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**FINNLO**  
FITNESS SYSTEMS



FITNESS 2013/14



## 100 YEARS IN SPORTS

HAMMER SPORT is deeply rooted in the manufacture, sales and distribution of sporting articles from the beginning of the Heinrich Hammer company, which was founded in 1900 and became well-known in the 50's with its "erbacher" brand to the present company of HAMMER SPORT AG, a leading modern company in the leisure industry.

The product range now includes almost 600 different articles. HAMMER, FINNLO and FINNLO MAXIMUM fitness equipment, MIKASA sports balls, HAMMER BOXING and FinnSpa wellness products are offered in more than 50 countries worldwide.

The company's high quality standard is reflected in the constant stream of new innovations and continuous growth setting new and innovative benchmarks in product design. Numerous patents and utility models document the capabilities of HAMMER SPORT AG.

The development of products from the idea to the first prototype takes place in the company's headquarters in Neu-Ulm, Germany. Other field offices overseas coordinate further product development and quality control management. Before a HAMMER SPORT product goes into full production, precise international quality tests in accordance with different external testing institutions have to be carried out. This is to determine the product placement and 100% customer satisfaction. A well known brand name with premium quality, product longevity with a high „fun-factor“ usage are HAMMER SPORT AG main targets.





# CROSSTRAINER LOXON XTR

## LOXON XTR

Item No.: 3279

Top model of the Loxon series with exclusive features.

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction and control, body toning, watt and pulse-orientated cardio training

### COMPUTER

Performance: 25-400 watt  
 Distance/Time/Speed/RPM/  
 Calorie consumption  
 Integrated pulse receiver for chest belt  
 Hand pulse  
 Lower/Upper pulse limit adjustable  
 Pulse percentage for upper limit  
 QUICK START & QUICK HRC  
 Training note/grade when finished  
 Recovery pulse measurement  
 Training value settings  
 Load profiles: 12  
 LCD display: blue backlight  
 DRINK REMINDER  
 Permanent displays: 8  
 Heart Rate Controlled programs: 4  
 Resistance control: computer controlled

### FEATURES

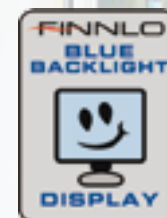
Adjustable foot plates: 3 positions  
 Integrated transportation rollers  
 Height adjustment  
 Precision ball bearings  
 Braking system: induction  
 Footplate distance: 16 cm  
 Drive system: belt driven  
 Gear transmission ratio 1:9  
 Flywheel mass ca. 20 kg  
 Load control: RPM independent  
 Load spectrum: 32 steps  
 Power supply: 230 V, 50 Hz  
 Class HA (According to DIN EN 957 – 1/9)  
 Max. body weight: 150 kg  
 Dimensions (L x W x H) cm: 148 x 58 x 158  
 Colour: white/silver



High-Tech spherical bearing for perfect quiet running.



Swivel joint with 2 roller bearings.





# CROSSTRAINER LOXON



High-Tech spherical bearing for perfect quiet running.



Swivel joint with 2 roller bearings.

## LOXON

Item No. 3272

Experience perfect cross-trainer ergonomics and comprehensive program diversity.

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction and control, body toning, pulse-orientated cardio training

### COMPUTER

Distance/Time/Speed/RPM/  
Calorie Consumption  
Integrated pulse receiver for chest belt  
Hand pulse  
Lower/upper pulse limit adjustable  
Pulse percentage for upper limit  
Training grade when finished  
Recovery pulse measurement  
Training value settings  
Load profiles: 12  
LCD display: blue backlight  
DRINK REMINDER  
8 Permanent displays  
4 Heart Rate Controlled programs  
Resistance control: computer controlled

### FEATURES

Adjustable foot plates: 3 positions  
Integrated transportation rollers  
Height adjustment  
Precision ball bearings  
Braking system: permanent magnet  
Footplate distance: 16 cm  
Drive system: belt driven  
Gear transmission ratio: 1:9  
Flywheel mass ca. 20 kg  
Load control: RPM dependent  
Load spectrum: 32 intervals  
Power supply: 230 V, 50 Hz  
Class HA (According to DIN EN 957 – 1/9)  
Max. body weight: 150 kg  
Dimensions (L x W x H) cm: 148 x 58 x 158  
Colour: silver/anthracite



# CROSSTRAINER TIVON

## TIVON

Item No. 3270

The perfect starter model for a total body workout!

### SUITABLE FOR:

Joint-friendly movement, weight reduction, body toning and pulse-orientated cardio training.

### COMPUTER

- Distance/Time/Speed/RPM/Calorie Consumption
- Integrated pulse receiver for chest belt
- Lower/upper pulse limit adjustable
- Pulse percentage for upper limit
- Hand pulse
- Training grade when finished
- Recovery pulse measurement
- Training value settings
- Load profiles: 12
- LCD display: blue backlight
- 8 Permanent displays
- 4 Heart Rate Controlled programs
- Resistance control: computer controlled

### FEATURES

- Adjustable foot plates: 3 positions
- Integrated transportation rollers
- Height adjustment
- Precision ball bearings
- Braking system: permanent magnet
- Footplate distance: 16 cm
- Drive system: belt driven
- Gear transmission ratio: 1:9
- Flywheel mass ca. 18 kg
- Load control: RPM dependent
- Load spectrum: 32 intervals
- Power supply: 230 V, 50 Hz
- Class HA (According to DIN EN 957 – 1/9)
- Max. body weight: 130 kg
- Dimensions (L x W x H) cm: 148 x 58 x 158
- Colour: white/black



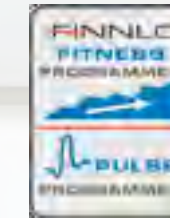
Adjustable footplates with non-slip surface for different body sizes.



High-Tech spherical bearing for perfect quiet running.



Swivel joint with 2 roller bearings.





## CROSSTRAINER FINUM III



10 gear shift for exact setting and control

### FINUM

Item No. 3262

The perfect "Desired Weight" crosstrainer.

### SUITABLE FOR:

Joint-friendly training of the whole body for strengthening the cardiovascular system, weight reducing and body toning.

### COMPUTER

Distance / Time / Speed / RPM / Calorie Consumption  
Hand Pulse  
Upper pulse limit adjustable  
Recovery pulse measurement including fitness score  
Training value settings  
LCD display  
1+5 permanent displays  
Manual resistance control with 10 steps

### FEATURES

Adjustable foot plates: 3 positions  
Integrated transportation rollers  
Height adjustment  
Precision ball bearings  
Braking system: permanent magnet  
Footplate distance: 22cm  
Drive system: belt driven  
Gear transmission ratio 1:8  
Flywheel mass ca. 16 kg  
Max. user weight: 130 kg  
Dimensions (L x W x H) cm: 131 x 63 x 162  
Colour: silver/anthracite/red



Adjustable foot plates with non-slip surface for different body sizes







# ELLIPTICAL TRAINER E-GLIDE SR



High speed technique with premium ball bearings for high-speed cross-training. The perfect speedbike alternative for a whole body workout.

## E-GLIDE SR

Item No.: 3218

The perfect "Calories-Killer". High-Speed elliptical training for a sporty whole body workout. Premium elliptical training with a footplate distance of 50cm and automatic fitness programs.

### SUITABLE FOR:

Joint-friendly training of the whole body for strengthening the cardiovascular system, weight reducing and body toning, as well as pulse-orientated cardio training.

### COMPUTER:

- Distance / Time / Speed / RPM / Calorie Consumption
- LCD display: blue backlight
- 16 load levels
- Training parameters adjustable
- Pulse measurement with hand pulse sensor or optional chest belt (receiver integrated)
- 5 load profiles
- 2 heart rate controlled programs
- Computer controlled resistance control

### FEATURES:

- Integrated transportation rollers
- Ventilator
- Height adjustment
- Precision ball bearings
- Braking system: permanent magnet
- Footplate distance: 5 cm
- Drive system: belt driven
- Gear transmission ratio 1:8
- Flywheel mass ca. 20 kg
- Load control: PRM independent
- Power supply: 230 V, 50 Hz
- Max. user weight: 150 kg
- Dimensions (L x W x H) cm: 175 x 58 x 166
- Colour: silver/black



## ELLIPTICAL TRAINER SOLE XTR



### SOLE XTR

Item No.: 3217

A hard act to follow! Stop wasting time by going to the gym. Simply do your training on highest fitness level at home.

The Ellypsis SOLE XTR combines perfect ergonomics with up to date drive engineering. Luxury feature details like automatic incline for an uphill function, a ventilator, and a big LCD display create high-end training comfort.

#### SUITABLE FOR:

Joint-friendly training of the whole body for strengthening the cardiovascular system, weight reducing and body toning, as well as pulse-orientated cardio training.

#### COMPUTER:

Distance / Time / Speed / RPM / Calorie Consumption

LCD display: blue backlight

16 load levels

Training parameters adjustable

Pulse measurement with hand pulse sensor or optional chest belt (receiver integrated)

6 load profiles

2 heart rate controlled programs

Computer controlled resistance control

#### FEATURES:

Automatic Incline for an uphill function

Ventilator

Integrated transportation rollers

Height adjustment

Precision ball bearings

Braking system: permanent magnet

Footplate distance: 6 cm

Drive system: belt driven

Gear transmission ratio 1:9

Flywheel mass ca. 16 kg

Load control: PRM independent

Power supply: 230 V, 50 Hz

Max. user weight: 150 kg

Dimensions (L x W x H) cm: 180 x 60 x 162

Colour: silver/black



## ELLIPTICAL TRAINER ELLYPSIS E1000



Front-driven with long elliptical movement for a real studio feeling!

### ELLYPSIS E1000

Item No. 3215

Studio feeling guaranteed! Premium elliptical training with a stride length of 46 cm and sporty feature details.

#### SUITABLE FOR:

Joint-friendly training of the whole body for strengthening the cardiovascular system, weight reducing and body toning, as well as pulse-orientated cardio training.

#### COMPUTER:

Distance / Time / Speed / RPM / Calorie Consumption

LCD display: blue backlight

16 load levels

Training parameters adjustable

Pulse measurement with hand pulse sensor or optional chest belt (receiver integrated)

5 load profiles

2 heart rate controlled programs

Computer controlled resistance control

#### FEATURES:

Stride length: 50 cm

Ventilator

Integrated transportation rollers

Height adjustment

Precision ball bearings

Braking system: permanent magnet

Footplate distance: 9 cm

Drive system: belt driven

Gear transmission ratio 1:9

Flywheel mass ca. 16 kg

Load control: PRM dependent

Power supply: 230 V, 50 Hz

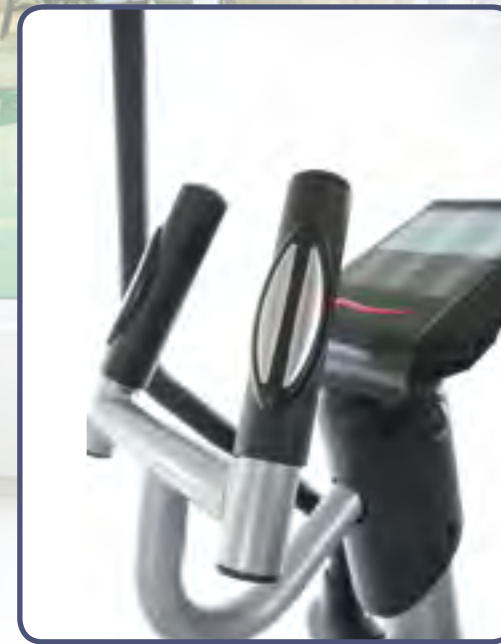
Max. user weight: 150 kg

Dimensions (L x W x H) cm: 162 x 52 x 162

Colour: silver/black



# ELLIPTICAL TRAINER ELLYPSIS SX1



Solid grips with pulse measurement for a health-oriented cardio workout



Flat foot plates for joint friendly fitness workout

## ELLYPSIS SX1

Item No. 3209

Premium elliptical training with a stride of 46 cm and a comprehensive program diversity.

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction and control, body toning, pulse-orientated cardio training, athletes with hip and knee problems

### COMPUTER

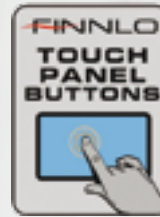
Exercise intensity: 32 levels  
LCD display: blue backlight  
Display of distance/time/speed/pedalling frequency/calorie consumption  
Training program adjustable  
Pulse measurement by hand pulse sensors or optional chest belt (integrated receiver)  
Lower and upper pulse limit adjustable  
Percentage of upper pulse limit adjustable  
Display of average exercise results after exercising  
Recovery pulse with fitness score  
12 load profiles  
4 pulse-controlled training programs  
Computer-controlled resistance adjustment  
DRINK REMINDER

### FEATURES

Adjustable foot plates  
Integrated transportation rollers  
Height level adjustment  
Precision ball bearings  
Permanent magnet breaking system  
12 cm foot plate distance  
Drive system: belt driven  
Gear transmission ratio: 1:9  
Approx. 20 kg flywheel mass  
Load control: RPM dependent  
Power supply: 230 V, 50 Hz  
Maximum user weight: 150 kg  
Dimensions (L x W x H) cm: 160 x 65 x 180  
Colour: white/silver/black



# ERGOMETER VARON XTR



Quick saddle adjustment for easy height positioning. Comfort saddle for long training workouts.



Vario handlebar for perfect training settings.

## VARON XTR

Item No. 3191

Top model of the Varon series with comfortable low-entry, exclusive product features and perfectly smooth run.

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction and control, body toning, watt and pulse-orientated cardio training

### COMPUTER

Performance: 25-400 watt  
Distance/Time/Speed/RPM/  
Calorie consumption  
Integrated pulse receiver for chest belt  
Ear pulse  
Lower/Upper pulse limit adjustable  
Pulse percentage for upper limit  
QUICK START / QUICK HRC  
Training score when finished  
Recovery pulse measurement  
Training parameter adjustable  
Load profiles: 12  
LCD-Display: blue backlight  
DRINK REMINDER  
Permanent displays: 8  
Heart Rate Controlled programs: 4  
Resistance control: computer controlled

### FEATURES

Adjustable handlebar/seat  
Integrated transportation rollers  
Seat: standard  
Safety free-wheel  
Low entry access  
Height adjustment  
Precision ball bearings  
Braking system: induction  
Drive system: belt driven  
Gear transmission ratio: 1:8  
Flywheel mass ca. 10 kg  
Load control: RPM independent  
Load spectrum: 40 steps  
Power supply: 230 V, 50 Hz  
Class HA (according to DIN EN 957 – 1/5)  
Max. body weight: 150 kg  
Dimensions (L x W x H) cm: 110 x 54 x 113  
Colour: anthracite/silver



# ERGOMETER VARON STRESSLESS

## VARON STRESSLESS

Item No. 3190

A stressless workout is finally possible with this item. Self-explanatory computer display, no manual required. One button for each function. Press a button and start your workout. That's real stressless cardio training!

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction and control, body toning, watt and pulse-orientated cardio training

### COMPUTER

Performance: 25-400 watt  
Distance/Time/Speed/RPM/  
Calorie consumption  
Integrated pulse receiver for chest belt  
Ear pulse  
Lower pulse limit adjustable  
Training parameter adjustable  
LCD-Display: blue backlight  
DRINK REMINDER  
Permanent displays: 5  
Heart Rate Controlled programs: 1  
Resistance control: computer controlled

### FEATURES

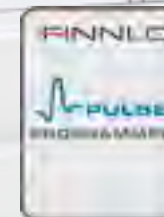
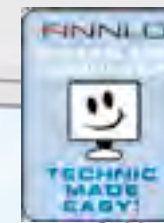
Adjustable handlebar/seat  
Integrated transportation rollers  
Seat: standard  
Safety freewheel  
Low entry access  
Height adjustment  
Precision ball bearings  
Braking system: Induction  
Drive system: belt driven  
Gear transmission ratio: 1:8  
Flywheel mass ca. 10 kg  
Load control: RPM independent  
Load spectrum: 40 steps  
Power supply: 230 V, 50 Hz  
Class HA (according to DIN EN 957 – 1/5)  
Max. body weight: 150 kg  
Dimensions (L x W x H) cm: 110 x 54 x 113  
Colour: lava grey/white



Quick saddle adjustment for easy height positioning.



Low entry for easy training starts.





# ERGOMETER EXUM III

## EXUM

Item No. 3157

The perfect start into ergometer training!  
Pulse-controlled cardiovascular training and RPM independent electromagnetic system.

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction and control, pulse orientated cardio training.

### COMPUTER

Display of distance/time/speed/pedalling frequency/calorie consumption  
4 pulse-controlled training programs  
Upper pulse limit adjustable  
LCD display: blue backlight

### FEATURES

Performance in Watt: 25-400 watt  
12 load profiles  
Receiver for chest belts  
Hand and ear pulse measurement  
Recovery pulse with fitness score  
DRINK REMINDER  
Precision ball bearings  
Integrated transportation rollers  
Gel seat  
Adjustable handlebar  
Induction breaking system  
10 kg flywheel mass  
Power supply: 230 V, 50 Hz  
Maximum user weight: 150 kg  
Self weight: 47 kg  
Dimensions (L x W x H) cm: 110 x 55 x 129  
Colour: anthracite/silver



Horizontal saddle adjustment for comfortable a training position.

Weighted pedals with quick-fit system





# HOMETRAINER CORUM

## CORUM

Item No. 3106

Hometrainer with excellent magnetic braking technology and manual resistance control with 10 steps.

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction and control, body toning, pulse orientated cardio training.

### COMPUTER

Display of distance/time/speed/peddalling frequency/calorie consumption/hand pulse  
Upper pulse limit adjustable  
Recovery pulse with fitness score  
Presetting of training data  
LCD display: Standard  
Permanent display of 1+5

### FEATURES

Manual resistance adjustment  
Adjustable handlebar  
Integrated transportation rollers  
Gel seat  
Safety free wheel  
Height level adjustment  
Precision ball bearings  
Permanent magnet breaking system  
Drive system: Belt driven  
Gear transmission ratio: 1:8  
Approx. 6 kg flywheel mass  
Load control: RPM dependent  
Load spectrum: 10 steps  
Power supply: batteries  
Maximum user weight: 120 kg  
Dimensions (L x W x H) cm: 119 x 56 x 139  
Colour: anthracite/silver



Perfect saddle adjustment for different body sizes



Foot pedal with premium ball bearings for long workouts fun.





# INDOOR CYCLE SPEEDBIKE CRT

## SPEEDBIKE CRT

Item No. 3203

Premium indoor cycling with 25 kg flywheel mass and high-quality belt drive. Perfect for speed sessions and especially smooth running!

### SUITABLE FOR:

Intensive endurance training, strengthening of the cardiovascular system, weight reduction, body toning, pulse-orientated cardio training.

### COMPUTER

Distance/Time/Speed/RPM  
Integrated chest receiver for pulse  
Ear pulse measurement  
Upper pulse limit adjustable  
Training programme adjustable  
LCD-Display  
2 Permanent displays  
Resistance control: Manual

### FEATURES

Drinking bottle  
Adjustable seat: vertical/horizontal/declination  
Adjustable handlebar: vertical/horizontal  
Racing seat: Selle Royal  
Safety free-wheel: Fixed  
Integrated transportation rollers  
Height adjustment  
SPD Pedals  
Precision ball bearings  
Braking system: Felt brake  
Drive system: Belt driven  
Gear transmission ratio: 1:3  
Flywheel mass ca. 25 kg  
Load control: RPM dependent  
Load spectrum: Stepless manual  
Power supply: Battery  
Max. body weight: 150 kg  
Dimensions (L x W x H) cm: 125 x 58 x 136  
Colour: black/red



Pedal for racing shoes (SPD-Click-System)





# INDOOR CYCLE SPEEDBIKE CRS & SPEEDBIKE

## SUITABLE FOR:

Intensive endurance training, strengthening of the cardiovascular system, weight reduction, body toning, pulse-orientated cardio training

## COMPUTER

Distance/Time/Speed/RPM  
 Integrated chest receiver for pulse  
 Ear pulse measurement  
 Upper pulse limit adjustable  
 Training program adjustable  
 LCD-Display  
 2 Permanent display  
 Resistance control: manual



## SPEEDBIKE CRS

Item No. 3202

Studio feeling in absolute perfection! Fixed drive, adjustable saddle and handle bars, solid 25 kg flywheel mass.

## FEATURES

Drinking bottle  
 Adjustable seat: vertical/horizontal/declination  
 Adjustable handlebar: vertical/horizontal  
 Racing seat: Selle Royal  
 Fixed drive  
 Integrated transportation rollers  
 Height adjustment  
 Precision ball bearings  
 Braking system: leather brake  
 Drive system: Belt driven  
 Gear transmission ratio: 1:3  
 Solid 25 kg flywheel mass  
 Load control: RPM dependent  
 Load spectrum: stepless manual  
 Power supply: Battery  
 Max. body weight: 150 kg  
 Dimensions (L x W x H) cm: 130 x 58 x 140  
 Colour: black/chrome

## SPEEDBIKE

Item No. 3200

Perfect starter model for indoor cycling! Chain drive, 18 kg flywheel and comfortable Selle Royal saddle.

## FEATURES

Drinking bottle  
 Adjustable seat: vertical/horizontal/declination  
 Adjustable handlebar: vertical  
 Racing seat: Selle Royal  
 Safety freewheel  
 Integrated transportation rollers  
 Height adjustment  
 Precision ball bearings  
 Braking system: Felt brake  
 Drive system: Chain  
 Gear transmission ratio: 1:3  
 Solid 18 kg flywheel mass  
 Load control: RPM dependent  
 Load spectrum: stepless manual  
 Power supply: Battery  
 Max. body weight: 150 kg  
 Dimensions (L x W x H) cm: 132 x 50 x 135  
 Colour: black/chrome



**SPEEDBIKE**  
Item No. 3200

**SPEEDBIKE CRS**  
Item No. 3202



# TREADMILL ENDURANCE

## ENDURANCE

Item No. 3509

Deluxe running! The perfect partner for your marathon preparation and premium treadmill workout!

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction, improvement of endurance, body toning.

### COMPUTER

Incline/Time/Distance/Speed

Calorie consumption/Pulse

Programs in total: 6

Programs in detail: 1 manual and 4 combined programs

Pulse controlled training (HRC): 1

### FEATURES

4 LCD displays

LED display: 8 x 16 dot matrix

Quick button for speed and incline: 6+6

Hand pulse

Integrated pulse receiver for chest belt

Chest belt for heart rate monitor not included

Motor: continuous 1,9 kW (2,5 HP)

Speed: 1-20 km/h in 0,1 km/h steps

Incline: 0-12 % in 1 % steps, motorised

Dual handlebar controls

Running area in cm 146 x 52

Transportation rollers

Power supply: 230 V, 50 Hz

Total weight: 109 kg

Max. body weight: 160 kg

Folded size (L x W x H) cm: 110 x 88 x 166

Built up size (L x W x H) cm: 194 x 88 x 140

Colour: anthracite



Foldable



FINNLO "Easy-Move" transport rollers



Motorised adjustable incline from 0 to 12 %







## TREADMILL ALPINE

### ALPINE

Item No. 3508

Clear display and various training programs. State-of-the-art computer technology and extra wide running surface.

#### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction, improvement of endurance and body toning

#### COMPUTER

Incline/Time/Distance/Speed/Calorie consumption/  
Pulse

Programs in total: 6

Programs in detail: 1 manual + 5 programs

1 Pulse controlled training (HRC)

LCD Display: 4x

#### FEATURES

LED Display: 400m round

Quick button for speed and incline: 6+6

Hand pulse

Integrated pulse receiver for chest belt

Chest belt for heart rate monitor not included

Motor: continuous 1,5 kW (2 HP)

Speed: 1-18 km/h in 0,1 km/h steps

Incline: 0-12 % in 1 % steps, motorised

Dual handlebar controls

Running area in cm 140 x 52

Transportation rollers

Power supply: 230 V, 50 Hz

Total weight: 105 kg

Max. body weight: 150 kg

Folded size (L x W x H) cm: 110 x 88 x 161

Built up size (L x W x H) cm: 188 x 88 x 140

Colour: anthracite



Motorised adjustable incline from 0 to 12 %



# TREADMILL TECHNUM

## TECHNUM

Item No. 3507

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction, improvement of endurance, body toning

### COMPUTER

Incline/Time/Distance/Speed/Calorie consumption  
Pulse

Programs in total: 9

Programs in detail: 1 manual & 7 programs

Pulse controlled training (HRC): 1

3 LCD Displays

### FEATURES

Hand pulse

Integrated pulse receiver for chest belt

Chest belt for heart monitor: Optional

Motor: continuous 1,1 kW (1,5 HP)

Speed: 1-16 km/h in 0,1 km/h steps

Incline: 0-10 % in 1 % steps, motorised

Dual handlebar controls

Running area in cm 135 x 44,5

Transportation rollers

Power supply: 230 V, 50 Hz

Total weight: 88 kg

Max. body weight: 135 kg

Built up size (L x W x H) cm: 180 x 77 x 140

Folded size (L x W x H) cm: 80 x 77 x 165

Colour: anthracite



FINNLO "Easy-Move"  
transport rollers



Motorised adjustable incline  
from 0 to 12 %



foldable





# ROWER AQUON PRO & AQUON PRO PLUS

## AQUON PRO PLUS

Item No.: 3704

Premium rower for highest demands! Used by professional Olympic rowing champions! Resistance adjustment integrated directly into the grip! Comfortable and exclusive! Well established FINNLO technology combined air and magnetic resistance!



*„With the FINNLO AQUON XTR Pro I don't always need to be on the water for my training sessions. I can simply train on dry land. Quality of movement and workmanship of the AQUON XTR Pro rowing machine is excellent! Training that is great fun“!*  
Urs Käufer, 7 x German Rowing Champion and member of the Olympic Team

## AQUON PRO

Item No.: 3703

Features like Aquon Pro Plus except resistance adjustment via the computer.

### SUITABLE FOR:

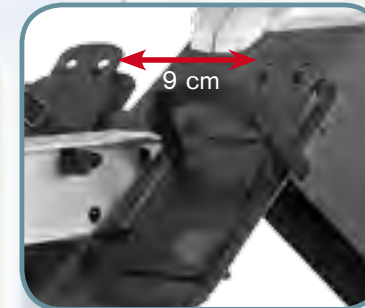
Rowing strengthens the cardiovascular system and 90% of the body muscles are used. Upto 700 kcal pro hour can be burned.

### COMPUTER

Hi Tech blue backlight LCD-display  
10 permanent displays, 12 fitness programmes  
4 pulse and 5 race programmes against the computer for perfect training motivation  
4 users can be stored  
Display of time/watt/level/strokes per minute/program/pulse/strokes in total/time for 500m/distance/calorie consumption

### FEATURES

Class SA (according to DIN EN 957 - 1/7)  
Intensity adjustable from 30-300 watt  
Integrated receiver for chest belts (chest belt not included)  
Steplessly adjustable training computer  
Turnable footplates with straps  
Long aluminium beam for body sizes over 2m (Beam: 146cm, Pull cord: 225 cm)  
Distance of foot rests only 9 cm  
Comfort seat supported by ball bearings  
Foldable  
Integrated transportation rollers  
Combined technique of magnet and air resistance (computer controlled)  
Load control: RPM independent  
Power supply: 230 V  
Maximum user weight: 150 kg  
Folded size (L x W x H) cm: 148 x 51 x 196  
Build up size (L x W x H) cm: 249 x 51 x 98  
Colour: silver/black



Fully adjustable footplates with a distance of only 9 cm apart, just like in professional rowing boats



Hi-End black backlight design with a blue digital display, incl. 5 competition programs



Professional steplessly adjustable computer for optimum overview during the entire rowing sequence. Extra long monitor arm.



Foldable and transportable using the integrated rollers



Resistance adjustment directly on the hand grip (only on Item No.: 3704)



Professional seat height of 50 cm for comfortable and natural rowing



Combination technology of magnetic and air resistance guarantees an absolute even professional rowing experience



# ROWER AQUON XTR II

## AQUON XTR II

Item No.: 3700

### New: Feature of a professional rowing boat

- Professional pedal distance of only 9 cm!
- Professional rowing seat height ca. 50 cm
- Suitable for body sizes over 2m (Beam: 146cm, Pull cord: 225 cm)

Additional 3 pulse programmes for efficient and controlled rowing strokes

### SUITABLE FOR:

Rowing strengthens the cardiovascular system and 90% of the body muscles are used. Up to 700 kcal pro hour can be burned.

### COMPUTER

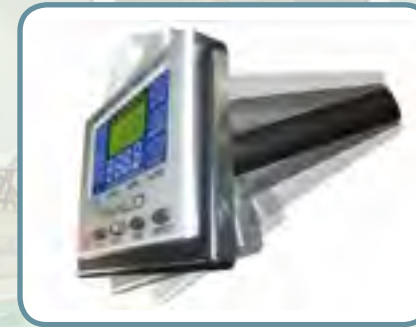
Large 2 colour LCD blue backlight display  
 Display of time/watt/level/strokes per minute/  
 program/pulse/strokes in total/time for 500m/  
 distance/calorie consumption  
 8 Permanent displays, 12 Fitness Programmes  
 4 Pulse and 1 race programme against the  
 computer for perfect training motivation  
 4 users can save training data  
 Presetting of training data

### FEATURES

Class HA (according to DIN EN 957 - 1/7)  
 Intensity adjustable from 30-300 watt  
 Integrated receiver for chest belts (chest belt not included)  
 Stepless adjustable training computer  
 Turnable foot rests with loops  
 Comfort seat supported by ball bearings  
 Integrated transportation rollers  
 Combined technique of magnet and air resistance (computer controlled)  
 Load control: RPM independent  
 Power supply: 230 V  
 Maximum user weight: 130 kg  
 Folded size (L x W x H) cm 130 x 60 x 170  
 Build up size (L x W x H) cm 242 x 56 x 105  
 Colour: silver/black



Clear and precise LCD display with 2 coloured backlight screen for optimum clarity during workout



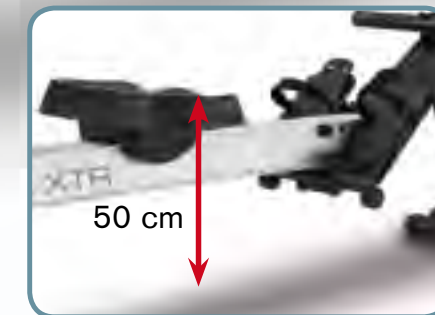
Stepless horizontally and vertically adjustable computer.



Individually adjustable foot straps for maximum hold



Roller bearing sport seat for smooth and silent rowing. Max. body weight 130 kg.



Professional seat height of 50 cm for comfortable and natural rowing



Foldable and easy to move with integrated transport rollers





# HOME-GYM BIO FORCE EXTREME

## BIO FORCE EXTREME

Item No. 3841

Top model of the Bio Force series! Revolutionary TNT resistance technology. No weights, no noise and swift and quick resistance adjustment for a traction weight from 5 to 120 kg. Perfectly smooth and stable resistance throughout the full motion during each exercise.

### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction and control, core-training, sport specific strength training

### EXERCISES

- Butterfly
- Bench press
- Latissimus sitting
- Rowing
- Leg flexion standing
- Leg flexion sitting
- Leg press
- More than 100 other exercises possible

### FEATURES

- Seat vertically adjustable: Vertical
- Resistance: Nitrogen cylinders
- Max. body weight: 135 kg
- Max. traction weight ca. 120 kg (2 x 60 kg)
- Built up size (L x W x H) cm: 135 x 170 x 208
- Required space (L x W x H) cm: 206 x 165 x 208
- Colour: Anthracite/black



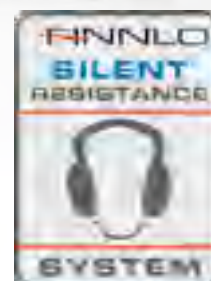
### FINNLO BIO FORCE™ TOTAL NITROCELL TECHNOLOGY

TNT for Total Nitrocell Technology. These cylinders provide Bio Force™ with its amazingly smooth fluid resistance and offer true resistance through the full range of motion.



### SLIDE-N-LOCK RESISTANCE

Change the Bio Force resistance weight from 5 kg to 120 kg without getting off the machine. It's fast and easy!



### HOW TO RECOGNISE THE ORIGINAL



**SAFETY CLIPS:**  
for safe training and perfect cable guides!



**MAX. RESIST. WEIGHT**  
**120 kg**

### HOW TO RECOGNISE THE ORIGINAL



**FINNLO-ECO -GRIPS**  
- Plasticizer free  
- PAH free

### HOW TO RECOGNISE THE ORIGINAL



**INFO MATERIAL:**  
- Training instructions  
- Training poster  
- Training DVD

Item No. 3817



## BIO FORCE EXTREME POWER BENCH

Item No. 3817

- Perfect accessory for professional bench press, incline bench press, "flys", rowing, shoulder press, lat-pull, etc.
- 5 x adjustable backrest
- Linked seat and backrest adjustment
- Seat angle from 0 - 80 degrees
- Quick and easy fit onto the Bio Force Gym with click system
- Bio Force comfort backrest
- Quality steel framed with a max. body weight of up to 135 kg



# HOME-GYM BIO FORCE

## BIO FORCE

Item No. 3842

Men's Health test champion with result „very good“. Revolutionary TNT resistance technology. No weights, no noise and swift and quick resistance adjustment for a traction weight from 5 to 110 kg.

### SUITABLE FOR:

Strengthening and toning of the muscular system, weight reduction and control, core training, sport specific strength training

### EXERCISES

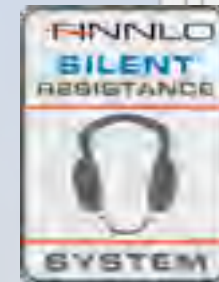
- Butterfly
- Bench press
- Latissimus sitting
- Bottom cable pulley
- Leg curl (standing)
- More than 100 exercises possible

### FEATURES

- Seat vertically adjustable
- Nitrogen cylinders
- Maximum user weight: 135 kg
- Maximum traction weight: 110 kg - 2 x 55 kg
- Built up size (L x W x H) cm: 134 x 165 x 208
- Required space (L x W x H) cm: 165 x 165 x 208
- Farbe: anthrazit



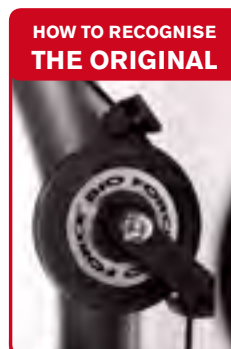
**MAX.  
RESIST.  
WEIGHT  
110 kg**



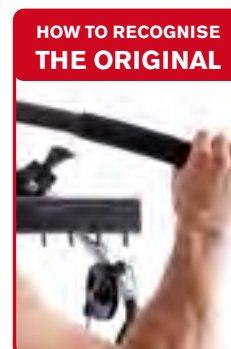
## FINNLO BIO FORCE ACCESSORY SET

Item No. 3811

Three piece handle set in an integrated plastic storage unit available as an additional accessory.



**SAFETY CLIPS:**  
for safe training and perfect cable guides!



**FINNLO-ECO -GRIPS**  
- Plasticizer free  
- PAH free



**INFO MATERIAL:**  
- Training instructions  
- Training poster  
- Training DVD



# HOME-GYM AUTARK 6600 & 6000

## AUTARK 6600

Item No.: 3942

The perfect studio alternative! The professional powerhouse with a separate butterfly module. Build-up of all muscle groups and health-orientated fitness training with one device. AB and back trainer, cable-pull modules for free and Core training, adjustable butterfly arms and leg curl function in studio quality.

### SUITABLE FOR:

Muscle building, muscle definition, health-orientated strength training, streamlining of the musculature, weight reducing and Core training, as well as type of sports related strength training.

### EXERCISES:

- Butterfly / Bench press
- AB and BACK training
- Biceps / Triceps
- Rowing
- Latissimus sitting
- Cable pull bottom
- Leg curl and leg extension sitting
- Bilateral training with the cable pull module at the side

### FEATURES:

- Seat vertically adjustable
- Backrest adjustable: vertical
- Cable-pull module
- Separate butterfly module (foldable to the back)
- Weight block: 80 kg – 16 plates with 5 kg each
- Max user weight: 120 kg
- Built up size (L x W x H) cm: 193 x 215 x 223
- Required space (L x W x H) cm: 235 x 350 x 223
- Colour: anthracite / black

## AUTARK 6000

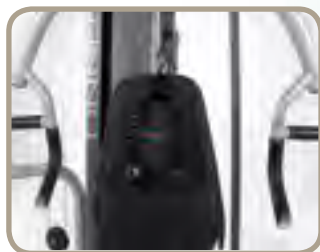
Item No.: 3940

### FEATURES:

- Seat vertically adjustable
- Backrest adjustable: vertical
- Weight block: 80 kg – 16 plates with 5 kg each
- Max user weight: 120 kg
- Built up size (L x W x H) cm: 193 x 220 x 223
- Required space (L x W x H) cm: 235 x 320 x 223
- Colour: anthracite / black



160 degree rotatable and height adjustable roller system for a maximum movement amplitude



Massive unit for studio exercises: bench press, rowing, shoulder press (wide and narrow). Including Crunch module



Leg curl and leg extension for a studio-like perfect leg training. Grab handle for stabilizing the posture. Quick and specific build-up of leg muscles



AB and BACK trainer: the intensity can be adjusted exactly by weights. Guided, effective movements. Ideal when facing back troubles, for strengthening and mobilization.



**AUTARK 6000**  
Item No.: 3940



Multiple adjustable backrest for shoulder and neck press

**NEW:**  
Studio like AB and BACK training

Professional back trainer for build-up of strength and prevention of back problems. Individual adjustable. Suitable for body sizes up to 2 meters.



Studio like AB trainer: effective crunch exercises for all muscles of the abdomen



Separate butterfly module. Foldable for free bench pressing. Rotatable handles for a perfect motion sequence



**AUTARK 6600**  
Item No.: 3942



# HOME-GYM AUTARK 2600

## AUTARK 2600

Item No.: 3828

Versatile but compact! Strength and fitness training without compromises. For building of all major muscle groups. Including AB and Back trainer for a health orientated fitness training. Cable pull modules for free and core training, adjustable butterfly arms and leg curl function in studio quality.

### SUITABLE FOR:

Muscle building, muscle definition, health-orientated AB and Back training, streamlining of the musculature, weight reducing and Core training, as well as type of sports related strength training.

### EXERCISES:

- Butterfly / Bench press
- AB and BACK training
- Biceps / Triceps
- Rowing
- Latissimus sitting
- Cable pull bottom
- Leg curl and leg extension sitting
- Bilateral training with the cable pull module at the side

### FEATURES:

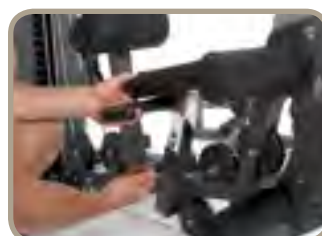
- Seat vertically adjustable
- Backrest adjustable: vertical
- Weight block: 80 kg – 16 plates with 5 kg each
- Max user weight: 120 kg
- Max traction weight: 90 kg
- Built up size (L x W x H) cm: 170 x 215 x 212
- Required space (L x W x H) cm: 230 x 300 x 212
- Colour: anthracite / black



Flexible adjustment of the backrest for perfect ergonomics during training. Including a crunch module for a quick development of the upper Abs.



160 degree rotatable and height adjustable roller system for a maximum movement amplitude



Height-adjustable seat at the leg curl module for optimal posture and feet position



Adjustable butterfly module for training with different widths



AB and BACK trainer: the intensity can be adjusted exactly by weights. Guided, effective movements. Ideal when facing back troubles, for strengthening and mobilization.

Upgrade to 100 kg possible

AB and Back training in studio quality



Leg curl and leg extension for a studio-like perfect leg training. Grab handle for stabilizing the posture. Quick and specific build-up of leg muscles



# HOME-GYM AUTARK 2500

## AUTARK 2500

Item No.: 3945

Approved a thousand times. With a new ergonomically improved leg press module. The multi gym for ambitious muscle-building training at home. Cable pull modules for free and core training, adjustable butterfly arms and leg curl function in studio quality. Leg press module with extra big footboard for ergonomically optimized motion sequence for the legs.

### SUITABLE FOR:

Muscle building, muscle definition, streamlining of the musculature, weight reducing and Core training, as well as type of sports related strength training.

### EXERCISES:

- Butterfly / Bench press
- Leg press
- Biceps / ABs
- Rowing
- Latissimus sitting
- Cable pull bottom
- Leg curl and leg extension sitting
- Bilateral training with the cable pull module at the side

### FEATURES:

- Leg press module with extra big footboard
- Seat vertically adjustable
- Backrest adjustable: vertical
- Weight block: 80 kg – 16 plates with 5 kg each
- Max user weight: 120 kg
- Max traction weight: 90 kg
- Built up size (L x W x H) cm: 216 x 235 x 215
- Required space (L x W x H) cm: 230 x 300 x 215
- Colour: anthracite / black

## LEG PRESS FOR AUTARK 2500

Item No.: 3946



Rowing while standing for strong back muscles. Free studio typical cable pull training.



Gluteus, abductor and adductor training. 160 degree rotatable and height adjustable roller system for a maximum movement amplitude



Individual adjustable leg curl module



Flexible adjustment of the backrest for perfect ergonomics during training. Including a crunch module for a quick development of the upper Abs.



Multiple adjustable butterfly module for different training angles and specific build-up of wide pectoral muscles.



Leg press module. Optimized ergonomic sitting position. Guided movement against oversteering. Knee joint friendly training angle.

**Upgrade to 100 kg possible**



Height-adjustable seat at the leg curl module for optimal posture and feet position



# HOME-GYM AUTARK 2200

## AUTARK 2200

Item No.: 3944

Perfect strengthening of the complete muscular system guaranteed by this compact station! Cable pull module for free cable-cross training and core training, adjustable butterfly arms and real leg curl function - usually only available on professional gyms.

### SUITABLE FOR:

Strengthening and toning of the muscular system, weight reduction and control.

### EXERCISES

- Butterfly
- Bench Press
- Biceps, ABs
- Latissimus sitting
- Rowing
- Leg flexion standing
- Leg curler sitting
- Bilateral Training (side mounted)

### FEATURES

- Seat vertically adjustable
- Backrest adjustable: vertical
- Weights: 80 kg - 16 plates à 5 kg
- Max. traction weight: 90 kg
- Max. body weight: 120 kg
- Built up size (L x W x H) cm: 165 x 145 x 215
- Required space (L x W x H) cm: 200 x 225 x 215
- Colour: anthracite/black



160 degree rotatable and height adjustable roller system for a maximum movement amplitude



Flexible adjustment of the backrest for perfect ergonomics during training. Including a crunch module for a quick development of the upper Abs.



Professional rowing for a strong back. Variable footboards enable solid feet positioning.



Effective front chest pull. Maximum free movement due to a foldable butterfly / bench press module



Power triceps pushing. Maximum muscular stimulation due to sitting exercises.

Upgrade to 100 kg possible



Abductor and adductor training. The perfect exercise for running sports.



# HOME-GYM AUTARK 1500

## AUTARK 1500

Item No.: 3943

Fulfills the highest demands for ergonomics and stability! Classic model from the Autark series. Real leg curl function and a separate Rowing/ biceps curl module included.

### SUITABLE FOR:

Strengthening and toning of the muscular system, weight reduction and control.

### EXERCISES

- Butterfly
- Bench Press
- Biceps, ABs
- Latissimus sitting
- Rowing
- Leg flexion sitting

### FEATURES

- Seat vertically adjustable
- Backrest adjustable: vertical
- Weights: 80 kg - 16 plates à 5 kg
- Max. traction weight: 90 kg
- Max. body weight: 120 kg
- Built up size (L x W x H) cm: 172 x 145 x 215
- Required space (L x W x H) cm: 200 x 225 x 215
- Colour: anthracite/brown

### 20 kg ADDITIONAL WEIGHTS for

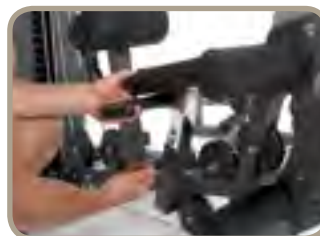
Item No. 3943, 3944 & 3945  
4 x 5 kg weight



Flexible adjustment of the backrest for perfect ergonomics during training. Including a crunch module for a quick development of the upper Abs.



Power triceps pushing. Maximum muscular stimulation due to sitting exercises.



Height-adjustable seat at the leg curl module for optimal posture and feet position



Upgrade to 100 kg possible



Multiple adjustable butterfly module for different training angles and specific build-up of wide pectoral muscles.



Leg curl and leg extension for a studio-like perfect leg training. Grab handle for stabilizing the posture. Quick and specific build-up of leg muscles



# HOME-GYM AUTARK 800

## AUTARK 800

Item No.: 3930

The success story of the Autark 600 in an extended version! Cable pull training and professional rowing. Unique feature: variable chest training with three training versions:

Butterfly  
Bench Press  
Cable Cross  
Suitable for:  
Muscle building, muscle definition, streamlining of the musculature, weight reducing, as well as type of sports related strength training.

### EXERCISES:

Butterfly  
Bench press  
Latissimus sitting  
Cable pull bottom  
Leg extension sitting

### FEATURES:

Cable Cross  
160 degree rotatable cable pull module  
Weight block: 80 kg – 16 plates with 5 kg each  
Max user weight: 120 kg  
Max traction weight: 80 kg  
Built up size (L x W x H) cm: 190 x 190 x 202  
Required space (L x W x H) cm: 230 x 230 x 202  
Colour: anthracite / black



160 degree rotatable and height adjustable roller system for a maximum movement amplitude



Abductor and adductor training. The perfect exercise for running sports.



In line with the trend: Core training for a complete whole body workout



Maximum free movement due to a foldable butterfly / bench press module



**NEW:**  
"3 in 1 Superset"  
Chest



Fast change without rebuild: From cable cross to butterfly to bench press. The perfect superset for effective chest training.



**NEW:**  
"2 in 1 Superset"  
Back



Fast change without rebuild: From rowing to reverse butterfly



Flexible adjustment of the backrest for perfect ergonomics during training.



Abdominal training with crunch rope



# HOME-GYM AUTARK 600 / MULTI LAT-TOWER



**Cable-Cross  
Function**

Cable cross handle adjustable to different arm lengths. Free movable unit for a perfect simulation of free training. Specific training of the upper, middle and lower chest muscles.



Flexible adjustment of the back rest for perfect ergonomics



Abdominal training with crunch rope



Maximum free movement due to a foldable butterfly / bench press module

AUTARK 600

## AUTARK 600

Item No.: 3929

The compact multi gym for your home. New: variable chest training with three training versions:

- Butterfly
- Bench Press
- Cable Cross

Suitable for: Muscle building, muscle definition, muscle streamlining, weight reducing, as well as all types of sports related strength training.

### EXERCISES:

- Butterfly
- Bench press
- Latissimus sitting
- Cable pull bottom
- Leg extension sitting

### FEATURES:

- Cable Cross
- Weight block: 80 kg-16 plates with 5 kg each
- Max user weight: 120 kg
- Max traction weight: 80 kg
- Built up size (L x W x H) cm: 196 x 110 x 198
- Required space (L x W x H) cm: 220 x 110 x 198
- Colour: anthracite / black



Biceps curl



Lat pull



Rowing

## MULTI LAT-TOWER

Item No. 3877

Perfect for specific back training. Multi-variant training possibilities with a smooth motion sequence.

### EXERCISES:

- Rowing
- Latissimus
- Cable pull bottom

### FEATURES:

- Seat vertically adjustable
- Weight plates are not included
- Max user weight: 120 kg
- Max traction weight: 120 kg
- Built up size (L x W x H) cm: 140 x 120 x 213
- Colour: anthracite / black

**PERFECT FOR  
SPECIFIC BACK  
TRAINING**



MULTI LAT-TOWER



# BENCHES & BARBELL STATIONS

Finnlo benches satisfy with highest stability and ergonomics. Flexible adjustment of the backrest, seat and dumbbell rack. Studio quality and premium processing of the cushions.

### SUITABLE FOR:

Muscle building, muscle definition, streamlining of the musculature, weight reducing, as well as type of sports related strength training.

## BARBELL TRAINING STATION

Item No. 3866

### FEATURES

14 x height adjustable  
6 x width adjustable  
Suitable for bench press and squats.  
Max. Load 200 kg  
Dimensions (L x B x H) cm: 90 x 80-115 x 91-167  
Colour: Anthracite/chrome

Barbell and weight plates not included.

## INCLINE BENCH

Item No. 3865

### FEATURES

Backrest (80 cm).  
Adjustable: backrest: 6x; Seat: 3x  
Max. Load 250 kg  
Dimensions (L x B x H) cm: 150 x 54 x 140  
Colour: Anthracite/black



Adjustable from 76 cm to 110 cm, also suitable for Olympic barbells



Backrest adjustable up to 90 degrees

## BARBELL TRAINING STATION

Item No. 3871

### FEATURES

Height 8x adjustable  
5 x adjustable  
Max. Load 250 kg  
Dimensions (L x B x H) cm: 98 x 134-168 x 102-166  
Colour: Anthracite/chrome

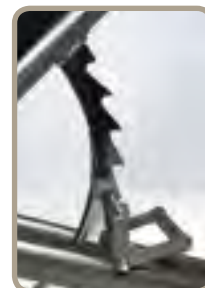
Barbell and weight plates not included.

## INCLINE BENCH

Item No. 3886

### FEATURES

Seat 3x adjustable  
Backrest 9x adjustable  
Max. Load 300 kg  
Dimensions (L x B x H) cm: 126 x 51 x 60-133  
Colour: Anthracite/black



Quick adjustment of inclination via foot pedal



Item No. 3866

Item No. 3865

Item No. 3886

Item No. 3871



# AB & BACKTRAINER / TRICON

## AB & BACK TRAINER

Item No. 3869

Allround bench for upper body and back training!  
Adjustable bench and curler allows a flexible and variable workout.

### SUITABLE FOR:

Strengthening of the back, abdominal, gluteal muscles, biceps training and core training

### FEATURES

Max. body weight: 150 kg  
Description (L x B x H) cm: 156 x 68 x 95  
Folded (L x B x H) cm: 118 x 68 x 33  
Colour: anthracite/black

Dumbbells not included.



foldable



## BACK TRAINER TRICON

Item No. 3868

Classic back training device! Perfect to strengthen your back muscles and to prevent painful back problems. Workout of back, bottom and leg muscles.

### SUITABLE FOR:

Ergonomically optimised body position for back training, strengthens and avoids hollow back syndrome. Strengthening the back and spinal muscles with Tricon helps to avoid back pain.

### FEATURES

- height adjustable stomache pad for perfect fit to all body sizes
- Safety handles for start/end training
- Comfortable foot pads
- Space saving design when folded

Dimensions (L x B x H) cm: 112 x 51 x 92  
Folded (L x B x H) cm: 41 x 51 x 136  
Max. Load: 130 kg  
Colour: anthracite / black



BACKTRAINER TRICON

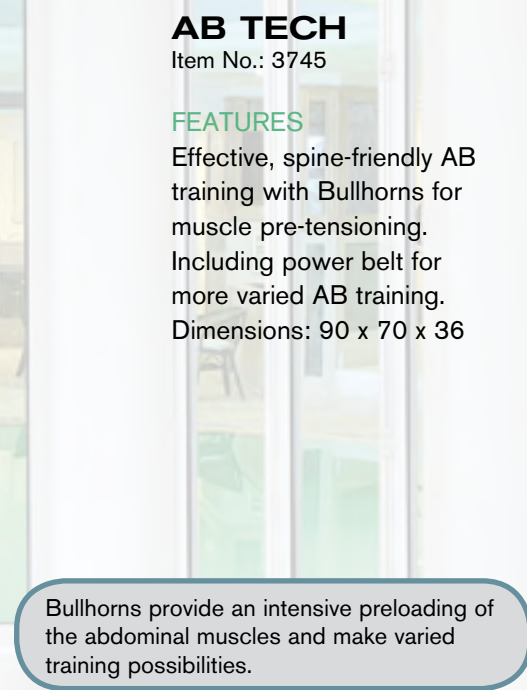
**PERFECT!**  
**"2 in 1"**  
**AB & Backtrainer**



AB & BACK TRAINER



# AB DOMINOX & AB TECH



**APPROVED  
STUDIO  
QUALITY**

**AB DOMINOX**  
Art.-Nr.: 3740  
**FEATURES**  
Spine-friendly AB training including power belt for more effective AB Training.  
Dimensions: 73 x 72 x 60

**ADDITIONAL WEIGHTS**  
Art.-Nr.: 3742  
2 x 1 kg additional weights for more effective AB Training.

**AB TECH**  
Item No.: 3745  
**FEATURES**  
Effective, spine-friendly AB training with Bullhorns for muscle pre-tensioning. Including power belt for more varied AB training.  
Dimensions: 90 x 70 x 36

**ADDITIONAL WEIGHTS**  
Item No.: 3746  
2 x 1 kg additional weights for more effective AB training. Can be stored under the arm supports when not in use.



## SPECIAL GRIPS



**PARALLEL GRIP**  
Chromed material  
Item No. 4693



**ROWING GRIP**  
Swivel joint, chromed material  
Item No. 4698



**TRICEPS ROPE**  
Strong material, for ABs and triceps training  
Item No. 4699



**MULTI GRIP**  
Swivel joint, chromed material  
Item No. 4696



**TRICEPS GRIP W-shaped**  
Chromed material  
Item No. 4695



**DOUBLE ENDED BAR**  
Intensive triceps bar, swivel joint, chromed material  
Item No. 4697



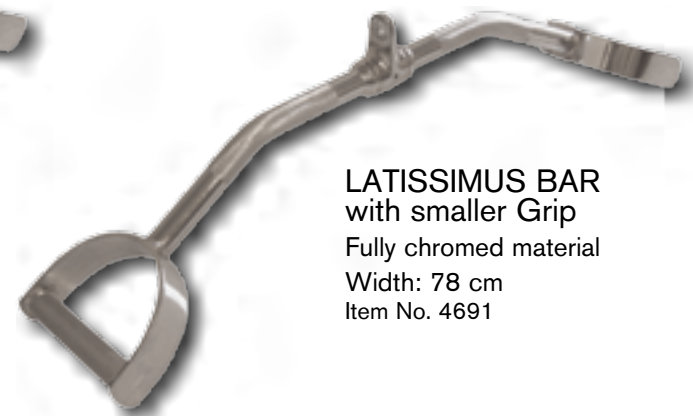
**TRICEPS GRIP W-shaped**  
Chromed material  
Item No. 4695



**TRICEPS BAR**  
Swivel joint, chromed material  
Item No. 4694



**TRICEPS BAR arched**  
Swivel joint, fully chromed material  
Item No. 4692



**LATISSIMUS BAR with smaller Grip**  
Fully chromed material  
Width: 78 cm  
Item No. 4691

## ACCESSOIRES



**PUSH UP HANDLES**  
Item No. 66306

Two turnable handles for many different positions, even during the push up exercise. Chest, shoulders and arms are trained intensively and precisely; the wrists are protected at the same time. Suitable for all training levels!

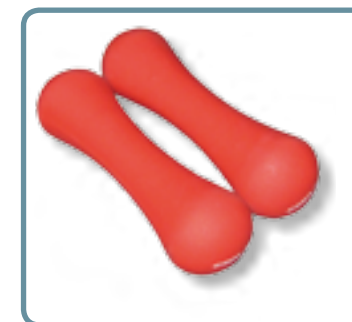
Size: 190 x 130 x 1,2 cm  
Colour: Black/red



**WRIST SLEEVE 2 x 0,5 kg**  
Item No. 66308

**WRIST SLEEVE 2 x 0,75 kg**  
Item No. 66309

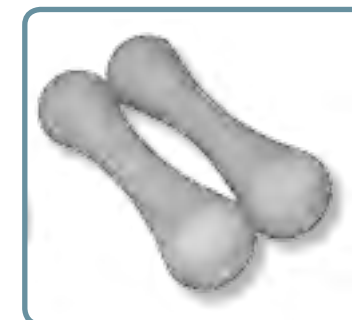
0,5 kg resp. 0,75 kg for intensifying Cardio workouts and for body toning. Made of neoprene/lycra material.



2x1,0 kg (red) Item No. 66310

2x2,0 kg (gray) Item No. 66311

2x3,0 kg (black) Item No. 66312





# DUMBBELL SYSTEM VARIO TECH

## VARIO TECH

Item No. 6760

### FEATURES

- 2 dumbbells with 2 x 10 pcs of selectable 1.15kg weight plates including weight holder rack
- simple & effective quick-slider mechanism
- possible weight settings per dumbbell: 1.15; 2.3; ... - 25kg

## VARIO-TECH WEIGHT RACK HOLDER

Item No. 6763

### FEATURES

Weight rack holder with simple "slot-in" joints  
Size: 50 x 69 x 69 cm

## VARIO-TECH SET

Item No. 6764

includes items 6760 and 6763  
Size: 50 x 69 x 69 cm



quick setting from  
1.15; 2.3; ... - 25 kg



# SMARTLOCK

## SMARTLOCK

Item No. 6772

### FEATURES

Dumbbell set with 2 – 20 kg weight per dumbbell

Quick and comfortable weight change by turning the handle

Super-silent training due to weight plates with thermoplastic coating

Including a space saving design rack





## BARS AND WEIGHTS



Item No.: 4656



Item No.: 4607



Item No.: 4657



Item No.: 4658



Item No.: 4672 - 4674



Item No.: 4652 - 4654



**WEIGHT PLATES**  
with grips in chrome  
and black

Item No.	4650, 52-55 WEIGHT PLATES	4670, 72-74 WEIGHT PLATES	4664, 4665 WEIGHT PLATES
Colour	black	chrome	black
Description	a) 2 x 0,5 kg + 2 x 1,25 kg b) 2 x 2,5 kg c) 2 x 5 kg d) 2 x 10 kg e) 2 x 20 kg	a) 2 x 0,5 kg + 2 x 1,25 kg b) 2 x 2,5 kg c) 2 x 5 kg d) 2 x 10 kg	a) 2 x 0,5 kg b) 2 x 1,25 kg
	<b>"THE ORIGINAL WITH THE GRIP SLOTS"</b>	<b>"THE ORIGINAL WITH THE GRIP SLOTS"</b>	<b>4607 BARBELL</b>
	a) 4650 b) 4652 c) 4653 d) 4654 e) 4655	a) 4670 b) 4672 c) 4673 d) 4674	chrome 1 x Barbell 180 cm x Ø 3 cm x clips

## ACCESSOIRES

### PUZZLE MAT

Item No. 99996

6-Piece floor protection mat with excellent damping characteristics. Perfect dumbbell or boxing workout.

Size: 190 x 130 x 1.2 cm  
Colour: black



### CHEST-BELT

Item No. 6805

The FINNLO chestbelt offers the most effective method to monitor your pulse during your workout.

Size: 120 x 70 x 1 cm  
Colour: black



### FLOOR MAT

Large rubber floor mat protector for optimal noise reduction for cross trainers, cardio trainers and benches.

Size: 200 x 100 x 0,5 cm  
Colour: black  
Item No. 3922

Size: 120 x 70 x 1 cm  
Colour: black  
Item No. 3921



### DUMBBELL SET 10 kg

10 kg Set with chrome hand grip, Cast iron weights: 2 x 2.5 kg and 2 x 1.25 kg  
Colour: black  
Item No. 6720

Colour: chrome  
Item No. 6750

Item No.: 6720



Item No.: 6750

Item No.	4656-58 BARBELLS	6720/6750 DUMBBELLS
Colour	chrome	black / chrome
Description	a) 2 x 35 cm, Ø 30 mm b) 1 x 160 cm, Ø 30 mm c) 1 x 120 cm a) 2 x Dumbbell b) 1 x Barbell c) 1 x SZ-Curl bar	a) 10 kg Set with black weights and chrome bar b) 10 kg Set made from chrome material  Weights: 2 x 2.5 kg and 2 x 1.25 kg
	a) 4656 b) 4657 c) 4658	a) 6720 b) 6750