PEC FLY / REAR DELT

HD-3900

PEC FLY

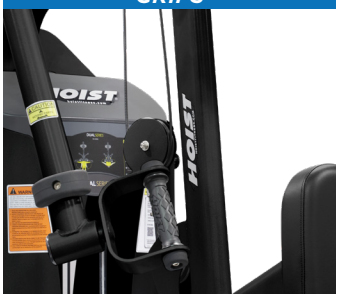


REAR DELT





PIVOTING HAND GRIPS



ADJUSTABLE ARM POSITIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)
66.50” x 55.50” x 77.75” (169 cm x 141 cm x 198 cm)

PRODUCT WEIGHT
649 lbs. (294 kg)

WEIGHT STACK
310 lbs. (141 kg)

FEATURES

- Swiveling handles with rotating grips provide multiple hand positions
- Multiple range-of-motion adjustments for both exercises
- Each exercise arm has dual pivots for user-defined exercise path
- Seven seat pad adjustments for varying user heights
- Optional 5 lbs Weight Upgrade (RS-CAGE-NG-OPT1)

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KEY CHANGES
ACROSS THE HD-LINE

CHANGES



GRIPS

- Change rubber grips to Ergo-grips



BOLT CAPS

- Removing large plastic bolt caps found at pivot points. (026-01M3605 retaining caps will be used for the through-shafting as seen above)



FOOTPLATES

- New molded footplates



SCUFF GUARDS

- Replacing plastic scuff guards with new stainless steel scuff guards



HANDLES

- Adding adjustable handles from CL line (RS-2301 and RS-2501)



CAGE

- Redesigned weight cage

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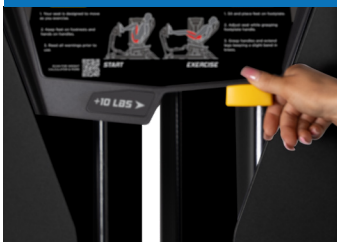
ADD ON WEIGHT



5 LB ADD ON



10 LB ADD ON



OPTIONS

RS-CAGE-NG-OPT1
5 lbs

RS-CAGE-NG-OPT2
10 lbs

RS-CAGE-NG-OPT3
5 lbs

RS-CAGE-NG-63-OPT1
5 lbs

RS-CAGE-NG-63-OPT2
10 lbs

RS-CAGE-NG-63-OPT3
10 lbs

FEATURES

- **User-Friendly Design:** Smaller Weight Increments: Cater to diverse users, enhancing accessibility.
- **Training Variety:** Range of Weight Options: Enables diverse training programs for engaging workouts.

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ADD ON WEIGHT

RS-CAGE-NG-OPT1

ROC-IT SELECTORIZED

- RS-2101
- RS-2102
- RS-1103
- RS-2201
- RS-2203
- RS-2204
- RS-2301
- RS-2302
- RS-2401
- RS-2402
- RS-2406
- RS-2407
- RS-2408
- RS-2412
- RS-2415
- RS-1501
- RS-1502
- RS-2601
- RS-2602

HD-DUAL

- HD/G-3100
- HD/G-3600
- HD/G-3800
- HD/G-3900

RS-CAGE-NG-OPT2

ROC-IT SELECTORIZED

- RS-2403

RS-CAGE-NG-OPT3

HD-DUAL

- HD/G-3300
- HD/G-3400

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ADD ON WEIGHT

RS-CAGE-NG-63-OPT1

HD-DUAL

- HD/G-3200

RS-CAGE-NG-63-OPT2

HD-DUAL

- HDG-3403

RS-CAGE-NG-63-OPT3

HD-DUAL

- HD-3403

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