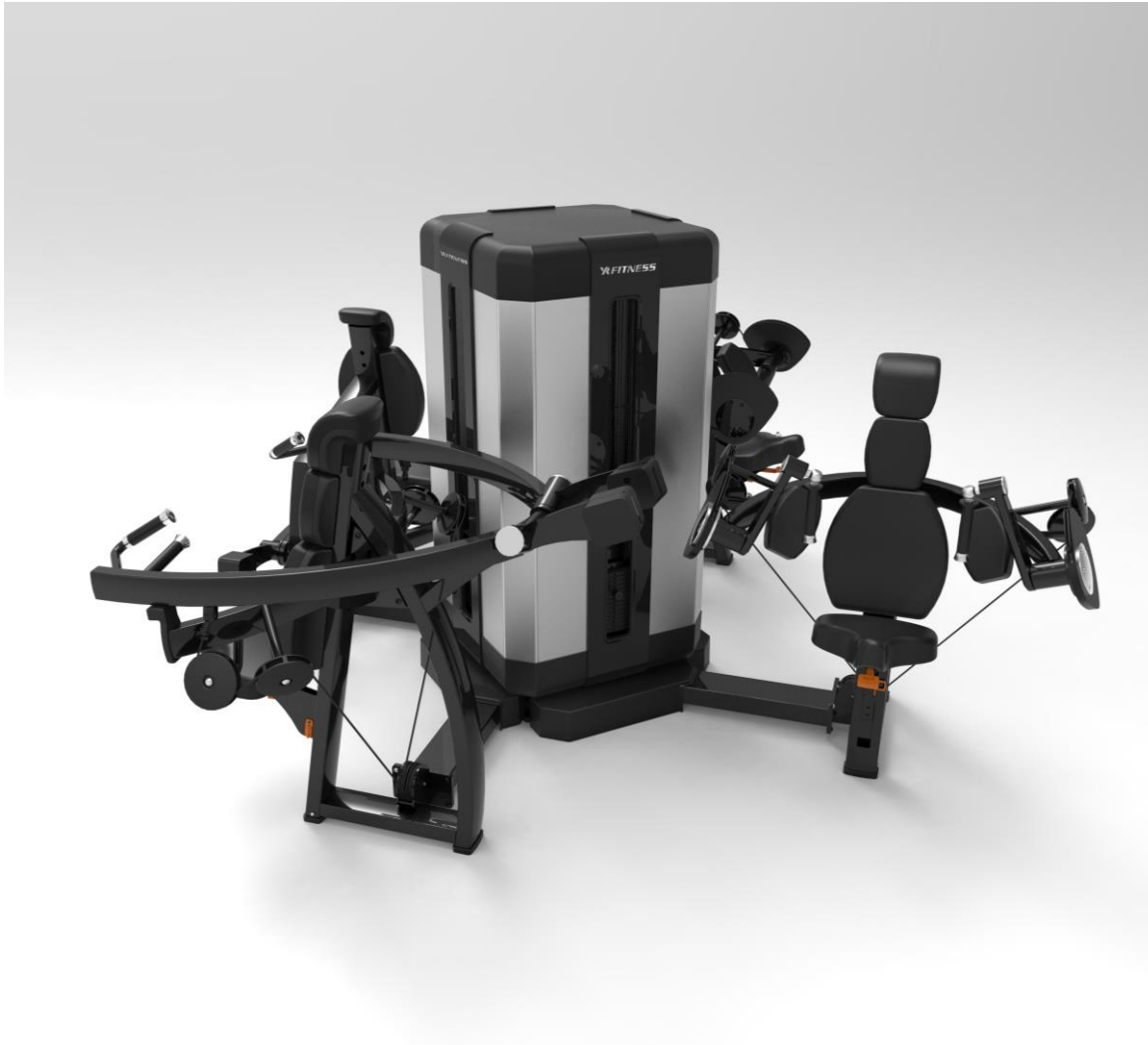


2024

CATALOGUE

7501, 4 Station blockmulti gym



This group is for arms and shoulder,
Biceps
Triceps
Shoulder Pull Up
(shoulder pull up, this is our own
design , for people who has
problem to do shoulder press.)
Shoulder press

7502, 4 Station blockmulti gym



This group is for chest,
Pectoral Fly / Rear Deltoid
Seated Chest Press Machine
Seated Chest Higher Press
Seated Upper Chest Higher Press

7503, 4 Station blockmulti gym



This group is for back muscle,
45° Upper back Pull down
Lat Pull Down
Seated Row
Low Row

7504, 4 Station blockmulti gym



This group is for leg muscle,
Adductor
Abductor
Leg extension
Leg curl

7505, 4 Station blockmulti gym



This group is for others

Glute

Ab

Back

calf

7506, 4 Station blockmulti gym



This group is for others

Cable crossover

Chin up

Leg press

(leg press also isolated movement)



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