

Shoulder press

BF-1006



BODY FORCE *Just For Health*

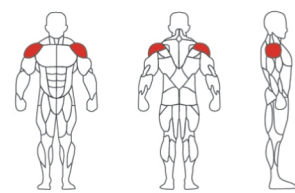
1000LINE



LATERAL RAISE BF-1005

- Gas-assisted seat and inward facing orientation helps user easily align shoulder joint to pivot.
- Padded arm pads and fixed handles allow for easy user positioning.

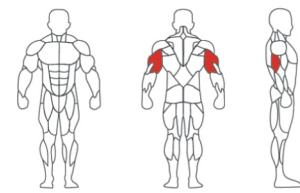
Length:	mm 1300
Width:	mm 860
Height:	mm 1370
Machine weight:	kg 173
Max load:	kg 45



SEATED DIP BF-1026

- Unique linear motion path for correct exercise movement with narrow and wide handle positions.
- Forward angled seat back keeps you secure in the machine.

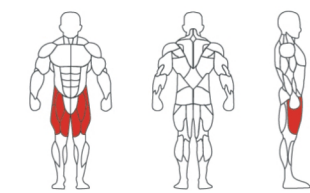
Length:	mm 1400
Width:	mm 1070
Height:	mm 1350
Machine weight:	kg 230
Max load:	kg 114



BACK EXTENSION BF-1031

- The S-Line Back Extension features a wall in and use design with no adjustments necessary.
- The lumbar roller pad and pivoting back pad provide a superior, comfortable movement during the full range of motion.

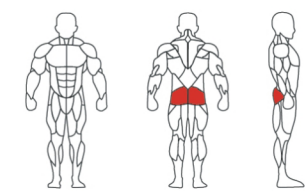
Length:	mm 1300
Width:	mm 890
Height:	mm 1350
Machine weight:	kg 255
Max load:	kg 136



PRONE LEG CURL BF-1001

- Easy entry allows user to align knee joint with pivot for proper exercise mechanics.
- Ankle roller pad adjusts for varying leg length.

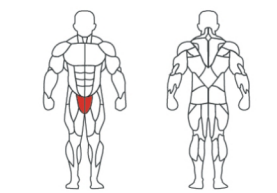
Length:	mm 1520
Width:	mm 990
Height:	mm 1350
Machine weight:	kg 216
Max load:	kg 91



LEG EXTENSION BF-1002

- The S-Line Leg Extension features multiple, adjustable start positions for work out flexibility, and a self-aligning ankle pad for comfort and convenience.
- Ratcheting adjustable back pad allows easy alignment of knee pivot.

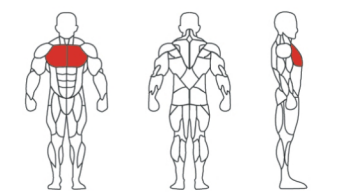
Length:	mm 1300
Width:	mm 990
Height:	mm 1350
Machine weight:	kg 223
Max load:	kg 114



GLUTE ISOLATOR BF-1024

- Curvilinear motion path does not require hip alignment, and long movement arm encourages knee extension for full gluteal involvement.
- Elbow pad, handles and large base platform stabilize the user during exercise.

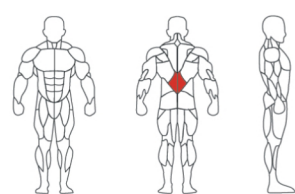
Length:	mm 1120
Width:	mm 860
Height:	mm 1350
Machine weight:	kg 141
Max load:	kg 45



CAMBER CURL BF-1030

- The S-Line Bicep Curl features a preacher curl position with comfortable, auto-adjust hand grips to fit all users.
- The single seat adjustment is ratcheting for proper exercise positioning.

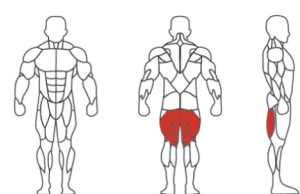
Length:	mm 1190
Width:	mm 890
Height:	mm 1350
Machine weight:	kg 168
Max load:	kg 68



ABDUCTOR BF-1021

- The S-Line Abductor features an easy-adjust position for both inner and outer thigh exercises. The pivoting thigh pads are angled for improved function and comfort during workouts. Dual foot pegs accommodates users of all sizes.

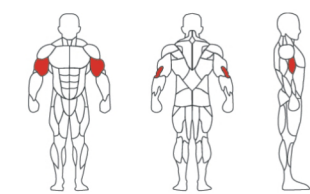
Length:	mm 1550
Width:	mm 860
Height:	mm 1350
Machine weight:	kg 214
Max load:	kg 68



ADDUCTOR BF-1022

- The S-Line Adductor features an easy-adjust position for both inner and outer thigh exercises. The pivoting thigh pads are angled for improved function and comfort during workouts. Dual foot pegs accommodates users of all sizes.

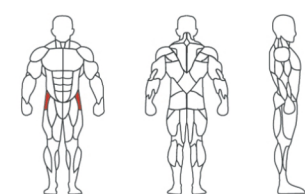
Length:	mm 1550
Width:	mm 860
Height:	mm 1350
Machine weight:	kg 216
Max load:	kg 68



SEATED TRICEP-FLAT BF-1027

- The S-Line Tricep Extension features a preacher curl position with comfortable, auto-adjusting hand grips with ergonomic press pad.
- The single seat adjustment is ratcheting for proper exercise positioning.

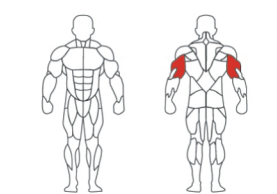
Length:	mm 1140
Width:	mm 940
Height:	mm 1470
Machine weight:	kg 119
Max load:	kg 68



VERTICAL PRESS BF-1008

- The S-Line Chest Press features comfortable, oversized grips with multiple positions, an adjustable back pad for desired pre-stretch start position, and an adjustable seat for proper exercise height and form.

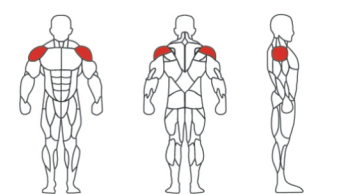
Length:	mm 1320
Width:	mm 1300
Height:	mm 1350
Machine weight:	kg 214
Max load:	kg 114



SHOULDER PRESS BF-1006

- The S-Line Shoulder Press features comfortable, oversized grips with multiple positions, and an adjustable seat pad for desired start position and proper form.

Length:	mm 1850
Width:	mm 1220
Height:	mm 1320
Machine weight:	kg 239
Max load:	kg 114

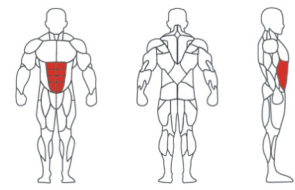




ABDOMINAL ISOLATOR BF-1019

This machine uses the hip flexors to increase use of the abdominal wall muscle. The innovative movement arm allows the user to achieve total stability without the need for adjustments. The back rest ensures pelvic stability and abdominal muscle isolation.

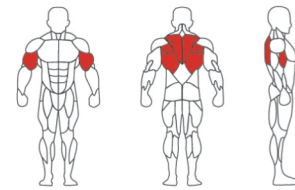
Length:	mm 1190
Width:	mm 970
Height:	mm 1350
Machine weight:	kg 209
Max load:	kg 91



VERTICAL ROW BF-1034

The S-Line Seated Row features adjustable chest pad and seat height for desired start exercise position. Extra long seat allows taller user to get a full stretch and full range of motion. Comfortable grips with multiple hand positions fit users of all size.

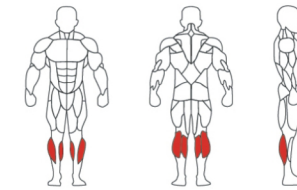
Length:	mm 1550
Width:	mm 1320
Height:	mm 1600
Machine weight:	kg 194
Max load:	kg 91



SEATED CA BF-1062

Durable release arm and convenient handle. Plate load horn angled for easier loading/unloading of weight. Thigh pad adjustment telescopes to accommodate almost any user.

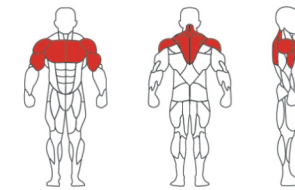
Length:	mm 1500
Width:	mm 710
Height:	mm 990
Machine weight:	kg 75



REAR DELT/PEC FLY BF-1007

The S-Line Rear Delt/Pec Fly features pivoting movement arms that automatically adjust for users' arm lengths. The easy-adjust start position and dual hand positions offer exercise variety. Ratcheting seat adjustment allow for proper height position. Long, narrow back pad provides back support for Pec Fly exercise, and chest support for Rear Delt movement.

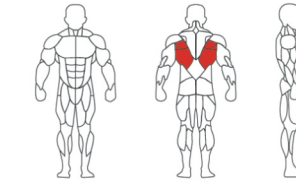
Length:	mm 1240
Width:	mm 990
Height:	mm 2110
Machine weight:	kg 261
Max load:	kg 114



PULLDOWN BF-1035

Pulley is located so that the movement may be performed in front of or behind the head comfortably. Thigh pad adjustment will accommodate a wide variety of users. Handles can be interchanged.

Length:	mm 1850
Width:	mm 1090
Height:	mm 2340
Machine weight:	kg 248
Max load:	kg 114



SUPER SQUAT BF-1065

Simulates a variety of lower body squatting exercises without the use of a free-weight bar. Can be used both face-in and face-out. Features an oversized footplate, comfortably padded shoulder pads, and plate storage prk.

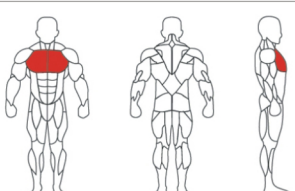
Length:	mm 2010
Width:	mm 1630
Height:	mm 1470
Machine weight:	kg 196



INCLINE PRESS BF-1013

The S-Line Incline press features comfortable, oversized grips with multiple positions, and an adjustable seat pad for desired start position and proper form.

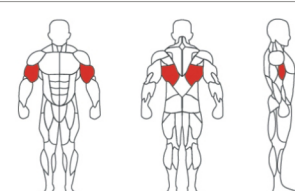
Length:	mm 1850
Width:	mm 1220
Height:	mm 1320
Machine weight:	kg 239
Max load:	kg 114



INCLINE LEVER ROW BF-1061

Chest pad and non-skid footplate stabilize and support the user during exercise. Dual position handles allow user to fine-tune their exercise position. Durable pillow block bearings provide smooth, low-maintenance performance.

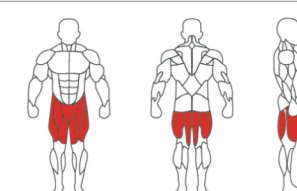
Length:	mm 1850
Width:	mm 790
Height:	mm 1190
Machine weight:	kg 86



ANGLED LEG PRESS BF-1056

The durable linear-bearing mechanism creates smooth travel for the footplate sled. The adjustable seat back lets users set their most comfortable body position. Convenient handle in side makes getting in and out of position very easy. An optional add-on weight holder is available (not shown) for additional load capacity. Available with angled (601) and flat (601B) foot plate. Plate storage is standard.

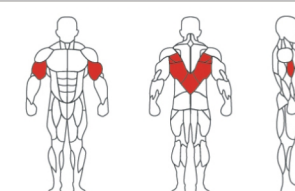
Length:	mm 2210
Width:	mm 1630
Height:	mm 1350
Machine weight:	kg 266



LONGPULL BF-1033

Off-the-floor design for convenient entry/exit. Extra large footplate accommodates users of all size. Handles are easily interchangeable.

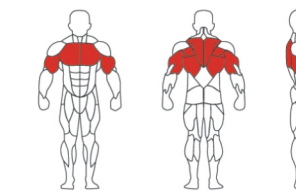
Length:	mm 2820
Width:	mm 1090
Height:	mm 2360
Machine weight:	kg 268
Max load:	kg 114



DIP/CHIN ASSIST BF-1009

Oversized steps, comfortable knee pad, corating dip handles, and multiple-position pull-up handles are part of this highly versatile unit. The knee pad tips up out of the way for unassisted exercises. A linear bearing mechanism assures durability.

Length:	mm 1550
Width:	mm 1370
Height:	mm 2360
Machine weight:	kg 289
Max load:	kg 91



MULTI-PURPOSE BENCH BF-1038

Length:	mm 1060
Width:	mm 680
Height:	mm 900
Total weight:	kg 30



BACK EXTENSION BF-1045

Length:	mm 1210
Width:	mm 890
Height:	mm 670
Total weight:	kg 55



SEATED PREACHER CURL BF-1044

Length:	mm 1130
Width:	mm 840
Height:	mm 680
Total weight:	kg 54



SUPER BENCH BF-1039

Length:	mm 1380
Width:	mm 680
Height:	mm 650
Total weight:	kg 43



FLAT BENCH BF-1036

Length:	mm 1410
Width:	mm 680
Height:	mm 420
Total weight:	kg 30



VERTICAL PLATE TREE BF-1054

Length:	mm 600
Width:	mm 1290
Total weight:	kg 40



DUMBBELL RACK BF-1049

Length:	mm 720
Width:	mm 2480
Height:	mm 610
Total weight:	kg 111



POWER CAGE BF-1048

Length:	mm 1570
Width:	mm 1240
Height:	mm 2340
Total weight:	kg 164



OLYMPIC BENCH BF-1043

Length:	mm 1740
Width:	mm 1700
Height:	mm 1220
Total weight:	kg 94



VERTICAL KNESS UP/DIP BF-1047

Length:	mm 1270
Width:	mm 710
Height:	mm 960
Total weight:	kg 96



OLYMPIC BENCHINGLINE BF-1042

Length:	mm 1980
Width:	mm 1700
Height:	mm 1400
Total weight:	kg 125



SQUAT RACK BF-1050

Length:	mm 1730
Width:	mm 610
Height:	mm 1290
Total weight:	kg 151



BEAUTY DUMBBELL RACK BF-1067

Length:	mm 680
Width:	mm 1290
Height:	mm 101
Total weight:	kg 112



SMITH MACHINE BF-1063

The bar is counter-balanced for a starting weight under 15 pounds. This is an ideal way for users of all strength levels to perform a wide range of upper and lower body exercises. There are no crossbar support members at floor level permitting benches to be conveniently rolled into the unit from either direction. Features spring-loaded adjustable bar catches and plate storage prk.

Length:	mm 1420
Width:	mm 2210
Height:	mm 2360
Machine weight:	kg 289



OLYMPIC SEATED BENCH BF-1051

Length:	mm 1540
Width:	mm 1800
Height:	mm 1770
Total weight:	kg 134



ADJ DECLINE BENCH BF-1037

Length:	mm 1640
Width:	mm 680
Height:	mm 990
Total weight:	kg 59



OLYMPIC DECLINE BF-1041

Length:	mm 2080
Width:	mm 1700
Height:	mm 1220
Total weight:	kg 120



BARBELL PACK BF-1055

Length:	mm 920
Width:	mm 780
Height:	mm 1520
Total weight:	kg 101



ADJUSTABLE CROSSOVER BF-1016

Consisting of two adjustable high/low pulley stations and a connector that offers dual clip-up bar options, the Crossover adjusts quickly for a wide range of exercise options.

Length:	mm 4470
Width:	mm 1090
Height:	mm 101
Machine weight:	kg 396



HANDLE RACK BF-1053

Length:	mm 940
Width:	mm 780
Height:	mm 1060
Total weight:	kg 68