Bike

Model	S-UBx	S-UBx with PVS
Overall Dimensions	48" l x 25" w x 57" h (122 x 64 x 145 cm)	48" l x 25" w x 72" h (122 x 64 x 183 cm)
Overall Weight	157 lbs (71 kg)	163 lbs (74kg)
User Weight Capacity	350 lbs (159 kg)	
Pedals/Crank	Morse Taper bottom bracket, dual-sided pedal, extra long 14" pedal straps with inline skate-style clip	
Frame	Custom steel frame	
Electrical	Self-contained power supply, no external power needed. AC adapter is available for an upgrade	
Certification	UL/CSA, CE, FCC, or CISPR	
Colors	Frame: Star Trac Silver, Shrouds: Slate Gray, Accents: Black	
HR Monitoring	Polar® Telemetry and Contact Heart Rate System	
Resistance	20 levels of intensity	
Display	Intuitive, tactile response keypad with LED technology	
Programs	10 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Manual, Burn Calories, Increase Endurance, Burn Fat, Calorie Goal, Distance Goal, Fitness Test	
Readouts	4-character message window, Dedicated: Time, RPM, distance, heart rate, motivational track, course profile, resistance level, Scrolling: Calories/METs (automatic toggle)	
Standard Features	Personal cooling fan, dedicated heart rate display, easy ratchet seat adjust, rubber comfort racing position, oversize font on display, and CSAFE data port.	
Entertainment	Pre-wired for S Series entertainment system	S Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base
Warranty:	Commercial Warranty - Limited 10 year warranty on structural frame not including coatings, all other components warranted for 2 years parts and 1 year labor Light Commercial Warranty - Limited 10 year warranty on structural frame not including coatings, all other components warranted for 3 years parts and 3 years labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail	

S Series Recumbent Bike

Model	S-RBx	S-RBx with PVS
Overall Dimensions	66" l x 25" w x 53" h (168 x 64 x 135 cm)	66" l x 25" w x 67" h (168 x 64 x 106 cm)
Overall Weight	212 lbs (96 kg)	234 lbs (106 kg)
User Weight Capacity	350 lbs (159 kg)	
Pedals/Crank	Morse Taper bottom bracket, dual-sided pedal, extra long 14" pedal straps with inline skate-style clip	
Frame	Custom steel frame	
Electrical	Self-contained power supply, no external power needed. AC adapter is available for an upgrade	
Certification	UL/CSA, CE, FCC, or CISPR	
Colors	Frame: Star Trac Silver, Shrouds: Slate Gray, Accents: Black	
HR Monitoring	Polar® Telemetry and Contact Heart Rate System	
Resistance	20 levels of intensity	
Display	Intuitive, tactile response keypad with LED technology	
Programs	10 programs including Dynamic Heart Rate Control®, Constant Heart Rate Control, Quick Start, Manual, Burn Calories, Increase Endurance, Burn Fat, Calorie Goal, Distance Goal, Fitness Test	
Readouts	4-character message window, Dedicated: Time, RPM, distance, heart rate, motivational track, course profile, resistance level, Scrolling: Calories/METs (automatic toggle)	
Standard Features	Personal cooling fan, dedicated heart rate display, easy ratchet seat adjust, rubber comfort racing position, oversize font on display, and CSAFE data port.	
Entertainment	Pre-wired for S Series entertainment system	S Series PVS entertainment system which includes 15.6" (39.6 cm) high definition LCD screen, NTSC/ATSC/QAM digital tuner or PAL/SECAM tuner, integrated 30-pin iPod® connector, coaxial cable connector at base
Warranty:	Commercial Warranty - Limited 10 year warranty on structural frame not including coatings, all other components warranted for 2 years parts and 1 year labor Light Commercial Warranty - Limited 10 year warranty on structural frame not including coatings, all other components warranted for 3 years parts and 3 years labor *Warranties are subject to change and may vary internationally *Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail	

Turbo Trainer™

Model	9-4550
Overall Dimensions	51" l x 29" w x 58" h (129.5 x 73.7 x 58 cm)
Overall Weight	155 lbs (70.5 kg)
User Weight Capacity	350 lbs (159 kg)
Pedals/Crank	3 piece crank with sealed bearings, dual-sided pedal, extra long 14" pedal straps
Frame	Custom steel frame
Electrical	Self-contained power supply, no external power needed. (console requires 4 AA batteries)
Certification	CE and FCC
Colors	Frame: Star Trac Silver, Shrouds: Slate Gray, Accents: Black and Red
HR Monitoring	Polar® Telemetry
Resistance	Isokinetic user drive system
Console	Automatic scan mode upon cycling initiation. Features: elapsed time, distance, kilocalories, RPM's and telemetric heart rate when combined with a compatible chest strap.
Standard Features	Fan-shaped flywheel for isokenetic resistance and cooling effect, simultaneous upper and lower body exercise, upper body only foot rest platforms, easy ratchet seat adjust
Warranty:	2-year warranty on parts, 1-year warranty on labor. labor (USA and Canada only)* (Light Commercial warranty for all non dues paying facilities 3 years parts/labor)

Strength Warranty

	Inspiration Strength®	HumanSport®	Leverage®	Impact Strength®	Plate Loaded
Warranty	<p>10 year limited warranty on structural frame not including coatings. 5 years on integral bearings, guide rods, pulleys and weight plates. 1 year labor. 1 year on cables, plate switches and grips. 90 days on upholstery stitching and items not specified.</p> <p>*Additional restrictions may apply; see your sales representative for detailed warranty information.</p> <p>*Warranty is subject to change.</p>	<p>Limited 10 year warranty on structural frame not including coatings, 5 years part on major mechanical components – guide rods, plates, bearings etc, 1 year on minor mechanical components – plate switches, cables, grips etc., 90 days on upholstery, 1 year labor</p> <p>*Warranties are subject to change and may vary internationally</p> <p>*Contact your Star Trac Sales representative for full commercial, light commercial and consumer warranty detail</p>			
	Multi-Stations	Benches and Racks	Instinct®	BoxMaster®	
Warranty	<p>Limited 10 year warranty on structural frame not including coatings, 5 years parts on major mechanical components – guide rods, plates, bearings etc, 1 year on minor mechanical components – plate switches, cables, grips etc., 6 months on upholstery, 1 year labor</p> <p>*Warranties are subject to change and may vary internationally</p> <p>*Contact your Star Trac Sales Representative for full commercial, light commercial and consumer warranty detail</p>			<p>BoxMaster® warrants all structural frameworks for a period of 5 years. This limited warranty on structural frame does not include coatings. The following moving parts are warranted for 5 years; spring arm assemblies and main arm mounting tube. All unlisted parts, handles and accessories are warranted for 1 year. Upholstery is warranted for 6 months.</p> <p>*Additional restrictions may apply; see your sales representative for detailed warranty information.</p> <p>*Warranty is subject to change.</p>	

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