

FWHM001 Chest Press



SPECIFICATION

- Product Code : FWHM001
- Dimensions : W 1690mm / L 1385mm / H 1380mm
- Weight : 180kg

FEATURE

- Exercise trajectory suitable for central training of the pectoralis major
- Stainless steel footboard
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Roller for durability and smooth feeling of movement
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM002 Shoulder Press



SPECIFICATION

- Product Code : FWHM002
- Dimensions : W 1415mm / L 1510mm / H 1410mm
- Weight : 173kg

FEATURE

- Exercise trajectory suitable for deltoid and collarbone training
- Spring Counterbalance to reduce the loaded weight
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Grips available in different way
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM003 Standing Abductor



SPECIFICATION

- Product Code : FWHM003
- Dimensions : W 950mm / L 1775mm / H 1540mm
- Weight : 140kg

FEATURE

- Exercise trajectory suitable for gluteus and abductor training
- Stainless steel Platform
- 8mm wire to prevent sagging
- Front support handles
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM004 Seated Row



SPECIFICATION

- Product Code : FWHM004
- Dimensions : W 1430mm / L 1355mm / H 1330mm
- Weight : 175kg

FEATURE

- Exercise trajectory suitable for training the center of the back
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Grips available in different way
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM005 Lat Pull down



SPECIFICATION

- Product Code : FWHM005
- Dimensions : W 1160mm / L 2180mm / H 2020mm
- Weight : 205kg

FEATURE

- Exercise trajectory suitable for latissimus dorsi and teres major muscles training
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Grips available in different way
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM006 High Row



SPECIFICATION

- Product Code : FWHM006
- Dimensions : W 1160mm / L 2090mm / H 2105mm
- Weight : 218kg

FEATURE

- Exercise trajectory suitable for latissimus dorsi, rhomboid, teres major muscles training
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Rotating handles for a more neutral grip that can be varied during exercise
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM007 Wide Lat pull down



SPECIFICATION

- Product Code : FWHM007
- Dimensions : W 1415mm / L 1725mm / H 2145mm
- Weight : 191kg

FEATURE

- Exercise trajectory suitable for latissimus dorsi and trapezius training
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Grips available in different way
- Visualizing Joint center for intensive training
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM008 Arm Curl



SPECIFICATION

- Product Code : FWHM008
- Dimensions : W 1285mm / L 1175mm / H 1220mm
- Weight : 165kg

FEATURE

- Exercise trajectory suitable for biceps and brachial training
- Seat with gas-assisted height adjustment
- 6mm High-strength Urethane wire for durability and smooth feeling of movement
- Cam to ensure optimum load tension
- Visualizing Joint center for intensive training
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM009 Lateral Raise



SPECIFICATION

- Product Code : FWHM009
- Dimensions : W 1190mm / L 1250mm / H 1280mm
- Weight : 175kg

FEATURE

- Exercise trajectory suitable for lateral deltoid training
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Visualizing Joint center for intensive training
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM010 Incline Press



SPECIFICATION

- Product Code : FWHM010
- Dimensions : W 1420mm / L 1660mm / H 1190mm
- Weight : 175kg

FEATURE

- Exercise trajectory suitable for upper portion of the pectoralis major training
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Grips available in different way
- Spring Counterbalance to reduce the loaded weight
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM011 Chest & Decline Dual



SPECIFICATION

- Product Code : FWHM011
- Dimensions : W 1290mm / L 2095mm / H 1295mm (Chest Setting)
W 1290mm / L 1770mm / H 1305mm (Decline Setting)
- Weight : 195kg

FEATURE

- Exercise trajectory suitable for central and lower training of the pectoralis major
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Backrest and grips with angle adjustment
- Dual system that allows you to do two exercises depending on your settings
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM012 Leg Curl



SPECIFICATION

- Product Code : FWHM012
- Dimensions : W 1260mm / L 1570mm / H 965mm
- Weight : 165kg

FEATURE

- Exercise trajectory suitable for hamstring training
- Leg Pad with height adjustment for fitting one's body
- 6mm High-strength Urethane wire for durability and smooth feeling of movement
- Cam to ensure optimum load tension
- Visualizing Joint center for intensive training
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM013 Leg Extension



SPECIFICATION

- Product Code : FWHM013
- Dimensions : W 1310mm / L 1460mm / H 995mm
- Weight : 165kg

FEATURE

- Exercise trajectory suitable for quadriceps training
- Leg Pad with height adjustment for fitting one's body
- 6mm High-strength Urethane wire for durability and smooth feeling of movement
- Cam to ensure optimum load tension
- Visualizing Joint center for intensive training
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM014 Chest Flight



SPECIFICATION

- Product Code : FWHM014
- Dimensions : W 1195mm / L 1585mm / H 1345mm
- Weight : 170kg

FEATURE

- Exercise trajectory suitable for medial training of the pectoralis major
- Seat with gas-assisted height adjustment
- 6mm High-strength Urethane wire for durability and smooth feeling of movement
- Cam to ensure optimum load tension
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM015 Lower Chest Flight



SPECIFICATION

- Product Code : FWHM015
- Dimensions : W 1110mm / L 1845mm / H 1340mm
- Weight : 170kg

FEATURE

- Exercise trajectory suitable for lower medial training of the pectoralis major
- Seat with gas-assisted height adjustment
- 6mm High-strength Urethane wire for durability and smooth feeling of movement
- Cam to ensure optimum load tension
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM016 Hack Press



SPECIFICATION

- Product Code : FWHM016
- Dimensions : W 1350mm / L 2070mm / H 1240mm
- Weight : 185kg

FEATURE

- Exercise trajectory suitable for quadriceps and calf training
- Linear sliding system with the a constant load on the wheel
- Roller for durability and smooth feeling of movement
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading

FWHM017 Hack Squat



SPECIFICATION

- Product Code : FWHM017
- Dimensions : W 1350mm / L 2140mm / H 1360mm
- Weight : 190kg

FEATURE

- Exercise trajectory suitable for quadriceps and hamstring training
- Linear sliding system with the a constant load on the wheel
- Roller for durability and smooth feeling of movement
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading

FWHM018 Power Leg Press



SPECIFICATION

- Product Code : FWHM018
- Dimensions : W 1520mm / L 2300mm / H 1375mm
- Weight : 260kg

FEATURE

- Exercise trajectory suitable for quadriceps and gluteus training
- Backrest with angle adjustment
- Linear sliding system with the a constant load on the wheel
- Roller for durability and smooth feeling of movement
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading

FWHM021 Belt Squat



SPECIFICATION

- Product Code : FWHM021
- Dimensions :
- Weight :

FEATURE

- Exercise trajectory suitable for quadriceps and hamstring training
- Spring Counterbalance to reduce the loaded weight
- Dual platform with adjustable angle
- Two center support handles with different heights
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM023 Gluteus Thrust



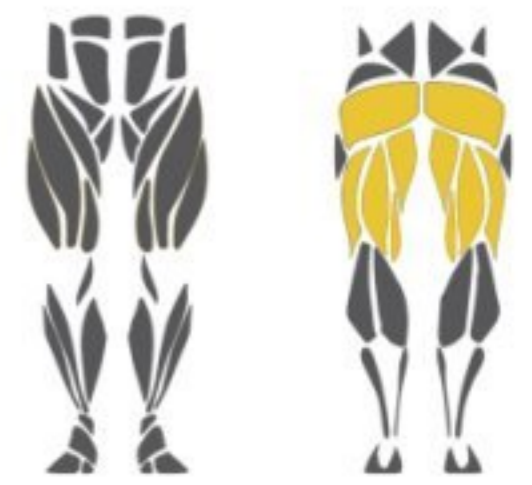
SPECIFICATION

- Product Code : FWHM023
- Dimensions : W 1230mm / L 2010mm / H 1550mm
- Weight : 190kg

FEATURE

- Exercise trajectory suitable for hamstring and gluteus training
- Seat with height adjustment for fitting one's body
- Slides that can be changed to a different angle
- Minimize vibrations using pins with locking features
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM024 Hip Thrust



SPECIFICATION

- Product Code : FWHM024
- Dimensions : W 1180mm / L 1820mm / H 970mm
- Weight : 150kg

FEATURE

- Exercise trajectory suitable for gluteus and lumbar muscles training
- Pad with height adjustment for fitting one's body
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM025 Dips Press



SPECIFICATION

- Product Code : FWHM025
- Dimensions : W 1690mm / L 1585mm / H 1235mm
- Weight :

FEATURE

- Exercise trajectory suitable for triceps and lower pectoralis major training
- 180° rotating seat
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Parallel handles adjustable to different widths
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM027 Standing Shoulder & Calf



SPECIFICATION

- Product Code : FWHM027
- Dimensions : W 1245mm / L 1540mm / H 1785mm
- Weight : 163kg

FEATURE

- Exercise trajectory suitable for deltoid and calf training
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Grips with height adjustment for fitting one's body
- Spring Counterbalance to reduce the loaded weight
- Dual system that allows you to do two exercises depending on your settings
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM031 Pull Over



SPECIFICATION

- Product Code : FWHM031
- Dimensions : W 1580mm / L 1655mm / H 1385mm
- Weight : 180kg

FEATURE

- Exercise trajectory suitable for pectoralis major and back muscles training
- Seat with gas-assisted height adjustment
- Rod end 20R Shockproof Bearing for durability
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Foot lever to help you start exercising
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM032 Pendulum Squat



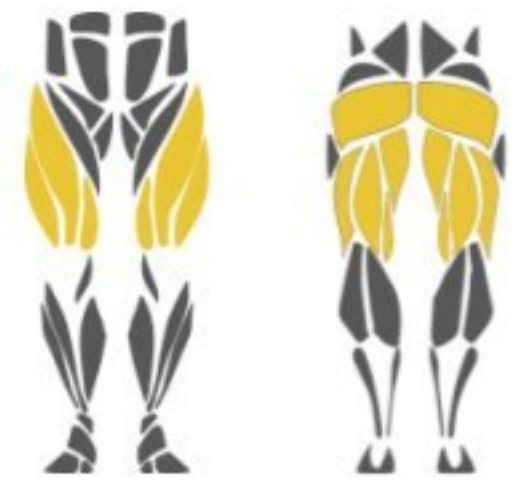
SPECIFICATION

- Product Code : FWHM032
- Dimensions :
- Weight :

FEATURE

- Exercise trajectory suitable for all thigh muscles and gluteus training
- Platform with angle adjustment
- Spring Counterbalance to reduce the loaded weight
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM033 Power V Squat



SPECIFICATION

- Product Code : FWHM033
- Dimensions :
- Weight :

FEATURE

- Exercise trajectory suitable for all thigh muscles and gluteus training
- Spring Counterbalance to reduce the loaded weight
- Ø30UR shaft bearing for smooth, flexible and stable machine
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM034 Link Outer Thigh



SPECIFICATION

- Product Code : FWHM034
- Dimensions : W 1410mm / L 1960mm / H 1220mm
- Weight : 195kg

FEATURE

- Exercise trajectory suitable for gluteus and abductor training
- Stainless steel platform
- Pin usable for band
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM035 Lever Row Type-A



SPECIFICATION

- Product Code : FWHM035
- Dimensions : W 1130mm / L 1925mm / H 1370mm
- Weight : 170kg

FEATURE

- Exercise trajectory suitable for trapezius and latissimus dorsi training
- Platform with gas-assisted height adjustment
- 360° rotating grips for different angles
- Handles adjustable to various widths
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience

FWHM035 Lever Row Type-B



SPECIFICATION

- Product Code : FWHM035
- Dimensions : W 1130mm / L 1925mm / H 1370mm
- Weight : 160kg

FEATURE

- Exercise trajectory suitable for trapezius and latissimus dorsi training
- Platform with gas-assisted height adjustment
- 360° rotating grips for different angles
- Handles adjustable to various widths
- Weight holders with stylish cover to prevent a scratch and rust
- Seat with Polyurethane to prevent cracking, pressing and abrading
- Cup holder and cell phone holder for convenience