

product information

Volume 7

November 2012

Plate Loaded Leg Extension

Product Number: 16300

List Price: \$1995

- Replaces the 5230
- Available in standard lead-time.
- Cable and cam design provides for an accurate resistance profile.
- Offset input arm allows for the tibia pad to adjust without affecting the starting angle of the knee. In combination with proper pivot location, this allows the use of a flat pad for reduced shin pressure.
- The angled back pad (100 degree angle between seat and back) relieves hamstring tension.
- Floating tibia pad provides effortless setup.
- Length: 79" (201 CM)
- Width: 39" (99 CM)
- Height: 44" (112 CM)
- Weight: 187lbs (85 KG)



- Last day to enter orders for the 5230 is November 30, 2012.
- Last day for shipment of 5230 is December 30, 2012.

5000 Plate Loaded Series End of Life

The remaining products of the 5000 Plate Loaded series will no longer be available as of yearend.

Orders for the following product must be entered as of November 30, 2012 and ship before December 28 2012.

- 5240 Kneeling Leg Curl
 - Please note that a direct replacement for the Kneeling Leg Curl is presently in development for Q1 production.
- 5255 Rear Delt
- 5286 Arm Extension
- 5281 Arm Curl

Arc Trainer Product Numbers

The following Product Number changes reflect a manufacturing change only and do not have any impact on the form or function of the products. The Product Number was updated to allow for streamlining of service related items.

- 625A to 626A
- 625AT to 626AT
- 770A to 771A
- 770A to 771 AT