



16000 Series

Plate Load, Free Weight and Benches

Product No.	Description	Length		Width		Height		Weight		Max User	Max Training
		IN.	CM	IN.	CM	IN.	CM	LB	KG		
FREE WEIGHT STATIONS											
Upper Body											
16010	Olympic Bench Press	60	152	53	135	51	130	121	55	300	800
16050	Olympic Incline Press	63	160	53	135	57	145	133	60	300	800
16063	Olympic Decline Press	73	185	53	135	47	119	133	60	300	800
16130	Scott Curl	39	99	29	74	37	94	96	44	300	500
16270	Military Press	54	137	54	137	66	168	207	94	300	500
Lower Body											
16230	Squat Rack	65	165	70	178	72	183	248	113	NA	800
16290	60 Degree Calf	61	155	30	76	51	130	180	82	300	460
BODY WEIGHT STATIONS											
16021	45° Back Extension	58	147	30	76	32	81	106	48	400	NA
16170	Bent Leg Ab Board	57	145	28	71	41	104	126	57	400	NA
16180	Leg Raise Chair	47	119	34	86	64	163	144	65	400	NA
16185	Dip / Chin / Leg Raise	59	150	50	127	99	251	214	97	400	NA
BENCHES AND RACKS											
16250	Twin Tier Dumbbell Rack (holds 10 pairs)	90	229	22	56	31	79	181	82		
16255	Three Tier Dumbbell Rack (holds 15 pairs))	90	229	22	56	40	102	181	82		
16041	Flat Bench	48	122	26	65	17	44	43	20	300	800
16001	Adjustable -10 to 80° Bench	57	145	26	65	17	44	74	34	300	460
16031	Utility Bench	46	117	26	65	38	95	50	23	300	800
16140	Weight Tree (holds plates only)	35	89	25	64	54	137	63	29		
16141	Weight Tree with Bar Storage	35	89	25	64	54	137	68	31		
16161	Adjustable Decline Bench	61	155	23	58	26	66	60	27	400	NA
16260	Barbell Rack	38	97	33	84	55	140	130	59		
16240	Power Cage	59	150	73	185	94	237	441	200	350	800
PLATE LOADED STATIONS											
Lower Body											
16150	Squat Press	82	208	69	175	53	135	342	155	300	900
16110	Leg Press	83	211	64	163	54	137	443	201	300	900
16211	Seated Calf	58	147	30	76	39	99	147	67	300	270
16200	Hack Squat	81	206	61	155	64	163	390	177	300	540
16290	60 Degree Calf Raise	61	155	30	76	51	130	180	82	300	460
16300	Leg Extension	79	201	39	99	44	112	187	85	300	270
16310	Kneeling Leg Curl	50	127	55	140	51	130	182	83	300	270
Upper-Body											
16090	Row	82	208	34	86	48	122	159	72	300	540
16070	Lat Pull	87	221	49	124	72	183	207	94	300	540
16080	Chest Press	50	127	59	150	52	132	192	87	300	540
16101	Overhead Press	53	135	54	137	49	124	180	82	300	540
16190	Incline Press	55	140	59	150	49	124	181	82	300	540
16280	T-Bar Row	80	203	30	76	28	71	172	78	300	800
16320	Triceps Press	81	206	34	86	47	119	140	64	300	270
Multi Exercise											
16120	Smith Press	54	137	84	213	84	213	380	173	NA	800